

M 100m A	Wind +1.8 m/s	M 100m B	Wind +4.4 m/s
1 Ryan Oswald	KIN 10.90	1 Kyle Shaw	LDS 11.11
2 Rory Evans	TRF 11.01	2 Chris Lavery	KIN 11.11
3 Pat Swan	EDI 11.07	3 Duncan Cleat	EDI 11.32
4 Addlight Magwidi	GHD 11.44	4 Alex Adcocks U17	SAL 11.37
5 Laurence Fitch	SAL 11.60	5 Jack Meredith U17	LVL 11.40
6 Mike Fairfield	LVL 11.82	6 Paul Miller	GHD 11.42
7 Umar Hameed	LDS 13.41	7 John Lee	TRF 11.63

M 200m A	Wind +0.8 m/s	M 200m B	Wind +1.2 m/s
1 Pat Swan	EDI 22.32	1 Chris Lavery	KIN 22.54
2 Ryan Oswald	KIN 22.35	2 Steve Butterworth 17	SAL 22.79
3 Lewis Robson	GHD 22.63	3 Duncan Cleat	EDI 22.82
4 Rory Evans	TRF 22.74	4 Anthony Timms	LDS 22.92
5 Rhys Smith	LDS 22.98	5 Paul Miller	GHD 23.46
6 Alex Adcocks U17	SAL 23.01	6 Mike Fairfield	LVL 23.71
7 Louis Forbes	LVL 24.05	7 Chris Horniman	TRF 25.58

M 400m A	M 400m B		
1 Rhys Smith	LDS 49.96	1 Mark Draper	LVL 50.80
2 Sean McQueen	KIN 51.14	2 Bob Mitchell	KIN 51.06
3 Steve Butterworth 17	SAL 51.69	3 Rory Evans	TRF 51.57
4 Jamie Smith U17	EDI 52.08	4 Tom Roberts	LDS 52.75
5 Daniel Yip U17	LVL 52.24	5 Sam Aspinall	SAL 54.58
6 Jonathan Dunn U17	GHD 55.69	6 Michael Donnelly	GHD 55.13
7 Chris Horniman	TRF 58.89	7 Rob Cleat	EDI 55.50

M 800m A	M 800m B		
1 Andrew Stanton	GHD 1.57.11	1 Jake Harman	LDS 2.02.69
2 Michael Salter	LDS 1.57.64	2 John Yates	SAL 2.04.92
3 Keith Simpson	KIN 1.59.00	3 John Gibson	GHD 2.05.20
4 Louis Forbes	LVL 1.59.18	4 Ryan O'Hare	EDI 2.05.41
5 Charles Brown	EDI 1.59.87	5 Liam McCully	LVL 2.05.72
6 Graham Hogg	TRF 2.00.90	6 Gareth Lamb U17	KIN 2.07.43
7 Rob Whittaker	SAL 2.02.68	7 David Horniman U17	TRF 2.09.60

M 1500m A	M 1500m B		
1 Dougie Selman	EDI 4.12.71	1 Alex Davy	LDS 4.23.58
2 Joe Townsend	LDS 4.15.39	2 John Gibson	GHD 4.24.99
3 Andrew Stanton	GHD 4.22.14	3 James Toohey U17	LVL 4.27.80
4 Graham Hogg	TRF 4.22.46	4 Ryan O'Hare	EDI 4.27.87
5 James McCully	LVL 4.23.10	5 John Yates	SAL 4.35.56
6 Phillip Salter	KIN 4.24.04	6 Ryan Ritchie U17	KIN 4.57.05
7 Rob Jowett	SAL 4.26.46		

M 3000m A	M 3000m B		
1 Michael Williams	LDS 9.17.20	1 Oliver Ziff	LDS 9.22.02
2 Fraser Scott U17	EDI 9.28.54	2 Lee Whitley U17	SAL 10.45.31
3 Danny Brocklehurst	TRF 9.35.02	3 Alex Jones	KIN 11.26.15
4 Khealil Thompson	LVL 9.40.86		
5 Rob Jowett	SAL 9.48.54		
6 Ryan Ritchie U17	KIN 9.49.18		
7 Dominic Dalby U17	GHD 9.55.88		

