

British League National Three - 6 June 2009 - Abingdon

100m A	Name	Club	Performance	Points	w/s	UK Pts
1	Sven Knippahls	Bournemouth	10.90	16	-1.4	80
2	Ben Richardson	Team Southampton	11.14	14		32
3	Stefan Mitchell	Cambridge Harriers	11.15	12		30
4	Jon Hornblow	Derby	11.38	10		0
5	James Mclean	Southend	11.47	8		0
6	El Hassaine Azzaour	Crawley	11.49	6		0
7	Scott Craddock	Medway & Maidstone	11.66	5		0
8	Richard Elliott	Bedford	11.73	4		0

100m B	Name	Club	Performance	Points	w/s	UK Pts
1	Judah Simpson	Derby	11.50	12	-3.1	0
2	Andre Wright	Medway & Maidstone	11.51	10		0
3	Jake King	Southend	11.55	8		0
4	Arthur Tanoh	Cambridge Harriers	11.58	6		0
5	Gareth Price	Team Southampton	11.60	4		0
6	Adam Omisore	Bournemouth	11.62	3		0
7	Seb Rodger	Crawley	11.91	2		0
8	Tennyson James	Bedford	13.05	1		0

200m A	Name	Club	Performance	Points	w/s	UK Pts
1	Stefan Mitchell	Cambridge Harriers	22.89	16	-1.8	0
2	Sam Ratcliffe	Team Southampton	22.90	14		0
3	James Mclean	Southend	22.92	12		0
4	Martin Cook	Derby	23.15	10		0
5	El Hassaine Azzaour	Crawley	23.24	8		0
6	James Warsop	Bournemouth	23.53	6		0
7	Scott Craddock	Medway & Maidstone	23.88	5		0
8	Richard Elliott	Bedford	24.11	4		0

200m B	Name	Club	Performance	Points	w/s	UK Pts
1	Jake King	Southend	22.85	12	-1.3	0
2	Luke Sargent	Crawley	22.96	10		0
3	Ross Langford	Team Southampton	23.19	8		0
4	Judah Simpson	Derby	23.2	6		0
5	Andre Wright	Medway & Maidstone	23.5	4		0
6	Adam Omisore	Bournemouth	23.51	3		0
7	Arthur Tanoh	Cambridge Harriers	23.55	2		0
8	Gavin Craig	Bedford	0	0		0

400m A	Name	Club	Performance	Points	w/s	UK Pts
1	Luke Smallwood	Medway & Maidstone	49.03	16		79
2	Matt Harrison	Southend	49.20	14		72
3	Daryn Campbell	Team Southampton	49.79	12		48
4	Sven Knippahls	Bournemouth	49.92	10		43
5	Matt Sinclair	Crawley	49.97	8		41
6	Martin Cook	Derby	50.08	6		37
7	Ben Sturgess	Bedford	52.17	5		0
8	Joe Durrant	Cambridge Harriers	64.27	4		0

400m B	Name	Club	Performance	Points	w/s	UK Pts
1	Will Oyowe	Medway & Maidstone	48.79	12		88
2	Ben Parnell	Team Southampton	51.17	10		0
3	Rob Heaney	Bedford	51.26	8		0
4	Karl Welch	Bournemouth	51.42	6		0
5	Craig Cox	Crawley	51.93	4		0
6	Nnaemka Ezenwa	Cambridge Harriers	53.31	3		0
7	Sam Worrall	Derby	53.79	2		0
8	Kevin Brown	Southend	54.68	1		0

800m A	Name	Club	Performance	Points	w/s	UK Pts
1	Joe Durrant	Cambridge Harriers	1:52.28	16		100
2	Rob Heaney	Bedford	1:52.33	14		99
3	Richard Weir	Derby	1:53.70	12		72
4	Matt Furber	Crawley	1:54.82	10		50
5	David Smale	Southend	1:55.81	8		30
6	Adrejs Safars	Medway & Maidstone	2:00.20	6		0
7	Karl Welch	Bournemouth	2:00.92	5		0
8	Gareth Beech	Team Southampton	0:00.00	0		0

800m B	Name	Club	Performance	Points	w/s	UK Pts
1	Jon Slade	Team Southampton	1:57.07	12		5
2	Lee Coogan	Cambridge Harriers	1:57.60	10		0
3	Nick Duggan	Crawley	1:57.91	8		0
4	Michael Goodwin	Bedford	1:58.03	6		0
5	Tom Phillips	Derby	1:59.02	4		0
6	Tim Alexander	Medway & Maidstone	2:02.22	3		0
7	Graham Easty	Southend	2:03.12	2		0
8	Robin Copestick	Bournemouth	DQ	0		0

