

Division 4E Match 4 - Whitley Bay

				Perf	Recorc	Wind	AW	6 August 2016					
				Wind=									
Men's 100m A								Men's 100m B					
1	2	Ben Todd	Chester le Street/Darlington	11.4			☑	1	11	Jack Lillistone	Blaydon/Elswick	11.8	
2	1	Ryan Herdman	Blaydon/Elswick	11.9				2	22	Curtis Metcalfe	Chester le Street/Darlington	11.9	
3	6	Adam Walker	Richmond & Zetland AC	12.0				3	44	Jack Bittlestone	Houghton AC	12.3	
4	4	Thomas Bowdon	Houghton AC	12.9				4	66	Karl Murray	Richmond & Zetland AC	12.6	
5	5	Dan Wright	Middlesbrough & Cleveland Ha	13.6				5	55	Chris Rumsey	Middlesbrough & Cleveland Ha	14.0	
6	3	Alexander John Moore	Heaton Harriers	14.5				6	77	Christopher Bartlett	Tyne Bridge Harriers	14.3	
7	7	Tyrone Murphy	Tyne Bridge Harriers	14.7				7	33	Keith Hadden	Heaton Harriers	15.9	
8								8					
Men's 200m A								Men's 200m B					
1	2	Jason Rumley	Chester le Street/Darlington	24.1				1	22	Luke Stockdale	Chester le Street/Darlington	24.3	
2	1	Jack Lillistone	Blaydon/Elswick	24.5				2	11	Matthew Cant	Blaydon/Elswick	25.3	
3	4	Jack Bittlestone	Houghton AC	25.0				3	44	Philip McCluskey	Houghton AC	26.2	
4	6	Mike Major	Richmond & Zetland AC	25.4				4	66	Luke Hack	Richmond & Zetland AC	26.8	
5	5	Greg Jayasuriya	Middlesbrough & Cleveland Ha	25.8				5	55	Dan Wright	Middlesbrough & Cleveland Ha	29.3	
6	3	Mark Banks	Heaton Harriers	29.5				6	77	Christopher Bartlett	Tyne Bridge Harriers	29.7	
7	7	Tyrone Murphy	Tyne Bridge Harriers	30.1				7	33	Keith Hadden	Heaton Harriers	32.9	
8								8					
Men's 400m A							☑	Men's 400m B					
1	1	Liam Reveley	Blaydon/Elswick	52.8				1	11	Matthew Cant	Blaydon/Elswick	55.7	
2	5	Greg Jayasuriya	Middlesbrough & Cleveland Ha	53.3				2	66	Aaron Auton	Richmond & Zetland AC	59.9	
3	6	Mike Major	Richmond & Zetland AC	55.0				3	22	Mark Talin	Chester le Street/Darlington	63.7	
4	3	Mark Banks	Heaton Harriers	55.7				4	55	Dan Wright	Middlesbrough & Cleveland Ha	65.2	
5	4	Ben Mitchell	Houghton AC	55.9				5	77	Tyrone Murphy	Tyne Bridge Harriers	65.5	
6	2	Owen McArdle	Chester le Street/Darlington	56.2				6	33	Keith Hadden	Heaton Harriers	70.2	
7	7	Alex Black	Tyne Bridge Harriers	59.6				7	44	Dominic Ellis	Houghton AC	73.5	
8								8					
Men's 800m A								Men's 800m B					
1	5	Greg Jayasuriya	Middlesbrough & Cleveland Ha	1.59.0				1	66	James Greer	Richmond & Zetland AC	2.09.4	
2	6	Mike Major	Richmond & Zetland AC	2.02.2				2	55	Chris Rumsey	Middlesbrough & Cleveland Ha	2.12.4	
3	3	Mark Banks	Heaton Harriers	2.08.2				3	44	Adam Middleton	Houghton AC	2.15.0	
4	2	Ryan Arthur	Chester le Street/Darlington	2.10.7				4	22	Paul Helliwell	Chester le Street/Darlington	2.16.2	
5	4	Lee Dover	Houghton AC	2.11.3				5	33	Alexander John Moore	Heaton Harriers	2.20.6	
6	1	Paul Robinson	Blaydon/Elswick	2.22.3				6	11	Chris Pearce	Blaydon/Elswick	2.30.3	
7	7	Tyrone Murphy	Tyne Bridge Harriers	2.30.6				7	77	Rob Savage	Tyne Bridge Harriers	3.27.2	
8								8					
Men's 1500m A								Men's 1500m B					
1	2	Max Harris	Chester le Street/Darlington	4.28.0				1	6	Dave Hack	Richmond & Zetland AC	4.38.7	
2	66	Luke Hack	Richmond & Zetland AC	4.29.6				2	22	Paul Helliwell	Chester le Street/Darlington	4.49.0	
3	4	Ryan Clark	Houghton AC	4.36.6				3	11	Scott Brady	Blaydon/Elswick	4.53.9	
4	1	Paul Robinson	Blaydon/Elswick	4.53.2				4	77	Edwin Wong	Tyne Bridge Harriers	5.13.3	
5	7	Adrian Hall	Tyne Bridge Harriers	4.55.1				5	33	James Green	Heaton Harriers	5.32.8	
6	3	Alexander John Moore	Heaton Harriers	5.09.6				6	44	Dominic Ellis	Houghton AC	6.22.6	
7	5	Dan Wright	Middlesbrough & Cleveland Ha	5.39.1				7					
8								8					
Men's 3000m S/Chase A								Men's 3000m S/Chase B					
1	6	Rob Scott	Richmond & Zetland AC	10.37.4				1	7	David Moir	Tyne Bridge Harriers	11.15.3	
2	77	Alex Black	Tyne Bridge Harriers	10.47.7				2	66	Aaron Auton	Richmond & Zetland AC	12.38.0	
3	3	Lucas Longman	Heaton Harriers	10.54.6				3	33	Danny Routledge	Heaton Harriers	13.48.1	
4	4	Ryan Clark	Houghton AC	11.32.9				4	44	Dominic Ellis	Houghton AC	14.21.4	
5	2	Andrew Cruddas	Chester le Street/Darlington	16.12.3				5					
6								6					
7								7					
8								8					

