

BAL National Division 1 2010

First fixture, held at Leckwith Road, Cardiff on June 5th

**Teams**

1	City of Sheffield	359
2	Cardiff AAC	320
3	Kent AC	282
4	City of Liverpool	281
5	Blackheath & Bromley	265
6	Gateshead Harriers	246.5
7	Basingstoke & Mid Hants	218
8	Trafford AC	189.5

**Individuals**

<b>100</b>					
<b>A:</b>					
<b>ws: 0.1</b>					
				Pts	
1	1	Keiran Showler-Davis	Basingstoke & Mid Hants	10.63	16
2	7	Conrad Williams	Kent AC	10.75	14
3	2	Funmi Sobodu	Blackheath & Bromley	10.84	12
4	3	Phil Dourgachurn	Cardiff AAC	10.92	10
5	6	Liam Clowes	City of Liverpool	10.98	8
6	5	Joe Kibirige	Gateshead	10.99	6
7	4	Todd Marshall	City of Sheffield	11.03	5
8	8	Darren Scott	Trafford AC	11.09	4
<b>B:</b>					
<b>ws: -0.2</b>					
1	33	Liam Duff	Cardiff AAC	10.78	12
2	77	John Browne	Kent AC	10.84	10
3	66	Oliver Back	City of Liverpool	10.91	8
4	55	George Kenyon	Gateshead	11.00	6
5	22	Daniel Haque	Blackheath & Bromley	11.03	4
6	44	Danish Khan	City of Sheffield	11.26	3
7	88	Laurence Baird	Trafford AC	11.34	2
8	11	<b>Dima Korma</b>	Basingstoke & Mid Hants	11.66	1
<b>100 Non Scoring</b>					
<b>Ht 1 ws: 0.8</b>					
1	775	Femi Owolade	Blackheath & Bromley	10.96	
2	51	Milton Baker	Cardiff AAC	11.10	
3	782	Dominic Bradley	Trafford AC	11.10	
4	54	Darren Scott	Trafford AC	11.11	
5	57	Sam Conway	Cardiff AAC	11.46	
<b>Ht 2 ws: 0.7</b>					
1	58	Lloyd Reffell	Cardiff AAC	11.07	
2	781	Jamaul Whyte	Cardiff AAC	11.22	
3	59	James Wiltshire	Cardiff AAC	11.39	
4	779	Jonathan Elderfield	Basingstoke & Mid Hants	11.51	
5	56	Dalo Okieimin	Trafford AC	11.54	
6	780	David Elderfield	Basingstoke & Mid Hants	11.81	
7	784	Ioannis Mekras	Cardiff AAC	12.24	
<b>200</b>					
<b>A: ws: -2.0</b>					
1	1	Keiran Showler-Davis	Basingstoke & Mid Hants	21.43	16

2	7	John Browne	Kent AC	21.69	14
3	3	Lloyd Reffell	Cardiff AAC	21.88	12
4	6	Liam Clowes	City of Liverpool	22.00	10
5	4	Todd Marshall	City of Sheffield	22.12	8
6	5	Joe Kibirige	Gateshead	22.14	6
7	2	Daniel Haque	Blackheath & Bromley	22.36	5
8	8	Darren Scott	Trafford AC	22.44	4
<b>B: ws: -2.0</b>					
1	77	Darren Green	Kent AC	21.82	12
2	55	Ben Richardson	Gateshead	22.01	10
3	22	Femi Owolade	Blackheath & Bromley	22.05	8
4	33	Matthew Elias	Cardiff AAC	22.53	6
5	44	Ricky Reeves	City of Sheffield	22.85	4
6	88	Lawrence Baird	Trafford AC	22.85	3
7	11	Iain Bray	Basingstoke & Mid Hants	23.09	2
8	66	Tony Corrigan	City of Liverpool	23.47	1
<b>400</b>					
<b>A:</b>					
1	7	Conrad Williams	Kent AC	45.76	16
2	1	Rob Tobin	Basingstoke & Mid Hants	46.25	14
