

Merseyside County AA
Track and Field Championships 2005
Wavertree Athletics Centre, 14 May 2005



Under 13 Boys 75M (Heat 1)

Wind = NT

1	1	Jamie Francis	Wirral AC	10.9
2	45	Daniel Hughes	St Helens Sutton	10.9
3	46	Patrick McCormack	St Helens Sutton	11.0
4	37	Elliot Barron	St Helens Sutton	11.1
5	3	Tom Green	St Helens Sutton	11.2
6	41	Jamie White	St Helens Sutton	11.4

75M (Heat 2)

Wind = -0.1 m/s

CBP *

1	224	James Armstrong	Southport Waterloo AC	9.8
2	5	Jake Collins	Wirral AC	10.5
3	8	Paul Nicholas	St Helens Sutton	10.8
4	223	Ben Williams	Liverpool Harriers & Athletic Club	11.2
5	19	Daniel Metcalfe	Liverpool Harriers & Athletic Club	11.2

75M

Wind = -1.5 m/s

1	224	James Armstrong	Southport Waterloo AC	9.9
2	5	Jake Collins	Wirral AC	10.4
3	46	Patrick McCormack	St Helens Sutton	11.1
4	45	Daniel Hughes	St Helens Sutton	11.1
5	1	Jamie Francis	Wirral AC	11.2
6	37	Elliot Barron	St Helens Sutton	11.2

150M

Wind = +1.6 m/s

CBP *

1	11	Craig Jones	Liverpool Harriers & Athletic Club	20.2
2	8	Paul Nicholas	St Helens Sutton	20.3
3	5	Jake Collins	Wirral AC	20.4
4	1	Jamie Francis	Wirral AC	21.4
5	45	Daniel Hughes	St Helens Sutton	21.5
6	46	Patrick McCormack	St Helens Sutton	21.8
7	40	Drew Allerton	St Helens Sutton	23.2

800m

1	123	Thomas Woodward	Liverpool Harriers & Athletic Club	02:28.2	G2
2	158	John Ashcroft	St Helens Sutton	02:28.2	G2
3	199	Daniel Hyland	Liverpool Harriers & Athletic Club	02:33.3	G3
4	39	Mark Winslade	Liverpool Harriers & Athletic Club	02:38.5	G4
5	204	Luke Russell	Liverpool Harriers & Athletic Club	02:40.6	G4
6	124	Luke James	St Helens Sutton	02:43.8	G4
7	197	Michael Williams	Liverpool Harriers & Athletic Club	02:53.4	

1500m

1	132	Tom Fraine	Wirral AC	04:51.9	CBP	G2
2	128	Joe McGee	Wallasey AC	04:55.6		G2
3	198	Daniel McNiffe	Liverpool Harriers & Athletic Club	04:57.1		G2
4	130	Mark Loveridge	Liverpool Harriers & Athletic Club	05:00.8		G2
5	41	Jamie White	St Helens Sutton	05:28.7		

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U13 Boys 75mH

Wind =+1.6 m/s

1	39	Mark Winslade	Liverpool Harriers & Athletic Club	12.6	CBP
2	38	Grant Oldham	St Helens Sutton	15.8	
3	37	Elliot Barron	St Helens Sutton	15.9	
4	40	Drew Allerton	St Helens Sutton	16.4	
5	124	Luke James	St Helens Sutton	16.4	

Long Jump

1	11	Craig Jones	Liverpool Harriers & Athletic Club	5.11	G1
2	224	James Armstrong	Southport Waterloo AC	4.97	G1
3	1	Jamie Francis	Wirral AC	4.97	G1
4	40	Drew Allerton	St Helens Sutton	4.10	G3
5	38	Grant Oldham	St Helens Sutton	3.94	G4
6	158	John Ashcroft	St Helens Sutton	3.93	G4
7	41	Jamie White	St Helens Sutton	3.75	G4
8	124	Luke James	St Helens Sutton	3.74	G4
9	46	Patrick McCormack	St Helens Sutton	3.39	
10	37	Elliot Barron	St Helens Sutton	3.22	
11	3	Tom Green	St Helens Sutton	3.10	

High Jump

1	178	Dylan Riley	St Helens Sutton	1.36	G3
2	158	John Ashcroft	St Helens Sutton	1.33	G3
3	39	Mark Winslade	Liverpool Harriers & Athletic Club	1.30	G3
4	183	Michael Hartley	Liverpool Harriers & Athletic Club	1.15	

Shot

1	45	Daniel Hughes	St Helens Sutton	7.73	G3
2	178	Dylan Riley	St Helens Sutton	7.18	G4
3	38	Grant Oldham	St Helens Sutton	5.84	

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Under 15 Boys 100M (Heat 1)

Wind =+3.1 m/s

1	15	Tony Corrigan	Liverpool Harriers & Athletic Club	11.3	CBP	G1
2	2	Harry Doran	Liverpool Pembroke & Sefton H & AC	11.8		G1
3	9	Nathan Hilton	Liverpool Pembroke & Sefton H & AC	11.8		G1
4	34	Robert Anderson	Southport Waterloo AC	13.3		
5	31	Craig Crebbin	Southport Waterloo AC	13.3		
6	213	Luke Wynne	Southport Waterloo AC	14.3		

100M (Heat 2)

Wind =+1.0 m/s

1	16	Daniel Higham	Liverpool Pembroke & Sefton H & AC	12.0		G2
2	35	Gavin Smith	Liverpool Harriers & Athletic Club	12.4		G3
3	10	Martyn Brown	Wirral AC	12.4		G3
4	33	Jack Meredith	Liverpool Harriers & Athletic Club	13.2		
5	7	Alex Swarbrick	Liverpool Pembroke & Sefton H & AC	13.3		

