

REGION	NORTH OF ENGLAND	Track Events Start in Lane
AREA	WEST	
DIVISION	Division 3WC	
MATCH	1	
P/FINISH	NO	1

Date Sunday, May 19 2019
Venue @ Sheepmount, Carlisle
Host Club Border Harriers & AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Border H & AC	Bord H	45	127.0	19.0	85.0	276.0
2	Burnley AC	Burn	25	57.0	11.0	104.0	197.0
3	Bury AC	Bury	45	181.0	20.0	125.0	371.0
4	East Cheshire H & Tameside AC	ECHT	20	172.0	27.0	111.0	330.0
5	Kendal AAC	Kend	25	101.0	20.0	114.0	260.0
6	Trafford AC	Traff	20	157.0	36.0	146.0	359.0
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Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Bury AC	371.0	6.0			371.0	6.0	1
2	Trafford AC	359.0	5.0			359.0	5.0	2
3	East Cheshire H & Tameside AC	330.0	4.0			330.0	4.0	3
4	Border H & AC	276.0	3.0			276.0	3.0	4
5	Kendal AAC	260.0	2.0			260.0	2.0	5
6	Burnley AC	197.0	1.0			197.0	1.0	6

TOTAL EVENTS	39
NO COMPETITORS/EVENT CANCELLED/NMR	4
EVENT SCORED	35
REMAINING	-

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

19/05/2019

100m Men A

Posn	No.	Athlete	Club	Wind	Perf
1	6	BROWN Rivaldo	Traff		11.0 759
2	4	TROTMAN John Y	ECHT		11.3 666
3	5	BARLOW James Y	Kend		11.8 526
4	3	SHAH Hashim Y	Bury		12.1 451
5	1	MCKIE Michael X	Bord H		12.8 304
6					
7					
8					

100m Men B

Posn	No.	Athlete	Club	Wind	Perf
1	66	INGLEY Reece	Traff		11.5 607
2	33	CURRIE Rashaun X	Bury		11.9 500
3	11	GLENCROSS Ben X	Bord H		12.3 405
4	44	EDOGIAWERIE Desmond Y	ECHT		12.5 362
5	55	HARTLEY Isaac X	Kend		12.6 342
6					
7					
8					

200m Men A

Posn	No.	Athlete	Club	Wind	Perf
1	4	TROTMAN John Y	ECHT		22.5 743
2	6	INGLEY Reece	Traff		22.7 712
3	5	BARLOW James Y	Kend		23.1 653
4	2	LAWRENCE Reece Y	Burn		24.1 519
5	1	STRICKLAND Harris Y	Bord H		24.5 470
6	3	CURRIE Rashaun X	Bury		24.5 470
7					
8					

200m Men B

Posn	No.	Athlete	Club	Wind	Perf
1	66	BELLIS Adam	Traff		23.3 625
2	22	AGHO-PETER Osasu X	Burn		24.0 531
3	11	GLENCROSS Ben X	Bord H		24.7 447
4	44	ROBERTS Jude X	ECHT		25.3 381
5	55	HARTLEY Isaac X	Kend		25.7 340
6	33	MINKENG Rocksan X	Bury		25.8 330
7					
8					

400m Men A

Posn	No.	Athlete	Club	Perf
1	5	BIRKETT Alexander	Kend	51.0 703
2	6	SHIELDS Daniel	Traff	51.2 692
3	4	LEWIS George	ECHT	52.7 609
4	1	STRICKLAND Harris Y	Bord H	54.4 523
5	2	LAWRENCE Reece Y	Burn	54.4 523
6	3	HARRELD Luke	Bury	55.5 471
7				
8				

400m Men B

Posn	No.	Athlete	Club	Perf
1	22	AGHO-PETER Osasu X	Burn	54.8 504
2	33	MINKENG Rocksan X	Bury	55.8 458
3	44	BRIERLEY Callum Y	ECHT	55.8 458
4	66	WARD Bernard	Traff	57.0 406
5	11	HARDING James X	Bord H	62.5 212
6				
7				
8				

800m Men A

Posn	No.	Athlete	Club	Perf
1	4	HUDAK Joseph	ECHT	02:00.7
2	3	HARRELD Luke	Bury	02:01.8
3	5	GRATRIX Quentin	Kend	02:04.2
4	6	LEWIS Rushwan Y	Traff	02:07.1
5	11	LIDDLE Mitch Y	Bord H	02:14.8
6				
7				
8				

