

**BMC 800M MENS RACE A**

1	327	Abdul Aziz Abdulrahman	SEN	M	Birchfield Harriers & AC	01:51.61
2	229	Alasdair Donaldson	SEN	M	Newham & Essex Beagles AC	01:51.80
3	217	Matthew Bowser	U23	M	Lincoln Wellington AC	01:51.86
4	168	Chris Mackay	U23	M	Greenark Glen park	01:51.90
5	200	Andrew Teate	U23	M	Middlesbrough AC (Mandale)	01:52.03
6	201	Tom Settle	U20	M	Chester-le-Street AC	01:52.04
7	268	Matthew Nicholson	SEN	M	Gosforth Harriers & AC	01:52.52
8	208	Jonathan Taylor	U20	M	Middlesbrough AC (Mandale)	01:53.25
9	220	William Strangeway	U20	M	Lincoln Wellington AC	01:54.62
10	206	James Minter	U20	M	Middlesbrough AC (Mandale)	01:56.08

**BMC 800 MEN'S RACE B**

1	377	Michael Coltherd	SEN	M	Trafford AC	01:49.48
2	277	Ben Green	U20	M	Warrington AC	01:49.68
3	272	Graeme Oudney	U23	M	Belgrave Harriers	01:50.74
4	364	Rob Watkinson	SEN	M	Rotherham Harriers	01:50.85
5	301	Tom Gayle	U23	M	City of Stoke AC	01:51.47
6	315	Matt Barnes	SEN	M	Altrincham & District AC	01:52.04
7	322	Matt Wood	U20	M	Blackburn Harriers & AC	01:52.43
8	247	Stuart Bailey	SEN	M	Sale Harriers Manchester	01:53.30
9	279	Paul Miles	U23	M	Owls AC	01:56.05

**BMC 800 MEN'S RACE C**

1	269	Alan Pickford	U20	M	Harlepool Burn Road Harriers	01:54.73
2	270	Andy Lagan	U17	M	Unattached	01:55.47
3	253	Nick Bradley	U20	M	Border Harriers & AC	01:55.65
4	414	Tom Warrender	SEN	M	Wolverhampton & Bilston AC	01:55.67
5	378	Michael Sawrey	U20	M	Trafford AC	01:56.01
6	353	Jamie Russell	SEN	M	City of Sheffield AC	01:56.23
7	302	Andy Prophett	SEN	M	City of Stoke AC	01:56.75
8	335	Adam Clansy	SEN	M	Liverpool Pembroke & Sefton	01:57.18
9	410	Garry Richards	SEN	M	Salford Harriers & AC	01:58.38
10	369	Andrew Blair	SEN	M	Sale Harriers Manchester	01:59.45

**BMC 800M MEN'S RACE D**

1	267	Lewis Timmins	U20	M	Gosforth Harriers & AC	01:54.87
2	371	James Griffiths	U17	M	Vale Royal AC	01:56.32
3	265	Rob Hughes	SEN	M	City of Edinburgh Ac	01:57.03
4	308	Curtis Pearce	U17	M	Blackburn Harriers & AC	01:57.09
5	334	Danny Barker	U20	M	Mansfield Harriers	01:57.14
6	380	Simon McGuinness	SEN	M	Trafford AC	01:57.53
7	323	Stephen Lisgo	U20	M	Mansfield Harriers	01:57.90
8	278	Adam Green	U17	M	Warrington AC	01:58.30
9	307	Peter Matthews	U17	M	Blackburn Harriers & AC	01:59.83
10	288	James Wardman	SEN	M	Richmond & Zetland AC	02:02.64

**BMC 1500M MEN'S RACE A**

1	236	Gregg Taylor	SEN	M	Trafford AC	03:50.76
2	460	Jorge Thomas	U23	M	Cardiff AAC	03:53.18
3	407	Bruce Raeside	SEN	M	Notts AC	03:54.24
4	349	Chris Hart	U20	M	Blackburn Harriers & AC	03:54.64
5	417	Richard Newton	U20	M	Preston Harriers	03:54.98
6	404	John McCole	SEN	M	Liverpool Harriers & AC	03:55.41
7	373	Jonathan Thewlis	U23	M	Rotherham Harriers	03:57.84
8	337	David Proctor	U23	M	Rochdale Harriers & AC	03:57.96
9	455	Rory Fraser	U20	M	Owls AC	03:58.71
10	234	Craig Pearson	SEN	M	Cannock & Stafford AC	04:02.38

