

Event: **British Athletics League 2009 Match 1**
 Venue: **Abingdon**
 Date: **6th June 2009**

Results

SM 100m		'A' String		-1.4 m/s	
pos.	Name	Team	Perf.		
1	2	Sven Knippahls	Bournemouth AC	10.90	G2
2	8	Ben Richardson	Team Southampton	11.14	G3
3	3	Stefan Mitchell	Cambridge Harriers	11.15	G3
4	5	Jon Hornblow	Derby AC	11.38	
5	7	James McLean	Southend AC	11.47	
6	4	El Hassaine Azaour	Crawley AC	11.49	
7	6	Scott Craddock	Medway & Maidstone AC	11.66	
8	1	Richard Elliott	Bedford & County AC	11.73	

SM 100m		'B' String		-3.1 m/s	
pos.	Name	Team	Perf.		
1	55	Judah Simpson	Derby AC	11.50	
2	66	Andre Wright	Medway & Maidstone AC	11.51	
3	77	Jake King	Southend AC	11.55	
4	33	Arthur Tanoh	Cambridge Harriers	11.58	
5	88	Gareth Price	Team Southampton	11.60	
6	22	Adam Omisore	Bournemouth AC	11.62	
7	44	Seb Rodger	Crawley AC	11.91	
8	11	Tennyson James	Bedford & County AC	13.05	

SM 200m		'A' String		-1.8 m/s	
pos.	Name	Team	Perf.		
1	3	Stefan Mitchell	Cambridge Harriers	22.89	
2	8	Sam Ratcliffe (HCA)	Team Southampton	22.90	
3	7	James McLean	Southend AC	22.92	
4	5	Martin Cook	Derby AC	23.15	
5	4	El Hassaine Azaour	Crawley AC	23.24	
6	2	James Warsop	Bournemouth AC	23.53	
7	6	Scott Craddock	Medway & Maidstone AC	23.88	
8	1	Richard Elliott	Bedford & County AC	24.11	

SM 200m		'B' String		-1.3 m/s	
pos.	Name	Team	Perf.		
1	77	Jake King	Southend AC	22.85	
2	44	Luke Sargent	Crawley AC	22.96	
3	88	Ross Langford	Team Southampton	23.19	
4	55	Judah Simpson	Derby AC	23.20	
5	66	Andre Wright	Medway & Maidstone AC	23.50	
6	22	Adam Omisore	Bournemouth AC	23.51	
7	33	Arthur Tanoh	Cambridge Harriers	23.55	
8	---				

SM 400m		'A' String			
pos.	Name	Team	Perf.		
1	6	Luke Smallwood	Medway & Maidstone AC	49.03	G2
2	7	Matt Harrison	Southend AC	49.20	G2
3	8	Darryn Campbell	Team Southampton	49.79	G3
4	2	Sven Knippahls	Bournemouth AC	49.92	G3
5	4	Matt Sinclair	Crawley AC	49.97	G3
6	5	Jon Hornblow	Derby AC	50.08	G3
7	1	Ben Sturgess	Bedford & County AC	52.17	
8	3	Joe Durrant	Cambridge Harriers	64.27	

SM 400m		'B' String			
pos.	Name	Team	Perf.		
1	66	Will Oyowe	Medway & Maidstone AC	48.79	G2
2	88	Ben Parnell	Team Southampton	51.17	
3	11	Tennyson James	Bedford & County AC	51.26	
4	22	Karl Welch	Bournemouth AC	51.42	
5	44	Craig Cox	Crawley AC	51.93	
6	33	Andrew Knight	Cambridge Harriers	53.31	
7	55	Martin Cook	Derby AC	53.79	
8	77	Greg Goodram	Southend AC	54.68	

SM 800m		'A' String			
pos.	Name	Team	Perf.		
1	3	Joe Durrant	Cambridge Harriers	1:52.28	G2
2	1	Rob Heaney	Bedford & County AC	1:52.33	G2
3	5	Richard Weir	Derby AC	1:53.70	G3
4	4	Matt Furber	Crawley AC	1:54.82	G3
5	7	David Smale	Southend AC	1:55.81	G3
6	6	Adreys Safars	Medway & Maidstone AC	2:00.20	
7	2	Karl Welch	Bournemouth AC	2:00.92	
8	---				

SM 800m		'B' String			
pos.	Name	Team	Perf.		
1	88	Jon Slade	Team Southampton	1:57.07	
2	33	Lee Coogan	Cambridge Harriers	1:57.60	
3	44	Nick Duggan	Crawley AC	1:57.91	
4	11	Michael Goodwin	Bedford & County AC	1:58.03	
5	55	Tom Phillips	Derby AC	1:59.02	
6	66	Tim Alexander	Medway & Maidstone AC	2:02.22	
7	77	Graham Eastly	Southend AC	2:03.12	
8	22	Robin Copestick	Bournemouth AC		DQ

SM 1500m		'A' String			
pos.	Name	Team	Perf.		
1	3	Dan Lacy	Cambridge Harriers	3:58.83	G3
2	6	Ben Tyler	Medway & Maidstone AC	3:59.33	G3
3	7	David Gibbon	Southend AC	4:00.52	
4	5	Andy Phophett	Derby AC	4:00.75	
5	4	Matt Furber	Crawley AC	4:02.79	
6	1	Ryan Parker	Bedford & County AC	4:02.86	
7	8	Gareth Klepacz	Team Southampton	4:03.52	
8	2	Fergus O'Rielly	Bournemouth AC	4:05.04	

SM 1500m		'B' String			
pos.	Name	Team	Perf.		
1	44	Scott Harris	Crawley AC	4:06.03	
2	55	Niall Maguire	Derby AC	4:06.06	
3	11	Jack Goodwin	Bedford & County AC	4:07.80	
4	88	Russel Osborn	Team Southampton	4:07.93	
5	66	James Hogg	Medway & Maidstone AC	4:09.58	
6	33	Sam Murphy	Cambridge Harriers	4:12.33	
7	77	Howard Clarke	Southend AC	4:14.43	
8	22	Rob McTaggart	Bournemouth AC	4:21.58	

SM 5000m		'A' String			
pos.	Name	Team	Perf.		
1	1	Neilson Hall	Bedford & County AC	14:22.73	G1
2	7	Paul Whittaker	Southend AC	14:55.88	G3
3	4	Gavin Thompson	Crawley AC	15:05.34	G3
4	3	Dean Lacy	Cambridge Harriers	15:12.63	G3
5	6	Ben Tyler	Medway & Maidstone AC	15:13.76	G3
6	8	Matthew Bennett	Team Southampton	15:51.53	
7	5	Chris Peach	Derby AC	16:03.49	
8	2	Rob McTaggart	Bournemouth AC	16:09.96	

SM 5000m		'B' String			
pos.	Name	Team	Perf.		
1	11	Darren Deed	Bedford & County AC	14:50.66	G3
2	66	Tom Collins	Medway & Maidstone AC	16:02.97	
3	44	Paul Rodgers	Crawley AC	16:05.53	
4	55	Tom Lawrence	Derby AC	16:22.92	
5	33	Mark Penny	Cambridge Harriers	16:45.93	
6	88	Will Davies	Team Southampton	17:14.58	
7	77	Alan Brittain	Southend AC	17:47.79	
8	---				

