

M 100m		M 200m	
1 Rick Beardsell	TRF 11.4	1 Darren Scott	TRF 22.6
2 Chris Woodhouse	LIV 11.7	2 Shane King	BUH 23.2
3 Shane King	BUH 11.8	3 Lee Barnes	B&F 23.4
4 Lee Barnes	B&F 11.8	4 Chris Woodhouse	LIV 24.0
5 Danny Barrow	BAR 12.1	5 Danny Barrow	BAR 24.3
M 400m		M 800m	
1 Simon Plaskeitt	TRF 48.9	1 Daniel Hayes	B&F 1.58.7
2 Chris Smith	LIV 50.2	2 Mike Sawrey	TRF 1.59.2
3 Chris Eckersley	BUH 52.4	3 John McCole	LIV 2.00.3
4 Chris Beggan	B&F 54.3	4 David Hooke	BAR 2.13.5
5 David Hooke	BAR 59.9		
M 1500m		M 5000m	
1 James Horman	LIV 4.09.7	1 Paul Shannon	TRF 15.47.4
2 Gary Bristow	TRF 4.19.9	2 Pat Miller	BAR 16.00.9
3 Paul Johnston	B&F 4.28.1	3 Tony Dufffy	BUH 16.10.9
4 Tim Ellis	BUH 4.48.1	4 Arthur Dean	LIV 16.47.5
5 Phil Waite	BAR DNF	5 James Unsworth	B&F 17.27.0
M 10,000m		M 110mH	
1 Tony Dufffy	BUH 32.51.2	1 Steve Alexander	TRF 15.8
2 Gareth Williams	TRF 33.35.9	2 Colin Bailey	BUH 16.7
3 Joe Parkinson	LIV 34.09.3		
4 Brian Hall	B&F 34.09.3		
M 400mH		M 3000m SC	
1 Andy East	TRF 56.8	1 Russel Parrington	BAR 10.11.5
2 Scott White	BUH 61.9	2 Dave Barker	TRF 10.21.0
3 Andrew Dobie	LIV 68.2	3 Matt Lang	BUH 11.21.8
4 Phillip Burns	BAR 70.3		
M Discus Throw		M Hammer Throw	
1 Simon Bissell	BUH 40.39	1 Syd Bashforth	B&F 33.98
2 Grant Myerscough	B&F 38.47	2 Mike Hutchinson	TRF 18.30
3 Martin Wilson	BAR 36.54	3 Scott Walker	BAR 15.28
4 Stephen Hughes	TRF 33.99		
5 Dave McKown	LIV 31.20		
M High Jump		M Javelin Throw	
1 Chris Binns	B&F 2.05	1 Paul McKown	LIV 53.33
2 Matt Ostridge	TRF 1.95	2 Andy East	TRF 48.52
3 Colin Bailey	BUH 1.80	3 Rob Sloman	B&F 47.25
4 Chris Price	LIV 1.75	4 Colin Bailey	BUH 44.43
5 Scott Walker	BAR 1.50	5 John Pearce	BAR 38.23
M Long Jump		M Pole Vault	
1 Steve Alexander	TRF 5.87	1 Laurence Steele	B&F 3.80
2 Jon Rutter	B&F 5.84	2 Stephen Hughes	TRF 3.80
3 Scott Walker	BAR 5.63	3 Dave McKown	LIV 2.50
4 Tony McGrath	BUH 5.46	4 Colin Bailey	BUH 2.10
M Shot Putt		M Triple Jump	
1 Grant Myerscough	B&F 12.88	1 Tony McGrath	BUH 12.15
2 Martin Wilson	BAR 12.73	2 Jon Rutter	B&F 12.13
3 Simon Bissell	BUH 11.67	3 Scott Walker	BAR 11.72
4 Stephen Hughes	TRF 11.58	4 Chris Price	LIV 11.57
		5 Steve Alexander	TRF 11.54

