

Southern Athletics League

Division 1

Result of Match on (date) Saturday 30th April 2011

Host Club Ashford Athletic Club.

Results procedure

1. Meeting Manager to telephone result to the League Secretary: tel: 01908-583761 after 7pm on **Saturday evening**, or email **secretary@southernathletics.org.uk** If you cannot do this please delegate.
2. Check scores, complete enclosed results sheets and score reconciliation. Send these to the **League Secretary, 7 Phoebe Lane, Wavendon, Milton Keynes, MK17 8LR** using 1st class post (**check cost of postage**) to arrive by Tuesday. On the evening of the match, match points and all outstanding performances, according to Athletic Weekly standards, must be telephoned or e-mailed to Athletics Weekly (or as arranged by Athletics Weekly). **Please note SAL rule 19 re distribution of results.**
3. Host club to retain all track results and field cards in case they are needed for reference.
4. **Use only the Southern Athletics League results sheets provided** and complete with name of athlete, club letter and time/distance. Any irregularities or records should be highlighted and a brief note attached. The main items to look for are too many events (see Rule 11) and incorrect stringing (Rule 16).
5. Please complete the following statement if appropriate, making relevant deletions: The following club(s) failed to fulfil its/their commitment to provide officials. My club was (not) informed well in advance. _____.

Score Reconciliation

Subtotals	Club Letter & Name					Not Scored	Totals Premier
	A	D	E	F			
	Ashford AC	City of Norwich	Ealing, Southall & Middlesex	Enfield & Haringey			
Sheet 1	52	49	47	24		8	180
Sheet 2	64	23	33	57		3	180
Sheet 3	37	38	19	42		34	170
Sheet 4	52	26	36.5	53.5		12	180
Officials	8	8	8	8		0	32
Totals	213	144	143.5	184.5		57	742
Positions	1	3	4	2			

Completed by	Date sent
P.J Le Rossignol	30/04/2011

For League Use		
Date Rec'd	Checked results - Secretary	NUTS

Southern Athletics League					Senior Men					A	D	E	F	SHEET 1	
Event		First	Second	Third	Fourth									not scored	TOTAL
100m	A	G Carr Ashf 11.1	S Buckeridge ESM 11.2	P Whitaker E&H 11.7	C Marshall Norw 11.9	4	1	3	2					0	10
	B	J Bridge Ashf 11.5	J Carty ESM 11.5	M Julien E&H 12.0	J Phoenix Norw 12.2	4	1	3	2					0	10
200m	A	J Bridge Ashf 22.4	J Carty ESM 23.0	R Ward Norw 23.1	A Richards E&H 23.9	4	2	3	1					0	10
	B	S Buckeridge ESM 23.1	T Williams Ashf 23.2	C Marshall Norw 24.0	M Julien E&H 24.4	3	2	4	1					0	10
400m	A	R Ward Norw 49.9	B Waterman ESM 50.1	D Powell E&H 52.7	T Williams Ashf 53.5	1	4	3	2					0	10
	B	A Richards E&H 53.0	L Nicholas ESM 54.9	T Oyedeji Ashf 56.5	D Martin Norw 56.7	2	1	3	4					0	10
800m	A	R Ward Norw 1.54.3	S Palmer E&H 1.57.2	W Pinder ESM 2.04.5	M Hogben Ashf 2.09.1	1	4	2	3					0	10
	B	L Nicholas ESM 2.05.2	B Stratton Norw 2.05.2	K Greenway E&H 2.07.4	A Robertson Ashf 2.19.0	1	3	4	2					0	10
1500m	A	C Goose Norw 4.30.0	A Hussain E&H 4.31.0	D Jones Ashf 4.32.9	S Treaver ESM 4.35.8	2	4	1	3					0	10
	B	B Stratton Norw 4.33.9	J Wreathall Ashf 4.35.7	R Brown ESM 6.16.3	-	3	4	2	0					1	10
5000m	A	M Ishmail ESM 16:15.4	M Britton Ashf 16:50.7	D Mann Norw 17:21.0	N Barnaby E&H 21:07.8	3	2	4	1					0	10
	B	J Brazier Ashf 16:51.3	P Brown ESM 17:53.1	-	-	4	-	3	-					3	10
110mH	A	P Davey Ashf 16.3	C Marshall Norw 17.8	S Swigon ESM 19.3	A Lombard E&H 19.3	4	3	2	1					0	10
	B	D Martin Norw 18.1	L Williams Ashf 19.2	S Baah ESM 19.4	-	3	4	2	-					1	10
400mH	A	C Marshall Norw 59.9	G Huxley Ashf 61.9	A Hussain E&H 64.5	S Swigon ESM 65.6	3	4	2	1					0	10
	B	D Martin Norw 61.3	P Davey Ashf 62.4	P York ESM 100.0	-	3	4	1	2					1	10
2000m/3000m SC	A	S Cannell Norw 6:05.2	M Hogben Ashf 7:13.6	R Brown ESM 7:17.9	-	3	4	2	0					1	10
	B	W Uden Ashf 7:17.9	P York ESM 7:48.4	G Slater Norw 9:08.8	-	4	2	3	0					1	10
				SHEET 1	total forward to front sheet	52	49	47	24					8	180

