

North West Sportshall Athletics League 2011 - 2012
League Tables after Round Three
20th November 2011

Team	U11 Girls			Total	Team	U11 Boys			Total
	Round 1	Round 2	Round 3			Round 1	Round 2	Round 3	
Crewe & Nantwich	144.5	152	157.5	454	Crewe & Nantwich	165	161.5	156.5	483
Wirral	0	147.5	151.5	299	Wirral	0	155	155	310
Halton & Frodsham	150	0	134.5	284.5	Halton & Frodsham	143.5	0	131.5	275
Southport / Waterloo	134	130	0	264	West Cheshire	0	138	132	270
West Cheshire	0	136	126	262	Liverpool	142	0	104.5	246.5
St Helens Sutton	0	93	99.5	192.5	Southport / Waterloo	93.5	119.5	0	213
Deeside	71	67.5	35.5	174	Deeside	56	58	48	162
Warrington	67.5	0	59.5	127	Handforth	60	40	0	100
Liverpool	0	0	49	49	Warrington	31	0	53.5	84.5
					St Helens Sutton	0	32	0	32

Team	U13 Girls			Total	Team	U13 Boys			Total
	Round 1	Round 2	Round 3			Round 1	Round 2	Round 3	
Crewe & Nantwich	158	151.5	148	457.5	Crewe & Nantwich	147	148	153	448
West Cheshire	0	161	152	313	West Cheshire	0	158	130	288
Halton & Frodsham	159	0	134.5	293.5	Halton & Frodsham	147.5	0	139.5	287
Southport / Waterloo	136	132.5	0	268.5	Liverpool	88	0	130.5	218.5
Deeside	28	73	99	200	Southport / Waterloo	79	113	0	192
Warrington	121	0	39	160	Deeside	36	51	86.5	173.5
St Helens Sutton	0	97	61	158	Warrington	106.5	0	58	164.5
Liverpool	0	0	93	93	St Helens Sutton	0	94	54.5	148.5
Handforth	40	24	0	64	Handforth	34	0	0	34
Wirral	0	0	38.5	38.5					

Team	U15 Girls			Total	Team	U15 Boys			Total
	Round 1	Round 2	Round 3			Round 1	Round 2	Round 3	
Crewe & Nantwich	168	162.5	161	491.5	Crewe & Nantwich	151	150	119	420
West Cheshire	0	156.5	144	300.5	West Cheshire	0	164	162	326
Halton & Frodsham	152	0	122.5	274.5	Halton & Frodsham	118	0	104	222
St Helens Sutton	0	62	73	135	Liverpool	0	0	13	13
Liverpool	53	0	135.5	188.5					
Deeside	43	0	0	43					
Wirral	0	0	26	26					
Warrington	26	0	0	26					

Widnes North West Sportshall league Round 3

20 November 2011

Under 11 - Girls

			Crewe & Nantwich	Deeside	Halton & Frodsham	Liverpool	St Helens Sutton	Warrington	West Cheshire	Wirral
TRACK	Individual	2 Lap Race	24	12.5	19	10	13	12.5	17	22
		4 Lap Race	23		18		14	20	19	20
	Relay	4 x 2 Lap Relay	24		21		12		15	18
FIELD	Jumps	Speed Bounce	23.5		18.5	14	17.5		18	22.5
		Standing Long Jump	19	11	22	12	14	14	17	24
		Standing Triple Jump	20	12	16		14	13	23	23
	Throws	Chest Push	24		20	13	15		17	22
		Total	157.5	35.5	134.5	49	99.5	59.5	126	151.5
	Overall Position	1	8	3	7	5	6	4	2	



North West Sportshall league Round 3			Track - Individual						Field - Jumps						Field - Throws				
20 November 2011			2 Lap Race			2 Lap Race			4 Lap Race			Speed Bounce		Standing Long Jump		Standing Triple Jump		Chest Push	
No	Name	Club	Time	Pos	Time	Pos	Time	Pos	Bounces	Pos	Dist	Pos	Dist	Pos	Dist	Pos	Dist	Pos	
41	Alex Hurst	Halton & Frodsham	28.40	A 3					45	B 3			4.83	A 6					
42	Emilia Poval-Clarke	Halton & Frodsham	29.00	N S							1.65				5	N S			
43	Charlotte Allen	Halton & Frodsham	30.70	N S							1.85	A 2			5	B 3			
44	Eloise Angus	Halton & Frodsham	29.60	N S							1.74	N S			6	A 3			
45	Kiera Henley	Halton & Frodsham	33.10	N S					42						5				
46	Eleanor Jones	Halton & Frodsham			31.70	N S	68.60	B 5			1.52	N S							
47	Olivia White	Halton & Frodsham			31.50	N S					1.68		4.54						
48	Fay Burrows	Halton & Frodsham	32.00	N S									4.31		5				
49	Natasha Treharne	Halton & Frodsham					62.80	A 3			1.62	N S			5	N S			
50	Georgia Horsfield	Halton & Frodsham	29.10	N S							1.48	N S	4.64	B 4					
51	Grace Wilding	Halton & Frodsham	30.40	B 4					48	A 4	1.78	B 2							
52	Rebecca Fenlon	Halton & Frodsham	30.10	N S					36						5	N S			
53	Rachel Hardman	Halton & Frodsham			32.50	N S					1.51	N S			4	N S			
54	Abby Watling	Halton & Frodsham					68.30	N S					3.83	N S	4	N S			
55	Skye Marsh	Halton & Frodsham			30.20	N S													
56	May Mallon	Halton & Frodsham			31.80	N S													
57	Sophie Ferguson	Halton & Frodsham	30.90	N S							1.74	N S			4	N S			
58	Grace Rimmer	Halton & Frodsham	33.70	N S							1.29	N S			4	N S			
59	Daisy Peacock	Halton & Frodsham	32.80	N S							1.44	N S			4	N S			
60	Molly Wilson	Halton & Frodsham	34.40	N S							1.44	N S			4	N S			
61	Abigail Graham	Halton & Frodsham	30.60	N S							1.38	N S			4	N S			
62	Amelia Maddison	Halton & Frodsham			32.60	N S							3.55	N S	4	N S			
63	Jessica Heatley	Halton & Frodsham			31.90	N S					1.15	N S			4	N S			
86	Mia Hagan	Liverpool	31.50	A 7					41	A 6	1.59	A 8			4	N S			
85	Jessica Lewis	Liverpool							38	B 6	1.33	B 6			5	A 4			
89	Sian Glynn	St Helens Sutton									1.46	B 5	3.80		4	A 8			
90	Elizabeth Griffiths	St Helens Sutton	32.10	A 8					45	A 5			4.29	A 7					
91	Elizabeth Tracey	St Helens Sutton	32.60	N S					27				3.97						
92	Rose Dyer	St Helens Sutton	33.70	B 5			74.90	A 6			1.60	A 7							
93	Grace Terry	St Helens Sutton	33.60	N S							1.32				4				
94	Jessica Durrance	St Helens Sutton					76.30	B 6							3				
95	Olivia Milow	St Helens Sutton	33.00	N S					45	B 3			4.28	B 5					
96	Nadia Anim-Somuah	St Helens Sutton	33.60	N S					35						4	B 5			
155	Ellena Ford	Warrington	28.60	A 4			63.60	A 5											
156	Hannah Kirsop	Warrington					63.80	B 1			1.75	A 3	5.05	A 4					
158	Emma Hove	West Cheshire	29.50	B 3			69.80	N S					4.83		5				
159	Zuzu Walker	West Cheshire	32.40	N S			72.50	N S			1.32	N S			4	N S			
160	Tamsin O'Keefe	West Cheshire	29.90	N S			65.30	N S			1.62	B 4	5.01	B 2					
161	Beth Mahon	West Cheshire	31.20	N S			71.70	N S	42	B 5	1.52	N S							
162	Jazmin Parrott	West Cheshire	33.10	N S			78.90	N S					4.88	N S					

