

Southern Athletics League: Division 2 North East - Round 3 - Bury St Edmunds - 9 Ju

Team		Score				
1	Basildon		249			B
2	West Suffolk		171			S
3	Loughton		139			L
4	West Norfolk		35			N
Men's A 100m		Wind=				
1	Lee Dollard	SM	Basildon	11.0	4	886
2	James Curran	U17	West Suffolk	11.6	3	717
3	John McCabe	SM	Loughton	11.7	2	691
Men's B 100m		Wind=				
1	Oliver Best	SM	Basildon	11.6	4	717
2	David Nicholls	M40	West Suffolk	12.4	3	521
3	Scott Hurley	SM	Loughton	14.7	2	130
Men's A 200m		Wind=				
1	Lee Dollard	SM	Basildon	22.3	4	886
2	John McCabe	SM	Loughton	24.4	3	626
3	James Curran	U17	West Suffolk	24.7	2	593
4	Ian Reeve	SM	West Norfolk	27.8	1	301
Men's B 200m		Wind=				
1	Oliver Best	SM	Basildon	23.1	4	781
2	David Nicholls	M40	West Suffolk	25.8	3	478
3	Cliff Warren	M50	Loughton	27.3	2	341
Men's A 400m						
1	James Gillingham	U17	Basildon	52.2	4	754
2	Cameron McKie	U17	West Suffolk	55.8	3	577
3	Cliff Warren	M50	Loughton	60.3	2	389
Men's B 400m						
1	Emmanuel Nanang	U20	Basildon	53.7	4	677
2	Gavin Harper	SM	Loughton	69.2	3	127
Men's A 800m						
1	Ryan Herson	SM	Basildon	2:17.3	4	410
2	Gavin Harper	SM	Loughton	2:46.6	3	57
Men's B 800m						
1	Jack Fitsall	SM	Basildon	2:24.3	4	296
Men's A 1500m						
1	Michael Bartram	U17	West Suffolk	4:24.0	4	595
2	Grant Webb	SM	Basildon	4:32.2	3	517
3	Paul Regan	SM	Loughton	5:39.7	2	83
Men's B 1500m						
1	Jack Fitsall	SM	Basildon	4:32.1	4	518
2	Gavin Harper	SM	Loughton	6:55.6	3	0
Men's A 5000m						
1	Grant Webb	SM	Basildon	16:37.4	4	544
2	Simon Dawson	U20	West Suffolk	16:53.1	3	506
3	Ben Collison	SM	West Norfolk	18:12.8	2	335
4	Dave Tyson	SM	Loughton	21:16.1	1	75

Men's B 5000m

1	Gavin Harper	SM	Loughton	22:06.8	4	36
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Men's A 110mH

Wind=

1	Steve Surety	SM	Basildon	20.9	4	193
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Men's B 110mH

Wind=

1	Dave Nicholls	SM	Basildon	21.0	4	185
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Men's A 400mH

1	Emmanuel Nanang	U20	Basildon	65.2	4	515
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2	Cameron McKie	U17	West Suffolk	71.6	3	328
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3	Gavin Harper	SM	Loughton	79.1	2	163
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Men's B 400mH**Men's A 2000m Steeplechase**

1	Kev Bates	SM	Basildon	7:25.1	4	472
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2	Gavin Harper	SM	Loughton	9:44.5	3	58
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Men's B 2000m Steeplechase

1	Ryan Herson	SM	Basildon	7:49.4	4	372
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2	Scott Hurley	SM	Loughton	10:19.3	3	17
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Men's A High Jump

1	Connor Wheeler	U20	Basildon	1.65	4	577
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2	Mark Smith	SM	West Suffolk	1.50	3	445
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Men's B High Jump

1	Dave Nicholls	SM	Basildon	1.6	4	533
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Men's A Pole Vault

1	Fraser Watts	SM	West Suffolk	2.50	4	305
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2	Steve Surety	SM	Basildon	2.50	3	305
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3	Scott Hurley	SM	Loughton	1.10	2	0
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Men's B Pole Vault

