

M 100m A

1 Christian Carson	U20 GHD	11.9
2 Adam Thompson	U20 LVP	12.0
3 Thomas Dunham	U20 KUH	12.1
4 Ewan McKnight	U20 WKF	12.4
5 Steve Jones	U20 WCH	13.2

M 100m B

1 Stuart Dolman	U20 LVP	11.7
2 Andrew Sturrock	GHD	11.8
3 Bradley Ryan	U17 KUH	12.0
4 Ben Mitchell	WKF	12.4
5 David Donkin	WCH	12.6

M 200m A

1 Christian Carson	U20 GHD	22.6
2 Adam Thompson	U20 LVP	23.1
3 Thomas Dunham	U20 KUH	23.3
4 Will Rotherforth	U17 WKF	23.5
5 Steve Jones	U20 WCH	25.7

M 200m B

1 Stuart Dolman	U20 LVP	23.2
2 Matt Sherring	U17 WKF	24.2
3 James Richardson	KUH	24.7
4 Chris Hunter	GHD	26.5
5 Alan Littler	WCH	27.6

M 400m A

1 Alistair Robinson	WKF	49.8
2 Danny Higham	LVP	50.0
3 Greg Urwin	U20 GHD	50.2
4 Daniel Holiday	KUH	52.2
5 David Donkin	U20 WCH	54.6

M 400m B

1 Feleke-Degela Murgebo	GHD	51.4
2 Jessie Roberts	U20 LVP	51.6
3 William Adams	U17 KUH	51.7
4 Gareth Hepworth	WKF	55.4
5 Sam Rimmer	U20 WCH	56.9

M 800m A

1 Jack Hallas	U20 WKF	1.52.4
2 Marc Elliott	GHD	1.53.5
3 James Lamswood	U17 KUH	1.54.4
4 Paul Milburn	LVP	2.22.1
5 Matthew Kenny	WCH	2.34.1

M 800m B

1 Matt Oconner	U17 WKF	1.58.5
2 Adam Oxley	U17 KUH	2.04.7
3 Chris Burrows	GHD	2.12.3

M 1500m A

1 Howard Thompson	U20 KUH	4.07.3
2 James Saxton	U17 WKF	4.11.5
3 Marc Elliott	GHD	4.40.0
4 Sammy Rashid	LVP	4.46.5
5 Michael Bailiff	U17 WCH	4.51.4

M 1500m B

1 Kristopher Lecher	KUH	4.13.6
2 Matt Oconner	U17 WKF	4.28.5
3 Paul Milburn	LVP	4.53.2

M 5000m A

1 James Glibert	KUH	15.52.7
2 Chris Price	WKF	16.25.7
3 Robert Tudor	WCH	16.29.4
4 Sammy Rashid	LVP	16.52.9
5 Steve Medd	GHD	18.26.4

M 5000m B

1 Philip Taylor	KUH	16.02.2
2 Paul Hallas	WKF	17.06.2
3 Andrew Clague	WCH	17.15.7
4 Greg Callaghan	LVP	17.29.6

M 110mH A

1 Andrew Sturrock	GHD	15.4
2 George Pickering	U20 KUH	18.0
3 Tom Booth	U20 WCH	19.1
4 Will Mulroy	U20 WKF	22.5

M 110mH B

1 Chris Hunter	GHD	17.2
2 Jon Mattos	KUH	18.2
3 Dave McKay	WCH	18.6
4 Richard Gayle	WKF	21.3

M 400mH A

1 Feleke-Degela Murgebo	GHD	55.7
2 Daniel Holiday	KUH	56.3
3 Tom Booth	U20 WCH	59.0
4 Kieron Thackray	U17 WKF	79.3
5 Paul Jameson	LVP	92.8

