

M 100m A

1 Demetric Nelson	U17 BNG	11.0
2 Bruce Pilkington	BUH	11.1
3 Graham Parsons	U20 LMK	11.4
4 Isaac Kitchen-Smith	U17 SPN	11.9
5 Jack Stringfellow	U20 RSD	13.7
6 Jordan Toth	U20 HFH	DISQ

M 100m B

1 Luke Craven	U17 HFH	11.2
2 Will Valentine	U17 BUH	11.3
3 Frank Shepherd	U20 LMK	12.1
4 David Lawson	SPN	13.8

M 200m A

1 Jordan Toth	U20 HFH	22.4
2 Demetric Nelson	U17 BNG	22.5
3 Scott Atkinson	U17 SPN	23.1
4 Bruce Pilkington	BUH	24.0
5 Graham Parsons	U20 LMK	26.3
6 Jack Stringfellow	U20 RSD	26.4

M 200m B

1 Jacob Henton	U17 HFH	24.1
2 Chris Perry	BUH	24.9
3 Callum Blaikie	U20 LMK	28.1
4 David Lawson	SPN	28.7

M 400m A

1 Oliver Robinson	BNG	49.8
2 Scott Atkinson	U17 SPN	50.0
3 Chris Sinclair	BUH	51.3
4 Tom Matthews	U20 LMK	52.1
5 Jacob Henton	U17 HFH	53.3
6 Jack Stringfellow	U20 RSD	63.2

M 400m B

1 Beau Smith	U17 LMK	53.4
2 Christian Eckersley	BUH	55.6
3 Keith McGhie V50	SPN	56.8
4 Stuart Morrison	U17 HFH	58.9
5 Mark Teasey	BNG	66.4
6 Steve Duxbury	RSD	68.7

M 800m A

1 Beau Smith	U17 LMK	2.00.5
2 Frazer Jardine	U20 BUH	2.00.9
3 Ben Marriott	U20 BNG	2.01.3
4 Max Kaye	U17 HFH	2.01.6
5 Keith McGhie V50	SPN	2.07.8
6 Elliott Wylie	U17 RSD	2.25.5

M 800m B

1 Mark Gardner	LMK	2.02.4
2 Thomas Travis-Pollard	U17 HFH	2.09.7
3 Sam Gough	BUH	2.17.5
4 Jack Stringfellow	U20 RSD	2.31.0
5 Alan Brewer	BNG	2.33.3
6 David Lawson	SPN	2.47.3

M 1500m A

1 Ben Marriott	U20 BNG	4.18.9
2 Luke Ingham	U17 LMK	4.19.9
3 Max Kaye	U17 HFH	4.21.8
4 Carl Foulstone	U20 SPN	4.27.0
5 Frazer Jardine	U20 BUH	4.31.9
6 Phil Bolton	RSD	4.34.7

M 1500m B

1 Dave Watson	HFH	4.24.6
2 Michael Hoyle	U17 LMK	4.47.2
3 Keith McGhie V50	SPN	5.43.6

M 5000m A

1 Danny Parkinson	LMK	15.34.3
2 Dave Turnball	HFH	15.39.8
3 Tom Carson	U20 BUH	15.53.5
4 Chris Fell	RSD	16.08.3
5 Stephen Broadbent	BNG	16.34.1

M 5000m B

1 Dave Watson	HFH	15.44.4
2 Kieran Rowlands	LMK	16.49.8
3 Chris Edwin	BNG	16.50.5
4 Sam Walsh	U20 RSD	21.43.0

M 110mH A

1 Oliver Robinson	BNG	15.8
2 Graham Bickerdike	HFH	16.5
3 Scott Whittle	BUH	18.4
4 Phil Bolton	RSD	20.6
5 Paul Hodgson	U20 LMK	23.2

M 110mH B

1 James Dewhirst	U20 HFH	23.1
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M 400mH A

1 Oliver Robinson	BNG	53.3
2 Scott Whittle	BUH	60.4
3 Carl Foulstone	U20 SPN	62.3
4 Phil Bolton	RSD	62.7
5 Liam Holdsworth	U20 HFH	70.5
6 Matt Mitchell	LMK	72.3

