

North West Sportshall Athletics League 2009 - 2010  
League Tables after Round Four  
6th December 2009

U/11 Girls	Round 1	Round 2	Round 3	Round 4	Total
Deeside	132	0	135	120	387
Crewe & Nantwich	124	130	0	115	369
West Cheshire	113	0	136	114	363
Halton & Frodsham	115	122.5	0	115	352.5
Liverpool	0	118	87.5	101	306.5
DASH	0	100	99.5	93	292.5
Southport / Waterloo	0	98.5	103.5	72	274
Sutton St Helens	88	87	0	50	225
Warrington	64	0	89.5	36	189.5
Handforth	0	25	0	0	25

U/11 Boys	Round 1	Round 2	Round 3	Round 4	Total
Crewe	139	138	0	125	402
Halton & Frodsham	125	130.5	0	111	366.5
DASH	0	120	136.5	106	362.5
West Cheshire	95.5	0	132	118	345.5
Liverpool	0	80.5	114	100.5	295
Deeside	110.5	0	94.5	31	236
Handforth	77.5	55	0	84	216.5
Southport / Waterloo	0	72	29	63.5	164.5
Warrington	61.5	0	52	0	113.5
Sutton St Helens	49	0	0	57	106

U/13 Girls	Round 1	Round 2	Round 3	Round 4	Total
Crewe & Nantwich	140	144	0	124	408
West Cheshire	128	0	138	120	386
Liverpool	0	122	132	104	358
Halton & Frodsham	117.5	119	0	101	337.5
Warrington	74	0	110	88	272
Southport / Waterloo	0	83	53	55	191
Sutton St Helens	58.5	74	0	35	167.5
Deeside	47	0	26	31	104
DASH	0	52	0	31	83

U/13 Boys	Round 1	Round 2	Round 3	Round 4	Total
West Cheshire	128	0	138	122	388
Crewe & Nantwich	126.5	132	0	124	382.5
Liverpool	0	86.5	123	110	319.5
DASH	0	125	78	63	266
Sutton St Helens	98.5	85.5	0	75	259
Warrington	93	0	82	0	175
Halton & Frodsham	18	33	0	53	104
Deeside	57	0	30	0	87
Southport / Waterloo	0	49	0	0	49

U/15 Girls	Round 1	Round 2	Round 3	Round 4	Total
West Cheshire	135.5	0	142	124	401.5
Crewe & Nantwich	133.5	141.5	0	122.5	397.5
Deeside	119	0	134	112.5	365.5
Warrington	95	0	82	78	255
Sutton St Helens	62.5	81.5	0	0	144
Halton & Frodsham	41.5	79.5	0	113	234
DASH	0	66.5	50	42	158.5

U/15 Boys	Round 1	Round 2	Round 3	Round 4	Total
West Cheshire	123	0	116	100	339
Crewe & Nantwich	84	95	0	124	303
Halton & Frodsham	78	69	0	72	219
Deeside	141	0	27	45	213
DASH	0	0	90	42	132
Warrington	30	0	0	52	82
Handforth	23	0	0	0	23

# Competition Results

**Competition:**  
NWLRd4-Widnes Under 11 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton & Frodsham		115.0	15.0	17.0	16.0	16.0	17.0	17.0	17.0
2	West Cheshire		114.0	18.0	16.0	17.0	16.0	16.0	14.0	17.0
3	Liverpool		101.0	12.0	12.0	15.0	16.0	15.0	17.0	14.0
4	Southport Waterloo		72.0	9.0	15.0	12.0	0.0	12.0	12.0	12.0
5	Warrington		36.0	0.0	0.0	10.0	0.0	8.0	10.0	8.0

# Athlete Results

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	CP	SB	SLJ	STJ
1	1	Georgia Barlow	West Cheshire	30.0	12.0	12.0				6.0
2=	46	Annabel Kitchen	Halton & Frodsham	28.0	6.0	10.0				12.0
2=	48	Elli Grosz	Southport Waterloo	28.0	10.0				9.0	9.0
4	3	Olivia Williams	West Cheshire	26.0		5.0	10.0			11.0
5	80	Rachel Spruce	Warrington	24.0		8.0			8.0	8.0
6=	44	Jenny Pyatt	Halton & Frodsham	22.0				11.0	11.0	
6=	58	Anna Rowe	Liverpool	22.0				10.0	12.0	
8	66	Lydia Jones	Liverpool	20.0	9.0		11.0			
9	69	Sophie Wakefield	Liverpool	18.0	3.0		5.0			10.0
10	45	Caitlin Ord	Halton & Frodsham	17.0	11.0			6.0		
11	60	Abbie Oliver	Liverpool	16.0		11.0			5.0	
12	49	Sally Laughton	Southport Waterloo	15.0		3.0		9.0	3.0	
13	47	Emma Alderson	Southport Waterloo	14.0	5.0	9.0				
14=	6	Sophie Baker	West Cheshire	12.0				12.0		
14=	36	Kiera Brady	Halton & Frodsham	12.0			12.0			
14=	79	Georgia Byrne	Warrington	12.0		2.0		8.0	2.0	
17=	2	Samhilda McGonigle	West Cheshire	10.0	4.0		6.0			
17=	4	Toni Lammond	West Cheshire	10.0					10.0	
19	68	Bethany Banks	Liverpool	9.0				5.0		4.0
20=	42	Molly Clarke	Halton & Frodsham	6.0					6.0	
20=	43	Georgia Massey	Halton & Frodsham	6.0		6.0				
20=	50	Sophie Jones	Southport Waterloo	6.0				3.0		3.0
23	41	Michaela Campbell	Halton & Frodsham	5.0						5.0
24=	5	Sophie Carter	West Cheshire	4.0					4.0	
24=	7	Molly Sharples	West Cheshire	4.0				4.0		
24=	38	Megan Aspinall	Halton & Frodsham	4.0			4.0			
24=	61	Megan Finch	Liverpool	4.0		4.0				
28=	34	Alex Harding	Halton & Frodsham	0.0						
28=	35	Charlie Harding	Halton & Frodsham	0.0						
28=	37	Christine Campbell	Halton & Frodsham	0.0						
28=	39	Kelsey Grady	Halton & Frodsham	0.0						
28=	40	Olivia Church	Halton & Frodsham	0.0						
28=	59	Emily Rowe	Liverpool	0.0						

