

# SOUTHERN LEAGUE DIVISION TWO

HELD AT HARROW WEALD 3rd JULY 1993

## 100 metres "A"

1	P. METCALF (NEWHAM)	11.3
2	J. OKAFOR (OLD GAYTS)	11.3
3	S. SIMMONS (WALTHAMSTOW)	11.4
4	P. JACOBS (MILTON K)	11.9
5	S. NASH (Q.P.H.)	12.0

## 200 metres "A"

1	S. SIMMONS (WALTHAMSTOW)	22.1
2	E. BETTS (Q.P.H.)	22.4
3	P. METCALF (NEWHAM)	22.7
4	J. OKAFOR (OLD GAYTS)	22.9
5	S. ROBINSON (MILTON K)	25.2

## 400 metres "A"

1	E. BETTS (Q.P.H.)	48.9
2	P. DUNSTON (NEWHAM)	50.5
3	A. BAINGER (OLD GAYTS)	51.3
4	J. MILSOM (WALTHAMSTOW)	53.0
5	P. BILTON (MILTON K)	54.8

## 800 metres "A"

1	I. THOMPSON (MILTON K)	1.56.0
2	J. MILSOM (WALTHAMSTOW)	1.56.2
3	S. TAYLOR (OLD GAYTS)	1.56.4
4	D. BARKER (NEWHAM)	1.57.2
5	A. MELLER (Q.P.H.)	1.57.8

## 1500 metres "A"

1	S. HEMPSTEAD (NEWHAM)	3.59.8
2	N. FLINT (OLD GAYTS)	3.59.8
3	P. BRYANSTON (WALTHAMSTOW)	4.03.8
4	C. NEVINS (Q.P.H.)	4.05.4
5	I. THOMPSON (MILTON K)	4.20.2

## 5000 metres "A"

1	D. ROSE (WALTHAMSTOW)	15.38.2
2	S. DOIG (OLD GAYTS)	15.44.7
3	J. WILLOUGHBY (Q.P.H.)	15.55.9
4	P. DUNNE (NEWHAM)	16.18.9
5	I. RUSSELL (MILTON K)	16.28.5

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

1	M. PERMAN (WALTHAMSTOW)	16.5
2	L. SALVADOR-AYLOTT (OLD GAYTS)	16.6
3	S. PRATT (Q.P.H.)	16.7
4	J. LAWFORD (NEWHAM)	19.5
5	B. MARSDEN (MILTON K)	20.3

## 400 metres h. (3') "A"

1	S. PRATT (Q.P.H.)	56.0
2	J. LANFORD (NEWHAM)	56.8
3	S. CAMPBELL (WALTHAMSTOW)	60.2
4	J. DEGROOT (OLD GAYTS)	61.3
5	S. ROBINSON (MILTON K)	64.7

## 3000 metres S/C "A"

1	S. HEMPSTEAD (NEWHAM)	10.10.0
2	L. RUDGE (OLD GAYTS)	10.11.7
3	R. DAVIS (Q.P.H.)	10.23.5
4	R. ATTWOOD (WALTHAMSTOW)	10.53.6
5	I. RUSSELL (MILTON K)	11.23.3

## 4 x 100 metres relay

1	P. METCALF/S. JOSEPH/J. DAVIS/T. POLIEUS (NEWHAM)	42.9
2	S. SIMONS/K. MILLER/T. SLOMAN/M. PERMAN (WALTHAMSTOW)	42.9
3	J. OKAFOR/U. WODU/N. AUSTIN/L. SALVADOR-AYLOTT (OLD GAYTS)	44.3
4	M. GEORGIU/S. NASH/E. BETTS/R. CHARLES (Q.P.H.)	44.9
5	no names declared (MILTON K)	46.5

## 4 x 400 metres relay

1	S. PRATT/K. KYPIOUS/A. MELLER/E. BETTS (Q.P.H.)	3.21.5
2	J. OKAFOR/K. WHITE/A. BAINGER/N. AUSTIN (OLD GAYTS)	3.22.3
3	P. DUNSTON/S. KENTON/E. HARRIS/D. BARKER (NEWHAM)	3.24.5
4	S. PRATT/J. MILSOM/P. MILSOM/T. SLOMAN (WALTHAMSTOW)	3.24.8

## 100 metres "B"

1	K. MILLER (WALTHAMSTOW)	11.3
2	T. POLIUS (NEWHAM)	11.4
3	U. WODU (OLD GAYTS)	11.5
4	P. BOSWORTH (MILTON K)	12.0
5	M. GEORGIU (Q.P.H.)	12.8

## 200 metres "B"

1	K. MILLER (WALTHAMSTOW)	22.8
2	S. PRATT (Q.P.H.)	23.2
3	T. POLIUS (NEWHAM)	23.3
4	U. WODU (OLD GAYTS)	23.4
5	J. LEVER (MILTON K)	26.0

