

Sir Sefton Brancker Trophy – Men – Wednesday 30th June, 2010
At Cophall Stadium, Barnet

Pos	Competitor	Team	Perf.	Points
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100m Men (w/s =)

1	Fabian Collymore	N/S (Mx)	11.0	
2	Moses Bayo	MX	11.2	
3	Chaka Maillet	MX	11.5	
4	Phil Ellershaw	CS	12.4	
5	Terry Hall	CS	18.0	

200m Men (w/s =)

1	Fabian Collymore	N/S (MX)	22.4	
2	Moses Bayo	MX	22.7	
3	Andrew Kendall	Mx	23.1	
4	Chaka Maillet	N/S (Mx)	23.7	
5	Phil Ellershaw	CS	23.8	
6	Francis Smith	CS	25.5	

400m Men

1	Lubega Hammim	MX	48.1	
2	Bomene Barikor	MX	48.7	
3	Richard Aspden	CS	51.4	
4	Hayden Carter	RAF	51.5	
5	Terry Hall	CS	89.0	

800m Men

1	Shaka Palmer	MX	1-59.8	
2	Mike Cummings	CS	2-00.9	
3	Nav Childs	RAF	2-28.3	
4	Alan Turnbull	RAF	2-48.6	
5	Dean Clarke	CS	3-30.4	

1500m Men

1	Sam Mitchell	RAF	4-12.0	
2	Tom Bailey	RAF	4-20.1	
3	Tony MacDowell	MX	4-25.3	
4	Alan Turnbull	RAF	4-30.5	
5	Steve Norris	CS	4-48.2	

3000m Men

1	Sam Mitchell	RAF	9-02.0	
2	Henry Dodwell	MX	9-12.6	
3	Mike Cummings	CS	9-29.4	
4	Ronnie McWilliams	RAF	9-42.2	
5	Alan Turnbull	N/S (RAF)	9-50.1	
6	Steve Norris	CS	9-55.2	
7	Manuel Da Silva	N/S (MX)	10-05.2	
8	John Hubbands	N/S (Mx)	10-37.8	

2000m S/C Men

1	A.Wray	CS	6-36.1	
2	Tony MacDowall	MX	7-28.1	

110mH Men (w/s =)

1	Francis Smith	CS	15.0	
2	Tony Higbee	RAF	15.4	
3	Matt Dore Weeks	MX	16.7	
4	Richard Aspden	CS	18.6	

400mH Men

1	Andrew Howell	MX	51.8	
2	Francis Smith	CS	54.0	
3	Jordan Aromasodo	MX	56.1	
4	Aaron Mason	N/S (Mx)	56.5	
5	Darren Robinson	RAF	59.8	
6	Terry Hall	CS	83.3	

3000m Walk Men

1	Francisco Reis	MX	14-15.6	
2	Steve Uttley	CS	15-28.4	
3	John Hall	CS	15-51.4	
4	Mark Culshaw	MX	16-55.5	
5	Maureen Noel	N/S (CS)	19-09.5	
6	Norma Grimsey	N/S (MX)	20-07.8	

High Jump Men

1	Richard Aspden	CS	1.80m	
2	Matt Dore-Weeks	MX	1.75m	
3	Andy Hogg	RAF	1.70m	
4	Benjamin Novel	RAF	1.65m	
5	Philip Ellershaw	CS	1.65m	

Long Jump Men

1	Daniel Bramble	MX	6.93m	
2	Levi Reid	MX	6.70m	
3	Benjamin Novell	RAF	5.13m	
4	Terry Hall	CS	3.71m	

Triple Jump Men

1	Levi Reid	MX	12.03m	
2	Nav Childs	RAF	9.40m	
3	Ian Statter	CS	9.27m	

Shot Putt Men

1	Russ Mual	RAF	10.37m	
2	Nav Childs	RAF	8.91m	
3	Simon Langley	MX	8.69m	
4	Fergus Harford	CS	8.14m	
5	Alan French	MX	6.66m	

Hammer Men

1	Alan French	MX	35.99m	
2	John Currie	RAF	35.81m	
3	Fergus Harford	CS	35.77m	
4	Paul Jansz	RAF	19.24m	
5	Terry Hall	CS	14.76m	

Discus Men

1	Matt Brown	MX	52.02m	
2	Mark Plowman	RAF	44.46m	
3	Jim Slater	RAF	35.53m	
4	Simon Langley	MX	31.72m	
5	Malcolm Fenton	CS	30.03m	
6	Fergus Harford	CS	26.70m	

