

NoE Inter Club Champs Match 1 RESULTS
Blackpool, Stanley Park, Sun 17 August 2008

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M 100m

1 Darren Scott	TRF	11.1
2 Anthony Ashton	BRY	11.2
3 Callum Morris	LGH	11.3
4 Alex Bale	BKP	11.3
5 Jonny Seller	COY	11.4
6 Frank Shepherd	LMK	11.4
7 Chris Honess	SPW	13.7

M 200m

1 Carlo Balsamo	BRY	22.8
2 Ted Romney	BKP	23.2
3 Chris Bramah	TRF	23.3
4 Frank Shepherd	LMK	23.9
5 Jamie Garbutt	COY	24.5
6 John Landricks	LGH	25.9

M 400m

1 Brent Starkie	BKP	50.3
2 Chris Bramah	TRF	51.5
3 M Edwards	BRY	52.4
4 Darren Smith	LGH	55.0
5 Matthew Burns	LMK	55.8
6 Nathan Ouko	SPW	59.4
7 Olli Bird	COY	60.5

M 800m

1 Luke Minns	BKP	1.59.9
2 James Bleakley	TRF	2.01.8
3 Josh Cole	BRY	2.02.8
4 Keiran Smith	COY	2.03.4
5 Jordan Harris	LMK	2.04.3
6 Patrick Vis	SPW	2.11.2
7 Jimmy Cooke	LGH	2.12.9

M 1500m

1 Jono Prowse	BKP	4.02.4
2 Danny Brocklehurst	TRF	4.11.0
3 Tommy Henders	LGH	4.12.2
4 Louis Szymanski	BRY	4.19.2
5 Joe Vis	SPW	4.21.3
6 Keiran Smith	COY	4.21.5
7 Mark Gardner	LMK	4.22.0

M 5000m

1 Anthony Ford	BKP	14.24.3
2 Scott Evans	BRY	15.27.0
3 Tony Battersby	LGH	15.57.5
4 John Howe	TRF	16.16.9
5 Pete Worthington	LMK	16.26.4
6 David Hamilton	SPW	17.15.9
7 Ryan Buck	COY	18.08.1

M 10,000m

1 Neil Pendlebury	LGH	32.37.7
2 Kieran Rowlands	LMK	33.59.5
3 Stuart Robinson	BKP	34.35.8
4 David Hamilton	SPW	34.59.1
5 Vinny Booth	TRF	36.37.0
6 Dave Cole	BRY	36.56.2

M 110mH

1 Dalo Okiemen	TRF	18.1
2 Morgan Bell	COY	19.7
3 David Little	BRY	20.0
4 Nathan Ouko	SPW	20.2
5 Duncan McCarrick	LGH	20.4
6 Darrell Constantine	BKP	22.2

M 400mH

1 Dalo Okiemen	TRF	61.2
2 Matt Elkin	BRY	64.7
3 Nathan Ouko	SPW	66.0
4 Darrell Constantine	BKP	66.2
5 Olli Bird	COY	72.2
6 Darren Smith	LGH	81.8

M 3000m SC

1 Danny Parkinson	LMK	9.41.0
2 Sam Witter	TRF	9.46.1
3 Iain Lyme	COY	10.08.8
4 Phil Leybourne	BKP	11.02.3
5 John Landricks	LGH	11.40.1

M Discus Throw

1 Roger Bate	TRF	44.05
2 Mark Wearing	COY	42.42
3 Grant Myerscough	BKP	29.67
4 Carlo Balsamo	BRY	27.02
5 Peter Mason	SPW	23.76
6 John Taylor	LGH	23.46
7 Mark Gardner	LMK	16.72

M Hammer Throw

1 Roger Bate	TRF	55.08
2 Morgan Bell	COY	48.33
3 Laurence Harwood	BKP	42.09
4 Peter Mason	SPW	24.41
5 John Taylor	LGH	16.88
6 Mark Gardner	LMK	15.05
7 Mike Lutkevitch	BRY	13.17

M High Jump

1 Carlo Balsamo BRY 1.75
2=Damian Clayton BKP 1.70
2=Paul Allsopp COY 1.70
4 Dalo Okiemem TRF 1.60
5 Matthew Burns LMK 1.40

