

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

Date 19/08/2023

Venue Dorothy Hyman Stadium, Cudworth

Host Club Pontefract AC

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Harrogate Harriers & AC	H'ogate	45	116.0	24.0	92.0	277.0
2	Holmfirth Harriers AC	Holm	55	170.0	28.0	94.0	347.0
3	Leeds City AC	Leeds C	55	160.0	16.0	161.0	392.0
4	Pontefract AC	Pont	45	107.0	19.0	174.0	345.0
5	Skyrac AC	Sky	55	102.0	6.0	52.0	215.0
6	Spensorough & District AC	Spensor	45	135.0	26.0	149.0	355.0
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Posn	Team Name	Points	League	Match Pts	League Pts	Total M	Total L
1	Leeds City AC	392.0	6.0			392.0	6.0
2	Spensorough & District AC	355.0	5.0			355.0	5.0
3	Holmfirth Harriers AC	347.0	4.0			347.0	4.0
4	Pontefract AC	345.0	3.0			345.0	3.0
5	Harrogate Harriers & AC	277.0	2.0			277.0	2.0
6	Skyrac AC	215.0	1.0			215.0	1.0

TOTAL EVENTS	40
NO COMPETITORS/EVENT CANCELLED/NMR	3
EVENT SCORED	37
REMAINING	-

East 1N Dorothy Hyman Stadium, Cudworth

Match 4 19/08/2023

100m Men A

Posn	No.	Athlete	Club	Perf
1	3	Jordan YATES	Leeds C	11.3
2	2	William LANDER	Holm	11.4
3	1	Samuel ARTHUR (U20)	H'ogate	11.7
4	4	Luke MURPHY	Pont	11.9
5	6	James BELL (U20)	Spn	13.1
6	5	Samuel COLE	Sky	13.5
7				
8				

100m Men B

Posn	No.	Athlete	Club	Perf
1	33	Aman ALI (U20)	Leeds C	12.2
2	11	Dawid SAWARYN (U20)	H'ogate	12.4
3	22	Craig SHEARD	Holm	12.7
4	44	Zane TAM-MCMILLAN (U20)	Pont	12.8
5	55	Chris DOVE	Sky	18.2
6				
7				
8				

200m Men A

Posn	No.	Athlete	Club	Perf
1	3	Jordan YATES	Leeds C	23.3
2	2	William LANDER	Holm	23.6
3	1	Samuel ARTHUR (U20)	H'ogate	24.2
4	4	Luke MURPHY	Pont	25.2
5	6	Glenn ASPINDLE	Spn	25.3
6	5	Adam BROOKS	Sky	29.8
7				
8				

200m Men B

Posn	No.	Athlete	Club	Perf
1	22	Ted CHAMBERLAIN	Holm	23.8
2	33	Ayomide SOLARU (U17)	Leeds C	25.1
3	55	Frankie CURRAN (U17)	Sky	26.0
4	44	Zane TAM-MCMILLAN (U20)	Pont	26.3
5	11	Khadaffi JAVEED	H'ogate	26.9
6	66	Kieran O'BRIEN	Spn	28.7
7				
8				

400m Men A

Posn	No.	Athlete	Club	Perf
1	2	Ted CHAMBERLAIN	Holm	50.2
2	3	George SUTCLIFFE	Leeds C	52.9
3	4	Luke MURPHY	Pont	54.3
4	1	Tom MITCHELL	H'ogate	55.6
5	6	Kieran O'BRIEN	Spn	61.2
6	5	Adam BROOKS	Sky	62.6
7				
8				

400m Men B

Posn	No.	Athlete	Club	Perf
1	22	William LANDER	Holm	52.2
2	33	Rory BRADFORD	Leeds C	52.4
3	11	Mark CARNAGHAN	H'ogate	59.0
4	44	Chris PRATCHETT	Pont	71.4
5				
6				
7				
8				

800m Men A

Posn	No.	Athlete	Club	Perf
1	3	George SUTCLIFFE	Leeds C	02:01.0
2	2	Kai SUNMAN	Holm	02:02.3
3	5	Abdimajiid DAROOD (U20)	Sky	02:05.5
4	1	Tom MITCHELL	H'ogate	02:05.8
5	6	Kieran O'BRIEN	Spn	02:30.8
6	4	Chris PRATCHETT	Pont	02:46.0
7				
8				

