

**BMC 800M MENS RACE A**

1	92	Gavin Massingham	SEN	M	Sunderland Harriers	01:51.77
2	82	Stu Morland	U23	M	Liverpool Harriers & AC	01:52.94
3	81	Ian Lowthian	SEN	M	Sale Harriers Manchester	01:53.19
4	234	Matthew Nicholson	SEN	M	Gosforth AC	01:54.10
5	155	Ben Styles	U20	M	Stockport Harriers & AC	01:55.40
6	108	Nick Bradley	U20	M	Border Harriers & AC	01:57.35
7	148	Joe Brocklehurst	U23	M	Stratford upon Avon AC	02:01.17

**BMC 800 MEN'S RACE B**

1	247	Simon marwood	SEN	M	Altrincham & District AC	01:55.14
2	173	David Thornton	SEN	M	Pendle AC	01:55.27
3	209	Chris Bryant	U23	M	Wigan & District Harriers & AC	01:55.29
4	132	Jake Harman	U20	M	Leeds City AC	01:55.50
5	147	Joe Holden	U20	M	Tipton Harriers	01:56.39
6	83	Richard Mace	SEN	M	City of Sheffield AC	01:57.20
7	159	Rob Ingham	U23	M	Oldham & Royton Harriers & AC	01:57.34
8	172	James Griffiths	U20	M	Vale Royal AC	02:03.46

**BMC 800 MEN'S RACE C**

1	240	Oliver Blake	U20	M	Oswestry Olympians AC	01:53.99
2	177	Chris Smith	U20	M	Wirral AC	01:55.10
3	37	Liam McCully	U20	M	Liverpool Harriers & AC	01:56.29
4	205	William Nicholson	U17	M	Border Harriers & AC	01:58.28
5	107	Fabian Downs	U23	M	University of Bangor	01:58.37
6	151	Martin Reid	SEN	M	City of Sheffield AC	01:58.75
7	225	Michale Salter	U17	M	Leeds City AC	01:59.10
8	238	Stephen Donegan	U23	M	Liverpool Pembroke & Sefton	02:01.13

**BMC 800 WOMEN'S RACE**

1	273	Emma McIntyre	SEN	F	Sale Harriers Manchester	02:10.36
2	214	Karen Hill	SEN	F	Trafford AC	02:10.51
3	116	Laura Siddall	SEN	F	Sale Harriers Manchester	02:12.43
4	179	Jane Potter	SEN	F	Charnwood AC	02:12.69
5	158	Stephanie Roe	U20	F	Preston Harriers	02:12.75
6	192	Philippa McCrea	SEN	F	Gateshead Harriers & AC	02:13.60
7	84	Sigourney Bell	U15	F	Gateshead Harriers & AC	02:15.75
8	212	Kirsty Drabble	U17	F	Sale Harriers Manchester	02:17.26
9	153	Alex Wheatman	U17	M	Scarborough AC	02:17.42
10	145	Erin Lafferty	SEN	F	Sale Harriers Manchester	02:20.23
11	269	Jo Harper	U20	F	Cannock & Staffs AC	02:20.68
12	265	Rebecca Nuttall	U17	F	Deeside AAC	02:24.25

**MENS 1500m RACE A**

1	243	Tom Minshull	U20	M	Trafford AC	03:49.50
2	215	Ricky Stevenson	U20	M	New Marske Harriers	03:52.72
3	198	Simon Deakin	SEN	M	Leeds City AC	03:53.30
4	245	Garry Bristow	U20	M	Trafford AC	03:53.89
5	164	Lewis Moses	U20	M	Newton Aycliffe AC	03:54.29
6	253	Jonny Mellor	U23	M	Liverpool Harriers & AC	03:54.47
7	38	Rob Hodges	U20	M	Kingston upon Hull AC	03:54.81
8	154	Jonathan Taylor	U20	M	Middlesbrough AC (Mandale)	03:59.43
9	275	Ben Lindsay	U20	M	Pendle AC	04:00.83
10	248	John Mannion	U23	M	Liverpool Harriers & AC	04:03.62
11	250	Rob Banjac	U20	M	Rochdale Harriers & AC	04:06.08
12	166	Adam Michell	U23	M	Preston Harriers	04:07.07
13	241	Graeme Mason	SEN	M	Border Harriers & AC	04:07.35

