

BAL 10 in 100 Cup, Hendon – 18th July 2009

Men

Event	Athlete	Position	Performance
100m	Chris Ford	6	11.6
200m	Steve Tester	7	23.54
400m	James Wildish	4	52.14
800m	Kurt Wolfe	3	01:58.03
1500m	Andy Combs	2	04:06.67
400m Hurdles	Jack Parsons	1	59.16
Medley Relay	Ford, Tester, Wildish, Wolfe	4	02:33.34
Long Jump	Martyn Ormerod	1	6.51
Shot Putt	Alex Hookway	6	9.55
High Jump	Martyn Ormerod	7	1.75
Discus	Alex Hookway	8	25.86

Position	Club	Points
1	Stevenage	59
2	Medway & Maidstone	57
3	Bexley	54
4	Tonbridge	52
5	Harrow	50
6 =	Colchester	46
6 =	Bedford	46
8	Herts Phoenix	22

Women

Event	Athlete	Position	Performance
100m	Helen Rennardson	4	13.17
200m	Hannah Tolhurst	3	27.55
400m	Vikki Bradford	4	62.14
800m	Abblie Shepherd-Barron	2	02:22.15
1500m	Grace Nicholls	1	04:38.3
400m Hurdles	Jess Owen	2	74.69
Medley Relay	Rennardson, Farndon, Holmes, Bradford	1	02:57.51
Long Jump	Hannah Tolhurst	6	4.63
Shot Putt	Ellen Holmes	4	5.07
High Jump	Abblie Shepherd-Barron	4	1.45
Discus	Jess Owen	4	19.89

Position	Club	Points
1	Colchester	69
2	Tonbridge	66
3	Stevenage	64
4	Bexley	53
5	Bedford	44
6	Herts Phoenix	30