

British Athletes League - National League 4 - Julie Rose, Ashford 05/06/2010

A String				
Pos	Club	Athlete	Club	Perf

100m

w/s -1.5

1	6	Tunde Judun	Victoria Park & Tower Hamlets	11.06
2	5	Andre Wright	Medway and Maidstone	11.14
3	4	Samuel Cordin	Mansfield Harriers	11.35
4	2	Steven Charters	Channel Islands	11.39
5	1	Richard Elliott	Bedford and County	11.63
6	3	Jamie Sinclair	Glasgow City	11.63

200m

w/s -1.0

1	2	Tom Druce	Channel Islands	22.17
2	5	Andre Wright	Medway and Maidstone	22.31
3	3	David Martin	Glasgow City	22.38
4	4	Samuel Cordin	Mansfield Harriers	22.42
5	6	Abdul Buhari	Victoria Park & Tower Hamlets	22.49
6	1	Will MacGee	Bedford and County	23.18

400m

1	2	Dale Garland	Channel Islands	47.30
2	3	Sean Watson	Glasgow City	48.70
3	4	Paul Wright	Mansfield Harriers	49.73
4	6	Tyson Oladukun	Victoria Park & Tower Hamlets	50.75
5	1	Ben Sturgess	Bedford and County	50.76
6	5	Andrejs Safaris	Medway and Maidstone	52.69

800m

1	1	Rob Heaney	Bedford and County	1:53.00
2	3	Alan Ramsay	Glasgow City	1:54.48
3	4	Chris Brown	Mansfield Harriers	1:55.41
4	5	Jack Tyler	Medway and Maidstone	1:56.85
5	6	Paul Martelletti	Victoria Park & Tower Hamlets	2:02.85
6	2	William Bodkin	Channel Islands	2:05.80

1500m

1	44	Daniel Barks	Mansfield Harriers	3:55.10
2	3	Amanuel Hagos	Glasgow City	3:57.19
3	1	Rob Heaney	Bedford and County	4:01.75
4	5	Jack Tyler	Medway and Maidstone	4:01.77
5	22	Mathew Loveridge	Channel Islands	4:04.19
6	66	John McKeane	Victoria Park & Tower Hamlets	4:25.35

3000m

1	3	Tsegezab Woldemichall	Glasgow City	8:30.96
2	4	Luke Cragg	Mansfield Harriers	8:41.33
3	6	Paul Martelletti	Victoria Park & Tower Hamlets	8:41.53
4	1	Ryan Parker	Bedford and County	8:48.98
5	55	Dan Evans	Medway and Maidstone	9:04.57
6	2	Stephen Dawes	Channel Islands	9:10.43

110m HURDLES

w/s -0.9

1	2	Peter Irving	Channel Islands	15.68
2	3	Neal Kelly	Glasgow City	15.81
3	6	Sam Sillah	Victoria Park & Tower Hamlets	15.87
4	4	Stefan Wilcockson	Mansfield Harriers	17.40
5	1	Ciaran Craig	Bedford and County	19.26
6	5	Mike Cryer	Medway and Maidstone	22.85

400m HURDLES

1	3	David Martin	Glasgow City	52.64
2	2	Peter Irving	Channel Islands	53.52
3	6	Jordan Aromasodu	Victoria Park & Tower Hamlets	56.20
4	4	Stefan Wilcockson	Mansfield Harriers	60.03
5	5	Mark Cryer	Medway and Maidstone	60.26
6	1	Tennison James	Bedford and County	66.47

B String				
Pos	Club	Athlete	Club	Perf

w/s -1.8

1	66	Abdul Buhari	Victoria Park & Tower Hamlets	11.08
2	22	David Martin	Channel Islands	11.46
3	44	Aaron Aplin	Mansfield Harriers	11.51
4	11	Will MacGee	Bedford and County	11.64
5	33	Cameron Clark	Glasgow City	11.88
6	55	James Davies	Medway and Maidstone	12.05

w/s -2.5

1	66	Othman Rakid	Victoria Park & Tower Hamlets	22.65
2	44	Aaron Aplin	Mansfield Harriers	22.68
3	22	Nathan Stephens	Channel Islands	22.86
4	33	Jamie Sinclair	Glasgow City	23.40
5	55	Dan Gill	Medway and Maidstone	24.20
6	11	Alistair McDonald	Bedford and County	25.02

