



Division 2 Match 4 - Kingston

				Perf	Record	Wind	AW	22 August 2009						
				Wind=				Perf	Wind	AW				
100m A				Wind=	-1.5 m/s			100m B				Wind=	-0.7 m/s	Man
1	2	Christian Malcolm	Cardiff AAC	10.59			☑	1	44	Dele Onifade	Herne Hill Harriers	10.87		☑
2	1	Dwayne Grant	Blackheath & Bromley H & AC	10.74			☑	2	88	Jason Commissiong	Thames Valley Harriers	10.96		☑
3	4	Robert Graham	Herne Hill Harriers	11.01			☑	3	55	Andre Nembhard	Kingston AC & Poly Harriers	11.09		☑
4	8	William De Torvy	Thames Valley Harriers	11.06			☑	4	11	Duaine Bovell	Blackheath & Bromley H & AC	11.16		☑
5	5	Justin Green	Kingston AC & Poly Harriers	11.09			☑	5	22	Gareth Hopkins (U20)	Cardiff AAC	11.16		☑
6	7	Wyn Roberts	Swansea Harriers	11.12			☑	6	33	Dewayne Simms	Harrow AC	11.16		☑
7	3	Joshua Wood	Harrow AC	11.17			☑	7	66	Umar Hameed	Leeds City AC	11.42		
8	6	Dan Gardner	Leeds City AC	11.36				8	77	Gareth Dodd	Swansea Harriers	11.62		
200m A				Wind=	+1.4 m/s			200m B				Wind=	+1.3 m/s	
1	2	Christian Malcolm	Cardiff AAC	21.01			☑	1	11	Daniel Hague	Blackheath & Bromley H & AC	21.70		☑
2	1	Dwayne Grant	Blackheath & Bromley H & AC	21.27			☑	2	22	Lloyd Refell	Cardiff AAC	22.24		☑
3	4	Lawrence Mensah	Herne Hill Harriers	21.95			☑	3	44	Byron Robinson	Herne Hill Harriers	22.35		☑
4	5	Justin Green	Kingston AC & Poly Harriers	22.27			☑	4	88	Nigel Thomas	Thames Valley Harriers	22.58		☑
5	8	Lumar Sylvester	Thames Valley Harriers	22.32			☑	5	55	Chris Hall	Kingston AC & Poly Harriers	22.59		☑
6	6	Tom Mosley	Leeds City AC	22.61			☑	6	66	Umar Hameed	Leeds City AC	22.81		☑
7	7	Gareth Dodd	Swansea Harriers	23.13				7	33	Sonny Flynn	Harrow AC	23.42		
8	3	Donald MacLeod	Harrow AC	23.31				8	77	Steve Davies	Swansea Harriers	27.90		
400m A								400m B						
1	3	Craig Stewart	Harrow AC	48.69			☑	1	22	Gareth Warburton	Cardiff AAC	48.70		☑
2	8	Shane Christie	Thames Valley Harriers	49.30			☑	2	33	Donald MacLeod	Harrow AC	48.70		☑
3	1	Femi Owolade	Blackheath & Bromley H & AC	49.33			☑	3	44	Peter Phillips	Herne Hill Harriers	49.00		☑
4	2	Nathan Feluus	Cardiff AAC	49.47			☑	4	11	Alloy Wilson	Blackheath & Bromley H & AC	49.71		☑
5	4	Samuel Adeyemi	Herne Hill Harriers	49.77			☑	5	88	Lloyd King	Thames Valley Harriers	50.66		☑
6	6	Sam Lowrey	Leeds City AC	50.43			☑	6	66	Ben Craddock	Leeds City AC	50.72		☑
7	5	Adam Bellis	Kingston AC & Poly Harriers	50.90			☑	7	55	Jason-Louis Bernard	Kingston AC & Poly Harriers	52.01		
8	7	Steve Richards	Swansea Harriers	55.14				8	77	Sam Walsh	Swansea Harriers	53.24		
800m A								800m B						
1	2	Joe Thomas	Cardiff AAC	1:51.12			☑	1	22	Gareth Warburton	Cardiff AAC	1:55.91		☑
2	6	Michael Salter	Leeds City AC	1:53.41			☑	2	66	Ben Craddock	Leeds City AC	1:56.95		☑
3	1	Russell Bentley	Blackheath & Bromley H & AC	1:55.02			☑	3	11	Scott Overall	Blackheath & Bromley H & AC	1:57.18		☑
4	3	Matt Addison	Harrow AC	1:55.42			☑	4	55	Craig Price	Kingston AC & Poly Harriers	1:58.68		☑
5	8	Louis William	Thames Valley Harriers	1:55.96			☑	5	88	Paul Whitelam	Thames Valley Harriers	1:59.84		☑
6	5	Michael Hobson	Kingston AC & Poly Harriers	1:57.72			☑	6	77	Sam Walsh	Swansea Harriers	2:00.30		
7	4	Lewis Lloyd	Herne Hill Harriers	2:00.92				7	33	Luke Hunt	Harrow AC	2:01.64		
8	7	Chris Davies	Swansea Harriers	2:06.23				8	44	Mike Cummings	Herne Hill Harriers	2:01.72		
1500m A								1500m B						
1	22	James Thie	Cardiff AAC	3:53.70			☑	1	2	Chris Discombe	Cardiff AAC	3:59.39		☑
2	6	Nick Hooker	Leeds City AC	3:57.37			☑	2	66	Michael Salter	Leeds City AC	4:01.22		☑
3	11	Scott Overall	Blackheath & Bromley H & AC	3:57.39			☑	3	77	Martin Conroy	Swansea Harriers	4:01.95		☑
4	8	Andrew Hennesey	Thames Valley Harriers	4:00.48			☑	4	88	Paul Whitelam	Thames Valley Harriers	4:05.05		☑
5	7	Guy Smith	Swansea Harriers	4:01.82			☑	5	33	Adam Stainsby	Harrow AC	4:10.24		
6	5	Michael Hobson	Kingston AC & Poly Harriers	4:07.72			☑	6	1	James Poole	Blackheath & Bromley H & AC	4:12.05		
7	3	Ben Warren	Harrow AC	4:08.31				7	44	Simon Coombes	Herne Hill Harriers	4:12.81		
8	4	Jonathan Henderson	Herne Hill Harriers	4:08.99				8	55	Andy Robinson(M40)	Kingston AC & Poly Harriers	4:15.63		
3000m S/Chase A				Manual				3000m S/Chase B				Manual		
1	6	James Wilkinson	Leeds City AC	9:23.7			☑	1	22	Andy Friend	Cardiff AAC	9:36.7		☑
2	2	Chris Discombe	Cardiff AAC	9:29.1			☑	2	77	Martin Conroy	Swansea Harriers	9:41.9		☑
3	8	Andrew Hennesey	Thames Valley Harriers	9:29.8			☑	3	33	Peter Norris	Harrow AC	9:58.1		☑
4	1	Alex Bruce Littlewood	Blackheath & Bromley H & AC	9:37.5			☑	4	66	James Lavin	Leeds City AC	10:04.5		
5	7	Sullivan Smith	Swansea Harriers	9:39.9			☑	5	4	Andrew Donno	Herne Hill Harriers	10:06.5		
6	3	Alan Wray	Harrow AC	9:51.5			☑	6	11	James Poole	Blackheath & Bromley H & AC	10:09.6		
7	44	Jeff Cunningham	Herne Hill Harriers	9:58.4			☑	7	88	Steve Norris	Thames Valley Harriers	10:14.3		
8	55	Mike Maranzano	Kingston AC & Poly Harriers	10:23.0				8	5	James Robertson	Kingston AC & Poly Harriers	10:28.3		



