

NATIONAL JUNIOR LEAGUE - MERSEY DIVISION - St Helens Sutton - Sunday April 26th 2009

| MATCH RESULT | | | STANDINGS | | | | |
|--------------|---------------|-------|-----------|---------------|-----------|---|-------|
| | League Points | Match | | League Points | Match | | |
| 1 | PRESTON | 8 | 392.0 | 1 | PRESTON | 8 | 392.0 |
| 2 | NthWALES | 7 | 360.0 | 2 | NthWALES | 7 | 360.0 |
| 3 | TRAFF | 6 | 326.0 | 3 | TRAFF | 6 | 326.0 |
| 4 | WIG(COMP) | 5 | 302.0 | 4 | WIG(COMP) | 5 | 302.0 |
| 5 | StHEL-SUT | 4 | 296.0 | 5 | StHEL-SUT | 4 | 296.0 |
| 6 | LPS | 3 | 276.0 | 6 | LPS | 3 | 276.0 |
| 7 | WIRRAL | 2 | 208.0 | 7 | WIRRAL | 2 | 208.0 |
| 8 | BORDER | 1 | 163.0 | 8 | BORDER | 1 | 163.0 |

ALL TIMES MANUAL

AW

AW

Men's 100m A

Wind=

| | | | | |
|---|---|----------------------|-----------------------|------|
| 1 | 8 | James Williams | Wirral AC | 11.4 |
| 2 | 5 | Thaddeus Amin-Somuah | St Helens - Sutton | 11.5 |
| 3 | 2 | Harry Doran | Liv Pembroke Sefton | 11.5 |
| 4 | 3 | Ryan Sumner | Preston Harriers | 11.6 |
| 5 | 7 | Adam Forrest | Wigan/Horwich [Comp] | 11.6 |
| 6 | 1 | Andrew Smith | Border Harriers | 11.7 |
| 7 | 4 | Carwyn Owen | Nth Wales (composite) | 12.0 |
| 8 | 6 | Josh Brooking | Trafford AC | 12.2 |

p

Men's 100m B

Wind=

| | | | | |
|---|----|----------------|-----------------------|------|
| 1 | 88 | Craig O'Brien | Wirral AC | 11.9 |
| 2 | 77 | Matt Storey | Wigan/Horwich [Comp] | 11.9 |
| 3 | 55 | Adam Nicholls | St Helens - Sutton | 12.0 |
| 4 | 22 | Dean Mathews | Liv Pembroke Sefton | 12.5 |
| 5 | 44 | Carwyn Milburn | Nth Wales (composite) | 12.6 |
| 6 | 33 | Alex Gee | Preston Harriers | 12.8 |
| 7 | | | | |
| 8 | | | | |

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

Men's 200m A

Wind=

| | | | | |
|---|---|----------------|-----------------------|------|
| 1 | 2 | Harry Doran | Liv Pembroke Sefton | 23.1 |
| 2 | 8 | James Williams | Wirral AC | 23.5 |
| 3 | 4 | Carwyn Owen | Nth Wales (composite) | 23.8 |
| 4 | 3 | Ryan Sumner | Preston Harriers | 24.3 |
| 5 | 5 | Tom Green | St Helens - Sutton | 24.3 |
| 6 | 6 | Dalo Okiemien | Trafford AC | 24.6 |
| 7 | 7 | Rob Blake | Wigan/Horwich [Comp] | 25.1 |
| 8 | | | | |

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

Men's 200m B

Wind=

| | | | | |
|---|----|-----------------|-----------------------|------|
| 1 | 22 | Danny Higham | Liv Pembroke Sefton | 23.6 |
| 2 | 88 | Gareth Jones | Wirral AC | 24.0 |
| 3 | 33 | Edward Greenall | Preston Harriers | 24.4 |
| 4 | 66 | Tri Min-Phan | Trafford AC | 25.4 |
| 5 | 44 | Connor Leckenev | Nth Wales (composite) | 25.4 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

p

Men's 400m A

| | | | | |
|---|---|----------------|-----------------------|------|
| 1 | 2 | Danny Higham | Liv Pembroke Sefton | 50.3 |
| 2 | 6 | Isaac Baldwin | Trafford AC | 51.6 |
| 3 | 7 | Sam Higgins | Wigan/Horwich [Comp] | 52.6 |
| 4 | 3 | Steven Ormerod | Preston Harriers | 53.5 |
| 5 | 5 | Ste Clague | St Helens - Sutton | 56.4 |
| 6 | 4 | Tom Snowden | Nth Wales (composite) | 56.4 |
| 7 | 8 | Chris Wilson | Wirral AC | 56.5 |
| 8 | | | | |