100M

Wind =-0.4 m/s

1	15	Tony Corrigan	Liverpool Harriers & Athletic Club	11.5	CBP	G1
2	2	Harry Doran	Liverpool Pembroke & Sefton H & AC	11.9		G1
3	9	Nathan Hilton	Liverpool Pembroke & Sefton H & AC	12.0		G2
4	16	Daniel Higham	Liverpool Pembroke & Sefton H & AC	12.3		G3
5	10	Martyn Brown	Wirral AC	12.6		G3
6	35	Gavin Smith	Liverpool Harriers & Athletic Club	13.0		G4
7	33	Jack Meredith	Liverpool Harriers & Athletic Club	13.3		

200M (Heat 1)

Wind =+1.1 m/s

1	15	Tony Corrigan	Liverpool Harriers & Athletic Club	22.8	CBP	G1
2	2	Harry Doran	Liverpool Pembroke & Sefton H & AC	23.5		G1
3	10	Martyn Brown	Wirral AC	25.0		G3
4	32	Anthony Marsh	St Helens Sutton	27.2		

200M (Heat 2)

Wind =+2.1 m/s

1	9	Nathan Hilton	Liverpool Pembroke & Sefton H & AC	23.9		G1
2	16	Daniel Higham	Liverpool Pembroke & Sefton H & AC	25.3		G3
3	7	Alex Swarbrick	Liverpool Pembroke & Sefton H & AC	26.1		G4
4	31	Craig Crebbin	Southport Waterloo AC	26.6		G4
5	34	Robert Anderson	Southport Waterloo AC	26.8		

200M

Wind =+0.3 m/s

1	15	Tony Corrigan	Liverpool Harriers & Athletic Club	22.6	CBP	G1
2	2	Harry Doran	Liverpool Pembroke & Sefton H & AC	23.5		G1
3	9	Nathan Hilton	Liverpool Pembroke & Sefton H & AC	23.5		G1
4	16	Daniel Higham	Liverpool Pembroke & Sefton H & AC	24.6		G2
5	10	Martyn Brown	Wirral AC	25.1		G3
6	7	Alex Swarbrick	Liverpool Pembroke & Sefton H & AC	26.7		
7	34	Robert Anderson	Southport Waterloo AC	27.1		
8	31	Craig Crebbin	Southport Waterloo AC	27.9		

400M

1	47	Craig Dolan	Wirral AC	59.0		G4
2	31	Craig Crebbin	Southport Waterloo AC	64.0		

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Under 15 Boys' 800m

1	151	Sean Dignam	Liverpool Pembroke & Sefton H & AC	02:22.2	G4
2	122	Philip Legget	Liverpool Harriers & Athletic Club	02:24.2	G4
3	125	Rory Lott	Wirral AC	02:40.3	

1500M

1	157	Christopher Hesketh	Liverpool Pembroke & Sefton H & AC	04:43.8	G3
2	232	Ben Brown	Liverpool Harriers & Athletic Club	04:44.3	G4
3	166	Jake Healy	St Helens Sutton	04:47.7	G4
4	103	Joshua Griffiths	Wirral AC	04:49.1	G4
5	121	James Blackburn	Liverpool Harriers & Athletic Club	04:57.4	
6	200	Tomas Hyland	Liverpool Harriers & Athletic Club	05:39.4	

3000M

1	194	Ashleigh Johnson	Liverpool Harriers & Athletic Club	10:10.5	G3
2	192	John Dumbell	St Helens Sutton	10:11.7	G3
3	133	Stephen Duckers	Wirral AC	10:12.4	G3
4	129	Connor McArdle	Wallasey AC	10:49.9	G4
5	135	Eamon Foster	Wirral AC	11:28.7	
6	186	Joe Alkins	Wirral AC	11:47.7	

80mH

1	33	Jack Meredith	Liverpool Harriers & Athletic Club	12.4	=CBP	G2
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Wind =+1.5 m/s

Discus

1	144	Ben Hughes	Wirral AC	32.43	G2
2	177	Adam Reynolds	Liverpool Harriers & Athletic Club	29.03	G3

Javelin

1	237	Josh Hatfield	Liverpool Harriers & Athletic Club	37.09	G3
2	236	Mike Andrews	Wirral AC	26.58	
3	244	Alex Cook	Liverpool Harriers & Athletic Club	26.15	

Long Jump

1	10	Martyn Brown	Wirral AC	5.28	G3
2	142	James Tebay	Wirral AC	4.56	
3	106	Alex Metcalfe	Liverpool Harriers & Athletic Club	4.28	

Pole Vault

1	137	Callum Taylor	Wirral AC	2.60	=CBP	G3
2	164	Mike Ehlen	St Helens Sutton	2.50	G3	
3	194	Ashleigh Johnson	Liverpool Harriers & Athletic Club	2.20		

High Jump

1	164	Mike Ehlen	St Helens Sutton	1.65	G2
2	139	Stephen Williams	Wirral AC	1.45	G4

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Under 15 Boys' Shot

1	177	Adam Reynolds	Liverpool Harriers & Athletic Club	10.84		G3
2	145	Phillip Brocken	Wirral AC	10.22		G4

Hammer

1	177	Adam Reynolds	Liverpool Harriers & Athletic Club	47.13	CBP	G1
2	164	Mike Ehlen	St Helens Sutton	26.44		G4

