

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

Date 20/05/2023
Venue Macclesfield Leisure Centre
Host Club Crewe & Nantwich AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Crewe & Nantwich AC	C&N	50	71.0	7.0	162.0	290.0
2	Liverpool Harriers & AC	Liv H	55	212.0	26.0	112.0	405.0
3	Liverpool Pembroke & Sefton H AC	Lpem	50	134.0	26.0	136.0	346.0
4	Macclesfield Harriers & AC	Macc	55	87.0		79.0	221.0
5	Southport Waterloo AC	S'port W	40	117.0	5.0	155.0	317.0
6	Wigan & District H & AC	Wigan	15	41.0	16.0	73.0	145.0
7	Wrexham AAC	Wrex	55	89.0	15.0	95.0	254.0
-							

Posn	Team Name	Points	League	Match Pts	League Pts	Total M	Total L
1	Liverpool Harriers & AC	405.0	7.0			405.0	7.0
2	Liverpool Pembroke & Sefton H AC	346.0	6.0			346.0	6.0
3	Southport Waterloo AC	317.0	5.0			317.0	5.0
4	Crewe & Nantwich AC	290.0	4.0			290.0	4.0
5	Wrexham AAC	254.0	3.0			254.0	3.0
6	Macclesfield Harriers & AC	221.0	2.0			221.0	2.0
7	Wigan & District H & AC	145.0	1.0			145.0	1.0

TOTAL EVENTS	40
NO COMPETITORS/EVENT CANCELLED/NMR	-
EVENT SCORED	39
REMAINING	<u>1</u>

West 1S Macclesfield Leisure Centre

Match 1 20/05/2023

100m Men A					100m Men B				
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf
				Wind					Wind
									-3.6
1	2	Ruachkuoth TER (U20)	Liv H	11.3	1	33	Ryan MOSTYN	Lpem	11.5
2	3	Harrison MAY-JOYNSON (U20)	Lpem	11.4	2	77	Evan WILLIAMS	Wrex	11.6
3	1	Dominic BRADLEY	C&N	11.4	3	22	Alec BATILA	Liv H	11.6
4	7	Liam MCGIVERN	Wrex	11.6	4	55	Bill STEEL (U20)	S'port W	12.5
5	6	Adam HARVEY	Wigan	11.6	5	11	Anthony LEIGH	C&N	12.5
6	4	David SMITH	Macc	11.9	6	44	Jasyn SAVAGE	Macc	14.5
7	5	Christopher BURGESS	S'port W	12.7	7	66	Jeff DARBYSHIRE	Wigan	15.5
8					8				

200m Men A					200m Men B				
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf
				Wind					Wind
				00.3					-01.6
1	2	Ruachkuoth TER (U20)	Liv H	22.7	1	33	Harrison MAY-JOYNSON (U20)	Lpem	22.7
2	7	Liam MCGIVERN	Wrex	22.9	2	22	Alec BATILA	Liv H	23.2
3	1	Dominic BRADLEY	C&N	23.3	3	77	Evan WILLIAMS	Wrex	24.0
4	3	Ciaran SCROGGIE	Lpem	23.4	4	11	Anthony LEIGH	C&N	25.5
5	5	Sam COUPLAND (U20)	S'port W	23.6	5	55	Christopher BURGESS	S'port W	26.2
6	4	David SMITH	Macc	24.0	6				
7	6	Jeff DARBYSHIRE	Wigan	32.5	7				
8					8				

400m Men A					400m Men B				
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf
1	3	Matthew HUGHES (U20)	Lpem	50.1	1	66	Adam HARVEY	Wigan	52.6
2	2	James DAVIS (U17)	Liv H	50.8	2	33	James READ (U20)	Lpem	53.2
3	6	Ben NOLAN (U20)	Wigan	50.9	3	22	Thomas CROFT	Liv H	55.1
4	4	Philip GOODFELLOW (U20)	Macc	53.2	4	77	Thomas EVANS	Wrex	57.1
5	1	Archie VARLEY (U17)	C&N	53.6	5	11	Alfie CARTER (U17)	C&N	60.3
6	5	Graham BOREHAM	S'port W	54.2	6	55	Lee COUPLAND	S'port W	76.6
7	7	Oliver EDWARDS	Wrex	54.8	7				
8					8				

