

M 100m A

1 Craig Yates	SPN 11.4
2 Graham Parlett	BNG 11.4
3 Tom Batty U17	LMK 11.5
4 Danny Barrow U20	BRW 11.6
5 David Bowker	HFH 12.0
6 Andy Parker	SAL 13.3

M 100m B

1 Nicholas Aghahowa	BNG 11.6
2 Jon Moss	SAL 11.6
3 James Wright U20	LMK 11.7
4 Steven McNamara	SPN 11.8
5 Ben Julien U17	HFH 12.0
6 Phillip Burns	BRW 12.6

M 200m A

1 Dean Hardman	SAL 23.1
2 Danny Barrow U20	BRW 23.5
3 Tom Batty U17	LMK 23.7
4 Theocharis Ispoglou	BNG 23.9
5 Robert Knowles	SPN 24.4
6 David Bowker	HFH 24.6

M 200m B

1 Adam Bellis	SAL 22.9
2 Graham Parlett	BNG 23.6
3 James Wright U20	LMK 23.7
4 Phillip Burns	BRW 24.6
5 John Gierula	SPN 25.1
6 Thomas Petit U17	HFH 25.6

M 400m A

1 Craig Yates	SPN 49.1
2 Adam Bellis	SAL 50.1
3 Michael Coulthard	BRW 52.3
4 Scott Reed	LMK 58.8
5 Mark Dewhirst	HFH 62.1

M 400m B

1 Adrian Spencer	SAL 51.6
2 Steven McNamara	SPN 51.9
3 Keiran Rowlands	LMK 54.9
4 Thomas Petit U17	HFH 58.6
5 David Hook	BRW 61.4

M 800m A

1 Stephan North	SAL 1.58.8
2 Matthew Pierson U20	HFH 2.01.3
3 Keith McGhie	SPN 2.05.6
4 Keiran Rowlands	LMK 2.07.0
5 David Hook	BRW 2.18.3

M 800m B

1 Dave Watson	HFH 2.05.2
2 Sam Aspinall	SAL 2.08.7
3 Peter Savage U17	BRW 2.22.8
4 Paul Sutcliffe	SPN 2.27.3

M 1500m A

1 Mark Buckingham U20	HFH 4.02.6
2 Andy Blair	SAL 4.03.9
3 Ben Craddock U20	SPN 4.17.3
4 Sam Clegg U20	BNG 4.23.1
5 Peter Savage U17	BRW 5.00.3

M 1500m B

1 Robert Flannery	SAL 4.06.8
2 Matthew Pierson U20	HFH 4.11.2
3 Aiden Johnson	BNG 4.26.3
4 Paul Sutcliffe	SPN 4.37.0

M 5000m A

1 Dave Watson	HFH 15.15.1
2 Stewart Macdonald	BNG 16.13.6
3 George Kirk	SAL 16.32.2
4 Kevin Bentley	SPN 17.38.8
5 Chris Breakwell	LMK 17.44.6

M 5000m B

1 Jason Heywood	HFH 16.11.5
2 Gary Stanton	SAL 17.12.9
3 William Gardner	LMK 17.54.1

M 110mH A

1 Franklyn Opara	SAL 16.4
2 Richard Walsh	HFH 17.4
3 Graham Parlett	BNG 18.9
4 Robert Knowles	SPN 20.1

M 110mH B

1 Rob Spencer	HFH 20.5
2 Danny Crosby	BNG 20.7

M 400mH A

1 Rob Spencer	HFH 61.5
2 Keith McGhie	SPN 62.8
3 Danny Crosby	BNG 68.6
4 James Steele	SAL 71.0
5 Phillip Burns	BRW 73.6

M 400mH B

1 Richard Walsh	HFH 67.8
2 Scott Walker	BRW 75.3

M 3000m SC A

1 Bob Daly U20	BNG 10.04.0
2 Mark Dewhirst	HFH 10.18.3

M 3000m SC B

1 Rob Spencer	HFH 10.33.4
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M Discus Throw A

1 Dave Abernethy	BRW 41.14
2 Beresford Edwards	SAL 35.78
3 Ian Lindley	BNG 34.85
4 Thomas Jennings	HFH 32.13
5 Jonathan Hepworth 17	SPN 30.06
6 Aiden Jones	LMK 26.24

