



Division 3 Match 1 - Barnet Copthall Stadium				Perf	Record	Wind	UKA	AW	5 June 2010	Perf	Wind	UKA	AW	
Men's 100m A				Wind=	-0.4 m/s				Men's 100m B	Wind=	+0.3 m/s			
1	2	Cyle Carty	Exeter Harriers	11.04			52		1	44	Victor Nwagbara	Kingston AC & Poly H	11.14	
2	4	Justin Green	Kingston AC & Poly H	11.07					2	55	James McLean	Southend AC	11.14	
3	6	Wyn Roberts	Swansea Harriers	11.23					3	88	Chris Bland	Yeovil Olympiads AC	11.29	
4	3	Luke Stott	Havering Mayesbrook AC	11.26					4	22	Alex MacGregor	Exeter Harriers	11.59	
5	5	Jake King	Southend AC	11.29					5	33	Ammad Masood	Havering Mayesbrook AC	11.62	
6	8	Kenny Howard	Yeovil Olympiads AC	11.46					6	11	Olu Baptist	Bournemouth AC	11.65	
7	7	Abe Newell	Southampton AC	11.48					7	66	Kueni Igbarigini	Swansea Harriers	11.67	
8	1	Adam Potter	Bournemouth AC	11.83					8	77	Ross Langford	Southampton AC	DNF	
Men's 200m A				Wind=	+0.5 m/s				Men's 200m B	Wind=	-1.0m/s			
1	7	Oliver King	Southampton AC	22.12			62		1	44	Victor Nwagbara	Kingston AC & Poly H	22.64	
2	4	Justin Green	Kingston AC & Poly H	22.37					2	55	Jake King	Southend AC	22.78	
3	3	Luke Stott	Havering Mayesbrook AC	22.37					3	11	James Lelliott	Bournemouth AC	23.00	
4	6	Wyn Roberts	Swansea Harriers	22.73					4	77	Abe Newell	Southampton AC	23.25	
5	8	Kenny Howard	Yeovil Olympiads AC	23.30					5	33	Ammad Masood	Havering Mayesbrook AC	23.58	
6	2	Ozgur Irman	Exeter Harriers	23.56					6	22	Bryon Fitzgerald	Exeter Harriers	23.64	
7	1	Adam Potter	Bournemouth AC	23.70					7	88	Nick Clements	Yeovil Olympiads AC	23.67	
8	5	Charlie Dack	Southend AC	31.21					8	66	Steve Richards	Swansea Harriers	26.36	
Men's 400m A									Men's 400m B					
1	3	Richard Morrissey	Havering Mayesbrook AC	48.78			88		1	22	Matt Parsley	Exeter Harriers	50.27	
2	6	Jonathon Williams	Swansea Harriers	49.25			70		2	88	Tim Sayers	Yeovil Olympiads AC	50.51	
3	5	Markus Hunt	Southend AC	49.58			56		3	66	Andrew Smith	Swansea Harriers	50.58	
4	2	Sam Peters	Exeter Harriers	49.88					4	77	Nathan Slade	Southampton AC	50.71	
5	8	Andrew Faulkner	Yeovil Olympiads AC	50.47					5	11	Ryan Saunders	Bournemouth AC	51.17	
6	1	Darryn Campbell	Bournemouth AC	50.63					6	44	Adam Bellis	Kingston AC & Poly H	51.35	
7	7	James Sutton	Southampton AC	50.83					7	55	Dave Smale	Southend AC	51.98	
8	4	Adam Omisore	Kingston AC & Poly H	51.23					8	33	Isaac Ogunlade	Havering Mayesbrook AC	52.70	
Men's 800m A									Men's 800m B					
1	1	Ryan Saunders	Bournemouth AC	01:53.99					1	22	Owen Walpole	Exeter Harriers	01:54.17	
2	6	Jonathan Williams	Swansea Harriers	01:54.20					2	77	Aaron Bennett	Southampton AC	01:54.47	
3	8	Davey Platt	Yeovil Olympiads AC	01:54.87					3	66	Chris Davies	Swansea Harriers	01:54.94	
4	2	James Ansell	Exeter Harriers	01:54.93					4	55	Pete Smale	Southend AC	01:58.17	
5	7	Harry Fisher	Southampton AC	01:56.86					5	44	Criag Price	Kingston AC & Poly H	01:58.79	
6	4	Jamie McCullagh	Kingston AC & Poly H	01:58.19					6	11	Joe Blackmore	Bournemouth AC	02:00.76	
7	5	Dave Smale	Southend AC	01:59.02					7	88	Chris Hewitson	Yeovil Olympiads AC	02:01.43	
