

Division 3 West - Litherland

Men's 100m A

			Wind=	Perf	Recor	Wind	AW
1	2	James Carey	Macclesfield Harriers	11.6			
2	4	James Armstrong	Southport Waterloo	11.6			
3	6	Adam Nicholls	Warrington	11.6			
4	5	Steve Callister	Trafford 'B'	11.8			
5	1	Andy Parker	Altrincham & District	12.3			
6							
7							
8							

Men's 200m A

			Wind=	Perf	Recor	Wind	AW
1	4	Josh Hughes	Southport Waterloo	23.1			<input checked="" type="checkbox"/>
2	2	James Carey	Macclesfield Harriers	23.2			<input checked="" type="checkbox"/>
3	5	Steve Callister	Trafford 'B'	23.9			
4	6	Oliver Wells	Warrington	24.9			
5	1	Ryan Hessien	Altrincham & District	25.7			
6							
7							
8							

Men's 400m A

			Wind=	Perf	Recor	Wind	AW
1	2	Lloyd Hilton	Macclesfield Harriers	53.6			
2	1	Andy Parker	Altrincham & District	56.6			
3	6	Danny Jackson	Warrington	59.8			
4	5	Greg Hoonanian	Trafford 'B'	61.4			
5	4	David Gough	Southport Waterloo	66.3			
6							
7							
8							

Men's 800m A

			Wind=	Perf	Recor	Wind	AW
1	4	James Tartt	Southport Waterloo	01:56.7			<input checked="" type="checkbox"/>
2	1	Dominic Scott	Altrincham & District	02:10.9			
3	5	Richard Clancy	Trafford 'B'	02:12.7			
4							
5							
6							
7							
8							

Men's 1500m A

			Wind=	Perf	Recor	Wind	AW
1	4	Joe Vis	Southport Waterloo	04:20.7			<input checked="" type="checkbox"/>
2	6	Tom Jervis	Warrington	04:29.3			<input checked="" type="checkbox"/>
3	1	Josj Morse	Altrincham & District	04:35.6			<input checked="" type="checkbox"/>
4	5	Gareth Woodcock	Trafford 'B'	04:58.8			<input checked="" type="checkbox"/>
5							
6							
7							
8							

Men's 3000m S/Chase A

			Wind=	Perf	Recor	Wind	AW
1	4	David Gough	Southport Waterloo	10:40.1			<input checked="" type="checkbox"/>
2	6	Oliver Park	Warrington	10:40.8			<input checked="" type="checkbox"/>
3	1	Dave Livingstone	Altrincham & District	11:11.5			<input checked="" type="checkbox"/>
4	5	Carl Tipton	Trafford 'B'	11:19.8			<input checked="" type="checkbox"/>
5	3	Andy Fox	Manx	11:53.0			<input checked="" type="checkbox"/>
6							
7							

4 July 2010

Men's 100m B

			Wind=	Perf	Recor	Wind	AW
1	44	Josh Hughes	Southport Waterloo	11.6			
2	11	Adam Simms	Altrincham & District	12.0			
3	66	Oliver Wells	Warrington	12.1			
4	55	Steve Chaisty	Trafford 'B'	12.9			
5							
6							
7							
8							

Men's 200m B

			Wind=	Perf	Recor	Wind	AW
1	22	Lloyd Hilton	Macclesfield Harriers	24.3			
2	44	Jordan Kelly	Southport Waterloo	24.4			
3	11	Andy Parker	Altrincham & District	24.6			
4	55	Chris Horniman	Trafford 'B'	26.1			
5							
6							
7							
8							

Men's 400m B

			Wind=	Perf	Recor	Wind	AW
1	11	Ryan Hessien	Altrincham & District	54.5			
2	55	Marc Mullen-Brown	Trafford 'B'	58.5			
3	66	Alan Dodd	Warrington	60.1			
4	44	Craig Wilson	Southport Waterloo	63.2			
5							
6							
7							
8							

Men's 800m B

			Wind=	Perf	Recor	Wind	AW
1	44	Joe Vis	Southport Waterloo	02:07.9			
2	11	Paul Ridley	Altrincham & District	02:11.8			
3	55	Gareth Woodcock	Trafford 'B'	02:17.4			
4							
5							
6							
7							
8							

