

BRITISH ATHLETICS LEAGUE – National 3
Fixture One - Held at Yeovil on 3rd July

Pos	Competitor	Club	Perf	Points
-----	------------	------	------	--------

100 metres 'A' (WIND -0.2 m/s)

1	Jordan Smith-Bent	Kingston AC & Poly H	11.02	16
2	Luke Stott	Havering Mayesbrook AC	11.19	14
3	Mike Nevill	Swansea Harriers	11.26	12
4	Abe Newell	Southampton AC	11.36	10
5	Jake King	Southend AC	11.36	8
6	Richard Derrick	Exeter Harriers	11.45	6
7	Rhys Bennett	Bournemouth AC	11.65	5
8	Chris Bland	Yeovil Olympiads AC	13.00	4

100 metres 'B' (WIND +0.9 m/s)

1	Andre Nembhard	Kingston AC & Poly H	11.23	12
2	Sean Stuart	Havering Mayesbrook AC	11.27	10
3	Adam Potter	Bournemouth AC	11.48	8
4	Nick Clements	Yeovil Olympiads AC	11.69	6
5	George Robinson	Exeter Harriers	11.72	4
6	Callum Bressington	Southampton AC	11.79	3
7	Gareth Dodd	Swansea Harriers	11.83	2
8	Aaron Kaye	Southend AC	11.93	1

200 metres 'A' (WIND +1.3)

1	Luke Stott	Havering Mayesbrook AC	22.12	16
2	Mike Nevill	Swansea Harriers	22.53	14
3	Jordan Smith-Bent	Kingston AC & Poly H	22.59	12
4	Jake King	Southend	22.60	10
5	Abe Newell	Southampton AC	22.82	8
6	Tim Sayers	Yeovil Olympiads AC	23.46	6
7	Rhys Bennett	Bournemouth AC	23.91	5
8	Rich Derrick	Exeter Harriers	24.41	4

200 metres 'B' (WIND +1.6)

1	Adam Potter	Bournemouth AC	22.77	12
2	Andre Nembhard	Kingston AC & Poly H	22.87	10
3	Bryon Fitzgerald	Exeter Harriers	23.08	8
4	Ben Winstanley	Southampton AC	23.08	6
5	Issac Ogunlade	Havering Mayesbrook AC	23.52	4
6	Nick Clements	Yeovil Olympiads AC	23.53	3
7	Gareth Dodd	Swansea	23.64	2
8	Aaron Kaye	Southend AC	24.02	1

400 metres 'A'

1	Richard Morrissey	Havering Mayesbrook AC	48.04	16
2	Jonathon Williams	Swansea Harriers	48.94	14
3	Sam Peters	Exeter Harriers	48.94	12
4	Darryn Campbell	Bournemouth AC	49.90	10
5	Andrew Faulkner	Yeovil Olympiads AC	50.32	8
6	James Sutton	Southampton AC	50.50	6
7	Adam Bellis	Kingston AC & Poly H	51.00	5
8	Lloyd Heard	Southend AC	51.17	4

400 metres 'B'

1	Matt Parsley	Exeter Harriers	50.11	12
2	Sean Stuart	Havering Mayesbrook AC	50.36	10
3	Tim Sayers	Yeovil Olympiads AC	50.51	8
4	Adam Omisore	Kingston AC & Poly H	50.58	6
5	Jonathan Slade	Southampton AC	50.59	4
6	Andrew Smith	Swansea Harriers	50.61	3
7	Karl Welch	Bournemouth AC	50.83	2
8	Kevin Brown	Southend AC	52.85	1

800 metres 'A'

1	Ryan Saunders	Bournemouth AC	1:52.53	16
2	Jonathan Williams	Swansea Harriers	1:52.95	14
3	James Ansell	Exeter Harriers	1:53.35	12
4	Aaron Bennett	Southampton AC	1:54.32	10
5	Dave Gibbon	Southend AC	1:54.98	8
6	Luke Caldwell	Kingston AC & Poly H	1:55.26	6
7	Paul Adair	Havering Mayesbrook AC	1:59.59	5
8	Mark Wiscombe	Yeovil Olympiads AC	2:04.78	4

