

Southern Mens League

Match Result Summary Sheet

Date

27/06/2009

Venue

Ipswich

Host Club

Ipswich Harriers

| Position | Club | Points |
|----------|----------|--------|
| 1 | NVH | 125 |
| 2 | Newham | 123.5 |
| 3 | Brighton | 114 |
| 4 | Ipswich | 86.5 |
| 5 | WG & EL | 82 |
| | | |
| Waste | | 9 |
| Total | | 540 |

Current Position After

20 Events

Total points (540)

Scored by.....

Checked by.....

SENIOR MEN - Division 1

Ipswich

27 June 2009

| Points | 1st | 5 | 2nd | 4 | 3rd | 3 | 4th | 2 | 5th | 1 |
|---------------|-----|----------------------------|-----|---------------------------|-----|-----------------------------|-----|---------------------------|-----|-------------------------|
| Events | | First | | Second | | Third | | Fourth | | Fifth |
| Pole Vault A | b | 4.00 D Ingram | n | 3.60 P Lewis | o | 2.60 A Edwards | ii | 2.60 M Fuller | w | 2.40 C Rendera (u20) |
| Pole Vault B | nn | 3.20 A Fidget | i | 1.10 A Kitterman (u20) | oo | 1.10 N Obah | . | . | . | . |
| High Jump A | o | 1.90 N Obah | bb | 1.85 S Landau (u17) | i | 1.75 M Fuller | w | 1.75 P Karibo (u17) | n | 1.70 H Wells (u17) |
| High Jump B | b | 1.85 P Davis (u20) | nn | 1.70 B Jones (u17) | oo | 1.65 A Edwards | ii | 1.6 A Kitterman | . | . |
| Hammer A | l | 50.11 M Fenton | N | 41.08 S Achurch | W | 37.32 F Harford | O | 26.15 M Michalczk | B | 20.54 D Ingram |
| Hammer B | NN | 34.98 A Wain (m40) | OO | 25.52 A Edwards | BB | 18.17 R Carter | ii | 15.10 M Fuller | . | . |
| Long Jump A | w | 6.41 A Stamp | bb | 5.98 J Valeri (u17) | n | 5.69 A Fidget | o | 5.64 J Ejinkonye (u20) | ii | 5.27 N Hayman |
| Long Jump B | b | 5.79 T French | oo | 5.46 P Abaja (u20) | nn | 5.19 M Prosser | i | 5.18 R Graham (u20) | ww | 5.08 K Newton |
| 400m H A | n | 54.0 S Reidy | w | 56.5 J Wright | b | 56.8 S Parsons | i | 61.0 N Hayman | o | 66.5 L Gould (u20) |
| 400m H B | bb | 56.9 G Cooper (u20) | nn | 56.9 B Jones (u17) | ii | 62.1 A Kitterman | oo | 73.5 L Dale | ww | 76.9 A James |
| 100m A | o | 11.2 K Chiagorom (u20) | w | 11.4 J Greebudge | N | 11.5 D Lawrence (u20) | b | 11.6 D Brooker | i | 11.7 A Rawling (u20) |
| 100m B | oo | 11.2 J Ramos (u20) | nn | 11.4 D Holding (u17) | bb | 12.0 J Pybus (u17) | ww | 12.2 C Rendera (u20) | ll | 12.3 N Gillingham |
| 800m A | o | 1.58.1 L Dale | n | 2.01.5 A Binns (u20) | b | 2.01.8 R Airey | i | 2.03.2 A Rooke (u20) | w | 2.04.9 A Mildenhall |
| 800m B | oo | 1.59.8 A Duque | bb | 2.01.8 J Mutch (u20) | nn | 2.04.3 C Wright (u20) | ii | 2.04.8 T Byford (u20) | ww | 2.11.4 C Ruthven |
| Javelin A | o | 45.75 M Michalczyk | w | 45.27 J Wright | nn | 45.24 D Lawrence (u20) | b | 43.31 S Parsons | ii | 42.42 M fuller |
| Javelin B | n | 43.94 S Achurch | ww | 40.14 L Lovelock | i | 39.75 J Bloomfield (u20) | oo | 37.82 A Edwards | bb | 37.10 P Davis (u20) |
| Shot A | i | 13.38 J Bloomfield | ww | 13.04 T Norman | n | 12.78 K Baker | o | 11.99 M Michalczyk | bb | 8.03 J Pybus (u17) |
| Shot B | nn | 12.07 S Achurch | oo | 11.52 A Edwards | ii | 9.32 C Bloomfield | w | 8.36 F Harford | b | 7.25 P McKeown |
| 5K A | i | 15.3 K Hardy | o | 15.35.5 J Clarke (m35) | b | 16.00.1 K Mason | n | 16.43.9 P Halford | . | . |
| 5K B | bb | 16.05.8 L Lambourne | oo | 16.41.9 J Pike | ii | 17.24.6 S Gardiner | nn | 18.42.0 D Snipe | . | . |
| Triple Jump A | o | 13.34 J Ejinkonye (u20) | i | 13.04 R Graham (u20) | b | 12.98 T French | w | 12.61 P Karibo (u17) | n | 11.31 H Wells (u17) |
| Triple Jump B | bb | 12.78 J Valeri (u20) | ww | 1212.00 K Newton | ii | 11.88 M fuller | oo | 11.47 N Obah | nn | 11.22 M Prosser |