1	Steve Smith	U20	West Suffolk	2.00	4	175
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2	Cliff Warren	M50	Loughton	1.10	3	0
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Men's A Long Jump

Wind

1	Luke Allen	SM	West Suffolk	6.04	4	720
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2	Connor Wheeler	U20	Basildon	5.69	3	649
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3	Ian Reeve	SM	West Norfolk	4.65	2	438
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4	Gavin Harper	SM	Loughton	4.49	1	406
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Men's B Long Jump

Wind

1	Dave Nicholls	SM	Basildon	5.32	4	573
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2	Mark Smith	SM	West Suffolk	5.07	3	523
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3	Scott Hurley	SM	Loughton	3.51	2	212
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Men's A Triple Jump

Wind

1	Jake McCarthy	U17	West Suffolk	11.03	4	524
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2	Connor Wheeler	U20	Basildon	10.99	3	520
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3	Cliff Warren	M50	Loughton	10.00	2	418
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Men's B Triple Jump

Wind

1	Mark Smith	SM	West Suffolk	10.93	4	514
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2	Dave Nicholls	SM	Basildon	9.88	3	405
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3	Scott Hurley	SM	Loughton	7.64	2	177
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Men's A Shot Putt

1	Jake Allen	U20	West Suffolk	11.00	4	587
2	Luke Beard	U20	Basildon	10.01	3	529
3	Scott Hurley	SM	Loughton	7.73	2	395
Men's B Shot Putt						
1	Luke Allen	SM	West Suffolk	10.66	4	567
2	Steve Surety	SM	Basildon	8.17	3	421
Men's A Discus						
1	Jake Allen	U20	West Suffolk	39.41	4	682
2	Luke Beard	U20	Basildon	24.51	3	412
Men's B Discus						
1	Luke Allen	SM	West Suffolk	28.30	4	480
2	Steve Surety	SM	Basildon	21.62	3	360
3	Cliff Warren	M50	Loughton	13.99	2	222
Men's A Hammer						
1	Jake Allen	U20	West Suffolk	41.06	4	593
2	Scott Hurley	SM	Loughton	21.28	3	296
3	Luke Beard	U20	Basildon	20.37	2	282
Men's B Hammer						
1	Steve Surety	SM	Basildon	15.32	4	206
Men's A Javelin						
1	Alex Wright	SM	Basildon	45.14	4	602
2	Luke Allen	SM	West Suffolk	42.79	3	569
3	Scott Hurley	SM	Loughton	26.14	2	338
Men's B Javelin						
1	Luke Beard	U20	Basildon	40.78	4	541
2	Steve Smith	U20	West Suffolk	34.14	3	449
3	Cliff Warren	M50	Loughton	19.75	2	250
Men's 4x100m						
1	Basildon	SM		47.2	4	624
2	West Suffolk	SM		50.2	3	471
3	Loughton	SM		54.3	2	296
Men's 4x400m						
1	Basildon	SM		3:35.9	4	679
2	Loughton	SM		4:19.8	3	251
Women's A 100m Wind=						
1	Hiedi Nicholas	SW	Basildon	12.3	4	961
2	Michaela Davis	W45	Loughton	15.8	3	454
Women's B 100m Wind=						
1	Jessica Quick	U20	Basildon	13.3	4	797
2	Corine Higgins	SW	Loughton	18.6	3	184
Women's A 200m Wind=						
1	Hiedi Nicholas	SW	Basildon	26.7	4	845
2	Emily Rogers	U20	West Suffolk	26.8	3	838
3	Nicky Neill	W40	West Norfolk	30.9	2	563
4	Michaela Davis	W45	Loughton	33.7	1	406
Women's B 200m Wind=						
1	Montana Jackson	U20	West Suffolk	27.2	4	809

