

# BRITISH ATHLETICS LEAGUE – DIVISION 3

## Fixture Four - held at Gateshead Stadium

5th August, 2006

Pos	Competitor	Club	Perf	Match points
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### 100 metres 'A'

0.6

1	B Stamkowski	Derby	10.76	16
2	B Richardson	Team Southampton	11.02	14
3	M Dunwell	Notts AC	11.08	12
4	D Showler-Davies	Basingstoke & Hants	11.18	10
5	V Nwabara	Kingston & Polytechnic	11.19	8
6	J Daniel	Rugby & Northampton	11.36	6
7	Marc Suggitt	Gateshead	11.53	5
8	C Pink	Medway & Maidstone	11.63	4

### 100 metres 'B'

1.2

1	A Blow	Basingstoke & Hants	11.11	12
2	T Bradford	Notts AC	11.22	10
3	J Heppenstall	Kingston & Polytechnic	11.32	8
4	S Maxbury	Rugby & Northampton	11.61	6
5	J Johnson	Medway & Maidstone	11.71	4
6	D Smith	Derby	11.71	3
7	Steven Horsburgh	Gateshead	12.01	2
8	D Wall	Team Southampton	12.15	1

### 200 metres 'A'

-0.5

1	Ben Stemkowski	Derby	21.83	16
2	Andy Blow	Basingstoke & Hants	22.26	14
3	Tim Bradford	Notts AC	22.55	12
4	Ben Richardson	Team Southampton	22.66	10
5	Victor Nwaabara	Kingston & Polytechnic	22.77	8
6	Justin Daniel	Rugby & Northampton	23.25	6
7	James Johnson	Medway & Maidstone	23.31	5
8	Kieran Flannery	Gateshead	23.53	4

### 200 metres 'B'

-2.3

1	Dean Showler-Davies	Basingstoke & Hants	22.7	12
2	Daniel Burns	Gateshead	22.9	10
3	James Heppenstall	Kingston & Polytechnic	22.9	8
4	Tom Offler	Notts AC	23.2	6
5	Nick Matthews	Derby	23.6	4
6	Daryl Campbell	Team Southampton	23.6	3
7	Chris Pink	Medway & Maidstone	23.6	2
8	Martin Vincent	Rugby & Northampton	25.1	1

## 400 metres 'A'

1	Mark Berridge	Basingstoke & Hants	47.85	16
2	Kieran Flannery	Gateshead	49.41	14
3	Arron Brown	Derby	49.85	12
4	Jamie McKulloch	Kingston & Polytechnic	50.12	10
5	Luck Smallwood	Medway & Maidstone	50.28	8
6	Steve maybury	Rugby & Northampton	50.43	6
7	Luke Paulson	Notts AC	53.27	5
8	Scott Kornca	Team Southampton	90.82	4

## 400 metres 'B'

1	Darryl Campbell	Team Southampton	49.61	12
2	Tom Alldred	Derby	49.98	10
3	Paul may	Basingstoke & Hants	50.68	8
4	Marc Docherty	Gateshead	50.83	6
5	Adam Bells	Kingston & Polytechnic	50.96	4
6	Chris Lamb	Rugby & Northampton	52.12	3
7	Tim Alexander	Medway & Maidstone	52.27	2
8	Trevantie Graham	Notts AC	52.64	1

## 800 metres 'A'

1	J McCulloch	Kingston & Polytechnic	1.52.78	16
2	Chris Parr	Gateshead	1.52.97	14
3	L Gunn	Derby	1.53.30	12
4	M Gibbons	Notts AC	1.53.51	10
5	T Causebrook	Rugby & Northampton	1.53.89	8
6	S Tuvill	Basingstoke & Hants	1.56.02	6
7	T Davies	Team Southampton	1.56.92	5
8	T Alexander	Medway & Maidstone	1.59.93	4

