

Southern Men's League Div 1 at Mayesbrook Park, Barking on Saturday 5 May 2007

| Event | String | First | Second | Third | Fourth | Fifth | Club Hav | Club Che | Club Exe | Club NEB | Club Ser | Not used | Total |
|------------------------|--------|---------------------------------|-----------------------------------|-----------------------------------|-------------------------------|----------------------------------|----------|----------|----------|----------|----------|----------|-------|
| Senior Men 100m | 1 | Leslie Frederick S 11.0 | Rob Harle C 11.2 | George Robinson (u20) E 11.4 | Jorhelio Ramos O 11.5 | Vincent Lazaro (U20) L 11.9 | 1 | 4 | 3 | 2 | 5 | 0 | 15 |
| | 2 | Deji Akande CC 11.6 | Calum Skelley (u20) EE 11.8 | Luchien Anderson (U20) LL 12.7 | Leroy Gould OO 13.6 | Sheldon Noel SS 15.7 | 3 | 5 | 4 | 2 | 1 | 0 | 15 |
| Senior Men 200m | 1 | Andy Nathan S 22.3 | Rob Harle C 22.3 | Calum Skelley (u20) E 23.0 | Damien Greaves O 23.2 | Luchien Anderson (U20) L 24.4 | 1 | 4 | 3 | 2 | 5 | 0 | 15 |
| | 2 | Sheldon Noel SS 22.6 | Alistair Gordon OO 23.2 | George Robinson (u20) EE 23.7 | Deji Akande CC 23.8 | Mark Bishop (M40) LL 25.2 | 1 | 2 | 3 | 4 | 5 | 0 | 15 |
| Senior Men 400m | 1 | Leslie Frederick S 50.0 | Mark Hunt C 50.4 | Simon Minting E 50.8 | Frazer Deans O 51.7 | Salvator Mutijima L 52.2 | 1 | 4 | 3 | 2 | 5 | 0 | 15 |
| | 2 | Andy Nathan SS 49.9 | Sam Baptiste OO 51.7 | Luke Evans EE 52.0 | Paul Adair (U20) LL 52.5 | Jon Booty CC 56.2 | 2 | 1 | 3 | 4 | 5 | 0 | 15 |
| Senior Men 800m | 1 | Ed Messer C 1:56.9 | Simon Rushbridge E 1:57.6 | Salvator Mutijima L 2:01.0 | J Nelson S 2:04.8 | | 3 | 5 | 4 | 0 | 2 | 1 | 15 |
| | 2 | Owen Walpole (u20) EE 1:59.4 | Jon Booty CC 2:02.1 | Rob Warner LL 2:06.4 | Nick Tunstall SS 2:59.2 | | 3 | 4 | 5 | 0 | 2 | 1 | 15 |
| Senior Men 1500m | 1 | Phil Almond (u20) E 4:05.0 | Will Wright C 4:09.4 | Matt Bland (M40) L 4:12.6 | D Marsden S 4:21.2 | Baqir Hussain O 4:42.8 | 3 | 4 | 5 | 1 | 2 | 0 | 15 |
| | 2 | Ed Messer CC 4:10.7 | Neil Broadbent (U20) EE 4:13.5 | Rob Dickenson LL 4:15.3 | Chris Blackburn SS 4:28.6 | Sam Ettiene OO 5:01.5 | 3 | 5 | 4 | 1 | 2 | 0 | 15 |
| Senior Men 5000m | 1 | D Marsden S 15:42.1 | Ryan Prout C 15:44.2 | Jamal Mohamed O 16:05.2 | Simon Rushbridge E 16:35.7 | Graham Pritchard L 16:54.4 | 1 | 4 | 2 | 3 | 5 | 0 | 15 |
| | 2 | Chris Blackburn SS 15:42.6 | David Fewell CC 16:49.2 | Tony Collins LL 17:09.8 | Alan Reid OO 18:31.3 | | 3 | 4 | 0 | 2 | 5 | 1 | 15 |
