

**Litherland Open and Track Relays Meeting**  
 (inc Merseyside Track Relay Champs)  
 Litherland Sports Park, Litherland  
 16th August 2008

Event	Age Group	Competitor Number	First Name	Last Name	Club	Time	Position
75m	U11G	133	Sarah	Chadwick	Preston Harriers	11.6	1
75m	U11G	111	Caoimhe	Crampton	Leeds City AC	11.6	2
75m	U11G	102	Annabel	Dowd	Salford Mets	13.0	3
75m	U11G	127	Jessica	Powell	Salford Mets	13.3	4
75m	U11G	142	Emilia	Betmead	Blackpool Wyre & Fylde AC	13.7	5
75m	U11G	145	Lucy	Hunter	Southport Waterloo AC	14.1	6
75m	U11G	72	Becky	Ingham	Blackpool Wyre & Fylde AC	14.2	7
75m	U11B	138	Jacob	Yakiah	Salford Mets	12.0	1
75m	U11B	79	Matthew	Lawson	Southport Waterloo AC	12.8	2
75m	U11B	140	Dominic	Lavelle	Blackpool Wyre & Fylde AC	13.1	3
75m	U11B	137	Lewis	Taylor	Lancaster & Morecambe	14.0	4
75m	U11B	139	Kieran	Vis	Southport Waterloo AC	14.7	5
75m	U13G	77	Marnie	Shirtcliffe	Hyndburn AC	13.3	1
75m	U13G	130	Hannah	Powell	Salford Mets	13.4	2
75m	U13G	134	Bethany	Taylor	Lancaster & Morecambe	13.4	3
75m	U13G	143	Emily	Potter	Southport Waterloo AC	13.4	4
100m	U13B	144	Liam	Shields	Liverpool Harriers	13.8	1
100m	U13B	119	Jordan	Angell	Southport Waterloo AC	15.0	2
100m	U13B	132	George	Ingram	Southport Waterloo AC	15.5	3
100m	U13B	121	Adam	Laughton	Southport Waterloo AC	15.6	4
100m	U13B	155	Jack	Driver	Southport Waterloo AC	15.7	5
100m	U13B	76	Owen	Williams	Southport Waterloo AC	16.2	6
100m	U13B	150	Chris	Catterall-Glover	Southport Waterloo AC	16.3	7
100m	U15G	160	Beth	McBride	Southport Waterloo AC	13.9	1
100m	U15G	101	Ellon	Hart	Southport Waterloo AC	14.4	2
100m	U15G	129	Zoe	Rafferty	Liverpool, Pembroke & Sefton	15.0	3
100m	U15B	105	Josh	Hughes	Southport Waterloo AC	13.4	1
100m	U15B	154	Danny	Driver	Southport Waterloo AC	13.7	2
100m	U15B	156	Chris	Clarke	Southport Waterloo AC	13.7	3
100m	U15B	149	Sean	Vis	Southport Waterloo AC	15.9	4
100m	U15B	126	Elliott	Barron	Southport Waterloo AC	16.6	5
100m	U17M	159	Robert	Anderson	Southport Waterloo AC	13.1	1
100m	U17M	108	Nathan	Powell	Southport Waterloo AC	13.3	2
100m	U17M	157	Oliver	Stringer	Wigan Harriers	13.6	3
100m	J/SM	153	Mark	Leicester	Liverpool, Pembroke & Sefton	12.2	1
100m	J/SM	161	Alex	Stokes	Liverpool, Pembroke & Sefton	12.8	2

