

NoEAA Athletics League 2007

NoEAA Athletics League
DECLARATIONS
 Select from the list below the club whose athletes you wish to DECLARE or AMEND Teams

MALE TEAMS
[Leigh Harriers & AC](#)
[Liverpool Harriers & AC](#)
[Liverpool Pembroke Sefton](#)
[St. Helens Sutton AC](#)
[Trafford AC](#)
[West Cheshire AC](#)
 0
 -

FEMALE TEAMS
[Leigh Harriers & AC](#)
[Liverpool Harriers & AC](#)
[Liverpool Pembroke Sefton](#)
[St. Helens Sutton AC](#)
[Trafford AC](#)
[West Cheshire AC](#)
 0
 -

IN CASE OF EMERGENCY
call 07973 827735
 Click box below to enter
Match Day Data

Division 2W Match 1 - Stanney, Ellesmere Port
START LISTS, FIELD CARDS AND RESULTS
 To PRINT out START LISTS or FIELD CARDS click on a YELLOW or ORANGE coloured box
 To VIEW START LISTS, FIELD CARDS or RESULTS click on the appropriate BLUE box
 To process RESULTS click on X to access the Results Area or Field Card

EVENT	Start Lists Field Cards			Start Lists Field Cards			Process Results Men		Print	View	Process Results Women		Print	View
	Men's Match			Women's Match			X	☑			X	☑		
100m	100		V	100		V	X	☑	100	V	X	☑	100	V
200m	m	200	V	m	200	V	X	☑	200	V	X	☑	200	V
400m	400	m	V	400	m	V	X	☑	400	V	X	☑	400	V
800m		800	V		800	V	X	☑	800	V	X	☑	800	V
1500m	150		V	150		V	X	☑	150	V	X	☑	150	V
3000m S/Chase	0	3SC	V	0			X	☑	3SC	V			0	
5000m/3000m	500	300	V	300		V	X	☑	500	V	X	☑	300	V
400m Hurdles	0	4H	V	0	4H	V	X	☑	4H	V	X	☑	4H	V
110m/100m Hurdles	1H		V	1H		V	X	☑	1H	V	X	☑	1H	V
Hammer		Ha	V		Ha	V	X	☑	Ha	V	X	☑	Ha	V
Discus	Dis		V	Dis		V	X	☑	Dis	V	X	☑	Dis	V
Javelin		Jav	V		Jav	V	X	☑	Jav	V	X	☑	Jav	V
Shot	Shot		V	Shot		V	X	☑	Shot	V	X	☑	Shot	V
Long Jump		LJ	V		LJ	V	X	☑	LJ	V	X	☑	LJ	V
Triple Jump	TJ		V	TJ		V	X	☑	TJ	V	X	☑	TJ	V
High Jump		HJ	V		HJ	V	X	☑	HJ	V	X	☑	HJ	V
Pole Vault	PV		V	PV		V	X	☑	PV	V	X	☑	PV	V
4x 100m Relay		4x1	V		4x1	V	X	☑	4x1	V	X	☑	4x1	V
4x 400m Relay	4x4		V	4x4		V	X	☑	4x4	V	X	☑	4x4	V
ALL		ALL			ALL				ALL				ALL	

Completed Results Pages (Composite Sheets for Result Packs)

Results Page 1M	☑	1x	4x	8x
Results Page 2M	☑	1x	4x	8x

Results Page 1F	☑	1x	4x	8x
Results Page 2F	☑	1x	4x	8x

1 May 2010
POINTS AT A GLANCE
 Click coloured box below to sort Clubs in descending order of points

1	WCAC	466.0
2	StHSAC	342.0
3	Leigh	320.0
4	LPS	299.0
5	Traff	277.0
6	LPH&AC	207.0
7	0	17.0
8		
	Unused Team	292.0
	Officials Points	165.0
	TOTAL	2402.0

[Click here to View Scorecard](#)

EVENTS

Scored
37
Events Left
0

[Click to View & Print Latest Scores](#)

Division 2W Match 1 - Stanney, Ellesmere Port

1 May 2010

Men's 100m A

Wind=

	Perf	Record	Wind	AW
1	6 Aidan Stoakley	West Cheshire AC	11.4	<input checked="" type="checkbox"/>
2	3 Adam Thompson	Liverpool Pembroke Se	11.5	<input checked="" type="checkbox"/>
3	5 Dalo Okiemien	Trafford AC	11.5	<input checked="" type="checkbox"/>
4	2 Phil Ellershaw	Liverpool Harriers & A	11.6	
5	4 Aaron Brooks	St. Helens Sutton AC	11.9	
6	1 Callum Morris	Leigh Harriers & AC	12.4	
7				
8				

Men's 100m B

Wind=

	Perf	Wind	AW
1	66 Steve Jones	West Cheshire AC	11.7
2	44 Tom Green	St. Helens Sutton AC	11.7
3	55 Chris Bramah	Trafford AC	11.7
4	33 Stuart Dolman	Liverpool Pembroke Se	11.8
5	22 Joe Crawford	Liverpool Harriers & A	11.9
6	11 Alex Urmston	Leigh Harriers & AC	13.1
7			
8			

Men's 200m A

Wind=

	Perf	Record	Wind	AW
1	6 Aidan Stoakley	West Cheshire AC	22.8	<input checked="" type="checkbox"/>
2	3 Adam Thompson	Liverpool Pembroke Se	23.2	<input checked="" type="checkbox"/>
3	5 Steve Callister	Trafford AC	23.4	<input checked="" type="checkbox"/>
4	4 Aaron Brooks	St. Helens Sutton AC	24.2	
5	2 Shawn James	Liverpool Harriers & A	24.4	
6	1 Callum Morris	Leigh Harriers & AC	25.7	
7				
8				

Men's 200m B

Wind=

	Perf	Wind	AW
1	33 Stuart Dolman	Liverpool Pembroke Se	23.6
2	66 Steve Jones	West Cheshire AC	23.7
3	44 Tom Green	St. Helens Sutton AC	24.0
4	22 Joe Crawford	Liverpool Harriers & A	24.4
5	55 Richard Workman	Trafford AC	24.4
6	11 Jordon Orrell	Leigh Harriers & AC	27.5
7			
8			

Men's 400m A

	Perf	Record	Wind	AW
1	6 Robbie Dagnall	West Cheshire AC	50.1	<input checked="" type="checkbox"/>
2	2 Daniel Yip	Liverpool Harriers & A	50.2	<input checked="" type="checkbox"/>
3	5 Chris Bramah	Trafford AC	50.6	<input checked="" type="checkbox"/>
4	1 Alex Urmston	Leigh Harriers & AC	51.9	<input checked="" type="checkbox"/>
5	3 Paul Milburn	Liverpool Pembroke Se	54.8	
6	4 Ian Cooney	St. Helens Sutton AC	56.5	
7				
8				

Men's 400m B

	Perf	Wind	AW
1	55 Scott Riley	Trafford AC	53.6
2	66 David Donkin	West Cheshire AC	54.8
3	11 Jordon Orrell	Leigh Harriers & AC	56.2
4	44 Steve Clague	St. Helens Sutton AC	58.1
5	33 Paul Rudkin	Liverpool Pembroke Se	65.6
6			
7			
8			

Men's 800m A

	Perf	Record	Wind	AW
1	4 John Ashcroft	St. Helens Sutton AC	01:56.0	<input checked="" type="checkbox"/>
2	2 James Blackburn	Liverpool Harriers & A	01:58.9	<input checked="" type="checkbox"/>
3	3 Toby Loveridge	Liverpool Pembroke Se	02:01.4	<input checked="" type="checkbox"/>
4	1 Tom Henders	Leigh Harriers & AC	02:03.8	<input checked="" type="checkbox"/>
5	6 Richard Farley	West Cheshire AC	02:08.8	
6				
7				
8				

Men's 800m B

	Perf	Wind	AW
1	66 Rob Tudor	West Cheshire AC	02:06.9
2	44 Ian Costello	St. Helens Sutton AC	02:08.9
3	11 Liam Moore	Leigh Harriers & AC	02:17.3
4			
5			
6			
7			
8			

Men's 1500m A

	Perf	Record	Wind	AW
1	1 Ryan Moore	Leigh Harriers & AC	04:13.0	<input checked="" type="checkbox"/>
2	33 Mike Bride	Liverpool Pembroke Se	04:13.6	<input checked="" type="checkbox"/>
3	4 Tom Griffiths	St. Helens Sutton AC	04:15.6	<input checked="" type="checkbox"/>
4	66 Dave Alexander	West Cheshire AC	04:26.9	<input checked="" type="checkbox"/>
5				
6				
7				
8				

Men's 1500m B

	Perf	Wind	AW
1	3 Jai Vernon McGuigan	Liverpool Pembroke Se	04:17.4
2	44 Ian Costello	St. Helens Sutton AC	04:27.9
3	6 Chris Goddwin	West Cheshire AC	04:36.2
4	11 John Indriks	Leigh Harriers & AC	04:41.0
5			
6			
7			
8			

Men's 3000m S/Chase A

	Perf	Record	Wind	AW
1	6 Andrew Clague	West Cheshire AC	10:57.7	<input checked="" type="checkbox"/>
2	4 Steve Clague	St. Helens Sutton AC	11:27.2	<input checked="" type="checkbox"/>
3	1 Tom Henders	Leigh Harriers & AC	11:56.5	<input checked="" type="checkbox"/>
4	3 Paul Rudkin	Liverpool Pembroke Se	14:19.2	<input checked="" type="checkbox"/>
5				
6				
7				
8				

Men's 3000m S/Chase B

	Perf	Wind	AW
1	66 Tom Booth	West Cheshire AC	12:01.2
2	44 Peter Johnson	St. Helens Sutton AC	13:48.3
3			
4			
5			
6			
7			
8			

Division 2W Match 1 - Stanney, Ellesmere Port

Perf Record
Wind AW

1 May 2010

Perf Wind
AW

Division 2W Match 1 - Stanney, Ellesmere Port

				Perf	Record	Wind	AW	1 May 2010					
				Perf	Record	Wind	AW						
Men's 5000m A								Men's 5000m B					
1	5	Ian Salisbury	Trafford AC	15:18.2			<input checked="" type="checkbox"/>	1	55	John Howe	Trafford AC	16:07.7	<input checked="" type="checkbox"/>
2	2	Richard Burney	Liverpool Harriers & A	15:20.2			<input checked="" type="checkbox"/>	2	22	Allan Ashton	Liverpool Harriers & A	16:17.4	<input checked="" type="checkbox"/>
3	4	Matt Crehan	St. Helens Sutton AC	15:49.2			<input checked="" type="checkbox"/>	3	66	Ben Rees	West Cheshire AC	17:41.1	
4	6	Steve Crowe	West Cheshire AC	15:56.3			<input checked="" type="checkbox"/>	4	44	Andrew Mark Davies	St. Helens Sutton AC	18:05.9	
5	1	John Howarth	Leigh Harriers & AC	17:32.9				5	11	Mark Gornall	Leigh Harriers & AC	20:00.8	
6	3	Chris Pedder	Liverpool Pembroke Se	17:54.7				6					
7								7					
8								8					
Men's 400m Hurdles A								Men's 400m Hurdles B					
1	6	Tom Booth	West Cheshire AC	58.1			<input checked="" type="checkbox"/>	1	66	Mike Lyness	West Cheshire AC	61.5	<input checked="" type="checkbox"/>
2	5	Dalo Okiemien	Trafford AC	59.7			<input checked="" type="checkbox"/>	2	55	Josh McHew	Trafford AC	61.6	<input checked="" type="checkbox"/>
3	3	Paul Milburn	Liverpool Pembroke Se	60.1			<input checked="" type="checkbox"/>	3	11	John Taylor	Leigh Harriers & AC	61.9	<input checked="" type="checkbox"/>
4	4	Steve Clague	St. Helens Sutton AC	65.6				4	33	Paul Rudkin	Liverpool Pembroke Se	84.3	
5	1	Alex Urmston	Leigh Harriers & AC	68.0				5	44	Peter Johnson	St. Helens Sutton AC	127.9	
6								6					
7								7					
8								8					
Men's 110m Hurdles A								Men's 110m Hurdles B					
			Wind=								Wind=		
1	2	Phil Ellershaw	Liverpool Harriers & A	18.1				1	66	John Manning	West Cheshire AC	20.7	
2	3	Paul Milburn	Liverpool Pembroke Se	18.4				2	11	John Indriks	Leigh Harriers & AC	23.3	
3	6	Dave Mckay	West Cheshire AC	20.6				3	33	Paul Rudkin	Liverpool Pembroke Se	26.6	
4	1	Duncan McCarrick	Leigh Harriers & AC	20.6				4					
5								5					
6								6					
7								7					
8								8					
Men's Hammer A								Men's Hammer B					
1	2	Adam Reynolds	Liverpool Harriers & A	47.12			<input checked="" type="checkbox"/>	1	66	Andrew Mckay	West Cheshire AC	33.80	<input checked="" type="checkbox"/>
2	6	Dave Mckay	West Cheshire AC	46.37			<input checked="" type="checkbox"/>	2	33	Dave Brown	Liverpool Pembroke Se	33.19	<input checked="" type="checkbox"/>
3	3	Mark Line	Liverpool Pembroke Se	37.67			<input checked="" type="checkbox"/>	3	5	Pawlo Ostapowycz	Trafford AC	25.00	
4	4	Gary Ireland	St. Helens Sutton AC	34.57			<input checked="" type="checkbox"/>	4	11	Mark Pendlebury	Leigh Harriers & AC	23.71	
5	1	David Smith	Leigh Harriers & AC	28.62			<input checked="" type="checkbox"/>	5	44	Mike Hughes	St. Helens Sutton AC	21.73	
6	55	Derek Martin	Trafford AC	26.93			<input checked="" type="checkbox"/>	6	0			0.00	
7	0			0.00				7	0			0.00	
8	0			0.00				8	0			0.00	
Men's Discus A								Men's Discus B					
1	1	Mark Pendlebury	Leigh Harriers & AC	37.23			<input checked="" type="checkbox"/>	1	66	Mke Lyness	West Cheshire AC	32.75	<input checked="" type="checkbox"/>
2	3	Mark Line	Liverpool Pembroke Se	33.63			<input checked="" type="checkbox"/>	2	33	Dave Brown	Liverpool Pembroke Se	32.38	<input checked="" type="checkbox"/>
3	6	Dave Mckay	West Cheshire AC	33.24			<input checked="" type="checkbox"/>	3	11	David Smith	Leigh Harriers & AC	28.33	<input checked="" type="checkbox"/>
4	2	Dave McKown	Liverpool Harriers & A	30.37			<input checked="" type="checkbox"/>	4	4	Michael Jackson	St. Helens Sutton AC	25.57	
5	44	Phil Robinson	St. Helens Sutton AC	27.88				5	22	Adam Reynolds	Liverpool Harriers & A	24.21	
6	55	Derek Martin	Trafford AC	24.36				6	5	Pawlo Ostapowycz	Trafford AC	21.45	
7	0			0.00				7	0			0.00	
8	0			0.00				8	0			0.00	
Men's Javelin A								Men's Javelin B					
1	6	Dave Mckay	West Cheshire AC	63.99			<input checked="" type="checkbox"/>	1	11	Wayne Todd	Leigh Harriers & AC	48.19	<input checked="" type="checkbox"/>
2	2	Dave McKown	Liverpool Harriers & A	51.67			<input checked="" type="checkbox"/>	2	3	Mark Line	Liverpool Pembroke Se	40.52	<input checked="" type="checkbox"/>
3	1	David Smith	Leigh Harriers & AC	48.99			<input checked="" type="checkbox"/>	3	66	Andy Gore	West Cheshire AC	39.02	<input checked="" type="checkbox"/>
4	5	Pawlo Ostapowycz	Trafford AC	46.98			<input checked="" type="checkbox"/>	4	44	Phil Robinson	St. Helens Sutton AC	33.68	
5	33	Dave Brown	Liverpool Pembroke Se	41.26			<input checked="" type="checkbox"/>	5	55	Derek Martin	Trafford AC	30.48	
6	4	Gary Ireland	St. Helens Sutton AC	36.62				6	22	Adam Reynolds	Liverpool Harriers & A	24.65	
7	0			0.00				7	0			0.00	
8	0			0.00				8	0			0.00	

Division 2W Match 1 - Stanney, Ellesmere Port

				Perf	Record	Wind	AW	1 May 2010				Perf	Wind	AW
Men's Shot Putt A								Men's Shot Putt B						
1	6	Dave Mckay	West Cheshire AC	13.14			<input checked="" type="checkbox"/>	1	22	Adam Reynolds	Liverpool Harriers & A	9.56		
2	1	Mark Pendlebury	Leigh Harriers & AC	12.56			<input checked="" type="checkbox"/>	2	11	David Smith	Leigh Harriers & AC	9.15		
3	2	Dave McKown	Liverpool Harriers & A	11.35			<input checked="" type="checkbox"/>	3	44	Michael Jackson	St. Helens Sutton AC	8.38		
4	4	Gary Ireland	St. Helens Sutton AC	11.12			<input checked="" type="checkbox"/>	4	55	Derek Martin	Trafford AC	7.75		
5	3	Dave Brown	Liverpool Pembroke Se	11.03			<input checked="" type="checkbox"/>	5	66	John Manning	West Cheshire AC	7.61		
6	5	Pawlo Ostapowycz	Trafford AC	10.08			<input checked="" type="checkbox"/>	6	0			0.00		
7	0			0.00				7	0			0.00		
8	0			0.00				8	0			0.00		

