

Division 3W Match 1 - Wavertree

05 May 2007

Events	ALTRIN	BARROW	LANCS	LIV H	S'WAT	WESTERN											UNUSED	TOTAL		
Men's 100m	5	3	7	4	4	5	9	7	3	2	6	1						34	22	
Men's 200m	7	4	5	7	6	5	9	2	3	1	4	3						34	22	
Men's 400m	5	2	6	1	4	5	9	7	3	4	7	3						34	22	
Men's 800m	3	2	7	4	5	5	9	7	6	3	4	1						34	22	
Men's 1500m	7	7	5	3	6	4	9	5	3		4	2					1	34	22	
Men's 3000m S/Chase	6	5			9	7			5		7	4					7	6	34	22
Men's 5000m	9	5			6	4	7	7	5		4	3					3	3	34	22
Men's 400m Hurdles	6	4	9	7	7	5											12	6	34	22
Men's 110m Hurdles					7	7			9								18	15	34	22
Men's Hammer	3	3	4		5	4	9		7	7	6	5					3	34	22	
Men's Discus	3	1	4	2	9	5	7	7	6	4	5	3						34	22	
Men's Javelin	4	3	5	2	7	5	9	7	3	1	6	4						34	22	
Men's Shot Putt	3	3	4	2	7	4	9	7	6	1	5	5						34	22	
Men's Long Jump	5	2	9		6	7	4	3	3	4	7	5					1	34	22	
Men's Triple Jump	3	2	4		7	4	9	7	5	5	6	3	1		1		-1	34	22	
Men's High Jump	4	5			9	7	7		5		6						3	10	34	22
Men's Pole Vault							9	7	7								18	15	34	22
Men's 4x100m Relay	4		9		7		6		3		5							22	34	22
Men's 4x400m Relay	3		6		7		9		4		5							22	34	22
	80	51	84	32	118	83	130	73	86	32	87	42		1		1	61	103	646	418

Women's 100m	9	3	4	7	6	4	7	5	5	2							3	1	34	22
Women's 200m	3		4	7	7	5	9	3	6	4	5							3	34	22
Women's 400m	6		5		4		9		7								3	22	34	22
Women's 800m		3	7	7	5	2	9	5	6	4							7	1	34	22
Women's 1500m	7	5	6	7	5	3	9		4	4							3	3	34	22
Women's 3000m S/Chase																				
Women's 3000m	9		5		4	4	6	7	7	5							3	6	34	22
Women's 400m Hurdles	7								9								18	22	34	22
Women's 100m Hurdles									9	7							25	15	34	22
Women's Hammer	5	3	6				9	5	4	4	7	7					3	3	34	22
Women's Discus	7	1	4	4	5	3	6	5	3	2	9	7						34	22	
Women's Javelin	4	2	6	4	9	7			5	3	7	5	3	1	3	1	-3	-1	34	22
Women's Shot Putt	3	1	4	2	7	7	5	3	6	4	9	5							34	22
Women's Long Jump	9	2	4	5	6	7	3	4	7	3	5	1							34	22
Women's Triple Jump					7	5	6	4	9	7							12	6	34	22
Women's High Jump					9	6			7	6	6						12	10	34	22
Women's Pole Vault							9	7	7								18	15	34	22
Women's 4x100m Relay			5		9		7		6								7	22	34	22
Women's 4x400m Relay	4		6		5		9		7								3	22	34	22
	73	20	66	43	88	53	103	48	114	55	48	25	3	1	3	1	114	150	612	396

Match Summary	ALTRIN	BARROW	LANCS	LIV H	S'WAT	WESTERN											UNUSED	TOTAL		
Teams	224.0	225.0	342.0	354.0	287.0	202.0											428.0	2062.0		
Officials Points	30.0	25.0	30.0	30.0	30.0	30.0											175.0	350.0		
Total	254.0	250.0	372.0	384.0	317.0	232.0											603.0	2412.0		
Match Position	4	5	2	1	3	6														
League Points	3	2	5	6	4	1														

Standings	ALTRIN	BARROW	LANCS	LIV H	S'WAT	WESTERN															
League Points	3.0	2.0	5.0	6.0	4.0	1.0															
Match Points	254.0	250.0	372.0	384.0	317.0	232.0															
League Positions	4	5	2	1	3	6															

