



Golden Jubilee Cup & Plate Finals - Bedford

Saturday, 21 August 2004

				Records	Wind	Athletics W					Records	Wind	Athletics W
				Perf							Perf		
Men's 100m Cup				Wind=	+2.4 m/s		Men's 100m Plate				Wind=	+1.6 m/s	
1	8	Tyrone Edgar	Woodford Green w Essex L	10.27		✓	1	88	Richard Rubenis	Telford AC	11.01		✓
2	1	Darren Chin	Belgrave Harriers	10.39		✓	2	22	Stephen Prosser	Channel Islands	11.12		✓
3	3	Daniel Plummer	Newham & Essex Beagles	10.45		✓	3	66	Paul Knight	Southend	11.25		✓
4	5	Ryan Moseley	Shaftesbury Barnet Harrier	10.51		✓	4	55	Adam Daish	Herts Phoenix	11.28		✓
5	7	Rion Pierre	Windsor Slough Eton & Hou	10.62		✓	5	33	Dan May	Epsom & Ewell	11.32		
6	2	Stuart Barns	Birchfield Harriers	10.65		✓	6	11	Andy Blow	Basingstoke & Mid Hants	11.34		
7	4	Darren Ritchie	Sale Harriers (Manchester)	10.72		✓	7	77	Craig Walters	Reading	11.45		
8	6	Lawrence Baird	Trafford AC	10.88		✓	8	44	Matt Hansford	Exeter	11.69		
Men's 200m Cup				Wind=	+3.5		Men's 200m Plate				Wind=	+2.5	
1	1	Graeme Beasley	Belgrave Harriers	20.98		✓	1	88	James Tipper	Telford AC	22.01		✓
2	8	Colin Wilson	Woodford Green w Essex L	21.58		✓	2	77	Kelvin Callender	Reading	22.43		✓
3	3	Daniel Plummer	Newham & Essex Beagles	21.66		✓	3	22	Ryan de Haaff	Channel Islands	22.63		✓
4	4	Gareth Jones	Sale Harriers (Manchester)	21.72		✓	4	55	Peter Stafford	Herts Phoenix	22.64		✓
5	5	Alex Fugallo	Shaftesbury Barnet Harrier	22.04		✓	5	11	Andy Blow	Basingstoke & Mid Hants	22.67		✓
6	7	Rion Pierre	Windsor Slough Eton & Hou	22.10		✓	6	33	Dan May	Epsom & Ewell	22.86		✓
7	6	James Marshall	Trafford AC	22.12		✓	7	66	Richard Abrahams	Southend	23.31		
8	2	Alex Williams	Birchfield Harriers	22.19		✓	8	44	Tom Elworthy	Exeter	24.60		
Men's 400m Cup							Men's 400m Plate						
1	8	Graham Hedman	Woodford Green w Essex L	47.14		✓	1	55	Gareth Dodd	Herts Phoenix	48.47		✓
2	6	Andy Steele	Trafford AC	47.55		✓	2	33	Ryan Thomas	Epsom & Ewell	49.97		✓
3	2	Duane Ladajo	Birchfield Harriers	47.78		✓	3	66	Adam Shaw	Southend	50.22		✓
4	1	Louis Eving Jones	Belgrave Harriers	48.47		✓	4	22	Tom Druce	Channel Islands	50.78		✓
5	7	Adam Vittozzi	Windsor Slough Eton & Hou	49.31		✓	5	44	Tom Marley	Exeter	51.62		
6	5	Nengi Ossai	Shaftesbury Barnet Harrier	51.19			6	77	Philip Wren	Reading	52.07		
7	3	Ralphel Lewis	Newham & Essex Beagles	51.69			7	11	Matt Woods	Basingstoke & Mid Hants	53.43		
8							8						
Men's 800m Cup							Men's 800m Plate						
1	1	Tim Bayley	Belgrave Harriers	01:50.94		✓	1	22	Lee Merrien	Channel Islands	01:55.04		✓
2	2	Lulu Beseyni	Birchfield Harriers	01:51.49		✓	2	44	Simon Minting	Exeter	01:57.31		✓
3	8	Andy Brown	Woodford Green w Essex L	01:51.62		✓	3	11	David Ragan	Basingstoke & Mid Hants	01:57.90		✓
4	7	Scott Overall	Windsor Slough Eton & Hou	01:52.19		✓	4	88	Steve Neill	Telford AC	01:58.34		✓
5	5	Paul Lipman	Shaftesbury Barnet Harrier	01:54.26		✓	5	66	Danny Quinn	Southend	01:59.17		✓
6	6	Gary Bristow	Trafford AC	01:54.46		✓	6	55	Steve Smith	Herts Phoenix	01:59.45		✓
7	3	Richard Blake Smith	Newham & Essex Beagles	01:56.35		✓	7	77	Richard Kinnersley	Reading	02:01.53		
8	4	Ian Lowthian	Sale Harriers (Manchester)	01:57.08		✓	8	33	Stephen Parker	Epsom & Ewell	02:04.16		
Men's 1500m Cup							Men's 1500m Plate						
1	8	Matt Shone	Woodford Green w Essex L	03:50.31		✓	1	22	Lee Merrien	Channel Islands	03:50.75		✓
2	4	Stef North	Sale Harriers (Manchester)	03:52.75		✓	2	44	Tom Marley	Exeter	04:13.70		
3	2	Paul Moores	Birchfield Harriers	03:53.27		✓	3	11	Tom Bolton	Basingstoke & Mid Hants	04:15.36		
4	1	Jonathan Blackledge	Belgrave Harriers	03:55.73		✓	4	55	Michael Tarpey	Herts Phoenix	04:16.48		
5	5	Alex Hodgkinson	Shaftesbury Barnet Harrier	03:57.81		✓	5	77	Matthew Richards	Reading	04:17.90		
6	3	Chris Bowditch	Newham & Essex Beagles	03:58.23		✓	6	66	Danny Quinn	Southend	04:25.51		
7	7	Joe van der Toorm	Windsor Slough Eton & Hou	04:04.78		✓	7						
8	6	Rory Newton	Trafford AC	04:09.57			8						



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 Perf
 Records
 Wind
 Athletics W

Saturday, 21 August 2004

 Perf
 Records
 Wind
 Athletics W
Men's 3000m S/Chase Cup

1	4	James Bailey	Sale Harriers (Manchester)	09:10.76	
2	2	Tom Payn	Birchfield Harriers	09:13.56	
3	3	Andy Robinson	Newham & Essex Beagles	09:13.65	
4	5	Richard Williams	Shaftesbury Barnet Harrier	09:25.77	
5	6	Ian Sailsbury	Trafford AC	09:50.49	
6	8	John Sear	Woodford Green w Essex L	10:09.15	
7	1	Will Cockerell	Belgrave Harriers	10:25.96	
8	7	David Huck	Windsor Slough Eton & Hou	11:30.00	

Men's 3000m S/Chase Plate

1	77	Sam Aldridge	Reading	09:31.71	<input checked="" type="checkbox"/>
2	22	Lee Garland	Channel Islands	09:46.83	<input checked="" type="checkbox"/>
3	44	Matt Butler	Exeter	09:59.36	<input checked="" type="checkbox"/>
4	11	David Ragan	Basingstoke & Mid Hants	10:17.43	
5	66	Jon Weaver	Southend	10:20.70	
6	55	Marcus Allen	Herts Phoenix	11:07.31	
8					

