

**Northern Athletics Track and Field League, Division 4EC**  
**Fixture 1 - Grantham. 19 May 2019**

Men						
			Pos	Performance	PB	Club record
100m	A	Daniel Wade	4	12.4s		Broken
	B	James Fryers	7	14.3s	✓	
110m hurdles	A	Patrick Needham	3	24.1s		
	B	Tom Fryers	3	31.7s		Set
200m	A	Daniel Wade	4	25.2s		Broken
	B	Tom Fryers	6	33.7s		Set
400m	A	Charlie Skipper	6	61.0s		
	B	James Fryers	7	70.4s	✓	
400m hurdles	A	Charlie Skipper	3	70.9s	✓	
	B	Patrick Needham	1	68.3s		
800m	A	Charlie Skipper	5	2:16.2		
	B	Hugh Mackie	1	2:11.9		Broken
1500m	A	Kieron Reed	2	4:38.3		
	B	James Fryers	5	5:46.6		
3000m steeplechase	A	John Broom	4	13:29.8		
	B	Paul Fryers	1	13:45.7		
5000m	A	Gareth Cooke	1	16:37.9		
	B	Patrick Needham	3	19:06.5		
4x100m		Daniel Wade James Fryers Hugh Mackie Tom Fryers	5	54.6s		Broken
4x400m		Charlie Skipper (64.3) Keiron Reed (63.0) Richard Mackie (66.1) Patrick Needham (61.6)	5	4:15.0		
High Jump	A	Patrick Needham	2	1.60m		Equalled
	B	Tom Fryers	1	1.50m	✓	Set
Long jump	A	Daniel Wade	2	5.49m		Broken
	B	Hugh Mackie	2	4.67m		
Triple jump	A	Hugh Mackie	3	10.70m		Broken
	B	Tom Fryers	1	9.40m		Set
Discus	A	Steve Dickinson	8	14.09m		Broken
	B	Ian Sutcliffe	7	13.56m		
Hammer	A	Paul Fryers	8	15.18m	✓	Broken
	B	Steve Dickinson	5	10.88m		Set
Javelin	A	Gareth Cooke	8	20.33m		
	B	Paul Fryers	6	19.78m		
Shot	A	Steve Dickinson	7	5.46m		
	B	Ian Sutcliffe	7	4.71m		

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<b>Women</b>						
			<b>Pos</b>	<b>Performance</b>	<b>PB</b>	<b>Club record</b>
100m	A	Ellie Brightmore	4	14.7s	✓	Broken
	B	Brooke Singleton	1	15.1s		Equalled
200m	A	Ellie Brightmore	4	30.2s	✓	Broken
	B	Rachael Mayston	3	35.1s		
400m	A	Ellie Brightmore	3	71.1s		
	B	Jude Matthews	4	1:42.9		
400m hurdles	A	Rachael Mayston	4	1:49.0		
	B	Heather Lindley	2	1:43.1		Set
800m	A	Dawn Broom	5	2:55.9		Broken
	B	Jude Matthews	5	3:31.6		Set
1500m	A	Heather Lindley	6	6:54.9		
	B	Dawn Godley	2	6:57.6		
3000m	A	Dawn Broom	5	13:01.6		
	B	Jude Matthews	1	14:36.5		
4x100m		Jude Matthews Dawn Godley Rachael Mayston Brooke Singleton	6	70.8s		
4x400m		Rachael Mayston (80.8) Dawn Godley (97.1) Ellie Brightmore (74.6) Jude Matthews (99.3)	3	5:51.8		
High jump	A	Ellie Brightmore	2	1.40m	✓	Broken
	B	Heather Lindley	1	1.15m		Set
Long jump	A	Ellie Brightmore	5	4.11m		
	B	Brooke Singleton	1	4.04m		Broken
Triple jump	A	Brooke Singleton	6	8.23m		Set
Discus	A	Heather Lindley	5	11.78m		Set
	B	Caroline Dean	5	11.52m		
Hammer	A	Heather Lindley	6	13.73m		Set
	B	Caroline Dean	4	11.42m		
Javelin	A	Heather Lindley	7	8.00m		Set
	B	Caroline Dean	6	7.55m		
Shot	A	Ellie Brightmore	4	7.12m		Broken
	B	Caroline Dean	6	4.05m		

## Overall Points Table

1	Longwood Harriers AC	416
2	Penistone Footpath Runners & AC	411
3	Rushcliffe AC	404
4	Barnsley AC	375
5	Pontefract AC	337
6	Newark AC	331
7	Worksop Harriers & AC	278
8	Cleethorpes & District AC	198