

M 100m A

1 Ryan Oswald	K	10.9
2 Ricardo Francis	WKF	11.2
3 Steve Stelland	TRF	11.2
4 Alex Todd	GHD	11.3
5 Anthony Timms	LDS	11.3
6 Gwyn Williams	WAL	11.5
7 Theo Gray	LVL	11.6
8 James Wright	SAL	11.7

M 100m B

1 Connor Hill U17	K	11.4
2 Sean James	LVL	11.4
3 Umar Hameed	LDS	11.6
4 Steve Callister	TRF	11.7
5 Ben Mitchell	WKF	11.8
6 Steven Horsburgh	GHD	11.9
7 Hevin Rowlands	WAL	12.2
8 Matt Cullen	SAL	12.5

M 200m A

1 Ryan Oswald	K	22.2
2 Steve Stelland	TRF	22.8
3 Ricardo Francis	WKF	22.9
4 Anton Bradley	SAL	23.1
5 Alex Todd	GHD	23.3
6 Gwyn Williams	WAL	23.3
7 Rhys Smith	LDS	23.7
8 Lewis Forbes U17	LVL	24.3

M 200m B

1 Theo Gray	LVL	23.1
2 Umar Hameed	LDS	23.1
3 Sean McQueen	K	23.3
4 Steve Callister	TRF	23.9
5 Albert Kamara	GHD	24.2
6 Lewis Tatt	WKF	24.3
7 Tom Black	SAL	24.3
8 Hevin Rowland	WAL	25.5

M 400m A

1 Rhys Smith	LDS	50.2
2 Craig Robertson	K	50.8
3 Kieran Flannery	GHD	51.1
4 Chris Bramah	TRF	52.4
5 Tom Black	SAL	52.6
6 Lewis Forbes U17	LVL	52.7
7 Michael Beaumont	WKF	52.7
8 Aaron Jones	WAL	55.7

M 400m B

1 Marc Docherty	GHD	51.6
2 Dale Carver	K	51.6
3 Jake Harman	LDS	53.0
4 Anton Bradley	SAL	53.6
5 Jon Croasdale U17	LVL	54.5
6 Simon Baxter	WAL	57.5
7 Craig Dickinson U17	WKF	58.2

M 800m A

1 Kieran Flannery	GHD	1.56.7
2 Jame Harman	LDS	1.57.1
3 Douglas Newson U17	K	1.57.4
4 Ciaran McCaughey U17	TRF	1.57.8
5 Bobby Whittaker	SAL	1.58.8
6 Lian McCully	LVL	1.59.1
7 Lewis Tatt	WKF	2.08.7
8 Scott Roberts	WAL	2.18.9

M 800m B

1 Andrew Stanton	GHD	1.59.3
2 Graham Hogg	TRF	1.59.8
3 Nigel Malkin	SAL	2.00.3
4 Harry Harper U17	LVL	2.00.5
5 Michael Williams	LDS	2.02.3
6 Keith Simpson	K	2.02.7

M 1500m A

1 James McCully	LVL	4.08.7
2 Harry Jones	WAL	4.08.9
3 Michael Salter (U17)	LDS	4.12.5
4 Douglas Newson U17	K	4.13.2
5 Adam Carmichael	GHD	4.14.5
6 Sam Aspinwall	SAL	4.16.4
7 Ciaran McCaughey U17	TRF	4.20.6

M 1500m B

1 Adam Peers	LVL	4.12.6
2 Nigel Malkin	SAL	4.18.7
3 Oliver Ziff	LDS	4.19.3
4 Phillip Salter	K	4.21.2
5 Aaron Donovan	TRF	4.23.9
6 William Pike	GHD	4.26.1

M 3000m A

1 David Marsh	SAL	8.49.7
2 Craig Gunderson	LVL	8.51.4
3 Matthew Clough	LDS	8.58.8
4 Ricky Challinor	WAL	9.23.5
5 Aaron Donovan	TRF	9.29.3
6 Niall Flannery U17	GHD	10.51.6