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				Perf	Record	Wind	AW	5 May 2007				
				Perf						Perf	Wind	
Women's 100m A				Wind=				Women's 100m B		Wind=		
1	1	Helen Armishaw	Altrincham & District	13.3				1	22	Jade Lawson	Barrow & Furness St	13.5
2	4	Laura Holdsworth	Liverpool Harriers	13.5				2	44	Lauren Murphy	Liverpool Harriers	13.7
3	3	Averil McClelland	Lancaster & Morecar	13.6				3	33	Hannah Mitchell	Lancaster & Morecan	13.7
4	5	Lauren Brennan	Southport Waterloo A	13.7				4	11	Mel Bannister	Altrincham & District	14.8
5	2	Lois While	Barrow & Furness St	13.7				5	55	Lorna Graham	Southport Waterloo A	14.8
Women's 200m A				Wind=				Women's 200m B		Wind=		
1	4	Laura Holdsworth	Liverpool Harriers	26.9			<input checked="" type="checkbox"/>	1	22	Jade Lawson	Barrow & Furness St	27.6
2	3	Averil McClelland	Lancaster & Morecar	27.0			<input checked="" type="checkbox"/>	2	33	Hannah Mitchell	Lancaster & Morecan	28.1
3	5	Stephanie May	Southport Waterloo A	27.3				3	55	Katie Hooton	Southport Waterloo A	28.3
4	6	Jade Burden	Western / Northern A	28.6				4	44	Gina Millington	Liverpool Harriers	29.5
5	2	Lois While	Barrow & Furness St	29.1				5				
6	1	Mel Bannister	Altrincham & District	29.2				6				
Women's 400m A								Women's 400m B				
1	4	Carmen Gedling	Liverpool Harriers	56.6			<input checked="" type="checkbox"/>	1				
2	5	Stephanie May	Southport Waterloo A	60.1			<input checked="" type="checkbox"/>	2				
3	1	Helan Armishaw	Altrincham & District	62.1				3				
4	2	Rachael Thompson	Barrow & Furness St	64.3				4				
5	3	Lauren Cooper	Lancaster & Morecar	65.5				5				
Women's 800m A								Women's 800m B				
1	4	Fran Davies	Liverpool Harriers	02:23.0			<input checked="" type="checkbox"/>	1	22	Katie Savage	Barrow & Furness St	02:28.1
2	2	Rachael Thompson	Barrow & Furness St	02:24.7			<input checked="" type="checkbox"/>	2	44	Georgina Dykstra	Liverpool Harriers	02:31.2
3	5	Stephanie May	Southport Waterloo A	02:26.1				3	55	Carole James	Southport Waterloo A	02:54.7
4	3	Lauren Cooper	Lancaster & Morecar	02:28.4				4	11	Heather Rudd	Altrincham & District	02:57.6
5	1	Rachael Thompson	Altrincham & District	DNF				5	33	Kathy Winrow	Lancaster & Morecan	02:59.7
Women's 1500m A								Women's 1500m B				
1	4	Catherine Upton	Liverpool Harriers	04:53.5			<input checked="" type="checkbox"/>	1	22	Lara Turner	Barrow & Furness St	05:24.3
2	1	Rachael Thompson	Altrincham & District	05:02.5				2	11	Heather Rudd	Altrincham & District	05:54.9
3	2	Katie Savage	Barrow & Furness St	05:11.8				3	55	Carole James	Southport Waterloo A	06:03.7
4	3	Melissa Birbeck	Lancaster & Morecar	05:14.3				4	33	Kathy Winrow	Lancaster & Morecan	06:18.7
5	5	Liz Stansfield	Southport Waterloo A	05:56.7				5				
Women's 3000m A								Women's 3000m B				
1	1	Rachael Thompson	Altrincham & District	10:53.9			<input checked="" type="checkbox"/>	1	4	Linda McDermott	Liverpool Harriers	11:53.8
2	5	Sue Cooper	Southport Waterloo A	11:14.2				2	55	Joanne Evans	Southport Waterloo A	12:24.0
3	44	Marina Ali	Liverpool Harriers	11:34.3				3	33	Laura Morris	Lancaster & Morecan	12:53.4
4	2	Lou Lyness	Barrow & Furness St	11:46.4				4				
5	3	Jayne Perry	Lancaster & Morecar	12:18.8				5				
Women's 400m Hurdles A								Women's 400m Hurdles B				
1	5	Gemma Wright	Southport Waterloo A	75.6				1				
2	1	Rachael Thompson	Altrincham & District	77.3				2				
Women's 100m Hurdles A				Wind=				Women's 100m Hurdles B		Wind=		
1	5	Katie McHale	Southport Waterloo A	15.5			<input checked="" type="checkbox"/>	1	55	Gemma Wright	Southport Waterloo A	19.3
Women's Hammer A								Women's Hammer B				
1	4	Suzanne Woodward	Liverpool Harriers	37.79			<input checked="" type="checkbox"/>	1	66	Lisa Kelly	Western / Northern A	24.14
2	6	Louise Kneen	Western / Northern A	33.58			<input checked="" type="checkbox"/>	2	44	Lauren Cummins	Liverpool Harriers	20.94
3	2	Lynne Walker	Barrow & Furness St	26.77				3	55	Ann Dignan	Southport Waterloo A	16.38
4	1	Sarah Ashbridge	Altrincham & District	25.33				4	11	Heather Rudd	Altrincham & District	13.07
5	5	Rachael Everett	Southport Waterloo A	23.23				5				

