

M 100m A

1	Josh Cayene U20	SPN	11.0
2	Darren Gayle U17	O&R	11.4
3	Andy Donaldson U20	P&B	12.0
4	Alex Urmston	LGH	12.2
5	Thomas Charnock U17	ECH	12.5
6	Paul Moseley	LDS	12.8
7	Aaron Kelly U20	RSD	13.8

M 100m B

1	Matthew Donaldson U17	P&B	11.9
2	James Hardy U17	O&R	12.0
3	Andrew Hartshorne U17	ECH	12.0
4	Dave Roman U20	SPN	12.1
5	Daren Smith	LGH	12.6
6	Nathen Wells	LDS	12.8
7	Phil Bolton U20	RSD	13.6

M 200m A

1	Josh Cayene U20	SPN	22.1
2	Darren Gayle U17	O&R	23.4
3	Tom Roberts U20	LDS	24.0
4	Matthew Donaldson U17	P&B	25.4
5	Thomas Charnock U17	ECH	25.8
6	Alex Urmston	LGH	26.4
7	Jack Lonsdale U17	RSD	27.0

M 200m B

1	Andy Donaldson U20	P&B	24.3
2	Mark Whittenbury	O&R	24.8
3	Dave Roman U20	SPN	25.3
4	Daren Smith	LGH	25.5
5	Nathen Wells	LDS	26.7
6	David Barratt U17	ECH	27.2
7	Josh Tighe	RSD	28.1

M 400m A

1	Simon Wray	P&B	50.2
2	Tom Roberts U20	LDS	52.2
3	Craig Yates	SPN	52.8
4	Alex Urmston	LGH	53.5
5	Michael Corbishley	RSD	53.7
6	Rick Mather	O&R	53.9
7	Alex Cooke U20	ECH	54.4

M 400m B

1	Drew Graham	P&B	50.6
2	Andrew Harshorne U17	ECH	54.6
3	Joe Kelly U17	RSD	55.1
4	Brenden Sykes U17	SPN	55.3
5	John Indriks	LGH	55.7
6	John Prideaux	LDS	55.8
7	Brian Schofield	O&R	55.9

M 800m A

1	Robert Ingham	O&R	1.58.1
2	Scott Hughes	LGH	2.00.6
3	Michael Corbishley	RSD	2.01.0
4	Jake Rowlands U20	SPN	2.02.3
5	John Prideaux	LDS	2.06.6
6	Mark Antill U17	ECH	2.07.2
7	Dave Derbyshire	P&B	2.08.3

M 800m B

1	Paul Sutcliffe	SPN	2.04.8
2	Michael Mannings U20	O&R	2.08.4
3	Jimmy Cooke	LGH	2.10.6
4	Jack Lonsdale U17	RSD	2.13.2
5	Richard Bhola U20	P&B	2.18.1
6	David Barratt U17	ECH	2.27.8
7	Gary Sutherland	LDS	2.33.5

M 1500m A

1	Robert Ingham	O&R	4.13.6
2	Tom Henders	LGH	4.18.1
3	Oliver Ziff U20	LDS	4.18.5
4	Tom Byrne	SPN	4.25.0
5	Josh Tighe	RSD	4.29.5
6	Mark Antill U17	ECH	4.37.8

M 1500m B

1	Sam Witter U17	O&R	4.17.2
2	John Howarth	LGH	4.19.8
3	Andrew Cartwright	LDS	4.30.8
4	Aaron Kelly U20	RSD	4.32.9
5	Mikka Kuronen	ECH	4.40.6

M 5000m A

1	Andrew Martin	O&R	15.34.3
2	John Ferguson	RSD	15.56.2
3	Neil Pendlebury	LGH	16.03.5
4	Martin Farran	LDS	16.21.5
5	James Shaw	ECH	16.29.5
6	Jamie Noon	P&B	17.02.0
7	David Lane	SPN	17.57.8

