

## BAL Cup - Barnet Copthall Saturday 19 July 2008

### RESULTS MEN

100m		Wind Speed +2.8		Pole Vault			
1	8 Tim Abeyie	Woodford Gr	10.79	1	8 Chrstian North	Woodford Gr	4.70
2	5 Harvey Byrne	Newham	11.04	2	4 Martin Brockman	Medway & M	4.20
3	4 Scott Craddock	Medway & M	11.24	3	2 Alex Bates	Bexley	3.40
4	2 Femi Smith	Bexley	11.46	4	6 Jon Ladley	Walton	2.60
5	6 Ramon Wright	Walton	11.71	5	5 Nelson Oboh	Newham	2.60
6	7 Craig Holder	Woking	12.86	6			
7				7			
8				8			
200m		Wind Speed +2.3		Long Jump			
1	5 Sol Daniels	Newham	22.65	1	5 Andre Fernandez	Newham	7.17 +0.5
2	4 Luke Smallwood	Medway & M	22.68	2	8 Ezekiel Ewulo	Woodford Gr	7.12 +1.1
3	8 David Olusile	Woodford Gr	22.89	3	6 Alex Fraser	Walton	6.59 +3.7
4	2 Femi Smith	Bexley	23.16	4	4 Steve Lake	Medway & M	6.17 +3.9
5	3 Joseph Ramie	Havering May	23.25	5	3 Vincent Lazaro	Havering May	6.15 +3.6
6	6 Ramon Wright	Walton	23.40	6	2 Paul Slater	Bexley	6.08 +4.0
7	7 Tim Kurica	Woking	24.10	7	7 Milan Stanislajevic	Woking	5.94 -0.1
8	1 Matthew Lumm	Basildon	24.66	8			
400m				Javelin			
1	1 Matthew Harrison	Basildon	48.37	1	8 Simon Bennett	Woodford Gr	59.50
2	8 Musa Audy	Woodford Gr	49.2	2	3 Sam Harrison	Havering May	50.64
3	4 Michael Baker	Medway & M	51.21	3	7 Roy Chambers	Woking	49.52
4	3 Paul Adair	Havering May	51.68	4	5 Simon Bown	Newham	47.05
5	5 Frazer Deans	Newham	51.88	5	4 Stuart Hitchcock	Medway & M	46.25
6	7 Will Hartley	Woking	53.43	6	6 Josh Davis	Walton	41.90
7	2 Jo Ago	Bexley	53.49	7	2 Chris Stanton	Bexley	41.04
8	6 Jack Marchbank	Walton	54.95	8			
1500m				Hammer			
1	2 Frank Kilama	Bexley	04:14.59	1	5 Simon Bown	Newham	67.67
2	8 Gavin Lewis	Woodford Gr	04:16.26	2	8 Alistair Williamson	Woodford Gr	57.18
3	4 Tom Collins	Medway & M	04:17.21	3	3 Daniel Gamester	Havering May	46.77
4	5 Andy Barber	Newham	04:18.25	4	7 Mick Webb	Woking	36.59
5	6 Harry Springall	Walton	04:22.49	5	2 Andy Powis	Bexley	35.44
6	3 Matthew Bland	Havering May	04:25.85	6	6 Josh Davis	Walton	14.18
7	7 Richard Calder	Woking	04:37.97	7	4 Chris Bowman	Medway & M	14.83
8				8			
3000S/C				110m Hur	wind speed +2.1		
1	1 Mark Sanford	Basildon	09:42.43	1	8 Francis Smith	Woodford Gr	14.45
2	8 Andy Morgan-Lee	Woodford Gr	09:49.34	2	5 Emmanuel Okpokiri	Newham	14.89
3	3 Robert Warner	Havering May	09:50.74	3	4 Martin Brockman	Medway & M	15.81
4	4 Adrian Lowther	Medway & M	10:20.89	4	6 Adam McCarthy	Walton	16.08
5	5 Jamal Mohamed	Newham	11:00.35	5	3 Mark Bishop	Havering May	16.37
6	6 James Harvey	Walton	11:54.51	6	2 Chris Stanton	Bexley	16.97
7	2 Martin Jenner	Bexley	12:18.31	7			
8				8			
Medley Relay							
1	8	Woodford Gr	02:24.14	(Smith, Abeyie, Olusile, Audu)			
2	5	Newham	02:26.12	(Deans, Daniels, Fernandez, Oboh)			
3	4	Medway & M	02:28.38	(Craddock, Hitchcock, Baker, Smallwood)			
4	3	Havering May	02:34.97	(Ramie, Moss, Bishop, Adair)			
5	7	Woking	02:35.42	(Kurica, Hartley, Wells, Watson)			
6	2	Bexley	02:36.86	(Slater, Bates, Kilama, Ago)			
7							
8							

