

North West Sportshall Athletics League 2008 - 2009  
Final League Tables  
18th January 2009

U/11 Girls	Round 1	Round 2	Round 3	Round 4	Total
Halton & Frodsham	125	141.5	126.5	143.5	536.5
West Cheshire	131.5	136.5	135	121	524
Liverpool	124.5	120.5	143.5	129.5	518
Crewe	117	139.5	123	112	491.5
DASH	109	120	132.5	128.5	490
Deeside	120	122	111	109	462
Sutton St Helens	0	65.5	48.5	117	231
Southport Waterloo	67	97.5	0	46	210.5
Warrington	0	39	27	0	66
Handforth	0	0	0	43	43
Macclesfield	0	0	39	0	39

U/11 Boys	Round 1	Round 2	Round 3	Round 4	Total
Crewe	145	140.5	134	129	548.5
DASH	128	126	146	131	531
West Cheshire	124	129.5	136.5	132	522
Deeside	131	122.5	107	115	475.5
Sutton St Helens	115	135.5	85	135	470.5
Halton & Frodsham	114	135	94.5	125	468.5
Warrington	34	32	27	10	103
Southport Waterloo	0	48	40	0	88
Handforth	0	0	0	64	64

U/13 Girls	Round 1	Round 2	Round 3	Round 4	Total
West Cheshire	136	142.5	124	127.5	530
Liverpool	118	137	142.5	105.5	503
Halton & Frodsham	111	125.5	107.5	137.5	481.5
Deeside	113.5	109	120.5	127	470
Crewe	116	130	112.5	106	464.5
Sutton St Helens	98	74	98.5	139	409.5
DASH	50	113	119	123.5	405.5
Southport Waterloo	73	111.5	105	87	376.5
Warrington	74	85	92	88	339
Macclesfield	0	55.5	103.5	0	159
Handforth	0	0	30	0	30

U/13 Boys	Round 1	Round 2	Round 3	Round 4	Total
Deeside	144	135.5	129	125	533.5
Crewe	131.5	140.5	124	134	530
DASH	122	128	146	88	484
West Cheshire	140	97.5	126	120.5	484
Southport Waterloo	82	107.5	0	142	331.5
Halton & Frodsham	107.5	112	23	87	329.5
Sutton St Helens	35	31	0	100	166
Handforth	0	0	53	0	53
Warrington	0	35	0	0	35

U/15 Girls	Round 1	Round 2	Round 3	Round 4	Total
Crewe	143	141.5	143	141.5	569
DASH	134	133.5	145	142	554.5
West Cheshire	132	121	127	129.5	509.5
Sutton St Helens	106	136	96	105	443
Deeside	75.5	80	81	78	314.5
Southport Waterloo	69	68	60	86	283
Handforth	0	0	50	111	161
Macclesfield	65	33	0	0	98
Warrington	40	0	0	0	40
Halton & Frodsham	0	0	0	33	33

U/15 Boys	Round 1	Round 2	Round 3	Round 4	Total
West Cheshire	145	142	146	143	576
DASH	144	94	144	134	516
Halton & Frodsham	128	84	65	74	351
Warrington	52	120	78	47	297
Handforth	53	0	99	52	204
Southport Waterloo	47	49	0	0	96

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Handforth	0	0	30	0	30

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Southport Waterloo	69	68	60	86	283
Handforth	0	0	50	111	161
Macclesfield	65	33	0	0	98
Warrington	40	0	0	0	40
Halton & Frodsham	0	0	0	33	33

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Southport Waterloo	47	49	0	0	96



# Athlete Results

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	CP	SB	SLJ	STJ
1	36	Jess Wright	Halton and Frodsham	42.0	14.0	14.0				14.0
2	22	Rosie Johnson	Sutton St Helens	39.0		13.0			13.0	13.0
3	17	Nicky Screawn	DASH	38.0		12.0		14.0		12.0
4	57	Sophie Elmsley	Handforth	33.0	10.0			11.0	12.0	
5=	15	Ruby Cockburn	DASH	31.0	13.0				11.0	7.0
5=	21	Amy Saunders	Sutton St Helens	31.0	12.0		14.0	5.0		
7	37	Annabel Kitchen	Halton and Frodsham	28.0	7.0	7.0			14.0	
8	24	Natasha Porter	Southport / Waterloo	26.0	5.0			10.0		11.0
9	18	Kelly Crabtree	DASH	24.5	6.0		12.0	6.5		
10	20	Ellie McKnight	Sutton St Helens	23.0		6.0		12.0	5.0	
11=	23	Lucy Hunter	Southport / Waterloo	20.0	11.0			4.0		5.0
11=	42	Charlotte Davies	Halton and Frodsham	20.0			13.0		7.0	
13	16	Charlotte Hall	DASH	17.0		5.0	6.0		6.0	
14=	39	Emily Ross	Halton and Frodsham	13.0				13.0		
14=	40	Jenny Pyatt	Halton and Frodsham	13.0			7.0			6.0
16	56	Chloe Atkins	Handforth	10.0	3.0			3.0	4.0	
17	19	Megan McKnight	Sutton St Helens	9.0	4.0		5.0			
18	38	Megan McEveley	Halton and Frodsham	6.5				6.5		
19=	41	Georgia Massey	Halton and Frodsham	0.0						
19=	43	Molly Clarke	Halton and Frodsham	0.0						
19=	44	Ines Robinson	Halton and Frodsham	0.0						
19=	45	Jess Dexter	Halton and Frodsham	0.0						
19=	63	Holly Roberts	Halton and Frodsham	0.0						