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				Perf	Recor	Wind	AW	5 May 2007				Perf	Wind
<u>Women's Discus A</u>								<u>Women's Discus B</u>					
1	6	Louise Kneen	Western / Northern A	32.24			☑	1	66	Lisa Kelly	Western / Northern A	27.22	
2	1	Sarah Ashbridge	Altrincham & District	32.08			☑	2	44	Suzanne Woodward	Liverpool Harriers	21.82	
3	4	Lauren Cummins	Liverpool Harriers	30.62			☑	3	22	Sophie Pearson	Barrow & Furness St	18.44	
4	3	Mandy Laing	Lancaster & Morecar	23.63				4	33	Wendy Laing	Lancaster & Morecan	16.98	
5	2	Lynne Walker	Barrow & Furness St	23.05				5	5	Ann Dignan	Southport Waterloo A	16.34	
6	55	Rachael Everett	Southport Waterloo /	18.30				6	11	Heather Rudd	Altrincham & District	10.82	
<u>Women's Javelin A</u>								<u>Women's Javelin B</u>					
1	33	Wendy Laing	Lancaster & Morecar	30.37			☑	1	3	Mandy Laing	Lancaster & Morecan	28.49	
2	66	Lisa Kelly	Western / Northern A	24.12				2	6	Louise Kneen	Western / Northern A	22.85	
3	22	Sophie Pearson	Barrow & Furness St	21.81				3	2	Lynne Walker	Barrow & Furness St	19.33	
4	5	Ann Dignan	Southport Waterloo /	20.09				4	55	Rachael Everett	Southport Waterloo A	19.02	
5	11	Mel Bannister	Altrincham & District	18.98				5	1	Sarah Ashbridge	Altrincham & District	16.16	
<u>Women's Shot Putt A</u>								<u>Women's Shot Putt B</u>					
1	6	Louise Kneen	Western / Northern A	10.42			☑	1	3	Mandy Laing	Lancaster & Morecan	9.85	
2	33	Wendy Laing	Lancaster & Morecar	10.02			☑	2	66	Lisa Kelly	Western / Northern A	9.32	
3	5	Rachael Everett	Southport Waterloo /	9.84				3	55	Ann Dignan	Southport Waterloo A	8.10	
4	44	Lauren Cummins	Liverpool Harriers	8.49				4	2	Suzanne Woodward	Liverpool Harriers	7.32	
5	2	Lynne Walker	Barrow & Furness St	8.13				5	22	Sophie Pearson	Barrow & Furness St	7.28	
6	1	Sarah Ashbridge	Altrincham & District	7.31				6	11	Heather Rudd	Altrincham & District	4.80	
<u>Women's Long Jump A</u>								<u>Women's Long Jump B</u>					
1	11	Helen Armishaw	Altrincham & District	5.40			☑	1	33	Averil McClelland	Lancaster & Morecan	4.69	
2	55	Katie McHale	Southport Waterloo /	5.07			☑	2	22	Lara Turner	Barrow & Furness St	4.36	
3	3	Wendy Laing	Lancaster & Morecar	4.85				3	4	Helen Croft	Liverpool Harriers	4.33	
