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Venue: Thornes park wakefield, Sat 6 May 2006

M 100m A

1 David Readle	LPS	11.3
2 John Uridge	WFD	11.4
3 Umar Hameed	LDS	11.6
4 Marc Suggitt	GHD	11.9
5 Julian Claire	TRF	12.5
6 M Cribben	COM	12.7

M 100m B

1 Michael Zaim	LPS	11.2
2 Alan Ruddock	WFD	11.3
3 Daniel Gardiner	LDS	11.6
4	COM	12.3
5 Matthew Evans	GHD	12.6
6 Ian Scholes	TRF	12.8

M 200m A

1 Jonathan Shearn	WFD	22.0
2 Phil Taylor	LPS	22.1
3 Richard Harrison	GHD	23.1
4 Scott Riley	TRF	23.3
5 Gary O'Niell	LDS	24.1

M 200m B

1 Michael Zaim	LPS	23.2
2 John Uridge	WFD	23.7
3 Mark Gilmer	LDS	23.7
4 Matthew Evans	GHD	25.2
5 Ian Scholes	TRF	25.5

M 400m A

1 Jonathan Shearn	WFD	49.5
2 Mark Grimshaw	LPS	49.8
3 Scott Riley	TRF	51.2
4 Gary O'Niell	LDS	51.8
5 James Stacey	GHD	58.1

M 400m B

1 Keiran McGinn	LPS	49.6
2 James Devney	WFD	51.9
3 Mark Gilmer	LDS	53.1
4 Keith Smith	TRF	57.7

M 800m A

1 Jonathan Stewart	LDS	2.00.4
2 Stephen Denegan	LPS	2.00.7
3 Stephen Rhodes	GHD	2.02.8
4 John Howe	TRF	2.04.5
5 Paul Green	COM	2.09.7
6 Gareth Hepworth	WFD	2.14.5

M 800m B

1 Michael Rimmer	LPS	2.09.6
2 Symon Stratton	GHD	2.12.9
3 Jeff Prest	TRF	2.14.5
4 Steve Thorpe	WFD	3.24.9

M 1500m A

1 Michael Rimmer	LPS	4.07.2
2 Rob Flannery	COM	4.10.0
3 Nathan Elliott	WFD	4.14.1
4 Martin Roscoe	LDS	4.23.0
5 John Howe	TRF	4.25.0

M 1500m B

1 Matt Bond	COM	4.16.9
2 Stephen Denegan	LPS	4.22.4
3 Jeff Prest	TRF	4.26.7
4 Peter Steel	LDS	4.30.5
5 Gareth Hepworth	WFD	5.10.3

M 5000m A

1 Paul Green	COM	15.13.1
2 Martin Hilton	LDS	15.14.9
3 Sammy Rashid	LPS	16.16.8
4 Gareth Williams	TRF	16.27.8
5 Steve Tibbs	WFD	17.07.4

