

M 100m A

1 Josh Cayenne	SPN	11.1
2 Michael Fennell	MCR	11.3
3 Matty Donaldson	U20 P&B	11.7
4 Josh Logan	U20 TRF	11.8
5 Brad King	U17 SKY	12.2
6 Jack Stringfellow	U17 RSD	13.0

M 100m B

1 Andrew Bell	MCR	12.3
2 Chris Ward	SPN	12.3
3 Edan Cooper	U20 P&B	12.4
4 Mustafa Al-Moozany	U17 SKY	12.4
5 Steve Chaisty	TRF	12.7
6 Aaron Barker	RSD	12.8

M 200m A

1 Bernard Ward	TRF	23.3
2 Michael Fennell	MCR	23.4
3 Craig Yates	SPN	23.8
4 Brad King	U17 SKY	24.3
5 Matty Donaldson	U20 P&B	25.1
6 Jack Stringfellow	U17 RSD	27.0

M 200m B

1 Pete Hickey	TRF	24.5
2 Adam Brooks	U17 SKY	25.1
3 Chris Ward	SPN	25.2
4 Edan Cooper	U20 P&B	25.4
5 Stephen Yates	U17 MCR	26.0
6 Aaron Barker	RSD	26.4

M 400m A

1 Josh Cayenne	SPN	51.2
2 Ben McKay	U17 P&B	52.9
3 Joe Moores	U17 RSD	53.7
4 Jacob Feehally	TRF	55.0
5 Patrick O'donnell	SKY	55.1
6 Andrew Parsonage	U17 MCR	59.9

M 400m B

1 Lewis Hamilton	U20 SPN	54.4
2 Ashley Kay	U17 RSD	55.3
3 Adam Brooks	U17 SKY	56.6
4 Daniel Bramaha	U20 TRF	57.6
5 Matty Winder	U17 P&B	59.1
6 Stephen Yates	U17 MCR	60.4

M 800m A

1 Ryan Greaves	U20 P&B	2.01.7
2 Ryan Dransfield	U20 SPN	2.06.0
3 Liam Bartlett	U20 MCR	2.06.1
4 Joe Moores	U17 RSD	2.07.3
5 Paul Ncmahon	TRF	2.17.2
6 Elliott Dawson	SKY	2.47.0

M 800m B

1 Andrew Skitt	MCR	2.09.3
2 Carl Foulstone	U17 SPN	2.11.7
3 Joe Johnstone	U17 RSD	2.13.8
4 Matty Winder	U17 P&B	2.15.6
5 Kevin Brydon	TRF	2.17.6

M 1500m A

1 Paul Rockliffe	TRF	4.26.0
2 Andrew Skitt	MCR	4.27.2
3 Joe Johnstone	U17 RSD	4.33.0
4 Ryan Dransfield	U20 SPN	4.34.2
5 Michael Hinchliffe	U17 SKY	4.42.0
6 Ryan Greaves	U20 P&B	4.43.0

M 1500m B

1 Liam Bartlett	U20 MCR	4.35.0
2 Kevin Brydon	TRF	4.51.5
3 John Gallagher	SPN	5.04.5
4 Sam Walsh	U17 RSD	5.13.5

M 5000m A

1 Dick Byers	TRF	16.39.2
2 Ashley Holt	RSD	16.46.9
3 Andrew Fitzpatrick	MCR	17.52.4
4 Dave Derbyshire	P&B	18.59.9

M 5000m B

1 Dave Barker	TRF	17.05.0
2 David Walmsley	MCR	18.03.9
3 Steve Duxbury	RSD	18.27.7
4 Steve Lockins	U20 P&B	23.31.5

M 110mH A

1 David Henshaw	MCR	17.9
2 Phil Bolton	U20 RSD	22.5
3 Neil Slater	TRF	25.4

M 110mH B

1 Aaron Barker	RSD	22.9
2 Carl Tipton	TRF	27.0

M 400mH A

1 David Henshaw	MCR	61.7
2 Patrick O'donnell	SKY	63.8
3 John Gallagher	SPN	66.7
4 Phil Bolton	U20 RSD	67.5
5 Neil Slater	TRF	DNF

