

PONTEFRACT ATHLETICS CLUB

TRACK AND FIELD CHAMPIONSHIPS – 5 OCTOBER 2020

AT THE DOROTHY HYMAN SPORTS CENTRE, CUDWORTH

UNDER 11 BOYS

75 METRES

- | | | |
|----|------------------|------|
| 1. | Julian Rutkowski | 13.5 |
| 2. | Leon Hunt | 13.5 |
| 3. | Owen Lilley | 13.9 |

150 METRES

- | | | |
|----|------------------|------|
| 1. | Julian Rutkowski | 28.9 |
| 2. | Jamie Humphreys | 33.6 |

600 METRES

- | | | |
|----|------------------|--------|
| 1. | Leon Hunt | 2:22.2 |
| 2. | Julian Rutkowski | 2:22.3 |
| 3. | Owen Lilley | 2:26.5 |
| 4. | Jamie Humphreys | 3:14.5 |

LONG JUMP

- | | | |
|----|-----------------|------|
| 1. | Leon Hunt | 2.70 |
| 2. | Owen Lilley | 2.32 |
| 3. | Jamie Humphreys | 1.89 |

UNDER 13 BOYS

80 METRES

- | | | |
|----|---------------|------|
| 1. | Archie Fraser | 11.6 |
| 2. | Joe Badley | 12.0 |
| 3. | Tom Shinkins | 13.5 |

150 METRES

- | | | | |
|----|------------|------|-------------|
| 1. | Joe Badley | 20.0 | Club Record |
|----|------------|------|-------------|

800 METRES

- | | | |
|----|--------------|--------|
| 1. | Joe Badley | 2:38.6 |
| 2. | Tom Shinkins | 3:07.8 |

LONG JUMP

- | | |
|------------------|------|
| 1. Archie Fraser | 3.72 |
| 2. Tom Shinkins | 2.12 |

SHOT PUTT

- | | |
|------------------|------|
| 1. Archie Fraser | 7.89 |
|------------------|------|

UNDER 15 BOYS

100 METRES

- | | |
|--------------------|------|
| 1. Callum Eastwood | 13.4 |
|--------------------|------|

200 METRES

- | | |
|--------------------|------|
| 1. Callum Eastwood | 27.7 |
| 2. Jack Holmes | 28.5 |
| 3. Charles Fryer | 32.0 |

800 METRES

- | | |
|------------------|--------|
| 1. Jack Holmes | 2:35.1 |
| 2. Charles Fryer | 2:47.4 |

LONG JUMP

- | | |
|------------------|------|
| 1. Jack Holmes | 4.33 |
| 2. Charles Fryer | NM |

SHOT PUTT

- | | |
|--------------------|------|
| 1. Harrison Carter | 6.60 |
|--------------------|------|

JAVELIN

- | | |
|--------------------|------|
| 1. Harrison Carter | 9.31 |
|--------------------|------|

UNDER 17 MEN

3000 METRES

- | | |
|--------------------|---------|
| 1. Elliot Prentice | 10:27.4 |
|--------------------|---------|

UNDER 13 GIRLS

80 METRES

1.	Francesca Ward	12.4
2.	Alana Reveley	12.7
3=	Emily Kelly	13.0
3=	Madison Toddington	13.0
3=	Rosie Metcalfe	13.0
4.	Abbi Teece	13.5
5.	Trudie Robson	13.7
6.	Jessica Lilley	14.7
7.	Imogen Haddleton	15.6
8.	Holly Jackson	15.7
9.	Niamh Fraser	17.5

150 METRES

1.	Alana Reveley	24.2
2.	Emily Kelly	24.5

800 METRES

1.	Alana Reveley	2:55.8
2.	Emily Kelly	2:58.3
3.	Rosie Metcalfe	3:09.8
4.	Abbi Teece	3:14.0
5.	Holly Jackson	3:14.7
6.	Imogen Haddleton	3:53.6

1500 METRES

1.	Trudie Robson	5:56.9
2.	Abbie Simmons	6:22.3

LONG JUMP

1.	Jessica Lilley	3.15
2.	Abbi Teece	3.07
3.	Rosie Metcalfe	2.81
4.	Abbie Simmons	2.67
5.	Niamh Fraser	1.96

SHOT PUTT

1.	Madison Toddington	7.05
2.	Jessica Lilley	5.33
3.	Niamh Fraser	4.67

JAVELIN

1.	Madison Toddington	14.04
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UNDER 15 GIRLS

100 METRES

1.	Sophia Yates	14.6
2.	Katie Kelly	14.8
3.	Isobel Sutton	15.0
4.	Julia Rutkowska	15.3
5.	Raya Welsh	15.4
6.	Emily Sharp	16.4

200 METRES

1.	Katie Kelly	31.5
2.	Isobel Sutton	31.9
3.	Alice Dolman	32.4
4.	Julia Rutkowska	32.6
5.	Raya Welsh	33.4

800 METRES

1.	Alice Dolman	2:42.5
2.	Katie Kelly	2:42.8
3.	Grace Causier	3:01.1

1500 METRES

1.	Evie Robson	5:53.0
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LONG JUMP

1.	Sophia Yates	4.20
2.	Grace Causier	3.13
3.	Evie Robson	3.12

TRIPLE JUMP

1.	Alice Dolman	8.74
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SHOT PUTT

1.	Sophia Yates	6.15
2.	Raya Welsh	5.83

UNDER 17 LADIES

300 METRES

1. Niamh Atkinson 45.2
2. Eleanor Birden 47.6

LONG JUMP

1. Eleanor Birden 4.28

TRIPLE JUMP

1. Niamh Atkinson 9.51 Club Record
2. Eleanor Birden 8.83

SHOT PUTT

1. Rebecca Martin 5.30

JAVELIN

1. Rebecca Martin 12.72