

M 100m A

1 Lawrence Baird	TRF	11.2
2 Allan Ruddock	WKF	11.3
3 Steve Blagdon	LIN	11.4
4 Tyrone Crow	MID	11.4
5 Jerome Duxbury	BLK	11.5
6 Don Shearn	SHM	11.5
7 James Wright	LAN	12.1
8 Simon Catling	MOR	12.4

M 100m B

1 Phil Vickers	BLK	11.5
2 Bernard Ward	TRF	11.6
3 Richard Higson-Blyth	WKF	11.6
4 Jon Moss	SHM	11.7
5 L. McElwee	MID	11.8
6 Jim Auyba	LIN	11.9
7 Scott Reed	LAN	12.0
8 Ketan Desai	MOR	18.0

M 200m A

1 Tim Bradford	TRF	22.7
2 Steve Blagdon	LIN	22.8
3 Richard Reader	SHM	23.3
4 Scott Henderson	MID	23.4
5 Arran Topham	LAN	23.6
6 Allan Ruddock	WKF	23.9
7 Phil Vickers	BLK	24.0
8 Simon Catling	MOR	29.8

M 200m B

1 Bernard Ward	TRF	23.4
2 Jerome Duxbury	BLK	23.7
3 Dean Hardman	SHM	23.7
4 Paul Burdon	MID	23.9
5 Richard Higson-Blyth	WKF	24.4
6 Jim Auyba	LIN	24.9
7 James Wright	LAN	24.9
8 Ian Godwin	MOR	26.9

M 400m A

1 Arran Topham	LAN	49.4
2 Richard Beardsell	TRF	49.5
3 Tom Duffield	LIN	50.6
4 Ben Fox	BLK	50.8
5 Paul White	MID	51.3
6 Lewis Tatt	WKF	51.4
7 Darren Froggatt	SHM	52.4
8 Ketan Desai	MOR	55.5

M 400m B

1 Tim Bradford	TRF	49.3
2 Matt Wood	BLK	51.4
3 Andy Parker	SHM	51.7
4 Raymond Ndengena	WKF	52.5
5 Graham Wright	LIN	52.6
6 Kieran Rowlands	LAN	53.4
7 Ade Babatunde	MID	53.5
8 Ian Godwin	MOR	58.2

M 800m A

1 Matt Bowser	LIN	1.56.2
2 Gary Bristow	TRF	1.56.6
3 Matt Wood	BLK	1.57.0
4 Daniel Samuels	MOR	1.57.8
5 Sam Aspinall	SHM	2.00.9
6 Nathan Elliot	WKF	2.01.8
7 Mark Gardner	LAN	2.04.9
8 Stephen Pogue	MID	2.17.4

M 800m B

1 Rob Barton	BLK	1.57.0
2 Rob Cole	MID	1.58.2
3 Ketan Desai	MOR	1.58.7
4 Graham Wright	LIN	2.00.3
5 Scott Riley	TRF	2.01.6
6 Kieran Rowlands	LAN	2.09.6
7 Gary Stanton	SHM	2.10.7
8 Steve Faulkner	WKF	2.32.4

M 1500m A

1 Matt Bowser	LIN	4.08.6
2 Ian Salisbury	TRF	4.13.5
3 Paul Bradshaw	BLK	4.15.5
4 Peter Worthington	LAN	4.15.9
5 Nathan Shrubbs	MOR	4.18.5
6 James Burrows	SHM	4.21.4
7 Mark Middleton	MID	4.24.1
8 Nathan Elliot	WKF	4.25.0

M 1500m B

1	LIN	4.15.0
2 Darren Talbot	TRF	4.16.1
3 Steven Worthington	LAN	4.17.1
4 Phil Hall	BLK	4.18.3
5 Richard Kay	MOR	4.26.7
6 Stephen Pogue	MID	4.38.1
7 David Howlett	SHM	4.38.6
8 Tony White	WKF	5.05.6

M 5000m A

1 Ben Fox	BLK	15.13.1
2 Michael Aspinall	LAN	15.15.3
3 David Swinburne	MOR	15.40.9

M 5000m B

1 Rob Flannery	SHM	15.57.3
2 Andrew Swinburne	MOR	16.05.8
3 Will Strangeway	LIN	16.25.6

4 Ian Kimpton	LIN 15.47.5	4 Dom Jones	LAN 16.36.2
5 Simon Mills	SHM 15.50.8	5 Mark Middleton	MID 16.45.3
6 Rob Cole	MID 16.17.4	6 Vinny Booth	TRF 17.08.3
7 Dave Fraser	TRF 16.41.4	7 Phil Hall	BLK 17.59.0
8 Tony White	WKF 18.17.2	8 Steve Faulkner	WKF 19.41.0