M 400mH B

1 James Dewhirst	U20 HFH	68.3
2 Mikey Hoyle	LMK	68.4
3 Chris Eckersley	BUH	73.3
4 Elliott Wylie	U17 RSD	74.5

M 3000m SC A

1 Alasdair Russell	LMK	9.49.8
2 Phil Bolton	RSD	10.23.7
3 Mathew Johnson	U20 HFH	10.59.0
4 Chris Kay	U20 BUH	12.18.8

M 3000m SC B

1 Paul Hodgson	U20 LMK	10.29.6
2 Mathew Dewhirst	HFH	12.59.8
3 Sam Walsh	U20 RSD	13.56.0

M Discus Throw A

1 Graham Bickerdike	HFH	40.05
2 John Nicholson	BUH	34.01
3 Phillip Jones	BNG	28.63
4 Toby Aspindle	U17 SPN	19.98
5 Matt Mitchell	LMK	18.24
6 Steve Duxbury	RSD	15.36

M Discus Throw B

1 Jason Scott	BNG	24.89
2 Michael O'Donnell	BUH	21.54
3 Mark Gardner	LMK	18.11
4 Andrew Storr	HFH	15.95
5 Dave Giblin	SPN	13.04
6 George Corbishley	RSD	12.60

M Hammer Throw A

1 Graham Bickerdike	HFH	32.26
2 Michael O'Donnell	BUH	24.67
3 Jason Scott	BNG	23.17
4 Roy Bain	SPN	19.78
5 Mark Gardner	LMK	17.36
6 George Corbishley	RSD	9.83

M Hammer Throw B

1 Shaun O'Donnell	BUH	22.90
2 Andrew Storr	HFH	22.17
3 Phillip Jones	BNG	15.95
4 Dave Giblin	SPN	13.66
5 Matt Mitchell	LMK	9.91
6 Steve Duxbury	RSD	9.65

M High Jump A

1 Callum Blaikie	U20 LMK	1.70
2 Liam Holdsworth	U20 HFH	1.70
3 Oliver Robinson	BNG	1.60
4 Toby Aspindle	U17 SPN	1.60
5 Matt Osborne	BUH	1.55
6 Elliott Wylie	U17 RSD	1.45

M High Jump B

1=Stuart Morrison	U17 HFH	1.50
1=Scott Whittle	BUH	1.50
3 Keith McGhie V50	SPN	NOHGT

M Javelin Throw A

1 Graham Bickerdike	HFH	53.45
2 Michael O'Donnell	BUH	51.22
3 Oliver Robinson	BNG	38.70
4 Mark Gardner	LMK	28.85
5 Toby Aspindle	U17 SPN	28.46
6 Sam Walsh	U20 RSD	26.54

M Javelin Throw B

1 Richard Dawson	BNG	37.34
2 Liam Holdsworth	U20 HFH	36.63
3 Adam Ryder	U17 BUH	34.54
4 Carl Foulstone	U20 SPN	26.85
5 Matt Mitchell	LMK	24.90
6 Steve Duxbury	RSD	24.00

M Long Jump A

1 Matt Osborne	BUH	6.42
2 Graham Bickerdike	HFH	6.22
3 Demetric Nelson	U17 BNG	5.02
4 Isaac Kitchen-Smith	U17 SPN	5.02
5 Callum Blaikie	U20 LMK	4.59
6 Jack Stringfellow	U20 RSD	4.36

M Long Jump B

1 Luke Craven	U17 HFH	6.10
2 Chris Sinclair	BUH	5.84
3 Tom Matthews	U20 LMK	4.55
4 Phil Jones	BNG	4.17
5 David Lawson	SPN	3.69

