

Southern Athletics League: Division 2 North East - Round 3 - St Ives - 9 June 2011

Team		Score			
1	Huntingdonshire		199	H	
2	Ipswich		193	I	
3	St Albans		182	A	
4	Ryston Runners		164	R	
Men's A 100m		Wind=			
1	D Yellop	SM	Ryston Runners	11.7	4
2	Luke Yaxley	U20	St Albans	11.7	3
3	Tom Powell	U20	Ipswich	11.7	2
4	Ryan Palmer (DQ)				1
Men's B 100m		Wind=			
1	Yann Yao	SM	Huntingdonshire	11.8	4
2	Cameron McKie	U20	St Albans	12.3	3
3	Robert Graham	SM	Ipswich	12.5	2
4	E Borrmann	U17	Ryston Runners	13.2	1
Men's A 200m		Wind=			
1	Ryan Palmer	U20	Huntingdonshire	23.5	4
2	Tom Powell	U20	Ipswich	23.6	3
3	Luke Yaxley	U20	St Albans	23.7	2
4	D Yellop	SM	Ryston Runners	24.3	1
Men's B 200m		Wind=			
1	Yann Yao	SM	Huntingdonshire	23.4	4
2	Mark Robinson	SM	Ipswich	23.7	3
3	G Hunt	U23	Ryston Runners	25.0	2
4	Ashley Kavanagh-King	U20	St Albans	27.1	1
Men's A 400m					
1	Tom Johnson	U20	Huntingdonshire	51.9	4
2	Mark Robinson	SM	Ipswich	52.1	3
3	G Hunt	U23	Ryston Runners	55.3	2
4	Ashley Kavanagh-King	U20	St Albans	61.9	1
Men's B 400m					
1	Yann Yao	SM	Huntingdonshire	54.0	4
2	Lee Bowker	SM	Ipswich	59.4	3
3	J Trow	U20	Ryston Runners	60.4	2
Men's A 800m					
1	Ross Tennant	U17	Ipswich	2:05.5	4
2	J O'Neill	SM	Ryston Runners	2:05.8	3
3	Paul Yeomans	SM	St Albans	2:18.1	2
4	Dave Connell	SM	Huntingdonshire	2:22.4	1
Men's B 800m					
1	Oliver Jones	U20	Ipswich	2:07.2	4
2	M Pyatt	SM	Ryston Runners	2:09.0	3
3	Oliver Poulain	U20	St Albans	2:33.6	2
4	Peter Downhill	M40	Huntingdonshire	2:42.1	1
Men's A 1500m					
1	Ed Blake	SM	St Albans	4:17.1	4
2	J O'Neill	SM	Ryston Runners	4:19.1	3
3	Ian Turner	SM	Huntingdonshire	4:37.2	2
4	Toby Upson	U17	Ipswich	4:56.1	1

Men's B 1500m

1	M Pyatt	SM	Ryston Runners	4:27.3	4
2	Simon Gardiner	SM	Ipswich	5:02.2	3
3	Ian Day	M45	Huntingdonshire	5:06.4	2
4	Oliver Poulain	U20	St Albans	5:19.2	1

Men's A 5000m

1	Ed Blake	SM	St Albans	16:27.5	4
2	Ian Turner	SM	Huntingdonshire	16:39.9	3
3	M Tuff	M45	Ryston Runners	16:52.9	2
4	Simon Gardiner	SM	Ipswich	16:56.9	1

Men's B 5000m

1	C Balmer	SM	Ryston Runners	16:59.3	4
2	Ross Fawcett	SM	Ipswich	17:23.2	3
3	Alex Tindall	SM	Huntingdonshire	18:50.6	2
4	Andy Maher	M40	St Albans	20:40.2	1

Men's A 110mH**Wind=**

1	Cameron McKie	U20	St Albans	16.9	4
2	Nigel Hayman	SM	Ipswich	17.0	3
3	R Simmonds	SM	Ryston Runners	21.7	2
4	(Hugh Thorogood DNF)				1

Men's B 110mH**Wind=**

1	D Yellop	SM	Ryston Runners	19.8	4
2	Richard Phelan	M50	Huntingdonshire	22.6	3
3	Paul Yeomans	SM	St Albans	23.0	2
4	Jeremy Smith	SM	Ipswich	25.4	1

Men's A 400mH

1	Luke Yaxley	U20	St Albans	62.0	4
2	A Simmonds	SM	Ryston Runners	62.2	3
3	Nigel Hayman	SM	Ipswich	62.8	2
4	Peter Downhill	M40	Huntingdonshire	62.8	1

