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***POLICE SPORT UK TRACK AND  
FIELD CHAMPIONSHIPS***

***AND TUG OF WAR  
CHAMPIONSHIPS 2011***

***RESULTS***

***HOSTED BY WEST MIDLANDS POLICE SPORTS &  
SOCIAL CLUB***

***NORMAN GREEN ATHLETIC STADIUM***

***WEDNESDAY 6<sup>th</sup> JULY 2011***

**West Midlands Police Sports & Social Club wish to thank Mr Peter Guillaume and his expertise in printing these computerised results.**

**POLICE SPORT UK TRACK AND FIELD CHAMPIONSHIPS AND TUG OF WAR CHAMPIONSHIPS 2011**  
**WEST MIDLANDS POLICE SPORTS & SOCIAL CLUB - NORMAN GREEN ATHLETIC STADIUM**  
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**Gilbert Kelland Trophy for the best results : Claire Capon - Kent**

**Female**

**100m** PSUK Record - Janet Peacock - Northumbria - 12.1 secs - 1974

**100m Female Final**

1	Claire CAPON	Kent	13.4
2	Maureen MACKINNON	Northern Constabulary	14.1
3	Kerry FREEMAN	Essex	15.7
4	Denise ANDREWS	Kent	15.8

**200m** PSUK Record - Sian Morris - South Wales - 24.81 secs - 1988

**200m Female Final**

1	Claire CAPON	Kent	26.9
2	Katherine REEVES	Metropolitan	27.8
3	Laura LAWLER	Lancashire	35.9
4	Victoria REED	Lancashire	39.3

**400m** PSUK Record - Mary McClung - Lothian & Borders - 54.8 secs - 2000

**400m Female Final**

1	Katherine REEVES	Metropolitan	60.7
2	Sally YOUDEN	Northumbria	66.9
3	Alison LAPPER	Metropolitan	69.9
4	Laura LAWLER	Lancashire	73.5

**800m** PSUK Record - Mary McClung - Lothian & Borders - 2.08.3 secs - 2000

**800m Female Final**

1	Marina MACDONALD	Northern Constabulary	2.40.1
2	Jacqueline REID	Metropolitan	2.50.8

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**1500m**

PSUK Record - Sally Ann Cox - Hertfordshire - 4.29.48 - 1989

**1500 Female Final**

1	Lisa KNIGHTS	Derbyshire	5.16.7
2	Kelly MORGAN	South Wales	5.34.5
3	Jacqueline REID	Metropolitan	5.55.4
4	Laura LAWLER	Lancashire	5.58.5
5	Kathryn JOHNSTONE	Northern Constabulary	6.12.8
6	Heather Mitchell	West Yorkshire	7.02.8

**5000m**

PSUK Record - Sarah Bradbury - Hampshire - 17 mins 14.10 secs - 2000

**5000m Female Final**

1	Lisa KNIGHTS	Derbyshire	19.32.2
2	Alexandra SMITH	Norfolk	19.41.0
3	Kelly MORGAN	South Wales	19.58.2
4	Jessica STRAW	Gloucestershire	21.13.0
5	Deb BLAKEMAN	West Midlands	22.05.4
6	Jacqueline REID	Metropolitan	22.40.1
7	Heather Mitchell	West Yorkshire	24.53.9
99	Victoria REED	Lancashire	DNF

**4 x 100**

PSUK Record - RUC - 50.70 secs - 1980

**4 x 100m Female Final**

1	Northern Constabulary	Northern Constabulary	56.7
2	Lancs/Met Composite	Lancs/Met Composite	93.9

**Discus**

PSUK Record - Tracy Axten - Metropolitan - 53.90m - 1996

**Discus - Female**

1	Rebecca SAUNDERS	Kent	38m 88
2	Claire CAMERON	Strathclyde	34m 08
3	Shirley QUINN	Essex	31m 80
4	Jayne KIRKPATRICK	Strathclyde	29m 03
5	Sharon HARPER	Greater Manchester	20m 09

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**Hammer** PSUK Record - Clare Cameron - Strathclyde - 32.63m - 2005

**Hammer - Female**

1	Claire CAPON	Kent	38m 63
2	Shirley QUINN	Essex	29m 83
3	Claire CAMERON	Strathclyde	27m 95
4	Sharon HARPER	Greater Manchester	28m 46

**High Jump** PSUK Record - Nicola Baker - Northumbria - 1.75m - 1997

**High Jump - Female**

1	Sharon WOOLRICH	Hampshire	1m 55
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**Javelin** PSUK Record - Helen Potter - Cheshire - 40.54m - 2002

