

M 100m A	Wind +1.9 m/s	M 100m B	Wind +4.9 m/s
1 Andrew Robertson	SAL 10.77	1 Umah Hameed	LDS 11.07
2 Tom Mosley	LDS 11.03	2 Gareth Breeze	SAL 11.13
3 Joseph Kibrige	GHD 11.03	3 Gary McKay	EDI 11.31
4 Pat Swan	EDI 11.15	4 Jack Meredith	LVL 11.34
5 Shaun James	LVL 11.26	5 Alex Todd	GHD 11.41
6 Gwyn Williams	NWA 11.28	6 Ian Hendry	KIN 11.49
7 Chris Lavery	KIN 11.28	7 Tom Constantine	NWA 11.72
8 John Lee	TRF 11.78	8 Kamal Whight	TRF 12.51
M 200m A	Wind +1.9 m/s	M 200m B	Wind +1.7 m/s
1 Andrew Robertson	SAL 21.8	1 Rhys Smith	LDS 22.5
2 Tony Corrigan	LVL 22.0	2 Alex Adcocks	SAL 22.7
3 Pat Swan	EDI 22.1	3 Duncan Cleat	EDI 22.9
4 Chris Lavery	KIN 22.6	4 Paul Miller	GHD 23.2
5 Gwyn Williams	NWA 22.6	5 Connor Hill	KIN 23.2
6 Anthony Timms	LDS 22.7	6 Jon Croasdale	LVL 23.3
7 Daniel Barry	TRF 22.9	7 Cynan Evans	NWA 23.3
8 Joseph Kibrige	GHD 23.2		
M 400m A		M 400m B	
1 Rhys Smith	LDS 48.96	1 Bob Mitchell	KIN 51.71
2 Keith Simpson	KIN 50.76	2 Steve Butterworth	SAL 52.09
3 Daniel Barry	TRF 50.76	3 Louis Forbes	LVL 52.24
4 Liam McCully	LVL 51.11	4 Tom Roberts	LDS 52.97
5 Adam Allison	GHD 51.54	5 Adam Rowland	GHD 53.19
6 Sean Hood	EDI 51.98	6 Chris Bramah	TRF 54.11
7 Andrew Laurence	SAL 52.24	7 Craig Knowles	EDI 55.45
8 Scott Roberts	NWA 55.30	8 Thomas Snowdon	NWA 58.32
M 800m A		M 800m B	
1 James Russell	LVL 1.55.27	1 Rob Whittaker	SAL 1.58.56
2 Ross Murray	GHD 1.56.93	2 Harry Harder	LVL 1.58.99
3 Michael Salter	LDS 1.57.44	3 Jake Harman	LDS 1.59.00
4 Adam Ree	SAL 1.58.44	4 Marc Docherty	GHD 2.01.03
5 Sean McQueen	KIN 2.01.41	5 Tom Fleming	KIN 2.01.52
6 Graham Hogg	TRF 2.03.04	6 Ciaran McHaughey	TRF 2.03.86
7 Callum Bennett	NWA 2.05.82	7 David McArdle	NWA 2.11.19
M 1500m A		M 1500m B	
1 Andrew Stanton	GHD 3.57.81	1 James McCully	LVL 4.04.34
2 James Wilkinson	LDS 3.58.33	2 Joe Townsend	LDS 4.04.88
3 Adam Peers	LVL 4.00.10	3 John Gibson	GHD 4.20.06
4 Rob Whittaker	SAL 4.09.06	4 David Mountford	NWA 4.20.67
5 Adam Banks	NWA 4.10.18	5 Sam Aspinall	SAL 4.24.03
6 Philip Salter	KIN 4.16.18	6 Danny Brocklehurst	TRF 4.29.08
7 Aaron Denevon	TRF 4.23.09	7 Alex Jones	KIN 4.45.86
8 Fraser Mann	EDI 4.44.09		
M 3000m A		M 3000m B	
1 Michael Williams	LDS 9.02.1	1 Philip Hurst	GHD 9.28.4
2 Adam Carmichael	GHD 9.24.0	2 Alex Davy	LDS 9.29.7
3 David Howlett	SAL 9.25.8	3 Phil Leggat	LVL 10.27.3
4 Alex Jones	KIN 9.35.0	4 Tom Ryan	EDI 10.38.4
5 Phil Edge	NWA 9.46.0	5	NWA 10.38.5
6 David Meyer	TRF 9.56.1	6 Andrew Brookes	KIN 10.44.2
7 Fraser Mann	EDI 10.09.8	7 Lee Whitley	SAL 11.07.1
8 Ashley Johnson	LVL 10.24.7	8 Graham Hogg	TRF 11.19.2