Men's 1500m B

			Wind=	Perf	Recor	Wind	AW
1	44	James Tartt	Southport Waterloo	04:28.3			<input checked="" type="checkbox"/>
2	66	Danny Jackson	Warrington	04:46.1			<input checked="" type="checkbox"/>
3	11	Dan Brooks	Altrincham & District	05:10.2			<input checked="" type="checkbox"/>
4	55	Richard Clancy	Trafford 'B'	05:16.5			<input checked="" type="checkbox"/>
5							
6							
7							
8							

Men's 3000m S/Chase B

			Wind=	Perf	Recor	Wind	AW
1	44	Steve Wilkinson	Southport Waterloo	10:42.1			<input checked="" type="checkbox"/>
2	11	Toby Percival	Altrincham & District	12:34.5			<input checked="" type="checkbox"/>
3	55	Neil Slater	Trafford 'B'	14:18.5			<input checked="" type="checkbox"/>
4							
5							
6							
7							



North of England
Track Field League

<http://www.noaaa-athletics.org.uk>

Division 3 West - Litherland

Perf	Recort	Wind	AW	4 July 2010
				8

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

8

8

Division 3 West - Litherland

Men's 5000m A

	Perf	Record	Wind	AW
1	11	Andy Norman	Altrincham & District	16:47.1
2	44	Ben Johnson	Southport Waterloo	16:49.5
3	5	Carl Tipton	Trafford 'B'	18:24.3
4	6	Mervyn Ward	Warrington	19:39.5
5				
6				
7				
8				

Men's 400m Hurdles A

	Perf	Record	Wind	AW
1	2	Lloyd Hilton	Macclesfield Harriers	60.0
2	6	Oliver Park	Warrington	61.9
3	1	Dan Brooks	Altrincham & District	72.3
4	5	Carl Tipton	Trafford 'B'	76.5
5				
6				
7				
8				

Men's 110m Hurdles A

	Perf	Record	Wind	AW
1	2	Simon Sloan	Macclesfield Harriers	15.8
2	6	Oliver Park	Warrington	19.2
3	4	Steve Marshall	Southport Waterloo	20.7
4	1	Peter Rice	Altrincham & District	24.8
5	5	Carl Tipton	Trafford 'B'	25.9
6				
7				
8				

Men's Hammer A

	Perf	Record	Wind	AW
1	55	Neil Slater	Trafford 'B'	22.88
2	4	Peter Mason	Southport Waterloo	22.52
3	11	Jonathon Moss	Altrincham & District	21.37
4	22	James Carey	Macclesfield Harriers	20.24
5	66	Chris Wells	Warrington	19.53
6				
7				
8				

Men's Discus A

	Perf	Record	Wind	AW
1	2	Adam Edgar	Macclesfield Harriers	31.59
2	44	Steve Wilkinson	Southport Waterloo	28.87
3	66	Adrian Dodd	Warrington	27.19
4	5	Greg Hoonanian	Trafford 'B'	25.87
5	1	Jonathon Moss	Altrincham & District	23.04
6				
7				
8				

Men's Javelin A

	Perf	Record	Wind	AW
1	4	Tom Leyland	Southport Waterloo	39.90
2	2	Adam Edgar	Macclesfield Harriers	37.77
3	66	Chris Wells	Warrington	30.27
4	1	Peter Rice	Altrincham & District	30.14
5	55	Neil Slater	Trafford 'B'	22.02
6				
7				
8				

4 July 2010

Men's 5000m B

	Perf	Record	Wind	AW
1	4	David Hamilton	Southport Waterloo	16:56.9
2	1	Nick Burke	Altrincham & District	18:48.8
3	55	Gareth Woodcock	Trafford 'B'	19:57.9
4				
5				
6				
7				
8				

Men's 400m Hurdles B

	Perf	Record	Wind	AW
1	44	David Gough	Southport Waterloo	69.6
2	11	Peter Rice	Altrincham & District	73.5
3	66	Chris Wells	Warrington	75.7
4	55	Neil Slater	Trafford 'B'	87.9
5				
6				
7				
8				

Men's 110m Hurdles B

	Perf	Record	Wind	AW
1	22	Adam Edgar	Macclesfield Harriers	16.3
2	66	Chris Wells	Warrington	20.8
3	11	Dan Brooks	Altrincham & District	27.2
4				
5				
6				
7				
8				