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150m	U13G	69	Sally	Wareing	Southport Waterloo AC	22.2	1
150m	U13G	109	Riah	Morrison	Liverpool Harriers	22.9	2
150m	U13G	71	Katie	Ingham	Blackpool Wyre & Fylde AC	24.4	3
150m	U13G	152	Alice	Cribb	Southport Waterloo AC	26.2	4
150m	U13G	130	Hannah	Powell	Salford Mets	26.6	5
150m	U13G	134	Bethany	Taylor	Lancaster & Morecambe	26.9	6
200m	U13B	144	Liam	Shields	Liverpool Harriers	30.7	1
200m	U13B	119	Jordan	Angell	Southport Waterloo AC	31.8	2
200m	U13B	120	Michael	Panes	Southport Waterloo AC	33.2	3
200m	U13B	150	Chris	Catterall-Glover	Southport Waterloo AC	34.8	4
200m	U13B	103	Gary	Clark	Southport Waterloo AC	36.9	5
200m	U17M	158	Andrew	Starkey	Southport Waterloo AC	25.1	1
200m	U17M	108	Nathan	Powell	Southport Waterloo AC	26.2	2
200m	U15B	105	Josh	Hughes	Southport Waterloo AC	26.2	1
200m	U15B	156	Chris	Clarke	Southport Waterloo AC	27.6	2
200m	U15G	160	Beth	McBride	Southport Waterloo AC	28.6	1
200m	U15G	101	Ellon	Hart	Southport Waterloo AC	29.0	2
600m	U11G	127	Jessica	Powell	Salford Mets	2:06.9	1
600m	U11G	133	Sarah	Chadwick	Preston Harriers	2:09.4	2
600m	U11G	142	Emilia	Betmead	Blackpool Wyre & Fylde AC	2:09.9	3
600m	U11G	84	Phoebe	Howe	Horwich RMI	2:20.9	4
600m	U11G	102	Annabel	Dowd	Salford Mets	2:27.0	5
600m	U11G	72	Becky	Ingham	Blackpool Wyre & Fylde AC	2:40.9	6
600m	U11B	140	Dominic	Lavelle	Blackpool Wyre & Fylde AC	2:10.0	1
600m	U11B	79	Matthew	Lawson	Southport Waterloo AC	2:13.8	2
600m	U11B	125	Joe	Roberts	Southport Waterloo AC	2:25.0	3
600m	U11B	139	Kieran	Vis	Southport Waterloo AC	2:30.1	4
800m	U13G	69	Sally	Wareing	Southport Waterloo AC	2:39.2	1
800m	U13G	123	Rachel	Mason	Liverpool Harriers	2:46.0	2
800m	U13G	141	Molly	Betmead	Blackpool Wyre & Fylde AC	2:52.6	3
800m	U13G	71	Katie	Ingham	Blackpool Wyre & Fylde AC	3:12.9	4
800m	U13B	106	Bradley	Yates	Blackpool Wyre & Fylde AC	2:37.1	1
800m	U13B	135	Robert	Powell	Leigh Harriers	2:37.4	2
800m	U13B	132	George	Ingram	Southport Waterloo AC	2:38.3	3
800m	U13B	76	Owen	Williams	Southport Waterloo AC	2:39.6	4
800m	U13B	82	Joseph	Howe	Horwich RMI	2:52.5	5
800m	J/SW	115	Kirsty	Longley	Liverpool, Pembroke & Sefton	2:26.4	1
800m	U15G	101	Ellon	Hart	Southport Waterloo AC	2:34.3	1

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800m	U15B	83	Zachary	Howe	Horwich RMI	2:22.3	1
800m	U15B	136	Richard	Powell	Leigh Harriers	2:25.0	2
800m	U17M	128	David	Gough	Southport Waterloo AC	2:24.4	1
800m	J/SM	75	Gareth	Williams	Southport Waterloo AC	2:35.8	1
1200m	U13G	152	Alice	Cribb	Southport Waterloo AC	4:43.5	1
1500m	U15B	166	Joseph	Gigli	Blackpool Wyre & Fylde AC	4:49.8	1
1500m	U15B	164	Luke	Towers	Liverpool Harriers	5:19.5	2
1500m	U15G	162	Bianca	Pedersen	Blackpool Wyre & Fylde AC	5:06.3	1
1500m	U15G	124	Bethany	Mason	Liverpool Harriers	5:37.5	2
1500m	Vet	165	Chris	Pedder	Mossley Hill	4:54.0	1
1500m	J/SM	131	Steve	Mclean	Southport Waterloo AC	4:55.1	1
1500m	J/SM	70	Michael	Dandy	Liverpool, Pembroke & Sefton	5:01.2	2
1500m	J/SW	115	Kirsty	Longley	Liverpool, Pembroke & Sefton	5:10.0	1
3000m	U15G	163	Katie	Bowers	Liverpool Harriers	12.34.6	1
Long Jump	U11G	133	Sarah	Chadwick	Preston Harriers	3.83	1
Long Jump	U11G	111	Caoimhe	Crampton	Leeds City AC	3.51	2
Long Jump	U11G	102	Annabel	Dowd	Salford Mets	3.34	3
Long Jump	U11G	142	Emilia	Betmead	Blackpool Wyre & Fylde AC	3.03	4
Long Jump	U11G	127	Jessica	Powell	Salford Mets	2.91	5
Long Jump	U11G	72	Becky	Ingham	Blackpool Wyre & Fylde AC	2.64	6
Long Jump	U11G	145	Lucy	Hunter	Southport Waterloo AC	1.96	7
Long Jump	U13G	122	Emily	Canning	Liverpool, Pembroke & Sefton	3.86	1
Long Jump	U13G	71	Katie	Ingham	Blackpool Wyre & Fylde AC	3.67	2
Long Jump	U13G	123	Rachel	Mason	Liverpool Harriers	3.52	3
Long Jump	U13G	141	Molly	Betmead	Blackpool Wyre & Fylde AC	3.20	4
Long Jump	U13G	77	Marnie	Shirtcliffe	Hyndburn AC	3.18	5
Long Jump	U13G	152	Alice	Cribb	Southport Waterloo AC	3.14	6
Long Jump	U13G	130	Hannah	Powell	Salford Mets	NJ	
Long Jump	U15G	110	Lucy	Whitehead	Southport Waterloo AC	4.22	1
Long Jump	U15G	146	Alice	Donnelly	Liverpool, Pembroke & Sefton	4.14	2
Long Jump	U15G	129	Zoe	Rafferty	Liverpool, Pembroke & Sefton	3.77	3
Long Jump	U11B	140	Dominic	Lavelle	Blackpool Wyre & Fylde AC	3.51	1
Long Jump	U11B	79	Matthew	Lawson	Southport Waterloo AC	3.04	2
Long Jump	U11B	139	Kieran	Vis	Southport Waterloo AC	2.83	3
Long Jump	U11B	125	Joe	Roberts	Southport Waterloo AC	2.78	4

