

SOUTHERN LEAGUE – Results Form (Divisions One)

1. Try to ensure that your meeting runs to time.
2. Announce the team scores frequently to create interest in the fixtures.
3. Ensure the total points allocated + waste total 540 before confirming the result.
4. Immediately the match is finished, telephone the result to your Divisional Secretary listed below. He should not have to chase you.
5. After the match, as well as seeing that each competing club receives a copy of the results, copies should be sent to Athletics Weekly, PO Box 614, Farnham, Surrey GU9 1PE T: 01733 808534 Fax: 01733 808535 e-mail results@athleticsweekly.com and to Power of 10, Umbra Athletics Ltd, 7 Birch Green, Glossop, SK13 8PR or www.thepowerof10.info/results
6. Please do carry out these tasks especially phoning the result to the Divisional Secretary before you go out for the evening.

Divisional Secretaries

Division 1 - Graham Berry, 30 Kings Park, Chulmleigh, Devon. EX18 7DJ (01769-580160)

RESULT

	<u>Team</u>	<u>Points</u>
1	NEB	125½
2	Highgate	110
3	Ipswich	108½
4	Woking	101
5	Northfleet	89

Division 1
 Venue P.M.F
 Date 30th July 2011.

TRACK EVENTS

Clubs & Letters

	String	1st	2nd	3rd	4th	5th
400m Hdls (58.0)	A	L Thompson U20 NEB 57.0	S Child Highgate 57.5	M Luskell NDeen 61.2	J Thomas U35 Woking 61.7	C Bradshaw Ipswich 64.9
	B	R Smith Highgate 62.2	M O'Sullivan NEB 63.5	B Fawcett Ipswich 66.9	N Daniel Northover 71.0	E Holder U35 Woking 75.9
100m (11.3)	A	O King U23 Woking 11.1	S Daniel NEB 11.1	J Owm Highgate 11.2	T Powell U17 Ipswich 11.6	J Norman U20 NDeen 12.2
	B	S Bangerwa NEB 11.4	K Appiah Highgate 11.4	L Turner Woking 11.5	C Pike U17 NDeen 12.1	K Williams U20 Ipswich 12.5
800m (2-00.0)	A	K Goodwin NEB 1:57.8	J Black Ipswich 1:58.9	I Glazer Highgate 2:00.9	G Grundy Woking 2:01.8	R Overney U20 NDeen 2:10.2
	B	R McManlay Highgate 2:00.4	M Fuller Ipswich 2:06.5	J Mann U17 Woking 2:07.9	R Colts U23 NEB 2:09.5	J Flanagan U20 NDeen 2:15.0
5000m (16.30.0)	A	G Sigm Highgate 15:12.0	C Rook Ipswich 15:12.6	J Clark M40 NEB 15:13.2	J Mitchell U35 Woking 16:22.0	M Hart NDeen 17:42.4
	B	M Bethell Highgate 15:15.2	S Storer Ipswich 16:50.1	O Kail U20 NEB 17:22.7	M Baggett Woking 17:26.1	C Mome NDeen 18:06.9
400m (51.0)	A	O King U23 Woking 49.7	G Winked Highgate 50.5	R Lewis NEB 51.6	M Robinson Ipswich 52.5	N Daniel NDeen 55.8
	B	J Nute U17 NEB 49.9	J Black Ipswich 51.5	L Masted U17 NDeen	A Nathan Woking 51.8	J Kelly Highgate 52.5
110m Hdls (16.0)	A	J Germaine U20 NEB 16.4	S Child Highgate 16.5	M Luskell NDeen 17.1	J Thomas Woking 17.6	C Bradshaw Ipswich 18.4
	B	B Galt Highgate 19.1	A Edruch NEB 19.2	R Chambers Woking 20.6	B Fawcett U17 Ipswich 21.2	S O'Men NDeen 21.8

Totals C/F (Aggregate 180)

H	O	I	D	Y	Waste
4	5	1	3	2	-
5	4	3	2	1	-
3	4	2	1	5	-
4	5	1	2	3	-
3	5	4	1	2	-
5	2	4	1	0	-
5	3	4	1	2	-
5	0	4	1	2	-
4	3	2	1	5	-
1	5	4	3	2	-
4	5	1	3	2	-
5	4	2	1	3	-
48	48	32	20	32	-

Highgate NEB Ipswich Northover Woking

TRACK EVENTS - Continued

	String	1st	2nd	3rd	4th	5th
200m (23.0)	A	S Darnah NETS 22.1	J Duru Highgate 22.4	L Turner Woking 22.7	T Powell U17 Ipwich 22.7	J Norman U20 NETS 24.7
	B	K Hyppiah Highgate 22.8	D Jany U20 NETS 23.2	J Thomas U15 Woking 23.8	C Pike NETS 24.5	K Williams U20 Ipwich 25.5
1500m (4.08.0)	A	R Mckenby Highgate 4.08.5	R Groochun NETS 4.08.2	M Grant U17 NETS 4.28.8	M Baggot NETS 4.39.5	S Jordan Ipwich 4.58.0
	B	D Glazer Highgate 4.20.8	R Overbury U20 NETS 4.35.8	R Golts U23 NETS 4.38.5	D Jones Ipwich 5.09.5	—
4 x 100m (44.0)		NETS 43.8	Highgate 45.2	Woking 45.4	Ipwich 46.0	NETS 49.8
3000m S/ch (10.00.0)	A	R Mckenby Highgate 9.49.5	C Rooke Ipwich 9.52.3	G Grundy Woking 10.21.3	M Hart NETS 11.29.5	—
	B	M Odwell U20 Highgate 10.02.1	R Overbury U20 NETS 12.14.4	M Calder U20 Woking 12.33.1	D Jones Ipwich 13.38.3	—
4 x 400m (3-26.0)		Highgate 32.2	Woking 32.1	Ipwich 32.3	NETS 34.9.5	NETS DQS

