

# Mid Lancs T&F League

## Market Street Track, Bury, 29th June 2024

Results for Southport Waterloo athletes.

### Female

### Male

#### Under 13s

<b>800m</b>	Lucy Delamere	2:35.2	<b>200m</b>	PB	James McGrory	28.0
			<b>1500m</b>	PB	James McGrory	4:43.2

#### Under 15s

<b>1500m</b>	Lauren Silcox	5:27.5	<b>100m</b>		Ruben Galiano	13.1
			<b>200m</b>	PB	Harry Lavery	32.4
			<b>400m</b>	PB	Caleb Still	53.6
				PB	Liam Yates	54.4
					Harry Lavery	74.3
			<b>800m</b>		William Delamere	2:08.6
			<b>High Jump</b>	=PB	Ruben Galiano	1.50
			<b>Shot</b>		Matthew Nuttall	9.51
			<b>Discus</b>	PB	Matthew Nuttall	22.59
			<b>Javelin</b>		Matthew Nuttall	29.24

#### Under 17s

<b>100m</b>					Josh Tan	11.6
<b>200m</b>					Josh Tan	23.3
<b>1500m</b>					Luke Ward	4:15.3

#### Under 20s

<b>100m</b>	Sierra Jalloh	12.8
<b>200m</b>	Sierra Jalloh	26.0
<b>1500m</b>	Emily Dean	5:16.0

#### Seniors

<b>200m</b>					Graham Boreham	25.6
<b>400m</b>					Graham Boreham	54.1
<b>800m</b>				SB	Marc Singer	2:16.1