# Team Results

# Halton and Frodsham ()

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton and Frodsham		143.5	21.0	21.0	21.0	20.0	19.5	21.0	20.0
2	DASH		128.5	18.0	19.0	17.0	18.0	20.5	17.0	19.0
3	Sutton St Helens		117.0	15.0	16.0	19.0	19.0	17.0	18.0	13.0
4	Southport / Waterloo		46.0	0.0	16.0	0.0	0.0	14.0	0.0	16.0
5	Handforth		43.0	0.0	13.0	0.0	0.0	14.0	16.0	0.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
36	Jess Wright	2LR	27.6				27.6	1	14.0
36	Jess Wright	4LR	1:00.7				1:00.7	1	14.0
36	Jess Wright	STJ	6.00	5.96	6.00	0.00	6.00	1	14.0
37	Annabel Kitchen	2LR	28.3				28.3	1	7.0
37	Annabel Kitchen	4LR	1:05.0				1:05.0	1	7.0
37	Annabel Kitchen	SLJ	1.92	1.82	1.85	0.00	1.92	1	14.0
38	Megan McEveley	2LR	29.8				29.8		
38	Megan McEveley	4LR	1:05.3				1:05.3		
38	Megan McEveley	SB	50				50	1=	6.5
39	Emily Ross	2LR	30.2				30.2		
39	Emily Ross	4LR	1:06.3				1:06.3		
39	Emily Ross	SB	51				51	2	13.0
40	Jenny Pyatt	2LR	32.6				32.6		
40	Jenny Pyatt	4LR	1:07.4				1:07.4		
40	Jenny Pyatt	CP	5.00	5.50	5.25	0.00	5.50	1	7.0
40	Jenny Pyatt	STJ	4.56	4.59	4.69	0.00	4.69	2	6.0
41	Georgia Massey	2LR	30.4				30.4		
41	Georgia Massey	4LR	1:04.7				1:04.7		
41	Georgia Massey	SB	45				45		
42	Charlotte Davies	2LR	30.7				30.7		
42	Charlotte Davies	CP	5.25	5.50	5.50	0.00	5.50	2	13.0
42	Charlotte Davies	SLJ	1.85	1.86	1.86	0.00	1.86	1	7.0
43	Molly Clarke	2LR	37.1				37.1		
43	Molly Clarke	CP	4.25	4.75	5.00	0.00	5.00		
43	Molly Clarke	SLJ	1.36	1.33	1.33	0.00	1.36		
44	Ines Robinson	2LR	31.2				31.2		
44	Ines Robinson	4LR	1:08.5				1:08.5		
44	Ines Robinson	SB	38				38		
45	Jess Dexter	2LR	32.8				32.8		

# Team Results

# Halton and Frodsham ()

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton and Frodsham		143.5	21.0	21.0	21.0	20.0	19.5	21.0	20.0
2	DASH		128.5	18.0	19.0	17.0	18.0	20.5	17.0	19.0
3	Sutton St Helens		117.0	15.0	16.0	19.0	19.0	17.0	18.0	13.0
4	Southport / Waterloo		46.0	0.0	16.0	0.0	0.0	14.0	0.0	16.0
5	Handforth		43.0	0.0	13.0	0.0	0.0	14.0	16.0	0.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
45	Jess Dexter	4LR	1:11.4				1:11.4		
45	Jess Dexter	SLJ	1.25	1.28	1.30	0.00	1.30		
63	Holly Roberts	2LR	31.7				31.7		
63	Holly Roberts	4LR	1:10.4				1:10.4		
63	Holly Roberts	SB	34				34		

# Team Results

# Sutton St Helens ()

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton and Frodsham		143.5	21.0	21.0	21.0	20.0	19.5	21.0	20.0
2	DASH		128.5	18.0	19.0	17.0	18.0	20.5	17.0	19.0
3	Sutton St Helens		117.0	15.0	16.0	19.0	19.0	17.0	18.0	13.0
4	Southport / Waterloo		46.0	0.0	16.0	0.0	0.0	14.0	0.0	16.0
5	Handforth		43.0	0.0	13.0	0.0	0.0	14.0	16.0	0.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
19	Megan McKnight	2LR	33.1				33.1	4	4.0
19	Megan McKnight	CP	2.50	2.75	3.00	0.00	3.00	3	5.0
19	Megan McKnight	SB	43				43		
20	Ellie McKnight	4LR	1:10.5				1:10.5	2	6.0
20	Ellie McKnight	SB	46				46	3	12.0
20	Ellie McKnight	SLJ	1.14	1.28	1.10	0.00	1.28	3	5.0
21	Amy Saunders	2LR	31.2				31.2	3	12.0
21	Amy Saunders	CP	5.75	5.25	0.00	0.00	5.75	1	14.0
21	Amy Saunders	SB	44				44	3	5.0
22	Rosie Johnson	4LR	1:01.6				1:01.6	2	13.0
22	Rosie Johnson	SLJ	1.80	1.79	1.86	0.00	1.86	2	13.0
22	Rosie Johnson	STJ	5.41	5.50	5.36	0.00	5.50	2	13.0

# Team Results

# Macclesfield ()

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton and Frodsham		143.5	21.0	21.0	21.0	20.0	19.5	21.0	20.0
2	DASH		128.5	18.0	19.0	17.0	18.0	20.5	17.0	19.0
3	Sutton St Helens		117.0	15.0	16.0	19.0	19.0	17.0	18.0	13.0
4	Southport / Waterloo		46.0	0.0	16.0	0.0	0.0	14.0	0.0	16.0
5	Handforth		43.0	0.0	13.0	0.0	0.0	14.0	16.0	0.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

## Comp No Name

## Event

## Perf1

## Perf2

## Perf3

## Perf4

## Best Ranking

## Points

\*\*\*\*\* no results for this team \*\*\*\*\*



# Team Results

# DASH ()

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton and Frodsham		143.5	21.0	21.0	21.0	20.0	19.5	21.0	20.0
2	DASH		128.5	18.0	19.0	17.0	18.0	20.5	17.0	19.0
3	Sutton St Helens		117.0	15.0	16.0	19.0	19.0	17.0	18.0	13.0
4	Southport / Waterloo		46.0	0.0	16.0	0.0	0.0	14.0	0.0	16.0
5	Handforth		43.0	0.0	13.0	0.0	0.0	14.0	16.0	0.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
15	Ruby Cockburn	2LR	30.6				30.6	2	13.0
15	Ruby Cockburn	SLJ	1.43	1.48	1.33	0.00	1.48	4	11.0
15	Ruby Cockburn	STJ	4.57	4.58	4.72	0.00	4.72	1	7.0
16	Charlotte Hall	4LR	1:11.9				1:11.9	3	5.0
16	Charlotte Hall	CP	3.75	4.00	4.00	0.00	4.00	2	6.0
16	Charlotte Hall	SLJ	1.33	1.36	1.32	0.00	1.36	2	6.0
17	Nicky Screawn	4LR	1:08.2				1:08.2	3	12.0
17	Nicky Screawn	SB	55				55	1	14.0
17	Nicky Screawn	STJ	4.60	4.71	4.72	0.00	4.72	3	12.0
18	Kelly Crabtree	2LR	31.5				31.5	2	6.0
18	Kelly Crabtree	CP	4.50	4.50	4.50	0.00	4.50	3	12.0
18	Kelly Crabtree	SB	50				50	1=	6.5

