

WATFORD OPEN GRADED MEETING 16th July 2008 - PROVISIONAL RESULTS

Conditions good, warm and cloudy

Track Events - 100m/200m/400/1500m/ 3000m

Field Events - Hammer/Invitation Pole Vault

First Race in each event is the 'slowest'

Weather cool and showers with blustery wind.

We apologise for the late running of the meeting due to the numbers who competed and we will look at the schedule for next year.

I would like to thank the highly experienced officials who have supported the meetings this year and ensured that they continued after the passing of Keith Dearing last December.

Pos	No	Name	Club	Age	G	Perf
100m Race 1 1 M/S						
						19:02:30
1	172	S George	VoA	M50		15.03
2	150	R Oneil	Harrow	U13G		15.50
3	95	G Watts	Chiltern H	U13G		15.89
4	106	C Salvary	Trent Park	W50		15.97
5	98	E Fordham	St Albans	U17W		16.16
6	54	H Bailey	Trent Park	U13G		16.27
7	94	S Cross	Chiltern H	U13G		16.82
8	93	A Ford	Chiltern H	U13G		17.92

100m Race 2 1.6 M/S						
						19:04:19
1	68	K Balani	Unattached	U20M		14.50
2	102	I Mackett	Ashford	M45		14.66
3	99	M Bartram	Newmarket	U13B		14.95
4	19	D Famodin	London Heathside	U13G		15.04
5	125	S Hart	Chiltern H	U13G		15.14
6	64	E Beckwith	Trent Park	U17W		15.50
7	52	M Breen	Herts P	U13G		15.67
8	163	B Sutherland	Wycombe P	U13B		18.79

100m Race 3 0.9 M/S						
						19:06:52
1	173	M Reilly	VoA	M45		13.63
2	65	J Lee	Unattached	U17M		13.77
3	71	A Perry	Harrow	M55		13.94
4	109	A Tymon-McEwan	St Albans	U13G		14.13
5	88	J Downes	St Albans	U13B		14.14
6	151	I Assirati	Chiltern H	U15G		14.18
7	20	R Lewinson	London Heathside	U15G		14.40
8	162	R Sutherland	Wycombe P	U13B		14.62

100m Race 4 1 M/S						
						19:09:41
1	41	A Scull	Cheltenham & C	U15B		12.55
2	77	L Yaxley	St Albans	U15B		12.88
3	57	Z Wells	WSEH	SW		13.06
4	58	L Poingdestre	Guildford	SW		13.06
5	16	K Marshall	Southend	U13B		13.47
6	96	F Smith	St Albans	U15B		13.59
7	75	M Maisey	Herts P	M55		13.65
8	181	J Lawrence	MMKAC	M50		13.70

100m Race 5 0.9 M/S						
						19:12:41
1	89	M Weekes	Watford H	U20M		11.77
2	53	R Okeke-Wickham	London Heathside	U20W		12.60
3	82	C Campbell	Unattached	SM		12.96
4	56	C Mays	WSEH	U17W		13.00
5	18	N Pamodum	London Heathside	U17W		13.03
6	184	M Reed	Herts P	U20M		13.13
7	76	J Thomas	St Albans	U15B		13.44
8	50	J Platt	Unattached	SW		13.81

100m Race 6 1.3 M/S						
						19:15:37
1	164	D Spike	Herts P	U20M		12.10
2	133	L Sargent	Havering	SW		12.30
3	73	M McPhil	Stockport	M40		12.48
4	63	J Smith	Trent Park	M35		12.52
5	21	E Confino	London Heathside	U17M		12.73
6	22	L Martin	MMK	U15B		12.76
7	6	D Henry	E & H	U15G		12.82
8	91	L James	Bedford & C	U17W		12.85

100m Race 7 1.9 M/S						
						19:20:56
1	35	M Plowman	RAF	SM		12.10
2	61	A Lincoln	Watford H	U17M		12.15
3	13	L Creaney	Liverpool H	SM		12.19
4	84	A Walshe	Herts P	U15B		12.24
5	85	J Gaynor	Herts P	U17M		12.25
6	92	T James	Unattached	M50		12.37
7	86	J Awe	St Albans	U15B		12.42
8	119	A Ziko	Bedford & C	SM		13.44

