

NJL National Final Paper Match

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Orpington, Wed 19 August 2009

M 100m A		M 100m B	
1 Nyef Abed	SAL 10.88	1 Jordan Huggins	E&H 11.00
2 Sean Safo-Antwi	E&H 10.95	2 Nathan Roach	SAL 11.07
3 Antonio Infantino	SBH 11.00	3 Confidence Lawson	SBH 11.10
4 Guy Mayer	C&S 11.51	4 Chris Morris	U17 C&S 11.90
M 200m A		M 200m B	
1 Antonio Infantino	SBH 21.70	1=Nyef Abed	SAL 22.40
2 Jordan Arthur	U17 E&H 22.00	1=Olu Oyewobi	E&H 22.40
3 Nathan Roach	SAL 22.23	3 Confidence Lawson	SBH 22.60
4 Guy Mayer	C&S 23.49	4 Chris Morris	U17 C&S 24.54
M 400m A		M 400m B	
1 Matthew Webster	SBH 49.00	1 Jorda Aromasodu	SBH 49.80
2 Sam Evans	C&S 49.76	2 Darren Corbin	E&H 51.70
3 Errol Houston	E&H 50.40	3 William McKeown	U17 SAL 52.90
4 David Whalley	SAL 52.51	4 Adam Smith	C&S 54.60
M 800m A		M 800m B	
1 Sam Evans	C&S 1.53.30	1 Chris Kays	SAL 1.54.23
2 Niall Brooks	SAL 1.53.70	2 Tommy Bryant	SBH 1.57.55
3 Charles Gunnig	SBH 1.54.97	3 Chris Harvey	C&S 1.58.49
4 Luke Disney	E&H 1.58.81	4 Jamie Smith	E&H 2.01.50
M 1500m A		M 1500m B	
1 Niall Brooks	SAL 3.59.90	1 Richard Goodman	U17 SBH 4.03.63
2 Ben Nagy	E&H 4.00.30	2 Alex Jones	E&H 4.05.09
3 Chris Harvey	C&S 4.01.70	3 Jamie Roden	SAL 4.06.40
4 Jake Shelley	SBH 4.02.60	4 Sam Evans	C&S 4.11.42
M 3000m A		M 3000m B	
1 Ben Nagy	E&H 8.40.54	1 Richard Goodman	U17 SBH 8.57.70
2 Niall Fleming	SBH 8.41.97	2 Ryan Worland	SAL 9.20.30
3 Jamie Roden	SAL 9.18.40	3 Alex Milne	E&H 9.21.00
4 Philip Pugh	U17 C&S 9.30.50	4 Chris Perrin	U17 C&S 9.38.60
M 110mH A		M 110mH B	
1 James McClean	E&H 14.43	1 Chris Baker	E&H 15.04
2 Thomas Ashby	SBH 14.80	2 Blade Ashby	U17 SBH 15.50
3 Jack Andrew	SAL 15.01	3 James Davies	SAL 15.80
4 Adam Smith	C&S 19.50		
M 400mH A		M 400mH B	
1 Jorda Aromasodu	SBH 54.40	1 Tommy Bryant	SBH 60.40
2 Luke Daniel	E&H 58.30	2 Alasdair Rigby	C&S 64.41
3 Adam Smith	C&S 61.30	3 Daniel Miller	E&H 64.78
4 Ben Daye	U17 SAL 64.57	4 Thomas Gomulko	SAL 65.96
M 2000m Sc A		M 2000m Sc B	
1 Tommy Bryant	SBH 6.05.15	1 Frank Bailey	U17 SBH 6.25.40
2 Matt Jackson	SAL 6.12.15	2 Dean Scott	U17 E&H 6.30.20
3 Ben Nagy	E&H 6.15.50	3 Ryan Worland	SAL 6.46.15
4 Philip Pugh	U17 C&S 7.18.90	4 Chris Perrin	U17 C&S 7.32.10
M Discus Throw A		M Discus Throw B	
1 Thomas Ashby	SBH 51.80	1 Tom Peacock	U17 SBH 38.33
2 Greg Watkins	SAL 42.16	2 Adam Davies	SAL 34.75
3 Ammirreza Zarei	E&H 41.53	3 Dan Millerchip	C&S 34.32
4 Dan Timmis	C&S 38.64	4 Kieran Hines	E&H 31.66
M Hammer Throw A		M Hammer Throw B	
1 Jay Hill	E&H 58.98	1 Dempsey McGuigan	U17 SBH 49.04
2 Andrew Elkins	U17 SBH 57.03	2 Stan Gaskin	E&H 40.07
3 Adam Davies	SAL 53.39	3 Nathan Morris	U17 SAL 37.23

