


**Inter-Club Cup CUP FINAL - Stanley Park Arena, E**
**08 September 2007**

Events	BW&F	CoM	Durham	Holmfirth	Leeds	Trafford	Wakefield		UNUSED	TOTAL
	1	3	4	5	6	7	8	2		
Men's 100m	3	7	2	1	5	4	6			28
Men's 200m	3	4	2	1	5	6	7			28
Men's 400m	6		4	2	3	7	5		1	28
Men's 800m	3		5	4	7	6	2		1	28
Men's 1500m	2	1	7	3	4	6	5			28
Men's 5000m	3	6		7	5		4		3	28
Men's 10000m	5	6		7	4	3			3	28
Men's 110m Hurdles	3	6	4	2		7	5		1	28
Men's 400m Hurdles	6	7	3	2		4	5		1	28
Men's 3000m S/Chase	3	7	4	5		6			3	28
Men's Hammer	4	6		2	5	7	3		1	28
Men's Discus	2	3	4	1	6	7	5			28
Men's Shot Putt	3	1	4	2	7	6	5			28
Men's Javelin	3	1	5	2	6	4	7			28
Men's Long Jump	4	6	5	1	7	2	3			28
Men's Triple Jump	4	7	3	6	1	2	5			28
Men's High Jump	6	7	2.5	4	5	1	2.5			28
Men's Pole Vault	6	7			5		4		6	28
Men's 4x100m Relay	5		4	2	3	7	6		1	28
Men's 4x400m Relay	4		6	2	3	7	5		1	28
	78	82	65	56	81	92	85			538

Women's 100m	6	4	5	1	2	7	3			28
Women's 200m	6	4	5	1	2	7	3			28
Women's 400m	6	2	7	5		3	4			27
Women's 800m	1	3	2	7	4	6	5			28
Women's 1500m	5	3		4	2	7	6			27
Women's 3000m	6	3		5		7	4			25
Women's 400m Hurdle						7	6			13
Women's 100m Hurdle		7	6	5		4				22
Women's Hammer	3	7	6	4		2	5			27
Women's Discus	2	6	4	3	1	7	5			28
Women's Shot Putt	3	5	4	2		7	6			27
Women's Javelin	3	5	2	4		7	6			27
Women's Long Jump	4	7	5	1	2	6	3			28
Women's Triple Jump	5	6	2	3		7	4			27
Women's High Jump	6	2.5	4	2.5	5	7	1			28
Women's Pole Vault	7				5	6				18
Women's 4x100m Relay	5	7	6	2		4	3			27
Women's 4x400m Relay	3	7	6	2		4	5			27
	71	79	64	52	23	105	69			462

	4	2	5	6	7	1	3	8		
Match Summary	BW&F	CoM	Durham	Holmfirth	Leeds	Trafford	Wakefield		UNUSED	TOTAL
Teams	149.0	160.5	128.5	107.5	104.0	197.0	153.5			1000.0
Match Position	4	2	5	6	7	1	3	8		



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8 September 2007

**Men's 100m**

	Perf	Record	Wind	AW
1 3 Allyn Condon	City of Manchester	10.95		<input checked="" type="checkbox"/>
2 8 Ricardo Francis	Wakefield Harriers	11.15		<input checked="" type="checkbox"/>
3 6 Dan Gardiner	Leeds City AC	11.16		<input checked="" type="checkbox"/>
4 7 Bernard Ward	Trafford AC	11.33		
5 1 Andrew Ramsay	Blackpool W & F	11.43		
6 4 Paul Donaghy	Durham City H.	11.92		
7 5 Richard Smith	Holmfirth Harriers	13.54		

**Men's 400m**

	Perf	Record	Wind	AW
1 7 Scott Riley	Trafford AC	50.69		<input checked="" type="checkbox"/>
2 1 Ted Pomney	Blackpool W & F	50.89		<input checked="" type="checkbox"/>
3 8 Thomas Atkinson	Wakefield Harriers	51.61		
4 4 Matthew Greenwood	Durham City H.	51.99		
5 6 Sam Lowrey	Leeds City AC	53.27		
6 5 Junior George	Holmfirth Harriers	54.38		

