# Northern T&F League

**Division 3W Match 4 - Longford Park, Stretford** — **5 August 2017**

## Men's 100m A

Wind=

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 3 | Michael Causer | St. Helens Sutton AC | 10.9 | | | ☑ |
| 2 | 2 | Ian Fennell | Manchester Harriers & AC | 10.9 | | | ☑ |
| 3 | 4 | Harry Flanagan | Southport Waterloo AC | 11.0 | | | ☑ |
| 4 | 5 | Alex Rowell | Spenborough | 11.9 | | | |
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## Men's 100m B

Wind=

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 22 | Charles Burke | Manchester Harriers & AC | 11.1 | | ☑ |
| 2 | 66 | Sagesse Nguie | Trafford AC | 11.1 | | ☑ |
| 3 | 33 | Daniel Lamb | St. Helens Sutton AC | 11.2 | | ☑ |
| 4 | 44 | Jack O'Neill | Southport Waterloo AC | 12.4 | | |
| 5 | 55 | Geoff Render | Spenborough | 21.1 | | |
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## Men's 200m A

Wind=

| | | | | Perf | AW |
|---|---|---|---|---|---|
| 1 | 6 | Reece Ingley | Trafford AC | 22.9 | ☑ |
| 2 | 1 | Harry Mallinson | Halifax | 23.0 | ☑ |
| 3 | 2 | Faisal Othman | Manchester Harriers & AC | 23.8 | |
| 4 | 4 | Nathan Bradshaw | Southport Waterloo AC | 23.9 | |
| 5 | 3 | Jonathan Causer | St. Helens Sutton AC | 24.2 | |
| 6 | 5 | Alex Rowell | Spenborough | 24.5 | |
| 7 | | | | | |
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## Men's 200m B

Wind=

| | | | | Perf | AW |
|---|---|---|---|---|---|
| 1 | 66 | Sagesse Nguie | Trafford AC | 22.9 | ☑ |
| 2 | 33 | Peter Davies | St. Helens Sutton AC | 24.6 | |
| 3 | 44 | Jack O'Neill | Southport Waterloo AC | 25.2 | |
| 4 | 55 | Jake Darby | Spenborough | 26.4 | |
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## Men's 400m A

| | | | | Perf | AW |
|---|---|---|---|---|---|
| 1 | 6 | Tom Bolan Ashworth | Trafford AC | 51.8 | ☑ |
| 2 | 2 | Charlie Johnson | Manchester Harriers & AC | 52.2 | ☑ |
| 3 | 3 | Lochlain Fisher | St. Helens Sutton AC | 52.4 | ☑ |
| 4 | 4 | Matty Campbell | Southport Waterloo AC | 53.4 | |
| 5 | 5 | Simon Bolland | Spenborough | 58.2 | |
| 6 | | | | | |
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## Men's 400m B

| | | | | Perf | AW |
|---|---|---|---|---|---|
| 1 | 66 | Adam Bellis | Trafford AC | 52.0 | ☑ |
| 2 | 22 | Bernard Ward | Manchester Harriers & AC | 54.1 | |
| 3 | 33 | Jonathan Causer | St. Helens Sutton AC | 55.6 | |
| 4 | 44 | Graham Boreham | Southport Waterloo AC | 56.1 | |
| 5 | 55 | Kevin Ogden | Spenborough | 68.5 | |
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## Men's 800m A

| | | | | Perf |
|---|---|---|---|---|
| 1 | 2 | Rocco Zaman Browne | Manchester Harriers & AC | 02:06.9 |
| 2 | 4 | Jimmy Alderson | Southport Waterloo AC | 02:11.8 |
| 3 | 5 | Simon Bolland | Spenborough | 02:12.9 |
| 4 | 6 | Greg Marcroft | Trafford AC | 02:18.3 |
| 5 | 1 | Harry Johnson | Halifax | 02:24.6 |
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## Men's 800m B

| | | | | Perf |
|---|---|---|---|---|
| 1 | 22 | Bernard Ward | Manchester Harriers & AC | 02:09.6 |
| 2 | 66 | Greg Kelly | Trafford AC | 02:11.5 |
| 3 | 44 | Graham Boreham | Southport Waterloo AC | 02:11.8 |
| 4 | 55 | Tobin Rhodes | Spenborough | 02:18.9 |
| 5 | 11 | Simon Johnson | Halifax | 02:31.5 |
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## Men's 1500m A

| | | | | Perf | AW |
|---|---|---|---|---|---|
| 1 | 22 | Rocco Zaman Browne | Manchester Harriers & AC | 04:11.5 | ☑ |
| 2 | 5 | Paul Davies | Spenborough | 04:14.9 | ☑ |
| 3 | 6 | Patrick Cusack | Trafford AC | 04:18.9 | ☑ |
| 4 | 1 | Joe Crossfield | Halifax | 04:23.1 | |
| 5 | 44 | Harry Pike | Southport Waterloo AC | 04:53.9 | |
| 6 | 3 | Barry Graney | St. Helens Sutton AC | 05:32.6 | |
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## Men's 1500m B

