

Mid Lancs Track and Field League

Wilson Playing Fields, Hyndburn, 30th May 2009

Senior Men 100m Heat 1

1 Frank. Shepherd	Lancaster Morecambe A	638	11.3	7
2 Stephen. Sumner	Hyndburn AC	501	11.4	7
3 Alex. Bale	Blackpool Wyre Fylde AC	1309	11.4	5
4 Michael. Hough	Chorley AC	378	11.5	4
5 Matthew. Storey	Horwich RMI H & AC	436	11.8	3
6 James. Simpson	Barrow & Furness AC	42	12.6	0.5

Senior Men 400m Heat 2

1 Edward. Greenall	Preston Harriers	912	54.4	3
2 Thomas. Matthews	Kendal AC	553	54.7	2
3 Philip. Waite	Barrow & Furness AC	36	54.9	4.5
4 Cassidy. Knight	Blackpool Wyre Fylde A	181	55.1	1
5 Nick. Rawcliffe	Hyndburn AC	496	56.6	
6 David. Hook	Barrow & Furness AC	8	57.9	3

Senior Men 100m Heat 2

1 Jack. Thomas	Horwich RMI H & AC	455	11.4	5
2 James. Fahey	Blackpool Wyre Fylde AC	153	11.6	4
3 Arran. Mccarthy	Hyndburn AC	515	11.7	3
4 Nick. Rawcliffe	Hyndburn AC	496	12	nc
5 Chris. Sinclair	Bolton Utd Harriers	280	13	
6 Tony. Hughes	Southport Waterloo AC	1101	15.9	

Senior Men 800m

1 Ashley. Kay	Rossendale Harriers	1020	01:59.8	7
2 Philip. Waite	Barrow & Furness AC	36	02:00.4	5
3 Jack. Thompson	Pendle AC	790	02:00.6	4
4 Danny. Parkinson	Kendal AC	561	02:03.6	7
5 Daniel. Evans	Pendle AC	767	02:06.1	3
6 David. Hook	Barrow & Furness AC	8	02:06.3	2
7 Richard. Brown	Bolton Utd Harriers	317	02:30.4	5

Senior Men 100m Heat 3

1 Martin. Wall	Burnley AC	1308	12.4	2
2 Thomas. Matthews	Kendal AC	553	12.4	2
3 Danny. Martin	Hyndburn AC	516	12.5	nc
4 Matthew. Burns	Lancaster Morecambe A	644	12.6	0.5
5 John. Rutter	Blackpool Wyre Fylde AC	214	12.6	nc
6 Michael. Carr	Blackburn H & AC	67	12.7	1

Senior Men 1500m

1 Marc. Hartley	Burnley AC	357	04:11.1	7
2 Phil. Bolton	Rossendale Harriers	1013	04:39.8	5

Senior Men 3000m

1 Danny. Parkinson	Kendal AC	561	09:12.2	7
2 Scott. Thwaites	Kendal AC	574	09:43.8	-7
3 Beau. Smith	Lancaster Morecambe A	639	09:47.6	7
4 Callum. Mason	Lancaster Morecambe A	634	10:13.0	-7
5 Paul. Hodgson	Lancaster Morecambe A	631	10:41.7	-7
6 Tom. Hartley	Kendal AC	543	11:00.7	-7

Senior Men 200m Heat 1

1 Stephen. Sumner	Hyndburn AC	501	23.3	7
2 Phillip. Eilershaw	Guest	1595	23.4	
3 Alex. Bale	Blackpool Wyre Fylde AC	1309	23.6	4.5
4 Frank. Shepherd	Lancaster Morecambe A	638	23.8	7
5 James. Simpson	Barrow & Furness AC	42	25.8	2

Senior Men 4x100m Relay

1 .	Hyndburn AC	501	46.3	7
2 .	Horwich RMI H & AC	455	50.1	7
3 .	Rossendale Harriers	1027	53.2	5

Senior Men 200m Heat 2

1 Arran. Mccarthy	Hyndburn AC	515	23.6	4.5
2 Ben. Powell	Blackburn H & AC	1288	24.3	3
3 Daniel. Browitt	Wigan H & AC	1281	24.4	5
4 Thomas. Matthews	Kendal AC	553	25.1	2

Senior Men 4x400m Relay

1 .	Hyndburn AC	494	03:44.8	7
2 .	Rossendale Harriers	1021	03:53.3	7
3 .	Kendal AC	561	04:10.2	5

Senior Men 200m Heat 3

1 Nick. Rawcliffe	Hyndburn AC	496	25.2	1
2 Michael. Carr	Blackburn H & AC	67	25.5	
3 Matthew. Burns	Lancaster Morecambe A	644	25.6	4
4 Leroy. Golding	Pendle AC	768	25.7	3

Senior Men Long Jump

1 John. Rutter	Blackpool Wyre Fylde A	214	6	7
1 Chris. Snaith	Barrow & Furness AC	19	5.14	7

Senior Men 400m Heat 1

1 James. Eccles	Bolton Utd Harriers	251	51.7	7
2 James. Fahey	Blackpool Wyre Fylde AC	153	52.4	5
3 Matt. Wood	Blackburn H & AC	1287	52.7	4
4 Jordan. Harris	Lancaster Morecambe A	627	53.7	7
5 Mark. Gardner	Lancaster Morecambe A	625	54.9	4.5
6 James. Simpson	Barrow & Furness AC	42	63	2