100m Race 8 2.8 M/S						
						19:24:24
1	213	L Braithwaite	London Fire Brigade	M35		11.60
2	157	P Scanlan	WGEL	U17M		11.67
3	158	K McCarthy	Belgrave	SM		11.73
4	60	Z Galet	Unattached	U20M		11.81
5	148	K Ferdinand	Unattached	U17M		12.25
6	11	C Spurway	NEB	SW		12.37
7	17	M Mohammed	London Heathside	U17M		12.38
8	67	T Black	E & H	U17M		12.49

100m Race 9 0.7 M/S						
						19:29:21
1	69	M Dyble	Basildon	U20M		11.53
2	15	S Marcus	Belgrave	SM		11.68
3	97	D Barber	VoA	SM		11.69
4	90	R Elliott	Bedford & C	SM		11.72
5	159	T Larkin	WGEL	U17M		11.82
5	169	M Charles	Harrow	M35		11.82

7	81	J Ramsbottom	Watford H	U17M	12.03
8	23	C Robertson	London Heathside	SM	12.44
100m Race 10 2.3 M/S					19:33:31
1	156	K S	Trafford	SM	11.02
2	40	A Jovanovski	Watford H	U17M	11.27
3	216	R Kakoza	NEB	U20M	11.27
4	171	J Tizzle	Harrow	SM	11.39
5	59	A Medcroft	WSEH	U17M	11.52
6	168	J Mbai	Harrow	U17M	11.55
7	43	G Davies	Woking	U17M	11.75
8	144	A Morris	Unattached	SM	12.09
100m Race 11 2 M/S					19:39:09
1	188	M Hunt	Chelmsford	U20M	11.07
2	222	Avtar	Hillingdon	U20M	11.28
3	2	L McNally	London Heathside	U17M	11.30
4	215	D Gibbons	Unattached	SM	11.45
5	187	H McQueen	Chelmsford	U17M	11.70
6	186	D Farnigia	Chelmsford	U20M	11.71
7	167	B Vernon-Hamilton	SNH	U15B	12.90
100m Race 12 2.6 M/S					19:43:55
1	72	M Halloway	WSEH	SM	10.88
2	55	M Thomas	Neb	SM	11.04
3	4	P Brickley	Reading	SM	11.09
4	189	M Harrison	Basildon	U20M	11.11
5	46	T Druce	Channel Islands	SM	11.14
6	49	A Faulkner	Yeovil	SM	11.31
7	70	J Bond	Bournemouth	SM	11.36
8	28	A Novka	Hillingdon	U20M	11.57
400m Race 1					19:53:06
1	102	I Mackett	Ashford	M45	01:08.03
2	174	K Burr	Herts P	U15G	01:09.49
3	166	H Hamilton	Harrow	U20W	01:10.72
4	235	Neil	MMKAC	SM	01:16.77
400m Race 2					19:56:29
1	191	K Barber	Barnet	U15G	01:01.41
2	177	L Goode	Basildon	SW	01:01.86
3	155	M Galbraith	Ipswich	U15G	01:02.13