SM 110m Hurdles		'A' String	-2.3 m/s
pos.	Name	Team	Perf.
1	8 Ben Richardson	Team Southampton	14.88 G3
2	3 Francois Potgieter	Cambridge Harriers	15.03 G3
3	5 Francis Baker	Derby AC	15.04 G3
4	2 Nigel Mayman	Bournemouth AC	16.44
5	6 Martin Brockman	Medway & Maidstone AC	16.44
6	7 Pat Halcrow	Southend AC	16.64
7	4 Chris Minn	Crawley AC	17.16
8	---		

SM 110m Hurdles		'B' String	-2.3 m/s
pos.	Name	Team	Perf.
1	88 Rob Jones	Team Southampton	16.34
2	22 Lasse Tietje	Bournemouth AC	16.62
3	77 Simon Hemmings	Southend AC	16.89
4	55 Philip Harries	Derby AC	17.22
5	44 Bradley Hall	Crawley AC	18.12
6	33 Kevin Kwarteng	Cambridge Harriers	23.21
7	66 Nick Slade	Medway & Maidstone AC	30.30
8	---		

SM 400m Hurdles		'A' String	
pos.	Name	Team	Perf.
1	3 Francois Potgieter	Cambridge Harriers	54.59 G2
2	4 Chris Minn	Crawley AC	57.05 G3
3	7 Greg Goodrem	Southend AC	58.79
4	5 Sam Worrall	Derby AC	58.85
5	6 Mark Cryer	Medway & Maidstone AC	59.35
6	2 Nigel Mayman	Bournemouth AC	61.13
7	8 Alick Clark	Team Southampton	61.24
8	1 James Tennyson	Bedford & County AC	71.34

SM 400m Hurdles		'B' String	
pos.	Name	Team	Perf.
1	66 Alex Wharfe	Medway & Maidstone AC	58.63
2	44 Nick Buckfield	Crawley AC	60.66
3	55 Scot Partridge	Derby AC	61.51
4	77 Liam Peoples	Southend AC	63.51
5	88 Philip Coker	Team Southampton	66.48
6	---		
7	---		
8	---		

SM 3000m SC		'A' String	
pos.	Name	Team	Perf.
1	5 David Westbury	Derby AC	9:19.65 G1
2	1 Owain Matthews	Bedford & County AC	9:23.49 G2
3	4 Joel Clewitt	Crawley AC	9:44.16 G3
4	3 Andrew Sheridan	Cambridge Harriers	9:51.15 G3
5	6 Tom Collins	Medway & Maidstone AC	9:54.40 G3
6	7 Tom Frith	Southend AC	9:55.13 G3
7	8 Joe Maskell	Team Southampton	10:38.47
8	---		

SM 3000m SC		'B' String	
pos.	Name	Team	Perf.
1	55 Chris Davidson	Derby AC	9:53.88 G3
2	11 Steven Tuttle	Bedford & County AC	10:02.54
3	44 Rob Creed	Crawley AC	10:47.72
4	66 Nick Slade	Medway & Maidstone AC	11:06.01
5	33 Liam Corcoran	Cambridge Harriers	12:27.58
6	---		
7	---		
8	---		

SM High Jump		'A' String	
pos.	Name	Team	Perf.
1	1 Scott Johnson	Bedford & County AC	2.00 G1
2	2 Matt Sloane	Bournemouth AC	1.95 G2
3	6 Martin Brockman	Medway & Maidstone AC	1.95 G2
4	5 Jonathon Heath	Derby AC	1.80
5	7 Simon Hemmings	Southend AC	1.80
6	4 Harry Lane	Crawley AC	1.75
7	8 Sam Turner (HCA)	Team Southampton	1.70
8	33 Kevin Kwarteng	Cambridge Harriers	1.70

SM High Jump		'B' String	
pos.	Name	Team	Perf.
1	66 Tim Alexander	Medway & Maidstone AC	1.75
2	55 Shane Booth	Derby AC	1.75
3	44 Seb Rodger	Crawley AC	1.75
4	77 Richards Abrahams	Southend AC	1.75
5	88 Ross Langford	Team Southampton	1.50
6	---		
7	---		
8	---		

SM Pole Vault		'A' String	
pos.	Name	Team	Perf.
1=	1 Matt Devereux	Bedford & County AC	Not Held
1=	2 Lasse Tietje	Bournemouth AC	Not Held
1=	3 Francois Potgieter	Cambridge Harriers	Not Held
1=	4 Andy Marsh	Crawley AC	Not Held
1=	5 Francis Baker	Derby AC	Not Held
1=	6 Martin Brockman	Medway & Maidstone AC	Not Held
1=	7 Aaron Kaye	Southend AC	Not Held
1=	8 Richard Humby	Team Southampton	Not Held

SM Pole Vault		'B' String	
pos.	Name	Team	Perf.
1=	11 Ciaron Craig	Bedford & County AC	Not Held
1=	22 Matt Sloane	Bournemouth AC	Not Held
1=	33 Anthony Tipping	Cambridge Harriers	Not Held
1=	44 Leigh Walker	Crawley AC	Not Held
1=	55 Matt Kirkland	Derby AC	Not Held
1=	66 Alex Wharfe	Medway & Maidstone AC	Not Held
1=	77 Jason Fry	Southend AC	Not Held
1=	88 Adam Richardson	Team Southampton	Not Held

SM Long Jump		'A' String	
pos.	Name	Team	Perf.
1	5 Francis Baker	Derby AC	6.74 G3
2	2 James Lelliott	Bournemouth AC	6.70 G3
3	44 Seb Roger	Crawley AC	6.67 G3
4	6 Martin Brockman	Medway & Maidstone AC	6.30
5	8 George Kenyon	Team Southampton	6.19
6	33 Kevin Kwarteng	Cambridge Harriers	6.17
7	77 Kevin Brown	Southend AC	6.16
8	1 Ciaron Craig	Bedford & County AC	5.74

SM Long Jump		'B' String	
pos.	Name	Team	Perf.
1	22 James Warsop	Bournemouth AC	6.51 G3
2	4 Chris Morgan	Crawley AC	6.30
3	55 Dave Smith	Derby AC	6.18
4	3 Nnaemeka Ezenwa	Cambridge Harriers	6.15
5	66 James Alcock	Medway & Maidstone AC	6.10
6	88 Gareth Price	Team Southampton	5.76
7	7 Richard Abrahams	Southend AC	5.35
8	11 Tennyson James	Bedford & County AC	4.64

SM Triple Jump		'A' String	
pos.	Name	Team	Perf.
1	6 Darren March	Medway & Maidstone AC	14.67 G1
2	3 Nnaemeka Ezenwa	Cambridge Harriers	14.40 G1
3	7 Kevin Brown	Southend AC	13.79 G2
4	8 Rory Constable	Team Southampton	13.78 G2
5	22 Matt Sloane	Bournemouth AC	12.79
6	1 Matt Devereux	Bedford & County AC	12.49
7	4 Chris Morgan	Crawley AC	11.79
8	55 Jonathon Heath	Derby AC	11.53

SM Triple Jump		'B' String	
pos.	Name	Team	Perf.
1	66 Dujon Brown	Medway & Maidstone AC	13.12 G3
2	88 Chris Bull	Team Southampton	13.05 G3
3	2 James Warsop	Bournemouth AC	12.50
4	33 Kevin Kwarteng	Cambridge Harriers	12.05
5	77 Liam Peoples	Southend AC	11.72
6	44 George Simpkins	Crawley AC	11.17
7	11 Damiah Larrington	Bedford & County AC	9.62
8	---		

