

Posn	Placings : After 26 Events	Match Points	Team Points
1	Sheffield Flames	195.58	40
2	London North Lions	188.33	35
3	Manchester Warriors	160.08	30
4	Newcastle Angels	159.26	25
5	Birmingham Falcons	154.70	20
6	London South Sharks	147.91	15
7	Glasgow Cobras	137.74	10
8	Cardiff Dragons	106.41	5



## Event Men's Shot + CE MCC

1	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Jamie WILLIAMSON	Sheffield Flames	17.18	8	1.54		9.54
	2	6	Ryan SPENCER JONES	Cardiff Dragons	16.97	7	1.49		8.49
	3	8	Sam WESTLAKE-CANN	London South Sharks	16.51	12	1.37	ACE	13.37
	4	1	Scot THOMPSON	Glasgow Cobras	15.52	5	1.13		6.13
	5	2	Leslie RICHARDS	Newcastle Angels	14.73	4	0.93		4.93
	6	7	Devon DOUGLAS	London North Lions	14.66	3	0.91	1	4.91
	7	5	Edward DUNFORD	Birmingham Falcons	14.47	2	0.86		2.86
	8	3	Will LOWNDES	Manchester Warriors	13.78	1	0.69		1.69

## Event Women's High Jump

2	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	2	Vikki HUBBARD	Newcastle Angels	1.86	8	2		10
	2	5	Jess LEACH	Birmingham Falcons	1.83	7	1.85	1	9.85
	3	8	Julia MACHIN	London South Sharks	1.77	6	1.55		7.55
	4	4	Adele LASSU	Sheffield Flames	1.74	5	1.4		6.4
	5	7	Marilyn NWAULOR	London North Lions	1.74	4	1.4		5.4
	6	1	Lucinda LOGAN	Glasgow Cobras	1.68	3	1.1		4.1
	7	6	Ceri STOKOE	Cardiff Dragons	1.68	2	1.1		3.1
	8	3	Claire WRIGHT	Manchester Warriors	1.61	1	0.75		1.75

## Event Women's Long Jump + CE MCC

3	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	2	Jennifer PACEY	Newcastle Angels	6.16	8	1.57	1	10.57
	2	8	Amy WOODMAN	London South Sharks	6.02	14	1.4	ACE	15.4
	3	4	Louise BLOOR	Sheffield Flames	5.73	6	1.03		7.03
	4	6	Rhiannon YATES	Cardiff Dragons	5.58	5	0.85		5.85
	5	5	Laura SAMUEL	Birmingham Falcons	5.56	4	0.82		4.82
	6	1	Sarah WARNOCK	Glasgow Cobras	5.54	3	0.8		3.8
	7	7	Angela BARRETT	London North Lions	5.44	2	0.67		2.67
	8	3	Jessica TAYLOR	Manchester Warriors	5.37	1	0.58		1.58

## Event Men's Pole Vault

4	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Luke CUTTS	Sheffield Flames	5.30	16	1.8	ACE	17.8
	2	6	Scott SIMPSON	Cardiff Dragons	5.09	7	1.59		8.59
	3	3	Matt CULLEN	Manchester Warriors	4.92	6	1.42	1	8.42
	4	1	Alasdair STRANGE	Glasgow Cobras	4.92	5	1.42		6.42
	5	7	Matthew DEVEREUX	London North Lions	4.82	4	1.32	1	6.32
	6	5	Nick CRUCHLEY	Birmingham Falcons	4.72	3	1.22		4.22
	7	8	Doug CURWEN-REED	London South Sharks	4.52	2	1.02		3.02
	8	2	Liam HOLIDAY	Newcastle Angels	3.72	1		1	2



### Event Women's 400m - Race 1

5	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	7	Laura WAKE	London North Lions	55.42				
	2	2	Katie FLOWER	Newcastle Angels	56.05				
	3	5	Emma WILLIAMS	Birmingham Falcons	57.13				
	4	8	Katie MURRAY	London South Sharks	61.23				

### Event Women's 400m - Race 2

7	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	3	Hayley JONES	Manchester Warriors	54.02				
	2	1	Lauren PEFFERS	Glasgow Cobras	58.06				
	3	6	Brigid EADES	Cardiff Dragons	58.57				
	4	4	Mikaela HARRISON	Sheffield Flames	60.56				

### Event Women's 400m

5&7	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	3	Hayley JONES	Manchester Warriors	54.02	8	1.68	1	10.68
	2	7	Laura WAKE	London North Lions	55.42	7	1.33	1	9.33
	3	2	Katie FLOWER	Newcastle Angels	56.05	6	1.17	1	8.17
	4	5	Emma WILLIAMS	Birmingham Falcons	57.13	5	0.9		5.9
	5	1	Lauren PEFFERS	Glasgow Cobras	58.06	4	0.67		4.67
	6	6	Brigid EADES	Cardiff Dragons	58.57	3	0.54		3.54
	7	4	Mikaela HARRISON	Sheffield Flames	60.56	2			2
	8	8	Katie MURRAY	London South Sharks	61.23	1			1

### Event Men's Triple Jump

6	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	2	Ade BABATUNDE	Newcastle Angels	15.18	8	1.37		9.37
	2	7	Nathan FOX	London North Lions	14.98	7	1.26	1	9.26
	3	1	David WATSON	Glasgow Cobras	14.80	6	1.16		7.16
	4	4	David BUDD	Sheffield Flames	14.57	5	1.03		6.03
	5	5	Mike MCKERNAN	Birmingham Falcons	14.38	4	0.93		4.93
	6	6	Tom KIVELL	Cardiff Dragons	13.91	3	0.67		3.67
	7	3	Jonathan FERRYMAN	Manchester Warriors	13.49	2		1	3
	8								



### Event Men's 400m - Race 1

8	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Rhys SMITH	Sheffield Flames	48.55				
	2	5	Patrick PALMER	Birmingham Falcons	49.63				
	3	2	James BUCK	Newcastle Angels	49.66				
	4	3	Harry DORAN	Manchester Warriors	50.62				

### Event Men's 400m - Race 2

9	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	1	Patrick SWAN	Glasgow Cobras	48.59				
	2	7	Sebastian TULLY-MIDDLETON	London North Lions	48.79				
	3	6	Adebowale ADEMUYEWO	Cardiff Dragons	49.04				
	4	8	Jack GREEN	London South Sharks	49.29				

### Event Men's 400m

8&9	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Rhys SMITH	Sheffield Flames	48.55	8	0.98		8.98
	2	1	Patrick SWAN	Glasgow Cobras	48.59	7	0.96		7.96
	3	7	Sebastian TULLY-MIDDLETON	London North Lions	48.79	6	0.88	1	7.88
	4	6	Adebowale ADEMUYEWO	Cardiff Dragons	49.04	5	0.78		5.78
	5	8	Jack GREEN	London South Sharks	49.29	4	0.68	1	5.68
	6	5	Patrick PALMER	Birmingham Falcons	49.63	3	0.54		3.54
	7	2	James BUCK	Newcastle Angels	49.66	2	0.53	1	3.53
	8	3	Harry DORAN	Manchester Warriors	50.62	1			1

