

BRITISH ATHLETICS LEAGUE DIVISION 3

Held at Kingsmeadow Kingston

4th June 2005

Position	Competitor	Club	Performance	Pts
100meters A				
1	I Horsburgh	Edi	11.03	16
2	J Brown	Kent	11.24	14
3	A Aplin	Notts	11.26	12
4	R Graham	H Hill	11.3	10
5	M Barclay	Cra	11.31	8
6	D Pratt	Bed	11.47	6
7	P Ellershaw	Liv	11.58	5
8	E Van Zyl	Rug	12.06	4

100meters B				
1	M Dunwell	Notts	11.28	12
2	L Mensah	H Hill	11.32	10
3	P Egboh	Kent	11.33	8
4	R Mojesk	Cra	11.51	6
5	G Tomlinson	Bed	11.64	4
6	I Standish	Liv	11.67	3
7	S Charters	Edi	11.72	2
8	A McGregor	Rug	12.17	1

200meters A				
1	I Horsburgh	Edi	21.77	16
2	J Brown	Kent	22.16	14
3	A Aplin	Notts	22.38	12
4	M Barclay	Cra	22.57	10
5	L Mensah	H Hill	22.71	8
6	D Gould	Bed	23.13	6
7	A Owens	Liv	23.16	5
8				4

200meters B				
1	E Bamfo	H Hill	22.49	12
2	G Burnett	Edi	22.6	10
3	M Dunwell	Notts	22.73	8
4	R Mojesk	Cra	23.01	6
5	J Fleary	Liv	23.19	4
6	V Barzey	Kent	23.58	3
7	C Simpson	Bed	23.78	2
8				1

400meters A				
1	C Williams	Kent	47.63	16
2	B Rund	Edi	48.28	14
3	R Lewis	Bed	49.2	12
4	R Hill	Notts	49.4	10
5	S Morland	Liv	51.14	8
6	T Causebrook	Rug	52.33	6
7	C Cox	Cra	52.49	5
8	K Sanrofa	H Hill	53.39	4

400meters B				
1	J Dunlop	Edi	49.47	12
2	D Pratt	Bed	50.12	10
3	R Frost	Kent	50.44	8
4	I Tinsley	Liv	52.07	6
5	B Robinson	H Hill	52.34	4
6	M Pattern	Cra	52.37	3
7	A McGregor	Rug	53.63	2
8	A Budd	Notts	54.44	1

800meters A				
1	R Hooton	Edi	1.54.65	16
2	J Fewtrell	Bed	1.55.41	14
3	J Hayden	Notts	1.55.49	12
4	T Causebrook	Rug	1.56.2	10
5	R Clayton	Cra	1.57.4	8
6	A Dunwoody	Kent	1.57.92	6
7	J Mannion	Liv	1.58.1	5
8	B Wood	H Hill	2.01.91	4

800meters B				
1	M Gibbons	Notts	1.55.86	12
2	I Barratt	Cra	1.57.44.	10
3	P Carrow	Liv	1.57.61	8
4	C Hrynhow	Bed	1.58.83	6
5	A Barritt	Rug	1.58.97	4
6	D Edwards	Edi	1.59.7	3
7	K Agyei	H Hill	2.00.51	2
8	J Headley	Kent	2.01.63	1

1500meters A				
1	J Fewtrell	Bed	3.56.37	16
2	R Hooton	Edi	3.57.12	14
3	J Hayden	Notts	3.57.96	12
4	R Burney	Liv	3.58.46	10
5	B Paviour	H Hill	4.00.67	8
6	P Rogers	Cra	4.00.92	6
7	N Jipril	Kent	4.02.42	5
8	R Glover	Rug	4.25.88	4

1500meters B				
1	M James	Bed	3.58.42	12
2	J Mellor	Liv	4.00.20	10
3	I Williamson	Edi	4.00.52	8
4	B Raeside	Notts	4.01.81	6
5	I Lockett	H Hill	4.05.74	4
6	A Dunwoody	Kent	4.07.79	3
7	M Farmer	Cra	4.11.96	2
8				1

5000meters A				
1	J McFarlane	H Hill	14.47.09	16
2	S Body	Bed	14.51.72	14
3	J McCole	Liv	14.56.99	12
4	R Birchall	Notts	14.57.03	10
5	K Holland	Cra	15.11.33	8
6	D Gitau	Kent	15.40.83	6
7	M Ferguson	Edi	16.18.64	5
8				4

5000meters B				
1	P Sly	H Hill	14.50.77	12
2	D Deed	Bed	15.09.3	10
3	L Jones	Cra	15.27.1	8
4	G Groves	Liv	15.53.29	6
5	C Palmer	Notts	15.53.73	4
6	J McGaughey	Kent	16.04.56	3
7				2
8				1

