

North West Sportshall Athletics League 2009 - 2010  
League Tables after Round Three  
29th November 2009

U/11 Girls	Round 1	Round 2	Round 3	Total
Deeside	132	0	135	267
Crewe & Nantwich	124	130	0	254
West Cheshire	113	0	136	249
Halton & Frodsham	115	122.5	0	237.5
Liverpool	0	118	87.5	205.5
Southport / Waterloo	0	98.5	103.5	202
DASH	0	100	99.5	199.5
Sutton St Helens	88	87	0	175
Warrington	64	0	89.5	153.5
Handforth	0	25	0	25

U/11 Boys	Round 1	Round 2	Round 3	Total
Crewe	139	138	0	277
DASH	0	120	136.5	256.5
Halton & Frodsham	125	130.5	0	255.5
West Cheshire	95.5	0	132	227.5
Deeside	110.5	0	94.5	205
Liverpool	0	80.5	114	194.5
Handforth	77.5	55	0	132.5
Warrington	61.5	0	52	113.5
Southport / Waterloo	0	72	29	101
Sutton St Helens	49	0	0	49

U/13 Girls	Round 1	Round 2	Round 3	Total
Crewe & Nantwich	140	144	0	284
West Cheshire	128	0	138	266
Liverpool	0	122	132	254
Halton & Frodsham	117.5	119	0	236.5
Warrington	74	0	110	184
Southport / Waterloo	0	83	53	136
Sutton St Helens	58.5	74	0	132.5
Deeside	47	0	26	73
DASH	0	52	0	52

U/13 Boys	Round 1	Round 2	Round 3	Total
West Cheshire	128	0	138	266
Crewe & Nantwich	126.5	132	0	258.5
Liverpool	0	86.5	123	209.5
DASH	0	125	78	203
Sutton St Helens	98.5	85.5	0	184
Warrington	93	0	82	175
Deeside	57	0	30	87
Halton & Frodsham	18	33	0	51
Southport / Waterloo	0	49	0	49

U/15 Girls	Round 1	Round 2	Round 3	Total
West Cheshire	135.5	0	142	277.5
Crewe & Nantwich	133.5	141.5	0	275
Deeside	119	0	134	253
Warrington	95	0	82	177
Sutton St Helens	62.5	81.5	0	144
Halton & Frodsham	41.5	79.5	0	121
DASH	0	66.5	50	116.5

U/15 Boys	Round 1	Round 2	Round 3	Total
West Cheshire	123	0	116	239
Crewe & Nantwich	84	95		179
Deeside	141	0	27	168
Halton & Frodsham	78	69		147
Dash	0	0	90	90
Warrington	30	0	0	30
Handforth	23	0		23



# Competition Results

**Competition:**  
NWL3 - Deeside Under 11 girls

**Venue:**  
Deeside

**Date**  
29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		136.0	21.0	19.0	21.0	19.0	21.0	16.0	19.0
2	Deeside		135.0	18.0	21.0	17.0	21.0	18.0	19.0	21.0
3	Southport Waterloo		103.5	15.0	14.0	19.0	15.5	16.0	11.0	13.0
4	Dash		99.5	12.0	16.0	14.0	14.0	15.5	13.0	15.0
5	Warrington		89.5	9.0	12.0	14.0	14.5	9.0	20.0	11.0
6	Liverpool		87.5	6.0	12.0	9.0	12.0	14.5	17.0	17.0

# Athlete Results

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	CP	SB	SLJ	VJ
1	16	Chloe Hughes	Deeside	40.0	14.0		14.0		12.0	
2	5	Anna Rowe	Liverpool	36.5				11.5	13.0	12.0
3	33	Georgia Barlow	West Cheshire	33.0	13.0	14.0				6.0
4	56	Olivia Byrne	Southport Waterloo	29.0	10.0	13.0		6.0		
5	79	Nikita Millmow	Warrington	28.0		10.0		9.0		9.0
6	29	Ruby Cobburn	Dash	27.0	5.0		12.0		10.0	
7=	31	Libby Geary	Dash	26.0	11.0			4.0		11.0
7=	81	Kelly Chadwick	Warrington	26.0	12.0				14.0	
9	15	Charlotte Walters	Deeside	21.0	7.0					14.0
10	60	Emma Alderson	Southport Waterloo	20.0				10.0		10.0
11	57	Faith Dixon	Southport Waterloo	19.5		6.0	4.5		9.0	
12=	21	Millie Williams	Deeside	19.0		12.0	7.0			
12=	34	Olivia Williams	West Cheshire	19.0	6.0	7.0	6.0			
14=	2	Lydia Jones	Liverpool	18.0	9.0				4.0	5.0
14=	4	Emily Rowe	Liverpool	18.0		9.0	9.0			
14=	20	Molly Gregorious	Deeside	18.0		5.0		13.0		
14=	30	Lucy Wylie	Dash	18.0		11.0			3.0	4.0
18	32	Ellie Ward	Dash	16.5		3.0		11.5		
19	80	Hannah Kirsopp	Warrington	16.0			10.0		6.0	
20	58	Jessica Beasley	Southport Waterloo	15.0	4.0		11.0			
21=	17	Rachael Swash	Deeside	14.0					7.0	7.0
21=	37	Sophie Baker	West Cheshire	14.0				14.0		
23=	35	Sam Megonigle	West Cheshire	13.0						13.0
23=	36	Dominika Sadecuk	West Cheshire	13.0			13.0			
25	38	Sophie Carter	West Cheshire	11.0					11.0	
26	82	Rachel Spruce	Warrington	10.5		4.0	4.5			2.0
27	3	Sarah O'Melia	Liverpool	9.0	3.0		3.0	3.0		
28	40	Sophie Davies	West Cheshire	7.0				7.0		
29=	41	Mia Rollins	West Cheshire	5.0					5.0	
29=	55	Megan Yard	Deeside	5.0				5.0		
29=	59	Jade Ball	Southport Waterloo	5.0					2.0	3.0
32=	6	Abby Oliver	Liverpool	0.0						
32=	18	Tia Williams	Deeside	0.0						
32=	19	Erin Parry	Deeside	0.0						
32=	39	Toni Lammond	West Cheshire	0.0						
32=	42	Eleanor Moore	West Cheshire	0.0						
32=	43	Amber Smith	West Cheshire	0.0						
32=	44	Saskia Clarke	West Cheshire	0.0						
32=	45	Cora Finley	West Cheshire	0.0						

# Team Results

# Dash ()

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		136.0	21.0	19.0	21.0	19.0	21.0	16.0	19.0
2	Deeside		135.0	18.0	21.0	17.0	21.0	18.0	19.0	21.0
3	Southport Waterloo		103.5	15.0	14.0	19.0	15.5	16.0	11.0	13.0
4	Dash		99.5	12.0	16.0	14.0	14.0	15.5	13.0	15.0
5	Warrington		89.5	9.0	12.0	14.0	14.5	9.0	20.0	11.0
6	Liverpool		87.5	6.0	12.0	9.0	12.0	14.5	17.0	17.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
29	Ruby Cobhburn	2LR	26.8				26.8	3	5.0
29	Ruby Cobhburn	CP	4.75	4.50	5.00	0.00	5.00	3	12.0
29	Ruby Cobhburn	SLJ	1.68	1.78	1.82	0.00	1.82	5	10.0
30	Lucy Wylie	4LR	58.7				58.7	4	11.0
30	Lucy Wylie	SLJ	1.54	1.46	1.42	0.00	1.54	5	3.0
30	Lucy Wylie	VJ	28	27	28	0	28	4	4.0
31	Libby Geary	2LR	25.9				25.9	4	11.0
31	Libby Geary	SB	39				39	4	4.0
31	Libby Geary	VJ	34	35	35	0	35	4	11.0
32	Ellie Ward	4LR	1:07.4				1:07.4	5	3.0
32	Ellie Ward	CP	2.75	3.00	3.00	0.00	3.00	6	2.0
32	Ellie Ward	SB	43				43	3=	11.5

