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Venue: Cudworth, Barnsley, Sun 27 August 2006

| M 100m           | Wind +0.9 M/sec | M 200m              | Wind -0.7 M/sec |
|------------------|-----------------|---------------------|-----------------|
| 1 Danny McIntosh | HAC 11.34       | 1 Danny McIntosh    | HAC 23.16       |
| 2 C Knight       | SHS 11.60       | 2 Neil Stevens      | SKP 23.62       |
| 3 Rory Evans     | SKP 11.67       | 3 Craig Yates       | SPN 23.77       |
| 4 David Adamson  | DCH 12.06       | 4 Matthew Greenwood | DCH 24.21       |
| 5 Richard Martin | SPN 12.39       | 5 Alex Urmston      | LGH 24.35       |
| 6 Sean Spillane  | LGH 12.86       | 6 S Moran           | SHS 24.40       |
| 7 Richard Smith  | HFH 13.87       | 7 Richard Smith     | HFH 28.66       |

| M 400m             |           | M 800m            |             |
|--------------------|-----------|-------------------|-------------|
| 1 Peter Thompson   | DCH 51.57 | 1 Mark Buckingham | HFH 2.02.71 |
| 2 Andy McIntosh    | HAC 53.15 | 2 Alex Urmston    | LGH 2.03.62 |
| 3 Rory Evans       | SKP 53.74 | 3 Jonny Walsh     | SKP 2.04.19 |
| 4 John Indriks     | LGH 54.64 | 4 G Williams      | SHS 2.04.71 |
| 5 Oliver Scrimshaw | HFH 55.40 | 5 Paul Sutcliffe  | SPN 2.08.36 |
| 6 I Cooney         | SHS 55.49 | 6 Andy McIntosh   | HAC 2.15.48 |
| 7 Richard Martin   | SPN 60.58 | 7 Francis Turner  | DCH 2.26.20 |

| M 1500m           |             | M 5000m           |              |
|-------------------|-------------|-------------------|--------------|
| 1 Mark Buckingham | HFH 3.55.69 | 1 Michael Crawley | DCH 15.48.40 |
| 2 Tom Henders     | LGH 4.22.59 | 2 Mark Dewhurst   | HFH 16.39.65 |
| 3 John Appleton   | SHS 4.30.03 | 3 Greg Williams   | SHS 16.45.66 |
| 4 Paul Sutcliffe  | SPN 4.30.16 | 4 Tom Boardman    | LGH 17.03.58 |
| 5 Graham Marsland | SKP 4.37.04 | 5 Nigel Holden    | HAC 17.11.38 |
| 6 Steven Nesbitt  | DCH 4.49.37 | 6 Graham Marsland | SKP 17.47.30 |
|                   |             | 7 Paul Sutcliffe  | SPN 18.43.01 |

| M 10,000m         |              | M 110mH             | Wind -0.1 M/sec |
|-------------------|--------------|---------------------|-----------------|
| 1 Bashir Hussain  | SKP 31.40.20 | 1 Graham Bickerdyke | SPN 17.23       |
| 2 Dave Watson     | HFH 31.45.33 | 2 Mark Buckingham   | HFH 19.68       |
| 3 Rob Hand        | DCH 33.45.42 | 3 Duncan McCarrick  | LGH 20.50       |
| 4 Neil Pendlebury | LGH 35.43.48 | 4 G Williams        | SHS 21.87       |
| 5 I Hayburn       | SHS 36.49.51 |                     |                 |

| M 400mH             |          | M 3000m SC       |              |
|---------------------|----------|------------------|--------------|
| 1 Mark Buckingham   | HFH 59.5 | 1 D Twigg        | SHS 10.32.96 |
| 2 Scott Boothby     | SKP 61.9 | 2 Richard Smith  | HFH 11.03.35 |
| 3 Lewis Stead       | HAC 63.0 | 3 Martin Conroy  | LGH 11.36.43 |
| 4 Matthew Greenwood | DCH 69.9 | 4 Fred Hamlin    | DCH 11.54.40 |
| 5 Ray Vose          | SHS 71.2 | 5 Paul Sutcliffe | SPN 12.20.42 |
| 6 Richard Martin    | SPN 71.5 | 6 Scott Boothby  | SKP 12.39.66 |
| 7 Sean Spillane     | LGH 76.5 |                  |              |

| M Discus Throw      |           | M Hammer Throw   |           |
|---------------------|-----------|------------------|-----------|
| 1 Graham Bickerdyke | SPN 34.28 | 1 Richard Martin | SPN 42.17 |
| 2 Ian Graham        | LGH 29.92 | 2 P Robinson     | SHS 31.18 |
| 3 Peter Coates      | DCH 28.86 | 3 Ian Graham     | LGH 29.78 |
| 4 Tom Jennings      | HFH 25.62 | 4 Peter Coates   | DCH 27.60 |
| 5 Ray Vose          | SHS 22.92 | 5 Andy Storr     | HFH 23.56 |
| 6 Lewis Stead       | HAC 21.43 | 6 Don Bremner    | SKP 19.20 |
| 7 Graham Marsland   | SKP 17.43 |                  |           |

