

M 100m A

1	Mike Fennell	MCR	11.1
2	Steve McNamara	SPN	11.4
3	Brad King	U17 SKY	11.7
4	Josh Logan	U20 TRF	11.7
5	Chris White	RSD	12.4
6	Edan Cooper	U20 P&B	12.5

M 100m B

1	Chris Ward	SPN	12.1
2	Chris Horniman	TRF	12.2
3	Ben Cook	U17 P&B	12.5
4	Stephen Yates	U17 MCR	12.5
5	Andrew Ettenfield	U17 SKY	12.9
6	Jack Stringfellow	U17 RSD	13.0

M 200m A

1	Steve McNamara	SPN	22.9
2	Mike Fennell	MCR	23.3
3	Scott Riley	TRF	23.5
4	Brad King	U17 SKY	24.2
5	Chris White	RSD	25.4
6	Edan Cooper	U20 P&B	25.5

M 200m B

1	Chris Ward	SPN	24.7
2	Danny Kemp	U17 P&B	25.0
3	Adam Brooks	U17 SKY	25.1
4	Stephen Yates	U17 MCR	25.3
5	Steve Chaisty	TRF	26.2
6	Jack Stringfellow	U17 RSD	26.9

M 400m A

1	Scott Riley	TRF	50.7
2	Craig Yates	SPN	52.0
3	Joe Moores	U17 RSD	53.7
4	Chris Thornton	SKY	54.1
5	Dyon Whiteley	U17 P&B	56.1
6	Andy Parsonage	U17 MCR	58.2

M 400m B

1	Chris White	RSD	53.7
2	Adam Brooks	U17 SKY	55.8
3	Daniel Bramah	TRF	56.2
4	Carl Foulstone	U17 SPN	57.7
5	Nick Millington	P&B	59.8
6	Chris Sykes	MCR	75.0

M 800m A

1	Ashley Kay	U17 RSD	2.00.4
2	Chris Thornton	SKY	2.00.5
3	Liam Bartlett	U20 MCR	2.01.7
4	Ryan Dransfield	U17 SPN	2.01.9
5	Dyon Whiteley	U17 P&B	2.08.3
6	Paul McMahon	TRF	2.17.4

M 800m B

1	Joe Moores	U17 RSD	2.02.9
2	Andy Skitt	MCR	2.04.6
3	Ben McKay	U17 P&B	2.07.5
4	Richard Clancy	TRF	2.09.1
5	Simon Bolland	U17 SPN	2.18.9

M 1500m A

1	Ashley Kay	U17 RSD	4.25.7
2	Andy Skitt	MCR	4.31.7
3	Dan Ansell	TRF	4.37.5
4	Ben McKay	U17 P&B	4.40.9
5	Simon Bolland	U17 SPN	4.50.4

M 1500m B

1	Liam Bartlett	U20 MCR	4.32.0
2	Aaron Barker	RSD	4.33.7
3	Neil Armitage	P&B	4.43.0
4	Richard Clancy	TRF	4.45.1
5	Karl Speight	SPN	6.09.9

M 5000m A

1	Andy Buttery	RSD	16.10.1
2	Kevin Ogden	SPN	16.55.2
3	Dick Byer	TRF	17.43.1
4	Andy Fitzpatrick	MCR	18.11.6
5	Stephen Locking	U20 P&B	23.33.9

M 5000m B

1	Anthony Bradford	SPN	17.40.1
2	Steve Duxbury	RSD	18.03.7
3	Gareth Woodcock	TRF	19.03.9
4	Ronan McGonigle	MCR	DNF

M 110mH A

1	David Henshaw	MCR	16.8
2	Elliott Dawson	SKY	19.6
3	Phil Bolton	U20 RSD	21.2
4	Neil Slater	TRF	DISQ

M 110mH B

1	Aaron Barker	RSD	22.6
2	Chris Sykes	MCR	24.3
3	Carl Tipton	TRF	29.3

Results by www.Resultsbox.co.uk

M 400mH A

1 David Henshaw	MCR	63.6
2 Carl Foulstone	U17 SPN	64.4
3 Phil Bolton	U20 RSD	65.2
4 Nick Millington	P&B	70.4
5 Neil Slater	TRF	78.2

