

SOUTHERN ATHLETICS LEAGUE DIVISION 1

07 May 2011

Harrow Weald

100 metres male "A"

1	HARRY MCQUEEN	CHELMSFORD	10.7	M23
2	NORMAN FULLARD	SOUTHAMPTON	11.0	
3	RICHARD CARR	HARROW	11.1	
4	MARK PARTRIDGE	WALTON	11.7	M23

100 metres male "B"

1	JOSHUA WOOD	HARROW	11.1	
2	LEWIS TOWNER-WHITE	SOUTHAMPTON	11.2	
3	ROB HARLE	CHELMSFORD	11.4	
4	STUART CHANNON	WALTON	11.8	

200 metres male "A"

1	HARRY MCQUEEN	CHELMSFORD	21.7	M23
2	RICHARD CARR	HARROW	22.3	
3	ABE NEWELL	SOUTHAMPTON	22.7	
4	STUART CHANNON	WALTON	24.2	

200 metres male "B"

1	JERWAYNE GRANT	HARROW	22.7	
2	ROB HARLE	CHELMSFORD	22.7	
3	CALLUM BARRINGTON	SOUTHAMPTON	23.3	M20
4	ADAM MCCARTHY	WALTON	25.0	

400 metres male "A"

1	DEAN GOODMAN	HARROW	48.9	
2	BEN WINSTANLEY	SOUTHAMPTON	49.2	M20
3	NATHAN GREENAWAY	CHELMSFORD	50.4	M20
4	KYLE TREHERNE	WALTON	55.8	M20

400 metres male "B"

1	ROY RAMON-PELEGRIN	HARROW	50.4	
2	PAUL OWEN	CHELMSFORD	51.5	
3	DAVID BOLTON	SOUTHAMPTON	52.5	
4	DAVID MCDONALD	WALTON	56.1	

800 metres male "A"

1	PAUL OWEN	CHELMSFORD	1.59.5	
2	ABRAHAM BROWN	HARROW	2.02.7	M20
3	MARTIN CAMBELL	SOUTHAMPTON	2.02.9	M20
4	DAVID MCDONALD	WALTON	2.05.1	

800 metres male "B"

1	SIMON NINNIM	SOUTHAMPTON	2.04.9	M20
2	TOM O'DOWD	HARROW	2.05.1	M20
3	WILL WRIGHT	CHELMSFORD	2.05.7	
4	KYLE TREHERNE	WALTON	2.13.1	M20

1500 metres male "A"

1	RUSS OSBORN	SOUTHAMPTON	4.11.1	
2	ANDREW HOLLIMAN	HARROW	4.13.1	M20
3	WILL WRIGHT	CHELMSFORD	4.15.4	
4	RICHARD DREW	WALTON	4.40.1	

1500 metres male "B"

1	SAM ROBINSON	CHELMSFORD	4.17.4	M17
2	MATTHEW JUDSON	HARROW	4.20.9	
3	SIMON CAMBELL	SOUTHAMPTON	4.25.5	M20
4	JAMES HARVEY	WALTON	4.40.3	

5000 metres male "A"

1	DAMIAN NEVINS	HARROW	15.55.1	
2	LEE PICKERING	CHELMSFORD	16.10.4	
3	PETER HART	SOUTHAMPTON	17.08.6	M20
4	JON BRINE	WALTON	17.58.0	

5000 metres male "B"

1	JIM COOPER	HARROW	15.55.4	
2	MATTHEW MISSEN	CHELMSFORD	16.13.8	
3	JON GRAINGER	SOUTHAMPTON	17.40.6	M40
	JON HAMBLÉN	WALTON	DNF	

2000m S/C "A"

1	MATTHEW CAREY	HARROW	6.15.4	
2	LEE PICKERING	CHELMSFORD	7.06.5	
3	JON BRINE	WALTON	7.11.8	
4	PETE DAVIS	SOUTHAMPTON	7.29.8	

2000m S/C "B"

1	PETER NORRIS	HARROW	6.31.8	
2	JON LADLEY	WALTON	7.26.5	
3	RUSS OSBORN	SOUTHAMPTON	7.45.4	
4	JAMES WILLIAMS	CHELMSFORD	9.55.3	

110 metres hurdles (3' 6") "A"

1	BRADLEY REED	CHELMSFORD	15.3	M20
2	CHAD MCLEOD	HARROW	17.2	
3	JARYD ROBINSON	SOUTHAMPTON	17.2	
4	ADAM MCCARTHY	WALTON	19.6	

