

name club perf venue date

UNDER 13 BOYS

SENIOR WOMEN Cont;d(Junior women shown\*)

100m CR\*\*12.7

<u>Discus1Kg</u>	CR**	40.08(33.82*)		
S.Moulton(V)	N/P	32.12	C.Brea	2Jul
M.Ashton(V)	U/A	29.76	C.Brea	14May
S.Keast*	N/P	28.36	Crawley	2Sep
J.James*	N/P	26.16	C.Brea	2Jul
V.Brown*	N/P	23.92	Par	18Jun
C.Brown	CAC	21.82	Bas'toke	12Aug
J.Honour	CAC	20.98	C.Brea	2Jul
S.Bracher(V)	N/P	19.32	Par	18Jun

N.Davy	R.LAND	13.0	C.Brea	2Jul
S.Green	CAC	13.4	Ply	1Jul
B.Shaftner	CAC	13.4	C.Brea	2Jul
G.Webb	CAC	13.5	C.Brea	10May
A.Grimes	R.LAND	13.5	C.Brea	14May
J.Green	PLYAC	13.5	Ply	21May

Javelin600gr CR\*\* 40.40(40.40\*)

200m CR\*\* 26.0

M.Burrows	PLYAC	38.02	Exeter	2Sep
S.Keast*	N/P	34.14	Yeovil	25Jun
J.James*	N/P	29.04	C.Brea	2Jul
C.Brown	CAC	27.28	Bas'toke	12Aug
M.Short*	CAC	26.64	Bas'toke	12Aug
L.Hicks(V)	CAC	22.96	C.Brea	17Sep
S.Moulton(V)	N/P	22.24	C.Brea	16Apr
S.Webb*	N/P	21.76	Yeovil	25Jun

W.Balsdon	N/P	27.1	C.Brea	3Sep
S.Green	CAC	27.6	C.Brea	3Sep
R.Simons	CAC	27.8	Yate	16Jul
N.Davy	R.LAND	27.9	C.Brea	9Jul
J.Green	PLYAC	27.93	Braun	14May
R.Hanley	CAC	28.6	C.Brea	2Jul

Hammer4Kg CR\*\* 35.10(35.10\*)

400m CR\*\* 62.2

S.Keast*	N/P	35.10	Copth	6Aug
S.Moulton(V)	N/P	23.68	Exeter	18Jun
K.Brusby(V)	N/P	22.52	Exeter	28May
G.Simons(V)	CAC	17.14	Exeter	18Jun
V.Brown*	N/P	16.52	Exeter	28May
K.Martin	CAC	16.08	Walton	22Jul
C.Rawlings	CAC	15.86	Bas'toke	12Aug
G.Menear(V)	CAC	14.52	Harrow	2Sep

A.Morris	FALM	64.9	Par	1Jul
T.Evans	POLW	68.4	C.Brea	14May
C.Prest	CAC	68.4	C.Brea	14May
S.Patterson	PENRY	70.4	Par	1Jul
J.Morgan	M.BAY	70.9	Par	1Jul
W.Hutchinson	PENA	71.2	Par	1Jul

Heptathlon

800m CR\*\* 2:11.2

S.Keast*	N/P	3186	Yeovil	25Jun
E.Tugwell*	CAC	3054	C.Brea	7May
S.Webb*	N/P	2855	Yeovil	25Jun
M.Saxton*	CAC	2329	Yeovil	25Jun
C.Drew*	TRU.S	2002	Yeovil	25Jun

R.Hanley	CAC	2:23.4	C.Brea	23Aug
R.Stapleton	CAC	2:24.7	Par	23Jul
S.Matthews	N/P	2:26.1	Ply	1Jul
T.Sundercombe	N/P	2:26.5	Exeter	30Jul
I.Humble	CAC	2:31.2	C.Brea	9Jul
C.Prest	CAC	2:32.4	C.Brea	2Jul

1500m CR\*\* 4:35.8

R.Hanley	CAC	4:56.6	C.Brea	10Jun
S.Matthews	N/P	4:57.9	C.Brea	20Aug
C.Prest	CAC	5:03.2	Ply	21May
I.Humble	CAC	5:10.2	C.Brea	9Jul
R.Hawke	N/P	5:16.2	Yeovil	10Sep
J.Marquis	FALM	5:23.0	Par	1Jul

75mHur

S.Green	CAC	12.3	C.Brea	20Aug
R.Bleakey	PENA	14.4	Par	1Jul
T.Biddick	BOD	14.4	Par	1Jul
D.Halt	RED	15.0	Par	1Jul
R.Simpson	TRU.S	15.0	Par	1Jul
D.Roberts	R.LAND	15.1	Par	1Jul