**100M Heat 1**

1	62	Andrew Steele	U23	M	Trafford AC	10.98
2	105	Rick Beardsell	SEN	M	Trafford AC	10.99
3	101	Neil Hewson	SEN	M	Trafford AC	11.03
4	93	Bradley Williams	U23	M	LSAC	11.16
5	114	Philip Ellershaw	SEN	M	Liverpool Harriers & AC	11.32
6	137	Salex Coley	U23	M	City of Sheffield AC	11.41
7	52	Sahr David Gabitta	SEN	M	Bingley Harriers & AC	11.47

**100M Heat 2**

1	106	Stephen Skelland	U20	M	Trafford AC	11.41
2	78	Ben Jones	U23	M	Tamworth AC	11.41
3	27	Andy McIntosh	U20	M	Hull Achilles AC	11.46
4	28	Danny McIntosh	U17	M	Hull Achilles AC	11.63
5	174	Simon Newton	U20	M	City of Sheffield AC	11.72
6	95	Tom Bolan-Ashworth	SEN	M	Wigan & District Harriers & AC	11.83
7	130	Bernard Ward	SEN	M	Trafford AC	11.94

**100M Heat 3**

1	31	Martyn Morther	SEN	M	Sale Harriers Manchester	11.71
2	182	Aiden Gilmore	SEN	M	Oldham & Royton Harriers & AC	11.77
3	79	Leslie Addy	U20	M	Shaftesbury Barnet Harriers	12.02
4	43	Chris Perrey	SEN	M	Bolton United Harriers	12.29
5	76	Rob Hyatt	U23	M	Loughton AC	12.42
6	142	John Gierula	SEN	M	Spenborough & District AC	12.63

**100M Heat 4**

1	94	Daniel Barry	U20	M	Trafford AC	11.76
2	100	Emily Shaw	U20	F	Oldham & Royton Harriers & AC	12.30
3	58	Nathan Scholes	U17	M	Trafford AC	12.44
4	163	Ian Jones	U17	M	East Cheshire Harriers & Tamesid	12.48
5	99	Dionne Ellison	U20	F	Trafford AC	12.99
6	135	Edwina Anyanwu	SEN	F	Unattached	13.50
7	152	Francisca Quansah	U20	F	Trafford AC	14.05

**200M Heat 1**

1	62	Andrew Steele	U23	M	Trafford AC	21.58
2	101	Neil Hewson	SEN	M	Trafford AC	21.93
3	105	Rick Beardsell	SEN	M	Trafford AC	21.95
4	218	Ben Sumner	SEN	M	Enfield & Haringey	22.45
5	204	Tom O'Brien	U20	M	Wigan & District Harriers & AC	22.96
6	114	Philip Ellershaw	SEN	M	Liverpool Harriers & AC	23.02

**200M Heat 2**

1	93	Bradley Williams	U23	M	LSAC	22.68
2	13	Johnny Shearn	SEN	M	Wakefield Harriers	22.69
3	52	Sahr David Gabitta	SEN	M	Bingley Harriers & AC	23.27
4	53	Matthew Cottam	U20	M	Bingley Harriers & AC	23.29
5	174	Simon Newton	U20	M	City of Sheffield AC	23.40

**200M Heat 3**

1	27	Andy McIntosh	U20	M	Hull Achilles AC	23.16
2	78	Ben Jones	U23	M	Tamworth AC	23.32
3	28	Danny McIntosh	U17	M	Hull Achilles AC	23.39
4	54	Marc Mullen-Browne	SEN	M	Stockport Harriers & AC	23.69
5	95	Tom Bolan-Ashworth	SEN	M	Wigan & District Harriers & AC	23.94
6	79	Leslie Addy	U20	M	Shaftesbury Barnet Harriers	24.39

