

Division 3W Match 4 - Litherland

05 August 2007

Events	ALT		B&F		LM/K		LIV		SW		W/N		UNUSED		TOTAL	
Men's 100m	6	5	7	3	5	4	9	7	4	2			3	1	34	22
Men's 200m	7	5	5	4	6	3	9	7	4	2			3	1	34	22
Men's 400m	6	3	5	1	3	2	7	7	4	4	9	5			34	22
Men's 800m	9	3	6	2	4	7	5	4	7	5		1	3		34	22
Men's 1500m	9	5	4		5	7	6	4	7	3			3	3	34	22
Men's 3000m S/Chase	6	4	5		9	7			7	5	4		3	6	34	22
Men's 5000m	9	7	4		7	4	6	5	5	3	3		3		34	22
Men's 400m Hurdles	6	4	7		5	7			4	5	9		3	6	34	22
Men's 110m Hurdles	5	4			6	5	9		7	7			7	6	34	22
Men's Hammer	4	4	5		6	7	9		7	5			3	6	34	22
Men's Discus	4	2	5	3	7	7	9	5	6	4			3	1	34	22
Men's Javelin	4	2	5	3	7	5	9	7	6	4			3	1	34	22
Men's Shot Putt	4	3	5	2	9	5	7	7	6	4	3			1	34	22
Men's Long Jump	7	4	6	2	3	3	9	7	5	5	4			1	34	22
Men's Triple Jump	9	4	6		4	5	7		5	7			3	6	34	22
Men's High Jump	7	5	4		5	3	9	7	6	4			3	3	34	22
Men's Pole Vault	7						9	7					18	15	34	22
Men's 4x100m Relay	6		7		4		9		5				3	22	34	22
Men's 4x400m Relay	7		5		3		9		6		4			22	34	22
	122	64	91	20	98	81	137	74	101	69	36	6	61	104	646	418

Women's 100m	9	7	5	4	4	2	7	3	6	5			3	1	34	22
Women's 200m	9	7	6	3	4	2	5	4	7	5			3	1	34	22
Women's 400m	7	5	5	4	4	2	6	3	9	7			3	1	34	22
Women's 800m	4	2	6	3	7	7	9	4	5	5			3	1	34	22
Women's 1500m	4	3	5	4	9	5	6		7	7	3		3		34	22
Women's 3000m	5	3	6	5	7	4			9	7	4		3	3	34	22
Women's 400m Hurdles	5		9	4	6	5			7	7			7	6	34	22
Women's 100m Hurdles	5		6		7	5			9	7			7	10	34	22
Women's Hammer	3	4	7	7	4		9		6	5	5		6		34	22
Women's Discus	3	2	9	3	7	5	5		4	4	6	7	1		34	22
Women's Javelin	3	3	6	5	9	7	4	2	5	4	7		1		34	22
Women's Shot Putt	3	2	5	5	7	7	4		6	4	9	3	1		34	22
Women's Long Jump	9	5	4	3	6	4	5	2	7	7			3	1	34	22
Women's Triple Jump	7	5	6	7	4		5	3	9	4			3	3	34	22
Women's High Jump	5	4	7		9	7			6	5	4		3	6	34	22
Women's Pole Vault							9	7	7				18	15	34	22
Women's 4x100m Relay	7		5		4		6		9				3	22	34	22
Women's 4x400m Relay	5		4		6		7		9				3	22	34	22
	93	52	101	57	104	62	87	28	127	83	38	10	62	104	612	396

Match Summary	ALT		B&F		LM/K		LIV		SW		W/N		UNUSED		TOTAL	
Teams	336.0		278.0		359.0		331.0		390.0		102.0		331.0		2127.0	
Officials Points	30.0		30.0		25.0		30.0		30.0		10.0		155.0		310.0	
Total	366.0		308.0		384.0		361.0		420.0		112.0		486.0		2437.0	
Match Position	3		5		2		4		1		6					
League Points	4		2		5		3		6		1					

