

BRITISH ATHLETICS LEAGUE – DIVISION 4

Fixture Two - Held at: Exeter Arena

Date: 4th July 2009 [6 Pages – FINAL Results @ 7TH July]

Position	Competitor	Club	Performance	Match points
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100 metres 'A' (Windspeed -2.6)

1	Joel Fearon	Coventry	10.87	12
2	Luke Stott	Havering & Mayesbrook	11.20	10
3	Nick Clements	Yeovil	11.27	8
4	George Robinson	Exeter	11.35	6
5	Stephen Prosser	Channel Islands	11.67	5
6	Charles Brown	Edinburgh	12.71	4

100 metres 'B' (Windspeed +1.1)

1	Martin Browne	Coventry	11.20	8
2	Tim Sayers	Yeovil	11.40	6
3	Charlie Moss	Havering & Mayesbrook	11.42	4
4	Alec Crowter	Exeter	11.73	3
5	Stephen de la Haye	Channel Islands	11.82	2
	[EAC 'B' athlete moved to 'A' Race]		-----	--

200 metres 'A' (Windspeed +0.9)

1	Joel Fearon	Coventry	22.07	12
2	Luke Stott	Havering & Mayesbrook	22.19	10
3	Andrew Faulkner	Yeovil	22.92	8
4	George Robinson	Exeter	23.36	6
5	Stephen Prosser	Channel Islands	24.68	5
6	Iain Whitaker	Edinburgh	25.82	4

200 metres 'B' (Windspeed + 4.3)

1	Nick Clements	Yeovil	22.37	8
2	Martin Browne	Coventry	22.47	6
3	Charlie Moss	Havering & Mayesbrook	22.56	4
4	Stephen Bailey [HCA]	Exeter	23.24	3
5	Keith Dunlop	Edinburgh	25.08	2
6	Alan Harrison	Channel Islands	25.14	1

400 metres 'A'

1	Andrew Lewis	Havering & Mayesbrook	49.40	12
2	Matt Parsley	Exeter	49.65	10
3	Tim Sayers	Yeovil	50.08	8
4	Brian Darby	Coventry	51.38	6
5	Iain Whitaker	Edinburgh	53.42	5
6	Calum Forrest	Channel Islands	53.86	4

400 metres 'B'

1	Sam Peters [HCA]	Exeter	50.55	8
2	Stuart Marshall	Coventry	51.07	6
3	Andrew Mapstone	Yeovil	51.23	4
4	Paul Adair	Havering & Mayesbrook	53.35	3
5	Toby Harris	Edinburgh	55.31	2
6	Alan Harrison	Channel Islands	56.34	1

800 metres 'A'

1	Owen Walpole	Exeter	1:58.13	12
2	Dominic Henry [HCA]	Yeovil	1:59.51	10
3	Tom Madden	Coventry	2:00.37	8
4	Iain Whitaker	Edinburgh	2:00.83	6
5	Paul Adair	Havering & Mayesbrook	2:01.33	5
6	Toby Edwards	Channel Islands	2:03.60	4

800 metres 'B'

1	James Ansell [HCA]	Exeter	1:56.29	8
2	Andrew Mapstone	Yeovil	1:58.14	6
3	Keith Dunlop	Edinburgh	2:02.04	4
4	Matthew Timothy	Coventry	2:03.36	3
5	Grant Twist	Havering & Mayesbrook	2:05.42	2
6	David Ibbotson	Channel Islands	2:09.70	1

1500 metres 'A'

1	Tom Madden	Coventry	4:06.13	12
2	Jack Bancroft	Exeter	4:06.87	10
3	Charles Brown	Edinburgh	4:07.52	8
4	Mark Wiscombe	Yeovil	4:08.50	6
5	Grant Twist	Havering & Mayesbrook	4:13.92	5
6	David Ibbotson	Channel Islands	4:36.95	4

1500 metres 'B'

1	Owen Walpole	Exeter	4:17.98	8
2	Charles Maclean [HCA]	Yeovil	4:22.97	6
3	Callum Sutton	Havering & Mayesbrook	4:25.58	4
4	Keith Dunlop	Edinburgh	4:29.83	3
5	Matthew Timothy	Coventry	4:34.71	2
6	Tom Brown	Channel Islands	4:43.80	1