North West Sportshall league Round 3			Track - Individual						Field - Jumps						Field - Throws	
20 November 2011			Under 11 - Girls						Speed Bounce		Standing Long Jump		Standing Triple Jump		Chest Push	
No	Name	Club	2 Lap Race		2 Lap Race		4 Lap Race		Bounces	Pos	Dist	Pos	Dist	Pos	Dist	Pos
			Time	Pos	Time	Pos	Time	Pos								
163	Kate Kenworthy	West Cheshire	29.50	N S			68.50	N S							4.75	A 5
164	Anna Crayston	West Cheshire	30.20	N S			64.80	B 3			1.68	A 5	4.51			
165	Annabel Hemingbrough	West Cheshire	32.50	N S			72.50	N S							3.25	N S
166	Lucy Davies	West Cheshire			34.80	N S			50	A 3						
167	Issy Clarke	West Cheshire	28.80	A 6			63.10	A 4			1.64	N S	5.17	A 1		
168	Molly Jones	West Cheshire	30.70	N S			67.50	N S	39							
169	Lily Moorhouse	West Cheshire			36.20	N S	79.60	N S			1.26	N S				
170	Niamh Weaver	West Cheshire			34.40	N S			38						4.00	
171	Erin Sturat	West Cheshire	30.60	N S			68.20	N S			1.26	N S				
172	Maggie Corr	West Cheshire	30.90	N S			71.90	N S			1.55					
118	Amber Parry	Crewe & Nantwich	28.00	B 1			60.70	A 1			1.74	A 4				
120	Ellen Spencer-Hall	Crewe & Nantwich	31.10	N S			66.00	N S	49							
121	Emily Lindsay	Crewe & Nantwich	31.90	N S			70.10	N S							4.25	N S
122	Eve Heawood	Crewe & Nantwich	30.60	N S					50	B 1			4.70			
123	Evie Shorthose	Crewe & Nantwich			32.90	N S			34	N S					4.75	
124	Hannah Gillespie	Crewe & Nantwich	31.10	N S					49		1.52		4.71	B 3		
125	Holly Smith	Crewe & Nantwich	34.30	N S			76.30	N S	51	A 1			3.51	N S		
126	India Crawford	Crewe & Nantwich	28.80	N S											5.50	B 1
127	Lavinia mottershead	Crewe & Nantwich	29.60	N S			64.00	B 2							4.75	
128	Lucy Smith	Crewe & Nantwich	34.20	N S					36	N S					4.00	N S
129	Neha Mittal	Crewe & Nantwich	31.60	N S			73.30	N S			1.30	N S				
130	Priya Mittal	Crewe & Nantwich	31.60	N S			71.70	N S					3.71	N S		
131	Ruka Shonibare	Crewe & Nantwich			29.70	N S	68.00	N S	39	N S						
132	Sarah Dufour-Jackson	Crewe & Nantwich	31.00	N S			66.40	N S			1.52					
133	Sophie Hodson	Crewe & Nantwich	28.00	A 1							1.73	B 3	5.12	A 3		
119	Sophie Hughes	Crewe & Nantwich	29.90	N S									4.42		6.00	A 1
117	Filon Collet	Deeside	28.60	A 4							1.62	A 6	4.83	A 5		
12	Catherine Spencer	Wirral	28.80	B 2							1.95	A 1	5.13	N S		
112	Obi Cury	Wirral	28.30	A 2			62.20	A 2			1.80					
19	Gabrielle Molloy	Wirral	30.60	N S							1.76					
113	Megan Carroll	Wirral	29.90	N S					51	A 1						
16	Nadia Millward	Wirral	29.10	N S					47	N S			4.85			
8	Juliet Hodder	Wirral					65.40	B 4	45	N S					3.25	N S
14	Ellie Rothwell	Wirral	30.60	N S					48	N S					3.50	N S
3	Olivia Dutton	Wirral			29.60	N S					1.74	N S	5.13	A 2		
20	Jasmine Passley	Wirral			29.90	N S							4.20		5.25	B 2
11	Erin Flynn	Wirral	30.40	N S					49	B 2					3.75	N S
15	Erin Davies	Wirral	29.40	N S									4.90	N S	4.25	
13	Lucy Boyce	Wirral	29.60	N S											4.25	
7	Chloe Moxley	Wirral			33.70	N S									5.75	A 2

