

NoE Cup Round:Semi A RESULTS  
Blackpool, Stanley Park, Sun 17 August 2008

M 100m

1 Darren Scott	TRF	11.1
2 Anthony Ashton	BRY	11.2
3 Callum Morris	LGH	11.3
4 Alex Bale	BWF	11.3
5 Jonny Seller	COY	11.4
6 Frank Shepherd	LMK	11.4
7 Chris Honess	SPW	13.7

M 200m

1 Carlo Balsamo	BRY	22.8
2 Ted Romney	BWF	23.2
3 Chris Bramah	TRF	23.3
4 Frank Shepherd	LMK	23.9
5 Jamie Garbutt	COY	24.5
6 John Landricks	LGH	25.9

M 400m

1 Brent Starkie	BWF	50.3
2 Chris Bramah	TRF	51.5
3 M Edwards	BRY	52.4
4 Darren Smith	LGH	55.0
5 Matthew Burns	LMK	55.8
6 Nathan Ouko	SPW	59.4
7 Olli Bird	COY	60.5

M 800m

1 Luke Minns	BWF	1.59.9
2 James Bleakley	TRF	2.01.8
3 Josh Cole	BRY	2.02.8
4 Keiran Smith	COY	2.03.4
5 Jordan Harris	LMK	2.04.3
6 Patrick Vis	SPW	2.11.2
7 Jimmy Cooke	LGH	2.12.9

M 1500m

1 Jono Prowse	BWF	4.02.4
2 Danny Brocklehurst	TRF	4.11.0
3 Tommy Henders	LGH	4.12.2
4 Louis Szymanski	BRY	4.19.2
5 Joe Vis	SPW	4.21.3
6 Keiran Smith	COY	4.21.5
7 Mark Gardner	LMK	4.22.0

M 5000m

1 Antony Ford	BWF	14.24.3
2 Scott Evans	BRY	15.27.0
3 Tony Battersby	LGH	15.57.5
4 John Howe	TRF	16.16.9
5 Pete Worthington	LMK	16.26.4
6 David Hamilton	SPW	17.15.9
7 Ryan Buck	COY	18.08.1

M 10,000m

1 Neil Pendlebury	LGH	32.37.7
2 Kieran Rowlands	LMK	33.59.5
3 Stuart Robinson	BWF	34.35.8
4 David Hamilton	SPW	34.59.1
5 Vinny Booth	TRF	36.37.0
6 Dave Cole	BRY	36.56.2

M 110mH

1 Dalo Okiemen	TRF	18.1
2 Morgan Bell	COY	19.7
3 David Little	BRY	20.0
4 Nathan Ouko	SPW	20.2
5 Duncan McCarrick	LGH	20.4
6 Darrell Constantine	BWF	22.2

M 400mH

1 Dalo Okiemen	TRF	61.2
2 Matt Elkin	BRY	64.7
3 Nathan Ouko	SPW	66.0
4 Darrell Constantine	BWF	66.2
5 Olli Bird	COY	72.2
6 Darren Smith	LGH	81.8

M 3000m SC

1 Danny Parkinson	LMK	9.41.0
2 Sam Witter	TRF	9.46.1
3 Iain Lyme	COY	10.08.8
4 Phil Leybourne	BWF	11.02.3
5 John Landricks	LGH	11.40.1

M Discus Throw

1 Roger Bate	TRF	44.05
2 Mark Wearing	COY	42.42
3 Grant Myerscough	BWF	29.67
4 Carlo Balsamo	BRY	27.02
5 Peter Mason	SPW	23.76
6 John Taylor	LGH	23.46
7 Mark Gardner	LMK	16.72

M Hammer Throw

1 Roger Bate	TRF	55.08
2 Morgan Bell	COY	48.33
3 Laurence Harwood	BWF	42.09
4 Peter Mason	SPW	24.41
5 John Taylor	LGH	16.88
6 Mark Gardner	LMK	15.05
7 Mike Lutkevitch	BRY	13.17

M High Jump

1 Carlo Balsamo	BRY	1.75
<b>2=Damian Clayson</b>	<b>BWF</b>	<b>1.70</b>
2=Paul Allsopp	COY	1.70
4 Dalo Okiemen	TRF	1.60
5 Matthew Burns	LMK	1.40

M Long Jump

1 Sol Bah	BRY	6.52
2 Dan Mathews	COY	6.24
3 John Lee	TRF	6.21
<b>4 Jon Rutter</b>	<b>BWF</b>	<b>5.45</b>
5 Matthew Burns	LMK	5.19
6 Darren Smith	LGH	4.73
7 Ryan Kearney	SPW	4.60

