

M 100m A

1 Matt Lee	BRY	11.4
2 Luke Simpson	BNL	11.5
3 David Hurst	O&R	11.6
4 Craig Yates	SPN	11.8
5 Junior George	HFH	12.4
6 Nick Hardcastle	HFX	12.8

M 100m B

1 Josh Cayene	SPN	11.7
2 Carlo Balsamo	BRY	11.8
3 Rick Mather	O&R	12.1
4 Blaine Lindor	HFH	12.7
5 Tom Caulfield	HFX	13.0
6 Dale Grimshaw	BNL	13.9

M 200m A

1 David Hurst	O&R	23.1
2 Luke Simpson	BNL	23.2
3 Craig Yates	SPN	23.4
4 Anthony Ashton	BRY	23.7
5 Sam Henry	HFX	25.7
6 Paul Senior	HFH	31.3

M 200m B

1 Matt Lee	BRY	23.3
2 Aiden Gilmore	O&R	23.8
3 John Liniker	BNL	25.5
4 Tom Caulfield	HFX	25.6
5 Richard Clayton	SPN	27.7
6 Gavin Baxter	HFH	27.8

M 400m A

1 Rhys Smith	HFX	50.2
2 Carlo Balsamo	BRY	51.9
3 Phil Hayton	BNL	52.6
4 Rob Ingham	O&R	53.1
5 Tom Petit	HFH	55.0
6 Keith McGhie	SPN	55.5

M 400m B

1 Rick Mather	O&R	53.0
2 James Colbeck	BRY	54.9
3 George Heath	HFX	55.0
4 John Liniker	BNL	57.3
5 Mathew Pierson	HFH	58.4
6 Chris Jones	SPN	65.1

M 800m A

1 David Thornton	BNL	2.04.4
2 Paul Sutcliffe	SPN	2.06.4
3 Mike Mannings	O&R	2.07.8
4 Simon Dearden	HFX	2.10.00
5 Tom Petit	HFH	2.15.1
6 Jamie Bennett	BRY	2.29.8

M 800m B

1 Ben Lindsey	BNL	2.07.4
2 Sam Witter	O&R	2.12.2
3 Oliver Scrimshaw	HFH	2.13.7
4 Matthew Ball	HFX	2.15.8
5 Keith McGhie	SPN	2.25.6
6 Huw Davies	BRY	2.30.3

M 1500m A

1 David Thornton	BNL	4.10.1
2 Mathew Johnson	HFH	4.11.7
3 Jake Rowlands	SPN	4.17.0
4 Josh Cole	BRY	4.30.9
5 Mike Mannings	O&R	4.34.6

M 1500m B

1 Ben Lindsey	BNL	4.11.0
2 Scott Evans	BRY	4.35.6
3 Mike Witter	O&R	4.36.8
4 Paul Sutcliffe	SPN	4.40.8
5 Gavin Baxter	HFH	5.03.4

M 5000m A

1 Dave Watson	HFH	14.28.5
2 Chris Fishlock	BNL	15.32.5
3 Tom Byrne	SPN	16.14.4
4 Darren Hoolahan	BRY	16.44.9
5 Mark Mason	HFX	17.01.8
6 Mick Flatley	O&R	17.35.1

M 5000m B

1 Nicky Goodliffe	HFH	15.31.6
2 Neil Tattersall	BNL	16.12.1
3 David Lane	SPN	17.05.5
4 Jason Westwood	HFX	18.00.5
5 Reece Hendley	O&R	20.23.6