Speed Bounce					
No	Name	Club	Bounces	Rank	Points
122	Eve Heawood	Crewe & Nantwich	50	B 1	8
125	Holly Smith	Crewe & Nantwich	51	A 1	15.5
41	Alex Hurst	Halton & Frodsham	45	B 3	5.5
51	Grace Wilding	Halton & Frodsham	48	A 4	13
86	Mia Hagan	Liverpool	41	A 6	11
85	Jessica Lewis	Liverpool	38	B 6	3
90	Elizabeth Griffiths	St Helens Sutton	45	A 5	12
95	Olivia Milow	St Helens Sutton	45	B 3	5.5
166	Lucy Davies	West Cheshire	50	A 3	14
161	Beth Mahon	West Cheshire	42	B 5	4
11	Erin Flynn	Wirral	49	B 2	7
113	Megan Carroll	Wirral	51	A 1	15.5
124	Hannah Gillespie	Crewe & Nantwich	49		
120	Ellen Spencer-Hall	Crewe & Nantwich	49		
52	Rebecca Fenlon	Halton & Frodsham	36		
45	Kiera Henley	Halton & Frodsham	42		
91	Elizabeth Tracey	St Helens Sutton	27		
96	Nadia Anim-Somuah	St Helens Sutton	35		
170	Niamh Weaver	West Cheshire	38		
168	Molly Jones	West Cheshire	39		

Speed Bounce - Non Scoring					
No	Name	Club	Bounces	NS	
4	Erin Brennan	Wirral	48	N S	
16	Nadia Millward	Wirral	47	N S	
17	Nadine Pownall	Wirral	40	N S	
128	Lucy Smith	Crewe & Nantwich	36	N S	
123	Evie Shorthose	Crewe & Nantwich	34	N S	
2	Charlotte Brough	Wirral	44	N S	
18	Ruby Garrigan	Wirral	46	N S	
9	Molly Williams	Wirral	43	N S	
10	Charlotte Hughes	Wirral	46	N S	
8	Juliet Hodder	Wirral	45	N S	
4	Erin Brennan	Wirral	48	N S	
1	Madison Fisher	Wirral	46	N S	
14	Ellie Rothwell	Wirral	48	N S	
131	Ruka Shonibare	Crewe & Nantwich	39	N S	

Standing Long Jump					
No	Name	Club	Distance (m)	Rank	Points
42	Emilia Povall-Clarke	Halton & Frodsham	1.65		
43	Charlotte Allen	Halton & Frodsham	1.85	A 2	15
47	Olivia White	Halton & Frodsham	1.68		
51	Grace Wilding	Halton & Frodsham	1.78	B 2	7
117	Ffion Collet	Deeside	1.62	A 6	11
118	Amber Parry	Crewe & Nantwich	1.74	A 4	13
132	Sarah Dufour-Jackson	Crewe & Nantwich	1.52		
124	Hannah Gillespie	Crewe & Nantwich	1.52		
133	Sophie Hodson	Crewe & Nantwich	1.73	B 3	6
89	Sian Glynn	St Helens Sutton	1.46	B 5	4
92	Rose Dyer	St Helens Sutton	1.60	A 7	10
93	Grace Terry	St Helens Sutton	1.32		
85	Jessica Lewis	Liverpool	1.33	B 6	3
86	Mia Hagan	Liverpool	1.59	A 8	9
12	Catherine Spencer	Wirral	1.95	A 1	16
18	Ruby Garrigan	Wirral	1.81	B 1	8
19	Gabrielle Molloy	Wirral	1.76		
112	Obi Curry	Wirral	1.80		
156	Hannah Kirsop	Warrington	1.75	A 3	14
160	Tamsin O'Keefe	West Cheshire	1.62	B 4	5
164	Anna Crayston	West Cheshire	1.68	A 5	12
172	Maggie Corr	West Cheshire	1.55		

Standing Long Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	
44	Eloise Angus	Halton & Frodsham	1.74	N S	
61	Abigail Graham	Halton & Frodsham	1.38	N S	
49	Natasha Treharne	Halton & Frodsham	1.62	N S	
59	Daisy Peacock	Halton & Frodsham	1.44	N S	
57	Sophie Ferguson	Halton & Frodsham	1.74	N S	
60	Molly Wilson	Halton & Frodsham	1.44	N S	
46	Eleanor Jones	Halton & Frodsham	1.52	N S	
63	Jessica Heatley	Halton & Frodsham	1.15	N S	
50	Georgia Horsfield	Halton & Frodsham	1.48	N S	
53	Rachel Hardman	Halton & Frodsham	1.51	N S	
58	Grace Rimmer	Halton & Frodsham	1.29	N S	
3	Olivia Dutton	Wirral	1.74	N S	
129	Neha Mittal	Crewe & Nantwich	1.30	N S	
171	Erin Sturat	West Cheshire	1.26	N S	
167	Issy Clarke	West Cheshire	1.64	N S	
161	Beth Mahon	West Cheshire	1.52	N S	
169	Lily Moorhouse	West Cheshire	1.26	N S	
159	Zuzu Walker	West Cheshire	1.32	N S	

