

**TRAFFORD AC - GRAND PRIX MEETING****Tuesday, 18 May 2010****BMC 800M MENS RACE A**

1	18	Niall Brooks	U20	M	Sale Harriers Manchester	01:48.36
2	30	Jonathan Cook	SEN	M	Achilles AC	01:49.51
3	1	Warren Frey	SEN	M	Birchfield Harriers & AC	01:49.52
4	6	Nick Samuels	SEN	M	Sale Harriers Manchester	01:49.75
5	20	Paul Bradshaw	U23	M	Blackburn Harriers & AC	01:49.81
6	16	Jonathan Taylor	SEN	M	Morpeth Harriers & AC	01:49.95
7	9	Ben Green	SEN	M	Warrington AC	01:50.23
8	17	Michael Salter	U23	M	Leeds City AC	01:51.02
9	33	Ben Scarlett	SEN	M	Swindon AC	01:51.60

**BMC 800 MEN'S RACE B**

1	28	Rhian Hastey	SEN	M	Rotherham Harriers & AC	01:52.26
2	27	Graham Hogg	U23	M	Trafford AC	01:52.57
3	24	Tom Phillips	U23	M	Derby AC	01:54.01
4	29	Michael Cooke	U20	M	Stockport Harriers & AC	01:54.49
5	35	Tom Holden	SEN	M	Tipton Harriers	01:54.53
6	13	Nathan Riding	U23	M	Newham & Essex Beagles AC	01:54.66
7	8	Jordan Bransberg	U17	M	Skyrac AC	01:54.72
8	32	Tom Graves	U20	M	Birchfield Harriers & AC	01:56.14
9	23	David Rigby	U23	M	Preston Harriers	01:57.80

**BMC 800 MEN'S RACE C**

1	11	Dale Warton	U20	M	Leeds City AC	01:55.70
2	21	Frazer Jardine	U23	M	Bolton United Harriers	01:56.47
3	26	Daniel Cheeseman	U20	M	City of York AC	01:56.55
4	2	Joe Gratton	U20	M	Hallamshire Harriers Sheffield	01:56.82
5	259	Ben Martin	U23	M	Trafford AC	01:57.08
6	7	Phil Waite	SEN	M	Barrow & Furness Striders & AC	01:57.21
7	19	Scott Edwards	U17	M	Derby AC	01:57.54
8	10	Joshua Oguntayo	U20	M	Sale Harriers Manchester	01:58.07
9	12	Sam Bucknall	U20	M	Wakefield District Harriers & AC	01:58.60

**MENS 1500m RACE A**

1	14	Dan Mulhare	SEN	M	Inverclyde AC	03:46.90
2	25	Jack Hallas	U20	M	Wakefield District Harriers & AC	03:48.89
3	36	Jack Gray	U20	M	B.R.A.T.	03:50.36
4	15	Richard Morrell	SEN	M	New Marske Harriers & AC	03:50.56
5	3	Josh Gorecki	U20	M	Aldershot, Farnham & District AC	03:50.61
6	38	David Horniman	U20	M	Trafford AC	03:58.24
7	39	JohnAshcroft	U20	M	St. Helens Sutton AC	03:59.10
8	31	Michael Hunt	SEN	M	Trafford AC	03:59.27
9	4	Kris Lecher	U23	M	Kingston upon Hull AC	04:00.36
10	37	Dominik Morton	SEN	M	Halesowen	04:01.93
11	5	Michael McKeown	U17	M	Coventry Godiva Harriers	04:04.11

**100M Heat 1**

						<b>Wind</b>	-2.0
1	130	Ricky Reeves	U23	M	City of Sheffield AC		11.30
2	140	Frank Noble	SEN	M	Unattached		11.54
3	114	Christopher Watts	U20	M	Doncaster AC		11.60
4	138	Rick Beardsell	SEN	M	Trafford AC		DISQ

