

M 100m		M 200m	
1 Dave Hurst	O&R 11.1	1 Rick Mather	O&R 22.6
2 Anthony Timms	P&B 11.5	2 Simon Wray	P&B 22.8
3 Steve McNamara	SPN 11.5	3 Steve McNamara	SPN 23.6
4 Joe Pickering	B&A 12.3	4 Selwyn Winter V	LON 25.9
5 Selwyn Winter V	LON 12.4	5 Nick Hooker	B&A 26.5
M 400m		M 800m	
1 Simon Wray	P&B 50.1	1 Danny Herman	P&B 1.57.7
2 Bob Ingham	O&R 50.9	2 John Dudley	LON 2.10.9
3 Steve McNamara	SPN 53.0	3 Reece Handley	O&R 2.11.4
4 John Dudley	LON 55.4	4 Nick Hooker	B&A 2.12.8
5 Joe Pickering	B&A 65.2	5 Keith McGhie V	SPN 2.27.5
M 1500m		M 5000m	
1 Keith McGhie V	SPN 4.37.4	1 Adam Osborne	LON 15.45.7
2 Trevor Davies	O&R 4.39.0	2 Jamie Noon	P&B 16.26.6
3 Nick Hooker	B&A 4.41.9	3 Anthony Bradford	SPN 17.47.5
4 Ross Wilson	P&B 4.47.9	4 Dave Smith	B&A 19.52.7
5 James Scholes	LON 5.20.4		
M 10,000m		M 110mH	
1 Steve Whetstone	P&B 35.00.2	1 Lee Tordoff	P&B 20.9
2 Stephen Fairbrother	O&R 38.09.2	2 Steven Young	O&R 22.9
3 Ray Woodhead	B&A 40.18.3		
M 400mH		M 3000m SC	
1 Keith McGhie	SPN 62.6	1 Rob Ingram	O&R 10.02.8
2 Lee Tordoff	P&B 63.3	2 Russ Wilson	P&B 11.24.4
3 Selwyn Winter	LON 76.5	3 David Lane	SPN 11.38.4
4 Andy Gibson	O&R 80.6	4 Ian Mitchell	LON 12.16.4
M Discus Throw		M Hammer Throw	
1 Alan Marriott V	LON 36.02	1 Richard Martin	SPN 39.76
2 Colin Allen	O&R 24.88	2 Alan Marriott V	LON 35.11
3 Danny Herman	P&B 24.51	3 Chris Hainsworth	B&A 26.23
4 Chris Hainsworth	B&A 23.25	4 Colin Allen	O&R 22.80
5 Richard Martin	SPN 20.50	5 Andy Cook	P&B 12.16
M High Jump		M Javelin Throw	
1 Ian Hudson	O&R 1.50	1 Alan Marriott V	LON 39.36
2 John Dudley	LON 1.50	2 Steve Williams	O&R 38.93
3 Richard Martin	SPN 1.45	3 Ricky Fearnley	SPN 30.35
4 Lee Tordoff	P&B 1.40	4 Andy Cook	P&B 27.78
		5 Chris Hainsworth	B&A 24.94
M Long Jump		M Pole Vault	
1 Anthony Timms	P&B 6.40	1 Steven Young	O&R 2.70
2 Rob Ingram	O&R 6.23		
3 Ricky Fearnley	SPN 5.06		
4 James Scholes	LON 3.61		
M Shot Putt		M Triple Jump	
1 Alan Marriott V	LON 11.64	1 Steven McNamara	SPN 10.73
2 Billy Wheeler	SKY 10.72	2 Reece Hendley	O&R 10.39
3 Andy Cook	P&B 9.88	3 Anthony Timms	P&B 9.67
4 Colin Allen	O&R 9.40		
5 Richard Martin	SPN 9.32		
6 Chris Hainsworth	B&A 8.55		