1500m A	Name	Club	Performance	Points	w/s	UK Pts
1	Dean Lacy	Cambridge Harriers	3:58.83	16		51
2	Ben Tyler	Medway & Maidstone	3:59.33	14		47
3	David Gibbon	Southend	4:00.52	12		38
4	Andy Prophet	Derby	4:00.75	10		36
5	Matt Furber	Crawley	4:02.79	8		20
6	Ryan Parker	Bedford	4:02.86	6		19
7	Gareth Kaplec	Team Southampton	4:03.52	5		14
8	Fergus O'Reilly	Bournemouth	4:05.04	4		2

1500m B	Name	Club	Performance	Points	w/s	UK Pts
1	Scott Harris	Crawley	4:06.03	12		0
2	Niall Maguire	Derby	4:06.06	10		0
3	Jack Goodwin	Bedford	4:07.80	8		0
4	Russell Osborn	Team Southampton	4:07.93	6		0
5	James Hogg	Medway & Maidstone	4:09.58	4		0
6	Sam Murphy	Cambridge Harriers	4:12.33	3		0
7	Howard Clarke	Southend	4:14.43	2		0
8	Rob McTaggart	Bournemouth	4:21.58	1		0

5000m A	Name	Club	Performance	Points	w/s	UK Pts
1	Neilson Hall	Bedford	14:22.73	16		95
2	Paul Whittaker	Southend	14:55.88	14		28
3	Jack Swallow	Crawley	15:05.34	12		9
4	Dean Lacy	Cambridge Harriers	15:12.63	10		0
5	Ben Tyler	Medway & Maidstone	15:13.76	8		0
6	Matthew Bennett	Team Southampton	15:51.53	6		0
7	Chris Peach	Derby	16:03.49	5		0
8	Rob McTaggart	Bournemouth	16:09.96	4		0

5000m B	Name	Club	Performance	Points	w/s	UK Pts
1	Darren Deed	Bedford	14:50.66	12		39
2	Tom Collins	Medway & Maidstone	16:02.97	10		0
3	Paul Rodgers	Crawley	16:05.53	8		0
4	Tom Lawrence	Derby	16:22.92	6		0
5	Mark Penny	Cambridge Harriers	16:45.93	4		0
6	Will Davies	Team Southampton	17:14.58	3		0
7	Alan Brittain	Southend	17:47.79	2		0
8	Robin Copestick	Bournemouth	00:00.00	0		0

3000m s/c A	Name	Club	Performance	Points	w/s	UK Pts
1	David Westbury	Derby	09:19.65	16		121
2	Owain Matthews	Bedford	09:23.49	14		113
3	Joel Clewin	Crawley	09:44.16	12		72
4	Andrew Sheridan	Cambridge Harriers	09:51.15	10		58
5	Tom Collins	Medway & Maidstone	09:54.40	8		51
6	Tom Frith	Southend	09:55.13	6		50
7	Joe Maskell	Team Southampton	10:38.47	5		0
8	Bournemouth	00:00.00	0		0

3000m s/c B	Name	Club	Performance	Points	w/s	UK Pts
1	Chris Davison	Derby	09:53.88	12		52
2	Steven Tuttle	Bedford	10:02.54	10		35
3	Rob Creed	Crawley	10:47.72	8		0
4	Nick Slade	Medway & Maidstone	11:06.01	6		0
5	Liam Corcoran	Cambridge Harriers	12:27.58	4		0
6	Kyle Aldridge	Southend	DNF	0		0
7	Team Southampton	00:00.00	0		0
8	Bournemouth	00:00.00	0		0

110m Hurdles A	Name	Club	Performance	Points	w/s	UK Pts
1	Ben Richardson	Team Southampton	14.88	16	-2.3	128
2	Francois Potgieter	Cambridge Harriers	15.03	14		116
3	Francis Baker	Derby	15.04	12		116
4	Nigel Hayman	Bournemouth	16.44	10		11
5	Martin Brockman	Medway & Maidstone	16.44	8		11
6	Simon Hemmings	Southend	16.64	6		0
7	Chris Minn	Crawley	17.16	5		0
8	Bedford	0.00	0		0