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Under 17 Men's 400m Hurdles

1	196	Craig James	Liverpool Harriers & Athletic Club	64.3		G4
2	102	Andrew Burgess	Wirral AC	76.5		

100m

Wind =+5.0 m/s

1	29	Eddie Simpkins	Southport Waterloo AC	11.2	CBP	G1
2	17	Alexander Stokes	Liverpool Pembroke & Sefton H & AC	11.3		G1
3	163	Matthew Owens	Liverpool Harriers & Athletic Club	11.4		G2
4	18	Thaddeus Awim Somuah	St Helens Sutton	11.5		G2
5	48	David Griffiths	St Helens Sutton	11.5		G2
6	26	Craig O Brien	Wirral AC	12.9		

200M (Heat 1)

Wind =-0.7m/s

1	17	Alexander Stokes	Liverpool Pembroke & Sefton H & AC	23.5		G3
2	18	Thaddeus Awim Somuah	St Helens Sutton	23.5		G3
3	27	Jonathan Croasdale	Liverpool Harriers & Athletic Club	25.1		
4	26	Craig O Brien	Wirral AC	26.3		
5	30	Alexander Helsby	St Helens Sutton	26.8		

200M (Heat 2)

Wind =+2.4 m/s

1	29	Eddie Simpkins	Southport Waterloo AC	23.2		G2
2	211	James Hunter	Liverpool Harriers & Athletic Club	23.7		G3
3	215	Brendan Devine	Liverpool Harriers & Athletic Club	25.0		
4	12	Michael Fairfield	Liverpool Harriers & Athletic Club	28.4		

200M

Wind =+2.4 m/s

1	29	Eddie Simpkins	Southport Waterloo AC	22.6	CBP	G1
2	17	Alexander Stokes	Liverpool Pembroke & Sefton H & AC	23.0		G1
3	18	Thaddeus Awim Somuah	St Helens Sutton	23.1		G2

400m

1	24	Chris Smith	Wirral AC	50.2		G1
2	49	Matthew Lamming	Wirral AC	52.7		G2
3	30	Alexander Helsby	St Helens Sutton	61.2		

800M

1	24	Chris Smith	Wirral AC	02:00.2		G2
2	159	David Forrester	St Helens Sutton	02:01.7		G2
3	104	Liam McCully	Liverpool Harriers & Athletic Club	02:04.2		G3
4	119	James Russell	Liverpool Harriers & Athletic Club	02:04.6		G3
5	206	Dominic Bridge	Liverpool Harriers & Athletic Club	02:12.6		
6	116	Greg Owen	Southport Waterloo AC	02:34.2		
7	25	Philip Webb	St Helens Sutton	02:39.7		

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Under 17 Men's 1500M

1	127	Tom Maddon	Wirral AC	04:13.9		G2
2	156	James McCully	Liverpool Harriers & Athletic Club	04:18.6		G3
3	126	Ben Martin	Wirral AC	04:19.6		G3
4	241	James Russell	Liverpool Harriers & Athletic Club	04:22.2		G3
5	118	Harry Harper	Liverpool Harriers & Athletic Club	04:29.3		G4
6	185	Craig Fishwick	Wirral AC	04:30.1		G4
7	108	Paul Galgey	Liverpool Harriers & Athletic Club	04:39.9		
8	238	John Appleton	St Helens Sutton	04:41.0		
9	117	Steven Gellett	Southport Waterloo AC	04:54.4		

3000M

1	114	Craig Gundersen	Liverpool Harriers & Athletic Club	09:22.8	CBP	G3
2	115	James Fagher	St Helens Sutton	09:44.1		G4
3	220	Michael Evans	Southport Waterloo AC	10:12.3		

Hammer

1	173	Sam Moran	Southport Waterloo AC	28.32		G4
2	116	Greg Owen	Southport Waterloo AC	21.20		
3	176	Liam Loyden	Liverpool Harriers & Athletic Club	3xNT		

Discus

1	195	Steven Fogg	Liverpool Harriers & Athletic Club	40.00		G2
2	49	Matthew Lamming	Wirral AC	38.08		G3
3	152	Ross Hayhurst	Liverpool Harriers & Athletic Club	34.32		G4
4	176	Liam Loyden	Liverpool Harriers & Athletic Club	24.50		
5	173	Sam Moran	Southport Waterloo AC	21.85		

Shot

1	152	Ross Hayhurst	Liverpool Harriers & Athletic Club	13.42		G2
2	195	Steven Fogg	Liverpool Harriers & Athletic Club	11.85		G4
3	173	Sam Moran	Southport Waterloo AC	10.64		
4	176	Liam Loyden	Liverpool Harriers & Athletic Club	10.01		

Javelin

1	167	Andrew Allan	Liverpool Harriers & Athletic Club	45.00		G3
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Pole Vault

1	212	Steven Lewis	Liverpool Harriers & Athletic Club	3.50	=CBP	G2
2	205	Ben Jones	Wirral AC	3.30		G3
3	175	Christopher Roose	Liverpool Harriers & Athletic Club	3.00		G3
4	148	Andrew Tinsley	Wirral AC	2.80		G4
5	116	Greg Owen	Southport Waterloo AC	2.60		G4
6	203	Mark Morrow	Liverpool Harriers & Athletic Club	2.20		

High Jump

1	163	Matthew Owens	Liverpool Harriers & Athletic Club	2.01		G1
2	225	Michael Sweeney	Liverpool Harriers & Athletic Club	1.65		G4
3	162	Jonathan Bristow	Liverpool Harriers & Athletic Club	1.50		

