



Southern Promotion Match 2004 - Copthall Stadium, Barnet

				Perf	Records	Wind	Athletics W
				Wind=	NT		
1	1	Wade Bennett Jackson	Belgrave Harriers	10.70			
2	8	Greg Rutherford	Milton Keynes AC	10.90			
3	7	Victor Barzey	Kent AC	11.60			
4	2	Nick Leavey	Ashford AC	11.60			
5	4	Ben Hamlin	City of Norwich AC	11.60			
6	6	Luke Stott	Havering Mayesbrook AC	11.80			
7	5	Craig Cox	Crawley AC	12.10			
8							

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				Perf	Records	Wind	Athletics W
				Wind=	NT		
1	11	James Ellington	Belgrave Harriers	11.40			
2	77	Danny Miller	Kent AC	11.70			
3	22	Sam O'Malley	Ashford AC	12.00			
4	88	Hanif Miller	Milton Keynes AC	12.10			
5	55	Matt Sinclair	Crawley AC	12.30			
6	44	Tom Pegg	City of Norwich AC	12.30			
7	66	Ben Jones	Havering Mayesbrook AC	12.90			
8							

				Perf	Records	Wind	Athletics W
				Wind=	-1.1 m/s		
1	1	Wade Bennett Jackson	Belgrave Harriers	23.1			
2	7	Danny Miller	Kent AC	23.5			
3	6	Luke Stott	Havering Mayesbrook AC	23.6			
4	4	Ben Hamlin	City of Norwich AC	23.8			
5	5	Craig Cox	Crawley AC	24.2			
6	8	Hanif Miller	Milton Keynes AC	24.3			
7	2	Nick Leavey	Ashford AC	24.7			
8							

				Perf	Records	Wind	Athletics W
				Wind=	-1.3 m/s		
1	22	Sam O'Malley	Ashford AC	23.4			
2	66	Adam Shaw	Havering Mayesbrook AC	23.7			
3	11	John Regis	Belgrave Harriers	24.1			
4	55	Matt Sinclair	Crawley AC	24.6			
5	44	Tom Pegg	City of Norwich AC	24.8			
6	77	Tashan Hural Russell	Kent AC	25.5			
7	88	Ashley Ratcliffe	Milton Keynes AC	26.0			
8							

				Perf	Records	Wind	Athletics W
1	1	Set Osho	Belgrave Harriers	50.7			
2	6	Adam Shaw	Havering Mayesbrook AC	51.5			
3	4	Ben Hamlin	City of Norwich AC	52.2			
4	2	Gary Mickelborough	Ashford AC	52.5			
5	5	Matt Peel	Crawley AC	53.1			
6	7	Victor Barzey	Kent AC	53.7			
7	8	Ashley Ratcliffe	Milton Keynes AC	57.9			
8							

				Perf	Records	Wind	Athletics W
1	11	Jason Hussain	Belgrave Harriers	50.2			
2	44	Paul Goodall	City of Norwich AC	51.1			
3	22	Dave Jed	Ashford AC	52.6			
4	55	Matt Patten	Crawley AC	52.6			
5	66	Michael Waller	Havering Mayesbrook AC	53.4			
6	77	Saeed Smith	Kent AC	55.0			
7	88	Kyle Bennett	Milton Keynes AC	55.4			
8							

				Perf	Records	Wind	Athletics W
1	4	Carl Goose	City of Norwich AC	01:57.6			
2	6	Martin Heys	Havering Mayesbrook AC	01:59.0			
3	1	Gavin Solway	Belgrave Harriers	01:59.9			
4	2	Andrew Welch	Ashford AC	02:00.8			
5	5	Matt Peel	Crawley AC	02:03.7			
6	8	Ross Threlfall	Milton Keynes AC	02:04.2			
7	3	Elliott Prince	Cheltenham & County	02:10.5			
8	7	Shawn Phillips	Kent AC	Disq			

				Perf	Records	Wind	Athletics W
1	11	Ryan Dinham	Belgrave Harriers	02:01.4			
2	22	James Phillips	Ashford AC	02:02.4			
3	66	Andrew Meech	Havering Mayesbrook AC	02:03.0			
4	44	Rick Ward	City of Norwich AC	02:03.0			
5	88	Kyle Bennett	Milton Keynes AC	02:04.7			
6	55	Tom Stanley	Crawley AC	02:05.6			
7	33	Jon Norris	Cheltenham & County	02:12.8			
8	77	Sylvan Kiwanuka	Kent AC	02:13.9			

				Perf	Records	Wind	Athletics W
1	6	Martin Heys	Havering Mayesbrook AC	04:18.1			
2	2	Andrew Welch	Ashford AC	04:22.3			
3	8	Phil Macey	Milton Keynes AC	04:24.2			
4	4	Matthew Dack	City of Norwich AC	04:24.5			
5	3	Liam Lewis	Cheltenham & County	04:25.2			
6	5	Chris Johnson	Crawley AC	04:25.3			
7	7	Shawn Phillips	Kent AC	04:38.7			
8	1	Roy Collier	Belgrave Harriers	05:20.8			

