



Final @ Cardiff Athletics Stadium,  
15 August 2009

## RESULTS

### Men's Hammer

Posn	Bib	Athlete	Club	Perf.		P10 = 65m	UKC
1	506	Alex SMITH	Sale Harriers Manchester	70.40	PB	P10	197
2	503	Mike FLOYD	Sale Harriers Manchester	69.51	SB	P10	192
3	507	Mark DRY	Woodford Green with Essex Ladies	69.05		P10	190
4	505	Simon BOWN	Newham & Essex Beagles	68.12		P10	185
5	502	Andy FROST	Woodford Green with Essex Ladies	67.52		P10	182
6	504	Matt LAMBLEY	City of Sheffield	67.34		P10	181
7	508	Peter SMITH	Kingston upon Hull	66.38	PB	P10	176
8	501	Michael BOMBA	Liverpool H	64.39			166

### Men's High Jump

Posn	Bib	Athlete	Club	Perf.		P10 = 2.21m	UKC
1	531	Robbie GRABARZ	Bedford & County	2.18			180
2	530	Brian HALL	Bolton	2.15	SB		165
3	525	Phinehas STEWART	Birchfield H	2.11	PB		145
4	527	Scott JOHNSON	Bedford & County	2.06			120
5	526	Chris BAKER	Enfield & Haringey	2.01			95
6	528	Joe KENT	Horsham Blue Star	2.01			95
7	529	Sam BAILEY	Chelmsford	2.01			95
8	524	Mark BROWN	Coventry	1.96	SB		70
Guest	532	Matt ROBERTS	Newham & Essex Beagles	2.18			180

### Men's Long Jump

Posn	Bib	Athlete	Club	Perf.		P10 = 7.65m	UKC
1	556	Leigh SMITH	Birchfield H	7.65	+3.4 SB	=P10	185
2	557	Andre FERNANDEZ	Newham & Essex Beagles	7.53	+2.8		173
3	555	Jamie BLUNDELL	Coventry	7.51	+5.6		171
4	549	David GUEST	Bridgend	7.33	+3.9 =PB		153
5	553	Matthew BURTON	Kent	7.31	+3.1		151
6	554	Ezekiel EWULO	Woodford Green with Essex Ladies	7.29	+0.6		149
7	551	Daniel GARDINER	Leeds City	7.22	+2.2		142
8	552	Anthony TIMMS	Leeds City	7.20	+2.4		140

### Men's Discus

Posn	Bib	Athlete	Club	Perf.		P10 = 55m	UKC
1	565	Emeka UDECHUKU	Woodford Green with Essex Ladies	55.64		P10	174
2	563	Brett MORSE	Birchfield H	54.61			167
3	562	Matthew BROWN	Enfield & Haringey	52.53			152
4	560	Tom NORMAN	Woodford Green with Essex Ladies	51.81			147
5	558	Jamie WILLIAMSON	City of Sheffield	48.64			125
6	559	Angus MCLNROY	Shaftesbury Barnet	48.46			124
7	742	Ryan SPENCER-JONES	Birchfield H	45.56			103
8							



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## RESULTS

### Men's 200m

Wind = -1.2 m/s

Posn	Bib	Athlete	Club	Perf.		P10 = 20.75s	UKC
1	604	Tim ABEYIE	Woodford Green with Essex Ladies	21.37			138
2	605	Jeffrey LAWAL-BALOGU	Kent	21.38			137
3	606	Luke FAGAN	Enfield & Haringey	21.40			135
4	607	James ALAKA	Blackheath & Bromley	21.60			115
5	608	Somto ERUCHIE	Birchfield H	21.77			98
6	603	James ELLINGTON	Belgrave	21.95			80
7	602	Danny TALBOT	Birchfield H	22.13			62
8	609	Ryan OSWALD	Sale Harriers Manchester	22.49			

### Men's 400m Hurdles

Posn	Bib	Athlete	Club	Perf.		P10 = 50.75s	UKC
1	628	Dale GARLAND	Channel Islands	49.54	PB	P10	216
2	630	Andy BLOW	Basingstoke & Mid Hants	50.96	PB		181
3	627	Martin LIPTON	Kilbarchan	52.37			145
4	629	Lloyd GUMBS	Shaftesbury Barnet	53.39			120
5	626	Steven GARRETT	City of Sheffield	53.92			107
6	632	Tom GRANTHAM	City of Sheffield	54.35			96
7	633	Daniel ECKERSLEY	Burnley	55.01			79
DNS	631	Ben SUMNER	Enfield & Haringey				

### Men's 400m

Posn	Bib	Athlete	Club	Perf.		P10 = 45.8s	UKC
1	696	Graham HEDMAN	Woodford Green with Essex Ladies	46.72			171
2	697	Set OSHO	Belgrave	47.02			159
3	694	Tom DRUCE	Channel Islands	47.57			137
4	693	Aaron TRIM	Enfield & Haringey	47.81			127
5	699	Steve JOHNSON	Windsor, Slough, Eton & Hounslow	48.03			118
6	695	Luke LENNON-FORD	Birchfield H	48.46			101
7	700	Luke SMALLWOOD	Medway & Maidstone	48.66			93
8	698	Rhys SMITH	Leeds City	49.57			57

### Men's 110m Hurdles

Wind = -2.1 m/s

Posn	Bib	Athlete	Club	Perf.		P10 = 13.9s	UKC
1	712	Callum PRIESTLEY	Woodford Green with Essex Ladies	13.92			183
2	713	Lawrence CLARKE	Windsor, Slough, Eton & Hounslow	14.20			155
3	710	Alex AL-AMEEN	Newham & Essex Beagles	14.21			154
4	711	Chris BAILLIE	Victoria Park City of Glasgow	14.40			135
5	714	Edirin OKORO	Birchfield H	14.43			132
6	709	Aaron JAMES	Enfield & Haringey	14.54			121
7	715	Julian ADENIRAN	Shaftesbury Barnet	14.57			118
8							



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## RESULTS

### Men's Pole Vault

Posn	Bib	Athlete	Club	Perf.	P10 = 5.2m	UKC
1	592	Paul WALKER	Sale Harriers Manchester	5.16		166
2	591	Christian NORTH	Woodford Green with Essex Ladies	4.91		141
3	586	Matt CULLEN	Sale Harriers Manchester	4.46		96
4=	588	Ned QUINEY	Croydon	4.31		81
4=	589	Rhys SEARLES	Dearneside High	4.31		81
6						
7						
8						

### Men's 100m

Wind = -2.1 m/s

Posn	Bib	Athlete	Club	Perf.	P10 = 10.25s	UKC
1	737	Mark FINDLAY	Newham & Essex Beagles	10.61		138
2	739	James ELLINGTON	Belgrave	10.63		134
3	736	Jeffrey LAWAL-BALOGI	Kent	10.63		134
4	734	Ryan SCOTT	Yate	10.65		130
5	738	Joel FEARON	Coventry	10.93		74
6	733	Eugene AYANFUL	Woodford Green with Essex Ladies	10.99		62
7	740	Ryan OSWALD	Sale Harriers Manchester	11.16		
8	735	James ALAKA	Blackheath & Bromley	16.29		

