

BRITISH ATHLETICS LEAGUE DIVISION 3
Held at BEDFORD INTERNATIONAL, STADIUM - 30th July 2005

PLACE	COMPETITOR	CLUB	TIME/DIST	POINTS
100metres A (Wind +1.2)				
1	IAN HORSBURGH	EDINBURGH	10.80	16
2	CONRAD WILLIAMS	KENT	10.89	14
3	PHIL ELLERSHAW	LIVERPOOL	11.11	12
4	MATT BARCLAY	CRAWLEY	11.13	10
5	LAWRENCE MENSAH	HERNE HILL	11.15	8
6	STEVE MAYBURY	RUGBY & N	11.34	6
7	DAVID PRATT	BEDFORD	11.37	5
8	JAMES THORNE	NOTTS	11.55	4
100metres B (Wind + 0.9)				
1	BRETT RUND	EDINBURGH	10.86	12
2	PAUL EGBOH	KENT	11.01	10
3	RADEK MOJESK	CRAWLEY	11.20	8
4	IDRIS OJURIYE	HERNE HILL	11.21	6
5	GAVIN TOMLINSON	BEDFORD	11.32	4
6	MICHAEL GOULDING	LIVERPOOL	11.54	3
7	ANTHONY JOHNSON	NOTTS	13.37	2
200metres A (Wind +0.2)				
1	BRETT RUND	EDINBURGH	21.78	16
2	MATT BARCLAY	CRAWLEY	22.49	14
3	LAWRENCE MENSAH	HERNE HILL	22.74	12
4	PHIL ELLERSHAW	LIVERPOOL	22.82	10
5	PAUL EGBOH	KENT	22.97	8
6	JAMES THORNE	NOTTS	23.10	6
7	DAN GOULD	BEDFORD	23.24	5
200metres B (Wind +1.8)				
1	IAN HORSBURGH	EDINBURGH	21.86	12
2	KIERAN McGING	NOTTS	22.97	10
3	DEREK MOJESK	CRAWLEY	23.08	8
4	GAVIN TOMLINSON	BEDFORD	23.15	6
5	SHAUN JAMBS	LIVERPOOL	23.17	4
6	SAHR LEBBIE	KENT	23.35	3
7	BYRON ROBINSON	HERNE HILL	23.65	2
400metres A				
1	CONRAD WILLIAMS	KENT	46.86	16
2	ROBERT LEWIS	BEDFORD	48.59	14
3	JOHN DUNLOP	EDINBURGH	48.75	12
4	KIERAN McGING	NOTTS	49.15	10
5	STEVE MAYBURY	RUGBY & N	49.70	8
6	STUART MORELAND	LIVERPOOL	49.9	6
7	MATT PEEL	CRAWLEY	51.17	5
8	KEITH NEWTON	HERNE HILL	62.41	4
400 metres B				
1	STUART HIRST	EDINBURGH	49.62	12
2	DAVID PRATT	BEDFORD	50.2)	10
3	RUSSELL FROST	KENT	50.53	8
4	LEE WATERS	NOTTS	50.58	6
5	MATT PATTERN	CRAWLEY	51.71	4
6	ALEX McGREGOR	RUGBY & N	51.12	3
7	CURTIS ROBB	LIVERPOOL	53.92	2
8	STEVEN PASTON	HERNE HILL	57.78	1

800 metres A

1	MARK MITCHELL	EDINBURGH	1m52.39	16
2	CURTIS ROBB	LIVERPOOL	1m53.06	14
3	NOEL POLLOCK	KENT	1m54.84	12
4	TOM CAUSEBROOK	RUGBY & N	1m55.30	10
5	RICHARD CLAYTON	CRAWLEY	1m56.48	8
6	BRUCE RAESIDE	NOTTS	1m57.35	6
7	LIAM SMYTH	BEDFORD	1m58.43	5
8	BEN WOODD	HERNE HILL	1m59.36	4