SM Shot Putt		'A' String		
pos.	Name	Team	Perf.	
1	7 Pat Halcrow	Southend AC	13.95 G1	
2	5 James Cottrell	Derby AC	13.09 G2	
3	2 Andy Turner	Bournemouth AC	12.13 G3	
4	3 Andrew Kruszewski	Cambridge Harriers	11.88 G3	
5	4 Neil Mansbridge	Crawley AC	11.60 G3	
6	88 Garry Newton	Team Southampton	11.46	
7	11 Damiah Larrington	Bedford & County AC	10.87	
8	6 Martin Brockman	Medway & Maidstone AC	10.49	

SM Shot Putt		'B' String		
pos.	Name	Team	Perf.	
1	33 Tony Tipping	Cambridge Harriers	11.54	
2	22 Matt Frampton	Bournemouth AC	11.21	
3	8 Adam Richardson	Team Southampton	11.20	
4	55 Marcus Francis	Derby AC	10.99	
5	44 Bradley Hall	Crawley AC	9.86	
6	1 Kieron Craig	Bedford & County AC	9.79	
7	66 Chris Bowman	Medway & Maidstone AC	7.61	
8	77 Robert Frank	Southend AC	6.81	

SM Discus		'A' String		
pos.	Name	Team	Perf.	
1	3 Andrew Kruszewski	Cambridge Harriers	41.11 G2	
2	7 Pat Halcrow	Southend AC	39.74 G3	
3	2 Andy Turner	Bournemouth AC	36.27	
4	88 Garry Newton	Team Southampton	32.80	
5	4 Neil Mansbridge	Crawley AC	32.77	
6	11 Damiah Larrington	Bedford & County AC	30.26	
7	5 Christopher Jack	Derby AC	27.77	
8	66 Alex Beech	Medway & Maidstone AC	21.28	

SM Discus		'B' String		
pos.	Name	Team	Perf.	
1	33 Tony Tipping	Cambridge Harriers	36.86	
2	22 Matt Frampton	Bournemouth AC	34.63	
3	44 Bradley Hall	Crawley AC	30.90	
4	1 Ciaran Craig	Bedford & County AC	29.72	
5	77 Robert Frank	Southend AC	23.41	
6	6 Chris Bowman	Medway & Maidstone AC	19.37	
7	---			
8	---			

SM Hammer		'A' String		
pos.	Name	Team	Perf.	
1	1 Glen Kerr	Bedford & County AC	58.78 G1	
2	2 Matt Frampton	Bournemouth AC	57.45 G1	
3	55 Marcus Francis	Derby AC	42.06	
4	4 Neil Mansbridge	Crawley AC	41.69	
5	33 Tony Tipping	Cambridge Harriers	39.47	
6	8 Adam Richardson	Team Southampton	33.68	
7	7 Pat Halcrow	Southend AC	27.76	
8	6 Chris Bowman	Medway & Maidstone AC	17.94	

SM Hammer		'B' String		
pos.	Name	Team	Perf.	
1	11 Darren Kerr	Bedford & County AC	45.55 G3	
2	5 Chris Jack	Derby AC	41.64	
3	22 Andy Turner	Bournemouth AC	41.23	
4	44 Nathan Harland-Smith	Crawley AC	37.96	
5	3 Chris Melliush	Cambridge Harriers	34.98	
6	77 Liam Peoples	Southend AC	20.12	
7	88 Garry Newton	Team Southampton	18.16	
8	66 Alex Beech	Medway & Maidstone AC	15.28	

SM Javelin		'A' String		
pos.	Name	Team	Perf.	
1	3 Craig Lacy	Cambridge Harriers	57.88 G2	
2	4 Luke Burton	Crawley AC	49.06 G3	
3	2 James Lelliott	Bournemouth AC	48.12 G3	
4	88 Garry Newton	Team Southampton	42.60	
5	77 Liam Peoples	Southend AC	40.28	
6	55 Shane Booth	Derby AC	37.96	
7	6 Alex Wharfe	Medway & Maidstone AC	34.43	
8	11 Darren Kerr	Bedford & County AC	31.19	

SM Javelin		'B' String		
pos.	Name	Team	Perf.	
1	44 Neil Mansbridge	Crawley AC	45.66	
2	8 Jake Lewis	Team Southampton	41.49	
3	7 Robert Frank	Southend AC	38.99	
4	22 Lasse Tietje	Bournemouth AC	38.73	
5	33 Tony Tipping	Cambridge Harriers	35.01	
6	1 Ciaran Craig	Bedford & County AC	25.44	
7	---			
8	---			

SM 4x100m Relay						
pos.	Team	First Leg	Second Leg	Third Leg	Forth Leg	Perf.
1	8 Team Southampton	Ben Richardson	Ross Langford	Sam Ratcliffe (HCA)	Gareth Price	43.11
2	4 Crawley AC	El Hassaine Azzaour	Chris Morgan	Luke Sargent	Chris Minn	43.71
3	5 Derby AC	Judah Simpson	Asam Worrall	Martin Cook	Francis Baker	43.73
4	7 Southend AC	Matt Harrison	Richard Abrahams	Jake King	James McLean	43.78
5	6 Medway & Maidstone AC	James Alcock	Andrew Wright	Luke Smallwood	Scott Craddock	44.88
6	1 Bedford & County AC	Ben Sturgess	Richard Elliott	Ciaran Craig	Tennyson James	46.41
7	3 Cambridge Harriers	Stefan Mitchell	Francois Potgieter	Arthur Tanoh	Kevin Kwarteng	DQ
8	2 Bournemouth AC	Olu Baptiste	Sven Knippals	Adam Omisore	James Lelliott	DNF

SM 4x400m Relay						
pos.	Team	First Leg	Second Leg	Third Leg	Forth Leg	Perf.
1	4 Crawley AC	Craig Cox	Seb Roger	Matt Sinclair	Nick Duggan	3:23.35
2	7 Southend AC	Jake King	Greg Goodrem	James McLean	Matt Harrison	3:23.88
3	8 Team Southampton	Daryn Campbell	Gareth Beech	George Kenyon	Ben Parnell	3:25.31
4	5 Derby AC	Martin Cook	Tom Phillips	Niall Maguire	Richard Weir	3:25.65
5	3 Cambridge Harriers	Lee Coogan	Andy Sheridan	Francois Potgieter	Dean Lacy	3:28.69
6	2 Bournemouth AC	Fergus O'Rielly	James Warsop	Karl Welch	Sven Knipples	3:32.21
7	1 Bedford & County AC	Rob Heaney	Ben Sturgess	Richard Elliott	Michael Goodwin	3:32.72
8	6 Medway & Maidstone AC	Luke Smallwood	Tim Alexander	Andress Safrin	Will Oyowe	DQ

SM 100m Non Scoring Race 1				-0.2 m/s
pos.	Name	Team	Perf.	
1	141 Sam Ratcliffe (HCA)	Team Southampton	11.4	
2	140 Ross Langford	Team Southampton	11.5	
3	5 Anthony Burrell	Gateshead	11.5	
4	8 Tom Evans	Windsor, Slough, Eton & Hounslow	11.5	
5	88 Stewart Challis	Windsor, Slough, Eton & Hounslow	11.6	
6	143 Michael Hill	Southend AC	11.7	
7	1 Liam McGaringle	Bournemouth AC	12.7	
8				

SM 100m Non Scoring Race 2				-1.2 m/s
pos.	Name	Team	Perf.	
1	142 Oliver Back	Liverpool Harriers	11.55	
2	144 Will Oyowe	Medway & Maidstone AC	11.58	
3	44 Luke Sargent	Crawley AC	11.73	
4	139 Daryn Campbell	Team Southampton	11.77	
5	138 Tom Bery	Team Southampton	11.91	
6	22 Lasse Tietje	Bournemouth AC	12.09	
7				
8				

