

Southern Athletics League: Division 1 - Round 4 - Milton Keynes - 30 July 2011

Team		Score				
1	Southampton		217.5			R
2	Marshall Milton Keynes		198.5			M
3	Herts Phoenix		193			H
4	Ealing, Southall & Middlesex		91			E
Men's A 100m		Wind=				
1	Abe Newell	SM	Southampton	11.3	4	aw
2	Ben Sturgess	U20	Marshall Milton Keynes	11.4	3	aw
3	Timmy Shotade	U20	Herts Phoenix	11.7	2	aw
4	Gospel Barnabas	U17	Ealing, Southall & Middlesex	12.4	1	
Men's B 100m		Wind=				
1	Nic Williams	U20	Marshall Milton Keynes	11.7	4	aw
2	Miebaka Owubokiri	U20	Herts Phoenix	11.7	3	aw
3	Will Hodgets	U20	Southampton	11.8	2	
Men's A 200m		Wind=				
1	Matthew Hamilton	SM	Herts Phoenix	22.3	4	aw
2	Abe Newell	SM	Southampton	22.8	3	aw
3	Sean Buckeridge	SM	Ealing, Southall & Middlesex	23.3	2	aw
4	Mark Gardiner	SM	Marshall Milton Keynes	23.7	1	
Men's B 200m		Wind=				
1	Koray Leamy	U20	Herts Phoenix	23.2	4	aw
2	Nic Williams	U20	Marshall Milton Keynes	23.6	3	aw
3	Adam Cowburn	SM	Southampton	23.8	2	
4	Gospel Barnabas	U17	Ealing, Southall & Middlesex	25.8	1	
Men's A 400m						
1	Matthew Hamilton	SM	Herts Phoenix	48.6	4	aw
2	Jon Slade	SM	Southampton	48.8	3	aw
3	Ben Sturgess	U20	Marshall Milton Keynes	50.8	2	aw
4	Chris Hepworth	U23	Ealing, Southall & Middlesex	53.4	1	
Men's B 400m						
1	David Bolton	SM	Southampton	51.0	4	aw
2	Joe Gaynor	U20	Herts Phoenix	52.2	3	aw
3	Will Pinder	U20	Ealing, Southall & Middlesex	52.5	2	aw
4	Ivars Licietis	M55	Marshall Milton Keynes	58.4	1	aw
Men's A 800m						
1	Sam Deathe	U23	Marshall Milton Keynes	1:54.0	4	aw
2	Aaron Bennett	SM	Southampton	1:56.8	3	aw
3	Will Pinder	U20	Ealing, Southall & Middlesex	1:57.4	2	aw
4	Alex Cloona	U20	Herts Phoenix	1:59.4	1	aw
Men's B 800m						
1	Russ Osborn	SM	Southampton	1:57.6	4	aw
2	Chris Hearn	SM	Marshall Milton Keynes	1:57.8	3	aw
3	Jamie Taylor-Caldwell	U23	Ealing, Southall & Middlesex	1:59.9	2	aw
4	Tom Barfoot	U20	Herts Phoenix	2:02.2	1	aw
Men's A 1500m						
1	Ross Threlfall	SM	Marshall Milton Keynes	4:06.8	4	aw
2	Russ Osborn	SM	Southampton	4:07.4	3	aw
3	Jamie Taylor-Caldwell	U23	Ealing, Southall & Middlesex	4:15.4	2	aw
4	Alex Cloona	U20	Herts Phoenix	4:18.6	1	aw
Men's B 1500m						
1	Matt Eager	U23	Marshall Milton Keynes	4:09.2	4	aw
2	Peter Townsend	U23	Herts Phoenix	4:20.0	3	aw
3	Chris Hepworth	U23	Ealing, Southall & Middlesex	4:24.4	2	
4	Peter Merritt	SM	Southampton	4:48.0	1	
Men's A 3000m						
1	Sam Deathe	U23	Marshall Milton Keynes	8:56.1	4	aw

