

**ROSENHEIM LEAGUE – EASTERN DIVISION – MATCH FOUR**  
**Tooting Bec, South West London** **June 24, 2009**

**Men**

**MATCH:** 1 Belgrave H 76; 2 Herne Hill H 64; 3 Croydon H 48; 4 Serpentine 41; 5 Striders of Croydon 35; 6 Hercules Wimbledon 26; 7 South London H 16

**100m:** 1 Simeon Ramsay-Graham (HHH) 11.2; 2 Melvyn Anukam (Belg) 11.4; 3 Jonathan Osbourne (HW, U17) 11.7; 4 Clarence Riley (Croy) 12.3; 5 Michael Hadmon (Serp) 12.7; 6 Duncan Lancashire (SoC) 13.8; 7 Paul Mitchell (SLH, M45) 14.7

**100m (n/s 1):** 1 Robert Graham (HHH) 10.8; 2 Ryan Ffrench (Belg) 10.9; 3 Lawrence Mensah (HHH) 11.0; 4 Shane Christie (TVH) 11.1; 5 Yomi Adeyemi (HHH) 11.2; 6 Suen Marcus (Belg) 11.3

**100m (n/s 2):** 1 Byron Robinson (HHH) 11.4; 2 Daryl Thomas (HHH) 11.8; 3 Edmund Gaisie (HW, U20) 11.9; 4 Clark Barrow (HHH, U17) 12.0; 5 Michelle Watson (HHH, W) 12.8; 6 Dennis Minn (Belg) 12.9

**100m (n/s 3):** 1 Blade Ashby (HHH, U17) 11.5; 2 AJ Boyce (HHH, U20) 11.5; 3 Thomas Ashby (HHH, U20) 11.6; 4 Ashley Campbell (HHH) 11.9; 5 Paul McKay (HHH) 12.1; 6 Charles Lescott (Serp) 13.9

**200m:** 1 Melvyn Anukam (Belg) 22.4; 2 Simeon Ramsay-Graham (HHH) 22.6; 3 Jonathan Osbourne (HW, U17) 23.9; 4 Clarence Riley (Croy) 25.5; 5 Hunor Albert Lorintz (Serp) 25.9; 6 Aaron Odle (SLH) 27.4; 7 Duncan Lancashire (SoC) 30.6

**200m (n/s 1):** 1 Thomas Ashby (HHH, U20) 23.9; 2 AJ Boyce (HHH, U20) 24.1; 3 Michael Hadmon (Serp) 27.0; 4 Jodie Favell (Belg, W) 27.6; 5 Aisha Naibi-Wey (HHH, W) 28.0; 6 Leila Abandah (HHH, W) 28.9; 7 Richard McMillan (Belg) 29.6; 8 Helen James (Serp, W) 35.1

**200m (n/s 2):** 1 Robert Graham (HHH) 22.0; 2 Byron Robinson (HHH) 22.4; 3 Shane Christie (TVH) 22.6; 4 Yomi Adeyemi (HHH) 22.7; 5 Daryl Thomas (HHH) 23.7; 6 Dennis Minn (Belg) 27.0

**400m:** 1 Sean Reidy (Belg) 52.6; 2 Michael Hadmon (Serp) 57.4; 3 Mike Cummings (HHH) 58.7; 4 Aaron Odle (SLH) 59.9; 5 Terry Lapins (Croy) 71.5; 6 Andy Elliott (SoC) 82.3

**400m (n/s 1):** 1 Lawrence Mensah (HHH) 48.1; 2 Samuel Adeyemi (HHH) 50.1; 3 Shane Christie (TVH) 51.5; 4 Gary Linton (HHH) 51.9

**400m (n/s 2):** 1 Blade Ashby (HHH, U17) 53.1; 2 Kenrick Sinclair (HHH) 57.4; 3 Ashley Campbell (HHH) 59.5; 4 Mark White (HHH) 65.2; 5 Richard McMillan (Belg) 65.5; 6 Alexandra Shamol (HHH, W) 68.4

**800m:** 1 Mark Humphrey (Belg) 2:05.8; 2 Mike Cummings (HHH) 2:06.2; 3 Martin Rowe (Croy) 2:10.2; 4 Hunor Albert Lorintz (Serp) 2:15.6; 5 Matt Morgan (SoC) 2:23.0; 6 Paul Mitchell (SLH, M45) 2:38.5