**200M Heat 4**

1	94	Daniel Barry	U20	M	Trafford AC	23.70
2	178	Alzred Matturi	U20	M	Trafford AC	23.98
3	43	Chris Perrey	SEN	M	Bolton United Harriers	24.66
4	58	Nathan Scholes	U17	M	Trafford AC	25.07
5	129	Peter Hickey	V45	M	Northern Vets	25.09
6	203	Ian Scholes	V45	M	Trafford AC	25.85

**200M Heat 5**

1	57	Josh Allan	U15	M	Bingley Harriers & AC	24.22
2	76	Rob Hyatt	U23	M	Loughton AC	24.99
3	163	Ian Jones	U17	M	East Cheshire Harriers & Tameside	25.08
4	100	Emily Shaw	U20	F	Oldham & Royton Harriers & AC	25.43
5	142	John Gierula	SEN	M	Spennorth & District AC	25.96

**200M Heat 6**

1	104	Neil Barker	U23	M	University of Bangor	25.68
2	134	Anita Richardson	SEN	F	Trafford AC	26.97
3	133	Zoe Reid	U17	F	Trafford AC	27.41
4	180	Melanie Turner	U20	F	Oldham & Royton Harriers & AC	27.51

**400M Heat 1**

1	65	Scott Caine	U23	M	Trafford AC	48.60
2	13	Johnny Shearn	SEN	M	Wakefield Harriers	50.41
3	169	Tom Grantham	SEN	M	City of Sheffield AC	51.23
4	54	Marc Mullen-Browne	SEN	M	Stockport Harriers & AC	51.36
5	103	Chris Bramah	U20	M	Trafford AC	52.16
6	130	Bernard Ward	SEN	M	Trafford AC	52.18

400M Heat 2

1	12	Danny Hind	U23	M	Wigan & District Harriers & AC	52.72
2	126	Jack Parkes	U17	M	Blackpool & Fylde AC	52.96
3	188	Tom Roberts	U17	M	Leeds City AC	53.33
4	57	Josh Allan	U15	M	Bingley Harriers & AC	55.00
5	64	Matthew Cliff	U23	M	Liverpool Harriers & AC	56.10
6	-	-	-	-	-	-

400M Heat 3

1	128	Francis Scott	V45	M	Altrincham & District AC	55.66
2	183	Carl McClendon	U17	M	Trafford AC	55.87
3	165	Nivk Blanchard	SEN	M	Stockport Harriers & AC	56.26
4	66	Andrew Hunt	U20	M	Bingley Harriers & AC	57.42
5	144	Gary Wyn-Jones	SEN	M	Deeside AAC	58.90
6	187	Bobby Ansell	U17	M	Newcastle (Staffs) AC	63.37

400M Heat 4

1	149	Andrew Hutchinson	V45	M	Northern Vets	59.26
2	186	Laura Garside	U20	F	Newcastle (Staffs) AC	60.58
3	161	Vic Blanchard	V60	M	Northern Vets	60.61
4	121	Leigh Newton	SEN	F	Blackpool & Fylde AC	63.06
5	50	Emma Hornsby	U17	F	Blackburn Harriers & AC	63.71
6	122	Lisa Daley	U23	F	Blackpool & Fylde AC	67.93

800m Heat 1

1	197	Jonathan Walch	U20	M	Stockport Harriers & AC	01:58.94
2	252	Jeremy Gilmur	U17	M	Trafford AC	01:59.18
3	184	Graham Hogg	U20	M	Trafford AC	01:59.58
4	255	Jack Cutsworth	U17	M	Kingston upon Hull AC	01:59.80
5	232	Andrew Gibson	U17	M	Nithsdale AC	02:00.06
6	244	Michael Sawrey	SEN	M	Trafford AC	02:00.64
7	34	Karl McDonagh	U17	M	Scunthorpe & District AC	02:00.78
8	168	Neil Robinson	U20	M	Newton Aycliffe AC	02:01.25
9	239	Matt Jones	SEN	M	Wrexham AAC	02:05.23
10	30	Richard Burney	SEN	M	Liverpool Harriers & AC	02:06.37