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U17 Men's Long Jump

1	102	Andrew Burgess	Wirral AC	5.80		G3
2	18	Thaddeus Awim Somuah	St Helens Sutton	5.48		

Triple Jump

1	102	Andrew Burgess	Wirral AC	12.22	CBP	G1
2	155	Joe Norman	Wirral AC	12.07		G1
3	154	Ben Mitchinson	Liverpool Harriers & Athletic Club	11.87		G1
4	48	David Griffiths	St Helens Sutton	10.78		

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Junior Men's 100M

Wind =+0.8 m/s

1	201	Shawn James	Liverpool	11.6	G3
2	226	Theodore Alie-Gray	Liverpool Harriers & Athletic Club	11.6	G3
3	218	Dany Gammall	Southport Waterloo AC	11.9	
4	44	Mike Wilkinson	Wirral AC	12.3	

200M

Wind =+0.8 m/s

1	43	Kyle Jones	Wirral AC	22.9	G3
2	214	Nathan Seth Ouko	Southport Waterloo AC	23.8	
3	44	Mike Wilkinson	Wirral AC	24.4	

400M

1	101	Michael Rimmer	Liverpool Pembroke & Sefton H & AC	48.0	CBP	G1
2	227	Andrew Kelly	Liverpool Harriers & Athletic Club	50.4		G2
3	43	Kyle Jones	Wirral AC	51.2		G3
4	22	Kevin Sault	Wirral AC	52.0		G3
5	111	Mark Leicester	Liverpool Pembroke & Sefton H & AC	52.5		G3
6	214	Nathan Seth Ouko	Southport Waterloo AC	53.0		G3

800M

1	208	Michael Quarless	Liverpool	02:03.3	
2	111	Mark Leicester	Liverpool Pembroke & Sefton H & AC	02:04.2	
3	207	Dave Marteau	Liverpool	02:04.4	
4	119	Joseph McKenna	Liverpool Pembroke & Sefton H & AC	02:04.6	
5	206	Dominic Bridge	Liverpool Harriers & Athletic Club	02:12.6	
6	116	Greg Owen	Southport Waterloo AC	02:34.2	
7	25	Philip Webb	St Helens Sutton	02:39.7	

1500M

1	153	Jonny Mellor	Liverpool Harriers & Athletic Club	03:59.5	G3
2	112	Jordan Donnelly	Wirral AC	04:06.8	
3	233	John Mannion	Liverpool Harriers & Athletic Club	04:15.0	
4	113	David Catt	Liverpool Harriers & Athletic Club	04:21.9	
5	240	Neil Bullock	Liverpool Harriers & Athletic Club	04:26.6	

Javelin

1	180	Ben Fisher	St Helens Sutton	51.99	G2
2	182	Paul McKeown	Liverpool Harriers & Athletic Club	49.24	G2
3	110	Carl Quinlan	Wirral AC	48.64	G2

Junior Men's High Jump

1	226	Theodore Alie-Gray	Liverpool Harriers & Athletic Club	1.80	G3
2	161	Stephen Knowles	St Helens Sutton	1.75	
3	219	Luke Menary	Southport Waterloo AC	1.75	

Triple Jump

1	210	Graeme Matthews	Sheffield	14.27	G1
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Hammer

1	160	Michael Bomba	Liverpool Harriers & Athletic Club	59.56	CBP	G1
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Senior Men's 400m Hurdles

1	191	James Thompson	Liverpool Harriers & Athletic Club	62.5
2	179	Paul Rudkin	Liverpool Pembroke & Sefton H & AC	67.9

100m

Wind =+0.8 m/s

1	14	Andrew Owens	Liverpool Harriers & Athletic Club	11.1
2	20	Ian Standish	Liverpool Harriers & Athletic Club	11.3
3	217	Dave Readle	Liverpool Pembroke Sefton	11.4
4	193	Graham Lumsden	Liverpool Harriers & Athletic Club	11.9
5	42	Jonathan Moss	Sale Harriers Manchester	12.0

200M

Wind =+0.8 m/s

1	14	Andrew Owens	Liverpool Harriers & Athletic Club	22.7
2	217	Dave Readle	Liverpool Pembroke Sefton	22.8
3	193	Graham Lumsden	Liverpool Harriers & Athletic Club	23.5
4	42	Jonathan Moss	Sale Harriers Manchester	23.5

400m

1	231	Paul Lenehan	Liverpool Harriers	49.9
2	105	Peter Wilson	Wirral AC	50.6
3	202	Stephen Donegan	Liverpool Pembroke Sefton	54.4
4	243	???	???	55.6
5	222	Patrick Dennis	Southport Waterloo AC	56.0

800M

1	202	Stephen Donegan	Liverpool Pembroke Sefton	02:03.7
2	179	Paul Rudkin	Liverpool Pembroke & Sefton H & AC	02:32.0

1500M

1	242	John McCole	Liverpool Harriers & Athletic Club	03:56.9	CBP
2	243	Richard Burney	Liverpool Harriers & Athletic Club	03:58.2	
3	239	Steven Mayers	St Helens Sutton	04:11.5	
4	221	Christopher Henders	Southport Waterloo AC	04:45.6	
5	109	Anthony Raffle	St Helens Sutton	05:21.0	

High Jump

1	170	Robert Mitchell	Sale Harriers Manchester	2.17	CBP
2	168	Jamie Creighton	Liverpool Harriers & Athletic Club	2.01	
3	183	Dave McKown	Liverpool Harriers & Athletic Club	1.60	

Senior Men's Discus

1	217	Dave Readle	Liverpool Pembroke Sefton	42.56
2	216	David McKown	Liverpool Harriers & Athletic Club	30.49

