

Sefton Brancker Trophy – Results– Wednesday 30th June 2004

		Pts		
		RAF	CS	Mx
100 Metres				
1.S.Benson (RAF)	10.9	7		
2.R.Edwards (Mx)	11.3			5
3.S.Bonsall (RAF)	11.3	4		
4.K.Adjepong (CS)	11.4		3	
5.R.Aamuel (Mx)	11.7			2
6.J.Appiah (CS)	11.8		1	
7.B.King (CS) (n/s)	12.5			
8.J.Wheeler (RAF (n/s)	13.9			
200 Metres				
1.A.Fugallo (Mx)	22.0			7
2.S.Bonsall (RAF)	22.4	5		
3.K.Adjepong (CS)	23.9		4	
4.B.King (CS)	26.4		3	
5.J.Chalk (RAF)	27.9	2		
400 Metres				
1.J.Hopkins (Mx)	50.4			7
2.G.Smith (CS)	50.8		5	
3.B.Caird (Mx)	51.2			4
4.M.Winship (Mx) (n/s)	51.3			
5.D.Lavipour (Mx) (n/s)	51.6			
6.D.Lemon (RAF)	56.1	3		
7.M.Owen (RAF)	68.3	2		
800 Metres				
1.L.Farmer (CS)	1-56.4		7	
2.D.Hall (Mx)	1-57.3			5
3.I.Bailey (RAF)	1-59.9	4		
4.H.Jama (Mx)(n/s)	2-00.5			
5.N.Gold (Mx)	2-01.3			3
6.I.Lewis(RAF)	2-07.4	2		
1500 Metres				
1.S.Omar (Mx)	4-01.1			7
2.S.Neill (RAF)	4-01.2	5		
3.P.Jacobs (Mx)	4-03.4			4
4.D.Lewis (RAF)	4-04.6	3		
3000 Metres				
1.P.Jacobs (Mx)	8-37.7			7
2.P.Cuddihy (Mx) (n/s)	8-53.1			
3.C.Bannon (Mx)	8-58.6			5

4.I.Bailey (RAF) (n/s)	8-59.8		
5.I.Cunningham (Mx) (n/s)	9-02.2		
6.B.Trappnell (RAF)	9-23.2	4	
7.M.Maxwell (RAF)	9-28.1	3	
8.D.Parry (RAF) (n/s)	11-04.7		
110 Hurdles			
1.M.Sillah-Freckleton (Mx)	14.2		7
2.R.Alleyne (Mx)	14.9		5
3.A.Higbee (RAF)	15.7	4	
4.J.Appiah (CS)	16.9		3
5.A.McWilliam (RAF)	20.1	2	
400 Hurdles			
1.J.Hopkins (Mx)	55.5		7
2.M.Winship (Mx)	57.2		5
3.N.Keogh (CS)	59.2		4
4.D.Lemon (RAF)	62.4	3	
5.M.Blunden (RAF)	70.4	2	
2000 Steeplechase			
1.A.Wray (CS)	6-03.5		7
2.R.McWilliam (RAF)	6-04.1	5	
3.M.Blunden (RAF)	6-09.8	4	
4.N.Martyn (Mx)	6-11.5		3
5.P.Lemmon (Mx)	7-42.9		2
3000 Walk			
1.J.Hall (CS)	14-43.0		7
2.T.Jones (Mx)	14-45.2		5
3.I.Statter (CS)	16-26.7		4
4.A.Cox (Mx)	16-39.7		3
5.A.Belchambers (W)(Mx – Gst)	17-10.5		
6.R.Gammage (RAF)	17-11.0	2	
7.J.Jeffery (RAF)	17-46.7	1	
8.M.Noel (W) (CS – Gst)	17-49.8		
High Jump			
1.T.Higbee (RAF)	1.80m	7	
2.H.Winthrop (Mx)	1.75m		5
3.J.Appiah (CS)	1.60m		4
4.K.Hibbins (RAF)	1.50m	3	
5.I.Statter (CS)	1.30m		2
Long Jump			
1.T.Higbee (RAF)	6.79m	7	
2.S.Nash (Mx)	6.23m		5
3.K.Hibbins (RAF)	5.88m	4	

Triple Jump

1.D.Wooler (RAF)	14.10m	7	
2.S.Benson (RAF)	14.02m	5	

Shot

1.A.Davis (RAF)	13.64m	7	
2.F.Miele (Mx)	13.63m		5
3.P.Lowe (RAF)	13.35m	4	
4.L.Rosenberg (Mx)	13.12m		3

Discus

1.F.Miele (Mx)	49.83m		7
2.A.Davis (RAF)	41.00m	5	
3.R.Thompson (RAF) (n/s)	40.08m		
4.P.Lowe (RAF)	39.35m	4	

Hammer

1.K.Davis (RAF)	53.33m	7	
2.P.Lowe (RAF)	41.52m	5	
3.S.Butler (Mx)	24.99m		4

Javelin

1.C.Hugff (Mx)	67.67m		7
2.A.Davis (RAF)	38.13m	5	
3.T.Higbee (RAF)	29.90m	4	
4.I.Statter (CS)	22.02m		3