8	3	Simon Richards	Havering Mayesbrook AC	02:02.09					8	33	Joseph Waked	Havering Mayesbrook AC	02:02.78	
Men's 1500m A									Men's 1500m B					
1	5	Tom Frith	Southend AC	03:59.29					1	22	Owen Walpole	Exeter Harriers	04:01.32	
2	6	Peter Bridger	Swansea Harriers	03:59.80					2	66	Chris Davies	Swansea Harriers	04:07.63	
3	2	Jack Bancroft	Exeter Harriers	04:00.50					3	44	George Corcoran	Kingston AC & Poly H	04:11.02	
4	1	Conor Mughan	Bournemouth AC	04:04.43					4	33	Jamie Buckley-Stanton	Havering Mayesbrook AC	04:13.60	
5	3	Matthew Bland	Havering Mayesbrook AC	04:05.15					5	77	Gareth Klepazc	Southampton AC	04:15.88	
6	4	Tom Beedell	Kingston AC & Poly H	04:10.36					6	55	Pete Smale	Southend AC	04:20.70	
7	7	Steve Phillips	Southampton AC	04:12.03					7	11	Joe Blackmore	Bournemouth AC	04:21.95	
8	88	Alex Wiltshire	Yeovil Olympiads AC	04:41.72					8	8	Simon Davies	Yeovil Olympiads AC	04:55.32	
Men's 3000m S/Chase A									Men's 3000m S/Chase B					
1	3	Robert Warner	Havering Mayesbrook AC	09:45.81					1	33	Jason Lendon	Havering Mayesbrook AC	10:05.35	
2	1	Adam Sloane	Bournemouth AC	10:01.07					2	44	Andy Robinson	Kingston AC & Poly H	10:20.77	
3	4	Tom Beedell	Kingston AC & Poly H	10:03.88					3	11	Ron Hardiman	Bournemouth AC	10:33.78	
4	5	Roy Scott	Southend AC	10:05.66					4	88	Pete Darton	Yeovil Olympiads AC	11:22.60	
5	2	Lee Salter	Exeter Harriers	10:38.33					5	55	Kyle Aldridge	Southend AC	12:24.54	
6	8	Alex Wiltshire	Yeovil Olympiads AC	11:04.18					6					
7	6	Steve Richards	Swansea Harriers	11:21.60					7					
8									8					
Men's 3000m A									Men's 3000m B					
1	5	Adam Hickey	Southend AC	08:39.05			781		1	66	Marc Hobbs	Swansea Harriers	08:54.05	751
2	6	Matt Dumigan	Swansea Harriers	08:39.56			780		2	11	Rob McTaggart	Bournemouth AC	08:55.35	749
3	4	Chris Bannon	Kingston AC & Poly H	08:48.43			763		3	22	Josh Trigwell	Exeter Harriers	09:08.22	723
4	1	Fergus O'Reilly	Bournemouth AC	08:51.62			756		4	55	Ben Hunter	Southend AC	09:11.75	716
5	8	Jon James (M45)	Yeovil Olympiads AC	08:53.45			753		5	44	Jud Hough	Kingston AC & Poly H	09:14.44	711
6	2	Ashley Humphries	Exeter Harriers	09:04.10			731		6	88	Eliot Haines	Yeovil Olympiads AC	09:19.21	701
7	7	Tim Spencer	Southampton AC	09:06.92			726		7	33	Chris Smith	Havering Mayesbrook AC	09:20.74	698
8	3	Richard Warner	Havering Mayesbrook AC	09:16.12			707		8	77	Gareth Klepazc	Southampton AC	10:17.91	584
Men's 400m Hurdles A									Men's 400m Hurdles B					
1	2	Richard Scott	Exeter Harriers	54.07			103		1	44	Matt Field	Kingston AC & Poly H	54.96	81
2	8	Andrew Faulkner	Yeovil Olympiads AC	54.34			96		2	22	Lee Salter	Exeter Harriers	55.39	70
3	4	Danny Eckersley	Kingston AC & Poly H	55.33			71		3	88	Simon Davies	Yeovil Olympiads AC	56.49	
4	3	Isaac Ogunlade	Havering Mayesbrook AC	56.35					4	33	Adam McCarthy	Havering Mayesbrook AC	57.40	
5	1	Paul Hindle	Bournemouth AC	58.44					5	55	Aaron Kaye	Southend AC	59.64	
6	5	Greg Goodrem	Southend AC	59.66					6	11	Nigel Haymen	Bournemouth AC	61.30	
7	7	Jamie Horder	Southampton AC	59.79					7	77	Phil Coker	Southampton AC	62.73	
8	6	Daniel Williams	Swansea Harriers	68.25					8	66	Alex Jackson	Swansea Harriers	119.48	



