

SOUTHERN LEAGUE DIVISION 1

26 June 2010 Harrow

100 metres "A"

1	JOSHUA WOOD	HARROW	11.0
2	DARRELOU HOLDING	NENE VALLEY	11.2
3	STEVE TESTER	TONBRIDGE	11.3
4	VENUSKA CONDEGAMA	BRIGHTON	11.4
5	LEON HOLMES	IPSWICH	12.2 M17

100 metres "B"

1	RICHARD CARR	HARROW	10.9
2	SIMON TURNOCK	NENE VALLEY	11.4
3	DAN BROOKER	BRIGHTON	11.4
4	ED HALL	TONBRIDGE	11.5
5	TOM POWELL	IPSWICH	11.6 M17

200 metres "A"

1	DARRELOU HOLDING	NENE VALLEY	22.0
2	RICHARD CARR	HARROW	22.1
3	GWIL COOPER	BRIGHTON	22.8 M20
4	TOM POWELL	IPSWICH	23.4 M17
5	ED HALL	TONBRIDGE	23.7

200 metres "B"

1	ALEX ANIMASHAUN	HARROW	22.8
2	TOBY ROTTNER	BRIGHTON	23.3 M17
3	SIMON TURNOCK	NENE VALLEY	23.8
4	MICHAEL STURGEON	IPSWICH	24.5 M20
5	MARTYN ORMEROD	TONBRIDGE	24.5

400 metres "A"

1	STEVE TESTER	TONBRIDGE	50.1
2	PHIL MCMANUS	BRIGHTON	50.2
3	JERWAYNE GRANT	HARROW	51.7
4	MARK ROBINSON	IPSWICH	51.9
5	DAVID BUSH	NENE VALLEY	52.8

400 metres "B"

1	MATT DORRINGTON	BRIGHTON	50.4 M20
2	DAVID BROWN	NENE VALLEY	51.3
3	FINLAY THIRD	TONBRIDGE	52.1
4	NEWMAN CALDERLEY	IPSWICH	60.8 M17
5	ALAN PERRY	HARROW	80.5 M55

800 metres "A"

1	ROBBIE FARNHALLOW	TONBRIDGE	1.55.1
2	MATT ADDISON	HARROW	1.55.2
3	RICH AIREY	BRIGHTON	2.00.5
4	SAM HUNT	NENE VALLEY	2.02.9
5	TIM BYFORD	IPSWICH	2.05.0 M20

800 metres "B"

1	DAVE BOYCE	BRIGHTON	1.58.5
2	DAN BRADLEY	TONBRIDGE	1.59.2
3	ADAM BINNS	NENE VALLEY	2.01.5
4	MATTHEW JUDSON	HARROW	2.07.1
5	ROSS FAWCETT	IPSWICH	2.12.1 M20

1500 metres "A"

1	EDGAR SUMSKIS	NENE VALLEY	4.09.6
2	JOSH MUTCH	BRIGHTON	4.11.2 M20
3	TOM COX	TONBRIDGE	4.12.2
4	CHRIS ROOKE	IPSWICH	4.13.7
5	MATTHEW JUDSON	HARROW	4.33.9

1500 metres "B"

1	RICH AIREY	BRIGHTON	4.12.0	
2	JAMES VERNUE	NENE VALLEY	4.14.9	
3	HARRY PATON	TONBRIDGE	4.23.9	
4	ANDY REVELL	IPSWICH	4.35.6	M17
5	MARK CURSONS	HARROW	4.36.9	M45

5000 metres "A"

1	JAMES TAYLOR	TONBRIDGE	15.39.2	
2	PAUL HALFORD	NENE VALLEY	15.42.3	
3	CHRIS ROOKE	IPSWICH	15.49.0	
4	JIM COOPER	HARROW	15.59.0	
5	KEVIN MASON	BRIGHTON	16.59.8	

5000 metres "B"

