

Southern Athletics League: Division 1 - Round - Lee Valley - 21 May 2011

Team		Score		
1	Southampton		209	R
2	Enfield & Haringey		204	F
3	Tonbridge		124	T
4	Nene Valley Harriers		100	N
Men's A 100m		Wind=		
1	Jaryd Robinson	U20	Southampton	10.8 4 aw
2	Enrico Tawiah-Kwabena	U20	Enfield & Haringey	11.1 3 aw
3	Steve Tester	SM	Tonbridge	11.5 2 aw
4	James Thomas	SM	Nene Valley Harriers	12.1 1
Men's B 100m		Wind=		
1	Ade Adewale	U20	Enfield & Haringey	11.1 4 aw
2	Lewis Towner White	SM	Southampton	11.8 3
3	Chris Ford	SM	Tonbridge	12.0 2
4	Josh Carter	U20	Nene Valley Harriers	12.3 1
Men's A 200m		Wind=		
1	Ben Winstanley	U20	Southampton	22.5 4 aw
2	Steve Tester	SM	Tonbridge	22.6 3 aw
3	Enrico Tawiah-Kwabena	U20	Enfield & Haringey	22.8 2 aw
4	James Thomas	SM	Nene Valley Harriers	24.3 1
Men's B 200m		Wind=		
1	Abe Newell	SM	Southampton	23.5 4
2	Michael Skee	SM	Enfield & Haringey	23.5 3
3	James Wildish	U23	Tonbridge	24.0 2
4	Simon Turnock	SM	Nene Valley Harriers	26.8 1
Men's A 400m				
1	Shaka Palmer	SM	Enfield & Haringey	50.3 4 aw
2	Chris Kiely	U23	Tonbridge	50.5 3 aw
3	David Brown	SM	Nene Valley Harriers	51.2 2 aw
4	Adam Cowburn	SM	Southampton	52.7 1 aw
Men's B 400m				
1	James Wildish	U23	Tonbridge	51.0 4 aw
2	Adrian Richards	SM	Enfield & Haringey	52.1 3 aw
3	Tom Doran	SM	Southampton	52.8 2 aw
4	Simon Turnock	SM	Nene Valley Harriers	53.3 1
Men's A 800m				
1	Aaron Shepherd	SM	Nene Valley Harriers	2:01.2 4 aw
2	Alex Hookway	SM	Tonbridge	2:01.2 3 aw
3	Dale Powell	SM	Enfield & Haringey	2:02.6 2 aw
4	Martin Campbell	U20	Southampton	2:02.8 1 aw
Men's B 800m				
1	Harry Paton	SM	Tonbridge	2:02.2 4 aw
2	Simon Campbell	U20	Southampton	2:03.2 3 aw
3	Darrellon Holding	U20	Nene Valley Harriers	2:03.9 2 aw
4	Kurtis Greenaway	SM	Enfield & Haringey	2:05.4 1
Men's A 1500m				
1	Edgas Sumskis	SM	Nene Valley Harriers	4:19.7 4 aw
2	Russ Osborn	SM	Southampton	4:21.6 3
3	Tom Cox	U20	Tonbridge	4:23.5 2 aw
4	Tom Fallon	U20	Enfield & Haringey	4:29.5 1
Men's B 1500m				

1	Jack Keywood	SM	Tonbridge	4:28.2	4	
2	Adam Birch	SM	Nene Valley Harriers	4:29.5	3	
3	Adil Hussein	SM	Enfield & Haringey	4:45.1	2	
4	Will Davies	SM	Southampton	4:59.4	1	

Men's A 3000m

1	Dan Bradley	SM	Tonbridge	8:56.2	4	aw
2	Alex Milne	SM	Enfield & Haringey	9:02.0	3	aw
3	Tom Muddiman	SM	Southampton	9:39.8	2	

Men's B 3000m

1	Ben Cole	SM	Tonbridge	9:00.8	4	aw
2	Michael Christoforou	U20	Enfield & Haringey	9:04.1	3	aw
3	Peter Hart	U20	Southampton	9:58.9	2	

