

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 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	CP	SB	SLJ	STJ
1	165	Chloe Hughes	Deeside	35.0	12.0				11.0	12.0
2	37	Georgia Barlow	West Cheshire	33.0	11.0	12.0				10.0
3	182	Anna Rowe	Liverpool Harriers	30.0	9.0			9.0	12.0	
4	89	Micaela Campbell	Halton & Frodsham	28.0	6.0	11.0				11.0
5	80	Caitlin Ord	Halton & Frodsham	25.0	10.0	6.0			9.0	
6	83	Jenny Pyatt	Halton & Frodsham	17.5			6.0	11.5		
7	181	Bethany Banks	Liverpool Harriers	16.0	3.0			4.0		9.0
8=	11	Olivia Williams	West Cheshire	15.0		5.0	4.0			6.0
8=	168	Millie Williams	Deeside	15.0		10.0	5.0			
8=	169	Tia Williams	Deeside	15.0			9.0		6.0	
8=	180	Lydia Jones	Liverpool Harriers	15.0			11.0		4.0	
8=	183	Emily Rowe	Liverpool Harriers	15.0		9.0	3.0			3.0
13	167	Mony Gregorius	Deeside	14.0		4.0		10.0		
14	166	Charlotte Walters	Deeside	13.0	5.0			3.0		5.0
15	85	Kiera Brady Williams	Halton & Frodsham	12.0			12.0			
16	7	Sophie Baker	West Cheshire	11.5				11.5		
17=	191	Sophie Carter	West Cheshire	10.0					10.0	
17=	194	Hattie Williams	West Cheshire	10.0			10.0			
19	2	Toni Lammond	West Cheshire	9.0	4.0				5.0	
20	192	Molly Sharples	West Cheshire	6.0				6.0		
21	39	Georgia Aston massey	Halton & Frodsham	5.0				5.0		
22	87	Molly Clarke	Halton & Frodsham	4.0						4.0
23	81	Alex Harding	Halton & Frodsham	3.0					3.0	
24=	82	Charlie Harding	Halton & Frodsham	0.0						
24=	84	Kelsey Grady	Halton & Frodsham	0.0						
24=	92	Christine Campbell	Halton & Frodsham	0.0						
24=	93	Olivia Church	Halton & Frodsham	0.0						
24=	94	Megan Aspinall	Halton & Frodsham	0.0						
24=	193	Beth McMahon	West Cheshire	0.0						
24=	195	Hannah Salvi	West Cheshire	0.0						
24=	196	Elanor Moore	West Cheshire	0.0						
24=	197	Saskia Clarke	West Cheshire	0.0						

# Team Results

# Deeside ()

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Deeside		110.0	18.0	17.0	14.0	14.0	13.0	17.0	17.0
2	Halton & Frodsham		109.5	15.0	16.0	17.0	18.0	16.5	12.0	15.0
3	West Cheshire		106.5	12.0	15.0	17.0	14.0	17.5	15.0	16.0
4	Liverpool Harriers		85.0	9.0	12.0	9.0	14.0	13.0	16.0	12.0
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
165	Chloe Hughes	2LR	24.2				24.2	1	12.0
165	Chloe Hughes	SLJ	2.00	1.98	1.98	0.00	2.00	2	11.0
165	Chloe Hughes	STJ	5.93	5.74	5.64	0.00	5.93	1	12.0
166	Charlotte Walters	2LR	26.3				26.3	2	5.0
166	Charlotte Walters	SB	35				35	4	3.0
166	Charlotte Walters	STJ	5.33	5.25	5.31	0.00	5.33	2	5.0
167	Mony Gregorious	4LR	1:01.5				1:01.5	3	4.0
167	Mony Gregorious	SB	46				46	3	10.0
167	Mony Gregorious	SLJ	1.64	1.64	1.66	0.00	1.66		
168	Millie Williams	4LR	1:00.7				1:00.7	3	10.0
168	Millie Williams	CP	5.25	5.25	5.25	0.00	5.25	2	5.0
168	Millie Williams	SLJ	1.62	1.62	1.64	0.00	1.64		
169	Tia Williams	CP	0.00	5.25	5.50	0.00	5.50	4	9.0
169	Tia Williams	SLJ	1.72	1.72	1.70	0.00	1.72	1	6.0

# Team Results

# Liverpool Harriers ()

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Deeside		110.0	18.0	17.0	14.0	14.0	13.0	17.0	17.0
2	Halton & Frodsham		109.5	15.0	16.0	17.0	18.0	16.5	12.0	15.0
3	West Cheshire		106.5	12.0	15.0	17.0	14.0	17.5	15.0	16.0
4	Liverpool Harriers		85.0	9.0	12.0	9.0	14.0	13.0	16.0	12.0
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
180	Lydia Jones	CP	5.50	5.25	5.50	0.00	5.50	2	11.0
180	Lydia Jones	SB	39				39		
180	Lydia Jones	SLJ	1.62	1.64	1.40	0.00	1.64	3	4.0
181	Bethany Banks	2LR	27.2				27.2	4	3.0
181	Bethany Banks	SB	41				41	3	4.0
181	Bethany Banks	STJ	5.09	4.89	5.11	0.00	5.11	4	9.0
182	Anna Rowe	2LR	25.0				25.0	4	9.0
182	Anna Rowe	SB	45				45	4	9.0
182	Anna Rowe	SLJ	2.10	2.04	2.14	0.00	2.14	1	12.0
183	Emily Rowe	4LR	1:05.3				1:05.3	4	9.0
183	Emily Rowe	CP	4.00	3.00	3.50	0.00	4.00	4	3.0
183	Emily Rowe	STJ	4.17	0.00	0.00	0.00	4.17	4	3.0

