



Track & Field Championships

Grangemouth, Stadium

Wednesday 14<sup>th</sup> July 2010

## RESULTS

## RESULTS - MEN

### 100 Metres

#### Heat 1

Wind speed -3.4

Pos	No	Name	Force	Time
1	69	Jules Ryan	Merseyside	11.80
2	95	Mensah Elliot	Metropolitan	12.00
3	3	Ewan McCombie	Central Scotland	12.10
4	72	Matthew Marchant	Metropolitan	12.20
5	29	Anthony Sharman	Essex	13.10
6	11	Kate Swanson	City of London	Dns

#### Heat 2

Wind speed -2.2

Pos	No	Name	Force	Time
1	102	Sean Taylor	Northamptonshire	11.50
2	108	Scott MacDonald	Northern Constabulary	12.10
3	33	David Agnew	Fife	12.20
4	101	Paul Webster	Northamptonshire	12.40
5	30	Jack Sneath	Essex	13.10
6	140	Asim Abassi	West Midlands	14.00

#### FINAL

Wind speed -.07

Pos	No	Name	Force	Time
1	102	Sean Taylor	Northamptonshire	11.40
2	69	Jules Ryan	Merseyside	11.70
3	108	Scott MacDonald	Northern Constabulary	11.90
4	3	Ewan McCombie	Central Scotland	12.10
5	33	David Agnew	Fife	12.10
6	72	Matthew Marchant	Metropolitan	12.10
7	95	Mensah Elliot	Metropolitan	12.10
8	101	Paul Webster	Northamptonshire	12.20

## 200m FINAL

### Wind speed

Pos	No	Name	Force	Time
1	69	Jules Ryan	Merseyside	22.9
2	102	Sean Taylor	Northamptonshire	23.0
3	144	Greg Richards	West Midlands	23.5
4	72	Matthew Marchant	Metropolitan	24.2
5	3	Ewan McCombie	Central Scotland	24.4
6	108	Scott MacDonald	Northern Constabulary	Dnf
7	96	Leon Christodoulou	Metropolitan	Dns

## 400m FINAL

Pos	No	Name	Force	Time
1	69	Jules Ryan	Merseyside	50.1
2	112	Cameron Ross	Northern Constabulary	52.3
3	42	James Miller	Gloucestershire	52.5
4	144	Greg Richards	West Midlands	52.6
5	74	Sam Grealy	Metropolitan	52.9
6	79	Tim Skinner	Metropolitan	57.1
7	110	David Miller	Northern Constabulary	60.9
8	149	Paul Wells	West Yorkshire	65.0

## 800m FINAL

Pos	No	Name	Force	Time
1	71	Matthew Addison	Metropolitan	1.58.5
2	42	James Miller	Gloucestershire	2.00.5
3	26	Michael Garner	Essex	2.03.0
4	89	Rob Jackman	Metropolitan	2.05.0
5	151	Kieran Rowlands	Lancashire	2.05.9
6	31	Dan Sorrell	Essex	2.09.1
7	86	Mark Rodgers	Metropolitan	2.11.0
8	149	Paul Wells	West Yorkshire	2.30.9

### 1500m FINAL

Pos	No	Name	Force	Time
1	71	Matthew Addison	Metropolitan	4.02.8
2	70	Thomas Henders	Merseyside	4.13.0
3	42	James Miller	Gloucestershire	4.16.3
4	26	Michael Garner	Essex	4.18.0
5	89	Rob Jackman	Metropolitan	4.19.3
6	151	Kieran Rowlands	Lancashire	4.22.1
7	90	Peter Tucker	Metropolitan	4.36.4
8	105	Iain Blackburn	Northern Constabulary	5.19.7
9	18	Kevin Loftus	Derbyshire	6.03.2

### 5000m Final

Pos	No	Name	Force	Time
1	90	Peter Tucker	Metropolitan	15.59.4
2	10	Harry Paton	City of London	16.12.6
3	52	Mark Penny	Kent	16.55.8
4	133	Andy McGee	Strathclyde	17.25.5
5	152	Steven Laurie	West Yorkshire	17.52.3
6	145	Darren Riley	West Midlands	17.57.9
7	98	Richard Vanderpuije	Metropolitan	18.32.6
8	105	Iain Blackburn	Northern Constabulary	19.23.1
9	135	Gordon McCrae	Strathclyde	19.50.2
10	134	Grant McCormack	Strathclyde	20.27.9