M 110mH A	Wind +3.7 m/s	M 110mH B	Wind +1.4 m/s
1 Matthew Hudson	LDS 14.0	1 Tom Casey	LDS 15.1
2 James Wright	SAL 14.8	2 Jonathon Ferryman	SAL 16.0
3 Lewis Robson	GHD 15.2	3 Matthew Smith	GHD 17.0
4 Michael Sweeney	LVL 16.5	4 Kevin Ireland	KIN 21.5
5 Tom Tilson	NWA 18.2		
6 Michael Burns	KIN 19.2		
7 Darren Steel	EDI 19.6		
M 400mH A		M 400mH B	
1 Lewis Robson	GHD 55.28	1 Jon Croasdale	LVL 56.31
2 Mark Draper	LVL 57.26	2 Richard Kaufman	GHD 62.22
3 Jonathon Ferryman	SAL 58.70	3 James Davies	SAL 62.75
4 Michael Burns	KIN 58.83	4 Darren Steel	EDI 63.11
5 Stuart McIlreavey	EDI 59.93	5 Tom Tilson	NWA 63.43
6 Tom Lindsay	LDS 61.96	6 James Wilkinson	LDS 63.83
7 Daniel Sykes	NWA 66.94	7 Andrew Brookes	KIN 65.28
8 David Meyer	TRF 72.02		
M 2000m SC A		M 2000m SC B	
1 Adam Peers	LVL 5.57.24	1 James Lavin	LDS 6.32.22
2 David Howlett	SAL 6.30.06	2 David Connolly	LVL 6.38.01
3 Michael Williams	LDS 6.31.84	3 Philip Salter	KIN 6.57.59
4 Ricky Challinor	NWA 6.32.32	4 Danny Brocklehurst	TRF 7.02.72
5 Tom Fleming	KIN 6.40.59	5 Rob Jowett	SAL 7.15.01
6 Niall Flannery	GHD 6.55.90	6 Scott Roberts	NWA 7.51.93
7 Aaron Denevon	TRF 6.56.72	7 Tom Ryan	EDI 8.03.47
8 Darren Steel	EDI 7.05.95	8 Ian Purkis	GHD 9.12.45
M Discus Throw A		M Discus Throw B	
1 Azmi Sbati	SAL 35.95	1 Adam Timms	LDS 31.96
2 Daniel Gardner	LDS 35.91	2 Greg Watkins	SAL 30.80
3 Chris Tatton	KIN 29.53	3 Kevin Ireland	KIN 22.94
4 Nick Whittle	EDI 26.67	4 Adam Reynolds	LVL 21.41
5 Michael Sweeney	LVL 25.39	5 Peter Holmes	EDI 20.39
6 Tom Crawford	TRF 25.05	6 Stehen Reynolds	GHD 14.62
7 Graeme Fairbairn	GHD 22.77		
M Hammer Throw A		M Hammer Throw B	
1 Peter Holmes	EDI 60.37	1 Nick Whittle	EDI 28.64
2 Chris Tatton	KIN 47.18	2 Ryan Knight	KIN 23.61
3 Adam Reynolds	LVL 41.60	3 Graeme Fairbairn	GHD 22.69
4 James Spinks	GHD 34.76	4 Tom Casey	LDS 21.30
5 Theodore Trumpet	SAL 28.21	5 Craig James	SAL 14.25
6 Sam Allan	LDS 26.90		
7 Tom Crawford	TRF 21.88		
M High Jump A		M High Jump B	
1 Darren Hammond	SAL 1.85	1 Phil Kennedy	SAL 1.75
2 James Heaton	LDS 1.80	2 Adam Timms	LDS 1.75
3=James Tait	KIN 1.80	3 Ryan Knight	KIN 1.70
3=Michael Sweeney	LVL 1.80	4 Earl Gill	GHD 1.65
5 Alex Bright	GHD 1.75	5 Allan Hamilton	EDI 1.60
6 John Lee	TRF 1.70	6 Kamal Whight	TRF 1.60
7 Darren Steel	EDI 1.70	7 Chris Roose	LVL 1.55
M Javelin Throw A		M Javelin Throw B	
1 Andrew Allan	LVL 52.16	1 Niall Ellison	LVL 51.18
2 Sam Allan	LDS 51.57	2 Daniel Gardner	LDS 45.53
3 Ryan Knight	KIN 47.72	3 Craig James	SAL 37.49
4 Andrew Laurence	SAL 40.88	4 Ian Purkis	GHD 35.59
5 Stephen Reynolds	GHD 40.82	5 Keith Simpson	KIN 32.70
6 Tom Crawford	TRF 37.38	6 Adam Banks	NWA 25.15

