

Division 4WC Match 3 - Spring Hall, Halifax

|                              |    |                  |                        | Perf    | Record | Wind | AW                                  | 5 July 2009                  |    |                  |                        |         |  |                                     |
|------------------------------|----|------------------|------------------------|---------|--------|------|-------------------------------------|------------------------------|----|------------------|------------------------|---------|--|-------------------------------------|
|                              |    |                  |                        | Perf    | Record | Wind | AW                                  |                              |    |                  |                        |         |  |                                     |
| <b>Men's 100m A</b>          |    |                  |                        | Wind=   |        |      |                                     | <b>Men's 100m B</b>          |    |                  |                        |         |  |                                     |
| 1                            | 7  | Thomas Taylor    | Stockport Harriers & A | 11.8    |        |      |                                     | 1                            | 11 | Ryan Hession     | Altrincham & District  | 12.2    |  |                                     |
| 2                            | 3  | George Heath     | Halifax Harriers & A   | 12.0    |        |      |                                     | 2                            | 66 | Steve Lightfoot  | Salford Metropolitan   | 12.4    |  |                                     |
| 3                            | 5  | Lee Broadbent    | Oldham & Royton H      | 12.2    |        |      |                                     | 3                            | 55 | Mark Whittenbury | Oldham & Royton H      | 12.5    |  |                                     |
| 4                            | 1  | Charliie Gibson  | Altrincham & District  | 12.3    |        |      |                                     | 4                            | 77 | Stuart Cameron   | Stockport Harriers & A | 12.7    |  |                                     |
| 5                            | 6  | Scott Dunbar     | Salford Metropolitan   | 12.3    |        |      |                                     | 5                            | 33 | Jack Mosley      | Halifax Harriers & A   | 12.8    |  |                                     |
| 6                            | 2  | Stephen Hayling  | Bradford Airedale AC   | 12.7    |        |      |                                     | 6                            | 22 | Colm Garvin      | Bradford Airedale AC   | 13.6    |  |                                     |
| 7                            | 4  | Nathan Wells     | Leeds City AC 'B'      | 12.7    |        |      |                                     | 7                            | 44 | Simon Hill       | Leeds City AC 'B'      | 15.3    |  |                                     |
| 8                            |    |                  |                        |         |        |      |                                     | 8                            |    |                  |                        |         |  |                                     |
| <b>Men's 200m A</b>          |    |                  |                        | Wind=   |        |      |                                     | <b>Men's 200m B</b>          |    |                  |                        |         |  |                                     |
| 1                            | 3  | George Heath     | Halifax Harriers & A   | 24.0    |        |      |                                     | 1                            | 44 | Danny Brownbill  | Leeds City AC 'B'      | 24.5    |  |                                     |
| 2                            | 7  | Thomas Taylor    | Stockport Harriers & A | 24.0    |        |      |                                     | 2                            | 55 | Lee Broadbent    | Oldham & Royton H      | 24.8    |  |                                     |
| 3                            | 5  | Mark Whittenbury | Oldham & Royton H      | 24.8    |        |      |                                     | 3                            | 11 | Charlie Gibson   | Altrincham & District  | 24.9    |  |                                     |
| 3                            | 1  | Ryan Hession     | Altrincham & District  | 24.8    |        |      |                                     | 4                            | 77 | Barry Stevenson  | Stockport Harriers & A | 25.3    |  |                                     |
| 5                            | 4  | Nathan Wells     | Leeds City AC 'B'      | 26.5    |        |      |                                     | 5                            | 66 | Steve Lightfoot  | Salford Metropolitan   | 25.4    |  |                                     |
| 6                            | 6  | Matthew Bell     | Salford Metropolitan   | 27.2    |        |      |                                     | 6                            | 33 | Tom Sutcliffe    | Halifax Harriers & A   | 25.8    |  |                                     |
| 7                            | 2  | Stephen Hayling  | Bradford Airedale AC   | 28.8    |        |      |                                     | 7                            | 22 | Colm Garvin      | Bradford Airedale AC   | 27.9    |  |                                     |
| 8                            |    |                  |                        |         |        |      |                                     | 8                            |    |                  |                        |         |  |                                     |
| <b>Men's 400m A</b>          |    |                  |                        |         |        |      |                                     | <b>Men's 400m B</b>          |    |                  |                        |         |  |                                     |
| 1                            | 3  | George Heath     | Halifax Harriers & A   | 51.6    |        |      | <input checked="" type="checkbox"/> | 1                            | 33 | Ben Hartley      | Halifax Harriers & A   | 52.7    |  | <input checked="" type="checkbox"/> |
| 2                            | 5  | Reece Hendley    | Oldham & Royton H      | 52.3    |        |      | <input checked="" type="checkbox"/> | 2                            | 55 | Bradley Szackas  | Oldham & Royton H      | 53.3    |  |                                     |
| 3                            | 4  | Rob Torch        | Leeds City AC 'B'      | 53.2    |        |      |                                     | 3                            | 44 | Danny Brownbill  | Leeds City AC 'B'      | 54.8    |  |                                     |
| 4                            | 7  | Stuart Cameron   | Stockport Harriers & A | 53.4    |        |      |                                     | 4                            | 66 | Matthew Bell     | Salford Metropolitan   | 55.6    |  |                                     |
| 5                            | 6  | Scott Dunbar     | Salford Metropolitan   | 54.6    |        |      |                                     | 5                            | 11 | Andy Ford        | Altrincham & District  | 56.6    |  |                                     |
| 6                            | 1  | Dominic Scott    | Altrincham & District  | 55.2    |        |      |                                     | 6                            | 22 | Gerard Mills     | Bradford Airedale AC   | 71.6    |  |                                     |