**800m (n/s):** 1 Charles Smith (Belg) 2:08.2; 2 Robert Norville (Belg) 2:10.6; 3 Lander Eguia (Belg) 2:13.0; 4 Adam Gaabe (HHH) 2:20.6; 5 Lascelles Hussey (HHH, U13) 2:23.1; 6 Mark White (HHH) 2:23.8; 7 John Foss (SLH, M50) 2:43.1

**1500m:** 1 Matt Morgan (SoC) 4:27.0; 2 Lander Eguia (Belg) 4:30.1; 3 Sam Woods (HHH, U17) 4:31.6; 4 Tony MacDowell (VPH&TH) 4:32.8; 5 Sam Knight (HHH) 4:36.8; 6 Nick Barberis (Serp) 4:39.4; 7 Martin Rowe (Croy) 4:43.0; 8 James Ward (HHH) 4:45.0; 9 Phil Glynn (HW) 4:46.4; 10 Simon Phillips (HHH) 4:46.6; 11 John Foss (SLH, M50) 5:22.8

**1500m (n/s):** 1 Jamal Langley (HHH, U17) 5:00.4; 2 Alexandra West (HHH, U15G) 5:06.2; 3 Terry O'Neill (Belg) 5:06.9; 4 Zoe Vale (Belg, W) 5:08.6; 5 John Tayleur (HHH, U15) 5:13.5; 6 Claire Morgan (HW, W45) 6:19.6; 7 Stephanie Vaatz (Serp, W) 6:44.8

**3000m:** 1 Kevin Quinn (HHH) 8:41.6; 2 Richard Ward (Belg) 8:54.4; 3 Stuart Major (SLH) 8:58.8; 4 Simon Coombes (HHH) 9:02.8; 5 Paul Hayman (Serp) 9:15.2; 6 John Charles (Belg) 9:19.2; 7 Mike Halman (HW) 9:21.1; 8 Duncan Lancashire (SoC) 9:27.0; 9 Steve Starvas (SoC) 9:53.1; 10 Rory McMahon (HW) 9:59.5; 11 Nick Barberis (Serp) 10:15.5; 12 Phil Glynn (HW) 10:24.0; 13 Colin Oxlade (Croy, M45) 10:33.6; 14 Claire Grima (HW, W) 10:34.7; 15 Paul Mitchell (SLH, M45) 10:38.1; 16 Matthew Kiernan (Croy) 10:41.4; 17 Neil Guthrie (HW) 10:49.5; 18 Jean-Yves Kanyamigua (HHH) 10:59.0; 19 Helen Carter (HHH, W) 11:00.8; 20 Christine Lutsch (Serp, W) 11:15.3; Yuzo Saito (HW) 11:29.9

**400mH:** 1 Didier Sorel (HHH) 62.3; 2 Dave Mason (Belg) 67.0; 3 Matt Morgan (SoC) 73.4; 4 Charles Lescott (Serp) 78.8; 5 Andy Del Nevo (Croy, M40) 90.8

**Pole Vault:** 1 Peter Mayfield (Belg) 2.90; 2 Andy Del Nevo (Croy, M40) 2.60

**Triple Jump:** 1 Taiwo Aderini (HHH) 13.21; 2 Dave Mason (Belg) 10.52; 3 Terry Lapins (Croy) 10.34; 4 Matt Morgan (SoC) 8.70; 5 Michael Hadmon (Serp) 7.60

**Shot (7.26kg):** 1 Thomas Ashby (HHH, U20) 13.25; 2 Peter Mayfield (Belg) 10.95; 3 Stuart Milton (HW) 10.50; 4 Clarence Riley (Croy) 7.14; 5 Kevin Burnett (SoC, M65) 5.34; 6 Charles Lescott (Serp) 5.32; 7 Paul Mitchell (SLH, M45) 4.97. **n/s:** Gavin Johnson (HHH) 11.66; Chris Privett (Belg, M45) 9.96; Nick Barberis (Serp) 5.40

**Javelin (800g):** 1 Gavin Johnson (HHH) 51.27; 2 Justin Miller (HW) 44.27; 3 Peter Mayfield (Belg) 40.71; 4 Clarence Riley (Croy) 31.10; 5 Nick Barberis (Serp) 18.80; 6 Kevin Burnett (SoC, M65) 14.89. **n/s:** Stuart Milton (HW) 36.12; Chris Privett (Belg, M45) 32.31

