

**Northern Athletics Track and Field League, Division East 2**  
**Fixture 4 - Newark. 1 August 2021**

<b>Men</b>						
			<b>Pos</b>	<b>Performance</b>	<b>PB</b>	<b>Club record</b>
100m	A	James Fryers	8	14.8s		
200m	A	James Fryers	7	28.3s	✓	
	B	Tom Fryers	4	32.3s	✓	
400m hurdles	A	James Fryers	2	72.5s		
800m	A	Malcolm Rose	7	2:41.1		Set
1500m	A	James Fryers	4	4:51.2	✓	
	B	Ian Sutcliffe	3	5:42.7		Set
3000m steeplechas	A	Tom Fryers	1	11:38.5	✓	Broken
5000m	A	Shaun Dimelow	2	17:13.0		Broken
	B	Malcolm Rose	5	19:34.4	✓	Broken
4x400m		James Fryers (63.5s) Shaun Dimelow (67.4s) Malcolm Rose (78.2s) Ian Sutcliffe (75.0s)	5	4:44.1		
High Jump	A	Tom Fryers	3	1.45m		
Long jump	A	Tom Fryers	2	4.87m	✓	Broken
Triple jump	A	Tom Fryers	2	10.45m		
Discus	A	Shaun Dimelow	7	16.09m		
	B	Ian Sutcliffe	5	13.81m		Set
Javelin	A	Shaun Dimelow	6	18.46m		
	B	Ian Sutcliffe		NR		
Shot	A	Shaun Dimelow	8	5.79m		
	B	Ian Sutcliffe	6	4.29m		Set

<b>Women</b>						
			<b>Pos</b>	<b>Performance</b>	<b>PB</b>	<b>Club record</b>
400m	A	Jill Scrivens	7	92.0s	✓	Broken
1500m	A	Jill Scrivens	5	7:03.0	✓	Broken
Javelin	A	Jill Scrivens	6	6.80m	✓	Broken
Shot	A	Jill Scrivens	7	4.95m	✓	Broken