

REGION	NORTHERN TRACK & FIELD LEAGUE	Track Events Start in Lane
AREA	EAST	
DIVISION	East 2	
MATCH	4	
P/FINISH	NO	1

Date 06/08/2022
Venue BERRY HILL PARK ATHLETIC TRACK
Host Club Mansfield Harriers

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Barnsley AC	Barns	45	112.0	20.0	125.0	302.0
2	Bradford Airedale AC	Brad	35	52.0		94.0	181.0
3	Longwood Harriers AC	Longw	35	153.0	20.0	143.0	351.0
4	Mansfield Harriers	Mans	50	232.0	40.0	173.0	495.0
5	Penistone Footpath Runners & AC	PFP	35	50.0	6.0	27.0	118.0
6	Pontefract AC	Pont	50	158.0	23.0	149.0	380.0
7	Worksop Harriers	Works	30	59.0	8.0	38.0	135.0
-							

Posn	Team Name	Points	League	Match Pts	League Pts	Total M	Total L	Standings
1	Mansfield Harriers	495.0	7.0			495.0	7.0	1
2	Pontefract AC	380.0	6.0			380.0	6.0	2
3	Longwood Harriers AC	351.0	5.0			351.0	5.0	3
4	Barnsley AC	302.0	4.0			302.0	4.0	4
5	Bradford Airedale AC	181.0	3.0			181.0	3.0	5
6	Worksop Harriers	135.0	2.0			135.0	2.0	6
7	Penistone Footpath Runners & AC	118.0	1.0			118.0	1.0	7

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

East 2 BERRY HILL PARK ATHLETIC TRACK

Match 4 06/08/2022

100m Men A

Posn	No.	Athlete	Club	Perf
1	6	Luke MURPHY	Pont	12.0
2	4	Dale JACOB	Mans	12.2
3	2	David EKE (U20)	Brad	12.8
4	5	Tom FRYERS	PFP	12.8
5	3	Simon PARKINSON	Longw	14.8
6	1	Kevin MANLEY	Barns	19.6
7				
8				

100m Men B

Posn	No.	Athlete	Club	Perf
1	44	Joseph LIGHTFOOT	Mans	12.4
2	22	Zahid KHAN	Brad	13.7
3	33	Robert UNWIN	Longw	15.7
4	66	Harrison CARTER (U17)	Pont	16.6
5				
6				
7				
8				

200m Men A

Posn	No.	Athlete	Club	Perf
1	6	Luke MURPHY	Pont	24.3
2	4	Matthew YOUNG (U17)	Mans	24.7
3	2	David EKE (U20)	Brad	27.1
4	1	Christopher GILLOTT	Barns	30.9
5	3	Donald KENNEDY	Longw	33.8
6				
7				
8				

200m Men B

Posn	No.	Athlete	Club	Perf
1	44	Dale JACOB	Mans	25.1
2	66	Jack HOLMES (U17)	Pont	27.4
3	33	Simon PARKINSON	Longw	32.5
4	11	Ray ARCHER	Barns	56.2
5				
6				
7				
8				

400m Men A

Posn	No.	Athlete	Club	Perf
1	4	Johar ALI (U17)	Mans	53.2
2	6	Luke MURPHY	Pont	58.4
3	7	Ethan ELLERY (U17)	Works	60.7
4	1	Christopher GILLOTT	Barns	66.7
5	5	Tom FRYERS	PFP	67.6
6	2	Ashley COLLEY	Brad	72.6
7	3	Donald KENNEDY	Longw	74.9
8				

400m Men B

Posn	No.	Athlete	Club	Perf
1	44	Carter GIDDY (U17)	Mans	54.1
2	77	Henry BRADY	Works	61.4
3	66	Phil WARDLE	Pont	68.7
4	33	Craig MITCHELL	Longw	70.6
5	55	Malcolm ROSE	PFP	72.4
6	11	Kevin MANLEY	Barns	92.7
7				
8				

800m Men A

Posn	No.	Athlete	Club	Perf
1	4	Chris MONK	Mans	02:16.5
2	1	Christopher GILLOTT	Barns	02:18.1
3	7	Ethan ELLERY (U17)	Works	02:18.2
4	5	James FRYERS (U20)	PFP	02:18.9
5	3	Philip MITCHELL	Longw	02:28.4
6	2	Ashley COLLEY	Brad	02:35.6
7	6	Kevin WAITE	Pont	02:39.2
8				