800m Men B

Posn	No.	Athlete	Club	Perf
1	33	Rory BRADFORD	Leeds C	02:16.0
2	66	Ian WILSON	Spn	02:23.9
3	22	Jack SUNDERLAND (U17)	Holm	02:25.9
4	11	Ben SHACKLOCK	H'ogate	02:28.1
5	44	Kevin WAITE	Pont	02:39.8
6				
7				
8				

East 1N Dorothy Hyman Stadium, Cudworth

Match 4 19/08/2023

1500m Men A

Posn	No.	Athlete	Club	Perf
1	5	Abdimajiid DAROOD (U20)	Sky	04:18.6
2	3	Josh WOODCOCK-SHAW	Leeds C	04:18.9
3	1	Ben HOLMES	H'ogate	04:23.4
4	2	Sam WILLIAMS (U17)	Holm	04:36.0
5	6	Ian WILSON	Spen	05:07.3
6	4	Matthew BELL	Pont	05:11.1
7				
8				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	22	Lavell PIERRE	Holm	04:39.1
2	44	Chris QUIRKE	Pont	05:14.4
3	11	Ben TETLEY (U17)	H'ogate	05:18.5
4				
5				
6				
7				
8				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	33	Josh WOODCOCK-SHAW	Leeds C	16:01.5
2	2	Philip HEWITT	Holm	18:05.2
3	1	Ben SHACKLOCK	H'ogate	18:12.6
4	44	Luke MCCARTHY	Pont	18:42.5
5	5	Chris DOVE	Sky	19:14.7
6	6	Kevin OGDEN	Spen	20:12.2
7				
8				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	3	Mohamed ABSHIR	Leeds C	16:01.5
2	22	Paul SAMMONDS	Holm	18:11.4
3	4	Scott DALY	Pont	19:00.6
4				
5				
6				
7				
8				

3km S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	98		No Compete	
2				
3				
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	1	Mark CARNAGHAN	H'ogate	66.4
2	5	Adam BROOKS	Sky	72.2
3	2	Oscion-shem WATERMAN (U17)	Holm	77.1
4				
5				
6				
7				
8				

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	22	Adam SUNDERLAND	Holm	81.5
2	11	Dawid SAWARYN (U20)	H'ogate	87.2
3	55	Todd STEWART	Sky	87.3
4				
5				
6				
7				
8				

East 1N Dorothy Hyman Stadium, Cudworth

Match 4 19/08/2023

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	6	Glenn ASPINDLE	Spennings	18.6
2	5	Adam BROOKS	Sky	22.4
3	1	Dawid SAWARYN (U20)	H'ogate	23.6
4	4	William CARTER	Pontefract	29.7
5				
6				
7				
8				

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	66	Jake DARBY	Spennings	22.7
2				
3				
4				
5				
6				
7				
8				

100m N/S Men A

Posn	No.	Athlete	Club	Perf
1	95	Gareth Evans	Leeds C	11.8
2	93	Brigh Boateng	Leeds C	12.1
3	94			13.0
4				
5				
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	4	Luke MURPHY	Pontefract	6.21
2	6	Glenn ASPINDLE	Spennings	5.47
3	3	Moshood YUSUF	Leeds C	4.96
4	22	Lavell PIERRE	Holm	4.66
5	1	Samuel ARTHUR (U20)	H'ogate	4.53
6	5	Adam BROOKS	Sky	3.71
7				
8				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	44	Zane TAM-MCMILLAN (U20)	Pontefract	4.72
2	33	Thomas HART	Leeds C	4.62
3	2	Jack SUNDERLAND (U17)	Holm	4.46
4	11	Dawid SAWARYN (U20)	H'ogate	3.89
5	55	Todd STEWART	Sky	3.54
6				
7				
8				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	1	Harry ROBERTS (U17)	H'ogate	1.79
2	6	Glenn ASPINDLE	Spennings	1.73
3	3	Steve LINSELL	Leeds C	1.60
4	2	Soljai WATERMAN (U20)	Holm	1.50
5	4	Zane TAM-MCMILLAN (U20)	Pontefract	1.45

