

NJAL - MEDWAY DIVISION 26/07/2009 - 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	CBG	11.0	G2	11
2	7	James Alcock	M&M	11.8		9
3	8	Chris Ford	TBG	11.8		8
4	4	Nic Spence	CRD	11.9		7
5	1	Tom Chambers (U17)	ASH	11.9		6
6	6	Alex Tuck (U17)	I/PW	12.1		5

1	77	Michael Baker	M&M	11.8		9
2	11	Hadley Pressley	ASH	12.0		7
3	33	Tolu Odusanya (U17)	CBG	12.0		6
4	88	Joe Fellows (U17)	TBG	12.8		5

200m

1	3	Stefan Mitchell	CBG	22.4	G2	11
2	7	Andre Wright	M&M	22.9	G3	9
3	4	Nic Spence	CRD	23.5		8
4	1	Tom Chambers (U17)	ASH	24.0		7
5	8	Chris Ford	TBG	24.1		6
6	6	Alex Tuck (U17)	I/PW	24.6		5
7	5	Philip Butler	DTF	26.7		4

1	77	Stuart Hitchcock	M&M	22.8	G3	9
2	33	Richard Edwards (U17)	CBG	24.5		7
3	11	Hadley Pressley	ASH	25.3		6
4	88	Joe Fellows (U17)	TBG	26.2		5
5	66	Alistair Noel (U17)	I/PW	29.8		4

400m

1	7	Michael Baker	M&M	50.1	G2	11
2	8	James Wildish	TBG	51.7		9
3	3	Arthur Tanoh	CBG	52.2		8
4	4	Owen Thomas	CRD	52.2		7
5	6	Alex Tuck (U17)	I/PW	53.3		6
6	5	Philip Butler	DTF	60.2		5
7	1	Jeremy Fryer (U17)	ASH	63.9		4

1	88	Simon Tinsley	TBG	51.6		9
2	77	Sean Hannant-Smith	M&M	53.4		7
3	33	Stefan Mitchell	CBG	54.8		6
4	44	Elliot Welch (U17)	CRD	55.1		5
5	11	Christian Brown (U17)	ASH	57.2		4
6	66	James Reilly	I/PW	59.9		3

800m

1	8	Kurt Wolfe	TBG	1:59.2		11
2	3	Sam Murphy	CBG	2:01.3		9
3	6	James Reilly	I/PW	2:08.1		8
4	7	Josh Elderfield	M&M	2:10.4		7
5	4	Ben Saville (U17)	CRD	2:17.5		6

1	88	James Pigot	TBG	2:05.8		9
2	33	Donomar Smith (U17)	CBG	2:10.2		7
3	66	Sam Hudson (U17)	I/PW	2:11.3		6

1500m

1	8	Robbie Farnham-Rose (U17)	TBG	4:11.7		11
2	6	Jason Prickett	I/PW	4:12.7		9
3	3	Sam Murphy	CBG	4:12.9		8
4	7	Adam Gilbert (U17)	M&M	4:13.2		7
5	1	Warren Uden (U17)	ASH	5:01.3		6

1	33	Andrew Sheridan	CBG	4:15.9		9
2	66	Kieran Reilly (U17)	I/PW	4:18.7		7
3	88	Jamie Bryant (U17)	TBG	4:27.9		6
4	11	Dylan Jones	ASH	5:01.5		5

3000m

1	3	Andrew Sheridan	CBG	9:21.6		11
2	8	Luca Russo (U17)	TBG	9:24.6		9
3	5	Nick Wood	DTF	9:40.4		8
4	6	Andy Cope	I/PW	10:00.1		7
5	7	Josh Elderfield	M&M	10:16.6		6
6	11	Warren Uden (U17)	ASH	10:31.4		5

1	88	Ryan Driscoll (U17)	TBG	9:43.4		9
2	55	Steven Caller	DTF	10:32.3		7
3	1	Dylan Jones	ASH	10:34.3		6

