



Team Entries

Competition Name	Sportshall North West League
Venue	Kingsway Widnes
Date	2 December 2018
Age Group	Under 11
Boys / Girls	Boys

	Club Names	Colours / Letters / Team Initials
Club A	Halton & Frodsham	H&F
Club B	St. Helens Sutton	SHS
Club C	Warrington	WARR
Club D	West Cheshire	West CH
Club D	WESPA	WESPA
Club E	Club 6	
Club F	Club 7	
Club G	Club 8	
Club A	Club 9	
Club B	Club 10	
Club A	Club 11	
Club L	Club 12	

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Message for print outs - ie League website address / email

Number of Teams

Number of Teams	
	5

A Points Start	16	10	Recommend
Down in	1	1	
B Points Start	8	5	
Down in	1	1	
Relay Points Start	24	15	
Down in	3	2	

Competition Event Names

Track			
Individual Track Races		Relay Races	
2 Lap Race	<u>Go</u>	4 x 2 Lap Relay	<u>Go</u>
4 Lap Race	<u>Go</u>	Relay 2	<u>Go</u>
2 Lap Race	<u>Go</u>	Relay 3	<u>Go</u>
Individual Track 4	<u>Go</u>	Relay 4	<u>Go</u>
Individual Track 5	<u>Go</u>	Relay 5	<u>Go</u>
Individual Track 6	<u>Go</u>	Relay 6	<u>Go</u>
Field			
Jumps		Throws	
Speed Bounce	<u>Go</u>	Chest Push	<u>Go</u>
Standing Long Jump	<u>Go</u>	Shot Put	<u>Go</u>
Standing Triple Jump	<u>Go</u>	Soft Javelin	<u>Go</u>
Vertical Jump	<u>Go</u>	Throws 4	<u>Go</u>
High Jump	<u>Go</u>	Throws 5	<u>Go</u>
Jumps 6	<u>Go</u>	Throws 6	<u>Go</u>

Athlete Names Input

No	Name	Club
126	Chris Allen	St. Helens Sutton
148	Ryan Beckett	St. Helens Sutton
127	Liam Johnson	St. Helens Sutton
128	Lewis Shaw	St. Helens Sutton
114	Lukas Defreitas	Halton & Frodsham
115	Charlie Larkin	Halton & Frodsham
116	Charlie Ashbrook	Halton & Frodsham
139	Oliver Platt-Higgins	Warrington
140	Spencer Astbury	Warrington
141	Baden Gough	Warrington
142	Jamie Gough	Warrington
143	Tom Welsby	Warrington
144	Joe Welsby	Warrington
145	Edward Chaplin	Warrington
101	Noel Ford	WESPA
102	Jac Chapman	WESPA
103	Thomas Penn	WESPA
104	Alfie McGowan	WESPA
105	Charlie Wilson	WESPA
106	Jayden Rainbow	WESPA
134	Ellis Forshaw	West Cheshire

Kingsway Widnes Sportshall North West League

2 December 2018

Under 11 - Boys

		H&F	SHS	WARR	West CH	WESPA				
		Halton & Frodsham	St. Helens Sutton	Warrington	West Cheshire	WESPA	Club 6	Club 7	Club 8	
TRACK	Individual	2 Lap Race	20	19	19	19	23			
		4 Lap Race	12	20	21	19	24			
		2 Lap Race								
		Individual Track 4								
		Individual Track 5								
		Individual Track 6								
	Relay	4 x 2 Lap Relay		18	21	15	24			
		Relay 2								
		Relay 3								
		Relay 4								
		Relay 5								
Relay 6										
FIELD	Jumps	Speed Bounce	14.5	20	17	20.5	24			
		Standing Long Jump	14	15	18	21	23			
		Standing Triple Jump	23	21	17	14	21			
		Vertical Jump	24	17	19	19	21			
		High Jump								
		Jumps 6								
	Throws	Chest Push		13	22.5	15.5	22			
		Shot Put								
		Soft Javelin								
		Throws 4								
		Throws 5								
		Throws 6								
	Total		107.5	143	154.5	143	182			
Overall Position		5	3	2	3	1				

2 Lap Race						
No	Name	Club	Time	Rank	Points	
114	Lukas Defreitas	Halton & Frodsham	27.5	A 1	16	
106	Jayden Rainbow	WESPA	29.3	B 1	8	
135	Matthew Coombes	West Cheshire	28.4	A 3	14	
145	Edward Chaplin	Warrington	29.9	B 2	7	
126	Chris Allen	St. Helens Sutton	30.4	B 3	6	
104	Alfie McGowan	WESPA	27.9	A 2	15	
148	Ryan Beckett	St. Helens Sutton	29.4	A 4	13	
139	Oliver Platt-Higgins	Warrington	29.7	A 5	12	
138	Jack Collier	West Cheshire	31.7	B 4	5	
116	Charlie Ashbrook	Halton & Frodsham	32.9	B 5	4	
2 Lap Race - Non Scoring						
No	Name	Club	Time	NS		
105	Charlie Wilson	WESPA	29.2	N S		
140	Spencer Astbury	Warrington	29.9	N S		
136	Matthew Smithdale	West Cheshire	30.1	N S		

4 Lap Race						
No	Name	Club	Time	Rank	Points	
101	Noel Ford	WESPA	101.4	B 1	8	
127	Liam Johnson	St. Helens Sutton	103	A 2	15	
143	Tom Welsby	Warrington	104.5	B 2	7	
134	Ellis Forshaw	West Cheshire	108.8	B 3	6	
115	Charlie Larkin	Halton & Frodsham	112.6	A 5	12	
102	Jac Chapman	WESPA	101.3	A 1	16	
140	Spencer Astbury	Warrington	104.4	A 3	14	
144	Joe Welsby	Warrington	105			
137	Oliver Mallon	West Cheshire	106.8	A 4	13	
128	Lewis Shaw	St. Helens Sutton	109.5	B 4	5	
4 Lap Race - Non Scoring						
No	Name	Club	Time	NS		

2 Lap Race						
No	Name	Club	Time	Rank	Points	
2 Lap Race - Non Scoring						
No	Name	Club	Time	NS		
103	Thomas Penn	WESPA	29.9	N S		
142	Jamie Gough	Warrington	32.9	N S		
141	Baden Gough	Warrington	33.9	N S		

