



Inter-Club Cup PLATE FINAL - Sports City, Manchester

13 September 2008

Events	Bury	C'field	CoYork	Durham	Holmfirth	Lincoln	Liverpool	Wakefield	UNUSED	TOTAL
	A	B	C	D	E	F	G	H		
Men's 100m	8	5	2	1	3	6	7	4		36
Men's 200m	7	1	6	2	4	5	3	8		36
Men's 400m	4	5	7	3	1	2	8	6		36
Men's 800m	6	2	4	5	1	7	3	8		36
Men's 1500m	6	4	2	8	3	7		5	1	36
Men's 5000m	8	5	3	1	7	4	6	2		36
Men's 10000m		4	6	5	8		7	3	3	36
Men's 110m Hurdles	5	8	6		3	7		4	3	36
Men's 400m Hurdles	5	8	6	3	2	4		7	1	36
Men's 3000m S/Chase	1	8	5	3	6	4	2	7		36
Men's Hammer	2	5	7	4	3	1	8	6		36
Men's Discus	1	8	7	3	2	4	6	5		36
Men's Shot Putt	1	7	5	2	6	3	8	4		36
Men's Javelin	5	4	8	3	2	1	7	6		36
Men's Long Jump	7	2	6	5	1	3	4	8		36
Men's Triple Jump	4	1	5	6	2	7	3	8		36
Men's High Jump	4	7	6	3	1	2	8	5		36
Men's Pole Vault	5	8	6		3	4	7		3	36
Men's 4x100m Relay	8	3	5	4	2		7	6	1	36
Men's 4x400m Relay	4	3	7	6	2	5		8	1	36
	91	98	109	67	62	76	94	110		707

Women's 100m	3	8	5		4	6	2	7		35
Women's 200m	4	8	6		3	5	2	7		35
Women's 400m	3	4	6	1	5	7	2	8		36
Women's 800m	4	3	6	2	5	8		7		35
Women's 1500m				5	7	8	6	4		30
Women's 3000m	2		6	5	8	7	4	3		35
Women's 400m Hurdles		8	7	4	5	6		3		33
Women's 100m Hurdles		7	6		8	5				26
Women's Hammer	1	6	4	7	3	2	8	5		36
Women's Discus	1	6	8	4	3	2	7	5		36
Women's Shot Putt		7	6	5	2	4	3	8		35
Women's Javelin	4	1	5	6	7	3	2	8		36
Women's Long Jump	6	4	7	1	2	5	3	8		36
Women's Triple Jump	5	6	8		3	4	2	7		35
Women's High Jump	5.5	5.5	7.5	2	7.5	4		3		35
Women's Pole Vault		7				6	8			21
Women's 4x100m Relay	3	6	7		4	5		8		33
Women's 4x400m Relay	4		6		5	7		8		30
	45.5	86.5	101	42	81.5	94	49	99		598

	7	3	1	8	5	4	6	2		
Match Summary	Bury	C'field	CoYork	Durham	Holmfirth	Lincoln	Liverpool	Wakefield	UNUSED	TOTAL
Teams	136.5	184.5	209.5	109.0	143.5	170.0	143.0	209.0		1305.0
Officials Points										
Total	136.5	184.5	209.5	109.0	143.5	170.0	143.0	209.0		1305.0
Match Position	7	3	1	8	5	4	6	2		
League Points	-6	-2		-7	-4	-3	-5	-1		

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				Perf	Record	Wind	AW					Perf	Record	Wind	AW
Men's 100m				<i>Wind=</i>				Men's 200m				<i>Wind=</i>			
1	A	Anthony Ashton	Bury AC	11.11			<input checked="" type="checkbox"/>	1	H	Ricardo Francis	Wakefield Harriers	22.84			<input checked="" type="checkbox"/>
2	G	Mike Goulding	Liverpool Harriers	11.19			<input checked="" type="checkbox"/>	2	A	Anthony Ashton	Bury AC	22.94			<input checked="" type="checkbox"/>
3	F	Matt Meanwell	Lincoln Wellington	11.40				3	C	Johnny Sellar	City of York	23.02			
4	B	Ben Mourbey	Chesterfield & District	11.44				4	F	Matt Meanwell	Lincoln Wellington	23.29			
5	H	Ricardo Francis	Wakefield Harriers	11.50				5	E	Jordan Toth	Holmfirth Harriers	23.57			
6	E	Jordan Toth	Holmfirth Harriers	11.51				6	G	Philip Ellershaw	Liverpool Harriers	23.61			
7	C	James Garbutt	City of York	11.92				7	D	Paul Donaghy	Durham City	24.43			
8	D	Sylvain Garcon	Durham City	12.12				8	B	Nathan MacKenzie	Chesterfield & District	24.60			
Men's 400m								Men's 800m							
1	G	James Hunter	Liverpool Harriers	49.97			<input checked="" type="checkbox"/>	1	H	Thomas Atkinson	Wakefield Harriers	01:55.87			<input checked="" type="checkbox"/>
