

4WC Match 1 - Woodbank

| | | | | Perf | Record | Wind | AW | 2 May 2009 | | | | | |
|------------------------------|----|------------------|-------------------------|---------|--------|------|----|------------------------------|----|-------------------|-------------------------|---------|-------|
| | | | | Perf | Record | Wind | AW | | | | | | |
| Men's 100m A | | | | Wind= | | | | Men's 100m B | | | | | |
| 1 | 7 | Rory Evans | Stockport Harriers & AC | 11.1 | | | ☑ | 1 | 55 | Richard Mather | Oldham & Royton | 12.2 | Wind= |
| 2 | 5 | Aiden Gilmore | Oldham & Royton | 11.5 | | | | 2 | 11 | Ryan Hessien | Altrincham | 12.2 | |
| 3 | 6 | Matthew Hulme | Salford Mets | 12.1 | | | | 3 | 77 | Tom Taylor | Stockport Harriers & AC | 12.2 | |
| 4 | 1 | Danny Wilson | Altrincham | 12.1 | | | | 4 | 66 | Louis Moran | Salford Mets | 13.0 | |
| 5 | 3 | Paul Willis | Halifax | 12.5 | | | | 5 | 44 | Simon Miller | Leeds City AC | 13.0 | |
| 6 | 2 | Rizwan Khan | Bradford & Airdale | 12.7 | | | | 6 | 33 | Gwynn Wallace | Halifax | 13.2 | |
| 7 | 4 | Nathan Wells | Leeds City AC | 13.2 | | | | 7 | - | | #VALUE! | | |
| Men's 200m A | | | | Wind= | | | | Men's 200m B | | | | | |
| 1 | 7 | Rory Evans | Stockport Harriers & AC | 22.5 | | | ☑ | 1 | 11 | Ryan Hessien | Altrincham | 24.3 | Wind= |
| 2 | 5 | Mark Wittenbury | Oldham & Royton | 23.7 | | | | 2 | 33 | Paul Willis | Halifax | 24.6 | |
| 3 | 6 | Matthew Bell | Salford Mets | 24.5 | | | | 3 | 77 | Tom Taylor | Stockport Harriers & AC | 24.7 | |
| 4 | 1 | Danny Wilson | Altrincham | 24.8 | | | | 4 | 55 | Lee Whiehead | Oldham & Royton | 25.0 | |
| 5 | 3 | Ben Hartley | Halifax | 25.7 | | | | 5 | 22 | S Wolstenholme | Bradford & Airdale | 33.1 | |
| 6 | 2 | Rizwan Khan | Bradford & Airdale | 27.2 | | | | 6 | | | | | |
| 7 | 4 | Nathan Wells | Leeds City AC | 27.5 | | | | 7 | | | | | |
| Men's 400m A | | | | | | | | Men's 400m B | | | | | |
| 1 | 6 | Scott Dunbar | Salford Mets | 53.3 | | | | 1 | 33 | Simon Dearden | Halifax | 52.9 | |
| 2 | 5 | Richard Mather | Oldham & Royton | 53.8 | | | | 2 | 55 | Bradley Szakass | Oldham & Royton | 53.6 | |
| 3 | 1 | Dominic Scott | Altrincham | 53.9 | | | | 3 | 66 | Matthew Bell | Salford Mets | 55.0 | |
| 4 | 3 | George Heath | Halifax | 53.9 | | | | 4 | 11 | Charlie Gibson | Altrincham | 55.3 | |
| 5 | 7 | Chris Brooke | Stockport Harriers & AC | 59.9 | | | | 5 | 77 | Barrie Stephenson | Stockport Harriers & AC | 63.3 | |
| 6 | 4 | Simon Miller | Leeds City AC | 65.7 | | | | 6 | 4 | Simon Miller | Leeds City AC | 66.2 | |
