

Division 4W Match 2 - Salford

Men's 100m A

	Perf	Recort	Wind	AW
1 6 James Williams Wirral	11.2			<input checked="" type="checkbox"/>
2 7 Nik Mesney Wrexham	11.4			<input checked="" type="checkbox"/>
3 2 Stephen Sumner Hyndburn	11.5			<input checked="" type="checkbox"/>
4 4 Peter Richardson Western/Northern	11.8			
5 3 Scott Dunbar Salford Met	12.0			
6 1 Aaron Webster Barrow & Furness	12.1			
7 5 Michael Houghton Wigan	12.2			
8				

Men's 200m A

	Perf	Recort	Wind	AW
1 6 James Williams Wirral	22.6			<input checked="" type="checkbox"/>
2 7 Nik Mesney Wrexham	23.2			<input checked="" type="checkbox"/>
3 2 Daniel Cowgill Hyndburn	23.6			
4 3 Scott Dunbar Salford Met	24.2			
5 4 James Quayle Western/Northern	24.6			
6 1 Aaron Webster Barrow & Furness	24.6			
7				
8				

Men's 400m A

	Perf	Recort	Wind	AW
1 7 Cynan Evans Wrexham	50.7			<input checked="" type="checkbox"/>
2 4 Peter Richardson Western/Northern	51.4			<input checked="" type="checkbox"/>
3 5 Oliver Stringer Wigan	52.2			<input checked="" type="checkbox"/>
4 6 Andy Boyd Wirral	52.5			<input checked="" type="checkbox"/>
5 3 Scott Dunbar Salford Met	54.3			
6 1 Jonathan Benson Barrow & Furness	60.6			
7				
8				

Men's 800m A

	Perf	Recort	Wind	AW
1 7 James Roberts Wrexham	2:01.2			
2 6 Ben Costello Wirral	2:01.6			
3 3 Paul Connolly Salford Met	2:06.7			
4 1 Phil Waite Barrow & Furness	2:18.1			
5				
6				
7				
8				

Men's 1500m A

	Perf	Recort	Wind	AW
1 11 Phil Waite Barrow & Furness	4:29.4			
2 7 James Roberts Wrexham	4:33.3			
3 3 Paul Connolly Salford Met	4:34.7			
4 6 Ben Costello Wirral	4:36.5			
5				
6				
7				
8				

Men's 3000m S/Chase A

	Perf	Recort	Wind	AW
1 6 Shaun Egan Wirral	14:09.1			
2 7 Neil Edwards Wrexham	15:34.2			
3				
4				
5				
6				
7				

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Men's 100m B

	Perf	Recort	Wind	AW
1 66 Sam Landsborough Wirral	11.4			<input checked="" type="checkbox"/>
2 77 Tom Cusworth Wrexham	11.4			<input checked="" type="checkbox"/>
3 22 Daniel Cowgill Hyndburn	11.6			
4 33 Matthew Hulme Salford Met	12.4			
5 11 Chris Snaith Barrow & Furness	13.0			
6				
7				
8				

Men's 200m B

	Perf	Recort	Wind	AW
1 66 Sam Landsborough Wirral	22.7			<input checked="" type="checkbox"/>
2 77 Gareth Bennett Wrexham	23.6			
3 11 Phil Waite Barrow & Furness	25.7			
4 33 Samuel Taromsari Salford Met	26.5			
5				
6				
7				
8				

Men's 400m B

	Perf	Recort	Wind	AW
1 66 Sam Landsborough Wirral	51.3			<input checked="" type="checkbox"/>
2 77 James Rich Wrexham	52.8			<input checked="" type="checkbox"/>
3 11 Phil Waite Barrow & Furness	55.7			
4 33 Samuel Taromsari Salford Met	60.2			
5				
6				
7				
8				

Men's 800m B

	Perf	Recort	Wind	AW
1 77 Tom Csizmadia Wrexham	2:02.8			
2 66 Will Ferguson Wirral	2:08.3			
3 11 Jonathan Benson Barrow & Furness	2:27.1			
4 33 Cliff Jones Salford Met	3:07.3			
5				
6				
7				
8				

