

Mens Plate Cup Final 2008 - Bedford 6th September

100m		Wind Speed -1.4		High Jump		
1	Ryan Oswald	Pitreavie	10.93	1	Martin Lloyd	Bexley 2.15m
2	Jack Miller	Bexley	11.64	2	Jack Bolton	Winchester 1.90m
3	Winston Rose	Rugby	11.82	3	Laurie Pirie	Stevenage 1.85m
4	Nick Stoppard	Stevenage	11.83	4	Andrew Reeves	Rugby 1.85m
5	Gareth Petty	Winchester	11.84	5	Gordon Loudon	Pitreavie 1.65m
6	Martyn Ormerod	Tonbridge	11.91	6	Chris Ford	Tonbridge 1.60m
7	Matthew Wright	Blackpool	12.12	7	Kenton Mielnik	Swindon 1.50m
8	Robert Warensjo	Swindon	12.19	8	Matthew Wright	Blackpool 1.50m

200m		Wind Speed +0.6		Triple Jump		
1	Ben Ellis	Winchester	21.68	1	Ellior Harris	Stevenage 13.13m
2	Sean McQueen	Pitreavie	23.44	2	Martin Ormerod	Tonbridge 12.68m
3	Femi Smith	Bexley	23.56	3	Kenton Mielnik	Swindon 12.20m
4	Simon Wells	Blackpool	23.96	4	Daniel Bennett	Rugby 12.15m
5	Luke Lewington	Swindon	24.08	5	Paul Slater	Bexley 12.09m
6	Chris Ford	Tonbridge	24.23	6	Jonathan Rutter	Blackpool 12.06m
7	James Dean Atkins	Stevenage	25.28	7	Jack Bolton	Winchester 11.69m
8				8	Gordon Loudon	Pitreavie 9.71m

400m				Shot Putt		
1	Tanderai Tomu	Stevenage	48.72	1	Grant Showler-Davis	Winchester 12.02m
2	Louis Sellars	Winchester	49.12	2	Chris Stanton	Bexley 11.82m
3	Ben Scarlett	Swindon	49.6	3	Adrian Hemery	Swindon 11.56m
4	Ted Romney	Blackpool	50.07	4	Chris Wakeford	Tonbridge 10.53m
5	Jamie Downes	Rugby	51.64	5	Bob Wyper	Blackpool 9.69m
6	Jo Ago	Bexley	52.46	6	Patrick David	Stevenage 9.18m
7	Steve Tester	Tonbridge	54.74	7	Paul McCloskey	Pitreavie 7.64m
8				8	John Gercs	Rugby 7.62m

800m				Discus		
1	Dan Pigeon	Swindon	1.57.95	1	Adrian Hemery	Swindon 37.70m
2	Chris Lamb	Rugby	1.58.20	2	Martin Lloyd	Bexley 35.73m
3	Graeme Lister	Pitreavie	2.00.05	3	Grant Showler Davis	Winchester 34.47m
4	Tom Cunningham	Blackpool	2.00.74	4	Chris Wakeford	Tonbridge 29.32m
5	Jamie Walker	Bexley	2.02.92	5	Chaz Allbrighton	Stevenage 28.80m
6	Dan Bradley	Tonbridge	2.03.83	6	Bob Wyper	Blackpool 28.58m
7	Andy Gannaway	Winchester	2.14.62	7	John Bell	Rugby 24.74m
8	Sean Pollen	Stevenage	2.17.03	8		

3000m				400m Hurdles		
1	Jono Prowse	Blackpool	8.46.75	1	Dean Showler Davis	Winchester 55.82
2	Frank Kilama	Bexley	9.01.35	2	John Bell	Rugby 56.17
3	Steve Emery	Rugby	9.10.78	3	Michael Burns	Pitreavie 58.04
4	Dan Bradley	Tonbridge	9.46.77	4	Howard Moscrop	Swindon 59.21
5	Andy Fulford	Swindon	10.10.39	5	Ryan Waterman	Tonbridge 1.01.97
6	Andy Gannaway	Winchester	11.00.10	6	Jamie Farrell	Bexley 1.06.19
7	Sean Pollen	Stevenage	11.01.73	7	Barry Mainstone	Stevenage 1.16.52
8				8		

Medley Relay			
1	Winchester	2.24.56	
2	Swindon	2.30.06	
3	Pitreavie	2.30.56	
4	Bexley	2.31.23	
5	Stevenage	2.36.40	
6	Rugby	2.37.68	
7	Blackpool	2.41.89	
8	Tonbridge	DNS	

