

# NJAL - MEDWAY DIVISION 25/07/2010 - MALE and OVERALL RESULTS

A String						B String							
Pos	Club	Athlete		Perf	Grade	Pts	Pos	Club	Athlete		Perf	Grade	Pts

## 100m

1	7	Andre Wright	M&M	11.1	G2	11
2	4	Oweka Wanogho	CRD	11.2	G3	9
3	3	Joe Berth-Jones (U17)	CBG	11.7		8
4	2	Jack Miller	BXL	11.7		7
5	5	Alex Bell (U17)	DTF	11.8		6
6	8	Edward Hall (U17)	TBG	11.9		5
7	6	Alex Tuck (U17)	I/PW	12.0		4
8	1	Tom Chambers	ASH	12.2		3

1	44	Andre Gibbs	CRD	11.4		9
2	33	Nigel Munjoma	CBG	11.6		7
3	22	Munashe Zhuwarara	BXL	11.9		6
4	77	James Davies	M&M	12.0		5
5	11	Dan Weaver (U17)	ASH	12.4		4
6	55	Justin Bailey	DTF	12.5		3
7	88	Joe Fellows (U17)	TBG	13.3		2
8	66	Jack Tovey (U17)	I/PW	13.4		1

## 200m

1	4	Oweka Wanogho	CRD	22.5	G2	11
2	7	Andre Wright	M&M	22.9	G3	9
3	5	Alex Bell (U17)	DTF	23.1		8
4	3	Joe Berth-Jones (U17)	CBG	23.4		7
5	8	Edward Hall (U17)	TBG	23.8		6
6	6	Alex Tuck (U17)	I/PW	24.1		5
7	2	Tobi Sho Silva	BXL	24.2		4
8	1	George Huxley	ASH	24.3		3

1	33	Nigel Munjoma	CBG	23.4		9
2	22	Jack Miller	BXL	23.7		7
3	55	Dave Stewart	DTF	24.5		6
4	77	James Davies	M&M	24.6		5
5	88	Cameron Knapp (U17)	TBG	25.8		4
6	66	Daniel Langridge	I/PW	27.4		3

## 400m

1	2	Farren Morgan (U17)	BXL	49.9	G2	11
2	3	Omari Markland-Montgomery	CBG	50.4	G2	9
3	8	James Wildish	TBG	51.5	G3	8
4	5	Dave Stewart	DTF	52.7		7
5	6	Alex Tuck (U17)	I/PW	52.7		6
6	7	Andre Wright	M&M	53.3		5

1	33	Nick Belo	CBG	51.7		9
2	88	Alex Hookway	TBG	53.8		7
3	77	James Alcock	M&M	54.2		6
4	22	James Peeney	BXL	54.9		5
5	55	Justin Bailey	DTF	56.4		4

## 800m

1	3	Andrew Sheridan	CBG	1:58.4	G3	11
2	7	Adam Gilbert (U17)	M&M	2:00.2		9
3	8	Dominic Brown (U17)	TBG	2:00.4		8
4	2	Harry Palmer (U17)	BXL	2:08.3		7
5	1	Andy Robertson	ASH	2:09.8		6
6	5	Sam Dowler	DTF	2:24.3		5

1	77	George Vaughan	M&M	2:07.1		9
2	88	Cameron Knapp (U17)	TBG	2:08.9		7
3	11	Aaron Kellow (U17)	ASH	2:11.9		6
4	22	Elvis Mugenyi	BXL	2:18.0		5

## 1500m

1	3	Andrew Sheridan	CBG	4:22.8		11
2	7	Adam Gilbert (U17)	M&M	4:23.3		9
3	8	Jack Keywood (U17)	TBG	4:27.3		8
4	1	Andy Robertson	ASH	4:34.8		7
5	2	Jacob Tanner	BXL	4:38.7		6
6	6	Robert Leat (U17)	I/PW	4:56.4		5

1	22	Adam Willis (U17)	BXL	4:54.7		9
2	11	Neil Daughters (U17)	ASH	4:58.3		7
3	33	Takudzwa Gambanga	CBG	5:21.4		6