1	22	Hywel Robinson	Channel Islands	49.86
2	44	Martin Cook	Mansfield Harriers	50.24
3	11	Andrew Moraghan	Bedford and County	51.47
4	33	Alan Ramsay	Glasgow City	51.58
5	66	Alex Babb	Victoria Park & Tower Hamlets	52.40
6	55	Mark Cryer	Medway and Maidstone	58.18

1	11	Andrew Moraghan	Bedford and County	1:56.03
2	55	Anorejs Safars	Medway and Maidstone	1:57.35
3	33	Sean Fontana	Glasgow City	1:58.90
4	22	Toby Edwards	Channel Islands	2:02.42
5	44	Stuart King	Mansfield Harriers	2:05.08
6	66	Robb Birchley	Victoria Park & Tower Hamlets	2:14.71

1	4	Luke Cragg	Mansfield Harriers	3:56.34
2	55	James Hogg	Medway and Maidstone	4:06.30
3	33	Sean Fontana	Glasgow City	4:18.00
4	11	Alex Bellew	Bedford and County	4:20.29
5	6	Tony Macdowall	Victoria Park & Tower Hamlets	4:27.44
6	2	William Bodkin	Channel Islands	4:37.97

1	33	Teweldeberhan Mengistead	Glasgow City	8:38.29
2	44	James Mee	Mansfield Harriers	9:01.65
3	66	Dave Alcock	Victoria Park & Tower Hamlets	9:05.10
4	5	Mike Coleman	Medway and Maidstone	9:20.15
5	22	Tom Brown	Channel Islands	9:26.64
6	11	Alex Bellew	Bedford and County	10:36.13

w/s -0.7

1	22	Leo Rice	Channel Islands	16.17
2	66	Darren Robinson	Victoria Park & Tower Hamlets	16.58
3	44	Jonathan Newell	Mansfield Harriers	18.48
4	11	Tennison James	Bedford and County	20.84
5	55	Andrew Lampport	Medway and Maidstone	22.38

1	33	Gregor Innes	Glasgow City	55.04
2	22	Leo Rice	Channel Islands	55.40
3	66	Darren Robinson	Victoria Park & Tower Hamlets	58.48
4	44	Jonathan Cardin	Mansfield Harriers	66.78
5	11	Gavin Fordham	Bedford and County	72.66
6	55	Andrew Lampport	Medway and Maidstone	73.68

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A String				
Pos	Club	Athlete	Club	Perf

3000mSC

1	2	Lee Garland	Channel Islands	9:49.44
2	55	Tom Collins	Medway and Maidstone	9:57.78
3	3	Martin Hayes	Glasgow City	9:59.75
4	1	Steve Tuttle	Bedford and County	10:12.40
5	4	Daniel Winter	Mansfield Harriers	10:27.12
6	6	Tony Maccowall	Victoria Park & Tower Hamlets	10:39.68

HIGH JUMP

1	3	Ray Bobrowniki	Glasgow City	2.15
2	66	Adelmi Akande	Victoria Park & Tower Hamlets	1.95
3	5	Dan Alexander	Medway and Maidstone	1.80
4	2	Ross Jeffs	Channel Islands	1.80
5	11	Ciaran Craig	Bedford and County	1.80
6	4	Paul Wright	Mansfield Harriers	1.40

POLE VAULT

1	3	Jax Theiks	Glasgow City	4.20
2	1	Gavin Fordham	Bedford and County	3.80
3	66	Jayden Ali	Victoria Park & Tower Hamlets	3.80
4	4	Matthew Woolley	Mansfield Harriers	3.00
5	5	Andrew Lamport	Medway and Maidstone	2.60
6	22	Leo Rice	Channel Islands	2.20

