

M 100m A

1	Rory Evans	TRF	10.9
2	Umar Hameed	LDS	10.9
3	Gareth Breeze	SAL	11.2
4	Pat Swan	EDI	11.2
5	Shawn James	LVL	11.4
6	Sean McQueen	KIN	11.4
7	Alex Todd	GHD	11.4
8	Carwyn Milburn U17	WAL	12.4

M 100m B

1	Anthony Timms	LDS	11.2
2	Visnus Lingham	SAL	11.3
3	John Lee	TRF	11.8
4	Mike Fairfield	LVL	11.9
5	Keiran Neavey U17	KIN	12.0
6	Craig Knowles U17	EDI	12.1
7	Jason Edwards U17	WAL	12.3
8	Tom Nashad	GHD	12.6

M 200m A

1	Rory Evans	TRF	22.4
2	Pat Swan	EDI	22.4
3	Anthony Timms	LDS	22.7
4	Gareth Breeze	SAL	22.8
5	Lewis Robson	GHD	22.9
6	Jon Croasdale	LVL	23.2
7	Keith Simpson	KIN	23.2
8	Carwyn Milburn U17	WAL	26.1

M 200m B

1	Andrew Robertson U17	SAL	22.2
2	Umar Hameed	LDS	23.0
3	Paul Miller	GHD	23.2
4	Sean Hood U17	EDI	23.2
5	Mike Fairfield	LVL	23.4
6	Chris Bramah	TRF	24.0
7	Ross Kilvington U17	KIN	24.2
8	Jason Edwards U17	WAL	25.1

M 400m A

1	Sean Hood U17	EDI	51.0
2	Marc Docherty	GHD	51.3
3	Sean McQueen	KIN	51.4
4	Tom Black	SAL	51.9
5	Daniel Yip U17	LVL	52.1
6	Tom Roberts	LDS	53.3
7	Chris Bramah	TRF	53.4
8	Carwyn Owen U17	WAL	55.1

M 400m B

1	Keith Simpson	KIN	51.7
2	Paul Miller	GHD	52.6
3	Mike Fairfield	LVL	52.9
4	Craig Knowles U17	EDI	53.8
5	Graeme Hogg	TRF	54.9
6	Aaron Jones	WAL	55.6
7	Mike Salter	LDS	55.8
8	Darren Froggett	SAL	69.1

M 800m A

1	Louis Forbes	LVL	1.57.8
2	Adam Reed	SAL	1.59.0
3	Mike Salter	LDS	1.59.2
4	Stewart Fraser	EDI	2.01.2
5	Graeme Hogg	TRF	2.01.7
6	Jack Costello	GHD	2.07.8
7	Callum Benett U17	WAL	2.07.9
8	Andrew Brookes	KIN	2.09.0

M 800m B

1	Liam McCully	LVL	2.00.4
2	Joe Townsend	LDS	2.01.6
3	Ciaran McHaughey	TRF	2.02.9
4	John Yates	SAL	2.03.4
5	Alan Love U17	KIN	2.11.1
6	Michael Donnelly	GHD	2.14.6
7	Tom Snowden U17	WAL	2.15.8

M 1500m A

1	Dougie Selman	EDI	4.05.4
2	Harry Harper	LVL	4.08.3
3	Harry Jones	WAL	4.11.5
4	Geoff Belcher	LDS	4.14.5
5	Aaron Denovan	TRF	4.23.6
6	Phillip Salter	KIN	4.24.3
7	Nigel Malkin	SAL	4.28.0
8	John Gibson	GHD	4.40.3

M 1500m B

1	Ricky Challinor	WAL	4.12.4
2	James McCully	LVL	4.18.0
3	Jake Harman	LDS	4.19.4
4	Ryan O'Hare	EDI	4.20.6
5	Jack Costello	GHD	4.53.0
6	Andrew Brookes	KIN	4.55.9
7	John Yates	SAL	5.29.2

M 3000m A

1	Craig Gunderson	LVL	8.55.8
2	James Wilkinson	LDS	8.57.8
3	Chris O'Hare U17	EDI	9.04.1
4	John Gibson	GHD	9.16.2
5	Adam Bamks U17	WAL	9.16.3
6	Tom Fleming	KIN	9.29.3
7	Danny Brocklehurst	TRF	9.39.1
8	Sam Aspinall	SAL	10.19.9

M 3000m B

1	James Russell	LVL	9.14.5
2	Alex Davy	LDS	9.20.7
3	Phil Edge U17	WAL	9.51.3
4	Darren Steel	EDI	10.21.4

M 110mH A

1	Tom Casey	LDS	14.7
2	Joe Lancaster	SAL	15.0
3	Lewis Robson	GHD	15.2
4	Mike Sweeney	LVL	15.9
5	Michael Burns	KIN	20.0

M 110mH B

1	Umar Hameed	LDS	15.8
2	Lawrence Fitch	SAL	16.3
3	Richard Kaufman U17	GHD	18.7
4	Chris Tatton	KIN	20.2

M 400mH A

1	Lewis Robson	GHD	55.7
2	Jon Croasdale	LVL	56.9
3	Nick Hooker	LDS	60.6
4	Michael Burns	KIN	61.5
5	Jonathon Ferryman	SAL	61.6
6	Darren Steel	EDI	63.0
7	Daniel Sykes	WAL	64.0