## 400 metres "B"

1	K. WHITE (OLD GAYTS)	52.3
2	K. KYPIOUS (Q.P.H.)	52.8
3	E. HARRIS (NEWHAM)	53.0
4	P. MILSOM (WALTHAMSTOW)	53.8
5	S. SULLIVAN (MILTON K)	54.2

## 800 metres "B"

1	D. PRIESTLEY (NEWHAM)	1.56.9
2	S. CUMMINGS (Q.P.H.)	1.58.3
3	P. MILSOM (WALTHAMSTOW)	1.59.2
4	M. KELLY (OLD GAYTS)	2.00.4
5	S. SULLIVAN (MILTON K)	2.01.2

## 1500 metres "B"

1	S. PRATT (Q.P.H.)	4.11.2
2	M. LEPPS (OLD GAYTS)	4.12.8
3	S. DOWNES (WALTHAMSTOW)	4.14.6
4	P. BILTON (MILTON K)	4.23.0
5	S. COLE (NEWHAM)	4.26.2

## 5000 metres "B"

1	S. CUMMINGS (Q.P.H.)	16.01.7
2	M. BARON (OLD GAYTS)	16.09.3
3	R. MADDAMS (NEWHAM)	16.25.2
4	S. O'SULLIVAN (MILTON K)	16.55.9
5	T. WILLARD (WALTHAMSTOW)	17.53.1

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

1	T. SLOMAN (WALTHAMSTOW)	16.2
2	J. DEGROOT (OLD GAYTS)	18.0
3	P. WATKINS (MILTON K)	20.3
4	D. BENJAMIN (Q.P.H.)	20.5
5	B. SMITH (NEWHAM)	21.6

## 400 metres h. (3') "B"

1	D. BENJAMIN (Q.P.H.)	60.5
2	L. MARSH (WALTHAMSTOW)	63.6
3	M. GANN (MILTON K)	66.0
4	D. ENGLAND (NEWHAM)	66.7
5	L. RUDGE (OLD GAYTS)	71.6

## 3000 metres S/C "B"

1	M. BARON (OLD GAYTS)	10.32.3
2	B. GREEN (Q.P.H.)	10.45.5
3	D. ENGLAND (NEWHAM)	10.47.9
4	K. DENVER (WALTHAMSTOW)	11.33.2
5	M. GANN (MILTON K)	11.40.6

