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Div 3W Match 2 - Wavertree

**Women's 100m A**

				Perf	Record	Wind	AW
1	6	Katie Deutsch	Wigan/Horwich	12.4			<input checked="" type="checkbox"/>
2	3	Amy Forrester	Liverpool Harriers & AC	13.2			<input checked="" type="checkbox"/>
3	4	Michelle Warwick	Seaton AC	13.8			
4	2	Wendy Laing	Lancaster & Morecambe/Kendal	13.8			
5	5	Sam Wilkinson	Warrington AC	14.7			
6							

**Women's 200m A**

				Perf	Record	Wind	AW
1	3	Amy Forrester	Liverpool Harriers & AC	26.3			<input checked="" type="checkbox"/>
2	2	Becky Mardell	Lancaster & Morecambe/Kendal	27.2			
3	4	Grace Wright	Seaton AC	28.6			
4	1	Victoria Ducie	Barrow	33.2			
5	55	Karen Lewis	Warrington AC	48.0			
6							

**Women's 400m A**

				Perf	Record	Wind	AW
1	5	Beth Hicken	Warrington AC	59.4			<input checked="" type="checkbox"/>
2	3	Carla Jones	Liverpool Harriers & AC	61.3			<input checked="" type="checkbox"/>
3	2	Becky Mardell	Lancaster & Morecambe/Kendal	62.3			<input checked="" type="checkbox"/>
4	4	Sarah Handbury	Seaton AC	67.9			
5	1	Christina Wiejak	Barrow	72.8			
6							

6 June 2009

**Women's 100m B**

				Perf	Record	Wind	AW
1	33	Megan Ward	Liverpool Harriers & AC	13.9			
2	66	Claire Holmes	Wigan/Horwich	14.0			
3	22	Becky Mardell	Lancaster & Morecambe/Kendal	14.1			
4	44	Grace Wright	Seaton AC	14.1			
5	1	Victoria Ducie	Barrow	16.4			
6	55	Claire Irons	Warrington AC	18.4			

**Women's 200m B**

				Perf	Record	Wind	AW
1	33	Helen Croft	Liverpool Harriers & AC	29.4			
2	22	Jenny Tynan	Lancaster & Morecambe/Kendal	30.0			
3							
4							
5							
6							

**Women's 400m B**

				Perf	Record	Wind	AW
1	33	Fran Davies	Liverpool Harriers & AC	63.6			<input checked="" type="checkbox"/>
2	44	Tessa Stockdale	Seaton AC	65.7			
3	55	Sarah Griffiths	Warrington AC	66.9			
4	22	Joanne Perry	Lancaster & Morecambe/Kendal	68.6			
5							
6							

**Women's 800m A**

1	3	Rebecca Linney	Liverpool Harriers & AC	02:18.0	
2	2	Joanne Perry	Lancaster & Morecambe/Kendal	02:27.9	
3	5	Sarah Griffiths	Warrington AC	02:29.5	
4	1	Katie Savage	Barrow	02:31.0	
5	4	Sarah Handbury	Seaton AC	02:38.8	

**Women's 1500m A**

1	5	Kate Titlow	Warrington AC	05:04.3	
2	1	Katie Savage	Barrow	05:19.3	
3	3	Jessica Corrie-Taylor	Liverpool Harriers & AC	05:25.2	
4	2	Amanda Pyrah	Lancaster & Morecambe/Kendal	05:35.4	

**Women's 3000m A**

1	2	Hannah Bateson	Lancaster & Morecambe/Kendal	10:26.0	
2	3	Laura Murphy	Liverpool Harriers & AC	11:06.0	
3	5	Karen Lewis	Warrington AC	15:06.7	
4					

**Women's 400m Hurdles A**

1	3	Carla Jones	Liverpool Harriers & AC	70.2	
2	6	Claire Holmes	Wigan/Horwich	70.3	
3	4	Sally Anne Busby	Seaton AC	94.6	
4	1	Victoria Ducie	Barrow	97.9	
5					

