

# HARROW AC & PARKSIDE OPEN MEETING

30 August 1998

Held at Harrow Weald

## 80 metres 'A'

|   |                             |      |     |
|---|-----------------------------|------|-----|
| 1 | SHONA LAVEY (PARKSIDE)      | 13.5 | F11 |
| 2 | JESSICA TREVELLICK (UNATT.) | 14.2 | F11 |

## 100 metres 'B'

|   |                               |      |     |
|---|-------------------------------|------|-----|
| 1 | ANGELA BARRETT (UNATT.)       | 14.4 | F13 |
| 2 | ANNIE ROSE JEFFREY (PARKSIDE) | 14.8 | F13 |
| 3 | SIOBHAN TROWER (PARKSIDE)     | 15.3 | F13 |
| 4 | KIRSTY MORLEY (VAUXHALL)      | 15.6 | F13 |
| 5 | AMY OXLADE (LEA VALLEY)       | 23.4 | F13 |

## 100 metres 'B'

|   |                             |      |   |
|---|-----------------------------|------|---|
| 1 | GARY JONES (WINDSOR)        | 11.0 | M |
| 2 | JAMES HILSTON (BELGRAVE)    | 11.1 | M |
| 3 | ROLAND WRIGHT (PUMA T.V.H.) | 11.2 | M |
| 4 | KWADWO ANSAH (SHAFTESBURY)  | 11.3 | M |

## 100 metres 'D'

|   |                           |      |     |
|---|---------------------------|------|-----|
| 1 | MARK HANSON (ENFIELD)     | 11.2 | M20 |
| 2 | DANIEL BOTTESCH (LUTON)   | 11.4 | M   |
| 3 | JUSTIN KEANE (HARROW)     | 11.8 | M20 |
| 4 | KENNETH IGOR (SERPENTINE) | 12.0 | M   |

## 100 metres 'F'

|   |                          |      |     |
|---|--------------------------|------|-----|
| 1 | JOEL HOSKINS (UNATT.)    | 11.8 | M   |
| 2 | D. TURNER (PUMA T.V.H.)  | 11.9 | M   |
| 3 | CRAIG ROWLANDS (DACORUM) | 12.0 | M17 |
| 4 | DES WILKINSON (LUTON)    | 12.1 | M   |
| 5 | NEIL WALKER (ALDERSHOT)  | 12.5 | M   |

## 100 metres 'H'

|   |                          |      |     |
|---|--------------------------|------|-----|
| 1 | HASSAN MOHAMED (UNATT.)  | 13.0 | M15 |
| 2 | LES DORAN (MUSWELL HILL) | 13.6 | M40 |
| 3 | LEWIS LOXTON (UNATT.)    | 14.4 | M13 |
| 4 | ANDREW CHISHOLM (UNATT.) | 15.1 | M13 |

## 200 metres 'A'

|   |                               |      |     |
|---|-------------------------------|------|-----|
| 1 | BEVERLEY MONDS (MUSWELL HILL) | 28.8 | F   |
| 2 | ANGELA BARRETT (UNATT.)       | 30.8 | F13 |
| 3 | SIOBHAN TROWER (PARKSIDE)     | 32.2 | F13 |
| 4 | KIRSTY MORLEY (VAUXHALL)      | 32.4 | F13 |
| 5 | IRIS HORNSEY (CAMBRIDGE & C.) | 33.4 | F55 |
| 6 | AMY OXLADE (LEA VALLEY)       | 55.6 | F13 |

## 200 metres 'B'

|   |                               |      |     |
|---|-------------------------------|------|-----|
| 1 | LOUIE MALATESTA (HILLINGDON)  | 22.5 | M   |
| 2 | DOTUN AKIN (BELGRAVE)         | 22.7 | M   |
| 3 | GARY JONES (WINDSOR)          | 22.8 | M   |
| 4 | CAMERON DIAMOND (WINDSOR)     | 22.9 | M   |
| 5 | LLOYD STAPLETON (SHAFTESBURY) | 23.2 | M   |
| 6 | JAMES WLODYKA (HARROW)        | 23.7 | M17 |

## 100 metres 'A'

|   |                            |      |     |
|---|----------------------------|------|-----|
| 1 | VICTORIA PINCOTT (HORSHAM) | 13.2 | F   |
| 2 | ABI ADEBISI (PARKSIDE)     | 13.9 | F   |
| 3 | CLAIRE HILL (UNATT.)       | 14.0 | F   |
| 4 | RUTH COLLINS (PARKSIDE)    | 14.1 | F13 |
| 5 | SAM JOHNSON (PARKSIDE)     | 14.2 | F20 |

## 100 metres 'A'

|   |                               |      |   |
|---|-------------------------------|------|---|
| 1 | AKINOLA LASHORE (BLACKHEATH)  | 10.4 | M |
| 2 | PATRICK OSBORNE (PUMA T.V.H.) | 10.7 | M |
| 3 | ROHAN SAMUEL (HARROW)         | 10.8 | M |
| 4 | LOUIE MALATESTA (HILLINGDON)  | 10.9 | M |

