

M 100m A

1 Jordan Toth	U20	HFH	11.0
2 Demetric Nelson	U17	BNG	11.3
3 Dan Harrop	U20	LMK	11.5
4 Scott Atkinson	U17	SPN	11.5
5 James Eccles	U20	BUH	11.6
6 Jack Stringfellow	U20	RSD	12.9

M 100m B

1 Luke Craven	U17	HFH	11.8
2 Graham Parsons	U20	LMK	11.8
3 Steve McNamara		SPN	11.9
4 Matthew Chambers	U17	BNG	12.0
5 Stephen Hemming		BUH	12.2
6 Sam Walsh	U17	RSD	16.4

M 200m A

1 Jordan Toth	U20	HFH	22.6
2 Demetric Nelson	U17	BNG	22.8
3 Dan Harrop	U20	LMK	23.3
4 Chris Sinclair		BUH	23.6
5 Isaac Kitchen-Smith	U17	SPN	24.0
6 Jack Stringfellow	U20	RSD	26.5

M 200m B

1 Tom Matthews		LMK	24.1
2 Jacob Henton	U17	HFH	24.2
3 Stephen Hemming		BUH	24.5
4 Joseph Grace	U20	SPN	25.2
5 Sam Walsh	U17	RSD	33.8

M 400m A

1 Oliver Robinson		BNG	50.1
2 Scott Atkinson	U17	SPN	50.3
3 Junior George	U20	HFH	50.4
4 Tom Matthews		LMK	51.7
5 Joe Kelly	U20	RSD	51.7
6 James Eccles	U20	BUH	51.8

M 400m B

1 Steve McNamara		SPN	51.4
2 Joe Moores	U17	RSD	52.2
3 Chris Sinclair		BUH	52.6
4 Jacob Henton	U17	HFH	53.7
5 Matthew Burns	U20	LMK	53.9

M 800m A

1 Beau Smith	U17	LMK	2.01.3
2 Joe Kelly	U20	RSD	2.01.8
3 Frazer Jardine		BUH	2.02.2
4 Max Kaye	U17	HFH	2.06.6
5 Keith McGhie V50		SPN	2.07.2
6 Alan Brewer		BNG	2.35.6

M 800m B

1 Mark Gardner		LMK	2.07.0
2 Thomas Traviss-Pollard	U17	HFH	2.08.2
3 Joe Johnstone	U20	RSD	2.09.4
4 Dave Shaw		BUH	2.10.4
5 Simon Bolland	U17	SPN	2.15.8

M 1500m A

1 Frazer Jardine		BUH	4.22.6
2 Ryan Dransfield	U20	SPN	4.23.1
3 Mark Gardner		LMK	4.25.6
4 Thomas Traviss-Pollard	U17	HFH	4.26.3
5 Joe Johnstone	U20	RSD	4.26.6
6 Lee Athersmith		BNG	4.33.1

M 1500m B

1 Ian Bowles		BUH	4.24.8
2 Mathew Johnson	U20	HFH	4.26.6
3 Anthony Dalton	U17	RSD	4.30.0
4 Chris Hampson	U17	SPN	4.34.4
5 Michael Hoyle	U17	LMK	4.43.3
6 Dave Benson		BNG	5.36.7

M 5000m A

1 Mathew Peirson		HFH	15.21.1
2 Danny Parkinson		LMK	15.38.9
3 Anthony Valentine		BUH	16.05.6
4 Chris Fell		RSD	16.10.7
5 Stewart Macdonald		BNG	16.12.2
6 Kevin Ogden		SPN	16.23.8

M 5000m B

1 Dave Turnball		HFH	15.45.7
2 Joe Johnstone	U20	RSD	17.16.5
3 Dave Shaw		BUH	17.48.0
4 Mark Gardner		LMK	18.05.7
5 Keith McGhie V50		SPN	18.06.9
6 Conor Terry		BNG	21.22.6

M 110mH A

1 Oliver Robinson		BNG	16.4
2 Graham Bickerdike		HFH	17.0
3 Tom Hope		BUH	17.0
4 Phil Bolton		RSD	21.0
5 Allan Gordon		LMK	22.2
6 Carl Foulstone	U20	SPN	22.6

