

**Division 3W Match 1 - Carlisle**

**4 May 2014**

**Men's 100m A**

|   |       |                   | Perf                 | Recor | Wind | AW |
|---|-------|-------------------|----------------------|-------|------|----|
|   | Wind= |                   |                      |       |      |    |
| 1 | 4     | Jamie Bradbury    | Lancaster & Morecar  | 11.3  |      | ☑  |
| 2 | 3     | Stephen Sumner    | Hyndburn             | 11.3  |      | ☑  |
| 3 | 5     | Julian Ernst      | Manchester Harriers  | 11.4  |      | ☑  |
| 4 | 1     | Matthew Wright    | Blackpool, Wyre & F  | 11.5  |      | ☑  |
| 5 | 2     | Harry Nixon       | Border Harriers & AC | 12.1  |      |    |
| 6 | 6     | Jack Stringfellow | Rossendale Harriers  | 12.2  |      |    |
| 7 |       |                   |                      |       |      |    |
| 8 |       |                   |                      |       |      |    |

**Men's 100m B**

|   |       |                | Perf                 | Wind | AW |
|---|-------|----------------|----------------------|------|----|
|   | Wind= |                |                      |      |    |
| 1 | 55    | Faisal Othman  | Manchester Harriers  | 11.6 |    |
| 2 | 11    | James Carty    | Blackpool, Wyre & F  | 11.6 |    |
| 3 | 44    | Tom Whitaker   | Lancaster & Morecar  | 11.7 |    |
| 4 | 22    | William Barnes | Border Harriers & AC | 12.0 |    |
| 5 | 66    | Rob Webb       | Rossendale Harriers  | 12.6 |    |
| 6 | 33    | Russel Race    | Hyndburn             | 12.8 |    |
| 7 |       |                |                      |      |    |
| 8 |       |                |                      |      |    |

**Men's 200m A**

|   |       |                   | Perf                 | Recor | Wind | AW |
|---|-------|-------------------|----------------------|-------|------|----|
|   | Wind= |                   |                      |       |      |    |
| 1 | 4     | Jamie Bradbury    | Lancaster & Morecar  | 22.8  |      | ☑  |
| 2 | 3     | Stephen Sumner    | Hyndburn             | 23.2  |      | ☑  |
| 3 | 5     | Julian Ernst      | Manchester Harriers  | 23.2  |      | ☑  |
| 4 | 2     | Harry Nixon       | Border Harriers & AC | 24.2  |      |    |
| 5 | 1     | Thomas Allen      | Blackpool, Wyre & F  | 24.2  |      |    |
| 6 | 6     | Jack Stringfellow | Rossendale Harriers  | 25.4  |      |    |
| 7 |       |                   |                      |       |      |    |
| 8 |       |                   |                      |       |      |    |

**Men's 200m B**

|   |       |                   | Perf                 | Wind | AW |
|---|-------|-------------------|----------------------|------|----|
|   | Wind= |                   |                      |      |    |
| 1 | 55    | Jermaine Thompson | Manchester Harriers  | 24.1 |    |
| 2 | 44    | Tom Whitaker      | Lancaster & Morecar  | 24.1 |    |
| 3 | 33    | Noah Stevens      | Hyndburn             | 24.4 |    |
| 4 | 11    | James Carty       | Blackpool, Wyre & F  | 24.4 |    |
| 5 | 22    | Luke Gay          | Border Harriers & AC | 25.2 |    |
| 6 | 66    | Ashley Kay        | Rossendale Harriers  | 25.3 |    |
| 7 |       |                   |                      |      |    |
| 8 |       |                   |                      |      |    |

**Men's 400m A**

|   |   |                 | Perf                 | Recor | Wind | AW |
|---|---|-----------------|----------------------|-------|------|----|
|   |   |                 |                      |       |      |    |
| 1 | 1 | Brent Starkie   | Blackpool, Wyre & F  | 50.1  |      | ☑  |
| 2 | 3 | Stephen Sumner  | Hyndburn             | 52.2  |      | ☑  |
| 3 | 6 | Matthew Harris  | Rossendale Harriers  | 53.2  |      |    |
| 4 | 5 | Bernard Ward    | Manchester Harriers  | 54.0  |      |    |
| 5 | 2 | Callum Plunkett | Border Harriers & AC | 59.5  |      |    |
| 6 | 4 | Luke Ingham     | Lancaster & Morecar  | 62.0  |      |    |
| 7 |   |                 |                      |       |      |    |
| 8 |   |                 |                      |       |      |    |

**Men's 400m B**

|   |    |               | Perf                 | Wind | AW |
|---|----|---------------|----------------------|------|----|
|   |    |               |                      |      |    |
| 1 | 11 | Ted Romney    | Blackpool, Wyre & F  | 53.3 |    |
| 2 | 33 | Nasnain Eshan | Hyndburn             | 54.7 |    |
| 3 | 44 | Isaac Scott   | Lancaster & Morecar  | 54.8 |    |
| 4 | 55 | Liam Bartlett | Manchester Harriers  | 55.8 |    |
| 5 | 22 | Oliver Howse  | Border Harriers & AC | 62.5 |    |
| 6 | 66 | Sam Petch     | Rossendale Harriers  | 65.7 |    |
| 7 |    |               |                      |      |    |
| 8 |    |               |                      |      |    |

**Men's 800m A**

|   |   |                | Perf                 | Recor   | Wind | AW |
|---|---|----------------|----------------------|---------|------|----|
|   |   |                |                      |         |      |    |
| 1 | 1 | Luke Minns     | Blackpool, Wyre & F  | 01:55.0 |      | ☑  |
| 2 | 6 | Matthew Harris | Rossendale Harriers  | 02:02.3 |      | ☑  |
| 3 | 4 | Luke Ingham    | Lancaster & Morecar  | 02:04.4 |      |    |
| 4 | 5 | Liam Bartlett  | Manchester Harriers  | 02:07.6 |      |    |
| 5 | 2 | Scott Wilson   | Border Harriers & AC | 02:09.5 |      |    |
| 6 |   |                |                      |         |      |    |
| 7 |   |                |                      |         |      |    |
| 8 |   |                |                      |         |      |    |

**Men's 800m B**

|   |    |                   | Perf                 | Wind    | AW |
|---|----|-------------------|----------------------|---------|----|
|   |    |                   |                      |         |    |
| 1 | 11 | Jake Walley       | Blackpool, Wyre & F  | 02:03.6 | ☑  |
| 2 | 44 | Isaac Scott       | Lancaster & Morecar  | 02:04.3 |    |
| 3 | 55 | Bernard Ward      | Manchester Harriers  | 02:06.7 |    |
| 4 | 66 | Connor Richardson | Rossendale Harriers  | 02:09.0 |    |
| 5 | 22 | Ciaran Campbell   | Border Harriers & AC | 02:10.3 |    |
| 6 |    |                   |                      |         |    |
| 7 |    |                   |                      |         |    |
| 8 |    |                   |                      |         |    |

**Men's 1500m A**

|   |   |                 | Perf                 | Recor   | Wind | AW |
|---|---|-----------------|----------------------|---------|------|----|
|   |   |                 |                      |         |      |    |
| 1 | 1 | Luke Minns      | Blackpool, Wyre & F  | 04:05.8 |      | ☑  |
| 2 | 5 | Sam Tarry       | Manchester Harriers  | 04:21.7 |      | ☑  |
| 3 | 2 | Ciaran Campbell | Border Harriers & AC | 04:29.5 |      | ☑  |
| 4 | 6 | Callum Davidson | Rossendale Harriers  | 04:36.4 |      | ☑  |
| 5 | 4 | Peter Acland    | Lancaster & Morecar  | 06:07.6 |      | ☑  |
| 6 |   |                 |                      |         |      |    |
| 7 |   |                 |                      |         |      |    |
| 8 |   |                 |                      |         |      |    |

**Men's 1500m B**

|   |    |                   | Perf                 | Wind    | AW |
|---|----|-------------------|----------------------|---------|----|
|   |    |                   |                      |         |    |
| 1 | 11 | Jake Walley       | Blackpool, Wyre & F  | 04:15.9 | ☑  |
| 2 | 55 | Ed Fazakerley     | Manchester Harriers  | 04:25.8 | ☑  |
| 3 | 22 | Liam Medley       | Border Harriers & AC | 04:38.0 | ☑  |
| 4 | 66 | Connor Richardson | Rossendale Harriers  | 04:39.0 | ☑  |
| 5 |    |                   |                      |         |    |
| 6 |    |                   |                      |         |    |
| 7 |    |                   |                      |         |    |
| 8 |    |                   |                      |         |    |

