

M 100m

1 Tom Martin U20	SAL	10.7
2 Carl Dickinson U20	PST	11.0
3 Craig Knight U20	SHS	11.1
4 Danny Barrow U20	BRW	11.2
5 Jerome Duuxbury	BBN	11.3
6 Lee Barnes	BKP	11.8
7 Ian Cooney	LVL	12.1

M 200m

1 Craig Knight U20	SHS	22.5
2 Chris Smith	LVL	22.6
3 Lee Barnes	BKP	22.6
4 Danny Barrow U20	BRW	22.6
5 Jerome Duxbury	BBN	22.8
6 Adam Bellis	SAL	23.3

M 400m

1 Paul Lenehan	LVL	50.6
2 Adam Bellis	SAL	50.9
3 Danny Hughes	BKP	51.2
4 Matt Wood U20	BBN	51.6
5 Steve Moran U20	SHS	56.3
6 Chris Thomas U17	BRW	61.2

M 800m

1 Rob Goodwin	SAL	1.57.0
2 Dave Forrester U17	SHS	1.58.7
3 Danny Hayes	BKP	1.59.8
4 David Rigby U17	PST	2.00.8
5 Phil Hall	BBN	2.02.8
6 Paul Owens	LVL	2.09.0
7 David Hook U20	BRW	2.13.4

M 1500m

1 Chris Hart U20	BBN	3.59.3
2 Adam Mitchell U20	PST	4.07.8
3 Andrew Walling	SAL	4.09.1
4 Tom Griffiths U20	SHS	4.11.7
5 David Marteau	LVL	4.24.9
6 David Hook U20	BRW	4.35.5
7 Mark Compson	BKP	5.53.6

M 5000m

1 Scott Monk	BBN	15.54.6
2 Sam Aspinwall U20	SAL	16.19.9
3 James Unsworth	BKP	16.48.9
4 Gary Wilson	PST	16.49.9
5 Gary Dixon	BRW	16.52.9
6 Ian Hayburn	SHS	17.25.7
7 Paul Owens	LVL	18.00.0

M 10,000m

1 Ben Fish	BBN	30.57.6
2 Steve Hallas	PST	32.57.3
3 Robbie Cushion	LVL	33.54.1
4 George Kirk	SAL	34.27.5
5 Gary Dixon	BRW	34.58.1
6 Paul Johnson	BKP	38.50.2
7 Ray Vose	SHS	40.05.1

M 110mH

1 Claude Peter-Thomas	BBN	17.1
2 Darren O'Dea	SAL	20.1
3 Mike Sweeney	LVL	20.6
4 Ray Vose	SHS	24.6

M 400mH

1 Matt Wood	BBN	60.2
2 Chris Beggan	BKP	60.7
3 Darren O'Dea	SAL	62.1
4 Dave Twigg U20	SHS	63.6
5 Phillip Burns	BRW	67.6

M 3000m SC

1 Rob Flannery	SAL	9.50.9
2 Tom Cornthwaite	BBN	9.59.0
3 Greg Williams U20	SHS	10.46.2
4 Rob Pilkington	BKP	11.07.7

M Discus Throw		M Hammer Throw	
1 Dave Abernethy	BRW 41.67	1 Les Macintosh	LVL 49.86
2 Grant Myerscough	BKP 38.15	2 John Nicholls	SAL 42.90
3 John Nicholls	SAL 34.16	3 Dave Abernethy	BRW 37.19
4 Les Macintosh	LVL 29.60	4 Stewart Maxwell	PST 36.25
5 Stewart Maxwell	PST 27.20	5 Shane Ellershaw	BKP 32.72
6 Phil Robinson	SHS 27.03	6 Adam Lovick U20	BBN 25.19
7 Adam Lovick U20	BBN 25.53	7 Phil Robinson	SHS 25.11

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M High Jump		M Javelin Throw	
1 Ben Fisher U20	SHS 1.82	1 Ben Fisher U20	SHS 56.21
2 James Slater	BKP 1.75	2 Paul McKown	LVL 52.72
3 John Wiggans	PST 1.65	3 Stewart Maxwell	PST 42.96
4 Scott Walker U20	BRW 1.60	4 Claude Peter-Thomas	BBN 40.11
5 Claude Peter-Thomas	BBN 1.60	5 Scott Walker U20	BRW 32.81
6 Mike Sweeney	LVL 1.55	6 Dave Myerscough	BKP 30.25
7 Darren O'Dea	SAL 1.40	7 David Marsh U20	SAL 8.17

