

SOUTHERN MEN'S LEAGUE - DIVISION ONE
LEE VALLEY, 17 May 2008

	<u>Current Points score</u>		<u>Total points</u>
1	Havering Mayesbrook	L	136
2	Exeter Harriers	E	134
3	Kent AC	K	87
4	Ipswich Harriers	I	86
5	Windsor, Slough E&H	X	79

Pos	Name	No.	Club	Perf	Match Points
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100m 'A' wind: +/-

1	Mark Holloway	X	Windsor SHE	10.8	5
2	Daniel Buss	E	Exeter	11.2	4
3	Luke Stott	L	Hav M	11.4	3
4	Aaron Broderick	K	Kent	11.7	2
5	N Gillingham	I	Ips	12.0	1

100m 'B' wind: +/-

1	George Robinson (U20)	EE	Exe	11.3	5
2	Matt Russell	LL	Hav M	11.4	4
3	S Phipps	KK	Kent	11.7	3
4	A Weekes	XX	WSEH	11.7	2
5	Rhys Macdonald (U17)	II	Ips	11.8	1

200m 'A' wind: +2.9

1	Luke Stott	L	Hav M	22.1	5
2	Daniel Buss	E	Exe	22.8	4
3	Aaron Broderick	K	Kent	23.8	3
4	N Gillingham	I	Ips	23.9	2
5	A Weekes	X	WSEH	24.2	1

200m 'B' wind: nwi

1	Matt Russell	LL	Hav M	23.3	5
2	George Robinson (U20)	EE	Exe	23.4	4
3	Scott Dorset	XX	WSEH	23.5	3
4	Lincoln Campbell (M40)	KK	Kent	24.7	2
5	Tim Byford (U20)	II	Ips	24.8	1

400m 'A'

1	Matt Parsley (U20)	E	Exe	50.7	5
2	Scott Spencer	L	Hav M	51.8	4
3	N Gillingham	I	Ips	52.6	3
4	Victor Barzey	K	Kent	52.6	2
5					1

400m 'B'

1	Lee Salter	EE	Exe	52.9	5
2	Michael Fuller	II	Ips	57.3	4
3	Toma Davies	LL	Hav M	60.5	3
4	J Phipps	KK	Kent	61.2	2
5					1

800m 'A'

1	Michael Fuller	I	Ips	2:01.6	5
2	Grant Twist (U20)	L	Hav M	2:01.9	4
3	D Strang	E	Exe	2:03.6	3
4	Rawlston Morian (U20)	K	Kent	2:07.4	2
5					1

800m 'B'

1	Tom Hartley (U17)	EE	Exe	2:03.2	5
2	Sylvan Kiwanumka (u20)	KK	Kent	2:06.0	4
3	Matt Bland (M40)	LL	Hav M	2:07.4	3
4	S Gardiner	II	Ips	2:21.5	2
5					1

1500m 'A'

1	Ian May	X	WSEH	4:03.0	5
2	Michael Claff	K	Kent	4:07.1	4
3	Philip Almond (U20)	E	Exe	4:09.4	3
4	Rob Dickenson	L	Hav M	4:18.5	2
5	Michael Fuller	I	Ips	4:49.1	1

1500m 'B'

1	Owain Jones	XX	WSEH	4:03.0	5
2	Alfred Grimsey (U17)	KK	Kent	4:13.8	4
3	Matt Bland (M40)	LL	Hav M	4:21.6	3
4	L Evans	EE	Exe	4:35.8	2
5	S Gardiner	II	Ips	4:56.4	1

5000m 'A'

1	Nathan White (U20)	X	WSEH	15:12.3	5
2	J Bancroft	E	Exe	15:59.0	4
3	Simon Loach (M35)	K	Kent	16:09.5	3
4	Chris Coates	L	Hav M	16:17.5	2
5	S Gardiner	I	Ips	17:00.4	1

5000m 'B'

1	Ian Anthony	LL	Hav M	16:42.0	5
2	Gordon Seward (M50)	EE	Exe	17:01.6	4
3	Tim Byford (U20)	II	Ips	17:15.8	3
4	Phil Sanders (M35)	KK	Kent	17:40.4	2
5	J Bowers	XX	WSEH	18:40.5	1

110mH 'A' wind: +1.0

1	Glenn Etherington	E	Exe	15.4	5
2	Ashley Bryant (U20)	X	WSEH	15.5	4
3	Mark Bishop (M40)	LL	Hav M	16.4	3
4	T Jamieson	K	Kent	18.5	2
5					1

110mH 'B' wind: +1.0

1	Anthony Williams (U20)	L	Hav M	16.4	5
2	Simon Lewis	EE	Exe	18.2	4
3	Glen Reddington (M45)	XX	WSEH	18.4	3
4					2
5					1

400mH 'A'

1	Richard Scott	E	Exe	54.0	5
2	Jeff Christie	X	WSEH	54.8	4
3	Mark Bishop (M40)	L	Hav M	64.0	3
4	Q Mays	K	Kent	67.5	2
5	Michael Fuller	I	Ips	71.8	1

400mH 'B'

1	Matt Parsley (U20)	EE	Exe	58.1	5
2	Rudy Francis (U17)	KK	Kent	62.7	4
3	Danny Hodge (M45)	XX	WSEH	63.2	3
4	Jason Lendon	LL	Hav M	69.5	2
5	Tim Byford (U20)	II	Ips	70.2	1

3000m S/C 'A'

1	Jason Lendon	L	Hav M	10:00.0	5
2	G Taylor	X	WSEH	10:02.9	4
3	N Woolley	E	Exe	10:29.0	3
4	Lee Hine	K	Kent	10:53.0	2
5	Tim Byford (U20)	I	Ips	11:43.3	1