800m Men B

Posn	No.	Athlete	Club	Perf
1	44	Jordan BOAM	Mans	02:19.1
2	55	Oliver FRANCE (U17)	PFP	02:25.6
3	33	Donald KENNEDY	Longw	02:42.4
4	66	Phil WARDLE	Pont	02:46.3
5	11	Ray ARCHER	Barns	03:35.4
6				
7				
8				

East 2 BERRY HILL PARK ATHLETIC TRACK

Match 4 06/08/2022

1500m Men A

Posn	No.	Athlete	Club	Perf
1	4	Edward SANKEY (U17)	Mans	04:28.1
2	2	Matt NOWELL	Brad	04:49.1
3	7	Matthew DALY	Works	04:50.0
4	3	Simon PARKINSON	Longw	05:06.8
5	5	Oliver FRANCE (U17)	PFP	05:09.1
6	6	Conor HARRISON	Pont	05:53.8
7	1	Christopher GILLOTT	Barns	06:00.0
8				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	44	William SANKEY (U17)	Mans	04:47.9
2	77	Bryan CHERRY	Works	05:09.4
3	33	Adam TAYLOR	Longw	06:21.0
4	11	Ray ARCHER	Barns	07:30.3
5				
6				
7				
8				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	4	Jordan BOAM	Mans	16:12.5
2	3	Philip MITCHELL	Longw	17:41.8
3	7	Matthew DALY	Works	17:46.9
4	5	Tom FRYERS	PFP	18:15.9
5	2	Matt NOWELL	Brad	18:27.5
6	1	Kevin MANLEY	Barns	23:34.0
7				
8				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	44	James MEE	Mans	17:35.8
2	22	Luke VEEVERS	Brad	18:57.0
3	55	Malcolm ROSE	PFP	19:42.9
4	33	Simon PARKINSON	Longw	19:57.1
5	77	Stephen CARR	Works	20:14.2
6	11	Ray ARCHER	Barns	28:39.8
7				
8				

3000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	44	Chris MONK	Mans	11:41.7
2	7	Henry BRADY	Works	12:44.2
3	3	Donald KENNEDY	Longw	13:19.0
4	6	Conor HARRISON	Pont	13:43.2
5	1	Ray ARCHER	Barns	17:49.5
6				
7				
8				

3000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	4	Mark FICKLING	Mans	13:45.0
2	33	Robert UNWIN	Longw	13:55.5
3				
4				
5				
6				
7				
8				

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	4	Stefan WILCOCKSON	Mans	63.4
2	5	Tom FRYERS	PFP	77.4
3	-			
4				
5				
6				
7				
8				

400m Hurdles Men B

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

East 2 BERRY HILL PARK ATHLETIC TRACK

Match 4 06/08/2022

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	4	Stefan WILCOCKSON	Mans	19.2
2	6	William CARTER	Pont	25.6
3				
4				
5				
6				
7				
8				

110m Hurdles Men B

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

100m N/S Men A

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

100m N/S Men B

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

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	6	Luke MURPHY	Pont	6.35
2	4	Matthew YOUNG (U17)	Mans	5.29
3	33	Graham BICKERDIKE	Longw	4.85
4	11	Dominic BRENNAN (U20)	Barns	4.58
5	2	Ashley COLLEY	Brad	4.32
6				
7				
8				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	66	Jack HOLMES (U17)	Pont	5.28
2	44	Stefan WILCOCKSON	Mans	4.64
3	1	Dan BRADBURY (U20)	Barns	4.43
4	3	Philip MITCHELL	Longw	3.65
5				
6				
7				
8				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	66	Jack HOLMES (U17)	Pont	1.70
2	3	Graham BICKERDIKE	Longw	1.55
3	2	Ashley COLLEY	Brad	1.50
4	4	Stefan WILCOCKSON	Mans	1.45
5	5	Oliver FRANCE (U17)	PFP	X

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	6	William CARTER	Pont	1.45
2	44	Dale JACOB	Mans	X

