

SOUTHERN LEAGUE DIVISION SEVEN

HELD AT HARROW WEALD 4th June 1994

100 metres "A"

1	D. ESSUMAN (ILFORD)	11.9
2	B. GARBUTT (LOWESTOFT)	12.1
3	S. ADY (HAYWARDS HEATH)	12.2
4	J. TAYLOR (HASTINGS)	12.5
5	I. THOMSON (OLD GAYTS)	12.6

200 metres "A"

1	D. GARBUTT (LOWESTOFT)	24.7
2	D. ESSUMAN (ILFORD)	25.0
3	M. BROWN (HASTINGS)	25.2
4	M. NG (HAYWARDS HEATH)	26.0
5	I. GARROD (OLD GAYTS)	34.2

400 metres "A"

1	J. DARCHEZ (HAYWARDS HEATH)	54.6
2	T. RUSSELL (HASTINGS)	55.5
3	B. GARBUTT (LOWESTOFT)	56.9
4	D. SINGH (ILFORD)	57.6
5	F. ENDACOTT (OLD GAYTS)	59.9

800 metres "A"

1	S. FORTNAM (HAYWARDS HEATH)	2.08.0
2	S. MCDONNELL (HASTINGS)	2.08.8
3	N. BULL (OLD GAYTS)	2.10.5
4	I. MELLIN (ILFORD)	2.24.5
	Lowestoft d.n.f.	

1500 metres "A"

1	J. DARCHEZ (HAYWARDS HEATH)	4.31.2
2	S. MCDONNELL (HASTINGS)	4.34.1
3	R. SNOWDON (OLD GAYTS)	4.35.6
4	A. HICKS (LOWESTOFT)	4.43.6
5	A. DEAN (ILFORD)	4.49.2

5000 metres "A"

1	M. BRISTOW (HAYWARDS HEATH)	16.24.4
2	A. RUSSELL (HASTINGS)	16.30.5
3	S. JONES (OLD GAYTS)	16.40.5
4	A. HICKS (LOWESTOFT)	16.52.0
5	L. ROWORTH (ILFORD)	17.49.0

110 metres h. (3'6") "A"

1	M. FLOWER (LOWESTOFT)	18.7
2	I. THOMSON (OLD GAYTS)	19.0
3	S. FORTNAM (HAYWARDS HEATH)	19.6
4	D. BUSULWA (ILFORD)	21.7
5	J. TAYLOR (HASTINGS)	24.4

400 metres h. (3') "A"

1	S. FORTNAM (HAYWARDS HEATH)	62.3
2	C. NWOKORO (OLD GAYTS)	62.9
3	P. MADDEN (HASTINGS)	70.9
4	B. GARBUTT (LOWESTOFT)	72.8
5	J. MCNAMEE (ILFORD)	80.7

3000 metres S/C "A"

1	J. DARCHAEZ (HAYWARDS HEATH)	10.56.2
2	A. RUSSELL (HASTINGS)	10.57.4
3	J. COLLIS (OLD GAYTS)	11.15.3
4	A. HICKS (LOWESTOFT)	11.47.2

4 x 100 metres relay

1	no names declared (HAYWARDS HEATH)	48.2
2	D. ESSUMAN/D. BUSULWA/R. MODELLY/J. MCNAMEE (ILFORD)	49.5
3	M. BROWN/J. TAYLOR/A. TAYLOR/P. MADDEN (HASTINGS)	49.5
4	B. GARBUTT/M. FLOWER/M. ROBERTSON/C. DELL (LOWESTOFT)	52.0
5	J. DEGROOT/I. GARROD/F. ENDACOTT/I. GARROD (OLD GAYTS)	53.0

4 x 400 metres relay

1	no names declared (HAYWARDS HEATH)	3.57.4
2	T. RUSSELL/P. MADDEN/S. MCDONNELL/M. BROWN (HASTINGS)	3.57.8
3	I. MELLIN/D. SINGH/J. MCNAMEE/I. BRADSHAW (ILFORD)	4.05.2
4	B. GARBUTT/C. DELL/M. FLOWER/M. ROBERTSON (LOWESTOFT)	4.34.7

100 metres "B"

1	M. NG (HAYWARDS HEATH)	12.3
2	M. BROWN (HASTINGS)	12.4
3	M. ROBERTSON (LOWESTOFT)	12.6
4	R. MODELLY (ILFORD)	12.7
5	J. DEGROOT (OLD GAYTS)	13.1

200 metres "B"

