

Cup: BAL Plate Round: Semi A RESULTS  
Venue: Eton, Sun 30 July 2006

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M 100m	wind NWI M/sec	M 200m	Wind +1.2 M/sec
1 Dwayne Grant	B&B 10.5	1 Dwayne Grant	B&B 20.98
2 Jason Commissiong	TVH 11.0	2 James Christie	TVH 22.13
3 Ben Richardson	TSL 11.1	3 Gareth Price	TSL 22.58
4 Phil Brickley	RDG 11.3	4 Phil Brickley	RDG 22.71
5 Ramon Wright	WLT 11.6	5 Steve McGeown	AFD 23.18
6 Ben Millar	NWB 12.2	6 Adam McCarthy	WLT 23.79
		7 Ben Millar	NWB 24.64
M 400m		M 800m	
1 Nick Leavey	TVH 48.8	1 Scott Overall	B&B 1.54.15
2 Neil Simpson	B&B 49.11	2 Martin Mashford	AFD 1.54.42
3 Scott Koronka	TSL 51.3	3 Robbie Smith	TVH 1.56.72
4 Chris Tebbett	AFD 52.1	4 Gareth Kaplec	TSL 1.58.78
5 Ben Millar	NWB 53.6	5 Robert Ridley	NWB 1.59.54
6 Phil Lacey	WLT 55.7	6 Richard Kinnersley	RDG 2.04.23
		7 Jon Ladley	WLT 2.10.15
M 1500m		M 5000m	
1 Michael Skinner	B&B 3.52.31	1 Robert Russell	TVH 14.51.86
2 Alaister Hay	TVH 3.55.47	2 Owen Jones	TSL 15.05.39
3 Russel Osborn	TSL 4.00.61	3 Peter Tucker	B&B 15.33.16
4 Mark Vardey	NWB 4.12.08	4 James Harvey	WLT 15.58.22
5 John Redshaw	WLT 4.12.16	5 Mike Boucher	AFD 16.31.97
		6 Wayne Lillis	NWB 17.16.67
		7 Simon Johnson	RDG 17.21.20
M 10,000m		M 110mH	Wind +4.4 M/sec
1 Jon Hamblen	WLT 33.07.62	1 Ben Richardson	TSL 14.49
2 Mike Boucher	AFD 34.39.56	2 Mensah Elliott	B&B 14.53
3 Steve Norris	TVH 35.24.88	3 Mike Dyer	RDG 14.55
4 Peter Costerley	TSL 36.15.36	4 Jack Biss	NWB 15.89
5 Ian Coxhead	NWB 37.05.42	5 Adam McCarthy	WLT 16.67
6 Darren Lewis	RDG 38.04.55	6 Stuart Benson	TVH 18.64
7 Richard Hall	B&B 40.57.33		
M 400mH		M 3000m SC	
1 Tom Patton	TVH 52.81	1 Andrew Hennessy	TVH 9.17.85
2 Mike Dyer	RDG 55.08	2 Sam Aldridge	RDG 9.36.59
3 Gavin Hodgson	TSL 56.11	3 Laurence Cox	AFD 9.38.37
4 Jack Biss	NWB 56.74	4 Andy McLeod	NWB 9.51.30
5 Paul Southerland	B&B 56.87	5 Alex Gibbins	B&B 10.05.99
6 Adam McCarthy	WLT 61.77	6 Jon Brine	WLT 10.58.33
		7 Gavin Hodgson	TSL 11.18.95
M Discus Throw		M Hammer Throw	
1 Erik Van vreumingen	TVH 50.23	1 Maurice Hicks	TSL 47.46
2 Nick Illife	TSL 43.11	2 Gordon Grieson	RDG 44.78
3 Greg Watson	AFD 38.36	3 Erik Van vreumingen	TVH 43.60
4 Bob Broadbridge	NWB 36.51	4 Bob Broadbridge	NWB 38.69
5 Dave Pitcher	RDG 34.99	5 Jack Rutherford	WLT 20.97
6 Jon Ladley	WLT 24.19	6 John Robinson	B&B 11.12
7 Paul Southerland	B&B 22.91		

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## M High Jump

1 Dan Turner	TSL	2.00
2=Krystian Bulter	NWB	1.80
2=Mike Dyer	RDG	1.80
4 Bomene Barikor	B&B	1.80
5=Courtney Codrington	WLT	1.70
5=	TVH	1.70

## M Javelin Throw

1 Stuart Harvey	B&B	62.13
2 Eric Workman	AFD	57.63
3 Jon Harvey	TVH	56.41
4 Chris Toms	RDG	46.12
5 Kevin Shepherd	WLT	37.76
6 Adam Richardson	TSL	36.21