Men's B 400mH

1	Cameron McKie	U20	St Albans	60.8	4
2	G Hunt	U23	Ryston Runners	64.9	3
3	Jeremy Smith	SM	Ipswich	75.2	2
4	Richard Phelan	M50	Huntingdonshire	78.9	1

Men's A 2000m Steeplechase

1	R Simmonds	SM	Ryston Runners	6:35.6	4
2	Dave Connell	SM	Huntingdonshire	6:35.8	3
3	Neil Gillingham	SM	Ipswich	8:01.5	2
4	Andy Maher	M40	St Albans	8:51.5	1

Men's B 2000m Steeplechase

1	A Simmonds	SM	Ryston Runners	7:05.9	4
2	Fraser Deeprise	U17	Huntingdonshire	7:20.3	3
3	Toby Upson	U17	Ipswich	9:26.4	2

Men's A High Jump

1	Tim Buckle	U20	St Albans	1.75	4
2	R Simmonds	SM	Ryston Runners	1.65	3
3	Tom Powell	U20	Ipswich	1.65	2
4	Paul Hayball	SM	Huntingdonshire	1.55	1

Men's B High Jump

1	Chris Bradshaw	SM	Ipswich	1.65	4
2	Steve Gibbs	SM	St Albans	1.60	3
3	E Borrmann	U17	Ryston Runners	1.50	2
4	Richard Phelan	M50	Huntingdonshire	1.50	1

Men's A Pole Vault

Men's B Pole Vault

Men's A Long Jump

1	Robert Graham	SM	Ipswich	5.95	4
2	Steve Gibbs	SM	St Albans	5.59	3
3	George Seach	U17	Huntingdonshire	5.54	2
4	R Simmonds	SM	Ryston Runners	5.45	1

Men's B Long Jump

1	Chris Bradshaw	SM	Ipswich	5.82	4
2	Hugh Thorogood	U20	Huntingdonshire	5.38	3
3	D Yellop	SM	Ryston Runners	5.29	2
4	Paul Yeomans	SM	St Albans	5.28	1

Men's A Triple Jump

1	Robert Graham	SM	Ipswich	13.23	4
2	Hugh Thorogood	U20	Huntingdonshire	11.81	3
3	R Simmonds	SM	Ryston Runners	11.26	2
4	Paul Yeomans	SM	St Albans	10.44	1

Men's B Triple Jump

1	Nigel Hayman	SM	Ipswich	11.34	4
2	D Yellop	SM	Ryston Runners	11.13	3
3	Richard Phelan	M50	Huntingdonshire	9.75	2
4	Ashley Kavanagh-King	U20	St Albans	8.78	1

Men's A Shot Putt

1	Jonathan Edwards	SM	Huntingdonshire	12.24	4
2	D Yellop	SM	Ryston Runners	10.35	3
3	Paul Yeomans	SM	St Albans	8.82	2
4	Paul Roberts	U20	Ipswich	8.01	1

Men's B Shot Putt

1	Paul Hayball	SM	Huntingdonshire	11.29	4
2	R Simmonds	SM	Ryston Runners	10.05	3
3	Tim Saunders-Mullins	M55	St Albans	7.87	2
4	Theo Moore	U20	Ipswich	7.28	1

Men's A Discus

1	Jonathan Edwards	SM	Huntingdonshire	43.45	4
2	R Simmonds	SM	Ryston Runners	30.39	3
3	Paul Dowding	U20	Ipswich	23.01	2
4	Malcolm Wallace	M60	St Albans	18.78	1

Men's B Discus

1	Paul Hayball	SM	Huntingdonshire	34.65	4
2	A Simmonds	SM	Ryston Runners	26.04	3
3	Tim Saunders-Mullins	M55	St Albans	17.20	2

Men's A Hammer

1	Jonathan Edwards	SM	Huntingdonshire	54.61	4
2	A Simmonds	SM	Ryston Runners	32.98	3
3	Paul Dowding	SM	Ipswich	25.15	2
4	Tim Saunders-Mullins	SM	St Albans	22.55	1

Men's B Hammer

1	Bob Ellingham	M45	Huntingdonshire	37.09	4
2	R Simmonds	SM	Ryston Runners	29.30	3
3	Theo Moore	U20	Ipswich	25.00	2
4	Malcolm Wallace	M60	St Albans	18.70	1

Men's A Javelin

1	Paul Dowding	SM	Ipswich	56.84	4
2	A Simmonds	SM	Ryston Runners	45.27	3
3	Tim Buckle	U20	St Albans	41.86	2
4	Paul Hayball	SM	Huntingdonshire	41.23	1

