

# SOUTHERN LEAGUE DIVISION 3 NORTH

28 June 2008

Harrow Weald

## 100 metres "A"

1	ROHAN SAMUEL	HARROW	11.4	<i>M40</i>
2	MITCHELL JARVIS	BRAINTREE	11.9	
3	C. LONGUE	WYCOMBE	12.0	

## 100 metres "B"

1	JASON JEFFREY	HARROW	11.5	
2	LEIGHTON GREEN	BRAINTREE	12.6	
3	Z. THEODORE	WYCOMBE	13.2	

## 200 metres "A"

1	RICHARD CARR	HARROW	23.5	
2	MITCHELL JARVIS	BRAINTREE	24.1	
3	C. LONGUE	WYCOMBE	24.2	

## 200 metres "B"

1	ALEX ANIMASHAUN	HARROW	23.9	
2	DAMIEN HARTSHORNE	BRAINTREE	25.8	
3	Z. THEODORE	WYCOMBE	26.3	

## 400 metres "A"

1	DAMIEN HARTSHORNE	BRAINTREE	52.5	
2	HARI MEHTA	HARROW	52.9	
3	C. LONGUE	WYCOMBE	55.3	

## 400 metres "B"

1	RICHARD POLLITT	BRAINTREE	54.0	
2	GARY PRYKE	HARROW	54.5	
3	T. BEST	WYCOMBE	55.8	

## 800 metres "A"

1	MARK MCINTOSH	HARROW	1.59.4	
2	J. HILLIER	WYCOMBE	2.04.2	
3	DAMIEN HARTSHORNE	BRAINTREE	2.08.3	

## 800 metres "B"

1	MATTHEW JUDSON	HARROW	2.00.7	
2	MICHAEL COLE	BRAINTREE	2.19.0	
3	TONY SPENCER	WYCOMBE	2.51.2	

## 1500 metres "A"

1	MOHAMMED RAHIM	HARROW	4.20.1	
2	J. HILLIER	WYCOMBE	4.44.3	
3	MICHAEL COLE	BRAINTREE	4.47.1	

## 1500 metres "B"

1	MATTHEW JUDSON	HARROW	4.25.8	
2	TONY SPENCER	WYCOMBE	5.11.1	
3	SIMON MENNEL	BRAINTREE	5.21.0	

## 5000 metres "A"

1	JIM COOPER	HARROW	16.11.7	
2	TONY SPENCER	WYCOMBE	19.11.7	
3	SIMON MENNEL	BRAINTREE	19.30.3	

## 5000 metres "B"

1	P. JONES	WYCOMBE	19.28.2	
2	JOE MCEWAN	BRAINTREE	21.04.3	
	JULIAN CRITCHLOW	HARROW	DNF	

## 3000 metres S/C "A"

1	LUKE HUNT	HARROW	10.41.3	
2	MICHAEL COLE	BRAINTREE	11.55.2	
3	P. JONES	WYCOMBE	13.31.2	

## 3000 metres S/C "B"

1	JOHN BIGNALL	HARROW	11.00.3	
2	TONY SPENCER	WYCOMBE	13.57.2	
3	RICHARD NOTT	BRAINTREE	16.02.8	

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

1	ZAC MCCALLA	HARROW	16.9	
2	DANNY PERKINS	BRAINTREE	20.9	
3	IAN PARKINSON	WYCOMBE	22.2	

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

1	CHINEDU NWOKORO	HARROW	17.0	
2	LEIGHTON GREEN	BRAINTREE	21.4	
3	TONY SPENCER	WYCOMBE	27.4	

**400 metres hurdles (3') "A"**

1	GLENN GRAY	HARROW	57.4	M40
2	DAMIEN HARTSHORNE	BRAINTREE	65.2	
3	T. BEST	WYCOMBE	67.5	

**400 metres hurdles (3') "B"**

1	CHAD MCLEOD	HARROW	60.5	
2	TONY SPENCER	WYCOMBE	72.3	
3	DANNY PERKINS	BRAINTREE	75.0	

**High Jump "A"**

1	RICHARD CARR	HARROW	1.85	1.70o	1.75o	1.80o	1.85o	1.90x		
2	LEIGHTON GREEN	BRAINTREE	1.65	1.30o	1.40o	1.50o	1.55xo	1.60xxo	1.65xo	1.70xx
3	IAN PARKINSON	WYCOMBE	1.60	1.40o	1.50o	1.55o	1.60o	1.65xxx		

**High Jump "B"**

1	NOEL REID	HARROW	1.80	1.60o	1.65o	1.70o	1.75xo	1.80o	1.85x	
2	RICHARD POLLITT	BRAINTREE	1.55	1.30o	1.40o	1.50o	1.55o	1.60xxx		
3	TONY SPENCER	WYCOMBE	1.40	1.30o	1.40o	1.50xx				