**Javelin - Female**

1	Jan TIMBERLAKE	West Mercia	30m 84
2	Jayne KIRKPATRICK	Strathclyde	28m 69
3	Victoria DUTHIE	Northern Constabulary	25m 28
4	Sharon WOOLRICH	Hampshire	23m 02

**Long Jump** PSUK Record - Janet Peacock - Northumbria - 6.27m - 1976

**Long Jump - Female**

1	Claire CAPON	Kent	4m 73
2	Maureen MACKINNON	Northern Constabulary	4m 72
3	Sharon WOOLRICH	Hampshire	4m 59
4	Victoria DUTHIE	Northern Constabulary	4m 52
5	Denise ANDREWS	Kent	4m 13
6	Bonnie HOWELL	Essex	3m 97

**Shot Put** PSUK Record - Tracy Axten - Metropolitan - 15.45m - 1998

**Shot Putt - Female**

1	Sharon HARPER	Greater Manchester	8m 81
2	Shirley QUINN	Essex	7m 78
3	Victoria REED	Lancashire	4m 91

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**Triple Jump**

PSUK Record - Stephanie Morgan - West Midlands - 11.61m - 2004

**Triple Jump - Female**

1	Victoria DUTHIE	Northern Constabulary	10m 03
2	Sharon WOOLRICH	Hampshire	9m 94
3	Maureen MACKINNON	Northern Constabulary	9m 90
4	Kerry FREEMAN	Essex	8m 23
5	Deborah WILLIAMS	Essex	7m 28

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**Male**

**100m** PSUK Record - Dave Balderstone - Lancashire - 10.7 secs - 1969

**100m Male Heat A**

1	Sean TAYLOR	Northamptonshire	11.5
2	William DRIVER	Northumbria	11.9
3	Sam GREALY	Metropolitan	12.1
4	Aaron RANKIN	Strathclyde	12.5
5	Anthony SHARMAN	Essex	12.6
6	Russell HAGAN	West Midlands	13.8
7	Asim ABBASI	West Midlands	14.1

**100m Male Heat B**

1	Mensah ELLIOTT	Metropolitan	11.6
2	Douglas GRAY	Metropolitan	11.9
3	Paul WEBSTER	Northamptonshire	11.9
4	Eifion LEWIS	Dyffed Powys	12.8
5	Bradley EVANS	Essex	13.0
99	Clement EZOMO	British Transport	DNF

**100m Male Final**

1	Sean TAYLOR	Northamptonshire	11.3
2	Mensah ELLIOTT	Metropolitan	11.5
3	William DRIVER	Northumbria	11.6
4	Paul WEBSTER	Northamptonshire	11.7
5	Douglas GRAY	Metropolitan	11.7
6	Sam GREALY	Metropolitan	12.1
7	Anthony SHARMAN	Essex	12.9

**110m Hurdles**

PSUK Record - Tristan Anthony - Metropolitan - 14.7 secs - 2007

**110m Hurdles Male Final**

1	Mensah ELLIOTT	Metropolitan	15.2
2	Ian MAWDESLEY	Metropolitan	20.3
3	Rich MALLINSON	West Midlands	24.2

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**200m** PSUK Record - Dave Balderstone - Lancashire - 21.5 secs - 1970

**200m Male Final**

1	Sean TAYLOR	Northamptonshire	22.4
2	Mathew MARCHANT	Metropolitan	22.9
3	Douglas GRAY	Metropolitan	23.7
4	Eifion LEWIS	Dyffed Powys	25.4
5	Bradley EVANS	Essex	26.4

**400m** PSUK Record - Dave Beacon - Northumbria - 47.9 secs - 1994

**400m Male Heat A**

1	Paul CLARKE	Dyffed Powys	55.6
2	James MILLER	Gloucestershire	55.8
3	Dan SORRELL	Essex	56.2
4	Aldo MATRUNDOLA	Lothian & Borders	82.2

**400m Male Heat B**

1	Peter CRISP	Thames Valley	55.2
2	Sam GREALY	Metropolitan	56.5
3	Cameron ROSS	Northern Constabulary	57.7
4	Graeme LEGGATE	Strathclyde	58.2
5	Will NELSON	Lancashire	58.3
6	Leon Ricketts	West Yorkshire	1.37.6

**400m Male Final**

1	Paul CLARKE	Dyffed Powys	51.7
2	James MILLER	Gloucestershire	52.0
3	Sam GREALY	Metropolitan	52.0
4	Peter CRISP	Thames Valley	56.4
5	Will NELSON	Lancashire	58.7
6	Graeme LEGGATE	Strathclyde	58.9
7	Aldo MATRUNDOLA	Lothian & Borders	1.21.6

