

# NORTH WEST REGION TRACK FIELD CHAMPIONSHIPS 2010

Trafford Sports Centre - Manchester - Saturday May 15th

SM 400		heat 1		
1	52 sm	Rick Beardsen	Trafford AC	49.26 Q
2	49 jm	Nathan Hilton	Liv Pem Seft	49.71 Q
3	62 sm	Symon Woan	Preston Harr	49.86 q
4	50 sm	Danny Higham	Liv Pem Seft	50.52 q
5	58 sm	Jacob Fehily	Trafford AC	50.94
6	46 sm	Matthew Thomas	Kendal AAC	53.37

JM 400		heat 1		
1	47 jm	James Bowness	Trafford AC	48.81 Q
2	32 jm	Sam Yates	N & E B	49.87 Q
3	33 jm	Daniel Yip	Liverpool Harr	50.00 q
4	25 JM	Stuart Dolman	Liv Pem Seft	52.15
5	60 jm	William Capstick	Ribble Valley	54.03
6	55 jm	Daniel Bramah	Trafford AC	55.28

## JM LONG JUMP

1	29 jm	Craig Jones	Liverpool Harr	6.82m
2	68 jm	Adam Nicholls	Warrington	6.01m
3	217 jm	Robert Willshire	Sale Harr man	5.45m

SM 100		Heat 1		
		wind -1.2		
1	74 sm	Thaddeus Anim-Somuah	St Helens Sutt	11.33 Q
2	35 sm	Andy Boyd	Wirral AC	11.67 Q
3	77 sm	Andrew McGreevy	Border harr	12.14 q
4	82 sm	Lee Broadbent	Oldham & Royto	12.37 q

SM 100		Heat 2		
		wind -0.3		
1	66 sm	Saul Bay	Bury AC	11.52 Q
2	75 sm	Jamie Vickery	Blackburn	11.74 Q
3	83 sm	Michael Wilkinson	Wirral AC	12.53
4	84 sm	Ricardo Francis	Wakefield AC	DQ

SM 400H		FINAL		
1	81 sm	James Wright	Sale Harr man	55.29
2	21 Jm	Tom Booth	West Cheshire	58.56

JM 800		FINAL		
1	91 jm	Sam Hutchinson	Trafford AC	1.53.51
2	22 Jm	Steven Broadhurst	Warrington	1.55.24
3	45 jm	David Horniman	Trafford AC	1.57.35
4	79 jm	David Devine	Liverpool Harr	1.58.95
5	98 jm	Jake Littlehales	East Cheshire	1.59.15
6	88 jm	Tom Richmond	Manx Harr	2.14.13

SM 800		FINAL		
1	89 sm	Ryan McGonigle	Trafford AC	2.28.96

SM 100		FINAL		
		WIND -0.9		
1	74 sm	Thaddeus Anim-Somuah	St Helens Sutt	11.1
2	66 sm	Saul Bay	Bury AC	11.1
3	35 sm	Andy Boyd	Wirral AC	11.1
4	75 sm	Jamie Vickery	Blackburn	11.2
5	77 sm	Andrew McGreevy	Border harr	12.0
6	82 sm	Lee Broadbent	Oldham & Royto	12.3

## MANUAL TIMES

JM JAVELIN				
1	224 jm	Michael Cormona-Jones	Liv Pem Seft	37.16

SM 400		heat 2		
1	48 sm	Harry Doran	Liv Pem Seft	50.09 Q
2	65 sm	Carlo Balsamo	Bury AC	50.54 Q
3	44 sm	Mark Mullen-Brown	Trafford AC	52.26
4	54 sm	Chris Bramah	Trafford AC	54.46
5	34 sm	Wayne Ashall	Liv Pem Seft	DNS