3	4	Matt Quine	City of Sheffield	47.96	12
4	2	Dan Putnam	Blackheath & Bromley	48.24	10
5	8	Daniel Barry	Trafford AC	48.81	8
6	5	David Riley	Gateshead	50.52	6
7	3	Gareth Hopkins	Cardiff AAC	50.78	5
8	6	James Hunter	City of Liverpool	50.88	4
<b>B:</b>					
1	22	Bomene Barikor	Blackheath & Bromley	48.59	12
2	33	Joe Thomas	Cardiff AAC	48.61	10
3	77	Lawrence Wooldridge	Kent AC	48.82	8
4	55	Niall Flannery	Gateshead	49.28	6
5	66	Martin Lipton	City of Liverpool	49.33	4
6	11	Mark Berridge	Basingstoke & Mid Hants	49.43	3
7	44	Luke Edwards	City of Sheffield	50.23	2
8	88	Lawrence Baird	Trafford AC	50.26	1
<b>800</b>					
<b>A:</b>					
1	4	Sam Ellis	City of Sheffield	1:50.70	16
2	3	Gareth Wiltshire	Cardiff AAC	1:50.79	14
3	8	Gary Bristow	Trafford AC	1:51.08	12
4	7	Ben Wiffen	Kent AC	1:52.70	10
5	6	Harry Harper	City of Liverpool	1:53.57	8
6	1	David Ragan	Basingstoke & Mid Hants	1:54.95	6
7	2	Russell Bentley	Blackheath & Bromley	1:57.44	5
8	5	Adam Rowland	Gateshead	1:58.24	4
<b>B:</b>					
1	44	Steve Evison	City of Sheffield	1:51.17	12

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2	33	Ieuan Thomas	Cardiff AAC	1:53.74	10	1	5	Ben Richardson	Gateshead	14.67	16
3	11	Liam McGarrigle	Basingstoke & Mid Hants	1:55.16	8	2	8	Dominic Bradley	Trafford - Non scoring	14.94	0
4	22	Phil Sesemann	Blackheath & Bromley	1:55.43	6	3	1	Andy Blow	Basingstoke & Bromley	15.14	14
5	88	Sam Hutchinson	Trafford AC	1:56.20	4	4	2	Ed Harrison	Blackheath & Bromley	15.55	12
6	66	David Devine	City of Liverpool	1:56.98	3	5	6	Paul Whittle	City of Liverpool	15.73	10
7	55	Tom Marper	Gateshead	1:58.71	2	6	4	Charlie Kavanagh	City of Sheffield	16.01	8
8	77	Hassan Davis	Kent AC	2:01.22	1	7	7	Shaun Mulligan	Kent AC	21.03	6
<b>1500</b>						8	3	Chris Discombe	Cardiff AAC	27.12	5
<b>A:</b>						<b>B:</b>		<b>ws:</b>			
1	7	Ben Wiffen	Kent AC	3:49.23	16	1	77	Joe Appiah	Kent AC	15.64	12
2	3	Tom Marshall	Cardiff AAC	3:49.67	14	2	44	Steve Garrett	City of Sheffield	15.81	10
3	2	<b>Scott Overall</b>	Blackheath & Bromley	3:50.81	12	3	11	Richard Fox	Basingstoke & Mid Hants	15.88	8
4	4	<b>Andy Heyes</b>	City of Sheffield	3:51.39	10	4	22	Simon Lloyd	Blackheath & Bromley	16.43	6
5	8	Gary Bristow	Trafford AC	3:52.23	8	5	88	Daloo Okieinin	Trafford AC	17.29	4
6	5	Andrew Stanton	Gateshead	3:52.35	6	6	66	Brendon McConville	City of Liverpool	19.19	3
7	1	Phil Tulba	Basingstoke & Mid Hants	3:53.21	5	7	33	Andrew Friend	Cardiff AAC	26.31	2
8	6	<b>James Russell</b>	City of Liverpool	3:57.93	4	Disq	55	Andrew Sturrock	Gateshead		0
<b>B:</b>						<b>400H</b>					