### Event Women's Shot + CE MCC

10	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Rebecca PEAKE	Sheffield Flames	16.42	ACE 16	1.35		17.35
	2	1	Alison RODGER	Glasgow Cobras	15.41	ACE 14	1.1		15.1
	3	5	Rachel WALLADER	Birmingham Falcons	14.43	6	0.85		6.85
	4	2	Tyne BREEN	Newcastle Angels	12.34	5		1	6
	5	7	Abigail MORONKEJI	London North Lions	11.65	4			4
	6	8	Jo BENNETT	London South Sharks	11.60	3			3
	7	3	Katia LANNON	Manchester Warriors	11.21	2			2
	8	6	Catherine GOLDSMITH	Cardiff Dragons	10.36	1			1

### Event Women's 800m

11	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	3	Vicki GRIFFITHS	Manchester Warriors	02:07.47	ACE 16	1.31		17.31
	2	5	Karen HAREWOOD	Birmingham Falcons	02:07.84	ACE 14	1.27		15.27
	3	8	Karrie BLAKE	London South Sharks	02:08.45	6	1.19	1	8.19
	4	2	Stacey SMITH	Newcastle Angels	02:09.30	5	1.08		6.08
	5	4	Helen SINGLETON	Sheffield Flames	02:13.46	4	0.56		4.56
	6	1	Jenny TAN	Glasgow Cobras	02:13.65	3	0.54		3.54
	7	7	Katherine FOY	London North Lions	02:15.88	2			2
	8	6	Caryl GRANVILLE	Cardiff Dragons	02:21.37	1			1



## Event Men's High Jump

12	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	5	Tom PARSONS	Birmingham Falcons	2.24	8	2.1		10.1
	2	7	Robbie GRABARZ	London North Lions	2.21	7	1.95		8.95
	3	4	Matt ROBERTS	Sheffield Flames	2.21	6	1.95	1	8.95
	4	8	Joe KENT	London South Sharks	2.04	5	1.1		6.1
	5	3	Mike SWEENEY	Manchester Warriors	2.00	4	0.9	1	5.9
	6	1	Thomas CAMPBELL	Glasgow Cobras	1.95	3	0.65		3.65
	7	6	Jamie THOMAS	Cardiff Dragons	1.90	2			2
	8	2	Ben DALEY	Newcastle Angels	1.85	1		1	2

## Event Men's 800m

13	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	7	Andrew OSAGIE	London North Lions	01:53.18 ACE	16			16
	2	3	Paul BRADSHAW	Manchester Warriors	01:53.94 ACE	14			14
	3	6	Tom MARLEY	Cardiff Dragons	01:54.11	6			6
	4	4	Rhian HASTEY	Sheffield Flames	01:54.19	5			5
	5	1	Stuart ROSS	Glasgow Cobras	01:54.30	4			4
	6	8	Ben WALLIS	London South Sharks	01:54.63	3		1	4
	7	2	Tom SMITH	Newcastle Angels	01:55.00	2		1	3
	8	5	Jarryd DUNN	Birmingham Falcons	02:00.54	1			1

## Event Men's Long Jump + CE MCC

14	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	7	Andre FERNANDEZ	London North Lions	7.11	8	1.01		9.01
	2	4	Daniel GARDINER	Sheffield Flames	7.08	7	0.97		7.97
	3	5	Leigh SMITH	Birmingham Falcons	6.98 ACE	12	0.85		12.85
	4	8	Paul OLUYEMI	London South Sharks	6.97	5	0.83		5.83
	5	1	David MARTIN	Glasgow Cobras	6.67	4			4
	6	3	James GARDNER	Manchester Warriors	6.62	3			3
	7	2	Lee BLAYMIRE	Newcastle Angels	6.53	2			2
	8	6	Tom KIVELL	Cardiff Dragons	6.41	1			1



### Event Women's 200m - Race 1

15	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Louise BLOOR	Sheffield Flames	24.37				
	2	7	Annie TAGOE	London North Lions	24.78				
	3	8	Amy WOODMAN	London South Sharks	25.00				
	4	6	Rebecca WILLIAMS	Cardiff Dragons	25.30				

### Event Women's 200m - Race 2

16	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	1	Diane RAMSAY	Glasgow Cobras	25.74				
	2	5	Seemita GUMBS	Birmingham Falcons	26.37				
	3	3	Katia LANNON	Manchester Warriors	26.63				
	4								

### Event Women's 200m

15&16	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Louise BLOOR	Sheffield Flames	24.37	8	1.31	1	10.31
	2	7	Annie TAGOE	London North Lions	24.78	7	1.04		8.04
	3	8	Amy WOODMAN	London South Sharks	25.00	6	0.89	1	7.89
	4	6	Rebecca WILLIAMS	Cardiff Dragons	25.30	5	0.69		5.69
	5	1	Diane RAMSAY	Glasgow Cobras	25.74	4		1	5
	6	5	Seemita GUMBS	Birmingham Falcons	26.37	3			3
	7	3	Katia LANNON	Manchester Warriors	26.63	2			2
	8								





## Event Men's 200m - Race 1

17	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	3	Liam CLOWES	Manchester Warriors	21.88				
	2	6	Gareth HOPKINS	Cardiff Dragons	21.99				
	3	7	Hamiim LUBEGA	London North Lions	22.25				
	4	5	Ryan FARRINGTON	Birmingham Falcons	22.69				

## Event Men's 200m - Race 2

19	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	2	Richard KILTY	Newcastle Angels	21.48	ACE			
	2	4	Chris CRAIG	Sheffield Flames	21.67				
	3	1	David MARTIN	Glasgow Cobras	22.31				
	4								

## Event Men's 200m

17&19	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	2	Richard KILTY	Newcastle Angels	21.48	ACE	16	1.27	17.27
	2	4	Chris CRAIG	Sheffield Flames	21.67		7	1.08	9.08
	3	3	Liam CLOWES	Manchester Warriors	21.88		6	0.87	6.87
	4	6	Gareth HOPKINS	Cardiff Dragons	21.99		5	0.76	6.76
	5	7	Hamiim LUBEGA	London North Lions	22.25		4	0.5	4.5
	6	1	David MARTIN	Glasgow Cobras	22.31		3		4
	7	5	Ryan FARRINGTON	Birmingham Falcons	22.69		2		2
	8								

## Event Women's Pole Vault

18	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	5	Henrietta PAXTON	Birmingham Falcons	4.20		8	2.05	10.05
	2	7	Anna MASSEY	London North Lions	4.10		7	1.95	9.95
	3	2	Sally SCOTT	Newcastle Angels	4.10	ACE	12	1.95	13.95
	4	8	Maria SEAGER	London South Sharks	4.00		5	1.85	6.85
	5	6	Bryony RAINE	Cardiff Dragons	3.85	ACE	8	1.7	9.7
	6	1	Kirsty MAGUIRE	Glasgow Cobras	3.85		3	1.7	4.7
	7	4	Emma LYONS	Sheffield Flames	3.85		2	1.7	3.7
	8	3	Michelle SHARROCK	Manchester Warriors	3.55		1	1.4	2.4

## Event Women's 1500m

20	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	7	Faye FULLERTON	London North Lions	04:21.72		8	1.51	9.51
	2	3	Rachael THOMPSON	Manchester Warriors	04:28.63		7	1.16	9.16
	3	4	Ellie STEVENS	Sheffield Flames	04:31.66		6	1.01	7.01
	4	2	Nicola MADDICK	Newcastle Angels	04:38.06		5	0.69	5.69
	5	5	Lucy FLANNER	Birmingham Falcons	04:44.66		4		4
	6	6	Angharad DAVIES	Cardiff Dragons	05:10.10		3		3
	7								
	8								



