

REGION	NORTH OF ENGLAND	Track Events Start in Lane
AREA	WEST	
DIVISION	Division 3WC	
MATCH	4	
P/FINISH	NO	

Date Saturday, August 10 2019]

Venue @ Ashton-under-Lyne

Host Club East Cheshire Harriers & Tameside AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Border H & AC	Bord H	45	69.0	9.0	44.0	167.0
2	Burnley AC	Burn	20	77.0	14.0	87.8	198.8
3	Bury AC	Bury	45	201.0	26.0	151.1	423.1
4	East Cheshire H & Tameside AC	ECHT	45	152.0	28.0	114.1	339.1
5	Kendal AAC	Kend	25	44.0		106.8	175.8
6	Trafford AC	Traff	25	166.0	34.0	168.3	393.3
-							
-							

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Bury AC	423.1	6.0	1301.00	18.00	1724.1	24.0	1
2	Trafford AC	393.3	5.0	1140.00	15.00	1533.3	20.0	2
3	East Cheshire H & Tameside AC	339.1	4.0	960.00	12.00	1299.1	16.0	3
4	Burnley AC	198.8	3.0	694.00	7.00	892.8	10.0	4
5	Kendal AAC	175.8	2.0	775.00	6.00	950.8	8.0	5
6	Border H & AC	167.0	1.0	723.00	5.00	890.0	6.0	6

TOTAL EVENTS	39
NO COMPETITORS/EVENT CANCELLED/NMR	2
EVENT SCORED	37
REMAINING	-

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

100m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	6	LIVINGSTON Jerel X	Traff	11.4	
2	5	FLEMING Matthew	Kend	11.7	
3	1	SALKELD Matthew	Bord H	11.8	
4	4	ALLISON Roman X	ECHT	11.8	
5	3	MALHOTRA Akshay Y	Bury	12.2	
6					
7					
8					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	44	DUNCAN Joshua	ECHT	11.9	
2	66	DANIA Ayoola X	Traff	12.0	
3	55	SANDERS Ollie X	Kend	12.2	
4	33	SHEPHERD Nathan Y	Bury	12.3	
5					
6					
7					
8					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	4	COOGAN Mike	ECHT	23.1	
2	2	AGHO-PETER Osasu X	Burn	24.2	
3	6	DANIA Ayoola X	Traff	24.5	
4	3	SHEPHERD Nathan Y	Bury	24.6	
5	1	SALKELD Matthew	Bord H	24.8	
6	5	FLEMING Matthew	Kend	25.3	
7					
8					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	44	DUNCAN Joshua	ECHT	25.3	
2	22	LAWRENCE Reece Y	Burn	25.4	
3	66	OPARANOZIE Nkem	Traff	25.7	
4	33	MALHOTRA Akshay Y	Bury	26.1	
5					
6					
7					
8					

400m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	1	SALKELD Matthew	Bord H	54.0	
2	6	JONES Alex	Traff	54.3	
3	2	AGHO-PETER Osasu X	Burn	55.5	
4	5	FLEMING Matthew	Kend	59.2	
5	3	EVANS Jon	Bury	63.2	
6	4	LEWIS George	ECHT	DNF	
7					
8					

400m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	22	LAWRENCE Reece Y	Burn	56.4	
2	44	BRIERLEY Callum Y	ECHT	57.7	
3	55	COPLEY Reuben Y	Kend	58.1	
4	66	WORKMAN Richard	Traff	58.6	
5	11	HARDING James X	Bord H	64.1	
6	33	HILDITCH Nathan	Bury	65.2	
7					
8					

800m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	4	HUDAK Joseph	ECHT	02:01.8	
2	3	COOP Benjamin	Bury	02:03.8	
3	55	SANDERS Ollie X	Kend	02:05.2	
4	6	SINCLAIR Harry Y	Traff	02:06.3	
5	11	MCKIE Michael X	Bord H	02:13.0	
6					
7					
8					

800m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	44	BRIERLEY Callum Y	ECHT	02:07.0	
2	33	BIRMINGHAM Joshua	Bury	02:08.0	
3	5	COPLEY Reuben Y	Kend	02:08.1	
4	66	WALL James	Traff	02:12.4	
5	1	LIDDLE Mitch Y	Bord H	02:24.9	
6					
7					
8					

