

M 100m A

1 Jordan Toth	U20	HFH	11.2
2 Bruce Pilkington		BUH	11.4
3 Harrison Foster		BNG	11.4
4 Dalitso Gumbo	U20	LMK	11.8
5 Steve McNamara		SPN	11.9
6 Jack Stringfellow	U17	RSD	13.0

M 100m B

1 Demetric Nelson	U17	BNG	11.3
2 James Eccles	U20	BUH	11.5
3 Matthew Burns	U20	LMK	12.8
4 Russell Balmforth		HFH	13.3
5 David Lawson		SPN	13.9
6 Sam Walsh	U20	RSD	15.8

M 200m A

1 Demetric Nelson	U17	BNG	22.8
2 Josh Cayenne		SPN	22.9
3 Jordan Toth	U20	HFH	22.9
4 Bruce Pilkington		BUH	23.9
5 Dalitso Gumbo	U20	LMK	25.8
6 Jack Stringfellow	U17	RSD	26.7

M 200m B

1 Junior George	U20	HFH	23.1
2 Scott Atkinson	U17	SPN	23.3
3 Harrison Foster		BNG	23.3
4 James Eccles	U20	BUH	23.3
5 Matthew Burns	U20	LMK	25.9
6 Sam Walsh	U20	RSD	32.8

M 400m A

1 Junior George	U20	HFH	50.3
2 Steve McNamara		SPN	51.1
3 James Eccles	U20	BUH	51.2
4 Joe Moores	U17	RSD	53.5
5 Matthew Walker		BNG	54.0
6 Luke Ingham	U17	LMK	54.5

M 400m B

1 Joe Kelly	U20	RSD	51.6
2 Ali Magdi	U20	HFH	51.7
3 Bruce Pilkington		BUH	52.9
4 Ryan Dransfield	U20	SPN	53.6
5 Matthew Burns	U20	LMK	54.5
6 Danny Lyness	U20	BNG	57.4

M 800m A

1 Mark Buckingham		HFH	1.57.5
2 Joe Moores	U17	RSD	1.58.0
3 Marc Tillotson		BUH	1.58.1
4 Luke Ingham	U17	LMK	1.58.8
5 Keith McGhie		SPN	2.10.1
6 Alan Brewer		BNG	2.26.4

M 800m B

1 Joe Kelly	U20	RSD	1.57.9
2 Max Kaye	U17	HFH	1.58.8
3 Kieran Alderson	U20	LMK	2.08.5
4 Simon Bolland	U17	SPN	2.10.1
5 Sam Gough		BUH	2.15.2
6 Stewart Macdonald		BNG	2.33.3

M 1500m A

1 Mark Buckingham		HFH	3.57.8
2 Narc Tillotson		BUH	4.03.9
3 Ben Marriot	U20	BNG	4.05.5
4 Ashley Kay	U20	RSD	4.08.9
5 Michael Hoyle	U17	LMK	4.21.7
6 Joshua Woodcock-Shaw	U17	SPN	4.24.0

M 1500m B

1 Frazer Jardine		BUH	4.13.7
2 Thomas Traviss-Pollard	U17	HFH	4.16.8
3 Anthony Dalton	U17	RSD	4.26.8
4 Paul Hodgson	U20	LMK	4.29.0
5 Tim Midgley		BNG	4.30.2
6 Christopher Hampson	U17	SPN	4.48.4

M 5000m A

1 Mathew Pearson		HFH	15.31.8
2 Stewart Macdonald		BNG	16.09.9
3 Chris Fell		RSD	16.11.7
4 Mark Gardner		LMK	17.04.4
5 Ian Bowles		BUH	18.00.1
6 Keith McGhie		SPN	18.05.6

M 5000m B

1 Dave Turnball		HFH	15.43.6
2 Joe Johnstone	U20	RSD	16.12.8
3 David Brown	U20	LMK	17.14.9
4 Chris Iddon		BUH	18.55.2
5 Andrew Croughan		SPN	20.30.3

