

North West Sportshall Athletics League 2010 - 2011
League Tables after Round Four
6th December 2010

U11 Girls	Rd 1	Rd 2	Rd 3	Rd 4	Total
Southport / Waterloo	100	117	116	132	465
DASH	111	104	102	125	442
Crewe & Nantwich	125	105	143.5	0	373.5
West Cheshire	113	118	0	139	370
Halton & Frodsham	100	116	110.5	0	326.5
Sutton St Helens	93	81	111	0	285
Liverpool	76	93	53	33	255
Warrington	72	76	0	0	148
Handforth	0	0	27	0	27

U11 Boys	Rd 1	Rd 2	Rd 3	Rd 4	Total
Liverpool	103	99	114.5	138.5	455
DASH	104	93.5	106.5	130	434
Crewe & Nantwich	123	124	135	0	382
West Cheshire	105	116	0	125.5	346.5
Halton & Frodsham	122	112	111	0	345
Southport Waterloo	43	110.5	105.5	68	327
Sutton St Helens	98	75	71.5	0	244.5
Handforth	18	28	55	0	101
Warrington	36	47	0	0	83
Deeside	0	24	0	30	54

U13 Girls	Rd 1	Rd 2	Rd 3	Rd 4	Total
Liverpool	99	74	106	122.5	401.5
Crewe & Nantwich	125	126	136	0	387
DASH	86	100	93	104.5	383.5
Halton & Frodsham	119	119.5	142	0	380.5
West Cheshire	111	111.5	0	146	368.5
Deeside	91	94	0	109.5	294.5
Warrington	76.5	72.5	0	60.5	209.5
Southport Waterloo	47.5	52.5	58	0	158
Handforth	29	0	0	0	29

U13 Boys	Rd 1	Rd 2	Rd 3	Rd 4	Total
DASH	116	111	123	94	444
Liverpool	103	99	100.5	121	423.5
West Cheshire	126	114	0	145	385
Crewe & Nantwich	98	122	141.5	0	361.5
Halton & Frodsham	64	109	69	0	242
Warrington	32	61	0	53	146
Southport Waterloo	59	45	32	0	136
Sutton St Helens	33	34	0	0	67
Handforth	0	0	32	0	32

U15 Girls	Rd 1	Rd 2	Rd 3	Rd 4	Total
DASH	96	119	125.5	126	466.5
Liverpool	108	78	115	114.5	415.5
West Cheshire	119	122	0	141.5	382.5
Crewe & Nantwich	111	98	131.5	0	340.5
Deeside	110.5	76	0	112	298.5
Halton & Frodsham	58	97	114	0	269
Warrington	79	20	0	40	139
Sutton St Helens	28.5	30	37	0	95.5
Handforth	34	0	39	0	73

U15 Boys	Rd 1	Rd 2	Rd 3	Rd 4	Total
Liverpool	122	113	123	128	486
West Cheshire	75	34	0	138	247
Deeside	75.5	45	0	102	222.5
Crewe & Nantwich	77	84	59	0	220
DASH	40.5	44	42	72	198.5
Halton & Frodsham	0	66	95	0	161
Warrington	0	43	0	42	85
Handforth	0	0	79	0	79
Sutton St Helens	31.5	0	0	0	31.5

Competition Results

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	West Cheshire		139.0	21.0	19.0	20.0	20.0	21.0	21.0	17.0
2	Southport Waterloo		132.0	18.0	21.0	19.0	17.0	18.0	18.0	21.0
3	DASH		125.0	15.0	17.0	18.0	20.0	18.0	18.0	19.0
4	Liverpool		33.0	0.0	0.0	0.0	11.0	11.0	11.0	0.0
5	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Athlete Results

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	CP	SB	SLJ	STJ
1	42	Alice Barnsley	West Cheshire	41.0		14.0	13.0		14.0	
2	27	Jenni Park	DASH	39.0		13.0			13.0	13.0
3	54	Lily Edwards	Southport Waterloo	35.0	14.0	7.0				14.0
4	41	Hannah Bennett	West Cheshire	34.0	13.0			14.0	7.0	
5	30	Paige Cannon-James	Liverpool	33.0			11.0	11.0	11.0	
6	26	Rebecca Muirhead	DASH	32.0	12.0		14.0			6.0
7	52	Emma Alderson	Southport Waterloo	31.0	7.0	12.0		12.0		
8	28	Brooke Tilley	DASH	23.0		5.0		13.0	5.0	
9	55	Ellie Kershaw	Southport Waterloo	19.0					12.0	7.0
10	49	Abbie Williams	West Cheshire	18.0	6.0					12.0
11	43	Alice Woodward	West Cheshire	13.0		6.0		7.0		
12=	44	Charlotte Forrest	West Cheshire	12.0			7.0			5.0
12=	60	Alex Webb	Southport Waterloo	12.0			12.0			
14	25	Eve Gibbons	DASH	11.0	5.0		6.0			
15=	53	Alice Delaney	Southport Waterloo	6.0					6.0	
15=	56	Sally Laughton	Southport Waterloo	6.0				6.0		
17=	29	Ellie Ward	DASH	5.0				5.0		
17=	62	Eleanor Mullen	Southport Waterloo	5.0			5.0			
19=	45	Molly Walters	West Cheshire	0.0						
19=	46	Maggie Corr	West Cheshire	0.0						
19=	47	Hannah Salvi	West Cheshire	0.0						
19=	48	Emma Howe	West Cheshire	0.0						
19=	50	Beth McMahon	West Cheshire	0.0						
19=	51	Sophie Hemingborough	West Cheshire	0.0						
19=	57	Charlotte Lockie	Southport Waterloo	0.0						
19=	58	Olivia Pines	Southport Waterloo	0.0						
19=	59	Gabrielle Singleton	Southport Waterloo	0.0						
19=	61	Grace Egerton	Southport Waterloo	0.0						
19=	63	Olivia Byrne	Southport Waterloo	0.0						

Team Results

DASH ()

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	West Cheshire		139.0	21.0	19.0	20.0	20.0	21.0	21.0	17.0
2	Southport Waterloo		132.0	18.0	21.0	19.0	17.0	18.0	18.0	21.0
3	DASH		125.0	15.0	17.0	18.0	20.0	18.0	18.0	19.0
4	Liverpool		33.0	0.0	0.0	0.0	11.0	11.0	11.0	0.0
5	Deeside		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	Eve Gibbons	2LR	28.3				28.3	3	5.0
25	Eve Gibbons	CP	4.25	4.50	4.00	4.25	4.50	2	6.0
25	Eve Gibbons	SLJ	1.45	1.40	1.43	0.00	1.45		
26	Rebecca Muirhead	2LR	26.8				26.8	3	12.0
26	Rebecca Muirhead	CP	5.75	6.00	5.75	5.75	6.00	1	14.0
26	Rebecca Muirhead	STJ	5.02	4.72	4.74	0.00	5.02	2	6.0
27	Jenni Park	4LR	53.1				53.1	2	13.0
27	Jenni Park	SLJ	1.75	1.78	1.81	0.00	1.81	2	13.0
27	Jenni Park	STJ	4.92	5.02	5.10	0.00	5.10	2	13.0
28	Brooke Tilley	4LR	1:01.5				1:01.5	3	5.0
28	Brooke Tilley	SB	53				53	2	13.0
28	Brooke Tilley	SLJ	1.48	1.48	1.43	0.00	1.48	3	5.0
29	Ellie Ward	4LR	1:04.2				1:04.2		
29	Ellie Ward	SB	40				40	3	5.0
29	Ellie Ward	STJ	3.84	3.74	3.60	0.00	3.84		

