

M 100m A			M 100m B		
1 Umar Hamed	LDS	10.8	1 Gary Atkinson	MNC	10.9
2 Carl Dickinson	MNC	10.9	2 Anthony Timms	LDS	11.4
3 Carlos Holder	TRF	11.0	3 Nathan Davis	WKF	11.6
4 Luke Evans	BBN	11.0	4 Phil Vickers	BBN	11.6
5 Will Green	BUH	11.1	5 Stephen Hemming	BUH	11.9
6 James Mitchell	WKF	11.6	6 Richard Workman	TRF	12.2
M 200m A			M 200m B		
1 Luke Evans	BBN	22.1	1 Daniel Williams	MNC	22.8
2 Steve Butterworth	MNC	22.4	2 Jerome Duxbury	BBN	23.2
3 Carlos Holder	TRF	22.5	3 Chris Bramah	TRF	23.4
4 Matt Hudson	LDS	22.8	4 Anthony Timms	LDS	23.4
5 Andrei Pobischan	WKF	23.0	5 Nathan Davis	WKF	23.5
6 Will Green	BUH	23.0	6 Stephen Hemming	BUH	24.0
M 400m A			M 400m B		
1 Daniel Williams	MNC	49.5	1 Thomas Atkinson	WKF	50.8
2 Chris Bramah	TRF	50.4	2 Mark Mullen	TRF	51.4
3 Ben Fox	BBN	50.5	3 Tom Black	MNC	52.0
4 Craig Simpson	WKF	51.0	4 Tom Roberts	LDS	52.8
5 Sam Lowrey	LDS	51.5	5 Paul Cryer	BUH	53.4
6 Chris Eckersley	BUH	54.6	6 Jonathan Cowell	BBN	55.6
M 800m A			M 800m B		
1 Ben Fish	BBN	1.58.1	1 James Philipson	MNC	1.59.7
2 Nathan Elliott	WKF	1.58.5	2 Sam Gough	BUH	2.00.9
3 Fraser Jardine	BUH	2.00.1	3 Lewis Tatt	WKF	2.01.2
4 Aidan Adams	LDS	2.02.5	4 John Howe	TRF	2.01.6
5 Richard Clancy	TRF	2.03.9	5 Phil Hall	BBN	2.02.6
6 David Marsh	MNC	2.11.2	6 Adam Grice	LDS	2.05.4
M 1500m A			M 1500m B		
1 James Philipson	MNC	4.04.3	1 Aidan Adams	LDS	4.13.1
2 Dale Worton	WKF	4.06.5	2 Karl Billington	BBN	4.13.7
3 Adam Grice	LDS	4.07.5	3 Nathan Elliott	WKF	4.14.5
4 Paul Bradshaw	BBN	4.12.2	4 Colin Gell	MNC	4.19.3
5 John Howe	TRF	4.15.5	5 Daniel Brocklehurst	TRF	4.23.8
6 Andy Parker	BUH	4.21.0	6 Ian Bowles	BUH	4.30.0
M 5000m A			M 5000m B		
1 Ben Fish	BBN	14.50.6	1 James Smith	LDS	16.02.9
2 Simon Mills	MNC	14.59.5	2 Scott Monk	BBN	16.05.0
3 Andy Parker	BUH	15.27.2	3 Andrew Lister	TRF	16.10.5
4 Adam Osbourne	LDS	15.39.8	4 Tony Valentine	BUH	17.26.2
5 John Holt	TRF	16.00.2	5 Steve Faulkner	WKF	17.38.8
6 Jon Prideux	WKF	17.27.5			
M 110mH A			M 110mH B		
1 Matt Hudson	LDS	15.1	1 Jerome Duxbury	BBN	18.4
2 Tom Hope	BUH	16.9	2 Scott Whittle	BUH	18.4
3 Rob Lee	WKF	17.3	3 Tom Lindsay	LDS	18.9
			4 Mark Smith	WKF	19.9