W 100m		W 200m			
1	Stephanie Johnson BAR 12.8	1	Dannielle Fawkes BAR 25.6		
2	Laura Holsworth LIV 12.8	2	Hazel Carwardine BUH 25.6		
3	Rochelle Hearsom B&F 13.2	3	Gayle O'Connor LIV 26.1		
4	Kate Eckersley BUH 13.7	4	Claire Roddis TRF 29.4		
5	Claire Roddis TRF 13.8	5	Kay Sheedy B&F DNF		
W 400m		W 800m			
1	Laura Holsworth LIV 58.8	1	Nicola Pugh TRF 2.23.4		
2	Leigh Newton B&F 59.5	2	Rachel Thompson BAR 2.24.2		
3	Kate Eckersley BUH 61.2	3	Stacey Bligh B&F 2.28.6		
4	Lara Smith BAR 62.2	4	Michelle King LIV 2.31.1		
5	Nicola Pugh TRF 63.7	5	Lynsey Jones BUH 2.59.0		
W 1500m		W 3000m			
1	Alison Draper LIV 5.10.5	1	Jenny Clague LIV 10.20.8		
2	Katie Savage BAR 5.11.7	2	Caroline Robbins B&F 10.44.9		
3	Caroline Robbins B&F 5.11.7	3	Lynsey Jones BUH 13.32.6		
4	Nicola Pugh TRF 5.26.8	4	Jemma Kelly BAR 16.41.8		
W 100mH		W 400mH			
1	Dannielle Fawkes BAR 17.2	1	Hanna Carroll LIV 66.0		
2	Ilse Hemming BUH 23.0	2	Lara Smith BAR 67.5		
		3	Ilse Hemming BUH 92.8		
W Discus Throw		W Hammer Throw			
1	Kara Nwidobie B&F 50.91	1	Jemma Kelly BAR 37.26		
2	Elaine Cank TRF 48.50	2	Beth Schoolden TRF 34.96		
3	Danielle Thomas BAR 30.93	3	Jemima Hall BUH 32.11		
4	Jemima Hall BUH 26.20	4	Rachel Bashforth B&F 30.87		
5	Emily Clark LIV 23.78	5	Emily Clark LIV 15.73		
W High Jump		W Javelin Throw			
1	Claire Wright LIV 1.60	1	Jemma Kelly BAR 34.01		
2	Dawn Walker BAR 1.50	2	Victoria Holden B&F 28.45		
3	Claire Roddis TRF 1.40	3	Claire Roddis TRF 27.02		
4	Ilse Hemming BUH 1.20	4	Jemima Hall BUH 8.70		
W Long Jump		W Pole Vault			
1	Hazel Carwardine BUH 5.73	1	Julie Witrylack B&F 2.30		
2	Dannielle Fawkes BAR 5.36	2	Dawn Walker BAR 1.70		
3	Gayle O'Connor LIV 4.72				
4	Nia Nwidobie B&F 4.47				
5	Claire Roddis TRF 4.08				
W Shot Putt		W Triple Jump			
1	Elaine Cank TRF 11.79	1	Nia Nwidobie B&F 10.72		
2	Rachel Bashforth B&F 10.13	2	Danielle Thomas BAR 9.86		
3	Jemma Kelly BAR 9.88	3	Claire Roddis TRF 8.73		
4	Jemima Hall BUH 7.70	4	Michelle King LIV 8.34		
5	Emily Clark LIV 5.72	5	Ilse Hemming BUH 8.14		
W 4x100m Relay					
1	LIV 51.0	1	Laura Holsworth	2	Gayle O'Connor
		3	Claire Murphy	4	Hanna Carroll
2	BAR 52.0	1	Stephanie Johnson	2	Rachel Thompson
		3	Danielle Thomas	4	Dannielle Fawkes
3	B&F 52.1	1	Leigh Newton	2	Julie Witrylack
		3	Rochelle Hearsom	4	Nia Nwidobie
4	BUH 57.2	1	Hazel Carwardine	2	Lynsey Jones
		3	Kate Eckersley	4	Ilse Hemming

W 4x400m Relay

1 LIV 4.07.0 1 Laura Holsworth 2 Claire Murphy  
 3 Gayle O'Connor 4 Hanna Carroll  
 2 BAR 4.21.9 1 Lara Smith 2 Stephanie Johnson  
 3 Katie Savage 4 Rachel Thompson  
 3 B&F 4.33.1 1 Leigh Newton 2 Kay Sheedy  
 3 Caroline Robbins 4 Stacey Bligh

M 4x100m Relay

1 TRF 44.0 1 Rick Beardsell 2 Simon Plaskeitt  
 3 Steve Alexander 4 Darren Scott  
 2 BUH 44.5 1 Les Hall 2 Shane King  
 3 Chris Eckersley 4 Sam Fogg  
 3 LIV 45.6 1 Ben Inatami 2 Chris Woodhouse  
 3 Chris Smith 4 Andrew Dobie  
 4 B&F 46.9 1 Lee Barnes 2 Chris Beggan  
 3 Jon Rutter 4 Laurence Steele  
 5 BAR 49.8 1 Phillip Burns 2 Russel Parrington  
 3 John Pearce 4 Danny Barrow

M 4x400m Relay

1 TRF 3.29.0 1 Andy Steele 2 Rick Beardsell  
 3 Gary Bristow 4 Simon Plaskeitt  
 2 B&F 3.33.8 1 Daniel Hayes 2 Chris Beggan  
 3 Paul Johnston 4 Lee Barnes  
 3 BAR 3.48.3 1 Phillip Burns 2 David Hooke  
 3 Russell Parrington 4 Pat Miller

	Points	1st	2nd	3rd	4th	5th
1 Trafford AC	116	11	10	3	4	4
2 Blackpool & Fylde AC	109	8	8	8	6	1
3 Barrow & Furness Striders	109	6	11	7	4	6
4 Bolton United Harriers	96	4	6	10	10	2
5 Liverpool Harriers	94	9	3	7	6	4

