

British Athletics League – National Divison 1 – Saturday 2nd June, 2007
At Lee Valley Athletics Centre, Picketts Lock

Position	Competitor	Club	Performance
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100 metres Men 'A' (Wind ?)

1	Gavin Eastman	Enf & Har	10.54
2	Andrew Matthews	WSEH	10.65
3	John Browne	Kent	10.85
4	Orthroy Marsh	Harrow	10.87
5	James Alaka	Black & Brom	10.88
6	Tunde Balogun	Border	10.93
7	James Commissiong	TVH	11.07
8	James Moore	Cardiff	11.64

100 metres Men 'B' (Wind +1.4)

1	Luke Fagan	Enf & Har	10.53
2	Rhion Pierre	WSEH	10.68
3	James Christie	TVH	10.82
4	Leroy Slue	Harrow	10.83
5	Duayne Bovell	Black & Brom	10.91
6	Matthew Wepke	Kent	11.10
7	Milton Baker	Cardiff	11.16
8	Anthony Timms	Border	11.46

200 Metres Men 'A' (Wind +1.9)

1	John Browne	Kent	21.3
2	Rhion Pierre	WSEH	21.4
3	James Bridge	TVH	21.5
4	Orthroy Marsh	Harrow	21.6
5	James Alaka	Black & Brom	21.6
6	Phil Doorgachuurn	Cardiff	21.7
7	Serga Tamar	Enf & Har	22.2
8	Tunde Balogun	Border	22.2

200 metres Men 'B' (Wind +0.7)

1	David Telfer-James	Enf & Har	21.34
2	Andrew Matthews	WSEH	21.56
3	Conrad Williams	Kent	21.80
4	Stuart Benson	TVH	22.08
5	Leroy Slue	Harrow	22.20
6	Duayne Bovell	Black & Brom	22.30
7	Jonathan Miller	Border	22.32
8	Pete Stafford	Cardiff	22.42

400 metres Men 'A'

1	Brian Doyle	Harrow	48.41
2	Alan Low	Border	48.55
3	Nick Leavy	TVH	48.72
4	Kofi Appiah	Enf & Har	48.85
5	Stephen Johnson	WSEH	49.01
6	Alloy Wilson	Black & Brom	49.47
7	Murco Palmeri	Cardiff	50.45
8	Andy Moreton	Kent	52.45

400 metres Men 'B'

1	Ben Sumner	Enf & Har	48.88
2	Craig Stewart	Harrow	49.15
3	Billy McGill	Border	49.91
4	Delroy Mitchell	TVH	50.14
5	Iann Allerton	Black & Brom	50.22
6	Tom Reynolds	WSEH	51.21
7	Gareth Sutcliffe	Cardiff	52.69
8	Shaun Mulligan	Kent	56.47

800 metres Men 'A'

1	James Nasrat	Cardiff	1-50.46
2	Neil Dougal	TVH	1-51.63
3	Gareth Hill	Border	1-52.56
4	Ian May	WSEH	1-54.48
5	James Poole	Black & Brom	1-54.86
6	Rhys Fowler	Enf & Har	1-56.97
7	Dean Goodman	Harrow	1-59.42
8	Andy Pickett	Kent	2-15.18

800 metres Men 'B'

1	James Williams	Cardiff	1-54.1
2	Kevin McCloy	Border	1-54.8
3	Andrew Hennessy	TVH	1-55.0
4	Andy Pickett	Kent	1-55.4
5	David McKinlay	Black & Brom	1-55.7
6	Denis Healy	Enf & Har	1-56.4
7	Mark McIntosh	Harrow	1-58.5
8	Tim Haughian	WSEH	2-07.2

1500 metres Men 'A'

1	Jermaine Mays	Kent	3-44.53
2	Frank Tickner	TVH	3-45.25
3	Ian Rawlinson	Border	3-53.58
4	James Williams	Cardiff	3-55.19
5	Sean Collins	Enf & Har	4-00.06
6	Matt Carey	Harrow	4-00.61
7	Steve Kimber	WSEH	4-08.47
8	Alex Bruce-Littlewood	Black & Brom	4-17.32

1500 metres Men 'B'