# Team Results

# Southport / Waterloo ()

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton and Frodsham		143.5	21.0	21.0	21.0	20.0	19.5	21.0	20.0
2	DASH		128.5	18.0	19.0	17.0	18.0	20.5	17.0	19.0
3	Sutton St Helens		117.0	15.0	16.0	19.0	19.0	17.0	18.0	13.0
4	Southport / Waterloo		46.0	0.0	16.0	0.0	0.0	14.0	0.0	16.0
5	Handforth		43.0	0.0	13.0	0.0	0.0	14.0	16.0	0.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
23	Lucy Hunter	2LR	32.6				32.6	4	11.0
23	Lucy Hunter	4LR	1:14.5				1:14.5		
23	Lucy Hunter	SB	38				38	4	4.0
23	Lucy Hunter	STJ	3.82	0.00	3.99	0.00	3.99	3	5.0
24	Natasha Porter	2LR	32.8				32.8	3	5.0
24	Natasha Porter	4LR	1:14.7				1:14.7		
24	Natasha Porter	SB	39				39	5	10.0
24	Natasha Porter	STJ	3.98	0.00	4.02	0.00	4.02	4	11.0

# Team Results

# Handforth ()

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton and Frodsham		143.5	21.0	21.0	21.0	20.0	19.5	21.0	20.0
2	DASH		128.5	18.0	19.0	17.0	18.0	20.5	17.0	19.0
3	Sutton St Helens		117.0	15.0	16.0	19.0	19.0	17.0	18.0	13.0
4	Southport / Waterloo		46.0	0.0	16.0	0.0	0.0	14.0	0.0	16.0
5	Handforth		43.0	0.0	13.0	0.0	0.0	14.0	16.0	0.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
56	Chloe Atkins	2LR	34.9				34.9	5	3.0
56	Chloe Atkins	SB	27				27	5	3.0
56	Chloe Atkins	SLJ	1.10	1.18	1.18	0.00	1.18	4	4.0
57	Sophie Elmsley	2LR	34.2				34.2	5	10.0
57	Sophie Elmsley	SB	45				45	4	11.0
57	Sophie Elmsley	SLJ	1.47	1.52	1.50	0.00	1.52	3	12.0

# Results Sheet

# 2 Lap Race

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Halton and Frodsham		21.0
2	DASH		19.0
3=	Sutton St Helens		16.0
3=	Southport / Waterloo		16.0
5	Handforth		13.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton and Frodsham		36	Jess Wright	27.6	14.0
2	DASH		15	Ruby Cockburn	30.6	13.0
3	Sutton St Helens		21	Amy Saunders	31.2	12.0
4	Southport / Waterloo		23	Lucy Hunter	32.6	11.0
5	Handforth		57	Sophie Elmsley	34.2	10.0
1	Halton and Frodsham		37	Annabel Kitchen	28.3	7.0
2	DASH		18	Kelly Crabtree	31.5	6.0
3	Southport / Waterloo		24	Natasha Porter	32.8	5.0
4	Sutton St Helens		19	Megan McKnight	33.1	4.0
5	Handforth		56	Chloe Atkins	34.9	3.0
	Halton and Frodsham		38	Megan McEveley	29.8	
	Halton and Frodsham		39	Emily Ross	30.2	
	Halton and Frodsham		41	Georgia Massey	30.4	
	Halton and Frodsham		42	Charlotte Davies	30.7	
	Halton and Frodsham		44	Ines Robinson	31.2	
	Halton and Frodsham		63	Holly Roberts	31.7	
	Halton and Frodsham		40	Jenny Pyatt	32.6	
	Halton and Frodsham		45	Jess Dexter	32.8	
	Halton and Frodsham		43	Molly Clarke	37.1	

# Results Sheet

# 4 Lap Race

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Halton and Frodsham		21.0
2	Sutton St Helens		19.0
3	DASH		17.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton and Frodsham		36	Jess Wright	1:00.7	14.0
2	Sutton St Helens		22	Rosie Johnson	1:01.6	13.0
3	DASH		17	Nicky Screawn	1:08.2	12.0
1	Halton and Frodsham		37	Annabel Kitchen	1:05.0	7.0
2	Sutton St Helens		20	Ellie McKnight	1:10.5	6.0
3	DASH		16	Charlotte Hall	1:11.9	5.0
	Halton and Frodsham		41	Georgia Massey	1:04.7	
	Halton and Frodsham		38	Megan McEveley	1:05.3	
	Halton and Frodsham		39	Emily Ross	1:06.3	
	Halton and Frodsham		40	Jenny Pyatt	1:07.4	
	Halton and Frodsham		44	Ines Robinson	1:08.5	
	Halton and Frodsham		63	Holly Roberts	1:10.4	
	Halton and Frodsham		45	Jess Dexter	1:11.4	
	Southport / Waterloo		23	Lucy Hunter	1:14.5	
	Southport / Waterloo		24	Natasha Porter	1:14.7	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Code	Team	Colour
1	01	Halton and Frodsham	
2	04	DASH	
3	02	Sutton St Helens	

Heat	Final	Performance	Points
0.0	1:56.9	1:56.9	21.0
0.0	2:07.5	2:07.5	18.0
0.0	2:09.1	2:09.1	15.0

# Results Sheet

# Chest Push

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Halton and Frodsham		20.0
2	Sutton St Helens		19.0
3	DASH		18.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Sutton St Helens		21	Amy Saunders	5.75	14.0
2	Halton and Frodsham		42	Charlotte Davies	5.50	13.0
3	DASH		18	Kelly Crabtree	4.50	12.0
1	Halton and Frodsham		40	Jenny Pyatt	5.50	7.0
2	DASH		16	Charlotte Hall	4.00	6.0
3	Sutton St Helens		19	Megan McKnight	3.00	5.0
	Halton and Frodsham		43	Molly Clarke	5.00	

# Results Sheet

# Speed Bounce

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	DASH		20.5
2	Halton and Frodsham		19.5
3	Sutton St Helens		17.0
4=	Southport / Waterloo		14.0
4=	Handforth		14.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	DASH		17	Nicky Screawn	55	14.0
2	Halton and Frodsham		39	Emily Ross	51	13.0
3	Sutton St Helens		20	Ellie McKnight	46	12.0
4	Handforth		57	Sophie Elmsley	45	11.0
5	Southport / Waterloo		24	Natasha Porter	39	10.0
1=	Halton and Frodsham		38	Megan McEveley	50	6.5
1=	DASH		18	Kelly Crabtree	50	6.5
3	Sutton St Helens		21	Amy Saunders	44	5.0
4	Southport / Waterloo		23	Lucy Hunter	38	4.0
5	Handforth		56	Chloe Atkins	27	3.0
	Halton and Frodsham		41	Georgia Massey	45	
	Sutton St Helens		19	Megan McKnight	43	
	Halton and Frodsham		44	Ines Robinson	38	
	Halton and Frodsham		63	Holly Roberts	34	



