

NATIONAL JUNIOR ATHLETIC LEAGUE

MATCH RESULTS MEN - Ipswich - 7th May 2006

Event	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth	1	2	3	4	5	6	7	8	360
Hammer	A	Jamie Earle	Scott McKevitt	Josh Steel	Danny Brown	Chris Bullard											
		Colchester & Ten.	Team Cambridge	Bedford & County	Basildon	Ipswich Harriers											
		52.87 11	48.41 9	47.71 8	34.21 7	24.52 6											
Hammer	B	Sean Fisher	Greg Packman	Scott Phillips	Graham Pattle												
		Team Cambridge	Bedford & County	Basildon	Ipswich Harriers												
		26.24 9	23.64 7	23.52 6	14.96 5												
400m Hurdles	A	Christian Roberts	Bradley Painter	Josh Steele													
		Team Cambridge	Basildon	Bedford & County													
		61.0 11	68.5 9	77.2 8													
400m Hurdles	B	Jack Huddleston															
		Team Cambridge															
		63.2 9															
Long Jump	A	Aaron Steels	Andy Slizys	Nathan Hanley	Mark Dyble	Josh Saunders	Daniel Aka										
		Team Cambridge	Bedford & County	Ipswich Harriers	Basildon	Colchester & Ten	London Heathside										
		6.07 11	6.05 9	5.92 8	5.69 7	5.37 6	5.14 5										
Long Jump	B	Craig Morse	Gian-Luca Zicchi	Simon Gardner	Brad Paynter												
		Bedford & County	Team Cambridge	Ipswich Harriers	Basildon												
		6.00 9	5.57 7	4.68 6	4.29 5												
High Jump	A	Louis Persent	Jamie Irons	Ricardo Beckford	James Scott	Nathan Hanley	Scott Phillips										
		Colchester & Ten.	Team Cambridge	London Heathside	Bedford & County	Ipswich Harriers	Basildon										
		1.80 11	1.75 9	1.75 8	1.75 7	1.65 6	1.50 5										
High Jump	B	Leon Zeniou	Tom Bavington														
		London Heathside	Basildon														
		1.70 2	1.40 7														

Total 46 48 28 31 22 0 65 0 120 360

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Event	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth	1	2	3	4	5	6	7	8	360										
800m	A	Scott Phillips	Rob Heaney	Andrew Dickens	Daniel Palmer	Sean Wilson	L Hine																				
		Basildon	Bedford & County	Team Cambridge	Ipswich Harriers	Colchester & Ten	St Albans/Watford																				
		1.57.8	11	2.03.4	9	2.05.1	8	2.07.4	7	2.08.0	6	2.17.1	5		4		3	11	9	6	7	0	5	8		7	53
	B	Anthony Aylett	Micaiah Debbage	Tom Tica	Tom Roberts																						
	Basildon	Team Cambridge	Ipswich Harriers	Bedford & County																							
	2.03.8	9	2.10.9	7	2.11.6	6	2.26.2	5		4		3		2		1	9	5	0	6	0	0	7		10	37	
100m	A	Moses Arthur	Gian-Luca Zicchi	Douglas Elou	O Spicer	Michael Hill	Robert Ansell	Andy Slizys																			
		London Heathside	Team Cambridge	Colchester & Ten.	St Albans/Watford	Basildon	Ipswich Harriers	Bedford & County																			
		11.3	11	11.4	9	11.5	8	11.8	7	11.9	6	12.3	5	12.4	4	3	6	4	8	5	11	7	9		3	53	
	B	Romeo Beckford	Rashaad Noray	Mark Dyble	Mark Turner	Chris Pattle	Stuart Brown	Tom Roberts																			
	London Heathside	Team Cambridge	Basildon	Colchester & Ten.	Ipswich Harriers	St Albans/Watford	Bedford & County																				
	11.5	9	11.5	7	11.7	6	12.0	5	12.1	4	12.2	3	12.9	2	1	6	2	5	4	9	3	7		1	37		
Shot	A	Dan Tinkler	Ricardo Beckford	Chris Bullard	Matt Jones	Danny Brown																					
		Team Cambridge	London Heathside	Ipswich Harriers	Bedford & County	Basildon																					
		16.38	11	11.27	9	10.07	8	8.65	7	8.49	6		5		4	3	6	7	0	8	9	0	11		12	53	
	B	Sean Fisher	Greg Packman	Anthony Aylett	Chris Pattle																						
	Team Cambridge	Bedford & County	Basildon	Ipswich Harriers																							
	10.47	9	8.45	7	7.26	6	6.75	5		4		3		2	1	6	7	0	5	0	0	9		10	37		
Pole Vault	A	Matt Devereux																									
		Bedford & County																									
		3.30m	11		9		8		7		6		5		4	3	0	11	0	0	0	0	0		42	53	
	B																										
		9		7		6		5		4		3		2	1	0	0	0	0	0	0	0		37	37		