Men's 1500m B

	Perf	Recort	Wind	AW
1 1 Dean Miller Barrow & Furness	4:47.4			
2 66 Will Ferguson Wirral	4:53.7			
3 77 Adam Williams Wrexham	5:15.5			
4				
5				
6				
7				
8				

Men's 3000m S/Chase B

	Perf	Recort	Wind	AW
1 66 Will Ferguson Wirral	14:09.1			
2				
3				
4				
5				
6				
7				



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Perf	Recort	Wind	AW	31 July 2010
8				8

Perf	Wind	AW
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Division 4W Match 2 - Salford

Men's 5000m A

	Perf	Record	Wind	AW
1	1	Ian Quinn	Barrow & Furness	16.14.4
2	66	Mark Hulmston	Wirral	16.19.0
3	7	Mike Robbins	Wrexham	17.13.3
4	3	Chris Jones	Salford Met	19.45.5
5				
6				
7				
8				

Men's 400m Hurdles A

1	7	Gawain Rogers	Wrexham	67.7
2	2	Nick Rawcliffe	Hyndburn	68.8
3				
4				
5				
6				
7				
8				

Men's 110m Hurdles A

	Wind=			
1	7	Neil Edwards	Wrexham	19.8
2	2	Nick Rawcliffe	Hyndburn	21.2
3				
4				
5				
6				
7				
8				

Men's Hammer A

1	1	Steve Thomas	Barrow & Furness	36.55	<input checked="" type="checkbox"/>
2	7	Geoff Ward	Wrexham	24.62	
3	33	Cliff Jones	Salford Met	23.41	
4	6	Sean Sullivan	Wirral	22.60	
5	22	Mike Grime	Hyndburn	21.74	
6	4	Geoff Hall	Western/Northern	20.89	
7					
8					

Men's Discus A

1	1	Steve Thomas	Barrow & Furness	32.44	<input checked="" type="checkbox"/>
2	7	Geoff Ward	Wrexham	28.44	<input checked="" type="checkbox"/>
3	2	Russell Race	Hyndburn	28.26	<input checked="" type="checkbox"/>
4	6	Sean Sullivan	Wirral	26.31	
5	33	Cliff Jones	Salford Met	19.79	
6	4	Geoff Hall	Western/Northern	19.20	
7					
8					

Men's Javelin A

1	7	Neil Edwards	Wrexham	43.31	<input checked="" type="checkbox"/>
2	6	Ryan Higginson	Wirral	41.60	<input checked="" type="checkbox"/>
3	33	Matthew Hulme	Salford Met	40.11	<input checked="" type="checkbox"/>
4	44	Peter Richardson	Western/Northern	36.48	
5	1	Lee Worton	Barrow & Furness	30.24	
6	22	Daniel Cowgill	Hyndburn	30.20	
7					
8					

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Men's 5000m B

	Perf	Wind	AW	
1	11	Jed Bartlett	Barrow & Furness	16.28.9
2	6	Shaun Egan	Wirral	16.57.7
3				
4				
5				
6				
7				
8				

Men's 400m Hurdles B

1	77	David James	Wrexham	71.5
2				
3				
4				
5				
6				
7				
8				

Men's 110m Hurdles B

	Wind=			
1	77	Neil Davies	Wrexham	20.6
2				
3				
4				
5				
6				
7				
8				

Men's Hammer B

1	3	Tony Dowd	Salford Met	21.71
2	77	Mark Rich	Wrexham	19.41
3	2	Russell Race	Hyndburn	17.57
4	66	Will Ferguson	Wirral	11.64
5	11	Steve Cheers	Barrow & Furness	10.97
6				
7				
8				

Men's Discus B

1	22	Stephen Sumner	Hyndburn	19.68
2	3	Tony Dowd	Salford Met	18.15
3	66	Joe Green	Wirral	18.05
4	11	Lee Worton	Barrow & Furness	17.38
5	77	Mark Rich	Wrexham	16.86
6				
7				
8				

Men's Javelin B

1	77	Tom Cusworth	Wrexham	41.12	<input checked="" type="checkbox"/>
2	3	Ellis Cooper	Salford Met	34.77	
3	66	Joe Fallon	Wirral	29.57	
4	2	Russell Race	Hyndburn	27.41	
5	4	Geoff Hall	Western/Northern	23.77	
6	11	Chris Snaith	Barrow & Furness	22.35	
7					
8					