### Men's Triple Jump

Posn	Bib	Athlete	Club	Perf.		P10 = 15.75m	UKC
1	647	John CARR	Shaftesbury Barnet	15.64	+3.7		187
2	645	Daniel LEWIS	Shaftesbury Barnet	15.63	+2.9	PB	187
3	643	Nathan FOX	Shaftesbury Barnet	15.39	+1.6	PB	177
4	641	Michael PUPLAMPU	Windsor, Slough, Eton & Hounslow	15.02	+1.8	PB	162
5	642	Matt BARTON	Leeds City	14.92	+3.4		158
6	648	Julian GOLLEY	Windsor, Slough, Eton & Hounslow	14.78	+3.0		153
7	646	Darren MARCH	Medway & Maidstone	14.74	+2.5		151
8	644	Mike MCKERNAN	Birchfield H	14.09	+1.4		125

### Men's Shot

Posn	Bib	Athlete	Club	Perf.		P10 = 15.75m	UKC
1	692	Kieren KELLY	Newham & Essex Beagles	17.87		P10	276
2	691	Emeka UDECHUKU	Woodford Green with Essex Ladies	17.82		P10	274
3	689	Sam WESTLAKE-CANN	Shaftesbury Barnet	16.11		P10	206
4	690	Jamie WILLIAMSON	City of Sheffield	15.87		P10	196
5	688	Ryan SPENCER-JONES	Birchfield H	15.83		P10	195
6	687	Brett MORSE	Birchfield H	14.66			148
7	686	Daniel BRUNT	City of Sheffield	14.58			145
8							



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## RESULTS

### Men's Javelin

Posn	Bib	Athlete	Club	Perf.		P10 = 72m	UKC
1	724	James CAMPBELL	Cheltenham	71.03			168
2	723	Chris HUGHFF	Newham & Essex Beagles	70.19			163
3	721	Lee DORAN	City of Sheffield	66.99			143
4	719	Bonne BUWEMBO	Enfield & Haringey	66.20			138
5	722	Matthew HUNT	Kingston upon Hull	65.85			136
6	716	Brett BYRD	City of Stoke	65.66	PB		135
7	720	Ian BURNS	Gateshead	64.51			128
8	718	Ben FISHER	Liverpool H	60.09			100

### Men's 800m

Posn	Bib	Athlete	Club	Perf.		P10	UKC
1	5	Andrew OSAGIE	Harlow AC	01:47.15	PB	01:47.5	203
2	10	Ben GREEN	Warrington	01:49.46		P10	156
3	8	Graeme OUDNEY	Belgrave	01:49.77			150
4	3	Sam ELLIS	Barnsley AC	01:50.60			134
5	15	Robbie SCHOFIELD	Newham & Essex Beagles	01:51.22			121
6	11	Kieran FLANNERY	Gateshead	01:51.90			108
7	14	Oliver HEEKS	Orion	01:52.61			93
8							

### Men's 3000m S/Chase

Run as part of BMC event

Posn *	Bib	Athlete	Club	Perf.		P10	UKC
1	344	Samater FARAH	Newham & Essex Beagles	08:50.93	PB	08:40.0	178
2	351	Shaun COLLINS	Enfield & Haringey	09:04.22	PB		151
3	349	David WESTBURY	Derby	09:23.65			112
4	347	Ben NAGY	Enfield & Haringey	09:23.66			112
5	352	Andrew FRIEND	Cardiff	09:41.84	PB		
6							
7							
8							

### Men's 1500m

Run as part of BMC event

Posn *	Bib	Athlete	Club	Perf.		P10	UKC
1	127	Jermaine MAYS	Kent	03:41.48		03:39.5	190
2	129	Simon HORSFIELD	East Cheshire	03:41.77	PB		187
3	128	Gavin MASSINGHAM	Sunderland	03:42.36	PB		183
4	121	Frank BADDICK	Newham & Essex Beagles	03:42.69	PB		180
5	136	Lewis MOSES	Darlington	03:48.21			136
6	120	Alastair HAY	Central	03:50.21			120
7							
8							

### Men's 5000m

Run as part of BMC event

Posn *	Bib	Athlete	Club	Perf.		P10	UKC
1	325	John HUTCHINS	Basingstoke & Mid Hants	14:35.73		13:45.0	68
2	323	James KELLY	Belgrave	14:36.07	PB		67

\* Based on Times



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### Women's Triple Jump

Posn	Bib	Athlete	Club	Perf.		P10 = 13m	UKC
1	515	Nadia WILLIAMS	Shaftesbury Barnet	13.53	+0.8	P10	189
2	514	Stephanie ANETO	Woodford Green with Essex Ladies	13.17	+3.1	PB P10	171
3	512	Claire LINKSILL	North Devon	12.89	+1.5		157
4	513	Laura SAMUEL	Leicester	12.61	+3.6		143
5	511	Shakira WHIGHT	Windsor, Slough, Eton & Hounslow	12.23	+2.5		124
6	509	Dee BAKRE	Enfield & Haringey	11.92	+0.4		108
7							
8							

### Women's Pole Vault

Posn	Bib	Athlete	Club	Perf.		P10 = m	UKC
1	522	Emma LYONS	Sale Harriers Manchester	4.11		P10	196
2	523	Henrietta PAXTON	Birchfield H	4.06		P10	191
3	520	Maria SEAGER	Woodford Green with Essex Ladies	4.01			186
4	521	Sally SCOTT	Gateshead	3.76			161
5	516	Rachel GIBBENS	Marshall Milton Keynes	3.66			151
6	518	Abigail HAYWOOD	Sale Harriers Manchester	3.66			151
6	519	Bryony RAINE	Cardiff	3.66			151
8	517			3.51			136

### Women's Shot

Posn	Bib	Athlete	Club	Perf.		P10 = 14.5m	UKC
1	547	Eden FRANCIS	Birchfield H	15.72		P10	164
2	546	Alison RODGER	Sale Harriers Manchester	15.46		P10	159
3	548	Rebecca PEAKE	Sale Harriers Manchester	15.31		P10	156
4	543	Rachel WALLADER	Rugby & Northampton	14.98		P10	149
5	542	Tesni WARD	City of Sheffield	12.29			95
6	541	Alice SIMPSON	Leeds City	11.86			87
7							
8							

### Women's Hammer

Posn	Bib	Athlete	Club	Perf.		P10 = 57m	UKC
1	538	Sophie HITCHON	Blackburn	62.07		P10	189
2	539	Laura DOUGLAS	Sale Harriers Manchester	61.57		P10	186
3	540	Carys PARRY	Rhondda	60.75		P10	181
4	537	Susan MCKELVIE	Edinburgh	60.58		P10	181
5	536	Rachel GAIR	Mansfield	59.32		P10	174
6	535	Bolanle OGUN	Windsor, Slough, Eton & Hounslow	52.85			138
7	534	Hayley MURRAY	Birchfield H	51.45			130
8							



