

BRITISH ATHLETICS LEAGUE – National 4

Fixture One - Held at ASHFORD, Kent

Date: Saturday 05 June 2010

Amendments and Inclusions in **Heavy Print** - [FINAL1 Results – 7 pages + 1]

Position	Competitor	Club	Performance	Match points
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100 metres 'A' (Wind –1.5)

1	Tunde Judun [b1993]	Victoria Park & Tower Hamlets	11.06	12
2	Andre Wright	Medway & Maidstone	11.14	10
3	Samuel Cordin	Mansfield Harriers	11.35	8
4	Steven Charters [HCA]	Channel Islands	11.39	6
5	Richard Elliott	Bedford & County	11.63	5
6	Jamie Sinclair	Glasgow City	11.63	4

100 metres 'B' (Wind –1.8)

1	Abdul Buhari	Victoria Park & Tower Hamlets	11.08	8
2	David Martin	Channel Islands	11.46	6
3	Aaron Aplin	Mansfield Harriers	11.51	4
4	Will MacGee	Bedford & County	11.64	3
5	Cameron Clark	Glasgow City	11.88	2
6	James Davies	Medway & Maidstone	12.05	1

200 metres 'A' (Wind –1.0)

1	Tom Druce	Channel Islands	22.17	12
2	Andre Wright	Medway & Maidstone	22.31	10
3	David Martin	Glasgow City	22.38	8
4	Samuel Cordin	Mansfield Harriers	22.42	6
5	Abdul Buhari	Victoria Park & Tower Hamlets	22.49	5
6	Will MacGee	Bedford & County	23.18	4

200 metres 'B' (WIND –2.5)

1	Othmane Rakid [TFA]	Victoria Park & Tower Hamlets	22.65	8
2	Aaron Aplin	Mansfield Harriers	22.68	6
3	Nathan Stephens	Channel Islands	22.86	4
4	Jamie Sinclair	Glasgow City	23.40	3
5	Dan Gill	Medway & Maidstone	24.20	2
6	Alistair McDonald	Bedford & County	25.02	1

400 metres 'A'

1	Dale Garland	Channel Islands	47.30	12
2	Sean Watson	Glasgow City	48.70	10
3	Paul Wright	Mansfield Harriers	49.73	8
4	Tyson Oladukun	Victoria Park & Tower Hamlets	50.75	6
5	Ben Sturgess	Bedford & County	50.76	5
6	Andrejs Safars	Medway & Maidstone	52.69	4

400 metres 'B'

1	Hywel Robinson	Channel Islands	49.86	8
2	Martin Cook	Mansfield Harriers	50.24	6
3	Andrew Moraghan	Bedford & County	51.47	4
4	Alan Ramsay	Glasgow City	51.48	3
5	Alex Babb	Victoria Park & Tower Hamlets	52.40	2
6	Mark Cryer	Medway & Maidstone	58.18	1

800 metres 'A'

1	Rob Heaney	Bedford & County	1.53.00	12
2	Alan Ramsay	Glasgow City	1.54.48	10
3	Chris Brown	Mansfield Harriers	1.55.41	8
4	Jack Tyler	Medway & Maidstone	1.56.85	6
5	Paul Martelletti [RFA]	Victoria Park & Tower Hamlets	2.02.85	5
6	William Bodkin	Channel Islands	2.05.80	4

800 metres 'B'

1	Andrew Moraghan	Bedford & County	1.56.03	8
2	Andrejs Safars	Medway & Maidstone	1.57.35	6
3	Sean Fontana	Glasgow City	1.58.90	4
4	Toby Edwards	Channel Islands	2.02.42	3
5	Stuart King	Mansfield Harriers	2.05.08	2
6	Robb Birchley	Victoria Park & Tower Hamlets	2.14.71	1

1500 metres 'A'

1	Daniel Barkes [44]	Mansfield Harriers	3.55.10	12
2	Amanuel Hagos [TFA]	Glasgow City	3.57.19	10
3	Rob Heaney	Bedford & County	4.01.75	8
4	Jack Tyler	Medway & Maidstone	4.01.77	6
5	Matthew Loveridge [22]	Channel Islands	4.04.19	5
6	John McKeane [66]	Victoria Park & Tower Hamlets	4.25.35	4

1500 metres 'B'