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

110m HURDLES

1	4	Kariym Irving	CRD	16.6		11
2	8	Jack Parsons	TBG	17.1		9
3	7	Alex Wharfe	M&M	17.9		8
4	3	Charlie Perry (U17)	CBG	18.8		7
5	5	Philip Butler	DTF	22.2		6

400m HURDLES

1	1	Gareth Morris	ASH	56.3	G2	11
2	8	Jack Parsons	TBG	60.0		9
3	7	Alex Wharfe	M&M	61.4		8
4	3	Charlie Perry (U17)	CBG	61.4		7

1	88	Alex Maynard (U17)	TBG	64.3		9
2	33	Donomar Smith (U17)	CBG	67.8		7
3	77	Mark Cryer (U17)	M&M	70.3		6

2000mSC

1	8	Josh Bentham (U17)	TBG	6:42.8		11
2	33	Sam Murphy	CBG	6:56.6		9
3	6	Jason Prickett	I/PW	6:58.8		8
4	4	Scott Fanner (U17)	CRD	6:59.1		7
5	5	Steven Caller	DTF	7:19.1		6
6	1	Andy Robertson (U17)	ASH	7:19.8		5
7	7	Josh Elderfield	M&M	8:16.0		4

1	3	Andrew Sheridan	CBG	7:11.6		9
2	44	Mark Plackett (U17)	CRD	7:12.9		7
3	66	Sam Hudson (U17)	I/PW	7:48.0		6
4	88	Andrew Thomas (U17)	TBG	7:59.4		5
5	11	Warren Uden (U17)	ASH	8:12.2		4
6	77	Sean Hannant-Smith	M&M	9:06.4		3

HIGH JUMP

1	4	Harry Rogers (U17)	CRD	1.90	G2	11
2	5	Aaron Barham (U17)	DTF	1.86	G3	9
3	7	Chris White (U17)	M&M	1.80	G3	8
4	8	Daniel Adeline (U17)	TBG	1.75		7
5	3	Nigel Munjoma (U17)	CBG	1.70		6
6	6	Lewis Woodgate (U17)	I/PW	1.60		5

1	55	Jack Fox	DTF	1.70		9
2	88	Dominic Ford (U17)	TBG	1.65		7
	33	Arthur Tanoh	CBG	nhf		

POLE VAULT

1	8	Jesper Hallberg (U17)	TBG	3.70		11
2	7	Alex Wharfe	M&M	3.10		9
3	4	Kariym Irving	CRD	2.40		8
4	3	Nigel Munjoma (U17)	CBG	2.30		7
5	6	Lewis Woodgate (U17)	I/PW	2.10		6

1	88	Alex Maynard (U17)	TBG	3.20		9
2	77	Mark Cryer (U17)	M&M	2.10		7

LONG JUMP

1	77	Joshua Brown (U17)	M&M	6.40	G2	11
2	55	Jack Fox	DTF	6.05		9
3	3	Richard Edwards (U17)	CBG	5.49		8
4	8	Daniel Adeline (U17)	TBG	5.30		7
5	6	Lewis Woodgate (U17)	I/PW	4.97		6
6	44	Scott Fanner (U17)	CRD	4.77		5

1	7	James Alcock	M&M	6.19	G3	9
2	5	Connor Searing	DTF	5.71		7
3	33	Michael Francetti	CBG	5.44		6
4	88	Joe Fellows (U17)	TBG	4.91		5
5	4	Kariym Irving	CRD	4.22		4

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

TRIPLE JUMP

1	7	Darren March	M&M	14.21	G1	11
2	5	Jack Fox	DTF	13.40	G2	9
3	3	Richard Edwards (U17)	CBG	11.38		8
4	8	Alex Maynard (U17)	TBG	11.07		7
5	11	Gareth Morris	ASH	9.90		6

1	77	Joshua Brown (U17)	M&M	12.93	G3	9
2	33	Michael Francetti	CBG	10.85		7
3	88	Jesper Hallberg (U17)	TBG	10.20		6