Standing Triple Jump					
No	Name	Club	Distance (m)	Rank	Points
122	Eve Heawood	Crewe & Nantwich	4.70		
124	Hannah Gillespie	Crewe & Nantwich	4.71	B 3	6
133	Sophie Hodson	Crewe & Nantwich	5.12	A 3	14
119	Sophie Hughes	Crewe & Nantwich	4.42		
117	Ffion Collet	Deeside	4.83	A 5	12
41	Alex Hurst	Halton & Frodsham	4.83	A 6	11
47	Olivia White	Halton & Frodsham	4.54		
48	Fay Burrows	Halton & Frodsham	4.31		
50	Georgia Horsfield	Halton & Frodsham	4.64	B 4	5
89	Sian Glynn	St Helens Sutton	3.80		
90	Elizabeth Griffiths	St Helens Sutton	4.29	A 7	10
91	Elizabeth Tracey	St Helens Sutton	3.97		
95	Olivia Milow	St Helens Sutton	4.28	B 5	4
156	Hannah Kirsop	Warrington	5.05	A 4	13
158	Emma Hove	West Cheshire	4.83		
160	Tamsin O'Keefe	West Cheshire	5.01	B 2	7
164	Anna Crayston	West Cheshire	4.51		
167	Issy Clarke	West Cheshire	5.17	A 1	16
16	Nadia Millward	Wirral	4.85		
3	Olivia Dutton	Wirral	5.13	A 2	15
20	Jasmine Passley	Wirral	4.20		
4	Erin Brennan	Wirral	5.10	B 1	8

Standing Triple Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	
125	Holly Smith	Crewe & Nantwich	3.51	N S	
130	Priya Mittal	Crewe & Nantwich	3.71	N S	
162	Jazmin Parrott	West Cheshire	4.88	N S	
62	Amelia Maddison	Halton & Frodsham	3.55	N S	
54	Abby Watling	Halton & Frodsham	3.83	N S	
15	Erin Davies	Wirral	4.90	N S	
1	Madison Fisher	Wirral	4.35	N S	
9	Molly Williams	Wirral	4.75	N S	
2	Charlotte Brough	Wirral	4.30	N S	
10	Charlotte Hughes	Wirral	4.27	N S	
12	Catherine Spencer	Wirral	5.13	N S	
17	Nadine Pownall	Wirral	4.03	N S	

Chest Push					
No	Name	Club	Dis (m)	Rank	Points
119	Sophie Hughes	Crewe & Nantwich	6.00	A 1	16
126	India Crawford	Crewe & Nantwich	5.50	B 1	8
123	Evie Shorthose	Crewe & Nantwich	4.75		
127	Lavinia mottershead	Crewe & Nantwich	4.75		
43	Charlotte Allen	Halton & Frodsham	5.25	B 3	6
44	Eloise Angus	Halton & Frodsham	5.50	A 3	14
45	Kiera Henley	Halton & Frodsham	4.50		
48	Fay Burrows	Halton & Frodsham	5.00		
85	Jessica Lewis	Liverpool	5.25	A 4	13
89	Sian Glynn	St Helens Sutton	4.25	A 6	11
93	Grace Terry	St Helens Sutton	3.75		
94	Jessica Durrance	St Helens Sutton	3.00		
96	Nadia Anim-Somuah	St Helens Sutton	4.25	B 5	4
158	Emma Hove	West Cheshire	4.50		
162	Jazmin Parrott	West Cheshire	4.50	B 4	5
163	Kate Kenworthy	West Cheshire	4.75	A 5	12
170	Niamh Weaver	West Cheshire	4.00		
7	Chloe Moxley	Wirral	5.75	A 2	15
13	Lucy Boyce	Wirral	4.25		
15	Erin Davies	Wirral	4.25		
20	Jasmine Passley	Wirral	5.25	B 2	7
Chest Push - Non Scoring					
No	Name	Club	Dis (m)	NS	
49	Natasha Treharne	Halton & Frodsham	4.75	N S	
52	Rebecca Fenlon	Halton & Frodsham	4.5	N S	
63	Jessica Heatley	Halton & Frodsham	3.5	N S	
60	Molly Wilson	Halton & Frodsham	3.5	N S	
57	Sophie Ferguson	Halton & Frodsham	4	N S	
53	Rachel Hardman	Halton & Frodsham	4.25	N S	
54	Abby Watling	Halton & Frodsham	4.25	N S	
62	Amelia Maddison	Halton & Frodsham	3.5	N S	
121	Emily Lindsay	Crewe & Nantwich	4.25	N S	
128	Lucy Smith	Crewe & Nantwich	4	N S	
14	Ellie Rothwell	Wirral	3.5	N S	
11	Erin Flynn	Wirral	3.75	N S	
8	Juliet Hodder	Wirral	3.25	N S	
61	Abigail Graham	Halton & Frodsham	4.25	N S	
58	Grace Rimmer	Halton & Frodsham	4	N S	
59	Daisy Peacock	Halton & Frodsham	3.75	N S	
42	Emilia Povall-Clarke	Halton & Frodsham	5	N S	
165	Annabel Hemingbrough	West Cheshire	3.25	N S	
159	Zuzu Walker	West Cheshire	3.5	N S	
86	Mia Hagan	Liverpool	4.25	N S	

		4 x 2 Lap Relay	
Team	Time in secs	Rank /	Points
Crewe & Nantwich	114.20	1	24
Deeside			
Halton & Frodsham	114.40	2	21
Liverpool			
St Helens Sutton	134.60	5	12
Warrington			
West Cheshire	117.90	4	15
Wirral	114.70	3	18

Widnes North West League Round 3

20 November 2011

Under 13 - Girls

			Crewe & Nantwich	Deeside	Halton & Frodsham	Liverpool	St Helens Sutton	Warrington	West Cheshire	Wirral
TRACK	Individual	2 Lap Race	17	19	22	15	13	13	24	12
		6 Lap Race	22	14	21	21			18	
	Relay	4 x 2 Lap Relay	21		18	15			24	
FIELD	Jumps	Speed Bounce	24		19.5	11	17		21	14.5
		Standing Long Jump	21	22	21	15	13	11	20	12
		Standing Triple Jump	23	22	17	16		15	21	
	Throws	Shot Put	20	22	16		18		24	
		Total	148	99	134.5	93	61	39	152	38.5
	Overall Position	2	4	3	5	6	7	1	8	



