

North West Sportshall Athletics League 2011 - 2012  
League Tables after Round Four  
10th December 2011

Team	U11 Girls				Total	Team	U11 Boys				Total
	Round 1	Round 2	Round 3	Round 4			Round 1	Round 2	Round 3	Round 4	
Crewe & Nantwich	144.5	152	157.5	0	454	Crewe & Nantwich	165	161.5	156.5	0	483
Wirral	0	147.5	151.5	152	451	Wirral	0	155	155	160.5	470.5
Halton & Frodsham	150	0	134.5	147.5	432	West Cheshire	0	138	132	143.5	413.5
Southport / Waterloo	134	130	0	134.5	398.5	Halton & Frodsham	143.5	0	131.5	130.5	405.5
West Cheshire	0	136	126	129	391	Liverpool	142	0	104.5	136	382.5
St Helens Sutton	0	93	99.5	114.5	307	Southport / Waterloo	93.5	119.5	0	87.5	300.5
Warrington	67.5	0	59.5	67.5	194.5	Deeside	56	58	48	0	162
Deeside	71	67.5	35.5	0	174	Handforth	60	40	0	33	133
Liverpool	0	0	49	31	80	Warrington	31	0	53.5	31	115.5
Handforth	0	0	0	60	60	St Helens Sutton	0	32	0	30	62

Team	U13 Girls				Total	Team	U13 Boys				Total
	Round 1	Round 2	Round 3	Round 4			Round 1	Round 2	Round 3	Round 4	
West Cheshire	0	161	152	165	478	Crewe & Nantwich	147	148	153	0	448
Crewe & Nantwich	158	151.5	148	0	457.5	Halton & Frodsham	147.5	0	139.5	158	445
Halton & Frodsham	159	0	134.5	146.5	440	West Cheshire	0	158	130	137	425
Southport / Waterloo	136	132.5	0	131.5	400	Liverpool	88	0	130.5	124	342.5
Warrington	121	0	39	105	265	Warrington	106.5	0	58	128	292.5
St Helens Sutton	0	97	61	61	219	St Helens Sutton	0	94	54.5	47	195.5
Deeside	28	73	99	0	200	Southport / Waterloo	79	113	0	0	192
Liverpool	0	0	93	87	180	Deeside	36	51	86.5	0	173.5
Handforth	40	24	0	0	64	Handforth	34	0	0	37	71
Wirral	0	0	38.5	0	38.5						

Team	U15 Girls				Total	Team	U15 Boys				Total
	Round 1	Round 2	Round 3	Round 4			Round 1	Round 2	Round 3	Round 4	
Crewe & Nantwich	168	162.5	161	0	491.5	West Cheshire	0	164	162	160	486
West Cheshire	0	156.5	144	152	452.5	Crewe & Nantwich	151	150	119	0	420
Halton & Frodsham	152	0	122.5	149.5	424	Halton & Frodsham	118	0	104	102	324
Liverpool	53	0	135.5	146	334.5	St Helens Sutton	0	0	0	58	58
St Helens Sutton	0	62	73	85.5	220.5	Liverpool	0	0	13	0	13
Deeside	43	0	0	0	43						
Wirral	0	0	26	0	26						
Warrington	26	0	0	0	26						

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Under 11 - Girls

		Handforth	Southport Waterloo	Halton & Frodsham	Liverpool	St Helens Sutton	Warrington	West Cheshire	Wirral	
TRACK	Individual	2 Lap Race	13	17	20	18.5	14.5	19	22	
		4 Lap Race	11	19	22		13	16	19	24
	Relay	4 x 2 Lap Relay		21	24		12		15	18
FIELD	Jumps	Speed Bounce	13	21	21	9	17	11	17	24
		Standing Long Jump	10	18	21	9	15	12	21	24
		Standing Triple Jump		19	19		15	14	23	21
	Throws	Chest Push	13	19.5	20.5	13	24		15	19
		<b>Total</b>	<b>60</b>	<b>134.5</b>	<b>147.5</b>	<b>31</b>	<b>114.5</b>	<b>67.5</b>	<b>129</b>	<b>152</b>
	<b>Overall Position</b>	7	3	2	8	5	6	4	1	

