

North West Sportshall Athletics League 2009 - 2010

League Tables after Round Five

17th January 2010

U/11 Girls	Round 1	Round 2	Round 3	Round 4	Round 5	Total
Deeside	132	0	135	120	110	497
Crewe & Nantwich	124	130	0	115	126	495
West Cheshire	113	0	136	114	106.5	469.5
Halton & Frodsham	115	122.5	0	115	109.5	462
DASH	0	100	99.5	93	101	393.5
Liverpool	0	118	87.5	101	85	391.5
Southport / Waterloo	0	98.5	103.5	72	103	377
Sutton St Helens	88	87	0	50	0	225
Warrington	64	0	89.5	36	0	189.5
Handforth	0	25	0	0	51	76

U/11 Boys	Round 1	Round 2	Round 3	Round 4	Round 5	Total
Crewe	139	138	0	125	117.5	519.5
DASH	0	120	136.5	106	110.5	473
Halton & Frodsham	125	130.5	0	111	106	472.5
West Cheshire	95.5	0	132	118	120	465.5
Liverpool	0	80.5	114	100.5	95.5	390.5
Handforth	77.5	55	0	84	95	311.5
Deeside	110.5	0	94.5	31	53.5	289.5
Southport / Waterloo	0	72	29	63.5	56	220.5
Warrington	61.5	0	52	0	0	113.5
Sutton St Helens	49	0	0	57	0	106

U/13 Girls	Round 1	Round 2	Round 3	Round 4	Round 5	Total
Crewe & Nantwich	140	144	0	124	126	534
West Cheshire	128	0	138	120	112	498
Liverpool	0	122	132	104	105	463
Halton & Frodsham	117.5	119	0	101	111	448.5
Warrington	74	0	110	88	31	303
Sutton St Helens	58.5	74	0	35	32	199.5
Southport / Waterloo	0	83	53	55	0	191
DASH	0	52	0	31	49	132
Deeside	47	0	26	31	0	104

U/13 Boys	Round 1	Round 2	Round 3	Round 4	Round 5	Total
West Cheshire	128	0	138	122	123	511
Crewe & Nantwich	126.5	132	0	124	124	506.5
Liverpool	0	86.5	123	110	108	427.5
DASH	0	125	78	63	113	379
Sutton St Helens	98.5	85.5	0	75	68	327
Warrington	93	0	82	0	0	175
Halton & Frodsham	18	33	0	53	31	135
Deeside	57	0	30	0	26	113
Southport / Waterloo	0	49	0	0	0	49

U/15 Girls	Round 1	Round 2	Round 3	Round 4	Round 5	Total
Crewe & Nantwich	133.5	141.5	0	122.5	126	523.5
West Cheshire	135.5	0	142	124	120	521.5
Deeside	119	0	134	112.5	101	466.5
Halton & Frodsham	41.5	79.5	0	113	99	333
Warrington	95	0	82	78	41	296
DASH	0	66.5	50	42	64	222.5
Sutton St Helens	62.5	81.5	0	0	37	181

U/15 Boys	Round 1	Round 2	Round 3	Round 4	Round 5	Total
West Cheshire	123	0	116	100	100	439
Crewe & Nantwich	84	95		124	126	429
Halton & Frodsham	78	69		72	72	291
Deeside	141	0	27	45	0	213
DASH	0	0	90	42	43	175
Warrington	30	0	0	52	42	124
Handforth	23	0		0	0	23

Athlete Results

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	CP	SB	SLJ	VJ
1	93	Rhys Bennett	Deeside	33.5	10.0	11.5		12.0		
2=	299	Connor Rowbottom	West Cheshire	29.0	11.0	6.0	12.0			
2=	373	Zak Elbeshri	Liverpool Harriers	29.0	9.0			9.0	11.0	
4	228	Chris Larkin	Halton & Frodsham	27.0	5.0			10.0	12.0	
5	375	Christian Woods	Liverpool Harriers	25.5		11.5			4.0	10.0
6	298	Elijah Montez Brown	West Cheshire	22.0	6.0	10.0			6.0	
7	92	Lewis Roberts	Deeside	20.0	4.0			5.0		11.0
8=	96	Bradley Phillips	Halton & Frodsham	17.0	12.0	5.0				
8=	376	Charlie Lebby	Liverpool Harriers	17.0	3.0		11.0	3.0		
10	297	Toby Hulse	West Cheshire	16.0					10.0	6.0
11	97	Lauchlan Stanier	Halton & Frodsham	14.0			5.0			9.0
12=	229	Joseph Morrison	West Cheshire	12.0						12.0
12=	295	Jack Johnson	West Cheshire	12.0			6.0	6.0		
12=	378	Thomas Rogerson	Liverpool Harriers	12.0		4.0	4.0			4.0
15	296	Dillon Salvi	West Cheshire	11.0				11.0		
16	381	Daniel Ainsley	Halton & Frodsham	10.0			10.0			
17=	94	Luke Bratt	Halton & Frodsham	9.0				4.0		5.0
17=	227	James Ennis	Halton & Frodsham	9.0		9.0				
19	95	Luke Southerton	Halton & Frodsham	5.0					5.0	
20=	199	Tom Gibson	West Cheshire	0.0						
20=	200	Adam Henry	West Cheshire	0.0						
20=	293	Tom Harrop	West Cheshire	0.0						
20=	294	Taylor Rice	West Cheshire	0.0						