M 400mH B

1 Carl Tipton	TRF	71.6
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M 3000m SC A

1 Paul Rockliffe	TRF	10.20.2
2 Phil Bolton	U20 RSD	10.28.3
3 Dave Derbyshire	P&B	11.34.3
4 Steven McCall	MCR	15.20.1

M 3000m SC B

1 Carl Tipton	TRF	12.08.2
2 Poul Pederson	MCR	DNF

M Discus Throw A

1 Nick Crimmen	SPN	36.33
2 Mike Whight	TRF	24.04
3 Patrick O'donnell	SKY	23.42
4 Andy Cook	P&B	19.92
5 Sam Walsh	U17 RSD	17.28
6 Christopher Parsonage	U17 MCR	14.32

M Discus Throw B

1 Richard Martin	SPN	30.17
2 Andrew Medley	SKY	19.21
3 Josh Logan	U20 TRF	18.32
4 George Corbishley	RSD	14.49
5 Dave Derbyshire	P&B	11.00

M Hammer Throw A

1 Richard Martin	SPN	44.17
2 Mike Whight	TRF	19.77
3 Andy Cook	P&B	19.69
4 Andrew Medley	SKY	18.38
5 Kesrick Salmon	MCR	13.07

M Hammer Throw B

1 Nick Crimmen	SPN	36.30
2 Neil Slater	TRF	17.79
3 Elliott Dawson	SKY	14.14
4 Dave Derbyshire	P&B	7.75

M High Jump A

1 David Henshaw	MCR	1.71
2 Elliott Dawson	SKY	1.68
3 John Gallagher	SPN	1.60
4 Jordan Beard	U17 RSD	1.55
5 Paul Ncmahon	TRF	1.40

M High Jump B

1 Aaron Barker	RSD	1.50
2 Richard Martin	SPN	1.40
3 Neil Slater	TRF	NOHGT

M Javelin Throw A

1 Jack Bellwood	U17 SPN	45.93
2 Ryan Greaves	U20 P&B	33.18
3 Mike Whight	TRF	30.84
4 Elliott Dawson	SKY	28.34
5 Steve Duxbury	RSD	23.81
6 Christopher Parsonage	U17 MCR	22.83

M Javelin Throw B

1 Andy Cook	P&B	31.18
2 Chris Mounsey	SPN	20.12
3 Neil Slater	TRF	19.84
4 Kesrick Salmon	MCR	19.56
5 Andrew Medley	SKY	14.85

M Long Jump A

1 Michael Fennell	MCR	6.13
2 Mike Whight	TRF	5.31
3 Jordan Beard	U17 RSD	5.14
4 Richard Martin	SPN	4.97
5 Patrick O'donnell	SKY	4.95
6 Matty Donaldson	U20 P&B	4.89

M Long Jump B

1 Andrew Bell	MCR	4.76
2 Joe Johnstone	U17 RSD	4.49
3 Chris Horniman	TRF	3.87
4 Mustafa Al-Moozany	U17 SKY	3.50
5 Edan Cooper	U20 P&B	3.24
6 Chris Mounsey	SPN	1.91

M Pole Vault A

1 Ian Scholes	TRF	2.60
2 Richard Martin	SPN	2.50
3 Phil Bolton	U20 RSD	2.40

M Pole Vault B

1 Aaron Barker	RSD	2.10
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M Shot Putt A

1 Nick Crimmen	SPN	12.09
2 Mike Whight	TRF	10.11
3 Andy Cook	P&B	9.68
4 Andrew Medley	SKY	8.50
5 Michael Fennell	MCR	7.54
6 Sam Walsh	U17 RSD	5.64

M Shot Putt B

1 Matty Donaldson	U20 P&B	8.66
2 Chris Mounsey	SPN	8.56
3 Patrick O'donnell	SKY	7.97
4 Andrew Bell	MCR	6.50
5 Josh Logan	U20 TRF	6.40
6 George Corbishley	RSD	5.60