# Team Results

# Halton & Frodsham ()

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton & Frodsham		115.0	15.0	17.0	16.0	16.0	17.0	17.0	17.0
2	West Cheshire		114.0	18.0	16.0	17.0	16.0	16.0	14.0	17.0
3	Liverpool		101.0	12.0	12.0	15.0	16.0	15.0	17.0	14.0
4	Southport Waterloo		72.0	9.0	15.0	12.0	0.0	12.0	12.0	12.0
5	Warrington		36.0	0.0	0.0	10.0	0.0	8.0	10.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
34	Alex Harding	2LR	29.7				29.7		
34	Alex Harding	4LR	1:06.1				1:06.1		
34	Alex Harding	SLJ	1.45	1.51	1.45	0.00	1.51		
35	Charlie Harding	2LR	30.1				30.1		
35	Charlie Harding	4LR	1:06.4				1:06.4		
35	Charlie Harding	STJ	4.63	4.55	4.62	0.00	4.63		
36	Kiera Brady	2LR	30.8				30.8		
36	Kiera Brady	4LR	1:09.1				1:09.1		
36	Kiera Brady	CP	5.50	5.25	6.00	0.00	6.00	1	12.0
37	Christine Campbell	2LR	30.2				30.2		
37	Christine Campbell	4LR	1:09.0				1:09.0		
37	Christine Campbell	CP	4.00	4.25	4.50	0.00	4.50		
38	Megan Aspinall	2LR	31.9				31.9		
38	Megan Aspinall	CP	4.75	4.50	4.50	0.00	4.75	3	4.0
39	Kelsey Grady	2LR	34.2				34.2		
39	Kelsey Grady	CP	3.00	3.50	3.50	0.00	3.50		
39	Kelsey Grady	SB	40				40		
40	Olivia Church	2LR	29.4				29.4		
40	Olivia Church	4LR	1:05.3				1:05.3		
40	Olivia Church	STJ	4.20	4.02	4.06	0.00	4.20		
41	Michaela Campbell	2LR	28.5				28.5		
41	Michaela Campbell	SLJ	1.67	1.71	1.79	0.00	1.79		
41	Michaela Campbell	STJ	5.50	5.47	5.56	0.00	5.56	2	5.0
42	Molly Clarke	2LR	29.2				29.2		
42	Molly Clarke	CP	5.25	5.00	5.75	0.00	5.75		
42	Molly Clarke	SLJ	1.67	1.80	1.75	0.00	1.80	1	6.0
43	Georgia Massey	2LR	31.3				31.3		
43	Georgia Massey	4LR	1:02.8				1:02.8	1	6.0
43	Georgia Massey	SB	41				41		

# Team Results

# Halton & Frodsham ()

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton & Frodsham		115.0	15.0	17.0	16.0	16.0	17.0	17.0	17.0
2	West Cheshire		114.0	18.0	16.0	17.0	16.0	16.0	14.0	17.0
3	Liverpool		101.0	12.0	12.0	15.0	16.0	15.0	17.0	14.0
4	Southport Waterloo		72.0	9.0	15.0	12.0	0.0	12.0	12.0	12.0
5	Warrington		36.0	0.0	0.0	10.0	0.0	8.0	10.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
44	Jenny Pyatt	2LR	29.6				29.6		
44	Jenny Pyatt	4LR	1:05.9				1:05.9		
44	Jenny Pyatt	SB	46				46	2	11.0
44	Jenny Pyatt	SLJ	1.75	1.80	1.80	0.00	1.80	2	11.0
45	Caitlin Ord	2LR	27.9				27.9	2	11.0
45	Caitlin Ord	4LR	1:03.8				1:03.8		
45	Caitlin Ord	SB	45				45	1	6.0
46	Annabel Kitchen	2LR	28.1				28.1	1	6.0
46	Annabel Kitchen	4LR	1:02.5				1:02.5	3	10.0
46	Annabel Kitchen	STJ	6.04	0.00	5.78	0.00	6.04	1	12.0

# Team Results

# Liverpool ()

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton & Frodsham		115.0	15.0	17.0	16.0	16.0	17.0	17.0	17.0
2	West Cheshire		114.0	18.0	16.0	17.0	16.0	16.0	14.0	17.0
3	Liverpool		101.0	12.0	12.0	15.0	16.0	15.0	17.0	14.0
4	Southport Waterloo		72.0	9.0	15.0	12.0	0.0	12.0	12.0	12.0
5	Warrington		36.0	0.0	0.0	10.0	0.0	8.0	10.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
58	Anna Rowe	SB	43				43	3	10.0
58	Anna Rowe	SLJ	2.10	2.12	2.04	0.00	2.12	1	12.0
59	Emily Rowe	4LR	1:10.0				1:10.0		
59	Emily Rowe	CP	3.25	3.75	4.00	0.00	4.00		
59	Emily Rowe	SLJ	1.56	1.55	1.50	0.00	1.56		
60	Abbie Oliver	4LR	1:01.9				1:01.9	2	11.0
60	Abbie Oliver	SB	40				40		
60	Abbie Oliver	SLJ	1.69	1.73	1.74	0.00	1.74	2	5.0
61	Megan Finch	4LR	1:05.0				1:05.0	3	4.0
61	Megan Finch	SB	40				40		
61	Megan Finch	STJ	4.50	4.38	4.33	0.00	4.50		
66	Lydia Jones	2LR	30.6				30.6	4	9.0
66	Lydia Jones	CP	0.00	5.50	5.50	0.00	5.50	2	11.0
66	Lydia Jones	SLJ	1.45	0.00	1.57	0.00	1.57		
68	Bethany Banks	2LR	29.5				29.5		
68	Bethany Banks	SB	42				42	2	5.0
68	Bethany Banks	STJ	4.64	4.73	4.76	0.00	4.76	3	4.0
69	Sophie Wakefield	2LR	30.9				30.9	4	3.0
69	Sophie Wakefield	CP	4.50	5.00	4.50	0.00	5.00	2	5.0
69	Sophie Wakefield	STJ	0.00	5.16	4.93	0.00	5.16	3	10.0

# Team Results

# Southport Waterloo ()

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton & Frodsham		115.0	15.0	17.0	16.0	16.0	17.0	17.0	17.0
2	West Cheshire		114.0	18.0	16.0	17.0	16.0	16.0	14.0	17.0
3	Liverpool		101.0	12.0	12.0	15.0	16.0	15.0	17.0	14.0
4	Southport Waterloo		72.0	9.0	15.0	12.0	0.0	12.0	12.0	12.0
5	Warrington		36.0	0.0	0.0	10.0	0.0	8.0	10.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
47	Emma Alderson	2LR	28.5				28.5	2	5.0
47	Emma Alderson	4LR	1:03.7				1:03.7	4	9.0
47	Emma Alderson	SB	37				37		
48	Elli Grosz	2LR	28.2				28.2	3	10.0
48	Elli Grosz	SLJ	1.71	1.72	0.00	0.00	1.72	4	9.0
48	Elli Grosz	STJ	5.07	5.11	5.13	0.00	5.13	4	9.0
49	Sally Laughton	2LR	30.5				30.5		
49	Sally Laughton	4LR	1:06.3				1:06.3	4	3.0
49	Sally Laughton	SB	42				42	4	9.0
49	Sally Laughton	SLJ	1.39	1.51	1.44	0.00	1.51	4	3.0
50	Sophie Jones	2LR	30.8				30.8		
50	Sophie Jones	4LR	1:07.3				1:07.3		
50	Sophie Jones	SB	40				40	4	3.0
50	Sophie Jones	STJ	4.23	4.11	4.38	0.00	4.38	4	3.0

# Team Results

# Warrington ()

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton & Frodsham		115.0	15.0	17.0	16.0	16.0	17.0	17.0	17.0
2	West Cheshire		114.0	18.0	16.0	17.0	16.0	16.0	14.0	17.0
3	Liverpool		101.0	12.0	12.0	15.0	16.0	15.0	17.0	14.0
4	Southport Waterloo		72.0	9.0	15.0	12.0	0.0	12.0	12.0	12.0
5	Warrington		36.0	0.0	0.0	10.0	0.0	8.0	10.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
79	Georgia Byrne	4LR	1:20.6				1:20.6	5	2.0
79	Georgia Byrne	SB	31				31	5	8.0
79	Georgia Byrne	SLJ	1.30	1.24	1.24	0.00	1.30	5	2.0
80	Rachel Spruce	4LR	1:14.1				1:14.1	5	8.0
80	Rachel Spruce	SLJ	1.31	1.23	1.37	0.00	1.37	5	8.0
80	Rachel Spruce	STJ	3.98	3.88	3.97	0.00	3.98	5	8.0



