

Southern Mens League

Match Result Summary Sheet

Date

01/08/2009

Venue

Ipswich

Host Club

Ipswich Harriers

Position	Club	Points
1	VP & TH	135
2	Ipswich	110
2	Milton Keynes	110
4	Highgate	91
5	Woking	82
Waste		12
Total		540

Current Position After

20 Events

Total points (540)

Scored by.....Sue Tunaley

Checked by.....A Cheatham

SENIOR MEN - Division 1

Ipswich

01 August 2009

Points	1st	5	2nd	4	3rd	3	4th	2	5th	1
Events		First		Second		Third		Fourth		Fifth
Pole Vault A	x	3.80 J Phipps	vv	3.80 J Ali	i	3.20 C Bradshaw	m	2.80 L Hutton	h	2.60 O Bamett
Pole Vault B	v	3.60 B Echakhch	ii	3.00 R Graham	xx	2.80 N Phipps	mm	2.40 C Crabs	.	.
High Jump A	v	1.98 S Sillah	mm	1.80 C Crabs	h	1.75 M D-Weeks	ii	1.75 J Moore	x	1.65 R Chambers
High Jump B	vv	1.95 A Akande	m	1.80 L Hutton	i	1.70 C Bradshaw	hh	1.70 O Bamett	xx	1.20 C Holder
Hammer A	l	53.15 J Bloomfield	x	38.91 P Kelly	m	38.17 A Nisbet	v	25.90 B Echakhch	hh	15.84 D Hall
Hammer B	ii	31.42 C Bloomfield	xx	30.11 N Phipps	mm	24.09 M Burling	vv	20.09 S Sillah	h	12.32 O Bamett
Long Jump A	v	6.43 S Sillah	m	6.34 F Ocran	x	6.10 R Chambers	i	6.09 C Bradshaw	h	5.66 M D-Week
Long Jump B	mm	5.99 A Smith	xx	5.96 J Phipps	ii	5.80 R Graham	vv	5.50 M Malone	hh	4.69 E Guei
400m H A	m	56.5 A Smith	v	56.8 D Robinson	h	57.6 M D-Week	i	62.2 A Kitterman	.	.
400m H B	ii	59.8 M Fuller	hh	60.1 O Bamett	vv	60.8 S Bassey	mm	66.5 E Winter	xx	77.3 M Calder
100m A	v	10.8 T Balogun	x	10.8 O King	i	10.9 D Traynor	h	11.3 K Clarke	m	11.6 S Bonet
100m B	vv	11.0 Victor	hh	11.3 F Ricketts	xx	11.6 R Chambers	ii	11.6 C Pattle	mm	11.7 F Ocran
800m A	m	1.59.1 G Wilcox	v	1.59.2 J Foley	h	2.00.2 P Dowie	i	2.07.5 T Byford	x	2.18.2 C Holder
800m B	hh	1.59.4 R McKinlay	mm	2.01.0 C Hearn	ii	2.07.0 D Kett	vv	2.08.5 T McDowell	xx	2.21.1 Ollie
Javelin A	m	53.80 M Cox	v	52.51 B Echakhch	x	49.75 R Chambers	i	39.32 M Fuller	hh	24.40 O Bamett
Javelin B	vv	39.99 S Sillah	ii	38.18 C Bradshaw	xx	27.01 N Phipps	h	24.99 D Hall	mm	24.40 M Burling
Shot A	i	12.40 J Bloomfield	m	10.62 A Nisbet	x	10.60 R Chambers	vv	9.45 A Uzomah	h	7.69 D Hall
Shot B	xx	9.99 N Phipps	v	9.41 B Echakhch	ii	9.09 C Bloomfield	mm	7.49 M Burling	hh	6.73 G Smith
5K A	i	15.21.4 K Hardy	vv	15.38.1 D Alcock	m	16.04.7 C Lambert	h	16.09.2 D Bickham	x	16.30.9 J Mitchell
5K B	ii	15.51.9 A Rooke	hh	16.34.4 A Aitkin	xx	18.33.5 J Simpson	v	20.47.9 P Martiletti	.	.
Triple Jump A	i	13.62 R Macdonald	m	12.95 F Ocran	v	12.87 S Sillah	h	11.61 D Ntduke	x	11.40 J Phipps
Triple Jump B	ii	13.20 R Graham	mm	11.44 C Crabs	vv	10.99 S bassey	hh	10.00 O Bamett	xx	9.83 C Holder

Scores										WASTE	TOTAL	CHECK
I	X	V	H	M				-				
3	5	4	1	2						0	15	15
4	3	5		2						1	15	15
2	1	5	3	4						0	15	15
3	1	5	2	4						0	15	15
5	4	2	1	3						0	15	15
5	4	2	1	3						0	15	15
2	3	5	1	4						0	15	15
3	4	2	1	5						0	15	15
2		4	3	5						1	15	15
5	1	3	4	2						0	15	15
3	4	5	2	1						0	15	15
2	3	5	4	1						0	15	15
2	1	4	3	5						0	15	15
3	1	2	5	4						0	15	15
2	3	4	1	5						0	15	15
4	3	5	2	1						0	15	15
5	3	2	1	4						0	15	15
3	5	4	1	2						0	15	15
5	1	4	2	3						0	15	15
5	3	2	4							1	15	15
5	1	3	2	4						0	15	15
5	1	3	2	4						0	15	15
78	55	80	46	68	0	0	0	0	0	3	330	330

