

National Junior League – Match 4, Tonbridge, 26th July 2009

Men	A String			B String		
100m	3	Chris Ford	11.8	4	Joe Fellows	12.8
200m	5	Chris Ford	24.1	4	Joe Fellows	26.2
400m	2	James Wildish	51.7	1	Simon Tinsley	51.6
800m	1	Kurt Wolfe	01:59.7	1	James Pigot	02:05.8
1500m	1	Robbie Farnham-Rose	04:11.7	3	Jamie Bryant	04:27.9
3000m	2	Luca Russo	09:24.6	1	Ryan Driscoll	09:43.4
110mH	2	Jack Parsons	17.1		No competitors	
400m H	2	Jack Parsons	60.0	1	Alex Maynard	64.3
2000m S/C	1	Josh Bentham	06:42.8	4	Andy Thomas	07:59.4
4x100m relay	4	Ford, Parsons, Fellows, Maynard				47.9
4x400m relay	2	Wildish, Pigot, Wolfe, Morten				3:36.8
Hammer	1	Jonny Hinton	37.51	1	Jack Parsons	19.61
Long Jump	4	Daniel Adeline	5.30	4	Joe Fellows	4.91
Pole Vault	1	Jesper Hallberg	3.70	1	Alex Maynard	3.20
Shot Putt	1	Jonny Hinton	8.54	1	Chris Ford	8.45
High Jump	4	Daniel Adeline	1.75	2	Dominic Ford	1.65
Javelin	4	James Cotterill	40.65	1	Alex Hookway	36.54
Triple Jump	4	Alex Maynard	11.07	3	Jesper Hallberg	10.20
Discus	4	Jonny Hinton	31.35	1	Alex Hookway	25.05

Ladies	A String			B String		
100m	5	Helen Rennardson	13.3	2=	Hannah Tolhurst	13.6
200m	4	Maisie Farndon	27.4	3	Hannah Tolhurst	27.7
400m	3	Vikki Bradford	61.8	2	Dunia Pavlovic	63.4
800m	1	Jess Owen	02:26.0	1	Petra Pavlovic	02:27.7
1500m	1	Abblie Shepherd-Barron	04:57.6	1	Kelsey Howard	05:17.4
3000m	1	Rachel Salway	13:27.0	1	Emily Symons	13:27.0
100mH	5	Lucy Saker	21.4		No athlete	
400mH	3	Lucy Saker	77.7	1	Ruth Woodfine	86.7
4x100m relay	3	Rennardson, Farndon, Bradford, Gill				53.4
4x400m relay	1	Farndon, Owen, Tolhurst, Bradford				4:11.0
Hammer	3	Steph Rukin	22.59	1	Rachel Salway	14.22
Long Jump	4	Maisie Farndon	4.22	3	Natalie Gill	3.95
Pole Vault	3	Steph Rukin	2.00	3	Lucy Saker	1.70
Shot Putt	3	Olivia Stirrat	6.49	3	Steph Rukin	6.23
High Jump	3	Abblie Shepherd-Barron	1.45	2	Lucy Saker	1.35
Javelin	2	Olivia Stirrat	26.67	2	Isobel Truman	19.73
Triple Jump	3	Ruth Woodfine	9.01	2	Natalie Gill	8.80
Discus	3	Jess Owen	19.55	3	Isobel Truman	14.34

Team	Score
Tonbridge	576.5
Medway & Maidstone	478
Cambridge Harriers	476.5
Ashford	321
INVICTA/Paddock Wood	233
Croydon	182
Dartford	179