

M 100m A

1 Ross Linnett	GHD	10.8
2 Carl Dickinson	PRN	11.3
3 Lawrence Mayhew	LDS	11.7
4 Simon Wells	BKP	11.7
5 Dave Scholey	RTM	11.8
6 Leroy Goulding	PEN	12.3

M 100m B

1 Jacob Brown	LDS	11.4
2 Lee Barnes	BKP	11.5
3 Marc Suggitt	GHD	11.5
4 Sean Vernon	PRN	11.6
5 Dave Moore	RTM	12.2
6 Tony Balko	PEN	13.7

M 200m A

1 Lee Barnes	BKP	22.9
2 C Crawford-Granville	GHD	23.1
3 Rhian Hastey	RTM	23.2
4 Mark Fletcher	PRN	23.5
5 Marc Mullen Browne	PEN	24.7
6 Simon Miller	LDS	27.7

M 200m B

1 Sean Vernon	PRN	22.9
2 Marc Suggitt	GHD	23.2
3 Danny Hughes	BKP	24.0
4 Dave Moore	RTM	24.5
5 Adam Fell	LDS	28.0

M 400m A

1 Keiran Flannery	GHD	49.7
2 Dave Scholey	RTM	50.5
3 Brent Starkie	BKP	51.4
4 David Thornton	PEN	52.5
5 Russell England	LDS	60.9

M 400m B

1 Ben Walpole	GHD	52.0
2 Michael Hunt	PEN	52.8
3 Danny Hughes	BKP	53.5
4 Martyn Boner	RTM	53.5
5 Scott Mitchell	LDS	65.9

M 800m A

1 Sean Dirrane	LDS	1.56.9
2 Danny Hayes	BKP	1.57.8
3 Michael Hunt	PEN	1.58.0
4 Rhian Hastey	RTM	2.02.6
5 Marc McDonald	GHD	2.10.5

M 800m B

1 Richard Strachan	LDS	2.01.6
2 Paul Johnson	BKP	2.03.3
3 Martyn Boner	RTM	2.04.3
4 Keiran Flannery	GHD	3.15.9

M 1500m A

1 Jonathan Prowse	BKP	3.57.8
2 Simon Deakin	LDS	4.00.0
3 Steve Smith	PRN	4.11.5
4 Marc McDonald	GHD	4.23.6
5 Matthew Pollard	RTM	4.31.1

M 1500m B

1 Aidan Adams	LDS	4.05.5
2 Brian Hall	BKP	4.25.3
3 Phillip Hoole	RTM	4.31.9

M 5000m A

1 Alan Buckley	GHD	14.56.9
2 Eddie Simpson	PRN	15.34.9
3 Greg Hull	LDS	15.52.8
4 Phillip Hoole	RTM	16.04.0
5 Brian Hall	BKP	17.08.8

M 5000m B

1 Steve Hallas	PRN	15.41.0
2 Martin Gostling	LDS	16.02.0
3 Phil Branston	GHD	16.27.4

M 110mH A

1 Matt Allison LDS 16.5
2 Gareth Lapsins BKP 17.7
3 Lee Kaighlin RTM 19.8

M 110mH B

1 Adam Fell LDS 19.7
2 Nick Pike RTM 20.2
3 Eddie Broome BKP 21.1

M 400mH A

1 Adam Fell LDS 58.5
2 David Thornton PEN 58.8
3 Keiran Flannery GHD 61.8
4 James Slater BKP 62.2
5 Lee Kaighlin RTM 62.4

M 400mH B

1 Russell England LDS 64.8
2 Eddie Broome BKP 66.1
3 Lee Johnson RTM 71.0

M 3000m SC A

1 Russell England LDS 9.42.7
2 Lee Johnson RTM 10.54.3
3 Gary Wilson PRN 10.55.6
4 Eddie Broome BKP 11.18.8

M 3000m SC B

1 Scott Mitchell LDS 9.56.4
2 Brian Dewhirst PRN 10.59.4
3 Paul Johnson BKP 12.30.3

M Discus Throw A

1=Grant Myerscough BKP 40.00
1=Matt Allison LDS 40.00
1=Craig Sturrock GHD 40.00
1=Tony Balko PEN 40.00
1=Brian Campbell PRN 40.00
1=Owen Thomas RTM 40.00

M Discus Throw B

1=Rob Sloman BKP 39.00
1=Mark Gulliver LDS 39.00
1=David Maggs GHD 39.00
1=James Finucane PEN 39.00
1=Chris Arnold PRN 39.00
1=Nick Pike RTM 39.00

