

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

Date 20/05/2023  
Venue John Charles Cente for Sport  
Host Club Leeds City AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Harrogate Harriers & AC	H'ogate	25	113.0	14.0	87.5	239.5
2	Holmfirth Harriers AC	Holm	10	72.0		34.0	116.0
3	Leeds City AC	Leeds C	55	140.0	18.0	178.5	391.5
4	Pontefract AC	Pont	15	91.0	10.0	101.0	217.0
5	Skyrac AC	Sky	55	122.0	14.0	52.0	243.0
6	Spensorough & District AC	Spen	55	128.0	30.0	158.0	371.0
-							
-							

Posn	Team Name	Points	League	Match Pts	League Pts	Total M	Total L
1	Leeds City AC	391.5	6.0			391.5	6.0
2	Spensorough & District AC	371.0	5.0			371.0	5.0
3	Skyrac AC	243.0	4.0			243.0	4.0
4	Harrogate Harriers & AC	239.5	3.0			239.5	3.0
5	Pontefract AC	217.0	2.0			217.0	2.0
6	Holmfirth Harriers AC	116.0	1.0			116.0	1.0

TOTAL EVENTS	39
NO COMPETITORS/EVENT CANCELLED/NMR	1
EVENT SCORED	37
REMAINING	<u>1</u>

**East 1N John Charles Centre for Sport**

**Match 1 20/05/2023**

**100m Men A**

Posn	No.	Athlete	Club	Perf
1	3	Gareth EVANS2006	Leeds C	11.4
2	2	William LANDER1993	Holm	11.8
3	1	Dawid SAWARYN2005	H'ogate	12.5
4	6	Tyler COSSINS2003	Spenn	12.6
5	4	Harrison CARTER2007	Pont	14.8
6				
7				
8				

**100m Men B**

Posn	No.	Athlete	Club	Perf
1	33	Oliver ARMITAGE2007	Leeds C	11.6
2	11	Samuel ARTHUR2005	H'ogate	12.0
3	66	Elliot HOYLAND2005	Spenn	13.5
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**200m Men A**

Posn	No.	Athlete	Club	Perf
1	3	David ADDO-BOATENG2006	Leeds C	22.9
2	2	William LANDER1993	Holm	23.4
3	1	Samuel ARTHUR2005	H'ogate	23.5
4	6	Tyler COSSINS2003	Spenn	25.8
5	5	Samuel COLE1975	Sky	29.3
6				
7				
8				

**200m Men B**

Posn	No.	Athlete	Club	Perf
1	33	Aman ALI2006	Leeds C	23.8
2	11	Khadaffi JAVEED2001	H'ogate	26.6
3	66	Elliot HOYLAND2005	Spenn	26.8
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6				
7				
8				

**400m Men A**

Posn	No.	Athlete	Club	Perf
1	2	William LANDER1993	Holm	53.4
2	1	Andrew HALLIDAY1973	H'ogate	55.0
3	3	Ayomide SOLARU2006	Leeds C	55.3
4	5	Adam BROOKS1993	Sky	63.3
5	4	Christopher SPINKS1977	Pont	67.7
6				
7				
8				

**400m Men B**

Posn	No.	Athlete	Club	Perf
1	33	Kaejean FERGUSON2006	Leeds C	54.5
2	11	Tom MITCHELL1997	H'ogate	54.8
3	22	Jack SUNDERLAND2006	Holm	60.1
4	44	Kevin WAITE1961	Pont	68.5
5	55	Todd STEWART1967	Sky	80.2
6				
7				
8				

**800m Men A**

Posn	No.	Athlete	Club	Perf
1	1	Tom MITCHELL1997	H'ogate	02:04.3
2	5	Abdimajiid DAROOD2005	Sky	02:06.4
3	6	Simon BOLLAND-CAGE1994	Spenn	02:08.9
4	4	Carl POINTER1988	Pont	02:19.7
5	3	Mick HILL1975	Leeds C	02:30.7
6				
7				
8				

**800m Men B**

Posn	No.	Athlete	Club	Perf
1	11	Ben SHACKLOCK1979	H'ogate	02:27.2
2	44	Kevin WAITE1961	Pont	02:42.8
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**East 1N John Charles Centre for Sport**

