

M 100m A		M 100m B	
1 Jack Hepple	MPT 11.4	1 Dave Swalwell	WLS 12.1
2 Phil Pitt	SSH 11.8	2 Owen Barrass	HOG 13.0
3 Karl Murray	R&Z 12.3	3 Wayne Gedge	MPT 13.1
4 Will Farquhar	NSP 12.3	4 Shamsul Haque	SSH 13.3
5 Scott Povey	WLS 12.4	5 Martin Spears	NSP 14.1
6 Josh Peel	HOG 13.7		
M 200m A		M 200m B	
1 Jack Hepple	MPT 23.1	1 Henrik Paulsen	MPT 26.3
2 Phil Pitt	SSH 24.5	2 Eric Smart	WLS 26.4
3 Karl Murray	R&Z 24.6	3 Shamsul Haque	SSH 27.9
4 Chris Lilloco	WLS 24.8	4 Martin Spears	NSP 29.1
5 Paul Jabs	NSP 25.2	5 Jack Reay	HOG 29.3
6 Owen Barrass	HOG 26.7	6 Ray Robson	R&Z 32.7
M 400m A		M 400m B	
1 Karl Murray	R&Z 54.5	1 Tom Goulding	SSH 57.6
2 Phil Winkler	MPT 55.3	2 Tommy Brannon	NSP 58.4
3 Paul Jabs	NSP 55.4	3 Dan Weatherill	WLS 58.8
4 Michael Scott	WLS 56.5	4 Joe Elder	MPT 59.8
5 Phil McClusky	SSH 57.5	5 Matthew Graham	HOG 71.9
6 Jack Reay	HOG 66.6		
M 800m A		M 800m B	
1 Michael Todd	SSH 2.12.1	1 Steve Rankin	SSH 2.14.0
2 Tommy Brannon	NSP 2.12.2	2 Dan Weatherill	WLS 2.14.5
3 Joe Elder	MPT 2.17.2	3 Norman De Bruin	NSP 2.15.1
4 Matty Jackson	WLS 2.25.5	4 Liam Thompson	HOG 2.36.2
5 Liam McGrath	HOG 2.46.3	5 John Woods	MPT 2.53.3
M 1500m A		M 1500m B	
1 Mark Scott	R&Z 4.15.0	1 Elliott Kelly	MPT 4.33.6
2 Nick Swinburn	MPT 4.15.5	2 Patrick Houghton	NSP 4.45.8
3 Guy Bracken	NSP 4.28.7	3 Thomas Grey	HOG 5.02.9
4 Chris Laidlaw	WLS 4.40.8	4 Jonny Evans	SSH 5.03.5
5 Jack Watson	SSH 4.45.2	5 Steve Armstrong	WLS 5.23.1
6 Alan Foster	HOG 4.54.7	6 Ray Robson	R&Z 6.02.4
M 5000m A		M 5000m B	
1 Nick Swinburn	MPT 15.56.8	1 Thomas Straughan	MPT 17.15.8
2 Graeme Cook	NSP 16.36.2	2 Scott Ellis	NSP 17.42.4
3 Steve Rankin	SSH 16.52.3	3 Tad Zaranko	R&Z 18.20.2
4 Tim Field	HOG 16.54.1	4 Paul Liegh	WLS 18.26.2
5 Ken Harker	R&Z 17.32.2	5 Graeme Thorpe	SSH 18.34.6
6 Jack Janson	WLS 17.47.4	6 Alan Foster	HOG 19.05.0
M 110mH A		M 110mH B	
1 Paul Baker	NSP 20.5	1 Richard Baker	NSP 26.2
2 Craig Birch	WLS 21.1		