7 Nick Whittle	EDI 33.49	7 Stephen Forfar	EDI 17.78
8 Ricky Challinor	NWA 29.20	8 Danny Brocklehurst	TRF 16.65
M Long Jump A		M Long Jump B	
1 Anthony Timms	LDS 6.98+0.1	1 James Wright	SAL 6.45+2.1
2 Andrew Burgess	SAL 6.72+2.5	2 Tom Lindsay	LDS 5.76+1.7
3 Gary McKay	EDI 6.60+0.0	3 Michael Sweeney	LVL 5.76+0.0
4 John Lee	TRF 6.25+0.0	4 Kevin Ireland	KIN 5.66+0.0
5 Niall Flannery	GHD 6.25+1.5	5 Allan Hamilton	EDI 5.27+3.1
6 Greg Dawson	KIN 5.91+3.2	6 Graham Hogg	TRF 5.13+4.0
7 Jack Meredith	LVL 5.89+1.0	7 Liam Edwards	NWA 4.96+1.5
8 Adam Williams	NWA 5.86+3.7	8 Ian Purkis	GHD 3.33+2.3
M Pole Vault A		M Pole Vault B	
1 Andrew Sutcliffe	SAL 4.15	1 Chris Roose	LVL 3.35
2 Matthew Wright	LVL 4.00	2 James Davies	SAL 3.05
3 Tom Wagner	LDS 3.65	3 Umah Hameed	LDS 2.90
4 Gavin Howard	GHD 3.50	4 Kevin Ireland	KIN 2.60
5 Liam Edwards	NWA 3.50	5 John Gibson	GHD 2.00
6 Michael Burns	KIN 2.75		
7 Stephen Forfar	EDI 2.45		
8 David Meyer	TRF 2.30		
M Shot Putt A		M Shot Putt B	
1 Azmi Sbati	SAL 13.98	1 Theodore Trumpet	SAL 11.70
2 Anthony Timms	LDS 13.73	2 James Heaton	LDS 10.98
3 Chris Tatton	KIN 12.77	3 Peter Holmes	EDI 9.53
4 Nick Whittle	EDI 11.66	4 James Spinks	GHD 9.01
5 Tom Crawford	TRF 11.22	5 Connor Hill	KIN 8.93
6 Graeme Fairbairn	GHD 10.18	6 Jon Croasdale	LVL 8.83
7 Adam Reynolds	LVL 9.91	7 Danny Brocklehurst	TRF 5.80
8 David McArdle	NWA 8.28		
M Triple Jump A		M Triple Jump B	
1 Adam Williams	NWA 13.47	1 Jonathon Ferryman	SAL 12.94
2 Lewis Robson	GHD 13.19	2 Earl Gill	GHD 12.81
3 Andrew Burgess	SAL 13.00	3 Tom Lindsay	LDS 11.96
4 John Lee	TRF 12.63	4 Alex Taylor	LVL 11.69
5 Tobin Carey-Williams	LDS 12.03	5 Chris Tatton	KIN 11.23
6 Liam McCully	LVL 11.71	6 Gary McKay	EDI 11.14
7 Allan Hamilton	EDI 11.63		
8 Greg Dawson	KIN 11.34		
W 100m A		W 100m B	
	Wind +2.7 m/s		Wind +4.6 m/s
1 Jennifer Taker	TRF 12.00	1 Rebekah Wilson	SAL 11.82
2 Ashley Helsby	LVL 12.30	2 Emily Shaw	TRF 11.93
3 Lauren Arthur	GHD 12.35	3 Helen Asher	LVL 12.35
4 Amy Rodgers	EDI 12.70	4 Rachael Davidson	GHD 12.78
5 Danni Carr	LDS 12.71	5 Hannah Penlebury	NWA 12.79
6 Lilo Fflur Evans	NWA 12.72	6 Rachael Speight	LDS 12.85
7 Lauren McManus	KIN 12.77	7 Laurie-Ann McKenna	EDI 12.98
8 Shaunna Thompson	SAL 17.13	8 Natalie Fox	KIN 13.66
W 200m A		W 200m B	
	Wind +1.5 m/s		Wind +2.1 m/s
1 Emily Shaw	TRF 24.2	1 Katherine Sherry	SAL 25.79
2 Rebekah Wilson	SAL 24.9	2 Erin Froude	EDI 25.86
3 Lauren Arthur	GHD 25.2	3 Nicola Pearson	GHD 25.93
4 Helen Asher	LVL 25.5	4 Jenny Tan	KIN 26.41
5 Lilo Fflur Evans	NWA 25.8	5 Megan Ward	LVL 26.53
6 Amy Rodgers	EDI 26.0	6 Hannah Penlebury	NWA 26.55
7 Lauren McManus	KIN 26.3	7 Zoe Reid	TRF 26.75
8 Danni Carr	LDS 26.8	8 Jessica Cooper	LDS 28.60