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4 Dan Millerchip	C&S 27.36	4 Dan Timmis	C&S 24.17
M High Jump A		M High Jump B	
1 Chris Baker	E&H 2.05	1 Leron Norbert	E&H 1.95
2 Jack Andrew	SAL 1.90	2 James Davies	SAL 1.90
3=Alasdair Rigby	C&S 1.85	3 Fela Latilo	SBH 1.85
3=Thomas Ashby	SBH 1.85	4 Chad Barton	C&S 1.60
M Javelin Throw A		M Javelin Throw B	
1 Chad Barton	C&S 56.33	1 Alex Pinner	U17 C&S 46.64
2 Thomas Ashby	SBH 46.51	2 Andrew Elkins	U17 SBH 43.30
3 Thomas Gomalco	SAL 43.26	3 Jack Andrew	SAL 42.26
4 Chris Baker	E&H 40.38	4 Jay Hill	E&H 35.94
M Long Jump A		M Long Jump B	
1 Nathan Fox	SBH 6.90	1 Julian Allwood	E&H 6.46
2 Romane Walcott	E&H 6.68	2 Bradley Houldsworth	SAL 6.38
3 Matthew Wright	SAL 6.63	3 Clayton Johnson	U17 SBH 6.34
4 Jamie Hammond	C&S 6.30	4 Andrew Shortland	U17 C&S 5.78
M Pole Vault A		M Pole Vault B	
1 Andrew Suttcliffe	SAL 5.00	1 Douglas Curwen-Reed	SBH 4.60
2 Michael Read	SBH 4.70	2 James Davies	SAL 4.20
3 Jay Hill	E&H 3.50	3 Anthony Ekundayo	U17 E&H 3.50
M Shot Putt A		M Shot Putt B	
1 Thomas Ashby	SBH 14.27	1 Nathan Morris	U17 SAL 12.74
2 Ammirreza Zarei	E&H 14.07	2 Stan Gaskin	E&H 12.33
3 Greg Watkins	SAL 12.92	3 Tom Peacock	U17 SBH 11.88
4 Dan Timmis	C&S 12.18	4 Dan Millerchip	C&S 11.72
M Triple Jump A		M Triple Jump B	
1 Nathan Fox	SBH 15.25	1 Fela Latilo	SBH 13.38
2 Julian Allwood	E&H 14.32	2 Anthony Ekundayo	U17 E&H 12.92
3 James Hardy	SAL 14.20	3 Bradley Houldsworth	SAL 12.30
4 Jamie Hammond	C&S 11.84	4 Alasdair Rigby	C&S 11.71
W 100m A		W 100m B	
1 Torema Dorsett	E&H 11.91	1 Bianca Williams	U17 E&H 12.30
2 Shaunna Thompson	SAL 12.30	2 Makeda Lewis	U17 SBH 12.50
3 Clarice Underwood	SBH 12.48	3 Danielle Rooney	SAL 12.57
4 Laura Simmonds	C&S 12.80	4 Harriet Thompson	C&S 13.16
W 200m A		W 200m B	
1 Shaunna Thompson	SAL 24.31	1 Olivia Callaghan	U17 SAL 25.45
2 Torema Dorsett	E&H 24.88	2 Chisom Nwachukwu	U17 SBH 25.50
3 Makeda Lewis	U17 SBH 25.50	3 Philippa Tappin	E&H 25.55
4 Natalie Ainge	C&S 27.30	4 Chloe Boulter	C&S 27.70
W 400m A		W 400m B	
1 Tyra Watson	U17 SAL 57.26	1 Jennifer Simmons	SAL 58.63
2 Cally Read	C&S 58.30	2 Hannah Johnson	SBH 61.12
3 Gabrielle Coveney	SBH 58.42	3 Natalie Ainge	C&S 61.41
4 Katie Brown	U17 E&H 59.97	4 Anna Sharrock	E&H 63.20
W 800m A		W 800m B	
1 Lucy Yates	SBH 2.12.50	1 Melissa Courtney	U17 SBH 2.13.96
2 Cally Read	C&S 2.12.91	2 Rachel Atherton	C&S 2.19.60
3 Laura Parker	E&H 2.15.48	3 Anna Sharrock	E&H 2.26.27
4 Sarah Simeen	U17 SAL 2.18.28	4 Lateefah Burton	U17 SAL 2.27.96
W 1500m A		W 1500m B	
1 Lucy Yates	SBH 4.40.68	1 Sophie Proffitt	SBH 4.49.16
2 Cally Read	C&S 4.43.30	2 April Hogg	U17 E&H 4.49.60
3 Ella Waldman	E&H 4.47.11	3 Alice Fittton	U17 SAL 5.09.57
4 Weris Ibrahim	U17 SAL 5.05.69	4 Rebecca Bray	U17 C&S 5.16.70

