

M 100m

1 Ashley Noble	GHD	11.1
2 Neil Hewson	WGN	11.1
3 Liam Smith	HFH	11.5
4 Les Hall	BUH	11.8
5 Nick Thompson	DCH	11.9
6 Neil Cameron	LMK	12.5
7 Daren Scott	TRF	12.7

M 200m

1 Neil Hewson	WGN	22.5
2 Daren Scott	TRF	23.0
3 Andrew Sturrock	GHD	23.3
4 Ben Julien	HFH	23.6
5 Chris Eckersley	BUH	24.0
6 Neil Cameron	LMK	25.8

M 400m

1 Lewis Robson	GHD	49.4
2 Paul Grattage	WGN	49.9
3 James Marshall	TRF	50.5
4 Peter Thompson	DCH	51.2
5 Chris Eckersley	BUH	53.1
6 Jamie Coldwell	HFH	55.5
7 Kieran Rowlands	LMK	56.9

M 800m

1 Kieran Flannary	GHD	1.58.4
2 Chris Bryant	WGN	1.59.0
3 Mike Sawrey	TRF	2.03.6
4 Kieran Rowlands	LMK	2.14.6
5 William McFadzean	HFH	2.18.2
6 Francis Turner	DCH	2.20.5

M 1500m

1 Shaun Moralee	DCH	4.10.7
2 Marc Elliott	GHD	4.11.9
3 Mike Sawrey	TRF	4.12.4
4 Mark Dewhirst	HFH	4.23.0
5 Kieran Rowlands	LMK	4.40.2

M 5000m

1 David Watson	HFH	15.20.8
2 Michael Aspinall	LMK	15.47.8
3 Gareth Williams	TRF	15.51.5
4 Marc McDonald	GHD	16.17.2
5 Rob Hand	DCH	16.19.8
6 Mo Manir	WGN	16.46.1

M 10,000m

1 David Watson	HFH	31.06.1
2 Michael Aspinall	LMK	31.25.4
3 John Worthington	WGN	33.51.0
4 Vinny Booth	TRF	35.18.0
5 Mark Smith	DCH	36.43.2

M 110mH

1 Andrew Sturrock	GHD	15.6
2 Ian Scholes	TRF	19.1
3 Danny Hind	WGN	19.9
4 William McFadzean	HFH	22.2

M 400mH

1 Tom O'Brien	WGN	58.6
2 Peter Coates	DCH	61.0
3 Craig C.Glanville	GHD	61.1
4 Richard Cornwell	BUH	62.9
5 Kieran Rowlands	LMK	65.6
6 William McFadzean	HFH	66.3
7 John Howe	TRF	68.1

M 3000m SC

1 Kieran Flannary	GHD	10.13.0
2 Mark Dewhirst	HFH	10.22.8
3 John Howe	TRF	10.35.4
4 Michael Aspinall	LMK	10.47.5
5 Geoff Watson	DCH	12.19.9

M Discus Throw

1 Andy Rollins	WGN	42.50
2 Craig Sturrock	GHD	41.24
3 Simon Bissell	BUH	38.46
4 Peter Coates	DCH	27.97
5 Joe Winspear	HFH	22.55
6 Paulo Ostapowycz	TRF	20.05
7 Dave Voyle	LMK	11.13

M Hammer Throw

1 Simon Bissell	BUH	46.45
2 David Maggs	GHD	39.08
3 Peter Coates	DCH	30.43
4 Paulo Ostapowycz	TRF	28.24
5 Dave Steele	WGN	24.74
6 John McFadzean	HFH	22.08
7 Dave Voyle	LMK	8.85

M High Jump

1 Tom O'Brian	WGN	1.89
2 Chris Jefferson	GHD	1.80
3 Les Hall	BUH	1.55
4 Ben Julien	HFH	1.50

M Javelin Throw

1 Paulo Ostapowycz	TRF	49.41
2 Adrian Cawley	WGN	44.31
3 John Stacey	GHD	43.71
4 Joe Winspear	HFH	38.32
5 Dave Voyle	LMK	11.59

