

NJAL - MEDWAY DIVISION 27/05/2007 - FEMALE RESULTS

A String					
Pos	Club	Athlete	Perf	Grade	Pts

B String					
Pos	Club	Athlete	Perf	Grade	Pts

100m

1	6	Claire Welch	12.9	G3	11
2	3	Kate Laidlow	13.0	G3	9
3	5	Chantelle Clare	13.6		8
4	4	Kayleigh Ferguson	13.6		7
5	8	Vikki Bradford	13.8		6
6	1	Caroline Crayford	14.8		5

1	66	Charlotte Mackie	13.5		9
2	44	Geogia Gill	13.9		7
3	55	Rebecca Lucking	14.6		6
4	11	Emmerline Rendell	16.0		5

200m

1	6	Charlotte Mackie	27.0		11
2	5	Chantelle Clare	27.5		9
3	8	Harriette Griffith-Jones	27.6		8
4	11	Dominique Roe	27.9		7

1	55	Kathryn Sutton	27.8		9
2	88	Vikki Bradford	28.1		7
3	1	Briony Walsh	28.2		6
4	66	Hannah Biddis	28.6		5

400m

1	3	Kate Laidlow	58.1	G2	11
2	6	Viki Randall	59.5	G3	9
3	4	Odette Campbell	59.7	G3	8
4	8	Dunia Pavlovic	61.5		7
5	1	Dominique Roe	61.6		6

1	66	Yasmin Joseph	62.2		9
2	33	Shackeira Thomas	63.7		7
3	88	Jess Owen	64.1		6
4	11	Jo Fairclough	67.1		5

800m

1	6	Natalie Whiskin	2:24.0		11
2	3	Makesha Macfarlane	2:33.1		9
3	8	Rachael Salway	2:33.6		8
4	1	Amy Hill-Turner	2:37.5		7
5	2	Charis Tanner	2:47.8		6

1	88	Sophie Wilkinson	2:38.9		9

1500m

1	3	Emily Meins	5:05.1		11
2	1	Briony Walsh	5:08.1		9
3	88	Rachael Salway	5:14.4		8
4	6	Natalie Whiskin	5:19.8		7

1	33	Makesha Macfarlane	5:17.1		9
2	8	Sophie Wilkinson	5:18.1		7

3000m

1	8	Lowri Richards	11:09.9		11
2	3	Rosa Geroski	12:23.7		9
3	1	Amy Hill-Turner	13:21.4		8

1	88	Petra Pavlovic	11:47.1		9

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B String					
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100m HURDLES

1	6	Sophie Copping	16.9		11
2	7	Alice Campbell	18.4		9

400m HURDLES

1	1	Dominique Roe	68.8	G3	11
2	8	Jess Owen	79.1		9

1	88	Stephanie Rukin	86.9		9

HIGH JUMP

1	1	Katie Hamilton	1.45		11
2	8	Florence Bailey	1.40		8.5
2	5	Kathryn Sutton	1.40		8.5
4	6	Natalie Whiskin	1.40		7

1	66	Alesha Jivanda	1.30		9

OLE VAULT

1	1	Emmerline Rendell	3.00	G3	11
2	8	Stephanie Rukin	1.85		9

1	11	Caroline Crayford	2.20		9

LONG JUMP

1	7	Amy Underdown	4.89	G3	11
2	1	Lizzy Yarnold	4.65		9
3	8	Florence Bailey	4.25		8
4	6	Claire Welch	4.09		7
5	5	Ann-Julie Gibbs	3.86		6
6	4	Steph Braithwaight	3.48		5

1	77	Alice Campbell	4.59		9
2	11	Katie Hamilton	4.41		7
3	88	Harriette Griffith-Jones	4.10		6
4	66	Viki Randall	3.64		5
5	55	Rebecca Lucking	3.10		4

TRIPLE JUMP

1	6	Sophie Copping	10.08		11
2	8	Florence Bailey	9.69		9
3	7	Amy Underdown	9.45		8
4	1	Katie Hamilton	8.99		7

1	77	Alice Campbell	9.34		9
2	66	Claire Welch	8.19		7

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A String					
Pos	Club	Athlete	Perf	Grade	Pts

B String					
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SHOT PUTT

1	7	Lucy Underdown	11.48	G1	11
2	1	Lizzy Yarnold	9.99	G2	9
3	2	Donna Kent	8.78	G3	8
4	8	Harriette Griffith-Jones	8.75	G3	7
5	3	Shackeira Thomas	7.29		6
6	6	Sophie Copping	7.05		5
7	55	Kathryn Sutton	6.53		4