Division 4E Match 4 - Whitley Bay

6 August 2016

Men's 5000m A

Men's 5000m B

	Perf	Record	Wind	AW
1	1	Tadele Geremew	Blaydon/Elswick	15.29.4
2	7	James Dunce	Tyne Bridge Harriers	15.31.4
3	5	Chris Rumsey	Middlesbrough & Cleveland Ha	16.35.7
4	4	Lee Dover	Houghton AC	16.57.8
5	66	Dave Hack	Richmond & Zetland AC	17.52.7
6	3	Mark Banks	Heaton Harriers	20.30.4
7	2	Ryan Arthur	Chester le Street/Darlington	20.51.5
8				

	Perf	Wind	AW	
1	77	Nick Joyce	Tyne Bridge Harriers	17.46.8
2	6	Joe Staddon	Richmond & Zetland AC	18.02.0
3	44	Steven Johnson	Houghton AC	18.44.7
4	11	Rob Emson	Blaydon/Elswick	20.54.2
5	33	Paramjeet Bogal	Heaton Harriers	22.51.3
6				
7				
8				

Men's 400m Hurdles A

Men's 400m Hurdles B

1	6	Karl Murray	Richmond & Zetland AC	65.7
2	1	Ryan Herdman	Blaydon/Elswick	70.1
3	4	Thomas Bowdon	Houghton AC	71.0
4	3	Lucas Longman	Heaton Harriers	74.7
5	5	Chris Rumsey	Middlesbrough & Cleveland Ha	75.1
6	2	Russell Bewick	Chester le Street/Darlington	78.8
7	7	Edwin Wong	Tyne Bridge Harriers	79.6
8				

1	44	Luke Carroll	Houghton AC	70.2
2	22	David Harris	Chester le Street/Darlington	71.8
3	66	Ryan Inglis	Richmond & Zetland AC	79.3
4	77	David Moir	Tyne Bridge Harriers	82.1
5	33	Thomas Green	Heaton Harriers	86.9
6				
7				
8				

Men's 110m Hurdles A

Men's 110m Hurdles B

	Perf	Record	Wind=	AW
1	6	Karl Murray	Richmond & Zetland AC	20.7
2	66	Ryan Canizo	Richmond & Zetland AC	25.7
3	2	David Harris	Chester le Street/Darlington	27.2
4				
5				
6				
7				
8				

	Perf	Record	Wind=	AW
1				
2				
3				
4				
5				
6				
7				
8				

Men's Hammer A

Men's Hammer B

1	6	Ryan Inglis	Richmond & Zetland AC	37.59	<input checked="" type="checkbox"/>
2	4	Geoff Fenwick	Houghton AC	23.96	
3	5	Paul Young	Middlesbrough & Cleveland Ha	22.39	
4	7	Kirk Connor	Tyne Bridge Harriers	20.15	
5	2	Andrew Cruddas	Chester le Street/Darlington	17.87	
6	1	Steve Wilkins	Blaydon/Elswick	17.41	
7	33	Danny Routledge	Heaton Harriers	14.08	
8					