M Long Jump

1 John Stacey	GHD	6.55
2 Daren Scott	TRF	5.83
3 Neil Cameron	LMK	5.69
4 Nick Thompson	DCH	5.53
5 Michael Quinn	HFH	5.27
6 Danny Kevan	WGN	5.05

M Pole Vault

1 Chris Boundy	GHD	3.60
2 Tom Ashworth	WGN	2.60
3 Ian Scholes	TRF	2.10

M Shot Putt

1 Craig Sturrock	GHD	14.01
2 Simon Bissell	BUH	11.56
3 Paulo Ostapowycz	TRF	10.29
4 Dave Steele	WGN	8.93
5 John McFadzean	HFH	7.66
6 Dave Voyle	LMK	4.76

M Triple Jump

1 Nick Thompson	DCH	13.40
2 Chris Jefferson	GHD	13.03
3 Michael Quinn	HFH	11.36
4 Danny Hind	WGN	9.63
5 Richard Workman	TRF	9.53

W 100m

1 Juanita Harrison	TRF	12.8
2 Rebecca Wilmhurst	DCH	12.9
3 Averil McClelland	LMK	13.1
4 Becky Taylor	GHD	13.3
5 Lauren Storr	HFH	13.5

W 200m

1 Rebecca Wilmhurst	DCH	26.2
2 Averil McClelland	LMK	26.3
3 Dionne Ellison	TRF	27.3
4 Nicci Youden	GHD	27.4
5 Zoe Storr	HFH	28.9

W 400m

1 Vicky Carmichael	GHD	57.8
2 Nkysha Ferguson	TRF	58.0
3 Rebecca Shield	DCH	60.4
4 Lauren Cooper	LMK	66.8
5 Jessica Sunderland	HFH	71.8

W 800m

1 Seonaid Murray	DCH	2.18.2
2 Ruth McGivern	HFH	2.21.0
3 Nichola Pugh	TRF	2.27.8
4 Lauren Cooper	LMK	2.30.6
5 Vikki Bennett	GHD	2.50.2

W 1500m

1 Claire Leaver	HFH	5.03.5
2 Sarah Maguire	TRF	5.39.5
3 Jayne Perry	LMK	5.55.7

W 3000m

1 Louise Gardner	LMK	10.08.5
2 Lynn Jolley	WGN	10.33.9
3 Diane Waite	HFH	10.43.5
4 Nichola Pugh	TRF	11.32.4

W 100mH

1 Zoe Storr HFH 22.6

W 400mH

1 Zoe Storr HFH 76.6
2 Kim Halliwell WGN 2.03.6

W Discus Throw

1 Vicky Dyer WGN 33.67
2 Leah Weatheritt GHD 29.38
3 Mandy Laing LMK 28.75
4 Katie Zentek HFH 21.35
5 Sarah Maguire TRF 13.76

W Hammer Throw

1 Leah Weatheritt GHD 39.43
2 Mandy Laing LMK 26.07
3 Vicky Dyer WGN 19.15
4 Dionne Ellison TRF 13.74
5 Ruth McGivern HFH 13.05

W High Jump

1 Wendy Laing LMK 1.61
2=Juanita Harrison TRF 1.50
2=Sophie De La Hunt GHD 1.50
4 Lauren Storr HFH 1.25

W Javelin Throw

1 Mandy Laing LMK 33.43
2 Leah Weatheritt GHD 28.53
3 Katie Zentek HFH 22.89
4 Juanita Harrison TRF 16.13
5 Kim Halliwell WGN 15.92

W Long Jump

1 Sophie De La Hunt GHD 5.28
2 Wendy Laing LMK 5.26
3 Lauren Storr HFH 4.49
4 Nichola Pugh TRF 3.77
5 Kim Halliwell WGN 2.70

W Pole Vault

No competitors

W Shot Putt

1 Leah Weatheritt GHD 10.70
2 Wendy Laing LMK 10.05
3 Vicky Dyer WGN 8.75
4 Katie Zentek HFH 6.55
5 Sarah Maguire TRF 5.48