Men's A 110mH

Wind=

1	Stephen Barnard	SM	Enfield & Haringey	15.9	4	aw
2	Sean Adams	U20	Southampton	16.4	3	aw
3	Dave Corfield	SM	Tonbridge	19.9	2	

Men's B 110mH

Wind=

1	Lucas Zambrzycki	SM	Enfield & Haringey	17.7	4	aw
2	Fred Lagah	U20	Southampton	18.1	3	
3	Aaron Waterman	SM	Tonbridge	21.0	2	

Men's A 400mH

1	Sean Reidy	SM	Nene Valley Harriers	55.2	4	aw
2	Sean Adams	U20	Southampton	55.3	3	aw
3	Chris Hawkins	U20	Enfield & Haringey	62.2	2	aw
4	Finlay Third	U20	Tonbridge	64.1	1	

Men's B 400mH

1	Fred Lagah	SM	Southampton	61.5	4	aw
2	Adil Hussein	SM	Enfield & Haringey	65.2	3	
3	Aaron Waterman	SM	Tonbridge	74.3	2	

Men's A 3000m Steeplechase

1	Seb Harding	SM	Tonbridge	10:25.0	4	aw
2	Peter Hart	U20	Southampton	10:43.0	3	aw
3	Adil Hussein	SM	Enfield & Haringey	12:00.1	2	

Men's B 3000m Steeplechase

1	Jamie Bryant	SM	Tonbridge	10:52.5	4	aw
2	Tom Muddiman	M40	Southampton	11:18.3	3	

Men's A High Jump

1	Lucas Zambrzycki	SM	Enfield & Haringey	1.80	4	aw
2	Chris Ford	SM	Tonbridge	1.75	3	aw
3	Max Piesker	SM	Southampton	1.65	2	

Men's B High Jump

1	Dan Brothwood	U17	Tonbridge	1.75	4	aw
2	Arron Dunne	U20	Southampton	1.75	3	aw
3	Simon Duncan	SM	Enfield & Haringey	1.45	2	

Men's A Pole Vault

1	Jesper Hallberg	U20	Tonbridge	4.13	4	aw
2	Simon Duncan	SM	Enfield & Haringey	3.30	3	aw
3	Sam Bass-Cooper	U20	Southampton	3.20	2	aw

Men's B Pole Vault

1	Lucas Zambrzycki	SM	Enfield & Haringey	3.00	4	aw
2	Dan Brothwood	U17	Tonbridge	2.60	3	
3	Derek Warn	U20	Southampton	2.40	2	

