



Premiership Match 4 - Cophall Stadium, Barnet

				Perf	Record	Wind	UKA	AW	4 August 2007						
				Perf	Record	Wind	UKA	AW							
Men's 100m A				Wind=	-3.9 m/s				Men's 100m B						
												Wind=	-2.2 m/s		
1	1	Chris Lambert	Belgrave Harriers	10.79			102	☑	1	11	Wade Bennett-Jackson	Belgrave Harriers	10.73	114	☑
2	6	Leevan Yearwood	Shaftesbury Barnet Harri	10.83			94	☑	2	66	Nick Smith	Shaftesbury Barnet Harri	10.78	104	☑
3	5	Mark Findlay	Newham & Essex Beagles	10.86			88	☑	3	88	Monu Miah	Woodford Green w Essex I	10.90	80	☑
4	2	Jermaine Downie	Birchfield Harriers	10.97			66	☑	4	22	Julian Thomas	Birchfield Harriers	10.91	78	☑
5	8	Josephus Thomas	Woodford Green w Essex I	11.04			52	☑	5	55	Daniel Plummer	Newham & Essex Beagles	11.14		☑
6	4	Elderidge Phiri	City of Sheffield	11.11				☑	6	33	Allyn Condon	City of Manchester (Sale)	11.22		☑
7	3	Alex Nelson	City of Manchester (Sale)	11.14				☑	7	77	Neil Hewson	Trafford AC	11.48		
8	7	Darren Scott	Trafford AC	DQ					8	44	Rafael Alleyne	City of Sheffield	11.49		
Men's 200m A				Wind=	-2.1 m/s				Men's 200m B						
												Wind=	-1.7 m/s		
1	1	Chris Lambert	Belgrave Harriers	21.05			170	☑	1	22	Dan Cossins	Birchfield Harriers	21.93	82	☑
2	3	Andy Turner	City of Manchester (Sale)	21.45			130	☑	2	88	Josephus Thomas	Woodford Green w Essex I	22.12	62	☑
3	2	Julian Thomas	Birchfield Harriers	21.92			82	☑	3	11	Jason Hussain	Belgrave Harriers	22.18	57	☑
4	8	Colin Wilson	Woodford Green w Essex I	21.96			78	☑	4	77	Darren Scott	Trafford AC	22.38		☑
5	4	Elderidge Phiri	City of Sheffield	22.25			50	☑	5	33	Dave Brackstone	City of Manchester (Sale)	22.50		☑
6	6	Andrew Mensah	Shaftesbury Barnet Harri	22.32				☑	6	66	Nengi Ossai	Shaftesbury Barnet Harri	22.54		☑
7	7	Craig Jones	Trafford AC	24.06					7	44	Philip Mukomana	City of Sheffield	22.57		☑
8									8	55	Matthew Thomas	Newham & Essex Beagles	22.57		☑
Men's 400m A									Men's 400m B						
1	5	Rabah Yusuf	Newham & Essex Beagles	46.60			176	☑	1	55	Andre Fernandez	Newham & Essex Beagles	47.29	148	☑
2	6	Kris Robertson	Shaftesbury Barnet Harri	47.66			133	☑	2	44	Sean Brindley	City of Sheffield	48.97	81	☑
3	1	Set Osho	Belgrave Harriers	47.75			130	☑	3	88	Leon Grant	Woodford Green w Essex I	49.17	73	☑
4	7	Richard Beardsell	Trafford AC	47.98			120	☑	4	66	Hamin Lubega	Shaftesbury Barnet Harri	49.67	53	☑
5	3	Andy Wilkinson	City of Manchester (Sale)	48.20			112	☑	5	77	Bernard Ward	Trafford AC	50.01		☑
6	4	John Kelly	City of Sheffield	48.40			104	☑	6	11	Ian Deeth	Belgrave Harriers	50.07		☑
7	2	Brad Yeind	Birchfield Harriers	48.50			100	☑	7	22	Luke Lennon-Ford	Birchfield Harriers	50.14		☑
8	8	Adam Potter	Woodford Green w Essex I	48.85			85	☑	8	33	Gareth Jones	City of Manchester (Sale)	53.54		
Men's 800m A									Men's 800m B						
1	5	Ben Green	Newham & Essex Beagles	01:54.09				☑	1	88	Lachie Chisholm	Woodford Green w Essex I	01:50.94	127	☑
2	8	Chris Reynolds	Woodford Green w Essex I	01:54.09				☑	2	11	Jonathan Blackledge	Belgrave Harriers	01:52.26	100	☑
3	4	Matt Bowser	City of Sheffield	01:54.60				☑	3	44	Steve Evison	City of Sheffield	01:54.73		☑
4	6	Neil Burnside	Shaftesbury Barnet Harri	01:54.98				☑	4	66	Paul Lipman	Shaftesbury Barnet Harri	01:56.90		☑
5	1	Paskar Owor	Belgrave Harriers	01:55.22				☑	5	33	Nick Samuels	City of Manchester (Sale)	01:58.29		☑
6	3	James Bailey	City of Manchester (Sale)	01:57.08				☑	6	22	Oliver Teesel	Birchfield Harriers	01:58.81		☑
7	2	Tom Humphries	Birchfield Harriers	01:58.58				☑	7	55	Andre Duque	Newham & Essex Beagles	01:59.15		☑
8	7	Mark Mullen	Trafford AC	02:02.89					8						
Men's 1500m A									Men's 1500m B						
1	8	Lachie Chisholm	Woodford Green w Essex I	03:50.82			115	☑	1	44	Lee Emanuel	City of Sheffield	03:53.40	94	☑
2	1	Paskar Owor	Belgrave Harriers	03:51.38			110	☑	2	66	Tom Russell	Shaftesbury Barnet Harri	03:53.90	90	☑
3	4	Matt Bowser	City of Sheffield	03:52.62			101	☑	3	2	Tom Humphries	Birchfield Harriers	03:59.08		☑
4	6	Gareth Price	Shaftesbury Barnet Harri	03:53.50			93	☑	4	88	Angus Holford	Woodford Green w Essex I	04:04.15		☑
5	5	Andy Robinson	Newham & Essex Beagles	03:56.53				☑	5	33	Adam Elliott	City of Manchester (Sale)	04:06.32		☑
6	3	James Bailey	City of Manchester (Sale)	03:57.38				☑	6	55	Louis Jones	Newham & Essex Beagles	04:06.37		☑
7	22	Tom Payn	Birchfield Harriers	03:57.53				☑	7						X
8	7	Graeme Hogg	Trafford AC	04:14.97					8						
Men's 3000m S/Chase A									Men's 3000m S/Chase B						
1	3	Stuart Stokes	City of Manchester (Sale)	09:06.08			147		1	55	Sam Farah	Newham & Essex Beagles	09:18.03	123	
2	5	Mark Sanford	Newham & Essex Beagles	09:12.38			135		2	66	Matt Grant	Shaftesbury Barnet Harri	09:47.43		
3	2	Zac Kihariah	Birchfield Harriers	09:17.76			124		3	44	James Cordwell	City of Sheffield	09:49.93		
4	6	Richard Williams	Shaftesbury Barnet Harri	09:30.62			98		4	33	Rob Flannery	City of Manchester (Sale)	10:00.85		
5	7	Adrian Holiday	Trafford AC	09:37.32					5	22	Ronnie McWilliam	Birchfield Harriers	10:10.06		
6	1	Sam Aldridge	Belgrave Harriers	09:37.34					6	11	Will Cockerell	Belgrave Harriers	10:19.62		
7	4	Martin Reid	City of Sheffield	09:40.96					7	88	Jon Long	Woodford Green w Essex I	10:38.93		
8	8	Kevin Murphy	Woodford Green w Essex I	09:50.93					8						X



