

BMC 800M MENS RACE A

1	93	Thomas Carter	SEN	M	Vale Royal AC	01:48.38
2	333	Samuel Ellis	SEN	M	Barnsley AC	01:48.51
3	61	Alasdair Donaldson	SEN	M	Newham & Essex Beagles AC	01:49.01
4	349	Micheal Coltherd	SEN	M	Trafford AC	01:49.23
5	68	Graeme Oudney	U23	M	Belgrave Harriers	01:49.46
6	82	Tom Settle	U20	M	LSAC	01:50.01
7	107	matthew Bowser	U23	M	Lincoln Wellington AC	01:50.02
8	182	Andrew Whetstone	U20	M	Milton Keynes AC	01:50.53
9	124	Gregg Taylor	SEN	M	Trafford AC	01:50.79

BMC 800 MEN'S RACE B

1	64	Chris Mackay	U23	M	Greenock Glenpark Harriers	01:52.26
2	31	Andrew Teate	U23	M	Middlesbrough AC (Mandale)	01:52.33
3	180	Ian Rawlinson	U23	M	Border Harriers & AC	01:52.57
4	105	Alan Piggford	U20	M	Hartlepool	01:52.89
5	36	Jonathan Taylor	U20	M	Middlesbrough AC (Mandale)	01:52.90
6	359	Martin Gibbons	U20	M	Notts Ac	01:53.35
7	149	Matt Wood	U20	M	Blackburn Harriers & AC	01:53.53
8	112	William Strangeway	U20	M	Lincoln Wellington AC	01:55.69

BMC 800 MEN'S RACE C

1	326	Gavin Keight	SEN	M	Hallamshire Harriers Sheffield	01:54.70
2	369	Ian Salisbury	SEN	M	Trafford AC	01:54.73
3	168	Nick Bradley	U20	M	Border Harriers & AC	01:54.89
4	309	Rob Banjac	U20	M	Rochdale Harriers & AC	01:54.98
5	350	Micheal Sawrey	U20	M	Trafford AC	01:55.95
6	175	Graham Wright	SEN	M	Lincoln Wellington AC	01:55.98
7	100	Craig Pearson	SEN	M	Cannock & Stafford	01:56.81

BMC 800 MEN'S RACE D

1	305	Adam Dyson	SEN	M	Hallamshire Harriers Sheffield	01:56.21
2	335	John McCole	SEN	M	Liverpool Harriers & AC	01:56.42
3	156	Michael Corbishley	U23	M	Rossendale Harriers & AC	01:56.65
4	146	Curtis Pearce	U17	M	Blackburn Harriers & AC	01:56.90
5	364	John Mannion	U20	M	Liverpool Harriers & AC	01:57.59
6	353	Jonny Ayres	U20	M	Leamington Spa AC	01:58.24
7	365	Michael Salter	U17	M	Leeds City AC	01:58.75
8	362	Stephen Long	SEN	M	Notts Ac	01:58.93

MENS 1500m RACE A

1	324	gary Vickers	SEN	M	Telford	03:52.62
2	160	John Rogers	SEN	M	Sale Harriers Manchester	03:54.27
3	190	Ross Millington	U17	M	Stockport Harriers & AC	03:55.15
4	390	David Proctor	U23	M	Rochdale Harriers & AC	03:55.32
5	125	Phil Williams	U23	M	Rochdale Harriers & AC	03:56.98
6	406	Jake harman	U17	M	Leeds City AC	04:03.02
7	27	Jordan Donnelly	U20	M	Wirral AC	04:03.58
8	340	Adam Clansey	SEN	M	Liverpool Pembroke & Sefton	04:03.79
9	352	Stephen Donegan	U23	M	Liverpool Pembroke & Sefton	04:03.90
10	46	Nick Samuels	SEN	M	Sale Harriers Manchester	04:03.94
11	47	Edward Cumley	SEN	M	Worcester AC	04:07.12