## 100 metres 'C'

|   |                               |      |   |
|---|-------------------------------|------|---|
| 1 | DOTUN AKIN (BELGRAVE)         | 11.0 | M |
| 2 | JASON JEFFREY (HARROW)        | 11.1 | M |
| 3 | CAMERON DIAMOND (WINDSOR)     | 11.3 | M |
| 4 | LLOYD STAPLETON (SHAFTESBURY) | 11.3 | M |

## 100 metres 'E'

|   |                          |      |   |
|---|--------------------------|------|---|
| 1 | JAMIE ARCHER (UNATT.)    | 11.7 | M |
| 2 | BARRINGTON KING (HARROW) | 11.8 | M |

## 100 metres 'G'

|   |                              |      |     |
|---|------------------------------|------|-----|
| 1 | SIMON FIELDSTEAD (HARROW)    | 11.9 | M17 |
| 2 | TONY WELLS (CORBY)           | 12.8 | M45 |
| 3 | LAURENCE SMITH (UNATT.)      | 12.8 | M   |
| 4 | ALEXIS WOTHERSPOON (CROYDON) | 13.0 | F   |
| 5 | JIM LAWRENCE (MILTON K)      | 13.1 | M40 |

## 100 metres 'I'

|   |                          |      |     |
|---|--------------------------|------|-----|
| 1 | RYAN DAROCHA (HARROW)    | 13.2 | M13 |
| 2 | DANIEL ASHCROFT (HARROW) | 13.4 | M13 |
| 3 | DEXTER SIMPSON (HARROW)  | 13.6 | M13 |
| 4 | ALLAN SOWDEN (HIGHGATE)  | 14.6 | M55 |

## 200 metres 'A'

|   |                              |      |   |
|---|------------------------------|------|---|
| 1 | AKINOLA LASHORE (BLACKHEATH) | 21.3 | M |
| 2 | MACLEAN OKOTIE (PUMA T.V.H.) | 21.5 | M |
| 3 | GRAHAM BEASLEY (LUTON)       | 21.8 | M |
| 4 | JAMES HILSTON (BELGRAVE)     | 22.1 | M |
| 5 | SIMON DUBERLEY (HILLINGDON)  | 22.5 | M |
| 6 | MARK PHILLS (HARROW)         | 22.7 | M |

## 200 metres 'C'

|   |                            |      |     |
|---|----------------------------|------|-----|
| 1 | JASON JEFFREY (HARROW)     | 23.0 | M   |
| 2 | RUSSELL NICHOLLS (ENFIELD) | 23.4 | M17 |
| 3 | ADRIAN BERTRAND (ENFIELD)  | 23.9 | M   |
| 4 | DANNY O'SHEA (LUTON)       | 24.0 | M   |
| 5 | JAMIE ARCHER (UNATT.)      | 24.4 | M   |
| 6 | ROBERT HARRIS (HARROW)     | 24.6 | M17 |

**200 metres 'D'**

|   |                               |      |   |
|---|-------------------------------|------|---|
| 1 | JOEL HOPKINS (UNATT.)         | 24.1 | M |
| 2 | STEVEN COWLISHAW (ALTRINCHAM) | 24.4 | M |
| 3 | KENNETH IGOR (SERPENTINE)     | 24.4 | M |
| 4 | EDDIE JOHNSON (ST. ALBANS)    | 25.1 | M |
| 5 | MARK STOKER (ST. ALBANS)      | 26.3 | M |

**200 metres 'F'**

|   |                          |      |     |
|---|--------------------------|------|-----|
| 1 | JIM LAWRENCE (MILTON K)  | 27.0 | M40 |
| 2 | DANIEL ASHCROFT (HARROW) | 27.6 | M13 |
| 3 | MICHAEL SMART (HARROW)   | 27.6 | M13 |
| 4 | RYAN DAROCHA (HARROW)    | 27.8 | M13 |
| 5 | HELEN FISH (ENFIELD)     | 28.3 | F   |
| 6 | STEPHEN DORKIN (UNATT.)  | 29.5 | M15 |

**400 metres 'A'**

|   |                               |      |     |
|---|-------------------------------|------|-----|
| 1 | JOE DANTON (BELGRAVE)         | 50.7 | M   |
| 2 | MICHAEL PEACOCK (BELGRAVE)    | 50.9 | M   |
| 3 | DANIEL BOTTESCH (LUTON)       | 51.4 | M   |
| 4 | STEVEN COWLISHAW (ALTRINCHAM) | 54.0 | M   |
| 5 | NEIL SMITH (HARROW)           | 55.9 | M17 |