North West League Round 3			Track - Individual						Field - Jumps						Field - Throws		
20 November 2011			2 Lap Race			6 Lap Race		4 Lap Race		Speed Bounce		Standing Long Jump		Standing Triple Jump		Shot Put	
No	Name	Club	Time	Pos	Time	Pos	Time	Pos	Bounces	Pos	Dist	Pos	Dist	Pos	Dist	Pos	
134	Beth Platt	Crewe & Nantwich	27.50	N S							2.02						
135	Cara Gibbons	Crewe & Nantwich	27.20	N S	94.30	A 2							6.04		6.41	B 3	
136	Ella Barker	Crewe & Nantwich			97.40	B 2			73	A 1							
137	Lauren McCarthy	Crewe & Nantwich	28.30	N S					67				6.22	B 1			
138	Eve Nickisson	Crewe & Nantwich													7.51	A 3	
139	Hannah Jones	Crewe & Nantwich	29.10	N S							1.66				5.71		
140	Katie Hughes	Crewe & Nantwich	28.50	N S					65						5.81		
141	Lizzie Mee	Crewe & Nantwich	32.00	N S					43		1.52	N S					
142	Monique Latham	Crewe & Nantwich	28.40	B 3							2.05	B 1	6.23	A 2			
143	Liberty Hughes	Crewe & Nantwich	28.00	A 6							2.08	A 4	5.98				
144	Sophie Smith	Crewe & Nantwich	30.00	N S			106.10	N S	71	B 1							
41	Tia Williams	Deeside	28.60	B 4							2.04	B 2			7.60	A 2	
42	Sarah Arkinson	Deeside	27.10	A 3									5.55	B 3	6.53	B 2	
38	Chloe Hughes	Deeside			94.40	A 3					2.25	A 2	6.50	A 1			
22	Annabel Kitchen	Halton & Frodsham	26.70	A 2	93.90	A 1					2.26	A 1					
23	May Clarke	Halton & Frodsham							70	A 4	1.78						
24	Olivia Church	Halton & Frodsham	27.80	N S					65		1.86	B 4					
25	Emily Howard	Halton & Frodsham	29.80	N S	102.30	B 4							5.26	A 4	3.65		
26	Kelsey Grady	Halton & Frodsham	31.50	N S			108.60	N S	70	B 2							
27	Alex Ellams	Halton & Frodsham	29.10	N S			103.10	N S	64								
28	Molly Whitehead	Halton & Frodsham	27.90	B 2			102.80	N S			1.56		4.09				
29	Rebekka Graham	Halton & Frodsham	31.00	N S									4.12		3.94	B 5	
30	Lauren Ashton	Halton & Frodsham	31.80	N S			111.50	N S	46								
36	Kasey Ashton	Halton & Frodsham	30.70	N S			107.30	N S					4.38	B 5	4.78	A 5	
37	Ester Wilson	Halton & Frodsham	30.40	N S			103.60	N S	64								
174	Abigail Birch	Liverpool			95.10	A 4					1.54		4.87	A 6			
88	Emily Carnall	Liverpool			96.70	B 1					1.74	B 5					
81	Olivia Ellinson	Liverpool	31.60	B 7					59	A 6			4.60				
87	Janice Nolvu	Liverpool	27.60	A 4							2.05	A 6	4.61	B 4			
97	Caitlin Young	St Helens Sutton	30.30	B 5							1.67	B 6			4.34	B 4	
98	Hannah Seabrook	St Helens Sutton	30.10	A 8					66	A 5	1.87	A 7					
99	Megan Park	St Helens Sutton	31.40	N S					56	B 4					5.24	A 4	
157	Rachel Spruce	Warrington	31.40	B 6							1.34	B 7	4.18	B 6			
173	Caitlyn Hadfield	Warrington	29.50	A 7							1.78	A 8	5.07	A 5			
64	Ella Robson	West Cheshire	29.00	N S			102.00	N S			1.90						
65	Alice Barnsley	West Cheshire	26.60	A 1							2.10	A 3	6.03	A 3			
66	Sophie Hemingbrough	West Cheshire			98.30	B 3			72	A 2			5.04				
67	Abbie Williams	West Cheshire	29.50	N S			107.50	N S							3.68		
68	Sophie Carter	West Cheshire	28.40	N S			100.90	N S			1.97	B 3					
69	Sophie Davies	West Cheshire	30.90	N S					68				5.07				

2 Lap Race					
No	Name	Club	Time	Rank	Points
74	Georgia Barlew	West Cheshire	26.7	B 1	8
22	Annabel Kitchen	Halton & Frodsham	26.7	A 2	15
42	Sarah Arkinson	Deeside	27.1	A 3	14
142	Monique Latham	Crewe & Nantwich	28.4	B 3	6
157	Rachel Spruce	Warrington	31.4	B 6	3
65	Alice Barnsley	West Cheshire	26.6	A 1	16
143	Liberty Hughes	Crewe & Nantwich	28	A 6	11
173	Caitlyn Hadfield	Warrington	29.5	A 7	10
98	Hannah Seabrook	St Helens Sutton	30.1	A 8	9
81	Olivia Ellinson	Liverpool	31.6	B 7	2
87	Janice Nolvu	Liverpool	27.6	A 4	13
5	Emily Darroch	Wirral	27.7	A 5	12
28	Molly Whitehead	Halton & Frodsham	27.9	B 2	7
41	Tia Williams	Deeside	28.6	B 4	5
97	Caitlin Young	St Helens Sutton	30.3	B 5	4

