

Division 3W Match 3 - Stretford



Events	ALT	BARR	LANC	LIV	SW	WN	-	UNUSED	TOTAL											
Men's 100m	3	3	6	5	7	4	9	7	5	1	4	2							34	22
Men's 200m	7	1	6	4	5	3	9	7	3	5	4	2							34	22
Men's 400m	5	2	6	5	3	1	7	7	4	4	9	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	4	4	6	3	5	5	9	1	3	2							34	22
Men's 3000m S/Chase	6	5	9		7	7			5		4	4					3	6	34	22
Men's 5000m	9	5	5	2	7	4	6	7	4	3							3	1	34	22
Men's 400m Hurdles	7	2	9	7	3	3	5		4	4	6	5						1	34	22
Men's 110m Hurdles	6	7			7				9								12	15	34	22
Men's Hammer	4	3	6	2	5	4	9	7	7	5							3	1	34	22
Men's Discus	4	2	5	1	7	5	9	7	6	4	3	3							34	22
Men's Javelin	4	3	3		7	5	9	7	5	2	6	4						1	34	22
Men's Shot Putt	3	1	4	3	7	4	9	7	6	5	5	2							34	22
Men's Long Jump	5	5	4	2	6	4	7	7									3	1	34	22
Men's Triple Jump	9	4			6	5					7	7					12	6	34	22
Men's High Jump	6				9	5					7	7					12	10	34	22
Men's Pole Vault	6				7		9	7									12	15	34	22
Men's 4x100m Relay	3		5		7		9		6		4							22	34	22
Men's 4x400m Relay	5		7		4		9		6		3							22	34	22
	102	52	86	39	115	62	120	82	85	37	78	45					60	101	646	418

Women's 100m	9	5	5	7	6	4	7	2	4	3	3	1							34	22	
Women's 200m	9	7	4	2	7	4	5	3	6	5	3	1							34	22	
Women's 400m	7	2	6	7	4	3	5	5	9	4	3							1	34	22	
Women's 800m	4	2	9	5	6	7	5	3	7	4	3							1	34	22	
Women's 1500m	4	3	7	4	9	7	5		6	5	3	2						1	34	22	
Women's 3000m S/Chase																					
Women's 3000m	4	3	5	4	9	5	6		7	7	3							3	34	22	
Women's 400m Hurdles			9	5	7				6	7								12	10	34	22
Women's 100m Hurdles	5		7		9	7			6	5								7	10	34	22
Women's Hammer	4	3	6	4			9		5	5	7	7						3	3	34	22
Women's Discus	7	2	3	4	6	5	5		4	3	9	7							1	34	22
Women's Javelin	4	1	6	5	9	7	3	2	5	4	7	3								34	22
Women's Shot Putt	4	2	5	3	7	7	3		6	4	9	5							1	34	22
Women's Long Jump	3		5	4	9	7	6	5	4	2	7	3							1	34	22
Women's Triple Jump	4		7		9	7	5	5	6		3							10	34	22	
Women's High Jump	5	3	7	5	9	7			6	4								7	3	34	22
Women's Pole Vault							9	7	7									18	15	34	22
Women's 4x100m Relay	7		5		9		6		4		3								22	34	22
Women's 4x400m Relay	4		9		6		7		5									3	22	34	22
	84	33	105	59	121	77	86	32	103	62	63	29						50	104	612	396

Match Summary	ALT	BARR	LANC	LIV	SW	WN	-	UNUSED	TOTAL
Teams	271.0	289.0	375.0	320.0	287.0	215.0		315.0	2072.0
Officials Points	30.0	30.0	25.0	25.0	30.0	10.0		150.0	300.0
Total	301.0	319.0	400.0	345.0	317.0	225.0		465.0	2372.0
Match Position	5	3	1	2	4	6	7	7	
League Points	2	4	6	5	3	1			

Standings	ALT	BARR	LANC	LIV	SW	WN	-
League Points	2.0	4.0	6.0	5.0	3.0	1.0	
Match Points	301.0	319.0	400.0	345.0	317.0	225.0	
League Positions	5	3	1	2	4	6	7