2	C	James Buck	City of York	51.42				2	F	Will Strangeway	Lincoln Wellington	01:56.57			<input checked="" type="checkbox"/>
3	H	Alistair Robinson	Wakefield Harriers	51.87				3	A	Luke Harreld	Bury AC	01:56.96			<input checked="" type="checkbox"/>
4	B	Ben Mourbey	Chesterfield & District	52.29				4	D	Mark Smith	Durham City	01:57.60			<input checked="" type="checkbox"/>
5	A	Marvin Edwards	Bury AC	52.48				5	C	James Palmer	City of York	02:01.28			
6	D	Steven Kernohan	Durham City	53.69				6	G	James Blackburn	Liverpool Harriers	02:01.64			
7	F	Max Ware	Lincoln Wellington	54.72				7	B	Mitchell Robinson	Chesterfield & District	02:06.17			
8	E	Jordan Lockwood	Holmfirth Harriers	56.59				8	E	Alistair Langron	Holmfirth Harriers	02:13.26			
Men's 1500m								Men's 5000m							
1	D	Dan Garbutt	Durham City	03:59.99			<input checked="" type="checkbox"/>	1	A	Scott Evans	Bury AC	15:28.57			<input checked="" type="checkbox"/>
2	F	Phil Williams	Lincoln Wellington	04:01.12			<input checked="" type="checkbox"/>	2	E	Dave Watson	Holmfirth Harriers	15:34.47			<input checked="" type="checkbox"/>
3	A	Josh Cole	Bury AC	04:10.43				3	G	Steve Freeman	Liverpool Harriers	16:41.79			
4	H	Dale Worton	Wakefield Harriers	04:15.67				4	B	Steve Gascoyne	Chesterfield & District	16:59.80			
5	B	Mitchell Robinson	Chesterfield & District	04:30.27				5	F	Shane Robinson	Lincoln Wellington	17:27.94			
6	E	Alistair Langron	Holmfirth Harriers	04:37.46				6	C	Ryan Buck	City of York	18:06.84			
7	C	Keiran Smith	City of York	04:40.45				7	H	John Prideux	Wakefield Harriers	18:21.09			
8								8	D	Jonathan Todd	Durham City	20:02.98			
Men's 10000m								Men's 110m Hurdles				<i>Wind=</i>			
1	E	Dave Watson	Holmfirth Harriers	31:50.11				1	B	Ben Mourbey	Chesterfield & District	16.90			
2	G	Alan Ashton	Liverpool Harriers	34:23.76				2	F	Marc Afford	Lincoln Wellington	18.85			
3	C	Iain Lynn	City of York	34:33.69				3	C	Morgan Bell	City of York	19.95			
4	D	Graham Hunt	Durham City	36:35.65				4	A	David Little	Bury AC	19.99			
5	B	Ian Monaghan	Chesterfield & District	36:53.15				5	H	Alistair Robinson	Wakefield Harriers	20.33			
6	H	Steve Faulkner	Wakefield Harriers	39:20.84				6	E	James Dewhirst	Holmfirth Harriers	23.16			
7	F	Ryan Smith	Lincoln Wellington	DNF				7							
8								8							
Men's 400m Hurdles								Men's 3000m S/Chase							
1	B	Ben Mourbey	Chesterfield & District	57.99			<input checked="" type="checkbox"/>	1	B	Steve Gascoyne	Chesterfield & District	10:18.82			
2	H	Josh Green	Wakefield Harriers	58.57				2	H	Chris Price	Wakefield Harriers	10:20.91			
3	C	Oliver Palmer	City of York	59.91				3	E	Richard Smith	Holmfirth Harriers	10:36.18			
4	A	Matt Elkin	Bury AC	61.94				4	C	Iain Lynn	City of York	10:42.03			
5	F	Marc Afford	Lincoln Wellington	62.15				5	F	Marc Afford	Lincoln Wellington	11:04.63			
6	D	-	Durham City	64.13				6	D	Mark Smith	Durham City	11:16.95			
7	E	James Dewhirst	Holmfirth Harriers	73.62				7	G	Tony Clarke	Liverpool Harriers	12:39.82			
8								8	A	Kev McDermott	Bury AC	13:30.09			
Men's Hammer								Men's Discus							