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				Perf	Record	Wind	AW	22 August 2009					
				Perf	Record	Wind	AW						
5000m A								5000m B					
1	1	Andrew Rayner	Blackheath & Bromley H & AC	14:46.64			☑	1	66	James Smith	Leeds City AC	14:51.12	☑
2	6	Simon Deakin	Leeds City AC	14:47.83			☑	2	2	Nat Lane	Cardiff AAC	14:54.34	☑
3	22	Tom Marshall	Cardiff AAC	14:50.10			☑	3	11	Peter Tucker	Blackheath & Bromley H & AC	15:28.60	☑
4	7	Craig Hopkins	Swansea Harriers	14:59.94			☑	4	77	Brian Maher	Swansea Harriers	15:29.33	☑
5	3	Dave Branfoot	Harrow AC	15:02.25			☑	5	33	Martin Matthews	Harrow AC	15:34.73	☑
6	8	Chris Smith	Thames Valley Harriers	15:02.98			☑	6	5	Julian Hough	Kingston AC & Poly Harriers	15:53.77	☑
7	4	Ben Paviour	Herne Hill Harriers	15:29.85			☑	7	88	James Sumpter	Thames Valley Harriers	16:01.53	☑
8	55	Will Clark	Kingston AC & Poly Harriers	15:51.95			☑	8	44	Jeff Cunningham	Herne Hill Harriers	16:28.14	☑
400m Hurdles A								400m Hurdles B					
1	2	Gareth Wiltshire	Cardiff AAC	54.47			☑	1	22	Luke Morgan (U20)	Cardiff AAC	56.70	☑
2	6	Matt Hudson	Leeds City AC	55.34			☑	2	55	Tom Parry	Kingston AC & Poly Harriers	58.53	
3	5	Danny Eckersley	Kingston AC & Poly Harriers	55.39			☑	3	11	Ben Parkin	Blackheath & Bromley H & AC	59.46	
4	4	Sam Parsons	Herne Hill Harriers	55.43			☑	4	33	Noel Reid	Harrow AC	60.66	
5	8	Delroy Mitchell	Thames Valley Harriers	57.12			☑	5	44	Didier Sorel	Herne Hill Harriers	61.02	
6	3	Chad McLeod	Harrow AC	59.05				6	66	Tom Lindsey	Leeds City AC	61.02	
7	1	Eo Harrison	Blackheath & Bromley H & AC	66.71				7	77	Steve Davies	Swansea Harriers	73.50	
8	7	Steve Richards	Swansea Harriers	67.25				8	88	Phil Wetton	Thames Valley Harriers	74.50	
110m Hurdles A								110m Hurdles B					
				Wind=	-0.1 m/s					Wind=	-0.5 m/s		
1	6	Matt Hudson	Leeds City AC	14.85			☑	1	33	Gabriel Akin	Harrow AC	15.16	☑
2	2	David Guest (U20)	Cardiff AAC	14.90			☑	2	55	Chris Hall	Kingston AC & Poly Harriers	16.88	
3	4	Thomas Ashby	Herne Hill Harriers	15.05			☑	3	44	Blade Ashby	Herne Hill Harriers	17.05	
4	5	Matt Field	Kingston AC & Poly Harriers	15.29			☑	4	11	Bomene Barikor	Blackheath & Bromley H & AC	17.54	
5	8	Myles Fisher	Thames Valley Harriers	15.57			☑	5	22	Matt Ledger	Cardiff AAC	17.86	
6	3	Sam Botchey	Harrow AC	17.26				6	66	Tom Lindsey	Leeds City AC	19.39	
7	1	Richard Holt	Blackheath & Bromley H & AC	17.52				7	88	Manuel Da Silva	Thames Valley Harriers	29.96	
8	7	Gareth Dodd	Swansea Harriers	23.80				8	77		Swansea Harriers	DNS	
Hammer A								Hammer B					
1	1	Karim Chester	Blackheath & Bromley H & AC	62.16			☑	1	44	Mark Hanily	Herne Hill Harriers	51.47	☑
2	4	Stuart Thurgood	Herne Hill Harriers	55.22			☑	2	55	Kyle Stevens	Kingston AC & Poly Harriers	49.69	☑
3	7	Ritchie Wells	Swansea Harriers	50.59			☑	3	11	Andrew Jordan	Blackheath & Bromley H & AC	45.72	☑
4	5	Gareth Cook(M40)	Kingston AC & Poly Harriers	49.92			☑	4	8	Ali Mortimore	Thames Valley Harriers	38.10	
5	88	Gavin Cook	Thames Valley Harriers	48.20			☑	5	66	Sam Allan	Leeds City AC	28.54	
6	3	Matt Payne-Davis	Harrow AC	44.67			☑	6	2	Matt Ledger	Cardiff AAC	21.36	
7	6	Mark Harrison	Leeds City AC	33.89				7	77	David Jones (v60)	Swansea Harriers	12.84	
8	22	Dave Coleman	Cardiff AAC	27.38				8	33	Rohan Samuel	Harrow AC	8.66	
Discus A								Discus B					
1	2	David Guest (U20)	Cardiff AAC	48.65			☑	1	44	Gavin Johnson Assoon	Herne Hill Harriers	41.12	☑
2	4	Thomas Ashby	Herne Hill Harriers	45.92			☑	2	55	Andy Wheble	Kingston AC & Poly Harriers	40.12	☑
3	1	Alex Pope	Blackheath & Bromley H & AC	42.45			☑	3	11	Karim Chester	Blackheath & Bromley H & AC	39.22	☑
4	5	Nick Owen	Kingston AC & Poly Harriers	42.09			☑	4	22	Dave Coleman	Cardiff AAC	38.24	☑
5	6	Matt Allison	Leeds City AC	40.00			☑	5	33	Saoirse Chinery-Edoo	Harrow AC	32.19	
6	3	Guy Stroud	Harrow AC	35.55			☑	6	66	Mark Harrison	Leeds City AC	31.16	
7	8	Ali Mortimore	Thames Valley Harriers	32.22				7	88	Gavin Cook	Thames Valley Harriers	30.25	
8	77	Ritchie Wells	Swansea Harriers	28.08				8	7	Oliver Wright	Swansea Harriers	26.09	
Javelin A								Javelin B					
1	3	Dave Sketchley	Harrow AC	58.61			☑	1	66	Sam Allan	Leeds City AC	54.13	☑
2	44	Gavin Johnson Assoon	Herne Hill Harriers	56.14			☑	2	4	Allandre Johnson	Herne Hill Harriers	54.01	☑
3	6	Matt Allison	Leeds City AC	54.83			☑	3	33	Guy Stroud	Harrow AC	48.71	
4	8	Jonathan Harvey	Thames Valley Harriers	50.77			☑	4	88	Jason Commissiong	Thames Valley Harriers	44.58	
5	1	Alex Pope	Blackheath & Bromley H & AC	50.41			☑	5	5	Chris Dack	Kingston AC & Poly Harriers	43.54	
6	7	Oliver Wright	Swansea Harriers	47.02				6	2	Matt Ledger	Cardiff AAC	40.30	
7	55	Humphrey Waddington	Kingston AC & Poly Harriers	44.97				7	77	Robby Wells	Swansea Harriers	38.29	
8	22	Josh Williams	Cardiff AAC	43.71				8	11	Colin Brand	Blackheath & Bromley H & AC	31.87	