Team Results

Deeside ()

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	West Cheshire		139.0	21.0	19.0	20.0	20.0	21.0	21.0	17.0
2	Southport Waterloo		132.0	18.0	21.0	19.0	17.0	18.0	18.0	21.0
3	DASH		125.0	15.0	17.0	18.0	20.0	18.0	18.0	19.0
4	Liverpool		33.0	0.0	0.0	0.0	11.0	11.0	11.0	0.0
5	Deeside		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

Liverpool ()

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	West Cheshire		139.0	21.0	19.0	20.0	20.0	21.0	21.0	17.0
2	Southport Waterloo		132.0	18.0	21.0	19.0	17.0	18.0	18.0	21.0
3	DASH		125.0	15.0	17.0	18.0	20.0	18.0	18.0	19.0
4	Liverpool		33.0	0.0	0.0	0.0	11.0	11.0	11.0	0.0
5	Deeside		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
30	Paige Cannon-James	2LR	0.0				0.0		
30	Paige Cannon-James	CP	0.00	3.25	3.25	0.00	3.25	4	11.0
30	Paige Cannon-James	SB	40				40	4	11.0
30	Paige Cannon-James	SLJ	1.55	1.53	1.52	0.00	1.55	4	11.0

Team Results

West Cheshire ()

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	West Cheshire		139.0	21.0	19.0	20.0	20.0	21.0	21.0	17.0
2	Southport Waterloo		132.0	18.0	21.0	19.0	17.0	18.0	18.0	21.0
3	DASH		125.0	15.0	17.0	18.0	20.0	18.0	18.0	19.0
4	Liverpool		33.0	0.0	0.0	0.0	11.0	11.0	11.0	0.0
5	Deeside		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
41	Hannah Bennett	2LR	25.8				25.8	2	13.0
41	Hannah Bennett	SB	55				55	1	14.0
41	Hannah Bennett	SLJ	1.72	1.74	1.70	0.00	1.74	1	7.0
41	Hannah Bennett	STJ	4.64	4.64	4.46	0.00	4.64		
42	Alice Barnsley	4LR	52.3				52.3	1	14.0
42	Alice Barnsley	CP	5.50	5.75	5.50	5.75	5.75	2	13.0
42	Alice Barnsley	SLJ	2.00	1.92	1.95	0.00	2.00	1	14.0
42	Alice Barnsley	STJ	5.20	5.34	5.24	0.00	5.34		
43	Alice Woodward	2LR	27.6				27.6		
43	Alice Woodward	4LR	1:00.0				1:00.0	2	6.0
43	Alice Woodward	SB	48				48	1	7.0
43	Alice Woodward	SLJ	1.56	1.46	1.47	0.00	1.56		
44	Charlotte Forrest	2LR	28.4				28.4		
44	Charlotte Forrest	4LR	1:04.6				1:04.6		
44	Charlotte Forrest	CP	3.25	4.50	4.50	3.75	4.50	1	7.0
44	Charlotte Forrest	SB	0				0		
44	Charlotte Forrest	SLJ	0.00	0.00	0.00	0.00	0.00		
44	Charlotte Forrest	STJ	4.54	4.26	4.56	0.00	4.56	3	5.0
45	Molly Walters	2LR	28.2				28.2		
45	Molly Walters	4LR	1:05.8				1:05.8		
45	Molly Walters	SB	42				42		
46	Maggie Corr	2LR	28.1				28.1		
46	Maggie Corr	4LR	1:04.6				1:04.6		
46	Maggie Corr	SLJ	1.52	1.42	1.40	0.00	1.52		
47	Hannah Salvi	2LR	28.1				28.1		
47	Hannah Salvi	4LR	1:04.1				1:04.1		
47	Hannah Salvi	SB	40				40		
47	Hannah Salvi	SLJ	1.37	1.29	1.36	0.00	1.37		

Team Results

West Cheshire ()

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	West Cheshire		139.0	21.0	19.0	20.0	20.0	21.0	21.0	17.0
2	Southport Waterloo		132.0	18.0	21.0	19.0	17.0	18.0	18.0	21.0
3	DASH		125.0	15.0	17.0	18.0	20.0	18.0	18.0	19.0
4	Liverpool		33.0	0.0	0.0	0.0	11.0	11.0	11.0	0.0
5	Deeside		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
48	Emma Howe	2LR	28.1				28.1		
48	Emma Howe	4LR	1:04.1				1:04.1		
48	Emma Howe	CP	3.00	3.50	3.75	3.50	3.75		
49	Abbie Williams	2LR	27.4				27.4	2	6.0
49	Abbie Williams	4LR	1:00.3				1:00.3		
49	Abbie Williams	STJ	4.74	4.24	4.28	0.00	4.74	3	12.0
50	Beth McMahon	2LR	28.7				28.7		
50	Beth McMahon	4LR	1:09.5				1:09.5		
50	Beth McMahon	SB	40				40		
51	Sophie Hemingborough	2LR	26.9				26.9		
51	Sophie Hemingborough	4LR	56.9				56.9		
51	Sophie Hemingborough	CP	3.25	0.00	3.50	3.75	3.75		

Team Results

Southport Waterloo ()

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	West Cheshire		139.0	21.0	19.0	20.0	20.0	21.0	21.0	17.0
2	Southport Waterloo		132.0	18.0	21.0	19.0	17.0	18.0	18.0	21.0
3	DASH		125.0	15.0	17.0	18.0	20.0	18.0	18.0	19.0
4	Liverpool		33.0	0.0	0.0	0.0	11.0	11.0	11.0	0.0
5	Deeside		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
52	Emma Alderson	2LR	25.9				25.9	1	7.0
52	Emma Alderson	4LR	55.0				55.0	3	12.0
52	Emma Alderson	SB	50				50	3	12.0
53	Alice Delaney	2LR	26.3				26.3		
53	Alice Delaney	4LR	56.8				56.8		
53	Alice Delaney	SLJ	1.71	1.60	1.59	0.00	1.71	2	6.0
53	Alice Delaney	STJ	4.96	4.64	4.96	0.00	4.96		
54	Lily Edwards	2LR	25.3				25.3	1	14.0
54	Lily Edwards	4LR	57.9				57.9	1	7.0
54	Lily Edwards	SLJ	1.95	2.07	2.00	0.00	2.07		
54	Lily Edwards	STJ	5.04	5.26	5.48	0.00	5.48	1	14.0
55	Ellie Kershaw	2LR	26.8				26.8		
55	Ellie Kershaw	4LR	58.1				58.1		
55	Ellie Kershaw	SLJ	1.78	1.66	1.60	0.00	1.78	3	12.0
55	Ellie Kershaw	STJ	4.66	5.02	5.08	0.00	5.08	1	7.0
56	Sally Laughton	2LR	27.2				27.2		
56	Sally Laughton	4LR	59.1				59.1		
56	Sally Laughton	SB	47				47	2	6.0
57	Charlotte Lockie	2LR	28.2				28.2		
57	Charlotte Lockie	4LR	1:01.3				1:01.3		
57	Charlotte Lockie	SB	41				41		
58	Olivia Pines	2LR	28.0				28.0		
58	Olivia Pines	4LR	59.8				59.8		
58	Olivia Pines	STJ	4.38	4.36	4.26	0.00	4.38		
59	Gabrielle Singleton	2LR	30.1				30.1		
59	Gabrielle Singleton	4LR	1:11.0				1:11.0		
59	Gabrielle Singleton	CP	4.00	3.75	4.25	3.75	4.25		
60	Alex Webb	2LR	26.9				26.9		

