

NoE League Div 4EC Round:4 RESULTS

Cleckheaton, Princess Mary, Sun 14 August 2011

M 100m A

1 Richard Mainprize	GOO 11.5
2 Nick Stock	LWD 11.8
3 Anthony Tierney	HLM 11.9
4 Michael Culshaw	GMS 12.0
5 Ben Cook	U20 P&B 12.4
6 Peter Carrington	NWK 12.4
7 Shane Langdale	CLE 12.7

M 100m B

1 Joe Williamson	HLM 12.1
2 Nathan Johnson-Bark	NWK 12.2
3 Tom Cassidy	GMS 12.2
4 Anthony Bowyer	LWD 12.3
5 Ross Wilson	P&B 12.4
6 James Wardle	GOO 12.8
7 Phil McGowan	CLE 22.7

M 200m A

1 Richard Mainprize	GOO 23.5
2 Anthony Tierney	HLM 23.9
3 John Jessop	NWK 24.4
4 Nick Stock	LWD 24.7
5 Michael Culshaw	GMS 25.6
6 Andy Smith	U17 P&B 26.0
7 Nathan Duncan	CLE 26.5

M 200m B

1 Joe Williamson	HLM 24.7
2 Ross Wilson	P&B 25.0
3 Nathan Johnson-Bark	NWK 25.3
4 James Wardle	GOO 26.2
5 John Fowler	CLE 30.1
6 Dave Littlewood	LWD 32.6

M 400m A

1 Anthony Bowyer	LWD 55.5
2 Jordan Jones	GOO 57.2
3 Shane Langdale	CLE 58.5
4 Ross Wilson	P&B 59.2
5 Daniel Barrie	NWK 63.1

M 400m B

1 Liam Slater	LWD 56.5
2 Nathan Duncan	CLE 59.4
3 Peter Beaumont	NWK 61.3
4 Adam Cook	U20 P&B 65.4

## M 800m A

1 Aaron Burns	NWK 2.10.1
2 Jordan Jones	GOO 2.11.9
3 Ollie Watson	U17 P&B 2.17.6
4 Martin Ward	HLM 2.20.6
5 Richard Burgess	GMS 2.23.6
6 Rob Morris	LWD 2.25.6
7 Nathan Duncan	CLE 2.27.8

## M 800m B

1 Oli Carrington	NWK 2.10.6
2 John Fowler	CLE 2.37.1
3 Ben McKay	U20 P&B 2.42.0
4 Aron Smith	GMS 3.11.1
5 Dave Littlewood	LWD DNF

## M 1500m A

1 Ian Nixon	P&B 4.21.5
2 Linton Taylor	NWK 4.22.9
3 Rob Morris	LWD 5.13.1

## M 1500m B

1 Aaron Burns	NWK 4.38.3
2 Ollie Watson	U17 P&B 4.42.5
3 Paul Slater	LWD 5.57.3

## M 5000m A

1 Ian Nixon	P&B 16.48.2
2 Martin Ward	HLM 19.39.1
3 Simon Langley	NWK 19.53.2
4 Paul Slater	LWD 24.53.7

## M 5000m B

1 Jerry Watson	P&B 17.40.3
2 Darren Rowberry	NWK 22.21.8

M 110mH A

1	Lee Tordoff	P&B 20.1
2	Martin Ward	HLM 20.8
3	Daniel Barrie	NWK 21.0
4	John Fowler	CLE 24.7

M 110mH B

1	Ross Wilson	P&B 21.7
2	Tim Bagguley	NWK 22.0

M 400mH A

1	Lee Tordoff	P&B 63.0
2	Martin Ward	HLM 64.2
3	Daniel Barrie	NWK 64.5
4	Liam Slater	LWD 65.1
5	John Fowler	CLE 75.4

M 400mH B

1	Tim Bagguley	NWK 69.0
2	Ross Wilson	P&B 72.6
3	Nathan Duncan	CLE 83.8

M 3000m SC A

1	Martin Ward	HLM 11.38.8
2	Tim Bagguley	NWK 12.08.8
3	John Fowler	CLE 14.49.1

M 3000m SC B

1	Richard Peach	NWK 13.04.7
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M Discus Throw A

1 Simon Langley	NWK 32.98
2 Mick Clift	HLM 28.95
3 Chris Sampson	LWD 26.40
4 Tim Mainprize	GOO 26.30
5 Andy Cook	P&B 22.96
6 Aron Smith	GMS 21.76
7 John Fowler	CLE 17.90