Standings	ALT		B&F		LM/K		LIV		SW		W/N	
League Points	10.5		10.5		22.0		18.0		19.0		3.0	
Match Points	1183.0		1195.0		1608.0		1441.0		1461.0		569.0	
League Positions	5		4		1		3		2		6	

Division 3W Match 4 - Litherland

				Perf	Record	Wind	AW	5 August 2007				
				Perf	Record	Wind	AW					
<u>Women's 100m A</u>				Wind=				<u>Women's 100m B</u>				
1	1	Laura Chambers	Altrincham	13.1				1	11	Helen Armishaw	Altrincham	13.2
2	4	Courtney Lewny	Liverpool Harriers	13.2				2	55	Katie Hooton	Southport Waterloo	13.7
3	5	Katie McHale	Southport Waterloo	13.2				3	22	Lois White	Barrow & Furness Striders	13.7
4	2	Lara Turner	Barrow & Furness Striders	13.3				4	44	Fran Davies	Liverpool Harriers	14.1
5	3	Joanne Perry	Lancaster Morecambe / Ker	15.6				5	33	Lauren Cooper	Lancaster Morecambe / Ken	15.8
<u>Women's 200m A</u>				Wind=				<u>Women's 200m B</u>				
1	1	Laura Chambers	Altrincham	26.5			<input checked="" type="checkbox"/>	1	11	Louissa Bannister	Altrincham	27.3
2	5	Stephanie May	Southport Waterloo	27.2				2	55	Katie Hooton	Southport Waterloo	28.0
3	2	Lois White	Barrow & Furness Striders	27.9				3	44	Jessica Corrie	Liverpool Harriers	28.8
4	4	Fran Davies	Liverpool Harriers	28.8				4	22	Victoria Ducie	Barrow & Furness Striders	30.3
5	3	Lauren Cooper	Lancaster Morecambe / Ker	29.9				5	33	Joanne Perry	Lancaster Morecambe / Ken	30.4
<u>Women's 400m A</u>								<u>Women's 400m B</u>				
1	5	Stephanie May	Southport Waterloo	59.5			<input checked="" type="checkbox"/>	1	55	Stephanie James	Southport Waterloo	58.8
2	1	Helen Armishaw	Altrincham	62.5				2	11	Laura Chambers	Altrincham	62.2
3	4	Fran Davies	Liverpool Harriers	63.3				3	22	Rebecca Reid	Barrow & Furness Striders	64.6
4	2	Lara Turner	Barrow & Furness Striders	63.6				4	44	Megan Davies	Liverpool Harriers	64.8
5	3	Judith Burrows	Lancaster Morecambe / Ker	70.6				5	33	Kathy Winrow	Lancaster Morecambe / Ken	75.6
<u>Women's 800m A</u>								<u>Women's 800m B</u>				
1	4	Jessica Corrie	Liverpool Harriers	02:27.0				1	33	Joanne Perry	Lancaster Morecambe / Ken	02:24.8
2	3	Lauren Cooper	Lancaster Morecambe / Ker	02:27.7				2	55	Sarah Docherty	Southport Waterloo	02:25.5
3	2	Katie Savage	Barrow & Furness Striders	02:33.6				3	44	Sophie Whiteside	Liverpool Harriers	02:42.5