East 2 BERRY HILL PARK ATHLETIC TRACK

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Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	44		Mans	11.38
2	6	William CARTER	Pont	10.81
3	5	Tom FRYERS	PFP	9.98
4	3	Philip MITCHELL	Longw	8.09
5				
6				
7				
8				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	4	Stefan WILCOCKSON	Mans	10.57
2	66	Richard HOWES	Pont	8.18
3	33	Adam TAYLOR	Longw	7.37
4				
5				
6				
7				
8				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	99		Event Canc	

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
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Shot Men A

Posn	Bib	Athlete	Club	Perf
1	3	Graham BICKERDIKE	Longw	11.25
2	4	Joseph LIGHTFOOT	Mans	10.13
3	6	William CARTER	Pont	9.65
4	2	Zahid KHAN	Brad	9.22
5	11	Dominic BRENNAN (U20)	Barns	8.40
6	5	Tom FRYERS	PFP	5.22
7				
8				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	33	Christopher SAMPSON	Longw	8.96
2	66	Richard HOWES	Pont	7.47
3	44	Dale JACOB	Mans	7.22
4	22	Chris HAINSWORTH	Brad	6.93
5	1	Dan BRADBURY (U20)	Barns	6.87
6				
7				
8				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	3	Graham BICKERDIKE	Longw	36.78
2	11	Dominic BRENNAN (U20)	Barns	34.51
3	6	William CARTER	Pont	32.01
4	4	Joseph LIGHTFOOT	Mans	27.03
5	2	Zahid KHAN	Brad	24.87
6	5	Steve DICKINSON	PFP	13.89
7				
8				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	33	Christopher SAMPSON	Longw	25.01
2	66	Richard HOWES	Pont	22.05
3	22	Chris HAINSWORTH	Brad	17.18
4	1	Dan BRADBURY (U20)	Barns	16.75
5	44	Dale JACOB	Mans	9.48
6				
7				
8				

East 2 BERRY HILL PARK ATHLETIC TRACK

Match 4 06/08/2022

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	33	Christopher SAMPSON	Longw	32.58
2	2	Zahid KHAN	Brad	21.21
3	6	William CARTER	Pont	20.00
4	5	Steve DICKINSON	PFP	12.33
5	11		Barns	11.25
6				
7				
8				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	3	Graham BICKERDIKE	Longw	24.95
2	22	Chris HAINSWORTH	Brad	18.22
3	66	Richard HOWES	Pont	17.50
4				
5				
6				
7				
8				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	1	Dan BRADBURY (U20)	Barns	46.41
2	3	Graham BICKERDIKE	Longw	45.55
3	4	Matthew YOUNG (U17)	Mans	43.16
4	6	Richard HOWES	Pont	31.66
5	2	Zahid KHAN	Brad	25.80
6	55	James FRYERS (U20)	PFP	17.00
7				
8				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	11	Dominic BRENNAN (U20)	Barns	35.05
2	44	Jordan BOAM	Mans	24.35
3	33	Christopher SAMPSON	Longw	22.77
4	66	Harrison CARTER (U17)	Pont	18.38
5	22	Chris HAINSWORTH	Brad	16.99
6	5	Steve DICKINSON	PFP	16.65
7				
8				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	4	Mans	Dale JACOB Carter GIDDY (U17) Joseph LIGHTFOOT Matthew YOUNG (U17)	48.9
2	6	Pont	Harrison CARTER (U17) Jack HOLMES (U17) Richard HOWES Luke MURPHY	58.8
3	3	Longw	Donald KENNEDY Simon PARKINSON Craig MITCHELL Philip MITCHELL	62.3
4	1	Barns	Dan BRADBURY (U20) Dominic BRENNAN (U20) Christopher GILLOTT Ray A	62.9
5				
6				
7				
8				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	4	Mans	Johar ALI (U17) Stefan WILCOCKSON Chris MONK Carter GIDDY (U17)	03:52.3
2	7	Works	Bryan CHERRY Stephen CARR Matthew DALY Henry BRADY	04:22.7
3	6	Pont	Luke MURPHY Conor HARRISON Phil WARDLE William CARTER	04:31.1
4	5	PFP	James FRYERS (U20) Oliver FRANCE (U17) Malcolm ROSE Tom FRYERS	04:31.5
5	3	Longw	Donald KENNEDY Craig MITCHELL Simon PARKINSON Adam TAYLOR	04:48.9
6				
7				
8				

