

M 100m A			M 100m B		
1 Tom Martin	MNC	10.9	1 Umar Hammed	LDS	11.6
2 Kyle Shaw	LDS	11.3	2 Craig Simpson	WKF	11.8
3 Luke Evans	BBN	11.5	3 Jerome Duxbury	BBN	11.8
4 Bruce Pilkington	BUH	11.6	4 Steve Butterworth	MNC	11.8
5 Ricardo Francis	WKF	11.6	5 Richard Workman	TRF	12.3
6 Bernard Ward	TRF	12.1	6 Chris Sinclair	BUH	12.6
M 200m A			M 200m B		
1 Umar Hammed	LDS	22.6	1 Andy Wilkinson	MNC	23.0
2 Luke Evans	BBN	23.1	2 Ricardo Francis	WKF	23.0
3 Steve Butterworth	MNC	23.1	3 Jerome Duxbury	BBN	24.1
4 Craig Simpson	WKF	23.2	4 Steven Hemmings	BUH	24.1
5 Bruce Pilkington	BUH	23.6	5 Gary O'Neill	LDS	24.5
6 Richard Workman	TRF	27.4	6 Steve Ball	TRF	25.1
M 400m A			M 400m B		
1 Andy Wilkinson	MNC	49.8	1 Tom Black	MNC	52.1
2 Thomas Atkinson U17	WKF	51.6	2 Tom Roberts	LDS	52.5
3 Bernard Ward	TRF	51.9	3 Chris Ball	TRF	52.5
4 Gary O'Neill	LDS	52.6	4 Matt Wood	BBN	52.9
5 Anthony Hauserman	BBN	54.8	5 Gareth Hepworth	WKF	55.2
6 Christian Eckersley	BUH	65.3	6 Sam Gough	BUH	55.8
M 800m A			M 800m B		
1 Nick Samuel	MNC	1.57.7	1 Adam Elliott	MNC	2.00.6
2 Michael Salter	LDS	1.58.7	2 Lewis Tatt	WKF	2.00.9
3 Thomas Atkinson U17	WKF	1.59.3	3 Anthony Gotts	BBN	2.02.9
4 Anthony Hauserman	BBN	2.01.9	4 Sam Gough	BUH	2.04.0
5 Frazer Jardine	BUH	2.03.1	5 Mark Mullen Brown	TRF	2.05.2
6 Richard Clancy	TRF	2.10.8	6 Arthur Cooke	LDS	2.13.1
M 1500m A			M 1500m B		
1 James Bailey	MNC	3.57.2	1 Joss Tighe	BBN	4.13.6
2 Jack Hallas	WKF	4.07.6	2 Lewis Tatt	WKF	4.21.1
3 Dave Thornton	BBN	4.08.6	3 Dave Shaw	BUH	4.23.9
4 Ian Sailsbury	TRF	4.09.4	4 Arthur Cooke	LDS	4.31.6
5 Aidan Adams	LDS	4.12.0	5 Geoff Prest	TRF	4.33.8
6 Ian Bowles	BUH	4.16.5			
M 5000m A			M 5000m B		
1 Ben Fish	BBN	15.15.0	1 Andy Parker	BUH	16.14.8
2 Tony Valentine	BUH	15.43.8	2 Scott Monk	BBN	16.20.2
3 Oliver Ziff	LDS	16.23.6	3 Andy Lister	TRF	17.01.6
4 Ben Leiu	TRF	16.28.1	4 Phil Townsend	LDS	17.14.1
5 Steve Faulkener	WKF	17.02.4			
M 110mH A			M 110mH B		
1 Paul Whittle	BBN	16.3	1 Claude Peter Thomas	BBN	17.2
2 Jonathan Ferryman	MNC	16.8	2 Scott Whittle	BUH	19.8
3 Tom Hope	BUH	17.5	3 Darren Thomas	WKF	20.5
4 Mark Smith	WKF	19.3			
5 Tom Lindsay	LDS	19.9			

