



National One Match 4 - Wavertree, Liverpool

				Perf	Record	Wind	UKA	AW	21 August 2010				Perf	Wind	UKA	AW	
Men's 100m A				Wind=	+1.1				Men's 100m B				Wind=	-2.4			
1	1	Keiran Showler-Davis	Basingstoke & Mid Hants	10.80			100	☑	1	77	Conrad Williams	Kent AC	10.90		80	☑	
2	2	Dwayne Grant	Blackheath & Bromley H	10.80			100	☑	2	33	Milton Baker	Cardiff AAC	11.10			☑	
3	7	John Browne	Kent AC	10.90			80	☑	3	66	Patrick Swan	Gateshead Harriers	11.20			☑	
4	3	Gareth Hopkins	Cardiff AAC	10.90			80	☑	4	22	Duayne Bovell	Blackheath & Bromley H	11.20			☑	
5	6	George Kenyon	Gateshead Harriers	11.10				☑	5	11	Marvin Gayle	Basingstoke & Mid Hants	11.30			☑	
6	8	Domonic Bradley	Trafford AC	11.20				☑	6	44	Brendan Murphy	City of Liverpool AC	11.40				
7	5	Tom Grantham	City of Sheffield	11.20				☑	7	88	Daloo Okienien	Trafford AC	11.80				
8	4	Andrew Owens	City of Liverpool AC	11.60					8	55	Todd Marshall	City of Sheffield	12.00				
Men's 200m A				Wind=	+0.9				Men's 200m B				Wind=	+1.7			
1	1	Keiran Showler-Davis	Basingstoke & Mid Hants	21.60			115	☑	1	77	Conrad Williams	Kent AC	22.30			☑	
2	7	Darren Green	Kent AC	21.60			115	☑	2	55	Todd Marshall	City of Sheffield	22.40			☑	
3	5	Richard Buck	City of Sheffield	21.80			94	☑	3	11	Marvin Gayle	Basingstoke & Mid Hants	22.50			☑	
4	8	Richard Strachan	Trafford AC	22.70				☑	4	88	Domonic Bradley	Trafford AC	22.80			☑	
5	6	Ben Richardson	Gateshead Harriers	22.70				☑	5	22	Ainsely Campbell	Blackheath & Bromley H	22.80			☑	
6	4	Mark Draper	City of Liverpool AC	22.80				☑	6	66	David Riley	Gateshead Harriers	23.00			☑	
7									7	33	Jamaul Whyte	Cardiff AAC	23.00			☑	
8									8	44	Ben Gregory	City of Liverpool AC	23.10				
Men's 400m A									Men's 400m B								
1	6	Patrick Swan	Gateshead Harriers	47.00			160	☑	1	55	Sam Ellis	City of Sheffield	48.20		112	☑	
2	8	Richard Strachan	Trafford AC	47.90			124	☑	2	44	Martin Lipton	City of Liverpool AC	48.50		100	☑	
3	3	Glyn Hawkes	Cardiff AAC	48.50			100	☑	3	33	Tom Miller	Cardiff AAC	48.60		95	☑	
4	1	Iain Bray	Basingstoke & Mid Hants	48.60			95	☑	4	22	Alloy Wilson	Blackheath & Bromley H	48.80		88	☑	
5	2	Bomene Barikor	Blackheath & Bromley H	48.60			95	☑	5	66	Jak Lowden	Gateshead Harriers	49.60		55	☑	
6	4	Brendan Murphy	City of Liverpool AC	49.20			71	☑	6	88	Daniel Barry	Trafford AC	49.60		55	☑	
7	5	Matt Quine	City of Sheffield	50.20				☑	7	77	Aaron McCammon	Kent AC	50.40			☑	
8	7	Lee Hamilton	Kent AC	53.80					8	11	Jon Elderfield	Basingstoke & Mid Hants	50.90			☑	
Men's 800m A									Men's 800m B								
1	3	Joe Thomas	Cardiff AAC	01:50.50			107	☑	1	55	Sam Ellis	City of Sheffield	01:52.00		69	☑	
2	5	Muktar Mohamed	City of Sheffield	01:51.80			74	☑	2	33	Joe Maynard	Cardiff AAC	01:52.70		52	☑	
3	8	Tim Egerton	Trafford AC	01:52.70			52	☑	3	66	Greg Urwin	Gateshead Harriers	01:56.00			☑	
4	7	Jermaine Mays	Kent AC	01:54.00				☑	4	22	James Poole	Blackheath & Bromley H	01:59.00			☑	
5	6	Kieran Flannery	Gateshead Harriers	01:54.90				☑	5	88	John Howe	Trafford AC	01:59.50			☑	
6	2	Russell Bentley	Blackheath & Bromley H	01:55.40				☑	6	11	Tom Sycklemore	Basingstoke & Mid Hants	02:00.70				
7	1	Liam McGarrigle	Basingstoke & Mid Hants	01:56.90				☑	7	44	Mike Sweeney	City of Liverpool AC	02:01.70				
8	4	James Russell	City of Liverpool AC	01:57.40				☑	8	77	Simon Taylor	Kent AC	02:07.10				