# Team Results

# West Cheshire ()

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Halton & Frodsham		115.0	15.0	17.0	16.0	16.0	17.0	17.0	17.0
2	West Cheshire		114.0	18.0	16.0	17.0	16.0	16.0	14.0	17.0
3	Liverpool		101.0	12.0	12.0	15.0	16.0	15.0	17.0	14.0
4	Southport Waterloo		72.0	9.0	15.0	12.0	0.0	12.0	12.0	12.0
5	Warrington		36.0	0.0	0.0	10.0	0.0	8.0	10.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Georgia Barlow	2LR	26.9				26.9	1	12.0
1	Georgia Barlow	4LR	1:00.9				1:00.9	1	12.0
1	Georgia Barlow	CP	5.25	5.00	5.75	0.00	5.75		
1	Georgia Barlow	STJ	5.54	5.59	5.31	0.00	5.59	1	6.0
2	Samhilda McGonigle	2LR	29.1				29.1	3	4.0
2	Samhilda McGonigle	CP	5.25	4.75	5.25	0.00	5.25	1	6.0
2	Samhilda McGonigle	SLJ	1.45	1.58	1.56	0.00	1.58		
3	Olivia Williams	2LR	29.2				29.2		
3	Olivia Williams	4LR	1:02.8				1:02.8	2	5.0
3	Olivia Williams	CP	5.00	5.25	5.50	0.00	5.50	3	10.0
3	Olivia Williams	STJ	5.37	5.66	5.36	0.00	5.66	2	11.0
4	Toni Lammond	2LR	29.3				29.3		
4	Toni Lammond	4LR	1:05.2				1:05.2		
4	Toni Lammond	SB	40				40		
4	Toni Lammond	SLJ	1.76	1.72	1.72	0.00	1.76	3	10.0
5	Sophie Carter	2LR	31.2				31.2		
5	Sophie Carter	4LR	1:10.1				1:10.1		
5	Sophie Carter	SLJ	1.61	1.60	1.64	0.00	1.64	3	4.0
5	Sophie Carter	STJ	4.34	4.47	4.45	0.00	4.47		
6	Sophie Baker	2LR	30.0				30.0		
6	Sophie Baker	SB	50				50	1	12.0
6	Sophie Baker	STJ	5.01	4.95	4.96	0.00	5.01		
7	Molly Sharples	2LR	32.6				32.6		
7	Molly Sharples	4LR	1:12.1				1:12.1		
7	Molly Sharples	SB	41				41	3	4.0
7	Molly Sharples	SLJ	1.46	1.36	1.39	0.00	1.46		

# Results Sheet

# 2 Lap Race

**Competition:**  
NWLRd4-Widnes Under 11 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	Halton & Frodsham		17.0
2	West Cheshire		16.0
3	Southport Waterloo		15.0
4	Liverpool		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		1	Georgia Barlow	26.9	12.0
2	Halton & Frodsham		45	Caitlin Ord	27.9	11.0
3	Southport Waterloo		48	Elli Grosz	28.2	10.0
4	Liverpool		66	Lydia Jones	30.6	9.0
1	Halton & Frodsham		46	Annabel Kitchen	28.1	6.0
2	Southport Waterloo		47	Emma Alderson	28.5	5.0
3	West Cheshire		2	Samhilda McGonigle	29.1	4.0
4	Liverpool		69	Sophie Wakefield	30.9	3.0
	Halton & Frodsham		41	Michaela Campbell	28.5	
	West Cheshire		3	Olivia Williams	29.2	
	Halton & Frodsham		42	Molly Clarke	29.2	
	West Cheshire		4	Toni Lammond	29.3	
	Halton & Frodsham		40	Olivia Church	29.4	
	Liverpool		68	Bethany Banks	29.5	
	Halton & Frodsham		44	Jenny Pyatt	29.6	
	Halton & Frodsham		34	Alex Harding	29.7	
	West Cheshire		6	Sophie Baker	30.0	
	Halton & Frodsham		35	Charlie Harding	30.1	
	Halton & Frodsham		37	Christine Campbell	30.2	
	Southport Waterloo		49	Sally Laughton	30.5	
	Southport Waterloo		50	Sophie Jones	30.8	
	Halton & Frodsham		36	Kiera Brady	30.8	
	West Cheshire		5	Sophie Carter	31.2	
	Halton & Frodsham		43	Georgia Massey	31.3	
	Halton & Frodsham		38	Megan Aspinall	31.9	
	West Cheshire		7	Molly Sharples	32.6	
	Halton & Frodsham		39	Kelsey Grady	34.2	

# Results Sheet

# 4 Lap Race

**Competition:**  
NWLRd4-Widnes Under 11 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		17.0
2	Halton & Frodsham		16.0
3	Liverpool		15.0
4	Southport Waterloo		12.0
5	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		1	Georgia Barlow	1:00.9	12.0
2	Liverpool		60	Abbie Oliver	1:01.9	11.0
3	Halton & Frodsham		46	Annabel Kitchen	1:02.5	10.0
4	Southport Waterloo		47	Emma Alderson	1:03.7	9.0
5	Warrington		80	Rachel Spruce	1:14.1	8.0
1	Halton & Frodsham		43	Georgia Massey	1:02.8	6.0
2	West Cheshire		3	Olivia Williams	1:02.8	5.0
3	Liverpool		61	Megan Finch	1:05.0	4.0
4	Southport Waterloo		49	Sally Laughton	1:06.3	3.0
5	Warrington		79	Georgia Byrne	1:20.6	2.0
	Halton & Frodsham		45	Caitlin Ord	1:03.8	
	West Cheshire		4	Toni Lammond	1:05.2	
	Halton & Frodsham		40	Olivia Church	1:05.3	
	Halton & Frodsham		44	Jenny Pyatt	1:05.9	
	Halton & Frodsham		34	Alex Harding	1:06.1	
	Halton & Frodsham		35	Charlie Harding	1:06.4	
	Southport Waterloo		50	Sophie Jones	1:07.3	
	Halton & Frodsham		37	Christine Campbell	1:09.0	
	Halton & Frodsham		36	Kiera Brady	1:09.1	
	Liverpool		59	Emily Rowe	1:10.0	
	West Cheshire		5	Sophie Carter	1:10.1	
	West Cheshire		7	Molly Sharples	1:12.1	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	West Cheshire		1:54.0	0.0	1:54.0	18.0
2	01	Halton & Frodsham		1:55.6	0.0	1:55.6	15.0
3	02	Liverpool		1:59.8	0.0	1:59.8	12.0
4	03	Southport Waterloo		1:59.9	0.0	1:59.9	9.0

# Results Sheet

# Chest Push

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Points
1=	Halton & Frodsham		16.0
1=	Liverpool		16.0
1=	West Cheshire		16.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		36	Kiera Brady	6.00	12.0
2	Liverpool		66	Lydia Jones	5.50	11.0
3	West Cheshire		3	Olivia Williams	5.50	10.0
1	West Cheshire		2	Samhilda McGonigle	5.25	6.0
2	Liverpool		69	Sophie Wakefield	5.00	5.0
3	Halton & Frodsham		38	Megan Aspinall	4.75	4.0
	West Cheshire		1	Georgia Barlow	5.75	
	Halton & Frodsham		42	Molly Clarke	5.75	
	Halton & Frodsham		37	Christine Campbell	4.50	
	Liverpool		59	Emily Rowe	4.00	
	Halton & Frodsham		39	Kelsey Grady	3.50	

