

ALDER VALLEY BOYS LEAGUE 2016				
MATCH	1(E/B)		v2.0	
DATE	9th April 2016			
VENUE	Eton or Bracknell			
TEAM 1	Aldershot, Farnham and District A.C.	AFD	A	AA
TEAM 2	Basingstoke and Mid Hants A.C.	BMH	S	SS
TEAM 3	Bracknell A.C.	BAC	B	BB
TEAM 4	Camberley and District A.C.	CDAC	C	CC
TEAM 5	Guildford and Godalming A.C.	GGAC	G	GG
TEAM 6	Hillingdon Juniors A.C.	HJAC	H	HH
TEAM 7	Maidenhead A.C.	MAC	M	MM
TEAM 8	Reading A.C.	RAC	R	RR
TEAM 9	Windsor, Slough, Eton and Hounslow A.C.	WSEH	W	WW
TEAM 10	Jersey Spartans AC	JER	J	JJ
TEAM 11	City of Portsmouth	PORTS	P	PP
TEAM 12	No Team	NTAC	Z	ZZ

ALDER VALLEY BOYS LEAGUE 2016

9th April 2016

Eton or Bracknell

MATCH 1

UNDER 13		
CLUB	POINTS	POSITION
Aldershot, Farnham and District A.C.	0	0
Basingstoke and Mid Hants A.C.	0	0
Bracknell A.C.	168	2
Camberley and District A.C.	0	0
Guildford and Godalming A.C.	0	0
Hillingdon Juniors A.C.	158	5
Maidenhead A.C.	0	0
Reading A.C.	213	1
Windsor, Slough, Eton and Hounslow A.C.	0	0
Jersey Spartans AC	166	3
City of Portsmouth	165	4
No Team	0	0

UNDER 15		
CLUB	POINTS	POSITION
Aldershot, Farnham and District A.C.	0	0
Basingstoke and Mid Hants A.C.	0	0
Bracknell A.C.	274	1
Camberley and District A.C.	0	0
Guildford and Godalming A.C.	0	0
Hillingdon Juniors A.C.	163	4
Maidenhead A.C.	0	0
Reading A.C.	247	2
Windsor, Slough, Eton and Hounslow A.C.	0	0
Jersey Spartans AC	66	5
City of Portsmouth	236	3
No Team	0	0

UNDER 17		
CLUB	POINTS	POSITION
Aldershot, Farnham and District A.C.	0	0
Basingstoke and Mid Hants A.C.	0	0
Bracknell A.C.	185	2
Camberley and District A.C.	0	0
Guildford and Godalming A.C.	0	0
Hillingdon Juniors A.C.	94	5
Maidenhead A.C.	0	0
Reading A.C.	247	1
Windsor, Slough, Eton and Hounslow A.C.	0	0
Jersey Spartans AC	139	4
City of Portsmouth	177	3
No Team	0	0

OVERALL		
CLUB	POINTS	POSITION
Aldershot, Farnham and District A.C.	0.0	0
Basingstoke and Mid Hants A.C.	0.0	0
Bracknell A.C.	627.0	2
Camberley and District A.C.	0.0	0
Guildford and Godalming A.C.	0.0	0
Hillingdon Juniors A.C.	415.0	4
Maidenhead A.C.	0.0	0
Reading A.C.	707.0	1
Windsor, Slough, Eton and Hounslow A.C.	0.0	0
Jersey Spartans AC	371.0	5
City of Portsmouth	578.0	3
No Team	0.0	0

ALDER VALLEY BOYS LEAGUE 2016

MATCH		DATE		VENUE			
1(E/B)		9th April 2016		Eton or Bracknell			
UNDER 17 MEN JAVELIN A String				<i>League record</i>		55.70	
1	J	48.28	Jack Leerson	Jersey Spartans AC	JER	G2	AW
2	P	33.70	Simon Ward	City of Portsmouth	PORTS		
3	B	32.22	Sam Russell	Bracknell A.C.	BAC		
4	R	29.91	Oliver Matthews	Reading A.C.	RAC		
5							
6							
7							
8							
9							
10							
11							
12							
UNDER 17 MEN JAVELIN B String				<i>League record</i>		55.70	
1	RR	26.27	Alexander Spratley-Kemp	Reading A.C.	RAC		
2	PP	24.44	Robert Pattison	City of Portsmouth	PORTS		

