

REGION	NORTHERN TRACK & FIELD LEAGUE	Track Events Start in Lane
AREA	WEST	
DIVISION	West 1N	
MATCH	2	
P/FINISH	NO	1

Date 15/06/2024

Venue Sheepmount Athletics Stadium, Carlisle

Host Club Border Harriers & AC/Seaton AC ©

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Blackpool Wyre & Fylde AC	BWF	20	80.0	6.0	151.0	257.0
2	Bolton United H & AC	Bolt	30	137.0	13.0	89.0	269.0
3	Border H/Seaton AC ©	BorSe	55	140.0	18.0	106.0	319.0
4	East Cheshire H & Tameside AC	ECHT	50	140.0	27.0	124.0	341.0
5	Preston Harriers	Prest	40	135.0	28.0	120.0	323.0
6	Trafford AC	Traff	35	133.0	32.0	157.0	357.0
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Posn	Team Name	Points	League	Match Pts	League Pts	Total M	Total L	Standings
1	Trafford AC	357.0	6.0			357.0	6.0	1
2	East Cheshire H & Tameside AC	341.0	5.0			341.0	5.0	2
3	Preston Harriers	323.0	4.0			323.0	4.0	3
4	Border H/Seaton AC ©	319.0	3.0			319.0	3.0	4
5	Bolton United H & AC	269.0	2.0			269.0	2.0	5
6	Blackpool Wyre & Fylde AC	257.0	1.0			257.0	1.0	6

TOTAL EVENTS (Including 2x Non-Scoring 100m)	40
NO COMPETITORS/EVENT CANCELLED or NOT IN THIS ROUND/NMR	2
RESULTS IN	37
REMAINING	<u>1</u>

West 1N Sheepmount Athletics Stadium, Carlisle

Match 2 15/06/2024

100m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	2	Benjamin TO	Bolt	11.1	
2	1	Oliver NUNN (U17)	BWF	11.3	
3	5	Thomas KELSALL (U17)	Prest	11.4	
4	6	Luke GABB	Traff	11.4	
5	4	James HARNEY (U20)	ECHT	11.8	
6	3	James CAMPBELL (U20)	BorSe	12.6	
7					
8					

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	55	Craig EZISSI	Prest	11.8	
2	66	Alexander LYONS (U17)	Traff	11.8	
3	11	Alfie WALSH (U17)	BWF	12.1	
4	44	Simon OWENS	ECHT	12.7	
5	33	Emilio PERESTRELO (U17)	BorSe	13.0	
6					
7					
8					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	2	Benjamin TO	Bolt	22.2	
2	1	Oliver NUNN (U17)	BWF	22.7	
3	6	Luke GABB	Traff	22.7	
4	5	Craig EZISSI	Prest	23.5	
5	4	Joseph HUDAK	ECHT	25.0	
6	3	James CAMPBELL (U20)	BorSe	25.4	
7					
8					

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	55	Josh INGHAM	Prest	22.8	
2	66	Alexander LYONS (U17)	Traff	23.6	
3	11	Alfie WALSH (U17)	BWF	24.3	
4	44	Callum FRICKER (U20)	ECHT	25.3	
5	33	James SALT	BorSe	26.5	
6					
7					
8					

400m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	5	Josh INGHAM	Prest	50.3	
2	2	Jonathan KAY	Bolt	51.3	
3	4	Joseph HUDAK	ECHT	52.4	
4	6	Luke CRAMPTON	Traff	53.8	
5	3	Declan DENWOOD (U17)	BorSe	60.7	
6					
7					
8					

400m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	66	Alexander LYONS (U17)	Traff	53.5	
2	22	Jack DICKINSON	Bolt	55.3	
3	44	Nathan DUNN (U17)	ECHT	56.4	
4	33	James CAMPBELL (U20)	BorSe	56.7	
5	55	Ethan HALLAS	Prest	58.3	
6					
7					
8					

800m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	2	Jonathan KAY	Bolt	01:51.9	
2	4	Joseph HUDAK	ECHT	01:52.4	
3	6	Finley MAYOH (U20)	Traff	01:53.7	
4	3	Ben NUTTER (U20)	BorSe	01:58.5	
5	1	Alfie HALL (U17)	BWF	02:14.1	
6	5	Paul JEFFRIES	Prest	02:47.7	
7					
8					

