

NJL Midland Avon Div Round:3
Leamington, Sun 14 June 2009

M 100m A			M 100m B		
1	Andrew Pozzi	AVS 11.1	1	Karl Ledington	COV 11.5
2	Aidan Twomey	COV 11.3	2	Rory McGregor	CRB 11.8
3	Courtney Douglas	R&N 11.4	3	Bradley Free	U17 S&S 12.2
4	Gabby Gennuso	S&S 11.6	4	James Eaton	R&N 12.2
5	Kore Venus	U17 NUN 12.0	5	Sam Mason-Brown	AVS 12.4
6	Gary Wong	U17 CRB 12.0	6	Marvin O'Loughlin	U17 NUN 12.9
M 200m A			M 200m B		
1	Aidan Twomey	COV 22.9	1	Richard Curl	S&S 22.8
2	Alex Currie	S&S 23.2	2	Karl Ledington	COV 23.4
3	Courtney Douglas	R&N 23.5	3	Luke Storer	R&N 24.0
4	Frank Sackey	U17 NUN 24.5	4	Alistair Fowler	U17 CRB 24.6
5	Gary Wong	U17 CRB 24.9			
M 400m A			M 400m B		
1	Ross Allen	R&N 50.1	1	Simon Franklin	CRB 53.5
2	Matthew Clark	NUN 52.0	2	Elijah Burke	U17 S&S 53.9
3	Matthew Timothy	COV 52.6	3	David Lee	COV 54.9
4	Ross Davies	CRB 53.3	4	Tom Johnson	R&N 56.4
5	Lewis Albutt	S&S 54.1	5	Jared Wilson	U17 NUN 56.9
M 800m A			M 800m B		
1	Sebastien Goodall	CRB 2.02.5	1	Richard Bowman	COV 2.07.0
2	David Freeman	COV 2.07.7			
3	Adam McGuigan	U17 AVS 2.08.6			
4	Steve Charles	S&S 2.13.5			
M 1500m A			M 1500m B		
1	Jonathan Simkins	S&S 4.14.9	1	Steve Charles	S&S 4.46.4
2	Luke Robinson	R&N 4.25.0			
3	Jamie Langley	AVS 4.30.3			
M 3000m A			M 3000m B		
1	Jack Mee	AVS 9.24.8	1	David Pitcher	S&S 11.38.1
2	Tom Delaney	COV 9.47.9			
3	Simon Cook	S&S 10.16.8			
M 110mH A			M 110mH B		
1	Andrew Pozzi	AVS 14.5	1	David Pitcher	S&S 23.3
2	James Eaton	R&N 15.8			
3	Simon Cook	S&S 23.4			
M 400mH A			M 400mH B		
1	Richard Curl	S&S 58.5	1	Elijah Burke	U17 S&S 64.5
2	Ryan Cleaver	R&N 61.5			
3	Matthew Timothy	COV 63.1			
4	Jared Wilson	U17 NUN 65.4			
M 2000m Sc A			M 2000m Sc B		
1	Danny Wardle	R&N 7.20.6			
2	Stephen Broome	CRB 7.41.5			
3	Simon Cook	S&S 8.27.4			
M Discus Throw A			M Discus Throw B		
1	Richard Taylor	U17 S&S 27.38	1	Elijah Burke	S&S 18.65
2	Simon Franklin	CRB 24.05	2	Ross Davies	CRB 18.49
3	Keighon Elliott	U17 NUN 23.89	3	Tom Johnson	R&N 16.38
4	Luke Storer	R&N 22.83	4	Kore Venus	U17 NUN 16.09
5	Martin Browne	COV 19.20			

