

# SOUTHERN LEAGUE DIVISION SEVEN

05-Aug-95 Held at Harrow Weald

## 100 metres 'A'

1	JASON JEFFREY (OLD GAYTS)	11.7
2	M. PAPWORTH (COLCHESTER)	11.9
3	G. TOKIN (DACORUM)	12.3
4	B. SCILLITOE (BRAINTREEE)	13.6

## 100 metres 'B'

1	GREG FEARON (OLD GAYTS)	12.0
2	M. WHITE (DACORUM)	12.2
3	R. CUBERLEY (COLCHESTER)	12.5

## 200 metres 'A'

1	JASON JEFFREY (OLD GAYTS)	24.1
2	G. TOWN (DACORUM)	24.8
3	R. CUBERLEY (COLCHESTER)	26.8
4	B. SCILLITOE (BRAINTREEE)	27.6

## 200 metres 'B'

1	M. PAPWORTH (COLCHESTER)	23.9
2	GREG FEARON (OLD GAYTS)	26.2
3	M. WHITE (DACORUM)	35.5

## 400 metres 'A'

1	PAUL WILLIS (COLCHESTER)	53.9
2	KEITH McINTOSH (OLD GAYTS)	55.1
3	J. FISHER (DACORUM)	55.7

## 400 metres 'B'

1	N. WILKINSON (COLCHESTER)	56.2
2	KERRIN EDWARDS (OLD GAYTS)	57.0
3	ROB BRYANT (DACORUM)	65.2

## 800 metres 'A'

1	T. BARTRUM (COLCHESTER)	2:09.4
2	KERRIN EDWARDS (OLD GAYTS)	2:12.1
3	ROB BRYANT (DACORUM)	2:14.8

## 800 metres 'B'

1	JOHN CAMPRUBI (OLD GAYTS)	2:14.2
2	R. DAVIES (COLCHESTER)	2:16.1
3	K. PERRY (DACORUM)	2:35.9

## 1500 metres 'A'

1	T. BARTRUM (COLCHESTER)	4:11.4
2	EDDIE BURTON (OLD GAYTS)	4:17.5
3	K. PERRY (DACORUM)	5:09.3

## 1500 metres 'B'

1	K. MARTIN (COLCHESTER)	4:22.5
2	ADAM BLADES (OLD GAYTS)	4:26.9
3	J. FISHER (DACORUM)	5:40.3

## 5000 metres 'A'

1	S. LANGLEY (COLCHESTER)	16:12.7
2	MIKE LEPPS (OLD GAYTS)	16:27.0
3	J. COOPER (DACORUM)	20:44.5

## 5000 metres 'B'

1	R. GAINÉ (COLCHESTER)	16:12.7
2	ROSS BLOOM (OLD GAYTS)	17:51.1
3	P. BAILEY (DACORUM)	21:44.5

## 3000 metres S/C 'A'

1	JON DIFFEY (OLD GAYTS)	10:29.5
2	R. GAINÉ (COLCHESTER)	10:46.9
3	A. BUTLER (DACORUM)	12:08.5

## 3000 metres S/C 'B'

1	GRAHAM ALLEN (OLD GAYTS)	10:49.1
2	S. LANGLEY (COLCHESTER)	10:57.0
3	L. LEECH (DACORUM)	12:08.5

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

1	PAUL STANTON (OLD GAYTS)	18.0
2	PAUL STRUTT (COLCHESTER)	24.3
3	J. FISHER (DACORUM)	28.3

## 110 metres hurdles (3' 6") 'B'

1	JON DEGROOT (OLD GAYTS)	19.7
2	M. PAPWORTH (COLCHESTER)	20.9
3	G. TOWN (DACORUM)	23.9

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

1	EDDIE BURTON (OLD GAYTS)	66.6
2	J. FISHER (DACORUM)	72.2
3	PAUL STRUTT (COLCHESTER)	78.4

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

1	G. TOWN (DACORUM)	69.8
2	P. BARRATT (COLCHESTER)	70.1
3	FRANCIS ENDACOTT (OLD GAYTS)	70.2

## 4 x 100 metres relay

1	K. McINTOSH / P. STANTON / G. FEARON / J. JEFFREY (OLD GAYTS)	47.1
2	M. PAPWORTH / R. CUBERLEY / C. JONES / P. WILLIS (COLCHESTER)	47.5
3	G. TOWN / M. WHITE / J. FISHER / L. LEECH (DACORUM)	56.4