**Women's 100m Hurdles A**

				Wind=	
1	3	Katarina Thompson	Liverpool Harriers & AC	15.1	
2	1	Rebecca Cook	Barrow	16.4	
3	2	Claire Huck	Lancaster & Morecambe/Kendal	16.5	
4	4	Sally Anne Busby	Seaton AC	21.3	

**Women's 800m B**

1	33	Zoe Woodward	Liverpool Harriers & AC	02:22.6	
2	11	Christina Wiejak	Barrow	02:43.8	
3	22	Kathy Winrow	Lancaster & Morecambe/Kendal	02:50.2	
4	55	Claire Irons	Warrington AC	03:36.1	
5					

**Women's 1500m B**

1	33	Clare Murphy	Liverpool Harriers & AC	05:26.7	
2	22	Laura Morris	Lancaster & Morecambe/Kendal	05:57.3	
3	55	Claire Irons	Warrington AC	07:35.3	
4					

**Women's 3000m B**

1	33	Hannah Whiteside	Liverpool Harriers & AC	11:19.1	
2	22	Lizzie Wignall	Lancaster & Morecambe/Kendal	11:56.7	
3					
4					

**Women's 400m Hurdles****B**

1	44	Michelle Warwick	Seaton AC	99.6	
2					
3					
4					
5					

**Women's 100m Hurdles****B**

				Wind=	
1	44	Michelle Warwick	Seaton AC	23.7	
2					
3					
4					

**Women's Hammer A**

1	6	Bethan Lishman	Wigan/Horwich	42.63	<input checked="" type="checkbox"/>
2	33	Chloe Mears	Liverpool Harriers & AC	26.19	<input checked="" type="checkbox"/>
3	5	Claire Irons	Warrington AC	23.97	
4	1	Lynnette Walker	Barrow	20.17	
5	2	Claire Huck	Lancaster & Morecambe/Kendal	17.98	
6	44	Mandy Pattinson	Seaton AC	12.36	

**Women's Discus A**

1	6	Natalie Walsh	Wigan/Horwich	39.98	<input checked="" type="checkbox"/>
2	3	Zoe Woodward	Liverpool Harriers & AC	27.77	<input checked="" type="checkbox"/>
3	2	Claire Huck	Lancaster & Morecambe/Kendal	20.88	
4	11	Sophie Pearson	Barrow	20.64	
5	55	Sarah Lewis	Warrington AC	14.85	
6	44	Mandy Pattinson	Seaton AC	12.15	

**Women's Javelin A**

1	6	Collette Doran	Wigan/Horwich	30.61	<input checked="" type="checkbox"/>
2	22	Wendy Laing	Lancaster & Morecambe/Kendal	26.64	<input checked="" type="checkbox"/>
3	3	Katarina Thompson	Liverpool Harriers & AC	25.09	<input checked="" type="checkbox"/>
4	11	Sophie Pearson	Barrow	23.22	
5	4	Angela Corrier	Seaton AC	16.02	
6	5	Sam Wilkinson	Warrington AC	9.52	

**Women's Shot Putt A**

1	6	Samantha Fraser	Wigan/Horwich	10.28	<input checked="" type="checkbox"/>
2	22	Katie Huck	Lancaster & Morecambe/Kendal	9.87	<input checked="" type="checkbox"/>
3	1	Rebecca Cook	Barrow	9.15	<input checked="" type="checkbox"/>
4	4	Angela Corrier	Seaton AC	6.62	
5	3	Bethan Hughes	Liverpool Harriers & AC	6.60	
6	5	Claire Irons	Warrington AC	5.20	