**BMC 1500M MEN'S RACE B**

1	274	James Mills	U20	M	Wrexham AAC	03:56.1
2	430	Thomas Boardman	U20	M	Leigh Harriers & AC	03:57.6
3	222	Lewis Moses	U20	M	Newton Aycliffe AC	03:58.5
4	412	David Thornton	SEN	M	Pendle AC	03:59.7
5	148	Kevin Deighton	U20	M	Bridlington Road Runners	04:00.4
6	411	David Forrester	U17	M	St. Helens Sutton AC	04:01.3
7	303	Nathan Bibby	U17	M	Preston Harriers	04:01.7
8	445	Phil Bradshaw	SEN	M	Newcastle (Staffs) AC	04:03.3
9	398	Ben Craddock	U20	M	Leeds City AC	04:03.6

**100M Heat 1**

1	250	Darren Scott	SEN	M	Trafford AC	11.33
2	174	Dave Readle	SEN	M	Liverpool Pembroke & Sefton	11.37
3	172	Stephen Butterfield	U23	M	Vale Royal AC	11.38
4	178	Ian Standish	U20	M	Liverpool Harriers & AC	11.39
5	216	Stephen Blagden	U23	M	Lincoln Wellington AC	11.66
6	224	Thomas Poulton-White	SEN	M	Skyrac AC	12.10

**100M Heat 2**

1	252	Ben Edward-Inatimi	U23	M	Liverpool Harriers & AC	11.42
2	238	Andrew Lindley	U20	M	Trafford AC	11.62
3	289	Paul Grattage	SEN	M	Wigan & District Harriers & AC	11.63
4	176	Steven Langley	SEN	M	City of Stoke AC	11.72
5	233	Chris Bramah	U17	M	Trafford AC	12.23
6	257	Phillip Scowcroft	SEN	M	Trafford AC	12.28

**100M Heat 3**

1	290	Andrew Gibson	SEN	M	Wigan & District Harriers & AC	11.94
2	184	Alex Russell	U20	M	Dash Allstars	11.98
3	188	Joe Frost	U20	M	Unattached	12.00
4	282	Alzred Matturi	U20	M	Trafford AC	12.25
5	284	Arron Cooper	SEN	M	Trafford AC	12.68

**100M Heat 4**

1	347	John Lee	U17	M	Trafford AC	12.38
2	228	Francis Scott	V45	M	Altrincham & District AC	12.47
3	143	Jennifer Taker	U17	F	Trafford AC	12.62
4	235	Juanita Harrison	SEN	F	Trafford AC	12.69
5	239	Ian Riley	SEN	M	East Cheshire Harriers & Tamesid	12.80
6	240	Leigh Newton	SEN	F	Blackpool & Fylde AC	13.55

**100M Heat 5**

1	190	Michael Frost	U17	M	Dash Allstars	13.30
2	189	Geoff Barrat	V55	M	Northern Vets	13.80
3	306	Zoe Reid	U15	F	Trafford AC	13.87
4	258	Angela Kelly	V45	F	Giffnock North AC	14.33
5	182	Lindsay Johnson	SEN	F	Sale Harriers Manchester	14.51
6	150	Laura Bishop	U23	F	Liverpool Harriers & AC	15.25
7	305	Martin Fruin	SEN	M	Diamond Valley,Australia	15.37

**200M Heat 1**

1	319	Scott Caine	U23	M	Stockport Harriers & AC	22.48
2	250	Darren Scott	SEN	M	Trafford AC	22.58
3	216	Stephen Blagden	U23	M	Lincoln Wellington AC	22.79
4	195	Pete Benyon	SEN	M	Vegetarian Cycling & AC	22.86
5	174	Dave Readle	SEN	M	Liverpool Pembroke & Sefton	23.35
6	224	Thomas Poulton-White	SEN	M	Skyrac AC	25.02

**200M Heat 2**

1	289	Paul Grattage	SEN	M	Wigan & District Harriers & AC	23.06
2	176	Steven Langley	SEN	M	City of Stoke AC	23.49
3	361	Liam McHugh	U20	M	Trafford AC	23.70
4	233	Chris Bramah	U17	M	Trafford AC	24.23
5	192	Marc Mullen-Browne	SEN	M	Stockport Harriers & AC	24.28
6	312	Steven Callister	U20	M	Trafford AC	24.40

