

Mid Lancs T&F League

Salt Ayre Track, Lancaster, 6th July 2024

Results for Southport Waterloo athletes.

Female

Male

Under 13s

100m	PB	Lewis McIlroy	13.3
200m	PB	Lewis McIlroy	27.5
	PB	James McGrory	28.1
1500m		James McGrory	4:53.4

Under 15s

200m	PB	Grace Cain	30.3	100m	PB	Jack Nelson	12.4
1500m		Grace Veevers	5:19.3		PB	Harry Lavery	15.9
	PB	Grace Cain	5:38.8	200m	PB	Jack Nelson	25.9
				1500m		Eddy Clark	4:39.3
				Long Jump		Jack Nelson	4.89
				Shot		Matthew Nuttall	10.11
				Javelin		Matthew Nuttall	22.56

Under 17s

800m		Isla Gray	2:33.3	100m	PB	Jake Anders	11.8
1500m		Sydney M Clarkson	5:24.5	200m		Jake Anders	25.3
				Long Jump		Jake Anders	4.17

Under 20s

High Jump		Lauren Byrne	1.45	High Jump		Adam Byrne	1.65
Long Jump	SB	Lauren Byrne	4.93	Discus		Adam Byrne	30.65
Javelin		Lauren Byrne	23.17	Javelin	PB	Adam Byrne	36.10

Seniors

200m		Graham Boreham	25.6
400m		Graham Boreham	55.4
800m		Marc Singer	2:16.9
3000m		Alex Vernon	10:37.0
High Jump	SB	John Byrne	1.50
Discus		John Byrne	15.11
Hammer	PB	John Byrne	17.18