## Event Women's Triple Jump

21	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	7	Nadia WILLIAMS	London North Lions	13.28	ACE 16	1.76		17.76
	2	3	Kelly HILTON	Manchester Warriors	12.26	7	1.25	1	9.25
	3	8	Shakira WHIGHT	London South Sharks	12.25	6	1.25		7.25
	4	5	Laura SAMUEL	Birmingham Falcons	11.97	5	1.11		6.11
	5	2	Emma PRINGLE	Newcastle Angels	11.58	4	0.91		4.91
	6	1	Sarah WARNOCK	Glasgow Cobras	11.17	3	0.71		3.71
	7	4	Sophie BROWN	Sheffield Flames	10.85	2	0.55		2.55
	8	6	Amy BRADLEY	Cardiff Dragons	10.07	1			1

## Event Men's 1500m

22	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	2	Jonathon TAYLOR	Newcastle Angels	03:46.58	8	1.24	1	10.24
	2	6	James THIE	Cardiff Dragons	03:47.44	ACE 14	1.15		15.15
	3	4	Bruce RAESIDE	Sheffield Flames	03:49.45	6	0.95		6.95
	4	3	Ben GREEN	Manchester Warriors	03:50.38	5	0.86		5.86
	5	8	Colin MCCOURT	London South Sharks	03:52.85	4	0.61		4.61
	6	7	James SHANE	London North Lions	03:54.23	3			3
	7	1	Douglas SELMAN	Glasgow Cobras	03:57.43	2			2
	8	5	Chris CARTER	Birmingham Falcons	04:05.22	1			1

## Event Women's 60m

23	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Louise BLOOR	Sheffield Flames	7.50	8	1.5	1	10.5
	2	3	Hayley JONES	Manchester Warriors	7.52	7	1.44		8.44
	3	7	Torema DORSETT	London North Lions	7.53	6	1.41		7.41
	4	8	Amy WOODMAN	London South Sharks	7.74	5	0.79	1	6.79
	5	5	Emma BAILEY	Birmingham Falcons	7.79	4	0.64		4.64
	6	1	Laura MCGAWN	Glasgow Cobras	7.88	3	0.38		3.38
	7	6	Mica MOORE	Cardiff Dragons	7.90	2	0.32		2.32
	8	2	Megan HOULT	Newcastle Angels	8.04	1			1

## Event Men's 60m

24	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	8	Tremayne GILLING	London South Sharks	6.80	8	1.56		9.56
	2	7	Ryan SCOTT	London North Lions	6.81	7	1.53		8.53
	3	4	Gabriel AKIN	Sheffield Flames	6.93	6	1.15		7.15
	4	6	Liam DUFF	Cardiff Dragons	6.97	5	1.03		6.03
	5	5	Antoe WALTERS	Birmingham Falcons	7.01	4	0.9		4.9
	6	1	Ian KENNEDY	Glasgow Cobras	7.05	3	0.78		3.78
	7	2	Yusef ALIU	Newcastle Angels	7.06	2	0.75		2.75
	8	3	Charles BURKE	Manchester Warriors	7.22	1	0.25		1.25





### Event Women's 60m Hurdles

26	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	4	Zara HOHN	Sheffield Flames	8.41	8	1.71		9.71
	2	7	Louise WOOD	London North Lions	8.51	7	1.56		8.56
	3	8	Serita SOLOMON	London South Sharks	8.53	6	1.52		7.52
	4	3	Ashley HELSBY	Manchester Warriors	8.74	5	1.2		6.2
	5	2	Rebecca LIDDELL	Newcastle Angels	8.77	4	1.15	1	6.15
	6	5	Kylie ROBILLIARD	Birmingham Falcons	8.90	3	0.95		3.95
	7	6	Caryl GRANVILLE	Cardiff Dragons	9.19	2	0.49		2.49
	8	1	Catriona PENNETT	Glasgow Cobras	9.40	1	0.16		1.16

### Event Men's 60m Hurdles

28	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	1	Chris BAILLIE	Glasgow Cobras	7.79	ACE 16	1.98		17.98
	2	7	Gianni FRANKIS	London North Lions	7.86	7	1.84		8.84
	3	3	Jack MEREDITH	Manchester Warriors	8.00	6	1.57	1	8.57
	4	4	Matt HUDSON	Sheffield Flames	8.03	5	1.51		6.51
	5	5	Edirin OKORO	Birmingham Falcons	8.11	4	1.36		5.36
	6	8	Alex AL-AMEEN	London South Sharks	8.14	3	1.3		4.3
	7	2	Suote NYANANYO	Newcastle Angels	8.22	2	1.15		3.15
	8	6	Steven BOYLES	Cardiff Dragons	8.69	1	0.25		1.25

### Event Women's Medley Relay

29	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	3		Manchester Warriors	05:08.57	8			8
	2	2		Newcastle Angels	05:11.60	7			7
	3	7		London North Lions	05:14.81	6			6
	4	8		London South Sharks	05:18.11	5			5
	5	4		Sheffield Flames	05:18.68	4			4
	6	1		Glasgow Cobras	05:26.23	3			3
	7	5		Birmingham Falcons	DNS				
	8	6		Cardiff Dragons	DQ				

### Event Men's Medley Relay

30	Posn	Bib	Athlete	City	Perf	Points	MCC	PBs	Total
	1	1		Glasgow Cobras	04:28.81	8			8
	2	3		Manchester Warriors	04:29.02	7			7
	3	2		Newcastle Angels	04:38.72	6			6
	4	5		Birmingham Falcons	04:54.63	5			5
	5	8		London South Sharks	DNS				
	6	4		Sheffield Flames	DQ				
	7	7		London North Lions	DQ				
	8	6		Cardiff Dragons	DQ				



### Event Men's Shot + CE MCC

1	Posn	Bib	Athlete	City	Perf	CE	PBs
	1	5	Edward DUNFORD	Birmingham Falcons CE	14.47	757	*
	2	8	Ben HAZELL	London South Sharks CE	13.02	668	*
	3	4	David FEENEY	Sheffield Flames CE	12.66	647	*
	4	2	Kevin SEMPERS	Newcastle Angels CE	11.88	599	*
	5	7	Richard REEKS	London North Lions CE	11.87	599	*
	6	1	Michael DOWNIE	Glasgow Cobras CE	11.68	587	*
	7	3	Mike SWEENEY	Manchester Warriors CE	10.30	504	*
	8	6	Curtis MATHEWS	Cardiff Dragons CE	10.16	495	*

### Event Men's Long Jump + CE MCC

14	Posn	Bib	Athlete	City	Perf	CE	PBs
	1	4	David FEENEY	Sheffield Flames CE	6.57	713	*
	2	2	Kevin SEMPERS	Newcastle Angels CE	6.55	709	*
	3	7	Richard REEKS	London North Lions CE	6.48	693	*
	4	5	Edward DUNFORD	Birmingham Falcons CE	6.30	652	*
	5	8	Ben HAZELL	London South Sharks CE	6.27	646	*
	6	3	Mike SWEENEY	Manchester Warriors CE	6.05	597	*
	7	6	Curtis MATHEWS	Cardiff Dragons CE	5.68	519	*
	8	1	Michael DOWNIE	Glasgow Cobras CE	5.46	473	*

