



National Division 1 Match 4 - Cophthall Stadium, Barnet

				Perf	Record	Wind	UKA	AW	4 August 2007						
				Perf	Record	Wind	UKA	AW							
Men's 100m A				Wind=	-0.2 m/s				Men's 100m B						
1	8	Andrew Matthews	Windsor Slough Eton & Hc	10.65			130	☑	1	44	Elijah Winn	Enfield & Haringey AC	10.84	92	☑
2	6	Jeffrey lawal-Balogun	Kent AC	10.69			122	☑	2	11	Duayne Bovell	Blackheath & Bromley	10.94	72	☑
3	4	Leon Baptiste	Enfield & Haringey AC	10.72			116	☑	3	55	Othroy Marsh	Harrow AC	10.98	64	☑
4	7	Chris Dougherty	Thames Valley Harriers	10.84			92	☑	4	66	Conrad Williams	Kent AC	11.02	56	☑
5	5	Leroy Slue	Harrow AC	10.84			92	☑	5	22	Tunde Balogun	Border Harriers & AC	11.04	52	☑
6	1	James Alaka	Blackheath & Bromley	10.98			64	☑	6	88	Adam Butler	Windsor Slough Eton & Hc	11.14		☑
7	2	Tim Ward	Border Harriers & AC	10.98			64	☑	7	77	James Christie	Thames Valley Harriers	11.24		☑
8	3	Phil Doorgachurn	Cardiff AAC	11.03			54	☑	8	33	Milton Baker	Cardiff AAC	DQ		
Men's 200m A				Wind=	-2.9 m/s				Men's 200m B						
1	6	Jeffrey Lawal-Balogun	Kent AC	21.68			107	☑	1	44	Elijah Winn	Enfield & Haringey AC	21.73	102	☑
2	2	Paul McKee	Border Harriers & AC	21.83			92	☑	2	66	John Browne	Kent AC	21.88	87	☑
3	4	David Telfer-James	Enfield & Haringey AC	21.87			87	☑	3	77	Stuart Benson	Thames Valley Harriers	22.02	73	☑
4	8	Andrew Matthews	Windsor Slough Eton & Hc	22.11			64	☑	4	88	Fahad Khan	Windsor Slough Eton & Hc	22.47		☑
5	5	Leroy Slue	Harrow AC	22.22			53	☑	5	55	Othroy Marsh	Harrow AC	22.59		☑
6	1	James Alaka	Blackheath & Bromley	22.28				☑	6	33	Milton Baker	Cardiff AAC	23.17		
7	7	Toby Sandeman	Thames Valley Harriers	22.34				☑	7	11	Daniel Haque	Blackheath & Bromley	23.86		
8	3	Phil Doorgachurn	Cardiff AAC	22.81				☑	8						
Men's 400m A									Men's 400m B						
1	6	Conrad Williams	Kent AC	46.85			166	☑	1	44	Kofi Appiah	Enfield & Haringey AC	49.11	75	☑
2	5	Brian Doyle	Harrow AC	47.72			131	☑	2	55	Craig Stewart	Harrow AC	49.95		☑
3	4	Darren St Clair	Enfield & Haringey AC	47.83			126	☑	3	77	Robert Smith	Thames Valley Harriers	50.08		☑
4	7	Nick Leavey	Thames Valley Harriers	48.07			117	☑	4	33	Tom Miller	Cardiff AAC	50.16		☑
5	3	Jo Thomas	Cardiff AAC	49.05			78	☑	5	66	Andy Moreton	Kent AC	50.65		☑
6	8	Stephen Johnson	Windsor Slough Eton & Hc	49.26			69	☑	6	11	Ed Harrison	Blackheath & Bromley	51.55		
7	2	Alan Low	Border Harriers & AC	49.84				☑	7	88	Tom Reynolds	Windsor Slough Eton & Hc	51.93		
8	1	Bomene Barikor	Blackheath & Bromley	50.38				☑	8						
Men's 800m A									Men's 800m B						
1	3	Jo Thomas	Cardiff AAC	01:53.39				☑	1	33	Jo Maynard	Cardiff AAC	01:52.76	90	☑
2	6	Feidhlim Kelly	Kent AC	01:54.41				☑	2	11	Dan Ryan	Blackheath & Bromley	01:56.54		☑
3	1	Michael Skinner	Blackheath & Bromley	01:54.97				☑	3	44	Rhys Fowler	Enfield & Haringey AC	01:56.82		☑
4	7	Dean Clark	Thames Valley Harriers	01:55.95				☑	4	55	Matt Birchall	Harrow AC	01:57.27		☑
5	4	Ben Cradick	Enfield & Haringey AC	01:56.26				☑	5	88	Sam Taylor	Windsor Slough Eton & Hc	01:58.19		☑
6	5	Dean Goodman	Harrow AC	01:57.51				☑	6	77	Louis Phiri	Thames Valley Harriers	01:59.85		☑
7	8	ian May	Windsor Slough Eton & Hc	01:58.36				☑	7	66	Andrew Dunwoody	Kent AC	02:03.57		
8	2	Kevin McCloy	Border Harriers & AC	01:59.37				☑	8	22	David Farrell	Border Harriers & AC	02:51.13		
Men's 1500m A									Men's 1500m B						
1	1	Michael Skinner	Blackheath & Bromley	03:55.48				☑	1	11	James Poole	Blackheath & Bromley	04:00.17		☑
2	7	Andrew Hennessy	Thames Valley Harriers	03:56.47				☑	2	3	Jimmie Watkins	Cardiff AAC	04:06.15		☑
3	33	James Williams	Cardiff AAC	03:58.21				☑	3	77	Chris Smith	Thames Valley Harriers	04:06.56		☑
4	6	Paul Pollock	Kent AC	03:58.93				☑	4	5	Richard Franzese	Harrow AC	04:13.56		
5	8	Mark Draper	Windsor Slough Eton & Hc	04:01.13				☑	5	88	Alex Tovey	Windsor Slough Eton & Hc	04:14.94		
6	55	Cameron Scott	Harrow AC	04:12.20					6	66	Andrew Dunwoody	Kent AC	04:14.98		
7	4	Denis Healy	Enfield & Haringey AC	04:14.50					7	22	James Douglas	Border Harriers & AC	04:50.23		
8	2	Tom Farrell	Border Harriers & AC	04:50.21					8	44	Ben Sumner	Enfield & Haringey AC	05:22.66		
Men's 3000m S/Chase A									Men's 3000m S/Chase B						
1	7	Andrew Hennessy	Thames Valley Harriers	09:05.50			149		1	22	James Douglas	Border Harriers & AC	09:46.83		
2	8	Mark Draper	Windsor Slough Eton & Hc	09:25.06			109		2	77	Steve Norris	Thames Valley Harriers	09:48.65		
3	2	Steve Carins	Border Harriers & AC	09:27.07			105		3	44	Paul Northrop	Enfield & Haringey AC	09:57.48		
4	4	Shaun Collins	Enfield & Haringey AC	09:28.99			102		4	1	Alex Bruce-Littlewood	Blackheath & Bromley	10:00.30		
5	66	James Connor	Kent AC	09:41.35					5	6	Rich Munn	Kent AC	10:01.15		
6	5	Peter Norris	Harrow AC	09:48.26					6	55	Damian Nevins	Harrow AC	10:11.28		
7	11	Alex Gibbens	Blackheath & Bromley	09:48.34					7	33	Dafydd Jenkins	Cardiff AAC	10:48.85		
8	3	Mike Johnson	Cardiff AAC	09:48.52					8						