M 5000m B

1 Matt Bond	COM	15.39.7
2 Gregory Hull	LDS	15.47.2
3 Terry Greenwood	TRF	16.44.1

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M 110mH A		M 110mH B	
1 W Williamson	COM 16.0	1 Robert Lee	WFD 17.5
2 Jon Rice	LPS 16.0	2 A Webster	COM 18.9
3 Ian Scholes	TRF 20.5	3 Keith Smith	TRF 19.8
4 Mark Smith	WFD DISQ		
M 400mH A		M 400mH B	
1 Paul Rudkin	LPS 60.3	1 John Palmer	WFD 63.8
2 Mark Smith	WFD 60.5	2 Thomas Lindsay	LDS 64.6
3 Russell England	LDS 61.6	3 Jon Rice	LPS 64.7
4 A Webster	COM 61.7	4 Terry Greenwood	TRF 68.3
5 Keith Smith	TRF 62.5		
M 3000m SC A		M 3000m SC B	
1 Martin Roscoe	LDS 9.33.0	1 Russell England	LDS 10.52.7
2 Rob Flannery	COM 9.38.7	2 P Barrett	COM 11.05.8
3 Andrew Lister	TRF 9.48.3		
M Discus Throw A		M Discus Throw B	
1 David Readle	LPS 41.58	1 Mark Line	LPS 39.06
2 Matthew Allison	LDS 40.85	2 Mark Gulliver	LDS 37.45
3 W Wilkinson	COM 35.99	3 Darren Thomas	WFD 27.45
4 Julian Claire	TRF 35.85	4 Terry Greenwood	TRF 27.15
5 Mark Keeler	WFD 29.21	5 M Bruton	COM 24.97
6 Terry Hudson	GHD 28.06	6 Sean Hudson	GHD 18.74
M Hammer Throw A		M Hammer Throw B	
1 Mark Gulliver	LDS 54.36	1 Mark Line	LPS 35.36
2 David Readle	LPS 47.13	2 Darren Thomas	WFD 31.01
3 Julian Claire	TRF 36.12	3 Terry Hudson	GHD 27.93
4 Sean Hudson	GHD 35.84	4 Terry Greenwood	TRF 25.14
5 Richard Gayle	WFD 34.44	5 A Webster	COM 16.28
6 M Bruton	COM 32.62	6 John Lunn	LDS 14.80
M High Jump A		M High Jump B	
1 Jon Rice	LPS 1.80	1 Jacob Shaw	LPS 1.75
2 Thomas Lindsay	LDS 1.70	2 M Cribben	COM 1.60
3 W Williamson	COM 1.70	3 Robert Lee	WFD 1.60
4 Julian Claire	TRF 1.70	4 Jack Murray	LDS 1.60
5 James Stacey	GHD 1.65	5 Keith Smith	TRF 1.50
6 Mark Smith	WFD 1.60		
M Javelin Throw A		M Javelin Throw B	
1 Matthew Allison	LDS 59.65	1 Julian Claire	TRF 44.29
2 Paulo Ostapowicz	TRF 53.53	2 W Williamson	COM 43.48
3 Mark Keeler	WFD 47.72	3 Mark Gulliver	LDS 40.45
4 Mark Line	LPS 47.06	4 Jon Rice	LPS 39.89
5 M Bruton	COM 46.67	5 Mark Smith	WFD 38.96
6 Ian Purkiss	GHD 37.35	6 Sean Hudson	GHD 22.23

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M Long Jump A		M Long Jump B	
1 Matt Barton	LDS 6.67	1 Daniel Gardiner	LDS 6.52
2 Alan Ross	LPS 6.15	2 Terry Greenwood	TRF 5.67
3 Julian Claire	TRF 6.09	3 Alan Ruddock	WFD 5.52

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4 Ian Purkiss	GHD 5.88	4 A Webster	COM 5.07
5 Robert Lee	WFD 5.67	5 Jon Rice	LPS 4.99
6 Mark Cribben	COM 5.65	6 Gavin Howard	GHD 4.92

M Pole Vault A		M Pole Vault B	
1 Mark Line	LPS 3.40	1 David McComb	LPS 2.80
2 James Stacey	GHD 3.30	2 Julian Claire	TRF 2.70
3 Keith Smith	TRF 2.90	3 Darren Thomas	WFD 2.70
4 Daniel Gardiner	LDS 2.80	4 Gavin Howard	GHD 2.40
5 Mark Smith	WFD 2.70		

M Shot Putt A		M Shot Putt B	
1 David McComb	LPS 14.42	1 Mark Gulliver	LDS 12.09
2 Rimantas Martisankas	WFD 14.09	2 Mark Line	LPS 11.49
3 Matthew Allison	LDS 12.85	3 Darren Thomas	WFD 10.27
4 Paulo Ostapowicz	TRF 10.28	4 Terry Greenwood	TRF 9.20
5 W Williamson	COM 10.00	5 M Bruton	COM 8.42
6 Sean Hudson	GHD 9.19	6 Terry Hudson	GHD 8.03

