

M 100m A		M 100m B	
1 David Aguireburvalde	PRN 11.0	1 Rosss Linnett	GHD 10.9
2 Daniel Warman	LDS 11.2	2 Carl Dickinson	PRN 11.2
3 Ben Geddes	GHD 11.3	3 Jacob Brown	LDS 11.4
4 Luke Simpson	PEN 11.4	4 Tom Baulk	RHM 11.4
5 Simon Wells	BKL 11.6	5 Ted Lynch	PEN 11.8
6 Glynn Burgess	RHM 12.0	6 Lee Barnes	BKL 11.9
M 200m A		M 200m B	
1 Carl Dickinson	PRN 23.1	1 Mitchell Rhodes	LDS 23.2
2 Jacob Brown	LDS 23.3	2 Sean Vernon	PRN 23.4
3 Ben Geddes	GHD 23.5	3 Stuary Hayley	GHD 23.5
4 Lee Barnes	BKL 23.8	4 Tom Baulk	RHM 23.6
5 Luke Simpson	PEN 24.0	5 Danny Hughes	BKL 24.0
6 Glynn Burgess	RHM 24.5	6 Ted Lynch	PEN 25.1
M 400m A		M 400m B	
1 Richard Strachan	LDS 49.1	1 Mitchell Rhodes	LDS 51.2
2 Brent Starkie	BKL 51.5	2 John McIlwhiam	BKL 52.6
3 Rob Watkinson	RHM 51.9	3 David Scholey	RHM 52.8
4 Nic Little	GHD 52.0	4 Mark Fletcher	PRN 54.4
5 Chris Livesey	PRN 53.6	5 Steve Horne	GHD 57.1
6 Leroy Golding	PEN 55.3	6 Stephen Rouse	PEN 59.2
M 800m A		M 800m B	
1 Rob Watkinson	RHM 1.51.6	1 Rhian Hastey	RHM 1.56.6
2 Danny Hayes	BKL 1.54.7	2 Adam Mitchell	PRN 1.57.4
3 Chris Livesey	PRN 1.54.9	3 Sean Dirrane	LDS 1.59.1
4 David Thornton	PEN 1.57.2	4 John McIlwhiam	BKL 2.00.8
5 Steve O'Niell	LDS 1.57.7	5 Ben Lindsay	PEN 2.07.0
6 Steve Horne	GHD 1.57.8	6 Ray Robinson	GHD 2.13.5
M 1500m A		M 1500m B	
1 Jonathan Prowse	BKL 3.59.0	1 Jason Maxfield	RHM 4.10.0
2 Simon Deakin	LDS 4.03.5	2 Martin Gostling	LDS 4.10.7
3 Jonathan Thewlis	RHM 4.04.7	3 Matt Livinstone	PRN 4.18.8
4 Steve Hallas	PRN 4.13.2	4 Aaron Hargreaves	PEN 4.24.6
5 Jon Archer	GHD 4.14.8	5 Paul Johnston	BKL 4.27.4
6 Michael Hunt	PEN 4.22.4	6 Mark McDonald	GHD 4.28.4
M 5000m A		M 5000m B	
1 David Webb	LDS 15.21.6	1 Mike Burchett	LDS 15.34.6
2 Steve Hallas	PRN 16.07.3	2 Matt Livinstone	PRN 16.17.6
3 Peter Embleton	GHD 16.17.4	3 Phil Branston	GHD 16.45.8
4 Mark Ruddleston	RHM 16.26.1	4 Michael Hunt	PEN 17.22.6
5 Chris Fishlock	PEN 16.36.0	5 Dave Storey	RHM 17.36.8
6 Chriss Essex Crosby	BKL 17.30.0	6 Paul Johnston	BKL 18.19.5

M 110mH A

1 Andrew Sturrock  
2 Gareth Lapsins  
3 David Thornton  
4 Nick Pike

M 110mH B

GHD 16.2    1 John Stacey    GHD 16.9  
BKL 16.9    2 Lee Kaighlin    RHM 20.3  
PEN 19.3    3 Ted Lynch    PEN 20.4  
RHM 20.4

M 400mH A

1 Adam Fell  
2 Scott Harwood  
3 James Hardie  
4 Eddy Broome

M 400mH B

LDS 56.7    1 Lee Kaighlin    RHM 65.6  
RHM 62.4    2 Chris Essex Crosby    BKL 69.8  
GHD 62.8    3 Andy Beevers    LDS 73.5  
BKL 67.0

