

# SOUTHERN LEAGUE - Results Form (Four club matches - Division 3)

1. Try to ensure that your meeting runs to time.
2. Announce the team scores frequently to create interest in the fixtures.
3. Ensure the total points allocated + waste total 360 before confirming the result.
4. **Immediately** the match is finished, telephone the result to your Divisional Secretary listed below. He should not have to chase you.
- 5 After the match, as well as seeing that each competing club receives a copy of the results, copies should be sent to *Athletics Weekly*, 83 Park Road, Peterborough, Cambs PE1 2TN and to Power of 10, Umbra Athletics Ltd, Unit 1 Bredbury Business Park, Bredbury, Stockport SK6 2SN
6. Please do carry out these tasks especially phoning the result to the Divisional Secretary before you go out for the evening.

## Divisional Secretaries

|             |   |                                                                                                                        |
|-------------|---|------------------------------------------------------------------------------------------------------------------------|
| Division 1  | - | Graham Berry, 30 Kings Park, Chulmleigh, Devon, EX18 7DJ. (01769-580160) - use normal 5 club results form              |
| Division 2  | - | Don Turner, 40 Rosedale Road, Stoneleigh, Epsom, Surrey KT17 2JH (020-8393-8950) - use normal 5 club results form      |
| Division 3N | - | John Denford, 104 Carnarvon Avenue, Enfield, Middlesex, EN1 3DS. (020-8367-5403)                                       |
| Division 3S | - | [REDACTED]                                                                                                             |
| Division 3W | - | Terry Burbidge, 91 Khasiaberry, Walnut Tree, Milton Keynes, Bucks, MK7 7DS. (01908-608269)                             |
| Division 4N | - | George Richardson, 23 Arkwright Mansions, 206 Finchley Road, London, NW3 6DE. (020-7435-0010) - separate results form  |
| Division 4S | - | David Barrington, The Kraal, Wheatley's Eyot, Lower Sunbury, Middlesex TW16 6BU (01932-789758) - separate results form |

## RESULT

| <u>Team</u>                      | <u>Points</u> | <u>Division</u> | <u>THREE SOUTH</u> |
|----------------------------------|---------------|-----------------|--------------------|
| 1 <u>BLACKHEATH + BECMLEY</u>    | <u>103</u>    |                 |                    |
| 2 <u>BRACKNELL</u>               | <u>96</u>     | Venue           | <u>CRAWLEY</u>     |
| 3 <u>CRAWLEY</u>                 | <u>80</u>     |                 |                    |
| 4 <u>TUNSGATE WELLS + LANTON</u> | <u>73</u>     | Date            | <u>3.5.2008</u>    |

# TRACK EVENTS

## Clubs & Letters

|                      | String | 1st                       | 2nd                     | 3rd                            | 4th                    |
|----------------------|--------|---------------------------|-------------------------|--------------------------------|------------------------|
| 400m Hdlis<br>(58.0) | A      | D. PRIESTLY<br>B 56.3     | S. CULLEN<br>T 66.9     | CAVIN LAMOND<br>F 67.3         | S. KENNEDY<br>K 67.7   |
|                      | B      | R. HOLT<br>B 61.0         | S. HOLLER<br>TT 69.8    | J. GILBERT<br>KK 81.6          | TIM KIMBER<br>FF 95.1  |
| 100m<br>(11.1)       | A      | F. OWARDE<br>B 11.1       | J. GILBERT<br>K 11.6    | EL. HOUSSINE<br>F AZZAOUI 11.7 | G. STIRLING<br>T 11.9  |
|                      | B      | N. FRANCIS<br>B 11.7      | J. CHARMAN<br>TT 12.4   | STEVE HOFFMAN<br>FF 12.5       | —                      |
| 800m<br>(1-55.0)     | A      | A. MOORE<br>K 1-54.4      | D. McKINLEY<br>B 1-57.6 | DARREN TREMBLE<br>F 2-02.7     | S. CULLEN<br>T 2-44.1  |
|                      | B      | R. LARSEN<br>KK 1-55.4    | R. DANIELS<br>B 2-02.9  | MATT PEEL<br>FF 2-02.8         | H. STONE<br>TT 2-27.0  |
| 5000m<br>(14-55.0)   | A      | PAUL RODGERS<br>F 15-16.9 | A. CUFF<br>B 17-01.7    | M. S. SMITH<br>T 23-14.3       | —                      |
|                      | B      | MARK PAROY<br>FF 17-05.4  | J. VINTNER<br>B 17-18.2 | —                              | —                      |
| 400m<br>(50.5)       | A      | L. CHARLES<br>B 49.0      | A. MOORE<br>K 51.0      | NICK DUGGEN<br>F 52.3          | S. NEEDS<br>T 56.3     |
|                      | B      | W. FRANCIS<br>B 49.9      | R. LARSEN<br>KK 51.9    | CHRIS MANN<br>FF 52.6          | J. SMITH<br>TT 61.8    |
| 110m Hdlis<br>(16.0) | A      | G. STIRLING<br>T 17.4     | J. GILBERT<br>K 17.9    | D. WILKINS<br>B 18.4           | BRADLEY HALL<br>F 22.2 |
|                      | B      | S. KENNEDY<br>KK          | J. CHARMAN<br>TT        | I. HOLLER<br>B 18.4            | —                      |

