

**Northern League Division 2 (West)**

**Warrington**

**02/05/09**

**Men**

<b>100</b>		<b>A</b>	<b>100</b>		<b>B</b>
1	Mike Zaim	Liverpool P.S.	11.5	1 Alex Bale	Blackpool,Wyre&Fylde 11.6
2	James Fahey U20	Blackpool,Wyre&Fylde	11.6	2 Nathan Hilton U20	Liverpool P.S. 11.7
3	Steve Moran	St.Helens Sutton	11.7	3 Tom Green U17	St.Helens Sutton 11.8
4	David Thompson U20	Liverpool P.S.	11.9	4 Stephen Jones U17	Liverpool P.S. 12.3
5	Robert Anderson U20	Southport Waterloo	12.4	6 Chris Honess	Southport Waterloo 13.8
6	Andy Duncan	Manx Harriers Harriers	13.5		
<b>200</b>		<b>A</b>	<b>200</b>		<b>B</b>
1	Mike Zaim	Liverpool P.S.	23.2	1 Alex Bale	Blackpool,Wyre&Fylde 23.6
2	James Fahey U20	Blackpool,Wyre&Fylde	23.2	2 Nathan Hilton U20	Liverpool P.S. 23.7
3	Steve Moran	St.Helens Sutton	23.9	3 Tom Green U17	St.Helens Sutton 24.0
4	Dabid Thompson U20	Liverpool P.S.	24.7	4 Robbie Dagnall U17	Liverpool P.S. 24.2
5	John Cunningham U20	Southport Waterloo	29.0	5 Chris Honess	Southport Waterloo 26.2
<b>400</b>		<b>A</b>	<b>400</b>		<b>B</b>
1	Brent Starkie	Blackpool,Wyre&Fylde	50.0	1 Aidan Stoakley U17	Liverpool P.S. 53.3
2	Danny Higham U20	Liverpool P.S.	50.7	2 Dominic Garrett	Blackpool,Wyre&Fylde 54.3
3	Ian Cooney	St.Helens Sutton	54.4	3 Paul Milburn	Liverpool P.S. 55.8
4	Mike Evans	Southport Waterloo	55.4	4 Steve Clague U20	St.Helens Sutton 56.4
5	Tom Walley	Liverpool P.S.	55.7	5 John Cunningham U20	Southport Waterloo 58.7
<b>800</b>		<b>A</b>	<b>800</b>		<b>B</b>
1	Tom Richmond U20	Manx Harriers Harriers	01:59.3	1 Tom Hanlon U20	Liverpool P.S. 02:04.3
2	James Tarrt	Southport Waterloo	01:59.7	2 Mike Evans U20	Southport Waterloo 02:06.0
3	John Ashcroft U17	St.Helens Sutton	02:00.7	3 Ian Costello	St.Helens Sutton 02:09.9
4	Adam Clancey	Liverpool P.S.	02:03.4	4 Louis Humphreys U20	Liverpool P.S. 02:17.7
5	Russell Kirk	Liverpool P.S.	02:10.7	5 Chris Lloyd	Blackpool,Wyre&Fylde 02:18.1
6	Luke Berry U20	Blackpool,Wyre&Fylde	02:20.7		
<b>1500</b>		<b>A</b>	<b>1500</b>		<b>B</b>
1	Jono Prowse	Blackpool,Wyre&Fylde	04:13.4	1 James Tarrt	Southport Waterloo 04:24.2
2	Adam Clancey	Liverpool P.S.	04:18.8	2 Tom Richmond U20	Manx Harriers 04:32.2
3	Alec Beaney U20	Liverpool P.S.	04:19.2	3 Ian Costello	St.Helens Sutton 04:32.6
4	Joe Vis	Southport Waterloo	04:24.0	4 Luke Berry	Blackpool,Wyre&Fylde 04:49.4
5	Jake Healy U20	St.Helens Sutton	04:28.5	5 Russell Kirk	Liverpool P.S. 04:58.6
6	Darren Grey	Manx Harriers Harriers	04:29.8		
<b>5000</b>		<b>A</b>	<b>5000</b>		<b>B</b>
1	Kevin Lowndes	Manx Harriers Harriers	15:07.6	1 Andy Duncan	Manx Harriers 17:13.2
2	Stuart Robinson	Blackpool,Wyre&Fylde	15:21.7	2 Stephen McLean	Southport Waterloo 17:36.9
3	Matt Crehan U20	St.Helens Sutton	15:46.8	3 Chris Lloyd	Blackpool,Wyre&Fylde 17:46.9
4	Richard Shearer	Southport Waterloo	16:13.8	4 Ian White	St.Helens Sutton 18:00.4
5	Bernie Murphy	Liverpool P.S.	16:55.5	5 Gary Withers	Liverpool P.S. 18:29.1
6	Andrew Clarke	Liverpool P.S.	17:29.5		
<b>110H</b>		<b>A</b>	<b>110H</b>		<b>B</b>
1	Stephen Marshall	Southport Waterloo	18.4	1 Tom Booth U17	Liverpool P.S. 18.8
2	Jon Rice	Liverpool P.S.	18.5	2 Daniel Stuart-Clague	Manx Harriers 20.2
3	Ben Kelly U17	Manx Harriers Harriers	18.6	3 Greg Williams	St.Helens Sutton 22.6
4	Dave McKay	Liverpool P.S.	18.6	4 Paul Milburn	Liverpool P.S. 26.3
5	Ray Vose	St.Helens Sutton	24.8		