1	G	Will Lowndes	Liverpool Harriers	51.70			<input checked="" type="checkbox"/>	1	B	Ben Graham	Chesterfield & District	41.06			<input checked="" type="checkbox"/>
2	C	Morgan Bell	City of York	44.90			<input checked="" type="checkbox"/>	2	C	Mark Wearing	City of York	39.97			<input checked="" type="checkbox"/>
3	H	Richard Gayle	Wakefield Harriers	42.08			<input checked="" type="checkbox"/>	3	G	Will Lowndes	Liverpool Harriers	38.12			<input checked="" type="checkbox"/>
4	B	Jason Robinson	Chesterfield & District	41.75			<input checked="" type="checkbox"/>	4	H	Cheidu Ufodiamama	Wakefield Harriers	37.11			<input checked="" type="checkbox"/>
5	D	Peter Coates	Durham City	28.66				5	F	Jim Slater	Lincoln Wellington	36.49			<input checked="" type="checkbox"/>
6	E	Tom Jennings	Holmfirth Harriers	27.42				6	D	Peter Coates	Durham City	27.97			
7	A	Paul Horrocks	Bury AC	25.37				7	E	Tom Jennings	Holmfirth Harriers	24.65			
8	F	Jim Slater	Lincoln Wellington	22.72				8	A	Paul Horrocks	Bury AC	24.32			

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	Perf	Record	Wind	AW		Perf	Record	Wind	AW	
<u>Men's Shot Putt</u>					<u>Men's Javelin</u>					
1	G Will Lowndes	Liverpool Harriers	14.63		1	C Paul Allsopp	City of York	57.56	h	<input checked="" type="checkbox"/>
2	B Ben Graham	Chesterfield & District	12.21		2	G Dave McKown	Liverpool Harriers	51.48		<input checked="" type="checkbox"/>
3	E Tom Jennings	Holmfirth Harriers	11.18		3	H Mark Lindsey	Wakefield Harriers	47.26		
4	C Mark Wearing	City of York	11.16		4	A Paul Stocks	Bury AC	39.81		
5	H Cheidu Ufodiama	Wakefield Harriers	11.10		5	B Jason Robinson	Chesterfield & District	39.14		
6	F Jim Slater	Lincoln Wellington	8.67		6	D Matthew McCarthy	Durham City	32.76		
7	D Jonathan Todd	Durham City	8.13		7	E Dave Watson	Holmfirth Harriers	31.66		
8	A Mike Lutkevitch	Bury AC	8.03		8	F Marc Afford	Lincoln Wellington	19.32		
<u>Men's Long Jump</u>					<u>Men's Triple Jump</u>					
1	H Martyn Bernard	Wakefield Harriers	6.59		1	H Martyn Bernard	Wakefield Harriers	13.71		<input checked="" type="checkbox"/>
2	A Sol Bah	Bury AC	6.50		2	F Matt Houlden	Lincoln Wellington	13.08		<input checked="" type="checkbox"/>
3	C Chad Stephenson	City of York	6.24		3	D Sylvain Garcon	Durham City	12.95		
4	D Sylvain Garcon	Durham City	6.17		4	C Chad Stephenson	City of York	12.62		
5	G Craig Jones	Liverpool Harriers	6.00		5	A Sol Bah	Bury AC	12.43		
6	F Matt Houlden	Lincoln Wellington	5.85		6	G Alex Taylor	Liverpool Harriers	12.18		
7	B Ben Mourbey	Chesterfield & District	5.85		7	E Tom Greenhalgh	Holmfirth Harriers	10.80		
8	E Tom Greenhalgh	Holmfirth Harriers	4.67		8	B Daniel Passey	Chesterfield & District	9.57		
<u>Men's High Jump</u>					<u>Men's Pole Vault</u>					
1	G Jamie Creighton	Liverpool Harriers	2.00		1	B Daniel Passey	Chesterfield & District	4.35		<input checked="" type="checkbox"/>
2	B Ben Mourbey	Chesterfield & District	2.00		2	G Chris Roose	Liverpool Harriers	3.80		<input checked="" type="checkbox"/>
3	C Paul Allsopp	City of York	1.85		3	C Mark Wearing	City of York	3.00		
4	H Alistair Robinson	Wakefield Harriers	1.65		4	A Jamie Geehan	Bury AC	2.60		
5	A Matt Elkin	Bury AC	1.60		5	F Josh Sperring	Lincoln Wellington	2.50		