110 metres hurdles (3' 6") "B"

1	LUKE KETELEERS	CHELMSFORD	17.1	
2	NOEL REID	HARROW	17.9	
3	JULIAN LANGLEY	WALTON	19.8	
4	RUSS JONES	SOUTHAMPTON	21.5	

400 metres hurdles (3') "A"

1	JON TILT	SOUTHAMPTON	58.7	M45
2	GLENN GRAY	HARROW	59.3	M40
3	BRADLEY REED	CHELMSFORD	59.4	M20
4	ADAM MCCARTHY	WALTON	63.4	

400 metres hurdles (3') "B"

1	CHAD MCLEOD	HARROW	59.2	
2	FRED LAGAN	SOUTHAMPTON	59.7	
3	RENE DRIVER	CHELMSFORD	62.9	M20
4	JULIAN LANGLEY	WALTON	67.7	

High Jump male "A"

1	RICHARD CARR	HARROW	1.85	1.65o	1.70o	1.75o	1.80o	1.85xxo	1.90xxx
2	RORY HOULDING	CHELMSFORD	1.75	M17	1.65o	1.70o	1.75o	1.80xxx	
	ZAK TURNER	SOUTHAMPTON	1.75	M17	1.70o	1.75o	1.80xxx		
4	REECE BARNETT	WALTON	1.65	M17	1.55o	1.60o	1.65o	1.70xxx	

High Jump male "B"

1	NOEL REID	HARROW	1.75	1.50o	1.55o	1.60o	1.65o	1.70o	1.75xxo	1.80xxx
2	GEORGE THOMAS	WALTON	1.60	M20	1.50o	1.55o	1.60o	1.65xxx		
	ARRON DUNNE	SOUTHAMPTON	1.60	M20	1.55o	1.60o	1.65xxx			

Pole Vault male "A"

1	GREG CONLON	WALTON	2.80	2.20o	2.80o	retd			
2	ANTHONY KNOWLES	HARROW	2.60	M20	2.60o	2.80xxx			
3	DEREK WARN	SOUTHAMPTON	2.60	M40	2.00o	2.20o	2.40xo	2.60xo	2.80xxx
4	PAUL OWEN	CHELMSFORD	2.00		2.00o	2.40x			

Pole Vault male "B"

1	CRAIG TIMMINGS	WALTON	2.80	M40	2.20o	2.60o	2.80o	retd	
2	BRIAN HULL	HARROW	2.40	M60	2.00o	2.20o	2.40xo	2.60xxx	
3	RUSS JONES	SOUTHAMPTON	2.20		1.80o	2.00xo	2.20o	2.40xxx	
4	ANDREW OWEN	CHELMSFORD	2.00		1.80xo	2.00o	retd		

Long Jump male "A"

1	BEN CLARK	CHELMSFORD	6.60	M20	6.60	nj	6.42	nj	nj	nj
2	STEFAN GREENIDGE	HARROW	6.41	M20	nj	6.00	nj	nj	6.41	nj
3	CHRIS BULL	SOUTHAMPTON	6.18		nj	6.18	5.94	-	-	5.82
4	REECE BARNETT	WALTON	5.46	M17	nj	5.34	5.46	elim		

Long Jump male "B"

1	RENE DRIVER	CHELMSFORD	5.56	M20	5.50	5.39	nj	5.56	nj	-
2	MARK WEST	SOUTHAMPTON	5.46		5.31	5.21	5.46	elim		
3	STUART CHANNON	WALTON	5.42		4.79	5.34	5.42	elim		
	RICHARD CARR	HARROW		NJ	nj	nj	nj	elim		

Triple Jump male "A"

1	CHRIS ALEXIS	HARROW	13.70		12.97	nj	13.43	nj	13.70	13.13
2	CHRIS BULL	SOUTHAMPTON	13.00		12.70	nj	13.00	12.62	nj	12.70
3	JON LADLEY	WALTON	10.80		0	10.48	10.80	-	-	-
	BRADLEY REED	CHELMSFORD		NJ	nj	nj	nj	elim		

Triple Jump male "B"

1	MARK WEST	SOUTHAMPTON	11.29		11.12	10.53	10.71	11.29	nj	11.03
2	DAVE JOHNSON	HARROW	10.49	M55	10.17	nj	10.49	elim		
3	STUART CHARMAN	WALTON	10.34		10.28	10.12	10.34	elim		