# Results Sheet

# Speed Bounce

**Competition:**  
NWLRd4-Widnes Under 11 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	Halton & Frodsham		17.0
2	West Cheshire		16.0
3	Liverpool		15.0
4	Southport Waterloo		12.0
5	Warrington		8.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	West Cheshire		6	Sophie Baker	50	12.0
2	Halton & Frodsham		44	Jenny Pyatt	46	11.0
3	Liverpool		58	Anna Rowe	43	10.0
4	Southport Waterloo		49	Sally Laughton	42	9.0
5	Warrington		79	Georgia Byrne	31	8.0
1	Halton & Frodsham		45	Caitlin Ord	45	6.0
2	Liverpool		68	Bethany Banks	42	5.0
3	West Cheshire		7	Molly Sharples	41	4.0
4	Southport Waterloo		50	Sophie Jones	40	3.0
	Halton & Frodsham		43	Georgia Massey	41	
	West Cheshire		4	Toni Lammond	40	
	Liverpool		61	Megan Finch	40	
	Liverpool		60	Abbie Oliver	40	
	Halton & Frodsham		39	Kelsey Grady	40	
	Southport Waterloo		47	Emma Alderson	37	

# Results Sheet

# Standing Long Jump

**Competition:**  
NWLRd4-Widnes Under 11 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1=	Halton & Frodsham		17.0
1=	Liverpool		17.0
3	West Cheshire		14.0
4	Southport Waterloo		12.0
5	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		58	Anna Rowe	2.12	12.0
2	Halton & Frodsham		44	Jenny Pyatt	1.80	11.0
3	West Cheshire		4	Toni Lammond	1.76	10.0
4	Southport Waterloo		48	Elli Grosz	1.72	9.0
5	Warrington		80	Rachel Spruce	1.37	8.0
1	Halton & Frodsham		42	Molly Clarke	1.80	6.0
2	Liverpool		60	Abbie Oliver	1.74	5.0
3	West Cheshire		5	Sophie Carter	1.64	4.0
4	Southport Waterloo		49	Sally Laughton	1.51	3.0
5	Warrington		79	Georgia Byrne	1.30	2.0
	Halton & Frodsham		41	Michaela Campbell	1.79	
	West Cheshire		2	Samhilda McGonigle	1.58	
	Liverpool		66	Lydia Jones	1.57	
	Liverpool		59	Emily Rowe	1.56	
	Halton & Frodsham		34	Alex Harding	1.51	
	West Cheshire		7	Molly Sharples	1.46	

# Results Sheet

# Standing Triple Jump

## Competition:

NWLRd4-Widnes Under 11 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Points
1=	Halton & Frodsham		17.0
1=	West Cheshire		17.0
3	Liverpool		14.0
4	Southport Waterloo		12.0
5	Warrington		8.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		46	Annabel Kitchen	6.04	12.0
2	West Cheshire		3	Olivia Williams	5.66	11.0
3	Liverpool		69	Sophie Wakefield	5.16	10.0
4	Southport Waterloo		48	Elli Grosz	5.13	9.0
5	Warrington		80	Rachel Spruce	3.98	8.0
1	West Cheshire		1	Georgia Barlow	5.59	6.0
2	Halton & Frodsham		41	Michaela Campbell	5.56	5.0
3	Liverpool		68	Bethany Banks	4.76	4.0
4	Southport Waterloo		50	Sophie Jones	4.38	3.0
	West Cheshire		6	Sophie Baker	5.01	
	Halton & Frodsham		35	Charlie Harding	4.63	
	Liverpool		61	Megan Finch	4.50	
	West Cheshire		5	Sophie Carter	4.47	
	Halton & Frodsham		40	Olivia Church	4.20	



# Competition Results

**Competition:**  
NWLRd4-Widnes Under 13 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	17.0	17.0	17.0	18.0	15.0	18.0
2	Liverpool		104.0	15.0	15.0	15.0	15.0	16.0	13.0	15.0
3	Halton & Frodsham		101.0	12.0	16.0	16.0	13.0	12.0	17.0	15.0
4	Warrington		88.0	9.0	12.0	12.0	15.0	13.0	15.0	12.0
5	Southport Waterloo		55.0	6.0	10.0	10.0	8.0	11.0	10.0	0.0

# Athlete Results

## Competition:

NWLRd4-Widnes Under 13 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	STJ
1	28	Jess Wright	Halton & Frodsham	33.0	10.0	12.0				11.0
2	15	Amy Williams	West Cheshire	29.0	12.0		11.0			6.0
3	75	Lauren McDarrell	Warrington	25.0			10.0	4.0	11.0	
4=	12	Chloe Hunt	West Cheshire	24.0				12.0		12.0
4=	53	Jessica O'Brien	Southport Waterloo	24.0		8.0		8.0	8.0	
6	29	Emily Pearson	Halton & Frodsham	22.0	6.0		4.0		12.0	
7=	63	Rachel Lee	Liverpool	21.0				11.0	10.0	
7=	77	Fiona Bainbridge	Warrington	21.0		3.0		9.0		9.0
9=	27	Sian Ellis	Halton & Frodsham	18.0		4.0		10.0		4.0
9=	74	Lucy Deakin	Warrington	18.0	9.0		5.0		4.0	
11=	64	Laura Truman	Liverpool	17.0	4.0		3.0			10.0
11=	65	Emily Laing	Liverpool	17.0			12.0			5.0
13=	11	Sophie Percival	West Cheshire	15.0			6.0		9.0	
13=	57	Charlotte Evans	Liverpool	15.0		10.0		5.0		
15	25	Ellie Hayes	Halton & Frodsham	14.0			9.0		5.0	
16	52	Emma Wilson	Southport Waterloo	13.0	8.0			3.0	2.0	
17	51	Lucy Hunter	Southport Waterloo	12.0	2.0	2.0	8.0			
18=	9	Tess Corr	West Cheshire	11.0		11.0				
18=	14	Charlotte Williamson	West Cheshire	11.0	5.0				6.0	
18=	62	Pagan Booton	Liverpool	11.0	11.0					
21	78	Jasmine King	Warrington	9.0		9.0				
22=	13	Emily Wood	West Cheshire	6.0		6.0				
22=	54	Ellen McMahan	West Cheshire	6.0				6.0		
22=	76	Jessica Eakins	Warrington	6.0	3.0					3.0
25	55	Bethany Helsby	Liverpool	5.0		5.0				
26	56	Rebecca Brown	Liverpool	3.0					3.0	
27	26	Kiera Grady	Halton & Frodsham	2.0				2.0		
28=	8	Hannah Wood	West Cheshire	0.0						
28=	10	India Cotgreave	West Cheshire	0.0						
28=	67	Lydia Helsby	Liverpool	0.0						

# Team Results

# Halton & Frodsham ()

## Competition:

NWLRd4-Widnes Under 13 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	17.0	17.0	17.0	18.0	15.0	18.0
2	Liverpool		104.0	15.0	15.0	15.0	15.0	16.0	13.0	15.0
3	Halton & Frodsham		101.0	12.0	16.0	16.0	13.0	12.0	17.0	15.0
4	Warrington		88.0	9.0	12.0	12.0	15.0	13.0	15.0	12.0
5	Southport Waterloo		55.0	6.0	10.0	10.0	8.0	11.0	10.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Ellie Hayes	S	5.48	6.29	5.31	0.00	6.29	4	9.0
25	Ellie Hayes	SLJ	1.80	1.73	1.77	0.00	1.80	2	5.0
26	Kiera Grady	2LR	29.7				29.7		
26	Kiera Grady	6LR	1:43.1				1:43.1		
26	Kiera Grady	SB	41				41	5	2.0
26	Kiera Grady	SLJ	1.51	1.33	1.32	0.00	1.51		
27	Sian Ellis	2LR	27.9				27.9		
27	Sian Ellis	6LR	1:46.1				1:46.1	3	4.0
27	Sian Ellis	SB	56				56	3	10.0
27	Sian Ellis	STJ	5.58	5.76	5.63	0.00	5.76	3	4.0
28	Jess Wright	2LR	27.1				27.1	3	10.0
28	Jess Wright	6LR	1:36.3				1:36.3	1	12.0
28	Jess Wright	STJ	6.20	6.44	6.52	0.00	6.52	2	11.0
29	Emily Pearson	2LR	27.6				27.6	1	6.0
29	Emily Pearson	S	0.00	5.88	5.54	0.00	5.88	3	4.0
29	Emily Pearson	SLJ	2.02	2.00	2.02	0.00	2.02	1	12.0