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					Perf	Record	Wind	UKA	AW	4 August 2007									
					Perf	Record	Wind	UKA	AW										
Men's 5000m A										Men's 5000m B									
1	5	Adam Bowden	Harrow AC	14:38.99				62		1	77	Alistair Hay	Thames Valley Harriers	14:51.63					
2	7	Robert Russell	Thames Valley Harriers	14:49.26						2	11	Jamie Atkinson	Blackheath & Bromley	15:28.26					
3	4	Andy Coleman	Enfield & Haringey AC	14:55.78						3	88	Nathan White	Windsor Slough Eton & Hc	15:30.28					
4	2	Paddy Hamilton	Border Harriers & AC	15:08.64						4	55	David Branfoot	Harrow AC	15:41.77					
5	8	Owain Jones	Windsor Slough Eton & Hc	15:15.65						5	22	Steve Carins	Border Harriers & AC	15:48.53					
6	1	Peter Tucker	Blackheath & Bromley	15:20.61						6	33	Chris Discombe	Cardiff AAC	15:52.41					
7	3	Mike Johnson	Cardiff AAC	15:29.43						7	6	Paul Pollock	Kent AC	16:03.76					
8	66	James Connor	Kent AC	15:58.53						8	44	Arber Baci	Enfield & Haringey AC	17:18.82					
Men's 400m Hurdles A										Men's 400m Hurdles B									
1	4	Ben Sumner	Enfield & Haringey AC	51.10				177	☑	1	44	Ogadima Duru	Enfield & Haringey AC	54.04			104	☑	
2	1	Ed Harrison	Blackheath & Bromley	53.41				119	☑	2	77	Wayne Taylor	Thames Valley Harriers	55.67			63	☑	
3	7	Thomas Patten	Thames Valley Harriers	53.55				116	☑	3	66	Antoni Davis-Philip	Kent AC	56.57				☑	
4	8	Andy Clements	Windsor Slough Eton & Hc	53.57				115	☑	4	33	Gareth Sutcliffe	Cardiff AAC	56.76				☑	
5	6	Shaun Mulligan	Kent AC	55.81				59	☑	5	88	Robert McAvoy	Windsor Slough Eton & Hc	57.12				☑	
6	5	Andrew Howell	Harrow AC	56.87					☑	6	11	Derek Paisley	Blackheath & Bromley	57.28				☑	
7	3	Richard Chappell	Cardiff AAC	56.90					☑	7	55	Glenn Gray	Harrow AC	57.61				☑	
8										8									
Men's 110m Hurdles A Wind= -1.9 m/s										Men's 110m Hurdles B Wind= -3.0 m/s									
1	8	Dwayne Stoddart	Windsor Slough Eton & Hc	14.67				108	☑	1	44	Tristan Anthony	Enfield & Haringey AC	14.77			98	☑	
2	3	Matt Butler	Cardiff AAC	14.95				80	☑	2	33	Luke Reynolds	Cardiff AAC	15.15			60	☑	
3	1	Alex Al Ameen	Blackheath & Bromley	15.09				66	☑	3	88	Callum McKay	Windsor Slough Eton & Hc	16.33					
4	4	Robert Henry	Enfield & Haringey AC	15.34					☑	4	11	Alex Pope	Blackheath & Bromley	16.91					
5	6	Joe Appiah	Kent AC	16.25						5	66	Shaun Mulligan	Kent AC	17.56					
6	5	Tom Nicholls	Harrow AC	16.28						6	55	Matt Birchall	Harrow AC	20.90					
7										7	22	David Little	Border Harriers & AC	35.07					
8										8									
Men's Hammer A										Men's Hammer B									
1	4	Carl Sagers	Enfield & Haringey AC	61.79				153	☑	1	11	Richard Al Ameen	Blackheath & Bromley	47.79			83	☑	
2	1	Alistair Williamson	Blackheath & Bromley	58.96				139	☑	2	44	Danny Farenden	Enfield & Haringey AC	45.70			73	☑	
3	5	Iain Park	Harrow AC	57.09				130	☑	3	7	Erik Van Vreumingen	Thames Valley Harriers	42.88			59	☑	
4	2	David Little	Border Harriers & AC	55.16				120	☑	4	88	Mike Small	Windsor Slough Eton & Hc	40.56				☑	
5	8	Alan James	Windsor Slough Eton & Hc	50.59				97	☑	5	6	Alan Porter	Kent AC	36.93					
6	77	Steve Whyte	Thames Valley Harriers	50.54				97	☑	6	55	Alan French	Harrow AC	36.67					
7	66	Allen Pekin	Kent AC	37.06						7	33	Simon Bull	Cardiff AAC	24.87					
8	3	Brett Morse	Cardiff AAC	25.25						8	22	John Little	Border Harriers & AC	22.62					
Men's Discus A										Men's Discus B									
1	3	Brett Morse	Cardiff AAC	55.65				174	☑	1	44	Carl Sagers	Enfield & Haringey AC	43.60			90	☑	
2	4	Matt Brown	Enfield & Haringey AC	55.04				170	☑	2	1	Liam Presnell	Blackheath & Bromley	41.60			76	☑	
3	7	Erik Van Vreumingen	Thames Valley Harriers	54.52				166	☑	3	88	Mike Small	Windsor Slough Eton & Hc	40.41			67	☑	
4	8	Jeremy Harper	Windsor Slough Eton & Hc	51.48				145	☑	4	6	Alan Porter	Kent AC	40.09			65	☑	
5	11	Alex Pope	Blackheath & Bromley	50.80				140	☑	5	33	Simon Bull	Cardiff AAC	37.95			50	☑	
6	5	Luke Rosenberg	Harrow AC	50.78				140	☑	6	55	Iain Park	Harrow AC	37.79				☑	
7	66	Jay Thomas	Kent AC	40.84				70	☑	7	77	Steve Whyte	Thames Valley Harriers	34.45					
8	2	David Little	Border Harriers & AC	33.40						8	22	John Little	Border Harriers & AC	25.04					
Men's Javelin A										Men's Javelin B									
1	4	Anthony Lovett	Enfield & Haringey AC	63.90				124	☑	1	77	Livon Houslin	Thames Valley Harriers	51.47				☑	
2	2	Chris Smith	Border Harriers & AC	62.16				113	☑	2	33	Simon Bull	Cardiff AAC	47.39					
3	5	Dave Sketchley	Harrow AC	61.55				109	☑	3	22	Alasdair Smith	Border Harriers & AC	46.31					
4	1	Stuart Harvey	Blackheath & Bromley	56.52				78	☑	4	88	Andy Clements	Windsor Slough Eton & Hc	45.45					
5	3	Jason Hallett	Cardiff AAC	54.32				64	☑	5	11	Alex Pope	Blackheath & Bromley	43.70					
6	7	Jon Harvey	Thames Valley Harriers	52.61				53	☑	6	66	Matthew Wepke	Kent AC	41.32					
7	6	Alan Porter	Kent AC	49.10						7	44	Lee Blaymore	Enfield & Haringey AC	40.05					
8	8	Jeremy Harper	Windsor Slough Eton & Hc	47.88						8	55	Richard Hurren	Harrow AC	36.67					