## M Long Jump

1 James Grocock	TSL	6.89-1.2
2 Neil Barton	RDG	6.87-2.2
3 Stuart Benson	TVH	6.67-0.8
4 Sam Bobb	B&B	6.49-0.8
5 Jon Ladley	WLT	5.57-1.9
6 Krystian Bulter	NWB	5.28-1.9

## M Pole Vault

1 Greg Conlon	TVH	4.40
2 Craig Timmings	WLT	4.00
3 Chris Vickers	NWB	3.40
4=Mike Boucher	AFD	1.50
4=Adam Richardson	TSL	1.50
4=John Robinson	B&B	1.50

## M Shot Putt

1 Erik Van Vreumingen	TVH	16.71
2 Guy Perryman	RDG	12.49
3 Maurice Hicks	TSL	11.97
4 Bob Broadbridge	NWB	11.65
5 Mensah Elliott	B&B	11.41
6 Greg Watson	AFD	9.87
7 Jon Ladley	WLT	7.99

## M Triple Jump

1 Sam Bobb	B&B	14.74+1.0
2 Stuart Benson	TVH	13.97+1.6
3 Neil Barton	RDG	12.82+0.8
4 Chris Bull	TSL	12.12+1.4
5 Courtney Codrington	WLT	11.58+1.7
6 Ian Bridgeman	AFD	11.34+1.9

## W 100m

1 Shelley-Anne Bowen	RDG	12.19
2 Helen Williams	WLT	12.24
3 Emily Young	TSL	12.26
4 Chantelle Caprice	TVH	12.86
5 Emma Trincas	NWB	13.00
6 Felicity Urbrin	AFD	13.43
7 Jennie Butler	B&B	15.18

## Wind NWI M/sec

## W 200m

1 Helen Williams	WLT	25:00
2 Vicki Burgess	TSL	25.20
3 Shelley-Anne Bowen	RDG	25.24
4 Karolin Tsarski	TVH	26.01
5 Katie Murray	B&B	26.37
6 Erma Trincas	NWB	26.57
7 Clem Adams	AFD	26.59

## Wind +3.1 M/sec

## W 400m

1 Emma Duck	TSL	53.7
2 Karolin Tsarski	TVH	57.5
3 Shirley-Ann Dix	RDG	59.0
4 Clem Adams	AFD	59.1
5 Sarah McLellan	B&B	1.00.0
6 Jane Makey	NWB	1.04.8
7 Hannah Gray	WLT	1.13.2

## W 800m

1 Charlotte Browning	AFD	2.19.66
2 Ariane Pritchard	RDG	2.21.75
3 Jennie Butler	B&B	2.22.07
4 Nathalie Warren	WLT	2.23.37
5 Chloe Coxhead	NWB	2.29.80
6 Becky Ridgley	TSL	2.59.86

## W 1500m

1 Ariane Pritchard	RDG	4.53.23
2 Sophie Crumly	NWB	4.54.81
4 <del>B</del> Diana Kennedy	TVH	5.21.54
5 <del>4</del> Catherine Davies	TSL	5.38.16
5 <del>C</del> Nathalie Warren	WLT	5.51.45

## W 3000m

1 Andrea Woodvine	AFD	9.51.66
2 Bryony Proctor	B&B	10.28.12
3 Arber Gascoigne	RDG	10.30.75
4 Diana Kennedy	TVH	11.24.16
5 Bev Hall	NWB	11.34.88
6 Catherine Davies	TSL	11.46.52

3. Jennie Butler 4.56.??

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## W 100mH

1 Angie Broadbelt	TVH 14.92
2 Emily Young	TSL 15.36
3 Harriet Abbiss	AFD 16.03
4 Kaylee Price	WLT 16.96
5 Jana Riedel	RDG 20.42
6 Liz Hughes	B&B 20.44

## W 400mH

1 Sian Scott	TSL 58.82
2 Katie Murray	B&B 1.03.28
3 Angie Broadbelt	TVH 1.03.59
4 Felicity Gilbert	AFD 1.11.29
5 Sarah Wilkins	RDG 1.14.23
6 Jcanne Regan	WLT 1.18.72

## W Discus Throw

1 Shaunagh Brown	B&B 44.23
2 Debbie Callaway	TSL 40.27
3 Lynsey Knott	AFD 31.84
4 Julie Wilson	RDG 28.75
5 Debbie Singleton	WLT 26.09

## W Hammer Throw

1 Elisha Dee	TVH 37.78
2 Vicki Foster	TSL 37.61
3 Beatrice Simpson	B&B 29.09
4 Lynsey Knott	AFD 27.40
5 Debbie Singleton	WLT 24.27
6 Kate Baldwin	RDG 22.99

## W High Jump

1 Jana Riedel	RDG 1.50
2 Helena Warren	AFD 1.50
3=Kaylee Price	WLT 1.40
3=Sandra Alaneme	B&B 1.40
5 Becky Ridgley	TSL 1.40