800m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	22	Marcus VALENTINE (U17)	Bolt	02:02.7	
2	44	Callum FRICKER (U20)	ECHT	02:04.5	
3	33	Declan DENWOOD (U17)	BorSe	02:15.8	
4	66	Conor LAMB	Traff	02:17.8	
5	55	Nicholas JOHNS	Prest	02:43.3	
6					
7					
8					

West 1N Sheepmount Athletics Stadium, Carlisle

Match 2 15/06/2024

1500m Men A

Posn	No.	Athlete	Club	Perf
1	3	James SALT	BorSe	04:16.5
2	2	Marcus VALENTINE (U17)	Bolt	04:19.8
3	44	Gareth RAVEN	ECHT	04:23.6
4	6	Joseph DALY (U20)	Traff	04:31.1
5	1	Alfie HALL (U17)	BWF	05:05.1
6	5	Steve HALLAS	Prest	05:18.1
7				
8				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	4	Michael OBI	ECHT	04:24.9
2	33	Russell MADDAMS	BorSe	05:06.0
3	66	Louis ARNOLD (U17)	Traff	05:16.7
4				
5				
6				
7				
8				

5000m Men A

Posn	No.	Athlete	Club	Perf
1	4	Michael HOLNESS	ECHT	15:57.9
2	2	Anthony VALENTINE	Bolt	16:14.5
3	6	Jeff PREST	Traff	16:16.1
4	3	Ross LANDON	BorSe	17:19.8
5	5	Steve HALLAS	Prest	18:38.9
6				
7				
8				

5000m Men B

Posn	No.	Athlete	Club	Perf
1	22	Martin REID	Bolt	16:39.3
2	44	Liam BROWNE	ECHT	17:01.9
3	66	Dan ATKINSON	Traff	17:41.1
4	33	Russell MADDAMS	BorSe	17:44.4
5	55	Nicholas JOHNS	Prest	20:57.6
6				
7				
8				

3km S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	97		Event Not	
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	4	James HARNEY (U20)	ECHT	58.4
2	2	Scott WHITTLE	Bolt	66.6
3	3	James CAMPBELL (U20)	BorSe	70.1
4				
5				
6				
7				
8				

400m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	33	James SALT	BorSe	64.6
2	44	Jacob TAYLOR	ECHT	71.6
3				
4				
5				
6				
7				
8				

West 1N Sheepmount Athletics Stadium, Carlisle

Match 2 15/06/2024

110m Hurdles Men A

Posn	No.	Athlete	Club	Perf
1	5	Curtis MITCHELL	Prest	15.1
2	6	Rik YATES	Traff	15.9
3	2	Scott WHITTLE	Bolt	20.6
4	1	Philip ELLERSHAW	BWF	22.9
5				
6				
7				
8				

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf
1	22	Brian HALL	Bolt	23.1
2				
3				
4				
5				
6				
7				
8				

100m N/S Men A

Posn	No.	Athlete	Club	Perf
1				
2	243	Philip ELLERSHAW	BWF	12.2
3	264	Jack REDMOND	Traff	12.3
4	239	Jonathan RUTTER	BWF	12.6
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	1	Scott SINCLAIR	BWF	6.87
2	5	Corey MIDDLETON (U20)	Prest	5.96
3	6	Kenta BRANNON (U17)	Traff	5.69
4	2	Brian HALL	Bolt	5.06
5	44	Simon OWENS	ECHT	5.05
6	3	Emilio PERESTRELO (U17)	BorSe	4.60
7				
8				

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	55	Thomas KELSALL (U17)	Prest	5.80
2	11	Jonathan RUTTER	BWF	5.52
3	22	Scott WHITTLE	Bolt	4.93
4	66	Jack REDMOND (U20)	Traff	4.76
5	33	James SALT	BorSe	4.42
6	4	Nathan DUNN (U17)	ECHT	3.88
7				
8				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	2	Brian HALL	Bolt	1.70
2	4	James HARNEY (U20)	ECHT	1.70
3	55	Thomas KELSALL (U17)	Prest	1.55
4	1	Jonathan RUTTER	BWF	1.50
5	6	Louis ARNOLD (U17)	Traff	X

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	22	Scott WHITTLE	Bolt	1.50
2	44	Jacob TAYLOR	ECHT	1.50
3	11	Philip ELLERSHAW	BWF	1.50

