

M 100m	Wind +0.4 M/sec	M 200m	Wind -0.5 M/sec
1 Gareth Jones	SAL 10.96	1 Laurence Baird	TRF 22.46
2 Laurence Baird	TRF 11.08	2 Yusupha Bojang	SAL 22.79
3 Alan Ruddick	WAK 11.42	3 Lee Barnes	B&F 23.32
4 Alan Selby	MOR 11.65	4 Alan Selby	MOR 23.86
5 Lee Barnes	B&F 11.65	5 Alan Ruddick	WAK 23.87
6 Tom Baulk	ROT 11.92	6 Mark Middleton	MID 24.09
7 Ben Julian	HOL 12.33	7 Tom Baulk	ROT 24.48
8 Mark Middleton	MID 13.77	8 Jamie Coldwell	HOL 25.96

M 400m		M 800m	
1 Ryan Palmer	TRF 48.58	1 Mark Buckingham	HOL 1.58.10
2 Adam Rogers	SAL 49.70	2 Ian Sailsbury	TRF 1.58.58
3 Dave Scholey	ROT 51.09	3 Ketan Desai	MOR 1.59.10
4 Ketan Desai	MOR 52.37	4 Darren Froggett	SAL 2.00.18
5 Mark Ainsworth	WAK 53.48	5 Martyn Boner	ROT 2.03.21
6 Tom Petit	HOL 55.82	6 Paul McNally	MID 2.04.24
		7 Chris Price	WAK 2.07.31
		8 James Unsworth	B&F 2.12.94

M 1500m		M 5000m	
1 Rob Wotkinson	ROT 3.53.85	1 Dave Watson	HOL 15.29.16
2 Stefan North	SAL 3.55.73	2 Richard Kay	MOR 15.33.95
3 Mark Buckingham	HOL 4.00.12	3 Robert Flannery	SAL 15.52.91
4 Dan Samuels	MOR 4.06.28	4 Mark Ruddleston	ROT 16.34.71
5 Gary Bristow	TRF 4.08.69	5 Vincent Booth	TRF 17.35.55
6 Chris Price	WAK 4.12.55	6 Tony White	WAK 18.18.10
7 Mark Middleton	MID 4.19.45		

M 10,000m		M 110mH	Wind -1.0 M/sec
1 Gareth Raven	SAL 30.18.89	1 Paul Crossley	TRF 14.83
2 Dave Watson	HOL 32.03.69	2 Andrew Hopkinson	SAL 15.58
3 Dave Swinburne	MOR 32.35.34	3 Rob Lee	WAK 17.24
4 Phillip Hoole	ROT 33.27.61	4 Richard Walsh	HOL 17.62
5 Vincent Booth	TRF 35.38.63	5 Dave Walker	MOR 18.42
6 Brian Hall	B&F 36.40.23	6 Lee Kaighin	ROT 19.24
7 Craig Heppenstall	WAK 37.40.31		

M 400mH		M 3000m SC	
1 Paul Crossley	TRF 57.09	1 Glen Comish	SAL 9.27.30
2 Robert Spencer	HOL 60.54	2 Ian Sailsbury	TRF 10.09.51
3 James Slater	B&F 61.15	3 Mark Dewhurst	HOL 10.10.14
4 Scott Harwood	ROT 61.34	4 Sean Kirtley	MOR 10.52.24
5 Dave Walker	MOR 62.05		
6 John Paul Dales	WAK 63.72		
7 Andrew Webster	SAL 65.62		
8 Jon Brown	MID 75.58		

M Discus Throw		M Hammer Throw	
1 Paul Reid	MOR 46.55	1 Mike Floyd	SAL 65.85
2 Lesley Richards	MID 45.47	2 Roger Bate	TRF 53.23
3 Roger Bate	TRF 45.47	3 Lesley Richards	MID 37.60
4 Barrington Edwards	SAL 33.70	4 Owen Thomas	ROT 37.08
5 Graeme Starke	ROT 33.35	5 Paul Reid	MOR 36.46
6 Mark Keeler	WAK 33.13	6 Richard Gayle	WAK 35.91
7 Marcus Banks	HOL 31.54	7 Shane Ellashaw	B&F 25.67
		8 John McFadzean	HOL 21.50

W 100mH		Wind -0.7 M/sec	W 400mH		
1	Katie Jones	TRF 14.71	1	Nisha Desai	MOR 67.13
2	Katia Lannon	SAL 15.43	2	Louise Lisseman	WAK 67.99
3	Zara Hohn	WAK 15.74	3	Kath Wellam	SAL 69.47
4	Harriet Roberts	HOL 17.63	4	Charlotte Watt	ROT 72.30
5	Charlotte Watt	ROT 17.83	5	Sarah Wiblin	TRF 75.08
6	Carly Baghley	B&F 19.38	6	Eleana Mingas	B&F 79.19
7	Emma Lachs	MOR 21.42	7	Pippa Ashfield	HOL 81.16

W Discus Throw		W Hammer Throw			
1	Laura Douglas	SAL 34.24	1	Suzanne Roberts	WAK 58.83
2	Lizzie Maher	ROT 30.52	2	Laura Douglas	SAL 58.46
3	Hayley Whyke	WAK 29.81	3	Anna Johnson	TRF 40.32
4	Joanne Harding	TRF 28.27	4	Aime Hearsun	B&F 27.75
5	Aime Hearsun	B&F 26.42	5	Louise Guite	ROT 20.57
6	Heather Thomas	HOL 18.51	6	Adrienne Dewhurst	HOL 16.57
7	Vina Desai	MOR 13.33	7	Vina Desai	MOR 16.42