800m Men A					800m Men B				
Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf
1	3	Ross HARRISON	Lpem	01:56.3	1	22	Christian WOODS	Liv H	02:12.9
2	2	Michael MCCARTHY	Liv H	01:57.5	2	55	Andrew VEEVERS	S'port W	02:21.5
3	4	Laurence MANLEY	Macc	02:00.1	3	44	Geoff PETTENGELL	Macc	03:09.4
4	5	Graham BOREHAM	S'port W	02:04.8	4				
5					5				
6					6				
7					7				
8					8				

West 1S Macclesfield Leisure Centre

Match 1 20/05/2023

1500m Men A

Posn	No.	Athlete	Club	Perf
1	22	Jake STAFFORD (U20)	Liv H	04:14.6
2	3	Se LOUGHLIN	Lpem	04:15.3
3	4	Robert WHITBY	Macc	04:48.8
4	5	Andrew VEEVERS	S'port W	04:52.5
5	7	Richard WESTWOOD	Wrex	05:37.2
6				
7				
8				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	2	Mark RYAN	Liv H	04:15.7
2	44	Chris EDWARDSON	Macc	05:01.1
3	55	Keith SWIFT	S'port W	05:31.7
4				
5				
6				
7				
8				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	2	Ryan WHISTON	Liv H	16:49.7
2	5	Andrew VEEVERS	S'port W	18:14.7
3	3	Kevin USHER	Lpem	18:27.2
4	7	Mike ROBBINS	Wrex	20:53.2
5				
6				
7				
8				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	22	Callum GRANT	Liv H	18:07.2
2	55	Keith SWIFT	S'port W	20:37.9
3	77	Richard WESTWOOD	Wrex	20:55.4
4				
5				
6				
7				
8				

3km S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	2	Ethan DUNN	Liv H	10:11.1
2	5	Andrew VEEVERS	S'port W	12:03.7
3	7	Thomas EVANS	Wrex	12:14.2
4				
5				
6				
7				
8				

3km S/Chase Men B

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

400m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	7	Neil DAVIES	Wrex	80.8
2	5	Lee COUPLAND	S'port W	90.5
3	4	Tony SHENTON	Macc	92.3
4				
5				
6				
7				
8				

400m Hurdles Men B

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

West 1S Macclesfield Leisure Centre

Match 1 20/05/2023

110m Hurdles Men A

Posn	No.	Athlete	Club	Wind	Perf
				-0.7	
1	2	Alec BATILA	Liv H		15.6
2	5	Sam COUPLAND (U20)	S'port W		16.3
3	7	Neil EDWARDS	Wrex		24.2
4					
5					
6					
7					
8					

110m Hurdles Men B

Posn	No.	Athlete	Club	Wind	Perf
1	55	Lee COUPLAND	S'port W		29.2
2					
3					
4					
5					
6					
7					
8					

100m N/S Men A

Posn	No.	Athlete	Club	Wind	Perf
1	23	Mannie Thomas			11.8
2	33	Oliver Steele			12.0
3					
4					
5					
6					
7					
8					

100m N/S Men B

Posn	No.	Athlete	Club	Wind	Perf
1	22	Oliver Edwards			11.9
2	3	Harry Coyne			12.1
3					
4					
5					
6					
7					
8					

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	7	Jacob EDGHILL (U20)	Wrex	6.45
2	5	Sam COUPLAND (U20)	S'port W	6.25
3	2	Corey BEECHALL (U17)	Liv H	6.09
4	6	Will JACKSON (U20)	Wigan	5.86
5	1	Alfie CARTER (U17)	C&N	5.78
6	3	Sandy CLARKSON	Lpem	5.22
7	4	Craig BIRCH	Macc	X
8				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	77	Thomas WALLEY	Wrex	6.35
2	11	Archie VARLEY (U17)	C&N	5.68
3	55	Adam BYRNE (U17)	S'port W	5.54
4	66	Jeff DARBYSHIRE	Wigan	4.35
5				
6				
7				
8				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	6	Will JACKSON (U20)	Wigan	2.0
2	3	Sandy CLARKSON	Lpem	2.0
3	7	Thomas WALLEY	Wrex	1.85
4	2	Corey BEECHALL (U17)	Liv H	1.85
5	4	Hayden BLUNN (U20)	Macc	1.85
6	5	Adam BYRNE (U17)	S'port W	1.75
7	1	Archie VARLEY (U17)	C&N	1.50

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	44	Jacob THOMPSON	Macc	1.80
2	11	Finnan IKIN (U17)	C&N	1.45

