

## Southern Athletics League: Division 3 North - Round 1 - Dartford - 20 April 2013

Team	Score	
1 Dartford Harriers	293.5	D
2 Loughton	116	L
3 West Norfolk/Diss	78	N
4 Orion Harriers	87	O
5 Thurrock Harriers	260.5	K

### Men's A 100m

Wind=

Rank	Name	Age	Team	Time	Points
1	Hanif Henry	U17	Orion Harriers	11.4	5
2	Joe Clarke	U17	Dartford Harriers	11.7	4
3	Matthew Bailey	U20	West Norfolk/Diss	12.0	3
4	Michael Shortall	SM	Thurrock Harriers	13.2	2
5	John McCabe	SM	Loughton	13.6	1

### Men's B 100m

Wind=

Rank	Name	Age	Team	Time	Points
1	Craig Brooks	U20	West Norfolk/Diss	11.8	5
2	Thomas Howlett	U20	Dartford Harriers	11.9	4
3	Tchai Codrington	U17	Orion Harriers	12.2	3
4	Peter De Souza	SM	Loughton	12.7	2
5	Nick Houghton	SM	Thurrock Harriers	13.2	1

### Men's A 200m

Wind=

Rank	Name	Age	Team	Time	Points
1	Hanif Henry	U17	Orion Harriers	23.6	5
2	Jack Farmer	U20	Thurrock Harriers	23.7	4
3	Morgan Rees	U20	Dartford Harriers	23.8	3
4	Matthew Bailey	U20	West Norfolk/Diss	24.8	2
5	John McCabe	SM	Loughton	26.2	1

### Men's B 200m

Wind=

Rank	Name	Age	Team	Time	Points
1	David Stewart	SM	Dartford Harriers	23.4	5
2	Craig Brooks	U20	West Norfolk/Diss	23.5	4
3	Michael Shortall	SM	Thurrock Harriers	23.6	3
4	Tchai Codrington	U17	Orion Harriers	24.6	2
5	Peter De Souza	SM	Loughton	24.7	1

### Men's A 400m

Rank	Name	Age	Team	Time	Points
1	David Stewart	SM	Dartford Harriers	51.4	5
2	Jack Farmer	U20	Thurrock Harriers	52.5	4
3	John McCabe	SM	Loughton	59.5	3
4	Jack Pishorn	SM	West Norfolk/Diss	67.2	2
5					1

### Men's B 400m

Rank	Name	Age	Team	Time	Points
1	N Houghton	SM	Thurrock Harriers	54.2	5
2	Morgan Rees	U20	Dartford Harriers	55.3	4
3	Cliff Warren	SM	Loughton	61.0	3
4					2
5					1

### Men's A 800m

Rank	Name	Age	Team	Time	Points
1	Nick Houghton	SM	Thurrock Harriers	2:05.8	5
2	Craig Sharp	SM	Dartford Harriers	2:06.3	4
3	Gavin Harper	0	Loughton	2:40.5	3
4					2
5					1

### Men's B 800m

Rank	Name	Age	Team	Time	Points
1	Alec Finch	U20	Thurrock Harriers	2:06.0	5
2	Lewis Caiels	U17	Dartford Harriers	2:09.3	4
3					3
4					2
5					1

### Men's A 1500m

Rank	Name	Age	Team	Time	Points
1	Andy Pickett	SM	Dartford Harriers	4:31.1	5
2	Auberon Hall	U20	Orion Harriers	4:33.1	4
3	Dennis Cross	0	Thurrock Harriers	4:51.2	3
4					2
5					1

**Men's B 1500m**

1	Alex Cameron	U20	Dartford Harriers	4:32.9	5
2	John Metcalf	M45	Thurrock Harriers	4:53.5	4
3					3
4					2
5					1

**Men's A 5000m**

1	Dennis Cross	SM	Thurrock Harriers	16:41.4	5
2	David Hall	M45	Dartford Harriers	17:32.5	4
3	Ben Hall	SM	Orion Harriers	19:22.4	3
4	Gavin Harper	0	Loughton	23:17.1	2
5					1

