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Venue: South Leeds Stadium, Tue 8 May 2007

## M 100m A

1 Kyle Shaw	LDS	11.5
2 Bernard Ward	TRF	11.5
3 Tom O'Brien	WGN	11.6
4 Nathan Roach	COM	11.6
5 T Bennington	COY	11.6
6 Richardo Francis	WKF	11.7

## M 100m B

1 Danny Whittaker	WGN	11.3
2 Umar Hameed	LDS	11.3
3 Richard Workman	TRF	11.7
4 Ben Mitchell	WKF	12.0
5 A Dewer U17	COY	13.2

## M 200m A

1 Umar Hameed	LDS	22.6
2 Richardo Francis	WKF	22.8
3 Bernard Ward	TRF	22.9
4 Tom O'Brien	WGN	22.9
5 A Dewer U17	COY	23.4
6 Nathan Roach	COM	23.4

## M 200m B

1 Danny Whittaker	WGN	22.6
2 Roger Mahon	COM	23.3
3 C Gill	COY	23.4
4 Richard Workman	TRF	23.6
5 Gary O'Neill	LDS	23.9
6 James Mitchell	WKF	24.4

## M 400m A

1 Scott Riley	TRF	50.2
2 Michael Beaumont	WKF	51.1
3 Gary O'Neill	LDS	51.5
4 Tom Bolan Ashworth	WGN	52.0
5 J McGregor	COY	52.3
6 Adam Elliott	COM	55.2

## M 400m B

1 Marc Mullen-Browne	TRF	51.6
2 Tom Roberts	LDS	52.1
3 Freddy Flynn	WKF	52.8
4 Glen Hamilton	WGN	53.5
5 M McGill	COY	54.7

## M 800m A

1 Jake Harman	LDS	1.57.5
2 Jack Hallas	WKF	1.57.5
3 Adam Elliott	COM	1.59.4
4 John Howe	TRF	2.01.1
5 M McGill	COY	2.02.8
6 Danny Kevan	WGN	2.12.1

## M 800m B

1 Thomas Atkinson U17	WKF	1.59.1
2 J McGregor	COY	1.59.8
3 Paul McMahon	TRF	2.04.7
4 Michael Salter	LDS	2.06.8
5 Danny Hind	WGN	2.23.9

## M 1500m A

1 Danny Griffiths	WGN	4.00.0
2 A Hilton	COY	4.00.5
3 Aidan Adams	LDS	4.07.5
4 James Bleakley	TRF	4.11.6
5 Joe Hargeaves U17	WKF	4.17.5

## M 1500m B

1 Chris Bryant	WGN	4.10.9
2 Jonathan Holt	TRF	4.14.6
3 Arthur Cooke	LDS	4.16.4
4 J Palmer	COY	4.23.1
5 Gareth Hepworth	WKF	4.38.8

## M 5000m A

1 Martin Hilton	LDS	15.20.0
2 Gareth Williams	TRF	16.00.7
3 Colin Gell	COM	16.25.1
4 P White	COY	16.31.9
5 Rob Hart	WGN	17.01.4
6 Steve Lowe	WKF	17.09.7

## M 5000m B

1 Chris Birchall	LDS	15.50.8
2 John Howe	TRF	16.50.7
3 Mo Mariner	WGN	17.03.2
4 A Neesam	COY	17.20.6
5 Steve Faulkner	WKF	18.03.6

## M 110mH A

1 Matt Hudson	LDS	16.2
2 Rob Lee	WKF	17.4
3 Neil Bell	TRF	17.9
4 S Allen	COY	18.4
5 Danny Hind	WGN	20.0
6 Andy Webster	COM	20.2

## M 110mH B

1 Tom Casey	LDS	16.4
2 Mark Smith	WKF	18.7
3 Michael Hutchinson	TRF	24.0
4 N Hunter	COY	27.9

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## M 400mH A

1 Matt Hudson	LDS	56.7
2 Danny Hind	WGN	59.1
3 Mark Smith	WKF	61.4
4 A Dewar U17	COY	61.8
5 Michael Hutchinson	TRF	61.9
6 Andy Webster	COM	64.0