Division 3 Match 1 - Barnet Cophthall Stadium

				Perf	Record	Wind	UKA	AW	5 June 2010				Perf	Wind	UKA	AW			
Men's 110m Hurdles A				Wind=	+0.4 m/s					Men's 110m Hurdles B				Wind=	-0.3 m/s				
1	4	Matt Field	Kingston AC & Poly H	15.36				<input checked="" type="checkbox"/>	1	33	Mark Bishop	Havering Mayesbrook AC	16.59						
2	1	Nigel Haymen	Bournemouth AC	16.13					2	55	Greg Goodrem	Southend AC	16.67						
3	2	Richard Scott	Exeter Harriers	16.29					3	22	James Cook	Exeter Harriers	16.76						
4	3	Anthony Williams	Havering Mayesbrook AC	16.29					4	44	Chris Hall	Kingston AC & Poly H	17.09						
5	5	Simon Hemmings	Southend AC	16.30					5	88	Grant Gardiner	Yeovil Olympiads AC	17.18						
6	8	Chris Hewitson	Yeovil Olympiads AC	16.44					6	11	Paul Hindle	Bournemouth AC	17.56						
7	7	Phil Coker	Southampton AC	18.82					7										
8	6	Glyn Price	Swansea Harriers	22.01					8										
Men's Hammer A								Men's Hammer B											
1	5	Rob Earle	Southend AC	55.30			121	<input checked="" type="checkbox"/>	1	55	Malcolm Fenton	Southend AC	43.34			61	<input checked="" type="checkbox"/>		
2	4	Gareth Cook	Kingston AC & Poly H	51.23			101	<input checked="" type="checkbox"/>	2	44	Andy Wheble	Kingston AC & Poly H	41.34			51	<input checked="" type="checkbox"/>		
3	6	Ritchie Wells	Swansea Harriers	50.11			95	<input checked="" type="checkbox"/>	3	22	Dave Dawson	Exeter Harriers	37.27						
4	8	Adam Beauford	Yeovil Olympiads AC	49.29			91	<input checked="" type="checkbox"/>	4	33	Sam Harrison	Havering Mayesbrook AC	28.28						
5	2	John Milum	Exeter Harriers	48.00			85	<input checked="" type="checkbox"/>	5	66	Peter Roberts	Swansea Harriers	28.27						
6	3	Mark Reece	Havering Mayesbrook AC	45.58			72	<input checked="" type="checkbox"/>	6	88	Peter Exely	Yeovil Olympiads AC	28.11						
7	1	Andy Turner	Bournemouth AC	38.57					7	11	Adam Pottor	Bournemouth AC	8.74						
8									8										
Men's Discus A								Men's Discus B											
1	5	Rob Earle	Southend AC	42.41			81	<input checked="" type="checkbox"/>	1	2	Dave Dawson	Exeter Harriers	39.12			58	<input checked="" type="checkbox"/>		
2	22	Matt Smith	Exeter Harriers	40.91			71	<input checked="" type="checkbox"/>	2	1	Andy Turner	Bournemouth AC	38.00			50	<input checked="" type="checkbox"/>		
3	8	Mark Plowman	Yeovil Olympiads AC	39.94			64	<input checked="" type="checkbox"/>	3	4	Gareth Cook	Kingston AC & Poly H	37.17				<input checked="" type="checkbox"/>		
4	7	Gary Newton	Southampton AC	39.68			62	<input checked="" type="checkbox"/>	4	55	Pat Halcrow	Southend AC	36.49				<input checked="" type="checkbox"/>		
5	44	Andy Wheble	Kingston AC & Poly H	39.65			62	<input checked="" type="checkbox"/>	5	88	Ben Gibb	Yeovil Olympiads AC	35.85				<input checked="" type="checkbox"/>		