Shot

1	216	David McKown	Liverpool Harriers & Athletic Club	10.32
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Hammer

1	190	Graeme Allan	Shaftsbury Barnet H	61.32	CBP
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Under 13 Girls' 75M (Heat 1)

Wind =-0.6 m/s

1	8	Ellie Quirk	Liverpool Harriers & Athletic Club	10.6	G2
2	18	Stephanie Allen	Liverpool Harriers & Athletic Club	10.9	G3
3	1	Grace Wilson	Unattached	11.2	G3
4	51	Laura Jones	Liverpool Harriers & Athletic Club	11.6	G4
5	201	Louise Kelly	Southport Waterloo AC	11.6	G4
6	48	Hannah Rimmer	Liverpool Harriers & Athletic Club	11.7	G4

75M (Heat 2)

Wind =+2.8m/s

1	45	Laura Crook	St Helens Sutton	10.5	G2
2	2	Pippa Christian	Liverpool Harriers & Athletic Club	10.7	G2
3	43	Francesca Bird	Liverpool Harriers & Athletic Club	11.1	G3
4	195	Emma Liversage	Southport Waterloo AC	11.1	G3
5	13	Anna Carson	Liverpool Harriers & Athletic Club	11.6	G4
6	50	Charlotte Romano Smith	Liverpool Harriers & Athletic Club	12.3	

75M (Heat 3)

Wind =+1.0 m/s

1	49	Carla Jones	Liverpool Harriers & Athletic Club	10.6	G2
2	44	Sophie Money	Wirral AC	10.7	G2
3	55	Derrise Wilkie	Liverpool Harriers & Athletic Club	10.9	G3
4	3	Alexandra Fox	Liverpool Harriers & Athletic Club	10.9	G3
5	15	Joanne Williams	Liverpool Harriers & Athletic Club	11.0	G3
6	190	Natasha Le'Surf	St Helens Sutton	11.3	G4
7	47	Poppy Summer Lang	Liverpool Harriers & Athletic Club	11.9	

75M FINAL

Wind =-0.9 m/s

1	8	Ellie Quirk	Liverpool Harriers & Athletic Club	10.3	CBP *	G1
2	49	Carla Jones	Liverpool Harriers & Athletic Club	10.4		G2
3	45	Laura Crook	St Helens Sutton	10.4		G2
4	2	Pippa Christian	Liverpool Harriers & Athletic Club	10.5		G2
5	44	Sophie Money	Wirral AC	10.5		G2
6	18	Stephanie Allen	Liverpool Harriers & Athletic Club	10.6		G2
7	55	Derrise Wilkie	Liverpool Harriers & Athletic Club	10.9		G3
8	3	Alexandra Fox	Liverpool Harriers & Athletic Club	11.0		G3

150M (Heat 1)

Wind =+1.3 m/s

1	45	Laura Crook	St Helens Sutton	20.4	CBP	G1
2	49	Carla Jones	Liverpool Harriers & Athletic Club	20.7		G2
3	52	Rebecca Linney	Liverpool Harriers & Athletic Club	20.7		G2
4	22	Emma Lyons	Southport Waterloo AC	21.1		G2
5	1	Grace Wilson	Unattached	21.1		G2
6	5	Amelia Peacock	Southport Waterloo AC	21.3		G2
7	201	Louise Kelly	Southport Waterloo AC	22.6		G4
8	190	Natasha Le'Surf	St Helens Sutton	22.6		G4

150M (Heat 2)

Wind =+0.3 m/s

1	18	Stephanie Allen	Liverpool Harriers & Athletic Club	21.2		G2
2	2	Pippa Christian	Liverpool Harriers & Athletic Club	21.4		G3
3	11	Zoe Woodward	Liverpool Harriers & Athletic Club	21.6		G3
4	196	Sarah Marteau	Liverpool Harriers & Athletic Club	21.8		G3
5	43	Francesca Bird	Liverpool Harriers & Athletic Club	22.2		G4
6	48	Hannah Rimmer	Liverpool Harriers & Athletic Club	23.3		
7	50	Charlotte Romano Smith	Liverpool Harriers & Athletic Club	24.1		

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Under 13 Girls' 150M (Heat 3)

Wind =+0.3 m/s

1	57	Heather Drillingcourt	St Helens Sutton	21.7	G3
2	55	Derrise Wilkie	Liverpool Harriers & Athletic Club	21.7	G3
3	195	Emma Liversage	Southport Waterloo AC	21.8	G3
4	15	Joanne Williams	Liverpool Harriers & Athletic Club	21.9	G3
5	3	Alexandra Fox	Liverpool Harriers & Athletic Club	22.0	G3
6	51	Laura Jones	Liverpool Harriers & Athletic Club	22.1	G3
7	13	Anna Carson	Liverpool Harriers & Athletic Club	22.7	G4
8	46	Lauren Bradshaw	St Helens Sutton	22.8	G4

150M (FINAL)

Wind =-0.9 m/s

1	45	Laura Crook	St Helens Sutton	20.6	G2
2	49	Carla Jones	Liverpool Harriers & Athletic Club	20.7	G2
3	52	Rebecca Linney	Liverpool Harriers & Athletic Club	20.8	G2
4	22	Emma Lyons	Southport Waterloo AC	21.3	G2
5	18	Stephanie Allen	Liverpool Harriers & Athletic Club	21.3	G2
6	1	Grace Wilson	Unattached	21.5	G3
7	5	Amelia Peacock	Southport Waterloo AC	21.7	G3
8	57	Heather Drillingcourt	St Helens Sutton	21.9	G3