M 400mH A		M 400mH B	
1 Karl Murray	R&Z 60.5	1 Richard Baker	NSP 71.4
2 James Taylor	MPT 65.6	2	HOG 77.5
3 Craig Birch	WLS 68.0	3 John Thompson	MPT 78.7
4 Paul Baker	NSP 68.3		
5 Neil Yorston	SSH 79.4		
6 Ross Lambton	HOG 80.4		
M 3000m SC A		M 3000m SC B	
1 James Taylor	MPT 10.21.4	1 John Woods	MPT 10.59.8
2 Thomas Grey	HOG 10.48.7	2 Barry Young	NSP 12.40.8
3 Michael Moore	NSP 11.38.3	3 Addan Kahn	SSH 13.14.4
4 Calum Storey	WLS 12.35.4	4 Ross Lambton	HOG 13.39.1
5 Neil Yorston	SSH 13.12.6		
M Discus Throw A		M Discus Throw B	
1 Paul Appleby	MPT 33.78	1 Stephen Appleby	MPT 31.78
2 Trevor Straker	NSP 22.63	2 Owen Barrass	HOG 21.42
3 Lee Steward	HOG 21.80	3 Peter Gallagher	NSP 21.16
4 Neil Yorston	SSH 16.65	4 Chris Peacock	R&Z 14.67
5 Ken Turnbull	WLS 16.59	5 Neil Banks	WLS 13.95
6 Tad Zaranko	R&Z 16.28		
M Hammer Throw A		M Hammer Throw B	
1 Reece Straker	NSP 39.58	1 Peter Gallagher	NSP 31.50
2 Paul Appleby	MPT 26.75	2 Stephen Appleby	MPT 21.52
3 Geff Fenwick	HOG 21.98	3 Lee Steward	HOG 19.29
4 Ken Turnbull	WLS 17.63	4 Ralph Dickinson	WLS 13.87
5 Chris Peacock	R&Z 13.27	5 Paul West	SSH 9.22
6 Owen McGarrell	SSH 10.73		
M High Jump A		M High Jump B	
1 Chris Lillico	WLS 1.88	1 Karl Horner	HOG 1.50
2 Paul Baker	NSP 1.60		
3 John Rowan	HOG 1.55		
4 Jack Watson	SSH 1.55		
M Javelin Throw A		M Javelin Throw B	
1 Karl Horner	HOG 41.56	1 Paul Appleby	MPT 34.69
2 John Thompson	MPT 36.85	2 Phil McClusky	SSH 29.55
3 Michell Rennie	NSP 35.42	3 Ross Lambton	HOG 29.07
4 Terry Hart	WLS 30.91	4 Dan Weatherill	WLS 20.98
5 Phil Pitt	SSH 30.54	5 Reece Straker	NSP 16.84
6 Chris Peacock	R&Z 23.18	6 Tad Zaranko	R&Z 14.47
M Long Jump A		M Long Jump B	
1 John Rowan	HOG 5.77	1 Lewis Thompson	HOG 4.82
2 Chris Lillico	WLS 5.69	2 Wayne Gedge	MPT 4.47
3 Paul Jabs	NSP 4.93	3 Simon Ellis	NSP 4.44
4 John Thompson	MPT 4.61	4 Calum Storey	WLS 4.42
5 Steve Dalton	SSH 4.55	5 Paul West	SSH 3.73
6 Ray Robson	R&Z 3.40		

M Shot Putt A		M Shot Putt B	
1 Stephen Appleby	MPT 9.45	1 Paul Appleby	MPT 8.67
2 Paul West	SSH 8.96	2 Geff Fenwick	HOG 7.24
3 Peter Gallagher	NSP 8.81	3 Trevor Straker	NSP 7.23
4 Karl Horner	HOG 8.42	4 Neil Yorston	SSH 6.61
5 Terry Hart	WLS 8.03	5 Dave Swalwell	WLS 6.29
6 Tad Zaranko	R&Z 6.18	6 Chris Peacock	R&Z 5.09
M Triple Jump A		M Triple Jump B	
1 Craig Birch	WLS 11.54	1 Scott Povey	WLS 10.82
2 Mitchell Rennie	NSP 11.42	2 Alun Carter	NSP 10.67
3 John Woods	MPT 10.81	3 John Thompson	MPT 10.12
4 Lewis Thompson	HOG 9.86	4 Liam McGrath	HOG 9.19
5 Neil Yorston	SSH 9.00	5 Adam Norton	SSH 8.86
W 100m A		W 100m B	
1 Elaine Telford	MPT 13.1	1 Beth Laidler	MPT 14.5
2 Ashley Stone	SSH 13.4	2 Bushra Begum	SSH 15.1
3 Laura Mole	NSP 13.8	3 Laura Loughney	NSP 15.3
4 Heather Barrass	WLS 14.8	4 Gill Weatherill	WLS 15.5
5 Rebecca Maughan	HOG 15.3	5 Abby Cassidy	HOG 17.7
W 200m A		W 200m B	
1 Gina Rutherford	NSP 26.9	1 Ashley Stone	SSH 28.9
2 Elaine Telford	MPT 28.2	2 Laura Mole	NSP 29.5
3 Charlotte Ramsay	WLS 29.1	3 Beth Laidler	MPT 31.0
4 Georgia Rushworth	HOG 30.9	4 Gill Weatherill	WLS 33.1
5 Bushra Begum	SSH 32.8	5 Elizabeth Page	HOG 38.6
W 400m A		W 400m B	
1 Gina Rutherford	NSP 58.4	1 Rosie McDonald	MPT 68.5
2 Jo Adams	R&Z 61.0	2 Leah Davison	NSP 68.8
3 Gemma Floyd	MPT 68.1	3 Heather Barrass	WLS 71.0
4 Laura Fenwick	HOG 69.4	4 Rosie Zaranko	R&Z 74.8
5 Leanne Herron	WLS 70.1	5 Rebecca Maughan	HOG 79.4
6 Val Baxter	SSH 89.9		
W 800m A		W 800m B	
1 Jo Adams	R&Z 2.14.4	1 Leanne Herron	WLS 2.32.8
2 Danielle Hodgkinson	WLS 2.19.8	2 Rosie Zaranko	R&Z 2.41.0
3 Lucy Robinson	NSP 2.31.0	3 Molly McDonald	MPT 2.45.2
4 Gemma Floyd	MPT 2.32.3	4 Kim Nichols	NSP 2.59.2
5 Sophie Forster	SSH 2.32.8	5 Val Baxter	SSH 3.21.5
6 Rebecca Maughan	HOG 3.05.0		

