

M 100m

1 Neil Stevens	SKP 11.6
2 Daniel Smith	NWK 11.7
3 Ben Adams	DNC 12.1
4 Junior Goerge	HFH 12.3
5 Richard Martin	SPN 12.7

M 200m

1 Josh Cayenne	SPN 23.0
2 Steven Callister	SKP 23.9
3 Ben Adams	DNC 24.2
4 Daniel Smith	NWK 24.5
5 William McFadzean	HFH 27.1

M 400m

1 Josh Cayenne	SPN 50.8
2 Matt Green	DNC 51.4
3 Marc Mullen Brown	SKP 52.5
4 Oliver Scrimshaw	HFH 55.6
5 Joe Smith	NWK 57.5

M 800m

1 Mark Buckingham	HFH 1.54.9
2 Jon Walsh	SKP 2.03.0
3 Nicky Brompton	NWK 2.05.4
4 Alan Jepson	DNC 2.06.4
5 Paul Sutcliffe	SPN 2.08.4
6 Steve Wilcox	BDA 2.56.8

M 1500m

1 Mark Buckingham	HFH 3.59.5
2 Bashir Hussain	SKP 4.14.3
3 Jake Rowlands	SPN 4.23.5
4 Alan Jepson	DNC 4.38.0
5 Peter Beaumont	NWK 5.06.0
6 Steve Wilcox	BDA 6.27.8

M 5000m

1 Mathew Pierson	HFH 15.21.5
2 Bashir Hussain	SKP 15.44.6
3 Tom Byrne	SPN 16.31.3
4 Matt Culliland	DNC 18.15.0
5 Ian McCuaig	NWK 20.46.3

M 10,000m

1 Dave Watson	HFH 32.13.4
2 Matt Culliland	DNC 35.39.5
3 Anthony Bradford	SPN 35.40.3
4 Jamie Loxam	SKP 36.03.7
5 Neal Page	BDA 39.52.2
6 Ian McCuaig	NWK 42.36.6

M 110mH

1 Richard Walsh	HFH 17.1
2 Mike Atkin	DNC 19.4
3 Neal Page	BDA 21.0
4 Neil Bass	NWK 22.4

M 400mH

1 Richard Walsh	HFH 59.2
2 Brendon Sykes	SPN 60.6
3 Mike Atkin	DNC 62.9
4 Neil Bass	NWK 74.80

M 3000m SC

1 Richard Smith	HFH 11.01.7
2 Keith McGhie	SPN 11.13.9
3 Jeremy Bailey	DNC 12.22.0
4 Steve Wilcox	BDA 16.25.1

M Discus Throw

1 Darran Askew	DNC 36.67
2 Graham Bickerdyke	SPN 32.69
3 Marcus Banks	HFH 32.42
4 Simon Langley	NWK 28.17
5 Graham Marsland	SKP 16.76
6 Chris Hainsworth	BDA 15.21

M Hammer Throw

1 Richard Martin	SPN 43.47
2 Andrew Storr	HFH 24.40
3 Simon Langley	NWK 23.60
4 Dave Long	DNC 23.35
5 Chris Hainsworth	BDA 22.96
6 Graham Marsland	SKP 13.34

M High Jump

1 Oliver Scrimshaw	HFH 1.65
2 Neil Stevens	SKP 1.65
3 Matt Green	DNC 1.60
4 Chris Taylor	SPN 1.60
5 Tom Beaumont	NWK 1.55
6 Mark King	BDA 1.40

M Javelin Throw

1 Graham Bickerdyke	SPN 46.38
2 Tom Beaumont	NWK 37.37
3 Darran Askew	DNC 35.25
4 Neal Page	BDA 33.10
5 Andrew Storr	HFH 21.57
6 Graham Marsland	SKP 18.79

M Long Jump

1 Tom Beaumont	NWK	6.29
2 Graham Bickerdyke	SPN	6.03
3 Junior Goerge	HFH	5.72
4 Neil Stevens	SKP	5.70
5 Dave Long	DNC	5.45
6 Chris Hainsworth	BDA	3.51

