

'95

National Championships



The Power to Make it Happen

Programme and Prospectus

REEBOK U.K. FINAL
NATIONAL INDOOR ARENA, 9TH APRIL 1995

HEXALITE™ NATIONAL UNDER 13 TEAM CHALLENGE
GIRLS RESULTS

2 LAP

HEAT 1

S. Hamilton	Co. Londonderry	27.0
F. Isherwood	Essex	27.1
A. Cutler	Gwent	27.2
G. Smith	Cumbria	27.4
J. Foster	Gt. Manchester	27.6
D. Roberts	Ynys Môn	29.4

HEAT 2

R. Peacock	Dorset	26.7
L. Lightfoot	Cheshire	26.9
F. Holmes	Cumbria	27.1
C. Barnes	Birmingham	27.3
A. Witherow	Co. Londonderry	27.6
A. Connolly	Motherwell	28.1

HEAT 3

M. Jones	Birmingham	27.0
K. McQuade	Motherwell	27.5
H. Kinsey	Gwent	27.7
F. Taylor	Nottingham	27.7
S. Bovill	Surrey	27.8
L. Jones	Ynys Môn	30.2

HEAT 4

K. Plank	Nottingham	26.2
J. McCarthy	Cheshire	26.7
K. Giles	Gt. Manchester	26.9
K. Corbett	Essex	27.9
C. Haimes	Dorset	27.9
C. Shinerock	Surrey	28.2

FINAL

K. Plank	Nottingham	26.2
L. Lightfoot	Cheshire	26.7
J. McCarthy	Cheshire	26.7
K. Giles	Gt. Manchester	26.8
M. Jones	Birmingham	26.8
R. Peacock	Dorset	26.9
S. Hamilton	Co. Londonderry	27.1

CIRCUIT RELAY

HEAT 1

Dorset	1.28.6
Surrey	1.30.5 pp
Essex	1.31.8 pp
Gwent	1.31.7

HEAT 2

Cumbria	1.30.9 pp
Motherwell	1.30.5
Nottingham	1.33.6
Ynys Môn	1.39.3 pp

HEAT 3

Birmingham	1.28.7 pp
Co. Londonderry	1.30.2
Gt. Manchester	1.30.3
Cheshire	1.30.4

FINAL

Dorset	1.29.0
Birmingham	1.29.0
Cumbria	1.30.0
Co. Londonderry	1.32.8 pp
Gt. Manchester	1.32.9 pp

PAARLAUF

TIME TRIAL 1

Birmingham	1.58.9
Co. Londonderry	1.59.2
Motherwell	1.59.2
Gwent	2.00.2
Dorset	2.01.9
Ynys Môn	2.13.5

TIME TRIAL 2

Essex	1.54.1
Cheshire	1.57.6
Surrey	1.57.8
Cumbria	2.01.5
Gt. Manchester	2.01.7
Nottingham	2.04.4

4 x 2 LAP RELAY

HEAT 1

Gt. Manchester	1.48.4
Dorset	1.49.0
Co. Londonderry	1.49.3
Motherwell	1.50.5
Surrey	1.51.0
Cumbria	1.52.0

HEAT 2

Cheshire	1.47.3
Birmingham	1.48.0
Nottingham	1.49.8
Essex	1.49.9
Gwent	1.51.4
Ynys Môn	1.56.6

FINAL

Cheshire	1.46.2
Gt. Manchester	1.47.5
Birmingham	1.48.2
Nottingham	1.48.6
Co. Londonderry	1.49.0
Dorset	1.49.4
Essex	1.49.6

HIGH JUMP

H. Thieme	Nottingham	1.55
C. Young	Lincs. (Ind)	1.55
J. Sommers	Co. L'derry	1.45
M. O'Connell	Co. L'derry	1.40
S. McDonald	Essex	1.40
D. Chatfield	Surrey	1.35
R. Snelson	Cheshire	1.35
A. Dodd	Birmingham	1.30 =
T. McDonnell	Dorset	1.30 =
C. Gore	Cheshire	1.30
A. Carter	Birmingham	1.25 =
S. Coates	Gwent	1.25 =
K. Cowlard	Surrey	1.25 =
N. Chadwick	Gt. Manchester	1.25
F. Isherwood	Essex	1.20 =
Z. Butcher	Ynys Môn	1.20 =
J. Booth	Nottingham	= 1.20
H. Smith	Dorset	= 1.20
G. Carnwath	Gt. Manchester	1.20
C. McDermott	Motherwell	1.20
D. Chadwick	Cumbria	1.10 =
V. Brocklebank	Cumbria	1.10 =

