

M 100m A			M 100m B			Wind -0.8 m/s		
1	Nayef Abed	MNC 11.09	1	Victor Neyubaho	U17 MNC 11.50			
2	Surasak Suksamer	KGA 11.26	2	Andrew Wilkinson	GHD 11.73			
3	Abdumunem Kurkmas	GHD 11.26	3	Isaiah Symonds	EDN 12.03			
4	Allan Hamilton	EDN 11.28	4	Gary Plain	TFV 12.05			
5	Ryan Scott	TFV 11.64	5	John Mulhern	U17 GSW 12.06			
6	Jamie Garbutt	U17 COY 11.82	6	Sam Robinson	U17 KGA 12.34			
7	Daniel Chapman	GSW 12.02	7	Liam Diegan	U17 COY 12.46			
8		LVL DNS	8		LVL DNS			
M 200m A			M 200m B			Wind -2.5 m/s		
1	Kyle Henderson	U17 TFV 22.18	1	Calum Innes	GSW 22.72			
2	Tony Corrigan	LVL 22.23	2	Nayef Abed	MNC 22.85			
3	Nathan Roach	MNC 22.23	3	Surasak Suksamer	KGA 22.99			
4	Sean Hood	EDN 22.71	4	Alex Boyce	U17 LVL 23.64			
5	David Clark	GSW 22.85	5	Craig Knowles	EDN 23.83			
6	Abdumunem Kurkmas	GHD 23.05	6	Brett Daley	U17 GHD 23.91			
7	Anthony Young	U17 KGA 24.92	7	Martyn Paterson	U17 TFV 23.92			
8	James Buck	U17 COY 27.08	8	Richard Wilcock	COY DNS			
M 400m A			M 400m B					
1	James Hunter	LVL 47.90	1	Scott Hughson	EDN 48.62			
2	Greg Lauden	U17 EDN 48.41	2	John Crosdale	LVL 51.39			
3	James Buck	U17 COY 50.75	3	Liam Baister	GHD 53.54			
4	Gregor Innes	GSW 51.03	4	Mathew Cummings	U17 GSW 55.01			
5	Gareth Lamb	U17 KGA 51.87	5	Ryan Ben Al Hassan	KGA 55.99			
6	David Whalley	MNC 52.51	6	Oliver Palmer	COY 57.97			
7	Lewis Grant	TFV 53.53	7	Ben Lewis	U17 MNC 58.80			
8	Andrew Wilkinson	GHD 62.65	8		TFV DNS			
M 800m A			M 800m B					
1	Guy Learmonth	EDN 1.53.74	1	Tom Maper	GHD 1.58.57			
2	Alan Ramsay	GSW 1.53.74	2	Craig McDowell	TFV 1.59.17			
3	Chris Kays	MNC 1.54.23	3	Peter Loudon	U17 EDN 1.59.18			
4	Greg Urwin	GHD 1.55.02	4	James Wignall	MNC 2.00.75			
5	Sean Riley	TFV 1.56.13	5	Keiran Smith	COY 2.02.82			
6	James Blackburn	LVL 1.59.10	6	Tom Croft	LVL 2.08.62			
7	Ryan Buck	U17 COY 2.03.08	7	Lachlan Oates	GSW 2.10.46			
8	Adam Guthrie	U17 KGA 2.05.70	8	Liam Hutson	U17 KGA 2.16.78			
M 1500m A			M 1500m B					
1	Jaimie Roden	MNC 4.06.40	1	Ryan Worland	MNC 4.15.11			
2	Andrew Crichton	EDN 4.07.19	2	Howell Craske	U17 KGA 4.21.18			
3	Steven Lyall	U17 KGA 4.11.25	3	Tom Maper	GHD 4.31.42			
4	Liam Baister	GHD 4.11.93	4	Marc Robson	U17 EDN 4.40.58			
5	Stephen Fleming	GSW 4.17.87	5	Gary McBride	U17 GSW 4.53.03			
6	Ryan Buck	U17 COY 4.20.79	6	Richard Wilcock	COY 6.18.27			
M 3000m A			M 3000m B					
1	Andrew Crichton	EDN 8.54.69	1	Alan Ramsay	GSW 9.49.54			
2	Iain Lynn	U17 COY 8.57.80	2	Keiran Smith	COY 9.51.86			
3	Robert Inglis	TFV 9.06.90	3	Mark Buchan	KGA 9.52.54			
4	Reuben Toy	KGA 9.20.91	4	Tom Ryan	EDN 9.54.71			
5	Gary McBride	U17 GSW 9.33.35	5	Craig Birch	GHD 10.55.59			
6	Richard Hall	GHD 10.48.42						
7	Craig James	MNC 13.40.11						
M 110mH A			M 110mH B			Wind +0.0 m/s		
1	Jack Meredith	LVL 13.96	1	Gary Stevenson	GSW 17.94			
2	Calum Innes	GSW 14.31	2	Liam Diegan	U17 COY 23.44			
3	Toby Harris	EDN 15.18						
4	Oliver Palmer	COY 16.48						
5	Ben Daye	U17 MNC 16.87						

