

Mayesbrook Park, Barking, Sat 1 August 2009

100m A	Wind +1.2 m/s	100m B	Wind +2.4 m/s
1 Joel Fearon	COV 10.78	1 Martin Browne	U20 COV 11.19
2 Luke Stott	HVG 11.06	2 Stephen Prosser	CNI 11.32
3 Greg Turnbull	EDN 11.34	3 Charlie Moss	U20 HVG 11.38
4 Glenn Etherington	CNI 11.34	4 Kieran Congdon	U20 EDN 11.40
5 George Robinson	U20 EXR 11.36	5 Tim Sayers	YVL 11.51
6 Nick Clements	U20 YVL 11.46	6 Alec Crowter	U17 EXR 11.68

200m A	Wind +2.2 m/s	200m B	Wind +1.2 m/s
1 Joel Fearon	COV 21.83	1 Dwight Fenton	COV 22.59
2 Luke Stott	HVG 21.96	2 Charlie Moss	U20 HVG 22.92
3 Dale Garland	CNI 22.19	3 Glenn Etherington	CNI 22.94
4 Greg Turnbull	EDN 23.04	4 Andrew Mapstone	YVL 23.57
5 Andrew Faulkner	YVL 23.44	5 Kieran Congdon	U20 EDN 23.64
6 Stephen Bailey	EXR 23.57	6 George Robinson	U20 EXR 23.68

400m A		400m B	
1 Stewart Marshall	COV 49.82	1 Andrew Mapstone	YVL 50.90
2 Hywel Robinson	U20 CNI 50.11	2 Nathan Stevens	CNI 51.14
3 Tim Sayers	YVL 50.21	3 Paul Adair	U20 HVG 51.92
4 Sam Peters	U20 EXR 50.27	4 Michael Thompson	COV 53.13
5 Scott Spencer	HVG 52.00	5 Alec Crowter	U17 EXR 53.58
6 Craig Dickson	EDN 56.83	6 Keith Dunlop	EDN 55.29

800m A		800m B	
1 Owen Walpole	U20 EXR 1.57.69	1 James Ansell	EXR 1.57.96
2 Davey Platt	YVL 1.58.92	2 Ben Jones	COV 1.58.61
3 Paul Adair	U20 HVG 1.59.85	3 Dominic Henry	YVL 2.00.89
4 Tom Madden	COV 2.03.05	4 Matthew Bland	V40 HVG 2.02.85
5 Keith Dunlop	EDN 2.04.08	5 Andrew Crichton	EDN 2.06.25
6 Peter Irving	CNI 2.23.68	6 Tom Brown	CNI 2.11.71

1500m A		1500m B	
1 Tom Madden	COV 4.05.06	1 Phil Almond	EXR 4.07.31
2 Jack Bancroft	EXR 4.06.46	2 Ben Jones	COV 4.13.90
3 Callum Sutton	U20 HVG 4.11.07	3 Grant Twist	U20 HVG 4.16.32
4 Mark Wiscombe	YVL 4.17.67	4 Dominic Henry	YVL 4.32.18
5 Andrew Crichton	EDN 4.20.39	5 Leo Rice	U20 CNI 4.49.13
6 Lee Garland	CNI 4.35.50	6 Keith Dunlop	EDN 4.49.86

5000m A		5000m B	
1 Matt Almond	COV 15.20.91	1 Harvey Speed	COV 15.45.72
2 Matt Bell	EDN 15.29.09	2 James Denne	EXR 16.17.35
3 Tom Brown	CNI 15.37.14	3 Adam Priestley	EDN 16.19.22
4 Jon James	YVL 15.42.70	4 Steve Rand	V35 HVG 16.26.49
5 Glen Hill	HVG 15.48.82	5 Robbie Hawkins	YVL 17.43.54
6 Mark Cowen	EXR 16.15.31	6	CNI DNS

110mH A	Wind +0.9 m/s	110mH B	Wind +0.9 m/s
1 Glenn Etherington	CNI 15.48	1 Mark Bishop	V40 HVG 16.15
2 Toby Harris	U20 EDN 16.07	2 Leo Rice	U20 CNI 16.54
3 Anthony Williams	HVG 16.22	3 Mark Plowman	YVL 16.58
4 James Cook	EXR 16.67	4 David Collard	EDN 17.47
5 Nick Fellows	U17 COV 17.44	5 Paul Hindle	EXR 17.77
6 Ben Gibb	U20 YVL 17.57	6 Diego Martin	COV 21.11

