

2008 RCSL Reg Athletics Sports day Top 3 Places

14th May (Costello Stadium – Hull)

	Men		Women	
100m	1) D.Long (Sheff)	12.10 secs	1) T.Hadfield (Hull)	15.60 secs
	2) D.Cobb (AOS)	12.60	2) H.Roche (AOS)	17.30
	3) A.Grimmer (Hull)	12.70	3) H.Brown (Hull)	17.30
100m Vets	1) B.Middlebrook (Hull)	14.10 secs	1) T.Hadfield (Hull)	18.00 secs
	2) A.Smith (AOS)	15.10	2) D.Kay (Hull)	21.90
	3) I.Lewyk (AOS)	15.90		
200m	1) D.Long (Sheff)	25.40 secs	1) S.Clarke (PBH)	34.80 secs
	2) S.Kilroy (PBH)	27.30	2) H.Roche (AOS)	35.50
	3) D.Cobb (AOS)	36.10	3) S.Naaz (AOS)	47.40
400m	1) S.Kilroy (PBH)	1m 00.5.40 secs	1) H.Roche (AOS)	1m 24.40 secs
	2) R.Crawshaw (AOS)	1m 01.60	2) B.Hookins (Sheff)	1m 32.50
	3) D.Long (Sheff)	1m 04.30	3) S.Naaz (AOS)	1m 54.60
800m	1) R.Crawshaw (AOS)	2m 29.50 secs	1) H.Roche (AOS)	2m 26.00 secs
	2) M.Ejysmontt (AOS)	2m 38.90	2) S.Chisti (Bfd)	2m 39.50
	3) P.Walker (AOS)	2m 42.80	3) S.Naaz (AOS)	4m 09.50
1500m	1) M.Ejysmontt (AOS)	6m 09.90secs		
	2) A.Gladwell (PBH)	6m 11.60		
	3)			
1500m Walk	1) R.Kellett (Bfd)	8m 52.90 secs	1) B.Hookins (Sheff)	10m 37.3 secs
	2) A.McLellan (Sheff)	9m 27.2.0	2) H.Roche (AOS)	14m 28.20
	3) J.Sutton (AOS)	10m 53.9	3) A.Rhodes (AOS)	14m 31.5
5000m/	1) M.Baggott (Hull)	17m 15.40 secs	1) S.Chisti (Bfd)	16m 29.1 secs
3000m	2) R.Kellett (Bfd)	18m.48.80	2) K.Chapman (PBH)	19m 51.80
	3) P.Egan (Hull)	21m 47.60	3)	

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High Jump	1) D.Long (Sheff)	1.50m	1) B.Hookins (Sheff)	1.08m
	2) L.Baron (AOS)	1.45	2) H.Roche (AOS)	1.05
	3) D.Cobb (AOS)	1.45	3) S.Naaz (AOS)	1.05
Long Jump	1) D.Long (Sheff)	5.43m	1) S.Clarke ((PBH)	3.89m
	2) L.Baron (AOS)	4.88	2) T.Hadfield (Hull)	3.21
	3) M.Wignall (AOS)	4.84	3) B.Hookins (Sheff)	3.17
Javelin	1) D.Long (Sheff)	42.99m	1) S.Clarke ((PBH)	24.19m
	2) L.Baron (AOS)	31.02	2) B.Hookins (Sheff)	16.92
	3) M.Kite (AOS)	24.66	3) S.Naaz (AOS)	11.90
Discus	1) D.Long (Sheff)	23.59m	1) S.Naaz (AOS)	16.88m
	2) T.Bowness (AOS)	21.11	2) S.Clarke (PBH)	16.52
	3) M.Wignall (AOS)	20.95	3) H.Roche (AOS)	14.93
Shot	1) T.Bowness (AOS)	9.33m	1) S.Clarke ((PBH)	6.97m
	2) D.Long (Sheff)	8.83	2) S.Naaz (AOS)	5.84
	3) J.Sutton (AOS)	8.80	3) A.Rhodes (AOS)	5.80
Relay (4x100)	1) PBH	52.20 secs	1) Hull	1m 12.0 secs
	2) AOS	52.9	2) AOS	1m 14.3
	3) Hull	54.3		
Mixed relay	1) Hull	59.60 secs		
	2) AOS	63.9		
	3) Hull	67.0		

Victor / Victorix Ludorum

1) D.Long (Sheff)	45pts	1) H.Roche (AOS)	46pts
2) L.Baron (AOS)	20	2) B.Hookins (Sheff)	38
3) D.Cobb	19	3) S.Naaz (AOS)	38

Ernie Miller Trophy (Best New Performer)

Winner **Saiqua Naaz**

Team Winners

1) Accounts Office Shipley (AOS)	220pts
2) Hull (Hull)	84
3) Sheffield (Sheff)	74