LONG JUMP

w/s				
Pos	Club	Athlete	Club	Perf
1	2	David Martin	Channel Islands	6.88 -2.0
2	6	Sam Sillah	Victoria Park & Tower Hamlets	6.81 -0.5
3	3	Cameron Clark	Glasgow City	6.44 -0.5
4	55	Josh Brown	Medway and Maidstone	6.37 -1.0
5	4	Matthew Woolley	Mansfield Harriers	6.12 -1.0
6	1	Ian Simson	Bedford and County	5.98 -0.2

TRIPLE JUMP

w/s				
Pos	Club	Athlete	Club	Perf
1	2	Ross Hanley	Channel Islands	13.57 -0.9
2	66	Jason Richards-Thompson	Victoria Park & Tower Hamlets	13.46 -0.4
3	5	Josh Brown	Medway and Maidstone	13.27 -1.3
4	4	Martin Cook	Mansfield Harriers	13.16 -1.9
5	33	Jamie Sinclair	Glasgow City	11.38 -0.8
6	11	Richard Elliott	Bedford and County	11.32 -1.0

SHOT

1	2	Zane Duquemin	Channel Islands	15.51
2	3	Dan Carlin	Glasgow City	14.62
3	1	Dave Burrell	Bedford and County	12.34
4	4	Matthew Woolley	Mansfield Harriers	11.90
5	66	Damilola Sangobiyi	Victoria Park & Tower Hamlets	11.39
6	5	Paul Oakes	Medway and Maidstone	7.67

DISCUS

1	2	Zane Duquemin	Channel Islands	50.13
2	3	Dan Carlin	Glasgow City	41.49
3	1	Dave Burrell	Bedford and County	36.85
4	4	Matthew Woolley	Mansfield Harriers	34.22
5	66	Baddar Echakhch	Victoria Park & Tower Hamlets	30.11
6	5	Paul Oakes	Medway and Maidstone	23.70

HAMMER

1	1	Glenn Kerr	Bedford and County	57.26
2	3	Dan Carlin	Glasgow City	36.01
3	66	Baddar Echakhch	Victoria Park & Tower Hamlets	33.88
4	5	Clive Thompson	Medway and Maidstone	31.36
5	2	Zane Duquemin	Channel Islands	24.71
6	4	Matthew Woolley	Mansfield Harriers	20.79

B String				
Pos	Club	Athlete	Club	Perf

1	5	Adrian Lowther	Medway and Maidstone	10:06.45
2	11	Will Mackay	Bedford and County	10:34.98
3	44	Stuart King	Mansfield Harriers	12:08.38
4	66	Dave Shortridge	Victoria Park & Tower Hamlets	13:55.61

1	33	Thomas Campbell	Glasgow City	2.00
2	6	Sam Sillah	Victoria Park & Tower Hamlets	1.85
3	1	Gavin Fordham	Bedford and County	1.75
4	55	Chris White	Medway and Maidstone	1.75
5	22	Lee Rice	Channel Islands	1.60
6	44	Jonathan Cardin	Mansfield Harriers	1.40

1	33	Thomas Campbell	Glasgow City	4.00
2	6	Baddar Echakhch	Victoria Park & Tower Hamlets	3.60
3	44	Connor McHale	Mansfield Harriers	3.00
4	55	Paul Oakes	Medway and Maidstone	2.60
5	2	Lee Garland	Channel Islands	1.10
6	11	Ciaran Craig	Bedford and County	nhr

w/s				
Pos	Club	Athlete	Club	Perf
1	22	Ross Jeffs	Channel Islands	6.53 -3.0
2	66	Marc Malone	Victoria Park & Tower Hamlets	6.32 -1.0
3	33	David Martin	Glasgow City	6.21 -1.5
4	5	Jordon Redjep	Medway and Maidstone	6.21 -2.5
5	11	Ciaran Craig	Bedford and County	5.81 -0.4
6	44	Martin White	Mansfield Harriers	5.28 -1.0

w/s				
Pos	Club	Athlete	Club	Perf
1	22	David Martin	Channel Islands	13.54 -0.9
2	6	Sam Sillah	Victoria Park & Tower Hamlets	13.05 -1.5
3	55	Jordon Redjep	Medway and Maidstone	12.11 -0.6
4	44	Jonathan Newell	Mansfield Harriers	11.49 -1.0
5	1	Tennison James	Bedford and County	9.57 -0.3
6	3	Cameron Clark	Glasgow City	njr +0.0

