

M 100m A

1 Steve McNamara	SPN	11.7
2 Brad King	U17 SKY	11.8
3 Danny Kemp	U17 P&B	12.3
4 Chris Horniman	TRF	12.5
5 Andy Bell	MCR	12.5
6 Jack Stringfellow	U17 RSD	13.0

M 100m B

1 Chris Ward	SPN	12.2
2 Stephen Yates	U17 MCR	12.3
3 Edan Cooper	U20 P&B	12.4
4 Ashley Kay	U20 RSD	12.8
5 Steve Chaisty	TRF	12.9

M 200m A

1 Lewis Hamilton	U20 SPN	23.2
2 Brad King	U17 SKY	23.6
3 Daniel Bramah	TRF	24.6
4 Danny Kemp	U17 P&B	24.6
5 Andy Bell	MCR	25.9
6 Jack Stringfellow	U17 RSD	26.7

M 200m B

1 Chris Ward	SPN	24.5
2 Aaron Barker	RSD	24.7
3 Stephen Yates	U17 MCR	24.8
4 Chris Horniman	TRF	25.2
5 Edan Cooper	U20 P&B	25.9
6 Tim Agar	SKY	36.2

M 400m A

1 Steve McNamara	SPN	50.9
2 Chris Thornton	SKY	53.9
3 Chris Shaw	MCR	54.1
4 Joe Moores	U17 RSD	54.4
5 Daniel Bramah	TRF	58.1
6 Dyon Whiteley	U17 P&B	59.3

M 400m B

1 Joe Kelly	U20 RSD	53.3
2 Andy Parsonage	U17 MCR	57.4
3 Chris Horniman	TRF	57.6
4 Keith McGhie	SPN	60.3
5 Adam Cook	U17 P&B	61.3

M 800m A

1 Ashley Kay	U20 RSD	2.00.4
2 Josh McHugh	U17 TRF	2.01.2
3 Chris Thornton	SKY	2.01.5
4 Liam Bartlett	U20 MCR	2.03.9
5 Keith McGhie	SPN	2.05.3
6 Dyon Whiteley	U17 P&B	2.15.0

M 800m B

1 Joe Moores	U17 RSD	2.04.3
2 Andy Skitt	MCR	2.05.9
3 John Gallagher	SPN	2.13.9
4 Dave Derbyshire	P&B	2.15.6
5 Dave Booth	TRF	2.23.4

M 1500m A

1 Ashley Kay	U20 RSD	4.26.0
2 Josh McHugh	U17 TRF	4.27.1
3 Andy Skitt	MCR	4.32.6
4 Jamie Noon	P&B	4.45.8
5 Keith McGhie	SPN	4.52.3

M 1500m B

1 Joe Johnstone	U17 RSD	4.33.1
2 Dave Barker	TRF	4.33.9
3 Liam Bartlett	U20 MCR	4.35.4
4 John Henry	SPN	4.58.6
5 Dave Derbyshire	P&B	5.04.9

M 5000m A

1 Joe Kelly	U20 RSD	16.57.0
2 Jamie Noon	P&B	17.02.3
3 Anthony Bradford	SPN	17.04.0
4 Jeff Prest	TRF	17.14.0
5 Mike Stores	MCR	17.41.5

M 5000m B

1 Steve Clauson	RSD	17.23.7
2 Vinnie Booth	TRF	18.04.4
3 Andy Fitzpatrick	MCR	18.20.0
4 John Henry	SPN	19.13.0

M 110mH A

1 David Henshaw	MCR	16.8
2 Elliott Dawson	SKY	19.8
3 Phil Bolton	U20 RSD	20.7
4 Carl Foulstone	U17 SPN	22.3
5 Derek Fraser	TRF	24.5

M 110mH B

1 Aaron Barker	RSD	21.4
2 Chris Sykes	MCR	23.0
3 Neil Slater	TRF	23.3

M 400mH A

1 David Henshaw	MCR	62.0
2 Carl Foulstone	U17 SPN	62.5
3 Aaron Barker	RSD	63.8
4 Nick Millington	U20 P&B	69.5
5 Derek Fraser	TRF	81.2