800 metres 'B'

1	Owen Walpole	Exeter Harriers	1:54.43	12
2	Gareth Beech	Bournemouth AC	1:54.84	10
3	Harry Fisher	Southampton AC	1:56.25	8
4	Pete Smale	Southend AC	1:59.07	6
5	Massi Dendani	Havering Mayesbrook AC	2:00.11	4
6	Andrew Smith	Swansea Harriers	2:00.54	3
7	Chris Bannon	Kingston AC & Poly H	2:01.71	2
8	Tristan Cooper	Yeovil Olympiads AC	2:21.07	1

1500 metres 'A'

1	Matt Dumigan	Swansea Harriers	3:53.52	16
2	Adam Hickey	Southend AC	3:53.52	14
3	Jack Bancroft	Exeter Harriers	3:54.30	12
4	Matt Missen	Southampton AC	4:02.35	10
5	Craig Price	Kingston AC & Poly H	4:03.12	8
6	Fergus O'Reilly	Bournemouth AC	4:03.69	6
7	Jamie Buckley-Stanton	Havering Mayesbrook AC	4:13.04	5
8	Elliot Haines	YOAC	4:21.31	4

1500 metres 'B'

1	Chris Davies	Swansea Harriers	3:56.62	12
2	Owen Walpole	Exeter Harriers	4:02.64	10
3	Gareth Klepazc	Southampton AC	4:04.55	8
4	David Gibbon	Southend AC	4:05.49	6
5	George Corcoran	Kingston AC & Poly H	4:06.59	4
6	Conor Mugan	Bournemouth AC	4:07.25	3
7	Adam McCarthy	Havering Mayesbrook AC	4:33.73	2
8	Lewis Guest	YOAC	5:33.30	1

5000 metres 'A'

1	Steve Way	Bournemouth AC	14:53.27	16
2	Sullivan Smith	Swansea Harriers	15:08.61	14
3	Steve Phillips	Southampton AC	15:12.30	12
4	Adam Hickey	Southend AC	15:14.96	10
5	Adrian Marriot	Yeovil Olympiads AC	15:16.74	8
6	Jud Hough	Kingston AC & Poly H	15:31.21	6
7	Mark Cowan	Exeter Harriers	15:56.21	5
8	Chris Smith	Havering Mayesbrook AC	16:03.45	4

5000 metres 'B'

1	Marc Hobbs	Swansea Harriers	15:13.00	12
2	Rob McTaggart	Bournemouth AC	15:27.01	10
3	Chris Bannon	Kingston AC & Poly H	15:39.60	8
4	Ben Hunter	Southend AC	15:41.71	6
5	Jon James	Yeovil Olympiads AC	15:42.59	4
6	Matt Bennett	Southampton AC	16:01.22	3
7	Ian Anthony	Havering Mayesbrook AC	17:09.50	2
8	Ashley Humphreys	Exeter Harriers	dnf	0

3000 metres S/C 'A'

1	Sullivan Smith	Swansea Harriers	9:29.4 man	16
2	Adam Sloane	Bournemouth AC	9:41.17	14
3	Robert Warner	Havering Mayesbrook AC	9:47.00	12
4	Tom Beedell	Kingston AC & Poly H	9:51.67	10
5	Lee Salter	Exeter Harriers	10:38.02	8
6	Howard Clarke	Southend AC	10:52.55	6
7	Tristan Cooper	Yeovil Olympiads AC	11:05.23	5
8				4

3000 metres S/C 'B'

1	Afan Humphries	Swansea Harriers	9:46.21	12
2	Rob Hardyman	Bournemouth AC	10:33.38	10
3	James Robertson	Kingston AC & Poly H	10:37.15	8
4	Pete Smale	Southend AC	11:27.21	6
5	Robbie Hawkins	Yeovil Olympiads AC	12:45.7 man	4
6				3
7				2
8				1

110 metres hurdles 'A' (WIND + 2.0)

