

SOUTHERN LEAGUE DIVISION TWO

27 June 2009

Harrow

100 metres "A"

1	MIKE WEST	HASTINGS	11.5	M20
2	RICHARD CARR	HARROW	11.5	
3	LEON CHARALAMBOUS	BEXLEY	11.8	M17
4	SEAMUS BURKE	WINDSOR	11.9	
5	GARETH HUNT	RYSTON	12.4	

100 metres "B"

1	ROHAN SAMUEL	HARROW	11.3	M40
2	FEMI SMITH	BEXLEY	11.4	
3	SCOTT DORSET	WINDSOR	11.9	
4	MATT MORRIS	HASTINGS	12.3	M20
5	ADAM AMBROSE	RYSTON	12.8	

200 metres "A"

1	STEFAN GREENIDGE	HARROW	22.6	M20
2	MIKE WEST	HASTINGS	22.6	M20
3	FARREN MORGAN	BEXLEY	23.0	M17
4	SEAMUS BURKE	WINDSOR	23.6	
5	DANIEL BEEBY	RYSTON	25.0	

200 metres "B"

1	FEMI SMITH	BEXLEY	23.1	
2	RICHARD CARR	HARROW	23.1	
3	SCOTT DORSET	WINDSOR	24.1	
4	MATT MORRIS	HASTINGS	24.5	M20
5	ADAM AMBROSE	RYSTON	25.9	

400 metres "A"

1	CRAIG STEWART	HARROW	48.6	
2	J. THOMPSON	RYSTON	52.2	
3	MATT MOONEY	WINDSOR	53.1	
4	STEVE CARTER	BEXLEY	53.3	M20
5	SIMON SHEPHERD	HASTINGS	53.4	

400 metres "B"

1	GARETH HUNT	RYSTON	52.1	
2	JO AGO	BEXLEY	52.1	M20
3	ZAK CURRAN	WINDSOR	52.7	M17
4	ORONDE SAUNDERS	HARROW	53.6	M17
5	JASON JEFFREYS	HASTINGS	54.2	M20

800 metres "A"

1	TOM CLENCH	BEXLEY	1.58.9	
2	J. THOMPSON	RYSTON	1.59.9	
3	MAX THOMAS	HASTINGS	2.00.1	M17
4	TOM LEWIS	HARROW	2.00.9	M20
5	MATT MOONEY	WINDSOR	2.03.9	

800 metres "B"

1	STEVE BALDOCK	HASTINGS	1.59.6	M35
2	LUKE HUNT	HARROW	2.01.6	
3	JAMES BENNINGTON	WINDSOR	2.01.6	
4	H. LOUGHLIN	RYSTON	2.02.7	
5	HARI FAULKNER	BEXLEY	2.32.4	M20

1500 metres "A"

1	DAMIAN NEVINS	HARROW	4.10.5	
2	STEVE KIMBER	WINDSOR	4.11.2	
3	ROSS SKELTON	HASTINGS	4.19.5	M17
4	JON ARMSTRONG	BEXLEY	4.20.0	
5	H. LOUGHLIN	RYSTON	4.21.7	

1500 metres "B"

1	KRIS EVERETT	HASTINGS	4.20.6	M17
2	ROB SIMMONDS	RYSTON	4.25.0	
3	JULIAN CRITCHLOW	HARROW	4.30.9	M45
4	JACOB TANNER	BEXLEY	4.33.2	M17
5	WALTER WESSELY	WINDSOR	6.02.8	

5000 metres "A"

1	JULIAN CRITCHLOW	HARROW	16.39.1	M45
2	JAMIE LARKIN	HASTINGS	16.47.6	M35
3	C. BOLMER	RYSTON	18.45.8	
4	MARTIN JENNER	BEXLEY	20.33.6	
5	WALTER WESSELY	WINDSOR	22.50.1	

5000 metres "B"

1	JIM COOPER	HARROW	16.51.6	
2	KEITH BOSSON	HASTINGS	17.23.4	M45
3	S. LEVY	RYSTON	19.27.3	
4	GLEN BUTLER	BEXLEY	21.11.7	

3000 metres S/C "A"

1	ALAN WRAY	HARROW	10.04.9	
2	DAN RUSSEL	HASTINGS	10.15.4	
3	C. SMART	WINDSOR	10.57.4	
4	STEVE ROBJOHN	BEXLEY	11.04.2	
5	ANDY SIMMONDS	RYSTON	11.18.6	

