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Venue: Cudworth, Barnsley, Sun 27 August 2006

M 100m			M 200m			Wind -0.4 M/sec		
1	Darren Scott	TRF 10.91	1	Darren Scott	TRF 22.24			
2	Eberechi Eseonli	BOS 11.15	2	Eberechi Eseonli	BOS 22.88			
3	Ricardo Francis	WKF 11.23	3	Ricardo Francis	WKF 23.01			
4	Phil Vickers	BBN 11.68	4	Steve Gregg	CHF 23.98			
5	Chris Beggan	BKP 12.06	5	Phil Vickers	BBN 24.32			
6	Dean Hardman	SAL 12.17	6	Tom Black	SAL 24.46			
7	Richard Szarkowski	CHF 12.21	7	Dominic Arnold	BKP 24.76			

M 400m			M 800m		
1	Darren Eldin	SAL 49.53	1	Paul Bradshaw	BBN 1.58.98
2	Brent Starkie	BKP 50.55	2	Tim Egerton	TRF 1.59.74
3	Paul Bradshaw	BBN 50.69	3	Rob Whittaker	SAL 2.02.82
4	Lawrence Baird	TRF 50.71	4	Steve Bonnington	CHF 2.03.61
5	Leon Pycock	BOS 53.95	5	Jonny McGregor	RWT 2.04.45
6	Jonny McGregor	RWT 53.99	6	Gareth Hepworth	WKF 2.15.94
7	Lewis Tatt	WKF 55.63	7	John Haresign	BOS 2.22.36

M 1500m			M 5000m		
1	Joe McDonald	TRF 3.56.20	1	Hywel Care	RWT 15.10.44
2	Andy Hilton	RWT 3.57.44	2	Tom Cornthwaite	BBN 15.20.53
3	Nigel Makin	SAL 4.02.49	3	Tim Egerton	TRF 15.33.14
4	Matt Wood	BBN 4.08.89	4	Matt Bond	SAL 15.35.95
5	Nathan Elliott	WKF 4.17.49	5	Tom Cunningham	BKP 16.20.39
6	Mike Coward	CHF 4.22.17	6	Geoff Knight	BOS 17.07.66
7	Jack Albrow	BOS 5.19.71	7	Eddie Lee	CHF 18.23.90

M 10,000m			M 110mH			Wind +0.0 M/sec		
1	Ben Fish	BBN 30.33.21	1	Paul Crosby	TRF 15.00			
2	Colin Gell	SAL 33.09.10	2	Mark Bowler	BOS 15.76			
3	Paul Rockcliffe	TRF 33.21.11	3	Paul Whittle	BBN 16.10			
4	Ian Monaghan	CHF 34.44.19	4	Jonathan Ferryman	SAL 17.23			
5	Paul Goble	RWT 34.53.60	5	Darren Thomas	WKF 21.30			
6	Brian Hall	BKP 36.40.91	6	Ben Morbey	CHF 22.93			
7	Owen Msinango	BOS 41.34.49						

M 400mH			M 3000m SC		
1	Paul Crosby	TRF 58.1	1	Chris Hart	BBN 9.54.12
2	Simon Robinson	BOS 59.0	2	Rob Jowett	SAL 10.15.41
3	Ben Morbey	CHF 60.8	3	Steve Gascoyne	CHF 10.27.25
4	Chris Beggan	BKP 61.0	4	Paul Rockcliffe	TRF 10.32.11
5	Etienne Sharrocks	BBN 62.4	5	Geoff Knight	BOS 10.41.11
6	John Paul Dales	WKF 67.0	6	Andy Normandale	RWT 10.55.31

M Discus Throw			M Hammer Throw		
1	Roger Bate	TRF 43.18	1	Roger Bate	TRF 48.98
2	Ben Graham	CHF 37.64	2	Richard Gayle	WKF 40.03
3	Rimas Martisauskas	WKF 36.04	3	Shane Eilershaw	BKP 31.91
4	Paul Wilson	RWT 33.03	4	Jason Robinson	CHF 31.30
5	Bob Wyper	BKP 29.66	5	Stuart Smith	BOS 26.07
6	Stuart Smith	BOS 29.63	6	Mark Birchall	BBN 21.72
7	Alf Oddie	BBN 29.11	7	Dave Martin	SAL 4.23
8	Matt Cullen	SAL 21.10			

