

North West Sportshall Athletics League 2008 - 2009
League Tables after Round Three
30th November 2008

U/11 Girls	Round 1	Round 2	Round 3	Total
West Cheshire	131.5	136.5	135	403
Halton & Frodsham	125	141.5	126.5	393
Liverpool	124.5	120.5	143.5	388.5
Crewe	117	139.5	123	379.5
DASH	109	120	132.5	361.5
Deeside	120	122	111	353
Southport Waterloo	67	97.5	0	164.5
Sutton St Helens	0	65.5	48.5	114
Warrington	0	39	27	66
Macclesfield	0	0	39	39

U/11 Boys	Round 1	Round 2	Round 3	Total
Crewe	145	140.5	134	419.5
DASH	128	126	146	400
West Cheshire	124	129.5	136.5	390
Deeside	131	122.5	107	360.5
Halton & Frodsham	114	135	94.5	343.5
Sutton St Helens	115	135.5	85	335.5
Warrington	34	32	27	93
Southport Waterloo	0	48	40	88

U/13 Girls	Round 1	Round 2	Round 3	Total
West Cheshire	136	142.5	124	402.5
Liverpool	118	137	142.5	397.5
Crewe	116	130	112.5	358.5
Halton & Frodsham	111	125.5	107.5	344
Deeside	113.5	109	120.5	343
Southport Waterloo	73	111.5	105	289.5
DASH	50	113	119	282
Sutton St Helens	98	74	98.5	270.5
Warrington	74	85	92	251
Macclesfield	0	55.5	103.5	159
Handforth	0	0	30	30

U/13 Boys	Round 1	Round 2	Round 3	Total
Deeside	144	135.5	129	408.5
Crewe	131.5	140.5	124	396
DASH	122	128	146	396
West Cheshire	140	97.5	126	363.5
Halton & Frodsham	107.5	112	23	242.5
Southport Waterloo	82	107.5	0	189.5
Sutton St Helens	35	31	0	66
Handforth	0	0	53	53
Warrington	0	35	0	35

U/15 Girls	Round 1	Round 2	Round 3	Total
Crewe	143	141.5	143	427.5
DASH	134	133.5	145	412.5
West Cheshire	132	121	127	380
Sutton St Helens	106	136	96	338
Deeside	75.5	80	81	236.5
Southport Waterloo	69	68	60	197
Macclesfield	65	33	0	98
Handforth	0	0	50	50
Warrington	40	0	0	40

U/15 Boys	Round 1	Round 2	Round 3	Total
West Cheshire	145	142	146	433
DASH	144	94	144	382
Halton & Frodsham	128	84	65	277
Warrington	52	120	78	250
Handforth	53	0	99	152
Southport Waterloo	47	49	0	96

Athlete Results

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	SLJ	VJ	SB	CP
1	40	Isabel Boothby	Macclesfield	39.0	13.0		13.0			13.0
2	11	Nicky Screawn	DASH	38.5		13.0	12.0		13.5	
3	26	Anna Rowe	Liverpool	34.0		14.0	14.0			6.0
4	21	Pagan Booton	Liverpool	28.0	14.0			14.0		
5	24	Rachael Lee	Liverpool	27.5	7.0		7.0		13.5	
6	14	Molly Maxton	DASH	20.0			6.0			14.0
7=	8	Lucy Cartledge	DASH	19.0	6.0			13.0		
7=	13	Kelly Crabtree	DASH	19.0		6.0			6.0	7.0
7=	23	Lydia Helsby	Liverpool	19.0		7.0				12.0
10	9	Ruby Cockburn	DASH	18.0	12.0			6.0		
11=	22	Bethany Helsby	Liverpool	7.0					7.0	
11=	25	Abigail Morris	Liverpool	7.0				7.0		
13=	10	Charlotte Hall	DASH	0.0						
13=	12	Lucy Sharp	DASH	0.0						

Competition Results

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	4LR	SLJ	VJ	SB	CP
1	Liverpool		143.5	21.0	21.0	21.0	21.0	21.0	20.5	18.0
2	DASH		132.5	18.0	18.0	19.0	18.0	19.0	19.5	21.0
3	Macclesfield		39.0	0.0	13.0	0.0	13.0	0.0	0.0	13.0