Men's 1500m A									Men's 1500m B								
1	4	Johnny Mellor	City of Liverpool AC	03:48.40			106	☑	1	2	Russell Bentley	Blackheath & Bromley H	03:55.60			☑	
2	6	Lewis Moses	Gateshead Harriers	03:52.10			68	☑	2	7	Jermaine Mays	Kent AC	03:57.30			☑	
3	5	Muktar Mohamed	City of Sheffield	03:52.80			62	☑	3	44	Harry Harper	City of Liverpool AC	03:58.60			☑	
4	1	Rob Whittle	Basingstoke & Mid Hants	03:54.70				☑	4	55	Steve Evison	City of Sheffield	04:03.70			☑	
5	8	Tim Egerton	Trafford AC	03:55.00				☑	5	11	Max Roberts	Basingstoke & Mid Hants	04:04.60			☑	
6	22	Ben Harding	Blackheath & Bromley H	03:55.40				☑	6	33	Michael Kershaw	Cardiff AAC	04:06.10			☑	
7	77	Ben Tickner	Kent AC	03:55.80				☑	7	88	John Howe	Trafford AC	04:27.30				
8	3	James Mills	Cardiff AAC	03:59.80				☑	8	66	Martin Ferguson	Gateshead Harriers	05:00.40				
Men's 3000m S/Chase A									Men's 3000m S/Chase B								
1	4	Adam Peers	City of Liverpool AC	09:14.70			100	☑	1	22	Alex Gibbins	Blackheath & Bromley H	09:52.80			☑	
2	3	Chris Discombe	Cardiff AAC	09:18.60			91	☑	2	77	Andrew Dunwoody	Kent AC	10:08.00				
3	2	Alex Bruce Littlewood	Blackheath & Bromley H	09:19.70			88	☑	3	55	Howard Wood	City of Sheffield	10:22.20				
4	7	James Connor	Kent AC	09:27.10			69	☑	4	33	James Williams	Cardiff AAC	11:02.40				
5	1	David Fry	Basingstoke & Mid Hants	09:56.80				☑	5	66	Martin Ferguson	Gateshead Harriers	11:54.20				
6	5	Martin Reid	City of Sheffield	10:13.90					6	11	Joe Flitcroft	Basingstoke & Mid Hants	13:23.00				
7	6	Kieran Flannery	Gateshead Harriers	10:49.10					7	8	Craig Wheeler	Trafford AC	DNF				
8	88	Carl Tupton	Trafford AC	11:17.30					8								
Men's 5000m A									Men's 5000m B								
1	3	James Thie	Cardiff AAC	8:14.1					1	44	John McCole	City of Liverpool AC	08:32.30		795	☑	
2	4	Johnny Mellor	City of Liverpool AC	08:17.60	X		824	☑	2	33	Nat Lane	Cardiff AAC	08:34.50		791	☑	
3	2	Scott Overall	Blackheath & Bromley H	08:25.10			809	☑	3	66	Adam Carmichael	Gateshead Harriers	08:35.00		790	☑	
4	6	Sean Hall	Gateshead Harriers	08:31.10			797	☑	4	77	John Gilbert	Kent AC	08:36.90		786	☑	
5	7	Nick Torry	Kent AC	08:33.30			793	☑	5	55	Anthony Valentine	City of Sheffield	08:57.00		746	☑	
6	1	John Hutchins	Basingstoke & Mid Hants	08:35.90			788	☑	6	11	David Ragan	Basingstoke & Mid Hants	08:57.90		744	☑	
7	5	Jason Ward	City of Sheffield	08:47.20			765	☑	7	88	Tom Charles	Trafford AC	09:00.30		739	☑	
8	8	Joe Mercer	Trafford AC	08:49.90			760	☑	8							X	
Men's 400m Hurdles A									Men's 400m Hurdles B								
1	6	Niall Flannery	Gateshead Harriers	52.00			155	☑	1	33	Gareth Wiltshire	Cardiff AAC	52.80		135	☑	
2	4	Martin Lipton	City of Liverpool AC	52.90			132	☑	2	44	Mark Draper	City of Liverpool AC	53.30		122	☑	
3	2	Ed Harrison	Blackheath & Bromley H	53.60			115	☑	3	77	Lee Hamilton	Kent AC	55.50		67	☑	
4	3	Gareth Morris	Cardiff AAC	54.20			100	☑	4	55	Tom Grantham	City of Sheffield	55.90		57	☑	
5	5	Steve Garrett	City of Sheffield	55.40			70	☑	5	22	Ben Hopkins	Blackheath & Bromley H	58.30				
6	1	Richard Fox	Basingstoke & Mid Hants	56.20			50	☑	6	11	Robert Kite	Basingstoke & Mid Hants	58.80				
7	8	Daloo Okienien	Trafford AC	58.50					7	66	Callum Robson	Gateshead Harriers	59.00				
8	7	Antoni Davis-Phillip	Kent AC	DSQ					8	88	Daniel Barry	Trafford AC	66.30				