| | | | | Perf |
|---|---|---|---|---|
| 1 | 2 | Ben Skertchly | Manchester Harriers & AC | 04:28.4 |
| 2 | 66 | Gareth Woodcock | Trafford AC | 04:50.4 |
| 3 | 11 | Harry Johnson | Halifax | 04:57.2 |
| 4 | 55 | Henry Carter | Spenborough | 04:58.3 |
| 5 | 4 | Ian Pike | Southport Waterloo AC | 06:21.0 |
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## Men's 3000m S/Chase A

| | | | | Perf |
|---|---|---|---|---|
| 1 | 2 | Chris Sykes | Manchester Harriers & AC | 11:50.4 |
| 2 | 55 | Jason Newell | Spenborough | 13:39.4 |
| 3 | 44 | Ian Pike | Southport Waterloo AC | 16:12.2 |
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## Men's 3000m S/Chase B

| | | | | Perf |
|---|---|---|---|---|
| 1 | 5 | Henry Carter | Spenborough | 14:21.8 |
| 2 | 22 | Mike Long | Manchester Harriers & AC | 14:59.9 |
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# Northern T&F League

**Division 3W Match 4 - Longford Park, Stretford** — **5 August 2017**

### Men's 5000m A

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 4 | Ben Johnson | Southport Waterloo AC | 14:56.7 | | | ☑ |
| 2 | 6 | Tom Charles | Trafford AC | 15:10.3 | | | ☑ |
| 3 | 5 | Joe Sagar | Spenborough | 15:42.1 | | | ☑ |
| 4 | 1 | Michael Gaughan | Halifax | 16:35.7 | | | ☑ |
| 5 | 22 | Robert Weston | Manchester Harriers & AC | 18:13.9 | | | |
| 6 | 3 | Barry Graney | St. Helens Sutton AC | 19:43.6 | | | |
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### Men's 5000m B

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 66 | Jeff Prest | Trafford AC | 16:13.9 | | ☑ |
| 2 | 44 | David Hamilton | Southport Waterloo AC | 16:53.2 | | |
| 3 | 55 | Kevin Ogden | Spenborough | 18:04.4 | | |
| 4 | 11 | Simon Johnson | Halifax | 18:31.7 | | |
| 5 | 2 | Matt Atkinson | Manchester Harriers & AC | 18:44.6 | | |
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### Men's 400m Hurdles A

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|---|---|---|---|---|---|
| 1 | 2 | Matt Coxon | Manchester Harriers & AC | 61.7 | ☑ |
| 2 | 6 | George Hurst | Trafford AC | 62.4 | ☑ |
| 3 | 4 | Jimmy Alderson | Southport Waterloo AC | 69.2 | |
| 4 | 5 | Jason Newell | Spenborough | 78.2 | |
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### Men's 400m Hurdles B

| | | | | |
|---|---|---|---|---|
| 1 | 66 | Ahmed Simeen | Trafford AC | 71.6 |
| 2 | 22 | Chris Sykes | Manchester Harriers & AC | 80.7 |
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### Men's 110m Hurdles A

*Wind=*

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|---|---|---|---|---|
| 1 | 2 | Matt Coxon | Manchester Harriers & AC | 18.2 |
| 2 | | | | |
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### Men's 110m Hurdles B

*Wind=*

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### Men's Hammer A

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|---|---|---|---|---|---|
| 1 | 66 | Sergii Saraiev | Trafford AC | 52.98 | ☑ |
| 2 | 4 | Liam Harris | Southport Waterloo AC | 40.15 | ☑ |
| 3 | 5 | Darren Thomas | Spenborough | 36.86 | ☑ |
| 4 | 3 | Michael Hughes | St. Helens Sutton AC | 25.68 | |
| 5 | 2 | Alejandro Vela | Manchester Harriers & AC | 14.45 | |
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### Men's Hammer B

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|---|---|---|---|---|---|
| 1 | 6 | Dan Upton | Trafford AC | 32.25 | ☑ |
| 2 | 55 | Jake Darby | Spenborough | 30.96 | ☑ |
| 3 | 33 | Ian Conway | St. Helens Sutton AC | 16.95 | |
| 4 | 44 | Nathen Byrne | Southport Waterloo AC | 15.31 | |
| 5 | 22 | Jaime Connell | Manchester Harriers & AC | 10.09 | |
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### Men's Discus A

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|---|---|---|---|---|---|
| 1 | 66 | Mike Martin | Trafford AC | 34.25 | ☑ |
| 2 | 5 | Darren Thomas | Spenborough | 33.84 | ☑ |
| 3 | 44 | Nathen Byrne | Southport Waterloo AC | 32.39 | ☑ |
| 4 | 33 | Mike Hughes | St. Helens Sutton AC | 22.11 | |
| 5 | 22 | Matt Coxon | Manchester Harriers & AC | 21.23 | |
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### Men's Discus B

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|---|---|---|---|---|---|
| 1 | 6 | Dan Upton | Trafford AC | 34.14 | ☑ |
| 2 | 4 | Liam Harris | Southport Waterloo AC | 30.99 | ☑ |
| 3 | 55 | Jake Darby | Spenborough | 24.27 | |
| 4 | 3 | Jonathan Causer | St. Helens Sutton AC | 20.43 | |
| 5 | 2 | Alejandro Vela | Manchester Harriers & AC | 19.19 | |
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### Men's Javelin A