M 400mH B

1	Mark Draper	LVL	60.2
2	Richard Kaufman U17	GHD	64.1
3	James Wilkinson	LDS	64.8
4	Scott Roberts	WAL	65.3
5	James Davies U17	SAL	66.7

M 2000m SC A

1	Nick Hooker	LDS	6.20.3
2	Aaron Denovan	TRF	7.02.8
3	Adam Bamks U17	WAL	7.07.0
4	Phillip Salter	KIN	7.15.1
5	Darren Steel	EDI	7.20.6

M 2000m SC B

1	James Lavin	LDS	6.39.3
2	Scott Roberts	WAL	7.55.7
3	Stephen Forfar	EDI	8.19.6

M Discus Throw A

1	Dan Gardiner	LDS	41.51
2	Greg Watkins	SAL	40.43
3	Mark Tough	KIN	37.50
4	Ross Hayhurst	LVL	35.34
5	Dean Barratt	GHD	27.74
6=	Mark Gray U17	WAL	24.66
6=	Peter Holmes	EDI	24.66
8	Tom Crawford	TRF	23.22

M Discus Throw B

1	Azmi Sbati	SAL	36.19
2	Sam Allan	LDS	32.22
3	Mike Sweeney	LVL	31.99
4	Chris Tatton	KIN	31.85
5	Stephen Reynolds	GHD	24.13
6	Nick Whittle	EDI	24.05
7	Grant Unwin	TRF	19.50
8	Ricky Challinor	WAL	17.58

M Hammer Throw A

1	Alex Smith	SAL	70.25
2	Peter Holmes	EDI	62.83
3	Chris Tatton	KIN	45.38
4	Dean Barratt	GHD	35.33
5	Sam Allan	LDS	27.70
6	Tom Crawford	TRF	22.80

M Hammer Throw B

1	Mark Tough	KIN	43.81
2	Nick Whittle	EDI	33.48
3	Tom Casey	LDS	23.39
4	Theodore Trumpet	SAL	22.66
5	Michael Donnelly	GHD	21.63

M High Jump A			M High Jump B		
1	Darren Hammond	SAL 2.00	1	Joe Lancaster	SAL 1.90
2	James Heaton	LDS 1.85	2	Tom Lindsay	LDS 1.65
3	Mike Sweeney	LVL 1.80	3	Earl Gill U17	GHD 1.60
4	Alex Bright U17	GHD 1.70	4	Kevin Ireland	KIN 1.45
5	Liam Ewing U17	WAL 1.65	5	Liam Edwards	WAL 1.25
6	Darren Steel	EDI 1.65			
7	John Lee	TRF 1.60			
8	Phillip Salter	KIN 1.60			
M Javelin Throw A			M Javelin Throw B		
1	Freddie Pask	SAL 52.31	1	Ryan Stewart U17	KIN 45.18
2	Dean Barratt	GHD 51.81	2	Stephen Reynolds	GHD 43.61
3	Andrew Alan	LVL 48.46	3	Niall Ellison	LVL 42.74
4	Sam Allan	LDS 48.00	4	Dan Gardiner	LDS 40.98
5	Ryan Knight U17	KIN 46.12	5	Joe Lancaster	SAL 40.05
6	Tom Crawford	TRF 38.20	6	Stephen Forfar	EDI 26.94
7	Nick Whittle	EDI 33.54	7	Liam Ewing U17	WAL 21.10
8	Mark Gray U17	WAL 31.83	8	Danny Brocklehurst	TRF 14.63
M Long Jump A			M Long Jump B		
1	Anthony Timms	LDS 7.10	1	Lawrence Fitch	SAL 6.68
2	Andrew Burgess	SAL 6.84	2	Tom Lindsay	LDS 6.28
3	Lewis Robson	GHD 6.49	3	Jason Edwards U17	WAL 5.46
4	Adam Williams	WAL 6.03	4	Kevin Ireland	KIN 5.21
5	John Lee	TRF 5.83	5	Alex Taylor U17	LVL 4.97
6	Mike Sweeney	LVL 5.43	6	Allan Hamilton U17	EDI 4.74
7	Kevin Neavey U17	KIN 5.34	7	Sam Stanilaus	GHD 3.71
8	Craig Dickson U17	EDI 4.75			
M Pole Vault A			M Pole Vault B		
1	Andrew Sutcliffe U17	SAL 3.95	1	Freddie Pask	SAL 3.95
2	Matthew Wright	LVL 3.95	2	Daniel Gardiner	LDS 3.20
3	Tom Wagner	LDS 3.50	3	Kevin Ireland	KIN 2.60
4	Michael Burns	KIN 2.75	4	Rikki Cottingham U17	LVL 2.30
5	Gavin Howard U17	GHD 2.30	5	John Gibson	GHD 2.00
M Shot Putt A			M Shot Putt B		
1	Azmi Sbati	SAL 13.79	1	Mark Tough	KIN 11.36
2	Anthony Timms	LDS 12.64	2	James Heaton	LDS 10.80
3	Chris Tatton	KIN 12.43	3	Theodore Trumpet	SAL 10.68
4	Sam Stanilaus	GHD 10.88	4	Dean Barratt	GHD 10.12
5	Ross Hayhurst	LVL 10.84	5	Magnus Ramala U17	LVL 9.93
6	Nick Whittle	EDI 9.87	6	Peter Holmes	EDI 9.29
7	Tom Crawford	TRF 9.46	7	Mathew Robb	WAL 7.82
8	Mark Gray U17	WAL 8.78	8	Chris Bramah	TRF 4.84
M Triple Jump A			M Triple Jump B		
1	Adam Williams	WAL 13.16	1	Sam Stanilaus	GHD 12.32
2	Jonathon Ferryman	SAL 12.81	2	Mathew Robb	WAL 12.00
3	Earl Gill U17	GHD 12.57	3	Mike Sladrey U17	SAL 11.94
4	John Lee	TRF 12.13	4	Mike Sweeney	LVL 10.87
5	Phillip Salter	KIN 11.59	5	Chris Tatton	KIN 10.80
6	Tom Lindsay	LDS 11.31	6	Tom Wagner	LDS 10.34
7	Alex Taylor U17	LVL 11.12	7	Craig Dickson U17	EDI 9.11
8	Allan Hamilton U17	EDI 10.25			