2	Sam Ashcroft	U23	Ealing, Southall & Middlesex	8:57.7	3	aw
3	Richard Tarpey	SM	Herts Phoenix	9:32.3	2	
4	Tom Muddiman	SM	Southampton	9:54.3	1	

Men's B 3000m

1	Marcin Fudalej	SM	Marshall Milton Keynes	9:14.9	4	aw
2	Archie Allen	U20	Ealing, Southall & Middlesex	10:17.2	3	
3	Peter Merritt	SM	Southampton	10:28.0	2	
4	Richard Bloom	M60	Herts Phoenix	11:48.5	1	

Men's A 110mH

Wind=

1	Patrick Barrett	SM	Herts Phoenix	15.8	4	aw
2	Sean Adams	U20	Southampton	16.3	3	aw
3	Will Lambourne	SM	Marshall Milton Keynes	16.5	2	aw
4	Samson Baah	SM	Ealing, Southall & Middlesex	19.7	1	

Men's B 110mH

Wind=

1	Mike Coker	M50	Southampton	22.2	4	
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Men's A 400mH

1	Sean Adams	U20	Southampton	55.8	4	aw
2	Patrick Barrett	SM	Herts Phoenix	61.5	3	aw
3	Ross Threlfall	SM	Marshall Milton Keynes	63.2	2	

Men's B 400mH

1	Calum Rowe	U17	Southampton	60.3	4	
2	Joe Gaynor	U20	Herts Phoenix	60.4	3	aw
3	Ryan Burling	U20	Marshall Milton Keynes	63.6	2	aw

Men's A 3000m Steeplechase

1	Ryan Burling	U20	Marshall Milton Keynes	9:54.2	4	aw
2	Peter Townsend	U23	Herts Phoenix	10:38.8	3	aw
3	Tom Muddiman	SM	Southampton	11:09.3	2	

Men's B 3000m Steeplechase

1	Chris Hearn	SM	Marshall Milton Keynes	10:17.7	4	aw
2	Simon Wake	U20	Herts Phoenix	11:54.3	3	
3	Tom Doran	SM	Southampton	12:23.1	2	

Men's A High Jump

1	Nick Hunt	U17	Southampton	2.00	4	aw
2	Bradley Armorgie	U23	Herts Phoenix	1.95	3	aw
3	Jerry Danjuma	U23	Marshall Milton Keynes	1.70	2	

Men's B High Jump

1	Ross Armorgie	U20	Herts Phoenix	1.95	4	aw
2	Zac Turner	SM	Southampton	1.70	3	
3	Mark Roberson	SM	Marshall Milton Keynes	1.40	2	

Men's A Pole Vault

1	Patrick Barrett	SM	Herts Phoenix	3.60	4	aw
2	Sam Bass-Cooper	U17	Southampton	3.40	3	aw
3	Mark Roberson	SM	Marshall Milton Keynes	2.20	2	
4	Bob Densley	M60	Ealing, Southall & Middlesex	1.30	1	

Men's B Pole Vault

1=	Derek Warn	M45	Southampton	2.60	3.5	
1=	Ross Armorgie	U20	Herts Phoenix	2.60	3.5	
3	Samson Baah	SM	Ealing, Southall & Middlesex	1.30	2	

Men's A Long Jump

Wind

1	Nick Hunt	U17	Southampton	6.61	4	aw
2	Franklin Ocran	SM	Marshall Milton Keynes	6.27	3	aw
3	Bradley Armorgie	U23	Herts Phoenix	6.12	2	aw
4	Samson Baah	SM	Ealing, Southall & Middlesex	5.83	1	aw

Men's B Long Jump

Wind

1	Chuko Cribb	U20	Marshall Milton Keynes	6.13	4	aw
2	Chris Bull	SM	Southampton	6.08	3	aw
3	Ross Armorgie	U20	Herts Phoenix	5.84	2	aw
4	Gospel Barnabas	U17	Ealing, Southall & Middlesex	4.15	1	

