



## British Athletic League – National 2 – Round 4 Glasgow Saturday 3<sup>rd</sup> August

|   |                          |            |
|---|--------------------------|------------|
| 1 | Glasgow City             | 400        |
| 2 | <b>Havering</b>          | <b>299</b> |
| 3 | Chelmsford               | 274        |
| 4 | Kingston & Polytechnic H | 272        |
| 5 | Herne Hill Harriers      | 234        |
| 6 | Bristol & West           | 228        |
| 7 | Notts AC                 | 225        |
| 8 | Crawley                  | 222        |

| A STRINGS |   |          |          | Pos      | Time/Dist             | B STRINGS |          |  |  | Pos. | Time/Dist |
|-----------|---|----------|----------|----------|-----------------------|-----------|----------|--|--|------|-----------|
| 100       | Ayo Akingbehin  | 5        | 11.29    | 100      | Joseph Ramie          | <b>1</b>  | 11.21    |  |  |      |           |
| 200       | Akeem Akintokun   | 5        | 22.54    | 200      | Joseph Ramie          | 2         | 22.62    |  |  |      |           |
| 400       | Tom Pitkin  | <b>1</b> | 48.28    | 400      | Akeem Akintokun       | 2         | 50.23    |  |  |      |           |
| 800       | Alex Friend U20   | 5        | 1:59.05  | 800      | Finn Hutton           | 3         | 1:59.51  |  |  |      |           |
| 1500      | Grant Twist   | 5        | 3:59.76  | 1500     | Jamie Buckley-Stanton | 3         | 4:10.76  |  |  |      |           |
| 5000      | Ben Davis   | 3        | 15:43.94 | 5000     | Rob Warner M35        | 3         | 15:57.16 |  |  |      |           |
| 3000 s/c  | Rob Warner M35  | 4        | 9:53.79  | 3000 s/c | Jason Lendon M40      | 3         | 10:47.39 |  |  |      |           |
| 110H      | Karl Tucker   | 8        | 17.20    | 110H     | Luke Williams HCA     | 4         | 19.91    |  |  |      |           |
| 400H      | Adam McCarthy   | 6        | 58.34    | 400H     | Fraser Boston         | 5         | 63.23    |  |  |      |           |
| L.J.      | Shandell Taylor   | <b>1</b> | 7.23     | L.J.     | Joseph Ramie          | 2         | 6.88     |  |  |      |           |
| H.J.      | Shandell Taylor   | 6        | 1.75     | H.J.     | Sam Sanusi U17        | 7         | 1.60     |  |  |      |           |
| T.J.      | Shandell Taylor   | 6        | 12.19    | T.J.     | Sam Sanusi U17        | 7         | 10.21    |  |  |      |           |
| P.V.      | Luke Williams HCA                                       | 7        | 3.40     | P.V.     | Baddar Echakhch HCA   | 4         | 3.00     |  |  |      |           |
| S.P.      | Laurence Goodacre                                       | 4        | 13.51    | S.P.     | Duane Jibunoh         | 6         | 10.09    |  |  |      |           |
| D.T.      | Duane Jibunoh   | <b>1</b> | 44.03    | D.T.     | Laurence Goodacre     | 7         | 30.55    |  |  |      |           |
| J.T.      | Baddar Echakhch HCA                                     | 4        | 47.22    | J.T.     | Duane Jibunoh         | 2         | 45.85    |  |  |      |           |
| H.T.      | Graham Holder HCA                                       | 3        | 49.69    | H.T.     | Baddar Echakhch HCA   | 6         | 31.00    |  |  |      |           |
| 4x100     | Shandell, Ayo, Lewis Bailey, Joseph                     |          |          |          |                       | 2         | 42.62    |  |  |      |           |
| 4x400     | Matthew (51.4), Fraser (50.9), Akeem (49.7), Tom (47.6) |          |          |          |                       | 2         | 3:19.54  |  |  |      |           |

### Non scoring:

200m: Lewis Bailey 22.86; Ayo Akingbehin 23.08; Adam McCarthy 25.63; 400: Matthew Agnimel 51.05: LJ Sam Sanusi 6.21

|   |                          |           |              |
|---|--------------------------|-----------|--------------|
| 1 | Glasgow City             | 22        | 1013.0       |
| 2 | <b>Havering</b>          | <b>20</b> | <b>905.3</b> |
| 3 | Kingston & Polytechnic H | 18        | 883.3        |
| 4 | Crawley                  | 13        | 801.3        |
| 5 | Notts AC                 | 9         | 757.0        |
| 6 | Bristol & West           | 9         | 744.0        |
| 7 | Chelmsford               | 9         | 719.0        |
| 8 | Herne Hill Harriers      | 8         | 663.0        |