National Division 1 Match 4 - Cophall Stadium, Barnet

					4 August 2007												
			Perf	Record	Wind	UKA	AW										
Men's Shot Putt A							Men's Shot Putt B										
1	7	Erik Van Vreumingen	Thames Valley Harriers	18.60			190	☑	1	88	Mike Small	Windsor Slough Eton & Hc	12.69				
2	66	Jay Thomas	Kent AC	14.77			94	☑	2	44	Joel Capper	Enfield & Haringey AC	12.19				
3	5	Luke Rosenberg	Harrow AC	14.68			92	☑	3	55	Richard Hurren	Harrow AC	11.62				
4	3	Brett Morse	Cardiff AAC	14.28			82	☑	4	77	Steve Whyte	Thames Valley Harriers	11.04				
5	8	Jeremy Harper	Windsor Slough Eton & Hc	13.76			69	☑	5	6	Albert Johnson	Kent AC	10.85				
6	4	Carl Saggars	Enfield & Haringey AC	13.07			51	☑	6	33	Jason Hallett	Cardiff AAC	10.21				
7	1	Liam Presnell	Blackheath & Bromley	11.17					7	11	Alex Pope	Blackheath & Bromley	9.97				
8	2	David Little	Border Harriers & AC	8.06					8								
Men's Long Jump A							Men's Long Jump B										
1	2	Anthony Timms	Border Harriers & AC	7.05		+2.7	125	☑	1	8	Julian Golley	Windsor Slough Eton & Hc	6.91	+2.1	111	☑	
2	88	Alan Kennedy	Windsor Slough Eton & Hc	7.01		+2.2	121	☑	2	6	Joe Appiah	Kent AC	6.84	+2.1	104	☑	
3	66	Matthew Burton	Kent AC	7.00		+2.9	120	☑	3	44	Jon Ramos	Enfield & Haringey AC	6.50	+2.7		☑	
4	55	Dean Macey	Harrow AC	6.93		+2.6	113	☑	4	77	Stuart Benson	Thames Valley Harriers	6.46	+3.6			
5	7	Matthew Huyler	Thames Valley Harriers	6.81		+2.3	101	☑	5	33	Matt Ledger	Cardiff AAC	6.32	+3.0			
6	3	Jody Chappell	Cardiff AAC	6.69		+0.4		☑	6	11	Alex Pope	Blackheath & Bromley	6.09	+1.2			
7	4	Tomide Isinkaye	Enfield & Haringey AC	6.54		+0.6		☑	7	5	Andy Lewis	Harrow AC	5.97	+2.3			
8	1	Sam Bobb	Blackheath & Bromley	6.52		+2.1		☑	8								
Men's Triple Jump A							Men's Triple Jump B										
1	6	Matthew Burton	Kent AC	15.00		+3.9	162	☑	1	5	Tony Daffurn	Harrow AC	13.73	+3.6	111	☑	
2	3	Kabelo Mnomo	Cardiff AAC	14.44		+0.4	139	☑	2	44	Olu Oyewobi	Enfield & Haringey AC	13.20	+2.5		☑	
3	77	Matt Morsia	Thames Valley Harriers	13.82		+2.9	114	☑	3	88	Alan Kennedy	Windsor Slough Eton & Hc	13.13	+2.9		☑	
4	55	Kofi Asante	Harrow AC	13.81		+0.8	114	☑	4	33	Paul Samaden	Cardiff AAC	12.43	+1.2			
5	1	Sam Bobb	Blackheath & Bromley	13.59		+1.8		☑	5	11	Daniel Haque	Blackheath & Bromley	12.15	+4.8			
6	8	Julian Golley	Windsor Slough Eton & Hc	13.39		+4.0		☑	6	66	Shaun Mulligan	Kent AC	10.43	-0.2			
7	4	Tomide Isinkaye	Enfield & Haringey AC	13.27		+4.1		☑	7								
8									8								
Men's High Jump A							Men's High Jump B										
1	8	Alan McKie	Windsor Slough Eton & Hc	2.15			165	☑	1	88	David McCole	Windsor Slough Eton & Hc	1.90				☑
2	3	Kabelo Mnomo	Cardiff AAC	2.10			140	☑	2	55	Tim Maitland	Harrow AC	1.90				☑
3	4	Mark Crowley	Enfield & Haringey AC	1.95			65	☑	3	33	Matt Ledger	Cardiff AAC	1.85				
4	2	Lloyd Powell	Border Harriers & AC	1.95			65	☑	4	11	Alex Pope	Blackheath & Bromley	1.75				
5	5	Tom Nicholls	Harrow AC	1.90				☑	5	44	Neil McDaid	Enfield & Haringey AC	1.70				
6	1	Bomene Barikor	Blackheath & Bromley	1.85					6	6	Joe Appiah	Kent AC	1.65				
7	7	Wayne Taylor	Thames Valley Harriers	1.85													
8	66	Nuko Kpoturu	Kent AC	1.80													
Men's Pole Vault A							Men's Pole Vault B										
1	4	Ben Flint	Enfield & Haringey AC	4.80			130	☑	1	5	Ian Smart	Harrow AC	4.20		70	☑	
2	55	Richard Hurren	Harrow AC	4.60			110	☑	2	44	John Hill	Enfield & Haringey AC	4.00		50	☑	
3	8	Chris Mills	Windsor Slough Eton & Hc	4.50			100	☑	3	88	Steve Walker	Windsor Slough Eton & Hc	3.40				
4	3	Mike Walker	Cardiff AAC	4.40			90	☑	4	33	Matt Ledger	Cardiff AAC	3.20				
5	7	Gregg Conlon	Thames Valley Harriers	4.20			70	☑	5	1	Alan Hardy	Blackheath & Bromley	2.80				
6	11	Alex Pope	Blackheath & Bromley	3.40													
7	66	Kevin Gray	Kent AC	3.40													
Men's 4x100m Relay																	
1	8	Windsor Slough Eton & Hc	Dwayne Stoddart	Steve Johnson	Fahad Khan	Andy Matthews	42.01									☑	
2	7	Thames Valley Harriers	James Christie	Toby Sandeman	Stuart Benson	Chris Dougherty	42.01									☑	
3	3	Cardiff AAC	Phil Doorgachurn	Matt Butler	Multan baker	Luke Reynolds	42.70									☑	
4	4	Enfield & Haringey AC	Eli Winn	Luke Fagan	David Telfer-James	Leon Baptiste	DQ										
5	5	Harrow AC	Rohan Samuel	Leroy Slue	Brian Doyle	Othroy Marsh	DQ										
6	1	Blackheath & Bromley	James Alaka	Bomene Barikor	Ed Harrison	Duayne Bovell	DQ										
7																	
8																	