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M High Jump		M Javelin Throw	
1 Ben Morbey	CHF 1.95	1 Mark Wearing	CHF 53.90
2 Alex Girdler	TRF 1.90	2 P Ostaporycz	TRF 49.41
3 Jake Mason	BOS 1.85	3 Mark Birchall	BBN 49.08
4 Mark Keeler	WKF 1.80	4 Mark Keeler	WKF 46.22
5 Paul Alsopp	RWT 1.70	5 Paul Alsopp	RWT 43.69
6 Etienne Sharrocks	BBN 1.70	6 Karl Wright	BOS 34.56
		7 Bob Wyper	BKP 28.42
		8 Dave Martin	SAL 6.59
M Long Jump		M Pole Vault	
1 Jacob Brown	SAL 7.18	1 Edward Moubey	CHF 4.10
2 Lawrence Harvey	TRF 6.34	2 Matt Cullen	SAL 3.60
3 Mark Bridges	BOS 6.29	3 Lawrence Steele	BKP 3.00
4 Richard Szarkowski	CHF 6.05	4 Darren Thomas	WKF 2.80
5 Claude Peter Thomas	BBN 6.01	5 Phil Peatling	BOS 2.80
6 Paul Alsopp	RWT 5.96	6 Claude Peter Thomas	BBN 2.10
7 Damien Clarkson	BKP 5.55		
8 Freddie Flynn	WKF 5.25		
M Shot Putt		M Triple Jump	
1 Rimas Martisauskas	WKF 16.55	1 Jacob Brown	SAL 14.34
2 Roger Bate	TRF 12.42	2 Lawrence Harvey	TRF 14.24
3 Ben Graham	CHF 11.03	3 Chris Bloom	BOS 12.78
4 Stuart Smith	BOS 10.34	4 Claude Peter Thomas	BBN 12.77
5 Bob Wyper	BKP 9.70	5 Richard Szarkowski	CHF 12.60
6 Alf Oddie	BBN 9.57	6 Paul Alsopp	RWT 12.27
7 Paul Wilson	RWT 8.22	7 Richard Gayle	WKF 11.54
8 Matt Cullen	SAL 7.81	8 Damien Clarkson	BKP 11.30
W 100m		W 200m	Wind -0.3 M/sec
1 Jenny Taker	TRF 12.20	1 Robyn Rashford	SAL 25.29
2 Robyn Rashford	SAL 12.20	2 Kelly Johnson	WKF 27.08
3 Christina Clubley	WKF 12.40	3 Rachel Howard	CHF 27.11
4 Laura Davies	BKP 12.78	4 Rochelle Hearsum	BKP 27.75
5 Rachel Howard	CHF 12.78	5 Zoe Reid	TRF 28.16
6 Sarah Haworth	BBN 13.11	6 Christina Carr	BBN 29.10
7 Annie Roberts	RWT 13.62	7 Julia Moore	BOS 29.21
8 Julia Moore	BOS 13.74		
W 400m		W 800m	
1 Mikaela Harrison	WKF 58.36	1 Kelly Johnson	WKF 2.11.65
2 Eleanor Richardson	SAL 58.89	2 Karen Hill	TRF 2.14.11
3 Lucy Abbott	TRF 61.33	3 Kaye Kitkham	SAL 2.18.24
4 Rachel Wood	BBN 63.87	4 Rachel Wood	BBN 2.26.84
5 Julia Moore	BOS 64.87	5 Emily Moss	BOS 2.29.60
6 Emma Bartrum	CHF 65.52	6 Anastasia Bligh	BKP 2.31.20
7 Lisa Daley	BKP 66.61		
W 1500m		W 3000m	
1 Karen Hill	TRF 4.52.52	1 Beth English	SAL 10.55.28
2 Emma Leigh Heighway	SAL 4.53.27	2 Carolyn Robbins	BKP 10.58.22
3 Katy McHale	WKF 4.57.94	3 Rachel Searson	BBN 11.04.64
4 Hollie Robinson	BBN 5.16.12	4 Sharon Marshall	WKF 12.26.14
5 Danielle Parkinson	BKP 5.45.39	5 Franchesca Quansah	TRF 14.35.54
6 Catherine Coten	BOS 7.01.78	6 Catherine Coten	BOS 15.14.60