1	Alistair Hay	TVH	3-50.12
2	Gary Thornton	Kent	3-58.42
3	Chris Symonds	Enf & Har	4-00.37
4	Tom Farrell	Border	4-02.51
5	Damien Nevins	Harrow	4-06.83
6	Anthony Wilson	Cardiff	4-07.53
7	Ian May	WSEH	4-16.07
8	Andrew Conway	Black & Brom	4-18.03

5000 metres Men 'A'

1	Rob Russell	TVH	14-34.36
2	Owain Jones	WSEH	14-38.37
3	Jon Phillips	Cardiff	14-38.68
4	Jon Pepper	Enf & Har	14-43.50
5	Mark Steine	Black & Brom	14-47.79
6	David Branfoot	Harrow	15-16.63
7	Chris Lionnet	Kent	15-18.57
8	Graeme Mason	Border	15-34.43

5000 metres Men 'B'

1	Chris Smith	TVH	15-04.47
2	Richard Gamble	Enf & Har	15-09.53
3	Peter Tucker	Black & Brom	15-14.93
4	Noel Pollock	Kent	15-21.21
5	Charlie Coleman	WSEH	15-32.04
6	Ian Harkness	Harrow	15-49.71
7			
8			

3000 metres S/C Men 'A'

1	Andrew Hennessy	TVH	9-10.2
2	Anthony Wilson	Cardiff	9-13.7
3	James Connor	Kent	9-19.1
4	Joe Kenley	Border	9-46.2
5	Peter Norris	Harrow	9-49.7
6	Dan Christian	Enf & Har	10-11.7
7	Paul Couldridge	WSEH	10-26.0
8	David McInlay	Black & Brom	10-34.6

3000 metres S/C Men 'B'

1	Steve Milwood	Cardiff	9-24.1
2	Steve Norris	TVH	9-49.7
3	Richard Munn	Kent	10-06.2
4	Scott Mitchell	Enf & Har	10-24.7
5	Turlough Donnelly	Border	10-25.5
6	Alan Wray	Harrow	10-41.1
7	Alistair Cliff	Black & Brom	11-28.0
8	Sean Franks	WSEH	12-02.9

110 metres hurdles Men 'A' (+1.3)

1	Matt Butler	Cardiff	14.20
2	Mensah Elliott	Black & Brom	14.72
3	Robert Henry	Enf & Har	14.84
4	Neale Kelly	Border	15.35
5	Joe Appiah	Kent	15.58
6	Callum McKay	WSEH	15.74
7	Tom Nicholls	Harrow	15.88
8			

110 metres hurdles Men 'B' (+1.8)

1	Tom Reynolds	WSEH	15.32
2	Ian Neely	Border	16.25
3	Gabriel Akin	Harrow	16.35
4	Alex Pope	Black & Brom	16.93
5	Shaun Mulligan	Kent	16.95
6	Matt Ledger	Cardiff	17.75
7			
8			

400 metres hurdles Men 'A'

1	Jonathan Miller	Border	52.41
2	Tom Patten	TVH	53.60
3	Ed Harrison	Black & Brom	53.95
4	Ogadima Duru	Enf & Har	54.27
5	Shaun Mulligan	Kent	55.42
6	Robert McAvoy	WSEH	55.66
7	Craig Stewart	Harrow	57.31
8	Gareth Sutcliffe	Cardiff	57.35

400 metres hurdles Men 'B'

1	Jon Loudowski	Enf & Har	55.20
2	Ian Neely	Border	55.90
3	Delroy Mitchell	TVH	56.68
4	Callum McKay	WSEH	57.50
5	Antoni Davis-Phillip	Kent	57.64
6	Richard Chappell	Cardiff	58.75
7	Noel Reid	Harrow	59.02
8	Ashley Healey	Black & Brom	59.41

High Jump Men 'A'

1	Alan McKie	WSEH	2.16m
2	Mark Crowley	Enf & Har	2.14m
3	Caolan Flanagan	Border	2.10m
4	Kabelo Nnomo	Cardiff	2.05m
5	Tim Maitland	Harrow	1.95m
6=	Stanley Osuide	TVH	1.80m
6=	Bomene Barikor	Black & Brom	1.80m
8	Nuka Kpoturu	Kent	1.70m

High Jump Men 'B'