3000m S/C 'B'

1	Grant Twist (U20)	LL	Hav M	10:09.4	5
2	Peter Boxshall (M50)	KK	Kent	11:25.0	4
3	N Gillingham	II	Ips	13:40.2	3
4					2
5					1

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Long Jump 'A'

1	Mark Holloway	X	WSEH	7.14	5
2	Ian Allen (M40)	E	Exe	6.42	4
3	P Ujah	K	Kent	6.39	3
4	Vincent Lazaro (U20)	LL	Hav M	6.22	2
5	Michael Fuller	I	Ips	5.63	1

High Jump 'A'

1	P Ujah	K	Kent	1.80	5
2	Tom Elworthy (U20)	EE	Exe	1.80	4
3	Jay Ryan (U20)	L	Hav M	1.70	3
4	Rhys Macdonald (U17)	II	Ips	1.65	2
5					1

Pole Vault 'A'

1	Steven Walker	X	WSEH	4.10	5
2	Stuart Tufton (M55)	LL	Hav M	3.00	4
3	David Robinson (M50)	E	Exe	2.80	3
4	Wesley Eversley	K	Kent	2.40	2
5	R Graham	I	Ips	2.40	1

Triple Jump 'A'

1	Anthony Williams (U20)	L	Hav M	13.09	5
2	Rhys Macdonald (U17)	I	Ips	12.95	4
3	T Hagard	K	Kent	12.07	3
4	Matt Parsley (U20)	E	Exe	11.89	2
5	A Winchcombe	X	WSEH	10.87	1

Shot 'A'

1	Mark Leitch (M35)	I	Ips	14.64	5
2	Mike Small (M50)	E	Exe	12.18	4
3	Mark Bishop (M40)	LL	Hav M	11.25	3
4	David Shiel	X	WSEH	11.17	2
5	Wesley Eversley	KK	Kent	9.66	1

Hammer 'A'

1	Malcolm Fenton (M50)	I	Ips	54.67	5
2	Jon Milum (M40)	E	Exe	46.42	4
3	Daniel Gamester	L	Hav M	43.60	3
4	D Shiel	XX	WSEH	25.16	2
5	Rawlston Morian (U20)	K	Kent	16.27	1

Discus 'A'

1	Joe Bloomfield (U20)	I	Ips	39.80	5
2	Mike Small (M50)	E	Exe	37.33	4
3	Mark Bishop (M40)	L	Hav M	32.21	3
4	David Shiel	X	WSEH	31.22	2
5	M Ishiguzo	K	Kent	22.83	1

Javelin 'A'

1	Bonne Buwembo (U20)	L	Hav M	63.26	5
2	Ashley Bryant (U20)	X	WSEH	47.04	4
3	Mark Leitch (M35)	I	Ips	44.18	3
4	Mike Small (M50)	E	Exe	38.03	2
5	M Ishiguzo	KK	Kent	33.70	1

4x100m relay

1		L	Hav M	44.1	5
2		E	Exe	44.2	4
3		K	Kent	46.3	3
4		I	Ips	47.9	2
5					1

Pos	Name	No.	Club	Perf	Match Points
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Long Jump 'B'

1	Joseph Ramie (U20)	L	Hav M	6.21	5
2	Simon Lewis	EE	Exe	5.74	4
3	Wesley Eversley	KK	Kent	5.66	3
4	A Winchcombe	XX	WSEH	5.40	2
5	N Gillingham	II	Ips	5.05	1

High Jump 'B'

1	Ian Allen (M40)	E	Exe	1.75	5
2	Mark Bishop (M40)	LL	Hav M	1.65	4
3	Michael Fuller	II	Ips	1.55	3
4	Wesley Eversley	KK	Kent	1.50	2
5					1

Pole Vault 'B'

1	Ashley Bryant (U20)	XX	WSEH	4.00	5
2	Luke Evans	EE	Exe	2.60	4
3	Jay Ryan (U20)	L	Hav M	2.60	3
4	N Gillingham	II	Ips	1.10	2
5					1

Triple Jump 'B'

1	Joseph Ramie (U20)	LL	Hav M	13.06	5
2	R Graham	II	Ips	12.89	4
3	Wesley Eversley	KK	Kent	11.47	3
4	Simon Lewis	EE	Exe	10.71	2
5					1

Shot 'B'

1	Joe Bloomfield (U20)	II	Ips	12.82	5
2	Jay Ryan (U20)	L	Hav M	10.38	4
3	Jon Milum (M40)	EE	Exe	10.37	3
4	M Ishiguzo	K	Kent	8.45	2
5	A Winchcombe	XX	WSEH	6.43	1

Hammer 'B'

1	Joe Bloomfield (U20)	II	Ips	50.36	5
2	Mike Small (M50)	EE	Exe	40.18	4
3	Bradley Reece (U20)	LL	Hav M	36.60	3
4	M Ishiguzo	KK	Kent	9.53	2
5					1

Discus 'B'

1	Jon Milum (M40)	EE	Exe	36.72	5
2	Mark Leitch (M35)	II	Ips	34.63	4
3	Daniel Gamester	LL	Hav M	26.19	3
4	Victor Barzey	KK	Kent	15.28	2
5	A Winchcombe	XX	WSEH	12.12	1

Javelin 'B'

1	Georgie Bean (U17)	LL	Hav M	53.22	5
2	G Fuller	XX	WSEH	45.42	4
3	Wesley Eversley	K	Kent	31.62	3
4	Jon Milum (M40)	EE	Exe	31.56	2
5	T Fuller	II	Ips	21.51	1

4x400m relay

1		L	Hav M	3:27.4	5
2		E	Exe	3:29.4	4
3		K	Kent	3:43.2	3
4		I	Ips	4:12.2	2
5					1