Team Results

Deeside ()

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		120.0	18.0	17.0	16.0	18.0	17.0	16.0	18.0
2	Halton & Frodsham		106.0	15.0	17.0	14.0	15.0	14.0	17.0	14.0
3	Liverpool Harriers		95.5	12.0	12.0	15.5	15.0	12.0	15.0	14.0
4	Deeside		53.5	0.0	14.0	11.5	0.0	17.0	0.0	11.0
5	Sutton St Helens		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
92	Lewis Roberts	2LR	26.7				26.7	3	4.0
92	Lewis Roberts	SB	44				44	2	5.0
92	Lewis Roberts	VJ	33	33	33	0	33	2	11.0
93	Rhys Bennett	2LR	25.8				25.8	3	10.0
93	Rhys Bennett	4LR	55.7				55.7	1=	11.5
93	Rhys Bennett	SB	53				53	1	12.0

Team Results

Liverpool Harriers ()

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		120.0	18.0	17.0	16.0	18.0	17.0	16.0	18.0
2	Halton & Frodsham		106.0	15.0	17.0	14.0	15.0	14.0	17.0	14.0
3	Liverpool Harriers		95.5	12.0	12.0	15.5	15.0	12.0	15.0	14.0
4	Deeside		53.5	0.0	14.0	11.5	0.0	17.0	0.0	11.0
5	Sutton St Helens		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
373	Zak Elbeshri	2LR	26.6				26.6	4	9.0
373	Zak Elbeshri	SB	42				42	4	9.0
373	Zak Elbeshri	SLJ	1.86	1.78	1.80	0.00	1.86	2	11.0
375	Christian Woods	4LR	55.7				55.7	1=	11.5
375	Christian Woods	SLJ	1.52	1.44	1.60	0.00	1.60	3	4.0
375	Christian Woods	VJ	29	0	32	0	32	3	10.0
376	Charlie Lebby	2LR	28.7				28.7	4	3.0
376	Charlie Lebby	CP	5.00	5.25	5.00	0.00	5.25	2	11.0
376	Charlie Lebby	SB	36				36	4	3.0
378	Thomas Rogerson	4LR	1:00.8				1:00.8	3	4.0
378	Thomas Rogerson	CP	4.00	4.00	4.00	0.00	4.00	3	4.0
378	Thomas Rogerson	VJ	28	21	21	0	28	3	4.0

Team Results

Halton & Frodsham ()

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		120.0	18.0	17.0	16.0	18.0	17.0	16.0	18.0
2	Halton & Frodsham		106.0	15.0	17.0	14.0	15.0	14.0	17.0	14.0
3	Liverpool Harriers		95.5	12.0	12.0	15.5	15.0	12.0	15.0	14.0
4	Deeside		53.5	0.0	14.0	11.5	0.0	17.0	0.0	11.0
5	Sutton St Helens		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
94	Luke Bratt	2LR	27.2				27.2		
94	Luke Bratt	SB	40				40	3	4.0
94	Luke Bratt	SLJ	1.68	1.60	0.00	0.00	1.68		
94	Luke Bratt	VJ	28	23	27	0	28	2	5.0
95	Luke Southerton	2LR	26.8				26.8		
95	Luke Southerton	CP	4.00	4.00	3.75	0.00	4.00		
95	Luke Southerton	SB	36				36		
95	Luke Southerton	SLJ	1.66	1.76	1.72	0.00	1.76	2	5.0
96	Bradley Phillips	2LR	25.4				25.4	1	12.0
96	Bradley Phillips	4LR	1:00.5				1:00.5	2	5.0
96	Bradley Phillips	SLJ	1.70	1.60	1.72	0.00	1.72		
97	Lauchlan Stanier	2LR	27.1				27.1		
97	Lauchlan Stanier	4LR	59.7				59.7		
97	Lauchlan Stanier	CP	4.50	4.50	4.50	0.00	4.50	2	5.0
97	Lauchlan Stanier	VJ	29	28	30	0	30	4	9.0
227	James Ennis	2LR	27.0				27.0		
227	James Ennis	4LR	59.9				59.9	4	9.0
227	James Ennis	CP	4.25	4.50	4.25	0.00	4.50		
227	James Ennis	SB	38				38		
228	Chris Larkin	2LR	26.5				26.5	2	5.0
228	Chris Larkin	SB	45				45	3	10.0
228	Chris Larkin	SLJ	1.88	1.72	1.82	0.00	1.88	1	12.0
381	Daniel Ainsley	2LR	27.4				27.4		
381	Daniel Ainsley	CP	4.75	4.25	4.00	0.00	4.75	3	10.0
381	Daniel Ainsley	VJ	28	23	25	0	28		

Team Results

West Cheshire ()

