

M 100m A			M 100m B		
1 Adam Forrest	WGN	11.3	1 Jack Thomas	WGN	11.4
2 Thaddeus Anim-Somuah	SHS	11.3	2 Craig Obrien	WIR	11.4
3 Ryan Sumner	PST	11.4	3 Nathan Hilton	LVP	11.6
4 Jack Gronow	NWL	11.5	4 Josh Brooking	TRF	11.8
5 Dalo Okiemien	TRF	11.5	5 Matthew Harper	U17 PST	12.0
6 Danny Higham	LVP	11.6	6 James Sutton	U17 SHS	12.1
7 Gareth Jones	WIR	11.6	7 Tom Snowdon	NWL	12.3
M 200m A			M 200m B		
1 Adam Forrest	WGN	22.4	1 Cynan Evans	NWL	22.9
2 Thaddeus Anim-Somuah	SHS	22.5	2 Wayne Ashall	LVP	23.4
3 Craig Obrien	WIR	22.6	3 Gareth Jones	WIR	23.7
4 Danny Higham	LVP	22.8	4 Edward Greenall	PST	23.8
5 Jack Gronow	NWL	23.3	5 Reece Ingley	TRF	24.0
6 Ryan Sumner	PST	23.3	6 Matt Storey	WGN	24.3
7 Josh Logan	TRF	DNF	7 Danny Hughes	U17 SHS	26.4
M 400m A			M 400m B		
1 Harry Doran	LVP	49.4	1 Nathan Hilton	LVP	52.2
2 Cynan Evans	NWL	50.6	2 Matthew Crehan	SHS	53.6
3 Dalo Okiemien	TRF	52.7	3 Mathew Davison	PST	55.7
4 Kier Lyon Fraser	U17 WGN	53.1	4 Sam Higgins	U17 WGN	56.2
5 Steven Ormarod	U17 PST	53.4	5 Tom Snowdon	NWL	57.0
6 Danny Hughes	U17 SHS	55.8			
M 800m A			M 800m B		
1 Dave Homeman	TRF	1.57.2	1 Josh McQuigh	U17 TRF	2.01.09
2 Stephen Bennett	PST	1.58.4	2 Andrew Woodcock	NWL	2.02.07
3 Matthew Crehan	SHS	1.59.0	3 Ste Clague	SHS	2.11.0
4 Shon Evans	NWL	2.01.8	4 James Bretherton	U17 PST	2.14.2
5 Tom Higgins	U17 WGN	2.05.5			
6 Josh Bowe	U17 WIR	DNF			
M 1500m A			M 1500m B		
1 Mathew Davison	PST	4.07.7	1 Josh Skinner	PST	4.17.5
2 Phil Edge	NWL	4.15.4	2 Dave Mountford	NWL	4.27.6
3 Shawn Egan	WIR	4.15.9			
4 Zac Howe	U17 WGN	4.33.7			
5 Jake Healey	SHS	4.40.0			
M 3000m A			M 3000m B		
1 Richard Morrell	PST	9.47.3	1 Nathan Crowe	PST	10.55.0
2 Dave Mountford	NWL	10.19.9			
3 Nathan Brown	U17 SHS	10.25.9			
4 Danny Fairclough	U17 WGN	11.06.0			
5 James Byer	TRF	11.21.5			
6 Dale Doyle	WIR	12.02.2			
M 110mH A			M 110mH B		
1 Dale Okiemien	TRF	16.9	1 Nobody	PST	DNF
2 Nathan Morris	WGN	19.1			
M 400mH A			M 400mH B		
1 Andrew Harrison	PST	65.9	1 Josh Skinner	PST	66.8
2 Jack McDonald	NWL	70.0	2 Phil Edge	NWL	96.8
M 2000m Sc A			M 2000m Sc B		
1 Jaimie Crompton	U17 WGN	6.02.2	1 Phil Edge	NWL	7.45.0
2 Andrew Woodcock	NWL	7.06.0	2 Dennis Cheatham	TRF	8.18.1
3 Ste Clague	SHS	7.17.7			
4 Dominic Cheatham	U17 TRF	8.02.2			

M Discus Throw A
 1 Darren Evans U17 PST 29.33
 2 Jack Thomas WGN 21.56
 3 Kyle Davies U17 NWL 18.43
 4 Danny Hughes U17 SHS 16.54
 5 Dominic Cheatham U17 TRF 12.12

