

SOUTHERN MEN'S LEAGUE - DIVISION ONE  
MAYESBROOK PARK, BARKING, 7 MAY 2005

Pos	Name	No.	Club	Performance
<b>Final Points score</b>				
	<b>Club</b>			<b>Total points</b>
1	Havering Mayesbrook			130
2	Dartford Harriers			117
3	Windsor SE & H			94
4	Newham & EB			87
5	Luton			68
<b>100m 'A'</b>				
		<b>wind: +3.0</b>		
1	Matt Russell	G	Havering Mayesbrook	10.8
2	Adesoji Adeki	O	Newham & EB	11.0
3	Fahad Khan	P	Windsor SE & H	11.1
4	M Collins	J	Luton Utd	11.3
5	Gavin Comber	D	Dartford Harriers	12.2
<b>100m 'B'</b>				
		<b>wind: +0.7</b>		
1	Ashley Lewis	OO	Newham & EB	11.5
2	Luke Stott	GG	Havering Mayesbrook	11.6
3	Micah Oboh	PP	Windsor SE & H	11.6
4	Joseph Steele	JJ	Luton Utd	11.7
5	Alex Lee	DD	Dartford Harriers	11.9
<b>200m 'A'</b>				
		<b>wind: +2.6</b>		
1	Matt Russell	G	Havering Mayesbrook	21.9
2	Fahad Khan	P	Windsor SE & H	22.1
3	Alastair Gordon	O	Newham & EB	23.1
4	N Choudry	J	Luton Utd	23.3
5	Gavin Comber	D	Dartford Harriers	24.1
<b>200m 'B'</b>				
		<b>wind: +0.5</b>		
1	Scott Spencer	GG	Havering Mayesbrook	22.8
2	Emmanuel Tawai	OO	Newham & EB	22.9
3	Larry Joseph	PP	Windsor SE & H	23.0
4	Alex Lee	DD	Dartford Harriers	23.1
5				
<b>400m 'A'</b>				
1	Scott Spencer	G	Havering Mayesbrook	51.2
2	Raphael Lewis	O	Newham & EB	51.5
3	S Coombs	D	Dartford Harriers	52.8
4	Tom Reynolds	P	Windsor SE & H	53.4
5	P Bridger	J	Luton Utd	54.9
<b>400m 'B'</b>				
1	I Henderson	DD	Dartford Harriers	52.3
2	Sam Baptiste	OO	Newham & EB	53.4
3	Peter Benedickter	JJ	Luton Utd	54.3
4	Luke Stott	GG	Havering Mayesbrook	54.5
5	Rob Wilkins	PP	Windsor SE & H	57.5
<b>800m 'A'</b>				
1	P Bridger	J	Luton Utd	2:02.1
2	A Pickett	D	Dartford Harriers	2:04.0
3	Salvator Mutijima	G	Havering Mayesbrook	2:05.9
4	Abdi Mohammed	O	Newham & EB	2:12.4
5	Rob Wilkins	P	Windsor SE & H	2:12.6
<b>800m 'B'</b>				
1	Samatar Farah	OO	Newham & EB	2:01.9
2	Mark Murison	DD	Dartford Harriers	2:04.6
3	N Quigley	JJ	Luton Utd	2:04.9
4	Russ Middleton	GG	Havering Mayesbrook	2:06.9
5	Sean Franks	PP	Windsor SE & H	2:20.3