M 110mH A	Wind +4.9 m/s	M 110mH B	Wind +3.1 m/s
1 Matthew Hudson	LDS 14.35	1 Tom Casey	LDS 15.05
2 James Wright	SAL 14.81	2 Joe Lancaster	SAL 15.23
3 Lewis Robson	GHD 14.86	3 Alex Wright U17	GHD 17.36
4 Mike Sweeney	LVL 16.79	4 Mark Draper	LVL 17.59
5 Michael Burns	KIN 17.91	5 Chris Tatton	KIN 20.93
M 400mH A		M 400mH B	
1 Niall Flannery U17	GHD 55.57	1 Lewis Robson	GHD 59.94
2 Matthew Hudson	LDS 56.29	2 Liam Wilson U17	LVL 60.75
3 Stuart McIlreavy	EDI 57.85	3 Tom Lindsay	LDS 60.93
4 Mark Draper	LVL 57.97	4 Toby Harris U17	EDI 62.93
5 Jonathon Ferryman	SAL 58.94	5 James Davies U17	SAL 63.09
6 Michael Burns	KIN 62.62	6 Andrew Brookes	KIN 63.85
M 2000m SC A		M 2000m SC B	
1 James Wilkinson	LDS 6.03.14	1 James Lavin	LDS 6.33.41
2 Rob Whittaker	SAL 6.24.90	2 Sam Aspinall	SAL 6.45.14
3 Mike Sweeney	LVL 7.41.15		
4 Alex Jones	KIN 7.44.84		
5 Craig Dickson U17	EDI 10.19.34		
M Discus Throw A		M Discus Throw B	
1 Azmi Sbaiti	SAL 42.03	1 Chris Tatton	KIN 32.48
2 Danny Gardiner	LDS 41.80	2 Umar Hameed	LDS 31.71
3 Mark Tough	KIN 38.29	3 Joe Lancaster	SAL 28.11
4 Iain Purkis	GHD 28.87	4 Andrew Allen	LVL 20.71
5 Adam Reynolds U17	LVL 26.73	5 Graeme Fairbairn	GHD 19.85
6 Nick Whittle	EDI 25.73	6 Peter Holmes	EDI 16.23
7 Chris Horniman	TRF 10.79		
M Hammer Throw A		M Hammer Throw B	
1 Alex Smith	SAL 69.55	1 Mark Tough	KIN 42.12
2 Peter Holmes	EDI 62.90	2 Nick Whittle	EDI 35.79
3 Chris Tatton	KIN 46.66	3 Andrew Allen	LVL 24.14
4 Adam Reynolds U17	LVL 44.62	4 Michael Donnelly	GHD 21.19
5 Sam Allen	LDS 30.61	5 Tom Casey	LDS 21.17
6 Graeme Fairbairn	GHD 22.54		
7 Danny Brocklehurst	TRF 9.45		
M High Jump A		M High Jump B	
1 James Heaton	LDS 1.90	1 Matthew Hudson	LDS 1.85
2 Joe Lancaster	SAL 1.85	2 Laurence Fitch	SAL 1.80
3 Mike Sweeney	LVL 1.85	3 Earl Gill U17	GHD 1.70
4=Alex Bright U17	GHD 1.70	4 Greg Dawson	KIN 1.60
4=John Lee	TRF 1.70	5 Chris Roose	LVL 1.55
6 Ryan Knight	KIN 1.60	6 Hamish Wright	EDI 1.50
7 Allan Hamilton U17	EDI 1.55		
M Javelin Throw A		M Javelin Throw B	
1 Adam Timms U17	LDS 51.33	1 Sam Allen	LDS 49.91
2 Ryan Knight	KIN 47.75	2 Laurence Fitch	SAL 37.45
3 Andrew Allen	LVL 47.54	3 Oliver Kennedy	LVL 33.29
4 Craig James U17	SAL 43.79	4 Alex Wright U17	GHD 24.09
5 Nick Whittle	EDI 38.12	5 Toby Harris U17	EDI 2.59
6 Iain Purkis	GHD 35.56		
7 Danny Brocklehurst	TRF 18.63		

M Long Jump A			M Long Jump B		
1	Anthony Timms	LDS 7.05+1.4	1	Adam Timms U17	LDS 6.70+1.8
2	Andrew Burgess	SAL 6.89+3.6	2	James Wright	SAL 6.27+1.9
3	John Lee	TRF 6.19+2.8	3	Niall Flannery U17	GHD 5.93+2.2
4	Iain Purkis	GHD 6.13+1.7	4	Toby Harris U17	EDI 5.45+2.1
5	Greg Dawson	KIN 5.82+2.6	5	Craig Skifferton U17	KIN 5.38+2.6
6	Mike Sweeney	LVL 5.74+2.8	6	Graham Hogg	TRF 5.17+3.2
7	Hamish Wright	EDI 5.65+1.2			

M Pole Vault A			M Pole Vault B		
1	Matthew Wright	LVL 3.65	1	Chris Roose	LVL 3.50
2	Gavin Howard U17	GHD 3.35	2	Craig Dickson U17	EDI 2.15
3	James Davies U17	SAL 3.05	3	John Gibson	GHD 2.00
4	Michael Burns	KIN 2.75			
5	Allan Hamilton U17	EDI 2.45			