Individual Track 4						
No	Name	Club	Time	Rank	Points	
Individual Track 4 - Non Scoring						
No	Name	Club	Time	NS		

Individual Track 5						
No	Name	Club	Time	Rank	Points	
Individual Track 5 - Non Scoring						
No	Name	Club	Time	NS		

Individual Track 6						
No	Name	Club	Time	Rank	Points	
Individual Track 6 - Non Scoring						
No	Name	Club	Time	NS		

Speed Bounce					
No	Name	Club	Bounces	Rank	Points
115	Charlie Larkin	Halton & Frodsham	49	A 2	14.5
148	Ryan Beckett	St. Helens Sutton	47	A 4	13
127	Liam Johnson	St. Helens Sutton	43	B 2	7
143	Tom Welsby	Warrington	40	A 5	12
144	Joe Welsby	Warrington	39	B 4	5
142	Jamie Gough	Warrington	35		
136	Matthew Smithdale	West Cheshire	49	A 2	14.5
138	Jack Collier	West Cheshire	42	B 3	6
104	Alfie McGowan	WESPA	50	A 1	16
103	Thomas Penn	WESPA	50	B 1	8
Speed Bounce - Non Scoring					
No	Name	Club	Bounces	NS	

Standing Long Jump					
No	Name	Club	Distance (m)	Rank	Points
116	Charlie Ashbrook	Halton & Frodsham	1.74	A 3	14
128	Lewis Shaw	St. Helens Sutton	1.82	A 2	15
143	Tom Welsby	Warrington	1.22	B 3	6
144	Joe Welsby	Warrington	1.52	A 5	12
134	Ellis Forshaw	West Cheshire	1.67	A 4	13
137	Oliver Mallon	West Cheshire	1.66	B 1	8
136	Matthew Smithdale	West Cheshire	1.62		
106	Jayden Rainbow	WESPA	1.86	A 1	16
105	Charlie Wilson	WESPA	1.64	B 2	7
Standing Long Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	

Standing Triple Jump					
No	Name	Club	Distance (m)	Rank	Points
114	Lukas Defreitas	Halton & Frodsham	6.00	A 1	16
116	Charlie Ashbrook	Halton & Frodsham	5.12	B 2	7
128	Lewis Shaw	St. Helens Sutton	5.43	A 2	15
148	Ryan Beckett	St. Helens Sutton	4.94	B 3	6
139	Oliver Platt-Higgins	Warrington	5.04	A 5	12
145	Edward Chaplin	Warrington	4.72	B 4	5
135	Matthew Coombes	West Cheshire	5.29	A 3	14
101	Noel Ford	WESPA	5.28	A 4	13
102	Jac Chapman	WESPA	5.21	B 1	8
Standing Triple Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	

Chest Push						
No	Name	Club	Dis (m)	Rank	Points	
126	Chris Allen	St. Helens Sutton	4.00	A 4	13	
141	Baden Gough	Warrington	4.25	B 2	7	
140	Spencer Astbury	Warrington	4.25			
145	Edward Chaplin	Warrington	5.75	A 1	15.5	
135	Matthew Coombes	West Cheshire	5.75	A 1	15.5	
101	Noel Ford	WESPA	5.50	A 3	14	
102	Jac Chapman	WESPA	4.25			
103	Thomas Penn	WESPA	4.75			
105	Charlie Wilson	WESPA	5.50	B 1	8	
Chest Push - Non Scoring						
No	Name	Club	Dis (m)	NS		

Shot Put						
No	Name	Club	Dis (m)	Rank	Points	
Shot Put - Non Scoring						
No	Name	Club	Dis (m)	NS		

Soft Javelin						
No	Name	Club	Dis (m)	Rank	Points	
Soft Javelin - Non Scoring						
No	Name	Club	Dis (m)	NS		

Throws 4					
No	Name	Club	Dis (m)	Rank	Points

Throws 4 - Non Scoring				
No	Name	Club	Dis (m)	NS

Throws 5					
No	Name	Club	Dis (m)	Rank	Points

Throws 5 - Non Scoring				
No	Name	Club	Dis (m)	NS

Throws 6					
No	Name	Club	Dis (m)	Rank	Points

Throws 6 - Non Scoring				
No	Name	Club	Dis (m)	NS



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Club B	St. Helens Sutton	SHS
Club C	Warrington	WARR
Club D	West Cheshire	West CH
Club D	WESPA	WESPA
Club E	Club 6	
Club F	Club 7	
Club G	Club 8	
Club A	Club 9	
Club B	Club 10	
Club A	Club 11	
Club L	Club 12	

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Number of Teams

Number of Teams	
	5

A Points Start	16	10	Recommend
Down in	1	1	
B Points Start	8	5	
Down in	1	1	
Relay Points Start	24	15	
Down in	3	2	

Competition Event Names

Track			
Individual Track Races		Relay Races	
2 Lap Race	<u>Go</u>	4 x 2 Lap Relay	<u>Go</u>
4 Lap Race	<u>Go</u>	Relay 2	<u>Go</u>
2 Lap Race	<u>Go</u>	Relay 3	<u>Go</u>
2 Lap Race	<u>Go</u>	Relay 4	<u>Go</u>
2 Lap Race	<u>Go</u>	Relay 5	<u>Go</u>
Individual Track 6	<u>Go</u>	Relay 6	<u>Go</u>
Field			
Jumps		Throws	
Speed Bounce	<u>Go</u>	Chest Push	<u>Go</u>
Standing Long Jump	<u>Go</u>	Shot Put	<u>Go</u>
Standing Triple Jump	<u>Go</u>	Soft Javelin	<u>Go</u>
Vertical Jump	<u>Go</u>	Throws 4	<u>Go</u>
High Jump	<u>Go</u>	Throws 5	<u>Go</u>
Jumps 6	<u>Go</u>	Throws 6	<u>Go</u>

