

**Border Harriers & AC**  
**Open Track and Field Meeting on Sunday 19<sup>th</sup> April 2009**

**Results**

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**Senior Men**

**100 Metres**

1 <sup>st</sup> Andrew Smith	Border	11.8s
2 <sup>nd</sup> Chris Love	Stewartry	12.2s
3 <sup>rd</sup> Andrew McGreevy	Border	12.3s
4 <sup>th</sup> Eric Dunion	Annan	12.8s
5 <sup>th</sup> Andrew Black	Stewartry	13.2s

**200 Metres**

1 <sup>st</sup> George Crawford	Edinburgh	22.7s
2 <sup>nd</sup> James Bowness	Trafford	23.2s
3 <sup>rd</sup> Andrew Smith	Border	23.5s
4 <sup>th</sup> Matthew Lynch	Stewartry	24.2s
5 <sup>th</sup> Sam Hutchinson	Trafford	24.2s

**400 Metres**

1 <sup>st</sup> James Bowness	Trafford	50.1s
2 <sup>nd</sup> Sam Hutchinson	Trafford	53.2s
3 <sup>rd</sup> Colin Black	Stewartry	58.9s

**110 Metres Hurdles**

1 <sup>st</sup> Andrew Smith	Border	17.8s
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**Discus**

1 <sup>st</sup> Paul Simpson	Seaton AC	39.58m
2 <sup>nd</sup> James Sloan	Annan 1.0K	38.97m
3 <sup>rd</sup> John Birkett	Annan 1.5K	21.53m

**Javelin**

1 <sup>st</sup> Lee Doran	Sheffield	68.59m
2 <sup>nd</sup> Andrew Twigg	Unattached	48.25m
3 <sup>rd</sup> James Sloan	Annan	32.40m

**Shot**

1 <sup>st</sup> Paul Simpson	Seaton	11.54m
2 <sup>nd</sup> James Sloan	Annan	10.58m
3 <sup>rd</sup> John Birkett	Annan	9.24m

**Senior Women**

**100 Metres**

1 <sup>st</sup> Maria Morganella	Border	12.6s
2 <sup>nd</sup> Angela Kelly	Giffnock North	14.7s

**200 Metres**

1 <sup>st</sup> Maria Morganella	Border	25.6s
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**400 Metres**

1 <sup>st</sup> Sarah Hanabury	Seaton AC	66.5s
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**400 Metres Hurdles**

1 <sup>st</sup> Fiona Parkin	Motherwell	72.9s
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**Discus**

1 <sup>st</sup> Colette Irvin	Annan	28.68m
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**100 Metres**

1 <sup>st</sup> Claire Williams	Swansea	45.70m
2 <sup>nd</sup> Colette Doran	Wigan	36.77m
3 <sup>rd</sup> Collette Irving	Annan	31.49m

**Shot**

1 <sup>st</sup> Eloise Stott	Border	11.04m
2 <sup>nd</sup> Colette Irvine	Annan	8.73m

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**Under 17 Men**

**100 Metres**

1 <sup>st</sup> Sam Brough	Border	11.5s
2 <sup>nd</sup> Kyle Fisher	Border	11.6s
3 <sup>rd</sup> Matthew Hilton	Carlisle Asp	12.1s
3 <sup>rd</sup> Oliver Lithgow	Seaton AC	12.2s
5 <sup>th</sup> William Barnes	Carlisle Asp	12.4s
6 <sup>th</sup> Philip Richardson	Carlisle Asp	12.6s
7 <sup>th</sup> Callum Blaikie	Kendal AAC	12.7s
8 <sup>th</sup> Jason Fletcher	Seaton AC	13.4s
9 <sup>th</sup> Alex Glencross	Seaton AC	14.1s

**Under 17 Women**

**100 Metres**

1 <sup>st</sup> Carmen Friel	Ellenborough	13.8s
2 <sup>nd</sup> Bethany Wise	Carlisle Asp	18.6s

**200 Metres**

1 <sup>st</sup> Sam Brough	Border	23.1s
2 <sup>nd</sup> Kyle Fisher	Border	23.1s
3 <sup>rd</sup> William Barnes	Carlisle Asp	25.3s
4 <sup>th</sup> Harry Earl	Border	25.3s
5 <sup>th</sup> Callum Blaikie	Kendal AAC	25.6s