North West Sportshall League 2011/2012			Track - Individual				Field - Jumps						Field - Throws					
10 December 2011			Under 11 - Girls				2 Lap Race		4 Lap Race		Speed Bounce		Standing Long Jump		Standing Triple Jump		Chest Push	
No	Name	Club	Time	Pos	Time	Pos	Bounces	Pos	Dist	Pos	Dist	Pos	Dist	Pos	Dist	Pos		
56	Alex Hurst	Halton & Frodsham	28.50	A 4			44				4.93	A 4						
60	Emilia Fovall-Clarke	Halton & Frodsham	28.50	N S			45	B 3	1.76	A 2								
62	Charlotte Allen	Halton & Frodsham	30.90	N S					1.64	B 3					6	A 2		
63	Eloise Angus	Halton & Frodsham	29.50	N S			45								5	B 3		
66	Millie Buckley-Dawnes	Halton & Frodsham	30.80	N S					1.58	N S					4	N S		
58	Eleanor Jones	Halton & Frodsham											4.49		4	N S		
57	Natasha Treharne	Halton & Frodsham	29.10	B 2	62.50	A 2			1.60									
61	Grace Wilding	Halton & Frodsham	29.20	N S	63.00	B 2	49	A 2										
59	Rebecca Fenlon	Halton & Frodsham	30.10	N S					1.48		4.57	B 3						
64	Rachel Hardman	Halton & Frodsham	31.40	N S					1.23	N S					5			
65	May Mallon	Halton & Frodsham	31.00	N S					1.53	N S					5			
67	Molly Wilson	Halton & Frodsham	34.90	N S							3.85			4	N S			
68	Amelia Maddison	Halton & Frodsham	32.40	N S														
40	Jessica Lewis	Liverpool					36	A 8	1.20	A 8				6	A 4			
70	Charlotte Cherry	St Helens Sutton	28.40	A 2			45	A 5						6	B 1			
73	Elizabeth Griffiths	St Helens Sutton	32.40	N S			40	B 4			4.02	B 5						
74	Elizabeth Tracey	St Helens Sutton					34		1.48	B 5	3.79							
75	Rose Dyer	St Helens Sutton	33.10	N S	75.40	B 6												
69	Louise Cherry	St Helens Sutton	30.20	N S					1.58	A 6				7	A 1			
72	Anna Pennington	St Helens Sutton	31.20	B 5	68.00	A 7								4				
71	Olivia Milow	St Helens Sutton	32.60	N S			39				4.11	A 6						
185	Elena Forde	Warrington	28.40	A 2	64.40	A 5	42	A 6										
184	Hannah Kirsop	Warrington			65.50	B 5			1.68	A 5	5.12	A 3						
82	Emma Howe	West Cheshire	29.00	B 1					1.72	A 3				5	A 6			
85	Beth McMahon	West Cheshire	30.60	N S			38	B 5	1.52									
84	Jasmine Parrott	West Cheshire	33.10	N S							4.92	B 1		5	B 5			
88	Rhonna Cook	West Cheshire	30.80	N S			35		1.49									
83	Anna Crayston	West Cheshire	30.30	N S	64.80	B 4			1.71	B 2	4.37							
87	Annabel Hemingbrough	West Cheshire	31.90	N S			35							4				
86	Lucy Davies	West Cheshire					46	A 4	1.35	N S								
81	Issy Clarke	West Cheshire	29.00	A 6	62.60	A 3			1.80	N S	5.20	A 2						
89	Molly Jones	West Cheshire	30.70	N S							4.09			4				
3	Catherine Spencer	Wirral	30.10	B 3					1.92	A 1								
6	Obi Curry	Wirral	27.70	A 1	61.20	A 1			1.77	B 1								
11	Jessica Raynor	Wirral	30.20	N S							4.88	N S		6	A 5			
1	Megan Carroll	Wirral	29.40	N S			52	A 1										
13	Corin Davies	Wirral									3.54	N S		5	N S			
8	Juliet Hodder	Wirral			62.40	B 1	46	N S	1.36	N S								
7	Ellie Rothwell	Wirral					47				4.38							
15	Jasmine Passley	Wirral	29.70	N S							4.36	N S		5.50	B 2			

