

**BAL CUP Semi Final , Yate Outdoor Sports Complex, 18th July 2009**

MEN		Competitor	#	Perf.	Club
400m Hurdles	1	Richard Scott	2	55.1	Exeter
	2	Jamie Gutteridge	1	58.8	Cardiff
	3	David Goodger	3	59.2	Newport
	4	Dafydd Walters	5	60.3	Swansea
	5	Dan White	8	60.5	Yate
	6	Philip Coker	7	64.8	Southampton
	7	David Hoskins	4	82.0	Severn
	8				#N/A
800m	1	Joe Thomas	1	1m53.1	Cardiff
	2	Gareth Beech	7	1m54.9	Southampton
	3	Dan Pidgeon	6	1m56.3	Swindon
	4	Owen Walpole	2	1m56.8	Exeter
	5	Brett Halliwell	8	1m58.1	Yate
	6	Lee Richards	3	2m02.1	Newport
	7	Steve Richards	5	2m05.2	Swansea
	8	David Gilbert	4	2m06.9	Severn
400m	1	Patrick North	6	48.7	Swindon
	2	Gareth Dodd	5	49.1	Swansea
	3	Daryn Campbell	7	49.3	Southampton
	4	Carl McEwan	3	50.1	Newport
	5	Matt Muggeridge	8	51.2	Yate
	6	Declan Evans	1	51.4	Cardiff
	7	Lee Salter	2	51.9	Exeter
	8				#N/A
200m	1	Lloyd Raffell	1	22.1	Cardiff
	2	Ross Langford	7	22.7	Southampton
	3	Ashley Naylor	4	22.7	Severn
	4	Jamie Price	5	22.8	Swansea
	5	Byron Fitzgerald	2	23.2	Exeter
	6	Ed Lantzoz	3	24.0	Newport
	7	Daniel Large	6	24.6	Swindon
	8				#N/A
100m	1	Gareth Hopkins	1	10.8	Cardiff
	2	Jacob Evans	7	11.0	Southampton
	3	Oliver Edwards	3	11.0	Newport
	4	George Robinson	2	11.1	Exeter
	5	Ashley Naylor	4	11.3	Severn
	6	Jamie Price	5	11.7	Swansea
	7	Matt Tanner	6	12.0	Swindon
	8				#N/A
1500m	1	Johnathan Morgan	3	4m02.9	Newport
	2	Jack Bancroft	2	4m04.7	Exeter
	3	Ben Scarlett	6	4m07.1	Swindon
	4	Sam Dalgleish	8	4m07.8	Yate
	5	Ed Takata	1	4m09.4	Cardiff
	6	Gareth Kaplacz	7	4m14.3	Southampton
	7	Steve Richards	5	4m40.1	Swansea
	8	Ollie Otaruey	4	4m48.9	Severn

Discus	1	Jacob Mathews	1	41m50	Cardiff
	2	Gareth Winter	4	40m55	Severn
	3	Maurice Hicks	7	37m86	Southampton
	4	Mike Small	6	37m59	Swindon
	5	John Mitum	2	37m02	Exeter
	6	Ritchie Wells	5	36m20	Swansea
	7	Keith Powell	3	23m58	Newport
	8	Ashley Jones	8	22m84	Yate

High Jump	1	Robby Wells	5	1m80	Swansea
	2	Alex MacGregor	2	1m75	Exeter
	3	Tom Kivell	1	1m70	Cardiff
	4	Leigh Pritchard	4	1m65	Severn
	5	Tony Jackson	6	1m50	Swindon
	6	Ian Morgan	3	1m20=	Newport
	7	Chris Bull	7	1m20=	Southampton
	8				#N/A

Long Jump	1	Chris Bull	7	6m12	Southampton
	2	Josh Tunstall	2	5m88	Exeter
	3	Robbie Wells	5	5m83	Swansea
	4	Matthew Tanner	6	5m63	Swindon
	5	Tom Kivell	1	5m44	Cardiff
	6	Nick Walker	4	5m16	Severn
	7	Malcolm Medhurst	3	5m06	Newport
	8				#N/A

Shot Putt	1	Jacob Matthews	1	13m31	Cardiff
	2	David Dawson	2	12m84	Exeter
	3	Gareth Winter	4	12m83	Severn
	4	Mike Small	6	12m06	Swindon
	5	Maurice Hicks	7	11m59	Southampton
	6	Robert Eales	3	11m28	Newport
	7	Richie Wells	5	11m26	Swansea
	8	Pete Jackson	8	9m94	Yate

Medley Relay	1		1	2m24.7	Cardiff
	2		2	2m27.0	Exeter
	3		7	2m28.0	Southampton
	4		6	2m30.6	Swindon
	5		3	2m32.5	Newport
	6		4	2m50.8	Severn
	7				#N/A
	8				#N/A

MEN	Cardiff	Exeter	Newport	Severn	Swansea	Swindon	Southampton	Yate
400m Hurdles	8	10	6	2	5	0	3	4
800m	10	5	3	1	2	6	8	4
400m	3	2	5	0	8	10	6	4
200m	10	4	3	6	5	2	8	0
100m	10	5	6	4	3	2	8	0
1500m	4	8	10	1	2	6	3	5
Discus	10	4	2	8	3	5	6	1
High Jump	6	8	3	5	10	4	2	0
Long Jump	4	8	2	3	6	5	10	0
Shot Putt	10	8	3	6	2	5	4	1
Medley Relay	10	8	4	3	0	5	6	0
Totals	85	70	47	39	46	50	64	19