M 3000m B

1 James Rusell	LVL	9.13.5
2 Nick Hooker	LDS	9.15.0
3 Charlie Hogg	TRF	9.39.3
4 David Mountfield	WAL	9.40.3
5 David Howlett	SAL	9.43.3

M 110mH A

M 110mH B

1 Charlie Kavanagh	TRF	14.7	1 Joe Lancaster	SAL	15.6
2 James Wright	SAL	15.7	2 Albert Kamara	GHD	16.2
3 Kieran Flannery	GHD	16.1	3 Neil Bell	TRF	17.9
4 Stewart Watson	LVL	16.7	4 Daniel Lynch	K	18.2
5 Michael Burns	K	19.6	5 Michael Sweeney U17	LVL	18.8
6 Michael Newman U17	WKF	20.6	6 David Jewison	LDS	24.6
7 Nick Hooker	LDS	22.1			

M 400mH A

1 Michael Burns	K	59.4
2 Jon Croasdale U17	LVL	59.5
3 Nick Hooker	LDS	61.1
4 Niall Flannery U17	GHD	61.4
5 Lee Whiteley	SAL	64.6
6 Neil Bell	TRF	78.1

M 400mH B

1 William Pike	GHD	60.1
2 Charlie Kavanagh	TRF	60.9
3 Rob Jowett	SAL	64.6
4 David Catt	LVL	66.4
5 Stuart Chisholm	K	67.2
6 James Lavin	LDS	67.3

M 2000m SC A

1 Sean Hall	GHD	6.03.1
2 David Marsh	SAL	6.18.3
3 David Catt	LVL	6.26.2
4 James Lavin	LDS	6.40.0
5 Aaron Donovan	TRF	6.53.7
6 Michael Burns	K	7.24.8

M 2000m SC B

1 Rob Jowett	SAL	6.21.3
2 Craig Joy	LVL	6.37.2
3 Anthony Welford	GHD	7.00.9
4 Danny Brocklehurst	TRF	7.09.2
5 David Jewison	LDS	7.11.9
6 Kevin Ireland U17	K	8.04.2

M Discus Throw A

1 Jamie Williamson	TRF	51.38
2 Graeme Level	GHD	35.72
3 Ross Hayhurst	LVL	31.41
4 Chris Tatton	K	30.44
5 Joe Lancaster	SAL	29.01
6 Umar Hameed	LDS	27.17
7 Ian Beetson	WAL	26.32
8 Matthew Twidale U17	WKF	23.15

M Discus Throw B

1 Matt Lambley	TRF	37.64
2 Liam Loyden U17	LVL	25.52
3 Stephen Reynolds U17	GHD	24.40
4 Alisdair Smith	K	23.29
5 Sam Allan	LDS	22.84
6 James Wright	SAL	21.04
7 Mark Hellard	WKF	16.07

M Hammer Throw A

1 Matt Lambley	TRF	61.68
2 Chris Tatton	K	40.81
3 Liam Loyden U17	LVL	40.67
4 Graeme Level	GHD	37.32
5 Ian Beetson	WAL	35.93
6 Sam Allan	LDS	23.16
7 Matthew Twidale U17	WKF	22.79
8 Bradley Legay U17	SAL	9.59

M Hammer Throw B

1 Jamie Williamson	TRF	27.95
2 Mark Hellard	WKF	22.74
3 Steven Horsburgh	GHD	17.24
4 Jake Harman	LDS	16.50
5 Alisdair Smith	K	15.51
6 Andrew Allan	LVL	13.13
7 Rob Jowett	SAL	4.72

M High Jump A

1 Mike Ehlen U17	SAL	1.90
2 Theo Gray	LVL	1.85
3 Neil Bell	TRF	1.80
4 Luke Kavanagh	WAL	1.75
5 Marc Docherty	GHD	1.75
6 Michael Newman U17	WKF	1.65
7 Thomas Salter	K	1.55
8 David Jewison	LDS	1.55

M High Jump B

1 Joe Lancaster	SAL	1.75
2 Charlie Kavanagh	TRF	1.70
3 Chris Jefferson	GHD	1.65
4 Michael Sweeney U17	LVL	1.60
5 Phillip Salter	K	1.55

