

## Southern Athletics League: Division 2 North East - Round 2 - Colchester - 19 May 2012

Team		Score				
1	Colchester Harriers		249			C
2	Ryston Runners		213			R
3	Bedford & County		151			D
4	Loughton		85			L
<b>Men's A 100m</b>		<b>Wind=</b>				
1	Daniel Yellop	SM	Ryston Runners	11.3	4	799 aw
2	John McCabe	SM	Loughton	11.7	3	691
3	Rolando Thomas	SM	Bedford & County	11.7	2	691
4	Billy Stanley	U17	Colchester Harriers	11.9	1	640 aw
<b>Men's B 100m</b>		<b>Wind=</b>				
1	Rob Clarke	U17	Colchester Harriers	12.3	4	543
2	Aaron Raine	U20	Ryston Runners	12.3	3	543
3	Tennyson James	M50	Bedford & County	12.5	2	498 aw
4	Lee Wright	SM	Loughton	13.5	1	301
<b>Men's A 200m</b>		<b>Wind=</b>				
1	Daniel Yellop	SM	Ryston Runners	23.2	4	769 aw
2	John McCabe	SM	Loughton	24.1	3	660
3	Billy Stanley	U17	Colchester Harriers	24.3	2	637 aw
4	Rolando Thomas	SM	Bedford & County	24.6	1	604
<b>Men's B 200m</b>		<b>Wind=</b>				
1	Tom White	U17	Colchester Harriers	24.3	4	637 aw
2	Aaron Raine	U20	Ryston Runners	24.7	3	593
3	Tennyson James	M50	Bedford & County	25.2	2	539 aw
4	Lee Wright	SM	Loughton	28.3	1	263
<b>Men's A 400m</b>						
1	Ben Ridley Johnson	U20	Colchester Harriers	52.1	4	759 aw
2	Daniel Yellop	SM	Ryston Runners	52.6	3	733 aw
3	Chris Thornley	U20	Bedford & County	55.5	2	591
4	-	SM	Loughton	64.3	1	254
<b>Men's B 400m</b>						
1	Tom White	U17	Colchester Harriers	55.7	4	582
2	Lance Croft	M45	Bedford & County	56.0	3	568 aw
3	Aaron Raine	U20	Ryston Runners	56.7	2	537
<b>Men's A 800m</b>						
1	Dave Allworthy	SM	Colchester Harriers	2:04.0	4	676 aw
2	Lance Croft	M45	Bedford & County	2:07.4	3	602 aw
3	Matthew Pyatt	SM	Ryston Runners	2:07.5	2	600
4	Andy Clark	M40	Loughton	3:01.7	1	1
<b>Men's B 800m</b>						
1	Ian Vickery	SM	Colchester Harriers	2:06.9	4	612
2	Chris Thornley	U20	Bedford & County	2:13.5	3	479
3	Nicholas Bensley	M40	Ryston Runners	2:21.0	2	347
<b>Men's A 1500m</b>						
1	Joe Strange	U20	Bedford & County	4:18.5	4	651 aw
2	Robert Simmonds	SM	Ryston Runners	4:22.5	3	610
3	Conner Price	U17	Colchester Harriers	4:23.2	2	603 aw
<b>Men's B 1500m</b>						
1	Alan Metcalfe	SM	Bedford & County	4:24.9	4	587