## 3000m

1	5	Nick Wood	DTF	9:17.4		11
2	7	Kieran Clarke	M&M	9:49.2		9
3	1	Warren Uden	ASH	10:18.2		8
4	6	Jacob Burton (U17)	I/PW	10:45.5		7

1	77	Joshua Elderfield	M&M	9:53.6		9
2	11	Aaron Kellow (U17)	ASH	11:20.1		7

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A String						B String							
Pos	Club	Athlete		Perf	Grade	Pts	Pos	Club	Athlete		Perf	Grade	Pts

## 110m HURDLES

1	4	Kariym Irving	CRD	15.9		11
2	3	Charlie Perry (U17)	CBG	17.5		9
3	2	Richard Sho Silva	BXL	17.8		8
4	5	Aaron Barham	DTF	19.5		7

1	55	Sam Dowler	DTF	20.9		9
2	33	Takudzwa Gambanga	CBG	25.7		7

## 400m HURDLES

1	8	Finlay Third	TBG	58.1	G3	11
2	1	George Huxley	ASH	63.9		9
3	3	Charlie Perry (U17)	CBG	76.3		8


## 2000mSC

1	3	Andrew Sheridan	CBG	6:30.9	G3	11
2	8	Tom Cox	TBG	6:31.9	G3	9
3	7	Joshua Elderfield	M&M	7:11.4		8
4	11	Andy Robertson	ASH	7:14.3		7
5	5	Sam Dowler	DTF	7:51.7		6

1	1	Warren Uden	ASH	7:45.7		9
2	77	Kieran Clarke	M&M	7:46.9		7

## HIGH JUMP

1	4	Kariym Irving	CRD	1.95	G1	11
2	7	Dan Alexander	M&M	1.90	G2	9
3	5	Aaron Barham	DTF	1.80	G3	8
4	8	Daniel Adeline (U17)	TBG	1.75		7
5	2	Richard Sho Silva	BXL	1.70		6
6	6	Ben Burton (U17)	I/PW	1.65		5
7	11	Chris Blandford	ASH	1.50		4

1	55	Dave Hall (U17)	DTF	1.80	G3	9
2	77	Chris White	M&M	1.75		7
3	66	Callum Barling-Jeffrey	I/PW	1.60		6
	22	Niki Faulkner (U17)	BXL	nhr		

## POLE VAULT

1	5	Rob Hammond (U17)	DTF	3.00		11
2	2	Jake Hill (U17)	BXL	2.60		9
3	6	Ben Burton (U17)	I/PW	2.50		8
4	3	Nigel Munjoma	CBG	2.40		7
	1	Chris Blandford	ASH	nhr		

1	55	Dave Hall (U17)	DTF	3.00		9
2	22	Adam Willis (U17)	BXL	2.50		7
3	66	Jacob Burton (U17)	I/PW	2.30		6
	33	Takudzwa Gambanga	CBG	nhr		

## LONG JUMP

1	4	Elliot Safo (U17)	CRD	6.91	G1	11
2	77	Joshua Brown	M&M	6.67	G1	9
3	1	Tom Williams (U17)	ASH	6.07		8
4	55	Alex Bell (U17)	DTF	6.06		7
5	3	Nigel Munjoma	CBG	5.92		6
6	6	Jacob Burton (U17)	I/PW	5.37		5
7	2	Richard Sho Silva	BXL	5.32		4
8	8	Cameron Knapp (U17)	TBG	4.89		3

1	5	Rob Hammond (U17)	DTF	6.01		9
2	11	Dan Weaver (U17)	ASH	5.67		7
3	33	Charlie Perry (U17)	CBG	5.22		6
4	22	Elvis Mugenyi	BXL	4.68		5
5	88	Joe Fellows (U17)	TBG	4.39		4
6	66	Callum Barling-Jeffrey	I/PW	3.76		3

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Pos	Club	Athlete		Perf	Grade	Pts	Pos	Club	Athlete		Perf	Grade	Pts

## TRIPLE JUMP

1	7	Joshua Brown	M&M	13.17	G2	11
2	4	Javari Cameron (U17)	CRD	12.96	G3	9
3	2	Tobi Sho Silva	BXL	12.64	G3	8
4	1	Dan Weaver (U17)	ASH	11.56		7
5	33	Joe Berth-Jones (U17)	CBG	10.60		6
6	6	Jack Tovey (U17)	I/PW	9.54		5

