

M 100m A

1 Ryan Oswald	KIN	10.9
2 Joseph Kibirige	GHD	11.2
3 Rory Evans	TRF	11.3
4 Gwyn Williams	WAL	11.4
5 Vmar Hameed	LDS	11.4
6 Edward Chan	SAL	11.4
7 Sian James	LVL	11.5
8 Duncan Cleat	EDI	11.7

M 100m B

1 Andrew Robertson U17	SAL	11.1
2 Bob Mitchell	KIN	11.2
3 Garry McKay	EDI	11.6
4 Tom Constatine U17	WAL	11.6
5 Jack Meredith U17	LVL	11.6
6 Anthony Timms	LDS	12.0
7 Alex Todd	GHD	12.0
8 Nathan Scholes	TRF	12.1

M 200m A

1 Ryan Oswald	KIN	21.7
2 Andrew Robertson U17	SAL	21.8
3 Vmar Hameed	LDS	22.5
4 Rory Evans	TRF	23.0
5 Pat Swan	EDI	23.0
6 Gwyn Williams	WAL	23.1
7 Sian James	LVL	23.5
8 Addlight Magwidi	GHD	23.8

M 200m B

1 Chris Lavery	KIN	22.6
2 S.Butterworth U17	SAL	22.7
3 Danny Barry	TRF	23.0
4 Sean Hood U17	EDI	23.2
5 Paul Miller	GHD	23.3
6 Tom Constatine U17	WAL	23.3
7 Tom Roberts	LDS	24.1

M 400m A

1 Danny Barry	TRF	51.1
2 Sean McQueen	KIN	51.4
3 Tom Black	SAL	51.8
4 Marc Docherty	GHD	51.9
5 Tom Roberts	LDS	52.7
6 Mike Fairfield	LVL	53.1
7 Stuart McIlreavey	EDI	53.9
8 Carwyn Owen U17	WAL	55.3

M 400m B

1 S.Butterworth U17	SAL	50.4
2 Keith Simpson	KIN	50.7
3 Chris Bramah	TRF	52.6
4 Jonathan Dunn (U17)	GHD	53.0
5 Kenneth Ward	EDI	54.0
6 Daryl Connolly U17	LVL	54.4
7 Jake Harman	LDS	54.8
8 Thomas Snowdon	WAL	58.6

M 800m A

1 Jake Harman	LDS	1.58.7
2 James McCully	LVL	1.58.7
3 Graham Hogg	TRF	2.00.1
4 Nigel Malkin	SAL	2.00.7
5 Philip Salter	KIN	2.03.6
6 Michael Donnelly	GHD	2.08.2
7 Gary Hamilton	EDI	2.08.7
8 Alex Dean	WAL	2.21.7

M 800m B

1 Louis Forbes	LVL	1.57.6
2 William Pike	GHD	2.01.4
3 Andrew Brookes	KIN	2.06.4
4 Aaron Donovan	TRF	2.08.3
5 Fraser Mann U17	EDI	2.08.9
6 Rob Whittaker	SAL	2.09.5
7 Joe Partridge	LDS	2.13.1

M 1500m A

1 Harry Jones	WAL	4.03.3
2 Harry Harper	LVL	4.05.7
3 Michael Salter	LDS	4.07.6
4 Ryan O'Hare	EDI	4.07.7
5 Adam Carmichael	GHD	4.11.0
6 Graham Hogg	TRF	4.12.0
7 John Yates	SAL	4.20.8
8 Philip Salter	KIN	4.30.8

M 1500m B

1 Liam Baister (U17)	GHD	4.15.3
2 Alex Davy	LDS	4.21.2
3 Dave Mountford U17	WAL	4.24.2
4 Craig Angus	KIN	4.32.8
5 Fraser Mann U17	EDI	4.35.3