M 3000m SC A

1 Andy Beevers  
2 Marc Hartley  
3 Eddy Broome  
4 Gary Wilson  
5 Ray Robinson  
6 Lea Johnson

M 3000m SC B

LDS 9.59.9    1 Russell England    LDS 10.04.4  
PEN 10.26.5    2 Aaron Hargreaves    PEN 10.36.5  
BKL 10.40.5    3 Chris Essex Crosby    BKL 10.50.0  
PRN 11.13.3    4 Simon Pugh    RHM 12.39.6  
GHD 11.27.5  
RHM 12.09.1

M Discus Throw A

1 Mark Gulliver  
2 Andy Rutland  
3 Sydney Bashforth  
4 Owen Thomas  
5 Tony Balko  
6 Brian Campbell

M Discus Throw B

LDS 39.82    1 Rob Wilkinson    RHM 25.93  
GHD 36.48    2 James Finucane    PEN 21.63  
BKL 31.24    3 Simon Miller    LDS 21.29  
RHM 30.55    4 James Hardie    GHD 20.98  
PEN 28.17    5 Chris Binns    BKL 16.15  
PRN 27.29

### M Hammer Throw A

1 Mark Gulliver
2 Steven Towers
3 Brian Campbell
4 Sydney Bashforth
5 Tony Balko
6 Owen Thomas

### M Hammer Throw B

LDS 46.59	1 David Maggs	GHD 37.72
GHD 41.41	2 David Milnes	LDS 28.07
PRN 36.66	3 Ian Cooley	RHM 18.86
BKL 34.78	4 Nigel Weaver	PEN 17.57
PEN 33.65	5 Ken Wiseman	PRN 17.37
RHM 32.65	6 Gareth Lapsins	BKL 14.84

### M High Jump A

1 Chris Binns
2 Steve Linsell
3 Scott Harwood
4 Andrew Sturrock
5 Andrew Robinson
6 Marc Hartley

### M High Jump B

BKL 1.90	1 Gareth Lapsins	BKL 1.70
LDS 1.85	2=Adam Mitchell	PRN 1.70
RHM 1.85	2=James Hardie	GHD 1.70
GHD 1.75	4 Frazer Davies	LDS 1.70
PRN 1.70	5 Kyle Hargreaves	RHM 1.60
PEN 1.50	6 Ben Lindsay	PEN 1.40

### M Javelin Throw A

1 Gregg Markham
2 Daniel Flannery
3 Andrew Sturrock
4 Sydney Bashforth
5 Adam Mitchell
6 James Finucane

### M Javelin Throw B

RHM 52.54	1 Rhian Hastey	RHM 35.49
LDS 39.61	2 Hugh Grime	GHD 33.11
GHD 38.81	3 Tony Balko	PEN 32.46
BKL 35.66	4 Simon Miller	LDS 30.17
PRN 33.28		
PEN 32.68		

### M Long Jump A

1 Mark Fletcher
2 John Wiggins
3 Scott Harwood
4 John Stacey
5 Mark Chaney
6 Luke Simpson

### M Long Jump B

PRN 6.35	1 Andrew Sturrock	GHD 6.08
BKL 6.19	2 Umar Hameed	LDS 5.74
RHM 6.11	3 Andrew Robinson	PRN 5.71
GHD 6.10	4 Tom Sharpe	RHM 5.51
LDS 6.07	5 Leroy Golding	PEN 5.02
PEN 5.42		

### M Pole Vault A

1 Chris Boundy
2 Lawrence Steel
3 Frazer Davies
4 Adam Booth
5 Andrew Robinson

### M Pole Vault B

GHD 4.50	1 Gareth Lapsins	BKL 4.00
BKL 4.20	2 John Stacey	GHD 2.80
LDS 3.10	3 Nick Pike	RHM 2.60
RHM 2.70	4 Gary Walker	LDS 2.40
PRN 2.20		

### M Shot Putt A

1 Craig Sturrock
2 Mark Gulliver
3 Brian Campbell
4 Sydney Bashforth
5 Tony Balko
6 Rob Watkinson

### M Shot Putt B

GHD 13.79	1 Andy Rutland	GHD 11.40
LDS 11.29	2 Andrew Staniland Snr	LDS 8.45
PRN 10.90	3 Glynn Burgess	RHM 8.35
BKL 10.25	4 Bryce Butterworth	PEN 8.20
PEN 9.73	5 Lawrence Steel	BKL 8.14
RHM 9.67	6 Ken Wiseman	PRN 7.33