W 100m A  
1 Jenny Taker TRF 11.9  
2 Robyn Rashford SAL 12.0  
3 Ashley Helsby LVL 12.1  
4 Carly Beattie EDI 12.4  
5 Rachel Davidson GHD 12.5  
6 Llio Fflur Evans WAL 12.9  
7 Stephanie Walker KIN 13.0  
8 H.Francis-Smithson LDS DNF

W 100m B  
1 Rebekah Wilson U17 SAL 12.0  
2 Emily Shaw TRF 12.0  
3 Megan Ward U17 LVL 12.8  
4 Jayne Carmichael U17 KIN 12.8  
5 Lauren Dewdney GHD 12.8  
6 Hannah Pendlebury 17 WAL 12.9  
7 Victoria Millar U17 EDI 13.5  
8 Mary Marshall LDS 16.4

W 200m A  
1 Emily Shaw TRF 24.4  
2 Robyn Rashford SAL 25.1  
3 Carmen Gedling LVL 25.3  
4 Carly Beattie EDI 25.3  
5 Mary Marshall LDS 25.5  
6 Jayne Carmichael U17 KIN 25.8  
7 Llio Fflur Evans WAL 26.2  
8 Rachel Davidson GHD 26.9

W 200m B  
1 Katherine Sherry SAL 26.0  
2 Zoe Reid U17 TRF 26.3  
3 Megan Ward U17 LVL 26.4  
4 Hannah Pendlebury 17 WAL 26.7  
5 Jenny Tan U17 KIN 26.9  
6 Victoria Millar U17 EDI 27.7  
7 Julie Todd GHD 27.8

W 400m A  
1 Carmen Gedling LVL 56.5  
2 Katherine Sherry SAL 58.0  
3 Jenny Tan U17 KIN 58.6  
4 Ashleigh Kennedy EDI 59.7  
5 Melissa Smith GHD 61.6  
6 Charlotte Lloyd WAL 62.3  
7 Joanne Duxbury TRF 66.3  
8 Jodie Gregorczyk LDS 68.3

W 400m B  
1 Emily Shaw TRF 57.8  
2 Gail Lippitt SAL 60.0  
3 Amy Forrester U17 LVL 60.9  
4 Lorna McMichael GHD 61.2  
5 Lisa Johnson U17 WAL 61.3  
6 Catriona Sinclair EDI 61.9  
7 Lauren McManus U17 KIN 61.9  
8 Rachel Devney LDS 72.4

W 800m A  
1 Eilish McColgan U17 KIN 2.17.5  
2 Jackie Fairchild TRF 2.18.2  
3 Melissa Ronan LVL 2.22.0  
4 Louise Crilly EDI 2.22.8  
5 Sam Duffy GHD 2.26.9  
6 Hope Jones WAL 2.35.4  
7 Rachel Devney LDS 2.40.1  
8 Bethany English SAL 3.21.7

W 800m B  
1 Jess Corrie-Taylor LVL 2.24.8  
2 Jenny Hudson U17 GHD 2.25.3  
3 Joanne Duxbury TRF 2.25.7  
4 Rebecca Burns KIN 2.27.1  
5 Hayley Duncan EDI 2.43.7  
6 Rebecca Devney LDS 2.45.4  
7 Lydia Holloway U17 WAL 2.53.4

W 1500m A  
1 Charlotte Woods SAL 4.50.5  
2 Jackie Fairchild TRF 4.51.2  
3 Laura Goodson EDI 4.55.7  
4 Emma Wakefield U17 LVL 4.58.3  
5 Jodie Gregorczyk LDS 5.09.5  
6 Sarah Favier U17 GHD 5.22.2  
7 Hanna Daly WAL 5.24.7  
8 Fiona Bracegirdle 17 KIN 5.26.4