				Perf	Records	Wind	Athletics W
1	66	Andrew Meech	Havering Mayesbrook AC	04:23.2			
2	44	Mitch Goose	City of Norwich AC	04:24.5			
3	33	Mark Norris	Cheltenham & County	04:34.2			
4	88	Ross Threlfall	Milton Keynes AC	04:35.4			
5	22	Dave Barrett	Ashford AC	04:36.1			
6	55	Matt Peel	Crawley AC	04:50.7			
7	77	David Marsh	Kent AC	04:58.9			
8	11	Jamie McCrae	Belgrave Harriers	05:10.3			



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 Records
Wind
Athletics W
Perf

Sunday 29 August 2004

 Records
Wind
Athletics W
Perf
Men's 2000m S/Chase A

1	66	Daniel Quinn	Havering Mayesbrook AC	06:32.6	<input checked="" type="checkbox"/>
2	44	Steve Cannell	City of Norwich AC	06:40.4	<input checked="" type="checkbox"/>
3	88	Robbie Taylor	Milton Keynes AC	06:55.6	<input checked="" type="checkbox"/>
4	7	Shaun Mulligan	Kent AC	07:01.0	<input checked="" type="checkbox"/>
5	22	Olly Crux	Ashford AC	07:20.7	<input checked="" type="checkbox"/>
6	5	Darren Tremble	Crawley AC	07:24.5	<input checked="" type="checkbox"/>
7	1	James McCrae	Belgrave Harriers	08:05.5	<input checked="" type="checkbox"/>
8					

Men's 2000m S/Chase B

1	4	Martin Bath	City of Norwich AC	06:51.2	<input checked="" type="checkbox"/>
2	8	Kyle Bennett	Milton Keynes AC	07:11.2	<input checked="" type="checkbox"/>
3	2	Alex Politowicz	Ashford AC	07:21.0	<input checked="" type="checkbox"/>
4	6	Jay Ryan	Havering Mayesbrook AC	07:51.2	<input checked="" type="checkbox"/>
5	55	Andrew Nixon	Crawley AC	08:05.8	<input checked="" type="checkbox"/>
6	11	Paul Cowling	Belgrave Harriers	08:53.0	<input checked="" type="checkbox"/>
7					
8					

Men's 3000m A

1	2	Andrew Welch	Ashford AC	09:27.8	<input checked="" type="checkbox"/>
2	8	Phil Macey	Milton Keynes AC	09:31.2	<input checked="" type="checkbox"/>
3	4	Matthew Dack	City of Norwich AC	09:36.7	<input checked="" type="checkbox"/>
4	66	Daniel Quinn	Havering Mayesbrook AC	09:58.9	<input checked="" type="checkbox"/>
5	77	David Marsh	Kent AC	10:00.0	<input checked="" type="checkbox"/>
6	5	Andrew Nixon	Crawley AC	10:19.4	<input checked="" type="checkbox"/>
7	1	Jamie McCrae	Belgrave Harriers	10:56.8	<input checked="" type="checkbox"/>
8					

Men's 3000m B

1	88	Paul Wright	Milton Keynes AC	09:50.1	<input checked="" type="checkbox"/>
2	22	Olly Crux	Ashford AC	09:56.1	<input checked="" type="checkbox"/>
3	44	Ed Kelleher	City of Norwich AC	10:12.7	<input checked="" type="checkbox"/>
4	6	Lewis Huckfield	Havering Mayesbrook AC	10:20.4	<input checked="" type="checkbox"/>
5	7	Sylvan Kiwanuka	Kent AC	10:29.9	<input checked="" type="checkbox"/>
6	11	Roy Collier	Belgrave Harriers	11:56.5	<input checked="" type="checkbox"/>
7	55	Alex Best	Crawley AC	12:14.9	<input checked="" type="checkbox"/>
8					

Men's 400m Hurdles A

1	1	Ryan Dinham	Belgrave Harriers	56.2	<input checked="" type="checkbox"/>
2	3	Iwan Pepperell	Cheltenham & County	57.0	<input checked="" type="checkbox"/>
3	7	Shaun Mulligan	Kent AC	58.6	
4	6	Aaron Edwards	Havering Mayesbrook AC	59.0	
5	4	Paul Goodall	City of Norwich AC	61.6	
6	5	Matt Patten	Crawley AC	63.2	
7	2	Alex Politowicz	Ashford AC	63.8	
8	8	Paul Wright	Milton Keynes AC	69.1	

Men's 400m Hurdles B

1	44	Daryl Wickham	City of Norwich AC	63.6	
2	77	Saeed Smith	Kent AC	65.7	
3	66	Adam Brett	Havering Mayesbrook AC	66.0	
4	11	Paul Cowling	Belgrave Harriers	68.9	
5	55	Darren Tremble	Crawley AC	71.3	
6	88	Robbie Taylor	Milton Keynes AC	76.8	
7	22	Nick Pullen	Ashford AC	81.2	
8					

