

BAL Golden Jubilee Cup Semi Final 2 held at Eton on Sun 30 July 2006

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 Kapleczyk	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			M Javelin Throw		
1 Dan Turner	TSL	2.00	1 Stuart Harvey	B&B	62.13
2=Krystian Bulter	NWB	1.80	2 Eric Workman	AFD	57.63
2=Mike Dyer	RDG	1.80	3 Jon Harvey	TVH	56.41
4 Bomene Barikor	B&B	1.80	4 Chris Toms	RDG	46.12
5=Courtney Codrington	WLT	1.70	5 Kevin Shepherd	WLT	37.76
5=	TVH	1.70	6 Adam Richardson	TSL	36.21

M Long Jump			M Pole Vault		
1 James Grocock	TSL	6.89-1.2	1 Greg Conlon	TVH	4.40
2 Neil Barton	RDG	6.87-2.2	2 Craig Timmings	WLT	4.00
3 Stuart Benson	TVH	6.67-0.8	3 Chris Vickers	NWB	3.40
4 Sam Bobb	B&B	6.49-0.8	4=Mike Boucher	AFD	1.50
5 Jon Ladley	WLT	5.57-1.9	4=Adam Richardson	TSL	1.50
6 Krystian Bulter	NWB	5.28-1.9	4=John Robinson	B&B	1.50

M Shot Putt			M Triple Jump		
1 Erik Van Vreumingen	TVH	16.71	1 Sam Bobb	B&B	14.74+1.0
2 Guy Perryman	RDG	12.49	2 Stuart Benson	TVH	13.97+1.6
3 Maurice Hicks	TSL	11.97	3 Neil Barton	RDG	12.82+0.8
4 Bob Broadbridge	NWB	11.65	4 Chris Bull	TSL	12.12+1.4
5 Mensah Elliott	B&B	11.41	5 Courtney Codrington	WLT	11.58+1.7
6 Greg Watson	AFD	9.87	6 Ian Bridgeman	AFD	11.34+1.9
7 Jon Ladley	WLT	7.99			

W 100m	Wind	NWI	M/sec	W 200m	Wind	+3.1	M/sec
1 Shelley-Anne Bowen	RDG	12.19		1 Helen Williams	WLT	25.00	
2 Helen Williams	WLT	12.24		2 Vicki Burgess	TSL	25.20	
3 Emily Young	TSL	12.26		3 Shelley-Anne Bowen	RDG	25.24	
4 Chantelle Caprice	TVH	12.86		4 Karolin Tsarski	TVH	26.01	
5 Emma Trincas	NWB	13.00		5 Katie Murray	B&B	26.37	
6 Felicity Urbrin	AFD	13.43		6 Emma Trincas	NWB	26.57	
7 Jennie Butler	B&B	15.18		7 Clem Adams	AFD	26.59	

W 400m			W 800m		
1 Emma Duck	TSL	53.7	1 Charlotte Browning	AFD	2.19.66
2 Karolin Tsarski	TVH	57.5	2 Ariane Pritchard	RDG	2.21.75
3 Shirley-Ann Dix	RDG	59.0	3 Jennie Butler	B&B	2.22.07
4 Clem Adams	AFD	59.1	4 Nathalie Warren	WLT	2.23.37
5 Sarah McLellan	B&B	1.00.0	5 Chloe Coxhead	NWB	2.29.80
6 Jane Makey	NWB	1.04.8	6 Becky Ridgley	TSL	2.59.86
7 Hannah Gray	WLT	1.13.2			

W 1500m			W 3000m		
1 Ariane Pritchard	RDG	4.52.23	1 Andrea Woodvine	AFD	9.51.66
2 Sophie Crumly	NWB	4.54.81	2 Bryony Proctor	B&B	10.28.12
3 Jennie Butler	B&B	4.56.61	3 Amber Gascoigne	RDG	10.30.75
4 Diana Kennedy	TVH	5.21.54	4 Diana Kennedy	TVH	11.24.16
5 Catherine Davies	TSL	5.38.16	5 Bev Hall	NWB	11.34.88
			6 Catherine Davies	TSL	11.46.52

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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	Joanne 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	Ellisha 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	Emma 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

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

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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 Ramon Wright
6 NWB 47.01	1 Kristian Butler	2 Nigel Head
	3 Jack Biss	4 Ben Millar

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