## W Javelin Throw

1 Christine Lawrence	B&B 40.63
2 Phyllis Agbo	TVH 37.91
3 Karen Bennett	AFD 31.87
4 Debbie Callaway	TSL 30.13
5 Jana Riedel	RDG 29.07
6 Tina Howell	WLT 14.07

## W Long Jump

1 Hayley-Jane Cone	TVH 5.50-1.9
2 Helen Williams	WLT 5.45-1.6
3 Lorraine Bobb	RDG 5.30-0.4
4 Kim Murray	TSL 5.27-2.6
5 Harriet Abbiss	AFD 4.86-1.3
6 Katie Murray	B&B 4.51-1.1

## W Pole Vault

1 Liz Hughes	B&B 3.50
2 Becky Ridgley	TSL 2.90
3 Jana Riedel	RDG 2.70
4 Tina Howell	WLT 1.10

## W Shot Putt

1 Vicki Foster	TSL 12.12
2 Phyllis Agbo	TVH 11.92
3 Shaunagh Brown	B&B 11.88
4 Elizabeth Goddard	RDG 9.37
5 Debbie Singleton	WLT 7.63

## W Triple Jump

1 Katherine Steatfield	TSL 12.00+3.8
2 Maurine Okwu	TVH 11.92+1.5
3 Erma Dowling	RDG 10.44+1.4
4 Harriet Abbiss	AFD 10.00+3.0
5 Abi Rudd	NWB 9.60+1.9
6 Tina Howell	WLT 9.58NR
7 Stephanie Allerton	B&B 8.79+1.3

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## W 4x100m Relay

1 TSL 47.04	1 Emma Duck	2 Sian Scott
	3 Vicki Burgess	4 Emily Young
2 RDG 50.03	1 Wendy Lewis	2 Bryony Wilmott
	3 Lorraine Bobb	4 Shelley-Anne Bowen
3 WLT 53.08	1 Tina Howell	2 Kaylee Price
	3 Joanne Regan	4 Helen Williams
4 B&B 55.40	1 Abbie Jacobs	2 Sarah McLellan
	3 Jennie Butler	4 Katie Murray

## W 4x400m Relay

1 TSL 3.54.23	1 Sian Scott	2 Vicki Burgess
	3 Katherine Steatfield	4 Emma Duck
2 RDG 4.09.04	1 Shirley-Ann Dix	2 Bryony Wilmott
	3 Ariane Pritchard	4 Rachel Phillips
3 B&B 4.10.27	1 Katie Murray	2 Sarah McLellan
	3 Jennie Butler	4 Ella Fisher
4 NWB 4.18.91	1 Emma Trincas	2 Chloe Coxhead
	3 Sophie Crumly	4 Jane Makey
5 WLT 4.33.82	1 Nathalie Warren	2 Helen Williams
	3 Joanne Regan	4 Hannah Gray

## M 4x100m Relay

1 B&B 40.34	1 Danny Doyley	2 Jonathan Barbour
	3 Julian Golding	4 Dwayne Grant
2 TVH 42.38	1 James Christie	2 Stuart Benson
	3 Leighton Green	4 Jason Commissiong
3 RDG 43.17	1 Neil Barton	2 Phil Brickley
	3 Craig Walters	4 Mike Dyer
4 TSL 43.33	1 Ben Richardson	2 James Grocock
	3 Darren Campbell	4 Gareth Price
5 WLT 46.82	1 Craig Timmings	2 Adam McCarthy
	3 Courtney Codrington	4 Raron Wright
6 NWB 47.01	1 Kristian Butler	2 Nigel Head
	3 Jack Biss	4 Ben Millar

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## M 4x400m Relay

1	B&B	3.17.01	1	Neil Simpson	2	Julian Golding
			3	Ian Allerton	4	Danny Doyley
2	TVH	3.19.34	1	Delroy Mitchell	2	Robbie Smith
			3	Tom Patton	4	Nick Leavey
3	TSL	3.31.62	1	Simon Caravella	2	Darren Campbell
			3	Gareth Price	4	Scott Koronka
4	RDG	3.36.91	1	Neil Barton	2	Richard Kinnersley
			3	Rian Corbin	4	Mike Dyer
5	NWB	3.38.37	1	Jack Biss	2	Nigel Head
			3	Robert Ridley	4	Mark Vardey
6	WLT	3.43.61	1	Phil Lacey	2	Adam McCarthy
			3	Jon Ladley	4	John Redshaw

	Points
1 Team Southampton	240
2 Blackheath & Bromley H&AC	224.5
3 Thames Valley Harriers	222.5
4 Reading AC	200.5
5 Walton AC	155
6 Aldershot Farnham & D.	128
7 Newbury AC	111.5
8 Kingston & Polytechnic	0