Men's 110m Hurdles A

Wind= -1.6 m/s

1	3	Iwan Pepperell	Cheltenham & County	14.9	<input checked="" type="checkbox"/>
2	1	Ryan Dinham	Belgrave Harriers	15.2	<input checked="" type="checkbox"/>
3	6	Aaron Edwards	Havering Mayesbrook AC	17.0	
4	7	Wesley Eversley	Kent AC	17.3	
5	4	Daryl Wickham	City of Norwich AC	19.1	
6	5	Matt Patten	Crawley AC	20.8	
7	2	Andrew Welch	Ashford AC	21.0	
8	8	Paul Wright	Milton Keynes AC	22.4	

Men's 110m Hurdles B

Wind= -2.3 m/s

1	11	Kevin Sempers	Belgrave Harriers	15.2	<input checked="" type="checkbox"/>
2	66	Adam Brett	Havering Mayesbrook AC	19.4	
3	55	Craig Cox	Crawley AC	20.4	
4	22	James Bandrowski	Ashford AC	21.0	
5	44	Bradley Rea	City of Norwich AC	21.6	
6	88	Robbie Taylor	Milton Keynes AC	24.0	
7	77	Ethelbert Metzger	Kent AC	Disq	
8					

Men's Hammer A

1	8	Kieran McConnell	Milton Keynes AC	44.12	<input checked="" type="checkbox"/>
2	3	Lewis Prince	Cheltenham & County	42.80	<input checked="" type="checkbox"/>
3	5	Alex Best	Crawley AC	38.19	
4	7	Adam Burton	Kent AC	35.25	
5	6	Terry O'Leary	Havering Mayesbrook AC	32.32	
6	4	Luke Evens	City of Norwich AC	31.54	
7	1	Roy Collier	Belgrave Harriers	22.86	
8	22	Dan Carpenter	Ashford AC	20.36	

Men's Hammer B

1	88	Kieron Mason	Milton Keynes AC	40.26	<input checked="" type="checkbox"/>
2	33	Sam Winchcombe	Cheltenham & County	26.57	
3	77	Shaun Mulligan	Kent AC	19.63	
4	66	Christian Newton	Havering Mayesbrook AC	17.65	
5	55	Anthony Dibble	Crawley AC	17.51	
6	44	Tom Lansdale	City of Norwich AC	16.89	
7	11	Paul Collier	Belgrave Harriers	13.22	
8	2	Mark Goodwyn	Ashford AC	12.54	