**200M Heat 3**

1	282	Alfred Matturi	U20	M	Trafford AC	23.86
2	257	Philip Scowcroft	SEN	M	Trafford AC	24.03
3	345	Tom Ashworth	SEN	M	Wigan & District Harriers & AC	24.18
4	290	Andrew Gibson	SEN	M	Wigan & District Harriers & AC	24.27
5	352	Aaron Dgodbehere	U20	M	City of Sheffield AC	24.62

**200M Heat 4**

1	184	Alex Russell	U20	M	Dash Allstars	24.69
2	228	Francis Scott	V45	M	Altrincham & District AC	24.88
3	383	Ian Scholes	V45	M	Trafford AC	25.76
4	239	Ian Riley	SEN	M	East Cheshire Harriers & Tamesid	25.92
5	143	Jennifer Taker	U17	F	Trafford AC	26.05

**200M Heat 5**

1	177	Leon Creaney	SEN	M	Liverpool Harriers & AC	23.94
2	330	Alex Thomas	U17	M	Lincoln Wellington AC	26.65
3	317	Vic Blanchard	V60	M	Northern Vets	27.62
4	189	Geoff Barrat	V55	M	Northern Vets	28.94
5	244	Malcolm Schofield	V65	M	Altrincham & District AC	32.09

**200M Heat 6**

1	306	Zoe Reid	U15	F	Trafford AC	28.48
2	238	Andrew Lindley	U20	M	Trafford AC	29.19
3	182	Lindsay Johnson	SEN	F	Sale Harriers Manchester	29.40

**400M Heat 1**

1	197	Darrewn Eldin	SEN	M	Goole Youth AC	49.36
2	271	Tyrone Crow	U20	M	Middlesbrough AC (Mandale)	49.78
3	256	Ben Styles	U20	M	Stockport Harriers & AC	50.26
4	177	Leon Creaney	SEN	M	Liverpool Harriers & AC	51.04
5	311	Scott Riley	SEN	M	Trafford AC	51.76

**400M Heat 2**

1	340	Michael Carroll	U17	M	Vale Royal AC	54.62
2	223	Phil Knowles	V45	M	Warrington AC	54.88
3	254	Peter Hickey	V45	M	Northern Vets	55.33
4	316	Nick Blanchard	SEN	M	Stockport Harriers & AC	55.87
5	287	Daren O'Dea	SEN	M	Sale Harriers Manchester	56.70
6	295	Thomas Malone	V45	M	Sale Harriers Manchester	96.47

**400M Heat 3**

1	286	Sarah Lucas	U17	F	Rochdale Harriers & AC	58.48
2	339	Lorna Graham	U20	F	Southport Waterloo AC	59.87
3	325	Kirsty Drabble	U17	F	Sale Harriers Manchester	61.73
4	212	Ruth McGivern	U17	F	Holmfirth Harriers AC	62.23
5	244	Malcolm Schofield	V65	M	Altrincham & District AC	72.31
6	305	Martin Fruin	SEN	M	Diamond Valley,Australia	75.99

**800m Heat 1**

1	345	Tom Ashworth	SEN	M	Wigan & District Harriers & AC	01:56.52
2	394	Russell England	U20	M	Leeds City AC	01:57.55
3	202	Liam McCully	U17	M	Liverpool Harriers & AC	01:58.09
4	436	Michael Salter	U17	M	Leeds City AC	01:58.36
5	332	Sam Hutchinson	U17	M	Liverpool Pembroke & Sefton	01:58.97
6	324	Ross Betts	U23	M	Mansfield Harriers	01:59.03
7	248	Ross Millington	U17	M	Stockport Harriers & AC	01:59.18
8	415	Abdirisak Ahmed	U15	M	City of Sheffield AC	01:59.36
9	384	Ollie Blake	U20	M	Oswestry Olympians AC	02:00.53
10	357	Tom Madden	U17	M	Wirral AC	02:03.51