Total 44 45 19 35 29 15 51 122 360

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400m	A	Ed Aston	Louis Persent	Craig Morse	S Brill	Tom Bavington	Leon Zeniou	Tom Love									
		Team Cambridge	Colchester & Ten.	Bedford & County	St Albans/Watford	Basildon	London Heathside	Ipswich Harriers									
		49.5	11	49.9	9	51.4	8	52.5	7	53.6	6	54.9	5	56.9	4		3
	B	Dan Potts	James Tuttle	Bradley Painter													
	Team Cambridge	Bedford & County	Basildon														
	53.6	9	57.2	7	59.4	6				4							
3000m	A	Elliott Palmer	Rob Heaney	Alex Gladley	L Hine												
		Ipswich Harriers	Bedford & County	Colchester & Ten.	St Albans/Watford												
		9.26.1	11	9.47.0	9	9.51.1	8	10.35.5	7		6			5		4	
	B	Tom Tica															
	Ipswich Harriers																
	10.29.0	9								4						3	
Javelin	A	Paul Toleman	Chris Bullard	Aaron Steeles	Lance Ali-Baldgun	Tom Bavington	James Tuttle										
		Colchester & Ten.	Ipswich Harriers	Team Cambridge	London Heathside	Basildon	Bedford & County										
		41.87	11	38.53	9	37.03	8	31.38	7	25.86	6	11.45	5			4	
	B	Martin Tinkler	Danny Brown	Steven Tuttle	Graham Pattle												
	Team Cambridge	Basildon	Bedford & County	Ipswich Harriers													
	32.98	9	13.84	7	10.10	6	5.32	5		4						3	
110m Hurdles	A	Gianna Franks	James Markley	Ricardo Beckford	Matt Devereux												
		Basildon	Team Cambridge	London Heathside	Bedford & County												
		14.3	11	15.2	9	15.5	8	22.2	7		6			5		4	
	B	Lawe Ali-Babgun	Jack Huddleston														
	London Heathside	Team Cambridge															
	15.9	9	17.7	7						4						3	