| 7 | 2 | Steve Wilcox | Bradford & Airdale | 73.9 | | | | 7 | | | | | |
| Men's 800m A | | | | | | | | Men's 800m B | | | | | |
| 1 | 5 | Mike Manning | Oldham & Royton | 2.02.9 | | | | 1 | 77 | Nathan Ludlain | Stockport Harriers & AC | 2.05.0 | |
| 2 | 7 | Jonathan Walsh | Stockport Harriers & AC | 2.03.0 | | | | 2 | 11 | Andy Ford | Altrincham | 2.06.6 | |
| 3 | 1 | Rob Nichol | Altrincham | 2.04.5 | | | | 3 | 33 | Tom Sutcliffe | Halifax | 2.07.8 | |
| 4 | 3 | David Bancroft | Halifax | 2.05.2 | | | | 4 | 44 | Ed Mason | Leeds City AC | 2.17.7 | |
| 5 | 6 | Scott Dunbar | Salford Mets | 2.11.9 | | | | 5 | 66 | Angus Henderson | Salford Mets | 2.25.3 | |
| 6 | 4 | Danny Davies | Leeds City AC | 2.16.2 | | | | 6 | 55 | Courtney Atkinson | Oldham & Royton | 2.29.2 | |
| 7 | 2 | R. Cunliffe | Bradford & Airdale | 2.23.8 | | | | 7 | 22 | S Wolstenholme | Bradford & Airdale | 2.33.2 | |
| Men's 1500m A | | | | | | | | Men's 1500m B | | | | | |
| 1 | 1 | Andy Norman | Altrincham | 4.01.5 | | | | 1 | 11 | Rob Nichol | Altrincham | 4.21.1 | |
| 2 | 7 | Michael Cooke | Stockport Harriers & AC | 4.05.1 | | | | 2 | 44 | - | Leeds City AC | 4.35.9 | |
| 3 | 6 | Robert Edwards | Salford Mets | 4.10.6 | | | | 3 | 66 | Liam Kenny | Salford Mets | 4.46.4 | |
| 4 | 4 | Ed Mason | Leeds City AC | 4.31.8 | | | | 4 | 22 | S Wolstenholme | Bradford & Airdale | 5.22.2 | |
| 5 | 2 | R. Cunliffe | Bradford & Airdale | 5.01.5 | | | | 5 | 5 | Courtney Atkinson | Oldham & Royton | 5.43.5 | |
| Men's 3000m S/Chase A | | | | | | | | Men's 3000m S/Chase B | | | | | |
| 1 | 1 | Dave Livingstone | Altrincham | 10.56.9 | | | | 1 | 11 | Dan Brooks | Altrincham | 12.26.8 | |
| 2 | 4 | Andy Whitley | Leeds City AC | 11.48.0 | | | | 2 | 3 | David Bancroft | Halifax | 12.49.7 | |
| 3 | 33 | Lee Dearden | Halifax | 12.44.5 | | | | 3 | | | | | |
| 4 | 2 | Steve Wilcox | Bradford & Airdale | 16.04.7 | | | | 4 | | | | | |
| Men's 5000m A | | | | | | | | Men's 5000m B | | | | | |
| 1 | 1 | Andy Norman | Altrincham | 14.36.8 | | | | 1 | 11 | Dave Norman | Altrincham | 14.40.3 | |
| 2 | 5 | - | Oldham & Royton | 16.06.4 | | | | 2 | 44 | Andy Whitley | Leeds City AC | 19.04.8 | |
| 3 | 4 | Trevor Wilks | Leeds City AC | 17.23.3 | | | | 3 | 55 | - | Oldham & Royton | 20.19.5 | |
| 4 | 2 | R. Cunliffe | Bradford & Airdale | 18.16.4 | | | | 4 | 6 | Jack Carney | Salford Mets | 21.06.2 | |
| 5 | 3 | Adrian Royston | Halifax | 18.37.1 | | | | 5 | 22 | Steve Wilcox | Bradford & Airdale | 25.01.1 | |
| 6 | 66 | Chris Jones | Salford Mets | 20.30.1 | | | | 6 | | | | | |