6 Shane Malone	TFV	17.04
7 Richard Kaufman	GHD	19.37
8 Peter Silvera	KGA	20.56

M 400mH A

1 Jon Crosdale	LVL	54.92
2 Gregor Innes	GSW	56.11
3 Toby Harris	EDN	58.31
4 Oliver Palmer	COY	58.99
5 Shane Malone	TFV	64.58
6 Ben Daye	U17 MNC	65.01
7 Richard Kaufman	GHD	65.38
8 Peter Silvera	KGA	70.13

M 400mH B

1 Conner Henderson	U17 GSW	58.74
2 Oliver Bird	U17 COY	66.63
3 Marc Robson	U17 EDN	67.01
4 Ben Lewis	U17 MNC	68.86
5 Craig Birch	GHD	74.23
6	TFV	DNS
7	LVL	DNS
8 Chris Rennison	U17 KGA	DNS

M 2000m Sc A

1 Sean Riley	TFV	5.59.66
2 Lachlan Oates	GSW	6.14.07
3 Iain Lynn	COY	6.29.00
4 Fraser Mann	EDN	6.29.68
5 Ryan Worland	MNC	6.46.15
6 Chris Rennison	U17 KGA	7.00.23

M 2000m Sc B

1 Robert Inglis	TFV	6.38.09
2 Ryan McIntosh	U17 KGA	7.03.66
3 Keiran Smith	U17 COY	7.12.47
4 Tom Ryan	EDN	7.17.15

M Discus Throw A

1 Daniel Carlin	GSW	49.44
2 Greg Watkins	MNC	40.13
3 Ross McManus	U17 KGA	34.53
4 Scott Lincoln	COY	30.84
5 Adam Reynolds	LVL	29.81
6 Graeme Fairbairn	GHD	28.82
7 Edmond Reid	U17 TFV	26.22
8 Jonathan Murray	U17 EDN	25.56

M Discus Throw B

1 Alan McKay	GSW	45.88
2 Adam Davies	MNC	33.48
3 Anthony Burnell	GHD	28.35
4 Allan Smith	U17 KGA	26.91
5 Oliver Bird	U17 COY	24.19
6 Kyle Randalls	TFV	23.95
7 Andrew Robertson	EDN	23.56

M Hammer Throw A

1 Kyle Randalls	TFV	57.56
2 Adam Davies	MNC	49.71
3 Ross McManus	U17 KGA	48.54
4 Sam Blain	U17 COY	45.23
5 Andrew McLaughlan	U17 GSW	44.86
6 Adam Reynolds	LVL	42.94
7 Graeme Fairbairn	GHD	38.13
8 Jonathan Murray	U17 EDN	34.77

M Hammer Throw B

1 Nicky Stone	U17 GSW	44.18
2 Mike Ashworth	LVL	40.44
3 Edmond Reid	U17 TFV	40.19
4 Ryan Knight	KGA	25.20
5 Andrew Robertson	EDN	23.20
6 Liam Baister	GHD	15.93
7 Richard Wilcock	U17 COY	13.65
8 Craig James	MNC	1.16

M High Jump A

1 David Smith	GSW	2.00
2 Greg Boyd	TFV	1.95
3 Anthony Burnell	GHD	1.85
4 Mike Hartley	U17 LVL	1.85
5 Paul Alsopp	U17 COY	1.85
6 Gregor Maclean	EDN	1.80
7 Allan Smith	U17 KGA	1.70
8 Greg Appleby	U17 MNC	1.70

M High Jump B

1 Andrew Russell	U17 GSW	1.85
2 Fraser Weir	U17 TFV	1.75
3=Alex Bright	GHD	1.70
3=Ryan Wenham	U17 LVL	1.70
5 Liam Diegan	U17 COY	1.70
6 Ben Daye	U17 MNC	1.60
7 Donald Tod	KGA	1.55
8 Jonny Byrne-Leitch	U17 EDN	1.50