3000 metres S/C "B"

1	LUKE HUNT	HARROW	10.48.6	
2	DAVID HOLLAND	HASTINGS	11.12.7	
3	ROSS JENNER	BEXLEY	11.38.7	
4	I. HOGARTH	RYSTON	11.53.8	

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

1	JAMIE EAST	WINDSOR	15.1	
2	ZAC MCCALLA	HARROW	16.9	
3	PAUL SLATER	BEXLEY	17.4	
4	ROB SIMMONDS	RYSTON	20.9	
5	STEVE BALDOCK	HASTINGS	21.2	M35

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

1	CHAD MCLEOD	HARROW	17.9	
2	ANDY SIMMONDS	RYSTON	19.8	
3	TIM LUMGAIR	BEXLEY	20.7	
4	SIMON SHEPHERD	HASTINGS	22.4	

400 metres hurdles (3') "A"

1	BEN CARNE	HARROW	52.1	
2	DAN RUSSEL	HASTINGS	56.5	
3	JAMIE EAST	WINDSOR	58.1	
4	ANDY SIMMONDS	RYSTON	61.4	
5	TIM LUMGAIR	BEXLEY	64.6	

400 metres hurdles (3') "B"

1	CHAD MCLEOD	HARROW	59.9	
2	ROB SIMMONDS	RYSTON	64.3	
3	C. MCROBERTS	WINDSOR	65.3	
4	DAVID HOLLAND	HASTINGS	65.8	
5	MARTIN JENNER	BEXLEY	65.9	

High Jump "A"

1	NOEL REID	HARROW	1.85	1.70o	1.75o	1.80o	1.85o	1.90x
2	JAMIE FARRELL	BEXLEY	1.85	M20	1.75o	1.80xo	1.85xxo	1.90xxx
3	JAMIE EAST	WINDSOR	1.80	1..70o	1.75xo	1.80o	1.85xxx	
4	SIMON SHEPHERD	HASTINGS	1.75	1.50o	1.60xo	1.65o	1.70o	1.75xo 1.80xxx
5	ROB SIMMONDS	RYSTON	1.70	1.60o	1.65o	1.70o	1.75xxx	

High Jump "B"

1	GRAHAM COLE	WINDSOR	1.75	1.65o	1.70o	1.75xo	1.80xxx		
2	RICHARD CARR	HARROW	1.70	1.60o	1.65o	1.70	1.75xxx		
	GARETH HUNT	RYSTON	1.70	1.50o	1.60o	1.65o	1.70o	1.75xxx	
4	JOHN BANCROFT	BEXLEY	1.50	1.45xo	1.50xo	1.60xx			
5	MIKE JOHNSON	HASTINGS	1.50	1.45xo	1.50xxo	1.60x			

Pole Vault "A"

1	STEPHEN MCLENNAN	WINDSOR	4.40	2.60o	3.80o	4.40xo			
2	PHIL HAWKINS	BEXLEY	3.40	3.20o	3.40o	3.60xxx			
3	GARETH HUNT	RYSTON	3.20	2.60o	2.80o	3.00o	3.20o		
	RICHARD WATERHOUSE	HASTINGS	3.20	M40	3.00ol	3.20o	3.40xxx		
5	ANTHONY KNOWLES	HARROW	2.60	M20	2.00o	2.40o	2.60o	2.80xxx	

Pole Vault "B"

1	STEVE WALKER	WINDSOR	3.20	2.60o	3.20o	3.80xxxx			
2	ROB SIMMONDS	RYSTON	2.80	2.80o	3.20xxx				
	CHRIS STANTON	BEXLEY	2.80	2.20o	2.60o	2.80o	3.00xxx		
4	ALAN WRAY	HARROW	2.40	2.00xo	2.20o	2.40xo	2.60xxx		
	WAYNE MARTIN	HASTINGS	NH	2.80xxx					

Long Jump "A"

1	MARK HOLLOWAY	WINDSOR	6.80	nj	6.80	-	nj	-	-
2	ANDY LEWIS	HARROW	6.68	M40	-	6.04	nj	nj	6.38
3	PAUL SLATER	BEXLEY	6.21		6.21	nj	5.09	-	-
4	GARETH HUNT	RYSTON	5.92		5.76	5.92	5.85	elim	
5	SIMON SHEPHERD	HASTINGS	5.60						

Long Jump "B"