SHOT PUTT

1	6	Aaron Murray	I/PW	12.94	G2	11
2	1	Jack McNaught	ASH	11.62		9
3	7	Stuart Hitchcock	M&M	9.41		8
4	3	Tolu Odusanya (U17)	CBG	8.56		7
5	8	Jonny Hinton (U17)	TBG	8.54		6

1	88	Chris Ford	TBG	8.45		9
2	33	Michael Francetti	CBG	7.31		7
3	77	James Alcock	M&M	7.04		6

DISCUS

1	4	Kariym Irving	CRD	46.30	G1	11
2	1	Jack McNaught	ASH	35.02		9
3	6	Aaron Murray	I/PW	32.07		8
4	8	Jonny Hinton (U17)	TBG	31.35		7
5	7	Stuart Hitchcock	M&M	26.65		6
6	5	Connor Searing	DTF	22.07		5
7	33	Nigel Munjoma (U17)	CBG	20.95		4

1	88	Alex Hookway	TBG	25.05		9
2	77	Darren March	M&M	24.11		7
3	11	Blake Robinson (U17)	ASH	23.55		6
4	55	Aaron Barham (U17)	DTF	17.00		5
5	3	Donomar Smith (U17)	CBG	13.87		4
6	44	Ben Saville (U17)	CRD	9.09		3

JAVELIN

1	4	Kariym Irving	CRD	45.92	G3	11
2	7	Stuart Hitchcock	M&M	44.30		9
3	1	Jack McNaught	ASH	41.19		8
4	8	James Cotterill	TBG	40.65		7
5	5	Aaron Barham (U17)	DTF	27.53		6
6	3	Sam Murphy	CBG	18.90		5

1	88	Alex Hookway	TBG	36.54		9
2	77	Alex Wharfe	M&M	35.66		7
3	55	Connor Searing	DTF	26.37		6
4	11	Blake Robinson (U17)	ASH	22.45		5
5	33	Arthur Tanoh	CBG	13.20		4
6	44	Mark Plackett (U17)	CRD	9.30		3

HAMMER

1	8	Jonny Hinton (U17)	TBG	37.51		11
2	6	Aaron Murray	I/PW	29.39		9
3	1	Jack McNaught	ASH	27.44		8
4	3	Tolu Odusanya (U17)	CBG	18.02		7
5	7	Sean Hannant-Smith	M&M	10.27		6

1	88	Jack Parsons	TBG	19.61		9
2	3	Tolu Odusanya (U17)	CBG	11.07		7

4x100m RELAYS

1	7	Medway & Maidstone AC	James Alcock, Andre Wright, Stuart Hitchcock, Michael Baker	43.9		11
2	3	Cambridge Harriers	Arthur Tanoh, Richard Edwards (U17), Tolu Odusanya (U17), Stefan Mitchell	45.4		9
3	1	Ashford AC	Jeremy Fryer (U17), Tom Chambers (U17), Christian Brown (U17), Hadley Pressley	47.6		8
4	8	Tonbridge AC	Chris Ford, Jack Parsons, Joe Fellows (U17), Alex Maynard (U17)	47.9		7

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

4x400m RELAYS

1	3	Cambridge Harriers	Donomar Smith (U17), Charlie Perry (U17), Arthur Tanoh, Stefan Mitchell			3:31.5		11
2	8	Tonbridge AC	James Wildish, James Pigot, Kurt Wolfe, Craig Morten			3:36.8		9
3	7	Medway & Maidstone AC	Andre Wright, Alex Wharfe, Sean Hannant-Smith, Josh Elderfield			3:47.5		8
4	6	IEK/Paddock Wood	James Reilly, Jason Prickett, Andy Cope, Kieran Reilly (U17)			3:49.6		7
5	1	Ashford AC	Gareth Morris, Dylan Jones, Andy Robertson (U17), Warren Uden (U17)			3:58.0		6
6	5	Dartford Harriers	Aaron Barham (U17), Steven Caller, Nick Wood, Philip Butler			4:06.0		5