Team Results

Southport Waterloo ()

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	West Cheshire		139.0	21.0	19.0	20.0	20.0	21.0	21.0	17.0
2	Southport Waterloo		132.0	18.0	21.0	19.0	17.0	18.0	18.0	21.0
3	DASH		125.0	15.0	17.0	18.0	20.0	18.0	18.0	19.0
4	Liverpool		33.0	0.0	0.0	0.0	11.0	11.0	11.0	0.0
5	Deeside		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
60	Alex Webb	4LR	59.1				59.1		
60	Alex Webb	CP	0.00	4.50	4.50	3.25	4.50	3	12.0
61	Grace Egerton	2LR	28.4				28.4		
61	Grace Egerton	4LR	1:02.4				1:02.4		
61	Grace Egerton	CP	0.00	4.00	4.25	4.25	4.25		
62	Eleanor Mullen	2LR	30.4				30.4		
62	Eleanor Mullen	4LR	1:03.5				1:03.5		
62	Eleanor Mullen	CP	4.25	4.25	4.00	3.75	4.25	3	5.0
63	Olivia Byrne	2LR	26.6				26.6		
63	Olivia Byrne	4LR	57.1				57.1		
63	Olivia Byrne	SLJ	1.68	1.60	1.67	0.00	1.68		

Results Sheet

2 Lap Race

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	Southport Waterloo		21.0
2	West Cheshire		19.0
3	DASH		17.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Southport Waterloo		54	Lily Edwards	25.3	14.0
2	West Cheshire		41	Hannah Bennett	25.8	13.0
3	DASH		26	Rebecca Muirhead	26.8	12.0
1	Southport Waterloo		52	Emma Alderson	25.9	7.0
2	West Cheshire		49	Abbie Williams	27.4	6.0
3	DASH		25	Eve Gibbons	28.3	5.0
	Southport Waterloo		53	Alice Delaney	26.3	
	Southport Waterloo		63	Olivia Byrne	26.6	
	Southport Waterloo		55	Ellie Kershaw	26.8	
	West Cheshire		51	Sophie Hemingborough	26.9	
	Southport Waterloo		60	Alex Webb	26.9	
	Southport Waterloo		56	Sally Laughton	27.2	
	West Cheshire		43	Alice Woodward	27.6	
	Southport Waterloo		58	Olivia Pines	28.0	
	West Cheshire		48	Emma Howe	28.1	
	West Cheshire		47	Hannah Salvi	28.1	
	West Cheshire		46	Maggie Corr	28.1	
	Southport Waterloo		57	Charlotte Lockie	28.2	
	West Cheshire		45	Molly Walters	28.2	
	West Cheshire		44	Charlotte Forrest	28.4	
	Southport Waterloo		61	Grace Egerton	28.4	
	West Cheshire		50	Beth McMahon	28.7	
	Southport Waterloo		59	Gabrielle Singleton	30.1	
	Southport Waterloo		62	Eleanor Mullen	30.4	

Results Sheet

4 Lap Race

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		20.0
2	Southport Waterloo		19.0
3	DASH		18.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		42	Alice Barnsley	52.3	14.0
2	DASH		27	Jenni Park	53.1	13.0
3	Southport Waterloo		52	Emma Alderson	55.0	12.0
1	Southport Waterloo		54	Lily Edwards	57.9	7.0
2	West Cheshire		43	Alice Woodward	1:00.0	6.0
3	DASH		28	Brooke Tilley	1:01.5	5.0
	Southport Waterloo		53	Alice Delaney	56.8	
	West Cheshire		51	Sophie Hemingborough	56.9	
	Southport Waterloo		63	Olivia Byrne	57.1	
	Southport Waterloo		55	Ellie Kershaw	58.1	
	Southport Waterloo		56	Sally Laughton	59.1	
	Southport Waterloo		60	Alex Webb	59.1	
	Southport Waterloo		58	Olivia Pines	59.8	
	West Cheshire		49	Abbie Williams	1:00.3	
	Southport Waterloo		57	Charlotte Lockie	1:01.3	
	Southport Waterloo		61	Grace Egerton	1:02.4	
	Southport Waterloo		62	Eleanor Mullen	1:03.5	
	West Cheshire		48	Emma Howe	1:04.1	
	West Cheshire		47	Hannah Salvi	1:04.1	
	DASH		29	Ellie Ward	1:04.2	
	West Cheshire		44	Charlotte Forrest	1:04.6	
	West Cheshire		46	Maggie Corr	1:04.6	
	West Cheshire		45	Molly Walters	1:05.8	
	West Cheshire		50	Beth McMahon	1:09.5	
	Southport Waterloo		59	Gabrielle Singleton	1:11.0	

Results Sheet

4 x 2 Lap Relay

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Code	Team	Colour
1	04	West Cheshire	
2	05	Southport Waterloo	
3	01	DASH	

Heat	Final	Performance	Points
0.0	1:38.8	1:38.8	21.0
0.0	1:43.8	1:43.8	18.0
0.0	1:44.9	1:44.9	15.0

Results Sheet

Chest Push

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1=	DASH		20.0
1=	West Cheshire		20.0
3	Southport Waterloo		17.0
4	Liverpool		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	DASH		26	Rebecca Muirhead	6.00	14.0
2	West Cheshire		42	Alice Barnsley	5.75	13.0
3	Southport Waterloo		60	Alex Webb	4.50	12.0
4	Liverpool		30	Paige Cannon-James	3.25	11.0
1	West Cheshire		44	Charlotte Forrest	4.50	7.0
2	DASH		25	Eve Gibbons	4.50	6.0
3	Southport Waterloo		62	Eleanor Mullen	4.25	5.0
	Southport Waterloo		61	Grace Egerton	4.25	
	Southport Waterloo		59	Gabrielle Singleton	4.25	
	West Cheshire		51	Sophie Hemingborough	3.75	
	West Cheshire		48	Emma Howe	3.75	

Results Sheet

Speed Bounce

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2=	DASH		18.0
2=	Southport Waterloo		18.0
4	Liverpool		11.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	West Cheshire		41	Hannah Bennett	55	14.0
2	DASH		28	Brooke Tilley	53	13.0
3	Southport Waterloo		52	Emma Alderson	50	12.0
4	Liverpool		30	Paige Cannon-James	40	11.0
1	West Cheshire		43	Alice Woodward	48	7.0
2	Southport Waterloo		56	Sally Laughton	47	6.0
3	DASH		29	Ellie Ward	40	5.0
	West Cheshire		45	Molly Walters	42	
	Southport Waterloo		57	Charlotte Lockie	41	
	West Cheshire		50	Beth McMahon	40	
	West Cheshire		47	Hannah Salvi	40	