3000meters S/C A				
1	S Wurr	H Hill	9.16.5	16
2	M Blunden	Notts	9.21.9	14
3	D Gitau	Kent	9.45.8	12
4	J Clewett	Cra	9.56.6	10
5	R Hughes	Edi	10.06.1	8
6	S Freeman	Liv	10.14.2	6
7	S Meadows	Rug	10.59.2	5
8	L Smith	Bed	10.59.6	4

3000meters S/C B				
1	J Connor	Kent	9.48.1	12
2	T Woodthorpe	Notts	9.59.6	10
3	D Chappell	H Hill	10.12.2	8
4	R Creed	Cra	10.16.2	6
5	S Nichols	Liv	10.57.2	4
6	J Steel	Edi	11.07.6	3
7				2
8				1

110meters hurdles A				
1	J Fleary	Liv	15.4	16
2	C Laing	Edi	15.71	14
3	C Allen	H Hill	16.05	12
4	J Appiah	Kent	16.48	10
5	I Gidley	Rug	17.27	8
6	C Minn	Cra	17.47	6
7	A Johnson	Notts	21.71	5
8	P Carpowter	Bed	22.17	4

110meters hurdles B				
1	R Baderin	Liv	15.27	12
2	M Lloyd	Kent	16.07	10
3	B McIlroy	Cra	16.45	8
4	S Potter	Rug	16.84	6
5	R John	H Hill	17.56	4
6	S Connerson	Edi	20.09	3
7	I Bowley	Bed	20.78	2
8	T Woodthorpe	Notts	25.69	1

400meters hurdles A				
1	R Lewis	Bed	53	16
2	B McIlroy	Craw	56.78	14
3	S Potter	Rug	57.05	12
4	S Mulligan	Kent	57.07	10
5	S Freeman	Liv	60.01	8
6	A Rudd	Notts	61.95	6
7	D Chappell	H Hill	62.58	5
8	S Connerton	Edi	62.91	4

400meters hurdles B				
1	P Benedictus	Bed	58.66	12
2	N Duggan	Cra	58.82	10
3	D Graham	Edi	59.66	8
4	S Meadows	Rug	61.3	6
5	A Johnson	Notts	63.52	4
6	S Kiwanuka	Kent	67.46	3
7	D McKown	Liv	72.81	2
8	S Paston	H Hill	84.72	1

High Jump A				
1	M Aram	Liv	2.05	16
2	M Lloyd	Kent	2	14
3	S Livingstone	Edi	1.95	12
4	D Mvimvi	H Hill	1.85	10
5	I Gidley	Rug	1.8	8
6	G Fordham	Bed	1.8	6
7	G Simpkins	Cra	1.75	5
8	K Toms	Notts	1.65	4

High Jump B				
1	J Creighton	Liv	2.05	12
2	A Strange	Edi	1.8	10
3	I Bowley	Bed	1.7	8
4	R Saunders	Kent	1.7	6
5	R John	H Hill	1.65	4
6	S Kelvey	Notts	1.6	3
7	M Duggan	Cra	1.55	2
8	J GerCs	Rug	1.35	1

Pole Vault A				
1	A Walker	Cra	4.2	16
2	D Graham	Edi	4.2	14
3	I Bowley	Bed	4	12
4	M Vincent	Rug	4	10
5	S Paston	H Hill	3.2	8
6	D McKown	Liv	3	6
7	K Toms	Notts	3	5
8	K Gray	Kent	2.8	4

Pole Vault B				
1	A Brown	Edi	3.8	12
2	S Eastwood	Bed	3.8	10
3	R Laine	Liv	2.8	8
4	N Stephenson	Kent	2.8	6
5	J Raydon	H Hill	2.6	4
6	L Richman	Cra	2.4	3
7				2
8				1

Long Jump A				
1	E Ewulo	H Hill	6.85	16
2	M Barclay	Cra	6.83	14
3	J Appiah	Kent	6.72	12
4	G Lumsdisp	Liv	6.66	10
5	G White	Rug	6.64	8
6	J Ritchie	Edi	6.56	6
7	G Fordham	Bed	6.31	5
8	M Dunwell	Notts	5.95	4

Long Jump B				
1	R John	H Hill	6.45	12
2	C Morgan	Cra	6.26	10
3	S Charters	Edi	6.18	8
4	I Offiah	Kent	5.94	6
5	A McGregor	Rug	5.87	4
6	C Ratray	Liv	5.8	3
7	P Carpenter	Bed	5.25	2
8	A Jonston	Notts	5.24	1

