

Southern Athletics League: Division 2 North East - Round 1 - Watford - 21 April 2012

Team		Score				
1=	Watford		195			V
1=	St Albans		195			A
3	Loughton		137			L
4	Colchester & Tendring		119			T
Men's A 100m		Wind=				
1	Luke Yaxley	U20	St Albans	11.4	4	771 aw
2	Jack Hurst	U20	Colchester & Tendring	11.5	3	744 aw
3	John McCabe	SM	Loughton	12.0	2	615
4	Liam Sulaman	U20	Watford	12.3	1	543
Men's B 100m		Wind=				
1	Jake Awe	SM	St Albans	11.4	4	771 aw
2	Paul Gilbert	SM	Loughton	12.7	3	455
3	Mark Gurney	U17	Watford	13.0	2	394
4	Jordan Rowe	U17	Colchester & Tendring	13.5	1	301
Men's A 200m		Wind=				
1	Luke Yaxley	U20	St Albans	23.4	4	744 aw
2	Jack Hurst	U20	Colchester & Tendring	23.4	3	744 aw
3	John McCabe	SM	Loughton	24.7	2	593
4	Harvey O'Brart	U17	Watford	25.7	1	488
Men's B 200m		Wind=				
1	Corey Keane	U17	Watford	25.9	4	468
2	James Thompson	U20	Colchester & Tendring	25.9	3	468
3	Paul Gilbert	SM	Loughton	26.9	2	376
Men's A 400m						
1	Carl Palin	U20	St Albans	51.6	4	786 aw
2	Thomas Gifford	U20	Colchester & Tendring	53.3	3	697 aw
3	Ben Rochford	U17	Watford	53.9	2	668 aw
Men's B 400m						
1	Paul Yeomans	SM	St Albans	55.3	4	600
2	James Thompson	U20	Colchester & Tendring	55.7	3	582
3	Corey Keane	U17	Watford	57.6	2	498
Men's A 800m						
1	Carl Palin	U20	St Albans	2:00.3	4	762 aw
2	Harvey O'Brart	U17	Watford	2:02.8	3	703 aw
3	Thomas Gifford	U20	Colchester & Tendring	2:07.4	2	602
4	Jack Clark	U20	Loughton	2:42.3	1	88
Men's B 800m						
1	Dean Frost	U17	Colchester & Tendring	2:00.9	4	748 aw
2	Corey Keane	U17	Watford	2:08.9	3	570 aw
3	Ashley Kavanagh-King	SM	St Albans	2:19.3	2	375
Men's A 1500m						
1	Ed Blake	SM	St Albans	4:14.8	4	689 aw
2	Ben Rochford	U17	Watford	4:15.00	3	687 aw
3	Joe Alexander	U17	Colchester & Tendring	4:20.01	2	635 aw
4	Jack Clark	U20	Loughton	5:56.7	1	33
Men's B 1500m						
1	Jordan Rowe	U17	Colchester & Tendring	4:15.02	4	687 aw
2	Tom Verbena	U17	Watford	4:34.04	3	501 aw
Men's A 5000m						
1	Ed Blake	SM	St Albans	16:38.1	4	542 aw
2	Matt Adcock	M40	Watford	17:18.3	3	448
3	Paul Gilbert	SM	Loughton	22:08.1	2	35

Men's B 5000m

1	Zac McDonough	SM	Watford	18:57.4	4	254
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Men's A 110mH

Wind=

1	Dan Tarrant	SM	Watford	20.9	4	193
2	Lee Wright	SM	Loughton	23.9	3	33
3	Paul Yeomans	SM	St Albans	26.9	2	0

Men's B 110mH

Wind=

1	Nick Harris	SM	Watford	23.8	4	36
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Men's A 400mH

1	Cameron McKie	U20	St Albans	60.0	4	697 aw
2	Dan Tarrant	SM	Watford	64.1	3	551
3	Michael Porter	U20	Colchester & Tendring	64.1	2	551
4	Jim Harrison	M45	Loughton	72.6	1	303

Men's B 400mH

1	Luke Yaxley	SM	St Albans	63.3	4	578
2	Nick Harris	SM	Watford	74.9	3	249
3	Lee Wright	SM	Loughton	81.4	2	124

Men's A 2000m Steeplechase

1	Nick Harris	SM	Watford	7:08.6	4	548
2	Michael Porter	U20	Colchester & Tendring	7:16.8	3	510 aw
3	Scott Hurley	SM	Loughton	9:47.5	2	54