**100M Heat 2**

						<b>Wind</b>	-2.3
1	198	Darren Scott	V40	M	Trafford AC		11.24
2	215	Jonathan Regan	U17	M	Stockport Harriers & AC		11.70
3	214	Ricardo Francis	U23	M	Wakefield District Harriers & AC		11.94
4	129	Jerome McIntosh	U20	M	City of Sheffield AC		11.97
5	196	Tomi Omilabu	U17	M	Wakefield District Harriers & AC		12.01

**100M Heat 3**

						<b>Wind</b>	-3.8
1	174	Jacob Fehily	U23	M	Trafford AC		11.72
2	99	Derek Smale	SEN	M	Skyrac AC		12.05
3	135	Daniel Bramah	U20	M	Trafford AC		12.13
4	149	Chris Bramah	U23	M	Trafford AC		12.18
5	205	Daniel Bowman	SEN	M	Scunthorpe & District AC		12.19
6	244	Sam Nesbitt	U17	M	Sale Harriers Manchester		12.63
7	148	Zac Mineu	U17	M	Sale Harriers Manchester		12.69

**100M Heat 4**

						<b>Wind</b>	-0.9
1	124	Alex Airey	U17	M	Buxton AC		12.14
2	58	Akio Shinmi	V35	M	University of Manchester		12.28
3	170	Mike McGlynn	V45	M	Unattached		12.46
4	100	Katie Deutsch	SEN	F	Trafford AC		12.59
5	182	Olivia Callaghan	U17	F	Sale Harriers Manchester		12.84
6	166	Dionne Ellison	SEN	F	Trafford AC		13.38
7	147	Yolanda Edwards	U17	F	Sale Harriers Manchester		13.79

**100M Heat 5**

						<b>Wind</b>	-0.5
1	138	Rick Beardsell	SEN	M	Trafford AC		11.27
2	172	Heather Moran	U17	F	East Cheshire Harriers & Tamesid		13.17
3	201	Heidi Hopwood	U17	F	East Cheshire Harriers & Tamesid		13.35
4	104	Kerrell Walley	U20	F	Newham & Essex Beagles AC		13.49

**200M Heat 1**

						<b>Wind</b>	-2.0
1	138	Rick Beardsell	SEN	M	Trafford AC		22.01
2	130	Ricky Reeves	U23	M	City of Sheffield AC		22.71
3	140	Frank Noble	SEN	M	Unattached		22.87
4	114	Christopher Watts	U20	M	Doncaster AC		23.02
5	129	Jerome McIntosh	U20	M	City of Sheffield AC		23.46
6	238	Joe Madge	U20	M	Grantham AC		23.64

**200M Heat 2**

						<b>Wind</b>	+0.0
1	261	Scott Riley	SEN	M	Trafford AC		23.13
2	174	Jacob Fehily	U23	M	Trafford AC		23.31
3	214	Ricardo Francis	U23	M	Wakefield District Harriers & AC		23.81
4	149	Chris Bramah	U23	M	Trafford AC		24.45
5	135	Daniel Bramah	U20	M	Trafford AC		24.70
6	197	Keir Lyon-Fraser	U20	M	Wigan & District Harriers & AC		24.83

**200M Heat 3**

						<b>Wind</b>	-1.6
1	58	Akio Shinmi	V35	M	University of Manchester		25.04
2	100	Katie Deutsch	SEN	F	Trafford AC		25.36
3	142	Jack Stringfellow	U20	M	Rossendale Harriers & AC		25.65
4	220	Beth Hicken	U20	F	Warrington AC		26.73
5	104	Kerrell Walley	U20	F	Newham & Essex Beagles AC		27.04
6	59	Helen Waters	U20	F	Bolton United Harriers		27.27