M 3000m A

1 Nick Hooker	LDS	9.06.0
2 Luke Winterbottom	SAL	9.19.9
3 Adam Banks U17	WAL	9.21.8
4 Philip Hurst	GHD	9.27.0
5 Danny Brocklehurst	TRF	9.32.4
6 Laurie Luscombe	LVL	9.33.5
7 Ryan Ritchie U17	KIN	9.42.2
8 Tom Ryan U17	EDI	9.52.4

M 3000m B

1 Joe Townsend	LDS	9.18.1
2 David Howlett	SAL	9.30.0
3 Ashley Johnson	LVL	9.41.9
4 Adam Clenton (U17)	GHD	9.43.4
5 Phil Edge U17	WAL	9.54.7
6 Ewan Glassey	KIN	10.00.9
7 Darren Steel	EDI	10.56.2

M 110mH A
 1 Mathew Hudson LDS 14.8
 2 Lewis Robson GHD 15.2
 3 Laurence Fitch SAL 17.6
 4 Mike Sweeney LVL 17.8
 5 Tom Tilston WAL 19.0
 6 Greg Mususa KIN 19.2
 7 John Lee TRF 20.3

M 110mH B
 1 Tom Casey LDS 15.0
 2 Jonathon Ferryman SAL 15.3
 3 Jon Croasdale LVL 17.1
 4 Matthew Smith GHD 17.2
 5 Chris Tatton KIN 20.1
 6 Alex Dean WAL 21.2

M 400mH A
 1 Lewis Robson GHD 56.1
 2 Mathew Hudson LDS 58.0
 3 Jonathon Croasdale LVL 58.9
 4 Stuart McIlreavey EDI 59.3
 5 Michael Burns KIN 60.7
 6 Jonathon Ferryman SAL 60.7
 7 Daniel Sykes WAL 65.8

M 400mH B
 1 Nick Hooker LDS 60.6
 2 Darren Steel EDI 61.9
 3 Richard Kaufman (U17) GHD 62.5
 4 Tom Tilston WAL 62.7
 5 James Davies U17 SAL 63.1
 6 Greg Mususa KIN 70.6

M 2000m SC A
 1 Adam Peers LVL 6.02.1
 2 James Wilkinson LDS 6.02.3
 3 Rob Jowett SAL 6.29.2
 4 William Pike GHD 6.30.7
 5 Aaron Donovan TRF 6.35.3
 6 Tom Fleming KIN 6.50.9
 7 Scott Roberts WAL 7.02.1
 8 Darren Steel EDI 7.08.1

M 2000m SC B
 1 James Lavin LDS 6.38.3
 2 David Howlett SAL 7.04.5
 3 Daryl Connolly U17 LVL 7.13.0
 4 Ryan Ritchie U17 KIN 7.18.7
 5 Adam Banks U17 WAL 7.34.7
 6 Tom Ryan U17 EDI 8.12.4
 7 Iain Purkis GHD 9.15.5

M Discus Throw A
 1 Azmi Sbisti SAL 41.68
 2 James Sleigh LDS 39.76
 3 Mark Tough KIN 38.23
 4 Ross Hayhurst LVL 37.06
 5 Graeme Fairbairn U17 GHD 30.66
 6 Luke Ogden U17 WAL 26.56
 7 Nick Whittle EDI 24.93
 8 Nathan Scholes TRF 15.91

M Discus Throw B
 1 Danny Gardner LDS 37.89
 2 Chris Tatton KIN 29.39
 3 Dean Barratt GHD 26.19
 4 Adam Reynolds U17 LVL 25.82
 5 Peter Holmes EDI 23.66
 6 Craig James U17 SAL 17.94

M Hammer Throw A
 1 Alex Smith SAL 67.94
 2 Peter Holmes EDI 57.85
 3 Chris Tatton KIN 48.89
 4 Adam Reynolds U17 LVL 44.21
 5 Dean Barratt GHD 36.05
 6 Sam Allan LDS 32.02
 7 Luke Ogden U17 WAL 30.75
 8 Nathan Scholes TRF 13.54

M Hammer Throw B
 1 Mark Tough KIN 47.31
 2 Nick Whittle EDI 31.72
 3 Tom Casey LDS 21.46
 4 Graeme Fairbairn U17 GHD 19.39
 5 Craig James U17 SAL 17.70
 6 Aaron Donovan TRF 11.53

