

REGION	NORTHERN TRACK & FIELD LEAGUE	Track Events Start in Lane
AREA	WEST	
DIVISION	West 1N	
MATCH	4	
P/FINISH	NO	1

Date 06/08/2022  
Venue LONGFORD PARK ATHLETICS STADIUM  
Host Club Trafford AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Blackpool Wyre & Fylde AC	BWF	55.0	94.0	18.0	142.0	309.0
2	Bolton United H & AC	Bolt	25.0	152.0	27.0	116.0	320.0
3	Bury AC	Bury	55.0	186.0	25.0	175.0	441.0
4	Leigh Harriers & AC	Leigh	25.0	15.0	6.0	110.0	156.0
5	Seaton AC	Seat					
6	Trafford AC	Traff	55.0	205.0	31.0	158.0	449.0
-						6.0	6.0
-						6.0	6.0

Posn	Team Name	Points	League	Match Pts	League Pts	Total M	Total L	Standings
1	Trafford AC	449.0	6.0	1235.5	15	1684.5	21.0	1
2	Bury AC	441.0	5.0	1240	15	1681.0	20.0	2
3	Bolton United H & AC	320.0	4.0	1072.5	10	1392.5	14.0	4
4	Blackpool Wyre & Fylde AC	309.0	3.0	1117	13	1426.0	16.0	3
5	Leigh Harriers & AC	156.0	2.0	740	7	896.0	9.0	5
8	Seaton AC							6
								6
								6

TOTAL EVENTS	39
NO COMPETITORS/EVENT CANCELLED/NMR	1
EVENT SCORED	38
REMAINING	-

**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**100m Men A**

Posn	No.	Athlete	Club	Perf
1	6	Elijah LEWIS	Traff	11.4
2	1	Joel ELPHICK (U20)	BWF	11.4
3	4	Karran KAPUR-WALTON	Leigh	11.4
4	2	Mark LINTOTT (U17)	Bolt	11.6

**100m Men B**

Posn	No.	Athlete	Club	Perf
1	66	Ahmed SIMEEN	Traff	11.4
2	11	Charles UTOMI	BWF	11.8
3	44	Daniel VENABLES (U20)	Leigh	12.1
4	22	Thomas LANCASHIRE	Bolt	12.6

**200m Men A**

Posn	No.	Athlete	Club	Perf
1	6	Elijah LEWIS	Traff	23.0
2	1	Henry MANSON (U17)	BWF	23.3
3	2	Mark LINTOTT (U17)	Bolt	24.0
4	4	Daniel VENABLES (U20)	Leigh	24.5
5	3	Joshua KANTOR (U17)	Bury	26.3

**200m Men B**

Posn	No.	Athlete	Club	Perf
1	11	Joel ELPHICK (U20)	BWF	23.0
2	33	Luke HARRELD	Bury	25.6
3	66	Ahmed SIMEEN	Traff	28.9
4				
5				

**400m Men A**

Posn	No.	Athlete	Club	Perf
1	6	Reece INGLEY	Traff	49.9
2	1	Will CRITCHLEY	BWF	50.7
3	3	Conor WILKINSON	Bury	54.5
4	2	Jack DICKINSON	Bolt	58.9

**400m Men B**

Posn	No.	Athlete	Club	Perf
1	66	Luke CRAMPTON	Traff	52.8
2	33	Martin CLARK	Bury	56.4
3	22	Martin REID	Bolt	57.5
4				

**800m Men A**

Posn	No.	Athlete	Club	Perf
1	2	Thomas LANCASHIRE	Bolt	02:01.1
2	3	Luke HARRELD	Bury	02:02.1
3	6	Alex JONES	Traff	02:04.4

**800m Men B**

Posn	No.	Athlete	Club	Perf
1	33	Conor WILKINSON	Bury	02:03.0
2	66	Greg MARCROFT	Traff	02:05.0
3	22	Martin REID	Bolt	02:08.7

**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**1500m Men A**

Posn	No.	Athlete	Club	Perf
1	2	Thomas LANCASHIRE	Bolt	04:03.2
2	6	Harry SINCLAIR	Traff	04:03.9
3	3	Luke HARRELD	Bury	04:11.9
4	1	Nathan BAKER	BWF	05:04.1