Men's Long Jump A

1	6	John Manning	West Cheshire AC	5.97			<input checked="" type="checkbox"/>
2	44	michael Causer	St. Helens Sutton AC	5.71			
3	2	Shawn James	Liverpool Harriers & A	5.26			
4	3	Mark Line	Liverpool Pembroke Se	5.24			
5	1	Darren Smith	Leigh Harriers & AC	4.45			
6	5	Richard Workman	Trafford AC	4.31			
7	0			0.00			
8	0			0.00			

Men's Long Jump B

1	66	Robbie Dagnall	West Cheshire AC	5.77			
2	4	Ian Cooney	St. Helens Sutton AC	5.54			
3	33	Billy Williams	Liverpool Pembroke Se	4.43			
4	11	Alex Urmston	Leigh Harriers & AC	4.26			
5	0			0.00			
6	0			0.00			
7	0			0.00			
8	0			0.00			

Men's Triple Jump A

1	3	Dean Mathews	Liverpool Pembroke Se	13.31			<input checked="" type="checkbox"/>
2	6	Mike Lyness	West Cheshire AC	12.51			<input checked="" type="checkbox"/>
3	1	Darren Smith	Leigh Harriers & AC	10.37			
4	4	Gary Ireland	St. Helens Sutton AC	8.67			
5	0			0.00			
6	0			0.00			
7	0			0.00			
8	0			0.00			

Men's Triple Jump B

1	66	John Manning	West Cheshire AC	10.83			
2	44	Ian Hayburn	St. Helens Sutton AC	8.39			
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	3	Billy Williams	Liverpool Pembroke Se	1.75			<input checked="" type="checkbox"/>
2	66	Michael Bailiff	West Cheshire AC	1.70			
3	5	Dalo Okiemien	Trafford AC	1.65			
4	2	Chris roose	Liverpool Harriers & A	1.60			
5	4	John Ashcroft	St. Helens Sutton AC	1.55			
6	11	John Indriks	Leigh Harriers & AC	1.50			

Men's High Jump B

1	6	Mike Lyness	West Cheshire AC	1.60			
2	1	David Smith	Leigh Harriers & AC	1.45			

Men's Pole Vault A

1	2	Chris roose	Liverpool Harriers & A	3.30			<input checked="" type="checkbox"/>
2	6	Andy Gore	West Cheshire AC	3.10			<input checked="" type="checkbox"/>
3	3	Mark Line	Liverpool Pembroke Se	3.00			<input checked="" type="checkbox"/>
4	1	John Taylor	Leigh Harriers & AC	3.00			<input checked="" type="checkbox"/>
5	44	Phil Robinson	St. Helens Sutton AC	2.70			

Men's Pole Vault B

1	66	John Manning	West Cheshire AC	3.10			<input checked="" type="checkbox"/>
2	33	Dave Brown	Liverpool Pembroke Se	2.40			
3	11	John Howarth	Leigh Harriers & AC	2.30			
4	4	Steve Clague	St. Helens Sutton AC	2.20			

Men's 4x100m Relay

1	6	West Cheshire AC	Aidan Stoakley	Steve Jones	Robbie Dagnall	Nick Crawshaw	44.8
2	5	Trafford AC	Richard Workman	Dalo Okiemien	Steve Callister	Chris Bramah	45.3
3	4	St. Helens Sutton AC	Tom Green	Ian Cooney	Aaron Brooks	michael Causer	45.3
4	3	Liverpool Pembroke Sefton-	-	-	-	-	48.7
5	1	Leigh Harriers & AC	Alex Urmston	Liam Moore	Duncan McCarrick	Callum Morris	49.5
6	2	Liverpool Harriers & AC	Richard Burney	Shawn James	Allan Ashton	Joe Crawford	53.1
7							
8							

Division 2W Match 1 - Stanney, Ellesmere Port

Perf Record Wind AW

1 May 2010

Perf Wind AW

Men's 4x400m Relay

1	5	Trafford AC	Dalo Okiemien	Neil Hewson	Ian Salisbury	Chris Bramah	03:31.3
2	6	West Cheshire AC	Aidan Stoakley	Dave Donkin	Robbie Dagnall	Tom Booth	03:34.9
3	4	St. Helens Sutton AC	Ian Cooney	John Ashcroft	Steve Clague	Tom Green	03:43.7
4	3	Liverpool Pembroke Sefton-		-	-	-	03:44.4
5	1	Leigh Harriers & AC	Alex Urmston	John Indriks	Duncan McCarrick	Darren Smith	03:51.8
6	2	Liverpool Harriers & AC	Shawn James	Allan Ashton	Joe Crawford	Richard Burney	04:08.9
7							
8							

MATCH RESULT

League Points

Match

STANDINGS

League Points

Match

1	WCAC	6	466.0	1	WCAC	6	466.0
2	StHSAC	5	342.0	2	StHSAC	5	342.0
3	Leigh	4	320.0	3	Leigh	4	320.0
4	LPS	3	299.0	4	LPS	3	299.0
5	Traff	2	277.0	5	Traff	2	277.0
6	LPH&AC	1	207.0	6	LPH&AC	1	207.0
7	0	0	17.0	7	0	0	17.0
8				8	#N/A	#N/A	#N/A

Men's 100m Non Scoring

Wind=

1
2
3
4
5
6
7
8

Men's 100m Non Scoring

Wind=

1
2
3
4
5
6
7
8

Division 2W Match 1 - Stanney, Ellesmere Port

				Perf	Record	Wind	AW	1 May 2010					
				Perf	Record	Wind	AW						
Women's 100m A				Wind=				Women's 100m B					
1	5	Vicky Garrard	Trafford AC	12.8			<input checked="" type="checkbox"/>	1	55	Edwina Ananyu	Trafford AC	13.2	<input checked="" type="checkbox"/>
2	6	Bryony Potter	West Cheshire AC	12.9			<input checked="" type="checkbox"/>	2	66	Rachel Treloar	West Cheshire AC	13.3	
3	4	Sophie Rigby	St. Helens Sutton AC	13.8				3	11	Tyler Colderley	Leigh Harriers & AC	14.7	
4	1	Emma Bilsbury	Leigh Harriers & AC	14.9				4	44	Jenny Lamb	St. Helens Sutton AC	14.7	
5								5					
6								6					
7								7					
8								8					
Women's 200m A				Wind=				Women's 200m B					
1	5	Edwina Ananyu	Trafford AC	25.8			<input checked="" type="checkbox"/>	1	55	Anita Richardson	Trafford AC	27.9	
2	6	Shona Valentine	West Cheshire AC	27.2				2	44	Tricia Spark	St. Helens Sutton AC	29.9	
3	4	Jenny Lamb	St. Helens Sutton AC	30.8				3	11	Tyler Colderley	Leigh Harriers & AC	31.2	
4	1	Emma Bilsbury	Leigh Harriers & AC	31.2				4					
5	3	Emma Binns	Liverpool Pembroke Se	31.6				5					
6								6					
7								7					
8								8					
Women's 400m A								Women's 400m B					
1	5	Nisha Desai	Trafford AC	59.5			<input checked="" type="checkbox"/>	1	55	Leanne Brown	Trafford AC	67.4	
2	6	Leah Ferrie	West Cheshire AC	61.5			<input checked="" type="checkbox"/>	2	11	Georgina Leck	Leigh Harriers & AC	68.1	
3	2	Zoe Woodward	Liverpool Harriers & A	61.7			<input checked="" type="checkbox"/>	3	66	Niahm Reilly	West Cheshire AC	72.8	
4	1	Laura Riches	Leigh Harriers & AC	64.2				4	44	Gemma Connelly	St. Helens Sutton AC	93.9	
5	4	Josie Barrow	St. Helens Sutton AC	75.7				5					
6								6					
7								7					
8								8					
Women's 800m A								Women's 800m B					
1	5	Nykisha Fergusson	Trafford AC	02:19.3			<input checked="" type="checkbox"/>	1	11	Tyler Colderley	Leigh Harriers & AC	02:33.1	
2	2	Zoe Woodward	Liverpool Harriers & A	02:20.9			<input checked="" type="checkbox"/>	2	33	Steph Swift	Liverpool Pembroke Se	02:34.9	
3	1	Bethany Jones	Leigh Harriers & AC	02:21.9			<input checked="" type="checkbox"/>	3	66	Jane Phillips	West Cheshire AC	02:53.7	
4	4	Gemma Connelly	St. Helens Sutton AC	02:27.4				4					
5	3	Emma Binns	Liverpool Pembroke Se	02:47.2				5					
6	6	Lisa Davies	West Cheshire AC	02:49.6				6					
7								7					
8								8					
Women's 1500m A								Women's 1500m B					
1	3	Kirsty Longley	Liverpool Pembroke Se	04:47.8			<input checked="" type="checkbox"/>	1	33	Rhea Ellis	Liverpool Pembroke Se	04:57.0	<input checked="" type="checkbox"/>
2	4	Gemma Connelly	St. Helens Sutton AC	04:50.2			<input checked="" type="checkbox"/>	2	11	Georgina Leck	Leigh Harriers & AC	05:04.4	<input checked="" type="checkbox"/>
3	1	Abigail Howarth	Leigh Harriers & AC	04:58.4			<input checked="" type="checkbox"/>	3	44	Jane Ashcroft	St. Helens Sutton AC	07:12.8	
4	2	Sarah Jackson	Liverpool Harriers & A	05:46.6				4					
5								5					
6								6					
7								7					
8								8					
Women's 3000m A								Women's 3000m B					
1	4	Gemma Connelly	St. Helens Sutton AC	10:37.7			<input checked="" type="checkbox"/>	1	22	Michelle Murphy	Liverpool Harriers & A	11:10.4	<input checked="" type="checkbox"/>
2	1	Leanne Sheehy	Leigh Harriers & AC	10:50.7			<input checked="" type="checkbox"/>	2	11	Elizabeth Lee	Leigh Harriers & AC	11:27.8	<input checked="" type="checkbox"/>
3	2	Sarah McCribbie	Liverpool Harriers & A	11:08.0			<input checked="" type="checkbox"/>	3	44	Louise Hayes	St. Helens Sutton AC	14:16.1	
4	5	Anna Verges	Trafford AC	11:09.7			<input checked="" type="checkbox"/>	4					
5	3	Steph Swift	Liverpool Pembroke Se	12:58.3				5					
6								6					
7								7					
8								8					

Division 2W Match 1 - Stanney, Ellesmere Port

Perf
Record
Wind
AW

1 May 2010

Perf
Wind
AW

Division 2W Match 1 - Stanney, Ellesmere Port

				Perf	Record	Wind	AW	1 May 2010							
				Perf	Record	Wind	AW								
Women's 400m Hurdles A								Women's 400m Hurdles B							
1	5	Nisha Desai	Trafford AC	63.0			<input checked="" type="checkbox"/>	1	66	Jenni Potter	West Cheshire AC	75.6			
2	6	Gemma Hale	West Cheshire AC	71.4			<input checked="" type="checkbox"/>	2	44	Amy Hughes	St. Helens Sutton AC	dnf			
3	1	Laura Riches	Leigh Harriers & AC	74.0			<input checked="" type="checkbox"/>	3							
4	4	Natalie Bannister	St. Helens Sutton AC	77.3				4							
5								5							
6								6							
7								7							
8								8							
Women's 100m Hurdles A								Women's 100m Hurdles B							
				Wind=											
1	6	Gemma Hale	West Cheshire AC	16.3			<input checked="" type="checkbox"/>	1	66	Danielle Erskine	West Cheshire AC	17.7			<input checked="" type="checkbox"/>
2	4	Natalie Bannister	St. Helens Sutton AC	18.2				2							
3	3	Rachel Hutchinson	Liverpool Pembroke Se	20.2				3							
4	5	Leanne Brown	Trafford AC	20.2				4							
5	1	Emma Bilsbury	Leigh Harriers & AC	21.0				5							
6								6							
7								7							
8								8							
Women's Hammer A								Women's Hammer B							
1	5	Rachel Gair	Trafford AC	56.35			<input checked="" type="checkbox"/>	1	33	Rachel Hutchinson	Liverpool Pembroke Se	32.70			<input checked="" type="checkbox"/>
2	4	Kathryn Sumner	St. Helens Sutton AC	40.57			<input checked="" type="checkbox"/>	2	44	Tricia Spark	St. Helens Sutton AC	31.20			<input checked="" type="checkbox"/>
3	3	Charlotte Christian	Liverpool Pembroke Se	35.75			<input checked="" type="checkbox"/>	3	55	Alice Bramah	Trafford AC	29.24			<input checked="" type="checkbox"/>
4	1	Carla Winstanley	Leigh Harriers & AC	31.51			<input checked="" type="checkbox"/>	4	22	Anne Murphy	Liverpool Harriers & A	13.08			
5	6	Nicola Gore	West Cheshire AC	25.52			<input checked="" type="checkbox"/>	5	66	Emily Clarke	West Cheshire AC	13.02			
6	2	Jessica Wright	Liverpool Harriers & A	18.31				6	11	Carla Baines	Leigh Harriers & AC	10.01			
7	0			0.00				7	0			0.00			
8	0			0.00				8	0			0.00			
Women's Discus A								Women's Discus B							
1	6	Nicola Gore	West Cheshire AC	33.89			<input checked="" type="checkbox"/>	1	66	Lucinda Bell	West Cheshire AC	25.68			<input checked="" type="checkbox"/>
2	5	Rachel Gair	Trafford AC	25.01			<input checked="" type="checkbox"/>	2	55	Alice Bramah	Trafford AC	21.27			
3	33	Jess Broady	Liverpool Pembroke Se	24.19				3	3	Charlotte Christian	Liverpool Pembroke Se	21.11			
4	2	Zoe Woodward	Liverpool Harriers & A	22.44				4	11	Carla Baines	Leigh Harriers & AC	17.49			
5	1	Carla Winstanley	Leigh Harriers & AC	22.24				5	44	Amy Hughes	St. Helens Sutton AC	16.62			
6	4	Kathryn Sumner	St. Helens Sutton AC	20.03				6	0			0.00			
7	0			0.00				7	0			0.00			
8	0			0.00				8	0			0.00			
Women's Javelin A								Women's Javelin B							
1	6	Niamh Reilly	West Cheshire AC	34.86			<input checked="" type="checkbox"/>	1	66	Emily Fisher	West Cheshire AC	32.37			<input checked="" type="checkbox"/>
2	1	Carla Baines	Leigh Harriers & AC	29.26			<input checked="" type="checkbox"/>	2	11	Carla Winstanley	Leigh Harriers & AC	20.97			
3	4	Emma McClatchey	St. Helens Sutton AC	21.72				3	33	Rachel Hutchinson	Liverpool Pembroke Se	15.31			
4	2	Anne Murphy	Liverpool Harriers & A	20.82				4	55	Nisha Desai	Trafford AC	11.46			
5	3	Charlotte Christian	Liverpool Pembroke Se	17.45				5	44	Kathryn Sumner	St. Helens Sutton AC	8.48			
6	5	Leanne Brown	Trafford AC	13.22				6	22	Jessica Wright	Liverpool Harriers & A	8.18			
7	0			0.00				7	0			0.00			
8	0			0.00				8	0			0.00			
Women's Shot Putt A								Women's Shot Putt B							
1	1	Carla Winstanley	Leigh Harriers & AC	10.51			<input checked="" type="checkbox"/>	1	66	Niamh Reilly	West Cheshire AC	8.90			<input checked="" type="checkbox"/>
2	6	Nicola Gore	West Cheshire AC	10.16			<input checked="" type="checkbox"/>	2	11	Carla Baines	Leigh Harriers & AC	8.49			<input checked="" type="checkbox"/>
3	5	Rachel Gair	Trafford AC	8.84			<input checked="" type="checkbox"/>	3	44	Tricia Spark	St. Helens Sutton AC	7.81			
4	3	Charlotte Christian	Liverpool Pembroke Se	8.49			<input checked="" type="checkbox"/>	4	33	Jess Broady	Liverpool Pembroke Se	6.91			
5	4	Kathryn Sumner	St. Helens Sutton AC	7.82				5	55	Alice Bramah	Trafford AC	5.59			
6	22	Jessica Wright	Liverpool Harriers & A	4.34				6	0			0.00			
7	0			0.00				7	0			0.00			
8	0			0.00				8	0			0.00			

Division 2W Match 1 - Stanney, Ellesmere Port

				Perf	Record	Wind	AW	1 May 2010					
				Perf	Record	Wind	AW	Perf	Wind	AW			
Women's Long Jump A				Women's Long Jump B									
1	4	Sophie Rigby	St. Helens Sutton AC	5.13			<input checked="" type="checkbox"/>	1	66	Danielle Erskine	West Cheshire AC	4.76	<input checked="" type="checkbox"/>
2	6	Emily Clarke	West Cheshire AC	5.09			<input checked="" type="checkbox"/>	2	55	Leanne Brown	Trafford AC	3.75	
3	5	Jenny Coleman	Trafford AC	4.99			<input checked="" type="checkbox"/>	3	22	Anne Murphy	Liverpool Harriers & A	3.48	
4	2	Zoe Woodward	Liverpool Harriers & A	3.92				4	11	Emma Bilsbury	Leigh Harriers & AC	3.47	
5	1	Laura Riches	Leigh Harriers & AC	3.77				5	44	Louise Hayes	St. Helens Sutton AC	3.25	
6	33	Jess Broady	Liverpool Pembroke Se	3.10				6	3	Charlotte Christian	Liverpool Pembroke Se	2.70	
7	0			0.00				7	0			0.00	
8	0			0.00				8	0			0.00	

