

Event	Name	Team	Performance	Wind
M35 100 Metre				
1	Marvin Edwards	NMAC	11.46	1.2
2	Andrew Parker	NMAC	11.73	1.2
W40 100 Metre				
1	Cat Goulder-Davies	MMAC	14.06	0.8
2	Caroline Warden	NMAC	14.33	0.8
M45 100 Metre				
1	Mick Wall	NMAC	12.64	0.8
W45 100 Metre				
1	Anna Harris	NEMAA	14.18	0.8
W50 100 Metre				
1	Jayne Henderson	NEMAA	14.02	-0.1
2	Melanie Garland	WMAA	14.42	1.4
3	Julie Hicken	NMAC	15.59	-0.1
4	Debra Casson	NMAC	16.06	1.4
M50 100 Metre				
1	Malcolm McPhail	NMAC	12.85	1.2
2	David Stephenson	EVAC	13.89	0.8
W55 100 Metre				
1	Angela Kelly	NMAC	15.26	1.4
2	Clare St John-Coleman	WMAA	15.35	1.4
3	Vicki Lee	NMAC	15.87	1.4
M55 100 Metre				
1	Paolo Bartolomasi	NMAC	14.05	1.2
2	David Gill	NMAC	14.48	-0.1
3	Michael May	VAC	15.11	-0.1
M60 100 Metre				
1	Steve Peters	NMAC	12.18	1.2
2	Jon Clarke	NMAC	15.78	-0.1
M65 100 Metre				
1	Rashpal Singh	MMAC	14.62	-0.1
M70 100 Metre				
1	Albert Eland	NMAC	15.59	-0.1
M75 100 Metre				
1	Barrie Hughes	NMAC	15.19	1.4
M35 400 Metre				
1	Andrew Parker	NMAC	52.73	3
2	Doug Banks	STEEL CITY STRIDERS RC	58.14	3
W35 400 Metre				
1	Alina Stepanchuk	NMAC	63.69	2
2	Nicola Woodward	NEMAA	65.16	2
3	Vicky Haswell	NEMAA	69.07	2
M40 400 Metre				
1	Simon Oak	NMAC	58.55	3
M45 400 Metre				
1	John Moore	NEMAA	61.04	3
M50 400 Metre				
1	Jonny Lowe	MMAC	59.25	3
W50 400 Metre				
1	Jayne Henderson	NEMAA	68.00	2
2	Julie Hicken	NMAC	1:23.02	1

Event	Name	Team	Performance	Wind
M55 400 Metre 1	Kevin Pye	MMAC	62.26	3
W55 400 Metre 1	Hilary West	NMAC	73.71	2
2	Stephanie White	NEMAA	1:21.23	1
M60 400 Metre 1	Ian Broadhurst	WMAA	60.02	3
2	Craig Smith	NMAC	71.32	1
W65 400 Metre 1	Anne Dockery	EVAC	1:29.51	
M70 400 Metre 1	Albert Eland	NMAC	71.79	2
M75 400 Metre 1	Barrie Hughes	NMAC	77.08	
M35 1500 Metre Run 1	Stephen Schubeler	NEMAA	4:32.67	2
2	Ed Wilson	MMAC	4:46.29	2
W35 1500 Metre Run 1	Jacqueline Etherington	NEMAA	4:59.52	2
2	Rebecca Mills	NMAC	5:41.87	1
M40 1500 Metre Run 1	Andrew Cartwright	NMAC	4:19.20	2
M45 1500 Metre Run 1	Robert Walker	NEMAA	4:29.47	2
2	John Moore	NEMAA	4:45.97	2
M50 1500 Metre Run 1	Mark Havenhand	NMAC	4:42.17	2
M55 1500 Metre Run 1	Chris Ireland	NMAC	4:44.57	2
2	Richard Wallace	MANCHESTER TC	4:56.17	1
3	Martin Farran	NMAC	5:10.75	2
4	Steven Doxey	NMAC	5:11.80	2
M60 1500 Metre Run 1	Gavin Bayne	NEMAA	5:19.03	
2	Christopher Corcoran	NMAC	5:28.91	
3	Malcolm Thirlaway	NEMAA	5:40.68	
W65 1500 Metre Run 1	Yvonne Twelvetree	NMAC	6:16.78	
M70 1500 Metre Run 1	Mick Casey	NMAC	5:44.66	
W70 1500 Metre Run 1	Rose Webb	NEMAA	8:49.81	
M75 1500 Metre Run 1	Mac Stephenson	NEMAA	7:25.11	
M35 80 Short Hurdles 1	Noveed Adris	NEMAA	23.01	1.4
M40 80 Short Hurdles 1	Marcus Medina	OPEN	16.93	1.4
M55 80 Short Hurdles 1	David Gill	NMAC	22.26	1.4