W 1500m B  
1 Sarah Hudak TRF 4.55.9  
2 Melissa Ronan LVL 5.12.4  
3 Catriona Sinclair EDI 5.20.1  
4 Fay Webster LDS 5.21.8  
5 Lyndsay Aitken KIN 5.51.0

W 3000m A  
1 Sarah Hudak TRF 10.48.9  
2 Bethany English SAL 11.09.2  
3 Lauren Stoddart EDI 11.17.3  
4 Clare Murphy LVL 11.22.3  
5 Fiona Bracegirdle 17 KIN 11.34.1  
6 Eleanor Hall LDS 12.01.5

W 3000m B  
1 Olivia Desborough 17 LVL 11.24.5  
2 Lyndsay Aitken KIN 12.13.3  
3 Hayley Duncan EDI 13.21.3  
4 Laura Brannan LDS 13.44.3

## W 100mH A

1 Ashley Helsby	LVL	14.1
2 Lauren Dewdney	GHD	14.6
3 Sylvia Kamy	EDI	15.3
4 Eleanor Markendale	TRF	15.5
5 Elizabeth Best	LDS	18.0
6 Lydia Wickstone	SAL	18.5
7 Hannah Robb U17	WAL	18.6
8 Lucy Crookston	KIN	19.9

## W 100mH B

1 Emma Lowry U17	EDI	17.4
2 Melissa Smith	GHD	19.4
3 Leanne Brown	SAL	19.9

## W 400mH A

1 Sylvia Kamy	EDI	63.8
2 Lorna McMichael	GHD	64.6
3 Lucy Abbott	TRF	68.8
4 Elizabeth Best	LDS	71.9
5 Lucy Crookston	KIN	72.8
6 Sarah Colbourne	WAL	74.6
7 Lydia Wickstone	SAL	80.4

## W 400mH B

1 Vicky Holmes	GHD	71.0
2 Emma Gordon U17	KIN	72.3
3 Claire Carmichael	EDI	77.3
4 Francesca Quawsah	TRF	78.0
5 Ashley Little	LDS	79.5

## W 1500m SC A - No 1st barrier

1 Eilish McColgan U17	KIN	5.18.6
2 Lauren Stoddart	EDI	5.37.8
3 Alex Forde U17	LVL	5.39.6
4 Jenny Hudson U17	GHD	5.56.9
5 Eleanor Hall	LDS	6.21.0
6 Hannah Robb U17	WAL	6.31.8
7 Jessica Howe	TRF	7.06.2

## W 1500m SC B- no 1st barrier

1 Rebecca Burns	KIN	5.49.4
2 Georgina Dyhstra U17	LVL	5.49.5
3 Fay Lebeter	LDS	6.41.9

## W Discus Throw A

1 Faye Calvert	WAL	36.19
2 Chloe Beckett	TRF	35.79
3 E. Metaxus-Belt U17	SAL	33.51
4 Nikky Falconer	EDI	28.43
5 Katy Wilson	GHD	27.60
6 Lisa Glover	KIN	25.97
7 Suzanne Woodward U17	LVL	19.95

## W Discus Throw B

1 Rachel Parkin U17	EDI	26.73
2 Ashley Beckett U17	TRF	22.25
3 Stephanie Cheers	WAL	22.16
4 Gemma Barrett U17	GHD	20.28
5 Karen Cairns U17	KIN	19.19
6 Helen Bruton	SAL	11.96

## W Hammer Throw A

1 Sophie Hitchon U17	SAL	50.49
2 Katy Wilson	GHD	42.89
3 Faye Calvert	WAL	38.95
4 Suzanne Woodward U17	LVL	36.47
5 Nikky Falconer	EDI	27.63
6 Chloe Beckett	TRF	27.44
7 Elizabeth Best	LDS	11.34

## W Hammer Throw B

1 Laura Riganti U17	EDI	25.10
2 Jenna Sherratt U17	WAL	22.29
3 Gemma Barrett U17	GHD	19.40
4 Shauni Nevins U17	TRF	14.55
5 Helen Bruton	SAL	10.97
6 Jodie Gregorczyk	LDS	7.02

## W High Jump A

1 Jenny Lumley	LDS	1.60
2 Anna Cathro	EDI	1.55
3 Rebecca Pottinger	GHD	1.55
4 Eleanor Markendale	TRF	1.55
5 Alex Elliott U17	WAL	1.50
6 Courtney Wilkinson17	KIN	1.50
7 Zara Poulter U17	LVL	1.40
8 Lydia Wickstone	SAL	1.25

## W High Jump B

1 Emma Lowry U17	EDI	1.55
2 Ashley Beckett U17	TRF	1.45
3 Jenny Hudson U17	GHD	1.40
4 Eilish McColgan U17	KIN	1.35
5 Rachel Devney	LDS	1.25

W Javelin Throw A  
 1 Rachael Fleary SAL 34.50  
 2 Chloe Beckett TRF 34.39  
 3 Nikky Falconer EDI 32.28  
 4 Stephanie Cheers WAL 30.58  
 5 Jenny Lumley LDS 30.37  
 6 Amy Fleming U17 GHD 25.39  
 7 Lucy Crookston KIN 19.88  
 8 Courtney Lenwey U17 LVL 11.38