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|-----------------------------|----|-------------------|-------------------------|--------|--------|------|----|-----------------------------|----|-------------------|-------------------------|--------|------|----|--|
| Men's 400m Hurdles A | | | | | | | | Men's 400m Hurdles B | | | | | | | |
| 1 | 1 | Peter Rice | Altrincham | 1.12.4 | | | | 1 | 11 | Dan Brooks | Altrincham | 1.15.4 | | | |
| 2 | 4 | Danny Davies | Leeds City AC | 1.17.8 | | | | 2 | 44 | Ed Mason | Leeds City AC | 1.18.3 | | | |
| Men's 110m Hurdles A | | | | | | | | Men's 110m Hurdles B | | | | | | | |
| Wind= | | | | | | | | Wind= | | | | | | | |
| 1 | 1 | Dan Brooks | Altrincham | 21.7 | | | | 1 | 11 | Dave Livingstone | Altrincham | 27.6 | | | |
| 2 | 7 | Tom Taylor | Stockport Harriers & AC | 22.0 | | | | 2 | | | | | | | |
| Men's Hammer A | | | | | | | | Men's Hammer B | | | | | | | |
| 1 | 5 | Michael Rigby | Oldham & Royton | 42.90 | | | ☑ | 1 | 55 | Colin Allen | Oldham & Royton | 24.60 | | | |
| 2 | 2 | Chris Hansworth | Bradford & Airdale | 23.40 | | | | 2 | 33 | Thomas White | Halifax | 22.00 | | | |
| 3 | 3 | Gwynn Wallace | Halifax | 23.30 | | | | 3 | 7 | Paul Gill | Stockport Harriers & AC | 20.60 | | | |
| 4 | 77 | Neil Wilkins | Stockport Harriers & AC | 21.50 | | | | 4 | 44 | Simon Miller | Leeds City AC | 16.20 | | | |
| 5 | 4 | Karl Everden | Leeds City AC | 19.10 | | | | 5 | 22 | S Wolstenholme | Bradford & Airdale | 14.40 | | | |
| 6 | 11 | Adam Wareing | Altrincham | 15.10 | | | | 6 | 1 | Barry Chapman | Altrincham | 12.70 | | | |
| 7 | 6 | Nathan Cooper | Salford Mets | 13.80 | | | | 7 | 66 | Ellis Cooper | Salford Mets | 9.80 | | | |
| Men's Discus A | | | | | | | | Men's Discus B | | | | | | | |
| 1 | 77 | Greg Watkins | Stockport Harriers & AC | 39.40 | | | ☑ | 1 | 55 | Colin Allen | Oldham & Royton | 30.24 | | | |
| 2 | 5 | Michael Rigby | Oldham & Royton | 34.37 | | | | 2 | 3 | Gwynn Wallace | Halifax | 26.44 | | | |
| 3 | 44 | Colin Hayton | Leeds City AC | 31.27 | | | | 3 | 7 | Paul Gill | Stockport Harriers & AC | 21.58 | | | |
| 4 | 33 | Thomas White | Halifax | 28.59 | | | | 4 | 4 | Karl Everden | Leeds City AC | 16.75 | | | |
| 5 | 2 | Chris Hansworth | Bradford & Airdale | 21.86 | | | | 5 | 22 | S Wolstenholme | Bradford & Airdale | 15.69 | | | |
| 6 | 1 | Adam Wareing | Altrincham | 19.70 | | | | 6 | 11 | Barry Chapman | Altrincham | 13.65 | | | |
| 7 | 6 | Nathan Cooper | Salford Mets | 17.17 | | | | 7 | 66 | Ellis Cooper | Salford Mets | 12.27 | | | |
| Men's Javelin A | | | | | | | | Men's Javelin B | | | | | | | |
| 1 | 44 | Simon Miller | Leeds City AC | 45.61 | | | | 1 | 55 | Steven Williams | Oldham & Royton | 37.91 | | | |
| 2 | 5 | Andrew Mayes | Oldham & Royton | 44.22 | | | | 2 | 4 | Colin Hayton | Leeds City AC | 34.40 | | | |
| 3 | 3 | Gwynn Wallace | Halifax | 38.65 | | | | 3 | 33 | Lee Dearden | Halifax | 29.56 | | | |
| 4 | 7 | Paul Gill | Stockport Harriers & AC | 32.01 | | | | 4 | 77 | Neil Wilkins | Stockport Harriers & AC | 28.89 | | | |
| 5 | 6 | Nathan Cooper | Salford Mets | 29.42 | | | | 5 | 66 | Ellis Cooper | Salford Mets | 28.15 | | | |
| 6 | 2 | Mick Twyman | Bradford & Airdale | 27.57 | | | | 6 | 22 | Chris Hansworth | Bradford & Airdale | 21.92 | | | |
| 7 | 1 | Adam Wareing | Altrincham | 20.88 | | | | 7 | 11 | Barry Chapman | Altrincham | 20.39 | | | |
| Men's Shot Putt A | | | | | | | | Men's Shot Putt B | | | | | | | |
| 1 | 5 | Michael Rigby | Oldham & Royton | 11.44 | | | | 1 | 33 | Gwynn Wallace | Halifax | 9.59 | | | |
| 2 | 6 | Matthew Bell | Salford Mets | 10.53 | | | | 2 | 55 | Colin Allen | Oldham & Royton | 9.34 | | | |
| 3 | 44 | James Heaton | Leeds City AC | 9.74 | | | | 3 | 66 | Matthew Hulme | Salford Mets | 8.14 | | | |
| 4 | 3 | Thomas White | Halifax | 9.66 | | | | 4 | 11 | Adam Wareing | Altrincham | 7.68 | | | |
| 5 | 1 | Ryan Hessien | Altrincham | 7.76 | | | | 5 | 4 | Karl Everden | Leeds City AC | 7.35 | | | |
| 6 | 2 | Chris Hansworth | Bradford & Airdale | 7.69 | | | | 6 | 22 | S Wolstenholme | Bradford & Airdale | 6.44 | | | |
| Men's Long Jump A | | | | | | | | Men's Long Jump B | | | | | | | |
| 1 | 4 | James Heaton | Leeds City AC | 5.78 | | | | 1 | 44 | Nathan Wells | Leeds City AC | 4.60 | | | |
| 2 | 55 | Bradley Szakass | Oldham & Royton | 4.95 | | | | 2 | 1 | Andy Norman | Altrincham | 4.57 | | | |
| 3 | 6 | Louis Moran | Salford Mets | 4.82 | | | | 3 | 5 | Courtney Atkinson | Oldham & Royton | 4.42 | | | |
| 4 | 11 | Dan Brooks | Altrincham | 4.81 | | | | 4 | 66 | Angus Henderson | Salford Mets | 4.04 | | | |
| 5 | 2 | Rizwan Khan | Bradford & Airdale | 4.31 | | | | 5 | | | | | | | |
| 6 | 7 | Barrie Stephenson | Stockport Harriers & AC | 4.04 | | | | 6 | | | | | | | |
| Men's Triple Jump A | | | | | | | | Men's Triple Jump B | | | | | | | |
| 1 | 5 | Lee Whiehead | Oldham & Royton | 11.13 | | | | 1 | 33 | George Heath | Halifax | 10.62 | | | |
| 2 | 3 | Paul Willis | Halifax | 11.07 | | | | 2 | 11 | Dan Brooks | Altrincham | 9.80 | | | |
| 3 | 1 | Peter Rice | Altrincham | 10.13 | | | | 3 | | | | | | | |
| 4 | 4 | Simon Miller | Leeds City AC | 10.10 | | | | 4 | | | | | | | |