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		120.0	18.0	17.0	16.0	18.0	17.0	16.0	18.0
2	Halton & Frodsham		106.0	15.0	17.0	14.0	15.0	14.0	17.0	14.0
3	Liverpool Harriers		95.5	12.0	12.0	15.5	15.0	12.0	15.0	14.0
4	Deeside		53.5	0.0	14.0	11.5	0.0	17.0	0.0	11.0
5	Sutton St Helens		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
199	Tom Gibson	2LR	31.4				31.4		
199	Tom Gibson	4LR	1:11.9				1:11.9		
199	Tom Gibson	SB	31				31		
199	Tom Gibson	SLJ	1.24	1.34	1.22	0.00	1.34		
200	Adam Henry	2LR	30.3				30.3		
200	Adam Henry	4LR	1:03.9				1:03.9		
200	Adam Henry	CP	4.50	4.25	4.75	0.00	4.75		
200	Adam Henry	SB	41				41		
229	Joseph Morrison	2LR	27.0				27.0		
229	Joseph Morrison	4LR	59.2				59.2		
229	Joseph Morrison	SB	43				43		
229	Joseph Morrison	VJ	26	32	36	0	36	1	12.0
293	Tom Harrop	2LR	27.9				27.9		
293	Tom Harrop	4LR	1:06.2				1:06.2		
293	Tom Harrop	SB	40				40		
293	Tom Harrop	SLJ	1.56	0.90	0.00	0.00	1.56		
294	Tayler Rice	2LR	26.4				26.4		
294	Tayler Rice	4LR	59.5				59.5		
294	Tayler Rice	CP	4.50	4.00	5.00	0.00	5.00		
294	Tayler Rice	SLJ	1.72	1.66	1.68	0.00	1.72		
295	Jack Johnson	2LR	26.8				26.8		
295	Jack Johnson	4LR	59.7				59.7		
295	Jack Johnson	CP	4.50	5.00	4.75	0.00	5.00	1	6.0
295	Jack Johnson	SB	47				47	1	6.0
296	Dillon Salvi	2LR	26.8				26.8		
296	Dillon Salvi	4LR	1:00.4				1:00.4		
296	Dillon Salvi	SB	47				47	2	11.0
296	Dillon Salvi	VJ	31	29	31	0	31		
297	Toby Hulse	2LR	26.9				26.9		

Team Results

West Cheshire ()

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		120.0	18.0	17.0	16.0	18.0	17.0	16.0	18.0
2	Halton & Frodsham		106.0	15.0	17.0	14.0	15.0	14.0	17.0	14.0
3	Liverpool Harriers		95.5	12.0	12.0	15.5	15.0	12.0	15.0	14.0
4	Deeside		53.5	0.0	14.0	11.5	0.0	17.0	0.0	11.0
5	Sutton St Helens		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
297	Toby Hulse	4LR	1:01.8				1:01.8		
297	Toby Hulse	SLJ	1.76	1.82	1.72	0.00	1.82	3	10.0
297	Toby Hulse	VJ	29	33	31	0	33	1	6.0
298	Elijah Montez Brown	2LR	26.3				26.3	1	6.0
298	Elijah Montez Brown	4LR	56.2				56.2	3	10.0
298	Elijah Montez Brown	CP	4.75	5.25	4.50	0.00	5.25		
298	Elijah Montez Brown	SLJ	1.74	1.80	1.74	0.00	1.80	1	6.0
299	Connor Rowbottom	2LR	25.7				25.7	2	11.0
299	Connor Rowbottom	4LR	57.3				57.3	1	6.0
299	Connor Rowbottom	CP	5.25	0.00	5.50	0.00	5.50	1	12.0
299	Connor Rowbottom	SLJ	1.86	1.82	1.82	0.00	1.86		

Team Results

Sutton St Helens ()

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	VJ
1	West Cheshire		120.0	18.0	17.0	16.0	18.0	17.0	16.0	18.0
2	Halton & Frodsham		106.0	15.0	17.0	14.0	15.0	14.0	17.0	14.0
3	Liverpool Harriers		95.5	12.0	12.0	15.5	15.0	12.0	15.0	14.0
4	Deeside		53.5	0.0	14.0	11.5	0.0	17.0	0.0	11.0
5	Sutton St Helens		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 *****

Results Sheet

2 Lap Race

Competition:
NWSL Round 5A Deeside Under 11 Boys

Venue:
Deeside

Date
17 Jan 2010

Ranking	Team	Colour	Points
1=	Halton & Frodsham		17.0
1=	West Cheshire		17.0
3	Deeside		14.0
4	Liverpool Harriers		12.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		96	Bradley Phillips	25.4	12.0
2	West Cheshire		299	Connor Rowbottom	25.7	11.0
3	Deeside		93	Rhys Bennett	25.8	10.0
4	Liverpool Harriers		373	Zak Elbeshri	26.6	9.0
1	West Cheshire		298	Elijah Montez Brown	26.3	6.0
2	Halton & Frodsham		228	Chris Larkin	26.5	5.0
3	Deeside		92	Lewis Roberts	26.7	4.0
4	Liverpool Harriers		376	Charlie Lebby	28.7	3.0
	West Cheshire		294	Tayler Rice	26.4	
	West Cheshire		295	Jack Johnson	26.8	
	West Cheshire		296	Dillon Salvi	26.8	
	Halton & Frodsham		95	Luke Southerton	26.8	
	West Cheshire		297	Toby Hulse	26.9	
	West Cheshire		229	Joseph Morrison	27.0	
	Halton & Frodsham		227	James Ennis	27.0	
	Halton & Frodsham		97	Lauchlan Stanier	27.1	
	Halton & Frodsham		94	Luke Bratt	27.2	
	Halton & Frodsham		381	Daniel Ainsley	27.4	
	West Cheshire		293	Tom Harrop	27.9	
	West Cheshire		200	Adam Henry	30.3	
	West Cheshire		199	Tom Gibson	31.4	