W 400m A			W 400m B		
1	Carmen Gedling	LVL 55.97	1	Chelsea McCovey	LVL 60.17
2	Katherine Sherry	SAL 57.99	2	Gail Lippitt	SAL 60.34
3	Ashleigh Kennedy	EDI 59.17	3	Lorna McMichael	GHD 62.47
4	Nicola Pearson	GHD 59.90	4	Jessica Dobson	LDS 63.09
5	Victoria Malady	TRF 60.42	5	Natalie Fox	KIN 63.13
6	Katie Socket	LDS 62.20	6	Amy Csizmadia	NWA 65.00
7	Charlotte Lloyd	NWA 64.58	7	Joanne Duxbury	TRF 65.85
8	Rebecca Burns	KIN 66.26	8	Katie McGregor	EDI 67.00
W 800m A			W 800m B		
1	Jackie Fairchild	TRF 2.15.80	1	Joanne Duxbury	TRF 2.19.50
2	Emily Stewart	KIN 2.16.04	2	Sarah Brown	EDI 2.20.06
3	Lauren Peffers	EDI 2.16.62	3	Jenny Hudson	GHD 2.24.23
4	Becky Nuttall	NWA 2.17.41	4	Jenny Tan	KIN 2.24.39
5	Emma Wakefield	LVL 2.18.64	5	Jess Corrie-Taylor	LVL 2.27.37
6	Amy Regan	SAL 2.21.40	6	Nyomi Canlin	SAL 2.30.13
7	Sophie Waterhouse	LDS 2.24.17	7	Hope Jones	NWA 2.33.72
8	Sam Duffy	GHD 2.25.62	8	Hannah Seddon	LDS 2.43.73
W 1500m A			W 1500m B		
1	Charlotte Woods	SAL 4.51.26	1	Lauren Woodcock	SAL 5.04.88
2	Megan Davies	LVL 4.55.30	2	Kirsty Milner	TRF 5.06.72
3	Sarah Hudak	TRF 4.59.19	3	Hannah Seddon	LDS 5.07.54
4	Fiona Bracegirdle	KIN 5.00.90	4	Rachel Kerr	EDI 5.17.54
5	Rebecca Jamison	GHD 5.04.15	5	Elizabeth McLeish	KIN 5.18.30
6	Sophie Waterhouse	LDS 5.07.42	6	Sarah Favier	GHD 5.25.88
7	Laura Dunn	EDI 5.17.15	7	Danielle Leahy	LVL 5.32.44
W 3000m A			W 3000m B		
1	Sarah Hudak	TRF 10.36.7	1	Alice Louden	EDI 11.21.1
2	Bethany English	SAL 10.41.6	2	Alice Ball	SAL 11.31.8
3	Clare Murphy	LVL 11.08.5	3	Kiri Stone	KIN 12.49.2
4	Lauren Stoddard	EDI 11.12.3	4	Hannah McManus	LVL 13.17.8
5	Lynsey Aitken	KIN 11.56.1			
6	Rebecca Devney	LDS 12.09.6			
W 100mH A			W 100mH B		
		Wind +6.0 m/s			Wind +5.4 m/s
1	Ashley Helsby	LVL 13.91	1	Helen Asher	LVL 14.10
2	Lauren Dewdney	GHD 14.19	2	Lucy Abbott	TRF 17.50
3	Eleanor Markendale	TRF 15.39	3	Lorna McMichael	GHD 17.96
4	Emma Gordon	KIN 17.02	4	Jennifer Simmons	SAL 18.02
5	Elizabeth Best	LDS 17.30	5	Jessica Dobson	LDS 18.43
6	Lydia Wickstone	SAL 18.14	6	Iona McKay	EDI 18.55
7	Hannah Robb	NWA 18.82	7	Lucy Crookston	KIN 19.72
8	Sarah Rosie	EDI 19.41			
W 400mH A			W 400mH B		
1	Vicky Holmes	GHD 64.92	1	Lorna McMichael	GHD 65.53
2	Katie Socket	LDS 66.15	2	Emma Gordon	KIN 68.30
3	Lucy Abbott	TRF 66.98	3	Elizabeth Best	LDS 70.31
4	Jennifer Simmons	SAL 69.64	4	Katie McGregor	EDI 72.87
5	Claire Carmichael	EDI 70.48	5	Emma Garstang	NWA 72.91
6	Katy Barley	NWA 73.20	6	Lydia Wickstone	SAL 76.79
7	Lucy Crookston	KIN 75.34			
W 1500m SC A			W 1500m SC B		
1	Eilish McColgan	KIN 5.16.94	1	Alex Forde	LVL 5.47.98
2	Janine Stockton	SAL 5.37.39	2	Rebecca Burns	KIN 5.48.38
3	Lauren Stoddard	EDI 5.44.99	3	Bethany English	SAL 5.51.47
4	Georgina Dykctra	LVL 5.47.00	4	Jessica Best	LDS 6.41.31
5	Rebecca Devney	LDS 6.23.12	5	Nicola Ellis	TRF 6.41.31
6	Katie Milner	TRF 6.36.92	6	Katy Barley	NWA 7.20.71

7 Hannah Robb NWA 6.36.92
8 Jenny Hudson GHD 7.35.45

W Discus Throw A

1 Hannah Evenden LDS 38.91
2 Chloe Beckett TRF 36.89
3 Katy Wilson GHD 28.16
4 Nikki Faulkner EDI 27.65
5 Catriona McKay KIN 26.05
6 Jenna Sherratt NWA 23.30
7 Suzanne Woodward LVL 19.68
8 Bethany English SAL 13.61

W Discus Throw B

1 Alice Simpson LDS 32.26
2 Emma Pringle GHD 22.67
3 Ashley Beckett TRF 22.15
4 Laura Riganti EDI 21.30
5 Karen Cairns KIN 20.45
6 Rebecca Chin NWA 14.79
7 Janine Stockton SAL 13.37

