

**BRITISH ATHLETICS LEAGUE NATIONAL DIV. 3
CRAWLEY 1 AUGUST 2009**

Track

Event	Name	Performance	Position/Points
100m	Richard Reeks	11.7s	8 th A 4pts
	Adam Omisore	11.7s	6 th B 3pts
200m	Bradley Pickup U23	23.5s	8 th A 4pts
	James Lelliott U17	23.4s	6 th B 3pts
400m	Adam Omisore	52.2s	7 th A 5pts
	Conor Mugan U20	55.0s	7 th B 2pts
800m	Conor Mugan U20	2m 02.6s	8 th A 4pts
	Ryan Saunders U20	1m 58.0s	3 rd B 8pts
1500m	Fergus O'Reilly U17	4m 04.6s	7 th A 5pts
	Ryan Saunders U20	4m 07.6s	5 th B 4pts
5000m	Robert McTaggart	16m 04.4s	8 th A 4pts
	Joe Blackmore U20	17m 05.0s	7 th B 2pts
110m Hurdles	Richard Reeks	16.0s	4 th A 10pts
	Nigel Hayman	15.9s	1 st B 12pts
400m Hurdles	Nigel Hayman	59.9s	5 th A 8pts
	Robert Hardyman	66.1s	7 th B 2pts
3000m SC	Jon Sharkey	10m 14.2s	6 th A 6pts
	Robert Hardyman	10m 39.0s	6 th B 3pts
4x100 Relay	A. Omisore, B. Pickup, J. Lelliott. R. Reeks	45.0s	6 th 6pts
4x400 Relay	R. Reeks, A. Omisore, R. Saunders, C. Mugan	3m 38.8s	7 th 5pts

Field

High Jump	Matthew Sloane U20	1.88m	2 nd A 14pts
	Richard Reeks	1.88m	1 st B 12pts
Pole Vault	Richard Reeks	4.03m	4 th A 10pts
	Bradley Pickup U23	1.22m	7 th B 2pts
Long Jump	James Lelliott U17	6.97m	2 nd A 14pts
	Richard Reeks	6.58m	1 st B 12pts

Field (continued)

Event	Name	Performance	Position/Points	
Triple Jump	Bradley Pickup U23	13.23m	4 th A	10pts
	Matthew Sloane U20	12.66m	4 th B	6pts
Shot Putt	Andy Turner V45	12.59m	2 nd A	14pts
	Matthew Frampton	10.85m	3 rd B	8pts
Discus Throw	Andy Turner V45	39.31m	3 rd A	12pts
	Matthew Frampton	35.99m	2 nd B	10pts
Hammer Throw	Matthew Frampton	56.03m	1 st A	16pts
	Andy Turner V45	43.03m	2 nd B	10pts
Javelin Throw	James Lelliott U17m	47.15m	4 th A	10pts
	Richard Reeks	39.13m	3 rd B	8pts

Athlete of the match: Matthew Frampton, Hammer 56.03m.

Team Scores

1 Crawley AC	345
2 Derby AC	337
3 Cambridge Harriers	315
4 Medway & Maidstone AC	280
5 Bournemouth AC	268
6 Team Southampton	233
7 Bedford & County AC	216
8 Southend-on-Sea AC	197