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Long Jump	U11B	137	Lewis	Taylor	Lancaster & Morecambe	NJ	
Long Jump	U13B	121	Adam	Laughton	Southport Waterloo AC	3.87	1
Long Jump	U13B	119	Jordan	Angell	Southport Waterloo AC	3.75	2
Long Jump	U13B	132	George	Ingram	Southport Waterloo AC	3.57	3
Long Jump	U13B	155	Jack	Driver	Southport Waterloo AC	3.35	4
Long Jump	U13B	103	Gary	Clark	Southport Waterloo AC	3.17	5
Long Jump	U13B	120	Michael	Panes	Southport Waterloo AC	3.14	6
Long Jump	U15B	154	Danny	Driver	Southport Waterloo AC	4.61	1
Long Jump	U15B	149	Sean	Vis	Southport Waterloo AC	3.89	2
Long Jump	U17M	157	Oliver	Stringer	Wigan Harriers	5.12	1
Long Jump	U17M	159	Robert	Anderson	Southport Waterloo AC	5.05	2
Long Jump	J/SM	153	Mark	Leicester	Liverpool, Pembroke & Sefton	5.74	1
Long Jump	J/SM	151	Peter	Miles	Southport Waterloo AC	3.05	2
High Jump	U13B	114	David	McComb	Liverpool, Pembroke & Sefton	1.30	1
High Jump	U13B	82	Joseph	Howe	Horwich RMI	N/H	
High Jump	U13G	122	Emily	Canning	Liverpool, Pembroke & Sefton	1.30	1
High Jump	U13G	141	Molly	Betmead	Blackpool Wyre & Fylde AC	1.10	2
High Jump	U13G	69	Sally	Wareing	Southport Waterloo AC	N/H	
High Jump	U15G	129	Zoe	Rafferty	Liverpool, Pembroke & Sefton	1.46	1
High Jump	U15G	146	Alice	Donnelly	Liverpool, Pembroke & Sefton	1.30	2
High Jump	U17W	112	Jenny	Roberts	Wirral	1.46	1
Javelin	U13G	77	Marnie	Shirtcliffe	Hyndburn AC	25.68	1
Javelin	U13G	134	Bethany	Taylor	Lancaster & Morecambe	7.21	2
Javelin	U15G	113	Liane	Bibby	St Helens Sutton	30.12	1
Javelin	U15G	107	Natalie	Yates	Blackpool Wyre & Fylde AC	20.79	2
Javelin	U15G	117	Sophie	Rigby	St Helens Sutton	17.17	3
Javelin	JM	100	Andrew	Allan	Liverpool Harriers	53.54	1
Javelin	SM	151	Peter	Miles	Southport Waterloo AC	23.16	1
Javelin	U13B	76	Owen	Williams	Southport Waterloo AC	12.65	1

Event	Club	Team name	Age Group	Runner 1	Runner 2	Runner 3	Runner 4	Time	Position
3k Paarlaf	Southport Waterloo AC	0	U17M	Joe Vis	Patrick Vis			8:35.6	1
				(splits 33.6, 66.4, 66.8, 72.6, 67.5, 71.0, 69.6, 68.3)					
4 x 100m	Southport Waterloo AC	0	U17M	David Gough	Nathan Powell	Andrew Starkey	Robert Anderson	51.4	1
4 x 100m	St Helens Sutton	0	U15G	L Hayes	Liane Bibby	Sophie Rigby	Tricia Spark	57.0	1
4 x 100m	Southport Waterloo AC	0	U13B	Jordan Angell	Michael Panes	Adam Laughton	George Ingram	58.5	1
4 x 100m	Southport Waterloo AC	0	U15B	Josh Hughes	Danny Driver	Chris Clarke	Sean Vis	53.5	1
3 x 800m	Southport Waterloo AC	0	U13B	Adam Laughton	Gary Clark	Michael Panes		8:44.7	1
				(splits 90.7, 88.2, 83.3, 97.5, 81.6, 83.5)					
4 x 400m	Liverpool, Pembroke & Sefton	LPS A	U17M	Shaun Dignam	Mike McCarten	Chris Hatton	David Forrester	3:41.0	1
4 x 400m	Liverpool, Pembroke & Sefton	LPS B	U17M	Toby Loveridge	Mike Bride	Jake Helm	John Meakin	3:50.6	2
Medley	Southport Waterloo AC	0	U17M	Nathan Powell	Robert Anderson	Andrew Starkey	Patrick Vis	4:26.2	1
4 x 200m	Southport Waterloo AC	0	U15B	Josh Hughes	Danny Driver	Chris Clarke	Sean Vis	2:05.5	1