JM 400		heat 2		
1	70 jm	Jopl Mukuna	Sale Harr man	50.48 Q
2	69 jm	Josh Agurtayo	Sale Harr man	50.63 Q
3	56 jm	James Eccles	Bolton Harr	51.40 q
4	18 Jm	Isaac Baldwin	Trafford AC	51.61
5	57 jm	Kier Lyon-Fraser	Wigan Harr	52.62
6	63 jm	Chris Kays	East Cheshire	DNF

## JM HAMMER

1	205 JM	Mike Ashworth	Oldham & Royto	40.95
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## SM HAMMER

1	210 sm	Mike Floyd	Sale Harr man	68.79
2	208 sm	Michael Bomba	Liverpool Harr	61.60
3	211 sm	Adam Reynolds	Liverpool Harr	47.53
4	215 sm	Simon Rigby	Oldham & Royto	38.84
5	214 sm	Alan Plumb	Burnley AC	32.98

JM 100		Heat 1		
		wind -0.1		
1	17 Jm	Oliver Back	Liverpool Harr	11.20 Q
2	24 JM	Jake Collins	Wirral AC	11.56 Q
3	76 jm	Colin Hornby	Liverpool Harr	11.67 q

JM 100		Heat 2		
		wind		
1	30 jm	Sam Lansborough	Wirral AC	11.31 Q
2	64 jm	Adam Forrest	Wigan Harr	11.66 Q
3	68 jm	Adam Nicholls	Warrington	11.98 q
4	29 jm	Craig Jones	Liverpool Harr	12.11

## SENIOR MENS SHOT

1	223 sm	Will Lowndes	Liverpool Harr	15.35
2	222 sm	John Nicholls	Sale Harr man	14.90
3	220 sm	Mark Pendlebury	Leigh Harr	12.01
4	214 sm	Alan Plumb	Burnley AC	11.63

JM 1500		FINAL		
1	16 Jm	John ashcroft	St Helens Sutt	3.58.52

SM 1500		FINAL		
1	97 sm	Garry Bristow	Trafford AC	3.51.52
2	80 sm	Graham Hogg	Trafford AC	3.54.93
3	61 sm	Nathan Riding	N & E B	3.56.42
4	90 sm	Ben Martin	Trafford AC	4.05.90
5	104 SM	John Howe	Trafford AC	4.11.50

## SM JAVELIN

1	226 sm	Simon Bissell	Sheffield	46.79
2	208 sm	Michael Bomba	Liverpool Harr	41.80
3	225 sm	Ashley Pritchard	Macclesfield	32.85

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<b>JM 100</b>		<b>FINAL</b>	WIND -0.5
1	17 Jm	Oliver Back	Liverpool Harr 10.89
2	30 jm	Sam Lansborough	Wirral AC 11.09
3	64 jm	Adam Forrest	Wigan Harr 11.10
4	24 JM	Jake Collins	Wirral AC 11.50
5	76 jm	Colin Hornby	Liverpool Harr 11.70
6	68 jm	Adam Nicholls	Warrington 11.71

<b>SM S/CH</b>		<b>2000M FINAL</b>	
1	103 sm	Craig Wheeler	Trafford AC 6.49.7
<b>MANUAL TIMES</b>			

<b>JM S/CH</b>		<b>2000M FINAL</b>	
1	28 jm	Tom Jervis	Warrington 6.28.4
2	27 jm	Paul Hodgson	Lan & Mor 6.45.4

<b>SM TRIPLE JUMP</b>		<b>FINAL</b>	
1	227 sm	Michael Horton	Horwich 11.80

<b>JM TRIPLE JUMP</b>		<b>FINAL</b>	
1	217 jm	Robert Willshire	Sale Harr man 11.68

<b>SM 200</b>		<b>FINAL</b>	wind -0.1
1	36 sm	Rory Evans	Stockport 22.2
2	37 sm	James Hunter	Liverpool Harr 22.6
3	74 sm	Thaddeus Anim-Somuah	St Helens Sutt 23.0
4	75 sm	Jamie Vickery	Blackburn 23.6
5	82 sm	Lee Broadbent	Oldham & Royto 25.4
<b>manual times</b>			