1	44	Dominic Ellis	Houghton AC	16.54	
2	66	Mark Fletcher	Richmond & Zetland AC	14.25	
3	77	Rob Savage	Tyne Bridge Harriers	11.98	
4	3	George Routledge	Heaton Harriers	9.46	
5	22	Jason Rumley	Chester le Street/Darlington	5.34	
6					
7					
8					

Men's Discus A

Men's Discus B

1	6	Ryan Inglis	Richmond & Zetland AC	34.42	<input checked="" type="checkbox"/>
2	44	Ben Mitchell	Houghton AC	31.62	<input checked="" type="checkbox"/>
3	5	Paul Young	Middlesbrough & Cleveland Ha	27.25	
4	22	Ian Morris	Chester le Street/Darlington	20.65	
5	1	Steve Wilkins	Blaydon/Elswick	17.96	
6	3	Paramjeet Bogal	Heaton Harriers	17.88	
7	7	Kirk Connor	Tyne Bridge Harriers	15.87	
8					

1	4	Ian Cowell	Houghton AC	20.36	
2	2	Andrew Cruddas	Chester le Street/Darlington	16.53	
3	11	Scott Brady	Blaydon/Elswick	16.35	
4	77	Christopher Bartlett	Tyne Bridge Harriers	15.11	
5	66	Mark Fletcher	Richmond & Zetland AC	14.95	
6	33	George Routledge	Heaton Harriers	12.15	
7					
8					

Men's Javelin A

Men's Javelin B

1	1	Liam Reveley	Blaydon/Elswick	37.62	<input checked="" type="checkbox"/>
2	66	Ryan Inglis	Richmond & Zetland AC	30.11	
3	77	Asari Rashid	Tyne Bridge Harriers	30.07	
4	3	Paramjeet Bogal	Heaton Harriers	26.72	
5	5	Paul Young	Middlesbrough & Cleveland Ha	24.66	
6	2	Ben Todd	Chester le Street/Darlington	24.33	
7	4	Philip McCluskey	Houghton AC	24.15	
8					

1	6	Ryan Greer	Richmond & Zetland AC	24.15	
2	44	Adam Page	Houghton AC	23.52	
3	22	Ian Morris	Chester le Street/Darlington	20.86	
4	11	Micky Shore	Blaydon/Elswick	18.90	
5	55	Chris Rumsey	Middlesbrough & Cleveland Ha	13.38	
6	33	George Routledge	Heaton Harriers	13.05	
7					
8					

