

100m A

1 Ben Richardson	TSN 11.0
2 Stefan Mitchell	CBG 11.0
3 Judah Simpson	DBY 11.1
4 Jake King	STD 11.4
5 Luke Sargeant	CWL 11.5
6 Scott Craddock	M&M 11.6
7 Ben Sturgess	BFD 11.7
8 Richard Reeks	BMT 11.7

100m B

1 David Bolarinwa	CBG 11.1
2 Chris Hill	DBY 11.4
3 Andre Wright	M&M 11.4
4 El-Houssain Azzoui	CWL 11.5
5 Ross Langford	TSN 11.6
6 Adam Omisore	BMT 11.7
7 Richard Elliott	BFD 11.7
8 Richard Abrahams	STD 12.0

200m A

1 Stefan Mitchell	CBG 22.1
2 Ben Richardson	TSN 22.4
3 Michael Baker	M&M 22.4
4 El-Houssain Azzoui	CWL 22.6
5 Ben Sturgess	BFD 22.6
6 Judah Simpson	DBY 22.8
7 Jake King	STD 23.1
8 Bradley Pikup	BMT 23.5

200m B

1 Gareth Price	TSN 22.6
2 Luke Sargeant	CWL 22.7
3 Andre Wright	M&M 23.0
4 Arthur Tanoh	CBG 23.2
5 Sean Taylor	DBY 23.2
6 James Lelliott	BMT 23.4
7 Richard Elliott	BFD 24.2
8 Kevin Brown	STD 24.3

400m A

1 Paul Goodall	TSN 48.4
2 Jon Hornblow	DBY 48.6
3 Luke Smallwood	M&M 48.8
4 Matt Sinclair	CWL 50.5
5 Omari M-Montgomery	CBG 51.1
6 Alan Cooper	BFD 51.5
7 Adam Omisore	BMT 52.2
8 Liam Peoples	STD 56.0

400m B

1 Seb Rodger	CWL 49.3
2 Darren Campbell	TSN 49.7
3 Martin Cook	DBY 50.0
4 Donomar Smith	CBG 51.8
5 Tim Alexander	M&M 53.4
6 Pete Smale	STD 54.0
7 Conor Mugan	BMT 55.0

800m A

1 Joe Durrant	CBG 1.54.2
2 Matt Furber	CWL 1.54.5
3 Tom Phillips	DBY 1.55.0
4 Rob Heaney	BFD 1.55.3
5 John Slade	TSN 1.56.4
6 Tim Alexander	M&M 1.58.6
7 Pete Smale	STD 1.58.9
8 Conor Mugan	BMT 2.02.6

800m B

1 Andrew Sheridan	CBG 1.57.0
2 Tom Frith	STD 1.57.4
3 Ryan Saunders	BMT 1.58.0
4 Nick Duggan	CWL 1.58.4
5 Andejs Jafrin	M&M 2.00.8
6 Matt Bennett	TSN 2.02.2
7 Niall Maguire	DBY 2.04.9

1500m A

1 Rich Weir	DBY 3.53.3
2 Joe Durrant	CBG 3.57.0
3 Ben Tuler	M&M 3.57.3
4 Paul Whittaker	STD 3.57.9
5 Chris Johnson	CWL 3.58.0
6 Rob Heaney	BFD 4.03.8
7 Fergus O'Reilly	BMT 4.04.6
8 Martin Johnson	TSN 4.04.7

1500m B

1 Jack Tuler	M&M 3.58.3
2 Matt Furber	CWL 4.01.3
3 Andy Prophett	DBY 4.02.9
4 Jack Goodwin	BFD 4.06.5
5 Ryan Saunders	BMT 4.07.6
6 Andrew Sheridan	CBG 4.08.5
7 Gareth Kaplacz	TSN 4.09.3
8 Tom Frith	STD 4.13.6