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

1500m Men A

Posn	No.	Athlete	Club	Perf
1	4	HUDAK Joseph	ECHT	04:25.7
2	3	HARRELD Luke	Bury	04:26.3
3	2	MAGEE Mark	Burn	04:36.7
4	6	KELLY Greg	Traff	04:43.2
5	1	LIDDLE Mitch Y	Bord H	04:48.3
6				
7				
8				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	33	DONNELLY Oliver X	Bury	04:35.0
2	44	MELLOR Jacob	ECHT	04:51.2
3	11	MCKIE Michael X	Bord H	04:56.6
4				
5				
6				
7				
8				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	6	KOTARA Matthew	Traff	16:33.3
2	3	BIRMINGHAM Joshua	Bury	16:50.2
3	2	MAGEE Mark	Burn	16:57.5
4	4	BROWNE Gavin	ECHT	17:29.5
5	1	HORNSBY Daniel	Bord H	18:20.7
6				
7				
8				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	33	EVANS Jon	Bury	16:53.3
2	22	FLEMING Danny	Burn	18:01.0
3	44	HORNER Robin	ECHT	18:08.2
4	66	SMALL Christopher	Traff	18:40.3
5				
6				
7				
8				

3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	6	O'MEARA Simon	Traff	11:05.0
2	3	BABB Patrick	Bury	11:08.7
3				
4				
5				
6				
7				
8				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	33	JOHNSTON Paul	Bury	11:58.3
2				
3				
4				
5				
6				
7				
8				

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	6	PILLINGER Miles Y	Traff	66.9
2	3	SHEPHERD Nathan Y	Bury	69.8
3	2	LINAKE John	Burn	70.9
4	5	KING Shane	Kend	86.9
5				
6				
7				
8				

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	66	AFTAB Esam X	Traff	67.8
2	33	BABB Patrick	Bury	75.3
3				
4				
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	66	PILLINGER Miles Y	Traff	19.1
2	3	SHEPHERD Nathan Y	Bury	20.3
3				
4				
5				
6				
7				
8				

Wind

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	6	HOPKINS Lawrence	Traff	19.5
2	33	CROSHAW Gary	Bury	23.6
3				
4				
5				
6				
7				
8				

Wind

100m N/S Men A

Posn	No.	Athlete	Club	Perf
1	6	OPARANOZIE Nkem	Traff	11.9
2				
3				
4				
5				
6				
7				
8				

Wind

100m N/S Men B

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

Wind

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	6	LIVINGSTON Jerel X	Traff	6.83
2	5	FLEMING Matthew	Kend	6.21
3	3	GARSDIE Matthew	Bury	4.64
4	1	SALKELD Matthew	Bord H	4.42
5	2	WADDINGTON Joshua	Burn	2.59
6				
7				
8				

Wind

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	66	WALL James	Traff	5.84
2	55	KING Shane	Kend	5.36
3	33	ARAIN Michael	Bury	4.58
4	11	HARDING James X	Bord H	4.26
5				
6				
7				
8				

Wind

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1===	2	AGHO-PETER Osasu X	Burn	.01
1===	4	LEWIS George	ECHT	.01
1===	5	FLEMING Matthew	Kend	.01
1===	3	DONNELLY Oliver X	Bury	.01

Wind

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1=	55	KING Shane	Kend	.01
1=	33	CROSHAW Gary	Bury	.01

Wind

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	5	FLEMING Matthew	Kend	12.33
2	6	JONES Alex	Traff	11.42
3	33	ARAIN Michael	Bury	9.54
4	4	BROWNE Gavin	ECHT	9.29
5	2	LINAKER John	Burn	7.93
6				
7				
8				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	55	KING Shane	Kend	9.66
2	3	HARRELD Luke	Bury	9.51
3				
4				
5				
6				
7				
8				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	6	O'MEARA Simon	Traff	2.20

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
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Shot Men A