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### RESULTS WOMEN

100m		Wind Speed +3.4		Pole Vault			
1	5 Amina Ceesay-Jaiteh	Newham	12.04	1	8 Florence Cavelli	Woodford Gr	3.20
2	1 Natoya Sylva	Bexley	12.58	2	7 Natasha Hart	Woking	2.70
3	2 Bethanie Moore	Colchester	12.58	=3	5 Melissa Strevens	Newham	2.70
4	8 Kristina Blackett	Woodford Gr	12.89	=3	3 Kate Cowley	Haverling May	2.70
5	7 Sarah Holmes	Woking	13.08	5	1 Kirsty Dobberson	Bexley	2.10
6	6 Kaylee Price	Walton	13.12	6	6 Debbie Singleton	Walton	
7	3 Lisa Schofield	Haverling May	13.53	7			
200m		Wind Speed +3.3		Long Jump			
1	5 Tope Faith-Nuga	Newham	25.75	1	5 Lara Richards	Newham	5.70 +2.9
2	8 Kristina Blackett	Woodford Gr	25.79	2	8 Zainab Ceesay	Woodford Gr	5.67 +0.9
3	2 Nicola Gaisford	Colchester	26.85	3	2 Catherine Holdsworth	Colchester	5.58 +2.5
4	7 Helen Corbin	Woking	27.40	4	6 Helen Channon	Walton	5.45 +3.6
5	3 Claire Brennan	Haverling May	27.92	5	3 Nicola Hill	Haverling May	5.19 +1.2
6	1 Rebecca Farrell	Bexley	36.39	6	1 Imeta Baravshiene	Bexley	5.18 +1.8
7				7	7 Mel Wright	Woking	2.28 +1.5
400m				Javelin			
1	5 H Kodalyne-Sims	Newham	55.33	1	5 Sasah Corbin	Newham	39.60
2	3 Faye Fullerton	Haverling May	59.49	2	3 Louise Matthews	Haverling May	38.40
3	8 Melanie Brown	Woodford Gr	59.93	3	8 Emma Smith	Woodford Gr	37.99
4	2 Nicola Martell	Colchester	59.94	4	2 Jade Morgan	Colchester	33.89
5	7 Virginia Mitchell	Woking	61.05	5	1 Sarah Page	Bexley	28.44
6	1 Rebecca Haris	Bexley	63.72	6	7 Mel Wright	Woking	18.72
7				7	6 Jo Regan	Walton	13.38
1500m				Hammer			
1	3 Sarah Luck	Haverling May	04:49.26	1	1 Donna Kent	Bexley	47.23
2	8 Rebecca Oatham	Woodford Gr	05:03.20	2	8 Sarah Smith	Woodford Gr	45.59
3	6 Jo Locker	Walton	05:11.88	3	5 Paula Peaty	Newham	43.48
4	2 Ella Neale	Colchester	05:29.46	4	3 Mel Harrison	Haverling May	43.10
5	1 Rosemary Lewis	Bexley	06:04.50	5	7 Eleanor Gatrell	Woking	39.50
6	7 Ramona Thevenet Smith	Woking	06:05.86	6	2 Victoria Thompson	Colchester	39.20
7				7	6 Debbie Singleton	Walton	21.51
3000				100m Hur			
1	8 Lauren Stewart	Woodford Gr	10:53.24	1	2 Nicola Gainsford	Colchester	15.79
2	3 Hayley Pegg	Haverling May	11:26.73	2	3 Claire Brennan	Haverling May	15.89
3	1 Rebecca Farrell	Bexley	12:08.71	3	5 Kadeen Corbin	Newham	17.20
4	7 Ramona Thevenet Smith	Woking	12:45.17	4	1 Imeta Baravshiene	Bexley	17.33
5				5			
6				6			
7				7			
Medley Relay							
1	5	Newham	02:49.71	(Sesay Jaiteh, Faith Nuga, Jones, Kodalyne Sims)			
2	2	Colchester	02:53.18	B Moore, V. Wheatland, N Martell, C Holdsworth)			
3	8	Woodford Gr	02:53.50	(M Brown, Z Ceesay, CK Foy, Z Watson)			
4	7	Woking	02:55.85	(L Price, H Corbin, S Holmes, V Mitchell)			
5	3	Haverling May	02:58.12	(N Hill, L Schofield, N Brennan, F Fullerton)			
6	6	Walton	02:59.73	(K Price, H Channon, J Locker, S McLoughlin)			
7	1	Bexley	03:16.54	(N Silva, K Dobison, R Lewis, R Harris)			