W Hammer Throw A

1 Sophie Hitchon SAL 50.94
2 Katy Wilson GHD 45.44
3 Hannah Evenden LDS 37.06
4 Suzanne Woodward LVL 35.86
5 Catrin Hardy NWA 34.90
6 Nikki Faulkner EDI 29.24
7 Chloe Beckett TRF 23.60
8 Lauren McManus KIN 13.15

W Hammer Throw B

1 Laura Riganti EDI 28.92
2 Jenna Sherratt NWA 25.50
3 Alice Simpson LDS 23.07
4 Simone Trumpet SAL 16.79
5 Lucy Abbott TRF 12.98
6 Catriona McKay KIN 12.97
7 Lauren Arthur GHD 8.72

W High Jump A

1 Caroline Park LDS 1.60
2 Sophie Bell-Morgan LVL 1.60
3 Eleanor Markendale TRF 1.55
4 Emma Nuttall EDI 1.55
5=Stephanie Potts SAL 1.50
5=Emma Pringle GHD 1.50
5=Courtney Wilkinson KIN 1.50
8 Emma Garstang NWA 1.45

W High Jump B

1 Lydia Morley LVL 1.55
2 Eleonor Flannagan SAL 1.50
3 Laura Simpson KIN 1.45
4 Sarah Warnock EDI 1.40
5 Ashley Beckett TRF 1.40
6 Jenny Hudson GHD 1.35
7 Katy Barley NWA 1.35

W Javelin Throw A

1 Rachael Fleary SAL 37.12
2 Chloe Beckett TRF 34.95
3 Nikki Faulkner EDI 33.04
4 Alice Simpson LDS 30.85
5 Sophie Moorby GHD 28.33
6 Rebecca Chin NWA 19.99
7 Elizabeth McLeish KIN 18.90
8 Vanessa Cain LVL 15.29

W Javelin Throw B

1 Ashley Beckett TRF 32.84
2 Kirsty Buglass EDI 27.58
3 Helen Bruton SAL 25.46
4 Carrie Simpson LDS 24.58
5 Lucy Crookston KIN 18.50
6 Lauren Arthur GHD 14.12
7 Courtney Lenway LVL 12.98

W Long Jump A

1 Eleanor Markendale TRF 5.61+3.2
2 Sarah Warnock EDI 5.46+2.0
3 H.Francis -Smithson LDS 5.34+2.5
4 Amy Fleming GHD 5.14+2.4
5 Shaunna Thompson SAL 5.07+3.1
6 Helen Asher LVL 5.07+3.9
7 Emma Garstang NWA 4.95+2.5
8 Courtney Wilkinson KIN 4.62+2.5

W Long Jump B

1 Rachael Davidson GHD 4.86+2.3
2 Rachel Thomas NWA 4.77+1.6
3 Eleonor Flannagan SAL 4.59+1.9
4 Sophie Bell-Morgan LVL 4.58+3.6
5 Carrie Simpson LDS 4.57+2.7
6 Laura Simpson KIN 4.53+2.8
7 Zoe Reid TRF 4.52+3.8
8 Laurie-Ann McKenna EDI 3.70+2.9

W Pole Vault A

1 Abigail Heywood SAL 3.30
2 Rachel Thomas NWA 2.75
3 Sarah Rosie EDI 2.60
4 Joanne Lorton GHD 2.45
5 Vanessa Cain LVL 2.30
6 Lucy Crookston KIN 2.15

W Pole Vault B

1 R NWA 2.45
2 Vicky Holmes GHD 2.30
3 Courtney Lenway LVL 1.85

W Shot Putt A			W Shot Putt B		
1	Hannah Evenden	LDS 11.69	1	Carrie Simpson	LDS 10.84
2	Chloe Beckett	TRF 10.81	2	Katy Wilson	GHD 9.69
3	Sophie Hitchon	SAL 10.69	3	Eleanor Markendale	TRF 8.61
4	Emma Pringle	GHD 10.16	4	Laura Riganti	EDI 7.98
5	Nikki Faulkner	EDI 9.15	5	Karen Cairns	KIN 7.77
6	Catriona McKay	KIN 8.96	6	Jenna Sherratt	NWA 7.62
7	Rebecca Chin	NWA 8.52	7	Helen Bruton	SAL 6.82
8	Suzanne Woodward	LVL 6.98			

W Triple Jump A			W Triple Jump B		
1	Emma Pringle	GHD 11.02	1	Sarah Warnock	EDI 10.48
2	Iona McKay	EDI 10.84	2	Joanne Lorton	GHD 9.80
3	Zoe Reid	TRF 10.36	3	Lucy Abbott	TRF 9.75
4	Laura Simpson	KIN 10.30	4	Lydia Morley	LVL 9.49
5	Rachel Thomas	NWA 10.26	5	Courtney Wilkinson	KIN 9.20
6	Sophie Bell-Morgan	LVL 10.02	6	Eleonor Flannagan	SAL 9.08
7	Katie Socket	LDS 9.75	7	Amy Csizmadia	NWA 8.75
8	India Garlick	SAL 9.67	8	Jessica Best	LDS 8.73