ALDER VALLEY BOYS LEAGUE 2016							
9th April 2016		Elton or Bracknell			MATCH		1(E/B)
NON SCORING RESULTS UNDER 13, 15, 17							
Heat	Pos	NO	time/dist	event	Name	Club	age

DECLARATION SHEET. ALL CHANGES TO NAMES, NUMBERS, EVENTS **MUST ONLY BE MADE ON THE TEAM DECLARATION SHEET**(Name, Number, NS in their event(s)). ALL DECLARED ATHLETES NAMES WILL SHOW IN LIST BELOW BUT THEY WILL ONLY BE IDENTIFIED AS A NON-SCORER IF A NUMBER ALSO APPEARS IN COLUMN K
Do not delete any of the lines below

Name	Club	Age
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ALDER VALLEY BOYS LEAGUE 2016							
9th April 2016			Eton or Bracknell		MATCH	1(E/B)	
NON SCORING RESULTS UNDER 13, 15, 17							
Heat	Pos	NO	time/dist	event	Name	Club	age
1	1	701	0.0	800m	Jensen Bale	R - RAC	U15 m
2	1	205	0.0	800m	Louis Agopian	B - BAC	U15 m
2	2	706	0.0	800m	Sam Kral-Waters	R - RAC	U15 m
1	1	705	9.2	Hammer	Sam Keys	R - RAC	U15 m
1	1	727	2.9	PV	Alex Macwaters	R - RAC	U15 m
1	2	704	2.2	PV	Toby Irving	R - RAC	U15 m
1	3	705	1.9	PV	Sam Keys	R - RAC	U15 m
1	1	723	0.0	800m	Harry North	R - RAC	U17 m
1	1	707	14.5	100m	Matthew Rawles	R - RAC	U13 m
1	2	536	15.0	100m	Oscar Hill	H - HJAC	U13 m
1	3	287	15.0	100m	Tei Ensar	B - BAC	U13 m
1	4	538	15.9	100m	Anun Forrest	H - HJAC	U13 m
1	5	541	17.0	100m	Joshua Tindley	H - HJAC	U13 m
1	6	535	17.4	100m	William Spencer	H - HJAC	U13 m
1	7	548	17.4	100m	Hagan Mzee	R - RAC	U13 m
2	1	794	14.6	100m	Samuel Simpson	H - HJAC	U13 m
2	2	545	15.0	100m	CONNOR LAW	B - BAC	U13 m
2	3	281	15.6	100m	CONNOR LAW	B - BAC	U13 m
2	4	540	15.7	100m	Toby Elmore	H - HJAC	U13 m
2	5	793	16.2	100m	Campbell Orr	R - RAC	U13 m
2	6	547	16.2	100m	Amir Solanki	H - HJAC	U13 m
2	7	537	16.4	100m	Aryan Padarath	H - HJAC	U13 m
2	1	909	12.9	100m	Matthew Galbraith	P - PORTS	U15 m
1	2	715	13.1	100m	Akshay Velraj	R - RAC	U15 m
1	3	709	13.4	100m	Harrison Lynch	R - RAC	U15 m
1	4	207	13.5	100m	Samuel Aaron	B - BAC	U15 m
1	5	548	14.2	100m	Ben Parslow	H - HJAC	U15 m
1	6	551	15.4	100m	Ben Jhuboo	H - HJAC	U15 m
2	1	203	12.7	100m	James Sherifford	B - BAC	U15 m
2	2	708	13.1	100m	Taylor Lockhart	R - RAC	U15 m
2	3	712	13.5	100m	Jahari Nneke	R - RAC	U15 m
2	4	704	13.9	100m	Toby Irving	R - RAC	U15 m
2	5	553	14.1	100m	Oscar Ezemekwe	H - HJAC	U15 m
2	6	707	14.4	100m	Marley Lockhart	R - RAC	U15 m