**Men's 1500m**

	Perf	Record	Wind	AW
1 4 Shaun Morelee	Durham City H.	03:58.45		<input checked="" type="checkbox"/>
2 7 Tim Egerton	Trafford AC	04:07.47		<input checked="" type="checkbox"/>
3 8 Nathan Elliott	Wakefield Harriers	04:09.05		
4 6 Aiden Adams	Leeds City AC	04:11.55		
5 5 Mark Dewhirst	Holmfirth Harriers	04:12.06		
6 1 Luke Minns	Blackpool W & F	04:13.21		
7 3 Chris Heys	City of Manchester	04:22.12		

**Men's 10000m**

	Perf	Record	Wind	AW
1 5 Dave Watson	Holmfirth Harriers	31:59.02		
2 3 James Bailey	City of Manchester	33:28.96		
3 1 Stuart Robinson	Blackpool W & F	34:06.24		
4 6 Martin Farran	Leeds City AC	34:20.48		
5 7 Ian Salisbury	Trafford AC	35:49.82		
6				

**Men's 400m Hurdles**

	Perf	Record	Wind	AW
1 3 Jon Ferryman	City of Manchester	58.69		
2 1 Chris Beggan	Blackpool W & F	60.14		
3 8 Mark Smith	Wakefield Harriers	61.64		
4 7 Ian Salisbury	Trafford AC	64.83		
5 4 Fred Hamlin	Durham City H.	65.55		
6 5 James Dewhirst	Holmfirth Harriers	68.35		

**Men's Hammer**

	Perf	Record	Wind	AW
1 7 Roger Bate	Trafford AC	54.54		<input checked="" type="checkbox"/>
2 3 Craig Ellams	City of Manchester	53.79		<input checked="" type="checkbox"/>
3 6 Mark Gullier	Leeds City AC	51.96		<input checked="" type="checkbox"/>
4 1 Shane Ellershaw	Blackpool W & F	33.52		
5 8 Darren Thomas	Wakefield Harriers	29.16		
6 5 Tom Jennings	Holmfirth Harriers	22.93		
7				

**Men's 200m**

	Perf	Record	Wind	AW
1 8 Ricardo Francis	Wakefield Harriers	22.19		<input checked="" type="checkbox"/>
2 7 Bernard Ward	Trafford AC	22.78		<input checked="" type="checkbox"/>
3 6 Kyle Jeffrey	Leeds City AC	22.96		<input checked="" type="checkbox"/>
4 3 Allyn Condon	City of Manchester	23.31		
5 1 Simon Wells	Blackpool W & F	23.80		
6 4 Michael Dixon	Durham City H.	23.83		
7 5 James Dewhirst	Holmfirth Harriers	27.07		

**Men's 800m**

	Perf	Record	Wind	AW
1 6 Ben Craddock	Leeds City AC	01:57.80		<input checked="" type="checkbox"/>
2 7 Tim Egerton	Trafford AC	01:58.42		<input checked="" type="checkbox"/>
3 4 Dan Garbutt	Durham City H.	02:00.40		
4 5 Mark Dewhirst	Holmfirth Harriers	02:01.16		
5 1 Adam Hulm	Blackpool W & F	02:04.31		
6 8 Jack Hallas	Wakefield Harriers	02:05.48		

**Men's 5000m**

	Perf	Record	Wind	AW
1 5 Dave Watson	Holmfirth Harriers	15:47.45		<input checked="" type="checkbox"/>
2 3 James Bailey	City of Manchester	16:02.51		<input checked="" type="checkbox"/>
3 6 Arthur Cooke	Leeds City AC	16:55.78		
4 8 Chris Price	Wakefield Harriers	17:26.82		
5 1 James Unsworth	Blackpool W & F	17:27.67		
6				
7				