M Discus Throw B

1 Martin Wilson	BRW 35.55
2 Marcus Banks	HFH 30.86
3 Franklyn Opara	SAL 28.92
4 Alan Hemingway	SPN 23.28
5 Steven Houghton	LMK 17.68
6 Mathew Savage	BNG 16.75

M Hammer Throw A

1 Richard Martin	SPN 42.39
2 Dave Abernethy	BRW 39.39
3 Aiden Jones	LMK 36.58
4 Ian Lindley	BNG 26.67
5 Marcus Banks	HFH 26.03
6 Beresford Edwards	SAL 12.65

M Hammer Throw B

1 Jonathan Hepworth 17	SPN 36.51
2 Martin Wilson	BRW 24.15
3 Andy Storr	HFH 23.05
4 Mathew Savage	BNG 20.79
5 Mark Gardner	LMK 18.70

M High Jump A

1 Peter Rhodes	LMK 1.80
2 Danny Crosby	BNG 1.75
3 Franklyn Opara	SAL 1.75
4 Scott Walker U20	BRW 1.60
5 Richard Walsh	HFH 1.50

M High Jump B

1 Neil Grundy	LMK 1.70
2=Matt Cullen	SAL 1.50
2=Ben Ambler	BNG 1.50
4 Rob Spencer	HFH 1.50
5 Michael Coulthard	BRW 1.40

M Javelin Throw A

1 Mathew Savage	BNG 49.45
2 Franklyn Opara	SAL 36.99
3 Thomas Jennings	HFH 34.74
4 Steven Houghton	LMK 33.56
5 Scott Walker U20	BRW 31.67
6 Alan Hemingway	SPN 30.26

M Javelin Throw B

1 Dave Watson	HFH 34.37
2 Matt Cullen	SAL 25.32
3 Ricky Rearnley	SPN 24.75
4 Mark Gardner	LMK 23.67
5 Peter Savage U17	BRW 23.21

M Long Jump A

1 Tom Martin SAL 6.08
2 Scott Reed LMK 6.02
3 Scott Walker U20 BRW 5.78
4 Danny Crosby BNG 5.76
5 Steven McNamara SPN 5.24
6 Ben Julien U17 HFH 5.14

M Long Jump B

1 Nicholas Aghahowa BNG 5.63
2 Peter Rhodes LMK 5.52
3 Matt Cullen SAL 5.01
4 Ricky Fearnley SPN 4.84
5 David Bowker HFH 4.72
6 David Hook U17 BRW 4.30

M Pole Vault A

1=Ben Ambler BNG 2.00
1=Matt Cullen SAL 2.00
1=Richard Martin SPN 2.00

M Pole Vault B

1 David Allister SAL 1.90

M Shot Putt A

1 Ian Lindley BNG 13.49
2 Dave Abernethy BRW 13.24
3 Marcus Banks HFH 12.35
4 Franklyn Opara SAL 12.02
5 Richard Martin SPN 9.34
6 Mark Gardner LMK 7.22

M Shot Putt B

1 Martin Wilson BRW 12.74
2 Thomas Jennings HFH 11.26
3 Beresford Edwards SAL 10.88
4 Keith Daniel BNG 9.29
5 Alan Hemingway SPN 7.69
6 Steven Houghton LMK 7.00

M Triple Jump A

1 Richard Walsh HFH 12.34
2 Danny Crosby BNG 12.34
3 Scott Walker U20 BRW 11.84
4 Scott Reed LMK 11.48
5 Matt Cullen SAL 10.01

M Triple Jump B

1 Nicholas Aghahowa BNG 10.84
2 Ben Julien HFH 10.61
3 Michael Coulthard BRW 9.58
4 James Steele SAL 8.70

W 100m A

1 Stephanie Johnson BRW 12.9
2 Danielle Parkinson SAL 13.0
3 Averil McClelland LMK 13.1
4 Harriett Roberts U20 HFH 13.5
5 Alice Dowhyj U20 BNG 14.4
6 Charlotte Byrne SPN 15.7