## M 400mH B

1 Adam Fell	LDS	61.8
2 John Paul Dales	WKF	67.9
3 Paul McMahon	TRF	68.6
4 J Palmer	COY	70.9

## M 3000m SC A

1 A Hilton	COY	9.40.1
2 Ian Salisbury	TRF	10.01.3
3 Scott Mitchell	LDS	10.07.6
4 Chris Price	WKF	10.08.3
5 Phil West	WGN	10.36.8

## M 3000m SC B

1 Nick Hooker	LDS	10.13.9
2 Michael Hutchinson	TRF	10.45.1
3 Steve Lowe	WKF	10.45.5

## M Discus Throw A

1 Matt Allison	LDS	39.48
2 M Wearing	COY	38.32
3 Julian Clare	TRF	35.24
4 Darren Thomas	WKF	31.50
5 Mike Drabble	COM	18.33

## M Discus Throw B

1 Mark Gulliver	LDS	37.63
2 A Hopcroft	COY	33.98
3 Richard Gale	WKF	25.25
4 Andrew Parry	TRF	22.80
5 Andy Webster	COM	12.66

## M Hammer Throw A

1 Mark Gulliver	LDS	51.69
2 Richard Gale	WKF	39.97
3 Julian Clare	TRF	35.68
4 A Hopcroft	COY	34.94
5 Steve Killen	WGN	32.75
6 Mike Drabble	COM	16.81

## M Hammer Throw B

1 Darren Thomas	WKF	27.50
2 Sam Allan	LDS	26.45
3 Dave Steele	WGN	25.92
4 M Wearing	COY	22.68
5 Michael Hutchinson	TRF	20.87
6 Andy Webster	COM	16.25

## M High Jump A

1 Tom O'Brien	WGN	1.88
2 T Lightwing	COY	1.88
3 Neil Bell	TRF	1.80
4 Tom Lindsay	LDS	1.75
5 James Mitchell	WKF	1.75
6 Nathan Roach	COM	1.70

## M High Jump B

1 Steve Linsell	LDS	1.75
2 Tom Bolan Ashworth	WGN	1.75
3 Julian Clare	TRF	1.75
4 S Allen	COY	1.70
5 Mark Smith	WKF	1.45

## M Javelin Throw A

1 Matt Allison	LDS	58.90
2 M Wearing	COY	51.52
3 Andrew Ormshaw	WGN	51.14
4 Julian Clare	TRF	48.46
5 Mark Smith	WKF	42.70
6 Mike Drabble	COM	28.52

## M Javelin Throw B

1 Sam Allan	LDS	53.82
2 Adrian Cawley	WGN	42.82
3 Andrew Parry	TRF	42.32
4 T Lightwing	COY	36.54
5 Darren Thomas	WKF	35.53

## M Long Jump A

1 Matt Barton	LDS	6.59
2 S Allen	COY	6.31
3 Rob Lee	WKF	5.73
4 Julian Clare	TRF	5.68
5 Andy Webster	COM	4.93
6 Tom Bolan Ashworth	WGN	3.64

## M Long Jump B

1 Danny Gardiner	LDS	6.51
2 T Lightwing	COY	5.71
3 Andrei Pobischan	WKF	5.38
4 Neil Bell	TRF	5.18

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## M Pole Vault A

1 James Sleigh	LDS	3.70
2 Julian Clare	TRF	3.70
3 Darren Thomas	WKF	3.10
4 S Allen	COY	2.50

## M Pole Vault B

1 Tom Wagner	LDS	3.50
2 Mark Smith	WKF	2.60
3 T Lightwing	COY	2.10

## M Shot Putt A

1 Carl Fletcher	WGN	15.10
2 Mark Gulliver	LDS	12.47
3 A Hopcroft	COY	11.29
4 Julian Clare	TRF	11.29
5 Darren Thomas	WKF	10.19
6 Mike Drabble	COM	7.95

## M Shot Putt B

1 Matt Allison	LDS	12.38
2 Steve Killen	WGN	10.40
3 M Wearing	COY	9.65
4 Neil Bell	TRF	8.98
5 Richard Gale	WKF	8.93
6 Andy Webster	COM	5.57