M Triple Jump A		M Triple Jump B	
1 Matt Barton	LDS 14.64	1 Sakob Shaw	LPS 11.17
2 Robert Lee	WFD 12.99	2 Keith Smith	TRF 11.12
3 David Street	LPS 12.22	3 John Uridge	WFD 11.03
4 A Webster	COM 11.72	4 Tony Fell	LDS 10.03
5 Terry Greenwood	TRF 11.63		
6 Ian Purkiss	GHD 11.02		

W 100m A		W 100m B	
1 Lucy Evans	COM 12.2	1 Sheona Bunrs	GHD 12.9
2 Titi Ameobi	GHD 12.3	2 Fiona Thomas	WFD 13.0
3 Dionne Ellison	TRF 12.4	3 Rachel Smith	TRF 13.2
4 Naana Adysei	LDS 12.7	4 Danielle Parkinson	COM 13.2
5 Amy Wilson	WFD 13.2	5 Jo Westerman	LDS 13.6
6 Amy Potter	LPS 13.8	6 Rachel Hutchinson	LPS 14.8

W 200m A		W 200m B	
1 Lucy Evans	COM 24.8	1 Emma Morris	GHD 25.8
2 Vicky Webster	GHD 25.4	2 Juanity Harrison	TRF 25.9
3 Dionne Ellison	TRF 26.2	3 Danielle Parkinson	COM 27.2
4 Naana Adysei	LDS 26.4	4 Jo Westerman	LDS 27.8
5 Lynsi Whyke	WFD 26.8	5 Fiona Thomas	WFD 28.9
6 Rachel Hutchinson	LPS 29.6		

W 400m A		W 400m B	
1 Kilsha Ferguson	TRF 57.5	1 Vicky Carmichael	GHD 57.3
2 Laura Siddall	COM 57.9	2 Kelly Johnson	WFD 57.7
3 Nicci Youden	GHD 58.5	3 Anita Richardson	TRF 58.7
4 Claire Craddock	LDS 60.8	4 Ruth Watson	COM 59.6
5 Claire Sykes	WFD 61.9	5 Anna Martin	LDS 64.2

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W 800m A		W 800m B	
1 Kelly Johnson	WFD 2.10.8	1 Ruth Watson	COM 2.16.0
2 Joanne Dawes	COM 2.14.6	2 Shirley Griffiths	WFD 2.23.6
3 Rachel McHugh	TRF 2.16.4	3 Cathleen Kelly	GHD 2.26.4
4 Emma Waterhouse	GHD 2.20.6	4 Rebecca Devney	LDS 2.34.8
5 Anna Martin	LDS 2.25.0	5 Ruth Kiveal	TRF 2.47.3
6 Stephanie Swift	LPS 2.33.8		

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W 1500m A		W 1500m B	
1 Karen Hill	TRF 4.36.5	1 Julie Briscoe	WFD 4.52.1
2 Helen Singleton	WFD 4.43.8	2 Alston Pye	COM 5.04.7
3 Kirsteen Young	LDS 4.47.9	3 Joan Howe	TRF 5.09.1
4 Vicky Mason	COM 4.53.4	4 Sian Davies	LDS 5.25.9
5 Sally Youden	GHD 5.00.2	5 Kirsty Longley	LPS 6.04.8
6 Stephanie Swift	LPS 5.21.6		
W 3000m A		W 3000m B	
1 Julie Briscoe	WFD 10.00.6	1 Sarah Beevers	WFD 10.22.7
2 Kirsteen Young	LDS 10.15.9	2 Celia De Maria	LDS 10.30.5
3 Rachel Deegan	COM 10.18.9	3 Vicky Mason	COM 10.34.7
4 Stephanie Robinson	GHD 10.22.7	4 Anna Verges	TRF 10.45.2
5 Julie Leventon	TRF 10.44.2		
6 Kirsty Longley	LPS 12.17.5		
W 100mH A		W 100mH B	
1 Emma Morris	GHD 15.0	1 Kathy Wellam	COM 18.3
2 Vicky Utley	COM 17.7		
3 Georgina Ablett	LDS 22.4		
W 400mH A		W 400mH B	
1 Lucy Abbott	TRF 67.1	1 Kathy Wellam	COM 68.7
2 Vicky Utley	COM 69.6	2 Celia De Maria	LDS 75.3
3 Georgina Ablett	LDS 77.2	3 Becky Taylor	GHD 77.4
4 Sophie De La Hunt	GHD 77.2	4 Amy Ridsdale	WFD 102.2
5 Vikki Mills	WFD 83.8		
W Discus Throw A		W Discus Throw B	
1 Claire Griss	COM 47.04	1 Donna Williams	COM 37.81
2 Jemma Kelly	TRF 41.92	2 Nicola Gore	LPS 31.34
3 Nichola Baker	GHD 38.55	3 Alice Simpson	LDS 31.00
4 Bethany Staniland	LDS 37.71	4 Amy Ridsdale	WFD 27.83
5 Natalie Walsh	LPS 37.13	5 Helen Arnold	TRF 26.18
6 Debbie Collinson	WFD 28.90	6 Leah Weatheritt	GHD 24.93
W Hammer Throw A		W Hammer Throw B	
1 Laura Douglas	COM 59.35	1 Sarah Holt	COM 55.68
2 Jemma Kelly	TRF 44.52	2 Helen Arnold	TRF 42.42
3 Nicky Jackson	WFD 43.69	3 Carly Beanland	WFD 32.07
4 Lisa Marie Shippen	GHD 42.36	4 Leah Weatheritt	GHD 30.44
5 Nicola Gore	LPS 26.54	5 Natalie Walsh	LPS 26.54
6 Tessita Burnell	LDS 21.10		

