

## M 100m A

1	Stephen Sumner	HYN	11.2
2	Matt Brown	BRY	11.5
3	Simon Sumner	CHL	12.0
4	Sam Henry	HFX	12.1
5	Rizwan Khan	BDA	12.3
6	Scott Greenwood	RCD	14.5

## M 100m B

1	Danny Potter	BRY	11.9
2	Chris Clark	HYN	12.4
3	Michael Hough	CHL	12.6
4	Ben Jones	HFX	12.7

## M 200m A

1	Stephen Sumner	HYN	23.2
2	Matt Brown	BRY	23.6
3	Simon Sumner	CHL	24.4
4	George Heath	HFX	25.0
5	Rizwan Khan	BDA	25.8
6	Scott Greenwood	RCD	29.4

## M 200m B

1	Danny Potter	BRY	24.1
2	Chris Clark	HYN	25.0
3	Ben Jones	HFX	25.6
4	John Wright	CHL	25.7

## M 400m A

1	George Heath	HFX	54.5
2	Kev Stout	BRY	55.0
3	Scott Greenwood	RCD	63.6

## M 400m B

1	Simon Dearden	HFX	55.2
2	James Colbeck	BRY	57.6

## M 800m A

1	Simon Dearden	HFX	2.02.0
2	Matthew Proctor	RCD	2.03.2
3	Josh Cole	BRY	2.04.3
4	Rory Cunliffe	BDA	2.21.7
5	P. Wareing	CHL	2.30.6

## M 800m B

1	Ross Little	BRY	2.12.5
2	Steve Wilcox	BDA	2.52.2

## M 1500m A

1	Luke Harreld	BRY	4.12.8
2	Matthew Proctor	RCD	4.32.5
3	Mark Hallinan	HFX	4.46.9
4	N. Lawton	CHL	5.09.1
5	Rory Cunliffe	BDA	6.15.0

## M 1500m B

1	Scott Evans	BRY	4.18.4
2	P. Wareing	CHL	5.22.9

## M 5000m A

1	Mark Shakeshaft	BRY	17.17.6
2	Mark Mason	HFX	17.17.7
3	Neal Page	BDA	18.43.1

## M 5000m B

1	Jason Westwood	HFX	17.41.6
2	Pete Bates	BRY	17.59.7

## M 110mH A

1	David Little	BRY	20.7
2	Neal Page	BDA	21.4
3	Nick Rawcliffe	HYN	22.1

## M 110mH B

1		BRY	21.1
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M 400mH A  
1 Mark Hallinan  
2 David Little

HFX 64.8  
BRY 66.5

M 400mH B  
1 James Murphy

HFX 75.9

M 3000m SC A  
1 N. Lawton  
2 James Murphy  
3 Steve Wilcox

CHL 11.40.4  
HFX 12.28.8  
BDA 16.04.6

M 3000m SC B  
Not timetabled

M Discus Throw A  
1 Thomas Poulton-White  
2 Paul Horrocks  
3 Chris Hainsworth  
4 Mike Grime

HFX 28.39  
BRY 24.06  
BDA 22.67  
HYN 20.27

M Discus Throw B  
1 David Brooke  
2 Jamie Emblow  
3 Jamie Geehan  
4 Norman Mitchell