Results Sheet

2 Lap Race

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Liverpool		21.0
2	DASH		18.0
3	Macclesfield		13.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		21	Pagan Booton	25.4	14.0
2	Macclesfield		40	Isabel Boothby	26.9	13.0
3	DASH		9	Ruby Cockburn	27.3	12.0
1	Liverpool		24	Rachael Lee	26.1	7.0
2	DASH		8	Lucy Cartledge	28.2	6.0
	Liverpool		26	Anna Rowe	25.7	
	Liverpool		23	Lydia Helsby	25.9	
	Liverpool		25	Abigail Morris	26.2	
	Liverpool		22	Bethany Helsby	26.2	
	DASH		12	Lucy Sharp	29.2	
	DASH		10	Charlotte Hall	29.7	
	DASH		14	Molly Maxton	30.7	

Results Sheet

4 Lap Race

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Liverpool		21.0
2	DASH		19.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		26	Anna Rowe	55.2	14.0
2	DASH		11	Nicky Screawn	57.6	13.0
1	Liverpool		23	Lydia Helsby	57.0	7.0
2	DASH		13	Kelly Crabtree	1:04.7	6.0
	DASH		10	Charlotte Hall	1:08.1	

Results Sheet

Standing Long Jump

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Liverpool		21.0
2	DASH		18.0
3	Macclesfield		13.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		26	Anna Rowe	1.85	14.0
2	Macclesfield		40	Isabel Boothby	1.61	13.0
3	DASH		11	Nicky Screawn	1.54	12.0
1	Liverpool		24	Rachael Lee	1.82	7.0
2	DASH		14	Molly Maxton	1.51	6.0
	Liverpool		21	Pagan Booton	1.74	
	DASH		12	Lucy Sharp	1.49	
	DASH		9	Ruby Cockburn	1.49	

Results Sheet

Vertical Jump

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Liverpool		21.0
2	DASH		19.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		21	Pagan Booton	45	14.0
2	DASH		8	Lucy Cartledge	39	13.0
1	Liverpool		25	Abigail Morris	43	7.0
2	DASH		9	Ruby Cockburn	29	6.0

Results Sheet

Speed Bounce

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Liverpool		20.5
2	DASH		19.5

Ranking	Team	Colour	BibNo	Name	Total	Points
1=	DASH		11	Nicky Screawn	54	13.5
1=	Liverpool		24	Rachael Lee	54	13.5
1	Liverpool		22	Bethany Helsby	50	7.0
2	DASH		13	Kelly Crabtree	48	6.0
	DASH		12	Lucy Sharp	46	
	DASH		8	Lucy Cartledge	44	
	Liverpool		25	Abigail Morris	43	
	Liverpool		23	Lydia Helsby	43	

Results Sheet

Chest Push

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	DASH		21.0
2	Liverpool		18.0
3	Macclesfield		13.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	DASH		14	Molly Maxton	5.25	14.0
2	Macclesfield		40	Isabel Boothby	5.25	13.0
3	Liverpool		23	Lydia Helsby	5.00	12.0
1	DASH		13	Kelly Crabtree	5.00	7.0
2	Liverpool		26	Anna Rowe	5.00	6.0
	Liverpool		22	Bethany Helsby	4.75	
	DASH		12	Lucy Sharp	4.25	
	DASH		10	Charlotte Hall	4.00	

Results Sheet

4 x 2 Lap Relay

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Code	Team	Colour
1	00	Liverpool	
2	02	DASH	

Heat	Final	Performance	Points
0.0	1:43.0	1:43.0	21.0
0.0	1:56.1	1:56.1	18.0

Team Results

Liverpool ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	4LR	SLJ	VJ	SB	CP
1	Liverpool		143.5	21.0	21.0	21.0	21.0	21.0	20.5	18.0
2	DASH		132.5	18.0	18.0	19.0	18.0	19.0	19.5	21.0
3	Macclesfield		39.0	0.0	13.0	0.0	13.0	0.0	0.0	13.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
21	Pagan Booton	2LR	25.4				25.4	1	14.0
21	Pagan Booton	SLJ	1.74	0.00	0.00	0.00	1.74		
21	Pagan Booton	VJ	44	45	42	0	45	1	14.0
22	Bethany Helsby	2LR	26.2				26.2		
22	Bethany Helsby	SB	50				50	1	7.0
22	Bethany Helsby	CP	4.25	4.75	4.50	0.00	4.75		
23	Lydia Helsby	2LR	25.9				25.9		
23	Lydia Helsby	4LR	57.0				57.0	1	7.0
23	Lydia Helsby	SB	43				43		
23	Lydia Helsby	CP	4.50	5.00	5.00	0.00	5.00	3	12.0
24	Rachael Lee	2LR	26.1				26.1	1	7.0
24	Rachael Lee	SLJ	1.82	1.74	1.79	0.00	1.82	1	7.0
24	Rachael Lee	SB	54				54	1=	13.5
25	Abigail Morris	2LR	26.2				26.2		
25	Abigail Morris	VJ	36	38	43	0	43	1	7.0
25	Abigail Morris	SB	43				43		
26	Anna Rowe	2LR	25.7				25.7		
26	Anna Rowe	4LR	55.2				55.2	1	14.0
26	Anna Rowe	SLJ	1.84	1.81	1.85	0.00	1.85	1	14.0
26	Anna Rowe	CP	4.25	4.50	5.00	0.00	5.00	2	6.0