Division 4E Match 4 - Whitley Bay

				Perf	Record	Wind	AW	6 August 2016				
				Perf	Record	Wind	AW	Perf	Wind	AW		
Men's Shot Putt A				Men's Shot Putt B								
1	6	Ryan Inglis	Richmond & Zetland AC	11.93			☑	1	44	Philip McCluskey	Houghton AC	7.18
2	1	Steve Wilkins	Blaydon/Elswick	8.90				2	66	Ryan Greer	Richmond & Zetland AC	6.95
3	77	Neil Middleton	Tyne Bridge Harriers	7.83				3	7	Kirk Connor	Tyne Bridge Harriers	6.87
4	4	Geoff Fenwick	Houghton AC	7.76				4	2	Andrew Cruddas	Chester le Street/Darlington	6.08
5	3	Danny Routledge	Heaton Harriers	7.14				5	55	Chris Rumsey	Middlesbrough & Cleveland Ha	5.26
6	5	Paul Young	Middlesbrough & Cleveland Ha	6.86				6	33	George Routledge	Heaton Harriers	5.03
7	22	Curtis Metcalfe	Chester le Street/Darlington	6.49				7	11	Micky Shore	Blaydon/Elswick	3.86
8								8				
Men's Long Jump A				Men's Long Jump B								
1	1	Liam Reveley	Blaydon/Elswick	6.39			☑	1	22	Max Pentith	Chester le Street/Darlington	5.59
2	2	Joey Williams	Chester le Street/Darlington	6.22			☑	2	11	Josh Wardle	Blaydon/Elswick	5.32
3	44	Jack Bittlestone	Houghton AC	5.36				3	77	Alasdair Blain	Tyne Bridge Harriers	4.58
4	3	Mark Banks	Heaton Harriers	4.81				4	4	Chris Pearson	Houghton AC	4.55
5	7	Asari Rashid	Tyne Bridge Harriers	4.75				5	66	Alex Greer	Richmond & Zetland AC	4.44
6	6	Luke Hack	Richmond & Zetland AC	4.69				6	55	Dan Wright	Middlesbrough & Cleveland Ha	4.24
7	5	Greg Jayasuriya	Middlesbrough & Cleveland Ha	4.67				7	33	Thomas Green	Heaton Harriers	3.70
8								8				
Men's Triple Jump A				Men's Triple Jump B								
1	4	Thomas Bowdon	Houghton AC	11.27				1	11	Josh Wardle	Blaydon/Elswick	10.68
2	2	Russell Bewick	Chester le Street/Darlington	11.08				2	44	Chris Pearson	Houghton AC	10.29
3	1	Jack Lillistone	Blaydon/Elswick	10.92				3	77	Asari Rashid	Tyne Bridge Harriers	9.17
4	6	Ryan Canizo	Richmond & Zetland AC	9.95				4	66	Dave Hack	Richmond & Zetland AC	8.68
5	7	Alasdair Blain	Tyne Bridge Harriers	9.89				5				
6	3	Thomas Green	Heaton Harriers	8.83				6				
7								7				
8								8				
Men's High Jump A				Men's High Jump B								
1	1	Liam Reveley	Blaydon/Elswick	1.95			☑	1	2	Curtis Metcalfe	Chester le Street/Darlington	1.65
2	4	Ben Mitchell	Houghton AC	1.70				2	6	Alex Greer	Richmond & Zetland AC	1.50
3	3	Mark Banks	Heaton Harriers	1.70				3	11	Ben Hall	Blaydon/Elswick	1.50
4	22	Max Pentith	Chester le Street/Darlington	1.60				4	33	James Green	Heaton Harriers	1.45
5	66	Ryan Canizo	Richmond & Zetland AC	1.50				5	44	Luke Carroll	Houghton AC	1.40
Men's Pole Vault A				Men's Pole Vault B								
1	44	Adam Page	Houghton AC	2.60				1	4	Ian Cowell	Houghton AC	2.50
Men's 4x100m Relay												
1	2	Chester le Street/Darlington	Curtis Metcalfe	Luke Stockdale	Jason Rumley	Ben Todd	44.6					
2	1	Blaydon/Elswick	Ryan Herdman	Liam Reveley	Josh Wardle	Jack Lillistone	46.6					
3	6	Richmond & Zetland AC	Karl Murray	Alex Greer	James Greer	Adam Walker	49.2					
4	4	Houghton AC	Thomas Bowdon	Jack Bittlestone	Adam Page	Luke Carroll	49.5					
5	7	Tyne Bridge Harriers	Edwin Wong	Alasdair Blain	Asari Rashid	Christopher Bartlett	56.6					
6	5	Middlesbrough & Cleveland Harrier	Paul Young	Greg Jayasuriya	Dan Wright	Chris Rumsey	59.3					
7	3	Heaton Harriers	George Routledge	Keith Hadden	Thomas Green	James Green	67.1					
8												

Division 4E Match 4 - Whitley Bay

6 August 2016

Men's 4x400m Relay

	Perf	Record	Wind	AW		Perf	Wind	AW
1	6	Richmond & Zetland AC	Mike Major	Karl Murray	Luke Hack	Rob Scott		3.48.0
2	1	Blaydon/Elswick	Matthew Cant	Ryan Herdman	Scott Brady	Paul Robinson		4.05.7
3	2	Chester le Street/Darlington	Owen McArdle	Ryan Arthur	Mark Tallon	Russell Bewick		4.06.8
4	4	Houghton AC	Ryan Clark	Philip McCluskey	Chris Pearson	Dominic Ellis		4.11.7
5	7	Tyne Bridge Harriers	David Moir	Edwin Wong	Christopher Bartlett	Alasdair Blain		4.38.3
6	3	Heaton Harriers	James Green	Keith Hadden	Paramjeet Bogal	Mark Banks		4.53.8
7								
8								

MATCH RESULT			STANDINGS				
	League Points	Match		League Points	Match		
1	R & Z	7	458.5	1	R & Z	26	1719.0
2	B & E	6	427.0	2	B & E	25	1698.0
3	Hough	5	412.5	3	C & D	20	1492.0
4	C & D	4	313.0	4	Hough	15	1361.5
5	Tyne B	3	251.0	5	Heaton	11	1213.5
6	Heaton	2	247.0	6	Tyne B	9	992.0
7	M & C	1	179.0	7	M & C	6	780.0
8				8			