W 100m B

1 Suzanne Saam LMK 13.2
2 Leanne Brown U17 SAL 13.7
3 Amy Griffiths U20 HFH 14.1
4 Laura Kirkwood U20 BRW 14.5
5 Julia Markham BNG 14.9
6 Sheila Bolland SPN 21.3

W 200m A

1 Danielle Parkinson SAL 26.1
2 Stephanie Johnson BRW 26.2
3 Averil McClelland LMK 26.2
4 Harriett Roberts U20 HFH 27.8
5 Alice Fulton U17 BNG 29.0
6 Amanda Pearson SPN 42.2

W 200m B

1 Leanne Brown U17 SAL 27.3
2 Zoe Storr U20 HFH 27.5
3 Suzanne Saam LMK 27.6
4 Laura Kirkwood BRW 29.4
5 Sabina Bhaiyat U17 BNG 29.6
6 Sheila Bolland SPN 52.3

W 400m A

1 Lucy Mayho U17 BNG 60.7
2 Lara Smith U20 BRW 61.8
3 Zoe Storr U20 HFH 62.9
4 Jenna Hill U20 SAL 64.1
5 Joanne Perry LMK 68.2
6 Charlotte Byrne SPN 70.3

W 400m B

1 Rebecca Reid BRW 64.3
2 Rebecca Holmes BNG 65.8
3 Lauren Cooper LMK 67.0
4 Alison Pye SAL 67.3
5 Zoe Smeaton U17 HFH 68.5
6 Amanda Pearson SPN 1.44.5

W 800m A

1=Ruth McGivern U17 HFH 2.21.9
1=Alice Fulton U17 BNG 2.21.9
3 Jenna Hill U20 SAL 2.26.8
4 Joanne Perry LMK 2.27.9
5 Katie Savage U20 BRW 2.38.9
6 Charlotte Byrne SPN 3.02.01

W 800m B

1 Thalia Jones U17 HFH 2.24.3
2 Alison Pye SAL 2.31.3
3 Lauren Cooper LMK 2.32.2
4 Natalie Forster U17 BRW 2.51.1
5 Amanda Pearson SPN 3.47.1

W 1500m A

1 Lizzie Spencer U20 HFH 5.00.4
2 Katie Savage U20 BRW 5.19.3
3 Joanne Perry LMK 5.39.9
4 Heather Mitchell SPN 6.34.1

W 1500m B

1 Natalie Thompson U17 HFH 5.33.7
2 Alice Forster U17 BRW 5.49.8
3 Lauren Cooper LMK 6.17.3
4 Jackie Carter SPN 6.59.5

W 3000m A

1 Diane Waite HFH 10.58.5
2 Danika Puzinowski 17 SAL 11.43.4
3 Christine Handforth LMK 12.24.9
4 Alice Forster U17 BRW 12.38.6
5 Heather Mithchell SPN 13.29.4

W 3000m B

1 Jackie France HFH 11.27.6
2 Joanne Perry LMK 12.57.8
3 Jackie Carter SPN 14.55.4

W 100mH A

1 Danielle Fawkes U20 BRW 15.7
2 Harriett Roberts U20 HFH 17.8
3 Vicky Uttley SAL 18.3
4 Christine Handforth LMK 21.1
5 Kelly Brow BNG 22.1

W 100mH B

1 Nicola Cahill SAL 16.8
2 Lara Smith U20 BRW 17.7
3 Rebecca Long U20 BNG 18.4
4 Laura Hadfield U17 HFH 24.2

W 400mH A

1 Lara Smith U20 BRW 69.1
2 Vicky Uttley SAL 72.5
3 Zoe Storr U20 HFH 78.3
4 Joanne Perry LMK 87.9
5 Charlotte Byrne SPN 92.6

W 400mH B

1 Rebecca Reid BRW 68.1
2 Selina Spence U17 SAL 75.9
3 Christine Handforth LMK 81.0
4 Sarah Griffiths U17 HFH 85.5

W Discus Throw A

1 Janine Crosby BNG 34.35
2 Dannielle Thomas U17 BRW 32.37
3 Jenny Wood SPN 27.92
4 Mandy Laing LMK 24.82
5 Nicola Johnson U20 SAL 17.65
6 Joanne Crawford U17 HFH 16.90

