

M 100m

1 Steve Blaydon	L&W 11.1
2 Ebbs Eseonu	BOS 11.1
3 Jacob Brown	LDS 11.5
4 Dave Scholey	RTM 11.6
5 Steve Thorpe	WFD 11.9
6 Craig Muddiman	CHE 12.4

M 200m

1 Steve Blaydon	L&W 22.2
2 Rhian Hastey	RTM 22.7
3 Ebbs Eseonu	BOS 22.7
4 Will Eaton	CHE 23.8
5 Adam Fell	LDS 24.1
6 John Paul Dales	WFD 24.4

M 400m

1 Dave Scholey	RTM 51.1
2 Ben Craddock	LDS 52.3
3 Mark Gilmoure	WFD 53.3
4 Steve Peters	BOS 53.5
5 Steven Gregg	CHE 54.5
6 Mark Palkist	L&W 55.5

M 800m

1 Rhian Hastey	RTM 1.57.4
2 Will Strangeway	L&W 1.59.5
3 Kevin Ritchie	LDS 2.00.0
4 Craig Heppenstall	WFD 2.06.9
5 Daniel Scott	CHE 2.10.5
6 Simon Robinson	BOS 2.17.0

M 1500m

1 Matt Bowser	L&W 3.57.4
2 Simon Deakin	LDS 4.00.7
3 Jonathan Thewlis	RTM 4.01.1
4 Nathan Elliott	WFD 4.12.0
5 Daniel Scott	CHE 4.30.0
6 James Munn	BOS 4.35.9

M 5000m

1 Andy Aked	RTM 15.21.8
2 Scott Mitchell	LDS 15.54.1
3 Ian Kimpton	L&W 15.58.6
4 Steve Gascoyne	CHE 16.56.4
5 Tony White	WFD 18.17.2
6 Owen Msimango	BOS 18.52.7

M 10,000m

1 Philip Hoole	RTM 33.06.2
2 Martin Farran	LDS 33.53.3
3 Ian Monaghan	CHE 35.02.7
4 Dean Houlton	L&W 36.51.3
5 Tony White	WFD 37.25.3
6 Jack Albrow	BOS 44.08.7

M 110mH

1 Mark Bowler	BOS 15.8
2 Matt Hudson	LDS 15.9
3 Mark Smith	WFD 17.0
4 Chris Wright	RTM 17.9
5 Geoff Powley	L&W 23.4

M 400mH

1 Mark Bowler	BOS 58.4
2 Mark Smith	WFD 59.9
3 Scott Harwood	RTM 60.0
4 Ben Moubey	CHE 63.0
5 Scott Mitchell	LDS 67.2
6 Geoff Powley	L&W 67.4

M 3000m SC

1 Russ England	LDS 9.32.9
2 Tom Herbert	L&W 10.05.9
3 Chris Cope	BOS 10.17.6
4 Steve Gascoyne	CHE 10.19.5
5 Chris Price	WFD 10.37.5
6 Lea Johnson	RTM 11.48.6

M Discus Throw

1 Matt Allison	LDS 41.95
2 Mark Keeler	WFD 34.91
3 Mark Wearing	CHE 34.83
4 Stuart Smith	BOS 26.84
5 Geoff Powley	L&W 26.72
6 Dave Moore	RTM 19.03

M Hammer Throw

1 Mark Gulliver	LDS 52.63
2 Richard Gayle	WFD 36.99
3 Geoff Powley	L&W 23.56
4 Mark Wearing	CHE 21.34
5 Ian Colley	RTM 20.72
6 Karl Wright	BOS 15.70

M 100m

1 Luke Felton	CLE	11.5
2 Mark Cawthorne	HUL	11.6
3 Peter Herberts	BAR	11.6
4 Kevin Hibbins	GRA	11.7
5 Stephen Callister	STO	11.8

M 200m

1 Scott Caine	STO	22.4
2 Matthew Cross	BAR	22.6
3 Luke Felton	CLE	23.6
4 David Walters U17	GRA	25.0

M 400m

1 Darren Eldin	HUL	50.6
2 Andrew Dean Young	BAR	52.6
3 Marc Mullen Brown	STO	52.7
4 Ian Charles	GRA	55.1
5 Trevor Jones	CLE	80.3

M 800m

1 Jon Walsh	STO	2.00.7
2 Rupert Jordon	GRA	2.01.1
3 Adam Foster	HUL	2.08.5
4 Andrew Dean Young	BAR	2.09.5
5 Dave Thomas	CLE	2.10.6

