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**Golden Jubilee Cup Final - Bedford Athletics Stadium**

|                           |   |                    |                            | Perf           | Record | Wind | AW                                  | <b>19 August 2006</b>      |   |                    |                             | Perf           | Record | Wind | AW                                  |
|---------------------------|---|--------------------|----------------------------|----------------|--------|------|-------------------------------------|----------------------------|---|--------------------|-----------------------------|----------------|--------|------|-------------------------------------|
| <b>Men's 100m</b>         |   |                    |                            | Wind= +1.1 m/s |        |      |                                     | <b>Men's 200m</b>          |   |                    |                             | Wind= +1.6 m/s |        |      |                                     |
| 1                         | 2 | Jemaine Downie     | Birchfield Harriers        | 10.53          |        |      | <input checked="" type="checkbox"/> | 1                          | 5 | Jamahl Alert-Khan  | Shaftesbury Barnet Harrier: | 22.2           |        |      | <input checked="" type="checkbox"/> |
| 2                         | 1 | Darren Chin        | Belgrave Harriers          | 10.53          |        |      | <input checked="" type="checkbox"/> | 2                          | 7 | Darren Scott       | Trafford AC                 | 22.3           |        |      | <input checked="" type="checkbox"/> |
| 3                         | 8 | Uvie Ugono         | Woodford Green AC w Esse   | 10.59          |        |      | <input checked="" type="checkbox"/> | 3                          | 2 | Duane Ladajo       | Birchfield Harriers         | 22.4           |        |      | <input checked="" type="checkbox"/> |
| 4                         | 5 | Nick Smith         | Shaftesbury Barnet Harrier | 10.79          |        |      | <input checked="" type="checkbox"/> | 4                          | 8 | Josephus Thomas    | Woodford Green AC w Esse    | 22.4           |        |      | <input checked="" type="checkbox"/> |
| 5                         | 3 | Tom Martin         | City of Manchester (Sale)  | 10.85          |        |      | <input checked="" type="checkbox"/> | 5                          | 1 | Jason Hussain      | Belgrave Harriers           | 22.5           |        |      | <input checked="" type="checkbox"/> |
| 6                         | 7 | Darren Scott       | Trafford AC                | 10.94          |        |      | <input checked="" type="checkbox"/> | 6                          | 3 | Gareth Jones       | City of Manchester (Sale)   | 22.9           |        |      | <input checked="" type="checkbox"/> |
| 7                         | 4 | Anthony McWilliams | Rugby & Northampton AC     | 11.12          |        |      | <input checked="" type="checkbox"/> | 7                          | 6 | Will McGee         | Team Southampton            | 23.2           |        |      |                                     |
| 8                         | 6 | Gareth Price       | Team Southampton           | 11.14          |        |      | <input checked="" type="checkbox"/> | 8                          | 4 | Justin Daniel      | Rugby & Northampton AC      | 23.4           |        |      |                                     |
| <b>Men's 400m</b>         |   |                    |                            |                |        |      |                                     | <b>Men's 800m</b>          |   |                    |                             |                |        |      |                                     |
| 1                         | 5 | Adam Charlton      | Shaftesbury Barnet Harrier | 47.14          |        |      | <input checked="" type="checkbox"/> | 1                          | 3 | Ian Lowthian       | City of Manchester (Sale)   | 01:53.0        |        |      | <input checked="" type="checkbox"/> |
| 2                         | 7 | Richard Beardsell  | Trafford AC                | 48.26          |        |      | <input checked="" type="checkbox"/> | 2                          | 1 | Neil Speaight      | Belgrave Harriers           | 01:53.2        |        |      | <input checked="" type="checkbox"/> |
| 3                         | 1 | Ryan Thomas        | Belgrave Harriers          | 48.54          |        |      | <input checked="" type="checkbox"/> | 3                          | 5 | Gareth Price       | Shaftesbury Barnet Harrier: | 01:53.4        |        |      | <input checked="" type="checkbox"/> |
| 4                         | 2 | Lloyd Tsanja       | Birchfield Harriers        | 48.89          |        |      | <input checked="" type="checkbox"/> | 4                          | 7 | Scott Riley        | Trafford AC                 | 01:56.8        |        |      | <input checked="" type="checkbox"/> |
| 5                         | 8 | Adam Potter        | Woodford Green AC w Esse   | 49.52          |        |      | <input checked="" type="checkbox"/> | 5                          | 8 | Jon Long           | Woodford Green AC w Esse    | 01:57.4        |        |      | <input checked="" type="checkbox"/> |
| 6                         | 3 | Andy Wilkinson     | City of Manchester (Sale)  | 50.08          |        |      | <input checked="" type="checkbox"/> | 6                          | 6 | Russell Osborn     | Team Southampton            | 01:59.3        |        |      | <input checked="" type="checkbox"/> |
| 7                         | 4 | Steve Maybury      | Rugby & Northampton AC     | 50.38          |        |      | <input checked="" type="checkbox"/> | 7                          | 4 | Ross Glover        | Rugby & Northampton AC      | 02:01.7        |        |      |                                     |
| 8                         |   |                    |                            |                |        |      |                                     | 8                          | 2 | Peter Whitehouse   | Birchfield Harriers         | 02:08.4        |        |      |                                     |
| <b>Men's 1500m</b>        |   |                    |                            |                |        |      |                                     | <b>Men's 5000m</b>         |   |                    |                             |                |        |      |                                     |
| 1                         | 1 | Neil Speaight      | Belgrave Harriers          | 03:56.7        |        |      | <input checked="" type="checkbox"/> | 1                          | 1 | Mark Miles         | Belgrave Harriers           | 14:05.71       |        |      | <input checked="" type="checkbox"/> |
| 2                         | 7 | Tim Egerton        | Trafford AC                | 03:59.1        |        |      | <input checked="" type="checkbox"/> | 2                          | 2 | John Nsagnya       | Birchfield Harriers         | 14:24.27       |        |      | <input checked="" type="checkbox"/> |
| 3                         | 4 | Matt Almond        | Rugby & Northampton AC     | 03:59.7        |        |      | <input checked="" type="checkbox"/> | 3                          | 3 | Dan Agustus        | City of Manchester (Sale)   | 14:50.28       |        |      | <input checked="" type="checkbox"/> |
| 4                         | 8 | Mark Burgess       | Woodford Green AC w Esse   | 04:00.3        |        |      | <input checked="" type="checkbox"/> | 4                          | 8 | Matt Shone         | Woodford Green AC w Esse    | 15:11.42       |        |      | <input checked="" type="checkbox"/> |
| 5                         | 3 | Nick Samuels       | City of Manchester (Sale)  | 04:00.4        |        |      | <input checked="" type="checkbox"/> | 5                          | 5 | Kevin Robertson    | Shaftesbury Barnet Harrier: | 15:41.08       |        |      | <input checked="" type="checkbox"/> |
| 6                         | 6 | Russell Osborn     | Team Southampton           | 04:02.8        |        |      | <input checked="" type="checkbox"/> | 6                          | 7 | John Howe          | Trafford AC                 | 16:22.11       |        |      | <input checked="" type="checkbox"/> |
| 7                         | 5 | Daniel Russell     | Shaftesbury Barnet Harrier | 04:05.7        |        |      | <input checked="" type="checkbox"/> | 7                          | 4 | Guy Petersen       | Rugby & Northampton AC      | 16:55.07       |        |      |                                     |
| 8                         | 2 | Mark Turner        | Birchfield Harriers        | 04:16.5        |        |      |                                     | 8                          |   |                    |                             |                |        |      |                                     |
| <b>Men's 10000m</b>       |   |                    |                            |                |        |      |                                     | <b>Men's 110m Hurdles</b>  |   |                    |                             | Wind= +1.0 m/s |        |      |                                     |
| 1                         | 1 | Simon Jones        | Belgrave Harriers          | 31:00.30       |        |      |                                     | 1                          | 1 | Dominic Girdler    | Belgrave Harriers           | 14.43          |        |      | <input checked="" type="checkbox"/> |
| 2                         | 2 | Zac Kiharah        | Birchfield Harriers        | 31:12.59       |        |      |                                     | 2                          | 5 | Tom Carey          | Shaftesbury Barnet Harrier: | 14.66          |        |      | <input checked="" type="checkbox"/> |
| 3                         | 3 | Steffan North      | City of Manchester (Sale)  | 31:48.92       |        |      |                                     | 3                          | 7 | Paul Crossley      | Trafford AC                 | 14.77          |        |      | <input checked="" type="checkbox"/> |
| 4                         | 7 | Paul Rockliffe     | Trafford AC                | 33:07.26       |        |      |                                     | 4                          | 3 | Franklin Opara     | City of Manchester (Sale)   | 14.89          |        |      | <input checked="" type="checkbox"/> |
| 5                         | 8 | Harold Wyber       | Woodford Green AC w Esse   | 33:40.13       |        |      |                                     | 5                          | 2 | Edward Dunford     | Birchfield Harriers         | 14.90          |        |      | <input checked="" type="checkbox"/> |
| 6                         | 4 | Vince Carroll      | Rugby & Northampton AC     | 35:14.14       |        |      |                                     | 6                          | 4 | Steve Potter       | Rugby & Northampton AC      | 16.58          |        |      |                                     |
| 7                         | 5 | Tim Parkin         | Shaftesbury Barnet Harrier | 35:58.99       |        |      |                                     | 7                          | 8 | John Franklin      | Woodford Green AC w Esse    | 17.01          |        |      |                                     |
| 8                         |   |                    |                            |                |        |      |                                     | 8                          | 6 | Mike Coker         | Team Southampton            | 17.41          |        |      |                                     |
| <b>Men's 400m Hurdles</b> |   |                    |                            |                |        |      |                                     | <b>Men's 3000m S/Chase</b> |   |                    |                             |                |        |      |                                     |
| 1                         | 1 | Matt Douglas       | Belgrave Harriers          | 50.7           |        |      | <input checked="" type="checkbox"/> | 1                          | 3 | Stuart Stokes      | City of Manchester (Sale)   | 08:57.8        |        |      | <input checked="" type="checkbox"/> |
| 2                         | 7 | Richard Yates      | Trafford AC                | 52.1           |        |      | <input checked="" type="checkbox"/> | 2                          | 2 | Tom Payn           | Birchfield Harriers         | 08:58.8        |        |      | <input checked="" type="checkbox"/> |
| 3                         | 2 | Ian McDonald       | Birchfield Harriers        | 52.4           |        |      | <input checked="" type="checkbox"/> | 3                          | 8 | Kevin Murphy       | Woodford Green AC w Esse    | 09:33.8        |        |      | <input checked="" type="checkbox"/> |
| 4                         | 5 | Tom Carey          | Shaftesbury Barnet Harrier | 53.3           |        |      | <input checked="" type="checkbox"/> | 4                          | 7 | Adrian Holliday    | Trafford AC                 | 09:39.0        |        |      | <input checked="" type="checkbox"/> |
| 5                         | 3 | Dave Brackstone    | City of Manchester (Sale)  | 53.6           |        |      | <input checked="" type="checkbox"/> | 5                          | 5 | Daniel Lewis       | Shaftesbury Barnet Harrier: | 09:51.7        |        |      | <input checked="" type="checkbox"/> |
| 6                         | 8 | Dan Bray           | Woodford Green AC w Esse   | 54.9           |        |      | <input checked="" type="checkbox"/> | 6                          |   |                    |                             |                |        |      |                                     |
| 7                         | 6 | Gavin Hodgson      | Team Southampton           | 57.0           |        |      | <input checked="" type="checkbox"/> | 7                          |   |                    |                             |                |        |      |                                     |
| 8                         | 4 | John Bell          | Rugby & Northampton AC     | 57.1           |        |      | <input checked="" type="checkbox"/> | 8                          |   |                    |                             |                |        |      |                                     |
| <b>Men's Hammer</b>       |   |                    |                            |                |        |      |                                     | <b>Men's Discus</b>        |   |                    |                             |                |        |      |                                     |
| 1                         | 8 | Andy Frost         | Woodford Green AC w Esse   | 71.05          |        |      | <input checked="" type="checkbox"/> | 1                          | 8 | Emeka Udechuku     | Woodford Green AC w Esse    | 57.27          |        |      | <input checked="" type="checkbox"/> |
| 2                         | 3 | Mike Floyd         | City of Manchester (Sale)  | 63.79          |        |      | <input checked="" type="checkbox"/> | 2                          | 3 | Marcus Gouldbourne | City of Manchester (Sale)   | 54.69          |        |      | <input checked="" type="checkbox"/> |
| 3                         | 1 | Mick Jones         | Belgrave Harriers          | 62.91          |        |      | <input checked="" type="checkbox"/> | 3                          | 7 | Chris Gaviglio     | Trafford AC                 | 54.68          |        |      | <input checked="" type="checkbox"/> |
| 4                         | 2 | Matthew Bell       | Birchfield Harriers        | 61.58          |        |      | <input checked="" type="checkbox"/> | 4                          | 5 | Neville Thompson   | Shaftesbury Barnet Harrier: | 50.71          |        |      | <input checked="" type="checkbox"/> |
| 5                         | 5 | Graham Holder      | Shaftesbury Barnet Harrier | 56.91          |        |      | <input checked="" type="checkbox"/> | 5                          | 1 | Scot Thompson      | Belgrave Harriers           | 49.91          |        |      | <input checked="" type="checkbox"/> |
| 6                         | 4 | Luke Hyland        | Rugby & Northampton AC     | 41.06          |        |      | <input checked="" type="checkbox"/> | 6                          | 2 | Steve Hale         | Birchfield Harriers         | 45.87          |        |      | <input checked="" type="checkbox"/> |
| 7                         | 6 | Nick Illiffe       | Team Southampton           | 26.13          |        |      |                                     | 7                          | 4 | Gary Herrington    | Rugby & Northampton AC      | 41.35          |        |      | <input checked="" type="checkbox"/> |
| 8                         | 7 | Chris Hughff       | Trafford AC                | 22.02          |        |      |                                     | 8                          | 6 | Nick Illiffe       | Team Southampton            | 39.13          |        |      | <input checked="" type="checkbox"/> |


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Perf Record Wind AW 19 August 2006

Perf Record Wind AW

**Men's Shot Putt**

|   |   |                  |                            |       |                                     |
|---|---|------------------|----------------------------|-------|-------------------------------------|
| 1 | 8 | Emeka Udechuku   | Woodford Green AC w Esse   | 18.08 | <input checked="" type="checkbox"/> |
| 2 | 7 | Chris Gaviglio   | Trafford AC                | 17.83 | <input checked="" type="checkbox"/> |
| 3 | 1 | Chris Gearing    | Belgrave Harriers          | 16.35 | <input checked="" type="checkbox"/> |
| 4 | 3 | John Nicholls    | City of Manchester (Sale)  | 14.47 | <input checked="" type="checkbox"/> |
| 5 | 5 | Neville Thompson | Shaftesbury Barnet Harrier | 13.46 | <input checked="" type="checkbox"/> |
| 6 | 2 | Edward Dunford   | Birchfield Harriers        | 13.45 | <input checked="" type="checkbox"/> |
| 7 | 4 | Gary Herrington  | Rugby & Northampton AC     | 11.20 |                                     |
| 8 | 6 | Nick Illiffe     | Team Southampton           | 10.40 |                                     |