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Perf Recort Wind AW 31 July 2010

Perf Wind AW

Division 4W Match 2 - Salford

				Perf	Recort	Wind	AW	31 July 2010				
				Perf				Perf	Wind	AW		
<u>Men's Shot Putt A</u>								<u>Men's Shot Putt B</u>				
1	1	Steve Thomas	Barrow & Furness	11.49			<input checked="" type="checkbox"/>	1	66	James Williams	Wirral	7.82
2	7	Neil Edwards	Wrexham	10.66			<input checked="" type="checkbox"/>	2	77	Mark Rich	Wrexham	7.49
3	6	Sean Sullivan	Wirral	9.10				3	3	Tony Dowd	Salford Met	7.43
4	2	Russell Race	Hyndburn	9.05				4	11	Lee Worton	Barrow & Furness	7.25
5	4	Geoff Hall	Western/Northern	8.68				5	22	Mike Grime	Hyndburn	7.21
6	33	Cliff Jones	Salford Met	8.36				6				
7	5	Michael Houghton	Wigan	7.09				7				
8								8				
<u>Men's Long Jump A</u>								<u>Men's Long Jump B</u>				
1	4	Peter Richardson	Western/Northern	6.31			<input checked="" type="checkbox"/>	1	77	William Poole	Wrexham	5.46
2	5	Oliver Stringer	Wigan	5.99			<input checked="" type="checkbox"/>	2	44	James Quayle	Western/Northern	5.35
3	7	Adam Williams	Wrexham	5.97			<input checked="" type="checkbox"/>	3	55	Michael Houghton	Wigan	5.28
4	6	Sean Cookson	Wirral	5.75				4	66	Mike Wilkinson	Wirral	4.85
5	3	Matthew Hulme	Salford Met	5.55				5	11	Phil Waite	Barrow & Furness	4.76
6	1	Chris Snaith	Barrow & Furness	5.25				6	22	Nick Rawcliffe	Hyndburn	3.85
7	2	Stephen Sumner	Hyndburn	5.00				7	33	Tony Dowd	Salford Met	3.39
8								8				
<u>Men's Triple Jump A</u>								<u>Men's Triple Jump B</u>				
1	3	Matthew Hulme	Salford Met	11.72				1	77	Tom Csizmadia	Wrexham	11.40
2	6	Sean Cookson	Wirral	11.63				2	66	Sam Landsborough	Wirral	11.35
3	7	Owen Williams	Wrexham	11.58				3	33	Tony Dowd	Salford Met	7.38
4	5	Michael Houghton	Wigan	10.93				4				
5	2	Stephen Sumner	Hyndburn	10.25				5				
6	11	Aaron Webster	Barrow & Furness	9.98				6				
7								7				
8								8				
<u>Men's High Jump A</u>								<u>Men's High Jump B</u>				
1	7	Gawain Rogers	Wrexham	1.70				1	77	Adam Williams	Wrexham	1.60
2	6	Sean Cookson	Wirral	1.55								
3	3	Ellis Cooper	Salford Met	1.55								
<u>Men's Pole Vault A</u>								<u>Men's Pole Vault B</u>				
1	7	Neil Edwards	Wrexham	3.20			<input checked="" type="checkbox"/>	1	77	William Poole	Wrexham	2.50
<u>Men's 4x100m Relay</u>												
1	7	Wrexham	David Hooson	Tom Cusworth	Owen Williams	Nik Mesney	44.5					
2	6	Wirral	James Williams	Andy Boyd	Sam Landsborough	Mike Wilkinson	44.5					
3	2	Hyndburn	Stephen Sumner	Daniel Cowgill	Nick Rawcliffe	Russell Race	48.8					
4	3	Salford Met	Samuel Taromsari	Matthew Hulme	Ellis Cooper	Scott Dunbar	51.2					
5	1	Barrow & Furness	Chris Snaith	Aaron Webster	Phil Waite	Dean Miller	53.4					
6												
7												
8												