M Long Jump		M Pole Vault	
1 Simon Wells	BKP 5.94	1 Lawrence Steele	BKP 4.40
2 Jerome Duxbury	BBN 5.78	2 Dave Allister	SAL 3.60
3 Scott Walker U20	BRW 5.68	3 Chris Roose	LVL 3.00
4 John Wiggans	PST 5.30	4 Peter Code	SHS 2.70
5 Ben Fisher U20	SHS 5.26	5 Scott Walker U20	BRW 2.60
6 Mike Sweeney	LVL 4.37	6 Claude Peter-Thomas	BBN 2.40
7 John Moss U20	SAL 4.14		

M Shot Putt		M Triple Jump	
1 John Nicholls	SAL 14.79	1 John Wiggans	PST 12.19
2 Grant Myerscough	BKP 12.98	2 Scott Walker U20	BRW 12.18
3 Martin Wilson	BRW 12.84	3 Claude Peter-Thomas	BBN 12.02
4 Les Macintosh	LVL 11.25	4 Sam Aspinwall	SAL 11.74
5 Jerome Duxbury	BBN 10.49	5 Paul Lenehan	LVL 11.65
6 Stewart Maxwell	PST 10.20	6 Simon Wells	BKP 11.14
7 Phil Robinson	SHS 9.35	7 Steve Moran U20	SHS 9.88

W 100m		W 200m	
1 Victora Shier U17	BKP 12.1	1 Stephanie Johnson	BRW 26.3
2 Jenny Igbokwe U20	SAL 12.6	2 Danielle Parkinson	SAL 26.4
3 Sarah Mageenan-Dixon	PST 12.7	3 Leigh Newton	BKP 26.5
4 Sarah Haworth	BBN 12.9	4 Sarah Mageenan-Dixon	PST 26.8
5 Stephanie Johnson	BRW 13.1	5 Claire Murphy	LVL 27.2
6 Rachael Price U17	SHS 13.7	6 Christina Clark U17	BBN 27.5
7 Frances Davies U20	LVL 13.9	7 Rachael Price U17	SHS 28.0

W 400m		W 800m	
1 Kay Sheedy	BKP 58.3	1 Vicky Owen	SAL 2.20.2
2 Carly Thompson U17	BBN 61.3	2 Rachel Thompson U17	BRW 2.24.4
3 Lara Smith U20	BRW 61.4	3 Sarah Charnock	SHS 2.24.7
4 Frances Davies U20	LVL 63.0	4 Anastacia Bligh	BKP 2.25.3

5 Sarah Charnock	SHS 65.0	5 Racel Wood	BBN 2.26.3
6 Lindsay Johnson	SAL 65.9		

W 1500m

1 Emma Lee Heighway	SAL 4.49.6
2 Carolyn Robbins	BKP 4.59.0
3 Gill Bacon	SHS 5.06.6
4 Alice Forster U20	BRW 5.25.7
5 Hayley Billington U2	PST 5.28.4
6 Jackie Taylor	BBN 5.33.5

W 3000m

1 Pauline Powell	BBN 9.35.1
2 Ruth Waller	SAL 10.29.4
3 Gill Bacon	SHS 10.35.2
4 Gemma Titterington	BKP 10.36.7
5 Lou Lyness	BRW 11.35.7
6 Stephanie Cray	LVL 12.39.2
7 Alison Armour	PST 13.24.4

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W 100mH

1 Sarah Haworth	BBN 15.5
2 Jackie Noblet	PST 15.5
3 Lara Smith U20	BRW 17.4
4 Elena Mingas U20	BKP 17.7
5 Vicky Utley	SAL 17.7
6 Nicola Quinn U20	SHS 21.3

W 400mH

1 Jackie Noblet	PST 64.9
2 Lara Smith U20	BRW 65.0
3 Christina Carr U17	BBN 72.3
4 Vicky Utley	SAL 73.2
5 Laura Evans U17	BKP 74.2