# Team Results

# Deeside ()

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		136.0	21.0	19.0	21.0	19.0	21.0	16.0	19.0
2	Deeside		135.0	18.0	21.0	17.0	21.0	18.0	19.0	21.0
3	Southport Waterloo		103.5	15.0	14.0	19.0	15.5	16.0	11.0	13.0
4	Dash		99.5	12.0	16.0	14.0	14.0	15.5	13.0	15.0
5	Warrington		89.5	9.0	12.0	14.0	14.5	9.0	20.0	11.0
6	Liverpool		87.5	6.0	12.0	9.0	12.0	14.5	17.0	17.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
15	Charlotte Walters	2LR	25.5				25.5	1	7.0
15	Charlotte Walters	SB	38				38		
15	Charlotte Walters	VJ	45	44	45	0	45	1	14.0
16	Chloe Hughes	2LR	24.2				24.2	1	14.0
16	Chloe Hughes	CP	5.75	6.25	5.50	0.00	6.25	1	14.0
16	Chloe Hughes	SLJ	0.00	2.04	1.96	0.00	2.04	3	12.0
17	Rachael Swash	2LR	26.6				26.6		
17	Rachael Swash	SLJ	1.90	1.94	1.90	0.00	1.94	1	7.0
17	Rachael Swash	VJ	45	0	45	0	45	1	7.0
18	Tia Williams	2LR	0.0				0.0		
18	Tia Williams	CP	5.50	0.00	5.25	0.00	5.50		
18	Tia Williams	SLJ	1.68	1.70	1.76	0.00	1.76		
19	Erin Parry	2LR	27.6				27.6		
19	Erin Parry	CP	3.75	4.25	0.00	0.00	4.25		
19	Erin Parry	VJ	0	30	0	0	30		
20	Molly Gregorious	4LR	1:03.4				1:03.4	3	5.0
20	Molly Gregorious	SB	46				46	2	13.0
20	Molly Gregorious	SLJ	1.82	1.78	1.78	0.00	1.82		
21	Millie Williams	4LR	58.0				58.0	3	12.0
21	Millie Williams	CP	5.50	5.50	0.00	0.00	5.50	1	7.0
55	Megan Yard	2LR	28.1				28.1		
55	Megan Yard	4LR	1:01.0				1:01.0		
55	Megan Yard	SB	40				40	3	5.0

# Team Results

# Liverpool ()

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		136.0	21.0	19.0	21.0	19.0	21.0	16.0	19.0
2	Deeside		135.0	18.0	21.0	17.0	21.0	18.0	19.0	21.0
3	Southport Waterloo		103.5	15.0	14.0	19.0	15.5	16.0	11.0	13.0
4	Dash		99.5	12.0	16.0	14.0	14.0	15.5	13.0	15.0
5	Warrington		89.5	9.0	12.0	14.0	14.5	9.0	20.0	11.0
6	Liverpool		87.5	6.0	12.0	9.0	12.0	14.5	17.0	17.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
2	Lydia Jones	2LR	27.8				27.8	6	9.0
2	Lydia Jones	SLJ	1.50	1.58	1.60	0.00	1.60	4	4.0
2	Lydia Jones	VJ	30	31	30	0	31	3	5.0
3	Sarah O'Melia	2LR	30.1				30.1	5	3.0
3	Sarah O'Melia	CP	0.00	0.00	3.50	0.00	3.50	5	3.0
3	Sarah O'Melia	SB	35				35	5	3.0
4	Emily Rowe	4LR	1:06.5				1:06.5	6	9.0
4	Emily Rowe	CP	4.25	3.75	0.00	0.00	4.25	6	9.0
4	Emily Rowe	SB	34				34		
5	Anna Rowe	SB	43				43	3=	11.5
5	Anna Rowe	SLJ	2.06	2.08	2.08	0.00	2.08	2	13.0
5	Anna Rowe	VJ	37	38	41	0	41	3	12.0
6	Abby Oliver	4LR	0.0				0.0		
6	Abby Oliver	VJ	0	0	0	0	0		

# Team Results

# Southport Waterloo ()

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		136.0	21.0	19.0	21.0	19.0	21.0	16.0	19.0
2	Deeside		135.0	18.0	21.0	17.0	21.0	18.0	19.0	21.0
3	Southport Waterloo		103.5	15.0	14.0	19.0	15.5	16.0	11.0	13.0
4	Dash		99.5	12.0	16.0	14.0	14.0	15.5	13.0	15.0
5	Warrington		89.5	9.0	12.0	14.0	14.5	9.0	20.0	11.0
6	Liverpool		87.5	6.0	12.0	9.0	12.0	14.5	17.0	17.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
56	Olivia Byrne	2LR	26.1				26.1	5	10.0
56	Olivia Byrne	4LR	56.6				56.6	2	13.0
56	Olivia Byrne	SB	41				41	2	6.0
57	Faith Dixon	2LR	0.0				0.0		
57	Faith Dixon	4LR	1:02.8				1:02.8	2	6.0
57	Faith Dixon	CP	3.00	3.50	3.50	0.00	3.50	3=	4.5
57	Faith Dixon	SLJ	1.32	1.32	1.38	0.00	1.38	6	9.0
58	Jessica Beasley	2LR	27.7				27.7	4	4.0
58	Jessica Beasley	4LR	0.0				0.0		
58	Jessica Beasley	CP	3.75	4.25	4.25	0.00	4.25	4	11.0
58	Jessica Beasley	SB	38				38		
59	Jade Ball	2LR	30.9				30.9		
59	Jade Ball	4LR	1:07.6				1:07.6		
59	Jade Ball	SB	41				41		
59	Jade Ball	SLJ	1.34	1.34	1.36	0.00	1.36	6	2.0
59	Jade Ball	VJ	24	23	23	0	24	5	3.0
60	Emma Alderson	2LR	26.7				26.7		
60	Emma Alderson	4LR	58.2				58.2		
60	Emma Alderson	SB	42				42	5	10.0
60	Emma Alderson	SLJ	1.28	1.22	1.24	0.00	1.28		
60	Emma Alderson	VJ	30	31	35	0	35	5	10.0