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Wind = -1.7 m/s

## RESULTS

### Women's 200m

Posn	Bib	Athlete	Club	Perf.	P10 = 23.4s	UKC
1	597	Helen PRYER	Windsor, Slough, Eton & Hounslow	23.78		171
2	599	Holly CROXFORD	Basingstoke & Mid Hants	24.07		151
3	595	Louise BLOOR	Trafford	24.17		145
4	598	Lucy SARGENT	Havering Mayesbrook	24.33		134
5	596	Melinda COOKSEY	Tipton	24.47		125
6	600	Stacey DOWNIE	Pitreavie	24.79		103
7	594	Vicky COLE	Blackheath & Bromley	24.87		98
8	601	Susanna BANJO	Newham & Essex Beagles	25.64		

### Women's Long Jump

Posn	Bib	Athlete	Club	Perf.		P10 = 6.2m	UKC
1	572	Jade NIMMO	Falkirk	6.25	+2.8 PB	P10	168
2	573	Sarah WELLSTEAD	Sutton & District	6.24	+4.8 SB	P10	167
3	571	Kim MURRAY	Woodford Green with Essex Ladies	6.02	+2.2		140
4	569	Lydia CHAMBERLAIN	Lincoln Wellington	5.78	+2.6 PB		110
5	570	Eleanor MARKENDALE	Pendle	5.68	+2.3		97
6	568	Dee BAKRE	Enfield & Haringey	5.68	+5.0 PB		97
7	567	Rhiannon YATES	Newport	5.39	+3.3		61
8							

### Women's 400m Hurdles

Posn	Bib	Athlete	Club	Perf.		P10 = 58s	UKC
1	615	Sian SCOTT	Team Southampton	58.39			185
2	613	Hannah DOUGLAS	Marshall Milton Keynes	58.97			175
3	612	Justine KINNEY	Windsor, Slough, Eton & Hounslow	59.37			168
4	611	Lauren BOUCHARD	Chelmsford	59.57			165
5	610	Caryl GRANVILLE	Carmarthen	59.95		PB	159
6	616	Emma PETERS	Cardiff	61.10			140
DNF	617	Michelle THOMAS	Birchfield H				

### Women's Discus

Posn	Bib	Athlete	Club	Perf.		P10 = 47m	UKC
1	584	Phillippa ROLES	Swansea	57.32		P10	202
2	585	Eden FRANCIS	Birchfield H	55.50		P10	190
3	583	Jade NICHOLLS	Shaftesbury Barnet	50.41		P10	158
4	581	Navdeep DHALIWAL	Birchfield H	46.39			133
5	582	Kirsty LAW	Shaftesbury Barnet	45.46			127
6	580	Lucy UNDERDOWN	Medway & Maidstone	43.72			117
7	579	Tesni WARD	City of Sheffield	41.50			103
8	578	Jade MOORE	Birchfield H	41.16			101



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### Women's 400m

Posn	Bib	Athlete	Club	Perf.	P10 = 53s	UKC
1	682	Kelly MASSEY	Sale Harriers Manchester	53.96		169
2	683	Laura WAKE	Herts Phoenix	54.19		164
3	684	Emma WILLIAMS	Coventry	55.80		123
4	680	Rachael LEWINGTON	Team Southampton	56.68		101
5	679	Seemita GUMBS	Birchfield H	56.90		96
6	685	Ruth BRERETON	Woodford Green with Essex Ladies	57.12		90
7	681	Joanne RYAN	Loughton	57.40		83

### Women's 100m Hurdles

Wind = -0.7 m/s

Posn	Bib	Athlete	Club	Perf.	P10 = 13.5s	UKC
1	705	Angie BROADBELT-BLAKE	Thames Valley	13.77		168
2	703	Louise WOOD	Chelmsford	13.84		164
3	706	Serita SOLOMON	Blackheath & Bromley	14.15		143
4	702	Joanna EATON	Yate	14.85		96
5	707	Chloe WHALLEY	Marshall Milton Keynes	14.99		87
6	701	Robyn ST. LUCE BOYCE	Herne Hill	15.08		81
7	708	Eleanor MARKENDALE	Pendle	15.59		
Guest	743	Ashley HELSBY	Liverpool H	14.38		128

### Women's 100m

Wind = +0.7 m/s

Posn	Bib	Athlete	Club	Perf.	P10 = 11.5s	UKC
1	727	Helen PRYER	Windsor, Slough, Eton & Hounslow	11.76		151
2	728	Louise BLOOR	Trafford	11.77		149
3	729	Lucy SARGENT	Havering Mayesbrook	11.89		131
4	731	Vicky COLE	Blackheath & Bromley	11.96		121
5	726	Anike SHAND-WHITTINGH	Blackheath & Bromley	11.98		118
6	730	Bernice WILSON	Birchfield	11.98		118
7	725	Ellena RUDDOCK	Rugby & Northampton	12.35		62
8	732	Claire SPURWAY	Newham & Essex Beagles	12.40		54

### Women's Javelin

Posn	Bib	Athlete	Club	Perf.	P10 = 47m	UKC
1	624	Katy WATTS	City of Portsmouth	50.85	P10	161
2	625	Laura WHITTINGHAM	Sale Harriers Manchester	50.70	P10	160
3	623	Rosie SEMENYTSH	Windsor, Slough, Eton & Hounslow	49.14	PB P10	150
4	620	Louise WATTON	Shaftesbury Barnet	46.22		132
5	622	Hayley THOMAS	Thurrock	45.28		126
6	621	Eloise MANGER	Chorley AC	43.86		117
7	618	Emma SMITH	Woodford Green with Essex Ladies	42.60		110
8	619	Christine LAWRENCE	Blackheath & Bromley	42.41		108



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## RESULTS

### Women's High Jump

Posn	Bib	Athlete	Club	Perf.		P10 = 1.82m	UKC
1	639	Vikki HUBBARD	Grantham	1.84		P10	190
2	637	Jayne NISBET	Edinburgh	1.80	=SB		170
3	635	Bethan PARTRIDGE	Telford AC	1.76			150
4	640	Jessica LEACH	Birchfield H	1.76			150
5	636	Ayamba AKIM	Woodford Green with Essex Ladies	1.71			125
6	638	Kay HUMBERSTONE	Trafford	1.71			125
7							
8							

### Women's 3000m S/Chase

Posn	Bib	Athlete	Club	Perf.		P10	UKC
1	356	Sara LUCK	Havering Mayesbrook	10:38.37	PB	08:40.0	UKC
2	355	Diana KENNEDY	Woodford Green with Essex Ladies	11:11.70	PB		
3	354	Emily BROWN	Cardiff	11:23.67	SB		
4	353	Sophie GIBBENS	Marshall Milton Keynes	12:11.79			

### Women's 800m

Run as part of BMC event

Posn *	Bib	Athlete	Club	Perf.		P10	UKC
1	78	Claire GIBSON	Kilbarchan	02:01.34	PB	01:47.5	UKC
2	82	Celia BROWN	Coventry	02:02.87	SB		189
3	76	Tara BIRD	Woodford Green with Essex Ladies	02:05.29			158
4	79	Karrie BLAKE	City of Portsmouth	02:06.55			143
5	85	Rebecca SWEENEY	Sale Harriers Manchester	02:06.81			139
6	88	Danielle CHRISTMAS	Crawley	02:07.50			131
7	87	Claire NICHOLS	Team Southampton	02:08.56			118
8	91	Rachael THOMPSON	Liverpool H	02:09.04			112
9	89	Leigh LENNON	Newham & Essex Beagles	02:15.31			