M Discus Throw B

1 Craig Rodwell	NWK 31.46
2 John Clift	HLM 25.05
3 Lee Tordoff	P&B 22.18
4 Eddie Berry	LWD 20.62
5 Phil McGowan	CLE 13.05
6 Richard Bugess	GMS 10.72

M Hammer Throw A

1 Chris Sampson	LWD 32.27
2 Craig Rodwell	NWK 32.25
3 Mick Clift	HLM 26.38
4 Tim Mainprize	GOO 26.06
5 Andy Cook	P&B 19.22
6 John Fowler	CLE 17.41

M Hammer Throw B

1 Simon Langley	NWK 31.35
2 Eddie Berry	LWD 19.71
3 Adam Cook	U20 P&B 12.80
4 Phil McGowan	CLE 10.74

M High Jump A

1 Tom Beaumont	U17 NWK 1.70
2 Jordan Jones	GOO 1.64
3 John Clift	HLM 1.55
4 Ollie Watson	U17 P&B 1.55

M High Jump B

1 Peter Carrington	NWK 1.50
2 Ben Cook	U20 P&B 1.40

M Javelin Throw A

1 Tom Beaumont	U17 NWK	40.68
2 Richard Mainprize	GOO	36.86
3 Ben Cook	U20 P&B	34.79
4 Ryan Turgooze	GMS	31.80
5 John Clift	HLM	31.04
6 Chris Sampson	LWD	26.46
7 Phil McGowan	CLE	18.20

M Javelin Throw B

1 Simon Langley	NWK	35.61
2 Tim Mainprize	GOO	26.16
3 Lee Tordoff	P&B	23.90
4 Liam Slater	LWD	23.80
5 Richard Burgess	GMS	14.79

M Long Jump A

1 Oli Carrington	NWK	5.86
2 Joe Williamson	HLM	5.79
3 Shane Langdale	CLE	5.23
4 Ben Cook	P&B	5.08
5 Nick Stock	LWD	5.07
6 James Wardle	GOO	4.79
7 Aron Smith	GMS	4.17

M Long Jump B

1 Peter Carrington	NWK	5.56
2 Nathan Duncan	CLE	4.58
3 Lee Tordoff	P&B	4.55
4 Paul Slater	LWD	4.26
5 Tim Mainprize	GOO	3.24

M Pole Vault A

1 Tim Bagguley	NWK	2.40
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M Pole Vault B

1 Daniel Barrie	NWK	2.10
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M Shot Putt A

1 Aron Smith	GMS 10.29
2 Andy Cook	P&B 9.75
3 Craig Rodwell	NWK 9.62
4 Chris Sampson	LWD 9.36
5 Tim Mainprize	GOO 8.76
6 Mick Clift	HLM 8.74
7 Phil McGowan	CLE 5.78

M Shot Putt B

1 Paul Smith	NWK 9.00
2 Adam Cook	U20 P&B 8.90
3 Richard Mainprize	GOO 8.69
4 Richard Burgess	GMS 7.78
5 John Clift	HLM 7.71
6 Paul Slater	LWD 6.63

M Triple Jump A

1 Liam Slater	LWD 11.48
2 Tom Beaumont	U17 NWK 11.36
3 Adam Cook	U20 P&B 9.20

M Triple Jump B

1 Peter Carrington	NWK 10.90
2 Paul Slater	LWD 9.20
3 Andy Cook	P&B 8.53

W 100m A

1 Eloise McQuaid	NWK 13.3
2 Jess Houlten	GMS 13.3
3 Nicole Norton	HLM 13.4

W 100m B

1 Lauren Rawberry	NWK 13.7
2 Katie James	P&B 15.6
3 Jane Waterson	CLE 19.0

4 Leah Carter	P&B 13.5	4 Susanne Pickersgill	LWD 19.2
5 Liselli Subwanyambe	CLE 13.9		
6 Ama Williams	LWD 14.4		

W 200m A

1 Eloise McQuaid	NWK 27.2
2 Nicole Norton	HLM 27.5
3 Leah Carter	P&B 27.7
4 Liselli Subwanyambe	CLE 28.8
5 Elizabeth Lake	GMS 30.0
6 Freya Williams	LWD 30.8