Men's A Long Jump				Wind		
1	Luke Thomas	SM	Enfield & Haringey	7.45	4	aw
2	Callum Bressington	U20	Southampton	6.37	3	aw
3	Martyn Ormerod	SM	Tonbridge	5.94	2	aw
Men's B Long Jump				Wind		
1	Calvin Knight	SM	Enfield & Haringey	6.44	4	aw
2	Chris Ford	SM	Tonbridge	5.79	3	
3	Norman Fullard	SM	Southampton	3.99	2	
Men's A Triple Jump				Wind		
1	Chris Ford	SM	Tonbridge	12.51	4	aw
2	Calvin Knight	SM	Enfield & Haringey	12.44	3	aw
3	Will Hodgetts	U20	Southampton	10.23	2	
Men's B Triple Jump				Wind		
1	Simon Duncan	SM	Enfield & Haringey	11.60	4	
2	Dan Brothwood	SM	Tonbridge	11.40	3	
3	Arron Dunne	U20	Southampton	9.89	2	
Men's A Shot Putt						
1	Gary Newton	SM	Southampton	14.22	4	aw
2	Andrej Sidorkin	SM	Nene Valley Harriers	12.85	3	aw
3	Lucas Zambrzycki	SM	Enfield & Haringey	11.55	2	aw
4	Martyn Ormerod	SM	Tonbridge	9.79	1	
Men's B Shot Putt						
1	Simon Achurch	SM	Nene Valley Harriers	12.45	4	aw
2	Max Piesker	SM	Southampton	11.98	3	aw
3	Jonathon Hinton	SM	Tonbridge	9.01	2	
Men's A Discus						
1	Gary Newton	SM	Southampton	40.93	4	aw
2	Lucas Zambrzycki	SM	Enfield & Haringey	38.46	3	aw
3	Simon Achurch	SM	Nene Valley Harriers	38.43	2	aw
4	Jonathon Hinton	U20	Tonbridge	31.96	1	aw
Men's B Discus						
1	Andrej Sidorkin	SM	Nene Valley Harriers	35.22	4	aw
2	Dan Avery	SM	Southampton	30.49	3	aw
3	Peter Ley	M50	Enfield & Haringey	29.19	2	aw
4	Dave Corfield	SM	Tonbridge	16.95	1	
Men's A Hammer						
1	Max Piesker	SM	Southampton	45.49	4	aw
2	Simon Achurch	SM	Nene Valley Harriers	42.60	3	aw
3	Jonathon Hinton	U20	Tonbridge	35.29	2	aw
4	Sam Moylan	M45	Enfield & Haringey	30.01	1	aw
Men's B Hammer						
1	Dan Avery	SM	Southampton	42.01	4	aw
2	Andrej Sidorkin	SM	Nene Valley Harriers	38.75	3	aw
3	Lucas Zambrzycki	SM	Enfield & Haringey	20.73	2	
4	Martyn Ormerod	SM	Tonbridge	16.07	1	
Men's A Javelin						
1	Dominik Sadowski	SM	Tonbridge	64.68	4	aw
2	Tomas Saunorius	SM	Nene Valley Harriers	57.43	3	aw
3	Max Piesker	SM	Southampton	43.70	2	aw
4	Sam Moylan	M45	Enfield & Haringey	40.29	1	aw
Men's B Javelin						
1	Martyn Ormerod	SM	Tonbridge	48.90	4	aw

2	Simon Achurch	SM	Nene Valley Harriers	41.54	3	aw
3	Lucas Zambrzycki	SM	Enfield & Haringey	36.06	2	
4	Rob Smith	SM	Southampton	31.55	1	

Men's 4x100m

1	Southampton	SM		43.4	4	aw
2	Nene Valley Harriers	SM		44.3	3	
3	Tonbridge	SM		44.8	2	
4	Enfield & Haringey	SM		45.1	1	

Men's 4x400m

1	Southampton	SM		3:23.4	4	aw
2	Nene Valley Harriers	SM		3:24.4	3	aw
3	Enfield & Haringey	SM		3:27.5	2	
4	Tonbridge	SM		3:29.5	1	

Women's A 100m

Wind=

1	Emily Newton	SW	Southampton	12.6	4	aw
2	Sarah Driver	U20	Enfield & Haringey	13.2	3	aw
3	Jo Barnes	SW	Tonbridge	14.6	2	

Women's B 100m

Wind=

1	Christina Silva	SW	Enfield & Haringey	13.3	4	
2	Anna Henden	SW	Southampton	13.8	3	

Women's A 200m

Wind=

1	Rachael Lewington	SW	Southampton	25.5	4	aw
2	Denise Gayle	SW	Enfield & Haringey	25.7	3	aw
3	Georgie Ivens	SW	Nene Valley Harriers	26.8	2	aw
4	Jo Barnes	SW	Tonbridge	32.4	1	

Women's B 200m

Wind=

1	Michelle McNamara	SW	Enfield & Haringey	26.1	4	aw
2	Emily Newton	SW	Southampton	26.4	3	aw

Women's A 400m

1	Michelle McNamara	SW	Enfield & Haringey	56.6	4	aw
2	Georgie Ivens	SW	Nene Valley Harriers	58.4	3	aw
3	Jenny Beckingham	U20	Southampton	58.5	2	aw

Women's B 400m

1	Nicki Seal	SW	Southampton	58.9	4	aw
2	Niki Silva	SW	Enfield & Haringey	61.5	3	aw
3	Katy Robinson	SW	Nene Valley Harriers	70.8	2	

Women's A 800m

1	Ceri Mitchell	SW	Southampton	2:11.3	4	aw
2	Katie Brown	U20	Enfield & Haringey	2:18.9	3	aw
3	Catherine Symons	SW	Tonbridge	2:29.4	2	