**1500m Men B**

Posn	No.	Athlete	Club	Perf
1	66	David BOWERS	Traff	04:10.5
2	22	Bruno LIMA	Bolt	04:12.9
3	33	Matthew COLLISTER	Bury	04:33.0
4	11	Jonathan RUTTER	BWF	05:24.6

**5000m Men A**

Posn	No.	Athlete	Club	Perf
1	6	Thomas CHARLES	Traff	14:59.2
2	3	Martin CLARK	Bury	15:58.6
3	2	Anthony VALENTINE	Bolt	16:03.3

**5000m Men B**

Posn	No.	Athlete	Club	Perf
1	66	Simon O'MEARA	Traff	16:17.0
2	33	Paul JOHNSTON	Bury	17:03.7
3	22	Callum BROOKS	Bolt	17:08.1

**3000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf
1	3	Patrick BABB	Bury	11:45.4

**3000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf
1	33	Declan TATTERSALL	Bury	11:49.2

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf
1	6	Rik YATES	Traff	53.5
2	1	Joel ELPHICK (U20)	BWF	59.1
3	3	Peter GARDNER (U17)	Bury	64.4
4	2	Scott WHITTLE	Bolt	65.1

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf
1	66	Simon O'MEARA	Traff	69.4
2	11	Philip ELLERSHAW	BWF	72.0
3	33	Patrick BABB	Bury	78.1
4				

**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	Wind
					+0.0
1	6	Rik YATES	Traff	15.5	
2	2	Scott WHITTLE	Bolt	18.5	
3	1	Philip ELLERSHAW	BWF	23.2	

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	Wind
					+0.0
1	22	Brian HALL	Bolt	21.3	
2					
3					

**100m N/S Men A**

Posn	No.	Athlete	Club	Perf	Wind
					+0.0
1	3	Nathan WITSOWSKI (u20)	Bury	11.8	
2	33	Joshua KANTOR (U17)	Bury	12.6	

**100m N/S Men B**

Posn	No.	Athlete	Club	Perf	Wind
					+0.0
1	92	Nathan DENT	Leigh	12.5	
2	91	Jonathan RUTTER	Blackpool	12.9	

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	33	Natan WITKOWSKI (U20)	Bury	5.69
2	1	Jefferson KONG (U17)	BWF	5.38
3	2	Brian HALL	Bolt	5.33
4	4	Joshua KNOX	Leigh	5.09
5	6	Simon O'MEARA	Traff	4.32

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	3	Jay COOK (U20)	Bury	5.65
2	11	Jonathan RUTTER	BWF	5.22
3	22	Scott WHITTLE	Bolt	4.87
4	44	Daniel VENABLES (U20)	Leigh	4.59
5	66	Scott JONES	Traff	4.07

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	2	Brian HALL	Bolt	1.90
2	3	Jay COOK (U20)	Bury	1.75
3	11	Philip ELLERSHAW	BWF	1.50
4	6	Simon O'MEARA	Traff	x

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	33	Natan WITKOWSKI (U20)	Bury	1.60
2	22	Scott WHITTLE	Bolt	1.45
3	1	George MACKENZIE (U17)	BWF	x

**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	3	Peter GARDNER (U17)	Bury	10.94
2	1	Jefferson KONG (U17)	BWF	10.62
3	2	Brian HALL	Bolt	10.56
4	66	Simon O'MEARA	Traff	10.09
5	-			3.0

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	22	Scott WHITTLE	Bolt	10.19
2	11	Philip ELLERSHAW	BWF	9.81
3	6	Alex JONES	Traff	9.26
4	33	Declan TATTERSALL	Bury	7.38
5	-			3.0

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf
1	4	Karran KAPUR-WALTON	Leigh	4.05
2	1	George MACKENZIE (U17)	BWF	3.50
3	3	Natan WITKOWSKI (U20)	Bury	3.20

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf
1	11	Jefferson KONG (U17)	BWF	3.10