## M Triple Jump A

1 Matt Barton	LDS	14.68
2 Rob Lee	WKF	12.20
3 C Gill	COY	12.19
4 Andy Webster	COM	11.96
5 Chris Ball	TRF	11.70
6 Jamie Vickery	WGN	10.65

## M Triple Jump B

1 Andrei Pobischan	WKF	12.12
2 Tom Lindsay	LDS	11.49
3 T Lightwing	COY	11.45
4 Michael Hutchinson	TRF	10.56
5 Danny Hind	WGN	9.14

## W 100m A

1 Hayley Jones	WGN	11.8
2 Dionne Ellison	TRF	12.6
3 Naana Adusei	LDS	12.8
4 B Campsall U17	COY	12.8
5 Ruth Dales	WKF	13.1
6 Harriet Pickles	COM	13.4

## W 100m B

1 Edwina Anyanum	TRF	13.0
2 Kayleigh Hill	WGN	13.0
3 Sheryl Punter	LDS	13.0
4 J Foster U17	COY	13.2
5 Fiona Thomas	WKF	13.3
6 Vicky Uttley	COM	13.9

## W 200m A

1 Shona McPherson	WGN	25.5
2 Katie Jones	TRF	25.7
3 Regan Wright	WKF	26.9
4 Sheryl Punter	LDS	26.9
5 J Foster U17	COY	27.7

## W 200m B

1 Dionne Ellison	TRF	25.8
2 Kayleigh Hill	WGN	26.3
3 Naana Adusei	LDS	26.5
4 Kate Edmundson	WKF	26.6
5 H Goacher	COY	27.6

## W 400m A

1 Hayley Jones	WGN	56.2
2 Mikaela Harrison	WKF	57.2
3 Laura Siddall	COM	58.5
4 Anita Eagland	TRF	58.5
5 A McCabe	COY	70.3
6 Ashley Little	LDS	73.7

## W 400m B

1 Kate Edmundson	WKF	58.7
2 Rachel McHugh	TRF	58.9
3 Joanne Dawes	COM	60.6
4 R Brandon	COY	65.6
5 Fiona Maddocks	LDS	65.8