Sheet1

<b>400H</b>		<b>A</b>	<b>400H</b>	<b>B</b>
1 Paul Milburn	Liverpool P.S.	61.0	1 Greg Williams	St.Helens Sutton 65.9
2 Tom Booth U17	Liverpool P.S.	61.3	2 Paul Rudkin	Liverpool P.S. 67.3
3 Conor Delablanque U20	Manx Harriers Harriers	63.1	3 Darren Grey	Manx Harriers 68.2
4 Steve Clague U20	St.Helens Sutton	63.2	4 John Cunningham U20	Southport Waterloo 69.7
5 Stephen Marshall	Southport Waterloo	66.2	5 John Manning	Liverpool P.S. 75.3
<b>3000m Steeplechase</b>		<b>A</b>	<b>3000m Steeplechase</b>	<b>B</b>
1 Darren Grey	Manx Harriers Harriers	10:00.7	1 Andy Fox	Manx Harriers 10:41.6
2 Greg Williams	St.Helens Sutton	10:29.2	2 David Gough U20	Southport Waterloo 11:23.0
3 Patrick Vis U20	Southport Waterloo	10:49.6	3 Peter Johnson	St.Helens Sutton 12:26.1
4 Andrew Clague	Liverpool P.S.	10:51.2		
5 Gareth Jones	Blackpool,Wyre&Fylde	13:46.1		
6 Paul Rudkin	Liverpool P.S.	14:53.1		
<b>Pole Vault</b>		<b>A</b>	<b>Pole Vault</b>	<b>B</b>
1 Matt Wright	Blackpool,Wyre&Fylde	4.20	1 Tom Booth U17	Liverpool P.S. 2.10
2 Andy Gore	Liverpool P.S.	3.10		
3 Daniel Clague	Manx Harriers Harriers	2.80		
4 David Brown	Liverpool P.S.	2.20		
5 Steve Clague U20	St.Helens Sutton	2.20		
<b>High Jump</b>		<b>A</b>	<b>High Jump</b>	<b>B</b>
1 D Stewart-Clague	Manx Harriers Harriers	1.80	1 John Manning	Liverpool P.S. 1.65
2 Alan Littler U20	Liverpool P.S.	1.65	2 Matt Wright	Blackpool,Wyre&Fylde 1.60
3 Declan O'Hara U20	Blackpool,Wyre&Fylde	1.60	3 John Ashcroft	St.Helens Sutton 1.55
4 Danny Wilson	St.Helens Sutton	1.60	4 Andy Fox	Manx Harriers 1.40
5 Mark Leicester	Liverpool P.S.	1.60	5 Dean Matthews	Liverpool P.S. 1.40
<b>Long Jump</b>		<b>A</b>	<b>Long Jump</b>	<b>B</b>
1 Robbie Dagnall U17	Liverpool P.S.	5.92	1 Dean Matthews	Liverpool P.S. 5.42
2 Mark Leicester	Liverpool P.S.	5.70	2 John Manning	Liverpool P.S. 5.17
3 Rob Anderson U20	Southport Waterloo	5.70	3 Steve Moran	St.Helens Sutton 4.75
4 Jon Rutter	Blackpool,Wyre&Fylde	5.28	4 Michael Evans	Southport Waterloo 4.39
5 Danny Wilson U20	St.Helens Sutton	4.93	5 Gareth Jones U20	Blackpool,Wyre&Fylde 2.21
6 Andy Fox	Manx Harriers Harriers	4.63		
<b>Triple Jump</b>		<b>A</b>	<b>Triple Jump</b>	<b>B</b>
1 Dean Matthews	Liverpool P.S.	12.71	1 Declan O'Hara	Blackpool,Wyre&Fylde 11.68
2 Jon Rutter	Blackpool,Wyre&Fylde	12.31	2 Dave Street	Liverpool P.S. 11.18
3 Andy Fox	Manx Harriers Harriers	11.74	3 Michael Evans	Southport Waterloo 10.39
4 Rob Anderson U20	Southport Waterloo	11.49	4 John Manning	Liverpool P.S. 10.32
5 Dave MacKay	Liverpool P.S.	11.22	5 Daniel Stewart-Clague	Manx Harriers 9.27
6 Danny Wilson U20	St.Helens Sutton	10.20	6 Ian Hayburn	St.Helens Sutton 8.04
<b>Shot Putt</b>		<b>A</b>	<b>Shot Putt</b>	<b>B</b>
1 Grant Myerscough	Blackpool,Wyre&Fylde	14.58	1 Mark Line	Liverpool P.S. 10.19
2 David McKay	Liverpool P.S.	12.31	2 Richard Stocker	Liverpool P.S. 9.83
3 Dave Brown	Liverpool P.S.	10.85	3 David Myerscough	Blackpool,Wyre&Fylde 9.72
4 Dave Pogson	St.Helens Sutton	9.35	4 Mike Hughes	St.Helens Sutton 8.09
5 Peter Mason	Southport Waterloo	9.10	5 Andrew Duncan	Manx Harriers 5.85
6 Ben Kelly U17	Manx Harriers Harriers	7.08	6 Chris Henders	Southport Waterloo 5.36