**Men's B 5000m**

1	Scott Rice	0	Thurrock Harriers	16:42.1	5
2	Chris Biddle	SM	Dartford Harriers	17:59.2	4
3	Graham Hall	SM	Orion Harriers	21:18.2	3
4					2
5					1

**Men's A 110mH**

Wind=

1	Michael Shortall	SM	Thurrock Harriers	15.8	5
2	Max Hall	SM	Dartford Harriers	16.0	4
3					3
4					2
5					1

**Men's B 110mH**

Wind=

1	Thomas Howlett	U20	Dartford Harriers	16.1	5
2	Mark Jenkins	M45	Thurrock Harriers	23.0	4
3					3
4					2
5					1

**Men's A 400mH**

1	Alex Atkins	U20	Dartford Harriers	58.8	5
2	Michael Shortall	SM	Thurrock Harriers	62.6	4
3	Jim Harrison	SM	Loughton	69.3	3
4					2
5					1

**Men's B 400mH**

1	Mark Jenkins	M45	Thurrock Harriers	78.9	5
2	Steve Caller	SM	Dartford Harriers	88.8	4
3					3
4					2
5					1

**Men's A 2000m Steeplechase**

1	Don Lawless	M45	Thurrock Harriers	7:49.9	5
2	Steve Caller	SM	Dartford Harriers	8:08.4	4
3	Gavin Harper	0	Loughton	8:54.9	3
4					2
5					1

**Men's B 2000m Steeplechase**

1	Connor Burford	U17	Dartford Harriers	8:23.6	5
2					4
3					3
4					2
5					1

**Men's A High Jump**

1	Dan George	SM	Thurrock Harriers	1.85	4.5
1	Joe Clarke	U17	Dartford Harriers	1.85	4.5
3					3
4					2
5					1

**Men's B High Jump**

1	Thomas Howlett	U20	Dartford Harriers	1.85	5
2	Aiden Simpson	U17	Thurrock Harriers	1.60	4
3					3
4					2
5					1

**Men's A Pole Vault**

1	Richard Nash	SM	Dartford Harriers	3.20	5
2	Jim Harrison	0	Loughton	2.80	4
3	Mark Jenkins	M45	Thurrock Harriers	2.40	3
4					2
5					1

**Men's B Pole Vault**

1	Max Hall	SM	Dartford Harriers	2.60	5
2	Nick Houghton	SM	Thurrock Harriers	1.30	4
3					3
4					2
5					1

**Men's A Long Jump**

1	Joe Clarke	U17	Dartford Harriers	6.40	5
2	Michael Shortall	SM	Thurrock Harriers	5.80	4
3	Matthew Bailey	U20	West Norfolk/Diss	5.39	3
4	Gavin Harper	SM	Loughton	4.41	2
5					1

Wind

**Men's B Long Jump**

1	Alex Lee	SM	Dartford Harriers	6.30	5
2	Craig Brooks	U20	West Norfolk/Diss	5.38	4
3	Aiden Simpson	U17	Thurrock Harriers	4.71	3
4	Cliff Warren	M50	Loughton	4.07	2
5					1

Wind

**Men's A Triple Jump**

1	Jack Fox	SM	Dartford Harriers	13.66	5
2	Michael Shortall	SM	Thurrock Harriers	11.07	4
3					3
4					2
5					1

Wind

**Men's B Triple Jump**

1	Rob Hammond	U20	Dartford Harriers	12.57	5
2	Aiden Simpson	SM	Thurrock Harriers	8.99	4
3					3
4					2
5					1

Wind

**Men's A Shot Putt**

1	Doone Jibunoh	U20	Thurrock Harriers	10.97	5
2	John Fenton	M55	Dartford Harriers	10.53	4
3	Robin Walker	SM	Orion Harriers	10.41	3
4	Jim Harrison	SM	Loughton	7.57	2
5	Jack Pishorn	SM	West Norfolk/Diss	5.31	1