M Javelin Throw A

1 Sam Allan	LDS	50.54
2 Andrew Allan	LVL	49.28
3 Alisdair Smith	K	43.92

M Javelin Throw B

1 Ian Purkis U17	GHD	35.41
2 Anthony Timms	LDS	35.28
3 Thomas Salter	K	33.44

4 Stephen Reynolds	GHD	43.25	4 James Wright	SAL	30.55
5 Matthew Twidale U17	WKF	39.88	5 Danny Brocklehurst	TRF	18.20
6 Joe Lancaster	SAL	38.17	6 Craig Hoy	LVL	17.90
7 Neil Bell	TRF	33.85	7 Mark Hellard	WKF	17.23
8 Adam Banks	WAL	21.06	8 Josh Ben Edwards	WAL	16.71

M Long Jump A			M Long Jump B		
1 Anthony Timms	LDS	6.93	1 Umar Hameed	LDS	6.32
2 James Wright	SAL	6.53	2 Joe Lancaster	SAL	6.21
3 Theo Gray	LVL	6.15	3 Luke Kavanagh	WAL	5.64
4 John Lee	TRF	6.14	4 Daniel Lynch	K	5.53
5 Luke Evans	WAL	5.85	5 Graham Hogg	TRF	5.30
6 Sean McQueen	K	5.69	6 Michael Newman U17	WKF	4.94
7 Craig Dickinson U17	WKF	5.08	7 Sean James	LVL	4.85

M Pole Vault A			M Pole Vault B		
1=Ross Dixon	GHD	4.10	1 James Stacey	GHD	3.80
1=Alex Dougherty	SAL	4.10	2 Matt Cullen	SAL	3.50
3 Liam Edwards	WAL	3.80	3 Michael Burns	K	2.60
4 Stuart Chisholm	K	3.20	4 Craig Hoy	LVL	2.30
5 Chris Roose	LVL	3.05			

M Shot Putt A			M Shot Putt B		
1 Jamie Williamson	TRF	17.32	1 Sam Allan	LDS	11.83
2 Anthony Timms	LDS	12.75	2 Matt Lambley	TRF	10.21
3 Graeme Level	GHD	12.47	3 Liam Loyden U17	LVL	9.83
4 Chris Tatton	K	11.94	4 Andrew Hall	GHD	9.67
5 Ross Hayhurst	LVL	11.43	5 Matt Cullen	SAL	7.99
6 Bradley Legay U17	SAL	9.37	6 Kevin Ireland	K	7.55
7 Ian Beetson	WAL	8.37			
8 Lewis Tatt	WKF	6.33			

M Triple Jump A			M Triple Jump B		
1 Mike Ehlen U17	SAL	13.24	1 Ian Purkis	GHD	11.48
2 John Lee	TRF	12.86	2 Daniel Lynch	K	11.05
3 Josh Ben Edwards	WAL	11.96	3 Dave Roberts	WAL	11.02
4 Niall Flannery U17	GHD	11.64	4 Jamie Williamson	TRF	10.86
5 Nick Hooker	LDS	11.42	5 Michael Sweeney U17	LVL	10.85
6 Liam McCully	LVL	11.25	6 Matt Cullen	SAL	10.66
7 Kevin Ireland	K	11.20	7 David Jewison	LDS	10.06

W 100m A			W 100m B		
1 Jenny Taker U17	TRF	12.1	1 Natalie Pearson	TRF	12.2
2 Lauren Arthur	GHD	12.2	2 Philippa McGregor	GHD	12.6
3 Zara Hohn	WKF	12.4	3 Helen Asher	LVL	12.7
4 Stacey Downie	K	12.5	4 Lauren McManus U17	K	12.7
5 Carmen Gedling U17	LVL	12.5	5 Lindsay Towers	LDS	13.3
6 Jenny Lumley	LDS	12.6	6 Faye Mitchell U17	WKF	13.6
7 Leanne Brown	SAL	13.5	7 Becky Nuttall U17	WAL	13.7
8 Ellie Jones U17	WAL	13.8	8 Charlotte P-Drury	SAL	14.1

