

REGION	NORTH OF ENGLAND	Track Events Start in Lane
AREA	WEST	
DIVISION	Division 4W	
MATCH	4	
P/FINISH	NO	1

Date Saturday, August 10 2019

Venue @ Preston

Host Club Pendle AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Altrincham & District AC	Alt	25	209.0	35.0	183.5	452.5
2	Bradford Airedale AC	Brad	15	18.0		32.0	65.0
3	Halifax Harriers AC	Hal		44.0			44.0
4	Horwich RMI/Chorley ©	HorC	20	182.0	28.0	109.0	339.0
5	Oldham & Royton H & AC	O&R		136.0	11.0	113.0	260.0
6	Pendle AC	Pend	25	55.0		127.0	207.0
7	Salford Metropolitan AC	Salf	45	258.0	38.0	224.0	565.0
8	Wrexham AAC	Wrex	20	41.0		111.5	172.5

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	Salford Metropolitan AC	565.0	8.0			565.0	8.0	7
2	Altrincham & District AC	452.5	7.0	723.00	5.00	1175.5	12.0	4
3	Horwich RMI/Chorley ©	339.0	6.0	960.00	12.00	1299.0	18.0	3
4	Oldham & Royton H & AC	260.0	5.0	775.00	6.00	1035.0	11.0	5
5	Pendle AC	207.0	4.0	1140.00	15.00	1347.0	19.0	1
6	Wrexham AAC	172.5	3.0			172.5	3.0	8
7	Bradford Airedale AC	65.0	2.0	694.00	7.00	759.0	9.0	6
8	Halifax Harriers AC	44.0	1.0	1301.00	18.00	1345.0	19.0	2

TOTAL EVENTS	39
NO COMPETITORS/EVENT CANCELLED/NMR	-
EVENT SCORED	36
REMAINING	<u>3</u>

NORTH OF ENGLAND WEST Division 4W @ Preston

10/08/2019

100m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	4	PARKER Isaac Y	HorC	11.7	
2	6	PARKINSON Luke	Pend	12.0	
3	7	GETT Matthew	Salf	12.3	
4	5	SYKES Nathan Y	O&R	12.6	
5	1	FISHER Joseph	Alt	12.6	
6	8	THOMAS-SPIRES Steven	Wrex	13.5	
7					
8					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	77	AKPOBARO Fure X	Salf	12.2	
2	66	VAN GEFFEN Harvey Y	Pend	12.8	
3	44	BELTRAN Jorge	HorC	13.1	
4	11	THOMPSON Justin	Alt	13.7	
5	88	JAMES David	Wrex	14.3	
6					
7					
8					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	6	PARKINSON Luke	Pend	24.0	
2	4	KERR Brandon X	HorC	24.6	
3	7	GETT Matthew	Salf	24.8	
4	2	SEWELL Harold	Brad	26.0	
5	8	THOMAS-SPIRES Steven	Wrex	28.6	
6	1	THOMPSON Justin	Alt	29.0	
7					
8					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	77	STANLEY Ben X	Salf	25.1	
2	11	BUCKLEY Ed	Alt	27.3	
3	44	GRINDLEY Dylan	HorC	29.6	
4	88	JAMES David	Wrex	30.3	
5	66	ASHWORTH Mark	Pend	31.9	
6					
7					
8					

400m Men A

Posn	No.	Athlete	Club	Perf
1	55	HALL Ryan	O&R	52.5
2	4	PARKER Isaac Y	HorC	53.4
3	77	STANLEY Ben X	Salf	54.6
4	1	BUGLER Nick	Alt	60.7
5	8	THOMAS-SPIRES Steven	Wrex	77.5
6				
7				
8				

400m Men B

Posn	No.	Athlete	Club	Perf
1	5	MAMMAN Ataba Y	O&R	54.6
2	7	BRERETON Oliver	Salf	60.0
3	11	BUCKLEY Ed	Alt	61.8
4				
5				
6				
7				
8				

800m Men A

Posn	No.	Athlete	Club	Perf
1	4	LILLEY Daniel X	HorC	02:13.0
2	1	BERKS Michael	Alt	02:13.8
3	7	MCDERMOTT Dougal Y	Salf	02:13.8
4	55	COLLEAVY Connor	O&R	02:16.0
5	6	VAN GEFFEN Harvey Y	Pend	02:38.7
6				
7				
8				