**Match 1 20/05/2023**

**1500m Men A**

Posn	No.	Athlete	Club	Perf
1	5	Abdimajiid DAROOD2005	Sky	04:18.9
2	3	Sean FLANAGAN1995	Leeds C	04:20.4
3	4	Carl POINTER1988	Pont	04:56.6
4	1	Ben SHACKLOCK1979	H'ogate	04:58.1
5	22		Holm	05:09.7
6				
7				
8				

**1500m Men B**

Posn	No.	Athlete	Club	Perf
1	33	Mick HILL1975	Leeds C	05:01.8
2	44	Matthew BELL1988	Pont	05:12.3
3	11	Jonathan IRELAND1955	H'ogate	07:00.8
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6				
7				
8				

**5000m Men A**

Posn	No.	Athlete	Club	Perf
1	3	Sean FLANAGAN1995	Leeds C	15:43.7
2	6	Simon BOLLAND-CAGE1994	Spenn	16:06.0
3	5	Ben HILL2006	Sky	17:31.1
4	2	Damian MCQUEEN1973	Holm	18:52.9
5	1	Ben SHACKLOCK1979	H'ogate	18:59.0
6	4	Christopher SPINKS1977	Pont	19:57.9
7				
8				

**5000m Men B**

Posn	No.	Athlete	Club	Perf
1	33	Mike BURRETT1976	Leeds C	16:35.0
2	55	Chris DOVE1991	Sky	19:37.4
3	66	Kevin OGDEN1971	Spenn	19:58.0
4				
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6				
7				
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**3000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf
1	3	Stephen LISGO1987	Leeds C	11:13.8
2	2	Adam SUNDERLAND1971	Holm	12:43.2
3	5	Todd STEWART1967	Sky	12:59.9
4				
5				
6				
7				
8				

**3000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf
1				
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**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf
1	3	Stephen LISGO1987	Leeds C	65.5
2	1	Mark CARNAGHAN1980	H'ogate	66.3
3	5	Adam BROOKS1993	Sky	987.0
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5				
6				
7				
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**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf
1	55	Todd STEWART1967	Sky	87.3
2	33	Mick HILL1975	Leeds C	96.7
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6				
7				
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**East 1N John Charles Centre for Sport**

**Match 1 20/05/2023**

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf
1	6	Glenn ASPINDLE1998	Spennings	20.3
2	3	Stephen LISGO1987	Leeds C	21.3
3	4	William CARTER1997	Pontefract	22.1
4	5	Adam BROOKS1993	Sky	dnf
5	1	Dawid SAWARYN2005	H'ogate	dq
6				
7				
8				

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf
1	66	Jake DARBY1999	Spennings	22.9
2				
3				
4				
5				
6				
7				
8				

**100m N/S Men A**

Posn	No.	Athlete	Club	Perf
1	10	Denar Douglas	leeds C	11.4
2	16	Bright Botang	leeds C	12.0
3	23	Jason Burke	leeds C	12.2
4	18	Khadaffi Jarveed	H'ogate	12.7
5	25	Hemingway Van Dunem	leeds C	15.0
6				
7				
8				

**100m N/S Men B**

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

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	3	Callum ORANGE2001	Leeds C	6.83
2	6	Glenn ASPINDLE1998	Spennings	6.02
3	11	Samuel ARTHUR2005	H'ogate	5.90
4	4	William CARTER1997	Pontefract	5.46
5	55	Graham DUNHAM1983	Sky	2.33
6				
7				
8				

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	33	Ian MAHOP2005	Leeds C	6.21
2	1	Dawid SAWARYN2005	H'ogate	5.22
3	66	Tyler COSSINS2003	Spennings	5.12
4	44	Harrison CARTER2007	Pontefract	3.77
5				
6				
7				
8				

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	1	Harry ROBERTS2006	H'ogate	1.73
2	6	Glenn ASPINDLE1998	Spennings	1.73
3	3	Stephen LISGO1987	Leeds C	1.55

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	66	Elliot HOYLAND2005	Spennings	1.50
2	33	Simon MILLER1979	Leeds C	1.50

**East 1N John Charles Centre for Sport**

**Match 1 20/05/2023**

**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf
1	6	Reuben BYFIELD2006	Spennings	11.94
2	1	Harry ROBERTS2006	H'ogate	11.64
3	3	Stephen LISGO1987	Leeds C	9.24
4				
5				
6				
7				
8				

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf
1	66	Jake DARBY1999	Spennings	9.74
2	11	Jonathan IRELAND1955	H'ogate	8.73
3	33	Mick HILL1975	Leeds C	7.98
4				
5				
6				
7				
8				