W 200m A			W 200m B		
1 Emily Shaw	TRF	24.3	1 Natalie Pearson	TRF	25.4
2 Stacey Downie	K	24.9	2 Nicola Campbell U17	K	26.0
3 Lauren Arthur	GHD	25.4	3 Rachael Shaw	WKF	26.1
4 Carmen Gedling U17	LVL	25.7	4 Nicola Pearson U17	GHD	26.4
5 Zara Hohn	WKF	25.9	5 Helen Asher	LVL	27.0
6 Jenny Lumley	LDS	26.2	6 Kirsty Parr	LDS	27.5
7 Leanne Brown	SAL	27.6	7 Lily Freeston U17	SAL	28.4

8 Becky Nuttall U17	WAL	27.9	8 Sarah Davies	WAL	29.2
W 400m A			W 400m B		
1 Maria Thomas	K	57.9	1 Sam Hart	GHD	59.5
2 Lauren Arthur	GHD	58.7	2 Kirsty Milner	TRF	61.1
3 Kirsty Drabble U17	SAL	60.6	3 Lauren Giles	K	62.5
4 Joanne Duxbury	TRF	61.4	4 Sophie Whiteside U17	LVL	63.1
5 Charolotte Lloyd	WAL	62.3	5 Sarah Davies	WAL	65.4
6 Sheryl Punter	LDS	64.0	6 Charlotte P-Drury	SAL	68.4
7 Frances Davies	LVL	65.4	7 Lindsay Towers	LDS	72.4
8 Sarah Jones	WKF	69.8			
W 800m A			W 800m B		
1 Eilish McColgan U17	K	2.14.0	1 Laura Brown	K	2.19.4
2 Melissa Ronan	LVL	2.17.1	2 Jacki Fairchild	TRF	2.20.0
3 Joanne Duxbury	TRF	2.18.9	3 Vicky Beck	GHD	2.23.9
4 Katie McHale U17	WKF	2.20.2	4 Ellie Archer U17	WKF	2.26.1
5 Emma-Leigh Highway	SAL	2.23.1	5 Lily Freeston U17	SAL	2.28.3
6 Delyth James	GHD	2.23.4	6 Eleanor Hall (U17)	LDS	2.30.4
7 Liz Hall (U17)	LDS	2.28.7	7 Danielle Leahy U17	LVL	2.31.3
W 1500m A			W 1500m B		
1 Victoria O'Donnell1	TRF	4.39.9	1 Sam Hart	GHD	4.56.6
2 Melissa Ronan	LVL	4.44.2	2 Kirsty Milner	TRF	4.59.8
3 Delyth James	GHD	4.49.6	3 Jenny Tan U17	K	5.04.1
4 Emma-Leigh Highway	SAL	4.49.6	4 Olivia Desborough U1	LVL	5.06.1
5 Katie McHale U17	WKF	4.51.6	5 Ellie Archer U17	WKF	5.07.2
6 Laura Brown	K	5.02.2	6 Liz Hall (U17)	LDS	5.21.4
7 Eleanor Hall (U17)	LDS	5.13.4	7 Alice Ball U17	SAL	5.26.7
8 Hannah Daly U17	WAL	5.14.7			
W 3000m A			W 3000m B		
1 Siobhan Coleman	K	10.12.3	1 Alice Ball U17	SAL	11.32.0
2 Kasey L Shuttleworth	TRF	10.33.4	2 Tashi Thoonleigh	LVL	11.37.9
3 Janine Stockton	SAL	11.05.9	3 Lyndsey Dosworth	GHD	12.02.9
4 Clare Murphy U17	LVL	11.17.8			
5 Sarah Whitley	LDS	11.28.6			
6 Saoradh Favier U17	GHD	11.40.0			
W 100mH A			W 100mH B		
1 Zara Hohn	WKF	14.3	1 Eilidh Child	K	14.9
2 Stephanie Walker	K	14.4	2 Stephanie Brennan	LVL	17.0
3 Helen Asher	LVL	15.7	3 Vicky Holmes U17	GHD	17.9
4 Kirsty Parr	LDS	15.8	4 Janine Mullineaux	TRF	23.2
5 Lorna McMichael	GHD	16.0			
6 Lucy Abbott	TRF	17.5			
7 Leanne Brown	SAL	20.8			
W 400mH A			W 400mH B		
1 Eilidh Child	K	59.7	1 Vicky Holmes U17	GHD	68.9
2 Lorna McMichael	GHD	64.8	2 Jacki Fairchild	TRF	70.3
3 Lucy Abbott	TRF	66.4	3 Sarah Jones U17	WKF	77.3
4 Kirsty Drabble U17	SAL	68.0	4 Lucy Crookston	K	77.3
5 Sarah Colburn	WAL	73.3	5 Leanne Brown	SAL	87.9
W 1500m SC A			W 1500m SC B		
1 Sarah Wiblin	TRF	5.47.4			