Men's Hammer B

	Perf	Record	Wind	AW
1	44	Steve Wilkinson	Southport Waterloo	20.48
2	2	Simon Sloan	Macclesfield Harriers	18.26
3	6	Dave Spencer	Warrington	15.94
4	5	Carl Tipton	Trafford 'B'	13.96
5	1	Barry Chapman	Altrincham & District	11.56
6				
7				
8				

Men's Discus B

	Perf	Record	Wind	AW
1	22	Simon Sloan	Macclesfield Harriers	27.35
2	4	Peter Mason	Southport Waterloo	23.45
3	11	Ryan Hessien	Altrincham & District	20.33
4	55	Neil Slater	Trafford 'B'	18.41
5	6	Ben Stringer	Warrington	17.20
6				
7				
8				

Men's Javelin B

	Perf	Record	Wind	AW
1	22	James Carey	Macclesfield Harriers	36.50
2	44	James Tartt	Southport Waterloo	28.00
3	6	Dave Spencer	Warrington	22.73
4	5	Greg Hoonanian	Trafford 'B'	21.77
5	11	Barry Chapman	Altrincham & District	19.29
6				
7				
8				



North of England
Track Field League

<http://www.noaaa-athletics.org.uk>

Division 3 West - Litherland

Perf **Recort** Wind AW **4 July 2010**

Perf Wind AW

Division 3 West - Litherland

				Perf	Recor	Wind	AW	4 July 2010				Perf	Wind	AW
<u>Men's Shot Putt A</u>								<u>Men's Shot Putt B</u>						
1	2	Adam Edgar	Macclesfield Harrier:	11.38			<input checked="" type="checkbox"/>	1	22	Simon Sloan	Macclesfield Harriers	9.20		
2	66	Adrian Dodd	Warrington	9.81				2	44	Peter Mason	Southport Waterloo	8.51		
3	4	Tom Leyland	Southport Waterloo	8.90				3	55	Neil Slater	Trafford 'B'	7.28		
4	11	Jonathon Moss	Altrincham & District	8.90				4	1	Barry Chapman	Altrincham & District	5.80		
5	5	Greg Hoonanian	Trafford 'B'	8.49				5	6	Ben Stringer	Warrington	5.65		
6								6						
7								7						
8								8						

Men's Long Jump A

1	4	Jordon Kelly	Southport Waterloo	6.48			<input checked="" type="checkbox"/>
2	1	Adam Simms	Altrincham & District	5.85			<input checked="" type="checkbox"/>
3	66	Wojciech Czaja	Warrington	5.84			<input checked="" type="checkbox"/>
4	5	Richard Clancy	Trafford 'B'	4.99			
5							
6							
7							
8							

Men's Long Jump B

1	11	Dan Brooks	Altrincham & District	4.61
2	44	Joe Vis	Southport Waterloo	4.00
3	55	Greg Hoonanian	Trafford 'B'	3.76
4				
5				
6				
7				
8				

Men's Triple Jump A

1	6	Wojciech Czaja	Warrington	12.33			<input checked="" type="checkbox"/>
2	55	Steve Callister	Trafford 'B'	11.20			
3	2	Lloyd Hilton	Macclesfield Harrier:	11.19			
4	44	Joe Vis	Southport Waterloo	10.09			
5	1	Andy Parker	Altrincham & District	10.05			
6							
7							
8							

Men's Triple Jump B

1	66	Adam Nicholls	Warrington	12.14			<input checked="" type="checkbox"/>
2	11	Dan Brooks	Altrincham & District	9.95			
3	4	Steve Wilkinson	Southport Waterloo	9.88			
4	5	Carl Tipton	Trafford 'B'	9.73			
5							
6							
7							
8							

Men's High Jump A

1	2	Simon Sloan	Macclesfield Harrier:	1.80			<input checked="" type="checkbox"/>
2	6	Alan Dodd	Warrington	1.80			<input checked="" type="checkbox"/>
3	4	Jordan Kelly	Southport Waterloo	1.75			<input checked="" type="checkbox"/>
4	1	Peter Rice	Altrincham & District	1.45			

Men's High Jump B

1	22	Adam Edgar	Macclesfield Harriers	1.60
2=	44	Steve Wilkinson	Southport Waterloo	1.40
2=	11	Andy Norman	Altrincham & District	1.40