**Men's Javelin**

|   |   |                       |                            |       |                                     |
|---|---|-----------------------|----------------------------|-------|-------------------------------------|
| 1 | 3 | Gerard Paish-Plunkett | City of Manchester (Sale)  | 65.31 | <input checked="" type="checkbox"/> |
| 2 | 8 | Simon Bennett         | Woodford Green AC w Esse   | 65.27 | <input checked="" type="checkbox"/> |
| 3 | 1 | Tom Dobbing           | Belgrave Harriers          | 60.73 | <input checked="" type="checkbox"/> |
| 4 | 7 | Chris Hughff          | Trafford AC                | 59.19 | <input checked="" type="checkbox"/> |
| 5 | 2 | Edward Dunford        | Birchfield Harriers        | 51.26 | <input checked="" type="checkbox"/> |
| 6 | 5 | Matthew Stoker        | Shaftesbury Barnet Harrier | 48.86 |                                     |
| 7 | 6 | Jacob Lewis           | Team Southampton           | 41.10 |                                     |
| 8 | 4 | Dale Howlett          | Rugby & Northampton AC     | 40.89 |                                     |

**Men's Long Jump**

|   |   |                |                            |      |                                     |
|---|---|----------------|----------------------------|------|-------------------------------------|
| 1 | 1 | Richard Danso  | Belgrave Harriers          | 7.32 | <input checked="" type="checkbox"/> |
| 2 | 3 | Darren Ritchie | City of Manchester (Sale)  | 7.26 | <input checked="" type="checkbox"/> |
| 3 | 2 | Ryan James     | Birchfield Harriers        | 7.12 | <input checked="" type="checkbox"/> |
| 4 | 8 | Tosin Oke      | Woodford Green AC w Esse   | 6.87 | <input checked="" type="checkbox"/> |
| 5 | 5 | Olu Baptist    | Shaftesbury Barnet Harrier | 6.70 | <input checked="" type="checkbox"/> |
| 6 | 7 | Chris Hughff   | Trafford AC                | 6.59 | <input checked="" type="checkbox"/> |
| 7 | 6 | James Grocock  | Team Southampton           | 6.45 |                                     |
| 8 | 4 | Steve Potter   | Rugby & Northampton AC     | 5.53 |                                     |

**Men's Triple Jump**

|   |   |                 |                            |       |                                     |
|---|---|-----------------|----------------------------|-------|-------------------------------------|
| 1 | 8 | Tosin Oke       | Woodford Green AC w Esse   | 15.82 | <input checked="" type="checkbox"/> |
| 2 | 4 | Gary White      | Rugby & Northampton AC     | 15.64 | <input checked="" type="checkbox"/> |
| 3 | 2 | Phil Ferdinand  | Birchfield Harriers        | 14.71 | <input checked="" type="checkbox"/> |
| 4 | 3 | James Townsend  | City of Manchester (Sale)  | 14.44 | <input checked="" type="checkbox"/> |
| 5 | 1 | David Wellstead | Belgrave Harriers          | 13.65 | <input checked="" type="checkbox"/> |
| 6 | 5 | Michael Okoigun | Shaftesbury Barnet Harrier | 13.51 | <input checked="" type="checkbox"/> |
| 7 | 6 | Chris Bull      | Team Southampton           | 12.19 |                                     |
| 8 |   |                 |                            |       |                                     |

**Men's High Jump**

|    |   |                |                            |      |                                     |
|----|---|----------------|----------------------------|------|-------------------------------------|
| 1= | 3 | Rob Mitchell   | City of Manchester (Sale)  | 2.15 | <input checked="" type="checkbox"/> |
| 1= | 2 | Tom Parsons    | Birchfield Harriers        | 2.15 | <input checked="" type="checkbox"/> |
| 3  | 1 | Darvin Edwards | Belgrave Harriers          | 2.15 | <input checked="" type="checkbox"/> |
| 4  | 5 | Darryl Stone   | Shaftesbury Barnet Harrier | 2.10 | <input checked="" type="checkbox"/> |
| 5  | 6 | Dan Turner     | Team Southampton           | 2.00 | <input checked="" type="checkbox"/> |
| 6  | 8 | Gareth Dyball  | Woodford Green AC w Esse   | 1.95 | <input checked="" type="checkbox"/> |
| 7  | 4 | Ian Gidley     | Rugby & Northampton AC     | 1.80 |                                     |
| 8  | 7 | Chris Hughff   | Trafford AC                | 1.75 |                                     |

**Men's Pole Vault**

|    |   |                 |                            |      |                                     |
|----|---|-----------------|----------------------------|------|-------------------------------------|
| 1= | 1 | Joe Ive         | Belgrave Harriers          | 4.80 | <input checked="" type="checkbox"/> |
| 1= | 7 | Alan Richardson | Trafford AC                | 4.50 | <input checked="" type="checkbox"/> |
| 3  | 4 | Martin Vincent  | Rugby & Northampton AC     | 4.20 | <input checked="" type="checkbox"/> |
| 4  | 3 | Franklin Opara  | City of Manchester (Sale)  | 3.60 |                                     |
| 5  | 5 | Scott Bartlett  | Shaftesbury Barnet Harrier | 3.40 |                                     |
| 6  | 8 | Paul Howard     | Woodford Green AC w Esse   | 3.20 |                                     |
| 7  |   |                 |                            |      |                                     |
| 8  |   |                 |                            |      |                                     |

**Men's 4x100m Relay**

|   |   |                           |                   |                 |                  |                    |      |                                     |
|---|---|---------------------------|-------------------|-----------------|------------------|--------------------|------|-------------------------------------|
| 1 | 8 | Woodford Green AC w Essex | Colin Wilson      | Josephus Thomas | Louis Kwayke     | Uvie Ugono         | 41.4 | <input checked="" type="checkbox"/> |
| 2 | 2 | Birchfield Harriers       | Rob James         | Jemaine Downie  | Luke Lennon-Ford | Ryan Farrington    | 41.9 | <input checked="" type="checkbox"/> |
| 3 | 1 | Belgrave Harriers         | Dominic Girdler   | Matt Douglas    | Ryan Thomas      | Darren Chin        | 42.2 | <input checked="" type="checkbox"/> |
| 4 | 7 | Trafford AC               | Richard Beardsell | Richard Yates   | Neil Hewson      | Darren Scott       | 42.2 | <input checked="" type="checkbox"/> |
| 5 | 3 | City of Manchester (Sale) | Jacob Brown       | Dave Brackstone | Andy Hopkinson   | Tom Martin         | 43.5 | <input checked="" type="checkbox"/> |
| 6 | 6 | Team Southampton          | Gavin Hodgson     | James Grocock   | Gareth Price     | Will McGee         | 44.1 |                                     |
| 7 | 4 | Rugby & Northampton AC    | Tom Stenson       | Gary White      | Justin Daniel    | Anthony McWilliams | DISQ |                                     |
| 8 |   |                           |                   |                 |                  |                    |      |                                     |

**Men's 4x400m Relay**

|   |   |                             |                 |                |                |                   |         |                                     |
|---|---|-----------------------------|-----------------|----------------|----------------|-------------------|---------|-------------------------------------|
| 1 | 2 | Birchfield Harriers         | Ian McDonald    | Ruben Tabares  | Duane Ladajo   | Lloyd Tsanja      | 03:14.1 | <input checked="" type="checkbox"/> |
| 2 | 3 | City of Manchester (Sale)   | Dave Brackstone | Andy Hopkinson | Andy Wilkinson | Ian Lowthian      | 03:14.9 | <input checked="" type="checkbox"/> |
| 3 | 7 | Trafford AC                 | Scott Riley     | Neil Hewson    | Richard Yates  | Richard Beardsell | 03:15.1 | <input checked="" type="checkbox"/> |
| 4 | 8 | Woodford Green AC w Essex   | Louis Kwayke    | Adam Potter    | Dan Bray       | Colin Wilson      | 03:15.8 | <input checked="" type="checkbox"/> |
| 5 | 6 | Team Southampton            | Gavin Hodgson   | Russell Osborn | Will McGee     | Gareth Price      | 03:36.0 |                                     |
| 6 | 4 | Rugby & Northampton AC      | Steve Maybury   | Chris Lamb     | Ross Glover    | Steve Potter      | 03:37.2 |                                     |
| 7 | 1 | Belgrave Harriers           | Matt Douglas    | Neil Speaight  | Ryan Thomas    | Set Osho          | DNS     |                                     |
| 8 | 5 | Shaftesbury Barnet Harriers | JC Roghi        | Warren Frey    | Nick Smith     | Adam Charlton     | DQ      |                                     |

**MATCH POINTS**

|   |                     |       |   |             |       |
|---|---------------------|-------|---|-------------|-------|
| 1 | Woodford Green w EL | 239.0 | 5 | Trafford    | 201.0 |
| 2 | Birchfield          | 221.0 | 6 | Belgrave    | 197.0 |
| 3 | Sale                | 206.0 | 7 | Rugby & N   | 133.0 |
| 4 | Shaftesbury         | 202.0 | 8 | Southampton | 97.0  |