<b>High Jump "A"</b>										
1	R. CHARLES (Q.P.H.)	2.00	:	1.55-1	1.60-1	1.65-1	1.70-1	1.75-1	1.80-1	1.85-1
2	T. SLOMAN (WALTHAMSTOW)	1.95	:	1.90-2	1.95-2	2.00-2	RETD			
3	O. ROBIN-COCKER (OLD GAYTS)	1.85	:	1.80-1	1.85-2	1.90-1	1.95-2	2.00-3F		
4	W. O'SULLIVAN (MILTON K)	1.80	:	1.70-1	1.75-1	1.80-2	1.85-2	1.90-3F		
5	R. SMITH (NEWHAM)	1.75	:	1.70-1	1.75-1	1.80-1	1.85-3F			
			:	1.55-1	1.60-1	1.65-1	1.70-1	1.75-2	1.80-3F	
<b>High Jump "B"</b>										
1	L. SALVADOR-AYLOTT (OLD GAYTS)	1.80	:	1.55-1	1.65-1	1.70-1	1.75-1	1.80-2	1.85-3F	
2	M. PERMAN (WALTHAMSTOW)	1.75	:	1.65-1	1.70-1	1.75-3	1.80-3F			
3	S. KENTON (NEWHAM)	1.70	:	1.60-1	1.65-2	1.70-2	1.75-3F			
4	S. SMITH (MILTON K)	1.70	:	1.60-2	1.65-2	1.70-3	1.75-3F			
5	S. PRATT (Q.P.H.)	1.65	:	1.60-2	1.65-2	1.70-3F				
<b>Pole Vault "A"</b>										
1	T. SLOMAN (WALTHAMSTOW)	3.80	:	3.80-1	4.00-2F					
2=	M. HATTON (OLD GAYTS)	3.60	:	3.40-1	3.60-1	3.80-3F				
	S. EASTWOOD (MILTON K)	3.60	:	3.40-1	3.60-1	3.80-3F				
4	B. BISHOP (NEWHAM)	3.00	:	2.60-2	2.80-3	3.00-3	3.20-1F			
5	D. GIORGIOU (Q.P.H.)	2.20	:	1.10-1	2.20-3	2.40-3F				
<b>Pole Vault "B"</b>										
1	J. LEVER (MILTON K)	3.00	:	3.00-1	3.20-3F					
2	J. DAVIS (NEWHAM)	2.60	:	2.40-1	2.60-3	2.80-3F				
3	A. GALLIGAN (Q.P.H.)	1.10	:	1.10-1	2.20-3F					
<b>Long Jump "A"</b>										
1	T. SLOMAN (WALTHAMSTOW)	7.00	:	6.65	6.55	7.00	-	-	-	
2	L. SALVADOR-AYLOTT (OLD GAYTS)	6.79	:	6.20	6.41	6.79	6.56	6.36	-	
3	S. NASH (Q.P.H.)	6.76	:	4.60	6.60	6.43	6.36	6.76	6.61	
4	P. BOSWORTH (MILTON K)	6.46	:	6.17	6.24	NJ	5.67	6.46	-	
5	C. KING (NEWHAM)	5.90	:	5.17	5.61	5.90	ELIM			
<b>Long Jump "B"</b>										
1	M. PERMAN (WALTHAMSTOW)	6.62	:	6.50	6.53	6.62	-	-	NJ	
2	W. O'SULLIVAN (MILTON K)	6.38	:	NJ	6.17	6.26	6.23	6.05	6.38	
3	N. AUSTIN (OLD GAYTS)	6.00	:	5.87	NJ	6.00	ELIM			
4	K. KYPRI (Q.P.H.)	5.96	:	4.30	5.63	5.96	ELIM			
5	L. ALLEN (NEWHAM)	5.51	:	NJ	5.51	5.22	ELIM			
<b>Triple Jump "A"</b>										
1	S. NASH (Q.P.H.)	14.20	:	13.47	13.72	13.61	13.91	13.77	14.20	
2	G. CROOKENDALE (NEWHAM)	13.63	:	13.28	13.40	13.59	13.60	NJ	13.63	
3	O. ROBIN-COCKER (OLD GAYTS)	13.63	:	12.93	13.63	13.00	12.92	13.14	NJ	
4	L. MERSH (WALTHAMSTOW)	13.21	:	12.06	NJ	13.21	-	-	-	
5	S. EASTWOOD (MILTON K)	11.39	:	11.16	10.94	11.39	ELIM			
<b>Triple Jump "B"</b>										
1	B. HULL (OLD GAYTS)	13.24	:	11.09	13.12	13.03	NJ	NJ	13.24	
2	S. JOSEPH (NEWHAM)	13.18	:	12.57	13.18	13.17	12.85	12.79	13.11	
3	K. MILLER (WALTHAMSTOW)	12.21	:	11.94	12.21	-	ELIM			
4	R. CHARLES (Q.P.H.)	12.20	:	-	11.69	12.20	ELIM			
5	P. WATKINS (MILTON K)	10.99	:	10.93	10.99	NJ	ELIM			
<b>Shot Putt 7.26 kilo "A"</b>										
1	J. HISLOP (NEWHAM)	14.42	:	14.42	NT	NT	NT	-	-	
2	A. DAVIDSON (MILTON K)	12.24	:	11.65	11.25	12.24	11.86	11.96	12.16	
3	M. CROAD (OLD GAYTS)	12.08	:	12.08	-	-	-	-	-	
4	M. PERMAN (WALTHAMSTOW)	11.83	:	11.53	11.83	11.61	11.76	11.61	11.72	
5	R. HIBBERT (Q.P.H.)	10.50	:	10.50	NT	NT	ELIM			
<b>Shot Putt 7.26 kilo "B"</b>										
1	S. HEAD (NEWHAM)	14.05	:	13.49	NT	14.05	13.96	NT	13.46	
2	D. VIDGEN (MILTON K)	11.84	:	11.84	11.36	NT	NT	NT	11.36	
3	P. RHONE (WALTHAMSTOW)	10.19	:	10.19	9.94	NT	ELIM			
4	A. ABU (Q.P.H.)	9.59	:	9.59	NT	NT	ELIM			
5	M. HATTON (OLD GAYTS)	8.05	:	NT	8.05	-	ELIM			
<b>Discus 2 kilo "A"</b>										
1	E. GILKES (NEWHAM)	46.78	:	44.28	45.74	NT	45.30	46.78	NT	
2	D. VIDGEN (MILTON K)	38.38	:	NT	32.94	37.88	NT	38.38	NT	
3	T. SLOMAN (WALTHAMSTOW)	35.50	:	35.42	NT	34.54	34.44	32.14	35.50	
4	R. HIBBERT (Q.P.H.)	34.40	:	34.40	NT	34.26	ELIM			
5	L. SALVADOR-AYLOTT (OLD GAYTS)	34.08	:	29.00	34.08	NT	ELIM			
<b>Discus 2 kilo "B"</b>										
1	J. HISLOP (NEWHAM)	39.64	:	38.26	38.02	39.64	38.90	39.10	NT	
2	M. PERMAN (WALTHAMSTOW)	35.28	:	35.28	34.06	NT	NT	33.80	NT	
3	A. DAVIDSON (MILTON K)	34.86	:	34.86	34.04	NT	NT	NT	29.72	
4	A. ABU (Q.P.H.)	32.18	:	31.72	NT	32.18	ELIM			
5	B. HULL (OLD GAYTS)	30.56	:	28.04	28.70	30.56	ELIM			
<b>Javelin 800 grams "A"</b>										
1	S. BARTLETT (OLD GAYTS)	53.66	:	53.66	NT	52.18	NT	50.10	NT	
2	R. DEBENHAM (NEWHAM)	53.38	:	47.88	53.00	50.82	53.38	50.10	51.04	
3	A. ABU (Q.P.H.)	48.78	:	45.72	NT	48.78	NT	NT	NT	
4	T. SLOMAN (WALTHAMSTOW)	45.44	:	45.44	44.46	44.50	-	-	-	
5	S. EASTWOOD (MILTON K)	42.84	:	42.84	40.44	42.06	ELIM			
<b>Javelin 800 grams "B"</b>										
1	L. SALVADOR-AYLOTT (OLD GAYTS)	49.22	:	40.48	43.58	49.22	-	-	-	
2	K. MILLER (WALTHAMSTOW)	43.94	:	42.34	41.96	43.94	-	-	-	
3	E. GILKES (NEWHAM)	43.62	:	35.32	43.62	43.24	ELIM			
4	R. GALLIGAN (Q.P.H.)	37.28	:	NT	37.28	36.14				
5	M. ROBERTSON (MILTON K)	35.76	:	NT	35.76	34.78	ELIM			