4	5	Amanda Crook	Southport Waterloo	02:34.3				4	22	Jane Green	Barrow & Furness Striders	02:48.4
5	1	Bev Ganose	Altrincham	02:58.5				5	11	Heather Johnson	Altrincham	02:59.9
<u>Women's 1500m A</u>								<u>Women's 1500m B</u>				
1	3	Hannah Bateson	Lancaster Morecambe / Ker	04:40.3			<input checked="" type="checkbox"/>	1	55	Amanda Crook	Southport Waterloo	05:02.8
2	5	Samantha Dean	Southport Waterloo	05:01.9				2	33	Helen Booth	Lancaster Morecambe / Ken	05:23.6
3	44	-	Liverpool Harriers	05:13.7				3	22	Sue Sharp	Barrow & Furness Striders	05:48.0
4	2	Katie Savage	Barrow & Furness Striders	05:17.4				4	1	Bev Ganose	Altrincham	06:02.7
5	11	Heather Johnson	Altrincham	05:54.5				5				
6	6	Alex Penrose	Western / Northern	06:23.3				6				
<u>Women's 3000m A</u>								<u>Women's 3000m B</u>				
1	5	Samantha Dean	Southport Waterloo	10:46.8			<input checked="" type="checkbox"/>	1	55	Sue Cooper	Southport Waterloo	11:18.3
2	3	Chloe Rodham	Lancaster Morecambe / Ker	10:52.0			<input checked="" type="checkbox"/>	2	2	Jane Green	Barrow & Furness Striders	12:11.7
3	22	Sue Sharp	Barrow & Furness Striders	11:43.9				3	33	Jayne Perry	Lancaster Morecambe / Ken	12:19.2
4	11	Heather Johnson	Altrincham	12:17.9				4	1	Bev Ganose	Altrincham	12:49.0
5	6	Alex Penrose	Western / Northern	14:47.8				5				
<u>Women's 400m Hurdles A</u>								<u>Women's 400m Hurdles B</u>				
1	2	Rebecca Reid	Barrow & Furness Striders	68.9			<input checked="" type="checkbox"/>	1	55	Gemma Wright	Southport Waterloo	67.5
2	5	Stephanie May	Southport Waterloo	69.8			<input checked="" type="checkbox"/>	2	33	Joanne Perry	Lancaster Morecambe / Ken	81.6
3	3	Judith Burrows	Lancaster Morecambe / Ker	75.4				3	22	Victoria Ducie	Barrow & Furness Striders	87.6
4	1	Helen Roddis	Altrincham	81.9				4				
<u>Women's 100m Hurdles A</u>				Wind=				<u>Women's 100m Hurdles B</u>				
1	5	Katie McHale	Southport Waterloo	15.7			<input checked="" type="checkbox"/>	1	55	Gemma Wright	Southport Waterloo	19.1
2	3	Claire Huck	Lancaster Morecambe / Ker	17.4				2	33	Katie Huck	Lancaster Morecambe / Ken	19.7
3	2	Rebecca Reid	Barrow & Furness Striders	18.6				3				
4	1	Louissa Bannister	Altrincham	22.0				4				