1	77	Amy Underdown	8.78	G3	9
2	11	Melissa Cooper	8.33		7
3	88	Louisia Woods	7.66		6
4	5	Ann-Julie Gibbs	6.28		5
5	66	Danielle Reeves	6.26		4
6	33	Carol Stone	6.04		3

DISCUS

1	7	Lucy Underdown	38.39	G1	11
2	5	Rosalind Seeley	37.70	G1	9
3	1	Melissa Cooper	26.58	G3	8
4	8	Louisia Woods	24.20		7
5	2	Tanya Lillis	24.00		6
6	6	Danielle Reeves	14.66		5

1	77	Amy Underdown	22.40		9
2	88	Jess Owen	17.15		7
3	66	Hannah Biddis	13.88		6
4	55	Kathryn Sutton	13.61		5
5	11	Jo Fairclough	11.76		4

JAVELIN

1	3	Carol Stone	35.96	G2	11
2	1	Lizzy Yarnold	31.30	G3	9
3	7	Amy Underdown	24.90		8
4	5	Rosalind Seeley	22.47		7
5	8	Stephanie Rukin	17.85		6
6	6	Danielle Reeves	16.14		5
7	2	Tanya Lillis	13.34		4

1	77	Lucy Underdown	16.79		9
2	55	Ann-Julie Gibbs	14.70		7
3	11	Jo Fairclough	13.49		6
4	66	Charlotte Mackie	12.67		5
5	88	Rachael Salway	8.32		4

HAMMER

1	1	Melissa Cooper	48.66	G1	11
2	2	Donna Kent	43.42	G2	9
3	7	Lucy Underdown	25.60		8
4	6	Sophie Copping	18.14		7
5	8	Louisia Woods	15.40		6
6	5	Chantelle Clare	15.29		5

1	22	Tanya Lillis	13.64		9
2	88	Vikki Bradford	12.60		7

4x100m RELAYS

1	6	Medway & Maidstone AC	Sophie Copping, Viki Randall, Hannah Biddis, Claire Welch	51.2	11
2	4	Croydon Harriers	- , - , - , -	52.2	9
3	5	Dartford Harriers	Chantelle Clare, Kathryn Sutton, Rebecca Lucking, Ann-Julie Gibbs	54.8	8
4	1	Ashford AC & Invicta EK	Lizzy Yarnold, Katie Hamilton, Dominique Roe, Briony Walsh	55.2	7
5	8	Tonbridge AC	Harriette Griffith-Jones, Louisia Woods, Florence Bailey, Stephanie Rukin	57.2	6

4x400m RELAYS

1	6	Medway & Maidstone AC	Natalie Whiskin, Yasmin Joseph, Charlotte Mackie, Viki Randall	4:12.3	11
2	8	Tonbridge AC	Petra Pavlovic, Jess Owen, Lowri Richards, Dunia Pavlovic	4:26.0	9
3	1	Ashford AC & Invicta EK	Briony Walsh, Dominique Roe, Jo Fairclough, Amy Hill-Turner	4:39.0	8

NJAL - MEDWAY DIVISION 27/05/2007 - MALE and OVERALL RESULTS

A String					B String						
Pos	Club	Athlete	Perf	Grade	Pts	Pos	Club	Athlete	Perf	Grade	Pts

100m

1	3	Stefan Mitchell	11.3	G3	11
2	4	Paul Ogun	11.5	G3	9
3	8	James Farmer	11.6		8
4	6	Andre Wright	11.7		7
5	1	Ben Small	11.8		6
6	5	Paul Williams	12.2		5

1	33	Femi Owolade	11.4	G3	9
2	11	Will Allingham	11.8		7
3	66	James Alcock	12.2		6
4	88	Duncan Steward	12.3		5
5	55	Connor Searing	12.6		4

200m

1	6	Luke Smallwood	22.7	G2	11
2	3	Stefan Mitchell	23.0	G3	9
3	8	Lawrence Wooldridge	23.4		8
4	1	Ben Small	23.7		7
5	4	Miles Beswick	27.3		6

1	33	Femi Owolade	22.6	G2	9
2	11	Will Allingham	23.6		7
3	44	Jake Chavagneux	23.8		6
4	66	Andre Wright	23.8		5
5	88	Alex Hookway	25.0		4