2	Hannah McManus	LVL	5.55.4
3	Janine Stockton	SAL	6.01.9
4	Anastasia Toman U17	GHD	6.21.6
5	Stacey Louch U17	K	6.33.2
6	Sarah Davies	WAL	6.37.9

W Discus Throw A

1	Gemma Llewellyn	LVL	40.94
2	Chloe Beckett	TRF	37.89
3	Rebecca Birch	WKF	36.08
4	Faye Calvert	WAL	35.63
5	Elycia M-Belt U17	SAL	32.38
6	Sarah Dodd	GHD	28.68
7	Lisa Glover U17	K	26.30
8	Sheryl Punter	LDS	18.76

W Discus Throw B

1	Faye Jones	LVL	32.04
2	Katy Wilson	GHD	26.71
3	Catriona McKay	K	25.57
4	Carly Beanland	WKF	23.86
5	Janine Mullineaux	TRF	19.29
6	Yosha Gareya U17	SAL	17.44
7	Alice F-Dukes U17	LDS	17.04
8	Sarah Davies	WAL	10.37

W Hammer Throw A

1	Vicky Johnson U17	LVL	39.70
2	Katy Wilson	GHD	37.78
3	Faye Calvert	WAL	35.13
4	Carly Beanland	WKF	31.03
5	Chloe Beckett	TRF	28.96
6	Samantha Cahill U17	SAL	21.74
7	Catriona McKay	K	18.73
8	Melissa Karatas U17	LDS	17.16

W Hammer Throw B

1	Faye Jones	LVL	21.13
2	Yosha Gargeya U17	SAL	18.41
3	Lucy Abbott	TRF	16.79
4	Vicky Young	GHD	10.53
5	Alice F-Dukes U17	LDS	8.95
6	Lucy Crookston	K	7.57

W High Jump A

1	Adele Lassu	SAL	1.65
2	Jenny Lumley	LDS	1.60
3	Tiffany Lyons	WKF	1.60
4	Rebecca Wilkinson	GHD	1.50
5	Olivia Desborough U1	LVL	1.45
6	Victoria O'Donnell	TRF	1.45
7	Elish McColgan U17	K	1.40

W High Jump B

1	Stephanie Potts U17	SAL	1.55
2	Alice F-Dukes U17	LDS	1.50
3	Sophie De La Hunt	GHD	1.45
4	Celia Gaillard U17	LVL	1.40
5	Jenny Coleman	TRF	1.30
6	Faye Mitchell	WKF	1.25

W Javelin Throw A

1	Lisa Glover U17	K	38.85
2	Chloe Beckett	TRF	37.33
3	Rachael Fleary U17	LVL	34.67
4	Helen Bruton U17	SAL	27.85
5	Jenny Lumley	LDS	27.72
6	Katy Wilson	GHD	24.65
7	Tiffany Lyons	WKF	20.95
8	Charlotte Lloyd	WAL	14.25

W Javelin Throw B

1	Janine Mullineaux	TRF	26.84
2	Lyndsey Dodsworth	GHD	20.92
3	Fern Soo U17	SAL	17.76
4	Vicky Johnson U17	LVL	17.71
5	Lucy Crookston	K	16.08
6	Carly Beanland	WKF	15.05