M 110mH A

1 Oliver Robinson		BNG	16.6
2 Tom Hope		BUH	17.0
3 Graham Bickerdike		HFH	17.1
4 Phil Bolton		RSD	20.9
5 Allan Gordon		LMK	23.6

M 110mH B

1 Scott Whittle		BUH	18.7
2 Danny Crosby		BNG	19.9
3 Aaron Barker		RSD	19.9

M 400mH A

1 Oliver Robinson		BNG	53.7
2 Ali Magdi	U20	HFH	57.6
3 Phil Bolton		RSD	63.2
4 Tom Hope		BUH	66.4
5 Paul Hodgson	U20	LMK	69.0

M 400mH B

1 Scott Whittle		BUH	62.3
2 Danny Lyness	U20	BNG	64.7
3 Aaron Barker		RSD	66.1
4 Matt Mitchell		LMK	67.5
5 Mathew Dewhirst		HFH	80.4

M 3000m SC A

1 Alasdair Russell		LMK	6.01
2 Ali Assan		HFH	6.02
3 Ian Bowles		BUH	6.03
4 Phil Bolton		RSD	6.04
5 Lee Athersmith		BNG	6.05

M 3000m SC B

1 Richard Smith		HFH	7.01
2 Mark Swannell		BUH	7.02
3 Allan Gordon		LMK	7.03
4 Jordan Beard	U20	RSD	7.04

M Discus Throw A

1 Graham Bickerdike		HFH	35.76
2 John Nicholson		BUH	33.18
3 Jason Scott		BNG	27.89
4 Mark Gardner		LMK	19.73
5 Toby Aspinde	U17	SPN	16.79
6 Steve Duxbury		RSD	15.08

M Discus Throw B

1 Michael O'Donnell		BUH	25.43
2 Danny Crosby		BNG	24.90
3 Andrew Storr		HFH	18.31
4 Michael Dransfield		SPN	15.96
5 Michael Solomon		RSD	14.91
6 Matt Mitchell		LMK	14.08

M Hammer Throw A

1 Jason Scott		BNG	35.12
2 Graham Bickerdike		HFH	29.42
3 Michael O'Donnell		BUH	27.38
4 Mark Gardner		LMK	19.36
5 Roy Bain		SPN	14.65
6 Michael Solomon		RSD	13.74

M Hammer Throw B

1 Shaun O'Donnell		BUH	21.27
2 John McFadzean		HFH	16.35
3 Matt Mitchell		LMK	10.15
4 Steve Duxbury		RSD	8.85
5 Simon Bolland	U17	SPN	3.81

M High Jump A

1 Didi Nturo	U20	BUH	1.75
2 Graham Bickerdike		HFH	1.70
3 Larry Animashaun		BNG	1.70
4 Dalitso Gumbo	U20	LMK	1.65
5 Toby Aspinde	U17	SPN	1.55
6 Aaron Barker		RSD	1.50

M High Jump B

1 Tom Hope		BUH	1.70
2 Danny Crosby		BNG	1.65
3 Mark Buckingham		HFH	1.50
4 Elliot Wylie	U17	RSD	1.45
5 Keith McGhie		SPN	1.40

M Javelin Throw A

1 Graham Bickerdike		HFH	54.73
2 Michael O'Donnell		BUH	49.95
3 Joe Moores	U17	RSD	41.39
4 Larry Animashaun		BNG	37.01
5 Mark Gardner		LMK	27.30
6 Joshua Woodcock-Shaw	U17	SPN	23.82

M Javelin Throw B

1 John Nicholson		BUH	35.95
2 Steve Duxbury		RSD	24.07
3 Andrew Storr		HFH	23.35
4 Christopher Hampson	U17	SPN	21.43
5 Matt Mitchell		LMK	2.21