M 400mH B

1 Aaron Barker	RSD	64.0
2 John Gallagher	SPN	66.5
3 Ben Cook	U17 P&B	69.3
4 Chris Sykes	MCR	76.0
5 Mike Meggatio	TRF	77.7

M 3000m SC A

1 Phil Bolton	U20 RSD	10.26.7
2 Neil Armitage	P&B	11.23.6
3 Dave Lane	SPN	12.03.0
4 Carl Tipton	TRF	12.32.5
5 Chris Sykes	MCR	13.39.4

M 3000m SC B

1 Jordan Beard	U20 RSD	10.36.4
2 Rob Francis	TRF	14.00.6

M Discus Throw A

1 Richard Martin	SPN	26.81
2 Gavin Barker	RSD	23.07
3 Andy Cook	P&B	22.95
4 Mike Davies	MCR	19.52
5 Andrew Medley	SKY	19.32
6 John Horniman	TRF	14.35

M Discus Throw B

1 John Dutton	P&B	19.71
2 Kes Salmon	MCR	18.48
3 Tim Agar	SKY	15.91
4 Sam Walsh	U17 RSD	15.17

M Hammer Throw A

1 Richard Martin	SPN	42.65
2 Gavin Barker	RSD	25.96
3 Andy Cook	P&B	21.39
4 Neil Slater	TRF	19.20
5 Carl Summers	MCR	17.56
6 Andrew Medley	SKY	15.62

M Hammer Throw B

1 Roy Bain	SPN	22.92
2 John Dutton	P&B	20.72
3 Mike Whight	TRF	18.60
4 Chris White	RSD	17.48
5 Mike Davies	MCR	17.44

M High Jump A

1 David Henshaw	MCR	1.70
2 John Gallagher	SPN	1.65
3 Elliott Dawson	SKY	1.65
4 Gavin Barker	RSD	1.60
5 Paul McMahon	TRF	1.55
6 Dyon Whiteley	U17 P&B	1.55

M High Jump B

1 Aaron Barker	RSD	1.50
2 Richard Martin	SPN	1.40
3 Nick Millington	P&B	NOHGT

M Javelin Throw A

1 Andrew Ettenfield	U17 SKY	41.04
2 Chris White	RSD	36.16
3 Mike Whight	TRF	33.36
4 Liam Bartlett	U20 MCR	32.73
5 Andy Cook	P&B	31.64
6 Karl Speight	SPN	25.83

M Javelin Throw B

1 Elliott Dawson	SKY	37.87
2 Gavin Barker	RSD	32.06
3 Nick Millington	P&B	29.65
4 Richard Martin	SPN	25.53
5 Chris Parsonage	U17 MCR	24.26
6 Neil Slater	TRF	19.80

M Long Jump A

1 Mike Fennell	MCR	6.12
2 Andrew Ettenfield	U17 SKY	5.41
3 Jordan Beard	U20 RSD	5.29
4 Steve McNamara	SPN	5.17
5 Mike Whight	TRF	4.97
6 Danny Kemp	U17 P&B	4.82

M Long Jump B

1 Brad King	U17 SKY	5.36
2 Andy Cook	P&B	4.77
3 Carl Foulstone	U17 SPN	4.74
4 Stephen Yates	U17 MCR	4.46
5 Neil Slater	TRF	4.45
6 Sam Walsh	U17 RSD	3.92

Results by www.Resultsbox.co.uk

M Pole Vault A

1 Phil Bolton U20 RSD 2.60

M Pole Vault B

1 Aaron Barker RSD 2.50

M Shot Putt A

1 Richard Martin SPN 10.55
2 Andy Cook P&B 9.93
3 Mike Whight TRF 9.85
4 Gavin Barker RSD 9.28
5 Mike Fennell MCR 8.23
6 Andrew Medley SKY 8.10

M Shot Putt B

1 John Gallagher SPN 8.41
2 John Dutton P&B 8.21
3 Mike Davies MCR 7.35
4 John Horniman TRF 6.78
5 Tim Agar SKY 6.46
6 Sam Walsh U17 RSD 6.19

