

M 100m A

1 Craig Simpson	WKF	11.13
2 Tom Mosley	LDS	11.23
3 James Andrew	TTW	11.30
4 Harry Harris	M&C	11.34
5 Bruce Pilkington	BUH	11.38
6 Harrison Foster	BNG	11.42
7 Lewis Hamilton	KRK	11.68

M 100m B

1 James Mitchell	U17 WKF	11.16
2 Chris Burgess	BUH	11.29
3 Harvard Jefferson	U17 LDS	11.62
4 Matthew Chambers	U17 BNG	11.84
5 Joe Cox	M&C	11.89
6 Stephen Taylor	TTW	12.15

M 200m A

1 Ben Stephenson	U17 M&C	22.3
2 Craig Simpson	WKF	22.5
3 Matt Osbourne	BUH	22.8
4 Tom Mosley	LDS	23.1
5 Harrison Foster	BNG	23.3
6 Scott Keeling	TTW	23.4
7 Lewis Hamilton	KRK	23.6

M 200m B

1 Marcus Nixey	U17 WKF	22.89
2 Josh Allan	BNG	22.98
3 Bruce Pilkington	BUH	23.38
4 Jack Mosley	U17 LDS	23.42
5 Harry Harris	M&C	23.77

M 400m A

1 Sam Lowery	LDS	51.94
2 James Eccles	BUH	53.22
3 Chris Cox	BNG	54.19
4 Joe Cox	M&C	55.07
5 Simon Bolland	U17 KRK	58.25
6 Dominic Elliott	WKF	58.28

M 400m B

1 Nick Phelps	M&C	53.89
2 Tom Roberts	LDS	54.21
3 Paul Cryer	BUH	56.73
4 Sam Dennis	U17 WKF	60.56
5 Alonel Mahlangu	U17 BNG	62.45
6 Carl Foulstone	U17 KRK	63.42

M 800m A

1 Thomas Atkinson	WKF	1.57.19
2 Tom Murphy	M&C	1.59.29
3 Frazer Jardine	BUH	2.00.91
4 Dan Cheeseman	U17 HRG	2.04.37
5 Ryan Dransfield	KRK	2.06.59
6 Danny Davies	LDS	2.10.96
7 Thomas Grey	TTW	2.25.36

M 800m B

1 Dale Worton	WKF	2.02.32
2 Matt Hipkin	U17 HRG	2.11.22
3 Les Allsop	LDS	2.19.60
4 Rob Longstaff	M&C	2.24.46
5 Max Lawton	U17 KRK	2.26.47
6 Chris Pearson	TTW	2.32.39

M 1500m A

1 Frazer Jardine	BUH	4.13.69
2 Grant Hawkins	M&C	4.17.12
3 Will Plaistow	LDS	4.31.42
4 Ben Marriot	U17 BNG	4.42.42
5 Simon Bolland	U17 KRK	4.55.85
6 Callum Whitham	WKF	5.11.80

M 1500m B

1 Sam Gough	BUH	4.40.48
2 Richard Bhula	LDS	4.50.72
3 Max Lawton	U17 KRK	4.59.19

M 3000m A

1 Geoff Belcher	LDS	9.05.04
2 Sam Bucknell	WKF	9.07.64
3 Thomas Grey	TTW	10.13.29
4 Sam Gough	BUH	10.45.33

M 3000m B

1 Will Plaistow	LDS	9.05.75
2 Ryan Hartley	U17 WKF	10.07.65

M 110mH A

1 Adam Timms	LDS	14.66
2 Nick Phelps	M&C	15.77
3 Andrew Harle	TTW	18.74

M 110mH B

1 David Dempsay	LDS	16.35
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M 400mH A

1 Nick Phelps	M&C	55.55
2 Alex Bell	HRG	57.89
3 David Dempsay	LDS	60.24
4 Sam Gough	BUH	65.17
5 Carl Foulstone	U17 KRK	68.09
6 Mat Crawshaw	WKF	71.19