M 110mH B

1 Scott Whittle		BUH	19.0
2 Aaron Barker		RSD	21.0
3 Danny Crosby		BNG	21.2
4 William McFadzean		HFH	23.7

M 400mH A			M 400mH B		
1	Oliver Robinson	BNG 53.7	1	Scott Whittle	BUH 63.0
2	Carl Foulstone	U20 SPN 62.0	2	Aaron Barker	RSD 65.0
3	Tom Hope	BUH 65.7	3	Danny Lyness	BNG 67.4
4	Phil Bolton	RSD 66.9	4	Matt Mitchell	LMK 72.9
5	Allan Gordon	LMK 68.5	5	William McFadzean	HFH 82.0
6	Liam Holdsworth	U20 HFH 71.7			
M 3000m SC A			M 3000m SC B		
1	Ali Assas	HFH 9.51.9	1	Mark Swannell	BUH 10.45.7
2	Ian Bowles	BUH 10.13.3	2	Mathew Dewhirst	HFH 12.36.7
3	Lee Athersmith	BNG 10.19.7	3	Sam Walsh	U17 RSD 13.20.8
4	Phil Bolton	RSD 10.44.4	4	Matt Mitchell	LMK 13.53.6
5	Allan Gordon	LMK 11.11.6			
M Discus Throw A			M Discus Throw B		
1	Graham Bickerdike	HFH 38.64	1	Danny Crosby	BNG 26.10
2	John Nicholson	BUH 36.09	2	Michael O'Donnell	BUH 25.71
3	Robin Boot	LMK 33.23	3	Elliott Griffin	U17 SPN 22.26
4	Jason Scott	BNG 30.73	4	Andrew Storr	HFH 18.84
5	Toby Aspindle	U17 SPN 24.59	5	Steve Duxbury	RSD 15.29
6	Michael Solomon	RSD 19.07	6	Matt Mitchell	LMK 15.03
M Hammer Throw A			M Hammer Throw B		
1	Jason Scott	BNG 32.35	1	Andrew Storr	HFH 23.81
2	Graham Bickerdike	HFH 29.91	2	Shaun O'Donnell	BUH 18.32
3	Michael O'Donnell	BUH 26.46	3	Alan Derby	SPN 18.04
4	Roy Bain	SPN 20.19	4	Danny Crosby	BNG 16.68
5	Mark Gardner	LMK 18.38	5	Steve Duxbury	RSD 10.22
6	Michael Solomon	RSD 14.40			
M High Jump A			M High Jump B		
1	Brian Hall	BUH 2.11	1	Liam Holdsworth	U20 HFH 1.70
2	Graham Bickerdike	HFH 1.75	2	Larry Animashaun	BNG 1.60
3	Danny Crosby	BNG 1.70	3	Didi Nturo	BUH 1.60
4	Billy Akrigg	U20 LMK 1.55	4	Joe Moores	U17 RSD 1.45
5	Toby Aspindle	U17 SPN 1.55	5	Keith McGhie V50	SPN 1.45
6	Aaron Barker	RSD 1.50			
M Javelin Throw A			M Javelin Throw B		
1	Graham Bickerdike	HFH 56.43	1	Danny Crosby	BNG 35.24
2	Michael O'Donnell	BUH 49.95	2	Robin Boot	LMK 32.93
3	Richard Dawson	BNG 40.70	3	Dabby Buleni	BUH 32.44
4	Billy Akrigg	U20 LMK 36.02	4	Steve Duxbury	RSD 29.48
5	Joe Moores	U17 RSD 35.36	5	Andrew Storr	HFH 21.18
6	Elliott Griffin	U17 SPN 29.87	6	David Lawson	U20 SPN 10.52
M Long Jump A			M Long Jump B		
1	Ian Bowles	BUH 5.90	1	Chris Sinclair	BUH 5.79
2	Luke Craven	U17 HFH 5.86	2	Larry Animashaun	BNG 5.67
3	Billy Akrigg	U20 LMK 5.76	3	Matthew Burns	U20 LMK 5.58
4	Matthew Chambers	U17 BNG 5.73	4	Jack Stringfellow	U20 RSD 5.05
5	Aaron Barker	RSD 5.55	5	Stuart Morrison	U17 HFH 4.98
6	Isaac Kitchen-Smith	U17 SPN 5.18	6	Joseph Grace	U20 SPN 4.29

M Pole Vault A

1 Graham Bickerdike	HFH	3.50
2 Michael O'Donnell	BUH	3.20
3 Danny Crosby	BNG	3.00
4 Phil Bolton	RSD	2.70

M Pole Vault B

1 Liam Holdsworth	U20 HFH	3.00
2 Aaron Barker	RSD	2.50
3 Didi Nturo	BUH	2.40

M Shot Putt A

1 Graham Bickerdike	HFH	12.56
2 John Nicholson	BUH	10.48
3 Robin Boot	LMK	9.57
4 Keith Daniel	BNG	9.17
5 Toby Aspinde	U17 SPN	7.35
6 Steve Duxbury	RSD	7.04