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

p

Men's 400m B

| | | | | |
|---|----|------------------|-----------------------|------|
| 1 | 33 | Johnathan Harker | Preston Harriers | 52.5 |
| 2 | 66 | Reece Ingle | Trafford AC | 54.6 |
| 3 | 77 | Ben Dawbet Axon | Wigan/Horwich [Comp] | 55.6 |
| 4 | 44 | Connor Leckenev | Nth Wales (composite) | 56.1 |
| 5 | 22 | Ross Nelms | Liv Pembroke Sefton | 58.1 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

p

Men's 800m A

| | | | | |
|---|---|-----------------|-----------------------|---------|
| 1 | 2 | Tom Manlon | Liv Pembroke Sefton | 02:00.0 |
| 2 | 4 | Shon Evans | Nth Wales (composite) | 02:00.9 |
| 3 | 8 | Shaun Egan | Wirral AC | 02:03.1 |
| 4 | 3 | Matthew Davison | Preston Harriers | 02:08.6 |
| 5 | 5 | Danny Hughes | St Helens - Sutton | 02:10.5 |
| 6 | 1 | Tom Nicholson | Border Harriers | 02:13.0 |
| 7 | 7 | Oliver Stringer | Wigan/Horwich [Comp] | 02:21.1 |
| 8 | | | | |

p

p

p

p

p

p

p

p

p

p

p

p

p

p

Men's 800m B

| | | | | |
|---|----|-----------------|-----------------------|---------|
| 1 | 22 | Sean Digman | Liv Pembroke Sefton | 02:07.3 |
| 2 | 55 | Nathan Brown | St Helens - Sutton | 02:17.1 |
| 3 | 44 | Andrew Woodcock | Nth Wales (composite) | 02:18.2 |
| 4 | 88 | Ben Roden | Wirral AC | 02:19.4 |
| 5 | 33 | Nathan Crowe | Preston Harriers | 02:46.3 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

p

p

p

p

p

p

p

p

p

p

p

p

p

p

Men's 1500m A

| | | | | |
|---|---|-----------------|-----------------------|---------|
| 1 | 7 | Jaime Crompton | Wigan/Horwich [Comp] | 04:03.4 |
| 2 | 4 | Phil Edge | Nth Wales (composite) | 04:10.8 |
| 3 | 3 | Matthew Davison | Preston Harriers | 04:11.6 |
| 4 | 5 | John Ashcroft | St Helens - Sutton | 04:15.5 |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Men's 1500m B

| | | | | | | |
|---|---|----|-------------|-----------------------|---------|---|
| p | 1 | 44 | Shon Evans | Nth Wales (composite) | 04:18.9 | p |
| p | 2 | 55 | Jamie White | St Helens - Sutton | 04:29.9 | |
| p | 3 | | | | | |
| p | 4 | | | | | |
| | 5 | | | | | |
| | 6 | | | | | |
| | 7 | | | | | |
| | 8 | | | | | |

Men's 2000m S/Chase A

| | | | | |
|---|----|-----------------|--|--|
| 1 | 99 | Event Cancelled | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Men's 2000m S/Chase B

| | | | | |
|---|--|--|--|--|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Men's 3000m A

| | | | | | |
|---|---|-------------------|-----------------------|---------|----|
| 1 | 3 | Kristian Bibby | Preston Harriers | 08:58.3 | LR |
| 2 | 6 | David Horniman | Trafford AC | 09:05.5 | |
| 3 | 4 | Dave Mountford | Nth Wales (composite) | 09:20.0 | |
| 4 | 5 | Jake Healy | St Helens - Sutton | 09:44.2 | |
| 5 | 8 | Ben Costello | Wirral AC | 10:15.3 | |
| 6 | 7 | Daniel Fairclough | Wigan/Horwich [Comp] | 11:11.0 | |
| 7 | | | | | |
| 8 | | | | | |

Men's 3000m B

| | | | | | | |
|----|---|----|----------------|------------------|---------|----|
| p | 1 | 66 | Dominic Scott | Trafford AC | 10:12.5 | G2 |
| p | 2 | 88 | Phil Robertson | Wirral AC | 10:18.8 | G2 |
| p | 3 | 33 | Nathan Crowe | Preston Harriers | 10:35.8 | G2 |
| G2 | 4 | | | | | |
| G2 | 5 | | | | | |
| G2 | 6 | | | | | |
| | 7 | | | | | |
| | 8 | | | | | |

Men's 400m Hurdles A

| | | | | |
|---|---|-----------------|-----------------------|------|
| 1 | 8 | Sid Srinivas | Wirral AC | 57.0 |
| 2 | 6 | Dalo Okiemien | Trafford AC | 58.9 |
| 3 | 3 | Edward Greenall | Preston Harriers | 61.5 |
| 4 | 5 | Ste Clague | St Helens - Sutton | 64.1 |
| 5 | 4 | Daniel Burton | Nth Wales (composite) | 70.2 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Men's 400m Hurdles B

| | | | | | |
|---|---|----|---------------|-----------------------|------|
| p | 1 | 44 | Jack McDonald | Nth Wales (composite) | 67.2 |
| p | 2 | | | | |
| p | 3 | | | | |
| | 4 | | | | |
| | 5 | | | | |
| | 6 | | | | |
| | 7 | | | | |
| | 8 | | | | |