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|---|---|---|---|---|---|
| 1 | 5 | Glenn Aspindle | Spenborough | 48.23 | ☑ |
| 2 | 6 | Pawlo Ostapowycz | Trafford AC | 40.16 | ☑ |
| 3 | 4 | Daniel Byrne | Southport Waterloo AC | 36.13 | |
| 4 | 3 | Michael Causer | St. Helens Sutton AC | 32.88 | |
| 5 | 2 | Alejandro Vela | Manchester Harriers & AC | 20.47 | |
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### Men's Javelin B

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|---|---|---|---|---|---|
| 1 | 55 | Darren Thomas | Spenborough | 34.51 | |
| 2 | 66 | Mike Martin | Trafford AC | 33.27 | |
| 3 | 44 | Chris Burgess | Southport Waterloo AC | 29.34 | |
| 4 | 33 | Ian Conway | St. Helens Sutton AC | 15.19 | |
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# Northern T&F League

**Division 3W Match 4 - Longford Park, Stretford** — **5 August 2017**

### *Men's Shot Putt A*

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 6 | Dan Upton | Trafford AC | 11.77 | | | ☑ |
| 2 | 5 | Darren Thomas | Spenborough | 11.13 | | | ☑ |
| 3 | 4 | Liam Harris | Southport Waterloo AC | 10.95 | | | ☑ |
| 4 | 33 | Ian Conway | St. Helens Sutton AC | 9.28 | | | |
| 5 | 22 | Mikey Fennell | Manchester Harriers & AC | 8.14 | | | |
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### *Men's Shot Putt B*

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 66 | Kaleb Marchan | Trafford AC | 10.25 | | ☑ |
| 2 | 44 | Nathen Byrne | Southport Waterloo AC | 10.19 | | ☑ |
| 3 | 55 | Jake Darby | Spenborough | 9.88 | | |
| 4 | 2 | Alejandro Vela | Manchester Harriers & AC | 7.32 | | |
| 5 | 3 | Mike Hughes | St. Helens Sutton AC | 7.24 | | |
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### *Men's Long Jump A*

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 3 | Michael Causer | St. Helens Sutton AC | 7.20 | | | ☑ |
| 2 | 2 | Mikey Fennell | Manchester Harriers & AC | 6.57 | | | ☑ |
| 3 | 5 | Glenn Aspindle | Spenborough | 5.82 | | | ☑ |
| 4 | 4 | Jack O'Neill | Southport Waterloo AC | 5.17 | | | |
| 5 | 6 | Miles Pillinger | Trafford AC | 5.07 | | | |
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### *Men's Long Jump B*

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 33 | Daniel Lamb | St. Helens Sutton AC | 6.45 | | ☑ |
| 2 | 22 | Stephen Armstrong | Manchester Harriers & AC | 5.63 | | |
| 3 | 44 | Ethan Harrison | Southport Waterloo AC | 4.77 | | |
| 4 | 66 | Sam Beesley | Trafford AC | 4.72 | | |
| 5 | 55 | Jason Newell | Spenborough | 4.63 | | |
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### *Men's Triple Jump A*

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Mikey Fennell | Manchester Harriers & AC | 11.74 | | | |
| 2 | 6 | George Hurst | Trafford AC | 11.18 | | | |
| 3 | 4 | Jimmy Alderson | Southport Waterloo AC | 10.76 | | | |
| 4 | 5 | Jason Newell | Spenborough | 9.08 | | | |
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### *Men's Triple Jump B*

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 22 | Stephen Armstrong | Manchester Harriers & AC | 11.44 | | |
| 2 | 66 | Sam Beesley | Trafford AC | 10.20 | | |
| 3 | 44 | Harry Pike | Southport Waterloo AC | 9.06 | | |
| 4 | | | | | | |
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### *Men's High Jump A*

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 3 | Michael Causer | St. Helens Sutton AC | 1.75 | | | ☑ |
| 2 | 5 | Glenn Aspindle | Spenborough | 1.70 | | | |
| 3 | 66 | Dean Ferris | Trafford AC | 1.65 | | | |
| 4 | 2 | Matt Coxon | Manchester Harriers & AC | 1.50 | | | |

### *Men's High Jump B*

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 33 | Daniel Lamb | St. Helens Sutton AC | 1.75 | | ☑ |
| 2 | 6 | George Hurst | Trafford AC | 1.55 | | |
| 3 | 55 | Jason Newell | Spenborough | 1.45 | | |

### *Men's Pole Vault A*

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 5 | Glenn Aspindle | Spenborough | 3.40 | | | ☑ |
| 2 | 6 | Ian Scholes | Trafford AC | 2.80 | | | |
| 3 | 22 | Dan Gunatunga | Manchester Harriers & AC | 2.40 | | | |

### *Men's Pole Vault B*

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 66 | Dean Ferris | Trafford AC | 2.60 | | |
| 2 | 2 | Matt Coxon | Manchester Harriers & AC | 2.30 | | |