**Men's 3000m S/Chase A**

|   |   |                 | Perf                 | Recor   | Wind | AW |
|---|---|-----------------|----------------------|---------|------|----|
|   |   |                 |                      |         |      |    |
| 1 | 4 | Danny Parkinson | Lancaster & Morecar  | 09:38.9 |      | ☑  |
| 2 | 2 | Kevin Bell      | Border Harriers & AC | 10:01.9 |      | ☑  |
| 3 | 6 | Phil Bolton     | Rossendale Harriers  | 10:55.2 |      | ☑  |
| 4 |   |                 |                      |         |      |    |
| 5 |   |                 |                      |         |      |    |
| 6 |   |                 |                      |         |      |    |
| 7 |   |                 |                      |         |      |    |
| 8 |   |                 |                      |         |      |    |

**Men's 3000m S/Chase B**

|   |    |                 | Perf                 | Wind    | AW |
|---|----|-----------------|----------------------|---------|----|
|   |    |                 |                      |         |    |
| 1 | 66 | Callum Davidson | Rossendale Harriers  | 11:02.3 | ☑  |
| 2 | 22 | Callum Plunkett | Border Harriers & AC | 11:03.8 | ☑  |
| 3 |    |                 |                      |         |    |
| 4 |    |                 |                      |         |    |
| 5 |    |                 |                      |         |    |
| 6 |    |                 |                      |         |    |
| 7 |    |                 |                      |         |    |
| 8 |    |                 |                      |         |    |

**Division 3W Match 1 - Carlisle**

**Men's 5000m A**

|   |    |               |                      |         |
|---|----|---------------|----------------------|---------|
| 1 | 2  | Bob Hodgson   | Border Harriers & AC | 15:54.1 |
| 2 | 66 | Joe Johnston  | Rossendale Harriers  | 15:56.1 |
| 3 | 5  | Ed Fazakerley | Manchester Harriers  | 16:24.5 |
| 4 | 44 | Kev Wilson    | Lancaster & Morecal  | 17:52.5 |
| 5 |    |               |                      |         |
| 6 |    |               |                      |         |
| 7 |    |               |                      |         |
| 8 |    |               |                      |         |

**Men's 400m Hurdles A**

|   |   |                 |                      |      |  |  |  |
|---|---|-----------------|----------------------|------|--|--|--|
| 1 | 2 | Kevin Bell      | Border Harriers & AC | 60.3 |  |  |  |
| 2 | 6 | Ashley Kay      | Rossendale Harriers  | 65.7 |  |  |  |
| 3 | 4 | Stephen Roberts | Lancaster & Morecar  | 75.0 |  |  |  |
| 4 |   |                 |                      |      |  |  |  |
| 5 |   |                 |                      |      |  |  |  |
| 6 |   |                 |                      |      |  |  |  |
| 7 |   |                 |                      |      |  |  |  |
| 8 |   |                 |                      |      |  |  |  |

**Men's 110m Hurdles A**

|   |   |             |                      |      |  |  |  |
|---|---|-------------|----------------------|------|--|--|--|
| 1 | 2 | Luke Gay    | Border Harriers & AC | 19.3 |  |  |  |
| 2 | 6 | Phil Bolton | Rossendale Harriers  | 20.4 |  |  |  |
| 3 |   |             |                      |      |  |  |  |
| 4 |   |             |                      |      |  |  |  |
| 5 |   |             |                      |      |  |  |  |
| 6 |   |             |                      |      |  |  |  |
| 7 |   |             |                      |      |  |  |  |
| 8 |   |             |                      |      |  |  |  |

**Men's Hammer A**

|   |   |              |                     |       |  |  |  |
|---|---|--------------|---------------------|-------|--|--|--|
| 1 | 1 | Dave Shaw    | Blackpool, Wyre & F | 43.98 |  |  |  |
| 2 | 3 | Russel Race  | Hyndburn            | 22.45 |  |  |  |
| 3 | 6 | Stephen Law  | Rossendale Harriers | 20.40 |  |  |  |
| 4 | 4 | Ian Stanley  | Lancaster & Morecar | 17.35 |  |  |  |
| 5 | 5 | Carl Summers | Manchester Harriers | 15.11 |  |  |  |
| 6 |   |              |                     |       |  |  |  |
| 7 |   |              |                     |       |  |  |  |
| 8 |   |              |                     |       |  |  |  |

**Men's Discus A**

|   |    |                |                      |       |  |  |  |
|---|----|----------------|----------------------|-------|--|--|--|
| 1 | 1  | Dave Shaw      | Blackpool, Wyre & F  | 29.00 |  |  |  |
| 2 | 44 | Tom Norton     | Lancaster & Morecar  | 26.96 |  |  |  |
| 3 | 2  | Ryan McDowell  | Border Harriers & AC | 20.48 |  |  |  |
| 4 | 66 | Phil Walton    | Rossendale Harriers  | 19.25 |  |  |  |
| 5 | 3  | Stephen Sumner | Hyndburn             | 18.95 |  |  |  |
| 6 | 55 | Teddy Kouetcha | Manchester Harriers  | 17.96 |  |  |  |
| 7 |    |                |                      |       |  |  |  |
| 8 |    |                |                      |       |  |  |  |

**Men's Javelin A**

|   |    |                 |                      |       |  |  |  |
|---|----|-----------------|----------------------|-------|--|--|--|
| 1 | 1  | Dave Turner     | Blackpool, Wyre & F  | 50.75 |  |  |  |
| 2 | 44 | Tom Norton      | Lancaster & Morecar  | 42.35 |  |  |  |
| 3 | 5  | Liam Bartlett   | Manchester Harriers  | 37.57 |  |  |  |
| 4 | 6  | Joe Johnston    | Rossendale Harriers  | 33.28 |  |  |  |
| 5 | 33 | Dan Cowgill     | Hyndburn             | 31.33 |  |  |  |
| 6 | 2  | Callum Aldridge | Border Harriers & AC | 25.90 |  |  |  |
| 7 |    |                 |                      |       |  |  |  |
| 8 |    |                 |                      |       |  |  |  |

**4 May 2014**

**Men's 5000m B**

|   |    |                  |                      |         |
|---|----|------------------|----------------------|---------|
| 1 | 6  | Rob Webb         | Rossendale Harriers  | 15:56.7 |
| 2 | 22 | Graham Millican  | Border Harriers & AC | 17:04.7 |
| 3 | 55 | Jonathon Stewart | Manchester Harriers  | 17:35.0 |
| 4 | 4  | Phil Lee         | Lancaster & Morecar  | 18:13.4 |
| 5 |    |                  |                      |         |
| 6 |    |                  |                      |         |
| 7 |    |                  |                      |         |
| 8 |    |                  |                      |         |

**Men's 400m Hurdles B**

|   |    |             |                      |      |  |  |  |
|---|----|-------------|----------------------|------|--|--|--|
| 1 | 22 | Luke Gay    | Border Harriers & AC | 61.0 |  |  |  |
| 2 | 66 | Phil Bolton | Rossendale Harriers  | 65.1 |  |  |  |
| 3 |    |             |                      |      |  |  |  |
| 4 |    |             |                      |      |  |  |  |
| 5 |    |             |                      |      |  |  |  |
| 6 |    |             |                      |      |  |  |  |
| 7 |    |             |                      |      |  |  |  |
| 8 |    |             |                      |      |  |  |  |

**Men's 110m Hurdles B**

|   |    |                   |                     |      |  |  |  |
|---|----|-------------------|---------------------|------|--|--|--|
| 1 | 66 | Jack Stringfellow | Rossendale Harriers | 21.7 |  |  |  |
| 2 |    |                   |                     |      |  |  |  |
| 3 |    |                   |                     |      |  |  |  |
| 4 |    |                   |                     |      |  |  |  |
| 5 |    |                   |                     |      |  |  |  |
| 6 |    |                   |                     |      |  |  |  |
| 7 |    |                   |                     |      |  |  |  |
| 8 |    |                   |                     |      |  |  |  |