Triple Jump A				
1	G White	Rug	15.1	16
2	A Strange	Edi	15	14
3	E Ewuko	H Hill	14.21	12
4	M Burton	Kent	14	10
5	J Hopkins	Bed	12.67	8
6	C Ratray	Liv	12.56	6
7	M Sinclair	Cra	11.62	5
8	A Johnson	Notts	11.02	4

Triple Jump B				
1	R Forbes	Edi	14.26	12
2	J Odametey	H Hill	14.06	10
3	I Gidley	Rug	12.67	8
4	G Lumsden	Liv	12.27	6
5	A McEwan	Cra	10.98	4
6	R Saunders	Kent	10.96	3
7	K Toms	Notts	10.74	2
8	P Carpenter	Bed	10.7	1

Javelin A				
1	A Johnson	H Hill	59.32	16
2	C Eden	Notts	58.55	14
3	D Turner	Liv	51.37	12
4	S Gates	Cra	50.3	10
5	J Mitchell	Edi	50.1	8
6	G Fordham	Bed	45.97	6
7	A Porter	Kent	43	5
8	J Gerics	Rug	35.72	4

Javelin B				
1	S Kelvey	Notts	55.67	12
2	D McKown	Liv	50.14	10
3	A McEwan	Cra	48.48	8
4	M Kelly	H Hill	45	6
5	J Dais	Kent	41.12	4
6	S Eastwood	Bed	38.07	3
7	M Edwards	Rug	34.52	2
8	S Connerton	Edi	25.89	1

Discus A				
1	G Power	H Hill	45.56	16
2	J Lamb	Cra	45.26	14
3	L McIntyre	Edi	42.43	12
4	D Brew	Liv	38.51	10
5	A Porter	Kent	37.84	8
6	N Winchcombe	Notts	36.15	6
7	D Carrington	Bed	34.24	5
8	J Geres	Rug	23.37	4

Discus B				
1	W Faulkner	Edi	41.99	12
2	W Lowndes	Liv	36.43	10
3	J Davis	Kent	33.03	8
4	L Walker	Cra	29.79	6
5	K Macpherson	Notts	25.18	4
6	M Williams	H Hill	24.01	3
7	M Edwards	Rug	23.34	2
8				1

Hammer A				
1	G Kerr	Bed	62.22	16
2	M Bomba	Liv	56.21	14
3	R Careless	Notts	54.5	12
4	N Bullman	Rug	47.95	10
5	J Lamb	Cra	43.53	8
6	W Faulkner	Edi	39.05	6
7	A Peakin	Kent	37.73	5
8	J Maitland	H Hill	36.02	4

Hammer B				
1	N Winchcombe	Notts	52.97	12
2	W Lownds	Liv	50.61	10
3	D Kerr	Bed	44.29	8
4	M Sheridan	Cra	43.39	6
5	G Power	H Hill	28.53	4
6	L Mackintyre	Edi	25.19	3
7	J Gerics	Rug	15.76	2
8	N Stephenson	Kent	15.02	1

Shot A				
1	W Falconer	Edi	14.64	16
2	W Lowndes	Liv	14.03	14
3	J Thomas	Kent	13.87	12
4	J Lamb	Cra	13.29	10
5	D Larrington	Bed	12.23	8
6	M Williams	H Hill	10.98	6
7	K McPherson	Notts	10.38	5
8	N Bulman	Rug	8.92	4

Shot B				
1	L McIntyre	Edi	12	12
2	R Lane	Liv	11.85	10
3	A Porter	Kent	11.27	8
4	M Sheridan	Cra	10.92	6
5	S Achurch	Bed	10.9	4
6	G Power	H Hill	10.74	3
7	M Edwards	Rug	8.17	2
8	K Toms	Notts	7.98	1

4 x 100 meters relay				
1		Cra	43.62	16
2		Bed	43.71	14
3		Edi	44.08	12
4		Kent	44.3	10
5		H Hill	44.33	8
6		Rug	44.83	6
7		Notts	45.69	5
8		Liv	Dis	

4 x 400 meters relay				
1		Edi	3.17.79	16
2		Kent	3.19.34	14
3		Bed	3.26.9	12
4		Notts	3.27.14	10
5		Liv	3.29.24	8
6		H Hill	3.31.48	6
7		Cra	3.31.5	5
8				4

Match Result

Position	Club	Total Points	League Points
1	Edinburgh	342	8
2	Liverpool	295	7
3	Herne Hill	288	6
4	Crawley	282	5
5	Kent AC	280	4
6	Bedford	278	3
7	Notts AC	255	2
8	Rugby	159	1

Overall League position after 2 matches

Position	Club	Total Points	League Points
1	Edinburgh	665	16
2	Herne Hill	554	11
3	Bedford	563	10
4	Liverpool	528	9
5	Crawley	526	9
6	Notts AC	535	8
7	Kent AC	522	7
8	Rugby	362	2