Men's B Javelin

1	Paul Roberts	U20	Ipswich	39.80	4
2	Steve Gibbs	SM	St Albans	34.57	3
3	Jonathan Edwards	SM	Huntingdonshire	31.44	2
4	D Yellop	SM	Ryston Runners	29.55	1

Men's 4x100m

1	Huntingdonshire	SM		44.5	4
2	St Albans	SM		46.4	3
3	Ipswich	SM		46.4	2
4	Ryston Runners	SM		50.0	1

Men's 4x400m

1	Huntingdonshire	SM		3:35.6	4
2	Ipswich	SM		3:37.0	3
3	St Albans	SM		3:44.0	2
4	Ryston Runners	SM		3:49.0	1

Women's A 100m**Wind=**

1	Jo Richards	SW	St Albans	13.2	4
2	Enya Moore	U17	Ipswich	13.2	3
3	Lily Seach	U20	Huntingdonshire	13.3	2
4	Gaye Clarke	W50	Ryston Runners	15.2	1

Women's B 100m**Wind=**

1	Keeley Whitlock	U17	Ipswich	13.8	4
2	Jessica Stirley	U17	Huntingdonshire	14.4	3
3	Emily Brown	U17	Ryston Runners	15.4	2

Women's A 200m**Wind=**

15.7

1	Lily Seach	U20	Huntingdonshire	27.6	4
2	Jo Richards	SW	St Albans	28.0	3
3	Amber Rudland	U17	Ipswich	29.7	2
4	Gaye Clarke	W50	Ryston Runners	31.1	1

Women's B 200m**Wind=**

1	Chelsea Shurland	U20	St Albans	27.3	4
2	Keeley Whitlock	U17	Ipswich	27.8	3
3	Hannah Stirley	W40	Huntingdonshire	31.4	2
4	Natasya Ruffles	U20	Ryston Runners	31.9	1

Women's A 400m

1	Chelsea Shurland	U20	St Albans	60.1	4
2	Lily Seach	U20	Huntingdonshire	62.5	3
3	Leanne Thorndyle	SW	Ipswich	70.3	2
4	Natasya Ruffles	U20	Ryston Runners	75.4	1

Women's B 400m

1	Sammie Skinner	U23	Huntingdonshire	67.8	4
2	Hannah Earnshaw	U20	St Albans	71.1	3
3	Clare Welbourn	SW	Ipswich	76.7	2
4	Jo Isbill	W45	Ryston Runners	79.8	1

Women's A 800m

1	Marie French	SW	Ryston Runners	2:27.6	4
2	Rebecca Pedley	U17	Huntingdonshire	2:31.4	3
3	Hannah Hull	U20	St Albans	2:37.2	2
4	Emma Burroughs	SW	Ipswich	2:40.0	1

Women's B 800m

1	Sammie Skinner	U23	Huntingdonshire	2:33.8	4
2	Charlotte Hunt	SW	Ryston Runners	2:52.0	3
3	Clare Welbourn	SW	Ipswich	3:09.6	2
4	Christine James	W55	St Albans	3:32.2	1

Women's A 1500m

1	Marie French	SW	Ryston Runners	5:04.8	4
2	Eleanor Smith	U20	Huntingdonshire	5:18.5	3
3	Hannah Hull	U20	St Albans	5:26.1	2
4	Lauren Ramsey	U17	Ipswich	5:48.4	1

Women's B 1500m

1	Lucy Waterlow	SW	St Albans	5:46.7	4
2	Eloise Webb	U17	Huntingdonshire	6:12.7	3
3	Leanne Thorndyle	SW	Ipswich	6:18.4	2
4	Louise Jackson	SW	Ryston Runners	6:47.9	1

Women's A 3000m

1	Marie French	SW	Ryston Runners	10:45.9	4
2	Eleanor Smith	U20	Huntingdonshire	11:13.6	3
3	Lucy Waterlow	SW	St Albans	11:19.7	2
4	(Clare Welborne DNF)				1

Women's B 3000m

1	Hannah Hull	U20	St Albans	12:14.7	4
2	Charlotte Hunt	SW	Ryston Runners	13:20.4	3
3	Karen Gracey	W40	Huntingdonshire	13:51.9	2

Women's A 100mH

Wind=

1	Kerry Fuller	SW	Ipswich	17.9	4
2	Holly Addis	U20	Huntingdonshire	19.5	3
3	Gaye Clarke	W50	Ryston Runners	19.5	2
4	Hannah Earnshaw	U20	St Albans	19.6	1