**Men's Hammer B**

|   |    |                 |                     |       |  |  |  |
|---|----|-----------------|---------------------|-------|--|--|--|
| 1 | 11 | Syd Bashforth   | Blackpool, Wyre & F | 28.31 |  |  |  |
| 2 | 66 | Phil Walton     | Rossendale Harriers | 18.34 |  |  |  |
| 3 | 33 | Dan Cowgill     | Hyndburn            | 16.46 |  |  |  |
| 4 | 44 | Stephen Roberts | Lancaster & Morecar | 15.10 |  |  |  |
| 5 | 55 | Kesric Salmon   | Manchester Harriers | 14.67 |  |  |  |
| 6 |    |                 |                     |       |  |  |  |
| 7 |    |                 |                     |       |  |  |  |
| 8 |    |                 |                     |       |  |  |  |

**Men's Discus B**

|   |    |                |                      |       |  |  |  |
|---|----|----------------|----------------------|-------|--|--|--|
| 1 | 11 | Syd Bashforth  | Blackpool, Wyre & F  | 28.04 |  |  |  |
| 2 | 4  | Ian Stanley    | Lancaster & Morecar  | 24.29 |  |  |  |
| 3 | 6  | Stephen Law    | Rossendale Harriers  | 19.15 |  |  |  |
| 4 | 33 | martin Tetlow  | Hyndburn             | 15.56 |  |  |  |
| 5 | 22 | Peter Campbell | Border Harriers & AC | 15.04 |  |  |  |
| 6 | 5  | Carl Summers   | Manchester Harriers  | 12.24 |  |  |  |
| 7 |    |                |                      |       |  |  |  |
| 8 |    |                |                      |       |  |  |  |

**Men's Javelin B**

|   |    |                |                      |       |  |  |  |
|---|----|----------------|----------------------|-------|--|--|--|
| 1 | 11 | Robbie Morris  | Blackpool, Wyre & F  | 34.40 |  |  |  |
| 2 | 55 | Teddy Kouetcha | Manchester Harriers  | 33.63 |  |  |  |
| 3 | 66 | Phil Bolton    | Rossendale Harriers  | 32.16 |  |  |  |
| 4 | 3  | Stephen Sumner | Hyndburn             | 30.60 |  |  |  |
| 5 | 22 | Ryan McDowell  | Border Harriers & AC | 24.18 |  |  |  |
| 6 | 4  | Ian Stanley    | Lancaster & Morecar  | 18.69 |  |  |  |
| 7 |    |                |                      |       |  |  |  |
| 8 |    |                |                      |       |  |  |  |

**Division 3W Match 1 - Carlisle**

**4 May 2014**

**Men's Shot Putt A**

|                    | Perf                  | Record | Wind | AW |
|--------------------|-----------------------|--------|------|----|
| 1 3 Russel Race    | Hyndburn              | 10.02  |      | ☑  |
| 2 1 Dave Shaw      | Blackpool, Wyre & F   | 9.60   |      |    |
| 3 44 Tom Norton    | Lancaster & Morecambe | 9.54   |      |    |
| 4 2 Ryan McDowell  | Border Harriers & AC  | 9.08   |      |    |
| 5 66 Phil Walton   | Rossendale Harriers   | 8.34   |      |    |
| 6 5 Teddy Kouetcha | Manchester Harriers   | 8.17   |      |    |
| 7                  |                       |        |      |    |
| 8                  |                       |        |      |    |

**Men's Shot Putt B**

|                     | Perf                  | Wind | AW |
|---------------------|-----------------------|------|----|
| 1 11 Syd Bashforth  | Blackpool, Wyre & F   | 8.05 |    |
| 2 6 Stephen Law     | Rossendale Harriers   | 8.03 |    |
| 3 55 Mikey Fennell  | Manchester Harriers   | 8.00 |    |
| 4 4 Ian Stanley     | Lancaster & Morecambe | 7.52 |    |
| 5 22 Peter Campbell | Border Harriers & AC  | 6.22 |    |
| 6 33 Martin Tetlow  | Hyndburn              | 5.88 |    |
| 7                   |                       |      |    |
| 8                   |                       |      |    |

**Men's Long Jump A**

|                      | Perf                  | Record | Wind | AW |
|----------------------|-----------------------|--------|------|----|
| 1 5 Mikey Fennell    | Manchester Harriers   | 6.11   |      | ☑  |
| 2 11 Dominic Lavelle | Blackpool, Wyre & F   | 6.05   |      | ☑  |
| 3 33 Noah Stevens    | Hyndburn              | 5.92   |      | ☑  |
| 4 6 Aaron Barker     | Rossendale Harriers   | 5.32   |      |    |
| 5 22 William Barnes  | Border Harriers & AC  | 5.07   |      |    |
| 6 4 Shane King       | Lancaster & Morecambe | 5.02   |      |    |
| 7                    |                       |        |      |    |
| 8                    |                       |        |      |    |

**Men's Long Jump B**

|                     | Perf                  | Wind | AW |
|---------------------|-----------------------|------|----|
| 1 1 Matthew Wright  | Blackpool, Wyre & F   | 5.77 |    |
| 2 3 Hasnain Eshan   | Hyndburn              | 5.65 |    |
| 3 66 Sam Petch      | Rossendale Harriers   | 5.06 |    |
| 4 2 Nathan McStay   | Border Harriers & AC  | 4.97 |    |
| 5 55 Teddy Kouetcha | Manchester Harriers   | 3.84 |    |
| 6 44 Peter Acland   | Lancaster & Morecambe | 2.63 |    |
| 7                   |                       |      |    |
| 8                   |                       |      |    |

**Men's Triple Jump A**

|                        | Perf                 | Record | Wind | AW |
|------------------------|----------------------|--------|------|----|
| 1 5 Mikey Fennell      | Manchester Harriers  | 12.25  |      | ☑  |
| 2 11 Dominic Lavelle   | Blackpool, Wyre & F  | 12.14  |      | ☑  |
| 3 33 Noah Stevens      | Hyndburn             | 11.75  |      |    |
| 4 66 Jack Stringfellow | Rossendale Harriers  | 11.64  |      |    |
| 5 2 Nathan McStay      | Border Harriers & AC | 10.69  |      |    |
| 6                      |                      |        |      |    |
| 7                      |                      |        |      |    |
| 8                      |                      |        |      |    |

**Men's Triple Jump B**

|                   | Perf                | Wind  | AW |
|-------------------|---------------------|-------|----|
| 1 1 Nick Aziz     | Blackpool, Wyre & F | 11.99 | ☑  |
| 2 3 Hasnain Eshan | Hyndburn            | 11.48 |    |
| 3 6 Phil Bolton   | Rossendale Harriers | 10.67 |    |
| 4                 |                     |       |    |
| 5                 |                     |       |    |
| 6                 |                     |       |    |
| 7                 |                     |       |    |
| 8                 |                     |       |    |

**Men's High Jump A**

|                      | Perf                | Record | Wind | AW |
|----------------------|---------------------|--------|------|----|
| 1 11 Dominic Lavelle | Blackpool, Wyre & F | 1.65   |      |    |
| 2 6 Aaron Barker     | Rossendale Harriers | 1.50   |      |    |
| 3 55 Mikey Fennell   | Manchester Harriers | 1.40   |      |    |

**Men's High Jump B**

|                | Perf                | Wind | AW |
|----------------|---------------------|------|----|
| 1 1 Nick Aziz  | Blackpool, Wyre & F | 1.60 |    |
| 2 66 Sam Petch | Rossendale Harriers | 1.40 |    |

**Men's Pole Vault A**

|                    | Perf                | Record | Wind | AW |
|--------------------|---------------------|--------|------|----|
| 1 1 Matthew Wright | Blackpool, Wyre & F | 4.80   |      | ☑  |
| 2 6 Phil Bolton    | Rossendale Harriers | 2.90   |      |    |

**Men's Pole Vault B**

|                     | Perf                | Wind | AW |
|---------------------|---------------------|------|----|
| 1 11 Matthew Walker | Blackpool, Wyre & F | 4.00 | ☑  |
| 2 66 Aaron Barker   | Rossendale Harriers | 2.80 |    |