### Women's 1500m

Run as part of BMC event

Posn *	Bib	Athlete	Club	Perf.		P10	UKC
1	221	Stevie STOCKTON	Vale Royal	04:14.54		04:10.0	UKC
2	208	Harriet SCOTT	Havering Mayesbrook	04:17.61			171
3	222	Josephine MOULTRIE	Victoria Park City of Glasgow	04:23.47			142
4	217	Faye FULLERTON	Havering Mayesbrook	04:23.58			142
5	230	Julia RUSSELL	Hallamshire	04:23.92			140
6	237	Ceri MITCHELL	Team Southampton	04:30.40	PB		108
DNS	231	Amanda JONES	Swansea				
DNS	211	Rachel FELTON	Shaftesbury Barnet				

\* Based on Times

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009							
EVENT		Men's Hammer		TIME		11:30		RECORD		71.99m		P10 = 65.00m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position				
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	SB	PB	UKC
1	501	Michael BOMBA	Liverpool H	63.30	64.39	62.20	64.39	7	61.46	61.75	NT	64.39	8			166	
2	502	Andy FROST	Woodford Green with Essex	65.76	67.52	67.44	67.52	5	NT	66.65	NT	67.52	5			182	
3	503	Mike FLOYD	Sale Harriers Manchester	68.56	69.18	69.51	69.51	2	NT	NT	68.66	69.51	2	SB		192	
4	504	Matt LAMBLEY	City of Sheffield	66.34	NT	66.01	66.34	6	66.96	67.29	67.34	67.34	6			181	
5	505	Simon BOWN	Newham & Essex Beagles	66.69	68.12	NT	68.12	4	67.98	67.99	66.67	68.12	4			185	
6	506	Alex SMITH	Sale Harriers Manchester	68.41	68.43	70.40	70.40	1	69.72	NT	63.10	70.40	1	SB	PB	197	
7	507	Mark DRY	Woodford Green with Essex	63.74	66.31	68.64	68.64	3	68.33	69.05	66.61	69.05	3			190	
8	508	Peter SMITH	Kingston upon Hull	63.16	63.61	62.76	63.61	8	NT	64.13	66.38	66.38	7	SB	PB	176	
9																	
10																	
11																	
12																	
13																	
14																	
15																	
16																	

RESULT					RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	506	Alex SMITH	Sale Harriers Manchester	70.40	1						
2	503	Mike FLOYD	Sale Harriers Manchester	69.51	2						
3	507	Mark DRY	Woodford Green with Essex	69.05	3						
4	505	Simon BOWN	Newham & Essex Beagles	68.12	4						
5	502	Andy FROST	Woodford Green with Essex	67.52	5						
6	504	Matt LAMBLEY	City of Sheffield	67.34	6					REFEREE'S SIGNATURE	
7	508	Peter SMITH	Kingston upon Hull	66.38	7						
8	501	Michael BOMBA	Liverpool H	64.39	8						

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium				DATE		Saturday, August 15, 2009												
EVENT		Women's Triple Jump		TIME		11:50		RECORD		13.67m		P10 = 13.00m												
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3		Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		Final Position	SB	PB	UKC
				Metres		Metres		Metres		Metres			Metres		Metres		Metres		Metres					
1	509	Dee BAKRE	Enfield & Haringey	NJ	+1.7	11.82	+0.5	11.92	+0.4	11.92		5	NJ	+1.4	NJ	+1.5	11.66	+2.4	11.92		6			108
2	511	Shakira WHIGHT	Windsor, Slough, Eton & Ho	12.10	+1.7	NJ	+0.7	11.70	+0.4	12.10		4	NJ	+1.3	12.00	+1.4	12.23	+2.5	12.23		5			124
3	512	Claire LINKSILL	North Devon	12.89	+1.5	12.74	-0.4	12.60	+0.8	12.89		2	NJ	+1.9	12.42	+1.3	12.53	+2.5	12.89		3			157
4	513	Laura SAMUEL	Leicester	NJ	+0.2	NJ	+1.9	NJ	+0.2				12.28	+1.8	NJ	+2.8	12.61	+3.6	12.61		4			143
5	514	Stephanie ANETO	Woodford Green with Essex	12.70	+0.7	12.77	+0.3	NJ	+0.2	12.77		3	NJ	+1.6	13.02	+1.7	13.17	+3.1	13.17		2	SB	PB	171
6	515	Nadia WILLIAMS	Shaftesbury Barnet	12.99	+0.4	13.41	+1.7	13.53	+0.8	13.53		1	13.35	+0.4	NJ	+1.3	NJ	+3.9	13.53		1			189
7																								
8																								
9																								
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11																								
12																								
13																								
14																								
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16																								

RESULT					RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE			
1	515	Nadia WILLIAMS	Shaftesbury Barnet	13.53 +0.8	1							
2	514	Stephanie ANETO	Woodford Green with Essex	13.17 +3.1	2							
3	512	Claire LINKSILL	North Devon	12.89 +1.5	3							
4	513	Laura SAMUEL	Leicester	12.61 +3.6	4							
5	511	Shakira WHIGHT	Windsor, Slough, Eton & Ho	12.23 +2.5	5							
6	509	Dee BAKRE	Enfield & Haringey	11.92 +0.4	6					REFEREE'S SIGNATURE		
7					7							
8					8							

# UK ATHLETICS: HEIGHT CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium										DATE		Saturday, August 15, 2009					
EVENT		Women's Pole Vault		TIME		12:00		Record			4.57m		P10 = 4.05m										
Order	No	NAME	CLUB	3.36	3.51	3.66	3.76	3.81	3.86	3.91	3.96	4.01	4.06	4.11	4.16	Best of All	Trials at HT Cleared Total	Failures Total	Trials Total	Final Position	SB	PB	UKC
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	516	Rachel GIBBENS	Marshall Milton Keynes		o	o	xxx									3.66	1			5			151
2	517	Rachel ARNHEIM	Blackheath & Bromley	o	xxo	xxx										3.51				8			136
3	518	Abigail HAYWOOD	Sale Harriers Manchester			xo	xxx									3.66	2			6			151
4	519	Bryony RAINE	Cardiff		o	xo	xxx									3.66	2			6			151
5	520	Maria SEAGER	Woodford Green with Essex				xo	-	xo	xo	-	xo	xxx			4.01				3			186
6	521	Sally SCOTT	Gateshead				o	-	xxx							3.76				4			161
7	522	Emma LYONS	Sale Harriers Manchester			xo	-	o	-	o	-	xxo	-	o	-	4.11				1			196
8	523	Henrietta PAXTON	Birchfield H					o	-	o	-	o	xxo	x-	xxx	4.06				2			191
9																							
10				4.21																			
11	522	Emma LYONS	Sale Harriers Manchester	xxx																			
12																							
13																							
14																							
15																							
16																							