Women's B 100mH

Wind=

1	Jenny Reason	SW	Ipswich	19.6	4
2	Claire Bentley	U20	St Albans	20.5	3
3	Hannah Stirley	W40	Huntingdonshire	21.2	2
4	Emily Brown	U17	Ryston Runners	21.9	1

Women's A 400mH

1	Jessica Stirley	U17	Huntingdonshire	75.9	4
2	Claire Bentley	U20	St Albans	82.4	3
3	Jenny Reason	SW	Ipswich	94.0	2
4	Natasya Ruffles	U20	Ryston Runners	102.0	1

Women's B 400mH

1	Louise Kelly	W35	St Albans	85.3	4
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2	Hannah Stirley	W40	Huntingdonshire	87.3	3
3	(RR Disqualified)				2

Women's A 1500m Steeplechase

1	Emma Burroughs	SW	Ipswich	6:09.6	4
2	Sammie Skinner	U23	Huntingdonshire	6:46.2	3
3	Claire Bentley	U20	St Albans	7:07.3	2
4	Jo Isbill	W45	Ryston Runners	7:22.3	1

Women's B 1500m Steeplechase

1	Jess Crissell	U20	Ipswich	7:50.1	4
2	Charlotte Hunt	SW	Ryston Runners	7:55.7	3
3	Chelsea Shurland	U20	St Albans	8:19.6	2

Women's A High Jump

1	Kate Jones	U20	St Albans	1.45	4
2	Holly Addis	U20	Huntingdonshire	1.40	3
3	Gaye Clarke	W50	Ryston Runners	1.35	2
4	Jenny Reason	SW	Ipswich	1.30	1

Women's B High Jump

1	Louise Kelly	W35	St Albans	1.35	4
2	Rebecca Pedley	U17	Huntingdonshire	1.20	3
3	Sophie Godbold	U17	Ipswich	1.00	2
4	Jo Isbill	W45	Ryston Runners	1.00	1

Women's A Pole Vault

Women's B Pole Vault

Women's A Long Jump

1	Katy Sealy	SW	Ipswich	5.12	4
2	Jo Richards	SW	St Albans	4.78	3
3	Hannah Stirley	W40	Huntingdonshire	4.13	2
4	Marie French	SW	Ryston Runners	4.02	1

Women's B Long Jump

1	Jess Crissell	U20	Ipswich	4.69	4
2	Louise Kelly	W35	St Albans	4.10	3
3	Jessica Stirley	U17	Huntingdonshire	3.86	2
4	Jo Isbill	W45	Ryston Runners	3.57	1

Women's A Triple Jump

1	Jess Crissell	U20	Ipswich	10.32	4
2	Hannah Earnshaw	U20	St Albans	9.10	3
3	Holly Addis	U20	Huntingdonshire	9.06	2
4	Jo Isbill	W45	Ryston Runners	7.56	1

Women's B Triple Jump

1	Louise Kelly	W35	St Albans	8.49	4
2	Emily Brown	U17	Ryston Runners	7.51	3
3	Rebecca Pedley	U17	Huntingdonshire	7.36	2
4	Sophie Godbold	U17	Ipswich	6.51	1

Women's A Shot Putt

1	Chloe Edwards	SW	Huntingdonshire	11.61	4
2	Katy Sealy	SW	Ipswich	10.20	3
3	Louise Kelly	W35	St Albans	9.25	2
4	Gaye Clarke	W50	Ryston Runners	6.91	1

Women's B Shot Putt

1	Helena Coe	U17	Ipswich	9.50	4
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2	Sophie Macken	U17	St Albans	8.09	3
3	Hannah Stirley	W40	Huntingdonshire	5.72	2
4	Charlotte Hunt	SW	Ryston Runners	5.40	1

Women's A Discus

1	Chloe Edwards	SW	Huntingdonshire	28.43	4
2	Ellie Bloomfield	U17	Ipswich	26.26	3
3	Kate Jones	U20	St Albans	20.99	2
4	Marlenne Simmonds	W60	Ryston Runners	18.95	1

Women's B Discus

1	Kerry Fuller	SW	Ipswich	23.47	4
2	Sophie Macken	U17	St Albans	19.46	3
3	Jo Isbill	W45	Ryston Runners	17.47	2
4	Hannah Stirley	W40	Huntingdonshire	14.29	1

Women's A Hammer

1	Chloe Edwards	SW	Huntingdonshire	31.08	4
2	Kerry Fuller	SW	Ipswich	30.90	3
3	Gaye Clarke	W50	Ryston Runners	21.28	2
4	Sophie Macken	U17	St Albans	19.41	1