M Hammer Throw A

1=Sean Ellershaw BKP 34.00
1=Mark Gulliver LDS 34.00
1=David Maggs GHD 34.00
1=Tony Balko PEN 34.00
1=Brian Campbell PRN 34.00
1=Owen Thomas RTM 34.00

M Hammer Throw B

1=Grant Myerscough BKP 34.00
1=John Lunn LDS 34.00
1=Craig Sturrock GHD 34.00
1=Steve Dixon PRN 34.00
1=Nick Pike RTM 34.00

M High Jump A

1 Chris Binns BKP 1.95
2 Kyle Hargreaves RTM 1.90
3 John Stacey GHD 1.85
4 Matthew Hudson LDS 1.80

M High Jump B

1 James Slater BKP 1.90
2 Steve Linsell LDS 1.80
3 Chris Jefferson GHD 1.70
4 Lee Kaighlin RTM 1.60

M Javelin Throw A

1 Ian Burns GHD 59.04
2 Matt Allison LDS 54.32
3 Rob Sloman BKP 45.96
4 Adam Worthing PRN 40.65
5 Rhian Hastey RTM 33.98
6 Tony Balko PEN 32.80

M Javelin Throw B

1 Calham McDonald BKP 43.96
2 Mark Gulliver LDS 40.98
3 Steve Melling PRN 38.88
4 C Crawford-Granville GHD 35.28
5 Owen Thomas RTM 33.98

M Long Jump A

1 John Stacey	GHD 6.53
2 Simon Wells	BKP 6.25
3 Mark Fletcher	PRN 6.03
4 Lawrence Mayhew	LDS 5.73
5 Lee Kaighlin	RTM 5.35
6 Leroy Goulding	PEN 5.05

M Long Jump B

1 Chris Jefferson	GHD 6.42
2 Carl Dickinson	PRN 5.75
3 Simon Miller	LDS 5.71
4 Kyle Hargreaves	RTM 5.13
5 Tony Balko	PEN 4.53

M Pole Vault A

1 Laurence Steele	BKP 4.20
2 John Stacey	GHD 3.30
3 Thomas Wagner	LDS 2.90
4 Nick Pike	RTM 2.40

M Pole Vault B

1 Gareth Lapsins	BKP 4.00
2 Keiran Flannery	GHD 2.10

M Shot Putt A

1 Craig Sturrock	GHD 13.83
2 Grant Myerscough	BKP 13.81
3 Matt Allison	LDS 13.29
4 Brian Campbell	PRN 11.10
5 Tony Balko	PEN 9.46
6 Nick Pike	RTM 7.82

M Shot Putt B

1 Mark Gulliver	LDS 10.78
2 John Stacey	GHD 10.43
3 Dave Myerscough	BKP 10.15
4 Leroy Goulding	PEN 7.55
5 Owen Thomas	RTM 7.12
6 Steve Dixon	PRN 6.59

M Triple Jump A

1 Chris Jefferson	GHD 13.20
2 Simon Deakin	LDS 12.37
3 Jonathan Rutter	BKP 12.29
4 Mark Fletcher	PRN 11.27
5 Lee Kaighlin	RTM 10.93

M Triple Jump B

1 Simon Wells	BKP 12.26
2 Ben Walpole	GHD 11.82
3 Nick Pike	RTM 11.02
4 Matt Allison	LDS 10.76

W 100m A

1 Titi Ameobi	GHD 12.6
2 Rochelle Hearsum	BKP 12.7
3 Sheryl Punter	LDS 12.8
4 Sarah Mageen Dixon	PRN 12.9
5 Helen White	RTM 13.5

W 100m B

1 Vicky Carmichael	GHD 12.8
2 Julia Witrylak	BKP 13.2
3 Joanne Westerman	LDS 13.9
4 Zoe Slater	RTM 14.3
5 Michelle Thornley	PRN 14.6

W 200m A

1 Vicky Carmichael	GHD 25.7
2 Sheryl Punter	LDS 26.4
3 Julia Witrylak	BKP 27.0
4 Sarah Mageen Dixon	PRN 27.6
5 Charlotte Watts	RTM 29.5

W 200m B

1 Leigh Newton	BKP 26.3
2 Nicky Youden	GHD 26.8
3 Jackie Noblett	PRN 27.3
4 Joanne Westerman	LDS 28.9
5 Zoe Slater	RTM 30.1

W 400m A

1 Leigh Newton	BKP 59.2
2 Nicky Youden	GHD 59.9
3 Alison Finch	LDS 61.4
4 Danille Megan	PRN 61.9
5 Charlotte Watts	RTM 71.4

