

Southern Men's League Division One 2007					
Match 5 - Milton Keynes - 14 July 2007					
	Team	Score			
1	Marshall Milton Keynes	130	M		
2	Tonbridge	119	F		
3	Swindon	109	J		
4	Nene Valley Harriers	91	N		
5	Havering Mayesbrook	81	L		
	100m A		w		
1	Matthew Russell	Havering Mayesbrook	10.9	5	
2	James Farmer	Tonbridge	11.4	4	
3	Ogaga Cribb	Marshall Milton Keynes	11.5	3	
4	Ed New	Swindon	11.7	2	
5	Mitch Prosser	Nene Valley Harriers	12.2	1	
	100m B		w		
1	Chris Ford	Tonbridge	11.6	5	
2	Panos Ioannou	Marshall Milton Keynes	11.7	4	
3	James Liggins	Nene Valley Harriers	12.7	3	
4	Arron Bonning	Havering Mayesbrook	12.7	2	
5	James Neal	Swindon	13.3	1	
	200m A		w		
1	Toby Ulm	Swindon	22.1	5	
2	Matthew Russell	Havering Mayesbrook	22.5	4	
3	Laurence Wooldridge	Tonbridge	23.0	3	
4	Ogaga Cribb	Marshall Milton Keynes	23.6	2	
5	Andy Dickens	Nene Valley Harriers	25.1	1	
	200m B		w		
1	Dave Taylor	Swindon	22.8	5	
2	Will Lambourne	Marshall Milton Keynes	23.3	4	
3	Paul Adair	Havering Mayesbrook	23.8	3	
4	Chris Lloyd	Tonbridge	24.0	2	
5	Mitch Prosser	Nene Valley Harriers	24.6	1	
	400m A		w		
1	Toby Ulm	Swindon	48.7	5	
2	Will Lambourne	Marshall Milton Keynes	51.2	4	
3	Steve Tester	Tonbridge	52.5	3	
4	Adam Binns	Nene Valley Harriers	52.5	2	
5	James Murphy	Havering Mayesbrook	54.2	1	
	400m B		w		
1	Paul Adair	Havering Mayesbrook	52.3	5	
2	Chris Kiely	Tonbridge	52.7	4	
3	Paul Key	Swindon	53.6	3	
4	Grant Tilley	Marshall Milton Keynes	53.9	2	
5	James Liggins	Nene Valley Harriers	57.2	1	

	800m A			
1	Ben Wiffen	Tonbridge	1:54.5	5
2	Andy Whetstone	Marshall Milton Keynes	1:55.6	4
3	Ben Scarlett	Swindon	1:57.3	3
4	Glen Hill	Havering Mayesbrook	2:01.0	2
5	Andy Dickens	Nene Valley Harriers	2:02.5	1
	800m B			
1	Chris Hearn	Marshall Milton Keynes	1:58.6	5
2	Paul Key	Swindon	1:58.7	4
3	Simon Fraser	Tonbridge	2:00.8	3
4	Josh Reed	Nene Valley Harriers	2:01.6	2
5	Robert Warner	Havering Mayesbrook	2:17.9	1
	1500m A			
1	Ben Wiffen	Tonbridge	3:59.0	5
2	Gavin Wilcox	Marshall Milton Keynes	4:03.5	4
3	Stephane Charnet	Swindon	4:05.7	3
4	Aaron Shepherd	Nene Valley Harriers	4:08.5	2
5	Matthew Bland	Havering Mayesbrook	4:13.1	1
	1500m B			
1	Tom Comerford	Marshall Milton Keynes	4:06.9	5
2	Sam Bradley	Tonbridge	4:15.0	4
3	Alex Gibb	Nene Valley Harriers	4:18.4	3
4	Richard Batsford	Swindon	4:30.1	2
	5000m A			
1	Adrian Whitwam	Tonbridge	15:25.1	5
2	Stephane Charnet	Swindon	15:35.8	4
3	Jamie Forman	Nene Valley Harriers	15:59.0	3
4	Trevor Keys	Havering Mayesbrook	16:43.7	2
5	Phil Jones	Marshall Milton Keynes	18:08.5	1
	5000m B			
1	Charles Sykes	Swindon	16:14.6	5
2	Nick Jones	Tonbridge	16:27.7	4
3	Sean Beard	Nene Valley Harriers	16:40.7	3
4	Ian Anthony	Havering Mayesbrook	16:44.4	2
5	Chris Mahon	Marshall Milton Keynes	18:14.0	1
	110m Hurdles A		w	
1	Dave Taylor	Swindon	15.2	5
2	Sean Reidy	Nene Valley Harriers	15.5	4
3	Aaron Waterman	Tonbridge	19.4	3
4	Mervyn Luckwell	Marshall Milton Keynes	19.7	2
	110m Hurdles B		w	
1	Ed New	Swindon	17.8	5
2	Clint Crabs	Marshall Milton Keynes	18.0	4
3	Ryan Waterman	Tonbridge	20.8	3
4	Adam Fidgett	Nene Valley Harriers	disq	
	400m Hurdles A			