M High Jump A
 1 Darren Hammond SAL 2.00
 2 Gawain Rogers WAL 1.80
 3 Malcolm Mackenzie U17 EDI 1.80
 4 Mike Sweeney LVL 1.70
 5 Alex Bright (U17) GHD 1.70
 6 Tom Lindsay LDS 1.70
 7 Jonh Lee TRF 1.60
 8 Greg Dawson U17 KIN 1.60

M High Jump B
 1 Laurence Fitch SAL 1.75
 2 Darren Steel EDI 1.70
 3 Earl Gill (U17) GHD 1.70
 4 Nick Hooker LDS 1.60
 5 Jon Edwards U17 WAL 1.60
 6 Graham Hogg TRF 1.50
 7 Kevin Ireland KIN 1.45

M Javelin Throw A			M Javelin Throw B		
1	Sam Allan	LDS 54.46	1	Niall Ellison	LVL 48.17
2	Andrew Allan	LVL 51.04	2	Danny Gardner	LDS 45.55
3	Ryan Knight U17	KIN 48.63	3	Stephen Reynolds	GHD 42.90
4	Dean Barratt	GHD 47.21	4	Keith Simpson	KIN 35.37
5	Craig James U17	SAL 37.23	5	Alex Fenton U17	SAL 32.73
6	Nick Whittle	EDI 35.59	6	Stephen Forfar	EDI 25.00
7	Luke Ogden U17	WAL 29.58	7	Gawain Rogers	WAL 21.53
8	Danny Brocklehurst	TRF 21.89	8	Aaron Donovan	TRF 3.38
M Long Jump A			M Long Jump B		
1	Anthony Timms	LDS 6.54	1	James Wright	SAL 6.38
2	Andrew Burgess	SAL 6.52	2	Iain Purkis	GHD 5.80
3	Garry McKay	EDI 6.50	3	Malcolm Mackenzieu17	EDI 5.78
4	Lewis Robson	GHD 6.34	4	Tom Lindsay	LDS 5.63
5	Greg Dawson U17	KIN 5.84	5	Kevin Ireland	KIN 5.25
6	Jason Edwards	WAL 5.22	6	Gawain Rogers	WAL 4.96
7	Alex Taylor U17	LVL 4.92	7	Mike Sweeney	LVL 4.00
M Pole Vault A			M Pole Vault B		
1=	Matthew Wright U17	LVL 3.50	1	Gavin Howard (U17)	GHD 3.05
1=	James Sleigh	LDS 3.50	2	Mike Sweeney	LVL 2.75
3	Tim Parkin (U17)	GHD 3.35	3	Kevin Ireland	KIN 2.30
4	James Davies U17	SAL 3.05	4	Craig Dickson U17	EDI 2.00
5	Stephen Forfar	EDI 2.90			
6	Michael Burns	KIN 2.60			
7	Liam Edwards	WAL 2.15			
M Shot Putt A			M Shot Putt B		
1	Ross Hayhurst	LVL 12.70	1	Mark Tough	KIN 12.06
2	Azmi Sbisti	SAL 12.66	2	Alex Smith	SAL 10.99
3	Chris Tatton	KIN 12.40	3	Vmar Hameed	LDS 10.20
4	Anthony Timms	LDS 12.29	4	Dean Barratt	GHD 9.90
5	Nick Whittle	EDI 11.50	5	Peter Holmes	EDI 9.72
6	Lewis Robson	GHD 10.11	6	Adam Reynolds U17	LVL 8.03
7	Nathan Scholes	TRF 7.30	7	Chris Bramah	TRF 6.63
8	Alex Dean	WAL 6.41			
M Triple Jump A			M Triple Jump B		
1	Jonh Lee	TRF 13.35	1	Addllight Magwidi	GHD 12.05
2	Matthew Robb	WAL 12.97	2	Adam Williams	WAL 11.52
3	Jonathon Ferryman	SAL 12.92	3	Chris Tatton	KIN 11.24
4	Daniel Blackett	GHD 12.66	4	Nathan Jones U17	SAL 11.06
5	Garry McKay	EDI 12.04	5	Tom Wagner	LDS 10.43
6	Tom Lindsay	LDS 11.84			
7	Greg Dawson U17	KIN 11.46			
8	Mike Sweeney	LVL 11.17			
W 100m A			W 100m B		
1	Jenny Taker	TRF 12.1	1	Emily Shaw	TRF 12.3
2	Rebekah Wilson U17	SAL 12.2	2	Amy Rogers U17	EDI 12.7
3	Ashley Helsey	LVL 12.3	3	Jenny Lumley	LDS 12.7
4	Carly Beattie	EDI 12.4	4	Rachael Davidson	GHD 12.9
5	Lauren Arthur	GHD 12.5	5	Nicola Campbell	KIN 12.9
6	Stephane Walker	KIN 12.6	6	Sophie Hitchon U17	SAL 13.0
7	Danielle Carr U17	LDS 12.9	7	Hannahpendlebury U17	WAL 13.1
8	Llio Fflur Evans	WAL 13.01	8	Abbie Bennett U17	LVL 13.3

