

BAL National 2 at Kingsmeadow, Kingston on 1st July 20C

'A' string				'B' string			
100m		wind: +1.9		100m		wind: +0.5	
1	Jeffrey Lawal-Balogun	Kent	10.64	1	John Brown	Kent	11.04
2	Leroy Slue	Harrow	10.68	2	Joshua Wood	Harrow	11.06
3	Lawrence Mensah	Herne Hill	11.00	3	Idris Ojuriye	Herne Hill	11.09
4	Andrew Owen	City of Liverpool	11.12	4	Andrew Kelly	City of Liverpool	11.27
5	Matt Russell	Southend	11.15	5	Chris Morgan	Crawley	11.49
6	Sam Bishop	Stoke	11.32	6	Richard Porter	Stoke	11.59
7	Andrew Jenkins	Swansea	11.90	7	Mitchell Wilkin	Southend	11.79
8	Matt Barclay	Crawley	14.54	8	Geraint Reynolds	Swansea	13.03
200m		wind: +0.5		200m		wind: +2.6	
1	Jeffrey Lawal-Balogun	Kent	21.44	1	Brian Doyle	Harrow	21.62
2	Alex Nelson	Stoke	21.52	2	John Brown	Kent	21.82
3	Leroy Slue	Harrow	21.72	3	Phil Ellershaw	City of Liverpool	22.23
4	Lawrence Mensah	Herne Hill	22.05	4	Idris Ojuriye	Herne Hill	22.25
5	Gianni Frankis	Southend	22.35	5	Matt Russell	Southend	22.89
6	Bruce Tasker	Swansea	22.50	6	Richard Porter	Stoke	23.15
7	Craig Cox	Crawley	23.11	7	Chris Morgan	Crawley	23.37
8	Andrew Owen	City of Liverpool	34.41	8	Andrew Jenkins	Swansea	23.68
400m				400m			
1	Brian Doyle	Harrow	48.20	1	Craig Stewart	Harrow	49.36
2	Bruce Tasker	Swansea	49.84	2	Victor Barzey	Kent	50.34
3	Maurice Campbell	Kent	50.49	3	John Mannion	City of Liverpool	50.82
4	Stuart Morlanc	City of Liverpool	50.51	4	Byron Robinson	Herne Hill	51.26
5	Michael Dyer	Herne Hill	52.06	5	Matt Sinclair	Crawley	51.81
6	Greg Goodrem	Southend	53.12	6	Tom Alexander	Swansea	52.80
7	Matt Pattarr	Crawley	53.54	7	Chris Harvey	Stoke	53.18
8	Chris Perry	Stoke	53.84	8	Graham Eastty	Southend	53.65
800m				800m			
1	Jermaine Mays	Kent	1:51.04	1	Dean Goodmar	Harrow	1:55.42
2	Richard Ashe	Harrow	1:52.07	2	Chris Johnson	Crawley	1:56.14
3	Tom Gayle	Stoke	1:52.48	3	John Mannion	City of Liverpool	1:56.34
4	Michael Dyer	Herne Hill	1:54.11	4	Andy Prophet	Stoke	1:56.66
5	Adam Hickey	Southend	1:54.22	5	Andrew Burles	Herne Hill	1:56.77
6	Stuart Morlanc	City of Liverpool	1:55.11	6	John Headley	Kent	1:57.89
7	Richard Claytor	Crawley	1:55.29	7	Danny Quinn	Southend	2:01.94
8	Tom Alexander	Swansea	1:55.67	8	Steve Richards	Swansea	2:05.91
1500m				1500m			
1	Jermaine Mays	Kent	3:48.45	1	Adam Hickey	Southend	3:59.81
2	Adam Bowder	Harrow	3:48.63	2	Craig Gunderson	City of Liverpool	4:00.29
3	Johnny Mello	City of Liverpool	3:52.83	3	Nick Altmann	Herne Hill	4:03.92
4	Tom Gayle	Stoke	3:53.33	4	Carl Shubotharr	Stoke	4:07.31
5	Gavin Thompson	Crawley	3:54.53	5	Ashley Carter	Harrow	4:09.06
6	Colin Miles	Southend	3:55.21	6	Andrew Dunwoody	Kent	4:09.72
7	Ben Paviour	Herne Hill	4:00.45	7	Kevin Hollanc	Crawley	4:22.36
8	Steve Richards	Swansea	4:33.28	8	Steve Davies	Swansea	4:59.92
5000m				5000m			
1	Phill Sly	Herne Hill	14:35.42	1	John McFarlane	Herne Hill	15:10.30
2	Paul Rogers	Crawley	14:54.22	2	Richard Burney	City of Liverpool	15:37.48
3	Rob Berry	City of Liverpool	15:07.39	3	James Connor	Kent	16:02.83
4	David Branford	Harrow	15:11.64	4	Richard Franzese	Harrow	16:08.22
5	Marc Hobbs	Swansea	15:16.40	5	Peter Benyor	Stoke	16:11.28
6	Simon Taylor	Kent	15:17.32	6	Gareth Suffling	Swansea	16:17.29
7	Damion Gallaghe	Stoke	15:53.93	7	Paul Whittaker	Southend	16:31.21
8	Mark Bailey	Southend	16:19.53	8	Joel Clewet	Crawley	16:42.40
3000m s/c				3000m s/c			
1	John McCole	City of Liverpool	9:19.7	1	Keith Newton (V)	Herne Hill	9:47.7
2	Simon Wurr	Herne Hill	9:21.1	2	Rich Munn	Kent	9:54.2
3	Sullivan Smith	Swansea	9:24.0	3	Steve Bazel	Stoke	10:04.5
4	James Connor	Kent	9:39.3	4	Rob Creed	Crawley	10:11.1
5	Gavin Walters	Stoke	9:45.4	5	Steve Freemar	City of Liverpool	10:11.1
6	Joel Clewet	Crawley	9:59.0	6	Steve Davies	Swansea	10:24.7
7	Chris Lee	Southend	10:17.3	7	Mike Mansfield	Southend	10:43.3
8	Alan Wray	Harrow	10:33.4	8			