M Javelin Throw A

1 Paul Alsopp	COY	61.95
2 Ryan Knight	KGA	57.27
3 Thomas Gomulko	MNC	43.26
4 Graeme Fairbairn	GHD	42.71
5 Gregor Maclean	EDN	41.09
6 Fraser Weir	U17 TFV	32.71
7 Chris Barnes	U17 GSW	26.50
8 Jon Crosdale	LVL	23.48

M Javelin Throw B

1 Brett Daley	U17 GHD	42.42
2 Craig James	MNC	38.63
3 Jonathan Murray	U17 EDN	34.77
4 Oliver Bird	COY	31.87
5 Peter Silvera	KGA	31.42
6 John McOmish	TFV	24.26
7 Nicky Stone	U17 GSW	17.66

M Long Jump A

1 Anthony Burnell	GHD	6.53
2 Allan Hamilton	EDN	6.42
3 Kyle Henderson	U17 TFV	6.36

M Long Jump B

1 James Hardy	MNC	6.07
2 Gary Plain	TFV	6.03
3 Jordan Newport	U17 EDN	5.94

4 Bradlie Houldsworth	MNC	6.35	4 Adam Delargh	KGA	5.69
5 Mathew Kerr	U17 GSW	6.25	5 Jamie Garbutt	U17 COY	5.50
6 Donald Tod	KGA	6.22	6 Anthony Burnell	GHD	5.43
7 Paul Alsopp	COY	6.22	7 Jack Lochans	U17 GSW	5.39
8 Craig Jones	U17 LVL	6.07			

M Pole Vault A			M Pole Vault B		
1 Andy Sutcliffe	MNC	5.00	1 Jamie Sinclair	GSW	3.95
2 Jax Thors	U17 GSW	4.10	2 Greg Appleby	U17 MNC	3.35
3 Chris Roose	LVL	3.65	3 Craig Dickson	EDN	2.60
4 Richard Wilcock	COY	2.90			
5 Grant Cryer	U17 GHD	2.45			

M Shot Putt A			M Shot Putt B		
1 Daniel Carlin	GSW	15.88	1 Alan McKay	GSW	13.88
2 Greg Watkins	MNC	12.64	2 Anthony Burnell	GHD	10.53
3 Kyle Randalls	TFV	12.09	3 Edmond Reid	U17 TFV	10.43
4 Graeme Fairbairn	GHD	11.57	4 Adam Reynolds	LVL	10.40
5 Scott Lincoln	U17 COY	11.45	5 Allan Smith	U17 KGA	9.83
6 Ross McManus	U17 KGA	11.01	6 Adam Davies	MNC	9.41
7 Mike Ashworth	LVL	10.49	7 Jonny Byrne-Leitch	U17 EDN	8.86
8 Andrew Robertson	EDN	9.34	8 Sam Blain	COY	8.48

M Triple Jump A			M Triple Jump B		
1 James Hardy	MNC	13.68	1 David Clunie	GSW	12.46
2 Mathew Ker	U17 GSW	13.02	2 Bradlie Houldsworth	MNC	12.19
3 Craig Jones	U17 LVL	12.18	3 Curtis Colhoun	U17 COY	11.65
4 Adam Delargh	KGA	12.07	4 Donald Tod	KGA	11.60
5 Fraser Weir	TFV	11.94	5 Shane Malone	TFV	11.40
6 Jordan Newport	U17 EDN	11.90	6 Peter Loudon	U17 EDN	11.00
7 Jamie Garbutt	U17 COY	11.83	7 Alex Bright	GHD	10.82
8 Richard Kaufman	GHD	11.62			

W 100m A			W 100m B	Wind -1.7 m/s	
1 Carmen Gedling	LVL	12.30	1 Ellie Cowian	U17 LVL	12.97
2 Hope Robertson	EDN	12.53	2 Lesley Campbell	EDN	13.10
3 Olivia Callaghan	U17 MNC	12.60	3 Ruth Hill	COY	13.62
4 Chloe Lambert	U17 GSW	12.64	4 Katie Holt	MNC	13.68
5 Becky Campsall	COY	12.84	5 Jenny Ellis	GHD	13.82
6 Katy Tan	U17 KGA	13.28	6 Anna Robertson	U17 KGA	13.89
7 Jessica Read	GHD	13.29	7 Hazel Blair	U17 GSW	14.72
8 Louise Anderson	U17 TFV	13.45	8 Jemma Learmonth	U17 TFV	DNS