M 400mH B

1 Elliot Hills	M&C	77.15
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M 2000m Sc A			M 2000m Sc B		
1 Tom Coney	WKF	6.26.07	1 Eddie Mason	LDS	7.11.15
2 Elliot Jackson	M&C	6.26.56	2 Chris Pearson	TTW	8.44.59
3 Danny Davies	LDS	6.50.93			
4 Thomas Grey	TTW	7.31.00			
5 David Lidstone-Green	U17 BNG	8.35.53			
M Discus Throw A			M Discus Throw B		
1 Philip Jones	BNG	36.93	1 Matthew Potts	U17 M&C	21.29
2 Craig Westerman	U17 WKF	35.53	2 Ryan Haw	U17 WKF	17.55
3 Ben Daley	U17 M&C	27.94			
4 Jack Bellwood	U17 KRK	25.52			
5 Karl Evendon	U17 LDS	19.25			
6 Rob Coupland	HRG	17.89			
M Hammer Throw A			M Hammer Throw B		
1 Ben Daley	U17 M&C	42.43	1 Matthew Potts	U17 M&C	34.50
2 Craig Westerman	U17 WKF	28.50	2 Karl Evendon	U17 LDS	18.59
3 Chris Burgess	BUH	22.23	3 Balal Hussain	U17 BUH	18.41
4 Thomas Conner	LDS	20.33	4 Ryan Haw	U17 WKF	12.41
5 Rob Coupland	HRG	18.06			
6 Chris Pearson	TTW	14.98			
M High Jump A			M High Jump B		
1 Adam Timms	LDS	1.85	1 Tom Leyshon	U17 WKF	1.80
2 Ben Daley	U17 M&C	1.80	2 Joe Corrigan	M&C	1.75
3 William Mulroy	U17 WKF	1.80	3 James Andrew	TTW	1.55
4 Andrew Harle	TTW	1.65			
5 Ashley Marshall	BUH	1.65			
M Javelin Throw A			M Javelin Throw B		
1 Jack Bellwood	U17 KRK	43.10	1 Paul Cryer	BUH	15.76
2 Thomas Conner	LDS	39.33	2 Ryan Dransfield	KRK	7.03
3 Rob Coupland	HRG	27.83	3 Sam Dennis	U17 WKF	5.43
4 Sam Gough	BUH	23.03			
5 Ryan Haw	U17 WKF	21.46			
M Long Jump A			M Long Jump B		
1 Matt Osbourne	BUH	6.57	1 Andrew Harle	TTW	5.90
2 Matthew Chambers	U17 BNG	6.08	2 Ashley Marshall	U17 BUH	5.69
3 Joe Corrigan	M&C	5.99	3 Ben Stephenson	U17 M&C	5.41
4 James Andrew	TTW	5.97	4 Dominic Elliott	WKF	5.25
5 William Mulroy	U17 WKF	5.46	5 David Lidstone-Green	U17 BNG	5.24
6 Dan Cheeseman	HRG	5.25	6 Simon Bolland	U17 KRK	4.04
7 Carl Foulstone	U17 KRK	4.62			
M Pole Vault A			M Pole Vault B		
1 Adam Timms	LDS	4.20	1 Na	WKF	DNF
2 Adam Ryder	U17 BUH	2.00			
M Shot Putt A			M Shot Putt B		
1 Craig Westerman	U17 WKF	10.25	1 Thomas Conner	LDS	8.24
2 Chris Burgess	BUH	9.32	2 Harry Harris	M&C	7.97
3 Jack Bellwood	U17 KRK	8.92	3 Mat Crawshaw	WKF	7.58
4 Matthew Potts	U17 M&C	8.53	4 Balal Hussain	U17 BUH	7.15
5 Karl Evendon	U17 LDS	8.25	5 Alex Bell	HRG	6.20
6 Rob Coupland	HRG	7.10			
M Triple Jump A			M Triple Jump B		
1 Ashley Marshall	U17 BUH	12.38	1 Josh Boaler	U17 BUH	12.13
2 William Mulroy	U17 WKF	11.71	2 Stephen Taylor	TTW	11.23
3 Andrew Harle	TTW	11.62	3 David Lidstone-Green	U17 BNG	10.65
4 Philip Jones	BNG	11.43	4 Tom Coney	WKF	10.25
5 Jordan Gill	U17 M&C	11.22			