### *Men's 4x100m Relay*

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Manchester Harriers & AC | Ian Fennell | Faisal Othman | Jermaine Thompson | Charles Burke | 45.0 |
| 2 | 6 | Trafford AC | Rivaldo Brown | Sagesse Nguie | Dean Ferris | William Aldred | 45.9 |
| 3 | 3 | St. Helens Sutton AC | Daniel Lamb | Jonathan Causer | Lochlain Fisher | Michael Causer | 45.9 |
| 4 | 5 | Spenborough | Jason Newell | Henry Carter | Tobin Rhodes | Alex Rowell | 55.6 |
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# Northern T&F League

Division 3W Match 4 - Longford Park, Stretford

5 August 2017

***Men's 4x400m Relay***

| | | | | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | Trafford AC | Reece Ingley | Tom Bolan Ashworth | Adam Bellis | Sam Beesley | 03:28.9 | | | |
| 2 | 4 | Southport Waterloo AC | Chris Burgess | Graham Boreham | Matty Campbell | Ethan Harrison | 03:39.6 | | | |
| 3 | 2 | Manchester Harriers & AC | Rocco Zaman Browne | Ben Skertchly | Charlie Johnson | Alejandro Vela | 03:39.8 | | | |
| 4 | 3 | St. Helens Sutton AC | Lochlain Fisher | Peter Davies | Michael Causer | Jonathan Causer | 03:40.4 | | | |
| 5 | 5 | Spenborough | Glenn Aspindle | Tobin Rhodes | Paul Davies | Joe Sagar | 03:51.6 | | | |
| 6 | | | | | | | | | | |
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| | MATCH RESULT | League Points | Match |
|---|---|---|---|
| 1 | Traford | 6 | 411.0 |
| 2 | Man H | 5 | 388.0 |
| 3 | Spen | 4 | 351.0 |
| 4 | S'port | 3 | 294.0 |
| 5 | St. H | 2 | 235.0 |
| 6 | Hal | 1 | 112.0 |
| 7 | | | |
| 8 | | | |

| | STANDINGS | League Points | Match |
|---|---|---|---|
| 1 | Man H | 20 | 1468.0 |
| 2 | Spen | 16 | 1280.0 |
| 3 | St. H | 15 | 1228.0 |
| 4 | Traford | 15 | 1067.0 |
| 5 | S'port | 12 | 1217.0 |
| 6 | Hal | 6 | 784.0 |
| 7 | | | |
| 8 | #N/A | #N/A | #N/A |

***Men's 100m Non Scoring*** *Wind=*

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***Men's 100m Non Scoring*** *Wind=*

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# Northern T&F League

Division 3W Match 4 - Longford Park, Stretford

5 August 2017

### Women's 100m A

Wind=

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Trinity Peruzza Powell | Manchester Harriers & AC | 12.2 | | | ☑ |
| 2 | 5 | Ciara Flannery | Spenborough | 12.7 | | | ☑ |
| 3 | 1 | Lorna Gill | Halifax | 12.8 | | | ☑ |
| 4 | 6 | Charlie Seymour | Trafford AC | 13.2 | | | ☑ |
| 5 | 3 | Lauren Marshall | St. Helens Sutton AC | 14.0 | | | |
| 6 | 4 | Joanne McDougall | Southport Waterloo AC | 14.7 | | | |
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### Women's 100m B

Wind=

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 22 | Marie-Gaelle Foumena | Manchester Harriers & AC | 12.8 | | ☑ |
| 2 | 66 | Tiffany James | Trafford AC | 13.4 | | |
| 3 | 33 | Kaitlin Naylor | St. Helens Sutton AC | 13.9 | | |
| 4 | 11 | Vickki Spires | Halifax | 14.3 | | |
| 5 | 44 | Milly Smith | Southport Waterloo AC | 15.6 | | |
| 6 | 55 | Amanda Pearson | Spenborough | 23.6 | | |
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### Women's 200m A

Wind=

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Marie-Gaelle Foumena | Manchester Harriers & AC | 26.1 | | | ☑ |
| 2 | 5 | Ciara Flannery | Spenborough | 26.3 | | | ☑ |
| 3 | 6 | Charlie Seymour | Trafford AC | 27.2 | | | |
| 4 | 1 | Holly Martin | Halifax | 27.9 | | | |
| 5 | 3 | Lauren Marshall | St. Helens Sutton AC | 30.6 | | | |
| 6 | 4 | Joanne McDougall | Southport Waterloo AC | 32.4 | | | |
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### Women's 200m B

Wind=

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 22 | Trinity Peruzza Powell | Manchester Harriers & AC | 25.8 | | | ☑ |
| 2 | 11 | Lorna Gill | Halifax | 27.1 | | | |
| 3 | 66 | Tiffany James | Trafford AC | 28.5 | | | |
| 4 | 55 | Emma Rawnsley | Spenborough | 29.4 | | | |
| 5 | 44 | Sarah Pickerill | Southport Waterloo AC | 40.4 | | | |
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### Women's 400m A

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|---|---|---|---|---|---|---|---|
| 1 | 6 | Ashton Greenwood | Trafford AC | 57.0 | | | ☑ |
| 2 | 4 | Jess Dean | Southport Waterloo AC | 65.1 | | | |
| 3 | 2 | Debbie Taiwo | Manchester Harriers & AC | 70.7 | | | |
| 4 | 3 | Abbie Roberts | St. Helens Sutton AC | 74.6 | | | |
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### Women's 400m B

