

NJL Northern Promotion
Wigan, Robin Park Arena, Sun 30 August 2009

M 100m A				M 100m B			
1	Christian Carson	U17	MID 11.6	1	Harry Harris		MID 11.6
2	James Mitchell		WKF 11.8	2	Johnathan Harker		PST 11.8
3	Ben Shields	U17	RTM 11.8	3	Calum Whitham		WKF 11.9
4	Jordan Riviere		LVL 11.9	4	Jorden Flude		RTM 12.0
5	Liam Ramsey	U17	DNC 11.9	5	Ryan Murray	U17	LVL 12.6
6	Ryan Sumner		PST 12.0				
M 200m A				M 200m B			
1	Christian Carson	U17	MID 23.0	1	Jorden Flude		RTM 23.6
2	Alex Boyce	U17	LVL 23.4	2	Calum Whitham		WKF 23.8
3	Liam Ramsey	U17	DNC 23.5	3	Johnathan Harker		PST 23.9
4	Ben Shields	U17	RTM 23.8	4	Jordan Riviere		LVL 24.1
5	Ryan Sumner		PST 24.1	5	Phil Hay		MID 25.0
6	James Mitchell		WKF 24.2	6	Sandy Murray	U17	DNC 26.0
M 400m A				M 400m B			
1	Nick Phelps		MID 51.7	1	Steven Ormarod	U17	PST 53.8
2	Alex Boyce	U17	LVL 52.0	2	James Blackburn		LVL 54.9
3	Gareth Moreton		RTM 52.7	3	Joe Cox		MID 56.4
4	William Fielding	U17	PST 55.1	4	William Mulroy	U17	WKF 60.6
5	Matthew Crawshaw	U17	WKF 57.9	5	Sam Howis	U17	RTM 63.1
M 800m A				M 800m B			
1	Stephen Bennett		PST 1.58.4	1	Gareth Moreton		RTM 2.09.6
2	James Blackburn		LVL 2.00.9	2	James Bretherton	U17	PST 2.11.0
3	Sam Bucknall		WKF 2.02.8	3	Tom Croft		LVL 2.11.5
4	Alex Grundmann	U17	MID 2.12.0	4	Ryan Hartley	U17	WKF 2.18.8
5	Liam Thompson		RTM 2.15.8	5	Rob Longstaff		MID 2.25.6
M 1500m A				M 1500m B			
1	Mathew Davison		PST 4.16.9	1	Josh Skinner		PST 4.18.9
2	Sam Bucknall		WKF 4.18.9	2	James Blackburn		LVL 5.06.3
3	David Smith		RTM 4.43.4	3	Liam Thompson		RTM 5.07.6
4	Tom Croft		LVL 4.49.7	4	Lewis Harvey	U17	MID 5.12.2
5	Karl Hawkins		MID 4.52.0	5	Ewan McNight	U17	WKF 5.35.6
M 3000m A				M 3000m B			
1	David Smith		RTM 9.53.6	1	Nathan Crowe		PST 10.30.7
2	Callum Rowett	U17	PST 10.21.4	2	Tom Croft		LVL 12.16.5
3	James Blackburn		LVL 10.57.9				
M 110mH A				M 110mH B			
1	Nick Phelps		MID 15.0	1	Chris Roose		LVL 21.5
2	James Mitchell		WKF 16.1	2	Elliot Hills		MID 21.8
3	Liam Thompson		RTM 20.2	3	David Coupe		RTM 21.9
4	Mike Hartley	U17	LVL 20.5				
M 400mH A				M 400mH B			
1	Nick Phelps		MID 60.1	1	Andrew Harrison		PST 67.7
2	Josh Skinner		PST 60.5	2	Adam Anderson	U17	WKF 69.3
3	Sandy Murray	U17	DNC 63.1	3	Chris Roose		LVL 70.9
4	Liam Thompson		RTM 65.6	4	Sam Howis	U17	RTM 71.4
5	Matthew Crawshaw	U17	WKF 66.9	5	Elloit Hills		MID 74.4
6	Tom Croft		LVL 77.4				
M 2000m Sc A				M 2000m Sc B			
1	Elliott Jackson		MID 6.46.9	1	Sam Howis	U17	RTM 8.16.4
2	Richard Morrell		PST 7.14.8	2	Josh Skinner		PST 8.17.0
3	Liam Thompson		RTM 7.16.4				
4	Ryan Hartley	U17	WKF 7.37.5				