6	11	Simon Fricker	Bournemouth AC	38.66			55	<input checked="" type="checkbox"/>	6	6	Ritchie Wells	Swansea Harriers	33.98						
7	66	Peter Roberts	Swansea Harriers	35.63				<input checked="" type="checkbox"/>	7	3	Emmanuel Quarshie	Havering Mayesbrook AC	17.85						
8	33	Bradley Reece	Havering Mayesbrook AC	29.98					8										
Men's Javelin A								Men's Javelin B											
1	2	Matt Smith	Exeter Harriers	63.18			119	<input checked="" type="checkbox"/>	1	22	Stdeve Turnoch	Exeter Harriers	56.39			77	<input checked="" type="checkbox"/>		
2	4	Felix Hatton	Kingston AC & Poly H	59.88			99	<input checked="" type="checkbox"/>	2	11	James Lelliott	Bournemouth AC	52.13			50	<input checked="" type="checkbox"/>		
3	1	Aaron Harris	Bournemouth AC	58.36			89	<input checked="" type="checkbox"/>	3	33	Sam Harrison	Havering Mayesbrook AC	48.61						
4	6	Jonathon Clarke	Swansea Harriers	57.55			84	<input checked="" type="checkbox"/>	4	44	Mike Clarke	Kingston AC & Poly H	42.79						
5	3	Bradley Burr	Havering Mayesbrook AC	55.01			68	<input checked="" type="checkbox"/>	5	88	Neil Price	Yeovil Olympiads AC	40.81						
6	8	Ben Gibb	Yeovil Olympiads AC	51.80				<input checked="" type="checkbox"/>	6	66	Peter Roberts	Swansea Harriers	38.58						
7	7	Gary Newton	Southampton AC	41.03					7	55	Jason Fry	Southend AC	33.03						
8	5	Aaron Kaye	Southend AC	40.09					8	77	Abe Newell	Southampton AC	27.62						
Men's Shot Putt A								Men's Shot Putt B											
1	1	Simon Fricker	Bournemouth AC	14.11			77	<input checked="" type="checkbox"/>	1	5	Rob Earle	Southend AC	12.32						
2	55	Pat Halcrow	Southend AC	13.55			63	<input checked="" type="checkbox"/>	2	11	Andy Turner	Bournemouth AC	11.98						
3	7	Gary Newton	Southampton AC	13.04			51	<input checked="" type="checkbox"/>	3	88	Mark Plowman	Yeovil Olympiads AC	11.42						
4	8	Ben Gibb	Yeovil Olympiads AC	12.42					4	44	Chris Dack	Kingston AC & Poly H	11.11						
5	3	Emmanuel Quarshie	Havering Mayesbrook AC	12.29					5	22	Jon Milum	Exeter Harriers	10.85						
6	4	Gareth Cook	Kingston AC & Poly H	11.93					6	33	-	Havering Mayesbrook AC	10.48						
7	2	Dave Dawson	Exeter Harriers	11.88					7	66	Peter Roberts	Swansea Harriers	10.35						
8	6	Ritchie Wells	Swansea Harriers	10.65					8										
Men's Long Jump A								Men's Long Jump B											
1	44	David Cook	Kingston AC & Poly H	7.22	+0.6	115	<input checked="" type="checkbox"/>	1	4	Chris Hall	Kingston AC & Poly H	6.81	-1.4	63	<input checked="" type="checkbox"/>				
2	33	Anthony Williams	Havering Mayesbrook AC	6.64	+1.9		<input checked="" type="checkbox"/>	2	3	Joseph Ramie	Havering Mayesbrook AC	6.51	+0.2		<input checked="" type="checkbox"/>				
