


**Inter-Club Cup PLATE FINAL - Sports City, Manch**
**13 September 2008**

Events	Trafford	C & Man	Blackpool	Blackburn	Holmfirth	16	17	18	UNUSED	TOTAL
	11	12	13	14	15					
Men's 100m	2	4	1	5	3					15
Men's 200m	2	4	1	5	3					15
Men's 400m	5	3	2	1	4					15
Men's 800m	4	5	1	2	3					15
Men's 1500m		3	5	4	2				1	15
Men's 5000m	4		2	5	3				1	15
Men's 10000m	3	2		5	4				1	15
Men's 110m Hurdles	3	2	1	5	4					15
Men's 400m Hurdles	4	5	1	3	2					15
Men's 3000m S/Chase	4		2	5	3				1	15
Men's Hammer	2	4	5	3	1					15
Men's Discus	2	4	1	3	5					15
Men's Shot Putt	3	5	2		4				1	15
Men's Javelin	4	1	2	3	5					15
Men's Long Jump		4	5	3	2				1	15
Men's Triple Jump		5	3	4	2				1	15
Men's High Jump	2	5	3	1	4					15
Men's Pole Vault		5		3	4				3	15
Men's 4x100m Relay	5	4	3	2	1					15
Men's 4x400m Relay	5	4		3	2				1	15
	54	69	40	65	61					289

Women's 100m	3	5	4	2	1					15
Women's 200m	5	2	4	3	1					15
Women's 400m		5	4	3	2					14
Women's 800m	5	4	3	1	2					15
Women's 1500m		5	2	3	4					14
Women's 3000m		2	5	3	4					14
Women's 400m Hurdle		3	4	5	2					14
Women's 100m Hurdle		5	2	4	3					14
Women's Hammer		3	4		5					12
Women's Discus		2	3	5	4					14
Women's Shot Putt		4	3	5	2					14
Women's Javelin		3	2	4	5					14
Women's Long Jump		5	4	3	2					14
Women's Triple Jump			5	4	3					12
Women's High Jump		5		3	4					12
Women's Pole Vault			4		5					9
Women's 4x100m Rel		5	4	3	2					14
Women's 4x400m Rel		5		3	4					12
	13	63	57	54	55					242

	5	1	4	2	3	6	6	6	UNUSED	TOTAL
Match Summary	Trafford	C & Man	Blackpool	Blackburn	Holmfirth					
Teams	67.0	132.0	97.0	119.0	116.0					531.0
Officials Points										
Total	67.0	132.0	97.0	119.0	116.0					531.0
Match Position	5	1	4	2	3	6	6	6		
League Points	-4		-3	-1	-2	-5	-5	-5		

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13 September 2008

### Men's 100m

Wind=

	Perf	Record	Wind	AW
1 14 Luke Evans	Blackburn	10.9		<input checked="" type="checkbox"/>
2 12 James Wright	City of Manchester	11.2		<input checked="" type="checkbox"/>
3 15 Junior George	Holmfirth Harriers	11.2		<input checked="" type="checkbox"/>
4 11 Steve McAlister	Trafford AC	11.4		
5 13 Nick Costello	Blackpool Wyre & F	11.6		

### Men's 200m

Wind=

	Perf	Record	Wind	AW
1 14 Luke Evans	Blackburn	21.9		<input checked="" type="checkbox"/>
2 12 Danial Williams	City of Manchester	22.5		<input checked="" type="checkbox"/>
3 15 Junior George	Holmfirth Harriers	23.0		<input checked="" type="checkbox"/>
4 11 Scott Rigby	Trafford AC	23.2		
5 13 Alex Bale	Blackpool Wyre & F	23.2		

### Men's 400m

1 11 Robert Lewis	Trafford AC	48.7		<input checked="" type="checkbox"/>
2 15 Junior George	Holmfirth Harriers	49.0		<input checked="" type="checkbox"/>
3 12 Danial Williams	City of Manchester	49.6		<input checked="" type="checkbox"/>
4 13 Ted Romney	Blackpool Wyre & F	49.8		<input checked="" type="checkbox"/>
5 14 Jamie Vickery	Blackburn	54.7		