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Men's High Jump A

| | Perf | Record | Wind | AW |
|-------------------|-----------------|--------|------|-------------------------------------|
| 1 4 James Heaton | Leeds City AC | 2.00 | | <input checked="" type="checkbox"/> |
| 2 5 Reese Hendley | Oldham & Royton | 1.55 | | |
| 3 1 Andy Norman | Altrincham | 1.45 | | |

Men's Pole Vault A

| | | |
|-------------------|---------------|------|
| 1 4 Colin Hayton | Leeds City AC | 2.80 |
| 2 1 Dan Brooks | Altrincham | 2.20 |
| 3 3 Gwynn Wallace | Halifax | 2.10 |

Men's 4x100m Relay

| | | | | | |
|-----------------------------|-----------------|----------------|-------------------|--------------|------|
| 1 5 Oldham & Royton | Aiden Gilmore | Richard Mather | Mark Wittenbury | Lee Whiehead | 46.3 |
| 2 1 Altrincham | Peter Rice | Danny Wilson | Dan Brooks | Ryan Hessien | 48.8 |
| 3 3 Halifax | Paul Willis | Simon Dearden | George Heath | Ben Hartley | 49.1 |
| 4 7 Stockport Harriers & AC | Rory Evans | Chris Brooke | Barrie Stephenson | Tom Taylor | 51.1 |
| 5 6 Salford Mets | Angus Henderson | Louis Moran | Nathan Cooper | Ellis Cooper | 53.7 |
| 6 4 Leeds City AC | - | - | - | - | 59.0 |

Men's 4x400m Relay

| | | | | | |
|---------------------|----------------|-----------------|---------------|---------------|--------|
| 1 5 Oldham & Royton | Richard Mather | Bradley Szakass | Aiden Gilmore | reece Hendley | 3.34.5 |
| 2 3 Halifax | Paul Willis | Ben Hartley | Simon Dearden | George Heath | 3.35.6 |
| 3 6 Salford Mets | Matthew Bell | Robert Edwards | Scott Dunbar | Liam Kenny | 3.43.5 |
| 4 1 Altrincham | Charlie Gibson | Dominic Scott | Andy Ford | Rob Nichol | 3.50.1 |
| 5 4 Leeds City AC | - | - | - | - | 4.40.6 |

2 May 2009

Men's High Jump B

| | Perf | Wind | AW |
|-------------------|---------------|------|----|
| 1 44 Simon Miller | Leeds City AC | 1.65 | |
| 2 11 Peter Rice | Altrincham | 1.45 | |

Men's Pole Vault B

MATCH RESULT

| | League Points | Match |
|-----------|---------------|-------|
| 1 Altr | 7 | 475.0 |
| 2 Stock H | 6 | 327.0 |
| 3 OLDH | 5 | 320.0 |
| 4 Salf | 4 | 286.0 |
| 5 LEEDS | 3 | 262.0 |
| 6 Hali | 2 | 257.0 |
| 7 Brad | 1 | 103.0 |

STANDINGS

| | League Points | Match |
|-----------|---------------|-------|
| 1 Altr | 7 | 475.0 |
| 2 Stock H | 6 | 327.0 |
| 3 OLDH | 5 | 320.0 |
| 4 Salf | 4 | 286.0 |
| 5 LEEDS | 3 | 262.0 |
| 6 Hali | 2 | 257.0 |
| 7 Brad | 1 | 103.0 |