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|---|---|---|---|---|---|---|---|
| 1 | 66 | Sinead Bent | Trafford AC | 61.7 | | | ☑ |
| 2 | 44 | Sarah Pickerill | Southport Waterloo AC | 92.9 | | | |
| 3 | 22 | Debbie Beresford | Manchester Harriers & AC | 109.0 | | | |
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### Women's 800m A

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|---|---|---|---|---|---|---|---|
| 1 | 6 | Sinead Bent | Trafford AC | 02:21.8 | | | ☑ |
| 2 | 3 | Kelly Hamilton | St. Helens Sutton AC | 02:24.2 | | | ☑ |
| 3 | 4 | Jess Dean | Southport Waterloo AC | 02:26.2 | | | ☑ |
| 4 | 2 | Katie Cooper | Manchester Harriers & AC | 02:41.7 | | | |
| 5 | 5 | Natasha Geere | Spenborough | 02:54.7 | | | |
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### Women's 800m B

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 22 | Melanie Barber | Manchester Harriers & AC | 02:46.1 | | | |
| 2 | 44 | Joanne McDougall | Southport Waterloo AC | 03:27.9 | | | |
| 3 | 55 | Amanda Pearson | Spenborough | 04:25.7 | | | |
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### Women's 1500m A

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|---|---|---|---|---|
| 1 | 3 | Kelly Hamilton | St. Helens Sutton AC | 05:09.0 |
| 2 | 6 | Ciara Lydon | Trafford AC | 05:48.2 |
| 3 | 5 | Natasha Geere | Spenborough | 06:13.6 |
| 4 | 2 | Alice Stiles | Manchester Harriers & AC | 07:46.2 |
| 5 | | | | |
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### Women's 1500m B

| | | | | |
|---|---|---|---|---|
| 1 | 33 | Maria McGoldrick | St. Helens Sutton AC | 06:12.7 |
| 2 | 55 | Amanda Pearson | Spenborough | 09:02.1 |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
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### Women's 3000m A

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 6 | Teresa Kemp | Trafford AC | 10:44.5 | | | ☑ |
| 2 | 3 | Rachel McGoldrick | St. Helens Sutton AC | 11:50.7 | | | |
| 3 | 22 | Melanie Barber | Manchester Harriers & AC | 12:05.3 | | | |
| 4 | 5 | Jacqueline Carter | Spenborough | 14:56.3 | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |

### Women's 3000m B

| | | | | |
|---|---|---|---|---|
| 1 | 66 | Rachel McDonnell | Trafford AC | 12:55.4 |
| 2 | 2 | Debbie Beresford | Manchester Harriers & AC | 16:06.6 |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
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| 7 | | | | |
| 8 | | | | |

# Northern T&F League

Division 3W Match 4 - Longford Park, Stretford

5 August 2017

### Women's 400m Hurdles A

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 5 | Emma Rawnsley | Spenborough | 78.7 | | | |
| 2 | 2 | Caroline Baba | Manchester Harriers & AC | 99.5 | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |

### Women's 400m Hurdles B

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |

### Women's 100m Hurdles A

*Wind=*

| | | | | |
|---|---|---|---|---|
| 1 | 4 | Milly Smith | Southport Waterloo AC | 26.0 |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

### Women's 100m Hurdles B

*Wind=*

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

### Women's Hammer A

| | | | | | |
|---|---|---|---|---|---|
| 1 | 5 | Bethany Thomas | Spenborough | 39.25 | ☑ |
| 2 | 1 | Jessica Hirst | Halifax | 36.96 | ☑ |
| 3 | 6 | Kerrie Buckley | Trafford AC | 31.07 | ☑ |
| 4 | 3 | Julia Hayes | St. Helens Sutton AC | 19.52 | |
| 5 | 4 | Katy Coupland | Southport Waterloo AC | 18.13 | |
| 6 | 22 | Melanie Barber | Manchester Harriers & AC | 12.33 | |
| 7 | | | | | |
| 8 | | | | | |

### Women's Hammer B

| | | | | | |
|---|---|---|---|---|---|
| 1 | 55 | Fiona Thomas | Spenborough | 22.18 | |
| 2 | 44 | Eve McMahon | Southport Waterloo AC | 15.39 | |
| 3 | 2 | Jean Skitt | Manchester Harriers & AC | 12.33 | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |

### Women's Discus A

| | | | | | |
|---|---|---|---|---|---|
| 1 | 1 | Jessica Hirst | Halifax | 33.35 | ☑ |
| 2 | 4 | Katy Coupland | Southport Waterloo AC | 28.53 | ☑ |
| 3 | 5 | Bethany Thomas | Spenborough | 26.98 | ☑ |
| 4 | 6 | Kerrie Buckley | Trafford AC | 24.43 | |
| 5 | 2 | Caroline Baba | Manchester Harriers & AC | 12.32 | |
| 6 | 3 | Julia Hayes | St. Helens Sutton AC | 12.03 | |
| 7 | | | | | |
| 8 | | | | | |