**Men's 110m Hurdles**

	Perf	Record	Wind	AW
1 7 Rick Yates	Trafford AC	15.62		<input checked="" type="checkbox"/>
2 3 Jon Ferryman	City of Manchester	16.32		
3 8 Mark Smith	Wakefield Harriers	17.30		
4 4 David Adamson	Durham City H.	21.01		
5 1 Jordan Walker-Smith	Blackpool W & F	21.38		
6 5 James Dewhirst	Holmfirth Harriers	23.14		

**Men's 3000m S/Chase**

	Perf	Record	Wind	AW
1 3 Rob Flannery	City of Manchester	10:40.31		
2 7 Paul Rockcliffe	Trafford AC	10:40.74		
3 5 Richard Smith	Holmfirth Harriers	10:55.44		
4 4 Fred Hamlin	Durham City H.	11:24.31		
5 1 Chris Lloyd	Blackpool W & F	12:17.46		
6				

**Men's Discus**

	Perf	Record	Wind	AW
1 7 Roger Bate	Trafford AC	47.09		<input checked="" type="checkbox"/>
2 6 Mark Gullier	Leeds City AC	40.83		<input checked="" type="checkbox"/>
3 8 Chiedu Ufodiama	Wakefield Harriers	34.62		
4 4 Dimitris Giataganis	Durham City H.	33.87		
5 3 Theodore Trumpet	City of Manchester	32.66		
6 1 Dave Myerscough	Blackpool W & F	31.09		
7 5 Tom Jennings	Holmfirth Harriers	23.28		


**Inter-Club Cup CUP FINAL - Stanley Park Arena,**
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**Men's Shot Putt**

	Perf	Record	Wind	AW
1	6	Mat Allison	Leeds City AC	12.56
2	7	Roger Bate	Trafford AC	12.36
3	8	Chiedu Ufodiama	Wakefield Harriers	10.77
4	4	Dimitris Giataganis	Durham City H.	10.68
5	1	Dave Myerscough	Blackpool W & F	10.64
6	5	Tom Jennings	Holmfirth Harriers	10.44
7	3	Theodore Trumpet	City of Manchester	9.77

**Men's Long Jump**

	Perf	Record	Wind	AW
1	6	Dan Gardiner	Leeds City AC	6.77
2	3	Matt Cullen	City of Manchester	6.22
3	4	David Adamson	Durham City H.	5.69
4	1	Damian Clayson	Blackpool W & F	5.61
5	8	Andrei Pobischan	Wakefield Harriers	5.38
6	7	Chris Morrison	Trafford AC	5.00
7	5	Tom Jennings	Holmfirth Harriers	4.57

**Men's High Jump**

	Perf	Record	Wind	AW
1	3	Matt Cullen	City of Manchester	1.80
2	1	Damian Clayson	Blackpool W & F	1.75
3	6	Dan Gardiner	Leeds City AC	1.75
4	5	Junior George	Holmfirth Harriers	1.70
5=	4	Matthew McCarthy	Durham City H.	1.60
5=	8	Richard Dent	Wakefield Harriers	1.60
7	7	Chris Morrison	Trafford AC	1.45

**Men's 4x100m Relay**

	Perf	Record	Wind	AW
1	7	Trafford AC	Tim Egerton	Bernard Ward
2	8	Wakefield Harriers	Ricardo Francis	James Mitchell
3	1	Blackpool W & F	Damian Clayson	Andrew Ramsay
4	4	Durham City H.	Paul Donaghy	Stephen Clifford
5	6	Leeds City AC	Kyle Jeffrey	Ben Craddock
6	5	Holmfirth Harriers	Richard Smith	Junior George