Sheet1

<b>Hammer</b>		<b>A</b>		<b>Hammer</b>	<b>B</b>
1 Dave McKay	Liverpool P.S.	45.45	1 Andrew McKay	Liverpool P.S.	35.31
2 Laurence Harwood	Blackpool,Wyre&Fylde	41.60	2 Dave Brown	Liverpool P.S.	29.68
3 Mark Line	Liverpool P.S.	37.12	3 Dave Pogson	St.Helens Sutton	24.69
4 Mike Hughes	St.Helens Sutton	31.89	4 Andy Fox	Manx Harriers	9.14
5 Peter Mason	Southport Waterloo	25.80			
6 Andrew Duncan	Manx Harriers Harriers	12.66			
<b>Discus</b>		<b>A</b>		<b>Discus</b>	<b>B</b>
1 Grant Myerscough	Blackpool,Wyre&Fylde	40.11	1 Richard Stocker	Liverpool P.S.	33.93
2 Mark Line	Liverpool P.S.	36.75	2 Dave Brown	Liverpool P.S.	31.52
3 David McKay	Liverpool P.S.	35.69	3 David Myerscough	Blackpool,Wyre&Fylde	29.36
4 David Pogson	St.Helens Sutton	33.93	4 Ken Williams	St.Helens Sutton	18.54
5 Peter Mason	Southport Waterloo	25.46	5 Chris Henders	Southport Waterloo	8.90
6 Conor Delablanque U20	Manx Harriers Harriers	21.84	6 Andrew Duncan	Manx Harriers	7.82
<b>Javelin</b>		<b>A</b>		<b>Javelin</b>	
1 David McKay	Liverpool P.S.	59.83	1 Dave Brown	Liverpool P.S.	39.06
2 Mark Line	Liverpool P.S.	42.63	2 Louis Humphries U20	Liverpool P.S.	37.79
3 Daniel Stuart-Clague	Manx Harriers Harriers	39.61	3 Ben Kelly U17	Manx Harriers	32.93
4 Charlie Garrett	Blackpool,Wyre&Fylde	29.78	4 Gareth Jones U20	Blackpool,Wyre&Fylde	28.44
5 Ray Vose	St.Helens Sutton	25.46	5 Ken Williams	St.Helens Sutton	22.25
6 Peter Mason	Southport Waterloo	19.42	6 Chris Henders	Southport Waterloo	19.42
<b>4X100</b>					
1 Liverpool P.S.	D Higham	M Leicester	N Hilton	M Zaim	44.3
2 St.Helesn Sutton	I Cooney	S Moran	T Green	S Clague	46.4
3 West Cheshire	D Thompson	R Dagnall	S Jones	M Downes	46.5
4 Blackpool,Wyre&Fylde	D O'Hara	J Rutter	L Needham	M Wright	47.2
5 Manx Harriers	D Stuart-Clague	B Kelly	T Richmond	C Delanbanque	48.0
6 Southport Waterloo	J Vis	R Anderson	J Tartt	D Gough	52.3
<b>4X400</b>					
1 Blackpool,Wyre&Fylde	A Bale	D Garrett	J Fahey	B Starkie	03:29.8
2 Liverpool P.S.	A Clancey	D Higham	P Milburn	M Zaim	03:30.8
3 West Cheshire	T Walley	A Stoakley	T Booth	A Littler	03:45.7
4 St.Helesn Sutton	I Cooney	J Healy	J Ashcroft	S Clague	03:47.2
5 Southport Waterloo	M Evans	J Cunningham	J Tartt	P Viz	03:48.8
6 Manx Harriers	D Stuart-Clague	C Delanbanque	T Richmond	A Duncan	03:51.5