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					4 August 2007									
	Perf	Record	Wind	UKA	AW		Perf	Wind	UKA	AW				
Men's 5000m A						Men's 5000m B								
1	1	Phil Wicks	Belgrave Harriers	14:18.15	103	1	6	Dominic Bannister	Shaftesbury Barnet Harrie	14:39.17	61			
2	2	John Nyasaga	Birchfield Harriers	14:30.36	79	2	11	Simon Jones	Belgrave Harriers	14:46.96				
3	66	Kojo Kyereme	Shaftesbury Barnet Harrie	14:36.87	66	3	88	Hywel Care	Woodford Green w Essex I	14:46.96				
4	8	David Wardle	Woodford Green w Essex I	14:40.42	59	4	3	Dave Norman	City of Manchester (Sale)	14:55.56				
5	33	Gareth Raven	City of Manchester (Sale)	14:42.99	54	5	5	Kevin Skinner	Newham & Essex Beagles	15:22.07				
6	55	Keith Gerrard	Newham & Essex Beagles	14:56.90		6	44	Richard Mace	City of Sheffield	15:35.60				
7	4	Jason Ward	City of Sheffield	15:19.93		7	22	Steve Edmonds	Birchfield Harriers	16:23.46				
8	7	Darren Talbot	Trafford AC	15:30.61		8	77	Geoff Prest	Trafford AC	16:27.60				
Men's 400m Hurdles A						Men's 400m Hurdles B								
1	2	Brad Yeind	Birchfield Harriers	51.67	163	✓	1	22	Danny Brandwood	Birchfield Harriers	53.65	113	✓	
2	7	Richard Yates	Trafford AC	51.72	162	✓	2	66	Lloyd Gumbs	Shaftesbury Barnet Harrie	54.71	87	✓	
3	6	Tom Carey	Shaftesbury Barnet Harrie	52.96	131	✓	3	33	Andy Hopkinson	City of Manchester (Sale)	55.35	71	✓	
4	1	Ryan Dinham	Belgrave Harriers	53.02	129	✓	4	77	Neil Hewson	Trafford AC	56.39		✓	
5	8	Francis Smith	Woodford Green w Essex I	53.46	118	✓	5	55	Enrique Melin	Newham & Essex Beagles	57.73		✓	
6	3	Dave Brackstone	City of Manchester (Sale)	54.16	101	✓	6	44	Jamie Russell	City of Sheffield	60.13			
7	4	Steve Garrett	City of Sheffield	54.40	95	✓	7	88	Brendan McConville	Woodford Green w Essex I	61.94			
8	5	David Green	Newham & Essex Beagles	55.17	75	✓	8	11	Matt Douglas	Belgrave Harriers	DQ			
Men's 110m Hurdles A Wind= -2.2 m/s						Men's 110m Hurdles B Wind= -2.7 m/s								
1	8	Richard Alleyne	Woodford Green w Essex I	13.99	176	✓	1	55	Gianni Frankis	Newham & Essex Beagles	14.47	128	✓	
2	2	Edward Dunford	Birchfield Harriers	14.50	125	✓	2	66	Tom Carey	Shaftesbury Barnet Harrie	14.93	82	✓	
3	3	Nick Gayle	City of Manchester (Sale)	14.52	123	✓	3	22	Domic Bradley	Birchfield Harriers	14.96	78	✓	
4	5	Duncan Malins	Newham & Essex Beagles	14.67	108	✓	4	11	Louis Evling-Jones	Belgrave Harriers	15.30		✓	
5	4	Dominic Girdler	City of Sheffield	14.73	102	✓	5	77	Chris Hughff	Trafford AC	15.68		✓	
6	1	Matt Douglas	Belgrave Harriers	15.18	57	✓	6	33	Andy Hopkinson	City of Manchester (Sale)	16.01			
7	6	Allan Scott	Shaftesbury Barnet Harrie	DQ			7	44	Chris Duck	City of Sheffield	16.7			
8							8	88	Keith Newton	Woodford Green w Essex I	18.7			
Men's Hammer A						Men's Hammer B								
1	8	Andy Frost	Woodford Green w Essex I	72.27	206	✓	1	55	Amir Williamson	Newham & Essex Beagles	61.17	150	✓	
2	1	Mick Jones	Belgrave Harriers	65.61	173	✓	2	33	Craig Ellams	City of Manchester (Sale)	58.15	135	✓	
3	5	Simon Bown	Newham & Essex Beagles	65.32	171	✓	3	77	Roger Bate	Trafford AC	55.28	121	✓	
4	3	Alex Smith	City of Manchester (Sale)	64.15	165	✓	4	66	Chris Bennett	Shaftesbury Barnet Harrie	47.73	83	✓	
5	7	Mathew Lambley	Trafford AC	63.06	160	✓	5	11	Chris Privett	Belgrave Harriers	44.27	66	✓	
6	2	Mathew Bell	Birchfield Harriers	61.82	154	✓	6	88	Fergus Harford	Woodford Green w Essex I	36.50			
7	6	Graham Holder	Shaftesbury Barnet Harrie	59.37	141	✓	7	4	Jamie Williamson	City of Sheffield	21.73			
8	44	Daniel Brunt	City of Sheffield	29.13			8	22	Oliver Teesel	Birchfield Harriers	9.48			
Men's Discus A						Men's Discus B								
1	8	Emeka Udechuku	Woodford Green w Essex I	63.37	LR	228	✓	1	7	Chris Gaviglio	Trafford AC	53.92	162	✓
2	6	Garrett Johnson	Shaftesbury Barnet Harrie	57.26		185	✓	2	66	Angus McInroy	Shaftesbury Barnet Harrie	52.27	150	✓
3	77	Les Richards	Trafford AC	56.06		177	✓	3	33	Mark Wiseman	City of Manchester (Sale)	51.93	148	✓
4	3	Marcus Goldbourne	City of Manchester (Sale)	55.92		176	✓	4	11	Abi Ekoku	Belgrave Harriers	49.59	132	✓
5	5	Simon Cooke	Newham & Essex Beagles	54.23		164	✓	5	4	Jamie Williamson	City of Sheffield	44.87	99	✓
6	1	Leith Marar	Belgrave Harriers	53.16		157	✓	6	2	Edward Dunford	Birchfield Harriers	44.48	96	✓
7	44	Daniel Brunt	City of Sheffield	46.36		109	✓	7	88	Lee Mathurin	Woodford Green w Essex I	39.57	61	✓
8	22	Elliot Price	Birchfield Harriers	44.86		99	✓	8	55	Amir Williamson	Newham & Essex Beagles	28.99		
Men's Javelin A						Men's Javelin B								
1	6	Nick Nieland	Shaftesbury Barnet Harrie	73.21		182	✓	1	66	David Parker	Shaftesbury Barnet Harrie	63.02	118	✓
2	2	Alex Van De-Mere	Birchfield Harriers	66.18		138	✓	2	33	Gerard Paish-Plunkett	City of Manchester (Sale)	60.47	102	✓
3	3	Dorel Greta	City of Manchester (Sale)	64.38		127	✓	3	22	Mike Tarren	Birchfield Harriers	55.08	69	✓
4	4	Lee Doran	City of Sheffield	62.72		117	✓	4	11	Wesley Smith	Belgrave Harriers	52.87	55	✓
5	8	Simon Bennett	Woodford Green w Essex I	60.56		103	✓	5	88	Jay Boddington	Woodford Green w Essex I	50.68		✓
6	1	James Everard	Belgrave Harriers	60.41		102	✓	6	77	Paolo Ostapowycz	Trafford AC	47.48		
7	7	Chris Hughff	Trafford AC	56.51		78	✓	7	44	Alex Kruger	City of Sheffield	42.48		
8	5	Duncan Malins	Newham & Essex Beagles	38.43				8	55	Andy Robinson	Newham & Essex Beagles	32.39		