M 400mH A			M 400mH B		
1 Adam Rodgers	MNC	55.7	1 Scott Whittle	BUH	59.3
2 Darren Scott	TRF	57.5	2 Jonathan Ferryman	MNC	61.1
3 Tom Hope	BUH	61.4	3 Mohammed Moosa	BBN	65.5
4 Liam Barton	BBN	62.1	4 Mark Bryant	LDS	66.2
5 Tom Lindsay	LDS	63.4	5 Darren Thomas	WKF	66.9
6 Mark Smith	WKF	65.1	6 Delter Meyer	TRF	DNF
M 3000m SC A			M 3000m SC B		
1 James Wilkinson	LDS	9.32.0	1 Phil Hall	BBN	10.09.8
2 Ian Sailsbury	TRF	9.47.0	2 Mark Bryant	LDS	10.12.8
3 Tom Vornthaite	BBN	9.59.0	3 Andy Lister	TRF	10.37.4
4 Ian Bowles	BUH	10.05.6	4 David Marsh	MNC	11.17.7
5 Chris Price	WKF	10.10.5	5 Tim Brown	BUH	15.21.1
6 Rob Flannery	MNC	10.52.7			
M Discus Throw A			M Discus Throw B		
1 Roger Bate	TRF	44.46	1 John Nicholson	BUH	32.93
2 Simon Bissell	BUH	40.64	2 Mark Gulliver	LDS	31.23
3 Matt Allison	LDS	39.31	3 Darren Thomas	WKF	29.61
4 Cheidu Ufodiana	WKF	37.13	4 Tony Blako	BBN	27.56
5 Mark Birchall	BBN	25.29	5 Andy Parry	TRF	24.02
6 Brian Spriggs	MNC	25.20	6 Adam Elliott	MNC	15.91
M Hammer Throw A			M Hammer Throw B		
1 Roger Bate	TRF	55.23	1 Mark Harrison	LDS	30.21
2 Simon Bissell	BUH	47.05	2 Shaun O'Donnell	BUH	26.46
3 Richard Gayle	WKF	39.92	3 Darren Thomas	WKF	25.95
4 Mark Gulliver	LDS	32.37	4 Dexter Meyer	TRF	21.96
5 Tony Blako	BBN	31.10	5 Chris Bleasdale	BBN	15.43
6 Brian Spriggs	MNC	23.91	6 David Marsh	MNC	10.34
M High Jump A			M High Jump B		
1 Brian Hall	BUH	2.05	1 Steve Linsell	LDS	1.75
2 Darren Hammond	MNC	2.05	2 Jonathan Ferryman	MNC	1.70
3 Steven Ridgeway	TRF	1.90	3 Jerome Duxbury	BBN	1.60
4 Daniel Gardner	LDS	1.80	4 Andy Parry	TRF	1.60
5 Scott Robinson	BBN	1.70	5 Nathan Davis U17	WKF	1.55
6 Mark Smith	WKF	1.60	6 Tom Hope	BUH	1.50
M Javelin Throw A			M Javelin Throw B		
1 Matt Allison	LDS	57.94	1 Daniel Gardner	LDS	44.19
2 Mark Lindsay	WKF	53.19	2 Darren Thomas	WKF	43.52
3 Paulo Ostapauyez	TRF	49.28	3 Andy Parry	TRF	39.49
4 Mark Birchall	BBN	49.19	4 Nigel Hall	BUH	33.82
5 Michael O'Donnell	BUH	47.21	5 Tony Blako	BBN	31.13
6 Brian Spriggs	MNC	21.80	6 Rob Flannery	MNC	10.56
M Long Jump A			M Long Jump B		
1 Matt Barton	LDS	6.88	1 Tom Lindsay	LDS	6.34
2 Matt Cullen	MNC	6.30	2 Chris Sinclair	BUH	6.02
3 Colin Bailey	BUH	6.19	3 Claude Peter Thomas	BBN	5.99
4 Jerome Duxbury	BBN	6.15	4 Ben Leiu	TRF	5.74
5 Ioan Hughes	TRF	5.91			
6 Mark Smith	WKF	5.03			

M Pole Vault A

1 Matt Cullen	MNC	4.20
2=Darren Thomas	WKF	3.20
2=Michael O'Donnell	BUH	3.20
4 David Meyer	TRF	2.40
5 Mark Fuzzard	LDS	2.25
6 Liam Barton	BBN	2.10

M Pole Vault B

1 Andy Jones	BUH	2.40
2 Mark Smith	WKF	2.25
3 Detler Meyer	TRF	2.10
4 Claude Peter Thomas	BBN	2.10

M Shot Putt A

1 Roger Bate	TRF	12.96
2 Matt Allison	LDS	12.38
3 Simon Bissell	BUH	12.01
4 Cheidu Ufodiana	WKF	10.95
5 Mark Birchall	BBN	10.53
6 Matt Cullen	MNC	8.85

M Shot Putt B

1 Mark Gulliver	LDS	11.41
2 John Nicholson	BUH	10.80
3 Paulo Ostapauyez	TRF	10.73
4 Tony Blako	BBN	9.93
5 Richard Gayle	WKF	9.24