1	T. RUSSELL (HASTINGS)	25.4
2	M. ROBERTSON (LOWESTOFT)	25.7
3	S. ADY (HAYWARDS HEATH)	26.0
4	R. MODELLY (ILFORD)	26.2
5	J. DEGROOT (OLD GAYTS)	28.2

400 metres "B"

1	R. HAYES (OLD GAYTS)	55.4
2	P. MADDEN (HASTINGS)	57.7
3	S. FORTNAM (HAYWARDS HEATH)	58.5
4	I. BRADSHAW (ILFORD)	60.8
5	M. ROBERTSON (LOWESTOFT)	61.8

800 metres "B"

1	A. NOBLE (OLD GAYTS)	2.09.7
2	T. BURKE (HAYWARDS HEATH)	2.09.7
3	A. DEAN (ILFORD)	2.13.3
4	J. WILD (HASTINGS)	2.15.7
5	A. HICKS (LOWESTOFT)	2.27.2

1500 metres "B"

1	T. BURKE (HAYWARDS HEATH)	4.31.5
2	J. WILD (HASTINGS)	4.48.7
3	S. MAY (ILFORD)	4.57.3
4	F. ENDACOTT (OLD GAYTS)	5.27.8

5000 metres "B"

1	R. BLOOM (OLD GAYTS)	16.55.9
2	M. LAZZELL (ILFORD)	19.14.5
3	W. MARTIN (HASTINGS)	22.26.9
4	M. BALE (HAYWARDS HEATH)	23.24.0

110 metres h. (3'6") "B"

1	J. DEGROOT (OLD GAYTS)	19.8
2	D. BOARDMAN (HASTINGS)	20.9
3	C. DELL (LOWESTOFT)	21.6
4	I. TOMPKINS (HAYWARDS HEATH)	22.6

400 metres h. (3') "B"

1	D. BUSULWA (ILFORD)	68.1
2	D. BOARDMAN (HASTINGS)	68.7
3	T. BURKE (HAYWARDS HEATH)	70.9
4	F. ENDACOTT (OLD GAYTS)	76.8
5	A. HICKS (LOWESTOFT)	78.9

3000 metres S/C "B"

1	D. BOARDMAN (HASTINGS)	14.39.4
2	I. GARROD (OLD GAYTS)	14.58.4
3	M. BALE (HAYWARDS HEATH)	15.49.9

High Jump "A"

1	I. TOMPKINS (HAYWARDS HEATH)	1.75	:	1.50-1	1.60-1	1.65-1	1.70-1	1.75-2	1.80-3F
2	M. FLOWER (LOWESTOFT)	1.75	:	1.65-1	1.70-2	1.75-2	1.80-3F		
3	J. TAYLOR (HASTINGS)	1.70	:	1.50-1	1.55-1	1.60-1	1.65-3	1.70-2	RETD
4	C. NWOKORO (OLD GAYTS)	1.65	:	1.40-1	1.45-1	1.50-2	1.55-1	1.60-3	1.65-1 1.70-3F
5	D. SINGH (ILFORD)	1.40	:	1.20-1	1.40-2	1.45-3F			

High Jump "B"

1	M. BURHOLT (HAYWARDS HEATH)	1.75	:	1.65-1	1.70-1	1.75-2	1.80-2F		
2	B. GARBUTT (LOWESTOFT)	1.45	:	1.40-1	1.45-1	RETD			
3	A. TAYLOR (HASTINGS)	1.40	:	1.40-1	1.45-3F				
4	I. GARROD (OLD GAYTS)	1.40	:	1.20-1	1.40-3	1.45-3F			
5	I. MELLIN (ILFORD)	1.20	:	1.20-1	1.40-1F				

Pole Vault "A"

1	I. THOMSON (OLD GAYTS)	2.40	:	2.20-1	2.40-1	RETD			
2	J. WILD (HASTINGS)	2.20	:	1.16-1	2.00-2	2.20-1	2.40-3F		
3	J. MCNAMEE (ILFORD)	2.00	:	1.16-1	2.00-2	RETD			
4	C. DELL (LOWESTOFT)	1.16	:	1.16-1	RETD				
5	R. ROUFF (HAYWARDS HEATH)	1.16	:	1.16-2	2.00-3F				

Pole Vault "B"

1	W. MARTIN (HASTINGS)	2.20	:	1.16-1	2.00-1	2.20-2	2.40-3F		
2=	I. GARROD (OLD GAYTS)	1.16	:	1.16-1	RETD				
	M. FLOWER (LOWESTOFT)	1.16	:	1.16-1	RETD				
	I. MELLIN (ILFORD)	1.16	:	1.16-1	RETD				
5	D. EYRE (HAYWARDS HEATH)	1.16	:	1.16-2	RETD				

