

Northern Athletics Track and Field League, Division 4EC
Fixture 2 - Cleckheaton. 16 June 2019

Men						
			Pos	Performance	PB	Club record
100m	A	Lee Hopkins	7	13.9s	✓	Broken
	B	Richard Mackie	5	14.6s		
110m hurdles	A	Patrick Needham	5	24.3s		
	B	Tom Fryers	2	32.7s		
200m	A	Daniel Wade	4	24.8s	✓	Broken
	B	James Fryers	5	31.1s	✓	
400m	A	Hugh Mackie	5	57.6s	✓	
	B	James Fryers	6	69.0s	✓	
400m hurdles	A	Joe Sweetnam-Powell	4	76.3s		
	B	Patrick Needham	1	69.3s		
800m	A	Hugh Mackie	4	2:07.1	✓	Broken
	B	Charlie Skipper	4	2:17.4		
1500m	A	Shaun Dimelow	6	4:46.9		Broken
	B	Patrick Needham	2	5:03.5		
3000m steeplechase	A	Joe Sweetnam-Powell	2	11:30.7		
	B	Richard Mackie	2	13:38.7		
5000m	A	Gareth Cooke	1	16:22.5		
	B	Joe Sweetnam-Powell	1	16:33.5		
4x100m		Patrick Needham James Fryers Paul Fryers Tom Fryers	5	56.4s		
4x400m		Daniel Wade (59.7) Patrick Needham (62.0) Hugh Mackie (60.6) Joe Sweetnam-Powell (60.0)	5	4:02.3		
High Jump	A	Patrick Needham	2	1.60m		Equalled
	B	Tom Fryers	1	1.50m		
Long jump	A	Daniel Wade	4	5.01m		
	B	Tom Fryers	4	4.35m	✓	
Triple jump	A	Daniel Wade	1	11.59m		Broken
	B	Hugh Mackie	1	10.86m	✓	
Discus	A	Steve Dickinson	8	14.73m	✓	Broken
	B	Ian Sutcliffe	7	14.70m	✓	
Hammer	A	Paul Fryers	6	17.09m	✓	Broken
	B	Steve Dickinson	4	12.44m	✓	
Javelin	A	Paul Fryers	8	17.81m		
	B	Ian Sutcliffe	7	15.93m		
Shot	A	Paul Fryers	5	7.06m	✓	Broken
	B	Steve Dickinson	6	5.49m	✓	

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Women						
			Pos	Performance	PB	Club record
100m	A	Ellie Brightmore	7	14.8s		
	B	Brooke Singleton	3	15.5s		
200m	A	Ellie Brightmore	3	30.8s		
	B	Jude Matthews	4	47.0s		
400m	A	Ellie Brightmore	2	70.0s	✓	
	B	Rachael Mayston	3	81.4s		
400m hurdles	A	Rachael Mayston	3	1:41.5		
	B	Heather Lindley	2	1:46.4		
800m	A	Rachael Mayston	5	2:59.9		Broken
	B	Jill Carlton	6	3:09.7		
1500m	A	Lesley Parker	5	6:03.0		Broken
	B	Jill Carlton	4	6:28.5	✓	
3000m	A	Lesley Parker	5	12:36.5		
	B	Jude Matthews	5	14:29.2	✓	
4x100m		Brooke Singleton Jude Matthews Jill Carlton Lesley Parker	-	DQ		
4x400m		Ellie Brightmore (71.3) Rachael Mayston (77.0) Jill Carlton (91.3) Lesley Parker (76.4)	3	5:16.0		Broken
High jump	A	Heather Lindley	5	1.10m		
Long jump	A	Ellie Brightmore	5	4.16m		
	B	Brooke Singleton	1	3.90m		
Triple jump	A	Brooke Singleton	7	8.17m		
Discus	A	Caroline Dean	7	12.31m		Broken
	B	Heather Lindley	6	9.62m		
Hammer	A	Caroline Dean	7	13.04m		
	B	Heather Lindley	4	12.60m		
Javelin	A	Rachael Mayston	3	14.82m	✓	Broken
	B	Heather Lindley	4	10.11m	✓	Broken
Shot	A	Caroline Dean	6	4.47m		

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