M Discus Throw A				M Discus Throw B			
1	James Sankey	LVL	36.16	1	Ben Daley	U17 MID	29.75
2	Craig Westerman	U17 WKF	35.73	2	Mike Ashworth	LVL	27.57
3	Iain Swall	U17 MID	34.19	3	Luke Pickles	DNC	20.61
4	Sam Johnson	U17 PST	30.02	4	David Coupe	RTM	19.03
5	Dan Morris	DNC	26.25	5	Daniel Widdowson	U17 WKF	18.28
6	Michael Stanton	U17 RTM	24.71	6	Michael Porter	PST	17.58
M Hammer Throw A				M Hammer Throw B			
1	Ben Daley	U17 MID	44.71	1	Jack Chapman	U17 MID	41.18
2	Mike Ashworth	LVL	40.15	2	Dan Morris	DNC	23.92
3	Luke Pickles	DNC	36.90	3	Chris Wood	U17 WKF	23.77
4	Sam Johnson	U17 PST	29.02	4	James Sankey	LVL	22.70
5	Craig Westerman	U17 WKF	28.50	5	Michael Porter	PST	17.21
6	David Coupe	RTM	18.27				
M High Jump A				M High Jump B			
1	Mike Hartley	U17 LVL	1.83	1	Tom Leyshon	U17 WKF	1.70
2	Benjamin Holmes	U17 WKF	1.83	2	Mathew Harper	U17 PST	1.70
3	Ben Daley	U17 MID	1.80	3	Chris Roose	LVL	1.65
4	William Fielding	U17 PST	1.75	4	Jordan Gill	U17 MID	1.60
5	Liam O'Malley	RTM	1.75				
M Javelin Throw A				M Javelin Throw B			
1	Michael Stanton	U17 RTM	51.26	1	Charlie Dryden	MID	34.45
2	Mathew Harper	U17 PST	35.90	2	Michael Porter	PST	31.39
3	Joe Cox	MID	34.85	3	Gareth Moreton	RTM	29.14
4	Dan Morris	DNC	30.63	4	Mike Hartley	U17 LVL	27.52
5	Chris Wood	U17 WKF	28.94	5	Daniel Widdowson	U17 WKF	27.24
6	Craig Jones	U17 LVL	28.82	6	Luke Pickles	DNC DNSCR	
M Long Jump A				M Long Jump B			
1	Craig Jones	U17 LVL	6.53	1	Samuel Millar	U17 PST	5.74
2	Charlie Dryden	MID	6.52	2	Lewis Wilson	U17 DNC	5.40
3	Liam O'Malley	RTM	6.09	3	Jordan Gill	U17 MID	5.33
4	Ryan Sumner	PST	5.96	4	David Coupe	RTM	5.25
5	Michael Hunter	U17 DNC	5.43	5	Tom Leyshon	U17 WKF	5.13
6	William Mulroy	U17 WKF	5.25	6	Daniel Murphy	U17 LVL	5.02
M Pole Vault A				M Pole Vault B			
1	Chris Roose	LVL	3.70	1	Jack Chapman	U17 MID	2.90
2	Andrew Harrison	PST	3.50	2	Ryan Murray	U17 LVL	2.75
3	Lewis Wilson	U17 DNC	3.20	3	George Sharp	PST	NOHGT
4	Joe Cox	MID	2.90				
M Shot Putt A				M Shot Putt B			
1	Dan Morris	DNC	13.25	1	Mike Ashworth	LVL	10.18
2	Johnathan Harker	PST	11.03	2	Luke Pickles	DNC	9.63
3	Michael Stanton	U17 RTM	10.65	3	Sam Johnson	U17 PST	9.07
4	James Sankey	LVL	10.43	4	Jack Chapman	U17 MID	9.02
5	Craig Westerman	U17 WKF	10.40	5	Chris Wood	U17 WKF	7.47
6	Iain Swall	U17 MID	10.39				
M Triple Jump A				M Triple Jump B			
1	Charlie Dryden	MID	12.59	1	Steven Ormarod	U17 PST	10.99
2	Liam O'Malley	RTM	12.35	2	David Coupe	RTM	10.83
3	Craig Jones	U17 LVL	11.86	3	Michael Hunter	U17 DNC	10.75
4	Sandy Murray	U17 DNC	11.57	4	Jordan Gill	U17 MID	10.55
5	Mathew Harper	U17 PST	11.48	5	Ryan Murray	U17 LVL	10.44
6	William Mulroy	U17 WKF	11.03	6	Ryan Haw	U17 WKF	10.21
W 100m A				W 100m B			
1	Rebecca Watts	U17 WKF	13.0	1	Ashley Helsby	LVL	12.7
2	Lorna Goldsmith	U17 MID	13.2	2	Jess Kennedy	MID	13.4
3	Chloe Bradley	U17 DNC	13.5	3	Harriet James	PST	13.5
4	Kati Williams	U17 PST	13.6	4	Faye Mitchell	WKF	13.6