Men's 110m Hurdles A

| | | | | |
|---|---|-----------------|------------------|------|
| | | | Wind= | |
| 1 | 1 | Andrew Smith | Border Harriers | 17.0 |
| 2 | 3 | Andrew Harrison | Preston Harriers | 20.1 |
| 3 | 6 | David Meyer | Trafford AC | 21.7 |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Men's 110m Hurdles B

| | | | | |
|---|---|--|-------|--|
| p | 1 | | Wind= | |
| | 2 | | | |
| | 3 | | | |
| | 4 | | | |
| | 5 | | | |
| | 6 | | | |
| | 7 | | | |
| | 8 | | | |

Men's Hammer A

| | | | | | |
|---|----|-----------------|--------------------|-------|---|
| 1 | 1 | Nick Miller | Border Harriers | 51.59 | p |
| 2 | 6 | Niall Baker | Trafford AC | 19.64 | |
| 3 | 33 | Andrew Harrison | Preston Harriers | 18.53 | |
| 4 | 5 | Adam Fackey | St Helens - Sutton | 17.91 | |
| 5 | 0 | | | 0.00 | |
| 6 | 0 | | | 0.00 | |
| 7 | 0 | | | 0.00 | |
| 8 | 0 | | | 0.00 | |

Men's Hammer B

| | | | | | |
|---|----|--------------|-----------------|-------|---|
| 1 | 11 | Robert Slack | Border Harriers | 30.93 | p |
| 2 | 0 | | | 0.00 | |
| 3 | 0 | | | 0.00 | |
| 4 | 0 | | | 0.00 | |
| 5 | 0 | | | 0.00 | |
| 6 | 0 | | | 0.00 | |
| 7 | 0 | | | 0.00 | |
| 8 | 0 | | | 0.00 | |

Men's Discus A

| | | | | | |
|---|---|------------------|-----------------------|-------|---|
| 1 | 4 | James Fortune | Nth Wales (composite) | 37.19 | p |
| 2 | 1 | Nick Miller | Border Harriers | 33.92 | p |
| 3 | 6 | Niall Baker | Trafford AC | 30.13 | p |
| 4 | 3 | Johnathan Harker | Preston Harriers | 25.02 | p |
| 5 | 5 | Adam Fackey | St Helens - Sutton | 17.26 | |
| 6 | 0 | | | 0.00 | |
| 7 | 0 | | | 0.00 | |
| 8 | 0 | | | 0.00 | |

Men's Discus B

| | | | | | |
|---|----|----------------|------------------|-------|---|
| 1 | 11 | Robert Slack | Border Harriers | 28.00 | p |
| 2 | 33 | Michael Porter | Preston Harriers | 21.99 | |
| 3 | 0 | | | 0.00 | |
| 4 | 0 | | | 0.00 | |
| 5 | 0 | | | 0.00 | |
| 6 | 0 | | | 0.00 | |
| 7 | 0 | | | 0.00 | |
| 8 | 0 | | | 0.00 | |

Men's Javelin A

| | | | | | |
|---|---|----------------|-----------------------|-------|---|
| 1 | 1 | Nick Miller | Border Harriers | 45.40 | p |
| 2 | 4 | Kyle Davies | Nth Wales (composite) | 36.74 | p |
| 3 | 8 | Gareth Jones | Wirral AC | 33.91 | |
| 4 | 3 | Michael Porter | Preston Harriers | 33.59 | |
| 5 | 5 | Adam Fackey | St Helens - Sutton | 21.40 | |
| 6 | 0 | | | 0.00 | |
| 7 | 0 | | | 0.00 | |
| 8 | 0 | | | 0.00 | |

Men's Javelin B

| | | | | | |
|---|----|----------------|-----------------------|-------|--|
| 1 | 11 | Robert Slack | Border Harriers | 28.69 | |
| 2 | 33 | Steven Ormerod | Preston Harriers | 22.23 | |
| 3 | 44 | Tom Bonney | Nth Wales (composite) | 2.63 | |
| 4 | 0 | | | 0.00 | |
| 5 | 0 | | | 0.00 | |
| 6 | 0 | | | 0.00 | |
| 7 | 0 | | | 0.00 | |
| 8 | 0 | | | 0.00 | |

Men's Shot Putt A

| | | | | | |
|---|----|----------------|-----------------------|-------|---|
| 1 | 4 | James Fortune | Nth Wales (composite) | 12.09 | p |
| 2 | 1 | Nick Miller | Border Harriers | 10.96 | p |
| 3 | 6 | Niall Baker | Trafford AC | 10.17 | p |
| 4 | 33 | Michael Porter | Preston Harriers | 9.94 | |
| 5 | 22 | Simon Birch | Liv Pembroke Sefton | 8.41 | |
| 6 | 0 | | | 0.00 | |
| 7 | 0 | | | 0.00 | |
| 8 | 0 | | | 0.00 | |