**Men's 4x400m Relay**

	Perf	Record	Wind	AW
1	7	Trafford AC	Scott Riley	Tim Egerton
2	4	Durham City H.	Matthew Greenwood	Michael Dixon
3	8	Wakefield Harriers	Andrei Pobischan	Jack Hallas
4	1	Blackpool W & F	Luke Minns	Chris Beggan
5	6	Leeds City AC	Kyle Jeffrey	Ben Craddock
6	5	Holmfirth Harriers	Mark Dewhirst	Richard Smith

**Men's Javelin**

	Perf	Record	Wind	AW
1	8	Mark Lindsey	Wakefield Harriers	55.58
2	6	Mat Allison	Leeds City AC	52.36
3	4	Dimitris Giataganis	Durham City H.	51.09
4	7	Roger Bate	Trafford AC	38.61
5	1	Jordan Walker-Smith	Blackpool W & F	35.66
6	5	Tom Jennings	Holmfirth Harriers	30.76
7	3	Alex Fenton	City of Manchester	25.26

**Men's Triple Jump**

	Perf	Record	Wind	AW
1	3	Jon Ferryman	City of Manchester	12.89
2	5	Junior George	Holmfirth Harriers	12.87
3	8	Rob Lee	Wakefield Harriers	12.52
4	1	Jon Rutter	Blackpool W & F	11.77
5	4	Matthew McCarthy	Durham City H.	11.53
6	7	Chris Morrison	Trafford AC	11.06
7	6	-	Leeds City AC	10.93

**Men's Pole Vault**

	Perf	Record	Wind	AW
1	3	Matt Cullen	City of Manchester	4.00
2	1	Matt Wright	Blackpool W & F	3.80
3	6	Tom Wagner	Leeds City AC	3.50
4	8	Darren Thomas	Wakefield Harriers	3.00
5=				
5=				
7				

**MATCH POINTS**

1	Trafford AC	197.0	5	Durham City Harriers	128.5
2	City of Manchester AC	160.5	6	Holmfirth Harriers	107.5
3	Wakefield Harriers	153.5	7	Leeds City AC	104.0
4	Blackpool, Wyre & Fylde A	149.0	8		


**Inter-Club Cup CUP FINAL - Stanley Park Arena,**
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**Women's 100m**

	Perf	Record	Wind	AW
Wind=	+2.3			
1 7 Jenny Taker	Trafford AC	12.20		<input checked="" type="checkbox"/>
2 1 Laura Davies	Blackpool W & F	12.54		<input checked="" type="checkbox"/>
3 4 Rebekah Wilmshurst	Durham City H.	12.63		<input checked="" type="checkbox"/>
4 3 Nicola Cahill	City of Manchester	12.76		<input checked="" type="checkbox"/>
5 8 Reagan Wright	Wakefield Harriers	13.25		
6 6 Joanne Wesserman	Leeds City AC	13.78		
7 5 Deon Hunt	Holmfirth Harriers	15.09		

**Women's 400m**

1 4 Samantha Coleby	Durham City H.	58.40		<input checked="" type="checkbox"/>
2 1 Laura Gillhespy	Blackpool W & F	58.53		<input checked="" type="checkbox"/>
3 5 Sara Simmons	Holmfirth Harriers	60.71		<input checked="" type="checkbox"/>
4 8 Kate Wilson	Wakefield Harriers	61.79		<input checked="" type="checkbox"/>
5 7 Vicky Malady	Trafford AC	63.10		
6 3 Lily Freestone	City of Manchester	65.83		
7				

**Women's 1500m**

1 7 Aida Geragusian	Trafford AC	04:47.48		<input checked="" type="checkbox"/>
2 8 Katie McHale	Wakefield Harriers	04:52.87		<input checked="" type="checkbox"/>
3 1 Gail Hope Ellershaw	Blackpool W & F	05:01.92		
4 5 Claire Leaver	Holmfirth Harriers	05:08.04		
5 3 Lateefah Burton	City of Manchester	05:09.65		
6 6 Fiona Maddocks	Leeds City AC	05:12.27		