Senior Men High Jump

1 Arran. Mccarthy	Hyndburn AC	515	1.55	7
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Senior Men Triple Jump

1 John. Rutter	Blackpool Wyre Fylde A	214	11.79	7
2 Carl. Foster	Horwich RMI H & AC	453	8.22	7

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Senior Men Shot Putt					Under 17 Men 200m						
1	Simon. Bissell	Bolton Utd Harriers	243	11.29	7	1	Graham. Parsons	Kendal AC	565	24.3	7
2	Alan. Plumb	Burnley AC	349	10.77	7	2	James. Brownless	Hyndburn AC	474	25.7	5
3	Shaun. O'Donnell	Bolton Utd Harriers	316	8.18	5	3	Adam. Clark	Kendal AC	540	25.7	4
4	Matthew. Balkwell	Hyndburn AC	471	8	4	4	Ryan. Eastaugh	Blackpool Wyre Fylde A	1204	27.4	3
5	Leroy. Golding	Pendle AC	768	7.8	5	5	Chris. Snaith	Barrow & Furness AC	19	28.3	7
6	Wayne. Edmondson	Hyndburn AC	480	7.74	3						
7	Trevor. Williams	Horwich RMI H & AC	1225	7.69	4	Under 17 Men 400m					
8	Declan. Lyons	Hyndburn AC	487	7.61	nc	1	James. Brownless	Hyndburn AC	474	55.9	7
9	Jack. Thomas	Horwich RMI H & AC	455	7.46	3	2	Adam. Clark	Kendal AC	540	66.4	5
10	Mike. Grime	Hyndburn AC	482	7.44	nc						
11	John. Edwards	Burnley AC	343	7.22	2	Under 17 Men 800m					
					1	Joe. Moores	Rossendale Harriers	1028	02:08.1	7	
Senior Men Discus Throw					2	Luke. Betts	Chorley AC	374	02:09.6	5	
1	Simon. Bissell	Bolton Utd Harriers	243	38.37	7	3	Zac. Howe	Horwich RMI H & AC	423	02:13.7	4
2	Leroy. Golding	Pendle AC	768	26.55	7	4	Sam. Till	Kendal AC	576	02:14.3	7
3	Wayne. Edmondson	Hyndburn AC	480	25.54	5	5	Sam. Richards	Pendle AC	779	02:16.1	3
4	Alan. Plumb	Burnley AC	349	25.16	5						
5	Matthew. Balkwell	Hyndburn AC	471	25.07	4	Under 17 Men 1500m					
6	Shaun. O'Donnell	Bolton Utd Harriers	316	22.35	3	1	Joe. Johnson	Rossendale Harriers	1027	04:40.2	7
7	Declan. Lyons	Hyndburn AC	487	20.78	nc	2	Sam. Till	Kendal AC	576	04:40.6	7
8	Carl. Foster	Horwich RMI H & AC	453	20.01	4	3	Sam. Walsh	Rossendale Harriers	1026	05:20.7	5
9	Mike. Grime	Hyndburn AC	482	19.77	nc						
10	John. Edwards	Burnley AC	343	17.98	3	Under 17 Men 4x100m Relay					
					1	.	Kendal AC	565	49.5	7	
Senior Men Javelin Throw					Under 17 Men Long Jump						
1	Michael. O'Donnell	Bolton Utd Harriers	315	50.28	7	1	Jack. Thomas	Horwich RMI H & AC	455	5.81	7
2	Martin. Wall	Burnley AC	1308	37.71	7	2	Jordan. Beard	Rossendale Harriers	1012	5	5
3	Danny. Martin	Hyndburn AC	516	37.07	5	3	Andrew. Storey	Horwich RMI H & AC	1223	4.56	4
4	Matthew. Storey	Horwich RMI H & AC	436	35.67	5	4	Trevor. Williams	Horwich RMI H & AC	1225	4.09	nc
5	Phil. Sumner	Hyndburn AC	489	24.57	4						
Senior Men Hammer Throw					Under 17 Men High Jump						
1	Simon. Bissell	Bolton Utd Harriers	243	39.67	7	1	Callum. Blaikie	Kendal AC	535	1.75	7
2	John. Edwards	Burnley AC	343	31.37	7						
3	Alan. Plumb	Burnley AC	349	30.65	5	Under 17 Men Triple Jump					
4	Lewis. Taylor	Blackburn H & AC	114	30.59	5	1	Jack. Stringfellow	Rossendale Harriers	1021	10.24	7
5	Mike. Grime	Hyndburn AC	482	21.93	4	2	Scott. Jones	Wigan H & AC	1143	10.1	5
6	Wayne. Edmondson	Hyndburn AC	480	21.51	3						
7	Christopher. Senior	Blackpool Wyre Fylde AC	218	18.35	2	Under 17 Men Shot Putt					
					1	Zac. Child	Pendle AC	765	10.87	7	
					2	Zac. Howe	Horwich RMI H & AC	423	5.75	5	
					Under 17 Men Discus Throw						
Under 17 Men 100m Heat 1					1	Joshua. Blysniuk	Hyndburn AC	473	18.2	7	
1	Tom. Bradbury	Preston Harriers	831	11.9	7						
2	Oliver. Aspden	Blackburn H & AC	111	12.1	4	Under 17 Men Javelin Throw					
3	Callum. Blaikie	Kendal AC	535	12.5	3	1	Zac. Child	Pendle AC	765	31.87	7
4	James. Ross	Hyndburn AC	497	12.9	2	2	James. Brownless	Hyndburn AC	474	28.28	7
					3	Sam. Till	Kendal AC	576	24	5	
Under 17 Men 100m Heat 2					4	Joshua. Blysniuk	Hyndburn AC	473	17.76	4	
1	Graham. Parsons	Kendal AC	565	12	5						
2	Ben. Knight	Chorley AC	381	12.4	7	Under 17 Men Hammer Throw					
3	Jack. Stringfellow	Rossendale Harriers	1021	13.3	5	1	Zac. Child	Pendle AC	765	30.9	7
4	Chris. Snaith	Barrow & Furness AC	19	13.5	4	2	Joshua. Blysniuk	Hyndburn AC	473	18.38	7