4	185	A Kelly	D&T	U17W	01:02.63
5	162	R Sutherland	Wycombe P	U13B	01:04.52
6	176	N Goode	Basildon	SW	01:04.78
7	62	L Hoy	E&H	SW	01:05.79
8	149	D Newman	Garden City Runners	M45	01:08.20
400m Race 3					20:00:10
1	101	M Norman	Royston Runners	U20M	58.64
2	63	J Smith	Trent Park	M35	59.06
3	196	L Hearn	Woking	U15B	59.14
4	146	K James	MMKAC	U15G	01:01.66
5	39	H Corbin	Woking	U20W	01:03.09
6	83	j Carton	Hillingdon	U15B	01:03.66
7	210	S French	MMKAC	U20W	01:05.20
8	219	N Shelley	ESM	U17W	01:06.14
400m Race 4					20:03:02
1	269	M Fayers	Hillingdon	U15B	55.97
2	87	T Drury	Hillingdon	U15B	56.60
3	160	C Vidgen	SBH	U20M	57.86
4	80	J Warne	Daventry	U20M	57.86
5	29	A Smith	MMKAC	M45	58.53
6	201	R Surridge	E&H	U17M	59.51
7	124	P Lowe	Harrow	U17W	59.99
8	135	M Cameron	ESM	U15B	01:00.97
400m Race 5					20:07:08
1	138	J Bird	Ipswich	U17M	54.71
2	271	A Rice	South London H	U20M	55.38
3	169	M Charles	Harrow	M35	55.76
4	145	B Parry	Unattached	U17M	55.90
5	35	M Plowman	RAF	SM	56.24
6	207	B McGuinness	D&T	U17M	57.19
7	192	J Francis	Woking	U17M	57.31
8	132	B Zaheek	ESM	U17M	57.66
400m Race 6					20:11:04
1	168	J Mbai	Harrow	U17M	53.29
2	48	V Nutakor	NEB	SM	53.57
3	114	F Castles	Cambridged	SM	53.73
4	37	S Deathe	MMKAC	U17M	54.49
5	28	A Novka	Hillingdon	U20M	54.94
6	234	R Meikleham	MMKAC	U17M	55.16
7	197	R Bentley	Blackheath	SM	55.83
8	47	K Oli	NEB	SM	56.91
400m Race 7					20:16:27
1	178	C Roberts	Hunts	U20M	49.83
2	97	D Barber	VoA	SM	51.47
3	158	K McCarthy	Belgrave	SM	51.53
4	24	P Erwood	MMKAC	SM	51.79
5	175	R Gow	Herts P	U20M	52.16
6	152	R Clarke	Basildon	U20M	52.18
7	253	G Lewis	WGEL	U20M	52.72
8	194	T Meakin	Owls	SM	52.91
400m Race 8					20:20:36
1	199	D Stclair	E&H	SM	47.67
2	272	D Moss	Rugby	SM	49.37
3	156	K S	Trafford	SM	50.13
4	255	R Warman	Unattached	U20M	50.52
5	30	A Smith	MMKAC	U17M	51.02
6	157	P Scanlan	WGEL	U17M	51.62

