

800m

1	38 Keith McGhie	Spenborough & District AC	02:21.6	M55
2	35 Dave Allen	Northern Masters	02:30.4	M65
3	30 Angela Gibbons	Leeds City AC	02:47.1	F35
4	14 Graham Webster	Lytham St Annes	02:54.5	M65
5	24 Rod Scholes	Barnsley AC	02:58.2	M70
6	25 Michael Proctor	Longwood Harriers	03:02.1	M65
7	48 Lindsay Roberts	Longwood Harriers	03:08.0	F40

100m Heat 1

1	37 Joanne Mcculloch	Bury	14.6	M40
2	32 Deb Casson	Longwood Harriers	16.1	F50
3	15 Vicki Lee	Northern Masters	16.6	F55
4	41 Jo-Anne Parsons	Scunthorpe & District	17.6	F55
5	62 Maria Williams	NMAC	18.7	F70
6	40 Nicola Hellewell	Scunthorpe & District	19.5	F40
7	28 Susanne Pickersgill	Longwood Harriers	20.2	F60

100m Heat 2

1	13 Leeroy Golding	Pendle	13.2	M50
2	17 Simon Downs	Kingston Upon Hull	13.3	M40
3	18 David Walker	Northern Masters	14.6	M65
4	12 Neal Petley	Warrington	15.4	M50
5	23 Christopher Duncan	Worksop Harriers	15.8	M50
6	14 Graham Webster	Lytham St Annes	16.9	M65

3000m

1	14 Graham Webster	Lytham St Annes	12:32.0	M65
2	42 Jackie Carter	Spenborough & District AC	15:03.0	F55
3	63 Kevin Dillon	Manchester Harriers	17:14.9	M60

200m

1	37 Joanne Mcculloch	Bury	29.7	M40
2	32 Deb Casson	Longwood Harriers	33.1	F50
3	21 Ilse Hemming	Bolton	33.2	F60
4	43 Jo Heseltine	Rothwell Harriers	37.6	F50
5	41 Jo-Anne Parsons	Scunthorpe & District	39.3	F55
6	62 Maria Williams	NMAC	39.3	F70
7	40 Nicola Hellewell	Scunthorpe & District	46.9	F40

200m

1	17 Simon Downs	Kingston Upon Hull	26.8	M40
2	38 Keith McGhie	Spenborough & District AC	28.4	M55
3	45 Rob MacDonald	Halifax Harriers	29.0	M50
4	18 David Walker	Northern Masters	29.9	M65
5	23 Christopher Duncan	Worksop Harriers	32.0	M50
6	64 John Wilde	Unattached	34.8	M45

1500m

1	14 Graham Webster	Lytham St Annes	05:52.8	M65
2	25 Michael Proctor	Longwood Harriers	06:20.0	M65
3	48 Lindsay Roberts	Longwood Harriers	06:27.2	F40
4	42 Jackie Carter	Spensorough & District AC	07:16.5	F55

400m

1	38 Keith McGhie	Spensorough & District AC	62.2	M55
2	45 Rob MacDonald	Halifax Harriers	62.5	M50
3	35 Dave Allen	Northern Masters	66.7	M65
4	23 Christopher Duncan	Worksop Harriers	69.5	M50
5	24 Rod Scholes	Barnsley AC	74.8	M70
6	14 Graham Webster	Lytham St Annes	77.7	M65
7	64 John Wilde	Unattached	78.5	M45

400m

1	65 Jason Newell	Spensorough & District AC	63.1	M45
2	37 Joanne Mcculloch	Bury	71.6	M40
3	42 Jackie Carter	Spensorough & District AC	98.3	F55
4	41 Jo-Anne Parsons	Scunthorpe & District	103.3	F55

Hammer - Women

1	27 Jennifer Ibbitson	Wakefield Harriers	32.68	F60
2	29 Patricia Wood	Wakefield Harriers	27.21	F50
3	41 Jo-Anne Parsons	Scunthorpe & District	21.65	F55
4	44 Fiona Thomas	Spennorth & District AC	19.75	F35
5	40 Nicola Hellewell	Scunthorpe & District	17.47	F40
6	28 Susanne Pickersgill	Longwood Harriers	16.64	F60
7	62 Maria Williams	NMAC	16.53	F70
8	43 Jo Heseltine	Rothwell Harriers	15.41	F50