2	Jessica Quick	U20	Basildon	27.3	3	801
3	Mary Knapman	SW	Loughton	31.5	2	527
Women's A 400m						
1	Montana Jackson	U20	West Suffolk	60.2	4	865
2	Louise Douglass	SW	Basildon	61.5	3	826
3	Amie Harrison	SW	Loughton	67.5	2	657
4	Katrina Wastenev	W40	West Norfolk	74.2	1	491
Women's B 400m						
1	Emily Rogers	U20	West Suffolk	62.2	4	805
2	Nicloa Bredin	SW	Basildon	63.2	3	776
3	Mary Knapman	SW	Loughton	71.8	2	548
Women's A 800m						
1	Nicloa Bredin	SW	Basildon	2:25.5	4	745
2	Nicky Neill	W40	West Norfolk	2:28.4	3	705
3	Mary Knapman	SW	Loughton	2:38.8	2	568
4	Maureen McCarthy	W50	West Suffolk	2:43.4	1	512
Women's B 800m						
1	Emily Ballard	U20	Basildon	2:45.8	4	484
2	Jean Hobbs	SW	Loughton	3:52.6	3	21
Women's A 1500m						
1	Karen Whitmarsh	SW	Basildon	5:03.0	4	753
2	Anna Clark	U17	Loughton	5:12.7	3	692
3	Katie Duncan	U20	West Suffolk	5:37.4	2	550
Women's B 1500m						
1	Anna Whitfield	SW	Basildon	5:23.2	4	630
2	Maureen McCarthy	W50	West Suffolk	5:32.7	3	576
3	Jean Hobbs	W60	Loughton	7:43.8	2	78
Women's A 3000m						
1	Karen Whitmarsh	SW	Basildon	10:56.7	4	750
2	Mary Knapman	SW	Loughton	11:55.1	3	597
3	Katie Duncan	U20	West Suffolk	11:56.9	2	593
Women's B 3000m						
1	Anna Whitfield	SW	Basildon	11:06.5	4	723
2	Christine Anthony	W45	West Suffolk	11:58.5	3	589
3	Jean Hobbs	W60	Loughton	15:37.0	2	176
Women's A 100mH						
		Wind=				
1	Hiedi Nicholas	SW	Basildon	15.7	4	839
2	Katrina Wastenev	W40	West Norfolk	21.0	3	368
3	Amie Harrison	SW	Loughton	22.8	2	252
Women's B 100mH						
		Wind=				
1	Corine Higgins	SW	Loughton	30.5	4	3
2	Louise Douglass	SW	Basildon	41.3	3	0
Women's A 400mH						
1	Louise Douglass	SW	Basildon	73.5	4	666
2	Katrina Wastenev	W40	West Norfolk	80.0	3	521
3	Amie Harrison	SW	Loughton	82.8	2	465
Women's B 400mH						

Women's A 1500m Steeplechase

1	Tania Spurling	SW	West Suffolk	6:22.8	4	584
2	Janine Phillips	SW	Basildon	7:07.8	3	401

Women's B 1500m Steeplechase

1	Christine Anthony	W45	West Suffolk	6:40.6	4	508
2	Georgia Sleep	U17	Basildon	7:33.4	3	312

Women's A High Jump

1	Emma Tilbrook	U20	West Norfolk	1.53	4	736
2	Hiedi Nicholas	SW	Basildon	1.53	3	736
3	Chelsea Wade	U17	West Suffolk	1.45	2	658
4	Michaela Davis	W45	Loughton	1.00	1	227

Women's B High Jump

1	Ellie DeWilde	U17	West Suffolk	1.45	4	658
2	Shannon Connelly	U17	Basildon	1.40	3	610
3	Amie Harrison	SW	Loughton	1.00	2	227

Women's A Pole Vault

1	Kim Box	SW	Basildon	1.60	4	225
2	Barbara Higgins	W55	Loughton	1.60	3	225

Women's B Pole Vault

1	Michaela Davis	W45	Loughton	1.10	4	81
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Women's A Long Jump

1	Tania Spurling	SW	West Suffolk	5.39	4	859
2	Hiedi Nicholas	SW	Basildon	5.16	3	810
3	Emma Tilbrook	U20	West Norfolk	5.10	2	798
4	Anna Clark	U17	Loughton	3.60	1	484