Men's B 2000m Steeplechase

1	Graham Mayoh	M45	Watford	8:25.6	4	244
2	Lee Wright	SM	Loughton	10:17.00	3	19

Men's A High Jump

1	Dan Tarrant	SM	Watford	1.60	4	533
2	Carl Palin	U20	St Albans	1.55	3	489
3	Jordan Rowe	U17	Colchester & Tendring	1.50	2	445

Men's B High Jump

1	Liam Sulaman	U17	Watford	1.50	4	445
2	James Thompson	U20	Colchester & Tendring	1.45	3	401

Men's A Pole Vault

1	Paul Yeomans	SM	St Albans	3.60	4	597 aw
2	Josh Dombey	SM	Watford	3.00	3	437 aw
3	Jim Harrison	SM	Loughton	2.80	2	384

Men's B Pole Vault

1	Dan Tarrant	SM	Watford	2.90	4	411
2	Ashley Kavanagh-King	SM	St Albans	2.00	3	175

Men's A Long Jump

Wind

1	Jake Awe	U20	St Albans	6.59	4	832 aw
2	Jack Noone	U20	Watford	5.99	3	710 aw
3	Jack Hurst	SM	Colchester & Tendring	5.76	2	663
4	Paul Gilbert	SM	Loughton	4.26	1	360

Men's B Long Jump

Wind

1	Paul Yeomans	SM	St Albans	5.21	4	551
2	Thomas Gifford	SM	Colchester & Tendring	5.14	3	537
3	Liam Sulaman	U17	Watford	4.62	2	432
4	Scott Hurley	SM	Loughton	3.76	1	261

Men's A Triple Jump

Wind

1	Jack Noone	U20	Watford	13.22	4	753 aw
2	Jack Hurst	U20	Colchester & Tendring	11.37	3	560
3	Paul Yeomans	SM	St Albans	10.23	2	441
4	Paul Gilbert	SM	Loughton	8.12	1	226

Men's B Triple Jump

Wind

1	Liam Sulaman	U17	Watford	8.36	4	250
2	Joe Alexander	U20	Colchester & Tendring	8.25	3	239
3	Ashley Kavanagh-King	SM	St Albans	8.00	2	213
4	Scott Hurley	SM	Loughton	7.52	1	165

Men's A Shot Putt

1	Ray McKenna	SM	Watford	12.45	4	673 aw
2	Paul Yeomans	SM	St Albans	8.95	3	467
3	Scott Hurley	SM	Loughton	7.90	2	405
4	Dan Ibbotson	SM	Colchester & Tendring	7.23	1	365

Men's B Shot Putt

1	Tim Saunders-Mullins	M55	St Albans	7.95	4	408
2	Douglas McQuire	SM	Watford	7.50	3	381
3	Aaron Bevis	U20	Colchester & Tendring	5.85	2	284
4	Mick Higgins	M50	Loughton	5.33	1	254

Men's A Discus

1	Ray McKenna	SM	Watford	33.90	4	582 aw
2	Malcolm Wallace	SM	St Albans	22.97	3	384
3	Jim Harrison	SM	Loughton	19.09	2	314
4	Dean Frost	U17	Colchester & Tendring	18.93	1	311 aw

Men's B Discus

1	Mark Gurney	SM	Watford	24.71	4	416
2	Tim Saunders-Mullins	M55	St Albans	19.15	3	315
3	Mick Higgins	M50	Loughton	11.63	2	180
4	Joe Alexander	U17	Colchester & Tendring	11.60	1	179 aw

Men's A Hammer

1	Tim Saunders-Mullins	M55	St Albans	27.42	4	388
2	Ray McKenna	SM	Watford	24.56	3	345
3	Scott Hurley	SM	Loughton	20.63	2	286
4	Michael Porter	SM	Colchester & Tendring	17.72	1	242

Men's B Hammer

1	Paul Yeomans	SM	St Albans	17.28	4	236
2	Douglas McQuire	SM	Watford	7.84	3	95

Men's A Javelin

1	Dan Tarrant	SM	Watford	41.19	4	547 aw
2	Paul Yeomans	SM	St Albans	33.80	3	444
3	Jim Harrison	SM	Loughton	31.40	2	411
4	Aaron Bevis	U20	Colchester & Tendring	19.52	1	247

Men's B Javelin

1	Mark Gurney	U17	Watford	39.71	4	526 aw
2	Ashley Kavanagh-King	SM	St Albans	25.86	3	334
3	Lee Wright	SM	Loughton	23.25	2	298
4	Ollie Walker	U17	Colchester & Tendring	10.14	1	118 aw