**4x200m:** 1 Belgrave H 1:34.7; 2 Croydon H 1:47.9; 3 Serpentine 1:51.5; 3 Striders of Croydon 2:10.1 (DQ: Herne Hill H 1:34.5)

**Positions after four fixtures:** 1 Belgrave H 26.5 (281); 2 Herne Hill H 23.5 (235); 3 Hercules Wimbledon 16 (179); 4 Serpentine 16 (174); 5 Croydon H 15.5 (166); 6 Striders of Croydon 10.5 (142); 7 South London H 4 (72)

Please note that the above times may be suspect for ranking purpose as all races were started by a 'clacking' device

## **Women**

**MATCH:** 1 Belgrave H 28; 2 Serpentine 21; 3 Herne Hill H 13; 4 Croydon H 11; 5 Hercules Wimbledon 4

**100m (n/s):** 1 Christine Lutsch (Serp) 15.7; 2 Hel James (Serp, W55) 16.5

**200m (extract from n/s 1):** 1 Jodie Favell (Belg) 27.6; 2 Aisha Naibi-Wey (HHH) 28.0; 3 Leila Abandah (HHH) 28.9; 4 Helen James (Serp) 35.1

**800m:** 1 Aisha Naibe-Wey (HHH) 2:28.6; 2 Zoe Vail (Belg) 2:30.5; 3 Alexandra Shamol (HHH) 2:38.4; 4 Maisie Hilaire (HHH) 2:39.1; 5 Tanya Shaw (Serp) 2:42.8; 6 Claire Morgan (HW, W45) 3:04.5

**Pole Vault (n/s):** 1 Steph Smith (Belg) 3.70; 2 Angharad Seaton (HHH) 2.50

**Triple Jump:** 1 Jodie Favell (Belg) 9.24; 2 Tanya Shaw (Serp) 6.16; 3 Linda Harrison (Croy, W55) 5.44

**Shot (4kg) (n/s):** 1 Christine Lutsch (Serp) 6.32; 2 Mary Davies (Serp) 5.99; 3 Stephanie Vaatz (Serp) 4.86

**Javelin (600g):** 1 Jodie Favell (Belg) 30.75; 2 Linda Harrison (Croy, W55) 11.73; 3 Mary Davies (Serp) 11.63. **n/s:** Stephanie Vaatz (Serp) 9.89

**Positions after four fixtures:** 1 Serpentine 27 (102); 2 Belgrave 18 (54); 3 Croydon H 18 (46); 4 Striders of Croydon 16 (43); 5 Herne Hill H 15 (40)

Please note that the above times may be suspect for ranking purpose as all races were started by a 'clacking' device

Results by Pete Mulholland to whom any queries on them should be directed  
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Men	Belgrave	Croydon	HW	HHH	Serp	SLH	SoC
100m	6	4	5	7	3	1	2
200m	7	4	5	6	3	2	1
400m	7	3		5	6	4	2
800m	7	5		6	4	2	3
1500m	6	3	2	5	4	1	7
3000m	6	1	3	7	4	5	2
400mH	6	3		7	4		5
PV	7	6					
TJ	6	5		7	3		4
SP	6	4	5	7	2	1	3
JT	5	4	6	7	3		2
4x200m	7	6			5		4
Totals	76	48	26	64	41	16	35
Pos	1	3	6	2	4	7	5
M Pts	7	5	2	6	4	1	3
B/F	19.5 (205)	10.5 (118)	14 (153)	17.5 (171)	12 (133)	3 (56)	7.5 (107)
Totals	26.5 (281)	15.5 (166)	16 (179)	23.5 (235)	16 (174)	4 (72)	10.5 (142)
Pos	1	5	3	2	4	7	6

Women	Belgrave	Croydon	HW	HHH	Serp	SLH	SoC
200m	7			6	5		
800m	6		4	7	5		
TJ	7	5			6		
JT	7	6			5		
Totals	28	11	4	13	21		
Position	1	4	5	3	2		
M Pts	7	4	3	5	6		
B/F	11 (33)	14 (35)	2 (4)	10 (27)	21 (80)		16 (43)
Totals	18 (54)	18 (46)	5 (8)	15 (40)	27 (102)		16 (43)
Position	3	2	6	5	1		4