**800m Heat 2**

1	293	Andy Wiles	U20	M	Middlesbrough AC (Mandale)	01:58.23
2	359	Jonathan Walsh	U20	M	Stockport Harriers & AC	01:59.41
3	382	Stephen Donegan	U23	M	Liverpool Pembroke & Sefton	01:59.75
4	348	Mike Tanner	U20	M	Kingston upon Hull AC	02:00.80
5	351	David Rigby	U17	M	Preston Harriers	02:01.92
6	420	Mark Benson	V40	M	Wrexham AAC	02:02.27
7	186	Ken Harker	SEN	M	Richmond & Zetland AC	02:02.94
8	385	Daniel Evans	U17	M	Oswestry Olympians AC	02:02.99
9	419	Steve Smith	V45	M	Preston Harriers	02:03.60
10	446	Matthew Jones	U23	M	Wrexham AAC	02:05.99

**800m Heat 3**

1	164	Ian Kimpton	U20	M	Lincoln Wellington AC	01:58.30
2	453	Michael Corbishley	U23	M	Rossendale Harriers & AC	01:58.98
3	423	David Twigg	U20	M	St. Helens Sutton AC	02:00.22
4	442	Ben Owen	U20	M	Colwyn Bay AC	02:01.16
5	439	Harry Jones	U17	M	Colwyn Bay AC	02:01.32
6	218	mark Plaskett	U20	M	Lincoln Wellington AC	02:01.87
7	346	Graham Hogg	U17	M	Trafford AC	02:01.95
8	360	Andrew McDonagh	U15	M	St. Helens Sutton AC	02:02.57
9	358	Daniel Barry	U20	M	Trafford AC	02:03.21
10	426	Adam Elliott	U23	M	Sale Harriers Manchester	02:05.73
11	249	David Hook	U20	M	Barrow & Furness Striders & AC	02:15.16

**800m Heat 4**

1	374	Richard Plummer	SEN	M	Leeds City AC	02:00.44
2	171	Carl Hardman	U23	M	Salford Harriers & AC	02:01.89
3	297	Stephen broadhurst	U15	M	Warrington AC	02:02.33
4	413	Alex Hodson	SEN	M	Notts AC	02:03.45
5	422	Greg Williams	U20	M	St. Helens Sutton AC	02:03.50
6	418	Alex Walker	U15	M	City of Sheffield AC	02:04.48
7	336	Matthew Proctor	U17	M	Rossendale Harriers & AC	02:04.68
8	304	Matthew Lloyd	U15	M	Preston Harriers	02:06.91
9	386	Christopher Leigh	SEN	M	Trafford AC	02:08.18
10	437	Emma MacIntyre	SEN	F	Sale Harriers Manchester	02:08.48
11	226	Adam Harker	U23	M	Newton Aycliffe AC	02:10.61

**800m Heat 5**

1	403	George Thompson	U23	M	Vale Royal AC	02:05.75
2	294	Andrew Heyes	U17	M	Hallamshire Harriers Sheffield	02:06.14
3	393	Kristian Robinson	SEN	M	Rochdale Harriers & AC	02:06.61
4	291					02:06.74
5	432	Oliver Ziff	U17	M	Leeds City AC	02:06.85
6	379	Stephen Minshull	U20	M	Trafford AC	02:07.19
7	306	Zoe Reid	U15	F	Trafford AC	02:08.45

**800m Heat 6**

1	433	Steven Crowe	SEN	M	Ellesmere Port RC	02:06.09
2	154	Sam Webster	U17	M	Hull Achilles AC	02:06.27
3	406	Leon Foster	U23	M	Wirral AC	02:10.29
4	367	James Palmer	U17	M	Nestle Rowntree AC	02:10.83
5	331	Alison Leonard	U17	F	Chorley Harriers	02:10.87
6	381	Philippa McCrea	SEN	F	Gateshead Harriers & AC	02:12.61
7	396	Kaye Kirkham	U23	F	Sale Harriers Manchester	02:13.31
8	448	Stephanie Roe	U17	F	Preston Harriers	02:13.54
9	326	Laura Lambert	U17	F	Vale Royal AC	02:14.66
10	425	Lisa Palmer	SEN	F	Derby AC	02:14.93

**800m Heat 7**

1	264	Aaron Barker	U17	M	Rossendale Harriers & AC	02:04.20
2	391	Mike Timmins	U20	M	Warrington AC	02:06.02
3	341	Patrick Dennis	SEN	M	Southport Waterloo AC	02:07.52
4	213	Matthew Johnson	U17	M	Holmfirth Harriers AC	02:08.63
5	298	Mat Jackson	U15	M	Warrington AC	02:08.93
6	318	Josef patridge	U17	M	Leeds City AC	02:12.88
7	183	Laura Siddall	SEN	F	Sale Harriers Manchester	02:13.37
8	230	Stacey Johnson	U20	F	Cannock & Stafford AC	02:13.83
9	376	Stevie Stockton	U17	F	Vale Royal AC	02:15.19