| 7                            | 2  | Stephan Hayling  | Bradford Airedale AC   | 62.5    |        |      |                                     | 7                            |    |                  |                        |         |  |                                     |
| 8                            |    |                  |                        |         |        |      |                                     | 8                            |    |                  |                        |         |  |                                     |
| <b>Men's 800m A</b>          |    |                  |                        |         |        |      |                                     | <b>Men's 800m B</b>          |    |                  |                        |         |  |                                     |
| 1                            | 7  | Michael Cooke    | Stockport Harriers & A | 01:59.4 |        |      | <input checked="" type="checkbox"/> | 1                            | 77 | Jonny Walsh      | Stockport Harriers & A | 02:05.7 |  |                                     |
| 2                            | 3  | Simon Dearden    | Halifax Harriers & A   | 01:59.9 |        |      | <input checked="" type="checkbox"/> | 2                            | 11 | Dominic Scott    | Altrincham & District  | 02:07.1 |  |                                     |
| 3                            | 5  | Michael Mannings | Oldham & Royton H      | 02:02.7 |        |      | <input checked="" type="checkbox"/> | 3                            | 33 | Josh Nuttall     | Halifax Harriers & A   | 02:23.0 |  |                                     |
| 4                            | 1  | Rob Nichol       | Altrincham & District  | 02:03.1 |        |      | <input checked="" type="checkbox"/> | 4                            | 66 | Angus Henderson  | Salford Metropolitan   | 02:23.8 |  |                                     |
| 5                            | 4  | Rob Torch        | Leeds City AC 'B'      | 02:03.7 |        |      | <input checked="" type="checkbox"/> | 5                            | 44 | Simon Hill       | Leeds City AC 'B'      | 02:38.1 |  |                                     |
| 6                            | 6  | Matthew Hulme    | Salford Metropolitan   | 02:20.0 |        |      |                                     | 6                            | 22 | Neal Page        | Bradford Airedale AC   | 02:57.6 |  |                                     |
| 7                            | 2  | Rory Cunliffe    | Bradford Airedale AC   | 02:23.9 |        |      |                                     | 7                            |    |                  |                        |         |  |                                     |
| 8                            |    |                  |                        |         |        |      |                                     | 8                            |    |                  |                        |         |  |                                     |
| <b>Men's 1500m A</b>         |    |                  |                        |         |        |      |                                     | <b>Men's 1500m B</b>         |    |                  |                        |         |  |                                     |
| 1                            | 1  | Andy Norman      | Altrincham & District  | 03:58.6 |        |      | <input checked="" type="checkbox"/> | 1                            | 11 | Rob Nichol       | Altrincham & District  | 04:18.1 |  | <input checked="" type="checkbox"/> |
| 2                            | 5  | Michael Mannings | Oldham & Royton H      | 04:15.6 |        |      | <input checked="" type="checkbox"/> | 2                            | 77 | Jonny Walsh      | Stockport Harriers & A | 04:44.5 |  | <input checked="" type="checkbox"/> |
| 3                            | 7  | Jack Morris      | Stockport Harriers & A | 04:19.0 |        |      | <input checked="" type="checkbox"/> | 3                            | 33 | Josh Nuttall     | Halifax Harriers & A   | 04:59.0 |  | <input checked="" type="checkbox"/> |
| 4                            | 3  | Michael Gaughan  | Halifax Harriers & A   | 04:30.8 |        |      | <input checked="" type="checkbox"/> | 4                            | 55 | -                | Oldham & Royton H      | 05:25.7 |  | <input checked="" type="checkbox"/> |
| 5                            | 2  | Rory Cunliffe    | Bradford Airedale AC   | 05:00.6 |        |      | <input checked="" type="checkbox"/> | 5                            | 4  | Simon Hill       | Leeds City AC 'B'      | 05:30.8 |  | <input checked="" type="checkbox"/> |
| 6                            | 44 | Leon Foster      | Leeds City AC 'B'      | 05:17.7 |        |      | <input checked="" type="checkbox"/> | 6                            | 66 | Mark Hulme       | Salford Metropolitan   | 05:50.1 |  | <input checked="" type="checkbox"/> |
| 7                            | 6  | Jack Corney      | Salford Metropolitan   | 05:34.5 |        |      | <input checked="" type="checkbox"/> | 7                            | 22 | Steve Wilcox     | Bradford Airedale AC   | 06:20.5 |  | <input checked="" type="checkbox"/> |
| 8                            |    |                  |                        |         |        |      |                                     | 8                            |    |                  |                        |         |  |                                     |
| <b>Men's 3000m S/Chase A</b> |    |                  |                        |         |        |      |                                     | <b>Men's 3000m S/Chase B</b> |    |                  |                        |         |  |                                     |
| 1                            | 5  | Robert Ingham    | Oldham & Royton H      | 10:17.1 |        |      | <input checked="" type="checkbox"/> | 1                            | 11 | Adam Wareing     | Altrincham & District  | 13:03.5 |  | <input checked="" type="checkbox"/> |
| 2                            | 7  | Michael Cooke    | Stockport Harriers & A | 10:24.0 |        |      | <input checked="" type="checkbox"/> | 2                            |    |                  |                        |         |  |                                     |
| 3                            | 1  | Dave Livingstone | Altrincham & District  | 11:20.6 |        |      | <input checked="" type="checkbox"/> | 3                            |    |                  |                        |         |  |                                     |
| 4                            | 3  | Simon Dearden    | Halifax Harriers & A   | 11:53.9 |        |      | <input checked="" type="checkbox"/> | 4                            |    |                  |                        |         |  |                                     |
| 5                            | 2  | Steve Wilcox     | Bradford Airedale AC   | 16:16.4 |        |      | <input checked="" type="checkbox"/> | 5                            |    |                  |                        |         |  |                                     |
| 6                            |    |                  |                        |         |        |      |                                     | 6                            |    |                  |                        |         |  |                                     |
| 7                            |    |                  |                        |         |        |      |                                     | 7                            |    |                  |                        |         |  |                                     |