Posn	Bib	Athlete	Club	Perf
1	66	MARTIN Michael	Traff	10.45
2	3	ARAIN Michael	Bury	8.64
3	5	RIGG Andrew	Kend	8.27
4	44	LEWIS Martin	ECHT	7.06
5	2	LINAKER John	Burn	6.51
6	1	HORNSBY Daniel	Bord H	6.22
7				
8				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	6	FLETCHER Jacob	Traff	9.37
2	4	HUDAK Joseph	ECHT	6.80
3	33	GARSDIE Matthew	Bury	6.48
4	55	KING Shane	Kend	5.70
5	22	LINAKER Mike	Burn	4.98
6				
7				
8				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	6	SARAIIEV Sergii	Traff	42.98
2	4	BOYS-MASSEY Dylan Y	ECHT	22.63
3	1	MARTIN Kian X	Bord H	21.94
4	3	ARAIN Michael	Bury	21.43
5	2	LINAKER John	Burn	20.07
6	55	KING Shane	Kend	19.57
7				
8				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	66	MARTIN Michael	Traff	28.35
2	44	LEWIS Martin	ECHT	15.86
3	33	GARSDIE Matthew	Bury	14.40
4	22	LINAKER Mike	Burn	12.85
5	5	MCGURK Stuart	Kend	10.60
6				
7				
8				

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	6	SARAIIEV Sergii	Traff	47.19
2	4	LEWIS Martin	ECHT	16.48
3	3	DALE Alison	Bury	15.72
4	2	LINAKER Mike	Burn	15.40
5	5	KING Shane	Kend	13.58
6				
7				
8				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	66	MARTIN Michael	Traff	35.85
2	33	GARSDIE Matthew	Bury	12.80
3	55	MCGURK Stuart	Kend	5.55
4				
5				
6				
7				
8				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	1	MARTIN Kian X	Bord H	39.46
2	6	FLETCHER Jacob	Traff	36.80
3	55	FLEMING Matthew	Kend	31.14
4	33	GARSDIE Matthew	Bury	28.48
5	2	LINAKER John	Burn	22.41
6	44	LEWIS Martin	ECHT	15.98
7				
8				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	66	SCIACCA Ryan	Traff	29.50
2	5	RIGG Andrew	Kend	26.62
3	3	BABB Patrick	Bury	22.32
4	22	LINAKER Mike	Burn	14.99
5				
6				
7				
8				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	4	ECHT	HUDAK Joseph ALLISON Roman X COOGAN Mike DUNCAN Joshua	47.4
2	6	Traff	PILLINGER Miles Y DANIA Ayoola X JONES Alex OPARANOZIE Nkem	48.6
3	3	Bury	HARRELD Luke MALHOTRA Akshay Y CROWSHAW Gary SHEPHERD Nathan Y	51.3
4	2	Burn	AGHO-PETER Osasu X LAWRENCE Reece Y LINAKER John MAGEE Mark	52.2
5	1	Bord H	MARTIN Kian X MCKIE Michael X LIDDLE Mitch Y HORNSBY Daniel	56.0
6				
7				
8				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	6	Traff	HOPKINS Lawrence WORKMAN Richard KELLY Greg JONES Alex	04:00.8
2	4	ECHT	HUDAK Joseph BROWNE Gavin DUNCAN Joshua BRIERLEY Callum Y	04:04.2
3	3	Bury	HILDITCH Nathan JOHNSTON Paul BIRMINGHAM Joshua HARRELD Luke	04:07.3
4				
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

100m Women A

Posn	No.	Athlete	Club	Perf
1	6	CONNOR Ellina X	Traff	13.1
2	4	NELSON Holly X	ECHT	13.2
3	1	BILLS Melissa X	Bord H	13.4
4	3	MELINGI Viola	Bury	13.5
5	2	GOODWILL Helen	Burn	15.1
6	5	SCREEN Lisa	Kend	16.7
7				
8				

100m Women B

Posn	No.	Athlete	Club	Perf
1	66	RANKINE Molly X	Traff	13.0
2	33	WORTHINGTON Daisy X	Bury	13.0
3	11	HARDING Emma X	Bord H	14.6
4	22	CORNS Kasey X	Burn	15.6
5				
6				
7				
8				

200m Women A

Posn	No.	Athlete	Club	Perf
1	6	CONNOR Ellina X	Traff	27.6
2	4	NELSON Holly X	ECHT	28.3
3	3	MELINGI Viola	Bury	28.7
4	1	ROME Hannah X	Bord H	29.3
5	2	HOLT Rachel	Burn	31.9
6	5	SCREEN Lisa	Kend	37.0
7				
8				