Women's Triple Jump A

1	6	Emily Clarke	West Cheshire AC	10.53			<input checked="" type="checkbox"/>	1	66	Victoria Anderson	West Cheshire AC	10.16	<input checked="" type="checkbox"/>
2	5	Nisha Desai	Trafford AC	9.99			<input checked="" type="checkbox"/>	2	4	Emma McClatchey	St. Helens Sutton AC	8.39	
3	44	Amy Hughes	St. Helens Sutton AC	9.10				3	33	Jess Broady	Liverpool Pembroke Se	7.74	
4	2	Zoe Woodward	Liverpool Harriers & A	8.74				4	0			0.00	
5	1	Laura Riches	Leigh Harriers & AC	8.53				5	0			0.00	
6	3	Rachel Hutchinson	Liverpool Pembroke Se	8.16				6	0			0.00	
7	0			0.00				7	0			0.00	
8	0			0.00				8	0			0.00	

Women's High Jump A

1	66	Alice Jennings	West Cheshire AC	1.60			<input checked="" type="checkbox"/>	1	6	Victoria Anderson	West Cheshire AC	1.55	<input checked="" type="checkbox"/>
2	4	Sophie Rigby	St. Helens Sutton AC	1.50			<input checked="" type="checkbox"/>	2	44	Josie Barrow	St. Helens Sutton AC	1.50	<input checked="" type="checkbox"/>
3	33	Rachel Hutchinson	Liverpool Pembroke Se	1.30				3	11	Laura Riches	Leigh Harriers & AC	1.30	
4	1	Bethany Jones	Leigh Harriers & AC	1.30				4	3	Steph Swift	Liverpool Pembroke Se	1.20	

Women's Pole Vault A

1	4	Emma McClatchey	St. Helens Sutton AC	2.40			<input checked="" type="checkbox"/>	1	44	Josie Barrow	St. Helens Sutton AC	1.80	
2	66	Niamh Reilly	West Cheshire AC	1.70				2	6	Gemma Hale	West Cheshire AC	1.70	

Women's 4x100m Relay

1	6	West Cheshire AC	Bryony Potter	Shona Valentine	Rachel Treloar	Danielle Erskine	51.8	<input checked="" type="checkbox"/>
2	5	Trafford AC	Edwina Ananyu	Anita Richardson	Leanne Brown	Vicky Garrard	51.8	<input checked="" type="checkbox"/>
3	4	St. Helens Sutton AC	Sophie Rigby	Jenny Lamb	Amy Hughes	Tricia Spark	55.1	
4	1	Leigh Harriers & AC	Tyler Colderley	Emma Bilsbury	Carla Winstanley	Georgina Leck	60.0	
5	3	Liverpool Pembroke Seftor	Rhea Ellis	Rachel Hutchinson	Kirsty Longley	Steph Swift	62.0	
6								
7								
8								

Women's 4x400m Relay

1	5	Trafford AC	Nykisha Fergusson	Leanne Brown	Anita Richardson	Nisha Desai	04:10.0	<input checked="" type="checkbox"/>
2	6	West Cheshire AC	Shona Valentine	Victoria Anderson	Jenni Potter	Alice Jennings	04:25.7	
3	1	Leigh Harriers & AC	Abigail Howarth	Bethany Jones	Carla Baines	Laura Riches	04:31.1	
4	3	Liverpool Pembroke Seftor	Emma Binns	Kirsty Longley	Steph Swift	Rhea Ellis	04:44.4	
5	4	St. Helens Sutton AC	Gemma Connelly	Josie Barrow	Louise Hayes	Jenny Lamb	05:07.6	
6								
7								
8								

Division 2W Match 1 - Stanney, Ellesmere Port

Women's 100m Non Scoring

Wind=

Perf

Record

Wind

AW

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

1 May 2010

Women's 100m Non Scoring

Wind=

Perf

Wind

AW

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

Division 2W Match 1 - Stanney, Ellesmere Port

Saturday, May 01, 2010

Events	Leigh	LPH&AC	LPS	StHSAC	Traff	WCAC	0	0	UNUSED	TOTAL										
Men's 100m	3	1	5	2	7	3	4	5	6	4	9	7	0	0	0	0	0	0	34	22
Men's 200m	3	1	4	3	7	7	5	4	6	2	9	5	0	0	0	0	0	0	34	22
Men's 400m	5	4	7	0	4	2	3	3	6	7	9	5	0	0	0	0	0	1	34	22
Men's 800m	5	4	7	0	6	0	9	5	0	0	4	7	0	0	0	0	3	6	34	22
Men's 1500m	9	3	0	0	7	7	6	5	0	0	5	4	0	0	0	0	7	3	34	22
Men's 3000m S/Chase	6	0	0	0	5	0	7	5	0	0	9	7	0	0	0	0	7	10	34	22
Men's 5000m	4	2	7	5	3	0	6	3	9	7	5	4	0	0	0	0	0	1	34	22
Men's 400m Hurdles	4	4	0	0	6	3	5	2	7	5	9	7	0	0	0	0	3	1	34	22
Men's 110m Hurdles	5	5	9	0	7	4	0	0	0	0	6	7	0	0	0	0	7	6	34	22
Men's Hammer	4	3	9	0	6	5	5	2	3	4	7	7	0	1	0	1	0	-1	34	22
Men's Discus	9	4	5	2	7	5	4	3	3	1	6	7	0	0	0	0	0	0	34	22
Men's Javelin	6	7	7	1	4	5	3	3	5	2	9	4	0	0	0	0	0	0	34	22
Men's Shot Putt	7	5	6	7	4	0	5	4	3	3	9	2	0	1	0	1	0	-1	34	22
Men's Long Jump	4	3	6	0	5	4	7	5	3	0	9	7	0	2	0	2	0	-1	34	22
Men's Triple Jump	6	0	0	0	9	0	5	5	0	0	7	7	4	4	4	4	-1	2	34	22
Men's High Jump	3	5	5	0	9	0	4	0	6	0	7	7	0	0	0	0	0	10	34	22
Men's Pole Vault	5	4	9	0	6	5	4	3	0	0	7	7	0	0	0	0	3	3	34	22
Men's 4x100m Relay	4	0	3	0	5	0	6	0	7	0	9	0	0	0	0	0	0	22	34	22
Men's 4x400m Relay	4	0	3	0	5	0	6	0	9	0	7	0	0	0	0	0	0	22	34	22
	96	55	92	20	112	50	94	57	73	35	142	101	4	8	4	8	29	84	646	418

Women's 100m	5	4	0	0	0	0	6	3	9	7	7	5	0	0	0	0	7	3	34	22
Women's 200m	5	4	0	0	4	0	6	5	9	7	7	0	0	0	0	0	3	6	34	22
Women's 400m	5	5	6	0	0	0	4	3	9	7	7	4	0	0	0	0	3	3	34	22
Women's 800m	6	7	7	0	4	5	5	0	9	0	3	4	0	0	0	0	0	6	34	22
Women's 1500m	6	5	5	0	9	7	7	4	0	0	0	0	0	0	0	0	7	6	34	22
Women's 1500m S/Chas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Women's 3000m	7	5	6	7	4	0	9	4	5	0	0	0	0	0	0	0	3	6	34	22
Women's 400m Hurdles	6	0	0	0	0	0	5	0	9	0	7	7	0	0	0	0	7	15	34	22
Women's 100m Hurdles	4	0	0	0	6	0	7	0	5	0	9	7	0	0	0	0	3	15	34	22
Women's Hammer	5	1	3	3	6	7	7	5	9	4	4	2	0	0	0	0	0	0	34	22
Women's Discus	4	3	5	0	6	4	3	2	7	5	9	7	0	1	0	1	0	-1	34	22
Women's Javelin	7	5	5	1	4	4	6	2	3	3	9	7	0	0	0	0	0	0	34	22
Women's Shot Putt	9	5	3	0	5	3	4	4	6	2	7	7	0	1	0	1	0	-1	34	22
Women's Long Jump	4	3	5	4	3	1	9	2	6	5	7	7	0	0	0	0	0	0	34	22
Women's Triple Jump	4	0	5	0	3	4	6	5	7	0	9	7	0	3	0	3	0	0	34	22
Women's High Jump	5	4	0	0	6	3	7	5	0	0	9	7	0	0	0	0	7	3	34	22
Women's Pole Vault	0	0	0	0	0	0	9	7	0	0	7	5	0	0	0	0	18	10	34	22
Women's 4x100m Relay	5	0	0	0	4	0	6	0	7	0	9	0	0	0	0	0	3	22	34	22
Women's 4x400m Relay	6	0	0	0	5	0	4	0	9	0	7	0	0	0	0	0	3	22	34	22
	93	51	50	15	69	38	110	51	109	40	117	76	0	5	0	5	64	115	612	396

Match Summary	Leigh	LPH&AC	LPS	StHSAC	Traff	WCAC	0	0	UNUSED	TOTAL
Teams	295.0	177.0	269.0	312.0	257.0	436.0	17.0	17.0	292.0	2072.0
Officials Points	25.0	30.0	30.0	30.0	20.0	30.0	0.0	0.0	165.0	330.0
Total	320.0	207.0	299.0	342.0	277.0	466.0	17.0	17.0	457.0	2402.0
Match Position	3	6	4	2	5	1	7	7		
League Points	4	1	3	5	2	6	0	0		

Standings	Leigh	LPH&AC	LPS	StHSAC	Traff	WCAC	0	0
League Points	4.0	1.0	3.0	5.0	2.0	6.0	0.0	0.0
Match Points	320.0	207.0	299.0	342.0	277.0	466.0	17.0	17.0
League Positions	3	6	4	2	5	1	7	7

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Men's Hammer		TIME		11:45		RECORD		1988		David Smith, Hull Spartan AC, 72.94m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
2	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
3	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
4	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
5	3	Mark Line	Liverpool Pembroke Sefton	33.84	35.07	0.00	35.07	3	0.00	0.00	37.67	37.67	3	A	3		
6	33	Dave Brown	Liverpool Pembroke Sefton	32.49		31.28	32.49	6	29.07	30.34	33.19	33.19	6	B		2	
7	5	Pawlo Ostapowycz	Trafford AC	0.00	0.00	25.00	25.00	9	0.00	0.00	0.00	25.00	9	B		3	
8	55	Derek Martin	Trafford AC	26.93	0.00	0.00	26.93	8	0.00	0.00	0.00	26.93	8	A	6		
9	4	Gary Ireland	St. Helens Sutton AC	31.05	30.58	34.57	34.57	4	28.08	32.13	0.00	34.57	4	A	4		
10	44	Mike Hughes	St. Helens Sutton AC	0.00	0.00	21.73	21.73	11	0.00	0.00	0.00	21.73	11	B		5	
11	2	Adam Reynolds	Liverpool Harriers & AC	40.64	44.60	45.30	45.30	1	45.52	45.80	47.12	47.12	1	A	1		
12	22		Liverpool Harriers & AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
13	6	Dave Mckay	West Cheshire AC	44.14	0.00	0.00	44.14	2	0.00	46.37	43.96	46.37	2	A	2		
14	66	Andrew Mckay	West Cheshire AC	32.68	32.75	33.80	33.80	5	0.00	32.35	0.00	33.80	5	B		1	
15	1	David Smith	Leigh Harriers & AC	28.62	27.22	27.68	28.62	7	0.00	0.00	0.00	28.62	7	A	5		
16	11	Mark Pendlebury	Leigh Harriers & AC	23.62	23.27	23.71	23.71	10	0.00	0.00	0.00	23.71	10	B		4	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	2	Adam Reynolds	Liverpool Harriers & AC	47.12	1	66	Andrew Mckay	West Cheshire AC	33.80		
2	6	Dave Mckay	West Cheshire AC	46.37	2	33	Dave Brown	Liverpool Pembroke Sefton	33.19		
3	3	Mark Line	Liverpool Pembroke Sefton	37.67	3	5	Pawlo Ostapowycz	Trafford AC	25.00		
4	4	Gary Ireland	St. Helens Sutton AC	34.57	4	11	Mark Pendlebury	Leigh Harriers & AC	23.71		
5	1	David Smith	Leigh Harriers & AC	28.62	5	44	Mike Hughes	St. Helens Sutton AC	21.73		
6	55	Derek Martin	Trafford AC	26.93	6	0	0	0	0.00	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Men's Discus		TIME		13:40		RECORD		1998		Carl Myerscough, Blackpool & Fylde AC, 60.19m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	A	B	
1	4	Michael Jackson	St. Helens Sutton AC	25.57		22.77	25.57	9	0.00	0.00	0.00	25.57	9	B		4	
2	44	Phil Robinson	St. Helens Sutton AC	0.00	27.88	26.36	27.88	8	0.00	0.00	0.00	27.88	8	A	5		
3	2	Dave McKown	Liverpool Harriers & AC	0.00	0.00	30.37	30.37	6	0.00	0.00	0.00	30.37	6	A	4		
4	22	Adam Reynolds	Liverpool Harriers & AC	24.21	23.75	23.68	24.21	11	0.00	0.00	0.00	24.21	11	B		5	
5	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
6	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
7	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
8	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
9	3	Mark Line	Liverpool Pembroke Sefton	33.63	31.88	32.71	33.63	2	33.55	0.00	32.49	33.63	2	A	2		
10	33	Dave Brown	Liverpool Pembroke Sefton	29.76	32.38	0.00	32.38	5	29.57	31.64	31.79	32.38	5	B		2	
11	1	Mark Pendlebury	Leigh Harriers & AC	34.79	34.16	34.03	34.79	1	37.23	0.00	0.00	37.23	1	A	1		
12	11	David Smith	Leigh Harriers & AC	0.00	28.33	28.27	28.33	7	0.00	0.00	0.00	28.33	7	B		3	
13	5	Pawlo Ostapowycz	Trafford AC	19.73	21.45	20.96	21.45	12	0.00	0.00	0.00	21.45	12	B		6	
14	55	Derek Martin	Trafford AC	19.81	22.43	24.36	24.36	10	0.00	0.00	0.00	24.36	10	A	6		
15	6	Dave Mckay	West Cheshire AC	30.91	0.00	33.24	33.24	3	0.00	0.00	0.00	33.24	3	A	3		
16	66	Mke Lyness	West Cheshire AC	32.75	0.00	0.00	32.75	4	0.00	0.00	0.00	32.75	4	B		1	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	1	Mark Pendlebury	Leigh Harriers & AC	37.23	1	66	Mke Lyness	West Cheshire AC	32.75		
2	3	Mark Line	Liverpool Pembroke Sefton	33.63	2	33	Dave Brown	Liverpool Pembroke Sefton	32.38		
3	6	Dave Mckay	West Cheshire AC	33.24	3	11	David Smith	Leigh Harriers & AC	28.33		
4	2	Dave McKown	Liverpool Harriers & AC	30.37	4	4	Michael Jackson	St. Helens Sutton AC	25.57		
5	44	Phil Robinson	St. Helens Sutton AC	27.88	5	22	Adam Reynolds	Liverpool Harriers & AC	24.21		
6	55	Derek Martin	Trafford AC	24.36	6	5	Pawlo Ostapowycz	Trafford AC	21.45	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Men's Javelin		TIME		15:20		RECORD		2004		Mick Hill, Leeds City AC, 74.72m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	6	Dave Mckay	West Cheshire AC	56.94	57.47	57.16	57.47	1	58.81	61.69	63.99	63.99	1	A	1		
2	66	Andy Gore	West Cheshire AC	35.80	34.44	39.02	39.02	8	0.00	0.00	0.00	39.02	8	B		3	
3	4	Gary Ireland	St. Helens Sutton AC	30.96	32.59	36.62	36.62	9	0.00	0.00	0.00	36.62	9	A	6		
4	44	Phil Robinson	St. Helens Sutton AC	30.35	33.24	33.68	33.68	10	0.00	0.00	0.00	33.68	10	B		4	
5	2	Dave McKown	Liverpool Harriers & AC	51.67	nt	nt	51.67	2	nt	47.26	49.56	51.67	2	A	2		
6	22	Adam Reynolds	Liverpool Harriers & AC	22.28	24.65	22.19	24.65	12	0.00	0.00	0.00	24.65	12	B		6	
7	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
8	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
9	3	Mark Line	Liverpool Pembroke Sefton	38.87	40.46	40.52	40.52	7	0.00	0.00	0.00	40.52	7	B		2	
10	33	Dave Brown	Liverpool Pembroke Sefton	34.94	36.73	41.24	41.24	6	38.96	41.26	39.51	41.26	6	A	5		
11	1	David Smith	Leigh Harriers & AC	43.81	44.44	48.99	48.99	3	44.56	46.10	47.39	48.99	3	A	3		
12	11	Wayne Todd	Leigh Harriers & AC	nt	44.68	45.16	45.16	5	46.84	46.46	48.19	48.19	4	B		1	
13	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
14	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
15	5	Pawlo Ostapowycz	Trafford AC	46.06	46.98	46.79	46.98	4	43.69	42.27	44.89	46.98	5	A	4		
16	55	Derek Martin	Trafford AC	30.43	30.48	29.57	30.48	11	0.00	0.00	0.00	30.48	11	B		5	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	Dave Mckay	West Cheshire AC	63.99	1	11	Wayne Todd	Leigh Harriers & AC	48.19		
2	2	Dave McKown	Liverpool Harriers & AC	51.67	2	3	Mark Line	Liverpool Pembroke Sefton	40.52		
3	1	David Smith	Leigh Harriers & AC	48.99	3	66	Andy Gore	West Cheshire AC	39.02		
4	5	Pawlo Ostapowycz	Trafford AC	46.98	4	44	Phil Robinson	St. Helens Sutton AC	33.68		
5	33	Dave Brown	Liverpool Pembroke Sefton	41.26	5	55	Derek Martin	Trafford AC	30.48		
6	4	Gary Ireland	St. Helens Sutton AC	36.62	6	22	Adam Reynolds	Liverpool Harriers & AC	24.65	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Men's Shot Putt		TIME		14:30		RECORD		2007		Carl Myerscough, Blackpool & Fylde AC, 18.86m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	5	Pawlo Ostapowycz	Trafford AC	10.07	nt	9.30	10.07	6	nt	9.63	10.08	10.08	6	A	6		
2	55	Derek Martin	Trafford AC	7.75	7.38	7.17	7.75	10	0.00	0.00	0.00	7.75	10	B		4	
3	6	Dave Mckay	West Cheshire AC	12.83	12.54	0.00	12.83	1	12.61	12.62	13.14	13.14	1	A	1		
4	66	John Manning	West Cheshire AC	7.19	7.61	0.00	7.61	11	0.00	0.00	0.00	7.61	11	B		5	
5	4	Gary Ireland	St. Helens Sutton AC	10.52	10.88	10.84	10.88	4	10.67	11.12	10.76	11.12	4	A	4		
6	44	Michael Jackson	St. Helens Sutton AC	8.38	8.38	8.24	8.38	9	0.00	0.00	0.00	8.38	9	B		3	
7	2	Dave McKown	Liverpool Harriers & AC	11.35	11.12	10.51	11.35	3	10.96	10.67	0.00	11.35	3	A	3		
8	22	Adam Reynolds	Liverpool Harriers & AC	9.34	9.56	9.45	9.56	7	0.00	0.00	0.00	9.56	7	B		1	
9	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
10	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
11	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
12	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
13	3	Dave Brown	Liverpool Pembroke Sefton	10.24	9.78	10.38	10.38	5	10.46	10.45	11.03	11.03	5	A	5		
14	33		Liverpool Pembroke Sefton	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
15	1	Mark Pendlebury	Leigh Harriers & AC	11.28	11.43	12.56	12.56	2	nt	11.91	11.77	12.56	2	A	2		
16	11	David Smith	Leigh Harriers & AC	8.82	9.14	9.15	9.15	8	0.00	0.00	0.00	9.15	8	B		2	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	Dave Mckay	West Cheshire AC	13.14	1	22	Adam Reynolds	Liverpool Harriers & AC	9.56		
2	1	Mark Pendlebury	Leigh Harriers & AC	12.56	2	11	David Smith	Leigh Harriers & AC	9.15		
3	2	Dave McKown	Liverpool Harriers & AC	11.35	3	44	Michael Jackson	St. Helens Sutton AC	8.38		
4	4	Gary Ireland	St. Helens Sutton AC	11.12	4	55	Derek Martin	Trafford AC	7.75		
5	3	Dave Brown	Liverpool Pembroke Sefton	11.03	5	66	John Manning	West Cheshire AC	7.61		
6	5	Pawlo Ostapowycz	Trafford AC	10.08	6	0	0	0	0.00	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010								
EVENT		Men's Long Jump		TIME		13:00		RECORD		2003		Chris Kirk, Wakefield & District, 7.60m						
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B				
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B			
1	4	Ian Cooney	St. Helens Sutton AC	5.28	5.54	5.42	5.54	4	0.00	0.00	0.00	5.54	4	B		2		
2	44	michael Causer	St. Helens Sutton AC	4.90	5.15	5.71	5.71	3	0.00	0.00	0.00	5.71	3	A	2			
3	2	Shawn James	Liverpool Harriers & AC	5.26	0.00	0.00	5.26	5	0.00	0.00	0.00	5.26	5	A	3			
4	22	-	Liverpool Harriers & AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0					
5	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0					
6	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0					
7	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0					
8	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0					
9	3	Mark Line	Liverpool Pembroke Sefton	2.38	5.24	5.11	5.24	6	0.00	0.00	0.00	5.24	6	A	4			
10	33	Billy Williams	Liverpool Pembroke Sefton	4.43	0.00	0.00	4.43	8	0.00	0.00	0.00	4.43	8	B		3		
11	1	Darren Smith	Leigh Harriers & AC	4.45	0.00	0.00	4.45	7	0.00	0.00	0.00	4.45	7	A	5			
12	11	Alex Urmston	Leigh Harriers & AC	4.26	0.00	0.00	4.26	10	0.00	0.00	0.00	4.26	10	B		4		
13	5	Richard Workman	Trafford AC	4.31	4.28	0.00	4.31	9	0.00	0.00	0.00	4.31	9	A	6			
14	55	-	Trafford AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0					
15	6	John Manning	West Cheshire AC	5.97	5.87	5.93	5.97	1	0.00	0.00	0.00	5.97	1	A	1			
16	66	Robbie Dagnall	West Cheshire AC	5.77	3.79	5.62	5.77	2	0.00	0.00	0.00	5.77	2	B		1		