2	7	549	14.9	100m	Rhys Feaviour	H - HJAC	U15 m
1	1	560	11.5	100m	Myles Morris	H - HJAC	U17 m
1	2	911	11.7	100m	Luke Youngusband	P - PORTS	U17 m
1	3	910	12.2	100m	Robert Pattison	P - PORTS	U17 m
1	4	719	12.4	100m	Harry Jameson	R - RAC	U17 m
1	5	559	12.6	100m	Wesley Mayers	H - HJAC	U17 m
1	6	557	12.8	100m	Aaron Connell	H - HJAC	U17 m
1	7	655	13.0	100m	George Burke	J - JER	U17 m
1	8	555	13.4	100m	Malachi Eilienne	H - HJAC	U17 m
1	1	721	13.3	100m	Oliver Matthews	R - RAC	U17 m
1	1	651	0.0	800m	Abdirahim Harnud	H - HJAC	U13 m
1	2	288	0.0	800m	Tony Holley	B - BAC	U13 m
1	3	289	0.0	800m	Brayden Clark	B - BAC	U13 m
1	4	546	0.0	800m	Andreas Leisten	H - HJAC	U13 m
1	5	542	0.0	800m	Joseph Hookway	H - HJAC	U13 m
1	6	290	0.0	800m	Dylan Accroyd	B - BAC	U13 m
1	7	281	0.0	800m	CONNOR LAW	B - BAC	U13 m
1	8	795	0.0	800m	Jack Thorpe	R - RAC	U13 m
1	9	284	0.0	800m	JOSH AARON	B - BAC	U13 m
1	10	291	0.0	800m	Daniel Tiley	B - BAC	U13 m
1	11	283	0.0	800m	JOSHUA ALEXANDER	B - BAC	U13 m
1	12	547	0.0	800m	Amir Solanki	H - HJAC	U13 m
1	13	277	0.0	800m	DYLAN JONES	B - BAC	U13 m
1	1	202	7.6	Shot	James Castle	B - BAC	U15 m
1	1	652	13.5	Discus	Oliver Rothwell	J - JER	U13 m
1	2	554	3.9	Discus	Freddie Pollard	J - JER	U13 m
1	1	207	47.4	300m	Samuel Aaron	B - BAC	U15 m
1	2	701	48.3	300m	Jensen Bale	R - RAC	U15 m
1	3	208	48.5	300m	Sander Ranson	B - BAC	U15 m
1	4	204	59.5	300m	Joe Carless	B - BAC	U15 m
1	1	705	16.1	60m Hurdles	Sam Keys	R - RAC	U15 m
1	1	201	0.0	1500m	Harry Withers	B - BAC	U15 m
1	2	713	0.0	1500m	Matthew Raynor	R - RAC	U15 m
1	3	711	0.0	1500m	Oliver Moor	R - RAC	U15 m
1	4	722	0.0	1500m	Thomas Nike	R - RAC	U17 m
1	5	725	0.0	1500m	Bradley Ware	R - RAC	U17 m
1	6	551	0.0	1500m	Isaac Dodds	J - JER	U13 m
1	7	285	0.0	1500m	OLIVER BARRRETT	B - BAC	U13 m
1	8	282	0.0	1500m	MAX THURLEY	B - BAC	U13 m
1	4	278	0.0	1500m	ROBBIE HADLEIGH	B - BAC	U13 m
1	5	280	0.0	1500m	TORIN BROOKS	B - BAC	U13 m
1	6	279	0.0	1500m	JOSHUA WILLIAMS	B - BAC	U13 m
1	7	275	0.0	1500m	JASPER TAYLOR	B - BAC	U13 m
1	1	213	4.8	LJ	Ben Macdonald	B - BAC	U15 m
1	2	726	4.6	LJ	Louis Schofield	R - RAC	U15 m
1	3	708	4.5	LJ	Taylor Lockhart	R - RAC	U15 m
1	4	204	4.5	LJ	Joe Carless	B - BAC	U15 m
1	5	205	4.2	LJ	Louis Agopian	B - BAC	U15 m
1	6	715	4.0	LJ	Akshay Velraj	R - RAC	U15 m