**200M Heat 4**

						<b>Wind</b>	-2.3
1	213	Oliver Stringer	U20	M	Wigan & District Harriers & AC		23.63
2	203	Simon Wells	SEN	M	Blackpool, Wyre & Fylde AC		23.63
3	128	Melissa Forrest	U20	F	Wigan & District Harriers & AC		25.56
4	244	Sam Nesbitt	U17	M	Sale Harriers Manchester		25.77
5	148	Zac Mineu	U17	M	Sale Harriers Manchester		26.24
6	224	Brent Starkie	SEN	M	Blackpool, Wyre & Fylde AC		

**200M Heat 5**

						<b>Wind</b>	+0.0
1	180	Bobbie Tindall	U20	M	East Cheshire Harriers & Tamesid		26.91
2	147	Yolanda Edwards	U17	F	Sale Harriers Manchester		27.21
3	103	Cherisse Walley	U17	F	Ribble Valley AC		27.48
4	212	Emma Rawnsley	U20	F	Spennborough & District AC		28.64
5	223	Katie Holder	U20	F	Blackpool, Wyre & Fylde AC		29.22

**400M Heat 1**

1	133	Aaron McCammon	SEN	M	Kent AC		49.07
2	79	Daniel Barry	SEN	M	Trafford AC		49.74
3	139	Tom O'Brien	U23	M	Sale Harriers Manchester		50.08
4	175	Joel Mukuna	U20	M	Sale Harriers Manchester		50.54
5	225	Steven McNamara	SEN	M	Spennborough & District AC		51.35
6	168	Thomas Riley	SEN	M	Manx Harriers		52.55

**400M Heat 2**

1	200	Joe Moores	U17	M	Rossendale Harriers & AC		50.98
2	84	Daniel Holliday	U23	M	Kingston upon Hull AC		52.07
3	231	Bradley Szakacs	U17	M	Oldham & Royton Harriers & AC		52.36
4	189	William Capstick	U20	M	Ribble Valley AC		52.57
5	99	Derek Smale	SEN	M	Skyrac AC		53.27
6	113	Jenny Meadows	SEN	F	Wigan & District Harriers & AC		53.85

**400M Heat 3**

1	199	Josh Allan	U20	M	Trafford AC	50.49
2	185	Ted Romney	U23	M	Blackpool, Wyre & Fylde AC	50.90
3	80	Mark Mullen-Browne	SEN	M	Trafford AC	51.46
4	197	Keir Lyon-Fraser	U20	M	Wigan & District Harriers & AC	51.96
5	187	Bernard Ward	V35	M	Trafford AC	51.97
6	229	Richard Workman	SEN	M	Trafford AC	53.46

**400M Heat 4**

1	207	Rob Torch	U20	M	Leeds City AC	55.05
2	171	Kirsten McAslan	U17	F	East Cheshire Harriers & Tamesid	55.83
3	216	Rachael Thompson	SEN	F	Liverpool Harriers & AC	57.25
4	246	Ben Johnson	U17	M	Rochdale Harriers & AC	57.45
5	118	Rebecca Sweeney	SEN	F	Sale Harriers Manchester	57.46
6	204	Jonathan Prideaux	V40	M	Wakefield District Harriers & AC	57.70

**400M Heat 5**

1	249	Jack Mosley	U20	M	Halifax Harriers & AC	55.79
2	162	Lucy Sumner	U20	F	Preston Harriers	58.76
3	103	Cherisse Walley	U17	F	Ribble Valley AC	59.24
4	161	Sarah Yeomans	U23	F	Rossendale Harriers & AC	64.43

**400M Heat 6**

1	188	Abbie Thistlethwaite	U17	F	Ribble Valley AC	61.08
2	232	Melanie Turner	U23	F	Oldham & Royton Harriers & AC	61.83
3	212	Emma Rawnsley	U20	F	Spensborough & District AC	62.39
4	178	Amy Bristow	U17	F	Ribble Valley AC	63.45