5 Ellie Quirk	U17 LVL 13.6	5 Melissa Hellewell	U17 RTM 14.7
6 Georgina Arif	U17 RTM 14.9		
W 200m A		W 200m B	
1 Chloe Bradley	U17 DNC 27.0	1 Sasha Byrom	U17 PST 26.8
2 Amy Forrester	LVL 27.0	2 Ellie Quirk	U17 LVL 27.6
3 Kati Williams	U17 PST 27.7	3 Emma Stokes	MID 28.0
4 Jess Kennedy	MID 27.8	4 Lydia Brown	U17 WKF 28.8
5 Lois Brown	U17 WKF 28.1	5 Cora Troop	U17 DNC 29.6
6 Danielle Heald	U17 RTM 28.4	6 Olivia Neal	U17 RTM 30.8
W 400m A		W 400m B	
1 Kate Welford	U17 MID 61.0	1 Rachel Mitchinson	U17 MID 62.6
2 Zoe Woodward	U17 LVL 61.3	2 Sophie Fletcher	PST 62.8
3 Lucy Sumner	PST 61.9	3 Emma Wakefield	LVL 63.2
4 Danielle Heald	U17 RTM 62.3	4 Lois Brown	U17 WKF 64.3
5 Faye Mitchell	WKF 64.8	5 Melissa Hellewell	U17 RTM 71.1
W 800m A		W 800m B	
1 Stephanie Allison	U17 MID 2.23.6	1 Rebecca Linney	U17 LVL 2.27.6
2 Rebecca Nuttall	LVL 2.36.5	2 Alice Lightfoot	U17 WKF 2.32.3
3 Louisa Long	U17 WKF 2.44.2	3 Rebecca Maguire	U17 MID 2.33.6
4 Lauren Bugler	U17 PST DNF	4 Ellen Buckley	U17 PST 2.40.9
W 1500m A		W 1500m B	
1 Sally Smith	U17 WKF 4.57.8	1 Natasha Hatswell	U17 RTM 5.06.4
2 Stephanie Burns	RTM 4.59.2	2 Rebecca Maguire	U17 MID 5.26.0
3 Amy Talbot	LVL 5.02.3	3 Ellen Buckley	U17 PST 5.27.4
4 Nicola Jackson	U17 PST 5.04.4	4 Emma Wakefield	LVL 5.40.0
5 Stephanie Allison	U17 MID 5.06.1	5 Alice Lightfoot	U17 WKF 6.02.5
W 3000m A		W 3000m B	
1 Kristina Grant	MID 10.43.8	1 Rebecca Noblet	U17 PST 13.39.5
2 Hannah Watson	PST 12.13.1		
3 Emily Dent	WKF 15.55.0		
W 100mH A		W 100mH B	
1 Ashley Helsby	LVL 14.9	1 Sophie Fletcher	PST 18.5
2 Ashleigh Wood	MID 15.3	2 Emma Stokes	MID 18.5
3 Harriet James	PST 18.0	3 Lydia Morley	LVL 22.6
W 400mH A		W 400mH B	
1 Mikaela Harrison	WKF 66.0	1 Hannah Watson	PST 76.9
2 Sophie Fletcher	PST 67.1	2 Amy Forrester	LVL 81.5
3 Rachel Mitchinson	U17 MID 68.3		
4 Caria Jones	U17 LVL 69.1		
W Discus Throw A		W Discus Throw B	
1 Sarah Parsons	U17 MID 29.43	1 Leah Kennedy	U17 MID 21.29
2 Sarah Wilding	U17 RTM 29.22	2 Suzanne Woodward	LVL 20.64
3 Zoe Woodward	U17 LVL 23.23	3 Mikaela Harrison	WKF 18.73
4 Lucy Holmes	U17 WKF 23.17	4 Amy Lupton	U17 PST 17.00
5 Kelly Bramhald	U17 DNC 21.43	5 Georgina Arif	U17 RTM 16.82
6 Emma Pinkowicz	U17 PST 21.18	6 Esther Stanger	DNC 13.81
W Hammer Throw A		W Hammer Throw B	
1 Suzanne Woodward	LVL 41.56	1 Sarah Parsons	U17 MID 34.66
2 Heather Johnson	U17 MID 36.94	2 Amy Talbot	LVL 14.77
3 Emma Pinkowicz	U17 PST 34.48	3 Rebecca Noblet	U17 PST 13.54
4 Alice Lightfoot	U17 WKF 25.88	4 Lydia Brown	U17 WKF 6.69
W High Jump A		W High Jump B	
1=Hannah Lupton	U17 PST 1.55	1 Harriet James	PST 1.45
1=Lydia Morley	LVL 1.55	2 Courtney Frost	U17 MID NOHGT
3 Leah Kennedy	U17 MID 1.50		
4 Mikaela Harrison	WKF NOHGT		