W 100m A			W 100m B		
1	Becky Watts	U17 WKF 12.64	1	Faye Mitchell	WKF 12.91
2	Ashleigh Wood	M&C 12.76	2	Jess Kennedy	M&C 12.91
3	Kadena Cox	LDS 13.03	3	Danielle Carr	LDS 13.51
4	Anna Grundy	U17 HRG 13.25	4	Danielle Roach	U17 KRK 13.70
5	Natasha Ashong	U17 KRK 13.28	5	Sammy Boaler	BUH 14.57
6	Mary-Jane Sollitt	U17 BNG 13.52	6	Aimee Guy	U17 BNG 16.11
7	Lexi Cochrane	U17 BUH 13.55			
8	Vicki Addison	TTW 14.02			
W 200m A			W 200m B		
1	Kadena Cox	LDS 26.12	1	Becky Watts	U17 WKF 26.24
2	Sian Pledger	BUH 26.44	2	Rachel Speight	LDS 27.12
3	Jess Kennedy	M&C 26.88	3	Emma Rawnsley	KRK 27.51
4	Lucy Holmes	U17 WKF 27.14	4	Michelle Derungs	BUH 27.67
5	Anna Grundy	U17 HRG 27.43	5	Courtney Frost	U17 M&C 28.47
6	Danielle Roach	U17 KRK 28.28	6	Cat Walker	U17 BNG 28.59
7	Vicki Addison	TTW 28.74	7	Nikita Turton	TTW 32.28
8	Jessica Mayho	U17 BNG 30.24			
W 400m A			W 400m B		
1	Natasha Ashong	U17 KRK 60.10	1	Emma Rawnsley	KRK 61.71
2	Sofiya Pela Aliua	M&C 61.33	2	Lexi Cochrane	U17 BUH 65.62
3	Faye Mitchell	WKF 61.65	3	Emily Field	U17 M&C 66.48
4	Rebecca Fordham	BUH 62.24	4	Becky Lancaster	U17 WKF 69.97
5	Anna Grundy	U17 HRG 64.17			
W 800m A			W 800m B		
1	Lauren Proctor	U17 WKF 2.14.63	1	Kristina Grant	M&C 2.23.90
2	Sarah Peacock	KRK 2.24.37	2	Louisa Long	U17 WKF 2.33.87
3	Emily Field	U17 M&C 2.27.50	3	Becky Rowlands	KRK 2.37.25
4	Holly Craig	BNG 2.35.75			
5	Chloe Harley	U17 LDS 2.40.55			
W 1500m A			W 1500m B		
1	Oriel Hardman	BUH 4.52.28	1	Rebecca Fordham	BUH 5.10.01
2	Abby Smith	M&C 4.57.25	2	Sarah Peacock	KRK 5.11.57
3	Jenny Walsh	KRK 5.09.97	3	Catherine Meynell	U17 M&C 5.55.61
4	Jodie Gregorczyk	LDS 5.14.12	4	Emily Dent	WKF 6.42.82
5	Louisa Long	U17 WKF 5.19.41			
6	Caroline Lambert	U17 HRG 5.23.21			
W 3000m A			W 3000m B		
1	Caroline Lambert	U17 HRG 11.24.02	1	Emma Rawnsley	KRK 13.29.32
2	Rebecca Fordham	BUH 11.28.82			
3	Sarah Peacock	KRK 13.29.21			
4	Eleanor Ainscoe	BNG 14.38.08			
W 100mH A			W 100mH B		
1	Ashleigh Wood	M&C 15.38	1	Na	WKF DNF
2	Olivia McGreavy	BUH 18.54			
3	Katherine Coupland	U17 HRG 22.20			
W 400mH A			W 400mH B		
1	Olivia McGreavy	BUH 69.66	1	Katherine Davis	U17 KRK 77.16
2	Samantha Brook	U17 WKF 71.29			
3	Jo Bullock	BNG 72.56			
4	Katherine Coupland	U17 HRG 77.06			
5	Jade Newby	KRK 93.20			