M Shot Putt B

1 Jason Scott	BNG	8.48
2 Shaun O'Donnell	BUH	8.44
3 Andrew Storr	HFH	8.40
4 Keith McGhie V50	SPN	6.77
5 Michael Solomon	RSD	6.69
6 Matt Mitchell	LMK	6.39

M Triple Jump A

1 Luke Craven	U17 HFH	13.12
2 Brian Hall	BUH	12.57
3 Matthew Chambers	U17 BNG	12.39
4 Billy Akrigg	U20 LMK	12.07
5 Steve McNamara	SPN	10.85
6 Jack Stringfellow	U20 RSD	10.62

M Triple Jump B

1 Tom Hope	BUH	12.20
2 Danny Crosby	BNG	11.39
3 Stuart Morrison	U17 HFH	11.34
4 Isaac Kitchen-Smith	U17 SPN	10.32
5 Michael Hoyle	U17 LMK	9.48

W 100m A

1 Ciara Flannery	U17 SPN	12.9
2 Kerisha Bogle	U17 BNG	13.2
3 Rebecca O'Keefe	BUH	13.3
4 Rebecca Mardell	U20 LMK	14.0
5 Cat Gallagher	RSD	14.5
6 Anna Whitwam	U17 HFH	15.3

W 100m B

1 Lauren Powell	U17 SPN	12.7
2 Katie Eckersley	BUH	13.5
3 Emma Ogden	BNG	13.9
4 Laura Bartle	U20 HFH	15.3
5 Laura Morris	LMK	18.0
6 Vikki Hardwicke	RSD	18.8

W 200m A

1 Jessica Ellis	U17 SPN	25.8
2 Kerisha Bogle	U17 BNG	26.9
3 Rebecca Mardell	U20 LMK	27.7
4 Cat Gallagher	RSD	29.3
5 Harriet Roberts	HFH	29.6
6 Rebecca O'Keefe	BUH	33.6

W 200m B

1 Sasha Craig	U17 SPN	26.6
2 Chloe Holden-Wilson	U17 BNG	26.9
3 Katie Eckersley	BUH	27.3
4 Emma Szostak	HFH	28.7
5 Vikki Hardwicke	RSD	30.5
6 Laura Morris	LMK	38.9

W 400m A

1 Amy Freeman	SPN	58.3
2 Katie Eckersley	BUH	60.8
3 Rebecca Mardell	U20 LMK	63.3
4 Sarah Yeomans	RSD	64.7
5 Harriet Roberts	HFH	65.6
6 Laura Pitts	BNG	69.3

W 400m B

1 Natasha Ashong	U20 SPN	61.1
2 Rachel Pounds	BUH	63.9
3 Cat Gallagher	RSD	66.8
4 Holly Craig	U20 BNG	69.8
5 Cara Penfold	HFH	72.0
6 Laura Morris	LMK	84.1

W 800m A

1 Jenny Walsh	U20 SPN	2.16.1
2 Carly Robertson	U20 BNG	2.22.8
3 Rachel Pounds	BUH	2.24.0
4 Harriet Roberts	HFH	2.32.6
5 Heather Corbishley	RSD	2.39.6
6 Laura Morris	LMK	2.58.0

W 800m B

1 Emma Rawnsley	U20 SPN	2.27.0
2 Chloe Holden-Wilson	U17 BNG	2.34.5
3 Cara Penfold	HFH	2.38.3
4 Shelley Tattersall	RSD	2.44.8
5 Katie Smith	BUH	3.00.2

W 1500m A

1 Jenny Walsh	U20	SPN	4.43.0
2 Katie Walshaw		HFH	4.59.0
3 Jenna Killock	U17	BNG	5.16.4
4 Melissa Birbeck		LMK	5.20.9
5 Sarah Yeomans		RSD	5.25.7

W 1500m B

1 Claire Leaver		HFH	5.03.4
2 Becky Rowlands	U20	SPN	5.15.6
3 Andrea Dennison		BNG	5.30.7
4 Heather Corbishley		RSD	5.41.3
5 Laura Morris		LMK	5.49.7

W 3000m A

1 Katie Walshaw		HFH	10.26.3
2 Andrea Dennison		BNG	11.19.7
3 Melissa Birbeck		LMK	11.41.8
4 Davina Raidy		RSD	12.10.0
5 Jackie Carter		SPN	13.47.8

W 3000m B

1 Claire Leaver		HFH	11.04.1
2 Jayne Perry		LMK	12.20.7
3 Meryl Dodd		BNG	12.32.0
4 Laura Johnstone		RSD	13.21.9
5 Amanda Pearson		SPN	16.42.0