5000 metres 'A' [Hand times only]

1	Richard Taylor	Coventry	15:12.1	12
2	Owain Bristow	Edinburgh	15:33.8	10
3	Eliot Haines	Yeovil	15:37.7	8
4	Tom Brown	Channel Islands	16:22.0	6
5	Peter Stockman	Exeter	16:43.2	5
6	Graham Hogan	Havering & Mayesbrook	16:54.0	4

5000 metres 'B' [Hand times only]

1	Harvey Speed	Coventry	15:36.0	8
2	Adam Priestley	Edinburgh	16:32.5	6
3	Tim Hawkins	Yeovil	16:40.8	4
4	James Denne [HCA]	Exeter	17:06.8	3
5	Robert Dickinson	Havering & Mayesbrook	18:13.5	2
	Channel Islands athlete did not finish		-----	--

3000 metres S/C 'A' [Hand times only]

1	Charlie Maclean [HCA]	Yeovil	9:38.0	12
2	Robert Warner	Havering & Mayesbrook	9:42.1	10
3	James Griggs	Coventry	10:04.9	8
4	Nick Woollett	Exeter	10:27.5	6
5	Steve Wales	Edinburgh	11:11.9	5
6	Toby Edwards	Channel islands	11:46.3	4

3000 metres S/C 'B' [Hand times only]

1	Jason Lendon	Havering & Mayesbrook	10:12.3	8
2	Harvey Speed	Coventry	10:24.8	6
3	Alex Wiltshire	Yeovil	10:52.5	4
4	Liam Roberts [AVR]	Exeter	11:04.2	3
	[Channel Islands – no athlete]		-----	--
	[Edinburgh – no athlete]		-----	--

110 metres hurdles 'A' (Windspeed +0.3)

1	Anthony Williams	Havering & Mayesbrook	16.08	12
2	James Cook	Exeter	16.31	10
3	Toby Harris	Edinburgh	16.65	8
4	Jason Fox	Channel Islands	16.92	6
5	Diego Martin [TFA]	Coventry	17.06	5
6	Ben Gibb	Yeovil	17.10	4

110 metres hurdles B (Windspeed +1.9)

1	Mark Plowman	Yeovil	16.60	8
2	Paul Hindle [HCA]	Exeter	16.89	6
3	Calum Forrest	Channel Islands	18.86	4
4	Nick Fellows	Coventry	19.99	3
5	Adam McCarthy	Havering & Mayesbrook	20.14	2
	[Edinburgh – no athlete]		-----	--

400 metres hurdles 'A'

1	Andrew Faulkner	Yeovil	54.24	12
2	Richard Scott	Exeter	55.26	10
3	Toby Harris	Edinburgh	56.25	8
4	Diego Martin [TFA]	Coventry	57.39	6
5	Adam McCarthy	Havering & Mayesbrook	59.46	5
6	Calum Forrest	Channel Islands	63.05	4

400 metres hurdles 'B'

1	Matt Parsley	Exeter	57.17	8
2	Simon Davies	Yeovil	57.42	6
3	Mark Smith	Edinburgh AC	60.77	4
4	Nick Fellows	Coventry	61.02	3
5	Alan Harrison	Channel Islands	74.58	2
	[Havering & Mayesbrook – no athlete]		-----	--

High Jump 'A'

1	Karl Robbins	Coventry	2.00	12
2	Simon Herron	Edinburgh AC	2.00	10
3	Jason Fox	Channel islands	1.95	8
4	Ben Rendall	Yeovil	1.90	6
5	Jay Ryan	Havering & Mayesbrook	1.90	5
6	Vincent Berry	Exeter	1.70	4

High Jump 'B'

1	Mark Brown	Coventry	1.90	8
2	Ross Jeffs	Channel Islands	1.85	6
3	James Quirk	Yeovil	1.85	4
4	Dave Singleton	Edinburgh	1.75	3
5	Alex MacGregor	Exeter	1.60	2
6	Anthony Williams	Havering & Mayesbrook	1.55	1

Pole Vault 'A'

1	Freddie Pask	Coventry	4.00	12
2	Mark Plowman	Yeovil	3.80	10
3	Jay Ryan	Havering & Mayesbrook	3.40	8
4	Alex Macgregor	Exeter	3.40	6
5	David Singleton	Edinburgh	2.60	5
	[Channel Islands – no athlete]		-----	--