110m Hurdles B	Name	Club	Performance	Points	w/s	UK Pts
1	Rob Jones	Team Southampton	16.34	12	-2.3	18
2	Lasse Tietje	Bournemouth	16.62	10		0
3	Greg Goodrem	Southend	16.89	8		0
4	Phillip Harries	Derby	17.22	6		0
5	Bradley Hall	Crawley	18.12	4		0
6	Kevin Kwarteng	Cambridge Harriers	23.21	3		0
7	Nick Slade	Medway & Maidstone	30.30	2		0
8	Bedford	0.00	0		0

400m Hurdles A	Name	Club	Performance	Points	w/s	UK Pts
1	Francois Potgieter	Cambridge Harriers	54.59	16		90
2	Chris Minn	Crawley	57.05	14		29
3	Greg Goodrem	Southend	58.79	12		0
4	Sam Worrall	Derby	58.85	10		0
5	Mark Cryer	Medway & Maidstone	59.35	8		0
6	Nigel Hayman	Bournemouth	1:01.13	6		0
7	Alick Clark	Team Southampton	1:01.24	5		0
8	Tennyson James	Bedford	1:11.34	4		0

400m Hurdles B	Name	Club	Performance	Points	w/s	UK Pts
1	Alex Wharfe	Medway & Maidstone	58.63	12		0
2	Nick Buckfield	Crawley	1:00.66	10		0
3	Scot Partridge	Derby	1:01.51	8		0
4	Liam Peoples	Southend	1:03.51	6		0
5	Philip Coker	Team Southampton	1:06.48	4		0
6	Andrew Knight	Cambridge Harriers	DNF	0		0
7		Bedford		0		0
8		Bournemouth		0		0

High Jump A	Name	Club	Performance	Points	w/s	UK Pts
1	Scott Johnson	Bedford	2.00	16		90
2	Matt Sloane	Bournemouth	1.95	14		65
3	Martin Brockman	Medway & Maidstone	1.95	12		65
4	Jonathon Heath	Derby	1.80	10		0
5	Simon Hemmings	Southend	1.80	8		0
6	Harry Lane	Crawley	1.75	6		0
7	Sam Turner	Team Southampton	1.70	5		0
8	Kevin Kwarteng	Cambridge Harriers	1.70	4		0

High Jump B	Name	Club	Performance	Points	w/s	UK Pts
1	Tim Alexander	Medway & Maidstone	1.75	12		0
2	Shane Booth	Derby	1.75	10		0
3	Seb Rodger	Crawley	1.75	8		0
4	Richard Abrahams	Southend	1.75	6		0
5	Ross Langford	Team Southampton	1.50	4		0
6	Francois Potgieter	Cambridge Harriers	0.00	0		0
7	Lasse Tietje	Bournemouth	0.00	0		0
8	Michael Grabarz	Bedford	0.00	0		0

Pole Vault A	Name	Club	Performance	Points	w/s	UK Pts
1		Southend	0.00	7.5		0
2		Derby	0.00	7.5		0
3		Crawley	0.00	7.5		0
4		Medway & Maidstone	0.00	7.5		0
5		Bedford	0.00	7.5		0
6		Team Southampton	0.00	7.5		0
7		Cambridge Harriers	0.00	7.5		0
8		Bournemouth	0.00	7.5		0

Pole Vault B	Name	Club	Performance	Points	w/s	UK Pts
1		Southend	0.00	7.5		0
2		Derby	0.00	7.5		0
3		Crawley	0.00	7.5		0
4		Medway & Maidstone	0.00	7.5		0
5		Bedford	0.00	7.5		0
6		Team Southampton	0.00	7.5		0
7		Cambridge Harriers	0.00	7.5		0
8		Bournemouth	0.00	7.5		0

Long Jump A	Name	Club	Performance	Points	w/s	UK Pts
1	Francis Baker	Derby	6.74	16	0.5	94
2	James Lelliot	Bournemouth	6.70	14	1.4	90
3	Seb Rodger	Crawley	6.67	12	2.6	87
4	Martin Blockman	Medway & Maidstone	6.30	10	0.7	50
5	George Kenyon	Team Southampton	6.19	8	-0.3	39
6	Kevin Kwarteng	Cambridge Harriers	6.17	6	0.2	37
7	Kevin Brown	Southend	6.16	5	0.8	36
8	Gavin Craig	Bedford	5.74	4	-0.4	0