**Men's 4x100m Relay**

|                                           | Perf              | Record            | Wind            | AW   |
|-------------------------------------------|-------------------|-------------------|-----------------|------|
| 1 5 Manchester Harriers & A Mikey Fennell | Julian Ernst      | Jermaine Thompson | Faisal Othman   | 45.7 |
| 2 1 Blackpool, Wyre & Fylde James Carty   | Matthew Wright    | Dominic Lavelle   | Brent Starkie   | 45.8 |
| 3 4 Lancaster & Morecambe Jamie Bradbury  | Tom Whitaker      | Isaac Scott       | Tom Norton      | 47.6 |
| 4 3 Hyndburn Stephen Sumner               | Russel Race       | Dan Cowgill       | Noah Stevens    | 47.7 |
| 5 2 Border Harriers & AC Scott Wilson     | Harry Nixon       | Luke Gay          | Ciaran Campbell | 50.6 |
| 6 6 Rossendale Harriers & A Phil Bolton   | Jack Stringfellow | Connor Richardson | Ashley Kay      | 52.7 |
| 7                                         |                   |                   |                 |      |
| 8                                         |                   |                   |                 |      |

**Division 3W Match 1 - Carlisle**

**4 May 2014**

**Men's 4x400m Relay**

|   | Perf | Record                  | Wind            | AW             |                   | Perf           | Wind    | AW |
|---|------|-------------------------|-----------------|----------------|-------------------|----------------|---------|----|
| 1 | 1    | Blackpool, Wyre & Fylde | Thomas Allen    | Ted Romney     | Brent Starkie     | Luke Minns     | 03:30.6 |    |
| 2 | 6    | Rosendale Harriers & A  | Ashley Kay      | Matthew Harris | Grant Cuncliffe   | Rob Webb       | 03:44.1 |    |
| 3 | 4    | Lancaster & Morecambe   | Danny Parkinson | Tom Norton     | Isaac Scott       | Jamie Bradbury | 03:47.0 |    |
| 4 | 5    | Manchester Harriers & A | Liam Bartlett   | Bernard Ward   | Jermaine Thompson | Sam Tarry      | 03:49.4 |    |
| 5 | 2    | Border Harriers & AC    | Scott Wilson    | Oliver Howse   | Callum Plunkett   | Kevin Bell     | 04:05.0 |    |
| 6 | 3    | Hyndburn                | Stephen Sumner  | Noah Stevens   | Hasnain Eshan     | Dan Cowgill    | 04:10.4 |    |
| 7 |      |                         |                 |                |                   |                |         |    |
| 8 |      |                         |                 |                |                   |                |         |    |

| MATCH RESULT |          |  | League Points | Match | STANDINGS |          |  | League Points | Match |
|--------------|----------|--|---------------|-------|-----------|----------|--|---------------|-------|
| 1            | BWF      |  | 6             | 428.0 | 1         | BWF      |  | 6             | 428.0 |
| 2            | Ross H   |  | 5             | 355.0 | 2         | Ross H   |  | 5             | 355.0 |
| 3            | Border   |  | 4             | 316.0 | 3         | Border   |  | 4             | 316.0 |
| 4            | LMK      |  | 3             | 264.0 | 4         | LMK      |  | 3             | 264.0 |
| 5            | Man H    |  | 2             | 263.0 | 5         | Man H    |  | 2             | 263.0 |
| 6            | Hyndburn |  | 1             | 196.0 | 6         | Hyndburn |  | 1             | 196.0 |
| 7            |          |  |               |       | 7         |          |  |               |       |
| 8            |          |  |               |       | 8         | #N/A     |  | #N/A          | #N/A  |

**Men's 100m Non Scoring**

Wind=

|   |    |      |
|---|----|------|
| 1 | 44 | 16.5 |
| 2 |    |      |
| 3 |    |      |
| 4 |    |      |
| 5 |    |      |
| 6 |    |      |
| 7 |    |      |
| 8 |    |      |