800M

1	52	Rebecca Linney	Liverpool Harriers & Athletic Club	02:28.8	G1
2	125	Jane Ingram	Southport Waterloo AC	02:36.6	G2
3	196	Sarah Marteau	Liverpool Harriers & Athletic Club	02:36.9	G2
4	173	Hannah Hughes	Liverpool Harriers & Athletic Club	02:43.2	G3
5	195	Emma Liversage	Southport Waterloo AC	02:44.7	G3
6	46	Lauren Bradshaw	St Helens Sutton	02:46.4	G3
7	119	Stephanie Romano Smith	Liverpool Harriers & Athletic Club	02:51.7	G4
8	47	Poppy Summer Lang	Liverpool Harriers & Athletic Club	02:52.4	G4

1200M

1	11	Zoe Woodward	Liverpool Harriers & Athletic Club	03:57.3	CBP *	G1
2	117	Joanne Sturgeon	St Helens Sutton	04:03.0		G2
3	5	Amelia Peacock	Southport Waterloo AC	04:04.6		G2
4	229	Sophie Kelly	Liverpool Harriers & Athletic Club	04:09.0		G2
5	124	Lauren Towers	Liverpool Harriers & Athletic Club	04:15.2		G3
6	206	Hannah Whiteside	Liverpool Harriers & Athletic Club	04:29.5		G4

70mH

1	8	Ellie Quirk	Liverpool Harriers & Athletic Club	12.1	G2
2	125	Jane Ingram	Southport Waterloo AC	12.8	G2
3	22	Emma Lyons	Southport Waterloo AC	12.9	G3
4	56	Natalie Bannister	St Helens Sutton	16.7	

High Jump

1	175	Katarina Thompson	Liverpool Harriers & Athletic Club	1.50	CBP	G1
2	117	Joanne Sturgeon	St Helens Sutton	1.20		G4

Long Jump

1	125	Jane Ingram	Southport Waterloo AC	4.28	G3
2	22	Emma Lyons	Southport Waterloo AC	4.09	G3
3	11	Zoe Woodward	Liverpool Harriers & Athletic Club	4.04	G3
4	45	Laura Crook	St Helens Sutton	3.86	G4
5	46	Lauren Bradshaw	St Helens Sutton	3.40	

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Under 15 Girls' 100M (Heat 1)

Wind =+2.7M/S

1	40	Rachel Hutchinson	St Helens Sutton	13.4	G3
2	200	Eleanor Lewis	Wirral AC	13.6	G3
3	34	Kaye Jordan	Liverpool Harriers & Athletic Club	13.7	G4
4	7	Rachael Ogunye	Liverpool Harriers & Athletic Club	13.7	G4
5	32	Abbie Bennett	Liverpool Harriers & Athletic Club	13.9	G4
6	17	Hannah Green	St Helens Sutton	14.3	

100M (Heat 2)

Wind =+1.1 M/S

1	4	Sian Gilgeous	Liverpool Harriers & Athletic Club	13.4	G3
2	42	Amu Forrester	Liverpool Harriers & Athletic Club	13.7	G4
3	197	Emileigh Horton	Liverpool Harriers & Athletic Club	13.8	G4
4	204	Katherine Fearon	Liverpool Harriers & Athletic Club	14.1	G4
5	192	Abbey McComb	Liverpool Pembroke & Sefton H & AC	14.3	

100M (FINAL)

Wind =+1.7 M/S

1	4	Sian Gilgeous	Liverpool Harriers & Athletic Club	13.3	G3
2	40	Rachel Hutchinson	St Helens Sutton	13.5	G3
3	200	Eleanor Lewis	Wirral AC	13.6	G3
4	42	Amu Forrester	Liverpool Harriers & Athletic Club	13.6	G3
5	34	Kaye Jordan	Liverpool Harriers & Athletic Club	13.9	G4
6	7	Rachael Ogunye	Liverpool Harriers & Athletic Club	14.0	G4
7	197	Emileigh Horton	Liverpool Harriers & Athletic Club	14.0	G4

200M (Heat 1)

Wind =+5.2m/s

1	4	Sian Gilgeous	Liverpool Harriers & Athletic Club	26.8	G2
2	33	Lauren Brennan	Southport Waterloo AC	27.1	G3
3	36	Chelsea McCourt	Liverpool Harriers & Athletic Club	27.5	G3
4	39	Rachael Lang	Wirral AC	30.4	

200M (Heat 2)

Wind =+1.1 m/s

1	197	Emileigh Horton	Liverpool Harriers & Athletic Club	26.9	G2
2	200	Eleanor Lewis	Wirral AC	26.9	G2
3	7	Rachael Ogunye	Liverpool Harriers & Athletic Club	27.1	G3
4	38	Demi Goudousaki	Wirral AC	27.3	G3
5	35	Jenny Roberts	Wirral AC	27.4	G3

200M (FINAL)

Wind =+1.7 m/s

1	4	Sian Gilgeous	Liverpool Harriers & Athletic Club	26.9	G2
2	36	Chelsea McCourt	Liverpool Harriers & Athletic Club	26.9	G2
3	197	Emileigh Horton	Liverpool Harriers & Athletic Club	27.1	G3
4	33	Lauren Brennan	Southport Waterloo AC	27.3	G3
5	200	Eleanor Lewis	Wirral AC	27.4	G3
6	7	Rachael Ogunye	Liverpool Harriers & Athletic Club	28.2	G4
7	38	Demi Goudousaki	Wirral AC	28.3	G4

