

SOUTHERN LEAGUE DIVISION SEVEN

HELD AT HARROW WEALD 14th AUGUST 1993

100 metres "A" (Ilford disq.)

1	B. GARBUTT (LOWESTOFT)	12.0
2	C. BROWN (CHILTERN & C.)	12.6
3	P. HEDGES (SWINDON)	15.3

200 metres "A"

1	B. GARBUTT (LOWESTOFT)	24.5
2	S. SHAW (ILFORD)	25.0
3	C. BROWN (CHILTERN & C.)	25.1
4	S. OAKLEY (SWINDON)	33.0

400 metres "A"

1	M. HILL (CHILTERN & C.)	59.3
2	J. POCOCK (ILFORD)	60.4
3	R. JAMES (SWINDON)	61.2
4	P. ANDERSON (LOWESTOFT)	61.9

800 metres "A"

1	A. REDFERN (CHILTERN & C.)	2.07.5
2	P. HARRINGTON (LOWESTOFT)	2.08.0
3	G. MURRAY (ILFORD)	2.08.2
4	R. JAMES (SWINDON)	2.10.5

1500 metres "A"

1	A. REDFERN (CHILTERN & C.)	4.25.0
2	P. HARRINGTON (LOWESTOFT)	4.27.9
3	R. JAMES (SWINDON)	4.30.0
4	J. POCOCK (ILFORD)	5.00.2

5000 metres "A"

1	A. JONES (CHILTERN & C.)	16.16.2
2	M. MACINTOSH (SWINDON)	16.20.5
3	A. HICKS (LOWESTOFT)	16.22.4
4	G. ATKINS (ILFORD)	17.52.2

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

1	C. DELL (LOWESTOFT)	20.2
2	S. SMITH (SWINDON)	21.2
3	G. MAITLAND-JONES (CHILTERN & C.)	21.5
4	J. POCOCK (ILFORD)	24.3

400 metres h. (3') "A"

1	G. MAITLAND-JONES (CHILTERN & C.)	65.6
2	K. JARVIS (ILFORD)	66.2
3	S. OAKLEY (SWINDON)	67.4
4	P. ANDERSON (LOWESTOFT)	67.9

3000 metres S/C "A"

1	A. HICKS (LOWESTOFT)	11.02.1
2	T. COOK (CHILTERN & C.)	11.38.2
3	S. SMITH (SWINDON)	12.56.0
4	G. ATKINS (ILFORD)	13.03.2

4 x 100 metres relay

1	R. MODELY/K. JARVIS/S. SHAW/G. MURPHY (ILFORD)	48.7
2	C. DELL/B. GARBUTT/M. ROBERTSON/M. FLOWER (LOWESTOFT)	49.0
3	W. HUNTINGFORD/C. BROWN/G. MAITLAND-JONES/M. WATTS (CHILTERN & C.)	49.0
4	C. ARCH/J. DEATON/S. SMITH/S. OAKLEY (SWINDON)	58.0

4 x 400 metres relay

1	M. WATTS/M. HILL/A. JONES/C. BROWN (CHILTERN & C.)	3.47.3
2	P. HARRINGTON/M. FLOWER/M. BALLS/P. ANDERSON (LOWESTOFT)	3.57.4
3	K. JARVIS/J. POCOCK/P. STOKER/G. MURPHY (ILFORD)	3.58.6
4	C. ARCH/M. MACINTOSH/R. JAMES/S. OAKLEY (SWINDON)	4.11.6

High Jump "A"

1	M. FLOWER (LOWESTOFT)	1.85	:	1.55-1	1.60-1	1.65-1	1.70-1	1.75-1	1.80-2	1.85-2
				1.90-3F						
2	P. HEDGES (SWINDON)	1.65	:	1.40-1	1.55-2	1.60-2	1.65-1	1.70-3F		
3	P. STOCKER (ILFORD)	1.65	:	1.55-1	1.60-1	1.65-2	1.70-3F			
4	M. WATTS (CHILTERN & C.)	1.45	:	1.40-1	1.45-1	1.50-3F				

High Jump "B"

1	B. GARBUTT (LOWESTOFT)	1.50	:	1.25-1	1.40-2	1.45-1	1.50-1	RETD		
2	S. OAKLEY (SWINDON)	1.40	:	1.25-1	1.40-1	1.45-1F	RETD			

Pole Vault "A"

1	J. DEATON (SWINDON)	2.40	:	2.00-2	2.20-1	2.40-1	RETD			
2	N. SAUNDERS (LOWESTOFT)	2.20	:	1.40-1	1.60-1	2.00-2	2.20-1	2.40-3F		
3	T. BRAUN (CHILTERN & C.)	1.40	:	1.40-2	1.60-3F					

Pole Vault "B"

1	S. BALLS (LOWESTOFT)	2.00	:	1.40-1	1.60-1	1.80-1	2.00-1	2.20-3F		
2	S. SMITH (SWINDON)	1.80	:	1.40-3	1.60-2	1.80-2	2.00-3F			