M Hammer Throw A		M Hammer Throw B	
1 Sam Foster	U17 CRB 39.11	1 Steve Charles	S&S 17.65
2 Richard Taylor	S&S 37.20		
3 Martin Browne	COV 19.06		
M High Jump A		M High Jump B	
1 Mark Brown	COV 1.95		
2 Josh Guest	U17 AVS 1.80		
3 Themba Luhana	R&N 1.75		
4 Morton Hart	U17 S&S 1.70		
5 Harry Hollis	CRB 1.65		
M Javelin Throw A		M Javelin Throw B	
1 Harry Hollis	CRB 51.67	1 Lewis Albutt	S&S 45.03
2 Richard Taylor	S&S 46.23		
3 Keighon Elliott	U17 NUN 33.85		
4 Ryan Cleaver	R&N 33.42		
5 Martin Browne	COV 26.59		
M Long Jump A		M Long Jump B	
1 Bryn Stretton	U17 AVS 6.13		
2 Themba Luhana	R&N 6.08		
3 Gary Wong	U17 CRB 6.03		
4 Morton Hart	U17 S&S 5.25		
M Shot Putt A		M Shot Putt B	
1 Harry Hollis	CRB 10.27	1 Rory McGregor	CRB 8.39
2 Keighon Elliott	U17 NUN 9.83	2 David Pitcher	S&S 5.33
3 Martin Browne	COV 9.65		
4 James Eaton	R&N 9.43		
5 Simon Cook	S&S 7.33		
M Triple Jump A		M Triple Jump B	
1 Bryn Stretton	AVS 11.78	1 Frank Sackey	U17 NUN 11.49
2 Matthew Clark	NUN 11.77	2 Bradley Free	U17 S&S 10.51
3 Morton Hart	U17 S&S 11.30		
W 100m A		W 100m B	
1 Charlotte Burrows	U17 R&N 12.6		
2 Charlotte Bowling	U17 CRB 12.6		
3 Amanda Evans	AVS 13.6		
W 200m A		W 200m B	
1 Charlotte Bowling	U17 CRB 26.2	1 Hannah Stanley	COV 27.6
2 Sophie Meakin	R&N 26.9	2 Hannah Oliver	R&N 28.0
3 Kellie Bewick	COV 27.4		
4 Natalie Bugg	U17 AVS 29.1		
W 400m A		W 400m B	
1 Charlotte Bowling	U17 CRB 60.0	1 Hannah Stanley	COV 65.1
2 Kellie Bewick	COV 60.7		
3 Rachel Chard	NUN 67.6		
W 800m A		W 800m B	
1 Davina Cole	COV 2.18.0	1 Emily Waugh	R&N 2.23.1
2 Gabriella Moriarty	R&N 2.24.4		
3 Tania White	U17 NUN 2.28.0		
4 Hannah Owen	S&S 2.30.5		
W 1500m A		W 1500m B	
1 Amy Gibson	NUN 4.57.5		
2 Eleanor Barnes	R&N 5.11.7		
3 Faye Barr	AVS 5.27.1		