# Team Results

# Liverpool ()

## Competition:

NWLRd4-Widnes Under 13 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	17.0	17.0	17.0	18.0	15.0	18.0
2	Liverpool		104.0	15.0	15.0	15.0	15.0	16.0	13.0	15.0
3	Halton & Frodsham		101.0	12.0	16.0	16.0	13.0	12.0	17.0	15.0
4	Warrington		88.0	9.0	12.0	12.0	15.0	13.0	15.0	12.0
5	Southport Waterloo		55.0	6.0	10.0	10.0	8.0	11.0	10.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
55	Bethany Helsby	6LR	1:45.4				1:45.4	2	5.0
55	Bethany Helsby	SB	51				51		
56	Rebecca Brown	2LR	28.9				28.9		
56	Rebecca Brown	SB	50				50		
56	Rebecca Brown	SLJ	1.61	1.69	1.78	0.00	1.78	4	3.0
57	Charlotte Evans	6LR	1:43.6				1:43.6	3	10.0
57	Charlotte Evans	SB	55				55	2	5.0
57	Charlotte Evans	SLJ	1.74	1.60	1.70	0.00	1.74		
62	Pagan Booton	2LR	27.1				27.1	2	11.0
62	Pagan Booton	STJ	5.98	6.14	5.99	0.00	6.14		
63	Rachel Lee	SB	59				59	2	11.0
63	Rachel Lee	SLJ	1.85	1.81	1.85	0.00	1.85	3	10.0
64	Laura Truman	2LR	27.8				27.8	3	4.0
64	Laura Truman	S	4.77	0.00	0.00	0.00	4.77	4	3.0
64	Laura Truman	STJ	5.85	6.24	6.18	0.00	6.24	3	10.0
65	Emily Laing	S	8.22	7.63	7.44	0.00	8.22	1	12.0
65	Emily Laing	STJ	6.16	6.16	6.12	0.00	6.16	2	5.0
67	Lydia Helsby	2LR	28.7				28.7		
67	Lydia Helsby	SLJ	1.76	1.65	1.69	0.00	1.76		

# Team Results

# Southport Waterloo ()

## Competition:

NWLRd4-Widnes Under 13 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	17.0	17.0	17.0	18.0	15.0	18.0
2	Liverpool		104.0	15.0	15.0	15.0	15.0	16.0	13.0	15.0
3	Halton & Frodsham		101.0	12.0	16.0	16.0	13.0	12.0	17.0	15.0
4	Warrington		88.0	9.0	12.0	12.0	15.0	13.0	15.0	12.0
5	Southport Waterloo		55.0	6.0	10.0	10.0	8.0	11.0	10.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
51	Lucy Hunter	2LR	32.4				32.4	5	2.0
51	Lucy Hunter	6LR	2:06.2				2:06.2	5	2.0
51	Lucy Hunter	S	4.31	3.98	3.37	0.00	4.31	5	8.0
51	Lucy Hunter	SB	37				37		
51	Lucy Hunter	SLJ	1.46	1.40	1.46	0.00	1.46		
52	Emma Wilson	2LR	29.8				29.8	5	8.0
52	Emma Wilson	SB	42				42	4	3.0
52	Emma Wilson	SLJ	1.27	1.28	1.23	0.00	1.28	5	2.0
53	Jessica O'Brien	2LR	29.3				29.3		
53	Jessica O'Brien	6LR	1:45.5				1:45.5	5	8.0
53	Jessica O'Brien	SB	44				44	5	8.0
53	Jessica O'Brien	SLJ	1.74	1.73	1.73	0.00	1.74	5	8.0

# Team Results

# Warrington ()

## Competition:

NWLRd4-Widnes Under 13 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	17.0	17.0	17.0	18.0	15.0	18.0
2	Liverpool		104.0	15.0	15.0	15.0	15.0	16.0	13.0	15.0
3	Halton & Frodsham		101.0	12.0	16.0	16.0	13.0	12.0	17.0	15.0
4	Warrington		88.0	9.0	12.0	12.0	15.0	13.0	15.0	12.0
5	Southport Waterloo		55.0	6.0	10.0	10.0	8.0	11.0	10.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
74	Lucy Deakin	2LR	27.4				27.4	4	9.0
74	Lucy Deakin	S	5.87	5.72	6.31	0.00	6.31	2	5.0
74	Lucy Deakin	SLJ	1.72	1.80	1.73	0.00	1.80	3	4.0
75	Lauren McDarrell	S	6.36	6.31	5.60	0.00	6.36	3	10.0
75	Lauren McDarrell	SB	44				44	3	4.0
75	Lauren McDarrell	SLJ	1.92	1.99	1.88	0.00	1.99	2	11.0
76	Jessica Eakins	2LR	30.5				30.5	4	3.0
76	Jessica Eakins	SLJ	1.44	1.48	1.42	0.00	1.48		
76	Jessica Eakins	STJ	4.57	4.63	4.32	0.00	4.63	4	3.0
77	Fiona Bainbridge	6LR	1:51.7				1:51.7	4	3.0
77	Fiona Bainbridge	SB	47				47	4	9.0
77	Fiona Bainbridge	STJ	5.62	5.50	5.32	0.00	5.62	4	9.0
78	Jasmine King	6LR	1:43.9				1:43.9	4	9.0

# Team Results

# West Cheshire ()

## Competition:

NWLRd4-Widnes Under 13 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	17.0	17.0	17.0	18.0	15.0	18.0
2	Liverpool		104.0	15.0	15.0	15.0	15.0	16.0	13.0	15.0
3	Halton & Frodsham		101.0	12.0	16.0	16.0	13.0	12.0	17.0	15.0
4	Warrington		88.0	9.0	12.0	12.0	15.0	13.0	15.0	12.0
5	Southport Waterloo		55.0	6.0	10.0	10.0	8.0	11.0	10.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
8	Hannah Wood	2LR	34.2				34.2		
8	Hannah Wood	SLJ	1.25	1.20	1.24	0.00	1.25		
9	Tess Corr	2LR	29.7				29.7		
9	Tess Corr	6LR	1:39.7				1:39.7	2	11.0
9	Tess Corr	S	3.96	3.96	3.65	0.00	3.96		
9	Tess Corr	SLJ	1.72	1.57	1.63	0.00	1.72		
10	India Cotgreave	2LR	30.6				30.6		
10	India Cotgreave	6LR	1:46.9				1:46.9		
10	India Cotgreave	SB	55				55		
10	India Cotgreave	STJ	5.06	5.08	5.11	0.00	5.11		
11	Sophie Percival	2LR	30.3				30.3		
11	Sophie Percival	S	6.77	6.58	6.86	0.00	6.86	1	6.0
11	Sophie Percival	SLJ	1.77	1.84	1.81	0.00	1.84	4	9.0
12	Chloe Hunt	2LR	27.9				27.9		
12	Chloe Hunt	6LR	1:41.1				1:41.1		
12	Chloe Hunt	SB	60				60	1	12.0
12	Chloe Hunt	STJ	6.12	6.49	6.78	0.00	6.78	1	12.0
13	Emily Wood	2LR	28.8				28.8		
13	Emily Wood	6LR	1:40.9				1:40.9	1	6.0
13	Emily Wood	SB	57				57		
13	Emily Wood	SLJ	1.78	1.74	1.76	0.00	1.78		
14	Charlotte Williamson	2LR	27.7				27.7	2	5.0
14	Charlotte Williamson	SLJ	1.83	1.74	1.76	0.00	1.83	1	6.0
14	Charlotte Williamson	STJ	5.44	5.24	5.14	0.00	5.44		
15	Amy Williams	2LR	26.6				26.6	1	12.0
15	Amy Williams	S	7.15	6.28	6.97	0.00	7.15	2	11.0
15	Amy Williams	STJ	6.40	6.43	6.64	0.00	6.64	1	6.0
54	Ellen McMahon	2LR	31.6				31.6		
54	Ellen McMahon	6LR	1:46.4				1:46.4		