100M Heat 1

1	41	Dave Readle	SEN	M	Liverpool Pembroke & Sefton	11.10
2	189	Bradley William	SEN	M	Deeside AAC	11.19
3	67	Darren Scott	SEN	M	Trafford AC	11.20
4	188	Gareth Breeze	U20	M	Sale Harriers Manchester	11.26
5	118	Chris Smith	SEN	M	Liverpool Harriers & AC	11.36
6	19	Thomas Poulton-White	SEN	M	Skyrac AC	12.00

100M Heat 2

1	102	Stephen Blagdon	SEN	M	Lincoln Wellington AC	11.22
2	14	Stephen Butterfield	U23	M	Unattached	11.22
3	58	Ryan Palmer	U23	M	Trafford AC	11.30
4	110	Steve Langley	SEN	M	City of Stoke AC	11.64
5	13	Michael Culshaw	SEN	M	Unattached	11.65
6	184	Liam Kenny	U20	M	Trafford AC	11.90

100M Heat 3

1	163	Craig Yates	U23	M	Spenborough & District AC	11.64
2	178	Neil Bell	U20	M	Trafford AC	11.75
3	34	Amanda Forrester	SEN	F	City of Stoke AC	12.00
4	154	Faisal Othman	U20	M	Trafford AC	12.04
5	89	Phil Knowles	V45	M	Warrington AC	12.18
6	167	Clem Bartley	V45	M	Notts AC	12.20

100M Heat 4

1	77	John Lee	U17	M	Trafford AC	11.99
2	101	Juanita Harrison	SEN	F	Trafford AC	12.59
3	119	Kate Edmondson	U23	F	Wakefield Harriers	12.80
4	164	Ian Scholes	V45	M	Trafford AC	12.84
5	121	Sarah Heatherington	SEN	F	Sale Harriers Manchester	13.42
6	113	Phillanna Walsh	U17	F	Trafford AC	13.66
7	120	Becca heatherington	U17	F	Menai Track & Field	13.85

100M Heat 5

1	159	Zoe Reid	U15	F	Trafford AC	13.23
2	142	Victoria Malady	U15	F	Trafford AC	13.63
3	157	Sean McCarthy	SEN	M	Burnley	14.05
4	123	Bev Jones	SEN	F	Menai Track & Field	15.14

200M Heat 1

1	102	Stephen Blagdon	SEN	M	Lincoln Wellington AC	22.44
2	67	Darren Scott	SEN	M	Trafford AC	22.45
3	58	Ryan Palmer	U23	M	Trafford AC	22.50
4	41	Dave Readle	SEN	M	Liverpool Pembroke & Sefton	22.59
5	188	Gareth Breeze	U20	M	Sale Harriers Manchester	22.66
6	189	Bradley William	SEN	M	Deeside AAC	22.81

200M Heat 2

1	118	Chris Smith	SEN	M	Liverpool Harriers & AC	23.09
2	315	Andrew Lindley	U20	M	Unattached	23.14
3	138	Ben Styles	U20	M	Stockport Harriers & AC	23.72
4	77	John Lee	U17	M	Trafford AC	23.86
5	176	Tom Ashworth	SEN	M	Wigan & District Harriers & AC	23.88
6	85	Tim Grantham	U23	M	City of Sheffield AC	23.98

200M Heat 3

1	322	Alfred Matturi	U20	M	Trafford AC	23.69
2	331	Scott Riley	SEN	M	Trafford AC	23.88
3	332	Ben Fisher	u20	M	St. Helens Sutton AC	23.92
4	178	Neil Bell	U20	M	Trafford AC	24.30
5	184	Liam Kenny	U20	M	Trafford AC	24.40
6	314	Stephen Chaisty	V40	M	Trafford AC	24.99

200M Heat 4

1	164	Ian Scholes	V45	M	Trafford AC	25.49
2	119	Kate Edmondson	U23	F	Wakefield Harriers	26.12
3	330	David Henshaw	U20	M	Manchester Harriers & AC	26.16
4	192	Anita Richardson	SEN	F	Trafford AC	26.59
5	187	Andrew Hutchinson	V45	M	Northern Vets	26.86