Sheet1

**LADIES**

<b>100</b>		<b>A</b>		<b>100</b>		<b>B</b>	
1	Laura Davies U20	Blackpool,Wyre&Fylde	12.4	1	Leah Ferrie U17	Liverpool P.S.	13.2
2	Lauren Brennan U20	Southport Waterloo	12.9	2	Stephanie May	Southport Waterloo	13.3
3	Sarah Dowling	Manx Harriers Harriers	13.2	3	Danielle Ross U17	Manx Harriers	14.0
4	Sophie Rigby U17	St.Helens Sutton	13.6	4	Sarah Goff	Blackpool,Wyre&Fylde	14.2
5	Abbie McComb U20	Liverpool P.S.	13.9	5	Jenny Lamb U17	St.Helens Sutton	14.8
6	Sian Kelman U20	Liverpool P.S.	34.7				
<b>200</b>		<b>A</b>		<b>200</b>		<b>B</b>	
1	Laura Davies U20	Blackpool,Wyre&Fylde	26.8	1	Shona Valentine U20	Liverpool P.S.	27.1
2	Leah Ferrie U17	Liverpool P.S.	27.5	2	Stephanie James U20	Southport Waterloo	28.6
3	Stephanie May	Southport Waterloo	27.6	3	Sue Lowrie	St.Helens Sutton	29.7
4	Danielle Ross U17	Manx Harriers Harriers	28.8	4	Lisa Daley	Blackpool,Wyre&Fylde	30.7
5	Jenny Lamb U17	St.Helens Sutton	30.6	5	Gail Griffiths	Manx Harriers	39.6
<b>400</b>		<b>A</b>		<b>400</b>		<b>B</b>	
1	Lauren Brennan U20	Southport Waterloo	60.2	1	Stephanie May	Southport Waterloo	60.2
2	Sarah Dowling	Manx Harriers Harriers	60.8	2	Rachael Franklin U20	Manx Harriers	63.5
3	Bryony Potter U20	Liverpool P.S.	61.3	3	Katy Holder U20	Blackpool,Wyre&Fylde	65.4
4	Laura Deegan	Blackpool,Wyre&Fylde	64.1	4	Ruth Pritchard U20	Liverpool P.S.	68.6
5	Emma Binns U20	Liverpool P.S.	68.9	5	Amy Hughes U17	St.Helens Sutton	69.7
6	Julia Eccleston	St.Helens Sutton	92.1				
<b>800</b>		<b>A</b>		<b>800</b>		<b>B</b>	
1	Rachael Franklin U20	Manx Harriers Harriers	02:21.0	1	Sarah Astin U17	Manx Harriers	02:29.4
2	Laura Deegan	Blackpool,Wyre&Fylde	02:23.1	2	Sarah Dogherty U20	Southport Waterloo	02:35.7
3	Gemma Connolly	St.Helens Sutton	02:24.7	3	Danielle McPherson	Blackpool,Wyre&Fylde	02:36.1