M 5000m B

1	Scott Hughes	LGH	16.20.3
2	Pete Steel	LDS	16.30.9
3	Daniel Vaughan	ECH	16.40.7
4	Grant Cunliffe U20	RSD	17.20.1
5	Daniel Murphy U20	O&R	18.42.0
6	Joe Saavedera U20	SPN	18.43.0
7	Richard Bhola U20	P&B	19.39.5

M 110mH A

1 Tom Lindsay	LDS	18.6
2 Duncan McCarrick	LGH	20.0
3 Nick Millington U17	P&B	21.2
4 Aaron Kelly U20	RSD	23.2

M 110mH B

1 David Jewison	LDS	21.8
2 Phil Bolton U20	RSD	22.1
3 Shaun Spillane	LGH	23.0
4 Andy Donaldson U20	P&B	25.0

M 400mH A

1 Alex Cook U20	ECH	60.2
2 Aaron Barker	RSD	61.4
3 Tom Lindsay	LDS	62.4
4 Reece Hendley U20	O&R	63.5
5 Elliot Mayer U17	SPN	64.0
6 Daren Smith	LGH	64.3
7 Nick Millington U17	P&B	67.6

M 400mH B

1 Shaun Spillane	LGH	65.1
2 David Jewison	LDS	67.9
3 Andy Cook	P&B	69.7
4 David Barratt U17	ECH	70.0
5 Aaron Kelly U20	RSD	70.2
6 Omar Shoaib	O&R	106.4

M 3000m SC A

1 Stuart Heaton	ECH	10.03.4
2 Neil Pendlebury	LGH	10.40.2
3 Chris Pawson	P&B	10.44.4
4 Phil Bolton U20	RSD	10.44.6
5 Reece Hendley U20	O&R	12.32.3

M 3000m SC B

1 Josh Tighe	RSD	11.09.8
2 Jamie Noon	P&B	11.17.4
3 Antony Connally U20	ECH	11.17.9
4 Shaun Spillane	LGH	12.12.4

M Discus Throw A

1 Daniel Gardiner U20	LDS	37.64
2 Mike Rigby U20	O&R	31.90
3 David Smith	LGH	31.79
4 Jonathan Hepworth U2	SPN	31.78
5 Jason Hill	ECH	30.99
6 Danny Hermann	P&B	26.41
7 Phil Walton	RSD	18.89

M Discus Throw B

1 Paul Armstrong	LDS	33.31
2 Andrew Downs U17	ECH	31.90
3 Colin Allen	O&R	27.32
4 Peter Todd	LGH	27.26
5 Matthew Millinton U1	P&B	25.12
6 Andrew Ibbitson	SPN	17.20
7 George Corbishley	RSD	13.38

M Hammer Throw A

1 Jonathan Hepworth U2	SPN	43.13
2 Mike Rigby U20	O&R	37.60
3 David Milnes	LDS	30.01
4 David Smith	LGH	29.58
5 Michael Donald	ECH	24.39
6 Phil Walton	RSD	18.18
7 John Dutton	P&B	18.08

M Hammer Throw B

1 Jason Hill	ECH	24.12
2 Andrew Ibbitson	SPN	22.35
3 Colin Allen	O&R	21.05
4 Peter Todd	LGH	18.56
5 Chris Pawson	P&B	17.30
6 Ivan Roberts	LDS	15.66
7 George Corbishley	RSD	11.43

M High Jump A

1 Tom Lindsay	LDS	1.75
2 Chris Taylor U17	SPN	1.70
3 John Indriks	LGH	1.60
4 Jason Hill	ECH	1.55
5 Aaron Barker	RSD	1.45

M High Jump B

1 David Jewison	LDS	1.60
2 Brenden Sykes U17	SPN	1.50
3 Duncan McCarrick	LGH	1.40

M Javelin Throw A

1 Adam Timms U17	P&B	52.82
2 David Smith	LGH	48.64
3 Daniel Gardiner U20	LDS	48.17
4 Brenden Sykes U17	SPN	38.76
5 Steve Williams	O&R	38.37
6 Andrew Hartshorne U1	ECH	33.63
7 Grant Cunliffe U20	RSD	26.95