M Javelin Throw

1 Paul Allsopp COY 55.13
2 Paul Ostapowicz TRF 50.91
3 Paul Stocks BRY 41.30
4 Jon Rutter BKP 29.30
5 Mark Gardner LMK 26.49
6 Duncan McCarrick LGH 23.15
7 Peter Mason SPW 21.63

M Long Jump

1 Sol Bah BRY 6.52
2 Dan Mathews COY 6.24
3 John Lee TRF 6.21
4 Jon Rutter BKP 5.45
5 Matthew Burns LMK 5.19
6 Darren Smith LGH 4.73
7 Ryan Kearney SPW 4.60

M Pole Vault

1 Laurie Needham BKP 4.00
2 John Taylor LGH 3.30
3 Richard Wilcock COY 2.70
4 Jamie Geeham BRY 2.50

M Shot Putt

1 Roger Bate TRF 12.08
2 Mark Wearing COY 10.69
3 Dave Mysercough BKP 10.29
4 Peter Mason SPW 8.81
5 Mike Lu BRY 8.21
6 Mark Gardner LMK 6.74
7 Darren Smith LGH 6.35

M Triple Jump

1 John Lee TRF 13.27
2 Sol Bah BRY 12.70
3 Dan Matthews COY 12.41
4 Ryan Kearney SPW 10.23
5 Darren Smith LGH 10.12

W 100m

1 Laura Davies BKP 12.5
2 Edwina Annanyu TRF 13.1
3 Lauren Brennan SPW 13.2
4 Jess Foster COY 13.4
5 Carla Baines LGH 14.0
6 Lizzi Cheshire BRY 14.0
7 Chloe Hine LMK 14.3

W 200m

1 Katy Wyper BKP 26.4
2 Lauren Brennan SPW 26.5
3 Ruth Hill COY 26.8
4 Anita Richardson TRF 27.2
5 Amy Riley LGH 28.7
6 Chloe Hine LMK 30.6
7 Grace Conroy BRY 32.8

W 400m

1 Stephanie May SPW 59.9
2 Leigh Newton BKP 62.2
3 Joanne Duxbury TRF 63.8
4 Amy Riley LGH 65.1
5 Grace Conroy BRY 72.9
6 Jayne Perry LMK 74.0

W 800m

1 Laura Riches LGH 2.21.2
2 Stephanie James SPW 2.21.7
3 Joanne Duxbury TRF 2.27.0
4 Elizabeth Hodgson BKP 2.31.4
5 Grace Conroy BRY 2.45.0
6 Kathy Winrow LMK 2.46.5

W 1500m

1 Lauren Howarth LGH 4.38.5
2 Laura Evans BRY 5.00.4
3 Carlyne Robbins BKP 5.14.1
4 Helen Booth LMK 5.15.9
5 Emma Willits COY 5.20.1
6 Susan Cooper SPW 5.45.2

W 3000m

1 Louise Gardner LMK 10.13.4
2 Gemma Unsworth BKP 10.29.5
3 Rebecca Howarth LGH 10.39.4
4 Emma Willits COY 10.57.8
5 Susan Cooper SPW 11.33.1
6 Paula Evans BRY 13.48.8
7 Sue Exon TRF 14.00.4

W 100mH

1 Susan Moncrieff TRF 14.2
2 Katie McHale SPW 16.1
3 Laura Rigby COY 19.5
4 Sarah Goff BKP 21.3

W 400mH

1 Katie McHale SPW 71.5
2 Laura Riches LGH 73.3
3 Vicki Seller COY 74.1
4 Lizzi Cheshire BRY 75.9
5 Carolyne Robbins BKP 83.4

W Discus Throw

1 Chloe Beckett TRF 36.63
2 Ester Sandiford COY 31.22
3 Amy Chapman BRY 21.22
4 Carla Winstanley LGH 18.57
5 Ann Dignan SPW 16.09
6 Jayne Perry LMK 15.98
7 Laura Davies BKP 11.21

W Hammer Throw

1 Angela Lockley TRF 44.47
2 Carla Winstanley LGH 29.81
3 Rachel Everett SPW 19.43
4 Amy Chapman BRY 18.18
5 Ester Sandiford COY 15.92
6 Robyn Starkey BKP 13.60