W Triple Jump

1 Nkysha Ferguson TRF 11.67
2 Mandy Laing LMK 10.62
3 Sophie De La Hunt GHD 9.60
4 Jessica Sunderland HFH 9.16

W 4x100m Relay

1	GHD 51.5	1 Becky Taylor	2 Nicci Youden
		3 Vicky Carmichael	4 Sophie De La Hunt
2	LMK 53.4	1 Averil McClelland	2 Wendy Laing
		3 Mandy Laing	4 Lauren Cooper
3	TRF 53.6	1 Dionne Ellison	2 Anita Richardson
		3 Juanita Harrison	4 Nichola Pugh
4	HFH 57.1	1 Zoe Storr	2 Lauren Storr
		3 Jessica Sunderland	4 Katie Zentek

W 4x400m Relay

1	GHD 4.15.1	1 Becky Taylor	2 Nicci Youden
		3 Vicky Carmichael	4 Vikki Bennett
2	LMK 4.23.7	1 Averil McClelland	2 Lauren Cooper
		3 Lauren Cooper	4 Jayne Perry
3	HFH 4.25.9	1 Zoe Storr	2 Ruth McGivern
		3 Claire Leaver	4 Lauren Storr
4	TRF 4.31.7	1 Sarah Maguire	2 Dionne Ellison
		3 Anita Richardson	4 Juanita Harrison

M 4x100m Relay

1	WGN 45.7	1 Tom O'Brian	2 Paul Grattage
		3 Tom Ashworth	4 Neil Hewson
2	TRF 47.1	1 Richard Workman	2 Steve Chaisty
		3 James Marshall	4 Daren Scott
3	HFH 48.1	1 Ben Julien	2 Liam Smith
		3 William McFadzean	4 Jamie Coldwell
4	LMK 56.3	1 Michael Aspinall	2 Kieran Rowlands
		3 Neil Cameron	4 Dave Voyle

M 4x400m Relay

1	GHD	3.28.8	1	Kieran Flannary	2	Craig C.Glanville
			3	Ben Walpole	4	Tom Patton
2	WGN	3.30.9	1	Tom O'Brian	2	Danny Hind
			3	Danny Kevan	4	Chris Bryant
3	TRF	3.33.5	1	Richard Workman	2	James Marshall
			3	Mike Sawrey	4	Scott Riley
4	HFH	4.03.5	1	Mark Dewhirst	2	William McFadzean
			3	Ben Julien	4	Jamie Coldwell
5	LMK	4.14.7	1	Michael Aspinall	2	Dave Voyle
			3	Neil Cameron	4	Kieran Rowlands

	Points
1 Gateshead Harriers & A.C.	253.5
2 Holmfirth Harriers	217
3 Trafford A.C.	205.5
4 Lancaster M'cambe Kendal	185
5 Wigan & District A.C.	172
6 Durham City	111
7 Bolton United	46
8 Morpeth Harriers & A.C.	0

Note(s)

No competitors W Pole Vault,
DCH Includes + 15pts,
GHD Includes + 20pts,
HFH Includes + 20pts,
LMK Includes + 15pts,
TRF Includes + 10pts,
WGN Includes + 10pts,

M 100m

1 Dave Hurst	O&R 11.3
2 Matthew Cottam	BNG 11.4
3 John Gierula	SPN 12.3
4 Rizwan Khan	BDA 12.4
5 Simon Foster	LGH 12.5

M 200m

1 Craig Yates	SPN 22.7
2 Dave Hurst	O&R 22.7
3 Matthew Cottam	BNG 23.0
4 Darren Smith	LGH 24.9
5 Rizwan Khan	BDA 25.9

M 400m

1 John Indricks	LGH 54.9
2 Alistair Young	BNG 56.4
3 Mike Mannings	O&R 57.1
4 Robert Knowles	SPN 59.5
5 Adam Pickering	BDA 71.4