4	6	Jade Burden	Western / Northern A	4.64				4	5	Lauren Brennan	Southport Waterloo A	4.18	
5	2	Lois While	Barrow & Furness St	4.56				5	1	Rachael Thompson	Altrincham & District	4.03	
6	44	Natasha Awang	Liverpool Harriers	4.48				6	66	Lisa Kelly	Western / Northern A	3.44	
<u>Women's Triple Jump A</u>								<u>Women's Triple Jump B</u>					
1	5	Katie McHale	Southport Waterloo /	11.10			☑	1	55	Charlotte Buckingham	Southport Waterloo A	9.93	
2	33	Mandy Laing	Lancaster & Morecar	10.16			☑	2	3	Wendy Laing	Lancaster & Morecan	9.85	
3	44	Natasha Awang	Liverpool Harriers	9.88				3	4	Helen Croft	Liverpool Harriers	8.91	
<u>Women's High Jump A</u>								<u>Women's High Jump B</u>					
1	3	Wendy Laing	Lancaster & Morecar	1.60			☑	1=	55	Charlotte Buckingham	Southport Waterloo A	1.35	
2	5	Gemma Wright	Southport Waterloo /	1.40				1=	33	Hannah Mitchell	Lancaster & Morecan	1.35	
3	6	Jade Burden	Western / Northern A	1.30									
<u>Women's Pole Vault A</u>								<u>Women's Pole Vault B</u>					
1	4	Vanessa Caine	Liverpool Harriers	1.90				1	44	Courtney Lenwey	Liverpool Harriers	1.70	
2	5	Stephanie May	Southport Waterloo /	1.80									
<u>Women's 4x100m Relay</u>													
1	3	Lancaster & Morecambe	Averil McClelland	Hannah Mitchell	Wendy Laing	Mandy Laing	52.3						
2	4	Liverpool Harriers	Gina Millington	Courtney Lenwey	Helen Croft	Natasha Awang	54.1						
3	5	Southport Waterloo AC	Katie Hooton	Liz Stansfield	Katie McHale	Lorna Graham	55.4						
4	2	Barrow & Furness Stride	Lois While	Sophie Pearson	Rachael Thompson	Jade Lawson	56.0						
5	1	Altrincham & District AC	Sarah Ashbridge	Mel Bannister	Rachael Thompson	Heather Rudd	DSQ						
<u>Women's 4x400m Relay</u>													
1	4	Liverpool Harriers	Laura Holdsworth	Carmen Gedling	Fran Davies	Hannah McManus	04:10.7						
2	5	Southport Waterloo AC	Stephanie May	Katie Hooton	Gemma Wright	Lorna Graham	04:21.9						
3	2	Barrow & Furness Stride	Lara Turner	Rachael Thompson	Lou Lyness	Katie Savage	04:42.4						
4	3	Lancaster & Morecambe	Lauren Cooper	Jayne Perry	Kathy Winrow	Melissa Birbeck	04:52.2						
5	1	Altrincham & District AC	Sarah Ashbridge	Mel Bannister	Rachael Thompson	Heather Rudd	05:17.0						