W 3000m A		W 3000m B	
1 Briony Banks	R&N 11.44.2	1 Emma McGowan	R&N 12.27.5
2 Katherine Taylor	U17 AVS 13.31.7		
W 100mH A		W 100mH B	
1 Sophie Meakin	R&N 16.4	1 Talissa Free	S&S 17.7
2 Katie Jacks	S&S 17.2	2 Emma Cluley	R&N 17.9
W 400mH A		W 400mH B	
1 Katie Jacks	S&S 80.1		
W Discus Throw A		W Discus Throw B	
1 Rachel Tyler	CRB 34.23	1 Kathryn Reynolds	R&N 20.58
2 Elycia Metaxas-Belt	U17 R&N 31.87	2 Danielle Smith	COV 19.35
3 Kate Whiston	S&S 31.20	3 Anna Hart	S&S 14.38
4 Katherine McBeth	COV 27.35		
5 Laura Newitt	U17 NUN 15.60		
W Hammer Throw A		W Hammer Throw B	
1 Zoe Ash	R&N 41.93	1 Danielle Smith	COV 21.26
2 Katherine McBeth	COV 22.58	2 Sophie Wright	R&N 20.87
3 Anna Hart	S&S 18.79	3 Kate Whiston	S&S 17.94
W High Jump A		W High Jump B	
1 Sophie Rayner	U17 S&S 1.60	1 Katie Jacks	S&S 1.45
2 Imogen Green	U17 AVS 1.48		
W Javelin Throw A		W Javelin Throw B	
1 Sam Cullinane	R&N 38.10	1 Charlotte Burrows	R&N 33.87
2 Lauren Boyd	CRB 33.33	2 Mary Donaldson	U17 AVS 26.01
3 Katherine McBeth	COV 32.55	3 Danielle Smith	COV 19.72
4 Imogen Green	U17 AVS 28.57	4 Kate Whiston	S&S 16.22
5 Laura Newitt	U17 NUN 20.84		
6 Anna Hart	S&S 19.83		
W Long Jump A		W Long Jump B	
1 Sophie Meakin	R&N 4.79	1 Georgie Evans	U17 AVS 4.32
2 Emma Spragg	S&S 4.77		
3 Amanda Evans	AVS 4.63		
4 Hannah Stanley	COV 4.57		
5 Rachel Chard	NUN 3.84		
W Shot Putt A		W Shot Putt B	
1 Lauren Boyd	CRB 10.68	1 Danielle Smith	COV 9.20
2 Katherine McBeth	COV 10.56	2 Emily Waugh	R&N 6.10
3 Imogen Green	U17 AVS 8.07	3 Anna Hart	S&S 5.81
4 Kate Whiston	S&S 7.56		
5 Zoe Ash	R&N 7.22		
6 Laura Newitt	U17 NUN 7.03		
W Triple Jump A		W Triple Jump B	
1 Amanda Evans	AVS 10.22	1 Talissa Free	S&S 8.90
2 Hannah Owen	S&S 8.98		
W 4x100m Relay			
1 R&N 53.1	1 Emma Cluley	2 Hannah Oliver	
	3 Sophie Meakin	4 Charlotte Burrows	U17
2 S&S 54.9	1 Emma Spragg	2 Katie Jacks	
	3 Hannah Owen	4 Talissa Free	U17
W 4x400m Relay			
1 R&N 4.28.0	1 Emily Waugh	2 Gabriella Moriarty	
	3 Eleanor Barnes	4 Briony Banks	

M 4x100m Relay

1 R&N 45.2	1 Luke Storer		2 Themba Luhana	
	3 Ross Allen		4 Courtney Douglas	
2 COV 45.5	1 Dominic Ainsworth		2 Matthew Timothy	
	3 Karl Ledington		4 Aidan Twomey	
3 CRB 46.6	1 Gary Wong	U17	2 Ross Davies	U17
	3 Alistair Fowler	U17	4 Rory McGregor	
4 S&S 47.2	1 Elijah Burke		2 Gabby Gennuso	
	3 Bradley Free	U17	4 Morton Hart	U17
5 NUN 48.4	1 Keighon Elliott	U17	2 Kore Venus	U17
	3 Frank Sackey	U17	4 Marvin O'Loughlin	U17

M 4x400m Relay

1 CRB 3.33.5	1 Ross Davies	U17	2 Simon Franklin	
	3 Sebastien Goodall		4 Alistair Fowler	U17
2 COV 3.40.1	1 David Freeman		2 Richard Bowman	
	3 David Lee		4 Matthew Timothy	
3 R&N 3.41.3	1 Ross Allen		2 James Eaton	
	3 Tristin Titinchi		4 Tom Johnson	
4 S&S 3.48.6	1 Richard Curl		2 David Pitcher	
	3 Alex Currie		4 Lewis Allbutt	

After 33 of 38 events

	Event	Lge
1 Solihull & Smallheath	388	8
2 Rugby & Northampton AC	338	7
3 Coventry Godiva Harriers	259	6
4 Corby AC	212	5
5 Avon SPA	175	4
6 Nuneaton Harriers AC	140	3