Men's Shot Putt B

| | | | | | |
|---|----|--------------|-----------------|------|--|
| 1 | 11 | Robert Slack | Border Harriers | 8.93 | |
| 2 | 0 | | | 0.00 | |
| 3 | 0 | | | 0.00 | |
| 4 | 0 | | | 0.00 | |
| 5 | 0 | | | 0.00 | |
| 6 | 0 | | | 0.00 | |
| 7 | 0 | | | 0.00 | |
| 8 | 0 | | | 0.00 | |

Men's Long Jump A

| | | | | | |
|---|----|----------------|-----------------------|------|---|
| 1 | 7 | Cameron Gore | Wigan/Horwich [Comp] | 6.45 | p |
| 2 | 55 | Adam Nicholls | St Helens - Sutton | 6.44 | p |
| 3 | 3 | Ryan Sumner | Preston Harriers | 6.14 | p |
| 4 | 2 | Dean Mathews | Liv Pembroke Sefton | 5.97 | p |
| 5 | 6 | Chris Chung | Trafford AC | 5.09 | |
| 6 | 4 | Carwyn Milburn | Nth Wales (composite) | 5.07 | |
| 7 | 8 | Gareth Jones | Wirral AC | 4.75 | |
| 8 | 0 | | | 0.00 | |

Men's Long Jump B

| | | | | | |
|---|----|---------------|-----------------------|------|---|
| 1 | 33 | Sam Millar | Preston Harriers | 5.92 | p |
| 2 | 5 | James Sutton | St Helens - Sutton | 5.38 | |
| 3 | 44 | Tom Bonney | Nth Wales (composite) | 5.04 | |
| 4 | 66 | Isaac Baldwin | Trafford AC | 5.04 | |
| 5 | 22 | Ross Nelms | Liv Pembroke Sefton | 4.57 | |
| 6 | 0 | | | 0.00 | |
| 7 | 0 | | | 0.00 | |
| 8 | 0 | | | 0.00 | |

Men's Triple Jump A

| | | | | |
|---|----|-----------------|-----------------------|-------|
| 1 | 5 | Scott McEwan | St Helens - Sutton | 12.82 |
| 2 | 2 | Dean Mathews | Liv Pembroke Sefton | 12.45 |
| 3 | 33 | Steven Ormerod | Preston Harriers | 11.44 |
| 4 | 44 | Connor Leckenev | Nth Wales (composite) | 10.49 |
| 5 | 6 | Reece Ingley | Trafford AC | 10.31 |
| 6 | 0 | | | 0.00 |
| 7 | 0 | | | 0.00 |
| 8 | 0 | | | 0.00 |

Men's Triple Jump B

| | | | | |
|---|----|--------------|------------------|-------|
| 1 | 3 | Sam Millar | Preston Harriers | 11.16 |
| 2 | 66 | Tri Min-Phan | Trafford AC | 9.64 |
| 3 | 0 | | | 0.00 |
| 4 | 0 | | | 0.00 |
| 5 | 0 | | | 0.00 |
| 6 | 0 | | | 0.00 |
| 7 | 0 | | | 0.00 |
| 8 | 0 | | | 0.00 |

Men's High Jump A

| | | | | | |
|---|----|-----------------|----------------------|------|---|
| 1 | 7 | Cameron Gore | Wigan/Horwich [Comp] | 1.90 | p |
| 2 | 1 | Nathan Williams | Border Harriers | 1.90 | p |
| 3 | 2 | Billy Williams | Liv Pembroke Sefton | 1.75 | p |
| 4 | 33 | George Sharp | Preston Harriers | 1.65 | |
| 5 | 66 | Dalo Okiemien | Trafford AC | 1.60 | |
| 6 | 55 | James Gladman | St Helens - Sutton | 1.55 | |

Men's High Jump B

| | | | | |
|---|----|---------------|---------------------|------|
| 1 | 6 | Dan Whitehead | Trafford AC | 1.60 |
| 2 | 22 | Simon Birch | Liv Pembroke Sefton | 1.50 |

Men's Pole Vault A

| | | | | | |
|---|----|--------------|------------------|------|---|
| 1 | 33 | George Sharp | Preston Harriers | 3.90 | p |
| 2 | 6 | David Meyer | Trafford AC | 2.50 | |

Men's Pole Vault B**Men's 4x100m Relay**

| | | | | | | | | |
|---|---|-----------------------|---------------|------------------|------------------|-----------------|------|---|
| 1 | 7 | Wigan/Horwich [Comp] | Cameron Gore | Rob Blake | Matt Storey | Adam Forrest | 44.6 | p |
| 2 | 8 | Wirral AC | Craig O'Brien | Gareth Jones | Sam Landsborough | James Williams | 44.7 | p |
| 3 | 2 | Liv Pembroke Sefton | Dean Mathews | Wayne Ashall | Harry Doran | Danny Higham | 45.0 | p |
| 4 | 3 | Preston Harriers | Ryan Sumner | Johnathan Harker | Alex Gee | Edward Greenall | 45.7 | p |
| 5 | 6 | Trafford AC | Tri Min-Phan | Dalo Okiemien | Reece Ingley | Josh Brooking | 46.8 | |
| 6 | 4 | Nth Wales (composite) | Carwyn Owen | Carwyn Milburn | Jack McDonald | Connor Leckenev | 48.2 | |
| 7 | 5 | St Helens - Sutton | James Gladman | Nathan Brown | Tom Green | Danny Hughes | 50.6 | |
| 8 | | | | | | | | |