800 metres B

1	JERMAINE MAYS	KENT	1m54.25	12
2	SCOTT THOMSON	EDINBURGH	1m54.83	10
3	SIMON BURTON	NOTTS	1m56.76	8
4	ROSS GLOVER	RUGBY & N	1m57.10	6
5	LEWIS CADMAN	BEDFORD	1m57.85	4
6	DOUGLAS JOHNSON	CRAWLEY	1m58.70	3
7	STUART MORELAND	LIVERPOOL	2m01.39	2
8	SIMON COOMBES	HERNE HILL	2m04.15	1

1500 metres A

1	JOEL KIDGER	CRAWLEY	3m56.57	16
2	BRUCE RAESIDE	NOTTS	3m58.63	14
3	DEREK WATSON	EDINBURGH	3m58.87	12
4	MATT JAMES	BEDFORD	3m58.94	10
5	JOHN McCOLE	LIVERPOOL	3m59.38	8
6	STEVE GILL	RUGBY & N	3m59.43	6
7	NOEL POLLOCK	KENT	4m01.00	5
8	IAIN LOCKETT	HERNE HILL	4m07.66	4

1500 metres B

1	JERMAINE MAYS	KENT	4m04.18	12
2	SCOTT THOMSON	EDINBURGH	4m05.17	10
3	LEWIS CADMAN	BEDFORD	4m06.38	8
4	MATT FARMER	CRAWLEY	4m08.98	6
5	SIMON BURTON	NOTTS	4m12.06	4
6	SIMON WURR	HERNE HILL	4m14.00	3
7	CRAIG HOY	LIVERPOOL	4m23.64	2
8	ROSS GLOVER	RUGBY & N	4m27.37	1

5000 metres A

1	NICK ALTMANN	HERNE HILL	14m35.07	16
2	HUW LOBB	BEDFORD	14m39.20	14
3	GAVIN THOMPSON	CRAWLEY	14m4b-58	12
4	ROB BERRY	LIVERPOOL	15m12.53	10
5	DAVID GITAU	KENT	15m16.11	8
6	COLIN PALMER	NOTTS	15m26.44	6
7	CHRIS PEREZ	RUGBY & N	16m37.83	5

5000 metres B

1	STEVE BODY	BEDFORD	14m49.49	12
2	MATT NORMINGTON	HERNE HILL	15m19.84	10
3	PAUL ROWLAND	NOTTS	15m33.50	8
4	RICHARD BURNEY	LIVERPOOL	15m36.54	6
5	PAUL ROGERS	CRAWLEY	15m36.13	4
6	JAMES McGAUGHEY	KENT	15m39.20	3
7	TOM GLOVER	RUGBY & N	20m01.01	2

110 metres Hurdles A wind +0.5

1	ROBERT LEWIS	BEDFORD	14.98	16
2	RICHARD BADERIN	LIVERPOOL	15.00	14
3	CALUM LAING	EDINBURGH	15.43	12
4	CLARENCE ALIEN	HERNE HILL	15.50	10
5	JOE APPIAH	KENT	19.29	8
6	CHRIS MINN	CRAWLEY	16.38	6
7	IAN GIDLEY	RUGBY & N	16.60	5
8	RICHARD BELTON	NOTTS	21.31	4

110metres Hurdles B (Wind 0.2)

1	DAVID COLLARD	EDINBURGH	15.71	12
2	VICTOR BARZEY	KENT	16.24	10
3	STEVE POTTER	RUGBY & N	16.36	8
4	BEN McILROY	CRAWLEY	16.36	6
5	GAVIN FORDHAM	BEDFORD	16.75	4
6	HOYDEN JOHN	HERNE HILL	16.76	3
7	ANTHONY JOHNSON	NOTTS	20.55	2
8	DAVID McKOWN	LIVERPOOL	20.80	1