M Shot Putt A			M Shot Putt B		
1	Azmi Sbaiti	SAL 14.33	1	Mark Tough	KIN 12.43
2	Danny Gardiner	LDS 13.52	2	James Heaton	LDS 11.11
3	Chris Tatton	KIN 13.27	3	Peter Holmes	EDI 10.65
4	Nick Whittle	EDI 13.02	4	Theodore Trumpet	SAL 10.63
5	Lewis Robson	GHD 11.96	5	Graeme Fairbairn	GHD 10.31
6	Adam Reynolds U17	LVL 9.67	6	Mike Sweeney	LVL 9.18
7	Chris Horniman	TRF 6.45	7	David Horniman U17	TRF 6.04

M Triple Jump A			M Triple Jump B		
1	John Lee	TRF 13.75	1	Andrew Burgess	SAL 13.22
2	Matthew Hudson	LDS 13.52	2	Addlight Magwidi	GHD 12.85
3	Jonathon Ferryman	SAL 13.25	3	Tom Lindsay	LDS 12.31
4	Earl Gill U17	GHD 13.04	4	Rory Evans	TRF 11.89
5	Jack Meredith U17	LVL 12.06	5	Liam Wilson U17	LVL 11.87
6	Greg Dawson	KIN 11.83	6	Hamish Wright	EDI 11.54
7	Allan Hamilton U17	EDI 11.60	7	Chris Tatton	KIN 11.18

W 100m A			W 100m B		
		Wind +3.4 m/s			Wind +3.1 m/s
1	Rebekah Wilson U17	SAL 11.86	1	Robyn Rashford	SAL 12.08
2	Ashley Helsby	LVL 12.26	2	Helen Asher	LVL 12.38
3	Lauren Arthur	GHD 12.56	3	Rachel Davidson	GHD 12.66
4	Lesley Campbell U17	EDI 12.74	4	Rachel Speight U17	LDS 12.83
5	Danielle Carr U17	LDS 12.80	5	Jayne Carmichael U17	KIN 12.99
6	Stephanie Waker	KIN 12.86	6	Sarah Warnock	EDI 13.58
7	Joanne Duxbury	TRF 13.39	7	Jackie Fairchild	TRF 14.15

W 200m A			W 200m B		
		Wind +3.7 m/s			Wind +2.5 m/s
1	Robyn Rashford	SAL 24.91	1	Rebekah Wilson U17	SAL 25.03
2	Carmen Gedling	LVL 24.93	2	Zoe Reid U17	TRF 26.69
3	Lesley Campbell U17	EDI 26.17	3	Jayne Carmichael U17	KIN 26.72
4	Vicky Malady U17	TRF 26.43	4	Emma Lowry U17	EDI 27.68
5	Lorna McMichael	GHD 26.80	5	Julie Todd	GHD 28.39
6	Danielle Carr U17	LDS 26.83	6	Jessica Cooper U17	LDS 28.81
7	Maria Thomas	KIN 27.95	7	J. Corrie Taylor U17	LVL 28.88

W 400m A			W 400m B		
1	Carmen Gedling	LVL 56.94	1	Ashleigh Kennedy	EDI 59.87
2	Lynsey Sharp	EDI 57.44	2	Joanne Duxbury	TRF 60.12
3	Jenny Tan U17	KIN 58.38	3	Sam Duffy	GHD 60.82
4	Nicola Pearson U17	GHD 60.10	4	Lauren McManus U17	KIN 60.94
5	Rebecca Nuttall	NWA 60.12	5	Jessica Dobson U17	LDS 64.98
6	Katie Sockett	LDS 61.28	6	Leanne Brown	SAL 67.83
7	Vicky Malady U17	TRF 61.47	7	Hannah McManus	LVL 69.20
8	Abigail Irozuru	SAL 63.22			