7	159	T Larkin	WGEL	U17M	52.96
200m Race 1 0.7 M/S					20:27:14
1	66	N Gorta-Slight	Trent Park	U15G	31.52
2	150	R Oneil	Harrow	U13G	32.74
3	106	C Salvary	Trent Park	W50	33.01
4	98	E Fordham	St Albans	U17W	33.59
5	268	S Frith	Bedford & C	U15B	33.87
6	95	G Watts	Chiltern H	U13G	34.63
7	94	S Cross	Chiltern H	U13G	37.70
8	93	A Ford	Chiltern H	U13G	38.34
200m Race 2 3.6 M/S					20:29:46
1	65	J Lee	Unattached	U17M	27.95
2	71	A Perry	Harrow	M55	29.14
3	109	A Tymon-McEwan	St Albans	U13G	29.74
4	319	R Lawrence	Harrow	U15B	30.54
5	208	J Domeney	Unattached	U17W	30.68
6	38	I Corbin	Woking	U13G	31.56
7	64	E Beckwith	Trent Park	U17W	32.17
200m Race 3 3.6 M/S					20:32:40
1	16	K Marshall	Southend	U13B	27.36
2	96	F Smith	St Albans	U15B	28.34
3	193	B Shayanfar	Unattached	SM	28.36
4	165	N McQueen	London Heathside	SW	28.47
5	181	J Lawrence	MMKAC	M50	28.50
6	75	M Maisey	Herts P	M55	28.96
7	239	K Fowler	Corby	U13G	29.51
8	162	R Sutherland	Wycombe P	U13B	29.79
200m Race 4 -0.7 M/S					20:35:12
1	77	L Yaxley	St Albans	U15B	26.53
2	53	R Okeke-Wickham	London Heathside	U20W	26.66
3	56	C Mays	WSEH	U17W	26.75
4	18	N Fomodum	London Heathside	U17W	26.90
5	130	J Howarth	St Albans	U15B	27.69
200m Race 5 2.1 M/S					20:39:27
1	73	M McPhil	Stockport	M40	25.08
2	133	L Sargent	Havering	SW	25.35
3	86	J Awe	St Albans	U15B	25.41
4	162	R Sutherland	Wycombe P	U13B	25.90
5	21	E Confino	London Heathside	U17M	26.64
6	184	M Reed	Herts P	U20M	26.82
7	60	Z Galet	Unattached	U20M	27.62
200m Race 6 1.6 M/S					20:42:25
1	85	J Gaynor	Herts P	U17M	24.37
2	84	A Walshe	Herts P	U15B	24.78
3	27	C Bell	Reading	SM	25.00
4	92	T James	Unattached	M50	25.09
5	207	B McGuinness	D&T	U17M	25.29
6	91	L James	Bedford & C	U17W	25.44
200m Race 7 0.4 M/S					20:45:49
1	171	J Tizzle	Harrow	SM	23.49
2	244	M Thurgood	Unattached	SM	23.49
3	89	M Weekes	Watford H	U20M	23.81
4	213	L Braithwaite	London Fire Brigade	M35	23.98
5	164	D Spike	Herts P	U20M	24.46
6	13	L Creaney	Liverpool H	SM	24.47
7	169	M Charles	Harrow	M35	24.79
8	17	M Mohammed	London Heathside	U17M	25.75
200m Race 8 0.9 M/S					20:49:25
1	40	A Jovanovski	Watford H	U17M	23.03
2	223	R Corbin	Reading	U20M	23.42
3	43	G Davies	Waking	U17M	23.58
4	187	H McQueen	Chelmsford	U17M	23.71
5	5	K Wall	Basildon	SW	24.42
6	81	J Ramsbottom	Watford H	U17M	24.59
7	23	C Robertson	London Heathside	SM	24.81
200m Race 9 NWR					20:52:53
1	222	Avtar	Hillingdon	U20M	22.88
2	209	C Webb	SNH	U20M	22.91
3	335	L Sylvester	TVH	U20M	23.16
4	59	A Medcroft	WSEH	U17M	23.34
5	69	M Dyble	Basildon	U20M	23.54
6	170	B Awere	London Heathside	U20M	23.59
200m Race 10 1.5 M/S					20:56:00
1	189	M Harrison	Basildon	U20M	22.38
2	46	T Druce	Channel Islands	SM	22.41
3	216	R Kakoza	Newham and Essex	U20M	22.58
4	49	A Faulkner	Yeovil	SM	22.60
5	2	L McNally	London Heathside	U17M	23.03
6	310	A Akintokum	Basildon	U15B	23.24
1500m Race 1					21:04:22
1	375	S Smithson	Fairlands Stevenage	VM	05:19.80
2	386	S Thompson	Fairlands Stevenage	M?	05:23.69
3	104	E Hemming	Bedford & C	U13G	05:26.56
4	366	E Milbourn	WSEH	U13G	05:38.43
5	205	S Powell	ESM	U13G	05:46.12
6	318	J Fallon	WSEH	U13G	05:52.63
7	298	L Relton	Bedford & C	U15G	05:52.76
8	226	R Chester	Chelmsford	U17W	05:56.48
9	358	R Graham	SBH	U13G	06:01.42
10	229	K Beedon	Chelmsford	U17W	06:01.44
11	380	S O'Callaghan	Fairlands Stevenage	V35W	06:04.20
12	52	M Breen	Herts P	U13G	06:12.47
13	379	P Holgate	Fairlands Stevenage	M50	06:17.89
14	376	R Shaw	Fairlands Stevenage	M60	06:24.57