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	John Manning	West Cheshire AC	5.97	1	66	Robbie Dagnall	West Cheshire AC	5.77		
2	44	michael Causer	St. Helens Sutton AC	5.71	2	4	Ian Cooney	St. Helens Sutton AC	5.54		
3	2	Shawn James	Liverpool Harriers & AC	5.26	3	33	Billy Williams	Liverpool Pembroke Sefton	4.43		
4	3	Mark Line	Liverpool Pembroke Sefton	5.24	4	11	Alex Urmston	Leigh Harriers & AC	4.26		
5	1	Darren Smith	Leigh Harriers & AC	4.45	5	0	0	0	0.00		
6	5	Richard Workman	Trafford AC	4.31	6	0	0	0	0.00	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Men's Triple Jump		TIME		15:35		RECORD		1991		Jonathan Edwards, Gateshead H & AC, 17.43m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	6	Mike Lyness	West Cheshire AC	nj	12.51	nj	12.51	2	0.00	0.00	0.00	12.51	2	A	2		
2	66	John Manning	West Cheshire AC	10.47	10.71	10.83	10.83	3	0.00	0.00	0.00	10.83	3	B		1	
3	4	Gary Ireland	St. Helens Sutton AC	8.44	8.67	0.00	8.67	5	0.00	0.00	0.00	8.67	5	A	4		
4	44	Ian Hayburn	St. Helens Sutton AC	8.39	0.00	0.00	8.39	6	0.00	0.00	0.00	8.39	6	B		2	
5	2	-	Liverpool Harriers & AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
6	22	-	Liverpool Harriers & AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
7	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
8	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
9	5	-	Trafford AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
10	55	-	Trafford AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
11	3	Dean Mathews	Liverpool Pembroke Sefton	13.31	12.73	13.24	13.31	1	13.26	0.00	0.00	13.31	1	A	1		
12	33	Billy Williams	Liverpool Pembroke Sefton	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
13	1	Darren Smith	Leigh Harriers & AC	0.00	9.63	10.37	10.37	4	0.00	0.00	0.00	10.37	4	A	3		
14	11	Alex Urmston	Leigh Harriers & AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
15	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
16	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	3	Dean Mathews	Liverpool Pembroke Sefton	13.31	1	66	John Manning	West Cheshire AC	10.83		
2	6	Mike Lyness	West Cheshire AC	12.51	2	44	Ian Hayburn	St. Helens Sutton AC	8.39		
3	1	Darren Smith	Leigh Harriers & AC	10.37	3	0	0	0	0.00		
4	4	Gary Ireland	St. Helens Sutton AC	8.67	4	0	0	0	0.00		
5	0	0	0	0.00	5	0	0	0	0.00		
6	0	0	0	0.00	6	0	0	0	0.00	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: HEIGHT CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port							DATE		Saturday, May 01, 2010							
EVENT		Men's High Jump		TIME		14:00		League Record			2007		Brian Hall, Bolton Utd Harriers, 2.20m									
Order	No	NAME	CLUB	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80			Best of All	Trials at Ht Cleared	Total Trials	Total Failures	Final Position	A or B		
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres							
1	5	Dalo Okiemien	Trafford AC			o	o	o	xo	xxx					1.65				3	A	3	
2	55	-	Trafford AC												0.00				0		0 0	
3	6	Mike Lyness	West Cheshire AC				o					xxx			1.60				4	B	1	
4	66	Michael Bailiff	West Cheshire AC			o	o	o	xxo	xxo	xxx				1.70				2	A	2	
5	4	John Ashcroft	St. Helens Sutton AC	o	o	o	xxo	xxx							1.55				6	A	5	
6	44	Phil Robinson	St. Helens Sutton AC	xxx											0.00				0		0 0	
7	2	Chris roose	Liverpool Harriers & AC			o	o	xo							1.60				5	A	4	
8	22	-	Liverpool Harriers & AC												0.00				0		0 0	
9	7														0.00				0		0 0	
10	77														0.00				0		0 0	
11	8														0.00				0		0 0	
12	88														0.00				0		0 0	
13	3	Billy Williams	Liverpool Pembroke Sefton							xxo	xo	xxx			1.75				1	A	1	
14	33	-	Liverpool Pembroke Sefton												0.00				0		0 0	
15	1	David Smith	Leigh Harriers & AC	o	xxo	xxx									1.45				8	B	2	
16	11	John Indriks	Leigh Harriers & AC	o	o	xxo	xxx								1.50				7	A	6	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT		
1	3	Billy Williams	Liverpool Pembroke Sefton	1.75	1	6	Mike Lyness	West Cheshire AC	1.60		
2	66	Michael Bailiff	West Cheshire AC	1.70	2	1	David Smith	Leigh Harriers & AC	1.45		
3	5	Dalo Okiemien	Trafford AC	1.65							
4	2	Chris roose	Liverpool Harriers & AC	1.60							
5	4	John Ashcroft	St. Helens Sutton AC	1.55							
6	11	John Indriks	Leigh Harriers & AC	1.50							
										REFEREE'S SIGNATURE	

UK ATHLETICS: HEIGHT CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port										DATE		Saturday, May 01, 2010				
EVENT		Men's Pole Vault		TIME		14:30		League Record			2008		Luke Cutts, City of Sheffield AC, 5.3									
Order	No	NAME	CLUB	2.10	2.20	2.30	2.40	2.70	2.80	2.90	3.00	3.10	3.30	3.50	Best of All	Trials at Ht Cleared	Total Trials	Total Failures	Final Position	A or B		
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres					Metres		
1	1	John Taylor	Leigh Harriers & AC		xxo		o				xo				3.00				5	A	4	
2	11	John Howarth	Leigh Harriers & AC	o		o	xxx								2.30				8	B	3	
3	5	-	Trafford AC												0.00				0		0	
4	55	-	Trafford AC												0.00				0		0	
5	6	Andy Gore	West Cheshire AC	o				o			o	o			3.10				2	A	2	
6	66	John Manning	West Cheshire AC	o		o		o	o	xo	xxo	o			3.10				3	B	1	
7	4	Steve Clague	St. Helens Sutton AC	o	o	xxx									2.20				9	B	4	
8	44	Phil Robinson	St. Helens Sutton AC	xo				xxo	xxx						2.70				6	A	5	
9	2	Chris roose	Liverpool Harriers & AC					o	o		o	o	o	xxx	3.30				1	A	1	
10	22	-	Liverpool Harriers & AC												0.00				0		0	
11	7														0.00				0		0	
12	77														0.00				0		0	
13	8														0.00				0		0	
14	88														0.00				0		0	
15	3	Mark Line	Liverpool Pembroke Sefton						xo		o		x		3.00				4	A	3	
16	33	Dave Brown	Liverpool Pembroke Sefton	o			o								2.40				7	B	2	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT		
1	2	Chris roose	Liverpool Harriers & AC	3.30	1	66	John Manning	West Cheshire AC	3.10		
2	6	Andy Gore	West Cheshire AC	3.10	2	33	Dave Brown	Liverpool Pembroke Sef	2.40		
3	3	Mark Line	Liverpool Pembroke Seft	3.00	3	11	John Howarth	Leigh Harriers & AC	2.30		
4	1	John Taylor	Leigh Harriers & AC	3.00	4	4	Steve Clague	St. Helens Sutton AC	2.20		
5	44	Phil Robinson	St. Helens Sutton AC	2.70							
										REFEREE'S SIGNATURE	