Division 2 Match 4 - Kingston

Shot Putt A

	Perf	Record	Wind	AW	
1	5	Nick Owen	Kingston AC & Poly Harriers	14.91	<input checked="" type="checkbox"/>
2	4	Thomas Ashby	Herne Hill Harriers	13.16	<input checked="" type="checkbox"/>
3	2	David Guest (U20)	Cardiff AAC	12.91	
4	11	Karim Chester	Blackheath & Bromley H & AC	12.70	
5	6	Matt Allison	Leeds City AC	12.40	
6	3	Guy Stroud	Harrow AC	12.39	
7	8	Ali Mortimore	Thames Valley Harriers	11.13	
8	7	Oliver Wright	Swansea Harriers	10.85	

Long Jump A

	Perf	Record	Wind	AW	
1	66	Dan Gardner	Leeds City AC	7.21	+1.1 <input checked="" type="checkbox"/>
2	2	David Guest (U20)	Cardiff AAC	7.09	+0.8 <input checked="" type="checkbox"/>
3	3	Kadeem Greenidge-Smith	Harrow AC	7.05	+0.9 <input checked="" type="checkbox"/>
4	5	Humphrey Waddington	Kingston AC & Poly Harriers	7.02	-0.6 <input checked="" type="checkbox"/>
5	4	Paul Oluyemi	Herne Hill Harriers	7.00	-0.7 <input checked="" type="checkbox"/>
6	7	Wyn Roberts	Swansea Harriers	6.42	+1.1
7	11	Bomene Barikor	Blackheath & Bromley H & AC	6.40	-1.1
8	88	John Munroe	Thames Valley Harriers	6.32	+0.3

Triple Jump A

	Perf	Record	Wind	AW	
1	6	Matt Barton	Leeds City AC	14.90	+0.7 <input checked="" type="checkbox"/>
2	5	Humphrey Waddington	Kingston AC & Poly Harriers	14.45	-0.9 <input checked="" type="checkbox"/>
3	1	Sam Bobb	Blackheath & Bromley H & AC	14.42	+1.8 <input checked="" type="checkbox"/>
4	8	Nav Childs	Thames Valley Harriers	14.13	+0.7 <input checked="" type="checkbox"/>
5	7	Wyn Roberts	Swansea Harriers	13.34	-0.6 <input checked="" type="checkbox"/>
6	22	Matt Ledger	Cardiff AAC	13.14	+0.5 <input checked="" type="checkbox"/>
7	44	Akin Oyediran	Herne Hill Harriers	12.96	-0.4
8	3	James Okeyemi	Harrow AC	12.94	-1.0

High Jump A

	Perf	Record	Wind	AW	
1	22	Matt Ledger	Cardiff AAC	1.95	<input checked="" type="checkbox"/>
2	1	Lewis Ely	Blackheath & Bromley H & AC	1.90	<input checked="" type="checkbox"/>
3	6	Matt Hudson	Leeds City AC	1.85	
4	4	Thomas Ashby	Herne Hill Harriers	1.85	
5=	8	Myles Fisher	Thames Valley Harriers	1.80	
5=	5	Matt Field	Kingston AC & Poly Harriers	1.80	
7	77	Robby Wells	Swansea Harriers	1.80	
8	3	Noel Reid	Harrow AC	1.75	

Pole Vault A

	Perf	Record	Wind	AW	
1	2	David Guest (U20)	Cardiff AAC	4.72	<input checked="" type="checkbox"/>
2	33	Matt Weaver	Harrow AC	4.40	<input checked="" type="checkbox"/>
3	8	Greg Conlon	Thames Valley Harriers	4.20	<input checked="" type="checkbox"/>
4	6	Dan Gardner	Leeds City AC	4.20	<input checked="" type="checkbox"/>
5	11	Mark Longhurst	Blackheath & Bromley H & AC	4.00	<input checked="" type="checkbox"/>
6	7	Emyr Jones	Swansea Harriers	3.80	<input checked="" type="checkbox"/>
7	5	Bilen Ahmet	Kingston AC & Poly Harriers	3.60	
8	4	Pablo Sisca	Herne Hill Harriers	3.20	

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Shot Putt B

	Perf	Record	Wind	AW	
1	55	Kyle Stevens	Kingston AC & Poly Harriers	14.72	<input checked="" type="checkbox"/>
2	44	Kevin Burke	Herne Hill Harriers	13.05	<input checked="" type="checkbox"/>
3	1	Alex Pope	Blackheath & Bromley H & AC	11.95	
4	66	Anthony Timms	Leeds City AC	11.09	
5	22	Dave Coleman	Cardiff AAC	10.38	
6	33	Noel Reid	Harrow AC	9.78	
7	88	Gavin Cook	Thames Valley Harriers	8.85	
8	77	Ritchie Wells	Swansea Harriers	7.39	

Long Jump B

	Perf	Record	Wind	AW	
1	6	Anthony Timms	Leeds City AC	6.81	-0.5 <input checked="" type="checkbox"/>
2	33	Stefan Greenidge	Harrow AC	6.63	-0.4 <input checked="" type="checkbox"/>
3	55	Chris Hall	Kingston AC & Poly Harriers	6.47	-1.8
4	44	Kevin Burke	Herne Hill Harriers	6.21	+1.5
5	77	Robby Wells	Swansea Harriers	6.18	+0.4
6	8	Nav Childs	Thames Valley Harriers	5.96	+1.0
7	1	Sam Bobb	Blackheath & Bromley H & AC	5.72	-0.9
8	22	Josh Williams	Cardiff AAC	5.25	+0.5

Triple Jump B

	Perf	Record	Wind	AW	
1	55	Chris Hall	Kingston AC & Poly Harriers	13.22	-0.5 <input checked="" type="checkbox"/>
2	11	Mark Longhurst	Blackheath & Bromley H & AC	13.18	+1.5 <input checked="" type="checkbox"/>
3	4	Taiwo Aderini	Herne Hill Harriers	12.88	-0.4
4	88	Adrian Assinor	Thames Valley Harriers	12.78	-0.4
5	66	Dan Gardner	Leeds City AC	12.70	+1.1
6	33	Matt Sadoh	Harrow AC	11.86	+1.9
7	77	Robby Wells	Swansea Harriers	11.65	+1.7
8	2	Gareth Wiltshire	Cardiff AAC	11.62	+0.5

High Jump B

	Perf	Record	Wind	AW	
1	2	Lewis Long	Cardiff AAC	1.80	
2	44	Blade Ashby	Herne Hill Harriers	1.80	
3	55	Chris Dack	Kingston AC & Poly Harriers	1.75	
4	66	Steve Lindsell	Leeds City AC	1.75	
5=	11	Alex Pope	Blackheath & Bromley H & AC	1.70	
5=	33	Gabriel Akin	Harrow AC	1.70	
7	7	Emyr Jones	Swansea Harriers	1.50	
8	88	Delroy Mitchell	Thames Valley Harriers	1.30	