National Division 1 Match 4 - Cophthall Stadium, Barnet

Perf	Record	Wind	UKA	AW	4 August 2007
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Perf	Wind	UKA	AW
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Men's 4x400m Relay

1	4	Enfield & Haringey AC	Adam Daish	Aaron Teall	Kofi Appiah	Darren St Clair	03:15.23	<input checked="" type="checkbox"/>
2	8	Windsor Slough Eton & H	Steve Johnson	Fahad Khan	Andy Clements	Ritchie Morgan	03:18.04	<input checked="" type="checkbox"/>
3	6	Kent AC	Feidhlim Kelly	Andy Moreton	Jeffrey Lawal-Balagun	Conrad Williams	03:19.63	<input checked="" type="checkbox"/>
4	5	Harrow AC	Andrew Howell	Dean Goodman	Matt Birchall	Brian Doyle	03:22.10	<input checked="" type="checkbox"/>
5	7	Thames Valley Harriers	Louis Phiri	Thomas Patten	Alistair Hay	Nick Leavey	03:22.32	<input checked="" type="checkbox"/>
6	1	Blackheath & Bromley	Ian Allerton	Bomene Barikor	James Poole	James Alaka	03:22.42	<input checked="" type="checkbox"/>
7	3	Cardiff AAC	Gareth Sutcliffe	Jimmie Watkins	Richard Chappell	Phil Doorgachurn	03:27.55	
8								

MATCH RESULT	League Points	Match	STANDINGS	League Points	Match
1 Enfield & Haringey	8	347.0	1 Enfield & Haringey	31	1311.0
2 WSE & H	7	312.0	2 WSE & H	27	1242.0
3 Thames Valley Harriers	6	281.0	3 Border Harriers	19	1057.0
4 Harrow	5	269.0	4 Thames Valley Harriers	16.5	1041.5
5 Cardiff AAC	4	266.0	5 Kent AC	16	1093.0
6 Blackheath & Bromley	3	255.0	6 Harrow	14.5	1038.0
7 Kent AC	2	252.0	7 Cardiff AAC	11	943.0
8 Border Harriers	1	147.0	8 Blackheath & Bromley	9	919.5

Men's High Jump

1	Noel Reid	Harrow	1.95
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Men's 100m Non Scoring (1)

Wind -2.0 m/s

1	73	David Telfer-James	Enfield & Haringey	10.91
2	37	Joseph Felix	WG & EL	11.00
3	36	Colin Wilson	WG & EL	11.04
4	29	Mathew Thomas	N & EB	11.09
5	74	Joshua Wood	Harrow	11.50

Men's 100m Non Scoring (2)

Wind -1.0 m/s

1	32	Andrew Mensah	Shaftesbury Barnet H	10.95
2	82	Toby Sandeman	TVH	11.08
3	76	Fitzroy Faulkner	Birchfield H	11.20
4	84	Mathew Butler	Cardiff	11.39
5	31	Olu Baptiste	Shaftesbury Barnet H	11.50

Men's 100m Non Scoring (1)

Wind -1.9 m/s

1=	33	Nengi Ossai	Shaftesbury Barnet	11.08
1=	81	I Akindede	Belgrave	11.08
3	75	Ryan Farrington	Birchfield	11.10
4	86	Matthew Wekpe	Kent AC	11.27
5	56	Glen Reddington	WSE&H	11.42
6	30	Soute Nyonyano	Newham & Essex B	11.53
7	85	Tomide Isinkaye	Enfield & Haringey	11.57
8	97	Huto Njemanke	Enfield & Haringey	11.73
9	57	Leon James-Lionel	WSE&H	12.54

British Athletics League 2007

National Division 1 Match 4 - Copthall Stadium, Barnet

04 August 2007

Events	kheath & Bro	border Harrier	Cardiff AAC	field & Haring	Harrow	Kent AC	hes Valley Har	WSE & H	UNUSED	TOTAL										
Men's 100m	6	10	5	4	4	12	12	8	8	14	6	10	2	16	3		1	75	46	
Men's 200m	6	2	14		4	3	12	12	8	4	16	10	5	8	10	6		1	75	46
Men's 400m	4	3	5		8	6	12	12	14	10	16	4	10	8	6	2		1	75	46
Men's 800m	12	10	4	1	16	12	8	8	6	6	14	2	10	3	5	4			75	46
Men's 1500m	16	12	4	2	12	10	5	1	6	6	10	3	14	8	8	4			75	46
Men's 3000m S/Chase	5	6	12	12	4	2	10	8	6	3	8	4	16	10	14			1	75	46
Men's 5000m	6	10	10	4	5	3	12	1	16	6	4	2	14	12	8	8			75	46
Men's 400m Hurdles	14	3			5	6	16	12	6	2	8	8	12	10	10	4	4	1	75	46
Men's 110m Hurdles	12	6		2	14	10	10	12	6	3	8	4			16	8	9	1	75	46
Men's Hammer	14	12	10	1	4	2	16	10	12	3	5	4	6	8	8	6			75	46
Men's Discus	8	10	4	1	16	4	14	12	6	3	5	6	12	2	10	8			75	46
Men's Javelin	10	4	14	8	8	10	16	2	12	1	5	3	6	12	4	6			75	46
Men's Shot Putt	5	2	4		10	3	6	10	12	8	14	4	16	6	8	12		1	75	46
Men's Long Jump	4	3	16		6	4	5	8	10	2	12	10	8	6	14	12		1	75	46
Men's Triple Jump	8	4			14	6	5	10	10	12	16	3	12		6	8	4	3	75	46
Men's High Jump	6	6	10		14	8	12	4	8	10	4	3	5		16	12		3	75	46
Men's Pole Vault	6	4			10	6	16	10	14	12	5		8		12	8	4	6	75	46
Men's 4x100m Relay					12								14		16		33	46	75	46
Men's 4x400m Relay	6				5		16		10		12		8		14		4	46	75	46
	148	107	112	35	171	95	203	144	170	99	176	76	186	95	201	111	58	112	1425	874

Match Summary	kheath & Bro	border Harrier	Cardiff AAC	field & Haring	Harrow	Kent AC	hes Valley Har	WSE & H	UNUSED	TOTAL
Teams	255.0	147.0	266.0	347.0	269.0	252.0	281.0	312.0	170.0	2299.0
Match Position	6	8	5	1	4	7	3	2		
League Points	3	1	4	8	5	2	6	7		

Standings	kheath & Bro	border Harrier	Cardiff AAC	field & Haring	Harrow	Kent AC	hes Valley Har	WSE & H
League Points	9.0	19.0	11.0	31.0	14.5	16.0	16.5	27.0
Match Points	919.5	1057.0	943.0	1311.0	1038.0	1093.0	1041.5	1242.0
League Positions	8	3	7	1	6	5	4	2