## W 800m A

1 Kelly Johnson	WKF	2.09.7
2 Laura Siddall	COM	2.13.4
3 Celia De Maria	LDS	2.20.0
4 K Mellor	COY	2.22.7

## W 800m B

1 Joanne Dawes	COM	2.16.5
2 Katie McHale	WKF	2.19.0
3 Fiona Maddocks	LDS	2.27.1
4 K Hunter U17	COY	2.58.2

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W 1500m A			W 1500m B		
1 Donna Riding	COM	4.32.9	1 Celia De Maria	LDS	4.49.9
2 Helen Singleton	WKF	4.35.7	2 Chloe Patchett	WKF	4.53.5
3 Kirsteen Young	LDS	4.43.6	3 H Garnham	COY	5.19.4
4 K Mellor	COY	4.54.3	4 Kathryn Culshaw	WGN	5.52.2
5 Debbie Culshaw	WGN	5.02.1			
6 Joan Howe	TRF	5.28.3			
W 3000m A			W 3000m B		
1 Alex Gostling	LDS	10.05.9	1 Kirsteen Young	LDS	10.07.1
2 Lyn Jolly	WGN	10.34.5	2 Kathryn Culshaw	WGN	11.55.6
3 Julia Briscoe	WKF	10.41.5	3 Sally Howarth	TRF	12.03.8
4 Alison Pye	COM	11.30.1	4 S Hunter U17	COY	13.30.9
5 Melissa Davis	TRF	11.58.9			
6 V Needham	COY	13.30.9			
W 100mH A			W 100mH B		
1 Zara Hohn	WKF	14.7	1 Ruth Dales	WKF	15.3
2 Grace Smith	COM	14.8	2 Nicola Cahill	COM	15.3
3 Jackie Cooke	WGN	15.0	3 Elizabeth Best	LDS	18.3
4 Kirsty Parr	LDS	15.3	4 A McCabe	COY	18.8
5 H Goacher	COY	15.4			
W 400mH A			W 400mH B		
1 Shona McPherson	WGN	63.2	1 Danielle Parkinson	COM	69.1
2 Rachel McHugh	TRF	65.1	2 R Brandon	COY	76.6
3 Vicky Uttley	COM	70.0	3 Linda Gabriel	TRF	78.5
4 Elizabeth Best	LDS	71.2	4 Ashley Little	LDS	80.2
5 A McCabe	COY	73.2			
6 Kirsty Hodgson	WKF	76.1			
W Discus Throw A			W Discus Throw B		
1 Hannah Evenden U17	LDS	39.31	1 Chloe Beckett	TRF	34.98
2 Jemma Kelly	TRF	37.22	2 Alice Simpson	LDS	33.82
3 Laura Douglas	COM	30.69	3 Amy Ridsdale	WKF	23.61
4 Anna Griffiths	WGN	28.24	4 Kim Halliwell	WGN	22.97
5 L Bodie	COY	26.54	5 S Bell	COY	16.55
6 Fiona Thomas	WKF	26.42			
W Hammer Throw A			W Hammer Throw B		
1 Laura Douglas	COM	59.89	1 Chloe Beckett	TRF	30.12
2 Jemma Kelly	TRF	46.71	2 Claire Ginn	LDS	23.58
3 Hannah Evenden U17	LDS	39.57	3 Fiona Thomas	WKF	23.56
4 Beth Lishman	WGN	32.52	4 Kim Halliwell	WGN	18.56
5 Linda Ridsdale	WKF	25.47			
6 L Bodie	COY	23.87			
W High Jump A			W High Jump B		
1 Jenny Lumley	LDS	1.75	1 Caroline Park	LDS	1.60
2 Lucy Holmes	WKF	1.50	2 J Butterworth	COY	1.40
3=F Laycock	COY	1.50	3 Tiffany Lyons	WKF	1.20
3=Nicola Cahill	COM	1.50			
5 Ashley Beckett U17	TRF	1.50			

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W Javelin Throw A		W Javelin Throw B	
1 Rachael Fleary	COM 38.60	1 Kirsty Parr	LDS 29.36
2 Alice Simpson	LDS 32.71	2 Jemma Kelly	TRF 27.40
3 Ashley Beckett U17	TRF 32.09	3 A Blacker	COY 21.75
4 F Laycock	COY 23.71	4 Debbie Culshaw	WGN 16.64
5 Vicky Mills	WKF 19.61	5 Regan Wright	WKF 14.91
6 Kathryn Culshaw	WGN 18.33		

W Long Jump A		W Long Jump B	
1 Nicola Cahill	COM 5.64	1 Harriet Pickles	COM 5.29
2 Kirsty Parr	LDS 5.46	2 Lindsay Towers	LDS 4.83
3 Ruth Dales	WKF 5.01	3 J Butterworth	COY 4.32
4 S Bell	COY 4.53	4 Faye Mitchell U17	WKF 3.81
5 Lindsay Johnson	TRF 4.14		
6 Anna Griffiths	WGN 4.00		

W Pole Vault A		W Pole Vault B	
1=Vicky Mills	WKF 2.50	1 V Needham	COY 1.80
1=Lindsay Johnson	TRF 2.50		
3 J Butterworth	COY 2.10		

W Shot Putt A		W Shot Putt B	
1 Alice Simpson	LDS 11.48	1 Chloe Beckett	TRF 11.27
2 Jemma Kelly	TRF 11.31	2 Jenny Lumley	LDS 10.85
3 Laura Douglas	COM 11.23	3 Nicola Cahill	COM 10.04
4 L Bodie	COY 11.04	4 Amy Ridsdale	WKF 9.03
5 Fiona Thomas	WKF 10.43	5 J Butterworth	COY 7.67
6 Anna Griffiths	WGN 9.98	6 Beth Lishman	WGN 7.27