4	Stephanie James U20	Southport Waterloo	02:27.1	4	Heather Drillingcourt U17	St.Helens Sutton	02:47.3
5	Emma Binns U20	Liverpool P.S.	02:33.1				
6	Niamh Riley	Liverpool P.S.	02:59.3				
<b>1500</b>		<b>A</b>		<b>1500</b>		<b>B</b>	
1	Kirsty Longley	Liverpool P.S.	04:43.0	1	June Swift	Liverpool P.S.	05:00.6
2	Gemma Unsworth	Blackpool,Wyre&Fylde	04:44.5	2	Gail Griffiths	Manx Harriers	05:12.3
3	Gemma Astin U20	Manx Harriers Harriers	04:56.0	3	Danielle McPherson	Blackpool,Wyre&Fylde	05:27.9
4	Gemma Connolly	St.Helens Sutton	04:57.2	4	Carol James	Southport Waterloo	06:05.0
5	Michelle Spencer	Southport Waterloo	05:44.2				
<b>3000</b>		<b>A</b>		<b>3000</b>		<b>B</b>	
1	Gemma Connolly	St.Helens Sutton	10:36.1	1	Andrea Smith	Blackpool,Wyre&Fylde	11:29.2
2	Gail Griffiths	Manx Harriers Harriers	10:48.7	2	Angela Delaney	Southport Waterloo	11:43.5
3	Carolyn Robbins	Blackpool,Wyre&Fylde	10:49.2	3	Catherine Terry	Liverpool P.S.	12:49.9
4	Laura Bestow	Liverpool P.S.	11:02.2	4	Julia Eccleston	St.Helens Sutton	13:01.3
5	Sue Cooper	Southport Waterloo	11:20.7				
6	Lisa Gawthorne	Liverpool P.S.	11:55.1				
<b>100H</b>		<b>A</b>		<b>100H</b>		<b>B</b>	
1	Danielle Erskine U17	Liverpool P.S.	18.2	1	Gemma Hale	Liverpool P.S.	20.2
2	Charlotte Buckingham U20	Southport Waterloo	19.7				
3	Sarah Goff	Blackpool,Wyre&Fylde	21.1				
<b>400H</b>		<b>A</b>		<b>400H</b>		<b>B</b>	
1	Elisabeth Hodgson U20	Blackpool,Wyre&Fylde	74.2	1	Amy Hughes U17	St.Helens Sutton	77.2
2	Grace Stewart U20	Liverpool P.S.	76.1	2	Ruth Pritchard U20	Liverpool P.S.	80.6
3	Danielle Erskine U17	Liverpool P.S.	78.0	3	Sarah Goff	Blackpool,Wyre&Fylde	83.7
4	Charlotte Buckingham U20	Southport Waterloo	78.2				
5	Josie Barrow U20	St.Helens Sutton	78.3				