M Pole Vault A

1 Graham Bickerdike HFH 3.50
2 Michael O'Donnell BUH 3.00
3 Phil Bolton RSD 2.60

M Pole Vault B

1 Liam Holdsworth U20 HFH 3.10
2 Adam Ryder U17 BUH 2.50
3 Sam Walsh U20 RSD NOHGT

M Shot Putt A

1 Graham Bickerdike HFH 12.27
2 John Nicholson BUH 10.77
3 Jason Scott BNG 9.46
4 Mark Gardner LMK 7.01
5 Keith McGhie V50 SPN 6.72
6 Steve Duxbury RSD 6.41

M Shot Putt B

1 Keith Daniel BNG 9.04
2 Andrew Storr HFH 8.72
3 Michael O'Donnell BUH 8.36
4 Matt Mitchell LMK 6.34
5 Dave Giblin SPN 6.18
6 George Corbishley RSD 4.14

M Triple Jump A

1 Luke Craven U17 HFH 13.36
2 Chris Sinclair BUH 12.67
3 Jack Stringfellow U20 RSD 10.49
4 Mark Gardner LMK 10.49
5 Isaac Kitchen-Smith U17 SPN 10.47

M Triple Jump B

1 Matt Osborne BUH 12.47
2 Stuart Morrison U17 HFH 11.78
3 Michael Hoyle U17 LMK 9.32
4 Chris Fell RSD 8.92

W 100m A

1 Lauren Powell U17 SPN 12.4
2 Sian Pledger U20 BUH 12.6
3 Kerisha Bogle U17 BNG 13.0
4 Lauren Storr HFH 13.6
5 Cat Gallagher RSD 14.0

W 100m B

1 Jessica Ellis U17 SPN 12.4
2 Rebecca O'Keefe BUH 12.6
3 Emma Szostak U20 HFH 13.6
4 Emma Ogden BNG 14.4
5 Lorna Taylor RSD 18.2

W 200m A

1 Jessica Ellis U17 SPN 25.6
2 Kerisha Bogle U17 BNG 26.1
3 Sian Pledger U20 BUH 27.7
4 Rebecca Mardell U20 LMK 27.8
5 Harriet Roberts HFH 29.5
6 Shelley Tattersall RSD 33.4

W 200m B

1 Sasha Craig U17 SPN 26.3
2 Rebecca O'Keefe BUH 26.5
3 Emma Ogden BNG 26.6
4 Jenny Tynan U20 LMK 29.3
5 Laura Bartle U20 HFH 30.5
6 Katy Ireland U20 RSD 30.7

W 400m A

1 Katie Eckersley BUH 59.9
2 Rebecca Mardell U20 LMK 62.2
3 Amy Sharrad SPN 62.3
4 Joanne Oates BNG 64.0
5 Cat Gallagher RSD 65.0
6 Harriet Roberts HFH 65.1

W 400m B

1 Emma Rawnsley U20 SPN 62.1
2 Rachel Pounds BUH 63.9
3 Heather Corbishley RSD 64.8
4 Cara Penfold HFH 69.3
5 Andrea Dennison BNG 81.5
6 Laura Morris LMK 85.9

W 800m A

1 Rachel Pounds BUH 2.24.8
2 Lauren Cooper LMK 2.25.9
3 Mollie Flannery U17 SPN 2.33.8
4 Harriet Roberts HFH 2.37.2
5 Katy Ireland U20 RSD 2.41.0
6 Andrea Dennison BNG 2.48.9

W 800m B

1 Becky Rowlands U20 SPN 2.35.6
2 Nicola Brown HFH 2.38.6
3 Katie Smith BUH 2.41.6
4 Shelley Tattersall RSD 2.42.2
5 Angie Bretherick BNG 2.50.2
6 Laura Morris LMK 2.54.4

W 1500m A

1 Carly Robertson	U20 BNG	4.48.1
2 Louise Gardner	LMK	4.58.6
3 Emma Flanagan	U20 RSD	5.09.3
4 Claire Leaver	HFH	5.12.0
5 Mollie Flannery	U17 SPN	5.27.9