Men's 5000m Cup

1	2	Zac Kiharah	Birchfield Harriers	14:34.40	<input checked="" type="checkbox"/>
2	1	Mark Thompson	Belgrave Harriers	14:47.03	<input checked="" type="checkbox"/>
3	7	Phil Wicks	Windsor Slough Eton & Hou	14:49.97	<input checked="" type="checkbox"/>
4	5	James Trapmore	Shaftesbury Barnet Harrier	15:01.62	<input checked="" type="checkbox"/>
5	4	Dan Augustus	Sale Harriers (Manchester)	15:05.56	<input checked="" type="checkbox"/>
6	8	Jonathan Powell	Woodford Green w Essex L	15:16.43	<input checked="" type="checkbox"/>
7	3	Mark Willenson	Newham & Essex Beagles	16:07.07	<input checked="" type="checkbox"/>
8	6	Darren Talbot	Trafford AC	16:44.20	

Men's 5000m Plate

1	11	Phillip Tulloa	Basingstoke & Mid Hants	14:30.06	<input checked="" type="checkbox"/>
2	55	Neilson Hall	Herts Phoenix	15:48.77	<input checked="" type="checkbox"/>
3	44	Gordon Seward	Exeter	16:13.19	<input checked="" type="checkbox"/>
4	22	Steve Dawes	Channel Islands	16:15.24	<input checked="" type="checkbox"/>
5	77	David Fallon	Reading	16:16.33	<input checked="" type="checkbox"/>
6	66	Tom Fletcher	Southend	16:40.31	
8					

Men's 10000m Cup

1	5	Kojo Kyereme	Shaftesbury Barnet Harrier	30:20.90	
2	8	Chris Winward	Woodford Green w Essex L	31:45.20	
3	1	Will Cockerell	Belgrave Harriers	32:34.95	
4	2	Steve Edmonds	Birchfield Harriers	32:41.71	
5	4	George Kirk	Sale Harriers (Manchester)	33:38.00	
6	3	Jamal Mohammed	Newham & Essex Beagles	34:39.69	
7	6	Vincent Booth	Trafford AC	35:32.45	
8					

Men's 10000m Plate

1	77	Tom Bracegirdle	Reading	32:53.28	
2	44	Mark Cowen	Exeter	33:19.23	
3	88	Rick Hailey	Telford AC	34:41.37	
4	22	Ian Carter	Channel Islands	35:21.51	
5	66	Mark Waine	Southend	36:09.35	
6	55	Paul Greaves	Herts Phoenix	36:29.56	
7	33	Matt Sargent	Epsom & Ewell	38:34.66	
8					

Men's 400m Hurdles Cup

1	7	Jeffrey Christie	Windsor Slough Eton & Hou	52.68	<input checked="" type="checkbox"/>
2	8	Richard Scott	Woodford Green w Essex L	53.26	<input checked="" type="checkbox"/>
3	1	Ryan Dinnan	Belgrave Harriers	54.37	<input checked="" type="checkbox"/>
4	5	Tom Carey	Shaftesbury Barnet Harrier	54.56	<input checked="" type="checkbox"/>
5	2	Matthew Dewsbury	Birchfield Harriers	55.31	<input checked="" type="checkbox"/>
6	4	Robert Gascoyne	Sale Harriers (Manchester)	57.09	<input checked="" type="checkbox"/>
7	6	Paul Crossley	Trafford AC	57.91	<input checked="" type="checkbox"/>
8	3	Aaron Edwards	Newham & Essex Beagles	60.87	

Men's 400m Hurdles Plate

1	22	Dale Garland	Channel Islands	55.82	<input checked="" type="checkbox"/>
2	66	Graham Easty	Southend	57.14	<input checked="" type="checkbox"/>
3	77	Michael Dyer	Reading	58.43	
4	55	Patrick Barrett	Herts Phoenix	59.46	
5	33	Simon Holmes	Epsom & Ewell	59.69	
6					
7					
8					

Men's 110m Hurdles Cup

Wind= +4.0 m/s

1	3	Duncan Malins	Newham & Essex Beagles	13.68	<input checked="" type="checkbox"/>
2	2	Chris Baillie	Birchfield Harriers	13.89	<input checked="" type="checkbox"/>
3	1	Will Sharman	Belgrave Harriers	14.00	<input checked="" type="checkbox"/>
4	6	Paul Crossley	Trafford AC	14.30	<input checked="" type="checkbox"/>
5=	7	Dwayne Stoddart	Windsor Slough Eton & Hou	14.31	<input checked="" type="checkbox"/>
5=	8	Richard Alleyne	Woodford Green w Essex L	14.31	<input checked="" type="checkbox"/>
7	5	Tom Carey	Shaftesbury Barnet Harrier	14.64	<input checked="" type="checkbox"/>
8	4	Andy Hopkinson	Sale Harriers (Manchester)	15.14	<input checked="" type="checkbox"/>

Men's 110m Hurdles Plate

Wind= +2.0 m/s

1	22	Dale Garland	Channel Islands	14.82	<input checked="" type="checkbox"/>
2	77	Michael Dyer	Reading	15.18	<input checked="" type="checkbox"/>
3	44	Nick Foxworthy	Exeter	15.66	<input checked="" type="checkbox"/>
4	33	James Parker	Epsom & Ewell	16.11	
5	55	Rob Jones	Herts Phoenix	16.24	
6	66	Greg Goodrem	Southend	16.86	
7					
8					