Men's 100m Non Scoring

Wind=

1	22	12.4
2	33	12.5

Men's 100m Non Scoring

Wind=

1		
2		

Division 4E Match 4 - Whitley Bay

				Perf	Record	Wind	AW	6 August 2016							
				Wind=											
				Perf											
				Wind=											
Women's 100m A								Women's 100m B							
1	4	Rachel Scott	Houghton AC	13.4				1	44	Laura Fenwick	Houghton AC	14.2			
2	6	Joey Hewson	Richmond & Zetland AC	13.6				2	11	Laura Kincaid	Blaydon/Elswick	14.6			
3	1	Roberta Murray	Blaydon/Elswick	13.6				3	55	Liz Myers	Middlesbrough & Cleveland Ha	15.8			
4	2	Iona Richings	Chester le Street/Darlington	13.9				4	66	Pauline Whittaker	Richmond & Zetland AC	16.4			
5	5	Hayley Richardson	Middlesbrough & Cleveland Ha	13.9				5	77	Laura Carrick	Tyne Bridge Harriers	17.2			
6	3	Rosie Rice	Heaton Harriers	15.1				6	33	Lisa Boyd	Heaton Harriers	17.4			
7	7	Stephanie Isaac	Tyne Bridge Harriers	15.7				7							
8								8							
Women's 200m A								Women's 200m B							
1	4	Rachel Scott	Houghton AC	26.8			☑	1	11	Laura Kincaid	Blaydon/Elswick	30.3			
2	1	Rebecca Thorpe	Blaydon/Elswick	27.6				2	66	Emily Kirby	Richmond & Zetland AC	31.2			
3	6	Joey Hewson	Richmond & Zetland AC	27.7				3	5	Liz Myers	Middlesbrough & Cleveland Ha	35.4			
4	2	Iona Richings	Chester le Street/Darlington	29.1				4	77	Laura Carrick	Tyne Bridge Harriers	36.9			
5	7	Stephanie Isaac	Tyne Bridge Harriers	33.5				5	44	Liz Page	Houghton AC	38.2			
6	3	Nicola Roper	Heaton Harriers	35.1				6	33	Caitlin Sowter	Heaton Harriers	38.4			
7								7							
8								8							
Women's 400m A								Women's 400m B							
1	4	Laura Fenwick	Houghton AC	65.8				1	66	Pauline Whittaker	Richmond & Zetland AC	76.0			
2	6	Emily Kirby	Richmond & Zetland AC	67.1				2	33	Ellen Roberts (Tullo)	Heaton Harriers	76.8			
3	1	Laura Kincaid	Blaydon/Elswick	67.7				3	11	Arabella Pearce	Blaydon/Elswick	78.1			
4	2	Marie Liddell	Chester le Street/Darlington	74.7				4	77	Laura Carrick	Tyne Bridge Harriers	87.6			
5	5	Liz Myers	Middlesbrough & Cleveland Ha	75.3				5							
6	7	Stephanie Isaac	Tyne Bridge Harriers	76.2				6							
7	3	Nicola Roper	Heaton Harriers	77.8				7							
8								8							
Women's 800m A								Women's 800m B							
1	1	Elsbeth Aspinal	Blaydon/Elswick	2:32.6				1	66	Shona Fletcher	Richmond & Zetland AC	2:39.5			
2	2	Marie Liddell	Chester le Street/Darlington	2:44.6				2	11	Arabella Pearce	Blaydon/Elswick	2:50.1			
3	6	Eliza Hack	Richmond & Zetland AC	2:45.0				3	33	Caroline Billis	Heaton Harriers	3:02.7			
4	3	Nicola Roper	Heaton Harriers	2:54.6				4							
5	7	Laura Carrick	Tyne Bridge Harriers	3:15.1				5							
6								6							
7								7							
8								8							
Women's 1500m A								Women's 1500m B							
1	6	Rosie Adams	Richmond & Zetland AC	5:14.5				1	11	Joanne Rea	Blaydon/Elswick	6:18.9			
2	1	Elsbeth Aspinal	Blaydon/Elswick	5:18.2				2	66	Michelle Sprent	Richmond & Zetland AC	6:25.7			
3	3	Ellen Roberts (Tullo)	Heaton Harriers	5:37.2				3	33	Caitlin Sowter	Heaton Harriers	6:26.3			
4	7	Emma Moir	Tyne Bridge Harriers	6:50.8				4							
5								5							
6								6							
7								7							
8								8							
Women's 3000m A								Women's 3000m B							
1	6	Shona Fletcher	Richmond & Zetland AC	11:04.5				1	11	Liane Brown	Blaydon/Elswick	13:26.2			
2	1	Joanne Rea	Blaydon/Elswick	12:55.0				2	66	Michelle Sprent	Richmond & Zetland AC	13:51.7			
3	2	Marie Liddell	Chester le Street/Darlington	13:02.7				3							
4	3	Caitlin Sowter	Heaton Harriers	13:32.4				4							
5	7	Emma Moir	Tyne Bridge Harriers	13:40.8				5							
6								6							
7								7							
8								8							
Women's 400m Hurdles A								Women's 400m Hurdles B							
1	4	Rachel Scott	Houghton AC	68.3			☑	1	44	Laura Fenwick	Houghton AC	81.2			
2	5	Hayley Richardson	Middlesbrough & Cleveland Ha	83.9				2	55	Liz Myers	Middlesbrough & Cleveland Ha	87.1			
3	1	Sophie Thorpe	Blaydon/Elswick	87.5				3	6	Shona Fletcher	Richmond & Zetland AC	88.5			
4	7	Stephanie Isaac	Tyne Bridge Harriers	91.2				4							
5								5							

