



## National 3 Match 4 - Swansea

				Perf	Record	Wind	UKA	AW	21 August 2010				Perf	Wind	UKA	AW	
				Wind=	-2.6m/s								Wind=	-2.3 m/s			
<b>Men's 100m A</b>									<b>Men's 100m B</b>								
1	3	Richard Morrissey	Havering Mayesbrook AC	11.15				☑	1	44	Andre Nembhard	Kingston AC & Poly Harriers	11.27				☑
2	7	Oliver King	Southampton AC	11.31					2	55	James McLean	Southend AC	11.45				
3	6	Oladele Bamisaye	Swansea H	11.42					3	33	Shaun Stewart	Havering Mayesbrook AC	11.62				
4	2	Sean Buckeridge	Exeter Harriers	11.58					4	88	Nick Clements	Yeovil Olympiads	11.81				
5	5	Jake King	Southend AC	11.62					5	11	Rhys Bennett	Bournemouth AC	11.95				
6	8	Andrew Faulkner	Yeovil Olympiads	11.65					6	77	Calum Bressington	Southampton AC	12.10				
7	4	Jordan Smith-Brent	Kingston AC & Poly Harriers	11.72					7	66	Mike Omakobia	Swansea H	12.17				
8	1	Aaron Harris	Bournemouth AC	12.13					8	22	Sam Peters	Exeter Harriers	DQ				
<b>Men's 200m A</b>				Wind=	-2.1 m/s				<b>Men's 200m B</b>				Wind=	-1.4m/s			
1	7	Oliver King	Southampton AC	22.19			55	☑	1	44	Victor Nwagbara	Kingston AC & Poly Harriers	23.01				
2	3	Richard Morrissey	Havering Mayesbrook AC	22.25			50	☑	2	55	James McLean	Southend AC	23.28				
3	4	Justin Green	Kingston AC & Poly Harriers	22.44				☑	3	33	Isaac Ogunlade	Havering Mayesbrook AC	23.54				
4	5	Jake King	Southend AC	23.02					4	22	Byron Fitzgerald	Exeter Harriers	23.58				
5	8	Nick Clements	Yeovil Olympiads	23.65					5	77	Calum Bressington	Southampton AC	23.85				
6	6	Mike Omakobia	Swansea H	24.12					6	88	Ollie Bidulph (U17)	Yeovil Olympiads	24.62				
7	1	Rhys Bennett	Bournemouth AC	24.23					7	11	Ben Amey	Bournemouth AC	24.89				
8	2	Sean Buckeridge	Exeter Harriers	25.71					8	66	Steve Richards	Swansea H	25.76				
<b>Men's 400m A</b>									<b>Men's 400m B</b>								
1	3	Richard Morrissey	Havering Mayesbrook AC	48.60			95	☑	1	66	Chris Gowell	Swansea H	49.70		51		☑
2	6	Jonathon Williams	Swansea H	49.60			55	☑	2	33	Shaun Stewart	Havering Mayesbrook AC	50.56				☑
3	2	Sam Peters	Exeter Harriers	49.79				☑	3	55	David Smale	Southend AC	50.72				☑
4	8	Andrew Faulkner	Yeovil Olympiads	50.82				☑	4	44	Adam Bellis	Kingston AC & Poly Harriers	51.08				