## 800 metres 'B'

1	D Raggan	Basingstoke & Hants	1.54.00	12
2	M Almond	Rugby & Northampton	1.55.67	10
3	R Warburton	Notts AC	1.55.88	8
4	J Wildianne	Derby	1.55.94	6
5	Marc Elliott	Gateshead	1.57.80	4
6	G Kaplace	Team Southampton	1.58.31	3
7	R Taylor	Kingston & Polytechnic	2.02.40	2
8	J Nice	Medway & Maidstone	2.03.17	1

## 1500 metres 'A'

1	Luke Gunn	Derby	3.50.85	16
2	Bruce Raeside	Notts AC	3.51.39	14
3	Lewis Moses	Gateshead	3.56.33	12
4	Russell Osbourne	Team Southampton	3.57.49	10
5	Matt Almond	Rugby & Northampton	3.59.29	8
6	Jack Tyler	Medway & Maidstone	3.59.77	6
7	Max Roberts	Basingstoke & Hants	4.12.81	5
8	Ant Evdarkiewicz	Kingston & Polytechnic	4.49.61	4

## 1500 metres 'B'

1	Nick Talbot	Notts AC	3.54.99	12
2	Owen Jones	Team Southampton	3.59.09	10
3	Alan Buckley	Gateshead	4.01.16	8
4	Jordan Wildrienne	Derby	4.11.01	6
5	Ben Tyler	Medway & Maidstone	4.25.58	4
6	Tom Causbrook	Rugby & Northampton	4.26.61	3
7	Mike May	Kingston & Polytechnic	5.54.88	2
8				1

## 5000 metres 'A'

1	Richard May	Notts AC	14.33.21	16
2	Jon Gilby	Derby	14.59.04	14
3	Ryan Stephenson	Gateshead	15.07.77	12
4	John Hutchins	Basingstoke & Hants	15.10.20	10
5	Neil Renault	Medway & Maidstone	15.45.08	8
6	Owen Jones	Team Southampton	16.11.73	6
7	Ross Shaddick	Kingston & Polytechnic	16.38.23	5
8	Ross Glover	Rugby & Northampton	18.13.53	4

## 5000 metres 'B'

1	Nick Talbot	Notts AC	15.16.34	12
2	Ian Williams	Derby	15.41.00	10
3	Jon Archer	Gateshead	15.46.00	8
4	Gareth Kaplacz	Team Southampton	16.37.74	6
5	Adrian Lowther	Medway & Maidstone	16.40.41	4
6	Tom Bolton	Basingstoke & Hants	16.47.69	3
7	Ron Taylor	Kingston & Polytechnic	17.56.32	2
8	Bryan Acford	Rugby & Northampton	19.35.38	1

## 3000 metres S/C 'A'

1	Colin Palmer	Notts AC	9.39.40	16
2	Darryl May	Basingstoke & Hants	9.48.58	14
3	Luke Gunn	Derby	9.54.15	12
4	Adrian Lowther	Medway & Maidstone	9.59.96	10
5	Stuart Meadows	Rugby & Northampton	10.26.43	8
6	Andy Arbour	Kingston & Polytechnic	10.54.57	6
7	Edwin James	Gateshead	15.35.79	5
8				4

## 3000 metres S/C 'B'

1	Matt Blunden	Notts AC	9.46.35	12
2	David Westbury	Derby	10.11.04	10
3	Tom Collins	Medway & Maidstone	10.24.27	8
4	David Fry	Basingstoke & Hants	10.43.57	6
5				4
6				3
7				2
8				1

## 110 metres hurdles 'A'

?

1	Ben Richardson	Team Southampton	15.22	16
2	Ben Hazel	Basingstoke & Hants	15.40	14
3	Mark Roberts	Kingston & Polytechnic	16.03	12
4	Zico Benjamin	Notts AC	16.23	10
5	Phil Harrie	Derby	16.69	8
6	Andy Reaves	Rugby & Northampton	16.21	6
7	Craig Craford Glanville	Gateshead	17.24	5
8	Alex Beech	Medway & Maidstone	25.13	4

## 110 metres hurdles 'B'

?

