

## Men's team stave off relegation with good performance

Tuesday, 07 August 2007

The Herts Phoenix Men's team travelled to Reading on Saturday in an attempt to stave off the threat of relegation back to Division Two next season and with a full team there was every likelihood of achieving that objective.

Lewis Ely and Brad Armorgie came up with the results that the team needed with a double victory in the High Jump, Lewis clearing 1.90 and Brad clearing 1.85m but the only other victor on the day was Ian Tobin in the B String 100m.

There were some excellent team performances however, with Pat Barrett coming close once again to the Pole Vault record by clearing 3.80m to claim a second place and then going on to score more valuable points in the Discus, Shot and Javelin.

There were a number of other runners-up places for our athletes with Paul Lamont (200m), Gareth Dodd (400m), Lee Reynolds (3000m Steeplechase), Tom Lake (Long and Triple Jump), Brad Armorgie (Triple Jump), and the 4 x 100m Relay team. However, the Channel Islands put out a very strong team and with the home team also strong, Herts Phoenix found itself back in fourth place. On the positive side, there was only eight points separating the team from second place. Results:

	A	B				
100m	Brad Gelman	3rd	11.4	Ian Tobin	1st	11.3
200m	Ian Tobin	3rd	23.4	Paul Lamont	2nd	23.4
400m	Gareth Dodd	2nd	51.1	Paul Lamont	1st	51.8
800m	Lee Reynolds	4th	2:00.1	Richard Bloom	5th	2:45.6
1500m	Lee Reynolds	3rd	4:14.2	Josh Saydraouten	5th	4:44.3
5000m	Andrew Benson	4th	17:27.4	Richard Bloom	5th	20:53.9
3000m S/C	Peter Townsend	4th	11:17.2	Lee Reynolds	2nd	11:20.4
110m H	Pat Barrett	3rd	16.6	James Trezona	3rd	19.5
400m H	Josh Saydraouten	3rd	61.9	James Trezona	3rd	63.0
High Jump	Lewis Ely	1st	1.90	Brad Armorgie	1st	1.85
Pole Vault	Pat Barrett	2nd	3.80	James Trezona	3rd	1.20
Long Jump	Ian Tobin	4th	6.47	Tom Lake	2nd	6.04
Triple Jump	Tom Lake	2nd	13.02	Brad Armorgie	2nd	12.30
Shot Putt	Pat Barrett	4th	10.59	Junior Lewis	5th	9.37
Discus	Pat Barrett	4th	27.91	Junior Lewis	4th	26.85
Hammer	James Trezona	5th	16.39	Andrew Benson	4th	14.41
Javelin	Pat Barrett	4th	40.85	James Trezona	5th	28.95
4 x 100m		2nd	43.9			
4 x 400m		5th	3:41.5			

1	Channel Islands	124
2	Havering Mayesbrook	111
3	Reading	108
4	Herts Phoenix	103
5	Woodford Green EL	76

Dave Rice, Senior Coach