North West Sportshall League 2011/2012			Track - Individual				Field - Jumps						Field - Throws					
10 December 2011			Under 11 - Girls				2 Lap Race		4 Lap Race		Speed Bounce		Standing Long Jump		Standing Triple Jump		Chest Push	
No	Name	Club	Time	Pos	Time	Pos	Bounces	Pos	Dist	Pos	Dist	Pos	Dist	Pos	Dist	Pos		
4	Erin Flynn	Wirral					49	B 1							4.50	N S		
12	Erin Davies	Wirral											4.71	N S	4.25			
5	Emma Rowlands	Wirral	29.10	N S					1.58	N S			5.22	A 1				
2	Chloe Moxley	Wirral	32.20	N S									4.29		5.25			
9	Erin Brennan	Wirral	30.20	N S			42	N S	1.54				4.57	B 4				
10	Madison Fisher	Wirral	29.40	N S			46		1.46	N S								
14	Ruby Garrigan	Wirral	30.60	N S			50	N S	1.76									
90	Lydia Hatton	Macclesfield	29.20	N S					1.64	N S			5.15	N S				
186	Emily Williamson	Handforth	32.50	A 7			36	B 6							4.75	A 7		
188	Phoebe Hutton	Handforth	33.90	B 6			30	N S							4.00	B 6		
187	Clara Edler	Handforth			65.50	A 6	40	A 7	1.56	A 7								
92	Alice Delaney	Southport Waterloo	28.60	N S	64.00	A 4			1.71	A 4			4.74	B 2				
93	Olivia Pines	Southport Waterloo	28.70	A 5			47	A 3					4.84	A 5				
94	Eleanor Kenney	Southport Waterloo	30.80	B 4					1.46						4.75	B 4		
95	Mollie Ruding	Southport Waterloo	29.70	N S	64.70	B 3	45								5.50	A 2		
96	Annabel Ruding	Southport Waterloo	31.20	N S			40		1.46									
97	Lilly-ann Greyson	Southport Waterloo	29.80	N S			47	B 2					3.99					
98	Mollie Morris	Southport Waterloo	33.70	N S									3.65		3.75			
99	Hollie Cliffe	Southport Waterloo	33.00	N S					1.53	B 4					4.25			





Chest Push						
No	Name	Club	Dis (m)	Rank	Points	
63	Eloise Angus	Halton & Frodsham	5.25	B 3	6	
64	Rachel Hardman	Halton & Frodsham	4.75			
65	May Mallon	Halton & Frodsham	4.75			
62	Charlotte Allen	Halton & Frodsham	5.50	A 2	14.5	
188	Phoebe Hutton	Handforth	4.00	B 6	3	
186	Emily Williamson	Handforth	4.75	A 7	10	
40	Jessica Lewis	Liverpool	5.50	A 4	13	
95	Mollie Ruding	Southport Waterloo	5.50	A 2	14.5	
94	Eleanor Kenney	Southport Waterloo	4.75	B 4	5	
99	Hollie Cliffe	Southport Waterloo	4.25			
98	Mollie Morris	Southport Waterloo	3.75			
72	Anna Pennington	St Helens Sutton	4.25			
70	Charlotte Cherry	St Helens Sutton	6.00	B 1	8	
69	Louise Cherry	St Helens Sutton	6.50	A 1	16	
82	Emma Howe	West Cheshire	5.00	A 6	11	
89	Molly Jones	West Cheshire	3.50			
87	Annabel Hemingbrough	West Cheshire	3.50			
84	Jazmine Parrott	West Cheshire	4.75	B 5	4	
11	Jessica Raynor	Wirral	5.50	A 5	12	
2	Chloe Moxley	Wirral	5.25			
15	Jasmine Passley	Wirral	5.50	B 2	7	
12	Erin Davies	Wirral	4.25			
Chest Push - Non Scoring						
No	Name	Club	Dis (m)	NS		
58	Eleanor Jones	Halton & Frodsham	4.25	N S		
66	Millie Buckley-Dawnes	Halton & Frodsham	3.5	N S		
67	Molly Wilson	Halton & Frodsham	4	N S		
13	Corin Davies	Wirral	5	N S		
4	Erin Flynn	Wirral	4.5	N S		

		<b>4 x 2 Lap Relay</b>	
<b>Team</b>	<b>Time in secs</b>	<b>Rank /</b>	<b>Points</b>
Handforth			
Southport Waterloo	117.90	2	21
Halton & Frodsham	116.00	1	24
Liverpool			
St Helens Sutton	126.80	5	12
Warrington			
West Cheshire	121.80	4	15
Wirral	121.00	3	18



