

M 100m A

1 Craig Yates	SPN	11.3
2 Nicholas Aghahowa	BNG	11.4
3 Steven Berrie	LMK	11.8
4 Adrian Spence	SAL	11.9
5 John Pearce	BRW	12.0
6 Ben Julien	HFH	12.2

M 100m B

1 Graham Parlett	BNG	11.4
2 Steven McNamara	SPN	11.9
3 Tom Batty	LMK	12.1
4 Mathew Hellowell	HFH	12.2
5 Phillip Burns	BRW	12.8

M 200m A

1 Craig Yates	SPN	22.6
2 Nicholas Aghahowa	BNG	23.3
3 Adrian Spence	SAL	23.6
4 Steven Berry	LMK	23.6
5 Russell O'Keefe	BRW	24.6
6 Mathew Hellowell	HFH	28.0

M 200m B

1 Graham Parlett	BNG	23.6
2 Steven McNamara	SPN	23.9
3 John Pearce	BRW	24.2
4 David Bowker	HFH	25.0
5 Darren O'Dea	SAL	25.4

M 400m A

1 Arran Topham	LMK	49.5
2 Darren Froggatt	SAL	51.6
3 Russell O'Keefe	BRW	53.5
4 David Stoker	BNG	53.8
5 Robert Spencer	HFH	54.9
6 Keith McGhie	SPN	57.0

M 400m B

1 Michael Coulthard	BRW	51.2
2 Mark Gardner	LMK	54.8
3 Robert Knowles	SPN	55.6
4 David Bowker	HFH	55.8
5 Andy Webster	SAL	57.0

M 800m A

1 Michael Coulthard	BRW	1.56.2
2 Darren Froggatt	SAL	2.00.0
3 Sam Clegg	BNG	2.01.1
4 Danny Parkinson	LMK	2.02.9
5 Keith McGhie V40	SPN	2.03.7
6 Tom Petit	HFH	2.08.0

M 800m B

1 Gary Stanton	SAL	2.03.6
2 Kieran Rowlands	LMK	2.04.6
3 Richie Hopley	SPN	2.07.4
4 Aidan Johnson	BNG	2.10.4
5 David Hook	BRW	2.14.1
6 Sean McCaffrey	HFH	2.23.8

M 1500m A

1 Sam Clegg	BNG	4.08.6
2 Phil Waite	BRW	4.09.4
3 Danny Whittaker	SAL	4.11.8
4 Ben Craddock	SPN	4.12.1
5 Shaun Pickering	HFH	4.20.6
6 Alistair Russell	LMK	4.23.6

M 1500m B

1 Aidan Johnson	BNG	4.20.8
2 Alistair Langron	HFH	4.26.5
3 Peter Savage	BRW	4.37.0
4 Paul Sutcliffe	SPN	4.45.7
5 Danny Parkinson	LMK	5.28.3

M 5000m A

1 Dave Watson	HFH	15.01.0
2 James Philipson	SAL	15.13.8
3 Stuart Macdonald	BNG	16.05.6
4 Russell Partington	BRW	16.28.4
5 Dom Jones	LMK	16.33.8
6 David Lane	SPN	17.09.0

M 5000m B

1 Robert Flannery	SAL	15.19.9
2 Pat Miller	BRW	16.30.3
3 Gary Graham	HFH	16.32.8
4 William Gardner	LMK	17.15.9
5 Keith McGhie	SPN	17.16.6

M 110mH A

1 Richard Walsh	HFH 17.6
2 Graham Parlett	BNG 18.7
3 Allan Gordon	LMK 19.9
4 Andy Webster	SAL 20.1

M 110mH B

1 Darren O'Dea	SAL 19.1
2 Robert Spencer	HFH 21.5
3 Neil Grundy	LMK 23.9

M 400mH A

1 Robert Spencer	HFH 60.7
2 David Stoker	BNG 61.3
3 Darren O'Dea	SAL 62.7
4 Robert Knowles	SPN 64.9
5 Allan Gordon	LMK 67.9
6 Phillip Burns	BRW 69.2