M Long Jump A

1 Larry Animashaun		BNG	6.16
2 Dalitso Gumbo	U20	LMK	6.08
3 Chris Sinclair		BUH	5.85
4 Aaron Barker		RSD	5.76
5 Issac Kitchen-Smith	U17	SPN	4.95
6 Thomas Traviss-Pollard	U17	HFH	4.33

M Long Jump B

1 Danny Crosby		BNG	5.94
2 Ian Bowles		BUH	5.48
3 Matthew Burns	U20	LMK	5.17
4 Jordan Beard	U20	RSD	5.11
5 Christopher Hampson	U17	SPN	4.60
6 John McFadzean		HFH	3.45

M Pole Vault A

1	Nicholas Robinson	BNG	3.80
2	Graham Bickerdike	HFH	3.70
3	Michael O'Donnell	BUH	3.30
4	Phil Bolton	RSD	2.70

M Pole Vault B

1	Danny Crosby	BNG	2.60
2	Aaron Barker	RSD	2.40
3	Shaun O'Donnell	BUH	2.10

M Shot Putt A

1	Graham Bickerdike	HFH	12.34
2	John Nicholson	BUH	10.79
3	Jason Scott	BNG	9.62
4	Toby Aspinde	U17 SPN	7.18
5	Mark Gardner	LMK	6.65
6	Steve Duxbury	RSD	6.63

M Shot Putt B

1	Keith Daniel	BNG	9.36
2	Andrew Storr	HFH	8.62
3	Shaun O'Donnell	BUH	7.92
4	Keith McGhie	SPN	6.77
5	Michael Solomon	RSD	6.43
6	Matt Mitchell	LMK	5.40

M Triple Jump A

1	Chris Sinclair	BUH	12.92
2	Aaron Barker	RSD	11.86
3	Danny Crosby	BNG	11.48
4	Steve McNamara	SPN	10.72
5	Mark Gardner	LMK	9.57
6	Thomas Traviss-Pollard	U17 HFH	7.98

M Triple Jump B

1	Tom Hope	BUH	11.95
2	Jason Scott	BNG	10.65
3	Issac Kitchen-Smith	U17 SPN	10.45
4	Jordan Beard	U20 RSD	10.05
5	Allan Gordon	LMK	9.46
6	Mathew Dewhurst	HFH	7.10

W 100m A

1	Lauren Powell	U17 SPN	12.5
2	Kerisha Bogle	U17 BNG	12.6
3	Rebecca O'Keeffe	BUH	13.0
4	Lauren Storr	HFH	13.2
5	Averil McClelland W50	LMK	13.4
6	Chloe Moores	U20 RSD	14.6

W 100m B

1	Katie Eckersley	BUH	13.5
2	Emma Rawnsley	U20 SPN	14.0
3	Emma Ogden	BNG	14.1
4	Jenny Tynan	U20 LMK	14.3
5	Harriet Roberts	HFH	14.4
6	Vikki Hardwicke	RSD	15.0

W 200m A

1	Kerisha Bogle	U17 BNG	25.9
2	Amy Freeman	SPN	25.9
3	Rebecca O'Keeffe	BUH	27.8
4	Averil McClelland W50	LMK	28.1
5	Harriet Roberts	HFH	29.9
6	Chloe Moores	U20 RSD	31.2

W 200m B

1	Jessica Ellis	U17 SPN	26.1
2	Chloe Holden-Wilson	U17 BNG	27.5
3	Katie Eckersley	BUH	28.1
4	Anna Whitwam	U17 HFH	31.4
5	Heather Beatie	LMK	32.6
6	Laura Johnston	RSD	32.9

W 400m A

1	Katie Eckersley	BUH	59.9
2	Rebecca Mardell	U17 LMK	62.7
3	Emma Rawnsley	U20 SPN	62.9
4	Joanne Oates	BNG	63.1
5	Sarah Yeomans	RSD	63.4
6	Harriet Roberts	HFH	65.7

W 400m B

1	Ciara Flannery	U17 SPN	58.9
2	Cat Gallagher	RSD	65.3
3	Zoe Storr	HFH	66.1
4	Hether Beatie	LMK	72.8
5	Louise Stack	BUH	77.4