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	66	Jake DARBY	Spennings	1.40

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Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	4	Luke MURPHY	Pont	12.46
2	3	Bright BOATENG (U20)	Leeds C	11.44
3	1	Harry ROBERTS (U17)	H'ogate	11.23
4	2	Kai SUNMAN	Holm	9.63
5	6	Jake DARBY	Spenn	8.93
6				
7				
8				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	33	Julien GITTENS	Leeds C	10.70
2	11	Tom MITCHELL	H'ogate	10.70
3	44	Richard HOWES	Pont	9.45
4	22	Oscion-shem WATERMAN (U1	Holm	8.53
5				
6				
7				
8				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	6	Glenn ASPINDLE	Spenn	3.80
2	4	William CARTER	Pont	3.20
3	3	Mark JOHNSON	Leeds C	3.10
4	1	Harry ROBERTS (U17)	H'ogate	2.90

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	33	Colin HAYTON	Leeds C	2.50

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	4	William CARTER	Pont	10.42
2	6	Jake DARBY	Spenn	10.05
3	3	Jordan YATES	Leeds C	9.02
4	11	Mark CARNAGHAN	H'ogate	8.37
5	2	Soljai WATERMAN (U20)	Holm	8.26
6	5	Graham DUNHAM	Sky	7.73
7				
8				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	33	Steve LINSELL	Leeds C	8.43
2	1	Janusz BALCERZAK	H'ogate	8.14
3	22	Craig SHEARD	Holm	7.57
4	44	Richard HOWES	Pont	7.53
5	66	James BELL (U20)	Spenn	7.49
6	55	Todd STEWART	Sky	5.92
7				
8				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	4	William CARTER	Pont	31.56
2	3	Thomas HART	Leeds C	29.95
3	1	Janusz BALCERZAK	H'ogate	28.31
4	6	Jake DARBY	Spenn	27.90
5	2	Soljai WATERMAN (U20)	Holm	27.53
6	5	Graham DUNHAM	Sky	18.92
7				
8				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	33	Steve LINSELL	Leeds C	29.19
2	66	Kieran O'BRIEN	Spenn	25.59
3	11	Mark CARNAGHAN	H'ogate	23.15
4	44	Richard HOWES	Pont	21.20
5	55	Todd STEWART	Sky	14.80
6	22	Craig SHEARD	Holm	14.35
7				
8				

East 1N Dorothy Hyman Stadium, Cudworth

Match 4 19/08/2023

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	6	Jake DARBY	Spen	35.54
2	3	Steve LINSELL	Leeds C	30.82
3	1	Janusz BALCERZAK	H'ogate	25.00
4	4	William CARTER	Pont	21.94
5	2	Soljai WATERMAN (U20)	Holm	17.93
6	5	Graham DUNHAM	Sky	16.86
7				
8				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	66	James BELL (U20)	Spen	18.59
2	44	Richard HOWES	Pont	18.31
3	11	Phillip CHADWICK	H'ogate	16.57
4	22	Craig SHEARD	Holm	15.78
5				
6				
7				
8				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	6	Glenn ASPINDLE	Spen	45.36
2	2	Soljai WATERMAN (U20)	Holm	37.25
3	4	William CARTER	Pont	35.18
4	1	Janusz BALCERZAK	H'ogate	31.18
5	3	Steve LINSELL	Leeds C	28.51
6	5	Adam BROOKS	Sky	24.06
7				
8				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	44	Richard HOWES	Pont	30.86
2	22	Craig SHEARD	Holm	24.62
3	66	James BELL (U20)	Spen	22.31
4	11	Jonathan IRELAND	H'ogate	18.82
5	55	Todd STEWART	Sky	8.86
6				
7				
8				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	3	Leeds C	Bright BOATENG (U20) Gareth EVANS (U20) Moshood YUSUF Jordan YATES	46.5
2	2	Holm	Lavell PIERRE Jack SUNDERLAND (U17) William LANDER Craig SHEARD	48.6
3	1	H'ogate	Harry ROBERTS (U17) Ben TETLEY (U17) Khadaffi JAVEED Dawid SAWARYN	49.0
4	4	Pont	Luke MURPHY Zane TAM-MCMILLAN (U20) Luke MCCARTHY William CARTEI	51.4
5	6	Spen	Kieran O'BRIEN Ian WILSON James BELL (U20) Jake DARBY	53.6
6				
7				
8				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	2	Holm	Kai SUNMAN Jack SUNDERLAND (U17) William LANDER Ted CHAMBERLAIN	03:36.4
2	3	Leeds C	Ayomide SOLARU (U17) Rory BRADFORD Gareth EVANS (U20) George SUTC	03:36.8
3	5	Sky	Frankie CURRAN (U17) Chris DOVE Adam BROOKS Abdimajiid DAROOD (U2	04:02.1
4	1	H'ogate	Tom MITCHELL Mark CARNAGHAN Khadaffi JAVEED Ben TETLEY (U17)	04:02.6
5	6	Spen	Glenn ASPINDLE Kieran O'BRIEN Ian WILSON Kevin OGDEN	04:23.1
6	4	Pont	Chris QUIRKE Chris PRATCHETT Matthew BELL Luke MCCARTHY	04:32.6
7				
8				