800m Men B

Posn	No.	Athlete	Club	Perf
1	44	BRIERLEY Callum Y	ECHT	02:07.0
2	66	MARCROFT Greg	Traff	02:07.3
3	55	SMITH Ben X	Kend	02:13.2
4	33	CROWSHAW Gary	Bury	02:18.4
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

19/05/2019

1500m Men A

Posn	No.	Athlete	Club	Perf
1	4	HUDAK Joseph	ECHT	04:15.5 582
2	6	JONES Alex	Traff	04:16.6 571
3	3	BIRMINGHAM Joshua	Bury	04:17.0 567
4	5	SMITH Jacob X	Kend	04:22.0 519
5	11	MCKIE Michael X	Bord H	04:33.3 420
6				
7				
8				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	66	RUSSELL Darren	Traff	04:25.2
2	44	BROWNE Gavin	ECHT	04:29.0
3	33	EDWARDS Byron	Bury	04:31.4
4	1	LIDDLE Mitch Y	Bord H	04:40.5
5	55	SMITH Ben X	Kend	04:53.4
6				
7				
8				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	1	DOUGLAS James	Bord H	15:36.9 672
2	6	O'MEARA Simon	Traff	15:54.1 626
3	3	COOP Benjamin	Bury	16:07.6 591
4	4	BROWNE Gavin	ECHT	17:00.1 464
5	5	MCGURK Stuart	Kend	21:34.9 42
6				
7				
8				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	33	EDWARDS Byron	Bury	16:52.2
2	66	SCIACCA Ryan	Traff	17:14.4
3	11	BERRY Steven	Bord H	17:39.7
4				
5				
6				
7				
8				

3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	1	DOUGLAS James	Bord H	09:45.7
2	66	O'MEARA Simon	Traff	10:49.2
3	4	LEWIS George	ECHT	11:06.9
4	3	JOHNSTON Paul	Bury	12:03.0
5	22	WILLIAMS Michael	Burn	12:25.9
6	5	KING Shane	Kend	16:00.4
7				
8				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	33	BENNETT Giles	Bury	12:34.2
2	2	SMALE Chris	Burn	14:48.2
3	11	CAMPBELL Peter	Bord H	14:48.7
4				
5				
6				
7				
8				

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	4	LEWIS George	ECHT	64.0 526
2	3	HUNTER Michael	Bury	67.2 441
3	2	WILLIAMS Michael	Burn	69.2 392
4	6	LEWIS Rushwan Y	Traff	72.5 316
5	1	STRICKLAND Harris Y	Bord H	73.4 297
6	5	KING Shane	Kend	78.6 196
7				
8				

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	66	O'MEARA Simon	Traff	68.6 406
2	33	GRIFFITHS Jack	Bury	69.3 389
3	22	LINAKER John	Burn	69.5 384
4				
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

19/05/2019

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf	
1	6	BROWN Rivaldo	Traff	15.9	722
2	3	HUNTER Michael	Bury	22.9	173
3					
4					
5					
6					
7					
8					

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	
1	33	CROWSHAW Gary	Bury	24.6	94
2					
3					
4					
5					
6					
7					
8					

100m N/S Men A

Posn	No.	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				
7				
8				

100m N/S Men B

Posn	No.	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				
7				
8				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	4	TROTMAN John Y	ECHT	6.09	672
2	6	BROWN Rivaldo	Traff	5.62	579
3	2	WILLIAMS Michael	Burn	5.02	462
4	3	VAUGHAN David X	Bury	4.97	452
5	5	BARLOW James Y	Kend	4.94	447
6	1	HARDING James X	Bord H	4.39	341
7					
8					

Long Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	66	JONES Alex	Traff	4.91	441
2	33	GRIFFITHS Jack	Bury	4.90	439
3	22	GOODWILL Steve	Burn	4.79	418
4	11	CAMPBELL Peter	Bord H	2.73	36
5	55	BARLOW David	Kend	2.67	26
6					
7					
8					

High Jump Men A

Posn	Bib	Athlete	Club	Perf	
1	55	HARTLEY Isaac X	Kend	1.60	511
2	2	AGHO-PETER Osasu X	Burn	1.50	427
3	3	CROWSHAW Gary	Bury	1.40	343
4					
5					
6					
7					
8					