M 110mH A

1 Richard Walsh	HFH 17.5
2 Rob Ingham	O&R 17.5
3 Martin Wall	BNL 20.9
4 David Little	BRY 21.3

M 110mH B

1 Michael Hunt	BNL 20.9
2 Jamie Bennett	BRY 22.0

M 400mH A

1 Rob Ingham	O&R 59.2
2 Richard Walsh	HFH 59.7
3 Keith McGhie	SPN 63.1
4 Marc Hartley	BNL 68.5
5 David Little	BRY 70.1

M 400mH B

1 Jamie Bennett	BRY 63.7
2 Frankie Vargacz	BNL 64.9
3 Tom Petit	HFH 74.9
4 Umar Shaoib	O&R 91.4

M 3000m SC A

1 Michael Hunt	BNL 10.12.5
2 Adam Breaks	HFX 10.23.1
3 Steve Rimmer	HFH 11.42.5
4 Reece Hendley	O&R 12.23.2

M 3000m SC B

1 Marc Hartley	BNL 10.19.7
2 David Bancroft	HFX 11.10.0
3 Paul Senior	HFH 14.15.8
4 Umar Shaoib	O&R 16.32.9

M Discus Throw A

1 Nick Crimmen	SPN 34.78
2 Marcus Banks	HFH 30.33
3 Tony Balko	BNL 29.28
4 Colin Allen	O&R 26.67
5 Paul Horrocks	BRY 26.26
6 Mark Sutcliffe	HFX 20.66

M Discus Throw B

1 Carlo Balsamo	BRY 25.05
2 Richard Martin	SPN 24.07
3 Leroy Golding	BNL 23.05
4 Sam Henry	HFX 18.72
5 Ashley Thompson	HFH 16.94

M Hammer Throw A

1 Nick Crimmen	SPN 41.52
2 Tony Balko	BNL 32.50
3 Mike Rigby	O&R 29.64
4 John McFadzean	HFH 20.99
5 Mark Sutcliffe	HFX 17.31
6 Paul Horrocks	BRY 14.97

M Hammer Throw B

1 Richard Clayton	SPN 38.15
2 Colin Allen	O&R 20.67
3 Marcus Banks	HFH 20.53
4 Leroy Golding	BNL 15.28
5 Michael Metcalfe	HFX 8.31

M High Jump A

1 Daniel Liniker	BNL 1.70
2 Rob Ingham	O&R 1.70
3 John Gallagher	SPN 1.65
4 Oliver Scrimshaw	HFH 1.65

M High Jump B

1 Riachard Walsh	HFH 1.60
2 Chris Taylor	SPN 1.55
3 Michael Hunt	BNL 1.40

M Javelin Throw A

1 Steve Williams	O&R 37.22
2 Paul Horrocks	BRY 35.75
3 Martin Wall	BNL 34.94
4 Nick Crimmen	SPN 31.70
5 Dave Watson	HFH 27.69
6 Simon Dearden	HFX 26.88

M Javelin Throw B

1 Aiden Gilmore	O&R 35.39
2 Daniel Liniker	BNL 32.74
3 James Colbeck	BRY 32.63
4 Andrew Ibbitson	SPN 25.63

M Long Jump A

1 Rob Ingham	O&R 5.95
2 James Colbeck	BRY 5.85
3 Junior George	HFH 5.47
4 John Gallagher	SPN 5.38
5 Sam Henry	HFX 5.20
6 Michael Hunt	BNL 4.92

M Long Jump B

1 Mat Brown	BRY 5.34
2 Richard Walsh	HFH 5.15
3 Rick Mather	O&R 5.01
4 Chris Taylor	SPN 4.85
5 George Heath	HFX 4.82
6 John Liniker	BNL 4.69

M Pole Vault A

1 Chris Taylor	SPN 2.60
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M Pole Vault B

1 Richard Martin	SPN 2.10
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M Shot Putt A

1 Nick Crimmen	SPN 11.95
2 Marcus Banks	HFH 11.73
3 Mike Rigby	O&R 10.42
4 Tony Balko	BNL 9.95
5 Paul Horrocks	BRY 8.29
6 Mark Sutcliffe	HFX 7.71

M Shot Putt B

1 Andrew Sturr	HFH 9.92
2 Colin Allen	O&R 9.73
3 Richard Martin	SPN 8.57
4 Mark Walker	BNL 8.48
5 Matt Lee	BRY 8.00

M Triple Jump A

1 Junior George	HFH 12.56
2 John Gallagher	SPN 11.64
3 Rob Ingham	O&R 11.64
4 Huw Davies	BRY 10.73
5 Leroy Golding	BNL 10.51
6 Matthew Ball	HFX 9.64