W Javelin Throw B  
 1 Ashley Beckett U17 TRF 32.57  
 2 H.Francis-Smithson LDS 25.55  
 3 Helen Bruton SAL 24.33  
 4 Kirsty Buglass EDI 23.16  
 5 Gemma Barrett U17 GHD 13.11  
 6 Christina Hughes U17 WAL 9.33

W Long Jump A  
 1 Eleanor Markendale TRF 5.64  
 2 Jenny Lumley LDS 5.45  
 3 Amy Fleming U17 GHD 5.32  
 4 Sarah Warnock U17 EDI 5.30  
 5 Harriet Pickles SAL 4.95  
 6 Emma Garstang WAL 4.79  
 7 Emma Gordon U17 KIN 4.79  
 8 Courtney Lenwey U17 LVL 4.47

W Long Jump B  
 1 H.Francis-Smithson LDS 5.39  
 2 Anna Cathro EDI 4.98  
 3 Rachel Davidson GHD 4.89  
 4 Courtney Wilkinson17 KIN 4.76  
 5 Amy Campagne U17 WAL 4.72  
 6 Francesca Quawsah TRF 4.38  
 7 Katherine Fearon U17 LVL 4.36  
 8 Leanne Brown SAL 3.91

W Pole Vault A  
 1 Christina Hughes U17 WAL 3.00  
 2 Sarah Rosie U17 EDI 2.45  
 3 Lucy Crookston KIN 2.15  
 4 Courtney Lenwey U17 LVL 2.00  
 5 Vicky Holmes GHD 2.00  
 6 Mary Marshall LDS 1.85  
 7 Shauni Nevins U17 TRF 1.70

W Pole Vault B  
 1 Rachel Thomas WAL 2.60  
 2 Nathalie Dunbar U17 EDI 2.15  
 3 Vanessa Cain U17 LVL 1.85  
 4 Joanne Lawton U17 GHD 1.70

W Shot Putt A  
 1 Chloe Beckett TRF 11.71  
 2 Lisa Glover KIN 11.07  
 3 Rachel Parkin U17 EDI 10.26  
 4 Faye Calvert WAL 9.68  
 5 Vicky Young GHD 9.62  
 6 Sophie Hitchon U17 SAL 9.51  
 7 H.Francis-Smithson LDS 9.06  
 8 Suzanne Woodward U17 LVL 6.78

W Shot Putt B  
 1 Katy Wilson GHD 9.04  
 2 Nikky Falconer EDI 8.87  
 3 Eleanor Markendale TRF 8.78  
 4 Ashley Little LDS 7.77  
 5 Jenna Sherratt U17 WAL 7.12  
 6 Karen Cairns U17 KIN 7.00  
 7 Helen Bruton SAL 6.69

W Triple Jump A  
 1 Harriet Pickles SAL 11.64  
 2 Ashley Little LDS 10.66  
 3 Francesca Quawsah TRF 10.55  
 4 Emma Lowry U17 EDI 10.13  
 5 Joanne Lawton U17 GHD 9.89  
 6 Rachel Thomas WAL 9.74  
 7 Courtney Wilkinson17 KIN 8.79  
 8 Helen Croft LVL 8.37

W Triple Jump B  
 1 Zoe Reid U17 TRF 10.35  
 2 Sarah Warnock U17 EDI 9.80  
 3 Amy Campagne U17 WAL 9.64  
 4 Leanne Brown SAL 8.80  
 5 Julie Todd GHD 8.57

W 4x100m Relay

1 SAL 48.5	1 Sophie Hitchon U17	2 Rebekah Wilson U17
	3 Katherine Sherry	4 Robyn Rashford
2 TRF 49.2	1 Emily Shaw	2 Zoe Reid U17
	3 Eleanor Markendale	4 Jenny Taker
3 LVL 50.8	1 Ashley Helsby	2 Megan Ward U17
	3 Emma Wakefield U17	4 Rachel Ogunye
4 EDI 51.5	1 Clare Carmichael	2 Carly Beattie
	3	4 Hannah Crisp u17
5 GHD 51.7	1 Lauren Dewdney	2 Lorna McMichael
	3 Rachel Davidson	4 Julie Todd
6 KIN 51.8	1 Lauren McManus U17	2 Courtney Wilkinson17
	3 Emma Gordon U17	4 Jayne Carmichael U17
7 WAL 51.9	1 Lisa Johnson U17	2 Charlotte Lloyd
	3 Hannah Pendlebury 17	4 Lucy Beesley
8 LDS 54.4	1 H.Francis-Smithson	2 Jenny Lumley
	3 Elizabeth Best	4 Mary Marshall

W 4x400m Relay

1 LVL 4.02.9	1 Melissa Ronan	2 Amy Forrester U17
	3 Chelsea McCourt	4 Carmen Gedling
2 EDI 4.09.1	1 Catriona Sinclair	2 Ashleigh Kennedy
	3 Louise Crilly	4 Emma Lowry u17
3 KIN 4.11.0	1 Lucy Crookston	2 Eilish McColgan U17
	3 Lauren McManus U17	4 Jenny Tan U17
4 GHD 4.12.8	1 Vicky Holmes	2 Julie Todd
	3 Amy Fleming U17	4 Melissa Smith
5 TRF 4.15.0	1 Emily Shaw	2 Zoe Reid U17
	3 Joanne Duxbury	4 Jackie Fairchild
6 SAL 4.23.1	1 Gail Lippitt	2 Leanne Brown
	3 Katherine Sherry	4 Charlotte Woods
7 WAL 4.28.2	1 Sarah Colbourne	2 Charlotte Lloyd
	3 Hanna Daly	4 Lisa Johnson U17
8 LDS 4.53.2	1 Elizabeth Best	2 Ashley Little
	3 Fay Lebeter	4 Jenny Lumley