High Jump Men B

Posn	Bib	Athlete	Club	Perf	
1	5	KING Shane	Kend	1.45	385
2	22	GOODWILL Steve	Burn	1.40	343
3	33	GRIFFITHS Jack	Bury	X	
4					
5					
6					
7					
8					

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

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Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	3	VAUGHAN David X	Bury	11.49 574
2	55	SMITH Jacob X	Kend	11.40 565
3	6	JONES Alex	Traff	10.94 518
4	22	GOODWILL Steve	Burn	10.19 439
5	4	BROWNE Gavin	ECHT	9.12 318
6				
7				
8				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	33	GRIFFITHS Jack	Bury	10.44 466
2	5	KING Shane	Kend	10.24 444
3	66	RUSSELL Darren	Traff	9.42 353
4	2	LINAKER John	Burn	8.82 282
5				
6				
7				
8				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				
7				
8				

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				
7				
8				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	6	BATE Roger	Traff	12.35 747
2	5	RIGG Andrew	Kend	10.35 607
3	3	MCQUEENY-HORROCKS Paul	Bury	8.40 451
4	1	JACK Christopher	Bord H	8.19 432
5	2	GOODWILL Steve	Burn	7.85 402
6	44	LEWIS Martin	ECHT	7.09 328
7				
8				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	66	MARTIN Michael	Traff	10.49 617
2	33	HARRELD Luke	Bury	8.14 428
3	55	NORTON Charlie Y	Kend	7.55 373
4	4	HUDAK Joseph	ECHT	6.80 297
5	22	LINAKER John	Burn	6.35 246
6	11	CAMPBELL Peter	Bord H	6.15 221
7				
8				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	66	SARAIEV Sergii	Traff	45.41 841
2	1	JACK Christopher	Bord H	27.39 541
3	5	NORTON Charlie Y	Kend	24.58 483
4	3	MCQUEENY-HORROCKS Paul	Bury	23.42 458
5	22	GOODWILL Steve	Burn	22.43 436
6	4	HUDAK Joseph	ECHT	16.54 283
7				
8				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	6	BATE Roger	Traff	39.71 755
2	55	MCGURK Stuart	Kend	23.06 450
3	2	LINAKER John	Burn	21.76 421
4	44	LEWIS Martin	ECHT	14.96 232
5	11	CAMPBELL Peter	Bord H	14.17 203
6	33	HUNTER Michael	Bury	13.15 161
7				
8				

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

19/05/2019

Hammer Men A

Posn	Bib	Athlete	Club	Perf	Perf
1	6	SARAIIEV Sergii	Traff	49.46	821
2	1	JACK Christopher	Bord H	36.86	673
3	3	MCQUEENY-HORROCKS Paul	Bury	32.83	619
4	4	LEWIS Martin	ECHT	19.04	400
5	55	NORTON Charlie Y	Kend	18.94	398
6					
7					
8					

Hammer Men B

Posn	Bib	Athlete	Club	Perf	Perf
1	66	MARTIN Michael	Traff	37.25	678
2	33	DALE Alison	Bury	14.74	308
3	5	KING Shane	Kend	13.38	274
4					
5					
6					
7					
8					

Javelin Men A

Posn	Bib	Athlete	Club	Perf	Perf
1	5	RIGG Andrew	Kend	37.27	574
2	66	MARTIN Michael	Traff	32.38	499
3	3	MCQUEENY-HORROCKS Paul	Bury	31.50	485
4	4	LEWIS George	ECHT	26.99	411
5	2	LINAKER John	Burn	26.87	409
6	11	CAMPBELL Peter	Bord H	19.56	273
7					
8					

Javelin Men B

Posn	Bib	Athlete	Club	Perf	Perf
1	55	NORTON Charlie Y	Kend	34.97	540
2	6	SCIACCA Ryan	Traff	31.73	489
3	33	GARSIDE Matthew	Bury	29.41	452
4	22	GOODWILL Steve	Burn	21.56	313
5	44	LEWIS Martin	ECHT	20.31	289
6	1	JACK Christopher	Bord H	14.85	169
7					
8					