W Discus Throw B

1 Kirsty Thompson U20 BRW 25.94
2 Lorraine Crosby BNG 24.31
3 Heather Thomas U17 HFH 16.69
4 Averil McClelland LMK 15.30
5 Sheila Bolland SPN 15.08

W Hammer Throw A

1 Sarah Holt U20 SPN 49.03
2 Jemma Kelly BRW 34.43
3 Nicola Johnson U20 SAL 23.25
4 Janine Crosby BNG 21.43
5 Adrienne Dewhirst HFH 16.43

W Hammer Throw B

1 Ella Teasdale U20 SPN 41.40
2 Lynne Walker BRW 26.97
3 Stacey Crawford U17 HFH 14.75
4 Cathy Frobisher BNG 5.66

W High Jump A

1 Dannielle Fawkes U20 BRW 1.58
2 Rebecca Long U20 BNG 1.58
3 Wendy Laing LMK 1.55
4 Sam Maloney U20 SAL 1.50
5=Sarah Griffiths U17 HFH 1.30
5=Amy Teasdale U20 SPN 1.30

W High Jump B

1 Rebecca Reid BRW 1.45
2 Nicola Cahill SAL 1.45
3 Mandy Laing LMK 1.40
4 Kelly Brow BNG 1.30
5 Ruth McGivern U17 HFH 1.20

W Javelin Throw A

1 Mandy Laing LMK 29.01
2 Nicola Cahill SAL 26.45
3 Kirsty Thompson U20 BRW 25.65
4 Rebecca Long U20 BNG 23.10
5 Jenny Wood SPN 22.83
6 Stacey Crawford U17 HFH 19.28

W Javelin Throw B

1 Wendy Laing LMK 26.86
2 Sam Maloney U20 SAL 24.35
3 Kimberley Pearson 17 BRW 23.59
4 Julia Markham BNG 19.69
5 Joanne Crawford U17 HFH 16.35
6 Ella Teasdale U20 SPN 13.66

W Long Jump A

1 Danielle Parkinson SAL 5.42
2 Dannielle Fawkes U20 BRW 5.23
3 Wendy Laing LMK 4.93
4 Kelly Brow BNG 4.52
5 Amy Teasdale U20 SPN 4.44
6 Lauren Storr U17 HFH 4.03

W Long Jump B

1 Cherri Morrison U20 SAL 5.27
2 Averil McClelland LMK 4.86
3 Rebecca Reid BRW 4.78
4 Nicole Crosby BNG 4.41
5 Sarah Hall SPN 3.68
6 Natalie Thompson U17 HFH 3.60

W Pole Vault A

1=Jemma Kelly BRW 2.00
1=Amy Steele U17 SAL 2.00
1=Jenny Wood SPN 2.00

W Pole Vault B

1 Ella Teasdale U20 SPN 1.90

W Shot Putt A

1 Wendy Laing LMK 10.60
2 Jemma Kelly BRW 9.99
3 Nicola Cahill SAL 9.11
4 Jenny Wood SPN 8.97
5 Rebecca Long U20 BNG 8.36
6 Joanne Crawford U17 HFH 6.72

W Shot Putt B

1 Mandy Laing LMK 10.40
2 Cherri Morrison U20 SAL 7.73
3 Lynne Walker BRW 7.53
4 Sheila Bolland SPN 5.58
5 Adrienne Dewhirst HFH 5.32

W Triple Jump A

1 Mandy Laing LMK 10.24
2 Dannielle Thomas U17 BRW 9.93
3 Alice Dowhyj U20 BNG 9.51
4 Laura Mullen U20 SAL 9.43
5 Amy Teasdale U20 SPN 8.98
6 Amy Griffiths U20 HFH 8.76

W Triple Jump B

1 Wendy Laing LMK 10.05
2 Kelly Brow BNG 9.31
3 Selina Spence U17 SAL 8.56
4 Natalie Forster U17 BRW 8.40
5 Sarah Hall SPN 8.38
6 Zoe Storr U20 HFH 7.72