200M Heat 5

1	159	Zoe Reid	U15	F	Trafford AC	27.18
2	142	Victoria Malady	U15	F	Trafford AC	27.53
3	121	Sarah Heatherington	SEN	F	Sale Harriers Manchester	27.63
4	191	Jennifer Corbett	U20	F	Oswestry Olympians	27.87
5	120	Becca heatherington	U17	F	Menai Track & Field	29.06

200M Heat 6

1	186	Katie Deutsch	U17	F	Stockport Harriers & AC	27.67
2	185	Nick Blanchard	SEN	M	Stockport Harriers & AC	27.78
3	157	Sean McCarthy	SEN	M	Burnley	28.61
4	123	Bev Jones	SEN	F	Menai Track & Field	32.43

400M Heat 1

1	91	Alistair Thomas	SEN	M	Loughborough University	48.77
2	28	Lawrence Baird	SEN	M	Trafford AC	48.97
3	172	Neil Hewson	SEN	M	Wigan & District Harriers & AC	49.51
4	104	Simon Wray	SEN	M	Pudsey & Bramley AC	49.85
5	197	Paul Grattage	SEN	M	Wigan & District Harriers & AC	49.86
6	138	Ben Styles	U20	M	Stockport Harriers & AC	50.27

400M Heat 2

1	85	Tim Grantham	U23	M	City of Sheffield AC	50.95
2	20	Leon Creaney	SEN	M	Liverpool Harriers & AC	51.12
3	90	Guto Jones	SEN	M	City of Sheffield AC	51.48
4	35	Marc Mullen-Browne	SEN	M	Stockport Harriers & AC	52.17
5	170	Mike Toal	SEN	M	Stockport Harriers & AC	52.23
6	316	Gareth Allott	U17	M	Staffs Moorlands AC	52.31

400M Heat 3

1	162	Bernhard Ward	SEN	M	Trafford AC	52.90
2	161	Andrew Spence	U17	M	Liverpool Harriers & AC	54.07
3	198	Michael Carroll	U17	M	Vale Royal AC	54.90
4	89	Phil Knowles	V45	M	Warrington AC	55.10
5	185	Nick Blanchard	SEN	M	Stockport Harriers & AC	55.89

400M Heat 4

1	155	Joanne Duxbury	U20	F	Trafford AC	59.22
2	53	Sarah Simmons	U15	F	Holmfirth Harriers AC	59.48
3	126	Vicki Robinson	SEN	F	Stockport Harriers & AC	59.95
4	191	Jennifer Corbett	U20	F	Oswestry Olympians	60.50

800m Heat 1

1	412	James Tartt	U23	M	Southport Waterloo AC	01:58.90
2	372	Richard Plummer	SEN	M	Leeds City AC	01:59.60
3	30	James Peacock	SEN	M	Bridlington Road Runners	02:00.40
4	32	Stephen Feasey	U17	M	Bolton United Harriers	02:00.60
5	111	Simon O'Leary	SEN	M	Lincoln Wellington AC	02:00.70
6	354	Sam Delaney	U20	M	Lincoln Wellington AC	02:00.80
7	358	Mark Plaskett	U20	M	Lincoln Wellington AC	02:01.60
8	310	Matthew proctor	U17	M	Rochdale Harriers & AC	02:02.20
9	346	Joe Townsend	U17	M	Leeds City AC	02:02.40
10	29	Shaun Pickering	U23	M	Holmfirth Harriers AC	02:02.50

800m Heat 2

1	388	Ray Plant	SEN	M	City of Stoke AC	02:00.80
2	394	Carl Shubotham	U20	M	City of Stoke AC	02:01.10
3	361	Alex Hodson	U23	M	Notts University AC	02:01.30
4	395	Gavin Walters	U23	M	City of Stoke AC	02:01.40
5	378	Greg Williams	U20	M	Unattached	02:01.50
6	379	Steve Smith	V45	M	Preston Harriers	02:01.50
7	328	Daniel Evans	U17	M	Oswestry Olympians	02:02.20
8	108	Lee Davenport	U17	M	Vale Royal AC	02:03.40
9	106	Bashir Hussain	V40	M	Stockport Harriers & AC	02:05.30
10	116	Joshua Moody	U15	M	Matlock AC	02:09.70