M Triple Jump A

1 Aaron Barker	RSD	11.24
2 Michael Fennell	MCR	11.15
3 Elliott Dawson	SKY	11.09
4 John Gallagher	SPN	10.67
5 Paul Ncmahon	TRF	10.42

M Triple Jump B

1 Jack Stringfellow	U17 RSD	10.39
2 Liam Bartlett	U20 MCR	10.30
3 Carl Tipton	TRF	9.68
4 Richard Martin	SPN	9.11

W 100m A

1 Juanita Harrison	TRF	12.9
2 Harriet Middlebrough	U17 SKY	13.6
3 Anouskeh Majhoob	U17 MCR	13.7
4 Emma Rawnsley	U20 SPN	13.8
5 Emma Flannagan	U20 RSD	15.7

W 100m B

1 Dionn Ellison	TRF	13.2
2 Katie Higginbotham	U17 MCR	14.4
3 Shelley Tattersall	RSD	16.8
4 Amanda Pearson	SPN	20.9

W 200m A

1 Dionn Ellison	TRF	26.7
2 Alex Bell	U17 P&B	27.3
3 Emma Rawnsley	U20 SPN	28.2
4 Laura Griggs	U20 SKY	29.2
5 Katie Higginbotham	U17 MCR	29.4
6 Shelley Tattersall	RSD	38.7

W 200m B

1 Juanita Harrison	TRF	26.7
2 Hannah Seddon	U20 SKY	29.8
3 Amy Sutcliffe	U17 P&B	30.9
4 Tracy Ireland	RSD	37.7
5 Debbie Beresford	MCR	38.1
6 Amanda Pearson	SPN	46.6

W 400m A

1 Alex Bell	U17 P&B	59.5
2 Harriet Middlebrough	U17 SKY	61.5
3 Emma Rawnsley	U20 SPN	62.7
4 Katie Ireland	U20 RSD	66.8
5 Beth Williams	U17 TRF	71.5
6 Debbie Beresford	MCR	85.8

W 400m B

1 Amy Sutcliffe	U17 P&B	67.9
2 Becky Rowlands	U20 SPN	69.6
3 Davina Raidy	RSD	73.8
4 Anna Verges Bausili	TRF	76.2
5 Jean Bayley	MCR	1.43.2

W 800m A

1 Alex Bell	U17 P&B	2.24.3
2 Katie Ireland	U20 RSD	2.27.7
3 Becky Rowlands	U20 SPN	2.35.9
4 Rosie Fearon	TRF	2.45.6
5 Debbie Beresford	MCR	3.03.0

W 800m B

1 Amy Sutcliffe	U17 P&B	2.38.4
2 Shelley Tattersall	RSD	2.48.7
3 Siobhan Lydon	TRF	2.50.0
4 Jean Bayley	MCR	3.51.4
5 Amanda Pearson	SPN	4.06.4

W 1500m A

1 Emma Flannagan	U20 RSD	5.17.6
2 Becky Rowlands	U20 SPN	5.33.2
3 Rosie Fearon	TRF	5.50.9
4 Fiona Bayley	MCR	6.23.3

W 1500m B

1 Davina Raidy	RSD	5.45.4
2 Siobhan Lydon	TRF	6.02.5
3 Jackie Carter	SPN	6.30.1
4 Debbie Beresford	MCR	6.39.6

W 3000m A

1 Rebecca Harrison	U20 SKY	10.43.6
2 Emma Flannagan	U20 RSD	11.20.1
3 Anna Verges Bausili	TRF	11.30.0
4 Jackie Carter	SPN	13.19.2
5 Debbie Beresford	MCR	13.22.9