East 2 BERRY HILL PARK ATHLETIC TRACK

Match 4 06/08/2022

100m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	6	Katie KELLY (U17)	Pont	13.6	527
2	4	Amelia BROWN (U17)	Mans	13.9	474
3	3	Debra CASSON	Longw	15.7	221
4	1	Vicky SHAW	Barns	18.7	22
5					
6					
7					
8					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	44	Donna APLIN	Mans	13.9	474
2	66	Isobel SUTTON (U17)	Pont	15.1	293
3	33	Helen HOLDSWORTH	Longw	16.5	144
4					
5					
6					
7					
8					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	4	Jessica LAKE	Mans	27.5	562
2	7	Alicia WELLS (U17)	Works	28.2	502
3	6	Katie KELLY (U17)	Pont	28.7	462
4	3	Debra CASSON	Longw	31.7	264
5					
6					
7					
8					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	44	Donna APLIN	Mans	29.4	409
2	66	Isobel SUTTON (U17)	Pont	31.2	292
3	33	Karen MITCHELL	Longw	51.4	
4					
5					
6					
7					
8					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	6	Katie KELLY (U17)	Pont	64.8	510
2	4	Amelia BROWN (U17)	Mans	66.5	456
3	3	Francesca ROBERTSON	Longw	69.2	377
4	1	Vicky SHAW	Barns	84.6	76
5	2	Joanna COLLEY	Brad	106.6	
6					
7					
8					

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	66	Alice DOLMAN (U17)	Pont	73.2	275
2	44	Beverley ARMSTRONG	Mans	73.9	259
3	33	Debra CASSON	Longw	78.9	159
4	11	Gail COLVILLE	Barns	79.5	148
5					
6					
7					
8					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	4	Sophie TOYN (U20)	Mans	02:34.9	493
2	6	Alice DOLMAN (U17)	Pont	02:45.3	362
3	11	Gail COLVILLE	Barns	02:53.9	269
4	1	Vicky SHAW	Barns	03:03.7	180
5	3	Lindsay ROBERTS	Longw	04:00.3	
6					
7					
8					

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	44	Beverley ARMSTRONG	Mans	02:47.0	342
2	33	Karen MITCHELL	Longw	03:19.0	78
3					
4					
5					
6					
7					
8					

East 2 BERRY HILL PARK ATHLETIC TRACK

Match 4 06/08/2022

1500m Women A

Posn	No.	Athlete	Club	Perf
1	6	Faye LIGHTOWLER	Pont	05:23.1 469
2	4	Sophie TOYN (U20)	Mans	05:36.3 389
3	3	Helen HOLDSWORTH	Longw	05:40.3 366
4	11	Gail COLVILLE	Barns	05:44.9 341
5				
6				
7				
8				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	1	Vicky SHAW	Barns	05:47.8 325
2	33	Karen MITCHELL	Longw	07:57.3
3				
4				
5				
6				
7				
8				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	11	Gail COLVILLE	Barns	11:38.7 469
2	3	Helen HOLDSWORTH	Longw	11:45.7 448
3	6	Christine MCCARTHY	Pont	12:50.2 278
4	4	Jacqueline MASSEY	Mans	13:36.0 181
5				
6				
7				
8				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	1	Vicky SHAW	Barns	11:58.7 411
2	33	Lindsay ROBERTS	Longw	13:44.7 165
3				
4				
5				
6				
7				
8				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	4	Jessica LAKE	Mans	66.9 723
2	6	Eleanor BIRDEN (U20)	Pont	78.8 424
3	3	Francesca ROBERTSON	Longw	81.8 359
4				
5				
6				
7				
8				

400m Hurdles Women B

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

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	6 Eleanor BIRDEN (U20)	Pont	18.6 474	
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					

East 2 BERRY HILL PARK ATHLETIC TRACK

Match 4 06/08/2022

100m N/S Women A

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

100m N/S Women B

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

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	4	Jessica LAKE	Mans	5.10 717
2	7	Alicia WELLS (U17)	Works	4.86 659
3	6	Eleanor BIRDEN (U20)	Pont	4.80 645
4	3	Francesca ROBERTSON	Longw	4.50 574
5	11	Sarah BURTON	Barns	2.73 169
6				
7				
8				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	66	Alice DOLMAN (U17)	Pont	3.92 438
2	44	Rachel WILCOCKSON	Mans	3.68 383
3	33		Longw	3.09 249
4	1	Gail COLVILLE	Barns	2.35 88
5				
6				
7				
8				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	7	Alicia WELLS (U17)	Works	1.45 584
2	4	Jessica LAKE	Mans	1.40 531
3	3	Francesca ROBERTSON	Longw	1.25 371

