

M 100m A

1 Ispoglou Theocharis	BNG	11.7
2 Andy Parker	SAL	11.8
3 D Barrow U20	BRW	11.8
4 Steven Berrie	LMK	11.8
5 John Gierula	SPN	12.2
6 Mathew Hellowell	HFH	12.3

M 100m B

1 Graham Parlett	BNG	11.6
2 John Moss	SAL	11.9
3 Ben Julien	HFH	11.9
4 Tom Batty U17	LMK	12.1
5 J White U17	BRW	12.4
6 Richard Martin	SPN	12.9

M 200m A

1 David Gbatta	BNG	22.7
2 Andy Parker	SAL	23.2
3 D Barrow U20	BRW	23.2
4 Steven Berrie	LMK	23.7
5 John Gierula	SPN	24.5
6 Mathew Hellowell	HFH	24.6

M 200m B

1 Nicholas Aghahowa	BNG	23.4
2 John Moss	SAL	23.7
3 Steven McNamara	SPN	23.7
4 David Bowker	HFH	25.0
5 P Burns	BRW	25.3
6 Tom Batty U17	LMK	26.8

M 400m A

1 Ian Lothian	SAL	49.5
2 Arran Topham U20	LMK	49.9
3 David Gbatta	BNG	50.2
4 Keith McGhie	SPN	55.9
5 Jake Harman	HFH	57.1
6 S Walker U20	BRW	62.5

M 400m B

1 Darren Froggett U20	SAL	52.4
2 David Stoker	BNG	53.8
3 Allan Gordon	LMK	57.0
4 Martin Breslin	HFH	57.8
5 Jonathan Barker	SPN	61.8

M 800m A

1 Ian Lothian	SAL	1.59.1
2 Ben Craddock U20	SPN	2.01.2
3 P Waite U20	BRW	2.01.6
4 Steven Worthington 2	LMK	2.03.9
5 Sam Clegg U20	BNG	2.08.1
6 Tom Petit	HFH	2.10.4

M 800m B

1 Darren Froggett U20	SAL	2.00.7
2 Peter Worthington	LMK	2.03.7
3 Jake Harman	HFH	2.05.3
4 Richie Hopley	SPN	2.06.1
5 Luke Johnson	BNG	2.08.0

M 1500m A

1 Sam Clegg U20	BNG	4.05.3
2 Robert Flannery U20	SAL	4.06.7
3 Peter Worthington	LMK	4.17.6
4 Paul Sutcliffe	SPN	4.31.0
5 Ricki South	HFH	4.38.7

M 1500m B

1 Gary Stanton U20	SAL	4.15.3
2 Luke Johnson	BNG	4.21.9
3 Danny Parkinson	LMK	4.24.9
4 Alistair Langron	HFH	4.39.7
5 Craig Manby U20	SPN	4.54.2

M 5000m A

1 Dave Watson	HFH	15.09.6
2 Robert Flannery U20	SAL	15.46.3
3 Stewart Macdonald	BNG	15.49.1
4 Mike Aspinall	LMK	15.57.0
5 Anthony Bradford	SPN	16.52.6
6 P Willacy	BRW	17.41.1

M 5000m B

1 George Kirk	SAL	16.08.3
2 Jason Heywood	HFH	16.18.5
3 John Convery	BNG	16.26.6
4 Dom Jones	LMK	16.48.3
5 Mark Carter	SPN	18.06.5

M 110mH A

1 Graham Parlett BNG 19.3
2 Allan Gordon LMK 21.5
3 Andrew Storr HFH 26.0

M 110mH B

1 Theocharis Ispoglou BNG 20.7
2 Tom Batty U17 LMK 21.1
3 Andy Oversby HFH 26.0

M 400mH A

1 David Stoker BNG 61.6
2 Keith McGhie SPN 63.2
3 David Marsh U20 SAL 69.0
4 Allan Gordon LMK 71.3
5 P Burns BRW 72.5
6 Andy Oversby HFH 76.7

M 400mH B

1 Craig Manby U20 SPN 67.4
2 James Steel U17 SAL 68.7
3 S Walker U20 BRW 68.8
4 Scott Reed LMK 69.8
5 William McFadzean HFH 70.0