# Results Sheet

# Standing Long Jump

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Halton and Frodsham		21.0
2	Sutton St Helens		18.0
3	DASH		17.0
4	Handforth		16.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton and Frodsham		37	Annabel Kitchen	1.92	14.0
2	Sutton St Helens		22	Rosie Johnson	1.86	13.0
3	Handforth		57	Sophie Elmsley	1.52	12.0
4	DASH		15	Ruby Cockburn	1.48	11.0
1	Halton and Frodsham		42	Charlotte Davies	1.86	7.0
2	DASH		16	Charlotte Hall	1.36	6.0
3	Sutton St Helens		20	Ellie McKnight	1.28	5.0
4	Handforth		56	Chloe Atkins	1.18	4.0
	Halton and Frodsham		43	Molly Clarke	1.36	
	Halton and Frodsham		45	Jess Dexter	1.30	

# Results Sheet

# Standing Triple Jump

## Competition:

North West League Round 4 Under 11 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Halton and Frodsham		20.0
2	DASH		19.0
3	Southport / Waterloo		16.0
4	Sutton St Helens		13.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton and Frodsham		36	Jess Wright	6.00	14.0
2	Sutton St Helens		22	Rosie Johnson	5.50	13.0
3	DASH		17	Nicky Screawn	4.72	12.0
4	Southport / Waterloo		24	Natasha Porter	4.02	11.0
1	DASH		15	Ruby Cockburn	4.72	7.0
2	Halton and Frodsham		40	Jenny Pyatt	4.69	6.0
3	Southport / Waterloo		23	Lucy Hunter	3.99	5.0



# Athlete Results

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	STJ
1	14	Bethany Baxter	Sutton St Helens	39.0		13.0	12.0			14.0
2	32	Eleanor Finch	DASH	38.0	13.0		13.0	12.0		
3	33	Laura Pegler	DASH	32.5	6.5				13.0	13.0
4	12	Shelby Jack	Sutton St Helens	30.0	12.0			6.0	12.0	
5	46	Amy Pearson	Halton and Frodsham	28.0	14.0				14.0	
6=	25	Amy Aitchison	Southport / Waterloo	27.0		12.0	4.0			11.0
6=	26	Alice Cribb	Southport / Waterloo	27.0	11.0			11.0		5.0
6=	49	Kate Merrill	Halton and Frodsham	27.0		14.0		13.0		
9	13	Sally Ashton	Sutton St Helens	24.0	5.0			14.0	5.0	
10	47	Emma Scott	Halton and Frodsham	20.5	6.5	7.0		7.0		
11=	27	Olivia Croft	Southport / Waterloo	19.0	4.0			4.0	11.0	
11=	50	Martha Cottrell	Halton and Frodsham	19.0					7.0	12.0
11=	55	Elisha Cain	Sutton St Helens	19.0		6.0	6.0			7.0
14	48	Emma Pyatt	Halton and Frodsham	17.0			11.0			6.0
15	35	Emily Turner	DASH	16.0		11.0		5.0		
16	28	Sally Wareing	Southport / Waterloo	14.0			14.0			
17	54	Clare Edwards	DASH	13.0			7.0		6.0	
18	34	Kathryn Reece	DASH	9.0		5.0				4.0
19	51	Emily Pearson	Halton and Frodsham	5.0			5.0			
20=	11	Jessica Johnston	Sutton St Helens	0.0						
20=	52	Ellie Hayes	Halton and Frodsham	0.0						

# Team Results

# Halton and Frodsham ()

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	Halton and Frodsham		137.5	21.0	20.5	21.0	16.0	20.0	21.0	18.0
2	Sutton St Helens		130.0	18.0	17.0	19.0	18.0	20.0	17.0	21.0
3	DASH		123.5	15.0	19.5	16.0	20.0	17.0	19.0	17.0
4	Southport / Waterloo		87.0	0.0	15.0	12.0	18.0	15.0	11.0	16.0
5=	Handforth		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
46	Amy Pearson	2LR	27.3				27.3	1	14.0
46	Amy Pearson	SB	73				73		
46	Amy Pearson	SLJ	2.20	2.18	2.14	0.00	2.20	1	14.0
47	Emma Scott	2LR	28.3				28.3	1=	6.5
47	Emma Scott	6LR	1:40.5				1:40.5	1	7.0
47	Emma Scott	SB	77				77	1	7.0
48	Emma Pyatt	2LR	28.8				28.8		
48	Emma Pyatt	6LR	1:38.0				1:38.0		
48	Emma Pyatt	S	5.39	0.00	4.85	0.00	5.39	4	11.0
48	Emma Pyatt	STJ	5.22	5.23	5.25	0.00	5.25	2	6.0
49	Kate Merrill	2LR	29.4				29.4		
49	Kate Merrill	6LR	1:37.4				1:37.4	1	14.0
49	Kate Merrill	SB	79				79	2	13.0
50	Martha Cottrell	2LR	27.9				27.9		
50	Martha Cottrell	SB	75				75		
50	Martha Cottrell	SLJ	1.98	1.86	1.97	0.00	1.98	1	7.0
50	Martha Cottrell	STJ	5.23	5.48	5.69	0.00	5.69	3	12.0
51	Emily Pearson	2LR	28.4				28.4		
51	Emily Pearson	S	4.85	5.09	4.68	0.00	5.09	3	5.0
51	Emily Pearson	STJ	4.83	4.83	5.25	0.00	5.25		
52	Ellie Hayes	SB	52				52		