1	3	Nick Belo	CBG	10.37		9
2	77	James Davies	M&M	10.20		7

## SHOT PUTT

1	4	Kariym Irving	CRD	13.54	G2	11
2	5	Tim Billings	DTF	12.69	G3	9
3	3	Craig Lacy	CBG	11.12		8
4	2	Richard Sho Silva	BXL	9.98		7
5	1	Quazim Omotosho (U17)	ASH	9.74		6
6	7	Dan Alexander	M&M	9.23		5
7	8	Jonny Hinton (U17)	TBG	9.11		4
8	6	Daniel Langridge	I/PW	8.57		3

1	44	Miles Casey	CRD	11.46		9
2	11	Blake Robinson (U17)	ASH	8.64		7
3	77	Joshua Brown	M&M	8.43		6
4	22	Harry Palmer (U17)	BXL	7.54		5
5	33	Takudzwa Gambanga	CBG	6.28		4

## DISCUS

1	4	Kariym Irving	CRD	44.33	G1	11
2	5	Tim Billings	DTF	35.57		9
3	3	Craig Lacy	CBG	35.55		8
4	8	Jonny Hinton (U17)	TBG	34.78		7
5	22	Richard Sho Silva	BXL	28.80		6
6	1	Quazim Omotosho (U17)	ASH	28.28		5
7	7	Dan Alexander	M&M	26.05		4
8	6	Ben Burton (U17)	I/PW	20.88		3

1	44	Faraz Rafi (U17)	CRD	36.38	G3	9
2	88	James Cotterill	TBG	27.39		7
3	2	Harry Palmer (U17)	BXL	23.80		6
4	11	Blake Robinson (U17)	ASH	20.48		5
5	33	Omari Markland-Montgomery	CBG	17.23		4
6	77	James Alcock	M&M	16.88		3
7	66	Daniel Langridge	I/PW	14.25		2

## JAVELIN

1	3	Craig Lacy	CBG	52.30	G2	11
2	1	Chris Blandford	ASH	50.46	G2	9
3	5	Dave Hall (U17)	DTF	41.66		8
4	8	Jonny Hinton (U17)	TBG	39.57		7
5	2	Joe Gunton	BXL	36.76		6
6	4	Faraz Rafi (U17)	CRD	28.51		5
7	77	George Vaughan	M&M	23.98		4
8	6	Robert Leat (U17)	I/PW	16.89		3

1	11	Jake Berry (U17)	ASH	37.69		9
2	88	James Cotterill	TBG	36.05		7
3	33	Tom Davies (U17)	CBG	33.95		6
4	22	Jacob Tanner	BXL	27.56		5
5	55	Aaron Barham	DTF	27.55		4
6	7	James Alcock	M&M	20.21		3
7	44	Javari Cameron (U17)	CRD	15.47		2

## HAMMER

1	3	Craig Lacy	CBG	29.18		11
2	1	Chris Blandford	ASH	19.58		9
	8	Tom Parker (U17)	TBG	ndr		

1	11	Quazim Omotosho (U17)	ASH	15.54		9
2	33	Omari Markland-Montgomery	CBG	7.92		7

## 4x100m RELAYS

1	4	Croydon Harriers	Faraz Rafi (U17), Kariym Irving, Oweka Wanogho, Andre Gibbs	44.2		11
2	2	Bexley AC	Tobi Sho Silva, Richard Sho Silva, Munashe Zhuwarara, Jack Miller	44.2		9
3	3	Cambridge Harriers	Omari Markland-Montgomery, Nick Belo, Nigel Munjoma, Joe Berth-Jones (U17)	44.4		8
4	7	Medway & Maidstone AC	James Alcock, Dan Alexander, James Davies, Andre Wright	45.5		7
5	5	Dartford Harriers	Dave Stewart, Justin Bailey, Aaron Barham, Alex Bell (U17)	48.0		6
6	8	Tonbridge AC	James Wildish, Cameron Knapp (U17), Finlay Third, Edward Hall (U17)	48.2		5
7	6	Invicta's Paddock	Jacob Burton (U17), Jack Tovey (U17), Alex Tuck (U17), Ben Burton (U17)	49.2		4
8	1	Ashford AC	Warren Uden, George Huxley, Tom Chambers, Aaron Kellow (U17)	49.4		3