# Team Results

# West Cheshire ()

## Competition:

NWLRd4-Widnes Under 13 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	17.0	17.0	17.0	18.0	15.0	18.0
2	Liverpool		104.0	15.0	15.0	15.0	15.0	16.0	13.0	15.0
3	Halton & Frodsham		101.0	12.0	16.0	16.0	13.0	12.0	17.0	15.0
4	Warrington		88.0	9.0	12.0	12.0	15.0	13.0	15.0	12.0
5	Southport Waterloo		55.0	6.0	10.0	10.0	8.0	11.0	10.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
54	Ellen McMahon	S	3.53	2.93	3.34	0.00	3.53		
54	Ellen McMahon	SB	58				58	1	6.0



# Results Sheet

# 2 Lap Race

**Competition:**  
NWLRd4-Widnes Under 13 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		17.0
2	Halton & Frodsham		16.0
3	Liverpool		15.0
4	Warrington		12.0
5	Southport Waterloo		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		15	Amy Williams	26.6	12.0
2	Liverpool		62	Pagan Booton	27.1	11.0
3	Halton & Frodsham		28	Jess Wright	27.1	10.0
4	Warrington		74	Lucy Deakin	27.4	9.0
5	Southport Waterloo		52	Emma Wilson	29.8	8.0
1	Halton & Frodsham		29	Emily Pearson	27.6	6.0
2	West Cheshire		14	Charlotte Williamson	27.7	5.0
3	Liverpool		64	Laura Truman	27.8	4.0
4	Warrington		76	Jessica Eakins	30.5	3.0
5	Southport Waterloo		51	Lucy Hunter	32.4	2.0
	West Cheshire		12	Chloe Hunt	27.9	
	Halton & Frodsham		27	Sian Ellis	27.9	
	Liverpool		67	Lydia Helsby	28.7	
	West Cheshire		13	Emily Wood	28.8	
	Liverpool		56	Rebecca Brown	28.9	
	Southport Waterloo		53	Jessica O'Brien	29.3	
	Halton & Frodsham		26	Kiera Grady	29.7	
	West Cheshire		9	Tess Corr	29.7	
	West Cheshire		11	Sophie Percival	30.3	
	West Cheshire		10	India Cotgreave	30.6	
	West Cheshire		54	Ellen McMahon	31.6	
	West Cheshire		8	Hannah Wood	34.2	

# Results Sheet

# 6 Lap Time Trial

**Competition:**  
NWLRd4-Widnes Under 13 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		17.0
2	Halton & Frodsham		16.0
3	Liverpool		15.0
4	Warrington		12.0
5	Southport Waterloo		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		28	Jess Wright	1:36.3	12.0
2	West Cheshire		9	Tess Corr	1:39.7	11.0
3	Liverpool		57	Charlotte Evans	1:43.6	10.0
4	Warrington		78	Jasmine King	1:43.9	9.0
5	Southport Waterloo		53	Jessica O'Brien	1:45.5	8.0
1	West Cheshire		13	Emily Wood	1:40.9	6.0
2	Liverpool		55	Bethany Helsby	1:45.4	5.0
3	Halton & Frodsham		27	Sian Ellis	1:46.1	4.0
4	Warrington		77	Fiona Bainbridge	1:51.7	3.0
5	Southport Waterloo		51	Lucy Hunter	2:06.2	2.0
	West Cheshire		12	Chloe Hunt	1:41.1	
	Halton & Frodsham		26	Kiera Grady	1:43.1	
	West Cheshire		54	Ellen McMahon	1:46.4	
	West Cheshire		10	India Cotgreave	1:46.9	

# Results Sheet

# 4 x 2 Lap Relay

**Competition:**  
NWLRd4-Widnes Under 13 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	West Cheshire		1:49.5	0.0	1:49.5	18.0
2	02	Liverpool		1:51.2	0.0	1:51.2	15.0
3	01	Halton & Frodsham		1:54.8	0.0	1:54.8	12.0
4	04	Warrington		2:00.3	0.0	2:00.3	9.0
5	03	Southport Waterloo		2:02.5	0.0	2:02.5	6.0

# Results Sheet

# Shot

## Competition:

NWLRd4-Widnes Under 13 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		17.0
2=	Liverpool		15.0
2=	Warrington		15.0
4	Halton & Frodsham		13.0
5	Southport Waterloo		8.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool		65	Emily Laing	8.22	12.0
2	West Cheshire		15	Amy Williams	7.15	11.0
3	Warrington		75	Lauren McDarrell	6.36	10.0
4	Halton & Frodsham		25	Ellie Hayes	6.29	9.0
5	Southport Waterloo		51	Lucy Hunter	4.31	8.0
1	West Cheshire		11	Sophie Percival	6.86	6.0
2	Warrington		74	Lucy Deakin	6.31	5.0
3	Halton & Frodsham		29	Emily Pearson	5.88	4.0
4	Liverpool		64	Laura Truman	4.77	3.0
	West Cheshire		9	Tess Corr	3.96	
	West Cheshire		54	Ellen McMahon	3.53	

# Results Sheet

# Speed Bounce

**Competition:**  
NWLRd4-Widnes Under 13 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Liverpool		16.0
3	Warrington		13.0
4	Halton & Frodsham		12.0
5	Southport Waterloo		11.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	West Cheshire		12	Chloe Hunt	60	12.0
2	Liverpool		63	Rachel Lee	59	11.0
3	Halton & Frodsham		27	Sian Ellis	56	10.0
4	Warrington		77	Fiona Bainbridge	47	9.0
5	Southport Waterloo		53	Jessica O'Brien	44	8.0
1	West Cheshire		54	Ellen McMahon	58	6.0
2	Liverpool		57	Charlotte Evans	55	5.0
3	Warrington		75	Lauren McDarrell	44	4.0
4	Southport Waterloo		52	Emma Wilson	42	3.0
5	Halton & Frodsham		26	Kiera Grady	41	2.0
	West Cheshire		13	Emily Wood	57	
	West Cheshire		10	India Cotgreave	55	
	Liverpool		55	Bethany Helsby	51	
	Liverpool		56	Rebecca Brown	50	
	Southport Waterloo		51	Lucy Hunter	37	

