

SOUTHERN LEAGUE DIVISION SEVEN

06-May-95 Held at Harrow Weald

100 metres 'A'

1	M. WASE (RYSTON)	11.7
2	T. HIGMAN (ST. ALBANS)	12.1
3	TIM HUGHES (OLD GAYTS)	12.1
4	S. ENDERSBY (CHILTERN)	12.2
5	J. DEATON (SWINDON)	14.0

100 metres 'B'

1	A. SHAILES (RYSTON)	12.3
2	J. HOPKINS (ST. ALBANS)	12.6
3	STEVE POUND (OLD GAYTS)	12.6
4	C. BROWN (CHILTERN)	12.7
5	S. SMITH (SWINDON)	15.0

200 metres 'A'

1	M. WASE (RYSTON)	24.4
2	S. ENDERSBY (CHILTERN)	25.3
3	T. HIGMAN (ST. ALBANS)	25.5
4	STEVE POUND (OLD GAYTS)	26.7
5	C. ARCH (SWINDON)	37.2

200 metres 'B'

1	E. JOHNSON (ST. ALBANS)	25.2
2	C. BROWN (CHILTERN)	25.8
3	J. GREENHALGH (RYSTON)	25.9
4	TIM HUGHES (OLD GAYTS)	26.9
5	S. OAKLEY (SWINDON)	40.9

400 metres 'A'

1	M. WASE (RYSTON)	52.8
2	MARK BRADLEY (OLD GAYTS)	55.1
3	T. HIGMAN (ST. ALBANS)	55.4
4	P. LEAK (CHILTERN)	55.9
5	S. OAKLEY (SWINDON)	78.1

400 metres 'B'

1	A. WHITTAMORE (ST. ALBANS)	54.1
2	TIM HUGHES (OLD GAYTS)	55.5
3	J. GREENHALGH (RYSTON)	56.8
4	M. HILL (CHILTERN)	61.4
5	S. SMITH (SWINDON)	75.0

800 metres 'A'

1	D. BLAKE (ST. ALBANS)	2:08.9
2	A. REDFERN (CHILTERN)	2:12.2
3	I. REEVE (RYSTON)	2:33.9
4	S. OAKLEY (SWINDON)	2:46.3
5	FRANCIS ENDACOTT (OLD GAYTS)	2:52.2

800 metres 'B'

1	M. STOKER (ST. ALBANS)	2:14.4
2	R. FURSE (CHILTERN)	2:14.9
3	GRAHAM BUSH (OLD GAYTS)	2:21.4
4	N. ARMSTRONG (RYSTON)	2:28.0
5	S. SMITH (SWINDON)	2:46.8

1500 metres 'A'

1	P. LEAK (CHILTERN)	4:20.0
2	STEVE JONES (OLD GAYTS)	4:26.7
3	D. BLAKE (ST. ALBANS)	4:39.0
4	R. DUHIG (RYSTON)	4:48.4
5	C. ARCH (SWINDON)	5:26.5

1500 metres 'B'

1	JON DIFFEY (OLD GAYTS)	4:29.0
2	A. WHITTAMORE (ST. ALBANS)	4:39.0
3	A. REDFERN (CHILTERN)	4:45.0
4	N. ARMSTRONG (RYSTON)	5:14.5
5	J. DEATON (SWINDON)	7:04.1

5000 metres 'A'

1	D. BROWN (CHILTERN)	18:01.1
2	N. SAUNDERS (ST. ALBANS)	17:07.9
3	P. DUHIG (RYSTON)	17:09.3
4	ROSS BLOOM (OLD GAYTS)	17:59.2
5	C. ARCH (SWINDON)	19:30.9

5000 metres 'B'

1	A. REDFERN (CHILTERN)	18:01.9
2	BARRY GRAHAM (OLD GAYTS)	19:20.1
3	J. DEATON (SWINDON)	22:13.1

3000 metres S/C 'A'

1	MIKE BARON (OLD GAYTS)	10:22.7
2	D. BROWN (CHILTERN)	10:31.6
3	P. DUHIG (RYSTON)	11:12.9
4	N. SAUNDERS (ST. ALBANS)	11:21.1
5	S. SMITH (SWINDON)	13:31.1

3000 metres S/C 'B'

1	JON DIFFEY (OLD GAYTS)	10:59.0
2	P. WOOTTON (CHILTERN)	11:30.8
3	J. HOPKINS (ST. ALBANS)	12:07.1
4	S. OAKLEY (SWINDON)	15:13.9
5	K. BALDWIN (RYSTON)	15:46.6