Men's 4x400m Relay

| | | | | | | | | |
|---|---|-----------------------|----------------|------------------|------------------|-----------------|---------|---|
| 1 | 2 | Liv Pembroke Sefton | Wayne Ashall | Ross Nelms | Danny Higham | Harry Doran | 03:29.9 | p |
| 2 | 3 | Preston Harriers | Steven Ormerod | Johnathan Harker | Matthew Davison | Edward Greenall | 03:34.9 | p |
| 3 | 6 | Trafford AC | Isaac Baldwin | Reece Ingley | Dalo Okiemien | David Meyer | 03:39.4 | |
| 4 | 7 | Wigan/Horwich [Comp] | Cameron Gore | Oliver Stringer | Kier Lyon Fraser | Ben Dawbet Axon | 03:43.8 | |
| 5 | 4 | Nth Wales (composite) | Shon Evans | Tom Snowden | Andrew Woodcock | Phil Edge | 03:44.6 | |
| 6 | 5 | St Helens - Sutton | Ste Clague | Jamie White | Jake Healy | Ste Clague | 03:59.5 | |
| 7 | | | | | | | | |
| 8 | | | | | | | | |

| <u>Women's 100m A</u> | | | | Wind= |
|------------------------------|---|--------------------|-----------------------|-------|
| 1 | 4 | Hannah Pendlebury | Nth Wales (composite) | 12.7 |
| 2 | 7 | Kate Brick | Wigan/Horwich [Comp] | 13.1 |
| 3 | 6 | Beth Hicken | Trafford AC | 13.3 |
| 4 | 8 | Sophie Money | Wirral AC | 13.4 |
| 5 | 1 | Alex Foxworthy | Border Harriers | 13.8 |
| 6 | 2 | Hannah Roberts | Liv Pembroke Sefton | 14.0 |
| 7 | 3 | Katie Penrose | Preston Harriers | 14.2 |
| 8 | 5 | Abigail Fitzgerald | St Helens - Sutton | 14.3 |

| <u>Women's 100m B</u> | | | | Wind= |
|------------------------------|----|------------------|-----------------------|-------|
| p 1 | 77 | Chelsie Browbank | Wigan/Horwich [Comp] | 13.2 |
| 2 | 66 | Emma Cullen | Trafford AC | 13.4 |
| 3 | 44 | Alex Elliot | Nth Wales (composite) | 13.5 |
| 4 | 33 | Sasha Byrom | Preston Harriers | 13.6 |
| 5 | 88 | Laura McGoldrick | Wirral AC | 13.8 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

| <u>Women's 200m A</u> | | | | Wind= |
|------------------------------|---|--------------------|-----------------------|-------|
| 1 | 4 | Hannah Pendlebury | Nth Wales (composite) | 26.4 |
| 2 | 6 | Beth Hicken | Trafford AC | 27.2 |
| 3 | 1 | Fiona Laurie | Border Harriers | 27.4 |
| 4 | 7 | Kate Brick | Wigan/Horwich [Comp] | 27.6 |
| 5 | 8 | Sophie Money | Wirral AC | 27.7 |
| 6 | 5 | Abigail Fitzgerald | St Helens - Sutton | 28.5 |
| 7 | 3 | Katie Penrose | Preston Harriers | 29.2 |
| 8 | 2 | Hannah Roberts | Liv Pembroke Sefton | 30.1 |

| <u>Women's 200m B</u> | | | | Wind= |
|------------------------------|----|------------------|-----------------------|-------|
| p 1 | 77 | Chelsea Browbank | Wigan/Horwich [Comp] | 26.6 |
| 2 | 33 | Sasha Byrom | Preston Harriers | 27.2 |
| 3 | 66 | Vicky Malady | Trafford AC | 27.3 |
| 4 | 11 | Alex Foxworthy | Border Harriers | 28.3 |
| 5 | 88 | Laura McGoldrick | Wirral AC | 28.6 |
| 6 | 22 | Annie McLoughlin | Liv Pembroke Sefton | 28.7 |
| 7 | 44 | Emma Roberts | Nth Wales (composite) | 29.2 |
| 8 | 55 | Jenny Lamb | St Helens - Sutton | 30.0 |

| <u>Women's 400m A</u> | | | | |
|------------------------------|---|-----------------|-----------------------|------|
| 1 | 7 | Melissa Forrest | Wigan/Horwich [Comp] | 60.2 |
| 2 | 3 | Sophie Fletcher | Preston Harriers | 60.9 |
| 3 | 6 | Vicky Malady | Trafford AC | 62.2 |
| 4 | 4 | Alice Fraser | Nth Wales (composite) | 63.4 |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | athlete 7 | DNF | |

