


**Inter-Club Cup PLATE FINAL - Longford Park, Tr**
**12 September 2009**
**Men's 100m**

Wind= -1.0

	Perf	Record	Wind	AW
1	F Ben Shields U17	Rotherham Harriers	11.44	
2	E Martin Bradbury	Lincoln Wellington	11.56	
3	D Calum Morris U20	Leigh Harriers	11.61	
4	A SIMON MCQUISTON	Bingley Harriers	12.19	
5	C James Dewhirst U20	Holmfirth Harriers	13.26	
6				

**Men's 200m**

Wind= -0.7

	Perf	Record	Wind	AW
1	D Calum Morris U20	Leigh Harriers	23.15	
2	F Ben Shields U17	Rotherham Harriers	23.50	
3	A CHRIS COX U20	Bingley Harriers	24.29	
4	E Chris Leslie U20	Lincoln Wellington	24.60	
5	C James Dewhirst U20	Holmfirth Harriers	27.25	
6				

**Men's 400m**

	Perf	Record	Wind	AW
1	A JOSH ALLAN U20	Bingley Harriers	50.76	<input checked="" type="checkbox"/>
2	E Martin Bradbury	Lincoln Wellington	51.23	
3	F David Morton U20	Rotherham Harriers	51.47	
4	C Junior George U20	Holmfirth Harriers	55.34	
5				
6				

**Men's 800m**

	Perf	Record	Wind	AW
1	F Dave Scholey	Rotherham Harriers	02:00.34	
2	E Steve Gregory	Lincoln Wellington	02:00.79	
3	C Max Kaye U17	Holmfirth Harriers	02:02.80	
4	D Alex Urmston	Leigh Harriers	02:04.35	
5	A JACK THORP U17	Bingley Harriers	02:08.19	
6				

**Men's 1500m**

	Perf	Record	Wind	AW
1	E Ian Kimpton	Lincoln Wellington	04:15.03	
2	C Max Kaye U17	Holmfirth Harriers	04:16.55	
3	F Kyle Craib	Rotherham Harriers	04:21.32	
4	D Tommy Henders	Leigh Harriers	04:26.59	
5	A JACK THORP U17	Bingley Harriers	04:51.57	
6				

**Men's 5000m**

	Perf	Record	Wind	AW
1	E Matthew Bowser	Lincoln Wellington	15:09.02	<input checked="" type="checkbox"/>
2	F Phil Hoole	Rotherham Harriers	15:24.20	<input checked="" type="checkbox"/>
3	D Tony Battersby	Leigh Harriers	15:49.94	<input checked="" type="checkbox"/>
4	C Dave Watson	Holmfirth Harriers	16:10.90	<input checked="" type="checkbox"/>
5	A JON DAWSON	Bingley Harriers	17:21.40	
6				

**Men's 10000m**

	Perf	Record	Wind	AW
1	E Ian Kimpton	Lincoln Wellington	31:50.83	
2	C Dave Watson	Holmfirth Harriers	32:18.26	
3	F Nigel Brookes	Rotherham Harriers	36:45.14	
4	D Alister Goulding	Leigh Harriers	39:30.93	
5				
6				

**Men's 110m Hurdles**

Wind= -0.2

	Perf	Record	Wind	AW
1	a OLIVER ROBINSON	Bingley Harriers	16.60	
2	c Graham Bickerdyke	Holmfirth Harriers	16.70	
3	e Adrian White	Lincoln Wellington	21.10	
4	d Duncan McCarrick	Leigh Harriers	22.40	
5	f David Coupe U20	Rotherham Harriers	22.60	
6				

**Men's 400m Hurdles**

	Perf	Record	Wind	AW
1	A OLIVER ROBINSON	Bingley Harriers	55.00	<input checked="" type="checkbox"/>
2	C Ali Magdi U20	Holmfirth Harriers	62.20	
3	E Shane Robinson U20	Lincoln Wellington	62.80	
4	F Chris Ireland	Rotherham Harriers	73.70	
5				
6				