**Men's 100m Non Scoring**

Wind=

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

**Division 3W Match 1 - Carlisle**

Division 3W Match 1 - Carlisle

|                        |    |                     |                      | Perf    | Record | Wind | AW | 4 May 2014             |    |                    |                      | Perf    | Wind | AW |  |
|------------------------|----|---------------------|----------------------|---------|--------|------|----|------------------------|----|--------------------|----------------------|---------|------|----|--|
| <u>Women's 100m A</u>  |    |                     |                      |         |        |      |    | <u>Women's 100m B</u>  |    |                    |                      |         |      |    |  |
|                        |    |                     | Wind=                |         |        |      |    |                        |    | Wind=              |                      |         |      |    |  |
| 1                      | 2  | Alison McCorry      | Border Harriers & AC | 12.1    |        |      | ☑  | 1                      | 22 | Megan Bates        | Border Harriers & AC | 12.6    |      | ☑  |  |
| 2                      | 5  | Vanessa Giblin      | Manchester Harriers  | 12.6    |        |      | ☑  | 2                      | 55 | Gemma Hopley       | Manchester Harriers  | 13.2    |      | ☑  |  |
| 3                      | 1  | Amber Swinnerton    | Blackpool, Wyre & F  | 12.9    |        |      | ☑  | 3                      | 11 | Ash Colvin         | Blackpool, Wyre & F  | 13.2    |      | ☑  |  |
| 4                      | 6  | Catriona Corbishley | Rossendale Harriers  | 13.5    |        |      |    | 4                      | 66 | Ilona Moffat       | Rossendale Harriers  | 15.5    |      |    |  |
| 5                      | 3  | Sarah Cowgill       | Hyndburn             | 14.2    |        |      |    | 5                      |    |                    |                      |         |      |    |  |
| 6                      |    |                     |                      |         |        |      |    | 6                      |    |                    |                      |         |      |    |  |
| 7                      |    |                     |                      |         |        |      |    | 7                      |    |                    |                      |         |      |    |  |
| 8                      |    |                     |                      |         |        |      |    | 8                      |    |                    |                      |         |      |    |  |
| <u>Women's 200m A</u>  |    |                     |                      |         |        |      |    | <u>Women's 200m B</u>  |    |                    |                      |         |      |    |  |
|                        |    |                     | Wind=                |         |        |      |    |                        |    | Wind=              |                      |         |      |    |  |
| 1                      | 2  | Megan Bates         | Border Harriers & AC | 25.6    |        |      | ☑  | 1                      | 11 | Beth Everson       | Blackpool, Wyre & F  | 27.9    |      |    |  |
| 2                      | 1  | Kate Lawler         | Blackpool, Wyre & F  | 25.8    |        |      | ☑  | 2                      | 44 | Heidi Murray       | Lancaster & Morecar  | 28.1    |      |    |  |
| 3                      | 4  | Zoe Barrett         | Lancaster & Morecar  | 27.7    |        |      |    | 3                      | 22 | Lauren Medley      | Border Harriers & AC | 29.6    |      |    |  |
| 4                      | 6  | Beatrice Toman      | Rossendale Harriers  | 27.9    |        |      |    | 4                      | 55 | Martina Samuelsson | Manchester Harriers  | 31.6    |      |    |  |
| 5                      | 5  | Precious Beattie    | Manchester Harriers  | 29.2    |        |      |    | 5                      | 66 | Ilona Moffat       | Rossendale Harriers  | 33.0    |      |    |  |
| 6                      | 3  | Sarah Cowgill       | Hyndburn             | 30.2    |        |      |    | 6                      |    |                    |                      |         |      |    |  |
| 7                      |    |                     |                      |         |        |      |    | 7                      |    |                    |                      |         |      |    |  |
| 8                      |    |                     |                      |         |        |      |    | 8                      |    |                    |                      |         |      |    |  |
| <u>Women's 400m A</u>  |    |                     |                      |         |        |      |    | <u>Women's 400m B</u>  |    |                    |                      |         |      |    |  |
|                        |    |                     |                      |         |        |      |    |                        |    |                    |                      |         |      |    |  |
| 1                      | 2  | Megan Bates         | Border Harriers & AC | 57.4    |        |      | ☑  | 1                      | 11 | Beth Everson       | Blackpool, Wyre & F  | 62.4    |      | ☑  |  |
| 2                      | 1  | Kate Lawler         | Blackpool, Wyre & F  | 59.8    |        |      | ☑  | 2                      | 66 | Lucy Moore         | Rossendale Harriers  | 69.2    |      |    |  |
| 3                      | 4  | Zoe Barrett         | Lancaster & Morecar  | 62.7    |        |      | ☑  | 3                      | 55 | Lydia Kelly        | Manchester Harriers  | 75.4    |      |    |  |
| 4                      | 6  | Megan Soloman       | Rossendale Harriers  | 63.9    |        |      | ☑  | 4                      | 22 | Teresa Medley      | Border Harriers & AC | 84.7    |      |    |  |
| 5                      | 5  | Molly Bogin         | Manchester Harriers  | 64.3    |        |      |    | 5                      | 33 | Joyce Tetlow       | Hyndburn             | 89.9    |      |    |  |
| 6                      | 3  | Sarah Cowgill       | Hyndburn             | 67.5    |        |      |    | 6                      |    |                    |                      |         |      |    |  |
| 7                      |    |                     |                      |         |        |      |    | 7                      |    |                    |                      |         |      |    |  |
| 8                      |    |                     |                      |         |        |      |    | 8                      |    |                    |                      |         |      |    |  |
| <u>Women's 800m A</u>  |    |                     |                      |         |        |      |    | <u>Women's 800m B</u>  |    |                    |                      |         |      |    |  |
|                        |    |                     |                      |         |        |      |    |                        |    |                    |                      |         |      |    |  |
| 1                      | 2  | Abbie Hetherington  | Border Harriers & AC | 02:10.8 |        |      | ☑  | 1                      | 22 | Ruth Hetherington  | Border Harriers & AC | 02:30.7 |      |    |  |
| 2                      | 4  | Heidi Murray        | Lancaster & Morecar  | 02:25.3 |        |      | ☑  | 2                      | 66 | Beatrice Toman     | Rossendale Harriers  | 02:36.8 |      |    |  |
| 3                      | 5  | Molly Bogin         | Manchester Harriers  | 02:36.4 |        |      |    | 3                      | 55 | Jessica Morrissey  | Manchester Harriers  | 03:03.1 |      |    |  |
| 4                      | 1  | Stasia Bligh        | Blackpool, Wyre & F  | 02:41.7 |        |      |    | 4                      | 11 | Claire Irons       | Blackpool, Wyre & F  | 03:47.8 |      |    |  |
| 5                      | 6  | Lucy Moore          | Rossendale Harriers  | 02:49.4 |        |      |    | 5                      | 33 | Heidi Hamshere     | Hyndburn             | 04:28.5 |      |    |  |
| 6                      | 3  | Joyce Tetlow        | Hyndburn             | 03:22.7 |        |      |    | 6                      |    |                    |                      |         |      |    |  |
| 7                      |    |                     |                      |         |        |      |    | 7                      |    |                    |                      |         |      |    |  |
| 8                      |    |                     |                      |         |        |      |    | 8                      |    |                    |                      |         |      |    |  |
| <u>Women's 1500m A</u> |    |                     |                      |         |        |      |    | <u>Women's 1500m B</u> |    |                    |                      |         |      |    |  |
|                        |    |                     |                      |         |        |      |    |                        |    |                    |                      |         |      |    |  |
| 1                      | 44 | Rebecca Robinson    | Lancaster & Morecar  | 04:42.5 |        |      | ☑  | 1                      | 4  | Mary Hodgson       | Lancaster & Morecar  | 05:03.9 |      | ☑  |  |
| 2                      | 2  | Abbie Hetherington  | Border Harriers & AC | 04:47.0 |        |      | ☑  | 2                      | 1  | Stasia Bligh       | Blackpool, Wyre & F  | 05:27.5 |      |    |  |
| 3                      | 11 | Jess Rogers         | Blackpool, Wyre & F  | 05:13.6 |        |      |    | 3                      |    |                    |                      |         |      |    |  |
| 4                      | 6  | Rebecca Flanagan    | Rossendale Harriers  | 05:26.9 |        |      |    | 4                      |    |                    |                      |         |      |    |  |
| 5                      | 3  | Joyce Tetlow        | Hyndburn             | 06:47.5 |        |      |    | 5                      |    |                    |                      |         |      |    |  |
| 6                      | 5  | Debbie Berestord    | Manchester Harriers  | 07:34.2 |        |      |    | 6                      |    |                    |                      |         |      |    |  |
| 7                      |    |                     |                      |         |        |      |    | 7                      |    |                    |                      |         |      |    |  |
| 8                      |    |                     |                      |         |        |      |    | 8                      |    |                    |                      |         |      |    |  |
| <u>Women's 3000m A</u> |    |                     |                      |         |        |      |    | <u>Women's 3000m B</u> |    |                    |                      |         |      |    |  |
|                        |    |                     |                      |         |        |      |    |                        |    |                    |                      |         |      |    |  |
| 1                      | 4  | Rebecca Robinson    | Lancaster & Morecar  | 09:34.4 |        |      | ☑  | 1                      | 44 | Allison Daly       | Lancaster & Morecar  | 11:36.8 |      |    |  |
| 2                      | 6  | Rebecca Flanagan    | Rossendale Harriers  | 10:57.5 |        |      | ☑  | 2                      | 22 | Teresa Medley      | Border Harriers & AC | 12:30.3 |      |    |  |
| 3                      | 2  | Ruth Hetherington   | Border Harriers & AC | 10:57.5 |        |      | ☑  | 3                      | 11 | Rachel Bashforth   | Blackpool, Wyre & F  | 19:34.9 |      |    |  |
| 4                      | 5  | Debbie Berestord    | Manchester Harriers  | 15:01.8 |        |      |    | 4                      |    |                    |                      |         |      |    |  |
| 5                      | 1  | Claire Irons        | Blackpool, Wyre & F  | 16:52.2 |        |      |    | 5                      |    |                    |                      |         |      |    |  |
| 6                      |    |                     |                      |         |        |      |    | 6                      |    |                    |                      |         |      |    |  |
| 7                      |    |                     |                      |         |        |      |    | 7                      |    |                    |                      |         |      |    |  |
| 8                      |    |                     |                      |         |        |      |    | 8                      |    |                    |                      |         |      |    |  |

**Division 3W Match 1 - Carlisle**

**4 May 2014**

**Women's 400m Hurdles A**

**Women's 400m Hurdles B**

|   | Perf | Record            | Wind                 | AW   |
|---|------|-------------------|----------------------|------|
| 1 | 2    | Fiona Laurie      | Border Harriers & AC | 75.8 |
| 2 | 6    | Heather Dalgleish | Rossendale Harriers  | 78.0 |
| 3 |      |                   |                      |      |
| 4 |      |                   |                      |      |
| 5 |      |                   |                      |      |
| 6 |      |                   |                      |      |
| 7 |      |                   |                      |      |
| 8 |      |                   |                      |      |

|   |    |               |                     |      |
|---|----|---------------|---------------------|------|
| 1 | 66 | Megan Soloman | Rossendale Harriers | 84.5 |
| 2 |    |               |                     |      |
| 3 |    |               |                     |      |
| 4 |    |               |                     |      |
| 5 |    |               |                     |      |
| 6 |    |               |                     |      |
| 7 |    |               |                     |      |
| 8 |    |               |                     |      |

**Women's 100m Hurdles A**

Wind=

**Women's 100m Hurdles B**

Wind=

|   |   |                   |                      |      |
|---|---|-------------------|----------------------|------|
| 1 | 6 | Heather Dalgleish | Rossendale Harriers  | 20.1 |
| 2 | 2 | Fiona Laurie      | Border Harriers & AC | 22.7 |
| 3 |   |                   |                      |      |
| 4 |   |                   |                      |      |
| 5 |   |                   |                      |      |
| 6 |   |                   |                      |      |
| 7 |   |                   |                      |      |
| 8 |   |                   |                      |      |

|   |    |           |                     |      |
|---|----|-----------|---------------------|------|
| 1 | 66 | Chloe Law | Rossendale Harriers | 25.0 |
| 2 |    |           |                     |      |
| 3 |    |           |                     |      |
| 4 |    |           |                     |      |
| 5 |    |           |                     |      |
| 6 |    |           |                     |      |
| 7 |    |           |                     |      |
| 8 |    |           |                     |      |