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				Records	Wind	Athletics W					Records	Wind	Athletics W
				Perf							Perf		
<u>Men's Discus A</u>							<u>Men's Discus B</u>						
1	1	Chris Gearing	Belgrave Harriers	48.28		<input checked="" type="checkbox"/>	1	11	Mark Allen	Belgrave Harriers	45.94		<input checked="" type="checkbox"/>
2	6	Aaron Edwards	Havering Mayesbrook AC	38.23		<input checked="" type="checkbox"/>	2	8	Kieron Mason	Milton Keynes AC	29.75		
3	88	Kieran McConnell	Milton Keynes AC	37.05		<input checked="" type="checkbox"/>	3	7	Adam Burton	Kent AC	24.98		
4	3	Sam Winchcombe	Cheltenham & County	28.70			4	33	Lewis Prince	Cheltenham & County	22.83		
5	77	Sataish O'Shea	Kent AC	27.18			5	66	Christian Newton	Havering Mayesbrook AC	22.31		
6	5	Alex Best	Crawley AC	23.82			6	55	Anthony Dibble	Crawley AC	21.14		
7	4	Tom Lansdale	City of Norwich AC	21.98			7	22	Dave Jed	Ashford AC	19.88		
8	2	Dan Carpenter	Ashford AC	20.67			8						
<u>Men's Javelin A</u>							<u>Men's Javelin B</u>						
1	11	Mark Allen	Belgrave Harriers	50.54		<input checked="" type="checkbox"/>	1	1	Kevin Sempers	Belgrave Harriers	45.50		
2	4	Phillip Barnard	City of Norwich AC	44.20			2	22	Alex Poltowicz	Ashford AC	38.12		
3	6	Terry O'Leary	Havering Mayesbrook AC	43.50			3	44	Andrew Holmes	City of Norwich AC	34.16		
4	8	Kershal St Helene	Milton Keynes AC	42.59			4	66	Scott Keating	Havering Mayesbrook AC	29.02		
5	5	Alex McEwan	Crawley AC	40.40			5	88	Ross Threlfall	Milton Keynes AC	26.58		
6	2	Mark Goodwyn	Ashford AC	38.31			6	55	Andrew Nixon	Crawley AC	26.13		
7	7	David Marsh	Kent AC	33.84			7	77	Jermias St Luis	Kent AC	24.69		
8							8						
<u>Men's Shot Putt A</u>							<u>Men's Shot Putt B</u>						
1	1	Chris Gearing	Belgrave Harriers	17.60		<input checked="" type="checkbox"/>	1	11	Mark Allen	Belgrave Harriers	16.70		<input checked="" type="checkbox"/>
2	8	Kieran McConnell	Milton Keynes AC	13.48		<input checked="" type="checkbox"/>	2	88	Kieron Mason	Milton Keynes AC	11.59		
3	6	Aaron Edwards	Havering Mayesbrook AC	12.14			3	66	Terry O'Leary	Havering Mayesbrook AC	10.99		
4	3	Sam Winchcombe	Cheltenham & County	11.43			4	77	Lucky Garba	Kent AC	10.06		
5	7	Wesley Eversley	Kent AC	10.65			5	2	Dan Carpenter	Ashford AC	8.23		
6	5	Alex Best	Crawley AC	10.17			6	33	Lewis Prince	Cheltenham & County	7.78		
7	22	Alex Poltowicz	Ashford AC	9.81			7	44	Luke Evens	City of Norwich AC	7.68		
8	4	Tom Lansdale	City of Norwich AC	9.59			8	55	Anthony Dibble	Crawley AC	7.57		
<u>Men's Long Jump A</u>							<u>Men's Long Jump B</u>						
1	8	Greg Rutherford	Milton Keynes AC	7.28	NT	<input checked="" type="checkbox"/>	1	1	Gary Wilson	Belgrave Harriers	6.64	NT	<input checked="" type="checkbox"/>
2	11	Kevin Sempers	Belgrave Harriers	6.68	NT	<input checked="" type="checkbox"/>	2	88	Kershal St Helene	Milton Keynes AC	6.41	NT	
3	3	Chris Fay	Cheltenham & County	6.53	NT	<input checked="" type="checkbox"/>	3	66	Scott Keating	Havering Mayesbrook AC	5.59	NT	
4	6	Luke Stott	Havering Mayesbrook AC	6.31	NT		4	77	Lucky Garba	Kent AC	5.49	NT	
5	7	Matthew Burton	Kent AC	6.06	NT		5	2	Nick Leavey	Ashford AC	4.96	NT	
6	5	Matt Sinclair	Crawley AC	5.62	NT		6	55	Darren Tremble	Crawley AC	4.78	NT	
7	44	Martin Bath	City of Norwich AC	5.41	NT		7	4	Andrew Holmes	City of Norwich AC	3.11	NT	
8	22	Gary Mickelborough	Ashford AC	5.34	NT		8						
<u>Men's Triple Jump A</u>							<u>Men's Triple Jump B</u>						
1	8	Kershal St Helene	Milton Keynes AC	14.15	NT	<input checked="" type="checkbox"/>	1	88	Greg Rutherford	Milton Keynes AC	13.54	NT	<input checked="" type="checkbox"/>
2	7	Matthew Burton	Kent AC	13.93	NT	<input checked="" type="checkbox"/>	2	77	Wesley Eversley	Kent AC	11.84	NT	
3	3	Chris Fay	Cheltenham & County	13.28	NT	<input checked="" type="checkbox"/>	3	11	Roy Collier	Belgrave Harriers	11.82	NT	
4	44	Paul Goodall	City of Norwich AC	12.78	NT		4	66	Michael Waller	Havering Mayesbrook AC	11.16	NT	
5	1	Gary Wilson	Belgrave Harriers	12.63	NT		5	55	Matt Sinclair	Crawley AC	10.44	NT	
6	6	James Coppeard	Havering Mayesbrook AC	12.48	NT		6	22	James Bandrowski	Ashford AC	10.12	NT	
7	2	Andrew Welch	Ashford AC	11.34	NT		7						
8	5	Alex McEwan	Crawley AC	11.03	NT		8						



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Men's High Jump A

	Perf	Records	Wind	Athletics W
1	1	Kevin Sempers	Belgrave Harriers	1.90
2	8	Kershal St Helene	Milton Keynes AC	1.80
3	3	Chris Fay	Cheltenham & County	1.80
4	6	Scott Keating	Havering Mayesbrook AC	1.75
5	7	Matthew Burton	Kent AC	1.65
6=	4	Phillip Barnard	City of Norwich AC	1.60
6=	22	Dave Barrett	Ashford AC	1.60
8	5	Tom Stanley	Crawley AC	1.55

Men's High Jump B

	Perf	Records	Wind	Athletics W
1	11	Mark Allen	Belgrave Harriers	1.85
2	66	Mark Connelly	Havering Mayesbrook AC	1.70
3	88	Hanif Miller	Milton Keynes AC	1.70
4	44	Rick Ward	City of Norwich AC	1.55
5	77	Tashan Hural Russell	Kent AC	1.50
6				
7				
8				

Men's Pole Vault A

1	99	Event Cancelled
2		
3		
4		
5		
6		
7		
8		

Men's Pole Vault B

1	
2	
3	
4	
5	
6	
7	
8	

Men's 4x100m Relay A

1	1	Belgrave Harriers	John Regis	Jason Hussain	James Ellington	Wade Bennett Jackson	43.0	<input checked="" type="checkbox"/>
2	6	Havering Mayesbrook AC	Ben Jones	Adam Shaw	Mark Connelly	Luke Stott	45.1	
3	2	Ashford AC	Nick Leavey	Gary Mickelborough	Dave Jed	Sam O'Malley	45.4	
4	5	Crawley AC	Craig Cox	Matt Sinclair	Matt Patten	Alex McEwan	45.6	
5	7	Kent AC	Tashan Hural Russell	Lucky Garba	Danny Miller	Victor Barzey	46.2	
6	4	City of Norwich AC	Tom Pegg	Tom Lansdale	Andrew Holmes	Ben Hamlin	47.8	
7	3	Cheltenham & County	Jon Norris	Mark Norris	Elliott Prince	Liam Lewis	51.9	
8								