**Women's Hammer B**

1	66	Natalie Walsh	Wigan/Horwich	34.04	<input checked="" type="checkbox"/>
2	22	Katie Huck	Lancaster & Morecambe/Kendal	17.44	
3	55	Judith Wort	Warrington AC	15.50	
4	3	Jessica Wright	Liverpool Harriers & AC	14.34	
5	4	Sally Anne Busby	Seaton AC	11.53	
6					

**Women's Discus B**

1	66	Bethan Lishman	Wigan/Horwich	25.05	<input checked="" type="checkbox"/>
2	22	Katie Huck	Lancaster & Morecambe/Kendal	19.81	
3	1	Lynnette Walker	Barrow	19.22	
4	5	Judith Wort	Warrington AC	13.63	
5	33	Helen Croft	Liverpool Harriers & AC	12.65	
6					

**Women's Javelin B**

1	66	Samantha Fraser	Wigan/Horwich	25.94	<input checked="" type="checkbox"/>
2	2	Holly Nelson	Lancaster & Morecambe/Kendal	24.04	
3	1	Lynnette Walker	Barrow	17.55	
4	33	Anne Murphy	Liverpool Harriers & AC	16.00	
5	44	Tessa Stockdale	Seaton AC	14.43	
6	55	Judith Wort	Warrington AC	8.84	

**Women's Shot Putt B**

1	66	Bethan Lishman	Wigan/Horwich	8.14	
2	2	Holly Nelson	Lancaster & Morecambe/Kendal	7.97	
3	11	Lynnette Walker	Barrow	7.38	
4	33	Chloe Mears	Liverpool Harriers & AC	6.40	
5	44	Kirsty Norwood	Seaton AC	5.51	
6	55	Judith Wort	Warrington AC	5.05	

**Women's Long Jump A**

1	1	Rebecca Cook	Barrow	4.76
2	2	Holly Nelson	Lancaster & Morecambe/Kendal	4.64
3	4	Kirsty Norwood	Seaton AC	4.52
4	3	Zoe Woodward	Liverpool Harriers & AC	4.27
5				

**Women's Triple Jump A**

1	3	Bethan Hughes	Liverpool Harriers & AC	9.70
2	22	Jenny Tynan	Lancaster & Morecambe/Kendal	9.48
3	6	Claire Holmes	Wigan/Horwich	9.25
4	1	Dawn Walker	Barrow	9.17
5	4	Angela Corrier	Seaton AC	8.46
6	5	Sam Wilkinson	Warrington AC	7.89

**Women's High Jump A**

1	2	Claire Huck	Lancaster & Morecambe/Kendal	1.60
2=	6	Rachel Culshaw	Wigan/Horwich	1.55
2=	4	Kirsty Norwood	Seaton AC	1.55
4	1	Rebecca Cook	Barrow	1.55
5	3	Bethan Hughes	Liverpool Harriers & AC	1.40

**Women's Pole Vault A**

1	3	Sian Gilgeons	Liverpool Harriers & AC	2.10
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**Women's Long Jump B**

1	44	Tania Hall	Seaton AC	4.46
2	11	Dawn Walker	Barrow	4.43
3	22	Jenny Tynan	Lancaster & Morecambe/Kendal	4.39
4	33	Helen Croft	Liverpool Harriers & AC	4.16
5				

**Women's Triple Jump B**

1	2	Wendy Laing	Lancaster & Morecambe/Kendal	9.34
2	66	Rachel Culshaw	Wigan/Horwich	9.22
3	33	Helen Croft	Liverpool Harriers & AC	8.65
4				
5				
6				

**Women's High Jump B**

1	22	Wendy Laing	Lancaster & Morecambe/Kendal	1.50	<input checked="" type="checkbox"/>
2	44	Angela Corrier	Seaton AC	1.40	
3	11	Dawn Walker	Barrow	1.30	
4	66	Claire Holmes	Wigan/Horwich	1.10	