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M 400mH A		M 400mH B	
1 Gary O'Neill	LDS 58.1	1 Scott Whittle	BUH 59.7
2 Tom Hope	BUH 59.0	2 Tom Lindsay	LDS 60.2
3 Anthony Gotts	BBN 59.4	3 Mark Smith	WKF 64.9
4 Rob Lee	WKF 61.6	4 Mohammed Moosa	BBN 65.6
5 Mike Hutchinson	TRF 70.1	5 Ryan Shorrocks	MNC 80.9
6 Craig James	MNC 72.1	6 David Mayer	TRF 94.9
M 3000m SC A		M 3000m SC B	
1 Tom Cornthwaite	BBN 9.52.7	1 Phil Hall	BBN 10.24.0
2 Gavin Chatterton	LDS 10.09.2	2 Eddie Mason	LDS 10.37.4
3 Ian Bowles	BUH 10.32.7	3 Fred Flynn	WKF 13.10.3
4 Gareth Hepworth	WKF 11.29.5	4 Tim Brown	BUH 16.00.5
M Discus Throw A		M Discus Throw B	
1 Mark Gulliver	LDS 39.93	1 Darren Thomas	WKF 32.70
2 Theo Trumpet	MNC 38.85	2 John Nicholson	BUH 31.98
3 Cheidu Ufodima	WKF 37.29	3 Paul Armstrong	LDS 31.16
4 Richard Harris	BUH 31.99	4 Tony Balke	BBN 25.93
5 Mark Birchall	BBN 26.93	5 Paulo Ostapczak	TRF 22.30
6 Derek Martin	TRF 23.51	6 Mike Drabble	MNC 17.50
M Hammer Throw A		M Hammer Throw B	
1 Mark Gulliver	LDS 49.97	1 Darren Thomas	WKF 30.80
2 Richard Gayle	WKF 43.48	2 David Milnes	LDS 29.58
3 Derek Martin	TRF 30.15	3 Tony Balke	BBN 29.04
4 Lewis Taylor	BBN 30.02	4 Richard Harris	BUH 26.38
5 Shaun O'Donnell	BUH 27.18	5 Paulo Ostapczak	TRF 23.69
6 Theo Trumpet	MNC 23.18	6 Mike Drabble	MNC 18.05
M High Jump A		M High Jump B	
1 Brian Hall	BUH 2.10	1 Tom Lindsay	LDS 1.75
2 James Davies	MNC 1.80	2 Rob Lee	WKF 1.70
3=Steve Linsell	LDS 1.75	3 Matt Cullen	MNC 1.65
3=Matt Clay	WKF 1.75	4 Scott Whittle	BUH 1.60
5 John Lee	TRF 1.70	5 David Mayer	TRF 1.40
6 Claude Peter-Thomas	BBN 1.60		
M Javelin Throw A		M Javelin Throw B	
1 Mark Lindsay	WKF 51.72	1 Darren Thomas	WKF 42.72
2 Mark Birchall	BBN 50.32	2 Richard Harris	BUH 37.40
3 Paulo Ostapczak	TRF 49.73	3 Tony Balke	BBN 34.00
4 Michael O'Donnell	BUH 48.38	4 Derek Martin	TRF 31.80
5 Craig James	MNC 38.23	5 David Milnes	LDS 27.00
6 Mark Gulliver	LDS 36.39	6 Mike Drabble	MNC 21.55
M Long Jump A		M Long Jump B	
1 John Lee	TRF 6.64	1 Tom Lindsay	LDS 5.78
2 James Sleight	LDS 6.41	2 James Wisdom	BBN 5.65
3 Matt Clay	WKF 6.08	3 Rob Lee	WKF 5.58
4 Claude Peter-Thomas	BBN 5.93	4 Alex Cheetham	MNC 4.02
5 Ian Bowles	BUH 5.54	5 Tom Hope	BUH 3.37
6 Jack Stevens	MNC 5.33		

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M Pole Vault A

M Pole Vault B
Page 2

1 Matt Cullen MNC 4.30
 2 Tom Wagner LDS 3.60
 3 Darren Thomas WKF 3.00
 4 David Mayer TRF 2.70
 5=Jamie Gallagher BBN 2.50
 5=Jamie Cole BUH 2.50

nl3

1 Mike Hutchinson TRF 3.40
 2 Mark Smith WKF 2.80
 3 Michael O'Donnell BUH 2.50
 4 Claude Peter-Thomas BBN 2.50

M Shot Putt A
 1 Rimas Martissauskas MNC 16.92
 2 Mark Gulliver LDS 12.03
 3 Richard Harris BUH 11.30
 4 Cheidu Ufodima WKF 10.92
 5 Tony Balco BBN 10.05
 6 Paulo Ostapcz TRF 9.74

M Shot Putt B
 1 John Nicholson BUH 10.61
 2 Theo Trumpet MNC 10.19
 3 Darren Thomas WKF 10.01
 4 Mark Birchall BBN 9.09
 5 Paul Armstrong LDS 9.07
 6 Derek Martin TRF 7.50