<b>JM 110m Hurdles</b>		<b>FINAL</b>	wind +0.8
1	31 jm	Jack Meridith	Liverpool Harr 13.85
2	105 jm	Daniel Nedham	Wigan Harr 14.72
3	26 jm	James Gladman	Warrington DNF

<b>JM 3000</b>		<b>FINAL</b>	
1	108 jm	Matthew Ciehan	St Helens Sutt 9.10.27

<b>SM 400</b>		<b>FINAL</b>	
1	49 jm	Nathan Hilton	Liv Pem Seft 48.83
2	48 sm	Harry Doran	Liv Pem Seft 48.99
3	50 sm	Danny Higham	Liv Pem Seft 50.14
4	62 sm	Symon Woan	Preston Harr 51.19
5	65 sm	Carlo Balsamo	Bury AC 51.45
6	52 sm	Rick Beardsen	Trafford AC DNS

<b>JM 400</b>		<b>FINAL</b>	
1	47 jm	James Bowness	Trafford AC 48.55
2	32 jm	Sam Yates	N & E B 49.49
3	70 jm	Jopl Mukuna	Sale Harr man 50.08
4	33 jm	Daniel Yip	Liverpool Harr 50.45
5	69 jm	Josh Agurtayo	Sale Harr man 50.77
6	56 jm	James Eccles	Bolton Harr DNS

<b>SM JAVELIN</b>		<b>FINAL</b>	
1	209 sm	Ben Fisher	Liverpool Harr 63.15
2	228 sm	David McKay	West Cheshire 62.47
3	207 sm	Andrew Allen	Liverpool Harr 55.66
4	218 sm	Pawlo Ostapowycz	Trafford AC 45.5

<b>JM 200</b>		<b>FINAL</b>	wind -0.8
1	23 JM	Liam Clowes	Crewe & Nantw 22.04
2	64 jm	Adam Forrest	Wigan Harr 22.43
3	101 jm	Marcel Stevens	Sale Harr man 23.07

<b>SM 110m Hurdles</b>		<b>FINAL</b>	wind +0.8
1	40 sm	Paul Whittle	Blackburn 15.68
2	225 sm	Ashley Pritchard	Macclesfield 17.07