East 1N Dorothy Hyman Stadium, Cudworth

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100m Women A

Posn	No.	Athlete	Club	Perf
1	6	Natalie GROVES (U20)	Spen	13.3
2	3	Edidiong ETON (U17)	Leeds C	13.5
3	2	Eve DUTTON (U20)	Holm	14.1
4	1	Kensa CAROLAN (U20)	H'ogate	14.4
5	5	Hannah STUBBS	Sky	15.0
6	4	Alice DOLMAN (U20)	Pont	17.8
7				
8				

100m Women B

Posn	No.	Athlete	Club	Perf
1	33	Mia THORNTON (U20)	Leeds C	13.5
2	66	Soraya CRODDEN	Spen	13.8
3	22	Ruby SYKES	Holm	14.5
4	11	Issy ROWE	H'ogate	14.9
5	55	Harriet BEAUMONT (U20)	Sky	15.4
6				
7				
8				

200m Women A

Posn	No.	Athlete	Club	Perf
1	3	Edidiong ETON (U17)	Leeds C	27.9
2	6	Soraya CRODDEN	Spen	28.1
3	2	Eve DUTTON (U20)	Holm	28.8
4	1	Kensa CAROLAN (U20)	H'ogate	29.4
5	5	Hannah STUBBS	Sky	31.3
6	4	Alice DOLMAN (U20)	Pont	40.7
7				
8				

200m Women B

Posn	No.	Athlete	Club	Perf
1	66	Estelle WILLIAMS (U17)	Spen	29.9
2	33	Eve HAIGH (U20)	Leeds C	30.3
3	11	Issy ROWE	H'ogate	31.8
4	55	Harriet BEAUMONT (U20)	Sky	33.4
5	22	Claire LEAVER-HEWITT	Holm	36.2
6				
7				
8				

400m Women A

Posn	No.	Athlete	Club	Perf
1	6	Natalie GROVES (U20)	Spen	59.2
2	3	Zoe HUNTER (U20)	Leeds C	61.0
3	1	Issy ROWE	H'ogate	65.7
4	2	Eve DUTTON (U20)	Holm	68.0
5	4	Johanna SUTCLIFFE	Pont	72.0
6	5	Claire SHEPHERD	Sky	74.5
7				
8				

400m Women B

Posn	No.	Athlete	Club	Perf
1	66	Molly WARING	Spen	61.7
2	11	Seren MELLING (U17)	H'ogate	69.0
3	33	Celia DE MARIA	Leeds C	80.4
4	55	Elizabeth STEWART	Sky	82.8
5	44	Alice DOLMAN (U20)	Pont	87.9
6				
7				
8				

800m Women A

Posn	No.	Athlete	Club	Perf
1	2	Ruby SYKES	Holm	02:28.0
2	4	Johanna SUTCLIFFE	Pont	02:33.0
3	1	Issy ROWE	H'ogate	02:36.0
4	6	Ellie HOLDEN (U20)	Spen	02:53.0
5	5	Claire SHEPHERD	Sky	02:54.0
6	3	Celia DE MARIA	Leeds C	03:11.0
7				
8				