RESULT					RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT			
1	522	Emma LYONS	Sale Harriers Manchester	4.11								
2	523	Henrietta PAXTON	Birchfield H	4.06								
3	520	Maria SEAGER	Woodford Green with Essex	4.01								
4	521	Sally SCOTT	Gateshead	3.76								
5	516	Rachel GIBBENS	Marshall Milton Keynes	3.66						REFEREE'S SIGNATURE		
6	518	Abigail HAYWOOD	Sale Harriers Manchester	3.66								
6	519	Bryony RAINE	Cardiff	3.66								
8	517	Rachel ARNHEIM	Blackheath & Bromley	3.51								

# UK ATHLETICS: HEIGHT CARD

MEETING		UKA Challenge Final				VENUE		Cardiff Athletics Stadium								DATE		Saturday, August 15, 2009					
EVENT		Men's High Jump				TIME		12:20		Record			2.30m		P10 = 2.21m								
Order	No	NAME	CLUB	1.81	1.86	1.91	1.96	2.01	2.06	2.11	2.15	2.18	2.21	2.24		Best of All	Trials at HT Cleared Total	Failures Total	Trials Total	Final Position	SB	PB	UKC
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	524	Mark BROWN	Coventry		o	o	o	xxx								1.96	1			8	SB		70
2	525	Phinehas STEWART	Birchfield H			o	o	o	o	xxo	xxx					2.11	3	2		3	SB	PB	145
3	526	Chris BAKER	Enfield & Haringey				xo	o	xxx							2.01	1	1		5			95
4	527	Scott JOHNSON	Bedford & County				o	xxo	o	xxx						2.06	1	2		4			120
5	528	Joe KENT	Horsham Blue Star					xo	xxx							2.01	2	1		6			95
6	529	Sam BAILEY	Chelmsford				o	xxo	xxx							2.01	3	2		7			95
7	530	Brian HALL	Bolton					o	o	o	xxo	xxx				2.15	3	2		2	SB		165
8	531	Robbie GRABARZ	Bedford & County							o	o	xo	xxx			2.18	2	1		1			180
9	532	Matt ROBERTS	Newham & Essex Beagles					o	o	o	o	xo	xxx			2.18	2	1					180
10																							
11																							
12																							
13																							
14																							
15																							
16																							

RESULT					RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT			
1	531	Robbie GRABARZ	Bedford & County	2.18		532	Matt ROBERTS	Newham & E B (Guest)	2.18			
2	530	Brian HALL	Bolton	2.15								
3	525	Phinehas STEWART	Birchfield H	2.11								
4	527	Scott JOHNSON	Bedford & County	2.06								
5	526	Chris BAKER	Enfield & Haringey	2.01								
6	528	Joe KENT	Horsham Blue Star	2.01								
7	529	Sam BAILEY	Chelmsford	2.01								
8	524	Mark BROWN	Coventry	1.96						REFEREE'S SIGNATURE		

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009							
EVENT		Women's Hammer		TIME		12:30		RECORD		68.63m		P10 = 57.00m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position				
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	SB	PB	UKC
1	533	Kate YHNELL	Gloucester	NT	NT	NT			NT	NT	NT						
2	534	Hayley MURRAY	Birchfield H	50.80	49.59	48.87	50.80	7	49.82	51.45	47.91	51.45	7			130	
3	535	Bolanle OGUN	Windsor, Slough, Eton & Ho	49.61	51.71	NT	51.71	6	51.62	52.85	51.88	52.85	6			138	
4	536	Rachel GAIR	Mansfield	NT	55.22	57.41	57.41	5	55.38	59.32	NT	59.32	5			174	
5	537	Susan MCKELVIE	Edinburgh	57.24	59.38	NT	59.38	3	59.02	59.90	60.58	60.58	4			181	
6	538	Sophie HITCHON	Blackburn	60.56	57.11	60.59	60.59	2	62.07	59.75	60.90	62.07	1			189	
7	539	Laura DOUGLAS	Sale Harriers Manchester	57.15	61.57	59.65	61.57	1	60.55	NT	60.29	61.57	2			186	
8	540	Carys PARRY	Rhondda	NT	55.02	58.00	58.00	4	59.22	60.75	59.59	60.75	3			181	
9																	
10																	
11																	
12																	
13																	
14																	
15																	
16																	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	538	Sophie HITCHON	Blackburn	62.07	1						
2	539	Laura DOUGLAS	Sale Harriers Manchester	61.57	2						
3	540	Carys PARRY	Rhondda	60.75	3						
4	537	Susan MCKELVIE	Edinburgh	60.58	4						
5	536	Rachel GAIR	Mansfield	59.32	5						
6	535	Bolanle OGUN	Windsor, Slough, Eton & Ho	52.85	6					REFEREE'S SIGNATURE	
7	534	Hayley MURRAY	Birchfield H	51.45	7						
8					8						

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009							
EVENT		Women's Shot		TIME		12:40		RECORD		17.11m		P10 = 14.50m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position				
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	SB	PB	UKC
1	541	Alice SIMPSON	Leeds City	11.86	11.86	NT	11.86	6	NT	11.35	11.83	11.86	6			87	
2	542	Tesni WARD	City of Sheffield	11.86	12.19	11.90	12.19	5	12.29	11.94	12.23	12.29	5			95	
3	543	Rachel WALLADER	Rugby & Northampton	14.07	13.64	14.39	14.39	3	14.66	14.98	14.83	14.98	4			149	
4	544	Joanne DUNCAN	Woodford Green with Essex														
5	545	Eleanor GATRELL	Woking														
6	546	Alison RODGER	Sale Harriers Manchester	14.50	NT	14.56	14.56	2	15.23	15.36	15.46	15.46	2			159	
7	547	Eden FRANCIS	Birchfield H	NT	15.72	15.19	15.72	1	15.08	15.49	15.52	15.72	1			164	
8	548	Rebecca PEAKE	Sale Harriers Manchester	12.95	13.97	14.01	14.01	4	15.12	15.31	13.89	15.31	3			156	
9																	
10																	
11																	
12																	
13																	
14																	
15																	
16																	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	547	Eden FRANCIS	Birchfield H	15.72	1						
2	546	Alison RODGER	Sale Harriers Manchester	15.46	2						
3	548	Rebecca PEAKE	Sale Harriers Manchester	15.31	3						
4	543	Rachel WALLADER	Rugby & Northampton	14.98	4						
5	542	Tesni WARD	City of Sheffield	12.29	5						
6	541	Alice SIMPSON	Leeds City	11.86	6						
7					7					REFEREE'S SIGNATURE	
8					8						