# Team Results

# Warrington ()

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		136.0	21.0	19.0	21.0	19.0	21.0	16.0	19.0
2	Deeside		135.0	18.0	21.0	17.0	21.0	18.0	19.0	21.0
3	Southport Waterloo		103.5	15.0	14.0	19.0	15.5	16.0	11.0	13.0
4	Dash		99.5	12.0	16.0	14.0	14.0	15.5	13.0	15.0
5	Warrington		89.5	9.0	12.0	14.0	14.5	9.0	20.0	11.0
6	Liverpool		87.5	6.0	12.0	9.0	12.0	14.5	17.0	17.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
79	Nikita Millmow	4LR	1:03.3				1:03.3	5	10.0
79	Nikita Millmow	SB	39				39	6	9.0
79	Nikita Millmow	VJ	29	25	28	0	29	6	9.0
80	Hannah Kirsopp	2LR	29.0				29.0		
80	Hannah Kirsopp	CP	3.75	3.75	4.25	0.00	4.25	5	10.0
80	Hannah Kirsopp	SLJ	1.54	1.58	1.64	0.00	1.64	2	6.0
81	Kelly Chadwick	2LR	25.0				25.0	3	12.0
81	Kelly Chadwick	SLJ	2.10	2.06	2.04	0.00	2.10	1	14.0
82	Rachel Spruce	4LR	1:04.0				1:04.0	4	4.0
82	Rachel Spruce	CP	3.00	3.50	3.50	0.00	3.50	3=	4.5
82	Rachel Spruce	VJ	19	20	20	0	20	6	2.0

# Team Results

# West Cheshire ()

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		136.0	21.0	19.0	21.0	19.0	21.0	16.0	19.0
2	Deeside		135.0	18.0	21.0	17.0	21.0	18.0	19.0	21.0
3	Southport Waterloo		103.5	15.0	14.0	19.0	15.5	16.0	11.0	13.0
4	Dash		99.5	12.0	16.0	14.0	14.0	15.5	13.0	15.0
5	Warrington		89.5	9.0	12.0	14.0	14.5	9.0	20.0	11.0
6	Liverpool		87.5	6.0	12.0	9.0	12.0	14.5	17.0	17.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
33	Georgia Barlow	2LR	24.3				24.3	2	13.0
33	Georgia Barlow	4LR	54.6				54.6	1	14.0
33	Georgia Barlow	VJ	34	39	40	0	40	2	6.0
34	Olivia Williams	2LR	26.6				26.6	2	6.0
34	Olivia Williams	4LR	58.3				58.3	1	7.0
34	Olivia Williams	CP	0.00	5.25	5.50	0.00	5.50	2	6.0
35	Sam Megonigle	2LR	26.0				26.0		
35	Sam Megonigle	4LR	56.7				56.7		
35	Sam Megonigle	VJ	40	38	41	0	41	2	13.0
36	Dominika Sadecuk	2LR	26.2				26.2		
36	Dominika Sadecuk	4LR	58.8				58.8		
36	Dominika Sadecuk	CP	5.75	6.00	6.00	0.00	6.00	2	13.0
37	Sophie Baker	2LR	27.9				27.9		
37	Sophie Baker	4LR	1:04.4				1:04.4		
37	Sophie Baker	CP	5.00	5.00	5.25	0.00	5.25		
37	Sophie Baker	SB	49				49	1	14.0
38	Sophie Carter	2LR	27.7				27.7		
38	Sophie Carter	4LR	1:01.6				1:01.6		
38	Sophie Carter	SB	37				37		
38	Sophie Carter	SLJ	1.80	1.78	1.90	0.00	1.90	4	11.0
39	Toni Lammond	2LR	27.5				27.5		
39	Toni Lammond	4LR	1:02.8				1:02.8		
39	Toni Lammond	VJ	0	0	31	0	31		
40	Sophie Davies	2LR	28.4				28.4		
40	Sophie Davies	4LR	1:03.0				1:03.0		
40	Sophie Davies	SB	47				47	1	7.0
41	Mia Rollins	2LR	28.7				28.7		
41	Mia Rollins	4LR	1:02.9				1:02.9		
41	Mia Rollins	SLJ	1.50	1.52	1.64	0.00	1.64	3	5.0

# Team Results

# West Cheshire ()

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		136.0	21.0	19.0	21.0	19.0	21.0	16.0	19.0
2	Deeside		135.0	18.0	21.0	17.0	21.0	18.0	19.0	21.0
3	Southport Waterloo		103.5	15.0	14.0	19.0	15.5	16.0	11.0	13.0
4	Dash		99.5	12.0	16.0	14.0	14.0	15.5	13.0	15.0
5	Warrington		89.5	9.0	12.0	14.0	14.5	9.0	20.0	11.0
6	Liverpool		87.5	6.0	12.0	9.0	12.0	14.5	17.0	17.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
42	Eleanor Moore	2LR	29.0				29.0		
42	Eleanor Moore	4LR	1:06.7				1:06.7		
42	Eleanor Moore	CP	3.50	0.00	3.50	0.00	3.50		
43	Amber Smith	2LR	28.9				28.9		
43	Amber Smith	4LR	1:03.9				1:03.9		
43	Amber Smith	SLJ	1.56	1.60	1.62	0.00	1.62		
44	Saskia Clarke	2LR	28.1				28.1		
44	Saskia Clarke	4LR	1:01.8				1:01.8		
44	Saskia Clarke	SLJ	1.42	1.36	1.52	0.00	1.52		
45	Cora Finley	2LR	27.6				27.6		
45	Cora Finley	4LR	1:00.8				1:00.8		
45	Cora Finley	SB	27				27		

# Results Sheet

# 2 Lap Race

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1	Deeside		21.0
2	West Cheshire		19.0
3	Dash		16.0
4	Southport Waterloo		14.0
5=	Liverpool		12.0
5=	Warrington		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Deeside		16	Chloe Hughes	24.2	14.0
2	West Cheshire		33	Georgia Barlow	24.3	13.0
3	Warrington		81	Kelly Chadwick	25.0	12.0
4	Dash		31	Libby Geary	25.9	11.0
5	Southport Waterloo		56	Olivia Byrne	26.1	10.0
6	Liverpool		2	Lydia Jones	27.8	9.0
1	Deeside		15	Charlotte Walters	25.5	7.0
2	West Cheshire		34	Olivia Williams	26.6	6.0
3	Dash		29	Ruby Cobburn	26.8	5.0
4	Southport Waterloo		58	Jessica Beasley	27.7	4.0
5	Liverpool		3	Sarah O'Melia	30.1	3.0
	West Cheshire		35	Sam Megonigle	26.0	
	West Cheshire		36	Dominika Sadecuk	26.2	
	Deeside		17	Rachael Swash	26.6	
	Southport Waterloo		60	Emma Alderson	26.7	
	West Cheshire		39	Toni Lammond	27.5	
	West Cheshire		45	Cora Finley	27.6	
	Deeside		19	Erin Parry	27.6	
	West Cheshire		38	Sophie Carter	27.7	
	West Cheshire		37	Sophie Baker	27.9	
	Deeside		55	Megan Yard	28.1	
	West Cheshire		44	Saskia Clarke	28.1	
	West Cheshire		40	Sophie Davies	28.4	
	West Cheshire		41	Mia Rollins	28.7	
	West Cheshire		43	Amber Smith	28.9	
	Warrington		80	Hannah Kirsopp	29.0	
	West Cheshire		42	Eleanor Moore	29.0	
	Southport Waterloo		59	Jade Ball	30.9	