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Under 13 - Girls

			Southport Waterloo	Halton & Frodsham	Liverpool	St Helens Sutton	Warrington	West Cheshire
<b>TRACK</b>	<b>Individual</b>	2 Lap Race	17	23	20	17	14	23
		6 Lap Race	23	20			13	23
	<b>Relay</b>	4 x 2 Lap Relay	18	21			15	24
<b>FIELD</b>	<b>Jumps</b>	Speed Bounce	20.5	19.5	15	17	15	24
		Standing Long Jump	22	20	18	15	12	24
		Standing Triple Jump	20	23	13		17	23
	<b>Throws</b>	Shot Put	11	20	21	12	19	24
<b>Total</b>			<b>131.5</b>	<b>146.5</b>	<b>87</b>	<b>61</b>	<b>105</b>	<b>165</b>
<b>Overall Position</b>			<b>3</b>	<b>2</b>	<b>5</b>	<b>6</b>	<b>4</b>	<b>1</b>

North West Sportshall League 2011/2012			Track - Individual				Field - Jumps						Field - Throws					
10 December 2011			Under 13 - Girls				2 Lap Race		6 Lap Race		Speed Bounce		Standing Long Jump		Standing Triple Jump		Shot Put	
No	Name	Club	Time	Pos	Time	Pos	Bounces	Pos	Dist	Pos	Dist	Pos	Dist	Pos	Dist	Pos		
100	Lilly Edwards	Southport Waterloo	27.60	A 4	105.10	N S			1.94	A 2	5.72	A 3						
176	Sally Laughton	Southport Waterloo	30.20	N S	102.90	N S	71	B 2	1.40		5.02	B 3						
177	Emma Alderson	Southport Waterloo	27.10	N S	92.30	A 1	73	A 3	1.91	B 2								
178	Savannah Morgan	Southport Waterloo	28.20	N S	100.60	B 2	65				4.97							
179	Nisha Komari-Webster	Southport Waterloo	31.40	B 5	106.80	N S			1.24						4.46	A 6		
24	Pip Garvey	Halton & Frodsham	28.00	N S			73	A 3			5.29	B 2						
23	Molly Clarke	Halton & Frodsham	28.50	N S														
25	Olivia Church	Halton & Frodsham	28.00	B 2			60		1.81	B 3					3.75			
22	Michaela Campbell	Halton & Frodsham	26.30	A 1	97.00	A 3					6.54	A 1						
26	Kelsey Grady	Halton & Frodsham	32.60	N S			69	B 3										
27	Kiera Brady-Williams	Halton & Frodsham					65		1.93	A 3					8.12	A 2		
21	Charlotte King	Halton & Frodsham	31.60	N S	106.50	N S			1.65									
28	Ester Wilson	Halton & Frodsham	29.70	N S	102.60	B 3			1.50						4.52	B 4		
43	Beth O'Shaughnessy	Liverpool	28.60	B 3					1.66	B 4					8.06	A 3		
42	Courtney Bowes	Liverpool	27.70	N S					1.60						6.23	B 2		
41	Janice Ndlovu	Liverpool	27.20	A 3			76	A 2	1.91	A 4	5.21	A 4						
180	Rachel Spruce	Warrington	31.80	B 6			50	B 5			4.23	A 5						
181	Amelia Forde	Warrington					60	A 6										
182	Hannah Shaw	Warrington	29.60	A 6					1.90	A 5					5.59	A 4		
183	Libby Howard	Warrington			146.80	A 4					3.87	B 4			4.64	B 3		
76	Caitlin Young	St Helens Sutton	29.80	B 4			56		1.44	B 5								
77	Hannah Seabrook	St Helens Sutton	29.20	A 5			63	A 5	1.82	A 6								
78	Megan Park	St Helens Sutton	30.20	N S			57	B 4							5.52	A 5		
48	Alice Barnsley	West Cheshire			95.60	A 2	71				6.04	A 2						
50	Sophie Hemingbrough	West Cheshire	27.70	N S	97.30	B 1	77	A 1										
51	Abbie Williams	West Cheshire	29.10	N S					1.54		5.09							
54	Sophie Davies	West Cheshire	30.30	N S			70								5.44			
52	Victoria Smith	West Cheshire	29.00	N S					1.68	N S	5.17							
49	Samhilda Megonigle	West Cheshire	26.40	B 1					2.08	A 1					8.65	A 1		
53	Bethany Lewis	West Cheshire	27.30	N S					1.98	B 1					4.74			
55	Rosie Stohard	West Cheshire	28.60	N S					1.84						6.78	B 1		
47	Georgia Barlew	West Cheshire	26.40	A 2			74	B 1			5.59	B 1						