W Triple Jump A		W Triple Jump B	
1 Harriet Pickles	COM 11.54	1 Ashley Little	LDS 10.65
2 Lindsay Towers	LDS 10.87	2 R Brandon	COY 9.37
3 S Bell	COY 10.24	3 Karen Hill	TRF 8.63
4 Lindsay Johnson	TRF 9.37	4 Fiona Thomas	WKF 7.52
5 Vicky Mills	WKF 7.60		

W 4x100m Relay			
1 WGN 49.5	1 Anna Griffiths	2 Kayleigh Hill	
	3 Hayley Jones	4 Shona McPherson	
2 WKF 49.6	1 Ruth Dales	2 Regan Wright	
	3 Mikaela Harrison	4 Zara Hohn	
3 TRF 49.7	1 Dionne Ellison	2 Edwina Anyanum	
	3 Katie Jones	4 Anita Eagland	
4 COM 50.6	1 Danielle Parkinson	2 Laura Siddall	
	3 Grace Smith	4 Nicola Cahill	
5 COY 50.9	1 B Campsall U17	2 J Butterworth	
	3 S Bell	4 H Goacher	
6 LDS 51.0	1 Naana Adusei	2 Jenny Lumley	
	3 Elizabeth Best	4 Alice Simpson	

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W 4x400m Relay

1 TRF 3.57.3	1 Katie Jones	2 Anita Eagland
	3 Rachel McHugh	4 Dionne Ellison
2 COM 3.58.2	1 Donna Riding	2 Laura Siddall
	3 Danielle Parkinson	4 Joanne Dawes
3 WKF 4.02.9	1 Mikaela Harrison	2 Katie McHale
	3 Helen Singleton	4 Kate Wilson U17
4 COY 4.38.6	1 A McCabe	2 J Butterworth
	3 K Mellor	4 R Brandon

M 4x100m Relay

1 LDS 43.6	1 Danny Gardiner	2 Umar Hameed
	3 Tom Casey	4 Kyle Shaw
2 WGN 44.7	1 Tom O'Brien	2 Jamie Vickery
	3 Danny Hind	4 Danny Whittaker
3 TRF 45.0	1 Chris Ball	2 Scott Riley
	3 Bernard Ward	4 Richard Workman
4 COY 45.1	1 A Dewar U17	2 J Seller
	3 S Allen	4 T Bennington
5 WKF 46.1	1 Richardo Francis	2 Richard Blythe
	3 Ben Mitchell	4 James Mitchell
6 COM 47.3	1 Nathan Roach	2 Adam Elliott
	3 Roger Mahon	4 Andy Webster

M 4x400m Relay

1 WGN 3.23.8	1 Danny Kevan	2 Tom Bolan Ashworth
	3 Glen Hamilton	4 Chris Bryant
2 TRF 3.25.2	1 Chris Ball	2 Scott Riley
	3 Marc Mullen-Browne	4 Richard Workman
3 LDS 3.28.7	1 Michael Salter	2 Nick Hooker
	3 Tom Roberts	4 Gary O'Niell
4 WKF 3.34.4	1 Freddy Flynn	2 Michael Beaumont
	3 Jack Hallas	4 Thomas Atkinson U17
5 COY 3.41.0	1 A Hilton	2 J McGregor
	3 S Allen	4 T Lightwing

MATCH	RESULT	LEAGUE STANDINGS			
	Event	Lge		Event	Lge
1 LDS	460	6	1 Leeds City AC	460	6
2 TRF	359	5	2 Trafford AC	359	5
3 WKF	353	4	3 Wakefield D. H. & AC	353	4
4 COY	329.5	3	4 City of York	329.5	3
5 WGN	287	2	5 Wigan & D. Harriers AC	287	2
6 COM	239.5	1	6 City of Manchester	239.5	1

Note(s)

COM Includes + 30pts,  
LDS Includes + 30pts,

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COY Includes + 30pts,  
TRF Includes + 30pts,  
WKF Includes + 30pts,  
WGN Includes + 30pts,

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1 D Gardiner	LDS	11.5
2 J Vickery	WIG	11.9
3 J Mitchell	WFD	12.0
4 R Blythe	WFD	12.0
5 S Thorpe	WFD	12.3
6 John Paul Dawes	WFD	12.6