W Discus Throw A
 1 Carrie Simpson LDS 34.68
 2 Adanna Okeahialam BNG 26.34
 3 Rosie Ellis WKF 25.88
 4 Katie Zientek KRK 25.58
 5 Rebecca Makin BUH 19.92
 6 Katherine Coupland U17 HRG 18.11
 7 Helen Corrigan U17 M&C 16.00

W Discus Throw B
 1 Grace Simpson LDS 21.37
 2 Olivia McGreavy BUH 16.69
 3 Hannah Spruce U17 HRG 16.29
 4 Charlotte Dillingham KRK 15.37
 5 Heather Johnson U17 M&C 15.09
 6 Emily Dent WKF 11.41

W Hammer Throw A
 1 Adanna Okeahialam BNG 38.35
 2 Heather Johnson U17 M&C 35.00
 3 Rebecca Makin BUH 29.46
 4 Stacey Evenden LDS 28.82
 5 Rosie Ellis WKF 26.35
 6 Katie Zientek KRK 19.93

W Hammer Throw B
 1 Helen Corrigan U17 M&C 33.39
 2 Jessica Mayho U17 BNG 21.39
 3 Charlotte Dillingham KRK 17.04
 4 Jessica Best LDS 12.95
 5 Becky Lancaster U17 WKF 10.76

W High Jump A
 1 Leah Kennedy U17 M&C 1.58
 2 Phillipa Medley BNG 1.52
 3 Samantha Brook U17 WKF 1.46
 4 Hannah Spruce HRG 1.35
 5 Sian Pledger BUH 1.35

W High Jump B
 1 Nikki Jukes U17 WKF 1.35
 2 Sammy Boaler BUH 1.30

W Javelin Throw A
 1 Amy Marchant LDS 34.53
 2 Sarah Roberts U17 KRK 28.54
 3 Rebecca Makin BUH 25.55
 4 Adanna Okeahialam BNG 23.24
 5 Lucy Holmes U17 WKF 22.35
 6 Helen Corrigan U17 M&C 16.11

W Javelin Throw B
 1 Katie Zientek KRK 28.13
 2 Catherine Meynell U17 M&C 14.49
 3 Laura Smith U17 LDS 13.13
 4 Hannah Scholes BUH 9.28
 5 Lois Brown U17 WKF 9.25

W Long Jump A
 1 Sian Pledger BUH 5.24
 2 Ashleigh Wood M&C 5.13
 3 Jo Bullock BNG 5.05
 4 Faye Mitchell WKF 4.99
 5 Katherine Davis U17 KRK 4.25
 6 Jessica Best LDS 3.75
 7 Nikita Turton TTW 3.60

W Long Jump B
 1 Chloe Gill M&C 4.87
 2 Dionne Jones WKF 4.87
 3 Arianna Zenti U17 BNG 4.67
 4 Hannah Scholes BUH 4.50
 5 Jade Newby KRK 3.32

W Pole Vault A
 1 Sammy Boaler BUH 2.00

W Pole Vault B
 1 Na WKF DNF

W Shot Putt A
 1 Rachel Goodier U17 M&C 10.68
 2 Amy Marchant LDS 10.23
 3 Lucy Holmes U17 WKF 9.73
 4 Adanna Okeahialam BNG 9.00
 5 Rebecca Makin BUH 7.39
 6 Katie Zientek KRK 7.18
 7 Hannah Spruce U17 HRG 6.79
 8 Nikita Turton TTW 5.40

W Shot Putt B
 1 Ashleigh Wood M&C 8.74
 2 Grace Simpson LDS 8.46
 3 Charlotte Dillingham KRK 6.70
 4 Caroline Lambert U17 HRG 6.48
 5 Sian Pledger BUH 6.40
 6 Samantha Brook U17 WKF 5.18

W Triple Jump A
 1 Chloe Gill M&C 10.92
 2 Saffron Mackie BUH 10.36
 3 Rachel Speight LDS 9.58
 4 Leanne Jennings U17 BNG 8.99
 5 Katherine Davis U17 KRK 8.91
 6 Dionne Jones WKF 8.76

W Triple Jump B
 1 Hannah Scholes BUH 10.04
 2 Leah Kennedy M&C 9.36
 3 Jessica Best LDS 7.97
 4 Jade Newby KRK 7.64