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W 3000m A				W 3000m B			
1	Melissa Courtney	U17	SBH 10.01.50	1	Sophie Proffitt		SBH 10.41.13
2	Ella Waldman		E&H 10.29.40	2	April Hogg	U17	E&H 10.54.36
3	Beatrice Cordingley	U17	SAL 11.33.25	3	Catherine Hulme	U17	C&S 11.46.90
4	Teresa Hulme	U17	C&S 11.41.49	4	Kate McCelland	U17	SAL 12.13.00
W 100mH A				W 100mH B			
1	Danielle Rooney		SAL 14.65	1	Rayne Allman	U17	SAL 15.12
2	Victoria Dixon		SBH 15.60	2	Sarah Gibson		E&H 17.73
3	Jazmin Hicks		E&H 17.22	3	Josephine Okpo		SBH 18.27
4	Elisha Bateman		C&S 19.44	4	Harriet Thompson		C&S 19.92
W 400mH A				W 400mH B			
1	Gabrielle Coveney		SBH 62.20	1	Lateefah Burton	U17	SAL 65.49
2	Holly Belch		SAL 62.63	2	Abigail Lambden		SBH 68.12
3	Natalie Ainge		C&S 71.30	3	Chloe Boulter		C&S 71.60
4	Charlotte O'Neill		E&H 72.35	4	Anna Sharrock		E&H 73.90
W 1500m Sc A				W 1500m Sc B			
1	Lateefah Burton	U17	SAL 5.29.87	1	Hilary Arrendondo		E&H 5.57.52
2	Anna Sharrock		E&H 5.51.70	2	Teresa Hulme	U17	C&S 6.01.29
3	Sarah Hulme	U17	C&S 5.52.70	3	Samara Mohtasham	U17	SAL 6.14.78
4	Zoe Levin		SBH 6.03.74				
W Discus Throw A				W Discus Throw B			
1	Charlotte Rose		E&H 38.09	1	Stephanie Owens		SBH 37.12
2	Helen Broadbridge		SBH 37.38	2	Sarah Ryan	U17	SAL 26.82
3	Dianne Bentley	U17	SAL 30.02	3	Katie Brown	U17	E&H 21.48
4	Beth Denning	U17	C&S 26.40	4	Alicia Clarke	U17	C&S 18.48
W Hammer Throw A				W Hammer Throw B			
1	Sophie Hitchon		SAL 60.80	1	Stephanie Owens		SBH 46.62
2	Helen Broadbridge		SBH 46.94	2	Alix Barton	U17	SAL 27.80
3	Charlotte Rose		E&H 33.76	3	Stephanie Tewogbade	U17	E&H 20.49
4	Anna Denning		C&S 18.07	4	Beth Denning	U17	C&S 17.77
W High Jump A				W High Jump B			
1	Gemma Smith		C&S 1.65	1	Chloe Boulter		C&S 1.60
2	Beth Grimsey	U17	E&H 1.60	2	Izzy Idahosa		E&H 1.55
3	Jennifer Simmons		SAL 1.50	3	Alisha Casement	U17	SAL 1.50
4	Kosi Okolo		SBH 1.45	4	Gabrielle Coveney		SBH 1.40
W Javelin Throw A				W Javelin Throw B			
1	Dianne Bentley	U17	SAL 41.78	1	Helen Broadbridge		SBH 29.11
2	Makeda Lewis	U17	SBH 36.35	2	Sarah Ryan	U17	SAL 27.08
3	Rebecca Redding	U17	E&H 32.33	3	Charlotte Rose		E&H 24.02
4	Sally Clague		C&S 31.27	4	Harriet Thompson		C&S 22.66
W Long Jump A				W Long Jump B			
1	Dee Bakre		E&H 5.57	1	Gemma Smith		C&S 5.28
2	Laura Simmons		C&S 5.55	2	Gabrielle Rowsell	U17	SBH 5.22
3	Jade Attoh		SBH 5.48	3	Rayne Allman	U17	SAL 4.97
4	Ahtollah Rose	U17	SAL 5.08	4	Kike Solanke	U17	E&H 4.86
W Pole Vault A				W Pole Vault B			
1	Abigail Haywood		SAL 3.80	1	Katie Byres	U17	SAL 3.60
2	Jazmin Hicks		E&H 3.35	2	Sarah Gibson		E&H 2.90
3	Louise Foster	U17	C&S 2.75	3	Sammy-Jo Witton	U17	C&S 2.45
4	Holly Smith	U17	SBH 2.30	4	Helen Broadbridge		SBH 1.85
W Shot Putt A				W Shot Putt B			
1	Charlotte Rose		E&H 10.59	1	Sophie Hitchon		SAL 9.87
2	Rayne Allman	U17	SAL 10.43	2	Helen Broadbridge		SBH 9.00
3	Stephanie Owens		SBH 10.21	3	Rebecca Redding	U17	E&H 7.78
4	Beth Denning	U17	C&S 7.37	4	Alicia Clarke	U17	C&S 6.81
W Triple Jump A				W Triple Jump B			
1	Ahtollah Rose	U17	SAL 11.98	1	Kike Solanke	U17	E&H 11.16