National One Match 4 - Wavertree, Liverpool

				Perf	Record	Wind	UKA	AW	21 August 2010				Perf	Wind	UKA	AW			
				Wind=	+0.5									Wind=	+1.3				
Men's 110m Hurdles A									Men's 110m Hurdles B										
1	6	Ben Richardson	Gateshead Harriers	14.70			105	☑	1	66	Andrew Sturrock	Gateshead Harriers	14.80			94	☑		
2	8	Demonic Bradley	Trafford AC	14.80			94	☑	2	11	Dean Showler-Davis	Basingstoke & Mid Hants	15.10			65	☑		
3	4	Paul Whittle	City of Liverpool AC	14.80			94	☑	3	22	Ed Harrison	Blackheath & Bromley H	15.10			65	☑		
4	2	Taino Sodeyi	Blackheath & Bromley H	15.00			75	☑	4	44	Ben Gregory	City of Liverpool AC	15.10			65	☑		
5	1	Richard Fox	Basingstoke & Mid Hants	15.30				☑	5	77	Lee Hamilton	Kent AC	15.30				☑		
6	5	Charlie Kavanagh	City of Sheffield	15.40				☑	6	55	Steve Garrett	City of Sheffield	15.50				☑		
7	7	Michael Holden	Kent AC	15.40				☑	7	88	Daloo Okienien	Trafford AC	16.10						
8	3	Gareth Morris	Cardiff AAC	16.20					8	33	Matt Ledger	Cardiff AAC	18.60						
Men's Hammer A									Men's Hammer B										
1	4	Mike Bomba	City of Liverpool AC	65.86			174	☑	1	44	Will Lowndes	City of Liverpool AC	53.24			111	☑		
2	3	Justin Sysum	Cardiff AAC	58.36			136	☑	2	88	Morgan Bell	Trafford AC	47.73			83	☑		
3	8	Roger Bate	Trafford AC	56.92			129	☑	3	66	Craig Sturrock	Gateshead Harriers	33.86						
4	6	Graeme Level	Gateshead Harriers	55.31			121	☑	4	7	Sean Breathnach	Kent AC	28.09						
5	5	Simon Bissell	City of Sheffield	51.71			103	☑	5	55	Jamie Williamson	City of Sheffield	27.40						
6	77	Dan Brunsden	Kent AC	44.67			68	☑	6	33	Gareth Winter	Cardiff AAC	26.23						
7	1	Joe Flitcroft	Basingstoke & Mid Hants	26.70					7										
8	22	Dale Willis	Blackheath & Bromley H	14.91					8										
Men's Discus A									Men's Discus B										
1	3	Dave Coleman	Cardiff AAC	50.40			137	☑	1	55	Simon Bissell	City of Sheffield	45.79			105	☑		
2	6	Graeme Level	Gateshead Harriers	47.83			119	☑	2	33	Gareth Winter	Cardiff AAC	45.68			104	☑		
3	8	Roger Bate	Trafford AC	46.81			112	☑	3	1	Ben Hazell	Basingstoke & Mid Hants	42.97			85	☑		
4	5	Jamie Williamson	City of Sheffield	46.31			109	☑	4	66	Craig Sturrock	Gateshead Harriers	41.49			75	☑		
5	7	Sean Breathnach	Kent AC	45.81			105	☑	5	77	Don Brunsden	Kent AC	39.27			59	☑		
6	11	Alessandro Morganello	Basingstoke & Mid Hants	45.68			104	☑	6	44	Will Lowndes	City of Liverpool AC	36.11				☑		
7	4	Mike Bomba	City of Liverpool AC	38.46			54	☑	7	22	Dale Willis	Blackheath & Bromley H	20.74						
8	2	Alex Pope	Blackheath & Bromley H	37.05				☑	8										
Men's Javelin A									Men's Javelin B										
1	5	Lee Doran	City of Sheffield	66.86			142	☑	1	77	Max Hall	Kent AC	57.44			84	☑		
2	4	Ben Fisher	City of Liverpool AC	60.25			101	☑	2	55	Sam Ellis	City of Sheffield	54.98			68	☑		
3	7	Dominik Sadowski	Kent AC	58.26			89	☑	3	88	Mark Wearing	Trafford AC	47.63						
4	1	Ben Hazell	Basingstoke & Mid Hants	53.45			59	☑	4	33	Simon Bull	Cardiff AAC	46.25						
5	3	Jason Hallett	Cardiff AAC	52.64			54	☑	5	44	Peter Glass	City of Liverpool AC	44.52						
6	6	Ian Burns	Gateshead Harriers	49.87					6	11	Dean Showler-Davis	Basingstoke & Mid Hants	44.15						
7	8	Pawlo Ostapowycz	Trafford AC	47.64					7	66	Brett Daley	Gateshead Harriers	40.52						