# Results Sheet

# Standing Long Jump

**Competition:**  
NWLRd4-Widnes Under 13 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	Halton & Frodsham		17.0
2=	Warrington		15.0
2=	West Cheshire		15.0
4	Liverpool		13.0
5	Southport Waterloo		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		29	Emily Pearson	2.02	12.0
2	Warrington		75	Lauren McDarrell	1.99	11.0
3	Liverpool		63	Rachel Lee	1.85	10.0
4	West Cheshire		11	Sophie Percival	1.84	9.0
5	Southport Waterloo		53	Jessica O'Brien	1.74	8.0
1	West Cheshire		14	Charlotte Williamson	1.83	6.0
2	Halton & Frodsham		25	Ellie Hayes	1.80	5.0
3	Warrington		74	Lucy Deakin	1.80	4.0
4	Liverpool		56	Rebecca Brown	1.78	3.0
5	Southport Waterloo		52	Emma Wilson	1.28	2.0
	West Cheshire		13	Emily Wood	1.78	
	Liverpool		67	Lydia Helsby	1.76	
	Liverpool		57	Charlotte Evans	1.74	
	West Cheshire		9	Tess Corr	1.72	
	Halton & Frodsham		26	Kiera Grady	1.51	
	Warrington		76	Jessica Eakins	1.48	
	Southport Waterloo		51	Lucy Hunter	1.46	
	West Cheshire		8	Hannah Wood	1.25	

# Results Sheet

# Standing Triple Jump

**Competition:**  
NWLRd4-Widnes Under 13 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2=	Halton & Frodsham		15.0
2=	Liverpool		15.0
4	Warrington		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		12	Chloe Hunt	6.78	12.0
2	Halton & Frodsham		28	Jess Wright	6.52	11.0
3	Liverpool		64	Laura Truman	6.24	10.0
4	Warrington		77	Fiona Bainbridge	5.62	9.0
1	West Cheshire		15	Amy Williams	6.64	6.0
2	Liverpool		65	Emily Laing	6.16	5.0
3	Halton & Frodsham		27	Sian Ellis	5.76	4.0
4	Warrington		76	Jessica Eakins	4.63	3.0
	Liverpool		62	Pagan Booton	6.14	
	West Cheshire		14	Charlotte Williamson	5.44	
	West Cheshire		10	India Cotgreave	5.11	





# Athlete Results

## Competition:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	STJ
1	30	Amy Pearson	Halton & Frodsham	38.0	11.0		5.0	11.0	11.0	
2=	17	Olivia Montez Brown	West Cheshire	30.0	6.0	12.0				12.0
2=	71	Emma Steele	Warrington	30.0	10.0		10.0			10.0
4	32	Amy Wright	Halton & Frodsham	27.0			11.0		5.0	11.0
5	16	Alice McMahon	West Cheshire	24.0	12.0				12.0	
6=	18	Kelly Baker	West Cheshire	18.0			12.0			6.0
6=	72	Katie Boden	Warrington	18.0	4.0			4.0	10.0	
8	33	Emma Scott	Halton & Frodsham	17.0	5.0	6.0		6.0		
9	31	Emma Pyatt	Halton & Frodsham	16.0		11.0				5.0
10=	20	Laura Rigby	West Cheshire	12.0				12.0		
10=	23	Alice Jennings	West Cheshire	12.0			6.0		6.0	
12=	19	Jenna Sheehy	West Cheshire	10.0		5.0		5.0		
12=	70	Holly McCurrie	Warrington	10.0				10.0		
14	73	Jodie Ellis	Warrington	8.0			4.0		4.0	
15=	21	Jenni Potter	West Cheshire	0.0						
15=	22	Emma Johnson	West Cheshire	0.0						

# Team Results

# Halton & Frodsham ()

## Competition:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		124.0	18.0	18.0	17.0	18.0	17.0	18.0	18.0
2	Halton & Frodsham		113.0	15.0	16.0	17.0	16.0	17.0	16.0	16.0
3	Warrington		78.0	12.0	14.0	0.0	14.0	14.0	14.0	10.0
4=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4=	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
30	Amy Pearson	2LR	27.0				27.0	2	11.0
30	Amy Pearson	S	5.96	6.18	6.47	0.00	6.47	2	5.0
30	Amy Pearson	SB	71				71	2	11.0
30	Amy Pearson	SLJ	2.22	2.15	2.21	0.00	2.22	2	11.0
31	Emma Pyatt	2LR	27.6				27.6		
31	Emma Pyatt	6LR	1:33.9				1:33.9	2	11.0
31	Emma Pyatt	S	5.35	4.95	5.30	0.00	5.35		
31	Emma Pyatt	STJ	5.59	5.45	5.42	0.00	5.59	2	5.0
32	Amy Wright	S	6.46	7.91	7.29	0.00	7.91	2	11.0
32	Amy Wright	SLJ	2.00	1.98	2.10	0.00	2.10	2	5.0
32	Amy Wright	STJ	6.02	6.10	6.30	0.00	6.30	2	11.0
33	Emma Scott	2LR	27.2				27.2	2	5.0
33	Emma Scott	6LR	1:34.0				1:34.0	1	6.0
33	Emma Scott	SB	70				70	1	6.0
33	Emma Scott	SLJ	1.99	2.04	2.02	0.00	2.04		

# Team Results

# Liverpool ()

## Competition:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		124.0	18.0	18.0	17.0	18.0	17.0	18.0	18.0
2	Halton & Frodsham		113.0	15.0	16.0	17.0	16.0	17.0	16.0	16.0
3	Warrington		78.0	12.0	14.0	0.0	14.0	14.0	14.0	10.0
4=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4=	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:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		124.0	18.0	18.0	17.0	18.0	17.0	18.0	18.0
2	Halton & Frodsham		113.0	15.0	16.0	17.0	16.0	17.0	16.0	16.0
3	Warrington		78.0	12.0	14.0	0.0	14.0	14.0	14.0	10.0
4=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4=	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:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		124.0	18.0	18.0	17.0	18.0	17.0	18.0	18.0
2	Halton & Frodsham		113.0	15.0	16.0	17.0	16.0	17.0	16.0	16.0
3	Warrington		78.0	12.0	14.0	0.0	14.0	14.0	14.0	10.0
4=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4=	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
70	Holly McCurrie	SB	54				54	3	10.0
71	Emma Steele	2LR	30.0				30.0	3	10.0
71	Emma Steele	S	6.30	5.43	5.79	0.00	6.30	3	10.0
71	Emma Steele	STJ	5.28	5.40	5.43	0.00	5.43	3	10.0
72	Katie Boden	2LR	33.3				33.3	3	4.0
72	Katie Boden	S	4.54	4.25	4.36	0.00	4.54		
72	Katie Boden	SB	50				50	3	4.0
72	Katie Boden	SLJ	1.54	1.54	1.63	0.00	1.63	3	10.0
73	Jodie Ellis	2LR	31.2				31.2		
73	Jodie Ellis	S	5.56	5.55	5.47	0.00	5.56	3	4.0
73	Jodie Ellis	SB	41				41		
73	Jodie Ellis	SLJ	1.41	1.48	1.48	0.00	1.48	3	4.0