M 1500m

1 Rupert Jordon	GRA	4.21.8
2 Fergus Anderson	HUL	4.23.9
3 Dave Thomas	CLE	4.28.8
4 Jon Walsh	STO	4.37.0
5 Dan Cooper	BAR	5.03.3

M 5000m

1 Scott Bennett	BAR	16.25.1
2 Arthur Short	GRA	17.03.7
3 Mike Short	STO	17.11.3
4 Greg Tulloch	HUL	18.03.2

M 10,000m

1 John Broom	BAR	34.14.2
2 Arthur Short	GRA	34.20.0
3 Andrew Wittingham	STO	35.13.9

M 110mH

1 Adam Russell	BAR	20.3
2 James Coleman	GRA	20.4

M 400mH

1 Matthew Trow	BAR	68.7
2 Stewart Broughton	GRA	69.5
3 Dean Loxam	STO	84.7

M 3000m SC

1 David Hicketts	STO	10.38.9
2 Stephen Bunn	GRA	11.32.1
3 Matthew Trow	BAR	13.45.4

M Discus Throw

1 Scott Jones	BAR	32.99
2 Dom Brister	GRA	32.93
3 Peter Smith	HUL	23.45
4 Marc Summersell	CLE	22.63
5 Jon Walsh	STO	14.90

M Hammer Throw

1 Peter Smith	HUL	45.96
2 Andrew England	BAR	26.41
3 Marc Summersell	CLE	22.34
4 Stewart Broughton	GRA	18.72
5 Graham Marsland	STO	11.18

M High Jump

1 Adam Russell	BAR 1.75
2 Pete Durham	CLE 1.65
3 Dan Bone	HUL 1.60
4 Kevin Hibbins	GRA 1.50

M Javelin Throw

1 Pete Durham	CLE 33.40
2 Andrew England	BAR 33.06
3 Dom Brister	GRA 27.33
4 David Hicketts	STO 26.60

M Long Jump

1 Pete Durham	CLE 6.26
2 Kevin Hibbins	GRA 5.96
3 Adam Foster	HUL 5.88
4 Adam Round	STO 5.55

M Pole Vault

1 James Coleman	GRA 3.80
2 Andrew England	BAR 2.60

M Shot Putt

1 Scott Jones	BAR 11.87
2 Stewart Broughton	GRA 10.46
3 Marc Summersell	CLE 9.85
4 Peter Torrence	STO 6.62

M Triple Jump

1 Pete Durham	CLE 12.97
2 Andrew England	BAR 11.86
3 Ian Charles	GRA 11.46
4 Adam Round	STO 10.72

W 100m

1 Hannah Bird	BAR 13.0
2 Sabina Richards	GRA 13.7
3 Amy Adlard	HUL 14.1
4 Rachel Boothby	STO 14.5
5 Sally Forman	CLE 15.8

W 200m

1 Racheal Shaw	BAR 26.0
2 Joanne Owbridge	HUL 26.9
3 Vicki Robinson	STO 27.0
4 Rebecca Hall	GRA 27.7
5 Katie Baillie	CLE 28.3

W 400m

1 Hannah Bird	BAR 60.4
2 Vicki Robinson	STO 61.1
3 Katie Baillie	CLE 62.2
4 Natalie Drinkwater	GRA 66.1
5 Jenny Ormerod	HUL 68.5

W 800m

1 Louise Yorston	CLE 2.21.9
2 Fiona Davies	BAR 2.29.8
3 Jenny Ormerod	HUL 2.32.2
4 Carley Warner	GRA 2.43.7
5 Helen Walch	STO DISQ

W 1500m

1 Fiona Davies	BAR 5.06.1
2 Claire Morley	HUL 5.28.7
3 Hannah Raines	STO 5.31.2

W 3000m

1 Claire Morley	HUL 11.23.3
2 Linda Westlake	BAR 12.09.1
3 Carley Warner	GRA 13.08.6
4 Marie Cosgrove	STO 14.09.3

W 100mH

1 Nicola Barratt	STO 16.5
2 Mallory Green	GRA 19.7
3 Amy Adlard	HUL 20.7
4 Sarah Waterson	CLE 21.5
5 Adele Lassu	BAR 21.9

