

SOUTHERN MEN'S LEAGUE - DIVISION ONE
MAYESBROOK PARK, BARKING, 29 APRIL 2006

Pos	Name	No.	Club	Perf	Match Points	Pos	Name	No.	Club	Perf	Match Points
100m 'A' wind: +1.3						100m 'B' wind: -0.4					
1	Gavin Comber (U20)	D	Dart	10.8	5	1	Dwain Bromfield	HH	Highgate	11.3	5
2	Nick Thomas	W	WG&EL	10.9	4	2	William Pobie	WW	WG&EL	11.3	4
3	Eugene Ayanful (U17)	L	Hav M	11.1	3	3	Max Hall	DD	Dart	11.6	3
4	S Duncan	H	Highgate	11.3	2	4	Joe Shaw (U17)	JJ	Swin	12.2	2
5	Tim Beech	J	Swin	11.9	1	5	Gavin Maley	LL	Hav M	12.4	1
200m 'A' wind: +0.3						200m 'B' wind: +0.6					
1	Gavin Comber (U20)	D	Dart	21.7	5	1	Ed New (U20)	JJ	Swin	23.0	5
2	Nick Thomas	W	WG&EL	22.1	4	2	Scott Spencer	LL	Hav M	23.1	4
3	Eugene Ayanful (U17)	L	Hav M	22.7	3	3	Austin Henderson	DD	Dart	23.2	3
4	S Duncan	H	Highgate	23.0	2	4	J Barrow	HH	Highgate	23.4	2
5	Toby Ulm (U20)	J	Swin	24.1	1	5	Emmanuel Farrugia	WW	WG&EL	23.7	1
400m 'A'						400m 'B'					
1	Scott Spencer	L	Hav M	50.8	5	1	R Curran	HH	Highgate	51.7	5
2	Pat Davis	H	Highgate	51.5	4	2	Gavin Maley	LL	Hav M	53.6	4
3	Austin Henderson	D	Dart	53.0	3	3	Michael Ajibewa	DD	Dart	55.3	3
4	Tim Beech	J	Swin	54.0	2	4	Lucas Burns	JJ	Swin	55.9	2
5	Daniel Mullins	W	WG&EL	54.8	1	5	Alan James	WW	WG&EL	57.4	1
800m 'A'						800m 'B'					
1	W Frey	H	Highgate	1:54.2	5	1	Dominic Hall (M35)	HH	Highgate	2:03.2	5
2	Andy Fulford	J	Swin	1:57.1	4	2	Tom Philips	WW	WG&EL	2:04.3	4
3	Gavin Maley	L	Hav M	2:01.1	3	3	Salvator Mutijima	LL	Hav M	2:04.6	3
4	Sam Coombes	D	Dart	2:02.8	2	4	Andy Pickett	DD	Dart	2:04.8	2
5	Andrew Mariane	W	WG&EL	2:03.7	1	5	Lucas Burns	JJ	Swin	2:07.2	1
1500m 'A'						1500m 'B'					
1	Pat Davis	H	Highgate	4:02.0	5	1	Andy Pickett	D	Dart	4:14.5	5
2	Sam Coombes	DD	Dart	4:03.2	4	2	A Diing	HH	Highgate	4:17.9	4
3	Mark Harris	JJ	Swin	4:25.7	3	3	Paul Key	J	Swin	4:32.6	3
4	Salvator Mutijima	LL	Hav M	4:44.1	2	4					2
5	Andy Smith	W	WG&EL	4:59.1	1	5					1
5000m 'A'						5000m 'B'					
1	Matt Shone	W	WG&EL	14:59.5	5	1	P Downie	H	Highgate	16:15.6	5
2	R McKinlay	HH	Highgate	15:53.9	4	2	Steve Game	D	Dart	16:21.7	4
3	Trevor Keys	L	Hav M	16:15.3	3	3	Richard Holland	WW	WG&EL	16:44.9	3
4	Terry Gibbs	DD	Dart	16:17.5	2	4	Tony Collins	LL	Hav M	16:52.0	2
5	Steve Paddock	J	Swin	17:39.6	1	5	James Neal	JJ	Swin	17:41.7	1
110mH 'A' wind: +0.5						110mH 'B' wind: nwi					
1	James Wright	W	WG&EL	15.3	5	1	Dan Awde (U20)	WW	WG&EL	17.3	5