'A' string				'B' string			
wind: +0.8				wind: +1.0			
110mH				110mH			
1	Gianni Frankis	Southend	14.30	1	Martin Ohrlanc	Southend	15.37
2	Nick Gayle	Stoke	15.12	2	James Parker	Herne Hill	15.49
3	Sean Gourley	City of Liverpool	15.18	3	Alistair Candlish	Stoke	16.13
4	Clarence Allen (V)	Herne Hill	15.53	4	Phil Ellershaw	City of Liverpool	16.46
5	Joe Appiah	Kent	15.82	5	Ed Coats	Harrow	17.03
6	Tim Dalton	Harrow	17.18	6	Ethelbert Metzner	Kent	17.31
7	Tom Stanley	Crawley	20.42	7	Chris Morgan	Crawley	19.37
8	Bernard Murphy (V)	Swansea	21.81	8	Glyn Price (V)	Swansea	20.28
400mH				400mH			
1	Andrew Howel	Harrow	53.43	1	Craig Stewart	Harrow	57.76
2	Shaun Mulligar	Kent	54.91	2	Steve Freemar	City of Liverpool	58.59
3	James Parker	Herne Hill	55.20	3	Greg Goodrem	Southend	59.19
4	Martin Thomas	City of Liverpool	57.66	4	Lee Hamilton	Kent	60.05
5	Chris Perry	Stoke	58.16	5	Kevin Hollanc	Crawley	61.18
6	Graham Easty	Southend	58.38	6	Daniel Chappel	Herne Hill	63.18
7	Tom Stanley	Crawley	61.50	7	Sullivan Smith	Swansea	65.63
8	Andrew Jenkins	Swansea	64.26	8	Steve Bazel	Stoke	70.87
Long Jump				Long Jump			
1	Sean Gourley	City of Liverpool	7.14	1	Chris Alexis	Harrow	6.51
2	Joe Appiah	Kent	7.01	2	Ezekiel Ewulc	Herne Hill	6.46
3	Wyn Roberts	Swansea	6.85	3	Iqbal Singh	Crawley	6.30
4	Richard Carr	Harrow	6.77	4	Chris Harvey	Stoke	6.30
5	Jeremy Odamey (U20)	Herne Hill	6.76	5	Alex Kneller	Kent	6.15
6	Mitchell Wilkin	Southend	6.66	6	Martin Ohrlanc	Southend	6.15
7	Sam Bishop	Stoke	6.65	7	Theo Ali-Gray	City of Liverpool	5.92
8	Chris Morgan	Crawley	6.60	8	Alex Jackson	Swansea	5.80
High Jump				High Jump			
1	Martin Lloyc	Kent	2.16	1	Greg Goodrem	Southend	1.90
2	Martin Aram	City of Liverpool	2.01	2	Theo Ali-Gray	City of Liverpool	1.90
3	Tim Maitlanc	Harrow	1.95	3	Noel Reid	Harrow	1.85
4	Simon Hemmings	Southend	1.90	4	George Simpkins	Crawley	1.75
5	Nick Duggen	Crawley	1.85	5	Antoni Davis-Phillip	Kent	1.75
6	James Dohna	Stoke	1.75	6	Akin Oyediran	Herne Hill	1.60
7	Royden Johr	Herne Hill	1.60	7	Chris Harvey	Stoke	1.50