**Men's 3000m S/Chase**

	Perf	Record	Wind	AW
1	a LEE ATHERSMITH	Bingley Harriers	09:54.98	<input checked="" type="checkbox"/>
2	e Shane Robinson U20	Lincoln Wellington	10:11.86	
3	c Richard Smith	Holmfirth Harriers	10:26.30	
4	f Chris Ireland	Rotherham Harriers	10:34.34	
5				
6				

**Men's Hammer**

	Perf	Record	Wind	AW
1	A JASON SCOTT	Bingley Harriers	32.98	
2	D Dave Smith	Leigh Harriers	26.99	
3	F Ian Cooley	Rotherham Harriers	26.53	
4	E Adrian White	Lincoln Wellington	26.48	
5	C Tom Jennings	Holmfirth Harriers	26.41	
6				

**Men's Discus**

	Perf	Record	Wind	AW
1	C Graham Bickerdyke	Holmfirth Harriers	38.98	<input checked="" type="checkbox"/>
2	F Kane Humphrey U20	Rotherham Harriers	36.98	<input checked="" type="checkbox"/>
3	D Mark Pendlebury	Leigh Harriers	34.97	
4	A JASON SCOTT	Bingley Harriers	30.29	
5	E Adrian White	Lincoln Wellington	26.47	
6				

**Men's Shot Putt**

	Perf	Record	Wind	AW
1	D Mark Pendlebury	Leigh Harriers	12.31	
2	F Gregg Markham	Rotherham Harriers	9.34	
3	E Adrian White	Lincoln Wellington	9.15	
4	A JASON SCOTT	Bingley Harriers	9.10	
5				
6				

**Men's Javelin**

	Perf	Record	Wind	AW
1	F Gregg Markham	Rotherham Harriers	53.51	<input checked="" type="checkbox"/>
2	C Graham Bickerdyke	Holmfirth Harriers	52.26	<input checked="" type="checkbox"/>
3	D Dave Smith	Leigh Harriers	48.57	
4	A MATTHEW SAVAGE	Bingley Harriers	43.61	
5	E Matthew Bowser	Lincoln Wellington	31.88	
6				


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**Men's Long Jump**

			Perf	Recor	Wind	AW
1	A	MATTHEW CHAMBERLAIN	5.84			
2	E	Matthew Houlden U20	5.71			
3	C	Graham Bickerdyke	5.66			
4	F	David Coupe U20	5.30			
5						
6						

**Men's Triple Jump**

			Perf	Recor	Wind	AW
1	E	Matthew Houlden U20	13.31			<input checked="" type="checkbox"/>
2	A	MATTHEW CHAMBERLAIN	12.07			
3	F	David Coupe U20	10.70			
4	C	James Dewhirst U20	10.36			
5						
6						

**Men's High Jump**

			Perf	Recor	Wind	AW
1	C	Liam Holdsworth U17	1.75			
2	A	DANNY CROSBY	1.70			
3	F	Gareth Morton U20	1.65			
4	E	Steve Gregory	1.50			

**Men's Pole Vault**

			Perf	Recor	Wind	AW
1	C	Graham Bickerdyke	3.80			<input checked="" type="checkbox"/>
2	D	John Taylor	3.20			
3	A	NIC ROBINSON	3.10			
4	E	Adrian White	2.90			

**Men's 4x100m Relay**

			Perf	Recor	Wind	AW
1	E	Lincoln Wellington	Martin Bradbury	45.1		
2	F	Rotherham Harriers	Dave Scholey	45.8		
3	A	Bingley Harriers	MATTHEW CHAMBERLAIN	45.9		
4	A	Bingley Harriers	MATTHEW CHAMBERLAIN	48.2		
5	D	Leigh Harriers	Calum Morris U20	52.8		
6						

**Men's 4x400m Relay**

			Perf	Recor	Wind	AW
1	A	Bingley Harriers	CHRIS COX	03:31.72		
2	E	Lincoln Wellington	Steve Gregory	03:33.36		
3	F	Rotherham Harriers	Dave Scholey	03:38.75		
4	C	Holmfirth Harriers	Junior George U20	03:52.99		
5						
6						