Long Jump "A"

1	M. BURHOLT (HAYWARDS HEATH)	6.08	:	NJ	5.99	5.99	6.07	6.08	-
2	J. TAYLOR (HASTINGS)	5.81	:	5.44	5.57	5.21	5.72	5.68	5.81
3	M. FLOWER (LOWESTOFT)	5.71	:	5.08	5.51	5.71	-	-	-
4	I. THOMSON (OLD GAYTS)	5.36	:	5.36	5.21	-	-	-	-
5	I. MULLIN (ILFORD)	4.98	:	4.59	4.88	4.98	4.48	4.32	4.90

Long Jump "B"

1	A. TAYLOR (HASTINGS)	5.33	:	5.33	5.10	5.32	5.02	-	-
2	I. BRADSHAW (ILFORD)	4.87	:	4.69	4.70	4.87	ELIM		
3	B. RUFF (HAYWARDS HEATH)	4.77	:	4.47	4.77	4.37	ELIM		
4	C. DELL (LOWESTOFT)	4.65	:	4.65	4.55	4.60	ELIM		
5	I. GARROD (OLD GAYTS)	3.96	:	3.57	3.83	3.96	ELIM		

Triple Jump "A"

1	J. TAYLOR (HASTINGS)	12.06	:	11.89	NJ	11.64	12.06	11.84	11.83
2	M. FLOWER (LOWESTOFT)	11.97	:	11.08	11.50	11.90	11.97	11.86	NJ
3	M. BURHOLT (HAYWARDS HEATH)	11.60	:	11.36	11.60	NJ	11.10	-	-
4	I. THOMSON (OLD GAYTS)	10.85	:	10.43	10.85	10.65	-	-	-
5	D. BUSULWA (ILFORD)	10.48	:	9.80	10.37	10.48	10.29	10.03	10.40

Triple Jump "B"

1	C. DELL (LOWESTOFT)	10.41	:	10.41	-	NJ	10.15	10.15	-
2	A. TAYLOR (HASTINGS)	10.16	:	9.75	10.16	10.13	ELIM		
3	A. DEAN (ILFORD)	9.62	:	9.62	9.34	NJ	ELIM		
4	I. GARROD (OLD GAYTS)	9.43	:	9.43	NJ	-	ELIM		
5	B. RUFF (HAYWARDS HEATH)	8.70	:	8.66	8.70	NJ	ELIM		

Shot Putt 7.26 kilo "A"

1	M. BURHOLT (HAYWARDS HEATH)	11.52	:	10.71	10.36	10.91	11.52	11.41	11.47
2	B. HANCOCK (OLD GAYTS)	9.71	:	9.65	9.40	9.52	NT	9.70	9.71
3	A. TAYLOR (HASTINGS)	9.35	:	9.29	9.35	NT	9.05	NT	9.07
4	M. ROLL (ILFORD)	9.08	:	8.74	9.08	NT	8.99	8.83	NT
5	J. GRAY (LOWESTOFT)	8.53	:	8.05	8.53	8.23	ELIM		

Shot Putt 7.26 kilo "B"

1	I. TOMPKINS (HAYWARDS HEATH)	10.04	:	9.71	9.98	NT	10.04	NT	NT
2	W. MARTIN (HASTINGS)	9.21	:	8.58	-	9.21	NT	-	-
3	J. DEGROOT (OLD GAYTS)	8.71	:	8.43	8.71	NT	ELIM		
4	C. DELL (LOWESTOFT)	8.49	:	7.72	-	8.49	ELIM		
5	J. MCNAMEE (ILFORD)	7.35	:	7.25	7.35	-	ELIM		

Discus 2 kilo "A"

1	M. BURHOLT (HAYWARDS HEATH)	31.58	:	-	NT	26.66	31.58	RETD	
2	W. MARTIN (HASTINGS)	30.10	:	27.42	NT	27.16	NT	NT	30.10
3	B. HANCOCK (OLD GAYTS)	26.38	:	22.66	23.32	25.72	23.42	26.38	22.66
4	J. GRAY (LOWESTOFT)	25.46	:	6.52	25.04	NT	25.46	NT	NT
5	J. MCNAMEE (ILFORD)	23.58	:	-	19.22	23.58	ELIM		

Discus 2 kilo "B"