UK ATHLETICS: DISTANCE CARD

MEETING		National Division 1 Match 4		VENUE		Cophthall Stadium, Barnet		DATE		04 August 2007							
EVENT		Men's Hammer		TIME		12:45		RECORD		77.54m		Martin Girvan, Wolverhampton & Bilston, 77.54m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	4	Carl Sagers	Enfield & Haringey AC	NT	57.42	61.65	61.65	1	61.31	60.53	61.79	61.79	1	A	1		
2	6	Alan Porter	Kent AC	35.80	36.93	36.27	36.93	12				36.93	12	B		5	
3	3	Brett Morse	Cardiff AAC	-	-	25.25	25.25	14				25.25	14	A	8		
4	2	David Little	Border Harriers & AC	48.94	54.19	NT	54.19	3	NT	54.55	55.16	55.16	4	A	4		
5	7	Erik Van Vreumingen	Thames Valley Harriers	NT	42.88	NT	42.88	9				42.88	9	B		3	
6	8	Alan James	Windsor Slough Eton & Hou	48.47	50.12	NT	50.12	5	NT	47.79	50.59	50.59	5	A	5		
7	5	Iain Park	Harrow AC	NT	51.47	52.90	52.90	4	55.97	53.99	57.09	57.09	3	A	3		
8	1	Alistair Williamson	Blackheath & Bromley	54.98	NT	54.92	54.98	2	50.89	55.17	58.96	58.96	2	A	2		
9	77	Steve Whyte	Thames Valley Harriers	46.26	47.54	49.35	49.35	6	50.54	48.53	49.95	50.54	6	A	6		
10	88	Mike Small	Windsor Slough Eton & Hou	38.83	39.49	40.56	40.56	10				40.56	10	B		4	
11	55	Alan French	Harrow AC	NT	36.67	35.62	36.67	13				36.67	13	B		6	
12	11	Richard Al Ameen	Blackheath & Bromley	47.79	NT	47.43	47.79	7	NY	NT		47.79	7	B		1	
13	44	Danny Farenden	Enfield & Haringey AC	39.06	45.70	NY	45.70	8	42.70	44.62	NT	45.70	8	B		2	
14	66	Allen Pekin	Kent AC	33.01	37.06	NT	37.06	11				37.06	11	A	7		
15	33	Simon Bull	Cardiff AAC	-	-	24.87	24.87	15				24.87	15	B		7	
16	22	John Little	Border Harriers & AC	22.62	Retired		22.62	16				22.62	16	B		8	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	4	Carl Sagers	Enfield & Haringey AC	61.79	1	11	Richard Al Ameen	Blackheath & Bromley	47.79		
2	1	Alistair Williamson	Blackheath & Bromley	58.96	2	44	Danny Farenden	Enfield & Haringey AC	45.70		
3	5	Iain Park	Harrow AC	57.09	3	7	Erik Van Vreumingen	Thames Valley Harriers	42.88		
4	2	David Little	Border Harriers & AC	55.16	4	88	Mike Small	Windsor Slough Eton & Hounslow	40.56		
5	8	Alan James	Windsor Slough Eton & Houn	50.59	5	6	Alan Porter	Kent AC	36.93		
6	77	Steve Whyte	Thames Valley Harriers	50.54	6	55	Alan French	Harrow AC	36.67	REFEREE'S SIGNATURE	
7	66	Allen Pekin	Kent AC	37.06	7	33	Simon Bull	Cardiff AAC	24.87		
8	3	Brett Morse	Cardiff AAC	25.25	8	22	John Little	Border Harriers & AC	22.62		

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		National Division 1 Match 4		VENUE		Cophthall Stadium, Barnet		DATE		04 August 2007						
EVENT		Men's Discus		TIME		11:15		RECORD		62.10m Robert Weir, Birchfield H, 62.10m						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A
1	6	Alan Porter	Kent AC	38.24	37.78	40.09	40.09	11				40.09	11	B		4
2	8	Jeremy Harper	Windsor Slough Eton & Hou	48.49	49.46	nt	49.46	5	NT	51.48	NT	51.48	4	A	4	
3	5	Luke Rosenberg	Harrow AC	47.08	49.28	47.30	49.28	6	49.48	50.78	49.62	50.78	6	A	6	
4	1	Liam Presnell	Blackheath & Bromley	39.10	41.60	40.05	41.60	8	39.59	38.80	41.47	41.60	8	B		2
5	4	Matt Brown	Enfield & Haringey AC	49.34	54.30	54.67	54.67	1	NT	53.43	55.04	55.04	2	A	2	
6	7	Erik Van Vreumingen	Thames Valley Harriers	51.10	53.29	53.17	53.29	3	52.93	54.00	54.52	54.52	3	A	3	
7	3	Brett Morse	Cardiff AAC	48.71	48.70	53.44	53.44	2	53.88	53.38	55.65	55.65	1	A	1	
8	2	David Little	Border Harriers & AC	32.82	NT	33.40	33.40	15				33.40	15	A	8	
9	44	Carl Sagers	Enfield & Haringey AC	43.60	41.74	41.56	43.60	7	NT	NT		43.60	7	B		1
10	77	Steve Whyte	Thames Valley Harriers	34.45	NT	NT	34.45	14				34.45	14	B		7
11	33	Simon Bull	Cardiff AAC	NT	NT	37.95	37.95	12				37.95	12	B		5
12	22	John Little	Border Harriers & AC	25.04	-	-	25.04	16				25.04	16	B		8
13	66	Jay Thomas	Kent AC	NT	39.52	40.84	40.84	9				40.84	9	A	7	
14	88	Mike Small	Windsor Slough Eton & Hou	40.41	38.00	40.15	40.41	10				40.41	10	B		3
15	55	Iain Park	Harrow AC	NT	37.79	37.70	37.79	13				37.79	13	B		6
16	11	Alex Pope	Blackheath & Bromley	NT	50.80	-	50.80	4				50.80	5	A	5	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	3	Brett Morse	Cardiff AAC	55.65	1	44	Carl Sagers	Enfield & Haringey AC	43.60		
2	4	Matt Brown	Enfield & Haringey AC	55.04	2	1	Liam Presnell	Blackheath & Bromley	41.60		
3	7	Erik Van Vreumingen	Thames Valley Harriers	54.52	3	88	Mike Small	Windsor Slough Eton & Hounslow	40.41		
4	8	Jeremy Harper	Windsor Slough Eton & Houn	51.48	4	6	Alan Porter	Kent AC	40.09		
5	11	Alex Pope	Blackheath & Bromley	50.80	5	33	Simon Bull	Cardiff AAC	37.95		
6	5	Luke Rosenberg	Harrow AC	50.78	6	55	Iain Park	Harrow AC	37.79	REFEREE'S SIGNATURE	
7	66	Jay Thomas	Kent AC	40.84	7	77	Steve Whyte	Thames Valley Harriers	34.45		
8	2	David Little	Border Harriers & AC	33.40	8	22	John Little	Border Harriers & AC	25.04		