**400 metres 'C'**

|   |                              |      |     |
|---|------------------------------|------|-----|
| 1 | PHIL SMART (READING)         | 55.9 | M   |
| 2 | MARK MORREN (HARROW)         | 56.7 | M17 |
| 3 | LUDWIG WILSON-WOLF (HARROW)  | 58.8 | M15 |
| 4 | ALEXIS WOTHERSPOON (CROYDON) | 59.9 | F   |
| 5 | ROBERT BARTON (HARROW)       | 60.2 | M15 |
| 6 | JIM LAWRENCE (MILTON K)      | 64.4 | M40 |

**400 metres 'E'**

|   |                             |      |   |
|---|-----------------------------|------|---|
| 1 | LESLIE DORAN (MUSWELL HILL) | 66.4 | M |
| 2 | ABI ADEBISI (PARKSIDE)      | 66.9 | F |

**800 metres 'A'**

|   |                              |        |     |
|---|------------------------------|--------|-----|
| 1 | KIM KINGWELL (VERLEA)        | 2.25.4 | F   |
| 2 | HANNAH BOWERS (PARKSIDE)     | 2.26.3 | F   |
| 3 | NATALIE ILIFFE (LEICESTER)   | 2.30.4 | F13 |
| 4 | LISA SUTTON (PARKSIDE)       | 2.32.1 | F   |
| 5 | VANESSA PARRY (MUSWELL HILL) | 2.33.0 | F   |
| 6 | RIKKI SAUNDERS (HERTFORD)    | 2.44.3 | F17 |

**800 metres 'B'**

|   |                             |        |     |
|---|-----------------------------|--------|-----|
| 1 | GEOFF THOMPSON (HARROW)     | 2.07.9 | M20 |
| 2 | GRAHAM PRITCHARD (HAVERING) | 2.10.2 | M   |
| 3 | PETER NORRIS (HARROW)       | 2.11.8 | M17 |
| 4 | CHARLIE WILLIAMS (BARNET)   | 2.15.6 | M   |
| 5 | MARK MORREN (HARROW)        | 2.18.8 | M17 |
| 6 | DAVID MORREN (HARROW)       | 2.25.2 | M20 |

**800 metres 'D'**

|   |                            |        |     |
|---|----------------------------|--------|-----|
| 1 | TONY CHIN (MUSWELL HILL)   | 2.27.3 | M40 |
| 2 | GARY HARRISON (HARROW)     | 2.28.7 | M13 |
| 3 | JONATHAN HICKMAN (HARROW)  | 2.31.1 | M13 |
| 4 | CHRIS LAVEY (HARROW)       | 2.33.1 | M13 |
| 5 | STEVEN QUINN (BASINGSTOKE) | 2.36.2 | M15 |
| 6 | LEWIS LOXTON (UNATT.)      | 3.00.9 | M13 |

**200 metres 'E'**

|   |                             |      |     |
|---|-----------------------------|------|-----|
| 1 | JUSTIN KEANE (HARROW)       | 24.4 | M20 |
| 2 | NEIL SMITH (HARROW)         | 25.0 | M17 |
| 3 | STEVEN WATTS (HARROW)       | 25.4 | M15 |
| 4 | BARRINGTON KING (HARROW)    | 25.5 | M   |
| 5 | VICTORIA PINCOTT (HORSHAM)  | 27.0 | F   |
| 6 | DANIEL FENTON (HARROW)      | 27.6 | M15 |
| 7 | LUDWIG WILSON-WOLF (HARROW) | 27.8 | M15 |

**200 metres 'G'**

|   |                             |      |     |
|---|-----------------------------|------|-----|
| 1 | BEN CARNE (HARROW)          | 28.6 | M13 |
| 2 | IAN EDWARDS (SOUTHERN VETS) | 28.8 | M45 |
| 3 | CHRIS LAVEY (HARROW)        | 30.7 | M13 |
| 4 | BEN TASKER (HARROW)         | 32.3 | M13 |
| 5 | CHRIS TROWER (HARROW)       | 33.3 | M13 |

**400 metres 'B'**

|   |                               |      |     |
|---|-------------------------------|------|-----|
| 1 | LIAM RANGER (HARROW)          | 53.7 | M17 |
| 2 | STEVE LOWE (READING)          | 54.1 | M   |
| 3 | JOHN MAXWELL (LONDON IRISH)   | 54.2 | M   |
| 4 | IAN JENNINGS (MUSWELL HILL)   | 57.2 | M   |
| 5 | STEVE WHITMORE (MUSWELL HILL) | 61.4 | M   |

**400 metres 'D'**

|   |                           |      |     |
|---|---------------------------|------|-----|
| 1 | HAG BBIDEH (BELGRAVE)     | 58.4 | M   |
| 2 | J.P. BABRIN (CHELTENHAM)  | 60.5 | M50 |
| 3 | REBECCA GILLESPIE (LUTON) | 60.9 | F   |
| 4 | LEE LINALE (HARROW)       | 61.2 | M15 |
| 5 | CRAIG TURNER (HARROW)     | 62.1 | M15 |
| 6 | BEN CARNE (HARROW)        | 65.4 | M13 |