Men's 4x400m Relay A

1	1	Belgrave Harriers	Set Osho	Gavin Solway	Jason Hussain	Ryan Dinham	03:26.7
2	2	Ashford AC	Nick Leavey	Gary Mickelborough	Dave Jed	James Phillips	03:30.5
3	6	Havering Mayesbrook AC	Michael Waller	Luke Stott	Daniel Quinn	Adam Shaw	03:31.2
4	4	City of Norwich AC	Paul Goodall	Rick Ward	Carl Goose	Ben Hamlin	03:33.5
5	7	Kent AC	Saeed Smith	Shawn Phillips	Victor Barzey	Danny Miller	03:41.3
6	5	Crawley AC	Chris Johnson	Craig Cox	Matt Peel	Matt Patten	03:42.5
7	3	Cheltenham & County	Iwan Pepperell	Liam Lewis	Elliott Prince	Jon Norris	03:47.7
8	8	Milton Keynes AC	Phil Macey	Ross Threlfall	Paul Wright	Kyle Bennett	04:27.6

MEN'S RESULT AFTER	19 EVENTS	Match
1	Belgrave	277.0
2	Havering	244.0
3	Milton K	225.0
4	Norwich	201.5
5	Ashford	188.5
6	Kent	185.0
7	Crawley	155.0
8	Cheltenham	108.0



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			Perf	Records	Wind	Athletics W
Women's 100m A		Wind=	NT			
1	4	Anike Shand-Whittingham	Cambridge Harriers	12.4		<input checked="" type="checkbox"/>
2	7	Ciaran Andrews	Herts Phoenix AC	12.9		<input checked="" type="checkbox"/>
3	1	Toks Hassan	Belgrave Harriers	12.9		<input checked="" type="checkbox"/>
4	3	Michelle Davies	Bournemouth AC	13.1		
5	8	Claire Welch	Medway & Maidstone AC	13.1		
6	5	Danielle Carpenter	Cardiff AAC	13.3		
7	2	Laura Thompson	Aldershot Farnham & Dist	13.6		
8						

			Perf	Records	Wind	Athletics W
Women's 200m A		Wind=	-2.1 ms			
1	4	Anike Shand-Whittingham	Cambridge Harriers	25.7		<input checked="" type="checkbox"/>
2	1	Toks Hassan	Belgrave Harriers	26.3		<input checked="" type="checkbox"/>
3	7	Zoe Delaney	Herts Phoenix AC	26.9		<input checked="" type="checkbox"/>
4	3	Michelle Davies	Bournemouth AC	27.4		
5	5	Tara Lewis Paisey	Cardiff AAC	28.2		
6	8	Chloe Williams	Medway & Maidstone AC	28.5		
7	2	Stephanie Twell	Aldershot Farnham & Dist	31.0		
8						

			Perf	Records	Wind	Athletics W
Women's 400m A						
1	7	Hayley Wills	Herts Phoenix AC	59.1		<input checked="" type="checkbox"/>
2	2	Charlotte Browning	Aldershot Farnham & Dist	60.8		<input checked="" type="checkbox"/>
3	4	Carol Schoburgh	Cambridge Harriers	61.5		<input checked="" type="checkbox"/>
4	1	Louise Collier	Belgrave Harriers	61.6		<input checked="" type="checkbox"/>
5	3	Kiri Burbidge	Bournemouth AC	61.7		<input checked="" type="checkbox"/>
6	5	Danielle Carpenter	Cardiff AAC	67.4		
7	8	Georgina Hussey	Medway & Maidstone AC	75.8		
8						

			Perf	Records	Wind	Athletics W
Women's 800m A						
1	2	Charlotte Browning	Aldershot Farnham & Dist	02:16.8		<input checked="" type="checkbox"/>
2	7	Nikki Silva	Herts Phoenix AC	02:17.1		<input checked="" type="checkbox"/>
3	1	Louise Collier	Belgrave Harriers	02:23.6		<input checked="" type="checkbox"/>
4	5	Tara Lewis Paisey	Cardiff AAC	02:28.7		
5	3	Anna Bewley	Bournemouth AC	02:30.9		
6	4	Tarama Ashay	Cambridge Harriers	02:40.9		
7	8	Rachel Spashett	Medway & Maidstone AC	02:49.2		
8						

			Perf	Records	Wind	Athletics W
Women's 1500m A						
1	5	Emma Loveland	Cardiff AAC	04:57.2		<input checked="" type="checkbox"/>
2	7	Nikki Silva	Herts Phoenix AC	04:59.1		<input checked="" type="checkbox"/>
3	2	Hannah Jones	Aldershot Farnham & Dist	05:02.7		
4	1	Imogen Ainsworth	Belgrave Harriers	05:06.1		
5	3	Kelly Steel	Bournemouth AC	05:13.3		
6	4	Makesha MacFarlane	Cambridge Harriers	05:40.1		
7	8	Rachel Spashett	Medway & Maidstone AC	05:44.5		
8						