800m Heat 3

1	6	Jonathan Sharp	U17	M	Scarborough AC	02:03.81
2	71	John Cooke	U17	M	Glasgow School of Sport	02:05.06
3	374	Alex Walker	U15	M	City of Sheffield AC	02:05.30
4	411	George Thompson	U23	M	Vale Royal AC	02:05.64
5	337	Jeremy Gilmour	U15	M	Trafford AC	02:06.39
6	137	Henri Lawson	U17	M	Pendle	02:06.90
7	399	Steven Crowe	SEN	M	Ellesmere Port AC	02:07.26
8	181	Geoff Belcher	U15	M	Leeds City AC	02:07.51
9	371	Patrick Dennis	SEN	M	Southport Waterloo AC	02:09.12
10	76	Alex Cooke	U17	M	East Cheshire Harriers & Tameside	02:11.76

800m Heat 4

1	148	Adam Hurley	U17	M	Blackburn Harriers & AC	02:04.58
2	33	Sam Webster	U20	M	Bridlington Road Runners	02:05.18
3	319	Andrew Heyes	U17	M	Hallamshire Harriers Sheffield	02:06.31
4	65	Stephen Cooke	U17	M	Glasgow School of Sport	02:07.18
5	366	Jonathan Prideaux	SEN	M	Leeds City AC	02:07.59
6	363	Claire Entwistle	SEN	F	Wigan & District Harriers & AC	02:08.39
7	84	Lee Whiteley	U17	M	Sale Harriers Manchester	02:09.87
8	318	Matthew Allott	U15	M	Staffs Moorlands AC	02:09.90
9	308	Donna Riding	U23	F	Sale Harriers Manchester	02:09.93
10	303	Stephen Archer	U20	M	Nestle Rowntree	02:11.06

800m Heat 5

1	60	Greg Hull	V40	M	Leeds City AC	02:08.18
2	165	Daniel Bright	U15	M	Menai Track & Field	02:08.60
3	375	Josef Partridge	U17	M	Unattached	02:11.80
4	370	Kaye Kirkham	U23	F	Sale Harriers Manchester	02:12.00
5	109	Victoria Owen	SEN	F	Sale Harriers Manchester	02:15.01
6	59	Laura Siddall	SEN	F	Sale Harriers Manchester	02:15.43
7	402	Joanne Dawes`	U23	F	Sale Harriers Manchester	02:15.52
8	327	Steven Leigh	U20	M	Trafford AC	02:15.69
9	325	kate McGing	U20	F	Liverpool Harriers & AC	02:22.86

800m Heat 6

1	193	Ben Anthony	U15	M	Preston Harriers	02:13.94
2	373	Kelly Johnson	SEN	F	Unattached	02:14.55
3	78	Stuart Laing	U17	M	East Cheshire Harriers & Tameside	02:15.84
4	385	Helen Garnham	SEN	F	Nestle Rowntree	02:17.04
5	129	Ruth McGivern	U17	F	Holmfirth Harriers AC	02:17.24
6	339	Jenna Hill	U23	F	Sale Harriers Manchester	02:18.66
7	75	Gavin Browne	U20	M	East Cheshire Harriers & Tameside	02:19.18
8	418	Nicola Pugh	SEN	F	Trafford AC	02:20.64
9	403	Rod Scholes	V60	M	Barnsley AC	02:24.89