4 x 100 Relay

1.RAF	45.3	8	
2.Civil Service	49.1		4

4 x 400 Relay

1.Middlesex	3-42.5		8
2.RAF	4-14.7	4	

Totals

		153	61	137
Add Cross-Country B/F		75	52	44
		228	113	181
		1 st	3 rd	2 nd

Seax Trophy Results – Wednesday 30th June 2004

		pts		
		RAF	CS	Mx
100 Metres				
1.J.Nicolls (Mx)	12.2			7
2.T.Nubi (Mx)	12.6			5
3.K.Reynolds (CS)	13.2		4	
4.H.Turner (CS)	13.9		3	
5.J.Whitley (RAF)	15.1	2		

6.R.Lawes (RAF)	15.6	1	
200 Metres			
1.J.Niccolls (Mx)	25.4		7
2.L.Whitehead (CS)	26.1		5
3.T.Nubi (Mx)	26.7		4
4.C.Brewer (CS)	28.6		3
5.H.Turner (CS) (n/s)	29.0		
6.T.Ritchie (RAF)	29.7	2	
400 Metres			
1.D.Gayle (Mx)	57.8		7
2.N.Metaxas (Mx)	61.2		5
3.T.Howells (CS)	65.3		4
4.T.Titchie (RAF)	66.7	3	
5.C.Brewer (CS)	71.1		2
6.J.Matthews (RAF)	79.5	1	
800 Metres			
1.R.Long (Mx)	2-15.6		7
2.B.Scotcher (RAF)	2-30.9	5	
3.L.Cameron (Mx)	2-32.2		4
4.J.Roe (RAF)	2-40.5	3	
5.M.Noel (CS)	3-07.6		2
1500 Metres			
1.S.Robson (CS)	4-50.0		7
2.N.Wasteney (CS)	4-52.0		5
3.K.Laws (Mx)	5-00.8		4
4.D.Kennedy (Mx)	5-02.8		3
5.L.Cameron (Mx) (n/s)	5-18.3		
3000 Metres			
1.S.Robson (CS)	10-38.5		7
2.V.Stacey (Mx)	10-54.9		5
3.J.Roe (RAF)	11-41.0	4	
4.M.Lepic (RAF)	12-10.2	3	
5.C.Bolam (Mx)	12-14.9		2
6.M.Noel (CS)	13-12.6		1
100 Hurdles			
1.K.Reynolds (CS)	14.7		7
2.A.Broadbelt (Mx)	15.2		5
3.C.Heaney (Mx)	18.0		4
4.N.Brunning (CS)	18.7		3
5.T.Bosworth (RAF)	18.8	2	
400 Hurdles			
1.C.Blackburn (Mx)	66.3		7

2.C.Heaney (Mx)	67.1		5
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High Jump

1.E.Newman (Mx)	1.60m		7
2.K.Reynolds (CS)	1.55m		5
3.R.Scotcher (RAF)	1.50m	4	
4.N.Brunning (CS)	1.45m		3
5.A.Barrett (Mx)	1.35m		2
6.T.Boswell (RAF)	1.30m	1	

Long Jump

1.A.Barrett (Mx)	5.21m		7
2.A-M.Thorpe (Mx)	5.17m		5
3.N.Brunning (CS)	4.90m		4
4.T.Bosworth (RAF)	4.75m	3	
5.N.Hedges (RAF)	4.11m	2	
6.H.Turner (CS)	4.00m		1

Triple Jump

1.N.Williams (Mx)	12.02m		7
2.N.Okwu (Mx)	11.26m		5
3.N.Brunning (CS)	10.26m		4
4.N.Hedges (RAF)	9.17m	3	
5.R.Whitehouse (RAF)	7.81m	2	

Shot

1.E.Deer (Mx)	11.10m		7
2.K.Budd (Mx) (n/s)	9.89m		
3.C.Moore-Griss (CS)	9.05m		5
4.K.Nuttall (RAF)	8.26m	4	
5.W.McCormack (RAF)	8.09m	3	
6.A.Simmons (CS)	7.66m		2
7.M.Okwu (Mx)	6.91m		1

Discus

1.C.Moore-Griss (CS)	47.79m		7
2.E.Deer (Mx)	37.43m		5
3.R.Hardy (Mx)	37.20m		4
4.A.Simmons (CS)	25.91m		3
5.K.Nuttall (RAF)	25.08m	2	
6.W.McCormack (RAF)	20.42m	1	

Hammer

1.K.Addis (CS)	30.90m		7
2.R.Samuel (Mx)	29.71m		5
3.W.McCormack (RAF)	25.02m	4	
4.K.Reynolds (CS)	24.12m		3
5.J.Matthews (RAF)	19.10m	2	

6.N.Williams (Mx)	17.87m		1
Javelin			
1.E.Dee (Mx)	42.18m		7
2.R.Hardy (Mx)	31.01m		5
3.R-M.Alexander (CS)	29.55m		4
4.C.Moore-Griss (CS)	25.23m		3
5.K.Nuttall (RAF)	10.32m	2	
6.W.McCormack (RAF)	3.33m	1	
4 x 100 Relay			
1.Middlesex	50.1		8
2.Civil Service	52.4		4
3.RAF		55.0	2
4 x 400 Relay			
1.Middlesex	4-00.5		8
2.Civil Service	4-30.8		4
3.RAF	5-49.7	2	
100 Metres N/S			
1.C.Brwer (CS)	13.7		
2.C.Spencer (RAF)	14.4		
3.T.Ritchie (RAF)	14.5		
Totals		64	112 165
Add Cross-Country B/F		13	29 36
		77	141 201
		3 rd	2 nd 1 st