8	Robby Wells	Swansea	1.60	8	Thomas Rees	Swansea	1.40
Triple Jump				Triple Jump			
1	Curtis May	Herne Hill	14.93	1	Leon George	Kent	14.04
2	Matthew Burtor	Kent	14.91	2	Akin Oyediran (M45)	Herne Hill	13.49
3	Wyn Roberts	Swansea	14.52	3	Kofi Asante	Harrow	13.19
4	Chris Alexis	Harrow	14.33	4	Mitchell Wilkin	Southend	12.23
5	Martin Ohrlanc	Southend	12.44	5	James Dohna	Stoke	11.91
6	Chris Harvey	Stoke	12.08	6	Andrew Ower	City of Liverpool	11.89
7	Chris Morgan	Crawley	11.96	7	Alex Jackson	Swansea	11.39
8	Martin Aram	City of Liverpool	11.92	8	George Simpkins	Crawley	10.75
Pole Vault				Pole Vault			
1	Matt Weaver	Harrow	4.20	1	Richard Hurren	Harrow	4.20
2	Sean Gourley	City of Liverpool	4.10	2	Adam Walker	Crawley	3.80
3	Leigh Walker	Crawley	3.80	3	Rob Laing	City of Liverpool	3.50
3	Jason Fry	Southend	3.80	4	Steven Pastor	Herne Hill	2.90
5	Geraint Reynolds	Swansea	3.80	5	Pete Smale	Southend	2.90
6	Kevin Gray	Kent	3.50	6	Lee Hamilton	Kent	2.50
7	Royden Johr	Herne Hill	3.10	7	Glyn Price (V)	Swansea	2.10
8	Gavin Walters	Stoke	2.50	8			
Hammer				Hammer			
1	Iain Park	Harrow	58.63	1	Stuart Thurgood	Herne Hill	53.48
2	Matthew Richards	Swansea	54.38	2	Malcolm Fentor	Southend	49.27
3	Rob Earle	Southend	54.27	3	Will Lowndes	City of Liverpool	46.58
4	Mark Hanily	Herne Hill	53.59	4	Alan French	Harrow	39.49
5	Les McIntosh	City of Liverpool	50.44	5	Kaine Harrington	Crawley	38.63
6	Josh Lamb	Crawley	40.19	6	Terry Lalley (V)	Swansea	38.47
7	Greg Nixor	Stoke	37.03	7	James Dohna	Stoke	15.96
8	Alan Porter	Kent	21.05	8	Shaun Mulligar	Kent	15.91
Shot				Shot			
1	Dave Condor	Southend	15.31	1	Ashley Ward	Crawley	11.76
2	Will Lowndes	City of Liverpool	13.15	2	Greg Nixor	Stoke	11.59
3	Jay Thomas	Kent	13.06	3	Alan Porter	Kent	11.56
4	Sam Bishop	Stoke	12.75	4	James South	Southend	11.47
5	Josh Lamb	Crawley	12.41	5	Ed Coats	Harrow	11.45
6	Ryan Spencer-Jones	Swansea	12.33	6	Peter Roberts	Swansea	11.24
7	Richard Hurren	Harrow	12.25	7	Stuart Thurgood	Herne Hill	10.57
8	Marcus Williams	Herne Hill	12.00	8	Les McIntosh	City of Liverpool	10.54

