

Northern Athletics Track and Field League, Division 2E
Fixture 1 - Cleckheaton. 22 May 2021

Men						
			Pos	Performance	PB	Club record
100m	A	Henry Parkin	5	11.9s		
	B	Lee Hopkins	3	15.6s		
110m hurdles	A	Tom Fryers	1	27.9s	✓	Broken
200m	A	Henry Parkin	5	25.1s		
	B	Robin Clough	2	33.0s		
400m	A	Shaun Dimelow	6	65.1s		Set
	B	Robin Clough	3	73.2s		
400m hurdles	A	Paul Fryers	2	97.1s		Set
	B	James Fryers	1	71.4s		Set
800m	A	Tom Fryers	4	2:26.5	✓	Set
	B	Shaun Dimelow	2	2:24.1		Broken
1500m	A	James Fryers	6	4:52.0	✓	Set
	B	Shaun Dimelow	2	5:06.1		Broken
3000m steeplechase	A	Robin Clough	6	13:19.5		Broken
	B	Paul Fryers	3	15:02.5		
5000m	A	Shaun Dimelow	5	18:17.2		Broken
	B	John Broom	4	21:01.1		
4x100m		Henry Parkin James Fryers Lee Hopkins Tom Fryers	2	56.1s		
4x400m		Robin Clough Shaun Dimelow Paul Fryers John Broom	6	5:30.8		
High Jump	A	Tom Fryers	1	1.50m		Equalled
Long jump	A	Henry Parkin	3	4.94m		
	B	James Fryers	2	4.26m	✓	
Triple jump	A	Tom Fryers	2	10.41m	✓	Broken
	B	James Fryers	1	9.61m	✓	
Discus	A	Paul Fryers	4	20.83m	✓	Broken
	B	Robin Clough	2	14.72m		
Hammer	A	Paul Fryers	8	12.54m		
	B	Shaun Dimelow	3	11.78m		
Javelin	A	Robin Clough	6	15.26m		
	B	Lee Hopkins	3	14.51m		
Shot	A	Shaun Dimelow	7	6.19m	✓	
	B	Lee Hopkins	5	5.26m		

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Women						
			Pos	Performance	PB	Club record
100m	A	Jill Scrivens	6	19.4s		
200m	A	Heather Lindley	5	40.1s		
400m	A	Heather Lindley	5	76.8s		Set
	B	Jill Scrivens	3	98.7s		Set
400m hurdles	A	Heather Lindley	4	1:47.2		
800m	A	Heather Lindley	5	3:35.7		
1500m	A	Dawn Broom	4	6:07.6		Broken
	B	Jill Scrivens	3	7:26.6		Set
3000m	A	Dawn Broom	4	12:26.8		Broken
	B	Jill Scrivens	4	14:59.4	✓	
Long jump	A	Heather Lindley	3	3.50m		Set
Discus	A	Heather Lindley	6	9.72m		
Hammer	A	Heather Lindley	4	13.65m		
Javelin	A	Dawn Broom	5	7.70m		Set
	B	Jill Scrivens	4	6.25m		Set
Shot	A	Jill Scrivens	6	4.62m		Set

Final Points Table

		Points
1	Longwood Harriers AC	409
2	Rushcliffe AC	383
3	Pontefract AC	322
4	Penistone Footpath Runners & AC	309
5	Barnsley AC	281
6	Bradford Airedale AC	125
7	Newark AC	112
8	Worksop Harriers & AC	61