

Sir Sefton Brancker Trophy – Men – Wednesday 15th July, 2009
At Cophall Stadium, Barnet

Pos	Name	Team	Perf.	Points
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100m Men (w/s = -0.7)

1	Hakeem Ogunyemi	Middx	10.9	7
2	Dwain Bromfield	Middx	11.0	5
3	Tony Higbee	RAF	11.3	4
4	Abel Wahab-Buhari	N/S	11.4	
5	Nav Childs	RAF	11.7	3
6	Phil Ellershaw	CS	11.8	2
7	Terry Hall	CS	14.8	1

200m Men (w/s = -1.6)

1	Abel Wahab -Buhari	Middx	23.2	7
2	Darren Robinson	RAF	23.4	5
3	Richard Aspden	CS	23.8	4
4	Phil Ellershaw	CS	23.8	3
5	Nav Childs	RAF	23.9	2
6	Ron Smith	Middx	24.6	1

400m Men

1	Richard Aspden	CS	50.8	7
2	Mark Climer	RAF	51.9	5
3	Ron Smith	Middx	52.7	4
4	Phil Ellershaw	CS	59.4	3
5	Mark Afford	RAF	59.7	2

800m Men

1	Matt Addison	Middx	1-57.1	7
2	James Foley	Middx	2-00.0	5
3	Travis Culverwell	RAF	2-02.3	4
4	Lee Athersmith	RAF	2-15.7	3
5	Steve Norris	CS	2-22.1	2
6	John O'Shea	CS	2-30.8	1

1500m Men

1	Ryan McKinlay	Middx	4-11.6	7
2	Kieran White	RAF	4-15.9	5
3	Alan Wray	CS	4-20.9	4
4	Andrew Vankints	RAF	4-25.3	3
5	John O'Shea	CS	5-01.5	2

3000m Men

1	Ryan McKinlay	Middx	8-57.0	7
2	Paul Lemmon	Middx	9-38.7	5
3	Andrew Vankints	RAF	9-50.8	4
4	John O'Shea	CS	10-44.9	3
5	Ian Statter	CS	13-52.0	2

2000mSC Men

1	Ryan McGinlay	Middx	6-20.3	7
2	Alan Wray	CS	6-22.6	5
3	Lee Athersmith	RAF	6-27.6	4
4	Steve Norris	CS	6-34.6	3
5	Paul Lemmon	Middx	7-19.8	2
6	Marc Afford	RAF	7-32.0	1

110mH Men (w/s = -1.9)

1	Tony Higbee	RAF	15.1	7
2	Richard Baderin	Middx	15.2	5
3	Greg Dunson	RAF	15.8	4
4	Matt Dore-Weeks	Middx	16.4	3
5	Richard Aspden	CS	19.4	2
6	Terry Hall	CS	33.9	1

400mH Men

1	Darren Robinson	RAF	58.3	7
2	Richard Aspden	CS	58.8	5
3	Marc Afford	RAF	63.8	4
4	Terry Hall	CS	83.2	3

3000mWalk Men

1	John Hall	CS	15-17.2	7
2	Andy Cox	Middx	16-36.5	5
3	Ian Statter	CS	17-23.7	4
4	Marc Culshaw	Middx	20-06.0	3
5	Jordan Nicholson	RAF	20-22.1	2
6	Norma Grimsey (W)	N/S	20-50.5	
7	Bernard Hercock	N/S	20-51.0	
8	Ben Trapnell	RAF	21-41.1	1

HJ Men

1	Richard Aspden	CS	1.89m	7
2	Matt Dore-Weeks	Middx	1.85m	5
3	Steven Healer	CS	1.75m	4

PV Men

1=	Bob Kingman	RAF	2.10m	6
1=	Alex Williams	RAF	2.10m	6

LJ Men

1	Kev Hibbins	RAF	6.43m	7
2	Nick Dowsett	CS	6.24m	5
3	Nav Childs	RAF	5.42m	4
4	Terry Hall	CS	4.39m	3

TJ Men

1	Nav Childs	RAF	11.96m	7
2	Nick Dowsett	CS	11.04m	5
3	Terry Hall	CS	9.03m	4

SP Men

1	Tony Higbee	RAF	11.78m	7
2	Nick Dowsett	CS	9.29m	5
3	Fergus Harford	CS	8.42m	4
4	Jordan Nicholson	RAF	7.73m	3
5	Terry Hall	N/S	7.03m	