Totals C/F (Aggregate 120)

| F  | T  | K  | B  | Waste |
|----|----|----|----|-------|
| 2  | 3  | 1  | 4  | —     |
| 1  | 3  | 2  | 4  | —     |
| 2  | 1  | 3  | 4  | —     |
| 2  | 3  | —  | 4  | 1     |
| 2  | 1  | 4  | 3  | —     |
| 2  | 1  | 4  | 3  | —     |
| 4  | 2  | —  | 3  | 1     |
| 4  | —  | —  | 3  | 3     |
| 2  | 1  | 3  | 4  | —     |
| 2  | 1  | 3  | 4  | —     |
| 1  | 4  | 3  | 2  | —     |
| —  | 3  | 4  | 2  | 1     |
| 24 | 23 | 27 | 40 | 6     |



# TRACK EVENTS - Continued

| Event      | String | 1st                      | 2nd                       | 3rd                         | 4th                     |
|------------|--------|--------------------------|---------------------------|-----------------------------|-------------------------|
| 200m       | A      | F. OULADE<br>B 22-0      | CRAIG COX<br>F 23.5       | G. STRALING<br>T 24.0       | T. WOODS<br>K 24.3      |
| (22.5)     | B      | N. STAMMER<br>KK 24.1    | D. Mc QUEEN<br>BB 24.2    | S. NEEDS<br>TT 24.9         | STEVE HOFMAN<br>FF 25.2 |
| 1500m      | A      | A. GIBBINS<br>B 4.09.1   | E. COOK<br>K 4.13.9       | ARON STONE<br>F 4.16.5      | S. SMITH<br>T 6.16.9    |
| (3-55.0)   | B      | J. ASHTON<br>KK 4.18.0   | JACK SWANLOW<br>FF 4.21.0 | M. HILL<br>BB 4.31.3        | H. STONE<br>TT 5.11.0   |
| 4 x 100m   |        | B. ACKHEATH<br>B 44.2    | CRAWLEY<br>F 45.6         | B. ACKNELL<br>K 46.4        | T. WOODS<br>T 47.0      |
| (44.0)     |        |                          |                           |                             |                         |
| 3000M S/ch | A      | D. MCKINLEY<br>B 10.09.5 | S. HOLLER<br>T 11.01.2    | GAVIN LAWRENCE<br>F 11.56.4 | -                       |
| (9-50.0)   | B      | A. GIBBINS<br>BB 10.26.7 | TIM KIMBER<br>FF 12.40.5  | S. CULLEN<br>TT 14.54.1     | -                       |
| 4 x 400m   |        | B. ACKHEATH<br>B 3.26.7  | B. ACKNELL<br>K 3.31.5    | F. CRAWLEY<br>F 3.34.2      | T. WOODS<br>T 4.10.0    |
| (3-26.0)   |        |                          |                           |                             |                         |

## Clubs & Letters

| F  | T  | K  | B  | Waste |
|----|----|----|----|-------|
| 3  | 2  | 1  | 4  | -     |
| 1  | 2  | 4  | 3  | -     |
| 2  | 1  | 3  | 4  | -     |
| 3  | 1  | 4  | 2  | -     |
| 3  | 1  | 2  | 4  | -     |
| 2  | 3  | -  | 4  | 1     |
| 3  | 2  | -  | 4  | 1     |
| 2  | 1  | 3  | 4  | -     |
| 19 | 13 | 17 | 29 | 2     |
| 24 | 23 | 27 | 40 | 6     |
| 43 | 36 | 44 | 69 | 8     |

Total This Page (Aggregate 80)

Brought Forward (Aggregate 120)

Total Track Events (Aggregate 200)