# Results Sheet

# 4 Lap Race

**Competition:**  
NWL3 - Deeside Under 11 girls

**Venue:**  
Deeside

**Date**  
29 Nov 2009

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2	Southport Waterloo		19.0
3	Deeside		17.0
4=	Dash		14.0
4=	Warrington		14.0
6	Liverpool		9.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		33	Georgia Barlow	54.6	14.0
2	Southport Waterloo		56	Olivia Byrne	56.6	13.0
3	Deeside		21	Millie Williams	58.0	12.0
4	Dash		30	Lucy Wylie	58.7	11.0
5	Warrington		79	Nikita Millmow	1:03.3	10.0
6	Liverpool		4	Emily Rowe	1:06.5	9.0
1	West Cheshire		34	Olivia Williams	58.3	7.0
2	Southport Waterloo		57	Faith Dixon	1:02.8	6.0
3	Deeside		20	Molly Gregorious	1:03.4	5.0
4	Warrington		82	Rachel Spruce	1:04.0	4.0
5	Dash		32	Ellie Ward	1:07.4	3.0
	West Cheshire		35	Sam Megonigle	56.7	
	Southport Waterloo		60	Emma Alderson	58.2	
	West Cheshire		36	Dominika Sadecuk	58.8	
	West Cheshire		45	Cora Finley	1:00.8	
	Deeside		55	Megan Yard	1:01.0	
	West Cheshire		38	Sophie Carter	1:01.6	
	West Cheshire		44	Saskia Clarke	1:01.8	
	West Cheshire		39	Toni Lammond	1:02.8	
	West Cheshire		41	Mia Rollins	1:02.9	
	West Cheshire		40	Sophie Davies	1:03.0	
	West Cheshire		43	Amber Smith	1:03.9	
	West Cheshire		37	Sophie Baker	1:04.4	
	West Cheshire		42	Eleanor Moore	1:06.7	
	Southport Waterloo		59	Jade Ball	1:07.6	

# Results Sheet

# 4 x 2 Lap Relay

**Competition:**  
NWL3 - Deeside Under 11 girls

**Venue:**  
Deeside

**Date**  
29 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	West Cheshire		1:42.7	0.0	1:42.7	21.0
2	02	Deeside		1:44.1	0.0	1:44.1	18.0
3	04	Southport Waterloo		1:49.0	0.0	1:49.0	15.0
4	01	Dash		1:52.6	0.0	1:52.6	12.0
5	05	Warrington		1:53.3	0.0	1:53.3	9.0
6	03	Liverpool		1:54.3	0.0	1:54.3	6.0

# Results Sheet

# Chest Push

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1	Deeside		21.0
2	West Cheshire		19.0
3	Southport Waterloo		15.5
4	Warrington		14.5
5	Dash		14.0
6	Liverpool		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Deeside		16	Chloe Hughes	6.25	14.0
2	West Cheshire		36	Dominika Sadecuk	6.00	13.0
3	Dash		29	Ruby Cobhburn	5.00	12.0
4	Southport Waterloo		58	Jessica Beasley	4.25	11.0
5	Warrington		80	Hannah Kirsopp	4.25	10.0
6	Liverpool		4	Emily Rowe	4.25	9.0
1	Deeside		21	Millie Williams	5.50	7.0
2	West Cheshire		34	Olivia Williams	5.50	6.0
3=	Southport Waterloo		57	Faith Dixon	3.50	4.5
3=	Warrington		82	Rachel Spruce	3.50	4.5
5	Liverpool		3	Sarah O'Melia	3.50	3.0
6	Dash		32	Ellie Ward	3.00	2.0
	Deeside		18	Tia Williams	5.50	
	West Cheshire		37	Sophie Baker	5.25	
	Deeside		19	Erin Parry	4.25	
	West Cheshire		42	Eleanor Moore	3.50	

# Results Sheet

# Speed Bounce

**Competition:**  
NWL3 - Deeside Under 11 girls

**Venue:**  
Deeside

**Date**  
29 Nov 2009

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2	Deeside		18.0
3	Southport Waterloo		16.0
4	Dash		15.5
5	Liverpool		14.5
6	Warrington		9.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	West Cheshire		37	Sophie Baker	49	14.0
2	Deeside		20	Molly Gregorious	46	13.0
3=	Dash		32	Ellie Ward	43	11.5
3=	Liverpool		5	Anna Rowe	43	11.5
5	Southport Waterloo		60	Emma Alderson	42	10.0
6	Warrington		79	Nikita Millmow	39	9.0
1	West Cheshire		40	Sophie Davies	47	7.0
2	Southport Waterloo		56	Olivia Byrne	41	6.0
3	Deeside		55	Megan Yard	40	5.0
4	Dash		31	Libby Geary	39	4.0
5	Liverpool		3	Sarah O'Melia	35	3.0
	Southport Waterloo		59	Jade Ball	41	
	Deeside		15	Charlotte Walters	38	
	Southport Waterloo		58	Jessica Beasley	38	
	West Cheshire		38	Sophie Carter	37	
	Liverpool		4	Emily Rowe	34	
	West Cheshire		45	Cora Finley	27	



# Results Sheet

# Standing Long Jump

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1	Warrington		20.0
2	Deeside		19.0
3	Liverpool		17.0
4	West Cheshire		16.0
5	Dash		13.0
6	Southport Waterloo		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Warrington		81	Kelly Chadwick	2.10	14.0
2	Liverpool		5	Anna Rowe	2.08	13.0
3	Deeside		16	Chloe Hughes	2.04	12.0
4	West Cheshire		38	Sophie Carter	1.90	11.0
5	Dash		29	Ruby Cobhburn	1.82	10.0
6	Southport Waterloo		57	Faith Dixon	1.38	9.0
1	Deeside		17	Rachael Swash	1.94	7.0
2	Warrington		80	Hannah Kirsopp	1.64	6.0
3	West Cheshire		41	Mia Rollins	1.64	5.0
4	Liverpool		2	Lydia Jones	1.60	4.0
5	Dash		30	Lucy Wylie	1.54	3.0
6	Southport Waterloo		59	Jade Ball	1.36	2.0
	Deeside		20	Molly Gregorious	1.82	
	Deeside		18	Tia Williams	1.76	
	West Cheshire		43	Amber Smith	1.62	
	West Cheshire		44	Saskia Clarke	1.52	
	Southport Waterloo		60	Emma Alderson	1.28	

# Results Sheet

# Vertical Jump

## Competition:

NWL3 - Deeside Under 11 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1	Deeside		21.0
2	West Cheshire		19.0
3	Liverpool		17.0
4	Dash		15.0
5	Southport Waterloo		13.0
6	Warrington		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Deeside		15	Charlotte Walters	45	14.0
2	West Cheshire		35	Sam Megonigle	41	13.0
3	Liverpool		5	Anna Rowe	41	12.0
4	Dash		31	Libby Geary	35	11.0
5	Southport Waterloo		60	Emma Alderson	35	10.0
6	Warrington		79	Nikita Millmow	29	9.0
1	Deeside		17	Rachael Swash	45	7.0
2	West Cheshire		33	Georgia Barlow	40	6.0
3	Liverpool		2	Lydia Jones	31	5.0
4	Dash		30	Lucy Wylie	28	4.0
5	Southport Waterloo		59	Jade Ball	24	3.0
6	Warrington		82	Rachel Spruce	20	2.0
	West Cheshire		39	Toni Lammond	31	
	Deeside		19	Erin Parry	30	