# Team Results

# Halton & Frodsham ()

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Deeside		110.0	18.0	17.0	14.0	14.0	13.0	17.0	17.0
2	Halton & Frodsham		109.5	15.0	16.0	17.0	18.0	16.5	12.0	15.0
3	West Cheshire		106.5	12.0	15.0	17.0	14.0	17.5	15.0	16.0
4	Liverpool Harriers		85.0	9.0	12.0	9.0	14.0	13.0	16.0	12.0
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
39	Georgia Aston massey	2LR	27.3				27.3		
39	Georgia Aston massey	4LR	57.6				57.6		
39	Georgia Aston massey	SB	43				43	2	5.0
80	Caitlin Ord	2LR	24.9				24.9	3	10.0
80	Caitlin Ord	4LR	56.5				56.5	1	6.0
80	Caitlin Ord	SLJ	1.64	1.70	1.72	0.00	1.72	4	9.0
81	Alex Harding	2LR	27.3				27.3		
81	Alex Harding	4LR	59.9				59.9		
81	Alex Harding	SLJ	1.52	1.48	1.50	0.00	1.52	4	3.0
82	Charlie Harding	2LR	27.8				27.8		
82	Charlie Harding	4LR	59.6				59.6		
82	Charlie Harding	STJ	4.50	4.27	0.00	0.00	4.50		
83	Jenny Pyatt	2LR	26.5				26.5		
83	Jenny Pyatt	4LR	1:00.4				1:00.4		
83	Jenny Pyatt	CP	5.00	5.00	5.50	0.00	5.50	1	6.0
83	Jenny Pyatt	SB	50				50	1=	11.5
84	Kelsey Grady	2LR	32.2				32.2		
84	Kelsey Grady	SB	41				41		
84	Kelsey Grady	SLJ	1.32	1.22	1.24	0.00	1.32		
85	Kiera Brady Williams	2LR	27.6				27.6		
85	Kiera Brady Williams	CP	6.00	6.25	5.50	0.00	6.25	1	12.0
85	Kiera Brady Williams	STJ	4.76	4.46	4.68	0.00	4.76		
87	Molly Clarke	2LR	26.9				26.9		
87	Molly Clarke	CP	5.00	0.00	5.00	0.00	5.00		
87	Molly Clarke	STJ	4.74	4.79	4.90	0.00	4.90	3	4.0
89	Micaela Campbell	2LR	25.1				25.1	1	6.0
89	Micaela Campbell	4LR	56.0				56.0	2	11.0
89	Micaela Campbell	STJ	5.46	5.39	5.51	0.00	5.51	2	11.0
92	Christine Campbell	2LR	29.0				29.0		

# Team Results

# Halton & Frodsham ()

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Deeside		110.0	18.0	17.0	14.0	14.0	13.0	17.0	17.0
2	Halton & Frodsham		109.5	15.0	16.0	17.0	18.0	16.5	12.0	15.0
3	West Cheshire		106.5	12.0	15.0	17.0	14.0	17.5	15.0	16.0
4	Liverpool Harriers		85.0	9.0	12.0	9.0	14.0	13.0	16.0	12.0
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	Christine Campbell	CP	4.50	0.00	4.25	0.00	4.50		
92	Christine Campbell	SLJ	1.42	1.32	1.28	0.00	1.42		
93	Olivia Church	2LR	26.9				26.9		
93	Olivia Church	4LR	1:01.0				1:01.0		
93	Olivia Church	SB	37				37		
94	Megan Aspinall	CP	4.75	5.00	4.75	0.00	5.00		

# Team Results

# West Cheshire ()

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Deeside		110.0	18.0	17.0	14.0	14.0	13.0	17.0	17.0
2	Halton & Frodsham		109.5	15.0	16.0	17.0	18.0	16.5	12.0	15.0
3	West Cheshire		106.5	12.0	15.0	17.0	14.0	17.5	15.0	16.0
4	Liverpool Harriers		85.0	9.0	12.0	9.0	14.0	13.0	16.0	12.0
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
2	Toni Lammond	2LR	26.8				26.8	3	4.0
2	Toni Lammond	4LR	58.7				58.7		
2	Toni Lammond	SB	42				42		
2	Toni Lammond	SLJ	1.56	1.62	1.68	0.00	1.68	2	5.0
7	Sophie Baker	2LR	27.4				27.4		
7	Sophie Baker	4LR	1:03.1				1:03.1		
7	Sophie Baker	SB	50				50	1=	11.5
7	Sophie Baker	STJ	5.11	4.98	4.97	0.00	5.11		
11	Olivia Williams	2LR	26.5				26.5		
11	Olivia Williams	4LR	58.1				58.1	2	5.0
11	Olivia Williams	CP	4.50	5.00	5.25	0.00	5.25	3	4.0
11	Olivia Williams	STJ	5.09	5.18	5.39	0.00	5.39	1	6.0
37	Georgia Barlow	2LR	24.7				24.7	2	11.0
37	Georgia Barlow	4LR	53.9				53.9	1	12.0
37	Georgia Barlow	STJ	5.27	5.37	5.44	0.00	5.44	3	10.0
191	Sophie Carter	2LR	27.2				27.2		
191	Sophie Carter	4LR	1:01.1				1:01.1		
191	Sophie Carter	SLJ	1.76	1.64	1.57	0.00	1.76	3	10.0
192	Molly Sharples	2LR	28.2				28.2		
192	Molly Sharples	4LR	1:04.1				1:04.1		
192	Molly Sharples	CP	3.25	3.75	3.00	0.00	3.75		
192	Molly Sharples	SB	44				44	1	6.0
193	Beth McMahon	2LR	31.1				31.1		
193	Beth McMahon	4LR	1:09.8				1:09.8		
193	Beth McMahon	CP	3.00	3.00	2.50	0.00	3.00		
194	Hatlie Williams	2LR	27.1				27.1		
194	Hatlie Williams	CP	5.50	4.50	5.50	0.00	5.50	3	10.0
194	Hatlie Williams	SLJ	1.60	1.58	1.62	0.00	1.62		
195	Hannah Salvi	2LR	29.7				29.7		



# Team Results

# West Cheshire ()

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Deeside		110.0	18.0	17.0	14.0	14.0	13.0	17.0	17.0
2	Halton & Frodsham		109.5	15.0	16.0	17.0	18.0	16.5	12.0	15.0
3	West Cheshire		106.5	12.0	15.0	17.0	14.0	17.5	15.0	16.0
4	Liverpool Harriers		85.0	9.0	12.0	9.0	14.0	13.0	16.0	12.0
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
195	Hannah Salvi	4LR	1:04.5				1:04.5		
195	Hannah Salvi	SB	33				33		
196	Elanor Moore	2LR	29.8				29.8		
196	Elanor Moore	4LR	1:08.5				1:08.5		
196	Elanor Moore	SLJ	1.32	1.38	1.42	0.00	1.42		
197	Saskia Clarke	2LR	28.1				28.1		
197	Saskia Clarke	4LR	1:01.7				1:01.7		
197	Saskia Clarke	STJ	3.51	3.37	3.27	0.00	3.51		

