

London Inter-Club Challenge Meeting 4, Ashton Playing Fields, Woodford Green, Saturday 07 Aug 2004

Men

100m race 1 wind +0.0

| | | | |
|---|-------------|-------------|-------|
| 1 | N.Alexander | TRI gst | 10.74 |
| 2 | R.Moseley | SBH | 10.81 |
| 3 | H.Ogunyemi | E&H | 10.82 |
| 4 | A.Fugallo | SBH | 11.11 |
| 5 | P.Egboh | Kent AC gst | 11.53 |
| 6 | C.Akpabia | WGwEL | 11.79 |

100m race 2 wind 0.0

| | | | |
|---|------------|-------------|-------|
| 1 | D.Smith | N&EB gst | 11.50 |
| 2 | I.Singh | Crawley gst | 11.52 |
| 3 | K.Adjepong | Belg | 11.52 |
| 4 | N.Dousett | WGwEL | 11.57 |
| 5 | S.Bussell | WGwEL | 11.76 |

100m race 3 wind 0.0

| | | | |
|---|-------------|-----|-------|
| 1 | I.Adekanmbi | E&H | 11.10 |
| 2 | E.Johnson | E&H | 11.11 |
| 3 | M.Julien | E&H | 11.48 |
| 4 | E.Winn | E&H | 11.90 |
| 5 | J.Lever | SBH | 12.04 |
| 6 | O.Obichukwu | SBH | 12.91 |

200m race 1 wind 0.0

| | | | |
|---|-------------|----------|-------|
| 1 | A.Fugallo | SBH | 21.62 |
| 2 | A.Charlton | SBH | 22.23 |
| 3 | I.Adekanmbi | E&H | 22.50 |
| 4 | D.Smith | N&EB gst | 22.54 |
| 5 | T.Carey | SBH | 23.43 |

200m race 2 wind 0.0

| | | | |
|---|------------|-------|-------|
| 1 | K.Deighton | WGwEL | 22.92 |
| 2 | E.Johnson | E&H | 23.47 |
| 3 | K.Adjepong | Belg | 23.90 |

200m race 3 wind 0.0

| | | | |
|---|----------|----------|-------|
| 1 | R.Lewis | N&EB gst | 23.07 |
| 2 | G.Turner | WGwEL | 23.78 |
| 3 | J.Lever | SBH | 24.61 |

400m race 1

| | | | |
|---|------------|--------------|-------|
| 1 | R.Lewis | N&EB gst | 50.30 |
| 2 | S.Mulligan | Kent gst | 50.45 |
| 3 | D.Crates | Thurrock gst | 50.87 |
| 4 | J-C Roghi | unatt gst | 51.64 |
| 5 | S.Baptiste | N&EB gst | 52.52 |

400m race 2

| | | | |
|---|------------|-----------|-------|
| 1 | A.Davis | WGwEL | 49.69 |
| 2 | K.Deighton | WGwEL | 51.12 |
| 3 | G.Turner | WGwEL | 52.03 |
| 4 | W.Hooton | SBH | 52.61 |
| 5 | D.Hancock | Lough gst | 54.35 |

800m

| | | | |
|---|------------|---------------|---------|
| 1 | M.Carlisle | E&H | 1:53.23 |
| 2 | A.McGarva | EalingS&M gst | 1:55.60 |
| 3 | D.Marsden | Sevenoaks gst | 1:59.57 |
| 4 | M.Humphrey | Belg | 2:03.61 |
| 5 | M.Kelly | Harlow gst | 2:09.77 |

1 mile

| | | | |
|---|------------|-----------|---------|
| 1 | C.Axe | Belg | 4:37.55 |
| 2 | M.Humphrey | Belg | 4:41.39 |
| 3 | D.Sacks | unatt gst | 4:54.08 |
| 4 | K.Walden | SBH | 5:03.60 |

3000m

| | | | |
|---|-----------|-------|----------|
| 1 | R.Holland | WGwEL | 9:30.11 |
| 2 | G.Wooton | WGwEL | 11:02.84 |

3000m Walk n/s

| | | | |
|---|-------------|---------------|----------|
| 1 | C.Lawton | Belg M55 | 16:20.68 |
| 2 | P.Hannell | Surrey WC gst | 16:45.54 |
| 3 | C.Flint | London V gst | 17:48.66 |
| 4 | E.Hall | Belg M70 | 19:42.35 |
| 5 | D.Ainsworth | Ilford gst | 20:48.40 |