**Women's Pole Vault B**

**Women's 4x100m Relay**

1	3	Liverpool Harriers & AC	Amy Forrester	-	Helen Croft	Megan Ward	52.5
2	2	Lancaster & Morecambe/Kendal	Wendy Laing	Jenny Tynan	Claire Huck	Holly Nelson	55.0
3	4	Seaton AC	Grace Wright	Tessa Stockdale	Kirsty Norwood	Michelle Warwick	55.1
4	1	Barrow	Rebecca Cook	Katie Savage	Victoria Ducie	Christina Wiejak	60.8
5							

**Women's 4x400m Relay**

1	3	Liverpool Harriers & AC	Carla Jones	Amy Forrester	Laura Murphy	Megan Ward	04:19.2
2	2	Lancaster & Morecambe/Kendal	Joanne Perry	Lizzie Wignall	Becky Mardell	Hannah Bateson	04:27.2
3	4	Seaton AC	Sarah Handbury	Grace Wright	Michelle Warwick	Tessa Stockdale	04:52.4
4							

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**Div 3W Match 2 - Wavertree**

**Men's 100m A**

			Perf	Record	Wind	AW
	Wind=					
1	2	Frank Shepherd	Lancaster & Morecambe/Kendal	11.4		<input checked="" type="checkbox"/>
2	3	Phil Ellershaw	Liverpool Harriers & AC	11.4		<input checked="" type="checkbox"/>
3	6	Adam Forrest	Wigan/Horwich	11.4		<input checked="" type="checkbox"/>
4	5	James Gladman	Warrington AC	11.7		
5	4	Oliver Litheow	Seaton AC	12.4		
6						

**Men's 200m A**

			Perf	Record	Wind	AW
	Wind=					
1	6	Adam Forrest	Wigan/Horwich	23.1		<input checked="" type="checkbox"/>
2	5	Mike Howard	Warrington AC	23.2		<input checked="" type="checkbox"/>
3	3	Phil Ellershaw	Liverpool Harriers & AC	23.4		<input checked="" type="checkbox"/>
4	2	Frank Shepherd	Lancaster & Morecambe/Kendal	23.4		<input checked="" type="checkbox"/>
5	4	Steven Fox	Seaton AC	23.5		
6	1	Chris Snaith	Barrow	27.7		

**Men's 400m A**

			Perf	Record	Wind	AW
1	3	Alex Boyce	Liverpool Harriers & AC	51.3		<input checked="" type="checkbox"/>
2	4	Steven Fox	Seaton AC	51.8		<input checked="" type="checkbox"/>
3	2	Will Cook	Lancaster & Morecambe/Kendal	52.4		<input checked="" type="checkbox"/>
4	6	Tom Knox	Wigan/Horwich	52.9		<input checked="" type="checkbox"/>
5	1	Phil Waite	Barrow	56.1		
6	5	Alex Wort	Warrington AC	58.5		

**6 June 2009**

**Men's 100m B**

			Perf	Record	Wind	AW
	Wind=					
1	66	Jack Thomas	Wigan/Horwich	11.6		
2	55	Mike Howard	Warrington AC	11.7		
3	44	Richard Beck	Seaton AC	11.7		
4	22	Graham Parsons	Lancaster & Morecambe/Kendal	11.8		
5	33	Joe Crawford	Liverpool Harriers & AC	12.0		
6						

**Men's 200m B**

			Perf	Record	Wind	AW
	Wind=					
1	33	Craig Jones	Liverpool Harriers & AC	24.0		
2	66	Aaron Flanagan	Wigan/Horwich	24.5		
3	22	Chris Thomas	Lancaster & Morecambe/Kendal	24.7		
4	44	Oliver Litheow	Seaton AC	25.8		
5						
6						

**Men's 400m B**

			Perf	Record	Wind	AW
1	33	Daniel Yip	Liverpool Harriers & AC	51.4		<input checked="" type="checkbox"/>
2	22	Matthew Burns	Lancaster & Morecambe/Kendal	54.4		
3	44	Oliver Litheow	Seaton AC	56.1		
4	55	Oliver Park	Warrington AC	57.7		
5	66	Geoff Douglas	Wigan/Horwich	59.5		
6	11	Jonathon Benson	Barrow	65.6		