W 4x100m Relay

1 LMK 51.7	1 Suzanne Saam	2 Wendy Laing
	3 Mandy Laing	4 Averil McClelland
2 SAL 51.8	1 Sarah Hetherington	2 Danielle Parkinson
	3 Nicola Cahill	4 Cherri Morrison U20
3 BRW 52.6	1 Stephanie Johnson	2 Dannielle Fawkes U20
	3 Alice Forster U17	4 Dannielle Thomas U17
4 HFH 56.1	1 Amy Griffiths U20	2 Sarah Griffiths U17
	3 Zoe Smeaton U17	4 Lauren Storr U17
5 BNG 58.0	1 Sabina Bhaiyat U17	2 Alice Dowhyj U20
	3 Cathy Frobisher	4 Rebecca Holmes

W 4x400m Relay

1 HFH 4.10.7	1 Zoe Storr U20	2 Ruth McGivern U17
	3 Thalia Jones U17	4 Harriett Roberts U20
2 BRW 4.14.1	1 Lara Smith U20	2 Rebecca Reid
	3 Stephanie Johnson	4 Katie Savage U20
3 BNG 4.22.6	1 Cathy Frobisher	2 Alice Dowhyj U20
	3 Lucy Mayho U17	4 Rebecca Holmes
4 SAL 4.26.5	1 Jenna Hill U20	2 Leanne Brown U17
	3 Vicky Uttley	4 Selina Spence U17
5 LMK 4.50.2	1 Lauren Cooper	2 Chris Breakwell
	3 Jayne Perry	4 Joanne Perry

M 4x100m Relay

1 SAL 45.1	1 Andy Parker	2 Tom Martin
	3 Franklyn Opara	4 Dean Hardman
2 LMK 46.9	1 Scott Reed	2 Peter Rhodes
	3 Neil Grundy	4 Tom Batty U17
3 BNG 47.3	1 Graham Parlett	2 Mathew Savage
	3 Danny Crosby	4 Theocharis Ispoglou
4 SPN 47.7	1 Robert Knowles	2 John Gierula
	3 Steven McNamara	4 Richard Martin
5 HFH 48.1	1 David Bowker	2 Rob Spencer
	3 Thomas Petit U17	4 Ben Julien U17
6 BRW 49.0	1 Danny Barrow U20	2 Martin Wilson
	3 Phillip Burns	4 Michael Coulthard

M 4x400m Relay

1 SAL 3.28.9	1 Adam Bellis	2 Sam Aspinall
	3 Adrian Spencer	4 Andy Parker
2 SPN 3.35.1	1 Craig Yates	2 Robert Knowles
	3 Steven McNamara	4 John Gierula
3 HFH 3.35.3	1 Rob Spencer	2 Mark Buckingham U20
	3 Matthew Pierson U20	4 Mark Dewhirst
4 BRW 3.46.5	1 Danny Barrow U20	2 Michael Coulthard
	3 David Hook	4 Phillip Burns
5 LMK 4.12.1	1 Peter Rhodes	2 Scott Reed
	3 James Wright U20	4 Keiran Rowlands

PRIOR STANDINGS			MATCH RESULT		LEAGUE STANDINGS		
	Event	Lge	Event	Lge		Event	Lge
1	SAL 848	12	1 SAL 370.17	6	1	Sale Harriers (Manchester)	1218.17 18
2	LMK 712	10	2 HFH 358.5	5	2	Lancaster M'cambe Kendal	1008 13
3	BRW 666.5	7	3 BRW 349.33	4	3	Barrow & Furness S.& A.C	1015.83 11
4	HFH 618.5	5	4 LMK 296	3	4	Holmfirth Harriers	977 10
5	BNG 573	5	5 BNG 287.83	2	5	Bingley Harriers	860.83 7
6	SPN 565	3	6 SPN 263.17	1	6	Spensorough & District A	828.17 4

Note(s)

Pole vault cancelled, points shared between declared athletes.

BRW Includes + 30pts,

BNG Includes + 20pts,

HFH Includes + 30pts,

LMK Includes + 20pts,

SAL Includes + 15pts,

SPN Includes + 30pts,