800m Heat 7

1	415	Nathan Ouko	U20	M	Southport Waterloo AC	02:15.66
2	414	Christopher Henders	SEN	M	Southport Waterloo AC	02:15.98
3	306	Stephanie James	U15	F	Southport Waterloo AC	02:18.84
4	386	Emma Hornsby	U15	F	Blackburn Harriers & AC	02:20.72
5	166	Abbie Vernon	U15	F	Chesterfield & District AC	02:20.89
6	153	Rachel Thompson	U17	F	Barrow & Furness Striders & AC	02:21.50
7	408	Jourdan Cotter	U17	F	St. Helens Sutton AC	02:22.92
8	99	Mark Baker	SEN	M	Blackburn Harriers & AC	02:24.02
9	81	Carl Lee	SEN	M	Wesham Road Runners	02:24.50
10	173	Gary Wright	U13	M	Middlesbrough AC (Mandale)	02:32.02

800m Heat 8

1	174	Heather Corbishley	U20	F	Rossendale Harriers & AC	02:20.89
2	351	Ray Dalby	V50	M	Rochdale Harriers & AC	02:21.92
3	387	Emily Dulson	U17	F	Newcastle (Staffs) AC	02:23.34
4	97	Ian Stainthorpe	V40	M	Rochdale Harriers & AC	02:27.38
5	183	Amy Regan	U15	F	Sale Harriers Manchester	02:27.45
6	410	Anthony Raffle	V45	M	St. Helens Sutton AC	02:29.74
7	86	Kate Howard	U15	F	Vale Royal AC	02:30.91
8	73	Amy Bridgeman	U15	F	Scarborough AC	02:31.16
9	134	Liam Turnbull	U15	M	Stockport Harriers & AC	02:46.92
10	416	Sarah Maguire	SEN	F	Trafford AC	02:48.08
11	404	Ivan Macintyre	V45	M	Sale Harriers Manchester	03:30.83
12	169	Thomas Malone	V50	M	Sale Harriers Manchester	03:41.33

1500M HEAT 1

1	407	Micheal Hunt	SEN	M	Pendle AC	04:04.49
2	106	Bashir Hussain	V40	M	Stockport Harriers & AC	04:04.72
3	396	Liam Jones-Mansueto	U20	M	City of Stoke AC	04:05.05
4	383	Mike Burrett	SEN	M	Leeds City AC	04:05.99
5	381	Steven Mayers	U23	M	St. Helens Sutton AC	04:06.27
6	397	Ben Lindsay	U20	M	Pendle AC	04:08.19
7	398	Marc Hartley	U20	M	Pendle AC	04:09.15
8	358	Mark Plaskett	U20	M	Lincoln Wellington AC	04:10.94
9	391	Peter Street	U17	M	Preston Harriers	04:11.54
10	152	Phil Waite	U20	M	Barrow & Furness Striders & AC	04:15.28
11	400	Adam Elliott	u20	M	Sale Harriers Manchester	04:15.35

1500M HEAT 2

1	336	Oliver Blake	U20	M	Oswestry Olympians	04:08.77
2	419	John Howe	SEN	M	Trafford AC	04:08.86
3	376	David Twigg	U20	M	St. Helens Sutton AC	04:10.13
4	380	Tom Griffiths	U20	M	St. Helens Sutton AC	04:11.12
5	413	Andy Skitt	U20	M	Manchester Harriers & AC	04:12.29
6	196	Matthew Johnson	U17	M	Holmfirth Harriers AC	04:12.96
7	405	Peter Steel	SEN	M	Leeds City AC	04:13.38
8	345	James Wilkinson	U17	M	Leeds City AC	04:13.79
9	307	Bill Foster	V45	M	Blackheath & Bromley	04:14.40
10	367	Arthur Cooke	SEN	M	Leeds City AC	04:16.36
11	356	Oliver Ziff	U17	M	Leeds City AC	04:18.96
12	409	Philip Monks	SEN	M	Vale Royal AC	04:19.20
13	344	James Lavin	U17	M	Leeds City AC	04:33.17