6	D Matthew McCarthy	Durham City	1.60		6	E James Dewhirst	Holmfirth Harriers	2.10		
7	F Matt Bramhall	Lincoln Wellington	1.55		7					
8	E Tom Jennings	Holmfirth Harriers	1.50		8					
<u>Men's 4x100m Relay</u>										
1	A Bury AC	Anthony Ashton				Sol Bah	44.46			
2	G Liverpool Harriers	Philip Ellershaw				Craig Jones	44.82			
3	H Wakefield Harriers	Ricardo Francis				Josh Green	45.28			
4	C City of York	James G+				James Buck	45.48			
5	D Durham City	Paul Donaghy				Sylvain Garcon	46.71			
6	B Chesterfield & District	Nathan MacKenzie				Ben Mourbey	47.82			
7	E Holmfirth Harriers	1. Jordan Toth				4 Russell Balmforth	48.27			
8	F Lincoln Wellington	Matt Bramhall				Matt Houlden	DISQ			
<u>Men's 4x400m Relay</u>										
1	H Wakefield Harriers	Craig Simpson				Alistair Robinson	03:25.15			<input checked="" type="checkbox"/>
2	C City of York	Johnny Sellar				James Buck	03:30.60			
3	D Durham City	Stephen Clifford				Dan Garbutt	03:31.22			
4	F Lincoln Wellington	Ryan Smith				Will Strangeway	03:34.98			
5	A Bury AC	Josh Cole				.	03:40.74			
6	B Chesterfield & District	Nathan MacKenzie				Daniel Passey	03:46.37			
7	E Holmfirth Harriers	1 Junior George				4 James Dewhirst	04:10.51			
8										
MATCH POINTS										
1	CoYork	209.5			5	Holmfirth	143.5			
2	Wakefield	209.0			6	Liverpool	143.0			
3	C'field	184.5			7	Bury	136.5			
4	Lincoln	170.0			8	Durham	109.0			

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				Perf	Record	Wind	AW					Perf	Record	Wind	AW	
Women's 100m				<i>Wind=</i>					Women's 200m				<i>Wind=</i>			
1	B	Lauretta Curtis	Chesterfield & District	12.47			<input checked="" type="checkbox"/>	1	B	Lauretta Curtis	Chesterfield & District	25.67			<input checked="" type="checkbox"/>	
2	H	Regan Wright	Wakefield Harriers	13.06				2	H	Faye Mitchell	Wakefield Harriers	27.17				
3	F	Shireen Timmis	Lincoln Wellington	13.30				3	C	Abi Hardy-Mayo	City of York	27.64				
4	C	Abi Hardy-Mayo	City of York	13.32				4	F	Laura Ware	Lincoln Wellington	28.20				
5	E	Lauren Storr	Holmfirth Harriers	13.57				5	A	Joanne McCulloch	Bury AC	28.49				
6	A	Jenny Gibson	Bury AC	14.02				6	E	Lauren Tyrell	Holmfirth Harriers	29.40				
7	G	Helen Croft	Liverpool Harriers	14.87				7	G	Helen Croft	Liverpool Harriers	31.32				
8								8								
Women's 400m								Women's 800m								
1	H	Mikaela Harrison	Wakefield Harriers	62.23				1	F	Rochelle Harrison	Lincoln Wellington	02:21.35			<input checked="" type="checkbox"/>	
2	F	Rochelle Harrison	Lincoln Wellington	62.93				2	H	Katie McHale	Wakefield Harriers	02:22.95			<input checked="" type="checkbox"/>	
3	C	Ruth Brandon	City of York	64.28				3	C	Jenny Parker	City of York	02:32.32				
4	E	Zoe Storr	Holmfirth Harriers	65.81				4	E	Katie Walshaw	Holmfirth Harriers	02:34.39				
5	B	Louise Feeney	Chesterfield & District	66.13				5	A	Alix McDermott	Bury AC	02:48.64				
6	A	Jenny Gibson	Bury AC	67.19				6	B	Natasha Illingworth	Chesterfield & District	02:54.93				
7	G	Suzanne Woodward	Liverpool Harriers	80.24				7	D	Rachel Bashforth	Durham City	04:12.77				
8	D	Diane Wood	Durham City	91.09				8								
Women's 1500m								Women's 3000m								
