

Northern T&F League, West Premier, Match 3

Bury on 14th July 2024

Results for Southport Waterloo athletes

Women				Men			
100m	Renee Adams	12.5	A1	100m	Jake Anders	12.2	A5
	Sierra Jalloh	12.9	B1		Chris Burgess	12.7	B6
200m	Sierra Jalloh	25.9	A1	200m	Sam Coupland	24.0	A4
	Olivia Morgan	27.0	B1		Chris Burgess	25.9	B5
400m	Olivia Morgan	62.5	A3	400m	Graham Boreham	54.8	A5
	Amber Hughes	67.3	B4		Will Rothwell	56.8	B4
800m	Stephanie Robertson	3:11.7	A6	800m	Graham Boreham	2:03.9	A6
	Charlotte Hughes	3:49.8	B6		Will Rothwell	2:07.9	B5
1500m	Emily Dean	5:17.0	A5	1500m	George Ingram	4:17.8	A5
	Amelie Scott	5:35.8	B4		Liam McCormick	4:29.8	B5
3000m	-			5000m	David Hamilton	17:04.4	A5
100m H	Lauren Byrne	16.1	A2		Alex Vernon	17:20.6	B4
	Stephanie Robertson	17.7	B2	110m H	Sam Coupland	16.8	A2
400m H	Emily Dean	74.6	A2	400m H	Sam Coupland	68.2	A2
	Amber Hughes	72.4	B1		John Byrne	96.7	B3
2000m S/c	Not held			3000m S/c	-		
4x100m	EM, RA, SR, LB	51.6	1st	4x100m	JA, CB, AB, GB	48.6	5th
4x400m	OM (65.1), AH (61.7), NP (71.1), SJ (60.3)	4:18.2	3rd	4x400m	GB (55.1), WR (57.4), KE(61.7), GI (54.4)	3:48.6	5th
Pole Vault	-			Pole Vault	Sam Coupland	3.40	A2
High Jump	Lauren Byrne	1.55	A2		Adam Byrne	3.40	B2
	Charlotte Hughes	1.35	B1	High Jump	Sam Coupland	1.70	A1
Long Jump	Stephanie Robertson	4.89	A4		Kieran Edmunds	1.45	B3
	Esme McNally	4.05	B3	Long Jump	Sam Coupland	6.29	A1
Triple Jump	Niamh Procter	9.56	A3		Adam Byrne	5.55	B2
	Esme McNally	8.58	B2	Triple Jump	Sam Coupland	11.62	A1
Shot	Lauren Byrne	9.79	A3		Jake Anders	8.10	B4
	Amber Hughes	9.73	B2	Shot	John Byrne	8.31	A5
Discus	Katy Coupland	27.18	A3		Chris Burgess	8.22	B3
	Lola Armstrong	15.20	B3	Discus	Lee Coupland	19.50	A6
Javelin	Amber Hughes	25.68	A5		John Byrne	16.91	B6
	Lola Armstrong	23.16	B2	Javelin	Adam Byrne	36.87	A4
Hammer	Katy Coupland	15.31	A6		John Byrne	29.66	B4
	Lola Armstrong	11.70	B4	Hammer	John Byrne	15.99	A6
					Lee Coupland	15.96	B5