W 3000m B

1 Tracy Ireland	RSD	12.27.8
2 Lucy Hickey	TRF	12.38.5
3 Fiona Green	MCR	13.25.5

W 100mH A

1 Beth Williams	U17 TRF	21.2
2 Laura Johnston	RSD	31.2

W 100mH B

1 Lisa Tipton	TRF	26.2
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W 400mH A

1 Hannah Seddon	U20 SKY	1.19.0
2 Laura Johnston	RSD	1.33.1
3 Lisa Tipton	TRF	1.38.7

W 400mH B

1 Emma Flannagan	U20 RSD	1.15.5
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W Discus Throw A

1 Carly Beanland	SPN	28.45
2 Philippa Holmes	U17 MCR	23.39
3 Fiona McQue	P&B	18.18
4 Sylvia Whight	TRF	13.68
5 Tracy Ireland	RSD	11.19

W Discus Throw B

1 Sheila Bolland	SPN	15.00
2 Jean Skitt	MCR	11.94
3 Davina Raidy	RSD	9.92
4 Lisa Tipton	TRF	8.24

W Hammer Throw A

1 Carly Beanland	SPN	32.09
2 Fiona McQue	P&B	14.77
3 Sally Howarth	TRF	12.99
4 Jean Skitt	MCR	10.76

W Hammer Throw B

1 Sheila Bolland	SPN	22.38
2 Shanika Whight	U17 TRF	12.68

W High Jump A

1 Juanita Harrison	TRF	1.47
2 Charlotte Holmes	U20 MCR	1.35

W High Jump B

1 Lisa Tipton	TRF	1.15
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W Javelin Throw A

1 Sarah Roberts	U17	SPN	24.60
2 Laura Griggs	U20	SKY	20.11
3 Philippa Holmes	U17	MCR	16.41
4 Anna Verges Bausili		TRF	15.32
5 Fiona McQue		P&B	9.68
6 Tracy Ireland		RSD	7.01

W Javelin Throw B

1 Carly Beanland		SPN	17.86
2 Jean Skitt		MCR	11.22
3 Rebecca Harrison	U20	SKY	7.02
4 Laura Johnston		RSD	6.03
5 Lucy Hickey		TRF	4.85

W Long Jump A

1 Anouskeh Majhoob	U17	MCR	4.58
2 Laura Griggs	U20	SKY	4.47
3 Shanika Whight	U17	TRF	4.46
4 Davina Raidy		RSD	3.42
5 Carly Beanland		SPN	2.96

W Long Jump B

1 Hannah Seddon	U20	SKY	4.20
2 Lisa Tipton		TRF	3.77
3 Laura Johnstone		RSD	3.26
4 Debbie Beresford		MCR	2.69
5 Sheila Bolland		SPN	2.24

W Pole Vault A

No competitors

W Pole Vault B

No competitors

W Shot Putt A

1 Carly Beanland		SPN	9.11
2 Philippa Holmes	U17	MCR	7.66
3 Shanika Whight	U17	TRF	7.26
4 Laura Griggs	U20	SKY	6.98
5 Fiona McQue		P&B	6.74
6 Laura Johnston		RSD	5.20

W Shot Putt B

1 Beth Williams	U17	TRF	6.28
2 Sheila Bolland		SPN	5.46
3 Tracy Ireland		RSD	4.69
4 Jean Skitt		MCR	4.30

W Triple Jump A

1 Anouskeh Majhoob	U17	MCR	10.01
2 Laura Griggs	U20	SKY	9.97
3 Katie Ireland	U20	RSD	8.57
4 Lisa Tipton		TRF	8.41

W Triple Jump B

1 Hannah Seddon	U20	SKY	9.49
2 Davina Raidy		RSD	7.62

W 4x100m Relay

1 TRF 54.3	1 Juanita Harrison		2 Shanika Whight	U17
	3 Beth Williams	U17	4 Dionn Ellison	
2 SKY 56.4	1 Harriet Middlebrough	U17	2 Hannah Seddon	U20
	3 Laura Griggs	U20	4 Rebecca Harrison	U20
3 MCR 57.8	1 Philippa Holmes	U17	2 Charlotte Holmes	U20
	3 Katie Higginbotham	U17	4 Anouskeh Majhoob	U17
4 RSD 65.7	1 Laura Johnston		2 Davina Raidy	
	3 Shelley Tattersall		4 Julie Keys	
5 SPN 66.8	1 Emma Rawnsley	U20	2 Becky Rowlands	U20
	3 Carly Beanland		4 Amanda Pearson	