1	DAVID HARVEY	WINDSOR	6.60		6.50	3.50	6.42	6.54	nj	6.60
2	STEFAN GREENIDGE	HARROW	6.50	M23	6.44	6.28	6.42	6.48	6.50	nj
3	DANIEL BEEBY	RYSTON	5.63		5.49	5.61	5.63	elim		
4	TIM LUMGAIR	BEXLEY	5.47		-	4.22	5.47	elim		
5	JASON JEFFREYS	HASTINGS	4.76	M20	4.74	4.76	-	elim		

Triple Jump "A"

1	JULIAN GOLLEY	WINDSOR	15.15		nj	nj	15.15	nj	-	nj
2	PAUL SLATER	BEXLEY	12.93		-	12.15	-	nj	12.14	12.93
3	DANIEL BEEBY	RYSTON	11.99		11.33	11.46	11.99	-	-	-
4	SIMON SHEPHERD	HASTINGS	11.76		11.76	11.00	-	-	-	-
5	RICHARD CARR	HARROW	11.34		11.34	nj	-	-	-	-

Triple Jump "B"

1	MAX THOMAS	HASTINGS	11.23	M17	10.87	11.23	-	elim		
2	ADAM AMBROSE	RYSTON	11.05		10.62	10.83	11.05	elim		
3	TIM LUMGAIR	BEXLEY	10.96		10.77	10.96	10.76	elim		
4	LUKE HUNT	HARROW	10.51		10.51	-	-	elim		
5	DAVID WALKER	WINDSOR	10.32		10.32	10.18	9.76	elim		

Shot Putt 7.26 kilo "A"

1	ANDY LEWIS	HARROW	12.30	M40	10.93	11.60	12.08	-	11.69	12.30
2	CHRIS STANTON	BEXLEY	12.24		10.22	11.27	11.47	12.24	11.39	12.24
3	MIKE JOHNSON	HASTINGS	11.43		10.18	11.05	11.14	11.12	nt	11.43
4	DAVID SHIEL	WINDSOR	11.02		10.30	10.79	10.96	11.02	nt	nt
5	ROB SIMMONDS	RYSTON	9.72		9.72	nt	nt	elim		

Shot Putt 7.26 kilo "B"

1	NOEL REID	HARROW	9.82		9.67	9.82	9.81	retd		
2	GRAHAM COLE	WINDSOR	9.37		9.32	9.35	9.37	elim		
3	RICHARD WATERHOUSE	HASTINGS	9.32	M40	8.78	nt	9.32	elim		
4	ANDY POWIS	BEXLEY	9.14		8.78	9.12	9.14	elim		
5	ANDY SIMMONDS	RYSTON	8.71		8.37	8.71	8.50	elim		

Discus 2 kilo "A"

1	ROB SIMMONDS	RYSTON	33.71	32.08	33.71	-	-	-	-
2	MIKE JOHNSON	HASTINGS	33.68	-	30.38	-	31.95	33.68	nt
3	DAVID SHIEL	WINDSOR	28.86	28.86	-	27.91	-	-	-
4	ANDY LEWIS	HARROW	28.52	M40	27.41	-	28.52	-	-
5	ANDY POWIS	BEXLEY	25.77		25.77	23.91	-	elim	-

Discus 2 kilo "B"

1	ANDY SIMMONDS	RYSTON	27.27		27.27	nt	-	-	-
2	WAYNE MARTIN	HASTINGS	26.86	M50	26.86	25.65	26.84	elim	-
3	PETE VIGO	WINDSOR	25.86		25.86	25.29	25.13	elim	-
4	CHRIS STANTON	BEXLEY	24.35		24.35	nt	nt	elim	-
5	STEVE ALLEN	HARROW	19.06	M45	18.05	19.06	-	elim	-

Hammer 7.26 kilo "A"

1	ALAN JAMES	WINDSOR	44.83		nt	nt	42.05	nt	44.83	nt
2	ANDY POWIS	BEXLEY	44.23		44.23	40.86	39.89	43.79	nt	38.54
3	ANDY SIMMONDS	RYSTON	37.61		30.71	37.61	37.57	36.20	35.08	nt
4	ALAN FRENCH	HARROW	35.61		35.61	34.01	nt	34.09	33.95	33.55
5	WAYNE MARTIN	HASTINGS	25.20	M50	25.20	nt	nt	elim	-	-

Hammer 7.26 kilo "B"

