

## HUNTINGTON STADIUM - YORK, Sat 3 May 2008

## M 100m A

1 John Baines	MID	11.5
2 Steve Langley	GHD	11.6
3 Paul Donaghy	DCH	11.7
4 Zac Agar	COY	12.4
5 John Thompson	MPT	12.4

## M 100m B

1 Charlie Dryden	MID	11.2
2 Stephen Clifford	DCH	11.8
3 Marc Suggitt	GHD	12.1
4 Chris Taylor	COY	12.2
5 Daniel Hedley	MPT	12.2

## M 200m A

1 John Baines	MID	23.2
2 Paul Miller	GHD	23.2
3 Chad Stephenson	COY	23.9
4 Greg Swinburn	MPT	24.3
5 Paul Donaghy	DCH	24.5
6 Mark Cawte	SCA	31.8

## M 200m B

1 Stev Maybury	GHD	22.8
2 Charlie Dryden	MID	22.9
3 Martin Boddice	DCH	24.1
4 Daniel Hedley	MPT	24.9
5 Chris Taylor	COY	25.8

## M 400m A

1 Jak Lowden	GHD	50.6
2 Micheal Dixon	DCH	52.7
3 Jonathon Sharp	SCA	53.2
4 Paul White	MID	54.5
5 G Bannister	COY	55.3
6 Greg Swinburn	MPT	57.7

## M 400m B

1 Jamie Carmichael	GHD	51.5
2 Andrew Maguire	MID	52.4
3 Matthew Greenwood	DCH	53.1
4 A Steadman	COY	57.6
5 Ray Kirkup	MPT	60.1

## M 800m A

1 Jonathon Sharp	SCA	1.57.2
2 Andrew Maguire	MID	1.57.3
3 Andrew Wikes	GHD	1.57.9
4 Mark Smith	DCH	2.00.8
5 Martin Cairns	MPT	2.07.2
6 G Bannister	COY	2.08.5

## M 800m B

1 Kieran Smith	COY	2.00.0
2 Danny Schofield	SCA	2.05.7
3 Chris Paton	GHD	2.11.8
4 John Woods	MPT	2.17.0
5 Francis Turner	DCH	2.19.6

## M 1500m A

1 Andy Hilton	COY	4.07.1
2 Mark Smith	DCH	4.25.8
3 Andrew Mason	MID	4.26.6
4 David Swinburn	MPT	4.31.7
5 Chris Paton	GHD	6.39.4

## M 1500m B

1 Ian Lynn	COY	4.27.4
2 Micheal Grimes	DCH	4.40.0
3 Martin Cairns	MPT	4.48.3

## M 5000m A

1 Rob Hand	DCH	16.03.4
2 J Metcalf	COY	16.20.4
3 Paul White	MID	16.58.7
4 Jordan Scott	MPT	17.17.4
5 Steve Medd	GHD	19.01.3

## M 5000m B

1 John Nash	DCH	18.44.0
2 John Woods	MPT	18.46.2
3 S Nesbitt	COY	20.32.7

## M 110mH A

1 Ian Mawdesley	MPT	18.7
2 Glen Blenkinsop	MID	19.9
3 Chris Boundy	GHD	21.0
4 David Adamson	DCH	21.2
5 Ali Steadman	COY	21.3

## M 110mH B

1 Tom Lightwing	COY	20.4
2 John Thompson	MPT	22.7

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## M 400mH A

1 Andrew Sturrock	GHD 56.5
2 Nick Phelps	MID 58.1
3 Ali Steadman	COY 65.0
4 Ray Kirkup	MPT 66.2
5 Matthew McCarthy	DCH 67.7

## M 400mH B

1 Ian Mawdesley	MPT 69.4
2 David Adamson	DCH 73.0
3 Richard Wilcock	COY 77.2

## M 3000m SC A

1 Chris Sampson	MPT 9.32.6
2 Andy Hilton	COY 9.38.8
3 Paul White	MID 9.59.6
4 James Kraft	SCA 10.21.5
5 Micheal Grimes	DCH 11.12.4

## M 3000m SC B

1 Ian Lynn	COY 10.07.4
2 David Swinburn	MPT 10.15.4
3 Francis Turner	DCH 12.25.7

## M Discus Throw A

1 L Richards	COY 53.08
2 Rob Russell	SCA 48.33
3 Craig Sturrock	GHD 37.81
4 Paul Appleby	MPT 32.06
5 Max Alderson	MID 29.41
6 Peter Coates	DCH 26.00