Team Results

DASH ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	4LR	SLJ	VJ	SB	CP
1	Liverpool		143.5	21.0	21.0	21.0	21.0	21.0	20.5	18.0
2	DASH		132.5	18.0	18.0	19.0	18.0	19.0	19.5	21.0
3	Macclesfield		39.0	0.0	13.0	0.0	13.0	0.0	0.0	13.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
8	Lucy Cartledge	2LR	28.2				28.2	2	6.0
8	Lucy Cartledge	VJ	39	33	34	0	39	2	13.0
8	Lucy Cartledge	SB	44				44		
9	Ruby Cockburn	2LR	27.3				27.3	3	12.0
9	Ruby Cockburn	SLJ	1.49	1.48	1.49	0.00	1.49		
9	Ruby Cockburn	VJ	29	28	28	0	29	2	6.0
10	Charlotte Hall	2LR	29.7				29.7		
10	Charlotte Hall	4LR	1:08.1				1:08.1		
10	Charlotte Hall	CP	4.00	4.00	3.50	0.00	4.00		
11	Nicky Screawn	4LR	57.6				57.6	2	13.0
11	Nicky Screawn	SLJ	1.52	1.54	1.54	0.00	1.54	3	12.0
11	Nicky Screawn	SB	54				54	1=	13.5
12	Lucy Sharp	2LR	29.2				29.2		
12	Lucy Sharp	SLJ	1.42	1.48	1.49	0.00	1.49		
12	Lucy Sharp	SB	46				46		
12	Lucy Sharp	CP	4.00	4.00	4.25	0.00	4.25		
13	Kelly Crabtree	4LR	1:04.7				1:04.7	2	6.0
13	Kelly Crabtree	SB	48				48	2	6.0
13	Kelly Crabtree	CP	4.75	5.00	5.00	0.00	5.00	1	7.0
14	Molly Maxton	2LR	30.7				30.7		
14	Molly Maxton	SLJ	1.50	1.51	1.46	0.00	1.51	2	6.0
14	Molly Maxton	CP	4.75	5.00	5.25	0.00	5.25	1	14.0

Team Results

Macclesfield ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	4LR	SLJ	VJ	SB	CP
1	Liverpool		143.5	21.0	21.0	21.0	21.0	21.0	20.5	18.0
2	DASH		132.5	18.0	18.0	19.0	18.0	19.0	19.5	21.0
3	Macclesfield		39.0	0.0	13.0	0.0	13.0	0.0	0.0	13.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
40	Isabel Boothby	2LR	26.9				26.9	2	13.0
40	Isabel Boothby	SLJ	1.60	1.60	1.61	0.00	1.61	2	13.0
40	Isabel Boothby	CP	5.25	4.25	5.00	0.00	5.25	2	13.0