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|-------------------------------|----|------------------|-------------------------|---------|--------|------|-------------------------------------|-------------------------------|----|------------------|-------------------------|---------|--|--|
| | | | | Perf | Record | Wind | AW | | | | | | | |
| Women's 100m A | | | | Wind= | | | | Women's 100m B | | | | | | |
| 1 | 5 | Emily Shaw | Oldham & Royton | 12.3 | | | <input checked="" type="checkbox"/> | 1 | 55 | Melanie Turner | Oldham & Royton | 13.2 | | |
| 2 | 1 | Helen Armishaw | Altrincham | 12.9 | | | <input checked="" type="checkbox"/> | 2 | 11 | Sarah Fryer | Altrincham | 15.0 | | |
| 3 | 6 | Chloe Glewis | Salford Mets | 13.4 | | | | 3 | 66 | Abi Field | Salford Mets | 15.1 | | |
| 4 | 7 | Jenny Bauer | Stockport Harriers & AC | 14.3 | | | | 4 | 77 | Marie Kay | Stockport Harriers & AC | 17.2 | | |
| 5 | 3 | Clare Ryan | Halifax | 14.4 | | | | 5 | | | | | | |
| Women's 200m A | | | | Wind= | | | | Women's 200m B | | | | | | |
| 1 | 5 | Emily Shaw | Oldham & Royton | 25.3 | | | <input checked="" type="checkbox"/> | 1 | 66 | Abi Field | Salford Mets | 30.5 | | |
| 2 | 1 | Helen Armishaw | Altrincham | 26.8 | | | <input checked="" type="checkbox"/> | 2 | 11 | Sarah Fryer | Altrincham | 30.9 | | |
| 3 | 6 | Emily lucas | Salford Mets | 29.1 | | | | 3 | 77 | Helen walsh | Stockport Harriers & AC | 30.9 | | |
| 4 | 7 | Jenny Bauer | Stockport Harriers & AC | 29.6 | | | | 4 | | | | | | |
| 5 | 3 | Clare Ryan | Halifax | 30.1 | | | | 5 | | | | | | |
| Women's 400m A | | | | | | | | Women's 400m B | | | | | | |
| 1 | 1 | Rachel Lee | Altrincham | 59.3 | | | <input checked="" type="checkbox"/> | 1 | 11 | Leanne Sigsworth | Altrincham | 64.6 | | |
| 2 | 5 | Melanie Turner | Oldham & Royton | 61.4 | | | <input checked="" type="checkbox"/> | 2 | 66 | Rebecca Parry | Salford Mets | 78.7 | | |
| 3 | 7 | Helen Walsh | Stockport Harriers & AC | 66.9 | | | | 3 | 77 | Marie Kay | Stockport Harriers & AC | 81.2 | | |
| 4 | 6 | Chloe Glewis | Salford Mets | 68.2 | | | | 4 | | | | | | |
| Women's 800m A | | | | | | | | Women's 800m B | | | | | | |
| 1 | 7 | Luci McLoughlin | Stockport Harriers & AC | 2.21.8 | | | | 1 | 77 | Helen Hudson | Stockport Harriers & AC | 2.22.0 | | |
| 2 | 1 | Leanne Sigsworth | Altrincham | 2.31.2 | | | | 2 | 11 | Helena Flippance | Altrincham | 2.29.4 | | |
| 3 | 6 | Patricia Lewis | Salford Mets | 2.39.1 | | | | 3 | 66 | Olivia McDermott | Salford Mets | 2.51.8 | | |
| Women's 1500m A | | | | | | | | Women's 1500m B | | | | | | |
| 1 | 7 | Emma Hampson | Stockport Harriers & AC | 5.04.0 | | | | 1 | 11 | Charlotte Bent | Altrincham | 6.05.5 | | |
| 2 | 1 | Lucy Smith | Altrincham | 5.04.5 | | | | 2 | 77 | Marie Kay | Stockport Harriers & AC | 6.19.7 | | |
| 3 | 4 | Jodie Gregorczyk | Leeds City AC | 5.22.8 | | | | 3 | . | #N/A | | | | |
| 4 | 3 | Lorna Dodd | Halifax | 6.11.7 | | | | 4 | | | | | | |
| Women's 3000m A | | | | | | | | Women's 3000m B | | | | | | |
| 1 | 77 | Ruth Jenyon | Stockport Harriers & AC | 11.33.3 | | | | 1 | 7 | Sarah Aylmer | Stockport Harriers & AC | 12.08.2 | | |
| 2 | 11 | Heather Johnson | Altrincham | 12.48.9 | | | | 2 | 1 | Charlotte Bent | Altrincham | 13.12.7 | | |
| 3 | 6 | Mandy Webber | Salford Mets | 13.06.7 | | | | 3 | | | | | | |
| 4 | 3 | Lorna Dodd | Halifax | 13.08.8 | | | | 4 | | | | | | |
| Women's 400m Hurdles A | | | | | | | | Women's 400m Hurdles B | | | | | | |
| 1 | 7 | Jenny Bauer | Stockport Harriers & AC | 1.17.9 | | | | 1 | 77 | Marie Kay | Stockport Harriers & AC | 1.35.1 | | |
| 2 | 6 | Rebecca Parry | Salford Mets | 1.20.3 | | | | 2 | 11 | Heather Johnson | Altrincham | 1.54.6 | | |
| 3 | 1 | Charlotte Bent | Altrincham | 1.25.6 | | | | 3 | | | | | | |
| 4 | 5 | Paula Booth | Oldham & Royton | 1.32.7 | | | | 4 | | | | | | |
| Women's 100m Hurdles A | | | | Wind= | | | | Women's 100m Hurdles B | | | | | | |
| 1 | 7 | Marie Kay | Stockport Harriers & AC | 31.6 | | | | 1 | | | | | | |
| Women's Hammer A | | | | | | | | Women's Hammer B | | | | | | |
| 1 | 7 | Carmen Martinez | Stockport Harriers & AC | 32.40 | | | <input checked="" type="checkbox"/> | 1 | 77 | Hayley Standing | Stockport Harriers & AC | 22.70 | | |
| 2 | 4 | Stacey Everden | Leeds City AC | 30.00 | | | <input checked="" type="checkbox"/> | 2 | 55 | Sharon Harper | Oldham & Royton | 18.90 | | |
| 3 | 5 | Melanie Lee | Oldham & Royton | 29.10 | | | | 3 | 44 | Ros Everden | Leeds City AC | 17.00 | | |
| 4 | 3 | Hazel Lythgoe | Halifax | 21.60 | | | | 4 | 11 | Chloe Smith | Altrincham | 16.50 | | |
| 5 | 1 | Sarah Wilkins | Altrincham | 20.30 | | | | 5 | | | | | | |