M Triple Jump B

1 Richard Walsh	HFH 11.28
2 Keith McGhie	SPN 10.00
3 Marc Hartley	BNL 9.65
4 Jamie Bennett	BRY 9.60
5 Nick Hardcastle	HFX 9.31
6 Umar Shaoib	O&R 8.09

W 100m A

1 Emily Shaw	O&R 12.4
2 Laura Henry	HFH 13.3
3 Lauren Storr	HFH 13.5
4 Jade Stephenson	SPN 14.0
5 Lauren Brooks	BRY 14.7
6 Elizabeth Clarke	BNL 15.4

W 100m B

1 Vicki Robinson	O&R 13.4
2 Claire Ryan	HFH 14.1
3 Abbie Stringer	SPN 14.4
4 Natasha McDonald	BRY 15.0
5 Amy Griffiths	HFH 15.4

W 200m A

1 Emily Shaw	O&R 25.5
2 Amy Freeman	SPN 25.8
3 Eleanor Markindale	BNL 26.5
4 Laura Henry	HFX 27.7
5 Lauren Brooks	BRY 31.0
6 Katie Walshaw	HFH 33.4

W 200m B

1 Mel Turner	O&R 27.7
2 Jade Stephenson	SPN 28.4
3 Claire Ryan	HFX 29.9
4 Laura Hadfield	HFH 32.6
5 Bev Scholes	BRY 33.5

W 400m A

1 Amy Sharrad	SPN 60.6
2 Natelie Fletcher	O&R 65.2
3 Claire Ryan	HFX 66.6
4 Natasha McDonald	BRY 71.0
5 Louise Highton	BNL 71.3
6 Katie Walshaw	HFH 77.2

W 400m B

1 Sarah Simmons	HFH 59.6
2 Mel Turner	O&R 64.9
3 Katie Metcalfe	HFX 69.8
4 Faye Holden	BNL 80.0
5 Jane Antrobus	BRY 90.0
6 Amanda Pearson	SPN 1.40.6

W 800m A

1 Danielle Walker	BNL 2.15.1
2 Sarah Simmons	HFH 2.18.2
3 Katie Keeley	O&R 2.22.9
4 Becky Rowlands	SPN 2.25.8
5 Cheryl Sullivan	BRY 2.32.8
6 Hannah Wood	HFH 2.42.2

W 800m B

1 Ruth McGivern	HFH 2.26.8
2 Emma Rawnsley	SPN 2.32.5
3 Lorna Hill	O&R 2.32.9
4 Rebekah Strehlow	HFH 2.41.9
5	BNL 3.01.9
6 Bev Scholes	BRY 3.02.9

W 1500m A

1 Danielle Walker	BNL 4.43.7
2 Rosie Edwards	HFH 4.44.1
3 Laura Evans	BRY 4.49.2
4 Becky Rowlands	SPN 4.57.1
5 Claire Leaver	HFH 5.09.3
6 Elle Howard	O&R 5.27.2

W 1500m B

1 Emma Rawnsley	SPN 5.16.4
2 Sian Stean	HFH 5.17.9
3 Lorna Hill	O&R 5.41.1
4 Helen Sutcliffe	HFH 6.00.4

W 3000m A

1 Claire Leaver	HFH 10.39.9
2 Cheryl Sullivan	BRY 11.18.9
3 Louise Highton	BNL 11.26.5
4 Fiona Hughes	HFH 11.27.3
5 Katie Keeley	O&R 11.27.9
6 Faye Wilkinson	SPN 14.02.9