2 Lap Race					
No	Name	Club	Time	Rank	Points
22	Michaela Campbell	Halton & Frodsham	26.3	A 1	16
47	Georgia Barlew	West Cheshire	26.4	A 2	15
41	Janice Ndlovu	Liverpool	27.2	A 3	14
100	Lilly Edwards	Southport Waterloo	27.6	A 4	13
182	Hannah Shaw	Warrington	29.6	A 6	11
76	Caitlin Young	St Helens Sutton	29.8	B 4	5
49	Samhilda Magonigle	West Cheshire	26.4	B 1	8
25	Olivia Church	Halton & Frodsham	28	B 2	7
43	Beth O'Shaughnessy	Liverpool	28.6	B 3	6
77	Hannah Seabrook	St Helens Sutton	29.2	A 5	12
179	Nisha Komari-Webster	Southport Waterloo	31.4	B 5	4
180	Rachel Spruce	Warrington	31.8	B 6	3

**2 Lap Race - Non Scoring**

No	Name	Club	Time	NS
42	Courtney Bowes	Liverpool	27.7	N S
178	Savannah Morgan	Southport Waterloo	28.2	N S
23	Molly Clarke	Halton & Frodsham	28.5	N S
51	Abbie Williams	West Cheshire	29.1	N S
28	Ester Wilson	Halton & Frodsham	29.7	N S
78	Megan Park	St Helens Sutton	30.2	N S
177	Emma Alderson	Southport Waterloo	27.1	N S
53	Bethany Lewis	West Cheshire	27.3	N S
24	Pip Garvey	Halton & Frodsham	28	N S
52	Victoria Smith	West Cheshire	29	N S
176	Sally Laughton	Southport Waterloo	30.2	N S
26	Kelsey Grady	Halton & Frodsham	32.6	N S
50	Sophie Hemingbrough	West Cheshire	27.7	N S
55	Rosie Stothard	West Cheshire	28.6	N S
54	Sophie Davies	West Cheshire	30.3	N S
21	Charlotte King	Halton & Frodsham	31.6	N S

6 Lap Race					
No	Name	Club	Time	Rank	Points
177	Emma Alderson	Southport Waterloo	92.3	A 1	16
48	Alice Barnsley	West Cheshire	95.6	A 2	15
22	Michaela Campbell	Halton & Frodsham	97	A 3	14
183	Libby Howard	Warrington	146.8	A 4	13
50	Sophie Hemingbrough	West Cheshire	97.3	B 1	8
178	Savannah Morgan	Southport Waterloo	100.6	B 2	7
28	Ester Wilson	Halton & Frodsham	102.6	B 3	6

**6 Lap Race - Non Scoring**

No	Name	Club	Time	NS
176	Sally Laughton	Southport Waterloo	102.9	N S
100	Lilly Edwards	Southport Waterloo	105.1	N S
21	Charlotte King	Halton & Frodsham	106.5	N S
179	Nisha Komari-Webster	Southport Waterloo	106.8	N S



Shot Put						
No	Name	Club	Dis (m)		Rank	Points
25	Olivia Church	Halton & Frodsham	3.75			
27	Kiera Brady-Williams	Halton & Frodsham	8.12		A 2	15
28	Ester Wilson	Halton & Frodsham	4.52		B 4	5
42	Courtney Bowes	Liverpool	6.23		B 2	7
43	Beth O'Shaughnessy	Liverpool	8.06		A 3	14
179	Nisha Komari-Webster	Southport Waterloo	4.46		A 6	11
78	Megan Park	St Helens Sutton	5.52		A 5	12
182	Hannah Shaw	Warrington	5.59		A 4	13
183	Libby Howard	Warrington	4.64		B 3	6
49	Samhilda Megonigle	West Cheshire	8.65		A 1	16
54	Sophie Davies	West Cheshire	5.44			
55	Rosie Stothard	West Cheshire	6.78		B 1	8
53	Bethany Lewis	West Cheshire	4.74			
Shot Put - Non Scoring						
No	Name	Club	Dis (m)		NS	

