

National Junior League – Promotion Match, Copthall, 30th August 2009

Men	A String			B String		
100m	6	Chris Ford	12.0	6	Angus Butler	12.4
200m	5	Chris Ford	23.9	7	Sam Button	24.9
400m	5	James Wildish	53.0	1	Angus Butler	52.1
800m	4	Kurt Wolfe	02:00.4	3	Alex Hookway	02:05.5
1500m	1	Sam Bradley	04:13.3	2	Robbie Farnham-Rose	04:22.0
3000m	1	Andy Combs	09:06.1	2	Luca Russo	09:27.4
110mH	6	Jack Parsons	17.9	3	Finlay Third	17.3
400m H	4	Finlay Third	59.7	1	Jack Parsons	59.2
2000m S/C	3	Josh Bentham	06:33.8	2	Will Mitham	07:00.1
4x100m relay	7	Button, Adeline, Third, Parsons				46.4
4x400m relay	DQ	Wolfe(53.9), Third (53.6), Wildish(53.9), Butler(51.3)				3:31.7
Hammer	5	Jonny Hinton	37.48	6	James Cotterill	14.47
Long Jump	7	Chris Ford	5.50	5	Daniel Adeline	5.19
Pole Vault	3	Ben Stone	3.35	5	Daniel Adeline	2.00
Shot Putt	8	Alex Hookway	9.97	4	Jonny Hinton	9.51
High Jump	3	Daniel Adeline	1.80	3	Ben Stone	1.65
Javelin	6	James Cotterill	36.37	5	Alex Hookway	31.69
Triple Jump	8	Ben Stone	11.20	7	Will Mitham	9.19
Discus	5	Jonny Hinton	31.71	4	James Cotterill	27.79

Ladies	A String			B String		
100m	5	Maisie Farndon	13.50	7	Lucy Blackstone	15
200m	6	Vikki Bradford	28.20	4	Maisie Farndon	28.60
400m	4	Vikki Bradford	60.80	3	Jess Owen	62.40
800m	5	Dunia Pavlovic	02:31.4	5	Petra Pavlovic	02:34.7
1500m	6	Lucy Blackstone	05:23.7			
3000m	5	Kelsey Howard	11:27.0	3	Vicky Rukin	11:36.4
100mH	8	Lucy Saker	21.9	5	Ruth Woodfine	20.60
400mH	6	Jess Owen	77.7	5	Lucy Saker	82.2
4x100m relay	5	Woodfine, Bradford, P Pavlovic, Dobra				55.9
4x400m relay	3	D Pavlovic(65.0), Owen(64.0), Farndon,(66.2), Bradford(62.9)				4:18.1
Hammer	7	Steph Rukin	20.99	7	Vikki Bradford	13.3
Long Jump	7	Ruth Woodfine	4.38	5	Maisie Farndon	4.16
Pole Vault	4	Steph Rukin	2.00	2	Lucy Saker	1.70
Shot Putt	8	Ruth Woodfine	6.24	7	Lucy Blackstone	5.61
High Jump	6	Emily Symons	1.50	8	Nicky Dobra	1.30
Javelin	8	Steph Rukin	15.91		Jess Owen	NT
Triple Jump	3	Ruth Woodfine	9.52	5	Nicky Dobra	8.12
Discus	8	Jess Owen	18.89	6	Steph Rukin	16.22

Team	Score
The Saxons	534
City of Norwich	491
Basildon Beagles	454.5
Medway & Maidstone	436
Team Southampton	414
Tonbridge	385
Kingston & Polytechnic	280.5
Brighton & Hove	272