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				Records	Wind	Athletics W							
				Perf									
<u>Men's Hammer Cup</u>							<u>Men's Hammer Plate</u>						
1	1	Mike Jones	Belgrave Harriers	68.76		<input checked="" type="checkbox"/>	1	11	Simon Williams	Basingstoke & Mid Hants	43.58		<input checked="" type="checkbox"/>
2	4	Mike Floyd	Sale Harriers (Manchester)	66.95		<input checked="" type="checkbox"/>	2	66	Dave Condon	Southend	43.19		<input checked="" type="checkbox"/>
3	3	Simon Bown	Newham & Essex Beagles	66.39		<input checked="" type="checkbox"/>	3	77	Guy Perryman	Reading	36.25		
4	8	Andy Frost	Woodford Green w Essex L:	66.22		<input checked="" type="checkbox"/>	4	44	Rob Woodger	Exeter	36.20		
5	2	Matthew Bell	Birchfield Harriers	61.40		<input checked="" type="checkbox"/>	5	22	Luke Daniels	Channel Islands	21.43		
6	5	Chris Walsh	Shaftesbury Barnet Harrier:	58.24		<input checked="" type="checkbox"/>	6	33	Ian Frankish	Epsom & Ewell	21.37		
7	7	Steve Sammult	Windsor Slough Eton & Hou	56.00		<input checked="" type="checkbox"/>	7	55	Stuart Broadhead	Herts Phoenix	20.65		
8	6	Roger Bate	Trafford AC	52.00		<input checked="" type="checkbox"/>	8						
<u>Men's Discus Cup</u>							<u>Men's Discus Plate</u>						
1	1	Leith Marar	Belgrave Harriers	53.20		<input checked="" type="checkbox"/>	1	11	Simon Williams	Basingstoke & Mid Hants	44.96		<input checked="" type="checkbox"/>
2	5	Neville Thompson	Shaftesbury Barnet Harrier:	51.72		<input checked="" type="checkbox"/>	2	66	James South	Southend	43.96		<input checked="" type="checkbox"/>
3	4	Mark Wiseman	Sale Harriers (Manchester)	50.57		<input checked="" type="checkbox"/>	3	77	Guy Perryman	Reading	35.04		<input checked="" type="checkbox"/>
4	3	Scott Litton Hayes	Newham & Essex Beagles	47.17		<input checked="" type="checkbox"/>	4	22	Luke Daniels	Channel Islands	34.71		
5	6	Roger Bate	Trafford AC	46.55		<input checked="" type="checkbox"/>	5	55	Robert Rumble	Herts Phoenix	32.40		
6	2	Scott Rider	Birchfield Harriers	44.18		<input checked="" type="checkbox"/>	6	33	Ian Frankish	Epsom & Ewell	30.94		
7	8	Simon Fricker	Woodford Green w Essex L:	41.23		<input checked="" type="checkbox"/>	7	44	Matt Hansford	Exeter	29.69		
8	7	Steve Sammult	Windsor Slough Eton & Hou	37.99		<input checked="" type="checkbox"/>	8						
<u>Men's Javelin Cup</u>							<u>Men's Javelin Plate</u>						
1	5	David Parker	Shaftesbury Barnet Harrier:	67.01		<input checked="" type="checkbox"/>	1	22	Dale Garland	Channel Islands	50.54		<input checked="" type="checkbox"/>
2	1	Tom Dobbins	Belgrave Harriers	61.55		<input checked="" type="checkbox"/>	2	66	Dave Condon	Southend	47.63		
3	6	Chris Hughif	Trafford AC	60.48		<input checked="" type="checkbox"/>	3	11	Carl Marchment	Basingstoke & Mid Hants	46.36		
4	2	Alex Van de Mere	Birchfield Harriers	59.81		<input checked="" type="checkbox"/>	4	55	Alistair Ledsam	Herts Phoenix	45.47		
5	3	Mark Roberson	Newham & Essex Beagles	51.80		<input checked="" type="checkbox"/>	5	77	Michael Dyer	Reading	42.42		
6	8	James Wright	Woodford Green w Essex L:	50.81		<input checked="" type="checkbox"/>	6	44	Nick Foxworthy	Exeter	42.33		
7	7	Danny Hodge	Windsor Slough Eton & Hou	30.69			7	33	Ian Frankish	Epsom & Ewell	34.60		
8	4	Terry Davison	Sale Harriers (Manchester)	24.28			8						
<u>Men's Shot Putt Cup</u>							<u>Men's Shot Putt Plate</u>						
1	3	Mark Proctor	Newham & Essex Beagles	17.74		<input checked="" type="checkbox"/>	1	66	Dave Condon	Southend	16.27		<input checked="" type="checkbox"/>
2	2	Scott Rider	Birchfield Harriers	17.31		<input checked="" type="checkbox"/>	2	77	Guy Perryman	Reading	12.73		
3	1	Chris Gearing	Belgrave Harriers	17.02		<input checked="" type="checkbox"/>	3	11	Simon Williams	Basingstoke & Mid Hants	12.56		
4	8	Simon Fricker	Woodford Green w Essex L:	14.06		<input checked="" type="checkbox"/>	4	33	Ian Frankish	Epsom & Ewell	11.09		
5	4	Mark Wiseman	Sale Harriers (Manchester)	13.52		<input checked="" type="checkbox"/>	5	44	Rob Woodger	Exeter	10.32		
6	5	Neville Thompson	Shaftesbury Barnet Harrier:	13.43		<input checked="" type="checkbox"/>	6	55	Ben Solomon	Herts Phoenix	10.31		
7	6	Steven Hughes	Trafford AC	12.82			7	22	John Scriven	Channel Islands	8.74		
8	7	Dwayne Stoddart	Windsor Slough Eton & Hou	8.93			8						
<u>Men's Long Jump Cup</u>							<u>Men's Long Jump Plate</u>						
1	4	Darren Ritchie	Sale Harriers (Manchester)	7.76	+1.8	<input checked="" type="checkbox"/>	1	22	Dale Garland	Channel Islands	7.23	+1.9	<input checked="" type="checkbox"/>
2	1	Bernard Yeboah	Belgrave Harriers	7.62	+1.2	<input checked="" type="checkbox"/>	2	55	Neil Barton	Herts Phoenix	6.97	+1.1	<input checked="" type="checkbox"/>
3	2	Jonathan Moore	Birchfield Harriers	7.50	+2.6	<input checked="" type="checkbox"/>	3	66	Mitchell Wilkins	Southend	6.70	+2.9	<input checked="" type="checkbox"/>
4	3	J J Jegede	Newham & Essex Beagles	7.24	+2.6	<input checked="" type="checkbox"/>	4	44	Danny Harris	Exeter	6.69	+2.4	<input checked="" type="checkbox"/>
5	8	Nick Dowsett	Woodford Green w Essex L:	7.00	+3.1	<input checked="" type="checkbox"/>	5	77	Kelvin Callender	Reading	6.46	+1.9	
6	7	Mark Hollaway	Windsor Slough Eton & Hou	6.91	+1.9	<input checked="" type="checkbox"/>	6	11	Carl Marchment	Basingstoke & Mid Hants	6.33	+2.6	
7	5	Chris Bailey	Shaftesbury Barnet Harrier:	6.39	+2.6		7	33	Ian Frankish	Epsom & Ewell	5.83	+1.4	
8	6	Steven Hughes	Trafford AC	6.28	+1.5		8						