1	M. CLACK (OLD GAYTS)	25.52	:	25.42	25.52	25.20	NT	NT	NT
2	C. DELL (LOWESTOFT)	24.30	:	21.56	24.30	23.74	NT	22.20	22.36
3	S. FELLOWS (HASTINGS)	23.42	:	NT	NT	23.42	ELIM		
4	D. SINGH (ILFORD)	22.36	:	NT	7.60	22.36	ELIM		
5	I. TOMPKINS (HAYWARDS HEATH)	22.02	:	21.34	NT	22.02	ELIM		

Javelin 800 grams "A"

1	M. BURHOLT (HAYWARDS HEATH)	49.38	:	49.38	48.20	48.60	-	45.58	-
2	B. HANCOCK (OLD GAYTS)	36.14	:	35.36	-	34.02	34.62	36.14	-
3	I. MELLIN (ILFORD)	34.54	:	32.38	32.92	34.54	31.74	-	31.92
4	J. TAYLOR (HASTINGS)	34.46	:	30.08	32.92	34.46	-	31.44	-
5	C. DELL (LOWESTOFT)	32.20	:	27.62	32.20	31.74	31.48	-	-

Javelin 800 grams "B"

1	I. TOMPKINS (HAYWARDS HEATH)	34.84	:	34.24	32.98	34.32	-	31.46	34.84
2	M. FLOWER (LOWESTOFT)	32.10	:	31.16	32.10	-	ELIM		
3	J. DEGROOT (OLD GAYTS)	31.92	:	-	-	31.92	ELIM		
4	S. FELLOWS (HASTINGS)	30.76	:	-	30.76	-	ELIM		
5	J. MCNAMEE (ILFORD)	27.68	:	27.68	26.90	26.16	ELIM		

Hammer 7.26 kilo "A"

1	M. CLACK (OLD GAYTS)	33.26	:	33.26	32.70	30.40	NT	29.04	NT
2	M. BURHOLT (HAYWARDS HEATH)	32.68	:	32.68	NT	NT	-	-	-
3	J. GRAY (LOWESTOFT)	24.80	:	18.60	24.00	22.36	21.46	24.40	24.80
4	S. ROBERTS (HASTINGS)	24.18	:	24.18	23.46	24.16	NT	23.80	23.24
5	J. MCNAMEE (ILFORD)	14.80	:	14.80	-	-	ELIM		

Hammer 7.26 kilo "B"

1	B. HANCOCK (OLD GAYTS)	21.68	:	18.56	21.46	21.68	20.88	NT	21.36
2	A. TAYLOR (HASTINGS)	19.96	:	19.30	-	19.96	NT	NT	19.64
3	D. EYRE (HAYWARDS HEATH)	19.28	:	19.28	19.20	19.14	ELIM		
4	C. DELL (LOWESTOFT)	17.46	:	13.58	16.38	17.46	ELIM		
5	I. MELLIN (ILFORD)	7.48	:	7.48	-	-	ELIM		

EVENT BY EVENT SCORES:

EVENT	HAYWARDS HEATH	LOWESTOFT	ILFORD	HASTINGS	OLD GAYTS	POINTS LOST
100	8	7	7	6	2	
200	5	9	6	8	2	
400	8	4	4	8	6	
800	9	1	5	6	8	1
1500	10	2	4	8	5	1
5000	7	2	5	7	8	1
110H	5	8	2	5	9	1
400H	8	3	6	7	6	
3000SC	8	2		9	7	4
4X1	5	2	4	3	1	
4X4	5	2	3	4		1
HJ	10	8	2	6	4	
PV	2	5	6	9	8	
LJ	8	5	5	9	3	
TJ	4	9	4	9	4	
SP	10	3	3	7	7	
DT	6	6	3	7	8	
JT	10	5	4	4	7	
HT	7	5	2	6	10	
TOTALS:	135	88	75	128	105	9 540

ANALYSIS BY EVENT GROUP:

EVENT	HAYWARDS HEATH	LOWESTOFT	ILFORD	HASTINGS	OLD GAYTS	POINTS LOST
SPRINTS	21	20	17	22	10	
MIDDLE D	34	7	14	30	28	7
HURDLES	13	11	8	12	15	1
RELAYS	10	4	7	7	1	1
TRACK	78	42	46	71	54	9
VERT J	12	13	8	15	12	
HORIZ J	12	14	9	18	7	
THROWS	33	19	12	24	32	
FIELD	57	46	29	57	51	
TOTALS:	135	88	75	128	105	9 540

FINAL TEAM RESULT:

1	HAYWARDS HEATH	135
2	HASTINGS	128
3	OLD GAYTONIANS	105
4	LOWESTOFT	88
5	ILFORD	75