1	Luke Cragg	Mansfield Harriers [4]	3.56.34	8
2	James Hogg	Medway & Maidstone	4.06.30	6
3	Sean Fontana	Glasgow City	4.18.00	4
4	Alex Bellew	Bedford & County	4.20.29	3
5	Tony MacDowell	Victoria Park & Tower Hamlets[6]	4.27.44	2
6	William Bodkin	Channel Islands [2]	4.37.97	1

3000 metres 'A'

1	Tsegezab Woldmichael [TFA]	Glasgow City	8.30.96	12
2	Luke Cragg	Mansfield Harriers	8.41.33	10
3	Paul Marteletti [RFA]	Victoria Park & Tower Hamlets	8.41.53	8
4	Ryan Parker	Bedford & County	8.48.98	6
5	Dan Evans [55]	Medway & Maidstone	9.04.57	5
6	Stephen Dawes	Channel Islands	9.10.43	4

3000 metres 'B'

1	Teweldeberhan Mengistead [TFA]	Glasgow City	8.38.29	8
2	James Mee	Mansfield Harriers	9.01.65	6
3	Dave Alcock	Victoria Park & Tower Hamlets	9.05.10	4
4	Mike Coleman [5]	Medway & Maidstone	9.20.15	3
5	Tom Brown	Channel Islands	9.26.64	2
6	Alex Bellew	Bedford & County	10.36.13	1

3000 metres Steeplechase 'A'

1	Lee Garland	Channel Islands	9.49.44	12
2	Tom Collins [55]	Medway & Maidstone	9.57.78	10
3	Martin Hayes	Glasgow City	9.59.75	8
4	Steve Tuttle	Bedford & County	10.12.40	6
5	Daniel Winter	Mansfield Harriers	10.27.12	5
6	Tony MacDowall	Victoria Park & Tower Hamlets	10.39.68	4

3000 metres Steeplechase 'B'

1	Adrian Lowther [5]	Medway & Maidstone	10.06.45	8
2	Will Mackay	Bedford & County	10.34.98	6
3	Stuart King	Mansfield Harriers	12.08.38	4
4	Dave Shortridge	Victoria Park & Tower Hamlets	13.55.61	3
--	No Channel Islands AC athlete	--	--	--
--	No Glasgow City AC athlete	--	--	--

110 metres hurdles 'A' (Wind -0.9)

1	Peter Irving	Channel Islands	15.68	12
2	Neal Kelly	Glasgow City	15.81	10
3	Sam Sillah	Victoria Park & Tower Hamlets	15.87	8
4	Stefan Wilcockson	Mansfield Harriers	17.40	6
5	Ciaran Craig	Bedford & County	19.26	5
6	Mike Cryer	Medway & Maidstone	22.85	4

110 metres hurdles B (Wind -0.7)

1	Leo Rice	Channel Islands	16.17	8
2	Darren Robinson	Victoria Park & Tower Hamlets	16.58	6
3	Jonathon Newell	Mansfield Harriers	18.48	4
4	Tennyson James	Bedford & County	20.84	3
5	Andrew Lamport	Medway & Maidstone	22.38	2
--	No Glasgow City AC athlete	--	--	--

400 metres hurdles 'A'

1	David Martin	Glasgow City	52.64	12
2	Peter Irving	Channel Islands	53.52	10
3	Jordan Aromasodu	Victoria Park & Tower Hamlets	56.20	8
4	Stefan Wilcockson	Mansfield Harriers	60.03	6
5	Mark Cryer	Medway & Maidstone	60.26	5
6	Tennyson James	Bedford & County	66.47	4

400 metres hurdles 'B'

1	Gregor Innes	Glasgow City	55.04	8
2	Leo Rice	Channel Islands	55.40	6
3	Darren Robinson	Victoria Park & Tower Hamlets	58.48	4
4	Jonathan Cordin	Mansfield Harriers	66.78	3
5	Gavin Fordham	Bedford & County	72.66	2
6	Andrew Lamport	Medway & Maidstone	73.68	1

High Jump 'A'

1	Ray Bobrownicki	Glasgow City	2.15	12
2	Adewunmi Akande	Victoria Park & Tower Hamlets	1.95	10
3	Dan Alexander	Medway & Maidstone	1.80	8
4	Ross Jeffs	Channel Islands	1.80	6
5	Ciaran Craig	Bedford & County	1.80	5
6	Paul Wright	Mansfield Harriers	1.40	4

High Jump 'B'