4 x 100m Men A

Posn	No.	Club	Runners	REC	Perf
1	6	Traff	SHIELDS Daniel INGLE Y Reece BELLIS Adam BROWN Rivaldo		45.7
2	4	ECHT	LEWIS George TROTMAN John Y ROBERTS Jude X EDOGIAWERIE Desmond Y		48.2
3	5	Kend	HARTLEY Isaac X BARLOW David NORTON Charlie Y BARLOW James Y		49.1
4	3	Bury	CROWSHAW Gary SHAH Hashim Y MINKENG Rocksan X CURRIE Rashaun X		50.2
5	2	Burn	GOODWILL Steve LINAKER John LAWRENCE Reece Y WILLIAMS Michael		51.1
6	1	Bord H	GLENCROSS Ben X STRICKLAND Harris Y HARDING James X BERRY Steven		53.2
7					
8					

4 x 400m Men A

Posn	No.	Club	Runners	REC	Perf
1	6	Traff	INGLE Y Reece WARD Bernard SHIELDS Daniel BELLIS Adam		03:27.9
2	4	ECHT	HUDAK Joseph BRIERLEY Callum Y LEWIS George TROTMAN John Y		03:31.4
3	5	Kend	BARLOW James Y SMITH Jacob X GRATRIX Quentin BIRKETT Alexander		03:40.4
4	3	Bury	COOP Benjamin VAUGHAN David X HUNTER Michael HARRELD Luke		03:42.3
5	2	Burn	AGHO-PETER Osasu X LAWRENCE Reece Y WILLIAMS Michael LINAKER John		03:54.1
6	1	Bord H	STRICKLAND Harris Y HARDING James X LITTLE Mitch Y BERRY Steven		04:12.1
7					
8					

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

19/05/2019

100m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	4	VERNON Maddison X	ECHT	12.5	752
2	6	RAMPONI Chiara	Traff	12.8	686
3	5	PENNY Chelsea Y	Kend	13.1	623
4	1	ROME Hannah X	Bord H	13.7	509
5	3	CHESHIRE Elizabeth	Bury	14.4	392
6	2	HOLT Rachel	Burn	14.6	362
7					
8					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	66	AGWU Chidinma	Traff	13.0	644
2	44	NELSON Holly X	ECHT	13.5	545
3	55	DALY Allison	Kend	14.3	408
4	11	HARDING Emma X	Bord H	14.5	377
5	33	CONROY Katrina	Bury	15.3	268
6	22	GOODWILL Helen	Burn	16.0	190
7					
8					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	4	VERNON Maddison X	ECHT	26.0	704
2	6	SMITH Chayce	Traff	26.5	654
3	1	ROME Hannah X	Bord H	27.9	527
4	2	HOLT Rachel	Burn	30.8	316
5	3	IRELAND Charlie X	Bury	31.1	298
6	5	TAYLOR Joanne	Kend	32.5	222
7					
8					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	44	NELSON Holly X	ECHT	28.3	494
2	66	AGWU Chidinma	Traff	28.5	478
3	11	HARDING Emma X	Bord H	31.6	269
4	33	GEELAN Katie	Bury	33.3	185
5	22	GOODWILL Helen	Burn	34.1	152
6	55	SCREEN Lisa	Kend	35.1	117
7					
8					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	6	SMITH Chayce	Traff	59.6	696
2	1	BELL Annie X	Bord H	60.7	654
3	3	COOK Christie	Bury	63.5	553
4	4	LEWIS Megan X	ECHT	64.2	530
5	2	HOLT Rachel	Burn	67.2	435
6	5	TAYLOR Joanne	Kend	71.7	311
7					
8					

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	11	BILLS Melissa X	Bord H	66.4	459
2	33	CONROY Katrina	Bury	69.9	358
3	44	GUARNIERI Gabriella	ECHT	74.9	236
4	55	SCREEN Lisa	Kend	86.7	54
5	22	GOODWILL Helen	Burn	110.8	
6					
7					
8					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	44	TEAGUE Sally	ECHT	02:20.8	
2	3	COOK Christie	Bury	02:22.4	
3	55	DALY Allison	Kend	02:34.2	
4	1	TODD Fiona	Bord H	02:35.3	
5					
6					
7					
8					

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	4	MCMANUS Bethany	ECHT	02:28.4	
2	5	TAYLOR Joanne	Kend	02:38.5	
3	33	GEELAN Katie	Bury	02:42.4	
4	11	MEDLEY Teresa	Bord H	02:57.6	
5					
6					
7					
8					