Shot Putt 7.26 kilo "A"

1	GARY NEWTON	SOUTHAMPTON	14.48		14.20	13.71	14.15	13.82	14.39	14.48
2	ANDY LEWIS	HARROW	11.41	M40	-	-	11.41	11.40	nt	nt
3	ROB SMITH	WALTON	10.42		10.06	9.89	10.42	nt	-	-
4	LUKE KETELEERS	CHELMSFORD	10.14		9.40	9.63	10.14	elim		

Shot Putt 7.26 kilo "B"

1	MARK THOMPSON	SOUTHAMPTON	12.00		11.67	11.47	11.40	11.34	nt	12.00
2	KEITH BELL	CHELMSFORD	9.68	M35	9.31	9.61	9.68	elim		
3	LAWRENCE MONRO	WALTON	9.53		9.33	9.53	9.51	elim		
4	DAVE JOHNSON	HARROW	8.82	M55	8.20	8.82	8.77	elim		

Discus 2 kilo "A"

1	GARY NEWTON	SOUTHAMPTON	41.73		40.92	39.51	39.83	41.73	nt	nt
2	RYAN HARPER	HARROW	37.71		32.87	35.83	nt	37.71	37.21	nt
3	ADAM MCCARTHY	WALTON	30.44		30.44	30.04	27.43	elim		
4	KEITH BELL	CHELMSFORD	26.86	M35	nt	nt	26.86	elim		

Discus 2 kilo "B"

1	MARK THOMPSON	SOUTHAMPTON	36.59		36.59	36.45	nt	nt	nt	34.19
2	SAOIRSE CHINERY-EDOO	HARROW	35.55	M20	33.41	35.55	nt	nt	32.28	nt
3	LAWRENCE MONRO	WALTON	24.99		24.39	24.99	23.64	elim		
4	LUKE KETELEERS	CHELMSFORD	21.53		nt	nt	21.53	elim		

Hammer 7.26 kilo "A"

1	ROB SMITH	WALTON	42.97		39.13	-	-	41.84	42.97	-
2	DAN AVERY	SOUTHAMPTON	41.25	M17	39.98	-	41.25	-	-	-
3	ALAN FRENCH	HARROW	38.06	M45	34.24	37.52	-	37.47	38.06	37.89
4	KEITH BELL	CHELMSFORD	36.49	M35	31.23	33.97	36.04	36.49	36.49	-

Hammer 7.26 kilo "B"

1	PHIL HUME	SOUTHAMPTON	23.98		23.51	23.22	23.98	elim		
2	DAVE JOHNSON	HARROW	17.35	M55	17.35	15.95	16.58	elim		
3	JAMES WILLIAMS	CHELMSFORD	14.13		13.85	14.13	-	elim		
	BERNHARD JONGEJAN	WALTON		NT	nt	-	-			

Javelin 800 grams "A"

1	DAVID SKETCHLEY	HARROW	59.00		57.24	59.00	nt	58.27	58.57	nt
2	BERNHARD JONGEJAN	WALTON	41.65		41.65	35.38	37.73	37.51	38.91	37.65
3	MARTIN BRANFOOT	CHELMSFORD	36.16	M55	33.14	36.16	34.00	retd		
4	DAN AVERY	SOUTHAMPTON	33.21	M17	33.09	33.21	31.05	elim		

Javelin 800 grams "B"

1	JOE EASTWOOD	WALTON	36.81	<i>M55</i>	36.26	35.89	34.64	36.37	36.81	36.38
2	KEITH BELL	CHELMSFORD	36.10	<i>M35</i>	34.47	36.10	34.73	<i>elim</i>		
3	NOEL REID	HARROW	34.92		34.92	31.57	-	<i>elim</i>		
4	PHIL HUME	SOUTHAMPTON	30.40		26.42	30.40	29.13	<i>elim</i>		

4 x 100 metres relay

1	LEWIS TOWNER-WHITE NORMAN FULLARD ABE NEWELL CALLUM BARRINGTON	SOUTHAMPTON	42.9							
2	ROHAN SAMUEL RICHARD CARR JERWAYNE GRANT JOSHUA WOOD	HARROW	43.9							
3	ROB HARLE HARRY MCQUEEN BRADLEY REED BEN CLARK	CHELMSFORD	44.1							
4	LAWRENCE MONRO REECE BARNETT STUART CHANNON MARK PARTRIDGE	WALTON	48.1							