| Scores | | | | | | | | | | WASTE | TOTAL | CHECK |
|--------|----|----|----|------|---|---|---|---|---|-------|-------|-------|
| I | N | W | B | O | | | - | | | | | |
| 2 | 4 | 1 | 5 | 3 | | | | | | 0 | 15 | 15 |
| 3.5 | 5 | | | 3.5 | | | | | | 3 | 15 | 15 |
| 3 | 1 | 2 | 4 | 5 | | | | | | 0 | 15 | 15 |
| 2 | 4 | | 5 | 3 | | | | | | 1 | 15 | 15 |
| 5 | 4 | 3 | 1 | 2 | | | | | | 0 | 15 | 15 |
| 2 | 5 | | 3 | 4 | | | | | | 1 | 15 | 15 |
| 1 | 3 | 5 | 4 | 2 | | | | | | 0 | 15 | 15 |
| 2 | 3 | 1 | 5 | 4 | | | | | | 0 | 15 | 15 |
| 2 | 5 | 4 | 3 | 1 | | | | | | 0 | 15 | 15 |
| 3 | 4 | 1 | 5 | 2 | | | | | | 0 | 15 | 15 |
| 1 | 3 | 4 | 2 | 5 | | | | | | 0 | 15 | 15 |
| 1 | 4 | 2 | 3 | 5 | | | | | | 0 | 15 | 15 |
| 2 | 4 | 1 | 3 | 5 | | | | | | 0 | 15 | 15 |
| 2 | 3 | 1 | 4 | 5 | | | | | | 0 | 15 | 15 |
| 1 | 3 | 4 | 2 | 5 | | | | | | 0 | 15 | 15 |
| 3 | 5 | 4 | 1 | 2 | | | | | | 0 | 15 | 15 |
| 5 | 3 | 4 | 1 | 2 | | | | | | 0 | 15 | 15 |
| 3 | 5 | 2 | 1 | 4 | | | | | | 0 | 15 | 15 |
| 5 | 2 | | 3 | 4 | | | | | | 1 | 15 | 15 |
| 3 | 2 | | 5 | 4 | | | | | | 1 | 15 | 15 |
| 4 | 1 | 2 | 3 | 5 | | | | | | 0 | 15 | 15 |
| 3 | 1 | 4 | 5 | 2 | | | | | | 0 | 15 | 15 |
| 58.5 | 74 | 45 | 68 | 77.5 | 0 | 0 | 0 | 0 | 0 | 7 | 330 | 330 |

Sheet 2

| | | First | | Second | | Third | | Fourth | | Fifth |
|----------|----|----------------------------|----|-----------------------------|----|---------------------------|----|----------------------------|----|---------------------------|
| 400m A | n | 51.0 S Reidy | o | 51.5 R Lewis | b | 51.8 G Cooper (u20) | w | 52.1 C Vickers (u20) | i | 52.1 M Robinson (u20) |
| 400m B | bb | 52.1 S Parsons | oo | 52.5 N Iddirisu (u17) | ii | 53.5 S Foster | nn | 54.9 A Fidget | ww | 60.5 A James |
| 110m H A | w | 15.8 J Wright | n | 16.0 S Reidy | i | 16.3 N Hayman | b | 17.0 P McKeown | o | 22.1 L Gould (m45) |
| 110m H B | bb | 17.2 D Ingram | nn | 17.9 A Fidget | ii | 20.7 A Kitterman (u20) | ww | 20.9 A James | . | . |
| 200m A | o | 22.4 A Seyers | n | 22.7 D Holding (U17) | w | 22.9 J Greenidge | b | 23.2 A Adair | i | 24.3 M Robinson (u20) |
| 200m B | ww | 22.6 J Wright | oo | 23.1 K Chiagorum (u20) | nn | 23.5 S Lawrence (u20) | bb | 23.9 M Dorrington (u17) | ii | 24.7 N Gillingham |
| Discus A | ww | 49.30 T Norman | i | 42.38 J Bloomfield (u20) | n | 36.47 K Baker | o | 35.98 A Edwards | b | 26.55 D Ingram |
| Discus B | nn | 35.94 S Achurch | oo | 28.39 M Michalczyk | ii | 27.45 C Bloomfield | bb | 25.86 P Davis (u20) | w | 21.46 F Harford |
| 1500m A | o | 3.59.2 J Shane | w | 4.00.3 M Barnes-Smith | b | 4.05.4 M Bristow | n | 4.12.5 C Wright (u20) | i | 4.52.3 S Gardiner |
| 1500m B | bb | 4.07.0 J McCarthy (u20) | nn | 4.14.2 S Hunt (u17) | oo | 4.18.6 A Duque | ww | 4.38.1 C Ruthven | ii | 5.51.0 N Gillingham |
| 4x100m | o | 43.3 Newham | w | 44.9 WG & EL | b | 45.0 Brighton | n | 45.3 NVH | i | 47.6 Ipswich |
| 3K S/C A | b | 9.50.9 A Donno | n | 10.35.0 J Lunn (u20) | oo | 10.45.0 P Abaja (u20) | w | 10.46.5 H Wyber | i | 11.15.8 T Byford (u20) |
| 3K S/C B | bb | 10.35.0 J Painter | nn | 11.04.0 D Newton (u20) | ii | 14.26.1 N Gillingham | o | NTR N Iddirisu (u17) | . | . |
| 4x400m | n | 3.24.1 NVH | o | 3.26.1 Newham | b | 3.31.2 Brighton | i | 3.33.1 Ipswich | w | 3.54.5 WG & EL |

