

BRITISH ATHLETICS LEAGUE				MEN			
BAL GOLDEN JUBILEE CUP - 10 IN 100				YATE, 24th JULY 2010			
110m Hurdles - Men							
Pos	No	Name	Club	Perf	Points	pb	
1	1	Yannick Budd	Bristol	15.8	10	11.4	
2	7	Paul Key	Swindon	21.4	8		
3	6	Phil Gooding	Swansea	23.0	6		
4	4	Andrew Hole	Newport	23.1	5	23.7	
5	5	Mark Emmanuel	Severn	24.7	4	24	
	2	no athlete declared	Cardiff				
	3	no athlete declared	Exeter				
800m - Men							
Pos	No	Name	Club	Perf	Points	pb	
1	1	Richard Peters	Bristol	01:52.7	10	01:51.2	
2	2	Ieuan Thomas	Cardiff	01:54.5	8		
3	4	Dave Goodger	Newport	01:55.7	6	01:55.3	
4	7	Dan Pigeon	Swindon	01:56.8	5		
5	3	Jack Bancroft	Exeter	01:56.9	4		
6	6	Steve Richards	Swansea	02:12.8	3	01:57	
7	5	Oliver Starkey	Severn	02:17.9	2	02:17.0	
400m - Men							
Pos	No	Name	Club	Perf	Points	pb	
1	1	Gustav Klingstedt	Bristol	49.6	10		
2	2	Nathan Feluus	Cardiff	50.0	8		
3	4	Carl Mcewan	Newport	50.8	6		
4	3	Byron Fitzgerald	Exeter	51.9	5		
5	7	Chris Reade	Swindon	52.6	4		
6	5	Jason Gower	Severn	56.7	3		
7	6	Steve Richards	Swansea	57.9	2		
200m - Men							
Pos	No	Name	Club	Perf	Points	pb	
1	2	Gareth Hopkins	Cardiff	21.7	10	21.71	
2	7	Patrick North	Swindon	22.3	8		
3	1	Ben Coughlan	Bristol	22.6	6	22.3	
4	5	Ashleigh Maylor	Severn	22.9	5	28	
5	6	Jamie Price	Swansea	23.1	4	22.8	
6	3	Stephen Bailey	Exeter	23.7	3		
7	4	Craig Russell	Newport	25.0	2	24.7	
100m - Men							
Pos	No	Name	Club	Perf	Points	pb	
1	6	Wyn Roberts	Swansea	10.8	10	10.9	
2	2	Rhys Knapman	Cardiff	11.0	8	10.91	
3	1	Leon Reid	Bristol	11.0	6	11..0	
4	4	Lemarl Freckleton	Newport	11.3	5		
5	7	Rob Churchill	Swindon	12.0	4		
6	5	Jason Gower	Severn	12.1	3	12.2	
7	3	Josh Tunstall	Exeter	12.2	2		
3000m - Men							
Pos	No	Name	Club	Perf	Points	pb	
1	1	Jon Wills	Bristol	08:30.1	10		
2	6	Matt DuMigun	Swansea	08:30.4	8	08:24	
3	3	Ollie Berry	Exeter	09:05.5	6		
4	7	Andy Fulford	Swindon	09:07.6	5		
5	5	Kyran Hale	Severn	09:08.2	4	09:11.4	
6	4	Emrys Penny	Newport	09:14.7	3		
	2	James Williams	Cardiff				

Medley Relay - Men						
Pos	No	Name	Club	Perf	Points	pb
1	2	Knapman, Hopkins	Cardiff	02:26.4	10	
		Thomas , Feluus				
2	7	Churchill, Large	Swindon	02:27.6	8	
		Pidgeon, North				
3	1	Reid, Coghlan	Bristol	02:32.6	6	
		Dean-Young, Peters				
4	3	Fitzgerald, Macgregor	Exeter	02:33.1	5	
		bancroft, Bailey				
5	4	Freckleton, Morgan	Newport	02:33.4	4	
		McEwan, Russell				