4 x 400 metres relay

1	CHAD MCLEOD ROY RAMON-PELEGRIN NICK DAVIS DEAN GOODMAN	HARROW	3.23.9							
2	BEN WINSTANLEY TIM DORAN ADAM ORMISORE DAVID BOLTON	SOUTHAMPTON	3.24.1							
3	HARRY MCQUEEN ROB HARLE ADAM COLEGRAVE NATHAN GREENAWAY	CHELMSFORD	3.48.0							
4	KYLE TREHERNE MARK PARTRIDGE DAVID MCDONALD ADAM MCCARTHY	WALTON	3.57.6							

100 metres female "A"

1	EMILY NEWTON	SOUTHAMPTON	12.3							
2	GEORGINA MALSTER	HARROW	12.5							
3	HANNAH SMITHDALE	CHELMSFORD	12.6	<i>F17</i>						
4	LISA O'BRIEN	WALTON	13.1	<i>F20</i>						

100 metres female "B"

1	EUGÉNIE BROWN	HARROW	12.6	<i>F17</i>						
2	JOANNE BOTTELL	SOUTHAMPTON	13.2	<i>F20</i>						
3	LUCY PASKELL	WALTON	13.7	<i>F17</i>						
4	LAUREN LONGHURST	CHELMSFORD	14.0							

200 metres female "A"

1	EUGÉNIE BROWN	HARROW	25.6	<i>F17</i>						
2	SUSIE MCLOUGHLIN	WALTON	25.8							
3	EMILY NEWTON	SOUTHAMPTON	26.0							
4	LAUREN LONGHURST	CHELMSFORD	26.9							

200 metres female "B"

1	CAROLINE HILL	CHELMSFORD	27.4	<i>F20</i>						
2	SUSIE COLLINS	SOUTHAMPTON	27.5	<i>F20</i>						
3	LUCY PASKELL	WALTON	27.8	<i>F17</i>						

400 metres female "A"

1	MILLIE CLIFFORD	SOUTHAMPTON	55.2	<i>F20</i>						
2	RACHEL DAVIES	HARROW	57.2	<i>F23</i>						
3	CAROLINE HILL	CHELMSFORD	60.8	<i>F20</i>						
4	MEGAN THOMPSON	WALTON	65.2	<i>F20</i>						

400 metres female "B"

1	RACHAEL LEWINGTON	SOUTHAMPTON	57.9
2	LAUREN LONGHURST	CHELMSFORD	61.8
3	SOPHIE DUCKWORTH	WALTON	68.7
4	HOLLIE HAMILTON	HARROW	72.8

800 metres female "A"

1	JENNY BECKINGHAM	SOUTHAMPTON	2.15.8	<i>F20</i>
2	KATIE TUTTLEBURY	CHELMSFORD	2.21.6	<i>F20</i>
3	FIONA PARRY	WALTON	2.23.8	
4	HOLLIE HAMILTON	HARROW	3.41.5	

800 metres female "B"

1	EMILY BONNETT	SOUTHAMPTON	2.27.0
2	HAYLEY PEGG	CHELMSFORD	2.31.3
3	LUCY KING	WALTON	2.32.9

1500 metres female "A"

1	SVENJA ABEL	CHELMSFORD	4.40.9	
2	LEIGH LATTIMORE	HARROW	4.45.2	<i>F23</i>
3	FIONA PARRY	WALTON	4.55.6	
4	NICKI BLANFORD	SOUTHAMPTON	5.08.9	<i>F35</i>

1500 metres female "B"

1	ASHLEE MCGUIGAN	HARROW	4.48.2	
2	JO LOCKER	WALTON	5.11.5	<i>F35</i>
3	CARYS SUTTON	CHELMSFORD	5.32.2	
4	ELAINE GOODE	SOUTHAMPTON	5.50.9	

3000 metres female "A"

1	SVENJA ABEL	CHELMSFORD	9.50.8	
2	JO LOCKER	WALTON	10.40.3	<i>F35</i>
3	NICKI BLANFORD	SOUTHAMPTON	10.45.4	<i>F35</i>
4	RUTH METHVIER	HARROW	13.14.8	<i>F35</i>

3000 metres female "B"

1	CARYS SUTTON	CHELMSFORD	11.27.7
2	HANNAH COOMBS	SOUTHAMPTON	12.53.4
3	ROSY WATSON	WALTON	14.11.6
4	MARIA CARTAYA	HARROW	14.56.6