| <u>Women's 400m B</u> | | | | |
|------------------------------|----|----------------|-----------------------|------|
| p 1 | 77 | Kerrell Walley | Wigan/Horwich [Comp] | 63.0 |
| p 2 | 33 | Hannah Watson | Preston Harriers | 64.9 |
| 3 | 44 | Amy Hankinson | Nth Wales (composite) | 69.2 |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

| <u>Women's 800m A</u> | | | | |
|------------------------------|---|-----------------------|-----------------------|---------|
| 1 | 3 | Lucy Sumner | Preston Harriers | 02:26.6 |
| 2 | 4 | Zoe Rosier | Nth Wales (composite) | 02:35.9 |
| 3 | 2 | Nicole Garner | Liv Pembroke Sefton | 02:46.0 |
| 4 | 5 | Heather Drillingcourt | St Helens - Sutton | 02:56.1 |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

| <u>Women's 800m B</u> | | | | |
|------------------------------|----|-----------------|-----------------------|---------|
| 1 | 77 | Cherisse Walley | Wigan/Horwich [Comp] | 02:25.8 |
| 2 | 44 | Sian Messum | Nth Wales (composite) | 02:41.8 |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

| <u>Women's 1500m A</u> | | | | |
|-------------------------------|---|--------------|-----------------------|---------|
| 1 | 4 | Sarah Livett | Nth Wales (composite) | 05:17.9 |
| 2 | 2 | Emma Binns | Liv Pembroke Sefton | 05:31.1 |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

| <u>Women's 1500m B</u> | | | | |
|-------------------------------|----|-------------|---------------------|---------|
| 1 | 22 | Toria Swift | Liv Pembroke Sefton | 05:24.8 |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Women's 3000m A

| | | | | |
|---|---|---------------------|----------------------|---------|
| 1 | 6 | Sarah Hudac | Trafford AC | 10:40.3 |
| 2 | 7 | Catherine Whitfield | Wigan/Horwich [Comp] | 11:40.8 |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Women's 3000m B

| | | | | |
|---|---|--|--|--|
| p | 1 | | | |
| | 2 | | | |
| | 3 | | | |
| | 4 | | | |
| | 5 | | | |
| | 6 | | | |
| | 7 | | | |
| | 8 | | | |

Women's 400m Hurdles A

| | | | | |
|---|---|-------------------|-----------------------|------|
| 1 | 4 | Emma Garstang | Nth Wales (composite) | 74.3 |
| 2 | 3 | Hannah Watson | Preston Harriers | 75.6 |
| 3 | 7 | Jessica Tomlinson | Wigan/Horwich [Comp] | 76.0 |
| 4 | 2 | Grace Stewart | Liv Pembroke Sefton | 78.4 |
| 5 | 5 | Josie Barrow | St Helens - Sutton | 84.8 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Women's 400m Hurdles B

| | | | | |
|---|----|----------------|----------------------|------|
| 1 | 55 | Amy Hughes | St Helens - Sutton | 77.0 |
| 2 | 77 | Rachel Pearson | Wigan/Horwich [Comp] | 81.6 |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Women's 100m Hurdles A

| | | | | |
|---|---|-------------------|----------------------|------|
| | | | Wind= | |
| 1 | 6 | Holly Bleasedale | Trafford AC | 16.3 |
| 2 | 7 | Jessica Tomlinson | Wigan/Horwich [Comp] | 20.8 |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Women's 100m Hurdles B

| | | | | |
|---|----|---------------|-------------|------|
| p | | | Wind= | |
| 1 | 66 | Beth Williams | Trafford AC | 20.9 |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Women's Hammer A

| | | | | |
|---|---|---------------------|---------------------|-------|
| 1 | 2 | Charlotte Christian | Liv Pembroke Sefton | 38.55 |
| 2 | 3 | Emma Pinkowicz | Preston Harriers | 31.60 |
| 3 | 5 | Kathryn Sumner | St Helens - Sutton | 27.52 |
| 4 | 1 | Sarah Hill | Border Harriers | 27.50 |
| 5 | 6 | Alice Bramah | Trafford AC | 26.82 |
| 6 | 8 | Ellie Meahan | Wirral AC | 16.93 |
| 7 | 0 | | | 0.00 |
| 8 | 0 | | | 0.00 |

Women's Hammer B

| | | | | | | |
|---|---|----|----------------|---------------------|-------|---|
| p | 1 | 22 | Jessica Broady | Liv Pembroke Sefton | 31.79 | p |
| | 2 | 55 | Lucy Croft | St Helens - Sutton | 18.45 | |
| | 3 | 33 | Hannah Watson | Preston Harriers | 16.24 | |
| | 4 | 88 | Sam Leahy | Wirral AC | 15.85 | |
| | 5 | 0 | | | 0.00 | |
| | 6 | 0 | | | 0.00 | |
| | 7 | 0 | | | 0.00 | |
| | 8 | 0 | | | 0.00 | |