2	Matthew Pyatt	SM	Ryston Runners	4:26.5	3	571
3	Rob Clarke	U17	Colchester Harriers	4:33.5	2	506 aw
<b>Men's A 3000m</b>						
1	Adrian Mussett	M40	Colchester Harriers	9:04.5	4	712 aw
2	Alan Metcalfe	SM	Bedford & County	9:44.0	3	534
3	Chris Balmer	SM	Ryston Runners	9:45.6	2	527
<b>Men's B 3000m</b>						
1	Ian Vickery	SM	Colchester Harriers	9:43.5	4	536
2	Nicholas Bensley	M40	Ryston Runners	9:51.2	3	504
3	Aston Perrin	SM	Bedford & County	10:22.3	2	386
<b>Men's A 110mH</b> Wind=						
1	Matt Rose	SM	Colchester Harriers	16.1	4	726 aw
2	Robert Simmonds	SM	Ryston Runners	19.3	3	333
3	Lee Wright	SM	Loughton	24.0	2	30
<b>Men's B 110mH</b> Wind=						
1	Rob Smith	SM	Colchester Harriers	19.2	4	343
2	Che Plant	SM	Ryston Runners	22.6	3	86
3	Jim Harrison	M40	Loughton	28.8	2	0
<b>Men's A 400mH</b>						
1	Matt Rose	SM	Colchester Harriers	58.8	4	743 aw
2	Andrew Simmonds	SM	Ryston Runners	62.7	3	599 aw
3	Tennyson James	M50	Bedford & County	67.0	2	458 aw
4	Jim Harrison	M40	Loughton	71.1	1	341
<b>Men's B 400mH</b>						
1	Rob Smith	SM	Colchester Harriers	60.2	4	689 aw
2	Che Plant	SM	Ryston Runners	65.9	3	492
3	Stephen Bass	SM	Bedford & County	74.0	2	269
<b>Men's A 3000m Steeplechase</b> No water (hosepipe ban)						
1	Andrew Simmonds	SM	Ryston Runners	10:21.4	4	686 aw
2	Ian Vickery	SM	Colchester Harriers	10:30.6	3	654 aw
3	Aston Perrin	SM	Bedford & County	11:30.5	2	468
4	Scott Hurley	SM	Loughton	14:56.0	1	66
<b>Men's B 3000m Steeplechase</b>						
1	Chris Balmer	SM	Ryston Runners	10:33.5	4	645 aw
2	Dave Wright	M50	Colchester Harriers	11:36.6	3	451 aw
<b>Men's A High Jump</b>						
1	Robert Simmonds	SM	Ryston Runners	1.65	4	577
2	Matt Rose	SM	Colchester Harriers	1.65	3	577
<b>Men's B High Jump</b>						
1	Rob Smith	SM	Colchester Harriers	1.60	4	533
2	Edward Borrman	U17	Ryston Runners	1.50	3	445
<b>Men's A Pole Vault</b>						
1	Robert Simmonds	SM	Ryston Runners	3.30	4	517 aw
2	Matt Rose	SM	Colchester Harriers	3.30	3	517 aw
3	Samuel Frith	U20	Bedford & County	3.10	2	464 aw
4	Jim Harrison	M40	Loughton	2.50	1	305
<b>Men's B Pole Vault</b>						
1	Edward Borrman	U17	Ryston Runners	2.70	4	358 aw
<b>Men's A Long Jump</b> Wind						
1	Matt Rose	SM	Colchester Harriers	5.89	4	689 aw

2	Robert Simmonds	SM	Ryston Runners	5.24	3	557
3	Jake Devereux	U20	Bedford & County	5.21	2	551
4	John Knapman	SM	Loughton	4.22	1	352

### Men's B Long Jump

Wind

1	Rolando Thomas	SM	Bedford & County	5.17	4	543
2	Edward Borrman	U17	Ryston Runners	4.86	3	481
3	Tom White	U17	Colchester Harriers	4.44	2	396
4	Scott Hurley	SM	Loughton	3.55	1	220

### Men's A Triple Jump

Wind

1	Robert Simmonds	SM	Ryston Runners	11.29	4	551
2	Rob Smith	SM	Colchester Harriers	10.59	3	479
3	Jake Devereux	U20	Bedford & County	9.85	2	402
4	Scott Hurley	SM	Loughton	7.44	1	157

### Men's B Triple Jump

Wind

1	Daniel Yellop	SM	Ryston Runners	11.25	4	547
2	Conner Price	U17	Colchester Harriers	9.83	3	400
3	Tennyson James	M50	Bedford & County	9.58	2	374

### Men's A Shot Putt

1	Rob Earle	M50	Colchester Harriers	12.39	4	670 aw
2	Daniel Yellop	SM	Ryston Runners	10.31	3	547 aw
3	Darren Kerr	M40	Bedford & County	10.22	2	541 aw
4	John Knapman	SM	Loughton	7.73	1	395