Athlete Names Input

No	Name	Club
50	Cerys Rowlands	West Cheshire
51	Daisy Johnson	West Cheshire
	Dakota Fleming	West Cheshire
53	Eleanor Neve	West Cheshire
54	Freya Renshaw	West Cheshire
55	Harriet Wheeler	West Cheshire
56	Holly Bosworth	West Cheshire
57	Jessica Brown	West Cheshire
58	Lottie Blake	West Cheshire
59	Lara Fields	West Cheshire
60	Macy Brett	West Cheshire
61	Madhuvanti Guruprasad	West Cheshire
62	Molly Plante	West Cheshire
63	Sophie Haslam	West Cheshire
69	Ursula Archer	West Cheshire
16	Bethany Hardy	Halton & Frodsham
2	Charlotte Howe	WESPA
3	Eve Goodacre	WESPA
1	Charley Topping	WESPA
4	Emma Hull	WESPA
5	Bella Khanijay	WESPA
6	Holly Cross	WESPA
7	Ruby Weeks	WESPA
8	Molly Carvell	WESPA
9	Alexa Cullen	WESPA
	Eva Douglas	WESPA
10	Ava Williamson	WESPA
17	Hayley Holland	Halton & Frodsham

Kingsway Widnes Sportshall North West League

2 December 2018

Under 11 - Girls

		H&F	SHS	WARR	West CH	WESPA	Club 6	Club 7	Club 8		
		Halton & Frodsham	St. Helens Sutton	Warrington	West Cheshire	WESPA					
TRACK	Individual	2 Lap Race	17	19	14	22	24				
		4 Lap Race	12	13	14	24	22				
		2 Lap Race									
		2 Lap Race									
		2 Lap Race									
		Individual Track 6									
	Relay	4 x 2 Lap Relay				24	21				
		Relay 2									
		Relay 3									
		Relay 4									
		Relay 5									
		Relay 6									
	FIELD	Jumps	Speed Bounce	18	22		22.5	21.5			
			Standing Long Jump	13		14	23	23			
			Standing Triple Jump	16	19	19	24	22			
Vertical Jump			13	12	15	21	24				
High Jump											
Jumps 6											
Throws		Chest Push	13	15		24	21				
		Shot Put									
		Soft Javelin									
		Throws 4									
		Throws 5									
		Throws 6									
Total		102	100	76	184.5	178.5					
Overall Position		3	4	5	1	2					

2 Lap Race					
No	Name	Club	Time	Rank	Points
57	Jessica Brown	West Cheshire	27.8	A 2	15
2	Charlotte Howe	WESPA	28.4	B 1	8
66	Ella Pennington	Warrington	28.8	A 3	14
43	Rachael Cahill	St. Helens Sutton	29.2	A 4	13
16	Bethany Hardy	Halton & Frodsham	30.5	B 4	5
3	Eve Goodacre	WESPA	27.5	A 1	16
59	Lara Fields	West Cheshire	28.6	B 2	7
17	Hayley Holland	Halton & Frodsham	30	A 5	12
44	Amelie Waime	St. Helens Sutton	30.3	B 3	6
2 Lap Race - Non Scoring					
No	Name	Club	Time	NS	
8	Molly Carvell	WESPA	29.4	N S	
62	Molly Pianté	West Cheshire	29.5	N S	
18	Maddie Antrobus	Halton & Frodsham	31.2	N S	
4	Emma Huli	WESPA	31.3	N S	
52	Abigail Meher	West Cheshire	32.4	N S	

4 Lap Race					
No	Name	Club	Time	Rank	Points
60	Macy Brett	West Cheshire	59	A 1	16
1	Charley Topping	WESPA	62.2	A 2	15
65	Ellie Barker	Warrington	65.5	A 3	14
45	Nicole Anders	St. Helens Sutton	71.1	A 4	13
53	Eleanor Neve	West Cheshire	60.9	B 1	8
6	Holly Cross	WESPA	62.2	B 2	7
56	Holly Bosworth	West Cheshire	65.3		
58	Lottie Blake	West Cheshire	65.5		
18	Emily Nielt	Halton & Frodsham	76.2	A 5	12
4 Lap Race - Non Scoring					
No	Name	Club	Time	NS	

2 Lap Race					
No	Name	Club	Time	Rank	Points
2 Lap Race - Non Scoring					
No	Name	Club	Time	NS	
14	Amalie Rodrigues	WESPA	28.4	N S	
63	Sophie Haslam	West Cheshire	28.6	N S	
5	Bella Khanjiy	WESPA	29	N S	
10	Ava Williamson	WESPA	29.5	N S	
50	Cerys Rowlands	West Cheshire	30.2	N S	

Speed Bounce				
No	Name	Club	Bounces	Rank Points
16	Bethany Hardy	Halon & Frodsham	48	A 4 13
18	Maddie Antrobus	Halon & Frodsham	45	
17	Hayley Holland	Halon & Frodsham	48	B 4 5
44	Amelie Waine	St. Helens Sutton	56	A 1 16
45	Nicole Anders	St. Helens Sutton	49	B 3 6
50	Cerys Rowlands	West Cheshire	51	B 1 7.5
54	Freya Renshaw	West Cheshire	55	A 2 15
56	Holly Bosworth	West Cheshire	50	
61	Madhuvanti Gunuprasad	West Cheshire	45	
1	Charley Topping	WESPA	53	A 3 14
4	Emma Hull	WESPA	44	
10	Ava Williamson	WESPA	51	B 1 7.5
8	Molly Carvell	WESPA	50	
Speed Bounce - Non Scoring				
No	Name	Club	Bounces	NS
51	Daisy Johnson	West Cheshire	47	N S
4	Emma Hull	WESPA	43	N S
69	Ursula Archer	West Cheshire	44	N S

Standing Long Jump				
No	Name	Club	Distance (m)	Rank Points
19	Emily Neit	Halon & Frodsham	1.34	A 4 13
86	Ella Pennington	Warrington	1.84	A 3 14
58	Holly Bosworth	West Cheshire	1.78	
59	Lara Fields	West Cheshire	1.50	
60	Macy Brett	West Cheshire	2.00	A 2 15
53	Eleanor Neve	West Cheshire	1.80	B 1 8
3	Eve Goodacre	WESPA	2.08	A 1 16
7	Ruby Weeks	WESPA	1.74	B 2 7
10	Ava Williamson	WESPA	1.52	
9	Alexa Cullen	WESPA	1.58	
Standing Long Jump - Non Scoring				
No	Name	Club	Distance (m)	NS
52	Abigail Meher	West Cheshire	1.40	N S
62	Molly Planie	West Cheshire	1.40	N S
54	Freya Renshaw	West Cheshire	1.94	N S