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Women's Hammer		TIME		12:45		RECORD		2009		Laura Douglas, Sale Harriers, 61					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
2	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
3	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
4	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
5	3	Charlotte Christian	Liverpool Pembroke Sefton	32.70	nt	nt	32.70	3	35.75	31.81	31.70	35.75	3	A	3		
6	33	Rachel Hutchinson	Liverpool Pembroke Sefton	32.70	31.41	nt	32.70	3	32.04	nt	29.52	32.70	4	B		1	
7	5	Rachel Gair	Trafford AC	nt	48.61	56.35	56.35	1	nt	55.68	nt	56.35	1	A	1		
8	55	Alice Bramah	Trafford AC	25.94	26.53	29.24	29.24	7	0.00	0.00	0.00	29.24	7	B		3	
9	4	Kathryn Sumner	St. Helens Sutton AC	37.38	37.25	36.71	37.38	2	40.57	34.37	nt	40.57	2	A	2		
10	44	Tricia Spark	St. Helens Sutton AC	30.73	31.20	29.73	31.20	6	29.53	26.33	29.84	31.20	6	B		2	
11	2	Jessica Wright	Liverpool Harriers & AC	18.31	17.55	16.80	18.31	9	0.00	0.00	0.00	18.31	9	A	6		
12	22	Anne Murphy	Liverpool Harriers & AC	13.08	11.96	11.72	13.08	10	0.00	0.00	0.00	13.08	10	B		4	
13	6	Nicola Gore	West Cheshire AC	25.52	nt	22.76	25.52	8	0.00	0.00	0.00	25.52	8	A	5		
14	66	Emily Clarke	West Cheshire AC	nt	13.02	0.00	13.02	11	0.00	0.00	0.00	13.02	11	B		5	
15	1	Carla Winstanley	Leigh Harriers & AC	29.16	31.51	29.03	31.51	5	nt	30.72	0.00	31.51	5	A	4		
16	11	Carla Baines	Leigh Harriers & AC	nt	10.01	0.00	10.01	12	0.00	0.00	0.00	10.01	12	B		6	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	5	Rachel Gair	Trafford AC	56.35	1	33	Rachel Hutchinson	Liverpool Pembroke Sefton	32.70		
2	4	Kathryn Sumner	St. Helens Sutton AC	40.57	2	44	Tricia Spark	St. Helens Sutton AC	31.20		
3	3	Charlotte Christian	Liverpool Pembroke Sefton	35.75	3	55	Alice Bramah	Trafford AC	29.24		
4	1	Carla Winstanley	Leigh Harriers & AC	31.51	4	22	Anne Murphy	Liverpool Harriers & AC	13.08		
5	6	Nicola Gore	West Cheshire AC	25.52	5	66	Emily Clarke	West Cheshire AC	13.02		
6	2	Jessica Wright	Liverpool Harriers & AC	18.31	6	11	Carla Baines	Leigh Harriers & AC	10.01	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Women's Discus		TIME		14:30		RECORD		2007		Kara Nwidobie, Blackpool & Fylde AC, 54.96m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		Metres	A	B	
1	4	Kathryn Sumner	St. Helens Sutton AC	16.26	0.00	20.03	20.03	9	0.00	0.00	0.00	20.03	9	A	6		
2	44	Amy Hughes	St. Helens Sutton AC	0.00	0.00	16.62	16.62	11	0.00	0.00	0.00	16.62	11	B		5	
3	2	Zoe Woodward	Liverpool Harriers & AC	22.44	21.65	0.00	22.44	5	0.00	0.00	0.00	22.44	5	A	4		
4	22	Jessica Wright	Liverpool Harriers & AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
5	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
6	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
7	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
8	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
9	3	Charlotte Christian	Liverpool Pembroke Sefton	19.32	20.88	21.11	21.11	8	0.00	0.00	0.00	21.11	8	B		3	
10	33	Jess Broady	Liverpool Pembroke Sefton	24.05	24.19	21.11	24.19	4	0.00	0.00	0.00	24.19	4	A	3		
11	1	Carla Winstanley	Leigh Harriers & AC	0.00	0.00	22.24	22.24	6	0.00	0.00	0.00	22.24	6	A	5		
12	11	Carla Baines	Leigh Harriers & AC	15.33	17.49	17.47	17.49	10	0.00	0.00	0.00	17.49	10	B		4	
13	5	Rachel Gair	Trafford AC	21.88	0.00	25.01	25.01	3	0.00	0.00	0.00	25.01	3	A	2		
14	55	Alice Bramah	Trafford AC	19.06	21.27	0.00	21.27	7	0.00	0.00	0.00	21.27	7	B		2	
15	6	Nicola Gore	West Cheshire AC	32.18	0.00	33.89	33.89	1	0.00	0.00	0.00	33.89	1	A	1		
16	66	Lucinda Bell	West Cheshire AC	25.00	25.68	25.52	25.68	2	0.00	0.00	0.00	25.68	2	B		1	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	Nicola Gore	West Cheshire AC	33.89	1	66	Lucinda Bell	West Cheshire AC	25.68		
2	5	Rachel Gair	Trafford AC	25.01	2	55	Alice Bramah	Trafford AC	21.27		
3	33	Jess Broady	Liverpool Pembroke Sefton	24.19	3	3	Charlotte Christian	Liverpool Pembroke Sefton	21.11		
4	2	Zoe Woodward	Liverpool Harriers & AC	22.44	4	11	Carla Baines	Leigh Harriers & AC	17.49		
5	1	Carla Winstanley	Leigh Harriers & AC	22.24	5	44	Amy Hughes	St. Helens Sutton AC	16.62		
6	4	Kathryn Sumner	St. Helens Sutton AC	20.03	6	0	0	0	0.00	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Women's Javelin		TIME		16:10		RECORD		1987		C White, Border Harriers, 49.50m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	6	Niamh Reilly	West Cheshire AC	32.43	nt	30.37	32.43	1	29.81	31.34	34.86	34.86	1	A	1		
2	66	Emily Fisher	West Cheshire AC	nt	28.18	32.37	32.37	2	30.30	32.10	0.00	32.37	2	B		1	
3	4	Emma McClatchey	St. Helens Sutton AC	18.10	21.06	21.72	21.72	4	0.00	0.00	0.00	21.72	4	A	3		
4	44	Kathryn Sumner	St. Helens Sutton AC	nt	8.48	0.00	8.48	11	0.00	0.00	0.00	8.48	11	B		5	
5	2	Anne Murphy	Liverpool Harriers & AC	20.82	nt	19.40	20.82	6	0.00	0.00	0.00	20.82	6	A	4		
6	22	Jessica Wright	Liverpool Harriers & AC	7.09	7.44	8.18	8.18	12	0.00	0.00	0.00	8.18	12	B		6	
7	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
8	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
9	3	Charlotte Christian	Liverpool Pembroke Sefton	16.29	17.45	13.46	17.45	7	0.00	0.00	0.00	17.45	7	A	5		
10	33	Rachel Hutchinson	Liverpool Pembroke Sefton	15.31	14.12	14.68	15.31	8	0.00	0.00	0.00	15.31	8	B		3	
11	1	Carla Baines	Leigh Harriers & AC	29.26	28.58	28.54	29.26	3	0.00	0.00	0.00	29.26	3	A	2		
12	11	Carla Winstanley	Leigh Harriers & AC	20.36	20.97	19.83	20.97	5	0.00	0.00	0.00	20.97	5	B		2	
13	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
14	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
15	5	Leanne Brown	Trafford AC	13.22	nt	0.00	13.22	9	0.00	0.00	0.00	13.22	9	A	6		
16	55	Nisha Desai	Trafford AC	8.79	11.46	9.91	11.46	10	0.00	0.00	0.00	11.46	10	B		4	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	Niamh Reilly	West Cheshire AC	34.86	1	66	Emily Fisher	West Cheshire AC	32.37		
2	1	Carla Baines	Leigh Harriers & AC	29.26	2	11	Carla Winstanley	Leigh Harriers & AC	20.97		
3	4	Emma McClatchey	St. Helens Sutton AC	21.72	3	33	Rachel Hutchinson	Liverpool Pembroke Sefton	15.31		
4	2	Anne Murphy	Liverpool Harriers & AC	20.82	4	55	Nisha Desai	Trafford AC	11.46		
5	3	Charlotte Christian	Liverpool Pembroke Sefton	17.45	5	44	Kathryn Sumner	St. Helens Sutton AC	8.48		
6	5	Leanne Brown	Trafford AC	13.22	6	22	Jessica Wright	Liverpool Harriers & AC	8.18	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Women's Shot Putt		TIME		13:40		RECORD		1987		Y Hanson-Nortey, Hallamshire, 16.16m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	5	Rachel Gair	Trafford AC	8.84	8.15	8.21	8.84	4	0.00	0.00	0.00	8.84	4	A	3		
2	55	Alice Bramah	Trafford AC	nt	5.59	5.21	5.59	10	0.00	0.00	0.00	5.59	10	B		5	
3	6	Nicola Gore	West Cheshire AC	10.16	9.74	9.73	10.16	1	10.16	10.04	8.09	10.16	2	A	2		
4	66	Niamh Reilly	West Cheshire AC	8.90	8.56	8.73	8.90	3	0.00	0.00	0.00	8.90	3	B		1	
5	4	Kathryn Sumner	St. Helens Sutton AC	7.50	7.80	7.82	7.82	7	0.00	0.00	0.00	7.82	7	A	5		
6	44	Tricia Spark	St. Helens Sutton AC	7.81	7.49	6.64	7.81	8	0.00	0.00	0.00	7.81	8	B		3	
7	2	Gemma Llewellyn	Liverpool Harriers & AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
8	22	Jessica Wright	Liverpool Harriers & AC	4.08	4.34	0.00	4.34	11	0.00	0.00	0.00	4.34	11	A	6		
9	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
10	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
11	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
12	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
13	3	Charlotte Christian	Liverpool Pembroke Sefton	8.49	7.82	nt	8.49	5	0.00	0.00	0.00	8.49	5	A	4		
14	33	Jess Broady	Liverpool Pembroke Sefton	5.89	6.91	6.87	6.91	9	0.00	0.00	0.00	6.91	9	B		4	
15	1	Carla Winstanley	Leigh Harriers & AC	9.70	9.61	9.67	9.70	2	10.05	10.05	10.51	10.51	1	A	1		
16	11	Carla Baines	Leigh Harriers & AC	8.27	8.49	8.22	8.49	5	0.00	0.00	0.00	8.49	5	B		2	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	1	Carla Winstanley	Leigh Harriers & AC	10.51	1	66	Niamh Reilly	West Cheshire AC	8.90		
2	6	Nicola Gore	West Cheshire AC	10.16	2	11	Carla Baines	Leigh Harriers & AC	8.49		
3	5	Rachel Gair	Trafford AC	8.84	3	44	Tricia Spark	St. Helens Sutton AC	7.81		
4	3	Charlotte Christian	Liverpool Pembroke Sefton	8.49	4	33	Jess Broady	Liverpool Pembroke Sefton	6.91		
5	4	Kathryn Sumner	St. Helens Sutton AC	7.82	5	55	Alice Bramah	Trafford AC	5.59		
6	22	Jessica Wright	Liverpool Harriers & AC	4.34	6	0	0	0	0.00	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Women's Long Jump		TIME		11:45		RECORD		1984		S Hearnshaw, Hull Spartan AC, 6.39m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	4	Sophie Rigby	St. Helens Sutton AC	5.13	nj	5.01	5.13	1	4.60	4.72	5.13	5.13	1	A	1		
2	44	Louise Hayes	St. Helens Sutton AC	3.16	nj	3.25	3.25	10	0.00	0.00	0.00	3.25	10	B		5	
3	2	Zoe Woodward	Liverpool Harriers & AC	3.05	3.54	3.92	3.92	5	0.00	0.00	0.00	3.92	5	A	4		
4	22	Anne Murphy	Liverpool Harriers & AC	3.28	3.48	3.22	3.48	8	0.00	0.00	0.00	3.48	8	B		3	
5	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
6	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
7	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
8	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
9	3	Charlotte Christian	Liverpool Pembroke Sefton	2.70	0.00	0.00	2.70	12	0.00	0.00	0.00	2.70	12	B		6	
10	33	Jess Broady	Liverpool Pembroke Sefton	3.10	0.00	0.00	3.10	11	0.00	0.00	0.00	3.10	11	A	6		
11	1	Laura Riches	Leigh Harriers & AC	3.77	2.27	3.66	3.77	6	0.00	0.00	0.00	3.77	6	A	5		
12	11	Emma Bilsbury	Leigh Harriers & AC	3.47	3.34	3.30	3.47	9	0.00	0.00	0.00	3.47	9	B		4	
13	5	Jenny Coleman	Trafford AC	0.00	4.83	4.87	4.87	3	4.82	4.99	4.76	4.99	3	A	3		
14	55	Leanne Brown	Trafford AC	3.75	3.22	3.02	3.75	7	3.75	0.00	0.00	3.75	7	B		2	
15	6	Emily Clarke	West Cheshire AC	4.96	nj	5.09	5.09	2	nj	nj	4.84	5.09	2	A	2		
16	66	Danielle Erskine	West Cheshire AC	4.76	nj	4.75	4.76	4	4.56	nj	4.72	4.76	4	B		1	

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	4	Sophie Rigby	St. Helens Sutton AC	5.13	1	66	Danielle Erskine	West Cheshire AC	4.76		
2	6	Emily Clarke	West Cheshire AC	5.09	2	55	Leanne Brown	Trafford AC	3.75		
3	5	Jenny Coleman	Trafford AC	4.99	3	22	Anne Murphy	Liverpool Harriers & AC	3.48		
4	2	Zoe Woodward	Liverpool Harriers & AC	3.92	4	11	Emma Bilsbury	Leigh Harriers & AC	3.47		
5	1	Laura Riches	Leigh Harriers & AC	3.77	5	44	Louise Hayes	St. Helens Sutton AC	3.25		
6	33	Jess Broady	Liverpool Pembroke Sefton	3.10	6	3	Charlotte Christian	Liverpool Pembroke Sefton	2.70	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: DISTANCE CARD

MEETING		Division 2W Match 1		VENUE		Stanney, Ellesmere Port		DATE		Saturday, May 01, 2010							
EVENT		Women's Triple Jump		TIME		14:00		RECORD		1994		C Miller, Preston , 12.05m					
Order	No	NAME	CLUB	1st Trial	2nd Trial	3rd Trial	Best of 3	Position after 3 Trials	4th Trial	5th Trial	6th Trial	Best of All	Final Position	A or B			
				Metres	Metres	Metres	Metres		Metres	Metres	Metres	Metres		A	B		
1	6	Emily Clarke	West Cheshire AC	10.33	10.41	10.18	10.41	1	10.53	nj	10.03	10.53	1	A	1		
2	66	Victoria Anderson	West Cheshire AC	10.16	nj	9.84	10.16	2	0.00	0.00	0.00	10.16	2	B		1	
3	4	Emma McClatchey	St. Helens Sutton AC	8.26	8.39	8.37	8.39	7	0.00	0.00	0.00	8.39	7	B		2	
4	44	Amy Hughes	St. Helens Sutton AC	9.10	nj	0.00	9.10	4	0.00	0.00	0.00	9.10	4	A	3		
5	2	Zoe Woodward	Liverpool Harriers & AC	nj	8.74	8.69	8.74	5	0.00	0.00	0.00	8.74	5	A	4		
6	22	-	Liverpool Harriers & AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
7	7			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
8	77			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
9	5	Nisha Desai	Trafford AC	9.99	nj	9.61	9.99	3	0.00	0.00	0.00	9.99	3	A	2		
10	55	Jenny Coleman	Trafford AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
11	3	Rachel Hutchinson	Liverpool Pembroke Sefton	8.16	7.88	0.00	8.16	8	0.00	0.00	0.00	8.16	8	A	6		
12	33	Jess Broady	Liverpool Pembroke Sefton	nj	7.74	0.00	7.74	9	0.00	0.00	0.00	7.74	9	B		3	
13	1	Laura Riches	Leigh Harriers & AC	8.53	8.37	8.40	8.53	6	0.00	0.00	0.00	8.53	6	A	5		
14	11	-	Leigh Harriers & AC	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
15	8			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				
16	88			0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0				

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	DISTANCE	Posn	No.	NAME	CLUB	DISTANCE		
1	6	Emily Clarke	West Cheshire AC	10.53	1	66	Victoria Anderson	West Cheshire AC	10.16		
2	5	Nisha Desai	Trafford AC	9.99	2	4	Emma McClatchey	St. Helens Sutton AC	8.39		
3	44	Amy Hughes	St. Helens Sutton AC	9.10	3	33	Jess Broady	Liverpool Pembroke Sefton	7.74		
4	2	Zoe Woodward	Liverpool Harriers & AC	8.74	4	0	0	0	0.00		
5	1	Laura Riches	Leigh Harriers & AC	8.53	5	0	0	0	0.00		
6	3	Rachel Hutchinson	Liverpool Pembroke Sefton	8.16	6	0	0	0	0.00	REFEREE'S SIGNATURE	
7	0	0	0	0.00	7	0	0	0	0.00		
8	0	0	0	0.00	8	0	0	0	0.00		

UK ATHLETICS: HEIGHT CARD

MEETING		Division 2W Match 1				VENUE		Stanney, Ellesmere Port						DATE		Saturday, May 01, 2010							
EVENT		Women's High Jump				TIME		15:35		League Record		1986		J Little, Border Harriers, 1.86m									
Order	No	NAME	CLUB	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.63	Best of All	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								
1	5	Alice Bramah	Trafford AC													0.00				0		0	0
2	55	-	Trafford AC													0.00				0		0	0
3	6	Victoria Anderson	West Cheshire AC								o	o	o	xxx		1.55				2	B		1
4	66	Alice Jennings	West Cheshire AC								o	o	xo	xxo	xxx	1.60				1	A	1	
5	4	Sophie Rigby	St. Helens Sutton AC								o	xo	xxx			1.50				3	A	2	
6	44	Josie Barrow	St. Helens Sutton AC					o		o	o	xxo				1.50				4	B		2
7	2	-	Liverpool Harriers & AC													0.00				0		0	0
8	22	-	Liverpool Harriers & AC													0.00				0		0	0
9	7															0.00				0		0	0
10	77															0.00				0		0	0
11	8															0.00				0		0	0
12	88															0.00				0		0	0
13	3	Steph Swift	Liverpool Pembroke Sefton	o	o	o	xxx									1.20				8	B		4
14	33	Rachel Hutchinson	Liverpool Pembroke Sefton	o	o	o	o	xo	xxx							1.30				5	A	3	
15	1	Bethany Jones	Leigh Harriers & AC	o	o	o	o	xxo	xxx							1.30				6	A	4	
16	11	Laura Riches	Leigh Harriers & AC	o	o	o	o	xxo	xxx							1.30				6	B		3

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT		
1	66	Alice Jennings	West Cheshire AC	1.60	1	6	Victoria Anderson	West Cheshire AC	1.55		
2	4	Sophie Rigby	St. Helens Sutton AC	1.50	2	44	Josie Barrow	St. Helens Sutton AC	1.50		
3	33	Rachel Hutchinson	Liverpool Pembroke Seft	1.30	3	11	Laura Riches	Leigh Harriers & AC	1.30		
4	1	Bethany Jones	Leigh Harriers & AC	1.30	4	3	Steph Swift	Liverpool Pembroke Sef	1.20		
										REFEREE'S SIGNATURE	

UK ATHLETICS: HEIGHT CARD

MEETING		Division 2W Match 1		VENUE	Stanney, Ellesmere Port							DATE	Saturday, May 01, 2010										
EVENT		Women's Pole Vault		TIME	11:45		League Record			1997		Janine Whitlock, Trafford, 4.01m											
Order	No	NAME	CLUB	1.70	1.80	2.00	2.10	2.20	2.30	2.40	2.50					Best of All	Trials at Ht Cleared	Total Failures	Total Trials	Final Position	A or B		
				Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres	Metres								
1	1		Leigh Harriers & AC													0.00				0		0	0
2	11		Leigh Harriers & AC													0.00				0		0	0
3	5	-	Trafford AC													0.00				0		0	0
4	55	-	Trafford AC													0.00				0		0	0
5	6	Gemma Hale	West Cheshire AC	xxo	xxx											1.70				4	B		2
6	66	Niamh Reilly	West Cheshire AC	o	x											1.70				3	A	2	
7	4	Emma McClatchey	St. Helens Sutton AC			o	o	o	xo	xo	xxx					2.40				1	A	1	
8	44	Josie Barrow	St. Helens Sutton AC	o	o											1.80				2	B		1
9	2	-	Liverpool Harriers & AC													0.00				0		0	0
10	22	-	Liverpool Harriers & AC													0.00				0		0	0
11	7															0.00				0		0	0
12	77															0.00				0		0	0
13	8															0.00				0		0	0
14	88															0.00				0		0	0
15	3	-	Liverpool Pembroke Sefton													0.00				0		0	0
16	33	-	Liverpool Pembroke Sefton													0.00				0		0	0

"A" STRING RESULT					"B" STRING RESULT					JUDGES' SIGNATURES	
Posn	No.	NAME	CLUB	HEIGHT	Posn	No.	NAME	CLUB	HEIGHT		
1	4	Emma McClatchey	St. Helens Sutton AC	2.40	1	44	Josie Barrow	St. Helens Sutton AC	1.80		
2	66	Niamh Reilly	West Cheshire AC	1.70	2	6	Gemma Hale	West Cheshire AC	1.70		
										REFEREE'S SIGNATURE	