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Under 15 Boys 100m

1 David. Macauley	Blackpool Wyre Fylde AC	1211	12.6	7
2 Jonathon. Kirkaldy	Burnley AC	344	12.7	7
3 Patrick. Etheridge	Preston Harriers	917	12.9	5
4 Joseph. Macauley	Blackpool Wyre Fylde AC	1210	13.5	4
5 Tom. Hartley	Kendal AC	543	14.3	3
6 Josh. Bell	Barrow & Furness AC	39	18.1	5

Under 15 Boys Shot Putt

1 Will. Goodier	Preston Harriers	840	11.23	7
2 Scott. Jones	Wigan H & AC	1143	9.35	7
3 Ben. Whipp	Chorley AC	388	9	5
4 Cory. Robinson	Kendal AC	567	7.24	5
5 Ben. Till	Kendal AC	575	6.9	4
6 Kingsley. Judd	Preston Harriers	890	6.72	3
7 Graham. Boreham	Southport Waterloo AC	1045	6.07	4

Under 15 Boys 200m

1 Patrick. Etheridge	Preston Harriers	917	27	7
2 Luis. Blyth	Blackpool Wyre Fylde AC	130	28.4	5
3 Ross. Campbell	Barrow & Furness AC	2	31.6	7

Under 15 Boys Discus Throw

1 Scott. Jones	Wigan H & AC	1143	25.95	7
2 Will. Goodier	Preston Harriers	840	25.59	7
3 Ben. Whipp	Chorley AC	388	24.66	5
4 Kingsley. Judd	Preston Harriers	890	19.79	5
5 Josh. Bell	Barrow & Furness AC	39	15.23	4
6 Ben. Till	Kendal AC	575	15	4
7 Graham. Boreham	Southport Waterloo AC	1045	14.93	3
8 Niall. Cullen	Southport Waterloo AC	1090	0	0

Under 15 Boys 400m

1 Theo. Messenger-Jon	Barrow & Furness AC	12	57.8	7
2 Robbie. Ingham	Kendal AC	550	59.6	7
3 Sam. Storey	Barrow & Furness AC	34	61.9	5
4 Tom. Hartley	Kendal AC	543	67.2	5

Under 15 Boys 800m

1 Ryan. Sciacca	Chorley AC	386	02:11.6	7
2 Theo. Messenger-Jon	Barrow & Furness AC	12	02:17.8	5
3 Sam. Storey	Barrow & Furness AC	34	02:19.0	4
4 Jack. Garmory	Bolton Utd Harriers	253	02:24.9	7
5 Ross. Campbell	Barrow & Furness AC	2	02:27.9	nc
6 Ryan. Mccaffrey	Hyndburn AC	1246	02:28.4	5
7 Ben. Till	Kendal AC	575	02:32.6	4
8 Neng. Wildman	Pendle AC	786	02:34.2	3
9 Liam. Kerigan	Blackpool Wyre Fylde AC	1203	02:50.4	3

Under 15 Boys Javelin Throw

1 Ben. Whipp	Chorley AC	388	32.95	7
2 Josh. Bell	Barrow & Furness AC	39	18.17	5
3 Ryan. Mccaffrey	Hyndburn AC	1246	8.4	7

Under 15 Boys Hammer Throw

1 Niall. Cullen	Southport Waterloo AC	1090	19.28	7
2 Will. Goodier	Preston Harriers	840	18.24	7

Under 15 Boys 1500m

1 Robbie. Ingham	Kendal AC	550	04:46.9	7
2 James. Knox	Kendal AC	562	04:51.0	5
3 Pascal. Dark	Rosendale Harriers	1016	04:55.0	7
4 Hywel. Scourfield	Bolton Utd Harriers	278	05:11.8	4
5 Chris. Mann	Bolton Utd Harriers	259	05:14.2	3
6 Patrick. Cullen	Southport Waterloo AC	1092	05:28.0	5

Under 13 Boys 100m Heat 1

1 James. Blow	Blackburn H & AC	61	13.6	7
2 James. Curtis	Barrow & Furness AC	38	14.6	7
3 Thomas. Miller	Bolton Utd Harriers	313	14.7	5
4 Adam. Cullen	Southport Waterloo AC	1091	15.1	4
5 Charlie. Allen	Blackpool Wyre Fylde AC	117	15.2	2.5
6 Ben. Hedley	Hyndburn AC	1282	15.9	0.5

