

7

Venue: THE BOWL GATESHEAD, Sun 4 July 2004

M 100m A

1	Carl Dickinson	PRN	11.2
2	Danny Warman	LDS	11.4
3	Adrian Chaple	GHD	11.5
4	Lee Barnes	BKP	11.6
5	Tom Baulk	RTM	11.9
6	Ted Lynch	PEN	12.0

M 100m B

1	Shaun Vernon	PRN	11.5
2	Stuart Hayley	GHD	11.5
3	Lawrence Mayhew	LDS	11.6
4	Glynn Burgess	RTM	12.1
5	Jonathan Rutter	BKP	12.1

M 200m A

1	Lee Barnes	BKP	22.8
2	Shaun Vernon	PRN	22.8
3	Adrian Chaple	GHD	23.3
4	Glynn Burgess	RTM	24.1
5	Ted Lynch	PEN	24.7
6	Simon Miller	LDS	25.9

M 200m B

1	Tom Baulk	RTM	23.4
2	Selorm Kuadey	PRN	23.6
3	Danny Hughes	BKP	23.6
4	Lawrence Mayhew	LDS	24.5
5	Bryce Butterworth	PEN	27.8

M 400m A

1	Steve Redshaw	GHD	50.5
2	Shaun Vernon	PRN	52.6
3	Danny Hayes	BKP	52.9
4	Martin Boner	RTM	53.8
5	Eric Quinlivan	LDS	54.3
6	Steven Rouse	PEN	59.3

M 400m B

1	Graig Glanville	GHD	51.2
2	Selorm Kuadey	PRN	52.8
3	Danny Hughes	BKP	52.9
4	Ian Whitaker	RTM	54.3
5	Sean Dirrane	LDS	55.0

M 800m A

1	Sean Dirrane	LDS	1.56.3
2	Danny Hayes	BKP	1.57.2
3	Chris Parr	GHD	1.58.2
4	Jonathan Thewlis	RTM	2.01.5
5	Ben Lindsay	PEN	2.01.9
6	Steve Hallas	PRN	2.11.5

M 800m B

1	Mark Elliott	GHD	1.58.3
2	Paul Johnson	BKP	2.00.1
3	Peter Steel	LDS	2.02.4
4	Martin Boner	RTM	2.03.5
5	Steve Smith	PRN	2.04.3
6	Steven Rouse	PEN	2.09.7

M 1500m A

1	Jonathan Prowse	BKP	3.55.4
2	Aidan Adams	LDS	3.59.4
3	Jonathan Thewlis	RTM	3.59.7
4	Chris Parr	GHD	4.03.0
5	David Thornton	PEN	4.05.5
6	Steve Hallas	PRN	4.12.1

M 1500m B

1	Jason Maxfield	RTM	4.06.6
2	Michael Hunt	PEN	4.09.4
3	Peter Steel	LDS	4.14.0
4	Steve Smith	PRN	4.20.5
5	Mark McDonald	GHD	4.21.1
6	James Unsworth	BKP	4.25.2

M 5000m A

1	Mike Burrett	LDS	15.22.3
2	Jonathan Prowse	BKP	15.29.4
3	Steve Hallas	PRN	15.51.9
4	Phillip Hoole	RTM	16.00.5
5	Peter Embleton	GHD	16.12.0

M 5000m B

1	David McQuarrie	LDS	15.53.2
2	Matt Livingstone	PRN	16.05.3
3	Phil Granston	GHD	16.33.3
4	Paul Johnson	BKP	17.24.6
5	Steve Phillips	RTM	19.27.0