1	BEN REYNOLDS	TONBRIDGE	15.41.7	
2	MARK CURSONS	HARROW	16.35.9	M45
3	ANDREW DONNO	BRIGHTON	17.18.8	
4	SIMON GARDINER	IPSWICH	17.21.4	
5	SEAN BEARD	NENE VALLEY	17.58.0	

3000 metres S/C "A"

1	WILL GREY	BRIGHTON	9.54.2	M20
2	JULIAN RANDALL	TONBRIDGE	10.10.4	
3	TOM ROGERS	NENE VALLEY	10.23.8	
4	ROSS FAWCETT	IPSWICH	10.42.7	M20
5	JOHN BIGNALL	HARROW	11.32.1	M40

3000 metres S/C "B"

1	SIMON FRASER	TONBRIDGE	10.31.4	
2	JOSH PAINTER	BRIGHTON	10.33.6	
3	JOSH LUNN	NENE VALLEY	10.59.4	
4	TIM BYFORD	IPSWICH	11.14.5	M20

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

1	FLORIAN VOGEL	HARROW	15.3	
2	SEAN REIDY	NENE VALLEY	15.7	
3	NIGEL HAYMAN	IPSWICH	15.8	
4	JACK PARSONS	TONBRIDGE	16.6	
5	DAVE INGRAM	BRIGHTON	17.5	

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

1	JOSH MOULAND	BRIGHTON	16.1	
2	JONATHAN MOORE	IPSWICH	16.4	
3	ADAM FIDGETT	NENE VALLEY	17.4	
4	SIMON FRASER	TONBRIDGE	20.1	

400 metres hurdles (3') "A"

1	SEAN REIDY	NENE VALLEY	54.6	
2	SAM PARSONS	BRIGHTON	55.9	
3	JACK PARSONS	TONBRIDGE	57.9	
4	GLENN GRAY	HARROW	58.5	M40
5	JONATHAN MOORE	IPSWICH	63.7	

400 metres hurdles (3') "B"

1	GWIL COOPER	BRIGHTON	55.7	M20
2	FINLAY THIRD	TONBRIDGE	57.6	
3	ADAM FIDGETT	NENE VALLEY	59.4	
4	ORONDE SAUNDERS	HARROW	60.3	
5	NIGEL HAYMAN	IPSWICH	62.1	

High Jump "A"

1	RICHARD CARR	HARROW	1.90	1.75o	1.80xo	1.90o	1.95xxx	
2	MITCH GUEST	NENE VALLEY	1.75	1.50o	1.55o	1.65o	1.70o	1.75o 1.80xxx
3	DAVE INGRAM	BRIGHTON	1.70	1.50o	1.55o	1.65o	1.70o	1.80xxx
4	JONATHAN MOORE	IPSWICH	1.70	1.55o	1.65o	1.70xxo	1.75xxx	
5	MARTYN ORMEROD	TONBRIDGE	1.65	1.50o	1.55o	1.65o	1.70xxx	

High Jump "B"

1	HARRY WELLS	NENE VALLEY	1.75	1.55o	1.65o	1.70o	1.75xxo	1.80xxx
2	GEORGE DUPREE	HARROW	1.70	1.55o	1.65o	1.70o	1.75xxx	
3	BEN STONE	TONBRIDGE	1.55	1.50o	1.55o	1.65xxx		
4	TOM POWELL	IPSWICH	1.50	M17	1.50o	1.75xxx		
5	PHILL DAVIES	BRIGHTON	1.50	M20	1.50xxx	1.55xxx		

Pole Vault "A"

1	DAVE INGRAM	BRIGHTON	4.00	2.00o	3.00o	3.20o	3.60o	4.00o	4.20xxx
2	JOE EVLING-WHITE	NENE VALLEY	3.40	2.80o	3.20o	3.40o	3.60xx		
3	BEN STONE	TONBRIDGE	3.20	2.40o	3.00o	3.20xo	3.30xx	3.40x	
4	BRIAN HULL	HARROW	2.40	M60	2.00o	2.20o	2.40o	2.60xxx	
5	ROB GRAHAM	IPSWICH	2.00	M20					

Pole Vault "B"

