

Northern Athletics Track and Field League, Division 4EC
Fixture 3 - Cudworth. 14 July 2019

Men						
			Pos	Performance	PB	Club record
100m	A	Daniel Wade	6	11.7s	✓	Broken
	B	Richard Williams	5	12.9s		
110m hurdles	A	Patrick Needham	5	23.8s	✓	Broken
	B	Tom Fryers	2	29.4s	✓	
200m	A	Eliot Howarth	7	30.7s		
	B	Richard Williams	5	27.2s		
400m	A	Lee Hopkins	5	69.4s		
	B	Tom Fryers	6	71.3s	✓	
400m hurdles	A	Patrick Needham	2	67.4s	✓	Broken
	B	Lee Hopkins	2	76.7s	✓	
800m	A	Eliot Howarth	5	2:20.6		
	B	James Fryers	6	2:38.2	✓	
1500m	A	Eliot Howarth	4	4:38.3		
	B	Joe Sweetnam-Powell	1	4:42.0		
3000m steeplechase	A	Patrick Needham	3	12:19.2		
	B	Paul Fryers	2	13:44.8		
5000m	A	Gareth Cooke	1	16:19.6		
	B	Joe Sweetnam-Powell	1	17:08.4		
4x100m		Richard Williams Lee Hopkins Patrick Needham Tom Fryers	5	54.8s		
4x400m		Daniel Wade (57.8s) Eliot Howarth (59.8s) James Fryers (64.5s) Hugh Mackie (58.5s)	1	4:00.6		U17 record set
High Jump	A	Tom Fryers	5	1.50m		Equalled
	B	Patrick Needham	1	1.45m		
Long jump	A	Richard Williams	6	4.54m		
	B	James Fryers	6	4.11m	✓	
Triple jump	A	Daniel Wade	2	11.55m		Broken
	B	Tom Fryers	1	9.90m	✓	
Discus	A	Paul Fryers	6	18.40m		
	B	Steve Dickinson	7	14.58m		
Hammer	A	Paul Fryers	5	17.19m	✓	Broken
	B	Steve Dickinson	5	11.62m		
Javelin	A	Lee Hopkins	8	20.86m	✓	
	B	Gareth Cooke	5	17.41m		
Shot	A	Joe Sweetnam-Powell	7	7.38m	✓	
	B	Steve Dickinson	8	5.11m		

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Women						
			Pos	Performance	PB	Club record
100m	A	Ellie Brightmore	6	13.9s	✓	Broken
	B	Brooke Singleton	4	14.9s	✓	Broken
200m	A	Julia Johnson	7	39.3s		Set
	B	Jude Matthews	6	42.4s	✓	Broken
400m	A	Ellie Brightmore	3	67.9s	✓	Broken
	B	Rachael Mayston	4	75.1s	✓	Broken
400m hurdles	A	Rachael Mayston	5	1:40.1		
	B	Faye Williams	3	91.8s		Broken
800m	A	Jill Carlton	8	3:16.6		
	B	Jude Matthews	7	3:28.8		
1500m	A	Sam Shaw	6	5:43.6		Broken
	B	Faye Williams	4	6:13.6		Broken
3000m	A	Faye Williams	4	12:44.8		Broken
	B	Julia Johnson	3	12:49.7		
4x100m		Ellie Brightmore Julia Johnson Jude Matthews Brooke Singleton	6	68.0s		
4x400m		Sam Shaw (80.0s) Faye Williams (83.9s) Rachael Mayston (92.2s) Ellie Brightmore (73.9s)	6	5:30.0		
High Jump	A	Ellie Brightmore	2	1.35m		
	B	Faye Williams	1	1.15m		Set
Long jump	A	Ellie Brightmore	3	4.14m		
	B	Brooke Singleton	1	3.73m		
Triple jump	A	Brooke Singleton	5	8.04m		
	B	Faye Williams	4	7.24m		Broken
Discus	A	Rachael Mayston	8	11.99m		
	B	Caroline Dean	7	10.87m		
Hammer	A	Sam Shaw	7	10.88m		
	B	Caroline Dean	3	9.42m		
Javelin	A	Sam Shaw	2	18.71m		Broken
	B	Rachael Mayston	2	14.20m		
Shot	A	Sam Shaw	4	6.41m		
	B	Caroline Dean	6	4.36m		

Overall Points Table

1	Barnsley AC	393.0
2	Longwood Harriers AC	363.0
3	Penistone Footpath Runners & AC	360.0
4	Pontefract AC	359.5
5	Newark AC	356.0
6	Rushcliffe AC	351.5
7	Cleethorpes & District AC	303.0
8	Worksop Harriers & AC	226.0