# Team Results

# Sutton St Helens ()

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	4LR	CP	SB	SLJ	STJ
1	Deeside		110.0	18.0	17.0	14.0	14.0	13.0	17.0	17.0
2	Halton & Frodsham		109.5	15.0	16.0	17.0	18.0	16.5	12.0	15.0
3	West Cheshire		106.5	12.0	15.0	17.0	14.0	17.5	15.0	16.0
4	Liverpool Harriers		85.0	9.0	12.0	9.0	14.0	13.0	16.0	12.0
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
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\*\*\*\*\* no results for this team \*\*\*\*\*

# Results Sheet

# 2 Lap Race

**Competition:**  
NWSL Round 5A Deeside Under 11 Grils

**Venue:**  
Deeside

**Date**  
17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Deeside		165	Chloe Hughes	24.2	12.0
2	West Cheshire		37	Georgia Barlow	24.7	11.0
3	Halton & Frodsham		80	Caitlin Ord	24.9	10.0
4	Liverpool Harriers		182	Anna Rowe	25.0	9.0
1	Halton & Frodsham		89	Micaela Campbell	25.1	6.0
2	Deeside		166	Charlotte Walters	26.3	5.0
3	West Cheshire		2	Toni Lammond	26.8	4.0
4	Liverpool Harriers		181	Bethany Banks	27.2	3.0
	Halton & Frodsham		83	Jenny Pyatt	26.5	
	West Cheshire		11	Olivia Williams	26.5	
	Halton & Frodsham		87	Molly Clarke	26.9	
	Halton & Frodsham		93	Olivia Church	26.9	
	West Cheshire		194	Hattie Williams	27.1	
	West Cheshire		191	Sophie Carter	27.2	
	Halton & Frodsham		81	Alex Harding	27.3	
	Halton & Frodsham		39	Georgia Aston massey	27.3	
	West Cheshire		7	Sophie Baker	27.4	
	Halton & Frodsham		85	Kiera Brady Williams	27.6	
	Halton & Frodsham		82	Charlie Harding	27.8	
	West Cheshire		197	Saskia Clarke	28.1	
	West Cheshire		192	Molly Sharples	28.2	
	Halton & Frodsham		92	Christine Campbell	29.0	
	West Cheshire		195	Hannah Salvi	29.7	
	West Cheshire		196	Elanor Moore	29.8	
	West Cheshire		193	Beth McMahon	31.1	
	Halton & Frodsham		84	Kelsey Grady	32.2	

# Results Sheet

# 4 Lap Race

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## 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		9.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		37	Georgia Barlow	53.9	12.0
2	Halton & Frodsham		89	Micaela Campbell	56.0	11.0
3	Deeside		168	Millie Williams	1:00.7	10.0
4	Liverpool Harriers		183	Emily Rowe	1:05.3	9.0
1	Halton & Frodsham		80	Caitlin Ord	56.5	6.0
2	West Cheshire		11	Olivia Williams	58.1	5.0
3	Deeside		167	Mony Gregorious	1:01.5	4.0
	Halton & Frodsham		39	Georgia Aston massey	57.6	
	West Cheshire		2	Toni Lammond	58.7	
	Halton & Frodsham		82	Charlie Harding	59.6	
	Halton & Frodsham		81	Alex Harding	59.9	
	Halton & Frodsham		83	Jenny Pyatt	1:00.4	
	Halton & Frodsham		93	Olivia Church	1:01.0	
	West Cheshire		191	Sophie Carter	1:01.1	
	West Cheshire		197	Saskia Clarke	1:01.7	
	West Cheshire		7	Sophie Baker	1:03.1	
	West Cheshire		192	Molly Sharples	1:04.1	
	West Cheshire		195	Hannah Salvi	1:04.5	
	West Cheshire		196	Elanor Moore	1:08.5	
	West Cheshire		193	Beth McMahon	1:09.8	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Code	Team	Colour
1	01	Deeside	
2	03	Halton & Frodsham	
3	04	West Cheshire	
4	02	Liverpool Harriers	

Heat	Final	Performance	Points
0.0	1:43.8	1:43.8	18.0
0.0	1:44.7	1:44.7	15.0
0.0	1:45.5	1:45.5	12.0
0.0	1:52.5	1:52.5	9.0

# Results Sheet

# Chest Push

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		85	Kiera Brady Williams	6.25	12.0
2	Liverpool Harriers		180	Lydia Jones	5.50	11.0
3	West Cheshire		194	Hattie Williams	5.50	10.0
4	Deeside		169	Tia Williams	5.50	9.0
1	Halton & Frodsham		83	Jenny Pyatt	5.50	6.0
2	Deeside		168	Millie Williams	5.25	5.0
3	West Cheshire		11	Olivia Williams	5.25	4.0
4	Liverpool Harriers		183	Emily Rowe	4.00	3.0
	Halton & Frodsham		94	Megan Aspinall	5.00	
	Halton & Frodsham		87	Molly Clarke	5.00	
	Halton & Frodsham		92	Christine Campbell	4.50	
	West Cheshire		192	Molly Sharples	3.75	
	West Cheshire		193	Beth McMahon	3.00	

# Results Sheet

# Speed Bounce

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		17.5
2	Halton & Frodsham		16.5
3=	Deeside		13.0
3=	Liverpool Harriers		13.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1=	West Cheshire		7	Sophie Baker	50	11.5
1=	Halton & Frodsham		83	Jenny Pyatt	50	11.5
3	Deeside		167	Mony Gregorious	46	10.0
4	Liverpool Harriers		182	Anna Rowe	45	9.0
1	West Cheshire		192	Molly Sharples	44	6.0
2	Halton & Frodsham		39	Georgia Aston massey	43	5.0
3	Liverpool Harriers		181	Bethany Banks	41	4.0
4	Deeside		166	Charlotte Walters	35	3.0
	West Cheshire		2	Toni Lammond	42	
	Halton & Frodsham		84	Kelsey Grady	41	
	Liverpool Harriers		180	Lydia Jones	39	
	Halton & Frodsham		93	Olivia Church	37	
	West Cheshire		195	Hannah Salvi	33	