### Men's B Shot Putt

1	Robert Simmonds	SM	Ryston Runners	10.01	4	529 aw
2	Graeme Packman	M55	Bedford & County	9.07	3	474
3	Daniel Moles	SM	Colchester Harriers	9.06	2	473
4	John Knapman	SM	Loughton	6.92	1	347

### Men's A Discus

1	Rob Earle	M50	Colchester Harriers	40.58	4	703 aw
2	Robert Simmonds	SM	Ryston Runners	32.67	3	560 aw
3	Darren Kerr	M40	Bedford & County	31.77	2	543 aw
4	Scott Hurley	SM	Loughton	17.72	1	289

### Men's B Discus

1	Daniel Moles	SM	Colchester Harriers	29.54	4	503 aw
2	Andrew Simmonds	SM	Ryston Runners	27.83	3	472
3	Graeme Packman	M55	Bedford & County	25.62	2	432
4	John Knapman	SM	Loughton	17.58	1	287

### Men's A Hammer

1	Rob Earle	M50	Colchester Harriers	51.96	4	758 aw
2	Darren Kerr	M40	Bedford & County	45.65	3	663 aw
3	Andrew Simmonds	SM	Ryston Runners	35.61	2	511 aw
4	Scott Hurley	SM	Loughton	20.12	1	278

### Men's B Hammer

1	Robert Simmonds	SM	Ryston Runners	30.00	4	427 aw
2	Daniel Moles	SM	Colchester Harriers	29.28	3	416 aw
3	Graeme Packman	M55	Bedford & County	20.03	2	277
4	John Knapman	SM	Loughton	10.29	1	131

### Men's A Javelin

1	Robert Simmonds	SM	Ryston Runners	48.49	4	648 aw
2	Daniel Moles	SM	Colchester Harriers	35.45	3	467

3	Darren Kerr	M40	Bedford & County	33.28	2	437
4	Jim Harrison	M40	Loughton	29.16	1	380
<b>Men's B Javelin</b>						
1	Matt Rose	SM	Colchester Harriers	33.92	4	446
2	Daniel Yellop	SM	Ryston Runners	31.01	3	406
3	Jake Devereux	U20	Bedford & County	27.19	2	353
4	Lee Wright	SM	Loughton	23.00	1	295
<b>Men's 4x100m</b>						
1	Ryston Runners	SM		47.5	4	608
2	Colchester Harriers	SM		47.7	3	597
3	Bedford & County	SM		48.5	2	555
4	Loughton	SM		54.8	1	278
<b>Men's 4x400m</b>						
1	Ryston Runners	SM		3:44.1	4	583
2	Colchester Harriers	SM		3:44.3	3	581
3	Loughton	SM		4:40.1	2	124
<b>Women's A 100m</b> <b>Wind=</b>						
1	Kelly Sutton	U20	Colchester Harriers	12.8	4	877 aw
2	Danni Patmore	SW	Bedford & County	13.2	3	813 aw
3	Natasha Ruffles	U20	Ryston Runners	15.3	2	515
4	Michaela Davis	W45	Loughton	15.8	1	454
<b>Women's B 100m</b> <b>Wind=</b>						
1	Aimee Richardson	SW	Bedford & County	13.2	4	813 aw
2	Amie Speller	U20	Colchester Harriers	13.6	3	751
3	Charlotte Smith	U17	Ryston Runners	15.7	2	466
4	Julie Ryan	W55	Loughton	18.8	1	169
<b>Women's A 200m</b> <b>Wind=</b>						
1	Heather Shepherd	SW	Colchester Harriers	25.8	4	913 aw
2	Anna Hendon	SW	Bedford & County	26.5	3	860 aw
3	Anna Clark	U17	Loughton	27.3	2	801 aw
4	Gaye Clarke	W50	Ryston Runners	29.9	1	625 aw
<b>Women's B 200m</b> <b>Wind=</b>						
1	Kelly Sutton	U20	Colchester Harriers	25.8	4	913 aw
2	Danni Patmore	SW	Bedford & County	26.8	3	838 aw
3	Amie Harrison	SW	Loughton	29.0	2	683
4	Charlotte Smith	U17	Ryston Runners	32.1	1	492
<b>Women's A 400m</b>						
1	Heather Shepherd	SW	Colchester Harriers	57.9	4	936 aw
2	Rebecca Murray	U20	Bedford & County	67.9	3	646
3	Natasha Ruffles	U20	Ryston Runners	75.8	2	455
<b>Women's B 400m</b>						
1	Denise Morley	W40	Colchester Harriers	63.3	4	773 aw
2	-	0	Bedford & County	71.0	3	567 #N/A
3	Ella Garner	U20	Ryston Runners	96.7	2	110
<b>Women's A 800m</b>						
1	Denise Morley	W40	Colchester Harriers	2:19.9	4	827 aw
2	Marie French	SW	Ryston Runners	2:20.5	3	818 aw
3	Rebecca Murray	U20	Bedford & County	2:21.2	2	808 aw
4	Anna Clark	U17	Loughton	2:25.8	1	741 aw
<b>Women's B 800m</b>						