M 400mH B

1 Jon Mattos	KUH	60.3
2 Sam Rimmer	WCH	65.3
3 Will Mulroy	U20 WKF	74.7

M 3000m SC A

1 Gegan Clarkson	KUH	10.31.8
2 Andrew Clague	WCH	10.40.5
3 Ryan Hartley	U20 WKF	11.17.8

M 3000m SC B

1 Tom Booth	WCH	12.08.7
2 Keith Jones	WKF	14.16.4

M Discus Throw A

1 Craig Sturrock	GHD	41.01
2 Chiedu Ufodaima	U20 WKF	40.09
3 Peter Smith	KUH	37.10
4 Richard Stocker	WCH	36.02
5 Jessie Roberts	U20 LVP	17.53

M Discus Throw B

1 John Twiddle	KUH	36.89
2 Craig Westerman	U20 WKF	36.66
3 David Bolam	GHD	34.65
4 Dave McKay	WCH	32.85
5 Mark Leicester	LVP	15.98

M Hammer Throw A

1 Peter Smith	KUH	65.54
2 Dave McKay	WCH	46.00
3 Richard Gayle	WKF	43.82
4 Craig Sturrock	GHD	34.68
5 Paul Jameson	LVP	24.60

M Hammer Throw B

1 John Twiddle	KUH	39.22
2 Craig Westerman	U20 WKF	38.76
3 Richard Stocker	WCH	31.68
4 Chris Hunter	GHD	14.24

M High Jump A

1 Ben Holmes	U20 WKF	2.00
2 Michael Bailiff	U17 WCH	1.85
3 Billy Williams	U20 LVP	1.85
4 Chris Hunter	GHD	1.75
5 George Pickering	U20 KUH	1.60

M High Jump B

1 Will Mulroy	U20 WKF	1.85
2 Alan Littler	WCH	1.70
3 Marc Purkis	U20 GHD	1.65
4 Mark Leicester	LVP	1.60
5 Josh Harby	U17 KUH	1.55

M Javelin Throw A

1 Dave McKay	WCH	58.00
2 Andrew Mimmack	U20 KUH	54.97
3 Terry Morgan	U17 GHD	49.21
4 Mark Leicester	LVP	33.07
5 Kieron Thackray	U17 WKF	32.33

M Javelin Throw B

1 Liam Clarke	U17 KUH	44.77
2 Brett Daley	GHD	43.48
3 Andrew Gore	WCH	40.81
4 Gareth Hepworth	WKF	30.41
5 Danny Higham	LVP	19.82

M Long Jump A

1 Andrew Sturrock	GHD	6.33
2 Matthew Elvidge	U17 KUH	6.12
3 Chris Harris	U20 WKF	5.97
4 Mark Leicester	LVP	5.87
5 Dave McKay	WCH	5.43

M Long Jump B

1 Chris Hunter	GHD	6.25
2 Will Rotherforth	U17 WKF	5.93
3 Steven Richardson	U20 KUH	5.56
4 Steve Jones	U20 WCH	5.36
5 Andrew Williams	U20 LVP	5.06

M Pole Vault A

1 Liam Holiday	KUH	3.60
2 Grant Cryer	U20 GHD	3.30
3 Andrew Gore	WCH	3.10
4 Matt Sherring	U17 WKF	2.40

M Pole Vault B

1 Sean Rose	U20 KUH	3.50
2 Chris Hunter	GHD	3.20
3 Michael Jones	U17 WKF	2.30
4 Tom Booth	U20 WCH	2.30

M Shot Putt A

1 Craig Sturrock	GHD	14.22
2 Dave McKay	WCH	12.74
3 Jonathan Thompson	KUH	12.52
4 Craig Westerman	U20 WKF	10.91
5 Mark Leicester	LVP	8.41

M Shot Putt B

1 John Twiddle	KUH	11.85
2 Richard Stocker	WCH	11.10
3 Chiedu Ufodaima	U20 WKF	10.67
4 Andrew Sturrock	GHD	10.51
5 Paul Jameson	LVP	7.36