1500 metres S/C "A"

1	HAYLEY PEGG	CHELMSFORD	6.15.6	
2	CLEMMIE MCATEER	SOUTHAMPTON	6.35.8	<i>F20</i>

100 metres hurdles "A"

1	LISA O'BRIEN	WALTON	15.4	<i>F20</i>
2	KAROLINA ISOAHO	SOUTHAMPTON	15.8	
3	EVIE CASTLE	CHELMSFORD	17.0	<i>F20</i>
4	CLAUDIA TABONY	HARROW	17.4	

100 metres hurdles "B"

1	SINEAD O'BRIEN	WALTON	20.5	<i>F20</i>
2	CLEMMIE MCATEER	SOUTHAMPTON	20.9	<i>F20</i>

400 metres hurdles "A"

1	MILLIE CLIFFORD	SOUTHAMPTON	61.5	<i>F20</i>
2	SUSIE MCLOUGHLIN	WALTON	63.8	
3	CHLOE FLOWERS	HARROW	78.8	

400 metres hurdles "B"

1	EMILY BONNETT	SOUTHAMPTON	64.6	
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High Jump female "A"

1	CHARLOTTE MALTON	CHELMSFORD	1.54	<i>F20</i>	1.40o	1.45o	1.48o	1.51o	1.54o	1.57xxx
2	ZARA ASANTE	HARROW	1.45		1.30o	1.35o	1.40o	1.45xo	retd	
3	SUSIE MCLOUGHLIN	WALTON	1.30		1.30o	retd				
4	SARAH ELLIS	SOUTHAMPTON	1.30		1.20o	1.25o	1.30xo	1.35xxx		

High Jump female "B"

1	NANCY EPSLY	CHELMSFORD	1.45	F17	1.20o	1.25o	1.30o	1.35o	1.40o	1.45xo	1.48xxx
2	CLAUDIA TABONY	HARROW	1.40		1.25o	1.30o	1.35o	1.40xo	retd		
3	KAROLINA ISOAHO	SOUTHAMPTON	1.20		1.20o	1.25xxx					
	LUCY KING	WALTON	NH		1.20xxx						

Pole Vault female "A"

1	NANCY EPSLY	CHELMSFORD	3.50	F17	3.20xx0	3.30o	3.50xxo	3.60xxx			
2	AMY WENTFORD	HARROW	2.30	F20	2.00xxo	2.10xxo	2.20o	2.30xo	2.50xxx		
3	DEBBIE SINGLETON	WALTON	2.10	F50	1.80o	1.90o	2.00xo	2.10xxo	2.20xxx		
4	SUSIE COLLINS	SOUTHAMPTON	1.60	F20	1.30o	1.60o	retd				

Pole Vault female "B"

1	ELLIE BESFORD	CHELMSFORD	3.20	F20	3.00o	3.20xxo	3.30xxx				
2	CHLOE FLOWERS	HARROW	2.20		1.80xo	1.90o	2.00xxo	2.10xxo	2.20xo	retd	
3	KATE NORMAN	WALTON	2.00		1.30o	1.60o	1.70o	1.80o	1.90o	2.00o	retd

Long Jump female "A"

1	ZARA ASANTE	HARROW	5.30		5.30	5.25	5.29	5.30	5.01	5.11	
2	LISA O'BRIEN	WALTON	5.07	F20	5.07	4.99	4.75	5.01	4.97	nj	
3	EMILY NEWTON	SOUTHAMPTON	5.06		4.87	5.06	nj	-	-	-	
4	LAUREN LONGHURST	CHELMSFORD	4.96		4.76	4.89	4.86	4.96	nj	nj	

Long Jump female "B"

1	NANCY EPSLY	CHELMSFORD	4.73	F17	4.61	4.73	nj	elim			
2	KAROLINA ISOAHO	SOUTHAMPTON	4.71		nj	nj	4.71	elim			
3	CLAUDIA TABONY	HARROW	4.59		4.59	4.56	4.53	elim			
4	KATE NORMAN	WALTON	4.26		3.91	4.26	4.19	elim			

Triple Jump female "A"