1	Mary Knapman	SW	Loughton	2:36.1	4	602
2	Rebecca Cooke	SW	Colchester Harriers	2:40.7	3	544
3	Charlotte Hunt	SW	Ryston Runners	2:52.2	2	413
<b>Women's A 1500m</b>						
1	Marie French	SW	Ryston Runners	4:54.6	4	807 aw
2	Natasha Peters	SW	Bedford & County	4:55.1	3	804 aw
3	Molly Huggins	U17	Colchester Harriers	5:13.3	2	689 aw
4	Mary Knapman	SW	Loughton	5:45.8	1	505
<b>Women's B 1500m</b>						
1	Kelly Rodd	U17	Bedford & County	4:59.2	4	777 aw
2	Joy Huggins	U17	Colchester Harriers	5:46.2	3	503
3	Irene Petersen	W45	Loughton	7:27.2	2	115
4	Sue Smith	W45	Ryston Runners	7:51.4	1	63
<b>Women's A 3000m</b>						
1	Rebecca Murray	U20	Bedford & County	10:16.6	4	865 aw
2	Marie French	SW	Ryston Runners	10:20.4	3	853 aw
3	Paige Morgan	U20	Colchester Harriers	12:50.2	2	469
4	Jean Hobbs	W60	Loughton	15:03.7	1	223
<b>Women's B 3000m</b>						
1	Natasha Peters	SW	Bedford & County	10:27.2	4	833 aw
2	Charlotte Hunt	SW	Ryston Runners	13:15.6	3	415
3	Karen Baker	U20	Colchester Harriers	13:20.0	2	406
4	Irene Petersen	W45	Loughton	16:10.2	1	134
<b>Women's A 100mH Wind=</b>						
1	Catherine Holdsworth	SW	Colchester Harriers	14.6	4	961 aw
2	Gaye Clarke	W50	Ryston Runners	19.3	3	498 aw
3	Amie Harrison	SW	Loughton	23.0	2	240
<b>Women's B 100mH Wind=</b>						
1	Emily Moore	U20	Colchester Harriers	15.2	4	893 aw
2	Ella Garner	U20	Ryston Runners	21.7	3	320
<b>Women's A 400mH</b>						
1	Jessica Cutts	U20	Colchester Harriers	72.9	4	680 aw
2	Gaye Clarke	W50	Ryston Runners	79.6	3	530
3	Amie Harrison	SW	Loughton	80.9	2	503
<b>Women's B 400mH</b>						
1	Megan Moore	U17	Colchester Harriers	77.0	4	586
2	Natasha Ruffles	U20	Ryston Runners	99.4	3	195
<b>Women's A 2000m Steeplechase</b>						
1	Stacey Wheat	SW	Colchester Harriers	8:07.2	4	694 aw
2	Frankie Dack	U20	Ryston Runners	13:38.8	3	17
<b>Women's B 2000m Steeplechase</b>						
1	Molly Huggins	U17	Colchester Harriers	8:18.9	4	654
2	Charlotte Hunt	SW	Ryston Runners	13:38.9	3	17
<b>Women's A High Jump</b>						
1	Catherine Holdsworth	SW	Colchester Harriers	1.50	4	707 aw
2	Gaye Clarke	W50	Ryston Runners	1.35	3	561 aw
3	Michaela Davis	W45	Loughton	1.00	2	227
<b>Women's B High Jump</b>						
1	Jessica Cutts	U20	Colchester Harriers	1.30	4	513
2	Jo Isbill	W45	Ryston Runners	1.25	3	465 aw