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009														
EVENT		Men's Long Jump		TIME		13:05		RECORD		8.26m		P10 = 7.65m												
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3		Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		Final Position	SB	PB	UKC
				Metres		Metres		Metres		Metres			Metres		Metres		Metres		Metres					
1	549	David GUEST	Bridgend	7.33	+3.9	NJ	+4.7	NJ	+3.1	7.33		3	NJ	+3.7	7.29	+2.5	5.15	-0.4	7.33		4	=SB	=PB	153
2	550	Paul OLUYEMI	Herne Hill																					
3	551	Daniel GARDINER	Leeds City	7.22	+2.2	7.20	+0.4	7.09	+2.4	7.22		5	7.01	+1.7	7.08	+2.0	7.13	+6.6	7.22		7			142
4	552	Anthony TIMMS	Leeds City	7.17	+4.8	7.02	+2.9	3.80	+1.5	7.17		7	7.20	+2.4	7.15	+4.3	NJ	+2.5	7.20		8			140
5	553	Matthew BURTON	Kent	7.14	+3.3	7.14	+1.9	NJ	+4.0	7.14		8	7.31	+3.1	NJ	+5.2	NJ	+3.5	7.31		5			151
6	554	Ezekiel EWULO	Woodford Green with Essex	NJ	+3.3	7.19	+2.2	NJ	+1.8	7.19		6	1.96	+0.8	NJ	+2.5	7.29	+0.6	7.29		6			149
7	555	Jamie BLUNDELL	Coventry	7.24	+3.3	7.04	-0.7	7.51	+5.6	7.51		1	5.69	+4.5	6.99	+0.9	7.28	+4.9	7.51		3			171
8	556	Leigh SMITH	Birchfield H	7.25	+1.6	7.29	+2.2	7.27	+2.1	7.29		4	7.25	+2.5	7.65	+3.4	NJ	+3.1	7.65		1	SB		185
9	557	Andre FERNANDEZ	Newham & Essex Beagles	NJ	+1.6	7.47	+1.8	7.41	+0.8	7.47		2	NJ	+2.8	7.51	+1.2	7.53	+2.8	7.53		2			173
10																								
11																								
12																								
13																								
14																								
15																								
16																								

RESULT					RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE			
1	556	Leigh SMITH	Birchfield H	7.65 +3.4	1							
2	557	Andre FERNANDEZ	Newham & Essex Beagles	7.53 +2.8	2							
3	555	Jamie BLUNDELL	Coventry	7.51 +5.6	3							
4	549	David GUEST	Bridgend	7.33 +3.9	4							
5	553	Matthew BURTON	Kent	7.31 +3.1	5							
6	554	Ezekiel EWULO	Woodford Green with Essex	7.29 +0.6	6							
7	551	Daniel GARDINER	Leeds City	7.22 +2.2	7							
8	552	Anthony TIMMS	Leeds City	7.20 +2.4	8							

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009							
EVENT		Men's Discus		TIME		13:30		RECORD		63.79m		P10 = 55.00m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position				
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	SB	PB
1	742	Ryan SPENCER-JONES	Birchfield H	41.65	NT	43.58	43.58	7	42.84	45.56	NT	45.56	7			103	
2	558	Jamie WILLIAMSON	City of Sheffield	NT	NT	44.99	44.99	6	46.25	NT	48.64	48.64	5			125	
3	559	Angus MCLNROY	Shaftesbury Barnet	45.31	43.79	48.46	48.46	5	NT	47.82	NT	48.46	6			124	
4	560	Tom NORMAN	Woodford Green with Essex	48.11	51.81	NT	51.81	3	51.22	49.18	NT	51.81	4			147	
5	561	Marcus GOULDBOURNE	Sale Harriers Manchester														
6	562	Matthew BROWN	Enfield & Haringey	51.77	51.71	47.98	51.77	4	50.98	52.53	49.69	52.53	3			152	
7	563	Brett MORSE	Birchfield H	51.54	51.33	54.61	54.61	2	NT	NT	53.29	54.61	2			167	
8	565	Emeka UDECHUKU	Woodford Green with Essex	NT	53.57	55.25	55.25	1	55.20	55.64	NT	55.64	1			174	
9																	
10																	
11																	
12																	
13																	
14																	
15																	
16																	

RESULT					RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	565	Emeka UDECHUKU	Woodford Green with Essex	55.64	1						
2	563	Brett MORSE	Birchfield H	54.61	2						
3	562	Matthew BROWN	Enfield & Haringey	52.53	3						
4	560	Tom NORMAN	Woodford Green with Essex	51.81	4						
5	558	Jamie WILLIAMSON	City of Sheffield	48.64	5						
6	559	Angus MCLNROY	Shaftesbury Barnet	48.46	6					REFEREE'S SIGNATURE	
7	742	Ryan SPENCER-JONES	Birchfield H	45.56	7						
8					8						

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium				DATE		Saturday, August 15, 2009												
EVENT		Women's Long Jump		TIME		14:20		RECORD		6.54m		P10 = 6.20m												
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3		Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		Final Position	SB	PB	UKC
				Metres		Metres		Metres		Metres			Metres		Metres		Metres		Metres					
1	567	Rhiannon YATES	Newport	5.20	+3.1	5.20	+1.7	5.03	+2.4	5.20		7	NJ	+5.7	5.39	+3.3	5.29	+3.9	5.39		7			61
2	568	Dee BAKRE	Enfield & Haringey	5.10	+1.7	5.68	+5.0	5.45	+4.7	5.68		5	5.31	+0.9	5.35	+2.3	5.43	+1.2	5.68		6	SB	PB	97
3	569	Lydia CHAMBERLAIN	Lincoln Wellington	5.67	+3.3	NJ	+2.1	5.62	+3.3	5.67		6	5.52	+1.4	5.53	+2.6	5.78	+2.6	5.78		4	SB	PB	110
4	570	Eleanor MARKENDALE	Pendle	5.59	+2.5	5.68	+2.3	5.50	+3.1	5.68		4	4.63	+2.0	5.58	+2.0	5.36	+1.6	5.68		5			97
5	571	Kim MURRAY	Woodford Green with Essex	NJ	+4.0	5.85	+4.6	6.01	+2.2	6.01		3	6.02	+2.2	NJ	+3.9	NJ	+1.9	6.02		3			140
6	572	Jade NIMMO	Falkirk	6.21	+3.4	5.98	+2.8	6.23	+1.7	6.23		2	-		6.22	+3.7	6.25	+2.8	6.25		1	SB	PB	168
7	573	Sarah WELLSTEAD	Sutton & District	NJ	+3.7	6.24	+4.8	5.90	+1.8	6.24		1	6.20	+3.7	6.22	+3.6	5.90	+1.9	6.24		2	SB		167
8																								
9																								
10																								
11																								
12																								
13																								
14																								
15																								
16																								

RESULT						RESULT						JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	DISTANCE		Posn	No.	NAME	CLUB	DISTANCE				
1	572	Jade NIMMO	Falkirk	6.25	+2.8	1								
2	573	Sarah WELLSTEAD	Sutton & District	6.24	+4.8	2								
3	571	Kim MURRAY	Woodford Green with Essex	6.02	+2.2	3								
4	569	Lydia CHAMBERLAIN	Lincoln Wellington	5.78	+2.6	4								
5	570	Eleanor MARKENDALE	Pendle	5.68	+2.3	5								
6	568	Dee BAKRE	Enfield & Haringey	5.68	+5.0	6								
7	567	Rhiannon YATES	Newport	5.39	+3.3	7								
8						8								