Results Sheet

4 Lap Race

Competition:
NWSL Round 5A Deeside Under 11 Boys

Venue:
Deeside

Date
17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		16.0
2	Liverpool Harriers		15.5
3	Halton & Frodsham		14.0
4	Deeside		11.5

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Liverpool Harriers		375	Christian Woods	55.7	11.5
1=	Deeside		93	Rhys Bennett	55.7	11.5
3	West Cheshire		298	Elijah Montez Brown	56.2	10.0
4	Halton & Frodsham		227	James Ennis	59.9	9.0
1	West Cheshire		299	Connor Rowbottom	57.3	6.0
2	Halton & Frodsham		96	Bradley Phillips	1:00.5	5.0
3	Liverpool Harriers		378	Thomas Rogerson	1:00.8	4.0
	West Cheshire		229	Joseph Morrison	59.2	
	West Cheshire		294	Tayler Rice	59.5	
	West Cheshire		295	Jack Johnson	59.7	
	Halton & Frodsham		97	Lauchlan Stanier	59.7	
	West Cheshire		296	Dillon Salvi	1:00.4	
	West Cheshire		297	Toby Hulse	1:01.8	
	West Cheshire		200	Adam Henry	1:03.9	
	West Cheshire		293	Tom Harrop	1:06.2	
	West Cheshire		199	Tom Gibson	1:11.9	

Results Sheet

4 x 2 Lap Relay

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Code	Team	Colour
1	04	West Cheshire	
2	03	Halton & Frodsham	
3	02	Liverpool Harriers	

Heat	Final	Performance	Points
0.0	1:45.9	1:45.9	18.0
0.0	1:49.3	1:49.3	15.0
0.0	1:52.4	1:52.4	12.0

Results Sheet

Chest Push

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2=	Liverpool Harriers		15.0
2=	Halton & Frodsham		15.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		299	Connor Rowbottom	5.50	12.0
2	Liverpool Harriers		376	Charlie Lebby	5.25	11.0
3	Halton & Frodsham		381	Daniel Ainsley	4.75	10.0
1	West Cheshire		295	Jack Johnson	5.00	6.0
2	Halton & Frodsham		97	Lauchlan Stanier	4.50	5.0
3	Liverpool Harriers		378	Thomas Rogerson	4.00	4.0
	West Cheshire		298	Elijah Montez Brown	5.25	
	West Cheshire		294	Tayler Rice	5.00	
	West Cheshire		200	Adam Henry	4.75	
	Halton & Frodsham		227	James Ennis	4.50	
	Halton & Frodsham		95	Luke Southerton	4.00	

Results Sheet

Speed Bounce

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1=	Deeside		17.0
1=	West Cheshire		17.0
3	Halton & Frodsham		14.0
4	Liverpool Harriers		12.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Deeside		93	Rhys Bennett	53	12.0
2	West Cheshire		296	Dillon Salvi	47	11.0
3	Halton & Frodsham		228	Chris Larkin	45	10.0
4	Liverpool Harriers		373	Zak Elbeshri	42	9.0
1	West Cheshire		295	Jack Johnson	47	6.0
2	Deeside		92	Lewis Roberts	44	5.0
3	Halton & Frodsham		94	Luke Bratt	40	4.0
4	Liverpool Harriers		376	Charlie Lebby	36	3.0
	West Cheshire		229	Joseph Morrison	43	
	West Cheshire		200	Adam Henry	41	
	West Cheshire		293	Tom Harrop	40	
	Halton & Frodsham		227	James Ennis	38	
	Halton & Frodsham		95	Luke Southerton	36	
	West Cheshire		199	Tom Gibson	31	

Results Sheet

Standing Long Jump

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1	Halton & Frodsham		17.0
2	West Cheshire		16.0
3	Liverpool Harriers		15.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		228	Chris Larkin	1.88	12.0
2	Liverpool Harriers		373	Zak Elbeshri	1.86	11.0
3	West Cheshire		297	Toby Hulse	1.82	10.0
1	West Cheshire		298	Elijah Montez Brown	1.80	6.0
2	Halton & Frodsham		95	Luke Southerton	1.76	5.0
3	Liverpool Harriers		375	Christian Woods	1.60	4.0
	West Cheshire		299	Connor Rowbottom	1.86	
	West Cheshire		294	Tayler Rice	1.72	
	Halton & Frodsham		96	Bradley Phillips	1.72	
	Halton & Frodsham		94	Luke Bratt	1.68	
	West Cheshire		293	Tom Harrop	1.56	
	West Cheshire		199	Tom Gibson	1.34	