5000m A

1 Alex Pilcher	DBY 14.45.8
2 Matt Janes	BFD 14.47.0
3 Mike Coleman	M&M 14.48.5
4 Paul Rogers	CWL 14.49.6
5 Adam Hickey	STD 14.56.4
6 Dean Lacy	CBG 15.00.5
7 Matthew Bennett	TSN 15.36.1
8 Rob McTaggart	BMT 16.04.4

5000m B

1 Josh Guilmatt	CWL 15.00.9
2 Jon Gilby	DBY 15.12.3
3 Steve Whittaker	STD 15.47.9
4 Steve Tuttle	BFD 16.06.7
5 Pat Curran	M&M 16.15.1
6 Sam Murphy	CBG 16.35.5
7 Joe Blackmore	BMT 17.05.0

110mH A

1 Ben Richardson	TSN 14.5
2 Francois Potgieter	CBG 14.7
3 Martin Brockman	M&M 15.7
4 Richard Reeks	BMT 16.0
5 Ben McIlroy	CWL 16.1
6 Phil Harries	DBY 16.7
7 Greg Goodrem	STD 17.3
8 Ciaron Craig	BFD 18.7

110mH B

1 Nigel Hayman	BMT 15.9
2 Bradley Hall	CWL 17.2
3 Sam Worrall	DBY 17.9
4 Philip Week	TSN 18.9
5 Obinna Ikedife	CBG 19.3
6 Alex Wharfe	M&M 19.8
7 Chris Lee	STD 20.9

400mH A

1 Michael Baker	M&M 53.9
2 Francois Potgieter	CBG 53.9
3 Alan Cooper	BFD 55.5
4 Ben McIlroy	CWL 56.2
5 Nigel Hayman	BMT 59.9
6 GREG GOODREM	STD 60.7
7 Alick Clarke	TSN 62.0

400mH B

1 Chris Minn	CWL 58.9
2 Phil Harries	DBY 59.1
3 Mark Cryer	M&M 60.0
4 LIAM PEOPLES	STD 61.5
5 Andrew Knight	CBG 61.8
6 Philip Coker	TSN 65.9
7 Rob Hardyman	BMT 66.1

3000m SC A

1 Dave Westbury	DBY 9.08.2
2 Dean Lacy	CBG 9.16.6
3 Tom Collins	M&M 9.40.6
4 Joel Clewett	CWL 9.47.7
5 Will Mackay	BFD 9.53.8
6 Jon Sharkey	BMT 10.14.2
7 Howard Clarke	STD 11.06.5

3000m SC B

1 Alex Pilcher	DBY 9.09.8
2 Jack Swallow	CWL 9.54.2
3 Adrian Lowther	M&M 10.02.7
4 Steve Tuttle	BFD 10.08.4
5 Matt Winn-Smith	CBG 10.34.5
6 Rob Hardyman	BMT 10.39.0
7 Chris Lee	STD 11.20.2

Discus Throw A

1 Andrew Kruszewski	CBG 43.54
2 Marcus Francis	DBY 41.25
3 Andy Turner	BMT 39.31
4 Dave Burrell	BFD 38.82
5 Neil Mansbridge	CWL 36.97
6 Martin Brockman	M&M 34.14
7 Jacob Lewis	TSN 27.60
8 DAVE CONDON	STD 27.23

Discus Throw B

1 Anthony Tipping	CBG 36.65
2 Matt Frampton	BMT 35.99
3 Bradley Hall	CWL 35.70
4 Sam Worrall	DBY 32.39
5 Stuart Hitchcock	M&M 29.20
6 Adam Richardson	TSN 27.36
7 ROB FRANKS	STD 23.61

Hammer Throw A

1 Matt Frampton	BMT 56.03
2 Glen Kerr	BFD 55.73
3 Jason Robinson	DBY 49.28
4 Rob Earle	STD 49.25
5 James Hawkins	M&M 43.40
6 Neil Mansbridge	CWL 40.11
7 Anthony Tipping	CBG 37.55
8 Adam Richardson	TSN 29.59