Hammer - Mens

1	47 John Edwards	Burnley AC	37.69	M65
2	11 John Twiddle	Kingston Upon Hull	37.42	M45
3	16 Ian Cooley	Rotherham AC	35.73	M60
4	36 Greg Pell	Scunthorpe & District	32.92	M45
5	66 Steve Linsell	Leeds City AC	30.54	M55
6	10 Bill Renshaw	Rotherham AC	26.18	M65
7	50 Andrew England	NMAC	22.99	M45
8	61 Jonathan Sewell	City of York	21.49	M55
9	31 Tom Craik	Spennorth & District AC	16.70	M80
10	46 Derek Martin	Salford	0.00	M65

Shot - Women

1	44 Fiona Thomas	Spennorth & District AC	10.18	F35
2	27 Jennifer Ibbitson	Wakefield Harriers	9.08	F60
3	29 Patricia Wood	Wakefield Harriers	7.28	F50
4	21 Ilse Hemming	Bolton	6.99	F60
5	41 Jo-Anne Parsons	Scunthorpe & District	6.49	F55
6	15 Vicki Lee	Northern Masters	6.32	F55
7	28 Susanne Pickersgill	Longwood Harriers	5.97	F60
8	40 Nicola Hellewell	Scunthorpe & District	5.84	F40
9	62 Maria Williams	NMAC	5.81	F70
10	43 Jo Heseltine	Rothwell Harriers	5.00	F50
11	32 Deb Casson	Longwood Harriers	5.00	F50

Shot - Men

1	22 Greg Beard	Newham & Essex Beagles	15.37	M35
2	11 John Twiddle	Kingston Upon Hull	12.34	M45
3	36 Greg Pell	Scunthorpe & District	11.68	M45
4	50 Andrew England	NMAC	9.59	M45
5	61 Jonathan Sewell	City of York	9.46	M55
6	39 Michael Proctor	Leeds City AC	9.24	M50
7	46 Derek Martin	Salford	9.12	M65
8	10 Bill Renshaw	Rotherham AC	8.61	M65
9	13 Leeroy Golding	Pendle	8.39	M50
10	47 John Edwards	Burnley AC	8.09	M65
11	17 Simon Downs	Kingston Upon Hull	7.84	M40
12	19 Ray McAvoy	Northern Masters	7.59	M60
13	26 Allen Parkinson	Bolton	7.56	M65
14	49 Frank Howgate	Spensborough & District AC	7.34	M80
15	23 Christopher Duncan	Worksop Harriers	7.32	M50
16	16 Ian Cooley	Rotherham AC	7.31	M60
17	20 Geoff Render	Spensborough & District AC	5.86	M40
18	31 Tom Craik	Spensborough & District AC	5.59	M80

Triple Jump

1	50 Andrew England	NMAC	10.08	M45
2	12 Neal Petley	Warrington	8.99	M50
3	26 Allen Parkinson	Bolton	8.89	M65
4	21 Ilse Hemming	Bolton	7.09	F60
5	23 Christopher Duncan	Worksop Harriers	0.00	M50

Discus - Men

1	22 Greg Beard	Newham & Essex Beagles	41.54	M35
2	36 Greg Pell	Scunthorpe & District	34.81	M45
3	11 John Twiddle	Kingston Upon Hull	34.11	M45
4	13 Leeroy Golding	Pendle	33.17	M50
5	50 Andrew England	NMAC	31.15	M45
6	10 Bill Renshaw	Rotherham AC	29.48	M65
7	47 John Edwards	Burnley AC	29.34	M65
8	61 Jonathan Sewell	City of York	29.23	M55
9	19 Ray McAvoy	Northern Masters	27.82	M60
10	46 Derek Martin	Salford	27.00	M65
11	17 Simon Downs	Kingston Upon Hull	25.84	M40
12	23 Christopher Duncan	Worksop Harriers	22.92	M50
13	16 Ian Cooley	Rotherham AC	18.54	M60
14	31 Tom Craik	Spensborough & District AC	13.67	M80
15	20 Geoff Render	Spensborough & District AC	11.40	M40
16	66 Steve Linsell	Leeds City AC	0.00	M55

Discus - Women

1	27 Jennifer Ibbitson	Wakefield Harriers	24.84	F60
2	44 Fiona Thomas	Spunborough & District AC	22.84	F35
3	41 Jo-Anne Parsons	Scunthorpe & District	15.12	F55
4	28 Susanne Pickersgill	Longwood Harriers	14.80	F60
5	21 Ilse Hemming	Bolton	14.65	F60
6	29 Patricia Wood	Wakefield Harriers	14.54	F50
7	40 Nicola Hellewell	Scunthorpe & District	13.45	F40
8	43 Jo Heseltine	Rothwell Harriers	12.58	F50
9	62 Maria Williams	NMAC	12.49	F70