5	1	Darryn Campbell	Bournemouth AC	50.85				☑	5	77	David Bolton	Southampton AC	51.41				
6	4	Adam Omisore	Kingston AC & Poly Harriers	51.26					6	11	Ryan Saunders	Bournemouth AC	51.61				
7	7	Aaron Bennett	Southampton AC	51.65					7	88	Davey Platt	Yeovil Olympiads	52.27				
8	5	Greg Goodrem	Southend AC	52.27					8	22	Matt Parsley	Exeter Harriers	2.55.68				
<b>Men's 800m A</b>									<b>Men's 800m B</b>								
1	6	Chris Gowell	Swansea H	01:52.33			61	☑	1	66	Jonathon Williams	Swansea H	01:59.56				☑
2	1	Ryan Saunders	Bournemouth AC	01:53.25				☑	2	55	David Smale	Southend AC	01:59.84				☑
3	7	Aaron Bennett	Southampton AC	01:54.31				☑	3	22	Owen Walpole	Exeter Harriers	01:59.99				☑
4	8	Davey Platt	Yeovil Olympiads	01:54.64				☑	4	11	Dan Price	Bournemouth AC	02:01.91				
5	2	James Ansel	Exeter Harriers	01:54.67				☑	5	44	Danny Eckersley	Kingston AC & Poly Harriers	02:03.10				
6	5	David Gibbon	Southend AC	01:55.04				☑	6	88	Dominic Henry	Yeovil Olympiads	02:04.67				
7	4	Luke Caldwell	Kingston AC & Poly Harriers	01:57.54				☑	7	33	Massi Dendani	Havering Mayesbrook AC	02:05.33				
8	3	Paul Adair	Havering Mayesbrook AC	01:57.86				☑	8	77	Simon Nimmin	Southampton AC	02:06.60				
<b>Men's 1500m A</b>									<b>Men's 1500m B</b>								
1	55	Tom Frith	Southend AC	03:59.57				☑	1	5	Adam Hickey	Southend AC	04:02.24				☑
2	4	Luke Caldwell	Kingston AC & Poly Harriers	04:01.80				☑	2	22	Owen Walpole	Exeter Harriers	04:03.83				☑
3	2	Jack Bancroft	Exeter Harriers	04:02.37				☑	3	6	Chris Davies	Swansea H	04:04.47				☑
4	66	Marc Hobbs	Swansea H	04:03.10				☑	4	44	Craig Price	Kingston AC & Poly Harriers	04:05.35				☑
5	7	Matt Missin	Southampton AC	04:04.36				☑	5	77	Tim Spencer	Southampton AC	04:11.51				
6	3	Matthew Bland	Havering Mayesbrook AC	04:07.37				☑	6	1	Conor Mughan	Bournemouth AC	04:18.88				
7	11	Dan Price	Bournemouth AC	04:09.64					7	33	Jamie Buckley-Stanton	Havering Mayesbrook AC	04:21.97				
8	8	Dominic Henry	Yeovil Olympiads	04:41.83					8	88	Le wis Guest (U17)	Yeovil Olympiads	05:31.49				
<b>Men's 3000m S/Chase A</b>									<b>Men's 3000m S/Chase B</b>								
1	6	Sullivan Smith	Swansea H	09:24.44			76	☑	1	66	Afan Humphries	Swansea H	09:35.04				☑