| Senior Men 110mH | 1 | Damien Greaves O 15.1 | Glen Etherington E 15.4 | Mark Bishop (M40) L 16.9 | Shenton Enoe S 20.1 | | 3 | 0 | 4 | 5 | 2 | 1 | 15 |
| | 2 | James Cook EE 16.8 | Nick Tunstall SS 17.5 | Aaron Edwards OO 22.0 | | | 0 | 0 | 5 | 3 | 4 | 3 | 15 |
| Senior Men 400mH | 1 | Lee Salter E 57.3 | James Murphy L 58.4 | Chris Stubbings C 61.5 | Shenton Enoe S 64.5 | Leroy Gould O 65.9 | 4 | 3 | 5 | 1 | 2 | 0 | 15 |
| | 2 | Matt Parsley (u20) EE 57.9 | Nick Tunstall SS 60.4 | Luchien Anderson (U20) LL 64.3 | | | 3 | 0 | 5 | 0 | 4 | 3 | 15 |
| Senior Men 3000S/C | 1 | Rob Warner L 9:49.1 | Matt Parsley (u20) E 10:08.3 | James Williams C 10:08.6 | J Nelson S 11:40.5 | | 5 | 3 | 4 | 0 | 2 | 1 | 15 |
| | 2 | Will Wright CC 10:30.6 | Martin Chester LL 10:56.4 | Owen Walpole (u20) EE 12:29.8 | | | 4 | 5 | 3 | 0 | 0 | 3 | 15 |
| Senior Men Long Jump | 1 | Calvin Barnes C 6.43 | Anthony Williams (U20) L 6.29 | Ian Allen (M40) E 6.28 | Shenton Enoe S 5.96 | Baqir Hussain O 4.57 | 4 | 5 | 3 | 1 | 2 | 0 | 15 |
| | 2 | Vincent Lazaro (U20) LL 6.20 | Nick Foxworthy EE 5.55 | Keston Thomas SS 4.61 | David Barnett CC 4.37 | | 5 | 2 | 4 | 0 | 3 | 1 | 15 |
| Senior Men Triple Jump | 1 | Shenton Enoe S 12.93 | Anthony Williams (U20) L 12.74 | James Cook E 12.67 | Rob Harle C 10.59 | | 4 | 2 | 3 | 0 | 5 | 1 | 15 |
| | 2 | Keston Thomas SS 12.68 | Vincent Lazaro (U20) LL 12.29 | Owen Walpole (u20) EE 11.39 | David Barnett CC 9.54 | | 4 | 2 | 3 | 0 | 5 | 1 | 15 |
| Sheet total | | | | | | | 61 | 68 | 78 | 33 | 73 | 17 | 330 |
| Cumulative total | | | | | | | 61 | 68 | 78 | 33 | 73 | 17 | 330 |

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|-------------------------|--------|---|--|---|--|---|------------------|----------|----------|----------|----------|----------|-------|-----|
| Senior Men High Jump | 1 | Aaron Edwards O 1.80 | Luke Evans E 1.76 | Mark Bishop (M40) L 1.76 | K Kempson S 1.73 | Chris Stubbings C 1.50 | 3 | 1 | 4 | 5 | 2 | 0 | 15 | |
| | 2 | Nick Foxworthy EE 1.65 | Leo Barker LL 1.55 | Leslie Frederick SS 1.55 | Harry McQueen CC 1.20 | | 4 | 2 | 5 | 0 | 3 | 1 | 15 | |
| Senior Men Pole Vault | 1 | Mark Bishop (M40) L 3.80 | Michael Read C 3.60 | Nick Foxworthy E 1.10 | | | 5 | 4 | 3 | 0 | 0 | 3 | 15 | |
| | 2 | Stuart Tufton (M55) LL 3.40 | Matt Smith (u20) EE 1.10 | David Barnett CC 1.10 | | | 5 | 3½ | 3½ | 0 | 0 | 3 | 15 | |