1	Sean Reidy	Nene Valley Harriers	54.8	5
2	Dave Taylor	Swindon	54.8	4
3	James Murphy	Havering Mayesbrook	62.3	3
4	Gavin Wilcox	Marshall Milton Keynes	62.8	2
5	Ryan Waterman	Tonbridge	63.4	1
	400m Hurdles B			
1	Howard Moscrop	Swindon	58.6	5
2	Clint Crabs	Marshall Milton Keynes	60.0	4
3	Aaron Waterman	Tonbridge	60.5	3
4	Adam Binns	Nene Valley Harriers	61.5	2
5	Robert Warner	Havering Mayesbrook	76.2	1
	3000m Steeplechase A			
1	Andy Whetstone	Marshall Milton Keynes	9:40.1	5
2	Robert Warner	Havering Mayesbrook	9:42.8 PB	4
3	Paul Martin	Tonbridge	10:05.7	3
4	Nick Grimler	Nene Valley Harriers	10:50.7	2
5	Ken Jackson	Swindon	11:02.4	1
	3000m Steeplechase B			
1	Chris Hearn	Marshall Milton Keynes	9:48.2	5
2	Simon Fraser	Tonbridge	10:41.6	4
3	Danny Snipe	Nene Valley Harriers	10:57.5	3
4	James Neal	Swindon	12:09.5	2
	High Jump A			
1	Hans Mont Louis	Marshall Milton Keynes	1.85	5
2	Toby Ulm	Swindon	1.80	4
3	Jay Ryan	Havering Mayesbrook	1.80	3
4	Ben Maylor	Nene Valley Harriers	1.65	2
5	Laurence Wooldridge	Tonbridge	1.55	1
	High Jump B			
1	Dave Taylor	Swindon	1.65	5
2	Arron Bonning	Havering Mayesbrook	1.55	4
3=	Ogaga Cribb	Marshall Milton Keynes	1.40	2
3=	Mitch Prosser	Nene Valley Harriers	1.40	2
3=	Chris Ford	Tonbridge	1.40	2
	Pole Vault A			
1	Mike Cross	Tonbridge	3.90	5
2	Jay Ryan	Havering Mayesbrook	3.40	4
3	Adam Fidgett	Nene Valley Harriers	3.40	3
4	Howard Moscrop	Swindon	2.40	2
5	Lawrie Wilkinson	Marshall Milton Keynes	2.40	1
	Pole Vault B			
1	Stuart Tufton	Havering Mayesbrook	3.20	5
2	Chris Peers	Tonbridge	3.00	4
3	Clint Crabs	Marshall Milton Keynes	2.60	3
4	Tamas Ulrik	Swindon	2.00	2
	Long Jump A			

