

SOUTHERN MEN'S LEAGUE - DIVISION ONE  
MAYESBROOK PARK, BARKING, 5 AUGUST 2006

Pos	Name	No.	Club	Performance
<b>Final Points score</b>				
	<b>Club</b>		<b>Total points</b>	
1	Havering Mayesbrook			146
2	Woking			133
3	Bournemouth			104
4	Tonbridge			76
5	Guildford			28
<b>100m 'A'</b>				
1	Matt Russell	L	Havering Mayesbrook	11.1
2	Ross Wiggins	K	Woking	11.5
3	Jody Chappell	B	Bournemouth	11.6
4	Luke Gent	G	Guildford & Godalming	11.7
5	Martyn Ormerod	F	Tonbridge	11.7
<b>100m 'B'</b>				
1	Dan Colegate	KK	Woking	11.5
2	James Warsop	BB	Bournemouth	11.7
3	Luchien Anderson	LL	Havering Mayesbrook	11.9
4	Paul Dawson	FF	Tonbridge	12.9
5				
<b>200m 'A'</b>				
1	Matt Russell	L	Havering Mayesbrook	22.4
2	Ross Wiggins	K	Woking	23.1
3	Luke Gent	G	Guildford & Godalming	23.3
4	James Warsop	B	Bournemouth	23.5
5	Martyn Ormerod	F	Tonbridge	24.3
<b>200m 'B'</b>				
1	Scott Spencer	LL	Havering Mayesbrook	23.6
2	Dan Colegate	KK	Woking	23.7
3	Jody Chappell	BB	Bournemouth	24.5
4	Paul Dawson	FF	Tonbridge	24.8
5	Nick Sharpe	GG	Guildford & Godalming	26.7
<b>400m 'A'</b>				
1	Andrew Watson	K	Woking	50.5
2	Scott Spencer	L	Havering Mayesbrook	51.4
3	Steve Tester	F	Tonbridge	52.5
4	Craig Bravington	B	Bournemouth	53.3
5	Nick Sharpe	G	Guildford & Godalming	53.5
<b>400m 'B'</b>				
1	Tim Kuria	KK	Woking	51.3
2	Salvator Mutijima	LL	Havering Mayesbrook	51.8
3	Ryan Waterman	FF	Tonbridge	53.7
4	Michael Hammacott	BB	Bournemouth	54.2
5				
<b>800m 'A'</b>				
1	Gary Bradbury	K	Woking	1:55.3
2	Gavin Maley	L	Havering Mayesbrook	1:56.4
3	Craig Bravington	B	Bournemouth	2:00.8
4	Nick Sharpe	G	Guildford & Godalming	2:01.1
5	Steve Tester	F	Tonbridge	2:05.8
<b>800m 'B'</b>				
1	Salvator Mutijima	LL	Havering Mayesbrook	2:00.2
2	Ben Wallis	GG	Guildford & Godalming	2:01.4
3	Michael Hammacott	BB	Bournemouth	2:01.9
4	Nick James	FF	Tonbridge	2:11.9
5	H Borzic	KK	Woking	2:18.6

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Pos	Name	No.	Club	Performance
<b>1500m 'A'</b>				
1	Gary Bradbury	K	Woking	4:05.3
2	Gavin Maley	L	Havering Mayesbrook	4:05.8
3	Michael Hammacott	B	Bournemouth	4:19.0
4	Nick James	F	Tonbridge	4:21.9
5	Jon Earnshaw	G	Guildford & Godalming	4:29.9
<b>1500m 'B'</b>				
1	Glen Hill	LL	Havering Mayesbrook	4:07.8
2	Martin Cousins	KK	Woking	4:23.5
3	Rob McTaggart	BB	Bournemouth	4:36.5
4				
5				
<b>5000m 'A'</b>				
1	Trevor Keys	L	Havering Mayesbrook	15:57.1
2	Julian Rendall	F	Tonbridge	16:00.4
3	David Hardisty	K	Woking	17:37.5
4				
5				
<b>5000m 'B'</b>				
1	Ben Cole	FF	Tonbridge	16:06.4
2	Matt Bland	LL	Havering Mayesbrook	16:24.3
3	Andy Simpson	KK	Woking	18:00.3
4				
5				
<b>110mH 'A'</b>				
1	Nigel Hayman	B	Bournemouth	15.9
2	Mark Bishop	L	Havering Mayesbrook	16.8
3	Roy Chambers	K	Woking	19.0
4	Ryan Waterman	F	Tonbridge	20.2
5				
<b>110mH 'B'</b>				
1	Arron Bonning	LL	Havering Mayesbrook	19.7
2	Ngai-Han Liu	FF	Tonbridge	20.7
3				
4				
5				
<b>400mH 'A'</b>				
1	Mark Bishop	L	Havering Mayesbrook	61.9
2	Nigel Hayman	B	Bournemouth	62.5
3	C Holder	K	Woking	74.4
4				
5				
<b>400mH 'B'</b>				
1	Luchien Anderson	LL	Havering Mayesbrook	64.9
2	Tony Mitchell	KK	Woking	75.4
3	Matt Calver	BB	Bournemouth	79.7
4				
5				