W 400mH

1 Lucy Hyde	CLE 75.5
2 Natalie Drinkwater	GRA 77.6
3 Hannah Raines	STO 91.1

W Discus Throw

1 Karan Heweth	HUL 31.52
2 Laura Evans	GRA 30.60
3 Katie Street	BAR 21.27
4 Heidi Bradley	CLE 20.55
5 Katrina Maddocks	STO 19.83

W Hammer Throw

1 Dianna Smith	HUL 33.07
2 Katie Street	BAR 20.55
3 Heidi Bradley	CLE 18.50
4 Laura Evans	GRA 15.04

W High Jump

1 Vikki Hubbard	GRA 1.70
2 Adele Lassu	BAR 1.65
3 Joanne Owbridge	HUL 1.45
4 Lucy Hyde	CLE 1.45
5 Hannah Raines	STO 1.25

W Javelin Throw

1 Dianna Smith	HUL 28.36
2 Vikki Armstrong Jone	CLE 25.77
3 Sam Riley	STO 23.46
4 Laura Evans	GRA 22.66
5 Julie Herberts	BAR 21.95

W Long Jump

1 Joanne Owbridge	HUL 5.12
2 Rebecca Hall	GRA 5.06
3 Vikki Armstrong Jone	CLE 4.55
4 Nicola Barratt	STO 4.41
5 Julie Herberts	BAR 2.54

W Pole Vault

1 Mallory Green	GRA 2.40
2 Sally Forman	CLE 2.00

W Shot Putt

1 Rebecca Hall	GRA 10.83
2 Katrina Maddocks	STO 8.84
3 Karan Heweth	HUL 8.44
4 Katie Street	BAR 6.82
5 Heidi Bradley	CLE 6.46

W Triple Jump

1 Katie Deutsch	STO 10.25
2 Vikki Armstrong Jone	CLE 10.19
3 Amy Adlard	HUL 8.90
4 Carley Warner	GRA 8.89
5 Hannah Bird	BAR 8.84

W 4x100m Relay

1	GRA 53.6	1 Mallory Green	2 Vikki Hubbard
		3 Sabina Richards	4 Rebecca Hall
2	BAR 54.2	1 Adele Lassu	2 Katie Street
		3 Julie Herberts	4 Racheal Shaw
3	STO 54.5	1	2
		3	4
4	CLE 55.3	1 Vikki Armstrong Jone	2 Lucy Hyde
		3 Sarah Waterson	4 Louise Yorston
5	HUL 57.7	1 Claire Morley	2 Amy Adlard
		3 Roisin Galbraith	4 Joanne Owbridge

W 4x400m Relay

1	CLE 4.18.7	1 Louise Yorston	2 Vikki Armstrong Jone
		3 Katie Baillie	4 Lucy Hyde
2	BAR 4.24.0	1 Adele Lassu	2 Hannah Bird
		3 Racheal Shaw	4 Fiona Davies
3	GRA 4.26.1	1 Carley Warner	2 Natalie Drinkwater
		3 Sabina Richards	4 Vikki Hubbard
4	STO 4.26.6	1	2
		3	4

M 4x100m Relay

1	BAR 46.1	1 Andrew Dean Young	2 Peter Herberts
		3 Matthew Cross	4 Dave Shaw
2	GRA 47.0	1 Ian Charles	2 David Walters U17
		3 Kevin Hibbins	4 James Coleman
3	STO 47.3	1	2
		3	4
4	CLE 53.0	1 Dave Thomas	2 Pete Durham
		3 Trevor Jones	4 Luke Felton

M 4x400m Relay

1 BAR 3.44.3	1 Andrew Dean Young	2 Peter Herberts
	3 Adam Russell	4 Dan Cooper
2 GRA 3.51.7	1 Ian Charles	2 Rebecca Hall
	3 David Walters U17	4 Stewart Broughton

	Points
1 Grantham & District	222
2 Barnsley AC	221
3 Stockport H	168
4 Cleethorpe & District	162
5 Hull Ach & Goole	153
6 Richmond & Zetland	0
7 City of Sheffield	0

Note(s)

BAR Includes + 20pts,
CLE Includes + 15pts,
GRA Includes + 20pts,
HUL Includes + 20pts,
STO Includes + 20pts,

M High Jump

1 Ben Moubey	CHE	1.80
2 Matt Hudson	LDS	1.75
3 Chris Wright	RTM	1.70
4 Mark Smith	WFD	1.60
5 Ebbs Eseonu	BOS	1.55
6 Geoff Powley	L&W	1.40