M 110mH A

1	Carlos Holder	TRF	16.3
2	Robert Lee	WKF	17.1
3	Ben Chegworth	BLK	17.1
4	Tom Topham	LAN	19.0
5	Adie White	LIN	19.8
6	Tyrone Crow	MID	20.3
7	David March	SHM	30.6

M 110mH B

1	Shayn Thomas	WKF	18.6
2	John Paul Clements	BLK	19.5
3	Mark Gardner	LAN	19.9
4	Sam Aspinall	SHM	20.0
5	Ian Salisbury	TRF	20.6

M 400mH A

1	Dale Jordan	MID	59.3
2	Liam Barton	BLK	61.3
3	David Walker	MOR	62.8
4	Andy Parker	SHM	62.9
5	John Paul Dales	WKF	64.4
6	Tom Topham	LAN	65.4
7	Matt Hayes	TRF	65.9

M 400mH B

1	Chris Hart	BLK	61.5
2	Scott Reed	LAN	62.3
3	Raymond Ndengena	WKF	63.7
4	Darren Talbot	TRF	67.5
5	Dean Hardman	SHM	68.2
6	Ian Godwin	MOR	68.5

M 3000m SC A

1	Chris Hart	BLK	9.26.0
2	Rob Flannery	SHM	9.40.1
3	Richard Kay	MOR	9.44.6
4	Mark Baddely	LIN	10.09.6
5	Danny Parkinson	LAN	10.14.7
6	Dave Barker	TRF	10.17.3
7	Paul White	MID	10.25.1
8	Steve Faulkner	WKF	12.28.3

M 3000m SC B

1	Liam Barton	BLK	9.57.9
2	David March	SHM	10.04.4
3	Jason Hall	LIN	10.21.5
4	Sean Kirtley	MOR	10.38.0
5	Dave Booth	TRF	10.47.3
6	Mark Gardner	LAN	12.12.9

M Discus Throw A

1	Paul Reed	MOR	49.04
2	Leslie Richards	MID	48.26
3	Roger Bates	TRF	45.40
4	Franklin Opara	SHM	35.87
5	Guy Heath	LAN	33.52
6	Ian Parker	LIN	33.04
7	Lee Eccles	BLK	30.55
8	Mark Keeler	WKF	30.27

M Discus Throw B

1	Jon Brown	MID	38.43
2	Darren Thomas	WKF	29.37
3	Adie White	LIN	28.24
4	Steven Appleby	MOR	27.92
5	Aidan Jones	LAN	26.50
6	Andy Parry	TRF	26.45

M Hammer Throw A

1	Roger Bates	TRF	54.54
2	Andrew Smith	MID	47.25
3	Richard Gayle	WKF	37.67
4	Aidan Jones	LAN	36.76
5	Adie White	LIN	29.09
6	Adam Lovick	BLK	25.93
7	Steven Appleby	MOR	19.84
8	Jon Moss	SHM	18.46

M Hammer Throw B

1	Leslie Richards	MID	38.36
2	Darren Thomas	WKF	26.11
3	Geoff Powley	LIN	24.10
4	Lee Eccles	BLK	21.36
5	Neil Ellerby	MOR	18.51
6	Ian Stanley	LAN	17.97
7	Jon Edwards	SHM	13.14

M High Jump A

1 Franklin Opara	SHM	1.90
2 Mark Keeler	WKF	1.80
3 Tom Topham	LAN	1.75
4=Ben Chegworth	BLK	1.70
4=Andy Parry	TRF	1.70
6=Adie White	LIN	1.50
6=Ross Dixon	MOR	1.50
8 Paul Burdon	MID	1.50

M High Jump B

1 Peter Rhodes	LAN	1.70
2=Shayn Thomas	WKF	1.60
2=Dave Etheridge	SHM	1.60
2=Carlos Holder	TRF	1.60
5 Randy Nelson	BLK	1.60
6 Tyrone Crow	MID	1.50
7 Angus Wood	MOR	1.40

M Javelin Throw A

1 Pawlo Ostapowycz	TRF	51.17
2 Mark Keeler	WKF	48.04
3 Ian Parker	LIN	44.88
4 Alf Oddie	BLK	42.53
5 Rick Betts	MID	39.44
6 Franklin Opara	SHM	28.38
7 Ketan Desai	MOR	28.09
8 Mark Gardner	LAN	27.51

