

Pos	Number	Name	Club	Result	Age Cat
100m	Ht 1				
1	196	Claire Foreshaw	West Cheshire	15.8	W40
2	274	Debra Cassen	Longwood Harriers	16.9	W50
3	250	Nicola Forwood	Hyde Park harriers	17.4	W35
4	219	Samantha Weatherall	Kimberworth Striders	17.6	W50
5	247	Rachel Parker	Saltaire Striders	18.8	W45
6	234	Karen Head	Rothwell Harriers	20.4	W45
	Ht 2				
1	282	Alina Stepanchuck	Salford Met	15.7	W35
2	181	Ilse Hemming	Bolton Harriers	16.5	W60
3	245	Rowan Ackroyd	Keighley and Craven	16.8	W50
4	284	Carly Miller	Unattached	16.9	W35
5	273	Gail Wrangles	Ackworth	18.2	W45
6	283	Denise Clark	Ackworth	18.7	W50
	Ht 3				
1	270	Lee Goodridge	Oakwell Runfit	15.5	M40
2	240	Michael McDermot	Unattached	16.2	M50
3	235	Steve Head	Rothwell Harriers	16.6	M45
4	280	Brian McArthy	Brighouse Bumble Bees	16.8	M40
5	226	Jim Wheldon	Baildon runners	18.6	M65
	Ht 4				
1	183	Richard Parkinson	City of York AC	13.2	M40
2	187	David Walker	Northern Masters	15.0	M65
3	184	Paul Barlow	Gloucester	15.6	M45
4	178	Howard Sparke	Burndon Road Runners	17.1	M45
5	231	Philip Hicken	Warrington AC	19.4	M55
	Ht 5				
1	189	Leeroy Golding	Pendle AC	13.6	M50
2	180	Ben Mitchinson	Northern Masters	14.1	M45
3	232	Gavin Reeder	Crewe and Nantwich	14.3	M50
4	285	Jack McGuire	Clayton Le Moors	16.4	M60
5	179	Peter Wright	Midland Masters AC	17.0	M70

200m

Ht 1			
1	196 Claire Foreshaw	West Cheshire	33.0 W40
2	181 Ilse Hemming	Bolton Harriers	34.7 W60
3	250 Nicola Forwood	Hyde Park harriers	37.1 W35
4	247 Rachel Parker	Saltaire Striders	38.5 W45
5	283 Denise Clark	Ackworth	39.1 W50
6	273 Gail Wrangles	Ackworth	39.8 W45
Ht 2			
1	282 Alina Stepanchuck	Salford Met	31.2 W35
2	289 Sarah Morley	St Therasas	33.4 W40
3	274 Debra Cassen	Longwood Harriers	34.7 W50
4	284 Carly Miller	Unattached	35.2 W35
5	245 Rowan Ackroyd	Keighley and Craven	36.1 W50
6	277 Lynda Robertson	Spensorough & District AC	43.5 W50
Ht 3			
1	183 Richard Parkinson	City of York AC	26.5 M40
2	189 Leeroy Golding	Pendle AC	27.3 M50
3	225 John Lineker	Burnley	28.6 M50
4	180 Ben Mitchinson	Northern Masters	29.3 M45
Ht 4			
1	220 Mark Goldie	Halifax Harriers	27.4 M50
2	176 Jason Newell	Spensorough & District AC	27.6 M45
3	180 Ben Mitchinson	Northern Masters	28.6 M45
4	232 Gavin Reeder	Crewe and Nantwich	28.7 M50
5	224 Charlie Pearce	Beeston	29.6 M45
Ht 5			
1	187 David Walker	Northern Masters	30.7 M65
2	184 Paul Barlow	Gloucester	31.4 M45
3	244 Andrew Hutchinson	Northern Masters	32.4 M60
4	178 Howard Sparke	Burndon Road Runners	36.3 M45
5	242 John Whelan	Northern Masters	40.9 M70