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				Records	Wind	Athletics W					Records	Wind	Athletics W
				Perf							Perf		
<u>Men's Triple Jump Cup</u>							<u>Men's Triple Jump Plate</u>						
1	6	Olumafemi Akansanya	Trafford AC	15.81	+5.1	☑	1	55	Matt Thurgood	Herts Phoenix	14.79	+2.6	☑
2	5	Larry Achike	Shaftesbury Barnet Harrier	15.80	+1.1	☑	2	33	Matt Pullan	Epsom & Ewell	14.06	+2.0	☑
3	2	Phil Ferdinand	Birchfield Harriers	15.68	+2.9	☑	3	11	Carl Marchment	Basingstoke & Mid Hants	13.18	+2.8	☑
4	8	Sayo Ojo	Woodford Green w Essex L:	14.36	+3.5	☑	4	22	John Scriven	Channel Islands	12.98	+3.0	
5	1	David Wellstead	Belgrave Harriers	14.06	+2.9	☑	5	88	Wayne Love	Telford AC	12.48	+3.3	
6	3	Shay Shodunki	Newham & Essex Beagles	14.00	+2.3	☑	6	66	Michael Brown	Southend	12.37	+2.2	
7	7	Mark Hollaway	Windsor Slough Eton & Hou	12.79	+2.5		7	77	Philip Brickley	Reading	10.87	+1.8	
8	4	Robert Gascoyne	Sale Harriers (Manchester)	11.96	+2.9		8						
<u>Men's High Jump Cup</u>							<u>Men's High Jump Plate</u>						
1	1	Samson Oni	Belgrave Harriers	2.10		☑	1	22	Simon Phelan	Channel Islands	1.95		☑
2	5	Darryl Stone	Shaftesbury Barnet Harrier	2.10		☑	2	66	Simon Thomas	Southend	1.95		☑
3	8	Dalton Grant	Woodford Green w Essex L:	2.05		☑	3	77	Michael Dyer	Reading	1.80		
4	6	Matthew Ostridge	Trafford AC	2.00		☑	4	55	Patrick Barrett	Herts Phoenix	1.80		
5	2	Dan Plank	Birchfield Harriers	1.90		☑	5	33	Simon Holmes	Epsom & Ewell	1.75		
6	7	David Cole	Windsor Slough Eton & Hou	1.90		☑	6	44	Tom Elworthy	Exeter	1.70		
7	3	Nelson Obah	Newham & Essex Beagles	1.90		☑	7	88	Chris Talbot	Telford AC	1.60		
8	4	Dean Hardman	Sale Harriers (Manchester)	1.10			8						
<u>Men's Pole Vault Cup</u>							<u>Men's Pole Vault Plate</u>						
1	2	Scott Simpson	Birchfield Harriers	5.10		☑	1	66	Jason Fry	Southend	4.20		☑
2	6	Allan Richardson	Trafford AC	4.90		☑	2	22	Dale Garland	Channel Islands	4.00		☑
3=	1	Cameron Johnstone	Belgrave Harriers	4.80		☑	3	44	Nick Foxworthy	Exeter	3.60		
3=	8	Christian North	Woodford Green w Essex L:	4.80		☑	4	55	Robert Rumble	Herts Phoenix	3.40		
5	7	Chris Mills	Windsor Slough Eton & Hou	4.80		☑	5	77	David Robinson	Reading	3.00		
6							6	88	John Bradley	Telford AC	3.00		
7							7				1.60		
8							8						
<u>Men's 4x100m Relay Cup</u>							<u>Men's 4x100m Relay Plate</u>						
1	3	Newham & Essex Beagles	Osman Jatta	Matt Thomas	Daniel Plummer	Mark Findlay	40.50	☑					
2	1	Belgrave Harriers	Will Sharman	Graeme Beasley	Wade Bennett Jackson	Darren Chin	40.99	☑					
3	6	Trafford AC	Lawrence Baird	Ryan Palmer	James Marshall	Andy Steele	41.49	☑					
4	5	Shaftesbury Barnet Harriers	Ryan Moseley	Alex Fugallo	Andrew Mensah	Jamahl Alert-Khan	41.67	☑					
5	2	Birchfield Harriers	Adam Hughes	Alex Williams	Chris Baillie	Stuart Barns	42.08	☑					
6	4	Sale Harriers (Manchester)	Yusupha Bojang	Gareth Jones	Andy Hopkinson	Dean Hardman	43.67	☑					
7	7	Windsor Slough Eton & Houns	Dwayne Stoddart	Mike Patton	Mark Hollaway	Rion Pierre	Disq						
8													
<u>Men's 4x400m Relay Cup</u>							<u>Men's 4x400m Relay Plate</u>						
1	2	Birchfield Harriers	Matthew Dewsbury	Chris Baillie	Lulu Beseyni	Duane Ladajo	03:13.88	☑					
2	6	Trafford AC	Richard Beardsell	Ryan Palmer	James Marshall	Andy Steele	03:14.08	☑					
3	1	Belgrave Harriers	Will Sharman	Louis Evling Jones	Ryan Dinnan	Tim Bayley	03:15.65	☑					
4	8	Woodford Green w Essex Ladi	Andy Brown	Matt Shone	James Wright	Leon Grant	03:19.81	☑					
5	5	Shaftesbury Barnet Harriers	Nengi Ossai	Tom Carey	Alex Fugallo	Ryan Moseley	03:23.75	☑					
6	7	Windsor Slough Eton & Houns	Richie Morgan	James Lee	Jeffrey Christie	Mark Hollaway	03:28.45						
7	3	Newham & Essex Beagles	Samuel Baptiste	Ahmed Ali	Duncan Malins	Ralphel Lewis	03:32.53						
8	4	Sale Harriers (Manchester)	Ian Lowthian	Gareth Jones	Yusupha Bojang	Stef North	Disq						



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Perf
Records
Wind
Athletics W

Perf
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Wind
Athletics W

Men's 4x100m Relay Plate

1	66	Southend	Charlie Knight	Paul Knight	Richard Abrahams	Andy Shaw	43.29	<input checked="" type="checkbox"/>
2	55	Herts Phoenix	Neil Barton	Matt Thurgood	Tom Lake	Peter Stafford	43.32	<input checked="" type="checkbox"/>
3	22	Channel Islands	Stephen Prosser	Peter Irving	Kieron Palmer	Ryan de Haaff	43.43	<input checked="" type="checkbox"/>
4	77	Reading	Philip Brickley	Kelvin Callender	Philip Wren	Craig Walters	44.16	
5	33	Epsom & Ewell	Dan May	Matt Pullan	Stephen Parker	Ryan Thomas	46.57	
6	44	Exeter	Tom Elworthy	Matt Hansford	Danny Harris	Rob Woodger	50.51	
7								
8								

Men's 4x400m Relay Plate

1	55	Herts Phoenix	Steve Smith	Robert Rumble	Adam Daish	Gareth Dodd	03:22.01	<input checked="" type="checkbox"/>
2	22	Channel Islands	Kieron Palmer	Lee Merrien	Peter Irving	Tom Druce	03:23.55	<input checked="" type="checkbox"/>
3	66	Southend	Graham Easty	Danny Quinn	Charlie Knight	Adam Shaw	03:25.70	<input checked="" type="checkbox"/>
4	77	Reading	Philip Wren	Sam Aldridge	Richard Kinnersley	Michael Dyer	03:36.32	
5	33	Epsom & Ewell	Dan May	Simon Holmes	Stephen Parker	Ryan Thomas	Disq	
6								
7								
8								

CUP RESULT

1	Birchfield	199.5
2	Belgrave	198.5
3	SBH	187.0
4	WGwEL	184.0
5	Trafford	177.0
6	Sale	167.0
7	WSE&H	146.0
8	N&EB	128.0

PLATE RESULT

1	Ch Isles	231.0
2	Herts P	227.0
3	Reading	184.5
4	Southend	169.0
5	Epsom & E	162.0
6	Exeter	152.5
7	Bas&MH	102.0
8	Telford	82.0



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			Perf	Records	Wind	Athletics W
Women's 100m Cup		Wind=	+3.6 m/s			
1	5	Emma Ania	Shaftesbury Barnet Harriers	11.47		<input checked="" type="checkbox"/>
2	2	Donna Maylor	Birchfield Harriers	11.60		<input checked="" type="checkbox"/>
3	4	Kelly Thomas	Sale Harriers (Manchester)	11.68		<input checked="" type="checkbox"/>
4	6	Diane Allahgreen	Trafford AC	11.72		<input checked="" type="checkbox"/>
5	3	Amina Ceessay	Newham & Essex Beagles	11.80		<input checked="" type="checkbox"/>
6	7	Nicole Bowring	Windsor Slough Eton & Hou	11.98		<input checked="" type="checkbox"/>
7	8	Tara Bird	Woodford Green w Essex L	12.26		<input checked="" type="checkbox"/>
8	1	Michelle Nestor	Belgrave Harriers	13.26		