W Long Jump A

1	Kirsty Parr	LDS	5.45
2	Jenny Taker U17	TRF	5.35
3	Melissa Carr	GHD	5.31
4	Abigail Haywood U17	SAL	4.96
5	Catriona McKay	K	4.93
6	Rachel Thomas	WAL	4.78
7	Faye Mitchell U17	WKF	4.55
8	Celia Gaillard U17	LVL	4.22

W Long Jump B

1	Sophie De La Hunt	GHD	5.23
2	Jenny Coleman	TRF	4.89
3	Lindsay Towers	LDS	4.83
4	Stephanie Walker	K	4.69
5	Leanne Brown	SAL	4.53
6	Sarah Wood	WKF	4.32
7	Elie Jones U17	WAL	4.05
8	Stephanie Brennan	LVL	4.04

W Pole Vault A

1	Sally Scott U17	GHD	3.20
2	Rachel Thomas	WAL	2.75

W Pole Vault B

1	Vicky Holmes U17	GHD	2.30
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3 Janine Mullineaux TRF 2.30  
4 Lucy Crookston K 2.00

W Shot Putt A

1 Gemma Llewellyn LVL 11.97  
2 Chloe Beckett TRF 11.74  
3 Lisa Glover U17 K 10.44  
4 Faye Calvert WAL 9.50  
5 Kirsty Parr LDS 9.42  
6 Katy Wilson GHD 9.33  
7 Rebecca Birch WKF 8.59  
8 Elycia M-Belt U17 SAL 8.31

W Shot Putt B

1 Vicky Johnson U17 LVL 9.77  
2 H F-Smithson U17 LDS 9.03  
3 Janine Mullineaux TRF 9.01  
4 Laura Teasdale WKF 8.43  
5 Stephanie Walker K 8.02  
6 Vicky Young GHD 7.06  
7 Samantha Cahill SAL 6.96

W Triple Jump A

1 Melissa Carr GHD 11.96  
2 H F-Smithson U17 LDS 11.44  
3 Catriona McKay K 10.76  
4 Jenny Taker U17 TRF 10.69  
5 Hannah Waring SAL 10.40  
6 Rachel Thomas WAL 10.16  
7 Tiffany Lyons WKF 9.85  
8 Celia Gaillard U17 LVL 8.96

W Triple Jump B

1 Jenny Coleman TRF 10.67  
2 Elycia M-Belt U17 SAL 9.59  
3 Melissa Karatas U17 LDS 9.56  
4 Sophie De La Hunt GHD 9.45  
5 Lucy Crookston K 8.29

W 4x100m Relay

1 TRF 48.3 1 Natalie Pearson 2 Emily Shaw  
3 Lucy Abbott 4 Jenny Taker U17  
2 K 49.4 1 Lauen McManus U17 2 Stephanie Walker  
3 Stacey Downie 4 Nicola Campbell U17  
3 GHD 49.8 1 Lauren Arthur 2 Sophie De La Hunt  
3 Rachel Davidson U17 4 Philippa McGregor  
4 LVL 52.1 1 Melissa Ronan 2 Carmen Gedling U17  
3 Stephanie Brennan 4 Helen Asher  
5 LDS 52.3 1 H F-Smithson U17 2 Jenny Lumley  
3 Lindsay Towers 4 Alice F-Dukes U17  
6 WKF 52.9 1 Tiffany Lyons 2 Rachael Shaw  
3 Sarah Wood 4 Zara Hohn  
7 SAL 53.4 1 Abigail Haywood U17 2 Charlotte P-Drury  
3 Lily Freeston U17 4 Kirsty Drabble U17  
8 WAL 53.9 1 Ellie Jones U17 2 Rachel Thomas  
3 Charlotte Lloyd 4 Becky Nuttall U17