Athlete Results

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	VJ
1	39	Sally Wareing	Southport Waterloo	39.0	13.0		13.0		13.0	
2	43	Grace Hatton	Macclesfield	36.0	12.0			12.0	12.0	
3	27	Brogan Cushion	Liverpool	35.0	7.0			14.0	14.0	
4	31	Alice Mansfield	Liverpool	33.0	14.0		5.0			14.0
5=	16	Eleanor Finch	DASH	30.0	5.0		12.0	13.0		
5=	17	Laura Pegler	DASH	30.0	11.0			7.0		12.0
5=	44	Hannah Harkness	Macclesfield	30.0			11.0		6.0	13.0
5=	45	Holly James	Handforth	30.0	10.0		10.0			10.0
9	32	Marnie Wells Nichols	Liverpool	28.0			14.0		7.0	7.0
10	37	Alice Cribb	Southport Waterloo	27.0	4.0	12.0		11.0		
11	36	Megan Crewe	Southport Waterloo	22.0			7.0		4.0	11.0
12	29	Darcey Lee Moran	Liverpool	20.0		14.0		6.0		
13	15	Emily Dacey	DASH	14.0			4.0		5.0	5.0
14	18	Emily Turner	DASH	13.0		13.0				
15	41	Clara Boothby	Macclesfield	12.0	6.0					6.0
16	19	Sarah Wood	DASH	11.0					11.0	
17	28	Sophie Horne	Liverpool	7.0		7.0				
18=	20	Kathryn Reece	DASH	6.0		6.0				
18=	42	Abi Horton	Macclesfield	6.0			6.0			
20	38	Abby Sutton	Southport Waterloo	5.0				5.0		
21	30	Jo O'Melia	Liverpool	0.0						

Competition Results

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	Liverpool		142.5	19.5	21.0	21.0	19.0	20.0	21.0	21.0
2	DASH		119.0	15.0	16.0	19.0	16.0	20.0	16.0	17.0
3	Southport Waterloo		105.0	12.0	17.0	12.0	20.0	16.0	17.0	11.0
4	Macclesfield		103.5	19.5	18.0	0.0	17.0	12.0	18.0	19.0
5	Handforth		30.0	0.0	10.0	0.0	10.0	0.0	0.0	10.0

Results Sheet

2 Lap Race

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Liverpool		21.0
2	Macclesfield		18.0
3	Southport Waterloo		17.0
4	DASH		16.0
5	Handforth		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		31	Alice Mansfield	24.1	14.0
2	Southport Waterloo		39	Sally Wareing	24.8	13.0
3	Macclesfield		43	Grace Hatton	25.1	12.0
4	DASH		17	Laura Pegler	25.3	11.0
5	Handforth		45	Holly James	28.2	10.0
1	Liverpool		27	Brogan Cushion	24.2	7.0
2	Macclesfield		41	Clara Boothby	25.2	6.0
3	DASH		16	Eleanor Finch	25.8	5.0
4	Southport Waterloo		37	Alice Cribb	27.8	4.0
	Liverpool		30	Jo O'Melia	25.1	
	Liverpool		29	Darcey Lee Moran	25.1	
	Southport Waterloo		36	Megan Crewe	25.4	
	Liverpool		28	Sophie Horne	25.4	
	DASH		19	Sarah Wood	26.7	
	Southport Waterloo		38	Abby Sutton	27.7	

Results Sheet

6 Lap Time Trial

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Liverpool		21.0
2	DASH		19.0
3	Southport Waterloo		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		29	Darcey Lee Moran	1:28.7	14.0
2	DASH		18	Emily Turner	1:36.6	13.0
3	Southport Waterloo		37	Alice Cribb	1:37.4	12.0
1	Liverpool		28	Sophie Horne	1:30.1	7.0
2	DASH		20	Kathryn Reece	1:40.2	6.0

Results Sheet

4 x 2 Lap Relay

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Code	Team	Colour
1=	01	Liverpool	
1=	04	Macclesfield	
3	02	DASH	
4	03	Southport Waterloo	

Heat	Final	Performance	Points
0.0	1:40.2	1:40.2	19.5
0.0	1:40.2	1:40.2	19.5
0.0	1:43.9	1:43.9	15.0
0.0	1:45.2	1:45.2	12.0

Results Sheet

Shot

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Southport Waterloo		20.0
2	Liverpool		19.0
3	Macclesfield		17.0
4	DASH		16.0
5	Handforth		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		32	Marnie Wells Nichols	7.77	14.0
2	Southport Waterloo		39	Sally Wareing	7.36	13.0
3	DASH		16	Eleanor Finch	6.86	12.0
4	Macclesfield		44	Hannah Harkness	6.29	11.0
5	Handforth		45	Holly James	4.02	10.0
1	Southport Waterloo		36	Megan Crewe	6.39	7.0
2	Macclesfield		42	Abi Horton	6.12	6.0
3	Liverpool		31	Alice Mansfield	5.49	5.0
4	DASH		15	Emily Dacey	4.52	4.0
	Liverpool		28	Sophie Horne	5.19	
	Liverpool		30	Jo O'Melia	4.28	
	Southport Waterloo		38	Abby Sutton	4.16	
	DASH		20	Kathryn Reece	3.94	

