

**OPEN HAMMER & WEIGHTS COMPETITIONS
MAYESBROOK PARK, BARKING 17 SEPTEMBER 2006**

HAMMER

Senior Men

1st	Malcolm Fenton	Ipswich	58.90 (V50)
2nd	Graham Holder	Shaftesbury	57.10
3rd	Steve Sammut	Windsor S, E & H	55.59 (V35)
4th	Rob Earle	Colchester H.	52.71 (V45)
5th	Kevin Deacon	Havering M	44.65

Junior Men

1st	Jamie Earle	Colchester H.	50.74
2nd	James Wayland	N & E.B.	46.93

U17 Men

1st	Peter Clarke	Woodford Green & EL	54.95
2nd	Lewis Taylor	Chelmsford	47.47

U15 Boys

1st	Anthony Oshodi	Woodford Green & EL	46.52
2nd	Lewis Williams	Havering M	23.40

U13 Boys

1st	Andrew Kerr	Havering M	22.25 (Inaugural Club Record)
2nd	James Smith	Woodford Green & EL	18.54

Senior Women

1st	Monique Buchanan	Woodford Green & EL	54.68
2nd	Lucy Marshall	Rugby & Northants	51.02
3rd	Sarah Deacon	Havering M	40.66
4th	Janet Smith	Windsor S, E & H	40.51 (V40)
5th	Yvonne Jacobs	Enfield & Haringey	29.45 (V35)

U17 Women

1st	Donna Kent	Bexley AC	45.20
2nd	Sarah Smith	Woodford Green	37.46
3rd	Zoe Ash	Rugby & Northants	37.36
4th	Jamie Smith	Ilford	25.06

U15 Girls

1st	Amy Cox	Havering M	25.78 (Inaugural Club Record)
-----	---------	------------	-------------------------------

HAMMER WEIGHT COMPS

Senior Men 35lbs

1st	Rob Earle	Colchester H	16.30 (V45)
2nd	Steve Sammut	Windsor S, E & H	15.67 (V35)
3rd	Graham Holder	Shaftesbury Barnet	15.35

V45 Men 25lbs

1st	Malcolm Fenton (M50)	Ipswich	19.04 (NEW BRITISH RECORD)
-----	----------------------	---------	----------------------------

Junior Men 25lbs

1st	Amir Williamson	B & B	22.78 (NEW BRITISH RECORD)
2nd	James Wayland	N & EB	14.22

Senior Women 20lbs

1st	Janet Smith	Windsor Slough & Eton	12.76
2nd	Sarah Deacon	Havering M	12.10 (Inaugural Club Record)