M 3000m SC A

1 David Marsh U20 SAL 9.58.3
2 Bob Daly BNG 10.02.2
3 Alistair Langron HFH 10.48.2
4 Alistair Russell U20 LMK 10.51.7
5 Craig Manby U20 SPN 12.12.1

M 3000m SC B

1 William McFadzean HFH 13.11.5

M Discus Throw A

1 D Abernethy BRW 42.51
2 Nick Crimmen SPN 38.24
3 Guy Heath LMK 36.83
4 Ian Lindley BNG 33.69
5 Marcus Banks HFH 32.98
6 Berrisford Edwards SAL 30.97

M Discus Throw B

1 M Wilson BRW 37.16
2 Thomas Jennings HFH 26.65
3 Mathew Savage BNG 25.49
4 Aidan Jones LMK 24.68
5 Alan Hemmingway SPN 22.73

M Hammer Throw A

1 Nick Crimmen SPN 44.00
2 D Abernethy BRW 40.87
3 Aidan Jones LMK 37.33
4 Ian Lindley BNG 28.39
5 Andrew Storr HFH 24.76
6 Gary Stanton U20 SAL 16.53

M Hammer Throw B

1 Richard Martin SPN 38.94
2 M Wilson BRW 28.38
3 Mathew Savage BNG 25.00
4 John McFardzean HFH 21.56
5 Steven Houghton LMK 14.83

M High Jump A

1 Peter Ringel U17 SAL 1.90
2 Craig Manby U20 SPN 1.70
3 Danny Crosby U20 BNG 1.70
4 Scott Reed LMK 1.60
5 Ben Julien HFH 1.60
6 S Walker U20 BRW 1.50

M High Jump B

1 Matt Cullen U20 SAL 1.60
2 Neil Grundy U17 LMK 1.50
3 Andy Oversby HFH 1.50
4=B Tyson BRW 1.40
4=Keith McGhie SPN 1.40

M Javelin Throw A

1 Matthew Savage BNG 48.89
2 Peter Ringel U17 SAL 40.77
3 Thomas Jennings HFH 38.26
4 Nick Crimmen SPN 38.12
5 Steven Houghton LMK 36.84
6 B Tyson U17 BRW 26.73

M Javelin Throw B

1 Ben Ambler BNG 43.29
2 Alan Hemmingway SPN 30.26
3 Dave Watson HFH 29.92
4 Guy Heath LMK 27.46
5 J White U17 BRW 26.55
6 Matt Cullen U20 SAL 25.07

M Long Jump A

1 B Tyson U17 BRW 5.83
2 Danny Crosby U20 BNG 5.76
3 Matt Cullen U20 SAL 5.75
4 Scott Reed LMK 5.67
5 Thomas Jennings HFH 5.58
6 Richard Martin SPN 4.99

M Long Jump B

1 S Walker U20 BRW 5.65
2 Nicholas Aghahowa BNG 5.63
3 Alex Doherty U20 SAL 5.49
4 David Bowker HFH 5.26
5 James Wright U17 LMK 5.05
6 Jon Lunnes U17 SPN 4.77

M Pole Vault A

1 Alex Doherty U20 SAL 3.70
2 Ben Ambler BNG 2.80

M Pole Vault B

1 Dave Allister SAL 2.80
2 Danny Crosby U20 BNG 2.70

M Shot Putt A

1 John Nichols SAL 14.89
2 Nick Crimmen SPN 13.78
3 M Wilson BRW 12.86
4 Ian Lindley BNG 12.76
5 Marcus Banks HFH 11.93
6 Guy Heath LMK 11.07

M Shot Putt B

1 D Abernethy BRW 11.93
2 Berrisford Edwards SAL 11.45
3 Thomas Jennings HFH 10.73
4 Matthew Savage BNG 9.15
5 Richard Martin SPN 9.04
6 Aidan Jones LMK 7.55

M Triple Jump A

1 Danny Crosby U20 BNG 12.10
2 Scott Reed LMK 11.94
3 S Walker U20 BRW 11.91
4 Steven McNamara SPN 11.90
5 Alex Doherty U20 SAL 11.26
6 David Bowker HFH 10.59

M Triple Jump B

1 Matt Cullen U20 SAL 10.79
2 J White U17 BRW 10.69
3 Ben Julien HFH 10.59
4 Keith McGhie SPN 10.04
5 Allan Gordon LMK 9.80