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		National Division 1 Match 4		VENUE		Cophthall Stadium, Barnet		DATE		04 August 2007						
EVENT		Men's Javelin		TIME		15:45		RECORD		82.38m		Colin Mackenzie, Newham & Essex Beagles, 82.38m				
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B		
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B	
1	5	Dave Sketchley	Harrow AC	NT	NT	55.75	55.75	4	59.44	59.75	61.55	61.55	3	A	3	
2	3	Jason Hallett	Cardiff AAC	51.21	51.86	54.32	54.32	5	50.33	52.60	NT	54.32	5	A	5	
3	6	Alan Porter	Kent AC	NT	49.10	NT	49.10	8	NT	NT	48.48	49.10	8	A	7	
4	7	Jon Harvey	Thames Valley Harriers	52.17	52.61	50.77	52.61	6	NT	NT		52.61	6	A	6	
5	1	Stuart Harvey	Blackheath & Bromley	56.52	NT	56.31	56.52	3	NT	NT		56.52	4	A	4	
6	4	Anthony Lovett	Enfield & Haringey AC	59.57	PASS	58.52	59.57	2	PASS	NT	63.90	63.90	1	A	1	
7	2	Chris Smith	Border Harriers & AC	62.16	60.62	60.27	62.16	1	61.51	60.97	NT	62.16	2	A	2	
8	8	Jeremy Harper	Windsor Slough Eton & Hou	NT	44.23	47.88	47.88	9				47.88	9	A	8	
9	11	Alex Pope	Blackheath & Bromley	39.84	NT	43.70	43.70	13				43.70	13	B		5
10	44	Lee Blaymore	Enfield & Haringey AC	39.19	38.04	40.05	40.05	15				40.05	15	B		7
11	22	Alasdair Smith	Border Harriers & AC	NT	46.31	46.14	46.31	11				46.31	11	B		3
12	88	Andy Clements	Windsor Slough Eton & Hou	45.45	41.33	NT	45.45	12				45.45	12	B		4
13	55	Richard Hurren	Harrow AC	33.04	36.67	PASS	36.67	16				36.67	16	B		8
14	33	Simon Bull	Cardiff AAC	47.39	NT	44.56	47.39	10				47.39	10	B		2
15	66	Matthew Wepke	Kent AC	32.29	NT	41.32	41.32	14				41.32	14	B		6
16	77	Livon Houslin	Thames Valley Harriers	51.47	NT	PASS	51.47	7	NT	RETIRED		51.47	7	B		1

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	4	Anthony Lovett	Enfield & Haringey AC	63.90	1	77	Livon Houslin	Thames Valley Harriers	51.47		
2	2	Chris Smith	Border Harriers & AC	62.16	2	33	Simon Bull	Cardiff AAC	47.39		
3	5	Dave Sketchley	Harrow AC	61.55	3	22	Alasdair Smith	Border Harriers & AC	46.31		
4	1	Stuart Harvey	Blackheath & Bromley	56.52	4	88	Andy Clements	Windsor Slough Eton & Hounslow	45.45		
5	3	Jason Hallett	Cardiff AAC	54.32	5	11	Alex Pope	Blackheath & Bromley	43.70		
6	7	Jon Harvey	Thames Valley Harriers	52.61	6	66	Matthew Wepke	Kent AC	41.32	REFEREE'S SIGNATURE	
7	6	Alan Porter	Kent AC	49.10	7	44	Lee Blaymore	Enfield & Haringey AC	40.05		
8	8	Jeremy Harper	Windsor Slough Eton & H	47.88	8	55	Richard Hurren	Harrow AC	36.67		

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		National Division 1 Match 4		VENUE		Copthall Stadium, Barnet		DATE		04 August 2007							
EVENT		Men's Shot Putt		TIME		14:15		RECORD		20.76m		Adam Nelson, Birchfield H (USA), 20.76m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	7	Liam Presnell	Blackheath & Bromley	10.62	11.17	NT	11.17	10				11.17	10	A	7		
2	2	David Little	Border Harriers & AC	8.06			8.06	15				8.06	15	A	8		
3	4	Carl Saggars	Enfield & Haringey AC	12.92	12.87	12.41	12.92	6	NT	13.07	12.56	13.07	6	A	6		
4	5	Luke Rosenberg	Harrow AC	12.90	14.65	NT	14.65	3	NT	NT	14.68	14.68	3	A	3		
5	6	Albert Johnson	Kent AC	9.99	10.85	NT	10.85	12				10.85	12	B		5	
6	3	Brett Morse	Cardiff AAC	13.82	13.42	NT	13.82	4	14.21	NT	14.28	14.28	4	A	4		
7	8	Jeremy Harper	Windsor Slough Eton & Hou	12.34	12.58	13.72	13.72	5	-	13.76	13.37	13.76	5	A	5		
8	7	Erik Van Vreumingen	Thames Valley Harriers	17.82	17.78	18.54	18.54	1	18.60	18.42	NT	18.60	1	A	1		
9	66	Jay Thomas	Kent AC	14.77	NT	NT	14.77	2	NT	RETIRED		14.77	2	A	2		
10	33	Jason Hallett	Cardiff AAC	9.35	10.21	9.96	10.21	13				10.21	13	B		6	
11	88	Mike Small	Windsor Slough Eton & Hou	12.01	NT	12.69	12.69	7	12.22	12.16	12.08	12.69	7	B		1	
12	77	Steve Whyte	Thames Valley Harriers	10.94	10.95	11.04	11.04	11				11.04	11	B		4	
13	11	Alex Pope	Blackheath & Bromley	NT	NT	9.97	9.97	14				9.97	14	B		7	
14	22	John Little	Border Harriers & AC														
15	44	Joel Capper	Enfield & Haringey AC	12.19	NT	NT	12.19	8	NT	RETIRED		12.19	8	B		2	
16	55	Richard Hurren	Harrow AC	11.06	11.62	NT	11.62	9				11.62	9	B		3	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	7	Erik Van Vreumingen	Thames Valley Harriers	18.60	1	88	Mike Small	Windsor Slough Eton & Hounslow	12.69		
2	66	Jay Thomas	Kent AC	14.77	2	44	Joel Capper	Enfield & Haringey AC	12.19		
3	5	Luke Rosenberg	Harrow AC	14.68	3	55	Richard Hurren	Harrow AC	11.62		
4	3	Brett Morse	Cardiff AAC	14.28	4	77	Steve Whyte	Thames Valley Harriers	11.04		
5	8	Jeremy Harper	Windsor Slough Eton & Houn	13.76	5	6	Albert Johnson	Kent AC	10.85		
6	4	Carl Saggars	Enfield & Haringey AC	13.07	6	33	Jason Hallett	Cardiff AAC	10.21	REFEREE'S SIGNATURE	
7	1	Liam Presnell	Blackheath & Bromley	11.17	7	11	Alex Pope	Blackheath & Bromley	9.97		
8	2	David Little	Border Harriers & AC	8.06	8						