W 200m B

1 Hannah Watson	NWK 29.0
2 Nicola Squires	HLM 30.1
3 Sarah Waterson	CLE 32.2
4 Amy Sutcliffe	P&B 33.2
5 Susanne Pickersgill	LWD 41.4

W 400m A

1 Paige Cooper	CLE 62.7
2 Nicola Squires	HLM 64.1
3 Emma Jessop	NWK 65.4
4 Becky Wilkinson	GOO 66.5
5 Kirsty Leih	LWD 75.4

W 400m B

1 Fushia Clayton	CLE 65.7
2 Eleanor Ripley	NWK 67.8
3 Hannah Fletcher	HLM 68.5
4 Ama Williams	LWD 71.0

## W 800m A

1	Becky Wilkinson	GOO 2.25.4
2	Hannah Fletcher	HLM 2.27.5
3	Emma Jessop	NWK 2.32.5
4	Fushia Clayton	CLE 2.33.6
5	Kirsty Leih	LWD 2.54.0
6	Claire Green	P&B 2.57.2

## W 800m B

1	Claire Robson	HLM 2.39.0
2	Sarah Waterson	CLE 2.47.8
3	Bethany Scotney	NWK 2.52.0

## W 1500m A

1	Ruth Proctor	HLM 5.03.6
2	Cloe Hubbard	NWK 5.09.2
3	Becky Wilkinson	GOO 5.11.9
4	Claire Green	P&B 5.49.6
5	Katie Oliver	CLE 6.22.0
6	Karen Mitchell	LWD 7.25.6

## W 1500m B

1	Claire Robson	HLM 5.29.1
2	Vanessa Hubery	NWK 5.57.7
3	Jane Waterson	CLE 8.30.7

## W 3000m A

1	Ruth Proctor	HLM 10.37.8
2	Cloe Hubbard	NWK 11.01.4
3	Freya Williams	LWD 11.55.7
4	Katie Oliver	CLE 12.17.2
5	Claire Green	P&B 13.16.2