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Match 1 20/05/2023

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	6	Will JACKSON (U20)	Wigan	12.31
2	1	Alfie CARTER (U17)	C&N	10.94
3	7	Jacob EDGHILL (U20)	Wrex	10.81
4	5	Christopher BURGESS	S'port W	9.10
5				
6				
7				
8				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	77	Neil EDWARDS	Wrex	8.86
2	55	Lee COUPLAND	S'port W	7.54
3				
4				
5				
6				
7				
8				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	4	Ashley PRITCHARD	Macc	3.30
2	1	Archie VARLEY (U17)	C&N	2.80
3	7	Neil EDWARDS	Wrex	2.70

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	11	Finnan IKIN (U17)	C&N	2.30

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	5	Bill STEEL (U20)	S'port W	11.99
2	22	Patrick MANCHESTER	Liv H	11.65
3	4	Hayden BLUNN (U20)	Macc	11.29
4	1	Dean VALENTINE	C&N	10.79
5	7	Neil EDWARDS	Wrex	10.32
6	6	Leo REID (U20)	Wigan	9.04
7	3	Paul WHITE	Lpem	8.60
8				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	44	Jasyn SAVAGE	Macc	9.82
2	77	Neil DAVIES	Wrex	8.04
3	55	Christopher BURGESS	S'port W	7.93
4	2	Matthew AFFUL	Liv H	6.57
5	11	Neil FOWLER	C&N	6.52
6	33	Iain WILKINSON	Lpem	6.25
7				
8				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	55	Bill STEEL (U20)	S'port W	40.14
2	4	Ashley PRITCHARD	Macc	34.17
3	22	Patrick MANCHESTER	Liv H	30.02
4	7	Neil EDWARDS	Wrex	28.95
5	1	Dean VALENTINE	C&N	25.16
6	3	Paul WHITE	Lpem	25.11
7	66	Connor FLETCHER (U20)	Wigan	14.79
8				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	44		Macc	31.11
2	5	Sam COUPLAND (U20)	S'port W	24.23
3	33	David BROWN	Lpem	23.82
4	77	Neil DAVIES	Wrex	20.84
5	2	Matthew AFFUL	Liv H	17.54
6	11	Neil FOWLER	C&N	17.35
7	6	Leo REID (U20)	Wigan	X
8				

West 1S Macclesfield Leisure Centre

Match 1 20/05/2023

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	3	Paul WHITE	Lpem	29.62
2	1	Dean VALENTINE	C&N	27.53
3	7	Neil EDWARDS	Wrex	26.61
4	4	Ashley PRITCHARD	Macc	22.25
5	55		S'port W	13.11
6				
7				
8				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	33	David BROWN	Lpem	25.67
2	77	Neil DAVIES	Wrex	20.29
3	11	Neil FOWLER	C&N	12.47
4				
5				
6				
7				
8				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	1	Oliver ATKINSON (U20)	C&N	46.63
2	2		Liv H	46.17
3	3	William HYND	Lpem	44.98
4	7	Neil EDWARDS	Wrex	38.02
5	5	Sam COUPLAND (U20)	S'port W	36.18
6	4	Ashley PRITCHARD	Macc	35.58
7	66	Karl HOPPER	Wigan	18.13
8				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	77	Thomas EVANS	Wrex	35.94
2	55	Adam BYRNE (U17)	S'port W	34.83
3	44	Joseph NWANKWO (U17)	Macc	33.79
4	11	Neil FOWLER	C&N	22.16
5	33	Iain WILKINSON	Lpem	17.04
6	6	Will JACKSON (U20)	Wigan	15.35
7				
8				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	3	Lpem	Ciaran SCROGGIE Oliver COYNE Harry STEELE Ryan MOSTYN	44.6
2	7	Wrex	Mannie THOMAS (U17) Evan WILLIAMS Jacob EDGHILL (U20) Oliver EDWAR	45.0
3	1	C&N	Dominic BRADLEY Archie VARLEY (U17) Finnan IKIN (U17) Alfie CARTER (U	46.7
4	6	Wigan	Connor FLETCHER (U20) Ben NOLAN (U20) Joseph REES GARA (U20) Adam	47.1
5	5	S'port W	Christopher BURGESS Adam BYRNE (U17) Bill STEEL (U20) Lee COUPLAND	51.5
6				
7				
8				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	6	Wigan	Connor FLETCHER (U20) Joseph REES GARA (U20) Jeff DARBYSHIRE Adam	03:36.4
2	3	Lpem	James READ (U20) Ross HARRISON Se LOUGHLIN Matthew HUGHES (U20)	03:40.5
3	7	Wrex	Evan WILLIAMS Jacob EDGHILL (U20) Thomas EVANS Oliver EDWARDS	03:42.4
4	2	Liv H	Christian WOODS James DAVIS (U17) Thomas CROFT Ryan WHISTON	03:55.0
5				
6				
7				
8				