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<b>SW 400</b>	<b>FINAL</b>				<b>JW 400</b>	<b>FINAL</b>			
1	13 Sw	Seonaid Murray	Liverpool Harr	58.94	1	6 jw	Leigh Lennon	N & E B	56.76
2	15 Sw	Ashleigh Williams	N & E B	62.22	2	10 jw	Kerrell Walley	N & E B	58.05
3	51 sw	Emma Hornsby	Blackburn	66.18	3	11 jw	Zoe Woodward	Liverpool Harr	59.54
					4	59 jw	Tyra Watson	Sale Harr man	60.91
		<b>JW HAMMER</b>				<b>JW 100</b>	<b>FINAL</b>	wind -0.8	
	212 sw	Melanie Lee	Oldham & Royto	30.46	1	1 jw	Heather Drillingcourt	St Helens Sutt	12.96
	213 jw	Abbie Carter	Kingston u Hull	53.48	2	3 jw	Bethany Hirst	East Cheshire	13.01
		213 = non-scorer			3	2 jw	Beth Hicken	Warrington	13.22
		<b>SW 400H</b>	<b>FINAL</b>			<b>SW 100</b>	<b>FINAL</b>	wind +0.5	
1	85 sw	Rachel Culshaw	Wigan Harr	65.00	1	53 sw	Katie Deutsch	Trafford AC	12.45
2	86 sw	Jackie Jeffs-Watts	Preston Harr	65.41	2	71 sw	Rebecca O'Keefe	Bolton Harr	12.94
					3	67 sw	Kate Brick	Wigan Harr	13.19
		<b>JW 400H</b>	<b>FINAL</b>			<b>JW JAVELIN</b>			
1	92 jw	Lateefah Button	Sale Harr man	65.54	1	201 jw	Katarina J Thompson	Liverpool Harr	32.30
2	72 jw	Sophie Fletcher	Preston Harr	66.00	2	219 jw	Samantha Wilkinson	Warrington	31.86
					3	216 jw	Samantha Fraser	Wigan Harr	30.08
		<b>JW POLE VAULT</b>				<b>SW JAVELIN</b>			
1	202 jw	Michelle Sharrock	Wigan Harr	3.60m		nil			
		<b>SW POLE VAULT</b>				<b>JW 800</b>	<b>FINAL</b>		
1	203 Sw	Elena Mingas	Blackpool W & F	2.80m	1	8 jw	Rebecca Linney	Liverpool Harr	2.14.18
					2	42 jw	Lucy Sumner	Preston Harr	2.15.11
		<b>JW LONG JUMP</b>				<b>SW 800</b>	<b>FINAL</b>		
1	3 jw	Bethany Hirst	East Cheshire	5.03	1	41 sw	Stephanie Rowe	Preston Harr	2.11.14
2	1 jw	Heather Drillingcourt	St Helens Sutt	4.74	2	87 sw	Jacqueline Fairchild	Trafford AC	2.11.74
					3	78 sw	Victoria O'Donnell	Trafford AC	2.23.62
		<b>SW LONG JUMP</b>			4	93 sw	Nicolah Pugh	Trafford AC	2.25.85
1	204 Sw	Aimee Palmer	Sale Harr man	5.44			<b>SW TRIPLE JUMP</b>	<b>FINAL</b>	
					1	221 sw	Kelly Hilton	Wigan Harr	12.20
		<b>SW 1500</b>	<b>FINAL</b>			<b>JW S/CH</b>	<b>1500m FINAL</b>		
1	100 sw	Liz Austen	Trafford AC	4.49.27	1	9 jw	Laura Richies	Leigh Harr	5.05.00
					2	96 jw	Amy Talbot	Warrington	5.11.26
		<b>JW 1500</b>	<b>FINAL</b>		3	92 jw	Lateefah Button	Sale Harr man	5.28.47
1	4 jw	Abigail Howarth	Leigh Harr	4.57.36	4	106 jw	Rachel Jefferson	Warrington	5.30.55
					5	5 jw	Nicola Jackson	Preston Harr	5.34.97
		<b>JUNIOR WOMENS SHOT</b>	<b>FINAL</b>		6	94 jw	Sarah Griffiths	Warrington	5.53.1**
1	201 jw	Katarina J Thompson	Liverpool Harr	10.80				** = manual	
2	216 jw	Samantha Fraser	Wigan Harr	10.32		<b>SW DISCUS</b>	<b>FINAL</b>		
					1	11 jw	Zoe Woodward	Liverpool Harr	25.43
		<b>SW 200</b>	<b>FINAL</b>	wind -1.0					
1	102 sw	Kayo Titiloye	Birchfield Harr			<b>JW 3000</b>	<b>FINAL</b>		
		<i>manual times</i>			1	73 jw	Anika Jarman	Lan & Mor	10.15.20
		<b>JW 200</b>	<b>FINAL</b>	wind -1.0					
1	107 jw	Bryony Potter	FINAL	26.5					
2	3 jw	Bethany Hirst	East Cheshire	26.6					
3	95 jw	Mandy Victoria	Bury AC	27.5					
		<i>manual times</i>							
		<b>SW 100m Hurdles</b>	<b>FINAL</b>	wind -0.6					
1	12 Sw	Ashley Helsby	Liverpool Harr	14.1					
2	14 Sw	Danielle Rooney	Sale Harr man	14.8					
3	99 jw	Rayne Allman	Sale Harr man	14.9					
		<i>manual times</i>							

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