### M Triple Jump A

1 John Stacey  
2 Adam Fell  
3 Mark Fletcher  
4 Tom Sharpe  
5 Arron Hargreaves  
6 Danny Hayes

### M Triple Jump B

GHD 13.64 1 James Hardie GHD 12.36  
LDS 12.60 2 Mark Chaney LDS 12.03  
PRN 12.11 3 Mark Rasburn PRN 11.92  
RHM 11.44 4 Nick Pike RHM 11.32  
PEN 11.42 5 Leroy Golding PEN 10.80  
BKL 10.58 6 Lawrence Steel BKL 10.55

### W 100m A

1 Vicki Shier  
2 Helen Lee  
3 Sarah Megeen Dixon  
4 Karen Storey  
5 Kate Halley  
6 Adele Langley

### W 100m B

BKL 12.5 1 Laura Finulane PEN 12.4  
RHM 12.7 2 Rochelle Hearsum BKL 12.9  
PRN 13.1 3 Carly Jones GHD 13.3  
GHD 13.2 4 Helen White RHM 13.6  
PEN 14.1 5 Joanne Westerman LDS 13.8  
LDS DISQ 6 Jenny Watson PRN 14.1

### W 200m A

1 Laura Finulane  
2 Vicki Shier  
3 Vicky Carmichael  
4 Helen Lee  
5 Kirsty Parr  
6 Hayley Roughley

### W 200m B

PEN 24.9 1 Jackie Hobley PRN 27.1  
BKL 25.7 2 Julia Witrylak BKL 27.4  
GHD 26.0 3 Lynette Hill RHM 28.2  
RHM 26.6 4 Joanne Westerman LDS 28.5  
LDS 27.4 5 Kate Halley PEN 28.8  
PRN 28.0

### W 400m A

1 Nicci Youden  
2 Helen Lee  
3 Leigh Newton  
4 Jane Greenwood  
5 Sheryl Punter  
6 Kerran Austin

### W 400m B

GHD 58.5 1 Stephanie Roe PRN 60.0  
RHM 59.0 2 Lisa Wrigglesworth GHD 62.2  
BKL 60.1 3 Lynette Hill RHM 66.4  
PRN 61.7 4 Aimee Crossland LDS 66.9  
LDS 63.4 5 Lauren Bridle PEN 69.4  
PEN 65.1 6 Anastacia Blyth BKL 69.7

### W 800m A

1 Laura Finulane  
2 Philippa McCrea  
3 Danielle McCann  
4 Lindsay Clark  
5 Bethany Staniland  
6 Michelle Somerby

### W 800m B

PEN 2.08.4 1 Helen Patton GHD 2.23.01  
GHD 2.21.6 2 Emma Deakin PRN 2.23.7  
PRN 2.22.0 3 L Waddington U17 RHM 2.26.6  
RHM 2.22.7 4 Justine Anderton PEN 2.30.7  
LDS 2.25.7 5 Aimee Crossland LDS 2.33.9  
BKL 2.25.8 6 Anastacia Blyth BKL 2.34.6

### W 1500m A

1 Rebecca Townsend  
2 Vicky France U17  
3 Michelle Somerby  
4 Emma Deakin  
5 Sally Youden  
6 Victoria Rusiis

### W 1500m B

LDS 4.51.9 1 Rachael Woodnutt LDS 4.57.7  
RHM 4.59.9 2 Caroline Robbins BKL 5.25.4  
BKL 5.03.7 3 Justine Anderton PEN 5.31.7  
PRN 5.05.8 4 Vicki Bennett GHD 5.36.3  
GHD 5.15.3 5 Sarah Barnes U17 RHM 5.37.5  
PEN 5.24.4 6 Hayley Billington PRN 5.42.3

W 3000m A

1 Karen Watkins  
2 Celia Demaria  
3 Phillipa Walsh  
4 L Waddington U17  
5 Victoria Rusiis  
6 Vicki Bennett

W 3000m B

BKL 10.37.6 1 Gail Hope Ellershaw BKL 11.11.9  
LDS 10.53.5 2 Lorna Young LDS 11.35.8  
PRN 11.06.8 3 Jane Hodgkinson PRN 11.44.7  
RHM 11.27.6 4 Sarah Dugdale PEN 12.28.9  
PEN 11.37.4 5 Melissa Anderson GHD 13.23.3  
GHD 12.12.8