Division 4WC Match 3 - Spring Hall, Halifax

Perf    **Recort**    Wind    AW                    5 July 2009

Perf    Wind    AW

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Division 4WC Match 3 - Spring Hall, Halifax

|                             |    |                  |                               | Perf    | Record | Wind | AW                                  | 5 July 2009                 |    |                    |                               | Perf    | Wind  | AW |  |
|-----------------------------|----|------------------|-------------------------------|---------|--------|------|-------------------------------------|-----------------------------|----|--------------------|-------------------------------|---------|-------|----|--|
| <b>Men's 5000m A</b>        |    |                  |                               |         |        |      |                                     | <b>Men's 5000m B</b>        |    |                    |                               |         |       |    |  |
| 1                           | 1  | Dave Norman      | Altrincham & District         | 15:44.9 |        |      | <input checked="" type="checkbox"/> | 1                           | 11 | Nick Burke         | Altrincham & District         | 17:30.2 |       |    |  |
| 2                           | 77 | Michael Cooke    | Stockport Harriers & AC       | 16:47.3 |        |      |                                     | 2                           | 55 | Owen Flage         | Oldham & Royton Harriers & AC | 17:57.9 |       |    |  |
| 3                           | 44 | Leon Foster      | Leeds City AC 'B'             | 16:54.5 |        |      |                                     | 3                           | 7  | Jonny Walsh        | Stockport Harriers & AC       | 18:15.4 |       |    |  |
| 4                           | 2  | Neal Page        | Bradford Airedale AC          | 17:43.3 |        |      |                                     | 4                           | 3  | Greg Elwell        | Halifax Harriers & AC         | 18:37.9 |       |    |  |
| 5                           | 5  | Robert Ingham    | Oldham & Royton Harriers & AC | 17:47.8 |        |      |                                     | 5                           | 4  | Simon Hill         | Leeds City AC 'B'             | 19:02.0 |       |    |  |
| 6                           | 33 | Adrian Royston   | Halifax Harriers & AC         | 18:09.4 |        |      |                                     | 6                           | 22 | Gerard Mills       | Bradford Airedale AC          | 19:57.6 |       |    |  |
| 7                           |    |                  |                               |         |        |      |                                     | 7                           |    |                    |                               |         |       |    |  |
| 8                           |    |                  |                               |         |        |      |                                     | 8                           |    |                    |                               |         |       |    |  |
| <b>Men's 400m Hurdles A</b> |    |                  |                               |         |        |      |                                     | <b>Men's 400m Hurdles B</b> |    |                    |                               |         |       |    |  |
| 1                           | 5  | Robert Ingham    | Oldham & Royton Harriers & AC | 64.3    |        |      |                                     | 1                           | 11 | Stuart Moss        | Altrincham & District         | 72.1    |       |    |  |
| 2                           | 1  | Adam Simms       | Altrincham & District         | 65.1    |        |      |                                     | 2                           | 55 | Courtney Atkinson  | Oldham & Royton Harriers & AC | 75.6    |       |    |  |
| 3                           | 2  | Neal Page        | Bradford Airedale AC          | 72.0    |        |      |                                     | 3                           |    |                    |                               |         |       |    |  |
| 4                           |    |                  |                               |         |        |      |                                     | 4                           |    |                    |                               |         |       |    |  |
| 5                           |    |                  |                               |         |        |      |                                     | 5                           |    |                    |                               |         |       |    |  |
| 6                           |    |                  |                               |         |        |      |                                     | 6                           |    |                    |                               |         |       |    |  |
| 7                           |    |                  |                               |         |        |      |                                     | 7                           |    |                    |                               |         |       |    |  |
| 8                           |    |                  |                               |         |        |      |                                     | 8                           |    |                    |                               |         |       |    |  |
| <b>Men's 110m Hurdles A</b> |    |                  |                               |         |        |      |                                     | <b>Men's 110m Hurdles B</b> |    |                    |                               |         |       |    |  |
|                             |    |                  |                               |         | Wind=  |      |                                     |                             |    |                    |                               |         | Wind= |    |  |
| 1                           | 2  | Neal Page        | Bradford Airedale AC          | 21.6    |        |      |                                     | 1                           |    |                    |                               |         |       |    |  |
| 2                           | 1  | Dave Livingstone | Altrincham & District         | 27.6    |        |      |                                     | 2                           |    |                    |                               |         |       |    |  |
| 3                           |    |                  |                               |         |        |      |                                     | 3                           |    |                    |                               |         |       |    |  |
| 4                           |    |                  |                               |         |        |      |                                     | 4                           |    |                    |                               |         |       |    |  |
| 5                           |    |                  |                               |         |        |      |                                     | 5                           |    |                    |                               |         |       |    |  |
| 6                           |    |                  |                               |         |        |      |                                     | 6                           |    |                    |                               |         |       |    |  |
| 7                           |    |                  |                               |         |        |      |                                     | 7                           |    |                    |                               |         |       |    |  |
| 8                           |    |                  |                               |         |        |      |                                     | 8                           |    |                    |                               |         |       |    |  |
| <b>Men's Hammer A</b>       |    |                  |                               |         |        |      |                                     | <b>Men's Hammer B</b>       |    |                    |                               |         |       |    |  |
| 1                           | 5  | Michael Rigby    | Oldham & Royton Harriers & AC | 42.02   |        |      | <input checked="" type="checkbox"/> | 1                           | 55 | Robert Ingham      | Oldham & Royton Harriers & AC | 23.49   |       |    |  |
| 2                           | 3  | Gwynn Wallace    | Halifax Harriers & AC         | 23.90   |        |      |                                     | 2                           | 33 | Matthew Greenhough | Halifax Harriers & AC         | 21.70   |       |    |  |
| 3                           | 7  | Neil Wilkins     | Stockport Harriers & AC       | 23.40   |        |      |                                     | 3                           | 77 | Barry Stevenson    | Stockport Harriers & AC       | 14.81   |       |    |  |
| 4                           | 2  | Chris Hainsworth | Bradford Airedale AC          | 22.39   |        |      |                                     | 4                           | 6  | Nathan Cooper      | Salford Metropolitan          | 13.29   |       |    |  |
| 5                           | 66 | Scott Cooper     | Salford Metropolitan          | 17.88   |        |      |                                     | 5                           | 1  | Barry Chapman      | Altrincham & District         | 12.10   |       |    |  |
| 6                           | 11 | Adam Wareing     | Altrincham & District         | 14.35   |        |      |                                     | 6                           |    |                    |                               |         |       |    |  |
| 7                           |    |                  |                               |         |        |      |                                     | 7                           |    |                    |                               |         |       |    |  |
| 8                           |    |                  |                               |         |        |      |                                     | 8                           |    |                    |                               |         |       |    |  |
| <b>Men's Discus A</b>       |    |                  |                               |         |        |      |                                     | <b>Men's Discus B</b>       |    |                    |                               |         |       |    |  |
| 1                           | 5  | Michael Rigby    | Oldham & Royton Harriers & AC | 32.34   |        |      | <input checked="" type="checkbox"/> | 1                           | 33 | Lee Dearden        | Halifax Harriers & AC         | 23.35   |       |    |  |
| 2                           | 3  | Gwynn Wallace    | Halifax Harriers & AC         | 27.44   |        |      |                                     | 2                           | 55 | Steven Williams    | Oldham & Royton Harriers & AC | 22.76   |       |    |  |
| 3                           | 11 | Stuart Moss      | Altrincham & District         | 24.66   |        |      |                                     | 3                           | 22 | Colm Garvin        | Bradford Airedale AC          | 19.43   |       |    |  |
| 4                           | 2  | Chris Hainsworth | Bradford Airedale AC          | 22.13   |        |      |                                     | 4                           | 77 | Barry Stevenson    | Stockport Harriers & AC       | 17.03   |       |    |  |
| 5                           | 6  | Matthew Hulme    | Salford Metropolitan          | 21.35   |        |      |                                     | 5                           | 66 | Ellis Cooper       | Salford Metropolitan          | 15.85   |       |    |  |
| 6                           | 7  | Neil Wilkins     | Stockport Harriers & AC       | 20.64   |        |      |                                     | 6                           | 1  | Barry Chapman      | Altrincham & District         | 11.88   |       |    |  |
| 7                           |    |                  |                               |         |        |      |                                     | 7                           |    |                    |                               |         |       |    |  |
| 8                           |    |                  |                               |         |        |      |                                     | 8                           |    |                    |                               |         |       |    |  |
| <b>Men's Javelin A</b>      |    |                  |                               |         |        |      |                                     | <b>Men's Javelin B</b>      |    |                    |                               |         |       |    |  |
| 1                           | 3  | Gwynn Wallace    | Halifax Harriers & AC         | 39.64   |        |      | <input checked="" type="checkbox"/> | 1                           | 33 | Matthew Greenhough | Halifax Harriers & AC         | 35.09   |       |    |  |
| 2                           | 5  | Steven Williams  | Oldham & Royton Harriers & AC | 35.13   |        |      |                                     | 2                           | 66 | Ellis Cooper       | Salford Metropolitan          | 29.19   |       |    |  |
| 3                           | 22 | Neal Page        | Bradford Airedale AC          | 33.95   |        |      |                                     | 3                           | 55 | Michael Rigby      | Oldham & Royton Harriers & AC | 26.92   |       |    |  |
| 4                           | 6  | Matthew Hulme    | Salford Metropolitan          | 32.59   |        |      |                                     | 4                           | 1  | Barry Chapman      | Altrincham & District         | 20.63   |       |    |  |
| 5                           | 11 | Adam Wareing     | Altrincham & District         | 21.77   |        |      |                                     | 5                           | 2  | Chris Hainsworth   | Bradford Airedale AC          | 20.39   |       |    |  |
| 6                           | 77 | Barry Stevenson  | Stockport Harriers & AC       | 19.91   |        |      |                                     | 6                           |    |                    |                               |         |       |    |  |
| 7                           |    |                  |                               |         |        |      |                                     | 7                           |    |                    |                               |         |       |    |  |
| 8                           |    |                  |                               |         |        |      |                                     | 8                           |    |                    |                               |         |       |    |  |