2	8	Charlie MacLean	(U20) Yeovil Olympiads	09:29.95			62	☑	2	33	Jason Lendon	Havering Mayesbrook AC	10:02.21				
3	2	Ollie Berry	Exeter Harriers	09:47.54				☑	3	22	Lee Salter	Exeter Harriers	10:20.54				
4	3	Robert Warner	Havering Mayesbrook AC	09:58.49				☑	4	44	Andy Robinson	Kingston AC & Poly Harriers	10:25.43				
5	1	Rob Hardyman	Bournemouth AC	10:07.88					5	11	Richard Felton	Bournemouth AC	10:41.91				
6	4	James Robinson	Kingston AC & Poly Harriers	10:21.97					6	88	Pete Darton	Yeovil Olympiads	11:28.98				
7	5	Pete Smale	Southend AC	10:56.53					7	55	Chris Lee	Southend AC	11:58.31				
8								X	8								
<b>Men's 3000m A</b>									<b>Men's 3000m B</b>								
1	5	Adam Hickey	Southend AC	08:41.94					1	66	Daniel Gurmin	Swansea H	08:47.33				
2	6	Matt Dumigan	Swansea H	08:45.79					2	55	Ben Hunter	Southend AC	08:48.68				
3	4	Chris Bannon	Kingston AC & Poly Harriers	08:47.87					3	44	Julian Hough	Kingston AC & Poly Harriers	09:00.11				
4	1	Ian Habgood	Bournemouth AC	08:59.42					4	77	Gareth Klapazc	Southampton AC	09:02.29				
5	7	Alex Wall-Clarke	Southampton AC	09:00.90					5	11	Rob McTaggart	Bournemouth AC	09:05.16				
6	3	Grant Twist	Havering Mayesbrook AC	09:12.66					6	33	Chris Smith	Havering Mayesbrook AC	09:15.37				
7	22	Josh Trigwell	Exeter Harriers	09:28.56					7	2	Ashley Humphreys	Exeter Harriers	09:35.25				
8	8	Ed Knudsen	Yeovil Olympiads	09:32.75					8	88	Pete Darton	Yeovil Olympiads	10:45.43				
<b>Men's 400m Hurdles A</b>									<b>Men's 400m Hurdles B</b>								
1	8	Andrew Faulkner	Yeovil Olympiads	53.94			106	☑	1	33	Adam McCarthy	Havering Mayesbrook AC	57.70				☑
2	2	Richard Scott	Exeter Harriers	54.89			82	☑	2	22	Lee Salter	Exeter Harriers	59.76				
3	3	Isaac Ogunlade	Havering Mayesbrook AC	55.54			66	☑	3	88	Chris Hewitson (U20)	Yeovil Olympiads	1.00.89				
4	4	Danny Eckersley	Kingston AC & Poly Harriers	55.75			61	☑	4	77	Phil Coker	Southampton AC	1.02.17				
5	5	Greg Goodrem	Southend AC	56.42				☑	5	55	Graham Eastly	Southend AC	1.02.62				
6	7	Jamie Horder	Southampton AC	57.05				☑	6	44	Maris Kuklis	Kingston AC & Poly Harriers	1.02.92				
7	1	Paul Hindle	Bournemouth AC	1.03.63					7	11	Rob Hardyman	Bournemouth AC	1.05.71				
8	6	Steve Richards	Swansea H	1.10.28					8	66	Daniel Williams	Swansea H	1.12.74				