M Triple Jump A

1 Mike Fennell MCR 12.35
2 Elliott Dawson SKY 11.67
3 John Gallagher SPN 11.45
4 Ben Cook U17 P&B 10.99
5 Aaron Barker RSD 10.95
6 Paul McMahon TRF 10.92

M Triple Jump B

1 Liam Bartlett U20 MCR 11.01
2 Steve McNamara SPN 10.60
3 Jack Stringfellow U17 RSD 10.55
4 Danny Kemp U17 P&B 9.19
5 Dan Ansell TRF 7.80

W 100m A

1 Grace Christopher U17 P&B 12.4
2 Anousheh Majhoob U17 MCR 13.3
3 Jade Stephenson U20 SPN 13.4
4 Harriet Middlebrough U17 SKY 13.4
5 Shanika Whight U17 TRF 14.2
6 Sophie Horrocks U17 RSD 14.7

W 100m B

1 Lauren Burridge U17 P&B 13.6
2 Laura Griggs U20 SKY 14.1
3 Abbie Stringer U20 SPN 14.1
4 Lauren Reid U17 RSD 15.4
5 Linda Gabriel TRF 15.6
6 Jean Skitt MCR 19.9

W 200m A

1 Alex Bell U17 P&B 27.0
2 Harriet Middlebrough U17 SKY 28.1
3 Jade Stephenson U20 SPN 28.8
4 Beth Williams U17 TRF 30.0
5 Catherine Gallagher RSD 31.9
6 Debbie Beresford MCR 39.5

W 200m B

1 Lauren Burridge U17 P&B 28.0
2 Laura Griggs U20 SKY 28.9
3 Abbie Stringer U20 SPN 29.7
4 Sophie Horrocks U17 RSD 30.7
5 Linda Gabriel TRF 32.8
6 Jean Skitt MCR 43.4

W 400m A

1 Alex Bell U17 P&B 58.6
2 Amy Sharrad SPN 61.9
3 Harriet Middlebrough U17 SKY 63.7
4 Sarah Yeomans RSD 65.4
5 Linda Gabriel TRF 73.9
6 Sian Davies U17 MCR 77.4

W 400m B

1 Rebecca Harrison U20 SKY 66.0
2 Becky Rowlands U20 SPN 70.1
3 Leanne Child U20 P&B 70.9
4 Shelley Tattersall RSD 71.6
5 Sarah Maguire TRF 75.2
6 Jean Skitt MCR 84.8

W 800m A

1 Amy Sharrad SPN 2.19.8
2 Katie Ireland U20 RSD 2.25.7
3 Rebecca Harrison U20 SKY 2.28.9
4 Lilly Preston U17 P&B 2.48.1
5 Lisa Tipton TRF 3.11.3
6 Fiona Green MCR 3.24.3

W 800m B

1 Becky Rowlands U20 SPN 2.36.4
2 Chelsea Corrigan U17 P&B 2.38.2
3 Shelley Tattersall RSD 2.39.3
4 Sarah Maguire TRF 2.58.0
5 Debbie Beresford MCR 3.17.4

Results by www.Resultsbox.co.uk

W 1500m A

1 Emma Flanagan	U17 RSD	4.56.2
2 Sarah Peacock	U17 SPN	4.59.9
3 Sally Corbin	P&B	5.05.5
4 Debbie Beresford	MCR	6.49.7

W 1500m B

1 Katie Ireland	U20 RSD	4.58.4
2 Amy Sutcliffe	U17 P&B	5.52.8
3 Jackie Carter	SPN	6.16.7
4 Fiona Green	MCR	7.21.0

W 3000m A

1 Emma Flanagan	U17 RSD	11.33.5
2 Sally Corbin	P&B	11.54.8
3 Sarah Roberts	U17 SPN	12.20.2
4 Rosie Fearon	TRF	12.32.5
5 Debbie Beresford	MCR	14.25.3