Total 36 42 28 38 29 14 53 120 360

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Event	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth	1	2	3	4	5	6	7	8	360	
Triple Jump	A	Louis Persent	Andy Slizys	Aaron Steeles	Simon Gardner													
		Colchester & Ten.	Bedford & County	Team Cambridge	Ipswich Harriers				0	9	11	7	0	0	8		18 53	
		12.91	11	12.56	9	12.22	8	10.30	7		6		5		4		3	
	B	Matt Jones	Alex Gladley															
	Bedford & County	Colchester & Ten.							0	9	7	0	0	0	0		21 37	
	12.54	9	10.08	7		6		5		4		3		2		1		
200m	A	Moses Arthur	Tom Bavington	Graham Pattle =	James Godden =	S Brown	Mark Turner	Andy Slizys										
		London Heathside	Basildon	Ipswich Harriers	Team Cambridge	St Albans/Watford	Colchester & Ten.	Bedford & County	9	4	5	7.5	11	6	7.5		3 53	
		23.0	11	23.8	9	24.0		24.0		24.4	25	24.5	5	26.7	4		3	
	B	Romeo Beckford	Rashaad Noray	Mark Dyble	S Brill	Chris Pattle	Josh Saunders	Matt Jones										
	London Heathside	Team Cambridge	Basildon	St Albans/Watford	Ipswich Harriers	Colchester & Ten.	Bedford & County	6	2	3	4	9	5	7		1 37		
	23.1	9	23.4	7	24.1	6	24.5	5	24.8	4	25.3	3	25.4	2		1		
1500m	A	Andrew Suter	Scott Phillips	Tom Love	Steve Tuttle													
		Team Cambridge	Basildon	Ipswich Harriers	Bedford & County				9	7	0	8	0	0	11		18 53	
		4.11.7	11	4.13.5	9	4.20.7	8	4.24.1	7		6		5		4		3	
	B	Martin Bell	Kieron Mitchell	Simon Gardner	Tom Roberts													
	Team Cambridge	Basildon	Ipswich Harriers	Bedford & County					7	5	0	6	0	0	9		10 37	
	4.29.6	9	4.33.2	7	4.52.6	6	5.11.5	5		4		3		2		1		
Discus	A	Dan Tinkler	Lance Ali-Baufon	Paul Toleman	Josh Steel	Danny Brown	Chris Bullard											
		Team Cambridge	London Heathside	Colchester & Ten.	Bedford & County	Basildon	Ipswich Harriers											
		43.50	11	35.97	9	26.57	8	20.79	7	20.61	6	16.21	5		4		3	
	B	Ricardo Beckford	Sean Fisher	Bradley Painter	Graham Pattle													
	London Heathside	Team Cambridge	Basildon	Ipswich Harriers					6	0	0	5	9	0	7		10 37	
	34.54	9	28.84	7	15.07	6	13.68	5		4		3		2		1		

Total 43 43 34 42.5 38 11 60.5 88 360

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2000m S/C	A	Cieron Mitchell	Steve Tuttle	Daniel Palmer	Alex Howarth												
		Basildon	Bedford & County	Ipswich Harriers	Team Cambridge				11	9	0	8	0	0	7		18 53
		6.48.7	11	6.55.2	9	7.03.1	8	7.12.6	7		6		5		4		3
2000m S/C	B	Josh Steele															
		Bedford & County							0	9	0	0	0	0	0		28 37
		9.11.0	9		7		6		5		4		3		2		1
4 x 100m Relay	A	Team Cambridge	London Heathside	Basildon	Colchester & Ten.	St Albans/Watford	Bedford & County										
		44.0	11	44.6	9	46.7	8	47.0	7	48.1	6	48.8	5		4		3
4 x 400m Relay	A	Team Cambridge	London Heathside	Ipswich Harriers	Bedford & County												
		3.31.8	11	3.32.9	9	3.40.8	8	4.19.3	7		6		5		4		3

