

BAL CUP Semi Final , Yate Outdoor Sports Complex, 19th July 2008

MEN		Competitor	#	Perf.	Club
110m Hurdles Wind	1	Steven Boyles	66	16.34s	Swamsea
	2	James Cook	22	17.05s	Exeter
	3	Dan White	88	17.62s	Yate
	4	Phillip Coker	55	18.88s	Southampton
	5	Ed New	77	18.96s	Swindon
	6	David Hoskins	44	24.95s	Severn
	7				
	8				

1500m	1	Ben Scarlet	77	4.01.27	Swindon
	2	Gareth Raplaez	55	4.03.10	Southampton
	3	Dan Stevens	11	4.05.29	Cardiff
	4	Sam Walsh	66	4.09.31	Swamsea
	5	Tom Hartley	22	4.13.62	Exeter
	6	Alex Maton	44	4.35.36	Severn
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400m	1	Tom Miller	11	49.35s	Cardiff
	2	Darryn Campbell	55	49.50s	Southampton
	3	Patrick North	77	50.14s	Swindon
	4	Geoff Hill	22	51.49s	Exeter
	5	Paul Hindle	33	51.62s	Newton Abbott
	6	Neville Johnson	66	51.69s	Swamsea
	7	Gary Coleman	88	52.24s	Yate
	8	Courtney Hamilton	44	56.82s	Severn

200m Wind	1	Gareth Price	55	22.09s	Southampton
	2	Toby Ulm	77	22.27s	Swindon
	3	Elliott O'Neil	11	22.29s	Cardiff
	4	Albert Gardiner	44	23.28s	Severn
	5	Alec Crowter	22	23.34s	Exeter
	6	Ali Robbins	88	24.06s	Yate
	7	Michael Omakobia	66	24.21s	Swansea
	8				

100m Wind	1	David Swift	33	11.07s	Newton Abbott
	2	Jamie Brock	88	11.08s	Yate
	3	Sean Ford	55	11.11s	Southampton
	4	Oladele Bamisaye	66	11.18s	Swansea
	5	Elliot O'Neil	11	11.23s	Cardiff
	6	Dan Buss	22	11.26s	Exeter
	7	Jason Gower	44	11.62s	Severn
	8	Tim Beech	77	16.52s	Swindon

3000m S/C	1	Chris Discombe	11	9.55.86	Cardiff
	2	Simon Fortnam	44	10.24.01	Severn
	3	Neil Phillips	55	10.31.24	Southampton
	4	Andy Fulford	77	10.53.39	Swindon
	5	Doug Bruce	22	11.16.00	Exeter
	6	Steve Richards	66	11.32.29	Swansea
	7	Brian Charters	33	12.04.53	Newton abbott
	8				

Hammer	1	M Richards	66	57.03m	Swansea
	2	M Peisker	55	48.89m	Southampton
	3	Rob Woodger	22	35.82m	Exeter
	4	T Jackson	77	35.75m	Swindon
	5	A. Jones	88	32.25m	Yate
	6	J Hallett	11	27.79m	Cardiff
	7	N Walker	44	25.95m	Severn
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Pole Vault	1	Robert Warensso	77	4.20m	Swindon
	2	Glyn Price	66	4.00m	Swansea
	3	Alan Holloway	88	3.20m	Yate
	4	Nick Walker	44	3.20M	Severn
	5	Alex McGregor	22	3.20m	Exeter
	6	Derek Warn	55	1.20m	Southampton
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Long Jump	1	J Grewcock	55	6.43m	Southampton
	2	A Jackson	66	6.24m	Swansea
	3	K Mielnik	77	6.19m	Swindon
	4	M Muggeridge	88	6.18m	Yate
	5	T Elworthy	22	6.17m	Exeter
	6	G Wiltshire	11	5.77m	Cardiff
	7	G Winter	44	5.25m	Severn
	8				

Javelin	1	Matt smith	22	65.43m	Exeter
	2	Alan Holloway	88	54.94m	Yate
	3	Max Peisker	55	46.82m	Southampton
	4	Jason Hallett	11	45.47m	Cardiff
	5	Peter Heachman	33	39.68m	Newton Abbott
	6	Gareth Winter	44	37.85m	Severn
	7	Tony Jackson	77	31.96m	Swindon
	8	Alex Jackson	66	4.83m	Swansea

Medley Relay	1	Southampton	55	2.26.04	Southampton
	2	Swindon	77	2.26.10	Swindon
	3	Cardiff	11	2.28.71	Cardiff
	4	Swansea	66	2.28.92	Swansea
	5	Yate	88	2.32.14	Yate
	6	Exeter	22	2.32.72	Exeter
	7	Severn	44	2.40.31	Severn
	8				