400metres Hurdles A

1	ROBERT LEWIS	BEDFORD	52.89	16
2	STEVE POTTER	RUGBY & N	56.19	14
3	SHONE MULLIGAN	KENT	56.65	12
4	ANDREW GRANT	EDINBURGH	58.05	10
5	TOM OFFLER	NOTTS	58.48	8
6	NICK DUGGEN	CRAWLEY	58.61	6
7	ROYDEN JOHN	HERNE HILL	63.35	5
8	CRAIG HOY	LIVERPOOL	64.05	4

400 metres Hurdles B

1	BEN McILROY	CRAWLEY	57.42	12
2	RICHARD BELTON	KENT	59.03	10
3	GAVIN FORDHAM	BEDFORD	61.56	8
4	JOHN BELL	RUGBY & N	61.68	6
5	STEVE NICHOLLS	NOTTS	61.74	4
6	SHAUN CONNERTON	EDINBURGH	62.99	3
7	CHRIS DANIELS	HERNE HILL	65.66	2
8	VICTOR BARZEY	LIVERPOOL	66.26	1

3000 metres Steeplechase A

1	SIMON WURR	HERNE HILL	9m12.41	16
2	ROB BERRY	LIVERPOOL	9m14.26	14
3	JAMES CONNOR	KENT	9m23.18	12
4	MATT BLUNDER	NOTTS	9m32.90	10
5	KEVIN HOLLAND	CRAWLEY	9m47.89	8
6	ANDREW HANDSLEY	BEDFORD	10m24.27	6
7	TOM GLOVER	RUGBY & N	11m06.39	5

3000 metres Steeplechase B

1	ANDREW DUNWOODY	KENT	9m42.83	12
2	DANIEL CHAPPELL	HERNE HILL	9m45.02	10
3	TIM WOODTHORPE	NOTTS	9m56.75	8
4	ROB CREED	CRAWLEY	10m13.10	6
5	ANDREW INSKIP	BEDFORD	10m29.94	4
6	STEVE NICHOLLS	LIVERPOOL	11m14.52	3
7	STUART MEADOWS	RUGBY & N	11m30.74	2

LONG JUMP A

1	STEVE PHILLIPS	RUGBY & N	7m42	16
2	JEREMY ODAMETEY	HERNE HILL	6m67	14
3	JONATHAN RITCHIE	EDINBURGH	6m63	12
3	MATT BARCLAY	CRAWLEY	6m41	10
5	JOE APPIAH	KENT	6m25	8
6	JAMIE CREIGHTON	LIVERPOOL	6m21	6
7	GAVIN FORDHAM	BEDFORD	6m15	5
8	TOM OFFLER	NOTTS	6m05	4

LONG JUMP B

1	ALASDAIR STRANGE	EDINBURGH	6m48	12
2	CHRIS MORGAN	CRAWLEY	6m33	10
3	TREVOR SINCLAIR	BEDFORD	6m10	8
4	MARTIN ARAM	LIVERPOOL	5m93	6
5	ALEX KNELLOR	KENT	5m82	4
6	ANDREW PEARSON	NOTTS	5m79	3
7	ALEX McGREGOR	RUGBY & N	5m78	2
8	DEXTER NICOLS	HERNE HILL	4m42	1

TRIPLE JUMP A

1	ALASDAIR STRANGE	EDINBURGH	14m93	16
2	STEVE PHILLIPS	RUGBY & N	14m51	14
3	CURTIS MAY	HERNE HILL	14m11	12
4	JOE APPIAH	KENT	13m32	10
5	ANDREW PEARSON	NOTTS	11m82	8
6	JAMIE CREIGHTON	LIVERPOOL	11m77	6
7	TREVOR SINCLAIR	BEDFORD	11m21	5
8	CHRIS MORGAN	CRAWLEY	10m17	4

TRIPLE JUMP B

1	ROBERT FORBES	EDINBURGH	13m80	12
2	EZEKIEL EWULO	HERNE HILL	13m51	10
3	ALEX KNELLER	KENT	12m77	8
4	IAN GIDLEY	RUGBY & N	12m47	6
5	SHAUN JAMES	LIVERPOOL	11m36	4
6	GARETH SMITH	NOTTS	10m79	3
7	DAMIAN LARRINGTON	BEDFORD	10m78	2
8	STEVE GATES	CRAWLEY	10m72	1

