

Southern Mens Track and Field League - Division 3 South

Perivale Park - Saturday 3rd May

Telephone provisional results through to Divisional Secretary

CLUB	Ealing Southall & Middlesex	Paddock Wood	Eastbourne	Haywards Heath/Lewes		waste
Letter	E	P	F	Y		
Field	54	22	45	38		1
Track	65	37	44	48		6
TOTAL POINTS	119	59	89	86		7
Position in match						

copies to visiting clubs-
 Athletics Weekly
 Divisional Secretary

don't print
check totals
160
200
360

For League Use		
Date Rec'd	Checked Results Sec	NUTS

Completed by	Sent

EVENT		FIRST	SECOND	THIRD	FOURTH		A	Bramble (att Plunke		waste
and string												
High Jump	A	Martin Densley E 1.75	Matt Plunkett Y 1.75	Ben Abbott P 1.75	Stuart Pelling F 1.70		-4	-4	-4	-4	-4	30
	B	John Dennis FF 1.65	Andy Morris EE 1.65	Craig Jackman YY 1.50	Mark Woods PP 1.40		-4	-4	-4	-4	-4	30
Long Jump	A	Dan Bramble (U20) E 6.70	Matt Plunkett YY 5.78	Ben Abbott P 5.53	Stuart Pelling F 5.46		-4	-4	-4	-4	-4	30
	B	Ben Radcliffe Y 5.71	Martin Densley EE 5.50	Steve Trangmar FF 4.40	Mark Woods P 4.13		-4	-4	-4	-4	-4	30
Pole Vault	A	Martin Densley E 4.80	Ben Ratcliffe Y 3.00	Brian Slaughter FF 2.60	Mark Woods PP 2.00		-4	-4	-4	-4	-4	30
	B	Andy Morris EE 2.80	Dan Charlton F 2.40	Richard Christian PP 2.00	Peter Millar YY 1.12		-4	-4	-4	-4	-4	30
Triple Jump	A	Dan Bramble (U20) E 13.04	Matt Plunkett Y 12.14	John Dennis F 11.80	Ben Abbott P 11.35		-4	-4	-4	-4	-4	30
	B	Samson Baah EE 10.65	Craig Jackman YY 9.63	Mark Woods PP 9.11			-3	-3	-3	-3	-3	25
Shot	A	Brian Slaughter F 10.57	Mike Cadore E 9.31	Ben Radcliffe Y 8.95	Richard Christian P 7.94		-4	-4	-4	-4	-4	30
	B	Jim Galvin FF 10.16	Parham Mostaedi EE 7.89	Mark Woods PP 7.89	Mike Bale YY 7.66		-4	-4	-4	-4	-4	30
Discus	A	Brian Slaughter F 32.00	Rob Deane (M45) E 24.54	Ben Radcliffe Y 23.30	Mark Woods P 21.65		-4	-4	-4	-4	-4	30
	B	Jim Galvin FF 26.95	Mike Bale YY 20.25	Bob Densley EE 18.35	P Yearsley PP 15.32		-4	-4	-4	-4	-4	30
Hammer	A	Matt Payne-Davis (U20) E 43.13	Brian Slaughter F 30.12	Mike Bale Y 30.11	Richard Christian PP 15.36		-4	-4	-4	-4	-4	30
	B	Bob Densley (M55) EE 22.05	Jim Galvin FF 19.40	Mark Woods P 9.82	Tim Popkin YY 2.82		-4	-4	-4	-4	-4	30
Javelin	A	Brian Slaughter F 36.36	Martin Densley E 34.73	Ash Williams Y 28.27	Mark Woods PP 24.84		-4	-4	-4	-4	-4	30
	B	Jim Galvin FF 35.95	Ben Radcliffe YY 27.74	Ben McCallum EE 25.25	M Dussin PP 22.72		-4	-4	-4	-4	-4	30
total should be 160 - carry to summary sheet							-63	-63	-63	-63	-63	475