M 400mH B

1 Alistair Langron	HFH 62.1
2 Richard Eales	BRW 68.3
3 James Steel	SAL 71.6
4 Mark Gardner	LMK 78.2

M 3000m SC A

1 David Marsh	SAL 9.49.7
2 Pat Miller	BRW 9.58.0
3 Bob Daly	BNG 10.04.4
4 Danny Parkinson	LMK 10.15.7
5 Robert Spencer	HFH 10.26.9

M 3000m SC B

1 Russell Partington	BRW 10.11.4
2 Allistair Russell	LMK 10.16.6
3 Richard Walsh	HFH 10.36.7

M Discus Throw A

1 Martin Wilson	BRW 39.10
2 John Parkin	SAL 35.72
3 Ian Stanley	LMK 28.59
4 Tom Jennings	HFH 27.30
5 Alan Hemmingway	SPN 20.78

M Discus Throw B

1 Aidan Jones	LMK 24.74
2 Richard Martin	SPN 19.03
3 John Pearce	BRW 18.35

M Hammer Throw A

1 John Parkin	SAL 42.93
2 Richard Martin	SPN 38.81
3 Aidan Jones	LMK 35.05
4 Martin Wilson	BRW 24.41
5 Matthew Savage	BNG 22.53
6 Andrew Storr	HFH 22.11

M Hammer Throw B

1 John McFadzean	HFH 21.86
2 Alan Hemmingway	SPN 20.66
3 Ian Stanley	LMK 19.25
4 Gary Stanton	SAL 15.84

M High Jump A

1 Neil Grundy	LMK 1.70
2 Andrew Ormsby	HFH 1.70
3 Scott Walker	BRW 1.60
4 Richard Martin	SPN 1.50
5 Andy Webster	SAL 1.40

M High Jump B

1 Scott Reed	LMK 1.60
2 Richard Walsh	HFH 1.60
3 Keith McGhie	SPN 1.40

M Javelin Throw A

1 Matthew Savage	BNG 45.12
2 Tom Jennings	HFH 36.79
3 John Pearce	BRW 36.05
4 Ricky Fernley	SPN 31.65
5 Steven Houghton	LMK 30.82
6 Andy Webster	SAL 19.92

M Javelin Throw B

1 Dave Watson	HFH 35.25
2 Scott Walker	BRW 33.93
3 Alan Hemmingway	SPN 29.01
4 Mark Gardner	LMK 28.71

M Long Jump A

1 Scott Walker	BRW	5.82
2 Nicholas Aghahowa	BNG	5.77
3 Scott Reed	LMK	5.76
4 Steven McNamare	SPN	5.65
5 Ben Julien	HFH	5.38
6 Andy Webster	SAL	5.35

M Long Jump B

1 James Wright	LMK	5.43
2 David Bowker	HFH	5.38
3 Damian Pradier	SAL	4.73
4 Keith McGhie	SPN	4.39
5 David Hook	BRW	3.97

M Pole Vault A

1 Damian Pradier	SAL	4.00
2 Richard Martin	SPN	2.30

M Pole Vault B

1 David Allister	SAL	3.60
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M Shot Putt A

1 John Nicholls	SAL	15.25
2 Martin Wilson	BRW	12.85
3 Marcus Banks	HFH	12.28
4 K Daniel	BNG	9.71
5 Richard Martin	SPN	9.50
6 Aidan Jones	LMK	8.35

M Shot Putt B

1 Tom Jennings	HFH	10.65
2 Matthew Savage	BNG	8.64
3 Ian Stanley	LMK	8.11
4 Alan Hemmingway	SPN	7.70
5 Philip Burns	BRW	4.20

M Triple Jump A

1 Andy Webster	SAL	12.10
2 Richard Walsh	HFH	12.02
3 Scott Walker	BRW	11.67
4 Steven McNamara	SPN	11.32
5 Scott Reed	LMK	11.21