Event: **British Athletics League 2009 Match 1**
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Scores

Events	Bedford & County AC		Bournemouth AC		Cambridge Harriers		Crawley AC		Derby AC		Medway & Maidstone AC		Southend AC		Team Southampton		Waste	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B
SM 100m	4	1	16	3	12	6	6	2	10	12	5	10	8	8	14	4	0	0
SM 200m	4	0	6	3	16	2	8	10	10	6	5	4	12	12	14	8	0	1
SM 400m	5	8	10	6	4	3	8	4	6	2	16	12	14	1	12	10	0	0
SM 800m	14	6	5	0	16	10	10	8	12	4	6	3	8	2	0	12	4	1
SM 1500m	6	8	4	1	16	3	8	12	10	10	14	4	12	2	5	6	0	0
SM 5000m	16	12	4	0	10	4	12	8	5	6	8	10	14	2	6	3	0	1
SM 110m Hurdles	0	0	10	10	14	3	5	4	12	6	8	2	6	8	16	12	4	1
SM 400m Hurdles	4	0	6	0	16	0	14	10	10	8	8	12	12	6	5	4	0	6
SM 3000m SC	14	10	0	0	10	4	12	8	16	12	8	6	6	0	5	0	4	6
SM High Jump	16	0	14	0	4	0	6	8	10	10	12	12	8	6	5	4	0	6
SM Pole Vault	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	75	46
SM Long Jump	4	1	14	12	6	6	12	10	16	8	10	4	5	2	8	3	0	0
SM Triple Jump	6	2	8	8	14	6	5	3	4	0	16	12	12	4	10	10	0	1
SM Shot Putt	5	3	12	10	10	12	8	4	14	6	4	2	16	1	6	8	0	0
SM Discus	6	6	12	10	16	12	8	8	5	0	4	3	14	4	10	0	0	3
SM Hammer	16	12	14	8	8	4	10	6	12	10	4	1	5	3	6	2	0	0
SM Javelin	4	3	12	6	16	4	14	12	6	0	5	0	8	8	10	10	0	3
SM 4x100m Relay	6	---	0	---	0	---	14	---	12	---	8	---	10	---	16	---	9	---
SM 4x400m Relay	5	---	6	---	8	---	16	---	10	---	0	---	14	---	12	---	4	---
Totals:	135	72	153	77	196	79	176	117	180	100	141	97	184	69	160	96	100	75
Team Totals:	207		230		275		293		280		238		253		256		175	
Adjustment:																		

Competition:	Pts
1 Crawley AC	293
2 Derby AC	280
3 Cambridge Harriers	275
4 Team Southampton	256
5 Southend AC	253
6 Medway & Maidstone AC	238
7 Bournemouth AC	230
8 Bedford & County AC	207

Match:	2Day	2Date	Points
1 Crawley AC	8	8	293
2 Derby AC	7	7	280
3 Cambridge Harriers	6	6	275
4 Team Southampton	5	5	256
5 Southend AC	4	4	253
6 Medway & Maidstone AC	3	3	238
7 Bournemouth AC	2	2	230
8 Bedford & County AC	1	1	207

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Trials Data

SM High Jump		'A' String	Trials Data										Results	
Name	Team	Best	1.50	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05	
1	Scott Johnson	Bedford & County AC	2.00	---	---	---	---	---	---	---	o	XXO	o	XXX
2	Matt Sloane	Bournemouth AC	1.95	---	---	---	---	o	o	o	o	XX	XXX	
6	Martin Brockman	Medway & Maidstone AC	1.95	---	---	---	---	---	o	---	XXO	XXO	XXX	
5	Jonathon Heath	Derby AC	1.80	---	---	---	---	o	o	XXX				
7	Simon Hemmings	Southend AC	1.80	---	---	o	o	XXO	X--					
4	Harry Lane	Crawley AC	1.75	---	o	o	o	XXO	XXX					
8	Sam Turner (HCA)	Team Southampton	1.70	---	XO	XO	o	XXX						
33	Kevin Kwarteng	Cambridge Harriers	1.70	o	XO	o	XO	XXX						

SM High Jump		'B' String	Trials Data										Results	
Name	Team	Best	1.50	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05	
66	Tim Alexander	Medway & Maidstone AC	1.75	---	XO	o	o	XO	XXX					
55	Shane Booth	Derby AC	1.75	---	---	---	o	XXO	XXX					
44	Seb Rodger	Crawley AC	1.75	---	---	---	---	XO	XXO	XX-				
77	Richards Abrahams	Southend AC	1.75	---	---	---	---	XXO	XXO	XXX				
88	Ross Langford	Team Southampton	1.50	o	XXX									

SM Pole Vault		'A' String	Trials Data										Results
Name	Team	Best											
1	Matt Devereux	Bedford & County AC	Not Held										
2	Lasse Tietje	Bournemouth AC	Not Held										
3	Francois Potgieter	Cambridge Harriers	Not Held										
4	Andy Marsh	Crawley AC	Not Held										
5	Francis Baker	Derby AC	Not Held										
6	Martin Brockman	Medway & Maidstone AC	Not Held										
7	Aaron Kaye	Southend AC	Not Held										
8	Richard Humby	Team Southampton	Not Held										

SM Pole Vault		'B' String	Trials Data										Results
Name	Team	Best											
11	Ciaron Craig	Bedford & County AC	Not Held										
22	Matt Sloane	Bournemouth AC	Not Held										
33	Anthony Tipping	Cambridge Harriers	Not Held										
44	Leigh Walker	Crawley AC	Not Held										
55	Matt Kirkland	Derby AC	Not Held										
66	Alex Wharfe	Medway & Maidstone AC	Not Held										
77	Jason Fry	Southend AC	Not Held										
88	Adam Richardson	Team Southampton	Not Held										

SM Long Jump		'A' String	Trials Data						Results
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
5	Francis Baker	Derby AC	6.74	6.74	5.23	---	---	---	
2	James Lelliott	Bournemouth AC	6.70	5.88	6.47	6.40	6.60	6.70	6.62
44	Seb Roger	Crawley AC	6.67	6.40	NJ	NJ	5.19	6.67	6.46
6	Martin Brockman	Medway & Maidstone AC	6.30	6.23	6.30	---	---	---	
8	George Kenyon	Team Southampton	6.19	6.12	6.16	6.19	6.13	6.19	---
33	Kevin Kwarteng	Cambridge Harriers	6.17	5.71	6.17	---	---	---	
77	Kevin Brown	Southend AC	6.16	5.97	NJ	6.16	---	---	
1	Ciaron Craig	Bedford & County AC	5.74	5.74	NJ	NJ	---	---	

Wind Readings					
# 1	# 2	# 3	# 4	# 5	# 6
+0.5	+0.3				
+1.1	-0.2	-0.4	-0.2	+1.4	+1.4
+0.7	+0.5	+1.0	+1.3	+2.6	+1.8
+0.7	+0.7				
+0.5	+0.2	-0.3	+0.0	+2.0	
+0.4	+0.2				
-0.4	+1.3	+0.8			
-0.4	-0.4	-0.2			

SM Long Jump		'B' String	Trials Data						Results
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
22	James Warsop	Bournemouth AC	6.51	6.32	6.35	6.37	NJ	5.04	6.51
4	Chris Morgan	Crawley AC	6.30	6.05	NJ	6.30	6.27	NJ	5.12
55	Dave Smith	Derby AC	6.18	6.18	5.21	---	---	---	
3	Nnaemeka Ezenwa	Cambridge Harriers	6.15	6.15	5.19	3.53	---	---	
66	James Alcock	Medway & Maidstone AC	6.10	6.10	5.78	4.87	---	---	
88	Gareth Price	Team Southampton	5.76	5.55	5.76	---	---	---	
7	Richard Abrahams	Southend AC	5.35	4.39	4.32	5.35	---	---	
11	Tennyson James	Bedford & County AC	4.64	4.64	---	---	---	---	