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W High Jump A		W High Jump B	
1 Laura Fleming	LDS 1.60	1=Sophie De La Hunt	GHD 1.45
2 Laura Jarvis	WFD 1.55	1=Alex Carr	WFD 1.45
3 Rebecca Wilkinson	GHD 1.50	3 Hanna Thompson	LDS 1.35
4 Ashley McComb	LPS 1.45	4 Stephanie Swift	LPS 1.10
5 Juanita Harrison	TRF 1.35		
6 Vicky Utley	COM 1.35		
W Javelin Throw A		W Javelin Throw B	
1 Emma Halsall	TRF 36.76	1 Jemma Kelly	TRF 34.76
2 Bethany Staniland	LDS 35.60	2 Annemarie Pennington	LPS 28.66
3 Michelle Lonsdale	WFD 35.16	3 Alice Simpson	LDS 28.13

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4 Kerry Massey	LPS 32.89	4 Tracey Newton	GHD 24.88
5 Leah Weatheritt	GHD 25.51	5 Vikki Mills	WFD 19.70
6 Laura Siddall	COM 25.14	6 Claire Griss	COM 19.43
W Long Jump A			
1 Danielle Parkinson	COM 5.43	1 Vicky Utley	COM 4.86
2 Sophie De La Hunt	GHD 5.09	2 Fiona Thomas	WFD 4.40
3 Lynsi Whyke	WFD 4.75	3 Emma Woof	GHD 4.30
4 Frances Quansah	TRF 4.29	4 Rachel Smith	TRF 4.22
5 Ashley McComb	LPS 4.02		
6 Rebecca Devney	LDS 3.57		
W Pole Vault A			
1 Caroline Nutt	WFD 3.00	W Pole Vault B	
2 Lindsay Johnson	COM 2.60	1 Vikki Mills	WFD 2.20
3 Janine Mullineaux	TRF 2.30		
4 Ashley McComb	LPS 2.00		
W Shot Putt A			
1 Bethany Staniland	LDS 11.95	W Shot Putt B	
2 Jemma Kelly	TRF 11.79	1 Alice Simpson	LDS 11.83
3 Fiona Thomas	WFD 11.51	2 Lisa Marie Shippen	GHD 10.09
4 Donna Williams	COM 11.03	3 Laura Douglas	COM 9.65
5 Leah Weatheritt	GHD 10.35	4 Amy Ridsdale	WFD 9.30
6 Nicola Gore	LPS 9.58	5 Natalie Walsh	LPS 7.76
		6 Linda Gabriel	TRF 6.59
W Triple Jump A			
1 Emma Woof	GHD 11.38	W Triple Jump B	
2 Francesca Quansai	TRF 10.26	1 Sophie De La Hunt	GHD 9.41
3 Danielle Parkinson	COM 10.25	2 Lindsay Johnson	COM 9.25
4 Lynsi Whyke	WFD 9.99	3 Alex Carr	WFD 8.86
5 Rebecca Devney	LDS 8.79	4 Rachel Smith	TRF 8.67
6 Ashley McComb	LPS 8.79	5 Rachel Devney	LDS 8.56