**800m Heat 8**

1	341	Patrick Dennis	SEN	M	Southport Waterloo AC	02:18.43
2	441	helen Garnham	SEN	F	Nestle Rowntree AC	02:19.83
3	359	Jonathan Walsh	U20	M	Stockport Harriers & AC	02:20.91
4	399	Clare Craddock	U17	F	Leeds City AC	02:21.58
5	405	Sophie Fletcher	U15	F	Preston Harriers	02:22.14
6	458	Nicola Pugh	SEN	F	Trafford AC	02:22.35
7	242	Emma Hornsby	U15	F	Blackburn Harriers & AC	02:22.63
8	429	Kirsty Milner	U20	F	Trafford AC	02:25.61
9	434	Jourdan Cotter	U17	F	St. Helens Sutton AC	02:25.69
10	435	Ray Dalby	V50	M	Rochdale Harriers & AC	02:27.77
11	430	Thomas Boardman	U20	M	Leigh Harriers & AC	02:28.56

**800m Heat 9**

1	454	Heather Corbishley	SEN	F	Rossendale Harriers & AC	02:25.89
2	246	Hayley Strachan	U15	F	Cleethorpe & District AC	02:26.46
3	328	Ellie McLoughlin	U17	F	Stockport Harriers & AC	02:26.84
4	329	lara Thomas	U15	F	Lincoln Wellington AC	02:27.76
5	285	Jane Pidgeon	V40	F	Notts AC	02:29.53

**800m Heat 10**

1	443	Emma-Jane Jones	U15	F	Warrington AC	02:32.93
2	155	Hannah Jacobson	U15	F	Kingston upon Hull AC	02:34.19
3	261	Eleanor Clarke	U15	F	Lincoln Wellington AC	02:37.83
4	457	Craig Ellis	SEN	M	IBM UK	02:38.38
5	370	Esther Lindesay	U17	F	Wirral AC	02:38.80
6	350	Nicola Ellis	U17	F	Trafford AC	02:41.12
7	260	Layla Moore	U20	F	Lincoln Wellington AC	02:41.62

**1500M HEAT 1**

1	362	Jordan Donnelly	U20	M	Wirral AC	04:05.33
2	203	James McCully	U17	M	Liverpool Harriers & AC	04:06.15
3	456	Steven Mayers	U23	M	St. Helens Sutton AC	04:07.25
4	147	James Peacock	U17	M	Bridlington Road Runners	04:08.93
5	356	Paul Green	SEN	M	Hallamshire Harriers Sheffield	04:09.29
6	241	Rob Flannery	U23	M	Sale Harriers Manchester	04:10.32
7	152	Stephen Fearey	U17	M	Kingston upon Hull AC	04:10.44
8	424	Tom Griffiths	U20	M	St. Helens Sutton AC	04:10.72
9	363	Peter Street	U17	M	Preston Harriers	04:10.98
10	427	Harry Harper	U17	M	Liverpool Harriers & AC	04:11.40
11	175	Mark Dewhirst	U23	M	Holmfirth Harriers AC	04:15.07
12	463	Peter Steel	SEN	M	Leeds City AC	04:16.73
13	440	Scott Roberts	U17	M	Colwyn Bay AC	04:16.81
14	408	Bill Foster	V45	M	Blackheath & Bromley AC	04:18.85