Wind Readings					
# 1	# 2	# 3	# 4	# 5	# 6
+0.0	+0.8	+0.7			
+0.6	-0.2	+0.7			
+0.2	+1.0				
-0.2	+0.5	-0.2			
+0.0	+0.3	+0.4			
+0.5	+0.9				
-0.5	+1.2	-0.3			
+0.0					

SM Triple Jump		'A' String	Trials Data						Results
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
6	Darren March	Medway & Maidstone AC	14.67	14.67	14.55	14.42	14.49	12.48	14.56
3	Nnaemeka Ezenwa	Cambridge Harriers	14.40	14.40	---	---	NJ	NJ	NJ
7	Kevin Brown	Southend AC	13.79	13.79	---	---	---	---	---
8	Rory Constable	Team Southampton	13.78	13.78	11.98	13.25	---	---	---
22	Matt Sloane	Bournemouth AC	12.79	12.40	12.79	12.79	---	---	---
1	Matt Devereux	Bedford & County AC	12.49	12.49	12.37	12.44	---	---	---
4	Chris Morgan	Crawley AC	11.79	11.58	11.79	11.66	---	---	---
55	Jonathon Heath	Derby AC	11.53	11.53	10.41	11.05	---	---	---

Wind Readings						
# 1	# 2	# 3	# 4	# 5	# 6	
-0.8	-0.7	+1.8	+0.8	+0.9	+2.3	
-0.5			+0.7	+1.4	+3.7	
-1.6						
-1.0	-0.6	+3.1				
+0.4	+2.4	+2.4				
-0.5	-1.3	+3.2				
-1.0	+1.2	+0.0				
+0.2	+1.7	+0.0				

SM Triple Jump		'B' String	Trials Data						Results
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
66	Dujon Brown	Medway & Maidstone AC	13.12	13.12	12.83	NJ	NJ	12.33	12.76
88	Chris Bull	Team Southampton	13.05	12.63	12.63	12.85	12.86	13.05	12.79
2	James Warsop	Bournemouth AC	12.50	12.31	12.50	12.16	---	---	---
33	Kevin Kwarteng	Cambridge Harriers	12.05	12.02	12.05	---	---	---	---
77	Liam Peoples	Southend AC	11.72	11.50	11.40	11.72	---	---	---
44	George Simpkins	Crawley AC	11.17	11.17	10.39	11.12	---	---	---
11	Damiah Larrington	Bedford & County AC	9.62	NJ	9.62	---	---	---	---

Wind Readings						
# 1	# 2	# 3	# 4	# 5	# 6	
-1.1	+1.9	+2.6	+2.1	+2.7	+2.6	
-1.4	+1.0	+2.8	+0.3	+1.4	+1.8	
-0.9	+1.0	+3.5				
-1.0	+2.1					
-0.5	+2.0	-0.3				
-0.1	+1.4	+1.7				
-0.7	+1.2					

SM Shot Putt		'A' String	Trials Data						Results
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
7	Pat Halcrow	Southend AC	13.95	12.71	13.01	13.22	NT	13.95	13.33
5	James Cottrell	Derby AC	13.09	12.78	NT	NT	12.28	13.09	NT
2	Andy Turner	Bournemouth AC	12.13	12.10	11.82	12.13	11.95	NT	11.88
3	Andrew Kruszenski	Cambridge Harriers	11.88	11.70	11.88	11.15	11.47	11.73	NT
4	Neil Mansbridge	Crawley AC	11.60	11.01	10.82	11.60	11.05	11.01	NT
88	Garry Newton	Team Southampton	11.46	10.92	10.69	11.27	11.46	NT	11.29
11	Damiah Larrington	Bedford & County AC	10.87	10.87	NT	NT	---	---	---
6	Martin Brockman	Medway & Maidstone AC	10.49	8.28	10.19	10.49	---	---	---

SM Shot Putt		'B' String	Trials Data						Results
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
33	Tony Tipping	Cambridge Harriers	11.54	11.44	NT	11.46	11.53	11.16	11.54
22	Matt Frampton	Bournemouth AC	11.21	10.79	11.21	10.73	11.09	NT	10.78
8	Adam Richardson	Team Southampton	11.20	11.20	NT	11.05	---	---	---
55	Marcus Francis	Derby AC	10.99	10.51	10.99	---	---	---	---
44	Bradley Hall	Crawley AC	9.86	9.86	9.70	9.63	---	---	---
1	Kieron Craig	Bedford & County AC	9.79	9.78	9.79	9.25	---	---	---
66	Chris Bowman	Medway & Maidstone AC	7.61	7.30	6.38	7.61	---	---	---
77	Robert Frank	Southend AC	6.81	6.73	6.20	6.81	---	---	---

SM Discus		'A' String	Trials Data						Results
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
3	Andrew Kruszewski	Cambridge Harriers	41.11	40.14	41.11	40.87	40.85	39.21	NT
7	Pat Halcrow	Southend AC	39.74	38.17	NT	39.74	NT	NT	NT
2	Andy Turner	Bournemouth AC	36.27	35.39	36.24	34.88	35.67	35.95	36.27
88	Garry Newton	Team Southampton	32.80	30.54	32.80	NT	NT	31.43	NT
4	Neil Mansbridge	Crawley AC	32.77	29.78	32.57	NT	32.09	32.77	NT
11	Damiah Larrington	Bedford & County AC	30.26	NT	NT	30.26	---	---	---
5	Christopher Jack	Derby AC	27.77	NT	27.77	26.50	---	---	---
66	Alex Beech	Medway & Maidstone AC	21.28	21.28	19.87	---	---	---	---

SM Discus		'B' String	Trials Data						Results
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
33	Tony Tipping	Cambridge Harriers	36.86	34.64	36.62	36.20	NT	36.86	NT
22	Matt Frampton	Bournemouth AC	34.63	32.84	34.40	34.63	34.28	33.80	33.52
44	Bradley Hall	Crawley AC	30.90	30.90	NT	NT	---	---	---
1	Ciaran Craig	Bedford & County AC	29.72	NT	25.76	29.72	---	---	---
77	Robert Frank	Southend AC	23.41	23.41	NT	22.40	---	---	---
6	Chris Bowman	Medway & Maidstone AC	19.37	19.37	19.25	---	---	---	---

SM Hammer		'A' String	Trials Data						Results
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
1	Glen Kerr	Bedford & County AC	58.78	58.78	NT	NT	56.52	NT	57.98
2	Matt Frampton	Bournemouth AC	57.45	NT	56.62	55.86	56.19	55.79	57.45
55	Marcus Francis	Derby AC	42.06	30.39	NT	39.35	42.06	NT	NT
4	Neil Mansbridge	Crawley AC	41.69	NT	33.67	40.28	NT	41.69	NT
33	Tony Tipping	Cambridge Harriers	39.47	38.02	38.34	38.61	38.46	39.47	39.09
8	Adam Richardson	Team Southampton	33.68	33.68	NT	32.56	---	---	---
7	Pat Halcrow	Southend AC	27.76	27.76	---	---	---	---	---
6	Chris Bowman	Medway & Maidstone AC	17.94	17.00	17.39	---	---	---	---