W Javelin Throw A				W Javelin Throw B					
1	Kelly Bramhald	U17	DNC	37.43	1	Nicola Jackson	U17	PST	21.16
2	Amy Lupton	U17	PST	37.17	2	Amy Talbot		LVL	13.37
3	Sarah Wilding	U17	RTM	24.55	3	Esther Stanger		DNC	10.66
4	Lucy Holmes	U17	WKF	22.31	4	Emily Dent		WKF	7.72
5	Suzanne Woodward		LVL	20.56	5	Rebecca Maguire	U17	MID	DN SCR
6	Heather Johnson	U17	MID	17.11					

W Long Jump A				W Long Jump B					
1	Hannah Lupton	U17	PST	5.29	1	Harriet James		PST	5.13
2	Ashleigh Wood		MID	5.23	2	Chloe Gill		MID	4.80
3	Dionne Jones		WKF	4.76	3	Emma Wakefield		LVL	4.38
4	Bethan Hughes	U17	LVL	4.58	4	Faye Mitchell		WKF	4.27
5	Olivia Neal	U17	RTM	4.38	5	Melissa Hellewell	U17	RTM	2.48
6	Cora Troop	U17	DNC	4.13					

W Pole Vault A				W Pole Vault B					
1	Courtney Frost	U17	MID	2.15	1	Heather Johnson	U17	MID	1.85
2	Nicola Jackson	U17	PST	1.95					