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

1	PAUL STANTON (OLD GAYTS)	18.3
2	A. SHAILES (RYSTON)	21.2
3	R. SPENCE (CHILTERN)	21.3
4	S. OAKLEY (SWINDON)	21.4
5	G. EASTON (ST. ALBANS)	25.7

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

1	K. BALDWIN (RYSTON)	21.6
2	TIM HUGHES (OLD GAYTS)	21.7
3	S. SMITH (SWINDON)	21.9
4	P. WOOTTON (CHILTERN)	22.5

400 metres hurdles (3') 'A'

1	TIM HUGHES (OLD GAYTS)	63.9
2	A. WHITTAMORE (ST. ALBANS)	64.4
3	C. BROWN (CHILTERN)	67.5
4	A. SHAILES (RYSTON)	70.6
5	S. OAKLEY (SWINDON)	74.8

400 metres hurdles (3') 'B'

1	J. HOPKINS (ST. ALBANS)	66.0
2	P. WOOTTON (CHILTERN)	69.9
3	FRANCIS ENDACOTT (OLD GAYTS)	70.5
4	K. BALDWIN (RYSTON)	75.6
5	S. SMITH (SWINDON)	78.6

4 x 100 metres relay

1	T. HIGMAN/J. HOPKINS/G. EASTON/D. BLAKE (ST. ALBANS)	47.5
2	R. FURSE/R. SPENCE/C. BROWN/S. ENDERSBY (CHILTERN)	48.8
3	names not declared (OLD GAYTS)	49.2
4	M. WASE/J. GREENHALGH/A. SHAILES/K. BALDWIN (RYSTON)	49.4
5	C. ARCH/J. DEATON/S. OAKLEY/S. SMITH (SWINDON)	64.8

4 x 400 metres relay

1	E. JOHNSON/A. WHITTAMORE/D. BLAKE/M. STOKER (ST. ALBANS)	3.45.9
2	C. BROWN/R. FURSE/P. LEAK/M. HILL (CHILTERN)	3.48.9
3	M. WASE/J. GREENHALGH/A. SHAILES/I. REEVE (RYSTON)	3.50.9
4	S. JONES/F. ENDACOTT/M. BARON/T. HUGHES (OLD GAYTS)	3.51.8
5	C. ARCH/S. OAKLEY/J. DEATON/S. SMITH (SWINDON)	5.13.1

High Jump 'A'

1	G. EASTON (ST. ALBANS)	1.65	1.50-1	1.55-1	1.60-1	1.65-1	retd
2	PAUL STANTON (OLD GAYTS)	1.60	1.40-1	1.45-1	1.50-2	1.55-1	1.60-3 1.65-3f
3	S. RUSSELL (RYSTON)	1.55	1.40-2	1.45-1	1.50-2	1.55-2	1.60-3f
4	R. FURSE (CHILTERN)	1.10	1.10-1	retd			
	S. OAKLEY (SWINDON)	1.10	1.10-1	1.40-3f			

High Jump 'B'

1	FRANCIS ENDACOTT (OLD GAYTS)	1.40	1.10-1	1.40-2	1.45-3f		
2	B. HUNTINGFORD (CHILTERN)	1.10	1.10-1	1.40-3f			
	K. BALDWIN (RYSTON)	1.10	1.10-1	1.40-3f			
	C. ARCH (SWINDON)	1.10	1.10-1	retd			
	D. BLAKE (ST. ALBANS)	1.10	1.10-1	1.40-3f			

Pole Vault 'A'

1	I. REEVE (RYSTON)	2.40	2.40-1	2.60-3f			
2	TIM HUGHES (OLD GAYTS)	2.40	1.30-1	2.00-1	2.20-2	2.40-2	retd
3	J. DEATON (SWINDON)	2.40	1.30-1	2.00-1	2.20-1	2.40-3	2.60-1f retd
4	G. EASTON (ST. ALBANS)	2.40	1.30-1	2.00-1	2.20-2	2.40-3	2.60-1f retd
5	R. SPENCE (CHILTERN)	1.30	1.30-1	2.00-3f			

Pole Vault 'B'

