

BAL Mens Cup Round:Semi A RESULTS
Eton, TVAC, Sat 19 July 2008

100m	Wind +5.9 m/s	200m	Wind +2.2 m/s
1 Jonathon Barbour	B&B 10.62	1 Ben Ellis	WNC 20.93
2 Andrew Matthews	WSE 10.69	2 Daniel Haque	B&B 21.46
3 Dean Showler-Davis	WNC 10.88	3 Steve Johnson	WSE 21.53
4 Justin Green	K&P 10.88	4 Chris Hall	K&P 22.21
5 Dima Korama	NWB 11.27	5 Jack Biss	NWB 23.44
6 James Folkes	ADV 11.41	6 Adam Harwood	ADV 23.48
7 Jon Wallace	BSK 11.84	7 Robert Kite	BSK 23.76

400m		1500m	
1 Louis Sellars	WNC 48.35	1 Scott Overall	B&B 3.57.57
2 Ritchie Morgan	WSE 49.00	2 Chris Powner	WNC 4.02.22
3 Ed Harrison	B&B 49.99	3 Ian May	WSE 4.05.26
4 Adams Bellis	K&P 50.53	4 M Bridger-Wilkinson	NWB 4.13.25
5 Jon Hiorns	BSK 51.34	5 Liam McGarrigle	BSK 4.13.89
6 David Elderfield M50	NWB 51.94	6 Kieran Hooley	ADV 4.17.38
7 Dave Awde	ADV 52.14	7 Aljosa Isamdrish	K&P 4.36.24

110mH	Wind NWI m/s	3000m SC	
1 Alex Al-Ameen	B&B 14.5	1 Tom Payne	WNC 9.00.03
2 Ben Hazell	BSK 14.8	2 David Fry	BSK 9.42.54
3 Callum McKay	WSE 15.1	3 Al Bruce-Littlewood	B&B 9.45.99
4 Matt Field	K&P 15.2	4 Gary Taylor	WSE 10.11.57
5 Jack Biss	NWB 15.8	5 Wayne Lillis	NWB 10.37.61
		6 Kieran Hooley	ADV 10.52.64
		7 Bob McDonough	K&P 14.13.18

Hammer Throw		Javelin Throw	
1 Steve Sammut	BSK 56.74	1 Ben Hazell	BSK 50.57
2 Gareth Cook	K&P 53.37	2 Grant Fuller	WSE 48.94
3 Alan James	WSE 39.63	3 Stuart Fouriey	NWB 48.51
4 Stuart Fouriey	NWB 38.78	4 Chris Dack	K&P 47.16
5 Andy Gannaway M45	WNC 19.41	5 Jack Bolton	WNC 45.33
6 Matthew Woodhouse	ADV 17.94	6 Matthew Woodhouse	ADV 29.28
7 David Huggins	B&B 15.76	7 David Huggins	B&B 20.14

Long Jump		Pole Vault	
1 Julian Golley	WSE 6.98NWI	1 Scott Huggins	B&B 4.90
2 Jame Heptonstall	K&P 6.74NWI	2 Egryn Jones	WSE 4.40
3 Robert Kite	BSK 6.52NWI	3 Sam Sleep	BSK 3.60
4 Matthew Plumb	NWB 6.05NWI	4 Jack Bolton	WNC 2.60
5 Sam Frogett	ADV 5.77NWI	5 Daniel Tuttle	NWB 2.40
6 Jonathon Barbour	B&B 4.75NWI	6 Matt Field	K&P 2.00

Medley (2244)

1 WSE 2.24.49	1		2
	3		4
2 WNC 2.24.59	1	Dean Showler-Davis	2 Gareth Petty
	3	Louis Sellars	4 Ben Ellis
3 B&B 2.25.19	1	Alex Al-Ameen	2 Daniel Haque
	3	Neil Franciss	4 Ed Harrison
4 K&P 2.28.04	1		2
	3		4
5 BSK 2.36.02	1	Sam Sleep	2 Jon Wallace
	3	Jon Hiorns	4 Liam McGarrigle
6 ADV 2.36.36	1	James Folkes	2
	3		4
7 NWB 2.48.87	1	David Elderfield M50	2 Dima Korama
	3	M Bridger-Wilkinson	4 Daniel Tuttle