Pole Vault B

	Perf	Record	Wind	AW	
1	3	Ian Smart	Harrow AC	4.20	<input checked="" type="checkbox"/>
2	1	Nick Moore	Blackheath & Bromley H & AC	4.00	<input checked="" type="checkbox"/>
3	22	Stephen Guest (U20)	Cardiff AAC	4.00	<input checked="" type="checkbox"/>
4	66	Mark Fuzard	Leeds City AC	3.20	
5	55	Gordon Lester(U20)	Kingston AC & Poly Harriers	3.20	
6	44	Didier Sorel	Herne Hill Harriers	3.00	
7	77	Gareth Dodd	Swansea Harriers	2.20	



Division 2 Match 4 - Kingston

22 August 2009

	Perf	Record	Wind	AW		Perf	Wind	AW
4x100m Relay								
1	1	Blackheath & Bromley H & AC	Duaine Bovell	Daniel Haque	Femi Owolade	Dwayne Grant	41.68	<input checked="" type="checkbox"/>
2	8	Thames Valley Harriers	Moses Bond	Jason Commissiong	Nigel Thomas	William Tovey	41.87	<input checked="" type="checkbox"/>
3	4	Herne Hill Harriers	Robert Graham	Jeffrey Ocrah	Byron Robinson	Dele Onifade	42.52	<input checked="" type="checkbox"/>
4	5	Kingston AC & Poly Harriers	Humphrey Waddington	Andre Nembhard	Chris Hall	Justin Green	42.72	<input checked="" type="checkbox"/>
5	6	Leeds City AC	Dan Gardner	Anthony Timms	Umar Hameed	Tom Mosley	43.01	<input checked="" type="checkbox"/>
6	2	Cardiff AAC	Lloyd Refell	Gareth Hopkins (U20)	Luke Morgan (U20)	David Guest (U20)	43.36	<input checked="" type="checkbox"/>
7	7	Swansea Harriers	Wyn Roberts	Gareth Dodd	Emyr Jones	Oliver Wright	46.23	
8	3	Harrow AC	Rohan Samuel	Craig Stewart	Gabriel Akin	Joshua Wood	DISQ	

	Perf	Record	Wind	AW		Perf	Wind	AW
4x400m Relay								
1	3	Harrow AC	Sonny Flynn	Adam Stainsby	Donald MacLeod	Craig Stewart	3:18.4	<input checked="" type="checkbox"/>
2	8	Thames Valley Harriers	Louis William	Delroy Mitchell	Lloyd King	Snane Christie	3:19.2	<input checked="" type="checkbox"/>
3	22	Cardiff AAC	Gareth Hopkins (U20)	Nathan Feluus	Gareth Warburton	James Thie	3:20.4	<input checked="" type="checkbox"/>
4	4	Herne Hill Harriers	Samuel Adeyemi	Peter Phillips	Byron Robinson	Sam Parsons	3:20.9	<input checked="" type="checkbox"/>
5	5	Kingston AC & Poly Harriers	Danny Eckersley	V Nwagbara	Jason-Louis Bernard	Adam Bellis	3:23.5	<input checked="" type="checkbox"/>
6	66	Leeds City AC	Matt Hudson	Michael Salter	Ben Craddock	Sam Lowrey	3:42.8	
7	7	Swansea Harriers	Chris Davies	Sam Walsh	Guy Smith	Steve Richards	3:53.4	
8	1	Blackheath & Bromley H & AC	Daniel Hague	Alloy Wilson	Femi Owolade	Ed Harrison	DISQ	

MATCH RESULT	League Points	Match	STANDINGS	League Points	Match
1 CDF	8	362.0	1 CDF	26	1287.0 Promoted
2 B&B	7	311.5	2 B&B	26	1250.5 Promoted
3 LDS	6	310.0	3 HHH	19	1130.0
4 HHH	5	297.0	4 TVH	18	1087.0
5 K&P	4	273.0	5 LDS	17	1092.0
6 HRW	3	245.5	6 HRW	16	1090.8
7 TVH	2	236.0	7 K&P	16	1055.3 Relegated
8 SWA	1	162.0	8 SWA	6	765.3 Relegated

ATHLETE OF THE MATCH

Christian Malcolm	Cardiff AAC	10.59	100m
		21.01	200m

100m Non Scoring 1				100m Non Scoring 2							
	Perf	Record	Wind		Perf	Record	Wind				
1	45	Idowu Akindele	(S & D)	10.79	<input checked="" type="checkbox"/>	1	41	Tunde Balogun	(Victoria Park H & Tower Ham)	10.96	<input checked="" type="checkbox"/>
2	42	Nigel Thomas	Thames Valley Harriers	10.96	<input checked="" type="checkbox"/>	2	26	Lloyd Raffell	Cardiff AAC	11.16	<input checked="" type="checkbox"/>
3	40	Jason Commissiong	Thames Valley Harriers	11.00	<input checked="" type="checkbox"/>	3	34	Ashley Noble	Herne Hill Harriers	11.19	<input checked="" type="checkbox"/>
4	28	Jeffery Ocrah	Herne Hill Harriers	11.03		4	31	Vumi Adeyemi	Herne Hill Harriers	11.30	<input checked="" type="checkbox"/>
5	27	Lawrence Mensah	Herne Hill Harriers	11.05		5	47	Victor Nwagbara	Kingston AC & Poly Harriers	11.46	
6	30	Chris Pope	Herne Hill Harriers	11.27							

100m Non Scoring 3				100m Non Scoring 4							
	Perf	Record	Wind		Perf	Record	Wind				
1	46	Matthew Thomas	(Newham & Essex Beagles AC)	11.04		1	39	Rohan Samuel	Harrow AC	11.51	
2	18	Josh Wood	Harrow AC	11.09		2	35	Daryl Thomas	Herne Hill Harriers	11.58	
3	24	Moses Bawo	Thames Valley Harriers	11.31		3	38	Saoirse Chinery-Edoi	Harrow AC	11.80	
4	25	Lumar Sylvester	Thames Valley Harriers	11.32		4	37	Ali Kokaz	Kingston AC & Poly Harriers	11.86	
5	20	Ricardo Martin	Harrow AC	11.60		5	48	Reiss Bowen	Herne Hill Harriers	12.46	
						6	21	Mark Harrison	Leeds City AC	15.43	

Long Jump (Non Scoring)					
	Perf	Record	Wind		
1	12	Shamsher Rai	Harrow AC	7.32	-0.8

3000m (Non Scoring)				
	Perf	Record	Manual	
1	109	Tony Macdowall	(Victoria Park H & Tower Ham)	11:11.6

1500m (Non Scoring)				
	Perf	Record		
1	49	John Carlisle	Herne Hill Harriers	4:10.97

5000m (Non Scoring)				
	Perf	Record		
1	50	Dave Alcock	(Victoria Park H & Tower Ham)	15:11.87
2	110	Paul Martelletti	(Victoria Park H & Tower Ham)	15:17.91