## National 3 Match 4 - Swansea

				Perf	Record	Wind	UKA	AW	21 August 2010				Perf	Wind	UKA	AW
				Wind=	-2.0m/s				<b>Men's 110m Hurdles A</b>				Wind=	-3.2m/s		
1	6	Owen Jones	Swansea H	15.03			72	☑	1	55	Simon Hemmings	Southend AC	15.97			☑
2	5	James McLean	Southend AC	16.12					2	22	James Cook	Exeter Harriers	16.95			
3	2	Richard Scott	Exeter Harriers	16.34					3	44	Maris Kuklis	Kingston AC & Poly Harriers	18.67			
4	8	Grant Gardiner	Yeovil Olympiads	16.91					4	33	Adam McCarthy	Havering Mayesbrook AC	20.43			
5	4	Chris Hall	Kingston AC & Poly Harriers	17.19					5	66	Richard Ledger	Swansea H	21.00			
6	3	Mark Bishop	Havering Mayesbrook AC	17.72					6	11	Richard Felton	Bournemouth AC	23.33			
7	7	Phil Coker	Southampton AC	18.78					7	88	Chris Hewitson	Yeovil Olympiads	DQ			
8	1	Paul Hindle	Bournemouth AC	20.22					8							
									<b>Men's Hammer A</b>				<b>Men's Hammer B</b>			
1	6	Ritchie Wells	Swansea H	51.50			102	☑	1	44	Andy Wheble	Kingston AC & Poly Harriers	39.81			
2	8	Adam Beauford	Yeovil Olympiads	51.25			101	☑	2	22	Rob Woodger	Exeter Harriers	35.83			
3	2	Jon Milum	Exeter Harriers	48.92			89	☑	3	55	Pat Halcrow	Southend AC	34.69			
4	4	Gareth Cook	Kingston AC & Poly Harriers	47.78			83	☑	4	66	Tom O'Shea	Swansea H	34.29			
5	5	Malcolm Fenton	Southend AC	41.33			51	☑	5	7	Gary Newton	Southampton AC	29.65			
6	1	Simon Armstrong	Bournemouth AC	37.20					6	88	Peter Exley	Yeovil Olympiads	28.00			
7	77	Micheal Small	Southampton AC	35.19					7	33	Georgie Bean	Havering Mayesbrook AC	20.67			
8	3	Sam Harrison	Havering Mayesbrook AC	26.55					8	11	Darryn Campbell	Bournemouth AC	14.27			
									<b>Men's Discus A</b>				<b>Men's Discus B</b>			
1	8	Lia m Biddlecombe (U)	Yeovil Olympiads	44.51			96	☑	1	88	Simon Biddlecombe	Yeovil Olympiads	43.06		86	☑
2	2	David Dawson	Exeter Harriers	41.84			77	☑	2	77	Micheal Small	Southampton AC	34.55			
3	55	Pat Halcrow	Southend AC	40.29			67	☑	3	22	Matt Smith	Exeter Harriers	34.11			
4	7	Gary Newton	Southampton AC	39.22			59	☑	4	6	Ritchie Wells	Swansea H	31.63			
5	66	Peter Roberts	Swansea H	37.01				☑	5	4	Gareth Cook	Kingston AC & Poly Harriers	31.13			
6	1	Simon Armstrong	Bournemouth AC	33.88					6	11	Aaron Harris	Bournemouth AC	26.10			
7	44	Andy Wheble	Kingston AC & Poly Harriers	32.24					7	33	Sam Harrison	Havering Mayesbrook AC	24.93			
8	3	Mark Bishop	Havering Mayesbrook AC	32.10					8	5	Malcolm Fenton	Southend AC	4.97			
									<b>Men's Javelin A</b>				<b>Men's Javelin B</b>			
1	2	Matt Smith	Exeter Harriers	61.39			108	☑	1	66	Rhys Williams	Swansea H	55.66		72	☑
2	6	Jonathon Clarke (M40)	Swansea H	55.90			74	☑	2	3	Georgie Bean	Havering Mayesbrook AC	42.88			
3	1	Aaron Harris	Bournemouth AC	51.33				☑	3	4	Mike Clarke	Kingston AC & Poly Harriers	41.53			
4	44	Chris Dack	Kingston AC & Poly Harriers	49.66					4	22	Alex MacGregor	Exeter Harriers	41.10			
5	7	Peter Hoe	Southampton AC	48.97					5	11	Matt Sloane	Bournemouth AC	39.10			
6	33	Sam Harrison	Havering Mayesbrook AC	47.63					6	77	Micheal Small	Southampton AC	34.64			
7	8	Neil Price	Yeovil Olympiads	37.27					7	88	Davey Platt	Yeovil Olympiads	32.36			
