

M 100m A

1 Mike Fennell	MCR	11.4
2 Steven McNamara	SPN	11.5
3 Chris Orniman	TRF	12.2
4 Brad King	U17 SKY	12.3
5 Eden Cooper	U20 P&B	12.3
6 Grant Cunliffe	U20 RSD	13.3

M 100m B

1 Patrick O'Donnell	SKY	12.2
2 Chris Ward	SPN	12.4
3 Ben Cook	U17 P&B	12.5
4 Steve Chaisty	TRF	13.0
5 Jack Blake-Dent	U17 MCR	13.6
6 Tom Maden	U17 RSD	13.8

M 200m A

1 Bernard Ward	TRF	22.6
2 Mike Fennell	MCR	23.3
3 Lewis Hamilton	U20 SPN	23.9
4 Brad King	U17 SKY	24.6
5 Eden Cooper	U20 P&B	25.3
6 Jack Stringfellow	U17 RSD	26.7

M 200m B

1 Pete Hickey	TRF	24.6
2 Chris Ward	SPN	25.0
3 Ben Cook	U17 P&B	25.1
4 Adam Brooks	U17 SKY	25.1
5 Steven Yates	U17 MCR	25.8
6 Tom Maden	U17 RSD	27.5

M 400m A

1 Ryan Greaves	U20 P&B	52.8
2 Jacob Feehally	TRF	53.1
3 Ashley Kay	U20 RSD	55.1
4 Adam Brooks	U17 SKY	57.0
5 Andy Parsonage	U17 MCR	60.0
6 Craig Yates	SPN	DNF

M 400m B

1 Lewis Hamilton	U20 SPN	54.6
2 Joe Moores	U17 RSD	55.5
3 Dyon Whiteley	U17 P&B	56.2
4 Daniel Bramaha	TRF	59.1
5 Paul Martin Pederson	MCR	63.1

M 800m A

1 Ryan Greaves	U20 P&B	1.59.7
2 Ashley Kay	U20 RSD	2.00.8
3 Jacob Feehally	TRF	2.06.4
4 Ryan Dransfield	U20 SPN	2.08.2
5 Andy Skitt	MCR	2.09.6
6 Michael Hinchcliffe	U17 SKY	2.22.9

M 800m B

1 Liam Bartlett	U20 MCR	2.05.3
2 Joe Moores	U17 RSD	2.05.5
3 Dyon Whiteley	U17 P&B	2.07.8
4 Keith McGhie	SPN	2.08.9
5 Dave Barker	TRF	2.11.9
6 Martin Dunlop	SKY	2.13.1

M 1500m A

1 Joe Kelly	U20 RSD	4.18.7
2 Liam Bartlett	U20 MCR	4.32.2
3 Keith McGhie	SPN	4.40.3
4 Ben McKay	U17 P&B	4.46.5
5 Gareth Woodcock	TRF	4.55.5
6 Michael Hinchcliffe	U17 SKY	5.00.5

M 1500m B

1 Andy Skitt	MCR	4.33.6
2 Joe Johnstone	U17 RSD	4.37.2
3 Carl Foulstone	U17 SPN	4.49.0
4 Dave Derbyshire	P&B	4.59.0
5 Paul McMahon	TRF	5.04.3

M 5000m A

1 Andy Buttery	RSD	16.16.9
2 Kevin Ogden	SPN	17.05.1
3 Andy Fitzpatrick	MCR	17.58.7
4 Steven Worthington	TRF	18.09.0

M 5000m B

1 Steve Duxbury	RSD	18.35.0
2 Gareth Woodcock	TRF	18.54.3
3 Paul Martin Pederson	MCR	20.58.5
4 Karl Speight	SPN	23.05.5

M 110mH A

1 David Henshaw	MCR	17.3
2 Elliott Dawson	SKY	20.3
3 Phil Bolton	U20 RSD	22.4
4 Carl Tipton	TRF	25.9
5 Nick Millington	U20 P&B	DISQ

M 110mH B

1 Aaron Barker	RSD	21.5
2 Matthew Millington	U20 P&B	21.5
3 Paul McMahon	TRF	22.8
4 Chris Sykes	MCR	23.3

M 400mH A

1 Patrick O'Donnell	SKY	61.7
2 David Henshaw	MCR	62.6
3 Phil Bolton	U20 RSD	66.7
4 John Gallagher	SPN	67.4
5 Paul McMahon	TRF	74.7
6 Nick Millington	U20 P&B	76.3