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|                             |   |                    |                            | Perf                        | Record   | Wind                | AW                                  | <b>19 August 2006</b> |   |                     |                              | Perf     | Record | Wind | AW                                  |
|-----------------------------|---|--------------------|----------------------------|-----------------------------|----------|---------------------|-------------------------------------|-----------------------|---|---------------------|------------------------------|----------|--------|------|-------------------------------------|
| <b>Women's 100m</b>         |   |                    |                            | Wind=                       | -0.1 m/s | <b>Women's 200m</b> |                                     |                       |   | Wind=               | -0.5 m/s                     |          |        |      |                                     |
| 1                           | 8 | Jeanette Kwakye    | Woodford Green AC w Esse   | 11.61                       |          |                     | <input checked="" type="checkbox"/> | 1                     | 8 | Jeanette Kwakye     | Woodford Green AC w Esse     | 24.3     |        |      | <input checked="" type="checkbox"/> |
| 2                           | 4 | Ellena Ruddock     | Rugby & Northampton AC     | 11.69                       |          |                     | <input checked="" type="checkbox"/> | 2                     | 4 | Ellena Ruddock      | Rugby & Northampton AC       | 24.3     |        |      | <input checked="" type="checkbox"/> |
| 3                           | 7 | Louise Bloor       | Trafford AC                | 11.79                       |          |                     | <input checked="" type="checkbox"/> | 3                     | 7 | Louise Bloor        | Trafford AC                  | 24.9     |        |      | <input checked="" type="checkbox"/> |
| 4                           | 6 | Emma Duck          | Team Southampton           | 11.90                       |          |                     | <input checked="" type="checkbox"/> | 4                     | 3 | Rebecca Sweeney     | City of Manchester (Sale)    | 25.2     |        |      | <input checked="" type="checkbox"/> |
| 5                           | 2 | Donna Maylor       | Birchfield Harriers        | 11.96                       |          |                     | <input checked="" type="checkbox"/> | 5                     | 2 | Kayo Titiloye       | Birchfield Harriers          | 25.4     |        |      | <input checked="" type="checkbox"/> |
| 6                           | 5 | Gemma Bennett      | Shaftesbury Barnet Harrier | 11.98                       |          |                     | <input checked="" type="checkbox"/> | 6                     | 5 | Denise Gayle        | Shaftesbury Barnet Harrier:  | 25.6     |        |      | <input checked="" type="checkbox"/> |
| 7                           | 3 | Lucy Evans         | City of Manchester (Sale)  | 12.22                       |          |                     | <input checked="" type="checkbox"/> | 7                     | 1 | Caroline Wilson     | Belgrave Harriers            | 26.1     |        |      | <input checked="" type="checkbox"/> |
| 8                           | 1 | Jennifer Culley    | Belgrave Harriers          | 12.48                       |          |                     | <input checked="" type="checkbox"/> | 8                     | 6 | Vicki Burgess       | Team Southampton             | 26.1     |        |      | <input checked="" type="checkbox"/> |
| <b>Women's 400m</b>         |   |                    |                            | <b>Women's 800m</b>         |          |                     |                                     |                       |   |                     |                              |          |        |      |                                     |
| 1                           | 6 | Emma Duck          | Team Southampton           | 53.29                       |          |                     | <input checked="" type="checkbox"/> | 1                     | 8 | Jessica Sparke      | Woodford Green AC w Esse     | 02:08.60 |        |      | <input checked="" type="checkbox"/> |
| 2                           | 3 | Rebecca Sweeney    | City of Manchester (Sale)  | 54.78                       |          |                     | <input checked="" type="checkbox"/> | 2                     | 5 | Amy Campbell        | Shaftesbury Barnet Harrier:  | 02:10.48 |        |      | <input checked="" type="checkbox"/> |
| 3                           | 5 | Denise Gayle       | Shaftesbury Barnet Harrier | 56.09                       |          |                     | <input checked="" type="checkbox"/> | 3                     | 7 | Karen Hill          | Trafford AC                  | 02:11.43 |        |      | <input checked="" type="checkbox"/> |
| 4                           | 1 | Jennifer Culley    | Belgrave Harriers          | 56.42                       |          |                     | <input checked="" type="checkbox"/> | 4                     | 3 | Emma McIntyre       | City of Manchester (Sale)    | 02:11.70 |        |      | <input checked="" type="checkbox"/> |
| 5                           | 2 | Seemita Gumbs      | Birchfield Harriers        | 56.76                       |          |                     | <input checked="" type="checkbox"/> | 5                     | 2 | Ellie Darby         | Birchfield Harriers          | 02:11.79 |        |      | <input checked="" type="checkbox"/> |
| 6                           | 8 | Nusrat Ceesay      | Woodford Green AC w Esse   | 58.69                       |          |                     | <input checked="" type="checkbox"/> | 6                     | 1 | Sarah Gailey        | Belgrave Harriers            | 02:16.45 |        |      | <input checked="" type="checkbox"/> |
| 7                           | 7 | Joanne Duxbury     | Trafford AC                | 60.18                       |          |                     | <input checked="" type="checkbox"/> | 7                     | 4 | Kathryn Arnold      | Rugby & Northampton AC       | 02:19.92 |        |      | <input checked="" type="checkbox"/> |
| 8                           | 4 | Charlotte Allee    | Rugby & Northampton AC     | 60.48                       |          |                     | <input checked="" type="checkbox"/> | 8                     | 6 | Catriona Whitcombe  | Team Southampton             | 02:21.15 |        |      | <input checked="" type="checkbox"/> |
| <b>Women's 1500m</b>        |   |                    |                            | <b>Women's 3000m</b>        |          |                     |                                     |                       |   |                     |                              |          |        |      |                                     |
| 1                           | 5 | Gemma Turtle       | Shaftesbury Barnet Harrier | 04:31.4                     |          |                     | <input checked="" type="checkbox"/> | 1                     | 7 | Claire Entwistle    | Trafford AC                  | 09:39.48 |        |      | <input checked="" type="checkbox"/> |
| 2                           | 3 | Laura McCreech     | City of Manchester (Sale)  | 04:36.7                     |          |                     | <input checked="" type="checkbox"/> | 2                     | 3 | Sonia Thomas        | City of Manchester (Sale)    | 09:40.34 |        |      | <input checked="" type="checkbox"/> |
| 3                           | 8 | Katherine Sparke   | Woodford Green AC w Esse   | 04:37.5                     |          |                     | <input checked="" type="checkbox"/> | 3                     | 2 | Debbie Walters      | Birchfield Harriers          | 09:41.54 |        |      | <input checked="" type="checkbox"/> |
| 4                           | 2 | Debbie Walters     | Birchfield Harriers        | 04:42.2                     |          |                     | <input checked="" type="checkbox"/> | 4                     | 5 | Rachel Felton       | Shaftesbury Barnet Harrier:  | 09:41.68 |        |      | <input checked="" type="checkbox"/> |
| 5                           | 7 | Victoria O'Donnell | Trafford AC                | 04:46.7                     |          |                     | <input checked="" type="checkbox"/> | 5                     | 8 | Bernadine Pritchett | Woodford Green AC w Esse     | 09:56.29 |        |      | <input checked="" type="checkbox"/> |
| 6                           | 1 | Catherine Bryson   | Belgrave Harriers          | 04:46.8                     |          |                     | <input checked="" type="checkbox"/> | 6                     | 4 | Louise Thompson     | Rugby & Northampton AC       | 10:48.36 |        |      | <input checked="" type="checkbox"/> |
| 7                           | 4 | Jo Tweed           | Rugby & Northampton AC     | 05:09.7                     |          |                     | <input checked="" type="checkbox"/> | 7                     | 6 | Helen Zenner        | Team Southampton             | 10:53.98 |        |      | <input checked="" type="checkbox"/> |
| 8                           | 6 | Catherine Davies   | Team Southampton           | 05:36.5                     |          |                     | <input checked="" type="checkbox"/> | 8                     |   |                     |                              |          |        |      |                                     |
| <b>Women's 400m Hurdles</b> |   |                    |                            | <b>Women's 100m Hurdles</b> |          |                     |                                     | Wind= -1.1 m/s        |   |                     |                              |          |        |      |                                     |
| 1                           | 6 | Sian Scott         | Team Southampton           | 59.2                        |          |                     | <input checked="" type="checkbox"/> | 1                     | 5 | Gemma Bennett       | Shaftesbury Barnet Harriers: | 13.7     |        |      | <input checked="" type="checkbox"/> |
| 2                           | 1 | Hannah Stares      | Belgrave Harriers          | 61.8                        |          |                     | <input checked="" type="checkbox"/> | 2                     | 8 | Julie Pratt         | Woodford Green AC w Esse     | 13.7     |        |      | <input checked="" type="checkbox"/> |
| 3                           | 2 | Michelle Thomas    | Birchfield Harriers        | 62.3                        |          |                     | <input checked="" type="checkbox"/> | 3                     | 7 | Susan Moncrieff     | Trafford AC                  | 14.3     |        |      | <input checked="" type="checkbox"/> |
| 4                           | 8 | Ruth Brereton      | Woodford Green AC w Esse   | 65.1                        |          |                     | <input checked="" type="checkbox"/> | 4                     | 1 | Hannah Stares       | Belgrave Harriers            | 14.8     |        |      | <input checked="" type="checkbox"/> |
| 5                           | 4 | Vicky Nealon       | Rugby & Northampton AC     | 69.2                        |          |                     | <input checked="" type="checkbox"/> | 5                     | 2 | Sam Day             | Birchfield Harriers          | 15.2     |        |      | <input checked="" type="checkbox"/> |
| 6                           | 5 | Nony Mordi         | Shaftesbury Barnet Harrier | 70.2                        |          |                     | <input checked="" type="checkbox"/> | 6                     | 6 | Emily Young         | Team Southampton             | 15.4     |        |      | <input checked="" type="checkbox"/> |
| 7                           |   |                    |                            |                             |          |                     |                                     | 7                     | 4 | Lauren Ambrose      | Rugby & Northampton AC       | 15.8     |        |      | <input checked="" type="checkbox"/> |
| 8                           |   |                    |                            |                             |          |                     |                                     | 8                     |   |                     |                              |          |        |      |                                     |
| <b>Women's Hammer</b>       |   |                    |                            | <b>Women's Discus</b>       |          |                     |                                     |                       |   |                     |                              |          |        |      |                                     |
| 1                           | 2 | Lesley Brannan     | Birchfield Harriers        | 58.42                       |          |                     | <input checked="" type="checkbox"/> | 1                     | 3 | Philippa Roles      | City of Manchester (Sale)    | 54.31    |        |      | <input checked="" type="checkbox"/> |
| 2                           | 3 | Laura Douglas      | City of Manchester (Sale)  | 56.99                       |          |                     | <input checked="" type="checkbox"/> | 2                     | 4 | Emma Merry          | Rugby & Northampton AC       | 47.71    |        |      | <input checked="" type="checkbox"/> |
| 3                           | 4 | Lucy Marshall      | Rugby & Northampton AC     | 55.61                       |          |                     | <input checked="" type="checkbox"/> | 3                     | 5 | Kirsty Law          | Shaftesbury Barnet Harrier:  | 47.15    |        |      | <input checked="" type="checkbox"/> |
| 4                           | 8 | Monique Buchanan   | Woodford Green AC w Esse   | 54.79                       |          |                     | <input checked="" type="checkbox"/> | 4                     | 8 | Joanne Duncan       | Woodford Green AC w Esse     | 44.83    |        |      | <input checked="" type="checkbox"/> |
| 5                           | 7 | Anna Johnson       | Trafford AC                | 46.08                       |          |                     | <input checked="" type="checkbox"/> | 5                     | 7 | Chloe Bennett       | Trafford AC                  | 36.30    |        |      | <input checked="" type="checkbox"/> |
| 6                           | 1 | Diana Holden       | Belgrave Harriers          | 44.66                       |          |                     | <input checked="" type="checkbox"/> | 6                     | 1 | Eva Massey          | Belgrave Harriers            | 33.92    |        |      | <input checked="" type="checkbox"/> |
| 7                           | 5 | Kirsty Law         | Shaftesbury Barnet Harrier | 29.06                       |          |                     | <input checked="" type="checkbox"/> | 7                     | 2 | Jess Palmer         | Birchfield Harriers          | 33.54    |        |      | <input checked="" type="checkbox"/> |
| 8                           | 6 | Clare Ridgley      | Team Southampton           | 28.57                       |          |                     | <input checked="" type="checkbox"/> | 8                     | 6 | Clare Ridgley       | Team Southampton             | 24.01    |        |      | <input checked="" type="checkbox"/> |
| <b>Women's Shot Putt</b>    |   |                    |                            | <b>Women's Javelin</b>      |          |                     |                                     |                       |   |                     |                              |          |        |      |                                     |
| 1                           | 8 | Joanne Duncan      | Woodford Green AC w Esse   | 16.15                       |          |                     | <input checked="" type="checkbox"/> | 1                     | 5 | Louise Watton       | Shaftesbury Barnet Harrier:  | 49.08    |        |      | <input checked="" type="checkbox"/> |
| 2                           | 1 | Eva Massey         | Belgrave Harriers          | 14.61                       |          |                     | <input checked="" type="checkbox"/> | 2                     | 8 | Emma Smith          | Woodford Green AC w Esse     | 39.08    |        |      | <input checked="" type="checkbox"/> |
| 3                           | 3 | Rebecca Peake      | City of Manchester (Sale)  | 13.74                       |          |                     | <input checked="" type="checkbox"/> | 3                     | 7 | Emma Halsall        | Trafford AC                  | 38.05    |        |      | <input checked="" type="checkbox"/> |
| 4                           | 5 | Trecia Smith       | Shaftesbury Barnet Harrier | 13.05                       |          |                     | <input checked="" type="checkbox"/> | 4                     | 4 | Sophie Hine         | Rugby & Northampton AC       | 31.13    |        |      | <input checked="" type="checkbox"/> |
| 5                           | 7 | Chloe Bennett      | Trafford AC                | 11.83                       |          |                     | <input checked="" type="checkbox"/> | 5                     | 3 | Laura Douglas       | City of Manchester (Sale)    | 26.75    |        |      | <input checked="" type="checkbox"/> |
| 6                           | 2 | Liz Millward       | Birchfield Harriers        | 11.45                       |          |                     | <input checked="" type="checkbox"/> | 6                     | 6 | Emily Young         | Team Southampton             | 19.63    |        |      | <input checked="" type="checkbox"/> |
| 7                           | 4 | Lucy Marshall      | Rugby & Northampton AC     | 11.30                       |          |                     | <input checked="" type="checkbox"/> | 7                     | 2 | Michelle Thomas     | Birchfield Harriers          | 17.87    |        |      | <input checked="" type="checkbox"/> |
| 8                           | 6 | Catherine Davies   | Team Southampton           | 5.86                        |          |                     | <input checked="" type="checkbox"/> | 8                     |   |                     |                              |          |        |      |                                     |


**Golden Jubilee Cup Final - Bedford Athletics Stadium**

|                                 |      |                  |                            | 19 August 2006                    |                                     |      |        |                       |                             |       |                                     |
|---------------------------------|------|------------------|----------------------------|-----------------------------------|-------------------------------------|------|--------|-----------------------|-----------------------------|-------|-------------------------------------|
|                                 | Perf | Record           | Wind                       | AW                                |                                     | Perf | Record | Wind                  | AW                          |       |                                     |
| <b><u>Women's Long Jump</u></b> |      |                  |                            | <b><u>Women's Triple Jump</u></b> |                                     |      |        |                       |                             |       |                                     |
| 1                               | 7    | Louise Bloor     | Trafford AC                | 6.04                              | <input checked="" type="checkbox"/> | 1    | 2      | Tiombe Hurd           | Birchfield Harriers         | 13.12 | <input checked="" type="checkbox"/> |
| 2                               | 3    | Rebecca White    | City of Manchester (Sale)  | 5.89                              | <input checked="" type="checkbox"/> | 2    | 5      | Nadia Williams        | Shaftesbury Barnet Harriers | 12.87 | <input checked="" type="checkbox"/> |
| 3                               | 2    | Aimee Palmer     | Birchfield Harriers        | 5.63                              | <input checked="" type="checkbox"/> | 3    | 8      | Stephanie Aneto       | Woodford Green AC w Esse    | 12.49 | <input checked="" type="checkbox"/> |
| 4                               | 4    | Sophie Hine      | Rugby & Northampton AC     | 5.50                              | <input checked="" type="checkbox"/> | 4    | 3      | Rebecca White         | City of Manchester (Sale)   | 12.47 | <input checked="" type="checkbox"/> |
| 5                               | 8    | Hannah Frankson  | Woodford Green AC w Esse   | 5.48                              | <input checked="" type="checkbox"/> | 5    | 6      | Katharine Streatfield | Team Southampton            | 12.02 | <input checked="" type="checkbox"/> |
| 6                               | 1    | Andrea Abrams    | Belgrave Harriers          | 4.83                              |                                     | 6    | 4      | Jessica Hull          | Rugby & Northampton AC      | 10.49 | <input checked="" type="checkbox"/> |
| 7                               | 5    | Yamile Aldama    | Shaftesbury Barnet Harrier | 4.04                              |                                     | 7    | 7      | Karen Hill            | Trafford AC                 | 8.62  |                                     |
| 8                               | 6    | Catherine Davies | Team Southampton           | 3.82                              |                                     | 8    | 1      | Andrea Abrams         | Belgrave Harriers           | 7.97  |                                     |

**Women's High Jump**

|                                 | Perf | Record          | Wind                       | AW                               |                                     | Perf | Record | Wind          | AW                          |      |                                     |
|---------------------------------|------|-----------------|----------------------------|----------------------------------|-------------------------------------|------|--------|---------------|-----------------------------|------|-------------------------------------|
| <b><u>Women's High Jump</u></b> |      |                 |                            | <b><u>Women's Pole Vault</u></b> |                                     |      |        |               |                             |      |                                     |
| 1                               | 7    | Susan Moncrieff | Trafford AC                | 1.80                             | <input checked="" type="checkbox"/> | 1    | 2      | Hilary Smith  | Birchfield Harriers         | 3.70 | <input checked="" type="checkbox"/> |
| 2                               | 5    | Niki Steyn      | Shaftesbury Barnet Harrier | 1.75                             | <input checked="" type="checkbox"/> | 2    | 5      | Ellie Spain   | Shaftesbury Barnet Harriers | 3.40 | <input checked="" type="checkbox"/> |
| 3                               | 4    | Lucy Hodgins    | Rugby & Northampton AC     | 1.65                             | <input checked="" type="checkbox"/> | 3    | 6      | Clare Ridgley | Team Southampton            | 3.10 | <input checked="" type="checkbox"/> |
| 4                               | 2    | Nadine Okyere   | Birchfield Harriers        | 1.60                             | <input checked="" type="checkbox"/> | 4    | 7      | Clare Neve    | Trafford AC                 | 3.00 | <input checked="" type="checkbox"/> |
| 5                               | 8    | Melanie Gregg   | Woodford Green AC w Esse   | 1.55                             | <input checked="" type="checkbox"/> | 5    | 4      | Kirsty Bale   | Rugby & Northampton AC      | 2.50 | <input checked="" type="checkbox"/> |
| 6                               | 1    | Hannah Stares   | Belgrave Harriers          | 1.50                             |                                     | 6    | 8      | Eloise Wyre   | Woodford Green AC w Esse    | 2.10 |                                     |

**Women's 4x100m Relay**

|   |   |                             |                 |                 |                       |                 |      |                                     |
|---|---|-----------------------------|-----------------|-----------------|-----------------------|-----------------|------|-------------------------------------|
| 1 | 2 | Birchfield Harriers         | Kayo Titiloye   | Bernice Wilson  | Rachel Harris         | Donna Maylor    | 47.8 | <input checked="" type="checkbox"/> |
| 2 | 8 | Woodford Green AC w Essex   | Jeanette Kwakye | Julie Pratt     | Katie Skelding        | Azaria Francis  | 48.0 | <input checked="" type="checkbox"/> |
| 3 | 5 | Shaftesbury Barnet Harriers | Nony Mordi      | Nadia Williams  | Niki Steyn            | Gemma Bennett   | 48.5 | <input checked="" type="checkbox"/> |
| 4 | 4 | Rugby & Northampton AC      | Charlotte Allee | Lauren Ambrose  | Vicky Barr            | Ellena Ruddock  | 48.5 | <input checked="" type="checkbox"/> |
| 5 | 6 | Team Southampton            | Vicki Burgess   | Sian Scott      | Katharine Streatfield | Emily Young     | 48.7 | <input checked="" type="checkbox"/> |
| 6 | 1 | Belgrave Harriers           | Sarah Gailey    | Jennifer Culley | Hannah Stares         | Caroline Wilson | 49.7 | <input checked="" type="checkbox"/> |
| 7 | 7 | Trafford AC                 | Karen Hill      | Louise Bloor    | Joanne Duxbury        | Susan Moncrieff | 50.1 | <input checked="" type="checkbox"/> |
| 8 | 3 | City of Manchester (Sale)   | Jenny Igbokwe   | Kelly Thomas    | Rebecca White         | Lucy Evans      | 57.7 |                                     |

**Women's 4x400m Relay**

|   |   |                             |                 |                    |                    |                  |         |                                     |
|---|---|-----------------------------|-----------------|--------------------|--------------------|------------------|---------|-------------------------------------|
| 1 | 2 | Birchfield Harriers         | Seemita Gumbs   | Michelle Thomas    | Bernice Wilson     | Ellie Darby      | 03:50.8 | <input checked="" type="checkbox"/> |
| 2 | 1 | Belgrave Harriers           | Caroline Wilson | Sarah Gailey       | Hannah Stares      | Jennifer Culley  | 03:54.2 | <input checked="" type="checkbox"/> |
| 3 | 8 | Woodford Green AC w Essex   | Katie Skelding  | Nusrat Ceesay      | Katherine Sparke   | Tara Bird        | 03:57.1 | <input checked="" type="checkbox"/> |
| 4 | 4 | Rugby & Northampton AC      | Ellena Ruddock  | Charlotte Allee    | Vicky Barr         | Sophie Hine      | 03:59.4 | <input checked="" type="checkbox"/> |
| 5 | 7 | Trafford AC                 | Joanne Duxbury  | Karen Hill         | Victoria O'Donnell | Claire Entwistle | 03:59.9 | <input checked="" type="checkbox"/> |
| 6 | 5 | Shaftesbury Barnet Harriers | Nadia Williams  | Niki Steyn         | Rachel Felton      | Denise Gayle     | 04:01.9 | <input checked="" type="checkbox"/> |
| 7 | 6 | Team Southampton            | Vicki Burgess   | Catriona Whitcombe | Helen Zenner       | Sian Scott       | 04:02.2 | <input checked="" type="checkbox"/> |
| 8 | 3 | City of Manchester (Sale)   | Emma McIntyre   | Kelly Thomas       | Lucy Evans         | Laura McCreech   | 04:11.2 | <input checked="" type="checkbox"/> |