**1500M HEAT 2**

1	171	Carl Hardman	U23	M	Salford Harriers & AC	04:10.41
2	459	Luke Harreld	U20	M	Bury AC	04:11.42
3	292	Ben Walker	U17	M	Middlesbrough AC (Mandale)	04:15.70
4	201	Tom Settle	U20	M	Chester-le-Street AC	04:16.85
5	421	Garteth Williams	SEN	M	Vale Royal AC	04:18.75
6	166	Stephen Cooke	U17	M	Glasgow School of Sport	04:19.30
7	344	Aaron Denevon	U17	M	Moston & District Harriers	04:20.02
8	321	Geoff Belcher	U15	M	Leeds City AC	04:20.32
9	320	Alex Davy	U17	M	Leeds City AC	04:20.85
10	449	Philip Monks	SEN	M	Vale Royal AC	04:20.88
11	310	Catherine Riley	SEN	F	Trafford AC	04:22.33
12	388	James Lavin	U17	M	Leeds City AC	04:22.65
13	368	Simon Bennett	U17	M	Stockport Harriers & AC	04:23.50
14	296	Matthew O'Neill	U15	M	Warrington AC	04:24.78
15	402	Jonathan Carter	U23	M	Kingston upon Hull AC	04:28.35
16	465	Danny Brocklehurst	U17	M	Trafford AC	04:29.48

**1500M HEAT 3**

1	464	Jeff Prest	SEN	M	Trafford AC	04:35.42
2	401	Dave Hicketts	U20	M	Stockport Harriers & AC	04:36.76
3	375	Becky Ellis	U20	F	Vale Royal AC	04:36.90
4	394	Russell England	U20	M	Leeds City AC	04:37.74
5	314	Celia De Maria	SEN	F	Leeds City AC	04:37.84
6	400	Jessica Coulson	U17	F	Stockport Harriers & AC	04:38.65
7	313	Alexandra Gostling	SEN	F	Leeds City AC	04:39.31
8	263	Phil Bolton	U17	M	Rossendale Harriers & AC	04:41.03
9	395	Andrew Whiteley	U20	M	Leeds City AC	04:41.39
10	431	Lauren Howarth	U17	F	Leigh Harriers & AC	04:42.36
11	416	Tom Collins	U13	M	Notts AC	04:44.21
12	447	Kate Hindle	U17	F	Preston Harriers	04:47.50
13	450	Kirsteen Young	SEN	F	Leeds City AC	04:48.38
14	210	Andy Fitzpatrick	V45	M	Manchester Harriers & AC	04:59.45

**1500M HEAT 4**

1	365	Heather Timmins	U17	F	Warrington AC	04:50.18
2	245	Louise Yarston	U17	F	Cleethorpe & District AC	04:51.26
3	462	Rosie Edwatds	U20	F	Halifax Harriers	04:56.47
4	392	Hannah Weedall	U17	F	Vale Royal AC	04:56.72
5	389	Danny Davis	U15	M	Leeds City AC	04:56.78
6	451	Lorna Young	U20	F	Leeds City AC	04:59.23
7	397	Charlotte Maxted	U17	F	Nestle Rowntree AC	05:02.26
8	452	Sarah Whitley	U20	F	Leeds City AC	05:22.26
9	390	Marek Lunn	U15	M	Leeds City AC	05:47.06

**3000m Heat 1**

1	180	Johnny Gilby	SEN	M	Derby AC	08:30.46
2	171	Carl Hardman	U23	M	Salford Harriers & AC	08:34.82
3	185	Simon Marwood	SEN	M	Altrincham & District AC	08:37.82
4	241	Rob Flannery	U23	M	Sale Harriers Manchester	08:41.57
5	161	Andy Swearman	SEN	M	Birchfield Harriers & AC	08:45.71
6	167	Steve Hallas	SEN	M	Preston Harriers	08:51.49
7	209	Russell Maddams	SEN	M	London Irish	08:55.01
8	165	Richard Brown	SEN	M	Charnwood AC	08:55.88
9	199	Joey Parkinson	V40	M	Liverpool Harriers & AC	09:06.61
10	211	Ciaran Fitzpatrick	U20	M	Manchester Harriers & AC	09:12.68
11	196	Glen George	U17	M	Vale Royal AC	09:15.11
12	225	Scott Monk	SEN	M	Blackburn Harriers & AC	09:16.47
13	227	Mike Shaw	V40	M	Stockport Harriers & AC	09:16.69
14	160	Tom Grundy	U17	M	Macclesfield Harriers & AC	09:16.80
15	207	Arthur Cooke	SEN	M	Leeds City AC	09:23.78
16	162	Andrew Bowen	U17	M	Liverpool Pembroke & Sefton Harriers	09:39.60