Men's A Triple Jump						Wind
1	Chuko Cribb	U20	Marshall Milton Keynes	13.43	4	aw
2	Nick Hunt	U17	Southampton	13.32	3	aw
3	Bradley Armorgie	U23	Herts Phoenix	11.99	2	aw
4	Sean Buckeridge	SM	Ealing, Southall & Middlesex	10.67	1	
Men's B Triple Jump						Wind
1	Chris Bull	SM	Southampton	13.12	4	aw
2	Franklin Ocran	SM	Marshall Milton Keynes	12.44	3	aw
3	Patrick Barrett	SM	Herts Phoenix	11.70	2	
4	Samson Baah	SM	Ealing, Southall & Middlesex	10.56	1	
Men's A Shot Putt						
1	Will Lambourne	SM	Marshall Milton Keynes	12.51	4	aw
2	Patrick Barrett	SM	Herts Phoenix	10.66	3	aw
3	Phil Hume	SM	Southampton	10.32	2	aw
4	Bob Densley	M60	Ealing, Southall & Middlesex	7.05	1	
Men's B Shot Putt						
1	Simon Wake	U20	Herts Phoenix	9.29	4	
2	Mark Gardiner	SM	Marshall Milton Keynes	8.76	3	
3	Daniel Avery	U17	Southampton	8.07	2	aw
Men's A Discus						
1	Will Lambourne	SM	Marshall Milton Keynes	34.21	4	aw
2	Daniel Avery	U17	Southampton	33.20	3	aw
3	Patrick Barrett	SM	Herts Phoenix	32.00	2	aw
4	Bob Densley	M60	Ealing, Southall & Middlesex	14.18	1	
Men's B Discus						
1	Mark Roberson	SM	Marshall Milton Keynes	29.52	4	aw
2	Phil Hume	U17	Southampton	24.40	3	aw
3	Matthew Hamilton	SM	Herts Phoenix	20.90	2	
4	Pat Cornell	SM	Ealing, Southall & Middlesex	12.53	1	
Men's A Hammer						
1	Sam Ridgway	U20	Marshall Milton Keynes	48.26	4	aw
2	Daniel Avery	U17	Southampton	39.78	3	aw
3	Patrick Barrett	SM	Herts Phoenix	32.55	2	aw
4	Bob Densley	M60	Ealing, Southall & Middlesex	18.96	1	
Men's B Hammer						
1	Mark Roberson	SM	Marshall Milton Keynes	46.84	4	aw
2	Phil Hume	SM	Southampton	31.06	3	aw
3	Pat Cornell	SM	Ealing, Southall & Middlesex	9.96	2	
Men's A Javelin						
1	Patrick Barrett	SM	Herts Phoenix	44.59	4	aw
2	Mark Roberson	SM	Marshall Milton Keynes	39.24	3	aw
3	Zac Turner	U17	Southampton	36.70	2	aw
4	Bob Densley	M60	Ealing, Southall & Middlesex	19.12	1	
Men's B Javelin						
1	Simon Wake	U20	Herts Phoenix	40.23	4	aw
2	Abe Newell	SM	Southampton	33.22	3	
3	Sam Ridgway	U20	Marshall Milton Keynes	30.25	2	
4	Pat Cornell	SM	Ealing, Southall & Middlesex	9.55	1	
Men's 4x100m						
1	Southampton	SM		44.5	4	
2	Marshall Milton Keynes	SM		44.7	3	
3	Herts Phoenix	SM		45.3	2	
4	Ealing, Southall & Middlesex	SM		49.9	1	
Men's 4x400m						
1	Herts Phoenix	SM		3:22.5	4	aw
2	Southampton	SM		3:23.5	3	aw
3	Ealing, Southall & Middlesex	SM		3:39.5	2	
4	Marshall Milton Keynes	SM		3:44.2	1	