M 4x100m Relay

1 SAL 44.1	1 Visnus Lingham	2 Gareth Breeze
	3 Lawrence Fitch	4 Andrew Robertson U17
2 LDS 44.7	1 Anthony Timms	2 Tom Casey
	3 Umar Hameed	4 Jake Harman
3 EDI 46.8	1 Pat Swan	2 Sean Hood U17
	3 Craig Knowles U17	4 Patrick Campbell
4 TRF 47.2	1 Rory Evans	2 Graeme Hogg
	3 Ciaran McHaughey	4 Chris Bramah
5 GHD 47.3	1 Alex Todd	2 Paul Miller
	3 Sam Stanilaus	4 Earl Gill U17
6 KIN 47.4	1 Ross Kilvington U17	2 Michael Burns
	3 Keith Simpson	4 Kevin Neavey U17
7 LVL 47.7	1 Louis Forbes	2 Matthew Wright
	3 Jon Croasdale	4 Daniel Yip U17
8 WAL DNF		

M 4x400m Relay

1	GHD	3.30.0	1	Michael Donnelly	2	Alex Todd
			3	Lewis Robson	4	Paul Miller
2	EDI	3.30.0	1	Craig Knowles U17	2	Pat Swan
			3	Chris O'Hare U17	4	Dougie Selman
3	TRF	3.35.0	1	Rory Evans	2	Graeme Hogg
			3	Ciaran McHaughey	4	Chris Bramah
4	KIN	3.36.3	1	Michael Burns	2	Sean McQueen
			3	Ross Kilvington U17	4	Keith Simpson
5	SAL	3.38.7	1	Joe Lancaster	2	Jonathon Ferryman
			3	John Yates	4	James Davies U17
6	LVL	3.39.6	1	Harry Harper	2	Mike Sweeney
			3	Mark Draper	4	James McCully
7	LDS	3.40.4	1	Tom Roberts	2	James Wilkinson
			3	Mike Salter	4	Joe Townsend
8	WAL	3.43.2	1	Harry Jones	2	Carwyn Owen U17
			3	Ricky Challinor	4	Daniel Sykes

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS					
	Event	Lge		Event	Lge		Event	Lge			
1	LDS	493	8	1	SAL	461	8	1	Leeds City AC	944	15
2	GHD	489	7	2	LDS	451	7	2	Sale Harriers (Manchester)	940	14
3	SAL	479	6	3	EDI	447.5	6	3	Gateshead Harriers & AC	924	12
4	KIN	444	5	4	GHD	435	5	4	Team Edinburgh	885.5	10
5	EDI	438	4	5	LVL	413	4	5	Kingdom Athletics	839	7
6	LVL	388	3	6	TRF	400	3	6	Liverpool Harriers & AC	801	7
7	TRF	347	2	7	KIN	395	2	7	Trafford AC	747	5
8	WAL	323	1	8	WAL	326.5	1	8	North Wales	649.5	2

Athlete of the Match

Anthony Timms Leeds City LJ 7.10m Sophie Hitchon Sale Hammer 50.49m

Note(s) No 1st barrier in WOMENS 1500m S/C

GHD Includes + 35pts,  
 KIN Includes + 35pts,  
 LDS Includes + 35pts,  
 LVL Includes + 35pts,  
 WAL Includes + 35pts,  
 SAL Includes + 35pts,  
 EDI Includes + 35pts,  
 TRF Includes + 35pts,