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Under 15 Girls' 800M

1	115	Stephanie James	Southport Waterloo AC	02:24.1	G2
2	36	Chelsea McCourt	Liverpool Harriers & Athletic Club	02:26.0	G2
3	120	Samantha Mallon	Liverpool Harriers & Athletic Club	02:29.9	G3
4	111	Melissa Lynch	Liverpool Harriers & Athletic Club	02:33.0	G3
5	154	Emma Wakefield	Liverpool Harriers & Athletic Club	02:34.1	G4
6	39	Rachael Lang	Wirral AC	02:43.8	G4
7	20	Charlotte Buckingham	Southport Waterloo AC	02:48.0	

1500M

1	110	Georgeina Dykstra	Liverpool Harriers & Athletic Club	05:04.6	G3
2	228	Megan Davies	Liverpool Harriers & Athletic Club	05:07.5	G3
3	153	Olivia Desborough	Liverpool Harriers & Athletic Club	05:10.9	G3
4	102	Melissa Longworth	Liverpool Harriers & Athletic Club	05:13.1	G3
5	114	Alex Forde	Liverpool Harriers & Athletic Club	05:15.7	G4
6	122	Sian Griffiths	Liverpool Harriers & Athletic Club	05:18.6	
7	113	Hannah Wilson	Wirral AC	05:35.5	

3000M

1	103	Rhea Ellis	Southport Waterloo AC	10:59.5	CBP *
2	121	Hannah Brellisford	Liverpool Harriers & Athletic Club	11:38.7	

75mH

Wind =+3.0 m/s

1	32	Abbie Bennett	Liverpool Harriers & Athletic Club	11.6	G1
2	177	Sarah Williams	Liverpool Harriers & Athletic Club	12.3	G2
3	40	Rachel Hutchinson	St Helens Sutton	12.5	G3
4	6	Sophie Bell Morgan	Liverpool Harriers & Athletic Club	12.7	G3
5	37	Michaela Routledge	Liverpool Harriers & Athletic Club	12.8	G3
6	205	Laura Nunnerley	Liverpool Harriers & Athletic Club	13.1	G4
7	20	Charlotte Buckingham	Southport Waterloo AC	13.9	

Hammer

1	171	Rebecca Keegan	St Helens Sutton	22.06	CBP *	G3
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Javelin

1	171	Rebecca Keegan	St Helens Sutton	24.94	G3
2	158	Suzanne Woodward	Liverpool Harriers & Athletic Club	18.00	
3	177	Sarah Williams	Liverpool Harriers & Athletic Club	16.57	

High Jump

1	161	Leah Ellis	Liverpool Harriers & Athletic Club	1.45	G3
2=	6	Sophie Bell Morgan	Liverpool Harriers & Athletic Club	1.45	G3
2=	176	Zara Poulter	Liverpool Harriers & Athletic Club	1.45	G3
2=	153	Olivia Desborough	Liverpool Harriers & Athletic Club	1.45	G3
5	192	Abbey McComb	Liverpool Pembroke & Sefton H & AC	1.40	G4
6	20	Charlotte Buckingham	Southport Waterloo AC	1.35	G4

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Under 15 Girls' Long Jump

1	6	Sophie Bell Morgan	Liverpool Harriers & Athletic Club	4.58	G4
2	120	Samantha Mallon	Liverpool Harriers & Athletic Club	4.47	G4
3	14	Courtney Lenwey	Liverpool Harriers & Athletic Club	4.33	G4
4	172	Megan Finnigan	Liverpool Harriers & Athletic Club	4.31	G4
5	42	Amu Forrester	Liverpool Harriers & Athletic Club	4.31	G4
6	34	Kaye Jordan	Liverpool Harriers & Athletic Club	4.22	
7	204	Katherine Fearon	Liverpool Harriers & Athletic Club	4.13	
8	113	Hannah Wilson	Wirral AC	3.76	

Shot

1	171	Rebecca Keegan	St Helens Sutton	9.76	G2
2	40	Rachel Hutchinson	St Helens Sutton	8.79	G3
3	120	Samantha Mallon	Liverpool Harriers & Athletic Club	6.68	
4	192	Abbey McComb	Liverpool Pembroke & Sefton H & AC	6.47	
5	158	Suzanne Woodward	Liverpool Harriers & Athletic Club	6.37	

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Under 17 Women's 300m Hurdles

1	157	Hannah Dyas	Wirral AC	48.6		G2
2	101	Sarah Potter	Liverpool Harriers & Athletic Club	52.1		G3

100m

Wind =+3.7 m/s

1	19	Becky McLinden	Wirral AC	12.2		G1
2	29	Ashley Helsby	Liverpool Harriers & Athletic Club	12.3		G1
3	31	Carmen Louise Gedling	Liverpool Harriers & Athletic Club	12.3		G1
4	9	Stephanie Brennan	Liverpool Harriers & Athletic Club	12.6		G2
5	30	Laura Palmer	Wirral AC	13.1		G3
6	16	Kate Brick	Wirral AC	13.1		G3
7	202	Katy Heaton	Southport Waterloo AC	13.9		

200m

Wind =+2.1 m/s

1	19	Becky McLinden	Wirral AC	25.1	=CBP	G1
2	16	Kate Brick	Wirral AC	27.6		G4
3	202	Katy Heaton	Southport Waterloo AC	28.1		

300m

1	31	Carmen Louise Gedling	Liverpool Harriers & Athletic Club	40.9		
2	109	Ashley Blackburn	Liverpool Harriers & Athletic Club	44.6		
3	208	Sophie Whiteside	Liverpool Harriers & Athletic Club	44.8		
4	230	Michelle Mousley	Liverpool Harriers & Athletic Club	46.0		