1	Adam Scarr	Enf & Har	2.10m
2	Cameron Lake	WSEH	2.00m
3	Lloyd Powell	Border	1.90m
4	Matt Ledger	Cardiff	1.90m
5	Tom Nicholls	Harrow	1.90m
6	Alex Pope	Black & Brom	1.80m
7	Nav Childs	TVH	1.70m
8	Joe Appiah	Kent	1.70m

Pole Vault Men 'A'

1	Scott Huggins	Black & Brom	4.75m
2	Ben Flint	Enf & Har	4.75m
3	Chris Mills	WSEH	4.60m
4	Richard Hurren	Harrow	4.60m
5	Robert Thickpenny	TVH	4.20m
6	Jon Murray	Cardiff	4.00m
7	Jamie Sincalir	Border	3.80m
8	Paul Kybero	Kent	2.20m

Pole Vault Men 'B'

1	Tom Reynolds		WSEH	4.40m
2	Alex Pope		Black & Brom	4.20m
3	David Robertson		Border	3.80m
4	Ian Smart		Harrow	3.80m
5	Jon Hill		Enf & Har	3.60m
6	James Connor		Kent	2.00m
7				
8				

Long Jump Men 'A'

1	Julian Golley	+1.9	WSEH	7.08m
2	Nav Childs	+1.6	TVH	6.89m
3	Joe Appiah	+2.2	Kent	6.78m
4	Anthony Timms	+0.8	Border	6.74m
5	Jon Ramos	+0.8	Enf & Har	6.72m
6	Kadeem Greendridge-Smith	+0.9	Harrow	6.53m
7	Romen Barker	+2.4	Black & Brom	6.09m
8	Ian Newbury	+0.1	Cardiff	6.05m

Long Jump Men 'B'

1	Mark Hollway	-0.8	WSEH	6.92m
2	Alex Pope	-0.5	Black & Brom	6.05m
3	Andy Thompson	-1.4	Cardiff	5.91m
4	Alan Low	-0.3	Border	5.70m
5	Trevor Okoroafor	+1.5	Kent	5.69m
6	Luke Thomas	-0.5	Enf & Har	3.40m
7				
8				

Triple Jump Men 'A' (Wind ?)

1	Julian Golley		WSEH	16.10m
2	Gary White		Cardiff	16.09m
3	Nav Childs		TVH	15.15m
4	Trevor Okoroafor		Kent	15.12m
5	Tony Daffurn		Harrow	14.19m
6	Tomide Isinkaya		Enf & Har	14.10m
7	David Watson		Border	13.73m
8	Ashley Healey		Black & Brom	11.36m

Triple Jump Men 'B' (Wind ?)

1	Matthew Burton		Kent	14.92m
2	Matt Morsia		TVH	14.46m
3	Jon Ramos		Enf & Har	13.55m
4	Kofi Asanta		Harrow	13.33m
5	Tom Reynolds		WSEH	12.49m
6	Matt Ledger		Cardiff	12.29m
7	David Robertson		Border	11.58m
8	Ian Allerton		Black & Brom	11.04m

Shot Putt Men 'A'

1	Neil Elliott		Border	15.39m
2	Jay Thomas		Kent	14.45m
3	Carl Sagers		Enf & Har	13.44m
4	Jeremy Harper		WSEH	13.26m
5	Brett Morse		Cardiff	12.70m
6	Liam Pressnell		Black & Brom	11.97m
7	Richard Hurren		Harrow	11.82m
8	Alistair Mortimore		TVH	10.91m

Shot Putt Men 'B'

1	Mike Small		WSEH	12.29m
2	Joel Capper		Enf & Har	11.98m
3	Albert Johnson		Kent	11.75m
4	Alessandro Morganella		Border	11.34m
5	Noel Reid		Harrow	7.82m
6	Richard Dally		TVH	5.24m
7				
8				

Discus Men 'A'

1	Matt Brown	Enf & Har	53.94m
2	Brett Mores	Cardiff	51.20m
3	Neil Elliott	Border	45.66m
4	Alex Pope	Black & Brom	42.28m
5	Jay Thomas	Kent	40.84m
6	Mike Small	WSEH	38.56m
7	Alistair Mortimer	TVH	31.33m
8	Noel Reid	Harrow	20.82m

Discus Men 'B'

1	Allessandra Marganella	Border	45.23m
2	Joel Capper	Enf & Har	38.17m
3	Alan Porter	Kent	36.71m
4	Jeremy Harper	WSEH	36.09m
5	Peter Morgan	Cardiff	30.71m
6	Richard Alameen	Black & Brom	18.59m
7	Richard Dally	TVH	15.68m
8			