Under 13 Boys 100m Heat 2

1 Connor. Richardson	Rosendale Harriers	1029	14.7	5
2 James. Lane	Preston Harriers	918	15.2	2.5
3 Jack. Weiss	Blackburn H & AC	100	15.5	nc
4 Matthew. Lawson	Southport Waterloo AC	1093	16.3	2

Under 15 Boys 4x100m Relay

1 .	Kendal AC	550	59.9	7
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Under 15 Boys Long Jump

1 David. Macauley	Blackpool Wyre Fylde AC	1211	4.95	7
2 Luis. Blyth	Blackpool Wyre Fylde AC	130	4.67	5
3 Cory. Robinson	Kendal AC	567	4.62	4
4 Patrick. Cullen	Southport Waterloo AC	1092	4.19	7
5 Joseph. Macauley	Blackpool Wyre Fylde AC	1210	3.84	nc
6 Graham. Boreham	Southport Waterloo AC	1045	3.83	5
7 Ryan. Mccaffrey	Hyndburn AC	1246	3.65	3
8 James. Knox	Kendal AC	562	3.4	2

Under 13 Boys 100m Heat 3

1 James. Carty	Blackburn H & AC	1286	15	4
2 Harris. Weston	Rosendale Harriers	1304	15.4	3
3 Matthew. Roberts	Hyndburn AC	1241	15.9	0.5
4 Lewis. Graves	Blackburn H & AC	115	16.1	nc

Under 15 Boys High Jump

1 Robbie. Ingham	Kendal AC	550	1.55	7
2 Chris. Mann	Bolton Utd Harriers	259	1.5	5
3 Perry. Judd	Preston Harriers	889	1.4	4

Under 13 Boys 200m

1 Sam. Nicholson	Barrow & Furness AC	14	29.7	7
2 Thomas. Miller	Bolton Utd Harriers	313	30.8	7
3 James. Lane	Preston Harriers	918	32	5
4 Mark. Sullivan	Kendal AC	573	32.6	4
5 Matthew. Roberts	Hyndburn AC	1241	35.6	3

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Under 13 Boys 800m					Senior Women 100m						
1	Sam. Nicholson	Barrow & Furness AC	14	02:19.9	7	1	Katie. Deutsch	Wigan H & AC	1168	12.6	7
2	Andrew. Kershaw	Southport Waterloo AC	1063	02:28.4	5	2	Abby. Edmundson	Blackburn H & AC	70	13.4	7
3	Joseph. Howe	Horwich RMI H & AC	422	02:31.8	4	3	Emma. Booth	Chorley AC	396	13.7	5
4	Fergus. Tallon	Chorley AC	393	02:33.3	3	4	Zoe. Dixon	Blackpool Wyre Fylde A	1212	16.7	5
5	Nathan. Townsend	Horwich RMI H & AC	465	02:37.5	2	Senior Women 200m					
6	James. Curtis	Barrow & Furness AC	38	02:40.3	1	1	Elizabeth. Hodgson	Blackpool Wyre Fylde A	166	28.1	7
7	Adam. Cullen	Southport Waterloo AC	1091	02:41.2		2	Rachel. Preston	Pendle AC	778	28.3	7
8	Charlie. Allen	Blackpool Wyre Fylde AC	117	02:50.7	7	3	Wendy. Laing	Lancaster Morecambe A	633	28.5	5
9	Ben. Hedley	Hyndburn AC	1282	03:02.8	5	4	Katie. Holder	Blackpool Wyre Fylde A	1213	29.5	5
Under 13 Boys 1500m						5	Kathy. Winrow	Lancaster Morecambe A	641	34.4	4
1	Mark. Sullivan	Kendal AC	573	05:22.5	7	6	Zoe. Dixon	Blackpool Wyre Fylde A	1212	35.7	nc
2	Dale. Allen	Blackburn H & AC	52	05:36.1	5	Senior Women 400m					
3	Jack. Weiss	Blackburn H & AC	100	05:38.8	4	1	Sarah. Yeomans	Rossendale Harriers	1023	63.6	7
4	Connor. Richardson	Rossendale Harriers	1029	05:40.4	7	2	Rachel. Preston	Pendle AC	778	64.3	5
Under 13 Boys Long Jump						3	Kathy. Winrow	Lancaster Morecambe A	641	76.1	4
1	Thomas. Miller	Bolton Utd Harriers	313	4.07	7	Senior Women 800m					
2	Daniel. Winkle	Southport Waterloo AC	1100	4.01	7	1	Laura. Deegan	Blackpool Wyre Fylde A	144	02:22.5	7
3	William. Murray	Blackburn H & AC	1285	3.92	5	2	Joanna. Goorney	Wesham Road Runners	1112	02:36.4	7
4	Luke. Pepper	Blackpool Wyre Fylde AC	205	3.91	4	3	Emily. Walker	Pendle AC	783	02:40.0	5
5	James. Curtis	Barrow & Furness AC	38	3.9	5	4	Melanie. Koth	Lytham St.Annes RR	732	02:49.1	4
6	Mark. Sullivan	Kendal AC	573	3.75	3	5	Kathy. Winrow	Lancaster Morecambe A	641	02:57.8	3
7	Andrew. Kershaw	Southport Waterloo AC	1063	3.62	4	Senior Women 1500m					
8	William. Moynihan	Hyndburn AC	520	3.48	2	1	Lucy. Croston	Chorley AC	391	05:12.2	7
9	Nathan. Townsend	Horwich RMI H & AC	465	3.05	3	2	Joanna. Goorney	Wesham Road Runners	1112	05:25.1	5
10	Bailey. Locke	Blackburn H & AC	78	2.97	1	Senior Women 3000m					
Under 13 Boys High Jump						1	Joanna. Goorney	Wesham Road Runners	1112	11:16.6	
1	James. Blow	Blackburn H & AC	61	1.25	7	2	Alex. Shaw	Blackpool Wyre Fylde A	1214	13:14.0	
2	Joseph. Howe	Horwich RMI H & AC	422	1.2	7	Senior Women Long Jump					
3	Jack. Weiss	Blackburn H & AC	100	1.15	5	1	Nia. Rutter	Blackpool Wyre Fylde A	215	5.06	7
4	Charlie. Allen	Blackpool Wyre Fylde AC	117	1.15	4	2	Wendy. Laing	Lancaster Morecambe A	633	4.84	7
5	William. Moynihan	Hyndburn AC	520	1.15	3	3	Caroline. Smithson	Hyndburn AC	499	4.51	5
6	Bailey. Locke	Blackburn H & AC	78	1.1	nc	4	Alison. Storey	Horwich RMI H & AC	1224	3.12	5
7	Ben. Hedley	Hyndburn AC	1282	0	0	Senior Women High Jump					
Under 13 Boys Shot Putt						1	Rachel. Culshaw	Wigan H & AC	1177	1.63	7
1	James. Lane	Preston Harriers	918	5.95	7	Senior Women Triple Jump					
2	James. Carty	Blackburn H & AC	1286	5.74	5	1	Kelly. Hilton	Chorley AC	377	12.13	7
3	Adam. Cullen	Southport Waterloo AC	1091	5.43	7	2	Nia. Rutter	Blackpool Wyre Fylde A	215	11.6	7
4	Matthew. Lawson	Southport Waterloo AC	1093	5.27	5	3	Abby. Edmundson	Blackburn H & AC	70	10.72	5
5	Nathan. Billington	Blackburn H & AC	58	5.04	4	4	Rachel. Preston	Pendle AC	778	9.88	4
6	Matthew. Roberts	Hyndburn AC	1241	4.29	3	Senior Women Shot Putt					
Under 13 Boys Discus Throw						1	Wendy. Laing	Lancaster Morecambe A	633	9.68	7
1	James. Carty	Blackburn H & AC	1286	13.39	7	2	Eleanor. Markendale	Pendle AC	776	9.23	5
2	Nathan. Billington	Blackburn H & AC	58	11.33	5	3	Rosie. Southworth	Pendle AC	781	8.31	4
3	Lewis. Graves	Blackburn H & AC	115	9.84	nc	4	Lauren. Grime	Hyndburn AC	502	8.2	7
4	William. Murray	Blackburn H & AC	1285	0	0	5	Melanie. Koth	Lytham St.Annes RR	732	6.46	3
Under 13 Boys Javelin Throw											
1	William. Murray	Blackburn H & AC	1285	22.46	7						
2	Bailey. Locke	Blackburn H & AC	78	16.37	5						
3	William. Moynihan	Hyndburn AC	520	12.46	4						

