

Northern Athletics Track and Field League, Division 4EC

Fixture 4 - Cudworth. 10 August 2019

Men						
			Pos	Performance	PB	Club record
100m	A	James Fryers	7	15.7s		
	B	Lee Hopkins	6	14.3s		
110m hurdles	A	Patrick Needham	3	25.0s		
	B	Tom Fryers	2	34.6s		
200m	A	Daniel Wade	2	25.0s		
	B	Lee Hopkins	5	28.0s	✓	Broken
400m	A	Daniel Wade	3	59.3s		
	B	James Fryers	4	67.7s	✓	
400m hurdles	A	Patrick Needham	2	69.3s		
	B	Lee Hopkins	2	79.1s		
800m	A	Gareth Cooke	6	2:24.2	✓	
	B	Richard Mackie	3	2:35.4		
1500m	A	Hugh Mackie	3	4:36.9		Broken
	B	Richard Mackie	4	5:21.6		
3000m steeplechase	A	Patrick Needham	3	12:27.3		
	B	Tom Fryers	1	13:32.5		Set
5000m	A	Scott Hinchcliffe	1	15:56.3		
	B	Gareth Cooke	1	17:11.6		
4x100m		Lee Hopkins Scott Hinchcliffe Hugh Mackie Patrick Needham	3	53.0s		Broken
4x400m		Daniel Wade (58.9s) Scott Hinchcliffe (59.5s) James Fryers (66.0s) Hugh Mackie (59.1s)	1	4:03.5		
High Jump	A	Tom Fryers	4	1.45m		
	B	Lee Hopkins	2	1.40m		Equalled
Long jump	A	Daniel Wade	5	5.16m		
	B	Tom Fryers	4	4.18m		
Triple jump	A	Tom Fryers	5	9.41m		
	B	James Fryers	3	8.41m		
Discus	A	Steve Dickinson	6	15.04m	✓	Broken
	B	Ian Sutcliffe	3	14.72m	✓	
Hammer	A	Peter Cross	5	12.37m		Set
	B	Steve Dickinson	4	11.93m		
Javelin	A	Lee Hopkins	7	18.64m		
	B	Gareth Cooke	4	11.05m		
Shot	A	Lee Hopkins	6	6.71m		
	B	Steve Dickinson	5	5.39m		

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Women						
			Pos	Performance	PB	Club record
100m	A	Ellie Brightmore	4	15.2s		
	B	Helen Wright	3	17.6s		
200m	A	Jude Matthews	5	46.5s		
	B	Julia Cobham	3	38.5s		Broken
400m	A	Ellie Brightmore	4	70.2s		
	B	Helen Wright	5	87.1s		
400m hurdles	A	Heather Lindley	3	97.2s	✓	Broken
	B	Julia Cobham	2	94.7s	✓	Broken
800m	A	Ellie Brightmore	2	2:37.3		Broken
	B	Jill Carlton	4	3:18.7		
1500m	A	Jill Carlton	6	6:26.0		
	B	Jude Matthews	4	6:58.7		
3000m	A	Julia Cobham	6	13:10.0	✓	
4x100m		Jill Carlton Myfanwy Cross Jude Matthews Helen Wright	4	80.3s		
4x400m		Julia Cobham (89.3s) Jill Carlton (94.3s) Heather Lindley (83.9s) Ellie Brightmore (73.6s)	4	5:57.0		
High Jump	A	Ellie Brightmore	1=	1.35m		
Long jump	A	Ellie Brightmore	3	3.93m		
	B	Helen Wright	1	2.62m		
Discus	A	Ellie Brightmore	3	16.91m		Broken
	B	Myfanwy Cross	5	12.02m		
Hammer	A	Heather Lindley	5	15.28m	✓	Broken
	B	Myfanwy Cross	4	10.33m		
Javelin	A	Myfanwy Cross	6	9.49m	✓	
	B	Heather Lindley	6	7.92m		
Shot	A	Myfanwy Cross	6	4.75m		Broken
	B	Heather Lindley	5	4.68m		

Final Points Table for Fixture 4		Match	League
		Points	Points
1	Barnsley AC	450.0	8.0
2	Rushcliffe AC	436.0	7.0
3	Penistone Footpath Runners & AC	410.5	6.0
4	Longwood Harriers AC	391.5	5.0
5	Pontefract AC	364.5	4.0
6	Worksop Harriers & AC	249.0	3.0
7	Cleethorpes & District AC	148.0	2.0
8	Newark AC	129.5	1.0

Final League Table		Match	League
		Points	Points
1	Longwood Harriers AC	1725.5	28.0
2	Barnsley AC	1698.0	28.0
3	Penistone Footpath Runners & AC	1586.5	24.0
4	Rushcliffe AC	1592.0	21.0
5	Pontefract AC	1425.5	18.0
6	Newark AC	1113.5	10.0
7	Cleethorpes & District AC	970.0	8.0
8	Worksop Harriers & AC	992.0	7.0

Longwood and Barnsley both have 28 match points but Longwood are champions by virtue of having accumulated more match points