STANDING LONG JUMP

H. Reeks	Dorset	2.41
G. Smith	Cumbria	2.31
K. Wall	Essex	2.28
C. Barnes	Birmingham	2.23
R. Harrild	Nottingham	2.22
A. Derbyshire	Cheshire	2.21
K. Giles	Gt. Manchester	2.19
L. McDonnell	Cheshire	2.17
A. Cutler	Gwent	2.16
L. Wicks	Dorset	2.16
E. Lettis	Surrey	2.16
S. Hamilton	Co. L'derry	2.10
D. Roberts	Ynys Môn	2.06
K. Birtwistle	Cumbria	2.05
C. Williams	Ynys Môn	2.05
C. Kemble	Essex	2.03
J. Madden	Co. L'derry	2.02
E. Puttergill	Nottingham	2.01
L. Nichol	Motherwell	2.01
V. Langston	Birmingham	2.00
C. Shinerock	Surrey	1.97
L. Knapp	Gwent	1.95
J. Elphick	Gt. Manchester	1.93
F. Montgomery	Motherwell	1.89

REEBOK U.K. FINAL
NATIONAL INDOOR ARENA, 9TH APRIL 1995

HEXALITE™ NATIONAL UNDER 13 TEAM CHALLENGE
BOYS RESULTS

2 LAP

HEAT 1

R. Hall	Staffordshire	25.5
C. Collins	Derry	25.8
R. Davies	Dyfed	26.1
D. Smith	Cleveland	26.1
C. Butler	Essex	27.5
A. Percival	Ynys Môn	28.5

HEAT 2

D. Angus	Cleveland	25.0
D. Laird	Motherwell	26.2
M. Gordon	Avon	26.5
S. Mahon	Derry	26.5
P. Hampton	Dorset	26.7
K. Ramsorrun	Birmingham	26.9

HEAT 3

M. Nunes	Birmingham	24.3
A. Border	Isle of Wight	24.9
A. Paulley	Cornwall (Ind)	26.2
R. Owens	Dyfed	26.6
G. Jones	Ynys Môn	27.6
E. Wallace	Motherwell	27.8
A. Palmer	Nottingham	28.5

HEAT 4

M. Lugg	Staffordshire	25.9
M. Wilson	Avon	26.2
I. Thistlewood	Isle of Wight	26.2
M. Beaumont	Nottingham	26.4
C. Brown	Dorset	27.0
L. Owens	Essex	27.4

FINAL

M. Nunes	Birmingham	24.3
D. Angus	Cleveland	24.6
A. Border	Isle of Wight	24.8
R. Hall	Staffordshire	25.4
C. Collins	Derry	25.9
M. Lugg	Staffordshire	26.2
R. Davies	Dyfed	26.3

CIRCUIT RELAY

HEAT 1

Isle of Wight	1.25.4 pp
Dorset	1.28.2
Essex	1.31.0
Dyfed	1.31.3

HEAT 2

Nottingham	1.28.3
Motherwell	1.28.8
Cleveland	1.32.2 pp
Ynys Môn	1.34.5

HEAT 3

Derry	1.29.2
Staffordshire	1.31.4 pp
Birmingham	1.31.8
Avon	1.33.0 pp

FINAL

Isle of Wight	1.24.6
Motherwell	1.29.1 pp
Nottingham	1.29.5
Derry	1.29.5
Dorset	1.29.6

PAARLAUF

TIME TRIAL 1

Derry	1.51.8
Dorset	1.53.1
Birmingham	1.53.1
Motherwell	1.55.2
Ynys Môn	1.56.8
Dyfed	1.58.3

TIME TRIAL 2

Cleveland	1.50.5
Isle of Wight	1.52.2
Avon	1.53.8
Essex	1.54.4
Nottingham	1.55.0
Staffordshire	1.55.6

4 x 2 LAP RELAY

HEAT 1

Cleveland	1.42.4
Staffordshire	1.42.9
Derry	1.43.4
Isle of Wight	1.46.4
Motherwell	1.47.1

HEAT 2

Birmingham	1.43.2
Avon	1.43.9
Essex	1.45.9
Dyfed	1.46.4
Nottingham	1.47.9
Ynys Môn	1.53.0

FINAL

Cleveland	1.41.5
Staffordshire	1.42.9
Birmingham	1.43.0
Derry	1.43.9
Avon	1.44.9
Essex	1.45.5