## M Discus Throw B

1 M Wearing	COY 39.39
2 David Maggs	GHD 24.47
3 Mark Cawte	SCA 20.93
4 Ben Daley	MID 17.75
5 Wayne Gedge	MPT 16.40
6 Fred Hamlin	DCH 14.80

## M Hammer Throw A

1 Rob Russell	SCA 44.48
2 David Maggs	GHD 38.24
3 L Slater	COY 34.89
4 Max Alderson	MID 30.25
5 Peter Coates	DCH 29.21
6 Paul Appleby	MPT 25.79

## M Hammer Throw B

1 Sean Hudson	GHD 36.22
2 L Woolocott	COY 31.93
3 Ben Daley	MID 27.08
4 Mark Cawte	SCA 17.61
5 John Thompson	MPT 14.16

## M High Jump A

1 Tom Lightwing	COY 1.70
2 Angus Wood	MPT 1.65
3 Martin Boddice	DCH 1.65
4 Nick Phelps	MID 1.60
5 Martin Ferguson	GHD 1.45

## M High Jump B

1 Paul Allsop	MPT 1.70
2 Matthew McCarthy	DCH 1.60
3 Glen Blenkinsop	MID 1.55

## M Javelin Throw A

1 P Allsopp	COY 56.60
2 Ben Daley	MID 38.57
3 Paul Appleby	MPT 37.62
4 Chris Boundy	GHD 37.37
5 Martin Boddice	DCH 34.41
6 Mark Cawte	SCA 16.72

## M Javelin Throw B

1 M Wearing	COY 55.11
2 Max Alderson	MID 37.18
3 John Thompson	MPT 36.00
4 David Maggs	GHD 32.12
5 Fred Hamlin	DCH 21.99

## M Long Jump A

1 C Stephenson	COY 6.47
2 Charlie Dryden	MID 6.14
3 Matthew McCarthy	DCH 5.44
4 Martin Ferguson	GHD 5.37
5 Angus Wood	MPT 5.16
6 Mark Cawte	SCA 2.82

## M Long Jump B

1 Tom Lightwing	COY 6.06
2 Peter Coates	DCH 5.43
3 Charles Tudor	GHD 4.77
4 John Thompson	MPT 4.53

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M Pole Vault A		M Pole Vault B					
1	Glen Glenkinsop	MID	3.40	1	Gavin Howard	GHD	2.70
2	Chris Boundy	GHD	2.70	2	A Steadman	COY	2.50
3	Richard Wilcock	COY	2.60				
4	Matthew McCarthy	DCH	2.40				
M Shot Putt A		M Shot Putt B					
1	Craig Sturrock	GHD	15.60	1	M Wearing	COY	10.01
2	L Richards	COY	15.52	2	Glen Blenkinsop	MID	8.32
3	Rob Russell	SCA	15.27	3	Sean Hudson	GHD	8.03
4	Max Alderson	MID	12.19	4	Mark Cawte	SCA	7.71
5	Paul Appleby	MPT	9.75	5	Wayne Gedge	MPT	7.19
6	Peter Coates	DCH	8.27	6	Fred Hamlin	DCH	6.21
M Triple Jump A		M Triple Jump B					
1	Nick Phelps	MID	13.35	1	Charlie Dryden	MID	13.29
2	C Stephenson	COY	12.25	2	W Harewood	COY	12.06
3	Peter Coates	DCH	12.03	3	David Adamson	DCH	11.34
4	Martin Ferguson	GHD	10.59	4	Angus Wood	MPT	10.00
5	Ray Kirkup	MPT	10.01				
W 100m A		W 100m B					
1	Rachlel Davidson	GHD	12.6	1	J Foster	COY	13.2
2	Becky Capsall	COY	12.7	2	Jaqui Hodgson	DCH	13.7
3	Elane Telford	MPT	12.8	3	Hayley Brathwaite	MID	13.8
4	Frances Hubbard	MID	13.0	4	Elizabeth Severs	MPT	14.1
5	Kathryn Gray	DCH	13.2				
W 200m A		W 200m B					
1	Rachael Davidson	GHD	26.3	1	Ashleigh Wood	MID	25.8
2	R Hill	COY	26.5	2	Vicky Carmichael	GHD	26.3
3	Elane Telford	MPT	26.6	3	Jaqui Hodgson	DCH	27.4
4	Kathryn Gray	DCH	27.0	4	Rachel Archer	MPT	27.4
5	Claire Turnbull	MID	27.3	5	J Foster	COY	27.5
6	Lisa Ponter	SCA	28.0	6	Alex Wheatman	SCA	29.9
W 400m A		W 400m B					
1	Smantha Coleby	DCH	57.8	1	Vicky Holmes	GHD	60.4
2	Vicky Carmichael	GHD	59.5	2	Rachel Archer	MPT	64.1
3	Laura Weightman	MPT	60.3	3	Lisa Ponter	SCA	64.1
4	Hazel Lecornv	SCA	62.9	4	Frances Hubbard	MID	68.6
5	R Brandon	COY	67.9	5	Caroline Adamson	DCH	73.2
6	Hayley Brathwaite	MID	71.5	6	B Penty	COY	73.2
W 800m A		W 800m B					
1	Laura Weightman	MPT	2.11.6	1	Kristena Grant	MID	2.25.3
2	Kirsty Legg	MID	2.17.4	2	Natile Young	MPT	2.27.7
3	Emma Toogood	DCH	2.18.6	3	Vicky Needham	COY	2.30.6
4	Helen Garnham	COY	2.18.8				
5	Nicky Youdon	GHD	2.23.3				
6	Alex Wheatman	SCA	2.39.2				