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## 4x400m RELAYS

1	3	Cambridge Harriers	Omari Markland-Montgomery, Andrew Sheridan, Charlie Perry (U17), Nick Belo	3:32.8		11
2	8	Tonbridge AC	James Wildish, Alex Hookway, Cameron Knapp (U17), Edward Hall (U17)	3:39.8		9
3	2	Bexley AC	Jacob Tanner, James Peeney, Harry Palmer (U17), Tobi Sho Silva	3:40.9		8
4	7	Medway & Maidstone AC	Andre Wright, James Davies, George Vaughan, James Alcock	3:41.9		7
5	5	Dartford Harriers	Dave Hall (U17), Aaron Barham, Dave Stewart, Nick Wood	3:44.7		6
6	1	Ashford AC	George Huxley, Chris Blandford, Neil Daughters (U17), Aaron Kellow (U17)	4:06.6		5

### Meeting Result

1	1	Ashford AC	8	396
2	3	Cambridge Harriers	7	387.5
3	7	Medway & Maidstone AC	6	375
4	5	Dartford Harriers	5	281
5	2	Bexley AC	4	268
6	8	Tonbridge AC	3	262.5
7	6	Invicta's Paddock	2	246
8	4	Croydon Harriers	1	198

### Cumulative Result

1	3	Cambridge Harriers	29	1739
2	7	Medway & Maidstone AC	28	1684
3	1	Ashford AC	26	1466.5
4	5	Dartford Harriers	17	1060.5
5	8	Tonbridge AC	16	1178
6	2	Bexley AC	15	1029
7	6	Invicta's Paddock	9	853
8	4	Croydon Harriers	3	459

## AOM

18/04/2010	Craig Lacy	Cambridge Harriers	Javelin	57.82m	G1
18/04/2010	Natalie Hickmott	Dartford Harriers	400m	58.92s	G2
23/05/2010	Timothy Billings	Dartford Harriers	Shot	14.15m	G1
23/05/2010	Ruth Onyekwe (U17W)	Cambridge Harriers	100m	12.5s	G2
26/06/2010	Tobi Sho-Silva	Bexley A.C.	Triple Jump	13.76m	G1
26/06/2010	Gabriella Ade-Onojobi	Cambridge Harriers	100m Hurdles	14.7s	G2
25/07/2010	Elliot Safo (U17)	Croydon Harriers	Long Jump	6.91m	G1
25/07/2010	Anesa Wanogho	Cambridge Harriers	Shot	11.29m	G1

# NJAL - MEDWAY DIVISION 25/07/2010 - FEMALE RESULTS

A String						
Pos	Club	Athlete		Perf	Grade	Pts

B String						
Pos	Club	Athlete		Perf	Grade	Pts

## 100m

1	1	Rachel Hanagan	ASH	12.7	G3	11
2	3	Gabriella Ade-Onojobi	CBG	12.8	G3	9
3	2	Shanique Joseph (U17)	BXL	13.0		8
4	5	Jodie Lesley	DTF	13.4		7
5	6	Laura Clark (U17)	I/PW	13.6		6
6	7	Cherene Ellis	M&M	13.7		5

1	33	Melissa Owusu-Ansah (U17)	CBG	13.0		9
2	11	Elenor Campbell	ASH	13.6		7
3	66	Lucy Jeffery (U17)	I/PW	14.0		6
4	77	Kerri Willis (U17)	M&M	14.2		5

## 200m

1	3	Melissa Owusu-Ansah (U17)	CBG	25.7	G3	11
2	2	Gabriella Ade-Onojobi	BXL	26.0	G3	9
3	5	Jodie Lesley	DTF	26.7		8
4	1	Samantha Beckett	ASH	26.8		7
5	7	Sophie Ayre (U17)	M&M	27.2		6
6	8	Emily Stone (U17)	TBG	27.9		5
7	6	Laura Clark (U17)	I/PW	28.6		4