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|                      |             |                      |                 |
|----------------------|-------------|----------------------|-----------------|
| M High Jump          |             | M Javelin Throw      |                 |
| 1 S Knowles          | SHS 1.85    | 1 B Fisher           | SHS 55.09       |
| 2 Gerry Mason        | DCH 1.70    | 2 Dave Smith         | LGH 50.59       |
| 3 Graham Bickerdyke  | SPN 1.70    | 3 Graham Bickerdyke  | SPN 49.05       |
| 4 Mark Buckingham    | HFH 1.70    | 4 Tom Jennings       | HFH 33.50       |
| 5 Ian Graham         | LGH 1.60    | 5 Peter Coates       | DCH 30.45       |
|                      |             | 6 Danny McIntosh     | HAC 26.95       |
|                      |             | 7 Don Bremner        | SKP 24.21       |
| M Long Jump          |             | M Pole Vault         |                 |
| 1 R Atherton         | SHS 6.13    | 1 John Taylor        | LGH 3.30        |
| 2 Neil Stevens       | SKP 5.80    | 2=Peter Coates       | DCH 3.00        |
| 3 Paul Donagly       | DCH 5.68    | 2=Graham Bickerdyke  | SPN 3.00        |
| 4 Alex Urmston       | LGH 5.28    | 4 P Robinson         | SHS 2.80        |
| 5 Lewis Stead        | HAC 5.21    | 5 Andy Storr         | HFH 2.10        |
| 6 Richard Martin     | SPN 5.06    |                      |                 |
| 7 Tom Jennings       | HFH 4.86    |                      |                 |
| M Shot Putt          |             | M Triple Jump        |                 |
| 1 Graham Bickerdyke  | SPN 11.86   | 1 Nick Thompson      | DCH 13.34       |
| 2 Tom Jennings       | HFH 10.40   | 2 R Atherton         | SHS 12.08       |
| 3 P Robinson         | SHS 9.97    | 3 Oliver Scrimshaw   | HFH 11.71       |
| 4 Dave Smith         | LGH 9.42    | 4 Adam Round         | SKP 11.30       |
| 5 Lewis Stead        | HAC 9.40    | 5 Ian Graham         | LGH 11.00       |
| 6 Peter Coates       | DCH 8.81    | 6 Andy McIntosh      | HAC 10.94       |
| 7 Don Bremner        | SKP 6.01    | 7 Richard Martin     | SPN 9.54        |
| W 100m               |             | Wind -0.1 M/sec      | W 200m          |
| 1 Rebekah Wilmshurst | DCH 12.91   |                      | Wind -0.3 M/sec |
| 2 Vicki Robinson     | SKP 13.42   | 1 Rebekah Wilmshurst | DCH 26.40       |
| 3 Lauren Storr       | HFH 13.67   | 2 Amy Sharrad        | SPN 28.36       |
| 4 Amy Sharrad        | SPN 13.70   | 3 Jenny Baver        | SKP 29.03       |
| 5 Louise Boardman    | LGH 14.24   | 4 Zoe Storr          | HFH 29.07       |
| 6 Megan Harris       | HAC 14.29   | 5 R Price            | SHS 29.21       |
| 7 A Howard           | SHS 15.28   | 6 Louise Boardman    | LGH 29.49       |
|                      |             | 7 Megan Harris       | HAC 29.50       |
| W 400m               |             | W 800m               |                 |
| 1 Sarah Simmons      | HFH 60.08   | 1 Sarah Simmons      | HFH 2.18.90     |
| 2 Vicki Robinson     | SKP 61.50   | 2 Amy Sharrad        | SPN 2.24.91     |
| 3 Megan Harris       | HAC 65.32   | 3 Rebecca Howarth    | LGH 2.27.32     |
| 4 Rebecca Howarth    | LGH 65.36   | 4 Caroline Adamson   | DCH 2.33.62     |
| 5 J Eccleston        | SHS 83.26   | 5 Sarah Kay          | SKP 2.40.37     |
| 6 Amanda Pearson     | SPN 100.40  | 6 J Eccleston        | SHS 2.51.58     |
| W 1500m              |             | W 3000m              |                 |
| 1 Lauren Howarth     | LGH 4.59.95 | 1 G Laithwaite       | SHS 10.26.75    |
| 2 Leah Kay           | SKP 5.00.75 | 2 Lauren Howarth     | LGH 10.36.33    |
| 3 G Connolly         | SHS 5.10.79 | 3 Clare Leaver       | HFH 10.43.73    |
| 4 Sian Stead         | HFH 5.14.99 | 4 Samantha Coleby    | DCH 12.12.67    |
| 5 Caroline Adamson   | DCH 5.16.16 | 5 Helen Walsh        | SKP 12.14.53    |
| 6 Faye Wilkinson     | SPN 6.39.48 | 6 Jackie Carter      | SPN 13.14.48    |
| 7 Lesley Eldridge    | HAC 7.05.73 |                      |                 |