1	44	<b>Muktarh Mohamed</b>	City of Sheffield	3:52.81	12	<b>A:</b>					
2	88	Gramme Hogg	Trafford AC	3:52.88	10	1	1	Andy Blow	Basingstoke & Mid Hants	51.54	16
3	33	Adam Bitchell	Cardiff AAC	3:56.60	8	2	4	Steve Garrett	City of Sheffield	51.93	14
4	11	John Hutchins	Basingstoke & Mid Hants	3:57.32	6	3	5	Niall Flannery	Gateshead	51.95	12
5	66	<b>Harry Harper</b>	City of Liverpool	3:59.99	4	4	6	Martin Lipton	City of Liverpool	52.85	10
6	22	<b>Russell Bentley</b>	Blackheath & Bromley	4:09.28	3	5	3	Gareth Morris	Cardiff AAC	54.78	8
7	77	Andrew Dunwoody	Kent AC	4:22.03	2	6	7	Antoni Davis-Phillip	Kent AC	55.39	6
	55	No competitor	Gateshead		0	7	8	Daloo Okieimin	Trafford AC	1:00.63	5
<b>3000</b>						Disq	2	Ed Harrison	Blackheath & Bromley	53.93	0
<b>A:</b>						<b>B:</b>					
1	2	Scott Overall	Blackheath & Bromley	8:20.25	16	1	66	Mark Draper	City of Liverpool	53.56	12
2	7	Nick Torry	Kent AC	8:20.68	14	2	44	Tom Grantham	City of Sheffield	54.70	10
3	3	Alex Hains	Cardiff AAC	8:21.02	12	3	33	Michael Haslett	Cardiff AAC	54.78	8
4	6	Craig Gunderson	City of Liverpool	8:30.81	10	4	11	Richard Fox	Basingstoke & Mid Hants	56.96	6
5	5	Adam Carmichael	Gateshead	8:55.18	8	5	22	Ben Parkin	Blackheath & Bromley	58.02	4
6	4	Howard Wood	City of Sheffield	9:00.13	6	6	77	Shaun Mulligan	Kent AC	58.27	3
7	8	Joe Mercer	Trafford AC	9:03.32	5	7	55	Callum Robson	Gateshead	1:00.25	2
8	1	<b>Jon Bradford</b>	Basingstoke & Mid Hants	9:14.25	4	8	88	Craig Wheeler	Trafford AC	1:16.84	1
<b>B:</b>						<b>3000Sc</b>					
1	33	Nathaniel Lane	Cardiff AAC	8:43.42	12	<b>A:</b>					
2	66	Ricky Challinor	City of Liverpool	8:47.48	10	1	3	Chris Discombe	Cardiff AAC	9:09.83	16
3	77	John Gilbert	Kent AC	8:50.58	8	2	5	Sean Hall	Gateshead	9:12.92	14
4	22	Alex Bruce-Littlewood	Blackheath & Bromley	9:05.31	6	3	2	Alex Bruce-Littlewood	Blackheath & Bromley	9:18.98	12
5	44	Yasin Mohamed	City of Sheffield	9:17.29	4	4	7	James Connor	Kent AC	9:26.84	10
6	11	<b>Max Roberts</b>	Basingstoke & Mid Hants	9:17.96	3	5	44	Yasin Mohamed	City of Sheffield	9:37.60	8
DNF	88	Richard Clancy	Trafford AC		0	6	88	Dave Safrenaslres	Trafford AC	10:10.02	6
	55	No competitor	Gateshead		0	7	1	Joe Flitcroft	Basingstoke & Mid Hants	14:29.34	5
<b>110H</b>							6	No competitor	City of Liverpool		0
<b>A:</b>		<b>ws: -1.8</b>				<b>B:</b>					

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1	33	Andrew Friend	Cardiff AAC	9:29.63	12	=6	8	Edward Morbrey	Trafford AC	1.75	5.5
2	77	Andrew Dunwoody	Kent AC	9:58.59	10	=6	55	Sam Stanilaus	Gateshead	1.75	5.5