1	ADAM FIDGETT	NENE VALLEY	3.00	2.80o	3.00o	3.20xxx			
2	MARTYN ORMEROD	TONBRIDGE	2.80	2.40o	2.60o	2.80o	3.00x		
3	JOSH MOULAND	BRIGHTON	2.60	2.00o	2.60xo	3.40xxx			
4	DAVE JOHNSON	HARROW	2.20	M55	1.30o	2.00o	2.20o	2.40xx	
5	JEREMY SMITH	IPSWICH	1.30		1.30o	2.00xxx			

Long Jump "A"

1	TOM FRENCH	BRIGHTON	6.97	M20	6.33	6.43	6.34	6.70	6.97	6.85
2	RICHARD CARR	HARROW	6.51		6.28	6.39	6.49	6.51	nj	4.83
3	MARTYN ORMEROD	TONBRIDGE	6.32		nj	6.28	6.22	6.32	4.76	nj
4	JOE EVLING-WHITE	NENE VALLEY	6.07		6.07	5.79	-	-	-	-
5	ROB GRAHAM	IPSWICH	5.60	M20	5.47	5.44	5.60	elim		

Long Jump "B"

1	ADAM GREAVES	HARROW	5.76		5.76	nj	5.23	5.63	5.62	5.73
2	CARL SUOBODA	BRIGHTON	5.57		5.37	5.57	5.16	elim		
3	BEN STONE	TONBRIDGE	5.36		5.07	5.36	-	elim		
4	NIGEL HAYMAN	IPSWICH	5.22		nj	5.22	5.20	elim		
5	DAVID BUSH	NENE VALLEY	5.06		5.06	4.85	4.14	elim		

Triple Jump "A"

1	TOM FRENCH	BRIGHTON	14.02	M20	13.07	13.52	13.89	nj	14.02	nj
2	ROB GRAHAM	IPSWICH	13.87	M20	13.82	nj	nj	nj	13.85	13.87
3	JOE EVLING-WHITE	NENE VALLEY	13.23		12.91	13.23	-	nj	-	nj
4	BEN STONE	TONBRIDGE	11.37		11.37	11.20	10.89	elim		
5	ADAM GREAVES	HARROW	11.10		11.10	10.06	11.01	elim		

Triple Jump "B"

1	NIGEL HAYMAN	IPSWICH	12.03		11.07	11.41	11.81	12.01	12.03	-
2	GWIL COOPER	BRIGHTON	11.99	M20	11.99	-	-	-	-	-
3	HARRY WELLS	NENE VALLEY	11.37		11.02	11.29	11.37	elim		
4	MARTYN ORMEROD	TONBRIDGE	11.19		11.19	-	-	elim		
5	DAVE JOHNSON	HARROW	10.66	M55	10.40	10.66	-	elim		

Shot Putt 7.26 kilo "A"

1	KEN BAKER	NENE VALLEY	13.98		13.36	-	12.74	13.43	13.40	13.98
2	ANDY LEWIS	HARROW	12.13	M40	-	11.36	11.66	12.13	12.01	11.98
3	DOMINIC SADOUSHI	TONBRIDGE	11.52		11.52	-	-	-	-	-
4	CHRIS MOXHAM	BRIGHTON	10.20		10.20	10.00	9.35	elim		
5	CRAIG BLOOMFIELD	IPSWICH	9.35		8.98	9.35	9.03	elim		

Shot Putt 7.26 kilo "B"

1	SIMON ACHURCH	NENE VALLEY	12.04		11.97	12.04	11.84	11.59	-	11.78
2	ALEX ANIMASHAUN	HARROW	10.29		8.22	10.29	9.10	8.11	-	-
3	JOSH MOULAND	BRIGHTON	9.75		9.75	-	-	elim		
4	JONNY HINTON	TONBRIDGE	8.60		8.52	8.60	-	elim		
5	RORY MCMILLAN	IPSWICH	8.58		8.58	7.96	8.42	elim		

Discus 2 kilo "A"