**Shot Men A**

Posn	Bib	Athlete	Club	Perf
1	6	Scott JONES	Traff	13.39
2	3	Jay COOK (U20)	Bury	11.47
3	4	Joshua KNOX	Leigh	10.67
4	2	Brian HALL	Bolt	7.48
5	11	Philip ELLERSHAW	BWF	6.85

**Shot Men B**

Posn	Bib	Athlete	Club	Perf
1	66	Cameron UNSWORTH (U20)	Traff	13.03
2	44	Simon FORSTER	Leigh	8.99
3	33	Alison DALE	Bury	6.33
4	22	Martin REID	Bolt	5.99
5	1	Jonathan RUTTER	BWF	5.97

**Discus Men A**

Posn	Bib	Athlete	Club	Perf
1	6	Scott JONES	Traff	36.33
2	4	Joshua KNOX	Leigh	35.81
3	2	Brian HALL	Bolt	17.19
4	11	Philip ELLERSHAW	BWF	16.34
5	33	Paul JOHNSTON	Bury	15.19

**Discus Men B**

Posn	Bib	Athlete	Club	Perf
1	66	Michael MARTIN	Traff	28.53
2	44	Simon FORSTER	Leigh	24.03
3	22	Scott WHITTLE	Bolt	17.12
4	3	Alison DALE	Bury	13.52
5	1	Jonathan RUTTER	BWF	12.88

**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	6	Michael MARTIN	Traff	31.03
2	4	Joshua KNOX	Leigh	30.60
3	2	Scott WHITTLE	Bolt	16.88
4	33	Paul JOHNSTON	Bury	15.15

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	44	Simon FORSTER	Leigh	26.32
2	3	Alison DALE	Bury	14.54
3	66	Simon O'MEARA	Traff	8.78
4				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	4	Lewis FORSTER (U20)	Leigh	52.99
2	66	Cameron UNSWORTH (U20)	Traff	46.98
3	3	Jay COOK (U20)	Bury	37.22
4	11	Joel ELPHICK (U20)	BWF	27.37
5	2	Brian HALL	Bolt	18.38

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	44	Joshua KNOX	Leigh	46.86
2	6	Jacob FLETCHER	Traff	41.85
3	33	Alison DALE	Bury	22.11
4	1	Jonathan RUTTER	BWF	21.50
5				

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	6	Traff	Rik YATES Reece INGLEY Rushwan LEWIS Elijah LEWIS	45.3
2	1	BWF	Charles UTOMI Jefferson KONG (U17) Henry MANSON (U17) Joel ELPHICK (	45.5
3	4	Leigh	Joshua KNOX Lewis FORSTER (U20) Karran KAPUR-WALTON Daniel VENABL	47.5
4	3	Bury	Peter GARDNER (U17) Luke HARRELD Joshua KANTOR (U17) Natan WITKO	47.9
5	2	Bolt	Mark LINTOTT (U17) Bruno LIMA Martin REID Thomas LANCASHIRE	49.5

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	6	Traff	Alex JONES Reece INGLEY Harry SINCLAIR Luke CRAMPTON	03:38.2
2	2	Bolt	Bruno LIMA Martin REID Callum BROOKS Thomas LANCASHIRE	03:44.4
3	3	Bury	Matthew COLLISTER Jay COOK (U20) Conor WILKINSON Luke HARRELD	03:45.4
4	1	BWF	Will CRITCHLEY Philip ELLERSHAW Jonathan RUTTER Nathan BAKER	04:21.6
5				

**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
					+2.1
1	2	Hannah KELLY	Bolt	12.2	
2	6	Kate SMITH (U20)	Traff	13.4	
3	3	Mae GARDNER (U17)	Bury	13.7	
4	1	Joanne UPTON-FLETCHER (U BWF		13.8	

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
					+0.5
1	22	Kennedy LAWSON (U17)	Bolt	13.0	
2	66	Chidinma AGWU	Traff	13.4	
3	11	Gracie RUTTER (U17)	BWF	13.8	
4	33	Ella WATSON (U17)	Bury	14.2	