Women's A 100m			Wind=			
1	Emily Newton	SW	Southampton	12.4	4	aw
2	Emily Stevens	U23	Herts Phoenix	12.6	3	aw
3	Nadia Mills	U20	Ealing, Southall & Middlesex	12.9	2	aw
4	Rebecca Hardy	U20	Marshall Milton Keynes	13.1	1	aw
Women's B 100m			Wind=			
1	Alice Ritchie	U17	Marshall Milton Keynes	13.1	4	aw
2	Tabita Botuli	U17	Ealing, Southall & Middlesex	13.2	3	aw
3	Natashia Hadley	U17	Herts Phoenix	13.2	2	aw
4	Susie Collins	U20	Southampton	13.5	1	
Women's A 200m			Wind=			
1	Becca Carozzi	SW	Southampton	25.2	4	aw
2	Emily Stevens	U23	Herts Phoenix	25.9	3	aw
3	Rebecca Hardy	U20	Marshall Milton Keynes	26.9	2	aw
4	Nadia Mills	U20	Ealing, Southall & Middlesex	27.3	1	
Women's B 200m			Wind=			
1	Emily Newton	SW	Southampton	25.3	4	aw
2	Tabita Botuli	U17	Ealing, Southall & Middlesex	27.2	3	aw
3	Olivia Harry	U17	Herts Phoenix	27.3	2	aw
4	Katie James	U20	Marshall Milton Keynes	27.6	1	
Women's A 400m						
1	Emily Bonnett	SW	Southampton	57.0	4	aw
2	Deborah Willis	U23	Herts Phoenix	57.3	3	aw
3	Katie James	U20	Marshall Milton Keynes	61.0	2	aw
Women's B 400m						
1	Emily Jenkinson	U17	Southampton	58.0	4	aw
2	Stephanie Williams	U17	Herts Phoenix	61.9	3	aw
3	Alana Slater	SW	Marshall Milton Keynes	62.4	2	aw
Women's A 800m						
1	Sian Harry	U20	Herts Phoenix	2:18.7	4	aw
2	Sophie Hall	SW	Southampton	2:21.0	3	aw
3	Nicola Shelley	U20	Ealing, Southall & Middlesex	2:22.0	2	aw
4	Kirsteen Welch	SW	Marshall Milton Keynes	2:23.3	1	aw
Women's B 800m						
1	Laura Whitehead	U23	Herts Phoenix	2:22.3	4	aw
2	Rebecca Goyder-Smith	U20	Marshall Milton Keynes	2:23.5	3	aw
3	Vicki Cronin	SW	Southampton	2:29.8	2	
4	Pat Thomas	W45	Ealing, Southall & Middlesex	2:45.1	1	
Women's A 1500m						
1	Elle Roche	U20	Marshall Milton Keynes	4:52.5	4	aw
2	Natalie Burke	SW	Southampton	4:58.8	3	aw
3	Nicola Shelley	U20	Ealing, Southall & Middlesex	5:19.1	2	
4	Sian Harry	U20	Herts Phoenix	5:24.3	1	
Women's B 1500m						
1	Kirsteen Welch	SW	Marshall Milton Keynes	4:58.2	4	aw
2	Nicci Blandford	W35	Southampton	4:59.3	3	aw
3	Carol Jones	W50	Ealing, Southall & Middlesex	6:00.3	2	
4	Clare Marsh	W35	Herts Phoenix	8:36.1	1	
Women's A 3000m						
1	Nicci Blandford	W35	Southampton	10:36.6	4	aw
2	Wendy Webber	SW	Marshall Milton Keynes	11:11.7	3	aw
3	Pat Thomas	W45	Ealing, Southall & Middlesex	12:24.5	2	
4	Clare Marsh	W35	Herts Phoenix	18:10.4	1	
Women's B 3000m						
1	Frances Arnott	U17	Southampton	12:04.8	4	
2	Di Baldwin	W50	Marshall Milton Keynes	12:57.3	3	
Women's A 100mH			Wind=			
1	Emily Stevens	U23	Herts Phoenix	14.4	4	aw