BE MADE ON THE TEAM DECLARATION SHEET(Name,Number,NS in their event(s)).
ALL DECLARED ATHLETES NAMES WILL SHOW IN LIST BELOW BUT THEY WILL ONLY BE IDENTIFIED AS A NON-SCORER IF A NUMBER ALSO APPEARS IN COLUMN K
Do not delete any of the lines below

	Name	Club	Age
283	JOSHUA ALEXANDER	B - BAC	U13 m
282	MAX THURLEY	B - BAC	U13 m
281	CONNOR LAW	B - BAC	U13 m
280	TORIN BROOKS	B - BAC	U13 m
279	JOSHUA WILLIAMS	B - BAC	U13 m
278	ROBBIE HADLEIGH	B - BAC	U13 m
277	DYLAN JONES	B - BAC	U13 m
276	SAM GREEN	B - BAC	U13 m
275	JASPER TAYLOR	B - BAC	U13 m
274	Ben Macdonald	B - BAC	U15 m
201	Harry Withers	B - BAC	U15 m
202	James Castle	B - BAC	U15 m
203	James Sherifford	B - BAC	U15 m
204	Joe Carless	B - BAC	U15 m
205	Louis Agopian	B - BAC	U15 m
206	Luke Turner	B - BAC	U15 m
207	Samuel Aaron	B - BAC	U15 m
208	Sander Ranson	B - BAC	U15 m
209	Simon Carey	B - BAC	U15 m
210	Aaron Enser	B - BAC	U17 m
211	Joshua Zoller	B - BAC	U17 m
212	Max Cooper	B - BAC	U17 m
535	William Spencer	H - HJAC	U13 m
536	Nikhil Chander	H - HJAC	U13 m
537	Aryan Padarath	H - HJAC	U13 m
538	Anun Forrest	H - HJAC	U13 m
539	Oscar Hill	H - HJAC	U13 m
540	Toby Elmore	H - HJAC	U13 m
541	Joshua Tindley	H - HJAC	U13 m
542	Joseph Hookway	H - HJAC	U13 m
543	George Hook	H - HJAC	U13 m
544	Patrick Hyde	H - HJAC	U13 m
545	Samuel Simpson	H - HJAC	U13 m
546	Andreas Leisten	H - HJAC	U13 m
547	Amir Solanki	H - HJAC	U13 m
548	Ben Parslow	H - HJAC	U15 m
549	Rhys Feaviour	H - HJAC	U15 m
550	Manooch Nazem	H - HJAC	U15 m
551	Ben Jhuboo	H - HJAC	U15 m
552	Jack Mousie	H - HJAC	U15 m
553	Oscar Ezemekwe	H - HJAC	U15 m
554	Kaliden Raihi	H - HJAC	U17 m
555	Malachi Eilienne	H - HJAC	U17 m
556	Jordan Snelling	H - HJAC	U17 m
557	Aaron Connell	H - HJAC	U17 m
558	Donte Elliott	H - HJAC	U17 m
559	Wesley Mayers	H - HJAC	U17 m
560	Myles Morris	H - HJAC	U17 m
799	Ian Ajanas	R - RAC	U13 m
798	Leo Ayaage	R - RAC	U13 m
797	Matthew Rawles	R - RAC	U13 m
796	Ben Richards	R - RAC	U13 m
795	Jack Thorpe	R - RAC	U13 m
729	Thomas Anderson	R - RAC	U15 m
701	Jensen Bale	R - RAC	U15 m
702	Jack Hynes	R - RAC	U15 m
703	Oliver Hynes	R - RAC	U15 m
704	Toby Irving	R - RAC	U15 m
705	Sam Keys	R - RAC	U15 m
706	Sam Kral-Waters	R - RAC	U15 m
707	Marley Lockhart	R - RAC	U15 m
708	Taylor Lockhart	R - RAC	U15 m
709	Harrison Lynch	R - RAC	U15 m
710	Thomas Marcham	R - RAC	U15 m
711	Oliver Moor	R - RAC	U15 m
712	Jahari Nneke	R - RAC	U15 m
713	Matthew Raynor	R - RAC	U15 m
714	Samuel Reynolds	R - RAC	U15 m
715	Akshay Velraj	R - RAC	U15 m
716	Archie Webb	R - RAC	U15 m
717	Max Young	R - RAC	U15 m
727	Alex Macwaters	R - RAC	U15 m
728	Louis Schofield	R - RAC	U15 m
718	Kiran Danti	R - RAC	U17 m
719	Harry Jameson	R - RAC	U17 m
720	Shreyas Kanjady	R - RAC	U17 m
721	Oliver Matthews	R - RAC	U17 m
722	Thomas Nias	R - RAC	U17 m
723	Harry North	R - RAC	U17 m
724	Harry Rose	R - RAC	U17 m
725	Bradley Ware	R - RAC	U17 m
726	Nick Wiltshire	R - RAC	U17 m