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Women's 100m A

	Perf	Record	Wind	AW
1	1 Laura Chambers	Altrincham	12.8	<input checked="" type="checkbox"/>
2	4 Courtney Lenwy	Liverpool Harriers	13.0	<input checked="" type="checkbox"/>
3	3 Nia Williams	Lancaster & Morecambe	13.3	
4	2 Lois While	Barrow & Furness	13.5	
5	5 Katie Hooton	Southport Waterloo	13.6	
6	6 Emma Kiver	Western & Northern	14.5	
7				
8				

Women's 100m B

	Perf	Record	Wind	AW
1	22 Lara Turner	Barrow & Furness	13.2	
2	11 Louisa Bannister	Altrincham	13.9	
3	33 Danielle Pye	Lancaster & Morecambe	14.0	
4	55 Lorna Graham	Southport Waterloo	14.5	
5	44 Becky Reid	Liverpool Harriers	14.7	
6	66 Moira Hall	Western & Northern	18.7	
7				
8				

Women's 200m A

	Perf	Record	Wind	AW
1	1 Helen Armishaw	Altrincham	26.1	<input checked="" type="checkbox"/>
2	3 Nia Williams	Lancaster & Morecambe	26.6	<input checked="" type="checkbox"/>
3	5 Stephanie May	Southport Waterloo	26.8	<input checked="" type="checkbox"/>
4	4 Courtney Lenwy	Liverpool Harriers	27.1	
5	2 Lois While	Barrow & Furness	27.8	
6	6 Jade Burden	Western & Northern	28.1	
7				
8				

Women's 200m B

	Perf	Record	Wind	AW
1	11 Laura Chambers	Altrincham	27.0	<input checked="" type="checkbox"/>
2	55 Katie Hooton	Southport Waterloo	28.2	
3	33 Danielle Pye	Lancaster & Morecambe	28.7	
4	44 Becky Reid	Liverpool Harriers	30.1	
5	22 Victoria Ducie	Barrow & Furness	32.1	
6	66 Moira Hall	Western & Northern	42.8	
7				
8				

Women's 400m A

	Perf	Record	Wind	AW
1	5 Stephanie May	Southport Waterloo	58.9	<input checked="" type="checkbox"/>
2	1 Helen Armishaw	Altrincham	60.8	<input checked="" type="checkbox"/>
3	2 Lara Turner	Barrow & Furness	61.8	<input checked="" type="checkbox"/>
4	4 Fran Davies	Liverpool Harriers	62.4	
5	3 Danielle Pye	Lancaster & Morecambe	64.9	
6	6 Moira Hall	Western & Northern	91.1	
7				
8				

Women's 400m B

	Perf	Record	Wind	AW
1	22 Rachel Thompson	Barrow & Furness	61.8	<input checked="" type="checkbox"/>
2	44 Ashley Blackburn	Liverpool Harriers	62.2	
3	55 Lorna Graham	Southport Waterloo	64.8	
4	33 Kathy Winrow	Lancaster & Morecambe	75.1	
5	11 Sarah Harrison	Altrincham	81.7	
6				
7				
8				

Women's 800m A

	Perf	Record	Wind	AW
1	2 Rachel Thompson	Barrow & Furness	02:20.8	<input checked="" type="checkbox"/>
2	5 Stephanie May	Southport Waterloo	02:21.7	<input checked="" type="checkbox"/>
3	3 Joanne Perry	Lancaster & Morecambe	02:23.3	<input checked="" type="checkbox"/>
4	4 Jessica Corrie	Liverpool Harriers	02:24.9	<input checked="" type="checkbox"/>
5	1 Heather Johnson	Altrincham	03:07.9	
6	6 Moira Hall	Western & Northern	03:25.8	
7				
8				

Women's 800m B

	Perf	Record	Wind	AW
1	33 Lauren Cooper	Lancaster & Morecambe	02:23.7	<input checked="" type="checkbox"/>
2	22 Katie Savage	Barrow & Furness	02:28.7	
3	55 Louise Leek	Southport Waterloo	02:37.8	
4	44 Sophie Whiteside	Liverpool Harriers	02:39.9	
5	11 Bev Ganose	Altrincham	03:09.0	
6				
7				
8				

Women's 1500m A

	Perf	Record	Wind	AW
1	3 Chloe Rodham	Lancaster & Morecambe	04:56.7	<input checked="" type="checkbox"/>
2	2 Katie Savage	Barrow & Furness	05:04.8	
3	5 Sue Cooper	Southport Waterloo	05:34.6	
4	4 Fran Davies	Liverpool Harriers	05:43.8	
5	11 Margaret Bullock	Altrincham	06:05.5	
6	6 Alex Penrose	Western & Northern	06:55.3	
7				
8				