100 metres "B"

1	P. MALLOY (CHILTERN & C.)	12.6
2	M. ROBERTSON (LOWESTOFT)	12.7
3	S. SHAW (ILFORD)	12.7
4	S. OAKLEY (SWINDON)	17.2

200 metres "B"

1	M. WATTS (CHILTERN & C.)	26.1
2	M. ROBERTSON (LOWESTOFT)	26.2
3	R. MODELY (ILFORD)	27.6
4	C. ARCH (SWINDON)	33.7

400 metres "B"

1	M. WATTS (CHILTERN & C.)	57.4
2	K. JARVIS (ILFORD)	59.9
3	M. ROBERTSON (LOWESTOFT)	65.0
4	J. DEATON (SWINDON)	69.9

800 metres "B"

1	J. POCOCK (ILFORD)	2.18.4
2	G. MAITLAND-JONES (CHILTERN & C.)	2.21.0
3	M. BALLS (LOWESTOFT)	2.22.0
4	J. DEATON (SWINDON)	2.52.9

1500 metres "B"

1	A. HICKS (LOWESTOFT)	4.28.6
2	D. BROWN (CHILTERN & C.)	4.29.8
3	M. MACINTOSH (SWINDON)	4.30.8
4	B. CORBETT (ILFORD)	5.04.7

5000 metres "B"

1	D. BROWN (CHILTERN & C.)	16.36.3
2	N. SAUNDERS (LOWESTOFT)	18.06.4
3	P. EUSTACE (ILFORD)	18.29.0
4	C. ARCH (SWINDON)	18.54.8

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

1	M. FLOWER (LOWESTOFT)	20.0
2	S. OAKLEY (SWINDON)	23.2

400 metres h. (3') "B"

1	C. BROWN (CHILTERN & C.)	67.2
2	J. POCOCK (ILFORD)	67.6
3	S. SMITH (SWINDON)	71.0
4	N. SAUNDERS (LOWESTOFT)	77.8

3000 metres S/C "B"

