

*All Clubs,*

*Please find attached the results of this year's meeting.*

*Fortunately, the weather was fairly kind to us, but the wind was just a little too brisk and cold. However, we did have a good turn out, particularly from the Hospitals and there was a good competitive spirit, as can be seen from the final points score.*

*For once the ULAC did not have it all their own way and the United Hospitals pinched the Trophy for the first time for a number of years dominated by ULAC. Unfortunately, we were without any Athletes from the Police in the Men's match, which meant that most of the fields were reduced in size. However the 5K and 3K walk were well supported, thanks in particular to the "Guests" that turn up for the later event.*

*With regard to the Women's events, I think that perhaps we should look to possibly inviting other Clubs with a view to swelling the numbers, and making for a better competition. Perhaps you could have a think about this and let me have your views.*

*It has been suggested that we could examine the possibility of asking the Army to join us and I believe this may be a good move, and might even encourage some stronger turn out from our existing teams.*

*I am not quite sure what happened to our Field events Officials, but 2/3 of them failed to appear and this put a strain on those that did show. This also meant that there were restrictions on the number of attempts that each athlete was allowed to take. I will be looking into this and hopefully next year it should be back to normal.*

*If you have any points that you consider would improve the fixture I would be pleased to hear from you.*

*Regards,*

*Laurie Kelly*

*Results of the City Athletics Meeting  
Held at Willesden on Wednesday 17th June 2009.  
Financial Times Shield ( Men)*

<i>100m</i>	<i>1st. Adrian Stamp</i>	<i>ULAC</i>	<i>11.1 s</i>
	<i>2nd Rohan Samuel (O40)</i>	<i>B.H.</i>	<i>11.3 s</i>
	<i>3rd. Barrington King (O40)</i>	<i>C.S.</i>	<i>12.3 s</i>
	<i>4th. Ewan MacKay</i>	<i>U.H.</i>	<i>12.5 s</i>
<i>200m</i>	<i>1st Zak Jarrar</i>	<i>U.H.</i>	<i>24.7s</i>
	<i>2nd Jon Wong</i>	<i>ULAC</i>	<i>25.8s</i>
	<i>3rd Barrington King</i>	<i>C.S.</i>	<i>27.8s</i>
<i>400m</i>	<i>1st Radu Creosteanu</i>	<i>ULAC</i>	<i>60.1s</i>
	<i>2nd Alex Maxwell</i>	<i>U.H.</i>	<i>60.7s</i>
	<i>3rd Matt Prout</i>	<i>C.S.</i>	<i>62.7s</i>
<i>800m</i>	<i>1st Domien de Witte</i>	<i>ULAC</i>	<i>2m 12.0s</i>
	<i>2nd Vikram Balanchander</i>	<i>ULAC (n/s)</i>	<i>2m 16.3s</i>
	<i>3rd J-S Kanyamibwa</i>	<i>U.H</i>	<i>2m 22.8s</i>
	<i>4th Ollie Bendall</i>	<i>U.H (n/s)</i>	<i>2m 27.3s</i>
	<i>5th John O'Shea</i>	<i>C.S.</i>	<i>2m 37.1s</i>
	<i>6th Lee Radley</i>	<i>B.H.</i>	<i>2m 52.1s</i>
<i>5000m</i>	<i>1st Mike Boucher</i>	<i>B.H.</i>	<i>16m 10.2s</i>
	<i>2nd Paul Lemmon</i>	<i>Guest</i>	<i>16m 48.5s</i>
	<i>3rd Alex MacCaulay</i>	<i>U.H</i>	<i>17m 26.0s</i>
	<i>4th Julian Mann</i>	<i>C.S.</i>	<i>17m 33.7s</i>
	<i>5th Tom Ward</i>	<i>U.H (n/s)</i>	<i>18m 41.3s</i>
	<i>6th Joseph Wood</i>	<i>ULAC</i>	<i>19m 15.8s</i>
	<i>7th Tom Morris</i>	<i>B.H (n/s)</i>	<i>21m 24.5s</i>
	<i>8th Ivan Saeger</i>	<i>U.H (n/s)</i>	<i>22m 26.0s</i>
	<i>9th Radu Creosteanu</i>	<i>ULAC (n/s)</i>	<i>23m 02.3s</i>
<i>3K Walk</i>	<i>1st John Hall</i>	<i>C.S.</i>	<i>15m 30.7s</i>
	<i>2nd Carl Lawton(Bel)</i>	<i>Guest</i>	<i>17m03.3s</i>
	<i>3rd Mark Culshaw</i>	<i>B.H.</i>	<i>17m 36.5s</i>
	<i>4th M.Harren SWC</i>	<i>Guest</i>	<i>17m 46.5s</i>
	<i>5th Peter Hannell SWC</i>	<i>Guest</i>	<i>18m 01.8s</i>
	<i>6th Maureen Noel (W)</i>	<i>C.S.</i>	<i>18m 32.1s</i>
	<i>7th Peter Cassidy (Ilford)</i>	<i>Guest</i>	<i>19m 34.4s</i>
	<i>8th Frances Thomason(LU)</i>	<i>B.H (n/s)</i>	<i>19m 56.5s</i>
	<i>9th David Hoben SWC</i>	<i>Guest</i>	<i>19m 58.1s</i>
	<i>10th Mike Sutton (LPO)</i>	<i>B.H (n/s)</i>	<i>20m 02.2s</i>
	<i>11th G.Le Gon (W) LPO</i>	<i>B.H</i>	<i>20m 50.4s</i>
	<i>12th Bernard Hercock E/H</i>	<i>Guest</i>	<i>21m 12.9s</i>
	<i>13th Vikram Balanchandar</i>	<i>ULAC</i>	<i>21m 21.5s</i>
	<i>14th David Ainsworth Fords</i>	<i>B.H (n/s)</i>	<i>22m 19.3s</i>

