



British Athletic League – National 3 – Round 4 - Rugby Sun 20th August 2017

1	Havering	319
2	Rugby & Northants	308
3	Chelmsford	296
4	Notts AC	283
5	Southend	263
6	Bedford & County	254
7	Yeovil Olympiades	235
8	Derby/Mansfield	231

A STRINGS				B STRINGS			
		Pos	Time/Dist			Pos.	Time/Dist
100	Joseph Ramie	4	11.4	100	John Adekoya	3	11.2
200	Joseph Ramie	4	23.2	200	Timi Kuye U20	4	23.5
400	Tom Pitkin U20	4	50.0	400	Fraser Boston U20	6	52.3
800	Finn Hutton U20	8	1:57.9	800	Ben Davis U20	4	1:58.0
1500	Ben Davis U20	6	4:09.8	1500	Finn Hutton U20	8	4:39.3
5000	Rob Warner M35	6	15:50.1	3000	Jamie Bickley-Stanton	5	17:01.3
3000 s/c	Rob Warner M35	2	9:46.9	3000 s/c	Jason Lendon M40	1	10:39.1
110H	Karl Tucker	4	16.0	110H	Luke Williams HCA	4	20.0
400H	Adam McCarthy	6	57.9	400H	Karl Tucker	1	59.0
L.J.	Joseph Ramie	1	6.96	L.J.	Shandell Taylor U20	1	6.39
H.J.	John Adekoya	5	1.80	H.J.	Shandell Taylor U20	4=	1.80
T.J.	Joseph Ramie	1	13.86	T.J.	Shandell Taylor U20	3	12.57
P.V.	Luke Williams HCA	4	3.40	P.V.	Stuart Tufton M65	5	3.00
S.P.	Laurence Goodacre	1	14.20	S.P.	Emmanuel Quarshie	1	13.13
D.T.	Duane Jibunoh	2	45.26	D.T.	Graham Holder M45 HCA	2	36.47
J.T.	Georgie Bean	2	50.27	J.T.	Duane Jibunoh	2	46.69
H.T.	Graham Holder M40 HCA	3	50.67	H.T.	Duane Jibunoh	7	21.71
4x100	Nathan Steele, John Adekoya, Karl Tucker, Joseph Ramie				3	44.6	
4x400	Fraser Boston, Karl Tucker, Joseph Ramie, & Tom Pitkin				6	3:36.1	

1	Havering	27	1234.5
2	Rugby & Northants	24.5	1168.33
3	Chelmsford	22	1158
4	Notts AC	21	1120
5	Southend	15.5	1067.33
6	Bedford & County	15	1044
7	Yeovil Olympiades	15	1028.83
8	Derby/Mansfield	4	878