Venue: THE BOWL GATESHEAD, Sun 4 July 2004

M 110mH A

1 Matt Allison LDS 17.0
2 John Stacey GHD 17.3
3 Lee Kaighlin RTM 20.0
4 David Thornton PEN 22.06

M 110mH B

1 Adam Fell LDS 18.9
2 Nick Pike RTM 21.3

M 400mH A

1 Keiran Flannery GHD 54.6
2 Adam Fell LDS 57.5
3 Scott Harwood RTM 60.1
4 Michael Hunt PEN 60.3
5 Gary Wilson PRN 81.0

M 400mH B

1 Russell England LDS 61.0
2 Lee Kaighlin RTM 62.0
3 Mark Hartley PEN 64.5

M 3000m SC A

1 Russell England LDS 9.58.1
2 Mark Hartley PEN 10.37.6
3 Gary Wilson PRN 11.05.2
4 Ray Robinson GHD 11.16.5
5 Lea Johnson RTM 11.35.8

M 3000m SC B

1 Phil Townsend LDS 10.42.6
2 Jamie Rusius PEN 11.06.4
3 Steve Smith PRN 11.07.3
4 Steve Phillips RTM 11.37.0

M Discus Throw A

1 Peter Gordon GHD 44.69
2 Grant Myerscough BKP 40.79
3 Matt Allison LDS 40.52
4 Owen Thomas RTM 26.05
5 Adam Worthington PRN 24.79
6 James Finucane PEN 22.42

M Discus Throw B

1 Andy Rutalnd GHD 39.04
2 Mark Gulliver LDS 38.87
3 Rob Sloman BKP 31.90
4 Chris Rusius PEN 22.19
5 Steve Dixon PRN 20.22
6 Nick Pike RTM 18.71

M Hammer Throw A

1 Mark Gulliver LDS 48.24
2 David Maggs GHD 39.29
3 Owen Thomas RTM 37.04
4 Syd Bashforth BKP 33.77
5 Steve Dixon PRN 24.40
6 James Finucane PEN 13.81

M Hammer Throw B

1 David Milnes LDS 27.73
2 Paul Sloman BKP 23.73
3 Nick Pike RTM 16.39
4 Chris Livesey PRN 11.90
5 Jamie Rusius PEN 9.42

M High Jump A

1 Peter Nelson RTM 1.80
2=Max Eaves BKP 1.60
2=Chris Jefferson GHD 1.60
2=Simon Miller LDS 1.60
5 Andrew Robinson PRN 1.60

M High Jump B

1 Kyle Hargreaves RTM 1.75
2 Paul Johnson BKP 1.60
3=Michael Wright GHD 1.60
3=Adam Fell LDS 1.60
5 Chris Livesey PRN 1.50

M Javelin Throw A

1 Michael Hill LDS 74.72
2 Ian Burns GHD 57.77
3 Rob Sloman BKP 45.70
4 Adam Worthington PRN 38.33
5 James Finucane PEN 35.15
6 Owen Thomas RTM 31.85

M Javelin Throw B

1 Matt Allison LDS 56.58
2 Syd Bashforth BKP 32.80
3 Hugh Grime GHD 31.67
4 Bryce Butterworth PEN 24.71
5 Steve Dixon PRN 21.07
6 Ian Whitaker RTM 10.47

Venue: THE BOWL GATESHEAD, Sun 4 July 2004

M Long Jump A

1 Chris Jefferson	GHD 6.20
2 Lawrence Mayhew	LDS 6.06
3 Scott Harwood	RTM 5.78
4 Andrew Robinson	PRN 5.78
5 Jonathan Rutter	BKP 5.68
6 Chris Rusius	PEN 5.15

M Long Jump B

1 Michael Wright	GHD 5.94
2 Rob Sloman	BKP 5.66
3 Selorm Kuadey	PRN 5.66
4 Glynn Burgess	RTM 5.59
5 Umar Hameed	LDS 5.59
6 Michael Hunt	PEN 4.64

M Pole Vault A

1 Chris Boundy	GHD 4.00
2 Max Eaves	BKP 3.70
3 Nick Pike	RTM 2.60
4 Andrew Robinson	PRN 2.50
5 Russell England	LDS 2.50
6 Chris Rusius	PEN 2.10