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WOMEN	Competitor	#	Perf.	Club	
400m Hurdles	1	Sian Scott	77	59.3	Southampton
	2	Sophie Skinner	22	62.3	Exeter
	3	Anwen Rees	55	63.0	Swansea
	4	Lauren O'Reilly	33	68.7	Newport
	5	Emily Brown	11	69.6	Cardiff
	6	Hannah Jackson	88	74.5	Yate
	7				#N/A
	8				#N/A

800 Metres	1	Katherine Humphreys	22	2m13.2	Exeter
	2	Amanda Jones	55	2m13.3	Swansea
	3	Dominique Oughton	66	2m21.4	Swindon
	4	Lauren Brobin	11	2m23.8	Cardiff
	5	Eleanor Alexander	77	2m25.2	Southampton
	6	Emma Journeaux	88	2m29.4	Yate
	7				#N/A
	8				#N/A

400 Metres	1	Bryony Turnbull	55	58.4	Swansea
	2	Hayley Smith	88	58.8	Yate
	3	Emily Weeks	22	60.4	Exeter
	4	Leila James	11	61.6	Cardiff
	5	Carol Dawkins	77	64.2	Southampton
	6				#N/A
	7				#N/A
	8				#N/A

200 Metres	1	Rachael Lewington	77	25.0	Southampton
	2	Kerry Gale	22	26.1	Exeter
	3	Paula Hill	88	26.2	Yate
	4	Lauren Regan	11	26.3	Cardiff
	5	Lauren O'Reilly	33	27.1	Newport
	6	Sian Davies	55	27.7	Swansea
	7	Vicky Bass	66	30.6	Swindon
	8				#N/A

100 Metres	1	Jenny Robinson	22	12.6	Exeter
	2	Kayleigh Harper	66	12.7	Swindon
	3	Hannah Jones	11	12.9	Cardiff
	4	Chantelle Walker	55	13.1	Swansea
	5	Zoe Llewelyn	33	13.4	Newport
	6	Donna Chatting	77	13.5	Southampton
	7				#N/A
	8				#N/A

1500 Metres	1	Andrea Whitcombe	55	4m41.1	Swansea
	2	Vikki Jackson	11	5m05.5	Cardiff
	3	Anna Rust	22	5m11.5	Exeter
	4				#N/A
	5				#N/A
	6				#N/A
	7				#N/A
	8				#N/A

Discus	1	Debbie Calloway	77	39m08	Southampton
	2	Julia Walkden	22	38m30	Exeter
	3	Alyson Hourihan	11	37m01	Cardiff
	4	Zoe Large	66	20m98	Swindon
	5	Sian Davies	55	20m20	Swansea
	6				#N/A
	7				#N/A
	8				#N/A

High Jump	1	Karla Drew	77	1m60	Southampton
	2	Rachel	88	1m55	Yate
	3	Rebecca Chapman	22	1m55	Exeter
	4	Laura Mackie	66	1m40	Swindon
	5	Andrea Whitcombe	55	0m90	Swansea
	6				#N/A
	7				#N/A
	8				#N/A

Long Jump	1	Imelda Morrison	55	5m39	Swansea
	2	Laura Mackie	66	4m85	Swindon
	3	Beth Skinner	22	4m78	Exeter
	4	Donna Chatting	77	4m50	Southampton
	5	Hannah Jones	11	4m19	Cardiff
	6				#N/A
	7				#N/A
	8				#N/A

Shot Putt	1	Debbie Calloway	77	10m58	Southampton
	2	Ayla Phillips	11	10m14	Cardiff
	3	Julia Walkden	22	8m73	Exeter
	4	Chantelle Walker-Jones	55	8m63	Swansea
	5	Zoe Large	66	7m36	Swindon
	6				#N/A
	7				#N/A
	8				#N/A

Medley Relay	1		77	2m47.7	Southampton
	2		22	2m50.9	Exeter
	3		55	2m52.7	Swansea
	4		11	3m01.7	Cardiff
	5		66	3m15.7	Swindon
	6				#N/A
	7				#N/A
	8				#N/A

WOMEN	Cardiff	Exeter	Newport	Severn	Swansea	Swindon	Southampton	Yate
400m Hurdles	4	8	5	0	6	0	10	3
800 Metres	5	10	0	0	8	6	4	3
400 Metres	5	6	0	0	10	0	4	8
200 Metres	5	8	4	0	3	2	10	6
100 Metres	6	10	4	0	5	8	3	0
1500 Metres	8	6	0	0	10	0	0	0
Discus	6	8	0	0	4	5	10	0
High Jump	0	6	0	0	4	5	10	8
Long Jump	4	6	0	0	10	8	5	0
Shot Putt	8	6	0	0	5	4	10	0
Medley Relay	5	8	0	0	6	4	10	0
Totals	56	82	13	0	71	42	76	28