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009							
EVENT		Women's Discus		TIME		14:30		RECORD		61.92m		P10 = 47.00m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position				
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	SB	PB
1	578	Jade MOORE	Birchfield H	38.64	41.16	NT	41.16	7	40.21	NT	NT	41.16	8			101	
2	579	Tesni WARD	City of Sheffield	39.62	41.04	40.84	41.04	8	39.59	41.50	NT	41.50	7			103	
3	580	Lucy UNDERDOWN	Medway & Maidstone	42.53	42.81	43.72	43.72	6	41.70	41.54	40.86	43.72	6			117	
4	581	Navdeep DHALIWAL	Birchfield H	40.98	44.53	46.39	46.39	4	NT	46.27	45.35	46.39	4			133	
5	582	Kirsty LAW	Shaftesbury Barnet	45.15	NT	43.34	45.15	5	44.35	43.16	45.46	45.46	5			127	
6	583	Jade NICHOLLS	Shaftesbury Barnet	50.19	50.41	50.28	50.41	3	NT	48.78	NT	50.41	3			158	
7	584	Phillippa ROLES	Swansea	54.91	NT	53.63	54.91	2	55.61	57.32	56.01	57.32	1			202	
8	585	Eden FRANCIS	Birchfield H	NT	NT	55.50	55.50	1	NT	NT	NT	55.50	2			190	
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"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	584	Phillippa ROLES	Swansea	57.32	1						
2	585	Eden FRANCIS	Birchfield H	55.50	2						
3	583	Jade NICHOLLS	Shaftesbury Barnet	50.41	3						
4	581	Navdeep DHALIWAL	Birchfield H	46.39	4						
5	582	Kirsty LAW	Shaftesbury Barnet	45.46	5						
6	580	Lucy UNDERDOWN	Medway & Maidstone	43.72	6					REFEREE'S SIGNATURE	
7	579	Tesni WARD	City of Sheffield	41.50	7						
8	578	Jade MOORE	Birchfield H	41.16	8						

# UK ATHLETICS: HEIGHT CARD

MEETING		UKA Challenge Final				VENUE		Cardiff Athletics Stadium								DATE		Saturday, August 15, 2009						
EVENT		Men's Pole Vault				TIME		14:40		Record			5.61m		P10 = 5.20m									
Order	No	NAME	CLUB	4.16	4.31	4.46	4.61	4.76	4.91	5.06	5.16	5.21	5.26			Best of All	Trials at HT Cleared	Total	Failures Total	Trials	Final Position	SB	PB	UKC
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								
1	586	Matt CULLEN	Sale Harriers Manchester		o	xxo	xxx									4.46					3			96
2	587	Cameron WALKER-SHEPHERD	Bristol	xxx												NHC								
3	588	Ned QUINEY	Croydon		o	xxx										4.31					4			81
4	589	Rhys SEARLES	Dearneside High		o	xxx										4.31					4			81
5	590	Richard HURREN	Newham & Essex Beagles					xxx								NHC								
6	591	Christian NORTH	Woodford Green with Essex					xo	xxo	xxx						4.91					2			141
7	592	Paul WALKER	Sale Harriers Manchester						o	o	o	xxx				5.16					1			166
8	593	Alasdair STRANGE	Woodford Green with Essex				o	o	xo	xo	xxx					5.06								156
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RESULT					RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT			
1	592	Paul WALKER	Sale Harriers Manchester	5.16	Guest	593	Alasdair STRANGE	Woodford Green	5.06			
2	591	Christian NORTH	Woodford Green with Essex	4.91								
3	586	Matt CULLEN	Sale Harriers Manchester	4.46								
4=	588	Ned QUINEY	Croydon	4.31								
4=	589	Rhys SEARLES	Dearneside High	4.31								
										REFEREE'S SIGNATURE		

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009							
EVENT		Women's Javelin		TIME		15:30		RECORD		65.05m		P10 = 49.00m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position				
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	Metres	SB	PB
1	618	Emma SMITH	Woodford Green with Essex	37.84	42.60	40.94	42.60	7	40.82	39.90	40.59	42.60	7			116	
2	619	Christine LAWRENCE	Blackheath & Bromley	40.70	42.41	NT	42.41	8	39.85	40.03	NT	42.41	8			115	
3	620	Louise WATTON	Shaftesbury Barnet	45.56	44.74	46.22	46.22	4	NT	44.89	46.17	46.22	4			138	
4	621	Eloise MANGER	Chorley AC	43.16	43.86	41.69	43.86	6	41.63	38.23	42.13	43.86	6			124	
5	622	Hayley THOMAS	Thurrock	44.13	45.28	NT	45.28	5	NT	NT	NT	45.28	5			133	
6	623	Rosie SEMENYTSH	Windsor, Slough, Eton & Ho	49.14	NT	48.01	49.14	3	47.95	47.23	46.40	49.14	3	SB	PB	157	
7	624	Katy WATTS	City of Portsmouth	48.82	50.85	47.16	50.85	1	45.77	NT	44.10	50.85	1			167	
8	625	Laura WHITTINGHAM	Sale Harriers Manchester	48.82	50.70	48.10	50.70	2	NT	47.73	46.48	50.70	2			166	
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RESULT					RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	624	Katy WATTS	City of Portsmouth	50.85	1						
2	625	Laura WHITTINGHAM	Sale Harriers Manchester	50.70	2						
3	623	Rosie SEMENYTSH	Windsor, Slough, Eton & Ho	49.14	3						
4	620	Louise WATTON	Shaftesbury Barnet	46.22	4						
5	622	Hayley THOMAS	Thurrock	45.28	5						
6	621	Eloise MANGER	Chorley AC	43.86	6					REFEREE'S SIGNATURE	
7	618	Emma SMITH	Woodford Green with Essex	42.60	7						
8	619	Christine LAWRENCE	Blackheath & Bromley	42.41	8						

# UK ATHLETICS: HEIGHT CARD

MEETING		UKA Challenge Final				VENUE		Cardiff Athletics Stadium						DATE		Saturday, August 15, 2009								
EVENT		Women's High Jump				TIME		15:40		Record			1.91m		P10 = 1.82m									
Order	No	NAME	CLUB	1.51	1.56	1.61	1.66	1.71	1.76	1.80	1.84	1.87	1.90			Best of All	Trials at HT Cleared Total	Failures Total	Trials Total	Final Position	SB	PB	UKC	
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres									
1	634	Sophie HINE	Rugby & Northampton																					
2	635	Bethan PARTRIDGE	Telford AC				o	o	o	xxx						1.76	1			3			150	
3	636	Ayamba AKIM	Woodford Green with Essex		o	o	o	o	xxx							1.71	1			5			125	
4	637	Jayne NISBET	Edinburgh					o	xo	xxo	xxx					1.80				2	=SB		170	
5	638	Kay HUMBERSTONE	Trafford					o	xxx							1.71	1			5			125	
6	639	Vikki HUBBARD	Grantham						o	o	o	xxx				1.84				1			190	
7	640	Jessica LEACH	Birchfield H					o	xo	xxx						1.76	2			4			150	
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RESULT					RESULT					JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT			
1	639	Vikki HUBBARD	Grantham	1.84								
2	637	Jayne NISBET	Edinburgh	1.80								
3	635	Bethan PARTRIDGE	Telford AC	1.76								
4	640	Jessica LEACH	Birchfield H	1.76								
5=	636	Ayamba AKIM	Woodford Green with Essex	1.71								
5=	638	Kay HUMBERSTONE	Trafford	1.71						REFEREE'S SIGNATURE		

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009														
EVENT		Men's Triple Jump		TIME		15:45		RECORD		17.58m		P10 = 15.75m												
Order	No	NAME	CLUB	1st Trial		2nd Trial		3rd Trial		Best of 3		Position after 3 Trials	4th Trial		5th Trial		6th Trial		Best of All		Final Position			
				Metres		Metres		Metres		Metres			Metres		Metres		Metres		Metres			Metres		SB
1	641	Michael PUPLAMPU	Windsor, Slough, Eton & Ho	NJ	+1.4	14.86	+0.7	14.73	+1.9	14.86		3	NJ	+0.6	NJ	-0.2	15.02	+1.8	15.02		4	SB	PB	162
2	642	Matt BARTON	Leeds City	14.10	+0.5	NJ	+3.2	14.46	+1.4	14.46		7	14.67	+1.8	14.92	+3.4	14.77	-0.4	14.92		5			158
3	643	Nathan FOX	Shaftesbury Barnet	NJ	+3.9	15.04	+1.4	14.88	+1.3	15.04		2	14.93	+1.8	15.39	+1.6	15.02	+1.6	15.39		3	SB	PB	177
4	644	Mike MCKERNAN	Birchfield H	NJ	+0.7	NJ	-1.0	14.09	+1.4	14.09		8	NJ	+2.3					14.09		8			125
5	645	Daniel LEWIS	Shaftesbury Barnet	NJ.	+2.4			14.55	-0.4	14.55		6	14.86	+0.9	15.17	+1.1	15.63	+2.9	15.63		2	SB	PB	187
6	646	Darren MARCH	Medway & Maidstone	14.16	+1.5	14.74	+2.5	14.46	+0.5	14.74		5	14.60	+0.7	14.73	+1.5	NJ	+3.2	14.74		7			151
7	647	John CARR	Shaftesbury Barnet	NJ	+2.6	15.57	-0.8	15.64	+3.7	15.64		1	15.03	+1.3	15.10	+2.2	15.19	+2.3	15.64		1			187
8	648	Julian GOLLEY	Windsor, Slough, Eton & Ho	14.78	+3.0	NJ	+1.1	NJ	+1.0	14.78		4	NJ	+1.6	NJ	+3.3	NJ	+1.1	14.78		6			153
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RESULT					RESULT					JUDGES' SIGNATURES				
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE					
1	647	John CARR	Shaftesbury Barnet	15.64 +3.7	1									
2	645	Daniel LEWIS	Shaftesbury Barnet	15.63 +2.9	2									
3	643	Nathan FOX	Shaftesbury Barnet	15.39 +1.6	3									
4	641	Michael PUPLAMPU	Windsor, Slough, Eton & Ho	15.02 +1.8	4									
5	642	Matt BARTON	Leeds City	14.92 +3.4	5									
6	648	Julian GOLLEY	Windsor, Slough, Eton & Ho	14.78 +3.0	6					REFEREE'S SIGNATURE				
7	646	Darren MARCH	Medway & Maidstone	14.74 +2.5	7									
8	644	Mike MCKERNAN	Birchfield H	14.09 +1.4	8									

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009						
EVENT		Men's Shot		TIME		15:55	RECORD		20.26m		P10 = 17.30m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	SB	PB
1	741	Devon DOUGLAS	Woodford Green with Essex													
2	686	Daniel BRUNT	City of Sheffield	13.94	14.23	NT	14.23	6	NT	NT	14.58	14.58	7			89
3	687	Brett MORSE	Birchfield H	13.67	14.15	14.12	14.15	7	14.66	NT	NT	14.66	6			91
4	688	Ryan SPENCER-JONES	Birchfield H	14.89	NT	15.83	15.83	4	NT	NT	NT	15.83	5			120
5	689	Sam WESTLAKE-CANN	Shaftesbury Barnet	14.65	15.69	16.11	16.11	3	15.37	15.98	NT	16.11	3			127
6	690	Jamie WILLIAMSON	City of Sheffield	15.01	NT	15.73	15.73	5	15.87	NT	15.22	15.87	4			121
7	691	Emeka UDECHUKU	Woodford Green with Essex	16.59	16.59	NT	16.59	2	17.30	NT	17.82	17.82	2	SB		170
8	692	Kieren KELLY	Newham & Essex Beagles	16.61	17.16	17.60	17.60	1	17.86	17.87	15.94	17.87	1			171
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RESULT					RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	692	Kieren KELLY	Newham & Essex Beagles	17.87	1						
2	691	Emeka UDECHUKU	Woodford Green with Essex	17.82	2						
3	689	Sam WESTLAKE-CANN	Shaftesbury Barnet	16.11	3						
4	690	Jamie WILLIAMSON	City of Sheffield	15.87	4						
5	688	Ryan SPENCER-JONES	Birchfield H	15.83	5						
6	687	Brett MORSE	Birchfield H	14.66	6					REFEREE'S SIGNATURE	
7	686	Daniel BRUNT	City of Sheffield	14.58	7						
8					8						

# UK ATHLETICS: DISTANCE CARD

MEETING		UKA Challenge Final		VENUE		Cardiff Athletics Stadium		DATE		Saturday, August 15, 2009							
EVENT		Men's Javelin		TIME		16:30		RECORD		80.56m		P10 = 72.00m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position				
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	SB	PB	UKC
1	716	Brett BYRD	City of Stoke	NT	61.26	63.47	63.47	5	62.14	64.36	65.66	65.66	6	SB	PB	135	
2	717	Stephen PORTER	Preston H	58.20	57.28	56.68	58.20	9	55.72	58.95	59.98	59.98	9			99	
3	718	Ben FISHER	Liverpool H	60.09	57.29	56.02	60.09	8	56.33	59.52	59.81	60.09	8			100	
4	719	Bonne BUWEMBO	Enfield & Haringey	63.45	66.20	63.67	66.20	3	NT	NT	61.21	66.20	4			138	
5	720	Ian BURNS	Gateshead	64.51	59.23	58.00	64.51	4	58.56	RETIRED		64.51	7			128	
6	721	Lee DORAN	City of Sheffield	62.92	NT	NT	62.92	6	62.26	62.15	66.99	66.99	3			143	
7	722	Matthew HUNT	Kingston upon Hull	59.27	62.12	NT	62.12	7	65.85	NT	64.12	65.85	5			136	
8	723	Chris HUGHFF	Newham & Essex Beagles	68.17	70.19	NT	70.19	1	68.08	NT	NT	70.19	2			163	
9	724	James CAMPBELL	Cheltenham	NT	69.33	67.08	69.33	2	66.22	NT	71.03	71.03	1			168	
10																	
11																	
12																	
13																	
14																	
15																	
16																	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	724	James CAMPBELL	Cheltenham	71.03	1						
2	723	Chris HUGHFF	Newham & Essex Beagles	70.19	2						
3	721	Lee DORAN	City of Sheffield	66.99	3						
4	719	Bonne BUWEMBO	Enfield & Haringey	66.20	4						
5	722	Matthew HUNT	Kingston upon Hull	65.85	5						
6	716	Brett BYRD	City of Stoke	65.66	6					REFEREE'S SIGNATURE	
7	720	Ian BURNS	Gateshead	64.51	7						
8	718	Ben FISHER	Liverpool H	60.09	8						