8	2	Alex Pope	Blackheath & Bromley H	44.67					8	22	Dale Willis	Blackheath & Bromley H	24.34						
Men's Shot Putt A									Men's Shot Putt B										
1	5	Jamie Williamson	City of Sheffield	16.01			125	☑	1	77	Dan Brunsden	Kent AC	14.54			88	☑		
2	7	Sean Breathnach	Kent AC	15.91			122	☑	2	55	Daniel Brunt	City of Sheffield	14.30			82	☑		
3	6	Craig Sturrock	Gateshead Harriers	15.74			118	☑	3	3	Dave Coleman	Cardiff AAC	12.56						
4	4	Will Lowndes	City of Liverpool AC	15.37			109	☑	4	44	Dave Readle	City of Liverpool AC	11.92						
5	33	Gareth Winter	Cardiff AAC	13.60			65	☑	5	8	Roger Bate	Trafford AC	11.53						
6	88	Scott Lincoln	Trafford AC	13.44			61	☑	6	66	Graeme Level	Gateshead Harriers	11.27						
7	11	Ben Hazell	Basingstoke & Mid Hants	12.51					7	1	Alessandro Morganello	Basingstoke & Mid Hants	10.77						
8	2	Alex Pope	Blackheath & Bromley H	12.28					8	22	Duayne Bovell	Blackheath & Bromley H	9.34						
Men's Long Jump A									Men's Long Jump B										
1	7	Matthew Burton	Kent AC	7.70			175	☑	1	6	George Kenyon	Gateshead Harriers	6.66				☑		
2	4	Craig Jones	City of Liverpool AC	6.98			85	☑	2	8	Matthew Osbourne	Trafford AC	6.44						
3	66	Paul Allen	Gateshead Harriers	6.93			78	☑	3	77	Max Hall	Kent AC	6.36						
4	88	Lawence Harvey	Trafford AC	6.81			63	☑	4	55	Simon Newton	City of Sheffield	6.32						
5	1	Keiran Showler-Davis	Basingstoke & Mid Hants	6.63				☑	5	22	Dale Willis	Blackheath & Bromley H	6.27						
6	5	David Budd	City of Sheffield	6.57				☑	6	11	Iain Bray	Basingstoke & Mid Hants	6.18						
7	2	Sam Bobb	Blackheath & Bromley H	6.28					7	3	Rhys Williams	Cardiff AAC	5.90						
8	33	Matt Ledger	Cardiff AAC	6.04					8	44	Peter Glass	City of Liverpool AC	5.88						
Men's Triple Jump A									Men's Triple Jump B										
1	7	Matthew Burton	Kent AC	14.92			123	☑	1	66	Sam Stanislaus	Gateshead Harriers	13.40				☑		
2	88	Lawence Harvey	Trafford AC	14.56			103	☑	2	8	Tom Bell	Trafford AC	12.64						
3	4	David Mountfiord	City of Liverpool AC	13.72			56	☑	3	3	Matt Ledger	Cardiff AAC	12.46						
4	5	David Budd	City of Sheffield	13.71			56	☑	4	55	Simon Newton	City of Sheffield	12.38						
5	2	Sam Bobb	Blackheath & Bromley H	13.49				☑	5	22	Dale Willis	Blackheath & Bromley H	12.37						
6	6	Craig Fiddes	Gateshead Harriers	13.45				☑	6	1	Jon Elderfield	Basingstoke & Mid Hants	11.65						
7	33	Michael Haslett	Cardiff AAC	12.59					7	44	Alex Taylor	City of Liverpool AC	11.36						
8	11	Tom Sycklemore	Basingstoke & Mid Hants	11.70					8	77	Courtney Green	Kent AC	10.13						
Men's High Jump A									Men's High Jump B										
1	4	Matthew Owens	City of Liverpool AC	2.06			120	☑	1	55	Lloyd Powell	City of Sheffield	1.90				☑		
2	5	Ben Moubey	City of Sheffield	1.95			65	☑	2	44	Mike Sweeney	City of Liverpool AC	1.85						
3	2	Lewis Ely	Blackheath & Bromley H	1.90				☑	3=	66	Niall Flannery	Gateshead Harriers	1.80						
4	7	Antoni Davis-Phillip	Kent AC	1.85					3=	77	Max Hall	Kent AC	1.80						
5=	6	John Stacey	Gateshead Harriers	1.85					5	11	Richard Fox	Basingstoke & Mid Hants	1.75						
5=	1	Ben Hazell	Basingstoke & Mid Hants	1.85					6	22	Alex Pope	Blackheath & Bromley H	1.70						
7	3	Lewis Long	Cardiff AAC	1.75					7	88	Edward Moubey	Trafford AC	1.70						
8	8	Niel Bell	Trafford AC	1.70					8	33	Jamaul Whyte	Cardiff AAC	1.65						