W 4x400m Relay

1 TRF 4.40.5	1 Juanita Harrison	2 Dionn Ellison
	3 Siobhan Lydon	4 Rosie Fearon
2 RSD 4.48.4	1 Emma Flannagan U20	2 Davina Raidy
	3 Julie Keys	4 Katie Ireland U20
3 SPN 5.31.6	1 Emma Rawnsley U20	2 Becky Rowlands U20
	3 Amanda Pearson	4 Jackie Carter
4 MCR 6.24.3	1 Fiona Green	2 Debbie Beresford
	3 Jean Bayley	4 Jean Skitt

M 4x100m Relay

1 SPN 47.5	1 Craig Yates	2 Richard Martin
	3 Chris Ward	4 Lewis Hamilton U20
2 P&B 47.6	1 Matty Donaldson U20	2 Edan Cooper U20
	3 Ryan Greaves U20	4 Andy Cook
3 SKY 48.0	1 Mustafa Al-Moozany U17	2 Patrick O'donnell
	3 Adam Brooks U17	4 Brad King U17
4 TRF 48.6	1 Ian Scholes	2 Steve Chaisty
	3 Chris Horniman	4 Josh Logan U20
5 MCR 51.0	1 Poul Pederson	2 Michael Fennell
	3 Christopher Sykes	4 Stephen Yates U17
6 RSD 54.0	1 Joe Johnstone U17	2 Jack Stringfellow U17
	3 Sam Walsh U17	4 Ashley Kay U17

M 4x400m Relay

1 SPN 3.37.3	1 Lewis Hamilton U20	2 Ryan Dransfield U20
	3 Josh Cayenne	4 Craig Yates
2 TRF 3.41.9	1 Bernard Ward	2 Jacob Feehally
	3 Daniel Bramaha U20	4 Chris Horniman
3 RSD 3.44.7	1 Ashley Kay U17	2 Joe Moores U17
	3 Jordan Beard U17	4 Phil Bolton U20
4 SKY 3.50.5	1 Patrick O'donnell	2 Adam Brooks U17
	3 Mustafa Al-Moozany U17	4 Michael Hinchliffe U17
5 MCR 3.51.3	1 Liam Bartlett U20	2 Andrew Parsonage U17
	3 Andrew Skitt	4 Poul Pederson
6 P&B 3.54.5	1 Ryan Greaves U20	2 Ben McKay U17
	3 Matty Winder U17	4 Dave Derbyshire

MATCH RESULT

LEAGUE STANDINGS

Event	Lge	Event	Lge
1 TRF 398	6	1 Trafford AC B	398 6
2 SPN 335	5	2 Spenborough & District AC	335 5
3 RSD 315	4	3 Rossendale Harriers	315 4
4 MCR 305	3	4 Manchester Harriers & AC	305 3
5 SKY 224	2	5 Skyrac AC	224 2
6 P&B 207	1	6 Pudsey & Bramley	207 1

General Comment: No competitors W 1500m SC A&B, No competitors W Pole Vault A&B,

Note(s)

MCR Includes + 30pts,  
 P&B Includes + 30pts,  
 RSD Includes + 20pts,  
 SKY Includes + 25pts,  
 SPN Includes + 30pts,  
 TRF Includes + 30pts,

**GUEST RESULTS**

**M 100 Metres**

1	Bernard Ward	Trafford	11.6
2	Jacob Feehally	Trafford	12.2
3	Chris Horniman	Trafford	12.4
4	Stephen Yates	Manchester H	12.7
5	Ian Scholes	Trafford	12.8