# Results Sheet

# Standing Long Jump

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool Harriers		182	Anna Rowe	2.14	12.0
2	Deeside		165	Chloe Hughes	2.00	11.0
3	West Cheshire		191	Sophie Carter	1.76	10.0
4	Halton & Frodsham		80	Caitlin Ord	1.72	9.0
1	Deeside		169	Tia Williams	1.72	6.0
2	West Cheshire		2	Toni Lammond	1.68	5.0
3	Liverpool Harriers		180	Lydia Jones	1.64	4.0
4	Halton & Frodsham		81	Alex Harding	1.52	3.0
	Deeside		167	Mony Gregorious	1.66	
	Deeside		168	Millie Williams	1.64	
	West Cheshire		194	Hattie Williams	1.62	
	West Cheshire		196	Elanor Moore	1.42	
	Halton & Frodsham		92	Christine Campbell	1.42	
	Halton & Frodsham		84	Kelsey Grady	1.32	



# Results Sheet

# Standing Triple Jump

## Competition:

NWSL Round 5A Deeside Under 11 Grils

## Venue:

Deeside

## Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Deeside		165	Chloe Hughes	5.93	12.0
2	Halton & Frodsham		89	Micaela Campbell	5.51	11.0
3	West Cheshire		37	Georgia Barlow	5.44	10.0
4	Liverpool Harriers		181	Bethany Banks	5.11	9.0
1	West Cheshire		11	Olivia Williams	5.39	6.0
2	Deeside		166	Charlotte Walters	5.33	5.0
3	Halton & Frodsham		87	Molly Clarke	4.90	4.0
4	Liverpool Harriers		183	Emily Rowe	4.17	3.0
	West Cheshire		7	Sophie Baker	5.11	
	Halton & Frodsham		85	Kiera Brady Williams	4.76	
	Halton & Frodsham		82	Charlie Harding	4.50	
	West Cheshire		197	Saskia Clarke	3.51	



# Athlete Results

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	STJ
1	152	Bethany Baxter	Sutton St Helens	32.0	10.0		11.0			11.0
2	100	Jess Wright	Halton & Frodsham	31.0	9.0	12.0				10.0
3	170	Amy Williams	West Cheshire	30.0	12.0		6.0			12.0
4	184	Emily Laing	Liverpool Harriers	29.0			12.0		12.0	5.0
5	98	Martha Cottrell	Halton & Frodsham	24.0			9.0	11.0		4.0
6	186	Pagan Boston	Liverpool Harriers	23.0	11.0			12.0		
7	99	Emily Pearson	Halton & Frodsham	22.0	6.0		5.0		11.0	
8	173	Emily Wood	West Cheshire	17.0		11.0		6.0		
9=	95	Kate Merrill	Halton & Frodsham	16.0		6.0		4.0	6.0	
9=	172	Chloe Hunt	West Cheshire	16.0					10.0	6.0
11=	171	Charlotte Williamson	West Cheshire	15.0	5.0			10.0		
11=	177	Sophie Percival	West Cheshire	15.0			10.0		5.0	
13	380	Laura Truman	Liverpool Harriers	13.0			4.0			9.0
14=	188	Bethany helsby	Liverpool Harriers	10.0		10.0				
14=	190	Charlotte Evans	Liverpool Harriers	10.0		5.0		5.0		
16	185	Rachel Lee	Liverpool Harriers	8.0	4.0				4.0	
17	175	Tess Corr	West Cheshire	4.0		4.0				
18=	96	Katy Morgan	Halton & Frodsham	0.0						
18=	97	Kiera Grady	Halton & Frodsham	0.0						
18=	174	Emma Moss	West Cheshire	0.0						
18=	176	Sally Pickering	West Cheshire	0.0						
18=	178	India Cotgreave	West Cheshire	0.0						
18=	179	Ellen McMahon	West Cheshire	0.0						
18=	187	Lydia Helsby	Liverpool Harriers	0.0						
18=	189	Rebecca Brown	Liverpool Harriers	0.0						

# Team Results

# Deeside ()

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		112.0	15.0	17.0	15.0	16.0	16.0	15.0	18.0
2	Halton & Frodsham		111.0	18.0	15.0	18.0	14.0	15.0	17.0	14.0
3	Liverpool Harriers		105.0	12.0	15.0	15.0	16.0	17.0	16.0	14.0
4	Sutton St Helens		32.0	0.0	10.0	0.0	11.0	0.0	0.0	11.0
5	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
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\*\*\*\*\* no results for this team \*\*\*\*\*

# Team Results

# Liverpool Harriers ()

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		112.0	15.0	17.0	15.0	16.0	16.0	15.0	18.0
2	Halton & Frodsham		111.0	18.0	15.0	18.0	14.0	15.0	17.0	14.0
3	Liverpool Harriers		105.0	12.0	15.0	15.0	16.0	17.0	16.0	14.0
4	Sutton St Helens		32.0	0.0	10.0	0.0	11.0	0.0	0.0	11.0
5	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
184	Emily Laing	S	9.13	8.13	8.00	0.00	9.13	1	12.0
184	Emily Laing	SLJ	2.10	2.05	2.04	0.00	2.10	1	12.0
184	Emily Laing	STJ	6.08	6.11	6.01	0.00	6.11	2	5.0
185	Rachel Lee	2LR	25.6				25.6	3	4.0
185	Rachel Lee	SLJ	1.76	1.80	1.72	0.00	1.80	3	4.0
186	Pagan Boston	2LR	23.9				23.9	2	11.0
186	Pagan Boston	SB	75				75	1	12.0
187	Lydia Helsby	2LR	25.1				25.1		
187	Lydia Helsby	SB	52				52		
188	Bethany helsby	6LR	1:33.7				1:33.7	3	10.0
188	Bethany helsby	SB	59				59		
189	Rebecca Brown	2LR	27.6				27.6		
189	Rebecca Brown	S	3.67	4.25	4.62	0.00	4.62		
190	Charlotte Evans	6LR	1:34.0				1:34.0	2	5.0
190	Charlotte Evans	SB	62				62	2	5.0
190	Charlotte Evans	STJ	4.25	4.32	4.44	0.00	4.44		
380	Laura Truman	S	0.00	4.92	5.37	0.00	5.37	3	4.0
380	Laura Truman	STJ	6.10	6.16	6.27	0.00	6.27	4	9.0