400m

1	6	Chris Haines	50.7	G2	11
2	8	Lawrence Wooldridge	51.0	G2	9
3	1	Tim Burt	51.1	G2	8
4	2	Stephen Carter	54.2		7
5	3	Daniel Rebolledo	55.0		6
6	5	Jack Fox	55.3		5

1	11	Josh Fairclough	52.2	G3	9
2	88	Duncan Steward	54.4		7
3	66	Nick Simpson	55.5		6
4	33	Sam Murphy	55.8		5
5	55	Lee Capon	57.3		4

800m

1	6	Luke Smallwood	1:55.6	G2	11
2	1	James Phillips	1:57.8	G2	9
3	8	Isaac Harland	1:58.6	G3	8
4	3	Lee Coogan	1:58.8	G3	7
5	2	Frank Kilama	2:05.3		6

1	88	Chris Kiely	2:00.3	G3	9
2	66	Matt Breeds	2:00.6	G3	7
3	11	Duncan Adamson	2:03.0		6

1500m

1	6	Ben Tyler	4:05.1	G2	11
2	8	Nick James	4:09.5	G3	9
3	1	Matt Dawson	4:12.9	G3	8
4	2	Frank Kilama	4:15.6		7
5	3	Lee Coogan	4:22.9		6

1	11	James Hogg	4:17.1		9
2	88	Sean Sinclair	4:24.9		7
3	66	Luke Bailey	4:58.9		6

3000m

1	6	Jack Tyler	8:34.0	G1	11
2	8	Andy Combs	9:09.0	G3	9
3	1	Robert Dennis	9:15.2	G3	8
4	3	Tim Kemp	10:13.3		7

1	88	James Pigot	9:32.5		9
2	11	Chris Holmes	10:04.6		7

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Pos	Club	Athlete	Perf	Grade	Pts	Pos	Club	Athlete	Perf	Grade	Pts

110m HURDLES

1	8	Chris Wakeford	16.0		11
2	2	Paul Slater	16.5		9

1	22	Jamie Farrell	16.7		9
2	88	Aaron Waterman	18.7		7

400m HURDLES

1	1	Gareth Morris	61.9		11
2	8	Aaron Waterman	62.5		9
3	3	Jason Manze	68.0		8
4	5	Lee Capon	68.7		7

1	11	Ollie Crux	62.1		9
2	88	Jack Parsons	64.5		7

2000mSC

1	8	Sam Bradley	6:19.3	G3	11
2	2	Jamie Walker	6:39.0		9
3	4	Claudius Ricketts	7:15.2		8
4	6	Joe Green	7:29.2		7

1	88	Chris Kiely	6:53.1		9
2	22	Stephen Carter	7:56.7		7

HIGH JUMP

1	3	Jason Manze	1.85	G3	11
2	5	Paul Williams	1.80	G3	9
3	2	Jamie Farrell	1.80	G3	8
4	1	Matt Smiley	1.80	G3	7
5	8	Jack Bailey	1.75		6
6	6	Nick Simpson	1.55		5

1	11	Callum Jeffery	1.70		9
2	55	Jack Fox	1.65		7
3	88	Jack Parsons	1.60		6
4	33	Liam Corcoran	1.50		5
5	66	Fergus Carty	1.45		4

POLE VAULT

1	88	Chris Peers	3.30		11
2	1	James Addis	2.40		9

1	8	Will Jones	3.20		9

LONG JUMP

1	4	Paul Ogun	6.36	G2	11
2	6	James Alcock	6.20	G2	9
3	1	Matt Smiley	5.60		8
4	8	James Farmer	5.60		7
5	5	Jamey Elliott	5.32		6
6	33	Lee Coogan	5.00		5

1	66	Dan Trott	5.78		9
2	88	Chris Wakeford	5.55		7
3	11	Callum Jeffery	5.25		6
4	55	Connor Searing	4.78		5
5	3	Tim Kemp	4.36		4

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Pos	Club	Athlete	Perf	Grade	Pts	Pos	Club	Athlete	Perf	Grade	Pts

TRIPLE JUMP

1	4	Trevor Okoroafor	13.91	G1	11
2	55	Jack Fox	12.81	G2	9
3	2	Paul Slater	12.68	G2	8
4	6	James Alcock	11.91		7
5	8	Chris Wakeford	11.89		6
6	11	Callum Jeffery	11.45		5
7	3	Daniel Rebolledo	10.42		4