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W 1500m A		W 1500m B	
1 Stacey Smith	GHD 4.28.2	1 K Mellor	COY 5.07.0
2 Helen Garnham	COY 4.51.3		
3 Emma Toogood	DCH 4.53.0		
4 Deborah Oakley	MPT 5.51.3		
W 3000m A		W 3000m B	
1 Mary Forrior	GHD 10.15.3	1 K Mellor	COY 11.05.5
2 B Penty	COY 10.19.5	2 Deborah Oakley	MPT 11.56.2
3 Aiveen Fox	MPT 11.29.2		
W 100mH A		W 100mH B	
1 Sara Todd	GHD 14.5	1 Hazel Lecornv	SCA 18.1
2 Claire Turnbull	MID 16.9	2 Jessica Elsworth	COY 19.9
3 Jennifer Baker	DCH 17.3	3 Hayley Brathwaite	MID 20.5
4 Jenna Wheatman	SCA 18.4		
5 V Seller	COY 18.8		
W 400mH A		W 400mH B	
1 Sara Todd	GHD 62.6	1 R Brandon	COY 80.1
2 Hazel Lecornv	SCA 70.7		
3 V Seller	COY 74.7		
W Discus Throw A		W Discus Throw B	
1 C Smyrk	COY 34.40	1 K Taylor	COY 27.51
2 Claire Reid	MPT 30.99	2 Jess Metcalfe	MID 21.75
3 Kayleigh Sullivan	MID 26.91	3 Nicola Terry	GHD 20.30
4 Leah Weathoritt	GHD 25.00	4 Frankie Cole	MPT 16.40
W Hammer Throw A		W Hammer Throw B	
1 Jenna Wheatman	SCA 45.69	1 Kayleigh Sullivan	MID 38.68
2 Leah Weathoritt	GHD 43.31	2 Nicola Terry	GHD 19.50
3 Kayleigh Mills	MID 43.03	3 C Smyrk	COY 19.23
4 R Blain	COY 20.85	4 Lisa Ponter	SCA 17.59
5 Clair Reid	MPT 19.20		
W High Jump A		W High Jump B	
1 Jennifer Baker	DCH 1.60	1 R Brandon	COY 1.40
2 Jessica Elsworth	COY 1.55	2 Frankie Cole	MPT 1.30
3 Leah Kennedy	MID 1.50		
4 Elizabeth Severs	MPT 1.40		