800m Men B

Posn	No.	Athlete	Club	Perf
1	77	CONNOLLY Paul	Salf	02:16.6
2	11	GAWNE Matthew	Alt	02:24.8
3	5	TIMPERLEY Daniel	O&R	02:50.8
4	44	SHUTTLEWORTH James	HorC	03:12.1
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 4W @ Preston

10/08/2019

1500m Men A

Posn	No.	Athlete	Club	Perf
1	1	BERKS Michael	Alt	04:37.1
2	4	LILLEY Daniel X	HorC	04:42.9
3	7	MCDERMOTT Dougal Y	Salf	04:55.4
4				
5				
6				
7				
8				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	11	MATUSZCZAK Kristan	Alt	04:50.7
2	77	ONEILL Matthew X	Salf	04:57.1
3				
4				
5				
6				
7				
8				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	1	MATUSZCZAK Kristan	Alt	16:48.5
2	5	MANNINGS Michael	O&R	17:03.9
3	4	BELCHER Tom	HorC	17:51.8
4	7	WATERHOUSE Kevin	Salf	17:52.7
5				
6				
7				
8				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	77	GIVENS Aaron	Salf	18:08.4
2	11	GAWNE Matthew	Alt	18:18.3
3	44	GRINDLEY Dylan	HorC	21:24.7
4	55	SMITH David	O&R	21:27.9
5				
6				
7				
8				

3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	1	BERKS Michael	Alt	11:26.5
2	7	WATERHOUSE Kevin	Salf	11:32.8
3	4	BELCHER Tom	HorC	11:49.1
4				
5				
6				
7				
8				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	11	BUCKLEY Ed	Alt	11:54.6
2	44	GRINDLEY Dylan	HorC	12:57.7
3	77	MERCER Steve	Salf	13:01.9
4				
5				
6				
7				
8				

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	7	BRERETON Oliver	Salf	64.8
2	6	BLACKBURN James	Pend	65.9
3	1	FISHER Joseph	Alt	70.0
4	8	EDWARDS Neil	Wrex	91.2
5				
6				
7				
8				

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	77	MERCER Steve	Salf	79.1
2	11	RICE Peter	Alt	79.8
3				
4				
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 4W @ Preston

10/08/2019

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	7	BRERETON Oliver	Salf	19.1
2	6	BLACKBURN James	Pend	19.2
3	8	EDWARDS Neil	Wrex	22.0
4				
5				
6				
7				
8				

Wind

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	77	GETT Matthew	Salf	22.7
2				
3				
4				
5				
6				
7				
8				

Wind

100m N/S Men A

Posn	No.	Athlete	Club	Perf
1				
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	BLACKBURN James	Pend	6.03
2	7	AKPOBARO Fure X	Salf	5.67
3	5	SYKES Nathan Y	O&R	5.54
4	1	FISHER Joseph	Alt	5.11
5	4	LILLEY Daniel X	HorC	4.78
6	8	THOMAS-SPIRES Steven	Wrex	4.11
7				
8				

Club

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	66	VAN GEFFEN Harvey Y	Pend	4.84
2	11	THOMPSON Justin	Alt	3.74
3	88	JAMES David	Wrex	3.32
4	44	GRINDLEY Dylan	HorC	3.32
5	77	ISHERWOOD John	Salf	3.04
6	55	TIMPERLEY Daniel	O&R	x
7				
8				

Club

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	4	KERR Brandon X	HorC	1.70
2	6	BLACKBURN James	Pend	1.60
3	77	GETT Matthew	Salf	1.45
4=	8	EDWARDS Neil	Wrex	1.40
4=	1	FISHER Joseph	Alt	1.40

Club

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	11	RICE Peter	Alt	1.40
2	7	BRERETON Oliver	Salf	1.40
3	44	BELCHER Tom	HorC	x