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					4 August 2007											
			Perf	Record	Wind	UKA	AW									
Men's Shot Putt A							Men's Shot Putt B									
1	6	Garrett Johnson	Shaftesbury Barnet Harrie	20.07			226	✓	1	77	Les Richards	Trafford AC	16.54	138	✓	
2	7	Chris Gaviglio	Trafford AC	17.95			173	✓	2	66	Sam Westlake-Cann	Shaftesbury Barnet Harrie	16.35	133	✓	
3	8	Emeka Udechuku	Woodford Green w Essex	17.93			173	✓	3	33	Rimas Martisauskas	City of Manchester (Sale)	15.85	121	✓	
4	4	Jamie Williamson	City of Sheffield	16.73			143	✓	4	44	Daniel Brunt	City of Sheffield	15.21	105	✓	
5	3	Kieren Kelly	City of Manchester (Sale)	16.69			142	✓	5	88	Andy Frost	Woodford Green w Essex	13.32	58	✓	
6	2	Edward Dunford	Birchfield Harriers	13.53			63	✓	6	1	Louis Evling-Jones	Belgrave Harriers	11.43			
7	11	Abi Ekoku	Belgrave Harriers	12.67					7	22	Mike Tarren	Birchfield Harriers	9.76			
8	55	Amir Williamson	Newham & Essex Beagles	8.93					8	5	Duncan Malins	Newham & Essex Beagles	8.02			
Men's Long Jump A							Men's Long Jump B									
1	2	Leigh Smith	Birchfield Harriers	7.64		+2.7	184	✓	1	1	Adrian Phillips	Belgrave Harriers	7.07	+1.1	127	✓
2	4	Steve Small	City of Sheffield	7.60		+4.9	180	✓	2	3	Jacob Brown	City of Manchester (Sale)	6.86	+1.2	106	✓
3	5	Andre Fernandez	Newham & Essex Beagles	7.38		+2.0	158	✓	3	66	Nick Stanisavljevic	Shaftesbury Barnet Harrie	6.85	+3.0	105	✓
4	11	Louis Evling-Jones	Belgrave Harriers	7.37		+3.0	157	✓	4	44	David Budd	City of Sheffield	6.81	+2.3	101	✓
5	6	Jude Beimers	Shaftesbury Barnet Harrie	7.30		+3.0	150	✓	5	88	Jemaine Bernard	Woodford Green w Essex	6.79	+2.3	98	✓
6	8	Tosin Oke	Woodford Green w Essex	7.27		+1.6	147	✓	6	55	Andy Bell	Newham & Essex Beagles	6.78	+1.4	97	✓
7	33	Andrew Staniland	City of Manchester (Sale)	6.90		+1.5	110	✓	7	22	Mathew Parnell	Birchfield Harriers	6.69	+1.2		✓
8	77	Richard Yates	Trafford AC	6.07		+3.1			8	7	Alex Girdler	Trafford AC	5.90	+2.6		
Men's Triple Jump A							Men's Triple Jump B									
1	6	Larry Achike	Shaftesbury Barnet Harrie	15.66		+0.4	188	✓	1	66	Nathan Fox	Shaftesbury Barnet Harrie	15.03	+1.5	163	✓
2	2	Michael McKiernan	Birchfield Harriers	15.62		+2.2	186	✓	2	22	Phil Ferdinand	Birchfield Harriers	14.66	-0.7	148	✓
3	8	Tosin Oke	Woodford Green w Essex	15.56		+3.5	184	✓	3	88	Sayo Ojo	Woodford Green w Essex	14.59	+0.5	145	✓
4	4	Graeme Mathews	City of Sheffield	14.41		+2.6	138	✓	4	44	David Budd	City of Sheffield	14.30	+2.4	134	✓
5	7	Lawrence Harvey	Trafford AC	14.26		+0.8	132	✓	5	3	Jacob Brown	City of Manchester (Sale)	13.05	+1.1		✓
6	33	James Townsend	City of Manchester (Sale)	14.10		+1.9	126	✓	6	11	James Everard	Belgrave Harriers	11.92	+1.1		
7	5	Andy Bell	Newham & Essex Beagles	13.83		-0.2	115	✓	7	55	Suote Myonanyo	Newham & Essex Beagles	11.75	+2.5		
8	1	Gary Wilson	Belgrave Harriers	13.55		-0.6		✓	8	77	Chris Morrison	Trafford AC	10.47	-0.6		
Men's High Jump A							Men's High Jump B									
1	1	Samson Oni	Belgrave Harriers	2.23			205	✓	1	11	Louis Evling-Jones	Belgrave Harriers	2.00		90	✓
2	8	Martin Lloyd	Woodford Green w Essex	2.20			190	✓	2	88	Gareth Dyball	Woodford Green w Essex	1.95		65	✓
3	3	Rob Mitchell	City of Manchester (Sale)	2.15			165	✓	3	66	Nick Stanisavljevic	Shaftesbury Barnet Harrie	1.95		65	✓
4	6	Darryl Stone	Shaftesbury Barnet Harrie	2.15			165	✓	4	33	Darren Hammond	City of Manchester (Sale)	1.95		65	✓
5=	4	Wananewa Mkandawire	City of Sheffield	1.95			65	✓	5	55	Paul Tohill	Newham & Essex Beagles	1.90			✓
5=	22	Jamie Thomas	Birchfield Harriers	1.95			65	✓	6	2	Edward Dunford	Birchfield Harriers	1.90			✓
7	5	Nelson Oboh	Newham & Essex Beagles	1.90				✓	7	44	Kyle Hargreaves	City of Sheffield	1.90			✓
8	7	Alex Girdler	Trafford AC	1.90				✓	8	77	Steven Ridgeway	Trafford AC	1.90			✓
Men's Pole Vault A							Men's Pole Vault B									
1	8	Christian North	Woodford Green w Essex	4.80			130	✓	1	88	Brendan McConville	Woodford Green w Essex	4.20		70	✓
2	4	Luke Cutts	City of Sheffield	4.80			130	✓	2	44	Rhys Searles	City of Sheffield	4.20		70	✓
3	1	Cameron Johnston	Belgrave Harriers	4.40			90	✓	3=	66	Scott Bartlett	Shaftesbury Barnet Harrie	3.80		30	✓
4	6	Ruairi O'Brian	Shaftesbury Barnet Harrie	4.40			90	✓	3=	33	Matt Cullen	City of Manchester (Sale)	3.80		30	✓
5	3	Anthony McCreery	City of Manchester (Sale)	4.40			90	✓	5	77	Chris Morrison	Trafford AC	2.00			
6	5	Bob Kingman	Newham & Essex Beagles	4.00			50	✓								
7	2	Edward Dunford	Birchfield Harriers	4.00			50	✓								
8	7	Chris Hughff	Trafford AC	4.00			50	✓								
Men's 4x100m Relay																
1	1	Belgrave Harriers	Idowu Akendele	Jason Hussain	Chris Lambert	Wade Bennett-Jackson	40.82			✓						
2	2	Birchfield Harriers	Ryan Farrington	Dan Cossins	Jemaine Downie	Fitzroy Faulkner	41.26			✓						
3	8	Woodford Green w Essex	Monu Miah	Josephus Thomas	Colin Wilson	Joseph Felix	41.27			✓						
4	6	Shaftesbury Barnet Harrie	Allan Scott	Alex Fugallo	Andrew Mensah	Nick Smith	41.70			✓						
5	5	Newham & Essex Beagles	Gianni Frankis	Tyrone Edgar	Duncan Malins	Daniel Plummer	41.78			✓						
6	4	City of Sheffield	Dominic Girdler	Philip Mukomana	John Kelly	Steve Small	41.89			✓						
7	3	City of Manchester (Sale)	Allyn Condon	Matt Cullen	Nick Gayle	Gareth Jones	44.26									
8	7	Trafford AC	Richard Yates	Craig Jones	Richard Beardsell	Darren Scott	DO									