M 400mH B

1 Aaron Barker	RSD	68.2
2 Adam Cook	U17 P&B	73.3
3 Chris Sykes	MCR	77.1
4 Kev Brydon	TRF	82.1

M 3000m SC A		M 3000m SC B	
1 Phil Bolton	U20 RSD 10.28.6	1 Jordan Beard	U17 RSD 10.52.9
2 Jamie Noon	P&B 10.35.9	2 Dave Derbyshire	P&B 11.53.4
3 Carl Tipton	TRF 11.55.3	3 Steve McCall	MCR 15.27.5
4 Chris Sykes	MCR 12.47.7		
M Discus Throw A		M Discus Throw B	
1 Nick Crimmen	SPN 35.08	1 Richard Martin	SPN 29.40
2 Matthew Millington	U20 P&B 30.76	2 Andy Cook	P&B 19.48
3 Patrick O'Donnell	SKY 22.80	3 Andrew Medley	SKY 15.84
4 Daniel Bramaha	TRF 15.13	4 John Orniman	TRF 14.12
5 Carl Summers	MCR 15.05	5 Chris Parsonage	U17 MCR 12.91
6 Mick Ireland	RSD 14.45	6 George Corbishley	RSD 12.32
M Hammer Throw A		M Hammer Throw B	
1 Richard Martin	SPN 45.63	1 Nick Crimmen	SPN 28.33
2 Andy Cook	P&B 20.27	2 John Dutton	P&B 19.94
3 Andrew Medley	SKY 18.48	3 Kev Brydon	TRF 14.66
4 Carl Summers	MCR 16.48	4 Chris Parsonage	U17 MCR 10.81
5 Allan Brydon	TRF 14.72	5 Sam Walsh	U17 RSD 6.79
6 George Corbishley	RSD 12.03		
M High Jump A		M High Jump B	
1 David Henshaw	MCR 1.70	1 Grant Cunliffe	U20 RSD 1.55
2 Ryan Greaves	U20 P&B 1.65	2 Dyon Whiteley	U17 P&B 1.45
3 Elliott Dawson	SKY 1.60	3 Michael Hinchcliffe	U17 SKY 1.45
4 Aaron Barker	RSD 1.60	4 Richard Martin	SPN 1.40
5 John Gallagher	SPN 1.60		
6 Paul McMahon	TRF 1.50		
M Javelin Throw A		M Javelin Throw B	
1 Grant Cunliffe	U20 RSD 36.33	1 Martin Dunlop	SKY 30.57
2 Liam Bartlett	U20 MCR 35.05	2 Andy Cook	P&B 29.25
3 Elliott Dawson	SKY 34.78	3 Karl Speight	SPN 28.85
4 Nick Crimmen	SPN 33.49	4 Steve Duxbury	RSD 24.67
5 Matthew Millington	U20 P&B 30.46	5 Chris Parsonage	U17 MCR 21.59
6 Carl Tipton	TRF 23.76	6 Peter Hollingsworth	TRF 15.35
M Long Jump A		M Long Jump B	
1 Mike Fennell	MCR 5.86	1 Carl Foulstone	U17 SPN 4.85
2 Elliott Dawson	SKY 5.42	2 Steven Yates	U17 MCR 4.28
3 Jordan Beard	U17 RSD 5.27	3 Adam Cook	U17 P&B 4.25
4 Steven McNamara	SPN 5.05	4 Joe Johnstone	U17 RSD 4.20
5 Ryan Greaves	U20 P&B 5.02	5 Chris Orniman	TRF 3.39
6 Allan Brydon	TRF 4.21		
M Pole Vault A		M Pole Vault B	
1 Phil Bolton	U20 RSD 2.40	1 Aaron Barker	RSD 2.20
2 Richard Martin	SPN 2.15		
M Shot Putt A		M Shot Putt B	
1 Nick Crimmen	SPN 12.00	1 John Dutton	P&B 8.32
2 Andy Cook	P&B 9.22	2 John Gallagher	SPN 8.24
3 Mike Fennell	MCR 7.73	3 Andy Bell	MCR 7.18
4 Andrew Medley	SKY 7.54	4 Patrick O'Donnell	SKY 7.12
5 Mick Ireland	RSD 6.87	5 Chris Orniman	TRF 6.10
6 John Orniman	TRF 6.81	6 George Corbishley	RSD 5.10
M Triple Jump A		M Triple Jump B	
1 Aaron Barker	RSD 11.34	1 Elliott Dawson	SKY 11.05
2 Mike Fennell	MCR 11.34	2 Paul McMahon	TRF 10.52
3 Steven Worthington	TRF 11.26	3 Liam Bartlett	U20 MCR 10.27
4 Martin Dunlop	SKY 11.22	4 Jack Stringfellow	U17 RSD 10.26
5 Ben Cook	U17 P&B 11.22		
6 John Gallagher	SPN 10.79		