# FIELD EVENTS - Jumps

## Clubs & Letters

|             | String | 1st                     | 2nd                     | 3rd                     | 4th                     |
|-------------|--------|-------------------------|-------------------------|-------------------------|-------------------------|
| Long Jump   | A      | G. STRALING<br>6.22     | DALE WILLIS<br>5.77     | EL HOUSSEINE<br>5.53    | TOM WOODS<br>5.30       |
| (6.80)      | B      | DAN MCKEOWN<br>5.43     | JAMIE SMITH<br>5.17     | GARAT FINDLAY<br>5.05   | NATHAN STALKER<br>4.91  |
| High Jump   | A      | SEAN KENNEDY<br>1.70    | DALE WILLIS<br>1.70     | BRADLEY<br>1.70         | GARAT STRALING<br>1.65  |
| (1.90)      | B      | MATT MAY<br>1.55        | IAN HOLDER<br>1.50      | DARREN TRAEMBLE<br>1.40 | SIMON<br>1.40           |
| Pole Vault  | A      | ADAM WALKER<br>4.00     | SEAN KENNEDY<br>2.80    | GARAT STRALING<br>2.80  | ALAN WARDY<br>2.60      |
| (3.70)      | B      | BRADLEY<br>2.80         | CHAS WRIGHT<br>2.20     | SIMON<br>2.20           | JOHN DOUGLAS<br>1.50    |
| Triple Jump | A      | GARAT STRALING<br>13.04 | CHAS WRIGHT<br>11.56    | FERMI OUBOADE<br>11.38  | GAVIN LAURENCE<br>10.22 |
| (13.50)     | B      | RICHARD<br>11.25        | NATHAN STALKER<br>10.58 | SIMON<br>10.16          | T.M. KIMBER<br>8.82     |

Totals C/F (Aggregate 80)

| F  | T  | K  | B  | Waste |
|----|----|----|----|-------|
| 2  | 4  | 1  | 3  | -     |
| 2  | 3  | 1  | 4  | -     |
| 2  | 1  | 4  | 3  | -     |
| 2  | 1  | 4  | 3  | -     |
| 4  | 2  | 3  | 1  | -     |
| 1  | 4  | 3  | 2  | -     |
| 1  | 2  | 3  | 4  | -     |
| 18 | 19 | 22 | 21 | -     |



# FIELD EVENTS - Throws

## Clubs & Letters

|                    | String | 1st                          | 2nd                           | 3rd                          | 4th                        |
|--------------------|--------|------------------------------|-------------------------------|------------------------------|----------------------------|
| Hammer<br>(42.00)  | A      | ROB MUNGHAM<br>K 47.30       | KANE<br>HARRINGTON<br>F 42.88 | SIMON<br>MORLER<br>T 20.01   | DAN RIDGE<br>B 17.02       |
|                    | B      | BEN ROBINSON<br>FF 36.14     | JAN DZIEWIECKI<br>KV 29.7     | RICHARD HOLT<br>BB 13.43     | GRANT STERLING<br>TT 13.00 |
| Javelin<br>(52.00) | A      | MATT WYLY<br>K 44.05         | JAMES<br>CHAMMAN<br>T 38.55   | BRADLEY HALL<br>B 34.75      | JOHN VINTNER<br>B 30.88    |
|                    | B      | GRANT STERLING<br>TT 37.24   | BOB MUNGHAM<br>KK 30.31       | RICHARD HOLT<br>BB 29.24     | GRAIS COX<br>FF 28.24      |
| Shot<br>(12.75)    | A      | ROBERT<br>MUNGHAM<br>K 10.48 | KANE<br>HARRINGTON<br>F 9.61  | GRANT STERLING<br>T 8.86     | JOHN VINTNER<br>B 8.38     |
|                    | B      | MATT HAY<br>KK 8.81          | DAVID<br>FREEMAN<br>FF 8.50   | DAN RIDGE<br>BB 8.07         | SIMON<br>MORLER<br>TT 8.06 |
| Discus<br>(38.00)  | A      | JAN DZIEWIECKI<br>K 33.92    | DAN RIDGE<br>B 30.19          | GRANT STERLING<br>T 26.30    | DAN<br>FREEMAN<br>FF 20.04 |
|                    | B      | BOB MUNGHAM<br>KK 29.64      | SIMON MORLER<br>TT 22.13      | DAVID<br>FREEMAN<br>FF 20.04 | IAN MORLER<br>BB 19.11     |

Totals This Page (Aggregate 80)

| Clubs                        | Letters |
|------------------------------|---------|
| BLACK HEATH                  | B       |
| BRACKNELL                    | K       |
| CLAREMONT                    | F (C)   |
| TUNBRIDGE<br>WELLS + LANCING | T       |

Jumps B/Fwd (Aggregate 80)  
Track B/Fwd (Aggregate 200)  
Totals (Aggregate 360)  
Positions

| F  | T  | K  | B   | Waste |
|----|----|----|-----|-------|
| 3  | 2  | 4  | 1   | -     |
| 4  | 1  | 3  | 2   | -     |
| 2  | 3  | 4  | 1   | -     |
| 1  | 4  | 3  | 2   | -     |
| 3  | 2  | 4  | 1   | -     |
| 3  | 1  | 4  | 2   | -     |
| 1  | 2  | 4  | 3   | -     |
| 2  | 3  | 4  | 1   | -     |
| 19 | 18 | 30 | 13  | -     |
| 18 | 19 | 22 | 21  | -     |
| 43 | 36 | 44 | 69  | 8     |
| 80 | 73 | 96 | 103 | 8     |
| 3  | 4  | 2  | 1   |       |