## Golden Jubilee Cup Final - Bedford Athletics Stadium

19 August 2006

| Events              | Belgrave | Birchfield | Sale | Rugby & N | Shaftesbury | Southampton | Trafford | Bedford Green v | UNUSED | TOTAL |
|---------------------|----------|------------|------|-----------|-------------|-------------|----------|-----------------|--------|-------|
|                     | 1        | 2          | 3    | 4         | 5           | 6           | 7        | 8               |        |       |
| Men's 100m          | 7        | 9          | 4    | 2         | 5           | 1           | 3        | 6               |        | 37    |
| Men's 200m          | 4        | 6          | 3    | 1         | 9           | 2           | 7        | 5               |        | 37    |
| Men's 400m          | 6        | 5          | 3    | 2         | 18          |             | 7        | 4               | -8     | 37    |
| Men's 800m          | 7        | 1          | 9    | 2         | 6           | 3           | 5        | 4               |        | 37    |
| Men's 1500m         | 9        | 1          | 4    | 6         | 2           | 3           | 7        | 5               |        | 37    |
| Men's 5000m         | 9        | 7          | 6    | 2         | 4           |             | 3        | 5               | 1      | 37    |
| Men's 10000m        | 9        | 14         | 6    | 3         | 2           |             | 5        | 4               | -6     | 37    |
| Men's 110m Hurdles  | 9        | 4          | 5    | 3         | 7           | 1           | 6        | 2               |        | 37    |
| Men's 400m Hurdles  | 18       | 6          | 4    | 1         | 5           | 2           | 7        | 3               | -9     | 37    |
| Men's 3000m S/Chase |          | 7          | 9    |           | 4           |             | 5        | 6               | 6      | 37    |
| Men's Hammer        | 6        | 5          | 7    | 3         | 4           | 2           | 1        | 18              | -9     | 37    |
| Men's Discus        | 4        | 3          | 7    | 2         | 5           | 2           | 6        | 9               | -1     | 37    |
| Men's Shot Putt     | 6        | 3          | 5    | 2         | 4           | 1           | 14       | 9               | -7     | 37    |
| Men's Javelin       | 6        | 4          | 9    | 1         | 3           | 2           | 5        | 7               |        | 37    |
| Men's Long Jump     | 9        | 6          | 14   | 1         | 4           | 2           | 3        | 5               | -7     | 37    |
| Men's Triple Jump   | 4        | 6          | 5    | 14        | 3           | 2           |          | 9               | -6     | 37    |
| Men's High Jump     | 6        | 8          | 8    | 2         | 5           | 4           | 1        | 3               |        | 37    |
| Men's Pole Vault    | 8        |            | 5    | 6         | 4           |             | 8        | 3               | 3      | 37    |
| Men's 4x100m Relay  | 6        | 7          | 4    |           |             | 3           | 5        | 9               | 3      | 37    |
| Men's 4x400m Relay  |          | 9          | 7    | 3         |             | 4           | 6        | 5               | 3      | 37    |
|                     | 133      | 111        | 124  | 56        | 94          | 34          | 104      | 121             |        | 777   |

|                      |    |     |    |    |     |    |    |     |  |     |
|----------------------|----|-----|----|----|-----|----|----|-----|--|-----|
| Women's 100m         | 1  | 4   | 2  | 7  | 3   | 5  | 6  | 9   |  | 37  |
| Women's 200m         | 2  | 4   | 5  | 14 | 3   | 1  | 6  | 9   |  | 44  |
| Women's 400m         | 5  | 4   | 7  | 1  | 6   | 9  | 2  | 3   |  | 37  |
| Women's 800m         | 3  | 4   | 5  | 2  | 7   | 1  | 6  | 9   |  | 37  |
| Women's 1500m        | 3  | 5   | 7  | 2  | 9   | 1  | 4  | 6   |  | 37  |
| Women's 3000m        |    | 6   | 7  | 3  | 5   | 2  | 9  | 4   |  | 36  |
| Women's 400m Hurdles | 7  | 6   |    | 4  | 3   | 18 |    | 5   |  | 43  |
| Women's 100m Hurdles | 5  | 4   |    | 2  | 18  | 3  | 6  | 7   |  | 45  |
| Women's Hammer       | 3  | 18  | 7  | 6  | 2   | 1  | 4  | 5   |  | 46  |
| Women's Discus       | 3  | 2   | 18 | 7  | 6   | 1  | 4  | 5   |  | 46  |
| Women's Shot Putt    | 14 | 3   | 6  | 2  | 5   | 1  | 4  | 18  |  | 53  |
| Women's Javelin      |    | 2   | 4  | 5  | 9   | 3  | 6  | 7   |  | 36  |
| Women's Long Jump    | 3  | 6   | 7  | 5  | 2   | 1  | 9  | 4   |  | 37  |
| Women's Triple Jump  | 1  | 9   | 5  | 3  | 7   | 4  | 2  | 6   |  | 37  |
| Women's High Jump    | 4  | 6   |    |    | 7   |    | 18 | 5   |  | 40  |
| Women's Pole Vault   |    | 9   |    | 4  | 7   | 6  | 5  | 3   |  | 34  |
| Women's 4x100m Relay | 3  | 9   | 1  | 5  | 6   | 4  | 2  | 7   |  | 37  |
| Women's 4x400m Relay | 7  | 9   | 1  | 5  | 3   | 2  | 4  | 6   |  | 37  |
|                      | 64 | 110 | 82 | 77 | 108 | 63 | 97 | 118 |  | 719 |

| Match Summary  | Belgrave | Birchfield | Sale  | Rugby & N | Shaftesbury | Southampton | Trafford | Bedford Green v | UNUSED | TOTAL  |
|----------------|----------|------------|-------|-----------|-------------|-------------|----------|-----------------|--------|--------|
| Teams          | 197.0    | 221.0      | 206.0 | 133.0     | 202.0       | 97.0        | 201.0    | 239.0           |        | 1496.0 |
| Match Position | 6        | 2          | 3     | 7         | 4           | 8           | 5        | 1               |        |        |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |                                   |                |        |   |  |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|-----------------------------------|----------------|--------|---|--|--|
| EVENT   |    | Men's Hammer             |                             | TIME      |           | 12:15                     |           | RECORD                  |           | 1985           |           | David Smith, Hull Spartan, 76.36m |                |        |   |  |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                       | Final Position | A or B |   |  |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                            |                | A      | B |  |  |
| 1       | 7  | Chris Hughff             | Trafford AC                 | NT        | 22.02     |                           | 22.02     | 8                       |           |                |           | 22.02                             | 8              | A      | 8 |  |  |
| 2       | 8  | Andy Frost               | Woodford Green AC w Essex L | 67.49     | 69.74     | 70.69                     | 70.69     | 1                       | NT        | NT             | 71.05     | 71.05                             | 1              | A      | 1 |  |  |
| 3       | 3  | Mike Floyd               | City of Manchester (Sale)   | 63.79     | NT        | NT                        | 63.79     | 2                       | 62.60     | NT             | 61.82     | 63.79                             | 2              | A      | 2 |  |  |
| 4       | 2  | Matthew Bell             | Birchfield Harriers         | 59.81     | 59.75     | 60.42                     | 60.42     | 4                       | 61.01     | 60.43          | 61.58     | 61.58                             | 4              | A      | 4 |  |  |
| 5       | 4  | Luke Hyland              | Rugby & Northampton AC      | 38.75     | NT        | 41.06                     | 41.06     | 6                       |           |                |           | 41.06                             | 6              | A      | 6 |  |  |
| 6       | 6  | Nick Illiffe             | Team Southampton            | 26.13     |           |                           | 26.13     | 7                       |           |                |           | 26.13                             | 7              | A      | 7 |  |  |
| 7       | 5  | Graham Holder            | Shaftesbury Barnet Harriers | 54.16     | 56.91     | 46.65                     | 56.91     | 5                       |           |                |           | 56.91                             | 5              | A      | 5 |  |  |
| 8       | 1  | Mick Jones               | Belgrave Harriers           | 60.23     | 61.02     | NT                        | 61.02     | 3                       | 61.27     | NT             | 62.91     | 62.91                             | 3              | A      | 3 |  |  |
| 9       |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |  |  |
| 10      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |  |  |
| 11      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |  |  |
| 12      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |  |  |
| 13      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |  |  |
| 14      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |  |  |
| 15      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |  |  |
| 16      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |  |  |

| "A" STRING RESULT |     |               |                             | "B" STRING RESULT |      |     |      | JUDGES' SIGNATURES |          |                     |  |  |  |
|-------------------|-----|---------------|-----------------------------|-------------------|------|-----|------|--------------------|----------|---------------------|--|--|--|
| Posn              | No. | NAME          | CLUB                        | DISTANCE          | Posn | No. | NAME | CLUB               | DISTANCE |                     |  |  |  |
| 1                 | 8   | Andy Frost    | Woodford Green AC w Essex L | 71.05             | 1    |     |      |                    |          |                     |  |  |  |
| 2                 | 3   | Mike Floyd    | City of Manchester (Sale)   | 63.79             | 2    |     |      |                    |          |                     |  |  |  |
| 3                 | 1   | Mick Jones    | Belgrave Harriers           | 62.91             | 3    |     |      |                    |          |                     |  |  |  |
| 4                 | 2   | Matthew Bell  | Birchfield Harriers         | 61.58             | 4    |     |      |                    |          |                     |  |  |  |
| 5                 | 5   | Graham Holder | Shaftesbury Barnet Harriers | 56.91             | 5    |     |      |                    |          |                     |  |  |  |
| 6                 | 4   | Luke Hyland   | Rugby & Northampton AC      | 41.06             | 6    |     |      |                    |          |                     |  |  |  |
| 7                 | 6   | Nick Illiffe  | Team Southampton            | 26.13             | 7    |     |      |                    |          |                     |  |  |  |
| 8                 | 7   | Chris Hughff  | Trafford AC                 | 22.02             | 8    |     |      |                    |          |                     |  |  |  |
|                   |     |               |                             |                   |      |     |      |                    |          | REFEREE'S SIGNATURE |  |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |                                   |                |        |   |     |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|-----------------------------------|----------------|--------|---|-----|--|
| EVENT   |    | Men's Discus             |                             | TIME      |           | 14:05                     |           | RECORD                  |           | 2000           |           | Robert Weir, Birchfield H, 65.08m |                |        |   |     |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                       | Final Position | A or B |   |     |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                            |                | A      | B |     |  |
| 1       | 4  | Gary Herrington          | Rugby & Northampton AC      | 41.35     | 40.87     | 40.49                     | 41.35     | 7                       |           |                |           | 41.35                             | 7              | A      | 7 |     |  |
| 2       | 7  | Chris Gaviglio           | Trafford AC                 | NT        | 48.52     | 51.36                     | 51.36     | 3                       | 51.49     | NT             | 54.68     | 54.68                             | 3              | A      | 3 |     |  |
| 3       | 5  | Neville Thompson         | Shaftesbury Barnet Harriers | 50.71     | 48.09     | 48.76                     | 50.71     | 4                       | 48.69     | NT             | 49.27     | 50.71                             | 4              | A      | 4 |     |  |
| 4       | 1  | Scot Thompson            | Belgrave Harriers           | 47.65     | NT        | 49.91                     | 49.91     | 5                       |           |                |           | 49.91                             | 5              | A      | 5 |     |  |
| 5       | 6  | Nick Illiffe             | Team Southampton            | NT        | 39.13     | 38.90                     | 39.13     | 8                       |           |                |           | 39.13                             | 8              | A      | 8 | Ace |  |
| 6       | 8  | Emeka Udechuku           | Woodford Green AC w Essex L | 56.63     | 57.27     | NT                        | 57.27     | 1                       | 56.39     | NT             | 56.53     | 57.27                             | 1              | A      | 1 |     |  |
| 7       | 3  | Marcus Gouldbourne       | City of Manchester (Sale)   | 54.69     | 53.93     | NT                        | 54.69     | 2                       | 54.54     | 53.04          | NT        | 54.69                             | 2              | A      | 2 |     |  |
| 8       | 2  | Steve Hale               | Birchfield Harriers         | 42.12     | 42.77     | 45.87                     | 45.87     | 6                       |           |                |           | 45.87                             | 6              | A      | 6 |     |  |
| 9       |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |     |  |
| 10      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |     |  |
| 11      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |     |  |
| 12      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |     |  |
| 13      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |     |  |
| 14      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |     |  |
| 15      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |     |  |
| 16      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                   |                |        |   |     |  |

| "A" STRING RESULT |     |                    |                             | "B" STRING RESULT |      |     |      | JUDGES' SIGNATURES |          |                     |  |  |  |
|-------------------|-----|--------------------|-----------------------------|-------------------|------|-----|------|--------------------|----------|---------------------|--|--|--|
| Posn              | No. | NAME               | CLUB                        | DISTANCE          | Posn | No. | NAME | CLUB               | DISTANCE |                     |  |  |  |
| 1                 | 8   | Emeka Udechuku     | Woodford Green AC w Essex L | 57.27             | 1    |     |      |                    |          |                     |  |  |  |
| 2                 | 3   | Marcus Gouldbourne | City of Manchester (Sale)   | 54.69             | 2    |     |      |                    |          |                     |  |  |  |
| 3                 | 7   | Chris Gaviglio     | Trafford AC                 | 54.68             | 3    |     |      |                    |          |                     |  |  |  |
| 4                 | 5   | Neville Thompson   | Shaftesbury Barnet Harriers | 50.71             | 4    |     |      |                    |          |                     |  |  |  |
| 5                 | 1   | Scot Thompson      | Belgrave Harriers           | 49.91             | 5    |     |      |                    |          |                     |  |  |  |
| 6                 | 2   | Steve Hale         | Birchfield Harriers         | 45.87             | 6    |     |      |                    |          | REFEREE'S SIGNATURE |  |  |  |
| 7                 | 4   | Gary Herrington    | Rugby & Northampton AC      | 41.35             | 7    |     |      |                    |          |                     |  |  |  |
| 8                 | 6   | Nick Illiffe       | Team Southampton            | 39.13             | 8    |     |      |                    |          |                     |  |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |   |                |        |   |  |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|---|----------------|--------|---|--|--|
| EVENT   |    | Men's Javelin            |                             | TIME      |           | 15:45                     |           | RECORD                  |           | 1989           |           | Roald Bradstock, Borough of Enfield, 80.84m |                |        |   |  |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                                 | Final Position | A or B |   |  |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                                      |                | A      | B |  |  |
| 1       | 1  | Tom Dobbing              | Belgrave Harriers           | 60.73     | NT        | 59.28                     | 60.73     | 3                       | NT        | 59.00          | 59.87     | 60.73                                       | 3              | A      | 3 |  |  |
| 2       | 4  | Dale Howlett             | Rugby & Northampton AC      | 37.86     | 40.89     | 38.26                     | 40.89     | 8                       |           |                |           | 40.89                                       | 8              | A      | 8 |  |  |
| 3       | 6  | Jacob Lewis              | Team Southampton            | 33.56     | NT        | 41.10                     | 41.10     | 7                       |           |                |           | 41.10                                       | 7              | A      | 7 |  |  |
| 4       | 7  | Chris Hughff             | Trafford AC                 | NT        | NT        | 59.03                     | 59.03     | 4                       | NT        | 59.19          | NT        | 59.19                                       | 4              | A      | 4 |  |  |
| 5       | 5  | Matthew Stoker           | Shaftesbury Barnet Harriers | 48.86     | 47.95     | 42.59                     | 48.86     | 6                       |           |                |           | 48.86                                       | 6              | A      | 6 |  |  |
| 6       | 3  | Gerard Paish-Plunkett    | City of Manchester (Sale)   | 64.87     | 63.91     | 61.68                     | 64.87     | 2                       | 65.31     | 63.56          | 62.01     | 65.31                                       | 1              | A      | 1 |  |  |
| 7       | 2  | Edward Dunford           | Birchfield Harriers         | 49.62     | 51.26     | 46.15                     | 51.26     | 5                       |           |                |           | 51.26                                       | 5              | A      | 5 |  |  |
| 8       | 8  | Simon Bennett            | Woodford Green AC w Essex L | 59.27     | 65.27     | 61.82                     | 65.27     | 1                       | 60.96     | 62.38          | 61.96     | 65.27                                       | 2              | A      | 2 |  |  |
| 9       |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 10      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 11      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 12      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 13      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 14      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 15      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 16      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |

| "A" STRING RESULT |     |                       |                             |          | "B" STRING RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|-------------------|-----|-----------------------|-----------------------------|----------|-------------------|-----|------|------|----------|---------------------|--|
| Posn              | No. | NAME                  | CLUB                        | DISTANCE | Posn              | No. | NAME | CLUB | DISTANCE |                     |  |
| 1                 | 3   | Gerard Paish-Plunkett | City of Manchester (Sale)   | 65.31    | 1                 |     |      |      |          |                     |  |
| 2                 | 8   | Simon Bennett         | Woodford Green AC w Essex L | 65.27    | 2                 |     |      |      |          |                     |  |
| 3                 | 1   | Tom Dobbing           | Belgrave Harriers           | 60.73    | 3                 |     |      |      |          |                     |  |
| 4                 | 7   | Chris Hughff          | Trafford AC                 | 59.19    | 4                 |     |      |      |          |                     |  |
| 5                 | 2   | Edward Dunford        | Birchfield Harriers         | 51.26    | 5                 |     |      |      |          | REFEREE'S SIGNATURE |  |
| 6                 | 5   | Matthew Stoker        | Shaftesbury Barnet Harriers | 48.86    | 6                 |     |      |      |          |                     |  |
| 7                 | 6   | Jacob Lewis           | Team Southampton            | 41.10    | 7                 |     |      |      |          |                     |  |
| 8                 | 4   | Dale Howlett          | Rugby & Northampton A       | 40.89    | 8                 |     |      |      |          |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |   |                |        |   |  |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|---|----------------|--------|---|--|--|
| EVENT   |    | Men's Shot Putt          |                             | TIME      |           | 14:30                     |           | RECORD                  |           | 1974           |           | Geoff Capes, Borough of Enfield, 20.59m |                |        |   |  |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                             | Final Position | A or B |   |  |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                                  |                | A      | B |  |  |
| 1       | 6  | Nick Illiffe             | Team Southampton            | 9.99      | 10.18     | 10.40                     | 10.40     | 8                       |           |                |           | 10.40                                   | 8              | A      | 8 |  |  |
| 2       | 3  | John Nicholls            | City of Manchester (Sale)   | 13.76     | 14.11     | NT                        | 14.11     | 4                       | 14.28     | 14.47          | NT        | 14.47                                   | 4              | A      | 4 |  |  |
| 3       | 4  | Gary Herrington          | Rugby & Northampton AC      | 10.92     | 11.20     | 11.18                     | 11.20     | 7                       |           |                |           | 11.20                                   | 7              | A      | 7 |  |  |
| 4       | 5  | Neville Thompson         | Shaftesbury Barnet Harriers | 12.16     | 13.46     | NT                        | 13.46     | 5                       |           |                |           | 13.46                                   | 5              | A      | 5 |  |  |
| 5       | 1  | Chris Gearing            | Belgrave Harriers           | 16.26     | NT        | NT                        | 16.26     | 3                       | NT        | NT             | 16.35     | 16.35                                   | 3              | A      | 3 |  |  |
| 6       | 2  | Edward Dunford           | Birchfield Harriers         | 12.86     | 13.45     | 13.29                     | 13.45     | 6                       |           |                |           | 13.45                                   | 6              | A      | 6 |  |  |
| 7       | 8  | Emeka Udechuku           | Woodford Green AC w Essex L | 17.47     | 17.57     | 17.55                     | 17.57     | 2                       | 17.84     | 18.02          | 18.08     | 18.08                                   | 1              | A      | 1 |  |  |
| 8       | 7  | Chris Gaviglio           | Trafford AC                 | 17.27     | 17.17     | 17.80                     | 17.80     | 1                       | 17.81     | 17.83          | NT        | 17.83                                   | 2              | A      | 2 |  |  |
| 9       |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 10      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 11      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 12      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 13      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 14      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 15      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 16      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |

| "A" STRING RESULT |     |                  |                             | "B" STRING RESULT |      |     |      | JUDGES' SIGNATURES |          |                     |  |  |  |
|-------------------|-----|------------------|-----------------------------|-------------------|------|-----|------|--------------------|----------|---------------------|--|--|--|
| Posn              | No. | NAME             | CLUB                        | DISTANCE          | Posn | No. | NAME | CLUB               | DISTANCE |                     |  |  |  |
| 1                 | 8   | Emeka Udechuku   | Woodford Green AC w Essex L | 18.08             | 1    |     |      |                    |          |                     |  |  |  |
| 2                 | 7   | Chris Gaviglio   | Trafford AC                 | 17.83             | 2    |     |      |                    |          |                     |  |  |  |
| 3                 | 1   | Chris Gearing    | Belgrave Harriers           | 16.35             | 3    |     |      |                    |          |                     |  |  |  |
| 4                 | 3   | John Nicholls    | City of Manchester (Sale)   | 14.47             | 4    |     |      |                    |          |                     |  |  |  |
| 5                 | 5   | Neville Thompson | Shaftesbury Barnet Harriers | 13.46             | 5    |     |      |                    |          |                     |  |  |  |
| 6                 | 2   | Edward Dunford   | Birchfield Harriers         | 13.45             | 6    |     |      |                    |          | REFEREE'S SIGNATURE |  |  |  |
| 7                 | 4   | Gary Herrington  | Rugby & Northampton AC      | 11.20             | 7    |     |      |                    |          |                     |  |  |  |
| 8                 | 6   | Nick Illiffe     | Team Southampton            | 10.40             | 8    |     |      |                    |          |                     |  |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |   |                |        |   |     |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|---|----------------|--------|---|-----|--|
| EVENT   |    | Men's Long Jump          |                             | TIME      |           | 10:30                     |           | RECORD                  |           | 1988           |           | Alan Lerwill, Borough of Enfield, 7.89m |                |        |   |     |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                             | Final Position | A or B |   |     |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                                  |                | Metres | A | B   |  |
| 1       | 5  | Olu Baptist              | Shaftesbury Barnet Harriers | 6.70      | 5.57      | NJ                        | 6.70      | 5                       |           |                |           | 6.70                                    | 5              | A      | 5 |     |  |
| 2       | 6  | James Grocock            | Team Southampton            | 6.43      | 6.45      | NJ                        | 6.45      | 7                       |           |                |           | 6.45                                    | 7              | A      | 7 |     |  |
| 3       | 7  | Chris Hughff             | Trafford AC                 | NJ        | 6.24      | 6.59                      | 6.59      | 6                       |           |                |           | 6.59                                    | 6              | A      | 6 |     |  |
| 4       | 8  | Tosin Oke                | Woodford Green AC w Essex L | 6.07      | 6.87      | NJ                        | 6.87      | 4                       | NJ        | NJ             |           | 6.87                                    | 4              | A      | 4 |     |  |
| 5       | 2  | Ryan James               | Birchfield Harriers         | NJ        | 7.02      | 7.12                      | 7.12      | 3                       | NJ        | NJ             |           | 7.12                                    | 3              | A      | 3 |     |  |
| 6       | 1  | Richard Danso            | Belgrave Harriers           | 7.32      | NJ        | NJ                        | 7.32      | 1                       | NJ        | 6.99           | NJ        | 7.32                                    | 1              | A      | 1 |     |  |
| 7       | 4  | Steve Potter             | Rugby & Northampton AC      | 5.53      | 5.21      | 5.44                      | 5.53      | 8                       |           |                |           | 5.53                                    | 8              | A      | 8 |     |  |
| 8       | 3  | Darren Ritchie           | City of Manchester (Sale)   | NJ        | NJ        | 7.26                      | 7.26      | 2                       | 7.21      | 7.12           | 7.21      | 7.26                                    | 2              | A      | 2 | Ace |  |
| 9       | 5  | Olu Baptist              | Shaftesbury Barnet Harriers | +1.55     | +1.64     | +0.35                     |           |                         |           |                |           |   |                |        |   |     |  |
| 10      | 6  | James Grocock            | Team Southampton            | +1.55     | +2.11     | +1.2                      |           |                         |           |                |           |   |                |        |   |     |  |
| 11      | 7  | Chris Hughff             | Trafford AC                 | +1.81     | +1.61     | +2.29                     |           |                         |           |                |           |   |                |        |   |     |  |
| 12      | 8  | Tosin Oke                | Woodford Green AC w Essex L | +0.0      | +1.80     | +1.20                     |           |                         | +0.00     | +1.23          | +0.80     |   |                |        |   |     |  |
| 13      | 2  | Ryan James               | Birchfield Harriers         | +1.03     | +1.82     | +1.22                     |           |                         | +1.02     | +1.13          | +1.17     |   |                |        |   |     |  |
| 14      | 1  | Richard Danso            | Belgrave Harriers           | +1.45     | +0.62     | +1.28                     |           |                         | +1.02     | +1.88          | +0.58     |   |                |        |   |     |  |
| 15      | 4  | Steve Potter             | Rugby & Northampton AC      | +1.06     | +1.09     | +0.33                     |           |                         |           |                |           |   |                |        |   |     |  |
| 16      | 3  | Darren Ritchie           | City of Manchester (Sale)   | +1.79     | +1.45     | +1.04                     |           |                         | +0.9      | +1.28          | +0.6      |   |                |        |   |     |  |

| "A" STRING RESULT |     |                |                             |          | "B" STRING RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|-------------------|-----|----------------|-----------------------------|----------|-------------------|-----|------|------|----------|---------------------|--|
| Posn              | No. | NAME           | CLUB                        | DISTANCE | Posn              | No. | NAME | CLUB | DISTANCE |                     |  |
| 1                 | 1   | Richard Danso  | Belgrave Harriers           | 7.32     | 1                 |     |      |      |          |                     |  |
| 2                 | 3   | Darren Ritchie | City of Manchester (Sale)   | 7.26     | 2                 |     |      |      |          |                     |  |
| 3                 | 2   | Ryan James     | Birchfield Harriers         | 7.12     | 3                 |     |      |      |          |                     |  |
| 4                 | 8   | Tosin Oke      | Woodford Green AC w Essex L | 6.87     | 4                 |     |      |      |          |                     |  |
| 5                 | 5   | Olu Baptist    | Shaftesbury Barnet Harriers | 6.70     | 5                 |     |      |      |          |                     |  |
| 6                 | 7   | Chris Hughff   | Trafford AC                 | 6.59     | 6                 |     |      |      |          |                     |  |
| 7                 | 6   | James Grocock  | Team Southampton            | 6.45     | 7                 |     |      |      |          |                     |  |
| 8                 | 4   | Steve Potter   | Rugby & Northampton A       | 5.53     | 8                 |     |      |      |          |                     |  |
|                   |     |                |                             |          |                   |     |      |      |          | REFEREE'S SIGNATURE |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |                                    |                |        |   |  |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|------------------------------------|----------------|--------|---|--|--|
| EVENT   |    | Men's Triple Jump        |                             | TIME      |           | 13:50                     |           | RECORD                  |           | 1984           |           | Eric McCalla, Birchfield H, 16.64m |                |        |   |  |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                        | Final Position | A or B |   |  |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                             |                | A      | B |  |  |
| 1       | 8  | Tosin Oke                | Woodford Green AC w Essex L | 15.50     | 15.75     | NJ                        | 15.75     | 1                       | 15.82     | NJ             | 15.80     | 15.82                              | 1              | A      | 1 |  |  |
| 2       | 5  | Michael Okoigun          | Shaftesbury Barnet Harriers | 13.12     | 13.28     | 13.51                     | 13.51     | 6                       |           |                |           | 13.51                              | 6              | A      | 6 |  |  |
| 3       | 2  | Phil Ferdinand           | Birchfield Harriers         | 14.04     | NJ        | NJ                        | 14.04     | 3                       | NJ        | NJ             | 14.71     | 14.71                              | 3              | A      | 3 |  |  |
| 4       | 4  | Gary White               | Rugby & Northampton AC      | NJ        | 15.45     | NJ                        | 15.45     | 2                       | 15.05     | 15.64          | 13.53     | 15.64                              | 2              | A      | 2 |  |  |
| 5       | 3  | James Townsend           | City of Manchester (Sale)   | 13.70     | 13.96     | NJ                        | 13.96     | 4                       | NJ        | 13.95          | 14.44     | 14.44                              | 4              | A      | 4 |  |  |
| 6       | 7  | Femi Akinsanya           | Trafford AC                 |           |           |                           |           |                         |           |                |           |                                    |                |        |   |  |  |
| 7       | 1  | David Wellstead          | Belgrave Harriers           | 11.69     | 13.22     | 13.65                     | 13.65     | 5                       |           |                |           | 13.65                              | 5              | A      | 5 |  |  |
| 8       | 6  | Chris Bull               | Team Southampton            | 12.17     | NJ        | 12.19                     | 12.19     | 7                       |           |                |           | 12.19                              | 7              | A      | 7 |  |  |
| 9       | 8  | Tosin Oke                | Woodford Green AC w Essex L | -0.0      | -0.3      | +1.7                      |           |                         | +1.7      | -1.1           | +1.2      |                                    |                |        |   |  |  |
| 10      | 5  | Michael Okoigun          | Shaftesbury Barnet Harriers | +0.0      | -1.6      | -1.2                      |           |                         |           |                |           |                                    |                |        |   |  |  |
| 11      | 2  | Phil Ferdinand           | Birchfield Harriers         | -2.1      | -1.2      | +0.9                      |           |                         | +0.3      | -0.4           | +0.5      |                                    |                |        |   |  |  |
| 12      | 4  | Gary White               | Rugby & Northampton AC      | -0.3      | +2.4      | +1.4                      |           |                         | -0.7      | +0.1           | +0.6      |                                    |                |        |   |  |  |
| 13      | 3  | James Townsend           | City of Manchester (Sale)   | -0.9      | +1.7      | -0.0                      |           |                         | +0.8      | -1.4           | +1.8      |                                    |                |        |   |  |  |
| 14      | 7  | Femi Akinsanya           | Trafford AC                 |           |           |                           |           |                         |           |                |           |                                    |                |        |   |  |  |
| 15      | 1  | David Wellstead          | Belgrave Harriers           | -0.9      | -1.9      | +0.2                      |           |                         |           |                |           |                                    |                |        |   |  |  |
| 16      | 6  | Chris Bull               | Team Southampton            | +1.2      | -1.0      | +0.4                      |           |                         |           |                |           |                                    |                |        |   |  |  |

| "A" STRING RESULT |     |                 |                             | "B" STRING RESULT |      |     |      | JUDGES' SIGNATURES |          |                     |  |  |  |
|-------------------|-----|-----------------|-----------------------------|-------------------|------|-----|------|--------------------|----------|---------------------|--|--|--|
| Posn              | No. | NAME            | CLUB                        | DISTANCE          | Posn | No. | NAME | CLUB               | DISTANCE |                     |  |  |  |
| 1                 | 8   | Tosin Oke       | Woodford Green AC w Essex L | 15.82             | 1    |     |      |                    |          |                     |  |  |  |
| 2                 | 4   | Gary White      | Rugby & Northampton AC      | 15.64             | 2    |     |      |                    |          |                     |  |  |  |
| 3                 | 2   | Phil Ferdinand  | Birchfield Harriers         | 14.71             | 3    |     |      |                    |          |                     |  |  |  |
| 4                 | 3   | James Townsend  | City of Manchester (Sale)   | 14.44             | 4    |     |      |                    |          |                     |  |  |  |
| 5                 | 1   | David Wellstead | Belgrave Harriers           | 13.65             | 5    |     |      |                    |          |                     |  |  |  |
| 6                 | 5   | Michael Okoigun | Shaftesbury Barnet Harriers | 13.51             | 6    |     |      |                    |          | REFEREE'S SIGNATURE |  |  |  |
| 7                 | 6   | Chris Bull      | Team Southampton            | 12.19             | 7    |     |      |                    |          |                     |  |  |  |
| 8                 |     |                 |                             |                   | 8    |     |      |                    |          |                     |  |  |  |