1	ZARA ASANTE	HARROW	12.25		nj	nj	11.15	12.25	nj	12.22	
2	KAROLINA ISOAHO	SOUTHAMPTON	11.02		10.65	nj	11.02	nj	nj	10.86	
3	LISA O'BRIEN	WALTON	10.99	F20	10.81	10.82	10.44	10.40	10.89	10.99	
4	EVIE CASTLE	CHELMSFORD	9.49	F20	9.49	nj	nj	elim			

Triple Jump female "B"

1	JOANNE BOTTELL	SOUTHAMPTON	10.10	F20	10.10	nj	9.91	nj	9.99	nj	
2	CHLOE FLOWERS	HARROW	9.97		9.97	nj	9.69	elim			
3	LAUREN LONGHURST	CHELMSFORD	9.39		9.39	-	-	elim			
4	DEBBIE SINGLETON	WALTON	6.81	F20	6.81	-	-	elim			

Shot Putt female "A"

1	FREYA JONES	SOUTHAMPTON	11.75	F20	10.17	9.89	11.08	11.75	11.50	nt	
2	CHELSEA COKER	CHELMSFORD	11.34	F20	11.34	nt	10.97	10.07	10.29	10.80	
3	YINKA ADEMUWAGUN	HARROW	9.94	F35	8.32	8.92	9.94	8.75	nt	9.38	
4	CARLA LETHEBY	WALTON	9.76	F20	9.66	9.76	9.62	elim			

Shot Putt female "B"

1	EVIE CASTLE	CHELMSFORD	10.40	F20	10.24	nt	10.19	9.96	10.02	10.40	
2	ANNA STEVENS	SOUTHAMPTON	8.93		8.38	7.81	8.93	elim			
3	SINEAD O'BRIEN	WALTON	8.78	F20	8.78	8.76	8.54	elim			
4	CLAUDIA TABONY	HARROW	8.18		8.18	7.91	8.12	elim			

Discus Throw female "A"

1	CARLA LETHEBY	WALTON	35.43	F20	33.99	nt	35.43	33.81	33.68	35.07	
2	ANGELA MITCHELL	HARROW	34.75	F45	nt	nt	34.51	nt	32.17	34.75	
3	SHIRLEY QUINN	CHELMSFORD	31.71	F50	31.71	29.49	nt	31.31	31.23	31.57	
4	FREYA JONES	SOUTHAMPTON	31.45	F20	31.45	nt	nt	elim			

Discus Throw female "B"

1	SINEAD O'BRIEN	WALTON	32.07	F20	30.04	32.07	28.63	nt	nt	nt	
2	CHELSEA COKER	CHELMSFORD	30.41	F20	28.31	30.41	nt	elim			
3	ANNA STEVENS	SOUTHAMPTON	25.51		23.94	25.20	25.51	elim			
4	YINKA ADEMUWAGUN	HARROW	17.22	F35	nt	17.22	16.99	elim			

Hammer Throw female "A"

1	CHELSEA COKER	CHELMSFORD	46.64	F20	46.64	nt	nt	44.43	nt	nt
2	CARLA LETHEBY	WALTON	37.91	F20	nt	37.63	35.74	37.90	37.11	37.91
3	ANNA STEVENS	SOUTHAMPTON	35.10		34.64	35.10	34.65	31.24	34.05	nt
4	ZARA ASANTE	HARROW	16.64		nt	nt	16.64	elim		

Hammer Throw female "B"

1	SINEAD O'BRIEN	WALTON	32.46	F20	32.30	32.46	nt	nt	29.44	nt
2	EVIE CASTLE	CHELMSFORD	29.44	F20	nt	23.14	29.44	elim		
3	SARAH ELLIS	SOUTHAMPTON	22.12		22.12	21.25	21.15	elim		
4	YINKA ADEMUWAGUN	HARROW	11.36	F35	nt	nt	11.36	elim		

Javelin Throw female "A"

1	FREYA JONES	SOUTHAMPTON	44.28	F20	nt	nt	39.31	44.28	nt	42.87
2	CARLA LETHEBY	WALTON	32.56	F20	30.30	32.03	31.96	31.27	32.56	31.95
3	EVIE CASTLE	CHELMSFORD	28.03	F20	28.03	nt	26.12	-	-	-
4	YINKA ADEMUWAGUN	HARROW	24.88	F35	23.36	24.88	nt	elim		

Javelin Throw female "B"

1	SARAH ELLIS	SOUTHAMPTON	42.81		nt	39.83	38.85	40.20	40.44	42.81
2	KATE NORMAN	WALTON	26.24		26.24	nt	24.60	elim		
3	CLAUDIA TABONY	HARROW	23.25							
4	DEBBIE CASTLE	CHELMSFORD	22.23	F17						