W 1500m B

1 Lauren Cooper	LMK	5.29.1
2 Becky Rowlands	U20 SPN	5.32.5
3 Nicola Brown	HFH	5.41.0
4 Laura Johnstone	RSD	6.21.8

W 3000m A

1 Louise Gardner	LMK	10.09.6
2 Sarah Jarvis	BNG	10.17.0
3 Claire Leaver	HFH	10.56.1
4 Emma Flanagan	U20 RSD	11.02.2
5 Jackie Carter	SPN	13.40.1

W 3000m B

1 Andrea Dennison	BNG	11.28.8
2 Katy Ireland	U20 RSD	11.52.1
3 Julia Johnson	HFH	11.57.7
4 Laura Morris	LMK	12.07.0

W 100mH A

1 Lauren Storr	HFH	15.7
2 Olivia McGreavy	BUH	17.8
3 Heather Corbishley	RSD	19.7
4 Emma Ogden	BNG	20.5

W 100mH B

1 Emma Szostak	U20 HFH	18.9
2 Cat Gallagher	RSD	22.4

W 400mH A

1 Olivia McGreavy	BUH	69.5
2 Emma Szostak	U20 HFH	71.2
3 Heather Corbishley	RSD	72.3
4 Emma Rawnsley	U20 SPN	73.5

W 400mH B

1 Amy Sharrad	SPN	74.2
2 Laura Johnstone	RSD	87.6
3 Ilse Hemming	BUH	89.6
4 Amy Griffiths	HFH	96.6

W Discus Throw A

1 Janine Crosby	BNG	35.60
2 Jennifer Ibbitson	HFH	28.76
3 Mollie Flannery	U17 SPN	20.32
4 Wendy Laing	LMK	18.61
5 Jemima Peatfield-Hall	BUH	18.08
6 Emma Smith	RSD	14.17

W Discus Throw B

1 Sarah Benson	BNG	35.12
2 Katie Zientek	HFH	26.36
3 Allysia Hine	U17 LMK	16.82
4 Olivia McGreavy	BUH	16.48
5 Lorna Taylor	RSD	13.56
6 Amy Sharrad	SPN	12.97

W Hammer Throw A

1 Amy Howard	BNG	39.99
2 Louise Kay	BUH	34.96
3 Jennifer Ibbitson	HFH	30.39
4 Cat Gallagher	RSD	15.57
5 Jackie Carter	SPN	11.33

W Hammer Throw B

1 Janine Crosby	BNG	32.82
2 Katie Zientek	HFH	20.95
3 Jemima Peatfield-Hall	BUH	20.04
4 Heather Corbishley	RSD	15.03
5 Amy Sharrad	SPN	7.36

W High Jump A

1 Wendy Laing	LMK	1.50
2 Harriet Pickles	BNG	1.45
3 Emma Rawnsley	U20 SPN	1.40
4 Sian Pledger	U20 BUH	1.35
5 Sara Griffiths	HFH	1.25
6 Katy Ireland	U20 RSD	1.10

W High Jump B

1 Holly Nelson	U17 LMK	1.45
2 Hannah Scholes	BUH	1.25
3 Amy Howard	BNG	1.25
4=Jennifer Ibbitson	HFH	1.20
4=Lauren Powell	U17 SPN	1.20
6 Emma Smith	RSD	1.10

W Javelin Throw A

1 Harriet Pickles	BNG	32.35
2 Holly Nelson	U17 LMK	28.18
3 Katie Zientek	HFH	28.10
4 Ilse Hemming	BUH	18.30
5 Emma Smith	RSD	14.10
6 Jessica Ellis	U17 SPN	13.24

W Javelin Throw B

1 Wendy Laing	LMK	25.83
2 Jennifer Ibbitson	HFH	24.20
3 Amy Howard	BNG	23.41
4 Becky Rowlands	U20 SPN	12.58
5 Hannah Scholes	BUH	7.62
6 Lorna Taylor	RSD	6.41