HIGH JUMP

J. Moore	Dorset	1.60
K. Matthews	Co. Down (Ind)	1.60
R. Owens	Dyfed	1.55
D. Walsh	Derry	1.55
F. Cardy	Isle of Wight	1.55
M. Waters	Isle of Wight	1.50 =
L. Crawley	Birmingham	1.50 =
J. Felician	Essex	1.45
A. Gill	Cleveland	1.45
G. Tempest	Birmingham	1.45
T. Cope	Dorset	1.40 =
P. Gregory	Essex	1.40 =
J. Phillips	Motherwell	1.35 =
P. Evans	Staffordshire	1.35 =
P. Williams	Avon	1.35
D. Aston	Staffordshire	1.35
M. Breslin	Derry	1.30 =
P. Gardiner	Avon	1.30 =
P. Soocwit	Cleveland	1.30
L. Morley	Nottingham	1.25
J. Kirwan	Nottingham	1.20
C. Barrie	Motherwell	1.15
R. Williams	Ynys Môn	1.15

STANDING LONG JUMP

M. Nunes	Birmingham	2.57
B. Baldwin	Avon	2.43
A. Hughes	Isle of Wight	2.41
I. Rock	Isle of Wight	2.37
C. Butler	Essex	2.35
M. Lugg	Staffordshire	2.28
P. Moore	Derry	2.26
S. Bastow	Cleveland	2.25
A. Trodden	Cleveland	2.25
T. Leake	Staffordshire	2.24
A. Pearson	Nottingham	2.22
M. Pardo	Motherwell	2.19
I. Dyett	Motherwell	2.16
G. Williams	Dyfed	2.16
P. Hampton	Dorset	2.15
G. Jones	Ynys Môn	2.14
B. Hancorn	Avon	2.14
A. Wilhelmy	Essex	2.14
J. Benedict	Birmingham	2.13
C. Brown	Dorset	2.13
G. Melaugh	Derry	2.09
M. Wright	Nottingham	1.98
A. Percival	Ynys Môn	1.93
R. Jenkins	Dyfed	1.87

GRAPHLITE™ ALL-ROUNDER COMPETITION

GIRLS

TEAM	NUMBER	NAME	2 LAP		4 LAP		VERTICAL JUMP		STANDING LONG JUMP		SHOT		BOUNCE		INDIVIDUAL TOTAL	TEAMS TOTAL
			TIME	PIS	TIME	PIS	CMS	PIS	METRES	PIS	METRES	PIS	No	PIS		
DORSET (Cream)	1	NATASHA RIEG	26.8	78					2.47	96			80	76	250	250
	2	LINDSAY IMPETT			56.8	98	59	88			9.68	92			278	278
	3	NINA WOODS			62.2	54			2.08	40	8.13	72			166	
	4	NAOMI HAINES	27.5	49			53	57					85	96	202	
	5	MARIA HOOD	27.6	44			56	77			10.44	98			219	219
	6	NATALIE THOMPSON			60.9	64			2.22	67			82	88	217	219
	7	RUTH LIDDLCOAT														
TOTAL OF BEST FOUR															966	
NORTH YORKSHIRE (Yellow)	8	SARAH STEPHENSON			62.0	56	57	81					79	68	205	205
	9	VICKY TURNER			62.3	51			2.19	59			77	64	174	174
	10	SARAH NORTHERD	27.7	38					2.06	36	8.20	75			149	149
	11	TINA JONES	28.3	24			54	66			5.09	24			114	
	12	JENNY SPINK			66.5	28	53	57					67	22	107	
	13	EMMA MARCH	28.9	17					2.22	67	7.76	64			148	148
	14	ALEX GRIMSON														
TOTAL OF BEST FOUR															676	
BIRMINGHAM (Red)	15	LOUIS CRESSWELL	26.0	96					2.27	77	7.11	46			219	219
	16	GOLDEN CAMPBELL	26.6	87			55	73			7.13	48			208	208
	17	DEVONA WILLIAMS	26.8	78			62	95					76	59	232	232
	18	KARLENE TROHANS			58.2	92			2.38	90	6.41	32			214	214
	19	KATE BENNETT			59.3	82			1.95	24			80	78	182	
	20	RACHAEL KULAS			60.7	68	43	88					86	100	206	
	21	JULIE PLUMBE														
TOTAL OF BEST FOUR															873	
ESSEX (Black)	22	SARAH CLAYTON	25.7	100			71	100			9.59	90			291	290
	23	TALU TEGEDE	26.5	92			62	95					76	59	246	246
	24	SARINA MANDU			64.4	36	67	98			7.50	57			191	
	25	ZOE EVERARD	26.8	78					2.26	74			80	86	228	228
	26	CLARE LANNING			60.6	70			2.06	31			74	42	143	
	27	SERENA BAILEY			60.1	74			2.45	93	6.17	30			197	197
	28	CARLY MOODY														
TOTAL OF BEST FOUR															961	
MOTHEARNWELL (Blue)	29	CLAIRE MOWAT	26.8	78					2.12	46	6.80	40			164	164
	30	JOANNE GRANT	26.8	78					2.18	54			68	24	156	156
	31	DAWN SIMPSON			64.5	34	54	66			7.03	42			142	
	32	ANGELA GRANT			63.0	46	47	37					85	96	179	179
	33	LAURA ANNE M'GILL	27.7	38			55	73					75	51	162	162
	34	PHYLLIS QUINN			64.2	39			2.06	36	6.56	36			111	
	35	LAURA M'CONNELL														
TOTAL OF BEST FOUR															661	
MERSEYSIDE (Burgundy)	36	JANE CUDDY	26.6	87			49	43			8.26	78			208	208
	37	SUE BATTY			56.3	100			2.49	99	7.33	50			249	249
	38	CLARE FIELD	27.0	70					2.49	99	5.18	26			195	195
	39	VICTORIA MILNE			59.9	77			2.33	87			75	51	215	215
	40	VICTORIA MURPHY	27.1	65			53	57					72	34	156	
	41	JULIE BALL			61.0	62	53	57					74	42	161	
	42	DAWN CROWE														
TOTAL OF BEST FOUR															867	
GWENT (Grey)	43	GRACE WLOYD			63.1	44			2.15	58	9.22	84			180	180
	44	CERI M'DERMOTT	26.5	92					2.11	44	8.20	75			211	211
	45	STACH TUCKER	26.8	78					2.22	67			72	34	179	179
	46	DEBBIE MORGAN	27.1	65			43	28					74	42	135	135
	48	SARAH WILLIAMS			64.2	39	46	34			7.65	60			133	
	47	SARAH J. SYMONDS			64.0	42	39	22					70	26	90	
	49	CLARE WATERS														
TOTAL OF BEST FOUR															705	