W 800m A

1	Danielle Pue	LMK	2.23.0
2	Chloe Holden-Wilson	U17 BNG	2.26.4
3	Claire Leaver	HFH	2.27.5
4	Becky Rowlands	U20 SPN	2.32.4
5	Shelley Tatershall	RSD	2.42.5
6	Louise Stack	BUH	3.14.5

W 800m B

1	Lauren Cooper	LMK	2.25.6
2	Emma Flanagan	U20 RSD	2.29.9
3	Emma Rawnsley	U20 SPN	2.31.5
4	Andrea Dennison	BNG	2.49.0
5	Amy Griffiths	HFH	3.08.7

W 1500m A

1 Jenny Walsh	U20 SPN	4.41.7
2 Carly Robertson	U20 BNG	4.47.6
3 Sarah Hodgson	U17 LMK	4.57.6
4 Claire Leaver	HFH	4.58.3
5 Emma Flanagan	U20 RSD	5.05.9
6 Katie Smith	BUH	5.07.1

W 1500m B

1 Lauren Cooper	LMK	5.19.8
2 Jenna Killock	U17 BNG	5.22.6
3 Mollie Flannery	U17 SPN	5.24.3
4 Nicola Brown	HFH	5.35.9
5 Vikki Hardwicke	RSD	5.38.5

W 3000m A

1 Katie Walshaw	HFH	10.26.7
2 Katie Smith	BUH	10.49.6
3 Emma Flanagan	U20 RSD	11.15.4
4 Andrea Dennison	BNG	11.26.7
5 Sarah Roberts	U17 SPN	12.36.7
6 Laura Morris	LMK	12.52.4

W 3000m B

1 Dawn Broom	HFH	11.52.8
2 Davina Raidy	RSD	12.22.6
3 Sarah Callaghan	BNG	12.54.1
4 Amanda Pearson	SPN	17.12.4

W 100mH A

1 Lauren Storr	HFH	15.6
2 Emma Ogden	BNG	19.5
3 Sarah Yeomans	RSD	20.0

W 100mH B

1 Emma Szostak	U20 HFH	19.3
2 Heather Corbishley	RSD	19.6
3 Phillipa Medley	U20 BNG	20.5

W 400mH A

1 Olivia McGreavy	BUH	67.3
2 Heather Corbishley	RSD	70.0
3 Jo Bullock	U20 BNG	70.3
4 Lauren Storr	HFH	72.1

W 400mH B

1 Emma Szostak	U20 HFH	72.8
2 Phillipa Medley	U20 BNG	84.1
3 Laura Johnston	RSD	88.3
4 Ilse Hemming	BUH	99.2

W Discus Throw A

1 Amy Howard	BNG	33.71
2 Jennifer Ibbitson	HFH	28.74
3 Becky Garnett	U17 LMK	21.69
4 Mollie Flannery	U17 SPN	20.32
5 Olivia McGreavy	BUH	16.86
6 Heather Corbishley	RSD	16.35

W Discus Throw B

1 Katie Zientek	HFH	24.19
2 Lorraine Brown	BNG	22.04
3 Allysia Hine	U17 LMK	17.61
4 Rebecca O'Keefe	BUH	15.02
5 Sheila Bolland	SPN	14.01
6 Davina Raidy	RSD	12.21

W Hammer Throw A

1 Amy Howard	BNG	44.68
2 Louise Kay	BUH	34.28
3 Jennifer Ibbitson	HFH	34.23
4 Chelsea Mitchell	U17 SPN	26.00
5 Heather Corbishley	RSD	19.06

W Hammer Throw B

1 Joanne Oates	BNG	20.37
2 Katie Zientek	HFH	19.60
3 Sheila Bolland	SPN	18.87
4 Cat Gallagher	RSD	15.39
5 Katie Eckersley	BUH	8.10