**MATCH POINTS**

		Perf	Recor	Wind	AW
1	Lincoln	147.0			
2	Bingley	142.0			
3	Holmfirth	132.0			
4	Rotherham	126.0			
5	Leigh	70.0			
6	-				
7					
8					


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**Women's 100m**

Wind=

 Perf Recor Wind AW  
 -1.8

1	e	Shireen Timmis U20	Lincoln Wellington	13.18			
2	c	Lauren Storr	Holmfirth Harriers	13.69			
3	a	MARY JANE SOLLITT	Bingley Harriers	13.94			
4	d	Emma Bilsbury	Leigh Harriers	14.97			
5							
6							

**Women's 200m**

Wind=

 Perf Recor Wind AW  
 -0.6

1	E	Mary-Ann Phillips U17	Lincoln Wellington	27.48			
2	F	Danniell Heald U17	Rotherham Harriers	28.12			
3	A	ARIANNA ZENTI U17	Bingley Harriers	29.34			
4	C	Lauren Tyrell U20	Holmfirth Harriers	29.69			
5	D	Emma Bilsbury	Leigh Harriers	30.22			
6							

**Women's 400m**

1	F	Danniell Heald U17	Rotherham Harriers	61.35		<input checked="" type="checkbox"/>	
2	E	Rochelle Harrison U20	Lincoln Wellington	62.79			
3	A	LAURA PITTS	Bingley Harriers	66.11			
4	C	Zoe Storr	Holmfirth Harriers	71.52			
5							
6							

**Women's 800m**

1	a	CARLY ROBERTSON	Bingley Harriers	02:17.64			<input checked="" type="checkbox"/>
2	e	Rochelle Harrison U20	Lincoln Wellington	02:22.17			<input checked="" type="checkbox"/>
3	d	Abigail Howarth	Leigh Harriers	02:27.76			
4	c	Claire Leaver	Holmfirth Harriers	02:30.51			
5							
6							

**Women's 1500m**

1	D	laura Riches	Leigh Harriers	04:42.48		<input checked="" type="checkbox"/>	
2	E	Lara Thomas U20	Lincoln Wellington	04:51.40		<input checked="" type="checkbox"/>	
3	A	CARLY ROBERTSON	Bingley Harriers	04:55.65		<input checked="" type="checkbox"/>	
4	C	Claire Leaver	Holmfirth Harriers	05:01.98			
5							
6							

**Women's 3000m**

1	c	Katie Walshaw	Holmfirth Harriers	10:39.63			<input checked="" type="checkbox"/>
2	d	Leanne Sheehy	Leigh Harriers	10:52.80			<input checked="" type="checkbox"/>
3	e	Libbie Read U17	Lincoln Wellington	11:01.84			
4	a	SOL CARRERA	Bingley Harriers	12:35.08			
5							
6							

**Women's 400m Hurdles**

1	a	JOANNE OATES	Bingley Harriers	66.10		<input checked="" type="checkbox"/>	
2	c	Emma Szostak U20	Holmfirth Harriers	74.30			
3							
4							
5							
6							

**Women's 100m Hurdles**

Wind=

-1.8

1	c	Lauren Storr	Holmfirth Harriers	16.08			<input checked="" type="checkbox"/>
2	e	Ellis Whyler U17	Lincoln Wellington	16.25			<input checked="" type="checkbox"/>
3	a	EMMA OGDEN	Bingley Harriers	20.02			
4	d	Emma Bilsbury	Leigh Harriers	20.54			
5							
6							

**Women's Hammer**

1	E	Sarah Stanhope	Lincoln Wellington	42.01		<input checked="" type="checkbox"/>	
2	F	Helen White	Rotherham Harriers	40.63		<input checked="" type="checkbox"/>	
3	A	ADANNA OKEAHIALA	Bingley Harriers	39.60		<input checked="" type="checkbox"/>	
4	C	Jenny Ibbitson	Holmfirth Harriers	33.39		<input checked="" type="checkbox"/>	
5	D	Carla Winstanley	Leigh Harriers	28.08			
6							