Division 4WC Match 3 - Spring Hall, Halifax

Perf    **Recort**    Wind    AW                    5 July 2009

Perf    Wind    AW

Division 4WC Match 3 - Spring Hall, Halifax

|                                   |    |                         |                       | Perf             | Recor           | Wind          | AW                                  | 5 July 2009                       |    |                    |                       | Perf  | Wind | AW |
|-----------------------------------|----|-------------------------|-----------------------|------------------|-----------------|---------------|-------------------------------------|-----------------------------------|----|--------------------|-----------------------|-------|------|----|
| <b><u>Men's Shot Putt A</u></b>   |    |                         |                       |                  |                 |               |                                     | <b><u>Men's Shot Putt B</u></b>   |    |                    |                       |       |      |    |
| 1                                 | 5  | Michael Rigby           | Oldham & Royton H     | 10.74            |                 |               | <input checked="" type="checkbox"/> | 1                                 | 55 | Steven Williams    | Oldham & Royton H     | 8.19  |      |    |
| 2                                 | 3  | Gwynn Wallace           | Halifax Harriers & A  | 9.49             |                 |               |                                     | 2                                 | 7  | Neil Wilkins       | Stockport Harriers &  | 7.55  |      |    |
| 3                                 | 6  | Matthew Bell            | Salford Metropolitan  | 8.51             |                 |               |                                     | 3                                 | 11 | Adam Wareing       | Altrincham & District | 7.52  |      |    |
| 4                                 | 1  | Ryan Hession            | Altrincham & District | 8.07             |                 |               |                                     | 4                                 | 66 | Matthew Hulme      | Salford Metropolitan  | 7.51  |      |    |
| 5                                 | 2  | Chris Hainsworth        | Bradford Airedale AC  | 8.01             |                 |               |                                     | 5                                 | 33 | Matthew Greenhough | Halifax Harriers & AC | 7.48  |      |    |
| 6                                 | 77 | Barry Stevenson         | Stockport Harriers &  | 7.70             |                 |               |                                     | 6                                 | 22 | Colm Garvin        | Bradford Airedale AC  | 6.50  |      |    |
| 7                                 | 4  | Simon Hill              | Leeds City AC 'B'     | 5.82             |                 |               |                                     | 7                                 | 44 | Leon Foster        | Leeds City AC 'B'     | 4.21  |      |    |
| 8                                 |    |                         |                       |                  |                 |               |                                     | 8                                 |    |                    |                       |       |      |    |
| <b><u>Men's Long Jump A</u></b>   |    |                         |                       |                  |                 |               |                                     | <b><u>Men's Long Jump B</u></b>   |    |                    |                       |       |      |    |
| 1                                 | 1  | Adam Simms              | Altrincham & District | 5.96             |                 |               | <input checked="" type="checkbox"/> | 1                                 | 3  | Jack Mosley        | Halifax Harriers & AC | 4.99  |      |    |
| 2                                 | 7  | Stuart Cameron          | Stockport Harriers &  | 5.73             |                 |               |                                     | 2                                 | 55 | Courtney Atkinson  | Oldham & Royton H     | 4.38  |      |    |
| 3                                 | 33 | Ben Hartley             | Halifax Harriers & AC | 5.03             |                 |               |                                     | 3                                 | 77 | Barry Stevenson    | Stockport Harriers &  | 4.29  |      |    |
| 4                                 | 5  | Bradley Szackas         | Oldham & Royton H     | 4.98             |                 |               |                                     | 4                                 | 66 | Angus Henderson    | Salford Metropolitan  | 4.07  |      |    |
| 5                                 | 4  | Nathan Wells            | Leeds City AC 'B'     | 4.64             |                 |               |                                     | 5                                 | 2  | Stephen Hayling    | Bradford Airedale AC  | 3.79  |      |    |
| 6                                 | 6  | Nathan Cooper           | Salford Metropolitan  | 4.43             |                 |               |                                     | 6                                 |    |                    |                       |       |      |    |
| 7                                 | 22 | Colm Garvin             | Bradford Airedale AC  | 4.27             |                 |               |                                     | 7                                 |    |                    |                       |       |      |    |
| 8                                 |    |                         |                       |                  |                 |               |                                     | 8                                 |    |                    |                       |       |      |    |
| <b><u>Men's Triple Jump A</u></b> |    |                         |                       |                  |                 |               |                                     | <b><u>Men's Triple Jump B</u></b> |    |                    |                       |       |      |    |
| 1                                 | 1  | Adam Simms              | Altrincham & District | 11.91            |                 |               | <input checked="" type="checkbox"/> | 1                                 | 33 | Tom Sutcliffe      | Halifax Harriers & AC | 10.44 |      |    |
| 2                                 | 3  | Jack Mosley             | Halifax Harriers & AC | 11.15            |                 |               |                                     | 2                                 | 11 | Stuart Moss        | Altrincham & District | 10.08 |      |    |
| 3                                 | 7  | Thomas Taylor           | Stockport Harriers &  | 10.32            |                 |               |                                     | 3                                 |    |                    |                       |       |      |    |
| 4                                 |    |                         |                       |                  |                 |               |                                     | 4                                 |    |                    |                       |       |      |    |
| 5                                 |    |                         |                       |                  |                 |               |                                     | 5                                 |    |                    |                       |       |      |    |
| 6                                 |    |                         |                       |                  |                 |               |                                     | 6                                 |    |                    |                       |       |      |    |
| 7                                 |    |                         |                       |                  |                 |               |                                     | 7                                 |    |                    |                       |       |      |    |
| 8                                 |    |                         |                       |                  |                 |               |                                     | 8                                 |    |                    |                       |       |      |    |
| <b><u>Men's High Jump A</u></b>   |    |                         |                       |                  |                 |               |                                     | <b><u>Men's High Jump B</u></b>   |    |                    |                       |       |      |    |
| 1                                 | 33 | George Heath            | Halifax Harriers & AC | 1.50             |                 |               |                                     | 1                                 | 11 | Dominic Scott      | Altrincham & District | 1.50  |      |    |
| 2                                 | 1  | Andy Norman             | Altrincham & District | 1.50             |                 |               |                                     | 2                                 | 3  | Matthew Greenhough | Halifax Harriers & AC | 1.45  |      |    |
| <b><u>Men's Pole Vault A</u></b>  |    |                         |                       |                  |                 |               |                                     | <b><u>Men's Pole Vault B</u></b>  |    |                    |                       |       |      |    |
| 1                                 | 2  | Mark King               | Bradford Airedale AC  | 2.70             |                 |               |                                     |                                   |    |                    |                       |       |      |    |
| 2                                 | 3  | Gwynn Wallace           | Halifax Harriers & AC | 2.40             |                 |               |                                     |                                   |    |                    |                       |       |      |    |
| <b><u>Men's 4x100m Relay</u></b>  |    |                         |                       |                  |                 |               |                                     |                                   |    |                    |                       |       |      |    |
| 1                                 | 5  | Oldham & Royton Harri   | Lee Broadbent         | Mark Whittenbury | Reece Hendley   | Aiden Gilmore | 45.9                                |                                   |    |                    |                       |       |      |    |
| 2                                 | 6  | Salford Metropolitan AC | Steve Lightfoot       | Ellis Cooper     | Matthew Hulme   | Scott Dunbar  | 48.7                                |                                   |    |                    |                       |       |      |    |
| 3                                 | 1  | Altrincham & District   | Ryan Hession          | Charlie Gibson   | Andy Ford       | Dominic Scott | 48.9                                |                                   |    |                    |                       |       |      |    |
| 3                                 | 7  | Stockport Harriers & AC | Stuart Cameron        | Michael Cooke    | Jack Morris     | Thomas Taylor | 48.9                                |                                   |    |                    |                       |       |      |    |
| 5                                 | 3  | Halifax Harriers & AC   | Jack Mosley           | George Heath     | Ben Hartley     | Gwynn Wallace | 49.2                                |                                   |    |                    |                       |       |      |    |
| 6                                 | 4  | Leeds City AC 'B'       | Simon Hill            | Rob Torch        | Danny Brownbill | Nathan Wells  | 52.2                                |                                   |    |                    |                       |       |      |    |
| 7                                 | 2  | Bradford Airedale AC    | Rory Cunliffe         | Stephen Hayling  | Colm Garvin     | Neal Page     | 60.2                                |                                   |    |                    |                       |       |      |    |
| 8                                 |    |                         |                       |                  |                 |               |                                     |                                   |    |                    |                       |       |      |    |

**Division 4WC Match 3 - Spring Hall, Halifax**

Perf    Record    Wind    AW

**5 July 2009**

Perf    Wind    AW

**Men's 4x400m Relay**

|   |   |                         |                 |                |               |                    |         |
|---|---|-------------------------|-----------------|----------------|---------------|--------------------|---------|
| 1 | 5 | Oldham & Royton Harrie  | Bradley Szackas | Aiden Gilmore  | -             | Reece Hendley      | 03:35.0 |
| 2 | 3 | Halifax Harriers & AC   | George Heath    | Ben Hartley    | Simon Dearden | Matthew Greenhough | 03:45.3 |
| 3 | 7 | Stockport Harriers & AC | Michael Cooke   | Stuart Cameron | Jonny Walsh   | Barry Stevenson    | 03:49.0 |
| 4 | 1 | Altrincham & District   | Andy Ford       | Charlie Gibson | Adam Simms    | Dominic Scott      | 03:52.4 |
| 5 | 4 | Leeds City AC 'B'       | Danny Brownbill | Rob Torch      | Simon Hill    | Leon Foster        | 04:01.6 |
| 6 |   |                         |                 |                |               |                    |         |
| 7 |   |                         |                 |                |               |                    |         |
| 8 |   |                         |                 |                |               |                    |         |

| MATCH RESULT |       |  | League Points | Match | STANDINGS |       |    | League Points | Match |
|--------------|-------|--|---------------|-------|-----------|-------|----|---------------|-------|
| 1            | Alt   |  | 7             | 474.0 | 1         | Alt   | 19 | 1340.5        |       |
| 2            | Hx    |  | 6             | 398.0 | 2         | Stcpt | 17 | 1071.0        |       |
| 3            | Stcpt |  | 5             | 349.0 | 3         | Hx    | 15 | 1052.0        |       |
| 4            | Old   |  | 4             | 272.0 | 4         | Old   | 12 | 873.5         |       |
| 5            | Slfrd |  | 3             | 267.0 | 5         | Slfrd | 9  | 824.0         |       |
| 6            | Bfd   |  | 2             | 151.0 | 6         | Lds   | 8  | 672.0         |       |
| 7            | Lds   |  | 1             | 98.0  | 7         | Bfd   | 4  | 382.0         |       |