# Team Results

# Halton & Frodsham ()

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		112.0	15.0	17.0	15.0	16.0	16.0	15.0	18.0
2	Halton & Frodsham		111.0	18.0	15.0	18.0	14.0	15.0	17.0	14.0
3	Liverpool Harriers		105.0	12.0	15.0	15.0	16.0	17.0	16.0	14.0
4	Sutton St Helens		32.0	0.0	10.0	0.0	11.0	0.0	0.0	11.0
5	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
95	Kate Merrill	2LR	25.3				25.3		
95	Kate Merrill	6LR	1:25.7				1:25.7	1	6.0
95	Kate Merrill	SB	56				56	3	4.0
95	Kate Merrill	SLJ	1.80	1.80	1.82	0.00	1.82	1	6.0
96	Katy Morgan	2LR	27.4				27.4		
96	Katy Morgan	6LR	1:35.4				1:35.4		
96	Katy Morgan	S	5.14	5.36	5.20	0.00	5.36		
97	Kiera Grady	2LR	27.2				27.2		
97	Kiera Grady	6LR	1:36.4				1:36.4		
97	Kiera Grady	SLJ	1.42	1.34	1.36	0.00	1.42		
98	Martha Cottrell	2LR	25.8				25.8		
98	Martha Cottrell	S	4.41	5.35	6.17	0.00	6.17	4	9.0
98	Martha Cottrell	SB	66				66	2	11.0
98	Martha Cottrell	STJ	5.95	5.78	5.98	0.00	5.98	3	4.0
99	Emily Pearson	2LR	24.4				24.4	1	6.0
99	Emily Pearson	S	5.84	5.32	5.88	0.00	5.88	2	5.0
99	Emily Pearson	SLJ	2.04	2.02	2.10	0.00	2.10	2	11.0
100	Jess Wright	2LR	24.3				24.3	4	9.0
100	Jess Wright	6LR	1:24.7				1:24.7	1	12.0
100	Jess Wright	STJ	6.35	6.44	6.39	0.00	6.44	3	10.0

# Team Results

# West Cheshire ()

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		112.0	15.0	17.0	15.0	16.0	16.0	15.0	18.0
2	Halton & Frodsham		111.0	18.0	15.0	18.0	14.0	15.0	17.0	14.0
3	Liverpool Harriers		105.0	12.0	15.0	15.0	16.0	17.0	16.0	14.0
4	Sutton St Helens		32.0	0.0	10.0	0.0	11.0	0.0	0.0	11.0
5	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
170	Amy Williams	2LR	23.7				23.7	1	12.0
170	Amy Williams	S	6.29	6.55	5.88	0.00	6.55	1	6.0
170	Amy Williams	STJ	6.31	6.54	6.52	0.00	6.54	1	12.0
171	Charlotte Williamson	2LR	24.4				24.4	2	5.0
171	Charlotte Williamson	SB	65				65	3	10.0
171	Charlotte Williamson	STJ	5.70	5.50	5.64	0.00	5.70		
172	Chloe Hunt	2LR	25.6				25.6		
172	Chloe Hunt	6LR	1:33.5				1:33.5		
172	Chloe Hunt	SLJ	1.96	2.00	2.04	0.00	2.04	3	10.0
172	Chloe Hunt	STJ	6.22	6.14	0.00	0.00	6.22	1	6.0
173	Emily Wood	2LR	25.7				25.7		
173	Emily Wood	6LR	1:27.1				1:27.1	2	11.0
173	Emily Wood	SB	64				64	1	6.0
173	Emily Wood	SLJ	1.70	1.76	1.70	0.00	1.76		
174	Emma Moss	2LR	26.2				26.2		
174	Emma Moss	SB	63				63		
174	Emma Moss	SLJ	1.74	1.76	1.82	0.00	1.82		
175	Tess Corr	2LR	27.3				27.3		
175	Tess Corr	6LR	1:47.4				1:47.4	3	4.0
175	Tess Corr	SLJ	1.70	1.68	1.68	0.00	1.70		
176	Sally Pickering	2LR	26.1				26.1		
176	Sally Pickering	6LR	1:31.9				1:31.9		
176	Sally Pickering	S	6.27	6.28	6.47	0.00	6.47		
176	Sally Pickering	SB	62				62		
177	Sophie Percival	2LR	27.1				27.1		
177	Sophie Percival	S	6.58	6.89	6.91	0.00	6.91	3	10.0
177	Sophie Percival	SLJ	1.72	1.82	1.80	0.00	1.82	2	5.0
178	India Cotgreave	2LR	27.8				27.8		
178	India Cotgreave	STJ	5.19	4.82	4.99	0.00	5.19		

# Team Results

# West Cheshire ()

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		112.0	15.0	17.0	15.0	16.0	16.0	15.0	18.0
2	Halton & Frodsham		111.0	18.0	15.0	18.0	14.0	15.0	17.0	14.0
3	Liverpool Harriers		105.0	12.0	15.0	15.0	16.0	17.0	16.0	14.0
4	Sutton St Helens		32.0	0.0	10.0	0.0	11.0	0.0	0.0	11.0
5	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
179	Ellen McMahon	2LR	27.8				27.8		
179	Ellen McMahon	6LR	1:37.9				1:37.9		
179	Ellen McMahon	SB	58				58		
179	Ellen McMahon	SLJ	1.66	1.64	1.54	0.00	1.66		



# Team Results

# Sutton St Helens ()

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		112.0	15.0	17.0	15.0	16.0	16.0	15.0	18.0
2	Halton & Frodsham		111.0	18.0	15.0	18.0	14.0	15.0	17.0	14.0
3	Liverpool Harriers		105.0	12.0	15.0	15.0	16.0	17.0	16.0	14.0
4	Sutton St Helens		32.0	0.0	10.0	0.0	11.0	0.0	0.0	11.0
5	Deeside		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
152	Bethany Baxter	2LR	23.9				23.9	3	10.0
152	Bethany Baxter	S	7.44	6.85	7.16	0.00	7.44	2	11.0
152	Bethany Baxter	STJ	6.27	6.42	6.48	0.00	6.48	2	11.0