W 200m A			W 200m B	Wind -2.6 m/s	
1 Carmen Gedling	LVL	25.00	1 Brogan Crowley	U17 MNC	25.79
2 Chloe Lambert	U17 GSW	25.36	2 Lesley Campbell	EDN	26.59
3 Olivia Callaghan	U17 MNC	25.45	3 Jennifer Hannah	GSW	26.93
4 Hope Roberson	EDN	25.80	4 Emma Gordon	KGA	27.02
5 Becky Campsall	COY	25.92	5 Rachel Clough	U17 GHD	27.18
6 Jennifer Hutchison	TFV	27.01	6 Leanne Shaw	COY	27.28
7 Kristy Armstrong	U17 KGA	27.79	7	TFV	DNS
8 Rebecca Pow	GHD	28.21	8 Ellie Cowian	U17 LVL	DNS

W 400m A			W 400m B		
1 Tyra Watson	U17 MNC	57.26	1 Holly Belch	MNC	59.03
2 Diane Ramsey	U17 GSW	57.93	2 Katie McKnight	U17 GSW	61.04
3 Emma Masson	U17 GHD	59.09	3 Stephanie Loraine	U17 GHD	61.54
4 Lauren Brennan	LVL	59.18	4 Faye Kearney	EDN	62.06
5 Caitlin Froude	EDN	60.85	5 Becky Nuttall	LVL	62.99
6 Sarah Inglis	TFV	62.17	6 Kristy Armstrong	U17 KGA	66.14
7 Ruth Brandon	COY	62.64	7 Lana Turnbull	U17 TFV	67.55
8 Natalie Fox	KGA	63.21	8 Hannah Higginson	COY	67.65

W 800m A			W 800m B		
1 Emily Dudgeon	U17	EDN 2.13.51	1 Iona Brodie	U17	KGA 2.19.28
2 Amanda Campbell		TFV 2.13.53	2 Karen Glover		TFV 2.21.75
3 Nicola Hood		GSW 2.15.29	3 Claire McAuly		GSW 2.25.13
4 Louisa Stewart	U17	KGA 2.16.69	4 Sophie Whiteside		LVL 2.25.47
5 Sarah Simeen	U17	MNC 2.18.28	5 Lauren Studdart		EDN 2.31.22
6 Sigourney Bell		GHD 2.18.56	6 Kate McClelland	U17	MNC 2.37.36
7 Zoe Woodward	U17	LVL 2.21.90	7		GHD DNS
8		COY DNS	8		COY DNS
W 1500m A			W 1500m B		
1 Sarah Inglis		TFV 4.32.28	1 Rhian Dawes		GSW 4.47.68
2 Rebecca Finch		GSW 4.35.28	2 Sophie Whiteside		LVL 4.59.71
3 Louisa Stewart	U17	KGA 4.47.58	3 Natalie Fox		KGA 5.26.89
4 Amy Talbot		LVL 4.51.20	4 Amie Hall	U17	GHD 5.54.26
5 Sam Blair	U17	EDN 4.53.81			
6 Alice Fitton	U17	MNC 5.09.57			
7 Sigourney Bell		GHD 5.13.35			
W 3000m A			W 3000m B		
1 Laura Goodson		EDN 10.47.24	1 Kate McClelland	U17	MNC 12.13.00
2 Hannah Whiteside	U17	LVL 11.22.49	2 Becky Nuttall		LVL 12.16.49
3 Beatrice Cordingley		MNC 11.33.25			
4 Amanda Campbell		TFV 11.48.96			
W 100mH A			W 100mH B		
1 Lauren Dewdney		GHD 14.61	1 Holly Belch		Wind -0.7 m/s MNC 15.63
2 Rayne Allman	U17	MNC 15.37	2 Kirsty Barr		GSW 16.45
3 Heather Rankine		GSW 16.60	3 Emma Lowry		EDN 17.26
4 Emma Gordon		KGA 16.64	4 Cat Scott	U17	KGA 18.48
5 Louise Calder		TFV 18.49	5 Emma Wighton	U17	COY 21.15
6 Megan Gaffney		EDN 18.49	6		TFV DNS
7 Jess Elsworth	U17	COY 20.40	7		GHD DNS
8 Sophie Bell-Morgan		LVL DNS	8		LVL DNS
W 400mH A			W 400mH B		
1 Holly Belch		MNC 63.29	1 Halina Rees	U17	KGA 65.21
2 Emma Gordon		KGA 67.14	2 Lateefa Burton		MNC 65.49
3 Jennifer Hutchison		TFV 67.58	3 Debbie Henderson		GSW 66.43
4 Megan Gaffney		EDN 72.31	4 Fiona Trew		EDN 73.18
5 Rebecca Hart	U17	GSW 77.21	5 Rachael McIllwraith	U17	TFV 79.03
6 Stephanie Loraine	U17	GHD 80.53	6 Sophie Mooby		GHD 101.17
7 Emma Wighton	U17	COY 84.37	7		LVL DNS
8		LVL DNS	8		COY DNS
W 1500m Sc A			W 1500m Sc B		
1 Nicola Hood		GSW 5.00.63	1 Maddie Murray	U17	GSW 5.18.30
2 Halina Rees	U17	KGA 5.18.24	2 Lana Turnbull	U17	TFV 5.59.77
3 Lateefa Burton		MNC 5.34.72	3 Samara Mohtasham	U17	MNC 6.14.78
4 Claire Lilley		COY 5.46.79	4 Rachael McIntyre	U17	GHD 9.12.85
5 Rachael McIllwraith	U17	TFV 5.52.99			
6 Jess Wilson		GHD 9.12.84			
W Discus Throw A			W Discus Throw B		
1 Hannah Evenden		EDN 41.07	1 Kirsty Taylor	U17	COY 29.16
2 Chloe Smyrk		COY 36.12	2 Nicky McMutrie	U17	EDN 24.97
3 Rhyanidd Parry		TFV 35.63	3 Jacqueline Plain	U17	TFV 24.89
4 Kimberley Burt		GHD 31.98	4 Suzanne Woodward		LVL 22.24
5 Danielle Bentley	U17	MNC 30.02	5 Brogan Crowley	U17	MNC 20.09
6 Karen Cairns		KGA 25.55	6 Rachael McIntyre	U17	GHD 17.01
7 Zoe Woodward		LVL 24.46	7 Aeron Mellish	U17	KGA 16.44
8 Courtney McGuire		GSW 18.80	8 Katie Riches		GSW 15.96
W Hammer Throw A			W Hammer Throw B		
1 Sophie Hitchon		MNC 60.60	1 Rhyanidd Parry		TFV 34.98
2 Hannah Evenden		EDN 47.17	2 Phillipa Jones	U17	COY 31.14