Women's 1500m B

	Perf	Record	Wind	AW
1	33 Melissa Birbeck	Lancaster & Morecambe	05:01.6	
2	55 Louise Leek	Southport Waterloo	05:36.8	
3	22 Sue Sharp	Barrow & Furness	05:52.4	
4	1 Bev Ganose	Altrincham	06:12.0	
5	66 Moira Hall	Western & Northern	07:06.6	
6				
7				
8				

Women's 3000m A

	Perf	Record	Wind	AW
1	3 Chloe Rodham	Lancaster & Morecambe	10:38.5	<input checked="" type="checkbox"/>
2	55 Rhea Ellis	Southport Waterloo	11:06.4	
3	4 Linda McDermott	Liverpool Harriers	11:33.0	
4	2 Sue Sharp	Barrow & Furness	11:37.6	
5	11 Margaret Bullock	Altrincham	12:38.3	
6	6 Alex Penrose	Western & Northern	14:12.3	
7				
8				

Women's 3000m B

	Perf	Record	Wind	AW
1	5 Sue Cooper	Southport Waterloo	11:11.4	
2	33 Jayne Perry	Lancaster & Morecambe	12:01.1	
3	22 Jane Green	Barrow & Furness	12:05.7	
4	1 Bev Ganose	Altrincham	12:52.9	
5				
6				
7				
8				



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Perf Record Wind AW

Perf Wind AW



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Women's 400m Hurdles A

	Perf	Record	Wind	AW
1	2	Rebecca Reid	Barrow & Furness	70.8
2	3	Judith Burrows	Lancaster & Morecambe	74.1
3	5	Jemma Wright	Southport Waterloo	74.9
4				
5				
6				
7				
8				

Women's 400m Hurdles B

	Perf	Record	Wind	AW
1	55	Lorna Graham	Southport Waterloo	75.2
2	22	Victoria Ducie	Barrow & Furness	87.1
3				
4				
5				
6				
7				
8				

Women's 100m Hurdles A

	Perf	Record	Wind	AW
1	3	Claire Huck	Lancaster & Morecambe	16.1
2	2	Rebecca Reid	Barrow & Furness	17.7
3	5	Jemma Wright	Southport Waterloo	18.3
4	1	Beth Roberts	Altrincham	24.0
5				
6				
7				
8				

Women's 100m Hurdles B

	Perf	Record	Wind	AW
1	33	Katie Huck	Lancaster & Morecambe	17.2
2	55	Charlotte Buckingham	Southport Waterloo	17.9
3				
4				
5				
6				
7				
8				

Women's Hammer A

	Perf	Record	Wind	AW
1	4	Suzanne Woodward	Liverpool Harriers	37.18
2	6	Louise Kneen	Western & Northern	28.69
3	2	Lynne Walker	Barrow & Furness	25.50
4	5	Rachel Everett	Southport Waterloo	22.05
5	1	Sarah Ashbridge	Altrincham	18.36
6				
7				
8				

Women's Hammer B

	Perf	Record	Wind	AW
1	66	Lisa Kelly	Western & Northern	24.71
2	55	Ann Dignan	Southport Waterloo	16.58
3	22	Sophie Pearson	Barrow & Furness	15.39
4	11	Heather Johnson	Altrincham	10.60
5				
6				
7				
8				

Women's Discus A

	Perf	Record	Wind	AW
1	6	Louise Kneen	Western & Northern	31.73
2	1	Sarah Ashbridge	Altrincham	28.75
3	33	Mandy Laing	Lancaster & Morecambe	24.89
4	4	Suzanne Woodward	Liverpool Harriers	20.66
5	5	Rachel Everett	Southport Waterloo	20.07
6	22	Sophie Pearson	Barrow & Furness	19.88
7				
8				

Women's Discus B

	Perf	Record	Wind	AW
1	66	Lisa Kelly	Western & Northern	24.10
2	3	Wendy Laing	Lancaster & Morecambe	20.59
3	2	Lynne Walker	Barrow & Furness	19.23
4	55	Ann Dignan	Southport Waterloo	16.66
5	11	Sarah Harrison	Altrincham	11.82
6				
7				
8				