1	G. THOMAS (OLD GAYTS)	2.20	2.20-1	2.60-3f			
	M. STOKER (ST. ALBANS)	2.20	1.30-1	2.00-1	2.20-1	retd	
3	S. RUSSELL (RYSTON)	2.00	1.30-1	2.00-2	2.20-2f	retd	
4	S. SMITH (SWINDON)	2.00	1.30-1	2.00-3	2.20-3f		
5	B. HUNTINGFORD (CHILTERN)	1.30	1.30-3	retd			

Long Jump 'A'

1	GRAHAM EASTON (ST. ALBANS)	6.20	6.01	6.20	-	NJ	5.88	4.21
2	SAM ENDERSBY (CHILTERN)	5.64	-	5.64	5.46	5.19	4.55	5.29
3	STEVE RUSSELL (RYSTON)	5.63	5.35	5.38	5.48	5.63	5.50	5.21
4	TIM HUGHES (OLD GAYTS)	5.62	5.52	NJ	-	5.39	5.62	5.34
5	STEVE OAKLEY (SWINDON)	4.39	4.20	4.39	-	elim		

Long Jump 'B'

1	EDWARD JOHNSON (ST. ALBANS)	5.84	5.84	NJ	-	5.57	5.64	5.64
2	STEVE POUND (OLD GAYTS)	5.39	NT	5.39	4.07	5.14	-	5.36
3	BILL HUNTINGFORD (CHILTERN)	4.74	4.49	4.74	4.74	elim		
4	KEVIN BALDWIN (RYSTON)	4.54	4.44	4.38	4.54	elim		
5	STEVE SMITH (SWINDON)	4.26	4.26	retd				

Triple Jump 'A'

1	PAUL STANTON (OLD GAYTS)	11.67	11.44	11.26	11.67	11.40	11.60	11.21
2	EDWARD JOHNSON (ST. ALBANS)	11.48	10.96	-	11.44	-	11.48	11.38
3	RICHARD SPENCE (CHILTERN)	11.23	10.58	10.81	10.62	10.19	11.23	11.13
4	STEVE RUSSELL (RYSTON)	10.72	10.48	10.72	10.51	10.32	10.38	10.72
5	STEVE OAKLEY (SWINDON)	9.04	8.88	9.04	retd			

Triple Jump 'B'

1	SAM COLETTA (CHILTERN)	11.23	NJ	10.01	10.63	10.87	11.23	11.05
2	STEVE POUND (OLD GAYTS)	11.18	10.76	10.45	10.82	11.10	NJ	11.18
3	MARK STOKER (ST. ALBANS)	10.52	NJ	10.52	10.16	elim		
4	NICK ARMSTRONG (RYSTON)	9.54	9.19	NJ	9.54	elim		
5	STEVE SMITH (SWINDON)	8.43	8.23	8.43	retd			

Shot Putt 7.26 kilo 'A'

1	D. DUNDJEROVIC (ST. ALBANS)	10.59	9.90	10.34	10.55	10.11	-	10.59
2	R. SPENCE (CHILTERN)	10.15	-	9.37	10.15	9.37	10.13	-
3	PAUL STANTON (OLD GAYTS)	9.91	9.09	9.36	9.40	8.76	-	9.91
4	A. PAWSON (RYSTON)	9.62	9.57	8.95	9.31	-	-	9.62
5	J. DEATON (SWINDON)	8.25	8.25	7.00	7.86	elim		

Shot Putt 7.26 kilo 'B'

1	P. SKOYLES (RYSTON)	9.11	8.77	8.54	8.35	8.28	8.86	9.11
2	P. KNIGHT (CHILTERN)	9.04	8.82	8.22	8.83	8.69	8.98	9.04
3	TIM HUGHES (OLD GAYTS)	8.44	8.26	8.44	retd			
4	S. OAKLEY (SWINDON)	6.40	5.26	6.40	retd			

Discus 2 kilo 'A'

1	RICHARD SPENCE (CHILTERN)	28.14	28.14	25.96	26.30	25.00	27.24	NT
2	PAUL STANTON (OLD GAYTS)	26.24	24.22	NT	26.10	25.72	26.24	25.58
3	ARTHUR PAWSON (RYSTON)	24.68	22.26	24.06	24.58	NT	24.68	NT
4	TIM HIGMAN (ST. ALBANS)	24.20	24.04	20.22	23.38	11.84	20.92	24.20
5	JOHN DEATON (SWINDON)	21.36	21.36	retd				

Discus 2 kilo 'B'