W Long Jump A

1 Harriet Pickles	BNG	4.82
2 Sian Pledger	U20 BUH	4.76
3 Jenny Tynan	U20 LMK	4.35
4 Laura Bartle	U20 HFH	4.08
5 Emma Rawnsley	U20 SPN	4.03
6 Emma Flanagan	U20 RSD	3.11

W Long Jump B

1 Amy Howard	BNG	4.68
2 Becky Garnett	U17 LMK	4.15
3 Chloe Clarkson	U17 BUH	4.12
4 Naomi Harvey-Franklin	U17 HFH	3.80
5 Becky Rowlands	U20 SPN	3.74
6 Laura Johnstone	RSD	2.97

W Pole Vault A

1 Jennifer Ibbitson	HFH	2.40
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W Pole Vault B

No competitors

W Shot Putt A

1 Sarah Benson	BNG	11.92
2 Wendy Laing	LMK	9.68
3 Jennifer Ibbitson	HFH	8.45
4 Jemima Peatfield-Hall	BUH	6.86
5 Emma Smith	RSD	6.34
6 Sasha Craig	U17 SPN	6.20

W Shot Putt B

1 Janine Crosby	BNG	8.49
2 Holly Nelson	U17 LMK	8.34
3 Katie Zientek	HFH	8.08
4 Louise Kay	BUH	6.50
5 Amy Sharrad	SPN	6.05
6 Lorna Taylor	RSD	5.75

W Triple Jump A

1 Harriet Pickles	BNG	10.78
2 Hannah Scholes	BUH	9.79
3 Jenny Tynan	U20 LMK	9.63
4 Cat Gallagher	RSD	9.45
5 Naomi Harvey-Franklin	U17 HFH	9.27

W Triple Jump B

1 Saffron Mackie	U20 BUH	9.78
2 Amy Howard	BNG	9.53
3 Laura Bartle	U20 HFH	8.83
4 Rebecca Mardell	U20 LMK	7.87
5 Laura Johnstone	RSD	7.35

W 4x100m Relay

1	SPN 51.1	1 Sasha Craig	U17	2 Jessica Ellis	U17
		3 Lauren Powell	U17	4 Amy Sharrad	
2	BUH 52.6	1 Sian Pledger	U20	2 Rebecca O'Keefe	
		3 Hannah Scholes		4 Katie Eckersley	
3	HFH 54.2	1 Lauren Storr		2 Naomi Harvey-Franklin	U17
		3 Harriet Roberts		4 Laura Bartle	U20
4	BNG 55.0	1 Emma Ogden		2 Kerisha Bogle	U17
		3 Joanne Oates		4 Harriet Pickles	
5	LMK 56.3	1 Holly Nelson	U17	2 Jenny Tynan	U20
		3 Allysia Hine	U17	4 Becky Garnett	U17
6	RSD 64.6	1 Heather Corbishley		2 Laura Johnstone	
		3 Lorna Taylor		4 Cat Gallagher	

W 4x400m Relay

1	BUH 4.14.9	1 Rachel Pounds		2 Olivia McGreavy	
		3 Rebecca O'Keefe		4 Katie Eckersley	
2	SPN 4.15.4	1 Amy Sharrad		2 Sasha Craig	U17
		3 Emma Rawnsley	U20	4 Becky Rowlands	U20
3	HFH 4.31.5	1 Emma Szostak	U20	2 Cara Penfold	
		3 Harriet Roberts		4 Claire Leaver	
4	RSD 4.34.1	1 Heather Corbishley		2 Cat Gallagher	
		3 Emma Flanagan	U20	4 Katy Ireland	U20
5	BNG DISQ				

M 4x100m Relay

1	BUH 44.9	1 Stephen Hemming		2 Chris Eckersley	
		3 Matt Osborne		4 Chris Sinclair	
2	HFH 46.0	1 Jordan Toth	U20	2 Luke Craven	U17
		3 Jacob Henton	U17	4 Russell Balmforth	
3	BNG 47.5	1 Oliver Robinson		2 Ben Marriott	U20
		3 Demetric Nelson	U17	4 Alan Brewer	
4	LMK 48.1	1 Graham Parsons	U20	2 Callum Blaikie	U20
		3 Mikey Hoyle		4 Frank Shepherd	U20
5	SPN 50.1	1 David Lawson		2 Toby Aspindle	U17
		3 Keith McGhie V50		4 Carl Foulstone	U20
6	RSD 57.9	1 Elliott Wylie	U17	2 Phil Bolton	
		3 Steve Duxbury		4 Anthony Dalton	