Women's Discus A

| | | | | |
|---|----|----------------|-----------------------|-------|
| 1 | 4 | Brea Leung | Nth Wales (composite) | 35.48 |
| 2 | 7 | Laura Baker | Wigan/Horwich [Comp] | 32.51 |
| 3 | 8 | Sam Leahy | Wirral AC | 27.51 |
| 4 | 22 | Jessica Broady | Liv Pembroke Sefton | 24.83 |
| 5 | 55 | Lucy Croft | St Helens - Sutton | 24.13 |
| 6 | 1 | Sarah Hill | Border Harriers | 22.13 |
| 7 | 3 | Emma Pinkowicz | Preston Harriers | 21.06 |
| 8 | 66 | Emma Cullen | Trafford AC | 17.15 |

Women's Discus B

| | | | | | | |
|---|---|----|---------------------|-----------------------|-------|--|
| p | 1 | 44 | Jenna Sherrat | Nth Wales (composite) | 28.58 | |
| | 2 | 5 | Kathryn Sumner | St Helens - Sutton | 19.90 | |
| | 3 | 2 | Charlotte Christian | Liv Pembroke Sefton | 19.55 | |
| | 4 | 6 | Alice Bramah | Trafford AC | 16.89 | |
| | 5 | 88 | Mariella Catton | Wirral AC | 15.84 | |
| | 6 | 0 | | | 0.00 | |
| | 7 | 0 | | | 0.00 | |
| | 8 | 0 | | | 0.00 | |

Women's Javelin A

| | | | | |
|---|----|------------------|-----------------------|-------|
| 1 | 3 | Amy Lupton | Preston Harriers | 36.52 |
| 2 | 6 | Holly Bleasedale | Trafford AC | 33.60 |
| 3 | 8 | Ellie Meahan | Wirral AC | 23.58 |
| 4 | 44 | Alex Elliot | Nth Wales (composite) | 21.50 |

Women's Javelin B

| | | | | | | |
|---|---|----|--------------|-----------------------|-------|--|
| p | 1 | 88 | Sam Leahy | Wirral AC | 20.22 | |
| | 2 | 66 | Alice Bramah | Trafford AC | 16.57 | |
| | 3 | 4 | Brea Leung | Nth Wales (composite) | 12.93 | |
| | 4 | 0 | | | 0.00 | |

Women's Shot Putt A

| | | | | |
|---|----|---------------------|-----------------------|-------|
| 1 | 7 | Samantha Fraser | Wigan/Horwich [Comp] | 10.94 |
| 2 | 4 | Jenna Sherrat | Nth Wales (composite) | 10.13 |
| 3 | 5 | Kathryn Sumner | St Helens - Sutton | 8.68 |
| 4 | 2 | Charlotte Christian | Liv Pembroke Sefton | 8.66 |
| 5 | 3 | Amy Lupton | Preston Harriers | 7.38 |
| 6 | 66 | Shanika White | Trafford AC | 7.35 |
| 7 | 8 | Mariella Catton | Wirral AC | 7.33 |
| 8 | 1 | Sarah Hill | Border Harriers | 6.31 |

Women's Shot Putt B

| | | | | |
|---|----|----------------|-----------------------|------|
| 1 | 77 | Laura Baker | Wigan/Horwich [Comp] | 8.97 |
| 2 | 55 | Lucy Croft | St Helens - Sutton | 7.80 |
| 3 | 44 | Brea Leung | Nth Wales (composite) | 7.64 |
| 4 | 88 | Ellie Meahan | Wirral AC | 7.19 |
| 5 | 22 | Jessica Broady | Liv Pembroke Sefton | 7.05 |
| 6 | 33 | Emma Pinkowicz | Preston Harriers | 6.43 |
| 7 | 6 | Beth Williams | Trafford AC | 6.14 |
| 8 | 0 | | | 0.00 |

Women's Long Jump A

| | | | | |
|---|----|------------------|-----------------------|------|
| 1 | 55 | Sophie Rigby | St Helens - Sutton | 5.02 |
| 2 | 66 | Holly Bleasedale | Trafford AC | 4.99 |
| 3 | 1 | Fiona Laurie | Border Harriers | 4.77 |
| 4 | 7 | Kerrell Walley | Wigan/Horwich [Comp] | 4.48 |
| 5 | 33 | Lucy Sumner | Preston Harriers | 4.26 |
| 6 | 44 | Hawys Price | Nth Wales (composite) | 4.17 |
| 7 | 0 | | | 0.00 |
| 8 | 0 | | | 0.00 |

Women's Long Jump B

| | | | | |
|---|----|-----------------|-----------------------|------|
| 1 | 6 | Bethany Hirst | Trafford AC | 4.85 |
| 2 | 3 | Kaytie Penrose | Preston Harriers | 4.18 |
| 3 | 4 | Amy Hankinson | Nth Wales (composite) | 4.11 |
| 4 | 5 | Natasha Le Surf | St Helens - Sutton | 3.57 |
| 5 | 77 | Jessica Pearson | Wigan/Horwich [Comp] | 3.55 |
| 6 | 0 | | | 0.00 |
| 7 | 0 | | | 0.00 |
| 8 | 0 | | | 0.00 |