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<b>1500m 'A'</b>				
1	Gavin Maley	G	Havering Mayesbrook	4:09.1
2	G Suffling	J	Luton Utd	4:12.0
3	Samatar Farah	O	Newham & EB	4:17.5
4	A Pickett	D	Dartford Harriers	4:22.3
5	Sam Stone	P	Windsor SE & H	4:23.8
<b>1500m 'B'</b>				
1	Trevor Keys	GG	Havering Mayesbrook	4:17.1
2	C Watkins	JJ	Luton Utd	4:24.2
3	Abdi Mohammed	OO	Newham & EB	4:42.5
4	L Dyett	DD	Dartford Harriers	4:43.7
5	Peter Kennedy	PP	Windsor SE & H	4:54.1
<b>5000m 'A'</b>				
1	Jamal Mohammed	O	Newham & EB	16:31.1
2	S Game	D	Dartford Harriers	16:41.1
3	Neill Collins	GG	Havering Mayesbrook	16:49.1
4	C Drinkwater	J	Luton Utd	16:57.7
5				
<b>5000m 'B'</b>				
1	Chris Coates	G	Havering Mayesbrook	16:53.9
2	G Walton	DD	Dartford Harriers	18:29.6
3				
4				
5				
<b>110mH 'A'</b>				
<b>wind: +7.4</b>				
1	Tom Reynolds	P	Windsor SE & H	15.8
2	Kevin Benton	G	Havering Mayesbrook	16.7
3	Aaron Edwards	O	Newham & EB	16.7
4	Max Hall	D	Dartford Harriers	17.7
5	Gary Smith	J	Luton Utd	19.5
<b>110mH 'B'</b>				
<b>wind: nwi</b>				
1	G Bramley	DD	Dartford Harriers	18.6
2	Clint Nicholls	GG	Havering Mayesbrook	19.3
3				(P disq 21.8)
4				
5				
<b>400mH 'A'</b>				
1	Peter Benedickter	J	Luton Utd	59.5
2	G Bramley	D	Dartford Harriers	60.5
3	Kevin Benton	G	Havering Mayesbrook	60.7
4	Danny Hodge	P	Windsor SE & H	62.3
5				
<b>400mH 'B'</b>				
1	Mark Murison	DD	Dartford Harriers	59.0
2	Sean Franks	PP	Windsor SE & H	64.9
3	Phil Tierney	GG	Havering Mayesbrook	78.6
4				
5				

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Pos	Name	No.	Club	Performance
<b>3000m S/C 'A'</b>				
1	Rob Warner	G	Havering Mayesbrook	10:13.4
2	J Marchant	D	Dartford Harriers	10:50.0
3	Sean Franks	P	Windsor SE & H	10:50.9
4				
5				
<b>3000m S/C 'B'</b>				
1	M Powell	DD	Dartford Harriers	12:50.2
2				
3				
4				
5				
<b>Long Jump 'A'</b>				
1	Andre Whattley	P	Windsor SE & H	6.68 (& 6.64)
2	Max Hall	D	Dartford Harriers	6.68 (& 6.57)
3	Joseph Steele	JJ	Luton Utd	6.60
4	Luke Stott	G	Havering Mayesbrook	6.18
5	Aaron Edwards	O	Newham & EB	5.30
<b>Long Jump 'B'</b>				
1	Tom Reynolds	PP	Windsor SE & H	6.41
2	Alex Lee	DD	Dartford Harriers	6.06
3	Gary Smith	J	Luton Utd	5.57
4	Clint Nicholls	GG	Havering Mayesbrook	5.43
5	Victor De Silva	OO	Newham & EB	5.21
<b>High Jump 'A'</b>				
1	Max Hall	D	Dartford Harriers	1.85
2	Aaron Edwards	O	Newham & EB	1.80
3	Micah Oboh	PP	Windsor SE & H	1.80
4	Mark Connelly	G	Havering Mayesbrook	1.75
5				
<b>High Jump 'B'</b>				
1	Jude Emohare	OO	Newham & EB	1.70
2	Mark Murison	DD	Dartford Harriers	1.70
3	Clint Nicholls	GG	Havering Mayesbrook	1.65
4				
5				
<b>Pole Vault 'A'</b>				
1	Mark Bishop	G	Havering Mayesbrook	3.80
2	Andy Christie	P	Windsor SE & H	3.60
3	Max Hall	D	Dartford Harriers	3.00
4	Aaron Edwards	O	Newham & EB	2.80
5	Chris Kingshott	J	Luton Utd	1.60
<b>Pole Vault 'B'</b>				
1	Stuart Tufton (V50)	GG	Havering Mayesbrook	3.20
2	Cab Ellis	DD	Dartford Harriers	3.00
3				
4				
5				
<b>Triple Jump 'A'</b>				
1	Joseph Steele	J	Luton Utd	13.98
2	Mark Murison	DD	Dartford Harriers	12.46
3	Victor De Silva	O	Newham & EB	12.45
4	Andy Christie	PP	Windsor SE & H	11.90
5	Mark Bishop	G	Havering Mayesbrook	11.74