MEN	Cardiff	Exeter	N.Abbott	Severn	Southampton	Swansea	Swindon	Yate
110m Hurdles	0	8	0	3	5	10	4	6
1500m	6	4	0	3	8	5	10	0
400m	10	5	4	1	8	3	6	2
200m	6	4	0	5	10	2	8	3
100m	4	3	10	2	6	5	1	8
3000m S/C	10	4	2	8	6	3	5	0
Hammer	3	6	0	2	8	10	5	4
Pole Vault	0	4	0	5	3	8	10	6
Long Jump	3	4	0	2	10	8	6	5
Javelin	5	10	4	3	6	1	2	8
Medley Relay	6	3	0	2	10	5	8	4
Totals	53	55	20	36	80	60	65	46

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WOMEN		Competitor	#	Perf.	Club
100m Hurdles Wind +1.7	1	Karla Drew	22	14.71s	Exeter
	2	Jo Eaton	88	14.92s	Yate
	3				
	4				
	5				
	6				
	7				
	8				

1500m	1	Ceri Mitchell	55	4.34.66	Southampton
	2	Kathrain Humphrys	11	4.45.56	Cardiff
	3	Emily Buss	22	5.04.42	Exeter
	4	Sian Kirk	66	5.22.50	Swansea
	5				
	6				
	7				
	8				

400m	1	Rachael Lewington	55	56.76s	Southampton
	2	Emily Weeks	22	59.48s	Exeter
	3	Kirtsy Woolford	66	60.38s	Swansea
	4	Rebecaa Garrett	11	63.09s	Cardiff
	5	Liz Tippler	88	63.37s	Yate
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	7				
	8				

200m Wind +3.2	1	Melanie Stephenson	11	25.23s	Cardiff
	2	Sophie Skinner	22	25.69s	Exeter
	3	Katie Seal	55	26.05s	Southampton
	4	Grace Wilson	88	26.61s	Yate
	5	Thuza Edworthy	33	27.23s	Newton Abbott
	6	Katie Thomas	66	28.32s	Swansea
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100m Wind +0.5	1	Anona Soriyaarachch	11	11.94s	Cardiff
	2	Charnia Weightman	88	12.13s	Yate
	3	Emily Young	55	12.68s	Southampton
	4	Sara Evans	66	12.84s	Swanes
	5	Rebecca Chapman	22	12.88s	Exeter
	6				
	7				
	8				

3000m	1	Amanada Jones	66	10.30.48	Swansea
	2	Kathrain Humphreys	11	10.39.57	Cardiff
	3	Chloe Anderson	22	10.42.61	Exeter
	4	Ellie Brodie	88	10.42.77	Yate
	5	Nikki Hill	33	11.37.77	Newton Abbott
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	7				
	8				

Hammer	1	Bethany Jones	88	41.17m	Yate
	2	B Tune	55	27.06m	Southampton
	3	B Morris	11	25.09m	Cardiff
	4	C Anderson	22	2.38m	Exeter
	5				
	6				
	7				
	8				

Pole Vault	1	Jessica Abraham	11	3.40m	Cardiff
	2	Naomi James	66	3.10m	Swansea
	3	Becky Tune	55	2.70m	Southampton
	4	Florrie Holloway	88	2.50m	Yate
	5				
	6				
	7				
	8				

Long Jump	1	I Miles	11	5.44m	Cardiff
	2	E Young	55	5.20m	Southampton
	3	N Zebroski	77	5.05m	Swindon
	4	C Drew	22	4.97m	Exeter
	5	K Thomas	66	4.50m	Swansea
	6	R Spooner	88	4.45m	Yate
	7				
	8				

Javelin	1	Maria Townsend	88	26.64m	Yate
	2	Jenny Robinson	22	26.33m	Exeter
	3	Naomi James	66	16.70m	Swansea
	4	Bea Morris	11	12.23m	Cardiff
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	6				
	7				
	8				

Medley Relay	1	Exeter	22	2.52.24	Exeter
	2	Cardiff	11	2.53.93	Cardiff
	3	Southampton	55	2.55.59	Southampton
	4	Yate	88	3.00.45	Yate
	5	Swansea	66	3.07.63	Swansea
	6				
	7				
	8				

WOMEN	Cardiff	Exeter	N.Abbott	Severn	Southamptor	Swansea	Swindon	Yate
100m Hurdles	0	10	0	0	0	0	0	8
1500m	8	6	0	0	10	5	0	0
400m	5	8	0	0	10	6	0	4
200m	10	8	4	0	6	3	0	5
100m	10	4	0	0	6	5	0	8
3000m	8	6	4	0	0	10	0	5
Hammer	6	5	0	0	8	0	0	10
Pole Vault	10	0	0	0	6	8	0	5
Long Jump	10	5	0	0	8	4	6	3
Javelin	5	8	0	0	0	6	0	10
Medley Relay	8	10	0	0	6	4	0	5
Totals	80	70	8	0	60	51	6	63