### Men's 800m

1 12 Chris Bryant	City of Manchester	01:51.8		<input checked="" type="checkbox"/>
2 11 James Bowness	Trafford AC	01:51.9		<input checked="" type="checkbox"/>
3 15 Jake Rowlands	Holmfirth Harriers	01:58.3		<input checked="" type="checkbox"/>
4 14 Anthony Hauserman	Blackburn	01:58.8		<input checked="" type="checkbox"/>
5 13 Marcus Quarmby	Blackpool Wyre & F	02:05.4		

### Men's 1500m

1 13 Luke Minns	Blackpool Wyre & F	03:59.5		<input checked="" type="checkbox"/>
2 14 Ben Fish	Blackburn	04:01.5		<input checked="" type="checkbox"/>
3 12 Lee Whiteley	City of Manchester	04:27.4		
4 15 Richard Smith	Holmfirth Harriers	04:45.7		

### Men's 5000m

1 14 Tom Cornthwaite	Blackburn	15:29.1		<input checked="" type="checkbox"/>
2 11 Ian Sailsbury	Trafford AC	15:50.7		<input checked="" type="checkbox"/>
3 15 Dave Watson	Holmfirth Harriers	16:16.9		<input checked="" type="checkbox"/>
4 13 Chris Lloyd	Blackpool Wyre & F	17:48.6		

### Men's 10000m

1 14 Ben Fish	Blackburn	31:22.1		<input checked="" type="checkbox"/>
2 15 Dave Watson	Holmfirth Harriers	32:35.4		<input checked="" type="checkbox"/>
3 11 Paul Rockliffe	Trafford AC	35:34.8		
4 12 Colin Gell	City of Manchester	36:57.9		
5				

### Men's 110m Hurdles

Wind=

1 14 Liam Monaghan	Blackburn	16.2		
2 15 Graham Bickerdyke	Holmfirth Harriers	16.8		
3 11 Daloo Okrenien	Trafford AC	16.9		
4 12 Jonathon Ferryman	City of Manchester	17.2		
5 13 Jon Rutter	Blackpool Wyre & F	21.4		

### Men's 400m Hurdles

1 12 James Wright	City of Manchester	56.00		<input checked="" type="checkbox"/>
2 11 Daloo Okrenien	Trafford AC	60.30		
3 14 Jordan Cowell	Blackburn	61.90		
4 15 Liam Holdsworth	Holmfirth Harriers	67.00		
5 13 Jon Rutter	Blackpool Wyre & F	70.30		

### Men's 3000m S/Chase

1 14 Phil Hall	Blackburn	10:30.2		
2 11 John Howe	Trafford AC	10:34.2		
3 15 Richard Smith	Holmfirth Harriers	10:47.7		
4 13 James Unsworth	Blackpool Wyre & F	12:10.7		
5				

### Men's Hammer

1 13 Laurence Harwood	Blackpool Wyre & F	42.64		<input checked="" type="checkbox"/>
2 12 John Nichols	City of Manchester	42.64		<input checked="" type="checkbox"/>
3 14 Lewis Taylor	Blackburn	34.83		
4 11 Derek Martin	Trafford AC	30.63		
5 15 Tom Jennings	Holmfirth Harriers	30.60		

### Men's Discus

1 15 Graham Bickerdyke	Holmfirth Harriers	36.94		<input checked="" type="checkbox"/>
2 12 Theo Trumpet	City of Manchester	35.88		<input checked="" type="checkbox"/>
3 14 Tony Balko	Blackburn	29.96		
4 11 Derek Martin	Trafford AC	27.16		
5 13 Dave Myerscough	Blackpool Wyre & F	27.11		

### Men's Shot Putt

1 12 John Nichols	City of Manchester	15.88		<input checked="" type="checkbox"/>
2 15 Tom Jennings	Holmfirth Harriers	10.81		
3 11 Pawlo Ostapawyce	Trafford AC	9.25		
4 13 Dave Myerscough	Blackpool Wyre & F	8.98		
5				

### Men's Javelin

1 15 Graham Bickerdyke	Holmfirth Harriers	49.79		
2 11 Pawlo Ostapawyce	Trafford AC	44.98		
3 14 Stewart Maxwell	Blackburn	42.17		
4 13 Louis Scofield	Blackpool Wyre & F	32.06		
5 12 Theo Trumpet	City of Manchester	22.83		