W 4x400m Relay

1 K 3.58.3 1 Elidh Child 2 Nicola Campbell U17  
3 Stephanie Walker 4 Maria Thomas  
2 TRF 4.01.0 1 Joanne Duxbury 2 Jacki Fairchild  
3 Victoria O'Donnell 4 Kasey L Shuttleworth  
3 GHD 4.11.2 1 Sam Hart 2 Julie Todd  
3 Lorna McMichael 4 Nicola Pearson U17  
4 LVL 4.11.2 1 Sophie Whiteside U17 2 Melissa Ronan  
3 Carmen Gedling U17 4 Frances Davies  
5 SAL 4.18.2 1 Kirsty Drabble U17 2 Lily Freeston U17  
3 Charlotte P-Drury 4 Emma-Leigh Highway  
6 WAL 4.18.6 1 Sarah Colburn 2 Ellie Jones U17  
3 Becky Nuttall U17 4 Charlotte Lloyd  
7 WKF 4.21.8 1 Faye Mitchell U17 2 Ellie Archer U17  
3 Sarah Jones U17 4 Rachael Shaw  
8 LDS 4.25.2 1 Sheryl Punter 2 Liz Hall (U17)  
3 Eleanor Hall (U17) 4 Sarah Whitley

M 4x100m Relay

1 K	44.7	1 Ian Hendry U17	2 Keith Simpson
		3 Connor Hill	4 Ryan Oswald
2 LVL	45.1	1 Theo Gray	2 Sean James
		3 James Hunter	4 Jon Croasdale U17
3 GHD	45.9	1 Steven Horsburgh	2 Alex Todd
		3 Albert Kamara	4 Richard Harrison
4 WKF	46.2	1 Ricardo Francis	2 Michael Beaumont
		3 Ben Mitchell	4 Lewis Tatt
5 WAL	46.4	1 Gwyn Williams	2 Luke Kavanagh
		3 Hevin Rowlands	4 Luke Evans
6 LDS	48.5	1 Anthony Timms	2 Umar Hameed
		3 Oliver Ziff	4 Nick Hooker
7 SAL	48.7	1	2
		3	4
8 TRF	DISQ		

M 4x400m Relay

1 K	3.25.2	1 Dale Carver	2 Craig Robertson
		3 Keith Simpson	4 Sean McQueen
2 GHD	3.25.3	1 Alex Todd	2 Andrew Stanton
		3 Marc Docherty	4 Kieran Flannery
3 LDS	3.33.4	1 Rhys Smith	2 Michael Salter
		3 Jake Harman	4 Michael Williams
4 LVL	3.36.0	1 Liam McCully	2 James McCully
		3 James Rusell	4 Adam Peers
5 WKF	3.37.0	1 Michael Beaumont	2 Craig Dickinson U17
		3 Lewis Tatt	4 Ricardo Francis
6 TRF	3.37.5	1 Graham Hogg	2 Danny Brocklehurst
		3 Aaron Donovan	4 Ciaran McCaughey U17
7 SAL	3.40.1	1	2
		3	4
8 WAL	3.52.8	1 Simon Baxter	2 Aaron Jones
		3 Harry Jones	4 Adam Banks

After 37.5 of 38 events

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS		Event	Lge	
Event	Lge	Event	Lge					
1 GHD	543	8	1 GHD	526	8	1 Gateshead Harriers & A.C.	1069	16
2 SAL	509	7	2 TRF	513	7	2 Kingdom	966.5	12
3 K	483.5	6	3 K	483	6	3 Sale	937	11
4 LVL	450	5	4 LVL	465	5	4 Trafford	892	11
5 TRF	379	4	5 SAL	428	4	5 Liverpool	915	10
6 LDS	330.5	3	6 LDS	384	3	6 Leeds	714.5	6
7 WAL	289	2	7 WKF	258	2	7=North Wales	523	3
8 WKF	265	1	8 WAL	234	1	7=Wakefield D. H. & A.C.	523	3

Athletes of the Match:

Eilidh Child 400m Hurdles 59.7s ( new League Record )

Matt Lambley Hammer 61.68m

Note(s)

GHD Includes + 35pts,

K Includes + 35pts,

LDS Includes + 35pts,

LVL Includes + 35pts,

WAL Includes + 35pts,

SAL Includes + 35pts,

TRF Includes + 35pts,

WKF Includes + 35pts,