NoEAA Track Field Athletics League 2008

Division 2W Match 1 - Stanney, Ellesmere Port

Saturday, May 01, 2010

Posn	Points after	37 event(s)
1	WCAC	466.0
2	StHSAC	342.0
3	Leigh	320.0
4	LPS	299.0
5	Traff	277.0
6	LPH&AC	207.0
7		0 17.0
8		
	Unused Team Points	292.0
	Officials Points	165.0
	Total	###

NoEAA Track & Field League 2008

Division 2W Match 1 - Stanney, Ellesmere Port

[Home](#)

Saturday, May 01, 2010

	Match 1		Match 2		Match 3		Overall	
	League	Match	League	Match	League	Match	League	Match
Leigh Harriers & AC		0.0					0.0	0.0
Liverpool Harriers & AC							0.0	0.0
Liverpool Pembroke Sefton							0.0	0.0
St. Helens Sutton AC							0.0	0.0
Trafford AC							0.0	0.0
West Cheshire AC							0.0	0.0
	0						0.0	0.0
							0.0	0.0

MEN'S DECLARATIONS	Leigh Harriers & AC		Liverpool Harriers & AC	
	1	11	2	22
	A	B	A	B
Men's 100m	Callum Morris	Alex Urmston	Phil Ellershaw	Joe Crawford
Men's 200m	Callum Morris	Jordon Orrell	Shawn James	Joe Crawford
Men's 400m	Alex Urmston	Jordon Orrell	Daniel Yip	-
Men's 800m	Tom Henders	Liam Moore	James Blackburn	-
Men's 1500m	Ryan Moore	John Indriks		-
Men's 3000m S/Chase	Tom Henders	Martin Conroy		-
Men's 5000m	John Howarth	Mark Gornall	Richard Burney	Allan Ashton
Men's 400m Hurdles	Alex Urmston	John Taylor	-	-
Men's 110m Hurdles	Duncan McCarrick	John Indriks	Phil Ellershaw	-
Men's Hammer	David Smith	Mark Pendlebury	Adam Reynolds	
Men's Pole Vault	John Taylor	John Howarth	Chris roose	-
Men's Long Jump	Darren Smith	Alex Urmston	Shawn James	-
Men's High Jump	David Smith	John Indriks	Chris roose	-
Men's Discus	Mark Pendlebury	David Smith	Dave McKown	Adam Reynolds
Men's Triple Jump	Darren Smith	Alex Urmston	-	-
Men's Shot Putt	Mark Pendlebury	David Smith	Dave McKown	Adam Reynolds
Men's Javelin	David Smith	Wayne Todd	Dave McKown	Adam Reynolds
Men's 4x100m Relay	Alex Urmston		Richard Burney	
Men's 4x100m Relay	Liam Moore		Shawn James	
Men's 4x100m Relay	Duncan McCarrick		Allan Ashton	
Men's 4x100m Relay	Callum Morris		Joe Crawford	
Men's 4x400m Relay	Alex Urmston		Shawn James	
Men's 4x400m Relay	John Indriks		Allan Ashton	
Men's 4x400m Relay	Duncan McCarrick		Joe Crawford	
Men's 4x400m Relay	Darren Smith		Richard Burney	

MEN'S DECLARATIONS	Liverpool Pembroke Sefton		St. Helens Sutton AC	
	3	33	4	44
	A	B	A	B
Men's 100m	Adam Thompson	Stuart Dolman	Aaron Brooks	Tom Green
Men's 200m	Adam Thompson	Stuart Dolman	Aaron Brooks	Tom Green
Men's 400m	Paul Milburn	Paul Rudkin	Ian Cooney	Steve Clague
Men's 800m	Toby Loveridge		John Ashcroft	Ian Costello
Men's 1500m	Jai Vernon McGuigan	Mike Bride	Tom Griffiths	Ian Costello
Men's 3000m S/Chase	Paul Rudkin	-	Steve Clague	Peter Johnson
Men's 5000m	Chris Pedder	-	Matt Crehan	Andrew Mark Davies
Men's 400m Hurdles	Paul Milburn	Paul Rudkin	Steve Clague	Peter Johnson
Men's 110m Hurdles	Paul Milburn	Paul Rudkin	-	-
Men's Hammer	Mark Line	Dave Brown	Gary Ireland	Mike Hughes
Men's Pole Vault	Mark Line	Dave Brown	Steve Clague	Phil Robinson
Men's Long Jump	Mark Line	Billy Williams	Ian Cooney	michael Causer
Men's High Jump	Billy Williams	-	John Ashcroft	Phil Robinson
Men's Discus	Mark Line	Dave Brown	Michael Jackson	Phil Robinson
Men's Triple Jump	Dean Mathews	Billy Williams	Gary Ireland	Ian Hayburn
Men's Shot Putt	Dave Brown		Gary Ireland	Michael Jackson
Men's Javelin	Mark Line	Dave Brown	Gary Ireland	Phil Robinson
Men's 4x100m Relay	-		Tom Green	
Men's 4x100m Relay	-		Ian Cooney	
Men's 4x100m Relay	-		Aaron Brooks	
Men's 4x100m Relay	-		michael Causer	
Men's 4x400m Relay	-		Ian Cooney	
Men's 4x400m Relay	-		John Ashcroft	
Men's 4x400m Relay	-		Steve Clague	
Men's 4x400m Relay	-		Tom Green	

MEN'S DECLARATIONS	Trafford AC		West Cheshire AC	
	5	55	6	66
	A	B	A	B
Men's 100m	Dalo Okiemien	Chris Bramah	Aidan Stoakley	Steve Jones
Men's 200m	Steve Callister	Richard Workman	Aidan Stoakley	Steve Jones
Men's 400m	Chris Bramah	Scott Riley	Robbie Dagnall	David Donkin
Men's 800m	-	-	Richard Farley	Rob Tudor
Men's 1500m	-	-	Chris Goddwin	Dave Alexander
Men's 3000m S/Chase	-	-	Andrew Clague	Tom Booth
Men's 5000m	Ian Salisbury	John Howe	Steve Crowe	Ben Rees
Men's 400m Hurdles	Dalo Okiemien	Josh McHew	Tom Booth	Mike Lyness
Men's 110m Hurdles	-	-	Dave Mckay	John Manning
Men's Hammer	Pawlo Ostapowycz	Derek Martin	Dave Mckay	Andrew Mckay
Men's Pole Vault	-	-	Andy Gore	John Manning
Men's Long Jump	Richard Workman	-	John Manning	Robbie Dagnall
Men's High Jump	Dalo Okiemien	-	Mike Lyness	Michael Bailiff
Men's Discus	Pawlo Ostapowycz	Derek Martin	Dave Mckay	Mke Lyness
Men's Triple Jump	-	-	Mike Lyness	John Manning
Men's Shot Putt	Pawlo Ostapowycz	Derek Martin	Dave Mckay	John Manning
Men's Javelin	Pawlo Ostapowycz	Derek Martin	Dave Mckay	Andy Gore
Men's 4x100m Relay	Richard Workman		Aidan Stoakley	
Men's 4x100m Relay	Dalo Okiemien		Steve Jones	
Men's 4x100m Relay	Steve Callister		Robbie Dagnall	
Men's 4x100m Relay	Chris Bramah		Nick Crawshaw	
Men's 4x400m Relay	Dalo Okiemien		Aidan Stoakley	
Men's 4x400m Relay	Neil Hewson		Dave Donkin	
Men's 4x400m Relay	Ian Salisbury		Robbie Dagnall	
Men's 4x400m Relay	Chris Bramah		Tom Booth	

WOMENS DECLARATIONS	Leigh Harriers & AC		Liverpool Harriers & AC	
	1	11	2	22
	A	B	A	B
Women's 100m	Emma Bilsbury	Tyler Colderley	-	-
Women's 200m	Emma Bilsbury	Tyler Colderley	-	-
Women's 400m	Laura Riches	Georgina Leck	Zoe Woodward	-
Women's 800m	Bethany Jones	Tyler Colderley	Zoe Woodward	-
Women's 1500m	Abigail Howarth	Georgina Leck	Sarah Jackson	-
Women's 3000m	Leanne Sheehy	Elizabeth Lee	Sarah McCribie	Michelle Murphy
Women's 400m Hurdles	Laura Riches	-	-	-
Women's 100m Hurdles	Emma Bilsbury	-	-	-
Women's Hammer	Carla Winstanley	Carla Baines	Jessica Wright	Anne Murphy
Women's Pole Vault			-	-
Women's Long Jump	Laura Riches	Emma Bilsbury	Zoe Woodward	Anne Murphy
Women's High Jump	Bethany Jones	Laura Riches	-	-
Women's Discus	Carla Winstanley	Carla Baines	Zoe Woodward	Jessica Wright
Women's Triple Jump	Laura Riches	-	Zoe Woodward	-
Women's Shot Putt	Carla Winstanley	Carla Baines	Gemma Llewellyn	Jessica Wright
Women's Javelin	Carla Baines	Carla Winstanley	Anne Murphy	Jessica Wright
Women's 4x100m Relay	Tyler Colderley		-	
Women's 4x100m Relay	Emma Bilsbury		-	
Women's 4x100m Relay	Carla Winstanley		-	
Women's 4x100m Relay	Georgina Leck		-	
Women's 4x400m Relay	Abigail Howarth		-	
Women's 4x400m Relay	Bethany Jones		-	
Women's 4x400m Relay	Carla Baines		-	
Women's 4x400m Relay	Laura Riches		-	

WOMENS DECLARATIONS	Liverpool Pembroke Sefton		St. Helens Sutton AC	
	3	33	4	44
	A	B	A	B
Women's 100m	-		Sophie Rigby	Jenny Lamb
Women's 200m	Emma Binns		Jenny Lamb	Tricia Spark
Women's 400m	Emma Binns	-	Josie Barrow	Gemma Connelly
Women's 800m	Emma Binns	Steph Swift	Gemma Connelly	-
Women's 1500m	Kirsty Longley	Rhea Ellis	Gemma Connelly	Jane Ashcroft
Women's 3000m	Steph Swift		Gemma Connelly	Louise Hayes
Women's 400m Hurdles	-	-	Natalie Bannister	Amy Hughes
Women's 100m Hurdles	Rachel Hutchinson	-	Natalie Bannister	Amy Hughes
Women's Hammer	Charlotte Christian	Rachel Hutchinson	Kathryn Sumner	Tricia Spark
Women's Pole Vault	-	-	Emma McClatchey	Josie Barrow
Women's Long Jump	Charlotte Christian	Jess Broady	Sophie Rigby	Louise Hayes
Women's High Jump	Steph Swift	Rachel Hutchinson	Sophie Rigby	Josie Barrow
Women's Discus	Charlotte Christian	Jess Broady	Kathryn Sumner	Amy Hughes
Women's Triple Jump	Rachel Hutchinson	Jess Broady	Emma McClatchey	Amy Hughes
Women's Shot Putt	Charlotte Christian	Jess Broady	Kathryn Sumner	Tricia Spark
Women's Javelin	Charlotte Christian	Rachel Hutchinson	Emma McClatchey	Kathryn Sumner
Women's 4x100m Relay	Rhea Ellis		Sophie Rigby	
Women's 4x100m Relay	Rachel Hutchinson		Jenny Lamb	
Women's 4x100m Relay	Kirsty Longley		Amy Hughes	
Women's 4x100m Relay	Steph Swift		Tricia Spark	
Women's 4x400m Relay	Emma Binns		Gemma Connelly	
Women's 4x400m Relay	Kirsty Longley		Josie Barrow	
Women's 4x400m Relay	Steph Swift		Louise Hayes	
Women's 4x400m Relay	Rhea Ellis		Jenny Lamb	

WOMENS DECLARATIONS	Trafford AC		West Cheshire AC	
	5	55	6	66
	A	B	A	B
Women's 100m	Vicky Garrard	Edwina Ananyu	Bryony Potter	Rachel Treloar
Women's 200m	Edwina Ananyu	Anita Richardson	Shona Valentine	Leah Ferrie
Women's 400m	Nisha Desai	Leanne Brown	Leah Ferrie	Niahm Reilly
Women's 800m	Nykisha Fergusson	-	Lisa Davies	Jane Phillips
Women's 1500m	-	-	-	-
Women's 3000m	Anna Verges	-	-	-
Women's 400m Hurdles	Nisha Desai	-	Gemma Hale	Jenni Potter
Women's 100m Hurdles	Leanne Brown	-	Gemma Hale	Danielle Erskine
Women's Hammer	Rachel Gair	Alice Bramah	Nicola Gore	Emily Clarke
Women's Pole Vault	-	-	Gemma Hale	Niamh Reilly
Women's Long Jump	Jenny Coleman	Leanne Brown	Emily Clarke	Danielle Erskine
Women's High Jump	Alice Bramah	-	Victoria Anderson	Alice Jennings
Women's Discus	Rachel Gair	Alice Bramah	Nicola Gore	Lucinda Bell
Women's Triple Jump	Nisha Desai	Jenny Coleman	Emily Clarke	Victoria Anderson
Women's Shot Putt	Rachel Gair	Alice Bramah	Nicola Gore	Niamh Reilly
Women's Javelin	Leanne Brown	Nisha Desai	Niamh Reilly	Emily Fisher
Women's 4x100m Relay	Edwina Ananyu		Bryony Potter	
Women's 4x100m Relay	Anita Richardson		Shona Valentine	
Women's 4x100m Relay	Leanne Brown		Rachel Treloar	
Women's 4x100m Relay	Vicky Garrard		Danielle Erskine	
Women's 4x400m Relay	Nykisha Fergusson		Shona Valentine	
Women's 4x400m Relay	Leanne Brown		Victoria Anderson	
Women's 4x400m Relay	Anita Richardson		Jenni Potter	
Women's 4x400m Relay	Nisha Desai		Alice Jennings	

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	Number	Competing Clubs	Abbr. Name
1	1	Leigh Harriers & AC	Leigh
2	2	Liverpool Harriers & AC	LPH&AC
3	3	Liverpool Pembroke Sefton	LPS
4	4	St. Helens Sutton AC	StHSAC
5	5	Trafford AC	Traff
6	6	West Cheshire AC	WCAC
7			
8			

LEAGUE	NoEAA Athletics League
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DATE	Saturday, May 01 2010
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AREA/DIVISI	Division 2W
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DIVISION	Match 1
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VENUE	Stanney, Ellesmere Port
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If no 7th team in Cell B16 hit space bar once

If no 8th team in Cell B18 hit space bar once

NoEAA Track & Field League 2008			Home								Home								Home	
Event No	Time	Event	Order of Competition A								Order of Competition B								Starting Heights	League Records
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	(metres)	
1	13:10	Men's 400m Hurdles	1	5	6	4	2	7	8	3	11	55	66	44	22	77	88	33		50.50
2	13:35	Men's 800m	4	3	1	6	5	2	7	8	44	33	11	66	55	22	77	88		01:46.10
3	13:55	Men's 100m	1	5	6	4	2	7	8	3	11	55	66	44	22	77	88	33		10.6
4	15:15	Men's 400m	8	3	5	4	2	6	1	7	88	33	55	44	22	66	11	77		46.7
5	14:05	Men's 3000m S/Chase	6	4	2	7	8	3	1	5	66	44	22	77	88	33	11	55		08:32.7
6	14:55	Men's 110m Hurdles	6	4	2	7	8	3	1	5	66	44	22	77	88	33	11	55		14.4
7	15:55	Men's 200m	4	2	7	8	3	1	5	6	44	22	77	88	33	11	55	66		21.5
8	15:20	Men's 1500m	5	6	4	2	7	8	3	1	55	66	44	22	77	88	33	11		03:42.0
9	16:40	Men's 4x100m Relay	3	1	5	6	4	2	7	8										42.3
10	17:00	Men's 4x400m Relay	4	2	7	8	3	1	5	6										03:13.40
11	11:45	Men's Hammer	7	77	8	88	3	33	5	55	4	44	2	22	6	66	1	11		72.94
12	14:30	Men's Pole Vault	1	11	5	55	6	66	4	44	2	22	7	77	8	88	3	33	2.10	5.30
13	13:00	Men's Long Jump	4	44	2	22	7	77	8	88	3	33	1	11	5	55	6	66		7.6
14	14:00	Men's High Jump	5	55	6	66	4	44	2	22	7	77	8	88	3	33	1	11	1.40	2.20
15	13:40	Men's Discus	4	44	2	22	7	77	8	88	3	33	1	11	5	55	6	66		60.19
16	15:35	Men's Triple Jump	6	66	4	44	2	22	7	77	5	55	3	33	1	11	8	88		17.43
17	14:30	Men's Shot Putt	5	55	6	66	4	44	2	22	7	77	8	88	3	33	1	11		18.86
18	15:20	Men's Javelin	6	66	4	44	2	22	7	77	3	33	1	11	8	88	5	55		74.72
19	14:00	Men's 100m Non Scoring																		10.6
21	16:05	Men's 5000m	7	8	3	1	5	6	4	2	77	88	33	11	55	66	44	22		13:45.80