Results Sheet

Speed Bounce

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1=	Liverpool		20.0
1=	DASH		20.0
3	Southport Waterloo		16.0
4	Macclesfield		12.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Liverpool		27	Brogan Cushion	80	14.0
2	DASH		16	Eleanor Finch	76	13.0
3	Macclesfield		43	Grace Hatton	69	12.0
4	Southport Waterloo		37	Alice Cribb	59	11.0
1	DASH		17	Laura Pegler	70	7.0
2	Liverpool		29	Darcey Lee Moran	64	6.0
3	Southport Waterloo		38	Abby Sutton	57	5.0
	DASH		19	Sarah Wood	70	
	Liverpool		28	Sophie Horne	63	
	Liverpool		30	Jo O'Melia	60	
	DASH		18	Emily Turner	59	

Results Sheet

Standing Long Jump

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Liverpool		21.0
2	Macclesfield		18.0
3	Southport Waterloo		17.0
4	DASH		16.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		27	Brogan Cushion	2.24	14.0
2	Southport Waterloo		39	Sally Wareing	2.15	13.0
3	Macclesfield		43	Grace Hatton	2.14	12.0
4	DASH		19	Sarah Wood	1.88	11.0
1	Liverpool		32	Marnie Wells Nichols	2.22	7.0
2	Macclesfield		44	Hannah Harkness	2.12	6.0
3	DASH		15	Emily Dacey	1.88	5.0
4	Southport Waterloo		36	Megan Crewe	1.66	4.0
	Macclesfield		41	Clara Boothby	2.08	
	Liverpool		29	Darcey Lee Moran	2.02	
	Liverpool		30	Jo O'Melia	1.70	
	DASH		18	Emily Turner	1.60	
	DASH		20	Kathryn Reece	1.57	
	Southport Waterloo		38	Abby Sutton	1.56	

Results Sheet

Vertical Jump

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	Liverpool		21.0
2	Macclesfield		19.0
3	DASH		17.0
4	Southport Waterloo		11.0
5	Handforth		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		31	Alice Mansfield	51	14.0
2	Macclesfield		44	Hannah Harkness	48	13.0
3	DASH		17	Laura Pegler	46	12.0
4	Southport Waterloo		36	Megan Crewe	40	11.0
5	Handforth		45	Holly James	37	10.0
1	Liverpool		32	Marnie Wells Nichols	50	7.0
2	Macclesfield		41	Clara Boothby	44	6.0
3	DASH		15	Emily Dacey	35	5.0
	Macclesfield		42	Abi Horton	40	

Team Results

Liverpool ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	Liverpool		142.5	19.5	21.0	21.0	19.0	20.0	21.0	21.0
2	DASH		119.0	15.0	16.0	19.0	16.0	20.0	16.0	17.0
3	Southport Waterloo		105.0	12.0	17.0	12.0	20.0	16.0	17.0	11.0
4	Macclesfield		103.5	19.5	18.0	0.0	17.0	12.0	18.0	19.0
5	Handforth		30.0	0.0	10.0	0.0	10.0	0.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
27	Brogan Cushion	2LR	24.2				24.2	1	7.0
27	Brogan Cushion	SB	80				80	1	14.0
27	Brogan Cushion	SLJ	2.17	2.18	2.24	0.00	2.24	1	14.0
28	Sophie Horne	2LR	25.4				25.4		
28	Sophie Horne	6LR	1:30.1				1:30.1	1	7.0
28	Sophie Horne	S	3.96	4.19	5.19	0.00	5.19		
28	Sophie Horne	SB	63				63		
29	Darcey Lee Moran	2LR	25.1				25.1		
29	Darcey Lee Moran	6LR	1:28.7				1:28.7	1	14.0
29	Darcey Lee Moran	SB	64				64	2	6.0
29	Darcey Lee Moran	SLJ	1.84	1.87	2.02	0.00	2.02		
30	Jo O'Melia	2LR	25.1				25.1		
30	Jo O'Melia	S	4.28	4.27	0.00	0.00	4.28		
30	Jo O'Melia	SB	60				60		
30	Jo O'Melia	SLJ	1.70	1.66	1.68	0.00	1.70		
31	Alice Mansfield	2LR	24.1				24.1	1	14.0
31	Alice Mansfield	S	0.00	5.13	5.49	0.00	5.49	3	5.0
31	Alice Mansfield	VJ	48	48	51	0	51	1	14.0
32	Marnie Wells Nichols	S	7.19	7.08	7.77	0.00	7.77	1	14.0
32	Marnie Wells Nichols	SLJ	2.22	2.18	2.18	0.00	2.22	1	7.0
32	Marnie Wells Nichols	VJ	49	48	50	0	50	1	7.0