Event	Name	Team	Performance	Wind
M55 100 Short Hurdles 1	David Gill	NMAC	22.26	1.4
M35 110 Short Hurdles 1	Noveed Adris	NEMAA	23.01	1.4
M40 110 Short Hurdles 1	Marcus Medina	OPEN	16.93	1.4
W55 300 Hurdles 1	Stephanie White	NEMAA	67.82	
M35 400 Hurdles 1	Noveed Adris	NEMAA	1:22.53	
M55 400 Hurdles 1	David Gill	NMAC	79.82	

Event	Name	Team	Performance	Wind
M35 200 Metre 1	Marvin Edwards	NMAC	23.92	1.3
M40 200 Metre 1	Adam Bellis	SCVAC	23.32	1.3
2	Simon Oak	NMAC	27.09	1.3
W40 200 Metre 1	Cat Goulder-Davies	MMAC	28.90	1.3
M45 200 Metre 1	Mick Wall	NMAC	26.27	1.3
W45 200 Metre 1	Wendy Andrews	NMAC	29.13	1.5
M50 200 Metre 1	David Stephenson	EVAC	28.92	1.5
W50 200 Metre 1	Melanie Garland	WMAA	30.35	1.5
2	Debra Casson	NMAC	34.17	1.3
M55 200 Metre 1	John Hall	NEMAA	28.62	1.5
2	Paolo Bartolomasi	NMAC	29.24	1.3
W55 200 Metre 1	Angela Kelly	NMAC	32.59	1.3
2	Stephanie White	NEMAA	33.08	1.3
M60 200 Metre 1	Steve Peters	NMAC	24.52	1.3
2	Peter Hickey	NMAC	25.76	1.3
3	Peter Coote	MMAC	32.03	1.5
4	Jon Clarke	NMAC	37.32	1.3
W65 200 Metre 1	Caroline Marler	NMAC	32.17	1.3
2	Anne Dockery	EVAC	41.19	1.3
M70 200 Metre 1	Albert Eland	NMAC	32.17	1.5
M35 800 Metre Run 1	Doug Banks	STEEL CITY STRIDERS RC	2:13.26	
W35 800 Metre Run 1	Alina Stepanchuk	NMAC	2:26.22	
2	Nicola Woodward	NEMAA	2:31.55	
3	Vicky Haswell	NEMAA	2:33.12	
4	Rebecca Mills	NMAC	2:47.77	
M40 800 Metre Run 1	Richard Baker	NEMAA	2:23.90	
M45 800 Metre Run 1	John Moore	NEMAA	2:17.65	
M50 800 Metre Run 1	Jonny Lowe	MMAC	2:15.22	
2	Mark Havenhand	NMAC	2:16.84	
3	Paul Lemmon	NMAC	2:34.68	
W50 800 Metre Run 1	Katrina Oddy	NMAC	2:42.04	

Event	Name	Team	Performance	Wind
M55 800 Metre Run				
1	Richard Wallace	MANCHESTER TC	2:19.07	
2	Jed Turner	NMAC	2:20.01	
3	Chris Ireland	NMAC	2:23.31	
4	Steven Doxey	NMAC	2:32.29	
5	Andrew Stewart	EVAC	2:34.03	
6	John Hall	NEMAA	2:44.67	
M60 800 Metre Run				
1	Christopher Corcoran	NMAC	2:38.82	
W65 800 Metre Run				
1	Anne Dockery	EVAC	3:25.78	
M70 800 Metre Run				
1	Albert Eland	NMAC	3:03.43	
M75 800 Metre Run				
1	Mac Stephenson	NEMAA	3:44.69	
W35 2000 Metre Steeplechase				
1	Jacqueline Etherington	NEMAA	7:47.55	
---	Katherine Wellam	NMAC	DNF	
M40 3000 Metre Steeplechase				
1	Simon Downs	NMAC	11:13.20	
2	Scott Armstrong	NEMAA	14:43.11	
M45 3000 Metre Steeplechase				
1	Graham Moffatt	DARK PEAK FELL RUNNERS	10:56.37	

