

SOUTHERN LEAGUE - Results Form (Four club matches - Division 3)

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 360 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*, 83 Park Road, Peterborough, Cambs PE1 2TN and to Power of 10, Umbra Athletics Ltd, Unit 1 Bredbury Business Park, Bredbury, Stockport SK6 2SN
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) - use normal 5 club results form
- Division 2 - Don Turner, 40 Rosedale Road, Stoneleigh, Epsom, Surrey KT17 2JH (020-8393-8950) - use normal 5 club results form
- Division 3N - John Denford, 104 Carnarvon Avenue, Enfield, Middlesex, EN1 3DS. (020-8367-5403)
- Division 3S - Joe Camacho, 29 Cheltenham Road, Orpington, Kent, BR6 9HL (01689 835245)
- Division 3W - Terry Burbidge, 91 Khasiaberry, Walnut Tree, Milton Keynes, Bucks, MK7 7DS. (01908-608269)
- Division 4E - David Barrington, The Kraal, Wheatley's Eyot, Lower Sunbury, Middlesex TW16 6BU (01932-789758) - separate results form
- Division 4W - Don Turner, 40 Rosedale Road, Stoneleigh, Epsom, Surrey KT17 2JH (020-8393-8950) - separate results form

<u>RESULT</u>	<u>Team</u>	<u>Points</u>	<u>Division</u>
	1 <u>Herne Hill Harriers</u>	<u>126</u>	
	2 <u>Eastbourne Rovers AC</u>	<u>90</u>	
	3 <u>Queens Park Harriers</u>	<u>68 1/2</u>	
	4 <u>Holland Sports</u>	<u>62 1/2</u>	
		<u>38</u>	
		<u>Parliament Hill</u>	
		<u>1 8 09</u>	

TRACK EVENTS

	String	1st	2nd	3rd	4th
400m Hdlis (58.0)	A	Sam Caplen 59.4	McAndrews 77.5	Joe Sinclair 79.0	Mark White 82.9
	B	Alex Dennis 71.8	Sarwar Khan 72.6	James Watergich 74.9	Tayf Hall 75.3
100m (11.1)	A	Simeon Ramsey-Grater 11.5	Tulian Bahrami 12.0	Troy Lewis 12.2	Mark Andrew 17.1
	B	Donathan Grant 11.6	Nic Asamoah 12.7	Laurie Hughes 12.9	G Olsson 13.5
800m (1-55.0)	A	Chris Busaileh 2.08.01	Fraser Weir 2.09.5	Joe Sinclair 2.26.5	Terry Hall 3.02.7
	B	Deron Fagan 2.10.6	Alex Dennis 2.20.8	B Greene 2.33.8	N Bongers 3.16.7
5000m (14-55.0)	A	Scott Harris 15.43.2	Andy Weir (Mao) 15.47.2	N Hodges 16.04.3	M Dmitriyev 17.30.2
	B	B Harrild 16.31.2	Sam Knight 17.15.3	B Greene 18.59.5	Simon Powell DNF
400m (50.5)	A	Peter Phillips 50.1	R Wamede 50.5	Jon Dennis 53.7	Mark Andrew 75.9
	B	Burton Oredgelum 55.6	Laurie Hughes 58.9	Shagan Boni 67.3	Kevin Burnett DNF
110m Hdlis (16.0)	A	Sam Caplen 16.8	Clarence Allen (Mao) 16.8	Terry Hall 22.0	
	B	Adam Gabari 21.6	Mark Andrew 23.3		

Totals C/F (Aggregate 120)

	2	4	3	1	4	3	4	3	4	4	Waste
21	32	20	41								6

Clubs & Letters
 OPR
 Eastbourne
 HOLLAND
 HHH

FIELD EVENTS - Throws

	String	1st	2nd	3rd	4th
Hammer (42.00)	A	Des Austin H 30.32	Stuart Pelling E 19.34	D Benjamin QQ 18.07	Neil Lincoln O 16.15
	B	Andy Lee-Gerard HH 18.25	D Baskick Q 15.96	Fraser Weir EE 13.02	Mark Andrews OO 12.85
Javelin (52.00)	A	Matthew Kelly H 44.50	Alex Dennis E 36.20	Terry Hall OO 31.29	Alan Agarnat QR 19.09
	B	Chris Christou HH 38.49	Sam Caplen EE 29.87	Mark Andrews O 29.49	James Watergich Q 7.12
Shot (12.75)	A	Ade Abayo Q 10.04	Des Austin H 9.09	Stuart Pelling E 8.02	Terry Hall OO 6.78
	B	Matt Conroy HH 8.21	Damian Baskick QQ 7.74	Laurie Hughes EE 7.14	Kevin Burnett O 5.64
Discus (38.00)	A	Des Austin m40 H 29.89	Ade Abayo Q 27.15	Mark Andrews OO 20.94	Stuart Pelling E 18.85
	B	Matt Kelly HH 26.92	Damian Baskick QQ 23.17	Neil Lincoln O 19.14	Scott Harris EE 14.49

Totals This Page (Aggregate 80)

Clubs	Letters
QPH	Q
EASTBOURNE	E
HOLLAND SP	O
HHAH	H

Jumps B/Fwd (Aggregate 80)

Track B/Fwd (Aggregate 200)

Totals (Aggregate 360)

Positions

Clubs & Letters
ARH
EASTBOURNE
HOLLAND SP
HHAH

	E	O	H	Waste
2	3	1	4	
3	2	1	4	
1	3	2	4	
1	3	2	4	
4	2	1	3	
3	2	1	4	
3	1	2	4	
3	1	2	4	
20	17	12	31	-
12½	18	20½	23	6
36	55	30	72	7
68½	90	62½	126	13
3	2	4	1	

FIELD EVENTS - Jumps

	String	1st	2nd	3rd	4th
Long Jump (6.80)	A	Neil Lincoln 5.82	Troy Lewis 5.50	Tuhan Bahrami 5.46	Akin Oyediran 5.00
	B	Mark Andrews 5.25	Keith Baachus 4.86	Pablo Sisco 4.49	Simon Passell 3.89
High Jump (1.90)	A	Mark Andrews 1.70	Shaun Pelling 1.65	Sarwar Khan 1.55	Danivan Baskok 1.50
	B	Jon Dennis 1.65	Sean Knight 1.55	2 Barry Smith 1.50	Terry Hall 1.50
Pole Vault (3.70)	A	Pablo Sisco 3.20	Russell Weir 3.00	Harold Lisk 2.00	Terry Hall 1.15
	B	Sarwar Khan 2.20			
Triple Jump (13.50)	A	Akin Oyediran (mas) 12.16	Jon Dennis 12.02	Neil Lincoln 11.66	D Baskok 7.41
	B	Mark Andrews 11.51	Matt Kelly 10.58	Russell Weir 9.88	Joe Sinclair 7.37

Totals C/F (Aggregate 80)

	Q	E	O	H	Waste
	3	2	4	1	
	3	1	4	2	
	1	3	4	2	
	1 1/2	4	1 1/2	3	
	2	3	1	4	
	-	-	-	4	6
	1	3	2	4	
	1	2	4	3	
	12 1/2	18	20 1/2	23	6

Clubs & Leaders
 Q/R E/O/H H/H
 G/W/M/S
 H/H