W Shot Putt A				W Shot Putt B					
1	Sarah Wilding	U17	RTM	9.85	1	Sarah Parsons	U17	MID	7.63
2	Kelly Bramhald	U17	DNC	9.39	2	Georgina Arif	U17	RTM	6.90
3	Lucy Holmes	U17	WKF	9.29	3	Faye Mitchell		WKF	6.73
4	Ashleigh Wood		MID	8.95	4	Emma Pinkowicz	U17	PST	6.66
5	Hannah Lupton	U17	PST	7.75	5	Bethan Hughes	U17	LVL	6.55
6	Suzanne Woodward		LVL	7.19	6	Esther Stanger		DNC	4.43

W Triple Jump A				W Triple Jump B					
1	Chloe Gill		MID	10.52	1	Jenny Phelps		MID	9.99
2	Amy Lupton	U17	PST	10.29	2	Lucy Sumner		PST	9.07
3	Lydia Morley		LVL	9.70	3	Zoe Woodward	U17	LVL	8.95
4	Cora Troop	U17	DNC	9.56					
5	Dionne Jones		WKF	8.05					

W 4x100m Relay					
1	MID	50.3	1 Emma Stokes	2 Kate Welford	U17
			3 Lorna Goldsmith	4 Ashleigh Wood	
2	PST	50.4	1 Harriet James	2 Sasha Byrom	U17
			3 Hannah Lupton	4 Kati Williams	U17
3	LVL	50.8	1 Megan Ward	2 Ellie Quirk	U17
			3 Amy Forrester	4 Ashley Helsby	
4	WKF	53.4	1 Dionne Jones	2 Lucy Holmes	U17
			3 Lois Brown	4 Rebecca Watts	U17
5	RTM	55.5	1 Melissa Hellewell	2 Olivia Neal	U17
			3 Georgina Arif	4 Danielle Heald	U17

W 4x400m Relay					
1	LVL	4.12.8	1 Zoe Woodward	2 Caria Jones	U17
			3 Rebecca Nuttall	4 Emma Wakefield	
2	PST	4.12.9	1 Lauren Bugler	2 Sophie Fletcher	
			3 Hannah Watson	4 Lucy Sumner	
3	MID	4.21.2	1 Kate Welford	2 Rachel Mitchinson	U17
			3 Ashleigh Wood	4 Rebecca Maguire	U17
4	WKF	4.28.7	1 Lydia Brown	2 Sally Smith	U17
			3 Lois Brown	4 Faye Mitchell	

M 4x100m Relay

1 MID 45.7	1 Joe Cox		2 Christian Carson	U17
	3 Phil Hay		4 Harry Harris	
2 RTM 45.9	1 Liam O'Malley		2 Ben Shields	U17
	3 Jordan Flude		4 Gareth Moreton	
3 PST 46.1	1 Sam Johnson	U17	2 Ryan Sumner	
	3 Mathew Harper	U17	4 Johnathan Harker	
4 LVL 46.2	1 Alex Boyce	U17	2 Jordan Riviere	
	3 Craig Jones	U17	4 Ryan Murray	U17
5 WKF 47.5	1 James Mitchell		2 Calum Whitham	
	3 Tom Leyshon	U17	4 Ewan McNight	U17

M 4x400m Relay

1 PST 3.33.1	1 Stephen Bennett		2 Steven Ormarod	U17
	3 Mathew Davison		4 William Fielding	U17
2 RTM 3.33.2	1 Liam O'Malley		2 Ben Shields	U17
	3 Gareth Moreton		4 Jordan Flude	
3 MID 3.38.5	1 Nick Phelps		2 Elliott Jackson	
	3 Alex Grundmann	U17	4 Lewis Harvey	U17
4 LVL 3.41.5	1 James Blackburn		2 Alex Boyce	U17
	3 Tom Croft		4 Jordan Riviere	
5 WKF 3.52.5	1 Calum Whitham		2 Matthew Crawshaw	U17
	3 Adam Anderson	U17	4 Sam Bucknall	

Points

1 Middlesbrough AC Mandale	552
2 Preston Harriers	541
3 Liverpool Harriers & AC	499
4 Wakefield D. H. & AC	391
5 Rotherham H. & AC	348
6 Doncaster AC	219