Total 19 30 7 16 18 6 29 71 196

Total Men 188 208 116 163 136 46 259 521 1636

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Event	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth	1	2	3	4	5	6	7	8	360											
Pole Vault	No Competitors																											
	A								0	0	0	0	0	0	0		53	53										
		11		9		8		7		6		5		4		3												
	B								0	0	0	0	0	0	0		37	37										
		9		7		6		5		4		3		2		1												
Shot	Chloe Edwards		Zoe Young		Kerry Fuller		Natalie McQueen																					
	Team Cambridge		Basildon		Ipswich Harriers		London Heathside																					
	12.41	11	9.35	9	9.00	8	6.25	7		6		5		4		3		9	0	0	8	7	0	11		18	53	
	Alice Forster		Eleni Pontikise		Rebecca M-Jennings		Simone McQueen																					
Team Cambridge		Basildon		Ipswich Harriers		London Heathside																						
10.62	9	8.93	7	7.73	6	6.11	5		4		3		2		1			7	0	0	6	5	0	9		10	37	
400m Hurdles	Kerry Dixon		Emma Bubb																									
	Ipswich Harriers		Basildon																									
	72.6	11	78.1	9		8		7		6		5		4		3			9	0	0	11	0	0	0		33	53
	B								0	0	0	0	0	0	0		37	37										
		9		7		6		5		4		3		2		1												
100m	Nicole Sadler		Chloe Weaver		Louise Cerson																							
	Ipswich Harriers		Team Cambridge		Basildon																							
	12.7	11	13.3	9	14.1	8		7		6		5		4		3			8	0	0	11	0	0	9		25	53
	Dominique Smith		Kerry Dixon		Phillipa Haines																							
Team Cambridge		Ipswich Harriers		Basildon																								
13.7	9	13.8	7	15.2	6		5		4		3		2		1			6	0	0	7	0	0	9		15	37	

Total 39 0 0 43 12 0 38 228 360

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Event	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth	1	2	3	4	5	6	7	8	360
800m	A	Jessica Dunn	Christy Smith	Rachel Cove													
		Basildon	Team Cambridge	Bedford & County													
		2.23.1	11	2.23.2	9	2.29.9	8		7		6		5		4		3
	B	Phillipa Haines															
	Basildon																
	2.30.6	9		7		6		5		4		3		2		1	
Long Jump	A	Sarah Tippett	Kate Slater	Alice Middleton	Stef De smedt												
		Ipswich Harriers	Team Cambridge	Bedford & County	Basildon												
		5.08	11	4.85	9	4.43	8	3.52	7		6		5		4		3
	B	Georgina Malster	Nikita W-Walker														
	Ipswich Harriers	Team Cambridge															
	4.93	9	2.90	7		6		5		4		3		2		1	
Hammer	A	Chloe Edwards	Eleni Pontikise	Kerry Fuller													
		Team Cambridge	Basildon	Ipswich Harriers													
		36.63	11	23.51	9	18.86	8		7		6		5		4		3
	B	Alice Forster	Becky Welbourn														
	Team Cambridge	Ipswich Harriers															
	36.14	9	6.34	7		6		5		4		3		2		1	
400m	A	Becky Welbourn	Alice Middleton	Lauren Searles	Imola Aszatlos	Fiona Cliffe	Natalie McQueen										
		Ipswich Harriers	Bedford & County	Basildon	Team Cambridge	St Albans/Watford	London Heathside										
		59.4	11	59.4	9	60.5	8	61.3	7	65.1	6	67.0	5		4		3
	B	Stacey Wheat															
	Basildon																
	62.6	9		7		6		5		4		3		2		1	

Total 53 25 0 46 5 6 52 173 360

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Event	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth	1	2	3	4	5	6	7	8	360
100m Hurdles	Kim Motley	Sarah Tippett	Emma Bubb														
	Team Cambridge	Ipswich Harriers	Basildon						8	0	0	9	0	0	11		25 53
	16.3	11	16.7	9	23.7	8	7	6	5	4	3						
	Hayley Todd	Eleni Pontikise							7	0	0	9	0	0	0		21 37
High Jump	Ipswich Harriers	Basildon															
	1.40	11		9		8	7	6	5	4	3						
	Kerry Dixon																
	Ipswich Harriers								0	0	0	9	0	0	0		28 37
3000m	1.35	9		7		6	5	4	3	2	1						
	Lucy Dowsett	Stacey Wheat															
	Team Cambridge	Basildon							9	0	0	0	0	0	11		33 53
	11		9		8	7	6	5	4	3							
Javelin	Stef De Smedt								9	0	0	0	0	0	0		28 37
	Basildon																
	9		7		6	5	4	3	2	1							
	Zoe Young	Chloe Edwards	Hayley Todd	Alice Middleton	Samone McQueen												
Basildon	Team Cambridge	Ipswich Harriers	Bedford & County	London Heathside													
29.46	11	28.34	9	21.78	8	21.41	7	12.93	6	5	4	3					11 7 0 8 6 0 9 12 53
Jessica Dunn	Alice Froster	Kerry Dixon															
Basildon	Team Cambridge	Ipswich Harriers							9	0	0	6	0	0	7		15 37
27.23	9	15.15	7	8.48	6		5	4	3	2	1						