CORNWALL AA RANKINGS

30th SEP 95

name club perf venue date

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UNDER 13 BOYS Cont;d

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Javelin400Gr CR\*\* 33.90

<u>80mHur</u>	CR**	13.0		
S.Green	CAC	14.2	C.Brea	9Jul
T.Hocking	ST.M	15.5	C.Brea	9Jul
R.Phillpott	POLT	15.9	C.Brea	7May
R.Simpson	TRU.S	16.9	C.Brea	7May
R.Hawke	N/P	22.6	C.Brea	7May

L.Payne	N/P	33.90	C.Brea	17Sep
T.White	POLW	33.06	B'Ham	2Jul
J.Saunter	LAC	23.74	C.Brea	14May
D.Warner	CAC	23.50	C.Brea	4Jul
P.Tugwell	CAC	23.34	C.Brea	4Jul
M.Hicks	CAC	22.42	C.Brea	17Sep

4x100mR CR\*\* 54.8

R.Lander		58.2	Par	1Jul
N/P		58.4	C.Brea	9Jul
PoolA		58.6	Par	1Jul
Truro Sch		58.6	Par	1Jul
CAC		59.2	Yate	16Jul
ST.Ives Sch		59.3	Par	1Jul

UNDER 15 BOYS

100m CR\*\* 11.4

Long Jump CR\*\* 4.97

S.Green	CAC	4.97	C.Brea	3Sep
N.Davy	R.LAND	4.57	C.Brea	14May
W.Balsdon	N/P	4.50	C.Brea	3Sep
R.Philpott	TRU.S	4.31	Par	1Jul
J.Green	PLYAC	4.26	Braun	14May
L.Shaw	POOL	4.24	Par	1Jul

J.Drew	CAC	12.2	C.Brea	20Aug
L.Dursley	N/P	12.3	C.Brea	10Jun
A.Paulley	N/P	12.3	C.Brea	20Aug
P.Josling	H.DAV	12.4	C.Brea	10Jun
J.Plaisaskis	TRU.S	12.4	C.Brea	10Jun
D.Strick	M.BAY	12.4	C.Brea	10Jun

200m CR\*\* 23.4

High Jump CR\*\* 1.60

W.Balsdon	N/P	1.45	Ply	1Jul
S.Green	CAC	1.40	C.Brea	3Sep
T.Evans	POLW	1.39	C.Brea	14May
N.Davy	R.LAND	1.31	C.Brea	2Jul
G.Martin	TREL	1.31	C.Brea	9Jul
R.Phillpott	POLT	1.30	C.Brea	7May
S.Stoate	ST.M	1.30	C.Brea	9Jul

L.Philips	ST.IVE	24.2	C.Brea	10Jun
L.Hegarty	CAC	25.0	C.Brea	3Sep
A.Paulley	N/P	25.2	C.Brea	20Aug
J.Screaton	POLT	25.4	Chelt	17Jun
C.Appleby	R.LAND	25.5	C.Brea	14May
J.Drew	CAC	25.6	C.Brea	3Sep

400m CR\*\* 52.4

Shot3.25Kg CR\*\* 11.07

W.Balsdon	N/P	9.99	C.Brea	3Sep
R.Bates	POOL	9.67	Par	1Jul
M.Johnson	LISK	9.02	Par	1Jul
J.Saunter	LAC	8.62	C.Brea	3Sep
J.Marquis	FALM	8.48	Par	1Jul
J.Riches	R.LAND	8.33	Par	1Jul

G.Sibley	FALM	56.4	C.Brea	10Jun
N.Martin	CAC	58.8	C.Brea	10Jun
J.Burrows	CAC	58.9	Braun	4Jun
R.Hornsey	WADE	60.3	C.Brea	10Jun
S.Tonkin	N/P	60.7	Yeovil	10Sep
S.King	BOD.S	61.2	C.Brea	2Jul

800m CR\*\* 2:02.2

Discus1Kg CR\*\* 23.15

S.Green	CAC	19.92	C.Brea	4Jul
R.Hawke	N/P	18.72	C.Brea	17Sep
P.Tugwell	CAC	14.26	C.Brea	4Jul
P.Needham	CAC	13.82	C.Brea	4Jul
D.Hyslop	POOL	12.34	C.Brea	14May
W.King	CAC	11.72	C.Brea	4Jul

L.Hegarty	CAC	2:08.1	Exeter	27Aug
J.Burrows	CAC	2:12.8	Yeovil	25Jun
P.Bennett	CAC	2:17.6	Swind	25Jun
A.Balsdon	N/P	2:19.2	Ply	1Jul
S.Bennett	CAC	2:20.8	Ply	21May
N.Martin	CAC	2:21.6	Yeovil	25Jun