2 Lap Race - Non Scoring					
No	Name	Club	Time		NS
135	Cara Gibbons	Crewe & Nantwich	27.2		N S
73	Rosie Stothard	West Cheshire	29.1		N S
70	Victoria Smith	West Cheshire	29.9		N S
144	Sophie Smith	Crewe & Nantwich	30		N S
26	Kelsey Grady	Halton & Frodsham	31.5		N S
30	Lauren Ashton	Halton & Frodsham	31.8		N S
72	Bethany Lewis	West Cheshire	27.2		N S
134	Beth Platt	Crewe & Nantwich	27.5		N S
24	Olivia Church	Halton & Frodsham	27.8		N S
27	Alex Ellams	Halton & Frodsham	29.1		N S
37	Ester Wilson	Halton & Frodsham	30.4		N S
137	Lauren McCarthy	Crewe & Nantwich	28.3		N S
68	Sophie Carter	West Cheshire	28.4		N S
36	Kasey Ashton	Halton & Frodsham	30.7		N S
69	Sophie Davies	West Cheshire	30.9		N S
29	Rebekka Graham	Halton & Frodsham	31		N S
141	Lizzie Mee	Crewe & Nantwich	32		N S
67	Abbie Williams	West Cheshire	29.5		N S
99	Megan Park	St Helens Sutton	31.4		N S
71	Samhilda Magonigle	West Cheshire	26.7		N S
140	Katie Hughes	Crewe & Nantwich	28.5		N S
64	Ella Robson	West Cheshire	29		N S
139	Hannah Jones	Crewe & Nantwich	29.1		N S
25	Emily Howard	Halton & Frodsham	29.8		N S

6 Lap Race					
No	Name	Club	Time	Rank	Points
38	Chloe Hughes	Deeside	94.4	A 3	14
22	Annabel Kitchen	Halton & Frodsham	93.9	A 1	16
174	Abigail Birch	Liverpool	95.1	A 4	13
74	Georgia Barlew	West Cheshire	96.9	A 5	12
136	Ella Barker	Crewe & Nantwich	97.4	B 2	7
135	Cara Gibbons	Crewe & Nantwich	94.3	A 2	15
88	Emily Carnall	Liverpool	96.7	B 1	8
66	Sophie Hemingbrough	West Cheshire	98.3	B 3	6
25	Emily Howard	Halton & Frodsham	102.3	B 4	5

6 Lap Race - Non Scoring					
No	Name	Club	Time		NS

4 Lap Race					
No	Name	Club	Time	Rank	Points

4 Lap Race - Non Scoring					
No	Name	Club	Time		NS
30	Lauren Ashton	Halton & Frodsham	111.5		N S
72	Bethany Lewis	West Cheshire	101.3		N S
64	Ella Robson	West Cheshire	102		N S
27	Alex Ellams	Halton & Frodsham	103.1		N S
37	Ester Wilson	Halton & Frodsham	103.6		N S
144	Sophie Smith	Crewe & Nantwich	106.1		N S
68	Sophie Carter	West Cheshire	100.9		N S
28	Molly Whitehead	Halton & Frodsham	102.8		N S
70	Victoria Smith	West Cheshire	106.9		N S
67	Abbie Williams	West Cheshire	107.5		N S
26	Kelsey Grady	Halton & Frodsham	108.6		N S
36	Kasey Ashton	Halton & Frodsham	107.3		N S

Speed Bounce					
No	Name	Club	Bounces	Rank	Points
140	Katie Hughes	Crewe & Nantwich	65		
136	Ella Barker	Crewe & Nantwich	73	A 1	16
137	Lauren McCarthy	Crewe & Nantwich	67		
144	Sophie Smith	Crewe & Nantwich	71	B 1	8
141	Lizzie Mee	Crewe & Nantwich	43		
23	May Clarke	Halton & Frodsham	70	A 4	13
24	Olivia Church	Halton & Frodsham	65		
26	Kelsey Grady	Halton & Frodsham	70	B 2	6.5
27	Alex Ellams	Halton & Frodsham	64		
81	Olivia Ellinson	Liverpool	59	A 6	11
98	Hannah Seabrook	St Helens Sutton	66	A 5	12
99	Megan Park	St Helens Sutton	56	B 4	5
30	Lauren Ashton	Halton & Frodsham	46		
37	Ester Wilson	Halton & Frodsham	64		
69	Sophie Davies	West Cheshire	68		
66	Sophie Hemingbrough	West Cheshire	72	A 2	14.5
74	Georgia Barlew	West Cheshire	70	B 2	6.5
5	Emily Darroch	Wirral	72	A 2	14.5
Speed Bounce - Non Scoring					
No	Name	Club	Bounces	NS	

Standing Long Jump					
No	Name	Club	Distance (m)	Rank	Points
134	Beth Platt	Crewe & Nantwich	2.02		
143	Liberty Hughes	Crewe & Nantwich	2.08	A 4	13
142	Monique Latham	Crewe & Nantwich	2.05	B 1	8
139	Hannah Jones	Crewe & Nantwich	1.66		
41	Tia Williams	Deeside	2.04	B 2	7
38	Chloe Hughes	Deeside	2.25	A 2	15
5	Emily Darroch	Wirral	2.07	A 5	12
22	Annabel Kitchen	Halton & Frodsham	2.26	A 1	16
28	Molly Whitehead	Halton & Frodsham	1.56		
23	May Clarke	Halton & Frodsham	1.78		
24	Olivia Church	Halton & Frodsham	1.86	B 4	5
88	Emily Carnall	Liverpool	1.74	B 5	4
174	Abigail Birch	Liverpool	1.54		
87	Janice Nolvu	Liverpool	2.05	A 6	11
97	Caitlin Young	St Helens Sutton	1.67	B 6	3
98	Hannah Seabrook	St Helens Sutton	1.87	A 7	10
157	Rachel Spruce	Warrington	1.34	B 7	2
173	Caitlyn Hadfield	Warrington	1.78	A 8	9
68	Sophie Carter	West Cheshire	1.97	B 3	6
64	Ella Robson	West Cheshire	1.90		
65	Alice Barnsley	West Cheshire	2.10	A 3	14
73	Rosie Stothard	West Cheshire	1.90		
Standing Long Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	
141	Lizzie Mee	Crewe & Nantwich	1.52	N S	