W 100m A			W 100m B		
1	Harriet Middlebrough	U17 SKY 13.7	1	Katie Higginbotham	U20 MCR 14.2
2	Lauren Berridge	U17 P&B 13.8	2	Rebecca Harrison	U20 SKY 15.1
3	Anouskeh Majhoob	U17 MCR 13.8	3	Rebecca Marshall	U17 P&B 15.4
4	Abbie Stringer	U20 SPN 14.6	4	Lauren Reid	U17 RSD 15.5
5	Sophie Horrocks	U17 RSD 15.4	5	Sarah Maguire	TRF 16.7
6	Lisa Tipton	TRF 17.4	6	Amanda Pearson	SPN 21.0
W 200m A			W 200m B		
1	Emma Rawnsley	U20 SPN 28.1	1	Sarah Yeomans	U20 RSD 32.3
2	Katie Higginbotham	U20 MCR 29.4	2	Caroline Baba	MCR 32.8
3	Sophie Horrocks	U17 RSD 31.3	3	Lily Preston	U17 P&B 33.3
4	Leanne Child	U20 P&B 31.7	4	Sarah Maguire	TRF 34.8
5	Siobhan Lydon	TRF 34.0	5	Amanda Pearson	SPN 46.2
W 400m A			W 400m B		
1	Alex Bell	U17 P&B 58.9	1	Emma Rawnsley	U20 SPN 63.9
2	Amy Sharrad	SPN 62.3	2	Amy Sutcliffe	U17 P&B 67.8
3	Harriet Middlebrough	U17 SKY 63.4	3	Shelley Tattersall	RSD 73.5
4	Sarah Yeomans	U20 RSD 65.9	4	Lucy Hickey	TRF 88.4
5	Caroline Baba	MCR 77.2	5	Rachel Gorajala	MCR 99.9
6	Jill Lawson	TRF 80.9			
W 800m A			W 800m B		
1	Laura Kirk	SKY 2.15.4	1	Becky Rowlands	U20 SPN 2.40.1
2	Amy Sharrad	SPN 2.25.6	2	Shelley Tattersall	RSD 2.43.4
3	Katie Ireland	U20 RSD 2.30.5	3	Rosie Fearon	TRF 2.47.8
4	Amy Sutcliffe	U17 P&B 2.34.9	4	Lily Preston	U17 P&B 2.49.4
5	Siobhan Lydon	TRF 2.51.5	5	Debbie Beresford	MCR 3.11.9
6	Sian Davies	U17 MCR 3.10.4			
W 1500m A			W 1500m B		
1	Laura Kirk	SKY 4.45.4	1	Rebecca Harrison	U20 SKY 5.01.6
2	Alex Bell	U17 P&B 4.58.3	2	Katie Ireland	U20 RSD 5.15.4
3	Jenny Walsh	U17 SPN 5.02.6	3	Sally Corbin	P&B 5.58.1
4	Emma Flanagan	U17 RSD 5.09.0	4	Rosie Fearon	TRF 6.06.3
5	Siobhan Lydon	TRF 6.01.4	5	Abbie Stringer	U20 SPN 6.52.3
6	Rachel Gorajala	MCR 7.17.5	6	Debbie Beresford	MCR 7.55.8
W 3000m A			W 3000m B		
1	Emma Flanagan	U17 RSD 11.26.1	1	Sharon McGuire	RSD 11.55.1
2	Sally Corbin	P&B 11.42.6	2	Chelsea Corrigan	U17 P&B 12.22.8
3	Jill Lawson	TRF 12.17.5	3	Lucy Hickey	TRF 12.52.3
4	Jackie Carter	SPN 13.34.9	4	Rachel Gorajala	MCR 14.51.5
5	Debbie Beresford	MCR 14.21.1	5	Amanda Pearson	SPN 17.11.9
W 100mH A			W 100mH B		
1	Leanne Child	U20 P&B 20.8	1	Abi Morgan	U17 P&B 21.6
2	Sophie Horrocks	U17 RSD 21.1	2	Lauren Reid	U17 RSD 29.4
3	Lisa Tipton	TRF 28.5			
W 400mH A			W 400mH B		
1	Abi Morgan	U17 P&B 72.3	1	Heather Corbishley	RSD 74.0
2	Sarah Yeomans	U20 RSD 73.1	2	Leanne Child	U20 P&B 80.6
3	Charlotte Holmes	U20 MCR 88.9	3	Sian Davies	U17 MCR 88.8
4	Lisa Tipton	TRF 1.41.8			