W 100m A

1 Stephanie Johnson BRW 13.0
2 Averil McClelland LMK 13.1
3 Jo Birch U20 SAL 13.2
4 Harriet Roberts U20 HFH 13.2
5 Jennifer Watts U17 SPN 14.2

W 100m B

1 Suzanne Saam LMK 13.2
2 Lisa Murphy U20 SAL 13.4
3 Lauren Storr U17 HFH 13.9
4 Gemma Manning U17 SPN 14.5
5 Alice Forster U17 BRW 14.7

W 200m A

1 Jo Birch U20 SAL 26.4
2 Averil McClelland LMK 26.7
3 Stephanie Johnson BRW 26.8
4 Zoe Storr U20 HFH 28.6
5 Gemma Manning U17 SPN 30.0
6 Cathy Frobisher U20 BNG 30.3

W 200m B

1 Katia Lannon U20 SAL 26.5
2 Suzanne Saam LMK 27.7
3 Rachel Thompson U17 BRW 28.9
4 Jennifer Watts U17 SPN 29.4
5 Amy Griffiths U20 HFH 30.7

W 400m A

1 Lisa Murphy U20 SAL 60.8
2 Rebecca Long U20 BNG 62.4
3 Joanne Perry LMK 64.5
4 Harriet Roberts U20 HFH 65.2
5 Claire Barker SPN 67.5
6 Stephanie Johnson BRW 73.5

W 400m B

1 Lianne Singleton U20 SAL 66.3
2 Zoe Smeaton U17 HFH 68.4
3 Charlotte Byrne U20 SPN 69.0
4 Nichol Lawn U20 BNG 71.2
5 Christine Handforth LMK 73.0
6 Sue Sharp BRW 73.6

W 800m A

1	Chloe Rodham	LMK	2.16.4
2	Vicky Mason U20	SAL	2.21.7
3	Ruth McGivern U17	HFH	2.25.1
4	Rachel Thompson U17	BRW	2.29.5
5	Clarie Barker	SPN	2.38.2

W 800m B

1	Janine Stockton U17	SAL	2.25.5
2	Lauren Cooper	LMK	2.29.3
3	Natalie Foster U17	BRW	2.43.4
4	Julia Johnson	HFH	2.44.2
5	Amanda Pearson	SPN	3.48.2

W 1500m A

1	Chloe Rodham	LMK	4.45.9
2	Emma McIntyre	SAL	4.50.2
3	Kathy Farquar	HFH	5.09.8
4	Claire Leaver	SPN	5.10.9
5	Katie Savage U20	BRW	5.14.3

W 1500m B

1	Vicky Mason U20	SAL	4.58.4
2	Christine Handforth	LMK	5.36.1
3	Alice Forster U17	BRW	5.38.2
4	Rachel Mellor	HFH	5.46.9
5	Susan Hutchinson	SPN	7.01.7

W 3000m A

1	Ruth Whitehead	BNG	10.29.1
2	Margaret Boleman	SAL	10.34.6
3	Claire Leaver	SPN	10.51.6
4	Diane Waite	HFH	11.05.1
5	Christine Handforth	LMK	11.48.2
6	Jane Green	BRW	12.19.6

W 3000m B

1	Stephanie Robson	BNG	10.55.3
2	Soibhan Smith	SAL	11.19.1
3	Jackie France	HFH	11.32.4
4	Jayne Perry	LMK	12.22.6
5	Sonja Foster	BRW	12.32.8
6	Jackie Carter	SPN	15.24.8

W 100mH A

1	Emily Noble U17	BNG	14.7
2	Katia Lannon U20	SAL	16.1
3	Ulrika Jones	BRW	16.5
4	Lauren Storr U17	HFH	19.6
5	Suzanne Saam	LMK	19.9

W 100mH B

1	Helen Owen U20	BRW	18.0
2	Vicky Utley U20	SAL	18.1
3	Harriet Roberts U20	HFH	19.3
4	Nichol Lawn U20	BNG	19.9
5	Christine Handforth	LMK	21.8

W 400mH A

1	Lianne Singleton U20	SAL	72.6
2	Joanne Perry	LMK	74.9
3	Zoe Storr U20	HFH	75.9
4	Nichol Lawn U20	BNG	76.2
5	Helen Owen U20	BRW	78.6
6	Charlotte Byrne U20	SPN	84.5