Premiership Match 4 - Cophall Stadium, Barnet

Perf	Record	Wind	UKA	AW	4 August 2007	Perf	Wind	UKA	AW
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Men's 4x400m Relay

1	5	Newham & Essex Beagles	Suote Myonanyo	Ben Green	Andre Fernandez	Rabah Yusuf	03:12.53			<input checked="" type="checkbox"/>
2	6	Shaftesbury Barnet Harriers	Neil Burnside	Alex Fugallo	Allan Scott	Tom Carey	03:16.68			<input checked="" type="checkbox"/>
3	4	City of Sheffield	Philip Mukomana	Steve Garrett	Lee Emanuel	John Kelly	03:18.75			<input checked="" type="checkbox"/>
4	8	Woodford Green w Essex	Adam Potter	Lachie Chisholm	Jon Long	Colin Wilson	03:19.88			<input checked="" type="checkbox"/>
5	2	Birchfield Harriers	Dan Cossins	Luke Lennon-Ford	Ruben Tabares	Julian Thomas	03:20.16			<input checked="" type="checkbox"/>
6	3	City of Manchester (Sale)	Andy Wilkinson	James Bailey	Andy Hopkinson	Dave Brackstone	03:21.22			<input checked="" type="checkbox"/>
7	1	Belgrave Harriers	Idowu Akendele	Ian Deeth	Set Osho	Jason Hussain	DQ			
8										

MATCH RESULT	League Points	Match	STANDINGS	League Points	Match
1 Shaftesbury Barnet Harriers	8	357.0	1 City of Manchester	27	1243.0
2 Woodford Green w EL	7	316.0	2 Birchfield	24	1196.0
3 Belgrave	6	291.0	3 Woodford Green w EL	23	1166.0
4 Birchfield	5	273.0	4 Shaftesbury Barnet Harriers	17	1095.0
5 City of Manchester	4	265.0	5 Newham & Essex Beagles	17	1059.0
6 City of Sheffield	3	246.0	6 Belgrave	15	1047.0
7 Newham & Essex Beagles	2	244.0	7 City of Sheffield	14	1042.0
8 Trafford AC	1	173.0	8 Trafford AC	7	843.0

Men's High Jump

1	32	Jamie Nieto	USA	2.27
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Men's Discus Non Scoring

1	56	Neville Thompson	Shaftesbury Barnet	51.97
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Men's 100m Non Scoring (1)

Wind -2.0 m/s

1	73	David Telfer-James	Enfield & Haringey	10.91
2	37	Joseph Felix	WG & EL	11.00
3	36	Colin Wilson	WG & EL	11.04
4	29	Mathew Thomas	N & EB	11.09
5	74	Joshua Wood	Harrow	11.50

Men's 100m Non Scoring (2)

Wind -1.0 m/s

1	32	Andrew Mensah	Shaftesbury Barnet H	10.95
2	82	Toby Sandeman	TVH	11.08
3	76	Fitzroy Faulkner	Birchfield H	11.20
4	84	Mathew Butler	Cardiff	11.39
5	31	Olu Baptiste	Shaftesbury Barnet H	11.50

Men's 100m Non Scoring (1)

Wind -1.9 m/s

1=	33	Nengi Ossai	Shaftesbury Barnet	11.08
1=	81	I Akindede	Belgrave	11.08
3	75	Ryan Farrington	Birchfield	11.10
4	86	Matthew Wekpe	Kent AC	11.27
5	56	Glen Reddington	Enfield & Haringey	11.42
6	30	Soute Nyonanyo	Newham & Essex B	11.53
7	85	Tomide Isinkaye	Enfield & Haringey	11.57
8	97	Huto Njemanke	Enfield & Haringey	11.73

Men's Triple Jump

1	Konrad Katarzynski	Birchfield	14.45
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British Athletics League 2007

Premiership Match 4 - Cophall Stadium, Barnet

04 August 2007

Events	Belgrave	Birchfield	City of Manchester	City of Sheffield	Ham & Essex Bury	Barnet H	Trafford AC	Bedford Green v	UNUSED	TOTAL										
Men's 100m	16	12	10	6	5	3	6	1	12	4	14	10	2	8	8	4	75	46		
Men's 200m	16	8	12	12	14	4	8	2	1	6	3	5	6	10	10	4	75	46		
Men's 400m	12	3	5	2	8	1	6	10	16	12	14	6	10	4	4	8	75	46		
Men's 800m	8	10	5	3	6	4	12	8	16	2	10	6	4	14	12	1	75	46		
Men's 1500m	14	5	8	6	4	12	12	8	3	10	10	4	16	6	3	75	46			
Men's 3000m S/Chase	6	3	12	4	16	6	5	8	14	12	10	10	8	4	2	1	75	46		
Men's 5000m	16	10	14	2	8	6	5	3	6	4	12	12	4	1	10	8	75	46		
Men's 400m Hurdles	10	16	12	6	8	5	3	4	4	12	10	14	6	8	2	1	75	46		
Men's 110m Hurdles	6	6	14	8	12	3	8	2	10	12	10	10	4	16	1	9	75	46		
Men's Hammer	14	4	6	1	10	10	4	2	12	12	5	6	8	8	16	3	75	46		
Men's Discus	6	6	4	3	10	8	5	4	8	1	14	10	12	12	16	2	75	46		
Men's Javelin	6	6	14	8	12	10	10	2	4	1	16	12	5	3	8	4	75	46		
Men's Shot Putt	5	3	6	2	8	8	10	6	4	1	16	10	14	12	12	4	75	46		
Men's Long Jump	10	12	16	2	5	10	14	6	12	3	8	8	4	1	6	4	75	46		
Men's Triple Jump	4	3	14	10	6	4	10	6	5	2	16	12	8	1	12	8	75	46		
Men's High Jump	16	12	7	3	12	6	7	2	5	4	10	8	4	1	14	10	75	46		
Men's Pole Vault	12	5	8	7	14	10	6	10	7	4	4	16	12	6	75	46				
Men's 4x100m Relay	16	14	5	6	8	10	10	10	12	4	16	12	4	46	75	46				
Men's 4x400m Relay	8	6	12	16	14	10	10	10	10	9	46	75	46							
	193	98	187	86	163	102	159	87	166	78	207	150	108	65	212	104	30	104	1425	874

Match Summary	Belgrave	Birchfield	City of Manchester	City of Sheffield	Ham & Essex Bury	Barnet H	Trafford AC	Bedford Green v	UNUSED	TOTAL
Teams	291.0	273.0	265.0	246.0	244.0	357.0	173.0	316.0	134.0	2299.0
Match Position	3	4	5	6	7	1	8	2		
League Points	6	5	4	3	2	8	1	7		

Standings	Belgrave	Birchfield	City of Manchester	City of Sheffield	Ham & Essex Bury	Barnet H	Trafford AC	Bedford Green v
League Points	15.0	24.0	27.0	14.0	17.0	17.0	7.0	23.0
Match Points	1047.0	1196.0	1243.0	1042.0	1059.0	1095.0	843.0	1166.0
League Positions	6	2	1	7	5	4	8	3