# Athlete Results

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	VJ
1	46	Amy Williams	West Cheshire	41.0	14.0	14.0	13.0			
2	75	Abbie Birainshaw	Warrington	35.0	11.0		12.0			12.0
3	62	Jessica O'Brien	Southport Waterloo	33.0	10.0		11.0		12.0	
4	73	Catrina Harrison	Warrington	28.0		6.0		12.0	10.0	
5=	6	Pagan Booton	Liverpool	27.0	13.0			14.0		
5=	49	Chloe Hunt	West Cheshire	27.0				13.0		14.0
7=	13	Laura Truman	Liverpool	26.0					13.0	13.0
7=	64	Laura Turley	Deeside	26.0	12.0				14.0	
9	47	Charlotte Williamson	West Cheshire	23.0	6.0			6.0	11.0	
10	74	Jasmin King	Warrington	22.0		12.0		5.0		5.0
11	11	Emily Laing	Liverpool	21.0			14.0		7.0	
12=	12	Charlotte Evans	Liverpool	20.0		13.0		7.0		
12=	61	Lucy Hunter	Southport Waterloo	20.0			4.0	11.0	5.0	
14	14	Jo O'Melia	Liverpool	13.0	7.0		6.0			
15	72	Lauren Wright	Warrington	10.0	5.0		5.0			
16=	10	Rachel Lee	Liverpool	7.0						7.0
16=	48	Emily Wood	West Cheshire	7.0		7.0				
16=	50	Sophie Percival	West Cheshire	7.0			7.0			
19=	51	India Cotgreave	West Cheshire	6.0					6.0	
19=	52	Tess Corr	West Cheshire	6.0						6.0
21=	7	Bethany Helsby	Liverpool	0.0						
21=	8	Lydia Helsby	Liverpool	0.0						
21=	53	Ellen McMahon	West Cheshire	0.0						
21=	54	Hannah Wood	West Cheshire	0.0						
21=	63	Laura Pegler	Dash	0.0						

# Team Results

# Dash ()

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		138.0	21.0	20.0	21.0	20.0	19.0	17.0	20.0
2	Liverpool		132.0	18.0	20.0	13.0	20.0	21.0	20.0	20.0
3	Warrington		110.0	15.0	16.0	18.0	17.0	17.0	10.0	17.0
4	Southport Waterloo		53.0	0.0	10.0	0.0	15.0	11.0	17.0	0.0
5	Deeside		26.0	0.0	12.0	0.0	0.0	0.0	14.0	0.0
6	Dash		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

# Deeside ()

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		138.0	21.0	20.0	21.0	20.0	19.0	17.0	20.0
2	Liverpool		132.0	18.0	20.0	13.0	20.0	21.0	20.0	20.0
3	Warrington		110.0	15.0	16.0	18.0	17.0	17.0	10.0	17.0
4	Southport Waterloo		53.0	0.0	10.0	0.0	15.0	11.0	17.0	0.0
5	Deeside		26.0	0.0	12.0	0.0	0.0	0.0	14.0	0.0
6	Dash		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
64	Laura Turley	2LR	24.3				24.3	3	12.0
64	Laura Turley	SLJ	2.06	2.10	2.14	0.00	2.14	1	14.0

# Team Results

# Liverpool ()

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		138.0	21.0	20.0	21.0	20.0	19.0	17.0	20.0
2	Liverpool		132.0	18.0	20.0	13.0	20.0	21.0	20.0	20.0
3	Warrington		110.0	15.0	16.0	18.0	17.0	17.0	10.0	17.0
4	Southport Waterloo		53.0	0.0	10.0	0.0	15.0	11.0	17.0	0.0
5	Deeside		26.0	0.0	12.0	0.0	0.0	0.0	14.0	0.0
6	Dash		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
6	Pagan Booton	2LR	24.2				24.2	2	13.0
6	Pagan Booton	SB	72				72	1	14.0
7	Bethany Helsby	2LR	26.1				26.1		
7	Bethany Helsby	SB	52				52		
8	Lydia Helsby	SLJ	1.76	1.82	1.78	0.00	1.82		
8	Lydia Helsby	VJ	41	40	35	0	41		
10	Rachel Lee	SLJ	1.76	1.86	1.74	0.00	1.86		
10	Rachel Lee	VJ	45	44	41	0	45	1	7.0
11	Emily Laing	S	8.56	8.42	8.52	0.00	8.56	1	14.0
11	Emily Laing	SLJ	2.06	2.12	2.02	0.00	2.12	1	7.0
11	Emily Laing	VJ	41	40	0	0	41		
12	Charlotte Evans	6LR	1:31.2				1:31.2	2	13.0
12	Charlotte Evans	SB	65				65	1	7.0
13	Laura Truman	2LR	25.0				25.0		
13	Laura Truman	SLJ	2.02	2.12	2.08	0.00	2.12	2	13.0
13	Laura Truman	VJ	43	46	44	0	46	2	13.0
14	Jo O'Melia	2LR	24.6				24.6	1	7.0
14	Jo O'Melia	S	5.40	5.25	5.76	0.00	5.76	2	6.0
14	Jo O'Melia	SB	51				51		

# Team Results

# Southport Waterloo ()

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		138.0	21.0	20.0	21.0	20.0	19.0	17.0	20.0
2	Liverpool		132.0	18.0	20.0	13.0	20.0	21.0	20.0	20.0
3	Warrington		110.0	15.0	16.0	18.0	17.0	17.0	10.0	17.0
4	Southport Waterloo		53.0	0.0	10.0	0.0	15.0	11.0	17.0	0.0
5	Deeside		26.0	0.0	12.0	0.0	0.0	0.0	14.0	0.0
6	Dash		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
61	Lucy Hunter	2LR	29.7				29.7		
61	Lucy Hunter	6LR	1:52.5				1:52.5		
61	Lucy Hunter	S	4.38	4.13	3.89	0.00	4.38	4	4.0
61	Lucy Hunter	SB	48				48	4	11.0
61	Lucy Hunter	SLJ	1.42	1.44	1.46	0.00	1.46	3	5.0
62	Jessica O'Brien	2LR	26.9				26.9	5	10.0
62	Jessica O'Brien	6LR	1:37.3				1:37.3		
62	Jessica O'Brien	S	5.12	0.00	4.90	0.00	5.12	4	11.0
62	Jessica O'Brien	SB	50				50		
62	Jessica O'Brien	SLJ	1.86	1.92	1.88	0.00	1.92	3	12.0



# Team Results

# Warrington ()

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		138.0	21.0	20.0	21.0	20.0	19.0	17.0	20.0
2	Liverpool		132.0	18.0	20.0	13.0	20.0	21.0	20.0	20.0
3	Warrington		110.0	15.0	16.0	18.0	17.0	17.0	10.0	17.0
4	Southport Waterloo		53.0	0.0	10.0	0.0	15.0	11.0	17.0	0.0
5	Deeside		26.0	0.0	12.0	0.0	0.0	0.0	14.0	0.0
6	Dash		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
72	Lauren Wright	2LR	27.7				27.7	3	5.0
72	Lauren Wright	S	0.00	5.04	4.65	0.00	5.04	3	5.0
73	Catrina Harrison	6LR	1:42.0				1:42.0	2	6.0
73	Catrina Harrison	SB	58				58	3	12.0
73	Catrina Harrison	SLJ	1.64	1.62	1.68	0.00	1.68	5	10.0
74	Jasmin King	6LR	1:38.9				1:38.9	3	12.0
74	Jasmin King	SB	53				53	3	5.0
74	Jasmin King	VJ	31	35	34	0	35	3	5.0
75	Abbie Birainshaw	2LR	26.2				26.2	4	11.0
75	Abbie Birainshaw	S	6.26	4.95	5.98	0.00	6.26	3	12.0
75	Abbie Birainshaw	VJ	42	39	41	0	42	3	12.0