400m	Ht 1			
	1	288 Harold Sewell	Reading	59.5 M50
	2	176 Jason Newell	Spenborough & District AC	62.5 M45
	3	226 Jim Wheldon	Baldon runners	63.3 M65
	4	180 Ben Mitchinson	Northern Masters	66.1 M45
	5	232 Gavin Reeder	Crewe and Nantwich	66.5 M50
	6	282 Alina Stepanchuck	Salford Met	70.5 W35
	Ht 2			
	1	185 Phil Robinson	St Helens	66.5 M45
	2	270 Lee Goodridge	Oakwell Runfit	75.0 M40
	3	289 Sarah Morley	St Therasas	75.5 W40
	4	276 Chris Corcoran	Leeds City	77.3 M65
	5	192 Geoffrey Beattie	Sale Harriers	88.3 M65
	6	284 Carly Miller	Unattached	88.3 W35
800m	Ht 1			
	1	270 Lee Goodridge	Oakwell Runfit	02:45.8 M40
	2	238 Robert Boughen	Saltaire Striders	02:48.0 M50
	3	240 Michael McDermot	Unattached	02:49.1 M50
	4	198 Graham Webster	Lytham St Annes Road Runners	02:50.7 M65
	5	200 Lee Weatherall	Kimberworth Striders	02:51.6 M50
	6	239 Amanda Spencer	Valley Striders	02:54.7 W50
	7	192 Geoffrey Beattie	Sale Harriers	03:10.1 M65
	8	226 Jim Wheldon	Baldon runners	03:13.7 M65
	9	277 Lynda Robertson	Spenborough & District AC	03:25.6 W50
	10	223 Ken Chapman	Kimberworth Striders	04:06.1 M75
	Ht 2			
	1	220 Mark Goldie	Halifax Harriers	02:20.2 M50
	2	188 Ian Nuthall	Prestwich AC	02:25.4 M50
	3	230 Keith McGhie	Spenborough & District AC	02:26.9 M55
	4	282 Alina Stepanchuck	Salford Met	02:29.3 W35
	5	185 Phil Robinson	St Helens	02:38.2 M45
	6	243 Christopher Smale	Burnley	02:39.6 M55
1500m				
	1	287 Michael Williams	Burnley	05:06.8 M35
	2	248 Ian Ogden	Spenborough & District AC	05:20.2 M45
	3	282 Alina Stepanchuck	Salford Met	05:24.8 W35
	4	235 Steve Head	Rothwell Harriers	05:27.8 M45
	5	193 Richard Annable	Skipton AC	05:40.8 M60
	6	270 Lee Goodridge	Oakwell Runfit	05:50.2 M40
	7	239 Amanda Spencer	Valley Striders	05:50.9 W50
	8	198 Graham Webster	Lytham St Annes Road Runners	05:57.2 M65
	9	284 Carly Miller	Unattached	05:59.9 W35
	10	240 Michael McDermot	Unattached	06:11.0 M50
	11	280 Brian McArthy	Brighouse Bumble Bees	06:28.3 M40
	12	275 Rod Scholes	Barnsley AC	06:40.6 M70
	13	277 Lynda Robertson	Spenborough & District AC	06:51.5 W50

3000m	Ht 1			
	1	246 Katrina Oddy	Halifax Harriers	12:18.1 W50
	2	284 Carly Miller	Unattached	12:20.1 W35
	3	281 Natasha Geere	Spensorborough & District AC	12:31.4 W50
	4	277 Lynda Robertson	Spensorborough & District AC	14:34.4 W50
	5	234 Karen Head	Rothwell Harriers	14:49.8 W45
	6	279 Karen Mitchell	Longwood Harriers	15:05.1 W55
	Ht 2			
	1	229 Ian Fraser	East Cheshire	10:56.5 M50
	2	248 Ian Ogden	Spensorborough & District AC	11:05.2 M45
	3	235 Steve Head	Rothwell Harriers	11:08.3 M45
	4	230 Keith McGhie	Spensorborough & District AC	11:16.4 M55
	5	222 Donald Kennedy	Longwood Harriers	11:17.2 M50
	6	193 Richard Annable	Skipton AC	11:48.9 M60
	7	270 Lee Goodridge	Oakwell Runfit	11:48.9 M40
	8	276 Chris Corcoran	Leeds City	12:04.6 M65
	9	228 Saul Gallagher	East Cheshire	12:14.3 M50
	10	198 Graham Webster	Lytham St Annes Road Runners	12:17.0 M65
	11	200 Lee Weatherall	Kimberworth Striders	12:17.0 M50
	12	249 Andrew Cole	East Cheshire	12:26.4 M50
	13	221 Mark Westman	Bingley Harriers	12:45.5 M60
	14	278 Ian Michell	Longwood Harriers	13:07.1 M65
	15	226 Jim Wheldon	Baildon runners	13:08.4 M65
	16	280 Brian McArthur	Brighouse Bumble Bees	13:49.6 M40
	17	272 Kevin Dhillon	Manchester harriers	16:35.3 M65
HJ	Men			
	1	255 Steve Linsell	Leeds City	1.60 M55
	2	185 Phil Robinson	St Helens	1.40 M45
	3	238 Robert Boughen	Saltaire Striders	1.25 M50
LJ	Men			
	1	185 Phil Robinson	St Helens	4.45 M45
	2	238 Robert Boughen	Saltaire Striders	3.51 M50
	3	224 Charlie Pearce	Beeston	3.44 M45
	4	184 Paul Barlow	Gloucester	2.61 M45
LJ	Women			
	6	286 Rachel Holt	Burnley	3.69 Sen
	7	181 Ilse Hemming	Bolton Harriers	3.42 W60
	8	250 Nicola Forwood	Hyde Park harriers	3.21 W35
	9	196 Claire Foreshaw	West Cheshire	2.74 W40
	10	234 Karen Head	Rothwell Harriers	2.11 W45