		<b>4 x 2 Lap Relay</b>	
	<b>Team</b>	<b>Time in secs</b>	<b>Rank / Points</b>
	Southport Waterloo	117.00	3 18
	Halton & Frodsham	109.40	2 21
	Warrington	130.90	4 15
	West Cheshire	108.10	1 24

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Under 15 - Girls

			Halton & Frodsham	Liverpool	St Helens Sutton	West Cheshire
<b>TRACK</b>	<b>Individual</b>	2 Lap Race	22	22	13	22
		6 Lap Race	22	16		22
	<b>Relay</b>	4 x 2 Lap Relay	18	24		21
<b>FIELD</b>	<b>Jumps</b>	Speed Bounce	21.5	18	23.5	21
		Standing Long Jump	20	24	18	22
		Standing Triple Jump	23	22	18	21
	<b>Throws</b>	Shot Put	23	20	13	23
		<b>Total</b>	<b>149.5</b>	<b>146</b>	<b>85.5</b>	<b>152</b>
		<b>Overall Position</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>1</b>



North West Sportshall League 2011/2012			Track - Individual				Field - Jumps						Field - Throws					
10 December 2011			Under 15 - Girls				2 Lap Race		6 Lap Race		Speed Bounce		Standing Long Jump		Standing Triple Jump		Shot Put	
No	Name	Club	Time	Pos	Time	Pos	Bounces	Pos	Dist	Pos	Dist	Pos	Dist	Pos	Dist	Pos		
30	Emily Pearson	Halton & Frodsham							2.01	B 3	6.56	A 2			6.12	B 1		
32	Aimee Kilpatrick	Halton & Frodsham			100.90	B 2			1.44		4.26							
33	Katie Dinedale	Halton & Frodsham	27.00	A 3					2.07	A 3	6.10	B 1			5.65			
31	Kiera Grady	Halton & Frodsham	27.50	B 1	95.60	A 2	67	A 3	1.78									
34	Emily Ross	Halton & Frodsham	28.40	N S	101.80	N S	67	B 1			5.47				6.39	A 2		
91	Laura Truman	Liverpool			95.10	A 1			2.28	A 1	6.61	A 1						
46	Lydia Helsby	Liverpool	26.90	A 2			65	A 4			5.68	B 3			5.88	A 3		
45	Bethany Helsby	Liverpool					55	B 4	1.92		5.51				5.65	B 3		
44	Chloe Parker	Liverpool	27.51	B 2					2.09	B 1								
80	Jennifer Lea-Worth	St Helens Sutton					70	A 1	1.67	B 4	5.20	B 4			5.43	A 4		
79	Megan Cunliffe	St Helens Sutton	26.70	A 4			67	B 1	2.02	A 4	5.57	A 4						
37	Emily Wood	West Cheshire			99.50	B 1	68	A 2	1.70		5.30							
36	Emily Ball	West Cheshire			95.80	A 3			2.15	A 2	5.92	B 2			9.07	A 1		
39	Ellen McMahon	West Cheshire	29.00	N S	102.40	N S	60				4.78							
35	Charlotte Williamson	West Cheshire	26.00	A 1			63	B 3	2.05	B 2	5.96	A 3						
38	Georgia Moulton	West Cheshire	29.50	B 3			45		1.73						5.76	B 2		
29	Eve Bellard	Halton & Frodsham	28.80	N S					1.67	N S	5.02	N S			5.96			



2 Lap Race					
No	Name	Club	Time	Rank	Points
35	Charlotte Williamson	West Cheshire	26	A 1	16
46	Lydia Helsby	Liverpool	26.9	A 2	15
33	Katie Dinsdale	Halton & Frodsham	27	A 3	14
79	Megan Cunliffe	St Helens Sutton	28.7	A 4	13
31	Kiera Grady	Halton & Frodsham	27.5	B 1	8
44	Chloe Parker	Liverpool	27.51	B 2	7
38	Georgia Moulton	West Cheshire	29.5	B 3	6
2 Lap Race - Non Scoring					
No	Name	Club	Time	NS	
34	Emily Ross	Halton & Frodsham	28.4	N S	
29	Eve Bellard	Halton & Frodsham	28.8	N S	
39	Ellen McMahon	West Cheshire	29	N S	