# UK ATHLETICS: HEIGHT CARD

| MEETING |    | Golden Jubilee Cup Final |                             |        |        | VENUE  |        | Bedford Athletics Stadium |        |               |        |        |        | DATE                             |             | 19 August 2006                   |                   |                 |          |        |   |
|---------|----|--------------------------|-----------------------------|--------|--------|--------|--------|---------------------------|--------|---------------|--------|--------|--------|----------------------------------|-------------|----------------------------------|-------------------|-----------------|----------|--------|---|
| EVENT   |    | Men's High Jump          |                             |        |        | TIME   |        | 14:00                     |        | League Record |        | 1993   |        | Dalton Grant, Haringey AC, 2.32m |             |                                  |                   |                 |          |        |   |
| Order   | No | NAME                     | CLUB                        | 1.70   | 1.75   | 1.80   | 1.85   | 1.90                      | 1.95   | 2.00          | 2.05   | 2.10   | 2.15   | 2.20                             | Best of All | Trials at<br>Ht Cleared<br>Total | Failures<br>Total | Trials<br>Final | Position | A or B |   |
|         |    |                          |                             | Metres | Metres | Metres | Metres | Metres                    | Metres | Metres        | Metres | Metres | Metres | Metres                           |             |                                  |                   |                 |          |        |   |
| 1       | 1  | Darvin Edwards           | Belgrave Harriers           |        |        |        |        |                           |        |               |        | o      | xxo    | xxx                              | 2.15        |                                  |                   |                 | 3        | A      | 3 |
| 2       | 4  | Ian Gidley               | Rugby & Northampton AC      | xo     | -      | xxo    | xxx    |                           |        |               |        |        |        |                                  | 1.80        |                                  |                   |                 | 7        | A      | 7 |
| 3       | 6  | Dan Turner               | Team Southampton            |        |        |        |        |                           | xo     | o             | xxx    |        |        |                                  | 2.00        |                                  |                   |                 | 5        | A      | 5 |
| 4       | 7  | Chris Hughff             | Trafford AC                 |        | o      | xxx    |        |                           |        |               |        |        |        |                                  | 1.75        |                                  |                   |                 | 8        | A      | 8 |
| 5       | 5  | Darryl Stone             | Shaftesbury Barnet Harriers |        |        |        |        |                           |        | xo            | o      | xxo    | xxx    |                                  | 2.10        |                                  |                   |                 | 4        | A      | 4 |
| 6       | 3  | Rob Mitchell             | City of Manchester (Sale)   |        |        |        |        | o                         | o      | o             | o      | o      | o      | xxx                              | 2.15        |                                  |                   |                 | 1        | A      | 1 |
| 7       | 2  | Tom Parsons              | Birchfield Harriers         |        |        |        |        |                           | o      | o             | o      | o      | o      | xxx                              | 2.15        |                                  |                   |                 | 1        | A      | 1 |
| 8       | 8  | Gareth Dyball            | Woodford Green AC w Essex L |        |        |        |        | o                         | o      | xxx           |        |        |        |                                  | 1.95        |                                  |                   |                 | 6        | A      | 6 |
| 9       |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                  |             |                                  |                   |                 |          |        |   |
| 10      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                  |             |                                  |                   |                 |          |        |   |
| 11      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                  |             |                                  |                   |                 |          |        |   |
| 12      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                  |             |                                  |                   |                 |          |        |   |
| 13      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                  |             |                                  |                   |                 |          |        |   |
| 14      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                  |             |                                  |                   |                 |          |        |   |
| 15      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                  |             |                                  |                   |                 |          |        |   |
| 16      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                  |             |                                  |                   |                 |          |        |   |

| "A" STRING RESULT |     |                |                           |        | "B" STRING RESULT |     |      |      |        | JUDGES' SIGNATURES  |  |
|-------------------|-----|----------------|---------------------------|--------|-------------------|-----|------|------|--------|---------------------|--|
| Posn              | No. | NAME           | CLUB                      | HEIGHT | Posn              | No. | NAME | CLUB | HEIGHT |                     |  |
| 1=                | 3   | Rob Mitchell   | City of Manchester (Sale) | 2.15   |                   |     |      |      |        | REFeree's SIGNATURE |  |
| 1=                | 2   | Tom Parsons    | Birchfield Harriers       | 2.15   |                   |     |      |      |        |                     |  |
| 3                 | 1   | Darvin Edwards | Belgrave Harriers         | 2.15   |                   |     |      |      |        |                     |  |
| 4                 | 5   | Darryl Stone   | Shaftesbury Barnet Harri  | 2.10   |                   |     |      |      |        |                     |  |
| 5                 | 6   | Dan Turner     | Team Southampton          | 2.00   |                   |     |      |      |        |                     |  |
| 6                 | 8   | Gareth Dyball  | Woodford Green AC w E     | 1.95   |                   |     |      |      |        |                     |  |
| 7                 | 4   | Ian Gidley     | Rugby & Northampton AC    | 1.80   |                   |     |      |      |        |                     |  |
| 8                 | 7   | Chris Hughff   | Trafford AC               | 1.75   |                   |     |      |      |        |                     |  |

# UK ATHLETICS: HEIGHT CARD

| MEETING |    | Golden Jubilee Cup Final |                             |      |      | VENUE  |        | Bedford Athletics Stadium |               |        |           |   |        | DATE   |             | 19 August 2006                   |                   |                 |          |        |   |
|---------|----|--------------------------|-----------------------------|------|------|--------|--------|---------------------------|---------------|--------|-----------|---|--------|--------|-------------|----------------------------------|-------------------|-----------------|----------|--------|---|
| EVENT   |    | Men's Pole Vault         |                             |      |      | TIME   |        | 11:00                     | League Record |        | 1996/1997 | Paul Williamson/Michael Barber, Thames Valley H/Birchfield H, 5.45m |        |        |             |                                  |                   |                 |          |        |   |
| Order   | No | NAME                     | CLUB                        | 2.10 | 3.00 | 3.20   | 3.40   | 3.60                      | 3.80          | 4.00   | 4.20      | 4.40  | 4.50   | 4.60   | Best of All | Trials at<br>Ht Cleared<br>Total | Failures<br>Total | Trials<br>Final | Position | A or B |   |
|         |    |                          |                             | 4.80 | 5.00 | Metres | Metres | Metres                    | Metres        | Metres | Metres    | Metres  | Metres | Metres |             |                                  |                   |                 |          |        |   |
| 1       | 8  | Paul Howard              | Woodford Green AC w Essex L | o    | o    | o      | xxx    |                           |               |        |           |   |        |        | 3.20        |                                  |                   |                 | 6        | A      | 6 |
| 2       | 5  | Scott Bartlett           | Shaftesbury Barnet Harriers |      |      | o      | o      | xxx                       |               |        |           |   |        |        | 3.40        |                                  |                   |                 | 5        | A      | 5 |
| 3       | 2  | Edward Dunford           | Birchfield Harriers         |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |
| 4       | 4  | Martin Vincent           | Rugby & Northampton AC      |      |      |        |        |                           |               | o      | o         | xxx   |        |        | 4.20        |                                  |                   |                 | 3        | A      | 3 |
| 5       | 3  | Franklin Opara           | City of Manchester (Sale)   |      |      | o      | xo     | o                         | xxx           |        |           |   |        |        | 3.60        |                                  |                   |                 | 4        | A      | 4 |
| 6       | 7  | Alan Richardson          | Trafford AC                 |      |      |        |        |                           |               |        |           |   | o      | xxx    | 4.50        |                                  |                   |                 | 2        | A      | 2 |
| 7       | 1  | Joe Ive                  | Belgrave Harriers           | xxo  | xxx  |        |        |                           |               |        |           | xxo   | p      | o      | 4.80        |                                  |                   |                 | 1        | A      | 1 |
| 8       | 6  | Gavin Hodgson            | Team Southampton            |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |
| 9       |    |                          |                             |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |
| 10      |    |                          |                             |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |
| 11      |    |                          |                             |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |
| 12      |    |                          |                             |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |
| 13      |    |                          |                             |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |
| 14      |    |                          |                             |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |
| 15      |    |                          |                             |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |
| 16      |    |                          |                             |      |      |        |        |                           |               |        |           |   |        |        |             |                                  |                   |                 |          |        |   |

| "A" STRING RESULT |     |                 |                           |        | "B" STRING RESULT |     |      |      |        | JUDGES' SIGNATURES  |  |
|-------------------|-----|-----------------|---------------------------|--------|-------------------|-----|------|------|--------|---------------------|--|
| Posn              | No. | NAME            | CLUB                      | HEIGHT | Posn              | No. | NAME | CLUB | HEIGHT |                     |  |
| 1                 | 1   | Joe Ive         | Belgrave Harriers         | 4.80   |                   |     |      |      |        |                     |  |
| 2                 | 7   | Alan Richardson | Trafford AC               | 4.50   |                   |     |      |      |        |                     |  |
| 3                 | 4   | Martin Vincent  | Rugby & Northampton AC    | 4.20   |                   |     |      |      |        |                     |  |
| 4                 | 3   | Franklin Opara  | City of Manchester (Sale) | 3.60   |                   |     |      |      |        |                     |  |
| 5                 | 5   | Scott Bartlett  | Shaftesbury Barnet Harri  | 3.40   |                   |     |      |      |        |                     |  |
| 6                 | 8   | Paul Howard     | Woodford Green AC w E     | 3.20   |                   |     |      |      |        |                     |  |
|                   |     |                 |                           |        |                   |     |      |      |        | REFEREE'S SIGNATURE |  |
|                   |     |                 |                           |        |                   |     |      |      |        |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |                                      |                |        |   |     |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|--------------------------------------|----------------|--------|---|-----|--|
| EVENT   |    | Women's Hammer           |                             | TIME      |           | 10:30                     |           | RECORD                  |           | 2000           |           | Lorraine Shaw, Sale Harriers, 64.28m |                |        |   |     |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                          | Final Position | A or B |   |     |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                               |                | A      | B |     |  |
| 1       | 1  | Diana Holden             | Belgrave Harriers           | 37.57     | 40.89     | 44.66                     | 44.66     | 6                       |           |                |           | 44.66                                | 6              | A      | 6 |     |  |
| 2       | 5  | Kirsty Law               | Shaftesbury Barnet Harriers | 29.06     | NT        | NT                        | 29.06     | 7                       |           |                |           | 29.06                                | 7              | A      | 7 |     |  |
| 3       | 6  | Clare Ridgley            | Team Southampton            | 28.07     | 28.57     | NT                        | 28.57     | 8                       |           |                |           | 28.57                                | 8              | A      | 8 |     |  |
| 4       | 4  | Lucy Marshall            | Rugby & Northampton AC      | 54.81     | NT        | NT                        | 54.81     | 3                       | 55.61     | 53.61          | 51.90     | 55.61                                | 3              | A      | 3 |     |  |
| 5       | 2  | Lesley Brannan           | Birchfield Harriers         | 58.06     | 58.14     | 57.48                     | 58.14     | 1                       | 58.42     | 58.33          | NT        | 58.42                                | 1              | A      | 1 | Ace |  |
| 6       | 3  | Laura Douglas            | City of Manchester (Sale)   | 56.02     | 51.97     | NT                        | 56.02     | 2                       | 55.51     | NT             | 56.99     | 56.99                                | 2              | A      | 2 |     |  |
| 7       | 8  | Monique Buchanan         | Woodford Green AC w Essex L | 54.79     | 54.31     | NT                        | 54.79     | 4                       | NT        | 53.80          | 53.89     | 54.79                                | 4              | A      | 4 |     |  |
| 8       | 7  | Anna Johnson             | Trafford AC                 | NT        | 45.29     | 46.08                     | 46.08     | 5                       |           |                |           | 46.08                                | 5              | A      | 5 |     |  |
| 9       |    |                          |                             |           |           |                           |           |                         |           |                |           |                                      |                |        |   |     |  |
| 10      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                      |                |        |   |     |  |
| 11      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                      |                |        |   |     |  |
| 12      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                      |                |        |   |     |  |
| 13      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                      |                |        |   |     |  |
| 14      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                      |                |        |   |     |  |
| 15      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                      |                |        |   |     |  |
| 16      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                      |                |        |   |     |  |

| "A" STRING RESULT |     |                  |                             |          | "B" STRING RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|-------------------|-----|------------------|-----------------------------|----------|-------------------|-----|------|------|----------|---------------------|--|
| Posn              | No. | NAME             | CLUB                        | DISTANCE | Posn              | No. | NAME | CLUB | DISTANCE |                     |  |
| 1                 | 2   | Lesley Brannan   | Birchfield Harriers         | 58.42    | 1                 |     |      |      |          |                     |  |
| 2                 | 3   | Laura Douglas    | City of Manchester (Sale)   | 56.99    | 2                 |     |      |      |          |                     |  |
| 3                 | 4   | Lucy Marshall    | Rugby & Northampton AC      | 55.61    | 3                 |     |      |      |          |                     |  |
| 4                 | 8   | Monique Buchanan | Woodford Green AC w Essex L | 54.79    | 4                 |     |      |      |          |                     |  |
| 5                 | 7   | Anna Johnson     | Trafford AC                 | 46.08    | 5                 |     |      |      |          |                     |  |
| 6                 | 1   | Diana Holden     | Belgrave Harriers           | 44.66    | 6                 |     |      |      |          | REFEREE'S SIGNATURE |  |
| 7                 | 5   | Kirsty Law       | Shaftesbury Barnet Harriers | 29.06    | 7                 |     |      |      |          |                     |  |
| 8                 | 6   | Clare Ridgley    | Team Southampton            | 28.57    | 8                 |     |      |      |          |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |                                  |                |        |   |     |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|----------------------------------|----------------|--------|---|-----|--|
| EVENT   |    | Women's Discus           |                             | TIME      |           | 12:15                     |           | RECORD                  |           | 2001           |           | Shelley Drew, Belgrave H, 58.75m |                |        |   |     |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                      | Final Position | A or B |   |     |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                           |                | A      | B |     |  |
| 1       | 2  | Jess Palmer              | Birchfield Harriers         | 33.54     | NT        | 31.00                     | 33.54     | 7                       |           |                |           | 33.54                            | 7              | A      | 7 |     |  |
| 2       | 3  | Philippa Roles           | City of Manchester (Sale)   | 52.96     | 54.27     | 54.31                     | 54.31     | 1                       | NT        | 54.25          | 53.73     | 54.31                            | 1              | A      | 1 | ACE |  |
| 3       | 8  | Joanne Duncan            | Woodford Green AC w Essex L | NT        | 43.04     | 44.83                     | 44.83     | 4                       | 44.26     | 40.75          |           | 44.83                            | 4              | A      | 4 |     |  |
| 4       | 6  | Clare Ridgley            | Team Southampton            | 22.14     | 22.84     | 24.01                     | 24.01     | 8                       |           |                |           | 24.01                            | 8              | A      | 8 |     |  |
| 5       | 1  | Eva Massey               | Belgrave Harriers           | 33.92     | 33.86     | NT                        | 33.92     | 6                       |           |                |           | 33.92                            | 6              | A      | 6 |     |  |
| 6       | 5  | Kirsty Law               | Shaftesbury Barnet Harriers | 47.15     | NT        | NT                        | 47.15     | 3                       | NT        | NT             |           | 47.15                            | 3              | A      | 3 |     |  |
| 7       | 7  | Chloe Bennett            | Trafford AC                 | NT        | 36.30     | 35.36                     | 36.30     | 5                       |           |                |           | 36.30                            | 5              | A      | 5 |     |  |
| 8       | 4  | Emma Merry               | Rugby & Northampton AC      | 44.68     | 47.24     | NT                        | 47.24     | 2                       | NT        | 47.71          | NT        | 47.71                            | 2              | A      | 2 |     |  |
| 9       |    |                          |                             |           |           |                           |           |                         |           |                |           |                                  |                |        |   |     |  |
| 10      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                  |                |        |   |     |  |
| 11      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                  |                |        |   |     |  |
| 12      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                  |                |        |   |     |  |
| 13      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                  |                |        |   |     |  |
| 14      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                  |                |        |   |     |  |
| 15      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                  |                |        |   |     |  |
| 16      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                  |                |        |   |     |  |