Long Jump B	Name	Club	Performance	Points	w/s	UK Pts
1	James Warsop	Bournemouth	6.51	12	-0.2	71
2	Chris Morgan	Crawley	6.30	10	0.7	50
3	David Smith	Derby	6.18	8	0.2	38
4	Nnaemka Ezenwa	Cambridge Harriers	6.15	6	-0.2	35
5	James Alcock	Medway & Maidstone	6.10	4	0	30
6	Gareth Price	Team Southampton	5.76	3	0.9	0
7	Richard Abrahams	Southend	5.35	2	-0.3	0
8	Tennyson James	Bedford	4.64	1	0	0

Triple Jump A	Name	Club	Performance	Points	w/s	UK Pts
1	Darren Marsh	Medway & Maidstone	14.67	16	-0.8	149
2	Nnaemka Ezenwa	Cambridge Harriers	14.40	14	-1.6	138
3	Kevin Brown	Southend	13.79	12	-1.6	114
4	Rory Constable	Team Southampton	13.78	10	-1	113
5	Matt Sloane	Bournemouth	12.79	8	2.4	74
6	Matt Devereux	Bedford	12.49	6	-0.5	62
7	Chris Morgan	Crawley	11.79	5	1.2	34
8	Jonathon Heath	Derby	11.53	4	0.2	23

Triple Jump B	Name	Club	Performance	Points	w/s	UK Pts
1	Dujon Brown	Medway & Maidstone	13.12	12	-1.1	87
2	Chris Bull	Team Southampton	13.05	10	1.4	84
3	James Warsop	Bournemouth	12.50	8	1	62
4	Kevin Kwarteng	Cambridge Harriers	12.05	6	2.1	44
5	Liam Peoples	Southend	11.72	4	-0.3	31
6	George Simkins	Crawley	11.17	3	-0.1	9
7	Damian Larrington	Bedford	9.62	2	1.2	0
8	David Smith	Derby	0.00	0	0	0

Shot Putt A	Name	Club	Performance	Points	w/s	UK Pts
1	Pat Halcrow	Southend	13.95	16		74
2	James Cottrell	Derby	13.09	14		52
3	Andy Turner	Bournemouth	12.13	12		28
4	Andrew Kruszewski	Cambridge Harriers	11.88	10		22
5	Neil Mansbridge	Crawley	11.60	8		15
6	Garry Newton	Team Southampton	11.46	6		12
7	Damian Larrington	Bedford	10.87	5		0
8	Martin Brockman	Medway & Maidstone	10.49	4		0

Shot Putt B	Name	Club	Performance	Points	w/s	UK Pts
1	Anthony Tipping	Cambridge Harriers	11.54	12		14
2	Matt Frampton	Bournemouth	11.21	10		5
3	Adam Richardson	Team Southampton	11.20	8		5
4	Marcus Francis	Derby	10.99	6		0
5	Bradley Hall	Crawley	9.86	4		0
6	Ciaran Craig	Bedford	9.79	3		0
7	Chris Bowman	Medway & Maidstone	7.61	2		0
8	Rob Franks	Southend	6.81	1		0

Discus A	Name	Club	Performance	Points	w/s	UK Pts
1	Andrew Kruszewski	Cambridge Harriers	41.11	16		73
2	Pat Halcrow	Southend	39.74	14		63
3	Andy Turner	Bournemouth	36.27	12		39
4	Garry Newton	Team Southampton	32.80	10		15
5	Neil Mansbridge	Crawley	32.77	8		14
6	Damian Larrington	Bedford	30.26	6		0
7	Chris Jack	Derby	27.77	5		0
8	Alex Beech	Medway & Maidstone	21.28	4		0

Discus B	Name	Club	Performance	Points	w/s	UK Pts
1	Anthony Tipping	Cambridge Harriers	36.86	12		43
2	Matt Frampton	Bournemouth	34.63	10		27
3	Bradley Hall	Crawley	30.90	8		1
4	Gavin Craig	Bedford	29.72	6		0
5	Rob Franks	Southend	23.41	4		0
6	Chris Bowman	Medway & Maidstone	19.37	3		0
7	Adam Richardson	Team Southampton	0.00	0		0
8	Marcus Francis	Derby	0.00	0		0