Division 4WC Match 3 - Spring Hall, Halifax

|                        |   |                      |                         | Perf    | Recor | Wind | AW                                  | 5 July 2009            |    |                      |                         |         |  |                                     |
|------------------------|---|----------------------|-------------------------|---------|-------|------|-------------------------------------|------------------------|----|----------------------|-------------------------|---------|--|-------------------------------------|
|                        |   |                      |                         | Perf    | Recor | Wind | AW                                  |                        |    |                      |                         |         |  |                                     |
| <b>Women's 100m A</b>  |   |                      |                         | Wind=   |       |      |                                     | <b>Women's 100m B</b>  |    |                      |                         |         |  |                                     |
| 1                      | 1 | Helen Armishaw       | Altrincham & District   | 12.8    |       |      | <input checked="" type="checkbox"/> | 1                      | 11 | Isobel Hainsworth    | Altrincham & District   | 13.2    |  | <input checked="" type="checkbox"/> |
| 2                      | 6 | Chloe Glewis         | Salford Metropolitan    | 13.3    |       |      |                                     | 2                      | 33 | Beth Kerfoot Roberts | Halifax Harriers & AC   | 13.9    |  |                                     |
| 3                      | 3 | Holly Martin         | Halifax Harriers & AC   | 13.7    |       |      |                                     | 3                      | 66 | Anita Lewis          | Salford Metropolitan    | 15.2    |  |                                     |
| 4                      | 7 | Carley Davies        | Stockport Harriers & AC | 17.7    |       |      |                                     | 4                      | 77 | Maureen Wilkins      | Stockport Harriers & AC | 16.7    |  |                                     |
| 5                      |   |                      |                         |         |       |      |                                     | 5                      |    |                      |                         |         |  |                                     |
| 6                      |   |                      |                         |         |       |      |                                     | 6                      |    |                      |                         |         |  |                                     |
| 7                      |   |                      |                         |         |       |      |                                     | 7                      |    |                      |                         |         |  |                                     |
| 8                      |   |                      |                         |         |       |      |                                     | 8                      |    |                      |                         |         |  |                                     |
| <b>Women's 200m A</b>  |   |                      |                         | Wind=   |       |      |                                     | <b>Women's 200m B</b>  |    |                      |                         |         |  |                                     |
| 1                      | 1 | Helen Armishaw       | Altrincham & District   | 27.0    |       |      | <input checked="" type="checkbox"/> | 1                      | 11 | Isobel Hainsworth    | Altrincham & District   | 28.1    |  |                                     |
| 2                      | 6 | Chloe Glewis         | Salford Metropolitan    | 27.5    |       |      |                                     | 2                      | 33 | Natalie Wardle       | Halifax Harriers & AC   | 30.7    |  |                                     |
| 3                      | 3 | Beth Kerfoot Roberts | Halifax Harriers & AC   | 28.5    |       |      |                                     | 3                      | 77 | Helen Walsh          | Stockport Harriers & AC | 30.8    |  |                                     |
| 4                      | 7 | Rachel Melbon        | Stockport Harriers & AC | 29.6    |       |      |                                     | 4                      | 66 | Anita Lewis          | Salford Metropolitan    | 32.1    |  |                                     |
| 5                      |   |                      |                         |         |       |      |                                     | 5                      |    |                      |                         |         |  |                                     |
| 6                      |   |                      |                         |         |       |      |                                     | 6                      |    |                      |                         |         |  |                                     |
| 7                      |   |                      |                         |         |       |      |                                     | 7                      |    |                      |                         |         |  |                                     |
| 8                      |   |                      |                         |         |       |      |                                     | 8                      |    |                      |                         |         |  |                                     |
| <b>Women's 400m A</b>  |   |                      |                         | Wind=   |       |      |                                     | <b>Women's 400m B</b>  |    |                      |                         |         |  |                                     |
| 1                      | 1 | Rachael Lee          | Altrincham & District   | 61.1    |       |      | <input checked="" type="checkbox"/> | 1                      | 11 | Leanne Sigsworth     | Altrincham & District   | 64.5    |  |                                     |
| 2                      | 7 | Rachel Melbon        | Stockport Harriers & AC | 65.5    |       |      |                                     | 2                      | 33 | Bonnie Rowntree      | Halifax Harriers & AC   | 66.0    |  |                                     |
| 3                      | 3 | Holly Martin         | Halifax Harriers & AC   | 66.4    |       |      |                                     | 3                      | 66 | Emily Lucas          | Salford Metropolitan    | 66.5    |  |                                     |
| 4                      | 6 | Patricia Lewis       | Salford Metropolitan    | 71.5    |       |      |                                     | 4                      | 77 | Helen Walsh          | Stockport Harriers & AC | 66.6    |  |                                     |
| 5                      |   |                      |                         |         |       |      |                                     | 5                      |    |                      |                         |         |  |                                     |
| 6                      |   |                      |                         |         |       |      |                                     | 6                      |    |                      |                         |         |  |                                     |
| 7                      |   |                      |                         |         |       |      |                                     | 7                      |    |                      |                         |         |  |                                     |
| 8                      |   |                      |                         |         |       |      |                                     | 8                      |    |                      |                         |         |  |                                     |
| <b>Women's 800m A</b>  |   |                      |                         | Wind=   |       |      |                                     | <b>Women's 800m B</b>  |    |                      |                         |         |  |                                     |
| 1                      | 7 | Helen Walsh          | Stockport Harriers & AC | 02:30.1 |       |      |                                     | 1                      | 77 | Rachel Melbon        | Stockport Harriers & AC | 02:29.9 |  |                                     |
| 2                      | 1 | Leanne Sigsworth     | Altrincham & District   | 02:31.8 |       |      |                                     | 2                      | 11 | Charlotte Bent       | Altrincham & District   | 02:40.9 |  |                                     |
| 3                      | 5 | Jane Augsburg        | Oldham & Royton H.      | 02:35.2 |       |      |                                     | 3                      | 66 | Olivia McDermot      | Salford Metropolitan    | 02:49.1 |  |                                     |
| 4                      | 6 | Patricia Lewis       | Salford Metropolitan    | 02:37.7 |       |      |                                     | 4                      | 33 | Natalie Wardle       | Halifax Harriers & AC   | 02:51.1 |  |                                     |
| 5                      | 3 | Carole Fryer         | Halifax Harriers & AC   | 02:52.6 |       |      |                                     | 5                      |    |                      |                         |         |  |                                     |
| 6                      |   |                      |                         |         |       |      |                                     | 6                      |    |                      |                         |         |  |                                     |
| 7                      |   |                      |                         |         |       |      |                                     | 7                      |    |                      |                         |         |  |                                     |
| 8                      |   |                      |                         |         |       |      |                                     | 8                      |    |                      |                         |         |  |                                     |
| <b>Women's 1500m A</b> |   |                      |                         | Wind=   |       |      |                                     | <b>Women's 1500m B</b> |    |                      |                         |         |  |                                     |
| 1                      | 4 | Jodie Gregorczyk     | Leeds City AC 'B'       | 05:16.0 |       |      |                                     | 1                      | 11 | Charlotte Bent       | Altrincham & District   | 05:56.9 |  |                                     |
| 2                      | 1 | Lucy Smith           | Altrincham & District   | 05:19.9 |       |      |                                     | 2                      | 33 | Hannah Pilkington    | Halifax Harriers & AC   | 06:21.1 |  |                                     |
| 3                      | 7 | Carley Davies        | Stockport Harriers & AC | 05:21.8 |       |      |                                     | 3                      | 77 | Marie Kay            | Stockport Harriers & AC | 06:35.9 |  |                                     |
| 4                      | 5 | Jane Augsburg        | Oldham & Royton H.      | 05:23.9 |       |      |                                     | 4                      |    |                      |                         |         |  |                                     |
| 5                      | 3 | Carole Fryer         | Halifax Harriers & AC   | 05:48.6 |       |      |                                     | 5                      |    |                      |                         |         |  |                                     |
| 6                      | 6 | Olivia McDermot      | Salford Metropolitan    | 06:06.8 |       |      |                                     | 6                      |    |                      |                         |         |  |                                     |
| 7                      |   |                      |                         |         |       |      |                                     | 7                      |    |                      |                         |         |  |                                     |
| 8                      |   |                      |                         |         |       |      |                                     | 8                      |    |                      |                         |         |  |                                     |
| <b>Women's 3000m A</b> |   |                      |                         | Wind=   |       |      |                                     | <b>Women's 3000m B</b> |    |                      |                         |         |  |                                     |
| 1                      | 3 | Sarah Cumber         | Halifax Harriers & AC   | 11:12.4 |       |      | <input checked="" type="checkbox"/> | 1                      | 33 | Linda Crabtree       | Halifax Harriers & AC   | 12:28.2 |  |                                     |
| 2                      | 1 | Lucy Smith           | Altrincham & District   | 11:18.1 |       |      | <input checked="" type="checkbox"/> | 2                      | 77 | Maureen Wilkins      | Stockport Harriers & AC | 13:31.5 |  |                                     |
| 3                      | 7 | Carley Davies        | Stockport Harriers & AC | 11:19.8 |       |      | <input checked="" type="checkbox"/> | 3                      |    |                      |                         |         |  |                                     |
| 4                      | 6 | Beth Saunders        | Salford Metropolitan    | 11:55.4 |       |      |                                     | 4                      |    |                      |                         |         |  |                                     |
| 5                      |   |                      |                         |         |       |      |                                     | 5                      |    |                      |                         |         |  |                                     |
| 6                      |   |                      |                         |         |       |      |                                     | 6                      |    |                      |                         |         |  |                                     |
| 7                      |   |                      |                         |         |       |      |                                     | 7                      |    |                      |                         |         |  |                                     |



