

Pos	Number	Name	Club	Result	Age Cat
100m	Ht 1				
	1	448 Alina Stepanchuk	Salford Mets	15.1	M35
	2	525 Helen Goodhill	Burnley AC	15.2	W45
	3	453 Debra Casson	Longwood Harriers	15.6	W50
	4	299 Caroline Marler	Otley AC	16.6	W65
	5	534 Hilary West	Macclesfield Harriers	17.1	W60
	Ht 2				
	1	544 Angela Clarke	Halifax AC	17.0	W45
	2	526 Jo Hesseltine	Rothwell Harriers	18.1	W50
	3	529 Paula Johnston	Bramley Breezers	18.3	W50
	4	418 Maria Williams	City of York AC	19.5	W70
	5	439 Jennifer Ibbotson	Wakefield Harriers	DNF	W60
	Ht 3				
	1	446 Simon Downs	Kingston Upon Hull	12.4	M40
	2	291 Adam Blackburn	Leeds City	12.5	M35
	3	412 John Wright	Chorley AC	12.7	M60
	4	428 Richard Parkinson	City of York AC	12.8	M40
	5	290 Andrew Cartwright	Wakefield Harriers	13.6	M40
	6	545 Lee Hopkins	Penistone Runners	14.0	M45
	7	295 Leeroy Golding	Pendle AC	14.1	M50
	Ht 4				
	1	298 Terry Timmis	NMAC	14.2	M60
	2	417 David Walker	NMAC	14.6	M65
	3	429 Quentin Emery	NMAC	15.0	M50
	4	530 Paul Bennett	Bramley Breezers	16.1	M55
	5	294 Ray McAvoy	NMAC	16.5	M60
	6	422 Peter Wright	Midland Masters	17.1	M70
	7	430 John Whelan	NMAC	18.9	M70
	8	541 Julian Farrar	Oakwell Runfit	19.6	M60

200m

Ht 1				
1	448 Alina Stepanchuk	Salford Mets	31.6	M35
2	453 Debra Casson	Longwood Harriers	32.6	W50
3	540 Carly Miller	Oakwell Runfit	34.8	W35
4	544 Angela Clarke	Halifax AC	35.4	W45
Ht 2				
1	293 Ilse Hemming	Bolton Harriers	33.2	W60
2	299 Caroline Marler	Otley AC	34.0	W65
3	534 Hilary West	Macclesfield Harriers	34.7	W60
4	529 Paula Johnston	Bramley Breezers	37.6	W50
5	418 Maria Williams	City of York AC	43.0	W70
Ht 3				
1	291 Adam Blackburn	Leeds City	25.6	M35
2	446 Simon Downs	Kingston Upon Hull	25.7	M40
3	412 John Wright	Chorley AC	26.0	M60
4	428 Richard Parkinson	City of York AC	26.3	M40
5	451 John Linaker	Burnley AC	26.9	M50
6	290 Andrew Cartwright	Wakefield Harriers	27.4	M40
Ht 4				
1	416 Keith McGhie	Spensborough & District AC	29.2	M55
2	545 Lee Hopkins	Penistone Runners	29.4	M45
3	413 Peter Jones	Cybi Striders	30.0	M40
4	527 Paul Brown	Rothwell Harriers	30.7	M50
5	535 Lee Goodridge	Oakwell Runfit	33.1	M40
6	536 Craig Mitchell	Longwood Harriers	33.8	M45
7	442 Steve Head	Rothwell Harriers	35.1	M45
Ht 5				
1	433 Richard Harrison	Selby Striders	30.9	M50
2	538 Richard Peel	Oakwell Runfit	30.9	M35
3	294 Ray McAvoy	NMAC	33.8	M60
4	530 Paul Bennett	Bramley Breezers	33.9	M55
5	431 Geoff Pearson	NMAC	35.2	M65
6	430 John Whelan	NMAC	38.3	M70
7	541 Julian Farrar	Oakwell Runfit	40.7	M60