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				Perf	Recor	Wind	AW	5 May 2007				
				Perf	Recor	Wind	AW					
Men's 100m A				Wind=				Men's 100m B				
1	4	Shawn James	Liverpool Harriers	11.7				1	44	Michael Goulding	Liverpool Harriers	11.8
2	2	Ryan Low	Barrow & Furness St	11.9				2	33	Jamie Bradbury	Lancaster & Morecar	11.9
3	6	Peter Richardson	Western / Northern A	12.0				3	22	Jake Thompson	Barrow & Furness St	12.2
4	1	Danny Wilson	Altrincham & District	12.0				4	11	Martin Graham	Altrincham & District	12.2
5	3	James Williams	Lancaster & Morecar	12.3				5	55	Nathan Ouko	Southport Waterloo A	12.8
6	5	Eddie Simon	Southport Waterloo A	12.5				6	66	Sam Ingham	Western / Northern A	12.8
Men's 200m A				Wind=				Men's 200m B				
1	4	Shawn James	Liverpool Harriers	23.5				1	22	Jake Thompson	Barrow & Furness St	23.7
2	1	Andy Parker	Altrincham & District	24.1				2	33	Jamie Bradbury	Lancaster & Morecar	23.9
3	3	James Williams	Lancaster & Morecar	24.4				3	11	Danny Wilson	Altrincham & District	24.3
4	2	Bradley Houldsworth	Barrow & Furness St	24.6				4	66	Mark Quine	Western / Northern A	25.8
5	6	Sam Ingham	Western / Northern A	26.5				5	44	Chris Price	Liverpool Harriers	25.8
6	5	Eddie Simon	Southport Waterloo A	26.8				6	55	John Cunningham	Southport Waterloo A	26.4
Men's 400m A								Men's 400m B				
1	4	James Russell	Liverpool Harriers	51.5				1	44	Michael Goulding	Liverpool Harriers	53.5
2	6	Peter Richardson	Western / Northern A	52.9				2	33	Andy Muir	Lancaster & Morecar	55.4
3	2	David Mutton	Barrow & Furness St	53.6				3	55	Nathan Ouko	Southport Waterloo A	56.1
4	1	Andy Parker	Altrincham & District	54.0				4	66	Ryan Fairclough	Western / Northern A	56.4
5	3	Lex Le Sant	Lancaster & Morecar	54.5				5	11	Andy Ford	Altrincham & District	57.0
6	5	Mike Evans	Southport Waterloo A	54.8				6	22	Chris Thomas	Barrow & Furness St	58.1
Men's 800m A								Men's 800m B				
1	4	Louis Forbes	Liverpool Harriers	01:58.8			<input checked="" type="checkbox"/>	1	44	Harry Harper	Liverpool Harriers	01:59.3
2	2	David Mutton	Barrow & Furness St	02:01.7				2	33	Peter Holdsworth	Lancaster & Morecar	02:01.9
3	5	Mike Evans	Southport Waterloo A	02:02.0				3	22	David Hook	Barrow & Furness St	02:10.4
4	3	Mark Gardner	Lancaster & Morecar	02:02.8				4	55	Steven Wilson	Southport Waterloo A	02:12.7
5	6	Ryan Fairclough	Western / Northern A	02:04.6				5	11	Nick Burke	Altrincham & District	02:19.6
6	1	Andy Ford	Altrincham & District	02:08.6				6	66	Jason Orr	Western / Northern A	02:25.9
Men's 1500m A								Men's 1500m B				
1	44	Rob Dewhurst	Liverpool Harriers	04:13.0				1	11	Rob Nichol	Altrincham & District	04:20.5
2	1	Dave Norman	Altrincham & District	04:14.7				2	4	Laurie Luscombe	Liverpool Harriers	04:21.3
3	3	Kieran Rowlands	Lancaster & Morecar	04:19.4				3	33	Danny Parkinsin	Lancaster & Morecar	04:26.0
4	22	David Hook	Barrow & Furness St	04:28.8				4	2	Peter Savage	Barrow & Furness St	04:30.0
5	6	Richard Jamieson	Western / Northern A	04:36.0				5	66	Bernard Cannan	Western / Northern A	05:46.1
6	5	Chris Henders	Southport Waterloo A	05:27.8				6				
Men's 3000m S/Chase A								Men's 3000m S/Chase B				
1	3	Danny Parkinsin	Lancaster & Morecar	09:40.9			<input checked="" type="checkbox"/>	1	33	Rory McMahon	Lancaster & Morecar	10:14.3
2	6	Richard Jamieson	Western / Northern A	10:17.0				2	11	Dave Livingstone	Altrincham & District	10:50.9
3	1	Phil Nichol	Altrincham & District	10:44.4				3	66	Jason Orr	Western / Northern A	11:44.5
4	5	Steve Wilkinson	Southport Waterloo A	11:47.5				4				
Men's 5000m A								Men's 5000m B				
1	1	Dave Norman	Altrincham & District	15:13.8			<input checked="" type="checkbox"/>	1	4	Glen Groves	Liverpool Harriers	16:25.8
2	44	Lee Siemazko	Liverpool Harriers	15:52.4			<input checked="" type="checkbox"/>	2	11	Tom Bush	Altrincham & District	16:30.1
3	3	Russell Parkington	Lancaster & Morecar	16:30.1				3	33	Rory McMahon	Lancaster & Morecar	16:33.7
4	5	David Hamilton	Southport Waterloo A	17:05.2				4	66	Jason Orr	Western / Northern A	20:59.4
5	6	Richard Jamieson	Western / Northern A	17:21.6				5				