800m Women B

Posn	No.	Athlete	Club	Perf
1	22	Claire LEAVER-HEWITT	Holm	02:42.0
2	11	Sarah GILL	H'ogate	03:05.0
3	66	Emily SHARP (U17)	Spen	03:09.0
4	44	Christine MCCARTHY	Pont	03:25.0
5				
6				
7				
8				

East 1N Dorothy Hyman Stadium, Cudworth

Match 4 19/08/2023

1500m Women A

Posn	No.	Athlete	Club	Perf
1	2	Ruby SYKES	Holm	04:56.0
2	4	Johanna SUTCLIFFE	Pont	05:11.6
3	3	Claire DUCK	Leeds C	05:14.7
4	55	Jenny BEAUMONT	Sky	05:58.1
5				
6				
7				
8				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	22	Claire LEAVER-HEWITT	Holm	05:20.7
2	5	Elizabeth STEWART	Sky	06:17.1
3	33	Sara HENDERSON	Leeds C	06:38.4
4	44	Jessica WILKES	Pont	06:50.6
5				
6				
7				
8				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	33	Eilidh BELL	Leeds C	10:00.3
2	2	Julia JAGGER	Holm	10:59.4
3	4	Faye LIGHTOWLER	Pont	12:19.2
4	1	Sarah GILL	H'ogate	13:04.7
5	5	Claire SHEPHERD	Sky	13:39.4
6				
7				
8				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	22	Helena CROFT	Holm	11:21.5
2	3	Claire DUCK	Leeds C	11:31.3
3	44	Christine MCCARTHY	Pont	14:06.6
4				
5				
6				
7				
8				

3Km S/Chase Women A

Posn	No.	Athlete	Club	Perf
1	3	Zoe HUNTER (U20)	Leeds C	12:02.0
2	2	Helena CROFT	Holm	12:14.2
3	5	Elizabeth STEWART	Sky	12:34.6
4	6	Ellie HOLDEN (U20)	Spen	17:06.3
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	6	Molly WARING	Spen	70.6
2	5	Elizabeth STEWART	Sky	82.3
3	4	Eleanor BIRDEN (U20)	Pont	83.2
4	2	Helena CROFT	Holm	83.7
5	3	Celia DE MARIA	Leeds C	87.6
6				
7				
8				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	66	Soraya CRODDEN	Spen	72.9
2				
3				
4				
5				
6				
7				
8				

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	6 Molly WARING	Spen	18.3	
2	4 Eleanor BIRDEN (U20)	Pont	19.8	
3				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	66	Estelle WILLIAMS (U17)	Spen	19.9	
2					
3					

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4	4
5	5
6	6
7	7
8	8

East 1N Dorothy Hyman Stadium, Cudworth

Match 4 19/08/2023

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	98				
2					
3					
4					
5					
6					
7					
8					

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	3	Mia THORNTON (U20)	Leeds C	4.86
2	44	Beatrice CUNNINGHAM (U17)	Pont	4.52
3	6	Ellie HOLDEN (U20)	Spn	4.42
4	2	Eve DUTTON (U20)	Holm	4.07
5	5	Hannah STUBBS	Sky	3.33
6				
7				
8				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	33	Eve HAIGH (U20)	Leeds C	4.72
2	4	Eleanor BIRDEN (U20)	Pont	4.25
3	66	Soraya CRODDEN	Spn	4.19
4	22	Kelly LAW	Holm	2.95
5				
6				
7				
8				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	3	Mia THORNTON (U20)	Leeds C	1.53
2	4	Beatrice CUNNINGHAM (U17)	Pont	1.40
3	6	Molly WARING	Spn	1.40
4	2	Eve DUTTON (U20)	Holm	1.15

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	66	Estelle WILLIAMS (U17)	Spn	1.35
2	44	Elizabeth TEECE (U17)	Pont	1.20