M Triple Jump A

1 Matt Barton	LDS	14.59
2 Jonathan Ferryman	MNC	12.98
3 Tom Hope	BUH	12.62
4 Claude Peter Thomas	BBN	12.36
5 Nathan Davis U17	WKF	11.97
6 Chris Morrison	TRF	10.97

M Triple Jump B

1 James Wisdom	BBN	11.86
2 Tom Lindsay	LDS	11.86
3 Chris Sinclair	BUH	11.38
4 Mark Smith	WKF	10.31

W 100m A

1 Rebecca Wilson	MNC	12.8
2 Naana Adusei	LDS	13.3
3 Sian Pledger	BUH	13.3
4 Edwina Anganwu	TRF	13.4
5 Reagan Wright	WKF	13.4
6 Sarah Haworth	BBN	14.5

W 100m B

1 Juanita Harrison	TRF	13.0
2 Abigail Irozuru	MNC	13.0
3 Kadena Cox	LDS	13.3
4 Fiona Thomas	WKF	13.4
5 Jessica Lewis U17	BBN	14.1
6 Rebecca O'Keefe	BUH	14.3

W 200m A

1 Katie Jones	TRF	25.2
2 Robyn Rashford	MNC	25.2
3 Sophie Hitchon	BBN	25.9
4 Sian Pledger	BUH	26.7
5 Sheryl Punter	LDS	27.3
6 Kelly Johnson	WKF	28.0

W 200m B

1 Rebecca Wilson	MNC	25.2
2 Grace Chattaway	LDS	26.8
3 Anita Richardson	TRF	27.1
4 Amy Wilson	WKF	27.2
5 Katie Eckersley	BUH	27.7
6 Jessica Lewis U17	BBN	29.2

W 400m A

1 Nikysha Ferguson	TRF	56.5
2 Alison Leonard	BBN	57.3
3 Ruth Watson	MNC	58.7
4 Mikaela Harrison	WKF	59.4
5 Katie Eckersley	BUH	60.7
6 Sheryl Punter	LDS	62.0

W 400m B

1 Vicky Gerrard	TRF	57.2
2 Rachel Pounds	BUH	62.5
3 Lily Freeston	MNC	63.1
4 Christina Carr	BBN	63.6
5 Jessica Dobson	LDS	64.1
6 Kate Wilson	WKF	64.2

W 800m A

1 Alison Leonard	BBN	2.05.4
2 Kelly Johnson	WKF	2.10.9
3 Jo Dawes	TRF	2.11.4
4 Sophie Waterhouse	LDS	2.23.0
5 Rachel Pounds	BUH	2.30.3
6 Alison Pye	MNC	2.41.0

W 800m B

1 Katie McHale	WKF	2.19.9
2 Rachel Wood	BBN	2.27.8
3 Rebecca Fordham	BUH	2.29.9
4 Emma Radcliffe	LDS	2.36.5
5 Kathy Wellam	MNC	2.46.3

W 1500m A

1 Helen Singleton	WKF	4.31.4
2 Jacki Fairchild	TRF	4.46.0
3 Tess Walker	BUH	4.50.9
4 Alex Gostling	LDS	4.52.8
5 Rachel Wood	BBN	4.58.8

W 1500m B

1 Liz Austin	TRF	4.54.4
2 Rachel Searson	BBN	4.59.5
3 Chloe Patchett	WKF	5.02.8
4 Celia De Maria	LDS	5.03.3
5 Rebecca Fordham	BUH	5.32.7

W 3000m A

1 Tess Walker	BUH	10.06.8
2 Alex Gostling	LDS	10.07.1
3 Julie Briscoe	WKF	10.22.5
4 Linda Clarkson	BBN	11.02.9
5 Melissa Davis	TRF	11.31.1
6 Hannah Jarvis	MNC	11.59.0

W 3000m B

1 Celia De Maria	LDS	10.34.9
2 Sarah Dugdale	BBN	11.14.1
3 Sharon Marshall	WKF	11.27.1
4 Alison Drasdo	TRF	11.36.0
5 Sarah Thirwell	MNC	13.15.3

W 100mH A

1 Katie Jones	TRF	14.4
2 Grace Smith	MNC	15.1
3 Sarah Haworth	BBN	16.4
4 Jessica Dobson	LDS	18.4
5 Olivia McGreavy	BUH	24.9