8	5	Pete Smale	Southend AC	33.36					8	55	Jason Fry	Southend AC	24.74			
									<b>Men's Shot Putt A</b>				<b>Men's Shot Putt B</b>			
1	8	Liam Biddlecombe	Yeovil Olympiads	14.28			82	☑	1	4	Gareth Cook	Kingston AC & Poly Harriers	11.88			
2	44	Nick Owen	Kingston AC & Poly Harriers	14.02			75	☑	2	77	Micheal Small	Southampton AC	11.32			
3	55	Pat Halcrow	Southend AC	13.94			73	☑	3	22	Rob Woodger	Exeter Harriers	10.72			
4	2	David Dawson	Exeter Harriers	13.85			71	☑	4	88	Adam Beauford	Yeovil Olympiads	10.65			
5	7	Gary Newton	Southampton AC	13.25			56	☑	5	66	Peter Roberts	Swansea H	10.48			
6	6	Ritchie Wells	Swansea H	12.18					6	11	Rhys Bennett	Bournemouth AC	9.19			
7	1	Simon Armstrong	Bournemouth AC	11.54					7	5	Malcolm Fenton	Southend AC	9.11			
8	3	Mark Bishop	Havering Mayesbrook AC	10.12					8	33	Sam Harrison	Havering Mayesbrook AC	8.09			
									<b>Men's Long Jump A</b>				<b>Men's Long Jump B</b>			
1	33	Shaun Stewart	Havering Mayesbrook AC	6.87			71	☑	1	3	Anthony Williams	Havering Mayesbrook AC	6.29			
2	2	Alex MacGregor	Exeter Harriers	6.57				☑	2	8	Andrew Holmes	Yeovil Olympiads	6.24			
3	1	Bradley Pickup	Bournemouth AC	6.55				☑	3	4	Chris Hall	Kingston AC & Poly Harriers	6.16			
4	88	Nick Clements	Yeovil Olympiads	6.44					4	7	Calum Bressington	Southampton AC	5.91			
5	6	Owen Jones	Swansea H	6.45					5	55	Kevin Brown	Southend AC	5.90			
6	44	Humphrey Waddingto	Kingston AC & Poly Harriers	6.38					6	22	Josh Tunstall	Exeter Harriers	5.76			
7	77	Chris Bull	Southampton AC	6.01					7	66	Robby Wells	Swansea H	5.55			
8	5	Dan George	Southend AC	5.99					8	11	Aaron Harris	Bournemouth AC	5.07			
									<b>Men's Triple Jump A</b>				<b>Men's Triple Jump B</b>			
1	5	Kevin Brown	Southend AC	14.03			73	☑	1	55	Dan George	Southend AC	12.82			
2	6	Owen Jones	Swansea H	13.94			68	☑	2	4	Chris Hall	Kingston AC & Poly Harriers	12.79			
3	1	Bradley Pickup	Bournemouth AC	13.33				☑	3	11	Matt Sloane	Bournemouth AC	12.68			
4	44	Ben White	Kingston AC & Poly Harriers	13.06				☑	4	22	Ian Allen	Exeter Harriers	11.72			
5	7	Chris Bull	Southampton AC	12.86					5	33	Adam McCarthy	Havering Mayesbrook AC	11.45			
6	3	Anthony Williams	Havering Mayesbrook AC	12.27					6	8	Chris Hewitson	Yeovil Olympiads	10.74			
7	2	Josh Tunstall	Exeter Harriers	12.18					7	77	Phil Coker	Southampton AC	10.36			
8	88	Lewis Guest (U17)	Yeovil Olympiads	11.83					8	66	Emyr Jones	Swansea H	9.96			
									<b>Men's High Jump A</b>				<b>Men's High Jump B</b>			
1	1	Matt Sloane	Bournemouth AC	2.00			90	☑	1	55	Pat Halcrow	Southend AC	1.90			☑
2	6	Ben Davies	Swansea H	1.95			65	☑	2	22	Tom Elworthy	Exeter Harriers	1.80			
3	5	Dan George	Southend AC	1.90				☑	3	8	James Quirk	Yeovil Olympiads	1.75			
4	2	Ashley Barker	Exeter Harriers	1.90				☑	4	11	Bradley Pickup	Bournemouth AC	1.75			
5	44	Maris Kuklis	Kingston AC & Poly Harriers	1.80					5	66	Daniel Williams	Swansea H	1.70			
6	3	Jeremy Watson	Havering Mayesbrook AC	1.80					6	33	Mark Bishop	Havering Mayesbrook AC	1.60			
7	88	Ollie Bidulph (U17)	Yeovil Olympiads	1.80												