1	KEN BAKER	NENE VALLEY	36.50		35.34	35.21	36.50	35.60	35.68	35.31
2	MATTI MORTIMORE	IPSWICH	33.84	M20	33.68	33.84	33.07	32.00	31.66	32.81
3	ANDY LEWIS	HARROW	33.68	M40	32.79	32.52	33.68	-	-	-
4	JOSH MOULAND	BRIGHTON	33.50		26.14	-	33.50	32.37	32.17	-
5	JONNY HINTON	TONBRIDGE	32.02		32.02	31.50	29.50	elim		

Discus 2 kilo "B"

1	SIMON ACHURCH	NENE VALLEY	35.55		35.33	35.55	34.71	34.53	33.60	34.69
2	PADDY VERMES	BRIGHTON	32.36	M17	29.37	-	32.36	elim		
3	CRAIG BLOOMFIELD	IPSWICH	28.44		28.44	28.40	-	elim		
4	DOMINIC SADOWSKI	TONBRIDGE	28.32		24.95	28.32	-	elim		
5	DAVE JOHNSON	HARROW	24.69		20.57	-	24.69	elim		

Hammer 7.26 kilo "A"

1	SIMON ACHURCH	NENE VALLEY	45.75		43.04	45.75	nt	nt	nt	42.49
2	JONNY HINTON	TONBRIDGE	36.69		36.69	nt	nt	35.79	36.13	36.51
3	ALAN FRENCH	HARROW	35.10	M45	32.73	nt	nt	33.52	35.10	34.48
4	CRAIG BLOOMFIELD	IPSWICH	30.62		29.05	29.44	30.62	elim		
5	PADDY VERMES	BRIGHTON	25.05	M17	nt	25.05	-	elim		

Hammer 7.26 kilo "B"

1	HARRY WELLS	NENE VALLEY	44.61		44.61	nt	-	-	-	-
2	STEVE ALLEN	HARROW	31.09	M45	31.09	28.92	28.77	28.13	27.06	29.39
3	DAVE CROSS	TONBRIDGE	30.50		28.84	30.50	30.38	elim		
4	RICHARD CARTER	BRIGHTON	18.56		18.56	17.55	-	elim		
5	NEIL GILLINGHAM	IPSWICH	15.98		14.48	15.81	15.98	elim		

Javelin 800 grams "A"

1	DOMINIC SADOUSHI	TONBRIDGE	63.61		57.38	57.20	58.92	57.39	63.61	61.84
2	MATTI MORTIMORE	IPSWICH	61.18	M20	58.91	nt	57.32	59.78	nt	61.18
3	SIMON ACHURCH	NENE VALLEY	42.19		42.19	42.02	-	-	-	-
4	PHILL DAVIES	BRIGHTON	36.50	M20	nt	36.50	35.05	elim		
5	FLORIAN VOGEL	HARROW	30.25		27.58	30.25	-	elim		

Javelin 800 grams "B"

1	MARTYN ORMEROD	TONBRIDGE	45.81		43.12	42.74	41.27	43.29	44.75	45.81
2	DAVID BUSH	NENE VALLEY	39.84		38.60	39.50	39.84	36.34	37.06	37.91
3	SAM PARSONS	BRIGHTON	34.19		34.19	-	-	elim		
4	DAVE JOHNSON	HARROW	28.92	M55	28.09	28.92	nt	elim		
5	CRAIG BLOOMFIELD	IPSWICH	28.24		25.66	27.75	28.24	elim		

4 x 100 metres relay

1	JERWAYNE GRANT RICHARD CARR ALEX ANIMASHAUN RYAN HARDING	HARROW	43.8							
2	VENUSKA CONDEGAMA DAN BROOKER GWIL COOPER TOBY ROTTNER	BRIGHTON	44.3							
3	JAMES THOMAS DARELLOU HOLDING DAVID BUSH SIMON TURNOCK	NENE VALLEY	45.1							
4	ROB GRAHAM MARK ROBINSON TOM POWELL MICHAEL STURGEON	IPSWICH	45.5							
5	STEVE TESTER MARTYN ORMEROD ED HALL FINLAY THIRD	TONBRIDGE	52.2							