200m Women B

Posn	No.	Athlete	Club	Perf
1	66	SMITH Chayce	Traff	27.1
2	44	LEWIS Megan X	ECHT	28.6
3	33	IRELAND Charlie X	Bury	29.7
4	11	HARDING Emma X	Bord H	32.4
5	22	GOODWILL Helen	Burn	34.5
6				
7				
8				

400m Women A

Posn	No.	Athlete	Club	Perf
1	6	SMITH Chayce	Traff	61.4
2	4	O'NEILL Abby Y	ECHT	65.4
3	3	COOK Christie	Bury	66.8
4	1	BILLS Melissa X	Bord H	69.0
5	2	HOLT Rachel	Burn	70.1
6				
7				
8				

400m Women B

Posn	No.	Athlete	Club	Perf
1	66	HOCKING Chloe	Traff	61.6
2	44	LEWIS Megan X	ECHT	65.1
3	33	HARLAND Nicola	Bury	70.5
4	22	STANFIELD Lydia Y	Burn	98.3
5				
6				
7				
8				

800m Women A

Posn	No.	Athlete	Club	Perf
1	6	CAULEY Amy	Traff	02:30.4
2	3	COOK Christie	Bury	02:31.7
3	4	O'NEILL Abby Y	ECHT	02:37.4
4	2	SMITH Amber Y	Burn	03:55.0
5				
6				
7				
8				

800m Women B

Posn	No.	Athlete	Club	Perf
1	33	HARLAND Nicola	Bury	02:50.8
2	44	WATERS Katherine X	ECHT	02:51.3
3	22	GOODWILL Helen	Burn	04:36.1
4				
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

1500m Women A

Posn	No.	Athlete	Club	Perf
1	6	KILCOURSE Lis	Traff	05:07.2
2	1	MCKEOWN Clare	Bord H	05:14.8
3	3	RHYS PRICE Hannah	Bury	05:26.9
4	44	SIMPSON Hayley	ECHT	05:38.9
5				
6				
7				
8				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	33	GEELAN Katie	Bury	05:47.9
2	4	MCMANUS Bethany	ECHT	05:56.6
3				
4				
5				
6				
7				
8				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	3	RHYS PRICE Hannah	Bury	11:05.7
2	44	SIMPSON Hayley	ECHT	11:37.0
3				
4				
5				
6				
7				
8				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	33	THOMAS Sarah	Bury	11:40.3
2	4	MCMANUS Bethany	ECHT	11:56.4
3				
4				
5				
6				
7				
8				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	3	SPEAKMAN-FARNWORTH Charlc	Bury	72.4
2	4	LEWIS Megan X	ECHT	75.1
3				
4				
5				
6				
7				
8				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	33	CESHIRE Elizabeth	Bury	77.7
2				
3				
4				
5				
6				
7				
8				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	4 ALFORD Lauren	ECHT	17.40	
2	3 IRELAND Charlie X	Bury	19.40	
3				
4				
5				
6				
7				
8				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	33	CESHIRE Elizabeth	Bury	20.90	
2					
3					
4					
5					
6					
7					
8					

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

1500m S/Chase Women A

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

1500m S/Chase Women B

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

100m N/S Women A

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

100m N/S Women B

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

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	3	WORTHINGTON Daisy X	Bury	5.09
2	4	ALFORD Lauren	ECHT	4.74
3	1	BILLS Melissa X	Bord H	4.59
4	6	CONNOR Ellina X	Traff	4.23
5	2	HOLT Rachel	Burn	3.89
6	5	SCREEN Lisa	Kend	3.30
7				
8				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	44	MCMANUS Bethany	ECHT	4.18
2	33	CESHIRE Elizabeth	Bury	4.14
3	22	CORNS Kasey X	Burn	3.77
4	11	ROME Hannah X	Bord H	3.54
5	55	NORTON Lisa	Kend	2.18
6				
7				
8				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1==	6	LESTER Amy Y	Traff	0.01
1==	4	ALFORD Lauren	ECHT	0.01
1==	3	RHYS PRICE Hannah	Bury	0.01

