

Berks, Bucks, Essex, Herts & Middlesex Championships & Open Decathlon

Woodside Stadium, Watford

25th/26th September, 2004

Junior Men

Essex	Herts	M'sex	OPEN		100m.		LONG JUMP		SHOT PUT		HIGH JUMP		400m.		110m. HURDLES		DISCUS THROW		POLE VAULT		JAVELIN THROW		1500m.		
			1	35	Benjamin Kerr	11.62	728	6.49	695	12.55	640	1.93	740	53.31	668	15.21	824	29.19	449	3.80	562	43.42	492	5:12.41	490
						Shetland Amateur A.C.	+0.3	728	-0.4	1423		2063		2803		3471	+1.2	4295		4744		5306		5798	
	1		2	29	Robert Rumble	12.38	578	6.00	587	10.47	514	1.87	687	53.59	657	16.54	673	34.17	547	3.40	457	34.94	369	4:46.35	641
						Herts Phoenix A.C.	+0.3	578	+0.4	1165		1679		2366		3023	+0.9	3696		4243		4700		5069	
		1	3	30	Ricardo Beckford	11.69	713	6.49	695	8.89	419	1.81	636	53.82	647	20.08	343	30.56	475	2.60	264	12.10	58	4:52.11	606
						London Heathside A.C.	+0.3	713	-0.6	1408		1827		2463		3110	+1.2	3453		3928		4192		4250	
			4	36	Hugh Smith	12.43	569	5.72	527	11.53	578	1.63	488	55.39	583	19.72	372	33.81	540	2.50	242	34.66	365	5:03.96	537
						Ayr Seaforth A.C.	+0.3	569	+0.2	1096		1674		2162		2745	+0.9	3117		3657		3899		4264	
		2	5	31	Nathan Cyrus	12.25	603	5.61	504	7.96	364	1.60	464	58.38	470	18.06	518	22.55	320	2.60	264	32.17	330	5:03.77	538
						London Heathside A.C.	+0.3	603	-0.5	1107		1471		1935		2405	+0.9	2923		3243		3507		3837	
				34	Joe Evling-White	12.10	631	6.42	679	11.84	597	1.72	560	DNF	0	DNF	0	32.42	512	3.40	457	31.49	320	DNS	
					Corby A.C.	+0.3	631	-0.5	1310		1907		2467		2467		2467		2979		3436		3756		

Berks, Bucks, Essex, Herts & Middlesex Championships & Open Octathlon

Woodside Stadium, Watford

25th/26th September, 2004

U.17 Men

Berks	Bucks	Essex	Herts	M'sex	OPEN	100m. HURDLES	DISCUS THROW	JAVELIN THROW	400m.	HIGH JUMP	LONG JUMP	SHOT PUT	1500m.	
			1		1	49 Patrick Barrett	14.44 751	32.75 519	39.60 436	54.62 614	1.85 670	5.74 531	11.61 583	4:32.28 730
						Herts Phoenix A.C.	+1.4 751	1270	1706	2320	2990	+0.4 3521	4104	4834
	1				2	46 Matthew George	15.24 666	32.51 514	49.94 588	56.51 540	1.70 544	5.57 496	13.58 703	4:58.07 571
						Vale of Aylesbury A.C.	+1.1 666	1180	1768	2308	2852	+0.4 3348	4051	4622
	2				3	47 Will Lambourne	15.09 682	33.57 535	32.66 337	53.66 654	1.58 449	5.28 437	10.35 507	4:33.41 722
						Milton Keynes A.C.	+1.4 682	1217	1554	2208	2657	-0.1 3094	3601	4323
1					4	44 Bruce Fletcher	15.19 671	27.06 407	30.18 302	59.03 447	1.67 520	5.77 537	9.60 462	5:10.03 503
						Bracknell A.C.	+1.4 671	1078	1380	1827	2347	+0.5 2884	3346	3849
		1			5	48 Michael Holden	15.94 595	21.40 298	32.45 334	57.21 513	1.67 520	5.69 521	9.11 432	5:17.65 462
						Colchester Harriers	+1.1 595	893	1227	1740	2260	+0.3 2781	3213	3675
			2		6	50 Chris Beck	17.87 418	18.30 240	26.30 247	53.89 644	1.52 404	5.32 445	7.36 328	5:16.86 467
						Windsor, Slough, & Hounslow A.C.	+1.4 418	658	905	1549	1953	+1.2 2398	2726	3193
				1	7	57 Terry Craig	19.31 305	18.68 247	17.75 131	55.18 592	1.46 360	4.86 356	8.30 384	4:52.62 603
						London Heathside A.C.	+1.1 305	552	683	1275	1635	+0.6 1991	2375	2978
					8	58 Adam Nichols	16.72 520	17.55 227	27.68 267	62.30 338	1.49 381	4.72 330	6.99 307	4:57.41 575
						Hastings A.C.	+1.1 520	747	1014	1352	1733	-0.1 2063	2370	2945
			3		9	53 Simon Britten	21.33 174	17.58 227	11.35 49	59.77 421	1.31 257	4.78 341	7.15 316	4:54.85 590
						Herts Phoenix A.C.	+1.1 174	401	450	871	1128	-0.1 1469	1785	2375

