

South West Inter-County Championships 2004

Results for Senior Men

	<u>100m</u>	Elite Standard	11.3	Windspeed	+1.4
1	A	Dan Cossins	AVON	10.8	7
2	R	Kodie Thompson	DORSET	11.0	6
3	S	Steve Ladd	SOMERSET	11.6	5

	<u>200m</u>	Elite Standard	22.6	Windspeed	+0.1
1	A	Dan Cossins	AVON	21.6	7
2	RR	Kodie Thompson	DORSET	22.3	6
3	R	James Warsop	DORSET	23.3	

	<u>400m</u>	Elite Standard	50.0		
1	R	Mark Price	DORSET	51.4	7
2	DD	Mark Linskill	DEVON	51.7	6
3	D	Simon Minting	DEVON	51.8	
4	C	John Bowery	CORNWALL	52.2	5

	<u>800m</u>	Elite Standard	01:57.0		
1	R	Colin Mccourt	DORSET	01:59.6	7
2	RR	Chris Parr	DORSET	02:00.3	
3	D	Simon Minting	DEVON	02:02.7	6
4	C	Darren Varker	CORNWALL	02:05.0	5

	<u>1500m</u>	Elite Standard	03:59.0		
1	R	Colin Mccourt	DORSET	04:02.3	7
2	RR	Chris Parr	DORSET	04:04.9	
3	D	Darren Westlake	DEVON	04:04.9	6
4	C	John Scott	CORNWALL	04:17.0	5

	<u>5000m</u>	Elite Standard	15:00.0		
1	A	Phil Parry	AVON	15:29.8	7
2	D	Mark Cowen	DEVON	15:35.2	6
3	R	Mark Hargreaves	DORSET	15:36.1	5

	<u>110mH</u>	Elite Standard	15.7	Windspeed	+2.2
1	D	Paul Hindle	DEVON	17.2	7
2	R	Dave Pearson	DORSET	18.7	6
3	S	Stuart Richards	SOMERSET	20.5	5

400mH Elite Standard 57.1

1	D	Paul Hindle	DEVON	57.2	7
2	R	Greg Smith	DORSET	58.1	6
3	S	Ben Hooper	SOMERSET	59.0	5
4	C	Gareth Massey	CORNWALL	70.0	4

2000mS/C Elite Standard 06:20.0

1	R	Mike Hoey	DORSET	06:32.3	7
2	C	Gareth Massey	CORNWALL	06:40.0	6
3	S	Dickie Wythe	SOMERSET	07:18.6	5

High Jump Elite Standard 1.90

1	S	James Quirk	SOMERSET	1.87	7
2	C	Mark Ladrowski	CORNWALL	1.72	6

Long Jump Elite Standard 6.70

1	R	Steve Small	DORSET	7.12	7
2	D	Steve Page	DEVON	6.52	6
3	RR	James Warsop	DORSET	6.52	
4	C	Shaun Sinden	CORNWALL	5.52	5
5	S	Stuart Richards	SOMERSET	4.18	4

Triple Jump Elite Standard 13.50

1	AA	James Townsend	AVON	13.79	7
2	RR	Steve Small	DORSET	13.76	6
3	R	James Warsop	DORSET	13.71	
4	A	Paul Weston	AVON	13.42	
5	S	James Quirk	SOMERSET	11.75	5
6	C	Adam Paulley	CORNWALL	11.60	4

Pole Vault Elite Standard 3.65

1	S	Neil Price	SOMERSET	4.20	7
2	R	Dave Pearson	DORSET	3.90	6
3	SS	Stuart Richards	SOMERSET	3.00	

Shot Putt Elite Standard 13.00

1	R	Simon Fricker	DORSET	14.50	7
2	D	Simon Bennett	DEVON	12.60	6
3	C	Brett Marsh	CORNWALL	11.28	5
4	DD	Rob Woodger	DEVON	11.02	
5	S	Stuart Richards	SOMERSET	8.31	4

Kieran Kelly (U20) WILTSHIRE (Guest) 15.94

Discus Elite Standard 41.00

1	R	Simon Fricker	DORSET	44.47	7
2	S	Guy Pointer	SOMERSET	37.81	6
3	D	Simon Bennett	DEVON	36.12	5
4	C	Brett Marsh	CORNWALL	35.27	4
5	A	Martin Travis (U20)	AVON	34.27	3
6	DD	Rob Woodger	DEVON	19.82	

Javelin Elite Standard 55.00

1	D	Alex Van Der Merwe	DEVON	63.01	7
2	3	Mike Tarran	DEVON	62.56	
3	DD	Simon Bennett	DEVON	60.42	
4	A	Martin Travis (U20)	AVON	54.62	6
5	C	Luke Payne	CORNWALL	53.87	5
6	R	Andrew Brown	DORSET	47.94	4
7	S	Neil Price	SOMERSET	46.52	3

Hammer Elite Standard 45.00

1	R	Matt Frampton	DORSET	53.07	7
2	S	Adam Beauford	SOMERSET	50.29	6
3	C	Mike Madden	CORNWALL	47.82	5
4	CC	Brett Marsh	CORNWALL	45.24	
5	D	Jon Milum	DEVON	44.51	4
6	DD	Rob Woodger	DEVON	38.10	
7	SS	Guy Pointer	SOMERSET	26.53	