400mH A

1 Dale Garland	CNI	52.63
2 Andrew Faulkner	YVL	55.32
3 Lee Salter	EXR	56.69
4 Toby Harris	U20 EDN	57.92
5 Diego Martin	COV	58.18
6 Adam McCarthy	U20 HVG	60.59

400mH B

1 Peter Irving	CNI	56.19
2 Simon Davies	U17 YVL	56.65
3 Byron Fitzgerald	U17 EXR	57.61
4 Jay Ryan	HVG	59.43
5 Nick Fellows	U17 COV	63.95
6	EDN	DNS

3000m SC A

1 Matt Almond	COV	9.35.37
2 Lee Garland	CNI	9.43.11
3 Charlie Maclean	YVL	9.48.39
4 Rob Warner	HVG	9.51.75
5 Peter Stockman	V40 EXR	11.11.73
6	EDN	DNS

3000m SC B

1 Nigel Marley	COV	10.09.84
2 Jason Lendon	HVG	10.33.95
3 Pete Darton	YVL	11.07.82
4 Liam Roberts	EXR	11.46.10
5	CNI	DNS
6	EDN	DNS

Discus Throw A

1 Zane Duquemin	U20 CNI	45.18
2 Simon Biddlecombe	V35 YVL	44.74
3 Keith Thompson	EDN	36.37
4 Glyn Hollingworth	COV	36.01
5 Bradley Reece	U20 HVG	34.66
6 Jon Milum	V40 EXR	34.22

Discus Throw B

1 Leo Barker	HVG	34.44
2 Mark Plowman	YVL	33.97
3 Terry Lalley	V55 COV	30.75
4 David Dawson	EXR	28.68
5 David Collard	EDN	20.79
6 Stephen Prosser	CNI	15.80

Hammer Throw A

1 Peter Holmes	EDN	50.06
2 Jon Milum	V40 EXR	45.39
3 Daniel Gamester	HVG	44.39
4 Terry Lalley	V55 COV	37.37
5 Ben Gibb	U20 YVL	34.55
6 Zane Duquemin	U20 CNI	25.38

Hammer Throw B

1 Carl Robertson	EDN	43.76
2 Bradley Reece	U20 HVG	39.98
3 Rob Woodger	EXR	36.98
4 Peter Exley	YVL	27.54
5 Joseph Okpoti	V40 COV	22.31
6 Peter Irving	CNI	18.44

High Jump A

1 Karl Robbins	COV	1.98
2 Ben Rendall	YVL	1.98
3 Dale Garland	CNI	1.88
4 Jay Ryan	HVG	1.83
5 Gregor Maclean	U20 EDN	1.83
6 Alex Macgregor	U20 EXR	1.73

High Jump B

1 Nathan Petch	U17 COV	1.88
2 Ross Jeffs	U20 CNI	1.83
3 Dave Singleton	EDN	1.83
4 James Quirk	YVL	1.78
5 Mark Bishop	V40 HVG	1.68
6 Ben Conibear	U20 EXR	1.53

Javelin Throw A

1 Matt Smith	U20 EXR	58.63
2 Glyn Hollingworth	COV	55.93
3 Georgie Bean	U20 HVG	50.83
4 Dale Garland	CNI	50.32
5 David Collard	EDN	47.87
6 Mike Gibson	U20 YVL	43.83

Javelin Throw B

1 Sam Harrison	HVG	48.64
2 Neil Price	YVL	41.57
3 Gregor Maclean	U20 EDN	41.18
4 Nick Foxworthy	EXR	35.97
5 Nigel Marley	COV	34.42
6 Ross Jeffs	U20 CNI	25.35

Long Jump A

1 David Martin	CNI	6.82-1.9
2 Jamie Blundell	COV	6.78-2.8
3 Joseph Ramie	U20 HVG	6.58-2.0
4 Garry McKay	EDN	6.45-2.2
5 Ben Rendall	YVL	6.42-2.5
6 Nick Foxworthy	EXR	5.78-2.7