National One Match 4 - Wavertree, Liverpool

				Perf	Record	Wind	UKA	AW	21 August 2010				Perf	Wind	UKA	AW	
Men's Pole Vault A									Men's Pole Vault B								
1	44	Ben Gregory	City of Liverpool AC	4.60			110	<input checked="" type="checkbox"/>	1	11	Dean Showler-Davis	Basingstoke & Mid Hants	3.80			30	<input checked="" type="checkbox"/>
2	5	Paul Hallworth	City of Sheffield	4.40			90	<input checked="" type="checkbox"/>	2	66	James Stacey	Gateshead Harriers	3.60				
3	2	Ned Quinney	Blackheath & Bromley H	4.40			90	<input checked="" type="checkbox"/>	3	55	Tom Grantham	City of Sheffield	3.20				
4=	8	Edward Mourbey	Trafford AC	4.20			70	<input checked="" type="checkbox"/>	4	33	Gareth Wiltshire	Cardiff AAC	3.00				
4=	77	Max Hall	Kent AC	4.20			70	<input checked="" type="checkbox"/>	5	88	Neil Bell	Trafford AC	2.60				
6	1	Ben Hazell	Basingstoke & Mid Hants	4.20			70	<input checked="" type="checkbox"/>	6	22	Alex Pope	Blackheath & Bromley H	1.60				
7	3	Jon Murray	Cardiff AAC	3.80			30	<input checked="" type="checkbox"/>									
8	6	John Stacey	Gateshead Harriers	3.80			30	<input checked="" type="checkbox"/>									