Men's 4x100m

1	St Albans	SM		47.4	4	614
2	Colchester & Tendring	SM		48.5	3	555
3	Watford	SM		51.4	2	416
4	Loughton	SM		52.4	1	372

Men's 4x400m

1	St Albans	SM		3:39.4	4	637
2	Colchester & Tendring	SM		3:41.7	3	611
3	Watford	SM		3:46.1	2	561
4	Loughton	SM		4:43.0	1	109

Women's A 100m

Wind=

1	Alicia Tymdn-McEwan	U17	St Albans	12.8	4	877 aw
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2	Angel Joseph	U17	Colchester & Tendring	13.3	3	797 aw
3	Chloe Rixon	U17	Watford	13.4	2	781
4	Michaela Davis	W45	Loughton	15.8	1	454
Women's B 100m		Wind=				
1	Bethany Ibbotson	U17	Colchester & Tendring	13.3	4	797 aw
2	Chelsea Shurland	U20	St Albans	13.3	3	797 aw
3	Mary Knapman	SW	Loughton	15.6	2	478
4	Christine Dearman	W45	Watford	16.3	1	397
Women's A 200m		Wind=				
1	Chelsea Shurland	U20	St Albans	26.7	4	845 aw
2	Anna Clark	U17	Loughton	27.5	3	787 aw
3	Angel Joseph	U17	Colchester & Tendring	28.0	2	752
4	Paige Smith	U17	Watford	30.0	1	618
Women's B 200m		Wind=				
1	Alicia Tymdn-McEwan	U17	St Albans	27.3	4	801 aw
2	Bethany Ibbotson	U17	Colchester & Tendring	27.6	3	780
3	Amie Harrison	SW	Loughton	30.2	2	606
4	Chloe Dearman	U17	Watford	34.9	1	347
Women's A 400m						
1	Jo Richardson	SW	Loughton	65.7	4	705
2	Sian Gifford	SW	Colchester & Tendring	66.5	3	683
3	Alison Putko	SW	Watford	71.3	2	560
4	Louise Kelly	SW	St Albans	80.6	1	355
Women's B 400m						
1	Helen Real	SW	Loughton	67.9	4	646
2	Tatiana Peters	U17	Watford	70.2	3	587
3	Christine James	W55	St Albans	92.1	2	166
Women's A 800m						
1	Anna Clark	U17	Loughton	2:27.7	4	714 aw
2	Ami Fosker	U17	Colchester & Tendring	2:35.2	3	613
3	Chloe Dearman	U17	Watford	2:53.3	2	402
Women's B 800m						
1	Mary Knapman	SW	Loughton	2:38.7	4	569
2	Angela Halford	SW	Watford	2:59.3	3	341
Women's A 1500m						
1	Natalie Wickings	U23	Watford	5:17.9	4	661
2	Mary Knapman	SW	Loughton	5:40.1	3	535
3	Louise Kelly	W35	St Albans	7:37.6	2	91
Women's B 1500m						
1	Liza Croft	SW	Watford	5:38.6	4	544
Women's A 3000m						
1	Hannah Hull	U20	St Albans	11:32.1	4	655 aw
2	Helen Johal	W35	Watford	11:48.5	3	614
3	Helen Real	SW	Loughton	12:09.9	2	561
Women's B 3000m						
1	Christine James	W55	St Albans	15:48.2	4	161
2	Jean Hobbs	W60	Loughton	15:58.3	3	148
3	Christine Dearman	W45	Watford	16:49.7	2	92
Women's A 100mH		Wind=				
1	Jo Richardson	SW	Loughton	19.9	4	450
2	Louise Kelly	W35	St Albans	20.0	3	442
3	Angela Halford	SW	Watford	22.3	2	282
Women's B 100mH		Wind=				
1	Alison Putko	U17	Watford	23.4	4	218

Women's A 400mH

1	Jo Richardson	SW	Loughton	73.8	4	659 aw
2	Angela Halford	SW	Watford	81.6	3	488
3	Claire Bentley	U20	St Albans	86.0	2	404