1	33	Hartshepsur James	CBG	27.0		9
2	55	Samantha Brown (U17)	DTF	27.3		7
3	11	Elenor Campbell	ASH	27.4		6
4	77	Nicola Keegan (U17)	M&M	27.6		5
5	66	Annabel Carter (U17)	I/PW	27.9		4
6	22	Feyi Taiwo	BXL	28.6		3

## 400m

1	6	Annabel Carter (U17)	I/PW	62.3		11
2	8	Grace Nicholls	TBG	63.9		9
3	7	Megan Angus (U17)	M&M	65.6		8

1	66	Sarah Shephard	I/PW	68.6		9
2	77	Cherene Ellis	M&M	75.3		7

## 800m

1	8	Grace Nicholls	TBG	2:17.9	G3	11
2	7	Lucy Nicholson (U17)	M&M	2:29.8		9
3	6	Beth Burnett (U17)	I/PW	2:43.8		8

1	88	Jayne Mallyon (U17)	TBG	2:27.6		9
2	77	Kate McGibbon (U17)	M&M	2:47.0		7

## 1500m

1	6	Rebecca Weston (U17)	I/PW	4:48.6		11
2	2	Beth Armstrong (U17)	BXL	5:01.3		9
3	8	Catherine Symons	TBG	5:02.7		8
4	7	Cerys Sanders (U17)	M&M	5:07.7		7

1	88	Pandora Banbury (U17)	TBG	5:04.6		9
2	66	Beth Burnett (U17)	I/PW	5:49.1		7

## 3000m

1	6	Sarah Shephard	I/PW	12:17.1		11


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B String						
Pos	Club	Athlete		Perf	Grade	Pts

## 100m HURDLES

1	3	Gabriella Ade-Onojobi	CBG	15.1	G3	11
2	1	Rachel Hanagan	ASH	15.6		9
3	7	Jodie Shaw	M&M	17.2		8
4	2	Sadie Gibbs	BXL	19.5		7

1	11	Laura Hanagan (U17)	ASH	16.5		9
2	33	Hartshepsur James	CBG	18.2		7

## 400m HURDLES

1	3	Gabriella Ade-Onojobi	CBG	67.4		11
2	5	Samantha Brown (U17)	DTF	68.0		9
3	1	Samantha Beckett	ASH	69.6		8

1	33	Hartshepsur James	CBG	75.3		9

## HIGH JUMP

1	1	Deborah Martin (U17)	ASH	1.60	G3	11
2	7	Annie Waghorn (U17)	M&M	1.55		9
3	3	Anesa Wanogho	CBG	1.40		7.5
3	8	Emily Stone (U17)	TBG	1.40		7.5
5	2	Tobi Oniyitan (U17)	BXL	1.35		6

1	11	Laura Hanagan (U17)	ASH	1.45		9
2	77	Nicola Keegan (U17)	M&M	1.40		7
	33	Cloe Garrett (U17)	CBG	nhr		

## POLE VAULT

1	2	Sadie Gibbs	BXL	2.80		11
2	3	Cloe Garrett (U17)	CBG	2.70		9
3	1	Caitlin Dock (U17)	ASH	2.10		8

	11	Samantha Lynch (U17)	ASH	nhr		

## LONG JUMP

1	77	Sophie Ayre (U17)	M&M	5.02		11
2	8	Emily Stone (U17)	TBG	4.94		9
3	1	Deborah Martin (U17)	ASH	4.77		8
4	6	Lucy Jeffery (U17)	I/PW	4.64		7
5	2	Tobi Oniyitan (U17)	BXL	3.33		6

1	7	Jodie Shaw	M&M	4.96		9
2	11	Elenor Campbell	ASH	4.08		7

## TRIPLE JUMP

1	1	Laura Hanagan (U17)	ASH	9.72		11
2	4	Serena Phillips (U17)	CRD	9.33		9
3	8	Nicole Taylor (U17)	TBG	9.02		8

1	11	Joanna Norman (U17)	ASH	9.01		9

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A String						
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B String						
Pos	Club	Athlete		Perf	Grade	Pts