1	Andrew Pearson	Notts AC	15.5	12
2	John Dickenson	Basingstoke & Hants	16.73	10
3	Steven Poter	Rugby & Northampton	16.81	8
4	Martin Brookman	Medway & Maidstone	17.08	6
5	Sam Worrall	Derby	17.58	4
6	John Stacey	Gateshead	18.92	3
7	Nick Owen	Kingston & Polytechnic	19.49	2
8	Gavin Hodgson	Team Southampton	20.27	1

## 400 metres hurdles 'A'

1	Luke Smallwood	Medway & Maidstone	55.86	16
2	Tom Offler	Notts AC	55.98	14
3	Gavin Hodgson	Team Southampton	56.15	12
4	Steve Poter	Rugby & Northampton	57.61	10
5	Paul May	Basingstoke & Hants	57.88	8
6	Phil Harries	Derby	57.94	6
7	Adam Bellis	Kingston & Polytechnic	64.32	5
8	James Stacey	Gateshead	65.30	4

## 400 metres hurdles 'B'

1	Swee-Leng Chuah	Derby	56.58	12
2	Craig Crawford-Glanville	Gateshead	58.00	10
3	Nick Bates	Basingstoke & Hants	58.29	8
4	Alex Beech	Medway & Maidstone	58.63	6
5	Scott Koronka	Team Southampton	61.93	4
6	Stuart Meadows	Rugby & Northampton	62.30	3
7	Richard Belton	Notts AC	63.50	2
8	David barrington	Kingston & Polytechnic	91.10	1

## High Jump 'A'

1	D Turner	Team Southampton	2.04	16
2	A Gallie	Derby	2.00	14
3	John Stacey	Gateshead	1.85	12
4	Z Benjamin	Notts AC	1.85	10
5	M Brookman	Medway & Maidstone	1.85	8
6	B Hazel	Basingstoke & Hants	1.85	6
7	Andy Reeves	Rugby & Northampton	1.80	5
8	C Dack	Kingston & Polytechnic	1.80	4

### High Jump 'B'

1	Tom Mather	Derby	1.90	12
2	J Crocock	Team Southampton	1.85	10
3	D Burns	Gateshead	1.85	8
4	J Dickinson	Basingstoke & Hants	1.75	6
5	J Johnson	Medway & Maidstone	1.70	4
6	M Roberts	Kingston & Polytechnic	1.60	3
7	R Glover	Rugby & Northampton	1.30	2
8				1

### Pole Vault 'A'

1	Z Benjamin	Notts AC	4.50	16
2	C Boundy	Gateshead	4.40	14
3	J Dickinson	Basingstoke & Hants	4.00	12
4	E Murbey	Derby	4.00	10
5	G Oakes	Medway & Maidstone	3.80	8
6	M Roberts	Kingston & Polytechnic	3.80	6
7	D Howlett	Rugby & Northampton	3.40	5
8	A Richardson	Team Southampton	2.10	4

### Pole Vault 'B'

1	J Stacey	Gateshead	3.80	12
2	M Brookman	Medway & Maidstone	3.40	10
3	D Passey	Derby	3.40	8
4	N Owen	Kingston & Polytechnic	3.00	6
5	M Vincent	Rugby & Northampton	2.10	4
6	J Hodgson	Team Southampton	2.10	3
7	B Hazell	Basingstoke & Hants	2.10	2
8				1

### Long Jump 'A'

1	Simon Roper	Derby	7.20	0.2	16
2	John Stacey	Gateshead	6.76	0.0	14
3	James Crocock	Team Southampton	6.76	0.3	12
4	Tony Higbee	Basingstoke & Hants	6.63	0.0	10
5	James Hepponstall	Kingston & Polytechnic	6.50	0.0	8
6	Martin Brockway	Medway & Maidstone	6.04	0.0	6
7	Tom Offler	Notts AC	6.03	-0.6	5
8	Alex McGregor	Rugby & Northampton	5.96	0.6	4