West 1N Sheepmount Athletics Stadium, Carlisle

Match 2 15/06/2024

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	1	Scott SINCLAIR	BWF	14.12
2	6	Kenta BRANNON (U17)	Traff	11.61
3	4	Oliver SHERRIS (U17)	ECHT	10.79
4	5	Ethan HALLAS	Prest	10.75
5	2	Brian HALL	Bolt	10.65
6	3	Ross LANDON	BorSe	8.86
7				
8				

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	11	Jonathan RUTTER	BWF	10.77
2	44	Simon OWENS	ECHT	10.10
3	22	Scott WHITTLE	Bolt	9.83
4	66	Louis ARNOLD (U17)	Traff	8.55
5	55	Nicholas JOHNS	Prest	X
6				
7				
8				

Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	4	Oliver SHERRIS (U17)	ECHT	3.25

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
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Shot Men A

Posn	Bib	Athlete	Club	Perf
1	6	Scott JONES	Traff	14.43
2	3	Joe MOORE	BorSe	11.06
3	5	Gary STILL	Prest	10.18
4	4	Simon OWENS	ECHT	8.62
5	2	Brian HALL	Bolt	7.68
6	1	Jonathan RUTTER	BWF	7.32
7				
8				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	66	Joseph FLITCROFT	Traff	9.72
2	22	Martin REID	Bolt	7.40
3	11	Philip ELLERSHAW	BWF	6.68
4	44	Martin LEWIS	ECHT	6.59
5	55	Paul JEFFRIES	Prest	6.40
6	33	Peter CAMPBELL	BorSe	5.08
7				
8				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	5	Edward JEANS	Prest	39.23
2	66	Roger BATE	Traff	33.37
3	3	Joe MOORE	BorSe	29.79
4	1	Philip ELLERSHAW	BWF	20.87
5	2	Brian HALL	Bolt	18.05
6	4	Michael HOLNESS	ECHT	17.10
7				
8				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	55	Gary STILL	Prest	33.46
2	6	Scott JONES	Traff	32.92
3	22	Martin REID	Bolt	17.48
4	44	Martin LEWIS	ECHT	15.90
5	33	Peter CAMPBELL	BorSe	11.38
6				
7				
8				

West 1N Sheepmount Athletics Stadium, Carlisle

Match 2 15/06/2024

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	5	Edward JEANS	Prest	61.78
2	6	Joseph FLITCROFT	Traff	47.01
3	3	Joe MOORE	BorSe	33.77
4	2	Scott WHITTLE	Bolt	16.17
5	44	Martin LEWIS	ECHT	15.63
6				
7				
8				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	66	Roger BATE	Traff	45.61
2	4	Joseph HUDAK	ECHT	10.58
3	55	Steve HALLAS	Prest	8.94
4				
5				
6				
7				
8				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	6	Jacob FLETCHER	Traff	44.32
2	4	James HARNEY (U20)	ECHT	40.62
3	5	Corey MIDDLETON (U20)	Prest	28.79
4	3	Joe MOORE	BorSe	23.67
5	2	Brian HALL	Bolt	22.24
6	1	Jonathan RUTTER	BWF	22.08
7				
8				

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	44	Jacob TAYLOR	ECHT	36.48
2	66	Finley MAYOH (U20)	Traff	35.79
3	55	Paul JEFFRIES	Prest	20.34
4	11	Philip ELLERSHAW	BWF	16.77
5	33	Peter CAMPBELL	BorSe	15.04
6	22	Martin REID	Bolt	14.90
7				
8				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	5	Prest	Corey MIDDLETON (U20) Craig EZISSI Curtis MITCHELL Josh INGHAM	45.3
2	6	Traff	Luke GABB Alexander LYONS (U17) Kenta BRANNON (U17) Jack REDMOND (L)	46.4
3	1	BWF	Oliver NUNN (U17) Alfie WALSH (U17) Scott SINCLAIR Philip ELLERSHAW	48.5
4	4	ECHT	Simon OWENS Michael OBI Oliver SHERRIS (U17) Nathan DUNN (U17)	52.1
5	3	BorSe	Emilio PERESTRELO (U17) Russell MADDAMS Ross LANDON Ben NUTTER (U20)	56.1
6				
7				
8				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	6	Traff	Luke GABB Finley MAYOH (U20) Louis ARNOLD (U17) Luke CRAMPTON	03:31.4
2	4	ECHT	Joseph HUDAK Michael OBI Callum FRICKER (U20) James HARNEY (U20)	03:35.3
3	5	Prest	Ethan HALLAS Akazh BHARADWAJ Josh INGHAM Corey MIDDLETON (U20)	03:41.4
4	3	BorSe	Ben NUTTER (U20) Declan DENWOOD (U17) Ross LANDON James CAMPBELL	03:48.8
5	2	Bolt	Jack DICKINSON Anthony VALENTINE Marcus VALENTINE (U17) Martin REID	04:27.2
6				
7				
8				