**3000m Heat 2**

1	194	Suzanne Benyon	SEN	F	City of Glasgow AC	09:44.19
2	195	Pete Benyon	SEN	M	Vegetarian Cycling & AC	09:45.22
3	151	Tom Fisher	U17	M	Kingston upon Hull AC	09:50.31
4	221	Josh Stone	U20	M	Lincoln Wellington AC	09:54.66
5	210	Andy Fitzpatrick	V45	M	Manchester Harriers & AC	09:54.96
6	280	Jack Thomspson	U17	M	Pendle AC	10:14.82
7	187	Ian Harris	SEN	M	Spectrum Striders	10:21.82
8	214	Amy McGivern	U15	F	Holmfirth Harriers AC	10:33.99
9	181	Mike Cunningham	V60	M	Manchester Harriers & AC	10:44.59
10	255	David Carthy	V40	M	Trafford AC	10:45.15
11	173	Claire Leaver	SEN	F	Holmfirth Harriers AC	10:48.21
12	281	Anna Anderson	U17	F	Pendle AC	10:56.53
13	198	Helen Whitby	SEN	F	Vale Royal AC	10:58.53
14	163	Sarah Kimpton	U20	F	Lincoln Wellington AC	11:03.11
15	219	Sarah Dugdale	SEN	F	Skipton AC	11:03.80

**HAMMER**

1	144	James Bedford	U17	M	Kingston upon Hull AC	61.31
2	145	Pete Smith	U17	M	Hull Achilles AC	56.30
3	215	Will Lowndes	U20	M	Liverpool Harriers & AC	55.61
4	153	Mark Gulliver	SEN	M	Leeds City AC	55.05
5	205	Roger Bate	U23	M	Trafford AC	54.54
6	146	Michael Jennings	U15	M	Kingston upon Hull AC	47.85
7	158	Brain Lockley	V55	M	Trafford AC	39.80
8	170	Richard Gayle	SEN	M	Wakefield Harriers	37.48

**HAMMER**

1	169	Nicola Jackson	SEN	F	Wakefield Harriers	45.35
2	179	Anna Johnson	U20	F	Trafford AC	44.84
3	204	Jemma Kelly	SEN	F	Trafford AC	41.80
4	191	Vicky Johnson	U17	F	Liverpool Harriers & AC	40.94
5	159	Diane Smith	V40	F	Hull Achilles AC	39.53
6	157	Karen Hewith	V45	F	Hull Achilles AC	24.01

**DISCUS**

1	174	Dave Readle	SEN	M	Liverpool Pembroke & Sefton	43.81
2	205	Roger Bate	U23	M	Trafford AC	42.86
3	218	mark Plaskett	U20	M	Lincoln Wellington AC	41.97
4	276	Andy Rollins	SEN	M	Wigan & District Harriers & AC	41.03
5	266	Ross hayhurst	U17	M	Liverpool Harriers & AC	34.93
6	232	Joe Winspear	U17	M	Holmfirth Harriers AC	30.29
7	273	Najee Fox	U13	M	City of Stoke AC	29.63

**DISCUS**

1	291	Elaine cank	SEN	F	Trafford AC	46.29
2	204	Jemma Kelly	SEN	F	Trafford AC	40.73
3	157	Karen Hewith	V45	F	Hull Achilles AC	30.67
4	251	Sarah Ashbridge	SEN	F	Altrincham & District AC	29.84
5	191	Vicky Johnson	U17	F	Liverpool Harriers & AC	28.68
6	149	Rachel Bishop	U20	F	Liverpool Harriers & AC	25.85

**JAVELIN**

1	428	Robyn Purchase	U15	F	Wrexham AAC	34.35
2	149	Rachel Bishop	U20	F	Liverpool Harriers & AC	19.10
3	232	Joe Winspear	U17	M	Holmfirth Harriers AC	35.69
4	355	Ben Fisher	SEN	M	St. Helens Sutton AC	54.75
5	387	Andrew Allan	U17	M	Liverpool Harriers & AC	48.05
6	231	Dave Smith	SEN	M	Leigh Harriers & AC	49.86

**SHOT PUTT**

1	218	mark Plaskett	U20	M	Lincoln Wellington AC	17.01
2	266	Ross hayhurst	U17	M	Liverpool Harriers & AC	14.09
3	283	Neil Bell	U20	M	Trafford AC	9.76
4	278	Adam Green	U17	M	Warrington AC	7.35

**HIGH JUMP**

1	355	Ben Fisher	SEN	M	St. Helens Sutton AC	1.80
2	283	Neil Bell	U20	M	Trafford AC	1.75