800m Heat 2

1	162	Danny Kevan	U23	M	Wigan & District Harriers & AC	02:01.79
2	246	David Rigby	U20	M	Preston Harriers	02:02.18
3	200	Rob Jowett	U20	M	Sale Harriers Manchester	02:03.57
4	49	Nigel Malkin	U20	M	Sale Harriers Manchester	02:03.65
5	267	Mike Carroll	U20	M	Vale Royal AC	02:04.69
6	210	George Thompson	U23	M	Vale Royal AC	02:05.05
7	206	Tom Cornthwaite	U23	M	Blackburn Harriers & AC	02:05.12
8	249	David Marteau	U20	M	Liverpool Harriers & AC	02:06.50
9	24	Jonathan Sharp	U17	M	Scarborough AC	02:07.32
10	201	James Toohey	U17	M	Liverpool Harriers & AC	02:10.41

800m Heat 3

1	233	Matthew Proctor	U20	M	Rochdale Harriers & AC	02:04.35
2	150	Henri Lawson	U17	M	Pendle AC	02:04.43
3	85	Daryl Connolly	U23	M	Liverpool Harriers & AC	02:06.93
4	227	Danny Brocklehurst	U20	M	Trafford AC	02:07.14
5	175	Catherine Riley	SEN	F	Trafford AC	02:08.04
6	143	Alex Davy	U20	M	Leeds City AC	02:08.12
7	202	Philip Leggett	U15	M	Liverpool Harriers & AC	02:08.16
8	264	Rayford Beaumont	U20	M	Trafford AC	02:08.87
9	262	James McKay	SEN	M	Unattached	02:09.56
10	140	James Bowness	U15	M	Seaton AC	02:09.64
11	266	Paul Connolly	SEN	M	Salford Metropolitan AC	02:10.11

800m Heat 4

1	195	Russ Best	U17	M	New Marske Harriers	02:06.30
2	258	Sam Witter	U17	M	Oldham & Royton Harriers & AC	02:08.90
3	156	Graham Marsland	SEN	M	Stockport Harriers & AC	02:12.59
4	25	Chris Pedder	V45	M	Mossley Hill AC	02:12.83
5	288	Jade Allen	U17	F	Rotherham Harriers & AC	02:13.64
6	226	Joanne Duxbury	U20	F	Trafford AC	02:14.99
7	294	Jo Dawes	SEN	F	Sale Harriers Manchester	02:15.55
8	213	Rachel McHugh	SEN	F	Trafford AC	02:18.93
9	289	Helen Garnham	SEN	F	Nestle Rowntree AC	02:19.12
10	263	Kirsty Milner	U20	F	Trafford AC	02:22.42

800m Heat 5

1	287	Natalie Grant	U17	F	Rotherham Harriers & AC	02:17.42
2	185	Jacki Fairchild	U20	F	Trafford AC	02:17.90
3	261	Helen Singleton	SEN	F	Wakefield Harriers	02:18.61
4	280	Lucy Gemmell	U17	F	Warrington AC	02:19.12
5	257	Lauren Woodcock	U15	F	Sale Harriers Manchester	02:21.23
6	221	Danielle McCann	U20	F	Preston Harriers	02:24.45
7	191	Kasey-Lea Shuttleworth	U20	F	East Cheshire Harriers & Tamesid	02:25.91
8	190	Hannah Tart	U17	F	Warrington AC	02:26.91
9	235	Steph Swift	U20	F	Liverpool Pembroke & Sefton	02:29.05

800m Heat 6

1	293	Nicola Pugh	SEN	F	Trafford AC	02:22.40
2	259	Rachel Wood	U17	F	Blackburn Harriers & AC	02:24.65
3	120	Emily Dulson	U17	F	Newcastle (Staffs) AC	02:25.06
4	87	Rebecca Ferguson	U15	F	Gateshead Harriers & AC	02:26.10
5	211	Michelle Wiblin	U15	F	Stockport Harriers & AC	02:26.67
6	251	Lorna Hill	U17	F	Oldham & Royton Harriers & AC	02:27.97
7	17	Leanne Scott	U17	F	Burnley AC	02:28.11