### 5000m Vets Final

Pos	No	Name	Club	Time
1	91	Iain Campbell	Metropolitan	16.36.2
2	2	Iain Taylor	Central Scotland	17.13.1
3	5	Malcolm Fowler	Cheshire	17.26.6
4	132	John Pretty	Strathclyde	17.42.9
5	75	Anthony Forder	Metropolitan	18.45.9
6	46	Mark Evans	GMP	20.05.5
7	28	John Jackson	Essex	20.11.4
8	18	Kevin Loftus	Derbyshire	21.03.0
9	19	Alan McGill	Derbyshire	21.20.2
10	94	Rob Harding	Metropolitan	21.45.9
11	55	Steve Broadbent	Lancashire	21.56.2
12	57	David Watkinson	Lancashire	24.27.7
13	58	Bill Murray	Lancashire	24.43.2

### 110 Metres Hurdles

Pos	No	Name	Force	Time
1	95	Mensah Elliot	Metropolitan	16.2
2	30	Jack Sneath	Essex	20.8
	106	Fraser Christie	Northern Constabulary	dsq
	143	Richard Mallinson	West Midlands	dsq

### 400 Metres Hurdles

	No	Name	Club	Time
1	93	George Dunn	Metropolitan	67.3
2	129	Kenny Morrison	Strathclyde	68.9
3	143	Richard Mallinson	West Midlands	70.8
4	47	Neil Slater	GMP	78.4
	112	Cameron Ross	Northern Constabulary	dsq
	86	Mark Rodgers	Metropolitan	Dns

### 3000metres Walk

Pos	No	Name	Force	Time
1	136	Gary Whitton	Sussex	16.23.6
2	142	Glyn Jones	West Midlands	17.06.3
3	27	Steve King	Essex	17.21.7
4	58	Bill Murray	Lancashire	19.41.7
5	94	Rob Harding	Metropolitan	21.43.3

### 3000m Steeplechase

Pos	No	Name	Force	Time
1	65	Steve Cairns	Lothians & Borders	10.04.6
2	87	Joel Clewitt	Metropolitan	10.18.8
3	93	George Dunn	Metropolitan	11.08.6
4	5	Malcolm Fowler	Cheshire	11.43.0
5	55	Steve Broadbent	Lancashire	14.58.9
6	46	Mark Evans	GMP	dnf

### Medley Relay

Pos	Force	Time
1	Metropolitan A	3.42.3
2	Essex	3.56.1
3	Northern Constabulary	3.57.7
4	Metropolitan B	3.59.2
5	Strathclyde	4.17.3
6	West Midland	4.34.1
7	Lancashire	5.38.6

### Pole Vault

Pos	No	Name	Force	HT
1	17	Mark Beer	Derbyshire	3.80
2	41	Mark Flannery	Gloucestershire	2.80
3	143	Richard Mallinson	West Midlands	1.10

### High Jump

Pos	No	Name	Force	HT
1	33	David Agnew	Fife	1.80
2	17	Mark Beer	Derbyshire	1.75
2	7	John Lyons	Cheshire	1.75
4	106	Fraser Christie	Northern Constabulary	1.70
5	50	Phillip Chalke Malcolm	Hampshire	1.65
6	109	MacLeod	Northern Constabulary	1.50
7	117	Steve Gill	Northumbria	1.45

### Long Jump

Pos	No	Name	Force	Dist
1	33	David Agnew	Fife	6.53
2	99	Sam Bobb	Metropolitan	6.42
3	95	Mensah Elliot	Metropolitan	5.76
4	29	Anthony Sharman	Essex	5.10
5	140	Asim Abassi	West Midlands	4.38
6	6	Alex Leigh	Cheshire	3.53

### Triple Jump

Pos	No	Name	Force	Dst
1	99	Sam Bobb	Metropolitan	13.69
2	30	Jack Sneath	Essex	10.9
3	29	Anthony Sharman	Essex	10.6
4	112	Cameron Ross	Northern Constabulary	10.2
5	96	Leon Christodoulou	Metropolitan	9.78