M 4x400m Relay

1	LMK	3.31.5	1	Tom Matthews	U20	2	Mark Gardner	
			3	Luke Ingham	U17	4	Beau Smith	U17
2	BUH	3.31.9	1	Chris Sinclair		2	Sam Gough	
			3	Matt Osborne		4	Frazer Jardine	U20
3	SPN	3.38.5	1	Scott Atkinson	U17	2	Keith McGhie	V50
			3	Carl Foulstone	U20	4	Isaac Kitchen-Smith	U17
4	BNG	3.50.5	1	Chris Edwin		2	Oliver Robinson	
			3	Alan Brewer		4	Ben Marriott	U20
5	HFH	3.52.0	1	Jacob Henton	U17	2	Stuart Morrison	U17
			3	Liam Holdsworth	U20	4	Max Kaye	U17
6	RSD	4.17.4	1	Chris Fell		2	Phil Bolton	
			3	Steve Duxbury		4	Anthony Dalton	

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS				
Event	Lge	Event	Lge	Event	Lge	Event	Lge	
1 BNG	1189	17	1 HFH	418.5	6	1 Holmfirth Harriers AC	1612	22
2 HFH	1193.5	16	2 BUH	374	5	2 Bingley Harriers & AC	1531	21
3 BUH	1099.5	12	3 BNG	342	4	3 Bolton United Harriers	1473.5	17
4 SPN	893	8	4 LMK	324	3	4 Spenborough & District AC	1162.5	10
5 RSD	804	6	5 SPN	269.5	2	5 Lancaster M'cambe Kendal	1067	7
6 LMK	743	4	6 RSD	217	1	6 Rossendale Harriers	1021	7

General Comment: No competitors W Pole Vault B,

Note(s)

BNG Includes + 30pts,

BUH Includes + 30pts,

HFH Includes + 30pts,

LMK Includes + 30pts,

RSD Includes - 10pts, Includes + 20pts, Deduction for athlete over use.

SPN Includes + 30pts,

NoE League Div 2WC Round:4 GUEST RESULTS
Bolton, Leverhulme Park, Sat 31 July 2010

W 100m

1 Becky Garnett
2 Alysia Hine

U17 LMK 14.1
U17 LMK 14.9

M 100m

1 Dan Harrop

U20 LMK 11.6

		BNG	BUH	HFH	LMK	RSD	SPN	POINTS		
No's		1 11	2 22	3 33	4 44	5 55	6 66	Used	Waste	Tot
M 100m	A	9	7	0	6	4	5	31	3	34
	B	0	5	7	4	0	3	19	3	22
Cumulative		9	12	7	10	4	8	50	6	56
M 200m	A	7	5	9	4	3	6	34	0	34
	B	0	5	7	4	0	3	19	3	22
Cumulative		16	22	23	18	7	17	103	9	112
M 400m	A	9	6	4	5	3	7	34	0	34
	B	2	5	3	7	1	4	22	0	22
Cumulative		27	33	30	30	11	28	159	9	168
M 800m	A	6	7	5	9	3	4	34	0	34
	B	2	4	5	7	3	1	22	0	22
Cumulative		35	44	40	46	17	33	215	9	224
M 1500m	A	9	4	6	7	3	5	34	0	34
	B	0	0	7	5	0	4	16	6	22
Cumulative		44	48	53	58	20	42	265	15	280
M 5000m	A	4	6	7	9	5	0	31	3	34
	B	4	0	7	5	3	0	19	3	22
Cumulative		52	54	67	72	28	42	315	21	336
M 110mH	A	9	6	7	4	5	0	31	3	34
	B	0	0	7	0	0	0	7	15	22
Cumulative		61	60	81	76	33	42	353	39	392
M 400mH	A	9	7	4	3	5	6	34	0	34
	B	0	4	7	5	3	0	19	3	22
Cumulative		70	71	92	84	41	48	406	42	448
M 3000SC	A	0	5	6	9	7	0	27	7	34
	B	0	0	5	7	4	0	16	6	22
Cumulative		70	76	103	100	52	48	449	55	504
M DT	A	6	7	9	4	3	5	34	0	34
	B	7	5	3	4	1	2	22	0	22
Cumulative		83	88	115	108	56	55	505	55	560
M HT	A	6	7	9	4	3	5	34	0	34
	B	4	7	5	2	1	3	22	0	22
Cumulative		93	102	129	114	60	63	561	55	616