### Event Men's 60m Hurdles CE MCC

27	Posn	Bib	Athlete	City	Perf	CE	PBs
	1	7	Richard REEKS	London North Lions	8.15	944	
	2	4	David FEENEY	Sheffield Flames	8.15	944	*
	3	5	Edward DUNFORD	Birmingham Falcons	8.20	932	
	4	2	Kevin SEMPERS	Newcastle Angels	8.21	930	
	5	8	Ben HAZELL	London South Sharks	8.54	851	
	6	3	Mike SWEENEY	Manchester Warriors	8.99	748	
	7	1	Michael DOWNIE	Glasgow Cobras	9.14	715	
	8	6	Curtis MATHEWS	Cardiff Dragons	DNF		

### Men's Combined Event

Posn	Bib	Athlete	City	Perf	Points	Total
1	5	Edward DUNFORD	Birmingham Falcons CE	2341	12	12
2	4	David FEENEY	Sheffield Flames CE	2304	10.5	10.5
3	2	Kevin SEMPERS	Newcastle Angels CE	2238	9	9
4	7	Richard REEKS	London North Lions CE	2236	7.5	7.5
5	8	Ben HAZELL	London South Sharks CE	2165	6	6
6	3	Mike SWEENEY	Manchester Warriors CE	1849	4.5	4.5
7	1	Michael DOWNIE	Glasgow Cobras CE	1775	3	3
8	6	Curtis MATHEWS	Cardiff Dragons CE	1014	1.5	1.5



### Event Women's Long Jump + CE MCC

3	Posn	Bib	Athlete	City	Perf	CE	PBs
	1	3	Katarina THOMPSON	Manchester Warriors CE	6.09	877	
	2	8	Grace CLEMENTS	London South Sharks CE	5.56	717	*
	3	4	Alice LENNOX	Sheffield Flames CE	5.55	715	*
	4	6	Imogen MILES	Cardiff Dragons CE	5.46	688	*
	5	1	Jackie TINDAL	Glasgow Cobras CE	5.39	668	*
	6	5	Catherine HOLDSWORTH	Birmingham Falcons CE	5.24	626	*
	7	2	Ashleigh WOOD	Newcastle Angels CE	4.99	557	*
	8	7	Chloe WHALLEY	London North Lions CE	4.70	479	*

### Event Women's Shot + CE MCC

10	Posn	Bib	Athlete	City	Perf	CE	PBs
	1	8	Grace CLEMENTS	London South Sharks CE	12.06	665	*
	2	1	Jackie TINDAL	Glasgow Cobras CE	11.75	645	*
	3	5	Catherine HOLDSWORTH	Birmingham Falcons CE	11.59	634	*
	4	4	Alice LENNOX	Sheffield Flames CE	10.59	568	*
	5	3	Katarina THOMPSON	Manchester Warriors CE	9.60	503	*
	6	2	Ashleigh WOOD	Newcastle Angels CE	8.96	462	*
	7	7	Chloe WHALLEY	London North Lions CE	8.21	413	*
	8	6	Imogen MILES	Cardiff Dragons CE	7.90	393	*

### Event Women's 60m Hurdles CE MCC

25	Posn	Bib	Athlete	City	Perf	CE	PBs
	1	5	Catherine HOLDSWORTH	Birmingham Falcons	8.57	1002	
	2	3	Katarina THOMPSON	Manchester Warriors	8.74	965	*
	3	2	Ashleigh WOOD	Newcastle Angels	8.99	912	
	4	4	Alice LENNOX	Sheffield Flames	9.02	906	
	5	1	Jackie TINDAL	Glasgow Cobras	9.05	900	*
	6	8	Grace CLEMENTS	London South Sharks	9.15	879	
	7	7	Chloe WHALLEY	London North Lions	9.16	877	
	8	6	Imogen MILES	Cardiff Dragons	10.32	653	

### Women's Combined Event

Posn	Bib	Athlete	City	Perf	Points	Total
1	3	Katarina THOMPSON	Manchester Warriors CE	2345	12	12
2	5	Catherine HOLDSWORTH	Birmingham Falcons CE	2262	10.5	10.5
3	8	Grace CLEMENTS	London South Sharks CE	2261	9	9
4	1	Jackie TINDAL	Glasgow Cobras CE	2213	7.5	7.5
5	4	Alice LENNOX	Sheffield Flames CE	2189	6	6
6	2	Ashleigh WOOD	Newcastle Angels CE	1931	4.5	4.5
7	7	Chloe WHALLEY	London North Lions CE	1769	3	3
8	6	Imogen MILES	Cardiff Dragons CE	1734	1.5	1.5



Event	Glasgow Cobras	Newcastle Angels	Manchester Warriors	Sheffield Flames	Birmingham Falcons	Cardiff Dragons	London North Lions	London South Sharks
Men's Shot + CE MCC	6.13	4.93	1.69	9.54	2.86	8.49	4.91	13.37
Women's High Jump	4.10	10.00	0.00	6.40	9.85	3.10	5.40	7.55
Women's Long Jump + CE MCC	3.80	10.57	1.58	7.03	4.82	5.85	2.67	15.40
Men's Pole Vault	6.42	2.00	8.42	17.80	4.22	8.59	6.32	3.02
Women's 400m	4.67	8.17	10.68	2.00	5.90	3.54	9.33	1.00
Men's Triple Jump	7.16	9.37	3.00	6.03	4.93	3.67	9.26	0.00
Men's 400m	7.96	3.53	1.00	8.98	3.54	5.78	7.88	5.68
Women's Shot + CE MCC	15.10	6.00	2.00	17.35	6.85	1.00	4.00	3.00
Women's 800m	3.54	6.08	17.31	4.56	15.27	1.00	2.00	8.19
Men's High Jump	3.65	2.00	5.90	8.95	10.10	2.00	8.95	6.10
Men's 800m	4.00	3.00	14.00	5.00	1.00	6.00	16.00	4.00
Men's Long Jump + CE MCC	4.00	2.00	3.00	7.97	12.85	1.00	9.01	5.83
Women's 200m	5.00	0.00	2.00	10.31	3.00	5.69	8.04	7.89
Men's 200m	4.00	17.27	6.87	9.08	2.00	6.76	4.50	0.00
Women's Pole Vault	4.70	13.95	2.40	3.70	10.05	9.70	9.95	6.85
Women's 1500m	0.00	5.69	9.16	7.01	4.00	3.00	9.51	0.00
Women's Triple Jump	3.71	4.91	9.25	2.55	6.11	1.00	17.76	7.25
Men's 1500m	2.00	10.24	5.86	6.95	1.00	15.15	3.00	4.61
Women's 60m	3.38	1.00	8.44	10.50	4.64	2.32	7.41	6.79
Men's 60m	3.78	2.75	1.25	7.15	4.90	6.03	8.53	9.56
Women's 60m Hurdles	1.16	6.15	6.20	9.71	3.95	2.49	8.56	7.52
Men's 60m Hurdles	17.98	3.15	8.57	6.51	5.36	1.25	8.84	4.30
Women's Medley Relay	3.00	7.00	8.00	4.00	0.00	0.00	6.00	5.00
Men's Medley Relay	8.00	6.00	7.00	0.00	5.00	0.00	0.00	0.00
Men's Combined Events	3.00	9.00	4.50	10.50	12.00	1.50	7.50	6.00
Women's Combined Events	7.50	4.50	12.00	6.00	10.50	1.50	3.00	9.00
	137.74	159.26	160.08	195.58	154.7	106.41	188.33	147.91