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2 Match 4		VENUE		Kingston		DATE		22 August 2009							
EVENT		Hammer		TIME		12:30		RECORD		77.54m		Martin Girvan, Wolverhampton & Bilston, 77.54m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	5	Gareth Cook(M40)	Kingston AC & Poly Harriers	46.06	NT	45.19	46.06	7	48.25	47.15	49.92	49.92	5	A	4		
2	7	Karim Chester	Blackheath & Bromley H & AC	58.93	NT	62.16	62.16	1	NT	NT	NT	62.16	1	A	1		
3	4	Stuart Thurgood	Herne Hill Harriers	52.94	54.42	54.91	54.91	2	55.22	NT	NT	55.22	2	A	2		
4	6	Mark Harrison	Leeds City AC	31.06	NT	33.89	33.89	11				33.89	11	A	7		
5	3	Matt Payne-Davis	Harrow AC	44.67	44.32	NT	44.67	9				44.67	9	A	6		
6	2	Matt Ledger	Cardiff AAC	21.36	NT	NT	21.36	14				21.36	14	B		6	
7	7	Ritchie Wells	Swansea Harriers	48.37	50.59	49.51	50.59	4	49.00	NT	48.78	50.59	4	A	3		
8	8	Ali Mortimore	Thames Valley Harriers	31.88	38.10	37.89	38.10	10				38.10	10	B		4	
9	33	Rohan Samuel	Harrow AC	8.66			8.66	16				8.66	16	B		8	
10	22	Dave Coleman	Cardiff AAC	27.38			27.38	13				27.38	13	A	8		
11	77	David Jones (v60)	Swansea Harriers	NT	11.72	12.84	12.84	15				12.84	15	B		7	
12	88	Gavin Cook	Thames Valley Harriers	46.41	48.20	NT	48.20	5	47.08	46.34	45.92	48.20	7	A	5		
13	55	Kyle Stevens	Kingston AC & Poly Harriers	46.77	47.97	47.61	47.97	6	NT	NT	49.69	49.69	6	B		2	
14	17	Andrew Jordon	Blackheath & Bromley H & AC	NT	45.72	NT	45.72	8	NT	NT	NT	45.72	8	B		3	
15	44	Mark Hanily	Herne Hill Harriers	NT	51.21	NT	51.21	3	51.14	50.77	51.47	51.47	3	B		1	
16	66	Sam Allan	Leeds City AC	NT	NT	28.54	28.54	12				28.54	12	B		5	

"A" STRING RESULT				"B" STRING RESULT					JUDGES' SIGNATURES			
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE			
1	1	Karim Chester	Blackheath & Bromley H & AC	62.16	1	44	Mark Hanily	Herne Hill Harriers	51.47			
2	4	Stuart Thurgood	Herne Hill Harriers	55.22	2	55	Kyle Stevens	Kingston AC & Poly Harriers	49.69			
3	7	Ritchie Wells	Swansea Harriers	50.59	3	11	Andrew Jordon	Blackheath & Bromley H & AC	45.72			
4	5	Gareth Cook(M40)	Kingston AC & Poly Harriers	49.92	4	8	Ali Mortimore	Thames Valley Harriers	38.10			
5	88	Gavin Cook	Thames Valley Harriers	48.20	5	66	Sam Allan	Leeds City AC	28.54			
6	3	Matt Payne-Davis	Harrow AC	44.67	6	2	Matt Ledger	Cardiff AAC	21.36	REFEREE'S SIGNATURE		
7	6	Mark Harrison	Leeds City AC	33.89	7	77	David Jones (v60)	Swansea Harriers	12.84			
8	22	Dave Coleman	Cardiff AAC	27.38	8	33	Rohan Samuel	Harrow AC	8.66			

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2 Match 4		VENUE		Kingston		DATE		22 August 2009							
EVENT		Discus		TIME		14:00		RECORD		63.37m		Emeka Udechuku, WoodfordGwEL, 63.37m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	3	Guy Stroud	Harrow AC	35.55	35.46	NT	35.55	10				35.55	10	A	6		
2	2	David Guest (U20)	Cardiff AAC	47.38	NT	NT	47.38	1	NT	48.65	44.13	48.65	1	A	1		
3	6	Matt Allison	Leeds City AC	37.18	39.50	37.99	39.50	7	40.00	NT	39.82	40.00	7	A	5		
4	8	Ali Mortimore	Thames Valley Harriers	30.29	31.36	32.22	32.22	11				32.22	11	A	7		
5	5	Nick Owen	Kingston AC & Poly Harriers	39.22	NT	40.45	40.45	4	40.65	41.47	42.09	42.09	4	A	4		
6	1	Alex Pope	Blackheath & Bromley H & AC	37.89	40.40	NT	40.40	5	39.85	42.45	42.00	42.45	3	A	3		
7	4	Thomas Ashby	Herne Hill Harriers	40.75	41.60	39.94	41.60	2	43.36	45.92	41,04	45.92	2	A	2		
8	7	Oliver Wright	Swansea Harriers	22.68	21.91	26.09	26.09	16				26.09	16	B		8	
9	55	Andy Wheble	Kingston AC & Poly Harriers	NT	37.39	40.12	40.12	6	NT	NT	NT	40.12	6	B		2	
10	17	Karim Chester	Blackheath & Bromley H & AC	39.22	NT	NT	39.22	8	38.84			39.22	8	B		3	
11	44	Gavin Johnson Assoon	Herne Hill Harriers	NT	38.33	41.12	41.12	3	40.05	37.46	NT	41.12	5	B		1	
12	77	Ritchie Wells	Swansea Harriers	NT	28.08		28.08	15				28.08	15	A	8		
13	33	Saoirse Chinery-Edoo	Harrow AC	32.19	NT	30.42	32.19	12				32.19	12	B		5	
14	22	Dave Coleman	Cardiff AAC	38.24	NT		38.24	9				38.24	9	B		4	
15	66	Mark Harrison	Leeds City AC	31.16	25.75	30.60	31.16	13				31.16	13	B		6	
16	88	Gavin Cook	Thames Valley Harriers	30.25	29.52	29.41	30.25	14				30.25	14	B		7	

"A" STRING RESULT				"B" STRING RESULT					JUDGES' SIGNATURES			
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE			
1	2	David Guest (U20)	Cardiff AAC	48.65	1	44	Gavin Johnson Assoon	Herne Hill Harriers	41.12			
2	4	Thomas Ashby	Herne Hill Harriers	45.92	2	55	Andy Wheble	Kingston AC & Poly Harriers	40.12			
3	1	Alex Pope	Blackheath & Bromley H & AC	42.45	3	11	Karim Chester	Blackheath & Bromley H & AC	39.22			
4	5	Nick Owen	Kingston AC & Poly Harriers	42.09	4	22	Dave Coleman	Cardiff AAC	38.24			
5	6	Matt Allison	Leeds City AC	40.00	5	33	Saoirse Chinery-Edoo	Harrow AC	32.19			
6	3	Guy Stroud	Harrow AC	35.55	6	66	Mark Harrison	Leeds City AC	31.16	REFEREE'S SIGNATURE		
7	8	Ali Mortimore	Thames Valley Harriers	32.22	7	88	Gavin Cook	Thames Valley Harriers	30.25			
8	77	Ritchie Wells	Swansea Harriers	28.08	8	7	Oliver Wright	Swansea Harriers	26.09			