Standing Triple Jump				
No	Name	Club	Distance (m)	Rank Points
16	Bethany Hardy	Halon & Frodsham	3.84	B 5 4
17	Hayley Holland	Halon & Frodsham	4.11	A 5 12
44	Amelie Waine	St. Helens Sutton	5.03	A 3 14
45	Nicole Anders	St. Helens Sutton	4.48	B 4 5
65	Ellie Barker	Warrington	4.87	B 3 6
86	Ella Pennington	Warrington	5.02	A 4 13
53	Eleanor Neve	West Cheshire	5.34	
57	Jessica Brown	West Cheshire	5.68	B 1 8
60	Macy Brett	West Cheshire	5.72	A 1 16
63	Sophie Haslam	West Cheshire	5.25	
2	Charlotte Howe	WESPA	5.23	A 2 15
6	Holly Cross	WESPA	4.75	
7	Ruby Weeks	WESPA	5.05	
14	Amalie Rodrigues	WESPA	5.11	B 2 7
Standing Triple Jump - Non Scoring				
No	Name	Club	Distance (m)	NS
4	Emma Hull	WESPA	3.91	N S
50	Cerys Rowlands	West Cheshire	4.55	N S
51	Daisy Johnson	West Cheshire	4.19	N S
58	Lottie Blake	West Cheshire	4.41	N S

			WESPA	West CH	WARR	SHS	H&F		
			WESPA	West Cheshire	Warrington	St. Helens Sutton	Halton & Frodsham		Team
			132.20	131.40					4 x 2 Lap Relay
			2	1					Time in secs
			21	24					Rank / Points
									Relay 2
									Time in secs
									Rank / Points
									Relay 3
									Time in secs
									Rank / Points
									Relay 4
									Time in secs
									Rank / Points
									Relay 5
									Time in secs
									Rank / Points
									Relay 6
									Time in secs
									Rank / Points
Club 8	Club 7	Club 6							



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Club B	St. Helens Sutton	SHS
Club C	Warrington	WARR
Club D	West Cheshire	West CH
Club D	WESPA	WESPA
Club E	Club 6	
Club F	Club 7	
Club G	Club 8	
Club A	Club 9	
Club B	Club 10	
Club A	Club 11	
Club L	Club 12	

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Message for print outs - ie League website address / email

Number of Teams

Number of Teams	
	5

A Points Start	16	10	Recommend
Down in	1	1	
B Points Start	8	5	
Down in	1	1	
Relay Points Start	24	15	
Down in	3	2	

Competition Event Names

Track			
Individual Track Races		Relay Races	
2 Lap Race	<u>Go</u>	4 x 2 Lap Relay	<u>Go</u>
6 Lap Race	<u>Go</u>	Relay 2	<u>Go</u>
Individual Track 3	<u>Go</u>	Relay 3	<u>Go</u>
Individual Track 4	<u>Go</u>	Relay 4	<u>Go</u>
Individual Track 5	<u>Go</u>	Relay 5	<u>Go</u>
Individual Track 6	<u>Go</u>	Relay 6	<u>Go</u>
Field			
Jumps		Throws	
Speed Bounce	<u>Go</u>	Chest Push	<u>Go</u>
Standing Long Jump	<u>Go</u>	Shot Put	<u>Go</u>
Standing Triple Jump	<u>Go</u>	Soft Javelin	<u>Go</u>
Vertical Jump	<u>Go</u>	Throws 4	<u>Go</u>
High Jump	<u>Go</u>	Throws 5	<u>Go</u>
Jumps 6	<u>Go</u>	Throws 6	<u>Go</u>

Kingsway Widnes Sportshall North West League

2 December 2018

Under 13 - Boys

		H&F	SHS	WARR	West CH	WESPA	Club 6	Club 7	Club 8	
		Halton & Frodsham	St. Helens Sutton	Warrington	West Cheshire	WESPA				
TRACK	Individual	2 Lap Race	13	23		23	20			
		6 Lap Race		21	13	23	16			
		Individual Track 3								
		Individual Track 4								
		Individual Track 5								
		Individual Track 6								
	Relay	4 x 2 Lap Relay		22.5		22.5				
		Relay 2								
		Relay 3								
		Relay 4								
		Relay 5								
		Relay 6								
FIELD	Jumps	Speed Bounce	13.5	15		20.5	24			
		Standing Long Jump		23	14	23	13			
		Standing Triple Jump		21	24	20	14			
		Vertical Jump		14		24	15			
		High Jump								
		Jumps 6								
	Throws	Chest Push								
		Shot Put	13	16	23	21	12			
		Soft Javelin								
		Throws 4								
		Throws 5								
		Throws 6								
Total		39.5	155.5	74	177	114				
Overall Position		5	2	4	1	3				

Sportshall North West League			Track - Individual												Field - Jumps												Field - Throws																									
2 December 2018			Under 13 - Boys																																																	
No	Name	Club	2 Lap Race		4 Lap Race		Individual Track 2		Individual Track 4		Individual Track 8		Individual Track 6		Speed Bounce		Standing Long Jump		Standing Triple Jump		Vertical Jump		High Jump		Jumps 6		Chest Push		Shot Put		Soft Javelin		Throws 4		Throws 5		Throws 6															
			Time	Pos	Time	Pos	Time	Pos	Time	Pos	Time	Pos	Time	Pos	Points	Pos	Dist	Pos	Dist	Pos	Height	Pos	Height	Pos	Feet	Pos	Dist	Pos	Dist	Pos	Dist	Pos	Dist	Pos	Dist	Pos	Dist	Pos														

2 Lap Race					
No	Name	Club	Time	Rank	Points
130	Joel Sumner	St. Helens Sutton	26	A 1	16
121	Connor Davies Jones	West Cheshire	26.3	A 2	15
108	James Pickering	WESPA	27.1	A 3	14
117	Joe Larkin	Halton & Frodsham	28.5	A 4	13
124	Ethan Gilgeous	West Cheshire	27	B 1	8
129	Ruben Sumner	St. Helens Sutton	27.2	B 2	7
109	Matthew Penn	WESPA	27.8	B 3	6
2 Lap Race - Non Scoring					
No	Name	Club	Time	NS	
125	Ellis Hancock	West Cheshire	29.5	NS	

6 Lap Race					
No	Name	Club	Time	Rank	Points
107	Affie Forsythe-Wisbey	WESPA	95.6	A 1	16
123	Arthur Crewe	West Cheshire	99	B 1	8
146	Zac Chamun	Warrington	104.1	A 4	13
131	Lewis Dunn	St. Helens Sutton	105.5	B 2	7
122	Matthew Jones	West Cheshire	98.8	A 2	15
132	Thomas Durrance	St. Helens Sutton	103	A 3	14
6 Lap Race - Non Scoring					
No	Name	Club	Time	NS	