1	Matt Field	Kingston AC & Poly H	14.95	16
2	Owen Jones	Swansea Harriers	15.31	14
3	Andrew Holmes	Yeovil Olympiads AC	15.71	12
4	Simon Hemmings	Southend AC	15.75	10
5	Nigel Haymen	Bournemouth AC	16.12	8
6	Anthony Williams	Havering Mayesbrook AC	16.47	6
7	James Cook	Exeter Harriers	17.25	5
8	Phil Coker	Southampton AC	18.88	4

110 metres hurdles B (WIND ± 1.5)

1	Mark Bishop	Havering Mayesbrook AC	16.52	12
2	Greg Goodrem	Southend AC	16.54	10
3	Chris Hall	Kingston AC & Poly H	17.18	8
4	Matt Parsley	Exeter Harriers	17.20	6
5	Glyn Price	Swansea Harriers	19.90	4
6	Neil Price	Yeovil Olympiads AC	23.16	3
7				2
8				1

400 metres hurdles 'A'

1	Andrew Faulkner	Yeovil Olympiads AC	53.94	16
2	Richard Scott	Exeter Harriers	54.47	14
3	Isaac Ogunlade	Havering Mayesbrook AC	54.71	12
4	Danny Eckersley	Kingston AC & Poly H	55.88	10
5	Greg Goodrem	Southend AC	57.38	8
6	Phil Coker	Southampton AC	63.90	6
7	Jordan Brock	Swansea Harriers	67.40	5
8	Paul Hindle	Bournemouth AC	dnf	0

400 metres hurdles 'B'

1	Matt Field	Kingston AC & Poly H	55.13	12
2	Simon Davies	Yeovil Olympiads AC	57.04	10
3	Lee Salter	Exeter Harriers	58.28	8
4	Adam McCarthy	Havering Mayesbrook AC	58.73	6
5	Nigel Hayman	Bournemouth AC	60.80	4
6	Aaron Kaye	Southend AC	61.74	3
7	Steve Richards	Swansea AC	71.43	2
8	Jonathan Slade	Southampton AC	95.25	1

High Jump 'A'

1	Matt Sloane	Bournemouth AC	1.95	16
2	James Grocock	Southampton	1.90	14
3	Ben Rendall	Yeovil Olympiads AC	1.90	12
4	Ashley Barker	Exeter Harriers	1.90	10
5	Dan George	Southend AC	1.85	8
6	Jeremy Watson	Havering Mayesbrook AC	1.80	6
7	Daniel Williams	Swansea Harriers	1.75	5
8	Chris Dack	Kingston AC & Poly H	1.65	4

High Jump 'B'

1	Pat Halcrow	Southend AC	1.85	12
2	Alex Cox	Bournemouth AC	1.80	10
3	Aaron Athersuch	Yeovil Olympiads AC	1.75	8
4	Jordan Brock	Swansea Harriers	1.75	6
5	Alex Macgregor	Exeter Harriers	1.70	4
6	Jonathan Slade	Southampton AC	1.65	3
7	Bilen Ahmet	Kingston AC & Poly H	1.60	2
8	Sean Stuart	Havering Mayesbrook AC	NH	0

Pole Vault 'A'

1	Aaron Kaye	Southend AC	4.80	16
2	Mark Bishop	Havering Mayesbrook AC	3.80	14
3	Alex MacGregor	Exeter Harriers	3.80	12
4	Neil Price	Yeovil Olympiads AC	3.60	10
5	Bien Ahmet	Kingston AC & Poly H	3.60	8
6	Luke Hodgetts	Southampton AC	3.00	6
7	Glyn Price	Swansea Harriers	2.20	5
8	AN OTHER	Bournemouth AC	1.20	4

Pole Vault 'B'

1	Jason Fry	Southend AC	4.00	12
2	Andrew Holmes	Yeovil Olympiads AC	3.80	10
3	Lee Salter	Exeter Harriers	3.00	8
4	Gareth Dodd	Swansea Harriers	2.60	6
5	Gordon Lester	Kingston AC & Poly H	2.60	4
6	Paul Hindle	Bournemouth AC	2.20	3
7	Adam McCarthy	Havering Mayesbrook AC	2.20	2
8	Derek Warn	Southampton AC	2.20	1

Long Jump 'A'

