

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 Bennett 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 Banks 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 Banks 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

| | | |
|-------------------|-----|------|
| 1 Darren Hammond | SAL | 2.00 |
| 2 James Heaton | LDS | 1.85 |
| 3 Mike Sweeney | LVL | 1.80 |
| 4 Alex Bright U17 | GHD | 1.70 |
| 5 Liam Ewing U17 | WAL | 1.65 |
| 6 Darren Steel | EDI | 1.65 |
| 7 John Lee | TRF | 1.60 |
| 8 Phillip Salter | KIN | 1.60 |

M High Jump B

| | | |
|-----------------|-----|------|
| 1 Joe Lancaster | SAL | 1.90 |
| 2 Tom Lindsay | LDS | 1.65 |
| 3 Earl Gill U17 | GHD | 1.60 |
| 4 Kevin Ireland | KIN | 1.45 |
| 5 Liam Edwards | WAL | 1.25 |

M Javelin Throw A

| | | |
|-------------------|-----|-------|
| 1 Freddie Pask | SAL | 52.31 |
| 2 Dean Barratt | GHD | 51.81 |
| 3 Andrew Alan | LVL | 48.46 |
| 4 Sam Allan | LDS | 48.00 |
| 5 Ryan Knight U17 | KIN | 46.12 |
| 6 Tom Crawford | TRF | 38.20 |
| 7 Nick Whittle | EDI | 33.54 |
| 8 Mark Gray U17 | WAL | 31.83 |

M Javelin Throw B

| | | |
|----------------------|-----|-------|
| 1 Ryan Stewart U17 | KIN | 45.18 |
| 2 Stephen Reynolds | GHD | 43.61 |
| 3 Niall Ellison | LVL | 42.74 |
| 4 Dan Gardiner | LDS | 40.98 |
| 5 Joe Lancaster | SAL | 40.05 |
| 6 Stephen Forfar | EDI | 26.94 |
| 7 Liam Ewing U17 | WAL | 21.10 |
| 8 Danny Brocklehurst | TRF | 14.63 |

M Long Jump A

| | | |
|---------------------|-----|------|
| 1 Anthony Timms | LDS | 7.10 |
| 2 Andrew Burgess | SAL | 6.84 |
| 3 Lewis Robson | GHD | 6.49 |
| 4 Adam Williams | WAL | 6.03 |
| 5 John Lee | TRF | 5.83 |
| 6 Mike Sweeney | LVL | 5.43 |
| 7 Kevin Neavey U17 | KIN | 5.34 |
| 8 Craig Dickson U17 | EDI | 4.75 |

M Long Jump B

| | | |
|----------------------|-----|------|
| 1 Lawrence Fitch | SAL | 6.68 |
| 2 Tom Lindsay | LDS | 6.28 |
| 3 Jason Edwards U17 | WAL | 5.46 |
| 4 Kevin Ireland | KIN | 5.21 |
| 5 Alex Taylor U17 | LVL | 4.97 |
| 6 Allan Hamilton U17 | EDI | 4.74 |
| 7 Sam Stanilaus | GHD | 3.71 |

M Pole Vault A

| | | |
|------------------------|-----|------|
| 1 Andrew Sutcliffe U17 | SAL | 3.95 |
| 2 Matthew Wright | LVL | 3.95 |
| 3 Tom Wagner | LDS | 3.50 |
| 4 Michael Burns | KIN | 2.75 |
| 5 Gavin Howard U17 | GHD | 2.30 |

M Pole Vault B

| | | |
|------------------------|-----|------|
| 1 Freddie Pask | SAL | 3.95 |
| 2 Daniel Gardiner | LDS | 3.20 |
| 3 Kevin Ireland | KIN | 2.60 |
| 4 Rikki Cottingham U17 | LVL | 2.30 |
| 5 John Gibson | GHD | 2.00 |

M Shot Putt A

| | | |
|-----------------|-----|-------|
| 1 Azmi Sbati | SAL | 13.79 |
| 2 Anthony Timms | LDS | 12.64 |
| 3 Chris Tatton | KIN | 12.43 |
| 4 Sam Stanilaus | GHD | 10.88 |
| 5 Ross Hayhurst | LVL | 10.84 |
| 6 Nick Whittle | EDI | 9.87 |
| 7 Tom Crawford | TRF | 9.46 |
| 8 Mark Gray U17 | WAL | 8.78 |

M Shot Putt B

| | | |
|---------------------|-----|-------|
| 1 Mark Tough | KIN | 11.36 |
| 2 James Heaton | LDS | 10.80 |
| 3 Theodore Trumpet | SAL | 10.68 |
| 4 Dean Barratt | GHD | 10.12 |
| 5 Magnus Ramala U17 | LVL | 9.93 |
| 6 Peter Holmes | EDI | 9.29 |
| 7 Mathew Robb | WAL | 7.82 |
| 8 Chris Bramah | TRF | 4.84 |

M Triple Jump A

| | | |
|----------------------|-----|-------|
| 1 Adam Williams | WAL | 13.16 |
| 2 Jonathon Ferryman | SAL | 12.81 |
| 3 Earl Gill U17 | GHD | 12.57 |
| 4 John Lee | TRF | 12.13 |
| 5 Phillip Salter | KIN | 11.59 |
| 6 Tom Lindsay | LDS | 11.31 |
| 7 Alex Taylor U17 | LVL | 11.12 |
| 8 Allan Hamilton U17 | EDI | 10.25 |

M Triple Jump B

| | | |
|---------------------|-----|-------|
| 1 Sam Stanilaus | GHD | 12.32 |
| 2 Mathew Robb | WAL | 12.00 |
| 3 Mike Sladrey U17 | SAL | 11.94 |
| 4 Mike Sweeney | LVL | 10.87 |
| 5 Chris Tatton | KIN | 10.80 |
| 6 Tom Wagner | LDS | 10.34 |
| 7 Craig Dickson U17 | EDI | 9.11 |

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 Kama | 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 Kama | 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 No's | GHD 1 11 | KIN 2 22 | LDS 3 33 | LVL 4 44 | WAL 5 55 | SAL 6 66 | EDI 7 77 | TRF 8 88 | POINTS | | | |
| | | | | | | | | | 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 | | | |
| | | | | | | | | | Used | Waste | Tot | |
| 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 No's | GHD | | KIN | | LDS | | LVL | | WAL | | SAL | | EDI | | TRF | | POINTS | | |
| | 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 |