

Northern Inter Club Plate at Robin Park on Sunday 13th July 2003

Event	String	First	Second	Third	Fourth	Club LEI	Club STH	Club SOU	Club LAN	Not used	Total
Senior Men 100m	1	Fabio Dalle-Mulle D 12.0	Graham Lumsden F 12.1	Adam Lang B 12.8	Darren Smith A 13.1	1	2	4	3	0	10
Senior Men 200m	1	Richard Atherton B 23.9	Mark Gardner F 24.2	Fabio Dalle-Mulle D 24.4	Darren Smith A 25.7	1	4	2	3	0	10
Senior Men 400m	1	Graham Lumsden F 52.6	John Indricks A 52.6	Fabio Dalle-Mulle D 59.1	Ste Robertson B 63.7	3	1	2	4	0	10
Senior Men 800m	1	Ste Mayers B 2:04.8	Thomas Boardman A 2:08.5	Danny Parkinson F 2:09.4	Patrick Dennis D 2:10.6	3	4	1	2	0	10
Senior Men 1500m	1	David Twigg B 4:18.1	Dominic Jones F 4:23.5	James Cook A 4:30.6		2	4	0	3	1	10
Senior Men 5000m	1	Andy O'Connor B 17:27.3	Keith Boardman A 18:42.5	William Gardner F 20:53.6		3	4	0	2	1	10
Senior Men 10000m	1	Phil Foster A 35:55.0	William Gardner F 43:23.6			4	0	0	3	3	10
Senior Men 110mH	1	Steve Marshall D 20.2	Duncan McGarrick A 20.9	Ste Robertson B 22.6		3	2	4	0	1	10
Senior Men 400mH	1	Sean Spillane A 60.8	Mark Gardner F 60.8	Steve Marshall D 61.0	Ste Robertson B 71.0	4	1	2	3	0	10
Senior Men 3000S/C	1	Danny Parkinson F 10:23.6	Sam Cooke A 11:10.9	Greg Williams B 11:40.3		3	2	0	4	1	10
Senior Men Long Jump	1	Graham Lumsden F 6.50	Jake Davidson B 5.52	Ian Graham A 5.45	Paul Record D 5.35	2	3	1	4	0	10
Senior Men Triple Jump	1	Graham Lumsden F 12.67	Ian Graham A 12.15	Jake Davidson B 11.29	Paul Record D 11.23	3	2	1	4	0	10
Senior Men High Jump	1	Graham Lumsden F 1.80	Ben Fisher B 1.70	Richard Indricks A 1.60	Paul Record D 1.50	2	3	1	4	0	10
Senior Men Pole Vault	1	Sean Spillane A 3.20	Peter Code B 2.60			4	3	0	0	3	10
Senior Men Javelin	1	Ben Fisher B 54.22	Damien Tomley D 41.41	Steven Houghfhton F 36.20	Sean Spillane A 31.98	1	4	3	2	0	10
Senior Men Discus	1	Aidan Jones F 29.97	Ian Graham A 25.64	Damien Tomley D 24.64	Ray Vose B 22.72	3	1	2	4	0	10
Senior Men Hammer	1	Aidan Jones F 36.48	Ray Vose B 24.32	Damien Tomley D 18.70	John Howarth A 10.52	1	3	2	4	0	10
Senior Men Shot	1	Ian Graham A 9.19	Aidan Jones F 9.02	Ray Vose B 8.40		4	2	0	3	1	10
Senior Men 4x100m relay	1	B 47.3 Alan Geraghty Richard Atherton Jake Davidson Adam Lang	F 48.3 Mark Gardner Graham Lumsden Steven Houghfhton Scott Reed	A 48.5 Darren Smith John Indricks Duncan McGarrick Sean Spillane	D 48.9	2	4	1	3	0	10
Senior Men 4x400m relay	1	A 3:37.8 Darren Smith John Indricks James Cook Sean Spillane	F 3:40.8 Graham Lumsden Dominic Jones Danny Parkinson Mark Gardner	B 3:42.1 Richard Atherton Greg Williams Ste Mayers David Twigg		4	2	0	3	1	10
Sheet total						53	51	26	58	12	200
Extras						0	0	0	0		
Officials						10	10	10	10		
Cumulative total						63	61	36	68	12	200

Match Result

Lancaster & Morecambe
Leigh Harriers
St Helens Sutton
Southport Waterloo AC

68
63
61
36