M Javelin Throw B

1 Andrew Downes U17	ECH	32.92
2 Peter Todd	LGH	32.18
3 Paul Armstrong	LDS	29.51
4 Matthew Millinton U1	P&B	25.03
5 Phil Walton	RSD	24.31
6 Andrew Ibbitson	SPN	23.75

M Long Jump A

1 James Hardy U17	O&R	5.97
2 Elliot Mayer U17	SPN	5.79
3 Andy Cook	P&B	5.22
4 Daren Smith	LGH	5.20
5 Aaron Barker	RSD	5.13
6 Antony Connally U20	ECH	5.07
7 Nathen Wells	LDS	4.79

M Long Jump B

1 Reece Hendley U20	O&R	5.42
2 Chris Taylor U17	SPN	5.10
3 Jason Hill	ECH	5.00
4 Alex Urmston	LGH	4.74
5 Grant Cunliffe U20	RSD	4.42

M Pole Vault A

No competitors

M Pole Vault B

No competitors

M Shot Putt A

1 Daniel Gardiner U20	LDS	12.13
2 Michael Donald	ECH	10.68
3 Mike Rigby U20	O&R	10.52
4 Adam Timms U17	P&B	10.17
5 Jonathan Hepwoth U20	SPN	10.07
6 David Smith	LGH	9.62
7 Phil Walton	RSD	8.26

M Shot Putt B

1 Colin Allen	O&R	9.45
2 John Dutton	P&B	8.93
3 Andrew Downs U17	ECH	8.22
4 Peter Todd	LGH	8.03
5 Andrew Ibbitson	SPN	7.36
6 Ivan Roberts	LDS	6.45
7 George Corbishley	RSD	5.46

M Triple Jump A

1 Elliot Mayer U17	SPN	11.77
2 Aaron Barker	RSD	10.82
3 Tom Roberts U20	LDS	10.77
4 Antony Connally U20	ECH	10.58
5 Andy Cook	P&B	10.48
6 Reece Hendley U20	O&R	10.24
7 Shaun Spillane	LGH	9.11

M Triple Jump B

1 Paul Moseley	LDS	10.23
2 Joe Saavedera U20	SPN	10.14
3 Phil Bolton U20	RSD	9.87
4 Jason Hill	ECH	9.40
5 John Taylor	LGH	9.10
6 Omar Shoaib	O&R	8.07

W 100m A

1 Melanie Turner U20	O&R	13.0
2 Beth Hirst U17	ECH	13.1
3 Jade Stephenson U17	SPN	13.5
4 Joanne Westerman U20	LDS	13.6
5 Rebecca Dutton U17	P&B	14.6
6 Lauren Reed U17	RSD	15.0
7 Linda Jacket	LGH	19.0

W 100m B

1 Wendy Andrews	ECH	13.9
2 Blaize Reynolds U20	LDS	14.1
3 Louise Zelem U17	O&R	14.2
4 Tracey Ireland	RSD	14.2
5 Caroline Harding	P&B	15.0
6 Amanda Pearson	SPN	19.3

W 200m A

1 Sally Teague U20	ECH	26.8
2 Jade Stephenson U17	SPN	27.8
3 Joanne Westerman U20	LDS	28.7
4 Katie Ireland U17	RSD	29.2
5 Sarah Holah	P&B	31.4
6 Linda Jacket	LGH	40.1

W 200m B

1 Beth Hirst U17	ECH	27.8
2 Abbie Stringer U17	SPN	29.0
3 Blaize Reynolds U20	LDS	29.5
4 Sally Corbin	P&B	31.2
5 Lauren Reed U17	RSD	33.5

W 400m A

1 Sally Teague U20	ECH	59.3
2 Amy Sharrad	SPN	60.6
3 Melanie Turner U20	O&R	60.9
4 Danielle Carr U17	LDS	63.9
5 Heather Corbishley	RSD	65.4
6 Sarah Holah	P&B	68.4
7 Kirsty Hogan U17	LGH	75.0