EVENT		FIRST	SECOND	THIRD	FOURTH		A	ne Simms		raig Jackm		waste	
and string													
100m	A	Alex Ojo (U20) E 11.0	Steve Trangmar F 11.7	Craig Jackman Y 11.7	B Abbott P 11.8		-4	-4	-4	-4	-4	30	
	B	Dwayne Simms (U17) EE 11.3	Ben Radcliffe YY 11.9	L Hughes FF 12.4	P Yearsley PP 12.6		-4	-4	-4	-4	-4	30	
200m	A	Dwayne Simms (U17) E 22.6	Craig Jackman Y 23.5	Steve Trangmar F 23.9	B Abbott P 25.3		-4	-4	-4	-4	-4	30	
	B	Alex Ojo (U20) EE 22.9	L Hughes FF 25.4	P Yearsley PP 25.7	S Nicholson YY 26.7		-4	-4	-4	-4	-4	30	
400m	A	Craig Jackman Y 50.8	S Pelling F 52.2	Hussain Jama E 53.6	J MacGregor P 57.8		-4	-4	-4	-4	-4	30	
	B	Rob Franklin (M45) EE 55.9	C Nicholson YY 57.1	F Weir FF 60.1	P Yearsley PP 66.0		-4	-4	-4	-4	-4	30	
800m	A	Hussain Jama E 1:59.8	J Ridger P 2:05.3	P Weir F 2:10.0	A Williams Y 2:11.4		-4	-4	-4	-4	-4	30	
	B	Ben McCallum (U20) EE 2:05.8	J Baurer YY 2:11.9	L Hughes FF 2:19.8	G Robb PP 2:23.2		-4	-4	-4	-4	-4	30	
1500m	A	J Ridger P 4:15.6	Mathew Basford (U20) Y 4:16.0	uke Nicholas (U20) E 4:17.5	F Weir F 4:45.5		-4	-4	-4	-4	-4	30	
	B	Patrick Hannah (U20) EE 4:25.0	A Williams YY 4:34.2	J MacGregor PP 4:50.1	Brian Slaughter FF 5:17.2		-4	-4	-4	-4	-4	30	
5000m	A	John Blanchard (M45) E 17:06.7	R Rowland P 17:23.4	Jim Galvin F 20:08.0	Tim Popkin Y 20:50.4		-4	-4	-4	-4	-4	30	
	B	Rob Brown (M40) EE 17:26.5	Peter Buckingham PP 18:21.3	P Miller YY 22:31.6			-3	-3	-3	-3	-3	25	
110mH	A	Jonathan Dennis (U20) F 18.7	Samson Baah E 20.6	Richard Christian P 21.0	Mathew Basford (U20) YY 22.5		-4	-4	-4	-4	-4	30	
	B	Tim Popkin Y 23.2	Chris Hepworth (U20) EE 24.3				-2	-2	-2	-2	-2	20	
400mH	A	Jonathan Dennis (U20) F 59.9	Hussain Jama E 61.2	Mathew Basford (U20) Y 66.4	Richard Christian P 72.2		-4	-4	-4	-4	-4	30	
	B	Brian Slaughter FF 69.1	Tim Popkin YY 70.2	Peter Buckingham PP 80.0			-3	-3	-3	-3	-3	25	
3000m s/c	A	Andy Kobytka E 10:20.3	Peter Buckingham P 12:01.3	Tim Popkin Y 13:00.0	Jim Galvin F 13:11.3		-4	-4	-4	-4	-4	30	
	B	Ben McCallum (U20) EE 10:36.2	J McGregor PP 12:09.3	P Miller YY 14:33.4	D Charlton FF 15:05.7		-4	-4	-4	-4	-4	30	
Relay 4x100m		F 48.9	Y 48.9	P 57.5			-3	-3	-3	-3	-3	25	
Relay 4x400m		E 3:41.6	F 3:44.2	Y 3:46.3	P 4:00.9		-4	-4	-4	-4	-4	30	
total should be 200- carry to summary sheet								-75	-75	-75	-75	-75	575