W Discus Throw

1 Donna Williams	SAL 40.76
2 Danielle Thomas U20	BRW 34.90
3 Natalie Mullineux	SHS 26.17
4 Emily Clark U17	LVL 23.21
5 Aime Hearsum U17	BKP 16.48
6 Emma McEachnie	BBN 14.39
7	PST 8.46

W Hammer Throw

1 Vicky Johnson U17	LVL 40.60
2 Aime Hearsum U17	BKP 29.08
3 Chiara Collins	SAL 28.03
4 Lynne Walker	BRW 26.52
5 Nicola Quinn U20	SHS 24.96
6 Rebecca Wiseman	PST 22.50
7 Emma McEachnie	BBN 19.90

W High Jump

1 Dawn Walker	BRW 1.60
2 Vicky Utley	SAL 1.35
3 Vicky Davies U17	SHS 1.35
4 Frances Davies U20	LVL 1.30
5 Amber Gordon U17	BKP 1.30
6 Rachel Wood U17	BBN 1.25

W Javelin Throw

1 Stephanie Novak U20	PST 37.72
2 Kim Pearson U17	BRW 26.79
3	BKP 20.01
4 Nicola Quinn U20	SHS 14.29
5 Sally Targett	BBN 14.19
6 Lindsay Johnson	SAL 14.04
7 Laura Bishop	LVL 10.49

W Long Jump

1 Danielle Parkinson	SAL 5.16
2 Jackie Noblet	PST 4.65
3 Danielle Thomas U20	BRW 4.34
4 Sally Targett	BBN 4.28
5 Natasha Awang	LVL 4.26
6 Rochelle Hearsum U20	BKP 4.21
7 Vicky Davies U17	SHS 3.93

W Pole Vault

1 Michelle Thornley	PST 2.80
2 Elena Mingas U20	BKP 2.80
3 Lindsay Johnson	SAL 2.60
4 Dawn Walker	BRW 1.70

W Shot Putt

W Triple Jump

1 Donna Williams	SAL	11.11	1 Joanna Birch U20	SAL	10.61
2 Danielle Thomas U20	BRW	10.36	2 Dawn Walker	BRW	9.85
3 Danielle Bates U17	LVL	8.59	3 Natasha Awang	LVL	9.81
4 Rebecca Wiseman	PST	8.53	4 Rochelle Hearsum U20	BKP	9.18
5 Natalie Mullineux	SHS	8.26	5 Sally Targett	BBN	8.73
6 Aime Hearsum U20	BKP	8.16	6 Nicola Quinn U20	SHS	7.19
7 Emma McEachnie	BBN	6.80			

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W 4x100m Relay

1 BKP 50.9	1	2
	3	4
2 SAL 51.7	1	2
	3	4
3 BBN 53.5	1	2
	3	4
4 BRW 55.5	1	2
	3	4
5 LVL 55.9	1	2
	3	4
6 SHS 57.9	1 Gill Bacon	2 Vicky Davies U17
	3 Sarah Charnock	4 Rachael Price U17
7 PST 57.9	1	2
	3	4

W 4x400m Relay

1 BKP 4.05.3	1	2
	3	4
2 SAL 4.09.6	1	2
	3	4
3 BBN 4.12.1	1	2
	3	4
4 BRW 4.14.6	1	2
	3	4
5 LVL 4.36.9	1	2
	3	4
6 SHS 4.49.5	1 Gill Bacon	2 Rachael Price U17
	3 Sarah Charnock	4 Nicola Quinn U20

M 4x100m Relay

1	Blackpool & Fylde A.C.	44.2
2	Liverpool Harriers & A.C.	45.1
3	Sale Harriers (Manchester)	45.8
4	St. Helens Sutton A.C.	46.5
5	Blackburn	47.3
6	Barrow & Furness S.& A.C.	51.0

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M 4x400m Relay

1	Blackpool & Fylde A.C.	3.28.8
2	Sale Harriers (Manchester)	3.33.2
3	Blackburn	3.40.4
4	St. Helens Sutton A.C.	3.46.3
5	Barrow & Furness S.& A.C.	3.55.9

	Points
1	Sale Harriers (Manchester) 196
2	Blackpool & Fylde A.C. 173
3	Barrow & Furness S.& A.C. 156
4	Blackburn 150
5	St. Helens Sutton A.C. 125
6	Liverpool Harriers & A.C. 114
7	Preston Harriers 110