Division 3W Match 4 - Litherland

				Perf	Record	Wind	AW	5 August 2007							
				Perf	Record	Wind	AW								
<u>Women's Hammer A</u>				<u>Women's Hammer B</u>											
1	4	Suzanne Woodward	Liverpool Harriers	39.98			<input checked="" type="checkbox"/>	1	2	Lynne Walker	Barrow & Furness Striders	25.95			
2	22	Danny Thomas	Barrow & Furness Striders	27.32				2	5	Ann Dignan	Southport Waterloo	16.14			
3	55	Rachel Everett	Southport Waterloo	21.93				3	1	Heather Johnson	Altrincham	8.49			
4	6	Louise Keen	Western / Northern	19.86				4							
5	33	Claire Huck	Lancaster Morecambe / Ker	16.37				5							
6	11	Bev Ganose	Altrincham	9.83				6							
<u>Women's Discus A</u>				<u>Women's Discus B</u>											
1	2	Danny Thomas	Barrow & Furness Striders	30.92			<input checked="" type="checkbox"/>	1	66	Amy Kneale	Western / Northern	23.11			
2	3	Wendy Laing	Lancaster Morecambe / Ker	27.68				2	33	Mandy Laing	Lancaster Morecambe / Ken	22.34			
3	6	Louise Keen	Western / Northern	23.67				3	5	Ann Dignan	Southport Waterloo	21.05			
4	4	Suzanne Woodward	Liverpool Harriers	21.58				4	22	Sophie Pearson	Barrow & Furness Striders	18.58			
5	55	Rachel Everett	Southport Waterloo	21.41				5	11	Beth Roberts	Altrincham	12.57			
6	1	Helen Roddis	Altrincham	13.63				6							
<u>Women's Javelin A</u>				<u>Women's Javelin B</u>											
1	3	Wendy Laing	Lancaster Morecambe / Ker	30.56			<input checked="" type="checkbox"/>	1	33	Mandy Laing	Lancaster Morecambe / Ken	30.00			<input checked="" type="checkbox"/>
2	6	Louise Keen	Western / Northern	23.83				2	2	Lynne Walker	Barrow & Furness Striders	22.04			
3	22	Sophie Pearson	Barrow & Furness Striders	22.14				3	55	Rachel Everett	Southport Waterloo	19.36			
4	5	Ann Dignan	Southport Waterloo	21.64				4	11	Louisa Bannister	Altrincham	13.23			
5	4	Vanessa Caine	Liverpool Harriers	20.15				5	44	Helen Croft	Liverpool Harriers	11.55			
6	1	Helen Roddis	Altrincham	18.18				6							
<u>Women's Shot Putt A</u>				<u>Women's Shot Putt B</u>											
1	6	Louise Keen	Western / Northern	11.04			<input checked="" type="checkbox"/>	1	3	Wendy Laing	Lancaster Morecambe / Ken	10.15			<input checked="" type="checkbox"/>
2	33	Mandy Laing	Lancaster Morecambe / Ker	10.19			<input checked="" type="checkbox"/>	2	22	Lynne Walker	Barrow & Furness Striders	8.16			
3	55	Rachel Everett	Southport Waterloo	9.63				3	5	Ann Dignan	Southport Waterloo	7.87			
4	2	Danny Thomas	Barrow & Furness Striders	8.77				4	66	Amy Kneale	Western / Northern	6.93			
5	4	Suzanne Woodward	Liverpool Harriers	7.19				5	1	Heather Johnson	Altrincham	4.69			
6	11	Bev Ganose	Altrincham	4.98				6							
<u>Women's Long Jump A</u>				<u>Women's Long Jump B</u>											
1	1	Helen Armishaw	Altrincham	4.96				1	55	Charlotte Roberts	Southport Waterloo	4.34			
2	5	Katie McHale	Southport Waterloo	4.78				2	11	Helen Roddis	Altrincham	4.26			
3	33	Katie Huck	Lancaster Morecambe / Ker	4.74				3	3	Claire Huck	Lancaster Morecambe / Ken	4.14			
4	4	Courtney Lewny	Liverpool Harriers	4.69				4	22	Victoria Ducie	Barrow & Furness Striders	3.72			
5	2	Lois While	Barrow & Furness Striders	4.22				5	44	Helen Croft	Liverpool Harriers	3.64			
<u>Women's Triple Jump A</u>				<u>Women's Triple Jump B</u>											
1	5	Katie McHale	Southport Waterloo	10.76			<input checked="" type="checkbox"/>	1	22	Danny Thomas	Barrow & Furness Striders	8.70			
2	11	Helen Armishaw	Altrincham	10.07			<input checked="" type="checkbox"/>	2	1	Helen Roddis	Altrincham	8.69			
3	2	Rebecca Reid	Barrow & Furness Striders	9.76				3	55	Gemma Wright	Southport Waterloo	8.09			
4	4	Natasha Awang	Liverpool Harriers	9.46				4	44	Helen Croft	Liverpool Harriers	7.77			
5	3	Judith Burrows	Lancaster Morecambe / Ker	8.37				5							
<u>Women's High Jump A</u>				<u>Women's High Jump B</u>											
1	3	Claire Huck	Lancaster Morecambe / Ker	1.60			<input checked="" type="checkbox"/>	1	33	Katie Huck	Lancaster Morecambe / Ken	1.50			
2	2	Lois While	Barrow & Furness Striders	1.60			<input checked="" type="checkbox"/>	2	55	Charlotte Roberts	Southport Waterloo	1.35			
3	5	Gemma Wright	Southport Waterloo	1.45				3	1	Louisa Bannister	Altrincham	1.25			
4	11	Beth Roberts	Altrincham	1.30											
5	6	Amy Kneale	Western / Northern	1.30											

