

SOUTHERN MEN'S LEAGUE - DIVISION 3N
MAYESBROOK PARK, BARKING, 7 MAY 2005

Pos	Name	No.	Club	Performance
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Final Points score

Club	Total points
1 Chelmsford	147
2 Barnet/Trent Park	121
3 Havering Mayesbrook	104
4 Harrow	81
5	

100m 'A'

wind: +2.7

1 Jide Okunrinboye	H	Harrow	11.4
2 J Brown	C	Chelmsford	11.8
3 Simon Parker	G	Havering Mayesbrook	12.5
4 Nick Lauder	B	Barnet/Trent Park	12.7

100m 'B'

wind: +0.9

1 D Roberts	CC	Chelmsford	12.0
2 Barrington King	HH	Harrow	12.2
3 Ben Jones	GG	Havering Mayesbrook	12.6
4 Rajesh Patel	BB	Barnet/Trent Park	13.8

200m 'A'

wind: +1.0

1 Jide Okunrinboye	H	Harrow	23.8
2 J Brown	C	Chelmsford	24.2
3 Nick Lauder	B	Barnet/Trent Park	26.1
4 Kevin White	G	Havering Mayesbrook	27.4

200m 'B'

wind: +2.0

1 D Roberts	CC	Chelmsford	24.2
2 Ty Holden	BB	Barnet/Trent Park	26.2
3 Barrington King	HH	Harrow	26.7
4			

400m 'A'

1 A French	C	Chelmsford	53.0
2 Dave Wilcock	B	Barnet/Trent Park	57.9
3 Kevin White	G	Havering Mayesbrook	61.2
4 Mike Kelly	H	Harrow	62.0

400m 'B'

1 L Pickering	CC	Chelmsford	56.6
2 Ty Holden	BB	Barnet/Trent Park	59.2
3			
4			

800m 'A'

1 Dave Wilcock	B	Barnet/Trent Park	2:04.9
2 L Pickering	C	Chelmsford	2:10.7
3 Douglas Hunt	H	Harrow	2:18.0
4 Ian Anthony	G	Havering Mayesbrook	2:20.6

800m 'B'

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Pos	Name	No.	Club	Performance
1	T Hunton	CC	Chelmsford	2:06.2
2	Adrian Mason	BB	Barnet/Trent Park	2:15.1
3	Mike Kelly	HH	Harrow	2:16.9
4				

1500m 'A'

1	C Waugh	C	Chelmsford	4:24.3
2	Adrian Mason	B	Barnet/Trent Park	4:29.0
3	Billy Parker-Brown	G	Havering Mayesbrook	4:36.1
4	Daniel Tarrant	H	Harrow	4:42.0

1500m 'B'

1	K Noy	CC	Chelmsford	4:39.1
2	Graham Pritchard	GG	Havering Mayesbrook	4:56.7
3	Grant Ramsey	BB	Barnet/Trent Park	5:00.8
4				

5000m 'A'

1	Grant Ramsey	B	Barnet/Trent Park	16:38.6
2	Tony Collins	G	Havering Mayesbrook	16:55.6
3	D Pivett	CC	Chelmsford	17:35.6
4				

5000m 'B'

1	Graham Pritchard	GG	Havering Mayesbrook	17:24.5
2	M Gibbs	C	Chelmsford	17:44.9
3	Colin Thurston	BB	Barnet/Trent Park	17:49.7
4				

110mH 'A'

wind: -/+

1	Chi Kin-Tsang	B	Barnet/Trent Park	21.0
2	Darron Keevil	G	Havering Mayesbrook	21.7
3	Paul Owen	C	Chelmsford	29.6
4				

110mH 'B'

wind: -/+

1	Richard McCormick	BB	Barnet/Trent Park	24.0
2	M Cooper	CC	Chelmsford	26.1
3				
4				

400mH 'A'