### Hammer

Pos	No	Name	Force	Dist
1	16	Rob Careless	Derbyshire	46.32
2	80	Steve McEvoy	Metropolitan	37.50
3	111	David Ogilvie	Northern Constabulary	32.05
4	103	Peter Knott	Northamptonshire	24.70
5	17	Mark Beer	Derbyshire	22.89

### Shot Putt

Pos	No	Name	Force	Dist
1	20	Simon Fricker	Dorset	14.73
2	115	Paul Corrigan	Northumbria	12.17
3	111	David Ogilvie	Northern Constabulary	11.76
4	103	Peter Knott	Northamptonshire	11.01
5	109	Malcolm MacLeod	Northern Constabulary	10.75
6	88	Will Hudson	Metropolitan	9.24
7	43	Jon Thompson	Gloucestershire	8.55

### Discus

Pos	No	Name	Force	Dist
1	20	Simon Fricker	Dorset	44.39
2	119	Ian McMullan	PNSI	38.48
3	88	Will Hudson	Metropolitan	30.75
4	17	Mark Beer	Derbyshire	30.56
5	41	Mark Flannery	Gloucestershire	30.48
6	115	Paul Corrigan	Northumbria	30.18
7	109	Malcolm MacLeod	Northern Constabulary	30.04
8	80	Steve McEvoy	Metropolitan	29.50
9	111	David Ogilvie	Northern Constabulary	27.67
10	103	Peter Knott	Northamptonshire	26.21
11	43	Jon Thompson	Gloucestershire	19.52

### Javelin

Pos	No	Name	Force	Dist
1	153	Timothy Phillips	Hampshire	50.62
2	119	Ian McMullan	PNSI	41.33
3	88	Will Hudson	Metropolitan	41.21
4	76	Richard Horne	Metropolitan	33.59
5	43	Jon Thompson	Gloucestershire	23.34

### **Tug of War**

<b>Pos</b>	<b>Force</b>
<b>1</b>	<b>Combined Essex</b>
<b>2</b>	<b>Met Police</b>
<b>3</b>	<b>Central Scotland</b>
<b>4</b>	<b>Essex B</b>

<b>Pos</b>	<b>Force</b>
<b>1</b>	<b>Combined Essex</b>
<b>2</b>	<b>Met Police</b>
<b>3</b>	<b>Central Scotland</b>
<b>4</b>	

<b>Pos</b>	<b>Force</b>
<b>1</b>	<b>Combined Essex</b>
<b>2</b>	<b>Met Police</b>
<b>3</b>	<b>Central Scotland</b>



## RESULTS – WOMEN

### 100m Final Wind speed -3.5

Pos	No	Name	Force	Time
1	36	Jacqueline Tindal	Fife	13.2
2	113	Rachel Archer	Northumbria	14.3
3	138	Stephanie Morgan	West Midlands	14.6
4	40	Georgina Taylor	Gloucestershire	15.3
5	139	Jemma Southall	West Midlands	15.3
6	125	Margaret McKinley	Strathclyde	15.8
7	61	Christine Gray	Lancashire	16.8

### 200m FINAL

Ws

Pos	No	Name	Force	Time
1	100	Katherine Reeves	Metropolitan	26.6
2	113	Rachel Archer	Northumbria	28.1
3	120	Gemma Beattie	Strathclyde	33.5
4	61	Christine Gray	Lancashire	34.8

### 400m Final

Pos	No	Name	Force	Time
1	100	Katherine Reeves	Metropolitan	60.10
2	92	Alison Lapper	Metropolitan	69.60
3	13	Katherine Winrow	Cumbria	75.40

### 800m FINAL

Pos	No	Name	Force	Time
1	53	Janine Brown	Kent	2.29.3
2	1	Kirsty Baird	Central Scotland	2.35.6
3	114	Sally Youden	Northumbria	2.44.4
4	78	Karen Horswood	Metropolitan	2.46.8
5	13	Katherine Winrow	Cumbria	2.51.2
6	83	Jacqueline Reid	Metropolitan	2.56.4