M Javelin Throw B

1 Andy Parry	TRF	44.86
2 Darren Thomas	WKF	43.19
3 Jason Hall	LIN	39.12
4 Claude Peter-Thomas	BLK	37.76
5 Jon Brown	MID	28.28
6 Matt Cullen	SHM	27.51
7 Ian Stanley	LAN	20.91
8 Neil Ellerby	MOR	15.68

M Long Jump A

1 Richard Reader	SHM	6.62
2 Claude Peter-Thomas	BLK	6.31
3 John Fletcher	WKF	6.10
4 Scott Reed	LAN	6.07
5 Ade Babatunde	MID	5.81
6 Angus Wood	MOR	5.65
7 Steve Blagdon	LIN	5.35
8 Matt Hayes	TRF	4.85

M Long Jump B

1 Mark Gardner	LAN	5.71
2 Robert Lee	WKF	5.66
3 Randy Nelson	BLK	5.47
4 Jim Auyba	LIN	5.33
5 Paul Burdon	MID	5.04
6 Ketan Desai	MOR	4.97
7 Vinny Booth	TRF	4.54
8 Rob Flannery	SHM	4.01

M Pole Vault A

1 Ian Noble	TRF	4.30
2 Matt Cullen	SHM	3.50
3 Glen Blenkinsop	MID	3.40
4 Darren Thomas	WKF	2.80
5 Claude Peter-Thomas	BLK	2.70
6 Adie White	LIN	2.60

M Pole Vault B

1 Dave Alister	SHM	3.30
2 Dale Jordan	MID	3.20
3 Ian Scholes	TRF	2.90
4 Rob Barton	BLK	2.50
5 Geoff Parker	LIN	2.40

M Shot Putt A

1 Paul Reed	MOR	14.43
2 Roger Bates	TRF	13.29
3 Mark Keeler	WKF	12.47
4 Andrew Smith	MID	12.01
5 Jerome Duxbury	BLK	10.63
6 Guy Heath	LAN	10.62
7 Ian Parker	LIN	10.56
8 Franklin Opara	SHM	9.45

M Shot Putt B

1 Leslie Richards	MID	11.97
2 Adam Lovick	BLK	9.67
3 Pawlo Ostapowycz	TRF	9.60
4 Darren Thomas	WKF	9.58
5 Adie White	LIN	9.26
6 Jon Moss	SHM	8.87
7 Steven Appleby	MOR	8.49
8 Ian Stanley	LAN	8.27

M Triple Jump A

1 Ben Fox	BLK	13.31
2 Robert Lee	WKF	13.09
3 Ade Babatunde	MID	12.98

M Triple Jump B

1 Claude Peter-Thomas	BLK	12.65
2 Jon Brown	MID	11.69
3 Shayn Thomas	WKF	11.49

4 Sam Aspinall	SHM 11.82	4 Richard Reader	SHM 11.21
5 Scott Reed	LAN 11.70	5 Richard Kay	MOR 10.62
6 Angus Wood	MOR 11.56	6 Vinny Booth	TRF 9.34
7 Matt Hayes	TRF 11.08		
8 Adie White	LIN 10.45		

Venue: Cleckheaton, Sat 11 September 2004

W 100m A

1	Marise Barclay	MID	13.0
2	Rachel Smith	TRF	13.2
3	Julia Straker	MOR	13.4
4	Amy Wilson	WKF	13.5
5	Joanna Birch	SHM	13.6
6	Liz Ward	LIN	13.7
7	Suzanne Saam	LAN	13.8
8	Sally Targett	BLK	14.6

W 100m B

1	Fiona Thomas	WKF	12.8
2	Frances Hibbard	MID	13.1
3	Nicole Thompson	LAN	13.1
4	Leanne Brown	SHM	13.4
5	Josina Clarke	LIN	13.9
6	Kayleigh Stoker	MOR	14.2
7	Rachel Corr	BLK	14.4
8	Zoe Taylor	TRF	14.5

W 200m A

1	Marise Barclay	MID	26.2
2	Nishai Desai	MOR	26.9
3	Cheri Morrison	SHM	27.0
4	Ruth Layborn	WKF	27.5
5	Rachel Smith	TRF	27.6
6	Lydia Chamberlain	LIN	28.5
7	Suzanne Saam	LAN	28.6
8	Carly Thompson	BLK	30.7