**400 Metres**

1 <sup>st</sup> Matthew Hilton	Carlisle Asp	53.9s
2 <sup>nd</sup> Harry Earl	Border	54.3s
3 <sup>rd</sup> Oliver Lithgow	Seaton AC	55.1s

**800 Metres**

1 <sup>st</sup> Richard Beck	Copeland AC	2m.08.1s
2 <sup>nd</sup> Lee Savage	Eden Runners	2m.10.6s
3 <sup>rd</sup> Callum Morgan	Chester-le St	2m.16.1s

**1500 Metres**

1 <sup>st</sup> Matthew Grieve	Border	4m.15.8s
2 <sup>nd</sup> Tim Orr	Border	4m.33.0s

**High Jump**

1 <sup>st</sup> Callum Blaikie	Kendal AAC	1.65m
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**Javelin**

1 <sup>st</sup> Nicholas Miller	Border	56.68m
2 <sup>nd</sup> Philip Richardson	Carlisle Asp	36.90m

**Discus**

1 <sup>st</sup> Nicholas Miller	Border	39.33m
2 <sup>nd</sup> Adam McKee	Unattached	34.03m
3 <sup>rd</sup> David Armstrong	Carlisle Asp	24.98m
4 <sup>th</sup> Christian Drake	Carlisle Asp	22.85m

**Shot**

1 <sup>st</sup> Nicholas Miller	Border	11.00m
2 <sup>nd</sup> Ryan McDowall	Border	10.22m
3 <sup>rd</sup> Lee Savage	Eden Runners	9.97m
4 <sup>th</sup> David Armstrong	Carlisle Asp	8.59m
5 <sup>th</sup> Christian Drake	Carlisle Asp	7.73m

**Hammer**

1 <sup>st</sup> Nicholas Miller	Border	55.88m
2 <sup>nd</sup> Ryan McDowall	Border	42.67m

**200 Metres**

1 <sup>st</sup> Chelsea Browbank	Wigan	26.6s
2 <sup>nd</sup> Natasha Woolley	Border	27.5s
3 <sup>rd</sup> Rebecca Pow	Gateshead	28.5s

**300 Metres**

1 <sup>st</sup> Rebecca Pow	Gateshead	43.7s
2 <sup>nd</sup> Carmen Friel	Ellenborough	45.9s
3 <sup>rd</sup> Nerea Bradbury	Border	46.7s
4 <sup>th</sup> Stephanie Lawrie	Nithsdale	47.5s
5 <sup>th</sup> Angela Kelly	Giffnock	48.5s

**800 metres**

1 <sup>st</sup> Katy Brown	Stewartry	2m.23.9s
2 <sup>nd</sup> Paige Heneghan	Chester-le-St	2m.36.2s
3 <sup>rd</sup> Amanda Watt	Gateshead	2m.36.3s
4 <sup>th</sup> Nerea Bradbury	Border	2m.51.1s

**1500 Metres**

Stephanie Lawrie	Nithsdale	5m.27.8s
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**80 Metres Hurdles**

1 <sup>st</sup> Fiona Paterson	Stewartry	14.0s
2 <sup>nd</sup> Carly McCrindle	Nithsdale	14.6s

**300 Metres Hurdles**

1 <sup>st</sup> Fiona Patterson	Stewartry	48.9s
2 <sup>nd</sup> Carly McCrindle	Nithsdale	51.9s

**High Jump**

1 <sup>st</sup> Kerry Jordan	Border	1.62m
= 2 <sup>nd</sup> Tessa Stockdale	Seaton AC	1.55m
= 2 <sup>nd</sup> Kirsty Norwood	Seaton AC	1.55m

**Long Jump**

1 <sup>st</sup> Stephanie Lawrie	Nithsdale	3.86m
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**Javelin**

1 <sup>st</sup> Natasha Woolley	Border	28.43m
2 <sup>nd</sup> Alice Back	Annan	19.54m