W High Jump A

1 Wendy Laing		LMK	1.50
2 Phillipa Medley	U20	BNG	1.50
3 Sarah Roberts	U17	SPN	1.40
4 Saffron Mackie	U20	BUH	1.25
5=Sarah Yeomans		RSD	1.20
5=Jennifer Ibbitson		HFH	1.20

W High Jump B

1 Emma Ogden		BNG	1.30
2 Emma Rawnsley	U20	SPN	1.30
3=Chloe Moores	U20	RSD	1.20
3=Ilse Hemming		BUH	1.20
5 Amy Griffiths		HFH	1.20

W Javelin Throw A

1 Sarah Roberts	U17	SPN	36.30
2 Katie Zientek		HFH	28.51
3 Wendy Laing		LMK	25.76
4 Amy Howard		BNG	23.27
5 Ilse Hemming		BUH	18.83
6 Chloe Moores	U20	RSD	17.84

W Javelin Throw B

1 Jennifer Ibbitson		HFH	23.08
2 Chelsea Mitchell	U17	SPN	22.32
3 Joanne Oates		BNG	20.97
4 Heather Corbishley		RSD	14.47
5 Hannah Scholes		BUH	6.55

W Long Jump A

1 Jo Bullock	U20	BNG	4.96
2 Jessica Ellis	U17	SPN	4.73
3 Becky Garnett	U17	LMK	4.52
4 Chloe Clarkson	U17	BUH	4.30
5 Vikki Hardwicke		RSD	4.02
6 Anna Whitwam	U17	HFH	3.95

W Long Jump B

1 Saffron Mackie	U20	BUH	4.13
2 Emma Ogden		BNG	4.01
3 Allysia Hine	U17	LMK	3.95
4 Katie Zientek		HFH	3.58
5 Davina Raidy		RSD	3.22
6 Sheila Bolland		SPN	2.10

W Pole Vault A

1 Jennifer Ibbitson		HFH	2.10
2 Samantha Boaler		BUH	1.80
3 Sarah Yeomans		RSD	1.80

W Pole Vault B

No competitors

W Shot Putt A

1 Chelsea Mitchell	U17	SPN	11.25
2 Wendy Laing		LMK	9.57
3 Amy Howard		BNG	8.82
4 Jennifer Ibbitson		HFH	8.49
5 Heather Corbishley		RSD	7.69
6 Ilse Hemming		BUH	6.82

W Shot Putt B

1 Joanne Oates		BNG	7.32
2 Katie Zientek		HFH	7.23
3 Mollie Flannery	U17	SPN	6.70
4 Louise Kay		BUH	6.59
5 Laura Johnston		RSD	6.24
6 Allysia Hine	U17	LMK	5.71

W Triple Jump A

1 Jenny Tynan	U20	LMK	10.04
2 Hannah Scholes		BUH	9.66
3 Amy Howard		BNG	9.64
4 Emma Szostak	U20	HFH	8.98
5 Cat Galagher		RSD	8.79

W Triple Jump B

1 Saffron Mackie	U20	BUH	9.40
2 Rebecca Mardell	U17	LMK	8.57
3 Anna Whitwam	U17	HFH	8.52
4 Emma Ogden		BNG	8.19
5 Laura Johnston		RSD	7.12

W 4x100m Relay

1	SPN 50.7	1 Amy Freeman		2 Sarah Roberts	U17
		3 Lauren Powell	U17	4 Jessica Ellis	U17
2	BUH 52.3	1 Rebecca O'Keefe		2 Olivia McGreavy	
		3 Hannah Scholes		4 Katie Eckersley	
3	BNG 52.9	1 Chloe Holden-Wilson	U17	2 Kerisha Bogle	U17
		3 Phillipa Medley	U20	4 Joanne Oates	
4	HFH 54.7	1 Lauren Storr		2 Emma Szostak	U20
		3 Harriet Roberts		4 Anna Whitwam	U17
5	LMK 55.6	1 Becky Garnett	U17	2 Jenny Tynan	U20
		3 Allysia Hine	U17	4 Averil McClelland	W50
6	RSD 60.3	1 Chloe Moores	U20	2 Davina Raidy	
		3 Vikki Hardwicke		4 Laura Johnston	