W Discus Throw A			W Discus Throw B				
1	Alice Bramah	U17 TRF 20.93	1	Sarah Maguire	TRF 16.08		
2	Philippa Holmes	U17 MCR 20.81	2	Karen Spilsbury	MCR 14.29		
3	Heather Corbishley	RSD 19.03	3	Sheila Bolland	SPN 13.62		
4	Alex Bell	U17 P&B 17.12	4	Rebecca Dutton	U20 P&B 13.57		
5	Amy Sharrad	SPN 15.53	5	Heather Parker	U17 RSD 13.08		
6	Hannah Seddon	SKY 13.59	6	Rebecca Harrison	U20 SKY 11.83		
W Hammer Throw A			W Hammer Throw B				
1	Alice Bramah	U17 TRF 26.85	1	Sharon McGuire	RSD 14.51		
2	Sheila Bolland	SPN 22.70	2	Rebecca Dutton	U20 P&B 10.30		
3	Heather Corbishley	RSD 14.51	3	Laura Griggs	U20 SKY 8.90		
4	Lauren Cooper	U17 P&B 14.06	4	Jackie Carter	SPN 4.67		
5	Hannah Seddon	SKY 9.01					
W High Jump A			W High Jump B				
1	Charlotte Holmes	U20 MCR 1.37	1	Sian Davies	U17 MCR 1.20		
2	Lauren Berridge	U17 P&B 1.35	2	Sarah Yeomans	U20 RSD 1.20		
W Javelin Throw A			W Javelin Throw B				
1	Heather Parker	U17 RSD 26.50	1	Caroline Baba	MCR 15.11		
2	Steffi Skelton	U17 SPN 24.43	2	Kate Sparshott	TRF 14.54		
3	Philippa Holmes	U17 MCR 17.74	3	Lauren Cooper	U17 P&B 11.80		
4	Rebecca Dutton	U20 P&B 17.52	4	Sheila Bolland	SPN 11.28		
5	Alice Bramah	U17 TRF 16.54	5	Laura Johnstone	U20 RSD 8.16		
6	Hannah Seddon	SKY 14.10					
W Long Jump A			W Long Jump B				
1	Anouskeh Majhoob	U17 MCR 4.75	1	Charlotte Holmes	U20 MCR 4.37		
2	Laura Griggs	U20 SKY 4.12	2	Abbie Stringer	U20 SPN 3.45		
3	Lauren Berridge	U17 P&B 4.12	3	Rebecca Marshall	U17 P&B 3.24		
4	Emma Rawnsley	U20 SPN 4.11	4	Laura Johnstone	U20 RSD 3.18		
5	Lisa Tipton	TRF 3.75					
6	Sharon McGuire	RSD 3.35					
W Pole Vault A			W Pole Vault B				
1	Anna Spence	U17 P&B 2.15	No competitors				
W Shot Putt A			W Shot Putt B				
1	Philippa Holmes	U17 MCR 7.29	1	Heather Parker	U17 RSD 6.76		
2	Heather Corbishley	RSD 7.13	2	Karen Spilsbury	MCR 5.83		
3	Hannah Seddon	SKY 6.33	3	Lauren Cooper	U17 P&B 5.20		
4	Amy Sharrad	SPN 6.13	4	Sheila Bolland	SPN 5.15		
5	Rebecca Dutton	U20 P&B 5.68	5	Kate Sparshott	TRF 5.07		
6	Sarah Maguire	TRF 5.20					
W Triple Jump A			W Triple Jump B				
1	Anouskeh Majhoob	U17 MCR 9.91	1	Charlotte Holmes	U20 MCR 8.71		
2	Laura Griggs	U20 SKY 9.77	2	Lily Preston	U17 P&B 7.70		
3	Abi Morgan	U17 P&B 9.30	3	Laura Johnstone	U20 RSD 7.19		
4	Lisa Tipton	TRF 8.40					
5	Katie Ireland	U20 RSD 8.39					
W 4x100m Relay							
1	SKY 56.7	1	Laura Griggs	U20	2	Rebecca Harrison	U20
		3	Harriet Middlebrough	U17	4	Laura Kirk	
2	MCR 58.6	1	Charlotte Holmes	U20	2	Katie Higginbotham	U20
		3	Anouskeh Majhoob	U17	4	Philippa Holmes	U17
3	SPN 60.3	1	Abbie Stringer	U20	2	Jackie Carter	
		3	Emma Rawnsley	U20	4	Jenny Walsh	U17
4	P&B 60.9	1	Leanne Child	U20	2	Lily Preston	U17
		3	Lauren Cooper	U17	4	Rebecca Marshall	U17
5	RSD 62.7	1	Sophie Horrocks	U17	2	Lauren Reid	U17
		3	Laura Johnstone	U20	4	Shelley Tattersall	
6	TRF 67.0	1	Sarah Maguire		2	Lisa Tipton	
		3	Rosie Fearon		4	Siobhan Lydon	