**800m Heat 1**

1	217	Matt Dawson	U20	M	Preston Harriers	01:56.96
2	208	Gordon Benson	U17	M	Leeds City AC	01:57.03
3	237	James Palmer	U23	M	City of York AC	01:58.24
4	123	Kyle Fowler	U20	M	Staffordshire Moorlands AC	01:58.28
5	167	Marcus Quarmby	U20	M	Blackpool, Wyre & Fylde AC	01:59.04
6	226	Chris McGahan	U17	M	Sale Harriers Manchester	02:00.14
7	230	Mike Toal	V35	M	Northern Vets	02:01.62
8	239	Adam Madge	SEN	M	Grantham AC	02:01.92
9	219	Charlene Thomas	SEN	F	Wakefield District Harriers & AC	02:02.63

**800m Heat 2**

1	209	Jamie Crompton	U20	M	Horwich RMI Harriers & AC	01:59.20
2	222	Thomas Lawren ce	U23	M	Derby AC	01:59.29
3	240	Ryan Buck	U20	M	City of York AC	01:59.51
4	121	Andrew Barron	SEN	M	Manx Harriers	02:00.32
5	254	Matt Holmes	U17	M	Sale Harriers Manchester	02:01.17
6	221	Jamie Fletcher	SEN	M	Derby AC	02:02.53
7	256	Gavin Bannister	SEN	M	City of York AC	02:03.71
8	91	Jamie Webb	U17	M	St. Helens Sutton AC	02:04.73
9	274	Jamie White	U17	M	St. Helens Sutton AC	02:05.56
10	257	Phil Hall	V45	M	Blackburn Harriers & AC	02:07.10

**800m Heat 3**

1	283	Luke Betts	U17	M	Chorley Harriers	01:59.65
2	264	Rohin Dhand	U20	M	Leeds City AC	02:00.50
3	251	Lloyd Hilton	U20	M	Macclesfield Harriers & AC	02:01.65
4	269	Ben Costello	U20	M	Wirral AC	02:02.43
5	194	Matthew O'Connor	U17	M	Wakefield District Harriers & AC	02:02.61
6	163	Jack Ellis	U17	M	Preston Harriers	02:03.33
7	156	Richard Hindley	U17	M	Trafford AC	02:04.05
8	202	Laura Finucane	SEN	F	Pendle AC	02:04.49
9	275	Josh Morse	U17	M	Altrincham & District AC	02:05.79
10	266	Laura Kirk	SEN	F	Skyrac AC	02:06.95

#### **800m Heat 4**

1	272	George Thompson	SEN	M	Vale Royal AC	02:06.17
2	282	Ryan Sciacca	U17	M	Chorley Harriers	02:08.02
3	211	Josh Duffy	U17	M	Pendle AC	02:08.17
4	271	Steven Clague	U20	M	St. Helens Sutton AC	02:08.76
5	233	Alex Bell	U20	F	Pudsey & Bramley AC	02:09.79
6	267	Nicola Maddick	SEN	F	Kingston upon Hull AC	02:10.49
7	263	Jo Adams	U23	F	Richmond & Zetland AC	02:11.40
8	243	Rebecca Craigie	U20	F	Vale Royal AC	02:11.46
9	262	Sally Smith	U17	F	Wakefield District Harriers & AC	02:13.82

#### **800m Heat 5**

1	146	Christopher Hertzog	U23	M	Sale Harriers Manchester	02:16.17
2	247	Jack Walsh	U17	M	Rochdale Harriers & AC	02:19.66
3	252	Shannon Johnson	U17	F	Leigh Harriers & AC	02:20.28
4	242	Naomi Collier	U17	F	Grantham AC	02:20.74
5	164	Lauren Bugler	U17	F	Preston Harriers	02:21.08
6	236	Stewart Nichol	U20	M	Altrincham & District AC	02:23.49
7	250	Tessa McCormick	U17F	F	Vale Royal AC	02:24.68
8	248	Scott Greenwood	U20	M	Rochdale Harriers & AC	02:25.84
9	235	Ellen Buckley	U20	F	Preston Harriers	02:30.55