1500M HEAT 3

1	357	Leon Foster	U23	M	Wirral AC	04:23.99
2	4	Ben Proctor	U17	M	Scarborough AC	04:24.65
3	79	Mike Shaw	V40	M	Stockport Harriers & AC	04:25.60
4	304	Michael Evans	U17	M	Southport Waterloo AC	04:27.39
5	338	Gemma Phillips	SEN	F	Kendal AAC	04:28.74
6	330	David Henshaw	U20	M	Manchester Harriers & AC	04:31.20
7	321	Claire Taylor	SEN	F	Gateshead Harriers & AC	04:31.31
8	94	hayley Jennings	SEN	F	Tipton Harriers	04:34.97
9	329	Laura Carney	SEN	F	Liverpool Harriers & AC	04:35.25
10	382	John Appleton	U20	M	St. Helens Sutton AC	04:40.26
11	341	Philip Holmes	V45	M	Manchester Harriers & AC	04:43.91

12	320	Charlotte Browning	U20	F	Aldershot Farnham & District AC	04:45.19
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1500M HEAT 4

1	151	Peter Savage	U20	M	Barrow & Furness Striders & AC	04:41.96
2	401	Kirsteen Young	SEN	F	Leeds City AC	04:53.76
3	346	Joe Townsend	U17	M	Leeds City AC	04:53.79
4	417	Heather Timmins	U17	F	Warrington AC	04:57.54
5	194	Sarah Charnock	SEN	F	St. Helens Sutton AC	04:58.58
6	389	Scarlett Gray	U17	F	Scarborough AC	04:58.81
7	57	Claire Leaver	SEN	F	Holmfirth Harriers AC	04:59.64
8	384	Anna Anderson	U17	F	Pendle AC	05:00.58
9	81	Carl Lee	SEN	M	Wesham Road Runners	04:01.06
10	393	Emma Willits	u23	F	Nestle Rowntree	04:01.40
11	377	Fiona Rudkin	U20	F	Vale Royal AC	05:02.51
12	147	Dean Miller	U17	M	Barrow & Furness Striders & AC	05:06.71
13	392	Charlotte Maxted	U17	F	Nestle Rowntree	05:08.38
14	302	Katie Mellor	U20	F	Nestle Rowntree	05:15.53

3000m Heat 1

1	2	Glen Comish	SEN	M	Sale Harriers Manchester	08:18.30
2	51	Steffan North	sen	M	Sale Harriers Manchester	08:21.43
3	87	Martin Williams	SEN	M	Tipton Harriers	08:22.14
4	22	Johnny Gilby	SEN	M	Derby AC	08:22.76
5	98	Dave Norman	SEN	M	Altrincham & District AC	08:24.10
6	92	Simon Horsfield	U17	M	East Cheshire Harriers & Tameside	08:35.27
7	106	Bashir Hussain	V40	M	Stockport Harriers & AC	08:39.29
8	62	Ben Fish	SEN	M	Blackburn Harriers & AC	08:42.72
9	12	Steve Hallas	SEN	M	Preston Harriers	08:44.11
10	56	David Macquarrie	U23	M	Leeds City AC	08:53.73
11	70	Colin Rigby	SEN	M	Horwich RMI Harriers & AC	08:57.86
12	60	Greg Hull	V40	M	Leeds City AC	08:58.89
13	11	Damion Gallagher	U17	M	City of Stoke AC	09:02.51
14	79	Mike Shaw	V40	M	Stockport Harriers & AC	09:06.96
15	48	Danny Cliffe	u15	M	Warrington AC	09:07.79
16	88	Russell Maddams	SEN	M	London Irish	09:09.38
17	52	Mark Dewhurst	U23	M	Holmfirth Harriers AC	09:15.99
18	83	Ryan Smith	U17	M	Vale Royal AC	09:18.21
19	45	Juliet Potter	SEN	F	Charnwood AC	09:20.46
20	50	Gary Matthews	V45	M	East Cheshire Harriers & Tameside	09:29.53