**600 metres 'A'**

|   |                             |        |     |
|---|-----------------------------|--------|-----|
| 1 | SHONA LAVEY (PARKSIDE)      | 2.04.9 | F11 |
| 2 | LIAM O'CONNOR (HARROW)      | 2.05.3 | M11 |
| 3 | JESSICA TREVELLICK (UNATT.) | 2.21.6 | F11 |
| 4 | MELANIE CROSS (UNATT.)      | 2.30.0 | F11 |

**800 metres 'A'**

|   |                          |        |     |
|---|--------------------------|--------|-----|
| 1 | ALAN WRAY (HARROW)       | 1.54.9 | M   |
| 2 | SAM HAUGHIAN (HOUNSLOW)  | 1.55.2 | M20 |
| 3 | A. MOHAMMED (HOUNSLOW)   | 1.56.5 | M20 |
| 4 | STUART TAYLOR (HARROW)   | 1.58.5 | M   |
| 5 | ALEX JOANIDES (HIGHGATE) | 2.01.0 | M   |

**800 metres 'C'**

|   |                          |        |     |
|---|--------------------------|--------|-----|
| 1 | DEAN SADLER (SWALE)      | 2.11.6 | M   |
| 2 | NOEL REID (HARROW)       | 2.16.8 | M17 |
| 3 | GAVIN GALLAGHER (HARROW) | 2.18.1 | M15 |
| 4 | P. LIPMAN (DACORUM)      | 2.19.2 | M13 |
| 5 | LEON SAUNDERS (HARROW)   | 2.22.5 | M15 |

**800 metres 'E'**

|   |                              |        |     |
|---|------------------------------|--------|-----|
| 1 | THOMAS BEEDELL (CHILTERN H.) | 2.36.8 | M13 |
| 2 | STEVEN MURPHY (UNATT.)       | 2.42.7 | M13 |
| 3 | KERI O'CONNOR (PARKSIDE)     | 2.46.5 | F13 |
| 4 | BEN TASKER (HARROW)          | 2.51.9 | M13 |
| 5 | CHRIS TROWER (HARROW)        | 2.55.2 | M13 |
| 6 | SIOBHAN TROWER (PARKSIDE)    | 2.57.0 | F13 |
| 7 | KIRSTY MORLEY (VAUXHALL)     | 3.01.4 | F13 |

**1500 metres 'A'**

|   |  |        |     |
|---|--|--------|-----|
| 1 | BEN WHITBY (HOUNSLOW)                              | 3.54.6 | M   |
| 2 | ALEXANDER BOWDEN (LANCASTER & NEIL MILLER (VERLEA) | 3.54.8 | M   |
| 3 | NEIL MILLER (VERLEA)                               | 3.56.0 | M   |
| 4 | NAJIBE HLIQUAI (BELGRAVE)                          | 3.57.8 | M   |
| 5 | EDWARD JACKSON (DORCHESTER)                        | 4.06.5 | M17 |
| 6 | STEPHEN KIMBER (OXFORD)                            | 4.06.9 | M20 |
| 7 | TIM GROSE (EALING, S & MX)                         | 4.13.5 | M   |

**1500 metres 'C'**

|   |                              |        |     |
|---|------------------------------|--------|-----|
| 1 | NEILL COLLINS (HAVERING)     | 4.43.7 | M17 |
| 2 | COLIN OXLADE (LEA VALLEY)    | 4.51.5 | M   |
| 3 | RYAN O'CONNOR (HARROW)       | 4.55.6 | M15 |
| 4 | JAMES HARVEY (BASINGSTOKE)   | 4.57.7 | M15 |
| 5 | TONY CHIN (MUSWELL HILL)     | 4.57.8 | M40 |
| 6 | STUART SPENCER (HARROW)      | 4.59.1 | M15 |
| 7 | VANESSA PARRY (MUSWELL HILL) | 5.03.0 | F   |
| 8 | GAIL DUCKWORTH (LEIGHTON B)  | 5.08.7 | F40 |
| 9 | JOANNE KING (MUSWELL HILL)   | 5.12.7 | F   |

**80 metres hurdles 'A'**

|   |                             |      |     |
|---|-----------------------------|------|-----|
| 1 | TIM TOTTMAN (HARROW)        | 13.0 | M15 |
| 2 | LUDWIG WILSON-WOLF (HARROW) | 15.1 | M15 |
| 3 | TOM ROBINSON (BLACKHEATH)   | 15.4 | M15 |

**110 metres hurdles (3' 3") 'A'**

|   |                    |      |     |
|---|--------------------|------|-----|
| 1 | TONY WELLS (CORBY) | 17.2 | M45 |
|---|--------------------|------|-----|

**400 metres hurdles (3') 'B'**

|   |                    |      |     |
|---|--------------------|------|-----|
| 1 | TONY WELLS (CORBY) | 62.5 | M45 |
|---|--------------------|------|-----|

**400 metres hurdles 'B'**

|   |                          |      |     |
|---|--------------------------|------|-----|
| 1 | LEANNE BOXTON (BRIGHTON) | 63.2 | F   |
| 2 | SAM JOHNSON (PARKSIDE)   | 75.8 | F20 |