M Pole Vault B

1 John Stacey	GHD 3.10
2 Umar Hameed	LDS 2.10

M Shot Putt A

1 Craig Sturrock	GHD 14.00
2 Grant Myerscough	BKP 13.67
3 Matt Allison	LDS 12.99
4 Bryce Butterworth	PEN 8.62
5 Adam Worthington	PRN 8.20
6 Nick Pike	RTM 7.76

M Shot Putt B

1 Andy Rutalnd	GHD 11.27
2 Mark Gulliver	LDS 10.62
3 Syd Bashforth	BKP 9.94
4 Owen Thomas	RTM 7.18
5 Ted Lynch	PEN 7.15
6 Steve Dixon	PRN 6.23

M Triple Jump A

1 Chris Jefferson	GHD 13.09
2 Jonathan Rutter	BKP 12.45
3 Selorm Kuadey	PRN 11.99
4 Lee Kaighlin	RTM 11.71
5 Simon Miller	LDS 11.55

M Triple Jump B

1 Graham Simpson	GHD 11.88
2 Nick Pike	RTM 11.36
3 Paul Johnson	BKP 10.73
4 Umar Hameed	LDS 10.57

W 100m A

1 Titi Ameobi	GHD 12.4
2 Sarah Magen Dixon	PRN 12.9
3 Julia Witrylak	BKP 13.2
4 Helen White	RTM 13.8
5 Joanne Westerman	LDS 13.9
6 Kate Walker	PEN 14.0

W 100m B

1 Vicky Carmichael	GHD 12.8
2 Emma Moutrie	LDS 13.1
3 Hayley Roughley	PRN 13.6
4 Lynette Hill	RTM 13.7
5 Samantha Radcliife	BKP 13.9

W 200m A

1 Titi Ameobi	GHD 25.5
2 Sheryl Punter	LDS 26.4
3 Leigh Newton	BKP 26.6
4 Hayley Roughley	PRN 27.5
5 Helen White	RTM 28.0
6 Kate Walker	PEN 28.8

W 200m B

1 Vicky Carmichael	GHD 25.7
2 Sarah Magen Dixon	PRN 27.2
3 Sayla Johnston	BKP 28.4
4 Joanne Westerman	LDS 28.6
5 Lynette Hill	RTM 29.2
6 Anna Anderson	PEN 31.7

W 400m A

1 Leigh Newton	BKP 59.1
2 Nicci Youden	GHD 59.6
3 Lynette Hill	RTM 64.1
4 Rachael Woodnut	LDS 64.7
5 Emma Deakin	PRN 70.2

W 400m B

1 Sally Youden	GHD 61.8
2 Jenny Lumley	LDS 64.6
3 Steph Hewitt	RTM 66.5
4 Sayla Johnston	BKP 67.6
5 Michelle Thornley	PRN 72.4

Venue: THE BOWL GATESHEAD, Sun 4 July 2004

W 800m A

1 Phillipa McCrea GHD 2.15.9
2 Danielle McCann PRN 2.17.1
3 Rebecca Townsend LDS 2.20.1
4 Anastacia Bligh BKP 2.31.0
5 Leanne Gibson RTM 2.44.7

W 800m B

1 Alex Gostling LDS 2.23.1
2 Helen Patton GHD 2.24.8
3 Emma Deakin PRN 2.29.1
4 Danielle Wiseman BKP 2.41.5
5 Laura Edwards RTM 2.48.7

W 1500m A

1 Phillipa McCrea GHD 4.47.5
2 Jenny Blizzard RTM 4.50.2
3 Emma Deakin PRN 4.52.5
4 Rachael Woodnut LDS 4.55.3
5 Anastacia Bligh BKP 4.58.6