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|-------------------------------------|----|-------------------------|-------------------------|----------------|------------------|----------------|--------|-------------------------------------|----|------------------|-------------------------|-------|------|----|
| <u>Women's Discus A</u> | | | | | | | | <u>Women's Discus B</u> | | | | | | |
| 1 | 1 | Sarah Wilkins | Altrincham | 27.68 | | | | 1 | 77 | Hayley Standing | Stockport Harriers & AC | 21.83 | | |
| 2 | 3 | Hazel Lythgoe | Halifax | 27.40 | | | | 2 | 11 | Chloe Smith | Altrincham | 21.10 | | |
| 3 | 7 | Carmen Martinez | Stockport Harriers & AC | 24.43 | | | | 3 | 33 | Clare Ryan | Halifax | 18.14 | | |
| 4 | 44 | Hazel Barker | Leeds City AC | 20.55 | | | | 4 | 4 | Ros Everden | Leeds City AC | 18.12 | | |
| 5 | 5 | Sharon Harper | Oldham & Royton | 19.05 | | | | 5 | 55 | Melanie Turner | Oldham & Royton | 15.23 | | |
| 6 | 6 | Abi Field | Salford Mets | 16.96 | | | | 6 | 66 | Olivia McDermott | Salford Mets | 6.22 | | |
| <u>Women's Javelin A</u> | | | | | | | | <u>Women's Javelin B</u> | | | | | | |
| 1 | 3 | Hazel Lythgoe | Halifax | 29.16 | | | | 1 | 11 | Lucy Smith | Altrincham | 23.29 | | |
| 2 | 1 | Chloe Smith | Altrincham | 28.06 | | | | 2 | 44 | Ros Everden | Leeds City AC | 12.61 | | |
| 3 | 55 | Melanie Turner | Oldham & Royton | 20.73 | | | | 3 | 33 | Clare Ryan | Halifax | 12.19 | | |
| 4 | 4 | Stacey Everden | Leeds City AC | 19.95 | | | | 4 | 5 | Sharon Harper | Oldham & Royton | 11.22 | | |
| 5 | 7 | Carmen Martinez | Stockport Harriers & AC | 11.63 | | | | 5 | | | | | | |
| 6 | 6 | Charlotte Evans | Salford Mets | 7.27 | | | | 6 | | | | | | |
| <u>Women's Shot Putt A</u> | | | | | | | | <u>Women's Shot Putt B</u> | | | | | | |
| 1 | 77 | Hayley Standing | Stockport Harriers & AC | 9.98 | | | | 1 | 5 | Sharon Harper | Oldham & Royton | 7.33 | | |
| 2 | 3 | Hazel Lythgoe | Halifax | 9.75 | | | | 2 | 1 | Sarah Wilkins | Altrincham | 7.10 | | |
| 3 | 11 | Amber Tarry | Altrincham | 7.85 | | | | 3 | 7 | Carmen Martinez | Stockport Harriers & AC | 6.86 | | |
| 4 | 55 | Sharon Harper | Oldham & Royton | 7.78 | | | | 4 | 4 | Stacey Everden | Leeds City AC | 5.00 | | |
| 5 | 44 | Ros Everden | Leeds City AC | 6.92 | | | | 5 | | | | | | |
| 6 | 66 | Charlotte Evans | Salford Mets | 5.33 | | | | 6 | | | | | | |
| <u>Women's Long Jump A</u> | | | | | | | | <u>Women's Long Jump B</u> | | | | | | |
| 1 | 6 | Chloe Glewis | Salford Mets | 4.65 | | | | 1 | 66 | Emily lucas | Salford Mets | 4.36 | | |
| 2 | 3 | Clare Ryan | Halifax | 4.63 | | | | 2 | 11 | Sarah Fryer | Altrincham | 3.65 | | |
| 3 | 4 | Hazel Barker | Leeds City AC | 4.22 | | | | 3 | 33 | Lorna Dodd | Halifax | 3.42 | | |
| 4 | 1 | Amber Tarry | Altrincham | 3.93 | | | | 4 | 55 | Menanie Lee | Oldham & Royton | 2.42 | | |
| 5 | 5 | Paula Booth | Oldham & Royton | 3.71 | | | | 5 | | | | | | |
| <u>Women's Triple Jump A</u> | | | | | | | | <u>Women's Triple Jump B</u> | | | | | | |
| 1 | 7 | Jenny Bauer | Stockport Harriers & AC | 9.35 | | | | 1 | 6 | Patricia Lewis | Salford Mets | 8.85 | | |
| 2 | 66 | Rebecca Parry | Salford Mets | 9.29 | | | | 2 | 11 | Charlotte Bent | Altrincham | 8.44 | | |
| 3 | 1 | Amber Tarry | Altrincham | 8.50 | | | | 3 | | | | | | |
| <u>Women's High Jump A</u> | | | | | | | | <u>Women's High Jump B</u> | | | | | | |
| 1 | 1 | Rachel Lee | Altrincham | 1.45 | | | | 1 | 11 | Helena Flippance | Altrincham | 1.35 | | |
| 2 | 6 | Charlotte Evans | Salford Mets | 1.45 | | | | 2 | 66 | Patricia Lewis | Salford Mets | 1.30 | | |
| 3 | 4 | Hazel Barker | Leeds City AC | 1.35 | | | | | | | | | | |
| <u>Women's Pole Vault A</u> | | | | | | | | <u>Women's Pole Vault B</u> | | | | | | |
| 96 No Competitors Entered | | | | | | | | | | | | | | |
| <u>Women's 4x100m Relay</u> | | | | | | | | | | | | | | |
| 1 | 1 | Altrincham | Amber Tarry | Rachel Lee | Sarah Fryer | Helen Armishaw | 55.4 | | | | | | | |
| 2 | 6 | Salford Mets | Abi Field | Chloe Glewis | Emily lucas | Patricia Lewis | 55.6 | | | | | | | |
| 3 | 7 | Stockport Harriers & AC | - | - | - | - | 57.5 | | | | | | | |
| 4 | 5 | Oldham & Royton | - | - | - | - | 61.1 | | | | | | | |
| <u>Women's 4x400m Relay</u> | | | | | | | | | | | | | | |
| 1 | 1 | Altrincham | Leanne Sigsworth | Rachel Lee | Helena Flippance | Helen Armishaw | 4.15.3 | | | | | | | |
| 2 | 7 | Stockport Harriers & AC | - | - | - | - | 4.40.7 | | | | | | | |
| 3 | 6 | Salford Mets | Emily lucas | Patricia Lewis | Olivia McDermott | Rebecca Parry | 4.48.4 | | | | | | | |