Results Sheet

Vertical Jump

Competition:

NWSL Round 5A Deeside Under 11 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2=	Liverpool Harriers		14.0
2=	Halton & Frodsham		14.0
4	Deeside		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		229	Joseph Morrison	36	12.0
2	Deeside		92	Lewis Roberts	33	11.0
3	Liverpool Harriers		375	Christian Woods	32	10.0
4	Halton & Frodsham		97	Lauchlan Stanier	30	9.0
1	West Cheshire		297	Toby Hulse	33	6.0
2	Halton & Frodsham		94	Luke Bratt	28	5.0
3	Liverpool Harriers		378	Thomas Rogerson	28	4.0
	West Cheshire		296	Dillon Salvi	31	
	Halton & Frodsham		381	Daniel Ainsley	28	

Competition Results

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		123.0	18.0	18.0	18.0	18.0	17.0	17.0	17.0
2	Liverpool Harriers		108.0	15.0	16.0	16.0	15.0	14.0	17.0	15.0
3	Sutton St Helens		68.0	0.0	13.0	0.0	11.0	17.0	14.0	13.0
4	Halton & Frodsham		31.0	0.0	10.0	0.0	0.0	0.0	9.0	12.0
5	Deeside		26.0	0.0	0.0	10.0	0.0	0.0	8.0	8.0

Athlete Results

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	VJ
1	98	Ben Sutcliffe	Halton & Frodsham	31.0	10.0				9.0	12.0
2	371	Paul Jackson	Liverpool Harriers	28.0	11.0		5.0		12.0	
3=	71	Jamie Dinnarr	Sutton St Helens	26.0			11.0	11.0		4.0
3=	89	Jack Parry	Deeside	26.0		10.0			8.0	8.0
5=	63	Daniel Elston	Sutton St Helens	25.0	9.0			6.0	10.0	
5=	372	Matthew Bainbridge	Liverpool Harriers	25.0		5.0	10.0			10.0
7	84	Daniel Vickers	West Cheshire	24.0	12.0			12.0		
8=	370	Shaun Millington	Liverpool Harriers	20.0	5.0			10.0	5.0	
8=	377	Andrew McGlinchey	Liverpool Harriers	20.0		11.0		4.0		5.0
10=	83	Callum Baxter	Sutton St Helens	17.0	4.0				4.0	9.0
10=	87	James McMahon	West Cheshire	17.0			6.0			11.0
10=	90	Alex Kirk	West Cheshire	17.0		6.0		5.0		6.0
13=	85	Matthew Pagan	West Cheshire	12.0	6.0				6.0	
13=	86	Jack Simcox	West Cheshire	12.0		12.0				
13=	379	Leon Langmead	West Cheshire	12.0			12.0			
16	91	Oliver Ashworth	West Cheshire	11.0					11.0	
17=	88	Chris Harrop	West Cheshire	0.0						
17=	374	Joshua Dunne	Liverpool Harriers	0.0						

Team Results

Deeside ()

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		123.0	18.0	18.0	18.0	18.0	17.0	17.0	17.0
2	Liverpool Harriers		108.0	15.0	16.0	16.0	15.0	14.0	17.0	15.0
3	Sutton St Helens		68.0	0.0	13.0	0.0	11.0	17.0	14.0	13.0
4	Halton & Frodsham		31.0	0.0	10.0	0.0	0.0	0.0	9.0	12.0
5	Deeside		26.0	0.0	0.0	10.0	0.0	0.0	8.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
89	Jack Parry	6LR	1:29.0				1:29.0	3	10.0
89	Jack Parry	SLJ	1.70	1.72	1.80	0.00	1.80	5	8.0
89	Jack Parry	VJ	35	34	35	0	35	5	8.0

Team Results

Liverpool Harriers ()

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		123.0	18.0	18.0	18.0	18.0	17.0	17.0	17.0
2	Liverpool Harriers		108.0	15.0	16.0	16.0	15.0	14.0	17.0	15.0
3	Sutton St Helens		68.0	0.0	13.0	0.0	11.0	17.0	14.0	13.0
4	Halton & Frodsham		31.0	0.0	10.0	0.0	0.0	0.0	9.0	12.0
5	Deeside		26.0	0.0	0.0	10.0	0.0	0.0	8.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
370	Shaun Millington	2LR	25.8				25.8	2	5.0
370	Shaun Millington	SB	64				64	3	10.0
370	Shaun Millington	SLJ	1.70	1.76	1.82	0.00	1.82	2	5.0
371	Paul Jackson	2LR	24.4				24.4	2	11.0
371	Paul Jackson	S	0.00	6.57	6.29	0.00	6.57	2	5.0
371	Paul Jackson	SLJ	1.86	1.96	1.96	0.00	1.96	1	12.0
372	Matthew Bainbridge	6LR	1:27.8				1:27.8	2	5.0
372	Matthew Bainbridge	S	7.22	6.88	6.90	0.00	7.22	3	10.0
372	Matthew Bainbridge	VJ	0	43	39	0	43	3	10.0
374	Joshua Dunne	2LR	28.7				28.7		
374	Joshua Dunne	SB	38				38		
374	Joshua Dunne	SLJ	0.00	1.72	1.68	0.00	1.72		
377	Andrew McGlinchey	6LR	1:27.0				1:27.0	2	11.0
377	Andrew McGlinchey	SB	53				53	3	4.0
377	Andrew McGlinchey	VJ	37	34	38	0	38	2	5.0