Women's B 800m

1	Nicci Blandford	W35	Southampton	2:29.7	4	aw
2	Kelsey Howard	U20	Tonbridge	2:48.5	3	

Women's A 1500m

1	Ceri Mitchell	SW	Southampton	4:29.7	4	aw
2	Cat Foley	SW	Nene Valley Harriers	4:47.7	3	aw
3	Hilary Arredondo	SW	Enfield & Haringey	5:37.5	2	
4	Catherine Symons	SW	Tonbridge	5:40.6	1	

Women's B 1500m

1	Laura Brenton	SW	Southampton	5:12.8	4	
2	Nicky Morgan	SW	Nene Valley Harriers	5:52.7	3	

Women's A 3000m

1	Laura Brenton	SW	Southampton	10:38.1	4		aw
2	Catherine Symons	SW	Tonbridge	11:53.1	3		
Women's B 3000m							
1	Nicci Blandford	W35	Southampton	10:42.9	4		aw
2	Kelsey Howard	U20	Tonbridge	12:50.0	3		
Women's A 100mH Wind=							
1	Christina Silva	SW	Enfield & Haringey	16.4	4		aw
Women's B 100mH Wind=							
1	Sarah Driver	U20	Enfield & Haringey	18.5	4		
Women's A 400mH							
1	Emily Bonnett	SW	Southampton	63.0	4		aw
2	Christina Silva	SW	Enfield & Haringey	64.8	3		aw
Women's B 400mH							
1	Hannah O'Sullivan	SW	Enfield & Haringey	69.3	4		aw
2	Susie Collins	U20	Southampton	70.4	3		aw
Women's A 2000m Steeplechase							
1	Clemmie McAteer	U20	Southampton	9:09.3	4		
Women's A High Jump							
1	Sam Molyneux	SW	Enfield & Haringey	1.50	4		aw
2	Katy Robinson	SW	Nene Valley Harriers	1.45	3		
3	Jenny Beckingham	U20	Southampton	1.20	2		
Women's B High Jump							
1	Hannah O'Sullivan	SW	Enfield & Haringey	1.45	4		
2	Joanne Botell	U20	Southampton	1.25	3		
Women's A Pole Vault							
1	Katie Moey	SW	Enfield & Haringey	2.90	4		aw
Women's B Pole Vault							
Women's A Long Jump Wind							
1	Dee Bakre	SW	Enfield & Haringey	5.36	4		aw
2	Anna Henden	SW	Southampton	4.80	3		aw
3	Katy Robinson	SW	Nene Valley Harriers	4.78	2		aw
4	Jo Barnes	SW	Tonbridge	3.83	1		
Women's B Long Jump Wind							
1	Sam Molyneux	SW	Enfield & Haringey	4.92	4		aw
2	Vicki Vinter	U20	Southampton	2.64	3		
3	Nicky Morgan	SW	Nene Valley Harriers	2.55	2		
Women's A Triple Jump Wind							
1	Dee Bakre	SW	Enfield & Haringey	11.16	4		aw
2	Joanne Botell	U20	Southampton	9.94	3		aw
Women's B Triple Jump Wind							
1	Sam Molyneux	SW	Enfield & Haringey	10.40	4		aw
2	Anna Henden	SW	Southampton	9.29	3		
Women's A Shot Putt							
1	Mel Harrison	SW	Enfield & Haringey	12.14	4		aw
2	Andrea Jenkins	SW	Nene Valley Harriers	10.60	3		aw
3	Anna Stevens	SW	Southampton	9.28	2		aw
4	Diane Bradley	W45	Tonbridge	6.10	1		
Women's B Shot Putt							
1	Sharifa Brown	SW	Enfield & Haringey	10.97	4		aw
2	Rachael Lewington	SW	Southampton	6.37	3		
3	Nicky Morgan	SW	Nene Valley Harriers	4.25	2		
Women's A Discus							

1	Mel Harrison	SW	Enfield & Haringey	42.78	4	aw
2	Andrea Jenkins	SW	Nene Valley Harriers	41.50	3	aw
3	Anna Stevens	SW	Southampton	26.70	2	aw
4	Diane Bradley	W45	Tonbridge	22.19	1	