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Senior Women Discus Throw					Under 17 Women Discus Throw						
1	Lauren. Grime	Hyndburn AC	502	23.57	7	1	Charlotte. Beech	Pendle AC	789	28.21	7
2	Lynne. Walker	Barrow & Furness AC	25	21.92	5	Under 17 Women Javelin Throw					
3	Rosie. Southworth	Pendle AC	781	20.01	7	1	Beth. Towers	Blackpool Wyre Fylde A	229	15.82	7
4	Karen. Vaughan	Burnley AC	351	13.14	5	2	Michaela. Brindle	Wigan H & AC	1129	15.01	5
Senior Women Javelin Throw					Under 17 Women Hammer Throw						
1	Rachel. Culshaw	Wigan H & AC	1177	30.31	7	1	Megan. Searson	Blackburn H & AC	92	28.08	7
2	Rosie. Southworth	Pendle AC	781	29.41	7	2	Lucy. Chadwick	Pendle AC	764	25.45	5
3	Eleanor. Markendale	Pendle AC	776	28.59	5	Under 15 Girls 100m Heat 1					
4	Caroline. Smithson	Hyndburn AC	499	16.06	5	1	Sophie. Riley	Blackpool Wyre Fylde A	210	12.6	7
Senior Women Hammer Throw					Under 15 Girls 100m Heat 2						
1	Lauren. Grime	Hyndburn AC	502	28.43	7	2	Maxiene. Meju	Lancaster Morecambe A	647	12.8	7
2	Lynne. Walker	Barrow & Furness AC	25	20.99	5	3	Hannah. Storey	Horwich RMI H & AC	435	13.2	5
3	Karen. Vaughan	Burnley AC	351	19.87	7	4	Robyn. Taylor	Hyndburn AC	518	15	3
Under 17 Women 100m					Under 15 Girls 200m Heat 1						
1	Emily. Richie	Bolton Utd Harriers	314	13.2	7	1	Sophie. Riley	Blackpool Wyre Fylde A	210	26.2	7
2	Miriam. Harrold	Bolton Utd Harriers	255	13.7	5	2	Maxiene. Meju	Lancaster Morecambe A	647	26.6	7
3	Sarah. Ward	Blackpool Wyre Fylde AC	233	14	4	3	Jessica. Hodsman	Kendal AC	546	28.7	4
4	Chloe. Clarkson	Bolton Utd Harriers	311	14.7	nc	4	Ellon. Sagar-Hesketh	Hyndburn AC	1245	29.9	2
Under 17 Women 200m					Under 15 Girls 200m Heat 2						
1	Emily. Richie	Bolton Utd Harriers	314	27.9	7	1	Brittany. Shaw	Blackpool Wyre Fylde A	219	28.2	5
2	Miriam. Harrold	Bolton Utd Harriers	255	29.1	5	2	Heather. Ramsay	Kendal AC	560	29.6	3
3	Chloe. Clarkson	Bolton Utd Harriers	311	31.2	nc	3	Hannah. Smith	Hyndburn AC	508	30	1
Under 17 Women 800m					Under 15 Girls 200m Heat 3						
1	Samantha. Smith	Blackpool Wyre Fylde AC	1301	02:35.2	7	1	Teagan. O'Hara	Blackpool Wyre Fylde A	198	29.6	nc
Under 17 Women 1500m					Under 15 Girls 300m						
1	Ellie. Wilson	Barrow & Furness AC	43	05:05.8	7	1	Kassidy. Knight	Blackpool Wyre Fylde A	181	45.5	7
Under 17 Women Long Jump					Under 15 Girls 300m						
1	Megan. Healey	Blackpool Wyre Fylde AC	165	4.93	7	2	Bethany. Wallis	Bolton Utd Harriers	285	48.3	5
2	Jenny. Tynan	Lancaster Morecambe A	653	4.84	7	3	Amy. Higham	Wigan H & AC	1165	48.7	4
Under 17 Women High Jump					Under 15 Girls 300m						
1	Jodie. Farnworth	Chorley AC	395	1.55	7	4	Olivia. Wallis	Bolton Utd Harriers	286	49.5	3
2	Megan. Sweet	Blackpool Wyre Fylde AC	225	1.5	7	5	Heather. Ramsay	Kendal AC	560	50	2
3	Michaela. Brindle	Wigan H & AC	1129	1.5	5	6	Katie. Davies	Bolton Utd Harriers	247	57.8	nc
4	Samantha. Smith	Blackpool Wyre Fylde AC	1301	1.4	4	Under 17 Women Triple Jump					
5	Beth. Towers	Blackpool Wyre Fylde AC	229	1.4	nc	1	Jenny. Tynan	Lancaster Morecambe A	653	10.27	7
6	Sarah. Ward	Blackpool Wyre Fylde AC	233	1.35	nc	Under 17 Women Shot Putt					
Under 17 Women Triple Jump					Under 17 Women Shot Putt						
1	Jenny. Tynan	Lancaster Morecambe A	653	10.27	7	1	Charlotte. Beech	Pendle AC	789	9.73	7
Under 17 Women Shot Putt					Under 17 Women Shot Putt						
1	Charlotte. Beech	Pendle AC	789	9.73	7	2	Emily. Richie	Bolton Utd Harriers	314	5.47	7
2	Emily. Richie	Bolton Utd Harriers	314	5.47	7						