W 1500m A

1 Danielle Hodgkinson	WLS 4.52.6
2 Anna Fawcett	SSH 5.13.9
3 Lucy Robinson	NSP 5.28.6
4 Rosie Adams	R&Z 5.31.0
5 Sarah Wilkes	MPT 5.43.9
6 Sophia Pearson	HOG 6.29.9

W 1500m B

1 Paige Gillhespy	SSH 5.32.9
2 Alison Dixon	NSP 5.47.2
3 Kate Chapman	MPT 5.47.6
4 Fiona Hughes	R&Z 6.13.1
5 Stacey Davidson	WLS 6.47.4

W 3000m A

1 Clare McManus	NSP 11.26.0
2 Kate Chapman	MPT 11.57.8
3 Ashton Bailey	SSH 12.23.9
4 Helen Morris	WLS 12.27.9
5 Sophia Pearson	HOG 13.57.5

W 3000m B

1 Louise Hayes	NSP 11.35.6
2 Marie Drozdowicz	MPT 12.41.1
3 Hayley Masterson	WLS 13.32.1

W 100mH A

1 Alicia McGregor	MPT 20.1
2 Wendy Pawsey	NSP 20.3
3 Georgia Rushworth	HOG 20.5
4 Danielle Murray	SSH 20.8

W 100mH B

1 Elizabeth Page	HOG 25.4
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W 400mH A

1 Alicia McGregor	MPT 75.1
2 Wendy Pawsey	NSP 75.9
3 Laura Fenwick	HOG 76.6
4 Rosie Zaranko	R&Z 81.7
5 Laura Murphy	WLS 1.51.6

W 400mH B

1 Fiona Hughes	R&Z 88.3
2 Elizabeth Page	HOG 1.43.2

W Discus Throw A

1 Claire Reid	MPT 33.40
2 Rebecca Simpson	NSP 28.14
3 Amy Welch	HOG 15.48
4 Fiona Hughes	R&Z 14.73
5 Sharon Richardson	WLS 14.15

W Discus Throw B

1 Victoria Spence	NSP 24.16
2 Chelsey Morrison	MPT 16.93
3 Laura Fenwick	HOG 14.73
4 Rosie Adams	R&Z 13.14
5 Jo Armstrong	WLS 8.83

W Hammer Throw A

1 Rebecca Simpson	NSP 38.33
2 Claire Reid	MPT 24.36
3 Kate Readman	HOG 23.12
4 Stephanie Ramsay	WLS 19.76
5 Fiona Hughes	R&Z 13.30
6 Ashleigh Stone	SSH 11.21

W Hammer Throw B

1 Chelsey Morrison	MPT 21.36
2 Victoria Spence	NSP 19.17
3 Sharon Richardson	WLS 19.05
4 Lisa Clennel	HOG 15.88

W High Jump A

1 Bethan Sproat	WLS 1.55
2 Kim Weatherburn	SSH 1.35
3 Alicia McGregor	MPT 1.35
4 Rosie Zaranko	R&Z 1.25
5 Kate Readman	HOG 1.20

W High Jump B

1 Sophia Pearson	HOG 1.15
2 Laura Murphy	WLS 1.10

W Javelin Throw A

1 Georgia Rushworth	HOG 23.76
2 Claire Reid	MPT 19.45
3 Rosie Zaranko	R&Z 16.93
4 Alison Dixon	NSP 14.70
5 Gill Weatherill	WLS 14.26

W Javelin Throw B

1 Fiona Hughes	R&Z 13.86
2 Michelle Thompson	NSP 13.84
3 Sarah Cawthorn	WLS 11.44
4 Lyndsey Page	HOG 11.06
5 Rosie McDonald	MPT 10.00

W Long Jump A

1 Elaine Telford	MPT 4.81
2 Bethan Sproat	WLS 4.48
3 Kim Weatherburn	SSH 4.04
4 Kate Readman	HOG 3.96
5 Victoria Spence	NSP 3.66