West 1N Sheepmount Athletics Stadium, Carlisle

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100m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	1	Katy WYPER	BWF	12.5	
2	4	Amelia JONES (U17)	ECHT	13.2	
3	6	Esther GOMEZ (U20)	Traff	13.3	
4	5	Eleanor NOBLET (U20)	Prest	13.4	
5	2	Kennedy LAWSON (U20)	Bolt	13.4	
6	3	Melissa BILLS	BorSe	13.7	
7					
8					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	11	Gracie RUTTER (U20)	BWF	13.4	
2	22	Olivia KIMBOWA	Bolt	13.4	
3	44	Miriam OKUMBOR (U17)	ECHT	13.7	
4	66	Jemila AJONA (U17)	Traff	13.8	
5	55	Carol HOLT	Prest	13.9	
6	33	Marcia SMITH	BorSe	15.7	
7					
8					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	5	Katie LITTLEFAIR	Prest	26.6	
2	4	Amelia JONES (U17)	ECHT	26.9	
3	2	Olivia KIMBOWA	Bolt	26.9	
4	3	Melissa BILLS	BorSe	28.9	
5	6	Esther GOMEZ (U20)	Traff	29.5	
6	1	Nekkisha WILSON	BWF	DNF	
7					
8					

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	11	Nia RUTTER	BWF	27.6	
2	22	Kennedy LAWSON (U20)	Bolt	27.8	
3	55	Carol HOLT	Prest	27.9	
4	33	Lauren PARR	BorSe	29.3	
5	66	Jemila AJONA (U17)	Traff	29.4	
6	44	Miriam OKUMBOR (U17)	ECHT	29.4	
7					
8					

400m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	6	Daniela GRAHAM MARTI (U20)	Traff	58.6	
2	2	Olivia KIMBOWA	Bolt	60.0	
3	4	Scarlett CORNWELL (U20)	ECHT	63.2	
4	5	Carol HOLT	Prest	65.5	
5	3	Jemma ATKINSON	BorSe	66.1	
6	1	Nekkisha WILSON	BWF	67.6	
7					
8					

400m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	66	Daria DWYER-ROSS (U20)	Traff	64.4	
2	44	Isla HERRING (U17)	ECHT	65.0	
3	33	Lyla TWOMEY (U17)	BorSe	67.8	
4	11	Gracie RUTTER (U20)	BWF	70.3	
5	55	Julie TYRER	Prest	100.4	
6					
7					
8					

800m Women A

Posn	No.	Athlete	Club	Perf	Wind
1	5	Katie LITTLEFAIR	Prest	02:25.6	
2	6	Kate MEESON	Traff	02:27.8	
3	3	Jemma ATKINSON	BorSe	02:29.1	
4	4	Isla HERRING (U17)	ECHT	02:30.7	
5	2	Rachel BAILEY	Bolt	02:32.7	
6					
7					
8					

800m Women B

Posn	No.	Athlete	Club	Perf	Wind
1	55	Holly MOFFATT (U17)	Prest	02:28.7	
2	22	Evie BOWDEN (U17)	Bolt	02:42.1	
3	33	Natalie STANTON	BorSe	02:57.7	
4	44	Lois RUEBOTHAM	ECHT	02:58.5	
5	66	Jemma BATE	Traff	03:24.5	
6					
7					
8					

West 1N Sheepmount Athletics Stadium, Carlisle

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1500m Women A

Posn	No.	Athlete	Club	Perf
1	6	Kate MEESON	Traff	05:20.5
2	5	Miriam LUFT	Prest	05:24.8
3	3	Jemma ATKINSON	BorSe	05:28.0
4	2	Rachel BAILEY	Bolt	05:31.8
5	4	Megan LEWIS	ECHT	05:53.8
6				
7				
8				