# Team Results

# Sutton St Helens ()

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	Halton and Frodsham		137.5	21.0	20.5	21.0	16.0	20.0	21.0	18.0
2	Sutton St Helens		130.0	18.0	17.0	19.0	18.0	20.0	17.0	21.0
3	DASH		123.5	15.0	19.5	16.0	20.0	17.0	19.0	17.0
4	Southport / Waterloo		87.0	0.0	15.0	12.0	18.0	15.0	11.0	16.0
5=	Handforth		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
11	Jessica Johnston	2LR	29.2				29.2		
11	Jessica Johnston	S	0.00	4.22	4.04	0.00	4.22		
11	Jessica Johnston	SLJ	1.46	1.54	1.48	0.00	1.54		
12	Shelby Jack	2LR	28.4				28.4	3	12.0
12	Shelby Jack	SB	68				68	2	6.0
12	Shelby Jack	SLJ	1.84	1.84	1.82	0.00	1.84	3	12.0
13	Sally Ashton	2LR	30.2				30.2	3	5.0
13	Sally Ashton	SB	81				81	1	14.0
13	Sally Ashton	SLJ	1.70	1.72	1.67	0.00	1.72	3	5.0
14	Bethany Baxter	6LR	1:37.7				1:37.7	2	13.0
14	Bethany Baxter	S	5.13	6.45	6.44	0.00	6.45	3	12.0
14	Bethany Baxter	STJ	5.51	5.77	6.00	0.00	6.00	1	14.0
55	Elisha Cain	6LR	1:44.7				1:44.7	2	6.0
55	Elisha Cain	S	5.25	4.91	4.68	0.00	5.25	2	6.0
55	Elisha Cain	STJ	5.18	5.37	5.02	0.00	5.37	1	7.0

# Team Results

# Macclesfield ()

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	Halton and Frodsham		137.5	21.0	20.5	21.0	16.0	20.0	21.0	18.0
2	Sutton St Helens		130.0	18.0	17.0	19.0	18.0	20.0	17.0	21.0
3	DASH		123.5	15.0	19.5	16.0	20.0	17.0	19.0	17.0
4	Southport / Waterloo		87.0	0.0	15.0	12.0	18.0	15.0	11.0	16.0
5=	Handforth		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
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\*\*\*\*\* no results for this team \*\*\*\*\*

# Team Results

# DASH ()

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	Halton and Frodsham		137.5	21.0	20.5	21.0	16.0	20.0	21.0	18.0
2	Sutton St Helens		130.0	18.0	17.0	19.0	18.0	20.0	17.0	21.0
3	DASH		123.5	15.0	19.5	16.0	20.0	17.0	19.0	17.0
4	Southport / Waterloo		87.0	0.0	15.0	12.0	18.0	15.0	11.0	16.0
5=	Handforth		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
32	Eleanor Finch	2LR	27.9				27.9	2	13.0
32	Eleanor Finch	S	7.48	7.48	7.51	0.00	7.51	2	13.0
32	Eleanor Finch	SB	76				76	3	12.0
33	Laura Pegler	2LR	28.3				28.3	1=	6.5
33	Laura Pegler	SLJ	2.12	2.18	2.08	0.00	2.18	2	13.0
33	Laura Pegler	STJ	5.92	5.64	5.85	0.00	5.92	2	13.0
34	Kathryn Reece	6LR	1:53.7				1:53.7	3	5.0
34	Kathryn Reece	SLJ	1.66	1.56	1.65	0.00	1.66		
34	Kathryn Reece	STJ	4.58	4.14	4.44	0.00	4.58	4	4.0
35	Emily Turner	6LR	1:48.5				1:48.5	4	11.0
35	Emily Turner	S	0.00	3.70	4.14	0.00	4.14		
35	Emily Turner	SB	61				61	3	5.0
54	Clare Edwards	S	4.20	6.50	6.04	0.00	6.50	1	7.0
54	Clare Edwards	SLJ	1.82	1.78	1.78	0.00	1.82	2	6.0



# Team Results

# Southport / Waterloo ()

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	Halton and Frodsham		137.5	21.0	20.5	21.0	16.0	20.0	21.0	18.0
2	Sutton St Helens		130.0	18.0	17.0	19.0	18.0	20.0	17.0	21.0
3	DASH		123.5	15.0	19.5	16.0	20.0	17.0	19.0	17.0
4	Southport / Waterloo		87.0	0.0	15.0	12.0	18.0	15.0	11.0	16.0
5=	Handforth		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Amy Aitchison	6LR	1:45.6				1:45.6	3	12.0
25	Amy Aitchison	S	3.71	4.87	5.07	0.00	5.07	4	4.0
25	Amy Aitchison	STJ	5.20	5.08	5.28	0.00	5.28	4	11.0
26	Alice Cribb	2LR	30.1				30.1	4	11.0
26	Alice Cribb	SB	67				67	4	11.0
26	Alice Cribb	STJ	4.68	4.63	4.93	0.00	4.93	3	5.0
27	Olivia Croft	2LR	30.5				30.5	4	4.0
27	Olivia Croft	SB	58				58	4	4.0
27	Olivia Croft	SLJ	1.76	1.80	1.76	0.00	1.80	4	11.0
28	Sally Wareing	S	7.21	6.91	7.59	0.00	7.59	1	14.0

# Team Results

# Handforth ()

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	Halton and Frodsham		137.5	21.0	20.5	21.0	16.0	20.0	21.0	18.0
2	Sutton St Helens		130.0	18.0	17.0	19.0	18.0	20.0	17.0	21.0
3	DASH		123.5	15.0	19.5	16.0	20.0	17.0	19.0	17.0
4	Southport / Waterloo		87.0	0.0	15.0	12.0	18.0	15.0	11.0	16.0
5=	Handforth		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

## Comp No Name

## Event

## Perf1

## Perf2

## Perf3

## Perf4

## Best Ranking

## Points

\*\*\*\*\* no results for this team \*\*\*\*\*

# Results Sheet

# 2 Lap Race

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Halton and Frodsham		20.5
2	DASH		19.5
3	Sutton St Helens		17.0
4	Southport / Waterloo		15.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton and Frodsham		46	Amy Pearson	27.3	14.0
2	DASH		32	Eleanor Finch	27.9	13.0
3	Sutton St Helens		12	Shelby Jack	28.4	12.0
4	Southport / Waterloo		26	Alice Cribb	30.1	11.0
1=	Halton and Frodsham		47	Emma Scott	28.3	6.5
1=	DASH		33	Laura Pegler	28.3	6.5
3	Sutton St Helens		13	Sally Ashton	30.2	5.0
4	Southport / Waterloo		27	Olivia Croft	30.5	4.0
	Halton and Frodsham		50	Martha Cottrell	27.9	
	Halton and Frodsham		51	Emily Pearson	28.4	
	Halton and Frodsham		48	Emma Pyatt	28.8	
	Sutton St Helens		11	Jessica Johnston	29.2	
	Halton and Frodsham		49	Kate Merrill	29.4	