W Long Jump B

1 Beth Laidler	MPT 4.33
2 Charlotte Ramsay	WLS 3.68
3 Danielle Murray	SSH 3.34
4 Amy Welch	HOG 2.76

W Shot Putt A

1 Claire Reid	MPT 10.39
2 Victoria Spence	NSP 7.41
3 Sharon Richardson	WLS 5.81
4 Fiona Hughes	R&Z 5.58
5 Kate Readman	HOG 5.58

W Shot Putt B

1 Rebecca Simpson	NSP 6.99
2 Chelsey Morrison	MPT 6.62
3 Rosie Adams	R&Z 5.19
4 Julie Hind	WLS 4.95
5 Amy Welch	HOG 4.03

W Triple Jump A

1 Ashley Stone	SSH 9.87
2 Bethan Sproat	WLS 9.72
3 Alicia McGregor	MPT 8.49
4 Alison Dixon	NSP 7.83
5 Rebecca Maughan	HOG 7.58

W Triple Jump B

1 Charlotte Ramsay	WLS 8.80
2 Danielle Murray	SSH 8.37
3 Elaine Telford	MPT 7.79
4 Elizabeth Page	HOG 7.37
5 Alison Dixon	NSP 5.64

W 4x100m Relay

1 MPT 57.2	1 Beth Laidler	2 Sarah Wilkes
	3 Rosie McDonald	4 Elaine Telford
2 SSH 59.7	1 Kim Weatherburn	2 Danielle Murray
	3 Bushra Begum	4 Ashley Stone
3 HOG 61.1	1 Georgia Rushworth	2 Laura Fenwick
	3 Abby Cassidy	4 Kate Readman
4 NSP 62.2	1 Laura Mole	2 Gina Rutherford
	3 Alison Dixon	4 Caroline Williams
5 WLS 62.3	1 Bethan Sproat	2 Heather Barrass
	3 Charlotte Ramsay	4 Gill Weatherill

W 4x400m Relay

1 NSP 4.39.1	1 Gina Rutherford	2 Caroline Williams
	3 Lucy Robinson	4 Lisa Henderson
2 MPT 4.42.0	1 Molly McDonald	2 Rosie McDonald
	3 Sarah Wilkes	4 Alicia McGregor
3 R&Z 4.53.2	1 Rosie Zaranko	2 Rosie Adams
	3 Fiona Hughes	4 Jo Adams
4 HOG 5.19.3	1 Rebecca Maughan	2 Sophia Pearson
	3 Elizabeth Page	4 Kate Readman
5 WLS 5.30.9	1 Leanne Herron	2 Laura Murphy
	3 Heather Barrass	4 Danielle Hodgkinson

M 4x100m Relay

1 WLS 48.2	1 Dave Swalwell	2 Scott Povey
	3 Chris Lillo	4 Eric Smart
2 MPT 49.7	1 Wayne Gedge	2 John Thompson
	3 Henrik Paulsen	4 Jack Hepple
3 NSP 51.2	1 Paul Baker	2 Martin Spears
	3 Richard Baker	4 Michell Rennie
4 HOG 51.6	1 Jack Reay	2 Karl Horner
	3 Owen Barrass	4 Josh Peel
5 SSH 52.2	1 Addan Kahn	2 Phil Pitt
	3 Jack Watson	4 Shamsul Haque

M 4x400m Relay

1 SSH 3.48.6	1 Phil Pitt	2 Phil McClusky
	3 Michael Todd	4 Jack Watson
2 NSP 3.49.2	1 Michell Rennie	2 Paul Jabs
	3 Scott Ellis	4 Simon Ellis
3 MPT 3.55.5	1 John Woods	2 Elliott Kelly
	3 Joe Elder	4 Phil Winkler
4 WLS 4.03.6	1 Craig Birch	2 Michael Scott
	3 Dan Weatherill	4 Matty Jackson
5 R&Z 4.05.1	1 Karl Murray	2 Chris Peacock
	3 Mark Scott	4 Ken Harker
6 HOG 4.31.7	1 Lewis Thompson	2 Thomas Grey
	3 Liam McGrath	4 Matthew Graham

After 35 of 38 events

	Event	Lge
1	Morpeth Harriers & AC	381 6
2	North Shields Poly AC	350 5
3	WallSEND H & AC	291 4
4	Houghton & Peterlee AC	273 3
5	South Shields Harriers	232 2
6	Richmond & Zetland	163 1

NoE League Div 3EC Round:3 NON SCORING RESULTS
Whitley Bay, Churchill Fields, Sun 1 July 2012

Page 1 of 1

M 100m

1 Henrik Paulsen

MOR 12.8