Women's Javelin A

	Perf	Record	Wind	AW
1	33	Katie Huck	Lancaster & Morecambe	32.92
2	6	Lisa Kelly	Western & Northern	23.56
3	22	Sophie Pearson	Barrow & Furness	22.14
4	55	Ann Dignan	Southport Waterloo	21.18
5	1	Sarah Ashbridge	Altrincham	18.00
6	4	Helen Croft	Liverpool Harriers	11.42
7				
8				

Women's Javelin B

	Perf	Record	Wind	AW
1	3	Claire Huck	Lancaster & Morecambe	30.96
2	2	Lynne Walker	Barrow & Furness	19.60
3	5	Rachel Everett	Southport Waterloo	17.50
4	66	Jade Burden	Western & Northern	15.56
5	44	Natasha Awang	Liverpool Harriers	10.04
6	11	Sarah Harrison	Altrincham	9.28
7				
8				

Women's Shot Putt A

	Perf	Record	Wind	AW
1	6	Louise Kneen	Western & Northern	11.18
2	33	Mandy Laing	Lancaster & Morecambe	10.01
3	5	Rachel Everett	Southport Waterloo	9.76
4	2	Lynne Walker	Barrow & Furness	8.24
5	1	Sarah Ashbridge	Altrincham	7.49
6	4	Suzanne Woodward	Liverpool Harriers	7.18
7				
8				

Women's Shot Putt B

	Perf	Record	Wind	AW
1	3	Wendy Laing	Lancaster & Morecambe	9.89
2	66	Lisa Kelly	Western & Northern	9.02
3	55	Ann Dignan	Southport Waterloo	8.20
4	22	Karen Turner	Barrow & Furness	7.80
5	11	Louisa Bannister	Altrincham	6.24
6				
7				
8				



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Perf Record Wind AW

Perf Wind AW



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Women's Long Jump A

	Perf	Record	Wind	AW
1	33	Katie Huck	Lancaster & Morecambe	4.70
2	6	Jade Burden	Western & Northern	4.58
3	4	Natasha Awang	Liverpool Harriers	4.58
4	2	Lois While	Barrow & Furness	4.47
5	5	Jemma Wright	Southport Waterloo	4.28
6	1	Sarah Ashbridge	Altrincham	2.43
7				
8				

Women's Long Jump B

	Perf	Record	Wind	AW
1	3	Claire Huck	Lancaster & Morecambe	4.63
2	44	Helen Croft	Liverpool Harriers	4.11
3	22	Victoria Ducie	Barrow & Furness	3.59
4	66	Alex Penrose	Western & Northern	3.29
5	55	Rhea Ellis	Southport Waterloo	3.12
6				
7				
8				

Women's Triple Jump A

	Perf	Record	Wind	AW
1	33	Mandy Laing	Lancaster & Morecambe	10.00
2	2	Rebecca Reid	Barrow & Furness	9.69
3	55	Charlotte Buckingham	Southport Waterloo	9.50
4	4	Natasha Awang	Liverpool Harriers	9.48
5	1	Beth Roberts	Altrincham	8.46
6	6	Emma Kiver	Western & Northern	7.90
7				
8				

Women's Triple Jump B

	Perf	Record	Wind	AW
1	3	Wendy Laing	Lancaster & Morecambe	9.24
2	44	Helen Croft	Liverpool Harriers	8.52
3				
4				
5				
6				
7				
8				

Women's High Jump A

	Perf	Record	Wind	AW
1	3	Wendy Laing	Lancaster & Morecambe	1.60
2	2	Rebecca Reid	Barrow & Furness	1.45
3	5	Jemma Wright	Southport Waterloo	1.40
4	1	Beth Roberts	Altrincham	1.30

Women's High Jump B

	Perf	Record	Wind	AW
1	33	Katie Huck	Lancaster & Morecambe	1.50
2	22	Amy Griffiths	Barrow & Furness	1.40
3	55	Charlotte Buckingham	Southport Waterloo	1.35
4	11	Louisa Bannister	Altrincham	1.15

Women's Pole Vault A

	Perf	Record	Wind	AW
1	44	Vanessa Caine	Liverpool Harriers	2.30
2	5	Stephanie May	Southport Waterloo	1.90