Pole Vault 'B'

1	Stuart Richards	Yeovil	3.00	8
2	Dave Robinson	Exeter	2.60	6
3	Adam McCarthy	Havering & Mayesbrook	2.20	4
	Dave Collard – no height [2.00m]	Edinburgh	-----	--
	Channel Islands – no athlete		-----	--
	Coventry – no athlete		-----	--

Long Jump 'A'

1	Jamie Blundell	Coventry	[-1.0]	7.07	12
2	Stephen de la Haye	Channel Islands	[-2.8]	6.82	10
3	Ben Rendall	Yeovil	[-1.2]	6.53	8
4	Anthony Williams	Havering & Mayesbrook	[-0.4]	6.52	6
5	Simon Herron	Edinburgh AC	[-1.5]	6.17	5
6	Josh Tunstall	Exeter	[-0.5]	5.95	4

Long Jump 'B'

1	Joseph Ramie	Havering & Mayesbrook [-1.9]	6.24	8
2	Ross Jeffs	Channel Islands [-0.1]	6.00	6
3	Oliver Biddulph	Yeovil [-1.1]	5.80	4
4	James Cook	Exeter [-2.5]	5.72	3
5	Toby Harris	Edinburgh AC [-1.5]	5.20	2
6	Matt Timothy	Coventry [+1.1]	4.77	1

Triple Jump 'A'

1	Simon Herron	Edinburgh [-1.0]	13.62	12
2	Stephen de la Haye	Channel Islands [+3.0]	13.28	10
3	James Cook	Exeter [+1.5]	12.90	8
4	Mark Brown	Coventry [+2.1]	12.71	6
5	Anthony Williams	Havering & Mayesbrook [+1.8]	12.67	5
6	Oliver Biddulph	Yeovil [+2.7]	12.28	4

Triple Jump 'B'

1	Joseph Ramie	Havering & Mayesbrook [-0.1]	12.66	8
2	Ross Jeffs	Channel Islands [+0.9]	12.49	6
3	Josh Tunstall	Exeter [+1.4]	11.98	4
4	Dave Collard	Edinburgh [+2.2]	10.98	3
5	Ashton Faulkner	Yeovil [+1.0]	10.64	2
6	Harvey Speed	Coventry [-0.5]	9.92	1

Shot Putt 'A'

1	Zane Duquemin	Channel Islands	14.19	12
2	Dave Dawson	Exeter	13.60	10
3	Emmanuel Quarshie	Havering & Mayesbrook	12.12	8
4	Joseph Okpoti	Coventry	11.44	6
5	Adam Beauford	Yeovil	11.08	5
6	Dave Collard	Edinburgh	10.34	4

Shot Putt 'B'

1	Leo Barker	Havering & Mayesbrook	11.90	8
2	Rob Woodger	Exeter	11.26	6
3	Terry Lalley	Coventry	10.10	4
4	Simon Biddlecombe	Yeovil	10.03	3
5	Keith Thompson	Edinburgh	9.29	2
6	Peter Irving	Channel islands	8.92	1

Discus 'A'

1	Zane Duquemin	Channel Islands	48.25	12
2	Simon Biddlecombe	Yeovil	41.07	10
3	Jon Milum	Exeter	36.60	8
4	Glyn Hollingworth	Coventry	36.59	6
5	Keith Thompson	Edinburgh	35.14	5
6	Leo Barker	Havering & Mayesbrook	34.72	4

Discus 'B'

1	Mark Plowman	Yeovil	40.29	8
2	Terry Lalley	Coventry	31.64	6
3	Dave Dawson	Exeter	29.79	4
4	Sam Harrison	Havering & Mayesbrook	26.26	3
5	Stephen de la Haye	Channel Islands	25.30	2
6	Dave Collard	Edinburgh	23.80	1

Hammer 'A'

1	Adam Beauford	Yeovil	51.72	12
2	Peter Holmes	Edinburgh AC	50.99	10
3	Jon Milum	Exeter	47.63	8
4	Terry Lalley	Coventry	37.27	6
5	Zane Duquemin	Channel Islands	25.56	5
6	Sam Harrison	Havering & Mayesbrook	24.79	4