SM Hammer		'B' String	Trials Data				Results		
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
11	Darren Kerr	Bedford & County AC	45.55	41.96	42.45	44.70	45.55	44.63	NT
5	Chris Jack	Derby AC	41.64	40.43	NT	39.64	41.64	NT	NT
22	Andy Turner	Bournemouth AC	41.23	39.18	38.72	40.98	41.23	NT	NT
44	Nathan Harland-Smith	Crawley AC	37.96	NT	36.83	37.96	---	---	---
3	Chris Melluish	Cambridge Harriers	34.98	27.68	34.98	NT	---	---	---
77	Liam Peoples	Southend AC	20.12	18.90	20.12	---	---	---	---
88	Garry Newton	Team Southampton	18.16	18.16	17.81	17.33	---	---	---
66	Alex Beech	Medway & Maidstone AC	15.28	---	---	---	---	---	---

SM Javelin		'A' String	Trials Data				Results		
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
3	Craig Lacy	Cambridge Harriers	57.88	54.78	57.88	50.15	NT	51.14	53.67
4	Luke Burton	Crawley AC	49.06	48.97	NT	49.06	45.47	46.73	47.83
2	James Lelliott	Bournemouth AC	48.12	48.12	47.83	45.11	NT	46.81	46.19
88	Garry Newton	Team Southampton	42.60	42.60	41.83	NT	---	---	---
77	Liam Peoples	Southend AC	40.28	39.07	40.28	NT	NT	40.18	NT
55	Shane Booth	Derby AC	37.96	35.31	37.96	34.52	---	---	---
6	Alex Wharfe	Medway & Maidstone AC	34.43	33.71	32.89	36.43	---	---	---
11	Darren Kerr	Bedford & County AC	31.19	30.66	31.19	---	---	---	---

SM Javelin		'B' String	Trials Data				Results		
Name	Team	Best	Trial # 1	Trial # 2	Trial # 3	Trial # 4	Trial # 5	Trial # 6	
44	Neil Mansbridge	Crawley AC	45.66	42.89	44.33	45.66	41.74	44.97	45.55
8	Jake Lewis	Team Southampton	41.49	41.12	38.47	NT	41.04	41.94	40.53
7	Robert Frank	Southend AC	38.99	37.29	38.99	NT	NT	NT	37.19
22	Lasse Tietje	Bournemouth AC	38.73	37.97	34.33	38.73	---	---	---
33	Tony Tipping	Cambridge Harriers	35.01	35.01	NT	NT	---	---	---
1	Ciaran Craig	Bedford & County AC	25.44	25.44	NT	NT	---	---	---

SM 4x400m Relay		Results			
Team	Team Total	1st Leg	2nd Leg	3rd Leg	4th Leg
4	Crawley AC	3:23.35			
7	Southend AC	3:23.88			
8	Team Southampton	3:25.31	50.4	52.0	52.0
5	Derby AC	3:25.65			
3	Cambridge Harriers	3:28.69			
2	Bournemouth AC	3:32.21			
1	Bedford & County AC	3:32.72			
6	Medway & Maidstone AC	DQ			

Overall Summary

Top 70 Point Scorers

Pos	Competitor	Team	Points
1	Pat Halcrow	Southend AC	41
2	Neil Mansbridge	Crawley AC	38
3	Tony Tipping	Cambridge Harriers	36
4	Matt Frampton	Bournemouth AC	34
5	Martin Brockman	Medway & Maidstone AC	34
6	Andy Turner	Bournemouth AC	32
7	Francois Potgieter	Cambridge Harriers	30
8	Ben Richardson	Team Southampton	30
9	Stefan Mitchell	Cambridge Harriers	28
10	Francis Baker	Derby AC	28
11	Garry Newton	Team Southampton	28
12	Sven Knippahls	Bournemouth AC	26
13	James Walsop	Bournemouth AC	26
14	James Lelliott	Bournemouth AC	26
15	Matt Sloane	Bournemouth AC	22
16	Ben Tyler	Medway & Maidstone AC	22
17	Liam Peoples	Southend AC	21
18	Joe Durrant	Cambridge Harriers	20
19	Nnaemeka Ezenwa	Cambridge Harriers	20
20	James McLean	Southend AC	20
21	Jake King	Southend AC	20
22	Kevin Kwarteng	Cambridge Harriers	19
23	Chris Minn	Crawley AC	19
24	Matt Furber	Crawley AC	18
25	Judah Simpson	Derby AC	18
26	Marcus Francis	Derby AC	18
27	Tom Collins	Medway & Maidstone AC	18
28	Alex Wharfe	Medway & Maidstone AC	17
29	Kevin Brown	Southend AC	17
30	Neilson Hall	Bedford & County AC	16
31	Scott Johnson	Bedford & County AC	16
32	Glen Kerr	Bedford & County AC	16
33	Darren Kerr	Bedford & County AC	16

Grade Summary

Grade 1		
Neilson Hall	Bedford & County AC	SM 5000m
David Westbury	Derby AC	SM 3000m SC
Scott Johnson	Bedford & County AC	SM High Jump
Darren March	Medway & Maidstone AC	SM Triple Jump
Nnaemeka Ezenwa	Cambridge Harriers	SM Triple Jump
Pat Halcrow	Southend AC	SM Shot
Glen Kerr	Bedford & County AC	SM Hammer
Matt Frampton	Bournemouth AC	SM Hammer

Grade 2		
Sven Knippahls	Bournemouth AC	SM 100m
Luke Smallwood	Medway & Maidstone AC	SM 400m
Will Oyowe	Medway & Maidstone AC	SM 400m
Matt Harrison	Southend AC	SM 400m
Joe Durrant	Cambridge Harriers	SM 800m
Rob Heaney	Bedford & County AC	SM 800m
Francois Potgieter	Cambridge Harriers	SM 400m H
Owain Matthews	Bedford & County AC	SM 3000m SC
Matt Sloane	Bournemouth AC	SM High Jump
Martin Brockman	Medway & Maidstone AC	SM High Jump
Kevin Brown	Southend AC	SM Triple Jump
Rory Constable	Team Southampton	SM Triple Jump
James Cottrell	Derby AC	SM Shot
Andrew Kruszewski	Cambridge Harriers	SM Discus
Craig Lacy	Cambridge Harriers	SM Javelin

Grade 3		
Ben Richardson	Team Southampton	SM 100m
Stefan Mitchell	Cambridge Harriers	SM 100m
Darryn Campbell	Team Southampton	SM 400m
Sven Knippahls	Bournemouth AC	SM 400m
Matt Sinclair	Crawley AC	SM 400m
Jon Hornblow	Derby AC	SM 400m
Richard Weir	Derby AC	SM 800m

Team Summary

Bedford & County AC	
Number of Athletes	19
Points / Athlete	10.8
Track Points	123
Field Points	84
Total Points	207
Wasted Events	7

Bournemouth AC	
Number of Athletes	16
Points / Athlete	14.3
Track Points	90
Field Points	140
Total Points	230
Wasted Events	9

Cambridge Harriers	
Number of Athletes	21
Points / Athlete	13
Track Points	157
Field Points	118
Total Points	275
Wasted Events	5

Crawley AC	
Number of Athletes	24
Points / Athlete	12.2
Track Points	179
Field Points	114
Total Points	293
Wasted Events	2