W 400mH B

1	Vicky Utley U20	SAL	71.3
2	Christine Handforth	LMK	81.0
3	Cathy Frobisher U20	BNG	83.0
4	Alice Forster U17	BRW	84.5
5	Sarah Griffiths U17	HFH	87.4

W Discus Throw A

1	Donna Williams	SAL	42.39
2	Janine Crosby	BNG	35.85
3	Jenny Wood	SPN	33.64
4	Mandy Laing	LMK	29.05
5	Danielle Thomas U17	BRW	25.60
6	Heather Thomas U17	HFH	18.29

W Discus Throw B

1	Lorraine Crosby	BNG	25.91
2	Lynne Walker	BRW	21.78
3	Nicola Johnson U20	SAL	21.32
4	Averil McClelland	LMK	18.11
5	Stacey Crawford U17	HFH	17.89
6	Sheila Bolland	SPN	16.98

W Hammer Throw A

1	Sarah Holt U20	SPN	49.13
2	Janine Crosby	BNG	30.23
3	Donna Williams	SAL	27.00
4	Lynne Walker	BRW	26.54
5	Stacey Crawford U17	HFH	18.18
6	Joanne Perry	LMK	10.80

W Hammer Throw B

1	Ella Teasdale U20	SPN	43.90
2	Nicola Johnson U20	SAL	22.93
3	Kimberley Pearson U7	BRW	18.93
4	Nichol Lawn U20	BNG	18.82
5	Adrienne Dewhirst	HFH	15.73

W High Jump A

1 Wendy Laing	LMK	1.65
2 Dawn Walker	BRW	1.55
3 Rebecca Richardson ²	SAL	1.50
4 Ella Teasdale U20	SPN	1.45
5 Cathy Frobisher U20	BNG	1.30
6 Ruth McGivern U17	HFH	1.30

W High Jump B

1 Mandy Laing	LMK	1.50
2 Ulrika Jones	BRW	1.40
3 Amy Steel U17	SAL	1.30
4 Sarah Griffiths U17	HFH	1.20
5 Jenny Wood	SPN	1.20

W Javelin Throw A

1 Rebecca Richardson ²	SAL	31.29
2 Mandy Laing	LMK	29.90
3 Rebecca Long U20	BNG	29.24
4 Kimberley Pearson U7	BRW	27.06
5 Jenny Wood	SPN	23.29
6 Stacey Crawford U17	HFH	22.00

W Javelin Throw B

1 Wendy Laing	LMK	29.55
2 Dawn Walker	BRW	26.23
3 Frances Noble U20	BNG	22.68
4 Ella Teasdale U20	SPN	21.96
5 Joanne Crawford U17	HFH	17.31

W Long Jump A

1 Katia Lannon U20	SAL	5.46
2 Wendy Laing	LMK	5.42
3 Ulrika Jones	BRW	5.20
4 Emily Noble U17	BNG	5.11
5 Lauren Storr U17	HFH	4.40
6 Sarah Hall	SPN	3.82

W Long Jump B

1 Averil McClelland	LMK	4.91
2 Rebecca Long U20	BNG	4.86
3 Danielle Thomas U17	BRW	4.59
4 Rebecca Richardson ²	SAL	4.37
5 Natalie Thompson U17	HFH	4.10
6 Sheila Bolland	SPN	2.57

W Pole Vault A

1 Jenny Wood	SPN	2.70
2 Dawn Walker	BRW	2.10
3 Amy Steel U17	SAL	1.70

W Pole Vault B

1 Amy Teasdale U20	SPN	2.25
2 Helen Owen U20	BRW	1.70

W Shot Putt A

1 Donna Williams	SAL	10.98
2 Mandy Laing	LMK	10.33
3 Ulrika Jones	BRW	9.36
4 Frances Noble U20	BNG	8.95
5 Jenny Wood	SPN	8.71
6 Joanne Crawford U17	HFH	7.39

W Shot Putt B

1 Wendy Laing	LMK	10.28
2 Katia Lannon U20	SAL	9.35
3 Emily Noble U17	BNG	8.71
4 Lynne Walker	BRW	7.80
5 Heather Thomas U17	HFH	6.49
6 Sheila Bolland	SPN	5.40