3	22	Alex Gibbins	Blackheath & Bromley	10:02.13	8	8	11	Robert Yatz	Basingstoke & Mid Hants	1.60	4
dnf	4	Anthony Valentine	City of Sheffield		0	B:					
	11	No competitor	Basingstoke & Mid Hants		0	1	33	Lewis Long	Cardiff AAC	1.80	12
	55	No competitor	Gateshead		0	2	66	Mike Hartley	City of Liverpool	1.80	10
	66	No competitor	City of Liverpool		0	=3	77	Joe Appiah	Kent AC	1.75	7
	8	No competitor	Trafford AC		0	=3	44	Tom Grantham	City of Sheffield	1.75	7
						5	22	Alex Pope	Blackheath & Bromley	1.70	4
						6	5	Phil Hicks	Gateshead	1.65	3
						7	88	Daloo Okieimin	Trafford AC	1.65	2
<b>4x100</b>						8	1	Robert Kite	Basingstoke & Mid Hants	1.40	1
1	3	Cardiff AAC		41.45	16	8					
		Phil Dourgachurn; Liam Duff; Lloyd Reffell; Milton Baker				PV					
2	4	City of Sheffield		41.49	14	A:					
		Danish Khan, Ricky Reeves, Matt Quine, Todd Marshall				1	2	Scott Huggins	Blackheath & Bromley	4.90	16
3	2	Blackheath & Bromley		43.00	12	2	6	Brendon McConville	City of Liverpool	4.60	14
		Daniel Haque; Bomene Barikor; Alloy Wilson; Femi Owolade				3	8	Edward Morbrey	Trafford AC	4.40	12
4	5	Gateshead		43.10	10	4	3	John Murray	Cardiff AAC	4.20	10
		David Riley; Joe Kibirige; Ben Richardson; George Kenyon				5	4	Paul Hallworth	City of Sheffield	3.80	8
5	1	Basingstoke & Mid Hants		43.31	8	6	1	John Dickinson	Basingstoke & Mid Hants	3.80	6
		Jon Elderfield; Keiran Showler-Davis; Dima Korma; Richard Fox				7	5	Phil Hicks	Gateshead	3.00	5
6	7	Kent AC		44.45	6	8	7	Antoni Davis-Phillip	Kent AC	2.00	4
		Joe Appiah; John Browne; Lawrence Wooldridge; Darren Green				B:					
7	6	City of Liverpool		44.48	5	1	22	Ned Quiney	Blackheath & Bromley	4.60	12
		Gareb Butler; Oliver Back; Tony Corrigan; Liam Clowes				2	44	Sean Power	City of Sheffield	3.80	10
dnf	8	Trafford AC			0	3	66	Chris Roose	City of Liverpool	3.60	8
		Daloo Okieimen; Lawrence Baird; Danny Barry; Darren Scott				4	11	Rob Kite	Basingstoke & Mid Hants	3.40	6
<b>4x400</b>						5	33	Gareth Wiltshire	Cardiff AAC	3.20	4
1	4	City of Sheffield		3:12.00	16	6	77	Joe Appiah	Kent AC	2.00	3
		Steve Garrett; Muktahr Mohamed; Sam Ellis; Matt Quine					55	No competitor	Gateshead		0
2	1	Basingstoke & Mid Hants		3:12.74	14		88	No competitor	Trafford AC		0
		Jon Elderfield; Iain Bray; Mark Berridge; Andy Blow				LJ					
3	7	Kent AC		3:13.25	12	A:					
		Antoni Davis-Phillip; Conrad Williams; Darren Green; Lawrence Wooldridge				1	2	Jermaine Olasan	Blackheath & Bromley	7.06/0.6	16
4	2	Blackheath & Bromley		3:14.71	10	2	5	Paul Allen	Gateshead	6.86/-0.5	14