W 100mH A

1 Olivia McGreavy		BUH	18.3
2 Emma Szostak		HFH	19.1
3 Laura Pitts		BNG	19.3
4 Heather Corbishley		RSD	21.0

W 100mH B

1 Emma Ogden		BNG	19.9
2 Sarah Yeomans		RSD	19.9
3 Laura Bartle	U20	HFH	21.8

W 400mH A

1 Olivia McGreavy		BUH	69.1
2 Heather Corbishley		RSD	70.6
3 Laura Pitts		BNG	71.8
4 Emma Szostak		HFH	71.9

W 400mH B

1 Laura Johnstone		RSD	87.5
2 Sara Griffiths		HFH	92.7
3 Ilse Hemming		BUH	93.9

W Discus Throw A

1 Janine Crosby		BNG	33.63
2 Jenny Ibbitson		HFH	29.37
3 Carly Fisher-Beanland		SPN	24.48
4 Olivia McGreavy		BUH	19.77
5 Heather Parker	U20	RSD	16.17
6 Jayne Perry		LMK	13.84

W Discus Throw B

1 Amy Howard		BNG	32.78
2 Katie Zientek		HFH	25.87
3 Sarah Anthoney	U17	SPN	23.45
4 Katie Eckersley		BUH	12.89
5 Davina Raidy		RSD	11.60

W Hammer Throw A

1 Amy Howard		BNG	43.77
2 Jenny Ibbitson		HFH	36.70
3 Carly Fisher-Beanland		SPN	34.58
4 Heather Corbishley		RSD	17.03

W Hammer Throw B

1 Jessica Mayho	U20	BNG	42.10
2 Katie Zientek		HFH	20.09
3 Sheila Bolland		SPN	19.46
4 Cat Gallagher		RSD	14.00

W High Jump A

1 Harriet Pickles	BNG	1.45
2 Emma Rawnsley	U20 SPN	1.40
3 Sara Griffiths	HFH	1.35
4 Heather Parker	U20 RSD	1.25
5 Ilse Hemming	BUH	1.20

W High Jump B

1 Emma Ogden	BNG	1.35
2 Chelsea Mitchell	U17 SPN	1.25
3 Jenny Ibbitson	HFH	1.20
4 Sarah Yeomans	RSD	1.20

W Javelin Throw A

1 Harriet Pickles	BNG	31.94
2 Katie Zientek	HFH	29.22
3 Heather Parker	U20 RSD	24.68
4 Chelsea Mitchell	U17 SPN	23.39
5 Ilse Hemming	BUH	15.68
6 Jayne Perry	LMK	11.13

W Javelin Throw B

1 Emma Jones	BNG	31.79
2 Jenny Ibbitson	HFH	24.82
3 Vikki Hardwicke	RSD	14.39
4 Laura Morris	LMK	7.20
5 Jade Stephenson	U20 SPN	6.78
6 Rachel Pounds	BUH	4.00

W Long Jump A

1 Harriet Pickles	BNG	4.85
2 Jessica Ellis	U17 SPN	4.42
3 Chloe Clarkson	U17 BUH	4.17
4 Anna Whitwam	U17 HFH	4.02
5 Rebecca Mardell	U20 LMK	3.91
6 Davina Raidy	RSD	3.30

W Long Jump B

1 Emma Rawnsley	U20 SPN	4.21
2 Ilse Hemming	BUH	4.16
3 Laura Bartle	U20 HFH	3.89
4 Emma Ogden	BNG	3.73
5 Laura Johnstone	RSD	3.07

W Pole Vault A

1 Jenny Ibbitson	HFH	2.10
2 Sarah Yeomans	RSD	1.70

W Pole Vault B

1 Cat Gallagher	RSD	NOHGT
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W Shot Putt A

1 Chelsea Mitchell	U17 SPN	10.28
2 Janine Crosby	BNG	9.36
3 Katie Zientek	HFH	8.40
4 Heather Parker	U20 RSD	6.53
5 Ilse Hemming	BUH	6.24
6 Jayne Perry	LMK	5.80

W Shot Putt B

1 Amy Howard	BNG	9.21
2 Carly Fisher-Beanland	SPN	8.74
3 Jenny Ibbitson	HFH	8.12
4 Laura Johnstone	RSD	5.03
5 Rebecca O'Keefe	BUH	4.97

W Triple Jump A

1 Harriet Pickles	BNG	10.61
2 Laura Bartle	U20 HFH	9.48
3 Cat Gallagher	RSD	9.06
4 Sarah Anthoney	U17 SPN	8.98
5 Rebecca Mardell	U20 LMK	8.64
6 Chloe Clarkson	U17 BUH	8.34