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2 Match 4		VENUE		Kingston		DATE		22 August 2009							
EVENT		Javelin		TIME		15:30		RECORD		82.38m		Colin Mackenzie, Newham & Essex Beagles, 82.38m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	2	Matt Ledger	Cardiff AAC	34.55	NT	40.30	40.30	14				40.30	14	B		6	
2	8	Jonathan Harvey	Thames Valley Harriers	50.32	48.70	50.63	50.63	6	49.00	50.77	49.44	50.77	6	A	4		
3	5	Humphrey Waddington	Kingston AC & Poly Harriers	43.54	42.31	42.03	43.54	13				43.54	13	B		5	
4	3	Dave Sketchley	Harrow AC	51.89	54.39	58.61	58.61	1	55.28	53.35	58.61	58.61	1	A	1		
5	6	Matt Allison	Leeds City AC	53.40	NT	54.83	54.83	3				54.83	3	A	3		
6	7	Oliver Wright	Swansea Harriers	41.73	47.02	45.81	47.02	9				47.02	9	A	6		
7	1	Alex Pope	Blackheath & Bromley H & AC	50.41			50.41	7				50.41	7	A	5		
8	4	Allandre Johnson	Herne Hill Harriers	54.01	49.65	49.65	54.01	4	49.93	NT	51.37	54.01	5	B		2	
9	66	Sam Allan	Leeds City AC	51.40	47.69	51.74	51.74	5	49.91	52.75	54.13	54.13	4	B		1	
10	77	Robby Wells	Swansea Harriers	38.29			38.29	15				38.29	15	B		7	
11	11	Colin Brand	Blackheath & Bromley H & AC	31.87	31.38	31.74	31.87	16				31.87	16	B		8	
12	44	Gavin Johnson Assoon	Herne Hill Harriers	56.14	NT	51.39	56.14	2	54.60	NT	48.51	56.14	2	A	2		
13	22	Josh Williams	Cardiff AAC	40.86	43.71	39.47	43.71	12				43.71	12	A	8		
14	88	Jason Commissiong	Thames Valley Harriers	32.45	44.14	44.58	44.58	11				44.58	11	B		4	
15	55	Chris Dack	Kingston AC & Poly Harriers	44.97			44.97	10				44.97	10	A	7		
16	33	Guy Stroud	Harrow AC	45.76	48.71		48.71	8				48.71	8	B		3	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	3	Dave Sketchley	Harrow AC	58.61	1	66	Sam Allan	Leeds City AC	54.13		
2	44	Gavin Johnson Assoon	Herne Hill Harriers	56.14	2	4	Allandre Johnson	Herne Hill Harriers	54.01		
3	6	Matt Allison	Leeds City AC	54.83	3	33	Guy Stroud	Harrow AC	48.71		
4	8	Jonathan Harvey	Thames Valley Harriers	50.77	4	88	Jason Commissiong	Thames Valley Harriers	44.58		
5	1	Alex Pope	Blackheath & Bromley H & AC	50.41	5	5	Humphrey Waddington	Kingston AC & Poly Harriers	43.54		
6	7	Oliver Wright	Swansea Harriers	47.02	6	2	Matt Ledger	Cardiff AAC	40.30	REFEREE'S SIGNATURE	
7	55	Chris Dack	Kingston AC & Poly Harriers	44.97	7	77	Robby Wells	Swansea Harriers	38.29		
8	22	Josh Williams	Cardiff AAC	43.71	8	11	Colin Brand	Blackheath & Bromley H & AC	31.87		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2 Match 4		VENUE		Kingston		DATE		22 August 2009							
EVENT		Shot Putt		TIME		15:45		RECORD		20.76m		Adam Nelson, Birchfield H (USA), 20.76m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	8	Ali Mortimore	Thames Valley Harriers	11.13	11.13	NT	11.13	10				11.13	10	A	7		
2	7	Oliver Wright	Swansea Harriers	10.85			10.85	12				10.85	12	A	8		
3	1	Alex Pope	Blackheath & Bromley H & AC	11.95	NT	NT	11.95	9				11.95	9	B		3	
4	2	David Guest (U20)	Cardiff AAC	12.37	12.74	12.42	12.74	5	12.24	12.91	12.65	12.91	5	A	3		
5	4	Thomas Ashby	Herne Hill Harriers	13.16	12.94	12.98	13.16	3				13.16	3	A	2		
6	5	Nick Owen	Kingston AC & Poly Harriers	14.91	14.25	14.49	14.91	1	NT	14.16	NT	14.91	1	A	1		
7	6	Matt Allison	Leeds City AC	12.23	12.40		12.40	7				12.40	7	A	5		
8	3	Guy Stroud	Harrow AC		12.39		12.39	8				12.39	8	A	6		
9	44	Kevin Burke	Herne Hill Harriers	11.43	12.91	13.05	13.05	4	NT	NT	NT	13.05	4	B		2	
10	55	Kyle Stevens	Kingston AC & Poly Harriers	13.94	14.27	14.72	14.72	2	14.40	14.49	NT	14.72	2	B		1	
11	66	Anthony Timms	Leeds City AC	10.63	11.09		11.09	11				11.09	11	B		4	
12	33	Noel Reid	Harrow AC	9.78		NT	9.78	14				9.78	14	B		6	
13	88	Gavin Cook	Thames Valley Harriers	8.85			8.85	15				8.85	15	B		7	
14	77	Ritchie Wells	Swansea Harriers	7.39			7.39	16				7.39	16	B		8	
15	11	Karim Chester	Blackheath & Bromley H & AC	12.70	NT	NT	12.70	6	NT			12.70	6	A	4		
16	22	Dave Coleman	Cardiff AAC	NT	NT	10.38	10.38	13				10.38	13	B		5	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	5	Nick Owen	Kingston AC & Poly Harriers	14.91	1	55	Kyle Stevens	Kingston AC & Poly Harriers	14.72		
2	4	Thomas Ashby	Herne Hill Harriers	13.16	2	44	Kevin Burke	Herne Hill Harriers	13.05		
3	2	David Guest (U20)	Cardiff AAC	12.91	3	1	Alex Pope	Blackheath & Bromley H & AC	11.95		
4	11	Karim Chester	Blackheath & Bromley H & AC	12.70	4	66	Anthony Timms	Leeds City AC	11.09		
5	6	Matt Allison	Leeds City AC	12.40	5	22	Dave Coleman	Cardiff AAC	10.38		
6	3	Guy Stroud	Harrow AC	12.39	6	33	Noel Reid	Harrow AC	9.78	REFEREE'S SIGNATURE	
7	8	Ali Mortimore	Thames Valley Harriers	11.13	7	88	Gavin Cook	Thames Valley Harriers	8.85		
8	7	Oliver Wright	Swansea Harriers	10.85	8	77	Ritchie Wells	Swansea Harriers	7.39		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2 Match 4		VENUE		Kingston		DATE		22 August 2009							
EVENT		Long Jump		TIME		12:30		RECORD		8.12w		Jonathan Moore, Birchfield H, 8.12w					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	4	Paul Oluyemi	Herne Hill Harriers	6.97	6.80	5.83	6.97	4	7.00	NJ	6.93	7.00	5	A	5		
2	3	Kadeem Greenidge-Smith	Harrow AC	6.92	4.20	6.77	6.92	5	6.63	5.29	7.05	7.05	3	A	3		
3	2	David Guest (U20)	Cardiff AAC	6.87	6.89	7.09	7.09	1				7.09	2	A	2		
4	1	Sam Bobb	Blackheath & Bromley H & AC	5.72	5.42	NJ	5.72	15				5.72	15	B		7	
5	7	Wyn Roberts	Swansea Harriers	6.16	6.42		6.42	9				6.42	9	A	6		
6	8	Nav Childs	Thames Valley Harriers	NJ	5.96		5.96	14				5.96	14	B		6	
7	5	Humphrey Waddington	Kingston AC & Poly Harriers	6.97	NJ	7.02	7.02	3				7.02	4	A	4		
8	6	Anthony Timms	Leeds City AC	6.60	5.03	6.81	6.81	6	5.07	6.65		6.81	6	B		1	
9	77	Robby Wells	Swansea Harriers	6.12	6.00	6.18	6.18	13				6.18	13	B		5	
10	88	John Munroe	Thames Valley Harriers	6.30	6.12	6.32	6.32	11				6.32	11	A	8		
11	55	Chris Hall	Kingston AC & Poly Harriers	6.47	4.60		6.47	8				6.47	8	B		3	
12	66	Dan Gardner	Leeds City AC	6.93	7.03	6.94	7.03	2	NJ	NJ	7.21	7.21	1	A	1		
13	44	Kevin Burke	Herne Hill Harriers	5.90	6.07	6.21	6.21	12				6.21	12	B		4	
14	33	Stefan Greenidge	Harrow AC	NJ	6.42	6.63	6.63	7	6.51	6.60	6.42	6.63	7	B		2	
15	22	Josh Williams	Cardiff AAC	5.19	5.25	1.66	5.25	16				5.25	16	B		8	
16	17	Bomene Barikor	Blackheath & Bromley H & AC	6.13	6.40	6.29	6.40	10				6.40	10	A	7		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	66	Dan Gardner	Leeds City AC	7.21	1	6	Anthony Timms	Leeds City AC	6.81		
2	2	David Guest (U20)	Cardiff AAC	7.09	2	33	Stefan Greenidge	Harrow AC	6.63		
3	3	Kadeem Greenidge-Smith	Harrow AC	7.05	3	55	Chris Hall	Kingston AC & Poly Harriers	6.47		
4	5	Humphrey Waddington	Kingston AC & Poly Harriers	7.02	4	44	Kevin Burke	Herne Hill Harriers	6.21		
5	4	Paul Oluyemi	Herne Hill Harriers	7.00	5	77	Robby Wells	Swansea Harriers	6.18		
6	7	Wyn Roberts	Swansea Harriers	6.42	6	8	Nav Childs	Thames Valley Harriers	5.96	REFEREE'S SIGNATURE	
7	11	Bomene Barikor	Blackheath & Bromley H & AC	6.40	7	1	Sam Bobb	Blackheath & Bromley H & AC	5.72		
8	88	John Munroe	Thames Valley Harriers	6.32	8	22	Josh Williams	Cardiff AAC	5.25		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2 Match 4		VENUE		Kingston		DATE		22 August 2009							
EVENT		Triple Jump		TIME		15:05		RECORD		16.75m		Francis Agyepong, Shaftesbury Barnet H, 16.75m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	7	Sam Bobb	Blackheath & Bromley H & AC	14.09	14.25		14.25	3	14.24	13.85	14.42	14.42	3	A	3		
2	6	Matt Barton	Leeds City AC	14.09	13.97	14.54	14.54	1	NJ	14.28	14.90	14.90	1	A	1		
3	3	James Okeyemi	Harrow AC	12.94			12.94	10				12.94	10	A	8		
4	7	Wyn Roberts	Swansea Harriers	12.55		13.34	13.34	5				13.34	5	A	5		
5	2	Gareth Wiltshire	Cardiff AAC	11.62	NJ		11.62	16				11.62	16	B		8	
6	4	Taiwo Aderini	Herne Hill Harriers	12.80	12.55	12.88	12.88	11				12.88	11	B		3	
7	8	Nav Childs	Thames Valley Harriers	13.95	13.53	14.13	14.13	4	13.78	NJ	NJ	14.13	4	A	4		
8	5	Humphrey Waddington	Kingston AC & Poly Harriers	12.88	14.29	NJ	14.29	2	14.14	14.45	14.30	14.45	2	A	2		
9	22	Matt Ledger	Cardiff AAC	13.14			13.14	8				13.14	8	A	6		
10	44	Akin Oyediran	Herne Hill Harriers	12.74	12.89	12.96	12.96	9				12.96	9	A	7		
11	88	Adrian Assinor	Thames Valley Harriers	NJ	11.92	12.78	12.78	12				12.78	12	B		4	
12	55	Chris Hall	Kingston AC & Poly Harriers	12.53	NJ	13.22	13.22	6				13.22	6	B		1	
13	77	Mark Longhurst	Blackheath & Bromley H & AC	13.18	NJ	12.44	13.18	7				13.18	7	B		2	
14	66	Dan Gardner	Leeds City AC	12.39	12.70	12.63	12.70	13				12.70	13	B		5	
15	33	Matt Sadoh	Harrow AC	11.77	11.57	11.86	11.86	14				11.86	14	B		6	
16	77	Robby Wells	Swansea Harriers			11.65	11.65	15				11.65	15	B		7	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	Matt Barton	Leeds City AC	14.90	1	55	Chris Hall	Kingston AC & Poly Harriers	13.22		
2	5	Humphrey Waddington	Kingston AC & Poly Harriers	14.45	2	11	Mark Longhurst	Blackheath & Bromley H & AC	13.18		
3	1	Sam Bobb	Blackheath & Bromley H & AC	14.42	3	4	Taiwo Aderini	Herne Hill Harriers	12.88		
4	8	Nav Childs	Thames Valley Harriers	14.13	4	88	Adrian Assinor	Thames Valley Harriers	12.78		
5	7	Wyn Roberts	Swansea Harriers	13.34	5	66	Dan Gardner	Leeds City AC	12.70		
6	22	Matt Ledger	Cardiff AAC	13.14	6	33	Matt Sadoh	Harrow AC	11.86	REFEREE'S SIGNATURE	
7	44	Akin Oyediran	Herne Hill Harriers	12.96	7	77	Robby Wells	Swansea Harriers	11.65		
8	3	James Okeyemi	Harrow AC	12.94	8	2	Gareth Wiltshire	Cardiff AAC	11.62		