<i>Medley Relay</i>	<i>1st</i>	<i>ULAC</i>		<i>4m 07.3s</i>
	<i>2nd</i>	<i>United Hospitals</i>		<i>4m 14.8s</i>
	<i>3rd</i>	<i>Civil Services</i>		<i>4m 40.6s</i>
	<i>4th</i>	<i>U.H (n/s)</i>		<i>4m 58.5s</i>

***FIELD EVENTS.***

<i>Discus</i>	<i>1st</i>	<i>A.Rothnie</i>	<i>U.H</i>	<i>31.34m</i>
	<i>2nd</i>	<i>Fergus Harford</i>	<i>C.S</i>	<i>20.27m</i>
	<i>3rd</i>	<i>Radu Creosteanu</i>	<i>ULAC</i>	<i>15.13m</i>
	<i>4th</i>	<i>David White</i>	<i>C.S (n/s)</i>	<i>13.60m</i>
	<i>5th</i>	<i>Luc Le Gon</i>	<i>B.H</i>	<i>10.60m</i>

<i>Shot</i>	<i>1st</i>	<i>A.Rothnie</i>	<i>U.H</i>	<i>9.34m</i>
	<i>2nd</i>	<i>Fergus Harford</i>	<i>C.S.</i>	<i>8.07m</i>
	<i>3rd</i>	<i>A.Mah</i>	<i>U.H (n/s)</i>	<i>7.07m</i>
	<i>4th</i>	<i>V.Balachandar</i>	<i>ULAC</i>	<i>5.91m</i>
	<i>5th</i>	<i>D.White</i>	<i>C.S (n/s)</i>	<i>4.98m</i>
	<i>6th</i>	<i>L.Le Gon</i>	<i>B.H.</i>	<i>4.47m</i>

<i>Long Jump</i>	<i>1st</i>	<i>Chris Jones</i>	<i>U.H.</i>	<i>5.52m</i>
	<i>2nd</i>	<i>John O'Shea</i>	<i>C.S</i>	<i>3.91m</i>
	<i>3rd</i>	<i>L.Le Gon</i>	<i>B.H.</i>	<i>3.20m</i>
		<i>A.Stamp</i>	<i>ULAC</i>	<i>no jump recorded.</i>

<i>Triple Jump</i>	<i>1st</i>	<i>Zak Jarrar</i>	<i>U.H (n/s)</i>	<i>10.86m</i>
	<i>2nd</i>	<i>Chris Jones</i>	<i>U.H</i>	<i>10.78m</i>
	<i>3rd</i>	<i>Ollie Bendall</i>	<i>U.H (n/s)</i>	<i>10.28m</i>