4 x 100 metres relay

1	JOANNE BOTTELL SUSIE COLLINS RACHAEL LEWINGTON EMILY NEWTON	SOUTHAMPTON	50.3							
2	LISA O'BRIEN LUCY PASKELL SUSIE MCLOUGHLIN CARLA LETHEBY	WALTON	52.1							
3	LAUREN LONGHURST ELLIE BESFORD NANCY EPSLY HANNAH SMITHDALE	CHELMSFORD	52.4							
4	CLAUDIA TABONY RASHEDA PRICE CHLOE FLOWERS EUGÉNIE BROWN	HARROW	52.5							

4 x 400 metres relay

1	EMILY BONNETT MILLIE CLIFFORD JENNY BECKINGHAM RACHAEL LEWINGTON	SOUTHAMPTON	3.52.2							
2	CAROLINE HILL KATIE TUTTLEBURY LAUREN LONGHURST SVENJA ABEL	CHELMSFORD	4.12.9							
3	SUSIE MCLOUGHLIN FIONA PARRY SOPHIE DUCKWORTH MEGAN THOMPSON	WALTON	4.17.8							
4	HOLLIE HAMILTON ASHLEE MCGUIGAN RACHEL DAVIES ZARA ASANTE	HARROW	4.20.4							

SCORES ANALYSIS

	CHELMSFORD	HARROW	SOUTHAMPTO	WALTON
M-100	6	6	6	2
M-200	7	7	4	2
M-400	5	8	5	2
M-800	6	6	6	2
M-1500	6	6	6	2
M-5000	6	8	4	1
M-2000SC	4	8	3	5
M-110H	8	6	3	3
M-400H	4	7	7	2
M-HJ	2.5	8	5	3.5
M-PV	2	6	4	8
M-LJ	8	3	5	3
M-TJ	0	7	7	4
M-SP	4	4	8	4
M-DT	2	6	8	4
M-HT	3	5	7	4
M-JT	5	6	2	7
M-4X1	2	3	4	1
M-4X4	2	4	3	1
F-100	3	7	7	3
F-200	5	4	5	5
F-400	5	4	8	3
F-800	6	1	8	4
F-1500	6	7	2	5
F-3000	8	2	5	5
F-1500SC	4	0	3	0
F-100H	2	1	6	8
F-400H	0	2	8	3
F-HJ	8	6	3	2
F-PV	8	6	1	4
F-LJ	5	6	5	4
F-TJ	3	7	7	3
F-SP	7	3	7	3
F-DT	5	4	3	8
F-HT	7	2	4	7
F-JT	3	3	8	6
F-4X1	2	1	4	3
F-4X4	3	1	4	2
Adj	6	8	8	8
MATCH TOTAL	178.5	189	203	146.5

	CHELMSFORD	HARROW	SOUTHAMPTO	WALTON
Sprints M	18	21	15	6
Middle Distance M	22	28	19	10
Hurdles M	12	13	10	5
Relays M	4	7	7	2
Track M	56	69	51	23
Vertical Jumps M	4.5	14	9	11.5
Horizontal Jumps M	8	10	12	7
Throws M	14	21	25	19
Field M	26.5	45	46	37.5
Total M	82.5	114	97	60.5
Total Male	82.5	114	97	60.5
Sprints F	13	15	20	11
Middle Distance F	24	10	18	14
Hurdles F	2	3	14	11
Relays F	5	2	8	5
Track F	44	30	60	41
Vertical Jumps F	16	12	4	6
Horizontal Jumps F	8	13	12	7
Throws F	22	12	22	24
Field F	46	37	38	37
Total F	90	67	98	78
Total Female	90	67	98	78

Adjustments	6	8	8	8
MATCH TOTAL	178.5	189	203	146.5

38 events out of 38

TEAM SCORES

1	SOUTHAMPTON	203
2	HARROW	189
3	CHELMSFORD	178.5
4	WALTON	146.5

Division 1 Table after 1 match

1	Ashford	213	4
2	Southampton	203	4
3	Nene Valley Harriers	200	4
4	Marshall Milton Keynes	184	4
5	Harrow	189	3
6	Luton	187	3
7	Enfield & Haringey	184.5	3
8	Blackheath & Bromley	181	3
9	Chelmsford	178.5	2
10	Herts Phoenix	172	2
11	Tonbridge	171	2
12	Ealing, Southall & Middlesex	144	2
13	Walton	146.5	1
14	Stevenage	145	1
15	City of Norwich	143.5	1
16	Worthing & District	117	1