1500m Women B

Posn	No.	Athlete	Club	Perf
1	66	Amelia WILLIAMS	Traff	05:24.2
2	33	Ruth WALKER (U20)	BorSe	05:37.3
3	22	Evie BOWDEN (U17)	Bolt	06:00.0
4	44	Lois RUEBOTHAM	ECHT	06:14.8
5	55	Sue WICKHAM	Prest	08:37.8
6				
7				
8				

3000m Women A

Posn	No.	Athlete	Club	Perf
1	6	Amelia WILLIAMS	Traff	10:45.0
2	4	Maria ROOKE (U20)	ECHT	11:27.8
3	3	Teressa MEDLEY	BorSe	12:15.8
4	2	Rachel BAILEY	Bolt	13:00.0
5	5	Julie TYRER	Prest	15:40.7
6				
7				
8				

3000m Women B

Posn	No.	Athlete	Club	Perf
1	33	Ruth WALKER (U20)	BorSe	12:36.6
2	44	Michelle VAUGHAN	ECHT	13:36.7
3	55	Sue WICKHAM	Prest	17:49.3
4				
5				
6				
7				
8				

2km S/Chase Women A

Posn	No.	Athlete	Club	Perf
1	99		Event Canc	
2				
3				
4				
5				
6				
7				
8				

2km 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	5	Miriam LUFT	Prest	72.7
2	3	Melissa BILLS	BorSe	73.5
3	4	Megan LEWIS	ECHT	75.1
4				
5				
6				
7				
8				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	33	Megan MITCHELL (U17)	BorSe	74.9
2				
3				
4				
5				
6				
7				
8				

West 1N Sheepmount Athletics Stadium, Carlisle

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100m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	1	Nia RUTTER	BWF	15.8
2	5	Miriam LUFT	Prest	18.9
3	3	Natalie STAINTON	BorSe	19.9
4				
5				
6				
7				
8				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	11	Gracie RUTTER (U20)	BWF	18.5
2	33	Melissa BILLS	BorSe	20.3
3				
4				
5				
6				
7				
8				

100m N/S Women A

Posn	No.	Athlete	Club	Perf
1				
2	209	Sarah BYRNE	Traff	13.5
3	214	Marcia RUTTER	BWF	14.0
4	232	Talia BALL	BWF	16.1
5				
6				
7				
8				

100m N/S Women B

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

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	11	Gracie RUTTER (U20)	BWF	5.13
2	6	Louise SMITH	Traff	5.11
3	5	Eleanor NOBLET (U20)	Prest	4.91
4	4	Amy STARKEY (U20)	ECHT	4.60
5	33	Lyla TWOMEY (U17)	BorSe	4.38
6	2	Kennedy LAWSON (U20)	Bolt	4.28
7				
8				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	1	Nia RUTTER	BWF	4.93
2	3	Lauren PARR	BorSe	4.32
3	66	Sarah BYRNE (U17)	Traff	4.13
4	44	Megan LEWIS	ECHT	3.98
5	55	Julie TYRER	Prest	2.13
6				
7				
8				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	5	Miriam LUFT	Prest	1.45
2	1	Nia RUTTER	BWF	1.30
3	44	Megan LEWIS	ECHT	1.25
4	3	Natalie STAINTON	BorSe	1.20
5	6	Jemma BATE	Traff	1.15
6	2	Kennedy LAWSON (U20)	Bolt	1.10

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	55	Eleanor NOBLET (U20)	Prest	1.30
2	11	Marcia RUTTER (U17)	BWF	1.25
3	4	Amy STARKEY (U20)	ECHT	1.20
4	66	Abi KASELA (U20)	Traff	1.10
5	33	Lily STEPHENSON (U17)	BorSe	X

West 1N Sheepmount Athletics Stadium, Carlisle

Match 2 15/06/2024

Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	6	Naomi METZGER	Traff	13.17
2	1	Nia RUTTER	BWF	10.57
3	3	Lauren PARR	BorSe	9.52
4				
5				
6				
7				
8				

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	66	Esther GOMEZ (U20)	Traff	9.86
2	33	Jemma ATKINSON	BorSe	8.06
3				
4				
5				
6				
7				
8				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	1	Chloe PARSONS	BWF	2.90

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
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Shot Women A