Discus	Women			
	1	237 Fiona Thomas	Spenborough & District AC	22.46 W40
	2	241 Lynn Baker	Pendle AC	22.00 W55
	3	250 Nicola Forwood	Hyde Park harriers	16.85 W35
	4	194 Susanne Pickersgill	Longwood Harriers	12.00 W60
	5	274 Debra Cassen	Longwood Harriers	11.34 W50
Discus	Men			
	1	191 John Twiddle	Kingston on Hull	38.31 M50
	2	190 Tony Balko	Blackburn AC	36.59 M50
	3	227 Dave Brown	Liverpool Pembroke and Sefton	34.42 M50
	4	186 Dan Upton	Richmond and Zetland Harriers	34.33 M40
	5	189 Leeroy Golding	Pendle AC	33.51 M50
	6	255 Steve Linsell	Leeds City	32.88 M55
	7	268 John Edwards	Burnley	30.66 M65
	8	269 Scott Gizon	Burnley	30.26 M40
	9	233 Alan Plumb	Pendle AC	29.54 M35
	10	195 Mark Atkin	Grantham	28.44 M40
	11	182 Bill Renshaw	Rotherham Harriers	28.18 M65
	12	199 Andy Higginbottom	Pendle AC	25.54 M35
	13	271 Chris Hainsworth	Bradford Airedale	24.07 M55
	14	232 Gavin Reeder	Crewe and Nantwich	21.50 M50
	15	185 Phil Robinson	St Helens	0 M45
Shot	Men			
	1	191 John Twiddle	Kingston on Hull	12.93 M50
	2	227 Dave Brown	Liverpool Pembroke and Sefton	10.65 M50
	3	190 Tony Balko	Blackburn AC	10.58 M50
	4	233 Alan Plumb	Pendle AC	10.42 M35
	5	269 Scott Gizon	Burnley	10.36 M40
	6	199 Andy Higginbottom	Pendle AC	9.33 M35
	7	195 Mark Atkin	Grantham	9.14 M40
	8	189 Leeroy Golding	Pendle AC	9.06 M50
	9	255 Steve Linsell	Leeds City	8.61 M55
	10	182 Bill Renshaw	Rotherham Harriers	8.35 M65
	11	268 John Edwards	Burnley	8.24 M65
	12	185 Phil Robinson	St Helens	8.22 M45
	13	271 Chris Hainsworth	Bradford Airedale	7.69 M55
	14	232 Gavin Reeder	Crewe and Nantwich	6.99 M50
	15	197 Geoff Render	Spenborough & District AC	6.24 M40
	16	186 Dan Upton	Richmond and Zetland Harriers	0 M40
Shot	Women			
	18	237 Fiona Thomas	Spenborough & District AC	9.30 W40
	19	241 Lynn Baker	Pendle AC	7.56 W55
	20	250 Nicola Forwood	Hyde Park harriers	6.56 W35
	21	194 Susanne Pickersgill	Longwood Harriers	6.00 W60
	22	196 Claire Foreshaw	West Cheshire	5.82 W40