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	33	SPEAKMAN-FARNWORTH Charlc	Bury	0.01

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	4	ALFORD Lauren	ECHT	9.88
2	33	CHESHIRE Elizabeth	Bury	9.52
3	1	HETHERINGTON Charlotte Y	Bord H	7.98
4				
5				
6				
7				
8				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	3	SPEAKMAN-FARNWORTH Charlc	Bury	9.27
2	44	MCMANUS Bethany	ECHT	8.90
3				
4				
5				
6				
7				
8				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	98		No Compet	

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	6	BATE Jemma	Traff	9.77
2	4	ALFORD Lauren	ECHT	7.22
3	3	SAWKUYCZ Xenia	Bury	6.82
4	2	GOODWILL Helen	Burn	6.33
5	5	SCREEN Lisa	Kend	6.32
6	1	HARDING Emma X	Bord H	6.08
7				
8				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	66	HARDING Joanne	Traff	7.75
2	44	ANDREWS Wendy	ECHT	5.50
3	55	NORTON Lisa	Kend	5.38
4	22	FINCH Caitlyn X	Burn	5.17
5	33	HARVEY Jessica	Bury	4.68
6				
7				
8				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	6	BATE Jemma	Traff	36.47
2	3	SAWKUYCZ Xenia	Bury	24.63
3	2	GOODWILL Helen	Burn	21.88
4	4	O'NEILL Abby Y	ECHT	21.45
5	5	SCREEN Lisa	Kend	14.05
6				
7				
8				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	44	WATERS Katherine X	ECHT	16.96
2	66	HARDING Joanne	Traff	16.06
3	22	CORNS Kasey X	Burn	14.49
4	55	NORTON Lisa	Kend	12.80
5	33	HARVEY Jessica	Bury	10.99
6				
7				
8				

NORTH OF ENGLAND WEST Division 3WC @ Ashton-under-Lyne

10/08/2019

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	6	BATE Jemma	Traff	38.41
2	3	SAWKUYCZ Xenia	Bury	28.11
3	2	GOODWILL Helen	Burn	21.96
4	5	SCREEN Lisa	Kend	15.11
5				
6				
7				
8				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	66	HARDING Joanne	Traff	28.39
2	22	STANFIELD Lydia Y	Burn	20.57
3	33	HARVEY Jessica	Bury	17.78
4	55	NORTON Lisa	Kend	12.97
5				
6				
7				
8				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	6	BATE Jemma	Traff	25.95
2	2	STANFIELD Lydia Y	Burn	25.62
3	4	O'NEILL Abby Y	ECHT	25.36
4	55	NORTON Lisa	Kend	14.72
5	3	SAWKUYCZ Xenia	Bury	13.12
6				
7				
8				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	66	HARDING Joanne	Traff	23.73
2	44	WATERS Katherine X	ECHT	18.95
3	22	FINCH Caitlyn X	Burn	16.86
4	33	HARVEY Jessica	Bury	8.22
5				
6				
7				
8				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	6	Traff	CONNOR Ellina X RANKINE Molly X SMITH Chayce HOCKING Chloe	53.60
2	3	Bury	AKINNAYAJO Bolanje X IRELAND Charlie X MELINGI Viola WORTHINGTON Dais	56.60
3	4	ECHT	O'NEILL Abby Y MCMANUS Bethany WATERS Katherine X NELSON Holly X	58.30
4	1	Bord H	HARDING Emma X ROME Hannah X MCKEOWN Clare BILLS Melissa X	59.70
5	2	Burn	HOLT Rachel STANFIELD Lydia Y FINCH Caitlyn X CORNS Kasey X	69.00
6				
7				
8				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	6	Traff	SMITH Chayce HOCKING Chloe CAULEY Amy RANKINE Molly X	04:27.1
2	3	Bury	SPEAKMAN-FARNWORTH Charlotte X COOK Christie AKINNAYAJO Bolanje X WC	04:37.4
3	4	ECHT	LEWIS Megan X SIMPSON Hayley ALFORD Lauren MCMANUS Bethany	05:03.6
4	2	Burn	HOLT Rachel STANFIELD Lydia Y GOODWILL Helen SMITH Amber Y	06:39.0
5				
6				
7				
8				