| Senior Men Javelin | 1 | Bonne Buwembo (U20) L 58.38 | Matt Smith (u20) E 51.97 | Daniel Strevens O 47.62 | Keston Thomas S 44.69 | Mark Weatherley C 39.86 | 5 | 1 | 4 | 3 | 2 | 0 | 15 | |
| | 2 | Sam Harrison LL 54.37 | Nick Foxworthy EE 43.09 | Kimron Salhab SS 38.59 | Calvin Barnes CC 35.06 | Aaron Edwards OO 33.29 | 5 | 2 | 4 | 1 | 3 | 0 | 15 | |
| Senior Men Discus | 1 | Ed Williams C 40.38 | Leo Barker L 39.96 | Dave Dawson E 37.76 | Aaron Edwards O 36.56 | Kimron Salhab S 23.23 | 4 | 5 | 3 | 2 | 1 | 0 | 15 | |
| | 2 | Jon Milum (M40) EE 37.28 | Mark Bishop (M40) LL 32.36 | Mike Williams CC 30.46 | Steve Head OO 27.97 | Gabriel Walbain SS 17.10 | 4 | 3 | 5 | 2 | 1 | 0 | 15 | |
| Senior Men Hammer | 1 | Jon Milum (M40) E 46.35 | James Wayland O 40.17 | Mike Williams C 34.07 | Sam Harrison L 26.24 | Danny McIntosh S 21.75 | 2 | 3 | 5 | 4 | 1 | 0 | 15 | |
| | 2 | Rob Woodger EE 36.00 | Mark Bishop (M40) LL 24.34 | Ed Williams CC 19.97 | Byron Johnson SS 17.01 | | 4 | 3 | 5 | 0 | 2 | 1 | 15 | |
| Senior Men Shot | 1 | Dave Dawson E 14.33 | Aaron Edwards O 12.12 | Leo Barker L 11.96 | Ed Williams C 10.64 | Kimron Salhab S 10.40 | 3 | 2 | 5 | 4 | 1 | 0 | 15 | |
| | 2 | Mark Bishop (M40) LL 11.85 | Steve Head OO 11.65 | Rob Woodger EE 11.64 | Danny McIntosh SS 9.65 | Mike Williams CC 9.62 | 5 | 1 | 3 | 4 | 2 | 0 | 15 | |
| Senior Men 4x100m relay | 1 | C 44.4 Rob Harle Deji Akande Calvin Barnes Harry McQueen | O 44.5 Leroy Gould Frazer Deans Sam Baptiste Aaron Edwards | S 45.1 Shenton Enoe Leslie Frederick K Thomas Nick Tunstall | E 45.3 Glen Etherington James Cook Calum Skelley (u20) George Robinson (u20) | L 46.5 Luchien Anderson (U20) Anthony Williams (U20) Vincent Lazaro (U20) Mark Bishop (M40) | 1 | 5 | 2 | 4 | 3 | 0 | 15 | |
| Senior Men 4x400m relay | 1 | E 3:23.3 Richard Scott Jon Milum (M40) Luke Evans Simon Minting | L 3:36.0 Rob Dickenson James Murphy Salvator Mutijima | C 3:36.4 Calvin Barnes Ed Messer Jon Booty Mike Williams | O 3:40.7 Sam Baptiste Alan Reid Jamal Mohamed Frazer Deans | S 3:51.3 Andy Nathan Sheldon Noel Shenton Enoe Leslie Frederick | 4 | 3 | 5 | 2 | 1 | 0 | 15 | |
| Match Result | | | | | | | Sheet total | 54 | 38½ | 56½ | 31 | 22 | 8 | 210 |
| Exeter | | | | | | | Extras | 0 | 0 | 0 | 0 | 0 | | |
| Havering Mayesbrook | | | | | | | Officials | 0 | 0 | 0 | 0 | 0 | | |
| Chelmsford | | | | | | | Cumulative total | 115 | 106½ | 134½ | 64 | 95 | 25 | 540 |
| Serpentine | | | | | | | | | | | | | | |
| Newham & Essex B | | | | | | | | | | | | | | |