### Men's Long Jump

1 13 James Davies	Blackpool Wyre & F	6.89		<input checked="" type="checkbox"/>
2 12 Jonathon Ferryman	City of Manchester	6.44		
3 14 Claude Peter Thomas	Blackburn	6.36		
4 15 Graham Bickerdyke	Holmfirth Harriers	5.91		

### Men's Triple Jump

1 12 Jonathon Ferryman	City of Manchester	13.64		<input checked="" type="checkbox"/>
2 14 Claude Peter Thomas	Blackburn	12.99		
3 13 Jon Rutter	Blackpool Wyre & F	12.42		
4 15 Tom Jennings	Holmfirth Harriers	9.37		

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### Men's High Jump

	Perf	Record	Wind	AW
1 12 Christian Sadler	City of Manchester	1.75		
2 15 Liam Holdsworth	Holmfirth Harriers	1.70		
3 13 Jon Rutter	Blackpool Wyre & Fylde	1.65		
4 11 Daloo Okrenien	Trafford AC	1.65		
5 14 Claude Peter Thomas	Blackburn	1.60		

### Men's Pole Vault

	Perf	Record	Wind	AW
1 12 Matt Cullen	City of Manchester	4.51		<input checked="" type="checkbox"/>
2 15 Graham Bickerdyke	Holmfirth Harriers	3.80		<input checked="" type="checkbox"/>
3 14 Claude Peter Thomas	Blackburn	2.80		
4				
5				

### Men's 4x100m Relay

Rank	Club	Perf	Record	Wind	AW
1	11 Trafford AC	Daloo Okrenien	John Howe	44.1	
2	12 City of Manchester	Danial Williams	Jonathon Ferryman	44.6	
3	13 Blackpool Wyre & Fylde	Louis Scofield	Jon Rutter	44.7	
4	14 Blackburn	Liam Monaghan	Luke Evans	45.0	
5	15 Holmfirth Harriers	Jake Rowlands	Graham Bickerdyke	47.4	

### Men's 4x400m Relay

Rank	Club	Perf	Record	Wind	AW
1	11 Trafford AC	John Howe	Daloo Okrenien	03:19.5	<input checked="" type="checkbox"/>
2	12 City of Manchester	Danial Williams	Jonathon Ferryman	03:28.6	
3	14 Blackburn	Jamie Vickery	Jordan Cowell	03:41.1	
4	15 Holmfirth Harriers	Jake Rowlands	Liam Holdsworth	03:44.2	

### MATCH POINTS

Rank	Club	Perf	Record	Wind	AW
1	C & Man	132.0	5 Trafford	67.0	
2	Blackburn	119.0	6		
3	Holmfirth	116.0	7		
4	Blackpool	97.0	8		

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	Perf	Record	Wind	AW		Perf	Record	Wind	AW
<b><u>Women's 100m</u></b>					<b><u>Women's 200m</u></b>				
1	12				1	11			
2	13				2	13			
3	11				3	14			
4	14				4	12			
5	15				5	15			
<b><u>Women's 400m</u></b>					<b><u>Women's 800m</u></b>				
1	12				1	11			
2	13				2	12			
3	14				3	13			
4	15				4	15			
5					5	14			
<b><u>Women's 1500m</u></b>					<b><u>Women's 3000m</u></b>				
1	12				1	13			
2	15				2	15			
3	14				3	14			
4	13				4	12			
<b><u>Women's 400m Hurdles</u></b>					<b><u>Women's 100m Hurdles</u></b>				
1	14				1	12			
2	13				2	14			
3	12				3	15			
4	15				4	13			
<b><u>Women's Hammer</u></b>					<b><u>Women's Discus</u></b>				
1	15				1	14			
2	13				2	15			
3	12				3	13			
4					4	12			
<b><u>Women's Shot Putt</u></b>					<b><u>Women's Javelin</u></b>				
1	14				1	15			
2	12				2	14			
3	13				3	12			
4	15				4	13			
<b><u>Women's Long Jump</u></b>					<b><u>Women's Triple Jump</u></b>				
1	12				1	13			
2	13				2	14			
3	14				3	15			
4	15				4				
<b><u>Women's High Jump</u></b>					<b><u>Women's Pole Vault</u></b>				
1	12				1	15			
2	15				2	13			
3	14				3				
<b><u>Women's 4x100m Relay</u></b>					<b><u>Women's 4x400m Relay</u></b>				
1	12				1	12			
2	13				2	15			
3	14				3	14			
4	15								