M Shot Putt

1 Roger Bate	TRF	12.08
2 Mark Wearing	COY	10.69
<b>3 Dave Mysercough</b>	<b>BWF</b>	<b>10.29</b>
4 Peter Mason	SPW	8.81
5 Mike Lu	BRY	8.21
6 Mark Gardner	LMK	6.74
7 Darren Smith	LGH	6.35

W 100m

<b>1 Laura Davies</b>	<b>BWF</b>	<b>12.5</b>
2 Edwina Annanyu	TRF	13.1
3 Lauren Brennan	SPW	13.2
4 Jess Foster	COY	13.4
5 Carla Baines	LGH	14.0
6 Lizzi Cheshire	BRY	14.0
7 Chloe Hine	LMK	14.3

W 400m

1 Stephanie May	SPW	59.9
<b>2 Leigh Newton</b>	<b>BWF</b>	<b>62.2</b>
3 Joanne Duxbury	TRF	63.8
4 Amy Riley	LGH	65.1
5 Grace Conroy	BRY	72.9
6 Jayne Perry	LMK	74.0

W 1500m

1 Lauren Howarth	LGH	4.38.5
2 Laura Evans	BRY	5.00.4
<b>3 Carolyn Robbins</b>	<b>BWF</b>	<b>5.14.1</b>
4 Helen Booth	LMK	5.15.9
5 Emma Willits	COY	5.20.1
6 Susan Cooper	SPW	5.45.2

M Javelin Throw

1 Paul Allsopp	COY	55.13
2 Paul Ostapowicz	TRF	50.91
3 Paul Stocks	BRY	41.30
<b>4 Jon Rutter</b>	<b>BWF</b>	<b>29.30</b>
5 Mark Gardner	LMK	26.49
6 Duncan McCarrick	LGH	23.15
7 Peter Mason	SPW	21.63

M Pole Vault

<b>1 Laurie Needham</b>	<b>BWF</b>	<b>4.00</b>
2 John Taylor	LGH	3.30
3 Richard Wilcock	COY	2.70
4 Jamie Geeham	BRY	2.50

M Triple Jump

1 John Lee	TRF	13.27
2 Sol Bah	BRY	12.70
3 Dan Matthews	COY	12.41
4 Ryan Kearney	SPW	10.23
5 Darren Smith	LGH	10.12

W 200m

<b>1 Katy Wyper</b>	<b>BWF</b>	<b>26.4</b>
2 Lauren Brennan	SPW	26.5
3 Ruth Hill	COY	26.8
4 Anita Richardson	TRF	27.2
5 Amy Riley	LGH	28.7
6 Chloe Hine	LMK	30.6
7 Grace Conroy	BRY	32.8

W 800m

1 Laura Riches	LGH	2.21.2
2 Stephanie James	SPW	2.21.7
3 Joanne Duxbury	TRF	2.27.0
<b>4 Elizabeth Hodgson</b>	<b>BWF</b>	<b>2.31.4</b>
5 Grace Conroy	BRY	2.45.0
6 Kathy Winrow	LMK	2.46.5

W 3000m

1 Louise Gardner	LMK	10.13.4
<b>2 Gemma Unsworth</b>	<b>BWF</b>	<b>10.29.5</b>
3 Rebecca Howarth	LGH	10.39.4
4 Emma Willits	COY	10.57.8
5 Susan Cooper	SPW	11.33.1
6 Paula Evans	BRY	13.48.8
7 Sue Exon	TRF	14.00.4

## W 100mH

1	Susan Moncrieff	TRF	14.2
2	Katie McHale	SPW	16.1
3	Laura Rigby	COY	19.5
4	Sarah Goff	BWF	21.3

## W 400mH

1	Katie McHale	SPW	71.5
2	Laura Riches	LGH	73.3
3	Vicki Seller	COY	74.1
4	Lizzi Cheshire	BRY	75.9
5	Carolyn Robbins	BWF	83.4

## W Discus Throw

1	Chloe Beckett	TRF	36.63
2	Ester Sandiford	COY	31.22
3	Amy Chapman	BRY	21.22
4	Carla Winstanley	LGH	18.57
5	Ann Dignan	SPW	16.09
6	Jayne Perry	LMK	15.98
7	Laura Davies	BWF	11.21