Posn	Bib	Athlete	Club	Perf
1	1	Nia RUTTER	BWF	11.31
2	6	Jemma BATE	Traff	10.46
3	55	Miriam LUFT	Prest	9.18
4	33	Jessica MITCHINSON (U20)	BorSe	7.17
5	2	Rebecca REID	Bolt	6.49
6	4	Melanie LEE	ECHT	5.57
7				
8				

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	66	Louise SMITH	Traff	8.33
2	3	Marcia SMITH	BorSe	7.07
3	11	Susan BALL	BWF	7.04
4	22	Katie ECKERSLEY	Bolt	5.67
5	44	Gabriella GUARNIERI	ECHT	5.32
6	5	Alex PROFFITT	Prest	3.79
7				
8				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	6	Jemma BATE	Traff	34.35
2	1	Susan BALL	BWF	21.85
3	33	Natalie STAINTON	BorSe	20.03
4	4	Amy STARKEY (U20)	ECHT	19.76
5	2	Rebecca REID	Bolt	17.66
6	5	Alex PROFFITT	Prest	12.12
7				
8				

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	3	Jessica MITCHINSON (U20)	BorSe	15.56
2	66	Abi KASELA (U20)	Traff	14.68
3	44	Melanie LEE	ECHT	13.45
4	11	Sarah SCOTT	BWF	13.30
5	22	Katie ECKERSLEY	Bolt	11.13
6	55	Julie TYRER	Prest	9.38
7				
8				

West 1N Sheepmount Athletics Stadium, Carlisle

Match 2 15/06/2024

Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	6	Jemma BATE	Traff	40.76
2	4	Melanie LEE	ECHT	29.47
3	11	Susan BALL	BWF	27.50
4	3	Jessica MITCHINSON (U20)	BorSe	26.31
5	5	Eleanor NOBLET (U20)	Prest	19.28
6	2	Rebecca REID	Bolt	15.78
7				
8				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	1	Talia BALL	BWF	22.85
2	55	Alex PROFFITT	Prest	14.62
3	66	Esther GOMEZ (U20)	Traff	14.25
4	33	Marcia SMITH	BorSe	12.14
5				
6				
7				
8				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	3	Natalie STAINTON	BorSe	28.54
2	1	Gracie SCOTT (U17)	BWF	28.50
3	4	Amy STARKEY (U20)	ECHT	25.71
4	6	Jemma BATE	Traff	25.51
5	2	Rebecca REID	Bolt	14.28
6	55	Julie TYRER	Prest	9.80
7				
8				

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	11	Nia RUTTER	BWF	24.84
2	44	Maria ROOKE (U20)	ECHT	16.88
3	33	Lily STEPHENSON (U17)	BorSe	16.26
4	22	Katie ECKERSLEY	Bolt	8.69
5	66	Abi KASELA (U20)	Traff	8.42
6	5	Alex PROFFITT	Prest	8.33
7				
8				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	4	ECHT	Miriam OKUMBOR (U17) Scarlett CORNWELL (U20) Amy STARKEY (U20) Amel	54.4
2	6	Traff	Daria DWYER-ROSS (U20) Sarah BYRNE (U17) Esther GOMEZ (U20) Jemila AJ	54.9
3	5	Prest	Miriam LUFT Katie LITTLEFAIR Carol HOLT Eleanor NOBLET (U20)	55.9
4	2	Bolt	Kennedy LAWSON (U20) Rachel BAILEY Evie BOWDEN (U17) Olivia KIMBOWA	57.1
5	3	BorSe	Lauren PARR Natalie STAINTON Marcia SMITH Megan MITCHELL (U17)	58.5
6				
7				
8				

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	6	Traff	Kate MEESON Abi KASELA (U20) Daria DWYER-ROSS (U20) Daniela GRAHAM A	04:16.8
2	5	Prest	Carol HOLT Miriam LUFT Holly MOFFATT (U17) Katie LITTLEFAIR	04:27.0
3	4	ECHT	Isla HERRING (U17) Scarlett CORNWELL (U20) Maria ROOKE (U20) Megan LEV	04:28.7
4	3	BorSe	Melissa BILLS Jemma ATKINSON Lily STEPHENSON (U17) Lyla TWOMEY (U17)	04:28.8
5	2	Bolt	Olivia KIMBOWA Rachel BAILEY Rebecca REID Katie ECKERSLEY	05:42.4
6				
7				
8				