6	5	Phillips, Emmanuel	Severn	02:47.5	3	
		Gower, Hale				
7	6	Price, Wright	Swansea	03:23.0		
7	6	Jones, Dumigan				
Hammer - Men						
Pos	No	Name	Club	Perf	Points	pb
1	6	Richie Wells	Swansea	52.00	10	53.81
2	5	M Powell	Severn	51.51	8	55.6
3	3	Jon Milum	Exeter	48.23	6	
4	1	James Preston	Bristol	37.53	5	37.22
5	4	Mark Boswell	Newport	33.82	4	35
6	7	Tony Jackson	Swindon	32.69	3	
7	2	Simon Bull	Cardiff	31.06	2	
Triple Jump - Men						
Pos	No	Name	Club	Perf	Points	pb
1	6	Wyn Roberts	Swansea	13.24	10	14.24
2	3	Josh Tunstall	Exeter	12.65	8	
3	2	Ross Mckensie	Cardiff	12.45	6	
4	5	Curtley Phillips	Severn	12.36	5	
5	1	Paul Weston	Bristol	12.05	4	15.46
6	7	Kenton Mielnik	Swindon	11.49	3	
7	4	Keith Powell	Newport	9.78	2	10
Javelin - Men						
Pos	No	Name	Club	Perf	Points	pb
1	6	Oliver Wright	Swansea	50.89	10	54.92
2	2	Simon Bull	Cardiff	48.81	8	
3	5	Wayne Powell	Severn	48.80	6	58.1
4	4	Tom Morgan	Newport	45.38	5	50
5	7	Darren Akers	Swindon	39.75	4	
6	1	Gustav Klintstedt	Bristol	39.66	3	47.35
7	3	Jon Milum	Exeter	31.91	2	
Pole Vault - Men						
Pos	No	Name	Club	Perf	Points	pb
1	7	Rob Warensjo	Swindon	4.60		
2	1	Luke Bailey	Bristol	4.20		4.3
3	6	Emyr Jones	Swansea	4.00		4.1
4	3	Alex Macgregor	Exeter	3.70		
5	5	Nick Walker	Severn	3.10		3.4
6	4	Keith Powell	Newport	2.70		3.2
	2	No Athlete	Cardiff			
Mens Cumulative Score						
Position						
	1	Bristol		78		
	2	Swansea		71		
	3	Swindon		62		
	4	Cardiff		60		
	5	Severn		47		
	6	Exeter		46		
	7	Newport		45		

BRITISH ATHLETICS LEAGUE				WOMEN			
BAL GOLDEN JUBILEE CUP - 10 IN 100						YATE, 24th JULY 2010	
100m Hurdles - Women							
Pos	No	Name	Club	Perf	Points	pb	
1	33	Sophie Skinner	Exeter	14.3	10		
2	66	Anwen Rees	Swansea	16.2	8	14.9	
3	11	Samantha Moore	Bristol	17.4	6	16.5	
4	77	Beth Bermingham	Swindon	18.8	5		
	22	No Athlete	Cardiff				
	44		Newport				
800m -Women							
Pos	No	Name	Club	Perf	Points	pb	
1	66	Carol Glover	Swansea	02:11.9		02:10.3	
2	22	Bethaan Strange	Cardiff	02:13.8		02:13	
3	11	Olivia Sadler	Bristol	02:14.2		02:16.3	
4	33	Emily Weeks	Exeter	02:17.8			
5	77	Beth Bermingham	Swindon	03:27.2			
	44		Newport				
400m - Women							
Pos	No	Name	Club	Perf	Points	pb	
1	66	Bryony Turnbull	Swansea	58.3	10	57.1	
2	33	Rebecca Brown	Exeter	58.6	8		
3	22	Rhianne Jones	Cardiff	59.2	6	56.81	
dnf	11	Samantha Moore	Bristol				
	44		Newport				