2	David Taylor	J	Swin	16.0	4	2	Doug Christie	DD	Dart	19.0	4
3	Mark Bishop (M35)	L	Hav M	16.7	3	3	Simon Child	HH	Highgate	19.1	3
4	Matthew Dore-Weeks	H	Highgate	21.1	2	4	Ed New (U20)	JJ	Swin	20.3	2
5	Graham Bramley	D	Dart	22.6	1	5					1
400mH 'A'						400mH 'B'					
1	Toby Ulm (U20)	J	Swin	54.5	5	1	Howard Moscrop (M45)	JJ	Swin	58.7	5
2	Simon Child	H	Highgate	57.5	4	2	Matthew Dore-Weeks	HH	Highgate	60.2	4
3	Phil Tierney	L	Hav M	63.2	3	3	Mark Bishop (M35)	LL	Hav M	63.7	3
4	John Franklin	W	WG&EL	64.7	2	4	Doug Christie	DD	Dart	64.2	2
5	Graham Bramley	D	Dart	69.7	1	5	Alan Jones	WW	WG&EL	70.4	1
3000m S/C 'A'						3000m S/C 'B'					
1	Saningo Martyn	H	Highgate	10:08.5	5	1	R McKinlay	HH	Highgate	10:32.4	5
2	Andy Fulford	J	Swin	10:29.2	4	2	Mark Harris	JJ	Swin	10:42.1	4
3	Rob Peers	DD	Dart	11:18.4	3	3	Tim Orr	D	Dart	11:50.1	3
4					2	4					2
5					1	5					1
Long Jump 'A'						Long Jump 'B'					
1	Nick Dowsett	WW	WG&EL	6.92	5	1	Jermaine Bernard	W	WG&EL	6.84	5
2	Mark Bishop (M35)	L	Hav M	6.34	4	2	Anthony Williams (U20)	LL	Hav M	6.08	4
3	Matthew Dore-Weeks	H	Highgate	5.82	3	3	Adam Taylor	HH	Highgate	5.45	3
4	Paul Williams	D	Dart	5.71	2	4	Jack Fox	DD	Dart	4.27	2
5	Kenton Mielnik (U20)	J	Swin	5.64	1	5					1
High Jump 'A'						High Jump 'B'					
1	Sean Baptiste	W	WG&EL	1.90	5	1	David Taylor	J	Swin	1.75	5
2	Toby Ulm (U20)	JJ	Swin	1.85	4	2	Anthony Williams (U20)	LL	Hav M	1.70	4
3	Matthew Dore-Weeks	H	Highgate	1.80	3	3	Paul Williams	D	Dart	1.55	3
4	Scott Keating	L	Hav M	1.70	2	4	Matt Buck	WW	WG&EL	1.55	2
5	Jack Fox	DD	Dart	1.55	1	5					1

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Pos	Name	No.	Club	Perf	Match Points	Pos	Name	No.	Club	Perf	Match Points
Pole Vault 'A'						Pole Vault 'B'					
1	Matt Buck	W	WG&EL	4.00	5	1	Stuart Tufton (M55)	LL	Hav M	3.30	5
2	Mark Bishop (M35)	L	Hav M	3.70	4	2	Rob Peers	DD	Dart	2.60	4
3	Rob Warensjo (U17)	J	Swin	3.70	3	3	Howard Moscrop (M45)	JJ	Swin	1.10	3
4	Cab Ellis	D	Dart	3.00	2	4					2
5					1	5					1
Triple Jump 'A'						Triple Jump 'B'					
1	Kenton Mielnik (U20)	JJ	Swin	12.99	5	1	Jack Fox	DD	Dart	12.19	5
2	Paul Williams	D	Dart	12.36	4	2	Denis Ntoluke	H	Highgate	12.16	4
3	Simon Child	HH	Highgate	12.29	3	3	Tony Jackson (M45)	J	Swin	12.10	3
4	Anthony Williams (U20)	L	Hav M	12.28	2	4	Bradley Parrott	LL	Hav M	11.29	2
5	Chris Awde	W	WG&EL	11.98	1	5					1
Shot 'A'						Shot 'B'					