**4 x 400 metres relay**

1	P. WILLIS / N. WILKINSON / C. JONES / T. BARTRUM (COLCHESTER)	3.45.5
2	J. JEFFREY / F. ENDACOTT / K. EDWARDS / K. McINTOSH (OLD GAYTS)	3.48.7
3	G. TOWN / M. WHITE / M. RATCLIFFE / J. FISHER (DACORUM)	4.51.9

**High Jump 'A'**

1	PAUL STANTON (OLD GAYTS)	1.50	1.40-1	1.45-1	1.50-1	1.55-3f
2	J. FISHER (DACORUM)	1.50	1.00-1	1.40-3	1.45-1	1.50-1 1.55-f
3	C. JONES (COLCHESTER)	1.50	1.00-1	1.40-1	1.45-3	1.50-2 1.55-3f
4	B. SCILLITOE (BRAINTREEE)	1.00	1.00-1			

**High Jump 'B'**

1	M. RATCLIFFE (DACORUM)	1.50	1.00-1	1.40-2	1.45-1	1.50-3 1.55-3f
2	S. BARTRUM (COLCHESTER)	1.40	1.00-1	1.40-1	1.45-3f	
3	L. SCILLITOE (BRAINTREEE)	1.00	1.00-1			
	FRANCIS ENDACOTT (OLD GAYTS)	1.00	1.00-1	1.40-3f		

**Pole Vault 'A'**

1	TIM HUGHES (OLD GAYTS)	2.40	1.10-1	2.00-2	2.20-1	2.40-2	retd
2	G. TOWN (DACORUM)	2.20	1.10-1	2.00-1	2.20-2	2.40-2f	
3	R. DAVIES (COLCHESTER)	2.00	1.10-1	2.00-3	2.20-3f		

**Pole Vault 'B'**

1	PAUL STANTON (OLD GAYTS)	2.20	1.10-1	2.00-1	2.20-2	2.40-2f
2	S. BARTRUM (COLCHESTER)	2.00	1.10-1	2.00-1	2.20-3f	
3	M. WHITE (DACORUM)	1.10	1.10-1	2.00-1f		

**Long Jump 'A'**

1	COURTNEY CHARLES (OLD GAYTS)	6.11	6.11	5.93	5.13	5.85	5.72	5.70
2	M. PAPWORTH (COLCHESTER)	5.70	5.55	5.63	NJ	NJ	5.70	5.47
3	G. TOWN (DACORUM)	5.14	4.66	5.14	4.78	-	-	-

**Long Jump 'B'**

1	PAUL STANTON (OLD GAYTS)	5.60	5.58	5.55	-	-	5.60	5.52
2	PAUL STRUTT (COLCHESTER)	4.98	NJ	4.81	4.98	-	-	-
3	M. WHITE (DACORUM)	4.80	4.3	4.80	4.66	4.28	-	-

**Triple Jump 'A'**

1	BRIAN HULL (OLD GAYTS)	13.10	12.72	13.10	NJ	NJ	NJ	NJ
2	C. JONES (COLCHESTER)	10.58	10.58	NJ	10.50	10.24	NJ	NJ
3	M. RADCLIFFE (DACORUM)	9.76	9.38	9.76	9.46	9.28	9.20	-

**Triple Jump 'B'**

1	PAUL STANTON (OLD GAYTS)	11.64	10.61	11.33	11.33	-	11.33	11.64
2	R. DAVIES (COLCHESTER)	9.75	8.58	9.07	9.69	9.56	NJ	9.75
3	M. WHITE (DACORUM)	9.63	NJ	9.63	-	-	-	-

**Shot Putt 7.26 kilo 'A'**

1	S. O'HANLAN (DACORUM)	10.60	10.60	10.21	-	-	-	-
2	P. FOSTER (COLCHESTER)	9.83	9.01	8.29	9.02	9.42	9.83	NT
3	JON DEGROOT (OLD GAYTS)	8.88	8.40	NT	7.80	8.86	8.25	8.88
4	B. SCILLITOE (BRAINTREEE)	7.14	6.55	7.14	-	ELIM		

**Shot Putt 7.26 kilo 'B'**

1	PAUL STANTON (OLD GAYTS)	8.87	8.79	8.82	8.87	8.76	NT	NT
2	L. LEECH (DACORUM)	8.28	7.88	8.01	NT	8.04	7.94	8.28
3	G. BENNINGTON (COLCHESTER)	8.05	7.80	7.85	7.58	7.49	7.89	8.05
4	L. SCILLITOE (BRAINTREEE)	6.57	6.57	5.76	-	ELIM		