Berks, Bucks, Herts & Middlesex Championships & Open Pentathlon

Woodside Stadium, Watford

26th September, 2004

U.15 Boys

Berks	Bucks	Herts	M'sex	OPEN			80m.		SHOT		LONG		HIGH		800m.	
							HURDLES		PUT		JUMP		JUMP			
		1		1	155	Matthew Richardson	12.02	704	9.20	438	5.66	514	1.66	512	2:14.47	531
						Herts Phoenix A.C.	+0.8	704		1142	+0.4	1656		2168		2699
				2	192	Graham Cole	13.07	595	11.39	569	5.55	492	1.78	610	2:30.28	319
						Windsor, Slough, Eton & Hounslow A.C.	+0.1	595		1164	+0.9	1656		2266		2585
			1	3	165	Aaron James	11.98	709	11.38	569	5.51	483	1.60	464	2:37.70	236
						Enfield & Haringey A.C.	+0.1	709		1278	+0.7	1761		2225		2461
				4	193	Thomas Graham	12.95	607	10.64	524	5.34	449	1.69	536	2:32.01	298
						Thurrock Harriers	+0.1	607		1131	+0.8	1580		2116		2414
	1			5	139	Ryan Long	13.45	558	10.31	504	4.89	361	1.36	290	2:17.49	487
						Windsor, Slough, Eton & Hounslow A.C.	+0.8	558		1062	-0.1	1423		1713		2200
	2			6	126	Ben Gregory	13.38	565	10.87	538	4.78	341	1.42	331	2:27.18	356
						Vale of Aylesbury A.C.	+0.1	565		1103	+1.4	1444		1775		2131
			2	7	161	Ashley Bryant	12.93	609	7.62	344	5.24	429	1.48	374	2:26.05	371
						Windsor, Slough, Eton & Hounslow A.C.	+0.1	609		953	+0.7	1382		1756		2127
		2		8	154	Robert O'Laughlin	12.80	623	9.24	440	4.54	297	1.36	290	2:20.26	448
						Herts Phoenix A.C.	+0.8	623		1063	+1.1	1360		1650		2098
				9	190	Will Baker	17.32	241	12.52	638	4.91	365	1.45	352	2:39.93	214
						Hastings A.C.	+0.1	241		879	+0.4	1244		1596		1810
		3		10	148	Tommy Bryant	17.77	212	7.12	314	4.70	326	1.36	290	2:24.36	393
						Barnet & District A.C.	+0.8	212		526	+0.6	852		1142		1535
			3	11	171	Jonathan Powell	15.05	412	7.59	342	3.68	156	1.48	374	2:57.71	72
						Richmond & Twickenham A.C.	+0.8	412		754	-0.1	910		1284		1356

Berks, Bucks, Essex, Herts & Middlesex Championships & Open Decathlon

Woodside Stadium, Watford

25th/26th September, 2004

Veteran Men

Essex	Herts	M'sex	OPEN			100m.	LONG JUMP		SHOT PUT		POLE VAULT		400m.		110m. HURDLES		DISCUS THROW		HIGH JUMP		JAVELIN THROW		1500m.			
1			1	40	Mark Jenkins	M40	13.59	373	4.94	371	7.74	351	2.70	286	61.56	362	20.33	324	19.19	257	1.33	270	30.82	311	5:07.05	520
					Thurrock Harriers		+1.1	373	-0.7	744		1095		1381		1743	+1.2	2067		2324		2594		2905		3425
		1	2	42	David Johnson	M50	13.89	328	5.29	439	9.99	485	2.60	264	68.80	164	20.40	318	29.81	461	1.60	464	31.98	327	6:40.46	123
					Harrow A.C.		+1.1	328	-0.3	767		1252		1516		1680	+0.4	1998		2459		2923		3250		3373
2			3	39	John Clark	M60	15.45	138	3.74	165	7.06	311	2.00	140	85.87	0	24.56	79	19.87	270	1.12	142	26.57	251	7:17.89	38
					Chelmsford A.C.		+1.1	138	+0.3	303		614		754		754	+0.4	833		1103		1245		1496		1534

	4			21	83	Sarah-Anne De Kremer			1.30	409	7.25	351	14.5	438	4.03	315	3:18.5	212
						Herts Phoenix A.C.				409		760	+1.3	1198	-0.4	1513		1725
	5			22	81	Bunmi Awokoya			1.27	379	9.09	470	15.4	369	3.62	225	3:10.6	273
						Stevenage & North Herts A.C.				379		849	+0.4	1218	+0.3	1443		1716
	6			23	82	Ruby Blevings			1.33	439	5.33	229	16.2	314	3.88	281	2:57.9	385
						Barnet & District A.C.				439		668	+0.0	982	-0.4	1263		1648
	7			24	91	Rachel Williams			1.21	321	8.17	410	14.9	406	3.37	174	3:18.9	210
						Stevenage & North Herts A.C.				321		731	+1.3	1137	+0.4	1311		1521