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		National Division 1 Match 4		VENUE		Cophthall Stadium, Barnet		DATE		04 August 2007							
EVENT		Men's Long Jump		TIME		12:30		RECORD		7.91m		Stewart Faulkner, Birchfield H, 7.91m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	A	B	
1	2	Anthony Timms	Border Harriers & AC	6.99 +5.6	NJ	5.23 +1.1	6.99	3	NJ	7.05 +2.7	NJ	7.05	1	A	1		
2	1	Sam Bobb	Blackheath & Bromley	5.76 +1.4	6.52 +2.1	6.11 +0.9	6.52	10				6.52	10	A	8		
3	7	Matthew Huyler	Thames Valley Harriers	6.61 +1.4	NJ	NJ	6.61	8	NJ	6.73 +4.2	6.81 +2.3	6.81	7	A	5		
4	8	Julian Golley	Windsor Slough Eton & Hou	6.41 +0.9	NJ	6.91 +2.1	6.91	5	Retired			6.91	5	B		1	
5	5	Andy Lewis	Harrow AC	5.97 +2.3	-	-	5.97	15				5.97	15	B		7	
6	6	Joe Appiah	Kent AC	6.84 +2.1	6.72 +2.4	6.72 +2.0	6.84	6	6.63 +1.7	-	NJ	6.84	6	B		2	
7	4	Tomide Isinkaye	Enfield & Haringey AC	NJ	6.54 +0.6	NJ	6.54	9				6.54	9	A	7		
8	3	Jody Chappell	Cardiff AAC	NJ	6.69 +0.4	NJ	6.69	7	NJ	NJ	NJ	6.69	8	A	6		
9	55	Dean Macey	Harrow AC	6.81 +1.2	6.93 +2.6	-	6.93	4	Retired			6.93	4	A	4		
10	66	Matthew Burton	Kent AC	6.62 +1.0	6.90 +3.1	7.00 +2.9	7.00	2	6.74 +5.3	Retired		7.00	3	A	3		
11	44	Jon Ramos	Enfield & Haringey AC	6.39 +0.8	6.50 +2.7	6.49 +0.9	6.50	11				6.50	11	B		3	
12	33	Matt Ledger	Cardiff AAC	6.04 -1.1	6.32 +3.0	5.80 +1.2	6.32	13				6.32	13	B		5	
13	22	-	Border Harriers & AC														
14	11	Alex Pope	Blackheath & Bromley	5.75 +2.4	NJ	6.09 +1.2	6.09	14				6.09	14	B		6	
15	77	Stuart Benson	Thames Valley Harriers	6.26 +1.6	6.46 +3.6	6.16 +3.9	6.46	12				6.46	12	B		4	
16	88	Alan Kennedy	Windsor Slough Eton & Hou	6.65 +1.1	6.91 +3.0	7.01 +2.2	7.01	1	Retired			7.01	2	A	2		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	2	Anthony Timms	Border Harriers & AC	7.05 +2.7	1	8	Julian Golley	Windsor Slough Eton & Hounslow	6.91 +2.1		
2	88	Alan Kennedy	Windsor Slough Eton & Houn	7.01 +2.2	2	6	Joe Appiah	Kent AC	6.84 +2.1		
3	66	Matthew Burton	Kent AC	7.00 +2.9	3	44	Jon Ramos	Enfield & Haringey AC	6.50 +2.7		
4	55	Dean Macey	Harrow AC	6.93 +2.6	4	77	Stuart Benson	Thames Valley Harriers	6.46 +3.6		
5	7	Matthew Huyler	Thames Valley Harriers	6.81 +2.3	5	33	Matt Ledger	Cardiff AAC	6.32 +3.0		
6	3	Jody Chappell	Cardiff AAC	6.69 +0.4	6	11	Alex Pope	Blackheath & Bromley	6.09 +1.2	REFEREE'S SIGNATURE	
7	4	Tomide Isinkaye	Enfield & Haringey AC	6.54 +0.6	7	5	Andy Lewis	Harrow AC	5.97 +2.3		
8	1	Sam Bobb	Blackheath & Bromley	6.52 +2.1	8						

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		National Division 1 Match 4		VENUE		Copthall Stadium, Barnet		DATE		04 August 2007								
EVENT		Men's Triple Jump		TIME		15:30		RECORD		16.75m		Francis Agyepong, Shaftesbury Barnet H, 16.75m						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B				
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	A	B		
1	3	Kabelo Mnomo	Cardiff AAC	14.23 +2.6	13.81 +2.9	14.10 +2.6	14.23	2	14.44 +0.4	-	-	14.44	2	A	2			
2	7	Matthew Huyler	Thames Valley Harriers	Injured														
3	2	-	Border Harriers & AC															
4	4	Tomide Isinkaye	Enfield & Haringey AC	NJ	NJ	13.27 +4.1	13.27	8	13.21 +0.6	NJ	NJ	13.27	8	A	7			
5	8	Julian Golley	Windsor Slough Eton & Hou	13.39 +4.0	-	-	13.39	7	Retired			13.39	7	A	6			
6	5	Tony Daffurn	Harrow AC	13.73 +0.5	13.46 -0.3	13.73 +3.2	13.73	4	13.56 +1.6	NJ	2.90	13.73	5	B		1		
7	1	Sam Bobb	Blackheath & Bromley	13.37 +3.2	13.21 +2.0	13.59 +1.8	13.59	6	13.26 +3.2	13.57 +1.9	NJ	13.59	6	A	5			
8	6	Matthew Burton	Kent AC	15.00 +3.9	NJ	NJ	15.00	1	NJ	14.98 +3.3	14.94 +3.1	15.00	1	A	1			
9	88	Alan Kennedy	Windsor Slough Eton & Hou	12.58 +0.3	13.13 +2.9	-	13.13	10				13.13	10	B		3		
10	55	Kofi Asante	Harrow AC	13.40 +2.9	13.74 +1.7	13.81 +3.6	13.81	3	13.44 +1.0	13.37 +1.7	13.50 -0.4	13.81	4	A	4			
11	11	Daniel Haque	Blackheath & Bromley	12.15 +4.8	-	-	12.15	12				12.15	12	B		5		
12	66	Shaun Mulligan	Kent AC	10.43 -0.2	-	-	10.43	13				10.43	13	B		6		
13	33	Paul Samaden	Cardiff AAC	NJ	12.43 +1.2	NJ	12.43	11				12.43	11	B		4		
14	77	Matt Morsia	Thames Valley Harriers	13.72 +2.9	13.70 +2.2	NJ	13.72	5	13.82 +0.8	NJ	13.61 +0.6	13.82	3	A	3			
15	22	-	Border Harriers & AC															
16	44	Olu Oyewobi	Enfield & Haringey AC	13.20 +2.5	12.89 +0.8	13.19 +2.0	13.20	9				13.20	9	B		2		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	Matthew Burton	Kent AC	15.00 +3.9	1	5	Tony Daffurn	Harrow AC	13.73 +3.6		
2	3	Kabelo Mnomo	Cardiff AAC	14.44 +0.4	2	44	Olu Oyewobi	Enfield & Haringey AC	13.20 +2.5		
3	77	Matt Morsia	Thames Valley Harriers	13.82 +2.9	3	88	Alan Kennedy	Windsor Slough Eton & Hounslow	13.13 +2.9		
4	55	Kofi Asante	Harrow AC	13.81 +0.8	4	33	Paul Samaden	Cardiff AAC	12.43 +1.2		
5	1	Sam Bobb	Blackheath & Bromley	13.59 +1.8	5	11	Daniel Haque	Blackheath & Bromley	12.15 +4.8		
6	8	Julian Golley	Windsor Slough Eton & Houn	13.39 +4.0	6	66	Shaun Mulligan	Kent AC	10.43 -0.2	REFEREE'S SIGNATURE	
7	4	Tomide Isinkaye	Enfield & Haringey AC	13.27 +4.1	7						
8					8						