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100m Women A

Posn	No.	Athlete	Club	Perf	Wind
					+1.6
1	2	Obi CURRY	Liv H	12.7	
2	1	Georgia DONALD (U20)	C&N	13.3	
3	3	Katelyn SWIFT (U20)	Lpem	14.3	
4					
5					
6					
7					
8					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
					+1.6
1	22	Cory WILSON	Liv H	13.8	
2	11	Abbey BATE (U20)	C&N	13.9	
3	33		Lpem	18.4	
4					
5					
6					
7					
8					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
					-1.5
1	2	Obi CURRY	Liv H	26.1	
2	5	Lauren BYRNE (U17)	S'port W	26.9	
3	1	Ella TEASDALE (U20)	C&N	29.0	
4	3	Katelyn SWIFT (U20)	Lpem	30.1	
5					
6					
7					
8					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
					-0.4
1	22	Cory WILSON	Liv H	28.8	
2	11	Abbey BATE (U20)	C&N	29.8	
3	55	Katy COUPLAND	S'port W	35.9	
4	33		Lpem	39.9	
5					
6					
7					
8					

400m Women A

Posn	No.	Athlete	Club	Perf
1	6	Skye VERWEY	Wigan	58.2
2	2	Jessica LEONARD	Liv H	60.2
3	4	Rebecca DILWORTH (U20)	Macc	60.5
4	5	Amber HUGHES (U20)	S'port W	64.8
5	1	Abbey BATE (U20)	C&N	66.1
6	3	Isabelle LIVESLEY	Lpem	70.9
7	7	Sioned CORDINER	Wrex	73.2
8				

400m Women B

Posn	No.	Athlete	Club	Perf
1	22	Micaela TRACEY-RAMOS	Liv H	68.1
2				
3				
4				
5				
6				
7				
8				

800m Women A

Posn	No.	Athlete	Club	Perf
1	4	Rebecca DILWORTH (U20)	Macc	02:20.4
2	2	Caitlin O'BRIEN (U20)	Liv H	02:26.7
3	3	Isabelle LIVESLEY	Lpem	02:35.6
4				
5				
6				
7				
8				

800m Women B

Posn	No.	Athlete	Club	Perf
1	44	Emma JOHNSON (U17)	Macc	02:28.1
2				
3				
4				
5				
6				
7				
8				

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Match 1 20/05/2023

1500m Women A

Posn	No.	Athlete	Club	Perf
1	2	Faye O'HARE (U20)	Liv H	04:45.0
2	4	Faye SHARPLEY	Macc	04:58.3
3	7	Sioned CORDINER	Wrex	05:29.1
4	3	Tiffany PENFOLD	Lpem	05:31.8
5				
6				
7				
8				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	33	Sharon ROBERTS	Lpem	07:00.0
2				
3				
4				
5				
6				
7				
8				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	3	Chloe LEATHER	Lpem	10:33.1
2	22	Sasha RYAN	Liv H	11:13.8
3	7	Immy JONES (U17)	Wrex	12:54.2
4	4	Sally ann HALES	Macc	14:10.7
5				
6				
7				
8				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	2	Abigail PREECE	Liv H	11:15.3
2	33	Tiffany PENFOLD	Lpem	11:47.2
3				
4				
5				
6				
7				
8				

3Km S/Chase Women A

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

3Km S/Chase Women B

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

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	1	Ella TEASDALE (U20)	C&N	73.2
2				
3				
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	2 Lucy WOODWARD	Liv H	16.3	-1.2
2	5 Amber HUGHES (U20)	S'port W	16.4	
3	6 Annabelle TAYLOR	Wigan	19.7	