W 4x100m Relay

1	M&C	51.14	1 Rachel Goodier	U17	2 Jess Kennedy	
			3 Courtney Frost	U17	4 Ashleigh Wood	
2	LDS	52.27	1 Kadena Cox		2 Danielle Carr	
			3 Rachel Speight		4 Grace Simpson	
3	WKF	52.64	1 Lydia Brown	U17	2 Becky Watts	U17
			3 Lois Brown	U17	4 Faye Mitchell	
4	BUH	53.40	1 Sian Pledger		2 Michelle Derungs	
			3 Hannah Scholes		4 Olivia McGreavy	
5	BNG	54.61	1 Mary-Jane Sollitt	U17	2 Aimee Guy	U17
			3 Cat Walker	U17	4 Jessica Mayho	U17
6	HRG	54.88	1 Katherine Coupland	U17	2 Anna Grundy	U17
			3 Caroline Lambert	U17	4 Hannah Spruce	U17
7	KRK	55.32	1 Natasha Ashong	U17	2 Danielle Roach	U17
			3 Katherine Davis	U17	4 Becky Rowlands	

W 4x400m Relay

1	LDS	4.18.20	1 Kadena Cox		2 Rachel Speight	
			3 Chloe Harley	U17	4 Jodie Gregorczyk	
2	M&C	4.18.30	1 Emily Field	U17	2 Abby Smith	
			3 Sofiya Pela Aliua		4 Kristina Grant	
3	KRK	4.22.94	1 Natasha Ashong	U17	2 Becky Rowlands	
			3 Sarah Peacock		4 Katherine Davis	U17
4	BUH	4.34.11	1		2	
			3		4	
5	BNG	4.41.87	1 Holly Craig		2 Philippa Medley	
			3 Arianna Zenti	U17	4 Cat Walker	U17
6	WKF	4.41.95	1 Samantha Brook	U17	2 Becky Lancaster	U17
			3 Emily Dent		4 Nikki Jukes	U17

M 4x100m Relay

1	BUH	44.00	1 Matt Osbourne		2 Bruce Pilkington	
			3 Chris Burgess		4 James Eccles	
2	LDS	44.41	1 Tom Mosley		2 Harvard Jefferson	U17
			3 Karl Jeffries		4 Adam Timms	
3	TTW	46.31	1 James Andrew		2 Stephen Taylor	
			3 Scott Keeling		4 Andrew Harle	
4	WKF	48.07	1 Mohamed Laher		2 James Mitchell	U17
			3 Ewan McNight		4 Sam Dennis	U17
5	M&C	48.86	1 Rob Longstaff		2 Ben Stephenson	U17
			3 Ben Daley	U17	4 Harry Harris	
6	BNG	49.24	1 Harrison Foster		2 Matthew Chambers	
			3 David Lidstone-Green	U17	4 Alonel Mahlangu	U17

M 4x400m Relay

1	LDS	3.31.78	1 Sam Lowery		2 David Dempsay	
			3 Jack Mosley	U17	4 Tom Roberts	
2	BUH	3.35.84	1 James Eccles		2 Paul Cryer	
			3 Sam Gough		4 Frazer Jardine	
3	M&C	3.36.39	1 Elliot Hills		2 Joe Cox	
			3 Tom Murphy		4 Nick Phelps	
4	WKF	3.40.01	1 Dominic Elliott		2 Dale Worton	
			3 Sam Bucknell		4 Craig Simpson	
5	BNG	3.42.67	1 Josh Allan		2 Chris Cox	
			3 Alonel Mahlangu	U17	4 Harrison Foster	
6	KRK	4.07.70	1 Simon Bolland	U17	2 Ryan Dransfield	
			3 Max Lawton	U17	4 Carl Foulstone	U17

MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge
1	M&C 450	8	1	Middlesbrough & Clevl. H.	450 8
2	WKF 433	7	2	Wakefield D. H. & AC	433 7
3	BUH 427	6	3	Bolton United Harriers	427 6
4	LDS 406	5	4	Leeds City AC	406 5
5	KRK 314	4	5	Kirklees A.C.	314 4
6	BNG 240	3	6	Bingley Harriers & AC	240 3
7	HRG 173	2	7	Harrogate AC	173 2
8	TTW 141	1	8	Team Tyne & Wear	141 1