W 200m B

1	Hayley Braithwaite	MID	27.9
2	Katie Huck	LAN	28.3
3	Leanne Brown	SHM	28.5
4	Lorena Gumbs	WKF	30.0
5	Kayleigh Stoker	MOR	30.1
6	Nina Swaby	LIN	30.4
7	Linda Gabriel	TRF	30.6
8	Heather Catlow	BLK	32.2

W 400m A

1	Nishai Desai	MOR	59.3
2	Amy Wilson	WKF	62.1
3	Liz Ward	LIN	62.7
4	Denise Knox	MID	63.5
5	Joanna Birch	SHM	64.4
6	Judith Hodgkinson	BLK	65.8
7	Linda Gabriel	TRF	67.9
8	Lauren Cooper	LAN	69.8

W 400m B

1	Josina Clarke	LIN	63.7
2	Lianne Singleton	SHM	64.4
3	Frances Hibbard	MID	64.7
4	Lisa Hall	WKF	65.0
5	Lindsay Johnson	TRF	66.3
6	Carly Thompson	BLK	66.9
7	Christine Handforth	LAN	71.4
8	Natalie Dawson	MOR	73.8

W 800m A

1	Nishai Desai	MOR	2.19.1
2	Rachel Deegan	SHM	2.20.4
3	Judith Hodgkinson	BLK	2.21.1
4	Chloe Rodham	LAN	2.25.6
5	Cath Bacon	WKF	2.29.2
6	Cathryn Foley	LIN	2.34.7
7	Nicola Darragh	MID	3.03.4

W 800m B

1	Claire Sykes	WKF	2.28.5
2	Janine Stockton	SHM	2.30.2
3	Allanda Crow	MID	2.34.5
4	Lauren Cooper	LAN	2.36.0
5	Katie Morris	BLK	2.38.5
6	Natalie Dawson	MOR	2.41.5
7	Kathleen Warhurst	LIN	2.44.9

W 1500m A

1	Louise Gardner	LAN	4.41.4
2	Helen Singleton	WKF	4.55.3
3	Katherine Baker	SHM	5.07.2
4	Linda Clarkson	BLK	5.14.5
5	Sarah Coates	LIN	5.15.6
6	Jaon Griffiths	TRF	5.40.1
7	Claire Eyeington	MID	5.55.5

W 1500m B

1	Angela Dickie	WKF	5.02.5
2	Bethany English	SHM	5.08.2
3	Joanne Perry	LAN	5.18.4
4	Katie Morris	BLK	5.25.0
5	Cathryn Foley	LIN	5.26.0
6	Debbie Forster	MID	6.44.9

W 3000m A

1	Angela Dickie	WKF	10.26.4
2	Chloe Rodham	LAN	10.42.5

W 3000m B

1	Jacqui Taylor	BLK	11.27.0
2	Jayne Perry	LAN	11.34.0

3 Rachel Deegan	SHM 10.50.1	3 Lisa Wood	SHM 11.41.0
4 Linda Clarkson	BLK 11.04.8		
5 Jaon Griffiths	TRF 11.45.5		
6 Kathleen Warhurst	LIN 12.04.3		

W 100mH A

1	Cherrii Morrison	SHM	16.0
2	Nicole Thompson	LAN	16.1
3	Claire Eyeington	MID	16.9
4	Nishai Desai	MOR	16.9
5	Zoe Taylor	TRF	17.1
6	Claire Sykes	WKF	17.3
7	Rachel Corr	BLK	17.4

W 100mH B

1	Claire Huck	LAN	16.4
2	Samantha Maloney	SHM	17.9
3	Hayley Braithwaite	MID	19.3
4	Natalie Dawson	MOR	20.7
5	Tracy Hilton	WKF	21.4
6	Sophie Crowson	BLK	22.8

W 400mH A

1	Zoe Taylor	TRF	66.7
2	Claire Eyeington	MID	67.3
3	Tracy Hilton	WKF	68.1
4	Lianne Singleton	SHM	71.6
5	Nina Swaby	LIN	74.1
6	Joanne Perry	LAN	76.0
7	Natalie Dawson	MOR	79.0
8	Sophie Crowson	BLK	88.1

W 400mH B

1	Debbie Forster	MID	69.6
2	Claire Sykes	WKF	73.6
3	Rebecca Richardson	SHM	76.0
4	Christine Handforth	LAN	81.1
5	Heather Catlow	BLK	89.0