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|                |                 |                    |           |
|----------------|-----------------|--------------------|-----------|
| W 100mH        | Wind +0.7 M/sec | W 400mH            |           |
| 1 Lauren Storr | HFH 16.08       | 1 Carla Stansfield | SKP 70.8  |
| 2 Rachel Abbs  | DCH 17.13       | 2 Emma Szostak     | HFH 77.5  |
|                |                 | 3 Jacqui Hodgson   | DCH 83.9  |
|                |                 | 4 Sue Jones        | SPN 114.2 |

|                     |           |                     |           |
|---------------------|-----------|---------------------|-----------|
| W Discus Throw      |           | W Hammer Throw      |           |
| 1 Karen Heweth      | HAC 29.96 | 1 Jennifer Ibbitson | SPN 32.65 |
| 2 Jennifer Ibbitson | SPN 28.54 | 2 Karen Heweth      | HAC 26.64 |
| 3 N Mullineux       | SHS 26.59 | 3 Carla Gregory     | LGH 26.42 |
| 4 Katie Zientek     | HFH 21.15 | 4 N Mullineux       | SHS 20.66 |
| 5 Hayley Dugan      | SKP 20.98 | 5 Maria Kay         | SKP 15.12 |
| 6 Carla Baines      | LGH 20.28 | 6 Zoe Storr         | HFH 11.96 |
| 7 Samantha Coleby   | DCH 16.07 |                     |           |

|                     |          |                     |           |
|---------------------|----------|---------------------|-----------|
| W High Jump         |          | W Javelin Throw     |           |
| 1 H Keenaghan       | SHS 1.45 | 1 Carla Baines      | LGH 30.10 |
| 2=Sarah Griffiths   | HFH 1.30 | 2 Katie Zientek     | HFH 26.38 |
| 2=Jennifer Ibbitson | SPN 1.30 | 3 Emma McClatchey   | SHS 25.15 |
| 4=Carla Baines      | LGH 1.30 | 4 Rachel Abbs       | DCH 24.86 |
| 4=Carla Stansfeild  | SKP 1.30 | 5 Jennifer Ibbitson | SPN 24.20 |
| 6 Jacqui Hodgson    | DCH 1.20 | 6 Lesley Eldridge   | HAC 22.96 |
|                     |          | 7 Hayley Dugan      | SKP 22.48 |

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| W Long Jump          |          | W Pole Vault        |          |
| 1 Jesscia Sunderland | HFH 4.39 | 1 Jennifer Ibbitson | SPN 3.00 |
| 2 Emma McClatchey    | SHS 4.34 | 2 Emma McClatchey   | SHS 2.40 |
| 3 Jenny Bayer        | SKP 4.33 |                     |          |
| 4 Carla Baines       | LGH 4.33 |                     |          |
| 5 Jacqui Hodgson     | DCH 4.25 |                     |          |
| 6 Sue Jones          | SPN 3.10 |                     |          |

|                     |           |                      |          |
|---------------------|-----------|----------------------|----------|
| W Shot Putt         |           | W Triple Jump        |          |
| 1 Hayley Dugan      | SKP 10.28 | 1 Jenny Bayer        | SKP 9.69 |
| 2 Carla Gregory     | LGH 9.46  | 2 Jessica Sunderland | HFH 9.50 |
| 3 Jennifer Ibbitson | SPN 8.78  | 3 H Keenaghan        | SHS 9.30 |
| 4 Karen Heweth      | HAC 8.42  | 4 Caroline Adamson   | DCH 8.25 |
| 5 V Davies          | SHS 7.80  | 5 Louise Boardman    | LGH 7.21 |
| 6 Rachel Abbs       | DCH 7.23  |                      |          |
| 7 Katie Zientek     | HFH 6.63  |                      |          |