Division 4W Match 2 - Salford

Perf Recort Wind AW

31 July 2010

Perf Wind AW

Men's 4x400m Relay

1	1	Barrow & Furness	Phil Waite	Dean Miller	Jonathan Benson	Ian Quinn	4.01.1
2	3	Salford Met	Tony Dowd	Paul Connolly	Matthew Hulme	Scott Dunbar	4.11.5
3							
4							
5							
6							
7							
8							

MATCH RESULT			League Points	Match	STANDINGS			League Points	Match
1	Wrx		7	408.0	1	Wrx	7	408.0	
2	B&W		6	364.0	2	B&W	6	364.0	
3	Wir		5	358.0	3	Wir	5	358.0	
4	Salf		4	255.0	4	Salf	4	255.0	
5	Hyn		3	190.0	5	Hyn	3	190.0	
6	W/N		2	176.0	6	W/N	2	176.0	
7	Wig		1	99.0	7	Wig	1	99.0	
8					8				

Men's 100m Non Scoring

Wind=

1	##	Andy Boyd	Wirral	11.3
2	7	Owen	Wrexham	11.5
3	##	Gareth Bennett	Wrexham	11.5
4	##	David Hooson	Wrexham	11.9
5	##	Mike Wilkinson	Wirral	12.0
6	##	Will Poole	Wrexham	12.1
7	##	Tom Csizmadia	Wrexham	12.4
8	##	Nick Rawcliffe	Hyndburn	13.0

Men's 100m Non Scoring

Wind=

1				
2				
3				
4				
5				
6				
7				
8				

Division 4W Match 2 - Salford

				Perf	Record	Wind	AW	31 July 2010						
				Perf	Record	Wind	AW							
Women's 100m A				Wind=				Women's 100m B						
1	5	Chelsie Browbank	Wigan	12.7			<input checked="" type="checkbox"/>	1	66	Julie Money	Wirral	13.5		
2	7	Nia Breeze	Wrexham	13.0			<input checked="" type="checkbox"/>	2	77	Lucy Bell	Wrexham	13.7		
3	6	Tash Wharton	Wirral	13.0			<input checked="" type="checkbox"/>	3	11	Katie Savage	Barrow & Furness	14.6		
4	3	Chloe Glewis	Salford Met	13.8				4	33	Emily Cooper	Salford Met	17.7		
5	2	Tara Procter	Hyndburn	14.1				5						
6	4	Alice Henderson	Western/Northern	14.9				6						
7	1	Jade Lawson	Barrow & Furness	16.5				7						
8								8						
Women's 200m A				Wind=				Women's 200m B						
1	5	Chelsie Browbank	Wigan	26.5			<input checked="" type="checkbox"/>	1	77	Jade Marvin	Wrexham	27.0		<input checked="" type="checkbox"/>
2	7	Nia Breeze	Wrexham	27.2				2	66	Tash Wharton	Wirral	28.0		
3	6	Sophie Money	Wirral	27.2				3	11	Christina Wiejak	Barrow & Furness	34.3		
4	1	Jessica Flower	Barrow & Furness	31.4				4						
5	4	Alice Henderson	Western/Northern	32.2				5						
6								6						
7								7						
8								8						
Women's 400m A								Women's 400m B						
1	7	Chloe Jones	Wrexham	59.5			<input checked="" type="checkbox"/>	1	11	Christina Wiejak	Barrow & Furness	67.9		
2	3	Chloe Glewis	Salford Met	63.6			<input checked="" type="checkbox"/>	2	66	Sam Leahy	Wirral	70.0		
3	1	Rachel Thompson	Barrow & Furness	65.6				3						
4	6	Vicky Mohyrtas	Wirral	66.3				4						
5								5						
6								6						
7								7						
8								8						
Women's 800m A								Women's 800m B						
1	1	Jessica Flower	Barrow & Furness	2.30.8				1	11	Rachel Thompson	Barrow & Furness	2.34.3		
2	3	Rhea Palmer	Salford Met	3.05.9				2						
3	4	Christine O'Shea	Western/Northern	3.25.5				3						
4								4						
5								5						
6								6						
7								7						
8								8						
Women's 1500m A								Women's 1500m B						
1	11	Ellie Wilson	Barrow & Furness	5.12.0				1	1	Katie Savage	Barrow & Furness	5.24.4		
2	6	Aimee Bartley	Wirral	5.30.9				2	66	Emily Atkin	Wirral	5.45.0		
3	4	Christine O'Shea	Western/Northern	7.07.3				3						
4								4						
5								5						
6								6						
7								7						
8								8						
Women's 3000m A								Women's 3000m B						
1	11	Ellie Wilson	Barrow & Furness	10.38.7				1	1	Katie Savage	Barrow & Furness	11.42.2		
2	3	Rhea Palmer	Salford Met	12.41.8				2						
3	6	Julie Gibson	Wirral	13.48.1				3						
4	4	Christine O'Shea	Western/Northern	15.23.4				4						
5								5						
6								6						
7								7						