W 400m B

1 Kay Sheedy	BKP 60.4
2 Sally Youden	GHD 63.8
3 Rachael Woodnutt	LDS 66.0
4 Michelle Thornley	PRN 72.8
5 Louise Guite	RTM 74.3

W 800m A

1 Phillipa McRea GHD 2.14.0
2 Rachael Woodnutt LDS 2.21.2
3 Laura Deegan BKP 2.31.8
4 Louise Guite RTM 3.05.3

W 800m B

1 Celia Demaria LDS 2.24.6
2 Sally Youden GHD 2.27.6
3 Danielle Wiseman BKP 2.37.1

W 1500m A

1 Phillipa McRea GHD 4.54.2
2 Rachael Woodnutt LDS 5.01.8
3 Caroline Robins BKP 5.08.0
4 Phillipa Walsh PRN 5.15.1

W 1500m B

1 Kirsteen Young LDS 5.03.4
2 Gail Hope Ellershaw BKP 5.08.5
3 Hayley Billington PRN 5.34.8

W 3000m A

1 Emma Deakin PRN 10.33.1
2 Rachael Woodnutt LDS 10.35.4
3 Caroline Robins BKP 10.46.2
4 Leanne Waddington RTM 11.26.0
5 Meliisa Anderson GHD 12.49.7

W 3000m B

1 Kirsteen Young LDS 10.44.6
2 Gail Hope Ellershaw BKP 10.48.7
3 Jane Hogdkinson PRN 11.55.4

W 100mH A

1 Jackie Noblett PRN 16.1
2 Charlotte Watts RTM 17.8
3 Carla Bagguley BKP 19.0
4 Celia Demaria LDS 21.6
5 Faye Holden PEN 23.4

W 100mH B

1 Rebecca Wiseman PRN 18.1
2 Ashley Little LDS 20.7
3 Zoe Slater RTM 23.0

W 400mH A

1 Jackie Noblett PRN 69.5
2 Charlotte Watts RTM 75.7
3 Ashley Little LDS 76.7

W 400mH B

1 Celie Demaria LDS 81.1

W Discus Throw A

1=Cara Nwidobie BKP 34.00
1=Bethany Staniland LDS 34.00
1=Leah Weatheritt GHD 34.00
1=Carla Steele PRN 34.00
1=Lizzy Maher RTM 34.00

W Discus Throw B

1=Rachel Bashforth BKP 32.00
1=Joanee Westerman LDS 32.00
1=Lisa Marie Shipman GHD 32.00
1=Kelly Brooke PRN 32.00
1=Helen White RTM 32.00

W Hammer Throw A

1=Rachel Bashforth BKP 38.00
1=Kirsty Parr LDS 38.00
1=Lisa Marie Shipman GHD 38.00
1=Faye Holden PEN 38.00
1=Lois Wiseman PRN 38.00
1=Louise Guite RTM 38.00

W Hammer Throw B

1=Aimee Hearson BKP 36.00
1=Rachael Woodnutt LDS 36.00
1=Leah Weatheritt GHD 36.00
1=Rebecca Wiseman PRN 36.00
1=Louise Guite RTM 36.00

W High Jump A

1 Sarah Lawrence	BKP 1.65
2 Laura Fleming	LDS 1.60
3 Rebecca Wiseman	PRN 1.50
4 Lizzy Maher	RTM 1.30
5 Faye Holden	PEN 1.20

W High Jump B

1 Adrienne Smith	LDS 1.50
2 Laura Deegan	BKP 1.40
3 Zena Collins	PRN 1.40
4 Jenny Cuthbertson	RTM 1.20

W Javelin Throw A

1 Stephanie Novak	PRN 34.75
2 Alice Simpson	LDS 33.54
3 Leah Weatheritt	GHD 29.45
4 Victoria Holden	BKP 27.78
5 Lizzy Maher	RTM 22.19
6 Faye Holden	PEN 8.12

W Javelin Throw B

1 Kirsty Parr	LDS 31.89
2 Carla Bagguley	BKP 26.47
3 Louise Guite	RTM 19.39
4 Carla Steele	PRN 18.52
5 Lisa Marie Shipman	GHD 10.65

W Long Jump A

1 Bethany Staniland	LDS 5.42
2 Jackie Noblett	PRN 4.98
3 Nia Nwidobie	BKP 4.76
4 Helen White	RTM 4.47
5 Faye Holden	PEN 3.71
6 Meliisa Anderson	GHD 2.62