Points

1 Windsor, Slough, Eton, H'low	81
2 Blackheath & Bromley H&AC	73
3 Winchester & D AC	65
4 Basingstoke & Mid-Hants	64
5 Kingston & Polytechnic	53
6 Newbury AC	46
7 Andover & District	27
8 Stratford On Avon	0

BAL Mens Cup Round: Semi A GUEST EVENTS
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200m NS	Wind +2.4 m/s	1500M ns	
1 An Other1	XYZ 21.61	1 Chris Adams	AFD 4.21.45
2 An Other2	XYZ 22.88		

100m	Wind +1.4 m/s	200m	Wind +2.5 m/s
1 Chinedu Monye	WSE 12.02	1 Helen Pryer	WSE 23.29
2 Clare Cooper	B&B 12.43	2 Mary Iheke	K&P 25.24
3 Joanna Pett	BSK 12.62	3 Helen Butt	NWB 25.82
4 Emma Trincas	NWB 13.41	4 Sam Singer	B&B 25.85
		5 Lizzie Cave	AFD 26.14
		6 R Curtis-Harris	BSK DISQ

400m		1500m	
1 Dawn Wilson	WSE 53.86	1 Vicky Fouhy	WSE 4.34.32
2 Rebecca Syrocki	B&B 56.46	2 Louise Small	AFD 4.36.23
3 Amy Jobe	BSK 59.66	3 Bryony Proctor	B&B 4.40.97
4 Louise Douglas	AFD 60.70	4 Sophie Crumly	NWB 4.54.72
5 Sally Peason	NWB 72.92	5 Rebecca Skelton	BSK 5.11.30

3000m		100mH	Wind +2.4 m/s
1 Carolyn Dickie	WSE 10.32.60	1 Rose Reynolds	WSE 14.55
2 Jennie Butler	B&B 10.47.02	2 Sarah McLellan	B&B 16.84
3 Jessica Franklin	NWB 11.33.65	3 Alexis Curtis-Harris	BSK 16.92
4 Linda Plant	BSK 11.58.65	4 Jemma Franklin	NWB 16.99

Hammer Throw		Javelin Throw	
1 Bola Ogun	WSE 51.06	1 Rosie Semenytysh	WSE 43.53
2 Camilla Thrush W45	K&P 39.03	2 Emma Broadey	AFD 27.78
3 Luci Robinchauo	B&B 35.43	3 Sarah McLellan	B&B 20.74
4 Rebecca Skelton	BSK 17.57	4 Roz Pearson	NWB 10.33
5 Emma Carter	NWB 14.81		

Long Jump		Pole Vault	
1 Lorraine Ugen	B&B 5.66NWI	1 Christina Moore	B&B 3.20
2 Amy Quelch	WSE 5.27NWI	2 Maxine Clarke	WSE 2.80
3 Sarah Abrams	AFD 5.14NWI	3 Laura Wright	BSK 1.80
4 R Curtis-Harris	BSK 4.98NWI	4 Sara Rudd	NWB 1.60
5 Sara Rudd	NWB 3.99NWI		

Medley (2244)

1 WSE 2.44.14	1 Helen Pryer	2 Chinedu Monye
	3 Lauren Betts-Bucke	4 Dawn Wilson
2 B&B 2.45.65	1 Clare Cooper	2 Sam Singer
	3 Lorraine Ugen	4 Rebecca Syrocki
3 AFD 2.56.66	1 Louise Douglas	2 Sarah Abrams
	3 Louise Small	4 Lizzie Cave
4 BSK 2.57.06	1 Joanna Pett	2 Alexis Curtis-Harris
	3 Laura Wright	4 Amy Jobe
5 NWB 3.12.13	1 Helen Butt	2 Emma Trincas
	3 Sally Peason	4 Jessica Franklin

Points

1 Windsor, Slough, Eton, H'low	106
2 Blackheath & Bromley H&AC	83
3 Newbury AC	53
4 Basingstoke & Mid-Hants	48
5 Aldershot, Farnham & D.	37
6 Kingston & Polytechnic	16
7 Sutton & District AC	0
8 Epsom & Ewell Harriers	0

BAL Womens Cup Round:Semi A GUEST EVENTS
Eton, TVAC, Sat 19 July 2008

200m NS1	Wind +3.8 m/s
1 L Becks-Bucke	WSE 26.72
2 M Warren	WSE 28.33