Club

NORTH OF ENGLAND WEST Division 4W @ Preston

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Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	6	BLACKBURN James	Pend	13.12
2	5	MAMMAN Ataba Y	O&R	12.95
3	77	AKPOBARO Fure X	Salf	11.06
4	11	BUCKLEY Ed	Alt	9.59
5	8	EDWARDS Neil	Wrex	9.17
6				
7				
8				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	7	BRERETON Oliver	Salf	10.72
2	1	BERKS Michael	Alt	8.74
3	88	JAMES David	Wrex	7.79
4				
5				
6				
7				
8				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	8	EDWARDS Neil	Wrex	3.00

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
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Shot Men A

Posn	Bib	Athlete	Club	Perf
1	8	EDWARDS Neil	Wrex	10.19
2	7	O'CONNELL Andrew	Salf	9.49
3	1	FENTON Zac Y	Alt	9.47
4	6	HIGGINBOTTOM Andrew	Pend	9.06
5	5	HILDITCH Matthew	O&R	8.63
6	2	HAINSWORTH Chris	Brad	6.81
7	4	SHUTTLEWORTH James	HorC	5.22
8				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	55	TIMPERLEY Daniel	O&R	7.01
2	11	TARRY Howard	Alt	6.72
3	77	JONES Cliff	Salf	6.38
4	88	JAMES David	Wrex	6.31
5	66	ASHWORTH Mark	Pend	5.76
6	44	GRINDLEY Dylan	HorC	5.01
7				
8				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	5	HILDITCH Matthew	O&R	25.70
2	7	ISHERWOOD John	Salf	24.51
3	6	HIGGINBOTTOM Andrew	Pend	22.50
4	11	FENTON Zac Y	Alt	22.05
5	8	THOMAS-SPIRES Steven	Wrex	19.82
6	4	WILLIAMS Trevor	HorC	18.39
7	2	HAINSWORTH Chris	Brad	17.38
8				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	1	RICE Peter	Alt	21.55
2	77	HULME Matthew	Salf	20.53
3	55	ALLEN Colin	O&R	18.62
4	66	ASHWORTH Mark	Pend	16.30
5	88	JAMES David	Wrex	14.20
6	44	TOWNSEND Simon	HorC	12.78
7				
8				

NORTH OF ENGLAND WEST Division 4W @ Preston

10/08/2019

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	6	HIGGINBOTTOM Andrew	Pend	33.01
2	1	RICE Peter	Alt	26.02
3	5	HILDITCH Matthew	O&R	21.87
4	7	JONES Cliff	Salf	20.45
5	2	HAINSWORTH Chris	Brad	18.21
6	4	WILLIAMS Trevor	HorC	17.75
7	8	THOMAS-SPIRES Steven	Wrex	17.04
8				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	11	FENTON Zac Y	Alt	21.74
2	77	ISHERWOOD John	Salf	18.22
3	88	JAMES David	Wrex	15.01
4	66	ASHWORTH Mark	Pend	13.01
5	55	TIMPERLEY Daniel	O&R	12.34
6				
7				
8				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	1	FISHER Joseph	Alt	39.91
2	7	HULME Matthew	Salf	39.27
3	88	EDWARDS Neil	Wrex	37.14
4	6	HIGGINBOTTOM Andrew	Pend	32.74
5	4	WILLIAMS Trevor	HorC	24.80
6	5	BOALER Arthur	O&R	22.70
7	2	HAINSWORTH Chris	Brad	18.17
8				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	77	COOPER Ellis	Salf	34.94
2	11	RICE Peter	Alt	32.46
3	8	THOMAS-SPIRES Steven	Wrex	23.26
4	66	ASHWORTH Mark	Pend	12.42
5	44	BELTRAN Jorge	HorC	x
6				
7				
8				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	7	Salf	BRERETON Oliver GETT Matthew STANLEY Ben X AKPOBARO Fure X	49.7
2	4	HorC	GRINDLEY Dylan KERR Brandon X PARKER Isaac Y BELCHER Tom	54.9
3	1	Alt	RICE Peter THOMPSON Justin FISHER Joseph TARRY Howard	55.8
4				
5				
6				
7				
8				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	7	Salf	BRERETON Oliver MCDERMOTT Dougal Y CONNOLLY Paul STANLEY Ben X	04:19.0
2	1	Alt	GAWNE Matthew BUCKLEY Ed MATUSZCZAK Kristan BUGLER Nick	04:21.8
3	4	HorC	GRINDLEY Dylan LILLEY Daniel X SHUTTLEWORTH James BELCHER Tom	05:11.8
4				
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 4W @ Preston