Athlete of the Match: Craig Jones Liverpool Harriers Long Jump 6.53M
 Kelly Bramhald Doncaster AC Javelin 37.43M

Note(s)

DNC Includes + 35pts,
 LVL Includes + 35pts,
 MID Includes + 35pts,
 PST Includes + 35pts,
 RTM Includes + 30pts,
 WKF Includes + 35pts,

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|      Team| DNC | LVL | MID | PST | RTM | WKF |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 100m   A|  6|  7| 11|  5|  8|  9| 46|  0| 46|
|         B|  0|  4|  9|  7|  5|  6| 31|  3| 34|
|Cumulative|  6| 11| 20| 12| 13| 15| 77|  3| 80|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 200m   A|  8|  9| 11|  6|  7|  5| 46|  0| 46|
|         B|  3|  5|  4|  6|  9|  7| 34|  0| 34|
|Cumulative| 17| 25| 35| 24| 29| 27|157|  3|160|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400m   A|  0|  9| 11|  7|  8|  6| 41|  5| 46|
|         B|  0|  7|  6|  9|  4|  5| 31|  3| 34|
|Cumulative| 17| 41| 52| 40| 41| 38|229| 11|240|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 800m   A|  0|  9|  7| 11|  6|  8| 41|  5| 46|
|         B|  0|  6|  4|  7|  9|  5| 31|  3| 34|
|Cumulative| 17| 56| 63| 58| 56| 51|301| 19|320|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 1500m  A|  0|  7|  6| 11|  8|  9| 41|  5| 46|
|         B|  0|  7|  5|  9|  6|  4| 31|  3| 34|
|Cumulative| 17| 70| 74| 78| 70| 64|373| 27|400|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 3000m  A|  0|  8|  0|  9| 11|  0| 28| 18| 46|
|         B|  0|  7|  0|  9|  0|  0| 16| 18| 34|
|Cumulative| 17| 85| 74| 96| 81| 64|417| 63|480|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 110mH  A|  0|  7| 11|  0|  8|  9| 35| 11| 46|
|         B|  0|  9|  7|  0|  6|  0| 22| 12| 34|
|Cumulative| 17| 101| 92| 96| 95| 73|474| 86|560|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400mH  A|  8|  5| 11|  9|  7|  6| 46|  0| 46|
|         B|  0|  6|  4|  9|  5|  7| 31|  3| 34|
|Cumulative| 25| 112| 107| 114| 107| 86|551| 89|640|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 2000Sc A|  0|  0| 11|  9|  8|  7| 35| 11| 46|
|         B|  0|  0|  0|  7|  9|  0| 16| 18| 34|
|Cumulative| 25| 112| 118| 130| 124| 93|602| 118|720|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M DT     A|  6| 11|  8|  7|  5|  9| 46|  0| 46|
|         B|  6|  7|  9|  3|  5|  4| 34|  0| 34|
|Cumulative| 37| 130| 135| 140| 134| 106|682| 118|800|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M HT     A|  8|  9| 11|  7|  5|  6| 46|  0| 46|
|         B|  7|  5|  9|  4|  0|  6| 31|  3| 34|
|Cumulative| 52| 144| 155| 151| 139| 118|759| 121|880|
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|      Team| DNC | LVL | MID | PST | RTM | WKF |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M HJ      A|  0| 11|  8|  7|  6|  9| 41|  5| 46|
|          B|  0|  6|  5|  7|  0|  9| 27|  7| 34|
|Cumulative| 52| 161| 168| 165| 145| 136| 827| 133| 960|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M JT      A|  7|  5|  8|  9| 11|  6| 46|  0| 46|
|          B|  0|  5|  9|  7|  6|  4| 31|  3| 34|
|Cumulative| 59| 171| 185| 181| 162| 146| 904| 136|1040|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M LJ      A|  6| 11|  9|  7|  8|  5| 46|  0| 46|
|          B|  7|  3|  6|  9|  5|  4| 34|  0| 34|
|Cumulative| 72| 185| 200| 197| 175| 155| 984| 136|1120|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M PV      A|  8| 11|  7|  9|  0|  0| 35| 11| 46|