Results Sheet

Standing Long Jump

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2=	DASH		18.0
2=	Southport Waterloo		18.0
4	Liverpool		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		42	Alice Barnsley	2.00	14.0
2	DASH		27	Jenni Park	1.81	13.0
3	Southport Waterloo		55	Ellie Kershaw	1.78	12.0
4	Liverpool		30	Paige Cannon-James	1.55	11.0
1	West Cheshire		41	Hannah Bennett	1.74	7.0
2	Southport Waterloo		53	Alice Delaney	1.71	6.0
3	DASH		28	Brooke Tilley	1.48	5.0
	Southport Waterloo		54	Lily Edwards	2.07	
	Southport Waterloo		63	Olivia Byrne	1.68	
	West Cheshire		43	Alice Woodward	1.56	
	West Cheshire		46	Maggie Corr	1.52	
	DASH		25	Eve Gibbons	1.45	
	West Cheshire		47	Hannah Salvi	1.37	

Results Sheet

Standing Triple Jump

Competition:
NWLRd4 Under 11 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	Southport Waterloo		21.0
2	DASH		19.0
3	West Cheshire		17.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Southport Waterloo		54	Lily Edwards	5.48	14.0
2	DASH		27	Jenni Park	5.10	13.0
3	West Cheshire		49	Abbie Williams	4.74	12.0
1	Southport Waterloo		55	Ellie Kershaw	5.08	7.0
2	DASH		26	Rebecca Muirhead	5.02	6.0
3	West Cheshire		44	Charlotte Forrest	4.56	5.0
	West Cheshire		42	Alice Barnsley	5.34	
	Southport Waterloo		53	Alice Delaney	4.96	
	West Cheshire		41	Hannah Bennett	4.64	
	Southport Waterloo		58	Olivia Pines	4.38	
	DASH		29	Ellie Ward	3.84	

Competition Results

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		146.0	21.0	21.0	21.0	21.0	21.0	20.0	21.0
2	Liverpool		122.5	18.0	19.0	18.0	16.0	13.5	20.0	18.0
3	Deeside		109.5	15.0	14.0	18.0	18.0	16.5	17.0	11.0
4	DASH		104.5	12.0	16.0	11.0	17.0	16.5	14.0	18.0
5	Warrington		60.5	0.0	12.0	10.0	10.0	17.5	11.0	0.0

Athlete Results

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	STJ
1	14	Amy Williams	West Cheshire	42.0	14.0		14.0			14.0
2=	18	Eve Hancox	DASH	36.0	11.0		13.0			12.0
2=	66	Olivia Ball	Warrington	36.0	12.0			13.0	11.0	
4	75	Tia Williams	Deeside	35.0			12.0		12.0	11.0
5	11	Emily Ball	West Cheshire	34.0		14.0	7.0		13.0	
6	36	Anna Rowe	Liverpool	33.0	6.0				14.0	13.0
7=	31	Lydia Helsby	Liverpool	30.0	13.0		11.0		6.0	
7=	72	Abbie Prosser	Deeside	30.0		13.0		12.0	5.0	
9	34	Bethany Helsby	Liverpool	27.5		12.0	5.0	10.5		
10	20	Becky Chapman	DASH	25.5		11.0		10.5	4.0	
11	65	Chloe O Hare	Warrington	24.5		10.0	10.0	4.5		
12	73	Sophie Rowlands	Deeside	20.5	10.0		6.0	4.5		
13	19	Jenna Ogden	DASH	16.0				6.0	10.0	
14	17	Libby Geary	DASH	15.0	5.0		4.0			6.0
15=	10	Sophie Baker	West Cheshire	14.0				14.0		
15=	12	Megan McEveley	West Cheshire	14.0		7.0				7.0
15=	37	Emily Rowe	Liverpool	14.0		6.0		3.0		5.0
18	74	Erin Parry	Deeside	9.0	4.0	5.0				
19=	6	Charlotte Williamson	West Cheshire	7.0	7.0					
19=	7	Georgia Barlow	West Cheshire	7.0				7.0		
19=	8	Samhilda Megonigle	West Cheshire	7.0					7.0	
22=	9	Olivia Williams	West Cheshire	0.0						
22=	13	Sophie Carter	West Cheshire	0.0						
22=	15	Sophie Davis	West Cheshire	0.0						
22=	16	Toni Lammond	West Cheshire	0.0						
22=	39	Charlotte Connell	Liverpool	0.0						

Team Results

DASH ()

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		146.0	21.0	21.0	21.0	21.0	21.0	20.0	21.0
2	Liverpool		122.5	18.0	19.0	18.0	16.0	13.5	20.0	18.0
3	Deeside		109.5	15.0	14.0	18.0	18.0	16.5	17.0	11.0
4	DASH		104.5	12.0	16.0	11.0	17.0	16.5	14.0	18.0
5	Warrington		60.5	0.0	12.0	10.0	10.0	17.5	11.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
17	Libby Geary	2LR	26.0				26.0	3	5.0
17	Libby Geary	6LR	1:37.5				1:37.5		
17	Libby Geary	S	5.38	4.47	4.45	0.00	5.38	4	4.0
17	Libby Geary	STJ	5.02	4.98	5.22	0.00	5.22	2	6.0
18	Eve Hancox	2LR	25.9				25.9	4	11.0
18	Eve Hancox	S	6.15	6.72	6.94	0.00	6.94	2	13.0
18	Eve Hancox	STJ	5.68	5.70	5.72	0.00	5.72	3	12.0
19	Jenna Ogden	2LR	26.3				26.3		
19	Jenna Ogden	SB	58				58	2	6.0
19	Jenna Ogden	SLJ	1.82	1.78	1.72	0.00	1.82	5	10.0
20	Becky Chapman	6LR	1:35.2				1:35.2	4	11.0
20	Becky Chapman	SB	65				65	4=	10.5
20	Becky Chapman	SLJ	1.75	1.79	1.66	0.00	1.79	4	4.0

Team Results

Deeside ()

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		146.0	21.0	21.0	21.0	21.0	21.0	20.0	21.0
2	Liverpool		122.5	18.0	19.0	18.0	16.0	13.5	20.0	18.0
3	Deeside		109.5	15.0	14.0	18.0	18.0	16.5	17.0	11.0
4	DASH		104.5	12.0	16.0	11.0	17.0	16.5	14.0	18.0
5	Warrington		60.5	0.0	12.0	10.0	10.0	17.5	11.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
72	Abbie Prosser	6LR	1:33.2				1:33.2	2	13.0
72	Abbie Prosser	SB	67				67	3	12.0
72	Abbie Prosser	SLJ	1.81	1.72	1.77	0.00	1.81	3	5.0
73	Sophie Rowlands	2LR	26.1				26.1	5	10.0
73	Sophie Rowlands	S	5.50	5.68	5.04	0.00	5.68	2	6.0
73	Sophie Rowlands	SB	57				57	3=	4.5
74	Erin Parry	2LR	26.3				26.3	4	4.0
74	Erin Parry	6LR	1:35.6				1:35.6	3	5.0
74	Erin Parry	S	5.09	4.90	0.00	0.00	5.09		
75	Tia Williams	S	6.60	6.68	6.24	0.00	6.68	3	12.0
75	Tia Williams	SLJ	1.93	1.84	1.82	0.00	1.93	3	12.0
75	Tia Williams	STJ	5.10	5.22	5.12	0.00	5.22	4	11.0