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Pos	Name	No.	Club	Performance
<b>3000m S/C 'A'</b>				
1	Rob Warner	LL	Havering Mayesbrook	10:00.8
2	Rob McTaggart	B	Bournemouth	11:03.9
3	Julian Rendall	FF	Tonbridge	11:08.8
4	Tony Mitchell	K	Woking	11:47.5
5				
<b>3000m S/C 'B'</b>				
1	Trevor Keys	L	Havering Mayesbrook	11:00.6
2	Andy Simpson	KK	Woking	12:29.8
3				
4				
5				
<b>Long Jump 'A'</b>				
1	Jody Chappell	B	Bournemouth	6.57
2	Roy Chambers	K	Woking	6.56
3	Mark Bishop	L	Havering Mayesbrook	6.52
4	Martyn Ormerod	F	Tonbridge	6.48
5				
<b>Long Jump 'B'</b>				
1	James Warsop	BB	Bournemouth	6.27
2	Milan Stanisavljevic	KK	Woking	5.90
3	Arron Bonning	LL	Havering Mayesbrook	5.53
4	Ngai-Han Liu	FF	Tonbridge	5.38
5				
<b>High Jump 'A'</b>				
1	Milan Stanisavljevic	KK	Woking	1.80
2	Martyn Ormerod	FF	Tonbridge	1.75
3	Mark Bishop	L	Havering Mayesbrook	1.75
4	Bradley Pickup	B	Bournemouth	1.65
5				
<b>High Jump 'B'</b>				
1	Ben Cullen	K	Woking	1.70
2	Dominic Sadowski	F	Tonbridge	1.65
3	Matt Calver	BB	Bournemouth	1.65
4	Arron Bonning	LL	Havering Mayesbrook	1.55
5				
<b>Pole Vault 'A'</b>				
1	Mark Bishop	L	Havering Mayesbrook	3.40
2	Roy Chambers	KK	Woking	3.20
3	Pete Ebbage	F	Tonbridge	3.00
4				
5				
<b>Pole Vault 'B'</b>				
1	Nick Phipps	K	Woking	3.10
2	Arron Bonning	LL	Havering Mayesbrook	3.00
3	Martyn Ormerod	FF	Tonbridge	2.60
4				
5				
<b>Triple Jump 'A'</b>				
1	Bradley Pickup	B	Bournemouth	12.78
2	Mark Bishop	L	Havering Mayesbrook	12.69
3	Ngai-Han Liu	F	Tonbridge	12.04
4	Ben Cullen	KK	Woking	11.79
5	Luke Gent	G	Guildford & Godalming	11.45

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<b>Triple Jump 'B'</b>				
1	Matt Calver	BB	Bournemouth	12.26
2	Arron Bonning	LL	Havering Mayesbrook	12.12
3	Milan Stanisavljevic	K	Woking	11.75
4	Steve Tester	FF	Tonbridge	10.37
5				
<b>Shot 'A'</b>				
1	Andy Turner	B	Bournemouth	13.86
2	Chris Scott	G	Guildford & Godalming	12.74
3	Tony Norman	K	Woking	12.48
4	Brett Heath	L	Havering Mayesbrook	12.17
5	Paul Dawson	FF	Tonbridge	11.73
<b>Shot 'B'</b>				
1	Dan Brunnsden	BB	Bournemouth	13.45
2	Leo Barker	LL	Havering Mayesbrook	11.89
3	Nick Webb	KK	Woking	11.82
4	Liam Presnall	F	Tonbridge	11.05
5				
<b>Hammer 'A'</b>				
1	Andy Turner	B	Bournemouth	44.89
2	Danny Gamester	L	Havering Mayesbrook	43.90
3	Nick Webb	KK	Woking	39.97
4	Dave Cross	F	Tonbridge	35.30
5				
<b>Hammer 'B'</b>				
1	Joe Forde	LL	Havering Mayesbrook	43.14
2	Dan Brunnsden	BB	Bournemouth	42.20
3	Paul Kelly	K	Woking	38.94
4	Paul Dawson	FF	Tonbridge	23.91
5				
<b>Discus 'A'</b>				
1	Chris Scott	G	Guildford & Godalming	46.03
2	Andy Turner	B	Bournemouth	41.01
3	Nick Webb	KK	Woking	40.59
4	Brett Heath	L	Havering Mayesbrook	38.94
5	Liam Presnall	F	Tonbridge	35.36
<b>Discus 'B'</b>				
1	Leo Barker	LL	Havering Mayesbrook	32.97
2	Dan Brunnsden	BB	Bournemouth	32.34
3	Nick Phipps	K	Woking	30.64
4	Pete Ebbage	FF	Tonbridge	23.97
5				
<b>Javelin 'A'</b>				
1	Dominic Sadowski	F	Tonbridge	64.48
2	Tony Norman	K	Woking	51.36
3	Dan Brunnsden	B	Bournemouth	50.21
4	Mark Bishop	L	Havering Mayesbrook	47.29
5	Neil Warzee	G	Guildford & Godalming	44.26
<b>Javelin 'B'</b>				
1	Roy Chambers	KK	Woking	48.78
2	Cafer Gunay	LL	Havering Mayesbrook	46.82
3	Karl Stevens	GG	Guildford & Godalming	43.03
4	Matt Calver	BB	Bournemouth	30.57
5	Pete Ebbage	FF	Tonbridge	5.34

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Pos	Name	No.	Club	Performance
<b>4x100m relay</b>				
1	nk Russell, Anderson, Mutijima,	K	Woking	45.6
2	Spencer Chappell, Warsop, Pickup, D	L	Havering Mayesbrook	45.9
3	Brunsdon	B	Bournemouth	46.9
4	Ormerod, Liu, Tester, Dawson	F	Tonbridge	48.1
5				
<b>4x400m relay</b>				
1	nk Anderson, Mutijima, Spencer,	K	Woking	3:29.8
2	Maley	L	Havering Mayesbrook	3:29.9
3				
4				
5				