Individual Track 3					
No	Name	Club	Time	Rank	Points
Individual Track 3 - Non Scoring					
No	Name	Club	Time	NS	

Speed Bounce				
No	Name	Club	Bounces	Rank Points
117	Joe Larkin	Haltom & Frodsham	72	A 3 13.5
131	Lewis Dunn	St. Helens Sutton	74	A 2 15
122	Matthew Jones	West Cheshire	72	A 3 13.5
124	Ethan Gilgeous	West Cheshire	67	B 2 7
109	Mathew Penn	WESPA	72	B 1 8
108	James Pickering	WESPA	82	A 1 16
Speed Bounce - Non Scoring				
No	Name	Club	Bounces	NS

Standing Long Jump				
No	Name	Club	Distance (m)	Rank Points
131	Lewis Dunn	St. Helens Sutton	1.80	B 1 8
130	Joel Sumner	St. Helens Sutton	2.08	A 2 15
147	Corey Beechall	Warrington	2.04	A 3 14
121	Connor Davies Jones	West Cheshire	2.14	A 1 16
125	Ellis Hancock	West Cheshire	1.52	B 2 7
107	Alfie Forsythe-Wisbey	WESPA	1.94	A 4 13
Standing Long Jump - Non Scoring				
No	Name	Club	Distance (m)	NS

Standing Triple Jump				
No	Name	Club	Distance (m)	Rank Points
129	Ruben Sumner	St. Helens Sutton	4.26	B 3 6
132	Thomas Durrance	St. Helens Sutton	6.05	A 2 15
146	Zac Chamun	Warrington	4.83	B 1 8
147	Corey Beechall	Warrington	6.19	A 1 16
122	Matthew Jones	West Cheshire	5.54	A 4 13
123	Arthur Crewe	West Cheshire	4.68	B 2 7
107	Alfie Forsythe-Wisbey	WESPA	5.79	A 3 14
Standing Triple Jump - Non Scoring				
No	Name	Club	Distance (m)	NS

Vertical Jump					
No	Name	Club	Distance (cm)	Rank	Points
129	Ruben Sumner	St. Helens Sutton	42	A 3	14
131	Conor Davies Jones	West Cheshire	49	A 1	16
124	Ethan Gilgous	West Cheshire	47	B 1	8
108	James Pickering	WESPA	48	A 2	15
Vertical Jump - Non Scoring					
No	Name	Club	Distance (cm)	NS	

High Jump							
No	Name	Club	Distance (m)	Final Faults	Total Faults	Rank	Points
High Jump - Non Scoring							
No	Name	Club	Distance (m)			NS	

Jumps 6					
No	Name	Club	Distance (m)	Rank	Points
Jumps 6 - Non Scoring					
No	Name	Club	Distance (m)	NS	

Throws 4					
No	Name	Club	Dis (m)	Rank	Points
Throws 4 - Non Scoring					NS
No	Name	Club	Dis (m)	NS	NS

Throws 5					
No	Name	Club	Dis (m)	Rank	Points
Throws 5 - Non Scoring					NS
No	Name	Club	Dis (m)	NS	NS

Throws 6					
No	Name	Club	Dis (m)	Rank	Points
Throws 6 - Non Scoring					NS
No	Name	Club	Dis (m)	NS	NS



Team Entries

Competition Name	Sportshall North West League
Venue	Kingsway Widnes
Date	2 December 2018
Age Group	Under 13
Boys / Girls	Girls

	Club Names	Colours / Letters / Team Initials
Club A	Halton & Frodsham	H&F
Club B	St. Helens Sutton	SHS
Club C	Warrington	WARR
Club D	West Cheshire	West CH
Club D	WESPA	WESPA
Club E	Club 6	
Club F	Club 7	
Club G	Club 8	
Club A	Club 9	
Club B	Club 10	
Club A	Club 11	
Club L	Club 12	

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Message for print outs - ie League website address / email

Number of Teams

Number of Teams	
	5

A Points Start	16	10	Recommend
Down in	1	1	
B Points Start	8	5	
Down in	1	1	
Relay Points Start	24	15	
Down in	3	2	

Competition Event Names

Track			
Individual Track Races		Relay Races	
2 Lap Race	<u>Go</u>	4 x 2 Lap Relay	<u>Go</u>
6 Lap Race	<u>Go</u>	Relay 2	<u>Go</u>
Individual Track 3	<u>Go</u>	Relay 3	<u>Go</u>
Individual Track 4	<u>Go</u>	Relay 4	<u>Go</u>
Individual Track 5	<u>Go</u>	Relay 5	<u>Go</u>
Individual Track 6	<u>Go</u>	Relay 6	<u>Go</u>
Field			
Jumps		Throws	
Speed Bounce	<u>Go</u>	Chest Push	<u>Go</u>
Standing Long Jump	<u>Go</u>	Shot Put	<u>Go</u>
Standing Triple Jump	<u>Go</u>	Soft Javelin	<u>Go</u>
Vertical Jump	<u>Go</u>	Throws 4	<u>Go</u>
High Jump	<u>Go</u>	Throws 5	<u>Go</u>
Jumps 6	<u>Go</u>	Throws 6	<u>Go</u>

Kingsway Widnes Sportshall North West League

2 December 2018

Under 13 - Girls

		H&F	SHS	WARR	West CH	WESPA	Club 6	Club 7	Club 8	
		Halton & Frodsham	St. Helens Sutton	Warrington	West Cheshire	WESPA				
TRACK	Individual	2 Lap Race	13	21		21	24			
		6 Lap Race		19	22	19	24			
		Individual Track 3								
		Individual Track 4								
		Individual Track 5								
		Individual Track 6								
	Relay	4 x 2 Lap Relay		18		21	24			
		Relay 2								
		Relay 3								
		Relay 4								
		Relay 5								
		Relay 6								
FIELD	Jumps	Speed Bounce	13	21		22	23			
		Standing Long Jump	14	23		23	19			
		Standing Triple Jump	19	19		24	22			
		Vertical Jump	13	22.5	18	21.5	21			
		High Jump								
		Jumps 6								
	Throws	Chest Push								
		Shot Put		20	24	22				
		Soft Javelin								
		Throws 4								
		Throws 5								
		Throws 6								
Total		72	163.5	64	173.5	157				
Overall Position		4	2	5	1	3				