Team Results

Liverpool ()

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		146.0	21.0	21.0	21.0	21.0	21.0	20.0	21.0
2	Liverpool		122.5	18.0	19.0	18.0	16.0	13.5	20.0	18.0
3	Deeside		109.5	15.0	14.0	18.0	18.0	16.5	17.0	11.0
4	DASH		104.5	12.0	16.0	11.0	17.0	16.5	14.0	18.0
5	Warrington		60.5	0.0	12.0	10.0	10.0	17.5	11.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
31	Lydia Helsby	2LR	24.7				24.7	2	13.0
31	Lydia Helsby	S	5.70	5.08	5.54	0.00	5.70	4	11.0
31	Lydia Helsby	SLJ	1.95	1.86	1.86	0.00	1.95	2	6.0
34	Bethany Helsby	6LR	1:33.7				1:33.7	3	12.0
34	Bethany Helsby	S	5.49	0.00	5.42	0.00	5.49	3	5.0
34	Bethany Helsby	SB	65				65	4=	10.5
36	Anna Rowe	2LR	24.7				24.7	2	6.0
36	Anna Rowe	SB	68				68		
36	Anna Rowe	SLJ	2.15	2.13	2.13	0.00	2.15	1	14.0
36	Anna Rowe	STJ	5.58	6.00	5.88	0.00	6.00	2	13.0
37	Emily Rowe	6LR	1:34.0				1:34.0	2	6.0
37	Emily Rowe	SB	45				45	5	3.0
37	Emily Rowe	SLJ	1.65	1.69	1.68	0.00	1.69		
37	Emily Rowe	STJ	0.00	4.48	4.66	0.00	4.66	3	5.0
39	Charlotte Connell	SB	0				0		
39	Charlotte Connell	SLJ	0.00	0.00	0.00	0.00	0.00		
39	Charlotte Connell	STJ	0.00	0.00	0.00	0.00	0.00		

Team Results

Warrington ()

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		146.0	21.0	21.0	21.0	21.0	21.0	20.0	21.0
2	Liverpool		122.5	18.0	19.0	18.0	16.0	13.5	20.0	18.0
3	Deeside		109.5	15.0	14.0	18.0	18.0	16.5	17.0	11.0
4	DASH		104.5	12.0	16.0	11.0	17.0	16.5	14.0	18.0
5	Warrington		60.5	0.0	12.0	10.0	10.0	17.5	11.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
65	Chloe O Hare	6LR	1:47.4				1:47.4	5	10.0
65	Chloe O Hare	S	5.17	4.79	4.62	0.00	5.17	5	10.0
65	Chloe O Hare	SB	57				57	3=	4.5
66	Olivia Ball	2LR	25.3				25.3	3	12.0
66	Olivia Ball	6LR	0.0				0.0		
66	Olivia Ball	S	0.00	0.00	0.00	0.00	0.00		
66	Olivia Ball	SB	68				68	2	13.0
66	Olivia Ball	SLJ	1.90	1.86	1.90	0.00	1.90	4	11.0
66	Olivia Ball	STJ	0.00	0.00	0.00	0.00	0.00		

Team Results

West Cheshire ()

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		146.0	21.0	21.0	21.0	21.0	21.0	20.0	21.0
2	Liverpool		122.5	18.0	19.0	18.0	16.0	13.5	20.0	18.0
3	Deeside		109.5	15.0	14.0	18.0	18.0	16.5	17.0	11.0
4	DASH		104.5	12.0	16.0	11.0	17.0	16.5	14.0	18.0
5	Warrington		60.5	0.0	12.0	10.0	10.0	17.5	11.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
6	Charlotte Williamson	2LR	23.8				23.8	1	7.0
6	Charlotte Williamson	S	4.32	5.09	5.06	0.00	5.09		
6	Charlotte Williamson	STJ	6.02	6.03	5.82	0.00	6.03		
7	Georgia Barlow	2LR	24.6				24.6		
7	Georgia Barlow	SB	73				73	1	7.0
7	Georgia Barlow	SLJ	1.99	1.91	1.80	0.00	1.99		
8	Samhilda Megonigle	2LR	24.2				24.2		
8	Samhilda Megonigle	SLJ	2.00	2.00	2.00	0.00	2.00	1	7.0
8	Samhilda Megonigle	STJ	5.45	5.20	5.38	0.00	5.45		
9	Olivia Williams	2LR	25.4				25.4		
9	Olivia Williams	SB	70				70		
9	Olivia Williams	STJ	0.00	0.00	0.00	0.00	0.00		
10	Sophie Baker	2LR	26.8				26.8		
10	Sophie Baker	SB	79				79	1	14.0
10	Sophie Baker	STJ	0.00	0.00	0.00	0.00	0.00		
11	Emily Ball	6LR	1:28.7				1:28.7	1	14.0
11	Emily Ball	S	7.80	7.92	8.04	0.00	8.04	1	7.0
11	Emily Ball	SLJ	2.04	2.15	2.08	0.00	2.15	2	13.0
12	Megan McEveley	6LR	1:30.4				1:30.4	1	7.0
12	Megan McEveley	S	0.00	0.00	0.00	0.00	0.00		
12	Megan McEveley	SLJ	1.74	1.80	1.86	0.00	1.86		
12	Megan McEveley	STJ	6.02	6.08	0.00	0.00	6.08	1	7.0
13	Sophie Carter	2LR	27.3				27.3		
13	Sophie Carter	SB	67				67		
13	Sophie Carter	SLJ	1.81	1.78	1.87	0.00	1.87		
14	Amy Williams	2LR	23.4				23.4	1	14.0
14	Amy Williams	S	8.11	8.04	8.11	0.00	8.11	1	14.0
14	Amy Williams	STJ	0.00	6.86	0.00	0.00	6.86	1	14.0

Team Results

West Cheshire ()

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		146.0	21.0	21.0	21.0	21.0	21.0	20.0	21.0
2	Liverpool		122.5	18.0	19.0	18.0	16.0	13.5	20.0	18.0
3	Deeside		109.5	15.0	14.0	18.0	18.0	16.5	17.0	11.0
4	DASH		104.5	12.0	16.0	11.0	17.0	16.5	14.0	18.0
5	Warrington		60.5	0.0	12.0	10.0	10.0	17.5	11.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
15	Sophie Davis	2LR	27.4				27.4		
15	Sophie Davis	S	5.42	4.43	4.86	0.00	5.42		
15	Sophie Davis	SB	56				56		
16	Toni Lammond	2LR	27.3				27.3		
16	Toni Lammond	SB	56				56		
16	Toni Lammond	SLJ	1.78	1.83	1.74	0.00	1.83		