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2 Dee Bakre	E&H 11.82	2 Natalie Ainge	C&S 10.64
3 Gemma Smith	C&S 11.72	3 Molly Cockburn	U17 SAL 10.60
4 Jade Attoh	SBH 10.43	4 Ri anna Pl ummer	SBH 9.43

W 4x100m Relay

1 E&H 47.90	1 Bi anca Wi lli ams	U17	2 Co ri nne Hu mp hreys
	3 An gel i ka Br own		4 To re ma Dor set t
2 SAL 48.11	1 Re bekah Wi lson		2 Sha un na Th ompson
	3 Bro gan Crow ley	U17	4 Ol i vi a Cal lag han
3 SBH 49.70	1 Gab ri el le Row sel l	U17	2 Ja de At toh
	3 Chi som Nwachukwu	U17	4 Ma ke da Lew i s
4 C&S 54.80	1 Ch loe Boul ter		2 Beck y Nut ton
	3 Sha ni e Read	U17	4 An na Den ni ng

W 4x400m Relay

1 SAL 3.56.78	1 Jen ni fer Si mmons		2 Ty ra Wat son	U17
	3 Hol ly Bel ch		4 Bro gan Crow ley	U17
2 SBH 4.00.27	1 Mel i ssa Cour tney	U17	2 Ab i gai l Lam bden	
	3 Lu cy Yates		4 Gab ri el le Co veney	
3 C&S 4.02.70	1 Na ta lie Ainge		2 Hol lie Al lan	U17
	3 Ra chel Atherton		4 Cal ly Read	
4 E&H 4.17.83	1 Em ma Shuker		2 Ap ri l Hogg	U17
	3 Ka ti e Br own	U17	4 Lau ra Par ker	

M 4x100m Relay

1 E&H 42.09	1 Sean Safo-Antwi		2 Jo rdan Ar thur	U17
	3 Rhi on Sa muel		4 Ja mes Mc Cle an	
2 SAL 43.57	1 Nyef Abed		2 Na than Roach	
	3 Vi ctor Neyu		4 Ch ar les Bur ke	
3 SBH 43.80	1 Adam Mo hammed		2 Con fi dence Law son	
	3 Clay ton John son	U17	4 An to ni o In fan ti no	
4 C&S 48.35	1 Chad Bar ton		2 Ch ri s Mor ri s	U17
	3 Dan Ti mmi s		4 Guy Ma yer	

M 4x400m Relay

1 E&H 3.24.30	1 Dar ren Cor bi n		2 Rhi on Sa muel
	3 Lu ke Di sney		4 Er rol Hou ston
2 SBH 3.25.90	1 Bl ade Ash by	U17	2 Jor da Aro maso du
	3 Ch ar les Gun ni ng		4 Ma tthe w Web ster
3 C&S 3.30.10	1 Adam Smi th		2 Ja mi e Gra ham
	3 Ch ri s Har ve y		4 Sa m Evans
4 SAL 3.35.26	1 Dav i d Whal ley		2 Nyef Abed
	3 Ja mes Wi gnel l		4 Ch ri s Kays

Points

1 Shaftesbury Barnet H.	594.5
2 Sale Harriers	579
3 Enfield & Haringey AC	577
4 Cannock & Stafford AC	475.5

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