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**400m Hurdles**

PSUK Record - Richard Scott - Devon & Cornwall - 53.3 secs - 2000

**400m Hurdles Male Final**

1	Cameron ROSS	Northern Constabulary	58.3
2	George DUNN	Metropolitan	63.0
3	Dan SORRELL	Essex	64.8
4	Ian MAWDESLEY	Metropolitan	67.4
5	Kristin BARNARD	Norfolk	1.12.3
6	Darryn McATEE	South Wales	1.15.1
7	Rich MALLINSON	West Midlands	1.17.4
8	Michael FLOWER	Norfolk	1.20.8

**800m**

PSUK Record - Christopher Carter - Sussex - 1.50.1 secs - 1971

**800m Male Final**

1	James MILLER	Gloucestershire	1.58.7
2	Paul CLARKE	Dyfed Powys	1.59.7
3	Rob JACKAMAN	Metropolitan	2.00.9
4	Peter CRISP	Thames Valley	2.09.3
5	Leon Ricketts	West Yorkshire	2.19.2
6	Graham WHITT	Nottinghamshire	2.29.5
7	Russell HAGAN	West Midlands	3.25.1

**1500m**

PSUK Record - William McKim - Staffordshire - 3.51.3 secs - 1969

**1500 Male Final**

1	Matthew ADDISON	Metropolitan	3.59.7
2	Rob JACKAMAN	Metropolitan	4.20.0
3	Andrew GARDINER	South Wales	4.58.2
4	Will NELSON	Lancashire	5.20.3
5	Graham WHITT	Nottinghamshire	5.23.7
6	Daryl FRYATT	Essex	5.36.7
7	Kevin LOFTUS	Derbyshire	5.42.6
8	Mark PORTER	Lancashire	6.55.6



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**3000m Steeplechase**

PSUK Record - Ernie Pomfret - Durham - 8 mins 56.8 secs - 1966

**3000m Steeplechase Final**

1	Paul CARDY	Hampshire	10.37.1
2	Kristin BARNARD	Norfolk	11.41.8
3	Leon Ricketts	West Yorkshire	11.47.7
4	Mark EVANS	Greater Manchester	12.09.4
5	Charles QUAAY	Essex	13.07.9
6	Mark PORTER	Lancashire	16.55.2

**3000m Walk**

PSUK Record - Paul Blagg - Metropolitan - 12 mins 23.0 secs - 1991

**3000m Walk Male Final**

1	Gary WITTON	Sussex	16.01.6
2	Amos SEDDON	Metropolitan	17.07.2
3	Steve KING	Essex	17.58.3
4	Rich MALLINSON	West Midlands	18.59.4
5	Bill MURRAY	Lancashire	19.12.5

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**5000m**

PSUK Record - Ian Brown - Central Scotland - 14 mins 17.9 secs - 1993

**5000m Male Final**

1	Martin WILLIAMS	West Midlands	15.17.6
2	Peter TUCKER	Metropolitan	15.35.6
3	Paul CARDY	Hampshire	16.19.2
4	Paul SANFORD	Norfolk	16.33.6
5	Malcolm FOWLER	Cheshire	16.36.5
6	Rob GRATHAM	Cheshire	16.44.1
7	Mark PENNY	Kent	16.44.7
8	Vince VAN WOERKOM	Cheshire	16.46.9
9	Wayne USHER	Gloucestershire	17.54.4
10	Leon Ricketts	West Yorkshire	18.12.6
11	Daren JONES	Gloucestershire	18.13.1
12	Derek PITCHER	Derbyshire	18.15.6
13	Martin SLEVIN	West Midlands	18.35.3
14	Peter CRISP	Thames Valley	18.48.6
15	Andrew GARDINER	South Wales	19.02.5
16	Peter LADDIMAN	Norfolk	19.07.0
17	Richard ELSTON	Dorset	19.13.2
18	Stuart BARNARD	Norfolk	19.14.5
19	Gordon MCRAE	Strathclyde	19.55.0
20	John DIFFEY	South Wales	19.55.2
21	Charles QUAHEY	Essex	20.00.6
22	John JACKSON	Essex	20.02.9
23	Mike MONKTON	Essex	20.09.6
24	Kevin LOFTUS	Derbyshire	20.15.8
25	Daryl FRYATT	Essex	20.23.3
26	Andy MAJOR	Gwent	21.56.3
99	Grant MCCORMACK	Strathclyde	DNF
99	Bill MURRAY	Lancashire	DNF

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**Discus** PSUK Record - Peter Gordon - Northumbria - 56.58m - 1981