W 200m A
1 Emily Shaw TRF 24.9
2 Lauren Arthur GHD 25.0
3 Rebekah Wilson U17 SAL 25.2
4 Carly Beattie EDI 25.5
5 Helen Croft LVL 25.5
6 Nicola Campbell KIN 26.1
7 Danielle Carr U17 LDS 26.7
8 Alex Elliott U17 WAL 27.0

W 200m B
1 Jenny Taker TRF 25.2
2 Katherine Sherry SAL 26.0
3 Hannahpendlebury U17 WAL 26.7
4 Philippa McGregor GHD 27.0
5 Jayne Carmichael U17 KIN 27.1
6 Kirsty Parr LDS 27.6
7 Abbie Bennett U17 LVL 28.1
8 Amy Rogers U17 EDI DISQ

W 400m A
1 Lynsey Sharp EDI 57.2
2 Maria Thomas KIN 57.2
3 Victoria Malady U17 TRF 59.0
4 Nicola Pearson U17 GHD 59.6
5 Katherine Sherry SAL 60.0
6 Charlotte Lloyd WAL 62.5
7 Carmen Gedling LVL 62.6
8 Elizabeth Best LDS 67.4

W 400m B
1 Jenny Tan U17 KIN 59.3
2 Lorna McMichael GHD 60.9
3 Llio Fflur Evans WAL 61.3
4 Catriona Sinclair EDI 61.6
5 Dionne Ellison TRF 61.7
6 Amy Regan U17 SAL 62.8
7 Sophie Whiteside LVL 64.0
8 Emma Radcliffe U17 LDS 65.7

W 800m A
1 Lauren Peffers EDI 2.17.3
2 Eilish McColgan U17 KIN 2.18.5
3 Becky Nuttall WAL 2.19.0
4 Hannah Seddon LDS 2.24.7
5 Kirsty Milner TRF 2.27.9
6 Melissa Ronan LVL 2.28.8
7 Holly Blair GHD 2.32.1

W 800m B
1 Rebecca Burns KIN 2.22.8
2 Joanne Duxbury TRF 2.23.8
3 Lily Freeston U17 SAL 2.25.4
4 Ashley Blackburn LVL 2.26.3
5 Sophiewaterhouse U17 LDS 2.28.0
6 Rachel Kerr EDI 2.36.0
7 Vicky Holmes GHD 2.46.0

W 1500m A
1 Emily Stewart U17 KIN 4.44.2
2 Jackie Fairchild TRF 4.51.7
3 Mary Ferrier GHD 4.52.9
4 Amy Regan U17 SAL 4.55.0
5 Rachel Kerr EDI 5.03.7
6 Megan Davies U17 LVL 5.08.1
7 Sophiewaterhouse U17 LDS 5.19.3
8 Hanna Daly U17 WAL 5.29.6