National 3 Match 4 - Swansea

Men's Pole Vault A

	Perf	Record	Wind	UKA	AW
1	8	Neil Price	Yeovil Olympiads	4.00	
2	55	Pat Halcrow	Southend AC	4.00	
3	66	Glyn Price (M40)	Swansea H	3.80	
4	3	Mark Bishop	Havering Mayesbrook AC	3.80	
5	4	Bilen Ahmet	Kingston AC & Poly Harriers	3.60	
6=	1	Rhys Bennett	Bournemouth AC	2.60	
6=	2	Alex MacGregor	Exeter	2.60	

21 August 2010

Men's Pole Vault B

	Perf	Wind	UKA	AW
1	88	Anrew Holmes	Yeovil Olympiads	3.80
2	44	Maris Kuklis	Kingston AC & Poly Harriers	2.60
3	22	Lee Salter	Exeter Harriers	2.60
4	5	Jason Fry	Southend AC	2.20
5	11	Matt Sloane	Bournemouth AC	2.20
6	33	Adam McCarthy	Havering Mayesbrook AC	1.97

Men's 4x100m Relay

1	4	Kingston AC & Poly Har	Andre Nembhard	Justin Green	Victor Nwagbara	Jordan Smith-Brent	43.40		<input checked="" type="checkbox"/>
2	5	Southend AC	Kevin Brown	David Gibbon	Greg Goodrem	David Smale	44.62		
3	7	Southampton AC	Jamie Horder	Calum Bressington	Phil Coker	Oliver King	45.05		
4	8	Yeovil Olympiads	Ollie Bidulph (U17)	Grant Gardiner	Nick Clements	Andrew Faulkner	45.41		
5	6	Swansea H	Daniel Williams	Mike Omakobia	Ben Davies	Oladele Bamisaye	45.41		
6	2	Exeter Harriers	Byron Fitzgerald	James Cook	Tom Elworthy	Alex MacGregor	45.57		
7	3	Havering Mayesbrook	Isaac Ogunlade	Richard Morrissey	Mark Bishop	Shaun Stewart	DNF		
8	1	Bournemouth AC	Rhys Bennett	Bradley Pickup	Ben Amey	Aaron Harris	DQ		

Men's 4x400m Relay

1	2	Exeter Harriers	Richard Scott	Stephen Bailey	James Ansell	Sam Peters	3.21.07
2	3	Havering Mayesbrook	Paul Adair	Isaac Ogunlade	Shaun Stewart	Richard Morrissey	3.21.93
3	6	Swansea H	Owen Jones	Jonathan Williams	Chris Gowell	Steve Richards	3.24.96
4	1	Bournemouth AC	Darryn Campbell	Ryan Saunders	Richard Felton	Paul Hindle	3.26.58
5	7	Southampton AC	Aaron Bennett	Oliver King	Jamie Horder	David Bolton	3.26.91
6	5	Southend AC	Greg Goodrem	Kevin Brown	David Gibbon	Jake King	3.29.78
7	4	Kingston AC & Poly Har	Adam Bellis	Adam Omisore	Danny Eckersley	Chris Hall	3.31.48
8	8	Yeovil Olympiads	Davey Platt	Dominic Henry	Charlie MacLean (U20)	Andrew Faulkner	3.36.05

MATCH RESULT	League Points	Match	STANDINGS	League Points	Match
1 Swansea H	8	319.0	1 Southend AC	27	1236.0
2 Southend AC	7	313.0	2 Exeter Harriers	24.5	1225.5
3 Exeter Harriers	6	311.5	3 Kingston AC & Poly Harriers	23.5	1208.0
4 Kingston AC & Poly Harriers	5	299.0	4 Swansea H	19.5	1120.5
5 Yeovil Olympiads	4	265.0	5 Havering Mayesbrook AC	17.5	1093.0
6 Havering Mayesbrook AC	3	258.0	6 Yeovil Olympiads	14	1054.0
7 Bournemouth AC	2	208.5	7 Bournemouth AC	14	1011.0
8 Southampton AC	1	201.0	8 Southampton AC	4	767.0

MAN OF THE MATCH:

<u>Men's 100m Non Scoring</u>				v/s-3.3														
1	65	Justin Green	Kingston	11.26														
2	91	Charlie Dack	Southend	11.26														
3	90	Adam Bellis	Kingston	11.89														
4	88	Stephen Bailey	Exeter	12.00														
5	100	Jason Bernard	Kingston	12.00														
6	89	Ben Amey	Bournemouth	12.31														
7																		
8																		
9																		