*-----*												
Club		GHD	KIN	LDS	LVL	WAL	SAL	EDI	TRF	POINTS		
No's		1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
*-----*												
M 100m	A	4	5	9	6	3	8	7	11	53	0	53
	B	1	4	9	5	2	7	3	6	37	0	37
Cumulative		5	9	18	11	5	15	10	17	90	0	90
*-----*												
M 200m	A	6	4	8	5	3	7	9	11	53	0	53
	B	6	2	7	4	1	9	5	3	37	0	37
Cumulative		17	15	33	20	9	31	24	31	180	0	180
*-----*												
M 400m	A	9	8	5	6	3	7	11	4	53	0	53
	B	7	9	2	6	3	1	5	4	37	0	37
Cumulative		33	32	40	32	15	39	40	39	270	0	270
*-----*												
M 800m	A	5	3	8	11	4	9	7	6	53	0	53
	B	3	4	7	9	2	5	0	6	36	1	37
Cumulative		41	39	55	52	21	53	47	51	359	1	360
*-----*												
M 1500m	A	3	5	7	9	8	4	11	6	53	0	53
	B	4	3	6	7	9	2	5	0	36	1	37
Cumulative		48	47	68	68	38	59	63	57	448	2	450
*-----*												
M 3000m	A	7	5	9	11	6	3	8	4	53	0	53
	B	0	0	7	9	6	0	5	0	27	10	37
Cumulative		55	52	84	88	50	62	76	61	528	12	540
*-----*												
M 110mH	A	8	6	11	7	0	9	0	0	41	12	53
	B	6	5	9	0	0	7	0	0	27	10	37
Cumulative		69	63	104	95	50	78	76	61	596	34	630
*-----*												
M 400mH	A	11	7	8	9	4	6	5	0	50	3	53
	B	7	0	6	9	5	4	0	0	31	6	37
Cumulative		87	70	118	113	59	88	81	61	677	43	720
*-----*												
M 2000SC	A	0	7	11	0	8	0	6	9	41	12	53
	B	0	0	9	0	7	0	6	0	22	15	37
Cumulative		87	77	138	113	74	88	93	70	740	70	810
*-----*												
M DT	A	6	8	11	7	4.5	9	4.5	3	53	0	53
	B	4	5	7	6	1	9	3	2	37	0	37
Cumulative		97	90	156	126	79.5	106	100.5	75	830	70	900
*-----*												
M HT	A	7	8	6	0	0	11	9	5	46	7	53
	B	4	9	6	0	0	5	7	0	31	6	37
Cumulative		108	107	168	126	79.5	122	116.5	80	907	83	990
*-----*												

*-----*												
Club		GHD	KIN	LDS	LVL	WAL	SAL	EDI	TRF	POINTS		
No's		1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
*-----*												
M HJ	A	7	3	9	8	6	11	5	4	53	0	53
	B	6	5	7	0	4	9	0	0	31	6	37
Cumulative		121	115	184	134	89.5	142	121.5	84	991	89	1080
*-----*												
M JT	A	9	6	7	8	3	11	4	5	53	0	53
	B	7	9	5	6	2	4	3	1	37	0	37
Cumulative		137	130	196	148	94.5	157	128.5	90	1081	89	1170
*-----*												
M LJ	A	8	4	11	5	7	9	3	6	53	0	53
	B	2	5	7	4	6	9	3	0	36	1	37
Cumulative		147	139	214	157	107.5	175	134.5	96	1170	90	1260
*-----*												
M PV	A	6	7	8	9	0	11	0	0	41	12	53
	B	4	6	7	5	0	9	0	0	31	6	37
Cumulative		157	152	229	171	107.5	195	134.5	96	1242	108	1350
*-----*												
M SP	A	7	8	9	6	3	11	5	4	53	0	53
	B	5	9	7	4	2	6	3	1	37	0	37
Cumulative		169	169	245	181	112.5	212	142.5	101	1332	108	1440
*-----*												
M TJ	A	8	6	5	4	11	9	3	7	53	0	53
	B	9	4	3	5	7	6	2	0	36	1	37
Cumulative		186	179	253	190	130.5	227	147.5	108	1421	109	1530
*-----*												
W 100m	A	6	4	0	8	5	9	7	11	50	3	53
	B	4	5	1	6	3	9	2	7	37	0	37
Cumulative		196	188	254	204	138.5	245	156.5	126	1508	112	1620
*-----*												
W 200m	A	3	5	6	8	4	9	7	11	53	0	53
	B	2	4	0	6	5	9	3	7	36	1	37
Cumulative		201	197	260	218	147.5	263	166.5	144	1597	113	1710
*-----*												
W 400m	A	6	8	3	11	5	9	7	4	53	0	53
	B	5	2	1	6	4	7	3	9	37	0	37
Cumulative		212	207	264	235	156.5	279	176.5	157	1687	113	1800
*-----*												
W 800m	A	6	11	4	8	5	3	7	9	53	0	53
	B	7	5	3	9	2	0	4	6	36	1	37
Cumulative		225	223	271	252	163.5	282	187.5	172	1776	114	1890
*-----*												
W 1500m	A	5	3	6	7	4	11	8	9	53	0	53
	B	0	4	5	7	0	0	6	9	31	6	37
Cumulative		230	230	282	266	167.5	293	201.5	190	1860	120	1980
*-----*												
W 3000m	A	0	6	5	7	0	9	8	11	46	7	53
	B	0	7	5	9	0	0	6	0	27	10	37
Cumulative		230	243	292	282	167.5	302	215.5	201	1933	137	2070
*-----*												