Sheet 2

		First		Second		Third		Fourth		Fifth
400m A	v	51.5 T Balogun	m	51.9 C Crabs	i	52.5 Mrobinson	h	53.7 R Smith	x	54.8 R Hunt
400m B	mm	52.4 A Smith	hh	52.8 G Smith	vv	53.0 Adelmi	ii	53.1 S Foster	.	.
110m H A	vv	15.2 A Wilson	h	15.3 M D-Weeks	i	16.0 J Moore
110m H B	v	15.3 S Sillah	hh	16.1 O Bamett	ii	18.8 C Bradshaw
200m A	x	22.1 o King	v	22.3 A Buhari	h	22.8 K Clarke	m	23.8 S Bonet	i	24.0 J Hearnden
200m B	vv	22.8 D Robinson	mm	22.9 A Smith	xx	23.2 A Watson	hh	23.2 P Edmonds	ii	23.9 A Kiterman
Discus A	i	41.26 J Bloomfield	m	33.91 A Nisbet	v	32.85 A Uzomah	xx	32.00 P Kelly	h	16.76 D hall
Discus B	x	30.61 N Phipps	vv	28.98 B Echakhch	ii	28.73 C Bloomfield	mm	20.88 M Burling	hh	13.00 R Priestley
1500m A	x	3.53.8 G Bradbury	h	3.56.1 P Nowill	m	4.00.9 T Comerford	v	4.04.9 M Ryall	i	4.23.9 D Palmer
1500m B	mm	4.04.3 S Deathe	hh	4.07.9 R McKinlay	vv	4.09.7 M Martiletti	xx	4.27.6 M Cousins	ii	4.32.0 T Byford
4x100m	v	45.0 VP & TH	h	45.4 Highgate	x	46.1 Woking	m	46.3 M Keynes	i	46.6 Ipswich
3K S/C A	h	9.01.6 P Nowill	mm	10.03.3 C Hearn	vv	10.24.5 D Alcock	i	11.02.4 R Fawcett	x	13.13.3 M Holder
3K S/C B	hh	9.45.5 R McKinlay	m	10.22.1 E Winter	v	10.42.9 G Bagnall	ii	13.30.1 G Pattie	.	.
4x400m	v	3.29.1 VP & TH	i	3.30.3 Ipswich	m	No time recorded. M Keynes	h	3.46.8 Highgate	.	.

I	X	V	H	M			-	WASTE	TOTAL	CHECK
3	1	5	2	4				0	15	15
2		3	4	5				1	15	15
3		5	4					3	15	15
3		5	4					3	15	15
1	5	4	3	2				0	15	15
1	3	5	2	4				0	15	15
5	2	3	1	4				0	15	15
3	5	4	1	2				0	15	15
1	5	2	4	3				0	15	15
1	2	3	4	5				0	15	15
1	3	5	4	2				0	15	15
2	1	3	5	4				0	15	15
2		3	5	4				1	15	15
4		5	2	3				1	15	15

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Page 1

Total

32	27	55	45	42	0	0	0	9	210	210
78	55	80	46	68	0	0	0	3	330	330
110	82	135	91	110	0	0	0	12	540	540

Track					
Event	Age Gp	No.	Name	Club	Performance
100 M	Snr	2	Neil Gillingham	Ipswich	11.8
200 M	Snr	2	Neil Gillingham	Ipswich	24.2
400 MH		3	Jeremy Smith	Ipswich	72.9
200 M		3	Jeremy Smith	Ipswich	28.2
200 M		4	Robert Graham	Ipswich	24.0
1500 M		6	E Winter	Milton Keynes	4.16.6
1500 M		7	R Burling	Milton Keynes	4.22.6
1500 M		8	Simon Gardiner	Ipswich	4.41.2
100 M		9	P Edmunds	Highgate	11.6
100 M		10	N Hanson	Victoria Park	11.0
200 M		10	N Hanson	Victoria Park	22.9
100 M		19	S Payne	Victoria Park	11.2
1500 M		20	P Downie	Highgate	4.20.6
800 M		21	D Shortridge	Victoria Park	2.16.2
100 m		24	A Buhari	Victoria Park	11.0
100 m		25	M Guei	Highgate	11.8
100 M		26	E Guei	Highgate	11.6
200 M		27	Chris Pattle	Ipswich	23.6
5K		28	L Baker	Woking	19.16.8
3k sc		30	T Mcdowell	Victoria Park	10.45.9
4x100m				Ipswich	47.9

Field					
Event		No.	Name	Club	Performance
LJ		8	Simon Gardiner	Ipswich	5.13
TJ		8	Simon Gardiner	Ipswich	11.14
Shot	4kg	22	J Adams	Ipswich	8.46
Discus	1kg	22	J Adams	Ipswich	33.03

4 x 100

2

Ipswich

47.90