UK ATHLETICS: DISTANCE CARD

MEETING		Premiership Match 4		VENUE		Copthall Stadium, Barnet		DATE		04 August 2007							
EVENT		Men's Hammer		TIME		12:45		RECORD		77.54m		Martin Girvan, Wolverhampton & Bilston, 77.54m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres		A	B
1	4	Jamie Williamson	City of Sheffield	21.73	NT	-	21.73	15				21.73	15	B		7	
2	6	Graham Holder	Shaftesbury Barnet Harriers	57.16	58.57	NT	58.57	8	57.72	59.37	58.49	59.37	8	A	7		
3	3	Alex Smith	City of Manchester (Sale)	64.15	63.64	63.84	64.15	3	63.55	62.75	63.54	64.15	4	A	4		
4	2	Mathew Bell	Birchfield Harriers	60.71	61.82	60.68	61.82	6	60.76	NT	59.03	61.82	6	A	6		
5	7	Mathew Lambley	Trafford AC	NT	59.40	62.58	62.58	5	60.43	63.06	61.52	63.06	5	A	5		
6	8	Andy Frost	Woodford Green w Essex L	66.87	69.39	69.80	69.80	1	NT	72.27	NT	72.27	1	A	1		
7	5	Simon Bown	Newham & Essex Beagles	63.89	NT	63.19	63.89	4	NT	65.32	NT	65.32	3	A	3		
8	1	Mick Jones	Belgrave Harriers	61.70	62.15	65.02	65.02	2	63.02	65.61	65.57	65.61	2	A	2		
9	77	Roger Bate	Trafford AC	55.08	54.96	55.28	55.28	10				55.28	10	B		3	
10	88	Fergus Harford	Woodford Green w Essex L	36.06	36.50	35.46	36.50	13				36.50	13	B		6	
11	55	Amir Williamson	Newham & Essex Beagles	59.26	60.28	61.17	61.17	7	58.37	59.56	60.23	61.17	7	B		1	
12	11	Chris Privett	Belgrave Harriers	40.21	44.27	NT	44.27	12				44.27	12	B		5	
13	44	Daniel Brunt	City of Sheffield	29.13	-	-	29.13	14				29.13	14	A	8		
14	66	Chris Bennett	Shaftesbury Barnet Harriers	NT	47.73	NT	47.73	11				47.73	11	B		4	
15	33	Craig Ellams	City of Manchester (Sale)	NT	58.15	NT	58.15	9				58.15	9	B		2	
16	22	Oliver Teesel	Birchfield Harriers	9.48	Retired		9.48	16				9.48	16	B		8	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE			
1	8	Andy Frost	Woodford Green w Essex Lad	72.27	1	55	Amir Williamson	Newham & Essex Beagles	61.17			
2	1	Mick Jones	Belgrave Harriers	65.61	2	33	Craig Ellams	City of Manchester (Sale)	58.15			
3	5	Simon Bown	Newham & Essex Beagles	65.32	3	77	Roger Bate	Trafford AC	55.28			
4	3	Alex Smith	City of Manchester (Sale)	64.15	4	66	Chris Bennett	Shaftesbury Barnet Harriers	47.73			
5	7	Mathew Lambley	Trafford AC	63.06	5	11	Chris Privett	Belgrave Harriers	44.27			
6	2	Mathew Bell	Birchfield Harriers	61.82	6	88	Fergus Harford	Woodford Green w Essex Ladies	36.50	REFEREE'S SIGNATURE		
7	6	Graham Holder	Shaftesbury Barnet Harriers	59.37	7	4	Jamie Williamson	City of Sheffield	21.73			
8	44	Daniel Brunt	City of Sheffield	29.13	8	22	Oliver Teesel	Birchfield Harriers	9.48			

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		Premiership Match 4		VENUE		Copthall Stadium, Barnet		DATE		04 August 2007							
EVENT		Men's Discus		TIME		11:15		RECORD		62.10m		Robert Weir, Birchfield H, 62.10m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	6	Garrett Johnson	Shaftesbury Barnet Harriers	54.55	56.24	NT	56.24	2	-	57.26	-	57.26	2	A	2		
2	8	Emeka Udechuku	Woodford Green w Essex Lad	60.73	61.71	NT	61.71	1	61.48	62.11	63.37	63.37	1	A	1		
3	5	Simon Cooke	Newham & Essex Beagles	54.01	52.68	NT	54.01	4	52.20	52.46	54.23	54.23	5	A	5		
4	1	Leith Marar	Belgrave Harriers	51.33	53.16	49.69	53.16	7	50.04	51.56	51.82	53.16	7	A	6		
5	4	Jamie Williamson	City of Sheffield	NT	44.87	43.84	44.87	12				44.87	12	B		5	
6	7	Chris Gaviglio	Trafford AC	53.92	53.29	52.21	53.92	5	NT	50.88	NT	53.92	6	B		1	
7	3	Marcus Goldbourne	City of Manchester (Sale)	55.92	54.19	54.88	55.92	3	NT	55.09	55.83	55.92	4	A	4		
8	2	Edward Dunford	Birchfield Harriers	39.49	44.48	43.27	44.48	14				44.48	14	B		6	
9	44	Daniel Brunt	City of Sheffield	44.04	45.05	46.36	46.36	11				46.36	11	A	7		
10	77	Les Richards	Trafford AC	53.85	52.60	53.01	53.85	6	54.01	49.12	56.06	56.06	3	A	3		
11	33	Mark Wiseman	City of Manchester (Sale)	51.93	NT	NT	51.93	9				51.93	9	B		3	
12	22	Elliot Price	Birchfield Harriers	44.86	NT	44.67	44.86	13				44.86	13	A	8		
13	66	Angus McInroy	Shaftesbury Barnet Harriers	NT	49.73	52.27	52.27	8	50.37	51.81	51.25	52.27	8	B		2	
14	88	Lee Mathurin	Woodford Green w Essex Lad	34.59	39.57	35.35	39.57	15				39.57	15	B		7	
15	55	Amir Williamson	Newham & Essex Beagles	NT	28.99	-	28.99	16				28.99	16	B		8	
16	11	Abi Ekoku	Belgrave Harriers	48.53	NT	49.59	49.59	10				49.59	10	B		4	

56 Neville Thompson Guest 51.97 - -

"A" STRING RESULT				"B" STRING RESULT					JUDGES' SIGNATURES			
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE			
1	8	Emeka Udechuku	Woodford Green w Essex Lad	63.37	1	7	Chris Gaviglio	Trafford AC	53.92			
2	6	Garrett Johnson	Shaftesbury Barnet Harriers	57.26	2	66	Angus McInroy	Shaftesbury Barnet Harriers	52.27			
3	77	Les Richards	Trafford AC	56.06	3	33	Mark Wiseman	City of Manchester (Sale)	51.93			
4	3	Marcus Goldbourne	City of Manchester (Sale)	55.92	4	11	Abi Ekoku	Belgrave Harriers	49.59			
5	5	Simon Cooke	Newham & Essex Beagles	54.23	5	4	Jamie Williamson	City of Sheffield	44.87			
6	1	Leith Marar	Belgrave Harriers	53.16	6	2	Edward Dunford	Birchfield Harriers	44.48	REFEREE'S SIGNATURE		
7	44	Daniel Brunt	City of Sheffield	46.36	7	88	Lee Mathurin	Woodford Green w Essex Ladies	39.57			
8	22	Elliot Price	Birchfield Harriers	44.86	8	55	Amir Williamson	Newham & Essex Beagles	28.99			