# Results Sheet

# 2 Lap Race

**Competition:**  
NWSL Round 5A Deeside Under 13 Girls

**Venue:**  
Deeside

**Date**  
17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		17.0
2=	Liverpool Harriers		15.0
2=	Halton & Frodsham		15.0
4	Sutton St Helens		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		170	Amy Williams	23.7	12.0
2	Liverpool Harriers		186	Pagan Boston	23.9	11.0
3	Sutton St Helens		152	Bethany Baxter	23.9	10.0
4	Halton & Frodsham		100	Jess Wright	24.3	9.0
1	Halton & Frodsham		99	Emily Pearson	24.4	6.0
2	West Cheshire		171	Charlotte Williamson	24.4	5.0
3	Liverpool Harriers		185	Rachel Lee	25.6	4.0
	Liverpool Harriers		187	Lydia Helsby	25.1	
	Halton & Frodsham		95	Kate Merrill	25.3	
	West Cheshire		172	Chloe Hunt	25.6	
	West Cheshire		173	Emily Wood	25.7	
	Halton & Frodsham		98	Martha Cottrell	25.8	
	West Cheshire		176	Sally Pickering	26.1	
	West Cheshire		174	Emma Moss	26.2	
	West Cheshire		177	Sophie Percival	27.1	
	Halton & Frodsham		97	Kiera Grady	27.2	
	West Cheshire		175	Tess Corr	27.3	
	Halton & Frodsham		96	Katy Morgan	27.4	
	Liverpool Harriers		189	Rebecca Brown	27.6	
	West Cheshire		178	India Cotgreave	27.8	
	West Cheshire		179	Ellen McMahon	27.8	

# Results Sheet

# 6 Lap Time Trial

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Halton & Frodsham		100	Jess Wright	1:24.7	12.0
2	West Cheshire		173	Emily Wood	1:27.1	11.0
3	Liverpool Harriers		188	Bethany helsby	1:33.7	10.0
1	Halton & Frodsham		95	Kate Merrill	1:25.7	6.0
2	Liverpool Harriers		190	Charlotte Evans	1:34.0	5.0
3	West Cheshire		175	Tess Corr	1:47.4	4.0
	West Cheshire		176	Sally Pickering	1:31.9	
	West Cheshire		172	Chloe Hunt	1:33.5	
	Halton & Frodsham		96	Katy Morgan	1:35.4	
	Halton & Frodsham		97	Kiera Grady	1:36.4	
	West Cheshire		179	Ellen McMahon	1:37.9	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

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

Heat	Final	Performance	Points
0.0	1:38.0	1:38.0	18.0
0.0	1:38.1	1:38.1	15.0
0.0	1:39.0	1:39.0	12.0

# Results Sheet

# Shot

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Points
1=	Liverpool Harriers		16.0
1=	West Cheshire		16.0
3	Halton & Frodsham		14.0
4	Sutton St Helens		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool Harriers		184	Emily Laing	9.13	12.0
2	Sutton St Helens		152	Bethany Baxter	7.44	11.0
3	West Cheshire		177	Sophie Percival	6.91	10.0
4	Halton & Frodsham		98	Martha Cottrell	6.17	9.0
1	West Cheshire		170	Amy Williams	6.55	6.0
2	Halton & Frodsham		99	Emily Pearson	5.88	5.0
3	Liverpool Harriers		380	Laura Truman	5.37	4.0
	West Cheshire		176	Sally Pickering	6.47	
	Halton & Frodsham		96	Katy Morgan	5.36	
	Liverpool Harriers		189	Rebecca Brown	4.62	

# Results Sheet

# Speed Bounce

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Liverpool Harriers		186	Pagan Boston	75	12.0
2	Halton & Frodsham		98	Martha Cottrell	66	11.0
3	West Cheshire		171	Charlotte Williamson	65	10.0
1	West Cheshire		173	Emily Wood	64	6.0
2	Liverpool Harriers		190	Charlotte Evans	62	5.0
3	Halton & Frodsham		95	Kate Merrill	56	4.0
	West Cheshire		174	Emma Moss	63	
	West Cheshire		176	Sally Pickering	62	
	Liverpool Harriers		188	Bethany helsby	59	
	West Cheshire		179	Ellen McMahon	58	
	Liverpool Harriers		187	Lydia Helsby	52	

# Results Sheet

# Standing Long Jump

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## Venue:

Deeside

## Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Liverpool Harriers		184	Emily Laing	2.10	12.0
2	Halton & Frodsham		99	Emily Pearson	2.10	11.0
3	West Cheshire		172	Chloe Hunt	2.04	10.0
1	Halton & Frodsham		95	Kate Merrill	1.82	6.0
2	West Cheshire		177	Sophie Percival	1.82	5.0
3	Liverpool Harriers		185	Rachel Lee	1.80	4.0
	West Cheshire		174	Emma Moss	1.82	
	West Cheshire		173	Emily Wood	1.76	
	West Cheshire		175	Tess Corr	1.70	
	West Cheshire		179	Ellen McMahon	1.66	
	Halton & Frodsham		97	Kiera Grady	1.42	

# Results Sheet

# Standing Triple Jump

## Competition:

NWSL Round 5A Deeside Under 13 Girls

## 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	Sutton St Helens		11.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		170	Amy Williams	6.54	12.0
2	Sutton St Helens		152	Bethany Baxter	6.48	11.0
3	Halton & Frodsham		100	Jess Wright	6.44	10.0
4	Liverpool Harriers		380	Laura Truman	6.27	9.0
1	West Cheshire		172	Chloe Hunt	6.22	6.0
2	Liverpool Harriers		184	Emily Laing	6.11	5.0
3	Halton & Frodsham		98	Martha Cottrell	5.98	4.0
	West Cheshire		171	Charlotte Williamson	5.70	
	West Cheshire		178	India Cotgreave	5.19	
	Liverpool Harriers		190	Charlotte Evans	4.44	