1	11	Damian Larrington	Bedford and County	11.91
2	6	Alan Uzomah	Victoria Park & Tower Hamlets	10.25
3	22	Ben Fiore	Channel Islands	9.66
4	44	Martin White	Mansfield Harriers	8.08
5	33	David Martin	Glasgow City	7.27
6	55	Andrew Lamport	Medway and Maidstone	6.76

1	11	Damian Larrington	Bedford and County	36.42
2	22	Ben Fiore	Channel Islands	28.33
3	6	Alan Uzomah	Victoria Park & Tower Hamlets	28.11
4	44	Lee Peters	Mansfield Harriers	23.70
5	33	Neal Kelly	Glasgow City	20.17
6	55	Andrejs Safars	Medway and Maidstone	18.41

1	11	Richard Martin	Bedford and County	44.78
2	6	Alan Uzomah	Victoria Park & Tower Hamlets	26.32
3	55	Paul Oakes	Medway and Maidstone	25.57
4	22	Ben Fiore	Channel Islands	23.60
5	44	Martin White	Mansfield Harriers	18.86

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A String				
Pos	Club	Athlete	Club	Perf

B String				
Pos	Club	Athlete	Club	Perf

JAVELIN

1	4	Lee Peters	Mansfield Harriers	57.43
2	6	Baddar Echakhch	Victoria Park & Tower Hamlets	53.93
3	2	Ben Fiore	Channel Islands	45.69
4	1	Dave Burrell	Bedford and County	39.36
5	55	Andrew Lamport	Medway and Maidstone	35.84
6	33	Dan Carlin	Glasgow City	32.88

1	44	Matthew Woolley	Mansfield Harriers	41.96
2	66	Sam Sillah	Victoria Park & Tower Hamlets	40.86
3	11	Ciaran Craig	Bedford and County	35.63
4	5	Paul Oakes	Medway and Maidstone	32.36
5	3	Martin Hayes	Glasgow City	31.50
6	22	Ross Jeffs	Channel Islands	28.62

4x100m RELAYS

1	2	Channel Islands	Steven Charters, Dale Garland, Tom Druce, David Martin	42.49
2	6	Victoria Park & Tower Hamlets	Abdul Buhari, Tolome Ezekil, Dami Oladararin, Tunde Judun	43.10
3	4	Mansfield Harriers	Matthew Woolley, Stefan Wilcockson, Martin White, Aaron Aplin	44.15
4	3	Glasgow City	Jamie Sinclair, Cameron Clark, Neal Kelly, Jax Theiks	44.34
5	5	Medway and Maidstone	Andre Wright, James Davies, Scott Craddock, Dan Gill	44.55
6	1	Bedford and County	Richard Elliott, Tennison James, Alistair McDonald, Will Mackay	46.19

4x400m RELAYS

1	2	Channel Islands	Nathan Stephens, Tom Druce, Hywel Robinson, Ross Jeffs	3:17.99
2	3	Glasgow City	Sean Watson, David Martin, Gregor Innes, Alan Ramsay	3:18.50
3	4	Mansfield Harriers	Chris Brown, Martin Cook, Daniel Barkes, Paul Wright	3:18.93
4	6	Victoria Park & Tower Hamlets	Alex Babb, Quincie Michaels, Jordan Aromasodu, Tyson Oladukun	3:26.67
5	1	Bedford and County	Ciaran Craig, Andrew Moraghan, Rob Heaney, Ben Sturgess	3:29.53
6	5	Medway and Maidstone	Andre Wright, Mark Cryer, Andrejs Safars, Tom Collins	3:40.83

