

Men				
100m	No.	Name	Team	Result
1	14	Luke Evans	Blackburn	10.9
2	12	James Wright	City of Manchester	11.2
3	15	Junior George	Holmfirth Harriers	11.2
4	11	Steve McAlister	Trafford AC	11.4
5	13	Nick Costello	Blackpool Wyre & Fylde	11.6
200m				
1	14	Luke Evans	Blackburn	21.9
2	12	Danial Williams	City of Manchester	22.5
3	15	Junior George	Holmfirth Harriers	23.0
4	11	Scott Rigby	Trafford AC	23.2
5	13	Alex Bale	Blackpool Wyre & Fylde	23.2
400m				
1	11	Robert Lewis	Trafford AC	48.7
2	15	Junior George	Holmfirth Harriers	49.0
3	12	Danial Williams	City of Manchester	49.6
4	13	Ted Romney	Blackpool Wyre & Fylde	49.8
5	14	Jamie Vickery	Blackburn	54.7
800m				
1	12	Chris Bryant	City of Manchester	01:51.8
2	11	James Bowness	Trafford AC	01:51.9
3	15	Jake Rowlands	Holmfirth Harriers	01:58.3
4	14	Anthony Hauserman	Blackburn	01:58.8
5	13	Marcus Quarmby	Blackpool Wyre & Fylde	02:05.4
1500m				
1	13	Luke Minns	Blackpool Wyre & Fylde	03:59.5
2	14	Ben Fish	Blackburn	04:01.5
3	12	Lee Whiteley	City of Manchester	04:27.4
4	15	Richard Smith	Holmfirth Harriers	04:45.7
5000m				
1	14	Tom Cornthwaite	Blackburn	15:29.1
2	11	Ian Salsbury	Trafford AC	15:50.7
3	15	Dave Watson	Holmfirth Harriers	16:16.9
4	13	Chris Lloyd	Blackpool Wyre & Fylde	17:48.6

10000m

1	14	Ben Fish	Blackburn	31:22.1
2	15	Dave Watson	Holmfirth Harriers	32:35.4
3	11	Paul Rockliffe	Trafford AC	35:34.8
4	12	Colin Gell	City of Manchester	36:57.9

110mH

1	14	Liam Monaghan	Blackburn	16.2
2	15	Graham Bickerdyke	Holmfirth Harriers	16.8
3	11	Daloo Okrenien	Trafford AC	16.9
4	12	Jonathon Ferryman	City of Manchester	17.2
5	13	Jon Rutter	Blackpool Wyre & Fylde	21.4

400mH

1	12	James Wright	City of Manchester	56.00
2	11	Daloo Okrenien	Trafford AC	60.30
3	14	Jordan Cowell	Blackburn	61.90
4	15	Liam Holdsworth	Holmfirth Harriers	67.00
5	13	Jon Rutter	Blackpool Wyre & Fylde	70.30

3000mSC

1	14	Phil Hall	Blackburn	10:30.2
2	11	John Howe	Trafford AC	10:34.2
3	15	Richard Smith	Holmfirth Harriers	10:47.7
4	13	James Unsworth	Blackpool Wyre & Fylde	12:10.7

HT

1	13	Laurence Harwood	Blackpool Wyre & Fylde	42.64
2	12	John Nichols	City of Manchester	42.64
3	14	Lewis Taylor	Blackburn	34.83
4	11	Derek Martin	Trafford AC	30.63
5	15	Tom Jennings	Holmfirth Harriers	30.60

DT

1	15	Graham Bickerdyke	Holmfirth Harriers	36.94
2	12	Theo Trumpet	City of Manchester	35.88
3	14	Tony Balko	Blackburn	29.96
4	11	Derek Martin	Trafford AC	27.16
5	13	Dave Myerscough	Blackpool Wyre & Fylde	27.11

SP

1	12	John Nichols	City of Manchester	15.88
2	15	Tom Jennings	Holmfirth Harriers	10.81
3	11	Pawlo Ostapawyce	Trafford AC	9.25
4	13	Dave Myerscough	Blackpool Wyre & Fylde	8.98

JT

1	15	Graham Bickerdyke	Holmfirth Harriers	49.79
2	11	Pawlo Ostapawyce	Trafford AC	44.98
3	14	Stewart Maxwell	Blackburn	42.17
4	13	Louis Schofield	Blackpool Wyre & Fylde	32.06
5	12	Theo Trumpet	City of Manchester	22.83

LJ

1	13	James Davies	Blackpool Wyre & Fylde	6.89
2	12	Jonathon Ferryman	City of Manchester	6.44
3	14	Claude Peter Thomas	Blackburn	6.36
4	15	Graham Bickerdyke	Holmfirth Harriers	5.91

TJ

1	12	Jonathon Ferryman	City of Manchester	13.64
2	14	Claude Peter Thomas	Blackburn	12.99
3	13	Jon Rutter	Blackpool Wyre & Fylde	12.42
4	15	Tom Jennings	Holmfirth Harriers	9.37

HJ

1	12	Christian Sadler	City of Manchester	1.75
2	15	Liam Holdsworth	Holmfirth Harriers	1.70
3	13	Jon Rutter	Blackpool Wyre & Fylde	1.65
4	11	Daloo Okrenien	Trafford AC	1.65
5	14	Claude Peter Thomas	Blackburn	1.60

PV

1	12	Matt Cullen	City of Manchester	4.51
2	15	Graham Bickerdyke	Holmfirth Harriers	3.80
3	14	Claude Peter Thomas	Blackburn	2.80