1	Paul Howard	WW	WG&EL	11.95	5	1	Scott Harvey	DD	Dart	10.40	5
2	Max Hall	D	Dart	11.25	4	2	Danny Gamester	LL	Hav M	9.54	4
3	Mark Bishop (M35)	L	Hav M	10.84	3	3	David Taylor	JJ	Swin	9.06	3
4	John Tatarau	H	Highgate	10.23	2	4	Hakeem Aderibigbe	HH	Highgate	8.50	2
5	Tony Jackson (M45)	J	Swin	9.62	1	5	Fergus Harford	W	WG&EL	8.13	1
Hammer 'A'						Hammer 'B'					
1	Kevin Deacon	L	Hav M	44.49	5	1	Joe Forde (U20)	LL	Hav M	42.59	5
2	John Tatarau	H	Highgate	41.54	4	2	Scott Harvey	DD	Dart	36.05	4
3	Keith Robinson (M50)	D	Dart	37.82	3	3	John Franklin	WW	WG&EL	22.47	3
4	Fergus Harford	W	WG&EL	34.17	2	4	Allan Webb (M55)	JJ	Swin	21.05	2
5	Tony Jackson (M45)	J	Swin	26.20	1	5	Hakeem Aderibigbe	HH	Highgate	15.98	1
Discus 'A'						Discus 'B'					
1	Chris Awde	WW	WG&EL	37.95	5	1	Paul Howard	W	WG&EL	34.17	5
2	Max Hall	D	Dart	35.89	4	2	Danny Gamester	LL	Hav M	24.50	4
3	Mark Bishop (M35)	L	Hav M	32.33	3	3	John Fenton	DD	Dart	23.14	3
4	John Tatarau	H	Highgate	32.26	2	4	Allan Webb (M55)	JJ	Swin	22.57	2
5	Howard Moscrop (M45)	J	Swin	22.73	1	5	Dominic Hall	HH	Highgate	17.85	1
Javelin 'A'						Javelin 'B'					
1	Paul Howard	W	WG&EL	55.21	5	1	Jay Bodington	WW	WG&EL	47.12	5
2	Sam Harrison	LL	Hav M	54.93	4	2	Mark Bishop (M35)	L	Hav M	45.16	4
3	Max Hall	D	Dart	48.60	3	3	John Fenton	DD	Dart	43.37	3
4	Tony Jackson (M45)	J	Swin	32.43	2	4	Ed New (U20)	JJ	Swin	31.57	2
5	A Diing	HH	Highgate	29.66	1	5	S Martyn	H	Highgate	24.71	1
4x100m relay						4x400m relay					
1	Dan Awde, Nick Dowsett, James Wright, William Pobie	W	WG&EL	44.5	5	1	D Hall, P Davis, W Frey, S Child	H	Highgate	3:24.1	5
2	Max Hall, Gavin Coomber, Austin Henderson, Lee	D	Dart	44.5	4	2	Emanuel Ferrugia, James Wright, Chris Awde, Dan Awde	W	WG&EL	3:27.2	4
3	S Duncan, D Bromfield, K Clarke, J Barrow	H	Highgate	45.4	3	3	Phil Tierney, Gavin Maley, Salvator Mutijima, Scott Spencer,	L	Hav M	3:35.3	3
4	Jo Shaw, Tim Beech, David Taylor, Ed New	J	Swin	45.4	2	4	Howard Moscrop, Lucas Burns, Toby Ulm, Tim Beech	J	Swin	3:36.9	2
5	Eugene Ayanful, Anthony Williams, Phil Tierney, Scott Spencer	L	Hav M	45.9	1	5	Austin Henderson, Bramley. Coombes, Michael	D	Dart	DQ 3:34.0	1
Final Points score		Total points		After 19 events							
1	Dartford Harriers	D	111								
2	Highgate Harriers	H	109								
3=	Havering Mayesbrook	L	105								
3=	Woodford G&EL	W	105								
5	Swindon Harriers	J	92								