Division 4WC Match 3 - Spring Hall, Halifax

| Perf | Recor | Wind | AW | 5 July 2009 |
|------|-------|------|----|-------------|
|      |       |      |    | 8           |

| Perf | Wind | AW |
|------|------|----|
|------|------|----|

8

8



**Division 4WC Match 3 - Spring Hall, Halifax**

|                                      |    |                  |                       | Perf  | Record | Wind | AW                                  | 5 July 2009                          |    |               |                       | Perf  | Wind  | AW |  |
|--------------------------------------|----|------------------|-----------------------|-------|--------|------|-------------------------------------|--------------------------------------|----|---------------|-----------------------|-------|-------|----|--|
| <b><u>Women's 400m Hurdles A</u></b> |    |                  |                       |       |        |      |                                     | <b><u>Women's 400m Hurdles B</u></b> |    |               |                       |       |       |    |  |
| 1                                    | 7  | Maureen Wilkins  | Stockport Harriers &  | 95.7  |        |      |                                     | 1                                    | 77 | Marie Kay     | Stockport Harriers &  | 95.7  |       |    |  |
| 2                                    | 1  | Sarah Wilkins    | Altrincham & District | 138.2 |        |      |                                     | 2                                    |    |               |                       |       |       |    |  |
| 3                                    |    |                  |                       |       |        |      |                                     | 3                                    |    |               |                       |       |       |    |  |
| 4                                    |    |                  |                       |       |        |      |                                     | 4                                    |    |               |                       |       |       |    |  |
| 5                                    |    |                  |                       |       |        |      |                                     | 5                                    |    |               |                       |       |       |    |  |
| 6                                    |    |                  |                       |       |        |      |                                     | 6                                    |    |               |                       |       |       |    |  |
| 7                                    |    |                  |                       |       |        |      |                                     | 7                                    |    |               |                       |       |       |    |  |
| 8                                    |    |                  |                       |       |        |      |                                     | 8                                    |    |               |                       |       |       |    |  |
| <b><u>Women's 100m Hurdles A</u></b> |    |                  |                       |       |        |      |                                     | <b><u>Women's 100m Hurdles B</u></b> |    |               |                       |       |       |    |  |
|                                      |    |                  |                       |       | Wind=  |      |                                     |                                      |    |               |                       |       | Wind= |    |  |
| 1                                    | 6  | Emily Lucas      | Salford Metropolitan  | 19.9  |        |      |                                     | 1                                    |    |               |                       |       |       |    |  |
| 2                                    | 7  | Marie Kay        | Stockport Harriers &  | 28.1  |        |      |                                     | 2                                    |    |               |                       |       |       |    |  |
| 3                                    |    |                  |                       |       |        |      |                                     | 3                                    |    |               |                       |       |       |    |  |
| 4                                    |    |                  |                       |       |        |      |                                     | 4                                    |    |               |                       |       |       |    |  |
| 5                                    |    |                  |                       |       |        |      |                                     | 5                                    |    |               |                       |       |       |    |  |
| 6                                    |    |                  |                       |       |        |      |                                     | 6                                    |    |               |                       |       |       |    |  |
| 7                                    |    |                  |                       |       |        |      |                                     | 7                                    |    |               |                       |       |       |    |  |
| 8                                    |    |                  |                       |       |        |      |                                     | 8                                    |    |               |                       |       |       |    |  |
| <b><u>Women's Hammer A</u></b>       |    |                  |                       |       |        |      |                                     | <b><u>Women's Hammer B</u></b>       |    |               |                       |       |       |    |  |
| 1                                    | 3  | Rachel Elwell    | Halifax Harriers & A  | 34.04 |        |      | <input checked="" type="checkbox"/> | 1                                    | 55 | Sharon Harper | Oldham & Royton H     | 23.38 |       |    |  |
| 2                                    | 5  | Mel Lee          | Oldham & Royton H     | 32.45 |        |      | <input checked="" type="checkbox"/> | 2                                    | 33 | Clare Denham  | Halifax Harriers & A  | 21.97 |       |    |  |
| 3                                    | 7  | Haley Standing   | Stockport Harriers &  | 25.52 |        |      | <input checked="" type="checkbox"/> | 3                                    | 77 | Marie Kay     | Stockport Harriers &  | 15.60 |       |    |  |
| 4                                    | 1  | Sarah Wilkins    | Altrincham & District | 22.11 |        |      |                                     | 4                                    | 11 | Amber Tarry   | Altrincham & District | 12.66 |       |    |  |
| 5                                    | 6  | Sarah Cooper     | Salford Metropolitan  | 20.08 |        |      |                                     | 5                                    |    |               |                       |       |       |    |  |
| 6                                    | 2  | Diane Littlewood | Bradford Airedale A   | 11.31 |        |      |                                     | 6                                    |    |               |                       |       |       |    |  |
| 7                                    |    |                  |                       |       |        |      |                                     | 7                                    |    |               |                       |       |       |    |  |
| 8                                    |    |                  |                       |       |        |      |                                     | 8                                    |    |               |                       |       |       |    |  |
| <b><u>Women's Discus A</u></b>       |    |                  |                       |       |        |      |                                     | <b><u>Women's Discus B</u></b>       |    |               |                       |       |       |    |  |
| 1                                    | 1  | Sarah Wilkins    | Altrincham & District | 24.29 |        |      |                                     | 1                                    | 11 | Chloe Smith   | Altrincham & District | 19.53 |       |    |  |
| 2                                    | 33 | Rachel Elwell    | Halifax Harriers & A  | 22.37 |        |      |                                     | 2                                    | 3  | Clare Denham  | Halifax Harriers & A  | 18.78 |       |    |  |
| 3                                    | 5  | Sharon Harper    | Oldham & Royton H     | 20.64 |        |      |                                     | 3                                    |    |               |                       |       |       |    |  |
| 4                                    | 77 | Marie Kay        | Stockport Harriers &  | 15.86 |        |      |                                     | 4                                    |    |               |                       |       |       |    |  |
| 5                                    | 6  | Sarah Cooper     | Salford Metropolitan  | 14.02 |        |      |                                     | 5                                    |    |               |                       |       |       |    |  |
| 6                                    | 2  | Diane Littlewood | Bradford Airedale A   | 12.08 |        |      |                                     | 6                                    |    |               |                       |       |       |    |  |
| 7                                    |    |                  |                       |       |        |      |                                     | 7                                    |    |               |                       |       |       |    |  |
| 8                                    |    |                  |                       |       |        |      |                                     | 8                                    |    |               |                       |       |       |    |  |
| <b><u>Women's Javelin A</u></b>      |    |                  |                       |       |        |      |                                     | <b><u>Women's Javelin B</u></b>      |    |               |                       |       |       |    |  |
| 1                                    | 1  | Chloe Smith      | Altrincham & District | 28.76 |        |      | <input checked="" type="checkbox"/> | 1                                    | 11 | Lucy Smith    | Altrincham & District | 19.19 |       |    |  |
| 2                                    | 3  | Clare Denham     | Halifax Harriers & A  | 17.13 |        |      |                                     | 2                                    | 33 | Carole Fryer  | Halifax Harriers & A  | 9.29  |       |    |  |
| 3                                    | 7  | Marie Kay        | Stockport Harriers &  | 14.32 |        |      |                                     | 3                                    | 77 | Helen Walsh   | Stockport Harriers &  | 8.12  |       |    |  |
| 4                                    | 6  | Sarah Cooper     | Salford Metropolitan  | 9.86  |        |      |                                     | 4                                    | 66 | Anita Lewis   | Salford Metropolitan  | 7.82  |       |    |  |
| 5                                    | 5  | Jane Augsburg    | Oldham & Royton H     | 5.12  |        |      |                                     | 5                                    |    |               |                       |       |       |    |  |
| 6                                    |    |                  |                       |       |        |      |                                     | 6                                    |    |               |                       |       |       |    |  |
| 7                                    |    |                  |                       |       |        |      |                                     | 7                                    |    |               |                       |       |       |    |  |
| 8                                    |    |                  |                       |       |        |      |                                     | 8                                    |    |               |                       |       |       |    |  |
| <b><u>Women's Shot Putt A</u></b>    |    |                  |                       |       |        |      |                                     | <b><u>Women's Shot Putt B</u></b>    |    |               |                       |       |       |    |  |
| 1                                    | 7  | Haley Standing   | Stockport Harriers &  | 9.81  |        |      | <input checked="" type="checkbox"/> | 1                                    | 11 | Sarah Wilkins | Altrincham & District | 7.43  |       |    |  |
| 2                                    | 3  | Clare Denham     | Halifax Harriers & A  | 8.92  |        |      | <input checked="" type="checkbox"/> | 2                                    | 33 | Rachel Elwell | Halifax Harriers & A  | 6.82  |       |    |  |
| 3                                    | 1  | Amber Tarry      | Altrincham & District | 8.11  |        |      |                                     | 3                                    | 77 | Marie Kay     | Stockport Harriers &  | 5.75  |       |    |  |
| 4                                    | 5  | Sharon Harper    | Oldham & Royton H     | 7.87  |        |      |                                     | 4                                    | 55 | Jane Augsburg | Oldham & Royton H     | 4.46  |       |    |  |
| 5                                    | 6  | Sarah Cooper     | Salford Metropolitan  | 5.69  |        |      |                                     | 5                                    | 66 | Beth Saunders | Salford Metropolitan  | 3.71  |       |    |  |
| 6                                    | 2  | Diane Littlewood | Bradford Airedale A   | 3.88  |        |      |                                     | 6                                    |    |               |                       |       |       |    |  |
| 7                                    |    |                  |                       |       |        |      |                                     | 7                                    |    |               |                       |       |       |    |  |
| 8                                    |    |                  |                       |       |        |      |                                     | 8                                    |    |               |                       |       |       |    |  |