W 1500m B
1 Kirsty Milner TRF 5.05.4
2 Nyomi Canolin U17 SAL 5.09.4
3 Elizabeth Macleish KIN 5.21.9
4 Saroah Favier U17 GHD 5.25.4
5 Danielle Leahy LVL 5.27.0
6 Alice Loudon U17 EDI 5.27.6

W 3000m A
1 Mary Ferrier GHD 10.00.0
2 Lorna Young LDS 10.28.2
3 Sarah Hudak TRF 10.30.1
4 Clare Murphy LVL 10.50.8
5 Bethany English SAL 10.59.2
6 Rosie Campbell EDI 12.47.2

W 3000m B
1 Claire Boudouin GHD 10.44.9
2 Alice Ball U17 SAL 11.18.8
3 Alex Forbes U17 LVL 11.40.2
4 Sara Whitley LDS 11.56.7

W 100mH A
1 Stephane Walker KIN 14.5
2 Helen Asher LVL 14.6
3 Hannah F-Smithson LDS 14.6
4 Lauren Dewdney GHD 15.0
5 Sylvia Kamy EDI 15.4
6 Lucy Abbott TRF 17.4
7 Lydia Wickstone SAL 18.4
8 Hannah Robb U17 WAL 18.8

W 100mH B
1 Ashley Helsey LVL 15.3
2 Kirsty Parr LDS 17.1
3 Emma Lowry U17 EDI 17.1
4 Lorna McMichael GHD 17.7
5 Leanne Brown SAL 20.7
6 Lucy Crookston KIN 20.8

W 400mH A
 1 Lucy Abbott TRF 63.6
 2 Lorna McMichael GHD 63.6
 3 Sylvia Kanya EDI 67.5
 4 Elizabeth Best LDS 70.7
 5 Katy Barley WAL 73.8
 6 Lucy Crookston KIN 74.8
 7 Lydia Wickstone SAL 79.5

W 400mH B
 1 Vicky Holmes GHD 68.3
 2 Emma Lowry U17 EDI 71.2
 3 Jessica Dobson U17 LDS 72.6
 4 Jackie Fairchild TRF 77.5
 5 Leanne Brown SAL 96.7

W 1500m SC A
 1 Janine Stockton SAL 5.28.3
 2 Hannah Seddon LDS 5.45.7
 3 Rebecca Burns KIN 5.48.5
 4 Jenny Hudson U17 GHD 6.00.6
 5 Hannah McManus LVL 6.23.4
 6 Katie Milner U17 TRF 6.33.6

W 1500m SC B
 1 Bethany English SAL 5.56.5
 2 Sara Whitley LDS 6.19.9
 3 Stacy Lough U17 KIN 7.07.0

W Discus Throw A
 1 Faye Calvert WAL 40.08
 2 Chloe Beckett TRF 38.61
 3 Hannah Evenden U17 LDS 37.56
 4 Rachel Parkin U17 EDI 30.96
 5 Hayley Partis GHD 30.94
 6 Janine Stockton SAL 28.16
 7 Catriona Mackay KIN 27.90
 8 Vicky Johnson LVL 27.41

W Discus Throw B
 1 Alice Simpson LDS 34.72
 2 Nikki Falconer EDI 29.37
 3 Portia Maddison U17 GHD 24.87
 4 Susan Woodward U17 LVL 21.54
 5 Hayley Webber U17 WAL 18.21
 6 Elysia M-Belt U17 SAL 18.04
 7 Danielle Hynd U17 KIN 17.64
 8 Victoria Malady U17 TRF 15.63

W Hammer Throw A
 1 Sophie Hitchon U17 SAL 48.78
 2 Vicky Johnson LVL 43.72
 3 Hannah Evenden U17 LDS 40.11
 4 Faye Calvert WAL 35.30
 5 Portia Maddison U17 GHD 29.05
 6 Rachel Parkin U17 EDI 29.04
 7 Chloe Beckett TRF 28.34
 8 Danielle Hynd U17 KIN 22.24