W 4x100m Relay					
1	SAL 48.59	1	Rebekah Wilson	2	Abigail Irozuru
		3	Katherine Sherry	4	Sophie Hitchon
2	LVL 48.62	1	Megan Ward	2	Ashley Helsby
		3	Carmen Gedling	4	Helen Asher
3	TRF 49.94	1	Victoria Malady	2	Emily Shaw
		3	Eleanor Markendale	4	Zoe Reid
4	EDI 50.22	1	Amy Rodgers	2	Laurie-Ann McKenna
		3	Erin Froude	4	Sarah Warnock
5	GHD 50.99	1	Lauren Dewdney	2	Joanne Lawton
		3	Lauren Arthur	4	Rachael Davidson
6	KIN 51.24	1	Courtney Wilkinson	2	Lucy Crookston
		3	Emma Gordon	4	Lauren McManus
7	NWA 51.55	1	Emma Garstang	2	Becky Nuttall
		3	Hannah Penlebury	4	Lilo Fflur Evans
8	LDS 55.87	1	Danni Carr	2	Jessica Cooper
		3	Rachael Speight	4	H.Francis -Smithson

W 4x400m Relay					
1	GHD 3.58.54	1	Nicola Pearson	2	Vicky Holmes
		3	Sam Duffy	4	Melissa Smith
2	LVL 3.59.92	1	Jess Corrie-Taylor	2	Emma Wakefield
		3	Chelsea McCovey	4	Carmen Gedling
3	EDI 4.00.56	1	Katie McGregor	2	Ashleigh Kennedy
		3	Claire Carmichael	4	Lauren Peffers
4	SAL 4.03.57	1	Gail Lippitt	2	Lily Frecston
		3	Katherine Sherry	4	Amy Regan
5	KIN 4.05.14	1	Emily Stewart	2	Natalie Fox
		3	Eilish McColgan	4	Jenny Tan
6	TRF 4.05.32	1	Kirsty Milner	2	Jackie Fairchild
		3	Victoria Malady	4	Joanne Duxbury
7	NWA 4.14.60	1	Katy Barley	2	Amy Csizmadia
		3	Becky Nuttall	4	Charlotte Lloyd
8	LDS 4.15.63	1	H.Francis -Smithson	2	Hannah Seddon
		3	Jessica Dobson	4	Elizabeth Best

M 4x100m Relay

1 LDS 43.17	1 Tobin Carey-Williams	2 Tom Mosley
	3 Anthony Timms	4 Michael Salter
2 LVL 43.46	1 Shaun James	2 Jack Meredith
	3 Jon Croasdale	4 Tony Corrigan
3 GHD 43.70	1 Joseph Kibrige	2 Alex Todd
	3 Paul Miller	4 Richard Kilty
4 SAL 43.71	1 Gareth Breeze	2 James Wright
	3 Alex Nelson	4 Gareth Breeze
5 KIN 44.37	1 Sean McQueen	2 Connor Hill
	3 Ian Hendry	4 Bob Mitchell
6 EDI 45.31	1 Pat Swan	2 Duncan Cleat
	3 Gary McKay	4 Craig Knowles
7 TRF 47.92	1 Graham Hogg	2 Danny Brocklehurst
	3 Ciaran McHaughey	4 John Lee
8 NWA 48.20	1 Daniel Sykes	2 Cynan Evans
	3 Tom Constantine	4 Gwyn Williams

M 4x400m Relay

1 KIN 3.21.96	1 Bob Mitchell	2 Sean McQueen
	3 Chris Lavery	4 Keith Simpson
2 LVL 3.22.26	1 Liam McCully	2 Louis Forbes
	3 Mark Draper	4 James Russell
3 LDS 3.26.68	1 Rhys Smith	2 Jake Harman
	3 Tom Roberts	4 Matthew Hudson
4 EDI 3.28.93	1 Duncan Cleat	2 Craig Knowles
	3 Pat Swan	4 Gary McKay
5 SAL 3.29.91	1 Tom Black	2 Steve Butterworth
	3 Andrew Laurence	4 James Davies
6 GHD 3.33.54	1 Michael Donnelly	2 Marc Docherty
	3 Ross Murray	4 Richard Kilty
7 TRF 4.00.48	1 Aaron Denevon	2 Danny Brocklehurst
	3 Ciaran McHaughey	4 Graham Hogg

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge		Event	Lge
1	LDS 944	15	1	SAL 541	8	1	Sale Harriers (Manchester)	1481 22
2	SAL 940	14	2	LDS 495	7	2	Leeds City AC	1439 22
3	GHD 924	12	3	LVL 472.5	6	3	Gateshead Harriers & AC	1393 17
4	EDI 885.5	10	4	GHD 469	5	4	Team Edinburgh	1289.5 13
5	KIN 839	7	5	KIN 413.5	4	5	Liverpool Harriers & AC	1260.5 12.5
6	LVL 788	6.5	6	EDI 404	3	6	Kingdom Athletics	1252.5 11
7	TRF 747	5.5	7	TRF 371	2	7	Trafford AC	1118 7.5
8	NWA 649.5	2	8	NWA 276	1	8	North Wales	925.5 3