**Pole Vault "A"**

1	IAN PARKINSON	WYCOMBE	2.20	2.20o	4.00xxx					
2	LEIGHTON GREEN	BRAINTREE	2.00	1.40o	2.00o					
3	ADAM GREAVES	HARROW	1.40	1.40o	retd					

**Pole Vault "B"**

1	TONY SPENCER	WYCOMBE	1.40	1.40o	2.00xxx					
	JOHN BIGNALL	HARROW	NJ	1.40xxx						
	RICHARD NOTT	BRAINTREE	NJ	1.40xxx						

**Long Jump "A"**

1	RICHARD CARR	HARROW	6.45	nj	nj	5.10	nj	6.45	6.45	
2	MITCHELL JARVIS	BRAINTREE	6.10	5.87	6.10	nj	6.10	6.07	nj	
3	IAN PARKINSON	WYCOMBE	5.06	-	4.73	4.95	5.06	4.79	4.59	

**Long Jump "B"**

1	ADAM GREAVES	HARROW	5.83	5.83	5.49	5.59	5.64	5.61	nj	
2	MICHAEL COLE	BRAINTREE	4.93	4.72	4.92	4.19	4.72	4.41	4.93	
3	DAVID BUSHROD	WYCOMBE	4.92	4.62	4.71	4.86	4.92	4.70	4.63	

**Triple Jump "A"**

1	MITCHELL JARVIS	BRAINTREE	11.37	10.74	11.14	11.37	9.74	11.17	-	
2	ADAM GREAVES	HARROW	11.34	10.86	nj	11.14	11.34	11.19	11.32	
3	IAN PARKINSON	WYCOMBE	11.23	10.65	10.68	10.67	11.13	11.23	10.97	

**Triple Jump "B"**

1	CHAD MCLEOD	HARROW	10.76	9.55	10.76	nj	9.78	9.13	9.94	
2	DAVID BUSHROD	WYCOMBE	10.38	10.38	10.09	nj	9.64	nj	-	
3	MICHAEL COLE	BRAINTREE	9.92	9.55	9.46	9.85	9.65	9.89	9.92	

**Shot Putt 7.26 kilo "A"**

1	MARCUS ALEXANDER NEIL	HARROW	11.26	10.92	10.75	10.10	11.26	9.84	-	
2	KARL FLETCHER	WYCOMBE	10.01	9.92	10.01	9.98	9.82	-	-	
3	LEIGHTON GREEN	BRAINTREE	9.99	9.87	9.99	9.20	9.35	9.96		

**Shot Putt 7.26 kilo "B"**

1	DANNY PERKINS	BRAINTREE	9.38	8.84	9.27	9.38	8.76	9.28	9.32	
2	NOEL REID	HARROW	8.68	8.61	8.68	-	-	-	-	
3	IAN PARKINSON	WYCOMBE	8.03	7.55	7.36	8.03	-	-		

**Discus 2 kilo "A"**

1	MARCUS ALEXANDER NEIL	HARROW	37.79	31.78	nt	28.01	34.90	34.99	37.79	
2	KARL FLETCHER	WYCOMBE	34.00	30.82	34.00	31.73	32.73	31.40	nt	
3	LEIGHTON GREEN	BRAINTREE	30.76	nt	21.16	29.73	30.76	nt	nt	

**Discus 2 kilo "B"**

1	ANDY LEWIS	HARROW	30.55	M40	nt	-	14.83	27.12	nt	30.55
2	DAVID BUSHROD	WYCOMBE	22.95		19.57	21.73	22.95	19.66	22.27	20.86
3	DANNY PERKINS	BRAINTREE	20.73		17.78	17.66	18.78	17.30	18.24	20.73

**Hammer 7.26 kilo "A"**

1	JAMES CHAPMAN	HARROW	38.50		36.23	36.10	36.63	38.50	nt	37.16
2	LEIGHTON GREEN	BRAINTREE	26.94		23.17	23.53	26.94	25.84	25.66	23.68
3	KARL FLETCHER	WYCOMBE	19.53		19.53	19.35	nt	-	-	-

**Hammer 7.26 kilo "B"**

1	STEVE ALLEN	HARROW	27.92	M45	24.38	26.27	27.92	nt	26.91	24.75
2	DANNY PERKINS	BRAINTREE	24.07		23.99	21.94	24.07	nt	23.46	nt
3	TONY SPENCER	WYCOMBE	15.76		13.60	15.76	nt	-	-	-

**Javelin 800 grams "A"**

1	LEIGHTON GREEN	BRAINTREE	41.64		36.79	41.33	40.79	37.66	41.50	41.64
2	DAVID BUSHROD	WYCOMBE	40.78		39.69	40.78	40.15	-	-	-
3	STEVE ROUAULT	HARROW	38.75	M40	38.75	36.91	37.82	37.70	34.79	36.13