## W 3000m B

1	Claire Robson	HLM 10.51.1
2	Lucy Taylor	NWK 14.20.5
3	Karen Mitchell	LWD 14.25.6
4	Jane Waterson	CLE 16.42.0

## W 100mH A

## W 100mH B



1 Sarah Waterson	CLE 21.7
2 Tanya Cooper	P&B 21.8

W 400mH A

1 Paige Cooper	CLE 73.8
2 Eleanor Ripley	NWK 76.4
3 Tanya Cooper	P&B 87.0

W 400mH B

1 Vanessa Hubery	NWK 81.4
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W Discus Throw A

1 Trudi Clift	HLM 29.34
2 Heidi Bradley	CLE 24.43
3 Lauren Rawberry	NWK 21.16
4 Tanya Cooper	P&B 16.14

W Discus Throw B

1 Emily Fox	HLM 24.90
2 Trish Hill	NWK 17.83
3 Jane Waterson	CLE 12.84

5 Susanne Pickersgill LWD 12.27

W Hammer Throw A

1 Heidi Bradley CLE 26.07

2 Trudi Clift HLM 17.52

W Hammer Throw B

1 Sarah Waterson CLE 15.81

W High Jump A

1 Paige Cooper CLE 1.40

2 Hannah Watson NWK 1.35

3 Hannah Fletcher HLM 1.30

4 Tanya Cooper P&B 1.25

W High Jump B

1 Liselli Subwanyambe CLE 1.30

W Javelin Throw A

1 Jess Houlten GMS 30.40

2 Emily Fox HLM 26.42

3 Heidi Bradley CLE 17.75

4 Susanne Pickersgill LWD 17.00

5 Eloise McQuaid NWK 14.20

W Javelin Throw B

1 Trish Hill NWK 14.16

2 Jane Waterson CLE 11.60

3 Trudi Clift HLM 10.15

W Long Jump A

1 Elizabeth Lake	GMS 4.90
2 Nicole Norton	HLM 4.53
3 Fushia Clayton	CLE 4.30
4 Hannah Watson	NWK 3.99

W Long Jump B

1 Eleanor Ripley	NWK 3.63
2 Heidi Bradley	CLE 2.71

W Shot Putt A

1 Trudi Clift	HLM 7.82
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W Shot Putt B

1 Katie James	P&B 5.75
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2 Heidi Bradley	CLE 6.69	2 Jane Waterson	CLE 5.02
3 Tanya Cooper	P&B 6.26		
4 Trish Hill	NWK 6.04		
5 Susanne Pickersgill	LWD 5.58		

W Triple Jump A

1 Elizabeth Lake	GMS 9.65
2 Ama Williams	LWD 9.37
3 Tanya Cooper	P&B 8.17
4 Sarah Waterson	CLE 8.01

W Triple Jump B

1 Freya Williams	LWD 8.72
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W 4x100m Relay

1	NWK	54.1	1	Eloise McQuaid	2	Lauren Rawberry
			3	Hannah Watson	4	Bethany Scotney
2	HLM	58.8	1	Emily Fox	2	Nicola Squires
			3	Trudi Clift	4	Claire Robson
3	LWD	72.1	1	Kirsty Leih	2	Susanne Pickersgill
			3	Ama Williams	4	Karen Mitchell
4	CLE	72.9	1	Liselli Subwanyambe	2	Paige Cooper

3 Sarah Waterson

4 Katie Oliver

W 4x400m Relay

1 NWK 4.32.0 1 Emma Jessop

3 Eleanor Ripley

2 HLM 4.37.5 1 Nicola Squires

3 Ruth Proctor

3 CLE 4.43.3 1 Paige Cooper

3 Sarah Waterson

4 LWD 5.53.8 1 Kirsty Leih

3 Freya Williams

2 Vanessa Hubery

4 Cloe Hubbard

2 Nicole Norton

4 Hannah Fletcher

2 Katie Oliver

4 Fushia Clayton

2 Susanne Pickersgill

4 Karen Mitchell

M 4x100m Relay

1 NWK 49.0 1 Peter Carrington

3 Nathan Johnson-Bark

2 P&B 49.3 1 Ben Cook

3 Lee Tordoff

2 Daniel Barrie

4 Simon Langley

2 Adam Cook

4 Ross Wilson

3	GOO 49.7	1	Richard Mainprize	2	James Wardle
		3	Jordan Jones	4	Jeramy Price
4	HLM 50.4	1		2	
		3		4	
5	LWD 53.4	1	Nick Stock	2	Dave Littlewood
		3	Paul Slater	4	Anthony Bowyer

M 4x400m Relay

1	NWK 3.45.4	1	Linton Taylor	2	John Jessop
		3	Aaron Burns	4	Oli Carrington
2	LWD 4.16.1	1	Anthony Bowyer	2	Dave Littlewood
		3	Liam Slater	4	Rob Morris

3 HLM 4.17.2	1	2
	3	4

After 36.5 of 38 events

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS		
Event	Lge		Event	Lge		Event	Lge	
1 NWK	1535.5	20	1 NWK	459	7	1 Newark AC	1994.5	27
2 CLE	1156.5	17	2 HLM	298	6	2 Cleethorpes & District AC	1443.5	22
3 P&B	1025	15	3 CLE	287	5	3 Hallamshire Harriers	1309	20
4 HLM	1011	14	4 P&B	284	4	4 Pudsey & Bramley	1309	19
5 GOO	623	8	5 LWD	237	3	5 Longwood H. & AC	866	10
6 LWD	629	7	6 GOO	123	2	6 Goole	746	10
7 GMS	324	3	7 GMS	100	1	7 Grimsby Harriers AC	424	4