Women's Triple Jump A

| | | | | |
|---|----|----------------|-----------------------|-------|
| 1 | 3 | Amy Lupton | Preston Harriers | 10.36 |
| 2 | 4 | Sian Swanson | Nth Wales (composite) | 10.30 |
| 3 | 22 | Toria Swift | Liv Pembroke Sefton | 8.37 |
| 4 | 77 | Kerrell Walley | Wigan/Horwich [Comp] | 8.36 |
| 5 | 0 | | | 0.00 |
| 6 | 0 | | | 0.00 |
| 7 | 0 | | | 0.00 |
| 8 | 0 | | | 0.00 |

Women's Triple Jump B

| | | | | |
|---|----|---------------------|-----------------------|------|
| 1 | 44 | Hawys Price | Nth Wales (composite) | 9.33 |
| 2 | 2 | Grace Stewart | Liv Pembroke Sefton | 7.73 |
| 3 | 7 | Catherine Whitfield | Wigan/Horwich [Comp] | 7.15 |
| 4 | 0 | | | 0.00 |
| 5 | 0 | | | 0.00 |
| 6 | 0 | | | 0.00 |
| 7 | 0 | | | 0.00 |
| 8 | 0 | | | 0.00 |

Women's High Jump A

| | | | | |
|---|----|------------------|-----------------------|------|
| 1 | 4 | Sian Swanson | Nth Wales (composite) | 1.73 |
| 2 | 7 | Samantha Fraser | Wigan/Horwich [Comp] | 1.65 |
| 3 | 55 | Sophie Rigby | St Helens - Sutton | 1.60 |
| 4 | 6 | Holly Bleasedale | Trafford AC | 1.50 |
| 5 | 3 | Lucy Halsall | Preston Harriers | 1.45 |

Women's High Jump B

| | | | | |
|---|----|--------------|-----------------------|------|
| 1 | 44 | Alex Elliot | Nth Wales (composite) | 1.55 |
| 2 | 5 | Josie Barrow | St Helens - Sutton | 1.50 |

Women's Pole Vault A

| | | | | |
|---|----|--------------|--------------------|------|
| 1 | 3 | Emma McCann | Preston Harriers | 2.10 |
| 2 | 55 | Sophie Rigby | St Helens - Sutton | 1.90 |

Women's Pole Vault B

| | | | | |
|---|---|--------------|--------------------|------|
| 1 | 5 | Josie Barrow | St Helens - Sutton | 1.90 |
|---|---|--------------|--------------------|------|

Women's 4x100m Relay

| | | | | | | | | |
|---|---|-----------------------|-------------------|-----------------|------------------|-----------------|------|---|
| 1 | 6 | Trafford AC | Beth Hicken | Emma Cullen | Bethany Hirst | Vicky Malady | 51.3 | p |
| 2 | 7 | Wigan/Horwich [Comp] | Kate Brick | Cherisse Walley | Chelsea Browbank | Melissa Forrest | 51.4 | p |
| 3 | 4 | Nth Wales (composite) | Hannah Pendlebury | Hawys Price | Alex Elliot | Emma Roberts | 53.0 | |
| 4 | 3 | Preston Harriers | Amy Lupton | Sasha Byrom | Sophie Lupton | - | 53.4 | |
| 5 | 8 | Wirral AC | Laura McGoldrick | Sophie Hughes | Sam Leahy | Sophie Money | 54.2 | |
| 6 | 5 | St Helens - Sutton | Sophie Rigby | Natasha Le Surf | Amy Hughes | Jenny Lamb | 56.0 | |
| 7 | 2 | Liv Pembroke Sefton | Grace Stewart | Hannah Roberts | Annie McLoughlin | Nicole Garner | 57.2 | |
| 8 | | | | | | | | |

Women's 4x400m Relay

| | | | | | | | | |
|---|---|-----------------------|---------------------|-----------------|----------------|-----------------|---------|--|
| 1 | 3 | Preston Harriers | Sophie Fletcher | Hannah Watson | Lucy Sumner | Abigail Mackley | 04:16.9 | |
| 2 | 7 | Wigan/Horwich [Comp] | Katherine Whitehead | Cherisse Walley | Kerrell Walley | Melissa Forrest | 04:21.2 | |
| 3 | 6 | Trafford AC | Vicky Malady | Beth Hicken | Beth Williams | Shanika White | 04:30.6 | |
| 4 | 4 | Nth Wales (composite) | Alice Fraser | Zoe Rosier | Emma Garstang | Amy Hankinson | 04:32.6 | |
| 5 | 2 | Liv Pembroke Sefton | Toria Swift | Emma Binns | Grace Stewart | Nicole Garner | 04:55.9 | |
| 6 | 5 | St Helens - Sutton | Kathryn Sumner | Jenny Lamb | Lucy Croft | Josie Barrow | 05:17.1 | |
| 7 | | | | | | | | |