15	381	S Harris	Fairlands Stevenage	SM	07:16.19
1500m Race 2					
1	103	J Douglas	Bedford & C	U13B	05:13.34
2	203	S Shindler-Glass	ESM	U13B	05:13.51
3	292	F McGuigan	ESM	U13B	05:19.64
4	326	D Fisher	Team Southampton	U13B	05:20.48
5	105	A Tribbeck	Bedford & C	U13G	05:21.82
6	122	A Wallace	Worthing	U15G	05:21.89
7	242	E Jones	Chiltern H	U13G	05:25.05
8	389	M Angell	Bedford & C	U13G	05:25.88
9	357	C McCormick	SBH	U13B	05:27.04
10	347	A Madry	VoA	U15G	05:27.61
11	147	B James	MMKAC	U13B	05:28.92
12	225	M Wimbledon	Bracknell	U13B	05:30.86
13	341	D Yeomans	St Albans	U17W	05:31.69
14	116	M Lillie	Worthing	U15G	05:31.76
15	313	G Brown	WSEH	U15B	05:57.46
1500m Race 3					
1	289	D Walker	Watford H	M45	04:56.99
2	267	L Kempson	Nene Valley	U15B	04:59.13
3	304	G Cockle	WSEH	U13B	05:04.14
4	280	S Spears	WSEH	U17W	05:04.53
5	302	C Conway	WGEL	U17W	05:04.73
6	295	J Rowe	WSEH	U13B	05:05.11
7	350	G Brown	Basildon	SW	05:08.41
8	214	C Harrison	Dorking	U15G	05:10.58
9	262	T Barnes	Bedford & C	U20W	05:11.42
10	134	R Howard	AFD	U13G	05:13.10
11	515	C Stewart	SBH	U15G	05:14.90
12	202	G French	ESM	M50	05:15.59
13	256	K Partington	VoA	U15G	05:17.11
14	281	L Suggitt	WSEH	U15G	05:19.43
15	284	H Barefield	WSEH	U17W	05:27.72
16	338	D Dry	WSEH	U13B	05:27.80
1500m Race 4					
1	373	A Patterson	Fairlands Stevenage	SM	04:45.72
2	111	C Hilton	St Albans	U15B	04:51.47
3	117	A boast	Bedford & C	M50	04:56.48
4	265	P Crockford	London Heathside	M50	04:57.09
5	237	O Jones	Ipswich	U15B	04:58.03
6	307	J Gibbon	Colchester	U15B	05:00.90
7	200	S Williams	Highgate	U15G	05:02.21
8	227	S Johnstone	Chelmsford	U15G	05:03.79
9	211	C Kiely	IOW	SW	05:04.29
10	228	V Hayes	Chelmsford	U17W	05:04.96
11	290	V Walker	Watford H	U17W	05:05.18
12	299	E Relton	Bedford & C	U17W	05:05.30
13	359	L Graham	SBH	U17W	05:06.27
14	3	J Anderson-Busby	AFD	U15G	05:09.29
15	297	M Shreeves	Bedford & C	U15G	05:21.86
16	1	I Thompson	St Albans	U15G	05:42.02
1500m Race 5					
1	261	N Peters	Bedford & C	SW	04:48.79
2	306	A Minney	Bedford & C	U15B	04:50.92
3	236	R Tennant	Ipswich	U13B	04:54.21
4	348	B Bradley	Camberley	U15B	04:54.80
5	143	A Fairley	Worthing	U17W	04:55.68
6	368	P Taylor	VoA	U13B	04:56.49
7	277	K Dodd	Basildon	U13G	04:57.58
8	388	L Angell	Bedford & C	U15B	04:57.74
9	324	E Jenkinson	Team Southampton	U13G	04:58.08
10	294	D McGuigan	ESM	U15B	05:01.13
11	136	R Moore	Worthing	U17W	05:02.25
12	7	S Carroll	Basildon	U17W	05:03.76
13	233	J Sutherland	Radley	U17W	05:05.93
14	127	C Arnold	AFD	U17W	05:24.03
1500m Race 6					
1	370	R Bate	Fairlands Stevenage	SM	04:37.96
2	206	T Fowler	Met Police	M45	04:43.62
3	128	M Arnold	AFD	U13B	04:43.63
4	339	J Couzens	Sphinx AC	U15B	04:43.75
5	374	S Jackson	Fairlands Stevenage	SM	04:43.93
6	24	P Erwood	MMKAC	SM	04:46.19
7	364	S Bennett	Bedford & C	U17M	04:46.51
8	25	B Swords	MMKAC	U15G	04:46.66
9	322	T Gifford	Colchester	U15B	04:47.23
10	257	G Taylor Brown	East Cheshire H	U15B	04:47.31
11	391	R Gardiner	SBH	U20W	04:50.24
12	337	J Dry	WSEH	M?	04:51.49
13	504	S Ashman	OWLS	U15B	04:53.92
14	231	P Cousins	Woking	M50	04:54.01
15	393	C Thornley	Bedford & C	U15B	04:58.54
16	220	M Shelley	Ealing	U20M	05:00.81
17	321	J McCleod	Colchester	U15B	05:04.75
1500m Race 7					
1	204	J Boat	OWLS	U17M	04:31.21
2	51	M Nicholson	Huntingdonshire	U15B	04:34.00
3	323	P Stuart	Bedford & C	U17M	04:36.02
4	100	T Hone	Royston Runners	U20M	04:37.71
5	218	B Carter	Invictaek AC	U17W	04:38.16
6	263	L Ball	Unattached	U17M	04:40.09
7	12	G Kersey	Basildon	U17W	04:40.52
8	161	D Yaeley	WGEL	U17M	04:40.60
9	224	A Wimbledon	Bracknell	U15B	04:40.69
10	183	I Lee	Winchester	SM	04:41.90
11	507	G Proctor	Blackheath	U15B	04:43.98
12	108	T Richardson	Thurrock	U15B	04:44.66
13	309	H Walker	D&T	U20W	04:46.97
14	142	B Saville	Worthing	U17W	04:50.69
15	328	C Larsen	Bracknell	U17M	04:56.09