1	44	Chuxx Onyia	13.46	G1	9
2	5	Paul Williams	12.27	G3	7
3	1	Matt Smiley	11.39		6
4	66	Nick Simpson	10.29		5
5	33	Tim Kemp	8.72		4
6	88	James Edwards	8.08		3

SHOT PUTT

1	8	Paul Dawson	12.96	G2	11
2	2	Paul Lillis	11.26		9
3	3	Stefan Mitchell	10.53		8
4	66	Stuart Hitchcock	10.07		7
5	1	Chris Gamble	10.06		6
6	5	Jamey Elliott	8.26		5
7	4	Vincent Auguiste	7.29		4

1	11	Visar Beqiri	9.73		9
2	22	Stephen Carter	9.31		7
3	6	Luke Smallwood	9.04		6
4	88	Chris Wakeford	8.61		5
5	55	Lee Capon	7.09		4
6	33	Liam Corcoran	6.30		3

DISCUS

1	8	Paul Dawson	34.20		11
2	2	Paul Lillis	33.77		9
3	66	Stuart Hitchcock	27.77		8
4	1	Dean Langford	26.51		7
5	4	Miles Beswick	20.45		6
6	3	Liam Corcoran	14.47		5

1	6	Rikki Blake	26.20		9
2	11	Visar Beqiri	26.19		7
3	88	Jesse Cox	18.17		6
4	33	Tim Kemp	14.03		5

JAVELIN

1	4	Richmond Baah	51.05	G2	11
2	11	Dean Langford	41.44		9
3	3	Graham Smith	40.27		8
4	88	Paul Dawson	37.82		7
5	5	Jamey Elliott	35.82		6
6	66	Stuart Hitchcock	33.86		5

1	1	Matt Burt	41.15		9
2	8	Jack Bailey	36.35		7
3	6	Rikki Blake	25.40		6
4	33	Sam Murphy	18.09		5

HAMMER

1	8	Paul Dawson	45.62	G3	11
2	1	Visar Beqiri	38.91		9
3	6	Rikki Blake	28.61		8
4	33	Daniel Rebolledo	14.67		7

1	11	Chris Gamble	26.58		9
2	66	Stuart Hitchcock	18.46		7
3	88	Jesse Cox	15.26		6
4	3	Liam Corcoran	14.22		5

4x100m RELAYS

1	6	Medway & Maidstone AC	Andre Wright, Chris Haines, James Alcock, Luke Smallwood	44.8	11
2	3	Cambridge Harriers	Sam Murphy, Stefan Mitchell, Daniel Rebolledo, Femi Owolade	45.3	9
3	8	Tonbridge AC	James Farmer, Chris Wakeford, Lawrence Wooldridge, Duncan Steward	45.4	8
4	1	Ashford AC & Invicta EK	Duncan Adamson, Will Allingham, Ben Small, Dan Chat	46.2	7
5	5	Dartford Harriers	Jamey Elliott, Jack Fox, Lee Capon, Paul Williams	48.2	6

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4x400m RELAYS

1	6	Medway & Maidstone AC	Matt Breeds, Jack Tyler, Luke Smallwood, Chris Haines			3:26.6		11
2	1	Ashford AC & Invicta EK	James Phillips, Tim Burt, Josh Fairclough, -			3:28.3		9
3	8	Tonbridge AC	Lawrence Wooldridge, Alex Hookway, Aaron Waterman, Duncan Steward			3:42.2		8

Meeting Result

1	8	Tonbridge AC	8	525.5
2	1	Ashford AC & Invicta EK	7	469
3	6	Medway & Maidstone AC	6	439
4	3	Cambridge Harriers	5	275
5	5	Dartford Harriers	4	224.5
6	2	Bexley AC	2.5	152
6	4	Croydon Harriers	2.5	152
8	7	Paddock Wood AC	1	126

Cumulative Result

1	8	Tonbridge AC	15	1008.5
2	6	Medway & Maidstone AC	14	949
3	1	Ashford AC & Invicta EK	13	946
4	3	Cambridge Harriers	10	642
5	5	Dartford Harriers	8	523.5
6	4	Croydon Harriers	5.5	447
7	2	Bexley AC	4.5	383
8	7	Paddock Wood AC	2	265

AOM

29/04/2007	Mick Baker	Medway and Maidstone	400m Hurdles	54.0
29/04/2007	Ben Carter	Ashford / Invicta East Kent	3000m	9:58.0
27/05/2007	Trevor Okoroafor	Croydon Harriers	Triple Jump	13.91
27/05/2007	Lucy Underdown	Paddock Wood AC	Discus	38.39