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		Premiership Match 4		VENUE		Copthall Stadium, Barnet		DATE		04 August 2007							
EVENT		Men's Javelin		TIME		15:45		RECORD		82.38m		Colin Mackenzie, Newham & Essex Beagles, 82.38m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	5	Duncan Malins	Newham & Essex Beagles	38.43	37.17	-	38.43	15				38.43	15	A	8		
2	3	Dorel Greta	City of Manchester (Sale)	64.12	64.38	61.70	64.38	2	63.15	NT	63.34	64.38	3	A	3		
3	6	Nick Nieland	Shaftesbury Barnet Harriers	NT	68.44	73.21	73.21	1	NT	Pass	72.71	73.21	1	A	1		
4	7	Chris Hughff	Trafford AC	NT	56.51	-	56.51	9				56.51	9	A	7		
5	1	James Everard	Belgrave Harriers	57.05	57.87	54.00	57.87	7	60.41	57.57	NT	60.41	8	A	6		
6	4	Lee Doran	City of Sheffield	NT	57.15	NT	57.15	8	58.11	62.72	NT	62.72	5	A	4		
7	2	Alex Van De-Mere	Birchfield Harriers	NT	61.62	62.16	62.16	4	62.33	61.48	66.18	66.18	2	A	2		
8	8	Simon Bennett	Woodford Green w Essex L	57.48	58.69	59.65	59.65	5	60.56	NT	58.01	60.56	6	A	5		
9	11	Wesley Smith	Belgrave Harriers	48.52	52.11	52.87	52.87	11				52.87	11	B		4	
10	44	Alex Kruger	City of Sheffield	NT	NT	42.48	42.48	14				42.48	14	B		7	
11	22	Mike Tarren	Birchfield Harriers	55.08	55.02	PASS	55.08	10				55.08	10	B		3	
12	88	Jay Boddington	Woodford Green w Essex L	50.68	47.54	49.46	50.68	12				50.68	12	B		5	
13	55	Andy Robinson	Newham & Essex Beagles	32.39	-	-	32.39	16				32.39	16	B		8	
14	33	Gerard Paish-Plunkett	City of Manchester (Sale)	56.66	58.19	59.06	59.06	6	60.47	56.78	59.67	60.47	7	B		2	
15	66	David Parker	Shaftesbury Barnet Harriers	62.30	63.02	NT	63.02	3	Retired			63.02	4	B		1	
16	77	Paolo Ostapowycz	Trafford AC	46.65	46.53	47.48	47.48	13				47.48	13	B		6	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	Nick Nieland	Shaftesbury Barnet Harriers	73.21	1	66	David Parker	Shaftesbury Barnet Harriers	63.02		
2	2	Alex Van De-Mere	Birchfield Harriers	66.18	2	33	Gerard Paish-Plunkett	City of Manchester (Sale)	60.47		
3	3	Dorel Greta	City of Manchester (Sale)	64.38	3	22	Mike Tarren	Birchfield Harriers	55.08		
4	4	Lee Doran	City of Sheffield	62.72	4	11	Wesley Smith	Belgrave Harriers	52.87		
5	8	Simon Bennett	Woodford Green w Essex Lad	60.56	5	88	Jay Boddington	Woodford Green w Essex Ladies	50.68		
6	1	James Everard	Belgrave Harriers	60.41	6	77	Paolo Ostapowycz	Trafford AC	47.48	REFEREE'S SIGNATURE	
7	7	Chris Hughff	Trafford AC	56.51	7	44	Alex Kruger	City of Sheffield	42.48		
8	5	Duncan Malins	Newham & Essex Beagl	38.43	8	55	Andy Robinson	Newham & Essex Beagles	32.39		

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		Premiership Match 4		VENUE		Cophthall Stadium, Barnet		DATE		04 August 2007							
EVENT		Men's Shot Putt		TIME		14:15		RECORD		20.76m		Adam Nelson, Birchfield H (USA), 20.76m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres		A
1	1	Louis Evling-Jones	Belgrave Harriers	-	11.43	NT	11.43	13				11.43	13	B		6	
2	2	Edward Dunford	Birchfield Harriers	-	13.05	13.53	13.53	10				13.53	10	A	6		
3	4	Jamie Williamson	City of Sheffield	NT	16.73	NT	16.73	4	NT	NT	16.43	16.73	4	A	4		
4	5	Duncan Malins	Newham & Essex Beagles	-	8.02	-	8.02	16				8.02	16	B		8	
5	6	Garrett Johnson	Shaftesbury Barnet Harriers	19.53	20.07	NT	20.07	1	NT	19.96	NT	20.07	1	A	1		
6	3	Kieren Kelly	City of Manchester (Sale)	16.36	16.69	16.47	16.69	5	NT	16.39	16.19	16.69	5	A	5		
7	8	Emeka Udechuku	Woodford Green w Essex L	16.73	17.82	17.93	17.93	2	NT	NT	17.85	17.93	3	A	3		
8	7	Chris Gaviglio	Trafford AC	NT	17.93	17.90	17.93	2	17.95	NT	NT	17.95	2	A	2		
9	66	Sam Westlake-Cann	Shaftesbury Barnet Harriers	16.35	NT	NT	16.35	7	NT	NT		16.35	7	B		2	
10	33	Rimas Martisauskas	City of Manchester (Sale)	NT	15.51	15.25	15.51	8	15.85	15.62	NT	15.85	8	B		3	
11	88	Andy Frost	Woodford Green w Essex L	12.52	NT	13.32	13.32	11				13.32	11	B		5	
12	77	Les Richards	Trafford AC	16.05	16.54	NT	16.54	6	15.51	NT	16.35	16.54	6	B		1	
13	11	Abi Ekoku	Belgrave Harriers	11.00	12.67	12.36	12.67	12				12.67	12	A	7		
14	22	Mike Tarren	Birchfield Harriers	9.76			9.76	14				9.76	14	B		7	
15	44	Daniel Brunt	City of Sheffield	14.47	15.21	14.86	15.21	9				15.21	9	B		4	
16	55	Amir Williamson	Newham & Essex Beagles	8.93	8.16	-	8.93	15				8.93	15	A	8		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	Garrett Johnson	Shaftesbury Barnet Harriers	20.07	1	77	Les Richards	Trafford AC	16.54		
2	7	Chris Gaviglio	Trafford AC	17.95	2	66	Sam Westlake-Cann	Shaftesbury Barnet Harriers	16.35		
3	8	Emeka Udechuku	Woodford Green w Essex Lac	17.93	3	33	Rimas Martisauskas	City of Manchester (Sale)	15.85		
4	4	Jamie Williamson	City of Sheffield	16.73	4	44	Daniel Brunt	City of Sheffield	15.21		
5	3	Kieren Kelly	City of Manchester (Sale)	16.69	5	88	Andy Frost	Woodford Green w Essex Ladies	13.32		
6	2	Edward Dunford	Birchfield Harriers	13.53	6	1	Louis Evling-Jones	Belgrave Harriers	11.43	REFEREE'S SIGNATURE	
7	11	Abi Ekoku	Belgrave Harriers	12.67	7	22	Mike Tarren	Birchfield Harriers	9.76		
8	55	Amir Williamson	Newham & Essex Beagl	8.93	8	5	Duncan Malins	Newham & Essex Beagles	8.02		