		Alloy Wilson; Bomene Barikor; Femi Owolade; Dan Putnam				3	4	Luke Cutts	City of Sheffield	6.59/1.0	12
5	3	Cardiff AAC		3:15.28	8	4	3	Jamaul Whyte	Cardiff AAC	6.20/1.2	10
		Gareth Morris; Matthew Elias; Michael Haslett; Gareth Warburton				5	88	Edward Morbrey	Trafford AC	6.08/0.6	8
6	6	City of Liverpool		3:18.25	6	6	11	Richard Fox	Basingstoke & Mid Hants	5.96/-0.2	6
		Martin Lipton; Gareb Butler; James Hunter; Mark Draper				7	66	Brendon McConville	City of Liverpool	5.91/1.8	5
7	8	Trafford AC		3:27.04	5	8	7	Dwyte Smith	Kent AC	5.22/1.1	4
		Daloo Okieimen; Sam Hutchinson; Lawrence Baird; Danny Barry				B:					
8	5	Gateshead		3:35.91	4	1	55	George Kenyon	Gateshead	6.37/0.8	12
		David Riley; Adam Rowland; Lewis Robson; Andrew Stanton				2	8	John Lee	Trafford AC	6.07/0.3	10
						3	44	Adam Khan	City of Sheffield	5.90/0.2	8
<b>HJ</b>						4	6	Craig Jones	City of Liverpool	5.86/1.0	6
<b>A:</b>						5	22	Dale Willis	Blackheath & Bromley	5.74/1.6	4
1	6	Mathew Owens	City of Liverpool	2.00	16	6	1	John Dickinson	Basingstoke & Mid Hants	5.72/-1.0	3
2	4	Ben Mourby	City of Sheffield	1.95	14	7	33	Sam Conway	Cardiff AAC	5.40/1.2	2
3	2	Lewis Ely	Blackheath & Bromley	1.95	12	8	77	Lawrence Wooldridge	Kent AC	4.83/0.2	1
4	3	Adam Gallie	Cardiff AAC	1.90	10	TJ					
5	7	Antoni Davis-Phillip	Kent AC	1.80	8	A:					

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1	8	Lawrence Harvey	Trafford AC	14.85/1.2	16	6	1	John Dixon	Basingstoke & Mid Hants	34.30	3
2	5	Ade Babatunde	Gateshead	14.38/1.9	14	7	22	Richard Al-Ameem	Blackheath & Bromley	24.07	2
3	6	David Mountford	City of Liverpool	13.46/0.4	12		7	Sean Breathnach	Kent AC	nt	0
4	4	Adam Khan	City of Sheffield	13.16/2.0	10	<b>HT</b>					
5	3	Ross McKenzie	Cardiff AAC	12.43/1.0	8	<b>A:</b>					
6	1	Jonathan Elderfield	Basingstoke & Mid Hants	12.13/1.3	6	1	4	Matt Lambert	City of Sheffield	68.63	16
7	22	Dale Willis	Blackheath & Bromley	12.11/2.3	5	2	6	Michael Bomba	City of Liverpool	62.60	14
8	77	Antoni Davis-Phillip	Kent AC	11.50/0.8	4	3	2	Andrew Jordan	Blackheath & Bromley	59.81	12
<b>B:</b>						4	3	Justin Sysum	Cardiff AAC	57.09	10
1	55	Sam Stanilaus	Gateshead	13.22/1.2	12	5	8	Roger Bate	Trafford AC	53.48	8
2	44	Luke Cutts	City of Sheffield	12.91/2.3	10	6	5	Graham Level	Gateshead	53.10	6
3	88	Tom Bell	Trafford AC	12.58/0.7	8	7	7	Sam Chappell	Kent AC	44.69	5
4	66	Alex Taylor	City of Liverpool	12.46/1.0	6	8	11	John Dickinson	Basingstoke & Mid Hants	31.43	4
5	33	Sam Conway	Cardiff AAC	12.10/1.0	4	<b>B:</b>					