			Perf	Records	Wind	Athletics W
Women's 200m Cup		Wind=	+3.2 m/s			
1	5	Emma Ania	Shaftesbury Barnet Harriers	23.37		<input checked="" type="checkbox"/>
2	4	Tatum Nelson	Sale Harriers (Manchester)	23.53		<input checked="" type="checkbox"/>
3	3	Amina Ceessay	Newham & Essex Beagles	24.11		<input checked="" type="checkbox"/>
4	7	Nicole Bowring	Windsor Slough Eton & Hou	24.13		<input checked="" type="checkbox"/>
5	6	Liz Fairs	Trafford AC	24.20		<input checked="" type="checkbox"/>
6	2	Bernice Wilson	Birchfield Harriers	24.75		<input checked="" type="checkbox"/>
7	8	Tara Bird	Woodford Green w Essex L	24.77		<input checked="" type="checkbox"/>
8	1	Jennifer Culley	Belgrave Harriers	25.15		<input checked="" type="checkbox"/>

			Perf	Records	Wind	Athletics W
Women's 400m Cup						
1	5	Marilyn Okoro	Shaftesbury Barnet Harriers	54.31		<input checked="" type="checkbox"/>
2	4	Daniella Halsall	Sale Harriers (Manchester)	54.70		<input checked="" type="checkbox"/>
3	6	Liz Fairs	Trafford AC	54.77		<input checked="" type="checkbox"/>
4	7	Vicki Jamison	Windsor Slough Eton & Hou	54.84		<input checked="" type="checkbox"/>
5	1	Michelle Carey	Belgrave Harriers	55.50		<input checked="" type="checkbox"/>
6	2	Susan Williams	Birchfield Harriers	56.25		<input checked="" type="checkbox"/>
7	8	Melanie Brown	Woodford Green w Essex L	57.43		<input checked="" type="checkbox"/>
8	3	Henrietta Sims	Newham & Essex Beagles	61.34		<input checked="" type="checkbox"/>

			Perf	Records	Wind	Athletics W
Women's 800m Cup						
1	6	Catherine Riley	Trafford AC	02:07.14		<input checked="" type="checkbox"/>
2	7	Steph Wilson	Windsor Slough Eton & Hou	02:09.68		<input checked="" type="checkbox"/>
3	2	Elizabeth Williams	Birchfield Harriers	02:13.95		<input checked="" type="checkbox"/>
4	5	Sarah Heath	Shaftesbury Barnet Harriers	02:14.78		<input checked="" type="checkbox"/>
5	8	Lindsay Snow	Woodford Green w Essex L	02:18.07		<input checked="" type="checkbox"/>
6	1	Louise Collier	Belgrave Harriers	02:19.20		<input checked="" type="checkbox"/>
7	4	Kaye Kirkham	Sale Harriers (Manchester)	02:20.28		<input checked="" type="checkbox"/>
8						

			Perf	Records	Wind	Athletics W
Women's 1500m Cup						
1	6	Karen Hill	Trafford AC	04:25.48		<input checked="" type="checkbox"/>
2	5	Victoria Webster	Shaftesbury Barnet Harriers	04:27.24		<input checked="" type="checkbox"/>
3	4	Donna Riding	Sale Harriers (Manchester)	04:40.71		<input checked="" type="checkbox"/>
4	8	Kira Morser	Woodford Green w Essex L	04:47.01		<input checked="" type="checkbox"/>
5	7	Claire Reeves	Windsor Slough Eton & Hou	04:55.86		<input checked="" type="checkbox"/>
6	2	Helena Trigg	Birchfield Harriers	04:58.73		<input checked="" type="checkbox"/>
7	1	Liz Horrobin	Belgrave Harriers	05:07.96		<input checked="" type="checkbox"/>
8	3	Adele Stach-Kavitz	Newham & Essex Beagles	05:23.36		<input checked="" type="checkbox"/>

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			Perf	Records	Wind	Athletics W
Women's 100m Plate		Wind=	+3.2 m/s			
1	77	Shelley Bowen	Reading	12.18		<input checked="" type="checkbox"/>
2	22	Kylie Robilliard	Channel Islands	12.41		<input checked="" type="checkbox"/>
3	55	Ciaran Andrews	Herts Phoenix	12.66		<input checked="" type="checkbox"/>
4	44	Janine McCormack	Exeter	12.81		<input checked="" type="checkbox"/>
5	33	Natalie Brant	Epsom & Ewell	12.83		<input checked="" type="checkbox"/>
6	11	Jo Pett	Basingstoke & Mid Hants	12.97		<input checked="" type="checkbox"/>
7	66	Sue Reeves	Southend	13.71		<input checked="" type="checkbox"/>
8						

			Perf	Records	Wind	Athletics W
Women's 200m Plate		Wind=	+3.2 m/s			
1	77	Shelley Bowen	Reading	25.38		<input checked="" type="checkbox"/>
2	11	Ria Lewis	Basingstoke & Mid Hants	25.95		<input checked="" type="checkbox"/>
3	22	Kylie Robilliard	Channel Islands	26.19		<input checked="" type="checkbox"/>
4	55	Zoe Delaney	Herts Phoenix	26.79		<input checked="" type="checkbox"/>
5	33	Natasha Clementis	Epsom & Ewell	27.33		<input checked="" type="checkbox"/>
6	44	Elizabeth Gale	Exeter	27.92		<input checked="" type="checkbox"/>
7	66	Emma Hawes	Southend	29.65		<input checked="" type="checkbox"/>
8						

			Perf	Records	Wind	Athletics W
Women's 400m Plate						
1	11	Ria Lewis	Basingstoke & Mid Hants	58.46		<input checked="" type="checkbox"/>
2	55	Hayley Wills	Herts Phoenix	59.61		<input checked="" type="checkbox"/>
3	44	Bridget Tidball	Exeter	60.63		<input checked="" type="checkbox"/>
4	77	Sophie Mabbett	Reading	60.98		<input checked="" type="checkbox"/>
5	22	Stephanie Le Cornu	Channel Islands	62.26		<input checked="" type="checkbox"/>
6	88	Sian Davies	Telford AC	63.72		<input checked="" type="checkbox"/>
7	66	Emma Hawes	Southend	65.34		<input checked="" type="checkbox"/>
8	33	Angela Griffiths	Epsom & Ewell	65.60		<input checked="" type="checkbox"/>

			Perf	Records	Wind	Athletics W
Women's 800m Plate						
1	33	Emily Nelson	Epsom & Ewell	02:16.27		<input checked="" type="checkbox"/>
2	55	Nikki Silva	Herts Phoenix	02:17.82		<input checked="" type="checkbox"/>
3	88	Sian Davies	Telford AC	02:18.49		<input checked="" type="checkbox"/>
4	44	Elizabeth Gale	Exeter	02:21.05		<input checked="" type="checkbox"/>
5	77	Annie Bolton	Reading	02:23.20		<input checked="" type="checkbox"/>
6	22	Sarah Hulme	Channel Islands	02:25.13		<input checked="" type="checkbox"/>
7	66	Sam Daly	Southend	02:28.71		<input checked="" type="checkbox"/>
8						