### Long Jump 'B'

1	Albert Kamara	Gateshead	6.49	0.4	12
2	Dean Showler-Davis	Basingstoke & Hants	6.43	0.0	10
3	Adam Gallie	Derby	6.34	-0.2	8
4	Chris Hall	Kingston & Polytechnic	6.12	0.0	6
5	Daniel Turner	Team Southampton	6.07	-0.2	4
6	Steve Lake	Medway & Maidstone	5.93	0.2	3
7	Andrew Pearson	Notts AC	5.85	-0.4	2
8	Andrew Reeves	Rugby & Northampton	5.78	-1.5	1

### Triple Jump 'A'

1	David Smith	Derby	13.90	16
2	James Heptonhall	Kingston & Polytechnic	13.28	14
3	Daniel Blackett	Gateshead	12.93	12
4	Martin Bruckman	Medway & Maidstone	12.51	10
5	Andrew Pearson	Notts AC	12.40	8
6	John Dickinson	Basingstoke & Hants	12.29	6
7	Chris Bull	Team Southampton	12.02	5
8	Steven Polters	Rugby & Northampton	11.73	4

### Triple Jump 'B'

1	Simon Roper	Derby	13.15	12
2	James Stacey	Gateshead	12.87	10
3	Chris Hall	Kingston & Polytechnic	12.58	8
4	Dean Showler-Davis	Basingstoke & Hants	11.78	6
5	Andy Reeves	Rugby & Northampton	11.49	4
6	Steve Lake	Medway & Maidstone	11.49	3
7	Luke Paulse	Notts AC	11.04	2
8	Darren Campbell	Team Southampton	10.52	1

### Shot Putt 'A'

1	C Sturrock	Gateshead	15.54	16
2	K Stevens	Kingston & Polytechnic	15.12	14
3	J Cottrell	Derby	13.19	12
4	S Williams	Basingstoke & Hants	12.39	10
5	Robert Careless	Notts AC	11.74	8
6	A Richardson	Team Southampton	11.08	6
7	Garry Oakes	Medway & Maidstone	8.73	5
8	N Bulman	Rugby & Northampton	8.50	4

### Shot Putt 'B'

1	N Owen	Kingston & Polytechnic	14.51	12
2	A Smith	Gateshead	12.64	10
3	T Higbee	Basingstoke & Hants	11.74	8
4	N Illief	Team Southampton	11.08	6
5	J Wragg	Derby	10.57	4
6	J Gercs	Rugby & Northampton	8.21	3
7	A Beech	Medway & Maidstone	7.91	2
8	M Blunden	Notts AC	4.65	1

### Discus 'A'

1	Simon Williams	Basingstoke & Hants	43.20	16
2	Nick Illife	Team Southampton	41.73	14
3	Craig Starwick	Gateshead	41.02	12
4	Nick Owen	Kingston & Polytechnic	39.09	10
5	Steven Ingram	Derby	35.57	8
6	Zico benjamin	Notts AC	29.75	6
7	Neil Bulman	Rugby & Northampton	24.95	5
8	Simon Cartor	Medway & Maidstone	22.46	4

### Discus 'B'

1	Ben Hazel	Basingstoke & Hants	40.64	12
2	Felix Hatton	Kingston & Polytechnic	38.63	10
3	Andrew Smith	Gateshead	36.89	8
4	Adam Richardson	Team Southampton	33.99	6
5	Matin Hays	Derby	32.91	4
6	Robert Careless	Notts AC	28.27	3
7	John Gergs	Rugby & Northampton	21.56	2
8	Garry Oakes	Medway & Maidstone	16.45	1

### Hammer 'A'

1	Rob Careless	Notts AC	56.50	16
2	Gareth Cook	Kingston & Polytechnic	54.81	14
3	Martin Hayes	Derby	47.46	12
4	Andrew Smith	Gateshead	46.91	10
5	Neil Bulmen	Rugby & Northampton	45.27	8
6	Simon Williams	Basingstoke & Hants	35.94	6
7	Adam Richardson	Team Southampton	33.91	5
8	Simon Custor	Medway & Maidstone	12.28	4