**Women's 400m Hurdles**

1 7 Claire Entwistle	Trafford AC	63.96		<input checked="" type="checkbox"/>
2 8 Ruth Laybourne	Wakefield Harriers	75.00		
3 4 Rebecca Henderson	Durham City H.	DISQ		
4				

**Women's Hammer**

1 3 Laura Douglas	City of Manchester	55.44		<input checked="" type="checkbox"/>
2 4 Rachel Bashforth	Durham City H.	30.53		<input checked="" type="checkbox"/>
3 8 Linda Ridsdale	Wakefield Harriers	27.57		
4 5 Katie Zientek	Holmfirth Harriers	20.64		
5 1 Isabelle Cairns	Blackpool W & F	19.07		
6 7 Janine Mullineaux	Trafford AC	10.16		
7				

**Women's Shot Putt**

1 7 Chloe Beckett	Trafford AC	12.28		<input checked="" type="checkbox"/>
2 8 Fiona Thomas	Wakefield Harriers	11.47		<input checked="" type="checkbox"/>
3 3 Laura Douglas	City of Manchester	11.00		<input checked="" type="checkbox"/>
4 4 Rachel Bashforth	Durham City H.	9.14		
5 1 Isabelle Cairns	Blackpool W & F	8.29		
6 5 Katie Zientek	Holmfirth Harriers	6.84		

**Women's Long Jump**

1 3 Nicola Cahill	City of Manchester	5.54		<input checked="" type="checkbox"/>
2 7 Zoe Reid	Trafford AC	5.12		<input checked="" type="checkbox"/>
3 4 Sophie Wood	Durham City H.	4.79		
4 1 Sophie Owen	Blackpool W & F	4.77		
5 8 Faye Mitchell	Wakefield Harriers	4.70		
6 6 Sheryl Punter	Leeds City AC	4.29		
7 5 Deon Hunt	Holmfirth Harriers	3.87		

**Women's 200m**

	Perf	Record	Wind	AW
Wind=	+4.6			
1 7 Jenny Taker	Trafford AC	25.43		<input checked="" type="checkbox"/>
2 1 Sophie Owen	Blackpool W & F	25.65		<input checked="" type="checkbox"/>
3 4 Rebekah Wilmshurst	Durham City H.	25.72		<input checked="" type="checkbox"/>
4 3 Danielle Parkinson	City of Manchester	25.87		<input checked="" type="checkbox"/>
5 8 Faye Mitchell	Wakefield Harriers	26.81		<input checked="" type="checkbox"/>
6 6 Joanne Wesserman	Leeds City AC	28.46		
7 5 Lauren Tyrell	Holmfirth Harriers	29.66		

**Women's 800m**

1 5 Sara Simmons	Holmfirth Harriers	02:14.93		<input checked="" type="checkbox"/>
2 7 Julia Leventon	Trafford AC	02:16.89		<input checked="" type="checkbox"/>
3 8 Katie McHale	Wakefield Harriers	02:19.63		<input checked="" type="checkbox"/>
4 6 Fiona Maddocks	Leeds City AC	02:30.55		
5 3 Lily Freestone	City of Manchester	02:33.50		
6 4 Sophie Wood	Durham City H.	02:34.44		
7 1 Stacey Bligh	Blackpool W & F	02:36.05		

**Women's 3000m**

1 7 Claire Entwistle	Trafford AC	10:13.07		<input checked="" type="checkbox"/>
2 1 Caroline Betmead	Blackpool W & F	10:37.19		<input checked="" type="checkbox"/>
3 5 Claire Leaver	Holmfirth Harriers	10:46.55		<input checked="" type="checkbox"/>
4 8 Chloe Patchett	Wakefield Harriers	10:58.82		<input checked="" type="checkbox"/>
5 3 Alison Pye	City of Manchester	12:31.93		
6				