Division 4E Match 4 - Whitley Bay

	Perf	Record	Wind	AW	6 August 2016	Perf	Record	Wind	AW
6					6				
7					7				
8					8				

Women's 100m Hurdles A

	Perf	Record	Wind	AW
1	4 Rachel Scott	Houghton AC	18.5	
2	2 Iona Richings	Chester le Street/Darlington	18.6	
3	1 Sophie Thorpe	Blaydon/Elswick	19.6	
4	6 Debbie McIlroy	Richmond & Zetland AC	21.3	
5	3 Lisa Boyd	Heaton Harriers	25.4	
6	66 Shona Fletcher	Richmond & Zetland AC	DNF	
7				
8				

Women's 100m Hurdles B

	Perf	Record	Wind	AW
1				
2				
3				
4				
5				
6				
7				
8				

Women's Hammer A

	Perf	Record	Wind	AW
1	4 Kate Readman	Houghton AC	23.90	
2	1 Liane Brown	Blaydon/Elswick	14.76	
3	5 Hayley Richardson	Middlesbrough & Cleveland He	14.04	
4	22 Wendy Arthur	Chester le Street/Darlington	13.50	
5	7 Louise Kelly	Tyne Bridge Harriers	12.84	
6	6 Fiona Wilson	Richmond & Zetland AC	11.33	
7	3 Lisa Boyd	Heaton Harriers	9.94	
8				

Women's Hammer B

	Perf	Record	Wind	AW
1	44 Laura Fenwick	Houghton AC	16.24	
2	77 Louise Lennox	Tyne Bridge Harriers	11.61	
3	2 Stephanie Kingdom	Chester le Street/Darlington	11.39	
4	33 Caroline Billis	Heaton Harriers	6.49	
5	11 Sophie Thorpe	Blaydon/Elswick	5.87	
6				
7				
8				

Women's Discus A

	Perf	Record	Wind	AW
1	4 Laura Fenwick	Houghton AC	17.20	
2	5 Hayley Richardson	Middlesbrough & Cleveland He	16.98	
3	6 Pauline Whittaker	Richmond & Zetland AC	15.10	
4	1 Mary Lisle	Blaydon/Elswick	14.19	
5	2 Stephanie Kingdom	Chester le Street/Darlington	13.24	
6	3 Lisa Boyd	Heaton Harriers	12.83	
7	7 Louise Kelly	Tyne Bridge Harriers	11.74	
8				

Women's Discus B

	Perf	Record	Wind	AW
1	44 Liz Page	Houghton AC	14.33	
2	11 Yvette Wilkins	Blaydon/Elswick	13.53	
3	55 Liz Myers	Middlesbrough & Cleveland He	12.72	
4	66 Jane Hack	Richmond & Zetland AC	11.58	
5	77 Louise Lennox	Tyne Bridge Harriers	11.51	
6	22 Wendy Arthur	Chester le Street/Darlington	10.07	
7				
8				

Women's Javelin A

	Perf	Record	Wind	AW
1	6 Debbie McIlroy	Richmond & Zetland AC	29.73	<input checked="" type="checkbox"/>
2	77 Laura Middleton	Tyne Bridge Harriers	26.67	<input checked="" type="checkbox"/>
3	4 Liz Page	Houghton AC	15.56	
4	5 Hayley Richardson	Middlesbrough & Cleveland He	14.52	
5	11 Laura Kincaid	Blaydon/Elswick	14.00	
6	3 Lisa Boyd	Heaton Harriers	13.40	
7	22 Marie Liddell	Chester le Street/Darlington	13.31	
8				

Women's Javelin B

	Perf	Record	Wind	AW
1	2 Stephanie Kingdom	Chester le Street/Darlington	12.35	
2	7 Maggie Davison	Tyne Bridge Harriers	12.07	
3	1 Liane Brown	Blaydon/Elswick	11.60	
4	66 Fiona Wilson	Richmond & Zetland AC	11.56	
5	33 Caitlin Sowter	Heaton Harriers	11.46	
6	44 Kate Readman	Houghton AC	11.15	
7	55 Liz Myers	Middlesbrough & Cleveland He	10.12	
8				