800m Heat 7

1	237	Alison Pye	SEN	F	Sale Harriers Manchester	02:29.19
2	189	Sofija Djukic	U17	F	Newcastle (Staffs) AC	02:29.64
3	119	Michelle Buckle	SEN	F	Newcastle (Staffs) AC	02:30.96
4	141	Sarah Cartwright	U17	F	Warrington AC	02:32.48
5	278	Jessica Mayho	U15	F	Bingley Harriers & AC	02:48.15
6	272	Ivan MacIntyre	V45	M	Sale Harriers Manchester	03:47.76
7	138	Thomas Malone	V45	M	Sale Harriers Manchester	03:58.93

**1500M HEAT 1**

1	276	Ciaran McCaughey	U17	M	Trafford AC	03:59.70
2	194	Jordan Donnelly	U20	M	Wirral AC	04:01.03
3	219	Stephen Mitchell	U20	M	Vale Royal AC	04:02.03
4	36	James McCully	U20	M	Liverpool Harriers & AC	04:02.89
5	236	Craig Gundersen	U20	M	Liverpool Harriers & AC	04:03.19
6	271	Alasdair Russell	U20	M	Kendal AAC	04:03.75
7	222	James Russell	U20	M	Liverpool Harriers & AC	04:03.94
8	260	Peter Street	U20	M	Preston Harriers	04:04.94
9	39	Daniel Griffiths	U20	M	Wigan & District Harriers & AC	04:06.64
10	228	Harry Harper	U17	M	Liverpool Harriers & AC	04:07.12
11	268	Glen George	U20	M	Warrington AC	04:07.45
12	118	Nick Hooker	U20	M	Leeds City AC	04:07.72
13	193	Stephen Feasay	U20	M	Kingston upon Hull AC	04:08.00
14	146	Michael Holden	U20	M	Tipton Harriers	04:08.61
15	199	Stephen Broadhurst	U17	M	Warrington AC	04:08.90

**1500M HEAT 2**

1	111	Abdirisak Ahmed	U17	M	City of Sheffield AC	04:05.80
2	282	Carl Shubotham	U20	M	City of Stoke AC	04:08.63
3	281	Damion Gallagher	U20	M	City of Stoke AC	04:09.30
4	242	James Fahey	U20	M	New Marske Harriers	04:16.43
5	290	Scott Monk	SEN	M	Blackburn Harriers & AC	04:16.46
6	22	Ben Proctor	U20	M	Scarborough AC	04:17.47
7	292	Ricky Challinor	U17	M	Deeside AAC	04:18.43
8	196	Simon Bennett	U20	M	Stockport Harriers & AC	04:20.66
9	25	Chris Pedder	V45	M	Mossley Hill AC	04:30.02
10	175	Catherine Riley	SEN	F	Trafford AC	04:31.83
11	224	Paul Galgey	U20	M	Liverpool Harriers & AC	04:33.98
12	283	Rachel Thompson	U23	F	Liverpool Harriers & AC	04:47.51

**1500M HEAT 3**

1	217	Louis Christoforou	U17	M	Leeds City AC	04:23.28
2	216	Joe Partridge	U20	M	Leeds City AC	04:31.50
3	274	Nathan Bolton	U15	M	Spensborough & District AC	04:34.38
4	-	-	-	-	-	04:38.61
5	284	Emma-Leigh Heighway	U20	F	Sale Harriers Manchester	04:39.06
6	279	Lucy Mayho	U20	F	Bingley Harriers & AC	04:43.18
7	291	Stevie Stockton	U20	F	Vale Royal AC	04:43.40
8	223	Jennifer Smith	U23	F	Warrington AC	04:44.10
9	277	Melissa Ronan	U20	F	Liverpool Harriers & AC	04:51.30