**Women's Hammer A**

**Women's Hammer B**

|   |    |                     |                      |       |                                     |
|---|----|---------------------|----------------------|-------|-------------------------------------|
| 1 | 44 | Zoe Lynch           | Lancaster & Morecar  | 31.93 | <input checked="" type="checkbox"/> |
| 2 | 1  | Rachel Bashforth    | Blackpool, Wyre & F  | 30.82 | <input checked="" type="checkbox"/> |
| 3 | 3  | Tara Procter-Kinlin | Hyndburn             | 21.97 |                                     |
| 4 | 2  | Jen Bale            | Border Harriers & AC | 18.93 |                                     |
| 5 | 5  | Jean Skitt          | Manchester Harriers  | 13.15 |                                     |
| 6 | 6  | Heather Dalgleish   | Rossendale Harriers  | 12.44 |                                     |
| 7 |    |                     |                      |       |                                     |
| 8 |    |                     |                      |       |                                     |

|   |    |                |                     |       |  |
|---|----|----------------|---------------------|-------|--|
| 1 | 11 | Claire Irons   | Blackpool, Wyre & F | 23.62 |  |
| 2 | 4  | Jade Screen    | Lancaster & Morecar | 18.88 |  |
| 3 | 33 | Heidi Hamshere | Hyndburn            | 13.75 |  |
| 4 | 55 | Jean Bayley    | Manchester Harriers | 11.60 |  |
| 5 |    |                |                     |       |  |
| 6 |    |                |                     |       |  |
| 7 |    |                |                     |       |  |
| 8 |    |                |                     |       |  |

**Women's Discus A**

**Women's Discus B**

|   |    |                 |                      |       |                                     |
|---|----|-----------------|----------------------|-------|-------------------------------------|
| 1 | 11 | Anna Peers      | Blackpool, Wyre & F  | 32.90 | <input checked="" type="checkbox"/> |
| 2 | 44 | Zoe Lynch       | Lancaster & Morecar  | 27.04 | <input checked="" type="checkbox"/> |
| 3 | 6  | Chloe Law       | Rossendale Harriers  | 21.95 |                                     |
| 4 | 3  | Sarah Cowgill   | Hyndburn             | 19.37 |                                     |
| 5 | 5  | Philippa Holmes | Manchester Harriers  | 16.71 |                                     |
| 6 | 2  | Devota Nyakyoma | Border Harriers & AC | 16.42 |                                     |
| 7 |    |                 |                      |       |                                     |
| 8 |    |                 |                      |       |                                     |

|   |    |                   |                     |       |  |
|---|----|-------------------|---------------------|-------|--|
| 1 | 1  | Sue Ball          | Blackpool, Wyre & F | 22.75 |  |
| 2 | 33 | Heidi Hamshere    | Hyndburn            | 18.20 |  |
| 3 | 66 | Heather Dalgleish | Rossendale Harriers | 17.41 |  |
| 4 | 4  | Jade Screen       | Lancaster & Morecar | 16.11 |  |
| 5 | 55 | Jean Skitt        | Manchester Harriers | 9.99  |  |
| 6 |    |                   |                     |       |  |
| 7 |    |                   |                     |       |  |
| 8 |    |                   |                     |       |  |

**Women's Javelin A**

**Women's Javelin B**

|   |   |                 |                      |       |                                     |
|---|---|-----------------|----------------------|-------|-------------------------------------|
| 1 | 2 | Devota Nyakyoma | Border Harriers & AC | 38.67 | <input checked="" type="checkbox"/> |
| 2 | 1 | Anna Peers      | Blackpool, Wyre & F  | 35.97 | <input checked="" type="checkbox"/> |
| 3 | 6 | Chloe Law       | Rossendale Harriers  | 28.05 | <input checked="" type="checkbox"/> |
| 4 | 3 | Sarah Cowgill   | Hyndburn             | 26.63 | <input checked="" type="checkbox"/> |
| 5 | 4 | Jade Screen     | Lancaster & Morecar  | 20.14 |                                     |
| 6 | 5 | Philippa Holmes | Manchester Harriers  | 17.73 |                                     |
| 7 |   |                 |                      |       |                                     |
| 8 |   |                 |                      |       |                                     |

|   |    |                     |                      |       |                                     |
|---|----|---------------------|----------------------|-------|-------------------------------------|
| 1 | 22 | Ella Telford        | Border Harriers & AC | 26.14 | <input checked="" type="checkbox"/> |
| 2 | 33 | Tara Procter-Kinlin | Hyndburn             | 23.71 |                                     |
| 3 | 11 | Sue Ball            | Blackpool, Wyre & F  | 21.13 |                                     |
| 4 | 66 | Ilona Moffat        | Rossendale Harriers  | 14.68 |                                     |
| 5 | 55 | Jessica Morrissey   | Manchester Harriers  | 12.39 |                                     |
| 6 | 44 | Lisa Norton         | Lancaster & Morecar  | 12.23 |                                     |
| 7 |    |                     |                      |       |                                     |
| 8 |    |                     |                      |       |                                     |

**Women's Shot Putt A**

**Women's Shot Putt B**

|   |    |                   |                      |      |                                     |
|---|----|-------------------|----------------------|------|-------------------------------------|
| 1 | 1  | Rachel Bashforth  | Blackpool, Wyre & F  | 9.16 | <input checked="" type="checkbox"/> |
| 2 | 44 | Zoe Lynch         | Lancaster & Morecar  | 7.71 |                                     |
| 3 | 3  | Sarah Cowgill     | Hyndburn             | 7.48 |                                     |
| 4 | 6  | Heather Dalgleish | Rossendale Harriers  | 7.31 |                                     |
| 5 | 2  | Devota Nyakyoma   | Border Harriers & AC | 7.17 |                                     |
| 6 | 55 | Gemma Hopley      | Manchester Harriers  | 6.43 |                                     |
| 7 |    |                   |                      |      |                                     |
| 8 |    |                   |                      |      |                                     |

|   |    |                 |                     |      |  |
|---|----|-----------------|---------------------|------|--|
| 1 | 11 | Sue Ball        | Blackpool, Wyre & F | 7.68 |  |
| 2 | 33 | Heidi Hamshere  | Hyndburn            | 7.45 |  |
| 3 | 4  | Jade Screen     | Lancaster & Morecar | 7.06 |  |
| 4 | 66 | Chloe Law       | Rossendale Harriers | 6.59 |  |
| 5 | 5  | Philippa Holmes | Manchester Harriers | 6.17 |  |
| 6 |    |                 |                     |      |  |
| 7 |    |                 |                     |      |  |
| 8 |    |                 |                     |      |  |

**Division 3W Match 1 - Carlisle**

**4 May 2014**

**Women's Long Jump A**

|   |    |                     |                       |      |   |
|---|----|---------------------|-----------------------|------|---|
| 1 | 5  | Gemma Hopley        | Manchester Harriers   | 5.11 | ☑ |
| 2 | 1  | Amber Swinnerton    | Blackpool, Wyre & F   | 5.10 | ☑ |
| 3 | 2  | Alison McCorry      | Border Harriers & AC  | 4.91 | ☑ |
| 4 | 66 | Lucy Moore          | Rossendale Harriers   | 4.38 |   |
| 5 | 3  | Tara Procter-Kinlin | Hyndburn              | 3.75 |   |
| 6 | 4  | Lisa Screen         | Lancaster & Morecambe | 3.34 |   |
| 7 |    |                     |                       |      |   |
| 8 |    |                     |                       |      |   |

**Women's Long Jump B**

|   |    |                   |                      |      |
|---|----|-------------------|----------------------|------|
| 1 | 55 | Jessica Morrissey | Manchester Harriers  | 4.42 |
| 2 | 11 | Ash Colvin        | Blackpool, Wyre & F  | 4.32 |
| 3 | 22 | Jen Bale          | Border Harriers & AC | 4.02 |
| 4 | 6  | Beatrice Toman    | Rossendale Harriers  | 3.81 |
| 5 | 33 | Joyce Tetlow      | Hyndburn             | 1.69 |
| 6 |    |                   |                      |      |
| 7 |    |                   |                      |      |
| 8 |    |                   |                      |      |