Wind

Women's B Long Jump

1	Chelsea Wade	U17	West Suffolk	5.00	4	776
2	Janine Phillips	SW	Basildon	3.90	3	546
3	Amie Harrison	SW	Loughton	3.33	2	428

Wind

Women's A Triple Jump

1	Tania Spurling	SW	West Suffolk	12.17	4	907
2	Georgia Sleep	U17	Basildon	9.34	3	619
3	Katrina Wastenev	W40	West Norfolk	6.98	2	382

Wind

Women's B Triple Jump

1	Chelsea Wade	U17	West Suffolk	10.98	4	785
2	Janine Phillips	SW	Basildon	7.67	3	451

Wind

Women's A Shot Putt

1	Kim Box	SW	Basildon	9.17	4	521
2	Tania Spurling	SW	West Suffolk	8.35	3	471
3	Katrina Wastenev	W40	West Norfolk	5.83	2	320
4	Corine Higgins	SW	Loughton	5.37	1	293

Women's B Shot Putt

1	Katherine Ellis	U20	Basildon	7.62	4	428
2	Lydia Bowers	U17	West Suffolk	6.80	3	378
3	Barbara Higgins	W55	Loughton	5.03	2	272

Women's A Discus

1	Kayleigh Arthurton	U17	Basildon	26.43	4	458
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2	Tania Spurling	SW	West Suffolk	25.77	3	446
3	Nicky Neill	W40	West Norfolk	16.25	2	273
4	Barbara Higgins	W55	Loughton	14.90	1	249

Women's B Discus

1	Beth Wade	U20	West Suffolk	25.15	4	435
2	Kim Box	SW	Basildon	25.00	3	432
3	Corine Higgins	SW	Loughton	14.22	2	237

Women's A Hammer

1	Kayleigh Arthurton	U17	Basildon	31.27	4	472
2	Barbara Higgins	W55	Loughton	17.93	3	260
3	Dawn Mason	W55	West Suffolk	16.55	2	238

Women's B Hammer

1	Katherine Ellis	U20	Basildon	21.41	4	315
2	Corine Higgins	SW	Loughton	14.61	3	207

Women's A Javelin

1	Kim Box	SW	Basildon	37.63	4	654
2	Tania Spurling	SW	West Suffolk	26.60	3	455
3	Nicky Neill	W40	West Norfolk	18.53	2	310
4	Barbara Higgins	W55	Loughton	12.82	1	208

Women's B Javelin

1	Katherine Ellis	U20	Basildon	23.75	4	404
2	Lydia Bowers	U17	West Suffolk	23.22	3	394
3	Corine Higgins	SW	Loughton	11.90	2	192

Women's 4x100m

1	West Suffolk	SW		53.9	4	764
2	Basildon	SW		54.2	3	754
3	Loughton	SW		59.8	2	573

Women's 4x400m

1	Basildon	SW		4:21.6	4	745
2	West Suffolk	SW		4:39.8	3	626
3	Loughton	SW		5:09.0	2	457

Men

Non-scoring events

Event	Pos	Name	Cat	Club	Perf.	Wind	aw
400		Kevin Bates		Basildon	56.5		58

Man of the Match Awards

Men

100m	1	Lee Dollard	SM	Basildon	11		886
200m	1	Lee Dollard	SM	Basildon	22.3		886
200m	1	Oliver Best	SM	Basildon	23.1		781
400m	1	James Gillingham	U17	Basildon	52.2		754
Long Jump	1	Luke Allen	SM	West Suffolk	6.04		720
100m	2	James Curran	U17	West Suffolk	11.6		717

Women

100m	1	Hiedi Nicholas	SW	Basildon	12.3		961
Triple Jump	1	Tania Spurling	SW	West Suffolk	12.17		907
400m	1	Montana Jackson	U20	West Suffolk	60.2		865
Long Jump	1	Tania Spurling	SW	West Suffolk	5.39		859

200m	1 Hiedi Nicholas	SW	Basildon	26.7	845
100mH	1 Hiedi Nicholas	SW	Basildon	15.7	839

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