W 400m B

1 Leah Owen U17	ECH	62.2
2 Jade Stephenson U17	SPN	64.7
3 Laura Johnston U20	RSD	72.6
4 Alison Varley	LDS	74.7

W 800m A

1 Sarah Hudak U20	ECH	2.17.3
2 Amy Sharrad	SPN	2.20.8
3 Lauren Howarth U20	LGH	2.26.2
4 Heather Corbishley	RSD	2.27.7
5 Jodie Gregoryk U20	LDS	2.28.3
6 Sarah Holah	P&B	2.37.1
7 Julie Peters	O&R	2.51.3

W 800m B

1 Hannah Warburton U17	LGH	2.31.9
2 Pam Read	ECH	2.37.4
3 Rachel Deveny U20	LDS	2.43.0
4 Davina Raidy	RSD	2.52.8
5 Jackie Carter	SPN	3.13.9

W 1500m A

1 Tracey Ireland	RSD	5.07.7
2 Holly Teague U20	ECH	5.15.2
3 Alison Varley	LDS	5.25.5
4 Hannah Warburton U17	LGH	5.33.1
5 Sally Corbin	P&B	5.39.6
6 Julie Peters	O&R	5.48.5
7 Jackie Carter	SPN	6.17.0

W 1500m B

1 Pam Read	ECH	5.29.1
2 Rebecca Deveny U20	LDS	5.44.1
3 Jill Barron	P&B	5.54.1
4 Katie Ireland U17	RSD	5.57.3
5 Heather Mitchell	SPN	6.30.5
6 Kirsty Hogan U17	LGH	6.53.0

W 3000m A

1 Lauren Howarth U20	LGH	10.54.3
2 Emma Flanagan U17	RSD	11.18.3
3 Becky Rowlands U17	SPN	11.29.9
4 Alison Varley	LDS	11.46.3
5 Stella Boam	ECH	11.51.0
6 Sally Corbin	P&B	12.04.7

W 3000m B

1 Hannah Warburton U17	LGH	11.38.6
2 Amy Gorton U20	ECH	12.24.4
3 Jill Barron	P&B	12.44.3
4 Heather Mitchell	SPN	13.28.2
5 Jane Adlum	RSD	15.07.9

W 100mH A

1 Danni Carroll	ECH	20.3
2 Laura Johnston U20	RSD	21.9
3 Chrisi Nicholson	P&B	22.7

W 100mH B

1 Emma Fagan	ECH	19.6
2 Lauren Reed U17	RSD	22.9

W 400mH A

1 Heather Corbishley	RSD	73.1
2 Emma Rawnsley U17	SPN	77.0
3 Chrisi Nicholson	P&B	80.9
4 Danni Carroll	ECH	81.9

W 400mH B

1 Laura Johnston U20	RSD	81.5
2 Caroline Harding	P&B	82.2
3 Emma Fagan	ECH	83.1
4 Abbie Stringer U17	SPN	83.8

W Discus Throw A

1 Jennifer Ibbitson	SPN	30.82
2 Carla Gregory	LGH	21.31
3 Collette Donald	ECH	19.47
4 Fiona McQue	P&B	19.20
5 Claire Ginn	LDS	18.50
6 Heather Corbishley	RSD	17.02

W Discus Throw B

1 Catriona Gentleman	SPN	20.40
2 Rachel Woodnut	LDS	15.51
3 Rebecca Dutton U17	P&B	14.66
4 Jen Read	ECH	13.43
5 Jane Adlum	RSD	11.71

W Hammer Throw A

1 Jennifer Ibbitson	SPN	35.39
2 Melanie Lee	O&R	33.12
3 Carla Gregory	LGH	28.63
4 Claire Ginn	LDS	27.12
5 Chrisi Nicholson	P&B	20.41
6 Heather Corbishley	RSD	17.41
7 Pam Read	ECH	14.05

W Hammer Throw B

1 Catriona Gentleman	SPN	32.62
2 Fiona McQue	P&B	17.86
3 Jane Adlum	RSD	14.55
4 Amy Gorton U20	ECH	12.67
5 Rachel Woodnut	LDS	12.48