'A' string			
Discus			
1	James South	Southend	46.07
2	Josh Lamb	Crawley	44.02
3	Peter Roberts	Swansea	40.63
4	Garry Power	Herne Hill	40.61
5	Alan Porter	Kent	39.25
6	Sam Bishop	Stoke	38.21
7	Ed Coats	Harrow	35.29
8	Will Lowndes	City of Liverpool	34.02

Javelin			
1	David Sketchley	Harrow	63.02
2	Luke Payne	Kent	57.30
3	Paul McKown	City of Liverpool	56.18
4	Rob Eggleter	Stoke	56.08
5	Allandre Johnsr	Herne Hill	55.99
6	Jonathon Clarke	Swansea	53.53
7	Dave Condor	Southend	47.51
8	Chris Morgan	Crawley	43.89

4x100m relay			
1	Rohan Samuel, Leroy Slue, Brian Doyle, Joshua Wood	Harrow	42.1
2	John Brown, Matt Burton, Paul Egbom, Jeffrey Lawal-Balogun	Kent	43.14
3	Ali-Gray, Sean Gourley, Phil Ellershaw, Andrew Kelli	City of Liverpool	43.37
4	Paul Payne, Ezekiel Ewulo, Idris Ojuriye, Lawrence Mensah	Herne Hill	43.80
5	Matt Russell, Mitchell Wilkin, Simon Hemmings, Gianni Frankis	Southend	44.98
6	Chris Morgan, Matt Pattern, Craig Cox, Matt Sinclair	Crawley	45.43
7	Geraint Reynolds, Andrew Jenkins, Bernard Murphy, Glyn Price	Swansea	50.70
8			

4x400m relay			
1	Maurice Campbell, Victor Barzey, Conrad Williams, Jermaine Mays	Kent	3:21.35
2	Martin Thomas, Johnny Mellor, John Mannion, Stuart Morland	City of Liverpool	3:25.17
3	Craig Cox, Matt Pattern, Richard Clayton, Matt Sinclair	Crawley	3:26.13
4	Craig Stewart, Dean Goodman, Andrew Howell, ???	Harrow	3:26.93
5	Michael Dyer, Andrew Burles, Kwei Sankofa, James Parke	Herne Hill	3:27.30
6	Andrew Jenkins, Tom Alexander, Steve Richards, Bruce Tasker	Swansea	3:31.33
7	Andy Prohett, Tom Gayle, Gavin Walters, Carl Shubotham	Stoke	3:32.99
8	Graham Eastty, Greg Goodrem, Danny Quinn, Adam Shaw	Southend	3:36.68

Match 3 Results

Pos	Club	Match Points	League Points
1	Harrow	350	8
2	Kent	344	7
3	City of Liverpool	318	6
4	Herne Hill	295	5
5	Southend	264	4
6	Crawley	227	3
7	Stoke	215	2
8	Swansea	188	1

New league positions after this match

Pos	Team	League points	Match points
1	Harrow	21	988
2	Kent	19.5	975
3	City of Liverpool	19	968
4	Southend	15	856
5	Swansea	11.5	778
6	Herne Hill	9	727.5
7	Crawley	7	656
8	Stoke	6	650.5

'B' string			
Discus			
1	Rob Earle	Southend	42.51
2	Ashley Ward	Crawley	41.14
3	Greg Nixon	Stoke	38.09
4	Ryan Spencer-Jones	Swansea	37.98
5	Iain Park	Harrow	35.12
6	Albert Johnson	Kent	34.66
7	Rob Laing	City of Liverpool	32.92
8	Mark Hanily	Herne Hill	29.31

Javelin			
1	Alan Porter	Kent	50.08
2	Rob Laing	City of Liverpool	46.67
3	Thomas Rees	Swansea	42.89
4	Alex McEwar	Crawley	42.02
5	James Dohna	Stoke	40.73
6	Ben Sculley	Southend	40.41
7	Noel Reid	Harrow	33.71
8	Akin Oyediran (M45)	Herne Hill	31.41