|          B|  0|  7|  9|  0|  0|  0| 16| 18| 34|
|Cumulative| 80| 203| 216| 206| 175| 155|1035| 165|1200|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M SP      A| 11|  7|  5|  9|  8|  6| 46|  0| 46|
|          B|  7|  9|  5|  6|  0|  4| 31|  3| 34|
|Cumulative| 98| 219| 226| 221| 183| 165|1112| 168|1280|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M TJ      A|  7|  8| 11|  6|  9|  5| 46|  0| 46|
|          B|  6|  4|  5|  9|  7|  3| 34|  0| 34|
|Cumulative| 111| 231| 242| 236| 199| 173|1192| 168|1360|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 100m    A|  8|  6|  9|  7|  5| 11| 46|  0| 46|
|          B|  0|  9|  7|  6|  4|  5| 31|  3| 34|
|Cumulative| 119| 246| 258| 249| 208| 189|1269| 171|1440|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 200m    A| 11|  9|  7|  8|  5|  6| 46|  0| 46|
|          B|  4|  7|  6|  9|  3|  5| 34|  0| 34|
|Cumulative| 134| 262| 271| 266| 216| 200|1349| 171|1520|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 400m    A|  0|  9| 11|  8|  7|  6| 41|  5| 46|
|          B|  0|  6|  9|  7|  4|  5| 31|  3| 34|
|Cumulative| 134| 277| 291| 281| 227| 211|1421| 179|1600|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 800m    A|  0|  9| 11|  0|  0|  8| 28| 18| 46|
|          B|  0|  9|  6|  5|  0|  7| 27|  7| 34|
|Cumulative| 134| 295| 308| 286| 227| 226|1476| 204|1680|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 1500m   A|  0|  8|  6|  7|  9| 11| 41|  5| 46|
|          B|  0|  5|  7|  6|  9|  4| 31|  3| 34|
|Cumulative| 134| 308| 321| 299| 245| 241|1548| 212|1760|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 3000m   A|  0|  0| 11|  9|  0|  8| 28| 18| 46|
|          B|  0|  0|  0|  9|  0|  0|  9| 25| 34|
|Cumulative| 134| 308| 332| 317| 245| 249|1585| 255|1840|
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|      Team| DNC | LVL | MID | PST | RTM | WKF |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 100mH  A|   0|  11|   9|   8|   0|   0|  28|  18|  46|
|          B|   0|   6|   7|   9|   0|   0|  22|  12|  34|
|Cumulative| 134| 325| 348| 334| 245| 249|1635| 285|1920|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 400mH  A|   0|   7|   8|   9|   0|  11|  35|  11|  46|
|          B|   0|   7|   0|   9|   0|   0|  16|  18|  34|
|Cumulative| 134| 339| 356| 352| 245| 260|1686| 314|2000|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 1500Sc A|   0|   0|   0|   0|   0|   0|   0|   0|   0|
|          B|   0|   0|   0|   0|   0|   0|   0|   0|   0|
|Cumulative| 134| 339| 356| 352| 245| 260|1686| 314|2000|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W DT      A|   6|   8|  11|   5|   9|   7|  46|   0|  46|
|          B|   3|   7|   9|   5|   4|   6|  34|   0|  34|
|Cumulative| 143| 354| 376| 362| 258| 273|1766| 314|2080|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W HT      A|   0|  11|   9|   8|   0|   7|  35|  11|  46|
|          B|   0|   7|   9|   6|   0|   5|  27|   7|  34|
|Cumulative| 143| 372| 394| 376| 258| 285|1828| 332|2160|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W HJ      A|   0|  10|   8|  10|   0|   0|  28|  18|  46|
|          B|   0|   0|   0|   9|   0|   0|   9|  25|  34|