W Discus Throw A

1	Donna Williams	SHM	41.75
2	Amy Orrow	LIN	35.56
3	Hayley Whyke	WKF	33.01
4	Mandy Laing	LAN	29.95
5	Joanne Harding	TRF	26.90
6	Hannah Conroy	MID	24.22
7	Emma McEachnie	BLK	17.79
8	Vina Desai	MOR	13.74

W Discus Throw B

1	Amy Ridsdale	WKF	24.71
2	Chiara Collins	SHM	23.32
3	Hayley Fox	LIN	20.49
4	Rachel Fairless	MID	18.22
5	Claire Bamber	BLK	17.66
6	Lindsay Johnson	TRF	16.82
7	Jayne Perry	LAN	15.71
8	Julia Straker	MOR	13.44

W Hammer Throw A

1	Joanne Harding	TRF	37.58
2	Linda Ridsdale	WKF	25.82
3	Amy Orrow	LIN	25.48
4	Claire Eyeington	MID	18.57
5	Emma McEachnie	BLK	17.82
6	Vina Desai	MOR	15.59

W Hammer Throw B

1	Hayley Fox	LIN	18.13
2	Debbie Forster	MID	14.36
3	Claire Bamber	BLK	11.34
4		MOR	4.80

W High Jump A

1	Katia Lannon	SHM	1.70
2	Claire Huck	LAN	1.65
3	Tiffany Lyons	WKF	1.55
4	Rachel Corr	BLK	1.45
5	Allanda Crow	MID	1.45
6	Joanne Harding	TRF	1.20
7	Nina Swaby	LIN	1.20

W High Jump B

1	Samantha Maloney	SHM	1.55
2	Katie Huck	LAN	1.55
3	Alex Carr	WKF	1.40
4	=Rachel Fairless	MID	1.30
4	=Claire Bamber	BLK	1.30

W Javelin Throw A

1	Jenny Leng	SHM	38.38
2	Joanne Harding	TRF	33.41
3	Mandy Laing	LAN	32.57

W Javelin Throw B

1	Rebecca Richardson	SHM	27.83
2	Lynsie Whyke	WKF	24.90
3	Marise Barclay	MID	23.54

4 Hannah Conroy	MID 31.81	4 Nicole Thompson	LAN 21.56
5 Ruth Layborn	WKF 29.86	5 Lindsay Johnson	TRF 12.86
6 Rachel Corr	BLK 28.12	6 Kayleigh Stoker	MOR 11.60
7 Julia Straker	MOR 16.62	7 Nikki Kyrialoy	BLK 9.64
8 Kathleen Warhurst	LIN 12.16		

W Long Jump A

1 Cheri Morrison	SHM	5.35
2 Ruth Layborn	WKF	5.29
3 Julia Straker	MOR	5.23
4 Katie Huck	LAN	5.16
5 Allanda Crow	MID	5.15
6 Lydia Chamberlain	LIN	4.81
7 Zoe Taylor	TRF	4.47
8 Sally Targett	BLK	3.84

W Long Jump B

1 Mandy Laing	LAN	4.93
2 Lynsie Whyke	WKF	4.67
3 Kayleigh Stoker	MOR	4.58
4 Rachel Smith	TRF	4.42
5 Josina Clarke	LIN	4.30
6 Claire Roberts	MID	4.12
7 Laura Mullen	SHM	3.92
8 Heather Catlow	BLK	3.80

W Pole Vault A

1 Rachel Fairless	MID	3.10
2 Caroline Nutt	WKF	2.90
3 Lindsay Johnson	TRF	2.60
4 Hayley Fox	LIN	2.10
5 Samantha Maloney	SHM	1.90

W Pole Vault B

1 Vikki Mills	WKF	2.20
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W Shot Putt A

1 Donna Williams	SHM	11.64
2 Fiona Thomas	WKF	11.25
3 Joanne Harding	TRF	9.34
4 Claire Huck	LAN	8.62
5 Hannah Conroy	MID	8.59
6 Emma McEachnie	BLK	7.52
7 Dot Fraser	LIN	6.48
8 Vina Desai	MOR	5.81

W Shot Putt B

1 Rebecca Richardson	SHM	8.88
2 Amy Ridsdale	WKF	8.44
3 Katie Huck	LAN	8.30
4 Linda Gabriel	TRF	6.99
5 Nikki Kyrialoy	BLK	6.88
6 Frances Hibbard	MID	6.20
7 Nina Swaby	LIN	5.41
8 Kayleigh Stoker	MOR	4.73