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1					
2					
3					

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4	4
5	5
6	6
7	7
8	8

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Match 1 20/05/2023

100m N/S Women A

Posn	No.	Athlete	Wind	Perf
1				98.0
2				
3				
4				
5				
6				
7				
8				

100m N/S Women B

Posn	No.	Athlete	Wind	Perf
1				98.0
2				
3				
4				
5				
6				
7				
8				

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	2	Lucy WOODWARD	Liv H	5.10
2	11	Ella TEASDALE (U20)	C&N	4.94
3	5	Amber HUGHES (U20)	S'port W	4.92
4	3	Katelyn SWIFT (U20)	Lpem	4.28
5	6	Eleanor HOPPER (U20)	Wigan	3.61
6				
7				
8				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	55	Jessica KEENAN (U20)	S'port W	4.83
2	1	Amelia ATKINSON	C&N	4.34
3	33	Bethany SWIFT	Lpem	2.29
4				
5				
6				
7				
8				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	5	Lauren BYRNE (U17)	S'port W	1.65
2	33	Georgia BARRETT (U20)	Lpem	1.50
3	11	Ella TEASDALE (U20)	C&N	1.45
4	2	Elizabeth HENSHALL	Liv H	1.35
5	6	Eleanor HOPPER (U20)	Wigan	1.25
6	7	Sioned CORDINER	Wrex	X

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	55	Jessica KEENAN (U20)	S'port W	1.50
2	1	Amelia ATKINSON	C&N	1.40

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	2	Lucy WOODWARD	Liv H	10.45
2				
3				
4				
5				
6				
7				
8				

Triple Jump Women B

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

West 1S Macclesfield Leisure Centre

Match 1 20/05/2023

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	2	Elizabeth HENSHALL	Liv H	3.00

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
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Shot Women A

Posn	Bib	Athlete	Club	Perf
1	3	Anna PEERS	Lpem	11.24
2	2	Lucy WOODWARD	Liv H	10.65
3	5	Amber HUGHES (U20)	S'port W	8.97
4	1	Emma FOWLER	C&N	8.72
5	66	Annabelle TAYLOR	Wigan	8.08
6				
7				
8				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	55	Jessica KEENAN (U20)	S'port W	8.06
2	22	Elizabeth HENSHALL	Liv H	7.67
3	11	Amelia ATKINSON	C&N	7.27
4	6	Millie FORREST	Wigan	7.12
5	33	Bethany SWIFT	Lpem	6.16
6				
7				
8				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	3	Anna PEERS	Lpem	41.40
2	5	Katy COUPLAND	S'port W	28.39
3	6	Millie FORREST	Wigan	22.36
4	2	Emily ROWE	Liv H	21.15
5	11	Wendy VALENTINE	C&N	19.14
6				
7				
8				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	1	Emma FOWLER	C&N	17.59
2	33	Nicola SWIFT	Lpem	14.28
3	55	Jessica KEENAN (U20)	S'port W	10.78
4				
5				
6				
7				
8				

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	4	Charlotte BIRD	Macc	36.79
2	3	Anna PEERS	Lpem	31.92
3	1	Emma FOWLER	C&N	22.88
4	5	Katy COUPLAND	S'port W	17.46
5				
6				
7				
8				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	33	Katelyn SWIFT (U20)	Lpem	30.76
2	11	Wendy VALENTINE	C&N	18.52
3				
4				
5				
6				
7				
8				

West 1S Macclesfield Leisure Centre

Match 1 20/05/2023

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	3	Anna PEERS	Lpem	35.53
2	2	Lucy WOODWARD	Liv H	33.80
3	1	Emma FOWLER	C&N	29.16
4	5	Lauren BYRNE (U17)	S'port W	26.56
5	6	Eleanor HOPPER (U20)	Wigan	19.23
6				
7				
8				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	33	Shannon MCGARRY	Lpem	24.81
2	55	Katy COUPLAND	S'port W	19.63
3	22	Micaela TRACEY-RAMOS	Liv H	15.84
4	11	Wendy VALENTINE	C&N	11.37
5				
6				
7				
8				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	2	Liv H	Obi CURRY Jessica LEONARD Micaela TRACEY-RAMOS Cory WILSON	54.0
2	3	Lpem	Isabelle LIVESLEY Georgia BARRETT (U20) Katelyn SWIFT (U20) Sharon RO	63.5
3				
4				
5				
6				
7				
8				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	2	Liv H	Obi CURRY Jessica LEONARD Micaela TRACEY-RAMOS Lucy WOODWARD	04:18.8
2				
3				
4				
5				
6				
7				
8				