4 x 400 metres relay

1	SAM PARSONS GWIL COOPER MATT DORRINGTON PHIL MCMANUS	BRIGHTON	3.20.9
2	DAVID BUSH DAVID BROWN SEAN REIDY DARRELOU HOLDING	NENE VALLEY	3.22.7
3	STEVE TESTER ED HALL FINLAY THIRD ROBBIE FARNHALLOW	TONBRIDGE	3.33.8
4	ROB GRAHAM NEIL GILLINGHAM MARK ROBINSON MICHAEL STURGEON	IPSWICH	3.41.4
5	ALEX ANIMASHAUN ADAM GREAVES MATTHEW JUDSON FLORIAN VOGEL	HARROW	3.45.5

SCORES ANALYSIS

	BRIGHTON	IPSWICH	HARROW	NENE VALLE	TONBRIDGE
M-100	5	2	10	8	5
M-200	7	4	9	8	2
M-400	9	4	4	5	8
M-800	8	2	6	5	9
M-1500	9	4	2	9	6
M-5000	4	5	6	5	10
M-3000SC	9	4	1	6	9
M-110H	6	7	5	7	4
M-400H	9	2	4	8	7
M-HJ	4	4	9	9	4
M-PV	8	2	4	9	7
M-LJ	9	3	9	3	6
M-TJ	9	9	2	6	4
M-SP	5	2	8	10	5
M-DT	6	7	4	10	3
M-HT	3	3	7	10	7
M-JT	5	5	3	7	10
M-4X1	4	2	5	3	1
M-4X4	5	2	1	4	3
MATCH TOTAL	124	73	99	132	110

	BRIGHTON	IPSWICH	HARROW	NENE VALLE	TONBRIDGE
Sprints M	21	10	23	21	15
Middle Distance M	30	15	15	25	34
Hurdles M	15	9	9	15	11
Relays M	9	4	6	7	4
Track M	75	38	53	68	64
Vertical Jumps M	12	6	13	18	11
Horizontal Jumps M	18	12	11	9	10
Throws M	19	17	22	37	25
Field M	49	35	46	64	46
Total M	124	73	99	132	110
MATCH TOTAL	124	73	99	132	110

19 events out of 19

TEAM SCORES

1	NENE VALLEY	132
2	BRIGHTON	124
3	TONBRIDGE	110
4	HARROW	99
5	IPSWICH	73

SOUTHERN LEAGUE NON SCORING

26 June 2010

Harrow

1500 metres Race 2

1	EDGAR SUMKIS	NENE VALLEY	4.09.6	
2	BRYAN BRETT	BRIGHTON	4.10.5	
3	JOSH MUTCH	BRIGHTON	4.11.2	M20
4	DAMIAN NEVINS	HARROW	4.11.5	
5	RICH AIREY	BRIGHTON	4.12.0	
6	TOM COX	TONBRIDGE	4.12.2	
7	CHRIS ROOKE	IPSWICH	4.13.7	
8	JAMES VERNUE	NENE VALLEY	4.14.9	
9	LUKE HUNT	HARROW	4.16.9	
10	PETER NORRIS	HARROW	4.20.5	
11	HARRY PATON	TONBRIDGE	4.23.9	
12	MATTHEW JUDSON	HARROW	4.33.9	
13	ANDY REVELL	IPSWICH	4.35.6	M17
14	MARK CURSONS	HARROW	4.36.9	M45
15	ALEXANDER HOOKWAY	TONBRIDGE	4.38.7	
16	ED HEWITT	NENE VALLEY	4.48.7	

