

Northern Athletics Track and Field League, Division 4EC

Fixture 2 – Newark. 19 June 2021

Men						
			Pos	Performance	PB	Club record
110m hurdles	A	Patrick Needham	2	23.5s	✓	
400m	A	Patrick Needham	4	62.4s		
400m hurdles	A	Patrick Needham	2	68.3s		
800m	A	Patrick Needham	8	2:42.8		
5000m	A	John Broom	6	20:46.3		
	B	Paul Fryers	5	21:41.3		
High Jump	A	Patrick Needham	3	1.50m		
Long jump	A	Paul Fryers	7	3.95m		
Discus	A	Paul Fryers	5	18.09m		
Shot	A	Paul Fryers	7	5.11m		

Women						
			Pos	Performance	PB	Club record
200m	A	Heather Lindley	6	40.8s		
3000m	A	Dawn Broom	3	12:22.5		✓
Hammer	A	Heather Lindley	1	15.22m		

Final Points Table for Fixture 2

		Match Points	League Points
1	Rushcliffe AC	527	8.0
2	Newark AC	420	7.0
3	Barnsley AC	409	6.0
4	Pontefract AC	302	5.0
5	Longwood Harriers AC	253	4.0
6	Bradford Airedale AC	142	3.0
7	Worksop Harriers & AC	120	2.0
8	Penistone Footpath Runners & AC	115	1.0