**High Jump 'A'**

|   |                           |      |     |        |        |                              |
|---|---------------------------|------|-----|--------|--------|------------------------------|
| 1 | MARK SMITH (HARROW)       | 1.90 | M   | 1.80-2 | 1.90-1 | 2.00-3f                      |
| 2 | NOEL REID (HARROW)        | 1.80 | M17 | 1.60-2 | 1.65-1 | 1.70-2 1.75-3 1.80-1 1.85-3f |
| 3 | SIMON BOUTHREIRO (HARROW) | 1.80 | M15 | 1.50-1 | 1.55-1 | 1.60-1 1.65-3f               |
| 4 | JAMIE BURGESS (HARROW)    | 1.80 | M15 | 1.50-1 | 1.55-3 | 1.60-3 1.65-3f               |

**Pole Vault 'A'**

|   |                             |      |     |        |         |                       |
|---|-----------------------------|------|-----|--------|---------|-----------------------|
| 1 | MATT WEAVER (HARROW)        | 4.60 | M   | 4-40-1 | 4.60-1  | retd                  |
| 2 | IAN HOULDSWORTH (HARROW)    | 4.00 | M   | 3.60-2 | 3.80-1  | 4.00-1 4.20-3f        |
| 3 | JOHN HUTCHINSON (ENFIELD)   | 3.80 | M17 | 3.40-2 | 3.60-1  | 3.80-3 4.00-3f        |
| 4 | LUKE CHECKLEY (HARROW)      | 3.60 | M17 | 3.40-1 | 3.60-2  | 3.80-3f               |
| 5 | KEVIN LAWRENCE (ENFIELD)    | 3.60 | M17 | 3.40-1 | 3.60-3  | 3.80-3f               |
| 6 | DEREK PATERSON (SERPENTINE) | 2.90 | M45 | 2.20-1 | 2.40-1  | 2.70-2 2.90-1 3.00-3f |
| 7 | PETER FERGUSON (VERLEA)     | 2.50 | M60 | 2.50-1 | 2.70-3f |                       |
| 8 | TOM ROBINSON (BLACKHEATH)   | 2.20 | M15 | 1.70-1 | 1.90-1  | 2.10-1 2.20-1 2.30-3f |

**Long Jump 'A'**

|   |                             |      |     |      |      |      |      |      |      |
|---|-----------------------------|------|-----|------|------|------|------|------|------|
| 1 | LEANNE BUXTON (BRIGHTON)    | 5.31 | F   | 5.25 | 5.00 | 5.04 | 5.11 | NJ   | 5.31 |
| 2 | RIKKI SAUNDERS (HERTFORD)   | 4.74 | F20 | 4.74 | NJ   | 4.63 | 4.57 | 4.53 | NJ   |
| 3 | HAZEL MCALLISTER (PARKSIDE) | 3.80 | F20 | 3.31 | 3.67 | 3.59 | 3.70 | 3.66 | 3.80 |

**1500 metres 'B'**

|   |                                 |        |     |
|---|---------------------------------|--------|-----|
| 1 | ALAN THOMPSON (HARROW)          | 4.21.9 | M20 |
| 2 | KABIR KEMP (MUSWELL HILL)       | 4.23.8 | M   |
| 3 | NEIL BURTON (DACORUM)           | 4.30.1 | M17 |
| 4 | SIMON PATTEN (MUSWELL HILL)     | 4.30.4 | M40 |
| 5 | MARK MCINTOSH (HARROW)          | 4.31.0 | M17 |
| 6 | ANDREW FRANCIS (HARROW)         | 4.34.3 | M17 |
| 7 | DEAN SADLER (SWALE)             | 4.40.6 | M   |
| 8 | MALCOLM WOODMAN (REIGATE PRIOR) | 4.41.5 | M   |
| 9 | TONY COLLINS (HAVERING)         | 4.43.6 | M   |

**3000 metres 'A'**

|   |                                 |         |     |
|---|---------------------------------|---------|-----|
| 1 | PAUL ASHBY (WINDSOR)            | 9.39.6  | M   |
| 2 | MALCOLM WOODMAN (REIGATE PRIOR) | 10.43.6 | M   |
| 3 | LES DORAN (MUSWELL HILL)        | 13.38.9 | M40 |

**110 metres hurdles (3' 6") 'A'**

|   |                                 |      |   |
|---|---------------------------------|------|---|
| 1 | DU'AINÉ LADEJO (BELGRAVE)       | 14.6 | M |
| 2 | SEBASTIAN ROSATO (OXFORD UNIV.) | 15.5 | M |
| 3 | DES WILKINSON (LUTON)           | 15.7 | M |
| 4 | LAURENCE SMITH (UNAT.T.)        | 17.5 | M |
| 5 | IAN JENNINGS (MUSWELL HILL)     | 18.9 | M |