# Results Sheet

# 6 Lap Time Trial

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Halton and Frodsham		21.0
2	Sutton St Helens		19.0
3	DASH		16.0
4	Southport / Waterloo		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton and Frodsham		49	Kate Merrill	1:37.4	14.0
2	Sutton St Helens		14	Bethany Baxter	1:37.7	13.0
3	Southport / Waterloo		25	Amy Aitchison	1:45.6	12.0
4	DASH		35	Emily Turner	1:48.5	11.0
1	Halton and Frodsham		47	Emma Scott	1:40.5	7.0
2	Sutton St Helens		55	Elisha Cain	1:44.7	6.0
3	DASH		34	Kathryn Reece	1:53.7	5.0
	Halton and Frodsham		48	Emma Pyatt	1:38.0	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Halton and Frodsham		0.0	1:51.6	1:51.6	21.0
2	02	Sutton St Helens		0.0	1:54.4	1:54.4	18.0
3	04	DASH		0.0	1:58.8	1:58.8	15.0

# Results Sheet

# Shot

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	DASH		20.0
2=	Sutton St Helens		18.0
2=	Southport / Waterloo		18.0
4	Halton and Frodsham		16.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Southport / Waterloo		28	Sally Wareing	7.59	14.0
2	DASH		32	Eleanor Finch	7.51	13.0
3	Sutton St Helens		14	Bethany Baxter	6.45	12.0
4	Halton and Frodsham		48	Emma Pyatt	5.39	11.0
1	DASH		54	Clare Edwards	6.50	7.0
2	Sutton St Helens		55	Elisha Cain	5.25	6.0
3	Halton and Frodsham		51	Emily Pearson	5.09	5.0
4	Southport / Waterloo		25	Amy Aitchison	5.07	4.0
	Sutton St Helens		11	Jessica Johnston	4.22	
	DASH		35	Emily Turner	4.14	

# Results Sheet

# Speed Bounce

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1=	Halton and Frodsham		20.0
1=	Sutton St Helens		20.0
3	DASH		17.0
4	Southport / Waterloo		15.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Sutton St Helens		13	Sally Ashton	81	14.0
2	Halton and Frodsham		49	Kate Merrill	79	13.0
3	DASH		32	Eleanor Finch	76	12.0
4	Southport / Waterloo		26	Alice Cribb	67	11.0
1	Halton and Frodsham		47	Emma Scott	77	7.0
2	Sutton St Helens		12	Shelby Jack	68	6.0
3	DASH		35	Emily Turner	61	5.0
4	Southport / Waterloo		27	Olivia Croft	58	4.0
	Halton and Frodsham		50	Martha Cottrell	75	
	Halton and Frodsham		46	Amy Pearson	73	
	Halton and Frodsham		52	Ellie Hayes	52	

# Results Sheet

# Standing Long Jump

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Halton and Frodsham		21.0
2	DASH		19.0
3	Sutton St Helens		17.0
4	Southport / Waterloo		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton and Frodsham		46	Amy Pearson	2.20	14.0
2	DASH		33	Laura Pegler	2.18	13.0
3	Sutton St Helens		12	Shelby Jack	1.84	12.0
4	Southport / Waterloo		27	Olivia Croft	1.80	11.0
1	Halton and Frodsham		50	Martha Cottrell	1.98	7.0
2	DASH		54	Clare Edwards	1.82	6.0
3	Sutton St Helens		13	Sally Ashton	1.72	5.0
	DASH		34	Kathryn Reece	1.66	
	Sutton St Helens		11	Jessica Johnston	1.54	



# Results Sheet

# Standing Triple Jump

## Competition:

North West League Round 4 Under 13 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Sutton St Helens		21.0
2	Halton and Frodsham		18.0
3	DASH		17.0
4	Southport / Waterloo		16.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Sutton St Helens		14	Bethany Baxter	6.00	14.0
2	DASH		33	Laura Pegler	5.92	13.0
3	Halton and Frodsham		50	Martha Cottrell	5.69	12.0
4	Southport / Waterloo		25	Amy Aitchison	5.28	11.0
1	Sutton St Helens		55	Elisha Cain	5.37	7.0
2	Halton and Frodsham		48	Emma Pyatt	5.25	6.0
3	Southport / Waterloo		26	Alice Cribb	4.93	5.0
4	DASH		34	Kathryn Reece	4.58	4.0
	Halton and Frodsham		51	Emily Pearson	5.25	



# Athlete Results

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	STJ
1	31	Katy Morris	Southport / Waterloo	45.0	13.0	14.0			13.0	5.0
2	1	Molly Cockburn	DASH	42.0	14.0				14.0	14.0
3	8	Tricia Spark	Sutton St Helens	35.0	6.0		13.0	6.0		10.0
4=	4	Jo Start	DASH	33.0	7.0	7.0	12.0			7.0
4=	53	Amy Wright	Halton and Frodsham	33.0	10.0				10.0	13.0
4=	58	Abigail Acton	Handforth	33.0	5.0		5.0		12.0	11.0
7	10	Lianne Bibby	Sutton St Helens	30.0	12.0		7.0		11.0	
8	59	Katie Wharton	Handforth	28.0	11.0		11.0		6.0	
9	30	Catherine Hulme	Southport / Waterloo	27.0	4.0	6.0			5.0	12.0
10	3	Michelle Brennan	DASH	26.0		13.0		13.0		
11	9	Louise Hayes	Sutton St Helens	22.0				14.0	4.0	4.0
12	61	Imogen Taylor	Handforth	18.0				12.0		6.0
13	62	April Gardener	Handforth	17.0		12.0		5.0		
14	29	Ruth Doran	Southport / Waterloo	14.0			14.0			
15=	2	Hannah Wilson	DASH	7.0					7.0	
15=	6	Eleanor Hall	DASH	7.0				7.0		
17	7	Rachel Poole	DASH	6.0			6.0			
18=	5	Rebecca Jackson	DASH	0.0						
18=	60	Emily Taylor	Handforth	0.0						

# Team Results

# Halton and Frodsham ()

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	DASH		142.0	21.0	21.0	20.0	18.0	20.0	21.0	21.0
2	Handforth		111.0	15.0	16.0	12.0	16.0	17.0	18.0	17.0
3	Sutton St Helens		105.0	18.0	18.0	0.0	20.0	20.0	15.0	14.0
4	Southport / Waterloo		86.0	0.0	17.0	20.0	14.0	0.0	18.0	17.0
5	Halton and Frodsham		33.0	0.0	10.0	0.0	0.0	0.0	10.0	13.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
53	Amy Wright	2LR	29.6				29.6	5	10.0
53	Amy Wright	SLJ	1.98	1.74	1.98	0.00	1.98	5	10.0
53	Amy Wright	STJ	6.07	6.02	6.11	0.00	6.11	2	13.0