W 100m		W 200m	
1 Emily Shaw	O&R 12.5	1 Natalie Fletcher	O&R 27.6
2 Linda Norgate	LON 18.5	2 Linda Norgate	LON 40.3
3 Jackie Carter	SPN 19.1	3 Jackie Carter	SPN 41.4
W 400m		W 800m	
1 Andrea Dennison	B&A 83.3	1 Emily Shaw	O&R 2.36.2
2 Caroline Harding	P&B 85.6	2 Andrea Dennison	B&A 2.44.4
3 Linda Norgate	LON 105.2	3 Linda Norgate	LON 3.48.8
4 Amanda Pearson	SPN 113.0	4 Amanda Pearson	SPN 4.06.1
W 1500m		W 3000m	
1 Andrea Dennison	B&A 5.35.2	1 Andrea Dennison	B&A 11.09.2
2 Caroline Harding	P&B 6.54.3	2 Krissy Monaghan	O&R 12.41.4
3 Linda Norgate	LON 7.48.3	3 Jackie Carter	SPN 15.20.2
4 Amanda Pearson	SPN 8.02.2		
W 100mH		W 400mH	
No competitors		1 Krissy Monaghan	O&R 75.6
		2 Caroline Harding	P&B 100.2
W Discus Throw		W Hammer Throw	
1 Jenny Wood	SPN 30.42	1 Jenny Wood	SPN 40.25
2 Rachel Norgate	LON 21.41	2 Marie Dixon	O&R 26.60
3 Marie Dixon	O&R 16.37	3 Lynn Marriott	LON 21.03
4 Caroline Harding	P&B 14.38		
W High Jump		W Javelin Throw	
1 Krissy Monaghan	O&R 1.25	1 Marie Dixon	O&R 29.42
2 Jenny Wood	SPN 1.20	2 Jenny Wood	SPN 23.43
		3 Lynn Marriott	LON 15.03
		4 Caroline Harding	P&B 10.96
W Long Jump		W Pole Vault	
1 Natalie Fletcher	O&R 4.26	1 Jenny Wood	SPN 2.60
2 Caroline Harding	P&B 3.47		
3 Rachel Norgate	LON 2.31		
W Shot Putt		W Triple Jump	
1 Jenny Wood	SPN 9.25	1 Melanie Turner	O&R 9.55
2 Rachel Norgate	LON 8.32		
3 Margaret Veldman	O&R 7.24		
W 4x100m Relay			
1 O&R 52.0	1 Melanie Turner	2 Natalie Fletcher	
	3 Heleen Hudson	4 Emily Shaw	
W 4x400m Relay			
1 O&R 4.16.7	1 Melanie Turner	2 Helen Hudson	
	3 Helen Hartshaw	4 Emily Shaw	
M 4x100m Relay			
1 P&B 45.1	1 Anthony Timms	2 Simon Wray	
	3 Danny Herman	4 Andy Cook	
2 O&R 45.2	1 Rick Mather	2 Dave Hurst	
	3 Rob Ingram	4 Lee Woolfenden	
3 SPN 50.7	1 Richard Martin	2 Steven McNamara	
	3 Keith McGhie V	4 Ricky Fearnley	
4 LON 54.7	1 Selwyn Winter V	2 John Dudley	
	3 James Scholes	4 Adam Osborne	

M 4x400m Relay

1 P&B 3.34.9	1 Ross Wilson	2 Lee Tordoff
	3 Simon Wray	4 Danny Herman
2 O&R 3.35.3	1 Rick Mather	2 Dave Hurst
	3 Rob Ingram	4 Reece Handley
3 SPN 4.14.7	1 Steven McNamara	2 Richard Martin
	3 David Lane	4 Keith McGhie V

Points

1 OLDHAM & ROYSTON	171
2 SPENBOROUGH	125
3 PUDSEY & BRAMLEY	116
4 LONGWOOD HARRIERS	106
5 BRADFORD & AIREDALE	54
6 SKYRAC	5

Note(s)

No competitors W 100mH A,