W High Jump

1 Kay Humberstone TRF 1.70
2=Fran Laycock COY 1.50
2=Natasha Butler BKP 1.50
4 Wendy Laing LMK 1.50
5 Lizzi Cheshire BRY 1.45
6 Charlotte Buckingham SPW 1.35

W Javelin Throw

1 Carrie McRae BKP 32.39
2 Ashleigh Beckett TRF 31.23
3 Carla Baines LGH 30.79
4 Wendy Laing LMK 28.33
5 Fran Laycock COY 26.04
6 Holly Chapman BRY 23.77
7 Ann Dignan SPW 23.40

W Long Jump

1 Susan Moncrieff TRF 5.71
2 Katie Wyper BKP 5.02
3 Lizzi Cheshire BRY 4.71
4 Laura Rigby COY 4.43
5 Katie McHale SPW 4.35
6 Carla Baines LGH 4.17
7 Chloe Hine LMK 4.12

W Pole Vault

1 Stephanie May SPW 1.90

W Shot Putt

1 Chloe Beckett TRF 11.65
2 Nia Rutter BKP 10.32
3 Carla Winstanley LGH 9.79
4 Wendy Laing LMK 9.49
5 Rachel Everett SPW 9.31
6 Amy Chapman BRY 7.03

W Triple Jump

1 Nia Rutter BKP 11.97
2 Susan Moncrieff TRF 11.17
3 Jess Foster COY 10.20
4 Charlotte Buckingham SPW 10.18
5 Wendy Laing LMK 9.63
6 Amy Riley LGH 9.30
7 Lizzi Cheshire BRY 9.12

W 4x100m Relay

1 BKP 51.2 1 Katie Wyper
3 Nia Rutter
2 TRF 51.6 1 Edwina Annanyu
3 Susan Moncrieff
3 SPW 53.7 1 Stephanie May
3 Charlotte Buckingham
4 BRY 56.9 1 Lizzi Cheshire
3 Laura Evans
5 LGH 58.1 1 Carla Baines
3 Rebecca Howarth
6 LMK 59.7 1 Chloe Hine
3 Wendy Laing
2 Leigh Newton
4 Laura Davies
2 Anita Richardson
4 Joanne Duxbury
2 Lauren Brennan
4 Stephanie James
2 Paula Evans
4 Sarah Lutkevitch
2 Carla Winstanley
4 Lauren Howarth
2 Jayne Perry
4 Kathy Winrow

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W 4x400m Relay

1	SPW 4.14.6	1 Stephanie May	2 Lauren Brennan
		3 Stephanie James	4 Katie McHale
2	LGH 4.19.4	1 Rebecca Howarth	2 Lauren Howarth
		3 Amy Riley	4 Laura Riches
3	TRF 4.21.0	1 Anita Richardson	2 Edwina Annanyu
		3 Rosie Fearon	4 Joanne Duxbury
4	BKP 4.22.9	1 Elizabeth Hodgson	2 Leigh Newton
		3 Sarah Goff	4 Gemma Unsworth
5	COY 4.37.9	1 Ruth Hill	2 Emma Willits
		3 Jenny Parker	4 Vicki Seller
6	BRY 4.40.7	1 Lizzi Cheshire	2 Paula Evans
		3 Grace Conroy	4 Laura Evans
7	LMK 4.42.2	1 Jayne Perry	2 Kathy Winrow
		3 Helen Booth	4 Wendy Laing

Men 4 & 100m

1	Bury	44.3
2	Blackpool	45.5
3	York	46.1
4	Trafford	46.7
5	Lanc & Mor	48.0
6	Leigh	50.5

Men 4 * 400m

1	Blackpool	3.26.6
2	Bury	3.33.6
3	Lanc & mor	3.37.5
4	Trafford	3.39.4
5	York	3.40.2
6	Leigh	3.35.8
7	SW	3.56.1

After 38 of 38 events

	Points
1 Trafford AC	194
2 Blackpool & Fylde AC	189
3 Bury AC	145
4 City of York	138
5 Leigh Harriers	128
6 Southport Waterloo	123
7 Lancaster M'cambe Kendal	90