## W Hammer Throw

1	Angela Lockley	TRF	44.47
2	Carla Winstanley	LGH	29.81
3	Rachel Everett	SPW	19.43
4	Amy Chapman	BRY	18.18
5	Ester Sandiford	COY	15.92
6	Robyn Starkey	BWF	13.60

## W High Jump

1	Kay Humberstone	TRF	1.70
2	Fran Laycock	COY	1.50
2	Natasha Butler	BWF	1.50
4	Wendy Laing	LMK	1.50
5	Lizzi Cheshire	BRY	1.45
6	Charlotte Buckingham	SPW	1.35

## W Javelin Throw

1	Carrie McRae	BWF	32.39
2	Ashleigh Beckett	TRF	31.23
3	Carla Baines	LGH	30.79
4	Wendy Laing	LMK	28.33
5	Fran Laycock	COY	26.04
6	Holly Chapman	BRY	23.77
7	Ann Dignan	SPW	23.40

## W Long Jump

1	Susan Moncrieff	TRF	5.71
2	Katy Wyper	BWF	5.02
3	Lizzi Cheshire	BRY	4.71
4	Laura Rigby	COY	4.43
5	Katie McHale	SPW	4.35
6	Carla Baines	LGH	4.17
7	Chloe Hine	LMK	4.12

## W Pole Vault

1	Stephanie May	SPW	1.90
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## W Shot Putt

1	Chloe Beckett	TRF	11.65
2	Nia Rutter	BWF	10.32
3	Carla Winstanley	LGH	9.79
4	Wendy Laing	LMK	9.49
5	Rachel Everett	SPW	9.31
6	Amy Chapman	BRY	7.03

## W Triple Jump

1	Nia Rutter	BWF	11.97
2	Susan Moncrieff	TRF	11.17
3	Jess Foster	COY	10.20
4	Charlotte Buckingham	SPW	10.18
5	Wendy Laing	LMK	9.63
6	Amy Riley	LGH	9.30
7	Lizzi Cheshire	BRY	9.12

## W 4x100m Relay

1	BWF	51.2	1	Katy Wyper	2	Leigh Newton
			3	Nia Rutter	4	Laura Davies
2	TRF	51.6	1	Edwina Annanyu	2	Anita Richardson
			3	Susan Moncrieff	4	Joanne Duxbury
3	SPW	53.7	1	Stephanie May	2	Lauren Brennan
			3	Charlotte Buckingham	4	Stephanie James
4	BRY	56.9	1	Lizzi Cheshire	2	Paula Evans
			3	Laura Evans	4	Sarah Lutkevitch
5	LGH	58.1	1	Carla Baines	2	Carla Winstanley
			3	Rebecca Howarth	4	Lauren Howarth
6	LMK	59.7	1	Chloe Hine	2	Jayne Perry
			3	Wendy Laing	4	Kathy Winrow

W 4x400m Relay

1	SPW 4.14.6	1 Stephanie May	2 Lauren Brennan
		3 Stephanie James	4 Katie McHale
2	LGH 4.19.4	1 Rebecca Howarth	2 Lauren Howarth
		3 Amy Riley	4 Laura Riches
3	TRF 4.21.0	1 Anita Richardson	2 Edwina Annanyu
		3 Rosie Fearon	4 Joanne Duxbury
4	BWF 4.22.9	1 Elizabeth Hodgson	2 Leigh Newton
		3 Sarah Goff	4 Gemma Unsworth
5	COY 4.37.9	1 Ruth Hill	2 Emma Willits
		3 Jenny Parker	4 Vicki Seller
6	BRY 4.40.7	1 Lizzi Cheshire	2 Paula Evans
		3 Grace Conroy	4 Laura Evans
7	LMK 4.42.2	1 Jayne Perry	2 Kathy Winrow
		3 Helen Booth	4 Wendy Laing

Men 4 & 100m

1	Bury	44.3
2	BWFAC	45.5
3	York	46.1
4	Trafford	46.7
5	Lanc & Mor	48.0
6	Leigh	50.5

Men 4 \* 400m

1	BWFAC	3.26.6 (Ted Romney, Luke Minns, Brent Starkie, Alex Bale)
2	Bury	3.33.6
3	Lanc & mor	3.37.5
4	Trafford	3.39.4
5	York	3.40.2
6	Leigh	3.35.8
7	SW	3.56.1

After 38 of 38 events

	Points
1 Trafford AC	194
2 B'pool Wyre & Fylde AC	189
3 Bury AC	145
4 City of York	138
5 Leigh Harriers	128
6 Southport Waterloo	123
7 Lancaster M'cambe Kendal	90