### Women's Discus B

| | | | | | |
|---|---|---|---|---|---|
| 1 | 55 | Fiona Thomas | Spenborough | 20.98 | |
| 2 | 44 | Milly Smith | Southport Waterloo AC | 16.55 | |
| 3 | 66 | Tiffany James | Trafford AC | 13.43 | |
| 4 | 33 | Louise Hayes | St. Helens Sutton AC | 11.25 | |
| 5 | 22 | Jean Skitt | Manchester Harriers & AC | 10.47 | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |

### Women's Javelin A

| | | | | | |
|---|---|---|---|---|---|
| 1 | 4 | Eve McMahon | Southport Waterloo AC | 25.07 | ☑ |
| 2 | 5 | Bethany Thomas | Spenborough | 20.10 | |
| 3 | 6 | Anna Bates | Trafford AC | 19.72 | |
| 4 | 22 | Caroline Baba | Manchester Harriers & AC | 18.53 | |
| 5 | 33 | Louise Hayes | St. Helens Sutton AC | 12.21 | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |

### Women's Javelin B

| | | | | | |
|---|---|---|---|---|---|
| 1 | 55 | Fiona Thomas | Spenborough | 18.56 | |
| 2 | 66 | Laura Rawlins | Trafford AC | 18.43 | |
| 3 | 44 | Katy Coupland | Southport Waterloo AC | 16.10 | |
| 4 | 2 | Jessica Morrissey | Manchester Harriers & AC | 10.87 | |
| 5 | 3 | Julia Hayes | St. Helens Sutton AC | 8.61 | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |

### Women's Shot Putt A

| | | | | | |
|---|---|---|---|---|---|
| 1 | 5 | Fiona Thomas | Spenborough | 10.29 | ☑ |
| 2 | 6 | Kerrie Buckley | Trafford AC | 9.62 | ☑ |
| 3 | 1 | Jessica Hirst | Halifax | 9.25 | ☑ |
| 4 | 4 | Katy Coupland | Southport Waterloo AC | 7.23 | |
| 5 | 2 | Katie Cooper | Manchester Harriers & AC | 6.63 | |
| 6 | 3 | Julia Hayes | St. Helens Sutton AC | 5.02 | |
| 7 | | | | | |
| 8 | | | | | |

### Women's Shot Putt B

| | | | | | |
|---|---|---|---|---|---|
| 1 | 55 | Bethany Thomas | Spenborough | 9.49 | ☑ |
| 2 | 44 | Eve McMahon | Southport Waterloo AC | 6.24 | |
| 3 | 66 | Laura Rawlins | Trafford AC | 6.22 | |
| 4 | 33 | Louise Hayes | St. Helens Sutton AC | 4.70 | |
| 5 | 22 | Jean Skitt | Manchester Harriers & AC | 4.05 | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |

# Northern T&F League

Division 3W Match 4 - Longford Park, Stretford

5 August 2017

### Women's Long Jump A

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 6 | Anna Bates | Trafford AC | 5.28 | | | ☑ |
| 2 | 1 | Lorna Gill | Halifax | 5.05 | | | ☑ |
| 3 | 22 | Debbie Taiwo | Manchester Harriers & AC | 4.68 | | | |
| 4 | 3 | Lauren Marshall | St. Helens Sutton AC | 4.45 | | | |
| 5 | 5 | Emma Rawnsley | Spenborough | 4.17 | | | |
| 6 | 4 | Sarah Pickerill | Southport Waterloo AC | 3.60 | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |

### Women's Long Jump B

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 66 | Charlei Seymour | Trafford AC | 4.62 | | |
| 2 | 2 | Jessica Morrissey | Manchester Harriers & AC | 4.55 | | |
| 3 | 11 | Vickki Spires | Halifax | 3.51 | | |
| 4 | 44 | Katy Coupland | Southport Waterloo AC | 3.33 | | |
| 5 | 33 | Kaitlin Naylor | St. Helens Sutton AC | 2.65 | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |

### Women's Triple Jump A

| | | | | Perf | Record | Wind | AW |
|---|---|---|---|---|---|---|---|
| 1 | 6 | Naomi Ogbeta | Trafford AC | 12.84 | LR | | ☑ |
| 2 | 55 | Ciara Flannery | Spenborough | 10.57 | | | ☑ |
| 3 | 22 | Marie-Gaelle Foumena | Manchester Harriers & AC | 8.71 | | | |
| 4 | 1 | Vickki Spires | Halifax | 8.19 | | | |
| 5 | 4 | Sarah Pickerill | Southport Waterloo AC | 5.72 | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |

### Women's Triple Jump B

| | | | | Perf | Wind | AW |
|---|---|---|---|---|---|---|
| 1 | 66 | Ahtollah Rose | Trafford AC | 11.99 | | ☑ |
| 2 | 5 | Emma Rawnsley | Spenborough | 8.68 | | |
| 3 | 2 | Jessica Morrissey | Manchester Harriers & AC | 8.64 | | |
| 4 | 44 | Katy Coupland | Southport Waterloo AC | 5.69 | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |

### Women's High Jump A

| | | | | Perf | AW |
|---|---|---|---|---|---|
| 1 | 6 | Amy Lester | Trafford AC | 1.55 | ☑ |
| 2 | 5 | Emma Rawnsley | Spenborough | 1.35 | |
| 3 | 2 | Debbie Taiwo | Manchester Harriers & AC | 1.20 | |
| 4 | 1 | Vickki Spires | Halifax | 1.15 | |

### Women's High Jump B

| | | | | Perf | AW |
|---|---|---|---|---|---|
| 1 | 66 | Anna Bates | Trafford AC | 1.45 | |
| 2 | 22 | Caroline Baba | Manchester Harriers & AC | 1.15 | |
| 3 | 55 | Ciara Flannery | Spenborough | 1.10 | |

### Women's Pole Vault A

### Women's Pole Vault B

### Women's 4x100m Relay

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | Manchester Harriers & AC | Marie-Gaelle Foumena | Debbie Taiwo | Jessica Morrissey | Trinity Peruzza Powell | 51.9 | ☑ |
| 2 | 6 | Trafford AC | - | - | - | - | 54.7 | |
| 3 | 4 | Southport Waterloo AC | Joanne McDougall | Jess Dean | Eve McMahon | Milly Smith | 59.3 | |
| 4 | 5 | Spenborough | Ciara Flannery | Emma Rawnsley | Natasha Geere | Jacqueline Carter | 66.9 | |
| 5 | | | | | | | | |
| 6 | | | | | | | | |
| 7 | | | | | | | | |
| 8 | | | | | | | | |

### Women's 4x400m Relay

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Manchester Harriers & AC | Melanie Barber | Katie Cooper | Caroline Baba | Marie-Gaelle Foumena | 04:52.9 |
| 2 | 4 | Southport Waterloo AC | Katy Coupland | Sarah Pickerill | Jess Dean | Joanne McDougall | 05:49.9 |
| 3 | 5 | Spenborough | Ciara Flannery | Emma Rawnsley | Jacqueline Carter | Amanda Pearson | 05:58.1 |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |

# Northern T&F League

Division 3W Match 4 - Longford Park, Stretford

5 August 2017

***Women's 100m Non Scoring*** *Wind=*

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

***Women's 100m Non Scoring*** *Wind=*

| | | Perf | Wind | AW |
|---|---|---|---|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

***Womens 1500m Steeplechase***

| | | |
|---|---|---|
| 1 | | |
| 2 | | |
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| 6 | | |
| 7 | | |
| 8 | | |

# Northern T&F League

## Division 3W Match 4 - Longford Park, Stretford

Saturday, 5 August 2017

| Events | Hal | | Man H | | St. H | | S'port | | Spen | | Traford | | | | | | UNUSED | | TOTAL | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Men's 100m | | | 7 | 7 | 9 | 4 | 6 | 3 | 5 | 2 | | 5 | | | | | 7 | 1 | 34 | 22 |
| Men's 200m | 7 | | 6 | | 4 | 5 | 5 | 4 | 3 | 3 | 9 | 7 | | | | | | 3 | 34 | 22 |
| Men's 400m | | | 7 | 5 | 6 | 4 | 5 | 3 | 4 | 2 | 9 | 7 | | | | | 3 | 1 | 34 | 22 |
| Men's 800m | 4 | 2 | 9 | 7 | | | 7 | 4 | 6 | 3 | 5 | 5 | | | | | 3 | 1 | 34 | 22 |
| Men's 1500m | 5 | 4 | 9 | 7 | 3 | | 4 | 2 | 7 | 3 | 6 | 5 | | | | | | 1 | 34 | 22 |
| Men's 3000m S/Chase | | | 9 | 5 | | | 6 | | 7 | 7 | | | | | | | 12 | 10 | 34 | 22 |
| Men's 5000m | 5 | 3 | 4 | 2 | 3 | | 9 | 5 | 6 | 4 | 7 | 7 | | | | | | 1 | 34 | 22 |
| Men's 400m Hurdles | | | 9 | 5 | | | 6 | | 5 | | 7 | 7 | | | | | 7 | 10 | 34 | 22 |
| Men's 110m Hurdles | | | 9 | | | | | | | | | | | | | | 25 | 22 | 34 | 22 |
| Men's Hammer | | | 4 | 2 | 5 | 4 | 7 | 3 | 6 | 5 | 9 | 7 | | | | | 3 | 1 | 34 | 22 |
| Men's Discus | | | 4 | 2 | 5 | 3 | 6 | 5 | 7 | 4 | 9 | 7 | | | | | 3 | 1 | 34 | 22 |
| Men's Javelin | | | 4 | | 5 | 3 | 6 | 4 | 9 | 7 | 7 | 5 | | | | | 3 | 3 | 34 | 22 |
| Men's Shot Putt | | | 4 | 3 | 5 | 2 | 6 | 5 | 7 | 4 | 9 | 7 | | | | | 3 | 1 | 34 | 22 |
| Men's Long Jump | | | 7 | 5 | 9 | 7 | 5 | 4 | 6 | 2 | 4 | 3 | | | | | 3 | 1 | 34 | 22 |
| Men's Triple Jump | | | 9 | 7 | | | 6 | 4 | 5 | | 7 | 5 | | | | | 7 | 6 | 34 | 22 |
| Men's High Jump | | | 5 | | 9 | 7 | | | 7 | 4 | 6 | 5 | | | | | 7 | 6 | 34 | 22 |
| Men's Pole Vault | | | 6 | 5 | | | | | 9 | | 7 | 7 | | | | | 12 | 10 | 34 | 22 |
| Men's 4x100m Relay | | | 9 | | 6 | | | | 5 | | 7 | | | | | | 7 | 22 | 34 | 22 |
| Men's 4x400m Relay | | | 6 | | 5 | | 7 | | 4 | | 9 | | | | | | 3 | 22 | 34 | 22 |
| | 21 | 9 | 127 | 62 | 74 | 39 | 91 | 46 | 108 | 50 | 117 | 89 | | | | | 108 | 123 | 646 | 418 |

| | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Women's 100m | 6 | 3 | 9 | 7 | 4 | 4 | 3 | 2 | 7 | 1 | 5 | 5 | | | | | | | 34 | 22 |
| Women's 200m | 5 | 5 | 9 | 7 | 4 | | 3 | 2 | 7 | 3 | 6 | 4 | | | | | | 1 | 34 | 22 |
| Women's 400m | | | 6 | 4 | 5 | | 7 | 5 | | | 9 | 7 | | | | | 7 | 6 | 34 | 22 |
| Women's 800m | | | 5 | 7 | 7 | | 6 | 5 | 4 | 4 | 9 | | | | | | 3 | 6 | 34 | 22 |
| Women's 1500m | | | 5 | | 9 | 7 | | | 6 | 5 | 7 | | | | | | 7 | 10 | 34 | 22 |
| Women's 1500m S/Chase | | | | | | | | | | | | | | | | | | | | |
| Women's 3000m | | | 6 | 5 | 7 | | | | 5 | | 9 | 7 | | | | | 7 | 10 | 34 | 22 |
| Women's 400m Hurdles | | | 7 | | | | | | 9 | | | | | | | | 18 | 22 | 34 | 22 |
| Women's 100m Hurdles | | | | | | | 9 | | | | | | | | | | 25 | 22 | 34 | 22 |
| Women's Hammer | 7 | | 3 | 4 | 5 | | 4 | 5 | 9 | 7 | 6 | | | | | | | 6 | 34 | 22 |
| Women's Discus | 9 | | 4 | 2 | 3 | 3 | 7 | 5 | 6 | 7 | 5 | 4 | | | | | | 1 | 34 | 22 |
| Women's Javelin | | | 5 | 3 | 4 | 2 | 9 | 4 | 7 | 7 | 6 | 5 | | | | | 3 | 1 | 34 | 22 |
| Women's Shot Putt | 6 | | 4 | 2 | 3 | 3 | 5 | 5 | 9 | 7 | 7 | 4 | | | | | | 1 | 34 | 22 |
| Women's Long Jump | 7 | 4 | 6 | 5 | 5 | 2 | 3 | 3 | 4 | | 9 | 7 | | | | | | 1 | 34 | 22 |
| Women's Triple Jump | 5 | | 6 | 4 | | | 4 | 3 | 7 | 5 | 9 | 7 | | | | | 3 | 3 | 34 | 22 |
| Women's High Jump | 5 | | 6 | 5 | | | | | 7 | 4 | 9 | 7 | | | | | 7 | 6 | 34 | 22 |
| Women's Pole Vault | | | | | | | | | | | | | | | | | | | | |
| Women's 4x100m Relay | | | 9 | | | | 6 | | 5 | | 7 | | | | | | 7 | 22 | 34 | 22 |
| Women's 4x400m Relay | | | 9 | | | | 7 | | 6 | | | | | | | | 12 | 22 | 34 | 22 |
| | 50 | 12 | 99 | 55 | 56 | 21 | 73 | 39 | 98 | 50 | 103 | 57 | | | | | 99 | 140 | 578 | 374 |

| Match Summary | Hal | Man H | St. H | S'port | Spen | Traford | | | UNUSED | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|
| Teams | 92.0 | 343.0 | 190.0 | 249.0 | 306.0 | 366.0 | | | 470.0 | 2016.0 |
| Officials Points | 20.0 | 45.0 | 45.0 | 45.0 | 45.0 | 45.0 | | | 245.0 | 490.0 |
| Total | 112.0 | 388.0 | 235.0 | 294.0 | 351.0 | 411.0 | | | 715.0 | 2506.0 |
| Match Position | 6 | 2 | 5 | 4 | 3 | 1 | 7 | 7 | | |
| League Points | 1 | 5 | 2 | 3 | 4 | 6 | | | | |

| Standings | Hal | Man H | St. H | S'port | Spen | Traford | | |
|---|---|---|---|---|---|---|---|---|
| League Points | 6.0 | 20.0 | 15.0 | 12.0 | 16.0 | 15.0 | | |
| Match Points | 784.0 | 1468.0 | 1228.0 | 1217.0 | 1280.0 | 1067.0 | | |
| League Positions | 6 | 1 | 3 | 5 | 2 | 4 | 7 | 7 |