Pos	Competitor	Team	Points
34	Nigel Mayman	Bournemouth AC	16
35	Lasse Tietje	Bournemouth AC	16
36	Dan Lacy	Cambridge Harriers	16
37	Andrew Kruszewski	Cambridge Harriers	16
38	Craig Lacy	Cambridge Harriers	16
39	Bradley Hall	Crawley AC	16
40	Jon Hornblow	Derby AC	16
41	David Westbury	Derby AC	16
42	Shane Booth	Derby AC	16
43	Luke Smallwood	Medway & Maidstone AC	16
44	Darren March	Medway & Maidstone AC	16
45	Simon Hemmings	Southend AC	16
46	Chris Morgan	Crawley AC	15
47	Tim Alexander	Medway & Maidstone AC	15
48	Rob Heaney	Bedford & County AC	14
49	Owain Matthews	Bedford & County AC	14
50	El Hassaine Azzaour	Crawley AC	14
51	Luke Burton	Crawley AC	14
52	Jonathon Heath	Derby AC	14
53	James Cottrell	Derby AC	14
54	Andre Wright	Medway & Maidstone AC	14
55	Matt Harrison	Southend AC	14
56	Paul Whittaker	Southend AC	14
57	Sam Ratcliffe (HCA)	Team Southampton	14
58	Adam Richardson	Team Southampton	14
59	Ciaron Craig	Bedford & County AC	13
60	Damiah Larrington	Bedford & County AC	13
61	Robert Frank	Southend AC	13
62	Darren Deed	Bedford & County AC	12
63	Scott Harris	Crawley AC	12
64	Gavin Thompson	Crawley AC	12
65	Joel Clewitt	Crawley AC	12
66	Seb Roger	Crawley AC	12
67	Martin Cook	Derby AC	12
68	Richard Weir	Derby AC	12
69	Chris Davidson	Derby AC	12
70	Will Oyowe	Medway & Maidstone AC	12

Matt Furber	Crawley AC	SM 800m
David Smale	Southend AC	SM 800m
Dan Lacy	Cambridge Harriers	SM 1500m
Ben Tyler	Medway & Maidstone AC	SM 1500m
Darren Deed	Bedford & County AC	SM 5000m
Paul Whittaker	Southend AC	SM 5000m
Gavin Thompson	Crawley AC	SM 5000m
Dean Lacy	Cambridge Harriers	SM 5000m
Ben Tyler	Medway & Maidstone AC	SM 5000m
Ben Richardson	Team Southampton	SM 110m H
Francois Potgieter	Cambridge Harriers	SM 110m H
Francis Baker	Derby AC	SM 110m H
Chris Minn	Crawley AC	SM 400m H
Chris Davidson	Derby AC	SM 3000m SC
Joel Clewitt	Crawley AC	SM 3000m SC
Andrew Sheridan	Cambridge Harriers	SM 3000m SC
Tom Collins	Medway & Maidstone AC	SM 3000m SC
Tom Friith	Southend AC	SM 3000m SC
Francis Baker	Derby AC	SM Long Jump
James Warsop	Bournemouth AC	SM Long Jump
James Lelliott	Bournemouth AC	SM Long Jump
Seb Roger	Crawley AC	SM Long Jump
Dujon Brown	Medway & Maidstone AC	SM Triple Jump
Chris Bull	Team Southampton	SM Triple Jump
Andy Turner	Bournemouth AC	SM Shot
Andrew Kruyszanski	Cambridge Harriers	SM Shot
Neil Mansbridge	Crawley AC	SM Shot
Pat Halcrow	Southend AC	SM Discus
Darren Kerr	Bedford & County AC	SM Hammer
Luke Burton	Crawley AC	SM Javelin
James Lelliott	Bournemouth AC	SM Javelin

Derby AC	
Number of Athletes	24
Points / Athlete	11.6
Track Points	179
Field Points	101
Total Points	280
Wasted Events	5

Medway & Maidstone AC	
Number of Athletes	20
Points / Athlete	11.9
Track Points	149
Field Points	89
Total Points	238
Wasted Events	4

Southend AC	
Number of Athletes	21
Points / Athlete	12
Track Points	157
Field Points	96
Total Points	253
Wasted Events	3

Team Southampton	
Number of Athletes	24
Points / Athlete	10.6
Track Points	164
Field Points	92
Total Points	256
Wasted Events	5

Team Declaration**Team Name:**

Bedford & County AC

Previous Match Pts

0 Previous Competition Pts 0

'A' String 1 **'B' String** 11

SM 100m	Richard Elliott	Tennyson James		
SM 200m	Richard Elliott			
SM 400m	Ben Sturgess	Tennyson James		
SM 800m	Rob Heaney	Michael Goodwin		
SM 1500m	Ryan Parker	Jack Goodwin		
SM 5000m	Neilson Hall	Darren Deed		
SM 110m Hurdles				
SM 400m Hurdles	James Tennyson			
SM 3000m SC	Owain Matthews	Steven Tuttle		
SM High Jump	Scott Johnson			
SM Pole Vault	Matt Devereux	Ciaron Craig		
SM Long Jump	Ciaron Craig	Tennyson James		
SM Triple Jump	Matt Devereux	Damiah Larrington		
SM Shot Putt	Kieron Craig	Damiah Larrington		
SM Discus	Ciaron Craig	Damiah Larrington		
SM Hammer	Glen Kerr	Darren Kerr		
SM Javelin	Ciaron Craig	Darren Kerr		
SM 4x100m Relay	Ben Sturgess	Richard Elliott	Ciaron Craig	Tennyson James
SM 4x400m Relay	Rob Heaney	Ben Sturgess	Richard Elliott	Michael Goodwin

Officials:

Team Declaration**Team Name:**

Bournemouth AC

Previous Match Pts

0

Previous Competition Pts

0

'A' String

2

'B' String

22

SM 100m	Sven Knippals		Adam Omisore	
SM 200m	James Warsop		Adam Omisore	
SM 400m	Sven Knippals		Karl Welch	
SM 800m	Karl Welch		Robin Copestick	
SM 1500m	Fergus O'Rielly		Rob McTaggart	
SM 5000m	Rob McTaggart			
SM 110m Hurdles	Nigel Mayman		Lasse Tietje	
SM 400m Hurdles	Nigel Mayman			
SM 3000m SC				
SM High Jump	Matt Sloane			
SM Pole Vault	Lasse Tietje		Matt Sloane	
SM Long Jump	James Lelliott		James Warsop	
SM Triple Jump	James Warsop		Matt Sloane	
SM Shot Putt	Andy Turner		Matt Frampton	
SM Discus	Andy Turner		Matt Frampton	
SM Hammer	Matt Frampton		Andy Turner	
SM Javelin	James Lelliott		Lasse Tietje	
SM 4x100m Relay	Olu Baptiste	Sven Knippals	Adam Omisore	James Lelliott
SM 4x400m Relay	Fergus O'Rielly	James Warsop	Karl Welch	Sven Knipples

Officials:

Team Declaration

Team Name:

Cambridge Harriers

Previous Match Pts

0

Previous Competition Pts

0

'A' String

3

'B' String

33

SM 100m	Stefan Mitchell		Arthur Tanoh	
SM 200m	Stefan Mitchell		Arthur Tanoh	
SM 400m	Joe Durrant		Andrew Knight	
SM 800m	Joe Durrant		Lee Coogan	
SM 1500m	Dan Lacy		Sam Murphy	
SM 5000m	Dean Lacy		Mark Penny	
SM 110m Hurdles	Francois Potgieter		Kevin Kwarteng	
SM 400m Hurdles	Francois Potgieter			
SM 3000m SC	Andrew Sheridan		Liam Corcoran	
SM High Jump			Kevin Kwarteng	
SM Pole Vault	Francois Potgieter		Anthony Tipping	
SM Long Jump	Nnaemeka Ezenwa		Kevin Kwarteng	
SM Triple Jump	Nnaemeka Ezenwa		Kevin Kwarteng	
SM Shot Putt	Andrew Kruyszewski		Tony Tipping	
SM Discus	Andrew Kruyszewski		Tony Tipping	
SM Hammer	Chris Melliush		Tony Tipping	
SM Javelin	Craig Lacy		Tony Tipping	
SM 4x100m Relay	Stefan Mitchell	Francois Potgieter	Arthur Tanoh	Kevin Kwarteng
SM 4x400m Relay	Lee Coogan	Andy Sheridan	Francois Potgieter	Dean Lacy