HIGH JUMP A

1	ROBBIE GRABARZ	BEDFORD	2.05m	16
2	MARTIN ARAM	LIVERPOOL	2.05m	14
3	STUART LIVINGSTONE	EDINBURGH	2.00m	12
4	MATT ASHLEY	NOTTS	1.90m	10
=5	IAN GIDLEY	RUGBY & N	1.85m	7
=5	EMEKA MADDY	HERNE HILL	1.85m	7
7	DIMEARI COOKEY	KENT	1.80m	5
8	BEN McILROY	CRAWLEY	1.70m	4

HIGH JUMP B

1	JAMIE CREIGHTON	LIVERPOOL	2.00m	12
2	ALASDAIR STRANGE	EDINBURGH	1.90m	10
3	GAVIN FORDHAM	BEDFORD	1.85m	8
4	DOLLARD M'VIMVI	HERNE HILL	1.85m	6
5	ANDY REEVES	RUGBY & N	1.80m	4
6	MARK DUNWELL	NOTTS	1.75m	3
7	ROB SAUNDERS	KENT	1.75m	2
8	CHRIS MORGAN	CRAWLEY	1.60m	1

POLE VAULT A

1	NICK BUCKFIELD	CRAWLEY	5.30m	16
2	IAN BOWLEY	BEDFORD	4.00	14
3	MARTIN VINCENT	RUGBY & N	4.00	12
4	ALISTAIR BROWN	EDINBURGH	4.00m	10
5	KEVIN GRAY	KENT	3.40m	8
6	STEVEN PASTON	HERNE HILL	3.00m	6
7	DAVID McKOWN	LIVERPOOL	3.90m	5
8	GARETH SMITH	NOTTS	2.60m	4

POLE VAULT B

1	GAVIN FORDHAM	BEDFORD	3.20m	12
2	ROYDES JOHN	HERNE HILL	2.80m	10
3	STEVEN NICHOLLS	LIVERPOOL	2.60m	8
4	ANTHONY JOHNSON	NOTTS	2.60m	6
5	RUSSELL FROST	KENT	2.60m	4

SHOT PUTT A

1	WILL LOWNDES	LIVERPOOL	14.82m	16
2	WILLIAM FALCONER	EDINBURGH	14.76m	14
3	ADAM DAVIS	BEDFORD	13.59m	12
4	JAY THOMAS	KENT	13.39m	10
5	JOSH LAMB	CRAWLEY	13.33m	8
6	ROB CARELESS	NOTTS	11.33m	6
7	MARCUS WILLIAMS	HERNE HILL	11.24m	5
8	LUKE HYLAND	RUGBY & N	9.80m	4

SHOT PUTT B

1	ASHLEY WARD	CRAWLEY	12.08m	12
2	DAMIEN LARRINGTON	BEDFORD	11.85m	10
3	ALAN PEKIN	KENT	11.83m	8
4	GARY POWER	HERNE HILL	11.12m	6
5	MARTIN ARAM	LIVERPOOL	10.72m	4
6	LIAM McINTYRE	EDINBURGH	10.58m	3
7	MIKE EDWARDS	RUGBY & N	8.62m	2
8	MARK DUNWELL	NOTTS	8.38m	1

DISCUSTHROW A

1	JOSH LAMB	CRAWLEY	46.86m	16
2	GARY HERRINGTON	RUGBY & N	45.59m	14
3	GARY POWER	HERNE HILL	44.02m	12
4	LIAM McINTYRE	EDINBURGH	42.59m	10
5	ADAM DAVIS	BEDFORD	40.95m	8
6	MIKE BOMBA	LIVERPOOL	37.66m	6
7	ALEX KNELLER	KENT	29.94m	5
8	ROB CARELESS	NOTTS	29.40m	4