**Men's 800m A**

1	3	James Blackburn	Liverpool Harriers & AC	02:03.0	<input checked="" type="checkbox"/>
2	1	Phil Waite	Barrow	02:03.1	<input checked="" type="checkbox"/>
3	2	Jordan Harris	Lancaster & Morecambe/Kendal	02:04.7	
4	4	Steven Fox	Seaton AC	02:12.8	
5	6	Dave Jack	Wigan/Horwich	02:26.1	
6	5	Steve Burthem	Warrington AC	02:31.3	

**Men's 1500m A**

1	2	Ali Russell	Lancaster & Morecambe/Kendal	04:15.2	<input checked="" type="checkbox"/>
2	3	Rob Dewhurst	Liverpool Harriers & AC	04:17.2	<input checked="" type="checkbox"/>
3	1	David Hook	Barrow	04:21.8	<input checked="" type="checkbox"/>
4	4	Nathan Thompson	Seaton AC	04:53.9	<input checked="" type="checkbox"/>
5	5	Oliver Park	Warrington AC	05:08.7	<input checked="" type="checkbox"/>

**Men's 3000m S/Chase A**

1	2	Paul Hodgson	Lancaster & Morecambe/Kendal	11:18.9	<input checked="" type="checkbox"/>
2	3	Tony Clarke	Liverpool Harriers & AC	11:26.8	<input checked="" type="checkbox"/>
3	5	Steve Burthem	Warrington AC	12:11.7	<input checked="" type="checkbox"/>

**Men's 5000m A**

1	6	Gary Priestly	Wigan/Horwich	15:45.2	<input checked="" type="checkbox"/>
2	3	Mark Keeley	Liverpool Harriers & AC	15:46.6	<input checked="" type="checkbox"/>
3	5	Adrian Timmins	Warrington AC	17:17.3	
4	4	Brian Thompson	Seaton AC	18:02.9	
5	2	David Brown	Lancaster & Morecambe/Kendal	18:28.2	
6	1	Ken Davenport	Barrow	20:28.0	

**Men's 800m B**

1	33	Stuart Morland	Liverpool Harriers & AC	02:02.9	<input checked="" type="checkbox"/>
2	22	Ali Russell	Lancaster & Morecambe/Kendal	02:06.9	
3	44	Richard Beck	Seaton AC	02:24.0	
4	11	Jonathon Benson	Barrow	02:24.6	
5	55	Chris Wells	Warrington AC	02:50.3	
6					

**Men's 1500m B**

1	33	Tom Croft	Liverpool Harriers & AC	04:46.4	<input checked="" type="checkbox"/>
2	44	Brian Thompson	Seaton AC	05:00.2	<input checked="" type="checkbox"/>
3	55	Steve Burthem	Warrington AC	05:19.6	<input checked="" type="checkbox"/>
4					
5					

**Men's 3000m S/Chase B**

1					
2					
3					

**Men's 5000m B**

1	33	Dave Barr	Liverpool Harriers & AC	18:08.0	
2	55	Mervyn Ward	Warrington AC	19:09.1	
3					
4					
5					
6					

**Men's 400m Hurdles A**

1	3	Steve Freeman	Liverpool Harriers & AC	61.1
2	5	James Gladman	Warrington AC	63.5
3	4	Luke Scott	Seaton AC	66.0
4	6	Geoff Douglas	Wigan/Horwich	67.7
5	2	Matthew Burns	Lancaster & Morecambe/Kendal	67.8