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf
1	4	William CARTER1997	Pontefract	3.00
2=	3	Colin HAYTON1959	Leeds C	2.80
2=	1	Harry ROBERTS2006	H'ogate	2.80
4	6	Glenn ASPINDLE1998	Spennings	x

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf
1	33	Simon MILLER1979	Leeds C	x

**Shot Men A**

Posn	Bib	Athlete	Club	Perf
1	3	Albert GRAHAM1999	Leeds C	11.75
2	4	William CARTER1997	Pontefract	10.23
3	6	Jake DARBY1999	Spennings	10.03
4	5	Stephen MEALY1996	Sky	8.58
5	1	Janusz BALCERZAK1984	H'ogate	8.56
6	2	Robert HINCHLIFFE-SMITH1991	Holm	6.94
7				
8				

**Shot Men B**

Posn	Bib	Athlete	Club	Perf
1	33	Steve LINSELL1963	Leeds C	8.51
2	44	Richard HOWES1962	Pontefract	7.88
3	55	Graham DUNHAM1983	Sky	7.75
4	66	James BELL2006	Spennings	6.90
5	11	Mark CARNAGHAN1980	H'ogate	5.20
6				
7				
8				

**Discus Men A**

Posn	Bib	Athlete	Club	Perf
1	4	William CARTER1997	Pontefract	31.31
2	3	Thomas HART2002	Leeds C	29.41
3	5	Stephen MEALY1996	Sky	28.86
4	6	Jake DARBY1999	Spennings	28.24
5	1	Janusz BALCERZAK1984	H'ogate	27.32
6	2	Robert HINCHLIFFE-SMITH1991	Holm	18.36
7				
8				

**Discus Men B**

Posn	Bib	Athlete	Club	Perf
1	33	Steve LINSELL1963	Leeds C	28.56
2	44	Richard HOWES1962	Pontefract	23.22
3	66	Connor BELL2002	Spennings	19.91
4	55	Graham DUNHAM1983	Sky	19.41
5	11	Mark CARNAGHAN1980	H'ogate	18.39
6				
7				
8				

**East 1N John Charles Cente for Sport**

**Match 1 20/05/2023**

**Hammer Men A**

Posn	Bib	Athlete	Club	Perf
1	6	Jake DARBY1999	Spennings	32.92
2	3	Steve LINSELL1963	Leeds C	30.21
3	1	Janusz BALCERZAK1984	H'ogate	25.96
4	4	Richard HOWES1962	Pontefract	18.80
5	55	Graham DUNHAM1983	Sky	11.75
6				
7				
8				

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf
1	66	Connor BELL2002	Spennings	26.55
2	33	Simon MILLER1979	Leeds C	24.45
3	11	Jonathan IRELAND1955	H'ogate	14.66
4	5	Ian COTTON1970	Sky	x
5				
6				
7				
8				

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf
1	3	Aaron CRAWFORD1989	Leeds C	51.33
2	6	Glenn ASPINDLE1998	Spennings	46.76
3	2	Robert HINCHLIFFE-SMITH1994	Holm	32.97
4	44	Richard HOWES1962	Pontefract	29.87
5	55	Adam BROOKS1993	Sky	29.19
6	11	Phillip CHADWICK1976	H'ogate	20.03
7				
8				

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf
1	33	Simon MILLER1979	Leeds C	36.39
2	66	James BELL2006	Spennings	29.30
3	5	Stephen MEALY1996	Sky	27.49
4	4	Harrison CARTER2007	Pontefract	16.78
5	1	Jonathan IRELAND1955	H'ogate	16.49
6				
7				
8				

**4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	3	Leeds C	Oliver ARMITAGE2007 Denar DOUGLAS2002 Bright BOATENG2006 Gareth E	44.9
2	1	H'ogate	Dawid SAWARYN2005 Mark CARNAGHAN1980 Khadaffi JAVEED2001 Harry I	49.9
3	6	Spennings	Tyler COSSINS2003 James BELL2006 Elliot HOYLAND2005 Jake DARBY1999	51.1
4	4	Pontefract	Richard HOWES1962 Harrison CARTER2007 Carl POINTER1988 William CAR	57.2
5				
6				
7				
8				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	3	Leeds C	Ayomide SOLARU2006 Aman ALI2006 Kaejean FERGUSON2006 David ADDO	03:23.1
2	1	H'ogate	Khadaffi JAVEED2001 Dawid SAWARYN2005 Mark CARNAGHAN1980 Tom M	04:16.9
3	6	Spennings	Tyler COSSINS2003 Kevin OGDEN1971 Simon BOLLAND-CAGE1994 Glenn A	04:26.4
4	4	Pontefract	Richard HOWES1962 Kevin WAITE1961 Carl POINTER1988 William CARTER	05:00.1
5				
6				
7				
8				