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				Perf	Recor	Wind	AW	5 May 2007				Perf	Wind
Men's 400m Hurdles A								Men's 400m Hurdles B					
1	2	Ryan Low	Barrow & Furness St	63.9				1	22	Peter Savage	Barrow & Furness St	67.8	
2	3	Sam Higginson	Lancaster & Morecar	68.1				2	33	Steven Houghton	Lancaster & Morecar	80.1	
3	1	Andy Norman	Altrincham & District	74.1				3	11	Dave Livingstone	Altrincham & District	80.2	
Men's 110m Hurdles A								Men's 110m Hurdles B					
						Wind=							Wind=
1	5	Steve Wilkinson	Southport Waterloo A	21.4				1	33	Allan Gordon	Lancaster & Morecar	29.0	
2	3	Sam Higginson	Lancaster & Morecar	23.3				2					
Men's Hammer A								Men's Hammer B					
1	4	Les McIntosh	Liverpool Harriers	49.83			<input checked="" type="checkbox"/>	1	5	Peter Mason	Southport Waterloo A	26.34	
2	55	Adam Davies	Southport Waterloo A	35.52				2	6	Geoff Hall	Western / Northern A	20.70	
3	66	Mark Bridson	Western / Northern A	22.31				3	3	Guy Heath	Lancaster & Morecar	17.83	
4	33	Ian Stanley	Lancaster & Morecar	20.12				4	11	Dave Rudd	Altrincham & District	11.52	
5	2	Andrew Thompson	Barrow & Furness St	19.15				5					
6	1	Barry Chapman	Altrincham & District	12.48				6					
Men's Discus A								Men's Discus B					
1	3	Guy Heath	Lancaster & Morecar	35.81			<input checked="" type="checkbox"/>	1	4	David McKown	Liverpool Harriers	31.56	
2	44	Ross Hayhurst	Liverpool Harriers	33.07				2	33	Ian Stanley	Lancaster & Morecar	27.92	
3	5	Peter Mason	Southport Waterloo A	26.76				3	55	Adam Davies	Southport Waterloo A	25.92	
4	66	Mark Bridson	Western / Northern A	24.15				4	6	Geoff Hall	Western / Northern A	23.03	
5	2	Andrew Thompson	Barrow & Furness St	19.68				5	22	Jake Thompson	Barrow & Furness St	17.87	
6	1	Andy Norman	Altrincham & District	13.76				6	11	Barry Chapman	Altrincham & District	12.82	
Men's Javelin A								Men's Javelin B					
1	44	Paul McKown	Liverpool Harriers	57.50			<input checked="" type="checkbox"/>	1	4	Niall Ellison	Liverpool Harriers	52.99	
2	33	Chris Middlebrook	Lancaster & Morecar	45.53				2	3	Steven Houghton	Lancaster & Morecar	31.44	
3	66	Mark Bridson	Western / Northern A	28.04				3	6	Geoff Hall	Western / Northern A	24.98	
4	22	Peter Savage	Barrow & Furness St	27.50				4	1	Adam Wareing	Altrincham & District	22.27	
5	11	Andy Norman	Altrincham & District	24.33				5	2	Andrew Thompson	Barrow & Furness St	20.38	
6	5	Peter Mason	Southport Waterloo A	18.94				6	55	Greg Owen	Southport Waterloo A	18.70	
Men's Shot Putt A								Men's Shot Putt B					
1	4	Ross Hayhurst	Liverpool Harriers	10.66				1	44	David McKown	Liverpool Harriers	10.18	
2	3	Guy Heath	Lancaster & Morecar	10.52				2	66	Mark Bridson	Western / Northern A	8.68	
3	5	Peter Mason	Southport Waterloo A	8.88				3	33	Ian Stanley	Lancaster & Morecar	8.06	
4	6	Geoff Hall	Western / Northern A	8.72				4	11	Adam Wareing	Altrincham & District	6.80	
5	2	Andrew Thompson	Barrow & Furness St	7.82				5	22	David Hook	Barrow & Furness St	6.55	
6	1	Dave Livingstone	Altrincham & District	7.39				6	55	Eddie Simon	Southport Waterloo A	6.15	
Men's Long Jump A								Men's Long Jump B					
1	2	Bradley Houldsworth	Barrow & Furness St	6.36				1	3	Andy Muir	Lancaster & Morecar	5.46	
2	6	Peter Richardson	Western / Northern A	6.06				2	66	Mark Quine	Western / Northern A	4.93	
3	33	Jonny Elliot	Lancaster & Morecar	6.00				3	5	John Cunningham	Southport Waterloo A	4.52	
4	1	Andy Parker	Altrincham & District	5.86				4	44	Ricky Cuddington	Liverpool Harriers	4.23	
5	4	Shawn James	Liverpool Harriers	5.28				5	11	Barry Chapman	Altrincham & District	3.97	
6	55	Steven Wilson	Southport Waterloo A	4.91				6					