Results by Sprints Software 07973 827735

UK ATHLETICS: HEIGHT CARD

MEETING		National Division 1 Match 4				VENUE		Cophthall Stadium, Barnet								DATE		04 August 2007						
EVENT		Men's High Jump				TIME		14:45		League Record		2.33m		Steve Smith, Liverpool H & AC, 2.33m										
Order	No	NAME	CLUB	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05	2.10	2.15	2.20	Best of All	Trials at HT Cleared	Total	Failures	Total	Trials	Final Position	A or B	
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							Metres	
1	5	Tom Nicholls	Harrow AC				xo	xxo	xo	xxx						1.90						6	A	5
2	3	Kabelo Mnomo	Cardiff AAC							o	o	o	xxo	xxx		2.10						2	A	2
3	6	Joe Appiah	Kent AC	xo	xx	retired										1.65						14	B	6
4	7	Wayne Taylor	Thames Valley Harriers		o	-	xo	o	xxx							1.85						10	A	7
5	1	Bomene Barikor	Blackheath & Bromley		o	o	o	o	xxx							1.85						8	A	6
6	4	Mark Crowley	Enfield & Haringey AC		o	-	-	o	-	o	-	retired				1.95						3	A	3
7	2	Lloyd Powell	Border Harriers & AC				o	-	xo	xo	xxx					1.95						4	A	4
8	8	Alan McKie	Windsor Slough Eton & Houns								o	o	o	xo	xxx	2.15						1	A	1
9	11	Alex Pope	Blackheath & Bromley	xo	o	o	retired									1.75						12	B	4
10	44	Neil McDaid	Enfield & Haringey AC		o	xxx										1.70						13	B	5
11	22	-	Border Harriers & AC																					
12	88	David McCole	Windsor Slough Eton & Houns		o	o	o	xo	o	xxx						1.90						5	B	1
13	55	Tim Maitland	Harrow AC			xo	xo	o	xxo	xxx						1.90						7	B	2
14	33	Matt Ledger	Cardiff AAC				o	o	xxx							1.85						8	B	3
15	66	Nuko Kpoturu	Kent AC	xo	xo	xxo	xo	xxx								1.80						11	A	8
16	77	Noel Reid	Harrow AC (Guest)				o	o	o	xo	xxx					1.95								

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT			
1	8	Alan McKie	Windsor Slough Eton & Hounslow	2.15	1	88	David McCole	Windsor Slough Eton & Hounslow	1.90			
2	3	Kabelo Mnomo	Cardiff AAC	2.10	2	55	Tim Maitland	Harrow AC	1.90			
3	4	Mark Crowley	Enfield & Haringey AC	1.95	3	33	Matt Ledger	Cardiff AAC	1.85			
4	2	Lloyd Powell	Border Harriers & AC	1.95	4	11	Alex Pope	Blackheath & Bromley	1.75			
5	5	Tom Nicholls	Harrow AC	1.90	5	44	Neil McDaid	Enfield & Haringey AC	1.70			
6	1	Bomene Barikor	Blackheath & Bromley	1.85	6	6	Joe Appiah	Kent AC	1.65	REFEREE'S SIGNATURE		
7	7	Wayne Taylor	Thames Valley Harriers	1.85								
8	66	Nuko Kpoturu	Kent AC	1.80								

UK ATHLETICS: HEIGHT CARD

MEETING		National Division 1 Match 4				VENUE		Copthall Stadium, Barnet								DATE		04 August 2007					
EVENT		Men's Pole Vault				TIME		11:00		League Record			5.60m			Neil Winter, Shaftesbury Barnet H, 5.60m							
Order	No	NAME	CLUB	4.50	4.60	4.80	2.80	3.00	3.20	3.40	3.60	3.80	4.00	4.20	4.40	Best of All	Trials at HT	Cleared Total	Failures Total	Trials	Final Position	A or B	
				2.00	2.40	2.60																Metres	Metres
1	3	Mike Walker	Cardiff AAC		xxx									xo	xo	4.40					4	A	4
2	7	Gregg Conlon	Thames Valley Harriers											o	xxx	4.20					5	A	5
3	2	-	Border Harriers & AC																				
4	4	Ben Flint	Enfield & Haringey AC	-	xo	xxo								o	o	4.80					1	A	1
5	8	Chris Mills	Windsor Slough Eton & Houns	xxo	xxx								o	o	xxo	4.50					3	A	3
6	5	Ian Smart	Harrow AC	o								o	xo	xo	xxx	4.20					6	B	1
7	1	Alan Hardy	Blackheath & Bromley	o	o	o	o	xxx								2.80					12	B	5
8	6	Antoni Davis-Phillip	Kent AC	xx	retired																		
9	88	Steve Walker	Windsor Slough Eton & Houns	o				xo	xxo	xo	xxx					3.40					9	B	3
10	55	Richard Hurren	Harrow AC		xxo	withdrew					o	pass			xo	4.60					2	A	2
11	11	Alex Pope	Blackheath & Bromley					xo	xo	xo	retired					3.40					8	A	6
12	66	Kevin Gray	Kent AC	o			o		o	xxo	x	retired				3.40					10	A	7
13	33	Matt Ledger	Cardiff AAC	o	o	o	o	xo	xxo	xxx						3.20					11	B	4
14	77	Anthony Simons	Thames Valley Harriers	pass					retired														
15	22	-	Border Harriers & AC																				
16	44	John Hill	Enfield & Haringey AC							o	o	o	xxo	xxx		4.00					7	B	2

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT			
1	4	Ben Flint	Enfield & Haringey AC	4.80	1	5	Ian Smart	Harrow AC	4.20			
2	55	Richard Hurren	Harrow AC	4.60	2	44	John Hill	Enfield & Haringey AC	4.00			
3	8	Chris Mills	Windsor Slough Eton & Hounslow	4.50	3	88	Steve Walker	Windsor Slough Eton & Hounslow	3.40			
4	3	Mike Walker	Cardiff AAC	4.40	4	33	Matt Ledger	Cardiff AAC	3.20			
5	7	Gregg Conlon	Thames Valley Harriers	4.20	5	1	Alan Hardy	Blackheath & Bromley	2.80			
6	11	Alex Pope	Blackheath & Bromley	3.40						REFEREE'S SIGNATURE		
7	66	Kevin Gray	Kent AC	3.40								