Results Sheet

2 Lap Race

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2	Liverpool		19.0
3	DASH		16.0
4	Deeside		14.0
5	Warrington		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		14	Amy Williams	23.4	14.0
2	Liverpool		31	Lydia Helsby	24.7	13.0
3	Warrington		66	Olivia Ball	25.3	12.0
4	DASH		18	Eve Hancox	25.9	11.0
5	Deeside		73	Sophie Rowlands	26.1	10.0
1	West Cheshire		6	Charlotte Williamson	23.8	7.0
2	Liverpool		36	Anna Rowe	24.7	6.0
3	DASH		17	Libby Geary	26.0	5.0
4	Deeside		74	Erin Parry	26.3	4.0
	West Cheshire		8	Samhilda Megonigle	24.2	
	West Cheshire		7	Georgia Barlow	24.6	
	West Cheshire		9	Olivia Williams	25.4	
	DASH		19	Jenna Ogden	26.3	
	West Cheshire		10	Sophie Baker	26.8	
	West Cheshire		13	Sophie Carter	27.3	
	West Cheshire		16	Toni Lammond	27.3	
	West Cheshire		15	Sophie Davis	27.4	

Results Sheet

6 Lap Time Trial

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2=	Deeside		18.0
2=	Liverpool		18.0
4	DASH		11.0
5	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		11	Emily Ball	1:28.7	14.0
2	Deeside		72	Abbie Prosser	1:33.2	13.0
3	Liverpool		34	Bethany Helsby	1:33.7	12.0
4	DASH		20	Becky Chapman	1:35.2	11.0
5	Warrington		65	Chloe O Hare	1:47.4	10.0
1	West Cheshire		12	Megan McEveley	1:30.4	7.0
2	Liverpool		37	Emily Rowe	1:34.0	6.0
3	Deeside		74	Erin Parry	1:35.6	5.0
	DASH		17	Libby Geary	1:37.5	

Results Sheet

4 x 2 Lap Relay

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	West Cheshire		0.0	1:35.7	1:35.7	21.0
2	03	Liverpool		0.0	1:44.8	1:44.8	18.0
3	02	Deeside		0.0	1:46.1	1:46.1	15.0
4	01	DASH		0.0	1:50.2	1:50.2	12.0

Results Sheet

Shot

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2	Deeside		18.0
3	DASH		17.0
4	Liverpool		16.0
5	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		14	Amy Williams	8.11	14.0
2	DASH		18	Eve Hancox	6.94	13.0
3	Deeside		75	Tia Williams	6.68	12.0
4	Liverpool		31	Lydia Helsby	5.70	11.0
5	Warrington		65	Chloe O Hare	5.17	10.0
1	West Cheshire		11	Emily Ball	8.04	7.0
2	Deeside		73	Sophie Rowlands	5.68	6.0
3	Liverpool		34	Bethany Helsby	5.49	5.0
4	DASH		17	Libby Geary	5.38	4.0
	West Cheshire		15	Sophie Davis	5.42	
	West Cheshire		6	Charlotte Williamson	5.09	
	Deeside		74	Erin Parry	5.09	

Results Sheet

Speed Bounce

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2	Warrington		17.5
3=	DASH		16.5
3=	Deeside		16.5
5	Liverpool		13.5

Ranking	Team	Colour	BibNo	Name	Total	Points
1	West Cheshire		10	Sophie Baker	79	14.0
2	Warrington		66	Olivia Ball	68	13.0
3	Deeside		72	Abbie Prosser	67	12.0
4=	Liverpool		34	Bethany Helsby	65	10.5
4=	DASH		20	Becky Chapman	65	10.5
1	West Cheshire		7	Georgia Barlow	73	7.0
2	DASH		19	Jenna Ogden	58	6.0
3=	Warrington		65	Chloe O Hare	57	4.5
3=	Deeside		73	Sophie Rowlands	57	4.5
5	Liverpool		37	Emily Rowe	45	3.0
	West Cheshire		9	Olivia Williams	70	
	Liverpool		36	Anna Rowe	68	
	West Cheshire		13	Sophie Carter	67	
	West Cheshire		16	Toni Lammond	56	
	West Cheshire		15	Sophie Davis	56	

Results Sheet

Standing Long Jump

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1=	Liverpool		20.0
1=	West Cheshire		20.0
3	Deeside		17.0
4	DASH		14.0
5	Warrington		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		36	Anna Rowe	2.15	14.0
2	West Cheshire		11	Emily Ball	2.15	13.0
3	Deeside		75	Tia Williams	1.93	12.0
4	Warrington		66	Olivia Ball	1.90	11.0
5	DASH		19	Jenna Ogden	1.82	10.0
1	West Cheshire		8	Samhilda Megonigle	2.00	7.0
2	Liverpool		31	Lydia Helsby	1.95	6.0
3	Deeside		72	Abbie Prosser	1.81	5.0
4	DASH		20	Becky Chapman	1.79	4.0
	West Cheshire		7	Georgia Barlow	1.99	
	West Cheshire		13	Sophie Carter	1.87	
	West Cheshire		12	Megan McEveley	1.86	
	West Cheshire		16	Toni Lammond	1.83	
	Liverpool		37	Emily Rowe	1.69	

Results Sheet

Standing Triple Jump

Competition:
NWLRd4 Under 13 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2=	DASH		18.0
2=	Liverpool		18.0
4	Deeside		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		14	Amy Williams	6.86	14.0
2	Liverpool		36	Anna Rowe	6.00	13.0
3	DASH		18	Eve Hancox	5.72	12.0
4	Deeside		75	Tia Williams	5.22	11.0
1	West Cheshire		12	Megan McEveley	6.08	7.0
2	DASH		17	Libby Geary	5.22	6.0
3	Liverpool		37	Emily Rowe	4.66	5.0
	West Cheshire		6	Charlotte Williamson	6.03	
	West Cheshire		8	Samhilda Megonigle	5.45	

Competition Results

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		141.5	21.0	20.5	21.0	21.0	19.0	19.0	20.0
2	DASH		126.0	18.0	16.0	18.0	18.0	21.0	17.0	18.0
3	Liverpool		114.5	12.0	17.5	15.0	18.0	16.0	17.0	19.0
4	Deeside		112.0	15.0	18.0	18.0	15.0	16.0	19.0	11.0
5	Warrington		40.0	0.0	10.0	0.0	10.0	10.0	0.0	10.0