**East 1N John Charles Cente for Sport**

**Match 1 20/05/2023**

**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	6	Isabel WHITE2004	Spen	13.0	644
2	2	Eve DUTTON2006	Holm	13.8	491
3	1	Scarlette SMITH2006	H'ogate	14.2	424
4	4	Eleanor BIRDEN2004	Pont	14.7	348
5	5	Harriet BEAUMONT2004	Sky	15.2	280
6					
7					
8					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	66	Soraya CRODDEN2003	Spen	13.4	564
2	55	Hannah STUBBS2003	Sky	15.2	280
3					
4					
5					
6					
7					
8					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	6	Isabel WHITE2004	Spen	25.2	789
2	1	Isabelle BLOEM2003	H'ogate	26.0	704
3	2	Eve DUTTON2006	Holm	28.4	486
4	5	Harriet BEAUMONT2004	Sky	31.1	298
5					
6					
7					
8					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	11	Scarlette SMITH2006	H'ogate	29.5	402
2	66	Summer HAYNES2004	Spen	31.2	292
3	55	Hannah STUBBS2003	Sky	32.4	227
4					
5					
6					
7					
8					

**400m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	3	Zoe HUNTER2004	Leeds C	59.2	711
2	1	Isabelle BLOEM2003	H'ogate	59.6	696
3	6	Molly WARING2000	Spen	60.3	669
4	5	Amy HARTLEY1999	Sky	74.8	239
5	4	Georgie KIDD1976	Pont	90.4	24
6					
7					
8					

**400m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	66	Estelle WILLIAMS2007	Spen	74.2	252
2	55	Claire SHEPHERD1996	Sky	74.9	236
3	33	Celia DE MARIA1979	Leeds C	87.2	49
4					
5					
6					
7					
8					

**800m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	4	Johanna SUTCLIFFE1976	Pont	02:34.7	496
2	5	Amy HARTLEY1999	Sky	02:36.9	466
3	3	Sara HENDERSON1992	Leeds C	02:48.2	329
4					
5					
6					
7					
8					

**800m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	55	Jane HALLORAN1969	Sky	02:45.2	363
2	33	Celia DE MARIA1979	Leeds C	02:56.5	243
3	44	Georgie KIDD1976	Pont	03:36.6	13
4					
5					
6					
7					
8					

East 1N John Charles Centre for Sport

Match 1 20/05/2023

1500m Women A

Posn	No.	Athlete	Club	Perf
1	2	Isabel RICHARDSON2004	Holm	04:34.0 833
2	3	Rachel FRIEND1991	Leeds C	04:37.8 801
3	4	Johanna SUTCLIFFE1976	Pont	05:18.8 497
4	55	Lotty PHILIPSON2006	Sky	05:20.3 487
5	6	Summer HAYNES2004	Spen	06:45.3 93
6				
7				
8				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	22	Claire LEAVER-HEWITT1981	Holm	05:14.3 527
2	5	Jane HALLORAN1969	Sky	05:36.6 387
3				
4				
5				
6				
7				
8				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	4	Johanna SUTCLIFFE1976	Pont	11:34.3 483
2	1	Georgie BEEDEN1997	H'ogate	11:55.7 420
3	5	Amy HARTLEY1999	Sky	12:10.8 378
4				
5				
6				
7				
8				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	55	Jenny BEAUMONT1980	Sky	13:52.6 151
2				
3				
4				
5				
6				
7				
8				

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	1	Therese TOLAN2004	H'ogate	66.1 745
2	6	Molly WARING2000	Spen	66.2 743
3	4	Eleanor BIRDEN2004	Pont	82.0 354
4				
5				
6				
7				
8				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	66	Soraya CRODDEN2003	Spen	74.0 537
2				
3				
4				
5				
6				
7				
8				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	6 Molly WARING2000	Spen	16.5 660	
2	4 Eleanor BIRDEN2004	Pont	21.5 264	
3				
4				
5				
6				
7				
8				