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
					-0.4
1	2	Hannah KELLY	Bolt	24.1	
2	6	Seren BUNDY-DAVIES	Traff	25.0	
3	3	Rosella TOGO (U20)	Bury	26.5	
4	1	Joanne UPTON-FLETCHER (U BWF		28.2	

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
					+0.0
1	22	Kennedy LAWSON (U17)	Bolt	26.8	
2	66	Mercedes MERCER	Traff	27.3	
3	11	Gracie RUTTER (U17)	BWF	29.9	
4	33	Sarah THOMAS	Bury	34.2	

**400m Women A**

Posn	No.	Athlete	Club	Perf
1	2	Olivia KIMBOWA	Bolt	58.2
2	3	Anna GISBOURNE (U17)	Bury	58.4
3	6	Daisy RYAN (U17)	Traff	69.6

**400m Women B**

Posn	No.	Athlete	Club	Perf
1	22	Katie ECKERSLEY	Bolt	59.4
2	33	Reilly CARSON (U17)	Bury	64.0
3	66	Louise SMITH	Traff	66.7

**800m Women A**

Posn	No.	Athlete	Club	Perf
1	3	Anna GISBOURNE (U17)	Bury	02:25.3
2	6	Kate MEESON	Traff	02:29.5
3	2	Rachel BAILEY	Bolt	02:48.3

**800m Women B**

Posn	No.	Athlete	Club	Perf
1	33	Nicola RYAN	Bury	02:31.3
2	66	Liz ELLYARD	Traff	02:34.7
3	22	Rebecca REID	Bolt	03:52.0

**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	3	Chloe ARDIN (U17)	Bury	05:05.4
2	66	Sophie RALSTON	Traff	05:15.8
3	2	Rachel BAILEY	Bolt	05:50.5

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	6	Kate MEESON	Traff	05:18.2
2	33	Rachel MARSHALL	Bury	05:20.5
3	22	Mary CHEUNG	Bolt	06:38.2

**3000m Women A**

Posn	No.	Athlete	Club	Perf
1	3	Rachel MARSHALL	Bury	11:22.6
2	66	Amy CAULEY	Traff	11:59.0
3	1	Kira CHESHIRE	BWF	12:18.5
4	2	Mary CHEUNG	Bolt	13:40.0

**3000m Women B**

Posn	No.	Athlete	Club	Perf
1	33	Sarah THOMAS	Bury	11:43.7
2	6	Kate MEESON	Traff	12:02.7
3	11	Amanda FULLER	BWF	14:33.5
4				

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	6	Chloe ESEGBONA	Traff	64.4
2	3	Beverley MCAULEY	Bury	94.8

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	66	Liz ELLYARD	Traff	77.7
2	33	Susan WHEELDON-GORST	Bury	109.2

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind	
1	3	Rosella TOGO (U20)	Bury	16.1	-0.5
2	1	Nia RUTTER	BWF	16.5	
3	6	Kate SMITH (U20)	Traff	16.6	

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	33	Nicole PALMER (U17)	Bury	19.3	-0.5
2					
3					



**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**Long Jump Women A**

Posn	Bib	Athlete	Club	Perf
1	2	Georgia LEVER	Bolt	5.20
2	6	Louise SMITH	Traff	5.14
3	1	Nia RUTTER	BWF	4.67
4	33	Abigail HOWARD (U20)	Bury	4.28

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf
1	11	Gracie RUTTER (U17)	BWF	4.63
2	66	Kate SMITH (U20)	Traff	4.38
3	22	Kennedy LAWSON (U17)	Bolt	4.24
4	3	Nicole PALMER (U17)	Bury	4.07

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf
1	3	Rosella TOGO (U20)	Bury	1.55
2	1	Nia RUTTER	BWF	1.50
3	66	Louise SMITH	Traff	1.45

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf
1	6	Chidinma AGWU	Traff	1.15
2	33	Ella WATSON (U17)	Bury	x

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf
1	3	Nicole PALMER (U17)	Bury	9.50
2	2	Hannah KERRY	Bolt	9.38
3	6	Kate SMITH (U20)	Traff	9.37