1500m CR\*\* 4:09.8

L.Hegarty	CAC	4:32.41	Copth	6Aug
P.Bennett	CAC	4:37.1	C.Brea	2Jul
J.Burrows	CAC	4:39.7	C.Brea	2Jul
A.Balsdon	N/P	4:41.6	C.Brea	2Jul
L.Randall	ST.M	4:46.5	B'Ham	2Jul
O.Shilston	PENA	4:47.7	C.Brea	10Jun

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**UNDER 15 BOYS cont'd;**

**Mile**

**3000m CR\*\* 8:59.2**

P. Bennett	CAC	10:09.9	Yate	16Jul
S. Bennetts	CAC	10:20.2	C. Brea	14May
A. Shumacker	N/P	10:21.9	Exeter	30Jul
W. Oak	CAC	10:23.9	C. Brea	14May
G. Davies	N/P	10:45.2	C. Brea	14May
S. Fisher	CAC	10:46.7	Braun	4Jun

**80mHur CR\*\* 12.16**

P. Russell	TREV.S	12.9	Chelt	17Jun
J. Burrows	CAC	12.9	C. Brea	2Jul
A. Caddy	R. LAND	13.2	C. Brea	10Jun
S. Green	HELS	13.2	C. Brea	10Jun
J. Plaisaskis	TRU.S	13.3	Yeovil	25Jun
A. Donovan	CAC	13.3	C. Brea	2Jul

**4x100mR CR\*\* 46.3(47.6)**

County Sch	48.5	Chelt	17Jun
Truro Sch	52.5	Par	1Jul
Cornwall AC	53.0	C. Brea	2Jul
Treviglas Sch	53.1	C. Brea	10Jun
R. Lander Sch	53.2	C. Brea	10Jun
Newquay & Par	53.8	C. Brea	2Jul

**4x400mR CR\*\* 3:44.2**

Cornwall AC	4:04.9	Yate	16Jul
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**High Jump CR\*\* 1.75**

N. Morley	CAC	1.62	C. Brea	2Jul
A. Paulley	N/P	1.59	Stoke	16Sep
J. Plaisaskis	TRU.S	1.57	C. Brea	7May
S. King	BOD.S	1.52	C. Brea	2Jul
J. Burrows	CAC	1.50	C. Brea	3Sep
P. Russell	TREV.S	1.45	C. Brea	7May
O. Shilston	PENR	1.45	C. Brea	7May
S. Bennett	CAC	1.45	Ply	21May
N. Martin	CAC	1.45	Yeovil	25Jun
J. Drew	CAC	1.45	C. Brea	3Sep

**Pole Vault CR\*\* 3.75**

J. Burrows	CAC	2.40	C. Brea	10Jun
S. Brusby	N/P	2.35	C. Brea	14May
S. Tonkin	N/P	1.95	C. Brea	14May

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**UNDER 15 BOYS cont'd;**

**Long Jump CR\*\* 5.84**

J. Drew	CAC	5.49	C. Brea	3Sep
J. Burrows	CAC	5.26	Stoke	17Sep
L. Hegarty	CAC	5.25	C. Brea	3Sep
A. Paulley	N/P	5.17	C. Brea	7May
N. Martin	CAC	5.10	Stoke	17Sep
J. Plaistikas	TRU.S	5.10	Stoke	17Sep

**Triple Jump CR\*\* 12.56**

J. Drew	CAC	11.03	C. Brea	20Aug
N. Martin	CAC	11.01	Par	1Jul
O. Barclay	WADE	10.90	C. Brea	10Jun
A. Paulley	N/P	10.88	Copth	6Aug
R. Clemo	POWEY	10.47	Par	1Jul
M. Watson	R. LAND	10.40	C. Brea	14May

**Shot4Kg CR\*\* 14.10**

A. Rawling	N/P	14.10	C. Brea	17Sep
D. Broadwater	BOD.S	11.96	C. Brea	10Jun
D. Harrison	PENA	11.13	Par	1Jul
N. Baigent	ST. IVE	10.42	Par	1Jul
R. Pomporoy	TRETH	10.22	Par	1Jul
N. Martin	CAC	10.00	Ply	21May

**Discus1.25Kg CR\*\* 42.62**

D. Broadwater	BOD.S	34.78	Copth	6Aug
P. Russell	TREV.S	31.28	Chelt	17Jun
A. Rawling	N/P	30.90	Swansea	26Aug
L. Corp	LISK	28.12	Par	1Jul
J. Burrows	CAC	26.60	Yate	9Jul
K. Lloyd	POOL	26.58	Par	1Jul