2	Emma Gayler	SW	Ealing, Southall & Middlesex	19.5	3	
3	Vicki Cronin	SW	Southampton	19.8	2	
Women's B 100mH		Wind=				
1	Finolla Frederick	U17	Herts Phoenix	15.9	4	aw
2	Clemmie McAteer	U20	Southampton	22.0	3	
Women's A 400mH						
1	Emily Bonnett	SW	Southampton	61.4	4	aw
2	Olivia Harry	U17	Herts Phoenix	72.6	3	aw
3	Michelle Jessop	SW	Marshall Milton Keynes	81.8	2	
Women's B 400mH						
1	Rachael Lewington	SW	Southampton	63.3	4	aw
2	Eloise Meakins	U20	Herts Phoenix	90.4	3	
3	Di Baldwin	W50	Marshall Milton Keynes	106.1	2	
Women's A 2000m Steeplechase						
1	Clemmie McAteer	U20	Southampton	8:31.2	4	aw
2	Eloise Meakins	U20	Herts Phoenix	9:23.9	3	
3	Di Baldwin	W50	Marshall Milton Keynes	9:25.2	2	
Women's A High Jump						
1	Gemma Armorgie	U20	Herts Phoenix	1.55	4	aw
2	Emily Jenkinson	U17	Southampton	1.45	3	aw
3	Elizabeth Read	U17	Marshall Milton Keynes	1.40	2	
Women's B High Jump						
1	Rachael Lewington	SW	Southampton	1.45	4	
2=	Deborah Willis	U23	Herts Phoenix	1.25	2.5	
2=	Jan Hardcastle	W50	Marshall Milton Keynes	1.25	2.5	aw
Women's A Pole Vault						
1	Olivia Harry	U17	Herts Phoenix	2.95	4	aw
2	Rachel West	U17	Marshall Milton Keynes	2.20	3	
3	Sarah Ellis	SW	Southampton	1.80	2	
Women's B Pole Vault						
1	Susie Collins	U20	Southampton	1.70	4	
Women's A Long Jump				Wind		
1	Finolla Frederick	U17	Herts Phoenix	4.94	4	aw
2	Devon Byrne	U20	Marshall Milton Keynes	4.89	3	aw
3	Emma Gayler	SW	Ealing, Southall & Middlesex	4.88	2	aw
4	Anna Henden	SW	Southampton	4.58	1	
Women's B Long Jump				Wind		
1	Alice Ritchie	U17	Marshall Milton Keynes	4.60	4	aw
2	Gemma Armorgie	U20	Herts Phoenix	4.34	3	
3	Vicki Vinter	U20	Southampton	3.59	2	
Women's A Triple Jump				Wind		
1	Finolla Frederick	U17	Herts Phoenix	9.91	4	aw
2	Vicki Vinter	U20	Southampton	9.44	3	aw
3	Elizabeth Read	U17	Marshall Milton Keynes	9.40	2	aw
4	Emma Gayler	SW	Ealing, Southall & Middlesex	9.02	1	
Women's B Triple Jump				Wind		
1	Natashia Hadley	U17	Herts Phoenix	9.84	4	aw
2	Vicki Cronin	SW	Southampton	9.31	3	
3	Lucy Brady	U20	Marshall Milton Keynes	8.92	2	
Women's A Shot Putt						
1	Sadie Watts	SW	Marshall Milton Keynes	10.21	4	aw
2	Debbie McCaw	SW	Ealing, Southall & Middlesex	10.13	3	aw
3	Melissa Hadley	U17	Herts Phoenix	9.26	2	aw
4	Sarah Ellis	SW	Southampton	9.11	1	aw
Women's B Shot Putt						
1	Devon Byrne	U20	Marshall Milton Keynes	9.76	4	aw
2	Anna Stevens	SW	Southampton	8.93	3	aw
3	Natashia Hadley	U17	Herts Phoenix	8.81	2	aw