M 800m

1 Thomas Boardman	LGH 2.01.0
2 Reece Hendley	O&R 2.02.5
3 Kieth McGhie	SPN 2.03.2
4 Nick Hooker	BDA 2.03.6
5 Alistair Young	BNG 2.11.7

M 1500m

1 Nick Hooker	BDA 4.25.5
2 David Lane	SPN 4.26.8
3 Reece Hendley	O&R 4.32.9
4 John Taylor	LGH 4.57.8

M 5000m

1 Trevor Davies	O&R 17.10.5
2 John Howarth	LGH 17.17.8
3 Neal Page	BDA 17.26.9
4 Dan Stewart	SPN 17.32.1
5 Gerry Bell	BNG 18.26.4

M 10,000m

1 Stewart Macdonald	BNG 32.55.4
2 John Howarth	LGH 35.09.1
3 Trevor Davies	O&R 35.09.7
4 Simon Hudson	SPN 37.02.1
5 Ray Woodhead	BDA 39.56.6

M 110mH

1 Neal Page	BDA 20.5
2 John Indricks	LGH 22.5

M 400mH

1 Ben Manchester	BNG 64.6
2 Darren Smith	LGH 66.1
3 Neal Page	BDA 67.7

M 3000m SC

1 Alex Urmston	LGH 10.40.5
2 Steve Wilcox	BDA 12.57.6

M Discus Throw

1 Nick Crimmen	SPN 33.00
2 Ian Lindley	BNG 32.63
3 Peter Todd	LGH 31.23
4 Chris Hainsworth	BDA 27.06
5 Rob Ingham	O&R 25.01

M Hammer Throw

1 Nick Crimmen	SPN 41.02
2 Ian Lindley	BNG 24.62
3 Rob Ingham	O&R 18.97
4 John Taylor	LGH 17.99

M High Jump

1 Ben Ambler	BNG 1.83
2 John Gallagher	SPN 1.60
3 Marcus Osbourne	O&R 1.55
4 Neal Page	BDA 1.45
5 John Taylor	LGH 1.40

M Javelin Throw

1 Ben Ambler	BNG 44.98
2 Steve Williams	O&R 40.82
3 Paul Connelly	SPN 38.67
4 Adam Pickering	BDA 27.35

M Long Jump

1 Danny Crosby	BNG 6.28
2 Reece Hendley	O&R 5.93
3 John Gallagher	SPN 5.54
4 Simon Foster	LGH 4.53

M Pole Vault

1 Paul Connelly	SPN 3.40
2 John Taylor	LGH 3.30

M Shot Putt

1 Nick Crimmen SPN 13.13
2 Ian Lindley BNG 12.85
3 Colin Allen O&R 8.76
4 Chris Hainsworth BDA 8.67
5 Peter Todd LGH 8.65

M Triple Jump

1 Danny Crosby BNG 12.18
2 Reece Hendley O&R 11.78
3 John Gallagher SPN 11.42
4 Darren Smith LGH 9.92

W 100m

1 Doris King BNG 13.5
2 Natalie Fletcher O&R 13.6
3 Kelly O'Reilly BDA 15.6
4 Amanda Pearson SPN 18.9

W 200m

1 Emily Shaw O&R 25.5
2 Amy Sharrad SPN 27.7
3 Doris King BNG 28.0
4 Lora Camara BDA 32.9

W 400m

1 Amy Sharrad SPN 61.5
2 Mel Turner O&R 65.3
3 Emma Ogden BNG 68.4
4 Andrea Dennison BDA 81.5

W 800m

1 Lauren Howarth LGH 2.23.1
2 Alice Fulton BNG 2.25.3
3 Katie Keeley O&R 2.27.1
4 Lora Camara BDA 2.46.0
5 Jackie Carter SPN 3.31.5

W 1500m

1 Alice Fulton BNG 5.18.9
2 Andrea Dennison BDA 5.28.0
3 Heather Mitchell SPN 6.26.6

W 3000m

1 Andrea Dennison BDA 10.43.9
2 Lauren Howarth LGH 11.00.6
3 Sue Cariss BNG 11.10.1
4 Krissy Monaghan O&R 12.09.0
5 Heather Mitchell SPN 13.09.2