10/08/2019

100m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	7	WRIGHT Emma	Salf	13.8	
2	5	KETO Sephora X	O&R	14.3	
3	1	THOMPSON Steph	Alt	15.6	
4					
5					
6					
7					
8					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	55	HANIF-ALI Hamra X	O&R	15.1	
2	11	WELCH Alice	Alt	16.4	
3	77	MCDERMOTT Olivia	Salf	18.4	
4					
5					
6					
7					
8					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	3	MILLS Lucy Y	Hal	26.8	
2	7	SEED Isobel Y	Salf	27.3	
3	5	MCCULLOUGH Chloe X	O&R	27.9	
4	1	THOMPSON Steph	Alt	32.6	
5	4	REID Emily X	HorC	37.8	
6					
7					
8					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	77	WRIGHT Emma	Salf	29.8	
2	55	KETO Sephora X	O&R	31.0	
3	11	JACKSON Beverley	Alt	38.0	
4					
5					
6					
7					
8					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	3	MILLS Lucy Y	Hal	64.0	
2	7	LOVEGROVE Rebecca	Salf	73.7	
3	1	THOMPSON Steph	Alt	75.0	
4	4	KLUNDER Katherine	HorC	75.6	
5	5	BARTHOLOMEW Megan X	O&R	80.2	
6					
7					
8					

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	44	LIVESEY Laura	HorC	71.7	
2	11	JACKSON Beverley	Alt	82.9	
3	77	WRIGHT Frances	Salf	84.3	
4					
5					
6					
7					
8					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	3	MILLS Lucy Y	Hal	02:32.2	
2	4	LIVESEY Laura	HorC	02:36.5	
3	7	LOVEGROVE Rebecca	Salf	02:40.1	
4	1	WELCH Alice	Alt	02:48.2	
5	55	BARTHOLOMEW Lauren X	O&R	02:51.3	
6	2	SMITH Anna	Brad	03:10.3	
7					
8					

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	44	REID Bethany X	HorC	02:38.8	
2	5	BARTHOLOMEW Megan X	O&R	02:59.1	
3	77	WRIGHT Frances	Salf	03:02.2	
4	11	COSGROVE Fiona	Alt	03:04.5	
5					
6					
7					
8					

NORTH OF ENGLAND WEST Division 4W @ Preston

10/08/2019

1500m Women A

Posn	No.	Athlete	Club	Perf
1	4	LIVESEY Laura	HorC	05:34.2
2	7	LOVEGROVE Rebecca	Salf	05:49.0
3	1	LEESE Nicola	Alt	06:09.3
4	5	BARTHOLOMEW Lauren X	O&R	06:11.6
5	2	SMITH Anna	Brad	06:35.0
6				
7				
8				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	44	KLUNDER Katherine	HorC	05:36.7
2	77	WRIGHT Frances	Salf	06:14.0
3	55	MANNINGS Astacia X	O&R	06:25.9
4	11	COSGROVE Fiona	Alt	06:29.4
5				
6				
7				
8				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	3	CUMBER Sarah	Hal	10:48.0
2	4	KLUNDER Katherine	HorC	11:34.2
3	7	LOVEGROVE Rebecca	Salf	11:47.4
4	1	WELCH Alice	Alt	12:27.6
5	5	BARTHOLOMEW Caroline	O&R	13:25.4
6				
7				
8				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	11	JACKSON Beverley	Alt	12:57.8
2	77	MERCER Laura	Salf	14:52.3
3				
4				
5				
6				
7				
8				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	5	HALL Sophie Y	O&R	75.8
2	4	REID Bethany X	HorC	86.0
3				
4				
5				
6				
7				
8				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	44	LIVESEY Laura	HorC	89.2
2				
3				
4				
5				
6				
7				
8				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	7 BIRCH Alana Y	Salf	20.20	
2				
3				
4				
5				
6				
7				
8				