**1500M HEAT 4**

1	256	Michelle Stone	U17	F	Kingston upon Hull AC	04:48.14
2	68	Helen Hudson	U23	F	Stockport Harriers & AC	04:50.91
3	286	Amy McGivern	U15	F	Holmfirth Harriers AC	04:51.03
4	285	Beth Pettit	U15	F	Holmfirth Harriers AC	04:55.51
5	167	Abby Wilson	U20	F	Newton Aycliffe AC	04:55.85
6	47	Hannah Weedall	U17	F	Vale Royal AC	04:59.78
7	157	Kathy Stringer	U15	F	Vale Royal AC	05:03.02
8	230	Hannah Seddon	U17	F	Leeds City AC	05:12.83

3000m Heat 1

1	15	Steve Vernon	SEN	M	Stockport Harriers & AC	08:10.75
2	19	Nick Goodliffe	SEN	M	Holmfirth Harriers AC	08:11.18
3	88	Mark Buckingham	SEN	M	Holmfirth Harriers AC	08:24.52
4	11	Mark Hood	SEN	M	Sunderland Harriers	08:25.23
5	3	Alan Buckley	SEN	M	Gateshead Harriers & AC	08:28.34
6	2	Martin Hilton	SEN	M	Leeds City AC	08:35.93
7	42	Paul Green	SEN	M	Sale Harriers Manchester	08:38.89
8	30	Richard Burney	SEN	M	Liverpool Harriers & AC	08:48.35
9	139	Paul Green	SEN	M	Hallamshire Harriers Sheffield	08:48.78
10	55	Alec Duffield	U20	M	Loftus AC	08:49.36
11	21	Andy Nixon	U20	M	Stockport Harriers & AC	08:49.64
12	4	Johnny Gilby	SEN	M	Derby AC	08:53.25
13	124	Matt Bond	U23	M	Sale Harriers Manchester	08:54.52
14	48	David Marsh	U20	M	Sale Harriers Manchester	09:01.21
15	117	Matthew Clough	U20	M	Leeds City AC	09:04.30
16	91	Adam Peers	U20	M	Liverpool Harriers & AC	09:05.14
17	115	Joe Townsend	U17	M	Leeds City AC	09:05.17
18	35	James Johnson	U20	M	Kingston upon Hull AC	09:09.75
19	90	Jason McGonigle	U20	M	Warrington AC	09:17.10
20	32	Jarratt Peckins	U20	M	Scunthorpe & District AC	09:18.60

3000m Heat 2

1	23	Bernie Murphy	V40	M	Liverpool Harriers & AC	09:18.14
2	41	Darren Wyn Jones	U23	M	Menai Track & Field	09:18.73
3	44	Paul Blackshaw	V40	M	Middleton Harriers AC	09:19.21
4	61	Kristian Robinson	SEN	M	Rochdale Harriers & AC	09:31.41
5	69	Steven Barber	U17	M	Stockport Harriers & AC	09:35.22
6	63	James Graham	SEN	M	Spectrum Striders	09:38.55
7	80	David Southern	V50	M	Altrincham & District AC	09:40.94
8	40	Laurie Luscombe	U17	M	Liverpool Harriers & AC	09:44.29
9	45	Dave Carrington	V50	M	Altrincham & District AC	09:49.52
10	125	Ben Liu	U23	M	University of Manchester	10:02.47
11	67	Karl Lee	SEN	M	Wesham Road Runners	10:05.85
12	102	Kevin Brydon	U23	M	University of Manchester	10:07.94
13	33	Garry Perkins	V50	M	Scunthorpe & District AC	10:08.47
14	59	Gemma Unsworth	SEN	F	Blackpool & Fylde AC	10:11.69
15	18	Steph Bloor	U20	F	Kingston upon Hull AC	10:12.76
16	60	Chris Lloyd	SEN	M	North Flyde AC	10:18.33
17	51	Grant Cunliffe	U17	M	Burnley AC	10:21.77
18	181	Melvin Clewlow	V40	M	Newcastle (Staffs) AC	10:22.45
19	16	Danielle Walker	U20	F	Burnley AC	10:23.54
20	119	Michelle Buckle	SEN	F	Newcastle (Staffs) AC	10:38.89
21	47	Hannah Weedall	U17	F	Vale Royal AC	10:40.81
22	131	Victoria Needham	U17	F	Nestle Rowntree AC	10:52.17
23	110	Ian Saxelby	SEN	M	Unattached	11:03.05
24	112	Helen Wade	U23	F	Skyrac AC	11:47.66