**Men's B Shot Putt**

1	Dan George	SM	Thurrock Harriers	10.64	5
2	Scott Harvey	SM	Dartford Harriers	9.56	4
3					3
4					2
5					1

**Men's A Discus**

1	Max Hall	SM	Dartford Harriers	36.82	5
2	Doone Jibunoh	U20	Thurrock Harriers	32.45	4
3	Robin Walker	SM	Orion Harriers	29.61	3
4	Jack Pishorn	SM	West Norfolk/Diss	15.44	2
5					1

**Men's B Discus**

1	Richard Nash	SM	Dartford Harriers	31.83	5
2	Mark Jenkins	M45	Thurrock Harriers	21.15	4
3	Bix Hall	U17	Orion Harriers	20.85	3
4					2
5					1

**Men's A Hammer**

1	Robin Walker	SM	Orion Harriers	47.33	5
2	Scott Harvey	SM	Dartford Harriers	35.43	4
3	Doone Jibunoh	U20	Thurrock Harriers	19.07	3
4					2
5					1

**Men's B Hammer**

1	John Fenton	M55	Dartford Harriers	27.00	5
2	Mark Jenkins	M45	Thurrock Harriers	17.66	4
3					3
4					2
5					1

**Men's A Javelin**

1	Max Hall	SM	Dartford Harriers	50.07	5
2	Doune Jibunoh	U20	Thurrock Harriers	42.01	4
3	Robin Walker	SM	Orion Harriers	31.72	3
4	Jim Harrison	0	Loughton	25.75	2
5					1

**Men's B Javelin**

1	John Fenton	M55	Dartford Harriers	42.01	5
2	Mark Jenkins	M45	Thurrock Harriers	28.33	4
3	Cliff Warren	M50	Loughton	20.23	3
4	Graham Hall	SM	Orion Harriers	18.19	2
5					1

**Men's 4x100m**

1	Dartford Harriers	SM	Dartford Harriers	46.7	5
2	Orion Harriers	SM	Orion Harriers	50.8	4
3	Loughton	SM	Loughton	52.4	3
4	West Norfolk/Diss	SM	West Norfolk/Diss	53.2	2
5					1

**Men's 4x400m**

1	Dartford Harriers	SM	Dartford Harriers	3:42.0	5
2	Thurrock Harriers	SM	Thurrock Harriers	4:01.4	4
3	Orion Harriers	SM	Orion Harriers	4:06.0	3
4	Loughton	SM	Loughton	4:13.2	2
5					1

**Women's A 100m**

Wind=

1	Joanne Ryan	SW	Loughton	12.7	5
2	Amber Warren	U17	Dartford Harriers	12.9	4
3	Natalie Le Beau	SW	Thurrock Harriers	13.0	3
4	Kiera Paul-Jones	U20	Orion Harriers	13.6	2
5	Collette McInn	SW	West Norfolk/Diss	13.8	1

**Women's B 100m**

Wind=

1	Rebecca Lucking	SW	Dartford Harriers	13.3	5
2	Shannon Jameson	U17	Thurrock Harriers	13.9	4
3	Michaela Davis	W45	Loughton	15.6	3
4					2
5					1

**Women's A 200m**

Wind=

1	Joanne Ryan	SW	Loughton	25.5	5
2	Jodie Leslie	U20	Dartford Harriers	25.7	4
3	Natalie Le Beau	SW	Thurrock Harriers	26.9	3
4	Kiera Paul-Jones	U20	Orion Harriers	28.2	2
5					1

**Women's B 200m**

Wind=

1	Rebecca Lucking	SW	Dartford Harriers	27.8	5
2	Anna Clark	U17	Loughton	28.6	4
3	Beth James	U17	Thurrock Harriers	30.7	3
4					2
5					1