**Discus - Male**

1	Simon FRICKER	Dorset	39m 26
2	Ali FERGUSON	Metropolitan	33m 38
3	Mark BEER	Derbyshire	30m 99
4	David OGILVIE	Northern Constabulary	30m 96
5	Tom HARRINGTON	Metropolitan	29m 17
6	Matt BLOOMFIELD	Suffolk	29m 05
7	Marc FLANNERY	Gloucestershire	28m 95
8	Constandinos LANZOS	Gwent	27m 03
9	Jamie CARRUTH	Strathclyde	18m 59

**Hammer** PSUK Record - Peter Gordon - Northumbria - 62.80m - 1983

**Hammer - Male**

1	Robert CARELESS	Derbyshire	50m 56
2	Tom HARRINGTON	Metropolitan	40m 07
3	Ali FERGUSON	Metropolitan	37m 46
4	David OGILVIE	Northern Constabulary	32m 80
5	Constandinos LANZOS	Gwent	31m 73
6	Geoff FULLWOOD	West Midlands	24m 25
7	Matt BLOOMFIELD	Suffolk	23m 58
8	Ian GINN	Gloucestershire	19m 48

**High Jump** PSUK Record - Stephen Gill - Northumbria - 2.08m - 1971

**High Jump - Male**

1	Mark BEER	Derbyshire	1m 93
2	Michael FLOWER	Norfolk	1m 55
3	Stephen GILL	Northumbria	1m 45

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**Javelin**

PSUK Record - Dean Smahon - RUC - 65.46m - 1981

**Javelin - Male**

1	Tim PHILLIPS	Hampshire	49m 75
2	Richard HORNE	Metropolitan	35m 25
3	Adey COLE	Gloucestershire	29m 75
4	Ian GINN	Gloucestershire	28m 04
5	Michael FLOWER	Norfolk	27m 92
6	Bill MURRAY	Lancashire	15m 68

**Long Jump**

PSUK Record - Mark Forsythe - RUC - 8.01m - 1981

**Long Jump - Male**

1	Sam BOBB	Metropolitan	6m 46
2	Mark BEER	Derbyshire	6m 25
3	Keith WHITELOW	Northern Constabulary	6m 19
4	Aaron RANKIN	Strathclyde	6m 02
5	Mensah ELLIOTT	Metropolitan	5m 91
6	Anthony SHARMAN	Essex	5m 46
7	Michael FLOWER	Norfolk	4m 94
8	Clement EZOMO	British Transport	4m 63
9	Asim ABBASI	West Midlands	4m 32

**Pole Vault**

PSUK Record - James Lewis - Metropolitan - 4.50m - 1996

**Pole Vault - Male**

1	Adam TURVEY	West Midlands	3m 90
2	Mark BEER	Derbyshire	3m 80
3	Marc FLANNERY	Gloucestershire	2m 90

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**Shot Put**

PSUK Record - Geoff Capes - Cambridgeshire - 20.25m - 1984

**Shot Putt - Male**

1	Simon FRICKER	Dorset	14m 46
2	Ali FERGUSON	Metropolitan	11m 73
3	David OGILVIE	Northern Constabulary	11m 25
4	Tom HARRINGTON	Metropolitan	10m 91
5	Matt BLOOMFIELD	Suffolk	10m 29
6	Adey COLE	Gloucestershire	10m 02
7	Constandinos LANZOS	Gwent	9m 81
8	Jamie CARRUTH	Strathclyde	9m 47
9	Ian GINN	Gloucestershire	9m 20

**Triple Jump**

PSUK Record - Michael McDonald - RUC - 15.21m - 1989

**Triple Jump - Male**

1	Sam BOBB	Metropolitan	14m 03
2	Anthony SHARMAN	Essex	11m 06
3	Kristin BARNARD	Norfolk	10m 38

**Medley**

PSUK Record - Metropolitan - 3 mins 30.9 secs - 1991

**Medley Male Final**

1	Metropolitan A	Metropolitan A	3.41.7
1	Metropolitan	Metropolitan	
2	Bedfordshire	Bedfordshire	
2	Northern Constabulary	Northern Constabulary	3.49.8
3	Metropolitan B	Metropolitan B	3.59.4
4	Gloucestershire	Gloucestershire	4.10.8
5	Essex	Essex	4.18.9
6	West Midlands	West Midlands	4.34.9

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**Tug of War 640k** PSUK Record -

**Tug of War 640k**

1	Essex	Essex
2	Bedfordshire	Bedfordshire
3	Metropolitan	Metropolitan

**Tug of War 680k** PSUK Record -

**Tug of War 680k**

1	Bedfordshire	Bedfordshire
2	Essex	Essex
3	Metropolitan	Metropolitan

**Tug of War 720k** PSUK Record -

**Tug of War 720k**

1	Metropolitan	Metropolitan
2	Essex	Essex
3	Bedfordshire	Bedfordshire