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## W 4x100m Relay

|             |                    |                      |
|-------------|--------------------|----------------------|
| 1 DCH 55.51 | 1 Rachel Abbs      | 2 Rebekah Wilmshurst |
|             | 3 Caroline Adamson | 4 Jacqui Hodgson     |
| 2 HFH 56.47 | 1 Lauren Storr     | 2 Jesscia Sunderland |
|             | 3 Sarah Simmons    | 4 Sarah Griffiths    |
| 3 SKP 56.59 | 1 Jenny Baver      | 2 Sarah Kay          |
|             | 3 Carla Stansfield | 4 Vicki Robinson     |
| 4 LGH 57.46 | 1 Louise Boardman  | 2 Carla Baines       |
|             | 3 Rebecca Howarth  | 4 Lauren Howarth     |
| 5 SHS 57.57 | 1 A Howard         | 2 Emma McClatchey    |
|             | 3 H Heenaghan      | 4 R Price            |
| 6 SPN 71.46 | 1                  | 2                    |
|             | 3                  | 4                    |

## W 4x400m Relay

|               |                    |                   |
|---------------|--------------------|-------------------|
| 1 SKP 4.22.14 | 1 Helen Walsh      | 2 Leah Kay        |
|               | 3 Carla Stansfield | 4 Vicki Robinson  |
| 2 HFH 4.24.79 | 1 Zoe Storr        | 2 Sarah Simmons   |
|               | 3 Clare Leaver     | 4 Emma Szostak    |
| 3 LGH 4.34.79 | 1 Lauren Howarth   | 2 Rebecca Howarth |
|               | 3 Louise Boardman  | 4 Carla Baines    |
| 4 SHS 4.50.40 | 1 G Connolly       | 2 Emma McClatchey |
|               | 3 A Howard         | 4 H Keenaghan     |
| 5 SPN 5.40.33 | 1                  | 2                 |
|               | 3                  | 4                 |

## M 4x100m Relay

|             |                     |                     |
|-------------|---------------------|---------------------|
| 1 DCH 46.06 | 1 Gerry Mason       | 2 David Adamson     |
|             | 3 Peter Coates      | 4 Paul Donagly      |
| 2 SKP 47.50 | 1 Neil Stevens      | 2 Adam Round        |
|             | 3 Stephen Andrews   | 4 Rory Evans        |
| 3 HAC 48.33 | 1 Danny McIntosh    | 2 Andy McIntosh     |
|             | 3 Lewis Stead       | 4 Nigel Holden      |
| 4 SPN 48.45 | 1 Graham Bickerdyke | 2 Paul Sutcliffe    |
|             | 3 Richard Martin    | 4 Craig Yates       |
| 5 LGH 50.17 | 1 Alex Urmston      | 2 Sean Spillane     |
|             | 3 John Indriks      | 4 Duncan McCarrick  |
| 6 HFH 56.30 | 1 John McFadzean    | 2 William McFadzean |
|             | 3 Richard Smith     | 4 Matthew Pierson   |

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## M 4x400m Relay

|               |                     |                    |
|---------------|---------------------|--------------------|
| 1 DCH 3.35.78 | 1 Peter Thompson    | 2 Paul Donagly     |
|               | 3 Michael Dixon     | 4 Steven Kernohan  |
| 2 SKP 3.41.71 | 1 Rory Evans        | 2 Scott Boothby    |
|               | 3 Graham Marsland   | 4 Jonny Walsh      |
| 3 HFH 3.43.84 | 1 Mark Buckingham   | 2 Matthew Pierson  |
|               | 3 William McFadzean | 4 Oliver Scrimshaw |
| 4 SHS 3.48.89 | 1 I Cooney          | 2 P Robinson       |
|               | 3 D Twigg           | 4 T Rigby          |
| 5 LGH 3.50.08 | 1 Alex Urmston      | 2 John Indriks     |
|               | 3 Jimmy Cooke       | 4 Tom Henders      |

|                             | Points |
|-----------------------------|--------|
| 1 Holmfirth Harriers        | 175.5  |
| 2 St. Helens Sutton A.C.    | 159    |
| 3 Leigh Harriers            | 150.5  |
| 4 Durham City               | 148.5  |
| 5 Stockport Harriers & A.C. | 145.5  |
| 6 Spenborough & District AC | 139    |
| 7 Hull Achilles/Goole       | 75     |

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