Team Results

DASH ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	Liverpool		142.5	19.5	21.0	21.0	19.0	20.0	21.0	21.0
2	DASH		119.0	15.0	16.0	19.0	16.0	20.0	16.0	17.0
3	Southport Waterloo		105.0	12.0	17.0	12.0	20.0	16.0	17.0	11.0
4	Macclesfield		103.5	19.5	18.0	0.0	17.0	12.0	18.0	19.0
5	Handforth		30.0	0.0	10.0	0.0	10.0	0.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
15	Emily Dacey	S	4.52	4.16	4.16	0.00	4.52	4	4.0
15	Emily Dacey	SLJ	1.88	1.65	1.76	0.00	1.88	3	5.0
15	Emily Dacey	VJ	35	28	30	0	35	3	5.0
16	Eleanor Finch	2LR	25.8				25.8	3	5.0
16	Eleanor Finch	S	6.23	6.71	6.86	0.00	6.86	3	12.0
16	Eleanor Finch	SB	76				76	2	13.0
17	Laura Pegler	2LR	25.3				25.3	4	11.0
17	Laura Pegler	SB	70				70	1	7.0
17	Laura Pegler	VJ	45	39	46	0	46	3	12.0
18	Emily Turner	6LR	1:36.6				1:36.6	2	13.0
18	Emily Turner	SB	59				59		
18	Emily Turner	SLJ	1.53	1.52	1.60	0.00	1.60		
19	Sarah Wood	2LR	26.7				26.7		
19	Sarah Wood	SB	70				70		
19	Sarah Wood	SLJ	1.88	1.80	1.86	0.00	1.88	4	11.0
20	Kathryn Reece	6LR	1:40.2				1:40.2	2	6.0
20	Kathryn Reece	S	0.00	3.39	3.94	0.00	3.94		
20	Kathryn Reece	SLJ	1.57	1.52	1.50	0.00	1.57		

Team Results

Southport Waterloo ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	Liverpool		142.5	19.5	21.0	21.0	19.0	20.0	21.0	21.0
2	DASH		119.0	15.0	16.0	19.0	16.0	20.0	16.0	17.0
3	Southport Waterloo		105.0	12.0	17.0	12.0	20.0	16.0	17.0	11.0
4	Macclesfield		103.5	19.5	18.0	0.0	17.0	12.0	18.0	19.0
5	Handforth		30.0	0.0	10.0	0.0	10.0	0.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
36	Megan Crewe	2LR	25.4				25.4		
36	Megan Crewe	6LR	0.0				0.0		
36	Megan Crewe	S	5.62	6.28	6.39	0.00	6.39	1	7.0
36	Megan Crewe	SLJ	1.66	1.63	1.66	0.00	1.66	4	4.0
36	Megan Crewe	VJ	35	38	40	0	40	4	11.0
37	Alice Cribb	2LR	27.8				27.8	4	4.0
37	Alice Cribb	6LR	1:37.4				1:37.4	3	12.0
37	Alice Cribb	SB	59				59	4	11.0
38	Abby Sutton	2LR	27.7				27.7		
38	Abby Sutton	S	0.00	4.16	4.14	0.00	4.16		
38	Abby Sutton	SB	57				57	3	5.0
38	Abby Sutton	SLJ	1.56	1.47	1.46	0.00	1.56		
39	Sally Wareing	2LR	24.8				24.8	2	13.0
39	Sally Wareing	S	6.91	7.13	7.36	0.00	7.36	2	13.0
39	Sally Wareing	SLJ	2.07	2.14	2.15	0.00	2.15	2	13.0