1	James Grocock	Southampton AC	7.05	16
2	Andrew Holmes	Yeovil Olympiads AC	6.47	14
3	Alex MacGregor	Exeter Harriers	6.45	12
4	Dan George	Southend AC	6.36	10
5	Joseph Ramie	Havering Mayesbrook AC	6.16	8
6	Owen Jones	Swansea Harriers	5.97	6
7	Matt Sloane	Bournemouth AC	5.89	5
8	Ben White	Kingston AC & Poly H	5.78	4

Long Jump 'B'

1	Anthony Williams	Havering Mayesbrook AC	6.83	12
2	Kueni Igarigi	Swansea Harriers	6.38	10
3	Nick Clements	Yeovil Olympiads AC	6.35	8
4	Chris Hall	Kingston AC & Poly H	6.34	6
5	Josh Tunstall	Exeter Harriers	6.23	4
6	Kevin Brown	Southend AC	6.15	3
7	Calum Bressington	Southampton AC	6.13	2
8	Darryn Campbell	Bournemouth AC	5.08	1

Triple Jump 'A'

1	Kevin Brown	Southend AC	13.91	16
2	Owen Jones	Swansea Harriers	13.43	14
3	Josh Tunstall	Exeter Harriers	13.13	12
4	Chris Hall	Kingston AC & Poly H	13.04	10
5	Joseph Ramie	Havering Mayesbrook AC	12.91	8
6	Adam Potter	Bournemouth AC	12.47	6
7	Jake Cory	Yeovil Olympiads AC	11.76	5
8	Phil Coker	Southampton AC	10.46	4

Triple Jump 'B'

1	Dan George	Southend AC	12.85	12
2	Anthony Williams	Havering Mayesbrook AC	12.84	10
3	Ben White	Kingston AC & Poly H	12.82	8
4	Byron Fitzgerald	Exeter Harriers	11.93	6
5	Lewis Guest	Yeovil Olympiads AC	11.64	4
6	Nigel Hayman	Bournemouth AC	11.59	3
7	Kueni Igbargi	Swansea Harriers	11.37	2
8	Luke Hodgetts	Southampton AC	10.09	1

Shot Putt 'A'

1	Simon Fricker	Bournemouth AC	14.59	16
2	Rob Earle	Southend AC	14.08	14
3	Liam Biddlecombe	Yeovil Olympiads AC	13.87	12
4	Dave Dawson	Exeter Harriers	13.44	10
5	Gary Newton	Southampton AC	13.05	8
6	Emmanuel Quarshie	Havering Mayesbrook AC	12.38	6
7	Gareth Cook	Kingston AC & Poly H	12.06	5
8	Ritchie Wells	Swansea Harriers	10.99	4

Shot Putt 'B'

1	Pat Halcrow	Southend AC	12.70	12
2	Adam Beauford	Yeovil Olympiads AC	11.65	10
3	Rob Woodger	Exeter Harriers	10.83	8
4	Mark Bishop	Havering Mayesbrook AC	10.75	6
5	Chris Dack	Kingston AC & Poly H	10.56	4
6	Jonathan Clarke	Swansea Harriers	8.01	3
7	Derek Warn	Southampton		2

Discus 'A'

1	Liam Biddlecombe	Yeovil Olympiads AC	45.25	16
2	Dave Dawson	Exeter Harriers	40.71	14
3	Simon Fricker	Bournemouth AC	40.65	12
4	Rob Earle	Southend AC	39.71	10
5	Gareth Cook	Kingston AC & Poly H	38.63	8
6	Gary Newton	Southampton AC	36.28	6
7	Mark Bishop	Havering Mayesbrook AC	33.45	5
8	Ritchie Wells	Swansea Harriers	26.19	4

Discus 'B'

1	Simon Biddlecombe	Yeovil Olympiads AC	41.34	12
2	Andy Wheble	Kingston AC & Poly H	39.11	10
3	Matt Smith	Exeter Harriers	36.76	8
4	Pat Halcrow	Southend AC	36.18	6
5	Alex Cox	Bournemouth AC	34.72	4
6	Sam Harrison	Havering Mayesbrook AC	27.40	3
7	Owen Jones	Swansea Harriers	21.56	2
8	Derek Warn	Southampton AC	21.14	1