W 3000m B

1 Chelsea Corrigan	U17 P&B	12.06.8
2 Emma McGuire	SPN	13.03.6
3 Fiona Green	MCR	15.07.2

W 100mH A

1 Sophie Horrocks	U17 RSD	20.5
2 Abi Morgan	U17 P&B	20.6
3 Beth Williams	U17 TRF	20.6

W 100mH B

1 Tanya Cooper	U20 P&B	22.0
2 Lauren Reid	U17 RSD	26.4
3 Lisa Tipton	TRF	40.3

W 400mH A

1 Abi Morgan	U17 P&B	75.5
2 Sarah Yeomans	RSD	79.1
3 Sian Davies	U17 MCR	90.8
4 Lisa Tipton	TRF	96.4

W 400mH B

1 Tanya Cooper	U20 P&B	89.8
2 Laura Johnstone	U20 RSD	101.7

W Discus Throw A

1 Carly Beanland	SPN	23.96
2 Philippa Holmes	U17 MCR	19.24
3 Alice Bramah	TRF	17.29
4 Lauren Cooper	U17 P&B	16.77
5 Laura Griggs	U20 SKY	15.75
6 Heather Parker	U17 RSD	14.53

W Discus Throw B

1 Sheila Bolland	SPN	15.36
2 Rebecca Dutton	U20 P&B	15.18
3 Karen Spilsbury	MCR	14.31
4 Helen Yeomans	RSD	13.85
5 Rebecca Harrison	U20 SKY	10.54

W Hammer Throw A

1 Carly Beanland	SPN	34.51
2 Alice Bramah	TRF	29.27
3 Lauren Cooper	U17 P&B	15.70
4 Heather Parker	U17 RSD	15.17
5 Karen Spilsbury	MCR	11.55

W Hammer Throw B

1 Sheila Bolland	SPN	23.67
2 Catherine Gallagher	RSD	11.17
3 Jean Skitt	MCR	11.14
4 Sarah Maguire	TRF	10.65
5 Chelsea Corrigan	U17 P&B	8.73

W High Jump A

1 Alice Bramah	TRF	1.40
2 Charlotte Holmes	U20 MCR	1.40
3 Lauren Burridge	U17 P&B	1.35
4 Sarah Roberts	U17 SPN	1.30
5 Sarah Yeomans	RSD	1.25

W High Jump B

1 Sian Davies	U17 MCR	1.25
2 Leeanne Child	U20 P&B	1.25
3=Lisa Tipton	TRF	1.15
3=Laura Johnstone	U20 RSD	1.15
5 Abbie Stringer	U20 SPN	1.10

Results by www.Resultsbox.co.uk

W Javelin Throw A

1 Stef Skelton	U17 SPN	31.70
2 Heather Parker	U17 RSD	29.70
3 Philippa Holmes	U17 MCR	18.46
4 Rebecca Dutton	U20 P&B	18.10
5 Rosie Fearon	TRF	13.43
6 Laura Griggs	U20 SKY	6.66

W Javelin Throw B

1 Sarah Roberts	U17 SPN	29.38
2 Karen Spilsbury	MCR	13.43
3 Lisa Tipton	TRF	9.20
4 Catherine Gallagher	RSD	5.70
5 Lauren Cooper	U17 P&B	3.90

W Long Jump A

1 Anousheh Majhoob	U17 MCR	4.86
2 Jade Stephenson	U20 SPN	4.50
3 Tanya Cooper	U20 P&B	4.28
4 Shanika Whight	U17 TRF	4.17
5 Laura Griggs	U20 SKY	4.04
6 Helen Yeomans	RSD	2.63

W Long Jump B

1 Charlotte Holmes	U20 MCR	4.41
2 Leeanne Child	U20 P&B	3.48
3 Lisa Tipton	TRF	3.48
4 Laura Johnstone	U20 RSD	2.35

W Pole Vault A

1 Sarah Yeomans	RSD	NOHGT
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W Pole Vault B

No competitors

W Shot Putt A

1 Carly Beanland	SPN	9.56
2 Shanika Whight	U17 TRF	7.75
3 Philippa Holmes	U17 MCR	7.17
4 Heather Parker	U17 RSD	6.45
5 Rebecca Dutton	U20 P&B	6.06

W Shot Putt B

1 Beth Williams	U17 TRF	6.80
2 Karen Spilsbury	MCR	6.25
3 Sheila Bolland	SPN	5.25
4 Laura Johnstone	U20 RSD	5.16
5 Amy Sutcliffe	U17 P&B	4.85