# Team Results

# West Cheshire ()

## Competition:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		124.0	18.0	18.0	17.0	18.0	17.0	18.0	18.0
2	Halton & Frodsham		113.0	15.0	16.0	17.0	16.0	17.0	16.0	16.0
3	Warrington		78.0	12.0	14.0	0.0	14.0	14.0	14.0	10.0
4=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4=	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
16	Alice McMahon	2LR	25.4				25.4	1	12.0
16	Alice McMahon	6LR	1:48.9				1:48.9		
16	Alice McMahon	S	0.00	7.42	7.11	0.00	7.42		
16	Alice McMahon	SLJ	2.31	2.24	2.29	0.00	2.31	1	12.0
17	Olivia Montez Brown	2LR	26.1				26.1	1	6.0
17	Olivia Montez Brown	6LR	1:32.4				1:32.4	1	12.0
17	Olivia Montez Brown	SB	62				62		
17	Olivia Montez Brown	STJ	6.72	6.97	0.00	0.00	6.97	1	12.0
18	Kelly Baker	2LR	26.8				26.8		
18	Kelly Baker	6LR	1:49.1				1:49.1		
18	Kelly Baker	S	10.59	9.51	9.44	0.00	10.59	1	12.0
18	Kelly Baker	STJ	6.46	6.09	5.92	0.00	6.46	1	6.0
19	Jenna Sheehy	2LR	27.2				27.2		
19	Jenna Sheehy	6LR	1:39.6				1:39.6	2	5.0
19	Jenna Sheehy	SB	69				69	2	5.0
19	Jenna Sheehy	STJ	6.28	6.18	6.29	0.00	6.29		
20	Laura Rigby	2LR	26.6				26.6		
20	Laura Rigby	SB	73				73	1	12.0
20	Laura Rigby	SLJ	2.07	2.06	2.01	0.00	2.07		
21	Jenni Potter	2LR	27.9				27.9		
21	Jenni Potter	S	6.89	7.18	7.15	0.00	7.18		
21	Jenni Potter	STJ	6.12	6.42	6.25	0.00	6.42		
22	Emma Johnson	2LR	28.3				28.3		
22	Emma Johnson	6LR	1:49.1				1:49.1		
22	Emma Johnson	SB	68				68		
22	Emma Johnson	SLJ	1.66	1.76	1.72	0.00	1.76		
23	Alice Jennings	2LR	26.4				26.4		
23	Alice Jennings	6LR	1:35.9				1:35.9		
23	Alice Jennings	S	8.33	8.80	0.00	0.00	8.80	1	6.0

# Team Results

# West Cheshire ()

## Competition:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		124.0	18.0	18.0	17.0	18.0	17.0	18.0	18.0
2	Halton & Frodsham		113.0	15.0	16.0	17.0	16.0	17.0	16.0	16.0
3	Warrington		78.0	12.0	14.0	0.0	14.0	14.0	14.0	10.0
4=	Liverpool		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4=	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
23	Alice Jennings	SLJ	2.04	2.18	2.16	0.00	2.18	1	6.0

# Results Sheet

# 2 Lap Race

**Competition:**  
NWLRd4-Widnes Under 15 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Halton & Frodsham		16.0
3	Warrington		14.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		16	Alice McMahon	25.4	12.0
2	Halton & Frodsham		30	Amy Pearson	27.0	11.0
3	Warrington		71	Emma Steele	30.0	10.0
1	West Cheshire		17	Olivia Montez Brown	26.1	6.0
2	Halton & Frodsham		33	Emma Scott	27.2	5.0
3	Warrington		72	Katie Boden	33.3	4.0
	West Cheshire		23	Alice Jennings	26.4	
	West Cheshire		20	Laura Rigby	26.6	
	West Cheshire		18	Kelly Baker	26.8	
	West Cheshire		19	Jenna Sheehy	27.2	
	Halton & Frodsham		31	Emma Pyatt	27.6	
	West Cheshire		21	Jenni Potter	27.9	
	West Cheshire		22	Emma Johnson	28.3	
	Warrington		73	Jodie Ellis	31.2	



# Results Sheet

# 6 Lap Time Trial

**Competition:**  
NWLRd4-Widnes Under 15 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1=	Halton & Frodsham		17.0
1=	West Cheshire		17.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		17	Olivia Montez Brown	1:32.4	12.0
2	Halton & Frodsham		31	Emma Pyatt	1:33.9	11.0
1	Halton & Frodsham		33	Emma Scott	1:34.0	6.0
2	West Cheshire		19	Jenna Sheehy	1:39.6	5.0
	West Cheshire		23	Alice Jennings	1:35.9	
	West Cheshire		16	Alice McMahon	1:48.9	
	West Cheshire		22	Emma Johnson	1:49.1	
	West Cheshire		18	Kelly Baker	1:49.1	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	West Cheshire		1:43.1	0.0	1:43.1	18.0
2	01	Halton & Frodsham		1:50.3	0.0	1:50.3	15.0
3	04	Warrington		2:01.7	0.0	2:01.7	12.0

# Results Sheet

# Shot

**Competition:**  
NWLRd4-Widnes Under 15 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Halton & Frodsham		16.0
3	Warrington		14.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		18	Kelly Baker	10.59	12.0
2	Halton & Frodsham		32	Amy Wright	7.91	11.0
3	Warrington		71	Emma Steele	6.30	10.0
1	West Cheshire		23	Alice Jennings	8.80	6.0
2	Halton & Frodsham		30	Amy Pearson	6.47	5.0
3	Warrington		73	Jodie Ellis	5.56	4.0
	West Cheshire		16	Alice McMahon	7.42	
	West Cheshire		21	Jenni Potter	7.18	
	Halton & Frodsham		31	Emma Pyatt	5.35	
	Warrington		72	Katie Boden	4.54	

# Results Sheet

# Speed Bounce

## Competition:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Points
1=	Halton & Frodsham		17.0
1=	West Cheshire		17.0
3	Warrington		14.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	West Cheshire		20	Laura Rigby	73	12.0
2	Halton & Frodsham		30	Amy Pearson	71	11.0
3	Warrington		70	Holly McCurrie	54	10.0
1	Halton & Frodsham		33	Emma Scott	70	6.0
2	West Cheshire		19	Jenna Sheehy	69	5.0
3	Warrington		72	Katie Boden	50	4.0
	West Cheshire		22	Emma Johnson	68	
	West Cheshire		17	Olivia Montez Brown	62	
	Warrington		73	Jodie Ellis	41	

# Results Sheet

# Standing Long Jump

**Competition:**  
NWLRd4-Widnes Under 15 Girls

**Venue:**  
Kingsway Widnes

**Date**  
6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Halton & Frodsham		16.0
3	Warrington		14.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		16	Alice McMahon	2.31	12.0
2	Halton & Frodsham		30	Amy Pearson	2.22	11.0
3	Warrington		72	Katie Boden	1.63	10.0
1	West Cheshire		23	Alice Jennings	2.18	6.0
2	Halton & Frodsham		32	Amy Wright	2.10	5.0
3	Warrington		73	Jodie Ellis	1.48	4.0
	West Cheshire		20	Laura Rigby	2.07	
	Halton & Frodsham		33	Emma Scott	2.04	
	West Cheshire		22	Emma Johnson	1.76	

# Results Sheet

# Standing Triple Jump

## Competition:

NWLRd4-Widnes Under 15 Girls

## Venue:

Kingsway Widnes

## Date

6 Dec 2009

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Halton & Frodsham		16.0
3	Warrington		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		17	Olivia Montez Brown	6.97	12.0
2	Halton & Frodsham		32	Amy Wright	6.30	11.0
3	Warrington		71	Emma Steele	5.43	10.0
1	West Cheshire		18	Kelly Baker	6.46	6.0
2	Halton & Frodsham		31	Emma Pyatt	5.59	5.0
	West Cheshire		21	Jenni Potter	6.42	
	West Cheshire		19	Jenna Sheehy	6.29	