			Perf	Records	Wind	Athletics W
Women's 1500m Plate						
1	55	Elizabeth Hall	Herts Phoenix	04:43.26		<input checked="" type="checkbox"/>
2	33	Emily Nelson	Epsom & Ewell	04:44.71		<input checked="" type="checkbox"/>
3	44	Katherine Humphreys	Exeter	04:50.91		<input checked="" type="checkbox"/>
4	22	Sarah Hulme	Channel Islands	05:02.15		<input checked="" type="checkbox"/>
5	88	Emma Davies	Telford AC	05:05.00		<input checked="" type="checkbox"/>
6	11	Sarah Bolton	Basingstoke & Mid Hants	05:12.98		<input checked="" type="checkbox"/>
7	77	Hannah Watt	Reading	05:31.92		<input checked="" type="checkbox"/>
8	66	Sarah Jeffries	Southend	05:46.30		<input checked="" type="checkbox"/>



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	Perf	Records	Wind	Athletics W	
<u>Women's 3000m Cup</u>					
1	4	Sonia Thomas	Sale Harriers (Manchester)	09:46.01	<input checked="" type="checkbox"/>
2	8	Grace Greenhalgh	Woodford Green w Essex L	09:56.85	<input checked="" type="checkbox"/>
3	5	Emily Ferenczi	Shaftesbury Barnet Harrier	10:00.95	<input checked="" type="checkbox"/>
4	2	Rebecca Sanders	Birchfield Harriers	10:34.09	<input checked="" type="checkbox"/>
5	1	Louise Cooper	Belgrave Harriers	10:40.19	<input checked="" type="checkbox"/>
6	7	Lucy Pringle	Windsor Slough Eton & Hou	11:07.99	
7	3	Ravenna Brown	Newham & Essex Beagles	11:22.95	
8					

	Perf	Records	Wind	Athletics W	
<u>Women's 3000m Plate</u>					
1	22	Joanne McGarry	Channel Islands	09:57.39	<input checked="" type="checkbox"/>
2	88	Claire Martin	Telford AC	10:03.36	<input checked="" type="checkbox"/>
3	66	Sarah Mullins	Southend	10:25.35	<input checked="" type="checkbox"/>
4	55	Sarah Campbell	Herts Phoenix	10:32.99	<input checked="" type="checkbox"/>
5	33	Alice Lethbridge	Epsom & Ewell	10:46.05	<input checked="" type="checkbox"/>
6	11	Jenny Brierly	Basingstoke & Mid Hants	11:04.43	
7					
8					

<u>Women's 400m Hurdles Cup</u>					
1	6	Katie Jones	Trafford AC	59.66	<input checked="" type="checkbox"/>
2	7	Nicola Sanders	Windsor Slough Eton & Hou	59.75	<input checked="" type="checkbox"/>
3	1	Jennifer Culley	Belgrave Harriers	60.77	<input checked="" type="checkbox"/>
4	2	Michelle Thomas	Birchfield Harriers	60.90	<input checked="" type="checkbox"/>
5	5	Claire Heafford	Shaftesbury Barnet Harrier	62.49	<input checked="" type="checkbox"/>
6	3	Nusrat Ceessay	Newham & Essex Beagles	62.80	<input checked="" type="checkbox"/>
7	4	Kathy Wellam	Sale Harriers (Manchester)	68.63	<input checked="" type="checkbox"/>
8	8	Zoe Watson	Woodford Green w Essex L	71.89	

<u>Women's 400m Hurdles Plate</u>					
1	55	Christina Silva	Herts Phoenix	65.84	<input checked="" type="checkbox"/>
2	66	Sue Reeves	Southend	71.31	
3	33	Charmaine Johnson	Epsom & Ewell	72.84	
4	88	Lindsey Fletcher	Telford AC	74.62	
5	22	Emma Batiste	Channel Islands	77.47	
6	77	Sarah Wilkins	Reading	84.26	
7					
8					

	Perf	Records	Wind	Athletics W	
<u>Women's 100m Hurdles Cup</u>					
			Wind= +2.5 m/s		
1	4	Sara McGreavey	Sale Harriers (Manchester)	13.46	<input checked="" type="checkbox"/>
2	8	Julie Pratt	Woodford Green w Essex L	13.49	<input checked="" type="checkbox"/>
3	6	Diane Allahgreen	Trafford AC	13.62	<input checked="" type="checkbox"/>
4	3	Gemma Bennett	Newham & Essex Beagles	13.73	<input checked="" type="checkbox"/>
5	1	Julie Hollman	Belgrave Harriers	14.45	<input checked="" type="checkbox"/>
6	7	Jenny Christie	Windsor Slough Eton & Hou	14.62	<input checked="" type="checkbox"/>
7	5	Lauren McLoughlin	Shaftesbury Barnet Harrier	14.72	<input checked="" type="checkbox"/>
8	2	Michelle Thomas	Birchfield Harriers	16.43	<input checked="" type="checkbox"/>

	Perf	Records	Wind	Athletics W	
<u>Women's 100m Hurdles Plate</u>					
			Wind= +4.2 m/s		
1	55	Ciaran Andrews	Herts Phoenix	15.01	<input checked="" type="checkbox"/>
2	44	Janine McCormack	Exeter	15.95	<input checked="" type="checkbox"/>
3	22	Kamela Monks	Channel Islands	16.34	<input checked="" type="checkbox"/>
4	33	Rachel Peckham	Epsom & Ewell	16.45	<input checked="" type="checkbox"/>
5	77	Meryl Austin	Reading	17.17	
6	66	Sue Reeves	Southend	20.65	
7					
8					

<u>Women's Hammer Cup</u>					
1	2	Zoe Derham	Birchfield Harriers	59.03	<input checked="" type="checkbox"/>
2	4	Laura Douglas	Sale Harriers (Manchester)	55.96	<input checked="" type="checkbox"/>
3	8	Liz Pidgeon	Woodford Green w Essex L	50.64	<input checked="" type="checkbox"/>
4	7	Joanne John	Windsor Slough Eton & Hou	50.37	<input checked="" type="checkbox"/>
5	1	Diana Holden	Belgrave Harriers	48.90	<input checked="" type="checkbox"/>
6	6	Joanne Harding	Trafford AC	37.13	<input checked="" type="checkbox"/>
7	5	Julie Dunkley	Shaftesbury Barnet Harrier	34.96	<input checked="" type="checkbox"/>
8	3	Jo White	Newham & Essex Beagles	33.42	<input checked="" type="checkbox"/>

<u>Women's Hammer Plate</u>					
1	55	Faye Blacktin	Herts Phoenix	47.41	<input checked="" type="checkbox"/>
2	44	Bola Ogun	Exeter	44.17	<input checked="" type="checkbox"/>
3	33	Joanna Bennett	Epsom & Ewell	36.17	<input checked="" type="checkbox"/>
4	22	Michelle Ryan	Channel Islands	33.67	<input checked="" type="checkbox"/>
5	66	Louisa Taylor	Southend	27.30	
6	77	Julie Wilson	Reading	24.79	
7					
8					