1 <sup>st</sup> Alice Back	Annan	24.23m
2 <sup>nd</sup> Sarah Hill	Unattached	21.90m
3 <sup>rd</sup> Katy Barnard	Border	21.43m
4 <sup>th</sup> Kim Little	Barrow FS	15.44m

**Shot**

1 <sup>st</sup> Katy Barnard	Border	8.61m
2 <sup>nd</sup> Alice Back	Annan	7.04m
3 <sup>rd</sup> Carmen Friel	Ellenborough	6.59m

**Hammer**

1 <sup>st</sup> Katie Barnard	Border	44m.30
2 <sup>nd</sup> Sarah Hill	Border	27.32m

## Under 15 Boys

### 100 Metres

1 <sup>st</sup> Jack Young	Gateshead	13.5s
2 <sup>nd</sup> Alex Nixon	Border	14.0s
3 <sup>rd</sup> Matthew Salkeld	Border Harriers	14.5s

### 200 Metres

1 <sup>st</sup> Tim Deehan	Unatt	27.7s
2 <sup>nd</sup> Jack Young	Gateshead	28.2s
3 <sup>rd</sup> Alex Nixon	Border	30.2s

### 800 Metres

1 <sup>st</sup> Craig Roberts	Chester-le-St	2m.18.2s
2 <sup>nd</sup> Kythe Dearden	Copeland AC	2m.31.0s
3 <sup>rd</sup> Joseph Bradley	Carlisle Asp	2m.31.1s

### 1500 Metres

1 <sup>st</sup> Chris Ponton	Nithsdale	4m.42.0s
2 <sup>nd</sup> Matthew Bradley	Carlisle Asp	4m.44.0s

### High Jump

1 <sup>st</sup> David Foster	Seaton AC	1.50m
2 <sup>nd</sup> Charlie Seed	Carlisle Asp	1.30m

### Discus

1 <sup>st</sup> Jack Back	Annan	21.41m
2 <sup>nd</sup> Dean Holliday	Annan	17.72m
3 <sup>rd</sup> Callum Johnstone	Nithsdale	13.47m

### Javelin

1 <sup>st</sup> David Foster	Seaton	38.82m
2 <sup>nd</sup> Joe Bradley	Carlisle Asp	30.37m
3 <sup>rd</sup> Jack Back	Annan	29.88m
4 <sup>th</sup> George Dearden	Copeland AC	25.91m
5 <sup>th</sup> Matthew Bradley	Carlisle Asp	21.38m
6 <sup>th</sup> Dean Holliday	Annan	19.84m

### Shot

1 <sup>st</sup> David Foster	Seaton	9.45m
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## Under 15 Girls

### 100 Metres

=1 <sup>st</sup> Kythe Dearden	Copeland AC	13.9s
=1 <sup>st</sup> Alanna Hollings	Gateshead	13.9s
3 <sup>rd</sup> Sara Mohammed	Carlisle Asp	14.3s
4 <sup>th</sup> Kayleigh Longstaff	Seaton AC	14.3s
5 <sup>th</sup> Katie Everett	Border	14.4s
6 <sup>th</sup> Ellen Flaws	Nithsdale	14.5s
7 <sup>th</sup> Stephanie Little	Nithsdale	14.8s
8 <sup>th</sup> Megan Wise	Carlisle Asp	14.9s

### 200 Metres

1 <sup>st</sup> Natasha Wilson	Carlisle Asp	27.8s
2 <sup>nd</sup> Natasha Teasdale	Jarrow H	29.0s
3 <sup>rd</sup> Kayleigh Longstaff	Seaton AC	29.4s
4 <sup>th</sup> Alanna Hollings	Gateshead	29.6s
5 <sup>th</sup> Ellen Flaws	Nithsdale	29.9s
6 <sup>th</sup> Stephanie Little	Nithsdale	30.3s

### 800 Metres

1 <sup>st</sup> Laura Penrice	Stewartry	2m.29.0s
2 <sup>nd</sup> Eilidh Sproul	Kendal AAC	2m.34.4s
3 <sup>rd</sup> Jacqueline Pringle	Stewartry	2m.38.0s
4 <sup>th</sup> Melissa McCrindle	Nithsdale	2m.55.6s