Southern Athletics League					Senior Men					SHEET 2	
Event		First	Second	Third	Fourth					not scored	TOTAL
High Jump	A	M Hogben Ashf 1.80	J Hill E&H 1.75	D Mann Norw 1.60	S Baah ESM 1.55	4	2	1	3	0	10
	B	A Lombard E&H 1.75	T Oyedeji Ashf 1.70	-	-	3	-	-	4	3	10
Pole Vault	A	L Williams Ashf 3.50	S Henwood E&H 3.40	B Densley ESM 1.10	D Costello Norw 1.10	4	1.5	1.5	3	0	10
	B	J Hill E&H 3.40	S Chisholm Ashf 3.20	S Baah ESM 1.10	G Slater Norw 1.10	3	1.5	1.5	4	0	10
Long Jump	A	N Fatola Ashf 6.21	J Hill E&H 6.20	S Baah ESM 5.83	C Marshall Norw 5.55	4	1	2	3	0	10
	B	P Whitaker E&H 5.70	S Buckeridge ESM 5.62	S Lake Ashf 5.56	J Phoenix Norw 5.49	2	1	3	4	0	10
Triple Jump	A	M Morsia Ashf 14.43	J Phoenix Norw 12.28	J Hill E&H 11.10	S Baah ESM 10.70	4	3	1	2	0	10
	B	S Lake Ashf 11.74	A Lombard E&H 11.04	C Marshall Norw 11.01	S Buckeridge ESM 10.55	4	2	1	3	0	10
Shot Putt	A	J Ward Ashf 12.36	L Zambrzycki E&H 12.19	L Barzyk ESM 10.84	D Costello Norw 7.01	4	1	2	3	0	10
	B	C Kingsland-Roberts Ashf 11.78	J Hill E&H 10.99	R Deane ESM 7.42	G Slater Norw 6.56	4	1	2	3	0	10
Discus	A	J Ward Ashf 39.34	L Zambrzycki E&H 37.40	R Deane ESM 20.88	G Slater Norw 17.82	4	1	2	3	0	10
	B	L Swinbourne Ashf 36.97	P Ley E&H 30.99	B Densley ESM 17.16	D Mann Norw 16.75	4	1	2	3	0	10
Javelin	A	P Wickens Ashf 54.04	L Zambrzycki E&H 40.21	L Barzyk ESM 38.05	G Slater Norw 20.90	4	1	2	3	0	10
	B	L Swinbourne Ashf 43.43	S Moylan E&H 34.06	B Densley ESM 20.20	D Costello Norw 18.51	4	1	2	3	0	10
Hammer	A	J Hill E&H 56.23	J Ward Ashf 37.60	B Densley ESM 21.45	G Slater Norw 20.90	3	1	2	4	0	10
	B	C Kingsland Ashf 32.47	S Moylan E&H 31.38	R Deane ESM 18.30	D Costello Norw 15.86	4	1	2	3	0	10
4 x 100m relay		Ashford 45.2	Ealing 47.1	Enfield 47.3	Norwich 47.4	4	1	3	2	0	10
4 x 400m relay		Enfield 3:31.0	Ealing 3:33.0	Norwich 3:43.5	Ashford 3:54.6	1	2	3	4	0	10
				SHEET 2	total forward to front sheet	64	23	33	57	3	180