100m Hurdles Women B

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

NORTH OF ENGLAND WEST Division 4W @ Preston

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					
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	1	SIMPSON Emma X	Alt	4.91
2	7	SEED Isobel Y	Salf	4.70
3	8	HUNTER ELLA X	Wrex	4.0
4	5	HANIF-ALI Hamra X	O&R	3.30
5	4	REID Emily X	HorC	x
6				
7				
8				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	77	WRIGHT Emma	Salf	4.35
2	11	LEESE Nicola	Alt	3.29
3				
4				
5				
6				
7				
8				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1=	7	SEED Isobel Y	Salf	1.40
1=	5	HALL Sophie Y	O&R	1.40

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	77	BIRCH Alana Y	Salf	1.40

NORTH OF ENGLAND WEST Division 4W @ Preston

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Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	1	SIMPSON Emma X	Alt	10.95
2	7	SEED Isobel Y	Salf	10.50
3	8	HUNTER ELLA X	Wrex	8.98
4				
5				
6				
7				
8				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	77	WRIGHT Emma	Salf	8.60
2				
3				
4				
5				
6				
7				
8				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	7	BIRCH Alana Y	Salf	9.10
2	5	HALL Rebecca Y	O&R	7.14
3	1	BAMIGBOYE Ireymika X	Alt	7.13
4	6	BAKER Lynn	Pend	6.30
5	4	TOWNSEND Anya	HorC	6.22
6	2	SWINGLER Rachel	Brad	x
7				
8				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	55	BARTHOLOMEW Caroline	O&R	4.70
2	11	THOMPSON Steph	Alt	4.38
3	44	REID Emily X	HorC	2.96
4	77	BROCKLEHURST Jaine	Salf	2.51
5				
6				
7				
8				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	1	BAMIGBOYE Ireymika X	Alt	25.66
2	6	BAKER Lynn	Pend	24.13
3	4	TOWNSEND Anya	HorC	22.17
4	7	WRIGHT Emma	Salf	20.88
5	2	SWINGLER Rachel	Brad	12.97
6	8	HUNTER ELLA X	Wrex	10.75
7				
8				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	77	BIRCH Alana Y	Salf	12.88
2	44	REID Bethany X	HorC	12.38
3	11	COSGROVE Fiona	Alt	x
4				
5				
6				
7				
8				

NORTH OF ENGLAND WEST Division 4W @ Preston

10/08/2019

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	6	BAKER Lynn	Pend	19.75
2	4	TOWNSEND Anya	HorC	19.22
3	7	WRIGHT Emma	Salf	16.27
4	2	SWINGLER Rachel	Brad	15.36
5				
6				
7				
8				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	77	WRIGHT Frances	Salf	11.24
2	44	LIVESEY Laura	HorC	10.18
3				
4				
5				
6				
7				
8				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	4	TOWNSEND Anya	HorC	22.71
2	1	BAMIGBOYE Ireymika X	Alt	21.48
3	6	BAKER Lynn	Pend	13.09
4	55	BARTHOLOMEW Megan X	O&R	7.52
5	7	WRIGHT Emma	Salf	7.41
6	2	SWINGLER Rachel	Brad	x
7				
8				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	11	SIMPSON Emma X	Alt	17.63
2	44	LIVESEY Laura	HorC	11.77
3	77	WRIGHT Frances	Salf	6.33
4	5	BARTHOLOMEW Lauren X	O&R	6.08
5				
6				
7				
8				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	5	O&R	HALL Sophie Y KETO Sephora X HANIF-ALI Hamra X MCCULLOUGH Chloe X	60.00
2	1	Alt	SIMPSON Emma X THOMPSON Steph LEESE Nicola JACKSON Beverley	65.60
3	7	Salf	WRIGHT Frances MERCER Laura LOVEGROVE Rebecca SEED Isobel Y	68.00
4				
5				
6				
7				
8				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	4	HorC	LIVESEY Laura KLUNDER Katherine REID Bethany X REID Emily X	05:05.4
2	1	Alt	LEESE Nicola THOMPSON Steph COSGROVE Fiona JACKSON Beverley	05:32.3
3	7	Salf	WRIGHT Frances MERCER Laura LOVEGROVE Rebecca MCDERMOTT Olivia	06:00.9
4				
5				
6				
7				
8				