<u><i>Team Result</i></u>	<i>1st</i>	<i>United Hospitals</i>		<i>53 points</i>
	<i>2nd</i>	<i>ULAC</i>		<i>49 "</i>
	<i>3rd</i>	<i>Civils Services</i>		<i>45 "</i>
	<i>4th</i>	<i>Business Houses</i>		<i>29 "</i>

***NUFFIELD CUP – WOMEN.***

<i>100m</i>	<i>1<sup>st</sup></i>	<i>Paridra Surandarajah</i>	<i>U.H</i>	<i>13.6s</i>
	<i>2<sup>nd</sup></i>	<i>Maureen Noel</i>	<i>C.S.</i>	<i>15.3s</i>
	<i>3<sup>rd</sup></i>	<i>Lesley Richardson</i>	<i>B.H</i>	<i>16.1s</i>
<i>200m</i>	<i>1<sup>st</sup></i>	<i>Paridra Surandarajah</i>	<i>U.H</i>	<i>29.5s</i>
	<i>2<sup>nd</sup></i>	<i>Maureen Noel</i>	<i>C.S.</i>	<i>33.5s</i>
	<i>3<sup>rd</sup></i>	<i>Geraldine Le Gon</i>	<i>B.H.</i>	<i>46.9s</i>
<i>400m</i>	<i>1<sup>st</sup></i>	<i>Catrina Mactier</i>	<i>U.H.</i>	<i>65.5s</i>
	<i>2<sup>nd</sup></i>	<i>Maureen Noel</i>	<i>C.S</i>	<i>83.4s</i>
<i>800m</i>	<i>1<sup>st</sup></i>	<i>Jaquie Reid</i>	<i>Police</i>	<i>2m 48.4s</i>
	<i>2<sup>nd</sup></i>	<i>Maureen Noel</i>	<i>C.S.</i>	<i>3m 09.3s</i>

3000m	1 <sup>st</sup>	Jaquie Reid	Police	12m 29.3s
3 K Walk	1 <sup>st</sup>	Maureen Noel	C.S.	18m 32.1s
		G.LeGon	B.H.	20m 50.4s

4 x 100m Relay 1<sup>st</sup> United Hospitals 58.6s

#### Field Events

Shot	1 <sup>st</sup>	Lande Ogunsanya	U.H.	9.11m
	2 <sup>nd</sup>	Lois Haruna	ULAC	8.85m
	3 <sup>rd</sup>	Nicole Emery	U.H. (n/s)	7.48m
	4 <sup>th</sup>	G.Le Gon	B.H.	5.13m

Discus	1 <sup>st</sup>	Lande Ogunsanya	U.H.	16.21m
	2 <sup>nd</sup>	Nocole Emery	U.H. (n/s)	15.46m
	3 <sup>rd</sup>	Lois Haruna	ULAC	14.83m
	4 <sup>th</sup>	Jaquie Reid	Police	13.81m
	5 <sup>th</sup>	G.Le Gon	B.H	12.25m

Long Jump	1 <sup>st</sup>	Ruth Thomas	U.H	4.36m
	2 <sup>nd</sup>	Lois Haruna	ULAC	4.10m
	3 <sup>rd</sup>	G.Le Gon	B.H	3.01m
	4 <sup>th</sup>	Jaquie Reid	Police	2.76m
	5 <sup>TH</sup>	Maureen Noel	C.S.	1.76m

TEAM RESULT	1 <sup>st</sup>	United Hospitals	42 Points
	2 <sup>nd</sup>	Civil Services	28 “
	3 <sup>rd</sup>	Business Houses	24 “
	4 <sup>th</sup>	Police	19 “
	5 <sup>th</sup>	ULAC	15 “

#### Results of the London Business Houses Track & Field Championships Held at Willesden on Wednesday 17th June 2009

Men				Women		
100m	1st	R.Samuel	11.3s	M.Noel	C.S.	15.3s *
	2nd	B.King	C.S. 12.3s*	L.Richardson	LPO	16.1s
	3rd	A.Gopaul	C.S 15.0s*	G.Legon	LPO	19.7s
	4th	T.Lake	C.S. 16.4s			
	5th	L.Legon	LPO 17.5s			
	6th	A. Munday	L.U. 20.0s			
200m	1st	B.King	C.S. 27.8s*	M.Noel	C.S.	33.5s*
	2nd	L.Legon	LPO 39.9s	G.Legon	LPO	46.9s
400m	1st	M.Prout	C.S. 62.7s*	M.Noel	C.S.	83.4s*
800m	1st	J.O'Shea	C.S. 2m 37.1s*	J.Reid	Police	2m 48.4s#
	2nd	L.Radley	LPO 2m 52.1s	M.Noel	C.S.	3m 09.0s
	3rd	T.Morris	L.U. 2m 56.9s			

	<b>4th A.Gopaul</b>	<b>C.S.</b>	<b>3m 23.2s</b>		
<b>5K</b>	<b>1st M.Boucher</b>	<b>L.U.</b>	<b>16m 10.2s</b>	<b>3K J.Reid</b>	<b>Police 12m 29.3s#</b>
	<b>2nd J.Mann</b>	<b>C.S.</b>	<b>17m 33.7s*</b>		
	<b>3rd L.Radley</b>	<b>L.U.</b>	<b>21m24.5s*</b>		
	<b>4th T.Morris</b>	<b>L.U.</b>	<b>21m 43.1s</b>		
	<b>5th D.Ellis</b>	<b>L.U.</b>	<b>23m 52.4s</b>		
	<b>6th F.Thomason</b>	<b>L.U.</b>	<b>28m 07.7s</b>		
<b>3K Walk</b>	<b>1st J.Hall</b>	<b>C.S.</b>	<b>15m 30.7s#</b>	<b>M.Noel</b>	<b>C.S. 18m 32.1s*</b>
	<b>2nd C.Lawton (G)</b>	<b>Bels</b>	<b>17m 03.3s</b>	<b>G.Legon</b>	<b>LPO 20m 50.4s</b>
	<b>3rd M.Culshaw</b>	<b>Bels</b>	<b>17m 36.5s#</b>		
	<b>4th M.Harren (G)</b>	<b>SWC</b>	<b>17m 46.5s</b>		
	<b>5th P.Hannell (G)</b>	<b>SWC</b>	<b>18m 01.8s</b>		
	<b>6th P.Cssiddy (G)</b>	<b>Ilford</b>	<b>19m 34.4s</b>		
	<b>7th F.Thomason</b>	<b>L.U.</b>	<b>19m 56.5s*</b>		
	<b>8th D.Hoben (G)</b>	<b>SWC</b>	<b>19m 58.1s</b>		
	<b>9th M.Sutton</b>	<b>LPO</b>	<b>20m 02.2s</b>		
	<b>10th B.Hercock (G)</b>	<b>E/H</b>	<b>21m 12.9s</b>		
	<b>11th D.Ainsworth</b>	<b>Fords</b>	<b>22m 19.3s</b>		

#### **FIELD EVENTS**

<b>Shot</b>	<b>1st F.Harford</b>	<b>C.S.</b>	<b>8.07m*</b>	<b>G.Legon</b>	<b>LPO 5.13m*</b>
	<b>2nd D.White</b>	<b>C.S.</b>	<b>4.98m</b>		
<b>Discus</b>	<b>1st F.Harford</b>	<b>C.S.</b>	<b>20.27m*</b>	<b>J.Reid</b>	<b>Police 13.81m*</b>
	<b>2nd D.White</b>	<b>C.S.</b>	<b>13.60m</b>	<b>G.Legon</b>	<b>LPO 12.25m</b>
<b>L/Jump</b>	<b>1st J.O'Shea</b>	<b>C.S.</b>	<b>3.91m</b>	<b>G.Legon</b>	<b>LPO 3.01m*</b>
				<b>J.Reid</b>	<b>Police 2.76m</b>
				<b>M.Noel</b>	<b>C.S. 1.76m</b>

*Individuals marked thus \* have medals to come*

*Those marked thus # have already received medals.*

*Conditions of awards are :- 6 or more entries 3 medals,4-6 entries 2 medals, and 1 medal for less than 3 entries.*

*Due to the lack of time on the evening very few awards were made, therefore those still to receive their medals will have them awarded at the first opportunity.*

*This will probable be at the Bridges Relays on Thursday 25th June.*

*Laurie Kelly*

*Hon. Secretary.*