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<b>Triple Jump 'B'</b>				
1	Alex Lee	D	Dartford Harriers	11.73
2	Phil Tierney	GG	Havering Mayesbrook	10.65
3	Micah Oboh	P	Windsor SE & H	10.06
4				
5				
<b>Shot 'A'</b>				
1	Steve Head	O	Newham & EB	11.98
2	Neil Griffin	P	Windsor SE & H	11.74
3	Mark Bishop	G	Havering Mayesbrook	10.98
4	John Fenton	D	Dartford Harriers	10.83
5	Dave Burrell	J	Luton Utd	10.72
<b>Shot 'B'</b>				
1	Tom Reynolds	PP	Windsor SE & H	11.27
2	Geoff Grinsted	JJ	Luton Utd	10.24
3	Daniel Gamester	GG	Havering Mayesbrook	9.89
4	Mark Murison	DD	Dartford Harriers	8.90
5	James Wayland	Oo	Newham & EB	8.54
<b>Hammer 'A'</b>				
1	Alan James	P	Windsor SE & H	49.85
2	Kevin Deacon	G	Havering Mayesbrook	47.00
3	K Robinson	D	Dartford Harriers	39.79
4	Dave Burrell	J	Luton Utd	39.20
5	James Wayland	O	Newham & EB	37.15
<b>Hammer 'B'</b>				
1	Daniel Gamester	GG	Havering Mayesbrook	45.42
2	Neil Griffin	PP	Windsor SE & H	31.77
3	J Fenton	DD	Dartford Harriers	29.39
4	Geoff Grinsted	JJ	Luton Utd	25.36
5	Daniel Strevens	OO	Newham & EB	14.55
<b>Discus 'A'</b>				
1	Neil Griffin	P	Windsor SE & H	43.86
2	Aaron Edwards	O	Newham & EB	37.34
3	Dave Burrell	J	Luton Utd	34.56
4	Mark Bishop	G	Havering Mayesbrook	31.93
5	Mark Murison	DD	Dartford Harriers	24.41
<b>Discus 'B'</b>				
1	Tom Reynolds	PP	Windsor SE & H	35.22
2	Geoff Grinsted	JJ	Luton Utd	33.71
3	Steve Head	OO	Newham & EB	29.28
4	Daniel Gamester	GG	Havering Mayesbrook	27.21
5	Richard Nash	D	Dartford Harriers	21.97
<b>Javelin 'A'</b>				
1	Bonne Buwembo	GG	Havering Mayesbrook	46.50
2	Max Hall	D	Dartford Harriers	46.16
3	Daniel Strevens	O	Newham & EB	42.99
4	Jeff Bond	P	Windsor SE & H	41.09
5	Dave Burrell	J	Luton Utd	40.04
<b>Javelin 'B'</b>				
1	John Fenton	DD	Dartford Harriers	44.82
2	Mark Bishop	G	Havering Mayesbrook	42.52
3	Tom Reynolds	PP	Windsor SE & H	40.90
4	Gary Smith	JJ	Luton Utd	33.37
5	Jude Emohare	OO	Newham & EB	32.78

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Pos	Name	No.	Club	Performance
<b>4x100m relay</b>				
1	Russell, Stott, Spencer, Sadler	G	Havering Mayesbrook	44.5
2	Bond, Oboh, Joseph, Khan	P	Windsor SE & H	44.6
3	Lewis, Tawiah, Adeku, Gordon	O	Newham & EB	45.2
4	Hall, Coomber, Henderson, Lee Collins, Steele, Benedickter,	D	Dartford Harriers	46.5
5	Kingshott	J	Luton Utd	48.6
<b>4x400m relay</b>				
1	Stott, Mutijima, Maley, Spencer	G	Havering Mayesbrook	3:30.1
2	Lewis, Baptiste, Ryder, Hunt Coombes, Henderson, Pickett,	O	Newham & EB	3:31.9
3	Bramley Benedickter, Quigley, Bridger,	D	Dartford Harriers	3:35.9
4	Choudry	J	Luton Utd	3:36.4
5	Hodge, Stone, Wilkins, Reynolds	P	Windsor SE & H	3:57.4