

Sheet1

Northern Track and Field League: Ellesmere Port 5 May 2007

Men

	100	Craig Knight	11.1(4)	Thaddeus Anim-Somuah	11.2(2)
	200	Thaddeus Anim Somuah	22.4(2)	Craig Knight	23.2(3)
	400	Tony Raffle	72.3(5)	Steve Latham	56.9(4)
	800	Dave Forrester	1.57.6(1)	Greg Williams	2.01.2(1)
	1500	Dave Forester	4.06.0(1)	Greg Williams	4.19.0(2)
Sch		Ray Vose	10.51.9(4)	Peter Johnson	12.09.0(5)
	5000	Barry Graney	17.11.6(6)	Ian Costeloo	17.45.9(5)
110H		Greg Williams	25.4(5)	John Appleton	24.9(3)
400H		Ray Vose	78.7(5)	John Appleton	72.5(3)
HJ		Phil Robinson	1.40(5)		
LJ		Thaddeus Anim Somuah	5.60(5)	Greg Williams	4.53(5)
TJ		Phil Robinson	10.92(5)	John Appleton	9.27(4)
PV		Phil Robinson	3.00(4)		
SP		Ray Vose	7.27(5)	Greg Williams	5.95(6)
DT		Phil Robinson	24.70(6)	Ray Vose	21.07(4)
JT		Phil Robinson	23.52(3)	RayVose	26.81(4)
HT		Phil Robinson	23.92(4)	Ray Vose	16.57(4)
4x100		Thaddeus Anim-Somuah, Phil Robinson, Greg Williams, Craig Knight			48.1(4)
4x400		Thaddeus Anim-Somuah (53.3), David Forrester 52.7, John Appleton 59.4, Greg Williams 54.7			3.39.8

Women:

	100	Holly Keenaghan	13.7(4)	Lucy Mitchell	14.8(4)
	200	Karen Jarvis	34.0(6)	Eleanor Reynolds	34.9(4)
	400	Karen Jarvis	75.0(4)	Eleanor Reynolds	75.3(2)
	800	Sarah Charnock	2.29.3(2)	Gemma Connolly	2.31.7(2)
	1500	Gemma Connolly	05/09/01	Julia Eccleston	6.00.7(2)
	3000	Sarah Charnock	10.53.6(2)	Julia Eccleston	12.12.0(3)
100H		Nicola Quinn	1.55.5(3)		
400H		Nicola Quinn	21.5(5)		
HJ		Josie Barrow	1.50(2)	Holly Keenaghan	1.45(1)
LJ		Lucy Mitchell	4.31(4)	Josie Barrow	4.15(4)
TJ		Lucy Mitchell	9.80(1)	Emma McClatchey	8.57(2)
PV		Emma McClatchey	2.40(1)		
SP		Natalie Mullineux	8.49(4)	Nicola Quinn	6.95(4)
DT		Natalie Mullineux	27.80(2)	Emma McClatchey	18.92(4)
JT		Emma McClatchey	30.04(2)	Natalie Mullineux	20.02(2)
HT		Nicola Quinn	29.88(5)	Natalie Mullineux	20.27(3)
4x100		Josie Barrow; Holly Keenaghan; Nicola Quinn; Lucy Mitchell			57.8(4)
4x400		Sarah Charnock (68); Gemma Connolly (71.8) Holly Keenaghan (72.3) Eleanor Reynolds (78.2)			4.50.2(4)

Final Scores:

	Match Pts	League Ots
1 Bolton United Harriers	437	6
2 West Cheshire A C	347	5
3 St Helens-Sutton A C	340	4
4 Liverpool Pembroke-Sefton	288	3
5 Stockport Harriers	237	2
6 Manx Harriers	226	1

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Congratulations to everyone who played a part in this magnificent result. Also

New Club record Holders	Thaddeus Anim-Somuah	22.4	New Junor 200m Record
	David Forrester	1.57.6	New Junior 800m Record
	Emma McClatchey	30.04	Sen Women's Javelin Rec
	Josie Barrow	1.50	Equals Senior HJ Record

Officials	Sue Lowrie	Track
	Pam Appleton	Timekeeper
	Janet Holmes	Timekeeper
	Field	John Irwin
		George Mullineux
		Hazel Barrow
		Phil Thomas
		Paul Forrester
		Tony Raffle