Hammer A	Name	Club	Performance	Points	w/s	UK Pts
1	Glen Kerr	Bedford	58.78	16		139
2	Matt Frampton	Bournemouth	57.45	14		132
3	Marcus Francis	Derby	42.06	12		55
4	Neil Mansbridge	Crawley	41.69	10		53
5	Anthony Tipping	Cambridge Harriers	39.47	8		42
6	Adam Richardson	Team Southampton	33.68	6		13
7	Pat Halcrow	Southend	27.76	5		0
8	Chris Bowman	Medway & Maidstone	17.39	4		0

Hammer B	Name	Club	Performance	Points	w/s	UK Pts
1	Darren Kerr	Bedford	45.55	12		73
2	Chris Jack	Derby	41.64	10		53
3	Andy Turner	Bournemouth	41.23	8		51
4	Nathan Halland Smith	Crawley	37.96	6		35
5	Chris Melluish	Cambridge Harriers	34.98	4		20
6	Liam Peoples	Southend	20.12	3		0
7	Garry Newton	Team Southampton	18.16	2		0
8	Alex Beech	Medway & Maidstone	15.28	1		0

Javelin A	Name	Club	Performance	Points	w/s	UK Pts
1	Craig Lacy	Cambridge Harriers	57.88	16		119
2	Luke Burton	Crawley	49.06	14		75
3	James Lelliot	Bournemouth	48.12	12		71
4	Gary Newton	Team Southampton	42.60	10		43
5	Liam Peoples	Southend	40.28	8		31
6	Shane Booth	Derby	37.96	6		20
7	Alex Wharfe	Medway & Maidstone	34.43	5		2
8	Darren Kerr	Bedford	31.19	4		0

Javelin B	Name	Club	Performance	Points	w/s	UK Pts
1	Neil Mansbridge	Crawley	45.66	12		58
2	Jake Lewis	Team Southampton	41.49	10		37
3	Rob Franks	Southend	38.99	8		25
4	Lasse Tietje	Bournemouth	38.73	6		24
5	Anthony Tipping	Cambridge Harriers	35.01	4		5
6	Ciaran Craig	Bedford	25.44	3		0
7	Sam Worrall	Derby	0.00	0		0
8	Mark Cryer	Medway & Maidstone	0.00	0		0

4 x 100m	Name	Club	Performance	Points	w/s
1	Ben Richardson, Ross Langford, Sam Ratcliffe, Gareth Price	Team Southampton	43.11	16	
2	El Hussain, C Morgan, L S, C Minn	Crawley	43.71	14	
3	Judah Simpson, Sam Worrall, Martin Cook, Francis Baker	Derby	43.73	12	
4	Matt Harrison, Richard Abrahams, Jake King, James McClean	Southend	43.78	10	
5	James Alcock, Andre Wright, Luke Smallwood, Scott Craddock	Medway & Maidstone	44.88	8	
6	Ben Sturgess, Richard Elliott, Ciaran Craig, Tennyson James	Bedford	46.41	6	
7	Stefan Mitchell, Francois Potgieter, Arthur Tanoh, Kevin Kwarteng	Cambridge Harriers	DQ	0	
8	Olu Baptiste, Sven Knipples, Adam Omisore, James Lelliot	Bournemouth	DNF	0	

4 x 400m	Name	Club	Performance	Points	w/s
1	C Cox, S Rodger, M Sinclair, N Duggan	Crawley	3:23.35	16	
2	Jake King, Greg Goodrem, James Mclean, Matt Harrison	Southend	3:23.88	14	
3	Darryn Campbell, Gareth Beech, George Kenyon, Bin Parnell	Team Southampton	3:25.31	12	
4	Martin Cook, Tom Phillips, Niall MacGuire, Richard Weir	Derby	3:25.65	10	
5	Lee Coogan, Andy Sheridan, Francois Potgieter, Dean Lacy	Cambridge Harriers	3:28.69	8	
6	Fergus O'Reilly, James Warsop, Karl Welch, Sven Knipples	Bournemouth	3:32.21	6	
7	Rob Heaney, Ben Sturgess, Richard Elliott, Michael Goodwin	Bedford	3:36.72	5	
8	Luke Smallwood, Tim Alexander, Andress Safrin, Will Oyowe	Medway & Maidstone	DQ	0	

Team Scores		
1	Crawley	308
2	Derby	295
3	Cambridge	290
4	Team Southampton	271
5	Southend	268
6	Medway	253
7	Bournemouth	245
8	Bedford	222

Man of the match:

Glen Kerr

Hammer