Women's Pole Vault B

	Perf	Record	Wind	AW
1	4	Courtney Lenwy	Liverpool Harriers	1.90

Women's 4x100m Relay

	Perf	Record	Wind	AW			
1	3	Lancaster & Morecambe	Claire Huck	Mandy Laing	Wendy Laing	Katie Huck	52.2
2	1	Altrincham	Helen Armishaw	Beth Roberts	Louisa Bannister	Laura Chambers	52.4
3	4	Liverpool Harriers	Courtney Lenwy	Becky Reid	Helen Croft	Natasha Awang	54.5
4	2	Barrow & Furness	Lois While	Rachel Thompson	Lara Turner	Victoria Ducie	55.4
5	5	Southport Waterloo	Katie Hooton	Charlotte Buckingham	Lorna Graham	Stephanie May	56.4
6	6	Western & Northern	Emma Kiver	Jade Burden	Alex Penrose	Moir Hall	62.9
7							
8							

Women's 4x400m Relay

	Perf	Record	Wind	AW				
1	2	Barrow & Furness	Rachel Thompson	Rebecca Reid	Katie Savage	Lara Turner	04:13.1	<input checked="" type="checkbox"/>
2	4	Liverpool Harriers	Fran Davies	Ashley Blackburn	Sophie Whiteside	Jessica Corrie	04:15.1	
3	3	Lancaster & Morecambe	Judith Burrows	Danielle Pye	Joanne Perry	Lauren Cooper	04:19.9	
4	5	Southport Waterloo	Katie Hooton	Stephanie May	Jemma Wright	Lorna Graham	04:20.2	
5	1	Altrincham	Helen Armishaw	Sarah Harrison	Laura Chambers	Beth Roberts	04:44.8	
6								
7								
8								



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Perf Record Wind AW

Perf Wind AW



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

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



Division 3W Match 3 - Stretford

<u>Men's 100m A</u>				Wind=	Perf	Record	Wind	AW	<u>Men's 100m B</u>				Wind=	Perf	Record	Wind	AW
1	4	Shawn James	Liverpool Harriers		11.3			<input checked="" type="checkbox"/>	1	44	Mike Goulding	Liverpool Harriers		11.4			
2	3	Frank Shepherd	Lancaster & Morecambe		11.7				2	22	John Pearce	Barrow & Furness		11.7			
3	2	Jake Thompson	Barrow & Furness		11.8				3	33	Adam Higginson	Lancaster & Morecambe		11.9			
4	5	Lewis Armor	Southport Waterloo		12.1				4	11	Andy Parker	Altrincham		12.2			
5	6	Adam Henderson	Western & Northern		12.2				5	66	Sam Ingham	Western & Northern		12.2			
6	1	Barry Chapman	Altrincham		15.2				6	55	Eddie Simon	Southport Waterloo		12.5			
7									7								
8									8								

<u>Men's 200m A</u>				Wind=	Perf	Record	Wind	AW	<u>Men's 200m B</u>				Wind=	Perf	Record	Wind	AW
1	4	Shawn James	Liverpool Harriers		23.4				1	44	Mike Goulding	Liverpool Harriers		23.0			<input checked="" type="checkbox"/>
2	1	Andy Parker	Altrincham		24.0				2	55	Eddie Smpkin	Southport Waterloo		23.8			
3	2	Jake Thompson	Barrow & Furness		24.3				3	22	John Pearce	Barrow & Furness		24.5			
4	3	Matt Wright	Lancaster & Morecambe		24.5				4	33	Frank Shepherd	Lancaster & Morecambe		24.6			
5	6	Adam Henderson	Western & Northern		25.1				5	66	Matthew Cheeseman	Western & Northern		26.0			
6	5	Lewis Armor	Southport Waterloo		25.1				6	11	Dan Brooks	Altrincham		26.5			
7									7								
8									8								

<u>Men's 400m A</u>				Wind=	Perf	Record	Wind	AW	<u>Men's 400m B</u>				Wind=	Perf	Record	Wind	AW
1	6	Ryan Fairclough	Western & Northern		51.3				1	44	Stu Morland	Liverpool Harriers		51.5			
2	4	Mike Fairfield	Liverpool Harriers		52.2				2	22	David Mutton	Barrow & Furness		53.6			
3	2	Ryan Low	Barrow & Furness		53.2				3	55	Mike Evans	Southport Waterloo		53.8			
4	1	Andy Parker	Altrincham		54.0				4	66	Peter Richardson	Western & Northern		55.4			
5	5	Stephen Gelley	Southport Waterloo		54.8				5	11	Dan Brooks	Altrincham		56.9			
6	3	Matthew Burns	Lancaster & Morecambe		56.7				6	33	Gareth Pike	Lancaster & Morecambe		59.3			
7									7								
8									8								

