

SOUTHERN LEAGUE (MATCH ONE)

28th APRIL A

MEN

100 metres	Harry McQueen	1st	10.8s
	Alex O'Brien	3rd	12.2s
200 metres	Harry McQueen	1st	21.9
	Mark Hunt	1st	22.1s
400 metres	Mark Hunt	1st	49.4s
	Paul Owen	2nd	53.1s
800 metres	Mark Woodley	1st	1m 55.4s
	Paul Owen	2nd	1m 58.4s
1500 metres	Mark Sanford	1st	4m 11.4s
	Grant Twist	2nd	4m26.0s
5000 metres	Grant Twist	2nd	15m 12.3s
	Ryan Prout	1st	15m 16.7s
110m. Hdls	Bradley Reed	1st	15.3s
	Luke Keteleers	1st	16.5s
400m. Hdls	Bradley Reed	3rd	59.0s
	Luke Keteleers	2nd	60.5s
2000m.S`chase	Stephen Woodford	4th	7m 38.2
	Luke Keteleers	3rd	10m 15.3s
High Jump	Kevin Wilson	2nd	1.90 mts
	Max Paulin	2nd	1.75 mts
Long Jump	Terry Lucas	3rd	6.34 mts
	Alex O'Brien	3rd	5.95 mts
Triple Jump	Alex O'Brien	2nd	12.02 mts
	Bradley Reed	2nd	10.65 mts
Pole Vault	Mitch Etheridge	1st	4.20 mts
	Alex O'Brien	1st	3.20 mts
Shot Putt	Scott Findlay	4th	10.16 mts
	Ross Boshier	4th	7.31 mts
Discus	Scott Findlay	3rd	29.71 mts
	Luke Keteleers	1st	27.49 mts
Javelin	Jarred Bird	2nd	42.46 mts
	Scott Findlay	2nd	33.86 mts
Hammer	Scott Findlay	4th	23.56 mts
	Ross Boshier	4th	22.41 mts
4 x 100m.Relay		3rd	45.9 sec
4 x 400m.Relay		2nd	3m 29.5s

RESULT	1st	CHELMSFORD
	2nd	HARROW
	3rd	COLCHESTER
	4th	HERTS PHOEI

AT HARROW

WOMEN

100 metres	Georgia McAlle	4th	13.9s
	April Castle	4th	13.9s
200 metres	Joceline Monteiro	2nd	25.6s
	Lauren Longhurst	2nd	26.7s
400 metres	Lauren Longhurst	1st	60.8s
	Jessica Swain	1st	66.2s
800 metres	Joceline Monteiro	1st	2m 13.0s
	Jessica Swain	2nd	2m 28.2s
1500 metres	Kim Johansen	2nd	4m 55.0s
	Hayley Pegg	2nd	5m 40.0s
3000 metres	Hayley Pegg	3rd	12m 15.0s
110m. Hdls	Evie Castle	3rd	16.5s
	Jade Harding	3rd	21.5s
400m. Hdls	Jade Harding	3rd	77.4s
	April Castle	3rd	91.6s
1500m.S`chase	Lauren Longhurst	4th	6m 57.0s
	Hayley Pegg	2nd	7m 04.6s
High Jump	Lauren Longhurst	3rd	1.40 mts
	Jade Harding	1st	1.40 mts
Long Jump	Jade Harding	3rd	4.71 mts
	Georgia McAlle	4th	4.08 mts
Triple Jump	April Castle	3rd	9.69 mts
	Evie Castle	2nd	9.21 mts
Pole Vault			
Shot Putt	Evie Castle	2nd	10.86 mts
	Debbie Castle	3rd	7.93 mts
Discus	Shirley Quinn	2nd	31.63 mts
	Debbie Castle	1st	31.19 mts
Javelin	Evie Castle	1st	32.66 mts
	Debbie Castle	2nd	27.21 mts
Hammer	Evie Castle	1st	36.66 mts
	Shirley Quinn	1st	30.88 mts
4 x 100m.Relay		4th	56.5s
4 x 400m.Relay		3rd	4m 21.5s

D	199
	187
	176
NIX	154