M 400mH B

1 Chris Shaw	MCR	63.9
2 Phil Bolton	U20 RSD	64.8
3 Adam Cook	U17 P&B	75.1
4 Neil Slater	TRF	75.9

M 3000m SC A

1 Phil Bolton	U20 RSD	10.20.1
2 Jamie Noon	P&B	11.32.0
3 Dave Booth	TRF	11.43.5
4 Mike Nolan	MCR	12.35.1

M 3000m SC B

1 Jordan Beard	U20 RSD	10.29.1
2 Carl Tipton	TRF	12.13.4
3 Chris Sykes	MCR	12.54.2
4 Neil Armitage	P&B	DNF

M Discus Throw A

1 Keiran Bell	MCR	33.81
2 Richard Martin	SPN	31.14
3 Matthew Millington	U20 P&B	30.21
4 Niall Baker	U17 TRF	19.01
5 Andrew Medley	SKY	18.99
6 George Corbishley	RSD	13.76

M Discus Throw B

1 John Dutton	P&B	20.24
2 John Gallagher	SPN	19.32
3 Tim Agar	SKY	16.17
4 Neil Slater	TRF	15.94
5 Chris Parsonage	U17 MCR	13.26

M Hammer Throw A

1 Richard Martin	SPN	44.04
2 Andy Cook	P&B	20.32
3 Niall Baker	U17 TRF	19.75
4 Andrew Medley	SKY	18.05
5 Carl Summers	MCR	16.51
6 George Corbishley	RSD	11.86

M Hammer Throw B

1 John Dutton	P&B	19.80
2 Neil Slater	TRF	19.31
3 Roy Bain	SPN	17.50
4 Kesric Salmon	MCR	13.05

M High Jump A

1 David Henshaw	MCR	1.72
2 Elliott Dawson	SKY	1.70
3 Aaron Barker	RSD	1.60
4 John Gallagher	SPN	1.55
5 Dyon Whiteley	U17 P&B	1.50
6 Daniel Bramah	TRF	1.45

M High Jump B

1 Joe Moores	U17 RSD	1.50
2 Chris Shaw	MCR	1.50
3 Richard Martin	SPN	1.40
4 Neil Slater	TRF	1.40

M Javelin Throw A

1 Chris Shaw	MCR	44.31
2 Elliott Dawson	SKY	38.13
3 Mike Whight	TRF	32.20
4 Matthew Millington	U20 P&B	30.57
5 Jordan Beard	U20 RSD	26.12
6 John Gallagher	SPN	25.40

M Javelin Throw B

1 Liam Bartlett	U20 MCR	34.20
2 Nick Millington	U20 P&B	29.10
3 Carl Foulstone	U17 SPN	24.91
4 Joe Johnstone	U17 RSD	24.22
5 Carl Tipton	TRF	23.99
6 Tim Agar	SKY	3.06

M Long Jump A

1 Elliott Dawson	SKY	5.54
2 Chris Ward	SPN	5.46
3 Andy Bell	MCR	5.39
4 Mike Whight	TRF	5.36
5 Jordan Beard	U20 RSD	5.36
6 Danny Kemp	U17 P&B	4.47

M Long Jump B

1 Brad King	U17 SKY	5.39
2 David Henshaw	MCR	5.25
3 Steve McNamara	SPN	5.24
4 Joe Johnstone	U17 RSD	4.60
5 Christopher Hickey	U17 TRF	3.81
6 Edan Cooper	U20 P&B	3.80