W Hammer Throw B
 1 Alice Simpson LDS 38.72
 2 Susan Woodward U17 LVL 35.01
 3 Nikki Falconer EDI 24.20
 4 Catriona Mackay KIN 16.99
 5 Hayley Webber U17 WAL 16.64
 6 Alice Ball U17 SAL 15.56

W High Jump A
 1 Jayne Nisbet EDI 1.70
 2 Jenny Lumley LDS 1.65
 3 Sophiebell-Morganu17 LVL 1.65
 4 Alex Elliott U17 WAL 1.50
 5 Courtneywilkinsonu17 KIN 1.50
 6 Emma Pringle U17 GHD 1.50
 7 Elysia M-Belt U17 SAL 1.50
 8 Hannah Mullen TRF 1.40

W High Jump B
 1 Anna Cathro EDI 1.60
 2 Katie Jenkinson U17 LVL 1.55
 3 Amy Fleming U17 GHD 1.50
 4 Lisa Sable U17 SAL 1.45
 5 Emma Garstang WAL 1.45
 6 Eilish McColgan U17 KIN 1.40
 7 Jessica Dobson U17 LDS 1.30
 8 Lucy Abbott TRF 1.25

W Javelin Throw A
 1 Rachael Fleary SAL 36.85
 2 Chloe Beckett TRF 33.32
 3 Alice Simpson LDS 33.26
 4 Nikki Falconer EDI 30.80
 5 Emma Pringle U17 GHD 23.06
 6 Katie Jenkinson U17 LVL 21.54
 7 Rebecca Chin U17 WAL 21.10
 8 Danielle Hynd U17 KIN 17.77

W Javelin Throw B
 1 Kirsty Buglass EDI 27.47
 2 Helen Bruton SAL 26.66
 3 Amy Fleming U17 GHD 22.89
 4 Jackie Fairchild TRF 18.68
 5 Lucy Crookston KIN 16.94
 6 Ashley Little LDS 15.83
 7 Ruth Jones WAL 13.45

W High Jump A
 1 Jayne Nisbet EDI 1.70
 2 Jenny Lumley LDS 1.65
 3 Sophiebell-Morganu17 LVL 1.65
 4 Alex Elliott U17 WAL 1.50
 5 Courtneywilkinsonu17 KIN 1.50
 6 Emma Pringle U17 GHD 1.50
 7 Elysia M-Belt U17 SAL 1.50
 8 Hannah Mullen TRF 1.40

W High Jump B
 1 Anna Cathro EDI 1.60
 2 Katie Jenkinson U17 LVL 1.55
 3 Amy Fleming U17 GHD 1.50
 4 Lisa Sable U17 SAL 1.45
 5 Emma Garstang WAL 1.45
 6 Eilish McColgan U17 KIN 1.40
 7 Jessica Dobson U17 LDS 1.30
 8 Lucy Abbott TRF 1.25

W Javelin Throw A
 1 Rachael Fleary SAL 36.85
 2 Chloe Beckett TRF 33.32
 3 Alice Simpson LDS 33.26
 4 Nikki Falconer EDI 30.80
 5 Emma Pringle U17 GHD 23.06
 6 Katie Jenkinson U17 LVL 21.54
 7 Rebecca Chin U17 WAL 21.10
 8 Danielle Hynd U17 KIN 17.77

W Javelin Throw B
 1 Kirsty Buglass EDI 27.47
 2 Helen Bruton SAL 26.66
 3 Amy Fleming U17 GHD 22.89
 4 Jackie Fairchild TRF 18.68
 5 Lucy Crookston KIN 16.94
 6 Ashley Little LDS 15.83
 7 Ruth Jones WAL 13.45

W Long Jump A
 1 Jayne Nisbet EDI 5.77
 2 Melissa Carr GHD 5.72
 3 Jenny Lumley LDS 5.36
 4 Abigail Irozuru SAL 5.18
 5 Katie Jenkinson U17 LVL 5.04
 6 Catriona Mackay KIN 4.79
 7 Amy Campagne WAL 4.76
 8 Hannah Mullen TRF 4.20