Posn	7	4	3	1	5	8	2	6



# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010					
EVENT		Men's Shot + CE MCC		TIME		13:00									
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	CE Points	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres				
1	3	Mike SWEENEY	Manchester Warriors CE	9.44	10.08	10.30	10.30	7				10.30	7	504	
2	7	Richard REEKS	London North Lions CE	11.87	11.55	11.39	11.87	5				11.87	5	599	
3	6	Curtis MATHEWS	Cardiff Dragons CE	10.11	10.16	9.91	10.16	8				10.16	8	495	
4	5	Edward DUNFORD	Birmingham Falcons CE	13.92	14.47	NT	14.47	1				14.47	1	757	
5	8	Ben HAZELL	London South Sharks CE	12.56	12.76	13.02	13.02	2				13.02	2	668	
6	2	Kevin SEMPERS	Newcastle Angels CE	11.88	NT	11.05	11.88	4				11.88	4	599	
7	4	David FEENEY	Sheffield Flames CE	12.47	12.66	12.57	12.66	3				12.66	3	647	
8	1	Michael DOWNIE	Glasgow Cobras CE	11.68	11.59	11.56	11.68	6				11.68	6	587	
9															
10															
11															
12															
13															
14															
15															
16															

CE RESULT					RESULT					JUDGES' SIGNATURES	
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE		
1	5	Edward DUNFORD	Birmingham Falcons CE	14.47	1						
2	8	Ben HAZELL	London South Sharks CE	13.02	2						
3	4	David FEENEY	Sheffield Flames CE	12.66	3						
4	2	Kevin SEMPERS	Newcastle Angels CE	11.88	4						
5	7	Richard REEKS	London North Lions CE	11.87	5						
6	1	Michael DOWNIE	Glasgow Cobras CE	11.68	6					REFEREE'S SIGNATURE	
7	3	Mike SWEENEY	Manchester Warriors CE	10.30	7						
8	6	Curtis MATHEWS	Cardiff Dragons CE	10.16	8						

# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010						
EVENT		Men's Shot + CE MCC		TIME		13:00										
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Points	MCC	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	3	Will LOWNDES	Manchester Warriors	13.30	13.19	NT	13.30	8	13.71	NT	13.78	13.78	8	1	0.69	
2	7	Devon DOUGLAS	London North Lions	14.04	14.18	NT	14.18	7	13.96	14.01	14.66	14.66	6	3	0.91	1
3	6	Ryan SPENCER JONES	Cardiff Dragons	16.43	NT	NT	16.43	2	NT	16.97	NT	16.97	2	7	1.49	
4	5	Edward DUNFORD	Birmingham Falcons	13.92	14.47	NT	14.47	6	NT	NT	14.25	14.47	7	2	0.86	
5	8	Sam WESTLAKE-CANN	London South Sharks	16.51	NT	NT	16.51	1	NT	NT	16.02	16.51	3	6	1.37	
6	2	Leslie RICHARDS	Newcastle Angels	14.53	NT	14.73	14.73	5	14.30	NT	14.16	14.73	5	4	0.93	
7	4	Jamie WILLIAMSON	Sheffield Flames	NT	15.66	NT	15.66	3	NT	17.18	NT	17.18	1	8	1.54	
8	1	Scot THOMPSON	Glasgow Cobras	15.22	NT	NT	15.22	4	15.52	15.40	15.20	15.52	4	5	1.13	
9																
10																
11																
12																
13																
14																
15																
16																

RESULT					RESULT					JUDGES' SIGNATURES	
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE		
1	4	Jamie WILLIAMSON	Sheffield Flames	17.18	9						
2	6	Ryan SPENCER JONES	Cardiff Dragons	16.97	10						
3	8	Sam WESTLAKE-CANN	London South Sharks	16.51	11						
4	1	Scot THOMPSON	Glasgow Cobras	15.52	12						
5	2	Leslie RICHARDS	Newcastle Angels	14.73	13						
6	7	Devon DOUGLAS	London North Lions	14.66	14					REFEREE'S SIGNATURE	
7	5	Edward DUNFORD	Birmingham Falcons	14.47	15						
8	3	Will LOWNDES	Manchester Warriors	13.78	16						



# UK ATHLETICS: HEIGHT CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield										DATE		Sunday, February 07 2010					
EVENT		Women's High Jump		TIME		13:00																	
Order	No	NAME	CLUB	1.53	1.57	1.61	1.65	1.68	1.71	1.74	1.77	1.80	1.83	1.86	1.90	Best of All	Trials at HT Cleared Total	Failures Total	Trials Total	Final Position	Points	MCC	PB
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	2	Vikki HUBBARD	Newcastle Angels								o	o	xo	o	xxx	1.86				1	8	2.00	
2	4	Adele LASSU	Sheffield Flames						o	o	xxx					1.74				4	5	1.40	
3	1	Lucinda LOGAN	Glasgow Cobras		xo	xo	o	xxo	xxx							1.68				6	3	1.10	
4	3	Claire WRIGHT	Manchester Warriors	o	o	xo	xxx									1.61				8	#N/A	0.75	
5	7	Marilyn NAWAWULOR	London North Lions			o	xo		o	xo	xxx					1.74				5	4	1.40	
6	6	Ceri STOKOE	Cardiff Dragons			o	xo	xxo	xxx							1.68				7	2	1.10	
7	5	Jess LEACH	Birmingham Falcons						o	xo	o	o	xxo	xxx		1.83				2	7	1.85	1
8	8	Julia MACHIN	London South Sharks						o	o	xo	xxx				1.77				3	6	1.55	
9																							
10																							
11																							
12																							
13																							
14																							
15																							
16																							

RESULT										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT		
1	2	Vikki HUBBARD	Newcastle Angels	1.86							
2	5	Jess LEACH	Birmingham Falcons	1.83							
3	8	Julia MACHIN	London South Sharks	1.77							
4	4	Adele LASSU	Sheffield Flames	1.74							
5	7	Marilyn NAWAWULOR	London North Lions	1.74							
6	1	Lucinda LOGAN	Glasgow Cobras	1.68							
7	6	Ceri STOKOE	Cardiff Dragons	1.68							
8	3	Claire WRIGHT	Manchester Warriors	1.61							

# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010					
EVENT		Women's Long Jump + CE MCC		TIME		13:05									
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	CE Points	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres				
1	4	Alice LENNOX	Sheffield Flames CE	NJ	5.32	5.55	5.55	3				5.55	3	715	
2	1	Jackie TINDAL	Glasgow Cobras CE	5.39	5.33	5.32	5.39	5				5.39	5	668	
3	3	Katarina THOMPSON	Manchester Warriors CE	NJ	5.91	6.09	6.09	1				6.09	1	877	
4	7	Chloe WHALLEY	London North Lions CE	4.70	4.69	4.47	4.70	8				4.70	8	479	
5	6	Imogen MILES	Cardiff Dragons CE	5.46	5.46	5.23	5.46	4				5.46	4	688	
6	5	Catherine HOLDSWORTH	Birmingham Falcons CE	5.24	5.23	5.22	5.24	6				5.24	6	626	
7	8	Grace CLEMENTS	London South Sharks CE	5.56	5.28	5.53	5.56	2				5.56	2	717	
8	2	Ashleigh WOOD	Newcastle Angels CE	4.99	NJ	NJ	4.99	7				4.99	7	557	
9															
10															
11															
12															
13															
14															
15															
16															