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Perf	Recor	Wind	AW	31 July 2010
				8

Perf	Wind	AW
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8

8

Division 4W Match 2 - Salford

Women's 400m Hurdles A

	Perf	Record	Wind	AW	
1	7	Megan Rogers	Wrexham	67.0	<input checked="" type="checkbox"/>
2	1	Rebecca Cook	Barrow & Furness	77.2	
3					
4					
5					
6					
7					
8					

31 July 2010

Women's 400m Hurdles B

	Perf	Wind	AW
1			
2			
3			
4			
5			
6			
7			
8			

Women's 100m Hurdles A

	Wind=				
1	7	Megan Rogers	Wrexham	15.4	<input checked="" type="checkbox"/>
2	5	Danielle McGifford	Wigan	16.1	<input checked="" type="checkbox"/>
3	1	Rebecca Cook	Barrow & Furness	20.1	
4	2	Caroline Smithson	Hyndburn	21.1	
5					
6					
7					
8					

Women's 100m Hurdles B

	Wind=				
1					
2					
3					
4					
5					
6					
7					
8					

Women's Hammer A

1	4	Louise Kneen	Western/Northern	29.86	<input checked="" type="checkbox"/>
2	1	Lynne Walker	Barrow & Furness	23.95	
3	33	Sarah Cooper	Salford Met	22.60	
4	6	Jess Lea	Wirral	21.24	
5	2	Eve Parkinson	Hyndburn	19.55	
6					
7					
8					

Women's Hammer B

1	3	Alice Kelly	Salford Met	21.11
2	66	Ellie Meehan	Wirral	18.80
3	44	Karren Reid	Western/Northern	17.47
4				
5				
6				
7				
8				

Women's Discus A

1	4	Louise Kneen	Western/Northern	30.56	<input checked="" type="checkbox"/>
2	6	Sam Leahy	Wirral	23.74	
3	1	Lynne Walker	Barrow & Furness	23.17	
4	2	Tara Procter	Hyndburn	18.65	
5	5	Lianne Bibby	Wigan	18.57	
6	7	Lydia David	Wrexham	18.43	
7	3	Sarah Cooper	Salford Met	13.74	
8					

Women's Discus B

1	66	Ellie Meehan	Wirral	20.10
2	44	Karren Reid	Western/Northern	19.11
3	22	Sarah Cowgill	Hyndburn	16.16
4	33	Emily Cooper	Salford Met	12.58
5	77	Lucy Bell	Wrexham	11.40
6				
7				
8				

Women's Javelin A

1	5	Lianne Bibby	Wigan	31.91	<input checked="" type="checkbox"/>
2	6	Ellie Meehan	Wirral	26.18	<input checked="" type="checkbox"/>
3	4	Louise Kneen	Western/Northern	24.30	
4	11	Rebecca Cook	Barrow & Furness	20.72	
5	7	Lydia David	Wrexham	19.37	
6	2	Caroline Smithson	Hyndburn	18.91	
7	3	Alice Kelly	Salford Met	13.18	
8					

Women's Javelin B

1	66	Sam Leahy	Wirral	23.44
2	55	Danielle McGifford	Wigan	20.05
3	1	Lynne Walker	Barrow & Furness	20.05
4	22	Sarah Cowgill	Hyndburn	15.03
5	77	Lucy Bell	Wrexham	13.10
6	33	Emily Cooper	Salford Met	10.72
7	44	Christine O'Shea	Western/Northern	5.77
8				