16	212	S Hudson	Invicta	U15B	04:58.69
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1500m Race 8

1	118	S Boast	Bedford & C	U20W	04:31.36
2	107	D Worbey	Thurrock	U15B	04:31.89
3	180	G Deacon	Basildon	SM	04:32.19
4	369	A Gardner	D&T	SM	04:32.99
5	232	M Cousins	Woking	U20M	04:33.42
6	396	C Lowe	Havering	U17M	04:34.00
7	361	D Gurton	VoA	U15B	04:34.74
8	45	J Cosson	Woking	U17M	04:35.34
9	282	T Ross Collins	Havering	SM	04:36.94
10	139	M Wood	MMKAC	U15G	04:37.69
11	313	G Brown	WSEH	U15B	04:39.38
12	387	L Yates	SBH	U20W	04:49.32
13	303	T Roberts	Bedford & C	U20M	04:50.12
14	36	M Newbery	Ealing	U20W	04:52.27
DNF	140	K Bennett	MMKAC	SM	

1500m Race 9

1	278	A Lodge	E&H	U17M	04:26.50
2	154	N Collins	Havering	SM	04:27.40
3	525	D Bottrill	Ilford	SM	04:27.80
3	351	W Gurton	VoA	U15B	04:27.80
5	312	J Tidd	WSEH	U15B	04:28.70
6	311	H Howe	London Heathside	SM	04:28.80
7	34	C Charles	ESM	U15B	04:29.50
8	349	K Lyynn	Camberley	U15B	04:29.60
9	336	J Hill	Sale H	U13G	04:30.40
10	397	J Dunne	Havering	U20M	04:32.52
11	240	J Oxenham	Bedford & C	U15B	04:33.35
12	241	E Meadows	Basildon	SW	04:33.66
13	340	M Meilia	Sphinx AC	U20M	04:36.60
14	320	E Pidgeon	Gloucester	U20W	04:36.84
15	317	M McLaughlin	SBH	U15B	04:38.20
16	305	C McKechnie	SNH	M?	04:41.38

1500m Race 10

1	238	A Fowler	Corby	U17M	04:18.59
2	355	T erbert	Colchester	SM	04:19.58
3	343	J Goodwon	Bedford & C	U17M	04:19.86
4	354	J Nears	Colchester	SM	04:20.98
5	356	C Sellens	Colchester	SM	04:21.24
6	352	T Doran	OWLS	SM	04:22.28
7	353	H Whitmore	Charnwood	SW	04:22.40
8	378	R Galligan	AFD	SW	04:22.80
9	115	M Eager	MMKAC	U17M	04:24.41
10	392	R Van Tromp[Watford H	U17M	04:26.51
11	74	K Al-Abaidy	St Albans	U17M	04:27.18
12	315	M Emery	Rugby	U20M	04:27.69
13	365	A Rice	South London H	U20M	04:28.07
14	314	J Heslop	Clapham Chasers	SW	04:28.30
15	42	R Calder	Woking	U17M	04:28.34
16	377	V Gill	AFD	SW	04:32.13