Athlete Results

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	STJ
1	3	Olivia Montez-Brown	West Cheshire	55.5	13.5	14.0			14.0	14.0
2	32	Laura Truman	Liverpool	50.5	13.5			12.0	13.0	12.0
3	21	Sarah Wood	DASH	43.0		5.0		14.0	11.0	13.0
4	64	Abbie Bircumshaw	Warrington	40.0	10.0		10.0	10.0		10.0
5	1	Kelly Baker	West Cheshire	38.0			14.0	13.0	5.0	6.0
6	70	Shannon Malone	Deeside	36.0	12.0	12.0			12.0	
7	40	Marnie Wells-Nicholls	Liverpool	34.0		11.0	12.0	4.0		7.0
8	69	Megan Brooke-Jones	Deeside	29.0				11.0	7.0	11.0
9	22	Laura Pegler	DASH	27.0	11.0		5.0		6.0	5.0
10	71	Rhian Williams	Deeside	23.0	6.0	6.0	11.0			
11	23	Georgie Park	DASH	20.0		13.0		7.0		
12	24	Ellie Finch	DASH	18.0	5.0		13.0			
13	2	Laura Rigby	West Cheshire	14.0	7.0	7.0				
14	35	Ashleigh Humphries	Liverpool	10.0	4.0		6.0			
15	68	Bryony Burton	Deeside	9.0			4.0	5.0		
16	33	Charlie Evans	Liverpool	8.0		4.0			4.0	
17	4	Sophie Percival	West Cheshire	7.0			7.0			
18	5	Ellen McMahon	West Cheshire	6.0				6.0		

Team Results

DASH ()

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		141.5	21.0	20.5	21.0	21.0	19.0	19.0	20.0
2	DASH		126.0	18.0	16.0	18.0	18.0	21.0	17.0	18.0
3	Liverpool		114.5	12.0	17.5	15.0	18.0	16.0	17.0	19.0
4	Deeside		112.0	15.0	18.0	18.0	15.0	16.0	19.0	11.0
5	Warrington		40.0	0.0	10.0	0.0	10.0	10.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
21	Sarah Wood	6LR	1:27.8				1:27.8	3	5.0
21	Sarah Wood	SB	75				75	1	14.0
21	Sarah Wood	SLJ	2.18	2.15	2.19	0.00	2.19	4	11.0
21	Sarah Wood	STJ	6.54	6.66	6.56	0.00	6.66	2	13.0
22	Laura Pegler	2LR	24.4				24.4	4	11.0
22	Laura Pegler	S	5.78	5.51	5.51	0.00	5.78	3	5.0
22	Laura Pegler	SLJ	2.12	2.12	2.12	0.00	2.12	2	6.0
22	Laura Pegler	STJ	5.94	5.92	5.90	0.00	5.94	3	5.0
23	Georgie Park	2LR	24.4				24.4		
23	Georgie Park	6LR	1:24.5				1:24.5	2	13.0
23	Georgie Park	SB	71				71	1	7.0
23	Georgie Park	SLJ	1.67	1.80	1.68	0.00	1.80		
24	Ellie Finch	2LR	24.9				24.9	3	5.0
24	Ellie Finch	S	7.86	8.18	8.43	0.00	8.43	2	13.0
24	Ellie Finch	SB	64				64		
24	Ellie Finch	SLJ	2.06	2.05	1.56	0.00	2.06		

Team Results

Deeside ()

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		141.5	21.0	20.5	21.0	21.0	19.0	19.0	20.0
2	DASH		126.0	18.0	16.0	18.0	18.0	21.0	17.0	18.0
3	Liverpool		114.5	12.0	17.5	15.0	18.0	16.0	17.0	19.0
4	Deeside		112.0	15.0	18.0	18.0	15.0	16.0	19.0	11.0
5	Warrington		40.0	0.0	10.0	0.0	10.0	10.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
68	Bryony Burton	S	5.01	4.56	0.00	0.00	5.01	4	4.0
68	Bryony Burton	SB	63				63	3	5.0
69	Megan Brooke-Jones	SB	67				67	4	11.0
69	Megan Brooke-Jones	SLJ	2.18	2.04	2.18	0.00	2.18	1	7.0
69	Megan Brooke-Jones	STJ	5.78	6.00	5.62	0.00	6.00	4	11.0
70	Shannon Malone	2LR	23.5				23.5	3	12.0
70	Shannon Malone	6LR	1:26.7				1:26.7	3	12.0
70	Shannon Malone	SLJ	2.20	2.19	2.16	0.00	2.20	3	12.0
71	Rhian Williams	2LR	23.8				23.8	2	6.0
71	Rhian Williams	6LR	1:26.8				1:26.8	2	6.0
71	Rhian Williams	S	6.10	6.00	6.11	0.00	6.11	4	11.0

Team Results

Liverpool ()

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		141.5	21.0	20.5	21.0	21.0	19.0	19.0	20.0
2	DASH		126.0	18.0	16.0	18.0	18.0	21.0	17.0	18.0
3	Liverpool		114.5	12.0	17.5	15.0	18.0	16.0	17.0	19.0
4	Deeside		112.0	15.0	18.0	18.0	15.0	16.0	19.0	11.0
5	Warrington		40.0	0.0	10.0	0.0	10.0	10.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
32	Laura Truman	2LR	23.3				23.3	1=	13.5
32	Laura Truman	SB	70				70	3	12.0
32	Laura Truman	SLJ	2.27	2.25	2.23	0.00	2.27	2	13.0
32	Laura Truman	STJ	6.46	6.44	6.54	0.00	6.54	3	12.0
33	Charlie Evans	6LR	1:29.5				1:29.5	4	4.0
33	Charlie Evans	SLJ	1.82	1.83	1.75	0.00	1.83	4	4.0
33	Charlie Evans	STJ	5.80	0.00	0.00	0.00	5.80		
35	Ashleigh Humphries	2LR	26.9				26.9	4	4.0
35	Ashleigh Humphries	S	6.61	7.05	7.42	0.00	7.42	2	6.0
35	Ashleigh Humphries	SLJ	0.00	0.00	0.00	0.00	0.00		
40	Marnie Wells-Nicholls	6LR	1:28.5				1:28.5	4	11.0
40	Marnie Wells-Nicholls	S	7.62	7.51	8.22	0.00	8.22	3	12.0
40	Marnie Wells-Nicholls	SB	56				56	4	4.0
40	Marnie Wells-Nicholls	SLJ	2.26	2.22	2.32	0.00	2.32		
40	Marnie Wells-Nicholls	STJ	6.34	6.20	6.54	0.00	6.54	1	7.0

Team Results

Warrington ()

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		141.5	21.0	20.5	21.0	21.0	19.0	19.0	20.0
2	DASH		126.0	18.0	16.0	18.0	18.0	21.0	17.0	18.0
3	Liverpool		114.5	12.0	17.5	15.0	18.0	16.0	17.0	19.0
4	Deeside		112.0	15.0	18.0	18.0	15.0	16.0	19.0	11.0
5	Warrington		40.0	0.0	10.0	0.0	10.0	10.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
64	Abbie Bircumshaw	2LR	25.7				25.7	5	10.0
64	Abbie Bircumshaw	S	5.89	5.70	5.61	0.00	5.89	5	10.0
64	Abbie Bircumshaw	SB	66				66	5	10.0
64	Abbie Bircumshaw	STJ	5.08	5.46	5.48	0.00	5.48	5	10.0

Team Results

West Cheshire ()