W Triple Jump A

1 Mandy Laing	LMK	10.72
2 Dawn Walker	BRW	10.19
3 Laura Mullen	SAL	9.61
4 Ella Teasdale U20	SPN	9.36
5 Zoe Storr U20	HFH	9.14

W Triple Jump B

1 Wendy Laing	LMK	10.22
2 Danielle Thomas U17	BRW	10.09
3 Sarah Hall	SPN	8.44
4 Amy Griffiths U20	HFH	8.38

W 4x100m Relay

1 SAL 51.9	1 Lisa Murphy U20	2 Katia Lannon U20
	3 Rebecca Richardson ²	4 Jo Birch U20
2 LMK 52.4	1 Averil McClelland	2 Wendy Laing
	3 Suzanne Saam	4 Mandy Laing
3 BNG 53.9	1 Emily Noble U17	2 Rebecca Long U20
	3 Nichol Lawn U20	4 Cathy Frobisher U20
4 BRW 54.4	1 Stephanie Johnson	2 Ulrike Johnson
	3 Danielle Thomas U17	4 Laura Kirkwood U20
5 HFH 57.0	1 Lauren Storr U17	2 Amy Griffiths U20
	3 Harriet Roberts U20	4 Sarah Griffiths U17
6 SPN 58.0	1 Jennifer Watts U17	2 Gemma Manning U17
	3 Claire Barker	4 Abby Redman U17

W 4x400m Relay

1 SAL 4.15.7	1 Jo Birch U20	2 Emma McIntyre
	3 Lisa Murphy U20	4 Vicky Utley U20
2 HFH 4.23.6	1 Zoe Storr U20	2 Harriet Roberts U20
	3 Zoe Smeaton U17	4 Ruth McGivern U17
3 LMK 4.26.7	1 Jayne Perry	2 Joanne Perry
	3 Lauren Cooper	4 Chloe Rodham
4 SPN 4.43.7	1 Clarie Leaver	2 Charlotte Byrne U20
	3 Ella Teasdale U20	4 Claire Barker
5 BRW 4.52.5	1 Katie Savage U20	2 Sue Sharp
	3 Rachel Thompson U17	4 Jane Green

M 4x100m Relay

1 BNG 45.6	1 Graham Parlett	2 Ispoglou Theocharis
	3 Nicholas Aghahowa	4 David Stoker
2 LMK 47.6	1 Allan Gordon	2 Steven Berrie
	3 James Wright U17	4 Tom Batty U17
3 SAL 47.6	1 Andy Parker	2 Peter Ringel U17
	3 John Moss	4 Gary Stanton U20
4 HFH 48.3	1 David Bowker	2 Mathew Hellawell
	3 Ben Julien	4 Martin Breslin
5 BRW 49.1	1 P Burns	2 J White U17
	3 B Tyson	4 D Barrow U20
6 SPN 49.3	1 John Gierula	2 Richard Martin
	3 Keith McGhie	4 Jon Lunnes U17

M 4x400m Relay

1 SAL 3.33.3	1 Ian Lothian	2 Darren Froggett U20
	3 Andy Parker	4 James Steel U17
2 BNG 3.35.6	1 David Gbatta	2 Ben Ambler
	3 David Stoker	4 Ispoglou Theocharis
3 SPN 3.37.7	1 Ben Craddock U20	2 Richie Hopley
	3 Paul Sutcliffe	4 Keith McGhie
4 BRW 3.48.3	1 P Burns	2 D Barrow U20
	3 P Willacy	4 P Waite U20
5 LMK 3.50.4	1 Scott Reed	2 Allan Gordon
	3 Steven Houghton	4 Arran Topham U20
6 HFH 3.57.7	1 Tom Petit	2 Jake Harman
	3 Martin Breslin	4 Dave Watson

MATCH	RESULT	LEAGUE STANDINGS			
	Event	Lge		Event	Lge
1 SAL	440	6	1 Sale Harriers (Manchester	440	6
2 LMK	348	5	2 Lancaster M'cambe Kendal	348	5
3 BNG	340	4	3 Bingley Harriers	340	4
4 BRW	312.5	3	4 Barrow & Furness S.& A.C	312.5	3
5 HFH	291	2	5 Holmfirth Harriers	291	2
6 SPN	289.5	1	6 Spenborough & District A	289.5	1

Note(s)

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