dns	77	Catrin Garland	Swindon				
200m - Women							
Pos	No	Name	Club	Perf	Points	pb	
1	66	Sian Davies	Swansea	26.4	10	26	
2	77	Natasha Zebroski	Swindon	26.7	8	26.8	
3	22	Danielle Mill	Cardiff	26.9	6	27.3	
4	33	Gabi Tillson-Hawke	Exeter	27.0	5		
5	11	Valentina Santo-Fullerton	Bristol	27.2	4		
6	44	Lindsay Badman	Newport	28.2	3	27.5	
100m - Women							
Pos	No	Name	Club	Perf	Points	pb	
1	22	Rhiannon Yates	Cardiff	12.0	10	11.85	
2	33	Rebecca Chapman	Exeter	12.4	8		
3	66	Catrin Stone	Swansea	13.2	6	12.8	
4	77	Bethany Large	Swindon	16.9	5		
	11	No Athlete	Bristol				
	44	Lucy Badman	Newport			13.17	
3000m - Women							
Pos	No	Name	Club	Perf	Points	pb	
1	11	Imogen Ainsworth	Bristol	09:51.6		09:41.7	
2	66	Ellie Kirk	Swansea	09:55.4		09:46	
3	22	Gemma Leany	Cardiff	10:21.9			
4	33	Anna Rust	Exeter	11:08.7			
5	77	Vickey Bass	Swindon	15:21.7			
	44		Newport				

Medley Relay - Women						
Pos	No	Name	Club	Perf	Points	pb
1	33	Tillson-Hawke, Brown	Exeter	02:47.5		
		Weeks, Skinner				
2	22	Jones, Yates	Cardiff	02:52.4		
		Mill, Strange				
3	66	Stone, Davies	Swansea	02:57.6		
		Turnbull, Glover				
4	11	Santo-Fullerton, Bryan	Bristol	03:07.0		
		Sadler, Ainsworth				
	77		Swindon			
	44		Newport			
Hammer - Women						
Pos	No	Name	Club	Perf	Points	pb
1	66	Toni Wells	Swansea	50.91		51.55
2	22	Beth Sewell	Cardiff	46.27		
3	11	Hayley Green	Bristol	41.36		45.58
4	77	Vickey Bass	Swindon	30.44		
5	33	Beth Shearman	Exeter	28.10		
	44		Newport			
Pole Vault - Women						
Pos	No	Name	Club	Perf	Points	pb
1	11	Lucy Bryan	Bristol	3.80	10	3.8
2	66	Naomi James	Swansea	3.20	8	3.5
3	77	Catrin Garland	Swindon	1.70	6	
4	33	Leonie Rowe	Exeter	1.30	5	
	22	No Athlete	Cardiff			
	44		Newport			
Javelin - Women						
Pos	No	Name	Club	Perf	Points	pb
1	22	Lianne Clarke	Cardiff	45.73	10	46
2	66	Claire Williams	Swansea	39.99	8	46.19
3	33	Rebecca Chapman	Exeter	32.30	6	
4	77	Bethany Large	Swindon	21.63	5	
5	11	Hayley Green	Bristol	17.07	4	17.74
	44		Newport			
Triple Jump - Women						
Pos	No	Name	Club	Perf	Points	pb
1	22	Sara Barry	Cardiff	12.27	10	12.75
2	66	Sian Davies	Swansea	10.80	8	11.35
3	33	Leonie Rowe	Exeter	10.56	6	
4	77	Natasha Zebroski	Swindon	10.38	5	
	11	No Athlete	Bristol			
	44		Newport			
Womens Cumulative Score						
Position						
	1	Swansea		92		
	2=	Cardiff		72		
	2=	Exeter		72		
	4	Bristol		51		
	5	Swindon		47		
	6	Newport		3		