**Women's A 400m**

1	Taylor Benson	U20	West Norfolk/Diss	63.5	5
2	Hannah Sutton	SW	Dartford Harriers	63.8	4
3	Rebecca Barnard	U20	Thurrock Harriers	64.4	3
4	Amie Harrison	SW	Loughton	66.6	2
5					1

**Women's B 400m**

1	Chay Clark	U17	Thurrock Harriers	66.8	5
2	Katrina Wastaney	W40	West Norfolk/Diss	71.3	4
3	Emma Sharp	SW	Dartford Harriers	73.4	3
4					2
5					1

**Women's A 800m**

1	Kathryn Sutton	SW	Dartford Harriers	2:19.7	5
2	Anna Clark	U17	Loughton	2:27.9	4
3	Nicky Neill	W40	West Norfolk/Diss	2:29.9	3
4					2
5					1

**Women's B 800m**

1	Jessica Dando	SW	Dartford Harriers	2:44.0	5
2	Jean Hobbs	W60	Loughton	3:42.2	4
3					3
4					2
5					1

**Women's A 1500m**

1	Nicky Neill	W40	West Norfolk/Diss	5:30.5	5
2	Jessica Dando	SW	Dartford Harriers	5:38.2	4
3	Sam Tuck	0	Thurrock Harriers	5:39.1	3
4	Melissa Timpson	U20	Orion Harriers	6:20.6	2
5					1

**Women's B 1500m**

1	Rebecca Wilby	U20	Dartford Harriers	5:38.6	5
2	Jodie Farrell	0	Thurrock Harriers	5:56.6	4
3					3
4					2
5					1

**Women's A 3000m**

1	Lynne Morgan	SW	Dartford Harriers	12:26.9	5
2	Sam Tuck	0	Thurrock Harriers	12:33.3	4
3	Melissa Timpson	U20	Orion Harriers	13:34.4	3
4	Jean Hobbs	W60	Loughton	14:46.8	2
5					1

**Women's B 3000m**

1	Stephanie Wood	W40	Dartford Harriers	12:35.9	5
2					4
3					3
4					2
5					1

**Women's A 100mH**

Wind=

1	Jo Richardson	SW	Loughton	17.6	5
2	Shannon Jameson	U17	Thurrock Harriers	18.2	4
3	Katrina Wastenev	W40	West Norfolk/Diss	19.1	3
4					2
5					1

**Women's B 100mH**

Wind=

1	Rebecca Barnard	U20	Thurrock Harriers	18.8	5
2					4
3					3
4					2
5					1

**Women's A 400mH**

1	Taylor Benson	U20	West Norfolk/Diss	70.0	5
2	Jo Richardson	SW	Loughton	71.4	4
3	Rebecca Barnard	U20	Thurrock Harriers	72.2	3
4	Hannah Sutton	SW	Dartford Harriers	72.3	2
5					1

**Women's B 400mH**

1	Chay Clark	U17	Thurrock Harriers	72.3	5
2	Amie Harrison	SW	Loughton	77.5	4
3	Katrina Wasteneay	W40	West Norfolk/Diss	78.0	3
4					2
5					1

**Women's A 1500m Steeplechase**

1					5
2					4
3					3
4					2
5					1

**Women's B 1500m Steeplechase**

1					5
2					4
3					3
4					2
5					1

**Women's A High Jump**

1	Chay Clark	U17	Thurrock Harriers	1.50	5
2	Kathryn Sutton	SW	Dartford Harriers	1.50	4
3					3
4					2
5					1

**Women's B High Jump**

1	Natalie Le Beau	SW	Thurrock Harriers	1.50	5
2	Hannah Sutton	SW	Dartford Harriers	1.00	4
3					3
4					2
5					1

**Women's A Pole Vault**

1	Michaela Davis	W45	Loughton	1.30	5
2					4
3					3
4					2
5					1

**Women's B Pole Vault**

1					5
2					4
3					3
4					2
5					1

**Women's A Long Jump**

1	Natalie Le Beau	SW	Thurrock Harriers	5.03	5
2	Collette McInn	SW	West Norfolk/Diss	4.27	4
3	Hannah Sutton	SW	Dartford Harriers	3.93	3
4	Kiera Paul-Jones	U20	Orion Harriers	3.36	2
5					1