4x100m

1	11	Trafford AC	44.1
2	12	City of Manchester	44.6
3	13	Blackpool Wyre & Fylde	44.7
4	14	Blackburn	45.0
5	15	Holmfirth Harriers	47.4

4x400m

1	11	Trafford AC	03:19.5
2	12	City of Manchester	03:28.6
3	14	Blackburn	03:41.1
4	15	Holmfirth Harriers	03:44.2

Women

100m	No.	Name	Team	Result
1	12	Rebekah Wilson	City of Manchester	12.0
2	13	Laura Davies	Blackpool Wyre & Fylde	12.1
3	11	Vicky Garrad	Trafford AC	12.4
4	14	Jessica Lewis	Blackburn	13.2
5	15	Katie Zientek	Holmfirth Harriers	15.2

200m

1	11	Vicky Garrad	Trafford AC	25.2
2	13	Katy Wyper	Blackpool Wyre & Fylde	25.9
3	14	Abby Edmondson	Blackburn	26.9
4	12	Katie Holt	City of Manchester	27.1
5	15	Katie Walshaw	Holmfirth Harriers	29.8

400m

1	12	Danielle Parkinson	City of Manchester	60.3
2	13	Elizabeth Hodgson	Blackpool Wyre & Fylde	61.4
3	14	Rebecca Shorrocks	Blackburn	70.5
4	15	Lauren Tyrell	Holmfirth Harriers	73.6

800m

1	11	Joanne Dawes	Trafford AC	02:13.2
2	12	Emily Beedham	City of Manchester	02:20.9
3	13	Laura Deegan	Blackpool Wyre & Fylde	02:22.0
4	15	Claire Leaver	Holmfirth Harriers	02:29.3
5	14	Rachel Leech	Blackburn	02:35.3

1500m

1	12	Emily Beedham	City of Manchester	04:43.8
2	15	Claire Leaver	Holmfirth Harriers	04:58.1
3	14	Charlotte Atkinson	Blackburn	05:01.0
4	13	Carolyn Robbins	Blackpool Wyre & Fylde	05:09.9

3000m

1	13	Gemma Unsworth	Blackpool Wyre & Fylde	10:23.5
2	15	Katie Walshaw	Holmfirth Harriers	10:38.5
3	14	Rebecca Taylor	Blackburn	11:01.5
4	12	Carla Kavanagh	City of Manchester	11:44.1

100mH

1	12	Katie Holt	City of Manchester	15.5
2	14	Abby Edmundson	Blackburn	15.6
3	15	Emma Szostak	Holmfirth Harriers	18.8
4	13	Sarah Goff	Blackpool Wyre & Fylde	19.2

400mH

1	14	Abby Edmundson	Blackburn	69.2
2	13	Elizabeth Hodgson	Blackpool Wyre & Fylde	70.0
3	12	Kathy Wellam	City of Manchester	72.0
4	15	Emma Szostak	Holmfirth Harriers	74.6

HT

1	15	Jenny Ibbotson	Holmfirth Harriers	38.46
2	13	Katie Wood	Blackpool Wyre & Fylde	18.40
3	12	Kathy Wellam	City of Manchester	15.43

DT

1	14	Sarah Henton	Blackburn	46.05
2	15	Jenny Ibbotson	Holmfirth Harriers	29.77
3	13	Katie Wood	Blackpool Wyre & Fylde	23.15
4	12	Alison Pye	City of Manchester	20.14

SP

	No.	Name	Team	Result
1	14	Sarah Henton	Blackburn	11.17
2	12	Jessica Taylor	City of Manchester	10.25
3	13	Nia Rutter	Blackpool Wyre & Fylde	9.83
4	15	Jenny Ibbotson	Holmfirth Harriers	8.65

JT

	No.	Name	Team	Result
1	15	Katie Zientek	Holmfirth Harriers	28.33
2	14	Sarah Henton	Blackburn	26.63
3	12	Jessica Taylor	City of Manchester	24.45
4	13	Loryn McCrudden	Blackpool Wyre & Fylde	24.21

LJ

1	12	Jessica Taylor	City of Manchester	5.74
2	13	Nia Rutter	Blackpool Wyre & Fylde	5.17
3	14	Bracken Sturgess	Blackburn	4.72
4	15	Katie Zientek	Holmfirth Harriers	3.36

TJ

1	13	Nia Rutter	Blackpool Wyre & Fylde	11.78
2	14	Carmen Peter Thomas	Blackburn	10.94
3	15	Emma Szostak	Holmfirth Harriers	8.82

HJ

1	12	Claire Wright	City of Manchester	1.63
2	15	Lauren Tyrell	Holmfirth Harriers	1.60
3	14	Abby Edmundson	Blackburn	1.50

PV

1	15	Jenny Ibbotson	Holmfirth Harriers	2.70
2	13	Loryn McCrudden	Blackpool Wyre & Fylde	2.50

4x100m

1	12	City of Manchester	49.4
2	13	Blackpool Wyre & Fylde	50.9
3	14	Blackburn	54.3
4	15	Holmfirth Harriers	58.2

4x400m

1	12	City of Manchester	04:24.7
2	15	Holmfirth Harriers	04:35.4
3	14	Blackburn	04:37.1

Match		Points
1	City of Manchester	132.0
2	Blackburn	119.0
3	Holmfirth Harriers	116.0
4	Blackpool Wyre & Fylde	97.0
5	Trafford AC	67.0