MATCH RESULT:-

1	Winchester	73
2	Bexley	67
3	Swindon	62
4	Stevenage	49
5	Rugby	48
6	Pitreavie	43
7	Tonbridge	41
8	Blackpool	40

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100m		Wind Speed -1.1		High Jump			
1	Rebecca Chapman	Exeter	12.7	1	Ayamba Akim	Herne Hill	1.73m
2	Bethanie Moore	Colchester	12.76	2	Nicola Gaisford	Colchester	1.60m
3	Katy Wyper	Blackpool	12.92	3	Moe Sasegbon	Stevenage	1.55m
4	Shireen Timmis	Lincoln W	13.02	4	Jenny Robinson	Exeter	1.50m
5	Magali Franka	Herne Hill	13.08	5	Katie Holder	Blackpool	1.45m
6	Lauren Cnadlish	Pitreavie	13.89	6			
7	Joylyn Saunders-Mullins	Stevenage	14.2	7			

200m		Wind Speed +0.1		Triple Jump			
1	Denise Osei	Herne Hill	25.15	1	Nia Rutter	Blackpool	11.84m
2	Stacey Downie	Pitreavie	25.39	2	Jade Morgan	Colchester	11.32m
3	Lucy Mansfield	Blackpool	26.26	3	Leonie Rowe	Exeter	10.72m
4	Rebecca Chapman	Exeter	26.47	4	Bethan Scanes	Stevenage	9.95m
5	Bethanie Moor	Colchester	26.84	5	Nina Swaby	Lincoln W	8.99m
6	Mary Ann Phillips	Lincoln W	27.95	6	Clare Pauzers	Herne Hill	7.07m
7	Sandra Reed	Stevenage	28.78	7			

400m				Discus			
1	Eilidh Child	Pitreavie	53.71	1	Julia Walkden	Exeter	39.24m
2	Monique Davis	Herne Hill	1.00.08	2	Briony Phillips	Herne Hill	33.90m
3	Emily Weeks	Exeter	1.00.52	3	Loren Scanes	Stevenage	26.00m
4	Rochelle Harrison	Lincoln W	1.01.82	4	Hayley Fox	Lincoln W	19.41m
5	Joylyn Saunders-Mullins	Stevenage	1.05.75	5	Lucy Mapp	Colchester	18.49m
6	Lucy Mapp	Colchester	1.08.08	6	Sarah Rooss	Pitreavie	6.17m
7				7			

800m				Shot Putt			
1	Hannah Edwards	Herne Hill	2.15.15	1	Bunmi Awokoya	Stevenage	11.52m
2	Emma Kemp	Stevenage	2.17.06	2	Briony Phillips	Herne Hill	11.17m
3	Chloe Anderson	Exeter	2.22.04	3	Julia Walkden	Exeter	9.80m
4	Georgia Ball	Lincoln W	2.25.41	4	Nicola Gaisford	Colchester	8.82m
5	Ella Neal	Colchester	2.27.12	5	Hayley Fox	Lincoln W	6.28m
6	Rebecca Burns	Pitreavie	2.34.57	6	Rebecca Burns	Pitreavie	5.54m
7	Carolyne Robbins	Blackpool	2.35.88	7			

1500m				400m Hurdles			
1	Clare Pauzers	Herne Hill	4.57.66	1	Sophie Skinner	Exeter	1.04.39
2	Emily Bliss	Exeter	5.04.54	2	Lucy Crookston	Pitreavie	1.10.68
3	Emma Kemp	Stevenage	5.07.07	3	Sandra Reed	Stevenage	1.10.96
4	Hester Talbot	Lincoln W	5.08.14	4	Jennifer Honneyball	Herne Hill	1.12.00
5	Carolyne Robbins	Blackpool	5.12.18	5	Nina Swaby	Lincoln W	1.12.82
6	Sarah Ross	Pitreavie	5.45.38	6	Elizabeth Hodgson	Blackpool	1.13.48
7				7			

Medley Relay			
1	Pitreavie		2.51.68
2	Exeter		2.53.43
3	Herne Hill		2.57.51
4	Lincoln W		3.05.27
5	Blackpool		3.07.61

MATCH RESULT :-

1	Herne Hill	82
2	Exeter	80
3	Stevenage	55
4	Pitreavie	51
5	Lincoln W	45
6	Colchester	44
7	Blackpool	39