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|      Team| MCR | P&B | RSD | SKY | SPN | TRF |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 100m   A|   7|   6|   3|   4|   9|   5| 34| 0| 34|
|         B|   7|   4|   1|   3|   5|   2| 22| 0| 22|
|Cumulative| 14| 10|  4|  7| 14|  7| 56| 0| 56|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 200m   A|   7|   4|   3|   5|   6|   9| 34| 0| 34|
|         B|   2|   3|   1|   5|   4|   7| 22| 0| 22|
|Cumulative| 23| 17|  8| 17| 24| 23|112| 0|112|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400m   A|   3|   7|   6|   4|   9|   5| 34| 0| 34|
|         B|   1|   2|   5|   4|   7|   3| 22| 0| 22|
|Cumulative| 27| 26| 19| 25| 40| 31|168| 0|168|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 800m   A|   6|   9|   5|   3|   7|   4| 34| 0| 34|
|         B|   7|   3|   4|   0|   5|   2| 21| 1| 22|
|Cumulative| 40| 38| 28| 28| 52| 37|223| 1|224|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 1500m  A|   7|   3|   6|   4|   5|   9| 34| 0| 34|
|         B|   7|   0|   3|   0|   4|   5| 19| 3| 22|
|Cumulative| 54| 41| 37| 32| 61| 51|276| 4|280|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 5000m  A|   6|   5|   7|   0|   0|   9| 27| 7| 34|
|         B|   5|   3|   4|   0|   0|   7| 19| 3| 22|
|Cumulative| 65| 49| 48| 32| 61| 67|322| 14|336|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 110mH  A|   9|   0|   7|   0|   0|   6| 22| 12| 34|
|         B|   0|   0|   7|   0|   0|   5| 12| 10| 22|
|Cumulative| 74| 49| 62| 32| 61| 78|356| 36|392|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400mH  A|   9|   0|   5|   7|   6|   0| 27| 7| 34|
|         B|   0|   0|   0|   0|   0|   7| 7| 15| 22|
|Cumulative| 83| 49| 67| 39| 67| 85|390| 58|448|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 3000SC A|   5|   6|   7|   0|   0|   9| 27| 7| 34|
|         B|   0|   0|   0|   0|   0|   7| 7| 15| 22|
|Cumulative| 88| 55| 74| 39| 67| 101|424| 80|504|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M DT     A|   3|   5|   4|   6|   9|   7| 34| 0| 34|
|         B|   0|   2|   3|   5|   7|   4| 21| 1| 22|
|Cumulative| 91| 62| 81| 50| 83| 112|479| 81|560|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M HT     A|   4|   6|   0|   5|   9|   7| 31| 3| 34|
|         B|   0|   3|   0|   4|   7|   5| 19| 3| 22|
|Cumulative| 95| 71| 81| 59| 99| 124|529| 87|616|
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|      Team| MCR | P&B | RSD | SKY | SPN | TRF |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M HJ      A|    9|    0|    5|    7|    6|    4| 31| 3| 34|
|          B|    0|    0|    7|    0|    5|    0| 12|10| 22|
|Cumulative| 104|  71|  93|  66| 110| 128| 572|100| 672|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M JT      A|    3|    7|    4|    5|    9|    6| 34| 0| 34|
|          B|    3|    7|    0|    2|    5|    4| 21| 1| 22|
|Cumulative| 110|  85|  97|  73| 124| 138| 627|101| 728|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M LJ      A|    9|    3|    6|    4|    5|    7| 34| 0| 34|
|          B|    7|    2|    5|    3|    1|    4| 22| 0| 22|
|Cumulative| 126|  90| 108|  80| 130| 149| 683|101| 784|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M PV      A|    0|    0|    6|    0|    7|    9| 22|12| 34|