Women's B Hammer

1	Hannah Stirley	W40	Huntingdonshire	21.83	4
2	Christine James	W55	St Albans	16.30	3
3	Charlotte Hunt	SW	Ryston Runners	15.96	2
4	Ellie Bloomfield	U17	Ipswich	10.95	1

Women's A Javelin

1	Katy Sealy	SW	Ipswich	34.34	4
2	Kate Jones	U20	St Albans	30.37	3
3	Marlenne Simmonds	W60	Ryston Runners	18.88	2
4	Chloe Edwards	SW	Huntingdonshire	18.70	1

Women's B Javelin

1	Alice Robinson	U17	Ipswich	29.82	4
2	Louise Kelly	W35	St Albans	23.08	3
3	Gaye Clarke	W50	Ryston Runners	15.68	2
4	Hannah Stirley	W40	Huntingdonshire	9.29	1

Women's 4x100m

1	Ipswich	SW		53.5	4
2	St Albans	SW		56.0	3
3	Huntingdonshire	SW		56.2	2
4	Ryston Runners	SW		58.0	1

Women's 4x400m

1	Huntingdonshire	SW		4:30.1	4
2	St Albans	SW		4:37.9	3
3	Ipswich	SW		4:53.7	2
4	Ryston Runners	SW		5:03.3	1

Men

Non-scoring events

Event	Pos	Name	Cat	Club	Perf.	Wind
800	1	Andrew Revell	U20	Ipswich	2:03.7	
100	4	Fred Williams	U17	Huntingdonshire	12.00	
100	4	George Seach	U17	Huntingdonshire	13.1	
100	1	Leon Holmes	U20	Ipswich	11.8	
100	2	Lee Bowker	SM	Ipswich	12.9	

100	3	Rudolf Obeng-Asare	U20	Ipswich	13.1
100	4	Ashley Kavanagh-King	U20	St Albans	14.4
100	5	Jeremy Smith	SM	Ipswich	14.4
400	4	Oliver Minns	SM	Ipswich	64.4
5000	7	Jack Trow	U20	Ryston	17:31.2
1500	5	Nick Benshey	M40	Ryston	4:45.2
JT		Alex Young	U20	Huntingdonshire	11.40
JT		Oliver Minns	SM	Ipswich	27.72
DT		Alex Young	U20	Huntingdonshire	13.35
DT		Theo Moore	U20	Ipswich	22.75
DT		Michael Pope	U20	St Albans	23.71
SP		Alex Young	U20	Huntingdonshire	5.02
5000	8	Gareth Little	SM	Ryston	18:05.3

Women Non-scoring events

Event	Pos	Name	Cat	Club	Perf.	Wind
100	4	Amber Rudland	U17	Ipswich	14.2	
100	4	Elizabeth Welbourn	W50	Ipswich	15.6	
100	5	Yvonne Holmes	W45	Ipswich	15.7	
800	9	Sue Smith	W45	Ryston Runners	3:56.3	
400	5	Sue Smith	W45	Ryston Runners	1:47.5	
3000	4	Polly Smith	U15	Huntingdonshire	11:50.2	
200	5	Elizabeth Welbourn	W50	Ipswich	33.0	
1500	9	Sue Smith	W45	Ryston Runners	7:55.1	
DTW		Laura Allen	SW	Ryston Runners	17.85	
SPW		Laura Allen	SW	Ryston Runners	5.66	
SPW		Kerry Fuller	SW	Ipswich	9.17	
TJ		Marlenne Symonds	W65	Ryston Runners	7.59	
HTW		Laura Allen	SW	Ryston Runners	18.91	

Man of the Match Awards

Men

Hammer	1	Jonathan Edwards	SM	Huntingdonshire	54.61
4x100m	1	Huntingdonshire	SM		44.5
400m	1	Tom Johnson	U20	Huntingdonshire	51.9
Javelin	1	Paul Dowding	SM	Ipswich	56.84
400m	2	Mark Robinson	SM	Ipswich	52.1
Triple Jump	1	Robert Graham	SM	Ipswich	13.23

Women

400m	1	Chelsea Shurland	U20	St Albans	60.1
100m	1	Jo Richards	SW	St Albans	13.2
100m	2	Enya Moore	U17	Ipswich	13.2
Long Jump	1	Katy Sealy	SW	Ipswich	5.12
200m	1	Chelsea Shurland	U20	St Albans	27.3
100m	3	Lily Seach	U20	Huntingdonshire	13.3