**Women's Discus**

1	A	Janine Crosby	Bingley Harriers	36.80	p		<input checked="" type="checkbox"/>
2	F	Sarah Wilding U17	Rotherham Harriers	33.72			<input checked="" type="checkbox"/>
3	C	Jenny Ibbitson	Holmfirth Harriers	30.45			<input checked="" type="checkbox"/>
4	E	Sarah Stanhope	Lincoln Wellington	25.84			
5	D	Carla Winstanley	Leigh Harriers	23.87			
6							

**Women's Shot Putt**

1	A	SARAH BENSON	Bingley Harriers	11.31		<input checked="" type="checkbox"/>	
2	D	Carla Winstanley	Leigh Harriers	10.33		<input checked="" type="checkbox"/>	
3	F	Sarah Wilding U17	Rotherham Harriers	9.59			
4	C	Jenny Ibbitson	Holmfirth Harriers	8.96			
5	E	Sarah Stanhope	Lincoln Wellington	7.43			
6							

**Women's Javelin**

1	D	Carla Baines	Leigh Harriers	29.11			
2	C	Katies Zientek U20	Holmfirth Harriers	27.42			
3	F	Sarah Wilding U17	Rotherham Harriers	24.68			
4	A	AMY HOWARD	Bingley Harriers	17.98			
5	E	Hayley Fox	Lincoln Wellington	16.78			
6							


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**Women's Long Jump**

	Perf	Recor	Wind	AW
1 E Ellis Whyler U17	Lincoln Wellington	4.90		
2 F Olivia Neal U17	Rotherham Harriers	4.63		
3 A AMY HOWARD	Bingley Harriers	4.29		
4 C Anna Whitwam U17	Holmfirth Harriers	3.96		
5				
6				

**Women's Triple Jump**

	Perf	Recor	Wind	AW
1 F Olivia Neal U17	Rotherham Harriers	9.67		
2 A AMY HOWARD	Bingley Harriers	8.95		
3 D laura Riches	Leigh Harriers	8.55		
4 C Emma Szostak U20	Holmfirth Harriers	8.48		
5 E Libbie Read U17	Lincoln Wellington	7.88		
6				

**Women's High Jump**

	Perf	Recor	Wind	AW
1 C Lauren Tyrell U20	Holmfirth Harriers	1.55		<input checked="" type="checkbox"/>
2 E Ellis Whyler U17	Lincoln Wellington	1.50		
3 A EMMA OGDEN	Bingley Harriers	1.35		
4 F Jenny Cuthbertson	Rotherham Harriers	1.20		

**Women's Pole Vault**

	Perf	Recor	Wind	AW
1 C Jenny Ibbitson	Holmfirth Harriers	2.90	p	<input checked="" type="checkbox"/>
2 F Jenny Cuthbertson	Rotherham Harriers	2.80		<input checked="" type="checkbox"/>
3 E Hayley Fox	Lincoln Wellington	2.30		<input checked="" type="checkbox"/>
4				

**Women's 4x100m Relay**

1 F Rotherham Harriers	Helen White	Danniell Heald U17	53.38
2 E Lincoln Wellington	Ellis Whyler U17	Shireen Timmis U20	53.46
3 C Holmfirth Harriers	Lauren Storr	Anna Whitwam U17	55.18
4 A Bingley Harriers	JOANNE OATES	ADANNA OKEAHIAI	55.48
5			
6			

**Women's 4x400m Relay**

1 A Bingley Harriers	LAURA PITTS	JOANNE OATES	04:19.8
2 E Lincoln Wellington	Rochelle Harrison U	Lara Thomas U20	04:24.3
3 C Holmfirth Harriers	Claire Leaver	Zoe Storr	04:41.4
4			
5			
6			

**MATCH POINTS**

1	5
2	6
3	7
4	8