Women's Shot Putt A

	Perf	Record	Wind	AW
1	6 Debbie McIlroy	Richmond & Zetland AC	8.27	
2	5 Liz Myers	Middlesbrough & Cleveland He	7.27	
3	3 Rosie Rice	Heaton Harriers	7.04	
4	1 Liane Brown	Blaydon/Elswick	6.66	
5	4 Kate Readman	Houghton AC	6.04	
6	2 Stephanie Kingdom	Chester le Street/Darlington	5.56	
7	77 Louise Lennox	Tyne Bridge Harriers	5.10	
8				

Women's Shot Putt B

	Perf	Record	Wind	AW
1	55 Hayley Richardson	Middlesbrough & Cleveland He	6.31	
2	11 Sophie Thorpe	Blaydon/Elswick	5.86	
3	33 Caitlin Sowter	Heaton Harriers	5.36	
4	44 Liz Page	Houghton AC	5.36	
5	66 Fiona Wilson	Richmond & Zetland AC	4.92	
6	22 Wendy Arthur	Chester le Street/Darlington	4.67	
7	7 Louise Kelly	Tyne Bridge Harriers	4.07	
8				

Women's Long Jump A

	Perf	Record	Wind	AW
1	2 Jane Feenan	Chester le Street/Darlington	5.03	<input checked="" type="checkbox"/>
2	1 Rebecca Thorpe	Blaydon/Elswick	4.60	
3	66 Debbie McIlroy	Richmond & Zetland AC	4.10	
4	4 Kate Readman	Houghton AC	3.70	
5	3 Rosie Rice	Heaton Harriers	3.24	
6	7 Louise Kelly	Tyne Bridge Harriers	2.59	
7				
8				

Women's Long Jump B

	Perf	Record	Wind	AW
1	22 Iona Richings	Chester le Street/Darlington	4.92	<input checked="" type="checkbox"/>
2	11 Roberta Murray	Blaydon/Elswick	4.18	
3	44 Liz Page	Houghton AC	2.97	
4	33 Lisa Boyd	Heaton Harriers	2.44	
5				
6				
7				
8				

Women's Triple Jump A

	Perf	Record	Wind	AW
1	1 Rebecca Thorpe	Blaydon/Elswick	9.56	<input checked="" type="checkbox"/>

Women's Triple Jump B

	Perf	Record	Wind	AW
1	11 Roberta Murray	Blaydon/Elswick	8.53	

Division 4E Match 4 - Whitley Bay

			Perf	Record	Wind	AW	6 August 2016		Perf	Wind	AW
2	2	Iona Richings	Chester le Street/Darlington	9.32			2	4	Liz Page	Houghton AC	6.82
3	3	Nicola Roper	Heaton Harriers	7.91			3	6	Eliza Hack	Richmond & Zetland AC	5.65
4	66	Fiona Wilson	Richmond & Zetland AC	7.47			4				
5	44	Kate Readman	Houghton AC	7.06			5				
6							6				
7							7				
8							8				

Women's High Jump A

1	1	Ella Murray	Blaydon/Elswick	1.50		<input checked="" type="checkbox"/>
2=	6	Debbie McLroy	Richmond & Zetland AC	1.40		
2=	4	Rachel Scott	Houghton AC	1.40		
4	2	Iona Richings	Chester le Street/Darlington	1.40		
5	3	Ellen Roberts (Tullo)	Heaton Harriers	1.20		

Women's High Jump B

1	11	Sophie Hamilton	Blaydon/Elswick	1.45
2	66	Fiona Wilson	Richmond & Zetland AC	1.10

Women's Pole Vault A

1 96 No Competitors Entered

Women's Pole Vault B

Women's 4x100m Relay

1	1	Blaydon/Elswick	Sophie Thorpe	Roberta Murray	Laura Kincaid	Rebecca Thorpe	55.4
2	4	Houghton AC	Rachel Scott	Laura Fenwick	Kate Readman	Liz Page	60.2
3	6	Richmond & Zetland AC	Joey Hewson	Debbie McLroy	Emily Kirby	Pauline Whittaker	60.3
4	3	Heaton Harriers	Lisa Boyd	Ellen Roberts (Tullo)	Nicola Roper	Rosie Rice	64.6
5	7	Tyne Bridge Harriers	Stephanie Isaac	Emma Moir	Louise Kelly	Laura Middleton	75.1
6							
7							
8							

Women's 4x400m Relay

1	6	Richmond & Zetland AC	Emily Kirby	Eliza Hack	Rosie Adams	Shona Fletcher	4.45.2
2	1	Blaydon/Elswick	Laura Kincaid	Sophie Hamilton	Arabella Pearce	Liane Brown	4.47.2
3	7	Tyne Bridge Harriers	Stephanie Isaac	Emma Moir	Louise Kelly	Laura Middleton	6.13.5
4							