M Pole Vault

1 Graham Bickerdyke	SPN	3.50
2 Mark King	BDA	2.80
3 Darran Askew	DNC	2.80

M Shot Putt

1 Graham Bickerdyke	SPN	11.50
2 Marcus Banks	HFH	11.45
3 Darran Askew	DNC	11.21
4 Simon Langley	NWK	8.29
5 Chris Hainsworth	BDA	8.18
6 Graham Marsland	SKP	5.76

M Triple Jump

1 Simon Langley	NWK	12.79
2 Junior Goerge	HFH	11.92
3 Mike Atkin	DNC	11.03
4 Steven Callister	SKP	10.60
5 Richard Martin	SPN	9.64

W 100m

1 Katie Deutsch	SKP	13.1
2 Lauren Storr	HFH	13.3
3 Abbie Stringer	SPN	13.9
4 Hannah McLatchie	DNC	14.0
5 Samantha Sprigett	NWK	14.0

W 200m

1 Kelly Blackman	SKP	26.4
2 Jade Stephenson	SPN	27.2
3 Deon Hunt	HFH	28.3
4 Hannah McLatchie	DNC	29.0
5 Holly Ward	NWK	35.1

W 400m

1 Sara Simmons	HFH	58.5
2 Vicki Robinson	SKP	60.5
3 Becky Holdsworth	DNC	60.5
4 Amy Sharrad	SPN	62.2
5 Pam Duttton	NWK	69.1

W 800m

1 Claire McMurdoch	SKP	2.23.0
2 Sara Simmons	HFH	2.29.3
3 Emma Rawnsley	SPN	2.32.1
4 Lisa Revittt	DNC	2.51.1
5 Holly Ward	NWK	3.01.7

W 1500m

1 Carla Stansfield	SKP	5.05.4
2 Becky Rowlands	SPN	5.13.2
3 Sarah Nissim	NWK	5.42.0
4 Zoe Storr	HFH	5.49.7
5 Emma Thompson	DNC	6.19.9

W 3000m

1 Claire Leaver	HFH	10.43.8
2 Rachel McCuaig	NWK	11.40.1
3 Sarah Kay	SKP	11.48.2
4 Hazel Pike	SPN	14.28.0

W 100mH

1 Amy Fendley	NWK	15.8
2 Lauren Storr	HFH	16.0
3 Nicola Barratt	SKP	16.5
4 Becky Holdsworth	DNC	16.9

W 400mH

1 Becky Holdsworth	DNC	66.1
2 Amy Fendley	NWK	71.0
3 Carla Stansfield	SKP	72.40
4 Emma Szostak	HFH	76.3
5 Abbie Stringer	SPN	83.70

W Discus Throw

1 Jenny Ibbitson	SPN	31.38
2 Katie Zientek	HFH	23.36
3 Hayley Dugan	SKP	22.06
4 Debbie Wilson	DNC	16.23
5 Trish Hill	NWK	13.80

W Hammer Throw

1 Jenny Ibbitson	SPN	35.50
2 Debbie Wilson	DNC	17.94
3 Trish Hill	NWK	17.76
4 Marie Kay	SKP	13.97
5 Lynda Pearson	HFH	12.43

W High Jump

1	Charlie Hesketh	SKP	1.50
2	Lisa Revitt	DNC	1.45
3	Ann Kitchen	NWK	1.40
4	Jenny Ibbitson	SPN	1.20
5	Jessica Sunderland	HFH	1.10

W Javelin Throw

1	Amy Fendley	NWK	28.96
2	Katie Zientek	HFH	25.60
3	Dawn Fensom	SPN	23.49
4	Marie Kay	SKP	14.33
5	Debbie Wilson	DNC	13.39

W Long Jump

1	Amy Fendley	NWK	5.43
2	Charlie Hesketh	SKP	5.16
3	Deon Hunt	HFH	4.51
4	Lisa Revitt	DNC	3.94
5	Becky Rowlands	SPN	3.75

W Pole Vault

1	Jenny Ibbitson	SPN	2.90
2	Pam Duttton	NWK	2.20

W Shot Putt

1	Hayley Dugan	SKP	9.76
2	Jenny Ibbitson	SPN	9.19
3	Amy Fendley	NWK	8.44
4	Katie Zientek	HFH	7.19
5	Debbie Wilson	DNC	6.98