Men's Pole Vault A

1 99 Event Cancelled

Men's Pole Vault B

Men's 4x100m Relay

1	2	Macclesfield Harriers	Lloyd Hilton	Simon Sloan	Adam Edgar	James Carey	45.6
2	6	Warrington	Oliver Wells	Wojciech Czaja	Danny Jackson	Adam Nicholls	46.5
3	1	Altrincham & District	Adam Simms	Ryan Hessian	Peter Rice	Dan Brooks	48.1
4	5	Trafford 'B'	Steve Callister	Steve Chaisty	Greg Hoonanian	Chris Horniman	48.7
5							
6							
7							
8							

Division 3 West - Litherland

Perf **Recor** **Wind** **AW**

4 July 2010

Perf **Wind** **AW**

Men's 4x400m Relay

1	5	Trafford 'B'	Steve Callister	Steve Chaisty	Richard Clancy	Chris Horniman	03:49.6
2	1	Altrincham & District	Andy Parker	Paul Ridley	Ryan Hessien	Dominic Scott	03:50.4
3	4	Southport Waterloo	Craig Wilson	Joe Vis	David Gough	James Tartt	04:12.0
4							
5							
6							
7							
8							

MATCH RESULT			League Points	Match	STANDINGS			League Points	Match
1	SW		6	387.5	1	SW	18	1125.5	
2	Alt		5	351.5	2	Alt	15	1012.0	
3	Warr		4	349.0	3	Warr	9	878.5	
4	TraB		3	280.0	4	TraB	9	858.0	
5	Macc		2	277.0	5	Macc	8	896.0	
6	Manx		1	4.0	6	Manx	4	536.0	
7					7				
8					8	#N/A	#N/A	#N/A	

Men's 100m Non Scoring

Wind=

1	Southport Waterloo	Craig Wilson	13.1
2			
3			
4			
5			
6			
7			
8			

Men's 100m Non Scoring

Wind=

1			
2			
3			
4			
5			
6			
7			
8			

Division 3 West - Litherland

				Perf	Recor	Wind	AW	4 July 2010				Perf	Wind	AW	
<u>Women's 100m A</u>									<u>Women's 100m B</u>						
			Wind=												
1	4	Lauren Brennan	Southport Waterloo	13.0			<input checked="" type="checkbox"/>	1	44	Eleanor Newton	Southport Waterloo	13.7			
2	6	Jess Deakin	Warrington	13.1			<input checked="" type="checkbox"/>	2	66	Rachel Pennington	Warrington	14.1			
3	1	Helen Armishaw	Altrincham & District	13.3				3	11	Reiner Tarry	Altrincham & District	14.8			
4	2	LucyBunce	Macclesfield Harriers	14.8				4	22	Zoe Carter	Macclesfield Harriers	17.5			
5	5	Lisa Tipton	Trafford 'B'	17.4				5	55	Lucy Hickey	Trafford 'B'	19.2			
6								6							
7								7							
8								8							
<u>Women's 200m A</u>									<u>Women's 200m B</u>						
			Wind=												
1	4	Lauren Brennan	Southport Waterloo	26.7			<input checked="" type="checkbox"/>	1	44	Stephanie May	Southport Waterloo	29.4			
2	1	Helen Armishaw	Altrincham & District	27.9				2	11	Reiner Tarry	Altrincham & District	30.3			
3	2	LucyBunce	Macclesfield Harriers	29.8				3	22	Jo Sutton	Macclesfield Harriers	31.5			
4	6	Clare Plevin	Warrington	30.1				4	55	Alison Drasdo	Trafford 'B'	32.1			
5	5	Jill Lawson	Trafford 'B'	39.1				5							
6								6							
7								7							
8								8							
<u>Women's 400m A</u>									<u>Women's 400m B</u>						
1	2	LucyBunce	Macclesfield Harriers	64.4				1	11	Helen Armishaw	Altrincham & District	71.8			
2	6	Lizzy Heaven	Warrington	66.3				2	66	Megan Tyler	Warrington	73.4			
3	4	Stephanie May	Southport Waterloo	66.4				3	22	Zoe Carter	Macclesfield Harriers	84.3			
4	1	Leanne Sigsworth	Altrincham & District	68.5				4	55	Lucy Hickey	Trafford 'B'	86.7			
5	5	Lisa Tipton	Trafford 'B'	82.3				5							
6								6							
7								7							
8								8							
<u>Women's 800m A</u>									<u>Women's 800m B</u>						
1	6	Lizzy Heaven	Warrington	02:31.4				1	11	Leanne Sigsworth	Altrincham & District	02:42.1			
2	5	Alison Drasdo	Trafford 'B'	02:32.5				2	66	Rachel Pennington	Warrington	02:55.6			
3	4	Tracy Peters	Southport Waterloo	02:35.0				3	55	Jill Lawson	Trafford 'B'	02:58.9			
4	1	Charlotte Bent	Altrincham & District	02:44.3				4	44	Stephanie May	Southport Waterloo	03:08.8			
5								5							
6								6							
7								7							
8								8							
<u>Women's 1500m A</u>									<u>Women's 1500m B</u>						
1	4	Tracy Peters	Southport Waterloo	05:15.9				1	44	Sue Cooper	Southport Waterloo	05:52.5			
2	5	Alison Drasdo	Trafford 'B'	05:21.3				2	1	Charlotte Bent	Altrincham & District	05:54.7			
3	11	Alison Vessey	Altrincham & District	05:50.6				3	55	Lucy Hickey	Trafford 'B'	06:33.0			
4	6	Claire Irons	Warrington	07:48.5				4	66	Liz Dodsworth	Warrington	08:46.1			
5								5							
6								6							
7								7							
8								8							
<u>Women's 3000m A</u>									<u>Women's 3000m B</u>						
1	2	Jo Sutton	Macclesfield Harriers	11:47.2				1	55	Lucy Hickey	Trafford 'B'	12:55.3			
2	4	Sue Cooper	Southport Waterloo	11:59.8				2	22	Zoe Carter	Macclesfield Harriers	13:16.3			
3	1	Alison Vessey	Altrincham & District	12:02.3				3	11	Heather Johnson	Altrincham & District	13:55.9			
4	5	Jill Lawson	Trafford 'B'	12:47.9				4							
5	6	Claire Irons	Warrington	16:21.1				5							
6								6							
7								7							