M Discus Throw B
 1 Michael Porter PST 19.65
 2 Jaimie Crompton U17 WGN 18.84
 3 Daniel Evans NWL 16.77

M Hammer Throw A
 1 Darren Evans U17 PST 40.35

M Hammer Throw B
 1 Michael Porter PST 18.08

M High Jump A
 1 Cameron Gore WGN 1.90
 2 Billy Williams U17 LVP 1.85
 3 Daniel Evans NWL 1.70
 4 Dale Okiemien TRF 1.70
 5 George Sharp PST 1.65

M High Jump B
 1 Lloyd Hughes U17 WGN 1.80

M Javelin Throw A
 1 Kyle Davies U17 NWL 35.02
 2 Matthew Harper PST 31.65
 3 Gareth Jones WIR 28.96
 4 Dominic Cheatham U17 TRF 16.79

M Javelin Throw B
 1 Michael Porter PST 30.03
 2 Kamen Howell NWL 17.33
 3 Dennis Cheatham TRF 15.40

M Long Jump A
 1 Ryan Sumner PST 6.04
 2 Dean Matthews LVP 5.96
 3 Adam Harvey WGN 5.81
 4 Sam Landsborough WIR 5.72
 5 James Sutton U17 SHS 5.43
 6 Jack McDonald NWL 5.32
 7 Josh Brocking TRF 4.70

M Long Jump B
 1 Josh Bowe U17 WIR 4.91
 2 Andrew Harrison PST 4.69
 3 Kyle Davies U17 NWL 4.53
 4 Nathan Brown U17 SHS 4.02
 5 Reece Ingley TRF 3.74

M Pole Vault A
 1 George Sharp PST 3.80
 2 Kamen Howell NWL 3.10

M Pole Vault B
 1 Robert Gallery U17 PST 3.00

M Shot Putt A
 1 Darren Evans U17 PST 11.66
 2 Andrew Higgins WGN 11.03
 3 Daniel Evans NWL 10.62
 4 Josh Brocking TRF 9.34

M Shot Putt B
 1 Michael Porter U17 PST 9.68
 2 Jaimie Crompton U17 WGN 7.84
 3 Josh Logan TRF 7.20

M Triple Jump A
 1 Dean Matthews LVP 12.88
 2 Sam Landsborough WIR 12.54
 3 Cameron Gore WGN 12.01
 4 Jack Gronow NWL 11.78
 5 Steven Ormarod U17 PST 11.60
 6 James Sutton U17 SHS 10.71
 7 Reece Ingley TRF 10.42

M Triple Jump B
 1 Matthew Harper U17 PST 11.60
 2 Kier Lyon Fraser U17 WGN 11.60

W 100m A
 1 Hannah Pendlebury NWL 12.6
 2 Kate Brick WGN 12.8
 3 Sophie Money U17 WIR 13.1
 4 Shanika Wright U17 TRF 13.2
 5 Alix Morley U17 PST 13.5
 6 Hannah Roberts LVP 14.1
 7 Jenny Lamb U17 SHS 14.4

W 100m B
 1 Laura McGoldrick U17 WIR 13.5
 2 Sasha Byrom U17 PST 13.6
 3 Kerrell Walley WGN 13.6
 4 Emma Roberts NWL 13.9
 5 Bethany Hurst TRF 14.3
 6 Amy Hughes U17 SHS 15.0