W Long Jump B
 1 Hannah F-Smithson LDS 5.33NWI
 2 Sarah Warnock U17 EDI 5.17NWI
 3 Lisa Sable U17 SAL 5.01NWI
 4 Amy Dobson U17 GHD 4.82NWI
 5 Sophiebell-Morganu17 LVL 4.69NWI
 6 Emma Garstang WAL 4.61NWI
 7 Courtneywilkinsonu17 KIN 4.47NWI
 8 Victoria Malady U17 TRF 4.01NWI

W Pole Vault A
 1 Christina Hughes U17 WAL 3.30
 2 Vicky Holmes GHD 2.45
 3 Nathalie Dunbar U17 EDI 2.30
 4 Lucy Crookston KIN 2.15

W Pole Vault B
 1 Rachel Thomas WAL 2.75
 2 Sarah Rosie EDI 2.30

W Shot Putt A
 1 Chloe Beckett TRF 11.71
 2 Hannah Evenden U17 LDS 11.71
 3 Vicky Johnson LVL 10.15
 4 Nikki Falconer EDI 9.83
 5 Sophie Hitchon U17 SAL 9.75
 6 Katy Wilson GHD 9.41
 7 Faye Calvert WAL 9.40
 8 Stephane Walker KIN 7.39

W Shot Putt B
 1 Alice Simpson LDS 11.70
 2 Rachel Parkin U17 EDI 9.56
 3 Vicky Young GHD 9.26
 4 Elysia M-Belt U17 SAL 8.41
 5 Susan Woodward U17 LVL 7.31
 6 Jenny Taker TRF 7.13
 7 Hayley Webber U17 WAL 6.81
 8 Lauren McManus U17 KIN 6.62

W Triple Jump A
 1 Melissa Carr GHD 12.09
 2 Catriona Mackay KIN 10.64
 3 Abigail Irozuru SAL 10.56
 4 Kirsty Parr LDS 10.53
 5 Iona McKay U17 EDI 10.42
 6 Rachel Thomas WAL 10.13
 7 Hannah Mullen TRF 9.81
 8 Sophiebell-Morganu17 LVL 9.62

W Triple Jump B
 1 Emma Pringle U17 GHD 10.64
 2 Ashley Little LDS 10.05
 3 Amy Campagne WAL 9.99
 4 EDI 9.77
 5 Courtneywilkinsonu17 KIN 8.88
 6 Leanne Brown SAL 8.55
 7 Helen Croft LVL 8.23

W 4x100m Relay

1 TRF 49.1	1 Emily Shaw	2 Dionne Ellison
	3 Victoria Malady U17	4 Jackie Fairchild
2 EDI 49.5	1 Carly Beattie	2 Erin Froude U17
	3 Amy Rogers U17	4 Jayne Nisbet
3 GHD 49.7	1 Rachael Davidson	2 Lauren Arthur
	3 Philippa McGregor	4 Nicola Pearson (U17)
4 SAL 49.7	1 Rebekah Wilson U17	2 Abigail Irozuru
	3 Lisa Sable U17	4 Sophie Hitchon U17
5 LVL 50.2	1 Ashley Helsey	2 Abbie Bennett U17
	3 Helen Asher	4 Katie Jenkinson U17
6 KIN 50.6	1 Lauren McManus U17	2 Maria Thomas
	3 Jayne Carmichael U17	4 Stephane Walker
7 WAL 50.9	1 Christina Hughes U17	2 Alex Elliott U17
	3 Hannahpendlebury U17	4 Llio Fflur Evans
8 LDS 51.5	1 Danielle Carr U17	2 Ashley Little
	3 Kirsty Parr	4 Jenny Lumley