CE RESULT					RESULT					JUDGES' SIGNATURES	
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE		
1	3	Katarina THOMPSON	Manchester Warriors CE	6.09	1						
2	8	Grace CLEMENTS	London South Sharks CE	5.56	2						
3	4	Alice LENNOX	Sheffield Flames CE	5.55	3						
4	6	Imogen MILES	Cardiff Dragons CE	5.46	4						
5	1	Jackie TINDAL	Glasgow Cobras CE	5.39	5						
6	5	Catherine HOLDSWORTH	Birmingham Falcons CE	5.24	6					REFEREE'S SIGNATURE	
7	2	Ashleigh WOOD	Newcastle Angels CE	4.99	7						
8	7	Chloe WHALLEY	London North Lions CE	4.70	8						

# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010						
EVENT		Women's Long Jump + CE MCC		TIME		13:05										
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Points	MCC	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	4	Louise BLOOR	Sheffield Flames	5.50	5.67	5.58	5.67	3	5.51	5.73	5.62	5.73	3	6	1.03	
2	1	Sarah WARNOCK	Glasgow Cobras	5.54	5.23	5.08	5.54	4	5.17	5.21	5.50	5.54	6	3	0.80	
3	3	Jessica TAYLOR	Manchester Warriors	NJ	NJ				5.37	5.27	5.17	5.37	8	1	0.58	
4	7	Angela BARRETT	London North Lions	NJ	5.07	5.36	5.36	7	5.28	5.33	5.44	5.44	7	2	0.67	
5	6	Rhiannon YATES	Cardiff Dragons	5.39	5.29	5.35	5.39	5	5.58	NJ	5.55	5.58	4	5	0.85	
6	5	Laura SAMUEL	Birmingham Falcons	5.27	5.23	5.37	5.37	6	3.92	5.56	PASS	5.56	5	4	0.82	
7	8	Amy WOODMAN	London South Sharks	NJ	6.02	NJ	6.02	1	NJ	5.74	NJ	6.02	2	7	1.40	
8	2	Jennifer PACEY	Newcastle Angels	6.00	NJ	5.81	6.00	2	5.79	5.96	6.16	6.16	1	8	1.57	1
9																
10																
11																
12																
13																
14																
15																
16																

RESULT					RESULT					JUDGES' SIGNATURES	
No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE			
1	Jennifer PACEY	Newcastle Angels	6.16	9							
2	Amy WOODMAN	London South Sharks	6.02	10							
3	Louise BLOOR	Sheffield Flames	5.73	11							
4	Rhiannon YATES	Cardiff Dragons	5.58	12							
5	Laura SAMUEL	Birmingham Falcons	5.56	13							
6	Sarah WARNOCK	Glasgow Cobras	5.54	14						REFEREE'S SIGNATURE	
7	Angela BARRETT	London North Lions	5.44	15							
8	Jessica TAYLOR	Manchester Warriors	5.37	16							

# UK ATHLETICS: HEIGHT CARD

MEETING		McCain City Challenge (Match 1)				VENUE		EIS, Sheffield							DATE		Sunday, February 07 2010						
EVENT		Men's Pole Vault				TIME		13:10															
Order	No	NAME	CLUB	3.32	3.52	3.72	3.92	4.12	4.32	4.52	4.72	4.82	4.92	5.02	5.09	Best of All	Trials at HT Cleared Total	Failures Total	Trials Final Position	Points	MCC	PB	
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								
1	1	Alasdair STRANGE	Glasgow Cobras								xxo	-	xxo	-	xxx	4.92			4	5	1.42		
2	3	Matt CULLEN	Manchester Warriors							o	xxo	-	xo	xxx		4.92			3	6	1.42	1	
3	7	Matthew DEVEREUX	London North Lions							o	o	xo	xxx			4.82			5	4	1.32	1	
4	6	Scott SIMPSON	Cardiff Dragons								o	-	xo	-	xo	5.09			2	7	1.59		
5	5	Nick CRUCHLEY	Birmingham Falcons								xo	xxx				4.72			6	3	1.22		
6	8	Doug CURWEN-REED	London South Sharks							o	xxx					4.52			7	2	1.02		
7	2	Liam HOLIDAY	Newcastle Angels		o	o	xxx									3.72			8	1		1	
8	4	Luke CUTTS	Sheffield Flames													5.30			1	8	1.80		
9				5.16	5.23	5.30																	
10																							
11	6	Scott SIMPSON	Cardiff Dragons	-	xxx																		
12	4	Luke CUTTS	Sheffield Flames	o	-	o	xxx																
13																							
14																							
15																							
16																							

RESULT										JUDGES' SIGNATURES				
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT					
1	4	Luke CUTTS	Sheffield Flames	5.30										
2	6	Scott SIMPSON	Cardiff Dragons	5.09										
3	3	Matt CULLEN	Manchester Warriors	4.92										
4	1	Alasdair STRANGE	Glasgow Cobras	4.92										
5	7	Matthew DEVEREUX	London North Lions	4.82										
6	5	Nick CRUCHLEY	Birmingham Falcons	4.72										
7	8	Doug CURWEN-REED	London South Sharks	4.52										
8	2	Liam HOLIDAY	Newcastle Angels	3.72										

# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010						
EVENT		Men's Triple Jump		TIME		13:55										
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Points	MCC	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	5	Mike MCKERNAN	Birmingham Falcons	NJ	14.38	NJ	14.38	5	NJ	-		14.38	5	4	0.93	
2	8	Joe KENT	London South Sharks													
3	2	Ade BABATUNDE	Newcastle Angels	15.18	14.99	NJ	15.18	1	NJ	14.97	NJ	15.18	1	8	1.37	
4	4	David BUDD	Sheffield Flames	NJ	NJ	14.57	14.57	4	13.33	14.18	14.08	14.57	4	5	1.03	
5	1	David WATSON	Glasgow Cobras	14.69	14.73	14.76	14.76	3	14.65	14.80	13.70	14.80	3	6	1.16	
6	3	Jonathan FERRYMAN	Manchester Warriors	NJ	13.49	NJ	13.49	6	13.18	13.16	13.29	13.49	7	2		1
7	7	Nathan FOX	London North Lions	NJ	14.98	13.60	14.98	2	14.49	14.70	NJ	14.98	2	7	1.26	1
8	6	Tom KIVELL	Cardiff Dragons	NJ	13.37	NJ	13.37	7	NJ	12.95	13.91	13.91	6	3	0.67	
9																
10																
11																
12																
13																
14																
15																
16																

RESULT					RESULT					JUDGES' SIGNATURES	
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE		
1	2	Ade BABATUNDE	Newcastle Angels	15.18	9						
2	7	Nathan FOX	London North Lions	14.98	10						
3	1	David WATSON	Glasgow Cobras	14.80	11						
4	4	David BUDD	Sheffield Flames	14.57	12						
5	5	Mike MCKERNAN	Birmingham Falcons	14.38	13						
6	6	Tom KIVELL	Cardiff Dragons	13.91	14					REFEREE'S SIGNATURE	
7	3	Jonathan FERRYMAN	Manchester Warriors	13.49	15						
8					16						

# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010					
EVENT		Women's Shot + CE MCC		TIME		14:25									
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	CE Points	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres			
1	7	Chloe WHALLEY	London North Lions CE	8.16	7.26	8.21	8.21	7				8.21	7	413	
2	6	Imogen MILES	Cardiff Dragons CE	7.90	7.39	7.65	7.90	8				7.90	8	393	*
3	5	Catherine HOLDSWORTH	Birmingham Falcons CE	NT	11.59	11.44	11.59	3				11.59	3	634	
4	8	Grace CLEMENTS	London South SharksCE	11.67	12.06	11.42	12.06	1				12.06	1	665	
5	2	Ashleigh WOOD	Newcastle Angels CE	NT	8.96	8.81	8.96	6				8.96	6	462	
6	4	Alice LENNOX	Sheffield Flames CE	10.40	10.58	10.59	10.59	4				10.59	4	568	
7	1	Jackie TINDAL	Glasgow Cobras CE	10.33	11.31	11.75	11.75	2				11.75	2	645	
8	3	Katarina THOMPSON	Manchester Warriors CE	9.15	9.60	9.28	9.60	5				9.60	5	503	
9															
10															
11															
12															
13															
14															
15															
16															

CE RESULT					RESULT					JUDGES' SIGNATURES	
No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE			
1	8	Grace CLEMENTS	London South SharksCE	12.06	1						
2	1	Jackie TINDAL	Glasgow Cobras CE	11.75	2						
3	5	Catherine HOLDSWORTH	Birmingham Falcons CE	11.59	3						
4	4	Alice LENNOX	Sheffield Flames CE	10.59	4						
5	3	Katarina THOMPSON	Manchester Warriors CE	9.60	5						
6	2	Ashleigh WOOD	Newcastle Angels CE	8.96	6					REFEREE'S SIGNATURE	
7	7	Chloe WHALLEY	London North Lions CE	8.21	7						
8	6	Imogen MILES	Cardiff Dragons CE	7.90	8						



# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010						
EVENT		Women's Shot + CE MCC		TIME		14:25	P10=17.20m	Scott RIDER - 18.54m								
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Points	MCC	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	7	Abigail MORONKEJI	London North Lions	11.43	10.65	11.46	11.46	6	11.65	10.89	11.43	11.65	5	4	0.83	
2	6	Catherine GOLDSMITH	Cardiff Dragons	9.91	9.65	9.90	9.91	8	9.60	8.94	10.36	10.36	8	1	0.57	
3	5	Rachel WALLADER	Birmingham Falcons	14.02	NT	14.10	14.10	3	14.18	14.31	14.43	14.43	3	6	1.38	
4	8	Jo BENNETT	London South Sharks	10.89	NT	11.60	11.60	5	11.11	11.46	11.35	11.60	6	3	0.82	
5	2	Tyne BREEN	Newcastle Angels	11.88	12.34	11.61	12.34	4	11.09	11.73	11.86	12.34	4	5	0.96	1
6	4	Rebecca PEAKE	Sheffield Flames	15.49	14.93	15.20	15.49	1	15.52	15.54	16.42	16.42	1	8	1.78	
7	1	Alison RODGER	Glasgow Cobras	NT	14.73	NT	14.73	2	15.26	15.41	15.19	15.41	2	7	1.58	
8	3	Katia LANNON	Manchester Warriors	11.15	10.53	-	11.15	7	NT	11.21	10.70	11.21	7	2	0.74	
9																
10																
11																
12																
13																
14																
15																
16																

RESULT					RESULT					JUDGES' SIGNATURES	
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE		
1	4	Rebecca PEAKE	Sheffield Flames	16.42	9						
2	1	Alison RODGER	Glasgow Cobras	15.41	10						
3	5	Rachel WALLADER	Birmingham Falcons	14.43	11						
4	2	Tyne BREEN	Newcastle Angels	12.34	12						
5	7	Abigail MORONKEJI	London North Lions	11.65	13						
6	8	Jo BENNETT	London South Sharks	11.60	14					REFEREE'S SIGNATURE	
7	3	Katia LANNON	Manchester Warriors	11.21	15						
8	6	Catherine GOLDSMITH	Cardiff Dragons	10.36	16						

# UK ATHLETICS: HEIGHT CARD

MEETING		McCain City Challenge (Match 1)				VENUE		EIS, Sheffield								DATE		Sunday, February 07 2010						
EVENT		Men's High Jump				TIME		14:35																
Order	No	NAME	CLUB	1.76	1.81	1.85	1.90	1.95	2.00	2.04	2.08	2.12	2.15	2.18	2.21	Best of All	Tries at HT	Cleared total	Failures total	Tries Final	Position	Points	MCC	PB
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								
1	30	Adam SCARR	GUEST									o	xxx			2.12							1.50	
2	7	Robbie GRABARZ	London North Lions								o	-	o	o	o	2.21				2	7	1.95		
3	6	Jamie THOMAS	Cardiff Dragons				o	xxx								1.90				7	2			
4	5	Tom PARSONS	Birmingham Falcons									o	o	o	xxo	2.24				1	8	2.10		
5	8	Joe KENT	London South Sharks						xxo	o	xxx					2.04				4	5	1.10		
6	2	Ben DALEY	Newcastle Angels	o	o	o	xxx									1.85				8	1		1	
7	4	Matt ROBERTS	Sheffield Flames							o	o	xo	o	o	xo	2.21				3	6	1.95	1	
8	1	Thomas CAMPBELL	Glasgow Cobras				o	o	xxx							1.95				6	3	0.65		
9	3	Mike SWEENEY	Manchester Warriors		o	o	o	xxo	xxo	xxx						2.00				5	4	0.90	1	
10																								
11				2.24	2.28																			
12	7	Robbie GRABARZ	London North Lions	xxx																				
13	5	Tom PARSONS	Birmingham Falcons	o	xxx																			
14	4	Matt ROBERTS	Sheffield Flames	xxx																				
15																								
16																								

RESULT										JUDGES' SIGNATURES		
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT			
1	5	Tom PARSONS	Birmingham Falcons	2.24								
2	7	Robbie GRABARZ	London North Lions	2.21								
3	4	Matt ROBERTS	Sheffield Flames	2.21								
4	8	Joe KENT	London South Sharks	2.04								
5	3	Mike SWEENEY	Manchester Warriors	2.00								
6	1	Thomas CAMPBELL	Glasgow Cobras	1.95								
7	6	Jamie THOMAS	Cardiff Dragons	1.90								
8	2	Ben DALEY	Newcastle Angels	1.85								

# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010					
EVENT		Men's Long Jump + CE MCC		TIME		14:50									
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	CE Points	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres				
1	6	Curtis MATHEWS	Cardiff Dragons CE	5.68	5.64	-	5.68	7				5.68	7	519	
2	5	Edward DUNFORD	Birmingham Falcons CE	NJ	NJ	6.30	6.30	4				6.30	4	652	
3	8	Ben HAZELL	London South SharksCE	6.05	6.05	6.27	6.27	5				6.27	5	646	
4	2	Kevin SEMPERS	Newcastle Angels CE	6.55	NJ	6.42	6.55	2				6.55	2	709	
5	4	David FEENEY	Sheffield Flames CE	5.99	6.57	6.53	6.57	1				6.57	1	713	
6	1	Michael DOWNIE	Glasgow Cobras CE	3.94	NJ	5.46	5.46	8				5.46	8	473	
7	3	Mike SWEENEY	Manchester Warriors CE	-	6.05	5.94	6.05	6				6.05	6	597	
8	7	Richard REEKS	London North Lions CE	6.48	4.37	6.21	6.48	3				6.48	3	693	
9															
10															
11															
12															
13															
14															
15															
16															