**400 metres hurdles (3') 'A'**

|   |                            |      |   |
|---|----------------------------|------|---|
| 1 | ANDREW KENNARD (WALTON)    | 54.9 | M |
| 2 | STEPHEN PRATT (BLACKHEATH) | 57.8 | M |

**400 metres hurdles 'A'**

|   |                            |      |   |
|---|----------------------------|------|---|
| 1 | GOWRY RETCHEKAN (THURROCK) | 56.7 | F |
|---|----------------------------|------|---|

**Long Jump 'A'**

|   |                           |      |     |      |      |      |      |      |      |
|---|---------------------------|------|-----|------|------|------|------|------|------|
| 1 | DU'AINE LADEJO (BELGRAVE) | 7.14 | M   | 6.56 | 6.31 | NJ   | 6.70 | 7.14 | 6.63 |
| 2 | GARY SMITH (SHAFTESBURY)  | 7.10 | M   | 6.87 | 7.04 | 7.10 | NJ   | 7.02 | NJ   |
| 3 | JUSTIN KEANE (HARROW)     | 5.95 | M20 | NJ   | 5.34 | 5.51 | 5.95 | 5.85 | 5.40 |

**Long Jump 'A'**

|   |                            |      |     |      |      |      |      |      |      |
|---|----------------------------|------|-----|------|------|------|------|------|------|
| 1 | ANGELA BARRETT (UNATT.)    | 4.20 | F13 | 3.76 | -    | 4.20 | 3.79 | 4.16 | 4.15 |
| 2 | KIRSTY MORLEY (VAUXHALL)   | 3.71 | F13 | 3.71 | -    | 3.65 | 3.08 | 3.51 | 3.34 |
| 3 | SHONA LAVEY (PARKSIDE)     | 3.29 | F13 | 2.93 | 2.89 | 3.29 | 3.01 | -    | 3.20 |
| 4 | REBECCA COLLINS (PARKSIDE) | 3.28 | F13 | 2.83 | 3.05 | 3.08 | 3.13 | 3.28 | 3.19 |
| 5 | KERI O'CONNOR (PARKSIDE)   | 3.22 | F13 | 3.07 | 3.09 | 2.93 | 2.81 | -    | 3.22 |

**Long Jump 'A'**

|   |                             |      |     |      |      |      |      |      |      |
|---|-----------------------------|------|-----|------|------|------|------|------|------|
| 1 | MOHAMED AL-ZUFAIRI (HARROW) | 6.23 | M17 | NJ   | NJ   | 6.02 | 6.12 | 6.23 | NJ   |
| 2 | ANDY ROBERTS (HARROW)       | 6.12 | M17 | 5.78 | 6.06 | NJ   | 5.49 | NJ   | 6.12 |
| 3 | CRAIG ROWLANDS (DACORUM)    | 5.91 | M17 | NJ   | 5.48 | 5.39 | 5.77 | -    | 5.91 |

**Long Jump 'A'**

|   |                            |      |     |      |      |      |      |      |      |
|---|----------------------------|------|-----|------|------|------|------|------|------|
| 1 | KHALED SHAHALIEMI (HARROW) | 4.70 | M15 | 4.70 | 3.55 | 4.67 | 4.35 | 4.38 | 4.50 |
| 2 | DEXTER SIMPSON (HARROW)    | 4.46 | M13 | 4.46 | -    | -    | -    | -    | -    |
| 3 | MARCUS NYMAN (ALDERSHOT)   | 4.13 | M13 | 4.13 | NJ   | 3.95 | 3.98 | 3.96 | 4.03 |
| 4 | GARY HARRISON (HARROW)     | 4.12 | M13 | 3.77 | 3.71 | 3.81 | 3.83 | 4.12 | NJ   |
| 5 | PETER BARRY (HARROW)       | 4.00 | M13 | 4.00 | 3.84 | 3.94 | -    | -    | 3.89 |
| 6 | CHRIS LAVEY (HARROW)       | 3.86 | M13 | 3.86 | 3.60 | 3.41 | NJ   | 3.74 | -    |
| 7 | LEWIS LOXTON (UNATT.)      | 3.58 | M13 | 3.58 | -    | -    | -    | -    | -    |
| 8 | CHRIS TROWER (HARROW)      | 3.30 | M13 | 3.17 | NJ   | 3.10 | 3.01 | 3.30 | -    |

**Triple Jump 'A'**

|   |                              |      |     |      |    |      |    |      |      |
|---|------------------------------|------|-----|------|----|------|----|------|------|
| 1 | CATHERINE COLLINS (PARKSIDE) | 8.50 | F17 | 8.06 | NJ | 7.99 | NJ | 7.63 | 8.50 |
|---|------------------------------|------|-----|------|----|------|----|------|------|