Team Results

Halton & Frodsham ()

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		123.0	18.0	18.0	18.0	18.0	17.0	17.0	17.0
2	Liverpool Harriers		108.0	15.0	16.0	16.0	15.0	14.0	17.0	15.0
3	Sutton St Helens		68.0	0.0	13.0	0.0	11.0	17.0	14.0	13.0
4	Halton & Frodsham		31.0	0.0	10.0	0.0	0.0	0.0	9.0	12.0
5	Deeside		26.0	0.0	0.0	10.0	0.0	0.0	8.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
98	Ben Sutcliffe	2LR	24.5				24.5	3	10.0
98	Ben Sutcliffe	SLJ	1.90	1.82	1.88	0.00	1.90	4	9.0
98	Ben Sutcliffe	VJ	38	46	44	0	46	1	12.0

Team Results

West Cheshire ()

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		123.0	18.0	18.0	18.0	18.0	17.0	17.0	17.0
2	Liverpool Harriers		108.0	15.0	16.0	16.0	15.0	14.0	17.0	15.0
3	Sutton St Helens		68.0	0.0	13.0	0.0	11.0	17.0	14.0	13.0
4	Halton & Frodsham		31.0	0.0	10.0	0.0	0.0	0.0	9.0	12.0
5	Deeside		26.0	0.0	0.0	10.0	0.0	0.0	8.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
84	Daniel Vickers	2LR	24.1				24.1	1	12.0
84	Daniel Vickers	6LR	1:34.2				1:34.2		
84	Daniel Vickers	S	4.21	4.01	4.57	0.00	4.57		
84	Daniel Vickers	SB	72				72	1	12.0
85	Matthew Pagan	2LR	24.6				24.6	1	6.0
85	Matthew Pagan	SLJ	1.88	1.92	1.90	0.00	1.92	1	6.0
85	Matthew Pagan	VJ	35	31	32	0	35		
86	Jack Simcox	2LR	24.3				24.3		
86	Jack Simcox	6LR	1:25.6				1:25.6	1	12.0
86	Jack Simcox	VJ	39	34	34	0	39		
87	James McMahon	2LR	25.1				25.1		
87	James McMahon	S	8.24	8.14	7.89	0.00	8.24	1	6.0
87	James McMahon	VJ	44	38	41	0	44	2	11.0
88	Chris Harrop	2LR	25.6				25.6		
88	Chris Harrop	6LR	1:32.7				1:32.7		
88	Chris Harrop	SB	54				54		
88	Chris Harrop	SLJ	1.52	1.62	1.76	0.00	1.76		
90	Alex Kirk	2LR	25.6				25.6		
90	Alex Kirk	6LR	1:27.4				1:27.4	1	6.0
90	Alex Kirk	SB	63				63	2	5.0
90	Alex Kirk	VJ	39	34	34	0	39	1	6.0
91	Oliver Ashworth	2LR	25.2				25.2		
91	Oliver Ashworth	6LR	1:31.2				1:31.2		
91	Oliver Ashworth	S	5.60	6.01	0.00	0.00	6.01		
91	Oliver Ashworth	SLJ	1.94	1.92	1.82	0.00	1.94	2	11.0
379	Leon Langmead	6LR	1:28.4				1:28.4		
379	Leon Langmead	S	9.15	9.02	8.61	0.00	9.15	1	12.0

Team Results

Sutton St Helens ()

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		123.0	18.0	18.0	18.0	18.0	17.0	17.0	17.0
2	Liverpool Harriers		108.0	15.0	16.0	16.0	15.0	14.0	17.0	15.0
3	Sutton St Helens		68.0	0.0	13.0	0.0	11.0	17.0	14.0	13.0
4	Halton & Frodsham		31.0	0.0	10.0	0.0	0.0	0.0	9.0	12.0
5	Deeside		26.0	0.0	0.0	10.0	0.0	0.0	8.0	8.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
63	Daniel Elston	2LR	24.6				24.6	4	9.0
63	Daniel Elston	SB	66				66	1	6.0
63	Daniel Elston	SLJ	1.92	1.88	1.82	0.00	1.92	3	10.0
71	Jamie Dinnarr	S	6.88	7.91	7.60	0.00	7.91	2	11.0
71	Jamie Dinnarr	SB	68				68	2	11.0
71	Jamie Dinnarr	VJ	34	0	37	0	37	3	4.0
83	Callum Baxter	2LR	26.1				26.1	3	4.0
83	Callum Baxter	SLJ	1.66	1.80	1.80	0.00	1.80	3	4.0
83	Callum Baxter	VJ	35	38	39	0	39	4	9.0