M Triple Jump A
 1 John Lee TRF 12.91
 2 Brian Hall BUH 12.85
 3 Claude Peter-Thomas BBN 12.41
 4 Rob Lee WKF 12.02
 5 Tom Lindsay LDS 11.61
 6 Alex Cheetham MNC 11.30

M Triple Jump B
 1 Tom Hope BUH 12.12
 2 James Wisdom BBN 11.79
 3 Andrei Pobischan WKF 11.73
 4 Julian Gittens LDS 11.42
 5 Jack Stevens MNC 11.11

W 100m A
 1 Rebekah Wilson MNC 12.1
 2 Naaha Adusei LDS 12.6
 3 Rachel McHugh TRF 13.0
 4 Katie Eckersley BUH 13.0
 5 Holly Bleasdale BBN 13.0
 6 Faye Mitchell WKF 13.1

W 100m B
 1 Robin Rashford MNC 12.2
 2 Sheryl Punter LDS 12.8
 3 Mikaela Harrison WKF 13.2
 4 Sarah Haworth BBN 13.5
 5 Rebecca O'Keefe BUH 13.7
 6 Claire Roddis TRF 14.4

W 200m A
 1 Robin Rashford MNC 25.0
 2 Naaha Adusei LDS 26.2
 3 Rachel McHugh TRF 26.7
 4 Katie Eckersley BUH 26.9
 5 Faye Mitchell WKF 27.0
 6 Holly Bleasdale BBN 27.3

W 200m B
 1 Rebekah Wilson MNC 24.8
 2 Sheryl Punter LDS 26.7
 3 Amy Wilson WKF 26.9
 4 Jessica Lewis BBN 27.5
 5 Lexi Cochrane BUH 27.8
 6 Joanne Duxbury TRF 28.4

W 400m A
 1 Katie Eckersley BUH 59.3
 2 Danielle Parkinson MNC 60.1
 3 Amy Wilson WKF 61.3
 4 Sheryl Punter LDS 61.6
 5 Joanne Duxbury TRF 62.4
 6 Christina Carr BBN 62.4

W 400m B
 1 Jennifer Simmons MNC 60.5
 2 Lucy Holmes WKF 62.0
 3 Sam Aspen BUH 63.3
 4 Jenny Lumley LDS 64.7
 5 Abby Edmundson BBN 68.6

W 800m A
 1 Lauren Proctor WKF 2.15.1
 2 Hannah Doherty MNC 2.17.5
 3 Cath Brogan BUH 2.24.4
 4 Rachel Searson BBN 2.33.0
 5 Veronique Marot LDS 3.00.9

W 800m B
 1 Shirley Griffiths WKF 2.24.2
 2 Lizzie Philipson MNC 2.24.5
 3 Rebecca Fordham BUH 2.24.7
 4 Rachel Wood BBN 2.26.0
 5 Jennie Guard LDS 2.41.3

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W 1500m A
 1 Celia De Maria LDS 4.52.7
 2 Cath Brogan BUH 4.54.9