North of England
Track Field League

<http://www.noaaa-athletics.org.uk>

Division 3 West - Litherland

Perf	Recor	Wind	AW	4 July 2010
				8

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

8

8

Division 3 West - Litherland

Women's 400m Hurdles A

	Perf	Record	Wind	AW
1 4 Rachel Flynn Southport Waterloo	71.7			<input checked="" type="checkbox"/>
2 6 Esme Littlefair Warrington	72.4			<input checked="" type="checkbox"/>
3				
4				
5				
6				
7				
8				

Women's 100m Hurdles A

	Perf	Wind=
1 4 Rachel Flynn Southport Waterloo	19.8	
2 2 Jennie Hughes Macclesfield Harriers	20.3	
3		
4		
5		
6		
7		
8		

Women's Hammer A

	Perf	Record	Wind	AW
1 5 Alice Bramah Trafford 'B'	32.28			<input checked="" type="checkbox"/>
2 6 Claire Irons Warrington	22.89			
3 1 Sarah Wilkins Altrincham & District	22.75			
4 44 Ann Dignan Southport Waterloo	15.66			
5 2 Sandra Sloan Macclesfield Harriers	11.20			
6				
7				
8				

Women's Discus A

	Perf	Record	Wind	AW
1 4 Katherine Manchester Southport Waterloo	31.93			<input checked="" type="checkbox"/>
2 11 Chloe Smith Altrincham & District	24.12			
3 55 Alice Bramah Trafford 'B'	21.32			
4 66 Julie Hicken Warrington	17.44			
5 22 Pauline Lynch Macclesfield Harriers	11.25			
6				
7				
8				

Women's Javelin A

	Perf	Record	Wind	AW
1 6 Sam Wilkinson Warrington	31.58			<input checked="" type="checkbox"/>
2 11 Chloe Smith Altrincham & District	30.34			<input checked="" type="checkbox"/>
3 4 Stephanie May Southport Waterloo	18.98			
4 22 Pauline Lynch Macclesfield Harriers	6.63			
5				
6				
7				
8				

Women's Shot Putt A

	Perf	Record	Wind	AW
1 4 Katherine Manchester Southport Waterloo	9.76			<input checked="" type="checkbox"/>
2 6 Clare Plevin Warrington	7.70			
3 1 Sarah Wilkins Altrincham & District	7.61			
4 22 Jennie Hughes Macclesfield Harriers	6.77			
5 5 Alison Drasdo Trafford 'B'	5.17			
6				
7				
8				