W 800m A			W 800m B		
1	Lauren Peffers	EDI 2.18.25	1	Nyomi Candlin U17	SAL 2.22.43
2	Eilish McColgan U17	KIN 2.20.20	2	Louise Crilly	EDI 2.25.65
3	Jackie Fairchild	TRF 2.24.08	3	Natalie Fox U17	KIN 2.27.90
4	Amy Regan U17	SAL 2.25.02	4	Melissa Smith	GHD 2.30.29
5	Sophie Waterhouse 17	LDS 2.25.10	5	Danielle Leahy	LVL 2.33.94
6	Rebecca Jameson U17	GHD 2.26.91	6	Fay Lebeter	LDS 2.34.12
7	J.Corrie Taylor U17	LVL 2.31.33	7	Katie Milner U17	TRF 2.48.58
W 1500m A			W 1500m B		
1	Emily Stewart U17	KIN 4.49.21	1	Sophie Waterhouse 17	LDS 5.10.42
2	Jackie Fairchild	TRF 5.03.48	2	Alice Ball U17	SAL 5.19.84
3	Lorna Young	LDS 5.05.45	3	Elizabeth McLeish	KIN 5.36.81
4	Megan Davies U17	LVL 5.08.82	4	Mary Ferrier U17	GHD 5.41.85
5	Lauren Peffers	EDI 5.11.56	5	Hannah McManus	LVL 5.54.16
6	Amy Regan U17	SAL 5.13.99			
7	Rebecca Jameson U17	GHD 5.16.86			
W 3000m A			W 3000m B		
1	Mary Ferrier U17	GHD 10.34.86	1	Bethany English	SAL 10.42.50
2	Janine Stockton	SAL 10.35.60	2	Melissa Ronan	LVL 11.20.08
3	Lorna Young	LDS 10.43.06	3	Lynsey Aitken	KIN 11.57.96
4	Clare Murphy	LVL 10.56.38	4	Holly Blair	GHD 13.43.92
5	Fiona Bracegirdle 17	KIN 11.17.14			
6	Catriona Sinclair	EDI 12.19.44			
W 100mH A			W 100mH B		
		Wind +1.9 m/s			Wind +2.2 m/s
1	Ashley Helsby	LVL 14.51	1	Helen Asher	LVL 14.64
2	Lauren Dewdney	GHD 14.65	2	Emma Gordon U17	KIN 17.49
3	Stephanie Waker	KIN 15.55	3	Emma Lowry U17	EDI 17.97
4	Eleanor Markendale	TRF 15.75	4	Jessica Dobson U17	LDS 18.30
5	Sylvia Kamyra	EDI 15.99	5	Lorna McMichael	GHD 18.62
6	Liz Best	LDS 17.77			
7	Leanne Brown	SAL 24.26			
W 400mH A			W 400mH B		
1	Katie Sockett	LDS 64.40	1	Vicky Holmes	GHD 68.10
2	Sylvia Kamyra	EDI 67.56	2	Megan Gaffney U17	EDI 70.21
3	Emma Gordon U17	KIN 68.60	3	Liz Best	LDS 72.06
4	Lorna McMichael	GHD 70.74	4	Lucy Crookston	KIN 72.79
5	Janine Stockton	SAL 74.64	5	Leanne Brown	SAL 97.51
W 1500m SC A			W 1500m SC B		
1	Eilish McColgan U17	KIN 5.11.96	1	Bethany English	SAL 5.53.63
2	Janine Stockton	SAL 5.39.07	2	Yazmine Tosh	KIN 6.09.59
3	Lauren Stoddart U17	EDI 5.44.10	3	Danielle Leahy	LVL 6.19.43
4	Clare Murphy	LVL 5.59.55	4	Catriona Sinclair	EDI 6.34.52
5	Fay Lebeter	LDS 6.26.47	5	Nicola Ellis	TRF 6.48.42
6	Katie Milner U17	TRF 6.30.65	6	Jessica Best U17	LDS 7.06.45
W Discus Throw A			W Discus Throw B		
1	Hannah Evenden U17	LDS 41.01	1	Vicky Johnson	LVL 30.53
2	Elycia Metaxas-Belt	SAL 39.02	2	Katy Wilson	GHD 25.24
3	Chloe Beckett	TRF 38.26	3	Lisa Glover	KIN 19.35
4	Steph Hopkinson U17	GHD 33.14	4	Jessica Best U17	LDS 14.26
5	Nikki Falconer	EDI 31.94	5	Laura Riganti U17	EDI 14.05
6	Lauren Cummins U17	LVL 31.35	6	Nicola Ellis	TRF 10.11
7	Caitlyn Mackie	KIN 29.68	7	Alice Ball U17	SAL 7.68