# Team Results

# West Cheshire ()

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		138.0	21.0	20.0	21.0	20.0	19.0	17.0	20.0
2	Liverpool		132.0	18.0	20.0	13.0	20.0	21.0	20.0	20.0
3	Warrington		110.0	15.0	16.0	18.0	17.0	17.0	10.0	17.0
4	Southport Waterloo		53.0	0.0	10.0	0.0	15.0	11.0	17.0	0.0
5	Deeside		26.0	0.0	12.0	0.0	0.0	0.0	14.0	0.0
6	Dash		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 Williams	2LR	24.0				24.0	1	14.0
46	Amy Williams	6LR	1:28.6				1:28.6	1	14.0
46	Amy Williams	S	6.80	7.21	7.37	0.00	7.37	2	13.0
46	Amy Williams	VJ	39	43	41	0	43		
47	Charlotte Williamson	2LR	24.9				24.9	2	6.0
47	Charlotte Williamson	SB	58				58	2	6.0
47	Charlotte Williamson	SLJ	1.90	1.76	1.82	0.00	1.90	4	11.0
48	Emily Wood	2LR	25.7				25.7		
48	Emily Wood	6LR	1:31.2				1:31.2	1	7.0
48	Emily Wood	SB	56				56		
48	Emily Wood	SLJ	1.76	1.72	1.72	0.00	1.76		
49	Chloe Hunt	2LR	25.3				25.3		
49	Chloe Hunt	6LR	1:33.5				1:33.5		
49	Chloe Hunt	SB	59				59	2	13.0
49	Chloe Hunt	VJ	48	36	49	0	49	1	14.0
50	Sophie Percival	2LR	28.0				28.0		
50	Sophie Percival	6LR	1:42.2				1:42.2		
50	Sophie Percival	S	6.31	6.63	6.06	0.00	6.63	1	7.0
51	India Cotgreave	2LR	27.5				27.5		
51	India Cotgreave	6LR	1:35.5				1:35.5		
51	India Cotgreave	SLJ	1.78	1.75	1.68	0.00	1.78	2	6.0
52	Tess Corr	2LR	26.5				26.5		
52	Tess Corr	6LR	1:33.3				1:33.3		
52	Tess Corr	VJ	0	36	41	0	41	2	6.0
53	Ellen McMahon	2LR	27.4				27.4		
53	Ellen McMahon	6LR	1:36.9				1:36.9		
53	Ellen McMahon	SB	57				57		
54	Hannah Wood	2LR	29.3				29.3		
54	Hannah Wood	SLJ	1.24	1.20	1.28	0.00	1.28		

# Results Sheet

# 2 Lap Race

**Competition:**  
NWL3 - Deeside Under 13 girls

**Venue:**  
Deeside

**Date**  
29 Nov 2009

Ranking	Team	Colour	Points
1=	Liverpool		20.0
1=	West Cheshire		20.0
3	Warrington		16.0
4	Deeside		12.0
5	Southport Waterloo		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		46	Amy Williams	24.0	14.0
2	Liverpool		6	Pagan Booton	24.2	13.0
3	Deeside		64	Laura Turley	24.3	12.0
4	Warrington		75	Abbie Birainshaw	26.2	11.0
5	Southport Waterloo		62	Jessica O'Brien	26.9	10.0
1	Liverpool		14	Jo O'Melia	24.6	7.0
2	West Cheshire		47	Charlotte Williamson	24.9	6.0
3	Warrington		72	Lauren Wright	27.7	5.0
	Liverpool		13	Laura Truman	25.0	
	West Cheshire		49	Chloe Hunt	25.3	
	West Cheshire		48	Emily Wood	25.7	
	Liverpool		7	Bethany Helsby	26.1	
	West Cheshire		52	Tess Corr	26.5	
	West Cheshire		53	Ellen McMahon	27.4	
	West Cheshire		51	India Cotgreave	27.5	
	West Cheshire		50	Sophie Percival	28.0	
	West Cheshire		54	Hannah Wood	29.3	
	Southport Waterloo		61	Lucy Hunter	29.7	

# Results Sheet

# 6 Lap Time Trial

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2	Warrington		18.0
3	Liverpool		13.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		46	Amy Williams	1:28.6	14.0
2	Liverpool		12	Charlotte Evans	1:31.2	13.0
3	Warrington		74	Jasmin King	1:38.9	12.0
1	West Cheshire		48	Emily Wood	1:31.2	7.0
2	Warrington		73	Catrina Harrison	1:42.0	6.0
	West Cheshire		52	Tess Corr	1:33.3	
	West Cheshire		49	Chloe Hunt	1:33.5	
	West Cheshire		51	India Cotgreave	1:35.5	
	West Cheshire		53	Ellen McMahon	1:36.9	
	Southport Waterloo		62	Jessica O'Brien	1:37.3	
	West Cheshire		50	Sophie Percival	1:42.2	
	Southport Waterloo		61	Lucy Hunter	1:52.5	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	West Cheshire		1:37.7	0.0	1:37.7	21.0
2	03	Liverpool		1:37.9	0.0	1:37.9	18.0
3	05	Warrington		1:49.2	0.0	1:49.2	15.0

# Results Sheet

# Shot

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1=	Liverpool		20.0
1=	West Cheshire		20.0
3	Warrington		17.0
4	Southport Waterloo		15.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		11	Emily Laing	8.56	14.0
2	West Cheshire		46	Amy Williams	7.37	13.0
3	Warrington		75	Abbie Birainshaw	6.26	12.0
4	Southport Waterloo		62	Jessica O'Brien	5.12	11.0
1	West Cheshire		50	Sophie Percival	6.63	7.0
2	Liverpool		14	Jo O'Melia	5.76	6.0
3	Warrington		72	Lauren Wright	5.04	5.0
4	Southport Waterloo		61	Lucy Hunter	4.38	4.0

# Results Sheet

# Speed Bounce

**Competition:**  
NWL3 - Deeside Under 13 girls

**Venue:**  
Deeside

**Date**  
29 Nov 2009

Ranking	Team	Colour	Points
1	Liverpool		21.0
2	West Cheshire		19.0
3	Warrington		17.0
4	Southport Waterloo		11.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Liverpool		6	Pagan Booton	72	14.0
2	West Cheshire		49	Chloe Hunt	59	13.0
3	Warrington		73	Catrina Harrison	58	12.0
4	Southport Waterloo		61	Lucy Hunter	48	11.0
1	Liverpool		12	Charlotte Evans	65	7.0
2	West Cheshire		47	Charlotte Williamson	58	6.0
3	Warrington		74	Jasmin King	53	5.0
	West Cheshire		53	Ellen McMahon	57	
	West Cheshire		48	Emily Wood	56	
	Liverpool		7	Bethany Helsby	52	
	Liverpool		14	Jo O'Melia	51	
	Southport Waterloo		62	Jessica O'Brien	50	

# Results Sheet

# Standing Long Jump

**Competition:**  
 NWL3 - Deeside Under 13 girls

**Venue:**  
 Deeside

**Date**  
 29 Nov 2009

Ranking	Team	Colour	Points
1	Liverpool		20.0
2=	Southport Waterloo		17.0
2=	West Cheshire		17.0
4	Deeside		14.0
5	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Deeside		64	Laura Turley	2.14	14.0
2	Liverpool		13	Laura Truman	2.12	13.0
3	Southport Waterloo		62	Jessica O'Brien	1.92	12.0
4	West Cheshire		47	Charlotte Williamson	1.90	11.0
5	Warrington		73	Catrina Harrison	1.68	10.0
1	Liverpool		11	Emily Laing	2.12	7.0
2	West Cheshire		51	India Cotgreave	1.78	6.0
3	Southport Waterloo		61	Lucy Hunter	1.46	5.0
	Liverpool		10	Rachel Lee	1.86	
	Liverpool		8	Lydia Helsby	1.82	
	West Cheshire		48	Emily Wood	1.76	
	West Cheshire		54	Hannah Wood	1.28	