HFX 21.81  
BDA 19.89  
BRY 16.27  
HYN 15.62

M Hammer Throw A

1 David Brooke  
2 Paul Horrocks  
3 Mike Grime

HFX 25.67  
BRY 19.75  
HYN 18.49

M Hammer Throw B

1 Nick Rawcliffe  
2 Michael Metcalfe

HYN 13.35  
HFX 12.05

M High Jump A

1 Matthew Proctor  
2 J. Metters  
3=Mark King  
3=Kev Stout

RCD 1.55  
CHL 1.55  
BDA 1.40  
BRY 1.40

M High Jump B

Not timetabled

M Javelin Throw A

1 Jamie Emblow  
2 Paul Horrocks  
3 Phil Sumner  
4 J. Metters  
5 Simon Dearden

BDA 43.13  
BRY 32.55  
HYN 29.56  
CHL 28.50  
HFX 23.40

M Javelin Throw B

1 Neal Page  
2 Jamie Geehan  
3 Stephen Sumner  
4 David Brooke

BDA 29.32  
BRY 28.90  
HYN 27.95  
HFX 19.76

M Long Jump A

1 Stephen Sumner  
2 Danny Potter  
3 George Heath  
4 Matthew Proctor  
5 J. Metters  
6 Rizwan Khan

HYN 5.64  
BRY 5.40  
HFX 5.36  
RCD 5.13  
CHL 5.06  
BDA 5.04

M Long Jump B

1 Ben Jones  
2 Jamie Emblow  
3 William Gibson  
4 Nick Rawcliffe

HFX 5.10  
BDA 4.90  
BRY 4.84  
HYN 4.62

## M Shot Putt A

1 Thomas Poulton-White	HFX	8.78
2 Mike Grime	HYN	8.19
3 Chris Hainsworth	BDA	8.08
4 Paul Horrocks	BRY	7.06
5 John Wright	CHL	6.76

## M Shot Putt B

1 Jamie Emblow	BDA	7.70
2 Chris Clark	HYN	7.56
3 David Brooke	HFX	7.07
4 Tom Driver	BRY	6.87
5 P. Wareing	CHL	6.11

## M Triple Jump A

1 Stephen Sumner	HYN	11.53
2 Matthew Proctor	RCD	11.51
3 Kev Stout	BRY	10.91
4 George Heath	HFX	10.63

## M Triple Jump B

1 Mark Hallinan	HFX	10.43
2 Nick Rawcliffe	HYN	9.34

## W 100m A

1 Sophie Hart	HYN	13.6
2 Joanne McUllloch	BRY	13.7
3 Claire Ryan	HFX	13.8
4 E. Booth	CHL	14.5

## W 100m B

1 Laura Henry	HFX	13.5
2 Jenny Gibson	BRY	14.0
3 Claire Mitchell	HYN	16.4

## W 200m A

1 Joanne McUllloch	BRY	27.3
2 K. Hilton	CHL	27.7
3 Sophie Hart	HYN	28.1
4 Claire Ryan	HFX	28.5

## W 200m B

1 Jenny Gibson	BRY	29.0
2 E. Booth	CHL	29.7
3 Sue Martin	HFX	35.3

## W 400m A

1 Claire Ryan	HFX	63.7
2 E. Perrin	CHL	66.3
3 Grace Conroy	BRY	73.2

## W 400m B

1 Cheryl Sullivan	BRY	68.9
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## W 800m A

1 Laura Evans	BRY	2.24.2
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## W 800m B

1 Grace Conroy	BRY	2.48.5
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## W 1500m A

1 L. Livesey	CHL 5.19.3
2 Hannah Wood	HFX 5.26.5
3 Cheryl Sullivan	BRY 5.35.2

## W 1500m B

1 E. Perrin	CHL 5.37.8
2 Natasha McDonald	BRY 6.54.8

## W 3000m A

1 Laura Evans	BRY 12.16.5
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## W 3000m B

Not timetabled	
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## W 100mH A