| "A" STRING RESULT |     |                |                             |          | "B" STRING RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|-------------------|-----|----------------|-----------------------------|----------|-------------------|-----|------|------|----------|---------------------|--|
| Posn              | No. | NAME           | CLUB                        | DISTANCE | Posn              | No. | NAME | CLUB | DISTANCE |                     |  |
| 1                 | 3   | Philippa Roles | City of Manchester (Sale)   | 54.31    | 1                 |     |      |      |          |                     |  |
| 2                 | 4   | Emma Merry     | Rugby & Northampton AC      | 47.71    | 2                 |     |      |      |          |                     |  |
| 3                 | 5   | Kirsty Law     | Shaftesbury Barnet Harriers | 47.15    | 3                 |     |      |      |          |                     |  |
| 4                 | 8   | Joanne Duncan  | Woodford Green AC w Essex L | 44.83    | 4                 |     |      |      |          |                     |  |
| 5                 | 7   | Chloe Bennett  | Trafford AC                 | 36.30    | 5                 |     |      |      |          | REFEREE'S SIGNATURE |  |
| 6                 | 1   | Eva Massey     | Belgrave Harriers           | 33.92    | 6                 |     |      |      |          |                     |  |
| 7                 | 2   | Jess Palmer    | Birchfield Harriers         | 33.54    | 7                 |     |      |      |          |                     |  |
| 8                 | 6   | Clare Ridgley  | Team Southampton            | 24.01    | 8                 |     |      |      |          |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |   |                |        |   |  |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|---|----------------|--------|---|--|--|
| EVENT   |    | Women's Javelin          |                             | TIME      |           | 14:05                     |           | RECORD                  |           | 2000           |           | Kelly Morgan, Windsor Slough & Eton, 57.18m |                |        |   |  |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                                 | Final Position | A or B |   |  |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                                      |                | A      | B |  |  |
| 1       | 8  | Emma Smith               | Woodford Green AC w Essex L | 34.00     | 34.47     | 37.29                     | 37.29     | 2                       | 36.92     | 35.66          | 39.08     | 39.08                                       | 2              | A      | 2 |  |  |
| 2       | 2  | Michelle Thomas          | Birchfield Harriers         | 17.87     | NT        | NT                        | 17.87     | 7                       |           |                |           | 17.87                                       | 7              | A      | 7 |  |  |
| 3       | 3  | Laura Douglas            | City of Manchester (Sale)   | 26.75     |           |                           | 26.75     | 5                       |           |                |           | 26.75                                       | 5              | A      | 5 |  |  |
| 4       | 5  | Louise Watton            | Shaftesbury Barnet Harriers | 46.26     | 46.84     | NT                        | 46.84     | 1                       | 49.08     | 46.49          | 47.45     | 49.08                                       | 1              | A      | 1 |  |  |
| 5       | 7  | Emma Halsall             | Trafford AC                 | 37.03     | 35.54     | 35.80                     | 37.03     | 3                       | NT        | 38.05          | 36.65     | 38.05                                       | 3              | A      | 3 |  |  |
| 6       | 6  | Emily Young              | Team Southampton            | 17.65     | 19.63     | 19.19                     | 19.63     | 6                       |           |                |           | 19.63                                       | 6              | A      | 6 |  |  |
| 7       | 4  | Sophie Hine              | Rugby & Northampton AC      | 30.84     | 30.63     | 31.13                     | 31.13     | 4                       | NT        | 30.99          | 27.30     | 31.13                                       | 4              | A      | 4 |  |  |
| 8       | 1  | Hannah Stares            | Belgrave Harriers           |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 9       |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 10      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 11      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 12      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 13      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 14      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 15      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |
| 16      |    |                          |                             |           |           |                           |           |                         |           |                |           |   |                |        |   |  |  |

| "A" STRING RESULT |     |                 |                             |          | "B" STRING RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|-------------------|-----|-----------------|-----------------------------|----------|-------------------|-----|------|------|----------|---------------------|--|
| Posn              | No. | NAME            | CLUB                        | DISTANCE | Posn              | No. | NAME | CLUB | DISTANCE |                     |  |
| 1                 | 5   | Louise Watton   | Shaftesbury Barnet Harriers | 49.08    | 1                 |     |      |      |          |                     |  |
| 2                 | 8   | Emma Smith      | Woodford Green AC w Essex L | 39.08    | 2                 |     |      |      |          |                     |  |
| 3                 | 7   | Emma Halsall    | Trafford AC                 | 38.05    | 3                 |     |      |      |          |                     |  |
| 4                 | 4   | Sophie Hine     | Rugby & Northampton AC      | 31.13    | 4                 |     |      |      |          |                     |  |
| 5                 | 3   | Laura Douglas   | City of Manchester (Sale)   | 26.75    | 5                 |     |      |      |          |                     |  |
| 6                 | 6   | Emily Young     | Team Southampton            | 19.63    | 6                 |     |      |      |          | REFEREE'S SIGNATURE |  |
| 7                 | 2   | Michelle Thomas | Birchfield Harriers         | 17.87    | 7                 |     |      |      |          |                     |  |
| 8                 |     |                 |                             |          | 8                 |     |      |      |          |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                    |           | 19 August 2006 |           |                                 |                |        |   |  |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|-------------------------|-----------|----------------|-----------|---------------------------------|----------------|--------|---|--|--|
| EVENT   |    | Women's Shot Putt        |                             | TIME      |           | 15:45                     |           | RECORD                  |           | 1988           |           | Judith Oakes, Croydon H, 19.13m |                |        |   |  |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                     | Final Position | A or B |   |  |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                         | Metres    | Metres         | Metres    | Metres                          |                | A      | B |  |  |
| 1       | 7  | Chloe Bennett            | Trafford AC                 | 11.61     | NT        | 11.83                     | 11.83     | 5                       |           |                |           | 11.83                           | 5              | A      | 5 |  |  |
| 2       | 8  | Joanne Duncan            | Woodford Green AC w Essex L | 16.15     | NT        | 15.89                     | 16.15     | 1                       | NT        | 15.59          | NT        | 16.15                           | 1              | A      | 1 |  |  |
| 3       | 2  | Liz Millward             | Birchfield Harriers         | 11.43     | 11.08     | 11.45                     | 11.45     | 6                       |           |                |           | 11.45                           | 6              | A      | 6 |  |  |
| 4       | 1  | Eva Massey               | Belgrave Harriers           | NT        | NT        | 12.78                     | 12.78     | 3                       | 13.80     | 14.61          | NT        | 14.61                           | 2              | A      | 2 |  |  |
| 5       | 5  | Trecia Smith             | Shaftesbury Barnet Harriers | -         | 11.92     | 12.59                     | 12.59     | 4                       | 12.46     | 13.05          | 12.82     | 13.05                           | 4              | A      | 4 |  |  |
| 6       | 4  | Lucy Marshall            | Rugby & Northampton AC      | 11.30     | 11.12     | NT                        | 11.30     | 7                       |           |                |           | 11.30                           | 7              | A      | 7 |  |  |
| 7       | 3  | Rebecca Peake            | City of Manchester (Sale)   | 12.89     | 12.72     | NT                        | 12.89     | 2                       | 13.02     | 13.71          | 13.74     | 13.74                           | 3              | A      | 3 |  |  |
| 8       | 6  | Catherine Davies         | Team Southampton            | 5.48      | 5.60      | 5.86                      | 5.86      | 8                       |           |                |           | 5.86                            | 8              | A      | 8 |  |  |
| 9       |    |                          |                             |           |           |                           |           |                         |           |                |           |                                 |                |        |   |  |  |
| 10      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                 |                |        |   |  |  |
| 11      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                 |                |        |   |  |  |
| 12      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                 |                |        |   |  |  |
| 13      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                 |                |        |   |  |  |
| 14      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                 |                |        |   |  |  |
| 15      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                 |                |        |   |  |  |
| 16      |    |                          |                             |           |           |                           |           |                         |           |                |           |                                 |                |        |   |  |  |

| "A" STRING RESULT |     |                  |                             | "B" STRING RESULT |      |     |      | JUDGES' SIGNATURES |          |                     |  |  |  |
|-------------------|-----|------------------|-----------------------------|-------------------|------|-----|------|--------------------|----------|---------------------|--|--|--|
| Posn              | No. | NAME             | CLUB                        | DISTANCE          | Posn | No. | NAME | CLUB               | DISTANCE |                     |  |  |  |
| 1                 | 8   | Joanne Duncan    | Woodford Green AC w Essex L | 16.15             | 1    |     |      |                    |          |                     |  |  |  |
| 2                 | 1   | Eva Massey       | Belgrave Harriers           | 14.61             | 2    |     |      |                    |          |                     |  |  |  |
| 3                 | 3   | Rebecca Peake    | City of Manchester (Sale)   | 13.74             | 3    |     |      |                    |          |                     |  |  |  |
| 4                 | 5   | Trecia Smith     | Shaftesbury Barnet Harriers | 13.05             | 4    |     |      |                    |          |                     |  |  |  |
| 5                 | 7   | Chloe Bennett    | Trafford AC                 | 11.83             | 5    |     |      |                    |          |                     |  |  |  |
| 6                 | 2   | Liz Millward     | Birchfield Harriers         | 11.45             | 6    |     |      |                    |          |                     |  |  |  |
| 7                 | 4   | Lucy Marshall    | Rugby & Northampton AC      | 11.30             | 7    |     |      |                    |          |                     |  |  |  |
| 8                 | 6   | Catherine Davies | Team Southampton            | 5.86              | 8    |     |      |                    |          |                     |  |  |  |
|                   |     |                  |                             |                   |      |     |      |                    |          | REFEREE'S SIGNATURE |  |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                       |           | 19 August 2006 |           |                                      |                   |        |   |   |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|----------------------------|-----------|----------------|-----------|--------------------------------------|-------------------|--------|---|---|--|
| EVENT   |    | Women's Long Jump        |                             | TIME      |           | 12:15                     |           | RECORD                     |           | 1984           |           | Susan Hearnshaw, Hull Spartan, 6.83m |                   |        |   |   |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                          | Final<br>Position | A or B |   |   |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                            | Metres    | Metres         | Metres    | Metres                               |                   | Metres | A | B |  |
| 1       | 3  | Rebecca White            | City of Manchester (Sale)   | NJ        | 5.83      | NJ                        | 5.83      | 2                          | NJ        | 5.86           | 5.89      | 5.89                                 | 2                 | A      | 2 |   |  |
| 2       | 4  | Sophie Hine              | Rugby & Northampton AC      | 5.50      | 5.27      | NJ                        | 5.50      | 4                          | NJ        | NJ             |           | 5.50                                 | 4                 | A      | 4 |   |  |
| 3       | 1  | Andrea Abrams            | Belgrave Harriers           | NJ        | 4.83      | 4.83                      | 4.83      | 6                          |           |                |           | 4.83                                 | 6                 | A      | 6 |   |  |
| 4       | 2  | Aimee Palmer             | Birchfield Harriers         | 5.63      | 5.38      | 5.40                      | 5.63      | 3                          | 5.19      | 5.39           | 5.34      | 5.63                                 | 3                 | A      | 3 |   |  |
| 5       | 8  | Hannah Frankson          | Woodford Green AC w Essex L | NJ        | 5.46      | 5.48                      | 5.48      | 5                          |           |                |           | 5.48                                 | 5                 | A      | 5 |   |  |
| 6       | 7  | Louise Bloor             | Trafford AC                 | 5.93      | 6.04      | 5.78                      | 6.04      | 1                          | 5.87      | 5.92           | RETIRED   | 6.04                                 | 1                 | A      | 1 |   |  |
| 7       | 6  | Catherine Davies         | Team Southampton            | 3.52      | 3.82      | NJ                        | 3.82      | 8                          |           |                |           | 3.82                                 | 8                 | A      | 8 |   |  |
| 8       | 5  | Yamile Aldama            | Shaftesbury Barnet Harriers | NJ        | 4.04      | NJ                        | 4.04      | 7                          |           |                |           | 4.04                                 | 7                 | A      | 7 |   |  |
| 9       | 3  | Rebecca White            | City of Manchester (Sale)   | +1.6      | +0.5      | +1.0                      |           |                            | +0.7      | +0.8           | +1.9      |                                      |                   |        |   |   |  |
| 10      | 4  | Sophie Hine              | Rugby & Northampton AC      | +1.8      | +0.7      | +1.0                      |           |                            | +0.2      | +1.5           | +1.9      |                                      |                   |        |   |   |  |
| 11      | 1  | Andrea Abrams            | Belgrave Harriers           | +1.2      | +2.3      | +2.4                      |           |                            |           |                |           |                                      |                   |        |   |   |  |
| 12      | 2  | Aimee Palmer             | Birchfield Harriers         | +0.3      | +2.4      | +1.7                      |           |                            | +1.9      | +1.2           | +2.2      |                                      |                   |        |   |   |  |
| 13      | 8  | Hannah Frankson          | Woodford Green AC w Essex L | +1.2      | +1.9      | +1.7                      |           |                            |           |                |           |                                      |                   |        |   |   |  |
| 14      | 7  | Louise Bloor             | Trafford AC                 | +1.2      | +1.9      | +1.1                      |           |                            | +1.5      | +2.0           | RETIRED   |                                      |                   |        |   |   |  |
| 15      | 6  | Catherine Davies         | Team Southampton            | +0.6      | +1.4      | +0.9                      |           |                            |           |                |           |                                      |                   |        |   |   |  |
| 16      | 5  | Yamile Aldama            | Shaftesbury Barnet Harriers | +1.4      | +2.0      | +0.6                      |           |                            |           |                |           |                                      |                   |        |   |   |  |