3	Amie Harrison	SW	Loughton	1.00	2	227
<b>Women's A Pole Vault</b>						
1	Jo Isbill	W45	Ryston Runners	2.35	4	446 aw
2	Lizzie Simon	U17	Colchester Harriers	2.30	3	431 aw
3	Michaela Davis	W45	Loughton	1.20	2	110
<b>Women's B Pole Vault</b>						
1	Sophie Fisher	U23	Colchester Harriers	1.70	4	254
2	Ella Garner	U20	Ryston Runners	1.60	3	225
3	Barbara Higgins	W50	Loughton	1.20	2	110
<b>Women's A Long Jump</b>						
Wind						
1	Aimee Richardson	SW	Bedford & County	5.20	4	819 aw
2	Helen Bloomfield	SW	Colchester Harriers	4.69	3	711
3	Ella Garner	U20	Ryston Runners	3.87	2	540
4	Amie Harrison	SW	Loughton	3.06	1	372
<b>Women's B Long Jump</b>						
Wind						
1	Anna Hendon	SW	Bedford & County	4.75	4	724 aw
2	Sophie Fisher	U23	Colchester Harriers	4.25	3	619
3	Charlotte Smith	U17	Ryston Runners	3.37	2	436
4	Michaela Davis	W45	Loughton	3.04	1	368
<b>Women's A Triple Jump</b>						
Wind						
1	Jade Morgan	SW	Colchester Harriers	12.29	4	919 aw
2	Aimee Richardson	SW	Bedford & County	9.40	3	625
3	Jo Isbill	W45	Ryston Runners	7.76	2	460
4	Michaela Davis	W45	Loughton	5.84	1	270
<b>Women's B Triple Jump</b>						
Wind						
1	Danni Patmore	SW	Bedford & County	9.12	4	597
2	Sophie Fisher	U23	Colchester Harriers	8.79	3	563
3	Marlene Simmons	W60	Ryston Runners	7.53	2	437 aw
<b>Women's A Shot Putt</b>						
1	Catherine Holdsworth	SW	Colchester Harriers	12.86	4	743 aw
2	Rachael Bennett	SW	Bedford & County	9.99	3	570 aw
3	Gaye Clarke	W50	Ryston Runners	7.13	2	398
4	Barbara Higgins	W50	Loughton	4.98	1	269
<b>Women's B Shot Putt</b>						
1	Jade Morgan	SW	Colchester Harriers	9.87	4	563 aw
2	Salena Blackman	W40	Bedford & County	6.44	3	357
3	Frankie Dack	U20	Ryston Runners	6.11	2	337
4	Jean Hobbs	W60	Loughton	3.75	1	196
<b>Women's A Discus</b>						
1	Rachael Bennett	SW	Bedford & County	38.33	4	675 aw
2	Kathryn Hart	U17	Colchester Harriers	23.83	3	411 aw
3	Marlene Simmons	W60	Ryston Runners	19.39	2	330 aw
4	Barbara Higgins	W50	Loughton	14.50	1	242
<b>Women's B Discus</b>						
1	Kate Winwood	SW	Bedford & County	22.86	4	393
2	Frankie Dack	U20	Ryston Runners	16.14	3	272
3	Mary Knapman	SW	Loughton	13.30	2	220
4	Stacey Wheat	SW	Colchester Harriers	11.13	1	181
<b>Women's A Hammer</b>						
1	Kate Winwood	SW	Bedford & County	36.60	4	558 aw