400m

		Ht 1			
1	448 Alina Stepanchuk	Salford Mets	68.5	M35	
2	299 Caroline Marler	Otley AC	76.8	W65	
3	534 Hilary West	Macclesfield Harriers	77.5	W60	
4	540 Carly Miller	Oakwell Runfit	79.5	W35	
5	424 Rebecca Mills	Swinton RC	79.6	W35	
6	544 Angela Clarke	Halifax AC	79.7	W45	
7	456 Emma Norton	Steel City Striders	86.1	W35	
		Ht 2			
1	290 Andrew Cartwright	Wakefield Harriers	58.5	M40	
2	436 Simon Oak	Rotherham AC	58.6	M45	
3	412 John Wright	Chorley AC	59.5	M60	
4	451 John Linaker	Burnley AC	59.6	M50	
5	524 Steve Goodwill	Burnley AC	60.4	M40	
6	454 Phil Ryan	Unattached	62.9	M50	
7	527 Paul Brown	Rothwell Harriers	67.1	M50	
		Ht 3			
1	413 Peter Jones	Cybi Striders	64.6	M40	
2	433 Richard Harrison	Selby Striders	71.2	M50	
3	425 Steve Doxey	Swinton RC	71.6	M55	
4	538 Richard Peel	Oakwell Runfit	74.0	M35	
5	535 Lee Goodridge	Oakwell Runfit	77.4	M40	
6	541 Julian Farrar	Oakwell Runfit	91.0	M60	
		Ht 4			
1	446 Simon Downs	Kingston Upon Hull	58.4	M40	
2	431 Geoff Pearson	NMAC	75.9	M65	
3	449 Chris Corcoran	Leeds City	76.0	M65	
4	427 Geoffrey Beattie	Sale Harriers	83.2	M65	
5	423 John Archer	Winston Runners	85.9	M65	

800m**Ht 1**

1	448 Alina Stepanchuk	Salford Mets	02:32.1	M35
2	424 Rebecca Mills	Swinton RC	02:53.2	W35
3	540 Carly Miller	Oakwell Runfit	02:59.1	W35
4	296 Fran Wright	Salford Mets	03:00.4	W50
5	456 Emma Norton	Steel City Striders	03:08.5	W35
6	441 Karen Head	Rothwell Harriers	03:19.8	W45
7	437 Denise Johnson	Baildon	03:49.7	W60
8	438 Don Johnson	Bingley Harriers	03:50.1	M65

Ht 2

1	420 Peter Badger	Doncaster AC	02:10.7	M40
2	436 Simon Oak	Rotherham AC	02:14.9	M45
3	413 Peter Jones	Cybi Striders	02:19.1	M40
4	416 Keith McGhie	Spensborough & District AC	02:20.6	M55
5	523 Andrew Norton	Steel City Striders	02:24.8	M35
6	539 Joe Baker	Stadium Runners	02:29.3	M35
7	442 Steve Head	Rothwell Harriers	02:36.6	M45
8	538 Richard Peel	Oakwell Runfit	02:42.6	M35

Ht 3

1	454 Phil Ryan	Unattached	02:20.5	M50
2	535 Lee Goodridge	Oakwell Runfit	02:40.1	M40
3	449 Chris Corcoran	Leeds City	02:50.9	M65
4	431 Geoff Pearson	NMAC	02:59.0	M65
5	427 Geoffrey Beattie	Sale Harriers	03:11.2	M65
6	423 John Archer	Winston Runners	03:18.0	M65
7	541 Julian Farrar	Oakwell Runfit	03:23.7	M60

Ht 4

1	527 Paul Brown	Rothwell Harriers	02:23.2	M50
2	429 Quentin Emery	NMAC	02:33.6	M50
3	433 Richard Harrison	Selby Striders	02:35.3	M50
4	425 Steve Doxey	Swinton RC	02:38.4	M55
5	432 Paul Lemmon	Bingley Harriers	02:42.5	M55
6	444 Ray Dalby	Rochdale Harriers	03:02.2	M60
7	450 Andrew Cole	East Cheshire Harriers	03:07.0	M50

1500m

1	414 Gary Crompton	Scunthorpe & District AC	04:41.2	M35
2	420 Peter Badger	Doncaster AC	04:42.8	M40
3	523 Andrew Norton	Steel City Striders	04:49.4	M35
4	539 Joe Baker	Stadium Runners	05:08.2	M35
5	442 Steve Head	Rothwell Harriers	05:22.3	M45
6	543 Ian Ogden	Spensborough & District AC	05:29.4	M45
7	535 Lee Goodridge	Oakwell Runfit	05:40.5	M40
8	449 Chris Corcoran	Leeds City	05:49.4	M65
9	538 Richard Peel	Oakwell Runfit	05:53.0	M35
10	423 John Archer	Winston Runners	06:22.9	M65
11	438 Don Johnson	Bingley Harriers	06:43.2	M65
12	441 Karen Head	Rothwell Harriers	06:55.8	W45
13	541 Julian Farrar	Oakwell Runfit	07:16.2	M60
14	437 Denise Johnson	Baildon	07:28.9	W60
15	440 Kenneth Black	Spectrum Stiders	08:06.2	M75

3000m

Ht 1

1	536 Craig Mitchell	Longwood Harriers	11:59.4	M45
2	540 Carly Miller	Oakwell Runfit	12:21.6	W35
3	450 Andrew Cole	East Cheshire Harriers	13:09.8	M50
4	438 Don Johnson	Bingley Harriers	14:10.5	M65
5	441 Karen Head	Rothwell Harriers	14:24.1	W45
6	437 Denise Johnson	Baildon	15:12.6	W60
7	445 Karen Mitchell	Longwood Harriers	15:20.9	W55
8	541 Julian Farrar	Oakwell Runfit	15:29.6	M60
9	440 Kenneth Black	Spectrum Stiders	16:54.8	M75
10	447 Kevin Dhillon	Manchester Harriers	17:36.1	M65

Ht 2

1	414 Gary Crompton	Scunthorpe & District AC	09:45.6	M35
2	420 Peter Badger	Doncaster AC	09:56.4	M40
3	539 Joe Baker	Stadium Runners	10:36.5	M35
4	442 Steve Head	Rothwell Harriers	10:50.4	M45
5	543 Ian Ogden	Spensborough & District AC	11:02.0	M45
6	433 Richard Harrison	Selby Striders	11:03.7	M50
7	538 Richard Peel	Oakwell Runfit	11:07.4	M35
8	535 Lee Goodridge	Oakwell Runfit	11:19.6	M40
9	528 Jason Westmoreland	Rothwell Harriers	11:37.5	M50
10	432 Paul Lemmon	Bingley Harriers	11:54.7	M55