W Triple Jump A

1 Julia Straker	MOR	11.82
2 Mandy Laing	LAN	10.42
3 Rachel Fairless	MID	9.83
4 Rachel Corr	BLK	9.70
5 Laura Teasdale	WKF	9.70
6 Lindsay Johnson	TRF	8.91
7 Lisa Wood	SHM	7.89

W Triple Jump B

1 Nishai Desai	MOR	10.41
2 Lynsie Whyke	WKF	9.62
3 Rachel Smith	TRF	8.25
4 Claire Roberts	MID	8.17
5 Sally Targett	BLK	8.13

W 4x100m Relay

1 MID 51.0	1 Claire Roberts	2 Marise Barclay
	3 Frances Hibbard	4 Hayley Braithwaite
2 WKF 51.1	1 Amy Wilson	2 Laura Robinson
	3 Ruth Layborn	4 Fiona Thomas
3 SHM 51.6	1 Samantha Maloney	2 Katia Lannon
	3 Cheri Morrison	4 Rebecca Richardson
4 LAN 52.6	1 Mandy Laing	2 Suzanne Saam
	3 Nicole Thompson	4 Katie Huck
5 MOR 53.7	1 Julia Straker	2 Nishai Desai
	3 Julia Straker	4 Kayleigh Stoker
6 TRF 56.1	1 Zoe Taylor	2 Linda Gabriel
	3 Lindsay Johnson	4 Rachel Smith
7 LIN 60.3	1 Kathleen Warhurst	2 Nina Swaby

8 BLK 60.4	3 Sarah Coates	4 Cathryn Foley
	1 Heather Catlow	2 Carly Thompson
	3 Sally Targett	4 Claire Bamber

W 4x400m Relay

1	WKF	4.09.3	1 Helen Singleton	2 Ruth Layborn
			3 Claire Sykes	4 Amy Wilson
2	MID	4.15.4	1 Frances Hibbard	2 Marise Barclay
			3 Claire Eyeington	4 Denise Knox
3	SHM	4.21.4	1 Katia Lannon	2 Lisa Wood
			3 Leanne Brown	4 Janine Stockton
4	LAN	4.22.7	1 Chloe Rodham	2 Louise Gardner
			3 Joanne Perry	4 Lauren Cooper
5	TRF	4.26.5	1 Lindsay Johnson	2 Linda Gabriel
			3 Zoe Taylor	4 Rachel Smith
6	BLK	4.44.2	1 Judith Hodgkinson	2 Jacqui Taylor
			3 Linda Clarkson	4 Carly Thompson

M 4x100m Relay

1	TRF	44.4	1 Lawrence Baird	2 Carlos Holder
			3 Tim Bradford	4 Richard Beardsell
2	SHM	44.4	1 Yustapha Bojang	2 Jon Shearn
			3 Dean Hardman	4 Andy Parker
3	BLK	45.1	1 Jerome Duxbury	2 Ben Fox
			3 Claude Peter-Thomas	4 Phil Vickers
4	WKF	45.3	1 Mark Keeler	2 Richard Higson-Blyth
			3 Steve Thorpe	4 Allan Ruddock
5	MID	45.6	1 Paul Burdon	2 L. McElwee
			3 Ade Babatunde	4 Tyrone Crow
6	LAN	47.3	1 Scott Reed	2 Tom Topham
			3 Peter Rhodes	4 James Wright

M 4x400m Relay

1 TRF 3.24.0	1 Richard Beardsell	2 Bernard Ward
	3 Tim Bradford	4 Lawrence Baird
2 BLK 3.29.3	1 Rob Barton	2 Ben Fox
	3 Paul Bradshaw	4 Matt Wood
3 LAN 3.33.6	1 Kieran Rowlands	2 Mark Gardner
	3 Danny Parkinson	4 Arran Topham
4 SHM 3.35.1	1 Darren Froggatt	2 Andy Parker
	3 Dean Hardman	4 Sam Aspinall
5 MID 3.35.2	1 Stephen Pogue	2 Paul White
	3 Ade Babatunde	4 Tyrone Crow
6 WKF 3.35.8	1 Tim Barry	2 Raymond Ndengena
	3 Jean Paul Dales	4 Lewis Tatt

	Points
1 Wakefield Harriers	445
2 Sale Harriers Manchester	432
3 Middlesbrough AC (Mandale)	406.5
4 Blackburn Harriers	390
5 Trafford AC	389.5
6 Lancaster / Kendal	368
7 Lincoln Wellington	300.5
8 Morpeth Harriers	270.5