Team Results

Macclesfield ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	Liverpool		142.5	19.5	21.0	21.0	19.0	20.0	21.0	21.0
2	DASH		119.0	15.0	16.0	19.0	16.0	20.0	16.0	17.0
3	Southport Waterloo		105.0	12.0	17.0	12.0	20.0	16.0	17.0	11.0
4	Macclesfield		103.5	19.5	18.0	0.0	17.0	12.0	18.0	19.0
5	Handforth		30.0	0.0	10.0	0.0	10.0	0.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
41	Clara Boothby	2LR	25.2				25.2	2	6.0
41	Clara Boothby	SLJ	2.08	2.04	2.06	0.00	2.08		
41	Clara Boothby	VJ	38	40	44	0	44	2	6.0
42	Abi Horton	6LR	0.0				0.0		
42	Abi Horton	S	5.28	5.00	6.12	0.00	6.12	2	6.0
42	Abi Horton	VJ	38	37	40	0	40		
43	Grace Hatton	2LR	25.1				25.1	3	12.0
43	Grace Hatton	SB	69				69	3	12.0
43	Grace Hatton	SLJ	2.14	2.06	2.06	0.00	2.14	3	12.0
44	Hannah Harkness	S	6.11	6.28	6.29	0.00	6.29	4	11.0
44	Hannah Harkness	SLJ	2.12	2.06	2.06	0.00	2.12	2	6.0
44	Hannah Harkness	VJ	47	46	48	0	48	2	13.0

Team Results

Handforth ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	Liverpool		142.5	19.5	21.0	21.0	19.0	20.0	21.0	21.0
2	DASH		119.0	15.0	16.0	19.0	16.0	20.0	16.0	17.0
3	Southport Waterloo		105.0	12.0	17.0	12.0	20.0	16.0	17.0	11.0
4	Macclesfield		103.5	19.5	18.0	0.0	17.0	12.0	18.0	19.0
5	Handforth		30.0	0.0	10.0	0.0	10.0	0.0	0.0	10.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
45	Holly James	2LR	28.2				28.2	5	10.0
45	Holly James	S	4.02	3.85	3.87	0.00	4.02	5	10.0
45	Holly James	VJ	34	37	33	0	37	5	10.0

Athlete Results

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	VJ
1	46	April Gardner	Handforth	50.0	12.0			13.0	12.0	13.0
2	35	Katy Morris	Southport Waterloo	46.0	13.0	14.0	6.0		13.0	
3	1	Molly Cockburn	DASH	35.0	14.0				7.0	14.0
4	4	Jo Start	DASH	34.0	7.0		13.0		14.0	
5	2	Daisy Evans	DASH	21.0		7.0		14.0		
6	33	Ruth Doran	Southport Waterloo	14.0			14.0			
7	5	Michelle Brennan	DASH	13.0		13.0				
8=	3	Hannah Wilson	DASH	7.0						7.0
8=	6	Rachel Poole	DASH	7.0			7.0			
8=	7	Eleanor Hall	DASH	7.0				7.0		

Competition Results

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	DASH		145.0	21.0	21.0	20.0	20.0	21.0	21.0	21.0
2	Southport Waterloo		60.0	0.0	13.0	14.0	20.0	0.0	13.0	0.0
3	Handforth		50.0	0.0	12.0	0.0	0.0	13.0	12.0	13.0

Results Sheet

2 Lap Race

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	DASH		21.0
2	Southport Waterloo		13.0
3	Handforth		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	DASH		1	Molly Cockburn	23.7	14.0
2	Southport Waterloo		35	Katy Morris	25.4	13.0
3	Handforth		46	April Gardner	27.1	12.0
1	DASH		4	Jo Start	24.0	7.0
	DASH		3	Hannah Wilson	25.1	
	DASH		6	Rachel Poole	25.9	
	DASH		7	Eleanor Hall	26.8	

Results Sheet

6 Lap Time Trial

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	DASH		20.0
2	Southport Waterloo		14.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Southport Waterloo		35	Katy Morris	1:24.3	14.0
2	DASH		5	Michelle Brennan	1:25.8	13.0
1	DASH		2	Daisy Evans	1:27.9	7.0

Results Sheet

4 x 2 Lap Relay

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Code	Team	Colour
1	01	DASH	

Heat	Final	Performance	Points
0.0	1:36.0	1:36.0	21.0

Results Sheet

Shot

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1=	DASH		20.0
1=	Southport Waterloo		20.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Southport Waterloo		33	Ruth Doran	9.75	14.0
2	DASH		4	Jo Start	8.03	13.0
1	DASH		6	Rachel Poole	6.97	7.0
2	Southport Waterloo		35	Katy Morris	5.72	6.0
	DASH		5	Michelle Brennan	5.33	
	DASH		2	Daisy Evans	5.25	