# Results Sheet

# Vertical Jump

## Competition:

NWL3 - Deeside Under 13 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1=	Liverpool		20.0
1=	West Cheshire		20.0
3	Warrington		17.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		49	Chloe Hunt	49	14.0
2	Liverpool		13	Laura Truman	46	13.0
3	Warrington		75	Abbie Birainshaw	42	12.0
1	Liverpool		10	Rachel Lee	45	7.0
2	West Cheshire		52	Tess Corr	41	6.0
3	Warrington		74	Jasmin King	35	5.0
	West Cheshire		46	Amy Williams	43	
	Liverpool		11	Emily Laing	41	
	Liverpool		8	Lydia Helsby	41	



# Athlete Results

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	VJ
1	1	Eleanor Hall	Dash	50.0	12.0			14.0	12.0	12.0
2	65	Georgia Bates	Deeside	47.0	13.0		7.0		14.0	13.0
3	22	Alice McMahon	West Cheshire	41.0	14.0				13.0	14.0
4	76	Charlotte Roach	Warrington	38.0	11.0		5.0	11.0		11.0
5	78	Holly McCurrie	Warrington	34.0	5.0		13.0	5.0	11.0	
6	26	Olivia Montez Brown	West Cheshire	26.0		13.0	6.0		7.0	
7	25	Kelly Baker	West Cheshire	20.0			14.0			6.0
8	70	Eleanor Badhoms	Deeside	18.0		6.0	12.0			
9=	23	Laura Rigby	West Cheshire	14.0	7.0			7.0		
9=	66	Kathryn Roberts	Deeside	14.0		14.0				
11=	24	Jenna Sheehy	West Cheshire	13.0				13.0		
11=	68	Amy Crocombe	Deeside	13.0					6.0	7.0
13=	67	Megan Brook Jones	Deeside	12.0	6.0			6.0		
13=	69	Bryony Burtons	Deeside	12.0				12.0		
15	77	Katie Boden	Warrington	10.0					5.0	5.0
16	28	Ellen Collins	West Cheshire	7.0		7.0				
17	27	Jenni Potter	West Cheshire	0.0						

# Team Results

# Dash ()

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		142.0	21.0	21.0	20.0	20.0	20.0	20.0	20.0
2	Deeside		134.0	18.0	19.0	20.0	19.0	18.0	20.0	20.0
3	Warrington		82.0	0.0	16.0	0.0	18.0	16.0	16.0	16.0
4	Dash		50.0	0.0	12.0	0.0	0.0	14.0	12.0	12.0
5=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Southport Waterloo		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	Eleanor Hall	2LR	26.0				26.0	3	12.0
1	Eleanor Hall	SB	75				75	1	14.0
1	Eleanor Hall	SLJ	1.98	2.00	1.98	0.00	2.00	3	12.0
1	Eleanor Hall	VJ	49	50	46	0	50	3	12.0

# Team Results

# Deeside ()

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		142.0	21.0	21.0	20.0	20.0	20.0	20.0	20.0
2	Deeside		134.0	18.0	19.0	20.0	19.0	18.0	20.0	20.0
3	Warrington		82.0	0.0	16.0	0.0	18.0	16.0	16.0	16.0
4	Dash		50.0	0.0	12.0	0.0	0.0	14.0	12.0	12.0
5=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Southport Waterloo		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
65	Georgia Bates	2LR	23.9				23.9	2	13.0
65	Georgia Bates	S	7.46	7.90	7.77	0.00	7.90	1	7.0
65	Georgia Bates	SLJ	2.28	2.36	2.34	0.00	2.36	1	14.0
65	Georgia Bates	VJ	47	50	49	0	50	2	13.0
66	Kathryn Roberts	6LR	1:21.5				1:21.5	1	14.0
66	Kathryn Roberts	SLJ	2.02	2.02	2.04	0.00	2.04		
67	Megan Brook Jones	2LR	24.8				24.8	2	6.0
67	Megan Brook Jones	SB	63				63	2	6.0
67	Megan Brook Jones	VJ	44	44	37	0	44		
68	Amy Crocombe	2LR	25.1				25.1		
68	Amy Crocombe	S	0.00	7.63	6.49	0.00	7.63		
68	Amy Crocombe	SLJ	2.08	2.04	2.06	0.00	2.08	2	6.0
68	Amy Crocombe	VJ	40	43	45	0	45	1	7.0
69	Bryony Burtons	S	5.45	5.46	5.35	0.00	5.46		
69	Bryony Burtons	SB	66				66	3	12.0
70	Eleanor Badhoms	6LR	1:37.0				1:37.0	2	6.0
70	Eleanor Badhoms	S	7.98	8.16	8.39	0.00	8.39	3	12.0

# Team Results

# Liverpool ()

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		142.0	21.0	21.0	20.0	20.0	20.0	20.0	20.0
2	Deeside		134.0	18.0	19.0	20.0	19.0	18.0	20.0	20.0
3	Warrington		82.0	0.0	16.0	0.0	18.0	16.0	16.0	16.0
4	Dash		50.0	0.0	12.0	0.0	0.0	14.0	12.0	12.0
5=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Southport Waterloo		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

# Southport Waterloo ()

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		142.0	21.0	21.0	20.0	20.0	20.0	20.0	20.0
2	Deeside		134.0	18.0	19.0	20.0	19.0	18.0	20.0	20.0
3	Warrington		82.0	0.0	16.0	0.0	18.0	16.0	16.0	16.0
4	Dash		50.0	0.0	12.0	0.0	0.0	14.0	12.0	12.0
5=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Southport Waterloo		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

# Warrington ()

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		142.0	21.0	21.0	20.0	20.0	20.0	20.0	20.0
2	Deeside		134.0	18.0	19.0	20.0	19.0	18.0	20.0	20.0
3	Warrington		82.0	0.0	16.0	0.0	18.0	16.0	16.0	16.0
4	Dash		50.0	0.0	12.0	0.0	0.0	14.0	12.0	12.0
5=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Southport Waterloo		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
76	Charlotte Roach	2LR	27.4				27.4	4	11.0
76	Charlotte Roach	S	5.68	5.37	5.90	0.00	5.90	3	5.0
76	Charlotte Roach	SB	60				60	4	11.0
76	Charlotte Roach	VJ	47	37	36	0	47	4	11.0
77	Katie Boden	2LR	27.7				27.7		
77	Katie Boden	S	4.56	4.61	4.41	0.00	4.61		
77	Katie Boden	SLJ	1.44	1.42	1.40	0.00	1.44	3	5.0
77	Katie Boden	VJ	28	29	26	0	29	3	5.0
78	Holly McCurrie	2LR	28.8				28.8	3	5.0
78	Holly McCurrie	S	6.11	8.94	6.28	0.00	8.94	2	13.0
78	Holly McCurrie	SB	54				54	3	5.0
78	Holly McCurrie	SLJ	1.84	1.86	1.86	0.00	1.86	4	11.0