### Hammer 'B'

1	Kyle Stevens	Kingston & Polytechnic	49.90	12
2	Chris Jack	Derby	38.67	10
3	Sean Hudson	Gateshead	33.61	8
4	Bill Jewers	Basingstoke & Hants	30.34	6
5	Nick Illife	Team Southampton	25.35	4
6	John Gergs	Rugby & Northampton	23.29	3
7	Alex Beech	Medway & Maidstone	10.33	2
8				1

### Javelin 'A'

1	Felix Hutton	Kingston & Polytechnic	61.88	16
2	Ian Burns	Gateshead	60.62	14
3	Ben Hazel	Basingstoke & Hants	55.65	12
4	Simon Carter	Medway & Maidstone	55.62	10
5	Dale Howlett	Rugby & Northampton	47.36	8
6	Steve Ingram	Derby	41.85	6
7	Zeco Benjamin	Notts AC	39.83	5
8	Adam Richardson	Team Southampton	36.74	4

### Javelin 'B'

1	Chris Dack	Kingston & Polytechnic	55.57	12
2	Daniel Burns	Gateshead	51.50	10
3	Dean Showler-Davies	Basingstoke & Hants	48.34	8
4	Garry Oakes	Medway & Maidstone	41.93	6
5	Mark Dunwell	Notts AC	36.53	4
6	Sam Worrall	Derby	36.46	3
7	John Gergs	Rugby & Northampton	34.30	2
8	Gavin Hodgson	Team Southampton	30.12	1

#### 4 x 100 metres relay

1		Basingstoke & Hants	42.69	16
2		Derby	43.15	14
3		Notts AC	43.23	12
4		Team Southampton	44.19	10
5		Kingston & Polytechnic	44.39	8
6		Medway & Maidstone	44.43	6
7		Gateshead	45.08	5
8		Rugby & Northampton	45.11	4

#### 4 x 400 metres relay

1		Basingstoke & Hants	3.18.75	16
2		Derby	3.22.39	14
3		Gateshead	3.24.83	12
4		Kingston & Polytechnic	3.27.12	10
5		Medway & Maidstone	3.31.52	8
6		Rugby & Northampton	3.32.85	6
7		Team Southampton	3.33.37	5
8		Notts AC	3.34.78	4

#### Match Result

Position	Club	Total points	League points
1	Derby	360	8
2	Basingstoke & Hants	336	7
3	Gateshead	326	6
4	Notts AC	285	5
5	Kingston & Polytechnic	276	4
6	Team Southampton	234.5	3
7	Medway & Maidstone	203	2
8	Rugby & Northampton	107.5	1

#### Points from Previous Meetings

Position	Club	Total points	League points
1	Gateshead	1004	23
2	Derby	911	19
3	Basingstoke & Mid Hants	936.5	17
4	Kingston & Polytechnic	913.5	17
5	Notts AC	825.5	13
6	Medway & Maidstone	681	8
7	Rugby & Northampton	618.5	6
8	Team Southampton	624	5

#### Overall league positions after this match

Position	Club	Total points	League points
1	Gateshead	Subject to scrutiny	29
2	Derby		27
3	Basingstoke & Hants		24
4	Kingston & Polytechnic		22
5	Notts AC		18
6	Medway & Maidstone		9
7	Team Southampton		8
8	Rugby & Northampton		8

Athlete of the Match - \* \* , event, perf

### Non-Scoring 100m

		-1.6
691 Mark Berridge	Basingstoke & Mid Han	11.29
689 Paul Miller	Gateshead	11.94
692 Nick Bates	Basingstoke & Mid Han	12.13
693 Duncan Stevenson	Basingstoke & Mid Han	12.14
690 Alex Hatherley	Kingston & Poly	12.40
688 Daniel Burns	Gateshead	DNS

### Non-Scoring 5000m

Ryan McLeod	Elswick	winner of 5000m
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