W 4x400m Relay

1	SPN 4.07.6	1 Amy Freeman		2 Emma Rawnsley	U20
		3 Becky Rowlands	U20	4 Jenny Walsh	U20
2	BNG 4.17.3	1 Chloe Holden-Wilson	U17	2 Kerisha Bogle	U17
		3 Carly Robertson	U20	4 Joanne Oates	
3	RSD 4.24.6	1 Sarah Yeomans		2 Emma Flanagan	U20
		3 Cat Galagher		4 Heather Corbishley	
4	HFH 4.24.9	1 Lauren Storr		2 Harriet Roberts	
		3 Katie Walshaw		4 Emma Szostak	U20
5	LMK 4.37.2	1 Lauren Cooper		2 Hether Beatie	
		3 Sarah Hodgson	U17	4 Rebecca Mardell	U17
6	BUH 4.58.4	1 Rebecca O'Keefe		2 Olivia McGreavy	
		3 Katie Eckersley		4 Katie Smith	

M 4x100m Relay

1	BNG 44.6	1 Harrison Foster		2 Oliver Robinson	
		3 Larry Animashaun		4 Demetric Nelson	U17
2	BUH 45.8	1 Frazer Jardine		2 James Eccles	U20
		3 Chris Sinclair		4 Bruce Pilkington	
3	SPN 47.4	1 Steve McNamara		2 Issac Kitchen-Smith	U17
		3 Christopher Hampson	U17	4 Scott Atkinson	U17
4	HFH 48.6	1 Jordan Toth	U20	2 Junior George	U20
		3 Ali Assan		4 Russell Balmforth	
5	LMK 49.0	1 Dalitso Gumbo	U20	2 Matt Mitchell	
		3 Mark Gardner		4 Matthew Burns	U20
6	RSD 51.8	1 Jack Stringfellow	U17	2 Phil Bolton	
		3 Jordan Beard	U20	4 Aaron Barker	

M 4x400m Relay

1 RSD 3.33.4	1 Joe Moores	U17	2 Ashley Kay	U20
	3 Joe Kelly	U20	4 Aaron Barker	
2 BUH 3.35.2	1 Frazer Jardine		2 Sam Gough	
	3 James Eccles	U20	4 Bruce Pilkington	
3 SPN 3.35.2	1 Steve McNamara		2 Ryan Dransfield	U20
	3 Simon Bolland	U17	4 Josh Cayenne	
4 BNG 3.39.5	1 Matthew Walker		2 Danny Lyness	U20
	3 Ben Marriot	U20	4 Oliver Robinson	
5 LMK 3.43.2	1 Alasdair Russell		2 Michael Hoyle	U17
	3 Allan Gordon		4 David Brown	U20

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS			
Event	Lge	Event	Lge	Event	Lge	Event	Lge
1 BNG 388	6	1 BNG 403	6	1 Bingley Harriers & AC		791	12
2 HFH 379	5	2 HFH 394.5	5	2 Holmfirth Harriers AC		773.5	10
3 BUH 365	4	3 BUH 383.5	4	3 Bolton United Harriers		748.5	8
4 SPN 285	3	4 SPN 284	3	4 Spenborough & District AC		569	6
5 LMK 249	2	5 RSD 280	2	5 Lancaster M'cambe Kendal		515	3
6 RSD 218	1	6 LMK 266	1	6 Rossendale Harriers		498	3

General Comment: No competitors W Pole Vault B,
S/Chase times invalid, no water jump, points only.

Note(s)

BNG Includes + 30pts,
BUH Includes + 30pts,
HFH Includes + 30pts,
LMK Includes + 20pts,
RSD Includes - 16pts, Includes + 20pts, Overuse of athlete points deducted
SPN Includes + 30pts,