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		Premiership Match 4		VENUE		Cophthall Stadium, Barnet		DATE		04 August 2007							
EVENT		Men's Long Jump		TIME		12:30		RECORD		7.91m		Stewart Faulkner, Birchfield H, 7.91m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	A	B	
1	2	Leigh Smith	Birchfield Harriers	7.64 +2.9	NJ	NJ	7.64	1	7.16 +0.5	7.36 +2.7	NJ	7.64	1	A	1		
2	1	Adrian Phillips	Belgrave Harriers	7.04 +3.3	NJ	7.07 +1.1	7.07	6	NJ	NJ	6.90 +2.3	7.07	7	B		1	
3	7	Alex Girdler	Trafford AC	3.91 +1.4	5.29 +2.3	5.90 +2.6	5.90	16				5.90	16	B		8	
4	8	Tosin Oke	Woodford Green w Essex Ladies	7.27 +1.6	7.24 +1.0	NJ	7.27	2	Retired			7.27	6	A	6		
5	5	Andre Fernandez	Newham & Essex Beagles	NJ	7.04 +2.4	-	7.04	7	7.14 +2.7	NJ	7.38 +2.0	7.38	3	A	3		
6	6	Jude Beimers	Shaftesbury Barnet Harriers	NJ	7.13 +0.3	7.02 +0.5	7.13	3	7.11 +1.4	NJ	7.30 +2.0	7.30	5	A	5		
7	4	Steve Small	City of Sheffield	7.09 +1.9	NJ	6.90 +2.2	7.09	5	NJ	NJ	7.60 +4.9	7.60	2	A	2		
8	3	Jacob Brown	City of Manchester (Sale)	6.86 +1.2	4.93 +1.7	6.75 +3.2	6.86	9				6.86	9	B		2	
9	55	Andy Bell	Newham & Essex Beagles	6.78 +1.4	NJ	4.85 +0.9	6.78	13				6.78	13	B		6	
10	66	Nick Stanisavljevic	Shaftesbury Barnet Harriers	6.85 +3.0	6.38 +3.0	6.49 +1.2	6.85	10				6.85	10	B		3	
11	44	David Budd	City of Sheffield	6.71 -0.3	6.81 +2.3	6.77 +0.6	6.81	11				6.81	11	B		4	
12	33	Andrew Staniland	City of Manchester (Sale)	6.65 +1.5	6.62 +1.4	6.90 +1.5	6.90	8	6.76 +2.8	Retired		6.90	8	A	7		
13	22	Mathew Parnell	Birchfield Harriers	6.24 +1.9	6.69 +1.2	6.33 -0.3	6.69	14				6.69	14	B		7	
14	11	Louis Evling-Jones	Belgrave Harriers	6.98 +1.1	7.12 +1.3	7.07 +3.8	7.12	4	NJ	7.11 +1.6	7.37 +3.0	7.37	4	A	4		
15	77	Richard Yates	Trafford AC	5.64 +2.3	5.77 +1.3	6.07 +3.1	6.07	15				6.07	15	A	8		
16	88	Jermaine Bernard	Woodford Green w Essex Ladies	6.79 +2.3	4.97 +3.5	6.68 +3.8	6.79	12				6.79	12	B		5	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	2	Leigh Smith	Birchfield Harriers	7.64 +2.7	1	1	Adrian Phillips	Belgrave Harriers	7.07 +1.1		
2	4	Steve Small	City of Sheffield	7.60 +4.9	2	3	Jacob Brown	City of Manchester (Sale)	6.86 +1.2		
3	5	Andre Fernandez	Newham & Essex Beagles	7.38 +2.0	3	66	Nick Stanisavljevic	Shaftesbury Barnet Harriers	6.85 +3.0		
4	11	Louis Evling-Jones	Belgrave Harriers	7.37 +3.0	4	44	David Budd	City of Sheffield	6.81 +2.3		
5	6	Jude Beimers	Shaftesbury Barnet Harriers	7.30 +3.0	5	88	Jermaine Bernard	Woodford Green w Essex Ladies	6.79 +2.3		
6	8	Tosin Oke	Woodford Green w Essex Ladies	7.27 +1.6	6	55	Andy Bell	Newham & Essex Beagles	6.78 +1.4	REFEREE'S SIGNATURE	
7	33	Andrew Staniland	City of Manchester (Sale)	6.90 +1.5	7	22	Mathew Parnell	Birchfield Harriers	6.69 +1.2		
8	77	Richard Yates	Trafford AC	6.07 +3.1	8	7	Alex Girdler	Trafford AC	5.90 +2.6		

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

MEETING		Premiership Match 4		VENUE		Copthall Stadium, Barnet		DATE		04 August 2007							
EVENT		Men's Triple Jump		TIME		15:30		RECORD		16.75m		Francis Agyepong, Shaftesbury Barnet H, 16.75m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres		A
1	3	Jacob Brown	City of Manchester (Sale)	13.05 +1.1	11.88 +1.0	12.96 +3.6	13.05	13				13.05	13	B		5	
2	7	Lawrence Harvey	Trafford AC	14.18 +1.1	NJ	14.26 +0.8	14.26	9				14.26	9	A	5		
3	2	Michael McKiernan	Birchfield Harriers	15.61 +4.7	15.00 -0.6	NJ	15.61	2	NJ	15.62 +2.2	NJ	15.62	2	A	2		
4	4	Graeme Mathews	City of Sheffield	NJ	14.40 +1.7	14.41 +2.6	14.41	7	NJ	NJ		14.41	7	A	4		
5	8	Tosin Oke	Woodford Green w Essex Ladies	15.29 +0.9	NJ	NJ	15.29	3	NJ	15.56 +3.5	NJ	15.56	3	A	3		
6	5	Andy Bell	Newham & Essex Beagles	13.80 +2.1	13.83 -0.2	13.81 +0.2	13.83	11				13.83	11	A	7		
7	1	Gary Wilson	Belgrave Harriers	13.55 -0.6	NJ	13.25 +2.0	13.55	12				13.55	12	A	8		
8	6	Larry Achike	Shaftesbury Barnet Harriers	15.17 +0.8	15.37 -1.0	15.66 +0.4	15.66	1	-	-		15.66	1	A	1		
9	88	Sayo Ojo	Woodford Green w Essex Ladies	14.43 -0.7	NJ	NJ	14.43	6	NJ	14.52	14.59	14.59	6	B		3	
10	55	Suote Myonanyo	Newham & Essex Beagles	NJ	11.75 +2.5	-	11.75	15				11.75	15	B		7	
11	11	James Everard	Belgrave Harriers	11.92 +1.1	11.68 -0.1	-	11.92	14				11.92	14	B		6	
12	66	Nathan Fox	Shaftesbury Barnet Harriers	15.03 +1.5	14.62 +0.9	14.53 +1.2	15.03	4	NJ	NJ		15.03	4	B		1	
13	33	James Townsend	City of Manchester (Sale)	14.10 +1.9	13.20 +1.6	13.87 -0.2	14.10	10				14.10	10	A	6		
14	77	Chris Morrison	Trafford AC	10.47 -0.6	-	-	10.47	16				10.47	16	B		8	
15	22	Phil Ferdinand	Birchfield Harriers	14.66 -0.7	NJ	NJ	14.66	5	NJ	-		14.66	5	B		2	
16	44	David Budd	City of Sheffield	14.30 +2.4	NJ	13.89 +0.5	14.30	8	14.13 +0.4	NJ	NJ	14.30	8	B		4	