Results Sheet

2 Lap Race

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Liverpool Harriers		16.0
3	Sutton St Helens		13.0
4	Halton & Frodsham		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		84	Daniel Vickers	24.1	12.0
2	Liverpool Harriers		371	Paul Jackson	24.4	11.0
3	Halton & Frodsham		98	Ben Sutcliffe	24.5	10.0
4	Sutton St Helens		63	Daniel Elston	24.6	9.0
1	West Cheshire		85	Matthew Pagan	24.6	6.0
2	Liverpool Harriers		370	Shaun Millington	25.8	5.0
3	Sutton St Helens		83	Callum Baxter	26.1	4.0
	West Cheshire		86	Jack Simcox	24.3	
	West Cheshire		87	James McMahon	25.1	
	West Cheshire		91	Oliver Ashworth	25.2	
	West Cheshire		88	Chris Harrop	25.6	
	West Cheshire		90	Alex Kirk	25.6	
	Liverpool Harriers		374	Joshua Dunne	28.7	

Results Sheet

6 Lap Time Trial

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Liverpool Harriers		16.0
3	Deeside		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		86	Jack Simcox	1:25.6	12.0
2	Liverpool Harriers		377	Andrew McGlinchey	1:27.0	11.0
3	Deeside		89	Jack Parry	1:29.0	10.0
1	West Cheshire		90	Alex Kirk	1:27.4	6.0
2	Liverpool Harriers		372	Matthew Bainbridge	1:27.8	5.0
	West Cheshire		379	Leon Langmead	1:28.4	
	West Cheshire		91	Oliver Ashworth	1:31.2	
	West Cheshire		88	Chris Harrop	1:32.7	
	West Cheshire		84	Daniel Vickers	1:34.2	

Results Sheet

4 x 2 Lap Relay

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Code	Team	Colour
1	04	West Cheshire	
2	02	Liverpool Harriers	

Heat	Final	Performance	Points
0.0	1:39.0	1:39.0	18.0
0.0	1:42.3	1:42.3	15.0

Results Sheet

Shot

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Liverpool Harriers		15.0
3	Sutton St Helens		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		379	Leon Langmead	9.15	12.0
2	Sutton St Helens		71	Jamie Dinnarr	7.91	11.0
3	Liverpool Harriers		372	Matthew Bainbridge	7.22	10.0
1	West Cheshire		87	James McMahon	8.24	6.0
2	Liverpool Harriers		371	Paul Jackson	6.57	5.0
	West Cheshire		91	Oliver Ashworth	6.01	
	West Cheshire		84	Daniel Vickers	4.57	

Results Sheet

Speed Bounce

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1=	West Cheshire		17.0
1=	Sutton St Helens		17.0
3	Liverpool Harriers		14.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	West Cheshire		84	Daniel Vickers	72	12.0
2	Sutton St Helens		71	Jamie Dinnarr	68	11.0
3	Liverpool Harriers		370	Shaun Millington	64	10.0
1	Sutton St Helens		63	Daniel Elston	66	6.0
2	West Cheshire		90	Alex Kirk	63	5.0
3	Liverpool Harriers		377	Andrew McGlinchey	53	4.0
	West Cheshire		88	Chris Harrop	54	
	Liverpool Harriers		374	Joshua Dunne	38	

Results Sheet

Standing Long Jump

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1=	Liverpool Harriers		17.0
1=	West Cheshire		17.0
3	Sutton St Helens		14.0
4	Halton & Frodsham		9.0
5	Deeside		8.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool Harriers		371	Paul Jackson	1.96	12.0
2	West Cheshire		91	Oliver Ashworth	1.94	11.0
3	Sutton St Helens		63	Daniel Elston	1.92	10.0
4	Halton & Frodsham		98	Ben Sutcliffe	1.90	9.0
5	Deeside		89	Jack Parry	1.80	8.0
1	West Cheshire		85	Matthew Pagan	1.92	6.0
2	Liverpool Harriers		370	Shaun Millington	1.82	5.0
3	Sutton St Helens		83	Callum Baxter	1.80	4.0
	West Cheshire		88	Chris Harrop	1.76	
	Liverpool Harriers		374	Joshua Dunne	1.72	

Results Sheet

Vertical Jump

Competition:

NWSL Round 5A Deeside Under 13 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		17.0
2	Liverpool Harriers		15.0
3	Sutton St Helens		13.0
4	Halton & Frodsham		12.0
5	Deeside		8.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		98	Ben Sutcliffe	46	12.0
2	West Cheshire		87	James McMahon	44	11.0
3	Liverpool Harriers		372	Matthew Bainbridge	43	10.0
4	Sutton St Helens		83	Callum Baxter	39	9.0
5	Deeside		89	Jack Parry	35	8.0
1	West Cheshire		90	Alex Kirk	39	6.0
2	Liverpool Harriers		377	Andrew McGlinchey	38	5.0
3	Sutton St Helens		71	Jamie Dinnarr	37	4.0
	West Cheshire		86	Jack Simcox	39	
	West Cheshire		85	Matthew Pagan	35	

Athlete Results

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	BibNo Athlete	Team	Score	2LR	6LR	S	SB	SLJ	VJ
1	99 David Hayes	Halton & Frodsham	48.0	12.0		12.0		12.0	12.0
2	368 Ryan jones	West Cheshire	40.0	11.0	12.0		12.0	5.0	
3	369 Yousef Khalifa	West Cheshire	33.0	5.0		11.0	6.0		11.0
4	370 Joel Langmead	West Cheshire	27.0		6.0	5.0		11.0	5.0
5	100 Mark Deeprise	Halton & Frodsham	24.0	6.0		6.0		6.0	6.0