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			Perf	Records	Wind	Athletics W
Women's 100m B		Wind=	NT			
1	11	Fran Gregory	Belgrave Harriers	13.2		
2	88	Chloe Williams	Medway & Maidstone AC	13.3		
3	55	Alicia Spettie	Cardiff AAC	13.6		
4	77	Kirsty Game	Herts Phoenix AC	13.6		
5	44	Tara Campbell	Cambridge Harriers	13.9		
6	33	Charlotte Jenkins	Bournemouth AC	14.0		
7	22	Stacy Preston	Aldershot Farnham & Dist	15.0		
8						

			Perf	Records	Wind	Athletics W
Women's 200m B		Wind=	-4.8 m/s			
1	77	Claire Jaggard	Herts Phoenix AC	27.5		
2	88	Sophie Copping	Medway & Maidstone AC	28.1		
3	33	Shelley Cheater	Bournemouth AC	28.1		
4	55	Alicia Spettie	Cardiff AAC	28.2		
5	11	Fran Gregory	Belgrave Harriers	28.6		
6	44	Tara Campbell	Cambridge Harriers	30.4		
7	22	Stacy Preston	Aldershot Farnham & Dist	30.7		
8						

			Perf	Records	Wind	Athletics W
Women's 400m B						
1	77	Christina Silva	Herts Phoenix AC	60.4		<input checked="" type="checkbox"/>
2	11	Fran Gregory	Belgrave Harriers	66.1		
3	22	Laura Thompson	Aldershot Farnham & Dist	66.2		
4	33	Emma Forsyth	Bournemouth AC	68.2		
5	44	Anneka Yates	Cambridge Harriers	71.5		
6						
7						
8						

			Perf	Records	Wind	Athletics W
Women's 800m B						
1	77	Hayley Wills	Herts Phoenix AC	02:23.2		<input checked="" type="checkbox"/>
2	22	Stacy Preston	Aldershot Farnham & Dist	02:26.1		
3	33	Kelly Steel	Bournemouth AC	02:37.7		
4	44	Charlotte Seymour	Cambridge Harriers	02:43.6		
5	11	Harriet Green	Belgrave Harriers	03:35.6		
6						
7						
8						

			Perf	Records	Wind	Athletics W
Women's 1500m B						
1	77	Hayley Rule	Herts Phoenix AC	05:08.3		
2	22	Sophie Reynolds	Aldershot Farnham & Dist	05:16.0		
3	55	Lisa Brown	Cardiff AAC	05:17.7		
4	33	Anna Bewley	Bournemouth AC	05:33.3		
5	44	Lucy Oliver-Welsh	Cambridge Harriers	06:37.5		
6						
7						
8						



Southern Promotion Match 2004 - Cophall Stadium, Barnet

				Records	Wind	Athletics W
				Perf		
<u>Women's 3000m A</u>						
1	2	Stephanie Twell	Aldershot Farnham & Dist	10:49.5		<input checked="" type="checkbox"/>
2	1	Imogen Ainsworth	Belgrave Harriers	11:32.5		
3	55	Lauren Richards	Cardiff AAC	12:22.6		
4	4	Marie Harris	Cambridge Harriers	16:41.2		
5						
6						
7						
8						

Sunday 29 August 2004

				Records	Wind	Athletics W
				Perf		
<u>Women's 3000m B</u>						
1	22	Georgina Furze	Aldershot Farnham & Dist	11:06.5		
2	5	Amy Johns	Cardiff AAC	12:31.8		
3						
4						
5						
6						
7						
8						

Women's 400m Hurdles A

1	7	Christina Silva	Herts Phoenix AC	64.5		<input checked="" type="checkbox"/>
2	2	Stephanie Twell	Aldershot Farnham & Dist	70.3		
3	3	Carly Dean	Bournemouth AC	72.0		
4	4	Emma Turner	Cambridge Harriers	76.7		
5	8	Laura Reeves	Medway & Maidstone AC	78.6		
6	5	Gemma Goulborne	Cardiff AAC	81.0		
7						
8						

Women's 400m Hurdles B

1	22	Hannah Jones	Aldershot Farnham & Dist	73.5		
2	88	Sophie Copping	Medway & Maidstone AC	74.8		
3	77	Terri Cawley	Herts Phoenix AC	75.3		
4						
5						
6						
7						
8						

Women's 100m Hurdles A

				Wind=
				-1.9 m/s
1	7	Ciaran Andrews	Herts Phoenix AC	15.5
2	3	Carly Dean	Bournemouth AC	16.5
3	8	Maria Crowe	Medway & Maidstone AC	17.7
4	44	Tara Campbell	Cambridge Harriers	22.9
5				
6				
7				
8				