W 100mH B

1 Danielle Rooney	MNC	17.3
2 Christina Carr	BBN	18.4
3 Megan French	BUH	18.4
4 Rosie Trugden U17	LDS	19.0

W 400mH A

1 Danielle Parkinson	MNC	65.4
2 Rachel McHugh	TRF	68.2
3 Christina Carr	BBN	69.2
4 Megan French	BUH	70.6
5 Jessica Dobson	LDS	74.6

W 400mH B

1 Kathy Wellam	MNC	67.0
2 Elizabeth Best	LDS	71.3
3 Abbi Edmundson U17	BBN	72.9
4 Louise Jones	BUH	79.9

W Discus Throw A

1 Jemma Kelly	TRF	40.53
2 Sarah Henton	BBN	39.88
3 Hannah Evenden	LDS	39.81
4 Laura Douglas	MNC	28.12
5 Fiona Thomas	WKF	26.05
6 Louise Kay	BUH	18.05

W Discus Throw B

1 Amy Risdale	WKF	24.39
2 Sophie Hitchon	BBN	22.55
3 Hazel Barker	LDS	22.19
4 Alison Pye	MNC	18.04
5 Olivia McGreavy	BUH	17.91

W Hammer Throw A

1 Laura Douglas	MNC	60.89
2 Sophie Hitchon	BBN	60.42
3 Hannah Evenden	LDS	45.27
4 Jemma Kelly	TRF	41.90
5 Fiona Thomas	WKF	26.23
6 Sam Aspen	BUH	15.35

W Hammer Throw B

1 Sarah Henton	BBN	27.13
2 Linda Ridsdale	WKF	22.91
3 Emma Radcliffe	LDS	8.30

W High Jump A

1 Amy Marchant U17	LDS	1.65
2 Holly Bleasdale U17	BBN	1.60
3 Nicola Cahill	MNC	1.55
4=Ashley Beckett	TRF	1.40
4=Alex Potter	WKF	1.40
4=Megan French	BUH	1.40

W High Jump B

1 Katy Marchant U17	LDS	1.60
2 Sian Pledger	BUH	1.40
3 Carmen P-Thomas U17	BBN	1.40
4 Zoe Reid	TRF	1.35
5 Mikaela Harrison	WKF	1.35
6 Kathy Wellam	MNC	1.10

W Javelin Throw A

1 Emma Halsall	TRF	38.58
2 Katy Marchant U17	LDS	32.28
3 Nicola Broome	MNC	32.19
4 Sarah Henton	BBN	26.86
5 Mikaela Harrison	WKF	21.90
6 Ilse Hemming	BUH	18.95

W Javelin Throw B

1 Ashley Beckett	TRF	31.63
2 Sarah Thirwell	MNC	23.65
3 Holly Bleasdale U17	BBN	22.31
4 Hazel Barker	LDS	21.89
5 Vikki Mills	WKF	18.21
6 Louise Kay	BUH	17.85

W Long Jump A

1 Abigail Irozuru	MNC	5.73
2 Ashley Little	LDS	5.21
3 Sarah Haworth	BBN	5.01
4 Zoe Reid	TRF	4.89
5 Kirby Akindeide	WKF	4.89
6 Sian Pledger	BUH	4.29

W Long Jump B

1 Abbi Edmundson U17	BBN	4.71
2 Reagan Wright	WKF	4.63
3 Sarah Thirwell	MNC	4.24
4 Lexi Cochrane U17	BUH	3.87
5 Hazel Barker	LDS	3.86

W Pole Vault A

1 Anna Massey	MNC	3.50
2 Caroline Nutt	WKF	3.30
3 Lindsay Johnson	TRF	2.60
4 Holly Bleasdale U17	BBN	2.40
5 Rosie Trugden U17	LDS	1.90

W Pole Vault B

1 Jannine Mullineaux	TRF	2.60
2 Vikki Mills	WKF	2.40

W Shot Putt A

1 Hannah Evenden	LDS	12.82
2 Fiona Thomas	WKF	11.57
3 Laura Douglas	MNC	11.46
4 Gemma Kelly	TRF	11.36
5 Sophie Hitchon	BBN	10.75
6 Louise Kay	BUH	6.91

W Shot Putt B

1 Sarah Henton	BBN	10.11
2 Hazel Barker	LDS	8.96
3 Amy Risdale	WKF	8.44
4 Ashley Beckett	TRF	8.22
5 Sarah Thirwell	MNC	7.48
6 Olivia McGreavy	BUH	5.50