Hammer Men 'A'

1	Carl Saggars	Enf & Har	61.09m
2	Mark Dry	Border	56.83m
3	Steve Summut	WSEH	56.25m
4	Pete Morgan	Cardiff	46.97m
5	Richard Al-Ameen	Black & Brom	43.98m
6	Alan French	Harrow	36.98m
7	Allan Pekin	Kent	36.21m
8	Alistair Mortimer	TVH	31.76m

Hammer Men 'B'

1	David Little	Border	54.68m
2	Danny Farenden	Enf & Har	42.96m
3	Mike Small	WSEH	40.87m
4	Alan Porter	Kent	35.29m
5	Brett Morse	Cardiff	31.89m
6	Richard Dally	TVH	13.74m
7	Damien Nevins	Harrow	9.37m
8	Pat Calnan	Black & Brom	3.32m

Javelin Men 'A'

1	Anthony Lovett	Enf & Har	67.16m
2	Chris Smith	Border	63.25m
3	Stuart Harvey	Black & Brom	61.74m
4	Jon Harvey	TVH	52.68m
5	Jeremy Harper	WSEH	51.28m
6	Matt Ledger	Cardiff	43.41m
7	Alan Porter	Kent	42.35m
8	Steve Rouault	Harrow	39.34m

Javelin Men 'B'

1	Livon Houslin	TVH	52.13m
2	Alex Pope	Black & Brom	48.57m
3	Alistair Smith	Border	47.66m
4	Andy Clements	WSEH	47.14m
5	Peter Morgan	Cardiff	40.69m
6	Robert Henry	Enf & Har	39.08m
7	Noel Reid	Harrow	38.57m
8	Albert Johnson	Kent	36.06m

4 x 100 metres relay Men

1	WSEH		41.75
2	Harrow		42.08
3	Kent		42.41
4	Border		42.61
5	Black & Brom		42.68
6	Cardiff		43.07
7	Enf & Har & TVH	DQ	
8			

4 x 400 metres relay Men

1	Enfield & Haringey		3-17.10
2	TVH		3-18.36
3	Border		3-18.96
4	Black & Brom		3-18.96
5	Kent		3-19.17
6	Cardiff		3-20.19
7	Harrow		3-32.07
8	WSEH		3-37.08

Match Result

Position	Club	Match points	League points
1	Enfield & Haringey A.C.	336	8
2	Windsor, Slough, Eton & Hounslow A.C.	317	7
3	Border	311	6
4	TVH	281.5	5
5	Kent	260	4
6	Cardiff	238	3
7	Blackheath & Bromley	227.5	2
8	Harrow	207	1

Athlete of the Match :-

Julian Golley WSEH Triple Jump 16.10m

100 Metres Non Scoring Race 1 (+1.3)

1. James Bridge (TVH)	10.88
2. Isaiah Adekanmbi (Enf & Har)	10.89
3. Mark Holloway (WSEH)	11.03
4. Duayne Stoddart (WSEH)	11.17
5. Joshua Wood (Harrow)	11.27

100 Metres Non-Scoring Race 2 (+1.8)

1. Mark Collins (Harrow)	11.03
2. Keith Marle (Enf & Har)	11.15
3. Tomide Isinkaye (Enf & Har)	11.23
4. Ian Newbury (Cardiff)	11.32
5. Lloyd Newman (Cardiff)	11.42

Result of Match 1

Position	Club	Match points	League points
1	Enfield & Haringey A.C.	323	8
2	Kent A.C.	299	7
3	Border H	298	6
4	Windsor, Slough, Eton & Hounslow A.C.	296	5
5	Harrow A.C.	276	4
6	Cardif A.A.C.	268	3
7	Blackheath & Bromley H & A.C.	212	2
8	Thames Valley Harriers	193	1

Positions after 2 Matches

Position	Club	League points	Match points
1	Enfield & Haringey A.C.	16	659
2	Windsor, Slough Eton & Hounslow A.C.	12	613
3	Border H	12	609
4	Kent	11	559
5	Cardiff	6	506
6	TVH	6	474.5
7	Harrow	5	483
8	Blackheath & Bromley H & A.C.	4	439.5