# Team Results

# Sutton St Helens ()

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	DASH		142.0	21.0	21.0	20.0	18.0	20.0	21.0	21.0
2	Handforth		111.0	15.0	16.0	12.0	16.0	17.0	18.0	17.0
3	Sutton St Helens		105.0	18.0	18.0	0.0	20.0	20.0	15.0	14.0
4	Southport / Waterloo		86.0	0.0	17.0	20.0	14.0	0.0	18.0	17.0
5	Halton and Frodsham		33.0	0.0	10.0	0.0	0.0	0.0	10.0	13.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
8	Tricia Spark	2LR	27.7				27.7	2	6.0
8	Tricia Spark	S	8.64	8.46	8.79	0.00	8.79	2	13.0
8	Tricia Spark	SB	70				70	2	6.0
8	Tricia Spark	STJ	5.61	5.38	5.50	0.00	5.61	5	10.0
9	Louise Hayes	2LR	0.0				0.0		
9	Louise Hayes	SB	85				85	1	14.0
9	Louise Hayes	SLJ	1.68	1.64	1.72	0.00	1.72	4	4.0
9	Louise Hayes	STJ	0.00	4.68	4.82	0.00	4.82	4	4.0
10	Lianne Bibby	2LR	26.8				26.8	3	12.0
10	Lianne Bibby	S	7.63	7.37	7.27	0.00	7.63	1	7.0
10	Lianne Bibby	SLJ	2.00	2.02	2.02	0.00	2.02	4	11.0

# Team Results

# Macclesfield ()

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	DASH		142.0	21.0	21.0	20.0	18.0	20.0	21.0	21.0
2	Handforth		111.0	15.0	16.0	12.0	16.0	17.0	18.0	17.0
3	Sutton St Helens		105.0	18.0	18.0	0.0	20.0	20.0	15.0	14.0
4	Southport / Waterloo		86.0	0.0	17.0	20.0	14.0	0.0	18.0	17.0
5	Halton and Frodsham		33.0	0.0	10.0	0.0	0.0	0.0	10.0	13.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

## Comp No Name

## Event

## Perf1

## Perf2

## Perf3

## Perf4

## Best

## Ranking

## Points

\*\*\*\*\* no results for this team \*\*\*\*\*

# Team Results

# DASH ()

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	DASH		142.0	21.0	21.0	20.0	18.0	20.0	21.0	21.0
2	Handforth		111.0	15.0	16.0	12.0	16.0	17.0	18.0	17.0
3	Sutton St Helens		105.0	18.0	18.0	0.0	20.0	20.0	15.0	14.0
4	Southport / Waterloo		86.0	0.0	17.0	20.0	14.0	0.0	18.0	17.0
5	Halton and Frodsham		33.0	0.0	10.0	0.0	0.0	0.0	10.0	13.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Molly Cockburn	2LR	25.6				25.6	1	14.0
1	Molly Cockburn	SLJ	2.28	2.26	2.20	0.00	2.28	1	14.0
1	Molly Cockburn	STJ	6.94	6.97	6.96	0.00	6.97	1	14.0
2	Hannah Wilson	2LR	29.2				29.2		
2	Hannah Wilson	SB	73				73		
2	Hannah Wilson	SLJ	2.10	2.10	2.14	0.00	2.14	1	7.0
2	Hannah Wilson	STJ	5.56	5.54	5.88	0.00	5.88		
3	Michelle Brennan	6LR	1:34.4				1:34.4	2	13.0
3	Michelle Brennan	S	5.58	5.96	6.05	0.00	6.05		
3	Michelle Brennan	SB	80				80	2	13.0
4	Jo Start	2LR	26.3				26.3	1	7.0
4	Jo Start	6LR	1:35.9				1:35.9	1	7.0
4	Jo Start	S	7.19	7.03	6.47	0.00	7.19	3	12.0
4	Jo Start	STJ	6.64	6.56	6.65	0.00	6.65	1	7.0
5	Rebecca Jackson	2LR	29.8				29.8		
5	Rebecca Jackson	SB	70				70		
5	Rebecca Jackson	SLJ	1.86	1.80	1.75	0.00	1.86		
6	Eleanor Hall	2LR	30.1				30.1		
6	Eleanor Hall	SB	76				76	1	7.0
6	Eleanor Hall	SLJ	1.98	1.82	1.90	0.00	1.98		
7	Rachel Poole	2LR	28.4				28.4		
7	Rachel Poole	6LR	1:45.1				1:45.1		
7	Rachel Poole	S	6.77	6.95	6.87	0.00	6.95	2	6.0
7	Rachel Poole	STJ	5.08	5.50	5.64	0.00	5.64		

# Team Results

# Southport / Waterloo ()

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	DASH		142.0	21.0	21.0	20.0	18.0	20.0	21.0	21.0
2	Handforth		111.0	15.0	16.0	12.0	16.0	17.0	18.0	17.0
3	Sutton St Helens		105.0	18.0	18.0	0.0	20.0	20.0	15.0	14.0
4	Southport / Waterloo		86.0	0.0	17.0	20.0	14.0	0.0	18.0	17.0
5	Halton and Frodsham		33.0	0.0	10.0	0.0	0.0	0.0	10.0	13.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
29	Ruth Doran	S	0.00	8.03	8.86	0.00	8.86	1	14.0
30	Catherine Hulme	2LR	28.7				28.7	4	4.0
30	Catherine Hulme	6LR	1:36.4				1:36.4	2	6.0
30	Catherine Hulme	SLJ	1.85	1.86	1.86	0.00	1.86	3	5.0
30	Catherine Hulme	STJ	5.38	5.68	5.79	0.00	5.79	3	12.0
31	Katy Morris	2LR	26.6				26.6	2	13.0
31	Katy Morris	6LR	1:32.6				1:32.6	1	14.0
31	Katy Morris	SLJ	1.94	2.05	2.05	0.00	2.05	2	13.0
31	Katy Morris	STJ	5.04	4.91	4.98	0.00	5.04	3	5.0