Event	Name	Team	Performance	Wind
M40 Long Jump 1	Marcus Medina	OPEN	5.94m	NWI
M45 Long Jump 1	Mick Wall	NMAC	5.00m	NWI
M50 Long Jump 1	Malcolm McPhail	NMAC	5.37m	NWI
M55 Long Jump 1	Julien Gittens	NMAC	5.16m	NWI
2	Michael May	VAC	3.11m	NWI
M60 Long Jump 1	Jon Clarke	NMAC	3.35m	NWI
W35 Long Jump 1	Lynsie Whyke	NMAC	4.74m	NWI
W40 Long Jump 1	Caroline Warden	NMAC	4.68m	NWI
W45 Long Jump 1	Anna Harris	NEMAA	4.44m	NWI
W50 Long Jump 1	Melanie Garland	WMAA	4.45m	NWI
W55 Long Jump 1	Vicki Lee	NMAC	3.73m	NWI
2	Stephanie White	NEMAA	3.69m	NWI
3	Clare St John-Cole	WMAA	3.25m	NWI
M65 Long Jump 1	Rashpal Singh	MMAC	4.10m	NWI
M70 Long Jump 1	John Charlton	NMAC	4.06m	NWI
W35 Triple Jump 1	Lynsie Whyke	NMAC	10.39m	1.7
M40 Triple Jump 1	Marcus Medina	OPEN	12.05m	1.9
W40 Triple Jump 1	Suzan Dudink	NEMAA	9.23m	0.6
2	Caroline Warden	NMAC	9.02m	0.5
W50 Triple Jump 1	Melanie Garland	WMAA	9.28m	3.6
M55 Triple Jump 1	Julien Gittens	NMAC	11.21m	1.5
W55 Triple Jump 1	Stephanie White	NEMAA	7.87m	2.4
2	Clare St John-Cole	WMAA	7.40m	2.0
M60 Triple Jump 1	Jon Clarke - 6 -	NMAC	7.08m	1.6

Event	Name	Team	Performance
W40 High Jump 1	Suzan Dudink	NEMAA	1.45m
W50 High Jump 1	Melanie Garland	WMAA	1.30m
M60 High Jump 1	Trevor Straker	NEMAA	1.30m
2	Jon Clarke	NMAC	1.10m
M40 Shot Put 1	Dan Upton	NMAC	10.99m
M45 Shot Put 1	John Twiddle	NMAC	11.67m
M50 Shot Put 1	Simon Wills	MMAC	7.44m
M55 Shot Put 1	Stuart Ryan	NEMAA	12.80m
2	Peter Hewkin	NMAC	9.48m
3	Stephen Atkin	NMAC	8.13m
M60 Shot Put 1	Trevor Straker	NEMAA	10.55m
2	John Birkett	NMAC	9.44m
3	Peter Coote	MMAC	8.45m
M65 Shot Put 1	Tony Richards	NMAC	10.87m
2	Desmond Leach	NMAC	9.77m
3	Bunt Scott	EVAC	9.55m
4	John Wild	NEMAA	9.48m
5	Kevin Bates	EVAC	9.24m
6	Bill Renshaw	NMAC	8.76m
W35 Shot Put 1	Jacqueline Etherington	NEMAA	7.62m
W50 Shot Put 1	Julie Wilson	EVAC	9.49m
W55 Shot Put 1	Hazel Barker	NMAC	8.32m
2	Pamela Gardiner	NEMAA	7.92m
3	Christine Elliott	NEMAA	6.72m
4	Lesley Bowley	MMAC	5.29m
W60 Shot Put 1	Jennifer Ibbitson	NMAC	8.74m
M70 Shot Put 1	John Gilbert	VAC	8.40m
2	Brian Bowley	MMAC	8.04m
M75 Shot Put 1	Mac Stephenson	NEMAA	6.46m

Event	Name	Team	Performance
M80 Shot Put 1	Hugh Ryan	NEMAA	7.63m
M85 Shot Put 1	John Kirkham	VAC	6.29m
W35 Discus Throw 1	Jacqueline Etherington	NEMAA	21.66m
W40 Discus Throw 1	Suzan Dudink	NEMAA	26.99m
W50 Discus Throw 1	Julie Wilson	EVAC	27.72m
W55 Discus Throw 1	Hazel Barker	NMAC	19.94m
2	Christine Elliott	NEMAA	17.00m
3	Lesley Bowley	MMAC	11.89m
W60 Discus Throw 1	Jennifer Ibbitson	NMAC	25.00m
W65 Discus Throw 1	Linda Ridsdale	NMAC	14.95m
M40 Discus Throw 1	Dan Upton	NMAC	30.55m
M45 Discus Throw 1	John Twiddle	NMAC	34.84m
M50 Discus Throw 1	Simon Wills	MMAC	22.47m
M55 Discus Throw 1	John Moreland	MMAC	40.74m
2	Stuart Ryan	NEMAA	40.25m
3	Stephen Atkin	NMAC	31.73m
4	Peter Hewkin	NMAC	24.49m
5	Michael Rhodes	NMAC	20.40m
M60 Discus Throw 1	Peter Coote	MMAC	30.32m
2	Trevor Straker	NEMAA	26.64m
3	John Birkett	NMAC	20.81m
M65 Discus Throw 1	Bunt Scott	EVAC	36.23m
2	Tony Richards	NMAC	35.68m
3	John Wild	NEMAA	35.36m
4	Bill Renshaw	NMAC	28.86m
5	Tim Needham	EVAC	28.81m
6	Kevin Bates	EVAC	23.41m
M70 Discus Throw 1	John Gilbert	VAC	26.23m
2	Brian Bowley	MMAC	24.46m