### 1500m FINAL

Pos	No	Name	Force	Time
1	82	Sharon McHugh	Metropolitan	4.51.9
2	154	Natalie Farrow	Lincs	4.53.6
3	53	Janine Brown	Kent	5.06.8
4	1	Kirsty Baird	Central Scotland	5.23.7
5	15	Lisa Knights	Derbyshire	5.26.9
6	83	Jacqueline Reid	Metropolitan	6.03.5
7	62	Laura Lawler	Lancashire	6.10.8
8	97	Victoria Emsley	Metropolitan	6.18.1
9	59	Sue Williams	Lancashire	6.35.5
10	63	Terri Gover	Lothians & Borders	6.40.6
11	148	Heather Mitchell	West Yorkshire	7.09.9
12	60	Sue Harrison	Lancashire	8.08.1
13	122	Ailsa Currie	Strathclyde	dns

### 5000m FINAL

Pos	No	Name	Force	Time
1	64	Dianne Lauder	Lothians & Borders	17.39.1
2	154	Natalie Farrow	Lincs	18.06.0
3	84	Sarah Green	Metropolitan	19.39.1
4	85	Libby Cameron	Metropolitan	19.50.3
5	126	Karlynn Forsyth	Strathclyde	20.21.5
6	122	Ailsa Currie	Strathclyde	21.23.2
7	44	Jessica Straw	Gloucestershire	21.24.3
8	97	Victoria Emsley	Metropolitan	22.02.2

### 5000m Vets FINAL

Pos	No	Name	Club	Time
1	15	Lisa Knights	Derbyshire	19.26.3
2	83	Jacqueline Reid	Metropolitan	21.38.4
3	62	Laura Lawler	Lancashire	22.24.9
4	78	Karen Horswood	Metropolitan	22.35.3
5	59	Sue Williams	Lancashire	23.51.9
6	148	Heather Mitchell	West Yorkshire	25.03.0
7	60	Sue Harrison	Lancashire	28.03.0

### 4x100m Relay FINAL

Pos	Force	Time
1	Met A	60.00
2	Strathclyde	60.10
3	Met B	65.30
4	Lancs	69.00

### Pole Vault

Pos	No	Name	Force	Ht
1	83	Jacqueline Reid	Metropolitan	1.50

### HIGH JUMP

Pos	No	Name	Force	Ht
1	36	Jacqueline Tindal	Fife	1.55
2	49	Sharon Woolrich	Hampshire	1.50

### LONG JUMP

Pos	No	Name	Force	Dist
1	104	Maureen MacKinnon	Northern Constabulary	4.31
2	54	Denise Andrews	Kent	4.26
3	125	Margaret McKinley	Strathclyde	3.89
4	61	Christine Gray	Lancashire	3.38

### HAMMER

Pos	No	Name	Force	Dist
1	48	Natalie Badham	Hampshire	30.00
2	24	Shirley Quinn	Essex	29.28
3	73	Sigrid Hasler	Metropolitan	22.54
4	45	Sharon Harper	GMP	21.7

### SHOT PUTT

Pos	No	Name	Force	Dist
1	36	Jacqueline Tindal	Fife	11.90
2	147	Deborah Collinson	West Yorkshire	10.76
3	124	Bernadette McKinley	Strathclyde	10.27
4	48	Natalie Badham	Hampshire	9.44
5	81	Jo Hale	Metropolitan	8.41
6	125	Margaret McKinley	Strathclyde	8.36
7	45	Sharon Harper	GMP	7.33
8	24	Shirley Quinn	Essex	6.47
9	73	Sigrid Hasler	Metropolitan	6.45
10	38	Katy Powell	Gloucestershire	6.31

### DISCUS

Pos	No	Name	Force	Dist
1	121	Claire Cameron	Strathclyde	33.59
2	48	Natalie Badham	Hampshire	31.90
3	123	Jayne Kirkpatrick	Strathclyde	31.90
4	24	Shirley Quinn	Essex	29.36
5	81	Jo Hale	Metropolitan	28.05
6	73	Sigrid Hasler	Metropolitan	20.05
7	45	Sharon Harper	GMP	20.04

### Javelin

Pos	No	Name	Force	Dist
1	166	Jan Timberlake	West Mercia	33.19
2	147	Deborah Collinson	West Yorkshire	32.98
3	123	Jayne Kirkpatrick	Strathclyde	28.45
4	40	Georgina Taylor	Gloucestershire	28.3
5	53	Janine Brown	Kent	21.6
6	49	Sharon Woolrich	Hampshire	21.1