Women's 100m Hurdles B

				Wind=
				-1.9 m/s
1	77	Christina Silva	Herts Phoenix AC	18.0
2	88	Laura Reeves	Medway & Maidstone AC	18.4
3	33	Charlotte Jenkins	Bournemouth AC	22.2
4	4	Valerie Hope	Cambridge Harriers	23.2
5				
6				
7				
8				

Women's Hammer A

1	7	Stephine Fuller	Herts Phoenix AC	34.27
2	3	Sarah Davies	Bournemouth AC	23.12
3	8	Laura Reeves	Medway & Maidstone AC	15.52
4	2	Megan Jones	Aldershot Farnham & Dist	15.35
5	11	Harriet Green	Belgrave Harriers	13.73
6	4	Shani Grandison-Mills	Cambridge Harriers	8.76
7				
8				

Women's Hammer B

1	77	Laura Jones	Herts Phoenix AC	15.87
2	33	Sian Ritchie	Bournemouth AC	14.00
3	1	Tosin Soji-Akineboye	Belgrave Harriers	8.06
4	44	Megan Jones	Cambridge Harriers	7.03
5	88	Georgina Hussey	Medway & Maidstone AC	4.25
6				
7				
8				

Women's Discus A

1	3	Sarah Davies	Bournemouth AC	31.90
2	7	Laura Jones	Herts Phoenix AC	24.59
3	2	Sophie Reynolds	Aldershot Farnham & Dist	20.88
4	44	Shani Grandison-Mills	Cambridge Harriers	17.49
5	5	Kerry Jones	Cardiff AAC	15.32
6	11	Louise Collier	Belgrave Harriers	13.58
7	8	Laura Reid	Medway & Maidstone AC	12.51
8				

Women's Discus B

1	77	Stephine Fuller	Herts Phoenix AC	24.31
2	33	Hannah Bennett	Bournemouth AC	21.08
3	22	Megan Jones	Aldershot Farnham & Dist	19.19
4	55	Lauren Richards	Cardiff AAC	13.46
5	1	Imogen Ainsworth	Belgrave Harriers	12.49
6	88	Chloe Williams	Medway & Maidstone AC	10.50
7				
8				



Southern Promotion Match 2004 - Cophall Stadium, Barnet

Sunday 29 August 2004

				Records	Wind	Athletics W					Records	Wind	Athletics W
				Perf							Perf		
<u>Women's Javelin A</u>							<u>Women's Javelin B</u>						
1	7	Laura Jones	Herts Phoenix AC	27.41			1	3	Hannah Bennett	Bournemouth AC	20.85		
2	5	Kerry Jones	Cardiff AAC	25.68			2	77	Kirsty Game	Herts Phoenix AC	16.87		
3	4	Tola Agoro	Cambridge Harriers	24.22			3	55	Tara Lewis Paisey	Cardiff AAC	16.41		
4	33	Sian Ritchie	Bournemouth AC	21.26			4	88	Laura Reid	Medway & Maidstone AC	14.27		
5	8	Laura Reeves	Medway & Maidstone AC	20.58			5	44	Lucy Oliver-Welsh	Cambridge Harriers	12.56		
6	1	Tosin Soji-Akineboye	Belgrave Harriers	11.72			6	11	Harriet Green	Belgrave Harriers	9.38		
7							7						
8							8						
<u>Women's Shot Putt A</u>							<u>Women's Shot Putt B</u>						
1	4	Tola Agoro	Cambridge Harriers	11.23		<input checked="" type="checkbox"/>	1	33	Hannah Bennett	Bournemouth AC	8.49		
2	7	Laura Jones	Herts Phoenix AC	9.37		<input checked="" type="checkbox"/>	2	77	Natalie Farman	Herts Phoenix AC	6.97		
3	3	Sarah Davies	Bournemouth AC	9.35			3	44	Carol Schoburgh	Cambridge Harriers	6.81		
4	1	Michelle Nestor	Belgrave Harriers	7.04			4	11	Harriet Green	Belgrave Harriers	6.63		
5	88	Laura Reid	Medway & Maidstone AC	4.52			5	8	Rachel Spashett	Medway & Maidstone AC	3.49		
6							6						
7							7						
8							8						
<u>Women's Long Jump A</u>							<u>Women's Long Jump B</u>						
1	1	Michelle Nestor	Belgrave Harriers	5.34	+3.4	<input checked="" type="checkbox"/>	1	7	Claire Jaggard	Herts Phoenix AC	5.07	+1.7	<input checked="" type="checkbox"/>
2	77	Zoe Delaney	Herts Phoenix AC	5.15	+2.9	<input checked="" type="checkbox"/>	2	33	Carly Dean	Bournemouth AC	4.97	+0.5	
3	5	Danielle Carpenter	Cardiff AAC	5.12	+0.5	<input checked="" type="checkbox"/>	3	11	Toks Hassan	Belgrave Harriers	4.73	+0.6	
4	3	Sarah Warsop	Bournemouth AC	5.12	+1.8	<input checked="" type="checkbox"/>	4	8	Georgina Hussey	Medway & Maidstone AC	3.86	+2.4	
5	88	Claire Welch	Medway & Maidstone AC	4.39	+3.5		5	55	Gemma Goulborne	Cardiff AAC	3.77	+3.3	
6	4	Emma Turner	Cambridge Harriers	3.99	+1.4		6	44	Megan Jones	Cambridge Harriers	3.52	+2.5	
7							7						
8							8						
<u>Women's Triple Jump A</u>							<u>Women's Triple Jump B</u>						
1	1	Michelle Nestor	Belgrave Harriers	11.32	+4.5	<input checked="" type="checkbox"/>	1	77	Natalie Farman	Herts Phoenix AC	9.77	+1.5	
2	3	Sarah Warsop	Bournemouth AC	10.38	+1.2	<input checked="" type="checkbox"/>	2	33	Carly Dean	Bournemouth AC	9.62	+1.9	
3	7	Michelle Njagi	Herts Phoenix AC	9.84	+3.0		3	44	Megan Jones	Cambridge Harriers	7.82	+1.0	
4	5	Kerry Jones	Cardiff AAC	8.88	+3.2		4						
5	4	Emma Turner	Cambridge Harriers	8.80	+0.6		5						
6	2	Megan Jones	Aldershot Farnham & Dist	7.95	+2.7		6						
7							7						
8							8						
<u>Women's High Jump A</u>							<u>Women's High Jump B</u>						
1	3	Gemma Eastman	Bournemouth AC	1.60		<input checked="" type="checkbox"/>	1	33	Sian Ritchie	Bournemouth AC	1.50		
2	77	Claire Jaggard	Herts Phoenix AC	1.55		<input checked="" type="checkbox"/>	2	7	Natalie Farman	Herts Phoenix AC	1.50		
3	1	Michelle Nestor	Belgrave Harriers	1.50			3=	44	Tamara Ashay	Cambridge Harriers	1.35		
4	4	Valerie Hope	Cambridge Harriers	1.40			3=	11	Tosin Soji-Akineboye	Belgrave Harriers	1.35		
5	2	Megan Jones	Aldershot Farnham & Dist	1.40			5	22	Hannah Jones	Aldershot Farnham & Dist	1.35		
6	88	Sophie Copping	Medway & Maidstone AC	1.35			6	8	Claire Welch	Medway & Maidstone AC	1.30		
7	5	Danielle Carpenter	Cardiff AAC	1.30			7	55	Gemma Goulborne	Cardiff AAC	1.25		
8							8						