**Men's 110m Hurdles A**

1	55	Oliver Park	Warrington AC	20.5
2	3	Jordan Iro	Liverpool Harriers & AC	21.0

Wind=

**Men's Hammer A**

1	3	Les McIntosh	Liverpool Harriers & AC	49.97
2	1	Dave Abernethy	Barrow	37.54
3	4	Paul Simpson	Seaton AC	35.57
4	6	Steve Killen	Wigan/Horwich	34.94
5	2	Mark Gardener	Lancaster & Morecambe/Kendal	16.99
6	55	Harrison Hamilton	Warrington AC	16.84

**Men's Discus A**

1	6	Jeff Clare	Wigan/Horwich	41.07
2	1	Dave Abernethy	Barrow	39.94
3	4	Paul Simpson	Seaton AC	38.94
4	2	Jamie Quarry	Lancaster & Morecambe/Kendal	37.16
5	3	Les McIntosh	Liverpool Harriers & AC	27.70
6	5	Ben Stringer	Warrington AC	19.22

**Men's Javelin A**

1	3	Chris Bramhall	Liverpool Harriers & AC	40.63
2	4	Mathew Parker	Seaton AC	40.27
3	66	Steve Killen	Wigan/Horwich	39.13
4	2	Mark Gardener	Lancaster & Morecambe/Kendal	21.42

**Men's 400m Hurdles B**

<input checked="" type="checkbox"/>	1	66	Tom Knox	Wigan/Horwich	63.2
	2	55	Alex Wort	Warrington AC	67.4
	3	22	Chris Thomas	Lancaster & Morecambe/Kendal	68.4
	4	44	Ian Palmer	Seaton AC	76.2
	5				

**Men's 110m Hurdles B**

1	5	Chris Wells	Warrington AC	21.9
2				

Wind=

**Men's Hammer B**

<input checked="" type="checkbox"/>	1	33	Adam Reynolds	Liverpool Harriers & AC	43.78	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	2	11	Andrew Thompson	Barrow	19.88	
<input checked="" type="checkbox"/>	3	44	Ian Palmer	Seaton AC	18.84	
<input checked="" type="checkbox"/>	4	5	Chris Wells	Warrington AC	15.76	
	5	22	Allan Gordon	Lancaster & Morecambe/Kendal	7.93	
	6					

Ham

**Men's Discus B**

<input checked="" type="checkbox"/>	1	66	-	Wigan/Horwich	25.93
<input checked="" type="checkbox"/>	2	33	Adam Reynolds	Liverpool Harriers & AC	25.16
	3	22	Ben Ottaway	Lancaster & Morecambe/Kendal	24.58
<input checked="" type="checkbox"/>	4	11	Andrew Thompson	Barrow	20.04
	5	55	Dave Spencer	Warrington AC	16.90
	6	44	Ian Palmer	Seaton AC	16.88

**Men's Javelin B**

<input checked="" type="checkbox"/>	1	44	Ian Palmer	Seaton AC	27.80
<input checked="" type="checkbox"/>	2	33	Rob Dewhurst	Liverpool Harriers & AC	23.22
<input checked="" type="checkbox"/>	3	22	Allan Gordon	Lancaster & Morecambe/Kendal	11.77
	4				



**Men's Shot Putt A**

1	2	Jamie Quarry	Lancaster & Morecambe/Kendal	12.77	
2	1	Dave Abernethy	Barrow	12.30	
3	6	Jeff Clare	Wigan/Horwich	12.18	
4	4	Paul Simpson	Seaton AC	11.12	
5	3	Les McIntosh	Liverpool Harriers & AC	10.79	
6	55	Harrison Hamilton	Warrington AC	6.21	

**Men's Long Jump A**

1	5	Wojciech Czaja	Warrington AC	6.17	
2	33	Craig Jones	Liverpool Harriers & AC	6.05	
3	22	Jonny Elliot	Lancaster & Morecambe/Kendal	5.93	
4	66	Geoff Douglas	Wigan/Horwich	5.46	
5	1	Chris Snaith	Barrow	4.56	
6	4	Ian Palmer	Seaton AC	4.21	