3 Claire Le Bond	COY	39.44	3 Alix Barton	U17	MNC	24.75
4 Suzanne Woodward	LVL	37.58	4 Bethany Valente	U17	EDN	21.32
5 Jacqueline Plain	U17	TFV	5 Rachael McIntyre	U17	GHD	18.68
6 Jess Wilson	GHD	35.81	6 Lucinda Logan		GSW	16.63
7 Katie Riches	GSW	17.43				
8 Karen Cairns	KGA	7.01				

W High Jump A			W High Jump B			
1 Emma Lowry	EDN	1.60	1 Emma Nuttal		EDN	1.60
2 Kirsty Barr	GSW	1.60	2 Hazel Blair		GSW	1.50
3 Jess Elsworth	U17	COY	3 Amy Grant	U17	TFV	1.35
4 Louise Calder	U17	TFV	4 Jess Foster		COY	1.30
5 Lydia Morley	LVL	1.50				
6 Jennifer Simmonds	MNC	1.45				
7 Isla Winchester	U17	KGA				

W Javelin Throw A			W Javelin Throw B				
1 Danielle Bentley	U17	MNC	41.78	1 Bethany Valente	U17	EDN	33.72
2 Lisa Glover		EDN	39.87	2 Rachael McIntyre	U17	GHD	28.42
3 Aeron Mellish	U17	KGA	33.36	3 Jess Elsworth	U17	COY	28.31
4 Chloe Smyrk	COY	33.25	4 Shauni Nevins		MNC	22.72	
5 Sophie Mooby	GHD	29.29	5 Karen Cairns		KGA	22.21	
6 Sophie Bell-Morgan	LVL	26.75	6 Suzanne Woodward		LVL	21.09	
7 Courtney McGuire	GSW	23.79	7 Lana Turnbull	U17	TFV	13.99	
8 Rachael McIllwraith	U17	TFV	21.23	8 Hazel Blair		GSW	5.91