M Triple Jump B

1 Mark Gardner	LMK	11.21
2 Robert Knowles	SPN	10.49
3 Richard Eales	BRW	10.46
4 Ben Julien	HFH	10.41

W 100m A

1 Steph Johnston	BRW	12.9
2 Averil McClelland	LMK	13.1
3 Danielle Parkinson	SAL	13.2
4 Lauren Storr	HFH	13.4
5 Claire Barker	SPN	14.7

W 100m B

1 Suzanne Saam	LMK	13.3
2 Katia Lannon	SAL	13.4
3 Amy Griffiths	HFH	14.4
4 Laura Kirkwood	BRW	14.8
5 Amanda Pearson	SPN	20.2

W 200m A

1 Danielle Parkinson	SAL	26.6
2 Averil McClelland	LMK	26.8
3 Steph Johnston	BRW	27.3
4 Harriet Roberts	HFH	27.7
5 Claire Barker	SPN	30.6

W 200m B

1 Sarah Buttery	SAL	27.5
2 Suzanne Saam	LMK	28.2
3 Lauren Storr	HFH	28.5
4 Laura Kirkwood	BRW	30.1
5 Sheila Bolland	SPN	51.9

W 400m A

1 Kath Wellham	SAL	60.4
2 Lara Smith	BRW	62.9
3 Joanne Perry	LMK	64.2
4 Claire Barker	SPN	64.6
5 Zoe Storr	HFH	65.3

W 400m B

1 Harriet Roberts	HFH	64.6
2 Lauren Cooper	LMK	66.1
3 Lianne Singleton	SAL	66.4
4 Sarah Chorley	BRW	75.4
5 Amanda Pearson	SPN	1.49.8

W 800m A

1 Emma McIntyre	SAL	2.15.0
2 Ruth McGiven	HFH	2.23.3
3 Alice Fulton	BNG	2.26.9
4 Lauren Cooper	LMK	2.28.7
5 Katie Savage	BRW	2.31.2
6 Amanda Pearson	SPN	3.53.3

W 800m B

1 Cheri Morrison	SAL	2.28.5
2 Lizzie Spencer	HFH	2.32.6
3 Sarah Chorley	BRW	2.41.9
4 Laura Jones	LMK	2.46.0
5 Sheila Bolland	SPN	4.49.7

W 1500m A

1 Kaye Kirkham	SAL	4.49.4
2 Lizzie Spencer	HFH	5.07.3
3 Sue Sharp	BRW	5.34.4
4 Christine Handforth	LMK	5.36.3
5 Heather Mitchell	SPN	6.44.5

W 1500m B

1 Emma McIntyre	SAL	4.49.6
2 Kathy Farquhar	HFH	5.10.8
3 Alice Forster	BRW	5.34.8
4 Laura Jones	LMK	6.29.5
5 Amanda Pearson	SPN	8.20.8

W 3000m A

1 Louise Gardner	LMK	9.49.5
2 Margaret Boleman	SAL	10.14.9
3 Diane Waite	HFH	10.48.9
4 Sue Sharp	BRW	11.59.2
5 Heather Mitchell	SPN	13.34.3

W 3000m B

1 Jackie France	HFH	11.33.0
2 Jayne Perry	LMK	11.37.0
3 Joane Hoyland	BRW	12.04.9
4 Amanda Pearson	SPN	17.09.2

W 100mH A

1 Emily Noble	BNG	14.8
2 Katia Lannon	SAL	15.7
3 Lara Smith	BRW	18.0
4 Harriet Roberts	HFH	19.7
5 Suzanne Saam	LMK	20.8

W 100mH B

1 Rebecca Long	BNG	16.7
2 Rebecca Richardson	SAL	17.3
3 Helen Owen	BRW	18.0
4 Christine Handforth	LMK	20.8
5 Zoe Storr	HFH	23.7

W 400mH A

1 Rebecca Long	BNG	66.1
2 Kath Wellham	SAL	66.2
3 Lara Smith	BRW	68.3
4 Zoe Storr	HFH	76.2
5 Christine Handforth	LMK	82.8