Results Sheet

Speed Bounce

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	DASH		21.0
2	Handforth		13.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	DASH		2	Daisy Evans	79	14.0
2	Handforth		46	April Gardner	58	13.0
1	DASH		7	Eleanor Hall	79	7.0
	DASH		5	Michelle Brennan	76	
	DASH		6	Rachel Poole	65	

Results Sheet

Standing Long Jump

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	DASH		21.0
2	Southport Waterloo		13.0
3	Handforth		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	DASH		4	Jo Start	2.33	14.0
2	Southport Waterloo		35	Katy Morris	1.98	13.0
3	Handforth		46	April Gardner	1.82	12.0
1	DASH		1	Molly Cockburn	2.22	7.0
	DASH		3	Hannah Wilson	2.08	
	DASH		7	Eleanor Hall	1.99	

Results Sheet

Vertical Jump

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Points
1	DASH		21.0
2	Handforth		13.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	DASH		1	Molly Cockburn	54	14.0
2	Handforth		46	April Gardner	32	13.0
1	DASH		3	Hannah Wilson	53	7.0

Team Results

DASH ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	DASH		145.0	21.0	21.0	20.0	20.0	21.0	21.0	21.0
2	Southport Waterloo		60.0	0.0	13.0	14.0	20.0	0.0	13.0	0.0
3	Handforth		50.0	0.0	12.0	0.0	0.0	13.0	12.0	13.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Molly Cockburn	2LR	23.7				23.7	1	14.0
1	Molly Cockburn	SLJ	2.17	2.18	2.22	0.00	2.22	1	7.0
1	Molly Cockburn	VJ	54	52	49	0	54	1	14.0
2	Daisy Evans	6LR	1:27.9				1:27.9	1	7.0
2	Daisy Evans	S	4.89	5.25	5.05	0.00	5.25		
2	Daisy Evans	SB	79				79	1	14.0
3	Hannah Wilson	2LR	25.1				25.1		
3	Hannah Wilson	SLJ	2.03	2.08	1.95	0.00	2.08		
3	Hannah Wilson	VJ	53	49	52	0	53	1	7.0
4	Jo Start	2LR	24.0				24.0	1	7.0
4	Jo Start	S	7.35	7.55	8.03	0.00	8.03	2	13.0
4	Jo Start	SLJ	2.20	2.20	2.33	0.00	2.33	1	14.0
5	Michelle Brennan	6LR	1:25.8				1:25.8	2	13.0
5	Michelle Brennan	S	5.26	4.97	5.33	0.00	5.33		
5	Michelle Brennan	SB	76				76		
6	Rachel Poole	2LR	25.9				25.9		
6	Rachel Poole	S	6.18	6.97	6.65	0.00	6.97	1	7.0
6	Rachel Poole	SB	65				65		
7	Eleanor Hall	2LR	26.8				26.8		
7	Eleanor Hall	SB	79				79	1	7.0
7	Eleanor Hall	SLJ	1.88	1.90	1.99	0.00	1.99		

Team Results

Southport Waterloo ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	DASH		145.0	21.0	21.0	20.0	20.0	21.0	21.0	21.0
2	Southport Waterloo		60.0	0.0	13.0	14.0	20.0	0.0	13.0	0.0
3	Handforth		50.0	0.0	12.0	0.0	0.0	13.0	12.0	13.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
33	Ruth Doran	S	9.75	0.00	0.00	0.00	9.75	1	14.0
35	Katy Morris	2LR	25.4				25.4	2	13.0
35	Katy Morris	6LR	1:24.3				1:24.3	1	14.0
35	Katy Morris	S	5.55	5.28	5.72	0.00	5.72	2	6.0
35	Katy Morris	SLJ	1.95	1.91	1.98	0.00	1.98	2	13.0

Team Results

Handforth ()

Competition:

North West Sportshall League Round 3

Venue:

Hazel Grove

Date

30 Nov 2008

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	DASH		145.0	21.0	21.0	20.0	20.0	21.0	21.0	21.0
2	Southport Waterloo		60.0	0.0	13.0	14.0	20.0	0.0	13.0	0.0
3	Handforth		50.0	0.0	12.0	0.0	0.0	13.0	12.0	13.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
46	April Gardner	2LR	27.1				27.1	3	12.0
46	April Gardner	SB	58				58	2	13.0
46	April Gardner	SLJ	1.64	1.82	1.82	0.00	1.82	3	12.0
46	April Gardner	VJ	30	31	32	0	32	2	13.0