AAA standards grades					
under 13 boys	grade 1	grade 2	grade 3	grade 4	
100m	12.90	13.10	13.40	13.90	T
200m	26.70	27.60	28.00	29.00	T
600m					T
800m	02:22.0	02:24.5	02:28.5	02:34.5	T
1500m	04:50.5	04:56.5	05:03.5	05:16.0	T
75m hurdles	13.00	13.40	14.00	15.20	T
high jump	1.45	1.40	1.35	1.30	F
long jump	4.70	4.60	4.50	4.15	F
javelin	31.65	29.10	25.70	21.40	F
discus	25.85	22.60	19.25	16.15	F
shot	9.55	8.95	8.10	7.10	F
under 15 boys	grade 1	grade 2	grade 3	grade 4	
Pole Vault	3.20	3.00	2.80	2.40	F
Hammer	46.20	41.10	34.20	27.80	F
100m	11.70	11.90	12.10	12.50	T
200m	24.00	24.40	24.90	25.60	T
400m	53.80	# 55.20	# 56.90	# 59.00	T
800m	02:06.5	02:10.0	02:13.5	02:18.5	T
1500m	04:23.0	04:28.0	04:35.5	04:46.5	T
80m hurdles	11.90	12.20	12.70	13.40	T
high jump	1.70	1.66	1.60	1.55	F
long jump	5.70	5.55	5.32	5.00	F
javelin	42.55	39.90	37.00	32.65	F
discus	34.50	32.15	28.90	25.55	F
shot	12.35	11.75	10.95	10.15	F
under 17 boys	grade 1	grade 2	grade 3	grade 4	
100m	11.20	11.40	11.50	11.80	T
200m	22.80	23.10	23.50	24.10	T
400m	51.00	51.80	52.90	54.40	T
800m	01:57.0	01:59.5	02:02.0	02:06.5	T
1500m	04:06.0	04:11.0	04:17.0	04:26.5	T
100m hurdles	13.70	14.00	14.60	15.40	T
high jump	1.85	1.82	1.75	1.70	F
long jump	6.40	6.20	5.90	5.60	F
javelin	50.55	47.00	43.30	38.10	F
discus	40.95	37.10	32.70	28.10	F
shot	13.35	12.65	11.85	10.70	F
400m Hurdles	56.50	58.50	60.50	62.50	T
Triple Jump	13.00	12.55	12.10	11.45	F
Pole Vault	4.00	3.65	3.50	3.00	F
Hammer	58.00	48.60	39.25	29.30	F

SHEET

MATCH DETAILS

HOST

TEAM 2

TEAM 3

TEAM 4

TEAM 5

DURING MATCH

U11 non-scoring

LEAGUE RECORDS

LEAGUE RECORDS

INFO REQUIRED

type match details in

enter team names or copy and paste if emailed to you

enter team names or copy and paste if emailed to you

enter team names or copy and paste if emailed to you

enter team names or copy and paste if emailed to you

enter team names or copy and paste if emailed to you

copy and paste the declaration sheet only -- no more columns or rows

DO NOT DRAG AND MOVE

enter club letter and time/dist against event

DO NOT ENTER ANY DNF DNS DQ, OR NO MARKS FOR FIELD EVENTS

if a throw or jump is tied for a position then the 1/2 points will need to be input manually

800m 1200m 1500m times to be entered with format **XX:XX.X**

when using in match turn off auto cell complete

-tools

-options

-edit

-remove tick from enable auto complete for cell values

Transfer the number, name, club & age manually to non-scoring U11 sheet

TIME OR DISTANCE WILL GO YELLOW IF NEW RECORD IS SET

TIME OR DISTANCE WILL GO FOLLOW IF NEW RECORD IS SET

**ENTER CLUB
LETTER ONLY
IF A RESULT IS
ACHEIVED**

**ENTER TIME/DIST
NOTE - CELL WILL TURN
YELLOW IF NEW LEAGUE
RECORD**

**NAME V
FROM T
WHEN C
ENTERE**

A UNDER 17 WOMEN 200m				
			name	club
1	O	13.00		
2	D			
3	P			
4	G			
5	E			
6	B			
7	Z			

**TIME OR DISTANCE
WILL TURN YELLOW
IF NEW RECORD IS
SET**

**IF NO SCORE
FOR FIELD
BLANK**

SEI



**WILL APPEAR
TEAM SHEET
CLUB LETTER IS
ED**

**CLUB WILL APPEAR
FROM TEAM SHEET
WHEN CLUB LETTER IS
ENTERED**

**AAA GRADE WILL
APPEAR IF
APPLICABLE TO
TIME/DIST**

These
grades
are no
longer
kept
updated

grade	AW

**ATHLETICS WEEKLY
STANDARD APPLICABLE
TO TIME/DIST**

**THESE GREEN CELLS
WILL SELF
POPULATE -
do not enter data here**

**RE --
) LEAVE**



These are no longer updated Power of 10/AW have their own method

l to extract relevant results