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

19/05/2019

1500m Women A

Posn	No.	Athlete	Club	Perf
1	6	WOOLHOUSE Sally	Traff	05:08.9 537
2	3	RHYS PRICE Hannah	Bury	05:16.0 491
3	4	MCMANUS Bethany	ECHT	05:18.6 474
4	5	DALY Allison	Kend	05:30.0 406
5	1	TODD Fiona	Bord H	05:33.2 388
6				
7				
8				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	11	MEDLEY Teressa	Bord H	05:59.5
2	33	PEARSON Fran	Bury	06:06.8
3	55	PENNINGTON Joanne	Kend	06:32.6
4				
5				
6				
7				
8				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	3	RHYS PRICE Hannah	Bury	11:00.4 563
2	1	MCKEOWN Clare	Bord H	11:04.1 551
3	4	TEAGUE Sally	ECHT	12:27.3 318
4	5	PENNINGTON Joanne	Kend	13:48.8 150
5				
6				
7				
8				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	33	GEELAN Katie	Bury	11:45.1
2	11	MEDLEY Teressa	Bord H	12:11.0
3	55	KEVAN Carolyn	Kend	14:05.0
4				
5				
6				
7				
8				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf	Wind
1	6	MCHUGH Meg Y	Traff	64.8 745	
2	44	LEWIS Megan X	ECHT	71.9 562	
3	3	CHESHIRE Elizabeth	Bury	74.7 495	
4					
5					
6					
7					
8					

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	4	ALFORD Lauren	ECHT	75.4 479	
2	33	CONROY Katrina	Bury	78.8 404	
3					
4					
5					
6					
7					
8					

100m Hurdles Women A

Posn	Athlete	Club	Perf
1	4 ALFORD Lauren	ECHT	17.20 566
2	33 IRELAND Charlie X	Bury	20.20 334
3			
4			
5			
6			
7			
8			

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	3	CHESHIRE Elizabeth	Bury	21.20 269
2				
3				
4				
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

19/05/2019

1500m S/Chase Women A

Posn	No.	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

1500m S/Chase Women B

Posn	No.	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

100m N/S Women A

Posn	No.	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				
7				
8				

100m N/S Women B

Posn	No.	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				
7				
8				

Long Jump Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	6	PERRIN Hayley	Traff	5.34	737
2	1	BILLS Melissa X	Bord H	4.79	612
3	4	ALFORD Lauren	ECHT	4.65	580
4	3	CHESHIRE Elizabeth	Bury	4.07	451
5	2	HOLT Rachel	Burn	4.03	442
6	55	TAYLOR Joanne	Kend	3.38	299
7					
8					

Long Jump Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	44	MCMANUS Bethany	ECHT	4.46	538
2	11	ROME Hannah X	Bord H	4.04	444
3	22	GOODWILL Helen	Burn	3.32	286
4	5	SCREEN Lisa	Kend	3.17	254
5	33	RHYS PRICE Hannah	Bury	2.79	174
6					
7					
8					

High Jump Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	6	PERRIN Hayley	Traff	1.50	651
2	4	ALFORD Lauren	ECHT	1.40	542
3	3	CHESHIRE Elizabeth	Bury	1.25	378
4					
5					
6					
7					
8					

High Jump Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	66	AGWU Chidinma	Traff	1.40	542
2	44	TEAGUE Sally	ECHT	1.20	324
3	33	RHYS PRICE Hannah	Bury	X	
4					
5					
6					
7					
8					

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

19/05/2019

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf	Perf
1	4	ALFORD Lauren	ECHT	10.12	623
2	1	BELL Annie X	Bord H	9.45	551
3	3	CHESHIRE Elizabeth	Bury	8.57	454
4					
5					
6					
7					
8					

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf	Perf
1	44	MCMANUS Bethany	ECHT	9.26	530
2					
3					
4					
5					
6					
7					
8					

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	98		No Compet	
2				
3				
4				
5				
6				
7				
8				

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1				
2				
3				
4				
5				
6				
7				
8				

Shot Women A

Posn	Bib	Athlete	Club	Perf	Perf
1	6	MCHUGH Meg Y	Traff	9.47	685
2	1	THOMPSON Abigail Y	Bord H	8.54	615
3	3	SAWKUYCZ Xenia	Bury	6.38	430
4	4	LEE Melanie	ECHT	6.20	413
5	22	CORNS Kasey X	Burn	5.98	391
6	5	NORTON Lisa	Kend	4.69	240
7					
8					