GRAPHLITE™ ALL ROUNDER COMPETITION

NATIONAL FINAL
9-4-95

EVENT	TEAM											
	DORSET (Cream)	NORTH YORKSHIRE (Yellow)	BIRMINGHAM (Red)	ESSEX (Black)	MOTHERWELL (Blue)	MERSEYSIDE (Burgundy)	GWENT (Grey)	NOTTINGHAM SHIRE (Jade)	S. DONEGAL (Green)	KENT (Crisp)	COLWYN (White)	PERTH + KINROSS (Mauve)
TOTAL OF BEST 4 INDIVIDUALS	966	676	873	961	661	867	705	789	792	839	630	695
PARLAUF	60	40	100	50	20	120	10	90	80	110	30	70
4 x 2 LAP RELAY	1026 90	716 30	973 110	1011 120	1 70	987 100	715 40	879 80	872 60	949 10	660 20	765 50
TOTAL POINTS	1116	746	1083	1131	751	1087	755	959	932	959	680	815

POSITION	2	11	4	1	10	3	9	5	7	5	12	8
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INDIVIDUAL MEDALISTS

POS.	NAME	TEAM	PTS.
1st	SARAH CLAXTON	ESSEX	290
2ND	LINDSAY IMPETT	DORSET	278
3rd	KELLY WILLIAMSON	INDIVIDUAL (Dorsetshire)	269