**Discus 2 kilo 'A'**

1	BRIAN HULL (OLD GAYTS)	29.02	22.44	27.52	29.02	28.58	27.90	27.14
2	M. DAVIES (COLCHESTER)	24.46	21.98	24.46	23.74	22.20	23.92	23.14
3	L. LEECH (DACORUM)	22.80	19.12	22.16	NT	22.80	NT	-
4	L. SCILLITOE (BRAINTREEE)	17.12	NT	17.12	16.74	ELIM		

**Discus 2 kilo 'B'**

1	JON DEGROOT (OLD GAYTS)	28.24	NT	28.24	NT	25.56	NT	NT
2	G. GIBBINS (COLCHESTER)	22.76	20.98	22.04	22.72	NT	22.76	21.82
3	G. TOWN (DACORUM)	20.02	15.00	20.02	18.50	-	-	-
4	B. SCILLITOE (BRAINTREEE)	15.16	14.52	14.20	15.16	ELIM		

**Hammer 7.26 kilo 'A'**

1	G. BENNINGTON (COLCHESTER)	22.00	19.70	22.00	20.78	19.16	20.08	21.22
2	PAUL STANTON (OLD GAYTS)	20.92	18.08	NT	17.76	19.86	20.78	20.92
3	L. LEECH (DACORUM)	17.40	16.70	17.24	15.48	17.40	16.78	NT
4	B. SCILLITOE (BRAINTREEE)	16.04	14.74	13.50	16.04	13.30	-	-

**Hammer 7.26 kilo 'B'**

1	J. GIBBINS (COLCHESTER)	21.14	NT	18.38	21.14	NT	-	18.90
2	JON DEGROOT (OLD GAYTS)	18.64	14.74	16.22	15.60	16.20	18.64	21.22
3	M. RATCLIFFE (DACORUM)	13.92	13.92	13.48	13.46	ELIM		
4	L. SCILLITOE (BRAINTREEE)	10.02	8.76	NT	10.02	ELIM		

**Javelin 800 grams 'A'**

1	JAMES GRANT (OLD GAYTS)	44.32	34.72	39.76	42.34	43.10	44.32	40.40
2	S. O'HANLON (DACORUM)	43.44	43.44	-	-	NT	-	-
3	L. SCILLITOE (BRAINTREEE)	36.56	36.36	35.08	33.10	33.76	32.84	-
4	M. DAVIES (COLCHESTER)	32.66	32.66	30.56	31.76	ELIM		

**Javelin 800 grams 'B'**

1	TIM HUGHES (OLD GAYTS)	40.12	50.12	NT	NT	36.60	NT	NT
2	M. RATCLIFFE (DACORUM)	36.68	34.82	36.68	35.60	NT	35.80	36.50
3	B. SCILLITOE (BRAINTREEE)	34.54	31.40	33.12	34.54	NT	34.38	31.84
4	S. WILKINSON (COLCHESTER)	26.90	24.94	26.96	23.92	ELIM		

### SCORES ANALYSIS:

	DACORUM	BRAINTREEE	COLCHESTER	OLD GAYTS
100	7	2	7	10
200	7	2	8	9
400	6	0	10	8
800	6	0	9	9
1500	6	0	10	8
5000	6	0	10	8
3000SC	6	0	8	10
110H	6	0	8	10
400H	9	0	7	8
4X1	3	0	4	5
4X4	3	0	5	4
HJ	9	4.5	7	7.5
PV	7	0	7	10
LJ	6	0	8	10
TJ	6	0	8	10
SP	9	4	7	8
DT	6	4	8	10
HT	6	4	10	8
JT	8	6	4	10
MATCH TOTAL	122	26.5	145	162.5

	DACORUM	BRAINTREEE	COLCHESTER	OLD GAYTS
Sprints	20	4	25	27
Middle Distance	24	0	37	35
Hurdles	15	0	15	18
Relays	6	0	9	9
Track	65	4	86	89
Vertical Jumps	16	4.5	14	17.5
Horizontal Jumps	12	0	16	20
Throws	29	18	29	36
Field	57	22.5	59	73.5
MATCH TOTAL	122	26.5	145	162.5

### MATCH RESULT:

1	OLD GAYTONIANS	162.5
2	COLCHESTER HARRIERS	145.0
3	DACORUM & TRING	122.0
4	BRAINTREEE	26.5