# Athlete Results

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	BibNo	Athlete	Team	Score	2LR	6LR	S	SB	SLJ	STJ
1=	151	Louise Hayes	Sutton St Helens	37.0	9.0			10.0	9.0	9.0
1=	160	Eleanor Badhams	Deeside	37.0		10.0	11.0		5.0	11.0
3	94	Emma Scott	Halton & Frodsham	32.0	10.0	6.0		12.0	4.0	
4=	154	Olivia Montez Brown	West Cheshire	30.0		12.0			6.0	12.0
4=	368	Amy Wright	Halton & Frodsham	30.0			10.0		10.0	10.0
6	367	Emma Pyatt	Halton & Frodsham	25.0	4.0	11.0	4.0	6.0		
7	153	Alice McMahon	West Cheshire	24.0	12.0				12.0	
8	157	Jenna Sheehy	West Cheshire	20.0		5.0		9.0		6.0
9	162	Megan Brooke Jones	Deeside	16.0	5.0			11.0		
10	156	Kelly Baker	West Cheshire	12.0			12.0			
11=	155	Laura Ridby	West Cheshire	11.0	6.0			5.0		
11=	159	Rhian Williams	Deeside	11.0	11.0					
11=	163	Georgia Bares	Deeside	11.0					11.0	
14	164	Hayley Nuttall	Deeside	6.0			6.0			
15=	158	Jenni Potter	West Cheshire	5.0			5.0			
15=	161	Amy Crocombe	Deeside	5.0						5.0
17	1 1		Liverpool Harriers	0.0						

# Team Results

# Deeside ()

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	18.0	17.0	17.0	14.0	18.0	18.0
2	Deeside		101.0	15.0	16.0	10.0	17.0	11.0	16.0	16.0
3	Halton & Frodsham		99.0	12.0	14.0	17.0	14.0	18.0	14.0	10.0
4	Sutton St Helens		37.0	0.0	9.0	0.0	0.0	10.0	9.0	9.0
5	Liverpool Harriers		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
159	Rhian Williams	2LR	23.7				23.7	2	11.0
160	Eleanor Badhams	6LR	1:37.6				1:37.6	3	10.0
160	Eleanor Badhams	S	8.59	9.39	9.62	0.00	9.62	2	11.0
160	Eleanor Badhams	SLJ	2.18	2.26	2.24	0.00	2.26	2	5.0
160	Eleanor Badhams	STJ	6.25	0.00	0.00	0.00	6.25	2	11.0
161	Amy Crocombe	2LR	24.9				24.9		
161	Amy Crocombe	S	7.32	0.00	7.32	0.00	7.32		
161	Amy Crocombe	SLJ	1.98	2.00	2.12	0.00	2.12		
161	Amy Crocombe	STJ	5.91	5.94	6.24	0.00	6.24	2	5.0
162	Megan Brooke Jones	2LR	24.9				24.9	2	5.0
162	Megan Brooke Jones	SB	69				69	2	11.0
162	Megan Brooke Jones	SLJ	1.96	1.92	1.98	0.00	1.98		
163	Georgia Bares	S	7.31	8.33	7.41	0.00	8.33		
163	Georgia Bares	SLJ	2.08	2.22	2.28	0.00	2.28	2	11.0
164	Hayley Nuttall	S	8.16	6.56	9.13	0.00	9.13	1	6.0

# Team Results

# Liverpool Harriers ()

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	18.0	17.0	17.0	14.0	18.0	18.0
2	Deeside		101.0	15.0	16.0	10.0	17.0	11.0	16.0	16.0
3	Halton & Frodsham		99.0	12.0	14.0	17.0	14.0	18.0	14.0	10.0
4	Sutton St Helens		37.0	0.0	9.0	0.0	0.0	10.0	9.0	9.0
5	Liverpool Harriers		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

# Halton & Frodsham ()

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	18.0	17.0	17.0	14.0	18.0	18.0
2	Deeside		101.0	15.0	16.0	10.0	17.0	11.0	16.0	16.0
3	Halton & Frodsham		99.0	12.0	14.0	17.0	14.0	18.0	14.0	10.0
4	Sutton St Helens		37.0	0.0	9.0	0.0	0.0	10.0	9.0	9.0
5	Liverpool Harriers		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	Emma Scott	2LR	24.9				24.9	3	10.0
94	Emma Scott	6LR	1:27.0				1:27.0	1	6.0
94	Emma Scott	SB	76				76	1	12.0
94	Emma Scott	SLJ	2.00	2.04	1.98	0.00	2.04	3	4.0
367	Emma Pyatt	2LR	25.3				25.3	3	4.0
367	Emma Pyatt	6LR	1:26.8				1:26.8	2	11.0
367	Emma Pyatt	S	4.66	4.18	4.89	0.00	4.89	3	4.0
367	Emma Pyatt	SB	70				70	1	6.0
368	Amy Wright	2LR	25.2				25.2		
368	Amy Wright	S	7.33	7.11	7.10	0.00	7.33	3	10.0
368	Amy Wright	SLJ	2.02	2.00	2.04	0.00	2.04	3	10.0
368	Amy Wright	STJ	5.82	6.02	6.15	0.00	6.15	3	10.0

# Team Results

# West Cheshire ()

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	18.0	17.0	17.0	14.0	18.0	18.0
2	Deeside		101.0	15.0	16.0	10.0	17.0	11.0	16.0	16.0
3	Halton & Frodsham		99.0	12.0	14.0	17.0	14.0	18.0	14.0	10.0
4	Sutton St Helens		37.0	0.0	9.0	0.0	0.0	10.0	9.0	9.0
5	Liverpool Harriers		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
153	Alice McMahon	2LR	23.3				23.3	1	12.0
153	Alice McMahon	S	7.59	7.38	6.37	0.00	7.59		
153	Alice McMahon	SLJ	2.26	2.28	2.22	0.00	2.28	1	12.0
154	Olivia Montez Brown	2LR	24.0				24.0		
154	Olivia Montez Brown	6LR	1:25.4				1:25.4	1	12.0
154	Olivia Montez Brown	SLJ	2.26	0.00	2.28	0.00	2.28	1	6.0
154	Olivia Montez Brown	STJ	6.74	6.72	6.61	0.00	6.74	1	12.0
155	Laura Ridby	2LR	24.5				24.5	1	6.0
155	Laura Ridby	SB	51				51	2	5.0
155	Laura Ridby	STJ	5.76	5.98	6.11	0.00	6.11		
156	Kelly Baker	2LR	24.2				24.2		
156	Kelly Baker	S	11.62	11.40	11.55	0.00	11.62	1	12.0
156	Kelly Baker	SLJ	2.12	2.18	2.14	0.00	2.18		
156	Kelly Baker	STJ	6.15	6.13	6.03	0.00	6.15		
157	Jenna Sheehy	2LR	24.5				24.5		
157	Jenna Sheehy	6LR	1:29.3				1:29.3	2	5.0
157	Jenna Sheehy	SB	64				64	4	9.0
157	Jenna Sheehy	STJ	6.26	6.31	6.28	0.00	6.31	1	6.0
158	Jenni Potter	2LR	24.8				24.8		
158	Jenni Potter	6LR	1:32.1				1:32.1		
158	Jenni Potter	S	7.93	7.13	7.26	0.00	7.93	2	5.0
158	Jenni Potter	SLJ	2.14	2.18	2.14	0.00	2.18		