M Triple Jump A

1 Will Rotherforth	U17 WKF	12.55
2 Andrew Sturrock	GHD	12.53
3 George Pickering	U20 KUH	11.16
4=Sam Rimmer	U20 WCH	10.36
4=Billy Williams	U20 LVP	10.36

M Triple Jump B

1 Chris Harris	U20 WKF	12.48
2 Marc Purkis	U20 GHD	11.69
3 Matthew Elvidge	U17 KUH	10.73
4 Mark Leicester	LVP	10.40
5 Andrew Gore	WCH	10.38

W 100m A

1 Laura Robson	U20 WKF	13.0
2 Megan Hoult	KUH	13.2
3 Alice McMahon	U17 WCH	13.4
4 Rachel Davidson	GHD	13.6
5 Emma Givens	U20 LVP	13.7

W 100m B

1 Grace Eyles	U17 WKF	12.5
2 Emma Jackson	KUH	12.7
3 Laura Rigby	U17 WCH	13.5
4 Tawanda Lungu	U17 LVP	13.6
5 Jessica Read	U20 GHD	14.3

W 200m A

1 Laura Robson	U20 WKF	25.9
2 Emma Jackson	KUH	26.4
3 Alice McMahon	U17 WCH	26.8
4 Ashleigh Wood	U20 GHD	27.5
5 Hannah Roberts	U20 LVP	30.2

W 200m B

1 Shona Valentine	WCH	27.1
2 Bethany Taylor	U20 KUH	27.1
3 Sam Deverdics	GHD	28.0
4 Fay Mitchell	WKF	28.1

W 400m A

1 Sally Smith	U20 WKF	58.6
2 Michelle Stone	KUH	61.4
3 Sam Deverdics	GHD	63.2
4 Emma Johnson	U17 WCH	65.2

W 400m B

1 Regan Wright	WKF	60.6
2 Ali Burkett	U17 WCH	64.0
3 Rebecca Oldham	U20 GHD	64.9
4 Emily Curry	KUH	65.3

W 800m A

1 Sally Smith	U20 WKF	2.18.0
2 Nikki Maddick	KUH	2.21.7
3 Rebecca Oldham	GHD	2.41.0
4 Bryony Potter	U20 WCH	2.52.7

W 800m B

1 Michelle Stone	KUH	2.23.9
2 Faye Lockheart	U17 GHD	2.46.2
3 Jenni Potter	U17 WCH	3.13.3

W 1500m A

1 Jessica Longsdale	U17 KUH	4.47.4
2 Kirsty Longley	LVP	5.14.0
3 Faye Lockheart	GHD	5.20.3
4 Claire Sykes	WKF	5.52.3
5 Abi Williams	U20 WCH	6.51.7

W 1500m B

1 Laura-Jane Day	KUH	4.52.3
2 Rebecca Pease	U17 GHD	5.59.5
3 Lysie Whyke	WKF	6.21.2
4 Danielle Erskine	U20 WCH	6.51.7

W 3000m A

1 Kirsty Longley	LVP	10.49.9
2 Rebecca Pease	GHD	11.24.0
3 Lauren Havercroft	U20 KUH	11.41.2
4 Claire Sykes	WKF	12.29.1

W 3000m B

1 Nikki Maddick	KUH	11.58.3
2 Alex Potter	WKF	12.58.7

W 100mH A

1 Emma Givens	U20 LVP	15.7
2 Bethany Taylor	U20 KUH	17.1
3 Alice Jennings	U17 WCH	17.8

W 100mH B

1 Danielle Erskine	U20 WCH	18.9
2 Madeleine Bolton	U17 KUH	19.6
3 Rachel Hutchinson	LVP	19.7

W 400mH A

1 Abi Williams	U17 WCH	67.4
2 Samantha Brook	U20 WKF	70.1
3 Laura-Jane Day	KUH	76.1

W 400mH B

1 Bethany Taylor	U20 KUH	71.5
2 Alice Jennings	U17 WCH	75.2
3 Amy Claxton	WKF	99.7

W 1500m SC A

No competitors

W 1500m SC B

No competitors

W Discus Throw A

1 Abigail Carter	U20 KUH	36.85
2 Hannah Yates	U17 WKF	30.97
3 Vanessa Jacques	U17 GHD	30.59
4 Nicola Gore	WCH	26.83
5 Ruth Doran	U20 LVP	23.37