W 3000m B

1 Carole Waterhouse	HFH 11.34.9
2 Helen Petit	HFH 11.54.0
3 Jenny Warr	BNL 12.02.3

W 100mH A

1 Lauren Storr	HFH 16.9
2 Elizabeth Highton	BNL 19.4
3 Paula Booth	O&R 21.3
4 Hannah Wood	HFH 23.3

W 100mH B

1 Lynda Pearson	HFH 24.6
2 Faye Holden	BNL 25.4

W 400mH A

1 Elizabeth Highton	BNL 71.2
2 Emma Szostak	HFH 76.9
3 Paula Booth	O&R 83.7

W 400mH B

1 Ruth McGivern	HFH 73.1
2 Faye Holden	BNL 91.6

W Discus Throw A

1 Jenny Ibbotson	SPN 30.69
2 Karen Wood	BNL 28.27
3 Katie Zientek	HFH 23.80
4 Paula Booth	O&R 19.38
5 Rebekah Strehlow	HFH 16.65
6 Laura Evans	BRY 16.43

W Discus Throw B

1 Catriona Gentleman	SPN 19.98
2 Abby Penfold	O&R 17.64
3 Charlotte Dillingham	HFH 17.53
4 Jane Antrobus	BRY 16.05
5 Karen Vaughan	BNL 15.12
6 Margaret Metcalfe	HFH 13.58

W Hammer Throw A

1 Karen Wood	BNL 31.66
2 Catriona Gentleman	SPN 29.93
3 Mel Lee	O&R 27.86
4 Lynda Pearson	HFH 16.93
5 Jane Antrobus	BRY 11.19
6 Carole Waterhouse	HFH 10.77

W Hammer Throw B

1 Abby Penfold	O&R 23.82
2 Sheila Bolland	SPN 22.34
3 Karen Vaughan	BNL 19.14
4 Emma Godfry	HFH 16.79
5 Helen Sutcliffe	HFH 4.69

W High Jump A

1 Elizabeth Highton	BNL	1.45
2 Katie Keeley	O&R	1.45
3 Dijan Matheson	SPN	1.40
4 Laura Evans	BRY	1.40
5 Lucy Griffiths	HFH	1.25

W High Jump B

1 Louise Highton	BNL	1.30
2 Jessica Sunderland	HFH	1.25
3 Jenny Ibbotson	SPN	1.20
4 Jane Antrobus	BRY	1.10

W Javelin Throw A

1 Alexis Walker	BNL	29.39
2 Natasha McDonald	BRY	24.32
3 Jenny Ibbotson	SPN	24.31
4 Katie Zientek	HFH	22.63
5 Paula Booth	O&R	14.68
6 Rosie Edwards	HFX	13.13

W Javelin Throw B

1 Eleanor Markingdale	BNL	23.52
2 Bev Scholes	BRY	14.47
3 Charlotte Dillingham	HFH	13.37
4 Claire Ryan	HFX	12.09
5 Sheila Bolland	SPN	11.29

W Long Jump A

1 Eleanor Markingdale	BNL	5.34
2 Claire Ryan	HFX	4.61
3 Lauren Storr	HFH	4.39
4 Lauren Brooks	BRY	3.94
5 Natelie Fletcher	O&R	3.94
6 Sarah Hall	SPN	3.55

W Long Jump B

1 Elizabeth Clarke	BNL	4.56
2 Jessica Sunderland	HFH	3.91
3 Hannah Wood	HFX	3.52
4 Debbie Rowlands	SPN	3.08

W Pole Vault A

1 Jenny Ibbotson	SPN	2.90
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W Pole Vault B

No competitors

W Shot Putt A

1 Jenny Ibbotson	SPN	9.07
2 Katie Zientek	HFH	7.58
3 Paula Booth	O&R	7.53
4 Karen Wood	BNL	7.09
5 Bev Scholes	BRY	6.46
6 Margaret Metcalfe	HFX	5.36

W Shot Putt B

1 Charlotte Dillingham	HFH	7.00
2 Catriona Gentleman	SPN	6.61
3 Cheryl O'Sullivan	BRY	6.36
4 Abby Penfold	O&R	6.23
5 Karen Vaughan	BNL	5.93
6 Carole Waterhouse	HFX	4.42