NoEAA Track & Field League 2008										
Event No	Time	Event	Divisional Records	AAA Grades			League Record Holders			
				AW B	2	3	Athlete	Club	Performance	Year
1	13:10	Men's 400m Hurdles	50.50	63.00	58.00	58.00	Peter Crampton	Spenborough & Dist	50.5s	1995
2	13:35	Men's 800m	01:46.10	02:04.0	02:00.0	02:00.0	Andrew Carter	Stretford AC	01:46.1	1971
3	13:55	Men's 100m	10.6	11.50	11.30	11.30	Chris Tomlinson	Mandale H & AC	10.6s	2001
4	15:15	Men's 400m	46.7	53.00	51.00	51.00	Mark Sesay	Leeds City AC	46.7s	1997
5	14:05	Men's 3000m S/Chase	08:32.7	00:00.0	10:00.0	10:00.0	Denis Coates	Gateshead H & AC	08:32.7	1980
6	14:55	Men's 110m Hurdles	14.4	18.00	16.00	16.00	Kevin Lumsden	Morpeth H & AC	14.4s	1994
7	15:55	Men's 200m	21.50	23.40	23.00	23.00	Stephen Fletcher	Derby & County AC	21.5s	1989
8	15:20	Men's 1500m	03:42.0	20:00.0	04:08.0	04:08.0	Steve Cram	Jarrow & Hebburn AC	03:42.0	1991
9	16:40	Men's 4x100m Relay	42.3	44.00	44.00	44.00	-	Wigan & Dist H	42.3s	1995
10	17:00	Men's 4x400m Relay	03:13.40	03:26.00	03:26.00	03:26.00	-	Wigan & Dist H	03:13.4	1995
11	11:45	Men's Hammer	72.94	26.00	40.00	40.00	David Smith	Hull Spartan AC	72.94m	1988
12	14:30	Men's Pole Vault	5.15	3.00	3.70	3.70	Luke Cutts	City of Sheffield AC	5.3	2008
13	13:00	Men's Long Jump	7.6	5.80	6.50	6.50	Chris Kirk	Wakefield & District	7.60m	2003
14	14:00	Men's High Jump	2.20	1.73	1.90	1.90	Brian Hall	Bolton Utd Harriers	2.20m	2007
15	13:40	Men's Discus	60.19	28.00	35.00	35.00	Carl Myerscough	Blackpool & Fylde AC	60.19m	1998
16	15:35	Men's Triple Jump	17.43	11.80	13.00	13.00	Jonathan Edwards	Gateshead H & AC	17.43m	1991
17	14:30	Men's Shot Putt	18.86	10.00	13.00	13.00	Carl Myerscough	Blackpool & Fylde AC	18.86m	2007
18	15:20	Men's Javelin	74.72	37.00	50.00	50.00	Mick Hill	Leeds City AC	74.72m	2004
19	14:00	Men's 100m Non Scoring	10.6	11.5	11.3	11.3	Chris Tomlinson	Mandale H & AC	10.6s	2001
21	16:05	Men's 5000m	13:45.80	16:45.00	16:30.00	16:30.00	Steve Kenyon	Bolton Utd Harriers	13:45.80	1979

NoEAA Track & Field League 2008						
Event No	Time	Event	Division Record Holders			
			Athlete	Club	Performance	Year
1	13:10	Men's 400m Hurdles	-	-	--	
2	13:35	Men's 800m	-	-	--	
3	13:55	Men's 100m	-	-	--	
4	15:15	Men's 400m	-	-	--	
5	14:05	Men's 3000m S/Chase	-	-	--	
6	14:55	Men's 110m Hurdles	-	-	--	
7	15:55	Men's 200m	-	-	--	
8	15:20	Men's 1500m	-	-	--	
9	16:40	Men's 4x100m Relay	-	-	--	
10	17:00	Men's 4x400m Relay	-	-	--	
11	11:45	Men's Hammer	-	-	--	
12	14:30	Men's Pole Vault	-	-	--	
13	13:00	Men's Long Jump	-	-	--	
14	14:00	Men's High Jump	-	-	--	
15	13:40	Men's Discus	-	-	--	
16	15:35	Men's Triple Jump	-	-	--	
17	14:30	Men's Shot Putt	-	-	--	
18	15:20	Men's Javelin	-	-	--	
19	14:00	Men's 100m Non Scoring	-	-	--	
21	16:05	Men's 5000m	-	-	--	

Saturday, May 01, 2010

Men's 400m Hurdles - A String				Time:	13:10
Lane	Number	Athlete	Club		
1	1	Alex Urmston	Leigh Harriers & AC		
2	5	Dalo Okiemien	Trafford AC		
3	6	Tom Booth	West Cheshire AC		
4	4	Steve Clague	St. Helens Sutton AC		
5	2	-	Liverpool Harriers & AC		
6	7				
7	8				
8	3	Paul Milburn	Liverpool Pembroke Sefton		

Men's 400m Hurdles - B String				Time:	13:10
Lane	Number	Athlete	Club		
1	11	John Taylor	Leigh Harriers & AC		
2	55	Josh McHew	Trafford AC		
3	66	Mike Lyness	West Cheshire AC		
4	44	Peter Johnson	St. Helens Sutton AC		
5	22	-	Liverpool Harriers & AC		
6	77				
7	88				
8	33	Paul Rudkin	Liverpool Pembroke Sefton		
League	1995	Peter Crampton	Spensborough & Dist		50.5s
Division	-	-	-		-

Saturday, May 01, 2010

Men's 800m - A String				Time:	13:35
Lane	Number	Athlete	Club		
1	4	John Ashcroft	St. Helens Sutton AC		
2	3	Toby Loveridge	Liverpool Pembroke Sefton		
3	1	Tom Henders	Leigh Harriers & AC		
4	6	Richard Farley	West Cheshire AC		
5	5	-	Trafford AC		
6	2	James Blackburn	Liverpool Harriers & AC		
7	7				
8	8				

Men's 800m - B String				Time:	13:35
Lane	Number	Athlete	Club		
1	44	Ian Costello	St. Helens Sutton AC		
2	33		Liverpool Pembroke Sefton		
3	11	Liam Moore	Leigh Harriers & AC		
4	66	Rob Tudor	West Cheshire AC		
5	55	-	Trafford AC		
6	22	-	Liverpool Harriers & AC		
7	77				
8	88				
League	1971	Andrew Carter	Stretford AC		01:46.1
Division	-	-	-		-

Saturday, May 01, 2010

Men's 100m - A String				Time:	13:55
Lane	Number	Athlete	Club		
1	1	Callum Morris	Leigh Harriers & AC		
2	5	Dalo Okiemien	Trafford AC		
3	6	Aidan Stoakley	West Cheshire AC		
4	4	Aaron Brooks	St. Helens Sutton AC		
5	2	Phil Ellershaw	Liverpool Harriers & AC		
6	7				
7	8				
8	3	Adam Thompson	Liverpool Pembroke Sefton		

Men's 100m - B String				Time:	13:55
Lane	Number	Athlete	Club		
1	11	Alex Urmston	Leigh Harriers & AC		
2	55	Chris Bramah	Trafford AC		
3	66	Steve Jones	West Cheshire AC		
4	44	Tom Green	St. Helens Sutton AC		
5	22	Joe Crawford	Liverpool Harriers & AC		
6	77				
7	88				
8	33	Stuart Dolman	Liverpool Pembroke Sefton		
League	2001	Chris Tomlinson	Mandale H & AC		10.6s
Division	-	-	-		-

Saturday, May 01, 2010

Men's 400m - A String				Time:	15:15
Lane	Number	Athlete	Club		
1	8				
2	3	Paul Milburn	Liverpool Pembroke Sefton		
3	5	Chris Bramah	Trafford AC		
4	4	Ian Cooney	St. Helens Sutton AC		
5	2	Daniel Yip	Liverpool Harriers & AC		
6	6	Robbie Dagnall	West Cheshire AC		
7	1	Alex Urmston	Leigh Harriers & AC		
8	7				

Men's 400m - B String				Time:	15:15
Lane	Number	Athlete	Club		
1	88				
2	33	Paul Rudkin	Liverpool Pembroke Sefton		
3	55	Scott Riley	Trafford AC		
4	44	Steve Clague	St. Helens Sutton AC		
5	22	-	Liverpool Harriers & AC		
6	66	David Donkin	West Cheshire AC		
7	11	Jordon Orrell	Leigh Harriers & AC		
8	77				
League	1997	Mark Sesay	Leeds City AC		46.7s
Division	-	-	-		-

Saturday, May 01, 2010

Men's 3000m S/Chase			Time:	14:05
Order	Number	Athlete	Club	
1	6	Andrew Clague	West Cheshire AC	
2	4	Steve Clague	St. Helens Sutton AC	
3	2		Liverpool Harriers & AC	
4	7			
5	8			
6	3	Paul Rudkin	Liverpool Pembroke Sefton	
7	1	Tom Henders	Leigh Harriers & AC	
8	5	-	Trafford AC	
9	66	Tom Booth	West Cheshire AC	
10	44	Peter Johnson	St. Helens Sutton AC	
11	22	-	Liverpool Harriers & AC	
12	77			
13	88			
14	33	-	Liverpool Pembroke Sefton	
15	11	Martin Conroy	Leigh Harriers & AC	
16	55	-	Trafford AC	
League	1980	Denis Coates	Gateshead H & AC	08:32.7
Division	-	-	-	-

Saturday, May 01, 2010

Men's 5000m			Time:	16:05
Order	Number	Athlete	Club	
1	7			
2	8			
3	3	Chris Pedder	Liverpool Pembroke Sefton	
4	1	John Howarth	Leigh Harriers & AC	
5	5	Ian Salisbury	Trafford AC	
6	6	Steve Crowe	West Cheshire AC	
7	4	Matt Crehan	St. Helens Sutton AC	
8	2	Richard Burney	Liverpool Harriers & AC	
9	77			
10	88			
11	33	-	Liverpool Pembroke Sefton	
12	11	Mark Gornall	Leigh Harriers & AC	
13	55	John Howe	Trafford AC	
14	66	Ben Rees	West Cheshire AC	
15	44	Andrew Mark Davies	St. Helens Sutton AC	
16	22	Allan Ashton	Liverpool Harriers & AC	
League	1979	Steve Kenyon	Bolton Utd Harriers	13:45.8
Division	-	-	-	-

Saturday, May 01, 2010

Men's 110m Hurdles - A String				Time:	14:55
Lane	Number	Athlete	Club		
1	6	Dave Mckay	West Cheshire AC		
2	4	-	St. Helens Sutton AC		
3	2	Phil Ellershaw	Liverpool Harriers & AC		
4	7				
5	8				
6	3	Paul Milburn	Liverpool Pembroke Sefton		
7	1	Duncan McCarrick	Leigh Harriers & AC		
8	5	-	Trafford AC		

Men's 110m Hurdles - B String				Time:	14:55
Lane	Number	Athlete	Club		
1	66	John Manning	West Cheshire AC		
2	44	-	St. Helens Sutton AC		
3	22	-	Liverpool Harriers & AC		
4	77				
5	88				
6	33	Paul Rudkin	Liverpool Pembroke Sefton		
7	11	John Indriks	Leigh Harriers & AC		
8	55	-	Trafford AC		
League	1994	Kevin Lumsden	Morpeth H & AC		14.4s
Division	-	-	-		-

Saturday, May 01, 2010

Men's 200m - A String				Time:	15:55
Lane	Number	Athlete	Club		
1	4	Aaron Brooks	St. Helens Sutton AC		
2	2	Shawn James	Liverpool Harriers & AC		
3	7				
4	8				
5	3	Adam Thompson	Liverpool Pembroke Sefton		
6	1	Callum Morris	Leigh Harriers & AC		
7	5	Steve Callister	Trafford AC		
8	6	Aidan Stoakley	West Cheshire AC		

Men's 200m - B String				Time:	15:55
Lane	Number	Athlete	Club		
1	44	Tom Green	St. Helens Sutton AC		
2	22	Joe Crawford	Liverpool Harriers & AC		
3	77				
4	88				
5	33	Stuart Dolman	Liverpool Pembroke Sefton		
6	11	Jordon Orrell	Leigh Harriers & AC		
7	55	Richard Workman	Trafford AC		
8	66	Steve Jones	West Cheshire AC		
League	1989	Stephen Fletcher	Derby & County AC		21.5s
Division	-	-	-		-

Saturday, May 01, 2010

Men's 1500m - A String				Time:	15:20
Lane	Number	Athlete	Club		
1	5	-	Trafford AC		
2	6	Chris Goddwin	West Cheshire AC		
3	4	Tom Griffiths	St. Helens Sutton AC		
4	2		Liverpool Harriers & AC		
5	7				
6	8				
7	3	Jai Vernon McGuigan	Liverpool Pembroke Sefton		
8	1	Ryan Moore	Leigh Harriers & AC		

Men's 1500m - B String				Time:	15:20
Lane	Number	Athlete	Club		
1	55	-	Trafford AC		
2	66	Dave Alexander	West Cheshire AC		
3	44	Ian Costello	St. Helens Sutton AC		
4	22	-	Liverpool Harriers & AC		
5	77				
6	88				
7	33	Mike Bride	Liverpool Pembroke Sefton		
8	11	John Indriks	Leigh Harriers & AC		
League	1991	Steve Cram	Jarrow & Hebburn AC		03:42.0
Division	-	-	-		-

Saturday, May 01, 2010

Women's 400m Hurdles - A String				Time:	13:00
Lane	Number	Athlete	Club		
1	1	Laura Riches	Leigh Harriers & AC		
2	5	Nisha Desai	Trafford AC		
3	6	Gemma Hale	West Cheshire AC		
4	4	Natalie Bannister	St. Helens Sutton AC		
5	2	-	Liverpool Harriers & AC		
6	7				
7	8				
8	3	-	Liverpool Pembroke Sefton		

Women's 400m Hurdles - B String				Time:	13:00
Lane	Number	Athlete	Club		
1	11	-	Leigh Harriers & AC		
2	55	-	Trafford AC		
3	66	Jenni Potter	West Cheshire AC		
4	44	Amy Hughes	St. Helens Sutton AC		
5	22	-	Liverpool Harriers & AC		
6	77				
7	88				
8	33	-	Liverpool Pembroke Sefton		
League	1987	V Boden	Hallamshire		58.80s
Division	-	-	-		-

Saturday, May 01, 2010

Women's 800m - A String				Time:	13:25
Lane	Number	Athlete	Club		
1	4	Gemma Connelly	St. Helens Sutton AC		
2	3	Emma Binns	Liverpool Pembroke Sefton		
3	1	Bethany Jones	Leigh Harriers & AC		
4	6	Lisa Davies	West Cheshire AC		
5	5	Nykisha Fergusson	Trafford AC		
6	2	Zoe Woodward	Liverpool Harriers & AC		
7	7				
8	8				

Women's 800m - B String				Time:	13:25
Lane	Number	Athlete	Club		
1	44	-	St. Helens Sutton AC		
2	33	Steph Swift	Liverpool Pembroke Sefton		
3	11	Tyler Colderley	Leigh Harriers & AC		
4	66	Jane Phillips	West Cheshire AC		
5	55	-	Trafford AC		
6	22	-	Liverpool Harriers & AC		
7	77				
8	88				
League	1988	C Cahill	Gateshead H & AC		02:04.3
Division	-	-	-		-

Saturday, May 01, 2010

Women's 100m - A String				Time:	13:45
Lane	Number	Athlete	Club		
1	1	Emma Bilsbury	Leigh Harriers & AC		
2	5	Vicky Garrard	Trafford AC		
3	6	Bryony Potter	West Cheshire AC		
4	4	Sophie Rigby	St. Helens Sutton AC		
5	2	-	Liverpool Harriers & AC		
6	7				
7	8				
8	3		Liverpool Pembroke Sefton		

Women's 100m - B String				Time:	13:45
Lane	Number	Athlete	Club		
1	11	Tyler Colderley	Leigh Harriers & AC		
2	55	Edwina Ananyu	Trafford AC		
3	66	Rachel Treloar	West Cheshire AC		
4	44	Jenny Lamb	St. Helens Sutton AC		
5	22	-	Liverpool Harriers & AC		
6	77				
7	88				
8	33	-	Liverpool Pembroke Sefton		
League	1998/91	L Stuart	Middlesbrough		11.6s
Division	-	-	-		-

Saturday, May 01, 2010

Women's 400m - A String				Time:	15:05
Lane	Number	Athlete	Club		
1	8				
2	3	Emma Binns	Liverpool Pembroke Sefton		
3	5	Nisha Desai	Trafford AC		
4	4	Josie Barrow	St. Helens Sutton AC		
5	2	Zoe Woodward	Liverpool Harriers & AC		
6	6	Leah Ferrie	West Cheshire AC		
7	1	Laura Riches	Leigh Harriers & AC		
8	7				

Women's 400m - B String				Time:	15:05
Lane	Number	Athlete	Club		
1	88				
2	33	-	Liverpool Pembroke Sefton		
3	55	Leanne Brown	Trafford AC		
4	44	Gemma Connelly	St. Helens Sutton AC		
5	22	-	Liverpool Harriers & AC		
6	66	Niahm Reilly	West Cheshire AC		
7	11	Georgina Leck	Leigh Harriers & AC		
8	77				
League	1976/80	Joselyn Hoyte-Smith	Dorothy Hyman Track Club		53.7s
Division	-	-	-		-