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W 100mH	Wind -1.3 M/sec	W 400mH	
1 Sarah Haworth	BBN 15.45	1 Lucy Abbott	TRF 67.01
2 Nicola Cahill	SAL 15.45	2 Jodie Favell	BOS 69.86
3 Jodie Favell	BOS 16.26	3 Christina Carr	BBN 70.95
4 Ruth Dales	WKF 16.71	4 Vicky Uttley	SAL 71.16
5 Lucy Abbott	TRF 17.76	5 Emily Cupit	CHF 79.33
		6 Carolyn Robbins	BKP 81.03

W Discus Throw		W Hammer Throw	
1 Sarah Henton	BBN 44.00	1 Jemma Kelly	TRF 43.26
2 Jemma Kelly	TRF 39.07	2 Aimee Hearsom	BKP 31.75
3 Stacey Worth	BOS 27.86	3 Sarah Henton	BBN 28.78
4 Debbie Collinson	WKF 27.50	4 Yvette Carling	RWT 21.61
5 Aimee Hearsom	BKP 26.60	5 Debbie Collinson	WKF 21.41
6 Charlotte Brown	CHF 25.00	6 Lucy Roberts	CHF 19.19
7 Yvette Carling	RWT 20.29	7 Stacey Worth	BOS 15.39
8 Alison Pye	SAL 17.43	8 Beth English	SAL 10.59

W High Jump		W Javelin Throw	
1 Rachel Howard	CHF 1.70	1 Jodie Favell	BOS 34.92
2 Tiffany Lyons	WKF 1.65	2 Debbie Collinson	WKF 33.94
3 Emily Moss	BOS 1.50	3 Emma Halsall	TRF 31.25
4=Hollie Robinson	BBN 1.40	4 Sarah Henton	BBN 28.50
4=Dawn Gasgarth	BKP 1.40	5 Yvette Carling	RWT 28.30
4=Nicola Cahill	SAL 1.40	6 Helen Bruton	SAL 27.30
4=Karen Hill	TRF 1.40	7 Jessica Marshall	CHF 23.09
4=Yvette Carling	RWT 1.40	8 Aimee Hearsom	BKP 21.02

W Long Jump		W Pole Vault	
1 Nicola Cahill	SAL 5.44	1=Caroline Nutt	WKF 2.90
2 Rachel Howard	CHF 5.37	1=J Mullineaux	TRF 2.90
3 Sarah Haworth	BBN 5.24	3 Zalia Hill	SAL 2.90
4 Emily Moss	BOS 5.14	4 Emma Hilton	CHF 2.60
5 Ruth Laybourn	WKF 4.86	5 Elana Mingus	BKP 2.60
6 Franchesca Quansah	TRF 4.81	6 Natalie Grimer	BOS 2.30
7 Annie Roberts	RWT 4.52		
8 Dawn Gasgarth	BKP 4.39		

W Shot Putt		W Triple Jump	
1 Debbie Collinson	WKF 11.24	1 Joanna Birch	SAL 10.62
2 Jemma Kelly	TRF 11.04	2 Franchesca Quansah	TRF 10.62
3 Sarah Henton	BBN 10.50	3 Sarah Haworth	BBN 10.24
4 Charlotte Brown	CHF 9.49	4 Dawn Gasgarth	BKP 10.18
5 Jodie Favell	BOS 9.23	5 Laura Teasdale	WKF 9.80
6 Aimee Hearsom	BKP 8.62	6 Annie Roberts	RWT 9.76
7 Jenny Igbokwe	SAL 8.33	7 Natalie Griner	BOS 8.99
8 Yvette Carling	RWT 8.16	8 Claire Muddiman	CHF 8.75