1	MICK EASTON (ST. ALBANS)	23.00	NT	22.00	23.00	NT	21.56	21.68
2	BILL HUNTINGFORD (CHILTERN)	21.16	21.16	20.52	NT	elim		
3	PETER SKOYLES (RYSTON)	19.24	18.38	19.24	19.06	elim		
4	TIM HUGHES (OLD GAYTS)	19.00	-	19.00	NT	elim		
5	COLIN ARCH (SWINDON)	16.68	16.68	retd				

Hammer 7.26 kilo 'A'

1	A. McALPINE (CHILTERN)	26.56	24.76	21.82	24.14	NT	NT	26.56
2	M. EASTON (ST. ALBANS)	25.30	NT	NT	24.16	25.30	21.86	23.40
3	P. SKOYLES (RYSTON)	24.82	22.56	20.68	23.78	19.38	20.82	24.82
4	J. DEATON (SWINDON)	24.28	19.48	23.96	NT	24.28	20.90	NT
5	TIM HUGHES (OLD GAYTS)	15.12	15.12	NT	-	elim		

Hammer 7.26 kilo 'B'

1	D. DUNDJEROVIC (ST. ALBANS)	24.50	NT	20.94	23.26	NT	23.02	24.50
2	R. SPENCE (CHILTERN)	21.12	19.28	21.12	20.68	NT	19.24	NT
3	A. PAWSON (RYSTON)	20.58	20.18	20.58	19.80	elim		
4	C. ARCH (SWINDON)	13.86	13.76	13.86	12.82	elim		
5	PAUL STANTON (OLD GAYTS)	13.80	12.12	13.76	13.80	elim		

Javelin 800 grams 'A'

1	TIM HUGHES (OLD GAYTS)	38.40	-	-	33.06	38.40	-	-
2	R. SPENCÉ (CHILTERN)	35.34	31.06	34.10	28.50	-	34.84	35.34
3	A. PAWSON (RYSTON)	35.16	33.30	33.82	30.70	-	34.10	35.16
4	J. DEATON (SWINDON)	26.74	21.88	26.74	25.98	-	-	-
5	M. EASTON (ST. ALBANS)	22.32	-	22.32	-	elim	-	-

Javelin 800 grams 'B'

1	I. REEVE (RYSTON)	34.02	26.32	34.02	32.14	-	28.20	-
2	STEVE POUND (OLD GAYTS)	33.26	-	33.08	32.32	31.56	-	33.26
3	R. FURSE (CHILTERN)	23.32	21.86	23.32	17.00	elim	-	-
4	S. SMITH (SWINDON)	22.94	22.94	19.06	-	elim	-	-
5	J. HOPKINS (ST. ALBANS)	21.80	21.90	-	21.04	elim	-	-

SCORES ANALYSIS:

	CHILTERN	OLD GAYTS	RYSTON	SWINDON	ST. ALBANS	
100	4	6	10	2	8	0
200	8	4	8	2	8	0
400	4	8	8	2	8	0
800	8	4	5	3	10	0
1500	8	9	4	2	7	0
5000	10	6	3	4	4	0
3000SC	8	10	4	3	5	0
110H	5	9	9	5	1	0
400H	7	8	4	2	9	0
4X1	4	3	2	1	5	0
4X4	4	2	3	1	5	0
HJ	4	9	5.5	4	7.5	0
PV	2	8.5	8	5	6.5	0
LJ	7	6	5	2	10	0
TJ	8	9	4	2	7	0
SP	8	6	7	3	5	0
DT	9	6	6	2	7	0
HT	9	2	6	4	9	0
JT	7	9	8	4	2	0
MATCH TOTAL	124	124.5	109.5	53	124	

	CHILTERN	OLD GAYTS	RYSTON	SWINDON	ST. ALBANS	
Sprints	16	18	26	6	24	0
Middle Distance	34	29	16	12	26	0
Hurdles	12	17	13	7	10	0
Relays	8	5	5	2	10	0
Track	70	69	60	27	70	0
Vertical Jumps	6	17.5	13.5	9	14	0
Horizontal Jumps	15	15	9	4	17	0
Throws	33	23	27	13	23	0
Field	54	55.5	49.5	26	54	0
MATCH TOTAL	124	124.5	109.5	53	124	

MATCH RESULT:

1	OLD GAYTONIANS	124.5
	ST. ALBANS	124.0
2	CHILTERN & CHALFONT	124.0
4	RYSTON	109.5
5	SWINDON	53.0