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W Javelin Throw A			W Javelin Throw B		
1	Jessica Elsworth	COY 31.11	1	Rachel Fairless	MID 19.43
2	Jenna Wheatman	SCA 30.46	2	Nicola Terry	GHD 19.42
3	Leah Weatheritt	GHD 27.85	3	Hazel Lecornv	SCA 18.01
4	Kayleigh Sullivan	MID 24.48	4	Clair Reid	MPT 14.91
5	Frankie Cole	MPT 21.15	5	Annie Roberts	COY 13.57
6	Jaqui Hodgson	DCH 15.07	6	Caroline Adamson	DCH 9.48
W Long Jump A			W Long Jump B		
1	Ashleigh Wood	MID 5.29	1	S Bell	COY 4.78
2	Annie Roberts	COY 4.99	2	Lisa Porter	SCA 4.69
3	Racheal Davidson	GHD 4.74	3	Leah Kennedy	MID 4.52
4	Jenna Wheatman	SCA 4.72	4	Caroline Adamson	DCH 3.59
5	Jennifer Baker	DCH 4.31	5	Deborah Oakley	MPT 2.53
6	Elizabeth Severs	MPT 3.81			
W Pole Vault A			W Pole Vault B		
1	Rachel Fairless	MID 2.50	1	Vicky Needham	COY 1.80
2	Vicky Holmes	GHD 2.40			
3	Helen Garnham	COY 1.80			
W Shot Putt A			W Shot Putt B		
1	Leah Weatheritt	GHD 10.66	1	K Taylor	COY 8.54
2	Clair Reid	MPT 10.07	2	Nicola Terry	GHD 7.50
3	Kayleigh Sullivan	MID 9.59	3	Kayleigh Mills	MID 7.02
4	C Smyrk	COY 9.35	4	Lisa Ponter	SCA 5.86
5	Jenna Wheatman	SCA 8.28	5	Caroline Adamson	DCH 3.41
6	Sophie Wood	DCH 7.59			
W Triple Jump A			W Triple Jump B		
1	Ashleigh Wood	MID 11.12	1	S Bell	COY 10.27
2	Laura Rigby	COY 10.41	2	Leah Kennedy	MID 9.17
3	Lisa Ponter	SCA 9.56	3	Jenna Wheatman	SCA 9.00
W 4x100m Relay					
1	COY 50.9	1	Becky Campsall	2	J Foster
		3	A Roberts	4	R Hill
2	MID 51.8	1	Hayley Brathwaite	2	Ashleigh Wood
		3	Claire Turnbull	4	Frances Hubbard
3	DCH 51.8	1	Kathryn Gray	2	Jaqui Hodgson
		3	Sophie Wood	4	Smantha Coleby
4	MPT 53.5	1	Rachel Archer	2	Elane Telford
		3	Laura Weightman	4	Elizabeth Severs

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## W 4x400m Relay

1	GHD 4.06.2	1 Vicky Carmichael	2 Vicky Holmes
		3 Sara Todd	4
2	DCH 4.12.0	1 Emma Toogood	2 Sophie Wood
		3 Jennifer Baker	4 Samantha Coleby
3	COY 4.22.2	1 K Mellor	2 Vicky Needham
		3 V Sellar	4 Helen Garnham
4	SCA 4.25.8	1 Hazel Lecornv	2 Alex Wheatman
		3 Jenna Wheatman	4 Lisa Ponter
5	MID 4.39.0	1 Kirsty Legg	2 Kristena Grant
		3 Frances Hubbard	4 Hayley Brathwaite

## M 4x100m Relay

1	GHD 46.2	1 Paul Miller	2 Steve Langley
		3 Prosper Mwanza	4 Marc Suggitt
2	COY 46.4	1 Zac Agar	2 C Stephenson
		3 J Garbutt	4 Tom Lightwing
3	MID 46.9	1 Glen Blenkinsop	2 Charlie Dryden
		3 John Banes	4 Nick Phelps
4	DCH 47.1	1 Paul Donaghy	2 David Adamson
		3 Stephen Clifford	4 Matthew McCarthy
5	MPT 50.2	1 Angus Wood	2 Daniel Hedley
		3 Ian Mawdesley	4 Greg Swinburn

## M 4x400m Relay

1	GHD 3.28.8	1 Jamie Carmichael	2 Steve Maybury
		3 Paul Miller	4 Jak Lowden
2	DCH 3.39.4	1 Matthew Greenwood	2 Micheal Dixon
		3 Stephen Clifford	4 Martin Boddice
3	MID 3.43.4	1 Andrew Maguire	2 Glen Blenkinsop
		3 Nick Phelps	4 Andrew Mason
4	COY 3.45.9	1 Andy Hilton	2 G Bannister
		3 P Allsopp	4 Ian Lynn
5	MPT 4.13.3	1 Ray Kirkup	2 Ian Mawdesley
		3 Angus Wood	4 David Swinburn

MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge
1	COY 447	6	1 City of York	447	6
2	GHD 345	5	2 Gateshead Harriers & AC	345	5
3	MID 340	4	3 Middlesbrough AC-Mandale	340	4
4	MPT 286	3	4 Morpeth Harriers & AC	286	3
5	DCH 269	2	5 Durham City Harriers AC	269	2
6	SCA 186	1	6 Scarborough AC	186	1