Shot Women B

Posn	Bib	Athlete	Club	Perf	Perf
1	66	PERRIN Hayley	Traff	9.34	675
2	44	ANDREWS Wendy	ECHT	5.78	370
3	2	FINCH Caitlyn X	Burn	5.09	292
4	33	CONROY Katrina	Bury	4.45	206
5	55	KEVAN Carolyn	Kend	4.00	129
6	11	MEDLEY Teressa	Bord H	3.64	30
7					
8					

Discus Women A

Posn	Bib	Athlete	Club	Perf	Perf
1	1	THOMPSON Abigail Y	Bord H	34.98	805
2	2	GOODWILL Helen	Burn	22.73	600
3	3	SAWKUYCZ Xenia	Bury	19.98	543
4	6	AGWU Chidinma	Traff	17.21	477
5	4	LEE Melanie	ECHT	16.79	467
6	5	SCREEN Lisa	Kend	16.15	450
7					
8					

Discus Women B

Posn	Bib	Athlete	Club	Perf	Perf
1	22	CORNS Kasey X	Burn	20.01	543
2	33	IRELAND Charlie X	Bury	14.80	412
3	44	ANDREWS Wendy	ECHT	13.72	379
4	55	NORTON Lisa	Kend	13.46	370
5	11	HARDING Emma X	Bord H	11.93	316
6					
7					
8					

NORTH OF ENGLAND WEST Division 3WC @ Sheepmount, Carlisle

19/05/2019

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	4	LEE Melanie	ECHT	33.05 651
2	3	SAWKUYCZ Xenia	Bury	27.51 573
3	2	GOODWILL Helen	Burn	21.73 482
4	5	SCREEN Lisa	Kend	16.73 391
5	1	THOMPSON Abigail Y	Bord H	14.36 342
6				
7				
8				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	22	FINCH Caitlyn X	Burn	16.85 393
2	55	NORTON Lisa	Kend	15.79 372
3	33	PEARSON Fran	Bury	11.88 284
4				
5				
6				
7				
8				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	66	PERRIN Hayley	Traff	28.53 706
2	1	THOMPSON Abigail Y	Bord H	24.19 631
3	44	LEWIS Megan X	ECHT	23.54 619
4	2	FINCH Caitlyn X	Burn	18.90 526
5	5	NORTON Lisa	Kend	18.59 520
6	3	SAWKUYCZ Xenia	Bury	16.28 467
7				
8				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	6	RAMPONI Chiara	Traff	22.88 607
2	22	CORNS Kasey X	Burn	13.50 394
3	11	TODD Fiona	Bord H	8.45 208
4	55	KEVAN Carolyn	Kend	8.22 196
5	33	CONROY Katrina	Bury	8.18 194
6				
7				
8				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	6	Traff	SMITH Chayce WOOLHOUSE Sally PERRIN Hayley MCHUGH Meg Y	52.50
2	4	ECHT	GUARNIERI Gabriella TEAGUE Sally NELSON Holly X VERNON Maddison X	53.90
3	1	Bord H	ROME Hannah X BELL Annie X HARDING Emma X BILLS Melissa X	54.80
4	3	Bury	CHESHIRE Elizabeth RHYS PRICE Hannah IRELAND Charlie X COOK Christie	58.80
5	5	Kend	TAYLOR Joanne DALY Allison SCREEN Lisa PENNY Chelsea Y	58.90
6	2	Burn	CORNS Kasey X FINCH Caitlyn X GOODWILL Helen HOLT Rachel	63.50
7				
8				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	6	Traff	MCHUGH Meg Y WOOLHOUSE Sally SMITH Chayce RAMPONI Chiara	04:08.6
2	1	Bord H	TODD Fiona BELL Annie X MCKEOWN Clare BILLS Melissa X	04:33.1
3	4	ECHT	ALFORD Lauren GUARNIERI Gabriella LEWIS Megan X TEAGUE Sally	04:35.3
4	3	Bury	RHYS PRICE Hannah CONROY Katrina GEELAN Katie COOK Christie	04:39.3
5	5	Kend	PENNINGTON Joanne DALY Allison KEVAN Carolyn TAYLOR Joanne	05:10.7
6				
7				
8				