M Javelin Throw

1 Matt Allison	LDS	60.04
2 Mark Wearing	CHE	50.24
3 Mark Keeler	WFD	49.63
4 Karl Wright	BOS	34.13
5 Steve Swaby	L&W	31.00

M Long Jump

1 Chris Kirk	WFD	7.11
2 Jacob Brown	LDS	6.87
3 Scott Harwood	RTM	5.98
4 Craig Muddiman	CHE	5.66
5 Phil Peatling	BOS	5.66
6 Steve Swaby	L&W	5.65

M Pole Vault

1 Will Eaton	CHE	3.00
2 Karl Wright	BOS	2.70
3 Geoff Powley	L&W	2.40
4 Mark Keeler	WFD	2.40

M Shot Putt

1 Mark Gulliver	LDS	12.05
2 Gregg Markham	RTM	10.03
3 Darren Thomas	WFD	9.98
4 Stuart Smith	BOS	9.71
5 Steve Blaydon	L&W	9.00

M Triple Jump

1 Shayn Thomas	WFD	12.46
2 Julian Gittens	LDS	12.13
3 Mark Bridges	BOS	11.91
4 Craig Muddiman	CHE	11.56
5 Steve Swaby	L&W	11.05
6 Mike Atkin	RTM	10.29

W 100m

1 Julia White	BOS	12.3
2 Naana Adusei	LDS	13.0
3 Fiona Thomas	WFD	13.0
4 Emma Hickey	CHE	13.1
5 Nina Swaby	L&W	13.3
6 Charlotte Watt	RTM	14.1

W 200m

1 Julia White	BOS	25.9
2 Rachel Howard	CHE	26.4
3 Lydia Chamberlain	L&W	26.6
4 Tracy Hilton	WFD	27.4
5 Joanne Westerman	LDS	28.0
6 Charlotte Watt	RTM	30.1

W 400m

1 Emma Hickey	CHE	61.5
2 Liz Ward	L&W	61.9
3 Julia Moore	BOS	62.6
4 Sheryl Punter	LDS	62.8
5 Lyndsay Clarke	RTM	63.0
6 Vikki Mills	WFD	64.7

W 800m

1 Natalie Grant	RTM	2.17.0
2 Elle Archer	WFD	2.26.6
3 Lorna Young	LDS	2.28.2
4 Emily Moss	BOS	2.35.9
5 Kathy Warhurst	L&W	2.49.4

W 1500m

1 Celia Demaria	LDS	4.47.3
2 Jessica Fawcett	RTM	5.01.9
3 Sharon Marshall	WFD	5.07.5
4 Becky Jones	L&W	5.22.0

W 3000m

1 Alex Gostling	LDS	10.13.1
2 Sharon Marshall	WFD	11.13.5
3 Suzi Ardron	L&W	12.30.9

W 100mH

1 Lydia Chamberlain L&W 15.2
2 Jodie Favell BOS 16.7
3 Charlotte Watt RTM 18.3

W 400mH

1 Jodie Favell BOS 66.5
2 Becky Jones L&W 67.6
3 Annabel Grady RTM 70.3
4 Amy Ridsdale WFD 97.2

W Discus Throw

1 Lesley Bryant L&W 35.80
2 Lizzie Maher RTM 34.51
3 Zoe Tristram BOS 26.64
4 Amy Ridsdale WFD 26.18
5 Hazel Barker LDS 20.49
6 Claire Muddiman CHE 12.95

W Hammer Throw

1 Ruth Wilsher WFD 30.54
2 Helen White RTM 26.88
3 Lesley Bryant L&W 21.29
4 Roz Evenden LDS 17.07
5 Zoe Tristram BOS 14.49

W High Jump

1 Rachel Howard CHE 1.60
2 Lydia Chamberlain L&W 1.55
3 Emily Moss BOS 1.50
4 Hazel Barker LDS 1.50
5 Lizzie Maher RTM 1.35

W Javelin Throw

1 Jodie Favell BOS 32.56
2 Danielle Bryant L&W 26.02
3 Jess Falcus WFD 25.95
4 Hazel Barker LDS 21.09
5 Lizzie Maher RTM 19.27

W Long Jump

1 Kirsty Parr LDS 5.46
2 Lydia Chamberlain L&W 5.10
3 Jodie Favell BOS 4.95
4 Annabel Grady RTM 4.73
5 Laura Teasdale WFD 4.72
6 Claire Muddiman CHE 4.60