**Women's Triple Jump A**

|   |    |                     |                       |       |                                     |
|---|----|---------------------|-----------------------|-------|-------------------------------------|
| 1 | 11 | Beth Everson        | Blackpool, Wyre & F   | 10.45 | <input checked="" type="checkbox"/> |
| 2 | 6  | Catriona Corbishley | Rossendale Harriers   | 9.23  |                                     |
| 3 | 2  | Jen Bale            | Border Harriers & AC  | 8.69  |                                     |
| 4 | 4  | Lisa Screen         | Lancaster & Morecambe | 6.84  |                                     |
| 5 |    |                     |                       |       |                                     |
| 6 |    |                     |                       |       |                                     |
| 7 |    |                     |                       |       |                                     |
| 8 |    |                     |                       |       |                                     |

**Women's Triple Jump B**

|   |    |                  |                     |      |                                     |
|---|----|------------------|---------------------|------|-------------------------------------|
| 1 | 1  | Ash Colvin       | Blackpool, Wyre & F | 9.81 | <input checked="" type="checkbox"/> |
| 2 | 66 | Heather Dalglish | Rossendale Harriers | 9.11 |                                     |
| 3 |    |                  |                     |      |                                     |
| 4 |    |                  |                     |      |                                     |
| 5 |    |                  |                     |      |                                     |
| 6 |    |                  |                     |      |                                     |
| 7 |    |                  |                     |      |                                     |
| 8 |    |                  |                     |      |                                     |

**Women's High Jump A**

|   |   |                     |                      |      |   |
|---|---|---------------------|----------------------|------|---|
| 1 | 2 | Ella Telford        | Border Harriers & AC | 1.62 | ☑ |
| 2 | 1 | Amber Swinnerton    | Blackpool, Wyre & F  | 1.53 | ☑ |
| 3 | 6 | Megan Soloman       | Rossendale Harriers  | 1.35 |   |
| 4 | 5 | Martina Samuelsson  | Manchester Harriers  | 1.30 |   |
| 5 | 3 | Tara Procter-Kinlin | Hyndburn             | 1.15 |   |

**Women's High Jump B**

|   |    |                     |                     |      |
|---|----|---------------------|---------------------|------|
| 1 | 11 | Fiona Hockey        | Blackpool, Wyre & F | 1.30 |
| 2 | 66 | Catriona Corbishley | Rossendale Harriers | 1.25 |

**Women's Pole Vault A**

|   |   |              |                     |      |                                     |
|---|---|--------------|---------------------|------|-------------------------------------|
| 1 | 1 | Fiona Hockey | Blackpool, Wyre & F | 3.20 | <input checked="" type="checkbox"/> |
|---|---|--------------|---------------------|------|-------------------------------------|

**Women's Pole Vault B**

|   |    |               |                     |      |                                     |
|---|----|---------------|---------------------|------|-------------------------------------|
| 1 | 11 | Hannah Newell | Blackpool, Wyre & F | 3.10 | <input checked="" type="checkbox"/> |
|---|----|---------------|---------------------|------|-------------------------------------|

**Women's 4x100m Relay**

|   |   |                         |                     |                     |                  |                |      |
|---|---|-------------------------|---------------------|---------------------|------------------|----------------|------|
| 1 | 1 | Blackpool, Wyre & Fylde | Ash Colvin          | Amber Swinnerton    | Fiona Hockey     | Beth Everson   | 52.4 |
| 2 | 2 | Border Harriers & AC    | Megan Bates         | Ella Telford        | Fiona Laurie     | Lauren Medley  | 54.0 |
| 3 | 5 | Manchester Harriers & A | Vanessa Giblin      | Martina Samuelsson  | Precious Beattie | Gemma Hopley   | 55.0 |
| 4 | 4 | Lancaster & Morecambe   | Zoe Barrett         | Heidi Murray        | Jade Screen      | Lisa Screen    | 58.5 |
| 5 | 6 | Rossendale Harriers & A | Catriona Corbishley | Ilona Moffat        | Heather Dalglish | Chloe Law      | 59.5 |
| 6 | 3 | Hyndburn                | Sarah Cowgill       | Tara Procter-Kinlin | Joyce Tetlow     | Heidi Hamshire | 67.1 |
| 7 |   |                         |                     |                     |                  |                |      |
| 8 |   |                         |                     |                     |                  |                |      |

**Women's 4x400m Relay**

|   |   |                         |               |                    |                  |                  |         |
|---|---|-------------------------|---------------|--------------------|------------------|------------------|---------|
| 1 | 2 | Border Harriers & AC    | Jen Bale      | Abbie Hetherington | Ella Telford     | Megan Bates      | 04:21.2 |
| 2 | 6 | Rossendale Harriers & A | Megan Soloman | Lucy Moore         | Rebecca Flanagan | Beatrice Toman   | 04:32.1 |
| 3 | 1 | Blackpool, Wyre & Fylde | Stasia Bligh  | Claire Irons       | Kate Lawler      | Jess Rogers      | 04:58.3 |
| 4 | 5 | Manchester Harriers & A | Molly Bogin   | Jessica Morrissey  | Lydia Kelly      | Debbie Berestord | 05:18.5 |
| 5 |   |                         |               |                    |                  |                  |         |
| 6 |   |                         |               |                    |                  |                  |         |
| 7 |   |                         |               |                    |                  |                  |         |
| 8 |   |                         |               |                    |                  |                  |         |



# Northern T&F League

## Division 3W Match 1 - Carlisle

|                                 |   | Perf  | Recor | Wind | AW |
|---------------------------------|---|-------|-------|------|----|
| <u>Women's 100m Non Scoring</u> |   | Wind= |       |      |    |
| 1                               | 1 | 13.5  |       |      |    |
| 2                               | 4 | 14.8  |       |      |    |
| 3                               |   |       |       |      |    |
| 4                               |   |       |       |      |    |
| 5                               |   |       |       |      |    |
| 6                               |   |       |       |      |    |
| 7                               |   |       |       |      |    |
| 8                               |   |       |       |      |    |

4 May 2014

|                                 |  | Perf  | Wind | AW |
|---------------------------------|--|-------|------|----|
| <u>Women's 100m Non Scoring</u> |  | Wind= |      |    |
| 1                               |  |       |      |    |
| 2                               |  |       |      |    |
| 3                               |  |       |      |    |
| 4                               |  |       |      |    |
| 5                               |  |       |      |    |
| 6                               |  |       |      |    |
| 7                               |  |       |      |    |
| 8                               |  |       |      |    |