3	1	James Lelliott	Bournemouth AC	6.63	+0.6		<input checked="" type="checkbox"/>	3	8	Ben Rendall	Yeovil Olympiads AC	6.06	-0.4						
4	6	Kueni Igbargini	Swansea Harriers	6.51	+1.4		<input checked="" type="checkbox"/>	4	66	Alex Jackson	Swansea Harriers	5.92	+1.5						
5	88	Nick Clements	Yeovil Olympiads AC	6.36	+1.1			5	22	Josh Tunstall	Exeter Harriers	5.87	+0.5						
6	5	Kevin Brown	Southend AC	6.08	-0.8			6	11	James Warsop	Bournemouth AC	5.85	+1.7						
7	2	Alex MacGregir	Exeter Harriers	6.05	+1.1			7	55	Jake King	Southend AC	5.75	+0.5						
8	77	Chris Bull	Southampton AC	5.91	+0.8			8	7	Justn Hunt (N/S)	Southampton AC	5.48	+0.2						
Men's Triple Jump A								Men's Triple Jump B											
1	5	Kevin Brown	Southend AC	13.86	-1.4	64	<input checked="" type="checkbox"/>	1	3	Joseph Ramie	Havering Mayesbrook AC	13.06	-0.2		<input checked="" type="checkbox"/>				
2	33	Anthony Williams	Havering Mayesbrook AC	13.51	-0.2		<input checked="" type="checkbox"/>	2	22	James Cook	Exeter Harriers	12.02	-0.7						
3	44	Chris Hall	Kingston AC & Poly H	13.36	-1.1		<input checked="" type="checkbox"/>	3	4	Tariq Fadare	Kingston AC & Poly H	12.00	-0.5						
4	6	Wyn Roberts	Swansea Harriers	13.28	-0.8		<input checked="" type="checkbox"/>	4	1	James Warsop	Bournemouth AC	11.88	-0.6						
5	11	Matt Sloane	Bournemouth AC	13.07	-2.3		<input checked="" type="checkbox"/>	5	77	Justn Hunt (N/S)	Southampton AC	11.68	-0.9						
6	7	Chris Bull	Southampton AC	12.96	-0.6			6	88	Nick Clements	Yeovil Olympiads AC	11.39	-0.6						
7	8	Chris Hewitson	Yeovil Olympiads AC	12.39	-0.4			7	66	Robbie Wells	Swansea Harriers	11.21	-1.9						
8	2	Josh Tunstall	Exeter Harriers	12.38	-0.9			8	55	Greg Goodrem	Southend AC	11.00	-0.5						
Men's High Jump A								Men's High Jump B											
1	4	Tariq Fadare	Kingston AC & Poly H	1.95		65	<input checked="" type="checkbox"/>	1	11	Alex Cox	Bournemouth AC	1.90			<input checked="" type="checkbox"/>				
2	1	Matt Sloane	Bournemouth AC	1.95		65	<input checked="" type="checkbox"/>	2	88	James Quirk	Yeovil Olympiads AC	1.80							
3	8	Ben Rendall	Yeovil Olympiads AC	1.95		65	<input checked="" type="checkbox"/>	3	66	Robbie Wells	Swansea Harriers	1.75							
4	6	Ben Davies	Swansea Harriers	1.90			<input checked="" type="checkbox"/>	4	5	Kevin Brown	Southend AC	1.75							
5	55	Pat Halcrow	Southend AC	1.85				5	22	Ian Allan	Exeter Harriers	1.70							
6	2	Ashley Baker	Exeter Harriers	1.80				6	33	Mark Bishop	Havering Mayesbrook AC	1.70							
7	3	Bardley Burr	Havering Mayesbrook AC	1.70				7	7	Aaron Dunne	Southampton AC	1.65							
8	77	Nathan Slade	Southampton AC	1.70				8	44	Chris Dack	Kingston AC & Poly H	1.65							