# Team Results

# Sutton St Helens ()

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Score	4x2	2LR	6LR	S	SB	SLJ	STJ
1	West Cheshire		120.0	18.0	18.0	17.0	17.0	14.0	18.0	18.0
2	Deeside		101.0	15.0	16.0	10.0	17.0	11.0	16.0	16.0
3	Halton & Frodsham		99.0	12.0	14.0	17.0	14.0	18.0	14.0	10.0
4	Sutton St Helens		37.0	0.0	9.0	0.0	0.0	10.0	9.0	9.0
5	Liverpool Harriers		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
151	Louise Hayes	2LR	26.0				26.0	4	9.0
151	Louise Hayes	SB	68				68	3	10.0
151	Louise Hayes	SLJ	1.62	1.64	1.68	0.00	1.68	4	9.0
151	Louise Hayes	STJ	4.48	4.68	4.85	0.00	4.85	4	9.0

# Results Sheet

# 2 Lap Race

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Deeside		16.0
3	Halton & Frodsham		14.0
4	Sutton St Helens		9.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		153	Alice McMahon	23.3	12.0
2	Deeside		159	Rhian Williams	23.7	11.0
3	Halton & Frodsham		94	Emma Scott	24.9	10.0
4	Sutton St Helens		151	Louise Hayes	26.0	9.0
1	West Cheshire		155	Laura Ridby	24.5	6.0
2	Deeside		162	Megan Brooke Jones	24.9	5.0
3	Halton & Frodsham		367	Emma Pyatt	25.3	4.0
	West Cheshire		154	Olivia Montez Brown	24.0	
	West Cheshire		156	Kelly Baker	24.2	
	West Cheshire		157	Jenna Sheehy	24.5	
	West Cheshire		158	Jenni Potter	24.8	
	Deeside		161	Amy Crocombe	24.9	
	Halton & Frodsham		368	Amy Wright	25.2	



# Results Sheet

# 6 Lap Time Trial

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Points
1=	Halton & Frodsham		17.0
1=	West Cheshire		17.0
3	Deeside		10.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		154	Olivia Montez Brown	1:25.4	12.0
2	Halton & Frodsham		367	Emma Pyatt	1:26.8	11.0
3	Deeside		160	Eleanor Badhams	1:37.6	10.0
1	Halton & Frodsham		94	Emma Scott	1:27.0	6.0
2	West Cheshire		157	Jenna Sheehy	1:29.3	5.0
	West Cheshire		158	Jenni Potter	1:32.1	

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Code	Team	Colour
1	04	West Cheshire	
2	01	Deeside	
3	03	Halton & Frodsham	

Heat	Final	Performance	Points
0.0	1:35.2	1:35.2	18.0
0.0	1:37.6	1:37.6	15.0
0.0	1:41.0	1:41.0	12.0

# Results Sheet

# Shot

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

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

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		156	Kelly Baker	11.62	12.0
2	Deeside		160	Eleanor Badhams	9.62	11.0
3	Halton & Frodsham		368	Amy Wright	7.33	10.0
1	Deeside		164	Hayley Nuttall	9.13	6.0
2	West Cheshire		158	Jenni Potter	7.93	5.0
3	Halton & Frodsham		367	Emma Pyatt	4.89	4.0
	Deeside		163	Georgia Bares	8.33	
	West Cheshire		153	Alice McMahon	7.59	
	Deeside		161	Amy Crocombe	7.32	

# Results Sheet

# Speed Bounce

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Points
1	Halton & Frodsham		18.0
2	West Cheshire		14.0
3	Deeside		11.0
4	Sutton St Helens		10.0

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Halton & Frodsham		94	Emma Scott	76	12.0
2	Deeside		162	Megan Brooke Jones	69	11.0
3	Sutton St Helens		151	Louise Hayes	68	10.0
4	West Cheshire		157	Jenna Sheehy	64	9.0
1	Halton & Frodsham		367	Emma Pyatt	70	6.0
2	West Cheshire		155	Laura Ridby	51	5.0

# Results Sheet

# Standing Long Jump

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Deeside		16.0
3	Halton & Frodsham		14.0
4	Sutton St Helens		9.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		153	Alice McMahon	2.28	12.0
2	Deeside		163	Georgia Bares	2.28	11.0
3	Halton & Frodsham		368	Amy Wright	2.04	10.0
4	Sutton St Helens		151	Louise Hayes	1.68	9.0
1	West Cheshire		154	Olivia Montez Brown	2.28	6.0
2	Deeside		160	Eleanor Badhams	2.26	5.0
3	Halton & Frodsham		94	Emma Scott	2.04	4.0
	West Cheshire		158	Jenni Potter	2.18	
	West Cheshire		156	Kelly Baker	2.18	
	Deeside		161	Amy Crocombe	2.12	
	Deeside		162	Megan Brooke Jones	1.98	

# Results Sheet

# Standing Triple Jump

## Competition:

NWSL Round 5A Deeside Under 15 Girls

## Venue:

Deeside

## Date

17 Jan 2010

Ranking	Team	Colour	Points
1	West Cheshire		18.0
2	Deeside		16.0
3	Halton & Frodsham		10.0
4	Sutton St Helens		9.0

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West Cheshire		154	Olivia Montez Brown	6.74	12.0
2	Deeside		160	Eleanor Badhams	6.25	11.0
3	Halton & Frodsham		368	Amy Wright	6.15	10.0
4	Sutton St Helens		151	Louise Hayes	4.85	9.0
1	West Cheshire		157	Jenna Sheehy	6.31	6.0
2	Deeside		161	Amy Crocombe	6.24	5.0
	West Cheshire		156	Kelly Baker	6.15	
	West Cheshire		155	Laura Ridby	6.11	