Division 3W Match 4 - Litherland

Perf	Record	Wind	AW	5 August 2007	Perf	Wind	AW
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Women's Pole Vault A

1	44	Vanessa Caine	Liverpool Harriers	2.30			
2	5	Stephanie May	Southport Waterloo	1.90			

Women's Pole Vault B

1	4	Courtney Lewny	Liverpool Harriers	1.70			
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Women's 4x100m Relay

1	5	Southport Waterloo	Katie McHale	Katie Hooton	Lauren Brennan	Charlotte Roberts	52.4
2	1	Altrincham	Helen Armishaw	Louissa Bannister	Bev Ganose	Laura Chambers	52.9
3	4	Liverpool Harriers	Fran Davies	Natasha Awang	Helen Croft	Courtney Lewny	53.9
4	2	Barrow & Furness Striders	Lois While	Lara Turner	Sophie Pearson	Victoria Ducie	55.0
5	3	Lancaster Morecambe / Kendal	Claire Huck	Joanne Perry	Katie Huck	Judith Burrows	55.7

Women's 4x400m Relay

1	5	Southport Waterloo	Stephanie May	Gemma Wright	Stephanie James	Katie Hooton	04:12.4	<input checked="" type="checkbox"/>
2	4	Liverpool Harriers	Fran Davies	Sophie Whiteside	Jessica Corrie	Courtney Lewny	04:18.7	
3	3	Lancaster Morecambe / Kendal	Joanne Perry	Hannah Bateson	Lauren Cooper	Helen Booth	04:23.9	
4	1	Altrincham	Helen Armishaw	Laura Chambers	Bev Ganose	Helen Roddis	04:30.2	
5	2	Barrow & Furness Striders	Lara Turner	Katie Savage	Rebecca Reid	Jane Green	04:32.9	