#### **800m Heat 6**

1	268	Emma Peters	U17	F	East Cheshire Harriers & Tamesid	02:17.80
2	270	Abigail Howarth	U20	F	Leigh Harriers & AC	02:22.52
3	210	Helena Leathley	U17	F	Pendle AC	02:24.45
4	176	Ian Stainthorpe	V45	M	Rochdale Harriers & AC	02:25.62
5	260	Helen Walch	V45	F	Stockport Harriers & AC	02:27.01
6	276	Charlotte Mills	U20	F	Vale Royal AC	02:28.68
7	177	Helen Wallis	U17	F	Ribble Valley AC	02:32.76
8	253	Elizabeth Lee	U17	F	Leigh Harriers & AC	02:33.09
9	90	Laura Gray	U17	F	Vale Royal AC	02:34.65
10	179	Jayne Ashe	U17	F	Ribble Valley AC	02:42.01

**1500M HEAT 1**

1	86	Adam Howard	U15	M	Oldham & Royton Harriers & AC	04:21.86
2	85	Matthew Shirling	U15	M	St. Helens Sutton AC	04:22.38
3	64	Ben Everson	U15	M	Blackpool, Wyre & Fylde AC	04:23.67
4	87	Andrew McAslan	U15	M	East Cheshire Harriers & Tamesid	04:23.99
5	112	Matthew Hulse	U15	M	Warrington AC	04:24.32
6	110	Jack Crabtree	U15	M	Oldham & Royton Harriers & AC	04:24.70
7	82	Liam Burthem	U15	M	Warrington AC	04:31.02
8	69	Elliott Bowker	U15	M	Vale Royal AC	04:32.59
9	155	Daniel Lawton	U15	M	Stockport Harriers & AC	04:39.68
10	65	Bradley Yates	U13	M	Sale Harriers Manchester	04:40.25
11	61	Kevin Acton	U15	M	Stockport Harriers & AC	04:41.57
12	173	Joe Oldfield	U15	M	Ribble Valley AC	04:52.40
13	51	Robert Powell	U15	M	Trafford AC	04:59.07
14	134	Patrick Stradling	U15	M	Vale Royal AC	05:06.28

**1500M HEAT 2**

1	81	Chelsea Jarvis	U15	F	Stockport Harriers & AC	04:39.35
2	75	Katy Wood	U15	F	City of York AC	04:43.70
3	76	Rachael Scott	U15	F	Preston Harriers	04:54.19
4	78	Bethany Ellis	U15	F	Spennborough & District AC	04:54.32
5	119	Jade Evans	U15	F	Vale Royal AC	05:02.71
6	105	Sabrina Walley	U15	F	Ribble Valley AC	05:06.03
7	126	Emma-Louise Pyatt	U15	F	Vale Royal AC	05:06.50
8	125	Jessica Parsons	U15	F	Vale Royal AC	05:06.72
9	89	Cerys Heather	U15	F	Vale Royal AC	05:18.97
10	107	Alice Hughes	U15	F	Stockport Harriers & AC	05:33.28

**1500M HEAT 3**

1	245	Jack Derham	U17	M	Goole Youth AC	04:02.90
2	206	Michael Wood	U20	M	Leeds City AC	04:03.35
3	152	Douglas Roberts	U20	M	Richmond & Zetland AC	04:05.51
4	154	Fergus Roberts	U17	M	Richmond & Zetland AC	04:10.01
5	34	Thomas Carson	U20	M	Bolton United Harriers	04:11.17
6	284	James Stringer	U23	M	Vale Royal AC	04:11.53
7	273	Callum Greenwood	U20	M	Sale Harriers Manchester	04:11.60
8	241	Will Fielding	U20	M	Preston Harriers	04:13.09
9	281	Ryan Moore	U17	M	Leigh Harriers & AC	04:14.08
10	287	Steve Hallas	V35	M	Preston Harriers	04:14.29
11	228	Sean Kirkbride	U17	M	Liverpool Pembroke & Sefton	04:14.37
12	290	James Wignall	U20	M	Sale Harriers Manchester	04:16.37
13	289	Andy Partington	U20	M	Sale Harriers Manchester	04:16.50
14	265	Dean Matkin	U23	M	Stockport Harriers & AC	04:17.40
15	102	Michael Bride	U20	M	Liverpool Pembroke & Sefton	04:17.44
16	190	Stuart Heaton	V35	M	East Cheshire Harriers & Tamesid	04:19.33
17	291	Adam Sixsmith	U17	M	Trafford AC	04:19.84