Women's Shot Putt A

1	4	Louise Kneen	Western/Northern	10.28	<input checked="" type="checkbox"/>
2	7	Megan Rogers	Wrexham	9.50	<input checked="" type="checkbox"/>
3	6	Julie Money	Wirral	8.69	<input checked="" type="checkbox"/>
4	11	Rebecca Cook	Barrow & Furness	8.59	<input checked="" type="checkbox"/>
5	2	Eve Parkinson	Hyndburn	7.11	
6	3	Alice Kelly	Salford Met	5.93	
7					
8					

Women's Shot Putt B

1	1	Lynne Walker	Barrow & Furness	8.08
2	77	Lydia David	Wrexham	7.59
3	44	Karren Reid	Western/Northern	6.80
4	66	Jess Lea	Wirral	6.59
5	22	Sarah Cowgill	Hyndburn	6.01
6	33	Sarah Cooper	Salford Met	5.51
7				
8				

Division 4W Match 2 - Salford

Women's Long Jump A

	Perf	Record	Wind	AW
1	3	Chloe Glewis	Salford Met	4.47
2	2	Caroline Smithson	Hyndburn	4.43
3	11	Katie Savage	Barrow & Furness	4.32
4	4	Alice Henderson	Western/Northern	3.26
5				
6				
7				
8				

Women's Triple Jump A

	Perf	Record	Wind	AW
1	5	Rachel Williamson	Wigan	11.47
2	1	Rebecca Cook	Barrow & Furness	8.85
3				
4				
5				
6				
7				
8				

Women's High Jump A

	Perf	Record	Wind	AW
1	7	Megan Rogers	Wrexham	1.45
2	5	Danielle McGifford	Wigan	1.40
3	1	Rebecca Cook	Barrow & Furness	1.40
4	2	Caroline Smithson	Hyndburn	1.30

Women's Pole Vault A

1 96 No Competitors Enterec

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Women's Long Jump B

	Perf	Wind	AW	
1	1	Christina Wiejak	Barrow & Furness	3.63
2	22	Sarah Cowgill	Hyndburn	2.97
3	44	Louise Kneen	Western/Northern	2.48
4				
5				
6				
7				
8				

Women's Triple Jump B

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

Women's High Jump B

	Perf	Record	Wind	AW
1	22	Sarah Cowgill	Hyndburn	1.10

Women's Pole Vault B

Women's 4x100m Relay

	Perf	Record	Wind	AW				
1	7	Wrexham	Nia Breeze	Chloe Jones	Lucy Bell	Jade Marvin	51.8	<input checked="" type="checkbox"/>
2	6	Wirral	Vicky Mohyritsas	Tash Wharton	Julie Money	Sophie Money	54.1	
3	1	Barrow & Furness	Jade Lawson	Christina Wiejak	Jessica Flower	Rachel Thompson	58.6	
4	3	Salford Met	Emily Cooper	Chloe Glewis	Rhea Palmer	Alice Kelly	65.1	
5	4	Western/Northern	Louise Kneen	Christine O'Shea	Karren Reid	Alice Henderson	65.7	
6								
7								
8								

Women's 4x400m Relay

	Perf	Record	Wind	AW				
1	7	Wrexham	Chloe Jones	Nia Breeze	Jade Marvin	Megan Rogers	4.12.1	
2	1	Barrow & Furness	Rachel Thompson	Rebecca Cook	Ellie Wilson	Katie Savage	4.32.1	
3	6	Wirral	Julie Money	Sam Leahy	Vicky Mohyritsas	Sophie Money	4.37.8	
4								
5								
6								
7								
8								



Division 4W Match 2 - Salford

			Perf	Recor	Wind	AW
<u>Women's 100m Non Scoring</u>						
1	##	Jade Marvin	Wrexham	13.0		<input checked="" type="checkbox"/>
2						
3						
4						
5						
6						
7						
8						

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			Perf	Wind	AW
<u>Women's 100m Non Scoring</u>					
1					
2					
3					
4					
5					
6					
7					
8					