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Under 15 Girls 800m Heat 1

1	Lauren. Burrell	Blackpool Wyre Fylde AC	131	02:30.7	7
2	Natalie. Thompson	Wigan H & AC	1157	02:32.7	4
3	Megan. Davies	Rosendale Harriers	1025	02:39.1	7
4	Sarah. Hodgson	Lancaster Morecambe A	632	02:39.7	5
5	Jessica. Hodsmann	Kendal AC	546	02:42.6	2
6	Fiona. Steele	Bolton Utd Harriers	296	02:44.8	1
7	Rhiann. Beaumont	Chorley AC	372	02:46.9	4
8	Jacinta. Davison	Blackburn H & AC	1283	02:47.7	3
9	Tiffany. Charnley	Barrow & Furness AC	3	03:05.4	

Under 15 Girls Shot Putt

1	Lucy. Chadwick	Pendle AC	764	10.46	7
2	Emily. Lupton	Preston Harriers	861	8.71	7
3	Chloe. Needham	Blackpool Wyre Fylde AC	195	8.35	5
4	Rebecca. Todd	Blackpool Wyre Fylde AC	228	8.23	4
5	Rebecca. Garnett	Kendal AC	542	7.13	3
6	Heidi. Hamshere	Hyndburn AC	485	7.13	2
7	Hannah. Smith	Hyndburn AC	508	6.07	1
8	Allysia. Hine	Kendal AC	534	6.04	
9	Melissa. Curtis	Barrow & Furness AC	37	4.35	

Under 15 Girls 800m Heat 2

1	Shannon. Johnson	Guest	1305	02:27.5	
2	Jodie. Ferguson	Blackpool Wyre Fylde AC	1201	02:32.2	5
3	Olivia. Perez	Guest	1597	02:35.3	
4	Sarah. Mcdonough	Guest	1307	02:36.1	
5	Amy. Higham	Wigan H & AC	1165	02:41.3	3
6	Kirsty. Fraser	Lytham St.Annes RR	731	02:49.6	2
7	Ellon. Sagar-Hesketh	Hyndburn AC	1245	02:50.6	
8	Melissa. Curtis	Barrow & Furness AC	37	02:52.6	
9	Anya. Townsend	Chorley AC	392	03:14.1	1