110mH wind 0.0

| | | | |
|---|-----------|-------|-------|
| 1 | C.Akpabia | WGwEL | 15.31 |
| 2 | unknown | E&H | 17.12 |

LJ

| | | | |
|---|------------|-------------|------|
| 1 | I.Singh | Crawley gst | 6.72 |
| 2 | N.Gray | WGwEL | 6.53 |
| 3 | K.Newton | WGwEL | 6.51 |
| 4 | A.Kneller | Belg | 6.47 |
| 5 | N.Adams | E&H | 6.41 |
| 6 | J.Shepherd | E&H | 6.15 |
| 7 | J.Lever | SBH | 5.57 |

8 O.Chukwu SBH 4.18

PV

| | | | |
|---|----------|-------------|------|
| 1 | L.Walker | Crawley gst | 4.60 |
| 2 | P.Hoad | E&H | 4.20 |
| 3 | W.Huber | SBH | 3.40 |
| 4 | J.Green | E&H | 3.20 |

SP

| | | | |
|---|---------------|-----|-------|
| 1 | A.Soalla-Bell | SBH | 14.73 |
| 2 | C.Gordon | SBH | 9.09 |

DT

| | | | |
|---|---------------|-----------|-------|
| 1 | N.Thompson | SBH | 51.01 |
| 2 | F.Miele | E&H | 50.14 |
| 3 | N.Sougrin | E&H | 40.45 |
| 4 | A.Soalla-Bell | SBH | 38.98 |
| 5 | S.Sammut | WSE&H gst | 38.10 |
| 6 | C.Gordon | SBH | 35.31 |

JT

| | | | |
|---|----------|-------|-------|
| 1 | G.Holder | WGwEL | 42.73 |
| 2 | C.Gordon | SBH | 25.00 |

HT

| | | | |
|---|------------|-----------------|-------|
| 1 | S.Bown | N&EB gst | 67.50 |
| 2 | S.Sammut | WSE&H gst | 57.76 |
| 3 | W.Clarke | WGwEL | 46.34 |
| 4 | D.Gamester | Havering &M gst | 44.93 |
| 5 | C.Gordon | SBH | 24.34 |

Women

100m wind -1.0

| | | | |
|---|------------------|-----------|-------|
| 1 | J.Pratt | WGwEL | 12.67 |
| 2 | D.Osagiede | WGwEL | 12.82 |
| 3 | H.Ramos-Gonzalez | WGwEL U20 | 13.83 |
| 4 | Z.Souber | WGwEL | 14.13 |
| 5 | P.Sivanandara | WGwEL | 14.14 |

200m race 1 wind 0.0

| | | | |
|---|------------------|-----------|-------|
| 1 | J.Pratt | WGwEL | 25.65 |
| 2 | C.Heafford | SBH | 26.14 |
| 3 | L.Snow | WGwEL | 27.59 |
| 4 | H.Ramos-Gonzalez | WGwEL U20 | 28.12 |
| 5 | P.Sivanandara | WGwEL | 29.20 |

200m race mx (with SM race 3) wind 0.0

| | | | |
|---|----------|-------|-------|
| 1 | C.Murphy | WGwEL | 23.84 |
|---|----------|-------|-------|

400m race 1

| | | | |
|---|------------|---------|-------|
| 1 | A.Beckford | JAM gst | 52.82 |
| 2 | C.Murphy | WGwEL | 53.02 |
| 3 | T.Bird | WGwEL | 56.96 |
| 4 | C.Heafford | SBH | 58.18 |
| 5 | H.Stares | Belg | 58.56 |

400m race 2

| | | | |
|---|----------|-------|-------|
| 1 | L.Snow | WGwEL | 59.42 |
| 2 | Z.Watson | WGwEL | 60.20 |
| 3 | S.Heath | SBH | 60.40 |

800m

| | | | |
|---|-----------|-------|---------|
| 1 | S.Heath | SBH | 2:15.18 |
| 2 | C.Wood | WGwEL | 2:27.73 |
| 3 | D.Kennedy | WGwEL | 2:36.77 |

1 mile mx (with SM)

| | | | |
|---|--------------|-------|---------|
| 1 | E.Ferenczi | SBH | 5:04.65 |
| 2 | A.Lethbridge | WGwEL | 5:33.20 |
| 3 | D.Kennedy | WGwEL | 5:47.21 |
| 4 | D.Hearn | Belg | 5:56.69 |