3000m Heat 2

1	40	Chris Phelps	U17	M	Bridlington Road Runners	09:34.98
2	133	Dave Carrington	V45	M	Altrincham & District AC	09:35.26
3	44	Sonia Thomas	SEN	F	Sale Harriers Manchester	09:35.45
4	37	Penny Thackray	SEN	F	Wakefield Harriers	09:35.52
5	8	Paul Wadsworth	U17	M	Rossendale Harriers & AC	09:46.97
6	54	Dennis Matthews	V40	M	East Cheshire Harriers & Tameside	09:52.89
7	9	Phil Bolton	U17	M	Rossendale Harriers & AC	09:56.04
8	63	Neil Watson	V45	M	Longwood Harriers	10:00.52
9	177	Rob Ashworth	V40	M	Southport Waterloo AC	10:02.78
10	55	John Chaplin	V45	M	Chorley Harriers	10:08.77
11	136	Jack Thompson	U17	M	Pendle	10:08.87
12	5	James Kraft	U17	M	Scarborough AC	10:24.23
13	114	Lee Jones	U15	M	Matlock AC	10:24.45
14	151	Peter Savage	U20	M	Barrow & Furness Striders & AC	10:24.45
15	130	Amy McGivern	U15	F	Holmfirth Harriers AC	10:25.41
16	97	Ian Stainthorpe	V40	M	Rochdale Harriers & AC	10:36.50
17	115	Tom Barker	U15	M	Matlock AC	10:41.02
18	49	Mike Cunningham	V60	M	Manchester Harriers & AC	10:41.34
19	66	Stan Erlam	V60	M	St. Helens Sutton AC	11:19.94
20	158	Jennie Guard	SEN	F	Leeds City AC	11:50.31

North of England 3000m Championship

1	21	Ryan Stephenson	U20	M	North Shields Poly	
2	368	Jonny Mellor	U20	M	Liverpool Harriers & AC	
3	18	Chris Hart	U20	M	Blackburn Harriers & AC	
4	39	Kevin Deighton	U20	M	Bridlington Road Runners	
5	25	Keith Gerrard	U20	M	Manx Harriers	
6	132	Rob Hodges	U20	M	Kingston Upon Hull AC	
7	144	Simon Mills	U20	M	Sale Harriers Manchester	
8	117	Ian Kimpton	U20	M	Lincoln Wellington AC	
9	139	David Marsh	U20	M	Sale Harriers Manchester	
10	103	Chris Price	U20	M	Wakefield Harriers	
11	343	Stephen Mitchell	U20	M	Vale Royal AC	
12	135	James Johnson	U20	M	Kingston Upon Hull AC	

North of England 3000m Championship

1	21	Ryan Stephenson	U20	M	North Shields Poly	08:21.99
2	368	Jonny Mellor	U20	M	Liverpool Harriers & AC	08:24.51
3	18	Chris Hart	U20	M	Blackburn Harriers & AC	08:25.99
4	39	Kevin Deighton	U20	M	Bridlington Road Runners	08:26.93
5	25	Keith Gerrard	U20	M	Manx Harriers	08:35.69
6	132	Rob Hodges	U20	M	Kingston Upon Hull AC	08:42.48
7	144	Simon Mills	U20	M	Sale Harriers Manchester	08:53.13
8	117	Ian Kimpton	U20	M	Lincoln Wellington AC	08:54.11
9	139	David Marsh	U20	M	Sale Harriers Manchester	09:07.38
10	103	Chris Price	U20	M	Wakefield Harriers	09:09.16
11	343	Stephen Mitchell	U20	M	Vale Royal AC	09:15.46
12	135	James Johnson	U20	M	Kingston Upon Hull AC	09:34.84

North of England 3000m Championship

1	313	Becky Ellis	U20	F	Vale Royal AC	09:58.02
2	348	Victoria Mason	U20	F	Sale Harriers Manchester	10:00.02
3	311	Joanne Maddick	U20	F	Kingston Upon Hull AC	10:02.22
4	141	Natalie Grant	U20	F	Rotherham Harriers	10:11.97
5	334	Victoria France	U17	F	Rotherham Harriers	10:14.97
6	347	Rachel Deegan	U20	F	Sale Harriers Manchester	10:24.15
7	145	Amy Wadsworth	U20	F	Derby AC	10:43.52
8	74	Clare Kane	U20	F	Preston Harriers	10:54.99