<u>Men's 800m A</u>				Wind=	Perf	Record	Wind	AW	<u>Men's 800m B</u>				Wind=	Perf	Record	Wind	AW
1	4	Stu Morland	Liverpool Harriers		01:57.7			<input checked="" type="checkbox"/>	1	44	Jonny Mellor	Liverpool Harriers		01:56.5			<input checked="" type="checkbox"/>
2	2	David Mutton	Barrow & Furness		01:59.3			<input checked="" type="checkbox"/>	2	33	Peter Worthington	Lancaster & Morecambe		02:00.5			
3	5	Rob Berry	Southport Waterloo		01:59.3			<input checked="" type="checkbox"/>	3	22	David Hook	Barrow & Furness		02:04.6			
4	3	Ali Russel	Lancaster & Morecambe		02:00.2				4	55	Paul Gavin	Southport Waterloo		02:09.7			
5	6	Ryan Fairclough	Western & Northern		02:01.1				5	11	Dominic Scott	Altrincham		02:12.6			
6	1	Dave Norman	Altrincham		02:07.3				6	66	Jason Orr	Western & Northern		02:14.8			
7									7								
8									8								

<u>Men's 1500m A</u>				Wind=	Perf	Record	Wind	AW	<u>Men's 1500m B</u>				Wind=	Perf	Record	Wind	AW
1	5	Rob Berry	Southport Waterloo		04:10.2				1	11	Rob Nichol	Altrincham		04:26.4			
2	1	Dave Norman	Altrincham		04:13.1				2	44	Tom Croft	Liverpool Harriers		04:47.1			
3	3	Danny Parkinson	Lancaster & Morecambe		04:14.9				3	22	Chris Thomas	Barrow & Furness		04:49.4			
4	4	Paul Galgey	Liverpool Harriers		04:38.7				4	33	Gareth Woodcock	Lancaster & Morecambe		04:56.8			
5	2	Peter Savage	Barrow & Furness		04:44.7				5	66	Matthew Cheeseman	Western & Northern		05:01.4			
6	6	Sam Brand	Western & Northern		04:49.2				6	55	David Gough	Southport Waterloo		05:19.9			
7									7								
8									8								

<u>Men's 3000m S/Chase A</u>				Wind=	Perf	Record	Wind	AW	<u>Men's 3000m S/Chase B</u>				Wind=	Perf	Record	Wind	AW
1	2	Peter Huck	Barrow & Furness		09:52.4			<input checked="" type="checkbox"/>	1	33	Rory McMahon	Lancaster & Morecambe		10:23.4			
2	3	Russell Parrington	Lancaster & Morecambe		10:14.9				2	1	Dave Livingstone	Altrincham		11:20.3			
3	11	Dave Carrington	Altrincham		11:00.6				3	66	Sam Brand	Western & Northern		13:10.5			
4	5	David Gough	Southport Waterloo		11:24.7				4								
5	6	Jason Orr	Western & Northern		11:33.1				5								
6									6								
7									7								
8									8								



Division 3W Match 3 - Stretford

Perf Record Wind AW

Perf Wind AW



Division 3W Match 3 - Stretford

				Perf	Record	Wind	AW					Perf	Wind	AW
Men's 5000m A								Men's 5000m B						
1	1	Dave Norman	Altrincham	15:38.4			<input checked="" type="checkbox"/>	1	44	Alan Ashton	Liverpool Harriers	16:12.9		<input checked="" type="checkbox"/>
2	3	Danny Parkinson	Lancaster & Morecambe	16:00.4			<input checked="" type="checkbox"/>	2	11	Tom Bush	Altrincham	16:18.3		<input checked="" type="checkbox"/>
3	4	James Meldrum	Liverpool Harriers	16:11.5			<input checked="" type="checkbox"/>	3	33	Jack Modley	Lancaster & Morecambe	18:16.4		
4	2	David Hook	Barrow & Furness	16:40.8				4	5	Robert Ashworth	Southport Waterloo	21:04.8		
5	55	Dominic Cooke	Southport Waterloo	17:07.0				5	22	Graham Low	Barrow & Furness	21:17.6		
6								6						
7								7						
8								8						