W 100mH

1 Paula Booth O&R 19.7
2 Kelly O'Reilly BDA 20.4
3 Kelly Brow BNG 21.7

W 400mH

1 Laura Pitts BNG 74.2

W Discus Throw

1 Janine Crosby BNG 36.47
2 Jenny Ibbitson SPN 32.67
3 Carla Gregory LGH 23.03
4 Marie Dixon O&R 19.31

W Hammer Throw

1 Amy Howard BNG 40.95
2 Marie Dixon O&R 27.44
3 Carla Gregory LGH 23.88
4 Kelly O'Reilly BDA 12.37

W High Jump

1 Rebecca Long BNG 1.58
2 Katie Keeley O&R 1.45
3 Lauren Howarth LGH 1.30
4 Jenny Ibbitson SPN 1.25

W Javelin Throw

1 Marie Dixon O&R 32.31
2 Jenny Ibbitson SPN 25.57
3 Harriett Pickles BNG 23.86
4 Kelly O'Reilly BDA 15.28
5 Carla Gregory LGH 15.22

W Long Jump

1 Joanne Oates BNG 5.08
2 Lora Camara BDA 3.75
3 Marie Dixon O&R 3.33
4 Sheila Bolland SPN 2.59

W Pole Vault

1 Jenny Ibbitson SPN 2.70

W Shot Putt

1 Carla Gregory LGH 9.89
2 Janine Crosby BNG 9.08
3 Jenny Ibbitson SPN 8.92
4 Paula Booth O&R 7.62

W Triple Jump

1 Kelly Brow BNG 9.91
2 Mel Turner O&R 9.34
3 Jenny Ibbitson SPN 7.40

W 4x100m Relay

1 O&R 51.8 1 Natalie Fletcher 2 Emily Shaw
3 Mel Turner 4 Katie Keeley
2 BNG 53.5 1 Doris King 2 Harriett Pickles
3 Amy Howard 4 Joanne Oates
3 SPN 73.2 1 Heather Mitchell 2 Amy Sharrad
3 Pym McGhie 4 Jackie Carter

W 4x400m Relay

1 O&R 4.14.3 1 Natalie Fletcher 2 Emily Shaw
3 Mel Turner 4 Katie Keeley
2 BNG 4.18.8 1 Rebecca Long 2 Alice Fulton
3 Harriett Pickles 4 Joanne Oates
3 SPN 5.53.0 1 Amy Sharrad 2 Heather Mitchell
3 Jackie Carter 4 Amanda Pearson

M 4x100m Relay

1 SPN 47.7 1 John Gierula 2 Craig Yates
3 Robert Knowles 4 John Gallagher
2 O&R 47.7 1 Dave Hurst 2 Colin Allen
3 Marcus Osbourne 4 Mike Mannings
3 LGH 49.0 1 John Indricks 2 Thomas Boardman
3 Simon Foster 4 Darren Smith
4 BDA 53.2 1 Nick Hooker 2 Neal Page
3 Adam Pickering 4 Rizwan Khan

M 4x400m Relay

1 LGH 3.41.9	1 John Indricks	2 Thomas Boardman
	3 Simon Foster	4 Darren Smith
2 O&R 3.45.6	1 Marcus Osbourne	2 Mike Mannings
	3 Dave Hurst	4 Reece Hendley
3 SPN 3.51.4	1 Craig Yates	2 John Gierula
	3 Robert Knowles	4 John Gallagher
4 BDA 4.24.0	1 Nick Hooker	2 Neal Page
	3 Adam Pickering	4 Ray Woodhead

	Points
1 Bingley Harriers	136
2 Oldham & Royton	134
3 Spensborough & District AC	127
4 Leigh Harriers	98
5 Bradford Airedale	89

Note(s)

BNG Includes + 10pts,
BDA Includes + 20pts,
LGH Includes + 15pts,
O&R Includes + 20pts,
SPN Includes + 20pts,