Standing Triple Jump					
No	Name	Club	Distance (m)	Rank	Points
135	Cara Gibbons	Crewe & Nantwich	6.04		
137	Lauren McCarthy	Crewe & Nantwich	6.22	B 1	8
142	Monique Latham	Crewe & Nantwich	6.23	A 2	15
143	Liberty Hughes	Crewe & Nantwich	5.98		
42	Sarah Arkinson	Deeside	5.55	B 3	6
38	Chloe Hughes	Deeside	6.50	A 1	16
25	Emily Howard	Halton & Frodsham	5.26	A 4	13
28	Molly Whitehead	Halton & Frodsham	4.09		
29	Rebekka Graham	Halton & Frodsham	4.12		
36	Kasey Ashton	Halton & Frodsham	4.38	B 5	4
174	Abigail Birch	Liverpool	4.87	A 6	11
81	Olivia Ellinson	Liverpool	4.60		
87	Janice Nolvu	Liverpool	4.61	B 4	5
157	Rachel Spruce	Warrington	4.18	B 6	3
173	Caitlyn Hadfield	Warrington	5.07	A 5	12
65	Alice Barnsley	West Cheshire	6.03	A 3	14
66	Sophie Hemingbrough	West Cheshire	5.04		
71	Samhilda Megonigle	West Cheshire	5.86	B 2	7
69	Sophie Davies	West Cheshire	5.07		
Standing Triple Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	

Shot Put						
No	Name	Club	Dis (m)		Rank	Points
140	Katie Hughes	Crewe & Nantwich	5.81			
138	Eve Nickisson	Crewe & Nantwich	7.51		A 3	14
139	Hannah Jones	Crewe & Nantwich	5.71			
135	Cara Gibbons	Crewe & Nantwich	6.41		B 3	6
41	Tia Williams	Deeside	7.60		A 2	15
42	Sarah Arkinson	Deeside	6.53		B 2	7
25	Emily Howard	Halton & Frodsham	3.65			
29	Rebekka Graham	Halton & Frodsham	3.94		B 5	4
36	Kasey Ashton	Halton & Frodsham	4.78		A 5	12
88	Emily Carnall	Liverpool				
97	Caitlin Young	St Helens Sutton	4.34		B 4	5
99	Megan Park	St Helens Sutton	5.24		A 4	13
67	Abbie Williams	West Cheshire	3.68			
71	Samhilda Megonigle	West Cheshire	8.84		A 1	16
72	Bethany Lewis	West Cheshire	6.05			
73	Rosie Stothard	West Cheshire	6.78		B 1	8
Shot Put - Non Scoring						
No	Name	Club	Dis (m)		NS	

		4 x 2 Lap Relay	
Team	Time in secs	Rank /	Points
Crewe & Nantwich	109.90	2	21
Deeside			
Halton & Frodsham	112.00	3	18
Liverpool	114.50	4	15
St Helens Sutton			
Warrington			
West Cheshire	107.40	1	24
Wirral			

Widnes North West League Round 3

20 November 2011

Under 15 - Girls

		Crewe & Nantwich	Deeside	Halton & Frodsham	Liverpool	St Helens Sutton	Warrington	West Cheshire	Wirral
TRACK	Individual	2 Lap Race	22		21.5	18	15	22.5	12
		6 Lap Race	24		22	17		19	14
	Relay	4 x 2 Lap Relay	24			21		18	
FIELD	Jumps	Speed Bounce	24		22	17.5	18	18.5	
		Standing Long Jump	23		19	22	16	20	
		Standing Triple Jump	22		18	22	12	22	
	Throws	Shot Put	22		20	18	12	24	
Total		161		122.5	135.5	73		144	26
Overall Position		1		4	3	5		2	6

2 Lap Race					
No	Name	Club	Time	Rank	Points
78	Charlotte Williamson	West Cheshire	25.9	A 1	15.5
32	Jess Wright	Halton & Frodsham	25.9	A 1	15.5
154	Laura Truman	Liverpool	26.1	A 4	13
150	Freya Taylor Hatswell	Crewe & Nantwich	26.1	B 1	8
6	Aileen Kearney	Wirral	28.4	A 5	12
100	Lauren Wilcock	St Helens Sutton	31.7	B 5	4
147	Annie Huntbach	Crewe & Nantwich	26	A 3	14
76	Emily Ball	West Cheshire	26.8	B 2	7
33	Katie Dinsdale	Halton & Frodsham	26.9	B 3	6
82	Lydia Helsby	Liverpool	27.6	B 4	5
111	Megan Cunliffe	St Helens Sutton	28.8	A 6	11
2 Lap Race - Non Scoring					
No	Name	Club	Time	NS	
153	Shaunnah Murphy	Crewe & Nantwich	26.7	N S	
148	Emma Basten	Crewe & Nantwich	27.5	N S	
75	Sophie Percival	West Cheshire	28	N S	
34	Kiera Grady	Halton & Frodsham	28.1	N S	
80	Georgia Moulton	West Cheshire	28.9	N S	
146	Beth Ann Jones	Crewe & Nantwich	27.3	N S	
151	Kathryn Smith	Crewe & Nantwich	28.7	N S	
35	Emily Ross	Halton & Frodsham	28.8	N S	
77	Ellen McMahon	West Cheshire	29.4	N S	