|          B|    0|    0|    7|    0|    0|    0|  7|15| 22|
|Cumulative| 126|  90| 121|  80| 137| 158| 712|128| 840|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M SP      A|    4|    6|    3|    5|    9|    7| 34| 0| 34|
|          B|    3|    7|    1|    4|    5|    2| 22| 0| 22|
|Cumulative| 133| 103| 125|  89| 151| 167| 768|128| 896|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M TJ      A|    7|    0|    9|    6|    5|    4| 31| 3| 34|
|          B|    5|    0|    7|    0|    3|    4| 19| 3| 22|
|Cumulative| 145| 103| 141|  95| 159| 175| 818|134| 952|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 100m    A|    6|    0|    4|    7|    5|    9| 31| 3| 34|
|          B|    5|    0|    4|    0|    3|    7| 19| 3| 22|
|Cumulative| 156| 103| 149| 102| 167| 191| 868|140|1008|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 200m    A|    4|    7|    3|    5|    6|    9| 34| 0| 34|
|          B|    2|    4|    3|    5|    1|    7| 22| 0| 22|
|Cumulative| 162| 114| 155| 112| 174| 207| 924|140|1064|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 400m    A|    3|    9|    5|    7|    6|    4| 34| 0| 34|
|          B|    2|    7|    4|    0|    5|    3| 21| 1| 22|
|Cumulative| 167| 130| 164| 119| 185| 214| 979|141|1120|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 800m    A|    4|    9|    7|    0|    6|    5| 31| 3| 34|
|          B|    3|    7|    5|    0|    2|    4| 21| 1| 22|
|Cumulative| 174| 146| 176| 119| 193| 223|1031|145|1176|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 1500m   A|    5|    0|    9|    0|    7|    6| 27| 7| 34|
|          B|    3|    0|    7|    0|    4|    5| 19| 3| 22|
|Cumulative| 182| 146| 192| 119| 204| 234|1077|155|1232|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 3000m   A|    4|    0|    7|    9|    5|    6| 31| 3| 34|
|          B|    4|    0|    7|    0|    0|    5| 16| 6| 22|
|Cumulative| 190| 146| 206| 128| 209| 245|1124|164|1288|
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|      Team| MCR | P&B | RSD | SKY | SPN | TRF |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 100mH  A|   0|   0|   7|   0|   0|   9| 16| 18| 34|
|          B|   0|   0|   0|   0|   0|   7|  7| 15| 22|
|Cumulative| 190| 146| 213| 128| 209| 261|1147| 197|1344|
|-----+-----+-----+-----+-----+-----+-----+
|W 400mH  A|   0|   0|   7|   9|   0|   6| 22| 12| 34|
|          B|   0|   0|   7|   0|   0|   0|  7| 15| 22|
|Cumulative| 190| 146| 227| 137| 209| 267|1176| 224|1400|
|-----+-----+-----+-----+-----+-----+-----+
|W 1500SC A|   0|   0|   0|   0|   0|   0|  0|  0|  0|
|          B|   0|   0|   0|   0|   0|   0|  0|  0|  0|
|Cumulative| 190| 146| 227| 137| 209| 267|1176| 224|1400|
|-----+-----+-----+-----+-----+-----+-----+
|W DT      A|   7|   6|   4|   0|   9|   5| 31|  3| 34|
|          B|   5|   0|   4|   0|   7|   3| 19|  3| 22|
|Cumulative| 202| 152| 235| 137| 225| 275|1226| 230|1456|
|-----+-----+-----+-----+-----+-----+-----+
|W HT      A|   5|   7|   0|   0|   9|   6| 27|  7| 34|
|          B|   0|   0|   0|   0|   7|   5| 12| 10| 22|
|Cumulative| 207| 159| 235| 137| 241| 286|1265| 247|1512|
|-----+-----+-----+-----+-----+-----+-----+
|W HJ      A|   7|   0|   6|   0|   0|   9| 22| 12| 34|
|          B|   0|   0|   0|   0|   0|   7|  7| 15| 22|