Under 15 Girls Discus Throw

1	Chloe. Needham	Blackpool Wyre Fylde AC	195	27.75	7
2	Rebecca. Garnett	Kendal AC	542	17.86	5
3	Rebecca. Todd	Blackpool Wyre Fylde AC	228	16.94	4
4	Tiffany. Charnley	Barrow & Furness AC	3	16.11	3
5	Allysia. Hine	Kendal AC	534	15.12	2
6	Heidi. Hamshere	Hyndburn AC	485	14.58	1
7	Abigail. Bleasdale	Blackburn H & AC	59	14.24	7
8	Katie. Davies	Bolton Utd Harriers	247	12.71	
9	Rebecca. Donaghue	Guest	1306	12.16	
10	Emily. Lupton	Preston Harriers	861	0	0
11	Lucy. Chadwick	Pendle AC	764	0	0

Under 15 Girls 1500m

1	Rebecca. Donaghue	Guest	1306	05:14.9	
2	Olivia. Miller	Barrow & Furness AC	35	05:15.2	7
3	Lucy. Minns	Blackpool Wyre Fylde AC	191	05:47.9	5
4	Carys. Barton	Barrow & Furness AC	41	05:50.8	4
5	Zarina. Wilson	Barrow & Furness AC	44	05:51.7	nc

Under 15 Girls Javelin Throw

1	Sarah. Mcdonough	Guest	1307	18.3	
2	Katie. Davies	Bolton Utd Harriers	247	17.99	7
3	Nina. Smart	Kendal AC	570	15.6	5
4	Abigail. Bleasdale	Blackburn H & AC	59	14.96	7
5	Anya. Townsend	Chorley AC	392	12.64	5
6	Heidi. Hamshere	Hyndburn AC	485	12.52	4
7	Rebecca. Garnett	Kendal AC	542	0	0

Under 15 Girls 4x100m Relay

1	.	Kendal AC	546	55.3	7
2	.	Hyndburn AC	1245	57	5
3	.	Bolton Utd Harriers	296	59.2	4

Under 15 Girls Long Jump

1	Jessica. Hodsmann	Kendal AC	546	4.54	7
2	Teagan. O'Hara	Blackpool Wyre Fylde AC	198	4.45	5
3	Nina. Smart	Kendal AC	570	4.28	4
4	Ellon. Sagar-Hesketh	Hyndburn AC	1245	4.25	3
5	Hannah. Smith	Hyndburn AC	508	4.24	2
6	Carys. Barton	Barrow & Furness AC	41	3.96	1
7	Natalie. Thompson	Wigan H & AC	1157	3.6	
8	Olivia. Perez	Guest	1597	3.54	
9	Melissa. Curtis	Barrow & Furness AC	37	3.01	
10	Summer. Hyatt	Hyndburn AC	477	0	nc

Under 13 Girls 100m Heat 1

1	Tash. Gardner	Blackpool Wyre Fylde AC	156	13.1	7
2	Demi-Lee. Scott	Bolton Utd Harriers	277	13.6	5
3	Freya. Sadler	Barrow & Furness AC	17	14.3	4
4	Mia. Arguello	Preston Harriers	822	14.8	2
5	Marnie. Shirtcliffe	Hyndburn AC	498	15.2	1

Under 13 Girls 100m Heat 2

1	Lizzie. Oliver	Bolton Utd Harriers	309	14.4	3
2	Molly. Haydock	Hyndburn AC	503	15.3	
3	Jess. O'Neil	Blackpool Wyre Fylde AC	199	15.3	
4	Sophie. Williams	Horwich RMI H & AC	467	15.9	4
5	Amy. Lockwood	Preston Harriers	919	16.3	
6	Mary. Hodgson	Lancaster Morecambe A	655	16.8	3

Under 15 Girls High Jump

1	Rhiann. Beaumont	Chorley AC	372	1.53	7
2	Joelle. Campbell	Kendal AC	538	1.5	7
3	Heather. Ramsay	Kendal AC	560	1.45	5
4	Alex. Hastie	Blackpool Wyre Fylde AC	1209	1.4	4
5	Abigail. Bleasdale	Blackburn H & AC	59	1.3	5
6	Teagan. O'Hara	Blackpool Wyre Fylde AC	198	1.25	3
7	Nina. Smart	Kendal AC	570	1.2	nc

Under 13 Girls 100m Heat 3

1	Rhea. Jackson	Pendle AC	787	14.3	7
2	Tamika. Carr	Bolton Utd Harriers	312	14.8	nc
3	Becky. Sinclair	Southport Waterloo AC	1076	15.3	5
4	Gaby. Byron	Barrow & Furness AC	40	15.8	
5	Alexandra. Quarmby	Blackpool Wyre Fylde AC	206	16.3	nc
6	Holly. Taylor	Hyndburn AC	517	16.5	nc

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Under 13 Girls 200m Heat 1

1	Tash. Gardner	Blackpool Wyre Fylde AC	156	27	7
2	Freya. Sadler	Barrow & Furness AC	17	29.4	5
3	Rhea. Jackson	Pendle AC	787	30	7
4	Tamika. Carr	Bolton Utd Harriers	312	31.5	4
5	Mary. Hodgson	Lancaster Morecambe A	655	35.4	4
6	Lucy. Hunter	Southport Waterloo AC	1094	37.9	3