Athlete of the Match

Matthew Hudson Leeds 110mH 14.0 + Hannah Evenden Leeds Discus 35.81m

Note(s)

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

Club	GHD	KIN	LDS	LVL	NWA	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 100m	A	8	4	9	6	5	11	7	3	53	0	53
	B	4	3	9	5	2	7	6	1	37	0	37
Cumulative		12	7	18	11	7	18	13	4	90	0	90

M 200m	A	3	7	5	9	6	11	8	4	53	0	53
	B	5	4	9	3	2	7	6	0	36	1	37
Cumulative		20	18	32	23	15	36	27	8	179	1	180

M 400m	A	6	9	11	7	3	4	5	8	53	0	53
	B	4	9	5	6	1	7	2	3	37	0	37
Cumulative		30	36	48	36	19	47	34	19	269	1	270

M 800m	A	9	6	8	11	4	7	0	5	50	3	53
	B	5	4	6	7	2	9	0	3	36	1	37
Cumulative		44	46	62	54	25	63	34	27	355	5	360

M 1500m	A	11	5	9	8	6	7	3	4	53	0	53
	B	6	2	7	9	5	4	0	3	36	1	37
Cumulative		61	53	78	71	36	74	37	34	444	6	450

M 3000m	A	9	7	11	3	6	8	4	5	53	0	53
	B	9	3	7	6	4	2	5	1	37	0	37
Cumulative		79	63	96	80	46	84	46	40	534	6	540

M 110mH	A	8	5	11	7	6	9	4	0	50	3	53
	B	6	5	9	0	0	7	0	0	27	10	37
Cumulative		93	73	116	87	52	100	50	40	611	19	630

M 400mH	A	11	7	5	9	4	8	6	3	53	0	53
	B	7	2	3	9	4	6	5	0	36	1	37
Cumulative		111	82	124	105	60	114	61	43	700	20	720

M 2000SC	A	5	6	8	11	7	9	3	4	53	0	53
	B	1	6	9	7	3	4	2	5	37	0	37
Cumulative		117	94	141	123	70	127	66	52	790	20	810

M DT	A	4	8	9	6	0	11	7	5	50	3	53
	B	3	6	9	5	0	7	4	0	34	3	37
Cumulative		124	108	159	134	70	145	77	57	874	26	900

M HT	A	7	9	5	8	0	6	11	4	50	3	53
	B	6	7	5	0	0	4	9	0	31	6	37
Cumulative		137	124	169	142	70	155	97	61	955	35	990

Club		GHD	KIN	LDS	LVL	NWA	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	6	7.5	9	7.5	0	11	4	5	50	3	53	
	B	5	6	7	2	0	9	4	3	36	1	37	
Cumulative		148	137.5	185	151.5	70	175	105	69	1041	39	1080	

M JT	A	6	8	9	11	3	7	4	5	53	0	53	
	B	5	4	7	9	3	6	2	1	37	0	37	
Cumulative		159	149.5	201	171.5	76	188	111	75	1131	39	1170	

M LJ	A	6	5	11	4	3	9	8	7	53	0	53	
	B	1	5	7	6	2	9	4	3	37	0	37	
Cumulative		166	159.5	219	181.5	81	206	123	85	1221	39	1260	

M PV	A	7	5	8	9	6	11	4	3	53	0	53	
	B	4	5	6	9	0	7	0	0	31	6	37	
Cumulative		177	169.5	233	199.5	87	224	127	88	1305	45	1350	

M SP	A	5	8	9	4	3	11	7	6	53	0	53	
	B	5	4	7	3	0	9	6	2	36	1	37	
Cumulative		187	181.5	249	206.5	90	244	140	96	1394	46	1440	

M TJ	A	9	3	6	5	11	8	4	7	53	0	53	
	B	7	4	6	5	0	9	3	0	34	3	37	
Cumulative		203	188.5	261	216.5	101	261	147	103	1481	49	1530	

W 100m	A	8	4	6	9	5	3	7	11	53	0	53	
	B	5	1	3	6	4	9	2	7	37	0	37	
Cumulative		216	193.5	270	231.5	110	273	156	121	1571	49	1620	

W 200m	A	8	4	3	7	6	9	5	11	53	0	53	
	B	6	5	1	4	3	9	7	2	37	0	37	
Cumulative		230	202.5	274	242.5	119	291	168	134	1661	49	1710	

W 400m	A	7	3	5	11	4	9	8	6	53	0	53	
	B	6	4	5	9	3	7	1	2	37	0	37	
Cumulative		243	209.5	284	262.5	126	307	177	142	1751	49	1800	

W 800m	A	3	9	4	6	7	5	8	11	53	0	53	
	B	6	5	1	4	2	3	7	9	37	0	37	
Cumulative		252	223.5	289	272.5	135	315	192	162	1841	49	1890	

W 1500m	A	6	7	5	9	0	11	4	8	50	3	53	
	B	3	4	6	2	0	9	5	7	36	1	37	
Cumulative		261	234.5	300	283.5	135	335	201	177	1927	53	1980	