Hammer Throw B

1 Malcolm Fenton	STD 47.12
2 Andy Turner	BMT 43.03
3 Dave Burrell	BFD 42.24
4 Nathan Harland-Smith	CWL 36.42
5 Chris Jack	DBY 35.72
6 Craig Lacy	CBG 22.54
7 Chris Bowman	M&M 14.94
8 Darren Campbell	TSN 12.28

High Jump A

1 Scott Johnson	BFD 1.93
2 Matt Sloane	BMT 1.88
3 Harry Lane	CWL 1.88
4 Martin Brockman	M&M 1.83
5 SHANE BOOTH	DBY 1.83
6 Francois Potgieter	CBG 1.83
7 Greg Goodrem	STD 1.78
8 Sam Turner	TSN 1.68

High Jump B

1 Richard Reeks	BMT 1.88
2 Bradley Hall	CWL 1.78
3 Richard Abrahams	STD 1.73
4 Sam Worrall	DBY 1.68
5 Dan Alexander	M&M 1.68
6 Kevin Kwarteng	CBG 1.68
7 Alick Clarke	TSN 1.53
8 Ciaron Craig	BFD 1.45

Javelin Throw A

1 Craig Lacy	CBG 59.10
2 Luke Barton	CWL 48.43
3 Jacob Lewis	TSN 47.57
4 James Lelliott	BMT 47.15
5 Sam Worrall	DBY 42.86
6 Stuart Hitchcock	M&M 40.37
7 Dave Burrell	BFD 39.61
8 Rob Franks	STD 39.39

Javelin Throw B

1 Neil Mansbridge	CWL 48.02
2 Ryan Winson	DBY 42.40
3 Richard Reeks	BMT 39.13
4 Alex Wharfe	M&M 37.46
5 Anthony Tipping	CBG 35.23
6 Adam Richardson	TSN 28.77
7 Ciaron Craig	BFD 23.45

Long Jump A

1 Simon Roper	DBY 7.02+1.7
2 James Lelliott	BMT 6.97+2.4
3 Nnaemka Ezenwa	CBG 6.95+2.4
4 Seb Rodger	CWL 6.86+1.9
5 George Kenyon	TSN 6.65+2.2
6 Martin Brockman	M&M 6.62+2.3
7 Ian Simson	BFD 6.02+1.5
8 Kevin Brown	STD 6.01+1.2

Long Jump B

1 Richard Reeks	BMT 6.58+1.3
2 Chris Morgan	CWL 6.48+1.4
3 Kevin Kwarteng	CBG 6.33+1.9
4 Chris Bull	TSN 6.10+2.9
5 Dave Smith	DBY 6.00+1.0
6 James Alcock	M&M 5.79+2.6
7 Jake King	STD 5.71+1.6
8 Richard Elliott	BFD 4.96+0.9

Pole Vault A

1 Matt Devereux	BFD 4.83
2 Nick Buckfield	CWL 4.73
3 Aaron Kaye	STD 4.23
4 Richard Reeks	BMT 4.03
5 Martin Brockman	M&M 4.03
6 Francois Potgieter	CBG 3.43
7 Sam Worrall	DBY 3.43
8 Jacob Lewis	TSN 2.23

Pole Vault B

1 Andy Marsh	CWL 4.23
2 Jason Fry	STD 4.03
3 Ciaron Craig	BFD 3.63
4 Alex Wharfe	M&M 3.03
5 Philip Harries	DBY 2.63
6 Nigel Munjoma	CBG 2.23
7 Bradley Pickup	BMT 1.22
8 Alick Clarke	TSN 1.00

Shot Putt A

1 Dave Condon	STD 14.45
2 Andy Turner	BMT 12.59
3 Neil Mansbridge	CWL 12.54
4 James Cottrell	DBY 12.48
5 Dave Burrell	BFD 11.85
6 Andrew Kruszewski	CBG 11.74
7 Martin Brockman	M&M 11.13
8 Ross Langford	TSN 9.47

Shot Putt B

1 Marcus Francis	DBY 11.41
2 Anthony Tipping	CBG 11.12
3 Matt Frampton	BMT 10.85
4 Ciaron Craig	BFD 10.39
5 Bradley Hall	CWL 10.17
6 Jason Fry	STD 9.92
7 Adam Richardson	TSN 9.15
8 Chris Bowman	M&M 7.24