1	ROB SIMMONDS	RYSTON	28.09		nt	26.12	28.09	retd	-	-
2	STEVE ALLEN	HARROW	25.23	M45	25.23	nt	20.95	elim	-	-
3	DAVID SHIEL	WINDSOR	22.70		22.70	21.63	nt	elim	-	-
4	MIKE JOHNSON	HASTINGS	22.49		19.83	nt	22.49	elim	-	-
5	MARTIN JENNER	BEXLEY	12.44		11.57	12.44	11.78	elim	-	-

Javelin 800 grams "A"

1	ROB SIMMONDS	RYSTON	51.60		51.60	nt	nt	retd	-	-
2	G. FULLER	WINDSOR	43.35		42.98	43.35	nt	43.01	42.96	nt
3	NOEL REID	HARROW	41.55		nt	nt	39.85	38.67	41.55	39.81
4	PAUL SLATER	BEXLEY	34.98		28.27	32.80	34.98	retd	-	-
5	MIKE JOHNSON	HASTINGS	33.45		26.23	31.51	33.45	elim	-	-

Javelin 800 grams "B"

1	JAMIE FARRELL	BEXLEY	34.62	M20	34.62	-	-	retd	-	-
2	I. HOGARTH	RYSTON	31.22		29.82	31.22	29.75	elim	-	-
3	WAYNE MARTIN	HASTINGS	31.19	M50	31.19	nt	29.78	elim	-	-
4	CHAD MCLEOD	HARROW	24.01		20.95	22.90	24.01	elim	-	-
5	MATT MOONEY	WINDSOR	15.95		nt	15.95	-	elim	-	-

4 x 100 metres relay

1	ROHAN SAMUEL RICHARD CARR RYAN HARDING STEFAN GREENIDGE	HARROW	44.6
2	FEMI SMITH PAUL SLATER FARREN MORGAN LEON CHARALAMBOUS	BEXLEY	44.9
3	MIKE WEST MATT MORRIS SIMON SHEPHERD STEVE BALDOCK	HASTINGS	46.2
4	Not declared	RYSTON	47.9
5	JAMIE EAST SEAMUS BURKE SCOTT DORSET STEVE WALKER	WINDSOR	47.9

4 x 400 metres relay

1	CHAD MCLEOD BEN CARNE TOM LEWIS CRAIG STEWART	HARROW	3.23.9
2	FEMI SMITH PAUL SLATER FARREN MORGAN MARTIN JENNER	BEXLEY	3.32.2
3	MAX THOMAS DAN RUSSEL JASON JEFFREYS STEVE BALDOCK	HASTINGS	3.32.9
4	Not declared	RYSTON	3.33.2
5	MATT MOONEY JAMES BENNINGTON STEVE KIMBER ZAK CURRAN	WINDSOR	3.40.6

SCORES ANALYSIS

	BEXLEY	HASTINGS	HARROW	RYSTON	WINDSOR
M-100	7	7	9	2	5
M-200	8	6	9	2	5
M-400	6	2	7	9	6
M-800	6	8	6	6	4
M-1500	4	8	8	5	5
M-5000	4	8	10	6	1
M-3000SC	5	8	10	3	3
M-110H	6	3	9	6	5
M-400H	2	6	10	6	6
M-HJ	6	3	8.5	4.5	8
M-PV	7.5	2.5	3	6	10
M-LJ	5	2	8	5	10
M-TJ	7	7	3	7	6
M-SP	6	6	10	2	6
M-DT	3	8	3	10	6
M-HT	5	3	6	8	8
M-JT	7	4	5	9	5
M-4X1	4	3	5	2	1
M-4X4	4	3	5	2	1
MATCH TOTAL	102.5	97.5	134.5	100.5	101

	BEXLEY	HASTINGS	HARROW	RYSTON	WINDSOR
Sprints M	21	15	25	13	16
Middle Distance M	19	32	34	20	13
Hurdles M	8	9	19	12	11
Relays M	8	6	10	4	2
Track M	56	62	88	49	42
Vertical Jumps M	13.5	5.5	11.5	10.5	18
Horizontal Jumps M	12	9	11	12	16
Throws M	21	21	24	29	25
Field M	46.5	35.5	46.5	51.5	59
Total M	102.5	97.5	134.5	100.5	101
MATCH TOTAL	102.5	97.5	134.5	100.5	101

19 events out of 19:

TEAM SCORES

1 HARROW	134.5
2 BEXLEY	102.5
3 WINDSOR S&E	101
4 RYSTON	100.5
5 HASTINGS	97.5