Long Jump B

1 Anthony Williams	HVG	6.36-1.5
2 Ross Jeffs	U20 CNI	6.21-1.6
3 Michael Thompson	COV	6.06-2.0
4 Nick Clements	U20 YVL	5.79-1.5
5 James Cook	EXR	5.57-2.3
6 Dave Singleton	EDN	5.54-2.2

Pole Vault A

1 Gregor Maclean	U20	EDN	4.70
2 Neil Price		YVL	4.23
3 Dale Garland		CNI	4.03
4 Mark Bishop	V40	HVG	3.83
5 Alex Macgregor	U20	EXR	3.23

Pole Vault B

1 Andrew Holmes		YVL	4.03
2 Jay Ryan		HVG	3.23
3 Ben Conibear	U20	EXR	2.63
4 Craig Dickson		EDN	2.23
5 Lee Garland		CNI	2.10

Shot Putt A

1 Zane Duquemin	U20	CNI	15.19
2 Emmanuel Quarshie	U20	HVG	12.26
3 Mark Plowman		YVL	11.69
4 Joseph Okpoti	V40	COV	11.22
5 Keith Thompson		EDN	11.01
6 Rob Woodger		EXR	10.90

Shot Putt B

1 Leo Barker		HVG	11.99
2 Andrew Holmes		YVL	11.04
3 Jon Milum	V40	EXR	10.58
4 David Collard		EDN	10.11
5 Terry Lalley	V55	COV	9.81
6 Nathan Stevens		CNI	8.20

Triple Jump A

1 Dale Garland		CNI	13.84-2.6
2 Jamie Blundell		COV	13.48-2.5
3 Joseph Ramie	U20	HVG	13.01-3.6
4 Garry McKay		EDN	12.43-1.7
5 James Cook		EXR	12.34-3.0
6 Nick Clements	U20	YVL	11.84-4.5

Triple Jump B

1 David Martin		CNI	12.93-2.0
2 Jimi Tele	U17	HVG	12.20-3.4
3 Michael Thompson		COV	11.82-2.0
4 Chris Hewitson	U20	YVL	11.23-2.6
5 Rob Woodger		EXR	10.70-2.4
6 David Collard		EDN	10.18-3.1

4x100M Relay

1 HVG 43.24	1 Leo Barker	2 Joseph Ramie	U20
	3 Charlie Moss	4 Luke Stott	
2 CNI 43.25	1 Stephen Prosser	2 Glenn Etherington	
	3 David Martin	4 Nathan Stevens	
3 EDN 44.57	1 Kieran Congdon	2 Garry McKay	
	3 Dave Singleton	4 Greg Turnbull	
4 YVL 44.68	1 Ben Rendall	2 Tim Sayers	
	3 Nick Clements	4 Andrew Faulkner	
5 EXR 45.53	1 Byron Fitzgerald	2 Alec Crowter	U17
	3 Stephen Bailey	4 George Robinson	U20

4x400M Relay

1	CNI	3.21.82	1	Glenn Etherington		2	Nathan Stevens	
			3	Hywel Robinson	U20	4	Dale Garland	
2	EXR	3.23.31	1	Owen Walpole	U20	2	James Ansell	
			3	Paul Hindle		4	Sam Peters	U20
3	YVL	3.23.64	1	Davey Platt		2	Tim Sayers	
			3	Andrew Faulkner		4	Andrew Mapstone	
4	HVG	3.35.58	1	Paul Adair	U20	2	Leo Barker	
			3	Scott Spencer		4	James Murphy	
5	EDN	3.43.64	1	Keith Dunlop		2	Toby Harris	U20
			3	Andrew Crichton		4	Craig Dickson	

MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge		Event	Lge		
1	Havering Mayesbrook AC	234	6	1	Yeovil Olympiads	710	15
2	Channel Islands AC	229	5	2	Exeter Harriers	645	12
3	Coventry Godiva Harriers	224	4	3	Havering Mayesbrook AC	638	11
4	Yeovil Olympiads	205	3	4	Coventry Godiva H	598	9
5	Exeter Harriers	181	2	5	Channel Islands	579	9
6	City of Edinburgh AC	168	1	6	City of Edinburgh AC	539	7