<u>Women's Discus Cup</u>					
1	7	Ade Oshinowo	Windsor Slough Eton & Hou	47.75	<input checked="" type="checkbox"/>
2	6	Elaine Cank	Trafford AC	46.06	<input checked="" type="checkbox"/>
3	2	Sarah Henton	Birchfield Harriers	44.58	<input checked="" type="checkbox"/>
4	5	Navdeep Dhaliwal	Shaftesbury Barnet Harrier	43.99	<input checked="" type="checkbox"/>
5	8	Monique Buchanan	Woodford Green w Essex L	40.98	<input checked="" type="checkbox"/>
6	4	Donna Williams	Sale Harriers (Manchester)	39.76	<input checked="" type="checkbox"/>
7	1	Laura Fox	Belgrave Harriers	35.47	<input checked="" type="checkbox"/>
8	3	Jo White	Newham & Essex Beagles	31.12	<input checked="" type="checkbox"/>

<u>Women's Discus Plate</u>					
1	22	Lauren Therin	Channel Islands	41.52	<input checked="" type="checkbox"/>
2	44	Elaine Giles	Exeter	34.55	<input checked="" type="checkbox"/>
3	55	Kylie Brown	Herts Phoenix	33.33	<input checked="" type="checkbox"/>
4	33	Joanna Bennett	Epsom & Ewell	29.47	
5	77	Julie Wilson	Reading	25.15	
6	88	Becky Hartshorne	Telford AC	23.58	
7	66	Louisa Taylor	Southend	21.97	
8					



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				Records	Wind	Athletics W							
				Perf									
<u>Women's Javelin Cup</u>							<u>Women's Javelin Plate</u>						
1	4	Shelley Holroyd	Sale Harriers (Manchester)	49.73		<input checked="" type="checkbox"/>	1	55	Paula Collis	Herts Phoenix	43.87		<input checked="" type="checkbox"/>
2	8	Silvia Cruz	Woodford Green w Essex L:	47.59		<input checked="" type="checkbox"/>	2	22	Lauren Therin	Channel Islands	42.81		<input checked="" type="checkbox"/>
3	5	Kirsty Morrison	Shaftesbury Barnet Harrier:	46.73		<input checked="" type="checkbox"/>	3	44	Bridget Tidball	Exeter	35.53		<input checked="" type="checkbox"/>
4	2	Jenny O'Sullivan	Birchfield Harriers	43.70		<input checked="" type="checkbox"/>	4	33	Charmaine Johnson	Epsom & Ewell	30.94		<input checked="" type="checkbox"/>
5	1	Julie Hollman	Belgrave Harriers	39.48		<input checked="" type="checkbox"/>	5	88	Lindsey Fletcher	Telford AC	21.84		
6	6	Nicola Gautier	Trafford AC	36.29		<input checked="" type="checkbox"/>	6	66	Louisa Taylor	Southend	11.86		
7	3	Sasha Corbin	Newham & Essex Beagles	35.78		<input checked="" type="checkbox"/>	7						
8							8						
<u>Women's Shot Putt Cup</u>							<u>Women's Shot Putt Plate</u>						
1	8	Jo Duncan	Woodford Green w Essex L:	15.86		<input checked="" type="checkbox"/>	1	33	Joanna Bennett	Epsom & Ewell	12.33		<input checked="" type="checkbox"/>
2	1	Eva Massey	Belgrave Harriers	15.69		<input checked="" type="checkbox"/>	2	22	Lauren Therin	Channel Islands	12.06		<input checked="" type="checkbox"/>
3	5	Julie Dunkley	Shaftesbury Barnet Harrier:	14.96		<input checked="" type="checkbox"/>	3	44	-	Exeter	10.61		<input checked="" type="checkbox"/>
4	7	Ade Oshinowo	Windsor Slough Eton & Ho:	14.67		<input checked="" type="checkbox"/>	4	55	Kylie Brown	Herts Phoenix	8.49		
5	4	Rebecca Peake	Sale Harriers (Manchester)	13.97		<input checked="" type="checkbox"/>	5	77	Audrey Lewis	Reading	7.63		
6	6	Nicola Gautier	Trafford AC	13.33		<input checked="" type="checkbox"/>	6	66	Susan Reeves	Southend	6.87		
7	2	Sarah Henton	Birchfield Harriers	10.77		<input checked="" type="checkbox"/>	7						
8	3	Sophia Yakuba	Newham & Essex Beagles	9.65			8						
<u>Women's Long Jump Cup</u>							<u>Women's Long Jump Plate</u>						
1	1	Julie Hollman	Belgrave Harriers	6.41	+2.5	<input checked="" type="checkbox"/>	1	33	Julia Bennett	Epsom & Ewell	5.98	+2.5	<input checked="" type="checkbox"/>
2	7	Kim Rothman	Windsor Slough Eton & Ho:	5.85	+1.3	<input checked="" type="checkbox"/>	2	77	Sophie Mabbett	Reading	5.25	+1.1	<input checked="" type="checkbox"/>
3	2	Amy Woodman	Birchfield Harriers	5.84	+5.0	<input checked="" type="checkbox"/>	3	44	Janine McCormack	Exeter	5.25	+1.7	<input checked="" type="checkbox"/>
4	5	Nadia Williams	Shaftesbury Barnet Harrier:	5.75	+1.5	<input checked="" type="checkbox"/>	4	55	Zoe Delaney	Herts Phoenix	5.08	+1.7	<input checked="" type="checkbox"/>
5	6	Fiona Harrison	Trafford AC	5.72	+1.8	<input checked="" type="checkbox"/>	5	22	Courtney Williams	Channel Islands	4.72	+2.5	
6	4	Rebecca White	Sale Harriers (Manchester)	5.68	+1.3	<input checked="" type="checkbox"/>	6						
7	8	Hannah Frankson	Woodford Green w Essex L:	5.60	+1.2	<input checked="" type="checkbox"/>	7						
8	3	Zainab Ceessay	Newham & Essex Beagles	5.48	+2.4	<input checked="" type="checkbox"/>	8						
<u>Women's Triple Jump Cup</u>							<u>Women's Triple Jump Plate</u>						
1	7	Michelle Griffith	Windsor Slough Eton & Ho:	13.85	+2.4	<input checked="" type="checkbox"/>	1	33	Natalie Brant	Epsom & Ewell	11.61	+1.4	<input checked="" type="checkbox"/>
2	5	Nadia Williams	Shaftesbury Barnet Harrier:	12.75	+2.6	<input checked="" type="checkbox"/>	2	77	Sophie Mabbett	Reading	10.58	+1.1	<input checked="" type="checkbox"/>
3	3	Leandra Polius	Newham & Essex Beagles	12.24	+1.1	<input checked="" type="checkbox"/>	3	55	Michelle Njagi	Herts Phoenix	9.70	+1.5	
4	8	Stephanie Aneto	Woodford Green w Essex L:	12.22	+2.2	<input checked="" type="checkbox"/>	4	88	Becky Hartshorne	Telford AC	8.77	+1.6	
5	4	Rebecca White	Sale Harriers (Manchester)	12.11	+1.4	<input checked="" type="checkbox"/>	5						
6	1	Caroline Stead	Belgrave Harriers	12.00	+0.8	<input checked="" type="checkbox"/>	6						
7	2	Debbie Rowe	Birchfield Harriers	11.93	+2.6	<input checked="" type="checkbox"/>	7						
8	6	Katie Jones	Trafford AC	10.76	+0.9	<input checked="" type="checkbox"/>	8						
<u>Women's High Jump Cup</u>							<u>Women's High Jump Plate</u>						
1	6	Susan Jones	Trafford AC	1.85		<input checked="" type="checkbox"/>	1	33	Julia Bennett	Epsom & Ewell	1.80		<input checked="" type="checkbox"/>
2	4	Julie Crane	Sale Harriers (Manchester)	1.85		<input checked="" type="checkbox"/>	2	66	Trudi McQuibben	Southend	1.50		
3	8	Michelle Dunkley	Woodford Green w Essex L:	1.80		<input checked="" type="checkbox"/>	3	44	Bridget Tidball	Exeter	1.50		
4	1	Michelle Nestor	Belgrave Harriers	1.55		<input checked="" type="checkbox"/>	4	55	Natalie Farman	Herts Phoenix	1.40		
5=	2	Amy Woodman	Birchfield Harriers	1.40			5	22	Kamela Monks	Channel Islands	1.40		
5=	7	Jenny Hatton	Windsor Slough Eton & Ho:	1.40			6	77	Alice Tomlin	Reading	1.30		
7	5	Laura Parker	Shaftesbury Barnet Harrier:	1.40			7						
8	3	Lesley Richardson	Newham & Essex Beagles	1.10			8						