Division 4E Match 4 - Whitley Bay

Saturday, 6 August 2016

Events	B & E		C & D		Heaton		Hough		M & C		R & Z		Tyne B		UNUSED		TOTAL		
Men's 100m	8	8	10	6	4	1	6	5	5	3	7	4	3	2			43	29	
Men's 200m	8	6	10	8	4	1	7	5	5	3	6	4	3	2			43	29	
Men's 400m	10	8	4	5	6	2	5	1	8	4	7	6	3	3			43	29	
Men's 800m	4	2	6	4	7	3	5	5	10	6	8	8	3	1			43	29	
Men's 1500m	6	5	10	6	4	3	7	2	3		8	8	5	4		1	43	29	
Men's 3000m S/Chase			5		7	5	6	4			10	6	8	8		7	6	43	29
Men's 5000m	10	4	3		4	3	6	5	7		5	6	8	8		3	43	29	
Men's 400m Hurdles	8		4	6	6	3	7	8	5		10	5	3	4		3	43	29	
Men's 110m Hurdles			7								10					26	29	43	29
Men's Hammer	4		5	3	3	4	8	8	7		10	6	6	5		3	43	29	
Men's Discus	5	5	6	6	4	2	8	8	7		10	3	3	4		1	43	29	
Men's Javelin	10	4	4	5	6	2	3	6	5	3	8	8	7			1	43	29	
Men's Shot Putt	8	1	3	4	5	2	6	8	4	3	10	6	7	5			43	29	
Men's Long Jump	10	6	8	8	6	1	7	4	3	2	4	3	5	5			43	29	
Men's Triple Jump	7	8	8		4		10	6			6	4	5	5		3	6	43	29
Men's High Jump	10	5	6	8	7	4	8	3			5	6				7	3	43	29
Men's Pole Vault							10	8								33	21	43	29
Men's 4x100m Relay	8		10		3		6		4		7		5			29	43	29	
Men's 4x400m Relay	8		7		4		6				10		5			3	29	43	29
	124	62	116	69	84	36	121	86	73	24	141	83	79	56		79	135	817	551

Women's 100m	7	6	6		4	2	10	8	5	5	8	4	3	3		1	43	29	
Women's 200m	8	8	6		4	2	10	3		5	7	6	5	4		3	1	43	29
Women's 400m	7	5	6		3	6	10		5		8	8	4	4		6	43	29	
Women's 800m	10	6	8		6	5					7	8	5			7	10	43	29
Women's 1500m	8	8			7	5					10	6	6			12	10	43	29
Women's 1500m S/Chase																			
Women's 3000m	8	8	7		6						10	6	5			7	15	43	29
Women's 400m Hurdles	7						10	8	8	6		5	6			12	10	43	29
Women's 100m Hurdles	7		8		5		10				6					7	29	43	29
Women's Hammer	8	3	6	5	3	4	10	8	7		4		5	6		3	43	29	
Women's Discus	6	6	5	2	4		10	8	8	5	7	4	3	3		1	43	29	
Women's Javelin	5	5	3	8	4	3	7	2	6	1	10	4	8	6			43	29	
Women's Shot Putt	6	6	4	2	7	5	5	4	8	8	10	3	3	1			43	29	
Women's Long Jump	8	6	10	8	5	4	6	5			7		4			3	6	43	29
Women's Triple Jump	10	8	8		7		5	6			6	5				7	10	43	29
Women's High Jump	10	8	6		5		7.5				7.5	6				7	15	43	29
Women's Pole Vault																43	29	43	29
Women's 4x100m Relay	10				6		8				7		5			7	29	43	29
Women's 4x400m Relay	8										10		7			18	29	43	29
	133	83	83	25	76	36	109	52	47	30	125	65	69	27		133	204	774	522

Match Summary	B & E		C & D		Heaton		Hough		M & C		R & Z		Tyne B		UNUSED		TOTAL	
Teams	402.0		293.0		232.0		367.5		174.0		413.5		231.0		551.0		2664.0	
Officials Points	25.0		20.0		15.0		45.0		5.0		45.0		20.0		175.0		350.0	
Total	427.0		313.0		247.0		412.5		179.0		458.5		251.0		726.0		3014.0	
Match Position	2		4		6		3		7		1		5		8			
League Points	6		4		2		5		1		7		3					

Standings	B & E		C & D		Heaton		Hough		M & C		R & Z		Tyne B	
League Points	25.0		20.0		11.0		15.0		6.0		26.0		9.0	
Match Points	1698.0		1492.0		1213.5		1361.5		780.0		1719.0		992.0	
League Positions	2		3		5		4		7		1		6	