Athlete of the Match: Dale Garland CHI 400m Hurdles 52.63s

Guest Results

100m w/s +1.3

1 Richard Morrissey	HVG 11.06
2 Dwight Fenton	COV 11.15
3 Stewart Marshall	COV 11.19
4 Gareth Robertson	EDN 11.57
5 Mark Plowman	YVL 11.95
6 Ben Gibb	YVL 12.04

Pole Vault

1 Stuart Richards	YVL 3.03
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400m Hurdles

1 Joseph Abraham	IND 51.27
2 Avin Thomas	IND 52.09

400m

1 Richard Morrissey	HVG 50.29
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Mayesbrook Park, Barking, Sat 1 August 2009

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|          Team| CNI | COV | EDN | EXR | HVG | YVL |          POINTS |
|          No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|100m         A|   6|  12|   8|   5|  10|   4|  45|  0|  45|
|             B|   6|   8|   3|   1|   4|   2|  24|  0|  24|
|Cumulative  |  12|  20|  11|   6|  14|   6|  69|  0|  69|
|-----+-----+-----+-----+-----+-----+-----+-----+
|200m         A|   8|  12|   6|   4|  10|   5|  45|  0|  45|
|             B|   4|   8|   2|   1|   6|   3|  24|  0|  24|
|Cumulative  |  24|  40|  19|  11|  30|  14| 138|  0| 138|
|-----+-----+-----+-----+-----+-----+-----+-----+
|400m         A|  10|  12|   4|   6|   5|   8|  45|  0|  45|
|             B|   6|   3|   1|   2|   4|   8|  24|  0|  24|
|Cumulative  |  40|  55|  24|  19|  39|  30| 207|  0| 207|
|-----+-----+-----+-----+-----+-----+-----+-----+
|800m         A|   4|   6|   5|  12|   8|  10|  45|  0|  45|
|             B|   1|   6|   2|   8|   3|   4|  24|  0|  24|
|Cumulative  |  45|  67|  31|  39|  50|  44| 276|  0| 276|
|-----+-----+-----+-----+-----+-----+-----+-----+
|1500m        A|   4|  12|   5|  10|   8|   6|  45|  0|  45|
|             B|   2|   6|   1|   8|   4|   3|  24|  0|  24|
|Cumulative  |  51|  85|  37|  57|  62|  53| 345|  0| 345|
|-----+-----+-----+-----+-----+-----+-----+-----+
|5000m        A|   8|  12|  10|   4|   5|   6|  45|  0|  45|
|             B|   0|   8|   4|   6|   3|   2|  23|  1|  24|
|Cumulative  |  59| 105|  51|  67|  70|  61| 413|  1| 414|
|-----+-----+-----+-----+-----+-----+-----+-----+
|110mH        A|  12|   5|  10|   6|   8|   4|  45|  0|  45|
|             B|   6|   1|   3|   2|   8|   4|  24|  0|  24|
|Cumulative  |  77| 111|  64|  75|  86|  69| 482|  1| 483|
|-----+-----+-----+-----+-----+-----+-----+-----+
|400mH        A|  12|   5|   6|   8|   4|  10|  45|  0|  45|
|             B|   8|   2|   0|   4|   3|   6|  23|  1|  24|
|Cumulative  |  97| 118|  70|  87|  93|  85| 550|  2| 552|
|-----+-----+-----+-----+-----+-----+-----+-----+
|3KSC         A|  10|  12|   0|   5|   6|   8|  41|  4|  45|
|             B|   0|   8|   0|   3|   6|   4|  21|  3|  24|
|Cumulative  | 107| 138|  70|  95| 105|  97| 612|  9| 621|
|-----+-----+-----+-----+-----+-----+-----+-----+
|DT           A|  12|   6|   8|   4|   5|  10|  45|  0|  45|
|             B|   1|   4|   2|   3|   8|   6|  24|  0|  24|
|Cumulative  | 120| 148|  80| 102| 118| 113| 681|  9| 690|
|-----+-----+-----+-----+-----+-----+-----+-----+