1	Anthony Williams	Havering Mayesbrook	6.51	5
2	Kenton Mielnik	Swindon	6.32	4
3	Franklin Ocran	Marshall Milton Keynes	6.30	3
4	Ben Maylor	Nene Valley Harriers	5.75	2
5	Laurence Wooldridge	Tonbridge	5.74	1
	Mervyn Luckwell	Marshall Milton Keynes n/s	5.70	
	Long Jump B			
1	Arron Bonning	Havering Mayesbrook	5.86	5
2	Adam Fidgett	Nene Valley Harriers	5.61	4
3	Ogaga Cribb	Marshall Milton Keynes	5.52	3
4	Paul Key	Swindon	5.44	2
5	Chris Ford	Tonbridge	5.19	1
	Triple Jump A			
1	Franklin Ocran	Marshall Milton Keynes	13.53	5
2	Kenton Mielnik	Swindon	12.46	4
3	Steve Tester	Tonbridge	11.59	3
4	Ben Maylor	Nene Valley Harriers	11.17	2
5	Arron Bonning	Havering Mayesbrook	10.33	1
	Triple Jump B			
1	Clint Crabs	Marshall Milton Keynes	12.32	5
2	Tony Jackson	Swindon	12.26	4
3	Robert Warner	Havering Mayesbrook	9.37	3
4	Mitch Prosser	Nene Valley Harriers	9.36	2
	Shot Putt A			
1	Ken Baker	Nene Valley Harriers	13.21	5
2	Kieran McConnell	Marshall Milton Keynes	12.81	4
3	Paul Dawson	Tonbridge	12.41	3
4	Arron Bonning	Havering Mayesbrook	9.76	2
5	Tony Jackson	Swindon	9.72	1
	Shot Putt B			
1	Simon Achurch	Nene Valley Harriers	12.18	5
2	Kieron Mason	Marshall Milton Keynes	11.44	4
3	Dominic Sadowski	Tonbridge	10.98	3
4	Daniel Gamester	Havering Mayesbrook	9.63	2
5	Tamas Ulrik	Swindon	8.83	1
	Discus A			
1	Dave Coleman	Tonbridge	42.71	5
2	Kieran McConnell	Marshall Milton Keynes	41.56	4
3	Simon Achurch	Nene Valley Harriers	38.18	3
4	Arron Bonning	Havering Mayesbrook	29.21	2
5	Tamas Ulrik	Swindon	24.05	1
	Discus B			
1	Kieron Mason	Marshall Milton Keynes	39.56	5
2	Ady Queripal	Nene Valley Harriers	28.16	4
3	Daniel Gamester	Havering Mayesbrook	25.65	3
4	Pete Ebbage	Tonbridge	24.37	2

5	Allan Webb	Swindon	21.48	1
	Hammer A			
1	Kieron Mason	Marshall Milton Keynes	41.54	5
2	Simon Achurch	Nene Valley Harriers	41.17	4
3	Tony Jackson	Swindon	30.65	3
4	Dave Cross	Tonbridge	28.09	2
5	Arron Bonning	Havering Mayesbrook	19.89	1
	Hammer B			
1	Kieran McConnell	Marshall Milton Keynes	33.09	5
2	Ken Baker	Nene Valley Harriers	31.04	4
3	Pete Ebbage	Tonbridge	22.51	3
4	Allan Webb	Swindon	20.38	2
	Daniel Gamester 3 'No Throws' Javelin A			
1	Dominic Sadowski	Tonbridge	67.84	5
2	Mervyn Luckwell	Marshall Milton Keynes	67.68	4
3	Simon Achurch	Nene Valley Harriers	46.53	3
4	Arron Bonning	Havering Mayesbrook	39.93	2
5	Tamas Ulrik	Swindon	32.73	1
	Javelin B			
1	Mike Cross	Tonbridge	43.15	5
2	Will Lambourne	Marshall Milton Keynes	40.63	4
3	Ken Baker	Nene Valley Harriers	39.29	3
4	Tony Jackson	Swindon	31.05	2
5	Daniel Gamester	Havering Mayesbrook	25.54	1
	4x100m			
1	Tonbridge		45.6	5
2	Swindon		46.3	4
3	Marshall Milton Keynes		47.2	3
4	Havering Mayesbrook	James, Glen, Paul & Matt	48.8	2
5	Nene Valley Harriers		69.3	1
	4x400m			
1	Tonbridge		3:25.2	5
2	Marshall Milton Keynes		3:31.0	4
3	Nene Valley Harriers		3:31.4	3
4	Swindon		3:41.1	2