W Triple Jump

1	Laura Watts	DNC	10.28
2	Nicola Barratt	SKP	9.83
3	Jessica Sunderland	HFH	9.73
4	Pam Duttton	NWK	9.00
5	Jenny Ibbitson	SPN	8.19

W 4x100m Relay

1	SKP	52.7	1	Nicola Barratt	2	Charlie Hesketh
			3	Kelly Blackman	4	Katie Deutsch
2	DNC	54.2	1	Lisa Revitt	2	Becky Holdsworth
			3	Hannah McLatchie	4	Laura Watts
3	SPN	54.7	1	Abbie Stringer	2	Jade Stephenson
			3	Amy Sharrad	4	Emma Rawnsley
4	HFH	55.9	1	Sarah Griffiths	2	Emma Szostak
			3	Jessica Sunderland	4	Deon Hunt
5	NWK	56.6	1	Kate Else	2	Amy Fendley
			3	Pam Duttton	4	Samantha Sprigett

W 4x400m Relay

1	SKP	4.09.8	1	Vicki Robinson	2	Carla Stansfield
			3	Leah Kay	4	Claire McMurdoch
2	SPN	4.18.0	1	Becky Rowlands	2	Emma Rawnsley
			3	Jade Stephenson	4	Amy Sharrad
3	HFH	4.24.8	1	Emma Szostak	2	Sara Simmons
			3	Deon Hunt	4	Zoe Storr
4	DNC	4.38.1	1	Becky Holdsworth	2	Hannah McLatchie
			3	Laura Watts	4	Emma Thompson
5	NWK	4.58.1	1	Sarah Nissim	2	Amy Fendley
			3	Pam Duttton	4	Holly Ward

M 4x100m Relay

1 SPN 46.5	1 Craig Yates	2 Josh Cayenne
	3 Richard Martin	4 Graham Bickerdyke
2 SKP 47.1	1 Neil Stevens	2 Steven Callister
	3 Marc Mullen Brown	4 Jon Walsh
3 NWK 49.3	1 Tom Beaumont	2 Daniel Smith
	3 Pete Beaumont	4 Simon Langley
4 HFH 51.7	1 Blaine Lindor	2 Junior George
	3 Oliver Scrimshaw	4 William McFadzean
5 DNC 52.0	1 Dave Long	2 Darran Askew
	3 Mike Atkin	4 Alan Jepson

M 4x400m Relay

1 SPN 3.35.5	1 Craig Yates	2 Brendon Sykes
	3 Jake Rowlands	4 Josh Cayenne
2 HFH 3.42.6	1 Mark Buckingham	2 Mathew Pierson
	3 William McFadzean	4 Oliver Scrimshaw
3 DNC 3.44.0	1 Ben Adams	2 Mike Atkin
	3 Matt Culliland	4 Matt Green
4 SKP 3.45.6	1 Steven Callister	2 Marc Mullen Brown
	3 Jon Walsh	4 Neil Stevens
5 NWK 3.56.0	1 Pete Beaumont	2 Daniel Smith
	3 Nicky Brompton	4 Neil Bass

	Points	1st	2nd	3rd	4th	5th	6th
1=Holmfirth Harriers	178	10	9	6	7	4	0
1=Spennorth & District AC	178	11	8	7	4	6	0
3 Stockport Harriers & A.C.	157	9	9	5	6	1	3
4 Doncaster	155	3	6	11	11	5	0
5 Newark A.C.	141	5	5	7	6	12	1
6 Bradford Airedale	36	0	1	1	2	3	5

Note(s)

BDA Includes + 10pts,
DNC Includes + 20pts,
SKP Includes + 15pts,
HFH Includes + 20pts,
NWK Includes + 15pts,
SPN Includes + 20pts,