Triple Jump A

1 Darren Marsh	M&M 14.66
2 Nnaemka Ezenwa	CBG 14.57
3 Martin Cook	DBY 13.38
4 Bradley Pickup	BMT 13.23
5 Rory Constable	TSN 13.16
6 Matt Devereux	BFD 13.01
7 Bradley Hall	CWL 11.89
8 Liam Peoples	STD 11.59

Triple Jump B

1 Chris Bull	TSN 12.94
2 Dave Smith	DBY 12.85
3 Josh Brown	M&M 12.83
4 Matt Sloane	BMT 12.66
5 Ian Simson	BFD 12.44
6 Kevin Kwarteng	CBG 12.29
7 Chris Morgan	CWL 11.79
8 Kevin Brown	STD 11.48

Crawley, K2 Track, Sat 1 August 2009

4x100M Relay

1 TSN 43.4	1 Gareth Price	2 Ross Langford
	3 George Kenyon	4 Ben Richardson
2 DBY 44.2	1 Judah Simpson	2 Sean Taylor
	3 Martin Cook	4 Chris Hill
3 M&M 44.5	1 James Alcock	2 Martin Brockman
	3 Luke Smallwood	4 Michael Baker
4 CBG 44.7	1 Arthur Tanoh	2 David Bolarinwa
	3 Jamie Wass	4 Stefan Mitchell
5 CWL 45.0	1 Chris Morgan	2 Luke Sargeant
	3 Chris Minn	4 El-Houssain Azzoui
6 BMT 45.0	1 Adam Omisore	2 Bradley Pickup
	3 James Lelliott	4 Richard Reeks
7 BFD 46.5	1 Ben Sturgess	2 Richard Elliott
	3 Ian Simson	4 Matt Devereux
8 STD 62.4	1 Greg Goodrem	2 Kevin Brown
	3 Richard Abrahams	4 Jake King

4x400M Relay

1 CWL 3.21.1	1 Craig Cox	2 Nick Duggan
	3 Matt Sinclair	4 Seb Rodger
2 TSN 3.22.0	1 George Kenyon	2 John Slade
	3 Darren Campbell	4 Paul Goodall
3 DBY 3.22.4	1 Martin Cook	2 John Bell
	3 Jon Hornblow	4 Rich Weir
4 M&M 3.23.4	1 Andre Wright	2 Tim Alexander
	3 Scott Craddock	4 Luke Smallwood
5 CBG 3.27.9	1 Omari M-Montgomery	2 Donomar Smith
	3 Jamie Wass	4 Joe Durrant
6 BFD 3.33.8	1 Alan Cooper	2 Rob Heaney
	3 Ciaron Craig	4 Ben Sturgess
7 BMT 3.38.8	1 Richard Reeks	2 Adam Omisore
	3 Ryan Saunders	4 Conor Muga
8 STD 3.41.2	1 Kevin Brown	2 Tom Frith
	3 D Hickey	4 Greg Goodrem

MATCH RESULT

	Event	Lge
1 Crawley AC	345	8
2 Derby AC	337	7
3 Cambridge Harriers	315	6
4 Medway & Maidstone AC	280	5
5 Bournemouth AC	268	4
6 Team Southampton	233	3
7 Bedford & County AC	216	2
8 Southend on Sea AC	197	1

LEAGUE STANDINGS

	Event	Lge
1. CRAWLEY	957	23
2. DERBY	963	22
3. CAMBRIDGE.H	889	17
4. SOUTHEND	762	11
5. MEDWAY & M.	780	10
6. BOURNEMOUTH	778	10
7. T.SOUTHAMPTON	726	9
8. BEDFORD & C.	687	6

Guests: The following competitors took part but did not score in the match results.

5000m:

Kevin Hughes - unattached - 15.17.9

Matt Missen - Southampton Running Club - DNF

Results by www.Resultsbox.co.uk