100m Hurdles Women B

Posn	Athlete	Club	Perf	Wind
1	66 Estelle WILLIAMS2007	Spen	19.3 418	
2				
3				
4				
5				
6				
7				
8				



East 1N John Charles Cente for Sport

Match 1 20/05/2023

100m N/S Women A

Posn	No.	Athlete	Wind	Perf
1	98			
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6				
7				
8				

100m N/S Women B

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

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	33	Sara HENDERSON1992	Leeds C	4.82 650
2	6	Molly WARING2000	Spn	4.60 598
3	1	Scarlette SMITH2006	H'ogate	4.36 541
4	4	Eleanor BIRDEN2004	Pont	4.35 539
5	2	Eve DUTTON2006	Holm	4.18 499
6				
7				
8				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	3	Aurora BROWN2005	Leeds C	4.73 628
2	66	Soraya CRODDEN2003	Spn	4.37 543
3				
4				
5				
6				
7				
8				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	1	Scarlette SMITH2006	H'ogate	1.45 584
2	6	Estelle WILLIAMS2007	Spn	1.35 477

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	66	Summer HAYNES2004	Spn	1.25 371

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	3	Sara HENDERSON1992	Leeds C	9.50 584
2	4	Eleanor BIRDEN2004	Pont	9.33 565
3	55	Hannah STUBBS2003	Sky	8.41 458
4	6	Siobhan MASKILL2003	Spn	3.19
5				
6				
7				
8				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	5	Claire SHEPHERD1996	Sky	8.40 457
2				
3				
4				
5				
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7				
8				

East 1N John Charles Centre for Sport

Match 1 20/05/2023

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
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Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
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Shot Women A

Posn	Bib	Athlete	Club	Perf
1	3	Vikki ADAMS1998	Leeds C	9.48 652
2	6	Lily CROUGHAN2006	Spen	7.53 507
3	2	Daisy HINCHLIFFE1999	Holm	6.59 428
4	44	Georgie KIDD1976	Pont	6.48 418
5				
6				
7				
8				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	33	Aurora BROWN2005	Leeds C	8.61 590
2	4	Jane WILLIAMS1973	Pont	5.21 291
3				
4				
5				
6				
7				
8				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	66	Soraya CRODDEN2003	Spen	16.99.00 5531
2	3	Hazel BARKER1959	Leeds C	21.08 521
3	2	Daisy HINCHLIFFE1999	Holm	17.68 450
4	5	Claire SHEPHERD1996	Sky	16.45 422
5	4	Jane WILLIAMS1973	Pont	15.44 396
6				
7				
8				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	33	Celia DE MARIA1979	Leeds C	15.34 394
2	6	Lily CROUGHAN2006	Spen	12.97 326
3	44	Georgie KIDD1976	Pont	8.59 115
4				
5				
6				
7				
8				

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	6	Lily CROUGHAN2006	Spen	21.74 477
2	4	Jane WILLIAMS1973	Pont	14.84 349
3	3	Hazel BARKER1959	Leeds C	14.62 344
4				
5				
6				
7				
8				

Hammer Women B

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

East 1N John Charles Cente for Sport

Match 1 20/05/2023

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	3	Vikki ADAMS1998	Leeds C	38.60 788
2	1	Scarlette SMITH2006	H'ogate	22.96 560
3	2	Daisy HINCHLIFFE1999	Holm	19.82 503
4	66	Lily CROUGHAN2006	Spen	15.41 410
5	4	Jane WILLIAMS1973	Pont	12.11 324
6				
7				
8				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	33	Sara HENDERSON1992	Leeds C	23.04 561
2	6	Siobhan MASKILL2003	Spen	15.20 405
3	44	Georgie KIDD1976	Pont	11.00 290
4				
5				
6				
7				
8				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	6	Spen	Soraya CRODDEN2003 Molly WARING2000 Estelle WILLIAMS2007 Isabel WHITE20	53.1
2	5	Sky	Hannah STUBBS2003 Jane HALLORAN1969 Lotty PHILIPSON2006 Amy HARTLEY1'	64.6
3				
4				
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4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	6	Spen	Isabel WHITE2004 Summer HAYNES2004 Molly WARING2000 Soraya CRODDEN20	04:45.1
2	5	Sky	Jane HALLORAN1969 Hannah STUBBS2003 Lotty PHILIPSON2006 Amy HARTLEY1'	05:17.0
3				
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