		Team						POINTS		
No's		BNG	BUH	HFH	LMK	RSD	SPN	Used	Waste	Tot
		1 11	2 22	3 33	4 44	5 55	6 66			
M HJ	A	6	4	7	9	3	5	34	0	34
	B	0	6	6	0	0	0	12	10	22
Cumulative		99	112	142	123	63	68	607	65	672
M JT	A	6	7	9	5	3	4	34	0	34
	B	7	4	5	2	1	3	22	0	22
Cumulative		112	123	156	130	67	75	663	65	728
M LJ	A	6	9	7	4	3	5	34	0	34
	B	3	5	7	4	0	2	21	1	22
Cumulative		121	137	170	138	70	82	718	66	784
M PV	A	0	7	9	0	6	0	22	12	34
	B	0	5	7	0	0	0	12	10	22
Cumulative		121	149	186	138	76	82	752	88	840
M SP	A	6	7	9	5	3	4	34	0	34
	B	7	4	5	3	1	2	22	0	22
Cumulative		134	160	200	146	80	88	808	88	896
M TJ	A	0	7	9	5	6	4	31	3	34
	B	0	7	5	4	3	0	19	3	22
Cumulative		134	174	214	155	89	92	858	94	952
W 100m	A	6	7	5	0	4	9	31	3	34
	B	3	5	4	0	2	7	21	1	22
Cumulative		143	186	223	155	95	108	910	98	1008
W 200m	A	7	6	4	5	3	9	34	0	34
	B	4	5	2	3	1	7	22	0	22
Cumulative		154	197	229	163	99	124	966	98	1064
W 400m	A	5	9	3	7	4	6	34	0	34
	B	2	5	3	1	4	7	22	0	22
Cumulative		161	211	235	171	107	137	1022	98	1120
W 800m	A	3	9	5	7	4	6	34	0	34
	B	2	4	5	1	3	7	22	0	22
Cumulative		166	224	245	179	114	150	1078	98	1176
W 1500m	A	9	0	5	7	6	4	31	3	34
	B	0	0	4	7	3	5	19	3	22
Cumulative		175	224	254	193	123	159	1128	104	1232
W 3000m	A	7	0	6	9	5	4	31	3	34
	B	7	0	4	3	5	0	19	3	22
Cumulative		189	224	264	205	133	163	1178	110	1288