### 1500 Metres

1 <sup>st</sup> Abbie Hetherington	Carlisle Asp	5m.14.5s
2 <sup>nd</sup> Sally Addison	Eden Runners	5m.39.3s

### 75 Metres Hurdles

1 <sup>st</sup> Natasha Teasdale	Jarrow H	12.9s
2 <sup>nd</sup> Stephanie Little	Nithsdale	13.7s
3 <sup>rd</sup> Ellen Flaws	Nithsdale	14.4s
4 <sup>th</sup> Nina Smart	Kendal AAC	15.1s
5 <sup>th</sup> Megan Wise	Carlisle Asp	16.5s
6 <sup>th</sup> Katie Everett	Border	17.6s

### High Jump

1 <sup>st</sup> Natasha Teasdale	Jarrow	1.45m
2 <sup>nd</sup> Nina Smart	Kendal AAC	1.25m
3 <sup>rd</sup> Jacqueline Pringle	Stewartry	1.15m

### Discus

1 <sup>st</sup> Jacqueline Pringle	Stewartry	12.77m
2 <sup>nd</sup> Megan Wise	Carlisle Asp	11.38m

### Javelin

1 <sup>st</sup> Natasha Wilson	Carlisle Asp	33.60m
2 <sup>nd</sup> Devota Nyakyoma	Border	27.37m

### Long Jump

1 <sup>st</sup> Natasha Teasdale	Jarrow	4.65m
2 <sup>nd</sup> Sara Mohammed	Carlisle Asp	4.17m
3 <sup>rd</sup> Katie Everett	Border	4.00m

### Shot

1 <sup>st</sup> Natasha Wilson	Carlisle Asp	9.08m
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2 <sup>nd</sup> Jack Young	Gateshead	7.97m	2 <sup>nd</sup> Kayleigh Longstaff	Seaton AC	6.77m
3 <sup>rd</sup> Joe Bradley	Carlisle Asp	7.67m	3 <sup>rd</sup> Nina Smart Kendal	AAC	6.69m
4 <sup>th</sup> Thomas Grieve	Border	7.47m			
5 <sup>th</sup> Jack Back	Annan	6.97m			
6 <sup>th</sup> Callum Johnstone	Nithsdale	5.29m			

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## Under 13 Boys

### 100 Metres

1 <sup>st</sup> Kieran Saunders	Annan	14.2s
2 <sup>nd</sup> Cameron Bell	Seaton AC	14.3s
3 <sup>rd</sup> Angus Johnstone	Nithsdale	14.6s
4 <sup>th</sup> Jason McMullen	Carlisle Asp	14.8s
=5 <sup>th</sup> Jack Williams	Carlisle Asp	14.9s
=5 <sup>th</sup> Lee Dunion	Annan	14.9s
7 <sup>th</sup> Lewis Holliday	Annan	15.2s
8 <sup>th</sup> Paul Armstrong	Carlisle Asp	15.6s
9 <sup>th</sup> Tom Everett	Border	15.9s
10 <sup>th</sup> G Holder	Eden Runners	16.3s

### 200 Metres

1 <sup>st</sup> Angus Johnstone	Nithsdale	30.3s
2 <sup>nd</sup> Kieran Saunders	Annan	32.0s

### 1500 Metres

1 <sup>st</sup> Neil Orr	Border	4m.50.5s
2 <sup>nd</sup> Angus Johnstone	Nithsdale	5m.04.5s
3 <sup>rd</sup> Jordan Hill	Border	5m.23.0s
4 <sup>th</sup> James Coulthard	Border	5m.31.2s

### 75 Metres Hurdles

1 <sup>st</sup> Paul Armstrong	Carlisle Asp	16.7s
2 <sup>nd</sup> Jack Williams	Carlisle Asp	17.6s

## Under 13 Girls

### 100 Metres

1 <sup>st</sup> Rosie Groves	Carlisle Asp	14.4s
2 <sup>nd</sup> Katy Johnson	Gateshead	14.5s
3 <sup>rd</sup> Jenny Gilmour	Gateshead	14.8s
4 <sup>th</sup> Emma Gilmour	Gateshead	15.4s
5 <sup>th</sup> Julia Stevens	Carlisle Asp	15.7s
6 <sup>th</sup> Ellie Seed	Carlisle Asp	15.7s
7 <sup>th</sup> Rebecca Buchanan	Seaton AC	16.0s
8 <sup>th</sup> Emma Hanabury	Seaton AC	17.0s <sup>y</sup>