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	44	Sophie TOYN (U20)	Mans	1.30 424

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	6	Eleanor BIRDEN (U20)	Pont	9.91 631
2	4	Sophie TOYN (U20)	Mans	8.78 501
3	3	Francesca ROBERTSON	Longw	8.55 474
4				
5				
6				
7				
8				

Triple Jump Women B

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

East 2 BERRY HILL PARK ATHLETIC TRACK

Match 4 06/08/2022

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	99		Event Canc	

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
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Shot Women A

Posn	Bib	Athlete	Club	Perf
1	1	Toni BUCKINGHAM	Barns	11.49 783
2	4	Serenity JOYNT (U17)	Mans	9.72 668
3	22	Rachel SWINGLER	Brad	5.82 356
4	7	Emma O'CONNER	Works	5.46 319
5	6	Jane WILLIAMS	Pont	4.91 256
6	3	Karen MITCHELL	Longw	3.79 77
7				
8				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	44	Rachel WILCOCKSON	Mans	8.48 581
2	11	Sarah BURTON	Barns	5.22 292
3	2	Joanna COLLEY	Brad	4.19 156
4	66	Isobel SUTTON (U17)	Pont	3.54
5				
6				
7				
8				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	1	Toni BUCKINGHAM	Barns	34.88 740
2	4	Serenity JOYNT (U17)	Mans	29.61 665
3	7	Emma O'CONNER	Works	15.44 396
4	2	Joanna COLLEY	Brad	15.40 395
5	6	Jane WILLIAMS	Pont	13.88 353
6	3	Debra CASSON	Longw	13.33 337
7				
8				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	44	Rachel WILCOCKSON	Mans	26.44 616
2	11	Sarah BURTON	Barns	17.38 444
3	22	Rachel SWINGLER	Brad	13.21 333
4	33	Lindsay ROBERTS	Longw	11.14 260
5				
6				
7				
8				

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	4	Rachel WILCOCKSON	Mans	56.27 912
2	1	Toni BUCKINGHAM	Barns	28.80 586
3	7	Emma O'CONNER	Works	19.18 433
4	2	Rachel SWINGLER	Brad	14.74 347
5	6	Jane WILLIAMS	Pont	13.74 325
6				
7				
8				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	11	Sarah BURTON	Barns	12.26 291
2				
3				
4				
5				
6				
7				
8				

East 2 BERRY HILL PARK ATHLETIC TRACK

Match 4 06/08/2022

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	4	Serenity JOYNT (U17)	Mans	30.97 686
2	1	Toni BUCKINGHAM	Barns	22.17 546
3	6	Jane WILLIAMS	Pont	13.43 361
4	2	Joanna COLLEY	Brad	10.00 256
5	3	Helen HOLDSWORTH	Longw	7.50 139
6				
7				
8				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	44	Rachel WILCOCKSON	Mans	20.69 519
2	11	Sarah BURTON	Barns	10.91 287
3	22	Rachel SWINGLER	Brad	8.12 175
4	33	Lindsay ROBERTS	Longw	6.35
5				
6				
7				
8				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	4	Mans	Donna APLIN Amelia BROWN (U17) Rachel WILCOCKSON Jessica LAKE	56.5
2	3	Longw	Francesca ROBERTSON Debra CASSON Karen MITCHELL Helen HOLDSWORTH	67.4
3	1	Barns	Toni BUCKINGHAM Vicky SHAW Gail COLVILLE Sarah BURTON	68.8
4				
5				
6				
7				
8				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	4	Mans	Beverley ARMSTRONG Sophie TOYN (U20) Paige ROADLEY Jessica LAKE	04:35.0
2	6	Pont	Alice DOLMAN (U17) Christine MCCARTHY Faye LIGHTOWLER Katie KELLY (U17)	05:05.9
3	1	Barns	Toni BUCKINGHAM Gail COLVILLE Vicky SHAW Sarah BURTON	05:36.4
4				
5				
6				
7				
8				