2 Lap Race					
No	Name	Club	Time	Rank	Points
15	Maya Booth	WESPA	26	A 1	16
64	Olivia Byrom	St. Helens Sutton	26.3	A 2	15
37	Eva Renshaw	West Cheshire	27.3	B 2	7
20	Ellie Molyneux	Halton & Frodsham	28.0	A 4	13
11	Issy Derbyshire	WESPA	28.3	B 1	8
40	Sara Pearson	West Cheshire	28.9	A 3	14
47	Emima Lang	St. Helens Sutton	27.7	B 3	6
2 Lap Race - Non Scoring					
No	Name	Club	Time	NS	
42	Helen Tennor	West Cheshire	28.4	N S	
41	Emima Powell	West Cheshire	35.5	N S	

6 Lap Race					
No	Name	Club	Time	Rank	Points
67	Molly Wormold	Warrington	95.3	A 2	15
13	Imogen Rashid	WESPA	98.7	B 1	8
38	Flore Pass	West Cheshire	101.5	A 3	14
48	Rezia Armstrong	St. Helens Sutton	107.5	B 3	6
12	Sophie Fludger	WESPA	96	A 1	16
46	Rebecca Durrance	St. Helens Sutton	102.9	A 4	13
68	Ruby Smith	Warrington	104.9	B 2	7
35	Ellen Maxwell	West Cheshire	108.2	B 4	5
38	Mia Wyle	West Cheshire	110.0		
6 Lap Race - Non Scoring					
No	Name	Club	Time	NS	

Individual Track 3					
No	Name	Club	Time	Rank	Points
Individual Track 3 - Non Scoring					
No	Name	Club	Time	NS	

Individual Track 4					
No	Name	Club	Time	Rank	Points
Individual Track 4 - Non Scoring					
No	Name	Club	Time	NS	

Individual Track 5					
No	Name	Club	Time	Rank	Points
Individual Track 5 - Non Scoring					
No	Name	Club	Time	NS	

Individual Track 6					
No	Name	Club	Time	Rank	Points
Individual Track 6 - Non Scoring					
No	Name	Club	Time	NS	

Speed Bounce					
No	Name	Club	Bounces	Rank	Points
21	Hannah Martin	Halton & Frodsham	71	A 4	13
48	Rezija Armstrong	St. Helens Sutton	69	B 2	7
64	Olivia Byrom	St. Helens Sutton	72	A 3	14
38	Flora Pass	West Cheshire	65	B 3	6
37	Eva Renshaw	West Cheshire	85	A 1	16
12	Sophie Fludger	WESPA	78	B 1	8
11	Issy Derbyshire	WESPA	80	A 2	15
Speed Bounce - Non Scoring					
No	Name	Club	Bounces	NS	

Standing Long Jump					
No	Name	Club	Distance (m)	Rank	Points
21	Hannah Martin	Halton & Frodsham	1.96	A 3	14
47	Emma Lang	St. Helens Sutton	1.98	B 2	7
49	Gemma Forester	St. Helens Sutton	1.78		
64	Olivia Byrom	St. Helens Sutton	2.25	A 1	16
40	Sara Pearson	West Cheshire	2.11	A 2	15
41	Emma Powell	West Cheshire	1.58		
38	Flora Pass	West Cheshire	1.61		
42	Helen Tennor	West Cheshire	2.00	B 1	8
13	Imogen Rashid	WESPA	1.83	B 3	6
12	Sophie Fludger	WESPA	1.91	A 4	13
Standing Long Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	

Standing Triple Jump					
No	Name	Club	Distance (m)	Rank	Points
20	Ellie Molyneux	Halton & Frodsham	4.67	B 4	5
21	Hannah Martin	Halton & Frodsham	5.67	A 3	14
48	Rebecca Durance	St. Helens Sutton	5.33	B 3	6
49	Gemma Forester	St. Helens Sutton	5.51	A 4	13
37	Eva Renshaw	West Cheshire	5.75	B 1	8
40	Sara Pearson	West Cheshire	6.30	A 1	16
11	Issy Derbyshire	WESPA	5.58	B 2	7
15	Maya Booth	WESPA	5.88	A 2	15
Standing Triple Jump - Non Scoring					
No	Name	Club	Distance (m)	NS	

Vertical Jump					
No	Name	Club	Distance (cm)	Rank	Points
20	Eile Molyneux	Hilton & Frodoham	38	A 4	13
45	Rebecca Durrance	St. Helens Sutton	49	A 2	15
49	Gemma Forester	St. Helens Sutton	39	B 1	7.5
67	Molly Wormald	Warrington	34	A 5	12
68	Ruby Smith	Warrington	33	B 2	6
42	Helen Tennor	West Cheshire	38	B 1	7.5
36	Ellen Maxwell	West Cheshire	38		
39	Ma Wyle	West Cheshire	42	A 3	14
13	Imogen Rashid	WESPA	4	B 4	5
15	Maya Booth	WESPA	52	A 1	16
Vertical Jump - Non Scoring					
No	Name	Club	Distance (cm)	NS	

High Jump							
No	Name	Club	Distance (m)	Final Faults	Total Faults	Rank	Points
High Jump - Non Scoring							
No	Name	Club	Distance (m)			NS	

Jumps 6					
No	Name	Club	Distance (m)	Rank	Points
Jumps 6 - Non Scoring					
No	Name	Club	Distance (m)	NS	

Chest Push				
No	Name	Club	Dis (m)	Rank Points
Chest Push - Non Scoring				
No	Name	Club	Dis (m)	NS

Shot Put				
No	Name	Club	Dis (m)	Rank Points
47	Emma Lang	St. Helens Sutton	4.76	A 3 14
48	Rezija Armstrong	St. Helens Sutton	4.31	B 3 6
67	Molly Wornold	Warrington	5.30	B 1 8
68	Ruby Smith	Warrington	6.74	A 1 16
41	Emma Powell	West Cheshire	6.30	A 2 15
39	Mia Wyle	West Cheshire	5.12	
38	Eilen Maxwell	West Cheshire	5.14	B 2 7
Shot Put - Non Scoring				
No	Name	Club	Dis (m)	NS

Soft Javelin				
No	Name	Club	Dis (m)	Rank Points
Soft Javelin - Non Scoring				
No	Name	Club	Dis (m)	NS