Officials:

Team Declaration

Team Name:

Crawley AC

Previous Match Pts

0	Previous	Competition Pts	0
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'A' String	4	'B' String	44
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SM 100m	El Hassaine Azzaour	Seb Rodger		
SM 200m	El Hassaine Azzaour	Luke Sargent		
SM 400m	Matt Sinclair	Craig Cox		
SM 800m	Matt Furber	Nick Duggan		
SM 1500m	Matt Furber	Scott Harris		
SM 5000m	Gavin Thompson	Paul Rodgers		
SM 110m Hurdles	Chris Minn	Bradley Hall		
SM 400m Hurdles	Chris Minn	Nick Buckfield		
SM 3000m SC	Joel Clewitt	Rob Creed		
SM High Jump	Harry Lane	Seb Rodger		
SM Pole Vault	Andy Marsh	Leigh Walker		
SM Long Jump	Chris Morgan	Seb Roger		
SM Triple Jump	Chris Morgan	George Simpkins		
SM Shot Putt	Neil Mansbridge	Bradley Hall		
SM Discus	Neil Mansbridge	Bradley Hall		
SM Hammer	Neil Mansbridge	Nathan Harland-Smith		
SM Javelin	Luke Burton	Neil Mansbridge		
SM 4x100m Relay	El Hassaine Azzaour	Chris Morgan	Luke Sargent	Chris Minn
SM 4x400m Relay	Craig Cox	Seb Roger	Matt Sinclair	Nick Duggan

Officials:

Team Declaration**Team Name:**

Derby AC

Previous Match Pts

0	Previous	Competition Pts	0
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'A' String	5	'B' String	55
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SM 100m	Jon Hornblow		Judah Simpson
SM 200m	Martin Cook		Judah Simpson
SM 400m	Jon Hornblow		Martin Cook
SM 800m	Richard Weir		Tom Phillips
SM 1500m	Andy Phophett		Niall Maguire
SM 5000m	Chris Peach		Tom Lawrence
SM 110m Hurdles	Francis Baker		Philip Harries
SM 400m Hurdles	Sam Worrall		Scot Partridge
SM 3000m SC	David Westbury		Chris Davidson
SM High Jump	Jonathon Heath		Shane Booth
SM Pole Vault	Francis Baker		Matt Kirkland
SM Long Jump	Francis Baker		Dave Smith
SM Triple Jump			Jonathon Heath
SM Shot Putt	James Cottrell		Marcus Francis
SM Discus	Christopher Jack		
SM Hammer	Chris Jack		Marcus Francis
SM Javelin			Shane Booth
SM 4x100m Relay	Judah Simpson	Asam Worrall	Martin Cook Francis Baker
SM 4x400m Relay	Martin Cook	Tom Phillips	Niall Maguire Richard Weir

Officials:

Team Declaration

Team Name:

Medway & Maidstone AC

Previous Match Pts

0	Previous	Competition Pts	0
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'A' String	6	'B' String	66
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SM 100m	Scott Craddock	Andre Wright		
SM 200m	Scott Craddock	Andre Wright		
SM 400m	Luke Smallwood	Will Oyowe		
SM 800m	Adreys Safars	Tim Alexander		
SM 1500m	Ben Tyler	James Hogg		
SM 5000m	Ben Tyler	Tom Collins		
SM 110m Hurdles	Martin Brockman	Nick Slade		
SM 400m Hurdles	Mark Cryer	Alex Wharfe		
SM 3000m SC	Tom Collins	Nick Slade		
SM High Jump	Martin Brockman	Tim Alexander		
SM Pole Vault	Martin Brockman	Alex Wharfe		
SM Long Jump	Martin Brockman	James Alcock		
SM Triple Jump	Darren March	Dujon Brown		
SM Shot Putt	Martin Brockman	Chris Bowman		
SM Discus	Chris Bowman	Alex Beech		
SM Hammer	Chris Bowman	Alex Beech		
SM Javelin	Alex Wharfe			
SM 4x100m Relay	James Alcock	Andrew Wright	Luke Smallwood	Scott Craddock
SM 4x400m Relay	Luke Smallwood	Tim Alexander	Andress Safrin	Will Oyowe

Officials:

Team Declaration**Team Name:**

Southend AC

Previous Match Pts

0

Previous Competition Pts

0

'A' String

7

'B' String

77

SM 100m	James McLean		Jake King	
SM 200m	James McLean		Jake King	
SM 400m	Matt Harrison		Greg Goodram	
SM 800m	David Smale		Graham Eastly	
SM 1500m	David Gibbon		Howard Clarke	
SM 5000m	Paul Whittaker		Alan Brittain	
SM 110m Hurdles	Pat Halcrow		Simon Hemmings	
SM 400m Hurdles	Greg Goodrem		Liam Peoples	
SM 3000m SC	Tom Frith			
SM High Jump	Simon Hemmings		Richards Abrahams	
SM Pole Vault	Aaron Kaye		Jason Fry	
SM Long Jump	Richard Abrahams		Kevin Brown	
SM Triple Jump	Kevin Brown		Liam Peoples	
SM Shot Putt	Pat Halcrow		Robert Frank	
SM Discus	Pat Halcrow		Robert Frank	
SM Hammer	Pat Halcrow		Liam Peoples	
SM Javelin	Robert Frank		Liam Peoples	
SM 4x100m Relay	Matt Harrison	Richard Abrahams	Jake King	James McLean
SM 4x400m Relay	Jake King	Greg Goodrem	James McLean	Matt Harrison

Officials:

Team Declaration

Team Name:

Team Southampton

Previous Match Pts

0	Previous	Competition Pts	0
'A' String	8	'B' String	88

SM 100m	Ben Richardson		Gareth Price	
SM 200m	Sam Ratcliffe (HCA)		Ross Langford	
SM 400m	Darryn Campbell		Ben Parnell	
SM 800m			Jon Slade	
SM 1500m	Gareth Klepacz		Russel Osborn	
SM 5000m	Matthew Bennett		Will Davies	
SM 110m Hurdles	Ben Richardson		Rob Jones	
SM 400m Hurdles	Alick Clark		Philip Coker	
SM 3000m SC	Joe Maskell			
SM High Jump	Sam Turner (HCA)		Ross Langford	
SM Pole Vault	Richard Humby		Adam Richardson	
SM Long Jump	George Kenyon		Gareth Price	
SM Triple Jump	Rory Constable		Chris Bull	
SM Shot Putt	Adam Richardson		Garry Newton	
SM Discus			Garry Newton	
SM Hammer	Adam Richardson		Garry Newton	
SM Javelin	Jake Lewis		Garry Newton	
SM 4x100m Relay	Ben Richardson	Ross Langford	Sam Ratcliffe (HCA)	Gareth Price
SM 4x400m Relay	Darryn Campbell	Gareth Beech	George Kenyon	Ben Parnell

Officials:
