

100m - Heat 1					
Number	Pos	Name	Club	Age Category	Time
36	1	Dominic Bretherton	Blackburn Harriers	M35	11.6
10	2	Chris Burgess	Southport & Waterloo	M40	12.3
30	3	Rick Cordwell	Chorley AC	M40	12.3
47	4	John Wright	Chorley AC	M55	13.1
49	5	Mark Line	LPS	M55	13.4

100m - Heat 2					
Number	Pos	Name	Club	Age Category	Time
55	1	Hari Sewell	Bradford Airdale	M50	13.0
46	2	Anita Saunders	Pendle AC	W45	13.5
26	3	Tracey Milward	NMAC	W40	13.7
24	4	Ben Mitchinson	NMAC	M45	14.1

100m - Heat 3					
Number	Pos	Name	Club	Age Category	Time
5	1	Carol Holt	Preston Harriers	W40	14.9
17	2	Neil Aspden	Unattached	M40	15.6
18	3	Barrie Hughes	NMAC	M75	15.7
19	4	Ray McAvoy	NMAC	M60	16.0
54	5	Rod Scholes	Barnsley AC	M70	16.8

100m - Heat 4					
Number	Pos	Name	Club	Age Category	Time
1	1	Howard Sparke	Burnden Road Runners	M45	16.4
12	2	John Archer	Winston Runners	M65	17.2
33	3	David S Hector	Longwood Harriers	M70	17.3

100m - Heat 5					
Number	Pos	Name	Club	Age Category	Time
14	1	Claire Forshaw	West Cheshire	W40	15.1
20	2	Ilse Hemming	Bolton Harriers	W60	15.8
34	3	Debra Casson	Longwood Harriers	W50	16.2
39	4	Katherine Winrow	NMAC	W55	17.9

200m - Heat 1					
Number	Pos	Name	Club	Age Category	Time
46	1	Anita Saunders	Pendle AC	W45	28.0
26	2	Tracey Milward	NMAC	W40	28.4
5	3	Carol Holt	Preston Harriers	W40	30.2
13	4	Rachel Holt	Burnley AC	SENW	30.9
20	5	Ilse Hemming	Bolton Harriers	W60	33.3

200m - Heat 2					
Number	Pos	Name	Club	Age Category	Time
14	1	Claire Forshaw	West Cheshire	W40	32.1
34	2	Debra Casson	Longwood Harriers	W50	33.2
39	3	Katherine Winrow	NMAC	W55	36.9
22	4	Pam Binns	Lytham St Annes Road Runners	W70	45.9

200m - Heat 3					
Number	Pos	Name	Club	Age Category	Time
36	1	Dominic Bretherton	Blackburn Harriers	M35	23.9
10	2	Chris Burgess	Southport & Waterloo	M40	24.8
31	3	Leeroy Golding	Pendle AC	M50	26.5
8	4	John Linaker	Burnley AC	M50	27.0

200m - Heat 4					
Number	Pos	Name	Club	Age Category	Time
21	1	Andrew Halliday	Harrogate	M45	27.2
35	2	Jason Newell	Spenborough AC	M45	27.6
24	3	Ben Mitchinson	NMAC	M45	29.2

200m - Heat 5					
Number	Pos	Name	Club	Age Category	Time
18	1	Barrie Hughes	NMAC	M75	32.2
40	2	John Charlton	Sheffield & Dearne AC	M70	33.4
1	3	Howard Sparke	Burnden Road Runners	M45	33.5
53	4	Ian Jakeway	Bolton Harriers	M70	33.6

400m - Heat 1					
Number	Pos	Name	Club	Age Category	Time
47	1	John Wright	Chorley AC	M55	57.7
21	2	Andrew Halliday	Harrogate	M45	58.2
31	3	Leeroy Golding	Pendle AC	M50	58.7
55	4	Hari Sewell	Bradford Airdale	M50	59.2
8	5	John Linaker	Burnley AC	M50	59.6
57	6	Ian Nuttall	Prestwich AC	M50	59.7

400m - Heat 2					
Number	Pos	Name	Club	Age Category	Time
35	1	Jason Newell	Spenborough AC	M45	62.2
59	2	Rob MacDonald	Halifax AC	M50	62.2
16	3	Graham Webster	Lytham St Annes Road Runners	M65	76.4
52	4	Geoffrey Beattie	Sale Harriers	M65	80.7
12	5	John Archer	Winston Runners	M65	81.4

400m - Heat 3					
Number	Pos	Name	Club	Age Category	Time
13	1	Rachel Holt	Burnley AC	SENW	71.0
39	2	Katherine Winrow	NMAC	W55	83.5
22	3	Pam Binns	Lytham St Annes Road Runners	W70	01:58.0

800m					
Number	Pos	Name	Club	Age Category	Time
59	1	Rob MacDonald	Halifax AC	M50	02:33.0
43	2	Mark McGlincy	NMAC	M45	02:34.2
28	3	Miras Eskander	NMAC	M40	02:34.5
11	4	Richard Timms	Settle Harriers	M50	02:40.0
35	5	Jason Newell	Spenborough AC	M45	02:40.7
16	6	Graham Webster	Lytham St Annes Road Runners	M65	02:58.0
54	7	Rod Scholes	Barnsley AC	M70	03:02.5
52	8	Geoffrey Beattie	Sale Harriers	M65	03:13.4
12	9	John Archer	Winston Runners	M65	03:17.3

1500m					
Number	Pos	Name	Club	Age Category	Time
2	1	Michael Williams	Burnley AC	M35	04:45.0
48	2	Giles Bennett	Bury AC	M50	04:45.7
28	3	Miras Eskander	NMAC	M40	05:10.1
60	4	Paul Lemmon	Bingley AC	M55	05:17.1
11	5	Richard Timms	Settle Harriers	M50	05:23.9
41	6	Natasha Geere	Spenborough AC	W50	05:41.5
16	7	Graham Webster	Lytham St Annes Road Runners	M65	05:45.8
12	8	John Archer	Winston Runners	M65	06:28.2

56	9	Kevin Dillon	Manchester Harriers	M65	07:56.2
6	10	Kenneth Black	Spectrum Striders	M75	08:09.5
22	11	Pam Binns	Lytham St Annes Road Runners	W70	08:16.7

3000m					
Number	Pos	Name	Club	Age Category	Time
57	1	Ian Nuttall	Prestwich AC	M50	10:52.6
28	2	Miras Eskander	NMAC	M40	11:00.6
60	3	Paul Lemmon	Bingley AC	M55	11:32.2
58	4	Steve Doxey	Swinton AC	M55	11:33.4
11	5	Richard Timms	Settle Harriers	M50	12:05.7
32	6	Rebecca Mills	Swinton AC	W35	12:13.5
16	7	Graham Webster	Lytham St Annes Road Runners	M65	12:19.3
41	8	Natasha Geere	Spensborough AC	W50	12:23.4
12	9	John Archer	Winston Runners	M65	13:23.5
6	10	Kenneth Black	Spectrum Striders	M75	16:58.4

Shot Put - M35-49					
Number	Pos	Name	Club	Age Category	Distance
4	1	Dan Upton	Richmond & Zetland AC	M40	11.68
25	2	Scott Gizon	Burnley AC	M40	11.03
3	3	Alan Plumb	Pendle AC	M40	10.73
37	4	Darren Thomas	Spensborough AC	M40	10.40
42	5	Andy Higginbottom	Pendle AC	M35	9.56
10	6	Chris Burgess	Southport & Waterloo	M40	8.80
30	7	Rick Cordwell	Chorley AC	M40	7.40
35	8	Jason Newell	Spensborough AC	M45	6.49