5000 metres Race 1

1	JAMES TAYLOR	TONBRIDGE	15.39.2	
2	BEN REYNOLDS	TONBRIDGE	15.41.7	
3	PAUL HALFORD	NENE VALLEY	15.42.3	
4	CHRIS ROOKE	IPSWICH	15.49.0	
5	JIM COOPER	HARROW	15.59.0	
6	MARK CURSONS	HARROW	16.35.9	M45
7	KEVIN MASON	BRIGHTON	16.59.8	
8	ANDREW DONNO	BRIGHTON	17.18.8	
9	SIMON GARDINER	IPSWICH	17.21.4	
10	SEAN BEARD	NENE VALLEY	17.58.0	
11	DANNY WATKINS	HARROW	18.48.5	M40
12	JOSH REED	NENE VALLEY	19.19.0	

3000 metres S/C Race 1

1	WILL GREY	BRIGHTON	9.54.2	M20
2	JULIAN RANDALL	TONBRIDGE	10.10.4	
3	TOM ROGERS	NENE VALLEY	10.23.8	
4	SIMON FRASER	TONBRIDGE	10.31.4	
5	JOSH PAINTER	BRIGHTON	10.33.6	
6	ROSS FAWCETT	IPSWICH	10.42.7	M20
7	JOSH LUNN	NENE VALLEY	10.59.4	
8	TIM BYFORD	IPSWICH	11.14.5	M20
9	DANNY SNIPE	NENE VALLEY	11.18.4	
10	JOHN BIGNALL	HARROW	11.32.1	M40

100 metres Race 1

1	RYAN HARDING	HARROW	11.1	M20
2	ALEX ANIMASHAUN	HARROW	11.2	
3	JERWAYNE GRANT	HARROW	11.3	
4	SENI OGUNMILADE	LOUGHBOROUGH	11.3	
5	JAMES THOMAS	NENE VALLEY	11.4	
6	FLORIAN VOGEL	HARROW	11.5	

100 metres Race 2

1	ROHAN SAMUEL	HARROW	11.5	M40
2	TOBY ROTTNER	BRIGHTON	11.5	
3	ANDY LEWIS	HARROW	11.7	M40
4	DAVID OLUSANYA	EALING	11.9	
5	NEWMAN CALDERLEY	IPSWICH	12.2	

100 metres Race 3

1	NEIL GILLINGHAM	IPSWICH	12.5			
2	MOJIB SHAMS	HARROW	12.6	M15		
3	STEVE ALLEN	HARROW	12.9	M45		
4	JEREMY SMITH	IPSWICH	14.0			
5	ALAN PERRY	HARROW	14.8	M55		

200 metres Race 1

1	JERWAYNE GRANT	HARROW	23.0			
2	JAMES THOMAS	NENE VALLEY	23.2			
3	DAVID OLUSANYA	EALING	24.2			
4	DANIEL HOOKER	EALING	27.3			

200 metres Race 2

1	MOJIB SHAMS	HARROW	25.1	M15		
2	JEREMY SMITH	IPSWICH	28.8			

400 metres Race 1

1	CARL SVOBODA	BRIGHTON	54.3			
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800 metres Race 1

1	DAMIAN NEVINS	HARROW	2.02.9			
2	WILLIAM GRAY	BRIGHTON	2.03.9			

Triple Jump Event 1

1	CHRIS ALEXIS	HARROW	13.68	13.68	13.18	12.28
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Shot Putt 7.26 kilo Event 1

1	ANDREJ SIDORKIN	NENE VALLEY	11.64	10.82	10.79	11.64	
2	DAVE JOHNSON	HARROW	8.45	M55	8.45	8.33	8.02

Discus 2 kilo Event 1

1	ANDREJ SIDORKIN	NENE VALLEY	37.82	35.92	-	37.82
2	RORY MCMILLAN	IPSWICH	27.48	26.54	27.39	27.48
3	CHRIS MOXHAM	BRIGHTON	26.09	-	26.09	25.01

Hammer 7.26 kilo Event 1

1	ANDREJ SIDORKIN	NENE VALLEY	33.76	nt	29.74	33.76
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Javelin 800 grams Event 1

1	ANDREJ SIDORKIN	NENE VALLEY	34.64	33.95	34.64	27.17
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4 x 400 metres relay Race 1

1	BRIGHTON	BRIGHTON	4.01.1			
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