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		141.5	21.0	20.5	21.0	21.0	19.0	19.0	20.0
2	DASH		126.0	18.0	16.0	18.0	18.0	21.0	17.0	18.0
3	Liverpool		114.5	12.0	17.5	15.0	18.0	16.0	17.0	19.0
4	Deeside		112.0	15.0	18.0	18.0	15.0	16.0	19.0	11.0
5	Warrington		40.0	0.0	10.0	0.0	10.0	10.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Kelly Baker	2LR	24.0				24.0		
1	Kelly Baker	S	9.28	11.04	10.80	0.00	11.04	1	14.0
1	Kelly Baker	SB	72				72	2	13.0
1	Kelly Baker	SLJ	2.11	2.07	0.00	0.00	2.11	3	5.0
1	Kelly Baker	STJ	6.38	6.36	0.00	0.00	6.38	2	6.0
2	Laura Rigby	2LR	23.6				23.6	1	7.0
2	Laura Rigby	6LR	1:22.8				1:22.8	1	7.0
3	Olivia Montez-Brown	2LR	23.3				23.3	1=	13.5
3	Olivia Montez-Brown	6LR	1:21.8				1:21.8	1	14.0
3	Olivia Montez-Brown	SLJ	2.36	2.37	2.32	0.00	2.37	1	14.0
3	Olivia Montez-Brown	STJ	6.70	7.16	7.08	0.00	7.16	1	14.0
4	Sophie Percival	2LR	26.2				26.2		
4	Sophie Percival	S	7.07	7.51	8.00	0.00	8.00	1	7.0
4	Sophie Percival	SB	58				58		
4	Sophie Percival	SLJ	1.86	1.87	1.80	0.00	1.87		
4	Sophie Percival	STJ	5.34	5.64	5.72	0.00	5.72		
5	Ellen McMahon	2LR	26.9				26.9		
5	Ellen McMahon	6LR	1:34.2				1:34.2		
5	Ellen McMahon	SB	68				68	2	6.0
5	Ellen McMahon	SLJ	1.59	1.76	1.71	0.00	1.76		

Results Sheet

2 Lap Race

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		20.5
2	Deeside		18.0
3	Liverpool		17.5
4	DASH		16.0
5	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	West Cheshire		3	Olivia Montez-Brown	23.3	13.5
1=	Liverpool		32	Laura Truman	23.3	13.5
3	Deeside		70	Shannon Malone	23.5	12.0
4	DASH		22	Laura Pegler	24.4	11.0
5	Warrington		64	Abbie Bircumshaw	25.7	10.0
1	West Cheshire		2	Laura Rigby	23.6	7.0
2	Deeside		71	Rhian Williams	23.8	6.0
3	DASH		24	Ellie Finch	24.9	5.0
4	Liverpool		35	Ashleigh Humphries	26.9	4.0
	West Cheshire		1	Kelly Baker	24.0	
	DASH		23	Georgie Park	24.4	
	West Cheshire		4	Sophie Percival	26.2	
	West Cheshire		5	Ellen McMahon	26.9	

Results Sheet

6 Lap Time Trial

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2=	DASH		18.0
2=	Deeside		18.0
4	Liverpool		15.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		3	Olivia Montez-Brown	1:21.8	14.0
2	DASH		23	Georgie Park	1:24.5	13.0
3	Deeside		70	Shannon Malone	1:26.7	12.0
4	Liverpool		40	Marnie Wells-Nicholls	1:28.5	11.0
1	West Cheshire		2	Laura Rigby	1:22.8	7.0
2	Deeside		71	Rhian Williams	1:26.8	6.0
3	DASH		21	Sarah Wood	1:27.8	5.0
4	Liverpool		33	Charlie Evans	1:29.5	4.0
	West Cheshire		5	Ellen McMahon	1:34.2	

Results Sheet

4 x 2 Lap Relay

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	West Cheshire		0.0	1:35.3	1:35.3	21.0
2	01	DASH		0.0	1:37.4	1:37.4	18.0
3	02	Deeside		0.0	1:38.0	1:38.0	15.0
4	03	Liverpool		0.0	1:38.3	1:38.3	12.0

Results Sheet

Shot

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2=	DASH		18.0
2=	Liverpool		18.0
4	Deeside		15.0
5	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		1	Kelly Baker	11.04	14.0
2	DASH		24	Ellie Finch	8.43	13.0
3	Liverpool		40	Marnie Wells-Nicholls	8.22	12.0
4	Deeside		71	Rhian Williams	6.11	11.0
5	Warrington		64	Abbie Bircumshaw	5.89	10.0
1	West Cheshire		4	Sophie Percival	8.00	7.0
2	Liverpool		35	Ashleigh Humphries	7.42	6.0
3	DASH		22	Laura Pegler	5.78	5.0
4	Deeside		68	Bryony Burton	5.01	4.0

Results Sheet

Speed Bounce

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	DASH		21.0
2	West Cheshire		19.0
3=	Deeside		16.0
3=	Liverpool		16.0
5	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	DASH		21	Sarah Wood	75	14.0
2	West Cheshire		1	Kelly Baker	72	13.0
3	Liverpool		32	Laura Truman	70	12.0
4	Deeside		69	Megan Brooke-Jones	67	11.0
5	Warrington		64	Abbie Bircumshaw	66	10.0
1	DASH		23	Georgie Park	71	7.0
2	West Cheshire		5	Ellen McMahon	68	6.0
3	Deeside		68	Bryony Burton	63	5.0
4	Liverpool		40	Marnie Wells-Nicholls	56	4.0
	DASH		24	Ellie Finch	64	
	West Cheshire		4	Sophie Percival	58	

Results Sheet

Standing Long Jump

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1=	Deeside		19.0
1=	West Cheshire		19.0
3=	DASH		17.0
3=	Liverpool		17.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		3	Olivia Montez-Brown	2.37	14.0
2	Liverpool		32	Laura Truman	2.27	13.0
3	Deeside		70	Shannon Malone	2.20	12.0
4	DASH		21	Sarah Wood	2.19	11.0
1	Deeside		69	Megan Brooke-Jones	2.18	7.0
2	DASH		22	Laura Pegler	2.12	6.0
3	West Cheshire		1	Kelly Baker	2.11	5.0
4	Liverpool		33	Charlie Evans	1.83	4.0
	Liverpool		40	Marnie Wells-Nicholls	2.32	
	DASH		24	Ellie Finch	2.06	
	West Cheshire		4	Sophie Percival	1.87	
	DASH		23	Georgie Park	1.80	
	West Cheshire		5	Ellen McMahon	1.76	

Results Sheet

Standing Triple Jump

Competition:
NWLRd4 Under 15 Girls

Venue:
Deeside

Date
6 Dec 2010

Ranking	Team	Colour	Points
1	West Cheshire		20.0
2	Liverpool		19.0
3	DASH		18.0
4	Deeside		11.0
5	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		3	Olivia Montez-Brown	7.16	14.0
2	DASH		21	Sarah Wood	6.66	13.0
3	Liverpool		32	Laura Truman	6.54	12.0
4	Deeside		69	Megan Brooke-Jones	6.00	11.0
5	Warrington		64	Abbie Bircumshaw	5.48	10.0
1	Liverpool		40	Marnie Wells-Nicholls	6.54	7.0
2	West Cheshire		1	Kelly Baker	6.38	6.0
3	DASH		22	Laura Pegler	5.94	5.0
	Liverpool		33	Charlie Evans	5.80	
	West Cheshire		4	Sophie Percival	5.72	