Men's 4x100m Relay

1	7	Kent AC	John Browne	Darren Green	Conrad Williams	Matthew Burton	42.00	<input checked="" type="checkbox"/>
2	3	Cardiff AAC	Milton Baker	Gareth Hopkins	Jamaul Whyte	Joe Thomas	42.30	<input checked="" type="checkbox"/>
3	1	Basingstoke & Mid Hants	Jon Elderfield	Dean Showler-Davis	Keiran Showler-Davis	Marvin Gayle	42.30	<input checked="" type="checkbox"/>
4	6	Gateshead Harriers	Andrew Sturrock	George Kenyon	Ben Richardson	David Riley	42.90	<input checked="" type="checkbox"/>
5	2	Blackheath & Bromley H	Taiwo Sodeyi	Dwayne Bovell	Ainsely Campbell	Dwayne Grant	43.00	<input checked="" type="checkbox"/>
6	4	City of Liverpool AC	Paul Whittle	Ben Gregory	Andrew Owens	Thaddeus Anim-Somau	43.10	<input checked="" type="checkbox"/>
7	8	Trafford AC	Richard Strachan	Domonic Bradley	Richard Strachan	Daloo Okienien	43.40	<input checked="" type="checkbox"/>
8	5	City of Sheffield	Charlie Kavanagh	Tom Grantham	Steve Garrett	Todd Marshall	44.40	

Men's 4x400m Relay

1	5	City of Sheffield	Matt Quine	Muktar Mohamed	Sam Ellis	Richard Buck	03:13.00	<input checked="" type="checkbox"/>
2	3	Cardiff AAC	Tom Miller	Joe Thomas	Gareth Wiltshire	Glyn Hawkes	03:13.60	<input checked="" type="checkbox"/>
3	6	Gateshead Harriers	David Riley	Jak Lowden	Patrick Swan	Niall Flannery	03:15.40	<input checked="" type="checkbox"/>
4	7	Kent AC	Darren Green	John Browne	Conrad Williams	Aaron McCammon	03:15.50	<input checked="" type="checkbox"/>
5	4	City of Liverpool AC	Mark Draper	Martin Lipton	Thaddeus Anim-Somau	Brendan McConville	03:19.40	<input checked="" type="checkbox"/>
6	1	Basingstoke & Mid Hants	Iain Bray	Tom Sycklemore	Ben Hazell	Richard Fox	03:19.60	<input checked="" type="checkbox"/>
7	2	Blackheath & Bromley H	Bomene Barikor	Ainsely Campbell	Ed Harrison	Alloy Wilson	03:19.60	<input checked="" type="checkbox"/>
8	8	Trafford AC	Daloo Okienien	Richard Strachan	Daniel Barry	Richard Yates	03:23.40	<input checked="" type="checkbox"/>

MATCH RESULT			League Points	Match	STANDINGS			League Points	Match
1	City of Sheffield		8	317.0	1	City of Sheffield	31	1377.0	
2	Gateshead Harriers		7	304.0	2	Cardiff AAC	24	1193.5	
3	Kent AC		6	300.0	3	Kent AC	22	1141.0	
4	City of Liverpool AC		5	299.0	4	Gateshead Harriers	18	1065.0	
5	Cardiff AAC		4	285.0	5	City of Liverpool AC	17	1097.0	
6	Basingstoke & Mid Hants		3	228.0	6	Blackheath & Bromley H	16	1031.0	
7	Trafford AC		2	228.0	7	Basingstoke & Mid Hants	8	924.0	
8	Blackheath & Bromley H		1	222.0	8	Trafford AC	8	908.5	

MAN OF THE MATCH:

Men's 100m Non Scoring		Wind = m/s																
1																		
2																		
3																		
4																		
5																		
6																		
7																		
8																		
9																		