Team		BNG	BUH	HFH	LMK	RSD	SPN	POINTS		
No's		1 11	2 22	3 33	4 44	5 55	6 66	Used	Waste	Tot
W 100mH	A	5	7	9	0	6	0	27	7	34
	B	0	0	7	0	5	0	12	10	22
Cumulative		194	231	280	205	144	163	1217	127	1344
W 400mH	A	0	9	7	0	6	5	27	7	34
	B	0	4	3	0	5	7	19	3	22
Cumulative		194	244	290	205	155	175	1263	137	1400
W 1500SC	A	0	0	0	0	0	0	0	0	0
	B	0	0	0	0	0	0	0	0	0
Cumulative		194	244	290	205	155	175	1263	137	1400
W DT	A	9	4	7	5	3	6	34	0	34
	B	7	3	5	4	2	1	22	0	22
Cumulative		210	251	302	214	160	182	1319	137	1456
W HT	A	9	7	6	0	5	4	31	3	34
	B	7	4	5	0	3	2	21	1	22
Cumulative		226	262	313	214	168	188	1371	141	1512
W HJ	A	7	5	4	9	3	6	34	0	34
	B	4	5	2.5	7	1	2.5	22	0	22
Cumulative		237	272	319.5	230	172	196.5	1427	141	1568
W JT	A	9	5	6	7	4	3	34	0	34
	B	4	2	5	7	1	3	22	0	22
Cumulative		250	279	330.5	244	177	202.5	1483	141	1624
W LJ	A	9	7	5	6	3	4	34	0	34
	B	7	4	3	5	1	2	22	0	22
Cumulative		266	290	338.5	255	181	208.5	1539	141	1680
W PV	A	0	0	9	0	0	0	9	25	34
	B	0	0	0	0	0	0	0	22	22
Cumulative		266	290	347.5	255	181	208.5	1548	188	1736
W SP	A	9	5	6	7	4	3	34	0	34
	B	7	3	4	5	1	2	22	0	22
Cumulative		282	298	357.5	267	186	213.5	1604	188	1792
W TJ	A	9	7	4	6	5	0	31	3	34
	B	5	7	4	3	2	0	21	1	22
Cumulative		296	312	365.5	276	193	213.5	1656	192	1848
W 4x1		5	7	6	4	3	9	34	0	34
Cumulative		301	319	371.5	280	196	222.5	1690	192	1882
W 4x4		0	9	6	0	5	7	27	7	34
Cumulative		301	328	377.5	280	201	229.5	1717	199	1916

Team No's	BNG	BUH	HFH	LMK	RSD	SPN	POINTS		
	1 11	2 22	3 33	4 44	5 55	6 66	Used	Waste	Tot
M 4x1	6	9	7	5	3	4	34	0	34
Cumulative	307	337	384.5	285	204	233.5	1751	199	1950
M 4x4	5	7	4	9	3	6	34	0	34
Cumulative	312	344	388.5	294	207	239.5	1785	199	1984
Add	30	30	30	30	20	30	0	0	0
subtract	0	0	0	0	-10	0	0	0	0
Cumulative	342	374	418.5	324	217	269.5	1785	199	1984
TOTALS	342	374	418.5	324	217	269.5	1785	199	1984

Pos	Team	Points	Add	Sub	Total
1	Holmfirth Harriers AC	388.5	30	0	418.5
2	Bolton United Harriers	344	30	0	374
3	Bingley Harriers & AC	312	30	0	342
4	Lancaster M'cambe Kendal	294	30	0	324
5	Spenborough & District AC	239.5	30	0	269.5
6	Rossendale Harriers	207	20	-10	217

Used + add - sub = total 1785 170 -10 1945
 Unused points 199 199
 (Used+unused)+add-sub=total 1984 170 -10 2144

Team	1st	2nd	3rd	4th	5th	6th	1st	2nd	3rd	4th	5th	6th
HFH A	9	7	8	5	6	1	B 10	10	5	6	1	0
BUH A	6	16	4	5	3	0	B 4	10	8	2	1	0
BNG A	12	4	9	4	1	1	B 8	1	5	2	4	0
LMK A	7	6	3	7	6	1	B 6	5	6	4	2	2
SPN A	3	2	7	7	9	2	B 5	1	2	6	6	2
RSD A	0	1	5	7	6	17	B 0	3	2	7	3	10

Men	Event	Women	Event
1	Holmfirth Harriers AC	1	Bingley Harriers & AC
2	Bolton United Harriers	2	Holmfirth Harriers AC
3	Lancaster M'cambe Kendal	3	Bolton United Harriers
4	Bingley Harriers & AC	4	Spenborough & District AC
5	Spenborough & District AC	5	Lancaster M'cambe Kendal
6	Rossendale Harriers	6	Rossendale Harriers