4WC Match 1 - Woodbank

02 May 2009

| Events | Altr | Brad | Hali | LEEDS | OLDH | Salf | Stock H | | UNUSED | TOTAL | | | | | | | | |
|---------------------|------|------|------|-------|------|------|---------|----|--------|-------|----|----|----|----|-----|-----|-----|-----|
| Men's 100m | 6 | 6 | 4 | 5 | 2 | 3 | 3 | 8 | 8 | 7 | 4 | 10 | 5 | | | 1 | 43 | 29 |
| Men's 200m | 6 | 8 | 4 | 3 | 5 | 6 | 3 | 8 | 4 | 7 | | 10 | 5 | | | 3 | 43 | 29 |
| Men's 400m | 7 | 4 | 3 | | 6 | 8 | 4 | 2 | 8 | 6 | 10 | 5 | 5 | 3 | | 1 | 43 | 29 |
| Men's 800m | 7 | 6 | 3 | 1 | 6 | 5 | 4 | 4 | 10 | 2 | 5 | 3 | 8 | 8 | | | 43 | 29 |
| Men's 1500m | 10 | 8 | 5 | 4 | | 6 | 6 | | 3 | 7 | 5 | 8 | | | 7 | 3 | 43 | 29 |
| Men's 3000m S/Chase | 10 | 8 | 6 | | 7 | 6 | 8 | | | | | | | | 12 | 15 | 43 | 29 |
| Men's 5000m | 10 | 8 | 6 | 3 | 5 | | 7 | 6 | 8 | 5 | 4 | 4 | | | 3 | 3 | 43 | 29 |
| Men's 400m Hurdles | 10 | 8 | | | | 8 | 6 | | | | | | | | 25 | 15 | 43 | 29 |
| Men's 110m Hurdles | 10 | 8 | | | | | | | | | | 8 | | | 25 | 21 | 43 | 29 |
| Men's Hammer | 4 | 2 | 8 | 3 | 7 | 6 | 5 | 4 | 10 | 8 | 3 | 1 | 6 | 5 | | | 43 | 29 |
| Men's Discus | 4 | 2 | 5 | 3 | 6 | 6 | 7 | 4 | 8 | 8 | 3 | 1 | 10 | 5 | | | 43 | 29 |
| Men's Javelin | 3 | 1 | 4 | 2 | 7 | 5 | 10 | 6 | 8 | 8 | 5 | 3 | 6 | 4 | | | 43 | 29 |
| Men's Shot Putt | 5 | 4 | 4 | 2 | 6 | 8 | 7 | 3 | 10 | 6 | 8 | 5 | | | 3 | 1 | 43 | 29 |
| Men's Long Jump | 6 | 6 | 5 | | | 10 | 8 | 8 | 5 | 7 | 4 | 4 | | | 3 | 6 | 43 | 29 |
| Men's Triple Jump | 7 | 6 | | | 8 | 8 | 6 | | 10 | | | | | | 12 | 15 | 43 | 29 |
| Men's High Jump | 7 | 6 | | | | 10 | 8 | 8 | | | | | | | 18 | 15 | 43 | 29 |
| Men's Pole Vault | 8 | | | | 7 | | 10 | | | | | | | | 18 | 29 | 43 | 29 |
| Men's 4x100m Relay | 8 | | | | 7 | | 4 | | 10 | | 5 | | 6 | | 3 | 29 | 43 | 29 |
| Men's 4x400m Relay | 6 | | | | 8 | | 5 | | 10 | | 7 | | | | 7 | 29 | 43 | 29 |
| | 134 | 91 | 57 | 21 | 90 | 60 | 117 | 60 | 124 | 63 | 78 | 35 | 81 | 35 | 136 | 186 | 817 | 551 |