Shot Put M50-59					
Number	Pos	Name	Club	Age Category	Distance
50	1	Dave Brown	LPS	M50	10.98
23	2	Tony Balko	Blackburn Harriers	M55	10.63
7	3	Steve Linsell	Leeds City AC	M55	9.19
31	4	Leeroy Golding	Pendle AC	M50	8.59
62	5	Ian Ratcliffe	Macclesfield Harriers	M55	6.43

Shot Put - M60-69					
Number	Pos	Name	Club	Age Category	Distance
29	1	John Edwards	Burnley AC	M65	9.21

Shot Put - M80+					
Number	Pos	Name	Club	Age Category	Distance
38	1	John Watts	NMAC	M80	10.98

Shot Put - W35-49					
Number	Pos	Name	Club	Age Category	Distance
45	1	Susan Ball	Blackpool, Wyre & Fylde AC	W45	7.98
44	2	Lindsey Carey	Unattached	W40	7.14
46	3	Anita Saunders	Pendle AC	W45	6.76
14	4	Claire Forshaw	West Cheshire	W40	5.69
13	5	Rachel Holt	Burnley AC	SENW	5.31

Shot Put - W50-74					
Number	Pos	Name	Club	Age Category	Distance
27	1	Lynn Baker	Pendle AC	W55	7.23
20	2	Ilse Hemming	Bolton Harriers	W60	7.05
51	3	Cath McGrath	West Cheshire	W65	4.57

Discus - M35-49					
Number	Pos	Name	Club	Age Category	Distance
4	1	Dan Upton	Richmond & Zetland AC	M40	34.45
25	2	Scott Gizon	Burnley AC	M40	29.81
37	3	Darren Thomas	Spennborough AC	M40	29.30
3	4	Alan Plumb	Pendle AC	M40	28.03
42	5	Andy Higginbottom	Pendle AC	M35	24.14
30	6	Rick Cordwell	Chorley AC	M40	19.51

Discus - M50-59					
Number	Pos	Name	Club	Age Category	Distance
49	1	Mark Line	LPS	M55	37.26
50	2	Dave Brown	LPS	M50	36.80
23	3	Tony Balko	Blackburn Harriers	M55	34.31
31	4	Leeroy Golding	Pendle AC	M50	33.05
7	5	Steve Linsell	Leeds City AC	M55	32.75

Discus - M60-80+					
Number	Pos	Name	Club	Age Category	Distance
38	1	John Watts	NMAC	M80	35.33
29	2	John Edwards	Burnley AC	M65	31.44
40	3	John Charlton	Sheffield & Dearne AC	M70	27.82
19	4	Ray McAvoy	NMAC	M60	25.74

Discus - W35-74					
Number	Pos	Name	Club	Age Category	Distance
45	1	Susan Ball	Blackpool, Wyre & Fylde AC	W45	26.54
27	2	Lynn Baker	Pendle AC	W55	21.37
15	3	Helen Goodwill	Burnley AC	W45	20.15
44	4	Lindsey Carey	Unattached	W40	17.16
13	5	Rachel Holt	Burnley AC	SENW	12.24
51	6	Cath McGrath	West Cheshire	W65	11.63

High Jump					
Number	Pos	Name	Club	Age Category	Height
7	1	Steve Linsell	Leeds City AC	M55	1.60
4	2	Dan Upton	Richmond & Zetland AC	M40	1.30
3	3	Alan Plumb	Pendle AC	M40	1.20

Long Jump Women					
Number	Pos	Name	Club	Age Category	Distance
13	1	Rachel Holt	Burnley AC	SENW	3.97
20	2	Ilse Hemming	Bolton Harriers	W60	3.71
46	3	Anita Saunders	Pendle AC	W45	3.69

Long Jump Men					
Number	Pos	Name	Club	Age Category	Distance
2	1	Michael Williams	Burnley AC	M35	4.57
8	2	John Linaker	Burnley AC	M50	4.30