1	F	Georgia Ball	Lincoln Wellington	04:58.19			<input checked="" type="checkbox"/>	1	E	Claire Leaver	Holmfirth Harriers	10:44.50			<input checked="" type="checkbox"/>	
2	E	Katie Walshaw	Holmfirth Harriers	05:12.52				2	F	Hester Talbot	Lincoln Wellington	11:01.72				
3	G	Sarah Jackson	Liverpool Harriers	05:48.53				3	C	Charlotte Mason	City of York	11:17.96				
4	D	Olivia Tindale	Durham City	06:23.37				4	D	Samantha Coleby	Durham City	11:57.19				
5	H	Amy Claxton	Wakefield Harriers	06:27.18				5	G	Sarah Jackson	Liverpool Harriers	12:12.27				
6								6	H	Alex Potter	Wakefield Harriers	12:34.16				
7								7	A	Paula Evans	Bury AC	13:33.33				
8								8								
Women's 400m Hurdles								Women's 100m Hurdles				<i>Wind=</i>				
1	b	Louise Feeney	Chesterfield & District	70.84				1	E	Lauren Storr	Holmfirth Harriers	15.84			<input checked="" type="checkbox"/>	
2	c	Vicky Sellar	City of York	72.32				2	B	Louise Feeney	Chesterfield & District	16.16			<input checked="" type="checkbox"/>	
3	f	Nina Swarby	Lincoln Wellington	74.38				3	C	Vicky Sellar	City of York	19.19				
4	e	Zoe Storr	Holmfirth Harriers	78.95				4	F	Nina Swarby	Lincoln Wellington	19.38				
5	d	Olivia Tindale	Durham City	82.74				5								
6	h	Amy Claxton	Wakefield Harriers	93.15				6								
7								7								
8								8								
Women's Hammer								Women's Discus								
1	G	Suzanne Woodward	Liverpool Harriers	37.70			<input checked="" type="checkbox"/>	1	C	Ester Sandiford	City of York	41.77	p		<input checked="" type="checkbox"/>	
2	D	Rachel Bashforth	Durham City	32.97			<input checked="" type="checkbox"/>	2	G	Gemma Llewellyn	Liverpool Harriers	39.19			<input checked="" type="checkbox"/>	
3	B	Sian Pentin	Chesterfield & District	30.81			<input checked="" type="checkbox"/>	3	B	Yasmin Spencer	Chesterfield & District	26.76				
4	H	Fiona Thomas	Wakefield Harriers	22.68				4	H	Amy Claxton	Wakefield Harriers	26.30				
5	C	Esther Sandiford	City of York	21.24				5	D	Rachel Bashforth	Durham City	25.82				
6	E	Katie Zientek	Holmfirth Harriers	20.84				6	E	Katie Zientek	Holmfirth Harriers	21.79				
7	F	Kathleen Warhurst	Lincoln Wellington	19.86				7	F	Hayley Fox	Lincoln Wellington	18.95				
8	A	Alix McDermott	Bury AC	11.45				8	A	Nicola Quick	Bury AC	18.49				
Women's Shot Put								Women's Javelin								
1	H	Fiona Thomas	Wakefield Harriers	11.43			<input checked="" type="checkbox"/>	1	H	Michelle Lonsdale	Wakefield Harriers	34.96	p		<input checked="" type="checkbox"/>	
2	B	Yasmin Spencer	Chesterfield & District	10.89			<input checked="" type="checkbox"/>	2	E	Katie Zientek	Holmfirth Harriers	30.46			<input checked="" type="checkbox"/>	
3	C	Esther Sandiford	City of York	8.47				3	D	Samantha Coleby	Durham City	28.29				
4	D	Rachel Bashforth	Durham City	8.34				4	C	Fran Laycock	City of York	23.01				
5	F	Becky Sullivan	Lincoln Wellington	8.03				5	A	Alix McDermott	Bury AC	22.39				
6	G	Suzanne Woodward	Liverpool Harriers	6.96				6	F	Tina Suddell	Lincoln Wellington	20.57				
7	E	Katie Zientek	Holmfirth Harriers	6.52				7	G	Suzanne Woodward	Liverpool Harriers	19.48				
8								8	B	Sian Pentin	Chesterfield & District	13.39				