UK ATHLETICS: HEIGHT CARD

MEETING		Division 2 Match 4				VENUE	Kingston							DATE	22 August 2009											
EVENT		High Jump				TIME	15:05	League Record			2.33m		Steve Smith, Liverpool H & AC, 2.33m													
Order	No	NAME	CLUB													Best of All	Trials at	HT Cleared	Total	Failures	Total	Trials	Final	Position	A or B	
																									Metres	Metres
1	2	Lewis Long	Cardiff AAC													1.80							5	B		1
2	8	Myles Fisher	Thames Valley Harriers													1.80							6	A	5	
3	5	Matt Field	Kingston AC & Poly Harriers													1.80							6	A	5	
4	3	Noel Reid	Harrow AC													1.75							11	A	8	
5	6	Matt Hudson	Leeds City AC													1.85							3	A	3	
6	7	Emyr Jones	Swansea Harriers													1.50							15	B		7
7	1	Lewis Ely	Blackheath & Bromley H & AC													1.90							2	A	2	
8	4	Thomas Ashby	Herne Hill Harriers													1.85							4	A	4	
9	66	Steve Lindsell	Leeds City AC													1.75							12	B		4
10	77	Robby Wells	Swansea Harriers													1.80							8	A	7	
11	11	Alex Pope	Blackheath & Bromley H & AC													1.70							13	B		5
12	44	Blade Ashby	Herne Hill Harriers													1.80							9	B		2
13	22	Matt Ledger	Cardiff AAC													1.95							1	A	1	
14	88	Delroy Mitchell	Thames Valley Harriers													1.30							16	B		8
15	55	Chris Dack	Kingston AC & Poly Harriers													1.75							10	B		3
16	33	Gabriel Akin	Harrow AC													1.70							13	B		5