Event	Name	Team	Performance
M75 Discus Throw			
1	Grayham Smith	NMAC	26.75m
2	Mac Stephenson	NEMAA	15.94m
M80 Discus Throw			
1	Hugh Ryan	NEMAA	15.78m
M85 Discus Throw			
1	John Kirkham	VAC	14.73m
M40 Hammer Throw			
1	Dan Upton	NMAC	30.64m
M45 Hammer Throw			
1	John Twiddle	NMAC	38.94m
M50 Hammer Throw			
1	Richard Jeal	NEMAA	38.43m
M55 Hammer Throw Finals			
1	Michael Rhodes	NMAC	19.60m
M60 Hammer Throw			
1	David Maggs	NEMAA	41.94m
2	Ian Cooley	NMAC	37.87m
M65 Hammer Throw			
1	Bunt Scott	EVAC	35.95m
2	John Wild	NEMAA	34.74m
3	Bill Renshaw	NMAC	29.98m
4	John Blackwell	EVAC	29.49m
5	Tim Needham	EVAC	28.43m
W50 Hammer Throw			
1	Julie Wilson	EVAC	30.79m
W55 Hammer Throw			
1	Lynne Lockhart	NMAC	25.95m
2	Christine Elliott	NEMAA	21.33m
3	Hazel Barker	NMAC	20.65m
4	Stephanie White	NEMAA	16.96m
W60 Hammer Throw			
1	Jennifer Ibbitson	NMAC	32.76m
2	Ann Rhodes	NMAC	21.34m
W65 Hammer Throw			
1	Linda Ridsdale	NMAC	23.87m
M70 Hammer Throw			
1	John Gilbert	VAC	32.09m
M75 Hammer Throw			
1	Grayham Smith	NMAC	31.08m
M80 Hammer Throw			
1	Hugh Ryan	NEMAA	23.16m

Event	Name	Team	Performance
M85 Hammer Throw 1	John Kirkham	VAC	20.64m
W35 Javelin Throw 1	Vicky Haswell	NEMAA	24.33m
W40 Javelin Throw 1	Suzan Dudink	NEMAA	29.84m
W55 Javelin Throw 1	Hazel Barker	NMAC	17.94m
2	Christine Elliott	NEMAA	14.13m
M40 Javelin Throw 1	Simon Downs	NMAC	38.67m
M55 Javelin Throw 1	Stuart Ryan	NEMAA	43.20m
2	Peter Hewkin	NMAC	20.44m
M60 Javelin Throw 1	Peter Coote	MMAC	30.31m
2	Jon Clarke	NMAC	19.13m
M65 Javelin Throw 1	Tony Richards	NMAC	32.08m
2	Bunt Scott	EVAC	29.66m
3	John Wild	NEMAA	26.33m
4	Kevin Bates	EVAC	21.28m
M70 Javelin Throw 1	John Gilbert	VAC	23.84m
2	Brian Bowley	MMAC	20.79m
M75 Javelin Throw 1	Mac Stephenson	NEMAA	20.67m
M80 Javelin Throw 1	Hugh Ryan	NEMAA	14.02m
M85 Javelin Throw 1	John Kirkham	VAC	12.64m
W55 Weight Throw 1	Hazel Barker	NMAC	6.90m
W60 Weight Throw 1	Jennifer Ibbitson	NMAC	13.38m
2	Ann Rhodes	NMAC	8.00m
W65 Weight Throw 1	Linda Ridsdale	NMAC	8.65m
M40 Weight Throw 1	Dan Upton	NMAC	10.85m
M45 Weight Throw 1	John Twiddle	NMAC	10.63m

Event	Name	Team	Performance
M55 Weight Throw 1	Michael Rhodes	NMAC	6.82m
M60 Weight Throw 1	Ian Cooley	NMAC	14.10m
M65 Weight Throw 1	Bunt Scott	EVAC	13.03m
2	John Wild	NEMAA	13.03m
3	John Blackwell	EVAC	11.59m
4	Bill Renshaw	NMAC	11.14m
5	Tim Needham	EVAC	10.87m
6	Tony Richards	NMAC	10.74m
M70 Weight Throw 1	John Gilbert	VAC	10.86m
M80 Weight Throw 1	Hugh Ryan	NEMAA	7.90m
M85 Weight Throw 1	John Kirkham	VAC	7.46m