W Pole Vault

1 Emma Tate WFD 2.60
2 Hayley Fox L&W 2.40
3 Natalie Grimer BOS 1.70

W Shot Putt

1 Fiona Thomas WFD 11.50
2 Lesley Bryant L&W 9.95
3 Kirsty Parr LDS 9.78
4 Lizzie Maher RTM 9.71
5 Zoe Tristram BOS 7.80
6 Sally Ann Johnson CHE 5.94

W Triple Jump

1 Laura Teasdale WFD 10.69
2 Emily Moss BOS 10.58
3 Sheryl Punter LDS 9.25
4 Sally Ann Johnson CHE 8.78
5 Lizzie Maher RTM 8.59
6 Natalie Jones L&W 8.30

W 4x100m Relay

1 BOS 52.2	1 Julia Moore	2 Emily Moss
	3 Jodie Favell	4 Julia White
2 L&W 52.6	1 Lydia Chamberlain	2 Nina Swaby
	3 Denise Timmins	4 Liz Ward
3 CHE 53.3	1 Claire Muddiman	2 Rachel Howard
	3 Emma Hickey	4 Sally Ann Johnson
4 LDS 53.7	1 Naana Adusei	2 Joanne Westerman
	3 Sheryl Punter	4 Hazel Barker
5 RTM 54.2	1 Charlotte Watt	2 Natalie Grant
	3 Annabel Grady	4 Helen White
6 WFD 56.1	1 Amy Ridsdale	2 Vikki Mills
	3 Sharon Marshall	4 Tracy Hilton

W 4x400m Relay

1 RTM 4.13.5	1 Jessica Fawcett	2 Annabel Grady
	3 Lyndsay Clarke	4 Natalie Grant
2 BOS 4.21.5	1 Julia Moore	2 Emily Moss
	3 Jodie Favell	4 Julia White
3 LDS 4.22.8	1 Celia Demaria	2 Alex Gostling
	3 Lorna Young	4 Joanne Westerman
4 L&W 4.40.3	1 Kathy Warhurst	2 Nina Swaby
	3 Denise Timmins	4 Liz Ward
5 CHE 4.42.4	1 Claire Muddiman	2 Rachel Howard
	3 Emma Hickey	4 Sally Ann Johnson
6 WFD 4.48.4	1 Amy Ridsdale	2 Vikki Mills
	3 Sharon Marshall	4 T White

M 4x100m Relay

1 BOS 44.5	1 Mark Bowler	2 Steve Peters
	3 Ebbs Eseonu	4 Leon Pycock
2 RTM 45.9	1 Dave Scholey	2 Rhian Hastey
	3 Mike Atkin	4 Dave Moore
3 LDS 46.7	1 Matt Allison	2 Jacob Brown
	3 Ben Craddock	4 Adam Fell
4 L&W 47.2	1 Steve Blaydon	2 Steve Swaby
	3 Matt Bowser	4 Geoff Powley
5 CHE 47.4	1 Craig Muddiman	2 Will Eaton
	3 Mark Wearing	4 Steven Gregg
6 WFD 48.1	1 Mark Keeler	2 Steve Thorpe
	3 Mark Smith	4 John Paul Dales

M 4x400m Relay

1 L&W 3.30.8	1 Steve Swaby	2 Mark Palkist
	3 Will Strangeway	4 Matt Bowser
2 RTM 3.31.9	1 Rhian Hastey	2 Dave Scholey
	3 Mike Atkin	4 Dave Moore
3 BOS 3.34.3	1 Mark Bowler	2 Steve Peters
	3 Chris Cope	4 Leon Pycock
4 WFD 3.42.7	1 Craig Heppenstall	2 Nathan Elliott
	3 Mark Smith	4 Gareth Hepworth
5 LDS 3.49.0	1 Simon Deakin	2 Ben Craddock
	3 Scott Mitchell	4 Steve O'Neill
6 CHE 3.54.2	1 Steven Gregg	2 Will Eaton
	3 Ben Moubey	4 Daniel Scott

	Points
1 Leeds City AC	200
2 Lincoln Wellington	199
3 Boston & Dis AC	188
4 Wakefield & District	184
5 Rotherham	178
6 Chesterfield	131
7 Derby	0

Note (s)

BOS Includes + 15pts,
CHE Includes + 15pts,
LDS Includes + 20pts,
L&W Includes + 20pts,
RTM Includes + 20pts,
WFD Includes + 20pts,