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				Perf	Record	Wind	AW	5 August 2007							
				Perf	Record	Wind	AW								
Men's 100m A				Wind=				Men's 100m B				Wind=			
1	4	Mike Goulding	Liverpool Harriers	11.6				1	44	Shawn James	Liverpool Harriers	11.7			
2	2	John Pearce	Barrow & Furness Striders	11.9				2	11	Andy Parker	Altrincham	12.0			
3	1	Danny Wilson	Altrincham	11.9				3	33	Frank Sheppard	Lancaster Morecambe / Ken	12.0			
4	3	Jamie Bradbury	Lancaster Morecambe / Ker	12.3				4	22	Jake Thompson	Barrow & Furness Striders	12.5			
5	5	Stephen Gellet	Southport Waterloo	12.6				5	55	Scott McDermott	Southport Waterloo	12.9			
Men's 200m A				Wind=				Men's 200m B				Wind=			
1	4	Mike Goulding	Liverpool Harriers	23.1				1	44	Shawn James	Liverpool Harriers	23.5			
2	1	Danny Wilson	Altrincham	23.9				2	11	Andy Parker	Altrincham	23.8			
3	3	Jamie Bradbury	Lancaster Morecambe / Ker	24.1				3	22	Jake Thompson	Barrow & Furness Striders	24.8			
4	2	John Pearce	Barrow & Furness Striders	24.6				4	33	Frank Sheppard	Lancaster Morecambe / Ken	25.0			
5	5	Nathan Ouko	Southport Waterloo	24.8				5	55	Ciaran Brennan	Southport Waterloo	25.1			
Men's 400m A								Men's 400m B							
1	6	P. Richardson	Western / Northern	50.6			<input checked="" type="checkbox"/>	1	44	Mike Fairfield	Liverpool Harriers	52.6			
2	4	Loius Forbs	Liverpool Harriers	50.7			<input checked="" type="checkbox"/>	2	66	R. Fairclough	Western / Northern	52.8			
3	1	Andy Parker	Altrincham	53.3				3	55	Stephen Gellet	Southport Waterloo	55.9			
4	2	Ryan Low	Barrow & Furness Striders	53.8				4	11	Andy Ford	Altrincham	56.8			
5	5	Mike Evans	Southport Waterloo	54.1				5	33	Matt Lisham	Lancaster Morecambe / Ken	57.2			
6	3	Kieron Rowlands	Lancaster Morecambe / Ker	55.1				6	22	Chris Thomas	Barrow & Furness Striders	59.5			
Men's 800m A								Men's 800m B							
1	1	Matt Barnes	Altrincham	02:02.5				1	33	Peter Worthington	Lancaster Morecambe / Ken	02:05.4			
2	5	Rob Berry	Southport Waterloo	02:03.1				2	55	Mike Evans	Southport Waterloo	02:07.3			
3	2	Dave Mutton	Barrow & Furness Striders	02:03.4				3	44	Phil Leggat	Liverpool Harriers	02:09.7			
4	4	James Tooey	Liverpool Harriers	02:03.4				4	11	Andy Ford	Altrincham	02:10.1			
5	3	Keiron Rowlands	Lancaster Morecambe / Ker	02:03.8				5	22	Chris Thomas	Barrow & Furness Striders	02:19.9			
Men's 1500m A								Men's 1500m B							
1	1	Matt Barnes	Altrincham	04:14.8				1	3	Alisdair Russell	Lancaster Morecambe / Ken	04:18.3			
2	5	Rob Berry	Southport Waterloo	04:15.2				2	11	Dave Norman	Altrincham	04:21.6			
3	4	James Russell	Liverpool Harriers	04:15.3				3	44	Glen Groves	Liverpool Harriers	04:29.0			
4	33	Peter Worthington	Lancaster Morecambe / Ker	04:18.1				4	55	Patrick Vis	Southport Waterloo	04:34.3			
5	2	Dave Hook	Barrow & Furness Striders	04:23.2				5							
Men's 3000m S/Chase A								Men's 3000m S/Chase B							
1	3	Alisdair Russell	Lancaster Morecambe / Ker	10:10.5				1	33	Russell Parington	Lancaster Morecambe / Ken	10:26.5			
2	5	Steve Wilkinson	Southport Waterloo	10:31.4				2	55	Joe Vis	Southport Waterloo	11:07.0			
3	11	Dave Carrington	Altrincham	11:16.4				3	1	Dan Brooks	Altrincham	12:00.4			
4	2	Peter Savage	Barrow & Furness Striders	11:37.2				4							
5	6	S. Brand	Western / Northern	12:14.4				5							
Men's 5000m A								Men's 5000m B							
1	1	Dave Norman	Altrincham	15:52.7			<input checked="" type="checkbox"/>	1	11	Nick Leigh	Altrincham	15:56.3			<input checked="" type="checkbox"/>
2	3	Danny Parkinson	Lancaster Morecambe / Ker	16:09.8			<input checked="" type="checkbox"/>	2	4	James Meldrum / Ker	Liverpool Harriers	16:28.7			<input checked="" type="checkbox"/>
3	44	Alan Ashton	Liverpool Harriers	16:23.4			<input checked="" type="checkbox"/>	3	33	Russell Parington	Lancaster Morecambe / Ken	16:42.5			
4	55	David Hamilton	Southport Waterloo	17:08.1				4	5	John Sprackland	Southport Waterloo	17:29.4			
5	2	Peter Leviston	Barrow & Furness Striders	18:45.9				5							
6	6	B. Cowin	Western / Northern	20:19.4				6							