W High Jump A

1 Dijan Matheson U20	SPN	1.35
2 Maria Grantham	ECH	1.30
3 Joanna Kitson U17	P&B	1.25
4 Rachel Deveny U20	LDS	1.20
5 Laura Johnston U20	RSD	1.15
6 Lauren Howarth U20	LGH	1.10

W High Jump B

1 Jennifer Ibbitson	SPN	1.25
2 Holly Teague U20	ECH	1.25
3 Chrisi Nicholson	P&B	1.25

W Javelin Throw A

1 Melanie Turner U20	O&R	28.86
2 Leah Owen U17	ECH	26.48
3 Jennifer Ibbitson	SPN	23.66
4 Carla Gregory	LGH	23.00
5 Chrisi Nicholson	P&B	19.44
6 Rachel Woodnut	LDS	12.34
7 Tracey Ireland	RSD	7.11

W Javelin Throw B

1 Maria Grantham	ECH	23.61
2 Melanie Lee	O&R	18.44
3 Catriona Gentleman	SPN	12.96
4 Claire Ginn	LDS	11.25
5 Sarah Holah	P&B	8.71
6 Lauren Howarth U20	LGH	7.93
7 Emma Flanagan U17	RSD	6.69

W Long Jump A

1 Beth Hirst U17	ECH	4.97
2 Dijan Matheson U20	SPN	4.50
3 Chrisi Nicholson	P&B	4.48
4 Natalie Fletcher U20	O&R	3.88
5 Jane Adlum	RSD	3.00

W Long Jump B

1 Danni Carroll	ECH	4.13
2 Jennifer Ibbitson	SPN	3.66
3 Melanie Lee	O&R	2.04
4 Joanna Kitson U17	P&B	1.82

W Pole Vault A
No competitors

W Pole Vault B
No competitors

W Shot Putt A

1	Carla Gregory	LGH	9.80
2	Jennifer Ibbitson	SPN	9.76
3	Maria Grantham	ECH	7.51
4	Claire Ginn	LDS	7.34
5	Helen Yeomans	RSD	7.22
6	Fiona McQue	P&B	6.93
7	Natalie Fletcher U20	O&R	6.67

W Shot Putt B

1	Catriona Gentleman	SPN	7.03
2	Collette Donald	ECH	5.70
3	Jane Adlum	RSD	5.62
4	Rebecca Dutton U17	P&B	5.48
5	Rachel Woodnut	LDS	5.33
6	Linda Jacket	LGH	5.16

W Triple Jump A

1	DiJan Matheson	SPN	9.93
2	Maria Grantham	ECH	9.15
3	Rebecca Deveny U20	LDS	8.75
4	Sally Corbin	P&B	8.68
5	Davina Raidy	RSD	8.08

W Triple Jump B

1	Danni Carroll	ECH	8.90
2	Jennifer Ibbitson	SPN	7.50
3	Tracey Ireland	RSD	7.01

W 4x100m Relay

1	ECH 53.7	1 Danni Carroll	2 Beth Hirst U17
		3 Wendy Andrews	4 Sally Teague U20
2	LDS 53.7	1 Joanne Westerman U20	2 Blaize Reynolds U20
		3 Rachel Deveny U20	4 Danielle Carr U17
3	SPN 55.5	1 Amy Sharrad	2 Emma Rawnsley U17
		3 Abbie Stringer U17	4 DiJan Matheson U20
4	RSD 56.9	1 Heather Corbishley	2 Lauren Reed U17
		3 Katie Ireland U17	4 Emma Flanagan U17
5	P&B 59.3	1 Joanna Kitson U17	2 Sarah Holah
		3 Rebecca Dutton U17	4 Sally Corbin
6	O&R 62.0	1 Louise Zelem U17	2 Natalie Fletcher U20
		3 Melanie Turner U20	4 Julie Peters
7	LGH 66.3	1 Lauren Howarth U20	2 Hannah Warburton U17
		3 Kirsty Hogan U17	4 Linda Jacket