M Pole Vault A		M Pole Vault B	
1 Phil Bolton	U20 RSD 2.60	1 Aaron Barker	RSD 2.60
M Shot Putt A		M Shot Putt B	
1 Richard Martin	SPN 10.51	1 Niall Baker	U17 TRF 9.32
2 Keiran Bell	MCR 10.14	2 Chris Shaw	MCR 9.01
3 Mike Whight	TRF 9.82	3 John Dutton	P&B 8.45
4 Matthew Millington	U20 P&B 9.33	4 Chris Ward	SPN 8.12
5 Andrew Medley	SKY 8.06	5 Tim Agar	SKY 6.22
6 Steve Clauson	RSD 7.04	6 George Corbishley	RSD 5.19
M Triple Jump A		M Triple Jump B	
1 Chris Shaw	MCR 12.10	1 Jack Stringfellow	U17 RSD 10.96
2 Aaron Barker	RSD 11.93	2 David Henshaw	MCR 10.70
3 Elliott Dawson	SKY 11.30	3 Adam Cook	U17 P&B 9.11
4 John Gallagher	SPN 11.15	4 Vinnie Booth	TRF 8.68
5 Mike Wight	TRF 11.04		
6 Nick Millington	U20 P&B 9.15		
W 100m A		W 100m B	
1 Anouskeh Majhoob	U17 MCR 13.8	1 Jade Woofe	U17 MCR 14.0
2 Rebecca Harrison	U20 SKY 14.2	2 Chloe Moores	U17 RSD 14.5
3 Rebecca Dutton	U20 P&B 15.0	3 Laura Griggs	U20 SKY 15.4
4 Catherine Gallagher	RSD 15.1	4 Rebecca Marshall	U17 P&B 15.7
5 Linda Gabriel	TRF 16.0	5 Lisa Tipton	TRF 16.9
6 Faye Wilkinson	SPN 19.6	6 Amanda Pearson	SPN 20.2
W 200m A		W 200m B	
1 Amy Sharrad	SPN 27.7	1 Jade Woofe	U17 MCR 29.0
2 Katie Higginbotham	U17 MCR 28.8	2 Chloe Moores	U17 RSD 30.7
3 Laura Griggs	U20 SKY 28.9	3 Megan Harrison	U17 P&B 32.4
4 Shanika Whight	U17 TRF 29.2	4 Linda Gabriel	TRF 32.9
5 Catherine Gallagher	RSD 31.2	5 Amanda Pearson	SPN 45.2
6 Rebecca Marshall	U17 P&B 32.5		
W 400m A		W 400m B	
1 Amy Sharrad	SPN 61.6	1 Catherine Gallagher	RSD 66.1
2 Sarah Yeomans	RSD 63.9	2 Laura Griggs	U20 SKY 66.5
3 Katie Higginbotham	U17 MCR 65.2	3 Mel Davies	TRF 67.6
4 Amy Sutcliffe	U17 P&B 66.6	4 Becky Rowlands	U20 SPN 70.5
5 Rebecca Harrison	U20 SKY 67.0	5 Megan Harrison	U17 P&B 76.4
6 Linda Gabriel	TRF 72.2	6 Caroline Baba	MCR 80.5
W 800m A		W 800m B	
1 Amy Sharrad	SPN 2.22.4	1 Becky Rowlands	U20 SPN 2.38.7
2 Emma Flanagan	U17 RSD 2.27.1	2 Chelsea Corrigan	U17 P&B 2.39.6
3 Amy Sutcliffe	U17 P&B 2.28.7	3 Davina Raidy	RSD 2.41.6
4 Rebecca Harrison	U20 SKY 2.29.0	4 Siobhan Lydon	TRF 2.48.8
5 Mel Davies	TRF 2.31.9	5 Caroline Baba	MCR 3.21.8
6 Fiona Green	MCR 3.21.4		