W Long Jump A			W Long Jump B				
1 Hannah Pringle	U17	GHD	5.28	1 Lucinda Logan		GSW	5.04
2 Andrea Gaffney	U17	GSW	5.25	2 Jessica Read	U17	GHD	4.54
3 Louise Anderson	U17	TFV	5.15	3 Phillippa McCormack	U17	LVL	4.52
4 Emma Lowry		EDN	4.91	4 Ailsa Mackie		EDN	4.50
5 Ahtollah Rose	U17	MNC	4.82	5 Cat Scott	U17	KGA	4.16
6 Katy Tan		KGA	4.71	6 Emma Wighton	U17	COY	4.03
7 Lydia Morley		LVL	4.61	7 Indea Garlick		MNC	3.93
8 Ruth Hill		COY	4.11	8 Louise Calder	U17	TFV	3.85

W Pole Vault A			W Pole Vault B				
1 Abigail Haywood		MNC	3.80	1 Katie Byres	U17	MNC	3.60
2 Courtney McGuire		GSW	3.60	2 Katie Riches		GSW	2.15
3 Isla Winchester	U17	KGA	3.05	3 Joanne Lawton		GHD	2.00
4= Amy Grant	U17	TFV	2.75	4 Emma Nuttal		EDN	1.85
4= Amie Hall	U17	GHD	2.75				
6 Emma Lowry		EDN	2.00				

W Shot Putt A			W Shot Putt B				
1 Hannah Evenden	EDN	12.58	1 Lisa Glover		EDN	10.68	
2 Emma Pringle	GHD	10.34	2 Rayne Allman		MNC	9.77	
3 Sophie Hitchon	MNC	9.87	3 Chloe Smyrk		COY	8.06	
4 Sophie Bell-Morgan	LVL	9.60	4 Jess Wilson	U17	GHD	7.94	
5 Katie Riches	GSW	8.60	5 Suzanne Woodward		LVL	6.41	
6 Karen Cairns	KGA	8.34	6 Jacqueline Plain	U17	TFV	6.33	
7 Claire Le Bond	COY	8.15	7 Kristy Armstrong	U17	KGA	5.54	
8 Rhyanidd Parry	U17	TFV	8.14	8 Sarah Gray	U17	GSW	5.49

W Triple Jump A			W Triple Jump B				
1 Emma Pringle		GHD	11.69	1 Emma Lowry		EDN	10.39
2 Ahtollah Rose	U17	MNC	11.17	2 Emma Dowd	U17	GSW	10.25
3 Andrea Gaffney	U17	GSW	10.95	3 Emma Wighton		COY	9.41
4 Lydia Morley		LVL	10.17	4 Hannah Pringle	U17	GHD	9.20
5 Kat Tan		KGA	9.69	5 Cat Scott	U17	KGA	8.99
6 Jess Foster		COY	9.63				
7 Ailsa Mackie		EDN	8.79				
8 Louise Anderson	U17	TFV	7.85				

W 4x100m Relay

1	Sale Harriers Manchester	48.57
2	Team Edinburgh	49.75
3	Liverpool Harriers & AC	50.72
4	Team Glasgow	51.31
5	City of York	51.52
6	Gateshead Harriers & AC	52.49
7	Kingdom Athletics	53.48

W 4x400m Relay

1	Sale Harriers Manchester	3.56.78
2	Team Glasgow	3.57.84
3	Liverpool Harriers & AC	4.01.42
4	Gateshead Harriers & AC	4.02.70
5	Team Forth Valley	4.03.22
6	Team Edinburgh	4.05.85
7	Kingdom Athletics	4.24.10
8	City of York	4.59.58

M 4x100m Relay

1	Liverpool Harriers & AC	41.97
2	Sale Harriers Manchester	43.57
3	Team Edinburgh	44.00
4	Gateshead Harriers & AC	44.90
5	Team Glasgow	45.04
6	City of York	45.78
7	Kingdom Athletics	46.67

M 4x400m Relay

1	Liverpool Harriers & AC	3.17.53
2	Team Edinburgh	3.18.55
3	Team Glasgow	3.23.82
4	Gateshead Harriers & AC	3.34.06
5	Sale Harriers Manchester	3.35.26
6	Kingdom Athletics	3.39.30
7	City of York	3.48.37
8	Team Forth Valley	3.53.95

Athlete of the Match

Jack Meredith
Sophie Hitchon

MATCH RESULT

	Event	Lge
1	Sale Harriers Manchester	480 8
2	Team Glasgow	478 7
3	Team Edinburgh	439 6
4	Gateshead Harriers & AC	359 5
5	Team Forth Valley	327.5 4
6	Kingdom Athletics	327 3
7	City of York	322 2
8	Liverpool Harriers & AC	300.5 1

LEAGUE STANDINGS Not Available