**Triple Jump 'A'**

|   |                          |       |     |       |       |       |       |       |       |
|---|--------------------------|-------|-----|-------|-------|-------|-------|-------|-------|
| 1 | DEAN LEOW (HARROW)       | 12.60 | M17 | 12.26 | 12.58 | NJ    | 12.60 | 12.12 | 12.44 |
| 2 | SIMON STEPHENS (HARROW)  | 11.96 | M17 | 11.67 | 11.80 | 11.95 | 11.71 | 11.74 | 11.96 |
| 3 | MARK EDWARDS (ALDERSHOT) | 11.94 | M17 | 11.94 | 11.78 | 11.20 | 11.30 | 11.67 | 11.48 |
| 4 | CRAIG ROWLANDS (DACORUM) | 11.90 | M17 | 11.80 | NJ    | 11.90 | -     | NJ    | NJ    |
| 5 | PETER BARRY (HARROW)     | 8.83  | M13 | 8.78  | 8.61  | 8.76  | 8.83  | -     | 8.66  |

**Shot Putt 7.25 kilo 'A'**

|   |                         |       |     |       |       |    |       |       |    |
|---|-------------------------|-------|-----|-------|-------|----|-------|-------|----|
| 1 | DEAN MACEY (HARROW)     | 14.46 | M   | NT    | 14.46 | NT | 14.13 | NT    | NT |
| 2 | LUKE ROSENBERG (HARROW) | 13.59 | M20 | 13.59 | 13.55 | NT | NT    | 13.32 | NT |

**Shot Putt 5 kilo 'A'**

|   |                       |       |     |      |       |      |      |      |      |
|---|-----------------------|-------|-----|------|-------|------|------|------|------|
| 1 | DEAN JOHNSON (HARROW) | 10.03 | M17 | 8.52 | 10.03 | 8.58 | 8.35 | 9.32 | 9.03 |
|---|-----------------------|-------|-----|------|-------|------|------|------|------|

**Shot Putt 4 kilo 'A'**

|   |                              |       |     |       |       |       |       |       |       |
|---|------------------------------|-------|-----|-------|-------|-------|-------|-------|-------|
| 1 | DEMETRIOUS CHARALAMBOUS (HA) | 11.30 | M15 | 11.30 | 10.87 | 11.18 | NT    | 10.99 | 11.01 |
| 2 | SEAN DODD (HARROW)           | 10.11 | M15 | 10.11 | 9.92  | 9.92  | 10.07 | 9.83  | NT    |

**Shot Putt 3.25 kilo 'A'**

|   |                            |      |     |      |      |      |      |      |      |
|---|----------------------------|------|-----|------|------|------|------|------|------|
| 1 | JON SIHALOHO (HARROW)      | 8.70 | M13 | 8.54 | 7.47 | 8.41 | 8.46 | 8.70 | 8.07 |
| 2 | STUART HOFSTETTER (HARROW) | 8.24 | M13 | 7.62 | 7.90 | 8.24 | 8.20 | 7.79 | 7.86 |
| 3 | DAVID NORRIS (HARROW)      | 7.20 | M13 | 7.20 | 6.88 | 6.42 | 6.80 | 7.10 | 6.49 |

**Discus 2 kilo 'A'**

|   |                     |       |   |    |       |       |       |
|---|---------------------|-------|---|----|-------|-------|-------|
| 1 | DEAN MACEY (HARROW) | 45.74 | M | NT | 45.74 | 44.17 | 44.16 |
|---|---------------------|-------|---|----|-------|-------|-------|

**Discus 1.25 kilo 'A'**

|   |                              |       |     |       |       |       |       |
|---|------------------------------|-------|-----|-------|-------|-------|-------|
| 1 | KHALID SHAHALIEMI (HARROW)   | 31.61 | M15 | 23.58 | 29.86 | 28.97 | 31.61 |
| 2 | DEMETRIOUS CHARALAMBOUS (HA) | 31.51 | M15 | NT    | 30.31 | 31.51 | 26.94 |
| 3 | ZOSO DAVIES (HARROW)         | 28.48 | M15 | 26.44 | 28.48 | 26.75 | NT    |

**Discus 1.25 kilo 'A'**

|   |                        |       |     |       |    |       |       |
|---|------------------------|-------|-----|-------|----|-------|-------|
| 1 | SCOTT FORSYTH (WOKING) | 24.23 | M13 | 16.92 | NT | 20.81 | 24.23 |
| 2 | DAVID NORRIS (HARROW)  | 18.57 | M13 | 17.90 | NT | NT    | 18.57 |