Women's B Discus

1	Sharifa Brown	SW	Enfield & Haringey	37.95	4	aw
2	Sarah Ellis	SW	Southampton	25.22	3	aw
3	Kelsey Howard	SW	Tonbridge	12.94	2	
4	-	SW	Nene Valley Harriers	9.47	1	

Women's A Hammer

1	Andrea Jenkins	SW	Nene Valley Harriers	51.21	4	aw
2	Mel Harrison	SW	Enfield & Haringey	38.58	3	aw
3	Anna Stevens	SW	Southampton	34.01	2	aw

Women's B Hammer

1	Yvonne Jacobs	SW	Enfield & Haringey	29.40	4	aw
2	Sarah Ellis	SW	Southampton	21.58	3	
3	Vestina Jursaitė	SW	Nene Valley Harriers	18.88	2	

Women's A Javelin

1	Sarah Ellis	SW	Southampton	41.48	4	aw
2	Felicia Rudolfo	SW	Enfield & Haringey	38.41	3	aw
3	Andrea Jenkins	SW	Nene Valley Harriers	28.63	2	aw
4	Jo Barnes	U20	Tonbridge	16.16	1	

Women's B Javelin

1	Izzy Krassismenou	SW	Enfield & Haringey	30.78	4	aw
2	Anna Stevens	SW	Southampton	17.06	3	
3	Nicky Morgan	SW	Nene Valley Harriers	5.95	2	

Women's 4x100m

1	Enfield & Haringey	SW		51.4	4	aw
2	Southampton	SW		51.7	3	aw
3	Nene Valley Harriers	SW		65.0	2	

Women's 4x400m

1	Southampton	SW		3:56.6	4	aw
2	Enfield & Haringey	SW		4:04.7	3	aw

Non-scoring results

Men

SP	Adam Fidget	SM	NVH	10.85
DT	Adam Fidget	SM	NVH	29.17
JT	Andrej Sidorkin	SM	NVH	43.20
100	Lewis Towner White		Soton	11.7
100	Dan Carrozzi		Soton	15.0
100	David Bolton		Soton	12.2
200	David Bolton		Soton	24.1
200	Callum Bessington		Soton	23.4
200	Aaron Dunne		Soton	27.0
400	Adam Omisore		Soton	50.7
400	Tyson Olaadokun		Soton	51.2
JT	Dan Avery		Soton	31.13
HJ	Nicholas Hunt		Soton	1.90
LJ	Nicholas Hunt		Soton	6.78
TJ	Nicholas Hunt		Soton	13.28
100	Aaron Dunne		Soton	13.1
100	Jason Vasilakis	SM	E&H	11.5
100	Marvin Julien	SM	E&H	12.4

100	Dominic Smart	SM	E&H	12.6
100	Branson Williams	SM	E&H	12.4
100	William Thompson	U20	E&H	11.8
100	Alex Thompson		E&H	11.5
400	Tom Pye	U20	E&H	53.0
400	Mike Vassiliou	M50	E&H	54.5
PV	James Wright	SM	E&H	4.00
200	James Thomas		NVH	24.6
400	Sean Reidy		NVH	51.7
400	Darren Corbin	SM	E&H	51.6
200	William Thompson	U20	E&H	23.9
PV	Dave Corfield		Ton	2.60
3000	Huw Evans		Ton	8:53.7
200	Branson Williams	SM	E&H	25.8
SP	Derek Warn		Soton	7.15
200	Darren Corbin	SM	E&H	23.3
DT	Patrick Teape	M40	E&H	34.06
JT	Adam Fidget		NVH	32.72
4x100			Soton	49.3

Women

Event	Name	Cat	Club	Perf.
100	Rachael Lewington		Soton	12.8
400	Emily Bonnett		Soton	58.6
400	Michelle Wakefield		Soton	66.0
LJ	Joanne Bottell		Soton	4.74
TJ	Vicki Vinter		Soton	9.24
200	Michelle Wakefield		Soton	30.2
400HW	Sarah Driver	SW	E&H	66.0
400	Dee Bakre	SW	E&H	64.3