W 1500m B
 1 Kirsteen Young LDS 5.00.4
 2 Rachel Searson BBN 5.09.8

			nl 3		
3 Rachel Wood	BBN 4.55.7		3 Rebecca Fordham	BUH 5.15.6	
4 Shirley Griffiths	WKF 5.04.0		4 Sharon Marshall	WKF 5.27.2	
5 Melissa Davis	TRF 5.10.2		5 Louise Highton	TRF 5.35.4	
6 Lizzie Phillipson	MNC 5.14.9				
W 3000m A			W 3000m B		
1 Kirsteen Young	LDS 10.36.9		1 Jennie Guard	LDS 11.13.4	
2 Maria Lowe	BUH 10.47.6		2 Louise Highton	TRF 12.01.4	
3 Linda Clarkson	BBN 11.09.4				
4 Sharon Marshall	WKF 11.13.0				
5 Hannah Jarvis	MNC 11.22.7				
6 Alison Drasdo	TRF 11.30.7				
W 100mH A			W 100mH B		
1 Nicola Cahill	MNC 15.5		1 Jess Taylor	MNC 15.9	
2 Sarah Haworth	BBN 15.9		2 Christina Carr	BBN 16.7	
3 Kirsty Parr	LDS 17.5		3 Elizabeth Best	LDS 17.3	
4 Olivier McGreavy	BUH 19.2		4 Rachel McHugh	TRF 17.4	
5 Claire Roddis	TRF 20.0		5 Megan French	BUH 17.9	
6 Vikki Mills	WKF 22.8				
W 400mH A			W 400mH B		
1 Rachel McHugh	TRF 63.8		1 Kath Wellam	MNC 69.3	
2 Danielle Parkinson	MNC 64.6		2 Jessica Dobson	LDS 72.6	
3 Christina Carr	BBN 67.5		3 Abby Edmundson	BBN 73.1	
4 Elizabeth Best	LDS 70.4		4 Olivier McGreavy	BUH 73.2	
5 Megan French	BUH 71.3				
6 Amy Ridsdale	WKF 2.06.8				
W Discus Throw A			W Discus Throw B		
1 Sarah Henton	BBN 45.39		1 Rebecca McElory	BBN 29.92	
2 Danielle Bentley	MNC 26.26		2 Olivier McGreavy	BUH 18.08	
3 Fiona Thomas	WKF 24.79		3 Alison Pye	MNC 16.65	
4 Ashley Beckett	TRF 22.58		4 Vikki Mills	WKF 15.56	
5 Louise Kay	BUH 18.30		5 Jessica Best	LDS 13.17	
6 Jessica Dobson	LDS 17.87				
W Hammer Throw A			W Hammer Throw B		
1 Louise Kay	BUH 35.58		1 Linda Ridsdale	WKF 24.06	
2 Sarah Henton	BBN 28.42		2 Rebecca McElory	BBN 20.10	
3 Fiona Thomas	WKF 25.51		3 Sam Aspen	BUH 17.46	
4 Simone Trumpet	MNC 21.21		4 Elizabeth Best	LDS 9.89	
5 Jessica Best	LDS 13.81				
W High Jump A			W High Jump B		
1 Caroline Park	LDS 1.50		1 Kirsty Parr	LDS 1.50	
2 Stephanie Potts	MNC 1.45		2 Jess Taylor	MNC 1.40	
3 Claire Roddis	TRF 1.45		3=Abby Edmundson	BBN 1.25	
4 Christina Carr	BBN 1.45		3=Lucy Holmes	WKF 1.25	
5 Mikaela Harrison	WKF 1.40		5 Hannah Scholtes	BUH 1.25	
6 Megan French	BUH 1.35				

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W Javelin Throw A			W Javelin Throw B		
1 Ashley Beckett	TRF 35.62		1 Harriet Pickles	MNC 32.36	
2 Danielle Bentley	MNC 34.75		2 Claire Roddis	TRF 22.67	
3 Michelle Lonsdale	WKF 31.88		3 Vikki Mills	WKF 21.32	
4 Kirsty Parr	LDS 27.35		4 Carrie Simpson	LDS 20.42	

			nl3		
5 Sarah Henton	BBN 25.60		5 Ilse Hemming	BUH 18.03	
6 Louise Kay	BUH 19.90		6 Carman Peter-Thomas	BBN 15.82	
W Long Jump A			W Long Jump B		
1 Kirsty Parr	LDS 5.20-1.0		1 Amy Marchant	LDS 5.14-0.1	
2 Nicola Cahill	MNC 5.15-0.4		2 Harriet Pickles	MNC 4.93-3.5	
3 Sarah Haworth	BBN 4.59+0.0		3 Hannah Scholles	BUH 4.35+0.0	
4 Faye Mitchell	WKF 4.48+0.0		4 Carman Peter-Thomas	BBN 4.25-0.2	
5 Sian Pledger	BUH 4.25-1.9		5 Fiona Thomas	WKF 3.88NW1	
6 Claire Roddis	TRF 4.08-0.2				
W Pole Vault A			W Pole Vault B		
1 Holly Bleasdale	BBN 2.60		1 Toni Aldridge	BBN 1.80	
2 Vikki Mills	WKF 2.50				
W Shot Putt A			W Shot Putt B		
1 Fiona Thomas	WKF 10.93		1 Kirsty Parr	LDS 10.16	
2 Sarah Henton	BBN 10.34		2 Nicola Cahill	MNC 10.14	
3 Carrie Simpson	LDS 10.26		3 Rebecca McElory	BBN 8.25	
4 Jess Taylor	MNC 10.23		4 Claire Roddis	TRF 7.97	
5 Ashley Beckett	TRF 8.41		5 Ilse Hemming	BUH 6.36	
6 Louise Kay	BUH 6.43		6 Linda Risdale	WKF 6.07	
W Triple Jump A			W Triple Jump B		
1 Harriet Pickles	MNC 11.06		1 Sarah Haworth	BBN 9.46	
2 Carman Peter-Thomas	BBN 10.38		2 Lexi Cochrane	BUH 8.97	
3 Kirby Akindeide	WKF 10.28		3 Leanne Brown	MNC 8.86	
4 Kirsty Parr	LDS 10.07		4 Dionne Jones	WKF 8.76	
5 Hannah Scholles	BUH 9.95		5 Jessica Best	LDS 8.54	
W 4x100m Relay					
1 MNC 49.1	1 Jess Taylor	2 Robin Rashford			
	3 Rebekah Wilson	4 Jennifer Simmons			
2 LDS 50.7	1 Elizabeth Best	2 Sheryl Punter			
	3 Naaha Adusei	4 Jenny Lumley			
3 WKF 51.6	1 Faye Mitchell	2 Amy Wilson			
	3 Lucy Holmes	4 Fiona Thomas			
4 BBN 52.3	1 Sarah Haworth	2 Carman Peter-Thomas			
	3 Jessica Lewis	4 Holly Bleasdale			
5 BUH 52.4	1 Hannah Scholles	2 Rebecca O'Keefe			
	3 Sam Aspen	4 Katie Eckersley			
6 TRF 54.2	1 Rachel McHugh	2 Claire Roddis			
	3 Joanne Duxbury	4 Ashley Beckett			