Hammer 'A'

1	Ritchie Wells	Swansea Harriers	53.81	16
2	Adam Beauford	Yeovil Olympiads AC	52.10	14
3	Rob Earle	Southend AC	52.07	12
4	Gareth Cook	Kingston AC & Poly H	50.22	10
5	John Milum	Exeter Harriers	48.16	8
6	Sam Harrison	Havering Mayesbrook AC	27.49	6
7	Simon Fricker	Bournemouth AC	27.05	5
8	Derek Warn	Southampton	17.70	4

Hammer 'B'

1	Andy Wheble	Kingston AC & Poly H	37.14	12
2	Nigel Groves	Yeovil Olympiads AC	36.37	10
3	Rob Woodger	Exeter Harriers	35.25	8
4	Pat Halcrow	Southend AC	25.58	6
5	Georgie Bean	Havering Mayesbrook AC	19.84	4
6	Todd Bennett	Southampton	15.61	3
7	David Jones	Swansea Harriers	13.99	2
8	Darryn Campbell	Bournemouth AC	8.87	1

Javelin 'A'

1	Matt Smith	Exeter Harriers	63.84	16
2	Felix Hatton	Kingston AC & Poly H	57.93	14
3	Jonathon Clarke	Swansea Harriers	54.51	12
4	Sam Harrison	Havering Mayesbrook AC	51.79	10
5	Andrew Holmes	Yeovil Olympiads AC	43.87	8
6	Liam People	Southend AC	43.57	6
7	Aaron Harris	Bournemouth AC	39.73	5
8	Derek Warn	Southampton AC	32.71	4

Javelin 'B'

1	Steve Turnock	Exeter Harriers	62.42	12
2	Georgie Bean	Havering Mayesbrook AC	50.87	10
3	Chris Dack	Kingston AC & Poly H	43.72	8
4	Rob Frank	Southend AC	42.88	6
5	Neil Price	Yeovil Olympiads AC	42.03	4
6	Steve Richards	Swansea Harriers	24.20	3
7	Abe Newell	Southampton AC	23.65	2
8	Matt Sloane	Bournemouth AC	NT	0

4 x 400 metres relay

1	EXETER HARRIERS		3:19.56	16
2	SOUTHAMPTON AC		3:19.90	14
3	HAVERING MAYESBROOK AC		3:21.78	12
4	BOURNEMOUTH AC		3:22.11	10
5	KINGSTON & POLY AC		3:29.42	8
6	SOUTHEND AC		3:30.24	6
7	SWANSEA		3:37.20	5
8	YEOVIL OLYMPIADS		3:40.42	4

4 x 100 metres relay

1	HAVERING MAYESBROOK AC		43.04	16
2	EXETER HARRIERS		43.81	14
3	SOUTHAMPTON AC		43.81	12
4	KINGSTON & POLY AC		44.02	10
5	YEOVIL OLYMPIADS		44.42	8
6	SOUTHEND AC		44.47	6
7	BOURNEMOUTH AC		45.79	5
8	SWANSEA		46.18	4

Match Result

Position	Club	Total points	League points
1	EXETER	320	
2	KINGSTON & POLY	294	
3	SOUTHEND	291	
4	SWANSEA	280	
5	HAVERING	278	
6	YEOVIL	276	
7	BOURNEMOUTH	245	
8	SOUTHAMPTON	202	

Man of the Match Performance:

Please include Athlete, club, event and performance.

1	Aaron Kaye	Southend AC	4.80	16
---	------------	-------------	------	----

GUESTS

Event	Guest Please indicate with * any guest on the UKA HCA list	Performance
100m	Jordan Smith-Brent K&P	11.21 wind – 0.4 m/s
	Andre Nembhard K&P	11.35
	Tucker Bryant K&P	11.39
	Lewis Townaway Soton	11.60
	Sam Ratcliffe Soton	11.63
	Jason louis Bernard K&P	11.99
	Luke Hodgetts Soton	12.64
1500m	Matthew Evans	16:02.16

Please note:

Guests performances do not count in the match