W Hammer Throw A			W Hammer Throw B		
1	Sophie Hitchon U17	SAL 48.90	1	Suzanne Wodward U17	LVL 38.24
2	Katy Wilson	GHD 42.94	2	Jessica Wilson U17	GHD 26.35
3	Vicky Johnson	LVL 42.86	3	Laura Riganti U17	EDI 25.70
4	Caitlyn Mackie	KIN 41.01	4	Danielle Hynd U17	KIN 22.24
5	Hannah Evenden U17	LDS 38.84	5	Ashleigh Beckett U17	TRF 16.46
6	Chloe Beckett	TRF 30.54	6	Helen Bruton	SAL 12.65
7	Nikki Falconer	EDI 29.36	7	Lorna Young	LDS 6.15
W High Jump A			W High Jump B		
1	Jayne Nisbet	EDI 1.75	1	Anna Cathro	EDI 1.60
2	Lauren Dewdney	GHD 1.60	2	Katie Jenkinson U17	LVL 1.50
3	Eleanor Markendale	TRF 1.60	3	Laura Simpson U17	KIN 1.45
4	Lydia Morley U17	LVL 1.60	4	Ashleigh Beckett U17	TRF 1.45
5	Courtney Wilkinson17	KIN 1.50	5	Elycia Metaxas-Belt	SAL 1.40
6	Stephanie Potts U17	SAL 1.45	6	Julie Todd	GHD 1.40
7	Ashley Little	LDS 1.25			
W Javelin Throw A			W Javelin Throw B		
1	Lisa Glover	KIN 42.39	1	Ashleigh Beckett U17	TRF 30.36
2	Chloe Beckett	TRF 34.81	2	Anna Seago U17	EDI 28.57
3	Nikki Falconer	EDI 29.95	3	Danielle Hynd U17	KIN 21.09
4	Helen Bruton	SAL 23.86	4	Suzanne Wodward U17	LVL 18.76
5	Katie Jenkinson U17	LVL 23.57	5	Jessica Wilson	GHD 18.40
6	Katy Wilson	GHD 21.25	6	Jessica Cooper U17	LDS 15.44
7	Katie Sockett	LDS 20.67	7	Alice Ball U17	SAL 9.72
W Long Jump A			W Long Jump B		
1	Abigail Irozuru	SAL 5.91+3.8	1	Anna Seago U17	EDI 5.13+3.7
2	Eleanor Markendale	TRF 5.59+3.5	2	Abigail Haywood U17	SAL 5.05+2.7
3	Helen Asher	LVL 5.27+2.1	3	Rachel Speight U17	LDS 4.79+2.6
4	Sarah Warnock	EDI 5.25+1.1	4	Laura Simpson U17	KIN 4.78+2.2
5	Ashley Little	LDS 5.21+3.6	5	Katie Jenkinson U17	LVL 4.67+2.7
6	Courtney Wilkinson17	KIN 4.90+3.3	6	Joanne Lawton U17	GHD 4.54+2.1
7	Rachel Davidson	GHD 4.76+2.4	7	Zoe Reid U17	TRF 4.04+3.8
W Pole Vault A			W Pole Vault B		
1	Abigail Haywood U17	SAL 3.40	1	Vicky Holmes	GHD 2.45
2	Sarah Rosie U17	EDI 2.75	2	Nathalie Dunbar U17	EDI 2.00
3	Joanne Lawton U17	GHD 2.45			
4	Lucy Crookston	KIN 2.15			
W Shot Putt A			W Shot Putt B		
1	Chloe Beckett	TRF 12.43	1	Caitlyn Mackie	KIN 9.49
2	Hannah Evenden U17	LDS 12.11	2	Elycia Metaxas-Belt	SAL 9.39
3	Lisa Glover	KIN 11.70	3	Katy Wilson	GHD 9.03
4	Steph Hopkinson U17	GHD 10.58	4	Anna Seago U17	EDI 8.94
5	Vicky Johnson	LVL 10.40	5	Ashley Little	LDS 8.28
6	Sophie Hitchon U17	SAL 9.59	6	Lauren Cummins U17	LVL 7.07
7	Nikki Falconer	EDI 9.11	7	Nicola Ellis	TRF 5.01
W Triple Jump A			W Triple Jump B		
1	Jayne Nisbet	EDI 12.34	1	Emma Lowry U17	EDI 10.18
2	Abigail Irozuru	SAL 10.80	2	Courtney Wilkinson17	KIN 9.74
3	Ashley Little	LDS 10.74	3	Jessica Best U17	LDS 9.09
4	Zoe Reid U17	TRF 10.46	4	Vicky Malady U17	TRF 8.93
5	Laura Simpson U17	KIN 10.45	5	Julie Todd	GHD 8.60
6	Joanne Lawton U17	GHD 9.87	6	Melissa Ronan	LVL 8.04
7	Lydia Morley U17	LVL 8.70			

W 4x100m Relay

1 SAL 47.89	1 Sophie Hitchon U17	2 Robyn Rashford
	3 Alice Ball U17	4 Rebekah Wilson U17
2 GHD 48.95	1 Lorna McMichael	2 Lauren Arthur
	3 Lauren Dewdney	4 Rachel Davidson
3 EDI 49.98	1 Jayne Nisbet	2 Amy Rogers
	3 Lesley Campbell U17	4 Sarah Warnock
4 KIN 51.17	1 Lauren McManus U17	2 Maria Thomas
	3 Emma Gordon U17	4 Jayne Carmichael U17
5 LDS 51.39	1 Jessica Cooper U17	2 Rachel Speight U17
	3 Liz Best	4 Danielle Carr U17
6 LVL 52.41	1 Katie Jenkinson U17	2 Ashley Helsby
	3 Helen Asher	4