Hammer 'B'

1	Rob Woodger	Exeter	38.27	8
2	Keith Thompson	Edinburgh AC	31.75	6
3	Peter Exley	Yeovil	28.08	4
4	Joseph Okpoti [RFA]	Coventry	24.92	3
5	Georgie Bean	Havering & Mayesbrook	21.12	2
6	Peter Irving	Channel Islands	20.41	1

Javelin 'A'

1	Matt Smith	Exeter	64.29	12
2	Glyn Hollingworth	Coventry	57.84	10
3	Ben Gibb	Yeovil	56.95	8
4	Georgie Bean	Havering & Mayesbrook	54.09	6
5	Dave Collard	Edinburgh	46.27	5
6	Stephen de la Haye	Channel Islands	34.05	4

Javelin 'B'

1	Sam Harrison	Havering & Mayesbrook	49.28	8
2	Michael Gibson	Yeovil	43.36	6
3	Nick Foxworthy	Exeter	41.83	4
4	Keith Thompson	Edinburgh AC	34.60	3
5	Ross Jeffs	Channel islands	32.83	2
6	Martin Browne	Coventry	22.14	1

4 x 100 metres relay

1	Yeovil	1.Ben Rendall, 3.Nick Clements	2.Tim Sayers 4.Andrew Faulkner	43.29	12
2	Coventry	1.Jamie Blundell 3.Stuart Marshall	2.Martin Browne 4.Joel Fearon	43.46	10
3	Exeter	1.George Robinson 3.Alex Crowter	2.Byron Fitzgerald 4.Stephen Bailey [HCA]	43.97	8
4	Havering & Mayesbrook	1. Luke Stott 3.Anthony Williams	2.Andrew Lewis 4.Charlie Moss	44.40	6
5	Channel Islands	1.Calum Forrest 3.Jason Fox	2.Stephen Prosser 4.Ross Jeffs	46.30	5
6	Edinburgh	1.Toby Harris 3.Mark Smith	2.Dave Singleton 4.Simon Herron	48.88	4

4 x 400 metres relay

1	Exeter	1.Lee Salter 3.Paul Hindle [HCA]	2.Sam Peters [HCA] 4.Matt Parsley	3:21.65	12
2	Yeovil	1.Andrew Mapstone 3.Davey Platt [HCA]	2.Dominic Henry [HCA] 4.Adrew Faulkner	3:24.90	10
3	Havering & Mayesbrook	1.Paul Adair 3.Andrew Lewis	2.Jay Ryan 4.Luke Stott	3:26.41	8
4	Coventry	1.Diego Martin [TFA] 3.Matt Timothy	2.Nick Fellows 4.Brian Darby	3:33.25	6
5	Edinburgh	1.Keith Dunlop 3.Toby Harris	2.Charles Brown 4.Iain Whitaker	3:36.11	5
6	Channel Islands	1.Calum Forrest 3.Alan Harrison	2.Stephen Prosser 4.Toby Edwards	3:41.47	4

Match Result – Exeter 4 July 2009

Position	Club	Total points	League points
1	Yeovil Olympiads	252	6
2	Exeter Harriers	242	5
3	Coventry Godiva Harriers	236	4
4	Havering Mayesbrook AC	204	3
5	Edinburgh AC	164	2
6	Channel Islands AC	148	1

Overall league position after this match

Position	Club	League points
1	Yeovil Olympiads	253+252 =505 12 points
2	Exeter Harriers	222+242 =464 10 points
3	Edinburgh AC	207+164 =371 6 points
4	Havering & Mayesbrook AC	200+204 =404 5 points
5	Coventry Godiva Harriers	138+236 =374 5 points
6	Channel Islands	202+148 =350 4 points

Man of the Match:

Zane DUQUEMIN - Channel Islands AC - 48.25 Discus

Guest Athletes

	Guest Please indicate with * any guest on the UKA HCA list	Performance
Event 100m	1 st . Byron Fitzgerald - Exeter Harriers	11.8
	2 nd Lee Salter - Exeter Harriers	12.2
Event 5000m	John James [2 nd in race]	15:33.0

Please note:

Performances by guest athletes do not count in the match