W 400mH B

1 Vicky Utley	SAL	70.1
2 Joanne Perry	LMK	75.5
3 Alice Forster	BRW	77.1
4 Pippa Ashfield	HFH	83.5
5 Cathy Frobisher	BNG	84.9

W Discus Throw A

1 Donna Williams	SAL	42.65
2 Jenny Wood V45	SPN	29.54
3 Danielle Thomas	BRW	28.49
4 Mandy Laing	LMK	26.96
5 Cathy Frobisher	BNG	16.82
6 Adrienne Dewhirst	HFH	14.98

W Discus Throw B

1 Chiara Collins	SAL	24.02
2 Lynne Walker	BRW	22.39
3 Averil McClelland	LMK	17.06
4 Sheila Bolland	SPN	16.27
5 Rebecca Holmes	BNG	12.85
6 Pippa Ashfield	HFH	5.02

W Hammer Throw A

1 Sarah Holt U20	SPN	46.72
2 Jemma Kelly	BRW	35.40
3 Chiara Collins	SAL	29.41
4 Adrienne Dewhirst	HFH	18.32
5 Rebecca Holmes	BNG	15.56
6 Joanne Perry	LMK	11.00

W Hammer Throw B

1 Jenny Wood V45	SPN	36.36
2 Lynne Walker	BRW	24.81
3 Nicola Johnson	SAL	21.56
4 Helen Pettit	HFH	5.95

W High Jump A

1 Claire Huck	LMK 1.60
2 Sam Maloney	SAL 1.55
3 Dawn Walker	BRW 1.55
4= Jenny Wood V45	SPN 1.20
4=Ruth McGivern	HFH 1.20

W High Jump B

1 Katie Huck	LMK 1.55
2 Rebecca Richardson	SAL 1.50
3 Helen Owen	BRW 1.50
4 Lynda Pearson	HFH 1.20

W Javelin Throw A

1 Jenny Leng	SAL 37.54
2 Wendy Laing	LMK 31.54
3 Rebecca Long	BNG 26.94
4 Kirsty Thompson	BRW 26.09
5 Jenny Wood V45	SPN 23.80
6 Adrienne Dewhirst	HFH 11.83

W Javelin Throw B

1 Katie Huck	LMK 30.76
2 Katia Lannon	SAL 27.43
3 Frances Noble	BNG 23.61
4 Kim Pearson	BRW 23.05
5 Sheila Bolland	SPN 12.87
6 Amy Griffiths	HFH 11.29

W Long Jump A

1 Katia Lannon	SAL 5.40
2 Wendy Laing	LMK 5.13
3 Emily Noble	BNG 5.13
4 Danielle Thomas	BRW 4.75
5 Lauren Storr	HFH 4.43
6 Claire Barker	SPN 3.29

W Long Jump B

1 Cheri Morrison	SAL 5.30
2 Averil McClelland	LMK 5.09
3 Joanne Oates	BNG 5.01
4 Helen Owen	BRW 4.75
5 Amy Griffiths	HFH 3.92
6 Sheila Bolland	SPN 2.48

W Pole Vault A

1 Jenny Wood V45	SPN 2.70
2 Dawn Walker	BRW 2.10

W Pole Vault B

1 Jemma Kelly	BRW 1.90
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W Shot Putt A

1 Donna Williams	SAL 11.02
2 Wendy Laing	LMK 10.37
3 Jenny Wood V45	SPN 9.40
4 Frances Noble	BNG 9.37
5 Danielle Thomas	BRW 8.82
6 Ruth McGivern	HFH 6.28

W Shot Putt B

1 Nicola Cahill	SAL 9.35
2 Claire Huck	LMK 9.07
3 Rebecca Long	BNG 8.27
4 Lynne Walker	BRW 8.15
5 Adrienne Dewhirst	HFH 5.69
6 Sheila Bolland	SPN 5.33

W Triple Jump A

1 Jo Birch	SAL 10.81
2 Wendy Laing	LMK 10.12
3 Dawn Walker	BRW 9.46
4 Rebecca Holmes	BNG 9.45
5 Zoe Storr	HFH 8.76
6 Jenny Wood V45	SPN 7.45