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Perf	Records	Wind	Athletics W	Perf	Records	Wind	Athletics W
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Women's Pole Vault Cup

1	2	Hilary Smith	Birchfield Harriers	3.70
2	6	Clare Neve	Trafford AC	3.70
3	8	Kirsty McIntosh	Woodford Green w Essex Lz	3.10
4	5	Edelle O'Meara	Shaftesbury Barnet Harrier	2.50
5	3	Kelly Montgomery	Newham & Essex Beagles	2.50
6	1	Jennifer Searle	Belgrave Harriers	2.30
7				
8				

Women's Pole Vault Plate

<input checked="" type="checkbox"/>	1	33	Samantha Poulter	Epsom & Ewell	2.70	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	2	88	Becky Hartshorne	Telford AC	2.50	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	3	66	Leesa Williams	Southend	2.30	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	4	55	Leah Davies	Herts Phoenix	2.30	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	5	22	Fiona Carry	Channel Islands	2.10	
<input checked="" type="checkbox"/>	6=	77	Alice Tomlin	Reading	1.20	
	6=	44	Katherine Humphreys	Exeter	1.20	
	8					

Women's 4x100m Relay Cup

1	4	Sale Harriers (Manchester)	Lucy Evans	Tatum Nelson	Rebecca White	Kelly Thomas	46.64	<input checked="" type="checkbox"/>
2	6	Trafford AC	Fiona Harrison	Katie Jones	Liz Fairs	Diane Allahgreen	47.08	<input checked="" type="checkbox"/>
3	2	Birchfield Harriers	Michelle Thomas	Amy Woodman	Susan Williams	Donna Maylor	47.52	<input checked="" type="checkbox"/>
4	7	Windsor Slough Eton & Houns	Vicki Jamison	Nicola Sanders	Jenny Christie	Nicole Bowring	48.04	<input checked="" type="checkbox"/>
5	3	Newham & Essex Beagles	Leandra Polius	Nusrat Ceessay	Gemma Bennett	Amina Ceessay	48.11	<input checked="" type="checkbox"/>
6	8	Woodford Green w Essex Ladi	Melanie Brown	Julie Pratt	Hannah Frankson	Tara Bird	49.26	<input checked="" type="checkbox"/>
7	5	Shaftesbury Barnet Harriers	Chrystal Nyakera	Nadia Williams	Lauren McLoughlin	Emma Ania	50.32	<input checked="" type="checkbox"/>
8	1	Belgrave Harriers	Caroline Stead	Louise Collier	Michelle Nestor	Michelle Carey	50.42	<input checked="" type="checkbox"/>

Women's 4x400m Relay Cup

1	6	Trafford AC	Katie Jones	Fiona Harrison	Catherine Riley	Liz Fairs	03:42.72	<input checked="" type="checkbox"/>
2	7	Windsor Slough Eton & Houns	Vicki Jamison	Jenny Christie	Nicole Bowring	Nicola Sanders	03:43.80	<input checked="" type="checkbox"/>
3	2	Birchfield Harriers	Lizzie Williams	Susan Williams	Bernice Wilson	Michelle Thomas	03:48.50	<input checked="" type="checkbox"/>
4	4	Sale Harriers (Manchester)	Donna Riding	Tatum Nelson	Kelly Thomas	Daniella Halsall	03:48.85	<input checked="" type="checkbox"/>
5	1	Belgrave Harriers	Louise Collier	Michelle Carey	Jennifer Culley	Julie Hollman	03:49.69	<input checked="" type="checkbox"/>
6	5	Shaftesbury Barnet Harriers	Claire Heafford	Sarah Heath	Sarah Waldron	Marilyn Okoro	03:54.82	<input checked="" type="checkbox"/>
7	8	Woodford Green w Essex Ladi	Zoe Watson	Julie Pratt	Lyndsey Snow	Melanie Brown	03:55.13	<input checked="" type="checkbox"/>
8								

Women's 4x100m Relay Plate

1	77	Reading	Rachel Mason	Sophie Mabbett	Sally Irwin	Shelley Bowen	50.94	<input checked="" type="checkbox"/>
2	22	Channel Islands	Courtney Williams	Laura Arblaster	Emma Batiste	Kylie Robilliard	51.19	<input checked="" type="checkbox"/>
3	55	Herts Phoenix	Kirsty Game	Sam Cook	Zoe Delaney	Ciaran Andrews	51.81	<input checked="" type="checkbox"/>
4	33	Epsom & Ewell	Rachel Peckham	Natasha Clementis	Charmaine Johnson	Natalie Brant	52.86	
5	44	Exeter	Elizabeth Tidball	Naomi Hutchings	Janine McCormack	Bridget Tidball	54.34	
6	11	Basingstoke & Mid Hants	Jo Pett	Emma Pell	Jenny Brierly	Ria Lewis	55.74	
7	66	Southend	Leesa Williams	Emma Hawes	Carran Lefevre	Sue Reeves	61.78	
8								

Women's 4x400m Relay Plate

1	55	Herts Phoenix	Christina Silva	Hayley Rule	Nikki Silva	Hayley Wills	04:02.57	<input checked="" type="checkbox"/>
2	77	Reading	Hannah Watt	Sally Irwin	Sophie Mabbett	Annie Bolton	04:12.74	<input checked="" type="checkbox"/>
3	22	Channel Islands	Stephanie Le Cornu	Sadie Addlesee	Sarah Hulme	Laura Arblaster	04:17.10	
4	66	Southend	Sarah Mullins	Sam Daly	Emma Hawes	Sarah Jeffries	04:46.33	
5	33	Epsom & Ewell	Natalie Brant	Natasha Clementis	Emily Nelson	Julia Bennett	Disq	
6								
7								
8								