*-----*												
Club	GHD	KIN	LDS	LVL	WAL	SAL	EDI	TRF	POINTS			
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot	
*-----*												
W 100mH	A	9	3	6	11	4	5	8	7	53	0	53
	B	7	0	0	0	0	6	9	0	22	15	37
Cumulative		246	246	298	293	171.5	313	232.5	208	2008	152	2160
*-----*												
W 400mH	A	9	6	7	0	5	4	11	8	50	3	53
	B	9	7	4	0	0	0	6	5	31	6	37
Cumulative		264	259	309	293	176.5	317	249.5	221	2089	161	2250
*-----*												
W 1500SC	A	7	11	6	8	5	0	9	4	50	-50	0
	B	0	9	6	7	0	0	0	0	22	-22	0
Cumulative		271	279	321	308	181.5	317	258.5	225	2161	89	2250
*-----*												
W DT	A	6	5	0	4	11	8	7	9	50	3	53
	B	5	4	0	0	6	3	9	7	34	3	37
Cumulative		282	288	321	312	198.5	328	274.5	241	2245	95	2340
*-----*												
W HT	A	9	0	4	7	8	11	6	5	50	3	53
	B	6	0	3	0	7	4	9	5	34	3	37
Cumulative		297	288	328	319	213.5	343	289.5	251	2329	101	2430
*-----*												
W HJ	A	8	5	11	4	6	3	9	7	53	0	53
	B	6	5	4	0	0	0	9	7	31	6	37
Cumulative		311	298	343	323	219.5	346	307.5	265	2413	107	2520
*-----*												
W JT	A	5	4	6	3	7	11	8	9	53	0	53
	B	4	0	7	0	3	6	5	9	34	3	37
Cumulative		320	302	356	326	229.5	363	320.5	283	2500	110	2610
*-----*												
W LJ	A	8	4	9	3	5	6	7	11	53	0	53
	B	6	5	9	2	4	1	7	3	37	0	37
Cumulative		334	311	374	331	238.5	370	334.5	297	2590	110	2700
*-----*												
W PV	A	6	8	5	7	11	0	9	4	50	3	53
	B	5	0	0	6	9	0	7	0	27	10	37
Cumulative		345	319	379	344	258.5	370	350.5	301	2667	123	2790
*-----*												
W SP	A	6	9	4	3	7	5	8	11	53	0	53
	B	9	3	5	0	4	2	7	6	36	1	37
Cumulative		360	331	388	347	269.5	377	365.5	318	2756	124	2880
*-----*												
W TJ	A	6	4	9	3	5	11	7	8	53	0	53
	B	4	0	0	0	6	5	7	9	31	6	37
Cumulative		370	335	397	350	280.5	393	379.5	335	2840	130	2970
*-----*												
W 4X1		6	5	3	8	4	11	7	9	53	0	53
Cumulative		376	340	400	358	284.5	404	386.5	344	2893	130	3023
*-----*												
W 4X4		7	8	3	11	4	5	9	6	53	0	53
Cumulative		383	348	403	369	288.5	409	395.5	350	2946	130	3076
*-----*												

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*-----*
|          Club| GHD | KIN | LDS | LVL | WAL | SAL | EDI | TRF |          POINTS |
|          No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4X1        |    6|    5|    9|    4|    0|   11|    8|    7|    50|    3|   53|
|Cumulative   | 389| 353| 412| 373|288.5| 420|403.5| 357|2996| 133|3129|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4X4        |   11|    7|    4|    5|    3|    6|    9|    8|   53|    0|   53|
|Cumulative   | 400| 360| 416| 378|291.5| 426|412.5| 365|3049| 133|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          Add|   35|   35|   35|   35|   35|   35|   35|   35|    0|    0|    0|
| subtract    |    0|    0|    0|    0|    0|    0|    0|    0|    0|    0|    0|
|Cumulative   | 435| 395| 451| 413|326.5| 461|447.5| 400|3049| 133|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          TOTALS| 435| 395| 451| 413|326.5| 461|447.5| 400|3049| 133|3182|
*-----*
    
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Pos	Club	Points	Add	Sub	Total
1	Sale Harriers (Manchester)	426	35	0	461
2	Leeds City AC	416	35	0	451
3	Team Edinburgh	412.5	35	0	447.5
4	Gateshead Harriers & AC	400	35	0	435
5	Liverpool Harriers & AC	378	35	0	413
6	Trafford AC	365	35	0	400
7	Kingdom Athletics	360	35	0	395
8	North Wales	291.5	35	0	326.5

Used + add - sub = total      3049      280      0 3329  
 Unused points                      133                      133  
 (Used+unused)+add-sub=total    3182              280              0 3462

Club	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
SAL A	11	9	2	2	3	3	2	3	B 7	3	4	3	3	1	2	2
LDS A	5	7	4	3	6	4	4	3	B 4	9	4	4	2	3	1	2
EDI A	3	7	7	10	2	4	1	2	B 4	5	4	5	1	7	2	0
GHD A	2	5	5	6	12	3	1	2	B 3	5	6	4	7	1	2	1
LVL A	5	3	7	6	3	3	4	4	B 5	3	7	3	3	0	1	0
TRF A	7	6	3	4	4	3	7	1	B 4	4	4	2	1	2	1	2
KIN A	2	1	7	4	5	8	6	4	B 5	2	1	8	6	2	2	0
WAL A	3	0	3	3	3	8	7	6	B 2	3	4	2	4	3	5	2

Men	Event	Women	Event
1	Leeds City AC	1	Team Edinburgh
2	Sale Harriers (Manchester)	2	Trafford AC
3	Gateshead Harriers & AC	3	Gateshead Harriers & AC
4	Liverpool Harriers & AC	4	Sale Harriers (Manchester)
5	Kingdom Athletics	5	Liverpool Harriers & AC
6	Team Edinburgh	6	Kingdom Athletics
7	North Wales	7	North Wales
8	Trafford AC	8	Leeds City AC