HAMMERMEN

1	15	Michael Bomba	U20	M	Liverpool Harriers & AC	61.32
2	72	Will Lowndes	U20	M	Liverpool Harriers & AC	58.69
3	171	Graeme Allan	SEN	M	Shaftesbury Barnet Harriers	57.56
4	26	Roger Bate	U23	M	Trafford AC	54.37
5	1	Mark Gulliver	SEN	M	Leeds City AC	51.43
6	17	Adam Reynolds	U15	M	Liverpool Harriers & AC	48.63
7	16	Liam Loyden	U17	M	Liverpool Harriers & AC	43.07
8	10	Brian Lockley	V55	M	Trafford AC	43.03
9	43	Richard Gayle	SEN	M	Wakefield Harriers	38.95
10	122	Julian Clare	SEN	M	Trafford AC	35.93

DISCUS

1	41	Dave Readle	SEN	M	Liverpool Pembroke & Sefton	44.45
2	80	Steven Fogg	U17	M	Liverpool Harriers & AC	44.21
3	26	Roger Bate	U23	M	Trafford AC	43.30
4	24	Jemma Kelly	SEN	F	Trafford AC	42.53
5	72	Will Lowndes	U20	M	Liverpool Harriers & AC	41.23
6	122	Julian Clare	SEN	M	Trafford AC	36.05
7	38	Stephanie Owens	U15	F	West Cheshire AC	31.99
8	131	Joe Winspear	U17	M	Holmfirth Harriers AC	30.54
9	3	Emma Gilbert	U17	F	Scunthorpe & District AC	26.75
10	143	Rachel Bishop	U20	F	Liverpool Harriers & AC	25.74
11	19	Thomas Poulton-White	SEN	M	Skyrac AC	24.93

JAVELIN

1	332	Ben Fisher	u20	M	St. Helens Sutton AC	57.33
2	128	Dave Smith	SEN	M	Leigh Harriers & AC	52.75
3	199	Pawlo Ostapowicz	V50	M	Trafford AC	50.68
4	317	Andrew Allan	U17	M	Liverpool Harriers & AC	49.62
5	122	Julian Clare	SEN	M	Trafford AC	47.11
6	167	Clem Bartley	V45	M	Notts AC	43.39
7	131	Joe Winspear	U17	M	Holmfirth Harriers AC	42.56
8	127	Ian Graham	SEN	M	Leigh Harriers & AC	39.06
9	69	Marie Dixon	SEN	F	Oldham & Royton Harriers & AC	30.73
10	143	Rachel Bishop	U20	F	Liverpool Harriers & AC	19.00

SHOT PUTT

1	72	Will Lowndes	U20	M	Liverpool Harriers & AC	16.02
2	140	Ross Hayhurst	U17	M	Liverpool Harriers & AC	13.77
3	80	Steven Fogg	U17	M	Liverpool Harriers & AC	12.61
4	26	Roger Bate	U23	M	Trafford AC	12.32
5	140	Ross Hayhurst	U17	M	Liverpool Harriers & AC	12.29
6	122	Julian Clare	SEN	M	Trafford AC	12.07
7	24	Jemma Kelly	SEN	F	Trafford AC	10.65
8	38	Stephanie Owens	U15	F	West Cheshire AC	10.23
9	42	Vicky Johnson	U17	F	Liverpool Harriers & AC	9.64
10	3	Emma Gilbert	U17	F	Scunthorpe & District AC	8.78

HIGH JUMP

1	96	Wani Mkandawire	SEN	M	Sheffield AC	2.05
2	179	Tom O'Brian	U20	M	Wigan & District Harriers & AC	1.85
3	95	Adam Russell	U20	M	Barnsley AC	1.85