W Discus Throw B

1 Lois Earl	KUH	36.00
2 Lucy Holmes	U20 WKF	30.73
3 Nicola Terry	GHD	20.74
4 Suzanne Woodward	LVP	19.29

W Hammer Throw A

1 Abigail Carter	KUH	56.36
2 Leah Weatheritt	GHD	45.41
3 Sarah Drake	WKF	44.04
4 Rachel Hutchinson	LVP	36.05
5 Jenni Potter	U17 WCH	33.73

W Hammer Throw B

1 Suzanne Woodward	LVP	35.59
2 Diane Smith	KUH	33.29
3 Hannah Yates	WKF	28.56
4 Deborah Erskine	WCH	21.56
5 Nicola Terry	GHD	21.44

W High Jump A

1 Kate Doran	U20 LVP	1.60
2 Madeleine Bolton	U17 KUH	1.50
3=Grace Eyles	U17 WKF	1.45
3=Oliva Montez-Brown	U17 WCH	1.45
5 Sam Deverdics	GHD	1.30

W High Jump B

1 Alice Donnelly	LVP	1.45
2 Alice Jennings	U17 WCH	1.45
3 Claire Blunt	KUH	1.45
4 Bethany Porter	U17 WKF	1.40
5 Jessica Read	U20 GHD	1.25

W Javelin Throw A

1 Vanessa Jacques	U17 GHD	30.05
2 Lisa Kenney	KUH	29.98
3 Niamh Reilly	WCH	29.36
4 Bethany Porter	U17 WKF	24.56
5 Ruth Doran	LVP	21.62

W Javelin Throw B

1 Lois Earl	KUH	29.90
2 Oliva Montez-Brown	U17 WCH	28.00
3 Ashleigh Wood	U20 GHD	23.90
4 Lucy Holmes	WKF	22.08
5 Suzanne Woodward	LVP	15.52

W Long Jump A

1 Abigail Swann	U20	KUH	5.30
2 Ashleigh Wood	U20	GHD	5.29
3 Emily Clarke	U20	WCH	5.19
4 Bethany Porter	U17	WKF	4.80
5 Tawanda Lungu	U17	LVP	4.69

W Long Jump B

1 Danielle Erskine	U20	WCH	5.14
2 Jessica Read	U20	GHD	4.73
3 Lynsie Whyke		WKF	4.65
4 Charley Gallagher	U17	KUH	4.40
5 Kate Doran		LVP	4.23

W Pole Vault A

1 Claire Blunt		KUH	3.10
2 Kelly Jo Tinkler		GHD	2.40
3 Kate Doran	U20	LVP	2.30
4 Nicola Gore		WCH	1.90

W Pole Vault B

1 Bethany Arandle	U20	KUH	2.20
2 Rachel Hutchinson		LVP	1.80

W Shot Putt A

1 Lois Earl		KUH	12.21
2 Lucy Holmes	U20	WKF	11.60
3 Nicola Gore		WCH	10.34
4 Ruth Doran		LVP	10.17
5 Vanessa Jacques	U17	GHD	9.37

W Shot Putt B

1 Abigail Carter		KUH	10.51
2 Amy Claxton		WKF	8.90
3 Rachel Hutchinson		LVP	7.85
4 Nicola Terry		GHD	6.77

W Triple Jump A

1 Abigail Swann	U20	KUH	11.63
2 Emily Clarke	U20	WCH	10.91
3 Lynsie Whyke		WKF	10.50
4 Tawanda Lungu	U17	LVP	9.55
5 Sam Deverdics		GHD	8.99