# Northern T&F League

## Division 3W Match 1 - Carlisle

04 May 2014

| Events              | BWF |    | Border |    | Hyndburn |    | LMK |    | Man H |    | Ross H |    |  |  |  |  | UNUSED |     | TOTAL |     |
|---------------------|-----|----|--------|----|----------|----|-----|----|-------|----|--------|----|--|--|--|--|--------|-----|-------|-----|
| Men's 100m          | 5   | 5  | 4      | 3  | 7        | 1  | 9   | 4  | 6     | 7  | 3      | 2  |  |  |  |  |        |     | 34    | 22  |
| Men's 200m          | 4   | 3  | 5      | 2  | 7        | 4  | 9   | 5  | 6     | 7  | 3      | 1  |  |  |  |  |        |     | 34    | 22  |
| Men's 400m          | 9   | 7  | 4      | 2  | 7        | 5  | 3   | 4  | 5     | 3  | 6      | 1  |  |  |  |  |        |     | 34    | 22  |
| Men's 800m          | 9   | 7  | 4      | 2  |          |    | 6   | 5  | 5     | 4  | 7      | 3  |  |  |  |  | 3      | 1   | 34    | 22  |
| Men's 1500m         | 9   | 7  | 6      | 4  |          |    | 4   |    | 7     | 5  | 5      | 3  |  |  |  |  | 3      | 3   | 34    | 22  |
| Men's 3000m S/Chase |     |    | 7      | 5  |          |    | 9   |    |       |    | 6      | 7  |  |  |  |  | 12     | 10  | 34    | 22  |
| Men's 5000m         |     |    | 9      | 5  |          |    | 5   | 3  | 6     | 4  | 7      | 7  |  |  |  |  | 7      | 3   | 34    | 22  |
| Men's 400m Hurdles  |     |    | 9      | 7  |          |    | 6   |    |       |    | 7      | 5  |  |  |  |  | 12     | 10  | 34    | 22  |
| Men's 110m Hurdles  |     |    | 9      |    |          |    |     |    |       |    | 7      | 7  |  |  |  |  | 18     | 15  | 34    | 22  |
| Men's Hammer        | 9   | 7  |        |    | 7        | 4  | 5   | 3  | 4     | 2  | 6      | 5  |  |  |  |  | 3      | 1   | 34    | 22  |
| Men's Discus        | 9   | 7  | 6      | 2  | 4        | 3  | 7   | 5  | 3     | 1  | 5      | 4  |  |  |  |  |        |     | 34    | 22  |
| Men's Javelin       | 9   | 7  | 3      | 2  | 4        | 3  | 7   | 1  | 6     | 5  | 5      | 4  |  |  |  |  |        |     | 34    | 22  |
| Men's Shot Putt     | 7   | 7  | 5      | 2  | 9        | 1  | 6   | 3  | 3     | 4  | 4      | 5  |  |  |  |  |        |     | 34    | 22  |
| Men's Long Jump     | 7   | 7  | 4      | 3  | 6        | 5  | 3   | 1  | 9     | 2  | 5      | 4  |  |  |  |  |        |     | 34    | 22  |
| Men's Triple Jump   | 7   | 7  | 4      |    | 6        | 5  |     |    | 9     |    | 5      | 4  |  |  |  |  | 3      | 6   | 34    | 22  |
| Men's High Jump     | 9   | 7  |        |    |          |    |     |    | 6     |    | 7      | 5  |  |  |  |  | 12     | 10  | 34    | 22  |
| Men's Pole Vault    | 9   | 7  |        |    |          |    |     |    |       |    | 7      | 5  |  |  |  |  | 18     | 10  | 34    | 22  |
| Men's 4x100m Relay  | 7   |    | 4      |    | 5        |    | 6   |    | 9     |    | 3      |    |  |  |  |  |        | 22  | 34    | 22  |
| Men's 4x400m Relay  | 9   |    | 4      |    | 3        |    | 6   |    | 5     |    | 7      |    |  |  |  |  |        | 22  | 34    | 22  |
|                     | 118 | 85 | 87     | 39 | 65       | 31 | 91  | 34 | 89    | 44 | 105    | 72 |  |  |  |  | 91     | 113 | 646   | 418 |

|                     |     |    |     |    |    |    |    |    |    |    |    |    |  |  |  |  |    |     |     |     |
|---------------------|-----|----|-----|----|----|----|----|----|----|----|----|----|--|--|--|--|----|-----|-----|-----|
| Women's 100m        | 6   | 4  | 9   | 7  | 4  |    |    |    | 7  | 5  | 5  | 3  |  |  |  |  | 3  | 3   | 34  | 22  |
| Women's 200m        | 7   | 7  | 9   | 4  | 3  |    | 6  | 5  | 4  | 3  | 5  | 2  |  |  |  |  |    | 1   | 34  | 22  |
| Women's 400m        | 7   | 7  | 9   | 3  | 3  | 2  | 6  |    | 4  | 4  | 5  | 5  |  |  |  |  |    | 1   | 34  | 22  |
| Women's 800m        | 5   | 3  | 9   | 7  | 3  | 2  | 7  |    | 6  | 4  | 4  | 5  |  |  |  |  |    | 1   | 34  | 22  |
| Women's 1500m       | 6   | 5  | 7   |    | 4  |    | 9  | 7  | 3  |    | 5  |    |  |  |  |  |    | 10  | 34  | 22  |
| Women's 1500m S/Ch  |     |    |     |    |    |    |    |    |    |    |    |    |  |  |  |  |    |     |     |     |
| Women's 3000m       | 4   | 4  | 6   | 5  |    |    | 9  | 7  | 5  |    | 7  |    |  |  |  |  | 3  | 6   | 34  | 22  |
| Women's 400m Hurdle |     |    | 9   |    |    |    |    |    |    |    | 7  | 7  |  |  |  |  | 18 | 15  | 34  | 22  |
| Women's 100m Hurdle |     |    | 7   |    |    |    |    |    |    |    | 9  | 7  |  |  |  |  | 18 | 15  | 34  | 22  |
| Women's Hammer      | 7   | 7  | 5   |    | 6  | 4  | 9  | 5  | 4  | 3  | 3  |    |  |  |  |  |    | 3   | 34  | 22  |
| Women's Discus      | 9   | 7  | 3   |    | 5  | 5  | 7  | 3  | 4  | 2  | 6  | 4  |  |  |  |  |    | 1   | 34  | 22  |
| Women's Javelin     | 7   | 4  | 9   | 7  | 5  | 5  | 4  | 1  | 3  | 2  | 6  | 3  |  |  |  |  |    |     | 34  | 22  |
| Women's Shot Putt   | 9   | 7  | 4   |    | 6  | 5  | 7  | 4  | 3  | 2  | 5  | 3  |  |  |  |  |    | 1   | 34  | 22  |
| Women's Long Jump   | 7   | 5  | 6   | 4  | 4  | 2  | 3  |    | 9  | 7  | 5  | 3  |  |  |  |  |    | 1   | 34  | 22  |
| Women's Triple Jump | 9   | 7  | 6   |    |    |    | 5  |    |    |    | 7  | 5  |  |  |  |  | 7  | 10  | 34  | 22  |
| Women's High Jump   | 7   | 7  | 9   |    | 4  |    |    |    | 5  |    | 6  | 5  |  |  |  |  | 3  | 10  | 34  | 22  |
| Women's Pole Vault  | 9   | 7  |     |    |    |    |    |    |    |    |    |    |  |  |  |  | 25 | 15  | 34  | 22  |
| Women's 4x100m Rel  | 9   |    | 7   |    | 3  |    | 5  |    | 6  |    | 4  |    |  |  |  |  |    | 22  | 34  | 22  |
| Women's 4x400m Rel  | 6   |    | 9   |    |    |    |    |    | 5  |    | 7  |    |  |  |  |  | 7  | 22  | 34  | 22  |
|                     | 114 | 81 | 123 | 37 | 50 | 25 | 77 | 32 | 68 | 32 | 96 | 52 |  |  |  |  | 84 | 137 | 612 | 396 |

| Match Summary    | BWF   |  | Border |  | Hyndburn |  | LMK   |  | Man H |  | Ross H |  |   |  |   |  | UNUSED |  | TOTAL  |  |
|------------------|-------|--|--------|--|----------|--|-------|--|-------|--|--------|--|---|--|---|--|--------|--|--------|--|
| Teams            | 398.0 |  | 286.0  |  | 171.0    |  | 234.0 |  | 233.0 |  | 325.0  |  |   |  |   |  | 425.0  |  | 2072.0 |  |
| Officials Points | 30.0  |  | 30.0   |  | 25.0     |  | 30.0  |  | 30.0  |  | 30.0   |  |   |  |   |  | 175.0  |  | 350.0  |  |
| Total            | 428.0 |  | 316.0  |  | 196.0    |  | 264.0 |  | 263.0 |  | 355.0  |  |   |  |   |  | 600.0  |  | 2422.0 |  |
| Match Position   | 1     |  | 3      |  | 6        |  | 4     |  | 5     |  | 2      |  | 7 |  | 7 |  |        |  |        |  |
| League Points    | 6     |  | 4      |  | 1        |  | 3     |  | 2     |  | 5      |  |   |  |   |  |        |  |        |  |

| Standings        | BWF   |  | Border |  | Hyndburn |  | LMK   |  | Man H |  | Ross H |  |   |  |   |  |
|------------------|-------|--|--------|--|----------|--|-------|--|-------|--|--------|--|---|--|---|--|
| League Points    | 6.0   |  | 4.0    |  | 1.0      |  | 3.0   |  | 2.0   |  | 5.0    |  |   |  |   |  |
| Match Points     | 428.0 |  | 316.0  |  | 196.0    |  | 264.0 |  | 263.0 |  | 355.0  |  |   |  |   |  |
| League Positions | 1     |  | 3      |  | 6        |  | 4     |  | 5     |  | 2      |  | 7 |  | 7 |  |