Match Details		Mt Pts	Pts Scored
1	Channel Islands	6	244
2	Glasgow City	5	229
3	Victoria Park & Tower Hamlets	4	226
4	Mansfield Harriers	3	202
5	Bedford and County	2	188
6	Medway and Maidstone	1	167

Overall Details		Mt Pts	Pts Scored
1	Channel Islands	6	244
2	Glasgow City	5	229
3	Victoria Park & Tower Hamlets	4	226
4	Mansfield Harriers	3	202
5	Bedford and County	2	188
6	Medway and Maidstone	1	167

100m Non Scoring

w/s -0.3

1	Calvin Inness	Glasgow	11.14
2	Saul Payne	VPH	11.30
3	Victor Ade-Davis	VPH	11.43
4	Tolome Ezekiel	VPH	11.45
5	Nathan Brown	VPH	11.71
6			
7			
8			

DISCUS

1	Allan MacKay	Glasgow	37.00
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HAMMER

1	David Little	Glasgow	53.11
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SHOT

1	Allan MacKay	Glasgow	12.10
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100m Non Scoring

w/s +0.0

1	Curtis Blake	VPH	11.45
2	Dareen Robinson	VPH	11.68
3	Jordon Redjep	M&M	11.77
4	Martin White	Mansfield	12.06

400m

1	Lloyd Milner	Medway & Maidstone	51.45
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110m Hurdles

1	C Innes	Glasgow	15.40
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200m

1	D. Oladiran	Victoria Park & Tower Hamlets	22.91
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1500m

1	Tsegai Twelde	Glasgow City	3:54.54
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BC-BAL4-2010

Timing by Justiming - contact: info@justiming.co.uk 0800 054 5692

Points													
Bedford and County		Channel Islands		Glasgow City		Mansfield Harriers		Medway and Maidstone		Victoria Park & Tower Hamlets		Waste	
A	B	A	B	A	B	A	B	A	B	A	B		

100m	902	5	3	6	6	4	2	8	4	10	1	12	8	0
200m	904	4	1	12	4	8	3	6	6	10	2	5	8	0
400m	905	5	4	12	8	10	3	8	6	4	1	6	2	0
800m	907	12	8	4	3	10	4	8	2	6	6	5	1	0
1500m	910	8	3	5	1	10	4	12	8	6	6	4	2	0
3000m	912	6	1	4	2	12	8	10	6	5	3	8	4	0
110m Hurdles	918	5	3	12	8	10		6	4	4	2	8	6	1
400m Hurdles	920	4	2	10	6	12	8	6	3	5	1	8	4	0
3000m St Ch	923	6	6	12		8		5	4	10	8	4	3	3
4x100m Relays	928	4		12		6		8		5		10		0
4x400m Relays	929	5		12		10		8		4		6		0
High Jump	930	5	4	6	2	12	8	4	1	8	3	10	6	0
Pole Vault	931	10		4	2	12	8	6	4	5	3	8	6	1
Long Jump	932	4	2	12	8	8	4	5	1	6	3	10	6	0
Triple Jump	933	4	2	12	8	5		6	3	8	4	10	6	1
Shot Putt	934	8	8	12	4	10	2	6	3	4	1	5	6	0
Discus	935	8	8	12	6	10	2	6	3	4	1	5	4	0
Hammer	937	12	8	5	3	10		4	2	6	4	8	6	1
Javelin	936	6	4	8	1	4	2	12	8	5	3	10	6	0
		188.0		244.0		229.0		202.0		167.0		226.0		7

Pos	5	1	2	4	6	3
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Mt Pts	2	6	5	3	1	4
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Prev Pts						
Prev Mt Pts						

Tot Pts	188	244	229	202	167	226
Tot Mt Pts	2	6	5	3	1	4

	5	1	2	4	6	3
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1	2	3	4	5	6
Bedford and County	Channel Islands	Glasgow City	Mansfield Harriers	Medway and Maidstone	Victoria Park & Tower Hamlets

Athlete of the Match:

Match 1:

Match 2:

Match 3:

Match 4: