

"A" STRING	Pos.	Time/Distance	EVENT	"B" STRING	Pos.	Time/Distance
Steve Johnson		11.12	100m	Andrew Weekes		11.64
Steve Johnson		22.00	200m	Gareth Cunningham		22.72
Sukdev Sohal V55		66.18	400m	No entrant		
Walter Wessely V60		2:53.42	800m	No entrant		
Walter Wessely V60		5:55.89	1500m	No entrant		
Walter Wessely V60		13:05.25	3000m	No entrant		
Khalid Al-Abaidy U20		6:23.9 PB	2000m S/C	No entrant		
Andy Clements		17.66	110m H'dles	No entrant		
Neil Dodson V40		68.19	400m H'dles	No entrant		
Andy Clements		5.66m	Long Jump	Kieran Moss U20		3.79m
Andy Clements		11.51m	Triple Jump	Kieran Moss U20		11.39m
Andy Clements		1.70m	High Jump	No entrant		
Steve Walker		2.60m	Pole Vault	Andy Clements		2.60m
David Shiel		10.92m	Shot	Andy Clements		10.56m
Andy Clements		35.48m	Discus	David Shiel		23.42m
Andy Clements		45.86m	Javelin	Steve Johnson		28.49m
Andy Clements		21.44m	Hammer	No entrant		
1) Gareth Cunningham				<b>NON-SCORING 100m</b>		
2) Andrew Weekes		Dropped Baton	4 x 100m	Chuck Okwor		11.86
3) Chuck Okwor			Relay	<b>NON-SCORING 200m</b>		
4) Steve Johnson				Sukdev Sohal V55		28.52
				<b>SPLIT TIMES</b>		
1) Gareth Cunningham				53.4		
2) Khalid Al-Abaidy		3:30.9	4 x 400m	54.8		
3) Kieran Moss			Relay	54.0		
4) Steve Johnson				48.7		
<b>Kinnaird Trophy (Track)</b>				<b>Sward Trophy (Field)</b>		
1st	Blackheath & Bromley		214 points	1st	Achilles	178 points
2nd	Achilles		202 points	2nd	WSEH	130 points
3rd	Kingston & Poly		156 points	3rd	Kingston & Poly	124 points
4th	WINDSOR SLOUGH ETON & HOUNSLOW		118 points	4th	Blackheath & Bromley	98 points
5th	Hercules Wimbledon		102 points	5th	St. Marys Univ College	96 points
6th	Epsom & Ewell		46 points	6th	Hercules Wimbledon	54 points
7th	Thames Valley Harriers		42 points	7th	Epsom & Ewell	33 points
8th	St. Marys Univ College		24 points			
<b>Andy Clements almost achieves the impossible</b>						
Due to the National Road Relays in Birmingham on the same day and the National Junior League the next day added to the fact that several athletes were stuck abroad due to the Iceland Volcanic ash incident, it was always going to be difficult to select a full team - BUT with the welcome return to the arena after a two year enforced absence through injury of Mens Club Captain, Andy Clements, doing 9 events the near impossible was achieved when we finished second. On the track, a great run and PB from Under 20 Khalid Al-Abaidy in the						

Windsor Slough  
Eton Hounslow A.C.

## **Kinnaird / Sward Trophy**

17th April 2010  
at Kingston

steeplechase was the highlight with Veterans (Walter Wessely, Sukdev Sohal and Neil Dodson) scoring valuable points