Saturday, May 01, 2010

Women's 1500m S/Chase			Time:	16:05
Order	Number	Athlete	Club	
1	6	-	West Cheshire AC	
2	4	-	St. Helens Sutton AC	
3	2	-	Liverpool Harriers & AC	
4	7			
5	8			
6	3	-	Liverpool Pembroke Sefton	
7	1	-	Leigh Harriers & AC	
8	5	-	Trafford AC	
9	66	-	West Cheshire AC	
10	44	-	St. Helens Sutton AC	
11	22	-	Liverpool Harriers & AC	
12	77			
13	88			
14	33	-	Liverpool Pembroke Sefton	
15	11	-	Leigh Harriers & AC	
16	55	-	Trafford AC	
League	-	-	-	-
Division	-	-	-	-

Saturday, May 01, 2010

Women's 3000m			Time:	14:35
Order	Number	Athlete	Club	
1	7			
2	8			
3	3	Steph Swift	Liverpool Pembroke Sefton	
4	1	Leanne Sheehy	Leigh Harriers & AC	
5	5	Anna Verges	Trafford AC	
6	6	-	West Cheshire AC	
7	4	Gemma Connelly	St. Helens Sutton AC	
8	2	Sarah McCribie	Liverpool Harriers & AC	
9	77			
10	88			
11	33		Liverpool Pembroke Sefton	
12	11	Elizabeth Lee	Leigh Harriers & AC	
13	55	-	Trafford AC	
14	66	-	West Cheshire AC	
15	44	Louise Hayes	St. Helens Sutton AC	
16	22	Michelle Murphy	Liverpool Harriers & AC	
League	1990	A Hulley	Leeds City AC	09:25.0
Division	-	-	-	-

Saturday, May 01, 2010

Women's 100m Hurdles - A String				Time:	14:25
Lane	Number	Athlete	Club		
1	6	Gemma Hale	West Cheshire AC		
2	4	Natalie Bannister	St. Helens Sutton AC		
3	2	-	Liverpool Harriers & AC		
4	7				
5	8				
6	3	Rachel Hutchinson	Liverpool Pembroke Sefton		
7	1	Emma Bilsbury	Leigh Harriers & AC		
8	5	Leanne Brown	Trafford AC		

Women's 100m Hurdles - B String				Time:	14:25
Lane	Number	Athlete	Club		
1	66	Danielle Erskine	West Cheshire AC		
2	44	Amy Hughes	St. Helens Sutton AC		
3	22	-	Liverpool Harriers & AC		
4	77				
5	88				
6	33	-	Liverpool Pembroke Sefton		
7	11	-	Leigh Harriers & AC		
8	55	-	Trafford AC		
League	1985	H Platt	Warrington AC		12.5s
Division	-	-	-		-

Saturday, May 01, 2010

Women's 200m - A String				Time:	15:45
Lane	Number	Athlete	Club		
1	4	Jenny Lamb	St. Helens Sutton AC		
2	2	-	Liverpool Harriers & AC		
3	7				
4	8				
5	3	Emma Binns	Liverpool Pembroke Sefton		
6	1	Emma Bilsbury	Leigh Harriers & AC		
7	5	Edwina Ananyu	Trafford AC		
8	6	Shona Valentine	West Cheshire AC		

Women's 200m - B String				Time:	15:45
Lane	Number	Athlete	Club		
1	44	Tricia Spark	St. Helens Sutton AC		
2	22	-	Liverpool Harriers & AC		
3	77				
4	88				
5	33		Liverpool Pembroke Sefton		
6	11	Tyler Colderley	Leigh Harriers & AC		
7	55	Anita Richardson	Trafford AC		
8	66	Leah Ferrie	West Cheshire AC		
League	1991	L Stuart	Middlesbrough		23.3s
Division	-	-	-		-

Saturday, May 01, 2010

Women's 1500m - A String				Time:	15:35
Lane	Number	Athlete	Club		
1	5	-	Trafford AC		
2	6	-	West Cheshire AC		
3	4	Gemma Connelly	St. Helens Sutton AC		
4	2	Sarah Jackson	Liverpool Harriers & AC		
5	7				
6	8				
7	3	Kirsty Longley	Liverpool Pembroke Sefton		
8	1	Abigail Howarth	Leigh Harriers & AC		

Women's 1500m - B String				Time:	15:35
Lane	Number	Athlete	Club		
1	55	-	Trafford AC		
2	66	-	West Cheshire AC		
3	44	Jane Ashcroft	St. Helens Sutton AC		
4	22	-	Liverpool Harriers & AC		
5	77				
6	88				
7	33	Rhea Ellis	Liverpool Pembroke Sefton		
8	11	Georgina Leck	Leigh Harriers & AC		
League	1987	J Scott	Darlington		04:07.6
Division	-	-	-		-

Division 2W Match 1 - Stanney, Ellesmere Port

###

Men's 4x100m Relay				Time:	16:40
Lane	No.	Club	Athlete		
1	3	Liverpool Pembroke Sefton	-		
			-		
			-		
			-		
2	1	Leigh Harriers & AC	Alex Urmston		
			Liam Moore		
			Duncan McCarrick		
			Callum Morris		
3	5	Trafford AC	Richard Workman		
			Dalo Okiemien		
			Steve Callister		
			Chris Bramah		
4	6	West Cheshire AC	Aidan Stoakley		
			Steve Jones		
			Robbie Dagnall		
			Nick Crawshaw		
5	4	St. Helens Sutton AC	Tom Green		
			Ian Cooney		
			Aaron Brooks		
			michael Causer		
6	2	Liverpool Harriers & AC	Richard Burney		
			Shawn James		
			Allan Ashton		
			Joe Crawford		
7	7				
8	8				
League	1995	-	Wigan & Dist H		42.3s
Division	-	-	-		-

Division 2W Match 1 - Stanney, Ellesmere Port

###

Men's 4x400m Relay			Time:	17:00
Lane	No.	Club	Athlete	
1	4	St. Helens Sutton AC	Ian Cooney	
			John Ashcroft	
			Steve Clague	
			Tom Green	
2	2	Liverpool Harriers & AC	Shawn James	
			Allan Ashton	
			Joe Crawford	
			Richard Burney	
3	7			
4	8			
5	3	Liverpool Pembroke Sefton	-	
			-	
			-	
			-	
6	1	Leigh Harriers & AC	Alex Urmston	
			John Indriks	
			Duncan McCarrick	
			Darren Smith	
7	5	Trafford AC	Dalo Okiemien	
			Neil Hewson	
			Ian Salisbury	
			Chris Bramah	
8	6	West Cheshire AC	Aidan Stoakley	
			Dave Donkin	
			Robbie Dagnall	
			Tom Booth	
League	1995	-	Wigan & Dist H	03:13.4
Division	-	-	-	-

Division 2W Match 1 - Stanney, Ellesmere Port

###

Women's 4x100m Relay				Time:	16:30
Lane	No.	Club	Athlete		
1	3	Liverpool Pembroke Sefton	Rhea Ellis		
			Rachel Hutchinson		
			Kirsty Longley		
			Steph Swift		
2	1	Leigh Harriers & AC	Tyler Colderley		
			Emma Bilsbury		
			Carla Winstanley		
			Georgina Leck		
3	5	Trafford AC	Edwina Ananyu		
			Anita Richardson		
			Leanne Brown		
			Vicky Garrard		
4	6	West Cheshire AC	Bryony Potter		
			Shona Valentine		
			Rachel Treloar		
			Danielle Erskine		
5	4	St. Helens Sutton AC	Sophie Rigby		
			Jenny Lamb		
			Amy Hughes		
			Tricia Spark		
6	2	Liverpool Harriers & AC	-		
			-		
			-		
			-		
7	7				
8	8				
League	1994	-	Rotherham H & AC		48.2s
Division	-	-	-		-

Division 2W Match 1 - Stanney, Ellesmere Port

###

Women's 4x400m Relay				Time:	16:50
Lane	No.	Club	Athlete		
1	4	St. Helens Sutton AC	Gemma Connelly		
			Josie Barrow		
			Louise Hayes		
			Jenny Lamb		
2	2	Liverpool Harriers & AC	-		
			-		
			-		
			-		
3	7				
4	8				
5	3	Liverpool Pembroke Sefton	Emma Binns		
			Kirsty Longley		
			Steph Swift		
			Rhea Ellis		
6	1	Leigh Harriers & AC	Abigail Howarth		
			Bethany Jones		
			Carla Baines		
			Laura Riches		
7	5	Trafford AC	Nykisha Fergusson		
			Leanne Brown		
			Anita Richardson		
			Nisha Desai		
8	6	West Cheshire AC	Shona Valentine		
			Victoria Anderson		
			Jenni Potter		
			Alice Jennings		
League	1987	-	Wigan		03:52.0
Division	-	-	-		-

Home

Division 2W Match 1 Stanney, Ellesmere Port

Men's 1500m

Perf

1	1	Ryan Moore	Leigh Harriers & AC	04:13.0
2	33	Mike Bride	Liverpool Pembroke Sefton	04:13.6
3	4	Tom Griffiths	St. Helens Sutton AC	04:15.6
4	3	Jai Vernon McGuigan	Liverpool Pembroke Sefton	04:17.4
5	66	Dave Alexander	West Cheshire AC	04:26.9
6	44	Ian Costello	St. Helens Sutton AC	04:27.9
7	6	Chris Goddwin	West Cheshire AC	04:36.2
8	11	John Indriks	Leigh Harriers & AC	04:41.0
9	-	-	-	-
10	-	-	-	-
11	-	-	-	-
12	-	-	-	-
13	-	-	-	-
14	-	-	-	-
15	-	-	-	-
16	-	-	-	-

0

1	1	Ryan Moore	Leigh Harriers & AC	04:13.00
2	33	Mike Bride	Liverpool Pembroke Sefton	04:13.60
3	4	Tom Griffiths	St. Helens Sutton AC	04:15.60
4	66	Dave Alexander	West Cheshire AC	04:26.90
5	0	-	-	00:00.00
6	0	-	-	00:00.00
7	0	-	-	00:00.00
8	0	-	-	00:00.00

1	3	Jai Vernon McGuigan	Liverpool Pembroke Sefton	04:17.40
2	44	Ian Costello	St. Helens Sutton AC	04:27.90
3	6	Chris Goddwin	West Cheshire AC	04:36.20
4	11	John Indriks	Leigh Harriers & AC	04:41.00
5	0	-	-	00:00.00
6	0	-	-	00:00.00
7	0	-	-	00:00.00
8	0	-	-	00:00.00

1500

Home

Division 2W Match 1 Stanney, Ellesmere Port

	Men's 3000m S/Chase			Perf
1	6	Andrew Clague	West Cheshire AC	10:57.7
2	4	Steve Clague	St. Helens Sutton AC	11:27.2
3	1	Tom Henders	Leigh Harriers & AC	11:56.5
4	66	Tom Booth	West Cheshire AC	12:01.2
5	44	Peter Johnson	St. Helens Sutton AC	13:48.3
6	3	Paul Rudkin	Liverpool Pembroke Sefton	14:19.2
7	-	-	-	-
8	-	-	-	-
9	-	-	-	-
10	-	-	-	-
11	-	-	-	-
12	-	-	-	-
13	-	-	-	-
14	-	-	-	-
15	-	-	-	-
16	-	-	-	-

0

1	6	Andrew Clague	West Cheshire AC	10:57.70
2	4	Steve Clague	St. Helens Sutton AC	11:27.20
3	1	Tom Henders	Leigh Harriers & AC	11:56.50
4	3	Paul Rudkin	Liverpool Pembroke Sefton	14:19.20
5	0	-	-	00:00.00
6	0	-	-	00:00.00
7	0	-	-	00:00.00
8	0	-	-	00:00.00

1	66	Tom Booth	West Cheshire AC	12:01.20
2	44	Peter Johnson	St. Helens Sutton AC	13:48.30
3	0	-	-	00:00.00
4	0	-	-	00:00.00
5	0	-	-	00:00.00
6	0	-	-	00:00.00
7	0	-	-	00:00.00
8	0	-	-	00:00.00

3KSc

Home

Division 2W Match 1 Stanney, Ellesmere Port

	Men's 5000m			Perf
1	5	Ian Salisbury	Trafford AC	15:18.2
2	2	Richard Burney	Liverpool Harriers & AC	15:20.2
3	4	Matt Crehan	St. Helens Sutton AC	15:49.2
4	6	Steve Crowe	West Cheshire AC	15:56.3
5	55	John Howe	Trafford AC	16:07.7
6	22	Allan Ashton	Liverpool Harriers & AC	16:17.4
7	1	John Howarth	Leigh Harriers & AC	17:32.9
8	66	Ben Rees	West Cheshire AC	17:41.1
9	3	Chris Pedder	Liverpool Pembroke Sefton	17:54.7
10	44	Andrew Mark Davies	St. Helens Sutton AC	18:05.9
11	11	Mark Gornall	Leigh Harriers & AC	20:00.8
12	-	-	-	-
13	-	-	-	-
14	-	-	-	-
15	-	-	-	-
16	-	-	-	-

0

1	5	Ian Salisbury	Trafford AC	15:18.20
2	2	Richard Burney	Liverpool Harriers & AC	15:20.20
3	4	Matt Crehan	St. Helens Sutton AC	15:49.20
4	6	Steve Crowe	West Cheshire AC	15:56.30
5	1	John Howarth	Leigh Harriers & AC	17:32.90
6	3	Chris Pedder	Liverpool Pembroke Sefton	17:54.70
7	0	-	-	00:00.00
8	0	-	-	00:00.00

1	55	John Howe	Trafford AC	16:07.70
2	22	Allan Ashton	Liverpool Harriers & AC	16:17.40
3	66	Ben Rees	West Cheshire AC	17:41.10
4	44	Andrew Mark Davies	St. Helens Sutton AC	18:05.90
5	11	Mark Gornall	Leigh Harriers & AC	20:00.80
6	0	-	-	00:00.00
7	0	-	-	00:00.00
8	0	-	-	00:00.00

5000

Home

Division 2W Match 1 Stanney, Ellesmere Port

Women's 1500m				Perf
1	3	Kirsty Longley	Liverpool Pembroke Sefton	04:47.8
2	4	Gemma Connelly	St. Helens Sutton AC	04:50.2
3	33	Rhea Ellis	Liverpool Pembroke Sefton	04:57.0
4	1	Abigail Howarth	Leigh Harriers & AC	04:58.4
5	11	Georgina Leck	Leigh Harriers & AC	05:04.4
6	2	Sarah Jackson	Liverpool Harriers & AC	05:46.6
7	44	Jane Ashcroft	St. Helens Sutton AC	07:12.8
8	-	-	-	-
9	-	-	-	-
10	-	-	-	-
11	-	-	-	-
12	-	-	-	-
13	-	-	-	-
14	-	-	-	-
15	-	-	-	-
16	-	-	-	-

0

1	3	Kirsty Longley	Liverpool Pembroke Sefton	04:47.80
2	4	Gemma Connelly	St. Helens Sutton AC	04:50.20
3	1	Abigail Howarth	Leigh Harriers & AC	04:58.40
4	2	Sarah Jackson	Liverpool Harriers & AC	05:46.60
5	0	-	-	00:00.00
6	0	-	-	00:00.00
7	0	-	-	00:00.00
8	0	-	-	00:00.00

1	33	Rhea Ellis	Liverpool Pembroke Sefton	04:57.00
2	11	Georgina Leck	Leigh Harriers & AC	05:04.40
3	44	Jane Ashcroft	St. Helens Sutton AC	07:12.80
4	0	-	-	00:00.00
5	0	-	-	00:00.00
6	0	-	-	00:00.00
7	0	-	-	00:00.00
8	0	-	-	00:00.00

1500

Home

Division 2W Match 1 Stanney, Ellesmere Port

Women's 3000m				Perf
1	4	Gemma Connelly	St. Helens Sutton AC	10:37.7
2	1	Leanne Sheehy	Leigh Harriers & AC	10:50.7
3	2	Sarah McCribie	Liverpool Harriers & AC	11:08.0
4	5	Anna Verges	Trafford AC	11:09.7
5	22	Michelle Murphy	Liverpool Harriers & AC	11:10.4
6	11	Elizabeth Lee	Leigh Harriers & AC	11:27.8
7	3	Steph Swift	Liverpool Pembroke Sefton	12:58.3
8	44	Louise Hayes	St. Helens Sutton AC	14:16.1
9	-	-	-	-
10	-	-	-	-
11	-	-	-	-
12	-	-	-	-
13	-	-	-	-
14	-	-	-	-
15	-	-	-	-
16	-	-	-	-

0

1	4	Gemma Connelly	St. Helens Sutton AC	10:37.70
2	1	Leanne Sheehy	Leigh Harriers & AC	10:50.70
3	2	Sarah McCribie	Liverpool Harriers & AC	11:08.00
4	5	Anna Verges	Trafford AC	11:09.70
5	3	Steph Swift	Liverpool Pembroke Sefton	12:58.30
6	0	-	-	00:00.00
7	0	-	-	00:00.00
8	0	-	-	00:00.00

1	22	Michelle Murphy	Liverpool Harriers & AC	11:10.40
2	11	Elizabeth Lee	Leigh Harriers & AC	11:27.80
3	44	Louise Hayes	St. Helens Sutton AC	14:16.10
4	0	-	-	00:00.00
5	0	-	-	00:00.00
6	0	-	-	00:00.00
7	0	-	-	00:00.00
8	0	-	-	00:00.00

3000