W Triple Jump B

1 Oliva Montez-Brown	U17	WCH	10.68
2 Zoe Czelecki	U17	KUH	8.80
3 Kelly Jo Tinkler		GHD	8.75
4 Amy Claxton		WKF	8.52
5 Rachel Hutchinson		LVP	7.96

W 4x100m Relay

1 WKF 50.3	1 Fay Mitchell		2 Regan Wright
	3 Bethany Porter	U17	4 Grace Eyles
2 WCH 51.4	1 Alice McMahon	U17	2 Shona Valentine
	3 Laura Rigby	U17	4 Danielle Erskine
3 KUH 51.8	1 Sonia Santos		2 Megan Hoult
	3 Bethany Taylor	U20	4 Emma Jackson
4 GHD 52.4	1 Jessica Read	U20	2 Rachel Davidson
	3 Kelly Jo Tinkler		4 Ashleigh Wood
5 LVP 53.7	1 Hannah Roberts		2 Emma Givens
	3 Tawanda Lungu	U17	4 Kate Doran

W 4x400m Relay

1 WKF 4.10.3	1 Claire Sykes		2 Lucy Holmes
	3 Regan Wright		4 Sally Smith
2 KUH 4.14.6	1 Jessica Longsdale	U17	2 Michelle Stone
	3 Sonia Santos		4 Nikki Maddick
3 WCH 4.25.9	1 Bryony Potter	U20	2 Abi Williams
	3 Emma Johnson	U17	4 Ali Burkett
4 LVP 5.13.5	1 Kirsty Longley		2 Alice Donnelly
	3 Emma Givens	U20	4 Hannah Roberts

M 4x100m Relay

1 KUH 44.8	1 Bradley Ryan	U17	2 Andrew Mimmack
	3 Thomas Dunham	U20	4 Daniel Holiday
2 LVP 44.8	1 Danny Higham		2 Andrew Williams
	3 Stuart Dolman	U20	4 Adam Thompson
3 GHD 44.8	1 Christian Carson	U20	2 Feleke-Degela Murgebo
	3 Greg Urwin	U20	4 Ross Linnett
4 WKF 45.7	1 Ewan McKnight	U20	2 Will Rotherforth
	3 Matt Sherring	U17	4 Ben Mitchell
5 WCH 48.1	1 Steve Jones	U20	2 David Donkin
	3 Dave McKay		4 Sam Rimmer

M 4x400m Relay

1 LVP 3.26.3	1 Danny Higham	2 Andrew Williams
	3 Jessie Roberts	U20 4 Adam Thompson
2 WKF 3.26.3	1 Alistair Robinson	2 Gareth Hepworth
	3 James Saxton	U17 4 Jack Hallas
3 KUH 3.30.4	1 Liam Holiday	2 William Adams
	3 Thomas Dunham	U20 4 Daniel Holiday
4 GHD 3.41.5	1 Greg Urwin	U20 2 Feleke-Degela Murgebo
	3 Marc Elliott	4 Chris Burrows
5 WCH 3.59.0	1 David Donkin	U20 2 Tom Booth
	3 Sam Rimmer	U20 4 Alan Littler

	Points
1 Kingston Upon Hull AC	617
2 Wakefield D. H. & AC	530.5
3 West Cheshire AC	474
4 Gateshead Harriers & AC	467
5 Liverpool Pemb & Sefton H	375.5
6 City of York AC	0
7 Bingley Harriers & AC	0
8 Bolton United Harriers	0

General Comment: No competitors W 1500m SC A&B,

Note(s)

GHD Includes + 30pts,  
KUH Includes + 30pts,  
LVP Includes + 20pts,  
WKF Includes + 30pts,  
WCH Includes + 30pts,