SOUTHERN ATHLETICS LEAGUE NON SCORING

07 May 2011

Harrow Weald

100 metres male Race 1

1	JARYD ROBINSON	SOUTHAMPTON	11.0	
2	RYAN HARDING	HARROW	11.4	M20
3	CALUM BRESSINGTON	SOUTHAMPTON	11.8	
4	RUSSELL JONES	SOUTHAMPTON	11.9	
5	MARK WEST	SOUTHAMPTON	12.1	
6	DEREK WARN	SOUTHAMPTON	14.1	

100 metres male Race 2

1	ABE NEWELL	SOUTHAMPTON	11.3	
2	JERWAYNE GRANT	HARROW	11.4	
3	DAVID OLUSANYA	EALING	12.2	
4	JONATHAN PRATT	HARROW	12.4	M17

100 metres male Race 3

1	ROHAN SAMUEL	HARROW	11.7	M45
2	ANDY LEWIS	HARROW	11.8	M40
3	LUKE KETELEERS	CHELMSFORD	12.0	
4	ROBERT ALLEN	HARROW	12.3	M45

200 metres male Race 1

1	JOSHUA WOOD	HARROW	22.9	
2	OWEN CHURTON	CHELMSFORD	23.8	
3	JASON JEFFREY	HARROW	24.3	
4	FRED LEGAH	SOUTHAMPTON	24.5	
5	DAVID OLUSANYA	EALING	24.6	
6	GLENM GRAY	HARROW	26.0	

200 metres male Race 2

1	JARYD ROBINSON	SOUTHAMPTON	22.3	
2	LEWIS TURNER-WHITE	SOUTHAMPTON	23.1	
3	RYAN HARDING	HARROW	23.6	M20
4	ANDY LEWIS	HARROW	24.8	M40
5	ROBERT ALLEN	HARROW	25.1	M45
6	JONATHAN PRATT	HARROW	25.7	M17

400 metres male Race 1

1	ADAM OMISORE	SOUTHAMPTON	51.1	
2	TOM DORAN	SOUTHAMPTON	53.3	
3	NICK DAVIS	HARROW	53.9	M20

800 metres male Race 1

1	JIM BENNETT	SOUTHAMPTON	2.02.8	
2	NEIL HOLLOWAY	HARROW	2.07.9	M17

5000 metres male Race 1

1	TERRY MCINTYRE	HARROW	18.45.3	M55
2	CHRIS DEMAUNY	WALTON	19.49.8	

2000m S/C Race 1

1	DALTON MCGUIGAN	HARROW	6.34.6	M17
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High Jump male Event 1

1	GEORGE DUPREE	HARROW	1.70	M20	1.55o	1.60o	1.65o	1.70o	1.75xxx
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Pole Vault male Event 1

1	JON LADLEY	WALTON	2.60		2.20o	2.60o	2.80xxx
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Shot Putt 7.26 kilo Event 1

1	PHIL HUMR	SOUTHAMPTON	10.25		10.03	10.11	10.25
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Discus 2 kilo Event 1

1	DAN AVERY	SOUTHAMPTON	29.21	M17	29.21	nt	27.39
2	DAVE JOHNSON	HARROW	25.95	M55	25.95	nt	23.55

Javelin 800 grams Event 1						
1	MARK WEST	SOUTHAMPTON	32.43	29.14	32.43	28.23
200 metres female Race 1						
1	NICKI SEAL	SOUTHAMPTON	26.9			
400 metres female Race 1						
1	NICKI SEAL	SOUTHAMPTON	59.8			
3000 metres female Race 1						
1	ELAINE GOODE	SOUTHAMPTON	12.13.3			
Long Jump female Event 1						
1	ELLIE BESFORD	CHELMSFORD	4.82	<i>F20</i>	4.74	<i>nj</i> 4.82
Discus Throw female Event 1						
1	DEBBIE CASTLE	CHELMSFORD	27.54	<i>F17</i>	25.68	<i>nt</i> 27.54
Hammer Throw female Event 1						
1	SHIRLEY QUINN	CHELMSFORD	30.73	<i>F50</i>	30.40	30.73 28.84