6 Lap Race					
No	Name	Club	Time	Rank	Points
147	Annie Huntbach	Crewe & Nantwich	90.6	A 1	16
6	Aileen Kearney	Wirral	97.1	A 3	14
79	Megan McEverley	West Cheshire	98.9	A 4	13
154	Laura Truman	Liverpool	100.3	A 5	12
35	Emily Ross	Halton & Frodsham	101.7	B 2	7
150	Freya Taylor Hatswell	Crewe & Nantwich	93.7	B 1	8
34	Kiera Grady	Halton & Frodsham	96.8	A 2	15
75	Sophie Percival	West Cheshire	103.3	B 3	6
77	Ellen McMahon	West Cheshire	105.5		
84	Chloe Parker	Liverpool	105.7	B 4	5
6 Lap Race - Non Scoring					
No	Name	Club	Time	NS	
76	Emily Ball	West Cheshire	97.5	N S	
152	Katie Lennon	Crewe & Nantwich	101.5	N S	

Speed Bounce					
No	Name	Club	Bounces	Rank	Points
151	Kathryn Smith	Crewe & Nantwich	71		
150	Freya Taylor Hatswell	Crewe & Nantwich	87	A 1	16
152	Katie Lennon	Crewe & Nantwich	83	B 1	8
145	Alice Mountford	Crewe & Nantwich	73		
34	Kiera Grady	Halton & Frodsham	70	B 2	7
33	Katie Dinsdale	Halton & Frodsham	73	A 2	15
82	Lydia Helsby	Liverpool	66	A 5	12
83	Bethany helsby	Liverpool	64	B 3	5.5
100	Lauren Wilcock	St Helens Sutton	63	B 5	4
111	Megan Cunliffe	St Helens Sutton	63		
110	Jennifer Lea-Worth	St Helens Sutton	70	A 3	14
78	Charlotte Williamson	West Cheshire	67	A 4	13
77	Ellen McMahon	West Cheshire	64	B 3	5.5
80	Georgia Moulton	West Cheshire	59		
Speed Bounce - Non Scoring					
No	Name	Club	Bounces	NS	
148	Emma Basten	Crewe & Nantwich	64	N S	

Standing Long Jump					
No	Name	Club	Distance (m)	Rank	Points
150	Freya Taylor Hatswell	Crewe & Nantwich	2.20	A 2	15
148	Emma Basten	Crewe & Nantwich	1.90		
146	Beth Ann Jones	Crewe & Nantwich	1.99		
145	Alice Mountford	Crewe & Nantwich	2.02	B 1	8
33	Katie Dinsdale	Halton & Frodsham	2.07	A 3	14
35	Emily Ross	Halton & Frodsham	1.78	B 4	5
84	Chloe Parker	Liverpool	2.00	B 3	6
83	Bethany helsby	Liverpool	1.91		
154	Laura Truman	Liverpool	2.22	A 1	16
110	Jennifer Lea-Worth	St Helens Sutton	1.60	B 5	4
111	Megan Cunliffe	St Helens Sutton	1.92	A 5	12
80	Georgia Moulton	West Cheshire	1.57		
79	Megan McEverley	West Cheshire	2.00		
75	Sophie Percival	West Cheshire	2.01	B 2	7
78	Charlotte Williamson	West Cheshire	2.04	A 4	13
Standing Long Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	
151	Kathryn Smith	Crewe & Nantwich	1.82	N S	
149	Emma Fowler	Crewe & Nantwich	2.00	N S	
153	Shaunnah Murphy	Crewe & Nantwich	1.89	N S	

Standing Triple Jump					
No	Name	Club	Distance (m)	Rank	Points
146	Beth Ann Jones	Crewe & Nantwich	6.02		
153	Shaunnah Murphy	Crewe & Nantwich	6.09	B 2	7
145	Alice Mountford	Crewe & Nantwich	5.81		
147	Annie Huntbach	Crewe & Nantwich	6.40	A 2	15
35	Emily Ross	Halton & Frodsham	5.85	A 4	13
34	Kiera Grady	Halton & Frodsham	5.06	B 4	5
154	Laura Truman	Liverpool	6.81	A 1	16
82	Lydia Helsby	Liverpool	5.83	B 3	6
100	Lauren Wilcock	St Helens Sutton	4.57	A 5	12
76	Emily Ball	West Cheshire	6.18	B 1	8
77	Ellen McMahon	West Cheshire	5.00		
78	Charlotte Williamson	West Cheshire	6.05		
79	Megan McEverley	West Cheshire	6.27	A 3	14
Standing Triple Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	
148	Emma Basten	Crewe & Nantwich	5.04	N S	
151	Kathryn Smith	Crewe & Nantwich	5.16	N S	

Shot Put						
No	Name	Club	Dis (m)		Rank	Points
147	Annie Huntbach	Crewe & Nantwich	7.38		B 2	7
149	Emma Fowler	Crewe & Nantwich	6.97			
145	Alice Mountford	Crewe & Nantwich	6.92			
153	Shaunnah Murphy	Crewe & Nantwich	8.30		A 2	15
33	Katie Dinsdale	Halton & Frodsham	5.93		B 3	6
35	Emily Ross	Halton & Frodsham	6.47		A 3	14
34	Kiera Grady	Halton & Frodsham	4.83			
82	Lydia Helsby	Liverpool	5.79		B 4	5
83	Bethany helsby	Liverpool	5.88		A 4	13
110	Jennifer Lea-Worth	St Helens Sutton	5.33		A 5	12
76	Emily Ball	West Cheshire	10.04		A 1	16
75	Sophie Percival	West Cheshire	8.56		B 1	8
80	Georgia Moulton	West Cheshire	6.14			
Shot Put - Non Scoring						
No	Name	Club	Dis (m)		NS	

		4 x 2 Lap Relay	
Team	Time in secs	Rank /	Points
Crewe & Nantwich	1.00	1	24
Deeside			
Halton & Frodsham			
Liverpool	2.00	2	21
St Helens Sutton			
Warrington			
West Cheshire	3.00	3	18
Wirral			