W 200m A				W 200m B			
1	Hannah Pendlebury	NWL	26.4	1	Sasha Byrom	U17 PST	26.5
2	Sophie Money	U17 WIR	27.0	2	Bethany Hurst	TRF	26.6
3	Victoria Malady	TRF	27.5	3	Kerrell Walley	WGN	27.3
4	Katie Penrose	U17 PST	28.1	4	Annie McLoughlin	U17 LVP	27.6
5	Heather Drillingcourt	U17 SHS	28.7	5	Laura McGoldrick	U17 WIR	28.3
6	Hannah Roberts	LVP	28.8	6	Emma Roberts	NWL	29.1
7	Kate Brick	WGN	30.1	7	Jenny Lamb	U17 SHS	29.6
W 400m A				W 400m B			
1	Victoria Malady	TRF	63.2	1	Hannah Watson	PST	65.4
2	Sophie Fletcher	PST	63.7	2	Bethany Hurst	TRF	68.9
3	Heather Drillingcourt	U17 SHS	68.3				
4	Amy Hankinson	NWL	68.9				
W 800m A				W 800m B			
1	April Stevenson	WGN	2.16.9	1	Ellen Buckley	U17 PST	2.33.8
2	Kate Hindle	PST	2.20.4				
3	Zoe Rosier	U17 NWL	2.29.8				
W 1500m A				W 1500m B			
1	Emma Binns	LVP	5.20.5	1	Nobody	LVP	DNF
2	Jessica Crook	U17 PST	5.27.3				
W 3000m A				W 3000m B			
1	Charlotte Arter	BRD	10.27.10	1	Rebecca Noblett	U17 PST	12.28.10
2	Catherine Whitfield	WGN	11.23.26				
3	Abigail Mackley	U17 PST	12.05.07				
W 100mH A				W 100mH B			
1	Rebecca Ingham	PST	16.4	1	Catherine Cassidy	PST	19.3
2	Jess Tomlinson	WGN	20.5				
W 400mH A				W 400mH B			
1	Sophie Fletcher	PST	69.9	1	Hannah Watson	PST	76.3
2	Jess Tomlinson	WGN	77.2				
3	Grace Stewart	LVP	80.4				
W Discus Throw A				W Discus Throw B			
1	Brea Leung	NWL	34.84	1	Jenna Sherrat	NWL	28.83
2	Laura Baker	WGN	33.34	2	Kayleigh Huggins	PST	20.04
3	Sam Leahy	U17 WIR	25.49	3	Mariella Catton	U17 WIR	17.13
4	Emma Pinkowicz	U17 PST	21.54				
5	Alice Bramah	U17 TRF	16.25				
W Hammer Throw A				W Hammer Throw B			
1	Emma Pinkowicz	U17 PST	34.98	1	Hannah Watson	PST	14.24
2	Alice Bramah	U17 TRF	30.03				
W High Jump A				W High Jump B			
1	Sophie Rigby	U17 SHS	1.65	1	Catherine Cassidy	PST	1.50
2	Samantha Fraser	U17 WGN	1.60	2	Kerrell Walley	WGN	1.35
3	Rebecca Ingham	PST	1.60				
W Javelin Throw A				W Javelin Throw B			
1	Natalie Livesey	PST	29.22	1	Kayleigh Huggins	PST	28.56
2	Samantha Fraser	U17 WGN	26.41	2	Ellie Meahan	U17 WIR	25.55
3	Sam Leahy	U17 WIR	25.93	3	Laura Tunstall	WGN	17.92
4	Alice Bramah	U17 TRF	14.83	4	Grace Stewart	LVP	12.67
5	Emma Binns	LVP	13.83	5	Jenna Sherrat	NWL	12.13
6	Brea Leung	NWL	13.35				

W Long Jump A			W Long Jump B		
1	Bethany Hurst	TRF 5.00	1	Shanika Wright	U17 TRF 4.32
2	Alix Morley	U17 PST 4.88	2	Katie Penrose	U17 PST 4.16
3	Amy Hughes	U17 SHS 4.38	3	Amy Hankinson	NWL 3.96
4	Charlotte Gaffney	WGN 4.32			
5	Hannah Roberts	LVP 4.18			
6	Zoe Rosier	NWL 4.10			

W Pole Vault A			W Pole Vault B		
1	Rebecca Davies	NWL 3.50	1	Lucy Roulston	NWL 3.00

W Shot Putt A			W Shot Putt B		
1	Samantha Fraser	U17 WGN 11.15	1	Laura Baker	WGN 8.81
2	Jenna Sherrat	NWL 9.50	2	Catherine Cassidy	PST 8.48
3	Rebecca Ingham	PST 9.02	3	Brea Leung	NWL 7.37
4	Mariella Catton	U17 WIR 7.78	4	Ellie Meahan	WIR 7.22
5	Shanika Wright	U17 TRF 7.41	5	Bethany Hurst	TRF 5.75