W 4x400m Relay

1	ECH 4.10.3	1 Leah Owen U17	2 Pam Read
		3 Sarah Hudak U20	4 Sally Teague U20
2	SPN 4.18.3	1 Emma Rawnsley U17	2 Jade Stephenson U17
		3 Becky Rowlands U17	4 Amy Sharrad
3	RSD 4.32.1	1 Heather Corbishley	2 Davina Raidy
		3 Laura Johnston U20	4 Katie Ireland U17
4	LDS 4.37.6	1 Alison Varley	2 Rachel Deveny U20
		3 Rebecca Deveny U20	4 Jodie Gregoryk U20
5	P&B 4.49.8	1 Chrisi Nicholson	2 Sally Corbin
		3 Sarah Holah	4 Jill Barron

M 4x100m Relay

1	SPN 46.2	1 Jake Rowlands U20	2 Josh Cayene U20
		3 Elliot Mayer U17	4 Dave Roman U20
2	O&R 46.2	1 Rick Mather	2 Gary Kearns
		3 Mark Whittenbury	4 Darren Gayle U17
3	P&B 46.2	1 Matthew Donaldson U1	2 Simon Wray
		3 Andy Donaldson U20	4 Andy Cook
4	LDS 48.3	1 Tom Lindsay	2 Paul Moseley
		3 Nathen Wells	4 Tom Roberts U20
5	LGH 49.5	1 Alex Urmston	2 John Indriks
		3 Daren Smith	4 Duncan McCarrick
6	ECH 53.1	1 Thomas Charnock U17	2 Andrew Harshorne U17
		3 David Barratt U17	4 Antony Connally U20
7	RSD 54.4	1 Jack Lonsdale U17	2 Aaron Kelly U20
		3 Phil Bolton U20	4 Grant Cunliffe U20

M 4x400m Relay

1	P&B 3.24.2	1 Dave Derbyshire	2 Drew Graham
		3 Danny Hermann	4 Simon Wray
2	O&R 3.33.5	1 Rick Mather	2 Robert Ingham
		3 Reece Hendley U20	4 Darren Gayle U17
3	LGH 3.43.5	1 Alex Urmston	2 Scott Hughes
		3 Daren Smith	4 Tom Henders
4	RSD 3.44.3	1 Joe Kelly U17	2 Josh Tighe
		3 Michael Corbishley	4 Aaron Barker
5	SPN 3.45.3	1 Tom Byrne	2 Paul Sutcliffe
		3 Jake Rowlands U20	4 Joe Saavedera U20
6	LDS 3.51.0	1 Oliver Ziff U20	2 David Jewison
		3 Andrew Cartwright	4 Tom Roberts U20
7	ECH 3.52.9	1 Alex Cooke U20	2 James Shaw
		3 Stuart Heaton	4 Mark Antill U17

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS	
Event	Lge	Event	Lge	Event	Lge
1 ECH 838	14	1 ECH 428	7	1 East Cheshire Harriers	1266 21
2 LGH 742.5	11	2 SPN 403	6	2 Spenborough & District AC	1140.5 17
3 SPN 737.5	11	3 LDS 326	5	3 Leigh Harriers	1053.5 13
4 RSD 667.5	8	4 P&B 324	4	4 Rossendale Harriers	985.5 11
5 O&R 593	6	5 RSD 318	3	5 Leeds City AC B	747.5 8
6 P&B 488.5	3	6 LGH 311	2	6 Oldham & Royton H &AC	863 7
7 LDS 421.5	3	7 O&R 270	1	7 Pudsey & Bramley / L CAR	812.5 7

Note(s)

No competitors M Pole Vault A&B, No competitors W Pole Vault A&B,

ECH Includes + 30pts,

LGH Includes + 30pts,

O&R Includes + 20pts,

LDS Includes + 15pts,

P&B Includes + 25pts,

RSD Includes + 20pts,

SPN Includes + 30pts,