W 4x400m Relay

1 EDI 4.00.51	1 Ashleigh Kennedy	2 Lynsey Sharp
	3 Lauren Peffers	4 Louise Crilly
2 GHD 4.05.31	1 Sam Duffy	2 Vicky Holmes
	3 Melissa Smith U17	4 Nicola Pearson U17
3 KIN 4.07.16	1 Emily Stewart U17	2 Natalie Fox U17
	3 Eilish McColgan U17	4 Jenny Tan U17
4 LVL 4.16.66	1 Melissa Ronan	2 J. Corrie Taylor U17
	3 Carmen Gedling	4 Megan Davies U17
5 LDS 4.26.23	1 Katie Sockett	2 Fay Lebeter
	3 Sophie Waterhouse 17	4 Jessica Dobson U17
6 TRF 4.31.14	1 Nicola Ellis	2 Katie Milner U17
	3 Eleanor Markendale	4 Jackie Fairchild
7 SAL DISQ		

M 4x100m Relay

1 KIN 43.10	1 Chris Lavery	2 Bob Mitchell
	3 Connor Hill	4 Ryan Oswald
2 LDS 43.32	1 Anthony Timms	2 Kyle Shaw
	3 Matthew Hudson	4 Tom Casey
3 LVL 44.59	1 Mark Draper	2 Jack Meredith U17
	3 Liam Wilson U17	4 Mike Fairfield
4 SAL 45.09	1 Anthony McCreery	2 Steve Butterworth 17
	3 Alex Adcocks U17	4 Laurence Fitch
5 EDI 45.40	1 Pat Swan	2 Duncan Cleat
	3 Craig Dickson U17	4 Hamish Wright
6 GHD 45.88	1 Paul Miller	2 Alex Wright U17
	3 Iain Purkis	4 Addlight Magwidi
7 TRF 47.15	1 John Lee	2 Rory Evans
	3 Chris Horniman	4 Graham Hogg

M 4x400m Relay

1 LDS 3.25.17	1 Rhys Smith	2 Tom Roberts
	3 Michael Salter	4 Jake Harman
2 KIN 3.25.26	1 Sean McQueen	2 Chris Lavery
	3 Bob Mitchell	4 Keith Simpson
3 EDI 3.25.91	1 Dougie Selman	2 Charles Brown
	3 Jamie Smith U17	4 Pat Swan
4 GHD 3.33.34	1 Niall Flannery U17	2 Andrew Stanton
	3 Jonathan Dunn U17	4 Lewis Robson
5 LVL 3.35.56	1 Louis Forbes	2 Mike Fairfield
	3 James Toohey U17	4 James McCully
6 SAL 3.40.05	1 Lee Whitley U17	2 James Davies U17
	3 John Yates	4 Rob Jowett

MATCH RESULT

	Event	Lge
1	LDS 507	8
2	SAL 499	7
3	KIN 491	6
4	EDI 473	5
5	GHD 458.5	4
6	LVL 424	3
7	TRF 300.5	2
8	NWA 16	1

Athlete of the Match

Andrew Burgess Sale LJ 6.89m & Eilish McColgan Kingdom 1500S/C 5.11.96 LR

Note(s)

GHD Includes + 35pts,
KIN Includes + 35pts,
LDS Includes + 35pts,
LVL Includes - 5pts, Includes + 25pts,
NWA Includes + 10pts,
SAL Includes + 35pts,
EDI Includes + 35pts,
TRF Includes + 35pts,

Competition: NJL Northern Premier Div Round:4 GUEST EVENTS

100m men

1	A.Timms	LDS	11.18
2	Anthony McCreery	SAL	11.46
3	Dale Carver	KIN	11.53
4	Ian Hendry U17	KIN	11.54
5	Connor Hill	KIN	11.58
6	Craig Knowles U17	EDI	11.76
7	Craig Skiffington 17	KIN	11.85
8	Rob Cleat	EDI	11.96

200m men

1	Ian Hendry U17	KIN	23.87
2	Craig Skiffington 17	KIN	24.49

800m men

1	Michael Donnelly	GHD	2.04.43
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Discus men

1	Theo Trumpet	SAL	38.08
2	James Wright	SAL	32.46

LJ men

1	Laurence Fitch	SAL	6.53
2	James Davies	SAL	4.72

100m women

1	Maria Thomas	KIN	13.11
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800m women

1	Laura Dunn	EDI	2.24.42
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HJ women

1	Emma Nuttall U17	EDI	1.60
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TJ women

1	Sarah Warnock U17	EDI	9.98
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Shot women

1	Laura Riganti U17	EDI	8.30
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Venue: Grangemouth, Sun 29 July 2007

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 100m	A	7	11	4	5	0	6	8	9	50	3	53									
	B	3	7	9	4	0	5	6	2	36	1	37									
	Cumulative	10	18	13	9	0	11	14	11	86	4	90									