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf
1	33	Ella WATSON (U17)	Bury	8.42
2	66	Daisy RYAN (U17)	Traff	7.97
3				

**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf
1	1	Grace DUNN (U20)	BWF	2.80
2	3	Reilly CARSON (U17)	Bury	1.90

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf
1	11	Chloe PARSONS (U20)	BWF	2.60
2	33	Abigail HOWARD (U20)	Bury	1.90

**Shot Women A**

Posn	Bib	Athlete	Club	Perf
1	1	Nia RUTTER	BWF	11.44
2	3	Rosella TOGO (U20)	Bury	10.19
3	66	Kerrie BUCKLEY	Traff	9.49
4	4	Carla WINSTANLEY	Leigh	9.26
5	22	Rebecca MAKIN	Bolt	6.57

**Shot Women B**

Posn	Bib	Athlete	Club	Perf
1	6	Charlotte STUCHBURY	Traff	8.81
2	33	Ella HALL (U20)	Bury	8.15
3	44	Jess ARNISON	Leigh	7.96
4	11	Michelle BEARD	BWF	7.30
5	2	Louise Kay	Bolt	6.33

**Discus Women A**

Posn	Bib	Athlete	Club	Perf
1	6	Jenny PYATT	Traff	42.08
2	3	Halle DAVIES-FERNEYHOUGH	Bury	24.89
3	11	Nia RUTTER	BWF	23.95
4	4	Carla WINSTANLEY	Leigh	21.56
5	2	Rebecca MAKIN	Bolt	16.17

**Discus Women B**

Posn	Bib	Athlete	Club	Perf
1	66	Kerrie BUCKLEY	Traff	24.71
2	1	Michelle BEARD	BWF	21.82
3	22	Rebecca REID	Bolt	15.04
4	33	Beverley MCAULEY	Bury	14.18
5				

**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	6	Charlotte STUCHBURY	Traff	38.63
2	4	Jess ARNISON	Leigh	38.49
3	2	Louise Kay	Bolt	34.02
4	1	Michelle BEARD	BWF	25.58
5	33	Mae GARDNER (U17)	Bury	20.89

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	44	Carla WINSTANLEY	Leigh	29.16
2	22	Rebecca MAKIN	Bolt	29.01
3	66	Kerrie BUCKLEY	Traff	26.49
4	11	Amanda FULLER	BWF	12.43
5	3	Beverley MCAULEY	Bury	11.23

**West 1N LONGFORD PARK ATHLETICS STADIUM**

**Match 4 06/08/2022**

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	3	Reilly CARSON (U17)	Bury	29.97
2	4	Emily LEWTAS	Leigh	25.70
3	1	Nia RUTTER	BWF	24.34
4	66	Kerrie BUCKLEY	Traff	23.73
5	2	Rebecca MAKIN	Bolt	22.38

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	33	Halle DAVIES-FERNEYHOUGH	Bury	28.17
2	44	Carla WINSTANLEY	Leigh	18.61
3	11	Chloe PARSONS (U20)	BWF	16.62
4	6	Kerrie BUCKLEY	Traff	16.58
5	22	Rebecca REID	Bolt	13.46

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	2	Bolt	Kennedy LAWSON (U17) Olivia KIMBOWA Katie ECKERSLEY Hannah KELLY	49.6
2	6	Traff	Chidinma AGWU Mercedes MERCER Kate SMITH (U20) Louise SMITH	51.8
3	1	BWF	Chloe PARSONS (U20) Joanne UPTON-FLETCHER (U20) Nia RUTTER Gracie	54.3
4	3	Bury	Sarah THOMAS Ella WATSON (U17) Rachel MARSHALL Nicole PALMER (U17)	59.9

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	3	Bury	Chloe ARDIN (U17) Rosella TOGO (U20) Reilly CARSON (U17) Anna GISBOU	04:03.7
2	2	Bolt	Katie ECKERSLEY Olivia KIMBOWA Rachel BAILEY Hannah KELLY	04:04.3
3	6	Traff	Seren BUNDY-DAVIES Kate MEESON Kate SMITH (U20) Mercedes MERCER	04:11.2