HT Men

1	Fergus Harford	CS	37.02m	7
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JT Men

1	Jordan Nicholson	RAF	32.16m	7
2	Terry Hall	CS	27.88m	5
3	Fergus Harford	CS	19.29m	4

4 x 100m Relay Men

1	RAF		45.6	7
2	CS		50.7	5

4 x 400m Relay Men

1	RAF		3-45.5	8
2	CS		3-49.7	4

Match Result

Position	Team	Points
1	RAF	133
2	Civil Service	125
3	Middlesex	85

Points B/F from Cross-Country

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|----|---------------|----|
| 1. | Middlesex | 83 |
| 2. | Civil Service | 47 |
| 3. | RAF | 41 |

Trophy Result

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| 1. | RAF | 174 |
| 2. | Civil Service | 172 |
| 3. | Middlesex | 168 |

Sefton Brancker Trophy Points Scores – Wednesday 15th July, 2009

	Event	RAF (1 & 2)	Civil Service (3 & 4)	Middlesex (5 & 6)	Wasted	Total	Cumulative
1	400 Hurdles	11	8		3	22	22
	3000 Walk	3	11	8		22	
2	Total	14	19	8	3	44	44
	PV	12			10	22	
3	Total	26	19	8	13	66	66
	100m	7	3	12			
4	Total	33	22	20	13		88
	HT		7		15		
5	Total	33	29	20	28		110
	LJ	11	8		3		
6	Total	44	37	20	31		132
	400m	7	10	4	1		
7	Total	51	47	24	32		154
	800m	7	3	12			
8	Total	58	50	36	32		176
	110 Hurdles	11	3	8			
9	Total	69	53	44	32		198
	HJ		11	5	6		
10	Total	69	64	49	38		220
	JT	7	9		6		
11	Total	76	73	49	44		242
	1500m	8	6	7	1		
12	Total	84	79	56	45		264
	TJ	7	9		6		
13	Total	91	88	56	51		286
	200m	7	7	8			
14	Total	98	95	64	51		308
	3000m	4	5	12	1		
15	Total	102	100	76	52		330
	Shot	10	9		3		
16	Total	112	109	76	55		352
	2000 S/C	5	8	9			
17	Total	117	117	85	55		374
	4 x 100 Relay	8	4		2		
18	Total	125	121	85	57		388
	4 x 400 Relay	8	4		2		
19	Total	133	125	85	59		402
	Position	1	2	3			

Seax Trophy – Wednesday 15th July, 2009
At Cophall Stadium, Barnet

Pos	Name	Team	Perf.	Points
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100m Women (w/s = -1.7)

1	Fatmata Bangura	N/S	12.4	
2	Nadia Mills	Middx	13.3	7
3	Kay Reynolds	CS	13.4	5
4	Lekeisha Wilson	N/S	13.8	
5	Dymond Smith	Middx	13.8	4
6	Gaye Clarke	CS	14.8	3

200m Women (w/s = -0.3)

1	Shereen Charles	Middx	26.4	7
2	Fatmata Bangura	Middx	26.5	5
3	Tania Cyrus	N/S	29.1	
4	Natasha Brunning	CS	29.4	4
5	Gaye Clarke	CS	31.3	3

400m Women

1	M ichelle McNamara	Middx	57.7	7
2	Ambwene Simukonda	Middx	58.4	5
3	Diana Kennedy	CS	69.8	4
4	Maureen Noel	CS	76.1	3

800m Women

1	Denise Morley	CS	2-21.2	7
2	Rachel Lund	CS	2-39.7	5

1500m Women

1	Emma Grant	N/S	4-37.0	
2	Lisa Da Silva	Middx	4-47.2	7
3	Diana Kennedy	CS	4-59.1	5
4	Ashlee McGuigan	Middx	5-11.8	4
5	Liz Stavreski	CS	5-32.1	3