W High Jump		W Javelin Throw			
1	Tiffany Lyons	WAK 1.60	1	Laura Whittingham	WAK 39.55
2	Samantha Moloney	SAL 1.55	2	Emma Halsall	TRF 34.66
3	Helen Banks	ROT 1.50	3	Carly Baghley	B&F 26.17
4	Sarah Griffiths	HOL 1.35	4	Samantha Moloney	SAL 26.14
5	Joanne Harding	TRF 1.25	5	Louise Phillips	ROT 25.54
6	Nisha Desai	MOR 1.20	6	Stacey Crawford	HOL 18.84
			7	Josephine Goodfellow	MOR 4.97

W Long Jump		W Pole Vault			
1	Fiona Westwood	WAK 5.57	1	Janine Whitlock	TRF 4.00
2	Julia Straker	MOR 5.44	2	Rachel Fairless	MID 3.00
3	Katia Lannon	SAL 5.44	3	Jenny Cuthbertson	ROT 2.50
4	Rachel Smith	TRF 4.90	4	Katia Lannon	SAL 2.30
5	Lucy Kerr	ROT 4.74	5	Hayley Whyke	WAK 2.20
6	Natalie Thompson	HOL 3.87	6	Pippa Ashfield	HOL 2.10

W Shot Putt		W Triple Jump			
1	Laura Booth	ROT 11.72	1	Julia Straker	MOR 12.01
2	Fiona Thomas	WAK 11.35	2	Katie Jones	TRF 10.54
3	Laura Douglas	SAL 11.17	3	Joanna Birch	SAL 10.39
4	Aime Hearsun	B&F 9.08	4	Lynsie Whyke	WAK 10.32
5	Joanne Harding	TRF 9.05	5	Lucy Kerr	ROT 10.10
6	Joanne Crawford	HOL 7.48	6	Amy Griffiths	HOL 8.91
7	Josephine Goodfellow	MOR 7.12			

W 4x100m Relay

1 TRF 50.02	1 Nicola Bentley	2 Katie Jones
	3 Rachel Smith	4 Lois Brookes
2 WAK 50.72	1 Fiona Thomas	2 Amy Wilson
	3 Laura Whittingham	4 Zara Hohn
3 B&F 51.86	1 Carly Baghley	2 Leigh Newton
	3 Kay Sweedy	4 Rochelle Hearsun
4 MOR 52.01	1 Josephine Goodfellow	2 Nisha Desai
	3 Julia Straker	4 Elaine Telford
5 SAL 54.70	1 Jenny Ibokwe	2 Joanna Birch
	3 Katia Lannon	4 Sam Maloney
6 ROT 54.99	1 Lucy Kerr	2 Helen Banks
	3 Charlotte Watt	4 Louise Guite
7 HOL 55.12	1 Lauren Storr	2 Amy Griffiths
	3 Harriet Roberts	4 Natalie Thompson

W 4x400m Relay

1 TRF 4.01.42	1 Lois Brookes	2 Sarah Wiblin
	3 Rachel Smith	4 Katie Jones
2 SAL 4.04.25	1 Joanna Birch	2 Kath Wellam
	3 Kaye Kirkham	4 Emma McIntyre
3 WAK 4.04.55	1 Clare Sykes	2 Amy Wilson
	3 Helen Singleton	4 Louise Lisseman
4 HOL 4.26.38	1 Ruth McGivern	2 Zoe Storr
	3 Harriet Roberts	4 Laura Kemp
5 MOR 4.42.40	1 Emma Lachs	2 Nisha Desai
	3 Elaine Telford	4 Josephine Goodfellow
6 ROT 4.51.38	1 Jenny Cuthbertson	2 Charlotte Watt
	3 Louise Guite	4 Leanne Waddington

M 4x100m Relay

1 SAL 42.85	1 Yusupha Bojang	2 Gareth Jones
	3 Richard Reader	4 Andrew Hopkinson
2 TRF 43.43	1 Laurence Baird	2 Paul Crossley
	3 Tim Bradford	4 Ryan Palmer
3 B&F 45.65	1 Danny Hughes	2 Lee Barnes
	3 James Slater	4 Simon Wells
4 MOR 46.56	1 Alan Selby	2 Wayne Gedge
	3 Simon Dale	4 Dave Walker
5 ROT 46.82	1 Lee Harwood	2 Scott Harwood
	3 Glynn Burgess	4 Tom Baulk
6 WAK DISQ		

M 4x400m Relay

1	TRF	3.24.64	1	Laurence Baird	2	Tim Bradford
			3	Paul Crossley	4	Ryan Palmer
2	SAL	3.27.44	1	Darren Froggett	2	Adam Rogers
			3	Gareth Jones	4	Sam Kavanagh
3	MOR	3.40.73	1	Ketan Desai	2	Dan Samuels
			3	Simon Dale	4	Angus Wood
4	ROT	3.41.56	1	Glynn Burgess	2	Scott Harwood
			3	Andrew Nye	4	Martyn Boner
5	HOL	3.41.93	1	Mark Buckingham	2	Tom Petit
			3	Robert Spencer	4	Mark Dewhurst
6	WAK	4.00.65	1	Mark Ainsworth	2	Simon McMillan
			3	Darren Thomas	4	Gareth Howarth

	Points
1 Trafford AC	245
2 Sale Harriers Manchester	229
3 Wakefield Harriers & AC	194
4 Morpeth Harriers & AC	171
5 Rotherham Harriers & AC	162
6 Holmfirth Harriers	140
7 Blackpool & Fylde A.C.	102
8 Middlesbrough AC (Mandale)	49