**Hammer 7.26 kilo "A"**

1	M. CROAD (OLD GAYTS)	53.10	:	53.10	NT	-	NT	NT	51.82
2	M. EDWARDS (NEWHAM)	48.66	:	48.22	NT	NT	47.08	NT	48.66
3	M. ROBERTSON (MILTON K)	42.18	:	39.82	42.14	NT	42.18	42.14	NT
4	A. BETTS (Q.P.H.)	41.10	:	35.42	NT	41.10	NT	NT	NT
5	P. RHONE (WALTHAMSTOW)	22.46	:	22.46	-	-	ELIM		

**Hammer 7.26 kilo "B"**

1	G. CURTIS (NEWHAM)	47.56	:	44.32	42.48	47.56	45.92	45.90	47.08
2	A. FRENCH (OLD GAYTS)	35.26	:	35.26	33.90	NT	NT	32.32	NT
3	R. GALLIGAN (Q.P.H.)	27.86	:	24.60	27.24	27.86	ELIM		
4	M. GANN (MILTON K)	26.04	:	22.46	NT	26.04	ELIM		
5	S. CAMPBELL (WALTHAMSTOW)	12.50	:	12.50	-	-	ELIM		

**EVENT BY EVENT SCORES:**

EVENT	NEWHAM	OLD GAYTS	Q.P.H.	WALTHAMSTOW	MILTON K	POINTS	LOST	
100	9	7	2	8	4			
200	6	4	8	10	2			
400	7	8	9	4	2			
800	7	5	5	7	6			
1500	6	8	7	6	3			
5000	5	8	8	6	3			
110H	3	8	5	10	4			
400H	6	3	10	7	4			
3000SC	8	9	7	4	2			
4X1	5	3	2	4	1			
4X4	3	4	5	2			1	
HJ	4	8	6	8	4			
PV	6	3.5	4	5	8.5		3	
LJ	2	7	5	10	6			
TJ	8	8	7	5	2			
SP	10	4	3	5	8			
DT	10	2	4	7	7			
JT	7	10	5	6	2			
HT	9	9	5	2	5			
TOTALS:	121	118.5	107	116	73.5		4	540

**ANALYSIS BY EVENT GROUP:**

EVENT	NEWHAM	OLD GAYTS	Q.P.H.	WALTHAMSTOW	MILTON K	POINTS	LOST	
SPRINTS	22	19	19	22	8			
MIDDLE D	26	30	27	23	14			
HURDLES	9	11	15	17	8			
RELAYS	8	7	7	6	1		1	
TRACK	65	67	68	68	31		1	
VERT J	10	11.5	10	13	12.5		3	
HORIZ J	10	15	12	15	8			
THROWS	36	25	17	20	22			
FIELD	56	51.5	39	48	42.5		3	
TOTALS:	121	118.5	107	116	73.5		4	540

**FINAL TEAM RESULT:**

1	NEWHAM & ESSEX BEAGLES	121
2	OLD GAYTONIANS	118.5
3	WALTHAMSTOW	116
4	QUEENS PARK HARRIERS	107
5	MILTON KEYNES	73.5