Note(s)

BNG Includes + 25pts,
 BUH Includes + 25pts,
 HRG Includes + 35pts,
 KRK Includes + 35pts,
 LDS Includes + 35pts,
 M&C Includes + 35pts,
 TTW Includes + 15pts,
 WKF Includes + 35pts,

100M women

1 Dionne Jones WAK 13.04
 2 Lois Brown WAK 13.37
 3 Lydia Brown WAK 13.63

100m men

1 Marcus Nixey WAK 11.69
 2 Callum Whitham WAK 11.69
 3 Mohamed Laher WAK 12.21
 4 Ewan McNight WAK 12.44
 5 Matthew Chambers BIN 13.03

200m women

1 Dionne Jones WAK 27.21
 2 Lois Brown WAK 27.65
 3 Lydia Brown WAK 28.37

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|      Team| BNG | BUH | HRG | KRK | LDS | M&C | TTW | WKF |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 100m   A|  5|  6|  0|  4|  9|  7|  8| 11| 50|  3| 53|
|         B|  5|  7|  0|  0|  6|  4|  3|  9| 34|  3| 37|
|Cumulative| 10| 13|  0|  4| 15| 11| 11| 20| 84|  6| 90|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 200m   A|  6|  8|  0|  4|  7| 11|  5|  9| 50|  3| 53|
|         B|  7|  6|  0|  0|  5|  4|  0|  9| 31|  6| 37|
|Cumulative| 23| 27|  0|  8| 27| 26| 16| 38|165| 15|180|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400m   A|  8|  9|  0|  6| 11|  7|  0|  5| 46|  7| 53|
|         B|  4|  6|  0|  3|  7|  9|  0|  5| 34|  3| 37|
|Cumulative| 35| 42|  0| 17| 45| 42| 16| 48|245| 25|270|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 800m   A|  0|  8|  7|  6|  5|  9|  4| 11| 50|  3| 53|
|         B|  0|  0|  7|  4|  6|  5|  3|  9| 34|  3| 37|
|Cumulative| 35| 50| 14| 27| 56| 56| 23| 68|329| 31|360|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 1500m  A|  7| 11|  0|  6|  8|  9|  0|  5| 46|  7| 53|
|         B|  0|  9|  0|  6|  7|  0|  0|  0| 22| 15| 37|
|Cumulative| 42| 70| 14| 39| 71| 65| 23| 73|397| 53|450|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 3000m  A|  0|  7|  0|  0| 11|  0|  8|  9| 35| 18| 53|
|         B|  0|  0|  0|  0|  9|  0|  0|  7| 16| 21| 37|
|Cumulative| 42| 77| 14| 39| 91| 65| 31| 89|448| 92|540|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 110mH  A|  0|  0|  0|  0| 11|  9|  8|  0| 28| 25| 53|
|         B|  0|  0|  0|  0|  9|  0|  0|  0|  9| 28| 37|
|Cumulative| 42| 77| 14| 39|111| 74| 39| 89|485|145|630|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400mH  A|  0|  7|  9|  6|  8| 11|  0|  5| 46|  7| 53|
|         B|  0|  0|  0|  0|  0|  9|  0|  0|  9| 28| 37|
|Cumulative| 42| 84| 23| 45|119| 94| 39| 94|540|180|720|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 2000Sc A|  6|  0|  0|  0|  8|  9|  7| 11| 41| 12| 53|
|         B|  0|  0|  0|  0|  9|  0|  7|  0| 16| 21| 37|
|Cumulative| 48| 84| 23| 45|136|103| 53|105|597|213|810|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M DT     A| 11|  0|  5|  7|  6|  8|  0|  9| 46|  7| 53|
|         B|  0|  0|  0|  0|  0|  9|  0|  7| 16| 21| 37|
|Cumulative| 59| 84| 28| 52|142|120| 53|121|659|241|900|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M HT     A|  0|  8|  6|  0|  7| 11|  5|  9| 46|  7| 53|
|         B|  0|  6|  0|  0|  7|  9|  0|  5| 27| 10| 37|
|Cumulative| 59| 98| 34| 52|156|140| 58|135|732|258|990|
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Team	No's	BNG	BUH	HRG	KRK	LDS	M&C	TTW	WKF	POINTS		
		1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot

M HJ	A	0	6	0	0	11	9	7	8	41	12	53
	B	0	0	0	0	0	7	6	9	22	15	37
Cumulative		59	104	34	52	167	156	71	152	795	285	1080

M JT	A	0	7	8	11	9	0	0	6	41	12	53
	B	0	9	0	7	0	0	0	6	22	15	37
Cumulative		59	120	42	70	176	156	71	164	858	312	1170

M LJ	A	9	11	5	4	0	8	7	6	50	3	53
	B	4	7	0	3	0	6	9	5	34	3	37
Cumulative		72	138	47	77	176	170	87	175	942	318	1260

M PV	A	0	9	0	0	11	0	0	0	20	33	53
	B	0	0	0	0	0	0	0	0	0	37	37
Cumulative		72	147	47	77	187	170	87	175	962	388	1350

M SP	A	0	9	5	8	6	7	0	11	46	7	53
	B	0	5	4	0	9	7	0	6	31	6	37
Cumulative		72	161	56	85	202	184	87	192	1039	401	1440

M TJ	A	7	11	0	0	0	6	8	9	41	12	53
	B	6	9	0	0	0	0	7	5	27	10	37
Cumulative		85	181	56	85	202	190	102	206	1107	423	1530

W 100m	A	5	4	7	6	8	9	3	11	53	0	53
	B	3	4	0	5	6	7	0	9	34	3	37
Cumulative		93	189	63	96	216	206	105	226	1194	426	1620

W 200m	A	3	9	6	5	11	8	4	7	53	0	53
	B	3	5	0	6	7	4	2	9	36	1	37
Cumulative		99	203	69	107	234	218	111	242	1283	427	1710

W 400m	A	0	7	6	11	0	9	0	8	41	12	53
	B	0	7	0	9	0	6	0	5	27	10	37
Cumulative		99	217	75	127	234	233	111	255	1351	449	1800

W 800m	A	7	0	0	9	6	8	0	11	41	12	53
	B	0	0	0	6	0	9	0	7	22	15	37
Cumulative		106	217	75	142	240	250	111	273	1414	476	1890

W 1500m	A	0	11	5	8	7	9	0	6	46	7	53
	B	0	9	0	7	0	6	0	5	27	10	37
Cumulative		106	237	80	157	247	265	111	284	1487	493	1980

W 3000m	A	7	9	11	8	0	0	0	0	35	18	53
	B	0	0	0	9	0	0	0	0	9	28	37
Cumulative		113	246	91	174	247	265	111	284	1531	539	2070

Team	BNG	BUH	HRG	KRK	LDS	M&C	TTW	WKF	POINTS		
									Used	Waste	Tot
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot

W 100mH A	0	9	8	0	0	11	0	0	28	25	53
B	0	0	0	0	0	0	0	0	0	37	37
Cumulative	113	255	99	174	247	276	111	284	1559	601	2160

W 400mH A	8	11	7	6	0	0	0	9	41	12	53
B	0	0	0	9	0	0	0	0	9	28	37
Cumulative	121	266	106	189	247	276	111	293	1609	641	2250

W 1500Sc A	0	0	0	0	0	0	0	0	0	0	0
B	0	0	0	0	0	0	0	0	0	0	0
Cumulative	121	266	106	189	247	276	111	293	1609	641	2250

W DT A	9	6	5	7	11	4	0	8	50	3	53
B	0	7	6	5	9	4	0	3	34	3	37
Cumulative	130	279	117	201	267	284	111	304	1693	647	2340

W HT A	11	8	0	5	7	9	0	6	46	7	53
B	7	0	0	6	5	9	0	4	31	6	37
Cumulative	148	287	117	212	279	302	111	314	1770	660	2430

W HJ A	9	6	7	0	0	11	0	8	41	12	53
B	0	7	0	0	0	0	0	9	16	21	37
Cumulative	157	300	124	212	279	313	111	331	1827	693	2520