Meeting Result

1	8	Tonbridge AC	8	576.5
2	7	Medway & Maidstone AC	7	478
3	3	Cambridge Harriers	6	476.5
4	1	Ashford AC	5	321
5	6	IEK/Paddock Wood	4	234
6	4	Croydon Harriers	3	182
7	5	Dartford Harriers	2	178

Cumulative Result

1	8	Tonbridge AC	31	2052.5
2	7	Medway & Maidstone AC	27	1851
3	3	Cambridge Harriers	26	1810.5
4	1	Ashford AC	19	1471
5	6	IEK/Paddock Wood	16	1050
6	4	Croydon Harriers	12.5	717
7	5	Dartford Harriers	8.5	575
8	2	Bexley AC	1	41

AOM

19/04/2009	Darren March	Medway & Maidstone AC	Triple Jump	13.77m	G1
19/04/2009	Lucy Underdown	Medway & Maidstone AC	Shot Putt	12.73m	G1
24/05/2009	Craig Lacy	Cambridge Harriers	Javelin	58.60m	G1
24/05/2009	Twinwelle Hopeson	Croydon Harriers	100m	12.2s	G1
14/06/2009	Ned Quiney	Croydon Harriers	Pole Vault	4.61m	G1
14/06/2009	Anesa Wanogho	Cambridge Harriers	Shot Putt	11.78m	G1
26/07/2009	Kariym Irving	Croydon Harriers	Discus	46.30m	G1
26/07/2009	Kate Laidlow	Cambridge Harriers	400m	57.8s	G1

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

NON-SCORING RESULTS

Athlete	Club	Perf	Grade
Men			
100m			
Christian Brown	Ashford AC	12.4	
200m			
Gareth Morris	Ashford AC	23.6	
Christian Brown	Ashford AC	25.0	
Ruan Rupasinha	Med & Maid AC	25.5	
1500m			
Alistair Noel	Invicta/Paddock	5:11.7	

NJAL - MEDWAY DIVISION 26/07/2009 - FEMALE RESULTS

A String						
Pos	Club	Athlete		Perf	Grade	Pts

100m

1	4	Twinella Hopeson	CRD	12.3	G1	11
2	3	Hatshepsut James	CBG	13.2		8.5
2	7	Yasmin Joseph	M&M	13.2		8.5
4	5	Jodie Lesley (U17)	DTF	13.2		7
5	8	Helen Rennardson (U17)	TBG	13.3		6
6	1	Sam Beckett (U17)	ASH	13.3		5
7	6	Beverley Newing (U17)	I/PW	14.4		4

200m

1	4	Twinella Hopeson	CRD	24.7	G1	11
2	3	Kate Laidlow	CBG	26.5		9
3	7	Yasmin Joseph	M&M	26.6		8
4	5	Jodie Lesley (U17)	DTF	27.2		7
5	8	Maisie Farndon (U17)	TBG	27.4		6
6	1	Sam Beckett (U17)	ASH	27.6		5
7	6	Scarlett Mann (U17)	I/PW	28.7		4

400m

1	4	Twinella Hopeson	CRD	57.0	G1	11
2	3	Kate Laidlow	CBG	57.8	G1	9
3	8	Victoria Bradford	TBG	61.8		8
4	1	Sam Beckett (U17)	ASH	64.9		7
5	6	Beverley Newing (U17)	I/PW	74.1		6

800m

1	8	Jess Owen	TBG	2:26.0		11
2	7	Lucy Nicholson (U17)	M&M	2:32.8		9
3	66	Sarah Shepheard (U17)	I/PW	2:39.0		8
4	5	Hayley Hickmott	DTF	2:42.6		7

1500m

1	8	Abbie Shepherd-Barron (U17)	TBG	4:57.6		11
2	7	Cerys Sanders (U17)	M&M	5:03.2		9
3	6	Sarah Shepheard (U17)	I/PW	5:48.3		8
4	1	Amber Regardsoe (U17)	ASH	6:52.3		7

3000m

1	8	Rachel Salway	TBG	13:27.0		11
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B String						
Pos	Club	Athlete		Perf	Grade	Pts