W 1500m A		W 1500m B	
1 Emma Flanagan	U17 RSD 5.42.8	1 Davina Raidy	RSD 5.54.7
2 Siobhan Lydon	TRF 5.50.2	2 Mel Davies	TRF 6.04.5
3 Fiona Green	MCR 6.15.6	3 Heather Mitchell	SPN 6.49.6
4 Jackie Carter	SPN 6.17.1	4 Jean Bayley	MCR 7.33.7
W 3000m A		W 3000m B	
1 Emma Flanagan	U17 RSD 11.45.0	1 Davina Raidy	RSD 12.32.5
2 Alison Child	P&B 12.02.5	2 Emma Maguire	SPN 12.41.8
3 Sarah Roberts	U17 SPN 12.18.8	3 Lucy Hickey	TRF 13.07.2
4 Rosie Fearon	TRF 12.40.9	4 Rachel Gorajala	MCR 14.30.8
5 Fiona Green	MCR 13.47.7	5 Chelsea Corrigan	U17 P&B DNF
W 100mH A		W 100mH B	
1 Sarah Yeomans	RSD 19.9	1 Tanya Cooper	U20 P&B 26.0
2 Abi Morgan	U17 P&B 20.3	2 Laura Johnstone	RSD 36.7
3 Lisa Tipton	TRF 31.2		
W 400mH A		W 400mH B	
1 Sarah Yeomans	RSD 73.3	1 Tanya Cooper	U20 P&B 91.2
2 Abi Morgan	U17 P&B 73.8	2 Laura Johnstone	RSD 94.0
3 Charlotte Holmes	U20 MCR 84.4		
4 Lisa Tipton	TRF 107.2		
W Discus Throw A		W Discus Throw B	
1 Carly Beanland	SPN 29.34	1 Karen Spilsbury	MCR 15.85
2 Philippa Holmes	U17 MCR 20.50	2 Sheila Bolland	SPN 14.68
3 Alice Bramah	U17 TRF 19.60	3 Kate Sparshott	TRF 11.92
4 Davina Raidy	RSD 11.80	4 Laura Johnstone	RSD 10.34
5 Chelsea Corrigan	U17 P&B 10.22	5 Rebecca Marshall	U17 P&B 8.71
W Hammer Throw A		W Hammer Throw B	
1 Carly Beanland	SPN 34.83	1 Sheila Bolland	SPN 20.59
2 Alice Bramah	U17 TRF 27.08	2 Lauren Cooper	U17 P&B 14.93
3 Fiona McQue	P&B 16.43	3 Sally Howarth	TRF 14.68
4 Karen Spilsbury	MCR 14.01	4 Heather Parker	U17 RSD 13.28
5 Catherine Gallagher	RSD 13.56	5 Jean Skitt	MCR 11.73
W High Jump A		W High Jump B	
1 Charlotte Holmes	U20 MCR 1.40	1 Jade Woofe	U17 MCR 1.15
2 Alice Bramah	U17 TRF 1.35	2 Lisa Tipton	TRF 1.10
3 Sarah Roberts	U17 SPN 1.35		
4 Sarah Yeomans	RSD 1.20		
5 Tanya Cooper	U20 P&B 1.20		

W Javelin Throw A

1 Sarah Roberts	U17 SPN	34.47
2 Heather Parker	U17 RSD	25.75
3 Rebecca Dutton	U20 P&B	21.00
4 Philippa Holmes	U17 MCR	19.71
5 Kate Sparshott	TRF	15.18

W Javelin Throw B

1 Caroline Baba	MCR	15.05
2 Sarah Yeomans	RSD	13.78
3 Fiona McQue	P&B	11.71
4 Sheila Bolland	SPN	11.16
5 Sally Howarth	TRF	7.74

W Long Jump A

1 Anouskeh Majhoob	U17 MCR	4.84
2 Shanika Whight	U17 TRF	4.50
3 Tanya Cooper	U20 P&B	4.32
4 Chloe Moores	U17 RSD	3.98
5 Becky Rowlands	U20 SPN	3.95

W Long Jump B

1 Charlotte Holmes	U20 MCR	4.65
2 Rebecca Dutton	U20 P&B	3.92
3 Amy Sharrad	SPN	3.86
4 Lisa Tipton	TRF	3.78
5 Laura Johnstone	RSD	2.94

W Pole Vault A

1 Sarah Yeomans	RSD	1.70
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W Pole Vault B

No competitors

W Shot Putt A

1 Carly Beanland	SPN	9.17
2 Philippa Holmes	U17 MCR	7.35
3 Shanika Whight	U17 TRF	7.30
4 Fiona McQue	P&B	6.52
5 Heather Parker	U17 RSD	6.15

W Shot Putt B

1 Rebecca Dutton	U20 P&B	6.48
2 Karen Spilisbury	MCR	5.94
3 Kate Sparshott	TRF	5.57
4 Laura Johnstone	RSD	5.43
5 Sheila Bolland	SPN	5.24