Division 3W Match 4 - Litherland

				Perf	Record	Wind	AW	5 August 2007				
				Perf	Record	Wind	AW					
Men's 400m Hurdles A								Men's 400m Hurdles B				
1	6	P. Richardson	Western / Northern	58.0			<input checked="" type="checkbox"/>	1	33	Chris Middlebrook	Lancaster Morecambe / Ken	67.0
2	2	Ryan Low	Barrow & Furness Striders	64.1				2	55	Stephen Marshall	Southport Waterloo	73.8
3	1	Dan Brooks	Altrincham	64.4				3	11	Dave Carrington	Altrincham	76.0
4	3	Lex Le Saint	Lancaster Morecambe / Ker	66.8				4				
5	5	Steve Wilkinson	Southport Waterloo	67.0				5				
Men's 110m Hurdles A								Men's 110m Hurdles B				
				Wind=				Wind=				
1	4	Mike Sweeney	Liverpool Harriers	18.3				1	55	Nathan Ouko	Southport Waterloo	21.9
2	5	Stephen Marshall	Southport Waterloo	19.1				2	33	Robin Boot	Lancaster Morecambe / Ken	22.4
3	3	Chris Middlebrook	Lancaster Morecambe / Ker	21.3				3	11	Dave Carrington	Altrincham	31.0
4	1	Dan Brooks	Altrincham	22.1				4				
Men's Hammer A								Men's Hammer B				
1	4	Michael Bomba	Liverpool Harriers	50.22			<input checked="" type="checkbox"/>	1	33	Robin Boot	Lancaster Morecambe / Ken	30.89
2	55	Adam Davies	Southport Waterloo	39.80				2	5	Peter Mason	Southport Waterloo	26.87
3	3	Chris Middlebrook	Lancaster Morecambe / Ker	32.76				3	11	Dave Rudd	Altrincham	12.26
4	22	Andrew Thompson	Barrow & Furness Striders	21.00				4				
5	1	Barry Chapman	Altrincham	12.57				5				
Men's Discus A								Men's Discus B				
1	4	Dave Mckavin	Liverpool Harriers	38.93			<input checked="" type="checkbox"/>	1	3	Chris Middlebrook	Lancaster Morecambe / Ken	31.62
2	33	Robin Boot	Lancaster Morecambe / Ker	33.62				2	44	Michael Bomba	Liverpool Harriers	31.36
3	5	Peter Mason	Southport Waterloo	26.44				3	55	Sam Moran	Southport Waterloo	22.98
4	2	Jake Thompson	Barrow & Furness Striders	21.52				4	22	Andrew Thompson	Barrow & Furness Striders	18.93
5	1	Barry Chapman	Altrincham	16.46				5	11	Andy Parker	Altrincham	11.33
Men's Javelin A								Men's Javelin B				
1	4	David Mckavin	Liverpool Harriers	54.22			<input checked="" type="checkbox"/>	1	44	Andrew Allan	Liverpool Harriers	49.17
2	3	Chris Middlebrook	Lancaster Morecambe / Ker	45.05				2	33	Robin Boot	Lancaster Morecambe / Ken	37.34
3	5	Alex Martland	Southport Waterloo	43.48				3	55	Sam Moran	Southport Waterloo	32.43
4	22	John Pearce	Barrow & Furness Striders	24.52				4	2	Andrew Thompson	Barrow & Furness Striders	23.56
5	11	Barry Chapman	Altrincham	24.05				5	1	Andy Norman	Altrincham	23.50
Men's Shot Putt A								Men's Shot Putt B				
1	33	Robin Boot	Lancaster Morecambe / Ker	11.10				1	44	Michael Bomba	Liverpool Harriers	10.90
2	4	David Mckavin	Liverpool Harriers	10.91				2	3	Chris Middlebrook	Lancaster Morecambe / Ken	8.87
3	5	Peter Mason	Southport Waterloo	8.85				3	55	Sam Moran	Southport Waterloo	8.74
4	2	Chris Thomas	Barrow & Furness Striders	7.59				4	1	Barry Chapman	Altrincham	5.97
5	11	Andy Norman	Altrincham	6.41				5	22	Andrew Thompson	Barrow & Furness Striders	5.89
6	6	B. Cowin	Western / Northern	6.33				6				
Men's Long Jump A								Men's Long Jump B				
1	4	Mike Sweeney	Liverpool Harriers	5.81				1	44	Shawn James	Liverpool Harriers	5.07
2	1	Dave Bullock	Altrincham	5.77				2	55	Ciaran Brennan	Southport Waterloo	4.92
3	22	John Pearce	Barrow & Furness Striders	5.74				3	11	Dan Brooks	Altrincham	4.55
4	5	Scott McDermott	Southport Waterloo	5.38				4	33	Matt Lisham	Lancaster Morecambe / Ken	4.22
5	6	S. Ingham	Western / Northern	5.18				5	2	Rouche Law	Barrow & Furness Striders	4.05
6	3	Lex Le Saint	Lancaster Morecambe / Ker	5.06				6				