| | | | | | | | | | | | | | | | | | | | | |
|-----------------------|-----|----|--|--|----|----|----|----|----|----|----|----|-----|----|--|--|-----|-----|-----|-----|
| Women's 100m | 8 | 6 | | | 5 | | | | 10 | 8 | 7 | 5 | 6 | 4 | | | 7 | 6 | 43 | 29 |
| Women's 200m | 8 | 6 | | | 5 | | | | 10 | | 7 | 8 | 6 | 5 | | | 7 | 10 | 43 | 29 |
| Women's 400m | 10 | 8 | | | | | | | 8 | | 6 | 6 | 7 | 5 | | | 12 | 10 | 43 | 29 |
| Women's 800m | 8 | 6 | | | | | | | | 7 | 5 | 10 | 8 | | | | 18 | 10 | 43 | 29 |
| Women's 1500m | 8 | 8 | | | 6 | | 7 | | | | | | 10 | 6 | | | 12 | 15 | 43 | 29 |
| Women's 3000m S/Chase | | | | | | | | | | | | | | | | | | | | |
| Women's 3000m | 8 | 6 | | | 6 | | | | | 7 | | 10 | 8 | | | | 12 | 15 | 43 | 29 |
| Women's 400m Hurdles | 7 | 6 | | | | | | | 6 | | 8 | | 10 | 8 | | | 12 | 15 | 43 | 29 |
| Women's 100m Hurdles | | | | | | | | | | | | | 10 | | | | 33 | 29 | 43 | 29 |
| Women's Hammer | 5 | 4 | | | 6 | | 8 | 5 | 7 | 6 | | | 10 | 8 | | | 7 | 6 | 43 | 29 |
| Women's Discus | 10 | 6 | | | 8 | 5 | 6 | 4 | 5 | 3 | 4 | 2 | 7 | 8 | | | 3 | 1 | 43 | 29 |
| Women's Javelin | 8 | 8 | | | 10 | 5 | 6 | 6 | 7 | 4 | 4 | | 5 | | | | 3 | 6 | 43 | 29 |
| Women's Shot Putt | 7 | 6 | | | 8 | | 5 | 4 | 6 | 8 | 4 | | 10 | 5 | | | 3 | 6 | 43 | 29 |
| Women's Long Jump | 6 | 6 | | | 8 | 5 | 7 | | 5 | 4 | 10 | 8 | | | | | 7 | 6 | 43 | 29 |
| Women's Triple Jump | 7 | 6 | | | | | | | | | 8 | 8 | 10 | | | | 18 | 15 | 43 | 29 |
| Women's High Jump | 10 | 8 | | | | 7 | | | | | 8 | 6 | | | | | 18 | 15 | 43 | 29 |
| Women's Pole Vault | | | | | | | | | | | | | | | | | 43 | 29 | 43 | 29 |
| Women's 4x100m Relay | 10 | | | | | | | | 6 | | 8 | | 7 | | | | 12 | 29 | 43 | 29 |
| Women's 4x400m Relay | 10 | | | | | | | | | | 7 | | 8 | | | | 18 | 29 | 43 | 29 |
| | 130 | 90 | | | 62 | 15 | 46 | 19 | 70 | 33 | 95 | 48 | 126 | 65 | | | 245 | 252 | 774 | 522 |

| Match Summary | Altr | Brad | Hali | LEEDS | OLDH | Salf | Stock H | | UNUSED | TOTAL |
|------------------|-------|-------|-------|-------|-------|-------|---------|---|--------|--------|
| Teams | 445.0 | 78.0 | 227.0 | 242.0 | 290.0 | 256.0 | 307.0 | | 819.0 | 2664.0 |
| Officials Points | 30.0 | 25.0 | 30.0 | 20.0 | 30.0 | 30.0 | 20.0 | | 185.0 | 370.0 |
| Total | 475.0 | 103.0 | 257.0 | 262.0 | 320.0 | 286.0 | 327.0 | | 1004.0 | 3034.0 |
| Match Position | 1 | 7 | 6 | 5 | 3 | 4 | 2 | 8 | | |
| League Points | 7 | 1 | 2 | 3 | 5 | 4 | 6 | | | |

| Standings | Altr | Brad | Hali | LEEDS | OLDH | Salf | Stock H | |
|------------------|-------|-------|-------|-------|-------|-------|---------|---|
| League Points | 7.0 | 1.0 | 2.0 | 3.0 | 5.0 | 4.0 | 6.0 | |
| Match Points | 475.0 | 103.0 | 257.0 | 262.0 | 320.0 | 286.0 | 327.0 | |
| League Positions | 1 | 7 | 6 | 5 | 3 | 4 | 2 | 8 |