Total 53 7 0 52 6 0 38 204 360

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Event	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth	1	2	3	4	5	6	7	8	360	
Discus	A	Chloe Edwards	Kerry Fuller	Stef De Smedt	Rachel Cave													
		Team Cambridge	Ipswich Harriers	Basildon	Bedford & County				8	7	0	9	0	0	11		18 53	
		37.29	11 22.80	9 16.82	8 11.63	7	6	5	4	3								
	B	Alice Forster	Hayley Todd	Abby Howarth														
	Team Cambridge	Ipswich Harriers	Bedford & County						0	6	0	7	0	0	9		15 37	
	29.04	9 18.74	7 9.49	6	5	4	3	2	1									
200m	A	Lauren Searless	Becky Welbourn	Alice Middleton	Dominique Smith	Natalie McQueen	Fiona Cliffe											
		Basildon	Ipswich Harriers	Bedford & County	Team Cambridge	London Heathside	St Albans/Watford		11	8	0	9	6	5	7		7 53	
		26.6	11 26.8	9 27.0	8 27.9	7 28.7	6 28.8	5	4	3								
	B	Georgina Malster	Nikita W-Walker	Phillipa Haines	Simone McQueen	Abi Howarth												
	Ipswich Harriers	Team Cambridge	Basildon	London Heathside	Bedford & County				6	4	0	9	5	0	7		6 37	
	26.9	9 28.4	7 29.2	6 31.3	5 32.2	4	3	2	1									
1500m	A	Gemma Loe	Rachel Cave	Rosie Martin														
		Team Cambridge	Bedford & County	Basildon					8	9	0	0	0	0	11		25 53	
		4.49.4	11 5.10.6	9 5.29.9	8	7	6	5	4	3								
	B	Ellie Schofield	Abigail Howarth															
	Team Cambridge	Bedford & County							0	7	0	0	0	0	9		21 37	
	4.50.2	9 5.53.7	7	6	5	4	3	2	1									
Triple Jump	A	Alice Middleton	Kerry Fuller	Stef De Smedt														
		Bedford & County	Ipswich Harriers	Basildon					8	11	0	9	0	0	0		25 53	
		9.74	11 9.35	9 9.09	8	7	6	5	4	3								
	B																	
									0	0	0	0	0	0	0		37 37	
		9	7	6	5	4	3	2	1									

Total 41 52 0 43 11 5 54 154 360

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4 x 100m Relay	A				Ipswich Harriers	Team Cambridge	Basildon			8	0	0	11	0	0	9	25	53	
		11	9	8	51.9	7	52.5	6	54.1										5
4 x 400m Relay	A				Ipswich Harriers	Team Cambridge	Basildon			8	0	0	11	0	0	9	25	53	
		11	9	8	4.08.2	7	4.11.0	6	4.16.5										5
									Total	16	0	0	22	0	0	18	0	50	106

Athlete of the match Men Dan Tinkler Team Cambridge Shot 16.38m

Athlete of the match Women Chloe Edwards Team Cambridge Shot 12.40m

League record - None

Team Nos	1	2	3	4	5	6	7	8		
Womens Total	202	84	0	206	34	11	200		809	1546
Mens Total	188	208	116	163	136	46	259		521	1636
Officials	35	35	30	35	10	0	25		110	280
Overall Total	425	327	146	403.5	180	57	483.5		1440	3462