# Team Results

# West Cheshire ()

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		142.0	21.0	21.0	20.0	20.0	20.0	20.0	20.0
2	Deeside		134.0	18.0	19.0	20.0	19.0	18.0	20.0	20.0
3	Warrington		82.0	0.0	16.0	0.0	18.0	16.0	16.0	16.0
4	Dash		50.0	0.0	12.0	0.0	0.0	14.0	12.0	12.0
5=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5=	Southport Waterloo		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
22	Alice McMahon	2LR	23.1				23.1	1	14.0
22	Alice McMahon	SLJ	2.30	2.32	2.34	0.00	2.34	2	13.0
22	Alice McMahon	VJ	53	59	59	0	59	1	14.0
23	Laura Rigby	2LR	24.7				24.7	1	7.0
23	Laura Rigby	6LR	1:27.8				1:27.8		
23	Laura Rigby	SB	66				66	1	7.0
23	Laura Rigby	SLJ	2.14	2.10	2.14	0.00	2.14		
24	Jenna Sheehy	2LR	24.6				24.6		
24	Jenna Sheehy	6LR	1:26.3				1:26.3		
24	Jenna Sheehy	S	6.60	6.74	7.03	0.00	7.03		
24	Jenna Sheehy	SB	72				72	2	13.0
25	Kelly Baker	2LR	24.2				24.2		
25	Kelly Baker	S	9.38	9.02	10.30	0.00	10.30	1	14.0
25	Kelly Baker	VJ	42	45	0	0	45	2	6.0
26	Olivia Montez Brown	2LR	23.8				23.8		
26	Olivia Montez Brown	6LR	1:22.4				1:22.4	2	13.0
26	Olivia Montez Brown	S	7.31	7.36	0.00	0.00	7.36	2	6.0
26	Olivia Montez Brown	SLJ	2.32	2.24	2.20	0.00	2.32	1	7.0
27	Jenni Potter	2LR	24.9				24.9		
27	Jenni Potter	6LR	1:28.5				1:28.5		
27	Jenni Potter	S	7.06	6.42	5.69	0.00	7.06		
27	Jenni Potter	VJ	41	0	40	0	41		
28	Ellen Collins	2LR	24.7				24.7		
28	Ellen Collins	6LR	1:27.6				1:27.6	1	7.0
28	Ellen Collins	SB	61				61		
28	Ellen Collins	SLJ	1.98	1.96	1.90	0.00	1.98		

# Results Sheet

# 2 Lap Race

**Competition:**  
NWL3 - Deeside Under 15 girls

**Venue:**  
Deeside

**Date**  
29 Nov 2009

Ranking	Team	Colour	Points
1	West Cheshire		21.0
2	Deeside		19.0
3	Warrington		16.0
4	Dash		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		22	Alice McMahon	23.1	14.0
2	Deeside		65	Georgia Bates	23.9	13.0
3	Dash		1	Eleanor Hall	26.0	12.0
4	Warrington		76	Charlotte Roach	27.4	11.0
1	West Cheshire		23	Laura Rigby	24.7	7.0
2	Deeside		67	Megan Brook Jones	24.8	6.0
3	Warrington		78	Holly McCurrie	28.8	5.0
	West Cheshire		26	Olivia Montez Brown	23.8	
	West Cheshire		25	Kelly Baker	24.2	
	West Cheshire		24	Jenna Sheehy	24.6	
	West Cheshire		28	Ellen Collins	24.7	
	West Cheshire		27	Jenni Potter	24.9	
	Deeside		68	Amy Crocombe	25.1	
	Warrington		77	Katie Boden	27.7	

# Results Sheet

# 6 Lap Time Trial

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1=	Deeside		20.0
1=	West Cheshire		20.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Deeside		66	Kathryn Roberts	1:21.5	14.0
2	West Cheshire		26	Olivia Montez Brown	1:22.4	13.0
1	West Cheshire		28	Ellen Collins	1:27.6	7.0
2	Deeside		70	Eleanor Badhoms	1:37.0	6.0
	West Cheshire		24	Jenna Sheehy	1:26.3	
	West Cheshire		23	Laura Rigby	1:27.8	
	West Cheshire		27	Jenni Potter	1:28.5	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	06	West Cheshire		1:34.4	0.0	1:34.4	21.0
2	02	Deeside		1:38.0	0.0	1:38.0	18.0

# Results Sheet

# Shot

**Competition:**  
NWL3 - Deeside Under 15 girls

**Venue:**  
Deeside

**Date**  
29 Nov 2009

Ranking	Team	Colour	Points
1	West Cheshire		20.0
2	Deeside		19.0
3	Warrington		18.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		25	Kelly Baker	10.30	14.0
2	Warrington		78	Holly McCurrie	8.94	13.0
3	Deeside		70	Eleanor Badhoms	8.39	12.0
1	Deeside		65	Georgia Bates	7.90	7.0
2	West Cheshire		26	Olivia Montez Brown	7.36	6.0
3	Warrington		76	Charlotte Roach	5.90	5.0
	Deeside		68	Amy Crocombe	7.63	
	West Cheshire		27	Jenni Potter	7.06	
	West Cheshire		24	Jenna Sheehy	7.03	
	Deeside		69	Bryony Burtons	5.46	
	Warrington		77	Katie Boden	4.61	

# Results Sheet

# Speed Bounce

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1	West Cheshire		20.0
2	Deeside		18.0
3	Warrington		16.0
4	Dash		14.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Dash		1	Eleanor Hall	75	14.0
2	West Cheshire		24	Jenna Sheehy	72	13.0
3	Deeside		69	Bryony Burtons	66	12.0
4	Warrington		76	Charlotte Roach	60	11.0
1	West Cheshire		23	Laura Rigby	66	7.0
2	Deeside		67	Megan Brook Jones	63	6.0
3	Warrington		78	Holly McCurrie	54	5.0
	West Cheshire		28	Ellen Collins	61	

# Results Sheet

# Standing Long Jump

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1=	Deeside		20.0
1=	West Cheshire		20.0
3	Warrington		16.0
4	Dash		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Deeside		65	Georgia Bates	2.36	14.0
2	West Cheshire		22	Alice McMahon	2.34	13.0
3	Dash		1	Eleanor Hall	2.00	12.0
4	Warrington		78	Holly McCurrie	1.86	11.0
1	West Cheshire		26	Olivia Montez Brown	2.32	7.0
2	Deeside		68	Amy Crocombe	2.08	6.0
3	Warrington		77	Katie Boden	1.44	5.0
	West Cheshire		23	Laura Rigby	2.14	
	Deeside		66	Kathryn Roberts	2.04	
	West Cheshire		28	Ellen Collins	1.98	

# Results Sheet

# Vertical Jump

## Competition:

NWL3 - Deeside Under 15 girls

## Venue:

Deeside

## Date

29 Nov 2009

Ranking	Team	Colour	Points
1=	Deeside		20.0
1=	West Cheshire		20.0
3	Warrington		16.0
4	Dash		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		22	Alice McMahon	59	14.0
2	Deeside		65	Georgia Bates	50	13.0
3	Dash		1	Eleanor Hall	50	12.0
4	Warrington		76	Charlotte Roach	47	11.0
1	Deeside		68	Amy Crocombe	45	7.0
2	West Cheshire		25	Kelly Baker	45	6.0
3	Warrington		77	Katie Boden	29	5.0
	Deeside		67	Megan Brook Jones	44	
	West Cheshire		27	Jenni Potter	41	