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## W 4x100m Relay

1 SAL 50.25	1 Jenny Igbokwe	2 Robyn Rashford
	3 Zalia Hill	4 Joanna Birch
2 TRF 51.67	1 Zoe Reid	2 Jenny Taker
	3 Franchesca Quansah	4 R Smith
3 BKP 52.12	1 Laura Davies	2 Dawn Gasgarth
	3 Rochelle Hearsom	4 Elana Mingus
4 CHF 53.79	1 Claire Muddiman	2 Rachel Howard
	3 Jessica Marshall	4 Elena Beard
5 WKF 53.80	1 Ruth Dales	2 Laura Teasdale
	3 Mikaela Harrison	4 Tiffany Lyons
6 BBN 54.85	1 Sarah Haworth	2 Christina Carr
	3 Rachel Wood	4 Hollie Robinson
7 BOS 57.19	1 Jodie Favell	2 Catherine Coten
	3 Natalie Griner	4 Stacey Worth

## W 4x400m Relay

1 WKF 4.01.24	1 Mikaela Harrison	2 Katy McHale
	3 Alison Hackney	4 Kelly Johnson
2 SAL 4.08.45	1 Eleanor Richardson	2 Joanna Birch
	3 Emma Leigh Heighway	4 Kaye Kitkham
3 TRF 4.13.19	1 Zoe Reid	2 Jenny Taker
	3 Franchesca Quansah	4
4 BBN 4.17.46	1 Hollie Robinson	2 Rachel Wood
	3 Toni Aldridge	4 Rachel Searson
5 BKP 4.33.14	1 Lisa Daley	2 Anastasia Bligh
	3 Danielle Parkinson	4 Dawn Gasgarth
6 BOS 4.40.91	1 Emily Moss	2 Julia Moore
	3 Catherine Coten	4 Jodie Favell

## M 4x100m Relay

1 BOS 44.14	1 Mark Bowler	2 Mark Bridges
	3 Leon Pycoc	4 Eberechi Eseonli
2 BBN 45.14	1 Phil Vickers	2 Paul Whittle
	3 Paul Bradshaw	4 Claude Peter Thomas
3 SAL 45.89	1 Rob Proctor	2 Dean Hardman
	3 Tom Black	4 Darren Eldin
4 BKP 45.93	1 Chris Beggan	2 Dominic Arnold
	3 Damien Clarkson	4 Brent Starkie
5 CHF 46.63	1 Edward Murbey	2 Steve Gregg
	3 Richard Szarkowski	4 Ben Murphy
6 WKF 46.71	1 Ricardo Francis	2 Steve Thorp
	3 Freddie Flynn	4 Richard Blythe
7 TRF 88.27	1	2
	3	4

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## M 4x400m Relay

1 TRF 3.28.03	1	2
	3	4
2 BBN 3.30.45	1 Etienne Sharrocks	2 Matt Wood
	3 Chris Hart	4 Paul Bradshaw
3 SAL 3.36.05	1 Tom Black	2 Rob Jowett
	3 Matt Bond	4 Darren Eldin
4 BOS 3.40.50	1 Mark Bowler	2 Simon Robinson
	3 John Haresign	4 Leon Pycock
5 BKP 3.41.07	1 Tom Cunningham	2 Brent Starkie
	3 Chris Beggan	4 Brian Hall
6 WKF 3.50.13	1 Freddie Flynn	2 Gareth Hepworth
	3 Nathan Elliott	4 Richard Blythe
7 CHF 4.01.81	1 Steve Gregg	2 Ben Mourby
	3 Steve Gascoyne	4 Mike Coward

	Points
1 Trafford A.C.	253
2 City of Manchester(Sale)	200
3 Blackburn Harriers	198
4 Wakefield D. H. & A.C.	182
5 Boston	168
6 Chesterfield & District	154
7 Blackpool & Fylde A.C.	126
8 Nestle Rowntree AC	73

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