

Men's Southern League Division 3W, Oxford, 7 May 2005 - Mike Harper

This was probably the closest match we have had in our 5 years in the league, with only 11 points separating all four clubs. We finished in 3rd place, just ahead of Wessex and Bath. No Club records today, but that wasn't too surprising as the Pole Vault was cancelled due to the strong winds. Tony warmed up for a crack at Zippy's 1500m record to set the next best mark taking over from Oli. Tony also became the third SGR to break 11 mins for the Steeplechase, narrowly missing Tor's time. Tor picked up useful B string points with two 1st's and one 2nd place. Dave, as ever had a busy afternoon, and recorded fast sprint times. Both of Jamille's sprints were graded, with the 100m equalling his best. After an injury hit season last year, Dan is getting faster with every race and both his efforts resulted in p.b's. Mike hasn't trained for some while and by his very high standards, his times were down. He was still willing to come along and gain useful points for the Club, and his 400 hurdles time is only bettered by his own Club record! After turning out for us in the mud in the winter, Gordon proved more than useful over the jumps. Two B string 1st places and a strong Javelin throw gained valuable points for us. Andy just edged Tor in the 5k and me in the discus. In the hammer he was very close to his best, putting my pathetic effort to shame. With the Alton 10 miler the next day, Mark had a rest from the 5k, which helped him produce a p.b in the 1500m. Thanks to Brian, Martin and Dave Churcher for their assistance on the day, their help is much appreciated and we would be really stuck without it.

Grade

	400mH	Mike Williams	65.0s	A	2 nd		
	400mH	Mike Harper	74.5s	B	3 rd		
4	100m	Jamille Hogg	12.1s	A	4 th	=PB	
	100m	Dave Marrott	11.9.s	B	3 rd		
	800m	Dan Dell	2.13.8s	A	3 rd	PB	
	800m	Mike Harper	2.33.8s	B	3 rd		
	5000m	Andy Simpson	17.32.8s	A	3 rd		
	5000m	Tor Duffin	17.38.4s	B	1 st		
3	400m	Jamille Hogg	54.2s	A	3 rd		
	400m	Mike Williams	57.0s	B	3 rd		
	110mH	Mike Harper	22.0s	A	3 rd		
	110mH	Gordon Westley	22.0s	B	1 st		
	200m	Dave Marrott	24.8s	A	3 rd		
	200m	Dan Dell	25.6s	B	3 rd	PB	
	1500m	Tony Allen	4.18.8s		A	2 nd	Next Best
	1500m	Mark le Gassick	4.28.3s		B	1 st	PB
	4 x 100m	MIG/MH/AS/TA	63.8s		4 th		
	4 x 400m	JH/TD/MW/DD	3.57.3s			4 th	
	3000s/c	Tony Allen	10.52.9s	A	1 st		
	3000s/c	Gordon Westley	12.08.9s	B	1 st		
	Long jump	Dave Marrott	5.47m	A	3 rd		
	Long jump	Tor Duffin	5.34m	B	1 st		
	High Jump	Dave Marrott	1.50m	A	4 th		
	High Jump	Mark le Gassick	1.40m	B	2 nd		

Pole Vault	Cancelled – too windy					
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Triple Jump	Dave Marrott	11.17m	A	3 rd		
Triple Jump	Tor Duffin	9.94m	B	2 nd		
Hammer	Andy Simpson	15.29m	A	3 rd		
Hammer	Mike Harper	8.85m	B	4 th		
Javelin	Gordon Westley	29.58m	A	4 th		
Javelin	Mike Harper	21.72m	B	3 rd		
Shot	Tony Allen	7.20m	A	4 th		
Shot	Mike Harper	6.72m	B	3 rd		
Discus	Andy Simpson	18.12m	A	4 th	PB	
Discus	Mike Harper	17.98m	B	1 st	PB	

Next Fixture is at Salisbury on 21 May. The following one, when with a strong team we have a good chance of 1st or 2nd, is at Swindon, on 25th June. If you can run, throw or help please phone me on 02392 588220. At Swindon we face Swindon, Plymouth and Chiltern.