Division 3 Match 1 - Barnet Cophall Stadium

Perf Record Wind UKA AW

5 June 2010

Perf Wind UKA AW

Men's Pole Vault A

1	8	Ben Gibb	Yeovil Olympiads AC	4.60				
2	5	Aaron Kaye	Southend AC	4.60				
3	2	Alex MacGregor	Exeter Harriers	3.80				
4	4	Gordon Lester	Kingston AC & Poly H	3.80				
5	6	Glyn Price	Swansea Harriers	3.80				
6	3	Mark Bishop	Havering Mayesbrook AC	3.60				
7	1	James Lelliott	Bournemouth AC	2.20				

Men's Pole Vault B

1	55	Jason Fry	Southend AC	4.20			70	<input checked="" type="checkbox"/>
2	88	Neil Price	Yeovil Olympiads AC	4.00			50	<input checked="" type="checkbox"/>
3=	22	Ben Conibear	Exeter Harriers	3.20				
3=	33	Stuart Tufton	Havering Mayesbrook AC	3.20				
5	44	Maurice Joyce	Kingston AC & Poly H	2.20				
6=	66	Wyn Roberts	Swansea Harriers	1.10				
6=	11	Paul Hindle	Bournemouth AC	1.10				

Men's 4x100m Relay

1	4	Kingston AC & Poly H	Justin Green	Victor Nwagbara	Adam Bellis	Chris Hall	42.91	<input checked="" type="checkbox"/>
2	5	Southend AC	Markus Hunt	Kevin Brown	Jake King	James McLean	43.57	<input checked="" type="checkbox"/>
3	3	Havering Mayesbrook A	Ammad Masood	Richard Morrissey	Joseph Ramie	Luke Stott	43.93	<input checked="" type="checkbox"/>
4	1	Bournemouth AC	Olu Baptist	Darryn Campbell	James Warsop	Aaron Harris	44.11	
5	8	Yeovil Olympiads AC	Kenny Howard	Nick Clements	Chris Bland	Andrew Faulkner	44.23	
6	2	Exeter Harriers	Byron Fitzgerald	Ben Conibear	Ozgur Irman	Alex MacGregor	44.34	
7	6	Swansea Harriers	Kueni Igbarigini	Andrew Smith	Ben Davies	Wyn Roberts	44.75	
8	7	Southampton AC	Chris Bull	Abe Newell	Phil Coker	Oliver King	45.74	

Men's 4x400m Relay

1	2	Exeter Harriers	Richard Scott	Matt Parsley	James Ansell	Sam Peters	03:20.57	<input checked="" type="checkbox"/>
2	5	Southend AC	John King	James McLean	Kevin Brown	Markus Hunt	03:23.10	<input checked="" type="checkbox"/>
3	8	Yeovil Olympiads AC	Davey Platt	Simon Davies	Tim Sayers	Andrew Faulkner	03:23.40	<input checked="" type="checkbox"/>
4	4	Kingston AC & Poly H	Jamie McCullagh	Danny Eckersley	Adam Bellis	Chris Hall	03:23.49	<input checked="" type="checkbox"/>
5	1	Bournemouth AC	Paul Hindle	Ryan Saunders	Joe Blackmore	Darryn Campbell	03:26.25	
6	3	Havering Mayesbrook A	Simon Richards	Richard Morrissey	Isaac Ogunlade	Joseph Ramie	03:28.56	
7	7	Southampton AC	Steve Phillips	Abe Newell	Aaron Bennett	John Slade	03:29.23	
8	6	Swansea Harriers	Steve Richards	Peter Bridger	Jonathan Williams	Chris Rees	03:36.73	

MATCH RESULT

League Points

Match

1	Kingston AC & Poly H	8	344.0
2	Exeter Harriers	7	320.0
3	Southend AC	6	315.0
4	Bournemouth AC	5	282.5
5	Havering Mayesbrook AC	4	272.0
6	Yeovil Olympiads AC	3	265.0
7	Swansea Harriers	2	241.5
8	Southampton AC	1	141.0

STANDINGS

League Points

Match

1	Kingston AC & Poly H	8	344.0
2	Exeter Harriers	7	320.0
3	Southend AC	6	315.0
4	Bournemouth AC	5	282.5
5	Havering Mayesbrook AC	4	272.0
6	Yeovil Olympiads AC	3	265.0
7	Swansea Harriers	2	241.5
8	Southampton AC	1	141.0

MAN OF THE MATCH : Rob Earle, Southend AC, 55.30m

Men's 100m Non Scoring "A"

Wind = -0.7 m/s

1	5	Charlie Dack	Southend	11.04	52
2	7	Oliver King	Southampton	11.14	
3	44	Victor Nwagbara	Kingston & Poly	11.32	
4	2	Bryon Fitzgerald	Exeter H	11.82	
5	55	Lloyd Heard	Southend	12.18	
6	4	Maris Kuklis	Kingston & Poly	12.62	
7					

Men's 1500m N/S

153 Heard Southend 04:19.48 #####