Division 4WC Match 3 - Spring Hall, Halifax

Perf    Record    Wind    AW

5 July 2009

Perf    Wind    AW

**Women's Long Jump A**

|   |    |                |                       |      |  |  |
|---|----|----------------|-----------------------|------|--|--|
| 1 | 1  | Helen Armishaw | Altrincham & District | 5.13 |  |  |
| 2 | 6  | Chloe Glewis   | Salford Metropolitan  | 4.59 |  |  |
| 3 | 7  | Rachel Melbon  | Stockport Harriers &  | 4.02 |  |  |
| 4 | 33 | Sue Martin     | Halifax Harriers & AC | 2.79 |  |  |
| 5 |    |                |                       |      |  |  |
| 6 |    |                |                       |      |  |  |
| 7 |    |                |                       |      |  |  |
| 8 |    |                |                       |      |  |  |

**Women's Long Jump B**

|   |    |              |                       |      |  |  |
|---|----|--------------|-----------------------|------|--|--|
| 1 | 66 | Emily Lucas  | Salford Metropolitan  | 4.45 |  |  |
| 2 | 11 | Amber Tarry  | Altrincham & District | 3.60 |  |  |
| 3 | 77 | Helen Walsh  | Stockport Harriers &  | 3.30 |  |  |
| 4 | 3  | Carole Fryer | Halifax Harriers & AC | 2.27 |  |  |
| 5 |    |              |                       |      |  |  |
| 6 |    |              |                       |      |  |  |
| 7 |    |              |                       |      |  |  |
| 8 |    |              |                       |      |  |  |

**Women's Triple Jump A**

|   |    |                |                       |      |  |  |
|---|----|----------------|-----------------------|------|--|--|
| 1 | 11 | Chloe Smith    | Altrincham & District | 8.94 |  |  |
| 2 | 6  | Patricia Lewis | Salford Metropolitan  | 8.72 |  |  |
| 3 | 7  | Carley Davies  | Stockport Harriers &  | 7.03 |  |  |
| 4 |    |                |                       |      |  |  |
| 5 |    |                |                       |      |  |  |
| 6 |    |                |                       |      |  |  |
| 7 |    |                |                       |      |  |  |
| 8 |    |                |                       |      |  |  |

**Women's Triple Jump B**

|   |   |                |                       |      |  |  |
|---|---|----------------|-----------------------|------|--|--|
| 1 | 1 | Charlotte Bent | Altrincham & District | 8.92 |  |  |
| 2 |   |                |                       |      |  |  |
| 3 |   |                |                       |      |  |  |
| 4 |   |                |                       |      |  |  |
| 5 |   |                |                       |      |  |  |
| 6 |   |                |                       |      |  |  |
| 7 |   |                |                       |      |  |  |
| 8 |   |                |                       |      |  |  |

**Women's High Jump A**

|   |   |                 |                       |      |  |  |
|---|---|-----------------|-----------------------|------|--|--|
| 1 | 1 | Rachael Lee     | Altrincham & District | 1.45 |  |  |
| 2 | 6 | Charlotte Evans | Salford Metropolitan  | 1.40 |  |  |

**Women's High Jump B**

|   |    |                   |                       |      |  |  |
|---|----|-------------------|-----------------------|------|--|--|
| 1 | 11 | Isobel Hainsworth | Altrincham & District | 1.10 |  |  |
|---|----|-------------------|-----------------------|------|--|--|

**Women's Pole Vault A**

96 No Competitors Enterec

**Women's Pole Vault B**

**Women's 4x100m Relay**

|   |   |                         |                     |                   |                   |                |      |
|---|---|-------------------------|---------------------|-------------------|-------------------|----------------|------|
| 1 | 1 | Altrincham & District   | Helen Armishaw      | Isobel Hainsworth | Amber Tarry       | Rachael Lee    | 54.4 |
| 2 | 3 | Halifax Harriers & AC   | Beth Kerfoot Robert | Holly Martin      | Hannah Pilkington | Natalie Wardle | 56.1 |
| 3 | 6 | Salford Metropolitan AC | Anita Lewis         | Emily Lucas       | Chloe Glewis      | Patricia Lewis | 58.0 |
| 4 | 7 | Stockport Harriers & AC | Rachel Melbon       | Maureen Wilkins   | Carley Davies     | Helen Walsh    | 63.9 |
| 5 |   |                         |                     |                   |                   |                |      |
| 6 |   |                         |                     |                   |                   |                |      |
| 7 |   |                         |                     |                   |                   |                |      |
| 8 |   |                         |                     |                   |                   |                |      |

**Women's 4x400m Relay**

|   |   |                         |                     |                |                 |                |         |
|---|---|-------------------------|---------------------|----------------|-----------------|----------------|---------|
| 1 | 1 | Altrincham & District   | Leanne Sigsworth    | Rachael Lee    | Charlotte Bent  | Helen Armishaw | 04:24.2 |
| 2 | 3 | Halifax Harriers & AC   | Beth Kerfoot Robert | Natalie Wardle | Bonnie Rowntree | Holly Martin   | 04:39.1 |
| 3 | 6 | Salford Metropolitan AC | -                   | -              | -               | -              | 04:51.1 |
| 4 | 7 | Stockport Harriers & AC | Rachel Melbon       | Carley Davies  | Marie Kay       | Helen Walsh    | 04:54.9 |