**Javelin 800 grams "B"**

1	KARL FLETCHER	WYCOMBE	37.24	37.24	35.37	36.96	34.21	37.01	35.85
2	NOEL REID	HARROW	37.06	33.81	37.06	-	-	-	-
3	DAMIEN HARTSHORNE	BRAINTREE	26.87	24.07	25.57	nt	24.78	24.85	26.87

**4 x 100 metres relay**

1	ROHAN SAMUEL RICHARD CARR JASON JEFFREY JUNIOR EJEHU	HARROW	45.4
2	LEIGHTON GREEN MITCHELL JARVIS DAMIEN HARTSHORNE RICHARD POLLITT	BRAINTREE	47.4
3	Z. THEODORE C. LONGUE T. BEST KARL FLETCHER	WYCOMBE	48.7

**4 x 400 metres relay**

1	GARY PRYKE NOEL REID CHAD MCLEOD HARI MEHTA	HARROW	3.37.5
2	MITCHELL JARVIS DAMIEN HARTSHORNE RICHARD POLLITT MICHAEL COLE	BRAINTREE	3.39.4

**SCORES ANALYSIS**

	CHELMSFORD	HARROW	BRAINTREE	WYCOMBE
M-100	0	8	6	4
M-200	0	8	6	4
M-400	0	6	8	4
M-800	0	8	5	5
M-1500	0	8	4	6
M-5000	0	4	5	7
M-3000SC	0	8	5	5
M-110H	0	8	6	4
M-400H	0	8	5	5
M-HJ	0	8	6	4
M-PV	0	2	3	8
M-LJ	0	8	6	4
M-TJ	0	7	6	5
M-SP	0	7	6	5
M-DT	0	8	4	6
M-HT	0	8	6	4
M-JT	0	5	6	7
M-4X1	0	4	3	2
M-4X4	0	4	3	0
MATCH TOTAL		127	99	89

	CHELMSFORD	HARROW	BRAINTREE	WYCOMBE
Sprints M	0	22	20	12
Middle Distance M	0	28	19	23
Hurdles M	0	16	11	9
Relays M	0	8	6	2
Track M	0	74	56	46
Vertical Jumps M	0	10	9	12
Horizontal Jumps M	0	15	12	9
Throws M	0	28	22	22
Field M	0	53	43	43
Total M	0	127	99	89
MATCH TOTAL		127	99	89

19 events out of 19:

**TEAM SCORES**

1	HARROW	127
2	BRAINTREE	99
3	WYCOMBE PHOENIX	89

# SOUTHERN LEAGUE NON SCORING

28 June 2008

Harrow Weald

## 100 metres Race 1

1	OTHROY MARSH	HARROW	11.0
2	JUNIOR EJEHU	HARROW	11.1 <i>M20</i>
3	RICHARD CARR	HARROW	11.3
4	JONATHAN TETY	HARROW	11.6
5	ALEX ANIMASHAUN	HARROW	11.9

## 100 metres Race 2

1	ALEX ANIMASHAUN	HARROW	11.9
2	KYLE MACDOWALL	HARROW	11.9
3	HARIS ADU	HARROW	12.0
4	STEVE ALLEN	HARROW	12.6 <i>M45</i>
5	RICHARD NOTT	BRAINTREE	13.8
6	ALAN PERRY	HARROW	14.3 <i>M50</i>

## 200 metres Race 1

1	JUNIOR EJEHU	HARROW	22.2 <i>M20</i>
2	HARIS ADU	HARROW	23.8
3	JASON JEFFREY	HARROW	24.1
4	ANDY LEWIS	HARROW	24.4 <i>M40</i>
5	GLENN GRAY	HARROW	24.5 <i>M40</i>

## 200 metres Race 2

1	STEVE ALLEN	HARROW	26.0 <i>M45</i>
2	PHIL BELL	HARROW	27.2 <i>M50</i>
3	ALAN PERRY	HARROW	29.6 <i>M50</i>

## 800 metres Race 1

1	DAMIAN NEVINS	HARROW	2.09.1
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## 1500 metres Race 1

1	DAMIAN NEVINS	HARROW	4.19.0
2	RICHARD NOTT	BRAINTREE	5.39.7

## 5000 metres Race 1

1	MARK CURSONS	HARROW	16.59.7 <i>M45</i>
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## High Jump Event 1

1	TIM MAITLAND	HARROW	1.95
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## Long Jump Event 1

1	RICHARD NOTT	BRAINTREE	3.62
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## 4 x 100 metres relay Race 1

1	ANDY LEWIS STEVE ALLEN BARRINGTON KING GLENN GRAY	HARROW	46.9 <i>M40</i>
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