| I | N | W | B | O | | | - | WASTE | TOTAL | CHECK |
|---|---|---|---|---|--|--|---|-------|-------|-------|
| 1 | 5 | 2 | 3 | 4 | | | | 0 | 15 | 15 |
| 3 | 2 | 1 | 5 | 4 | | | | 0 | 15 | 15 |
| 3 | 4 | 5 | 2 | 1 | | | | 0 | 15 | 15 |
| 3 | 4 | 2 | 5 | | | | | 1 | 15 | 15 |
| 1 | 4 | 3 | 2 | 5 | | | | 0 | 15 | 15 |
| 1 | 3 | 5 | 2 | 4 | | | | 0 | 15 | 15 |
| 4 | 3 | 5 | 1 | 2 | | | | 0 | 15 | 15 |
| 3 | 5 | 1 | 2 | 4 | | | | 0 | 15 | 15 |
| 1 | 2 | 4 | 3 | 5 | | | | 0 | 15 | 15 |
| 1 | 4 | 2 | 5 | 3 | | | | 0 | 15 | 15 |
| 1 | 2 | 4 | 3 | 5 | | | | 0 | 15 | 15 |
| 1 | 4 | 2 | 5 | 3 | | | | 0 | 15 | 15 |
| 3 | 4 | | 5 | 2 | | | | 1 | 15 | 15 |
| 2 | 5 | 1 | 3 | 4 | | | | 0 | 15 | 15 |

Page 2

Page 1

Total

| | | | | | | | | | | |
|------|-----|----|-----|------|---|---|---|---|-----|-----|
| 28 | 51 | 37 | 46 | 46 | 0 | 0 | 0 | 2 | 210 | 210 |
| 58.5 | 74 | 45 | 68 | 77.5 | 0 | 0 | 0 | 7 | 330 | 330 |
| 86.5 | 125 | 82 | 114 | 124 | 0 | 0 | 0 | 9 | 540 | 540 |

| Track | | | | | |
|--------|--------|-----|--------------------|----------|-------------|
| Event | Age Gp | No. | Name | Club | Performance |
| 400m H | s | 2 | Michael Fuller | Ipswich | 62.3 |
| | s | 4 | Jack Cooper | Brighton | 61.7 |
| 100m | s | 20 | Adrian Stamp | WG&EL | 11.2 |
| | u20 | 5 | Matt Dorrington | Brighton | 11.7 |
| | s | 19 | Lee Lovelock | WG&EL | 11.8 |
| 200m | s | 3 | Jeremy Smith | Ipswich | 13.5 |
| | u20 | 21 | Jorheljo Ramos | Newham | 23.6 |
| | | 28 | | | 26.3 |
| | s | 3 | Jeremy Smith | Ipswich | 28.0 |
| | s | 24 | Paul Willcox | Ipswich | 29.1 |
| 400m | s | 4 | Jack Cooper | Brighton | 56.7 |
| 800m | u17 | 7 | Tom Rodgers | NVH | 2.07.5 |
| | s | 23 | Andrew Donno | Brighton | 2.09.5 |
| | u17 | 8 | Ed Hewitt | NVH | 2.13.2 |
| 1500m | s | 26 | Josh Painter | Brighton | 4.19.8 |
| | u20 | 6 | Scott Forman (u20) | NVH | 4.24.6 |
| 4x400m | | 29 | | Brighton | 3.34.5 |

| Field | | | | |
|-------------|-----|----------------|---------------------------------|-------------|
| Event | No. | Name | Club | Performance |
| Discus | 9 | Andrew Wain | NVH | 33.58 |
| | 25 | Jonathan Adams | Ipswich (Disability - 1kg used) | 32.14 |
| Shot | 9 | Andrew Wain | NVH | 11.40 |
| | 25 | Jonathan Adams | Ipswich (Disability - 4kg used) | 8.09 |
| Long Jump | 22 | Seb Landau | Brighton | 5.36 |
| Triple Jump | 22 | Seb Landau | Brighton | 11.17 |