1	N. SAUNDERS (LOWESTOFT)	11.48.0
2	G. MAITLAND-JONES (CHILTERN & C.)	12.30.1
3	S. OAKLEY (SWINDON)	12.56.0

Long Jump "A"									
1	M. FLOWER (LOWESTOFT)	5.88	:	5.77	5.51	5.88	5.75	-	5.70
2	P. STOCKER (ILFORD)	5.43	:	5.43	-	-	-	-	-
3	S. OAKLEY (SWINDON)	5.08	:	5.08	4.62	NJ	4.58	4.63	4.64
4	C. BROWN (CHILTERN & C.)	5.05	:	4.61	4.94	5.05	4.91	4.78	4.39
Long Jump "B"									
1	B. GARBUTT (LOWESTOFT)	5.48	:	5.39	5.35	5.31	5.48	RETD	-
2	S. SHAW (ILFORD)	5.04	:	4.79	4.81	5.04	4.96	4.70	4.88
3	S. SMITH (SWINDON)	4.95	:	4.71	4.55	4.95	ELIM	-	-
4	G. MAITLAND-JONES (CHILTERN & C.)	4.83	:	4.83	4.75	-	ELIM	-	-
Triple Jump "A"									
1	M. FLOWER (LOWESTOFT)	11.75	:	11.51	11.75	11.52	11.55	11.39	11.50
2	C. BROWN (CHILTERN & C.)	10.69	:	9.97	10.69	10.36	10.02	RETD	-
3	P. STOCKER (ILFORD)	10.46	:	10.23	10.30	NJ	9.92	-	10.46
4	S. OAKLEY (SWINDON)	10.26	:	9.64	10.26	NJ	-	-	-
Triple Jump "B"									
1	C. DELL (LOWESTOFT)	11.01	:	-	11.01	9.49	RETD	-	-
2	J. DEATON (SWINDON)	9.98	:	NJ	9.45	9.83	9.87	9.93	9.98
3	W. HUNTINGFORD (CHILTERN & C.)	9.72	:	9.72	NJ	9.66	ELIM	-	-
4	S. SHAW (ILFORD)	9.48	:	NJ	9.48	NJ	ELIM	-	-
Shot Putt 7.26 kilo "A"									
1	P. HEDGES (SWINDON)	12.10	:	11.66	11.82	12.10	11.61	12.04	11.77
2	J. ALLINGHAM (ILFORD)	11.03	:	10.53	11.03	10.85	10.86	NT	NT
3	C. DELL (LOWESTOFT)	9.28	:	8.42	NT	NT	NT	8.68	9.28
4	G. MAITLAND-JONES (CHILTERN & C.)	7.71	:	7.43	NT	7.71	ELIM	-	-
Shot Putt 7.26 kilo "B"									
1	J. WEIGHTMAN (ILFORD)	9.62	:	9.50	9.52	9.59	9.42	9.62	NT
2	T. STEVENS (SWINDON)	8.71	:	8.47	8.71	8.59	8.71	8.52	NT
3	S. BALLS (LOWESTOFT)	7.60	:	6.72	7.58	7.24	-	7.60	NT
4	P. MOLLOY (CHILTERN & C.)	5.91	:	5.67	5.88	5.91	ELIM	-	-
Discus 2 kilo "A"									
1	J. WEIGHTMAN (ILFORD)	34.18	:	23.80	NT	30.28	33.22	34.18	33.34
2	P. HEDGES (SWINDON)	31.68	:	28.60	30.11	NT	NT	31.32	31.68
3	C. DELL (LOWESTOFT)	24.88	:	23.14	NT	22.24	24.88	NT	NT
4	B. HUNTINGFORD (CHILTERN & C.)	23.04	:	21.19	21.56	21.31	22.14	22.78	23.04
Discus 2 kilo "B"									
1	J. ALLINGHAM (ILFORD)	33.76	:	30.41	29.46	33.44	NT	33.72	33.76
2	J. DEATON (SWINDON)	26.34	:	22.26	24.76	24.56	NT	24.22	26.34
3	R. CLANFIELD (CHILTERN & C.)	20.79	:	20.79	17.34	NT	ELIM	-	-
4	S. BALLS (LOWESTOFT)	19.80	:	19.69	19.38	19.80	ELIM	-	-
Javelin 800 grams "A"									
1	J. ALLINGHAM (ILFORD)	47.36	:	47.36	-	-	-	-	-
2	B. GARBUTT (LOWESTOFT)	40.58	:	35.98	28.82	35.48	38.72	36.00	40.58
3	P. HEDGES (SWINDON)	38.14	:	29.54	34.90	38.14	37.94	-	37.18
4	R. CLANFIELD (CHILTERN & C.)	28.24	:	-	24.74	-	27.94	25.00	28.24
Javelin 800 grams "B"									
1	C. DELL (LOWESTOFT)	34.48	:	33.30	-	-	-	34.48	34.42
2	T. STEVENS (SWINDON)	30.10	:	30.10	29.40	27.98	-	-	-
3	R. CORBETT (ILFORD)	20.70	:	19.46	19.70	20.70	ELIM	-	-
4	T. WATTS (CHILTERN & C.)	17.78	:	16.68	17.78	17.66	ELIM	-	-
Hammer 7.26 kilo "A"									
1	J. WEIGHTMAN (ILFORD)	27.62	:	23.58	25.74	27.62	NT	NT	NT
2	J. DEATON (SWINDON)	26.68	:	NT	22.38	25.74	26.68	NT	NT
3	S. BALLS (LOWESTOFT)	18.58	:	18.58	18.02	18.14	17.34	17.20	17.70
4	W. HUNTINGFORD (CHILTERN & C.)	10.76	:	10.50	10.76	10.08	ELIM	-	-
Hammer 7.26 kilo "B"									
1	J. ALLINGHAM (ILFORD)	24.52	:	23.04	23.02	NT	24.28	24.52	24.52
2	T. STEVENS (SWINDON)	19.32	:	19.32	18.06	17.98	18.10	18.22	NT
3	M. BALLS (LOWESTOFT)	13.44	:	12.96	13.44	12.40	11.28	12.58	-
4	T. BRAUN (CHILTERN & C.)	8.94	:	7.34	NT	8.94	ELIM	-	-

EVENT BY EVENT SCORES:

EVENT	ILFORD	CHILTERN	SWINDON	LOWESTOFT	POINTS LOST	
100	3	9	5	9	4	
200	7	8	4	9	2	
400	8	10	5	5	2	
800	8	9	4	7	2	
1500	4	9	6	9	2	
5000	5	10	6	7	2	
110H	2	3	8	10	7	
400H	8	10	6	4	2	
3000SC	2	8	6	10	4	
4X1	5	3	2	4	1	
4X4	3	5	2	4	1	
HJ	3	2	8	10	7	
PV		3	9	9	9	
LJ	8	4	6	10	2	
TJ	5	7	6	10	2	
SP	9	4	9	6	2	
DT	10	5	8	5	2	
JT	8	4	7	9	2	
HT	10	4	8	6	2	
TOTALS:	108	117	115	143	57	540

ANALYSIS BY EVENT GROUP:

EVENT	ILFORD	CHILTERN	SWINDON	LOWESTOFT	POINTS LOST	
SPRINTS	18	27	14	23	8	
MIDDLE D	19	36	22	33	10	
HURDLES	10	13	14	14	9	
RELAYS	8	8	4	8	2	
TRACK	55	84	54	78	29	
VERT J	3	5	17	19	16	
HORIZ J	13	11	12	20	4	
THROWS	37	17	32	26	8	
FIELD	53	33	61	65	28	
TOTALS:	108	117	115	143	57	540

FINAL TEAM RESULT:

1	LOWESTOFT	143
2	CHILTERN & CHALFONT	117
3	SWINDON	115
4	ILFORD	108