800M

1	109	Ashley Blackburn	Liverpool Harriers & Athletic Club	02:27.2		G4
2	193	Helen Nelson	Liverpool Harriers & Athletic Club	02:31.0		G4
3	162	Emma Jayne Tolond	Wirral AC	02:32.6		G4
4	123	Hannah McManus	Liverpool Harriers & Athletic Club	02:32.9		G4
5	108	Danielle Leahy	Liverpool Harriers & Athletic Club	02:38.7		
6	194	Esther Lindesay	Wirral AC	02:43.3		
7	118	Helen Croft	Liverpool Harriers & Athletic Club	02:52.5		

1500M

1	234	Maria Barrett	Liverpool Pembroke & Sefton H & AC	04:53.1		G3
2	128	Melissa Ronan	Liverpool Harriers & Athletic Club	04:56.2		G3

3000m

1	107	Clare Murphy	Liverpool Harriers & Athletic Club	11:12.8	CBP	G3
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80mH

Wind =+1.5 m/s

1	29	Ashley Helsby	Liverpool Harriers & Athletic Club	11.2	CBP	G1
2	12	Helen Asher	Wirral AC	11.3		G1
3	9	Stephanie Brennan	Liverpool Harriers & Athletic Club	11.4		G1
4	101	Sarah Potter	Liverpool Harriers & Athletic Club	13.1		G4

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Under 17 Women's Discus

1	151	Vicky Johnson	Liverpool Harriers & Athletic Club	28.54		G3
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Hammer

1	151	Vicky Johnson	Liverpool Harriers & Athletic Club	35.15	CBP *	G1
2	129	Erin McCarthy	Liverpool Harriers & Athletic Club	29.49		G2

Shot

1	151	Vicky Johnson	Liverpool Harriers & Athletic Club	9.53		G3
2	129	Erin McCarthy	Liverpool Harriers & Athletic Club	8.91		G4

Triple Jump

1	169	Rachel Thomas	Deeside AAC	9.75		G2
2	118	Helen Croft	Liverpool Harriers & Athletic Club	7.82		

Pole Vault

1	169	Rachel Thomas	Deeside AAC	2.40	CBP *	G2
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High Jump

1	191	Ashley McComb	Liverpool Pembroke Sefton	1.45		G4
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Long Jump

1	30	Laura Palmer	Wirral AC	4.77		G4
2	170	Natalie Power	Liverpool Harriers & Athletic Club	4.66		G4
3	160	Helen Grady	St Helens Sutton	3.80		

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Junior Women's 100mH

Wind =+0.4 m/s

1	26	Vicky Garrad	Liverpool Harriers & Athletic Club	14.8	G1
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400M

1	199	Lorna Graham	Southport Waterloo AC	63.5
2	27	Frances Davies	Liverpool Harriers & Athletic Club	64.6

Hammer

1	167	Faye Jones	Liverpool Harriers & Athletic Club	25.21	CBP *
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Shot

1	164	Gemma Llewellyn	Liverpool Harriers & Athletic Club	11.11	G3
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Discus

1	164	Gemma Llewellyn	Liverpool Harriers & Athletic Club	40.27	CBP	G2
2	167	Faye Jones	Liverpool Harriers & Athletic Club	32.73	G3	
3	155	Rachel Louise Bishop	Liverpool Harriers & Athletic Club	26.72		

Javelin

1	168	Kerri Massey	Liverpool Pembroke & Sefton H & AC	34.06	G3
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High Jump

1	178	Deborah Sephton	Liverpool Pembroke & Sefton H & AC	1.59	G3
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Long Jump

1	166	Lucy Mitchell	St Helens Sutton	4.45
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Senior Women's 100M

Wind =+0.3 m/s

1	203	Diane Allahgreen	Trafford	12.0
2	24	Laura Heslop	Wirral AC	12.5
3	54	Ruth Orange	Liverpool Harriers & Athletic Club	13.6
4	53	Emma Trought	Liverpool Harriers & Athletic Club	14.1

200M

Wind =+0.3 m/s

1	25	Danielle Halsall	Sale Harriers Manchester	24.3	CBP
2	203	Diane Allahgreen	Trafford	24.8	
3	23	Sarah Phelan	Wirral AC	25.9	

400M

1	23	Sarah Phelan	Wirral AC	58.6
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800M

1	156	Michelle Whalley	Liverpool Harriers & Athletic Club	02:13.9
2	104	Claire Everett	City of Norwich AC	02:19.9

1500M

1	152	Rachael Thompson	Liverpool Harriers & Athletic Club	04:29.2
2	163	Laura Davenport	Sale Harriers Manchester	04:35.8

Javelin

1	159	Manndy Laing	Northern Vets AC	29.92
2	165	Wendy Laing	Northern Vets A.C.	27.02

Shot

1	159	Manndy Laing	Northern Vets AC	10.50
2	165	Wendy Laing	Northern Vets A.C.	9.58
3	21	Grace Smith	Sale Harriers Manchester	7.75

Triple Jump

1	159	Manndy Laing	Northern Vets AC	10.68
2	198	Natasha Awang	Liverpool Harriers & Athletic Club	9.56

Long Jump

1	165	Wendy Laing	Northern Vets A.C.	5.08
2	174	Vicky Milne	Wirral AC	4.81
3	21	Grace Smith	Sale Harriers Manchester	4.73

High Jump

1	165	Wendy Laing	Northern Vets A.C.	1.62
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