|HT           A|   4|   6|  12|  10|   8|   5|  45|  0|  45|
|             B|   1|   2|   8|   4|   6|   3|  24|  0|  24|
|Cumulative  | 125| 156| 100| 116| 132| 121| 750|  9| 759|
|-----+-----+-----+-----+-----+-----+-----+-----+
|HJ           A|   8|  12|   5|   4|   6|  10|  45|  0|  45|
|             B|   6|   8|   4|   1|   2|   3|  24|  0|  24|
|Cumulative  | 139| 176| 109| 121| 140| 134| 819|  9| 828|
|-----+-----+-----+-----+-----+-----+-----+-----+
|JT           A|   6|  10|   5|  12|   8|   4|  45|  0|  45|
|             B|   1|   2|   4|   3|   8|   6|  24|  0|  24|
|Cumulative  | 146| 188| 118| 136| 156| 144| 888|  9| 897|
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|          Team| CNI | COV | EDN | EXR | HVG | YVL |          POINTS |
|          No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|LJ          A|   12|   10|   6 |   4 |   8 |   5 | 45 | 0 | 45|
|          B|    6|    4|    1|    2|    8 |    3| 24 | 0 | 24|
|Cumulative| 164| 202| 125| 142| 172| 152| 957| 9 | 966|
|-----+-----+-----+-----+-----+-----+-----+-----+
|PV          A|    8|    0|   12|   5 |   6 |  10 | 41 | 4 | 45|
|          B|    2|    0|    3|    4 |   6 |   8 | 23 | 1 | 24|
|Cumulative| 174| 202| 140| 151| 184| 170|1021| 14|1035|
|-----+-----+-----+-----+-----+-----+-----+-----+
|SP          A|   12|    6|    5 |   4 |  10 |   8 | 45 | 0 | 45|
|          B|    1|    2|    3 |   4 |   8 |   6 | 24 | 0 | 24|
|Cumulative| 187| 210| 148| 159| 202| 184|1090| 14|1104|
|-----+-----+-----+-----+-----+-----+-----+-----+
|TJ          A|   12|   10|    6 |   5 |   8 |   4 | 45 | 0 | 45|
|          B|    8|    4|    1 |   2 |   6 |   3 | 24 | 0 | 24|
|Cumulative| 207| 224| 155| 166| 216| 191|1159| 14|1173|
|-----+-----+-----+-----+-----+-----+-----+-----+
|4x1         |   10|    0|    8 |   5 |  12 |   6 | 41 | 4 | 45|
|Cumulative| 217| 224| 163| 171| 228| 197|1200| 18|1218|
|-----+-----+-----+-----+-----+-----+-----+-----+
|4x4         |   12|    0|    5 |  10 |   6 |   8 | 41 | 4 | 45|
|Cumulative| 229| 224| 168| 181| 234| 205|1241| 22|1263|
|-----+-----+-----+-----+-----+-----+-----+-----+
|          Add|    0|    0|    0 |    0 |    0 |    0 |  0 | 0 |  0|
| subtract   |    0|    0|    0 |    0 |    0 |    0 |  0 | 0 |  0|
|Cumulative| 229| 224| 168| 181| 234| 205|1241| 22|1263|
|-----+-----+-----+-----+-----+-----+-----+-----+
|          TOTALS| 229| 224| 168| 181| 234| 205|1241| 22|1263|
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Pos	Team	Points	Add	Sub	Total
1	Havering Mayesbrook AC	234	0	0	234
2	Channel Islands AC	229	0	0	229
3	Coventry Godiva Harriers	224	0	0	224
4	Yeovil Olympiads	205	0	0	205
5	Exeter Harriers	181	0	0	181
6	City of Edinburgh AC	168	0	0	168

Used + add - sub = total 1241 0 0 1241
 Unused points 22 22
 (Used+unused)+add-sub=total 1263 0 0 1263

Team	1st	2nd	3rd	4th	5th	6th	1st	2nd	3rd	4th	5th	6th
HVG A	1	3	7	4	3	1	B 5	5	3	3	1	0
CNI A	7	3	4	2	0	3	B 2	5	1	0	2	5
COV A	7	3	0	4	2	0	B 5	2	3	1	4	1
YVL A	0	5	4	3	3	4	B 2	4	3	6	2	0
EXR A	2	3	1	2	5	6	B 2	1	4	3	4	3
EDN A	2	2	3	4	6	1	B 1	0	3	4	3	4