Team Results

Deeside ()

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		100.0	0.0	16.0	18.0	16.0	18.0	16.0	16.0
2	Halton & Frodsham		72.0	0.0	18.0	0.0	18.0	0.0	18.0	18.0
3=	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Liverpool Harriers		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Sutton St Helens		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

Liverpool Harriers ()

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		100.0	0.0	16.0	18.0	16.0	18.0	16.0	16.0
2	Halton & Frodsham		72.0	0.0	18.0	0.0	18.0	0.0	18.0	18.0
3=	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Liverpool Harriers		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Sutton St Helens		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

Halton & Frodsham ()

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		100.0	0.0	16.0	18.0	16.0	18.0	16.0	16.0
2	Halton & Frodsham		72.0	0.0	18.0	0.0	18.0	0.0	18.0	18.0
3=	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Liverpool Harriers		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Sutton St Helens		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
99	David Hayes	2LR	22.5				22.5	1	12.0
99	David Hayes	S	10.24	10.94	11.82	0.00	11.82	1	12.0
99	David Hayes	SLJ	2.34	2.48	2.26	0.00	2.48	1	12.0
99	David Hayes	VJ	53	54	55	0	55	1	12.0
100	Mark Deeprose	2LR	23.1				23.1	1	6.0
100	Mark Deeprose	S	0.00	8.45	7.58	0.00	8.45	1	6.0
100	Mark Deeprose	SLJ	1.80	2.22	2.30	0.00	2.30	1	6.0
100	Mark Deeprose	VJ	51	46	46	0	51	1	6.0

Team Results

West Cheshire ()

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		100.0	0.0	16.0	18.0	16.0	18.0	16.0	16.0
2	Halton & Frodsham		72.0	0.0	18.0	0.0	18.0	0.0	18.0	18.0
3=	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Liverpool Harriers		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Sutton St Helens		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
368	Ryan jones	2LR	23.5				23.5	2	11.0
368	Ryan jones	6LR	1:23.4				1:23.4	1	12.0
368	Ryan jones	SB	67				67	1	12.0
368	Ryan jones	SLJ	2.00	2.02	2.12	0.00	2.12	2	5.0
368	Ryan jones	VJ	48	49	47	0	49		
369	Yousef Khalifa	2LR	24.4				24.4	2	5.0
369	Yousef Khalifa	S	9.14	9.11	9.21	0.00	9.21	2	11.0
369	Yousef Khalifa	SB	45				45	1	6.0
369	Yousef Khalifa	VJ	50	46	53	0	53	2	11.0
370	Joel Langmead	6LR	1:34.4				1:34.4	1	6.0
370	Joel Langmead	S	8.12	7.87	0.00	0.00	8.12	2	5.0
370	Joel Langmead	SLJ	2.02	2.04	2.14	0.00	2.14	2	11.0
370	Joel Langmead	VJ	48	47	43	0	48	2	5.0

Team Results

Sutton St Helens ()

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	VJ
1	West Cheshire		100.0	0.0	16.0	18.0	16.0	18.0	16.0	16.0
2	Halton & Frodsham		72.0	0.0	18.0	0.0	18.0	0.0	18.0	18.0
3=	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Liverpool Harriers		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3=	Sutton St Helens		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 *****

Results Sheet

2 Lap Race

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		99	David Hayes	22.5	12.0
2	West Cheshire		368	Ryan jones	23.5	11.0
1	Halton & Frodsham		100	Mark Deeprise	23.1	6.0
2	West Cheshire		369	Yousef Khalifa	24.4	5.0

Results Sheet

6 Lap Time Trial

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		368	Ryan jones	1:23.4	12.0
1	West Cheshire		370	Joel Langmead	1:34.4	6.0

Results Sheet

Shot

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		99	David Hayes	11.82	12.0
2	West Cheshire		369	Yousef Khalifa	9.21	11.0
1	Halton & Frodsham		100	Mark Deeprise	8.45	6.0
2	West Cheshire		370	Joel Langmead	8.12	5.0

Results Sheet

Speed Bounce

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	West Cheshire		368	Ryan jones	67	12.0
1	West Cheshire		369	Yousef Khalifa	45	6.0

Results Sheet

Standing Long Jump

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		99	David Hayes	2.48	12.0
2	West Cheshire		370	Joel Langmead	2.14	11.0
1	Halton & Frodsham		100	Mark Deeprise	2.30	6.0
2	West Cheshire		368	Ryan jones	2.12	5.0

Results Sheet

Vertical Jump

Competition:

NWSL Round 5A Deeside Under 15 Boys

Venue:

Deeside

Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		99	David Hayes	55	12.0
2	West Cheshire		369	Yousef Khalifa	53	11.0
1	Halton & Frodsham		100	Mark Deeprise	51	6.0
2	West Cheshire		370	Joel Langmead	48	5.0
	West Cheshire		368	Ryan jones	49	