1500m Race 11

1	345	P Devaney	Bedford & C	U17M	04:14.41
2	395	C Sutton	Havering	U17M	04:15.30
3	273	A Bellew	Bedford & C	U20M	04:15.38
4	230	S Tuttle	Bedford & C	U20M	04:16.27
5	288	P Corp	Bedford & C	U17M	04:17.08
6	254	J Strolid	Orion	U20M	04:17.22
7	325	H Fisher	Team Southampton	U17M	04:17.46
8	276	A Turnball	Bedford & C	M40	04:17.48
9	334	B McCallum	ESM	U20M	04:17.86
10	259	J Briggs	Thurrock	SM	04:18.01
11	184	M Reed	Herts P	U20M	04:18.27
12	362	A Rolt	VoA	M40	04:19.79
13	129	J Norris	Ipswich	U17M	04:22.72
14	248	R Threlfall	MMKAC	SM	04:30.65
15	287	S Poulton	SNHAC	U20M	04:33.73

1500m Race 12

1	197	R Bentley	Blackheath	SM	04:08.49
2	301	O Heeks	Orion	U20M	04:09.20
3	329	J Teuten	City of Portsmouth	U20M	04:11.47
4	285	A Searle	SNHAC	SM	04:11.68
5	360	N Fleming	SBH	U17M	04:12.34
6	245	E Glaister	Leicester	U20M	04:12.60
7	346	R Parker	Bedford & C	U20M	04:12.96
8	279	S Wallbank	Bedford & C	U20M	04:13.32
9	31	R Charles	ESM	U15B	04:13.51
10	394	Richard	Reading	SM	04:18.33
11	26	T Bolton	Basingstoke	SM	04:19.60
12	333	M White	Bracknell	U17M	04:20.46
13	195	D Braybrook	MMKAC	SM	04:22.96
14	8	L Crispin	NEB	SM	04:25.18

1500m Race 13 Hand Timed

1	342	R Letch	WSEH	U17M	04:01.2
2	78	R Monhaghan	North Sligoe	U20M	04:01.3
3	274	T Comerford	MMKAC	SM	04:02.0
4	141	J Hay	Aldershot	U17M	04:02.4
5	300	J Long	WGEL	SM	04:03.7
6	371	s Connor	Aldershot	SM	04:04.0
7	275	D Williamson	Bedford & C	U20M	04:04.5
8	506	T Jenkins	SLH	SM	04:05.8
9	14	M Roberts	Basingstoke	SM	04:06.3
10	251	C Lambert	MMKAC	U17M	04:07.6
10	137	S webb	Ipswich	U17M	04:07.6
12	316	A Smith	Coventry H	SM	04:08.9
13	131	S Dobbin	Cambridge Uni	SM	04:09.7
13	33	K Hayer	ESM	U15B	04:09.7
15	517	M Bateman	Hillingdon	SM	04:12.2
16	126	J Arnold	AFD	U20M	04:16.6

1500m Race 14 Hand Timed					22:34:00
1	384	B Lindsay	AFO	SM	03:53.0
2	291	M James	Bedford & C	SM	03:57.8
3	110	M Hains	Unattached	SM	03:58.0
4	217	M Sullivan	SBH	U20M	04:00.2
5	367	F Downs	Chiltern H	SM	04:01.5
6	252	S Ryan	Raheny Ireland	SM	04:02.4
7	243	Mansour	WGEL	U20M	04:03.1
8	264	T Bowerman	AFD	U20M	04:03.8
9	256	K Partington	VoA	U15G	04:06.1
10	385	A Littlewood	Blackheath	U20M	04:06.7
11	249	A Rooke	Ipswich	U20M	04:07.5
12	121	T Marsden	Worthing	U17M	04:10.2
13	327	R Larken	Bracknell	SM	04:13.7
14	344	M Goodwin	Bedford & C	U20M	04:17.20