# Team Results

# Handforth ()

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	DASH		142.0	21.0	21.0	20.0	18.0	20.0	21.0	21.0
2	Handforth		111.0	15.0	16.0	12.0	16.0	17.0	18.0	17.0
3	Sutton St Helens		105.0	18.0	18.0	0.0	20.0	20.0	15.0	14.0
4	Southport / Waterloo		86.0	0.0	17.0	20.0	14.0	0.0	18.0	17.0
5	Halton and Frodsham		33.0	0.0	10.0	0.0	0.0	0.0	10.0	13.0
6	Macclesfield		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
58	Abigail Acton	2LR	27.9				27.9	3	5.0
58	Abigail Acton	S	6.12	6.39	5.76	0.00	6.39	3	5.0
58	Abigail Acton	SLJ	2.05	2.04	2.00	0.00	2.05	3	12.0
58	Abigail Acton	STJ	5.59	5.72	5.63	0.00	5.72	4	11.0
59	Katie Wharton	2LR	27.1				27.1	4	11.0
59	Katie Wharton	S	7.00	6.68	6.87	0.00	7.00	4	11.0
59	Katie Wharton	SLJ	2.00	1.98	1.84	0.00	2.00	2	6.0
60	Emily Taylor	6LR	0.0				0.0		
60	Emily Taylor	SB	53				53		
60	Emily Taylor	SLJ	1.80	1.82	1.78	0.00	1.82		
61	Imogen Taylor	SB	65				65	3	12.0
61	Imogen Taylor	STJ	5.48	5.55	5.54	0.00	5.55	2	6.0
62	April Gardener	6LR	1:44.2				1:44.2	3	12.0
62	April Gardener	SB	58				58	3	5.0
62	April Gardener	SLJ	1.54	1.60	1.66	0.00	1.66		

# Results Sheet

# 2 Lap Race

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	DASH		21.0
2	Sutton St Helens		18.0
3	Southport / Waterloo		17.0
4	Handforth		16.0
5	Halton and Frodsham		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	DASH		1	Molly Cockburn	25.6	14.0
2	Southport / Waterloo		31	Katy Morris	26.6	13.0
3	Sutton St Helens		10	Lianne Bibby	26.8	12.0
4	Handforth		59	Katie Wharton	27.1	11.0
5	Halton and Frodsham		53	Amy Wright	29.6	10.0
1	DASH		4	Jo Start	26.3	7.0
2	Sutton St Helens		8	Tricia Spark	27.7	6.0
3	Handforth		58	Abigail Acton	27.9	5.0
4	Southport / Waterloo		30	Catherine Hulme	28.7	4.0
	DASH		7	Rachel Poole	28.4	
	DASH		2	Hannah Wilson	29.2	
	DASH		5	Rebecca Jackson	29.8	
	DASH		6	Eleanor Hall	30.1	

# Results Sheet

# 6 Lap Time Trial

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1=	DASH		20.0
1=	Southport / Waterloo		20.0
3	Handforth		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Southport / Waterloo		31	Katy Morris	1:32.6	14.0
2	DASH		3	Michelle Brennan	1:34.4	13.0
3	Handforth		62	April Gardener	1:44.2	12.0
1	DASH		4	Jo Start	1:35.9	7.0
2	Southport / Waterloo		30	Catherine Hulme	1:36.4	6.0
	DASH		7	Rachel Poole	1:45.1	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Code	Team	Colour
1	04	DASH	
2	02	Sutton St Helens	
3	06	Handforth	

Heat	Final	Performance	Points
0.0	1:46.6	1:46.6	21.0
0.0	1:53.6	1:53.6	18.0
0.0	1:54.5	1:54.5	15.0

# Results Sheet

# Shot

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	Sutton St Helens		20.0
2	DASH		18.0
3	Handforth		16.0
4	Southport / Waterloo		14.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Southport / Waterloo		29	Ruth Doran	8.86	14.0
2	Sutton St Helens		8	Tricia Spark	8.79	13.0
3	DASH		4	Jo Start	7.19	12.0
4	Handforth		59	Katie Wharton	7.00	11.0
1	Sutton St Helens		10	Lianne Bibby	7.63	7.0
2	DASH		7	Rachel Poole	6.95	6.0
3	Handforth		58	Abigail Acton	6.39	5.0
	DASH		3	Michelle Brennan	6.05	

# Results Sheet

# Speed Bounce

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1=	Sutton St Helens		20.0
1=	DASH		20.0
3	Handforth		17.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Sutton St Helens		9	Louise Hayes	85	14.0
2	DASH		3	Michelle Brennan	80	13.0
3	Handforth		61	Imogen Taylor	65	12.0
1	DASH		6	Eleanor Hall	76	7.0
2	Sutton St Helens		8	Tricia Spark	70	6.0
3	Handforth		62	April Gardener	58	5.0
	DASH		2	Hannah Wilson	73	
	DASH		5	Rebecca Jackson	70	
	Handforth		60	Emily Taylor	53	

# Results Sheet

# Standing Long Jump

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	DASH		21.0
2=	Southport / Waterloo		18.0
2=	Handforth		18.0
4	Sutton St Helens		15.0
5	Halton and Frodsham		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	DASH		1	Molly Cockburn	2.28	14.0
2	Southport / Waterloo		31	Katy Morris	2.05	13.0
3	Handforth		58	Abigail Acton	2.05	12.0
4	Sutton St Helens		10	Lianne Bibby	2.02	11.0
5	Halton and Frodsham		53	Amy Wright	1.98	10.0
1	DASH		2	Hannah Wilson	2.14	7.0
2	Handforth		59	Katie Wharton	2.00	6.0
3	Southport / Waterloo		30	Catherine Hulme	1.86	5.0
4	Sutton St Helens		9	Louise Hayes	1.72	4.0
	DASH		6	Eleanor Hall	1.98	
	DASH		5	Rebecca Jackson	1.86	
	Handforth		60	Emily Taylor	1.82	
	Handforth		62	April Gardener	1.66	

# Results Sheet

# Standing Triple Jump

## Competition:

North West League Round 4 Under 15 Girls

## Venue:

Kingsway

## Date

18 Jan 2009

Ranking	Team	Colour	Points
1	DASH		21.0
2=	Southport / Waterloo		17.0
2=	Handforth		17.0
4	Sutton St Helens		14.0
5	Halton and Frodsham		13.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	DASH		1	Molly Cockburn	6.97	14.0
2	Halton and Frodsham		53	Amy Wright	6.11	13.0
3	Southport / Waterloo		30	Catherine Hulme	5.79	12.0
4	Handforth		58	Abigail Acton	5.72	11.0
5	Sutton St Helens		8	Tricia Spark	5.61	10.0
1	DASH		4	Jo Start	6.65	7.0
2	Handforth		61	Imogen Taylor	5.55	6.0
3	Southport / Waterloo		31	Katy Morris	5.04	5.0
4	Sutton St Helens		9	Louise Hayes	4.82	4.0
	DASH		2	Hannah Wilson	5.88	
	DASH		7	Rachel Poole	5.64	