M 200m	A	8	9	6	4	0	5	11	7	50	3	53									
	B	4	9	5	3	0	7	6	2	36	1	37									
	Cumulative	22	36	24	16	0	23	31	20	172	8	180									

M 400m	A	5	9	11	6	0	8	7	4	50	3	53									
	B	3	7	5	9	0	4	2	6	36	1	37									
	Cumulative	30	52	40	31	0	35	40	30	258	12	270									

M 800m	A	11	8	9	7	0	4	6	5	50	3	53									
	B	6	3	9	4	0	7	5	2	36	1	37									
	Cumulative	47	63	58	42	0	46	51	37	344	16	360									

M 1500m	A	8	5	9	6	0	4	11	7	50	3	53									
	B	7	3	9	6	0	4	5	0	34	3	37									
	Cumulative	62	71	76	54	0	54	67	44	428	22	450									

M 3000m	A	4	5	11	7	0	6	9	8	50	3	53									
	B	0	6	9	0	0	7	0	0	22	15	37									
	Cumulative	66	82	96	61	0	67	76	52	500	40	540									

M 110mH	A	8	6	11	7	0	9	0	0	41	12	53									
	B	6	4	9	5	0	7	0	0	31	6	37									
	Cumulative	80	92	116	73	0	83	76	52	572	58	630									

M 400mH	A	11	5	9	7	0	6	8	0	46	7	53									
	B	9	3	6	7	0	4	5	0	34	3	37									
	Cumulative	100	100	131	87	0	93	89	52	652	68	720									

M 2000SC	A	0	7	11	8	0	9	6	0	41	12	53									
	B	0	0	9	0	0	7	0	0	16	21	37									
	Cumulative	100	107	151	95	0	109	95	52	709	101	810									

M DT	A	7	8	9	6	0	11	5	4	50	3	53									
	B	4	9	7	5	0	6	3	0	34	3	37									
	Cumulative	111	124	167	106	0	126	103	56	793	107	900									

M HT	A	5	8	6	7	0	11	9	4	50	3	53									
	B	5	9	4	6	0	0	7	0	31	6	37									
	Cumulative	121	141	177	119	0	137	119	60	874	116	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	6.5	5	11	8	0	9	4	6.5	50	3	53
	B	6	5	9	4	0	7	3	0	34	3	37
Cumulative		133.5	151	197	131	0	153	126	66.5	958	122	1080

M JT	A	5	9	11	8	0	7	6	4	50	3	53
	B	5	0	9	6	0	7	4	0	31	6	37
Cumulative		143.5	160	217	145	0	167	136	70.5	1039	131	1170

M LJ	A	7	6	11	5	0	9	4	8	50	3	53
	B	6	4	9	0	0	7	5	3	34	3	37
Cumulative		156.5	170	237	150	0	183	145	81.5	1123	137	1260

M PV	A	9	7	0	11	0	8	6	0	41	12	53
	B	6	0	0	9	0	0	7	0	22	15	37
Cumulative		171.5	177	237	170	0	191	158	81.5	1186	164	1350

M SP	A	6	8	9	5	0	11	7	4	50	3	53
	B	4	9	7	3	0	5	6	2	36	1	37
Cumulative		181.5	194	253	178	0	207	171	87.5	1272	168	1440

M TJ	A	7	5	9	6	0	8	4	11	50	3	53
	B	7	2	6	4	0	9	3	5	36	1	37
Cumulative		195.5	201	268	188	0	224	178	103.5	1358	172	1530

W 100m	A	8	5	6	9	0	11	7	4	50	3	53
	B	6	4	5	7	0	9	3	2	36	1	37
Cumulative		209.5	210	279	204	0	244	188	109.5	1444	176	1620

W 200m	A	6	4	5	9	0	11	8	7	50	3	53
	B	4	6	3	2	0	9	5	7	36	1	37
Cumulative		219.5	220	287	215	0	264	201	123.5	1530	180	1710

W 400m	A	7	8	5	11	6	3	9	4	53	0	53
	B	6	5	4	2	0	3	9	7	36	1	37
Cumulative		232.5	233	296	228	6	270	219	134.5	1619	181	1800

W 800m	A	5	9	6	4	0	7	11	8	50	3	53
	B	5	6	3	4	0	9	7	2	36	1	37
Cumulative		242.5	248	305	236	6	286	237	144.5	1705	185	1890

W 1500m	A	4	11	8	7	0	5	6	9	50	3	53
	B	5	6	9	4	0	7	0	0	31	6	37
Cumulative		251.5	265	322	247	6	298	243	153.5	1786	194	1980

W 3000m	A	11	6	8	7	0	9	5	0	46	7	53
	B	5	6	0	7	0	9	0	0	27	10	37
Cumulative		267.5	277	330	261	6	316	248	153.5	1859	211	2070