				Perf	Record	Wind	AW					Perf	Wind	AW
Men's 400m Hurdles A								Men's 400m Hurdles B						
1	2	Ryan Low	Barrow & Furness	63.4				1	22	Peter Savage	Barrow & Furness	68.4		
2	1	Dan Brooks	Altrincham	64.6				2	66	Michael Speakman	Western & Northern	68.9		
3	6	Lee Camilleri	Western & Northern	67.0				3	55	John Cunningham	Southport Waterloo	70.1		
4	4	Tom Croft	Liverpool Harriers	68.3				4	33	Rory McMahon	Lancaster & Morecambe	71.7		
5	5	Stephen Marshall	Southport Waterloo	70.6				5	11	Dave Carrington	Altrincham	73.6		
6	3	Steven Houghton	Lancaster & Morecambe	108.1				6						
7								7						
8								8						

				Perf	Record	Wind	AW					Perf	Wind	AW
Men's 110m Hurdles A						Wind=		Men's 110m Hurdles B						Wind=
1	5	Stephen Marshall	Southport Waterloo	20.0				1	11	Dave Carrington	Altrincham	28.7		
2	3	Chris Middlebrook	Lancaster & Morecambe	20.8				2						
3	1	Dan Brooks	Altrincham	21.6				3						
4								4						
5								5						
6								6						
7								7						
8								8						

				Perf	Record	Wind	AW					Perf	Wind	AW
Men's Hammer A								Men's Hammer B						
1	4	Michael Bomba	Liverpool Harriers	58.50			<input checked="" type="checkbox"/>	1	44	Les Mackintosh	Liverpool Harriers	49.70		<input checked="" type="checkbox"/>
2	5	Peter Mason	Southport Waterloo	24.82				2	55	Sam Moran	Southport Waterloo	21.67		
3	2	Andrew Thompson	Barrow & Furness	21.56				3	33	Steven Houghton	Lancaster & Morecambe	15.33		
4	3	Ian Stanley	Lancaster & Morecambe	20.28				4	11	Barry Chapman	Altrincham	12.58		
5	1	Clive Wilkins	Altrincham	14.95				5	22	John Pearce	Barrow & Furness	10.94		
6								6						
7								7						
8								8						

Ham

				Perf	Record	Wind	AW					Perf	Wind	AW
Men's Discus A								Men's Discus B						
1	4	Michael Bomba	Liverpool Harriers	38.69			<input checked="" type="checkbox"/>	1	44	David McKeown	Liverpool Harriers	32.89		
2	3	Chris Middlebrook	Lancaster & Morecambe	30.15				2	33	Ian Stanley	Lancaster & Morecambe	28.76		
3	5	Peter Mason	Southport Waterloo	24.19				3	55	Sam Moran	Southport Waterloo	21.39		
4	2	Andrew Thompson	Barrow & Furness	23.74				4	66	Michael Speakman	Western & Northern	16.16		
5	1	Clive Wilkins	Altrincham	18.66				5	11	Barry Chapman	Altrincham	11.52		
6	6	Matthew Kelly	Western & Northern	17.30				6	22	David Hook	Barrow & Furness	10.79		
7								7						
8								8						

				Perf	Record	Wind	AW					Perf	Wind	AW
Men's Javelin A								Men's Javelin B						
1	44	Paul McKeown	Liverpool Harriers	54.98			<input checked="" type="checkbox"/>	1	4	Andrew Allan	Liverpool Harriers	49.80		
2	3	Chris Middlebrook	Lancaster & Morecambe	45.08				2	33	Steven Houghton	Lancaster & Morecambe	32.38		
3	66	Lee Camilleri	Western & Northern	33.36				3	6	Sam Ingham	Western & Northern	29.60		
4	55	Sam Moran	Southport Waterloo	28.36				4	1	Andy Norman	Altrincham	23.26		
5	11	Barry Chapman	Altrincham	23.92				5	5	Peter Mason	Southport Waterloo	22.94		
6	22	Andrew Thompson	Barrow & Furness	21.14				6						
7								7						
8								8						



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Perf Record Wind AW

Perf Wind AW