Under 13 Girls Long Jump

1	Rhea. Jackson	Pendle AC	787	4.23	7
2	Tash. Gardner	Blackpool Wyre Fylde AC	156	4.1	7
3	Danielle. Thompson	Wigan H & AC	1156	4.02	5
4	Emily. Laing	Guest	1596	3.94	
5	Becky. Sinclair	Southport Waterloo AC	1076	3.87	5
6	Marnie. Shirtcliffe	Hyndburn AC	498	3.82	4
7	Erin. Donagh	Southport Waterloo AC	1050	3.79	4
8	Mia. Arguello	Preston Harriers	822	3.79	3
9	Gaby. Byron	Barrow & Furness AC	40	3.53	2
10	Mary. Hodgson	Lancaster Morecambe A	655	3.42	3
11	Molly. Haydock	Hyndburn AC	503	3.39	1
12	Chloe. Law	Rossendale Harriers	1024	2.95	2
13	Saffron. Barnes-Fullalov	Hyndburn AC	1243	2.71	nc
14	Amy. Lockwood	Preston Harriers	919	2.63	
15	Lucy. Hunter	Southport Waterloo AC	1094	2.59	nc
16	Lucinda. Mulligan	Hyndburn AC	521	2.57	nc

Under 13 Girls 200m Heat 2

1	Emily. Laing	Guest	1596	29.4	
2	Tasmin. Crook	Barrow & Furness AC	29	31.6	3
3	Becky. Sinclair	Southport Waterloo AC	1076	32.2	5
4	Jess. O'Neil	Blackpool Wyre Fylde AC	199	32.6	2
5	Hannah. Williams	Hyndburn AC	1244	33.5	1
6	Amy. Lockwood	Preston Harriers	919	35.1	

Under 13 Girls 800m Heat 1

1	Molly. Betmead	Blackpool Wyre Fylde AC	128	02:38.7	7
2	Alicia. Betmead	Blackpool Wyre Fylde AC	127	02:40.1	5
3	Phoebe. Howe	Horwich RMI H & AC	469	02:43.6	7
4	Isabel. Perez	Guest	1598	02:48.2	
5	Bethany. Blackwell	Chorley Harriers	1192	02:49.3	3
6	Danielle. Thompson	Wigan H & AC	1156	02:50.4	3
7	Tasmin. Crook	Barrow & Furness AC	29	02:50.7	2
8	Alexandra. Quarmby	Blackpool Wyre Fylde AC	206	02:51.5	nc

Under 13 Girls High Jump

1	Katrina. Steele	Bolton Utd Harriers	297	1.25	7
2	Holly. Taylor	Hyndburn AC	517	1.1	5
3	Ruth. Whipp	Chorley AC	394	1.05	7

Under 13 Girls Shot Putt

1	Mia. Arguello	Preston Harriers	822	7.89	7
2	Katrina. Kelly	Blackpool Wyre Fylde AC	179	6.81	5
3	Lizzia. Oliver	Bolton Utd Harriers	309	6.31	4
4	Demi-Lee. Scott	Bolton Utd Harriers	277	5.81	3
5	Sophie. Williams	Horwich RMI H & AC	467	5.35	7
6	Ruth. Whipp	Chorley AC	394	5.21	5
7	Kelly. Smith	Blackpool Wyre Fylde AC	1302	5.04	2
8	Lucinda. Mulligan	Hyndburn AC	521	4.89	1
9	Tasmin. Crook	Barrow & Furness AC	29	4.88	
10	Saffron. Barnes-Fullalov	Hyndburn AC	1243	3.45	

Under 13 Girls 800m Heat 2

1	Katrina. Steele	Bolton Utd Harriers	297	02:41.1	4
2	Megan. Solomon	Rossendale Harriers	1303	02:46.3	5
3	Isabella. Lewis	Rossendale Harriers	1030	02:48.2	4
4	Hannah. Williams	Hyndburn AC	1244	02:53.5	1
5	Sophie. Myers	Horwich RMI H & AC	440	02:59.1	2
6	Chloe. Law	Rossendale Harriers	1024	03:14.7	nc
7	Sade. Kenyon	Blackburn H & AC	1284	03:22.9	1
8	Lucy. Hunter	Southport Waterloo AC	1094	03:24.4	

Under 13 Girls Discus Throw

1	Kelly. Smith	Blackpool Wyre Fylde AC	1302	10.13	7
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Under 13 Girls 1500m

1	Katrina. Steele	Bolton Utd Harriers	297	05:36.7	7
2	Kelly. Smith	Blackpool Wyre Fylde AC	1302	06:11.8	5

Under 13 Girls Javelin Throw

1	Marnie. Shirtcliffe	Hyndburn AC	498	28.53	7
2	Lucinda. Mulligan	Hyndburn AC	521	19.38	5
3	Ruth. Whipp	Chorley AC	394	14.56	7
4	Chloe. Law	Rossendale Harriers	1024	13.59	5
5	Sophie. Williams	Horwich RMI H & AC	467	12.8	4
6	Gaby. Byron	Barrow & Furness AC	40	12.18	4
7	Manon. Dark	Rossendale Harriers	1031	11.59	3

Under 13 Girls 4x100m Relay

1	.	Bolton Utd Harriers	309	55.8	7
2	.	Hyndburn AC	498	63.5	5