Women's B 400mH

1	Amie Harrison	SW	Loughton	83.7	4	447
2	Alison Putko	SW	Watford	88.8	3	354

Women's A 1500m Steeplechase

1	Helen Real	SW	Loughton	6:48.7	4	475 aw
2	Angela Halford	SW	Watford	7:05.5	3	410

Women's B 1500m Steeplechase

1	Alison Putko	SW	Watford	7:22.5	4	349
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Women's A High Jump

1	Kate Jones	U20	St Albans	1.60	4	805 aw
2	Angela Halford	SW	Watford	1.20	3	417
3	Michaela Davis	W45	Loughton	1.00	2	227

Women's B High Jump

1	Louise Kelly	W35	St Albans	1.35	4	561
2	Amie Harrison	SW	Loughton	1.00	3	227

Women's A Pole Vault

1	Louise Kelly	W35	St Albans	2.50	4	491 aw
2	Barbara Higgins	W50	Loughton	1.12	3	87

Women's B Pole Vault

1	Sue Yeomans	W55	St Albans	2.00	4	342 aw
2	-	SW	Loughton	1.12	3	87

Women's A Long Jump

1	Louise Kelly	W35	St Albans	4.32	4	634
2	Sian Gifford	U17	Colchester & Tendring	4.02	3	571
3	Paige Smith	U17	Watford	3.48	2	459
4	Michaela Davis	W45	Loughton	3.16	1	393

Wind

Women's B Long Jump

1	Claire Bentley	U20	St Albans	3.43	4	449
2	Helen Real	W60	Loughton	1.98	3	153

Wind

Women's A Triple Jump

1	Chloe Rixon	U17	Watford	9.69	4	654 aw
2	Louise Kelly	W35	St Albans	8.41	3	525

Wind

Women's B Triple Jump

Wind

Women's A Shot Putt

1	Louise Kelly	W35	St Albans	9.73	4	554 aw
2	Sian Gifford	U17	Colchester & Tendring	7.51	3	421 aw
3	Zoe McQuire	SW	Watford	6.09	2	336
4	Helen Real	SW	Loughton	5.44	1	297

Women's B Shot Putt

1	Sophie Macken	U20	St Albans	8.23	4	464 aw
2	Barbara Higgins	W50	Loughton	4.87	3	263
3	Helen Porter	SW	Colchester & Tendring	4.84	2	261

Women's A Discus

1	Sophie Macken	U20	St Albans	21.50	4	369
2	Ellie Simmons	U17	Colchester & Tendring	20.13	3	344
3	Barbara Higgins	W50	Loughton	15.89	2	267
4	Zoe McQuire	SW	Watford	15.66	1	263

Women's B Discus

1	Sue Yeomans	W55	St Albans	19.49	4	332 aw
2	Sian Gifford	U17	Colchester & Tendring	14.16	3	236

3	Mary Knapman	SW	Loughton	14.11	2	235
4	Tatiana Peters	U17	Watford	11.81	1	193

Women's A Hammer

1	Christine James	W55	St Albans	19.05	4	278
2	Barbara Higgins	W45	Loughton	17.63	3	255
3	Zoe McQuire	SW	Watford	16.47	2	237

Women's B Hammer

1	Sue Yeomans	W55	St Albans	16.71	4	241
2	Christine Dearman	W45	Watford	12.58	3	175
3	Jean Hobbs	W60	Loughton	8.30	2	107

Women's A Javelin

1	Ellie Simmons	U17	Colchester & Tendring	27.55	4	472 aw
2	Louise Kelly	W35	St Albans	23.25	3	395
3	Helen Real	SW	Loughton	17.34	2	289
4	Zoe McQuire	SW	Watford	12.65	1	205

Women's B Javelin

1	Ami Fosker	U17	Colchester & Tendring	18.02	4	301
2	Natalie Wickings	U20	Watford	7.48	3	113
3	Sue Yeomans	W55	St Albans	5.59	2	80

Women's 4x100m

1	Colchester & Tendring	SW		56.1	4	690
2	Loughton	SW		57.8	3	635
3	Watford	SW		59.5	2	583
4	St Albans	SW		60.5	1	553

Women's 4x400m

1	Colchester & Tendring	SW		4:35.6	4	653
2	Loughton	SW		4:36.6	3	646
3	Watford	SW		5:06.6	2	470

Man of the Match Awards

Men

Long Jur	1	Jake Awe	U20	St Albans	6.59	#
400m	1	Carl Palin	U20	St Albans	51.6	#
100m	1	Luke Yaxley	U20	St Albans	11.4	#
100m	1	Jake Awe	SM	St Albans	11.4	#
800m	1	Carl Palin	U20	St Albans	0.00139	#
Triple Ju	1	Jack Noone	U20	Watford	13.22	#

Women

100m	1	Alicia Tymdn-McEwan	U17	St Albans	12.8	#
200m	1	Chelsea Shurland	U20	St Albans	26.7	#
High Jun	1	Kate Jones	U20	St Albans	1.6	#
200m	1	Alicia Tymdn-McEwan	U17	St Albans	27.3	#
100m	2	Angel Joseph	U17	Colchester & Tendring	13.3	#
100m	1	Bethany Ibbotson	U17	Colchester & Tendring	13.3	#