Throws 4					
No	Name	Club	Dis (m)	Rank	Points
Throws 4 - Non Scoring					
No	Name	Club	Dis (m)	NS	

Throws 5					
No	Name	Club	Dis (m)	Rank	Points
Throws 5 - Non Scoring					
No	Name	Club	Dis (m)	NS	

Throws 6					
No	Name	Club	Dis (m)	Rank	Points
Throws 6 - Non Scoring					
No	Name	Club	Dis (m)	NS	



Team Entries

Competition Name	Sportshall North West League
Venue	Kingsway Widnes
Date	2 December 2018
Age Group	Under 15
Boys / Girls	Boys

	Club Names	Colours / Letters / Team Initials
Club A	Halton & Frodsham	H&F
Club B	St. Helens Sutton	SHS
Club C	Warrington	WARR
Club D	West Cheshire	West CH
Club D	WESPA	WESPA
Club E	Club 6	
Club F	Club 7	
Club G	Club 8	
Club A	Club 9	
Club B	Club 10	
Club A	Club 11	
Club L	Club 12	

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Message for print outs - ie League website address / email

Number of Teams

Number of Teams	
	5

A Points Start	16	10	Recommend
Down in	1	1	
B Points Start	8	5	
Down in	1	1	
Relay Points Start	24	15	
Down in	3	2	

Competition Event Names

Track			
Individual Track Races		Relay Races	
2 Lap Race	<u>Go</u>	8 Lap Paarlauf	<u>Go</u>
6 Lap Race	<u>Go</u>	Relay 2	<u>Go</u>
Individual Track 3	<u>Go</u>	Relay 3	<u>Go</u>
Individual Track 4	<u>Go</u>	Relay 4	<u>Go</u>
Individual Track 5	<u>Go</u>	Relay 5	<u>Go</u>
Individual Track 6	<u>Go</u>	Relay 6	<u>Go</u>
Field			
Jumps		Throws	
Speed Bounce	<u>Go</u>	Chest Push	<u>Go</u>
Standing Long Jump	<u>Go</u>	Shot Put	<u>Go</u>
Standing Triple Jump	<u>Go</u>	Soft Javelin	<u>Go</u>
Vertical Jump	<u>Go</u>	Throws 4	<u>Go</u>
High Jump	<u>Go</u>	Throws 5	<u>Go</u>
Jumps 6	<u>Go</u>	Throws 6	<u>Go</u>



Kingsway Widnes Sportshall North West League

2 December 2018

Under 15 - Boys

		H&F	SHS	WARR	West CH	WESPA	Club 6	Club 7	Club 8
		Halon & Frodsham	St. Helens Sutton	Warrington	West Cheshire	WESPA			
TRACK	Individual	2 Lap Race	15			24	14		
		6 Lap Race					16		
		Individual Track 3							
		Individual Track 4							
		Individual Track 5							
		Individual Track 6							
TRACK	Relay	8 Lap Paarlaf					24		
		Relay 2							
		Relay 3							
		Relay 4							
		Relay 5							
		Relay 6							
FIELD	Jumps	Speed Bounce				16	15		
		Standing Long Jump	15	14		24	13		
		Standing Triple Jump		15		16	22		
		Vertical Jump	15	14		16	13		
		High Jump							
		Jumps 6							
FIELD	Throws	Chest Push							
		Shot Put	16	14		15	13		
		Soft Javelin							
		Throws 4							
		Throws 5							
		Throws 6							
Total		61	57		111	130			
Overall Position		2	4		2	1			



2 Lap Race					
No	Name	Club	Time	Rank	Points
120	Matthew Bailey	West Cheshire	24	A 1	16
119	Michael Maxwell	West Cheshire	24.4	B 1	8
118	Bobby Appleby	Hailton & Frodsham	25.9	A 2	15
113	Richard Waters	WESPA	28.6	A 3	14
2 Lap Race - Non Scoring					
No	Name	Club	Time	NS	

6 Lap Race					
No	Name	Club	Time	Rank	Points
112	William Brennan	WESPA	90.3	A 1	16
6 Lap Race - Non Scoring					
No	Name	Club	Time	NS	

Individual Track 3					
No	Name	Club	Time	Rank	Points
Individual Track 3 - Non Scoring					
No	Name	Club	Time	NS	

Chest Push					
No	Name	Club	Dis (m)	Rank	Points
Chest Push - Non Scoring					
No	Name	Club	Dis (m)	NS	

Shot Put					
No	Name	Club	Dis (m)	Rank	Points
118	Bobby Appleby	Halton & Frodsham	8.31	A 1	16
133	Max Harrison	St. Helens Sutton	6.27	A 3	14
119	Michael Maxwell	West Cheshire	7.59	A 2	15
112	William Brennan	WESPA	5.42	A 4	13
Shot Put - Non Scoring					
No	Name	Club	Dis (m)	NS	

Soft Javelin					
No	Name	Club	Dis (m)	Rank	Points
Soft Javelin - Non Scoring					
No	Name	Club	Dis (m)	NS	

Throws 4					
No	Name	Club	Dis (m)	Rank	Points
Throws 4 - Non Scoring					NS
No	Name	Club	Dis (m)	NS	

Throws 5					
No	Name	Club	Dis (m)	Rank	Points
Throws 5 - Non Scoring					NS
No	Name	Club	Dis (m)	NS	

Throws 6					
No	Name	Club	Dis (m)	Rank	Points
Throws 6 - Non Scoring					NS
No	Name	Club	Dis (m)	NS	



Team Entries

Competition Name	Sportshall North West League
Venue	Kingsway Widnes
Date	2 December 2018
Age Group	Under 15
Boys / Girls	Girls

	Club Names	Colours / Letters / Team Initials
Club A	Halton & Frodsham	H&F
Club B	St. Helens Sutton	SHS
Club C	Warrington	WARR
Club D	West Cheshire	West CH
Club D	WESPA	WESPA
Club E	Club 6	
Club F	Club 7	
Club G	Club 8	
Club A	Club 9	
Club B	Club 10	
Club A	Club 11	
Club L	Club 12	

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Message for print outs - ie League website address / email

Number of Teams

Number of Teams	
	5

A Points Start	16	10	Recommend
Down in	1	1	
B Points Start	8	5	
Down in	1	1	
Relay Points Start	24	15	
Down in	3	2	