**Hammer 7.26 kilo 'A'**

|   |                             |       |   |       |       |       |       |       |       |
|---|-----------------------------|-------|---|-------|-------|-------|-------|-------|-------|
| 1 | GRAHAM HOLDER (SHAFTESBURY) | 60.85 | M | 58.02 | 60.34 | 60.72 | 60.85 | 59.75 | NT    |
| 2 | SIMON BOWN (NEWHAM & EB)    | 60.66 | M | 58.48 | 59.18 | NT    | NT    | 60.66 | 60.24 |
| 3 | STEPHEN MCEVOY (MET POLICE) | 54.97 | M | 54.97 | 53.78 | NT    | NT    | 53.82 | NT    |
| 4 | WESLEY CLARKE (ILFORD)      | 45.85 | M | 45.85 | 42.55 | 43.48 | 40.90 | 42.76 | 43.36 |
| 5 | FERGUS HARFORD (WOODFORD)   | 42.30 | M | 41.51 | 40.65 | 40.40 | 40.04 | 41.52 | 42.30 |
| 6 | MAURICE FENTON (HARROW)     | 38.79 | M | NT    | NT    | 33.82 | NT    | NT    | 38.79 |
| 7 | TOM MCNAB (ST. ALBANS)      | 29.74 | M | 29.74 | 27.65 | NT    | 28.46 | NT    | NT    |

**Hammer Throw 'A'**

|   |                        |       |   |       |       |       |       |       |       |
|---|------------------------|-------|---|-------|-------|-------|-------|-------|-------|
| 1 | LYN SPRULES (HOUNSLOW) | 60.03 | F | NT    | 57.88 | 60.03 | 59.02 | 57.80 | 55.90 |
| 2 | JANET SMITH (WINDSOR)  | 45.48 | F | 44.26 | NT    | NT    | 45.48 | NT    | 45.00 |

**Hammer 6.25 kilo 'A'**

|   |                         |       |     |       |       |    |    |       |       |
|---|-------------------------|-------|-----|-------|-------|----|----|-------|-------|
| 1 | BOB SLY (RICHMOND & T.) | 24.30 | M55 | 22.00 | 24.30 | NT | NT | 23.62 | 22.00 |
|---|-------------------------|-------|-----|-------|-------|----|----|-------|-------|

**Hammer 4 kilo 'A'**

|   |                             |       |     |       |       |       |       |       |       |
|---|-----------------------------|-------|-----|-------|-------|-------|-------|-------|-------|
| 1 | DEMETRIOS CHARALAMBOUS (HA) | 33.03 | M15 | 27.30 | 32.82 | 33.03 | 31.00 | NT    | 28.96 |
| 2 | SEAN DODD (HARROW)          | 29.11 | M15 | 26.95 | 28.74 | NT    | 26.00 | 26.70 | 29.11 |
| 3 | DEAN JOHNSON (HARROW)       | 26.10 | M15 | 24.31 | 25.65 | NT    | 26.10 | 24.25 | 20.13 |
| 4 | EDWARD LLEWELLYN (HARROW)   | 19.86 | M15 | 19.86 | 19.70 | 19.19 | 19.00 | 18.60 | NT    |

**Javelin Throw 'A'**

|   |                          |       |     |       |       |       |       |       |       |
|---|--------------------------|-------|-----|-------|-------|-------|-------|-------|-------|
| 1 | AMBER JACKSON (VERLEA)   | 35.85 | F17 | 30.25 | 30.52 | 35.85 | 35.10 | 30.20 | 33.85 |
| 2 | LEANNE BUXTON (BRIGHTON) | 29.75 | F   | NT    | NT    | 25.50 | 29.75 | NT    | 27.72 |

**Javelin 800 grams 'A'**

|   |                            |       |     |       |       |       |       |       |       |
|---|----------------------------|-------|-----|-------|-------|-------|-------|-------|-------|
| 1 | DU'AINE LADEJO (BELGRAVE)  | 44.38 | M   | 44.38 | NT    | NT    | 39.38 | 43.75 | NT    |
| 2 | ALASTAIR HARSANT (WINDSOR) | 40.10 | M   | 38.55 | 38.30 | 40.10 | NT    | 37.74 | 36.88 |
| 3 | NEIL FITZPATRICK (WOKING)  | 39.45 | M20 | 39.10 | 37.53 | NT    | 36.20 | 36.33 | 39.45 |

**Javelin 700 grams 'A'**

|   |                             |       |     |       |       |       |       |       |    |
|---|-----------------------------|-------|-----|-------|-------|-------|-------|-------|----|
| 1 | MOHAMED AL-ZUFAIRI (HARROW) | 42.73 | M17 | 35.62 | 42.73 | 36.50 | NT    | NT    | NT |
| 2 | NOEL REID (HARROW)          | 33.79 | M17 | 33.53 | NT    | 33.79 | 32.70 | NT    | -  |
| 3 | DAVID SEGAL (PUMA T.V.H.)   | 29.86 | M60 | 29.86 | NT    | NT    | NT    | 25.10 | NT |

**Javelin 600 grams 'A'**

|   |                           |       |     |       |       |       |       |       |       |
|---|---------------------------|-------|-----|-------|-------|-------|-------|-------|-------|
| 1 | MATTHEW THOMPSON (HARROW) | 42.02 | M15 | 36.80 | 42.02 | 37.98 | 37.75 | 37.82 | 40.80 |
| 2 | NATHAN PINCOTT (HORSHAM)  | 16.25 | M15 | 11.79 | 16.25 | 12.50 | 14.73 | NT    | 12.10 |