W Triple Jump A

1 Anouskeh Majhoob	U17 MCR	10.26
2 Abi Morgan	U17 P&B	9.60
3 Catherine Gallagher	RSD	9.13
4 Lisa Tipton	TRF	8.60

W Triple Jump B

1 Charlotte Holmes	U20 MCR	8.94
2 Davina Raidy	RSD	7.88

W 4x100m Relay

1 MCR 56.6	1 Katie Higginbotham	U17	2 Jade Woofe	U17
	3 Charlotte Holmes	U20	4 Anouskeh Majhoob	U17
2 P&B 58.3	1 Rebecca Dutton	U20	2 Rebecca Marshall	U17
	3 Tanya Cooper	U20	4 Amy Sutcliffe	U17
3 SPN 60.6	1 Amy Sharrad		2 Sarah Roberts	U17
	3 Becky Rowlands	U20	4 Faye Wilkinson	
4 TRF 60.6	1 Linda Gabriel		2 Lisa Tipton	
	3 Alice Bramah	U17	4 Shanika Whight	U17
5 RSD 61.1	1 Chloe Moores	U17	2 Catherine Gallagher	
	3 Heather Parker	U17	4 Laura Johnstone	

W 4x400m Relay

1 RSD 4.33.7	1 Emma Flanagan	U17	2 Sarah Yeomans	
	3 Catherine Gallagher		4 Davina Raidy	
2 P&B 4.45.3	1 Chelsea Corrigan	U17	2 Abi Morgan	U17
	3 Alison Child		4 Amy Sutcliffe	U17
3 TRF 4.54.5	1 Linda Gabriel		2 Siobhan Lydon	
	3 Rosie Fearon		4 Mel Davies	
4 SPN 4.55.0	1 Amy Sharrad		2 Becky Rowlands	U20
	3 Emma Maguire		4 Jackie Carter	
5 MCR 6.24.1	1 Caroline Baba		2 Rachel Gorajala	
	3 Jean Bayley		4 Fiona Green	

M 4x100m Relay

1 SPN 49.1	1 John Gallagher		2 Chris Ward	
	3 Lewis Hamilton	U20	4 Keith McGhie	
2 P&B 49.4	1 Danny Kemp	U17	2 Adam Cook	U17
	3 Edan Cooper	U20	4 Matthew Millington	U20
3 MCR 49.8	1 Andy Bell		2 Lance Salmon	
	3 Jack Blake	U17	4 Stephen Yates	U17
4 RSD 50.2	1 Phil Bolton	U20	2 Jack Stringfellow	U17
	3 Ashley Kay	U20	4 Aaron Barker	
5 TRF 51.4	1 Mike Whight		2 Neil Slater	
	3 Daniel Bramah		4 Chris Horniman	

M 4x400m Relay

1 RSD 3.38.0	1 Joe Moores	U17	2 Jordan Beard	U20
	3 Ashley Kay	U20	4 Joe Kelly	U20
2 SPN 3.44.1	1 Lewis Hamilton	U20	2 Carl Foulstone	U17
	3 Keith McGhie		4 John Gallagher	
3 MCR 3.46.1	1 David Henshaw		2 Andy Skitt	
	3 Liam Bartlett	U20	4 Andy Parsonage	U17
4 P&B 3.54.8	1 Jamie Noon		2 Dyon Whiteley	U17
	3 Dave Derbyshire		4 Nick Millington	U20
5 TRF 3.55.2	1 Daniel Bramah		2 Josh McHugh	U17
	3 Chris Horniman		4 Dave Barker	

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS			
	Event	Lge		Event	Lge		Event	Lge	
1	RSD	1075.5	16	1 RSD	398	6	1 Rossendale Harriers	1473.5	22
2	SPN	1000	13	2 MCR	392	5	2 Spenborough & District AC	1336	17
3	MCR	995	10	3 SPN	336	4	3 Manchester Harriers & AC	1387	15
4	TRF	950.5	10	4 TRF	314	3	4 Trafford AC B	1264.5	13
5	P&B	923	10	5 P&B	300	2	5 Pudsey & Bramley	1223	12
6	SKY	654	4	6 SKY	147	1	6 Skyrac AC	801	5

General Comment: No competitors W Pole Vault B,
 Note(s)

MCR Includes + 30pts,	<u>NON SCORING MEN 100</u>
P&B Includes + 25pts,	JACK BLAKE MCR 12.8
RSD Includes + 20pts,	
SKY Includes + 25pts,	
SPN Includes + 30pts,	
TRF Includes + 30pts,	