**HAMMER**

1	89	Bolance Ogun	SEN	F	Unattached	45.87
2	71	Mike Tommey	U17	M	Gloucester AC	44.86
3	75	Tim Williams	U15	M	Gloucester AC	44.27
4	26	Nicky Jackson	SEN	F	Wakefield Harriers	43.10
5	56	Richard Gayle	SEN	M	Wakefield Harriers	39.51
6	20	Vicky Johnson	U17	F	Liverpool Harriers & AC	38.56
7	96	Faye Calvert	U20	F	Deeside AAC	35.77
8	14	Steven Killen	SEN	M	Seaton AC	34.80
9	29	Erin McCarthy	U20	F	Liverpool Harriers & AC	31.09
10	207	Steven Atty	SEN	M	Trafford AC	30.87
11	70	Jimmy Coleman	U15	M	Gloucester AC	30.45
12	74	Nikita Morgan	U17	F	Gloucester AC	26.95
13	98	Mark Padgett	U15	M	Deeside AAC	26.56
14	1	Suzanne Woodward	U17	F	Liverpool Harriers & AC	24.80

**HAMMER**

1	10	Alex Smith	U20	M	Sale Harriers Manchester	69.74
2	6	Pete Smith	U17	M	Hull Achilles AC	65.81
3	7	James Bedford	U20	M	Kingston upon Hull AC	65.61
4	8	Amir Williamson	U20	M	Blackheath & Bromley	63.79
5	9	Alistair Williamson	U20	M	Blackheath & Bromley	56.64
6	5	Mark Gulliver	SEN	M	Leeds City AC	53.28

**DISCUS**

1	97	James Fortune	U15	M	Deeside AAC	39.17
2	136	Ffion Jones	U23	F	Deeside AAC	36.70
3	46	Ashley Pritchard	SEN	M	Macclesfield Harriers & AC	35.93
4	229	Thomas Poulton-White	SEN	M	Halifax Harriers & AC	24.57
5	1	Suzanne Woodward	U17	F	Liverpool Harriers & AC	24.00
6	98	Mark Padgett	U15	M	Deeside AAC	22.15
7	171	Walter Nicholls	V70	M	Trafford AC	21.12

**JAVELIN**

1	170	Ben Fisher	U23	M	St. Helens Sutton AC	54.89
2	123	Andrew Allan	U20	M	Liverpool Harriers & AC	50.03
3	220	Andrew Parry	SEN	M	Trafford AC	45.33
4	208	Clement Bartley	V45	M	Notts AC	42.76
5	46	Ashley Pritchard	SEN	M	Macclesfield Harriers & AC	40.08
6	254	Emma Halsall	U23	F	Trafford AC	37.96
7	79	Leslie Addy	U20	M	Shaftesbury Barnet Harriers	37.74
8	231	Robyn Purchase	U17	F	Wrexham AAC	33.41
9	136	Ffion Jones	U23	F	Deeside AAC	26.65

**SHOT PUTT**

1	79	Leslie Addy	U20	M	Shaftesbury Barnet Harriers	12.61
2	46	Ashley Pritchard	SEN	M	Macclesfield Harriers & AC	9.90

**HIGH JUMP**

1	86	Wani Mkandawire	SEN	M	City of Sheffield AC	2.01
2	77	Alex Girdler	U23	M	Trafford AC	1.90
3	170	Ben Fisher	U23	M	St. Helens Sutton AC	1.80