3000m Women

1	Alison Hopkins	Middx	10-46.8	7
2	Emily Ferenezi	Middx	11-00.7	5
3	Liz Stavreski	CS	11-05.2	4
4	Maureen Noel	CS	12-34.6	3

100mH Women (w/s= -1.3)

1	Kay Reynolds	CS	15.4	7
2	Laura McGawn	N/S	15.7	
3	Dymond Smith	Middx	16.3	5
4	Claudia Tabony	Middx	16.3	4
5	Lekeisha Wilson	N/S	18.2	
6	Katie Horne	CS	23.3	3

400mH Women

1	Tania Cyrus	Middx	74.0	7
2	Clare Tompsett	Middx	74.8	5

HJ Women

1	Beth Grimsey	Middx	1.60m	7
2	Kay Reynolds	CS	1.50m	5
3	Natasha Bruning	CS	1.45m	4

PV Women

1	No Competitors			
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LJ Women

1	Natasha Brunning	CS	5.16m	7
2	Claudia Tabony	Middx	4.92m	5
3	Marina Donaghy	Middx	4.82m	4
4	Gaye Clarke	CS	4.44m	3

TJ Women

1	Natasha Brunning	CS	10.87m	7
2	Marina Donaghy	Middx	10.18m	5
3	Ambwene Simukonda	Middx	9.55m	4
4	Gaye Clarke	CS	8.34m	3

SP Women

1	Laura McGawn	N/S	9.87m	
2	Wendy Dunsford	Middx	8.81m	7
3	Claudia Tabony	Middx	8.54m	5
4	Katie Horne	CS	8.08m	4
5	Kay Reynolds	CS	8.03m	3

HT Women

1	Mhairi Porterfield	CS	52.40m	7
2	Daramola Feyisola	N/S	48.44m	
3	Katie Horne	CS	47.01m	5
4	Amy Clemens	Middx	44.54m	4
5	Wendy Dunsford	Middx	27.49m	3

JT Women

1	Felicia Rudolfo	Middx	36.12m	7
2	Karen Addis	CS	28.98m	5
3	Kay Reynolds	CS	26.92m	4
4	Claudia Tabony	Middx	23.56m	3

4 x 100m Relay Women

1	Civil Service	CS	56.7	8
2	Middlesex	Middx	DQ	

4 x 400m Relay Women

1	Middlesex	Middx	4-31.0	8
2	Civil Service	CS	5-04.5	4

Match Result

Position	Team	Total points
1	Middlesex	141
2	Civil Service	128
3	WRAF	0

Points B/F from Cross-Country

1. Middlesex 41pts
2. Civil Service 27pts
3. RAF 0pts

Trophy Result:-

1. Middlesex 182pts
2. Civil Service 155pts
3. RAF 0pts

Seax Trophy Points Scores – Wednesday 15th July, 2009

	Event	RAF (1 & 2)	Civil Service (3 & 4)	Middlesex (5 & 6)	Wasted	Total	Cumulative
1	HJ		9	7	6		22
	PV				22		
2	Total		9	7	28		44
	400 Hurdles			12	10		
3	Total		9	19	38		66
	100m		8	11	3		
4	Total		17	30	41		88
	400m		7	12	3		
5	Total		24	42	44		110
	HT		12	7	3		
6	Total		36	49	47		132
	LJ		10	9	3		
7	Total		46	58	50		154
	800m		12		10		
8	Total		58	58	60		176
	JT		9	10	3		
9	Total		67	68	63		198
	1500m		8	11	3		
10	Total		75	79	66		220
	100 Hurdles		10	9	3		
11	Total		85	88	69		242
	200m		7	12	3		
12	Total		92	100	72		264
	3000m		7	12	3		
13	Total		99	112	75		286
	Shot		7	12	3		
14	Total		106	124	78		308
	TJ		10	9	3		
15	Total		116	133	81		330
	4 x 100 Relay		8		6		
16	Total		124	133	87		344
	4 x 400 Relay		4	8	2		
17	Total		128	141	89		358
	Position		2	1			