W 4x400m Relay

1	SPN 4.17.2	1 Abbie Stringer	U20	2 Amy Sharrad	
		3 Emma Rawnsley	U20	4 Jenny Walsh	U17
2	P&B 4.18.3	1 Chelsea Corrigan	U17	2 Amy Sutcliffe	U17
		3 Abi Morgan	U17	4 Alex Bell	U17
3	SKY 4.18.4	1 Laura Kirk		2 Rebecca Harrison	U20
		3 Harriet Middlebrough	U17	4 Laura Griggs	U20
4	RSD 4.30.2	1 Emma Flanagan	U17	2 Heather Corbishley	
		3 Sarah Yeomans	U20	4 Katie Ireland	U20
5	TRF 5.41.4	1 Lucy Hickey		2 Rosie Fearon	
		3 Lisa Tipton		4 Siobhan Lydon	
6	MCR 5.58.4	1 Sian Davies	U17	2 Rachel Gorajala	
		3 Caroline Baba		4 Debbie Beresford	

M 4x100m Relay

1	SKY 48.9	1 Brad King	U17	2 Michael Hinchcliffe	U17
		3 Patrick O'Donnell		4 Adam Brooks	U17
2	SPN 49.2	1 Lewis Hamilton	U20	2 Chris Ward	
		3 Ryan Dransfield	U20	4 John Gallagher	
3	P&B 49.3	1 Adam Cook	U17	2 Ben Cook	U17
		3 Eden Cooper	U20	4 Nick Millington	U20
4	TRF 49.6	1 Steve Chaisty		2 Pete Hickey	
		3 Chris Orniman		4 Bernard Ward	
5	MCR 53.0	1 Steve McCall		2 Mike Fennell	
		3 Chris Sykes		4 Steven Yates	U17
6	RSD 53.1	1 Phil Bolton	U20	2 Jack Stringfellow	U17
		3 Joe Johnstone	U17	4 Grant Cunliffe	U20

M 4x400m Relay

1	RSD 3.40.6	1 Jordan Beard	U17	2 Joe Kelly	U20
		3 Joe Moores	U17	4 Ashley Kay	U20
2	TRF 3.41.1	1 Daniel Bramaha		2 Chris Orniman	
		3 Jacob Feehally		4 Bernard Ward	
3	SKY 3.45.7	1 Patrick O'Donnell		2 Martin Dunlop	
		3 Adam Brooks	U17	4 Brad King	U17
4	MCR 3.47.1	1 Liam Bartlett	U20	2 Andy Parsonage	U17
		3 Andy Skitt		4 David Henshaw	
5	SPN 3.48.9	1 Lewis Hamilton	U20	2 Ryan Dransfield	U20
		3 Carl Foulstone	U17	4 Keith McGhie	
6	P&B 3.52.8	1 Ben McKay	U17	2 Matthew Millington	U20
		3 Dyon Whiteley	U17	4 Adam Cook	U17

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS	
Event	Lge	Event	Lge	Event	Lge
1 TRF 398	6	1 RSD 382	6	1 Rossendale Harriers	700 10
2 SPN 335	5	2 P&B 364	5	2 Trafford AC B	674 8
3 RSD 318	4	3 MCR 353	4	3 Spenborough & District AC	644 8
4 MCR 305	3	4 SPN 309	3	4 Manchester Harriers & AC	658 7
5 SKY 224	2	5 TRF 276	2	5 Pudsey & Bramley	571 6
6 P&B 207	1	6 SKY 244	1	6 Skyrac AC	468 3

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

Note(s)

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

GUEST EVENTS

100 METRES MEN

BERNARD WARD	TRAFFORD	11.8
STEPHAN YATES	MANCHESTER	12.8