4 July 2010

Women's 400m Hurdles B

	Perf	Record	Wind	AW
1				
2				
3				
4				
5				
6				
7				
8				

Women's 100m Hurdles B

	Perf	Wind=
1		
2		
3		
4		
5		
6		
7		
8		

Women's Hammer B

	Perf	Record	Wind	AW
1 66 Julie Hicken Warrington	13.45			
2 11 Amber Tarry Altrincham & District	12.83			
3 55 Lisa Tipton Trafford 'B'	12.55			
4 22 Pauline Lynch Macclesfield Harriers	10.61			
5 4 Rachel Flynn Southport Waterloo	5.43			
6				
7				
8				

Women's Discus B

	Perf	Record	Wind	AW
1 6 Clare Plevin Warrington	14.99			
2 44 Ann Dignan Southport Waterloo	14.69			
3 5 Alison Drasdo Trafford 'B'	13.86			
4 2 Sandra Sloan Macclesfield Harriers	10.06			
5				
6				
7				
8				

Women's Javelin B

	Perf	Record	Wind	AW
1 66 Clare Plevin Warrington	24.94			
2 44 Ann Dignan Southport Waterloo	18.66			
3 1 Sarah Wilkins Altrincham & District	14.15			
4 2 Sandra Sloan Macclesfield Harriers	6.24			
5				
6				
7				
8				

Women's Shot Putt B

	Perf	Record	Wind	AW
1 44 Ann Dignan Southport Waterloo	7.05			
2 66 Julie Hicken Warrington	6.59			
3 11 Amber Tarry Altrincham & District	6.39			
4 55 Lisa Tipton Trafford 'B'	4.97			
5 2 Sandra Sloan Macclesfield Harriers	3.71			
6				
7				
8				

Division 3 West - Litherland

Perf Record Wind AW

4 July 2010

Perf Wind AW

Women's Long Jump A

1	1	Helen Armishaw	Altrincham & District	5.15			
2	6	Clare Plevin	Warrington	4.38			
3	2	Jo Sutton	Macclesfield Harriers	4.20			
4	44	Stephanie May	Southport Waterloo	3.69			
5	5	Lisa Tipton	Trafford 'B'	3.52			
6							
7							
8							

Women's Long Jump B

1	66	Lizzy Heaven	Warrington	3.82			
2	11	Amber Tarry	Altrincham & District	3.47			
3	4	Lauren Brennan	Southport Waterloo	2.98			
4	22	Pauline Lynch	Macclesfield Harriers	1.95			
5							
6							
7							
8							

Women's Triple Jump A

1	6	Megan Tyler	Warrington	9.99			
2	11	Chloe Smith	Altrincham & District	8.50			
3	5	Lisa Tipton	Trafford 'B'	7.71			
4							
5							
6							
7							
8							

Women's Triple Jump B

1	66	Sam Wilkinson	Warrington	8.31			
2	1	Charlotte Bent	Altrincham & District	7.95			
3							
4							
5							
6							
7							
8							

Women's High Jump A

1	66	Esme Littlefair	Warrington	1.55			
2	2	Jennie Hughes	Macclesfield Harriers	1.45			
3	5	Alice Bramah	Trafford 'B'	1.35			
4	4	Rachel Flynn	Southport Waterloo	1.35			
5	1	Lucy Smith	Altrincham & District	1.10			

Women's High Jump B

1	6	Megan Tyler	Warrington	1.45			
---	---	-------------	------------	------	--	--	--

Women's Pole Vault A

1 99 Event Cancelled

Women's Pole Vault B

Women's 4x100m Relay

1	6	Warrington	Claire Irons	Megan Tyler	Clare Plevin	Jess Deakin	57.1
2	1	Altrincham & District	Chloe Smith	Amber Tarry	Helen Armishaw	Reiner Tarry	57.9
3	2	Macclesfield Harriers	Jennie Hughes	LucyBunce	Zoe Carter	Jo Sutton	59.4
4							
5							
6							
7							
8							

Women's 4x400m Relay

1	1	Altrincham & District	Charlotte Bent	Helen Armishaw	Lucy Smith	Leanne Sigsworth	04:34.4
2	4	Southport Waterloo	Rachael Flynn	Stephanie May	Tracey Peters	Carole James	04:43.0
3	5	Trafford 'B'	Alison Drasdo	Lisa Tipton	Lucy Hickey	Alice Bramah	05:14.7
4	6	Warrington	Claire Irons	Megan Tyler	Lizzy Heaven	Liz Dodsworth	05:47.7
5							
6							
7							
8							