W Triple Jump B

1 Cheri Morrison	SAL 10.21
2 Mandy Laing	LMK 10.00
3 Jemma Kelly	BRW 9.29
4 Amy Griffiths	HFH 8.50
5 Cathy Frobisher	BNG 7.75

W 4x100m Relay

1 SAL 50.8	1 Katia Lannon	2 Cheri Morrison
	3 Rebecca Richardson	4 Danielle Parkinson
2 LMK 51.7	1 Wendy Laing	2 Claire Huck
	3 Mandy Laing	4 Katie Huck
3 BNG 53.0	1 Emily Noble	2 Rebecca Holmes
	3 Cathy Frobisher	4 Rebecca Long
4 BRW 55.3	1 Steph Johnston	2 Laura Kirkwood
	3 Danielle Thomas	4 Jemma Kelly
5 HFH 58.2	1 Pippa Ashfield	2 Linda Pearson
	3 Amy Griffiths	4 Harriet Roberts
6 SPN 82.3	1 Sheila Bolland	2 Amanda Pearson
	3 Heather Mitchell	4 Claire Barker

W 4x400m Relay

1 SAL 4.11.8	1 Kath Wellham	2 Vicky Utley
	3 Lianne Singleton	4 Sarah Buttery
2 LMK 4.18.5	1 Averil McClelland	2 Joanne Perry
	3 Louise Gardner	4 Lauren Cooper
3 BRW 4.21.4	1 Steph Johnston	2 Helen Owen
	3 Katie Savage	4 Lara Smith
4 HFH 4.37.9	1 Ruth McGiven	2 Zoe Storr
	3 Helen Pettit	4 Harriet Roberts

M 4x100m Relay

1 BNG 46.7	1 Graham Parlett	2 David Stoker
	3 Matthew Savage	4 Nicholas Aghahowa
2 LMK 47.5	1 Allan Gordon	2 Tom Batty
	3 Neil Grundy	4 James Wright
3 HFH 47.5	1 Ben Julien	2 David Bowker
	3 Mathew Hellawell	4 Richard Walsh
4 SPN 49.2	1 Steven McNamara	2 Craig Yates
	3 Richard Martin	4 Robert Knowlesy
5 BRW 51.9	1 Philip Burns	2 Richard Eales
	3 John Pearce	4 Peter Savage

M 4x400m Relay

1	SPN	3.33.0	1	Keith McGhie	2	Craig Yates
			3	Ben Craddock	4	Steven McNamara
2	LMK	3.37.6	1	Arran Topham	2	Kieran Rowlands
			3	Tom Batty	4	Mark Gardner
3	SAL	3.41.2	1	Darren Froggatt	2	Gary Stanton
			3	Danny Whittaker	4	Andy Webster
4	BRW	3.51.4	1	David Hook	2	Russell Parrington
			3	Michael Coulthard	4	Richard Eales
5	HFH	4.00.2	1	Tom Petit	2	Alistair Langron
			3	Dave Watson	4	Sean McCaffrey

PRIOR STANDINGS			MATCH RESULT		LEAGUE STANDINGS						
	Event	Lge	Event	Lge		Event	Lge				
1	SAL	422	6	1	SAL	408	6	1	Sale Harriers Manchester	830	12
2	LMK	338	5	2	LMK	364	5	2	Lancaster M'cambe Kendal	702	10
3	BNG	333	4	3	BRW	354	4	3	Barrow & Furness S.& AC	657.5	7
4	BRW	303.5	3	4	HFH	327.5	3	4	Holmfirth Harriers	608.5	5
5	HFH	281	2	5	SPN	275.5	2	5	Bingley Harriers	566	5
6	SPN	278.5	1	6	BNG	233	1	6	Spennborough & District AC	554	3

Note(s)

BRW Includes + 30pts,
 BNG Includes + 25pts,
 HFH Includes + 30pts,
 LMK Includes + 20pts,
 SAL Includes + 25pts,
 SPN Includes + 30pts,