### 300 Metres

1 <sup>st</sup> Megan Bates	Eden R	28.9s
2 <sup>nd</sup> Katy Johnson	Cockermouth	29.8s
3 <sup>rd</sup> Jenny Gilmour	Gateshead	30.8s
4 <sup>th</sup> Rosie Groves	Carlisle Asp	30.8s
5 <sup>th</sup> Emma Gilmour	Gateshead	32.7s
6 <sup>th</sup> Sarah Bell	Stewartry	33.1s
7 <sup>th</sup> Millie Holder	Eden R	33.4s
8 <sup>th</sup> Emma Hanabury	Seaton AC	36.8s

### 800 Metres

1 <sup>st</sup> Lauren Glencross	Carlisle Asp	2m.34.9s
2 <sup>nd</sup> Tania Wilson	Seaton AC	2m.38.0s
3 <sup>rd</sup> Chelsea Nugent	Carlisle Asp	2m.47.6s
4 <sup>th</sup> Ellie Seed	Carlisle Asp	2m.58.6s
5 <sup>th</sup> Sarah Bell	Stewartry	3m.03.4s
6 <sup>th</sup> Megan Heughan	Stewartry	3m.04.3s

### 1500 Metres

1 <sup>st</sup> Megan Bates	Eden Runners	5m.07.4s
2 <sup>nd</sup> Emma Enon	Carlisle Asp	5m.33.4s
3 <sup>rd</sup> Rebecca Buchanan	Seaton AC	5M.39.7S

### 70 Metres Hurdles

1 <sup>st</sup> Jenny Gilmour	Gateshead	12.5s
2 <sup>nd</sup> Emma Gilmour	Gateshead	13.1s
3 <sup>rd</sup> Alex Bainbridge	Jarrow H	13.2s
4 <sup>th</sup> Rosie Groves	Carlisle Asp	14.2s

### Discus

1 <sup>st</sup> Katy Johnson	Cockermouth	20.55m
2 <sup>nd</sup> Emma Back	Annan	16.84m
3 <sup>rd</sup> Shannon Dunion	Annan	13.56m

### Shot

1 <sup>st</sup> Emma Back	Annan	7.02m
2 <sup>nd</sup> Shannon Dunion	Annan	6.08m

### Long Jump

1 <sup>st</sup> James Norwood	Seaton AC	4.32m
2 <sup>nd</sup> Jack Williams	Carlisle Asp	3.96m
3 <sup>rd</sup> Cameron Bell	Seaton AC	3.93m
4 <sup>th</sup> Harry Stockdale	Seaton	3.82m
5 <sup>th</sup> Paul Armstrong	Carlisle Asp	3.70m
6 <sup>th</sup> Lee Dunion	Annan	3.52m

### High Jump

1 <sup>st</sup> James Norwood	Seaton AC	1.40m
2 <sup>nd</sup> Harry Stockdale	Seaton AC	1.30m
3 <sup>rd</sup> Lee Dunion	Annan	1.15m

### Javelin

1 <sup>st</sup> Emma Back	Annan	20.37m
2 <sup>nd</sup> Shannon Dunion	Annan	15.03m
3 <sup>rd</sup> Millie Holder	Eden Runners	13.75m

### Long Jump

1 <sup>st</sup> Lauren Glencross	Carlisle Asp	4.44m
2 <sup>nd</sup> Chelsea Nugent	Carlisle Asp	3.53m
3 <sup>rd</sup> Rebecca Buchanan	Seaton AC	3.51m
4 <sup>th</sup> Millie Holder	Eden Runners	3.17m

### High Jump

1 <sup>st</sup> Alex Bainbridge	1.00m
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## Under 11 Boys