**1500M HEAT 4**

1	278	Donna Jones	SEN	F	Sale Harriers Manchester	04:30.02
2	234	Stephanie Roe	U23	F	Preston Harriers	04:30.42
3	218	Laura Riches	U20	F	Leigh Harriers & AC	04:32.09
4	286	George Oliver	U17	M	Deeside AAC	04:33.78
5	288	Helen Garnham	SEN	F	City of York AC	04:38.32
6	258	Megan Huxley	U17	F	Vale Royal AC	04:38.94
7	280	Bethany Jones	U17	F	Leigh Harriers & AC	04:43.20
8	279	Kathy Stringer	U20	F	Vale Royal AC	04:50.73
9	285	Abbie Oliver	U20	F	Deeside AAC	04:58.98
10	277	Rachael Dyson	SEN	F	Leeds City AC	04:59.67
11	136	Katie Savage	SEN	F	Barrow & Furness Striders & AC	05:04.95

**3000m Heat 1**

1	62	Tim Egerton	SEN	M	Trafford AC	08:18.36
2	68	Karl Billington	U20	M	Blackburn Harriers & AC	08:20.28
3	71	Benjamin Jones	SEN	M	Coventry Godiva Harriers	08:21.48
4	94	Luke Minns	U23	M	Blackpool, Wyre & Fylde AC	08:22.44
5	60	Andrew Ridley	U20	M	University of Birmingham	08:32.46
6	151	Ian Salisbury	V35	M	Trafford AC	08:36.98
7	57	Ricky Challinor	U23	M	Liverpool Harriers & AC	08:37.36
8	93	Alasdair Russell	SEN	M	Kendal AAC	08:39.75
9	53	Janes Bailey	SEN	M	Sale Harriers Manchester	08:40.98
10	165	Alex Derricott	U23	M	Staffordshire Moorlands AC	08:43.62
11	123	Kyle Fowler	U20	M	Staffordshire Moorlands AC	08:50.05
12	70	Josh Tighe	SEN	M	Blackburn Harriers & AC	08:50.69
13	95	Joseph Vis	U20	M	Southport Waterloo AC	08:51.26
14	153	Marc Scott	U17	M	Richmond & Zetland AC	08:54.51
15	115	Chris Price	U23	M	Wakefield District Harriers & AC	08:56.48
16	73	Matt Rose	U17	M	Coventry Godiva Harriers	08:57.35
17	56	Shane Robinson	U20	M	Lincoln Wellington AC	09:00.51
18	67	Jack Nixon	U17	M	Stockport Harriers & AC	09:01.08
19	106	John Howe	SEN	M	Trafford AC	09:01.56
20	108	Jai Vernon-McGuigan	U20	M	Liverpool Pembroke & Sefton	09:03.58
21	132	Joe Kelly	U20	M	Rossendale Harriers & AC	09:04.58
22	101	Luke Johnston	U17	M	Warrington AC	09:05.32
23	186	Samuel Chambers	U20	M	Sheffield Running Club	09:07.89
24	184	Phil Williams	SEN	M	Rochdale Harriers & AC	09:11.94
25	141	Joe Johnston	U20	M	Rossendale Harriers & AC	09:15.40
26	66	Jack Morris	U20	M	Stockport Harriers & AC	09:17.20
27	120	Joshua Woodcock-Shaw	U17	M	Spenborough & District AC	09:20.40
28	96	Patrick Vis	U20	M	Southport Waterloo AC	09:30.20