Sheet1

<b>Pole Vault</b>		<b>A</b>		<b>Pole Vault</b>	<b>B</b>
1 Sophie Rigby U17	St.Helens Sutton	2.10	1 Josie Barrow U20	St.Helens Sutton	1.90
2 Stephanie May	Southport Waterloo	1.70			
3 Niamh Reilly	Liverpool P.S.	1.70			
<b>High Jump</b>		<b>A</b>		<b>High Jump</b>	<b>B</b>
1 Sophie Rigby U17	St.Helens Sutton	1.60	1 Josie Barrow U20	St.Helens Sutton	1.55
2 Victoria Anderson U17	Liverpool P.S.	1.55	2 Katie Holder U20	Blackpool,Wyre&Fylde	1.40
3 Laura Deegan	Blackpool,Wyre&Fylde	1.45	3 Sarah Dowling	Manx Harriers	1.30
4 Abbie McComb U20	Liverpool P.S.	1.40	4 Ruth Pritchard U20	Liverpool P.S.	1.30
5 Rachael Franklin U20	Manx Harriers Harriers	1.35	5 Stephanie James U20	Southport Waterloo	1.10
6 Charlotte Buckingham U20	Southport Waterloo	1.35			
<b>Long Jump</b>		<b>A</b>		<b>Long Jump</b>	<b>B</b>
1 Sian Kelman U20	Liverpool P.S.	5.24	1 Emily Clarke U17	Liverpool P.S.	5.11
2 Katy Wyper	Blackpool,Wyre&Fylde	4.48	2 Gemma Astin U17	Manx Harriers	4.14
3 Marit Zahkna	Manx Harriers Harriers	4.42	3 Sue Lowrie	St.Helens Sutton	4.11
4 Lucy Mitchell	St.Helens Sutton	4.21			
5 Sarah Dogherty U20	Southport Waterloo	2.87			
<b>Triple Julp</b>		<b>A</b>		<b>Triple Julp</b>	<b>B</b>
1 Nia Rutter	Blackpool,Wyre&Fylde	11.84	1 Victoria Anderson U17	Liverpool P.S.	9.87
2 Emily Clarke U17	Liverpool P.S.	9.87	2 Heather Drillingcourt U17	St.Helens Sutton	8.79
3 Charlotte Buckingham U20	Southport Waterloo	9.23	3 Sarah Goff	Blackpool,Wyre&Fylde	8.29
4 Lucy Mitchell	St.Helens Sutton	9.02	4 Sarah Dogherty U20	Southport Waterloo	7.36
5 Marit Zahkna	Manx Harriers Harriers	8.98			
6 Grace Stewart U20	Liverpool P.S.	7.63			
<b>Shot Put</b>		<b>A</b>		<b>Shot Put</b>	<b>B</b>
1 Nicky Gore	Liverpool P.S.	11.14	1 Kathryn Sumner U17	St.Helens Sutton	7.75
2 Charlotte Christian U20	Liverpool P.S.	9.19	2 Katy Wood U17	Blackpool,Wyre&Fylde	7.66
3 Marit Zahkna	Manx Harriers Harriers	9.06	3 Niahm Reilly	Liverpool P.S.	7.50
4 Katie Holder U20	Blackpool,Wyre&Fylde	8.88	4 Grace Stewart U20	Liverpool P.S.	6.37
5 Natalie Mullineux	St.Helens Sutton	8.26	5 Michelle Spencer	Southport Waterloo	6.35
6 Ann Dignan	Southport Waterloo	7.16	6 Gail Griffiths	Manx Harriers	4.58
<b>Discus</b>		<b>A</b>		<b>Discus</b>	<b>B</b>
1 Nicola Gore	Liverpool P.S.	34.96	1 Caroline Gore	Liverpool P.S.	27.65
2 Marit Zahkre	Manx Harriers Harriers	31.88	2 Lucy Croft U17	St.Helens Sutton	25.61
3 Katy Wood U17	Blackpool,Wyre&Fylde	27.14	3 Laura Deegan	Blackpool,Wyre&Fylde	18.44
4 Natalie Mullineux	St.Helens Sutton	26.54	4 Ann Dignan	Southport Waterloo	16.42
5 Charlottle Christian U20	Liverpool P.S.	21.38	5 Abbie McComb U20	Liverpool P.S.	14.15
6 Michelle Spencer	Southport Waterloo	19.53	6 Gail Griffiths	Manx Harriers	10.64
<b>Hammer</b>		<b>A</b>		<b>Hammer</b>	<b>B</b>
1 Marit Zahkna	Manx Harriers Harriers	43.11	1 Natalie Mullineux	St.Helens Sutton	29.20
2 Charlotte Christian	Liverpool P.S.	38.99	2 Caroline Gore	Liverpool P.S.	23.25
3 Kathryn Sumner U17	St.Helens Sutton	33.60	3 Ann Dignan	Southport Waterloo	15.48
4 Nicky Gore	Liverpool P.S.	30.87	4 Abbie McComb U20	Liverpool P.S.	14.72
5 Michelle Spencer	Southport Waterloo	16.91	5 Gail Griffiths	Manx Harriers	7.96
6 Katy Wood U17	Blackpool,Wyre&Fylde	14.74			