78 Konrad Katarzynski Birchfield (Guest) 14.45 NJ 14.44

"A" STRING RESULT				"B" STRING RESULT					JUDGES' SIGNATURES				
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE				
1	6	Larry Achike	Shaftesbury Barnet Harriers	15.66 +0.4	1	66	Nathan Fox	Shaftesbury Barnet Harriers	15.03 +1.5				
2	2	Michael McKiernan	Birchfield Harriers	15.62 +2.2	2	22	Phil Ferdinand	Birchfield Harriers	14.66 -0.7				
3	8	Tosin Oke	Woodford Green w Essex Ladies	15.56 +3.5	3	88	Sayo Ojo	Woodford Green w Essex Ladies	14.59 +0.5				
4	4	Graeme Mathews	City of Sheffield	14.41 +2.6	4	44	David Budd	City of Sheffield	14.30 +2.4				
5	7	Lawrence Harvey	Trafford AC	14.26 +0.8	5	3	Jacob Brown	City of Manchester (Sale)	13.05 +1.1				
6	33	James Townsend	City of Manchester (Sale)	14.10 +1.9	6	11	James Everard	Belgrave Harriers	11.92 +1.1	REFEREE'S SIGNATURE			
7	5	Andy Bell	Newham & Essex Beagles	13.83 -0.2	7	55	Suote Myonanyo	Newham & Essex Beagles	11.75 +2.5				
8	1	Gary Wilson	Belgrave Harriers	13.55 -0.6	8	77	Chris Morrison	Trafford AC	10.47 -0.6				

Results by Sprints Software 07973 827735

UK ATHLETICS: HEIGHT CARD

MEETING		Premiership Match 4		VENUE	Copthall Stadium, Barnet								DATE	04 August 2007									
EVENT		Men's High Jump		TIME	14:45	League Record			2.33m	Steve Smith, Liverpool H & AC, 2.33m													
Order	No	NAME	CLUB	1.70	1.80	1.85	1.90	1.95	2.00	2.05	2.10	2.15	2.20	2.23	2.27	Best of All	Trials at HT	Cleared Total	Failures Total	Trials Total	Final Position	A or B	
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	5	Nelson Oboh	Newham & Essex Beagles		0		0	xxx								1.90					11	A	7
2	3	Rob Mitchell	City of Manchester (Sale)						0	x0	0	x0	xxx			2.15					3	A	3
3	6	Darryl Stone	Shaftesbury Barnet Harriers						0	0	0	xx0	xxx			2.15					4	A	4
4	7	Alex Girdler	Trafford AC			0	x0	xxx								1.90					13	A	8
5	1	Samson Oni	Belgrave Harriers				0		0	x0	0	0	x0	xx0	xxx	2.23					1	A	1
6	4	Wananewa Mkandawire	City of Sheffield				0	0	xxx							1.95					6	A	5
7	2	Edward Dunford	Birchfield Harriers		0	0	x0	xxx								1.90					13	B	6
8	8	Martin Lloyd	Woodford Green w Essex Ladies							0	0	0	xx0	xxx		2.20					2	A	2
9	11	Louis Evling-Jones	Belgrave Harriers				0		x0	xx-						2.00					5	B	1
10	44	Kyle Hargreaves	City of Sheffield			x0	x0	xxx								1.90					15	B	7
11	22	Jamie Thomas	Birchfield Harriers			0	0	0	xxx							1.95					6	A	5
12	88	Gareth Dyball	Woodford Green w Essex Ladies				0	x0	xxx							1.95					8	B	2
13	55	Paul Tohill	Newham & Essex Beagles		0		0	xxx								1.90					11	B	5
14	33	Darren Hammond	City of Manchester (Sale)		x0	-	0	xx0	xx0	x-						1.95					10	B	4
15	66	Nick Stanisavljevic	Shaftesbury Barnet Harriers					xx0	xxx							1.95					9	B	3
16	77	Steven Ridgeway	Trafford AC		0	0	xx0	xxx								1.90					16	B	8
Guest		Jamie Nieto	USA							0	-	x0	0	0		2.27							

"A" STRING RESULT				"B" STRING RESULT					JUDGES' SIGNATURES				
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT				
1	1	Samson Oni	Belgrave Harriers	2.23	1	11	Louis Evling-Jones	Belgrave Harriers	2.00				
2	8	Martin Lloyd	Woodford Green w Essex Ladies	2.20	2	88	Gareth Dyball	Woodford Green w Essex Ladies	1.95				
3	3	Rob Mitchell	City of Manchester (Sale)	2.15	3	66	Nick Stanisavljevic	Shaftesbury Barnet Harriers	1.95				
4	6	Darryl Stone	Shaftesbury Barnet Harriers	2.15	4	33	Darren Hammond	City of Manchester (Sale)	1.95				
5=	4	Wananewa Mkandawire	City of Sheffield	1.95	5	55	Paul Tohill	Newham & Essex Beagles	1.90				
5=	22	Jamie Thomas	Birchfield Harriers	1.95	6	2	Edward Dunford	Birchfield Harriers	1.90	REFEREE'S SIGNATURE			
7	5	Nelson Oboh	Newham & Essex Beagles	1.90	7	44	Kyle Hargreaves	City of Sheffield	1.90				
8	7	Alex Girdler	Trafford AC	1.90	8	77	Steven Ridgeway	Trafford AC	1.90				

UK ATHLETICS: HEIGHT CARD

MEETING		Premiership Match 4				VENUE		Cophthall Stadium, Barnet								DATE		04 August 2007					
EVENT		Men's Pole Vault				TIME		11:00		League Record		5.60m		Neil Winter, Shaftesbury Barnet H, 5.60m									
Order	No	NAME	CLUB	2.00	3.40	3.60	3.80	4.00	4.20	4.40	4.60	4.80	5.00			Best of All	Trials at HT	Cleared Total	Failures Total	Trials Total	Final Position	A or B	
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						Metres	
1	3	Anthony McCreery	City of Manchester (Sale)							xxo	xxx					4.40					5	A	5
2	7	Chris Hughff	Trafford AC				o	xo	xxx							4.00					10	A	8
3	2	Edward Dunford	Birchfield Harriers				xo	o	xxx							4.00					9	A	7
4	4	Luke Cutts	City of Sheffield									xxo	xxx			4.80					2	A	2
5	8	Christian North	Woodford Green w Essex Ladies								xo	xo	xxx			4.80					1	A	1
6	5	Bob Kingman	Newham & Essex Beagles				o	o	xxx							4.00					8	A	6
7	1	Cameron Johnston	Belgrave Harriers					xo	xxo	o	xxx					4.40					3	A	3
8	6	Ruairi O'Brian	Shaftesbury Barnet Harriers						xxo	xo	xxx					4.40					4	A	4
9	88	Brendan McConville	Woodford Green w Essex Ladies						o		retired					4.20					6	B	1
10	55	-	Newham & Essex Beagles																				
11	11	Keith Higham	Belgrave Harriers	w/drawn																			
12	66	Scott Bartlett	Shaftesbury Barnet Harriers			o	o	xxx								3.80					11	B	3
13	33	Matt Cullen	City of Manchester (Sale)		o	o	o	xxx								3.80					11	B	3
14	77	Chris Morrison	Trafford AC	o												2.00					13	B	5
15	22	James Dunford	Birchfield Harriers																				
16	44	Rhys Searles	City of Sheffield				o	xo	xo	xxx						4.20					7	B	2

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT			
1	8	Christian North	Woodford Green w Essex Ladies	4.80	1	88	Brendan McConville	Woodford Green w Essex Ladies	4.20			
2	4	Luke Cutts	City of Sheffield	4.80	2	44	Rhys Searles	City of Sheffield	4.20			
3	1	Cameron Johnston	Belgrave Harriers	4.40	3=	66	Scott Bartlett	Shaftesbury Barnet Harriers	3.80			
4	6	Ruairi O'Brian	Shaftesbury Barnet Harriers	4.40	3=	33	Matt Cullen	City of Manchester (Sale)	3.80			
5	3	Anthony McCreery	City of Manchester (Sale)	4.40	5	77	Chris Morrison	Trafford AC	2.00			
6	5	Bob Kingman	Newham & Essex Beagles	4.00						REFEREE'S SIGNATURE		
7	2	Edward Dunford	Birchfield Harriers	4.00								
8	7	Chris Hughff	Trafford AC	4.00								