

Northern Athletics Track and Field League, Division East 2
Fixture 3 - Newark. 4 July 2021

Men						
			Pos	Performance	PB	Club record
100m	A	Hugh Mackie	4	12.7s	✓	Set
	B	Tom Fryers	5	13.9s	✓	
110m hurdles	A	Patrick Needham	2	23.7s		
200m	A	Hugh Mackie	3	26.0s	✓	Broken
	B	James Fryers	2	29.4s	✓	
400m	A	Richard Mackie	7	72.1s		Set
	B	Malcolm Rose	4	74.0s		
400m hurdles	A	Patrick Needham	2	69.3s		Set
	B	Steve Dickinson	2	1:48.3		
800m	A	Hugh Mackie	1	2:05.7	✓	Broken
	B	James Fryers	2	2:14.9	✓	
1500m	A	Hugh Mackie	2	4:35.0	✓	Broken
	B	Tom Fryers	4	5:08.1		
3000m steeplechase	A	James Fryers	7	13:41.0		
	B	Paul Fryers	3	14:33.8		
5000m	A	Richard Mackie	7	19:15.9		Broken
	B	Malcolm Rose	5	19:42.1	✓	
4x100m		Paul Fryers Richard Mackie Malcolm Rose Patrick Needham	6	66.1s		
4x400m		Tom Fryers James Fryers Patrick Needham Hugh Mackie	2	4:12.6		
High Jump	A	Patrick Needham	2	1.55m		
Long jump	A	James Fryers	6	4.44m	✓	Broken
	B	Paul Fryers	3	4.01m		
Triple jump	A	Tom Fryers	2	10.87m	✓	Broken
	B	Patrick Needham	1	10.34m		
Discus	A	Paul Fryers	5	19.26m		Set
	B	Tom Fryers	3	17.14m		
Hammer	A	Paul Fryers	6	15.18m		
Javelin	A	Steve Dickinson	6	19.23m		Broken
	B	Richard Mackie	4	18.49m		
Shot	A	Paul Fryers	7	5.86m		
	B	Steve Dickinson	6	4.90m		

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Women					
			Pos	Performance	PB Club record
100m	A	Heather Lindley	5	18.9s	Set
Discus	A	Heather Lindley	7	10.22m	
Hammer	A	Heather Lindley	5	14.90m	
Javelin	A	Heather Lindley	6	8.87m	
Shot	A	Heather Lindley	7	4.16m	

Final Points Table for Fixture 3		Match	League
		Points	Points
1	Rushcliffe AC	428	8.0
2	Pontefract AC	343	7.0
3	Newark AC	339	6.0
4	Barnsley AC	324	5.0
5	Longwood Harriers AC	281	4.0
6	Worksop Harriers & AC	262	3.0
7	Penistone Footpath Runners & AC	221	2.0
8	Bradford Airedale AC	70	1.0

Current League Table		Match	League
		Points	Points
1	Rushcliffe AC	1338	23.0
2	Pontefract AC	967	18.0
3	Longwood Harriers AC	943	16.0
4	Barnsley AC	1014	15.0
5	Newark AC	871	15.0
6	Penistone Footpath Runners & AC	645	8.0
7	Bradford Airedale AC	337	7.0
8	Worksop Harriers & AC	443	6.0