

WOMEN BAL 10 in 100 Cup 2010 24th July 2010 - Derby				
100mH				Wind -1.2
	1	Hannah Sargeant	Tamworth	16.44s
	2	Zoe Davies	Telford	22.14s
100m				Wind -0.8
	1	Elouise Taylor	Chesterf'd	12.88s
	2	Emma Pullen	Shrewsbury	13.24s
	3	Shreen Timmis	Lincoln W	13.36s
	4	Chloe Saunders	Tamworth	13.60s
	5	Naomi Farquharson	Telford	14.58s
200m				Wind -0.6
	1	Suzanne Palmer	Derby	25.67s
	2	Claire Burgoyne	Shrewsbury	26.07s
	3	Elouise Taylor	Chesterf'd	26.10s
	4	Sophie Worrall	Telford	27.03s
	5	Lucy Healis	Lincoln W	27.64s
400m				
	1	Emma Pullen	Shrewsbury	57.18s
	2	Natalie Shaw	Derby	59.51s
	3	Liz Checkley	Tamworth	61.69s
	4	Rochelle Harrison	Lincoln W	62.45s
	5	Claire Nixon	Telford	62.98s
800m				
	1	Claire Burgoyne	Shrewsbury	2:12.30m
	2	Lara Thomas	Lincoln W	2:14.13m
	3	Amy Frith	Tamworth	2:20.65m
	4	Chloe Morley	Derby	2:40.65m
	5	Suzanne Sharman	Chesterf'd	2:47.32m
3000m				
	1	Abby Norman	Derby	10:21.73m
	2	Georgia Ball	Lincoln W	10:25.50m
	3	Rebecca Smith	Tamworth	10:44.71m
	4	Suzanne Sharman	Chesterf'd	11:00.36m
	5	Chloe Murphy	Telford	12:28.68m
Medley Relay				
	1		Lincoln W	2:56.83m
	2		Tamworth	2:58.25m
	3		Derby	3:10.56m
	4		Telford	3:22.49m
Hammer				
	1	Jenna Winson	Derby	47.45m
	2	Sarah Stanhope	Lincoln Wellington	43.90m
	3	Sophie Allen	Tamworth	32.58m
	4	Pat Higgins	Shrewsbury	23.26m
	5	Zoe Davies	Telford	20.05m
Pole Vault				
	1	Patrycja Krawczyk	Chesterfield	3.00m
	2	Hayley Fox	Lincoln W	2.20m
	3	Liz Checkley	Tamworth	2.00m
Triple Jump				
	1	Kimberley Harrison	Chesterfield	10.85m
	2	Hannah Dunderdale	Lincoln Wellington	10.08m
	3	Claire Nixon	Telford	9.73m
	4	Melissa Metcalf	Tamworth	8.09m
Javelin				
	1	Sarah Stanhope	Lincoln Wellington	27.29m
	2	Hayley Rubery	Telford	26.75m
	3	Brit Merriman	Derby	20.26m
	4	Kelly King	Tamworth	18.40m
	5	Pat Higgins	Shrewsbury	15.11m
Women Overall				
	1		Lincoln Wellington	68
	2		Tamworth	61
	3		Derby	51
	4		Telford	46
	5		Chesterfield	52
	6		Shrewsbury	41
			Coventry	0
			Dudley & S	0

MEN - BAL 10 in 100 Cup 2010 24th July 2010 - Derby				
110m Hurdles				Wind -3.0
	1	Ryan Smith	Lincoln W	21.52s
100m				
	1	Tino Dunnett	Telford	11.34s
	2	Dwight Fenton	Coventry	11.71s
	3	Gavin Comber	Tamworth	11.75s
	4	Nathan Mackenzie	Chesterf'd	11.98s
	5	Ryan Kelly	Shrewsbury	12.13s
	6	Jake Myers	Derby	12.67s
	7	Chris Leslie	Lincoln W	13.15s
200m				
	1	Robert Scott	Chesterf'd	22.71s
	2	Michael Dickins	Telford	23.12s
	3	Daniel Rhodes	Tamworth	23.27s
	4	Andy Boon	Coventry	23.74s
	5	Chris Leslie	Lincoln W	24.72s
400m				
	1	Brian Derby	Coventry	50.38s
	2	Greg Richards	Tamworth	52.04s
	3	Mitchell Robinson	Chesterf'd	52.72s
	4	Jamie Fletcher	Derby	53.34s
	5	Malcolm Bramhall	Lincoln W	56.56s
800m				
	1	Chris Carter	Telford	1:56.97m
	2	Jordan Wildrienne	Derby	1:58.52m
	3	Stewart Marshall	Coventry	2:01.16m
	4	Shane Robinson	Lincoln W	2:03.32m
	5	Simon King	Tamworth	2:06.60m
	6	Steve Gascoyne	Chesterf'd	2:10.84m
3000m				
	1	Shane Robinson	Lincoln W	8:56.30m
	2	G. Lister	Coventry	9:02.27m
	3	Chris Bagshaw	Telford	9:10.86m
	4	Stephen Parkes	Tamworth	9:12.25m
	5	Tim Pillow	Shrewsbury	9:33.78m
	6	Ian Monaghan	Chesterf'd	9:54.40m
	7	Russell Parkin	Derby	10:20.25m
Medley Relay				
	1		Tamworth	2:30.71m
	2		Lincoln W	2:31.06m
	3		Derby	2:36.14m
	4		Chesterf'd	2:37.87m
	5		Telford	2:44.39m
Hammer				
	1	Alex Berrows	Tamworth	50.16m
	2	Jason Robinson	Chesterfield	45.65m
	3	Barry hawksworth	Derby	36.75m
	4	Andy Dunderdale	Lincoln	12.90
Pole Vault				
	1	Ed Moubey	Chesterfield	4.40m
	2	Gavin Showell	Tamworth	3.50m
	3	Garry Forfar	Telford	3.50
	4	Andy Dunderdale	Lincoln Wellington	2.30m
Triple Jump				
	1	Sam Edwards	Shrewsbury	14.46m
	2	Mathew Houlden	Lincoln Wellington	13.88m
	3	Adam Smith	Tamworth	13.24m
	4	Richard Westwood	Dudley & Stourbridge	12.18m
	5	Peter Favell	Chesterfield	12.05m
	6	Ben Cocker	Telford	11.39m
Javelin				
	1	Joe Dunderdale	Lincoln Wellington	56.63m
	2	Robert Miller	Telford	47.80m
	3	Peter Favell	Chesterfield	45.59m
	4	Ryan Winson	Derby	44.36m
	5	Sam Edwards	Shrewsbury	39.42m
	6	Gavin Showell	Tamworth	33.32m
Men Overall				
	1		Tamworth	62
	2		Lincoln Wellington	61
	3		Chesterfield	57
	4		Telford	51

	5=	Coventry	34
	5=	Derby	34
	7	Shrewsbury	21
	8	Dudley & S	10