3000m mx (with SM)

| | | | |
|---|----------|-------|----------|
| 1 | A.Possee | WGwEL | 11:26.66 |
|---|----------|-------|----------|

100mH wind 0.0

| | | | |
|---|------------|-------|-------|
| 1 | J.Pratt | WGwEL | 14.24 |
| 2 | D.Osagiede | WGwEL | 15.89 |

2000mSC

| | | | |
|---|--------------|-------|---------|
| 1 | A.Lethbridge | WGwEL | 7:34.74 |
|---|--------------|-------|---------|

LJ

| | | | |
|---|-----------|-------|------|
| 1 | D.Kennedy | WGwEL | 3.96 |
|---|-----------|-------|------|

TJ

| | | | |
|---|------------|-------|-------|
| 1 | S.Aneto | WGwEL | 11.85 |
| 2 | C.Stead | Belg | 11.81 |
| 3 | D.Osagiede | WGwEL | 10.90 |

SP

| | | | |
|---|----------|-------|-------|
| 1 | J.Duncan | WGwEL | 15.98 |
| 2 | E.Massey | Belg | 15.34 |

DT

| | | | |
|---|------------|----------|-------|
| 1 | P.Roles | Sale gst | 56.96 |
| 2 | M.Buchanan | WGwEL | 41.71 |

JT

| | | | |
|---|--------|------|-------|
| 1 | H.Mead | Belg | 19.03 |
|---|--------|------|-------|

HT

| | | | |
|---|-----------|-------|-------|
| 1 | L.Pidgeon | WGwEL | 57.58 |
|---|-----------|-------|-------|

Young Athletes

Boys

100m wind 0.0

| | | | |
|---|-----------|-----------|-------|
| 1 | C.Vickory | WGwEL U17 | 12.08 |
| 2 | T.Augier | SBH U15 | 12.10 |
| 3 | B.Spanos | WGwEL U17 | 12.94 |

200m wind 0.0

| | | | |
|---|-----------|-----------|-------|
| 1 | C.Vickory | WGwEL U17 | 25.17 |
| 2 | B.Spanos | WGwEL U17 | 26.76 |

LJ

| | | | |
|---|---------|---------|------|
| 1 | N.Okolo | SBH U15 | 6.28 |
| 2 | K.Brown | SBH U13 | 4.65 |

SP

| | | | |
|---|---------|---------|-------|
| 1 | K.Brown | SBH U13 | 10.60 |
|---|---------|---------|-------|

DT

| | | | |
|---|---------|---------|-------|
| 1 | K.Brown | SBH U13 | 24.40 |
|---|---------|---------|-------|

Girls

800m

| | | | |
|---|-----------|---------|---------|
| 1 | C.Bazzoni | SBH U15 | 2:40.80 |
| 2 | J.Bazzoni | SBH U13 | 3:00.55 |

Match 4 scores

Senior Men

| | | |
|---|--------------------------|----|
| 1 | Shaftesbury Barnet H | 94 |
| 2 | Woodford Green w Essex L | 82 |
| 3 | Enfield & Haringey | 74 |
| 4 | Belgrave H | 34 |

Senior Women

| | | |
|----|--------------------------|-----|
| 1 | Woodford Green w Essex L | 148 |
| =2 | Shaftesbury Barnet H | 32 |
| =2 | Belgrave H | 32 |
| 4 | Enfield & H | 0 |

Final London Inter-Club Challenge positions

Men

| | | | |
|---|--------------------------|----|-----|
| 1 | Shaftesbury Barnet H | 13 | 401 |
| 2 | Belgrave H | 11 | 287 |
| 3 | Enfield & Haringey | 10 | 280 |
| 4 | Woodford Green w Essex L | 5 | 120 |

Women

| | | | |
|---|--------------------------|------|-----|
| 1 | Woodford Green w Essex L | 14 | 345 |
| 2 | Shaftesbury Barnet H | 11.5 | 209 |
| 3 | Belgrave H | 10.5 | 189 |
| 4 | Enfield & Haringey | 2 | 20 |

Combined Trophy Result

| | | |
|---|--------------------------|------|
| 1 | Shaftesbury Barnet H | 24.5 |
| 2 | Belgrave H | 21.5 |
| 3 | Woodford Green w Essex L | 19 |
| 4 | Enfield & Haringey | 12 |