Division 3W Match 1 - Wavertree

	Perf	Recorc	Wind	AW	5 May 2007	Perf	Wind		
Men's Triple Jump A				Men's Triple Jump B					
1	4	Ben Mitchinson	Liverpool Harriers	12.57	1	44	Chris Price	Liverpool Harriers	12.42
2	3	Jonny Elliot	Lancaster & Morecar	12.49	2	5	Mike Evans	Southport Waterloo A	10.85
3	6	Ryan Fairclough	Western / Northern A	11.58	3	33	Adam Higginson	Lancaster & Morecar	10.40
4	55	Nathan Ouko	Southport Waterloo A	11.50	4	66	Jason Orr	Western / Northern A	9.66
5	2	Bradley Houldsworth	Barrow & Furness St	11.47	5	11	Barry Chapman	Altrincham & District	7.91
6	1	Dave Livingstone	Altrincham & District	9.01	6				

Men's High Jump A

1	3	Adam Higginson	Lancaster & Morecar	1.82
2	4	Chris Price	Liverpool Harriers	1.70
3	6	Sam Ingham	Western / Northern A	1.60
4	55	Nathan Ouko	Southport Waterloo A	1.50
5	1	Andy Norman	Altrincham & District	1.45

Men's High Jump B

1	33	Chris Middlebrook	Lancaster & Morecar	1.76
2	11	Adam Wareing	Altrincham & District	1.40

Men's Pole Vault A

1	4	Chris Roose	Liverpool Harriers	3.20
2	5	Greg Owen	Southport Waterloo A	2.90

Men's Pole Vault B

1	44	Ricky Cuddington	Liverpool Harriers	2.20
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Men's 4x100m Relay

1	2	Barrow & Furness Stride	Bradley Houldsworth	David Mutton	Ryan Low	Jake Thompson	46.8
2	3	Lancaster & Morecambe	James Williams	Jamie Bradbury	Adam Higginson	Jonny Elliot	47.7
3	4	Liverpool Harriers	Louis Forbes	Michael Goulding	Tom Croft	Ben Mitchinson	48.2
4	6	Western / Northern AC	Sam Ingham	Mark Quine	Peter Richardson	Jason Orr	49.4
5	1	Altrincham & District AC	Barry Chapman	Andy Parker	Adam Wareing	Danny Wilson	50.0
6	5	Southport Waterloo AC	Eddie Simon	Greg Owen	John Cunningham	Chris Henders	52.3

Men's 4x400m Relay

1	4	Liverpool Harriers	Laurie Luscombe	Harry Harper	Rob Dewhurst	James Russell	03:41.0
2	3	Lancaster & Morecambe	Lex Le Sant	Sam Higginson	Mark Gardner	Andy Muir	03:41.5
3	2	Barrow & Furness Stride	Ryan Low	David Mutton	Chris Thomas	David Hook	03:45.8
4	6	Western / Northern AC	Peter Richardson	Ryan Fairclough	Mark Quine	Richard Jamieson	03:51.4
5	5	Southport Waterloo AC	Mike Evans	Steven Wilson	Greg Owen	Nathan Ouko	04:02.9
6	1	Altrincham & District AC	Andy Parker	Andy Ford	Tom Bush	Dave Norman	04:10.9

	MATCH RESULT	League Points	Match	STANDINGS	League Points	Match	
1	LIV H	6	384.0	1	LIV H	6	384.0
2	LANCS	5	372.0	2	LANCS	5	372.0
3	S'WAT	4	317.0	3	S'WAT	4	317.0
4	ALTRIN	3	254.0	4	ALTRIN	3	254.0
5	BARROW	2	250.0	5	BARROW	2	250.0
6	WESTERN	1	232.0	6	WESTERN	1	232.0