2	Gaye Clarke	W50	Ryston Runners	26.82	3	401 aw
3	Catherine Holdsworth	SW	Colchester Harriers	24.79	2	369
4	Barbara Higgins	W50	Loughton	17.04	1	246

#### Women's B Hammer

1	Frankie Dack	U20	Ryston Runners	21.45	4	316
2	Jessica Cutts	U20	Colchester Harriers	18.55	3	270
3	Jean Hobbs	W60	Loughton	8.59	2	112

#### Women's A Javelin

1	Catherine Holdsworth	SW	Colchester Harriers	36.39	4	631 aw
2	Rachael Bennett	SW	Bedford & County	28.54	3	490 aw
3	Marlene Simmons	W60	Ryston Runners	18.01	2	301 aw
4	Barbara Higgins	W50	Loughton	12.18	1	197

#### Women's B Javelin

1	Jessica Cutts	U20	Colchester Harriers	27.25	4	467 aw
2	Kate Winwood	SW	Bedford & County	14.65	3	241
3	Frankie Dack	U20	Ryston Runners	11.61	2	187
4	Mary Knapman	SW	Loughton	11.20	1	179

#### Women's 4x100m

1	Colchester Harriers	SW		52.7	4	806
2	Loughton	SW		58.4	3	616
3	Ryston Runners	SW		60.5	2	553

#### Women's 4x400m

1	Colchester Harriers	SW		4:19.2	4	762
2	Bedford & County	SW		4:38.4	3	635
3	Loughton	SW		4:55.6	2	531
4	Ryston Runners	SW		5:06.2	1	472

#### Men

#### Non-scoring events

Event	Pos	Name	Cat	Club	Perf.	Wind	aw
1500	7	C Balmer	SM	Ryston Runners	4:44.8		
3000	7	A Smith	M45	Ryston Runners	10:54.7		
3000	8	Ron Benjamin	M55	Colchester Harriers	11:45.6		
200	4	Darias Azarmi	U17	Colchester Harriers	25.7		

#### Women

#### Non-scoring events

Event	Pos	Name	Cat	Club	Perf.	Wind	aw
100	1	Anna Taylor	U17	Colchester Harriers	14.0		
100	3	Chloe Young	U17	Colchester Harriers	14.1		
JTW		Kathryn Hart	U17	Colchester Harriers	17.70		
400		Abi Newbold	U20	Colchester Harriers	67.9		
JTW		Harriet Wilson	U17	Colchester Harriers	12.72		
100	2	Sophie Fisher	U23	Colchester Harriers	14.0		
800	5	Heidi Steele	U20	Colchester Harriers	2:29.9		
200	4	Anna Taylor	U17	Colchester Harriers	29.6		
DTW		Harriet Wilson	U17	Colchester Harriers	10.93		
400		Sue Smith	W45	Ryston Runners	1:48.2		aw
1500	8	Gillian Benjamin	W55	Colchester Harriers	7:28.6		
3000	4	Sarah Stradling	W35	Colchester Harriers	10:35.6		aw

#### Man of the Match Awards

#### Men

100m	1	Daniel Yellop	SM	Ryston Runners	11.3		799
200m	1	Daniel Yellop	SM	Ryston Runners	23.2		769

400m	1 Ben Ridley Johnson	U20	Colchester Harriers	52.1	759
Hammer	1 Rob Earle	M50	Colchester Harriers	51.96	758
400mH	1 Matt Rose	SM	Colchester Harriers	58.8	743
400m	2 Daniel Yellop	SM	Ryston Runners	52.6	733
	Women				
100mH	1 Catherine Holdsworth	SW	Colchester Harriers	14.6	961
400m	1 Heather Shepherd	SW	Colchester Harriers	57.9	936
Triple Jump	1 Jade Morgan	SW	Colchester Harriers	12.29	919
200m	1 Heather Shepherd	SW	Colchester Harriers	25.8	913
200m	1 Kelly Sutton	U20	Colchester Harriers	25.8	913
100mH	1 Emily Moore	U20	Colchester Harriers	15.2	893