

# PONTEFRACT ATHLETICS CLUB

## MINI TRACK AND FIELD COMPETITION – 17 OCTOBER 2022

### RESULTS

#### UNDER 11 GIRLS

##### 100 Metres

1.	Sienna Lavine	15.3
2.	Phoebe Armitage	18.2
3.	Felicity Denton	19.1
4.	Ella Fraser	22.7

##### 150 Metres

1.	Ella Fraser	35.1
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##### 600 Metres

1.	Sienna Lavine	1:54.2
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##### Long Jump

1.	Sienna Lavine	3.20
2.	Felicity Denton	2.34
3.	Phoebe Armitage	2.24
4.	Ella Fraser	1.73

##### Shot Putt

1.	Phoebe Armitage	3.33
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#### UNDER 11 BOYS

##### 100 Metres

1.	Max Wainwright	18.2
2.	Tolga Kardov	19.3
3.	Theo Lighten	19.7
4.	Cian Byrne	20.3

##### 150 Metres

1.	Max Wainwright	27.9
2.	Tolga Kardov	29.8
3.	Theo Lighten	31.2

### 600 Metres

1. Max Wainwright 2:20.1
2. Theo Lighten 2:29.6
3. Tolga Kardov 2:50.7

### Long Jump

1. Cian Byrne 2.01

### UNDER 13 GIRLS

#### 100 Metres

1. Isabelle Gittins 16.7

#### 150 Metres

1. Isabelle Gittins 25.7

### Long Jump

1. Isabelle Gittins 3.15

### UNDER 13 BOYS

#### 100 Metres

1. Joe Whittaker 16.3

#### 150 Metres

1. Joe Whittaker 25.1
2. Julian Rutkowski 25.9
3. James Denton 28.3

### 800 Metres

1. Julian Rutkowski 2:54.7
2. Joe Whittaker 2:54.7
3. Owen Lilley 3:02.4

### Long Jump

1. Owen Lilley 3.41
2. James Denton 2.74

## UNDER 15 GIRLS

### 100 Metres

- |    |                |      |
|----|----------------|------|
| 1. | Francesca Ward | 14.4 |
| 2. | Tomomi McLaren | 15.0 |
| 3. | Emily Kelly    | 15.4 |
| 4. | Abigail Teece  | 15.5 |

### 200 Metres

- |    |                |      |
|----|----------------|------|
| 1. | Francesca Ward | 30.2 |
| 2. | Tomomi McLaren | 32.1 |
| 3. | Emily Kelly    | 34.3 |

### 300 Metres

- |    |               |      |
|----|---------------|------|
| 1. | Holly Jackson | 55.8 |
|----|---------------|------|

### 800 Metres

- |    |               |        |
|----|---------------|--------|
| 1. | Abigail Teece | 2:50.6 |
|----|---------------|--------|

### 1500 Metres

- |    |               |        |
|----|---------------|--------|
| 1. | Emma Denton   | 6:18.2 |
| 2. | Holly Jackson | 7:09.4 |

### Long Jump

- |    |                |      |
|----|----------------|------|
| 1. | Abigail Teece  | 3.93 |
| 2. | Emily Kelly    | 3.73 |
| 3. | Tomomi McLaren | 3.53 |
| 4. | Emma Denton    | 3.23 |

### Shot Putt

- |    |                |      |
|----|----------------|------|
| 1. | Francesca Ward | 6.63 |
| 2. | Niamh Fraser   | 5.34 |

## UNDER 15 BOYS

### 100 Metres

- |    |               |      |
|----|---------------|------|
| 1. | Rudy Burgoyne | 15.6 |
|----|---------------|------|

### 200 Metres

1. Rudy Burgoyne 31.8

### 300 Metres

1. Tom Shinkins 48.2

### 1500 Metres

1. Tom Shinkins 5:54.1

### Long Jump

1. Rudy Burgoyne 3.73
2. Tom Shinkins 3.48

### Shot Putt

1. Michael Stejskal 5.47

### Discus

1. Michael Stejskal 13.49

### UNDER 17 LADIES

#### 100 Metres

1. Katie Kelly 14.4
2. Isobel Sutton 14.4
3. Evie Allen 15.1
4. Madison Toddington 15.6

#### 200 Metres

1. Katie Kelly 29.7
2. Evie Allen 30.6
3. Isobel Sutton 31.1
4. Beatrice Cunningham 31.4

#### 300 Metres

1. Katie Kelly 45.4

### 1500 Metres

1. Julia Rutkowska 6:20.8

### Long Jump

1. Beatrice Cunningham 4.42

### Shot Putt

1. Madison Toddington 7.92
2. Elizabeth Teece 6.15

### Discus

1. Madison Toddington 18.28
2. Elizabeth Teece 16.39
3. Julia Rutkowska 14.15

### UNDER 17 MEN

#### 100 Metres

1. Archie Fraser 13.0

#### Long Jump

1. Archie Fraser 4.58

#### Shot Putt

1. Harrison Carter 9.18
2. Archie Fraser 8.10

#### Discus

1. Harrison Carter 22.08

### SENIOR MEN

#### 100 Metres

1. Luke Murphy 12.3

#### 200 Metres

1. Luke Murphy 25.3

Long Jump

1. Luke Murphy 5.68

Discus

1. Will Carter 29.30