|Cumulative| 143| 382| 402| 395| 258| 285|1865| 375|2240|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W JT      A|  11|   6|   5|   9|   8|   7|  46|   0|  46|
|          B|   6|   7|   0|   9|   0|   5|  27|   7|  34|
|Cumulative| 160| 395| 407| 413| 266| 297|1938| 382|2320|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W LJ      A|   5|   7|   9|  11|   6|   8|  46|   0|  46|
|          B|   0|   6|   7|   9|   4|   5|  31|   3|  34|
|Cumulative| 165| 408| 423| 433| 276| 310|2015| 385|2400|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W PV      A|   0|   0|  11|   9|   0|   0|  20|  26|  46|
|          B|   0|   0|   9|   0|   0|   0|   9|  25|  34|
|Cumulative| 165| 408| 443| 442| 276| 310|2044| 436|2480|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W SP      A|   9|   5|   7|   6|  11|   8|  46|   0|  46|
|          B|   3|   4|   9|   5|   7|   6|  34|   0|  34|
|Cumulative| 177| 417| 459| 453| 294| 324|2124| 436|2560|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W TJ      A|   7|   8|  11|   9|   0|   6|  41|   5|  46|
|          B|   0|   6|   9|   7|   0|   0|  22|  12|  34|
|Cumulative| 184| 431| 479| 469| 294| 330|2187| 453|2640|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 4x1     |   0|   8|  11|   9|   6|   7|  41|   5|  46|
|Cumulative| 184| 439| 490| 478| 300| 337|2228| 458|2686|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 4x4     |   0|  11|   8|   9|   0|   7|  35|  11|  46|
|Cumulative| 184| 450| 498| 487| 300| 344|2263| 469|2732|
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|          Team| DNC | LVL | MID | PST | RTM | WKF |          POINTS |
|          No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1        |    0|    7|   11|    8|    9|    6| 41| 5| 46|
|Cumulative| 184| 457| 509| 495| 309| 350|2304| 474|2778|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4        |    0|    7|    8|   11|    9|    6| 41| 5| 46|
|Cumulative| 184| 464| 517| 506| 318| 356|2345| 479|2824|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          Add|   35|   35|   35|   35|   30|   35|  0|  0|  0|
| subtract|    0|    0|    0|    0|    0|    0|  0|  0|  0|
|Cumulative| 219| 499| 552| 541| 348| 391|2345| 479|2824|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          TOTALS| 219| 499| 552| 541| 348| 391|2345| 479|2824|
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Pos	Team	Points	Add	Sub	Total	Lge
1	Middlesbrough AC Mandale	517	35	0	552	8
2	Preston Harriers	506	35	0	541	7
3	Liverpool Harriers & AC	464	35	0	499	6
4	Wakefield D. H. & AC	356	35	0	391	5
5	Rotherham H. & AC	318	30	0	348	4
6	Doncaster AC	184	35	0	219	3

Used + add - sub = total 2345 205 0 2550
Unused points 479 479
(Used+unused)+add-sub=total 2824 205 0 3029

Team	1st	2nd	3rd	4th	5th	6th	1st	2nd	3rd	4th	5th	6th
MID A	16	5	7	4	2	2	B 11	5	4	4	3	0
PST A	5	13	5	7	3	2	B 13	7	5	3	1	1
LVL A	8	7	6	8	2	3	B 4	10	7	4	3	1
WKF A	3	5	5	6	10	3	B 1	3	4	8	6	1
RTM A	3	5	8	3	4	4	B 4	2	3	4	5	1
DNC A	3	1	5	3	4	1	B 0	3	3	0	1	3

Men	Points	Women	Points
1 Middlesbrough AC Mandale	261	1 Middlesbrough AC Mandale	256
2 Preston Harriers	255	2 Preston Harriers	251
3 Liverpool Harriers & AC	245	3 Liverpool Harriers & AC	219
4 Rotherham H. & AC	217	4 Wakefield D. H. & AC	171
5 Wakefield D. H. & AC	185	5 Rotherham H. & AC	101
6 Doncaster AC	111	6 Doncaster AC	73

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