**Men's Triple Jump A**

1	3	Alex Taylor	Liverpool Harriers & AC	13.28	
2	5	Wojciech Czaja	Warrington AC	12.98	
3	2	Jonny Elliot	Lancaster & Morecambe/Kendal	12.30	
4	66	Tom Knox	Wigan/Horwich	11.24	
5	4	Luke Scott	Seaton AC	11.14	

**Men's High Jump A**

1	33	Chris Price	Liverpool Harriers & AC	1.75	
2	2	Callum Blaikie	Lancaster & Morecambe/Kendal	1.75	
3	4	Mathew Parker	Seaton AC	1.65	
4	5	James Gladman	Warrington AC	1.55	

**Men's Pole Vault A**

1	5	Alex Wort	Warrington AC	2.30	
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**Men's Shot Putt B**

1	22	Ben Ottaway	Lancaster & Morecambe/Kendal	10.19	
2	66	Steve Killen	Wigan/Horwich	9.61	
3	44	Mathew Parker	Seaton AC	8.93	
4	33	Adam Reynolds	Liverpool Harriers & AC	8.79	
5	11	Andrew Thompson	Barrow	7.50	
6	5	Ben Stringer	Warrington AC	5.83	

**Men's Long Jump B**

1	6	Adam Harvey	Wigan/Horwich	5.37	
2	3	Grant Helm	Liverpool Harriers & AC	5.32	
3	2	Callum Blaikie	Lancaster & Morecambe/Kendal	3.90	
4	44	Gary Warwick	Seaton AC	3.72	
5	55	Mike Howard	Warrington AC	3.68	
6	11	Jonathon Benson	Barrow	3.59	

**Men's Triple Jump B**

1	33	Craig Jones	Liverpool Harriers & AC	13.00	
2	22	Will Cook	Lancaster & Morecambe/Kendal	11.38	
3	6	Geoff Douglas	Wigan/Horwich	10.40	
4	55	Steve Burthem	Warrington AC	8.38	
5					

1	3	Jordan Iro	Liverpool Harriers & AC	1.75	
2	44	Luke Scott	Seaton AC	1.60	
3	55	Wojciech Czaja	Warrington AC	1.55	

**Men's Pole Vault B**

1	55	Chris Wells	Warrington AC	2.30	
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**Men's 4x100m Relay**

1	3	Liverpool Harriers & AC	Alex Taylor	Phil Ellershaw	Chris Smith	Joe Crawford	46.1
2	5	Warrington AC	Alex Wort	Mike Howard	James Gladman	Wojciech Czaja	47.8
3	2	Lancaster & Morecambe/Kendal	Frank Shepherd	Chris Thomas	Callum Blaikie	Graham Parsons	47.9
4	1	Barrow	Phil Waite	Jonathon Benson	David Hook	Chris Snaith	54.7

**Men's 4x400m Relay**

1	3	Liverpool Harriers & AC	Tom Croft	Rob Dewhurst	Daniel Yip	Alex Taylor	03:37.7
2	4	Seaton AC	Richard Beck	Oliver Litheow	Luke Scott	Steven Fox	03:41.0
3	2	Lancaster & Morecambe/Kendal	Will Cook	Ali Russell	Chris Thomas	Matthew Burns	03:48.9

<b>MATCH RESULT</b>			<b>League Points</b>	<b>Match</b>	<b>STANDINGS</b>			<b>League Points</b>	<b>Match</b>
1	LHAC		6	435.0	1	LHAC	12	810.0	
2	LMK		5	343.0	2	LMK	10	705.5	
3	Seaton		4	272.5	3	W'gton	7	605.0	
4	W'gton		3	257.0	4	Seaton	5	471.5	
5	Wigan/H		1	253.5	5	Wigan/H	4	532.5	
6	B'ow		1	204.0	6	B'ow	3	408.5	