1	Thomas Campbell	Glasgow City	2.00	8
2	Sam Sillah	Victoria Park & Tower Hamlets	1.85	6
3	Gavin Fordham	Bedford & County	1.75	4
4	Chris White	Medway & Maidstone	1.75	3
5	Leo Rice	Channel Islands	1.60	2
6	Jonathan Cordin	Mansfield Harriers	1.40	1

Pole Vault 'A'

1	Jax Thoires [HCA]	Glasgow City	4.20	12
2	Gavin Fordham	Bedford & County	3.80	10
3	Jayden Ali [66]	Victoria Park & Tower Hamlets	3.80	8
4	Matthew Woolley	Mansfield Harriers	3.00	6
5	Andrew Lamport	Medway & Maidstone	2.60	5
6	Leo Rice	Channel Islands	2.20	4

Pole Vault 'B'

1	Thomas Campbell	Glasgow City	4.00	8
2	Baddar Echakhch [6] [RFA]	Victoria Park & Tower Hamlets	3.60	6
3	Connor McHale	Mansfield Harriers	3.00	4
4	Paul Oakes	Medway & Maidstone	2.60	3
5	Lee Garland	Channel Islands	1.10	2
--	Ciaran Craig	Bedford & County	-NHR-	--

Long Jump 'A' [Wind -2.0]

1	David Martin	Channel Islands	6.88 [-2.0]	12
2	Sam Sillah	Victoria Park & Tower Hamlets	6.81 [-0.5]	10
3	Cameron Clark	Glasgow City	6.44 [-0.5]	8
4	Josh Brown [55]	Medway & Maidstone	6.37 [-1.0]	6
5	Matthew Woolley	Mansfield Harriers	6.12 [-1.0]	5
6	Ian Simson HCA]	Bedford & County	5.98 [-0.2]	4

Long Jump 'B'

1	Ross Jeffs	Channel Islands	6.53 [-3.0]	8
2	Mark Malone	Victoria Park & Tower Hamlets	6.32 [-1.0]	6
3	David Martin	Glasgow City	6.21 [-1.5]	4
4	Jordan Redjep [5]	Medway & Maidstone	6.21 [-2.5]	3
5	Ciaran Craig	Bedford & County	5.81 [-0.4]	2
6	Martin White	Mansfield Harriers	5.28 [-1.0]	1

Triple Jump 'A'

1	Ross Hanley	Channel Islands	13.57[-0.9]	12
2	Jason Richards-Thompson [66]	Victoria Park & Tower Hamlets	13.46[-0.4]	10
3	Josh Brown	Medway & Maidstone	13.27[-1.3]	8
4	Martin Cook	Mansfield Harriers	13.16[-1.9]	6
5	Jamie Sinclair [33]	Glasgow City	11.38[-0.8]	5
6	Richard Elliott [11]	Bedford & County	11.32[-1.0]	4

Triple Jump 'B'

1	David Martin	Channel Islands	13.54[-0.9]	8
2	Sam Sillah	Victoria Park & Tower Hamlets	13.05[-1.5]	6
3	Jordan Redjep	Medway & Maidstone	12.11[-0.6]	4
4	Jonathan Newell	Mansfield Harriers	11.49[-1.0]	3
5	Tennyson James [1]	Bedford & County	9.57[-0.3]	2
6	Cameron Clark	Glasgow City	-NJR-	--

Shot Putt 'A'

1	Zane Duquemin	Channel Islands	15.51	12
2	Dan Carlin	Glasgow City	14.62	10
3	Dave Burrell [HCA]	Bedford & County	12.34	8
4	Matthew Woolley	Mansfield Harriers	11.90	6
5	Damilola Sangobiyi [66]	Victoria Park & Tower Hamlets	11.39	5
6	Paul Oakes	Medway & Maidstone	7.67	4

Shot Putt 'B'

1	Damian Larrington	Bedford & County	11.91	8
2	Alan Uzomah [6]	Victoria Park & Tower Hamlets	10.25	6
3	Ben Fiore	Channel Islands	9.66	4
4	Martin White	Mansfield Harriers	8.08	3
5	David Martin	Glasgow City	7.27	2
6	Andrew Lamport	Medway & Maidstone	6.76	1

Discus 'A'

1	Zane Durquemin	Channel Islands	50.13	12
2	Dan Carlin	Glasgow City	41.49	10
3	Dave Burrell [HCA]	Bedford & County	36.85	8
4	Matthew Woolley	Mansfield Harriers	34.22	6
5	Baddar Echakhch [66] [RFA]	Victoria Park & Tower Hamlets	30.11	5
6	Paul Oakes	Medway & Maidstone	23.70	4