**Women's 100m Hurdles**

	Perf	Record	Wind	AW
Wind=	+2.9			
1 3 Grace Smith	City of Manchester	14.72		<input checked="" type="checkbox"/>
2 4 Jennifer Baker	Durham City H.	16.85		
3 5 Emma Szostak	Holmfirth Harriers	19.85		
4 7 Zoe Reid	Trafford AC	20.22		

**Women's Discus**

1 7 Chloe Beckett	Trafford AC	37.74	p	<input checked="" type="checkbox"/>
2 3 Laura Douglas	City of Manchester	32.15		<input checked="" type="checkbox"/>
3 8 Debbie Collinson	Wakefield Harriers	30.22		<input checked="" type="checkbox"/>
4 4 Rachel Bashforth	Durham City H.	30.09		<input checked="" type="checkbox"/>
5 5 Katie Zientek	Holmfirth Harriers	25.25		
6 1 Isabelle Cairns	Blackpool W & F	17.89		
7 6 Joanne Wesserman	Leeds City AC	16.25		

**Women's Javelin**

1 7 Emma Halsall	Trafford AC	36.11	p	<input checked="" type="checkbox"/>
2 8 Debbie Collinson	Wakefield Harriers	35.21		<input checked="" type="checkbox"/>
3 3 Danielle Parkinson	City of Manchester	30.75		<input checked="" type="checkbox"/>
4 5 Katie Zientek	Holmfirth Harriers	28.81		
5 1 Katie Holden	Blackpool W & F	21.43		
6 4 Sophie Wood	Durham City H.	21.30		

**Women's Triple Jump**

1 7 Zoe Reid	Trafford AC	10.93	p	<input checked="" type="checkbox"/>
2 3 Nicola Cahill	City of Manchester	10.91		<input checked="" type="checkbox"/>
3 1 Hannah Dickson	Blackpool W & F	10.09		<input checked="" type="checkbox"/>
4 8 Ruth Laybourne	Wakefield Harriers	8.91		
5 5 Emma Szostak	Holmfirth Harriers	8.77		
6 4 Rebecca Henderson	Durham City H.	8.65		
7				



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**Women's High Jump**

	Perf	Record	Wind	AW
1 7 Sue Moncrieff	Trafford AC	1.70		<input checked="" type="checkbox"/>
2 1 Hannah Dickson	Blackpool W & F	1.65		<input checked="" type="checkbox"/>
3 6 Rosie Trudgen	Leeds City AC	1.55		<input checked="" type="checkbox"/>
4 4 Jennifer Baker	Durham City H.	1.50		
5= 5 Lauren Tyrell	Holmfirth Harriers	1.45		5=
5= 3 Nicola Cahill	City of Manchester	1.45		5=
7 8 Ruth Laybourne	Wakefield Harriers	1.35		7

**Women's Pole Vault**

	Perf	Record	Wind	AW
1 1 Elena Mingis	Blackpool W & F	2.70	p	<input checked="" type="checkbox"/>
2 7 Janine Mullineaux	Trafford AC	2.70		<input checked="" type="checkbox"/>
3 6 Rosie Trudgen	Leeds City AC	2.20		
4				
5=				
5=				
7				

**Women's 4x100m Relay**

	Perf	Record	Wind	AW
1 3 City of Manchester	Nicola Cahill Grace Smith Danielle Parkinson Lily Freestone	50.8		<input checked="" type="checkbox"/>
2 4 Durham City H.	Jacqui Hogson Jennifer Baker Samantha Coleby Rebekah Wilmshurs	51.2		<input checked="" type="checkbox"/>
3 1 Blackpool W & F	Rochelle Sophie Owen Hannah Dickson Laura Davies	51.4		<input checked="" type="checkbox"/>
4 7 Trafford AC	Jenny Taker Zoe Reid Vicky Malady Emma Halsall	51.6		<input checked="" type="checkbox"/>
5 8 Wakefield Harriers	Reagan Wright Faye Mitchell Fiona Thomas Ruth Laybourne	52.4		
6 5 Holmfirth Harriers	Emma Szostak Lauren Tyrell Sara Simmons Deon Hunt	56.0		