**Javelin600Gr CR\*\* 51.62**

C. Appleby	R. LAND	48.82	Copth	6Aug
J. Plaisaskis	TRU.S	36.16	Par	1Jul
D. Bartlett	PENA	33.40	C. Brea	10Jun
C. Parkes	CAC	33.24	C. Brea	14May
J. Burrows	CAC	32.56	Yate	16Jul
J. Talbot	NEW	32.42	C. Brea	16Apr

**Hammer4Kg CR\*\* 39.06**

A. Rawling	N/P	39.06	C. Brea	17Sep
S. Brusby	N/P	19.48	C. Brea	20Aug
S. Parsons	CAC	19.30	C. Brea	20Aug
B. Meneer	CAC	18.72	Braun	4Jun
W. Oak	CAC	17.62	Braun	4Jun

name club perf venue date

UNDER 17 MEN cont'd;

UNDER 15 BOYS cont'd;

1500m CR\*\* 3:54.0

PENTATHLON

name	club	perf	venue	date
J. Burrows	CAC	2273	Stoke	17Sep
N. Martin	CAC	2049	Stoke	17Sep
J. Plaisaskis	TRU.S	2032	Yeovil	25Jun
A. Paulley	N/P	2014	Yeovil	25Jun
P. Russell	TREV	1753	C. Brea	7May
L. Dursley	TREV	1744	C. Brea	7May

name	club	perf	venue	date
B. Squibb	CAC	4:10.24	Copth	6Aug
D. Walkey	CAC	4:22.0	Braun	4Jun
N. Blamey	CAC	4:22.1	Ply	6May
R. Matthews	CAC	4:22.6	C. Brea	14May
A. Bullock	N/P	4:24.4	Exeter	30Jul
R. Prady	CAC	4:29.9	C. Brea	2Jul

Mile CR\*\* 4:22.8

UNDER 17 MEN

name	club	perf	venue	date
100m	CR**	11.0		
N. Balmbra	N/P	11.3	C. Brea	10Jun
J. Bowery	N/P	11.3	C. Brea	10Jun
R. Thirlby	R. LAND	11.4	C. Brea	10Jun
L. Massie	R. LAND	11.6	C. Brea	14May
S. Sinden	CAC	11.6	C. Brea	20Aug
D. Newby	H. DAV	11.7	C. Brea	10Jun
B. Shaffner	CAC	11.7	C. Brea	10Jun
R. Pearce	N/P	11.7	C. Brea	20Aug

3000m CR\*\* 8:26.92

name	club	perf	venue	date
N. Blamey	CAC	9:15.7	C. Brea	14May
B. Squibb	CAC	9:20.1	Chelt	17Jun
R. Matthews	CAC	9:24.2	C. Brea	10Jun
A. Bullock	N/P	9:43.8	Exeter	30Jul
R. Prady	CAC	9:45.7	Ply	21May
D. Walkey	CAC	9:51.6	Braun	4Jun

1500mS/C CR\*\* 4:20.8

name	club	perf	venue	date
R. Matthews	CAC	4:29.51	B'Ham	30Jul
A. Bullock	N/P	4:41.6	Chelt	17Jun
B. Squibb	CAC	4:46.9	Yate	16Jul
B. McKernan	CAC	4:48.7	Swind	25Jun
R. Prady	CAC	5:01.7	C. Brea	10Jun
J. Tugwell	CAC	5:23.2	Yate	9Jul

2000mS/C

R. Matthews CAC 6:24.47 Copth 6Aug

100mHur CR\*\* 13.9

name	club	perf	venue	date
P. Coad	CAC	14.87	Stoke	17Sep
G. Murt	WADE	15.3	C. Brea	10Jun
N. Balmbra	N/P	15.3	Yeovil	10Sep
M. Pascoe	R. LAND	15.5	C. Brea	2Jul
S. Sinden	CAC	15.6	Ply	1Jul
S. Howells	CAC	15.9	C. Brea	10Jun

400Hur CR\*\* 55.6

name	club	perf	venue	date
P. Coad	CAC	59.1	London	19Aug
J. Bowery	N/P	62.7	Exeter	30Jul
S. Sinden	CAC	64.6	Yate	9Jul
M. Simons	CAC	64.7	Yate	16Jul
R. Pearce	N/P	65.4	Yeovil	23Apr
S. Howells	CAC	65.7	Ply	21May

800m CR\*\* 1:55.8

name	club	perf	venue	date
D. Walkey	CAC	2:00.4	Ply	21May
G. Thomas	ST. IVE	2:01.7	Chelt	17Jun
R. Matthews	CAC	2:04.0	C. Brea	2Jul
B. Squibb	CAC	2:06.0	C. Brea	4Jul
N. Blamey	CAC	2:07.8	C. Brea	16Apr
A. Bullock	N/P	2:07.9	C. Brea	2Jul