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	

W 100mH	A	9	8	5	11	0	4	6	7	50	3	53
	B	4	7	5	9	0	0	6	0	31	6	37
Cumulative		280.5	292	340	281	6	320	260	160.5	1940	220	2160

W 400mH	A	7	8	11	0	0	6	9	0	41	12	53
	B	9	5	6	0	0	4	7	0	31	6	37
Cumulative		296.5	305	357	281	6	330	276	160.5	2012	238	2250

W 1500SC	A	0	11	6	7	0	9	8	5	46	7	53
	B	0	7	3	6	0	9	5	4	34	3	37
Cumulative		296.5	323	366	294	6	348	289	169.5	2092	248	2340

W DT	A	7	4	11	5	0	9	6	8	50	3	53
	B	7	6	5	9	0	2	4	3	36	1	37
Cumulative		310.5	333	382	308	6	359	299	180.5	2178	252	2430

W HT	A	9	7	6	8	0	11	4	5	50	3	53
	B	7	5	2	9	0	3	6	4	36	1	37
Cumulative		326.5	345	390	325	6	373	309	189.5	2264	256	2520

W HJ	A	9	6	4	7	0	5	11	8	50	3	53
	B	3	6	0	7	0	4	9	5	34	3	37
Cumulative		338.5	357	394	339	6	382	329	202.5	2348	262	2610

W JT	A	5	11	4	6	0	7	8	9	50	3	53
	B	4	6	3	5	0	2	7	9	36	1	37
Cumulative		347.5	374	401	350	6	391	344	220.5	2434	266	2700

W LJ	A	4	5	6	8	0	11	7	9	50	3	53
	B	3	5	6	4	0	7	9	2	36	1	37
Cumulative		354.5	384	413	362	6	409	360	231.5	2520	270	2790

W PV	A	8	7	0	0	0	11	9	0	35	18	53
	B	9	0	0	0	0	0	7	0	16	21	37
Cumulative		371.5	391	413	362	6	420	376	231.5	2571	309	2880

W SP	A	7	8	9	6	0	5	4	11	50	3	53
	B	6	9	4	3	0	7	5	2	36	1	37
Cumulative		384.5	408	426	371	6	432	385	244.5	2657	313	2970

W TJ	A	5	6	8	4	0	9	11	7	50	3	53
	B	4	7	6	3	0	0	9	5	34	3	37
Cumulative		393.5	421	440	378	6	441	405	256.5	2741	319	3060

W 4x1		9	7	6	5	0	11	8	0	46	7	53
Cumulative		402.5	428	446	383	6	452	413	256.5	2787	326	3113

W 4x4		9	8	6	7	0	0	11	5	46	7	53
Cumulative		411.5	436	452	390	6	452	424	261.5	2833	333	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      |    5|   11|    9|    8|    0|    7|    6|    4| 50| 3| 53|
|Cumulative|416.5| 447| 461| 398|    6| 459| 430|265.5|2883| 336|3219|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 4x4      |    7|    9|   11|    6|    0|    5|    8|    0| 46| 7| 53|
|Cumulative|423.5| 456| 472| 404|    6| 464| 438|265.5|2929| 343|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+
|      Add|   35|   35|   35|   25|   10|   35|   35|   35|  0|  0|  0|
| subtract|    0|    0|    0|   -5|    0|    0|    0|    0|  0|  0|  0|
|Cumulative|458.5| 491| 507| 424|   16| 499| 473|300.5|2929| 343|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+
|      TOTALS|458.5| 491| 507| 424|   16| 499| 473|300.5|2929| 343|3272|
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Pos	Club	Points	Add	Sub	Total
1	Leeds City AC	472	35	0	507
2	Sale Harriers (Manchester)	464	35	0	499
3	Kingdom Athletics	456	35	0	491
4	Team Edinburgh	438	35	0	473
5	Gateshead Harriers & AC	423.5	35	0	458.5
6	Liverpool Harriers & AC	404	25	-5	424
7	Trafford AC	265.5	35	0	300.5
8	North Wales	6	10	0	16

Used + add - sub = total	2929	245	-5	3169
Unused points	343			343
(Used+unused)+add-sub=total	3272	245	-5	3512

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

Men	Event	Women	Event
1 Leeds City AC	288	1 Team Edinburgh	246
2 Sale Harriers (Manchester)	236	2 Kingdom Athletics	235
3 Kingdom Athletics	221	3 Sale Harriers (Manchester)	228
4 Gateshead Harriers & AC	207.5	4 Gateshead Harriers & AC	216
5 Liverpool Harriers & AC	202	5 Liverpool Harriers & AC	202
6 Team Edinburgh	192	6 Leeds City AC	184
7 Trafford AC	107.5	7 Trafford AC	158
8 North Wales	0	8 North Wales	6

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