Wind

**Women's B Long Jump**

1	Beth James	U17	Thurrock Harriers	4.72	5
2	Rebecca Lucking	SW	Dartford Harriers	3.77	4
3	Melissa Timpson	U20	Orion Harriers	3.35	3
4					2
5					1

Wind

**Women's A Triple Jump**

Wind

1	Rebecca Barnard	U20	Thurrock Harriers	9.49	5
2	Leanne O'Donovan	U20	Dartford Harriers	9.30	4
3	Katrina Wastenev	W40	West Norfolk/Diss	8.25	3
4					2
5					1

**Women's B Triple Jump**

Wind

1	Shannon Jameson	U17	Thurrock Harriers	9.12	5
2					4
3					3
4					2
5					1

**Women's A Shot Putt**

1	Sue Lawrence	W40	Thurrock Harriers	10.42	5
2	Holly Cameron	U17	Dartford Harriers	8.24	4
3	Natalie Robinson	U17	Orion Harriers	7.09	3
4	Taylor Benson	U20	West Norfolk/Diss	6.47	2
5	Michaela Davis	W45	Loughton	5.81	1

**Women's B Shot Putt**

1	Beth James	U17	Thurrock Harriers	7.42	5
2	Hannah Searing	U17	Dartford Harriers	6.98	4
3	Katrina Wastenev	W40	West Norfolk/Diss	5.84	3
4	Hannah Davis	U17	Loughton	5.37	2
5					1

**Women's A Discus**

1	Sue Lawrence	W40	Thurrock Harriers	34.07	5
2	Claire Capon	SW	Dartford Harriers	21.00	4
3	Natalie Robinson	U17	Orion Harriers	18.57	3
4	Katrina Wastenev	SW	West Norfolk/Diss	15.70	2
5	Michaela Davis	W45	Loughton	15.65	1

**Women's B Discus**

1	Maddie Cannel	U17	Thurrock Harriers	28.06	5
2	Kirstie Taylor	W35	Dartford Harriers	20.70	4
3	Laura West	U17	Orion Harriers	16.94	3
4	Nicky Neill	SW	West Norfolk/Diss	15.45	2
5	Hannah Davis	U17	Loughton	13.66	1

**Women's A Hammer**

1	Claire Capon	SW	Dartford Harriers	39.43	5
2	Sue Lawrence	W40	Thurrock Harriers	33.47	4
3	Natalie Robinson	U17	Orion Harriers	31.98	3
4	Michaela Davis	W45	Loughton	17.35	2
5					1

**Women's B Hammer**

1	Hannah Searing	U17	Dartford Harriers	38.94	5
2	Maddie Cannel	U17	Thurrock Harriers	14.74	4
3					3
4					2
5					1

**Women's A Javelin**

1	Leanne O'Donovan	U20	Dartford Harriers	30.76	5
2	Sue Lawrence	W40	Thurrock Harriers	30.30	4
3	Laura West	U17	Orion Harriers	25.69	3
4	Hannah Davis	U17	Loughton	18.64	2
5	Nicky Neill	SW	West Norfolk/Diss	18.27	1

**Women's B Javelin**

1	Hannah Searing	U17	Dartford Harriers	15.20	5
2	Maddie Cannel	U17	Thurrock Harriers	13.76	4
3	Melissa Timpson	U20	Orion Harriers	8.99	3
4	Michaela Davis	W45	Loughton	8.39	2
5					1

**Women's 4x100m**

1	Dartford Harriers	SW	Dartford Harriers	52.3	5
2	Loughton	SW	Loughton	54.3	4
3					3
4					2
5					1