W JT A	7	8	0	9	11	5	0	6	46	7	53
B	0	5	0	9	6	7	0	4	31	6	37
Cumulative	164	313	124	230	296	325	111	341	1904	706	2610

W LJ A	8	11	0	6	5	9	4	7	50	3	53
B	6	5	0	4	0	9	0	7	31	6	37
Cumulative	178	329	124	240	301	343	115	355	1985	715	2700

W PV A	0	11	0	0	0	0	0	0	11	42	53
B	0	0	0	0	0	0	0	0	0	37	37
Cumulative	178	340	124	240	301	343	115	355	1996	794	2790

W SP A	7	6	4	5	9	11	3	8	53	0	53
B	0	4	5	6	7	9	0	3	34	3	37
Cumulative	185	350	133	251	317	363	118	366	2083	797	2880

W TJ A	7	9	0	6	8	11	0	5	46	7	53
B	0	9	0	5	6	7	0	0	27	10	37
Cumulative	192	368	133	262	331	381	118	371	2156	814	2970

W 4x1	6	7	5	4	9	11	0	8	50	3	53
Cumulative	198	375	138	266	340	392	118	379	2206	817	3023

W 4x4	6	7	0	8	11	9	0	5	46	7	53
Cumulative	204	382	138	274	351	401	118	384	2252	824	3076

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|      Team| BNG | BUH | HRG | KRK | LDS | M&C | TTW | WKF |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1    |    5|   11|    0|    0|    9|    6|    8|    7| 46| 7| 53|
|Cumulative| 209| 393| 138| 274| 360| 407| 126| 391|2298| 831|3129|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4    |    6|    9|    0|    5|   11|    8|    0|    7| 46| 7| 53|
|Cumulative| 215| 402| 138| 279| 371| 415| 126| 398|2344| 838|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      Add| 25| 25| 35| 35| 35| 35| 15| 35| 0| 0| 0|
|subtract| 0| 0| 0| 0| 0| 0| 0| 0| 0| 0| 0|
|Cumulative| 240| 427| 173| 314| 406| 450| 141| 433|2344| 838|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      TOTALS| 240| 427| 173| 314| 406| 450| 141| 433|2344| 838|3182|
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Pos	Team	Points	Add	Sub	Total
1	Middlesbrough & Clevl. H.	415	35	0	450
2	Wakefield D. H. & AC	398	35	0	433
3	Bolton United Harriers	402	25	0	427
4	Leeds City AC	371	35	0	406
5	Kirklees A.C.	279	35	0	314
6	Bingley Harriers & AC	215	25	0	240
7	Harrogate AC	138	35	0	173
8	Team Tyne & Wear	126	15	0	141

Used + add - sub = total	2344	240	0	2584
Unused points	838			838
(Used+unused)+add-sub=total	3182	240	0	3422

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
M&C A	8	11	5	3	2	1	1	0	B 8	5	3	1	4	0	0	0
WKF A	6	6	6	4	5	5	0	0	B 7	4	2	6	2	2	0	0
BUH A	8	8	5	6	5	0	1	0	B 5	5	3	4	2	0	0	0
LDS A	10	5	5	4	3	2	0	0	B 5	5	5	2	0	0	0	0
KRK A	2	2	4	2	8	4	4	0	B 4	2	5	3	2	2	0	0
BNG A	2	3	3	7	5	3	0	1	B 0	2	2	1	2	2	0	0
HRG A	1	1	2	4	3	6	1	0	B 0	1	1	1	1	0	0	0
TTW A	0	0	5	3	0	2	3	2	B 1	2	1	0	0	2	1	0

Men	Event	Women	Event	
1	Leeds City AC	222	1 Middlesbrough & Clevl. H.	211
2	Wakefield D. H. & AC	220	2 Bolton United Harriers	201
3	Middlesbrough & Clevl. H.	204	3 Kirklees A.C.	189
4	Bolton United Harriers	201	4 Wakefield D. H. & AC	178
5	Team Tyne & Wear	110	5 Leeds City AC	149
6	Bingley Harriers & AC	96	6 Bingley Harriers & AC	119
7	Kirklees A.C.	90	7 Harrogate AC	82
8	Harrogate AC	56	8 Team Tyne & Wear	16