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W 4x100m Relay

1 GHD 49.5	1 Vicky Webster	2 Sheona Bunrs
	3 Emma Morris	4 Titi Ameobi
2 TRF 50.0	1 Dionne Ellison	2 Juanita Harrison
	3 Rachel Smith	4 Kilsha Ferguson
3 COM 51.1	1 Danielle Parkinson	2 Lucy Evans
	3 Vicky Utley	4 Laura Siddall
4 WFD 54.1	1 Lynsi Whyke	2 Fiona Thomas
	3 Caroline Nutt	4 Alex Carr
5 LPS 56.3	1 Ashley McComb	2 Rachel Hutchinson
	3 Stephanie Swift	4 Amy Potter

W 4x400m Relay

1 GHD 3.57.2	1 Sally Youden	2 Nicci Youden
	3 Vicky Webster	4 Vicky Carmichael
2 COM 3.58.5	1 Laura Siddall	2 Ruth Watson
	3 Joanne Dawes	4 Kathy Wellam
3 WFD 4.02.1	1 Kelly Johnson	2 Helen Singleton
	3 Amy Wilson	4 Sarah Beevers
4 TRF 4.11.4	1 Rachel McHugh	2 Linda Gabriel
	3 Anita Richardson	4 Kilsha Ferguson
5 LDS 4.45.4	1 Claire Craddock	2 Anna Martin
	3 Sian Davies	4 Celia De Maria

M 4x100m Relay

1 LPS 43.5	1 David Readle	2 Michael Zaim
	3 Michael Rimmer	4 Mark Grimshaw
2 WFD 44.5	1 Alan Ruddock	2 John Uridge
	3 Jonathan Shearn	4 Richard Higson Blyth
3 LDS 45.2	1 Daniel Gardiner	2 Matt Barton
	3 Mark Gilmer	4 Umar Hameed
4 GHD 47.6	1 Richard Harrison	2 Ian Purkiss
	3 Matthew Evans	4 Marc Suggitt
5 COM 50.1	1 M Cribben	2 A Webster
	3 W Williamson	4 P Barrett
6 TRF 50.6	1 Scott Riley	2 Ian Scholes
	3 Keith Smith	4 John Howe

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M 4x400m Relay

1 LPS 3.24.1	1 Phil Taylor	2 Michael Rimmer
	3 Mark Grimshaw	4 Keiran McGinn
2 WFD 3.31.1	1 James Davies	2 Jonathan Shearn
	3 John Uridge	4 Mark Smith
3 LDS 3.47.9	1 Russell England	2 Martin Hilton
	3 Gary O'Niell	4 Mark Gilmer
4 TRF 3.51.8	1 Scott Riley	2 Andrew Lister
	3 Joan Howe	4 Jeff Prest
5 GHD 3.55.5	1 Matthew Evans	2 Symon Stratton
	3 Richard Harrison	4 Marc Suggitt

MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge
1	WFD 361	6	1	WAKEFIELD HARRIERS	361 6
2	LDS 348	5	2	LEEDS CITY AC	348 5
3	COM 347	4	3	CITY OF MANCHESTER	347 4
4	TRF 331	3	4	TRAFFORD AC	331 3
5	LPS 324	2	5	LIVERPOOL PEMBROKE SEFTON	324 2
6	GHD 279	1	6	GATESHEAD	279 1

Note(s)

GHD Includes + 30pts,
LDS Includes + 30pts,
LPS Includes + 30pts,
COM Includes + 30pts,
TRF Includes + 20pts,
WFD Includes + 30pts,