

Greater Manchester County Championships			Track						Field										
22nd January 2023			Under 15 - Girls																
No	Name	Club	2 Lap Race		4 Lap Race		6 Lap Race		Speed Bounce		Standing Long Jump		Standing Triple Jump		Vertical Jump		Shot Put		
			Time	Pos	Time	Pos	Time	Pos	Bounces	Pos	Dist	Pos	Dist	Pos	Height	Pos	Height	Pos	
141	E Melling	Leigh Harriers	23.13	5	54.69	2							5	7					
142	F Cash	Leigh Harriers	21.53	1											47	3			
143	S Crossley	Rochdale Harriers			54.75	3					2	7			33	8			
144	L Clyde	Rochdale Harriers					80.95	4			1.64	6	5.24	8					
145	A Gilmore	Sale Harriers					79.60	2			2	3	6	2					
146	E Rourke	Sale Harriers	22.79	4									6	3			7	1	
148	B Paisley-Begg	Sale Harriers							63	3	1.80	5			43	5			
149	E Harris	Wigan					80.64	3					6	5	44	4			
150	N Kholeif	Wigan					78.51	1	78	1			6.12	4					
151	K Hall	Wigan	21.68	2	46.70	1									60	1			
152	I King	Trafford A/C	23.59	6							2	4			43	6			
153	A Omeje	Trafford A/C									2.06	2	5.62	6	51	2			
155	E Parker	Horwich	25.52	7					65	2					34	7			
71	S Kajue	Trafford A/C	21.82	3							2.18	1	6.46	1					



2 Lap Race

Table with 8 columns: No, Name, Club, Time Heat, Time Semi-Final, Time Final, Rank 1st Round, Rank Semi Final. Contains 7 rows of athlete data and 25 empty rows.





6 Lap Race				
No	Name	Club	Time Heat	Rank
150	N Kholeif	Wigan	78.51	1
145	A Gilmore	Sale Harriers	79.60	2
149	E Harris	Wigan	80.64	3
144	L Clyde	Rochdale Harriers	80.95	4

**Greater Manchester County Championships**



**Under 15 - Girls**

**22nd January 2023**

**4 x 2 Lap Relays**

<b>Club</b>	<b>Time Heat</b>	<b>Rank</b>



Speed Bounce					
No	Name	Club	Bounces		Rank
155	E Parker	Horwich	<b>65</b>		<b>2</b>
148	B Paisley-Begg	Sale Harriers	<b>63</b>		<b>3</b>
150	N Kholeif	Wigan	<b>78</b>		<b>1</b>

Standing Long Jump							
No	Name	Club	1	2	3	BEST	Rank
143	S Crossley	Rochdale Harriers	1.59	1.60	1.56	<b>1.60</b>	7
144	L Clyde	Rochdale Harriers	1.59	1.64	1.60	<b>1.64</b>	6
145	A Gilmore	Sale Harriers	1.97	1.98	1.99	<b>1.99</b>	3
148	B Paisley-Begg	Sale Harriers	1.64	1.80	1.74	<b>1.80</b>	5
152	I King	Trafford A/C	1.95	1.88	1.95	<b>1.95</b>	4
153	A Omeje	Trafford A/C	2.05	2.06	2.04	<b>2.06</b>	2
71	S Kajue	Trafford A/C		2.10	2.18	<b>2.18</b>	1

Standing Triple Jump							
No	Name	Club	1	2	3	BEST	Rank
71	S Kajue	Trafford A/C	6.36	6.44	6.46	<b>6.46</b>	1
149	E Harris	Wigan	5.76	5.80	5.70	<b>5.80</b>	5
153	A Omeje	Trafford A/C	5.58	5.62	5.52	<b>5.62</b>	6
146	E Rourke	Sale Harriers		5.82	6.22	<b>6.22</b>	3
141	E Melling	Leigh Harriers	5.34	5.30	5.48	<b>5.48</b>	7
144	L Clyde	Rochdale Harriers	5.24	5.14	5.24	<b>5.24</b>	8
145	A Gilmore	Sale Harriers	6.22	6.24	6.14	<b>6.24</b>	2
150	N Kholeif	Wigan	5.92	6.12	6.06	<b>6.12</b>	4



### Vertical Jump

No	Name	Club	1	2	3	BEST	Rank
143	S Crossley	Rochdale Harriers	33	29	32	<b>33</b>	<b>8</b>
148	B Paisley-Begg	Sale Harriers	40	43	43	<b>43</b>	<b>5</b>
151	K Hall	Wigan	59	59	60	<b>60</b>	<b>1</b>
152	I King	Trafford A/C	35	43	43	<b>43</b>	<b>6</b>
153	A Omeje	Trafford A/C	48	51	51	<b>51</b>	<b>2</b>
155	E Parker	Horwich	33	34	34	<b>34</b>	<b>7</b>
149	E Harris	Wigan	40	44	43	<b>44</b>	<b>4</b>
142	F Cash	Leigh Harriers	47	44	46	<b>47</b>	<b>3</b>

Shot Put							
No	Name	Club	1	2	3	BEST	Rank
146	E Rourke	Sale Harriers	6.05	6.52	6.79	<b>6.79</b>	1