Discus 'B'

1	Damian Larrington	Bedford & County	36.42	8
2	Ben Fiore	Channel Islands	28.33	6
3	Alan Uzomah [6]	Victoria Park & Tower Hamlets	28.11	4
4	Lee Peters	Mansfield Harriers	23.70	3
5	Neal Kelly	Glasgow City	20.17	2
6	Andrejs Safars	Medway & Maidstone	18.41	1

Hammer 'A'

1	Glenn Kerr	Bedford & County	57.26	12
2	Dan Carlin	Glasgow City	36.01	10
3	Baddar Echakhch [66] [RFA]	Victoria Park & Tower Hamlets	33.88	8
4	Clive Thompson	Medway & Maidstone	31.46	6
5	Zane Duquemin	Channel Islands	24.71	5
6	Matthew Wooley	Mansfield Harriers	20.79	4

Hammer 'B'

1	Richard Martin	Bedford & County	44.78	8
2	Alan Uzomah [6]	Victoria Park & Tower Hamlets	26.32	6
3	Paul Oakes	Medway & Maidstone	25.57	4
4	Ben Fiore	Channel Islands	23.60	3
5	Martin White	Mansfield Harriers	18.86	2
-	No Glasgow City AC athlete	--	--	--

Javelin 'A'

1	Lee Peters	Mansfield Harriers	57.43	12
2	Baddar Echakhch [RFA]	Victoria Park & Tower Hamlets	53.93	10
3	Ben Fiore	Channel Islands	45.69	8
4	Dave Burrell [HCA]	Bedford & County	39.36	6
5	Andrew Lamport [55]	Medway & Maidstone	35.84	5
6	Dan Carlin [33]	Glasgow City	32.88	4

Javelin 'B'

1	Matthew Woolley	Mansfield Harriers	41.96	8
2	Sam Sillah	Victoria Park & Tower Hamlets	40.86	6
3	Ciaran Craig	Bedford & County	35.63	4
4	Paul Oakes [5]	Medway & Maidstone	32.36	3
5	Martin Hayes [3]	Glasgow City	31.50	2
6	Ross Jeffs	Channel Islands	28.62	1

4 x 100 metres relay

1	Channel Islands	1 Steven Charters [HCA] 2 Tom Druce, 3 Dale Garland, 4 David Martin	42.49	12
2	Victoria Park & Tower Hamlets	1 Abdul Buhari 2 Tunde Judun 3 Dami Oladararin 4 Victor Ade-Davies	43.10	10
3	Mansfield Harriers	1 Martin White 2 Aaron Aplin 3 Stefan Wilcockson 4 Matthew Woolley	44.15	8
4	Glasgow City	1 Neal Kelly 2 Jamie Sinclair 3 Jax Thoires [HCA] 4 Cameron Clark	44.34	6
5	Medway & Maidstone	1 Andre Wright 2 James Davies 3 Scott Craddock 4 Dan Gill	44.55	5
6	Bedford & County	1 Richard Elliott 2 Tennyson James 3 Alistair McDonald 4 Will Mackay	46.19	4

4 x 400 metres relay

1	Channel Islands	1 Leo Rice 2 Tom Druce 3 Hywel Robinson 4 Ross Jeffs	3.17.99	12
2	Glasgow City	1 Sean Watson 2 David Martin 3 Gregor Innes 4 Alan Ramsay	3.18.50	10
3	Mansfield Harriers	1 Chris Brown 2 Martin Cook 3 Daniel Barkes 4 Paul Wright	3.18.93	8
4	Victoria Park & Tower Hamlets	1 Alex Babb 2 Quincie Michaels 3 Darren Robinson 4 Jordan Aromasodu	3.26.67	6
5	Bedford & County	1 Cairan Craig 2 Andrew Moraghan 3 Rob Heaney 4 Ben Sturgess	3.29.53	5
6	Medway & Maidstone	1 Tom Collins 2 Andrejs Safars 3 Andre Wright 4 Mark Cryer	3.40.83	4

Match Result

Position	Club	Total points	League points
1	Channel Islands AC	6	244
2	Glasgow City AC	5	229
3	Victoria Park & Tower Hamlets	4	226
4	Mansfield Harriers	3	202
5	Bedford & County AC	2	188
6	Medway & Maidstone AC	1	167