6 Lap Race					
No	Name	Club	Time	Rank	Points
91	Laura Truman	Liverpool	95.1	A 1	16
31	Kiera Grady	Halton & Frodsham	95.6	A 2	15
37	Emily Wood	West Cheshire	99.5	B 1	8
36	Emily Ball	West Cheshire	95.8	A 3	14
32	Aimee Kilpatrick	Halton & Frodsham	100.9	B 2	7
6 Lap Race - Non Scoring					
No	Name	Club	Time	NS	
34	Emily Ross	Halton & Frodsham	101.8	N S	
39	Ellen McMahon	West Cheshire	102.4	N S	

Speed Bounce					
No	Name	Club	Bounces	Rank	Points
31	Kiera Grady	Halton & Frodsham	67	A 3	14
34	Emily Ross	Halton & Frodsham	67	B 1	7.5
46	Lydia Helsby	Liverpool	65	A 4	13
45	Bethany Helsby	Liverpool	55	B 4	5
79	Megan Cunliffe	St Helens Sutton	67	B 1	7.5
80	Jennifer Lea-Worth	St Helens Sutton	70	A 1	16
35	Charlotte Williamson	West Cheshire	63	B 3	6
38	Georgia Moulton	West Cheshire	45		
39	Ellen McMahon	West Cheshire	60		
37	Emily Wood	West Cheshire	68	A 2	15
Speed Bounce - Non Scoring					
No	Name	Club	Bounces	NS	

Standing Long Jump					
No	Name	Club	Distance (m)	Rank	Points
30	Emily Pearson	Halton & Frodsham	2.01	B 3	6
33	Katie Dinsdale	Halton & Frodsham	2.07	A 3	14
31	Kiera Grady	Halton & Frodsham	1.78		
32	Aimee Kilpatrick	Halton & Frodsham	1.44		
91	Laura Truman	Liverpool	2.28	A 1	16
44	Chloe Parker	Liverpool	2.09	B 1	8
45	Bethany Helsby	Liverpool	1.92		
79	Megan Cunliffe	St Helens Sutton	2.02	A 4	13
80	Jennifer Lea-Worth	St Helens Sutton	1.67	B 4	5
37	Emily Wood	West Cheshire	1.70		
36	Emily Ball	West Cheshire	2.15	A 2	15
35	Charlotte Williamson	West Cheshire	2.05	B 2	7
38	Georgia Moulton	West Cheshire	1.73		
Standing Long Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	
29	Eve Bellard	Halton & Frodsham	1.67	N S	

Standing Triple Jump					
No	Name	Club	Distance (m)	Rank	Points
30	Emily Pearson	Halton & Frodsham	6.56	A 2	15
32	Aimee Kilpatrick	Halton & Frodsham	4.26		
33	Katie Dinsdale	Halton & Frodsham	6.10	B 1	8
34	Emily Ross	Halton & Frodsham	5.47		
45	Bethany Helsby	Liverpool	5.51		
46	Lydia Helsby	Liverpool	5.68	B 3	6
91	Laura Truman	Liverpool	6.61	A 1	16
79	Megan Cunliffe	St Helens Sutton	5.57	A 4	13
80	Jennifer Lea-Worth	St Helens Sutton	5.20	B 4	5
35	Charlotte Williamson	West Cheshire	5.96	A 3	14
36	Emily Ball	West Cheshire	5.92	B 2	7
37	Emily Wood	West Cheshire	5.30		
39	Ellen McMahon	West Cheshire	4.78		
Standing Triple Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	
29	Eve Bellard	Halton & Frodsham	5.02	N S	

Shot Put						
No	Name	Club	Dis (m)		Rank	Points
29	Eve Bellard	Halton & Frodsham	5.96			
30	Emily Pearson	Halton & Frodsham	6.12		B 1	8
33	Katie Dinsdale	Halton & Frodsham	5.65			
34	Emily Ross	Halton & Frodsham	6.39		A 2	15
45	Bethany Helsby	Liverpool	5.65		B 3	6
46	Lydia Helsby	Liverpool	5.88		A 3	14
80	Jennifer Lea-Worth	St Helens Sutton	5.43		A 4	13
36	Emily Ball	West Cheshire	9.07		A 1	16
38	Georgia Moulton	West Cheshire	5.76		B 2	7
Shot Put - Non Scoring						
No	Name	Club	Dis (m)		NS	

		<b>4 x 2 Lap Relay</b>	
	<b>Team</b>	<b>Time in secs</b>	<b>Rank / Points</b>
	Halton & Frodsham	111.60	3 18
	Liverpool	108.00	1 24
	West Cheshire	109.40	2 21