## SHOT PUTT

1	3	Anesa Wanogho	CBG	11.29	G1	11
2	7	Jodie Shaw	M&M	9.82	G3	9
3	1	Amber REGARDSOE (U17)	ASH	8.99		8
4	2	Chloe Slater	BXL	7.48		7
5	5	Samantha Brown (U17)	DTF	7.20		6
6	6	Sarah Shepherd	I/PW	7.13		5
7	8	Catherine Cotterill (U17)	TBG	6.78		4

1	77	Annie Waghorn (U17)	M&M	7.92		9
2	11	Carolne Hatley (U17)	ASH	7.22		7

## DISCUS

1	5	Grace Potthurst (U17)	DTF	25.45		11
2	1	Amber REGARDSOE (U17)	ASH	24.85		9
3	4	Leah Anderson (U17)	CRD	24.82		8
4	3	Anesa Wanogho	CBG	22.73		7
5	8	Catherine Cotterill (U17)	TBG	21.99		6
6	66	Sarah Shepherd	I/PW	19.72		5
7	7	Kerri Willis (U17)	M&M	17.26		4
8	2	Sadie Gibbs	BXL	12.25		3

1	44	Davine Dubidad	CRD	22.55		9
2	11	Samantha Beckett	ASH	16.21		7
3	6	Charlotte Burnett	I/PW	15.16		6
4	77	Megan Angus (U17)	M&M	12.97		5

## JAVELIN

1	7	Jodie Shaw	M&M	27.83		11
2	3	Anesa Wanogho	CBG	27.81		9
3	55	Hannah Searing (U17)	DTF	20.10		8
4	44	Davine Dubidad	CRD	18.80		7
5	11	Caroline Hatley (U17)	ASH	17.47		6
6	6	Charlotte Burnett	I/PW	16.51		5

1	1	Rachel Hanagan	ASH	17.20		9
2	4	Leah Anderson (U17)	CRD	16.45		7
3	5	Grace Potthurst (U17)	DTF	14.29		6
4	66	Beth Burnett (U17)	I/PW	10.03		5
	77	Kerri Willis (U17)	M&M	ndr		

## HAMMER

1	2	Chloe Slater	BXL	41.26	G3	11
2	3	Anesa Wanogho	CBG	32.95		9
3	5	Hannah Searing (U17)	DTF	27.98		8
4	4	Serena Phillips (U17)	CRD	23.37		7
5	1	Amber REGARDSOE (U17)	ASH	22.39		6
6	6	Sarah Shepherd	I/PW	17.42		5

1	55	Grace Potthurst (U17)	DTF	19.62		9
2	44	Davine Dubidad	CRD	17.74		7
3	66	Charlotte Burnett	I/PW	16.29		6
4	22	Zoe Ford	BXL	10.37		5

## 4x100m RELAYS

1	3	Cambridge Harriers	Hartshepsur James, Melissa Owusu-Ansah (U17), Cloe Garrett (U17), Gabriella Ade-Onojobi	49.7		11
2	1	Ashford AC	Elenor Campbell, Rachel Hanagan, Laura Hanagan (U17), Samantha Beckett	50.4		9
3	7	Medway & Maidstone AC	Kerri Willis (U17), Sophie Ayre (U17), Cherene Ellis, Annie Waghorn (U17)	53.1		8
4	2	Bexley AC	Tobi Oniyitan (U17), Shanique Joseph (U17), Sadie Gibbs, Feyi Taiwo	54.6		7
5	6	Invicta's Paddock	Annabel Carter (U17), Charlotte Burnett, Lucy Jeffery (U17), Beth Burnett (U17)	60.0		6

## 4x400m RELAYS

1	1	Ashford AC	Elenor Campbell, Rachel Hanagan, Carolne Hatley (U17), Samantha Beckett	4:07.4		11
2	3	Cambridge Harriers	Hartshepsur James, Melissa Owusu-Ansah (U17), Cloe Garrett (U17), Gabriella Ade-Onojobi	4:19.4		9
3	7	Medway & Maidstone AC	Nicola Keegan (U17), Megan Angus (U17), Cherene Ellis, Annie Waghorn (U17)	4:24.5		8
4	8	Tonbridge AC	Jayne Mallyon (U17), Catherine Symons, Grace Nicholls, Nichole Taylor (U17)	4:26.2		7