| "A" STRING RESULT |     |                  |                             |          | "B" STRING RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|-------------------|-----|------------------|-----------------------------|----------|-------------------|-----|------|------|----------|---------------------|--|
| Posn              | No. | NAME             | CLUB                        | DISTANCE | Posn              | No. | NAME | CLUB | DISTANCE |                     |  |
| 1                 | 7   | Louise Bloor     | Trafford AC                 | 6.04     | 1                 |     |      |      |          |                     |  |
| 2                 | 3   | Rebecca White    | City of Manchester (Sale)   | 5.89     | 2                 |     |      |      |          |                     |  |
| 3                 | 2   | Aimee Palmer     | Birchfield Harriers         | 5.63     | 3                 |     |      |      |          |                     |  |
| 4                 | 4   | Sophie Hine      | Rugby & Northampton AC      | 5.50     | 4                 |     |      |      |          |                     |  |
| 5                 | 8   | Hannah Frankson  | Woodford Green AC w Essex L | 5.48     | 5                 |     |      |      |          |                     |  |
| 6                 | 1   | Andrea Abrams    | Belgrave Harriers           | 4.83     | 6                 |     |      |      |          | REFEREE'S SIGNATURE |  |
| 7                 | 5   | Yamile Aldama    | Shaftesbury Barnet Harriers | 4.04     | 7                 |     |      |      |          |                     |  |
| 8                 | 6   | Catherine Davies | Team Southampton            | 3.82     | 8                 |     |      |      |          |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |    | Golden Jubilee Cup Final |                             | VENUE     |           | Bedford Athletics Stadium |           | DATE                       |           | 19 August 2006 |           |                                    |                   |        |   |  |  |
|---------|----|--------------------------|-----------------------------|-----------|-----------|---------------------------|-----------|----------------------------|-----------|----------------|-----------|------------------------------------|-------------------|--------|---|--|--|
| EVENT   |    | Women's Triple Jump      |                             | TIME      |           | 15:45                     |           | RECORD                     |           | 1994           |           | Ashia Hansen, Essex Ladies, 14.09m |                   |        |   |  |  |
| Order   | No | NAME                     | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial                 | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial      | 6th Trial | Best of All                        | Final<br>Position | A or B |   |  |  |
|         |    |                          |                             | Metres    | Metres    | Metres                    | Metres    |                            | Metres    | Metres         | Metres    | Metres                             |                   | A      | B |  |  |
| 1       | 6  | Katharine Streatfield    | Team Southampton            | 12.02     | 11.89     | 11.54                     | 12.02     | 5                          |           |                |           | 12.02                              | 5                 | A      | 5 |  |  |
| 2       | 1  | Andrea Abrams            | Belgrave Harriers           | NJ        | 7.41      | 7.97                      | 7.97      | 8                          |           |                |           | 7.97                               | 8                 | A      | 8 |  |  |
| 3       | 7  | Karen Hill               | Trafford AC                 | 8.29      | 8.62      | 8.07                      | 8.62      | 7                          |           |                |           | 8.62                               | 7                 | A      | 7 |  |  |
| 4       | 3  | Rebecca White            | City of Manchester (Sale)   | NJ        | NJ        | 12.14                     | 12.14     | 4                          | 12.30     | 12.47          | NJ        | 12.47                              | 4                 | A      | 4 |  |  |
| 5       | 4  | Jessica Hull             | Rugby & Northampton AC      | 10.49     | 10.18     | 10.19                     | 10.49     | 6                          |           |                |           | 10.49                              | 6                 | A      | 6 |  |  |
| 6       | 2  | Tiombe Hurd              | Birchfield Harriers         | NJ        | 13.12     | NJ                        | 13.12     | 1                          | NJ        | RETIRED        |           | 13.12                              | 1                 | A      | 1 |  |  |
| 7       | 5  | Nadia Williams           | Shaftesbury Barnet Harriers | 12.76     | NJ        | NJ                        | 12.76     | 2                          | NJ        | NJ             | 12.87     | 12.87                              | 2                 | A      | 2 |  |  |
| 8       | 8  | Stephanie Aneto          | Woodford Green AC w Essex L | NJ        | 12.37     | 12.22                     | 12.37     | 3                          | 12.48     | 12.21          | 12.49     | 12.49                              | 3                 | A      | 3 |  |  |
| 9       | 6  | Katharine Streatfield    | Team Southampton            | +0.9      | +2.6      | -1.3                      |           |                            |           |                |           |                                    |                   |        |   |  |  |
| 10      | 1  | Andrea Abrams            | Belgrave Harriers           | -0.0      | -0.3      | -2.5                      |           |                            |           |                |           |                                    |                   |        |   |  |  |
| 11      | 7  | Karen Hill               | Trafford AC                 | -1.0      | -1.6      | -1.4                      |           |                            |           |                |           |                                    |                   |        |   |  |  |
| 12      | 3  | Rebecca White            | City of Manchester (Sale)   | -1.5      | -0.2      | -1.9                      |           |                            | -2.7      | -2.0           | +1.0      |                                    |                   |        |   |  |  |
| 13      | 4  | Jessica Hull             | Rugby & Northampton AC      | -1.5      | +1.4      | +1.8                      |           |                            |           |                |           |                                    |                   |        |   |  |  |
| 14      | 2  | Tiombe Hurd              | Birchfield Harriers         | +1.6      | +0.0      | -2.0                      |           |                            | -0.9      |                |           |                                    |                   |        |   |  |  |
| 15      | 5  | Nadia Williams           | Shaftesbury Barnet Harriers | +0.2      | -0.1      | +1.5                      |           |                            | +1.8      | -0.6           | -1.8      |                                    |                   |        |   |  |  |
| 16      | 8  | Stephanie Aneto          | Woodford Green AC w Essex L | -0.4      | -1.7      | +1.0                      |           |                            | +0.8      | -2.0           | -0.1      |                                    |                   |        |   |  |  |

| "A" STRING RESULT |     |                       |                             | "B" STRING RESULT |      |     |      | JUDGES' SIGNATURES |          |                     |  |  |  |
|-------------------|-----|-----------------------|-----------------------------|-------------------|------|-----|------|--------------------|----------|---------------------|--|--|--|
| Posn              | No. | NAME                  | CLUB                        | DISTANCE          | Posn | No. | NAME | CLUB               | DISTANCE |                     |  |  |  |
| 1                 | 2   | Tiombe Hurd           | Birchfield Harriers         | 13.12             | 1    |     |      |                    |          |                     |  |  |  |
| 2                 | 5   | Nadia Williams        | Shaftesbury Barnet Harriers | 12.87             | 2    |     |      |                    |          |                     |  |  |  |
| 3                 | 8   | Stephanie Aneto       | Woodford Green AC w Essex L | 12.49             | 3    |     |      |                    |          |                     |  |  |  |
| 4                 | 3   | Rebecca White         | City of Manchester (Sale)   | 12.47             | 4    |     |      |                    |          |                     |  |  |  |
| 5                 | 6   | Katharine Streatfield | Team Southampton            | 12.02             | 5    |     |      |                    |          |                     |  |  |  |
| 6                 | 4   | Jessica Hull          | Rugby & Northampton AC      | 10.49             | 6    |     |      |                    |          |                     |  |  |  |
| 7                 | 7   | Karen Hill            | Trafford AC                 | 8.62              | 7    |     |      |                    |          |                     |  |  |  |
| 8                 | 1   | Andrea Abrams         | Belgrave Harriers           | 7.97              | 8    |     |      |                    |          |                     |  |  |  |
|                   |     |                       |                             |                   |      |     |      |                    |          | REFEREE'S SIGNATURE |  |  |  |

# UK ATHLETICS: HEIGHT CARD

| MEETING |    | Golden Jubilee Cup Final |                             |        |        | VENUE  |        | Bedford Athletics Stadium |        |               |        |        |        | DATE                               |        | 19 August 2006 |                                   |                   |                 |                   |        |   |
|---------|----|--------------------------|-----------------------------|--------|--------|--------|--------|---------------------------|--------|---------------|--------|--------|--------|------------------------------------|--------|----------------|-----------------------------------|-------------------|-----------------|-------------------|--------|---|
| EVENT   |    | Women's High Jump        |                             |        |        | TIME   |        | 11:15                     |        | League Record |        | 1997   |        | Debbi Marti, Bromley Ladies, 1.93m |        |                |                                   |                   |                 |                   |        |   |
| Order   | No | NAME                     | CLUB                        | 1.10   | 1.30   | 1.40   | 1.50   | 1.55                      | 1.60   | 1.65          | 1.70   | 1.75   | 1.80   | 1.84                               |        | Best of All    | Trials at<br>Ht. Cleared<br>Total | Failures<br>Total | Trials<br>Total | Final<br>Position | A or B |   |
|         |    |                          |                             | Metres | Metres | Metres | Metres | Metres                    | Metres | Metres        | Metres | Metres | Metres | Metres                             | Metres | Metres         |                                   |                   |                 |                   |        |   |
| 1       | 8  | Melanie Gregg            | Woodford Green AC w Essex L |        |        | o      | o      | xxo                       | xxx    |               |        |        |        |                                    |        | 1.55           |                                   |                   |                 | 5                 | A      | 5 |
| 2       | 2  | Nadine Okyere            | Birchfield Harriers         |        |        |        | o      | o                         | o      | xxx           |        |        |        |                                    |        | 1.60           |                                   |                   |                 | 4                 | A      | 4 |
| 3       | 3  | -                        | City of Manchester (Sale)   |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |
| 4       | 5  | Niki Steyn               | Shaftesbury Barnet Harriers |        |        |        |        |                           |        | o             | xxo    | o      | xxx    |                                    |        | 1.75           |                                   |                   |                 | 2                 | A      | 2 |
| 5       | 7  | Susan Moncrieff          | Trafford AC                 |        |        |        |        |                           |        |               |        | o      | o      | xxx                                |        | 1.80           |                                   |                   |                 | 1                 | A      | 1 |
| 6       | 6  | -                        | Team Southampton            |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |
| 7       | 4  | Lucy Hodgins             | Rugby & Northampton AC      |        |        |        |        |                           | xo     | o             | xxx    |        |        |                                    |        | 1.65           |                                   |                   |                 | 3                 | A      | 3 |
| 8       | 1  | Hannah Stares            | Belgrave Harriers           |        |        | o      | o      | retired                   |        |               |        |        |        |                                    |        | 1.50           |                                   |                   |                 | 6                 | A      | 6 |
| 9       |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |
| 10      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |
| 11      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |
| 12      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |
| 13      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |
| 14      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |
| 15      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |
| 16      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |                                    |        |                |                                   |                   |                 |                   |        |   |

| "A" STRING RESULT |     |                 |                          |        | "B" STRING RESULT |     |      |      |        | JUDGES' SIGNATURES  |  |
|-------------------|-----|-----------------|--------------------------|--------|-------------------|-----|------|------|--------|---------------------|--|
| Posn              | No. | NAME            | CLUB                     | HEIGHT | Posn              | No. | NAME | CLUB | HEIGHT |                     |  |
| 1                 | 7   | Susan Moncrieff | Trafford AC              | 1.80   |                   |     |      |      |        |                     |  |
| 2                 | 5   | Niki Steyn      | Shaftesbury Barnet Harri | 1.75   |                   |     |      |      |        |                     |  |
| 3                 | 4   | Lucy Hodgins    | Rugby & Northampton A    | 1.65   |                   |     |      |      |        |                     |  |
| 4                 | 2   | Nadine Okyere   | Birchfield Harriers      | 1.60   |                   |     |      |      |        |                     |  |
| 5                 | 8   | Melanie Gregg   | Woodford Green AC w E    | 1.55   |                   |     |      |      |        |                     |  |
| 6                 | 1   | Hannah Stares   | Belgrave Harriers        | 1.50   |                   |     |      |      |        |                     |  |
|                   |     |                 |                          |        |                   |     |      |      |        | REFEREE'S SIGNATURE |  |
|                   |     |                 |                          |        |                   |     |      |      |        |                     |  |

# UK ATHLETICS: HEIGHT CARD

| MEETING |    | Golden Jubilee Cup Final |                             |        |        | VENUE  |        | Bedford Athletics Stadium |        |               |        |        |        | DATE   |        | 19 August 2006                      |                          |       |                   |        |                   |        |   |
|---------|----|--------------------------|-----------------------------|--------|--------|--------|--------|---------------------------|--------|---------------|--------|--------|--------|--------|--------|-------------------------------------|--------------------------|-------|-------------------|--------|-------------------|--------|---|
| EVENT   |    | Women's Pole Vault       |                             |        |        | TIME   |        | 14:30                     |        | League Record |        |        | 1999   |        |        | Janine Whitlock, Trafford AC, 4.25m |                          |       |                   |        |                   |        |   |
| Order   | No | NAME                     | CLUB                        | 1.70   | 1.90   | 2.10   | 2.30   | 2.50                      | 2.70   | 2.90          | 3.00   | 3.10   | 3.20   | 3.40   | 3.60   | Best of All                         | Trials at<br>Ht. Cleared | Total | Failures<br>Total | Trials | Final<br>Position | A or B |   |
|         |    |                          |                             | Metres | Metres | Metres | Metres | Metres                    | Metres | Metres        | Metres | Metres | Metres | Metres | Metres | Metres                              |                          |       |                   |        |                   |        |   |
| 1       | 6  | Clare Ridgley            | Team Southampton            |        |        |        |        | xxo                       | o      | xo            | o      | xxo    | xxx    |        |        | 3.10                                |                          |       |                   |        | 3                 | A      | 3 |
| 2       | 1  | -                        | Belgrave Harriers           |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |
| 3       | 7  | Clare Neve               | Trafford AC                 |        |        |        |        | xxo                       |        | xxo           | xxo    | xxx    |        |        |        | 3.00                                |                          |       |                   |        | 4                 | A      | 4 |
| 4       | 3  | -                        | City of Manchester (Sale)   |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |
| 5       | 4  | Kirsty Bale              | Rugby & Northampton AC      |        |        | o      | xo     | xxo                       | xxx    |               |        |        |        |        |        | 2.50                                |                          |       |                   |        | 5                 | A      | 5 |
| 6       | 2  | Hilary Smith             | Birchfield Harriers         |        |        |        |        |                           |        |               | xo     |        | o      | xxo    | o      | 3.70                                |                          |       |                   |        | 1                 | A      | 1 |
| 7       | 5  | Ellie Spain              | Shaftesbury Barnet Harriers |        |        |        |        |                           |        |               | o      |        | o      | x      |        | 3.40                                |                          |       |                   |        | 2                 | A      | 2 |
| 8       | 8  | Eloise Wyre              | Woodford Green AC w Essex L | o      | o      | xxo    | xxx    |                           |        |               |        |        |        |        |        | 2.10                                |                          |       |                   |        | 6                 | A      | 6 |
| 9       |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |
| 10      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |
| 11      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |
| 12      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |
| 13      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |
| 14      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |
| 15      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |
| 16      |    |                          |                             |        |        |        |        |                           |        |               |        |        |        |        |        |                                     |                          |       |                   |        |                   |        |   |

| "A" STRING RESULT |     |               |                          |        | "B" STRING RESULT |     |      |      |        | JUDGES' SIGNATURES  |  |
|-------------------|-----|---------------|--------------------------|--------|-------------------|-----|------|------|--------|---------------------|--|
| Posn              | No. | NAME          | CLUB                     | HEIGHT | Posn              | No. | NAME | CLUB | HEIGHT |                     |  |
| 1                 | 2   | Hilary Smith  | Birchfield Harriers      | 3.70   |                   |     |      |      |        |                     |  |
| 2                 | 5   | Ellie Spain   | Shaftesbury Barnet Harri | 3.40   |                   |     |      |      |        |                     |  |
| 3                 | 6   | Clare Ridgley | Team Southampton         | 3.10   |                   |     |      |      |        |                     |  |
| 4                 | 7   | Clare Neve    | Trafford AC              | 3.00   |                   |     |      |      |        |                     |  |
| 5                 | 4   | Kirsty Bale   | Rugby & Northampton A    | 2.50   |                   |     |      |      |        |                     |  |
| 6                 | 8   | Eloise Wyre   | Woodford Green AC w E    | 2.10   |                   |     |      |      |        |                     |  |
|                   |     |               |                          |        |                   |     |      |      |        | REFEREE'S SIGNATURE |  |
|                   |     |               |                          |        |                   |     |      |      |        |                     |  |