1	Paul Owen	C	Chelmsford	68.4
2	Chi Kin-Tsang	B	Barnet/Trent Park	76.6
3				
4				

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Pos	Name	No.	Club	Performance
400mH 'B'				
1	M Cooper	CC	Chelmsford	70.6
2	Richard McCormick	BB	Barnet/Trent Park	76.2
3				
4				
3000m S/C 'A'				
1	Richard McCormick	B	Barnet/Trent Park	10:59.6
2	M Cooper	C	Chelmsford	11:06.8
3				
4				
3000m S/C 'B'				
1	J Ferguson	CC	Chelmsford	11:16.3
2	John Murphy	BB	Barnet/Trent Park	13:28.3
3				
4				
Long Jump 'A'				
1	Chi Kin-Tsang	B	Barnet/Trent Park	6.21
2	Jide Okunrinboye	H	Harrow	5.71
3	Ben Jones	G	Havering Mayesbrook	5.02
4	J Ferguson	CC	Chelmsford	4.65
Long Jump 'B'				
1	Paul Owen	C	Chelmsford	4.65
2	Darron Keevil	GG	Havering Mayesbrook	4.56
3	Hugh Turner	BB	Barnet/Trent Park	4.25 (& 4.18)
4	Barrington King	HH	Harrow	4.25 (& 3.96)
High Jump 'A'				
1	Simon Parker	GG	Havering Mayesbrook	1.65
2	Chi Kin-Tsang	B	Barnet/Trent Park	1.60
3	Paul Owen	C	Chelmsford	1.55
4	Steve Allen	H	Harrow	1.00
High Jump 'B'				
1	Darron Keevil	G	Havering Mayesbrook	1.50
2	J Ferguson	CC	Chelmsford	1.40
3	Richard McCormick	BB	Barnet/Trent Park	1.00
4				
Pole Vault 'A'				
1	Paul Owen	C	Chelmsford	3.60
2	Daniel Tarrant	H	Harrow	3.00
3	Kevin Tufton	G	Havering Mayesbrook	2.80
4	Chi Kin-Tsang	B	Barnet/Trent Park	1.10

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Pos	Name	No.	Club	Performance
Pole Vault 'B'				
1	Douglas Hunt	HH	Harrow	2.00
2	John Clark	CC	Chelmsford	2.00
3				
4				
Triple Jump 'A'				
1	Simon Parker	G	Havering Mayesbrook	11.54
2	Chi Kin-Tsang	B	Barnet/Trent Park	11.50
3	Tom Hunton	CC	Chelmsford	10.22
4	Steve Tarrant	H	Harrow	8.74
Triple Jump 'B'				
1	Kevin White	GG	Havering Mayesbrook	9.90
2	Paul Owen	C	Chelmsford	9.79
3	Nick Lauder	BB	Barnet/Trent Park	8.31
4				
Shot 'A'				
1	Steve Archer	G	Havering Mayesbrook	10.92
2	Mike Williams	C	Chelmsford	9.78
3	Steve Roualt	H	Harrow	8.13
4	Patrick Smith	B	Barnet/Trent Park	7.16
Shot 'B'				
1	Darron Keevil	GG	Havering Mayesbrook	10.15
2	Steve Allen	HH	Harrow	7.44
3	Hugh Turner	BB	Barnet/Trent Park	6.94
4	Paul Owen	CC	Chelmsford	6.54
Hammer 'A'				
1	M Williams	C	Chelmsford	32.21
2	Lee Arrowsmith	G	Havering Mayesbrook	28.92
3	Patrick Smith	B	Barnet/Trent Park	22.13
4	Steve Roualt	H	Harrow	19.33
Hammer 'B'				
1	Steve Archer	GG	Havering Mayesbrook	25.54
2	Hugh Turner	BB	Barnet/Trent Park	22.09
3	Steve Allen	HH	Harrow	18.69
4	John Clark	CC	Chelmsford	17.65
Discus 'A'				
1	Mike Williams	C	Chelmsford	31.56
2	Steve Archer	G	Havering Mayesbrook	31.43
3	Steve Allen	HH	Harrow	21.14
4	Patrick Smith	B	Barnet/Trent Park	21.05

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Pos	Name	No.	Club	Performance
Discus 'B'				
1	Darron Keevil	GG	Havering Mayesbrook	29.71
2	Steve Roualt	H	Harrow	19.54
3	Patrick Smith	B	Barnet/Trent Park	18.64
4	Mike Williams	C	Chelmsford	14.53
Javelin 'A'				
1	Steve Roualt	H	Harrow	39.11
2	Cafer Gunay	GG	Havering Mayesbrook	38.91
3	Mike Williams	C	Chelmsford	32.50
4	Chi Kin-Tsang	B	Barnet/Trent Park	32.14
Javelin 'B'				
1	Darron Keevil	G	Havering Mayesbrook	34.96
2	J Ferguson	CC	Chelmsford	30.33
3	Steve Allen	HH	Harrow	24.72
4	Patrick Smith	BB	Barnet/Trent Park	21.45
4x100m relay				
1	Roberts, Owen, Pickering, Brown	C	Chelmsford	47.4
2	Okunrinboye, King, Allen, Hunt	H	Harrow	49.6
3	Tsang, Patel, Wilcock, Holden	B	Barnet/Trent Park	52.5
4	Parker, Jones, Anthony, White	G	Havering Mayesbrook	62.1
4x400m relay				
1	Owen, French, Roberts, Pickering	C	Chelmsford	3:37.8
2	Tarrant, Kelly, Hunt, Okunrinboye	H	Harrow	4:01.5
3	Holden, Wilcock, Lauder, Thurston	B	Barnet/Trent Park	4:19.1
4	Collins, Parker-Brown, White, Jones	G	Havering Mayesbrook	4:31.5