**North of England
Track Field League**

<http://www.noaaa-athletics.org.uk>

Division 3 West - Litherland

Women's 100m Non Scoring

Wind=

Perf

Recor

Wind

AW

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

4 July 2010

Women's 100m Non Scoring

Wind=

Perf

Wind

AW

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Division 3 West - Litherland

04 July 2010

Events	Alt	Macc	Manx	SW	TraB	Warr				UNUSED	TOTAL					
Men's 100m	4	5	9		7	7	5	3	6	4	3	3	34	22		
Men's 200m	4	4	7	7	9	5	6	3	5		3	3	34	22		
Men's 400m	7	7	9		4	3	5	5	6	4	3	3	34	22		
Men's 800m	7	5			9	7	6	4			12	6	34	22		
Men's 1500m	6	4			9	7	5	3	7	5	7	3	34	22		
Men's 3000m S/Chase	6	5		4	9	7	5	4	7		3	6	34	22		
Men's 5000m	9	5			7	7	6	4	5		7	6	34	22		
Men's 400m Hurdles	6	5	9			7	5	3	7	4	7	3	34	22		
Men's 110m Hurdles	5	4	9	7	6		4		7	5	3	6	34	22		
Men's Hammer	6	2	5	5	7	7	9	3	4	4	3	1	34	22		
Men's Discus	4	4	9	7	7	5	5	3	6	2	3	1	34	22		
Men's Javelin	5	2	7	7	9	5	4	3	6	4	3	1	34	22		
Men's Shot Putt	5	3	9	7	6	5	4	4	7	2	3	1	34	22		
Men's Long Jump	7	7			9	5	5	4	6		7	6	34	22		
Men's Triple Jump	4	5	6		5	4	7	3	9	7	3	3	34	22		
Men's High Jump	5	4.5	9	7	6	4.5			7		7	6	34	22		
Men's Pole Vault											34	22	34	22		
Men's 4x100m Relay	6		9				5		7		7	22	34	22		
Men's 4x400m Relay	7				6		9				12	22	34	22		
	103	72	97	47	4	115	86	95	49	102	41		130	124	646	418

Women's 100m	6	4	5	3		9	7	4	2	7	5		3	1	34	22
Women's 200m	7	5	6	4		9	7	4	3	5			3	3	34	22
Women's 400m	5	7	9	4		6		4	3	7	5		3	3	34	22
Women's 800m	5	7				6	3	7	4	9	5		7	3	34	22
Women's 1500m	6	5				9	7	7	4	5	3		7	3	34	22
Women's 1500m S/Ch																
Women's 3000m	6	4	9	5		7		5	7	4			3	6	34	22
Women's 400m Hurdle						9				7			18	22	34	22
Women's 100m Hurdle			7			9							18	22	34	22
Women's Hammer	6	5	4	3		5	2	9	4	7	7		3	1	34	22
Women's Discus	7		4	3		9	5	6	4	5	7		3	3	34	22
Women's Javelin	7	4	5	3		6	5			9	7		7	3	34	22
Women's Shot Putt	6	4	5	2		9	7	4	3	7	5		3	1	34	22
Women's Long Jump	9	5	6	3		5	4	4		7	7		3	3	34	22
Women's Triple Jump	7	5						6		9	7		12	10	34	22
Women's High Jump	4		7			5		6		9	7		3	15	34	22
Women's Pole Vault													34	22	34	22
Women's 4x100m Rela	7		6							9			12	22	34	22
Women's 4x400m Rela	9					7		6		5			7	22	34	22
	97	55	73	30		110	47	72	34	111	65		149	165	612	396

Match Summary	Alt	Macc	Manx	SW	TraB	Warr				UNUSED	TOTAL
Teams	326.5	247.0	4.0	357.5	250.0	319.0				568.0	2072.0
Officials Points	25.0	30.0		30.0	30.0	30.0				145.0	290.0
Total	351.5	277.0	4.0	387.5	280.0	349.0				713.0	2362.0
Match Position	2	5	6	1	4	3	7	7			
League Points	5	2	1	6	3	4					

Standings	Alt	Macc	Manx	SW	TraB	Warr		
League Points	15.0	8.0	4.0	18.0	9.0	9.0		
Match Points	1012.0	896.0	536.0	1125.5	858.0	878.5		
League Positions	2	5	6	1	4	3	7	7