### 80 Metres

1 <sup>st</sup> Scott Wilson	Carlisle Asp	12.4s
2 <sup>nd</sup> Harry Nixon	Border	12.6s
3 <sup>rd</sup> Matthew Adamson	Carlisle Asp	12.7s
4 <sup>th</sup> Marcus Crawshaw	Seaton AC	12.8s
5 <sup>th</sup> Shaun Bell	Annan	12.9s
= 6 <sup>th</sup> Joseph Ibbotson	Unattached	13.0s
= 6 <sup>th</sup> George Holder	Eden Runners	13.0s
8 <sup>th</sup> Ross Groves	Carlisle Asp	13.4s
= 9 <sup>th</sup> Stephen Dodgson	Eden Runners	14.1s
= 9 <sup>th</sup> Robert Ponton	Nithsdale	14.1s
11 <sup>th</sup> Angus Few	Unattached	14.2s

### 150 Metres

1 <sup>st</sup> Marcus Crawshaw	Seaton AC	23.6s
2 <sup>nd</sup> Joseph Ibbotson	Unatt	24.0s
3 <sup>rd</sup> Harry Nixon	Border	24.4s
4 <sup>th</sup> Robert Ponton	Nithsdale	27.0s

### 600 Metres

1 <sup>st</sup> Scott Wilson	Carlisle Asp	1m.52.6s
2 <sup>nd</sup> George Holder	Eden Runners	1m.57.7s
3 <sup>rd</sup> Matthew Adamson	Carlisle Asp	1m.58.5s
4 <sup>th</sup> Ross Groves	Carlisle Asp	2m.07.2s
5 <sup>th</sup> Marcus Crawshaw	Seaton AC	2m.07.5s
6 <sup>th</sup> Joseph Ibbotson	Unattached	2m.09.3s
7 <sup>th</sup> Angus Few	Unattached	2m.17.0s
8 <sup>th</sup> Brad King	Ellenborough	2m.27.1s

### Long Jump

1 <sup>st</sup> Scott Wilson	Carlisle Asp	3.87m
2 <sup>nd</sup> Shaun Bell	Annan	3.42m
3 <sup>rd</sup> Ross Groves	Carlisle Asp	2.78m
4 <sup>th</sup> George Holder	Eden Runners	2.62m

### High Jump

1 <sup>st</sup> Shaun Bell	Annan	1.15m
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## Under 11 Girls

### 80 Metres

1 <sup>st</sup> Alice Bell	Stewartry	13.2s
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### 150 Metres

1 <sup>st</sup> Alice Bell	Stewartry	25.5s
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### High Jump

1 <sup>st</sup> Alice Bell	Stewartry	1.00m
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**Cricket Ball**

1 <sup>st</sup>	Stephen Dodgson	Eden Runners	30.43m
2 <sup>nd</sup>	Harry Nixon	Border	24.32m
3 <sup>rd</sup>	Matthew Adamson	Carlisle Asp	20.00m
4 <sup>th</sup>	George Holder	Eden Runners	18.76m
5 <sup>th</sup>	Angus Few	Unattached	17.17m

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**Under 9 Boys****60 Metres**

1 <sup>st</sup>	Liam Bates	Seaton AC	9.9s
2 <sup>nd</sup>	William Sherwin	Stewartry	10.5s
3 <sup>rd</sup>	Matthew Rudd	Border	11.3s
4 <sup>th</sup>	James Adamson	Unattached	11.6s

**Cricket Ball**

1 <sup>st</sup>	Liam Bates	Seaton AC	25.17m
2 <sup>nd</sup>	William Sherwin	Stewartry	22.69m
3 <sup>rd</sup>	Brad King	Ellenborough	13.37m
4 <sup>th</sup>	Matthew Rudd	Border	9.54m

**Standing Long Jump**

1 <sup>st</sup>	William Sherwin	Stewartry	1.66m
2 <sup>nd</sup>	Matthew Rudd	Border	1.59m
3 <sup>rd</sup>	Brad King	Ellenborough	1.40m
4 <sup>th</sup>	James Adamson	Unattached	1.39m

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**Under 9 Girls****60 Metres**

1 <sup>st</sup>	Zara Teasdale	Unattached	10.4s
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**I****Standing Long Jump**

1 <sup>st</sup>	Zara Teasdale	Unattached	1.68m
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