1	33	Melissa Owusu-Ansah (U17)	CBG	13.3		9
2	77	Annie Waghorn (U17)	M&M	13.6		7
2	88	Hannah Tolhurst	TBG	13.6		7
4	11	Kim Smith (U17)	ASH	13.9		5
5	55	Kayleigh Saward	DTF	14.5		4
6	66	Becky Reilly (U17)	I/PW	15.1		3

1	77	Nicola Keegan (U17)	M&M	27.3		9
2	33	Melissa Owusu-Ansah (U17)	CBG	27.5		7
3	88	Hannah Tolhurst	TBG	27.7		6
4	11	Caroline Hatley (U17)	ASH	28.1		5
5	55	Hayley Hickmott	DTF	30.0		4
6	66	Beverley Newing (U17)	I/PW	30.6		3

1	33	Cloe Garrett (U17)	CBG	62.4		9
2	88	Duna Pavlovic	TBG	63.4		7
3	66	Sarah Shepheard (U17)	I/PW	66.9		6
	11	Joanna Norman (U17)	ASH	dnf		

1	88	Petra Pavlovic	TBG	2:27.7		9
	6	Becky Reilly (U17)	I/PW	dnf		

1	88	Kelsey Howard (U17)	TBG	5:17.4		9
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1	88	Emily Symons	TBG	13:27.0		9
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NJAL - MEDWAY DIVISION 26/07/2009 - FEMALE RESULTS

A String						
Pos	Club	Athlete		Perf	Grade	Pts

100m HURDLES

1	7	Jodie Shaw	M&M	16.5		11
2	3	Cloe Garrett (U17)	CBG	18.4		9
3	6	Alice Campbell	I/PW	18.5		8
4	1	Kara Gibbs	ASH	20.5		7
5	8	Lucy Saker (U17)	TBG	21.4		6

400m HURDLES

1	3	Hatshepsut James	CBG	71.9		11
2	7	Lucy-Jane Constable (U17)	M&M	75.4		9
3	8	Lucy Saker (U17)	TBG	77.7		8
4	1	Emmaline Rendall	ASH	98.6		7

HIGH JUMP

1	7	Annie Waghorn (U17)	M&M	1.55		11
2	1	Caroline Hatley (U17)	ASH	1.50		9
3	8	Abbie Shepherd-Barron (U17)	TBG	1.45		8
4	6	Scarlett Mann (U17)	I/PW	1.45		7

POLE VAULT

1	11	Kara Gibbs	ASH	2.80		11
2	3	Cloe Garrett (U17)	CBG	2.60		9
3	8	Stephenie Rukin (U17)	TBG	2.00		8

LONG JUMP

1	77	Jodie Shaw	M&M	5.13	G3	11
2	6	Scarlett Mann (U17)	I/PW	4.94		9
3	33	Chelcie Osideko (U17)	CBG	4.67		8
4	8	Maisie Farndon (U17)	TBG	4.22		7
5	55	Jodie Lesley (U17)	DTF	4.12		6
6	11	Joanna Norman (U17)	ASH	3.76		5

TRIPLE JUMP

1	7	Amy Underdown	M&M	10.20		11
2	3	Nikki Odewunmi (U17)	CBG	9.70		9
3	8	Ruth Woodfine (U17)	TBG	9.01		8
4	1	Joanna Norman (U17)	ASH	8.23		7

B String						
Pos	Club	Athlete		Perf	Grade	Pts

1	33	Nikki Odewunmi (U17)	CBG	18.6		9
2	77	Lucy-Jane Constable (U17)	M&M	18.7		7
3	11	Emmaline Rendall	ASH	24.0		6

1	88	Ruth Woodfine (U17)	TBG	86.7		9

1	11	Kara Gibbs	ASH	1.40		9
2	88	Lucy Saker (U17)	TBG	1.35		7
3	77	Lucy-Jane Constable (U17)	M&M	1.30		6