**Women's 4x400m Relay**

	Perf	Record	Wind	AW
1 3 City of Manchester	Nicola Cahill Lily Freestone Danielle Parkinson	04:11.1		<input checked="" type="checkbox"/>
2 4 Durham City H.	Sophie Wood Jennifer Baker Rebekah Wilmshurst Samantha Coleby	04:11.7		<input checked="" type="checkbox"/>
3 8 Wakefield Harriers	Kate Wilson Katie McHale Chloe Patchett Reagan Wright	04:12.6		<input checked="" type="checkbox"/>
4 7 Trafford AC	Vicky Malady Claire Entwistle Julia Leventon Jenny Taker	04:13.1		<input checked="" type="checkbox"/>
5 1 Blackpool W & F	Sophie Owen Gail Hope Ellershaw Elizabeth Hodgson Katie Holden	04:19.4		
6 5 Holmfirth Harriers	Emma Szostak Sara Simmons Claire Leaver Lauren Tyrell	04:30.5		

**Northern Athletics Inter Club C****SATURDAY 08-Sep-07****100m Mens Non Scoring Race 1****Wind Speed**

+1.8

1	189	Carl Dickinson	- M	City of Manchester AC	11.33
2	147	Chris Stephenson	- M	Kingston upon Hull AC	11.73
3	117	Simon Wells	- M	Blackpool, Wyre & Fylde AC	11.79
4	122	Jams Mitchell	- M	Wakefield Harriers	11.91
5	113	Ben Mitchell	- M	Wakefield Harriers	11.93
6	190	David Adamson	- M	Durham City Harriers	12.05

**100m Mens Non Scoring Race 1****Wind Speed**

+4.2

1	161	Kyle Jeffrey	- M	Leeds City AC	11.61
2	158	Tom Butler	- M	Kingston upon Hull AC	11.86
3	188	David Wlstenholme	- M	Kingston upon Hull AC	12.15
4	150	Stephen Richardson	- M	Kingston upon Hull AC	12.15
5	191	Daniel Burnett	- M	Chesterfield & District AC	12.33
6	104	Gareth Hepworth	- M	Wakefield Harriers	12.75

**100m Womens Non Scoring Race****Wind Speed**

+4.2

1	123	Rochelle Hearsom	- F	Blackpool, Wyre & Fylde AC	12.49
2	160	Megan Holt	- F	Kingston upon Hull AC	12.64
3	186	Samantha Coleby	- F	Durham City Harriers	12.71
4	114	Kathleen Warhurst	- F	Lincoln Wellington AC	15.41
5	116	Sarah Kimpton	- F	Lincoln Wellington AC	15.90

**200M Heat 1****Wind Speed**

+3.0

1	192	Thomas Atkinson	- M	Wakefield Harriers	23.43
2	147	Chris Stephenson	- M	Kingston upon Hull AC	23.74
3	122	Jams Mitchell	- M	Wakefield Harriers	24.05
4	158	Tom Butler	- M	Kingston upon Hull AC	24.10
5	150	Stephen Richardson	- M	Kingston upon Hull AC	24.56
6	113	Ben Mitchell	- M	Wakefield Harriers	25.38
7	104	Gareth Hepworth	- M	Wakefield Harriers	26.08

**400M Heat 1**

1	193	Bernard Ward	- M	Trafford AC	51.48
2	126	Andrei Pobischan	- M	Wakefield Harriers	54.51
3	3	Joseph Jacobs	- M	City of Manchester AC	55.21
4	187	Matthew McCarthy	- M	Durham City Harriers	57.06
5	194	Nathan Bolton	- M	Wakefield Harriers	58.76
6	194	Nathan Bolton	- M	Wakefield Harriers	59.14