W 1500m B

1 Rebecca Townsend LDS 5.14.3
2 Gail Hope-Ellershaw BKP 5.23.6

W 3000m A

1 Jenny Blizzard RTM 10.11.6
2 Alex Gostling LDS 10.35.4
3 Caroline Robbins BKP 10.42.1
4 Anna Anderson PEN 11.24.9

W 3000m B

1 Celia Demaria LDS 10.39.1
2 Amber Gordon BKP 11.53.2

W 100mH A

1 Samantha Radcliffe BKP 18.0
2 Sarah McCrea GHD 20.2
3 Faye Holden PEN 22.4

W 100mH B

1 Eleanor Mingus BKP 18.5

W 400mH A

1 Sarah McCrea GHD 73.1

W 400mH B

No competitors

W Discus Throw A

1 Nicola Baker GHD 35.84
2 Bethany Stanliand LDS 34.89
3 Helen White RTM 27.13
4 Cara Steele PRN 24.06
5 Eleanor Mingus BKP 22.55

W Discus Throw B

1 Sarah Dodds GHD 28.75
2 Louise Guite RTM 24.46
3 Jane Lupton PRN 23.49
4 Amiee Hearsum BKP 20.34
5 Ros Evenden LDS 14.87

W Hammer Throw A

1 Leah Weatheritt GHD 36.62
2 Jane Lupton PRN 32.61
3 Helen White RTM 25.49
4 Amiee Hearsum BKP 23.75
5 Ros Evenden LDS 19.19
6 Faye Holden PEN 15.46

W Hammer Throw B

1 Emma Foster GHD 35.69
2 Lois Wiseman PRN 23.78
3 Louise Guite RTM 19.95
4 Sylvia Heys BKP 16.91
5 Rachael Woodnut LDS 11.84

of 7

Venue: THE BOWL GATESHEAD, Sun 4 July 2004

W High Jump A

1 Jenny Lumley	LDS	1.65
2 Jenny Glaysher	PRN	1.55
3 Sarah McCrea	GHD	1.30
4 Amber Gordon	BKP	1.20
5 Jenny Cutherbertson	RTM	1.20

W High Jump B

1 Emma James	PRN	1.45
2 Leah Simmons	LDS	1.40
3=Danielle Wiseman	BKP	1.20
3=Steph Hewitt	RTM	1.20

W Javelin Throw A

1 Bethany Stanliand	LDS	29.28
2 Leah Weatheritt	GHD	27.60
3 Carly Baguley	BKP	25.86
4 Kim Sherliker	PRN	21.62
5 Louise Guite	RTM	14.44

W Javelin Throw B

1 Kirsty Parr	LDS	25.40
2 Victoria Holden	BKP	16.37
3 Michelle Thornley	PRN	14.82
4 Emma Foster	GHD	13.75
5 Leanne Gibson	RTM	13.31

W Long Jump A

1 Kirsty Parr	LDS	5.41
2 Helen White	RTM	4.65
3 Sarah McCrea	GHD	4.61
4 Emma James	PRN	4.55
5 Nia Nwidobie	BKP	4.46
6 Faye Holden	PEN	3.48

W Long Jump B

1 Sheryl Punter	LDS	5.10
2 Jenny Glaysher	PRN	4.36
3 Vicky Greensil	RTM	4.21
4 Sayla Johnston	BKP	4.01
5 Anna Anderson	PEN	3.41

W Pole Vault A

1 Jenny Cutherbertson	RTM	2.70
2 Michelle Thornley	PRN	2.60
3 Julia Witrylak	BKP	2.40

W Pole Vault B

1 Eleanor Mingus	BKP	1.70
------------------	-----	------

W Shot Putt A

1 Bethany Stanliand	LDS	10.44
2 Leah Weatheritt	GHD	10.25
3 Louise Guite	RTM	9.09
4 Jane Lupton	PRN	8.97
5 Nia Nwidobie	BKP	7.90
6 Faye Holden	PEN	5.67

W Shot Putt B

1 Cathryn Ellis	GHD	9.60
2 Helen White	RTM	8.31
3 Kara Steele	PRN	8.11
4 Amiee Hearsum	BKP	7.77
5 Ros Evenden	LDS	5.42
6 Kate Walker	PEN	5.15

W Triple Jump A

1 Emma Moutrie	LDS	11.07
2 Nia Nwidobie	BKP	10.95
3 Emma James	PRN	10.25
4 Jenny Cutherbertson	RTM	8.01
5 Faye Holden	PEN	7.83