|Cumulative| 214| 159| 241| 137| 241| 302|1294| 274|1568|
|-----+-----+-----+-----+-----+-----+-----+
|W JT      A|   6|   4|   3|   7|   9|   5| 34|  0| 34|
|          B|   5|   0|   3|   4|   7|   2| 21|  1| 22|
|Cumulative| 225| 163| 247| 148| 257| 309|1349| 275|1624|
|-----+-----+-----+-----+-----+-----+-----+
|W LJ      A|   9|   0|   5|   7|   4|   6| 31|  3| 34|
|          B|   3|   0|   4|   7|   2|   5| 21|  1| 22|
|Cumulative| 237| 163| 256| 162| 263| 320|1401| 279|1680|
|-----+-----+-----+-----+-----+-----+-----+
|W PV      A|   0|   0|   0|   0|   0|   0|  0| 34| 34|
|          B|   0|   0|   0|   0|   0|   0|  0| 22| 22|
|Cumulative| 237| 163| 256| 162| 263| 320|1401| 335|1736|
|-----+-----+-----+-----+-----+-----+-----+
|W SP      A|   7|   4|   3|   5|   9|   6| 34|  0| 34|
|          B|   3|   0|   4|   0|   5|   7| 19|  3| 22|
|Cumulative| 247| 167| 263| 167| 277| 333|1454| 338|1792|
|-----+-----+-----+-----+-----+-----+-----+
|W TJ      A|   9|   0|   6|   7|   0|   5| 27|  7| 34|
|          B|   0|   0|   5|   7|   0|   0| 12| 10| 22|
|Cumulative| 256| 167| 274| 181| 277| 338|1493| 355|1848|
|-----+-----+-----+-----+-----+-----+-----+
|W 4x1     |   6|   0|   5|   7|   4|   9| 31|  3| 34|
|Cumulative| 262| 167| 279| 188| 281| 347|1524| 358|1882|
|-----+-----+-----+-----+-----+-----+-----+
|W 4x4     |   5|   0|   7|   0|   6|   9| 27|  7| 34|
|Cumulative| 267| 167| 286| 188| 287| 356|1551| 365|1916|
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|      Team| MCR | P&B | RSD | SKY | SPN | TRF |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1    |    4|    7|    3|    6|    9|    5| 34| 0| 34|
|Cumulative| 271| 174| 289| 194| 296| 361|1585| 365|1950|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4    |    4|    3|    6|    5|    9|    7| 34| 0| 34|
|Cumulative| 275| 177| 295| 199| 305| 368|1619| 365|1984|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      Add|   30|   30|   20|   25|   30|   30|  0|  0|  0|
| subtract|    0|    0|    0|    0|    0|    0|  0|  0|  0|
|Cumulative| 305| 207| 315| 224| 335| 398|1619| 365|1984|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      TOTALS| 305| 207| 315| 224| 335| 398|1619| 365|1984|
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Pos	Team	Points	Add	Sub	Total
1	Trafford AC B	368	30	0	398
2	Spenborough & District AC	305	30	0	335
3	Rossendale Harriers	295	20	0	315
4	Manchester Harriers & AC	275	30	0	305
5	Skyrac AC	199	25	0	224
6	Pudsey & Bramley	177	30	0	207

Used + add - sub = total      1619      165      0 1784  
 Unused points                      365                      365  
 (Used+unused)+add-sub=total    1984              165      0 2149

Team	1st	2nd	3rd	4th	5th	6th	1st	2nd	3rd	4th	5th	6th
TRF A	11	5	8	7	4	0	B 9	7	5	3	4	0
SPN A	12	3	7	5	2	0	B 6	7	3	2	2	2
RSD A	2	8	7	6	4	7	B 7	4	7	4	0	3
MCR A	6	7	5	4	7	4	B 4	5	1	6	3	1
SKY A	2	8	3	7	4	1	B 2	3	4	2	1	0
P&B A	3	5	5	2	3	3	B 4	0	2	4	3	0

Men	Event	Women	Event	
1	Trafford AC B	187	1 Trafford AC B	181
2	Spenborough & District AC	177	2 Rossendale Harriers	145
3	Manchester Harriers & AC	153	3 Spenborough & District AC	128
4	Rossendale Harriers	150	4 Manchester Harriers & AC	122
5	Pudsey & Bramley	113	5 Skyrac AC	93
6	Skyrac AC	106	6 Pudsey & Bramley	64