1 K. Hilton	CHL 17.7
2 Lizzie Cheshire	BRY 20.5
3 Claire Mitchell	HYN 21.6

## W 100mH B

1 Lauren Grime	HYN 26.9
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## W 400mH A

1 Lizzie Cheshire	BRY 73.3
2 L. Livesey	CHL 77.2
3 Hannah Wood	HFX 77.5

## W 400mH B

1 E. Perrin	CHL 84.3
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## W Discus Throw A

1 Lauren Grime	HYN 22.70
2 Laura Evans	BRY 16.41
3 Sue Martin	HFX 15.59
4 Janet Proctor	RCD 15.00
5 L. Livesey	CHL 14.45

## W Discus Throw B

1 E. Booth	CHL 14.31
2 Claire Mitchell	HYN 14.27
3 Alix McDermott	BRY 13.15

## W Hammer Throw A

1 Lauren Grime	HYN 29.70
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## W Hammer Throw B

1 Claire Mitchell	HYN 10.18
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## W High Jump A

1 K. Hilton	CHL 1.53
2 Lizzie Cheshire	BRY 1.40
3 Laura Henry	HFX 1.35

## W High Jump B

1 Jenny Gibson	BRY 1.25
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## W Javelin Throw A

1	Claire Mitchell	HYN	25.57
2	Natasha McDonald	BRY	24.80
3	E. Booth	CHL	19.71
4	Sue Martin	HFX	14.85

## W Javelin Throw B

1	Alix McDermott	BRY	22.62
2	L. Livesey	CHL	15.75
3	Claire Ryan	HFX	11.61

## W Long Jump A

1	K. Hilton	CHL	5.01
2	Sophie Hart	HYN	4.84
3	Claire Ryan	HFX	4.45

## W Long Jump B

1	Claire Mitchell	HYN	3.77
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## W Shot Putt A

1	Lauren Grime	HYN	8.19
2	Cheryl Sullivan	BRY	6.99
3	Sue Martin	HFX	6.31
4	Janet Proctor	RCD	5.00

## W Shot Putt B

1	Claire Mitchell	HYN	6.81
2	Joanne McUlloch	BRY	6.09

## W Triple Jump A

1	K. Hilton	CHL	10.63
2	Lizzi Cheshire	BRY	9.49
3	Laura Henry	HFX	8.80

## W Triple Jump B

1	E. Perrin	CHL	8.62
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## W 4x100m Relay

1	BRY	55.2	1	Natasha McDonald	2	Lizzi Cheshire
			3	Jenny Gibson	4	Joanne McUlloch
2	CHL	56.2	1	E. Booth	2	L. Livesey
			3	E. Perrin	4	K. Hilton
3	HFX	56.6	1	Claire Ryan	2	Laura Henry
			3	Lauren Firth	4	Sue Martin

## W 4x400m Relay

1 BRY 4.31.6	1 Joanne McUlloch	2 Cheryl Sullivan
	3 Laura Evans	4 Alix McDermott
2 HFX 5.38.1	1 Claire Ryan	2 Sue Martin
	3 Hannah Wood	4 Lauren Firth

## M 4x100m Relay

1 BRY 46.1	1 David Potter	2 James Colbeck
	3 Kev Stout	4 Matt Brown
2 HFX 48.9	1 Sam Henry	2 Ben Jones
	3 George Heath	4 Simon Dearden
3 CHL 49.3	1 Michael Hough	2 Simon Sumner
	3 J. Metters	4 John Wright

## M 4x400m Relay

1 BRY 3.47.3	1 Scott Evans	2 Paul Grattage
	3 Josh Cole	4 Luke Harreld
2 HFX 3.57.0	1 Mark Hallinan	2 George Heath
	3 Simon Dearden	4 James Murphy
3 BDA 4.29.7	1 Neal Page	2 Jamie Emblow
	3 Rizwan Khan	4 Steve Wilcox

After 33.5 of 37 events

MATCH	RESULT	LEAGUE	STANDINGS	Event	Lge
	Event	Lge		Event	Lge
1 BRY	373.5	6	1 Bury AC	373.5	6
2 HFX	300	5	2 Halifax Harriers & AC	300	5
3 HYN	224	4	3 Hyndburn AC	224	4
4 CHL	216	3	4 Chorley AC	216	3
5 BDA	130.5	2	5 Bradford Airedale AC	130.5	2
6 RCD	87	1	6 Rochdale H & AC	87	1

## Note(s)

BDA Includes + 30pts,  
 BRY Includes + 20pts,  
 CHL Includes + 20pts,  
 HFX Includes + 30pts,  
 HYN Includes + 20pts,  
 RCD Includes + 30pts,