W Triple Jump A

1 Carmen P-Thomas U17	BBN	11.03
2 Ashley Little	LDS	10.72
3 Zoe Reid	TRF	10.63
4 Linzi Whyke	WKF	10.22
5 Danielle Parkinson	MNC	9.73
6 Hannah Scholes	BUH	9.71

W Triple Jump B

1 Abbi Edmundson U17	BBN	10.62
2 Lexi Cochrane U17	BUH	9.19
3 Kathy Wellam	MNC	8.65
4 Alex Potter	WKF	8.61
5 Jessica Best	LDS	8.56

W 4x100m Relay

1 TRF 48.2	1 Juanita Harrison	2 Nikysha Ferguson
	3 Edwina Anganwu	4 Katie Jones
2 MNC 48.7	1 Grace Smith	2 Robyn Rashford
	3 Abigail Irozuru	4 Rebecca Wilson
3 LDS 49.7	1 Sheryl Punter	2 Kadena Cox
	3 Naana Adusei	4 Grace Chattaway
4 WKF 50.4	1 Reagan Wright	2 Amy Wilson
	3 Mikaela Harrison	4 Fiona Thomas
5 BBN 51.1	1 Sarah Haworth	2 Jessica Lewis U17
	3 Holly Bleasdale	4 Sophie Hitchon
6 BUH 52.3	1 Sian Pledger	2 Rebecca O'Keefe
	3 Olivia McGreavy	4 Katie Eckersley

W 4x400m Relay

1 TRF 3.55.9	1 Rachel McHugh	2 Anita Richardson
	3 Vicky Gerrard	4 Katie Jones
2 WKF 3.58.8	1 Katie McHale	2 Amy Wilson
	3 Kelly Johnson	4 Helen Singleton
3 MNC 4.01.4	1 Danielle Parkinson	2 Lily Freeston
	3 Ruth Watson	4 Kathy Wellam
4 LDS 4.20.6	1 Sheryl Punter	2 Jessica Dobson
	3 Elizabeth Best	4 Emma Radcliffe
5 BUH 4.23.7	1 Rachel Pounds	2 Rebecca Fordham
	3 Louise Jones	4 Lexi Cochrane U17
6 BBN 4.25.6	1 Rachel Wood	2 Rachel Searson
	3 Christina Carr	4 Alison Leonard

M 4x100m Relay

1 BBN 44.4	1 Paul Whittle	2 Claude Peter Thomas
	3 Jerome Duxbury	4 Luke Evans
2 WKF 44.5	1 Richard Hickson	2 Nathan Davis U17
	3 Ricardo Francis	4 Craig Simpson
3 MNC 45.2	1 Andy Wilkinson	2 Steve Butterworth
	3 Jonathan Ferryman	4 Nick Samuel
4 LDS 45.3	1 Tom Roberts	2 Tom Lindsay
	3 Gary O'Neill	4 Umar Hammed
5 BUH 46.4	1 Paul Cryer	2 Sam Gough
	3 Chris Sinclair	4 Steven Hemmings
6 TRF 46.7	1 Chris Ball	2 Bernard Ward
	3 Richard Workman	4 Richard Clancy

M 4x400m Relay

1 WKF 3.28.4	1 Craig Simpson	2 Thomas Atkinson U17
	3 Jack Hallas	4 Lewis Tatt
2 MNC 3.29.2	1 Adam Rodgers	2 Adam Elliott
	3 Tom Black	4 Nick Samuel
3 LDS 3.30.2	1 Daniel Gardner	2 Gary O'Neill
	3 Michael Salter	4 Tom Roberts
4 BUH 3.38.8	1 Scott Whittle	2 Sam Gough
	3 Tom Hope	4 Frazer Jardine
5 BBN 3.45.1	1 Anthony Hauserman	2 Joss Tighe
	3 James Wisdom	4 Anthony Gotts
6 TRF DNF		

MATCH RESULT		LEAGUE STANDINGS				
	Event	Lge		Event	Lge	
1	LDS	389	6	1 Leeds City AC	389	6
2	BBN	381	5	2 Blackburn Harriers	381	5
3	MNC	350	4	3 City of Manchester	350	4
4	TRF	336	3	4 Trafford AC	336	3
5	WKF	318.5	2	5 Wakefield D. H. & AC	318.5	2
6	BUH	308.5	1	6 Bolton United Harriers	308.5	1

**General Comment**

National and Junior record Hammer (not ratified no steel tape available)

**Note(s)**

BBN Includes + 30pts, BUH Includes + 25pts, MNC Includes + 30pts,  
LDS Includes + 30pts, TRF Includes + 30pts, WKF Includes + 25pts,