4	Afiya Williams	U17	Ealing, Southall & Middlesex	8.38	1	aw
Women's A Discus						
1	Emma Beales	W40	Marshall Milton Keynes	41.86	4	aw
2	Debbie McCaw	SW	Ealing, Southall & Middlesex	29.37	3	aw
3	Anna Stevens	SW	Southampton	27.99	2	aw
4	Melissa Hadley	U17	Herts Phoenix	26.58	1	aw
Women's B Discus						
1	Sadie Watts	SW	Marshall Milton Keynes	30.44	4	aw
2	Eloise Meakins	U20	Herts Phoenix	24.80	3	aw
3	Emily Jenkinson	U17	Southampton	22.83	2	aw
4	Charlotte Gould	U17	Ealing, Southall & Middlesex	21.17	1	aw
Women's A Hammer						
1	Debbie McCaw	SW	Ealing, Southall & Middlesex	49.18	4	aw
2	Sadie Watts	SW	Marshall Milton Keynes	41.99	3	aw
3	Anna Stevens	SW	Southampton	33.96	2	aw
4	Melissa Hadley	U17	Herts Phoenix	19.97	1	aw
Women's B Hammer						
1	Kayleigh Presswell	U17	Marshall Milton Keynes	39.89	4	aw
2	Charlotte Gould	U17	Ealing, Southall & Middlesex	36.18	3	aw
3	Sarah Ellis	SW	Southampton	19.97	2	
4	Clare Marsh	W35	Herts Phoenix	nt		#VALUE!
Women's A Javelin						
1	Sarah Ellis	SW	Southampton	43.18	4	aw
2	Eloise Meakins	U20	Herts Phoenix	43.08	3	aw
3	Sadie Watts	SW	Marshall Milton Keynes	37.98	2	aw
4	Debbie McCaw	SW	Ealing, Southall & Middlesex	25.50	1	aw
Women's B Javelin						
1	Devon Byrne	U20	Marshall Milton Keynes	34.85	4	aw
2	Afiya Williams	U17	Ealing, Southall & Middlesex	22.40	3	
3	Gemma Armorgie	U20	Herts Phoenix	21.88	2	
4	Anna Stevens	SW	Southampton	16.85	1	
Women's 4x100m						
1	Southampton	SW		49.4	4	aw
2	Herts Phoenix	SW		52.6	3	
3	Marshall Milton Keynes	SW		53.4	2	
Women's 4x400m						
1	Herts Phoenix	SW		4:01.5	4	aw
2	Southampton	SW		4:01.9	3	aw
3	Marshall Milton Keynes	SW		4:05.8	2	aw

Men

Non-scoring events

100	1	Malcolm Gledhill	SM	Soton	11.4	aw
100	2	Adam Omisore	SM	Soton	11.5	aw
100	3	Koray Leamy	U20	Herts P	11.6	aw
100	4	Steve Edwards	SM	Herts P	12.6	
200		Malcolm Gledhill	SM	Soton	23.0	aw
200		Tom Doran	SM	Soton	24.6	
200	1	Adam Omisore	SM	Soton	22.8	aw
200	2	Timi Shotade	U20	Herts P	23.6	aw
200	3	Miebaka Owubokiri	U20	Herts P	24.3	
200	4	Calum Rowe	U17	Soton	24.3	aw
200	5	Steve Edwards	SM	Herts P	25.8	
400		Tom Doran	SM	Soton	53.2	
LJ		Timi Shotade	U20	Herts P	4.76	
TJ		Michael Coker	SM	Soton	9.86	

Women

Non-scoring events

100		Clare Marsh	W35	Herts P	15.9	
200		Michelle Wakefield	W45	Soton	29.2	aw
200		Anna Henden	SW	Soton	26.5	aw

400	Miichelle Wakefield	W45	Soton	65.8	aw
DTW	Charlotte Gould	U17	ESM	20.22	
HTW	Ashley Gould	SW	ESM	23.60	
SPW	Charlotte Gould	U17	ESM	7.31	aw
TJ	Jan Hardcastle	W50	Mil K	8.27	aw