W Triple Jump A			W Triple Jump B		
1	Katrina Hall	PST 9.96	1	Katie Penrose	PST 9.21
2	Charlotte Gaffney	WGN 9.43	2	Catherine Whitfield	WGN 7.87
3	Amy Hankinson	NWL 9.18			
4	Grace Stewart	LVP 8.02			

W 4x100m Relay					
1	WGN 52.5	1	Kate Brick	2	Charlotte Gaffney
			3 Kerrell Walley	4	April Stevenson
2	PST 52.7	1	Rebecca Ingham	2	Sasha Byrom U17
			3 Katie Penrose U17	4	Alix Morley U17
3	NWL 52.9	1	Emma Roberts	2	Sophie Roberts
			3 Amy Hankinson	4	Hannah Pendlebury
4	SHS 55.4	1	Heather Drillingcourt U17	2	Amy Hughes U17
			3 Sophie Rigby U17	4	Jenny Lamb U17
5	LVP 56.2	1	Hannah Roberts	2	Annie McLoughlin U17
			3 Grace Stewart	4	Emma Binns

W 4x400m Relay					
1	WGN 4.19.2	1	Catherine Whitfield	2	Jess Tomlinson
			3 Kerrell Walley	4	April Stevenson
2	PST 4.26.7	1	Abigail Mackley U17	2	Sophie Fletcher
			3 Kate Hindle	4	Hannah Watson
3	SHS 4.46.9	1	Heather Drillingcourt U17	2	Jenny Lamb U17
			3 Amy Hughes U17	4	Sophie Rigby U17

M 4x100m Relay					
1	LVP 44.0	1	Harry Doran	2	Nathan Hilton
			3 Danny Higham	4	Wayne Ashall
2	WGN 44.0	1	Matt Storey	2	Cameron Gore
			3 Jack Thomas	4	Adam Forrest
3	WIR 45.8	1	Craig Obrien	2	Sam Landsborough
			3 Josh Bowe U17	4	Gareth Jones
4	PST 45.9	1	Ryan Sumner	2	Matthew Harper U17
			3 Edward Greenall	4	James Bretherton U17
5	NWL 46.9	1	Jack Gronow	2	Cynan Evans
			3 Jack McDonald	4	Tom Snowdon
6	TRF 47.2	1	Dale Okiemien	2	Josh Brocking
			3 Dave Myer	4	Reece Ingley
7	SHS 49.7	1	Nathan Brown U17	2	Thaddeus Anim-Somuah
			3 Matthew Crehan	4	Danny Hughes U17

M 4x400m Relay

1 LVP 3.27.4	1 Harry Doran		2 Nathan Hilton
	3 Danny Higham		4 Wayne Ashall
2 TRF 3.40.0	1 Dale Okiemien		2 Reece Ingley
	3 Dave Homeman		4 Dave Mayor
3 PST 3.42.9	1 Mathew Davison		2 Steven Ormarod U17
	3 Stephen Bennett		4 Josh Skinner
4 WGN 3.43.3	1 Adam Harvey		2 Danny Browitt U17
	3 Lloyd Hughes	U17	4 Kier Lyon Fraser U17
5 SHS 3.43.8	1 Matthew Crehan	U17	2 Jake Healey
	3 Thaddeus Anim-Somuah		4 Ste Clague
6 WIR 3.57.6	1 Craig Obrien		2 Sam Landsborough
	3 Josh Bowe	U17	4 Craig Obrien
7 NWL 4.00.6	1 Tom Snowdon		2 Andrew Bromley
	3 Andrew Woodcock		4 Phil Edge

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS					
	Event	Lge		Event	Lge		Event	Lge			
1	PST	392	8	1	PST	531	8	1	Preston Harriers	923	16
2	NWL	360	7	2	WGN	345	7	2	North Wales	691	13
3	TRF	326	6	3	NWL	331	6	3	Wigan, Horwich & D. H	647	12
4	WGN	302	5	4	TRF	235	5	4	Trafford AC	561	11
5	SHS	296	4	5	SHS	161	4	5	St. Helens Sutton AC	457	8
6	LVP	276	3	6	LVP	160	3	6	Liverpool Pemb & Sefton H	436	6
7	WIR	208	2	7	WIR	155	2	7	Wirral AC	363	4
8	BRD	163	1	8	BRD	11	1	8	Border Harriers	174	2