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT		
1	22	Matt Ledger	Cardiff AAC	1.95	1	2	Lewis Long	Cardiff AAC	1.80		
2	1	Lewis Ely	Blackheath & Bromley H	1.90	2	44	Blade Ashby	Herne Hill Harriers	1.80		
3	6	Matt Hudson	Leeds City AC	1.85	3	55	Chris Dack	Kingston AC & Poly Harriers	1.75		
4	4	Thomas Ashby	Herne Hill Harriers	1.85	4	66	Steve Lindsell	Leeds City AC	1.75		
5=	8	Myles Fisher	Thames Valley Harriers	1.80	5=	11	Alex Pope	Blackheath & Bromley H	1.70		
5=	5	Matt Field	Kingston AC & Poly Harriers	1.80	5=	33	Gabriel Akin	Harrow AC	1.70	REFEREE'S SIGNATURE	
7	77	Robby Wells	Swansea Harriers	1.80	7	7	Emyr Jones	Swansea Harriers	1.50		
8	3	Noel Reid	Harrow AC	1.75	8	88	Delroy Mitchell	Thames Valley Harriers	1.30		

UK ATHLETICS: HEIGHT CARD

MEETING		Division 2 Match 4				VENUE		Kingston							DATE		22 August 2009								
EVENT		Pole Vault				TIME		12:30		League Record			5.60m		Neil Winter, Shaftesbury Barnet H, 5.60m										
Order	No	NAME	CLUB													Best of All	Trials at HT Cleared	Total	Failures	Total	Trials	Final Position	A or B		
																							Metres	Metres	Metres
1	1	Nick Moore	Blackheath & Bromley H & AC													4.00						7	B		2
2	6	Dan Gardner	Leeds City AC													4.20						4	A	4	
3	3	Ian Smart	Harrow AC													4.20						4	B		1
4	7	Emyr Jones	Swansea Harriers													3.80						9	A	6	
5	2	David Guest (U20)	Cardiff AAC													4.72						1	A	1	
6	4	Pablo Sisca	Herne Hill Harriers													3.20						11	A	8	
7	8	Greg Conlon	Thames Valley Harriers													4.20						3	A	3	
8	5	Bilen Ahmet	Kingston AC & Poly Harriers													3.60						10	A	7	
9	22	Stephen Guest (U20)	Cardiff AAC													4.00						8	B		3
10	44	Didier Sorel	Herne Hill Harriers													3.00						14	B		6
11	88	Jonathan Harvey	Thames Valley Harriers																						
12	55	Gordon Lester(U20)	Kingston AC & Poly Harriers													3.20						13	B		5
13	11	Mark Longhurst	Blackheath & Bromley H & AC													4.00						6	A	5	
14	66	Mark Fuzard	Leeds City AC													3.20						11	B		4
15	33	Matt Weaver	Harrow AC													4.40						2	A	2	
16	77	Gareth Dodd	Swansea Harriers													2.20						15	B		7

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT			
1	2	David Guest (U20)	Cardiff AAC	4.72	1	3	Ian Smart	Harrow AC	4.20			
2	33	Matt Weaver	Harrow AC	4.40	2	1	Nick Moore	Blackheath & Bromley H	4.00			
3	8	Greg Conlon	Thames Valley Harriers	4.20	3	22	Stephen Guest (U20)	Cardiff AAC	4.00			
4	6	Dan Gardner	Leeds City AC	4.20	4	66	Mark Fuzard	Leeds City AC	3.20			
5	11	Mark Longhurst	Blackheath & Bromley H	4.00	5	55	Gordon Lester(U20)	Kingston AC & Poly Har	3.20			
6	7	Emyr Jones	Swansea Harriers	3.80	6	44	Didier Sorel	Herne Hill Harriers	3.00	REFEREE'S SIGNATURE		
7	5	Bilen Ahmet	Kingston AC & Poly Harr	3.60	7	77	Gareth Dodd	Swansea Harriers	2.20			
8	4	Pablo Sisca	Herne Hill Harriers	3.20								

British Athletics League 2009

Division 2 Match 4 - Kingston

22 August 2009

Events	B&B		CDF		HRW		HHH		K&P		LDS		SWA		TVH		UNUSED		TOTAL	
100m	14	6	16	4	5	3	12	12	8	8	4	2	6	1	10	10			75	46
200m	14	12	16	10	4	2	12	8	10	4	6	3	5	1	8	6			75	46
400m	12	6	10	12	16	10	8	8	5	2	6	3	4	1	14	4			75	46
800m	12	8	16	12	10	2	5	1	6	6	14	10	4	3	8	4			75	46
1500m	12	3	16	12	5	4	4	2	6	1	14	10	8	8	10	6			75	46
3000m S/Chase	10	3	14	12	6	8	5	4	4	1	16	6	8	10	12	2			75	46
5000m	16	8	12	10	8	4	5	1	4	3	14	12	10	6	6	2			75	46
400m Hurdles	5	8	16	12	6	6	10	4	12	10	14	3	4	2	8	1			75	46
110m Hurdles	5	6	14	4	6	12	12	8	10	10	16	3	4		8	2		1	75	46
Hammer	16	8	4	3	6	1	14	12	10	10	5	4	12	2	8	6			75	46
Discus	12	8	16	6	6	4	14	12	10	10	8	3	4	1	5	2			75	46
Javelin	8	1	4	3	16	8	14	10	5	4	12	12	6	2	10	6			75	46
Shot Putt	10	8	12	4	6	3	14	10	16	12	8	6	4	1	5	2			75	46
Long Jump	5	2	14	1	12	10	8	6	10	8	16	12	6	4	4	3			75	46
Triple Jump	12	10	6	1	4	3	5	8	14	12	16	4	8	2	10	6			75	46
High Jump	14	3.5	16	12	4	3.5	10	10	7	8	12	6	5	2	7	1			75	46
Pole Vault	8	10	16	8	14	12	4	3	5	4	10	6	6	2	12			1	75	46
4x100m Relay	16		6				12		10		8		5		14			4	75	
4x400m Relay			12		16		10		8		6		5		14			4	75	
	201	111	236	126	150	95.5	178	119	160	113	205	105	114	48	173	63	8	2	1425	782

Match Summary	B&B	CDF	HRW	HHH	K&P	LDS	SWA	TVH	UNUSED	TOTAL
Teams	311.5	362.0	245.5	297.0	273.0	310.0	162.0	236.0	10.0	2207.0
Match Position	2	1	6	4	5	3	8	7		
League Points	7	8	3	5	4	6	1	2		

Standings	B&B	CDF	HRW	HHH	K&P	LDS	SWA	TVH
League Points	26.0	26.0	16.0	19.0	16.0	17.0	6.0	18.0
Match Points	1250.5	1287.0	1090.84	1130.0	1055.33	1092.0	765.33	1087.0
League Positions	2	1	6	3	7	5	8	4