Division 3W Match 4 - Litherland

Men's Triple Jump A

	Perf	Record	Wind	AW
1	1	Dave Bullock	Altrincham	12.08
2	44	Alex Taylor	Liverpool Harriers	11.77
3	2	Rouche Law	Barrow & Furness Striders	11.43
4	5	Nathan Ouko	Southport Waterloo	11.18
5	3	Lex Le Saint	Lancaster Morecambe / Ker	10.82

Men's High Jump A

1	4	Mike Sweeney	Liverpool Harriers	1.80
2	1	Dave Bullock	Altrincham	1.75
3	5	Josh Gamble	Southport Waterloo	1.65
4	3	Chris Middlebrook	Lancaster Morecambe / Ker	1.65
5	2	Rouche Law	Barrow & Furness Striders	1.60

Men's Pole Vault A

1	4	Mark Brunskirk	Liverpool Harriers	2.70
2	1	Dan Brooks	Altrincham	2.10

Men's 4x100m Relay

1	4	Liverpool Harriers	Loius Forbs	Mike Goulding
2	22	Barrow & Furness Striders	Jake Thompson	John Pearce
3	1	Altrincham	Danny Wilson	Dave Bullock
4	5	Southport Waterloo	Lewis Armer	Ciaran Brennan
5	33	Lancaster Morecambe / Kendal	Frank Sheppard	Matt Lisham

Men's 4x400m Relay

1	4	Liverpool Harriers	Mike Goulding	James Russell
2	1	Altrincham	Matt Barnes	Nick Leigh
3	5	Southport Waterloo	Nathan Ouko	Mike Evans
4	2	Barrow & Furness Striders	Ryan Low	Dave Mutton
5	6	Western / Northern	P. Richardson	R. Fairclough
6	3	Lancaster Morecambe / Kendal	Lex Le Saint	Alisdair Russell

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Men's Triple Jump B

	Perf	Wind	AW	
1	55	Mike Evans	Southport Waterloo	10.65
2	33	Alisdair Russell	Lancaster Morecambe / Ken	10.36
3	11	Dan Brooks	Altrincham	9.92
4				
5				

Men's High Jump B

1	44	Chris Price	Liverpool Harriers	1.75
2	11	Nick Leigh	Altrincham	1.65
3	55	Nathan Ouko	Southport Waterloo	1.60
4	33	Lex Le Saint	Lancaster Morecambe / Ken	1.50

Men's Pole Vault B

1	44	Ricky Coddington	Liverpool Harriers	2.30
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Daniel Yip	Shawn James	45.5
Ryan Low	Dave Mutton	47.3
Andy Parker	Dan Brooks	47.8
Josh Gamble	Nathan Ouko	48.0
Danny Parkinson	Jamie Bradbury	49.5

Daniel Yip	Louis Forbes	03:26.6
Andy Parker	Andy Ford	03:38.1
Rob Berry	Stephen Gellet	03:38.6
Chris Thomas	Dave Hook	03:40.9
S. Brand	A. Crennel	03:43.1
Peter Worthington	Danny Parkinson	03:43.7