DISCUS THROW B

1	DAMIEN LARRINGTON	BEDFORD	39.26m	12
2	WILLIAM FALCONER	EDINBURGH	39.14m	10
3	ASHLEY WARD	CRAWLEY	37.43m	8
4	WILL LOWNDES	LIVERPOOL	37.35m	6
5	JAMES HYLAND	RUGBY & N	34.52m	4
6	TERRY LALLEY	HERNE HILL	32.62m	3
7	SHONE McLEOD	KENT	28.97m	2
8	SAM KELVEY	NOTTS	17.17m	1

JAVELIN THROW A

1	SAM KELVEY	NOTTS	58.00m	16
2	ALLANDRE JOHNSON	HERNE HILL	55.66m	14
3	JOHN MITCHELL	EDINBURGH	49.80m	12
4	DAVID McKOWN	LIVERPOOL	49.67m	10
5	STEVE GATES	CRAWLEY	47.64m	8
6	GAVIN FORDHAM	BEDFORD	47.45m	6
7	SHONE McLEOD	KENT	44.16m	5
8	MIKE EDWARDS	RUGBY & N	37.72m	4

JAVELIN THROW B

1	DAVID TURNER	LIVERPOOL	48.76m	12
2	CLEM BARTLEY	NOTTS	46.64m	10
3	MARK DALRYMPLE	BEDFORD	45.19m	8
4	MATT KELLY	HERNE HILL	45.00m	6
5	JAY THOMAS	KENT	41.29m	4
6	CHRIS MORGAN	CRAWLEY	40.30m	3
7	JOHN GERCS	RUGBY & N	34.47m	2
8	SHAUN CONNERTON	EDINBURGH	25.04m	1

HAMMER THROW A

1	GLEN KERR	BEDFORD	63.31m	16
2	ROB CARELESS	NOTTS	53.52m	14
3	WILL LOWNDES	LIVERPOOL	48.21m	12
4	MARK SHERRIDAN	CRAWLEY	43.72m	10
5	ALAN PEKIN	KENT	40.13m	8
6	LUKE HYLAND	RUGBY & N	38.91m	6
7	JOHN MAITLAND	HERNE HILL	38.09m	5
8	WILLIAM FALCONER	EDINBURGH	37.58m	4

HAMMER THROW B

1	DARREN KERR	BEDFORD	45.55m	12
2	JOSH LAMB	CRAWLEY	39.74m	10
3	GARY HERRINGTON	RUGBY & N	35.68m	8
4	TERRY LALLEY	HERNE HILL	24.89m	6
5	SHONE McLEOD	KENT	33.59m	4
6	LIAM McINTYRE	EDINBURGH	25.46m	3
7	GARETH SMITH	NOTTS	10.90m	2
8	MIKE BOMBA	LIVERPOOL	10.35m	1

4x100m RELAY

1	KENT	42.84	16
2	BEDFORD	43.73	14
3	CRAWLEY	44.06	12
4	LIVERPOOL	44.54	10
5	HERNE HILL	44.63	8
6	NOTTS	44.79	6

4x400m RELAY

1	EDINBURGH	3m15.96	16
2	KENT	3m18.64	14
3	CRAWLEY	3m23.45	12
4	NOTTS	3m25.19	10
5	RUGBY & N	3m25.77	8
6	LIVERPOOL	3m27.20	6
7	BEDFORD	3m40.99	5
8	HERNE HILL	4m01.29	4

Match result:

- 1, Bedford & County 324;
- 2, City of Edinburgh 322;
- 3, Kent AC 300;
- 4, Crawley 287;
- 5, Liverpool Harriers 260;
- 6, Herne Hill 252;
- 7, Notts 231;
- 8, Rugby & Northampton 200.

Final standings:

- 1, City of Edinburgh 31;
- 2, Bedford & County 25;
- 3, Kent AC 19;
- 4, Crawley 18;
- 5, Liverpool Harriers 18;
- 6, Herne Hill 16.5;
- 7, Notts 12.5;
- 8, Rugby & Northampton 4.