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	33	Eve HAIGH (U20)	Leeds C	10.38
2	4	Eleanor BIRDEN (U20)	Pont	9.52
3	5	Claire SHEPHERD	Sky	8.83
4	2	Ruby SYKES	Holm	8.61
5				
6				
7				
8				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	3	Sara HENDERSON	Leeds C	9.85
2	44	Beatrice CUNNINGHAM (U17)	Pont	9.29
3	55	Hannah STUBBS	Sky	8.0
4				
5				
6				
7				
8				

East 1N Dorothy Hyman Stadium, Cudworth

Match 4 19/08/2023

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	98		No Compete	

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
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Shot Women A

Posn	Bib	Athlete	Club	Perf
1	6	Megan ASCOUGH	Spen	9.92
2	4	Faye RHODES	Pont	8.73
3	3	Sara HENDERSON	Leeds C	7.84
4	5	Elizabeth STEWART	Sky	5.51
5	2	Kelly LAW	Holm	4.94
6	1	Grace FISHER (U17)	H'ogate	4.65
7				
8				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	33	Celia DE MARIA	Leeds C	6.44
2	44	Jane WILLIAMS	Pont	5.89
3	66	Emily SHARP (U17)	Spen	5.53
4	22	Claire LEAVER-HEWITT	Holm	4.14
5				
6				
7				
8				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	4	Faye RHODES	Pont	30.54
2	6	Megan ASCOUGH	Spen	26.91
3	1	Grace FISHER (U17)	H'ogate	20.05
4	5	Claire SHEPHERD	Sky	18.22
5	3	Celia DE MARIA	Leeds C	18.12
6	2	Kelly LAW	Holm	12.67
7				
8				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	11	Issy ROWE	H'ogate	18.90
2	66	Soraya CRODDEN	Spen	16.70
3	44	Elizabeth TEECE (U17)	Pont	13.67
4				
5				
6				
7				
8				

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	6	Megan ASCOUGH	Spen	41.07
2	4	Faye RHODES	Pont	32.63
3	1	Grace FISHER (U17)	H'ogate	24.23
4	3	Sara HENDERSON	Leeds C	15.18
5	2	Kelly LAW	Holm	14.00
6				
7				
8				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	44	Jane WILLIAMS	Pont	15.03
2				
3				
4				
5				
6				
7				
8				

East 1N Dorothy Hyman Stadium, Cudworth

Match 4 19/08/2023

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	33	Mia THORNTON (U20)	Leeds C	18.39
2	44	Elizabeth TEECE (U17)	Pont	16.85
3	66	Emily SHARP (U17)	Spenn	11.34
4	2	Kelly LAW	Holm	10.40
5	5	Hannah STUBBS	Sky	10.27
6				
7				
8				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	3	Eve HAIGH (U20)	Leeds C	16.61
2	4	Jane WILLIAMS	Pont	11.76
3	6	Natalie GROVES (U20)	Spenn	10.74
4	22	Ruby SYKES	Holm	6.99
5	55	Elizabeth STEWART	Sky	6.51
6				
7				
8				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	6	Spenn	Soraya CRODDEN Molly WARING Estelle WILLIAMS (U17) Natalie GROVES (U17)	53.3
2	1	H'ogate	Kensa CAROLAN (U20) Grace FISHER (U17) Issy ROWE Seren MELLING (U17)	56.3
3	4	Pont	Beatrice CUNNINGHAM (U17) Elizabeth TEECE (U17) Jessica WILKES Elean	61.3
4	2	Holm	Claire LEAVER-HEWITT Julia JAGGER Helena CROFT Ruby SYKES	63.4
5				
6				
7				
8				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	6	Spenn	Emily SHARP (U17) Natalie GROVES (U20) Molly WARING Soraya CRODDEN	04:34.0
2	2	Holm	Ruby SYKES Claire LEAVER-HEWITT Helena CROFT Julia JAGGER	04:49.7
3	1	H'ogate	Sarah GILL Kensa CAROLAN (U20) Issy ROWE Seren MELLING (U17)	05:02.7
4	4	Pont	Johanna SUTCLIFFE Faye LIGHTOWLER Jessica WILKES Christine MCCARTH	05:45.2
5				
6				
7				
8				