W Long Jump B

1 Alice Simpson	LDS 4.93
2 Sarah Lawrence	BKP 4.45
3 Leanne Waddington	RTM 4.20
4 Michelle Thornley	PRN 3.77

W Pole Vault A

1 Jenny Cuthbertson	RTM 2.75
2 Michelle Thornley	PRN 2.70
3 Julia Witrylak	BKP 2.10
4 Ashley Little	LDS 1.90

W Pole Vault B

1 Rebecca Wiseman	PRN 2.10
2 Eleanor Mingus	BKP 1.77

W Shot Putt A

1 Bethany Staniland	LDS 10.81
2 Leah Weatheritt	GHD 10.68
3 Rachel Bashforth	BKP 10.22
4 Louise Guite	RTM 9.66
5 Kelly Brooke	PRN 8.87

W Shot Putt B

1 Kirsty Parr	LDS 9.86
2 Lizzy Maher	RTM 9.32
3 Lisa Marie Shipman	GHD 9.05
4 Aimee Hearson	BKP 8.75
5 Lois Wiseman	PRN 5.76

W Triple Jump A

1 Nia Nwidobie	BKP 10.94
2 Emma James	PRN 10.20
3 Adrienne Smith	LDS 9.66
4 Lizzy Maher	RTM 8.40
5 Faye Holden	PEN 7.66

W Triple Jump B

1 Rebecca Wiseman	PRN 9.92
2 Rochelle Hearsum	BKP 9.31
3 Jenny Cuthbertson	RTM 8.09

W 4x100m Relay

1 GHD 50.7	1 Karen Storey	2 Nicky Youden
	3 Titi Ameobi	4 Vicky Carmichael
2 BKP 51.3	1 Julia Witrylak	2 Leigh Newton
	3 Carla Bagguley	4 Rochelle Hearsun
3 PRN 53.2	1 Hayley Roughley	2 Michelle Thornley
	3 Sarah Mageen Dixon	4 Jackie Noblett
4 LDS 53.3	1 Adrienne Smith	2 Leah Simmons
	3 Joanne Westerman	4 Sheryl Punter
5 RTM 54.6	1 Charlotte Watts	2 Zoe Slater
	3 Jenny Cutherbertson	4 Helen White

W 4x400m Relay

1 GHD 4.06.7	1 Phillipa McRea	2 Karen Storey
	3 Nicky Youden	4 Sally Youden
2 BKP 4.16.6	1 Leigh Newton	2 Kay Sheedy
	3 Danielle Wiseman	4 Rochelle Hearsun
3 LDS 4.17.7	1 Rachael Woodnutt	2 Sheryl Punter
	3 Celia Demaria	4 Alison Finch
4 PRN 4.23.6	1 Rebecca Wiseman	2 Hayley Billington
	3 Jackie Noblett	4 Hayley Roughley

M 4x100m Relay

1 BKP 44.9	1 Danny Hughes	2 Lee Barnes
	3 Jonathan Rutter	4 Simon Wells
2 GHD 45.1	1 Marc Suggitt	2 Ben Walpole
	3 Craig Jefferson	4 Ross Linnett
3 LDS 46.1	1 Jacob Brown	2 Lawrence Mayhew
	3 Simon Miller	4 Matt Allison
4 RTM 47.7	1 Dave Scholey	2 Dave Moore
	3 Rhian Hastey	4 Nick Pike

M 4x400m Relay

1 GHD 3.27.1 1 Keiran Flannery 2 C Crawford-Granville
3 John Stacey 4 Ben Walpole
2 BKP 3.30.3 1 Danny Hughes 2 Danny Hayes
3 Lee Barnes 4 Paul Johnson
3 RTM 3.42.4 1 Matthew Pollard 2 Martyn Boner
3 Dave Scholey 4 Dave Moore
4 PEN 4.52.1 1 Michael Hunt 2 Marc Mullen Browne
3 David Thornton 4 Leroy Goulding

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS	
Event	Lge	Event	Lge	Event	Lge
1 LDS 755.33	12	1 LDS 435.47	6	1 LEEDS CITY AC	1190.8018
2 RTM 681	10	2 BKP 426.47	5	2 BLACKPOOL & FLYDE	1101.1313
3 BKP 674.67	8	3 GHD 354.47	4	3 ROTHERHAM	989.47 12
4 GHD 653.33	5.5	4 PRN 311.47	3	4 GATESHEAD	1007.809.5
5 PRN 640.67	4.5	5 RTM 308.47	2	5 PRESTON	952.13 7.5
6 PEN 496	2	6 PEN 130.67	1	6 PENDLE	626.67 3

Note(s)

Hammer and Discus both cancelled due to Health & Safety

BKP Includes + 40pts,

LDS Includes + 40pts,

GHD Includes + 40pts,

PEN Includes + 40pts,

PRN Includes + 40pts,

RTM Includes + 40pts,