HJ					
	1	455 Steve Linsell	City of York AC	1.65	M55
	2	446 Simon Downs	Kingston Upon Hull	1.50	M40
	3	528 Jason Westmoreland	Rothwell Harriers	1.20	M50
	4	526 Jo Hesselstine	Rothwell Harriers	1.10	W50
	5	439 Jennifer Ibbotson	Wakefield Harriers	1.10	W60
TJ	Men				
	1	292 Allen Parkinson	Bolton Harriers	8.50	M65
	2	452 Eddie Bury	Longwood Harriers	7.76	M65
	3	530 Paul Bennett	Bramley Breezers	7.41	M55
TJ	Women				
	1	293 Ilse Hemming	Bolton Harriers	7.52	W60
	2	529 Paula Johnston	Bramley Breezers	5.91	W50
	3	439 Jennifer Ibbotson	Wakefield Harriers	5.69	W60
	4	526 Jo Hesselstine	Rothwell Harriers	4.43	W50
Discus	Women				
	1	439 Jennifer Ibbotson	Wakefield Harriers	24.93	W60
	2	533 Fiona Thomas	Spensborough & District AC	21.20	W40
	3	532 Lynn Baker	Pendle AC	20.52	W55
	4	525 Helen Goodhill	Burnley AC	19.22	W45
	5	526 Jo Hesselstine	Rothwell Harriers	13.71	W50
	6	453 Debra Casson	Longwood Harriers	13.00	W50
	7	426 Cath McGrath	West Cheshire Harriers	12.18	W65
	8	418 Maria Williams	City of York AC	11.72	W70
	9	434 Susanne Pickersgill	Longwood Harriers	8.86	W60
Discus	Men				
	1	421 Tony Balko	Blackburn AC	36.98	M55
	2	435 Dave Brown	Liverpool Pembroke	36.51	M50
	3	455 Steve Linsell	City of York AC	35.67	M55
	4	546 Scott Gizon	Burnley AC	33.52	M45
	5	295 Leeroy Golding	Pendle AC	32.12	M50
	6	419 Jonathan Sewell	City of York AC	27.46	M55
	7	443 Anthony Bell	South West Vets	27.14	M60
	8	446 Simon Downs	Kingston Upon Hull	26.16	M40
	9	524 Steve Goodwill	Burnley AC	23.54	M40
	10	545 Lee Hopkins	Penistone Runners	17.69	M45
	11	528 Jason Westmoreland	Rothwell Harriers	17.59	M50
	12	452 Eddie Bury	Longwood Harriers	17.06	M65
	13	542 John Edwards	Burnley AC	0	M65
	14	527 Paul Brown	Rothwell Harriers	0.00	M50

Shot	Men			
1	546 Scott Gizon	Burnley AC	11.04	M45
2	421 Tony Balko	Blackburn AC	10.56	M55
3	435 Dave Brown	Liverpool Pembroke	10.37	M50
4	455 Steve Linsell	City of York AC	9.40	M55
5	443 Anthony Bell	South West Vets	9.27	M60
6	295 Leeroy Golding	Pendle AC	8.56	M50
7	542 John Edwards	Burnley AC	8.55	M65
8	419 Jonathan Sewell	City of York AC	8.33	M55
9	446 Simon Downs	Kingston Upon Hull	7.90	M40
10	527 Paul Brown	Rothwell Harriers	7.58	M50
11	452 Eddie Bury	Longwood Harriers	7.54	M65
12	444 Ray Dalby	Rochdale Harriers	7.00	M60
13	537 Frank Howgate	Spensborough & District AC	6.89	M80
14	545 Lee Hopkins	Penistone Runners	6.88	M45
15	292 Allen Parkinson	Bolton Harriers	6.68	M65

Shot	Women			
1	533 Fiona Thomas	Spensborough & District AC	10.17	W40
2	439 Jennifer Ibbotson	Wakefield Harriers	8.86	W60
3	532 Lynn Baker	Pendle AC	6.81	W55
4	293 Ilse Hemming	Bolton Harriers	6.79	W60
5	526 Jo Hesseltine	Rothwell Harriers	6.08	W50
6	434 Susanne Pickersgill	Longwood Harriers	5.73	W60
7	418 Maria Williams	City of York AC	5.41	W70
8	426 Cath McGrath	West Cheshire Harriers	5.34	W65

Hammer				
1	297 Richard Martin	Bedford AC	61.42	M35
2	542 John Edwards	Burnley AC	39.44	M65
3	439 Jennifer Ibbotson	Wakefield Harriers	31.42	W60
4	532 Lynn Baker	Pendle AC	22.75	W55
5	526 Jo Hesseltine	Rothwell Harriers	22.24	W50
6	525 Helen Goodhill	Burnley AC	20.89	W45