W 3000m	A	0	6	5	8	0	9	7	11	46	7	53	
	B	0	6	0	5	0	7	9	0	27	10	37	
Cumulative		261	246.5	305	296.5	135	351	217	188	2000	70	2070	
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Club No's	GHD 1 11	KIN 2 22	LDS 3 33	LVL 4 44	NWA 5 55	SAL 6 66	EDI 7 77	TRF 8 88	POINTS			
									Used	Waste	Tot	
W 100mH	A	9	7	6	11	4	5	3	8	53	0	53
	B	6	2	4	9	0	5	3	7	36	1	37
Cumulative		276	255.5	315	316.5	139	361	223	203	2089	71	2160
W 400mH	A	11	4	9	0	5	7	6	8	50	3	53
	B	9	7	6	0	4	3	5	0	34	3	37
Cumulative		296	266.5	330	316.5	148	371	234	211	2173	77	2250
W 1500SC	A	3	11	6	7	4	9	8	5	53	0	53
	B	0	7	5	9	3	6	0	4	34	3	37
Cumulative		299	284.5	341	332.5	155	386	242	220	2260	80	2340
W DT	A	8	6	11	4	5	3	7	9	53	0	53
	B	7	4	9	0	3	2	5	6	36	1	37
Cumulative		314	294.5	361	336.5	163	391	254	235	2349	81	2430
W HT	A	9	3	8	7	6	11	5	4	53	0	53
	B	2	3	6	0	7	5	9	4	36	1	37
Cumulative		325	300.5	375	343.5	176	407	268	243	2438	82	2520
W HJ	A	5	5	11	9	3	5	7	8	53	0	53
	B	3	6	0	9	2	7	5	4	36	1	37
Cumulative		333	311.5	386	361.5	181	419	280	255	2527	83	2610
W JT	A	6	4	7	3	5	11	8	9	53	0	53
	B	3	4	5	2	0	6	7	9	36	1	37
Cumulative		342	319.5	398	366.5	186	436	295	273	2616	84	2700
W LJ	A	7	3	8	5	4	6	9	11	53	0	53
	B	9	3	4	5	7	6	1	2	37	0	37
Cumulative		358	325.5	410	376.5	197	448	305	286	2706	84	2790
W PV	A	7	5	0	6	9	11	8	0	46	7	53
	B	7	0	0	6	9	0	0	0	22	15	37
Cumulative		372	330.5	410	388.5	215	459	313	286	2774	106	2880
W SP	A	7	5	11	3	4	8	6	9	53	0	53
	B	7	4	9	0	3	2	5	6	36	1	37
Cumulative		386	339.5	430	391.5	222	469	324	301	2863	107	2970
W TJ	A	11	7	4	5	6	3	9	8	53	0	53
	B	7	4	1	5	2	3	9	6	37	0	37
Cumulative		404	350.5	435	401.5	230	475	342	315	2953	107	3060
W 4x1		6	5	3	9	4	11	7	8	53	0	53
Cumulative		410	355.5	438	410.5	234	486	349	323	3006	107	3113
W 4x4		11	6	3	9	4	7	8	5	53	0	53
Cumulative		421	361.5	441	419.5	238	493	357	328	3059	107	3166

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|      Club| GHD | KIN | LDS | LVL | NWA | 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      |      8|      6|      11|      9|      3|      7|      5|      4| 53| 0| 53|
|Cumulative| 429|367.5| 452|428.5| 241| 500| 362| 332|3112| 107|3219|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 4x4      |      5|      11|      8|      9|      0|      6|      7|      4| 50| 3| 53|
|Cumulative| 434|378.5| 460|437.5| 241| 506| 369| 336|3162| 110|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|      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| 469|413.5| 495|472.5| 276| 541| 404| 371|3162| 110|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|      TOTALS| 469|413.5| 495|472.5| 276| 541| 404| 371|3162| 110|3272|
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Pos	Club	Points	Add	Sub	Total
1	Sale Harriers (Manchester)	506	35	0	541
2	Leeds City AC	460	35	0	495
3	Liverpool Harriers & AC	437.5	35	0	472.5
4	Gateshead Harriers & AC	434	35	0	469
5	Kingdom Athletics	378.5	35	0	413.5
6	Team Edinburgh	369	35	0	404
7	Trafford AC	336	35	0	371
8	North Wales	241	35	0	276

Used + add - sub = total 3162 280 0 3442
 Unused points 110 110
 (Used+unused)+add-sub=total 3272 280 0 3552

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

Men	Event	Women	Event
1 Leeds City AC	280	1 Sale Harriers (Manchester)	232
2 Sale Harriers (Manchester)	274	2 Trafford AC	225
3 Liverpool Harriers & AC	234.5	3 Gateshead Harriers & AC	218
4 Gateshead Harriers & AC	216	4 Team Edinburgh	210
5 Kingdom Athletics	205.5	5 Liverpool Harriers & AC	203
6 Team Edinburgh	159	6 Leeds City AC	180
7 Trafford AC	111	7 Kingdom Athletics	173
8 North Wales	104	8 North Wales	137