Southern Athletics League					Senior Women					SHEET 3	
Event		First	Second	Third	Fourth					not scored	TOTAL
100m	A	T Thompson Enf 11.8	S Charles ESM 11.9	R Hanagan Ashf 12.5	C Bell Norw 13.7	2	1	3	4	0	10
	B	M Canning ESM 12.5	S Beckett Ashf 12.7	M Brown Norw 12.8	-	3	2	4	0	1	10
200m	A	S Charles ESM 24.8	T Thompson Enf 25.0	S Beckett Ashf 26.0	H Cooper Norw 27.7	2	1	4	3	0	10
	B	M Canning ESM 25.8	M McNamara Enf 25.9	C Bell Norw 25.8	K Smith Ashf 28.9	1	2	4	3	0	10
400m	A	M McNamara Enf 57.5	R Hanagan Ashf 58.9	M Cooper Norw 62.3	E King ESM 65.0	3	2	1	4	0	10
	B	N Silva Enf 60.9	C Bell Norw 62.8	J Matthews Ashf 67.9	-	2	3	0	4	1	10
800m	A	N Silva Enf 2:23.0	J Clarke Norw 2:29.8	H Hill Ashf 2:34.6	-	2	3	0	4	1	10
	B	N Alford Norw 2:36.4	-	-	-	0	4	0	0	6	10
1500m	A	A Jones Ashf 4:59.1	J Clarke Norw 5:04.1	-	-	4	3	0	0	3	10
	B	H Cooper Norw 5:32.5	L Hall Ashf 6:11.0	-	-	3	4	0	0	3	10
3000m	A	N Alford Norw 11:20.5	C Hawkins Ashf 11:45.8	-	-	3	4	0	0	3	10
	B	L Hall Ashf 12:27.7	G Loughlin Norw 13:28.3	-	-	4	3	0	0	3	10
100mH	A	M Bomb Enf 14.8	M Canning ESM 15.0	C Hatley Asf 15.3	C Filer Norw 20.0	2	1	3	4	0	10
	B	C Silva Enf 15.8	L Hanagan Ashf 15.9	-	-	3	0	0	4	3	10
400mH	A	C Silva ENF 63.7	L Hanagan Ashf 67.4	C Filer Norw 78.6	-	3	2	0	4	1	10
	B	M Bomb Enf 64.0	-	-	-	0	0	0	4	6	10
1500m/2000m SC	A	E Llewellyn Enf 6:10.5	G Loughlin Norw 7:22.8	-	-	0	3	0	4	3	10
				SHEET 3	total forward to front sheet	37	38	19	42	34	170

Southern Athletics League					Senior Women					A		D		E		F		SHEET 4	
Event		First	Second	Third	Fourth												not scored	TOTAL	
High Jump	A	D Martin Ashf 1.65	H O'Sullivan E&H 1.40	C Filer Norw 1.35	-	4	2	0	3	1	10								
	B	S Langford Ashf 1.60	C Silva E&H 1.40	L Costello Norw 1.25		4	2	0	3	1	10								
Pole Vault	A	K Gibbs Ashf 3.01	H Leadbetter ESM 2.60	K Moey E&H 2.60	C Filer Norw 1.30	4	1	2.5	2.5	0	10								
	B	E Rendell Ashf 2.80				4	0	0	0	6	10								
Long Jump	A	H Leadbetter ESM 4.75	C Filer Norw 4.62	C Silva E&H 4.60	L Holmes Ashf 4.59	1	3	4	2	0	10								
	B	K Miller-Leslie Ashf 4.47	J Zulu Norw 4.18	H O'Sullivan E&H 4.01		4	3	0	2	1	10								
Triple Jump	A	R Hanagan Ashf 11.28	H Leadbetter ESM 9.23	C Silva E&H 8.73	C Filer Norw 8.31	4	1	3	2	0	10								
	B	L Hanagan Ashf 11.01	H O'Sullivan E&H 8.48	J Zulu Norw 8.25		4	2	0	3	1	10								
Shot Putt	A	M Harrison E&H 12.07	D McCraw ESM 10.26	A Regardsoe Ashf 8.87	J Zulu Norw 7.64	2	1	3	4	0	10								
	B	E Williams E&H 8.68	V Carter Ashf 8.15	C Gould ESM 8.13	J Higgins Norw 5.54	3	1	2	4	0	10								
Discus	A	M Harrison E&H 43.48	D McCraw ESM 32.60	V Carter Ashf 27.86	M Brown Norw 17.18	2	1	3	4	0	10								
	B	I Krassismenou E&H 25.56	C Gould ESM 22.07	K Hooten Ashf 20.17	L Costello Norw 13.45	2	1	3	4	0	10								
Javelin	A	I Krassismenou E&H 31.23	K Hooten Ashf 26.24	D McCraw ESM 24.24	J Higgins Norw 11.70	3	1	2	4	0	10								
	B	B Williams E&H 26.38	L Holmes Ashf 21.18	T Gould ESM 12.83	L Costello Norw 11.15	3	1	2	4	0	10								
Hammer	A	D McCraw ESM 48.77	E Williams E&H 28.99	A Regardsoe Ashf 21.23	J Higgins Norw 20.09	2	1	4	3	0	10								
	B	C Gould ESM 31.87	Y Jacobs E&H 27.25	J Zulu Norw 17.95		0	2	4	3	1	10								
4 x 100m relay		Ealing 51.3	Ashford 51.3	Enfield 54.1	Norwich 62.2	3	1	4	2	0	10								
4 x 400m relay		Enfield 4.10.2	Ashford 4.16.3	Norwich 4.28.1		3	2	0	4	1	10								
				SHEET 4	total forward to front sheet	52	26	36.5	53.5	12	180								