Clubs & Letters

	H	O	I	D	Y	Waste
	4	5	2	1	3	—
	5	4	1	2	3	—
	5	4	1	3	2	—
	5	2	2	4	—	1
	4	5	2	1	3	—
	5	—	4	2	3	1
	5	—	2	4	3	1
	5	—	3	2	4	1
	38	21	17	19	21	4
	48	48	32	20	32	—
	86	69	49	39	53	4

Total This Page (Aggregate 120)

Brought Forward (Aggregate 180)

Total Track Events (Aggregate 300)

FIELD EVENTS - Jumps

	String	1st	2nd	3rd	4th	5th
Long Jump (6.50)	A	M Luskull NEEN 6.39	R Chambers Woking 6.21	R Oatman Ipswich 6.03	M. Salvan NEB 5.73	N O'Neil Highgate 5.41
	B	S Page NEEN 6.01	M Fuller Ipswich 5.97	J Raine U17 Woking 5.31	M Sinclair U20 NEB 5.31	Steady Highgate 5.28
High Jump (1.90)	A	J Germain U20 NEB 1.86	M Luskull NEEN 1.82	E Thompson U17 Ipswich 1.80	M Vlasak U17 Woking	R Ayniah Highgate 1.65
	B	A Edwards NEB 1.75	C Badhan U20 Ipswich 1.75	R Chambers Woking 1.65	R Smith Highgate 1.10	Stoic Page NEEN 1.10
Pole Vault (3.70)	A	R Chambers Woking 3.80	C Badhan U20 Ipswich 2.80	M Luskull NEEN 2.60	J Lebrun Highgate 2.00	J Slater NEB 1.58
	B	N Phlips U15 Woking 3.00	S Page NEEN 2.00	L Ould U15 NEB 1.58	J Smith U10 Ipswich 1.58	—
Triple Jump (13.00)	A	R Oatman Ipswich 14.02	R O'Connell U20 NEB 11.47	J Ward Highgate 12.29	J O'Neil NEEN 12.15	M Vlasak U17 Woking 11.06
	B	P Atan U15 NEB 12.67	C Badhan U20 Ipswich 12.36	M Luskull NEEN 11.53	R Smith Highgate 10.76	—

Totals C/F (Aggregate 120)

Clubs & Letters

Highgate NEB Ipswich Woking NEEN

H	O	I	D	Y	Waste
1	2	3	5	4	—
1	2	4	5	3	—
1	5	3	4	2	—
2	5	4	1	3	—
2	1	4	3	5	—
—	2½	2½	4	5	1
3	4	5	2	1	—
2	5	4	3	—	1
12	28½	29½	27	23	2

FIELD EVENTS - Throws

	String	1st	2nd	3rd	4th	5th
Hammer (40.00)	A	J Bloomfield Ipswich 59.09	P Kelly VHS Woking 78.40	M Prew VHS Micheals 34.27	S Cotton N Devon 30.51	M Michalczyk NEBS 28.95
	B	N Phipps VSS Woking 20.15	M Fuller Ipswich 27.51	S Mebd VSO NEBS 22.14	C Horne N Devon 21.91	R. Riguli Micheals 19.38
Javelin (50.00)	A	P Dowling Ipswich 38.39	J Germani NEBS 52.66	R Chambers Woking 48.33	S Katch N Devon 42.28	J Rossiter Highgate 39.03
	B	S Cotton 41.88 N Devon	M Fuller Ipswich 39.80	A Edward NEBS 35.67	T Lebreton Highgate 32.73	P Kelly Woking 29.80
Shot (13.00)	A	M Michalczyk NEBS 12.99	J Bloomfield Ipswich 12.26	R Chambers Woking 10.70	S Cotton N Devon 10.16	T Lebreton Highgate 9.17
	B	A Edward NEBS 12.00	N Phipps VSS Woking 9.29	C Horne N Devon 9.25	R Riguli Micheals 8.32	R McMillan Ipswich 8.29
Discus (35.00)	A	J Bloomfield Ipswich 48.26	A Edward 35.68 NEBS	C Horne N Devon 31.64	P Kelly Woking 31.14	J Rossiter Highgate 22.83
	B	M Michalczyk NEBS 35.24	S Katch N Devon 29.89	R Chambers Woking 29.44	R McMillan Ipswich 26.57	T Lebreton Highgate 21.37

Totals This Page (Aggregate 120)

Clubs	Letters
Highgate	H
NEBS	O
Ipswich	I
North Devon	O
Woking	Y

Jumps B/Fwd (Aggregate 120)

Track B/Fwd (Aggregate 300)

Totals (Aggregate 540)

Positions

Clubs & Letters

Highgate NEBS Ipswich North Devon Woking

H	O	I	O	Y	Waste
3	1	5	2	4	-
1	3	4	2	5	-
1	4	5	2	3	-
2	3	4	5	1	-
1	5	4	2	3	-
2	5	1	3	4	-
1	4	5	3	2	-
1	5	2	4	3	-
12	30	30	23	25	-
12	26½	29½	27	23	2
86	69	49	39	53	4
110	1255	108½	89	101	6
2	1	3	5	4	