4 x 100m Relay Men

1	Middlesex		46.2	
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4 x 400m Relay Men

1	Middlesex		3-44.8	
2	Civil Service		3-52.7	

Match Result

Pos	Team	Points
1	Middlesex	145
2	Civil Service	101
3	RAF	85

Points B/F from Cross-Country

1. Middlesex	85
2. Civil Service	54
3. RAF	32

Trophy Result

1. Middlesex	230
2. Civil Service	155
3. RAF	117

Sefton Brancker Trophy Points Scores – Wednesday 30th June, 2010

	Event	RAF (1 & 2)	Civil Service (3 & 4)	Middlesex (5 & 6)	Wasted	Total	Cumulative
1	400 H	3	7	11	1	22	22
	3000 Walk		9	10	3		
2	Total	3	16	21	4	44	44
	100		7	12	3		
3	Total	3	23	33	7		66
	Hammer	8	6	7	1		
4	Total	11	29	40	8		88
	Long Jump	4	3	12	3		
5	Total	15	32	52	11		110
	400	3	6	12	1		
6	Total	18	38	64	12		132
	800	7	7	7	1		
7	Total	25	45	71	13		154
	110 Hurdles	5	10	4	3		
8	Total	30	55	75	16		176
	1500	12	3	4	3		
9	Total	42	58	79	19		198
	200		7	12	3		
10	Total	42	65	91	22		220
	Discus	9	3	10			
11	Total	51	68	101	22		242
	HJ	7	9	5	1		
12	Total	58	77	106	23		264
	TJ	5	4	7	6		
13	Total	63	81	113	29		286
	3000	10	6	5	1		
14	Total	73	87	118	30		308
	2000 S/C		7	5	10		
15	Total	73	94	123	40		330
	Shot	12	3	6	1		
16	Total	85	97	129	41		352
	4 x 100 Relay			8	6		
17	Total	85	97	137	47		366
	4 x 400 Relay		4	8	2		
18	Total	85	101	145	49		380
	Position	3	2	1			

Seax Trophy – Wednesday 30th June, 2010
At Cophall Stadium, Barnet

Pos	Competitor	Team	Perf.	Points
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100m Women (w/s =)

1	Taynana Guttman-Hancock	MX	13.0	
2	Claudia Tabony	MX	14.0	
3	Gaye Clarke	CS	15.0	
4	Lesley Richardson	CS	16.9	

200m Women (w/s =)

1	Vicky Garrad	CS	26.2	
2	Tatyana Guttman-Hancocks	MX	26.7	
3	Sarah Duffield	MX	29.8	
4	Lesley Richardson	CS	37.6	

400m Women

1	Vicky Garrad	CS	56.9	
2	Caroline Livingstone	RAF	59.1	
3	Sarah Duffield	MX	64.1	
4	Maureen Noel	CS	80.8	

800m Women

1	Lisa Da Silva	MX	2-22.1	
2	Ashlee McGuigan	MX	2-25.1	
3	Susie Stephen	CS	2-47.1	
4	Maureen Noel	CS	3-13.1	

1500m Women

1	Emma Grant	MX	4-40.9	
2	Diana Kennedy	CS	4-48.8	
3	Sue Rust	MX	4-52.8	
4	Sue Francis	CS	5-13.2	

3000m Women

1	Susie Stephen	CS	10-42.9	
2	Katie Beecher	CS	10-58.2	
3	Joanna Mobed	MX	11-02.5	

100mH Women (w/s=)

1	Laura McGawn	RAF	15.1	
2	Melanie Canning	MX	15.2	
3	Kate Brook	MX	17.1	

400mH Women

1	Kate Brook	MX	68.7	
2	Diana Kennedy	CS	73.3	
3	Clare Tompsett	MX	76.1	

High Jump Women

1	Natasha Brunning	CS	1.52m	
2	Gaye Clarke	CS	1.25m	

Long Jump Women

1	Natasha Brunning	CS	5.08m	
2	Claudia Tabony	MX	4.79m	
3	Lesley Richardson	CS	2.73m	

Triple Jump Women

1	Natasha Brunning	CS	10.76m	
2	Claudia Tabony	MX	8.62m	
3	Lisa Da Dilva	MX	7.93m	
4	Lesley Richardson	CS	6.68m	

Shot Putt Women

1	Laura McGawn	RAF	10.89m	
2	Debbie McGaw	MX	9.81m	
3	Claudia Tabony	MX	9.01m	
4	Wendy Dunsford	CS	8.60m	
5	Gaye Clarke	CS	7.16m	

Hammer Women

1	Debbie McCaw	MX	48.34m	
2	Wendy Dunsford	CS	29.00m	
3	Gaye Clarke	CS	25.83m	
4	Ashlee McGuigan	MX	14.11m	

Discus Women

1	Rebecca Hardy	MX	36.02m	
2	Wendy Dunsford	CS	25.00m	
3	Claudia Tabony	MX	19.66m	
4	Lesley Richardson	CS	12.98m	

4 x 100m Relay Women

1	Civil Service		57.2	
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4 x 400m Relay Women

1	Civil Service		4-26.3	
2	Middlesex		4-41.8	

Match Result

Pos	Team	Points
1	Civil Service	129
2	Middlesex	121
3	RAF	19

Points B/F from Cross-Country

1. Middlesex 38pts
2. Civil Service 26pts
3. RAF 14pts

Trophy Result:-

1. Middlesex 159
2. Civil Service 155
3. RAF 33

	Event	RAF (1 & 2)	Civil Service (3 & 4)	Middlesex (5 & 6)	Wasted	Total	Cumulative
1	400 H		5	11	6		22
	HJ		12		10		
2	Total		17	11	16		44
	100		7	12	3		
3	Total		24	23	19		66
	Hammer		9	10	3		
4	Total		33	33	22		88
	Long Jump		11	5	6		
5	Total		44	38	28		110
	400	5	10	4	3		
6	Total	5	54	42	31		132
	800		7	12	3		
7	Total	5	61	54	34		154
	1500		7	12	3		
8	Total	5	68	66	37		176
	100 Hurdles	7		9	6		
9	Total	12	68	75	43		198
	200		10	9	3		
10	Total	12	78	84	46		220
	Discus		8	11	3		
11	Total	12	86	95	49		242
	3000		12	4	6		
12	Total	12	98	99	55		264
	TJ		10	9	3		
13	Total	12	108	108	58		286
	Shot	7	5	9	1		
14	Total	19	113	117	59		308
	4 x 100 Relay		8		6		
15	Total	19	121	117	65		322
	4 x 400 Relay		8	4	2		
17	Total	19	129	121	67		336
		3	1	2			