W Triple Jump A

1 Elizabeth Clarke	BNL	9.38
2 Emma Szostak	HFH	9.13
3 Mel Turner	O&R	8.92
4 Sarah Hall	SPN	8.17
5 Lauren Brooks	BRY	8.09

W Triple Jump B

1 Amy Griffiths	HFH	8.36
2 Natasha McDonald	BRY	7.80
3 Faye Holden	BNL	7.70
4 Jenny Ibbotson	SPN	7.54

W 4x100m Relay

1 O&R 50.7	1 Emily Shaw	2 Natelie Fletcher
	3 Mel Turner	4 Vicki Robinson
2 SPN 52.9	1 Jade Stephenson	2 Abbie Stringer
	3 Amy Sharrad	4 Amy Freeman
3 HFX 55.1	1 Laura Henry	2 Claire Ryan
	3 Katie Metcalfe	4 Lauren Firth
4 HFH 56.8	1 Lauren Storr	2 Laura Hadfield
	3 Claire Leaver	4 Emma Szotak
5 BRY 58.3	1 Laura Evans	2 Cheryl Sullivan
	3 Natasha McDonald	4 Lauren Brooks
6 BNL 61.7	1 Elizabeth Clarke	2 Elizabeth Highton
	3 Faye Holden	4 Karen Vaughan

W 4x400m Relay

1 SPN 4.07.5	1 Becky Rowlands	2 Emma Rawnsley
	3 Amy Sharrad	4 Amy Freeman
2 O&R 4.17.0	1 Emily Shaw	2 Natelie Fletcher
	3 Mel Turner	4 Katie Keeley
3 BNL 4.17.2	1 Louise Highton	2 Jenny Warr
	3 Eleanor Markindale	4 Danielle Walker
4 HFH 4.29.2	1 Claire Leaver	2 Sarah Simmons
	3 Ruth McGivern	4 Katie Walshaw
5 HFX 4.37.2	1 Rosie Edwards	2 Hannah Wood
	3 Rebekah Strehlow	4 Claire Ryan

M 4x100m Relay

1 BRY 45.1	1 Anthony Ashton	2 Carlo Balsamo
	3 James Colbeck	4 Matt Lee
2 BNL 48.1	1 John Liniker	2 Leroy Golding
	3 Martin Wall	4 Luke Simpson
3 HFX 48.6	1 Nick Hardcastle	2 Sam Henry
	3 Tom Caulfield	4 Rhys Smith
4 SPN 48.7	1 Josh Cayene	2 John Gierula
	3 Richard Clayton	4 Keith McGhie
5 HFH 56.5	1 Paul Senior	2 Junior George
	3 Gavin Baxter	4 John McFadzean

M 4x400m Relay

1	O&R	3.33.2	1 David Hurst	2 Rob Ingham
			3 Rick Mather	4 Aiden Gilmore
2	BNL	3.35.9	1 Dave Thornton	2 Ben Lyndsay
			3 Michael Hunt	4 Phil Hayton
3	HFX	3.39.5	1 Rhys Smith	2 Simon Dearden
			3 George Heath	4 Matthew Ball
4	BRY	3.40.7	1 Anthony Ashton	2 Danny Broderick
			3 Carlo Balsamo	4 James Colbeck
5	SPN	3.47.6	1 Jake Rowlands	2 Keith McGhie
			3 Paul Sutcliffe	4 John Gierula
6	HFH	3.51.2	1 Nicky Goodliffe	2 Oliver Scrimshaw
			3 Mathew Pierson	4 Dave Watson

MATCH RESULT			LEAGUE STANDINGS			
	Event	Lge		Event	Lge	
1	BNL	390	6	1 Burnley/Pendle	390	6
2	HFH	368	5	2 Holmfirth Harriers	368	5
3	SPN	350	4	3 Spenborough & District AC	350	4
4	O&R	337	3	4 Oldham & Royton	337	3
5	BRY	249	2	5 Bury	249	2
6	HFX	228	1	6 Halifax	228	1

Note(s)

No competitors W Pole Vault B,
BNL Includes + 30pts,
BRY Includes + 10pts,
HFX Includes + 30pts,
HFH Includes + 30pts,
O&R Includes + 25pts,
SPN Includes + 30pts,