W 100mH A

1 Rebeaa Wiseman  
2 Ruth Thompson  
3 Charlotte Watt U17  
4 Elana Mingus

W 100mH B

PRN 17.2 1 Louise Philips U17 RHM 19.9  
PEN 17.4 2 Faye Holden PEN 21.9  
RHM 17.8  
BKL 18.1

W 400mH A

1 Ruth Thompson  
2 Kirsty Parr  
3 Charlotte Watt U17  
4 Vicki Bennett

W 400mH B

PEN 66.4 1 Faye Holden PEN 87.8  
LDS 70.4 2 Louise Philips U17 RHM 94.9  
RHM 72.8  
GHD 79.2

W Discus Throw A

1 Kara Nwiddbie  
2 Bethany Staniland  
3 Lizzie Maher  
4 Amy Weaver  
5 Lisa Marie Shippen  
6 Michelle Thornby

W Discus Throw B

BKL 47.44 1 Emma Shaw LDS 33.63  
LDS 36.25 2 Rachel Bashforth BKL 27.03  
RHM 31.11 3 Helen White RHM 26.85  
PEN 25.86 4 Karen Wood PEN 25.84  
GHD 22.14 5 Leah Weatheritt GHD 21.73  
PRN 18.51 6 Carla Steele PRN 17.37

W Hammer Throw A

1 Lisa Marie Shippen  
2 Rachel Bashforth  
3 Amy Weaver  
4 Helen White  
5 Emma Shaw  
6 Rebecca Wiseman

W Hammer Throw B

GHD 42.62 1 Leah Weatheritt GHD 38.87  
BKL 30.76 2 Karen Wood PEN 28.51  
PEN 28.61 3 Aime Hearsum BKL 18.82  
RHM 27.15 4 Rosalind Evenden LDS 18.34  
LDS 26.87 5 Lorette Bell PRN 16.31  
PRN 22.65

W High Jump A

1 Adriaane Smith  
2 Zena Collins  
3 Rochelle Hearsum  
4 Lizzei Maher  
5 Victoria Rusiis

W High Jump B

LDS 1.55 1 Ashley Little LDS 1.45  
PRN 1.45 2=Julia Witrylak BKL 1.30  
BKL 1.40 2=Jenny Watson PRN 1.30  
RHM 1.30 4 Stef Hewitt RHM 1.30  
PEN 1.20 5 Faye Holden PEN 1.20

### W Javelin Throw A

1 Stephanie Novak  
2 Alice Simpson  
3 Leah Weatheritt  
4 Kara Nwiddbie  
5 Ruth Thompson  
6 Louise Philips U17

### W Javelin Throw B

PRN 37.34 1 Rebecca Wiseman PRN 33.51  
LDS 33.59 2 Kirsty Parr LDS 27.81  
GHD 29.34 3 Tracey Gardiner BKL 25.13  
BKL 27.58 4 Laura Booth RHM 22.03  
PEN 24.33 5 Karen Wood PEN 18.78  
RHM 22.33

### W Long Jump A

1 Alice Simpson  
2 Vicky Shier  
3 Kate Halley  
4 Jenny Watson  
5 Helen White  
6 Vikki Bennett

### W Long Jump B

LDS 5.37 1 Jennifer Lumley LDS 5.15  
BKL 4.66 2 Tracey Gardiner BKL 4.55  
PEN 4.61 3 Kerran Austin PEN 4.21  
PRN 4.58 4 Stef Hewitt RHM 3.93  
RHM 4.49 5 Zena Collins PRN 2.48  
GHD 3.32

### W Pole Vault A

1 Jenny Cutherbertson  
2 Julia Witrylak  
3 Michelle Thornby  
4 Bethany Staniland

### W Pole Vault B

RHM 2.70 1 Rebeaa Wiseman PRN 2.20  
BKL 2.50 2 Ashley Little LDS 1.90  
PRN 2.45  
LDS 2.20

### W Shot Putt A

1 Kara Nwiddbie  
2 Laura Booth  
3 Leah Weatheritt  
4 Emma Shaw  
5 Rebecca Wiseman  
6 Amy Weaver

### W Shot Putt B

BKL 13.11 1 Rachel Bashforth BKL 9.97  
RHM 11.33 2 Lisa Marie Shippen GHD 9.31  
GHD 10.92 3 Lizzie Maher RHM 8.75  
LDS 10.18 4 Ruth Thompson PEN 8.29  
PRN 9.52 5 Jennifer Lumley LDS 7.80  
PEN 9.42 6 Michelle Thornby PRN 6.60