3000m Race 1					22:41:39
1	512	H Brooks	Crawley	SW	09:47.41
2	508	B Proctor	Blackheath	SW	10:00.36
3	286	E Sprake	Ipswich	U20W	10:03.32
4	524	J Tamplin	Harlow	U17M	10:03.74
5	513	s Connor	SBH	U17W	10:08.33
6	112	A Evans	Unattached	SW	10:10.42
7	400	K Jacobs	Swindon H	SW	10:11.69
8	516	L Bromilow	MMKAC	SW	10:12.91
9	153	C Christensen	Ipswich	U17W	10:12.99
10	258	R Haynes	AFD	U15G	10:17.53
11	198	S Streeter	Woking	U17M	10:18.07
12	155	M Galbraith	Ipswich	U15G	10:27.35
13	509	C Taylor	Nene Valley	U15G	10:28.03
14	221	A Allen	ESM	U15B	10:30.62
15	79	A Young	Daventry	U17M	10:34.65
16	247	J Rivers	Bedford & C	U15B	10:34.99
17	505	M Jenkins	South London H	SW	10:38.50
18	398	A Fox	Swindon H	M40	10:52.99
19	182	J Cortis	Malta	SW	10:55.88
20	183	I Lee	Winchester	SM	10:55.91
21	529	S Proffitt	SBH	U20W	11:09.71
22	530	N Fleming	SBH	U17M	11:10.11
23	44	M Calder	Woking	U17M	11:27.59
24	501	M Roberts	Radley	U20W	11:39.74
25	390	C Wheeler	Basildon	SW	11:45.73
26	123	A Willard	Worthing	U17W	12:23.93

3000m Race 2					22:57:47
1	503	R Sparke	WGEL	U20M	08:36.78
2	308	D Gibbon	Colchester	U20M	08:39.23
3	519	P Davoren	Phoenix AC	SM	08:47.33
4	246	C Rooke	Ipswich	SM	08:57.64
5	399	J Fairbourn	Belgrave	SM	08:59.44
6	520	M Revier	Hillingdon	U20M	09:00.84
7	533	J Morwood	AFD	U20M	09:02.24
8	528	T Doran	OWLS	SM	09:04.67
9	526	A Das	Hillingdon	SM	09:08.58
10	37	S Deathe	MMKAC	U17M	09:10.28
11	521	R Thompson	Hillingdon	U20M	09:12.16
12	372	E Pallant	AFD	U20W	09:12.81
13	534	M Clayton	Beckenham	SM	09:14.74
14	270	J Grace	AFD	U17M	09:16.02
15	382	C Purdue	AFD	U20W	09:18.72
16	138	J Bird	Ipswich	U17M	09:22.20
17	260	E Gorecka	AFD	U15G	09:22.80
18	532	A Chambers	OWLS	U17M	09:24.77
19	522	P Williams	Hillingdon	SM	09:27.79
20	330	I Bailey	AFD	U17M	09:30.40
21	510	J Laing	Hillingdon	U17M	09:32.83
22	514	G Garner	Thurrock	SM	09:48.92
23	511	L Deadman	Havering	SW	09:51.02
24	10	R Burling	MMKAC	U15B	09:52.71
25	527	S Ashcroft	ESM	U20M	10:01.95
26	523	T Grant	Hillingdon	U17M	10:10.80

Hammer					
276	I Parks	Harrow	SM	61.58	7.25Kg
281	B Flash	D&T	U20M	49.90	6Kg
272	M Evans	Worthing	U17M	48.63	5Kg
273	S Evans	Worthing	U17M	46.72	5Kg
270	R Duke	Worthing	U15B	46.13	4Kg
271	J Davison	Worthing	SW	45.15	4Kg
281	S Ridgeway	VoA	U17M	43.68	5Kg
282	S Wise	Luton	U20W	42.84	4Kg
284	I Botting	WSEH	U15B	42.20	4Kg
280	B Montgomery	Herts P	U17M	37.64	5Kg
278	I Lawrence	MMKAC	U20M	37.15	6Kg
274	E Miller	Herts P	SW	34.19	4Kg
277	E Beardmore	MMKAC	SW	31.36	4Kg
32	S-J Anthony	AFD	U15G	29.42	3Kg
267	S Osgood	Havant	U20W	28.74	4Kg
269	R Burling	MMKAC	U17M	24.68	5Kg
99	M Burling	MMKAC	M50	19.84	6Kg
130	J Howarth	St Albans	U15B	19.75	4Kg
9	M Burling	MMKAC	M50	15.31	7.25Kg
275	P Snell	London Heathside	M50	15.08	6Kg

Invitation Pole Vault				
	L Kelly	Watford H	SW	2.20
	G Brazier			2.00
	S George			2.00
	M Reilly			1.80
	A Rice	VoA	SW	1.60

No of competitors 438 Entries 509

Next Open Graded Meeting Wednesday April 2009
Minors Open Sunday 17th August 2008

Queries

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AND THAT' IT FOR THIS MEETING.