**3000m Heat 2**

1	88	Scott Monk	SEN	M	Blackburn Harriers & AC	09:29.62
2	192	Ryan Ganose	U17	M	Altrincham & District AC	09:36.03
3	131	Jake Healy	U20	M	St. Helens Sutton AC	09:44.29
4	145	Mike Shaw	V45	M	Stockport Harriers & AC	09:44.56
5	83	Graham Gagg	SEN	M	Kingston upon Hull AC	09:47.01
6	127	Vinnie Martin	U20	M	Staffordshire Moorlands AC	09:48.15
7	55	Thomas Carroll	SEN	M	Birchfield Harriers & AC	09:48.42
8	159	David Livingstone	V35	M	Altrincham & District AC	09:54.79
9	117	Natalie Grant	U23	M	Rotherham Harriers & AC	09:58.15
10	191	Rob Harvey	SEN	M	Manchester Triathlon Club	10:00.15
11	144	David Southern	V55	M	Altrincham & District AC	10:09.27
12	183	Ryan Wallis	U17	M	Macclesfield Harriers & AC	10:10.30
13	150	Ken Harker	V35	M	Richmond & Zetland AC	10:14.64
14	169	Thomas Halloway	U20	M	Staffordshire Moorlands AC	10:18.63
15	97	Jeremy Gold	V40	M	Victoria Park & Tower Hamlets	10:18.95
16	111	Philip Leybourne	V40	M	Salford Harriers & AC	10:20.00
17	98	Kristie Leybourne	U20	F	Sale Harriers Manchester	10:20.16
18	176	Ian Stainthorpe	V45	M	Rochdale Harriers & AC	10:24.03
19	72	Georgia Taylor-Brown	U17	F	East Cheshire Harriers & Tamesid	10:26.58
20	181	Danielle Wallis	U17	F	Macclesfield Harriers & AC	10:26.93
21	137	Dave Carrington	V50	M	Altrincham & District AC	10:27.60
22	158	Kirsty Longley	SEN	F	Liverpool Pembroke & Sefton	10:29.78
23	160	Danni Johnson	U20	F	Birchfield Harriers & AC	10:30.36
24	193	Emma Flanagan	U20	F	Rossendale Harriers & AC	10:32.30
25	157	Rhea Ellis	U20	F	Liverpool Pembroke & Sefton	10:38.60
26	122	Terry Fowler	V40	M	Staffordshire Moorlands AC	10:46.40
27	92	Amelia Pettitt	U17	F	Vale Royal AC	11:40.20

**Hammer**

1	52	Matthew Lambley	SEN	M	City of Sheffield AC	69.76
2	54	Alice Simpson	U23	F	Leeds City AC	47.93
3	77	Jemma Bate	SEN	F	Trafford AC	42.92
4	116	Mike Rigby	U23	M	Oldham & Royton Harriers & AC	42.73
5	74	Sharon Harper	V35	F	Oldham & Royton Harriers & AC	22.03

**DISCUS**

1	195	Daniel O'Connor	U17	M	Wakefield District Harriers & AC	40.46
2	109	Mark Pendlebury	V35	M	Leigh Harriers & AC	36.93
3	77	Jemma Bate	SEN	F	Trafford AC	34.66
4	74	Sharon Harper	V35	F	Oldham & Royton Harriers & AC	20.96

**SHOT PUTT**

1	109	Mark Pendlebury	V35	M	Leigh Harriers & AC	12.69
2	223	Katie Holder	U20	F	Blackpool, Wyre & Fylde AC	8.74
3	74	Sharon Harper	V35	F	Oldham & Royton Harriers & AC	8.01