Overall league position after Match 1

Position	Club	Total points	League points
1	Channel Islands AC	6	244
2	Glasgow City	5	229
3	Victoria Park & Tower Hamlets	4	226
4	Mansfield Harriers	3	202
5	Bedford & County AC	2	188
6	Medway & Maidstone AC	1	167

Man of the Match Performance:

RAY BOBROWNIĆKI - Glasgow City AC - **High Jump 2.15m**

Non-Scoring 100m Race 'A' (Wind -0.3)

100m	Club	Performance
Calvin Innes	Glasgow City AC	11.14
Saul Payne	Victoria Park & Tower Hamlets AC	11.30
Victor Ade-Davis	Victoria Park & Tower Hamlets AC	11.43
Toleme Ezekiel	Victoria Park & Tower Hamlets AC	11.45
Nathan Brown	Victoria Park & Tower Hamlets AC	11.71

Non-scoring 100m Race 'B' (Wind = 0.0)

100m	Club	Performance
Curtis Blake	Victoria Park & Tower Hamlets AC	11.45
Darren Robinson	Victoria Park & Tower Hamlets AC	11.68
Jordan Redjep	Medway & Maidstone AC	11.77
Martin White	Mansfield Harriers	12.06

Note: James Davies Medway & Maidstone AC did not start in 'B' race after entering!

Guest Athletes Performances:

Event:	Guest	Performance
Discus	Allan Mackay Glasgow City AC	37.00
Hammer	David Little Glasgow City AC	53.11
Shot	Allan Mackay Glasgow City AC	12.10
400m	Lloyd Milner Medway & Maidstone AC	51.45
110mH	Callum Innes Glasgow City	15.40 [Wind -0.7] Lane 8
1500m	TekiesLasie TsegaiTewelde [TFA] Glasgow AC	3.54.54
200m	Dami Oladiran Victoria Park & Tower Hamlets AC	22.91 [Wind -2.5] Lane 8

Please note:

Performances of non – scoring and guest races do not count in the match scores

	Points												
	Bedford and County		Channel Islands		Glasgow City		Mansfield Harriers		Medway and Maidstone		Victoria Park & Tower Hamlets		Waste
	A	B	A	B	A	B	A	B	A	B	A	B	
100m	5	3	6	6	4	2	8	4	10	1	12	8	0
200m	4	1	12	4	8	3	6	6	10	2	5	8	0
400m	5	4	12	8	10	3	8	6	4	1	6	2	0
800m	12	8	4	3	10	4	8	2	6	6	5	1	0
1500m	8	3	5	1	10	4	12	8	6	6	4	2	0
3000m	6	1	4	2	12	8	10	6	5	3	8	4	0
110m Hurdles	5	3	12	8	10		6	4	4	2	8	6	1
400m Hurdles	4	2	10	6	12	8	6	3	5	1	8	4	0
3000m St Ch	6	6	12		8		5	4	10	8	4	3	3
4x100m Relays	4		12		6		8		5		10		0
4x400m Relays	5		12		10		8		4		6		0
High Jump	5	4	6	2	12	8	4	1	8	3	10	6	0
Pole Vault	10		4	2	12	8	6	4	5	3	8	6	1
Long Jump	4	2	12	8	8	4	5	1	6	3	10	6	0
Triple Jump	4	2	12	8	5		6	3	8	4	10	6	1
Shot Putt	8	8	12	4	10	2	6	3	4	1	5	6	0
Discus	8	8	12	6	10	2	6	3	4	1	5	4	0
Hammer	12	8	5	3	10		4	2	6	4	8	6	1
Javelin	6	4	8	1	4	2	12	8	5	3	10	6	0
	188.0		244.0		229.0		202.0		167.0		226.0		7

Pos	5	1	2	4	6	3
Mt Pts	2	6	5	3	1	4
Prev Pts						
Prev Mt Pts						
Tot Pts	188	244	229	202	167	226
Tot Mt Pts	2	6	5	3	1	4
	5	1	2	4	6	3
	1	2	3	4	5	6
Bedford and County	Channel Islands	Glasgow City	Mansfield Harriers	Medway and Maidstone	Victoria Park & Tower Hamlets	

Athlete of the Match:

- Match 1: *RAY BOBROWNICKI GLASGOW CITY HIGH JUMP 2.15M*
- Match 2:
- Match 3:
- Match 4: