

**Seax Trophy – Wednesday 9<sup>th</sup> July, 2008**  
**Cophall Stadium, Barnet**

Pos.	Competitor	Organisation	Result	Points
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**Women**

100m (w/s -1.1)

1	Tunrayo Nubi	Middx	12.6	7
2	Sharon Trusch	C.S.	13.4	5
3	Vicky Oloaye	Middx	13.6	4
4	Maureen Noel	C.S.	16.5	3

200m (w/s -1.0)

1	Laura McGawn	RAF	26.0	7
2	Gladis Bitulu	Middx	26.8	5
3	Caroline Livingstone	RAF	27.2	4
4	Sharon Trusch	C.S.	27.2	3
5	Emma Davies	Middx	27.6	2
6	Maureen Noel	C.S.	34.6	1

400m

1	Sharon Trusch	C.S.	59.1	7
2	Caroline Livingstone	RAF	60.1	5
3	Emma Davies	Middx	62.2	4
4	Cheryl Sacks	C.S.	82.8	3

800m

1	Martha Reynolds	Middx	2-20.4	7
2	Chantelle Bazzoni	Middx	2-26.9	5
3	Heather Beattie	RAF	2-47.7	4
4	Liz Stavreski	C.S.	2-59.0	3
5	Maureen Noel	C.S.	3-17.0	2

1500m

1	Karrie Blake	C.S.	4-38.6	7
2	Diana Kennedy	C.S.	4-52.9	5
3	Ashlee McGuigan	Middx	5-10.3	4

3000m

1	Liz Such	C.S.	9-30.3	7
2	Helena Smith	RAF	11-26.6	5
3	Liz Stavreski	C.S.	11-29.5	4
4	Patricia Thomas	Middx	11-48.1	3
5	Jo Roe	RAF	11-58.4	2
6	Gill Morgan	Middx	12-22.9	1

100mH

1	<i>No Competitors</i>			
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400mH

1	Caroline Heaney	Middx	66.6	7
2	Diana Kennedy	C.S.	79.3	5
3	Heather Beattie	RAF	96.3	4

High Jump

1	Rianne Charles	Middx	1.40m	7
2	Natasha Brunning	C.S.	1.30m	5

Pole Vault

1	Kiran Horwich	Middx	2.10m	7
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### Long Jump

1	Laura McGann	RAF	5.11m	7
2	Marina Donaghy	Middx	4.61m	5
3	Natasha Brunning	C.S.	4.60m	4

### Triple Jump

1	Natasha Brunning	C.S.	10.06m	7
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### Shot Putt

1	Laura McGann	RAF	9.43m	7
2	Esther Sandeford	RAF	7.86m	5
3	Karen Addis	C.S.	5.69m	4

### Discus

1	Laura Wood	C.S.	33.72m	7
2	Esther Sandeford	RAF	33.22m	5
3	Karen Addis	C.S.	16.15m	4

### Javelin

1	Karen Addis	C.S.	27.46m	7
2	Laura Wood	C.S.	21.30m	5
3	Victoria Oloaye	Middx	20.52m	4
4	Rianne Charles	Middx	17.60m	3
5	Esther Sandeford	RAF	14.60m	2

### 4 x 100m

1	Civil Service	Kennedy, Noel, Sacks, Trusch	66.9	8
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### 4 x 400m

1	Civil Service	Trusch 62.9; Such 72.0; Kennedy 68.5; Blake 58.1	4:21.5	8
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### Match Result

Position	Organisation	Total
1	Civil Service	114
2	Middlesex	75
3	RAF	57

### Points B/F from Cross-Country

1. Civil Service            38pts
2. RAF                        21pts
3. Middlesex                19pts

### Trophy Result:-

1. Civil Service            152pts
2. Middlesex                94pts
3. RAF                        78pts

**Seax Trophy – Wednesday 9<sup>th</sup> July, 2008**  
**Copthall Stadium, Barnet**

**Seax Trophy Points Scores – Wednesday 9th July, 2008**

	Event	RAF (1 & 2)	Civil Service (3 & 4)	Middlesex (5 & 6)	Wasted	Total	Cumulative
1	High Jump		5	7	10		22
	400 H	4	5	7	6		
2	Total	4	10	14	16		44
	P.V.			7	15		
3	Total	4	10	21	31		66
	100		8	11	3		
4	Total	4	18	32	34		88
	400	5	10	4	3		
5	Total	9	28	36	37		110
	LJ	7	4	5	6		
6	Total	16	32	41	43		132
	Discus	5	11		6		
7	Total	21	43	41	49		154
	800	4	5	12	1		
8	Total	25	48	53	50		176
	100H				22		
9	Total	25	48	53	72		198
	1500		12	4	6		
10	Total	25	60	57	78		220
	Javelin	2	12	7	1		
11	Total	27	72	64	79		242
	200	11	4	7			
12	Total	38	76	71	79		264
	TJ		7		15		
13	Total	38	83	71	94		286
	3000	7	11	4			
14	Total	45	94	75	94		308
	Shot	12	4		6		
15	Total	57	98	75	100		330
	4 x 100 Relay		7		9		
16	Total	57	105	75	109		346
	4 x 400 Relay	5	7		4		
17	Total	62	112	75	113		362
	Position						

**Seax Trophy – Wednesday 9<sup>th</sup> July, 2008**  
**Cophall Stadium, Barnet**

Pos.	Competitor	Club	Result	Points
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**Men**

**100m (-2.4)**

1	Jason Commissiong	Middx	11.2	7
2	Moses Arthur	Middx	11.4	5
3	Alex Williams	RAF	11.4	4
4	Phil Ellershaw	C.S.	11.5	3
5	Will McGee	C.S.	11.8	2

**200m (-1.7)**

1	Stu Benson	RAF	22.0	7
2	Moses Arthur	Middx	22.4	5
3	Mike Goulding	C.S.	23.0	4
4	Rob Barmer-Davies	RAF	23.3	3
5	Phil Ellershaw	C.S.	23.6	2

**400m**

1	Sonny Flynn	Middx	49.8	7
2	Lloyd King	Middx	50.3	5
3	Dean Clark	C.S.	52.4	4
4	Sean Price	C.S.	53.7	3

**800m**

1	Ian May	Middx	1-56.9	7
2	Steve Hallas	C.S.	2-02.0	5
3	Chris Tildesley	RAF	2-07.0	4
4	Tom Arnold	RAF	2-08.6	3
5	Andy Burles	C.S.	2-21.9	2

**1500m**

1	Martin Bateman	Middx	4-13.2	7
2	Kieran White	RAF	4-15.7	5
3	Steven Robinson	RAF	4-20.5	4
4	Sean Price	C.S.	4-58.1	3

**3000m**

1	James Trapmore	Middx	8-47.8	7
2	Matt Blunden	RAF	8-56.7	5
3	Damien Nevins	Middx	9-08.2	4
4	Malc Eadie	C.S.	9-19.7	3
5	Alun Turnbull	RAF	9-20.0	2
6	Steve Hallas	C.S.	9-20.3	1

**2000mSC**

1	Peter Norris	Middxx	6-13.3	7
2	Steve Norris	C.S.	6-24.7	5
3	Lee Athersmith	RAF	6-33.4	4
4	Mike Boucher	Middx	7-11.3	3
5	Ian Statter	C.S.	8-35.0	2

**110mH**

1	Zac McKella	Middx	16.4	7
2	Ian Statter	C.S.	24.4	5
3	Terry Hall	C.S.	28.7	4

**400mH**

1	Robert Barker-Davies	RAF	59.8	7
2	Terry Hall	C.S.	79.7	5

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**3000mW**

1	John Hall	C.S	15-32.8	7
2	Steve Uttley	C.S.	15-46.5	5
3	Andy Cox	Middx	16-02.6	4
4	Mark Cawshaw	Middx	18-28.9	3

**High Jump**

1	Phil Ellershaw	C.S.	1.65m	7
2	Tom Varty	RAF	1.52m	5

**Pole Vault**

1	Bob Kingman	RAF	4.00m	7
2	Stephen McLennan	Middx	2.20m	5
3	Ty Lewis	C.S.	2.10m	4

**Long Jump**

1	Nav Charles	RAF	6.74m	7
2	Kev Hibbens	RAF	6.54m	5
3	Terry Hall	C.S.	4.15m	4
4	Ian Statter	C.S.	3.73m	3

**Triple Jump (WIND)**

1	Mav Charles	RAF	14.32m	7
2	Steven Mills	RAF	11.53m	5
3	David Long	C.S.	10.82m	4
4	Terry Hall	C.S.	9.11m	3

**Shot Putt**

1	Alan Williams	RAF	10.72m	7
2	David Long	C.S.	8.36m	5
3	Michael Peacock	Middx	8.22m	4
4	Jim Slater	RAF	8.16m	3
5	Barrington King	C.S.	6.57m	2

**Discus**

1	Neville Thompson	Middx	47.29m	7
2	Jim Slater	RAF	34.48m	5
3	Terry Hall	C.S.	19.91m	4
4	Ian Statter	C.S.	15.07m	3

**Javelin**

1	Tony Higby	RAF	40.33m	7
2	David Long	C.S.	39.50m	5
3	Michael Peacock	Middx	36.93m	4
4	Terry Hall	C.S.	26.89m	3

**4 x 100m**

1	RAF		43.5	7
2	Civil Service		45.4	5

**4 x 400m**

1	Civil Service		3-35.6	7
2	RAF		3-43.2	5

**Match Result**

Position	Organisation	Total
1	Civil Service	124
2	RAF	118
3	Middlesex	98

**Seax Trophy – Wednesday 9<sup>th</sup> July, 2008**  
**Cophthall Stadium, Barnet**

Points B/F from Cross-Country

1. Civil Service	79
2. RAF	64
3. Middlesex	28

Trophy Result

1. Civil Service	203
2. RAF	182
3. Middlesex	126

**Sefton Brancker Trophy Points Scores – Wednesday 9<sup>th</sup> July, 2008**

	Event	RAF (1 & 2)	Civil Service (3 & 4)	Middlesex (5 & 6)	Wasted	Total	Cumulative
1	400H	7	5		10		22
	3000 Walk		12	7	3		
2	Total	7	17	7	13		44
	P.V	7	4	5	6		
3	Total	14	21	12	19		66
	100	4	5	12	1		
4	Total	18	26	24	20		88
	LJ	12	7		3		
5	Total	30	33	24	23		110
	Discus	5	7	7	3		
6	Total	35	40	31	26		132
	400		7	12	3		
7	Total	35	47	43	29		154
	800	7	7	7	1		
8	Total	42	54	50	30		176
	110H		9	7	6		
9	Total	42	63	57	36		198
	HJ	5	7		10		
10	Total	47	70	57	46		220
	1500	9	3	7	3		
11	Total	56	73	64	49		242
	Javelin	7	8	4	3		
12	Total	63	81	68	52		264
	200	10	6	5	1		
13	Total	73	87	73	53		286
	TJ	12	7		3		
14	Total	85	94	73	56		308
	3000	7	4	11			
15	Total	92	98	84	56		330
	2000 S/C	4	7	10	1		
16	Total	96	105	94	57		352
	Shot	10	7	4	1		
17	Total	106	112	98	58		374
	4 x 100 Relay	7	5		4		
18	Total	113	117	98	62		390
	4 x 400 Relay	5	7		4		
19	Total	118	124	98	66		406
	Position						