Division 4WC Match 3 - Spring Hall, Halifax

05 July 2009

| Events              | Alt | Bfd | Hx | Lds | Old | Slfrd | Stcpt | UNUSED | TOTAL |    |    |    |     |    |  |     |     |     |     |
|---------------------|-----|-----|----|-----|-----|-------|-------|--------|-------|----|----|----|-----|----|--|-----|-----|-----|-----|
| Men's 100m          | 6   | 8   | 4  | 2   | 8   | 3     | 3     | 1      | 7     | 5  | 5  | 6  | 10  | 4  |  |     | 43  | 29  |     |
| Men's 200m          | 7   | 5   | 3  | 1   | 10  | 2     | 5     | 8      | 7     | 6  | 4  | 3  | 8   | 4  |  | -1  | 43  | 29  |     |
| Men's 400m          | 4   | 3   | 3  | 2   | 10  | 8     | 7     | 5      | 8     | 6  | 5  | 4  | 6   |    |  | 1   | 43  | 29  |     |
| Men's 800m          | 6   | 6   | 3  | 2   | 8   | 5     | 5     | 3      | 7     |    | 4  | 4  | 10  | 8  |  |     | 43  | 29  |     |
| Men's 1500m         | 10  | 8   | 5  | 1   | 6   | 5     | 4     | 4      | 8     | 3  | 3  | 2  | 7   | 6  |  |     | 43  | 29  |     |
| Men's 3000m S/Chase | 7   | 8   | 5  |     | 6   |       |       |        | 10    |    |    |    | 8   |    |  | 7   | 21  | 43  | 29  |
| Men's 5000m         | 10  | 8   | 6  | 2   | 4   | 5     | 7     | 3      | 5     | 6  |    |    | 8   | 4  |  | 3   | 1   | 43  | 29  |
| Men's 400m Hurdles  | 8   | 8   | 7  |     |     |       |       |        | 10    | 6  |    |    |     |    |  | 18  | 15  | 43  | 29  |
| Men's 110m Hurdles  | 8   |     | 10 |     |     |       |       |        |       |    |    |    |     |    |  | 25  | 29  | 43  | 29  |
| Men's Hammer        | 4   | 3   | 6  |     | 8   | 6     |       |        | 10    | 8  | 5  | 4  | 7   | 5  |  | 3   | 3   | 43  | 29  |
| Men's Discus        | 7   | 2   | 6  | 5   | 8   | 8     |       |        | 10    | 6  | 5  | 3  | 4   | 4  |  | 3   | 1   | 43  | 29  |
| Men's Javelin       | 5   | 4   | 7  | 3   | 10  | 8     |       |        | 8     | 5  | 6  | 6  | 4   |    |  | 3   | 3   | 43  | 29  |
| Men's Shot Putt     | 6   | 5   | 5  | 2   | 8   | 3     | 3     | 1      | 10    | 8  | 7  | 4  | 4   | 6  |  |     |     | 43  | 29  |
| Men's Long Jump     | 10  |     | 3  | 3   | 7   | 8     | 5     |        | 6     | 6  | 4  | 4  | 8   | 5  |  |     | 3   | 43  | 29  |
| Men's Triple Jump   | 10  | 6   |    |     | 8   | 8     |       |        |       |    |    |    | 7   |    |  | 18  | 15  | 43  | 29  |
| Men's High Jump     | 8   | 8   |    |     | 10  | 6     |       |        |       |    |    |    |     |    |  | 25  | 15  | 43  | 29  |
| Men's Pole Vault    |     |     | 10 |     | 8   |       |       |        |       |    |    |    |     |    |  | 25  | 29  | 43  | 29  |
| Men's 4x100m Relay  | 7   |     | 3  |     | 5   |       | 4     |        | 10    |    | 8  |    | 7   |    |  | -1  | 29  | 43  | 29  |
| Men's 4x400m Relay  | 6   |     |    |     | 8   |       | 5     |        | 10    |    |    |    | 7   |    |  | 7   | 29  | 43  | 29  |
|                     | 129 | 82  | 86 | 23  | 132 | 75    | 48    | 25     | 126   | 65 | 56 | 40 | 105 | 46 |  | 135 | 195 | 817 | 551 |

|                      |     |    |    |  |    |    |    |  |    |    |     |    |     |    |  |  |     |     |     |     |
|----------------------|-----|----|----|--|----|----|----|--|----|----|-----|----|-----|----|--|--|-----|-----|-----|-----|
| Women's 100m         | 10  | 8  |    |  | 7  | 6  |    |  |    |    | 8   | 5  | 6   | 4  |  |  | 12  | 6   | 43  | 29  |
| Women's 200m         | 10  | 8  |    |  | 7  | 6  |    |  |    |    | 8   | 4  | 6   | 5  |  |  | 12  | 6   | 43  | 29  |
| Women's 400m         | 10  | 8  |    |  | 7  | 6  |    |  |    |    | 6   | 5  | 8   | 4  |  |  | 12  | 6   | 43  | 29  |
| Women's 800m         | 8   | 6  |    |  | 5  | 4  |    |  | 7  |    | 6   | 5  | 10  | 8  |  |  | 7   | 6   | 43  | 29  |
| Women's 1500m        | 8   | 8  |    |  | 5  | 6  | 10 |  | 6  |    | 4   |    | 7   | 5  |  |  | 3   | 10  | 43  | 29  |
| Women's 1500m S/Ch   |     |    |    |  |    |    |    |  |    |    |     |    |     |    |  |  |     |     |     |     |
| Women's 3000m        | 8   |    |    |  | 10 | 8  |    |  |    |    | 6   |    | 7   | 6  |  |  | 12  | 15  | 43  | 29  |
| Women's 400m Hurdle  | 8   |    |    |  |    |    |    |  |    |    |     |    | 10  | 8  |  |  | 25  | 21  | 43  | 29  |
| Women's 100m Hurdle  |     |    |    |  |    |    |    |  |    |    | 10  |    | 8   |    |  |  | 25  | 29  | 43  | 29  |
| Women's Hammer       | 6   | 4  | 4  |  | 10 | 6  |    |  | 8  | 8  | 5   |    | 7   | 5  |  |  | 3   | 6   | 43  | 29  |
| Women's Discus       | 10  | 8  | 4  |  | 8  | 6  |    |  | 7  |    | 5   |    | 6   |    |  |  | 3   | 15  | 43  | 29  |
| Women's Javelin      | 10  | 8  |    |  | 8  | 6  |    |  | 5  |    | 6   | 4  | 7   | 5  |  |  | 7   | 6   | 43  | 29  |
| Women's Shot Putt    | 7   | 8  | 4  |  | 8  | 6  |    |  | 6  | 4  | 5   | 3  | 10  | 5  |  |  | 3   | 3   | 43  | 29  |
| Women's Long Jump    | 10  | 6  |    |  | 6  | 4  |    |  |    |    | 8   | 8  | 7   | 5  |  |  | 12  | 6   | 43  | 29  |
| Women's Triple Jump  | 10  | 8  |    |  |    |    |    |  |    |    | 8   |    | 7   |    |  |  | 18  | 21  | 43  | 29  |
| Women's High Jump    | 10  | 8  |    |  |    |    |    |  |    |    | 8   |    |     |    |  |  | 25  | 21  | 43  | 29  |
| Women's Pole Vault   |     |    |    |  |    |    |    |  |    |    |     |    |     |    |  |  | 43  | 29  | 43  | 29  |
| Women's 4x100m Relay | 10  |    |    |  | 8  |    |    |  |    |    | 7   |    | 6   |    |  |  | 12  | 29  | 43  | 29  |
| Women's 4x400m Relay | 10  |    |    |  | 8  |    |    |  |    |    | 7   |    | 6   |    |  |  | 12  | 29  | 43  | 29  |
|                      | 145 | 88 | 12 |  | 97 | 64 | 10 |  | 39 | 12 | 107 | 34 | 118 | 60 |  |  | 246 | 264 | 774 | 522 |

| Match Summary    | Alt   | Bfd   | Hx    | Lds  | Old   | Slfrd | Stcpt | UNUSED | TOTAL  |
|------------------|-------|-------|-------|------|-------|-------|-------|--------|--------|
| Teams            | 444.0 | 121.0 | 368.0 | 83.0 | 242.0 | 237.0 | 329.0 | 840.0  | 2664.0 |
| Officials Points | 30.0  | 30.0  | 30.0  | 15.0 | 30.0  | 30.0  | 20.0  | 185.0  | 370.0  |
| Total            | 474.0 | 151.0 | 398.0 | 98.0 | 272.0 | 267.0 | 349.0 | 1025.0 | 3034.0 |
| Match Position   | 1     | 6     | 2     | 7    | 4     | 5     | 3     | 8      |        |
| League Points    | 7     | 2     | 6     | 1    | 4     | 3     | 5     |        |        |

| Standings        | Alt    | Bfd   | Hx     | Lds   | Old   | Slfrd | Stcpt  |
|------------------|--------|-------|--------|-------|-------|-------|--------|
| League Points    | 19.0   | 4.0   | 15.0   | 8.0   | 12.0  | 9.0   | 17.0   |
| Match Points     | 1340.5 | 382.0 | 1052.0 | 672.0 | 873.5 | 824.0 | 1071.0 |
| League Positions | 1      | 7     | 3      | 6     | 4     | 5     | 2      |