Southern Promotion Match 2004 - Cophall Stadium, Barnet

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Records
Wind
Athletics WRecords
Wind
Athletics WWomen's Pole Vault A

1	7	Leah Davis	Herts Phoenix AC	2.20
2				
3				
4				
5				
6				
7				
8				

Women's Pole Vault B

1				
2				
3				
4				
5				
6				
7				1.25
8				

Women's 4x100m Relay A

1	4	Cambridge Harriers	Tara Campbell	Carol Schoburgh	Tamara Ashay	Anike Shand-Whittingham	51.2	<input checked="" type="checkbox"/>
2	7	Herts Phoenix AC	Kirsty Game	Claire Jaggard	Zoe Delaney	Ciaran Andrews	51.3	<input checked="" type="checkbox"/>
3	3	Bournemouth AC	Charlotte Jenkins	Emma Forsyth	Michelle Davies	Shelley Cheater	53.4	
4	8	Medway & Maidstone AC	Claire Welch	Chloe Williams	Laura Reid	Maria Crowe	53.8	
5	1	Belgrave Harriers	Fran Gregory	Harriet Green	Tosin Soji-Akineboye	Michelle Nestor	54.1	
6	5	Cardiff AAC	Alicia Spettie	Gemma Goulborne	Lauren Richards	Danielle Carpenter	54.2	
7								
8								

Women's 4x400m Relay A

1	7	Herts Phoenix AC	Christina Silva	Hayley Rule	Nikki Silva	Hayley Wills	04:04.4	<input checked="" type="checkbox"/>
2	2	Aldershot Farnham & Dist	Stephanie Twell	Stacy Preston	Hannah Jones	Charlotte Browning	04:11.8	<input checked="" type="checkbox"/>
3	1	Belgrave Harriers	Fran Gregory	Imogen Ainsworth	Toks Hassan	Louise Collier	04:19.0	
4	3	Bournemouth AC	Claire Cheater	Anna Bewley	Kelly Steel	Kiri Burbidge	04:20.7	
5	5	Cardiff AAC	Tara Lewis Paisey	Lisa Brown	Amy Johns	Emma Loveland	04:23.9	
6	4	Cambridge Harriers	Anneka Yates	Emma Turner	Makesha MacFarlane	Charlotte Seymour	04:40.5	
7	8	Medway & Maidstone AC	Laura Reeves	Rachel Spashett	Georgina Hussey	Sophie Copping	04:44.5	
8								

WOMEN'S RESULT AFTER

18 EVENTS

Match

1	Herts Phoenix	278.0
2	Bournemouth	212.0
3	Cambridge	180.5
4	Belgrave	168.5
5	AF&D	143.0
6	Medway & Maid	135.0
7	Cardiff	133.0
8	Havant	0.0