W Triple Jump B

1 Leah Simmons	LDS	10.86
2 Jenny Glaysher	PRN	10.17
3 Rochelle Hearsum	BKP	8.58

of 7

Venue: THE BOWL GATESHEAD, Sun 4 July 2004

W 4x100m Relay

1 GHD 51.0	1 Nicci Youden	2 Sally Youden
	3 Vicky Carmichael	4 Titi Ameobi
2 BKP 52.5	1 Samantha Radcliffe	2 Leigh Newton
	3 Nia Nwidobie	4 Julia Witrylak
3 LDS 52.8	1 Leah Simmons	2 Emma Moutrie
	3 Joanne Westerman	4 Sheryl Punter
4 PRN 53.6	1 Hayley Roughley	2 Sarah Magen Dixon
	3 Jenny Glaysher	4 Emma James
5 RTM 56.2	1 Jenny Cutherbertson	2 Leanne Gibson
	3 Lynette Hill	4 Helen White

W 4x400m Relay

1 GHD 4.06.6	1 Sally Youden	2 Helen Patton
	3 Phil Granston	4 Nicci Youden
2 LDS 4.12.0	1 Jenny Lumley	2 Rachael Woodnut
	3 Rebecca Townsend	4 Bethany Stanliand
3 BKP 4.24.8	1 Leigh Newton	2 Sayla Johnston
	3 Anastacia Bligh	4 Gail Hope-Ellershaw
4 PRN 4.34.2	1 Emma Deakin	2 Danielle McCann
	3 Michelle Thornley	4 Hayley Roughley
5 RTM 4.39.8	1 Louise Guite	2 Leanne Gibson
	3 Laura Edwards	4 Lynette Hill

M 4x100m Relay

1 PRN 45.5	1 Carl Dickinson	2 Selorm Kuadey
	3 Shaun Vernon	4 Andrew Robinson
2 BKP 46.2	1 Danny Hughes	2 Jonathan Rutter
	3 Danny Hayes	4 Lee Barnes
3 RTM 46.9	1 Glynn Burgess	2 Tom Baulk
	3 Scott Harwood	4 Ian Whitaker
4 LDS 47.3	1 Umar Hameed	2 Lawrence Mayhew
	3 Simon Miller	4 Matt Allison
5 GHD DISQ		

M 4x400m Relay

1 GHD 3.28.3	1 Keiran Flannery	2 Mark Elliott
	3 Chris Parr	4 Craig Glanville
2 BKP 3.31.8	1 Danny Hughes	2 Paul Johnson
	3 Lee Barnes	4 Danny Hayes
3 LDS 3.35.4	1 Adam Fell	2 Eric Quinlivan
	3 Aidan Adams	4 Russell England
4 RTM 3.36.2	1 Jason Maxfield	2 Scott Harwood
	3 Glynn Burgess	4 Jonathan Thewlis
5 PRN 4.17.1	1 Shaun Vernon	2 Matt Livingstone
	3 Adam Worthington	4 Gary Wilson

	PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS		
	Event	Lge	Event	Lge		Event	
Lge							
	1 LDS 755.33	12	1 LDS 417.5	6	1 LEEDS CITY AC	1172.8318	
	2 RTM 681	10	2 GHD 409.5	5	2 ROTHERHAM	1007.5	13
	3 BKP 674.67	8	3 BKP 356.5	4	3 BLACKPOOL	1031.1712	
	4 GHD 653.33	5.5	4 RTM 326.5	3	4 GATESHEAD		
1062.8310.5							
	5 PRN 640.67	4.5	5 PRN 315	2	5 PRESTON	955.67	
6.5							
	6 PEN 496	2	6 PEN 158	1	6 PENDLE	654	3

Note(s)

No competitors W 400mH B, No competitors W 400mH B,
BKP Includes + 40pts,
LDS Includes + 40pts,
GHD Includes + 40pts,
PEN Includes + 40pts,
PRN Includes + 40pts,
RTM Includes + 40pts,