6	2	Daniel Haque	Blackheath & Bromley	11.85/1.3	3	1	44	Simon Bissell	City of Sheffield	55.37	12
7	7	Shaun Mulligan	Kent AC	11.46/0.5	2	2	66	Will Lowndes	City of Liverpool	53.02	10
8	11	Liam McGarrigle	Basingstoke & Mid Hants	10.36/0.5	1	3	88	Morgan Bell	Trafford AC	44.40	8
<b>SP</b>						4	77	Dan Brunnsden	Kent AC	42.86	6
<b>A:</b>						5	22	Richard Al-Ameem	Blackheath & Bromley	41.89	4
1	7	Sean Breathnach	Kent AC	16.67	16	6	55	David Maggs	Gateshead	35.41	3
2	4	Jamie Williamson	City of Sheffield	16.47	14	7	33	Gareth Winter	Cardiff AAC	33.31	2
3	66	Will Lowndes	City of Liverpool	15.66	12	8	1	Joe Flitcroft	Basingstoke & Mid Hants	23.70	1
4	5	Craig Sturrock	Gateshead	15.65	10	<b>JT</b>					
5	88	Scott Lincoln	Trafford AC	13.34	8	<b>A:</b>					
6	33	Gareth Winter	Cardiff AAC	12.74	6	1	4	Lee Doran	City of Sheffield	72.22	16
7	11	Grant Showler-Davis	Basingstoke & Mid Hants	12.39	5	2	6	Ben Fisher	City of Liverpool	62.13	14
8	2	Alex Pope	Blackheath & Bromley	9.79	4	3	5	Ian Burns	Gateshead	60.54	12
<b>B:</b>						4	33	Jason Hallett	Cardiff AAC	55.34	10
1	44	Daniel Brunt	City of Sheffield	14.62	12	5	77	Dan Brunnsden	Kent AC	52.41	8
2	77	Dan Brunnsden	Kent AC	14.29	10	6	2	Alex Pope	Blackheath & Bromley	46.85	6
3	6	Greg Nixon	City of Liverpool	13.31	8	7	11	Rob Kite	Basingstoke & Mid Hants	40.71	5
4	55	Nick Ridgeon	Gateshead	12.87	6	8	88	Roger Bate	Trafford AC	36.92	4
5	1	Rob Kite	Basingstoke & Mid Hants	12.39	4	<b>B:</b>					
6	8	Roger Bate	Trafford AC	11.31	3	1	44	Sam Ellis	City of Sheffield	57.56	12
7	3	Jason Hallett	Cardiff AAC	10.26	2	2	66	Andrew Allan	City of Liverpool	52.50	10
8	22	Richard Al-Ameem	Blackheath & Bromley	9.46	1	3	7	Dominic Sadowski	Kent AC	47.83	8
<b>DT</b>						4	3	Justin Sysum	Cardiff AAC	43.98	6
<b>A:</b>						5	1	Grant Showler-Davis	Basingstoke & Mid Hants	39.97	4
1	5	Graeme Level	Gateshead	47.35	16	6	8	Pawlo Ostatowycz	Trafford AC	36.39	3
2	3	David Coleman	Cardiff AAC	46.74	14	7	55	Graeme Fairbairn	Gateshead	34.95	2
3	4	Jamie Williamson	City of Sheffield	46.56	12	8	22	Dale Willis	Blackheath & Bromley	28.50	1
4	66	Greg Nixon	City of Liverpool	43.10	10						
5	8	Roger Bate	Trafford AC	40.97	8						
6	77	Dan Brunnsden	Kent AC	38.97	6						
7	2	Alex Pope	Blackheath & Bromley	38.84	5						
8	11	Rob Kite	Basingstoke & Mid Hants	35.20	4						
<b>B:</b>											
1	44	Simon Bissell	City of Sheffield	46.17	12						
2	33	Gareth Winter	Cardiff AAC	43.26	10						
3	55	Craig Sturrock	Gateshead	42.88	8						
4	6	Michael Bomba	City of Liverpool	38.82	6						
5	88	Scott Lincoln	Trafford AC	34.78	4						