### W Triple Jump A

1 Emma Moutrie  
2 Nia Nwidobie  
3 Kate Halley  
4 Jenny Watson  
5 Jenny Cutherbertson

### W Triple Jump B

LDS 11.03 1 Adrienne Smith LDS 10.18  
BKL 10.93 2 Rochelle Hearsum BKL 9.33  
PEN 9.93 3 Zena Collins PRN 8.25  
PRN 9.35 4 Faye Holden PEN 7.90  
RHM 8.26 5 Stef Hewitt RHM 7.62

### W 4x100m Relay

1 GHD 49.8 1 Karen Storey 2 Titi Ameobi 3 Carly Jones 4 Vicky Carmichael  
2 BKL 51.0 1 Julia Witrylak 2 Rochelle Hearsum 3 Nia Nwidobie 4 Vicki Shier  
3 LDS 52.0 1 Jennifer Lumley 2 Kirsty Parr 3 Joanne Westerman 4 Adele Langley  
4 RHM 52.9 1 Charlotte Watt U17 2 Helen Lee 3 Lynette Hill 4 Helen White  
5 PEN 53.3 1 Kerran Austin 2 Ruth Thompson 3 L Bridges 4 Laura Finulane  
6 PRN 53.7 1 Hayley Roughley 2 Sarah Megeen Dixon 3 Zena Collins 4 Jenny Watson

#### W 4x400m Relay

1 GHD 4.05.6 1 Sally Youden 2 Vicky Webster 3 Lisa Wrigglesworth 4 Nicci Youden  
2 LDS 4.11.0 1 Bethany Staniland 2 Sheryl Punter 3 Rebecca Townsend 4 C Demaria  
3 PRN 4.11.5 1 Jane Greenwood 2 Danielle McCann 3 Stephanie Roe 4 Jackie Hobley  
4 PEN 4.12.4 1 Ruth Thompson 2 Kerran Austin 3 Justine Anderton 4 Laura Finulane  
5 RHM 4.19.0 1 Helen Lee 2 Charlotte Watt U17 3 Vicky France U17 4 Lindsay Clark  
6 BKL 4.28.1 1 Leigh Newton 2 Gail Hope Ellershaw 3 Karen Watkins 4 Anastacia Blyth

#### M 4x100m Relay

1 PRN 43.6 1 Mark Fletcher 2 Carl Dickinson 3 Sean Vernon 4 David Aguireburvalde  
2 GHD 43.7 1 Ben Geddes 2 Rosss Linnett 3 Stuart Hayley 4 Andrew Sturrock  
3 LDS 44.3 1 Jacob Brown 2 Daniel Warman 3 Umar Hameed 4 Richard Strachan  
4 RHM 46.5 1 Glynn Burgess 2 Tom Baulk 3 David Scholey 4 Rhian Hastey  
5 PEN 49.0 1 Tony Balko 2 Ted Lynch 3 Leroy Golding 4 Luke Simpson  
6 BKL 49.5 1 Danny Hughes 2 Lee Barnes 3 Brent Starkie 4 Simon Wells

#### M 4x400m Relay

1 LDS 3.29.8 1 Mitchell Rhodes 2 Steve O'Niell 3 Adam Fell 4 Richard Strachan  
2 BKL 3.32.5 1 Danny Hughes 2 Danny Hughes 3 Lee Barnes 4 Brent Starkie  
3 RHM 3.35.5 1 Jonathan Thewlis 2 Dave Storey 3 Rhian Hastey 4 Jason Maxfield  
4 PRN 3.41.2 1 Sean Vernon 2 Adam Mitchell 3 Steve Hallas 4 Chris Livesey  
5 PEN 3.43.4 1 Leroy Golding 2 Ben Lindsay 3 Ted Lynch 4 David Thornton  
6 GHD 3.49.9 1 Nic Little 2 Steve Horne 3 Jon Archer 4 Mark McDonald

#### MATCH RESULT LEAGUE STANDINGS

Event	Lge	Event	Lge
1 LDS	372 6	1 LEEDS CITY AC	372 6
2 RHM	318 5	2 ROTHERHAM HARRIERS	318 5
3 BKL	316.5 4	3 BLACKPOOL & FLYDE	316.5 4
4 GHD	298.5 3	4 GATESHEAD HARRIERS	298.5 3
5 PRN	285 2	5 PRESTON HARRIERS	285 2
6 PEN	253 1	6 PENDLE AC	253 1