CE RESULT					RESULT					JUDGES' SIGNATURES	
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE		
1	4	David FEENEY	Sheffield Flames CE	6.57	1						
2	2	Kevin SEMPERS	Newcastle Angels CE	6.55	2						
3	7	Richard REEKS	London North Lions CE	6.48	3						
4	5	Edward DUNFORD	Birmingham Falcons CE	6.30	4						
5	8	Ben HAZELL	London South SharksCE	6.27	5						
6	3	Mike SWEENEY	Manchester Warriors CE	6.05	6					REFEREE'S SIGNATURE	
7	6	Curtis MATHEWS	Cardiff Dragons CE	5.68	7						
8	1	Michael DOWNIE	Glasgow Cobras CE	5.46	8						

# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010						
EVENT		Men's Long Jump + CE MCC		TIME		14:50										
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Points	MCC	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	6	Tom KIVELL	Cardiff Dragons	-	6.41	6.30	6.41	8	NJ	6.38	NJ	6.41	8	1		
2	5	Leigh SMITH	Birmingham Falcons	6.82	6.85	NJ	6.85	3	6.91	6.87	6.98	6.98	3	6	0.85	
3	8	Paul OLUYEMI	London South Sharks	5.65	5.14	6.78	6.78	4	6.97	6.85	6.88	6.97	4	5	0.83	
4	2	Lee BLAYMIRE	Newcastle Angels	6.26	6.53	6.44	6.53	6				6.53	7	2		
5	4	Daniel GARDINER	Sheffield Flames	7.08	6.89	6.67	7.08	2	7.00	6.90	6.96	7.08	2	7	0.97	
6	1	David MARTIN	Glasgow Cobras	6.20	6.36	6.51	6.51	7	NJ	6.67	6.61	6.67	5	4		
7	3	James GARDNER	Manchester Warriors	6.62	6.37	6.53	6.62	5	6.40	6.45		6.62	6	3		
8	7	Andre FERNANDEZ	London North Lions	7.01	7.06	7.11	7.11	1	6.89	6.99	7.08	7.11	1	8	1.01	
9																
10																
11																
12																
13																
14																
15																
16																

RESULT					RESULT					JUDGES' SIGNATURES	
No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE			
1	7	Andre FERNANDEZ	London North Lions	7.11	9						
2	4	Daniel GARDINER	Sheffield Flames	7.08	10						
3	5	Leigh SMITH	Birmingham Falcons	6.98	11						
4	8	Paul OLUYEMI	London South Sharks	6.97	12						
5	1	David MARTIN	Glasgow Cobras	6.67	13						
6	3	James GARDNER	Manchester Warriors	6.62	14					REFEREE'S SIGNATURE	
7	2	Lee BLAYMIRE	Newcastle Angels	6.53	15						
8	6	Tom KIVELL	Cardiff Dragons	6.41	16						

# UK ATHLETICS: HEIGHT CARD

MEETING		McCain City Challenge (Match 1)				VENUE		EIS, Sheffield							DATE		Sunday, February 07 2010					
EVENT		Women's Pole Vault				TIME		15:15														
Order	No	NAME	CLUB	3.25	3.40	3.55	3.70	3.85	4.00	4.10	4.20	4.30	4.35	4.40		Best of All	Trials at HT Cleared Total	Failures Total	Trials Final Position	Points	MCC	PB
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres						
1	3	Michelle SHARROCK	Manchester Warriors		xxo	o	xxx									3.55			8	1	1.40	
2	7	Anna MASSEY	London North Lions				o	o	xo	xo	xxx					4.10			2	7	1.95	1
3	6	Bryony RAINE	Cardiff Dragons				xo	o	xxr							3.85			5	4	1.70	
4	5	Henrietta PAXTON	Birmingham Falcons						o	xo	o	-	xxx			4.20			1	8	2.05	
5	8	Maria SEAGER	London South Sharks				o	o	xxo	xxx						4.00			4	5	1.85	
6	2	Sally SCOTT	Newcastle Angels				xo	o	xo	xo	xxx					4.10			3	6	1.95	
7	4	Emma LYONS	Sheffield Flames	o	xo	o	xo	xxo	xxx							3.85			7	2	1.70	
8	1	Kirsty MAGUIRE	Glasgow Cobras				o	xo	xxx							3.85			6	3	1.70	
9																						
10																						
11																						
12																						
13																						
14																						
15																						
16																						

RESULT										JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT		
1	5	Henrietta PAXTON	Birmingham Falcons	4.20							
2	7	Anna MASSEY	London North Lions	4.10							
3	2	Sally SCOTT	Newcastle Angels	4.10							
4	8	Maria SEAGER	London South Sharks	4.00							
5	6	Bryony RAINE	Cardiff Dragons	3.85							
6	1	Kirsty MAGUIRE	Glasgow Cobras	3.85							
7	4	Emma LYONS	Sheffield Flames	3.85							
8	3	Michelle SHARROCK	Manchester Warriors	3.55							

# UK ATHLETICS: DISTANCE CARD

MEETING		McCain City Challenge (Match 1)		VENUE		EIS, Sheffield		DATE		Sunday, February 07 2010						
EVENT		Women's Triple Jump		TIME		13:05										
Order	No	NAME	CITY	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	Points	MCC	PB
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres				
1	1	Sarah WARNOCK	Glasgow Cobras	10.35	NJ	10.67	10.67	6	NJ	NJ	11.17	11.17	6	3	0.71	
2	3	Kelly HILTON	Manchester Warriors	NJ	12.26	12.08	12.26	2	11.83	11.78	11.93	12.26	2	7	1.25	1
3	7	Nadia WILLIAMS	London North Lions	11.67	13.04	12.99	13.04	1	13.28	13.28	13.22	13.28	1	8	1.76	
4	6	Amy BRADLEY	Cardiff Dragons	NJ	NJ	10.07	10.07	8	NJ	NJ		10.07	8	1		
5	5	Laura SAMUEL	Birmingham Falcons	NJ	NJ	11.97	11.97	4	11.75	NJ	NJ	11.97	4	5	1.11	
6	8	Shakira WHIGHT	London South Sharks	11.93	12.06	NJ	12.06	3	11.95	12.11	12.25	12.25	3	6	1.25	
7	2	Emma PRINGLE	Newcastle Angels	NJ	11.58	11.37	11.58	5	NJ	NJ	11.43	11.58	5	4	0.91	
8	4	Sophie BROWN	Sheffield Flames	10.61	NJ	10.55	10.61	7	10.85	10.71	10.85	10.85	7	2	0.55	
9																
10																
11																
12																
13																
14																
15																
16																

RESULT					RESULT					JUDGES' SIGNATURES	
	No.	NAME	CLUB	DISTANCE		No.	NAME	CLUB	DISTANCE		
1	7	Nadia WILLIAMS	London North Lions	13.28	9						
2	3	Kelly HILTON	Manchester Warriors	12.26	10						
3	8	Shakira WHIGHT	London South Sharks	12.25	11						
4	5	Laura SAMUEL	Birmingham Falcons	11.97	12						
5	2	Emma PRINGLE	Newcastle Angels	11.58	13						
6	1	Sarah WARNOCK	Glasgow Cobras	11.17	14					REFEREE'S SIGNATURE	
7	4	Sophie BROWN	Sheffield Flames	10.85	15						
8	6	Amy BRADLEY	Cardiff Dragons	10.07	16						