Competition Event Names

Track			
Individual Track Races		Relay Races	
2 Lap Race	<u>Go</u>	4 x 2 Lap Relay	<u>Go</u>
6 Lap Race	<u>Go</u>	Relay 2	<u>Go</u>
Individual Track 3	<u>Go</u>	Relay 3	<u>Go</u>
Individual Track 4	<u>Go</u>	Relay 4	<u>Go</u>
Individual Track 5	<u>Go</u>	Relay 5	<u>Go</u>
Individual Track 6	<u>Go</u>	Relay 6	<u>Go</u>
Field			
Jumps		Throws	
Speed Bounce	<u>Go</u>	Chest Push	<u>Go</u>
Standing Long Jump	<u>Go</u>	Shot Put	<u>Go</u>
Standing Triple Jump	<u>Go</u>	Soft Javelin	<u>Go</u>
Vertical Jump	<u>Go</u>	Throws 4	<u>Go</u>
High Jump	<u>Go</u>	Throws 5	<u>Go</u>
Jumps 6	<u>Go</u>	Throws 6	<u>Go</u>

Kingsway Widnes Sportshall North West League

2 December 2018

Under 15 - Girls

		H&F	SHS	WARR	West CH	WESPA	Club 6	Club 7	Club 8
		Halon & Frodsham	St. Helens Sutton	Warrington	West Cheshire	WESPA	Club 6	Club 7	Club 8
TRACK	Individual	2 Lap Race	15			24			
		6 Lap Race	16			23			
		Individual Track 3							
		Individual Track 4							
		Individual Track 5							
		Individual Track 6							
TRACK	Relay	4 x 2 Lap Relay				24			
		Relay 2							
		Relay 3							
		Relay 4							
		Relay 5							
		Relay 6							
FIELD	Jumps	Speed Bounce	22			24			
		Standing Long Jump	22			24			
		Standing Triple Jump	23			23			
		Vertical Jump	22			24			
		High Jump							
		Jumps 6							
FIELD	Throws	Chest Push							
		Shot Put	22			24			
		Soft Javelin							
		Throws 4							
		Throws 5							
		Throws 6							
Total		142			190				
Overall Position		2			1				



2 Lap Race					
No	Name	Club	Time	Rank	Points
31	Fatoumata Bojoang	West Cheshire	27.1	A 1	16
30	Emima Ashcroft	West Cheshire	28.5	B 1	8
23	Lori Brennan	Hallon & Frodsham	29.7	A 2	15
2 Lap Race - Non Scoring					
No	Name	Club	Time	NS	
28	Sophie Cribb	West Cheshire	25.6	N S	
32	Sarah Kelford	West Cheshire	28.2	N S	
33	Darcy Smith	West Cheshire	27.7	N S	

6 Lap Race					
No	Name	Club	Time	Rank	Points
22	Maddie Rowland	Hallon & Frodsham	94.3	A 1	16
29	Abigail Cartwright	West Cheshire	99.7	A 2	15
27	Ella Wylie	West Cheshire	104.1	B 1	8
6 Lap Race - Non Scoring					
No	Name	Club	Time	NS	

Individual Track 3					
No	Name	Club	Time	Rank	Points
Individual Track 3 - Non Scoring					
No	Name	Club	Time	NS	

Individual Track 4					
No	Name	Club	Time	Rank	Points

Individual Track 4 - Non Scoring				
No	Name	Club	Time	NS

Individual Track 5					
No	Name	Club	Time	Rank	Points

Individual Track 5 - Non Scoring				
No	Name	Club	Time	NS

Individual Track 6					
No	Name	Club	Time	Rank	Points

Individual Track 6 - Non Scoring				
No	Name	Club	Time	NS

Vertical Jump					
No	Name	Club	Distance (cm)	Rank	Points
22	Madise Rowland	Hallon & Frodsham	47	A 2	15
24	Libby Acton	Hallon & Frodsham	43	B 2	7
26	Sophie Critch	West Cheshire	46	B 1	8
31	Faloumata Sijobang	West Cheshire	52	A 1	16
33	Darcy Smith	West Cheshire	17		
27	Ella Wylie	West Cheshire	30		
Vertical Jump - Non Scoring					
No	Name	Club	Distance (cm)	NS	

High Jump							
No	Name	Club	Distance (m)	Final Faults	Total Faults	Rank	Points
High Jump - Non Scoring							
No	Name	Club	Distance (m)			NS	

Jumps 6				
No	Name	Club	Distance (m)	Rank Points
Jumps 6 - Non Scoring				
No	Name	Club	Distance (m)	NS

Chest Push					
No	Name	Club	Dis (m)	Rank	Points
Chest Push - Non Scoring					
No	Name	Club	Dis (m)	NS	

Shot Put					
No	Name	Club	Dis (m)	Rank	Points
23	Lori Brennan	Halton & Frodsham	5.93	A 2	15
24	Lily Acton	Halton & Frodsham	4.80	B 2	7
33	Darcy Smith	West Cheshire	6.01	B 1	8
29	Abigail Cartwright	West Cheshire	5.47		
30	Emma Ashcroft	West Cheshire	7.13	A 1	16
27	Ella Wylie	West Cheshire	5.69		
Shot Put - Non Scoring					
No	Name	Club	Dis (m)	NS	

Soft Javelin					
No	Name	Club	Dis (m)	Rank	Points
Soft Javelin - Non Scoring					
No	Name	Club	Dis (m)	NS	

				WESPA	West CH	WARR	SHS	H&F		
	Club 8	Club 7	Club 6	WESPA	West Cheshire	Warrington	St. Helens Sutton	Halton & Frodsham	Team	
4 x 2 Lap Relay					112.50				Time in secs	
					1				Rank / Points	
Relay 2									Time in secs	
									Rank / Points	
Relay 3									Time in secs	
									Rank / Points	
Relay 4									Time in secs	
									Rank / Points	
Relay 5									Time in secs	
									Rank / Points	
Relay 6									Time in secs	
									Rank / Points	

Sportshall

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- We are the most popular School Sports programme in the UK.
- We annually engage over 2 million children in our programme pathway.
- Many past and present Olympic athletes have developed through our programmes.

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The Sportshall Team would also like to thank England Athletics and the other home nations who place Sportshall Athletics at the core of their Schools and Clubs development pathway.



Amateur Athletic Association

A particular mention must be made to the Amateur Athletic Association who have remained a supportive partner to Sportshall Athletics.