1	1	Emmaline Rendall	ASH	2.80		9
2	33	Charlotte Lucas	CBG	2.15		7
3	88	Lucy Saker (U17)	TBG	1.70		6

1	7	Amy Underdown	M&M	5.00		9
2	3	Charlotte Lucas	CBG	4.58		7
3	88	Natalie Gill (U17)	TBG	3.95		6
4	66	Alice Campbell	I/PW	3.86		5
5	1	Lucy Holmes (U17)	ASH	1.90		4

1	33	Chelcie Osideko (U17)	CBG	9.57		9
2	88	Natalie Gill (U17)	TBG	8.80		7

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A String						
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B String						
Pos	Club	Athlete		Perf	Grade	Pts

SHOT PUTT

1	7	Amy Underdown	M&M	9.86	G3	11
2	3	Holly Ware	CBG	7.19		9
3	8	Olivia Stirrat (U17)	TBG	6.49		8

1	77	Jodie Shaw	M&M	9.76	G3	9
2	33	Nikki Odewunmi (U17)	CBG	6.67		7
3	88	Stephenie Rukin (U17)	TBG	6.23		6

DISCUS

1	1	Amber Regardsoe (U17)	ASH	29.58	G3	11
2	7	Amy Underdown	M&M	26.92		9
3	8	Jess Owen	TBG	19.55		8
4	3	Holly Ware	CBG	19.27		7
5	5	Kayleigh Saward	DTF	15.93		6

1	77	Francesca Baylis (U17)	M&M	25.68		9
2	11	Lucy Holmes (U17)	ASH	20.53		7
3	88	Isobel Truman (U17)	TBG	14.34		6

JAVELIN

1	77	Jodie Shaw	M&M	26.98		11
2	8	Olivia Stirrat (U17)	TBG	26.67		9
3	3	Holly Ware	CBG	24.55		8
4	1	Lucy Holmes (U17)	ASH	23.02		7
5	5	Kayleigh Saward	DTF	19.99		6

1	7	Amy Underdown	M&M	26.62		9
2	88	Isobel Truman (U17)	TBG	19.73		7
3	11	Caroline Hatley (U17)	ASH	14.93		6
4	33	Kate Laidlow	CBG	8.92		5

HAMMER

1	3	Holly Ware	CBG	32.29		11
2	1	Amber Regardsoe (U17)	ASH	26.22		9
3	88	Stephenie Rukin (U17)	TBG	22.58		8
4	7	Francesca Baylis (U17)	M&M	21.02		7
5	6	Alice Campbell	I/PW	16.33		6

1	8	Rachael Salway	TBG	14.82		9
2	33	Chelcie Osideko (U17)	CBG	7.72		7

4x100m RELAYS

1	3	Cambridge Harriers	Hatshepsut James, Nikki Odewunmi (U17), Melissa Owusu-Ansah (U17), Kate Laidlow	51.1		11
2	7	Medway & Maidstone AC	Yasmin Joseph, Nicola Keegan (U17), Jodie Shaw, Annie Waghorn (U17)	52.6		9
3	8	Tonbridge AC	Helen Rennardson (U17), Maisie Farndon (U17), Victoria Bradford, Natalie Gill (U17)	53.4		8
4	1	Ashford AC	Sam Beckett (U17), Kara Gibbs, Lucy Holmes (U17), Caroline Hatley (U17)	55.5		7
5	6	IEK/Paddock Wood	Beverley Newing (U17), Alice Campbell, Sarah Shepherd (U17), Scarlett Mann (U17)	57.6		6

4x400m RELAYS

1	8	Tonbridge AC	Jess Owen, Hannah Tolhurst, Victoria Bradford, Maisie Farndon (U17)	4:11.0		11
2	7	Medway & Maidstone AC	Cerys Sanders (U17), Nicola Keegan (U17), Lucy-Jane Constable (U17), Annie Waghorn (U17)	4:21.9		9
3	3	Cambridge Harriers	Charlotte Lucas, Cloe Garrett (U17), Cloe Garrett (U17), Kate Laidlow	4:49.9		8