

Warwickshire County AA					
Inter Counties Match 2010					
Bedford					
Men			Women		
Name	Results		Name	Results	
100m	Ryan James	Final: 4th 10.47s(w); Semi final 2:3rd 10.32s(w); Heat 2: 2nd 10.47s(w)	100m	Shelly Went	Heat 3: 6th 12.56s
	Nathan Cockett	Heat 1: 7th 10.98s(w)			
200m	Julian Thomas	Final: DNS; Semi final 1: 1st 21.28s; Heat 2: 1st 21.30s	200m	-	
	Luke Lennon-Ford	Heat 3: 5th 21.80s			
400m	Shem Nelson	Heat 4: 8th 51.17s	400m	Nadine Okyere	Final: DNS; Heat 2: 1st 54.73s
				Emma Williams	Final: 3rd 55.40s; Heat 3: 2nd 55.81s
800m	-		800m	-	
1 Mile	-		1500m	-	
5000m	-		5000m	-	
110mh	-		100mh	-	
400mh	Richard Curl	Heat 2: 5th 56.41s	400mh	Jade Surman	Final: 2nd 61.09s; Heat 2: 2nd 60.98s
3000ms/c	-		3000ms/c	-	
3000m w	Brendan Boyce	3rd 11:49.93mins	3000m w	Ann Wheeler	6th 16:02.42mins
	Mark O'Kane	5th 13:03.46mins			
Discus	-		Discus	-	
Javelin	-		Javelin	-	
Shot	-		Shot	-	
Hammer	-		Hammer	Hayley Murray	2nd 51.56m
HJ	Matt Roberts	1st 2.21m	HJ	-	
	Karl Robbins	11= 1.95m			
LJ	Marlon Lewis	10th 7.15m	LJ	Megan Evans	12th 4.87m
TJ	-		TJ	-	
PV	-		PV	-	