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W 4x400m Relay					
1 MNC 4.09.7	1 Jennifer Simmons	2 Kath Williams			
	3 Leanne Brown	4 Jess Taylor			
2 BUH 4.18.4	1 Megan French	2 Sam Aspen			
	3 Cath Brogan	4 Katie Eckersley			
3 LDS 4.20.1	1 Sheryl Punter	2 Jenny Lumley			
	3 Elizabeth Best	4 Jessica Dobson			

			nl 3
4 WKF 4. 22. 7	1 Amy Wilson	2 Mikaela Harrison	
	3 Vikki Mills	4 Lucy Holmes	
5 BBN 4. 25. 6	1 Rachel Wood	2 Toni Aldridge	
	3 Jessica Lewis	4 Abby Edmundson	

M 4x100m Relay

1 MNC 44. 0	1 Gary Atkinson	2 Carl Dickinson
	3 Steve Butterworth	4 Matt Cullen
2 BBN 44. 0	1 Phil Vickers	2 Jerome Duxbury
	3 Luke Evans	4 Claude Peter-Thomas
3 TRF 44. 7	1 Carlos Holder	2 Richard Workman
	3 Chris Bramah	4 Mark Mullen
4 LDS 44. 9	1 Umar Hamed	2 Matt Hudson
	3 Anthony Timms	4 Tom Roberts
5 WKF 45. 4	1 Rob Hyatt	2 Nathan Davis
	3 Ben Mitchell	4 Andrei Pobişan
6 BUH 45. 6	1 Stephen Hemming	2 Chris Eckersley
	3 Paul Cryer	4 Will Green

M 4x400m Relay

1 WKF 3. 26. 9	1 Andrei Pobişan	2 Thomas Atkinson
	3 Marcus Nixey	4 Rob Lee
2 BBN 3. 27. 1	1 Jonathan Cowell	2 Anthony Gotts
	3 Ben Fox	4 Paul Bradshaw
3 TRF 3. 32. 1	1 Richard Clancy	2 Richard Workman
	3 Chris Bramah	4 Mark Mullen
4 MNC 3. 32. 9	1 Tom Black	2 Daniel Williams
	3 James Philipson	4 David Marsh
5 BUH 3. 34. 0	1 Paul Cryer	2 Fraser Jardine
	3 Sam Gough	4 Scott Whittle

EVENT MATCH RESULT

	Events	Officials
1 Leeds City AC	360. 5	30
2 City of Manchester	341	20
3 Blackburn Harriers	340	30
4 Wakefield D. H. & AC	329	30
5 Bolton United Harriers	294. 5	25
6 Trafford AC	215	15

FINAL MATCH RESULT

	Event	Lge
1 Leeds City AC	390. 5	6
2 Blackburn Harriers	370	5
3 City of Manchester	361	4
4 Wakefield D. H. & AC	359	3
5 Bolton United Harriers	319. 5	2
6 Trafford AC	230	1

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