Sheet1

**Javelin**

1	Niamh Reilly
2	Marit Zahkna
3	Nia Rutter
4	Ann Dignan
5	Lucy Croft U17
6	Charlotte Christian U20

**A**

Liverpool P.S.
Manx Harriers Harriers
Blackpool,Wyre&Fylde
Southport Waterloo
St.Helens Sutton
Liverpool P.S.

33.19
24.95
20.68
20.01
14.38
14.13

**Javelin**

1	Emily Fisher
2	Gemma Unsworth
3	Emma Binns U20
4	Kathryn Sumner U17
5	Stephanie James U20
6	Sarah Downing

**B**

Liverpool P.S.	30.41
Blackpool,Wyre&Fylde	18.40
Liverpool P.S.	13.20
St.Helens Sutton	12.23
Southport Waterloo	10.56
Manx Harriers	10.20

**4X100**

1	West Cheshire
2	Blackpool,Wyre&Fylde
3	Southport Waterloo
4	St.Helesn Sutton
5	Manx Harriers
6	Liverpool P.S.

B Potter
Sarah Goff
C Buckingham
J Lamb
D Ross
A McComb

S Valentine
Laura Davies
S Dogherty
S Rigby
S Dowling
K Longley

L Ferrie
Nia Rutter
Steph James
A Hughes
R Franklin
G Stewart

R Stoakley	51.6
Laura Deegan	53.3
Steph May	55.6
S Lowrie	55.6
Sarah Astin	55.8
June Swift	55.8

**4X400**

1	Southport Waterloo
2	Manx Harriers
3	Liverpool P.S.
4	Blackpool,Wyre&Fylde
5	West Cheshire
6	St.Helesn Sutton

Steph May
R Franklin
June Swift
G Unsworth
B Potter
G Connolly

L Brennan
S Dowling
Steph Swift
K Holder
S Valentine
J Lamb

Steph James
Gem Astin
K Longley
E Hodgson
N Reilly
Lucy Mitchell

S Doherty	04:16.0
Sarah Astin	04:21.2
Emma Binns	04:26.4
C Robbins	04:32.2
R Pritchard	04:37.3
Sue Clague	05:22.8

	Blackpool,Wyre & Fylde	Liverpool Pembroke Sefton	Manx	Southport Waterloo	St. Helens Sutton	West Cheshire
<b>Men</b>	<b>170</b>	<b>194</b>	<b>134</b>	<b>124</b>	<b>155</b>	<b>189</b>
<b>Women</b>	<b>164</b>	<b>92</b>	<b>131</b>	<b>143</b>	<b>157</b>	<b>182</b>
<b>Officials</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>
<b>Total</b>	<b>364</b>	<b>316</b>	<b>295</b>	<b>297</b>	<b>342</b>	<b>401</b>
<b>Position</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>5</b>	<b>3</b>	<b>1</b>
<b>Points</b>	<b>5</b>	<b>3</b>	<b>1</b>	<b>2</b>	<b>4</b>	<b>6</b>