W 4x400m Relay

1 EDI 3.59.9	1 Lynsey Sharp	2 Lauren Peffers
	3 Louise McLelland	4 Catriona Sinclair
2 KIN 4.05.3	1 Jenny Tan U17	2 Rebecca Burns
	3 Stephane Walker	4 Maria Thomas
3 GHD 4.06.1	1 Nicola Pearson (U17)	2 Julie Todd
	3 Lauren Arthur	4 Lorna McMichael
4 TRF 4.09.4	1 Lucy Abbott	2 Jackie Fairchild
	3 Joanne Duxbury	4 Dionne Ellison
5 LVL 4.11.9	1 Melissa Ronan	2 Sophie Whiteside
	3 Carmen Gedling	4 Jessica Corre-Taylor
6 SAL 4.13.3	1 Lily Freeston U17	2 Katherine Sherry
	3 Amy Regan U17	4 Nyomi Canolin U17
7 WAL 4.16.5	1 Charlotte Lloyd	2 Katy Barley
	3 Hanna Daly U17	4 Becky Nuttall
8 LDS 4.17.0	1 Jessica Dobson U17	2 Jenny Lumley
	3 Elizabeth Best	4 Lorna Young

M 4x100m Relay

1 KIN 43.0	1 Chris Lavery	2 Bob Mitchell
	3 Ian Hendry U17	4 Ryan Oswald
2 LDS 43.0	1 Umar Hameed	2 Anthony Timms
	3 Tom Casey	4 Mathew Hudson
3 SAL 44.6	1 S.Butterworth U17	2 Andrew Robertson U17
	3 Laurence Fitch	4 Edward Chan
4 EDI 44.8	1 Pat Swan	2 Malcolm MackenzieU17
	3 Sean Hood U17	4 Garry McKay
5 TRF 44.9	1 Rory Evans	2 John Lee
	3 Danny Barry	4 Chris Bramah
6 LVL 45.1	1 Louis Forbes	2 Sian James
	3 Jon Croasdale	4 Jack Meredith U17
7 GHD 45.4	1 Lee Milburn	2 Alex Todd
	3 Adam Dalby	4 Paul Miller
8 WAL 46.2	1 Tom Tilston	2 Jason Edwards U17
	3 Tom Constatine U17	4 Gwyn Williams

M 4x400m Relay

1	KIN	3.28.4	1 Sean McQueen	2 Ryan Oswald
			3 Bob Mitchell	4 Keith Simpson
2	GHD	3.31.2	1 Adam Rowland (U17)	2 Marc Docherty
			3 Lewis Robson	4 Michael Donnelly
3	LDS	3.34.2	1 Nick Hooker	2 Jake Harman
			3 Michael Salter	4 Tom Roberts
4	TRF	3.34.5	1 Graham Hogg	2 Chris Bramah
			3 Danny Barry	4 Nathan Scholes
5	SAL	3.36.4	1 Nigel Malkin	2 John Yates
			3 Jonathon Ferryman	4 Tom Black
6	LVL	3.40.5	1 James McCully	2 Harry Harper
			3 Louis Forbes	4 Jon Croasdale
7	EDI	3.41.3	1 Gary Hamilton	2 Stuart McIlreavey
			3 Kenneth Ward	4 Sean Hood U17
8	WAL	3.51.8	1 Carwyn Owen U17	2 Daniel Sykes U17
			3 Adam Banks U17	4 Harry Jones U17

MATCH RESULT

LEAGUE STANDINGS

	Event	Lge		Event	Lge	
1	LDS	458	8	1 Leeds City AC	458	8
2	GHD	453	7	2 Gateshead Harriers & AC	453	7
3	SAL	444	6	3 Sale Harriers (Manchester)	444	6
4	KIN	408	5	4 Kingdom Athletic	408	5
5	EDI	402	4	5 TEAM EDINBURGH	402	4
6	LVL	352	3	6 Liverpool Harriers & AC	352	3
7	TRF	312	2	7 Trafford AC	312	2
8	WAL	287	1	8 North Wales	287	1

Athlete of the Match

Alex Smith	Sale Harriers	Hammer	67.94m
Mellisa Carr	Gateshead hrs	Triple Jump	12.09m