GRAPHLITE IM ALL ROUNDER COMPETITION

BOYS

TEAM	NUMBER	NAME	2 LAP		4 LAP		SHOT		BOUNCE		STANDING LONG JUMP		STANDING TRIPLE JUMP		INDIVIDUAL TOTAL	TEAMS BEST SCORE
			TIME	PTS	TIME	PTS	MTRS	PTS	NO.	PTS	MTRS	PTS	MTRS	PTS		
DORSET (Green)	1	MATTHEW PEACOCK	25.7	52					71	41			7.19	62	155	155
	2	JOEL TRILL	24.1	94			7.92	44			2.60	82			220	220
	3	MARK GRIFFITH			53.2	87	10.07	74					7.52	76	237	237
	4	TOM CALPIN			54.9	68			76	69	2.31	43			180	180
	5	BRIAN LENECHAN			57.4	45	8.98	60			2.28	38			143	
	6	ABDULRAHMAN	25.3	61					71	41			-	-	102	
	7	BEN STOKY	TOTAL OF BEST FOUR													792
TYOFE + WEAR (Yellow)	8															
	9															
	10															
	11															
	12															
	13															
	14		TOTAL OF BEST FOUR													
BIRMINGHAM (Red)	15	JACK NGENG	25.7	52			7.87	40			2.42	60			152	152
	16	MATTHEW COPE	25.7	52			6.79	30					7.10	57	139	139
	17	MICHAEL BRAYMILES	26.7	28					76	69			6.75	42	139	139
	18	WILLIAM MORRIS			53.7	83			76	69			7.10	57	209	209
	19	MICHAEL SMITH			57.7	42			78	78	2.24	36			156	156
	20	MICHAEL FRENCH			58.0	40	7.59	34			1.95	28			102	
	21	JAMES SMITH	TOTAL OF BEST FOUR													656
ESSEX (Black)	22	CHRIS WADSWORTH			51.8	100			80	85	2.73	94			279	279
	23	KIERAN DELANEY	24.0	98			10.96	84					8.22	98	280	280
	24	DUNCAN WALL	25.8	47			11.71	92			2.62	85			224	224
	25	STUART BROWN			53.2	87	10.34	76			2.37	50			213	
	26	TYRONE CARR	24.1	94					73	49			8.13	94	237	237
	27	PHILIP TIGNEY			54.3	76			74	54			7.97	90	220	
	28	NANA OPPONG	TOTAL OF BEST FOUR													1020
PERTH + KINROSS (Maroon)	29	JOSEPH EDWARDS	25.5	56					75	61	2.39	53			170	170
	30	ALAN ERIKSON			54.2	78	9.74	70					7.23	65	213	213
	31	ALASDAIR McDONALD			56.3	56			78	78			6.74	40	174	174
	32	LEE FERRIE			58.2	38	8.11	46			2.08	30			114	
	33	JONATHAN LEBEN	27.2	26					84	99			6.45	36	161	161
	34	PAUL WINTON	29.5	24			7.90	42			2.45	64			130	
	35	JAMIE COPLAND	TOTAL OF BEST FOUR													718
CHESHIRE (Navy)	36	JULIAN PENNI	24.2	89			10.81	82			2.62	85			256	256
	37	ANDREW RUTTER			54.5	73			82	95			7.59	80	248	248
	38	CHAL McMULLEN	24.6	78					82	95			8.21	96	269	269
	39	BILLY THOMPSON			55.3	64	8.24	48					7.41	74	186	186
	40	CULIN ASHTON	26.2	38			8.32	52			2.49	76			166	
	41	MARK TULP			57.3	49			68	35	2.47	71			155	
	42	GARETH BURKE S.	TOTAL OF BEST FOUR													959
POWYS (Grey)	43	CHRISTOPHER ROBERTS			52.6	93	10.41	79					7.65	82	254	254
	44	ALGA ROWLANDS			57.2	52			75	61	2.19	34			147	
	45	BEN WOOD	25.2	65			7.64	36					6.95	50	151	151
	46	RHYS HOWELLS	25.0	70					77	74	2.67	90			234	234
	47	GARETH McMURDO			54.5	73	7.24	32					6.96	52	157	157
	48	ANDREW THOMPSON	25.9	44					72	45	2.36	48			137	
	49		TOTAL OF BEST FOUR													796





GRAPHLITE™ ALL ROUNDER COMPETITION

TEAM:

EVENT	DORSET (Cream)	TYNE + WEAR (Yellow)	BIRMINGHAM (Red)	ESSEX (Black)	PERTH + KINROSS (Mar)	CHESHIRE (Navy)	POWYS (Grey)	NOTTINGHAM-SHIRE (Jade)	CO. DONEGAL (Green)	KENT (Cerule)	YNYS. MON (White)	DEVON (Burgundy)
TOTAL OF BEST 4 INDIVIDUALS	792	-	656	1020	719	959	796	845	964	894	702	758
PAARLAUF	50		70	110	20	40	95	95	120	60	30	80
4 x 2 LAP RELAY	8 + 2		726	1130	738	499	891	940	1064	954	732	938
TOTAL POINTS	912		786	1250	778	1099	941	1030	1194	1034	762	858

POSITION	7th	-	9th	1st	10th	3rd	6th	5th	2nd	4th	11th	8th
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INDIVIDUAL MEDALISTS

POS.	NAME	TEAM	PTS.
1.	ALAN McBEIDE	INVERCHYDE	287
2.	KIEGAN DUNNIE	ESSEX.	280
3	CHRIS WADSWORTH	ESSEX.	279