W Triple Jump B

1 Amy Howard	BNG	9.72
2 Anna Whitwam	U17 HFH	8.94
3 Ilse Hemming	BUH	7.89
4 Laura Johnstone	RSD	7.73

W 4x100m Relay

1	SPN 50.9	1 Jessica Ellis	U17	2 Sasha Craig
		3 Natasha Ashong	U20	4 Ciara Flannery
2	BNG 52.7	1 Emma Ogden		2 Chloe Holden-Wilson
		3 Harriet Pickles		4 Kerisha Bogle
3	HFH 56.3	1 Emma Szostak		2 Laura Bartle
		3 Harriet Roberts		4 Anna Whitwam
4	BUH 57.3	1 Ilse Hemming		2 Rachel Pounds
		3 Katie Eckersley		4 Olivia McGreavy
5	RSD 61.4	1 Heather Parker	U20	2 Davina Raidy
		3 Heather Corbishley		4 Vikki Hardwicke

W 4x400m Relay

1	SPN 4.00.5	1 Amy Freeman		2 Amy Sharrad
		3 Ciara Flannery	U17	4 Emma Rawnsley
2	BNG 4.23.5	1 Chloe Holden-Wilson	U17	2 Jenna Killock
		3 Holly Craig	U20	4 Kerisha Bogle
3	RSD 4.32.3	1 Cat Gallagher		2 Laura Johnstone
		3 Sarah Yeomans		4 Heather Corbishley
4	HFH 4.34.1	1 Emma Szostak		2 Katie Walshaw
		3 Claire Leaver		4 Harriet Roberts
5	BUH 4.41.9	1 Katy O'Keefe		2 Katie Smith
		3 Rachel Pounds		4 Katie Eckersley

M 4x100m Relay

1	SPN 46.7	1 Toby Aspindle	U17	2 Isaac Kitchen-Smith	U17
		3 Steve McNamara		4 Scott Atkinson	U17
2	BUH 46.8	1 Stephen Hemming		2 Frazer Jardine	
		3 Chris Sinclair		4 Scott Whittle	
3	BNG 46.9	1 Demetric Nelson	U17	2 Danny Lyness	
		3 Oliver Robinson		4 Matthew Chambers	U17
4	HFH 47.2	1 Jacob Henton	U17	2 Luke Craven	U17
		3 Jordan Toth	U20	4 Russell Balmforth	
5	LMK 47.7	1 Dan Harrop	U20	2 Mark Gardner	
		3 Matthew Burns	U20	4 Tom Matthews	
6	RSD 57.4	1 Jack Stringfellow	U20	2 Sam Walsh	U17
		3 Phil Bolton		4 Michael Solomon	

M 4x400m Relay

1 LMK 3.36.1	1 Beau Smith	U17	2 Tom Matthews
	3 Matthew Burns	U20	4 Allan Gordon
2 BUH 3.38.1	1 Frazer Jardine		2 Chris Sinclair
	3 Ian Bowles		4 Scott Whittle
3 RSD 3.38.3	1 Anthony Dalton	U17	2 Joe Moores U17
	3 Joe Kelly	U20	4 Aaron Barker
4 SPN 3.43.8	1 Steve McNamara		2 Ryan Dransfield U20
	3 Simon Bolland	U17	4 Carl Foulstone U20
5 BNG 3.44.8	1 Danny Lyness		2 Oliver Robinson
	3 Stewart Macdonald		4 Demetric Nelson U17
6 HFH 3.54.6	1 Thomas Traviss-Pollard	U17	2 Max Kaye U17
	3 Jacob Henton	U17	4 Stuart Morrison U17

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS			
Event	Lge	Event	Lge	Event	Lge	Event	Lge
1 BNG 791	12	1 HFH 420	6	1 Bingley Harriers & AC		1189	17
2 HFH 773.5	10	2 BNG 398	5	2 Holmfirth Harriers AC		1193.5	16
3 BUH 748.5	8	3 BUH 341	4	3 Bolton United Harriers		1089.5	12
4 SPN 569	5	4 SPN 324	3	4 Spenborough & District AC		893	8
5 RSD 508	4	5 RSD 296	2	5 Rossendale Harriers		804	6
6 LMK 515	3	6 LMK 228	1	6 Lancaster M'cambe Kendal		743	4

Note(s)

BNG Includes + 30pts,
 BUH Includes + 20pts,
 HFH Includes + 30pts,
 LMK Includes + 20pts,
 RSD Includes + 25pts,
 SPN Includes + 30pts,

M 100m

1 Danny Lyness	BNG 12.3
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