W Triple Jump A

1 Anousheh Majhoob	U17 MCR	10.24
2 Abi Morgan	U17 P&B	9.25
3 Catherine Gallagher	RSD	8.85
4 Lisa Tipton	TRF	8.32
5 Jade Stephenson	U20 SPN	8.00

W Triple Jump B

1 Charlotte Holmes	U20 MCR	8.98
2 Katie Ireland	U20 RSD	8.28
3 Lilly Preston	U17 P&B	7.26

W 4x100m Relay

1 P&B 55.1	1 Grace Christopher	U17	2 Lauren Burridge	U17
	3 Lauren Cooper	U17	4 Tanya Cooper	U20
2 MCR 59.7	1 Fiona Green		2 Charlotte Holmes	U20
	3 Philippa Holmes	U17	4 Anousheh Majhoob	U17
3 TRF 60.0	1 Beth Williams	U17	2 Shanika Whight	U17
	3 Linda Gabriel		4 Sarah Maguire	
4 RSD 60.8	1 Sophie Horrocks	U17	2 Lauren Reid	U17
	3 Shelley Tattersall		4 Laura Johnstone	U20
5 SPN 61.0	1 Jackie Carter		2 Becky Rowlands	U20
	3 Amy Sharrad		4 Abbie Stringer	U20

Results by www.Resultsbox.co.uk

W 4x400m Relay

1	SPN 4.18.6	1 Amy Sharrad		2 Sarah Peacock	U17
		3 Jade Stephenson	U20	4 Abbie Stringer	U20
2	P&B 4.23.5	1 Alex Bell	U17	2 Abi Morgan	U17
		3 Lilly Preston	U17	4 Amy Sutcliffe	U17
3	RSD 4.30.6	1 Sarah Yeomans		2 Emma Flanagan	U17
		3 Katie Ireland	U20	4 Catherine Gallagher	
4	MCR 6.29.5	1 Debbie Beresford		2 Jean Skitt	
		3 Sian Davies	U17	4 Fiona Green	

M 4x100m Relay

1	P&B 47.7	1 Edan Cooper	U20	2 Danny Kemp	U17
		3 Ben Cook	U17	4 Andy Cook	
2	SKY 48.2	1 Chris Thornton		2 Brad King	U17
		3 Adam Brooks	U17	4 Andrew Ettenfield	U17
3	TRF 48.3	1 Josh Logan	U20	2 Chris Horniman	
		3 Scott Riley		4 Steve Chaisty	
4	MCR 49.8	1 Mike Fennell		2 David Henshaw	
		3 Chris Sykes		4 Stephen Yates	U17
5	RSD 54.4	1 Aaron Barker		2 Jack Stringfellow	U17
		3 Sam Walsh	U17	4 Phil Bolton	U20
6	SPN DISQ				

M 4x400m Relay

1	RSD 3.39.8	1 Ashley Kay	U17	2 Jordan Beard	U20
		3 Joe Moores	U17	4 Chris White	
2	P&B 3.47.9	1 Dyon Whiteley	U17	2 Ben McKay	U17
		3 Dave Derbyshire		4 Nick Millington	
3	MCR 3.48.2	1 Liam Bartlett	U20	2 David Henshaw	
		3 Andy Parsonage	U17	4 Andy Skitt	
4	TRF 3.50.0	1 Scott Riley		2 Daniel Bramah	
		3 Paul McMahon		4 Richard Clancy	
5	SKY DISQ				
6	SPN DNF				

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS	
Event	Lge	Event	Lge	Event	Lge
1 RSD 700	10	1 RSD 375.5	6	1 Rossendale Harriers	1075.5 16
2 TRF 674	8	2 SPN 356	5	2 Spenborough & District AC	1000 13
3 SPN 644	8	3 P&B 352	4	3 Manchester Harriers & AC	995 10
4 MCR 658	7	4 MCR 337	3	4 Trafford AC B	950.5 10
5 P&B 571	6	5 TRF 276.5	2	5 Pudsey & Bramley	923 10
6 SKY 468	3	6 SKY 186	1	6 Skyrac AC	654 4

General Comment: No competitors W Pole Vault B,

Note(s)

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

TRF Includes + 30pts,

Results by www.Resultsbox.co.uk