

Mid Lancs Track and Field League
Wilson Playing Fields, Hyndburn, 10th August 2013

Senior Men 100m Heat 1

1	Jamie. Bradbury	Lancaster Morecambe AC	568	11.3	7
2	Jason. Conchie	Hyndburn AC	354	11.6	7
3	Joshua. Bettis	Horwich RMI H & AC	1294	11.7	5
4	Chris. Snaith	Barrow & Furness AC	25	12.5	3

Senior Men 4x100m Relay									
1 .	Preston Harriers	682	46	7					
Senior Men 4x400m Relay									
1 .	Hyndburn AC	354	03:41.0	7					
2 .	Knowsley Harriers AC	996	04:30.0	7					

Senior Men 100m Heat 2

1	Stephen. Sumner	Hyndburn AC	388	11.8	5
2	Paul. Coffey	Blackburn H & AC	59	11.9	4
3	Chris. Burgess	Southport Waterloo AC	877	12	3
4	Rick. Cordwell	Chorley	276	12	4

Senior Men Long Jump									
1	Chris. Snaith	Barrow & Furness AC	25	5.6	7				
2	Joseph. Pearse	Blackburn H & AC	109	5.53	7				
3	Nelson. Fan	Southport Waterloo AC	1223	5.23	5				
4	Michael. Angland	Blackburn H & AC	37	4.75	4				
5	Josh. Blyzniuk	Hyndburn AC	379	4.66	3				
6	Lee. Coupland	Southport Waterloo AC	884	4.52	2				

Senior Men 200m Heat 1

1	Neng. Wildman	Pendle AC	657	23	7
2	Jason. Conchie	Hyndburn AC	354	23.2	5
3	Paul. Coffey	Blackburn H & AC	59	24.2	4
4	Chris. Burgess	Southport Waterloo AC	877	24.6	3
5	Ian. Snell	Preston Harriers	1258	24.9	2
6	Chris. Snaith	Barrow & Furness AC	25	25.5	4

Senior Men High Jump									
1	Christopher. Mann	Guest	1456	2					
2	Billy. Williams	L'pool Pembroke Sefton	1037	1.9	7				

Senior Men 200m Heat 2

1	Rick. Cordwell	Chorley	276	24.8	7
2	Michael. Angland	Blackburn H & AC	37	24.9	2
3	John. Wright	Chorley	277	25.4	5
4	Mark. Davies	Preston Harriers	1200	25.4	
5	Corie. Shorrock	Blackburn H & AC	1099	26.8	
6	Steve. Goodwill	Burnley AC	244	27.5	

Senior Men Triple Jump									
1	Nelson. Fan	Southport Waterloo AC	1223	11.1	7				
2	Rick. Cordwell	Chorley	276	10.54	7				
3	Stephen. Sumner	Hyndburn AC	388	10.54	5				
4	Lee. Coupland	Southport Waterloo AC	884	9.28	4				

Senior Men 400m Heat 1

1	Jason. Conchie	Hyndburn AC	354	51.4	7
2	Jesse. Roberts	L'pool Pembroke Sefton	1025	51.7	7
3	Dominic. Walton	Rossendale Harriers	831	52.8	5
4	Sean. Bosman	L'pool Pembroke Sefton	582	53	4
5	Graham. Boreham	Southport Waterloo AC	875	55.6	5

Senior Men Shot Putt									
1	Russell. Race	Hyndburn AC	385	10.03	7				
2	Tom. Crowe	Preston Harriers	804	9.89	5				
3	Jon. Hunter	Southport Waterloo AC	895	9.24	4				
4	Steve. Goodwill	Burnley AC	244	8.72	3				
5	Corie. Shorrock	Blackburn H & AC	1099	8.58	2				
6	Stephen. Law	Rossendale Harriers	844	8.36	7				
7	Phillip. Walton	Rossendale Harriers	859	8	5				
8	Trevor. Williams	Horwich RMI H & AC	1127	7.51	4				
9	Dominic. Walton	Rossendale Harriers	831	6.72	nc				
10	Jeremy. Mccandless	Lytham St.Annes RR	617	6.5	3				
11	Phil. Sumner	Hyndburn AC	399	6.37	2				
12	Greg. Oulton	Lytham St.Annes RR	615	6.22	2				

Senior Men 400m Heat 2

1	Mark. Davies	Preston Harriers	1200	56.6	4
2	Sam. Higginson	Lancaster Morecambe AC	564	57.8	3
3	Steve. Goodwill	Burnley AC	244	59.3	3
4	Paul. Cunningham	Knowsley Harriers AC	990	68.1	2

James. Finlay **	Lancaster Morecambe AC	549	8.43						
** Amb F35 4 kg shot									

Senior Men 800m

1	Dominic. Walton	Rossendale Harriers	831	01:56.5	7
2	Luke. Ingham	Kendal AC	460	01:58.1	5
3	Ryan. Blackwell	L'pool Pembroke Sefton	1060	02:01.1	4
4	Jack. Lonsdale	Blackburn H & AC	91	02:03.0	7
5	Jack. Atkins	Knowsley Harriers AC	996	02:06.9	3
6	David. Moynihan	Hyndburn AC	351	02:28.6	5

Senior Men Discus Throw									
1	Tom. Crowe	Preston Harriers	804	30.95	7				
2	Jon. Hunter	Southport Waterloo AC	895	27.76	5				
3	Joseph. Pearse	Blackburn H & AC	109	27.07	4				
4	Josh. Blyzniuk	Hyndburn AC	379	25.62	3				
5	Jack. Vickery	Blackburn H & AC	1088	22.82	2				
6	Michael. Angland	Blackburn H & AC	37	21.5	nc				
7	Corie. Shorrock	Blackburn H & AC	1099	21.02	nc				
8	Stephen. Law	Rossendale Harriers	844	20.22	7				
9	Alastair. Eccles	Lancaster Morecambe AC	1269	17.59	5				
10	Jeremy. Mccandless	Lytham St.Annes RR	617	17.07	4				
11	Greg. Oulton	Lytham St.Annes RR	615	15.41	3				
12	Phil. Sumner	Hyndburn AC	399	15.16	1				
13	Paul. Cunningham	Knowsley Harriers AC	990	9.04	2				

Senior Men 1500m

1	Danny. Parkinson	Kendal AC	445	04:01.5	7
2	Gary. Shaw	Burnley AC	246	04:15.8	7
3	Martyn. Bell	Horwich RMI H & AC	1298	04:17.9	5
4	Alistair. Nelson	L'pool Pembroke Sefton	594	04:20.2	4
5	Ross. Campbell	Barrow & Furness AC	29	04:20.6	3
6	Jack. Atkins	Knowsley Harriers AC	996	04:25.6	2
7	Robert. Kelly	Knowsley Harriers AC	994	04:27.4	1
8	Dave. Jackson	Horwich RMI H & AC	1297	04:48.6	
9	Steve. Mclean	Southport Waterloo AC	907	04:51.5	5
10	Dale. Grimshaw	Burnley AC	242	04:54.3	4
11	David. Parker	Barrow & Furness AC	1296	04:54.9	
12	Josh. Blyzniuk	Hyndburn AC	379	04:59.1	3
13	Richard. Briscoe	Hyndburn AC	1299	05:11.3	2
14	Graham. Webster	Lytham St.Annes RR	608	05:13.6	

James. Finlay **	Lancaster Morecambe AC	549	22.12						
** Amb F35, 1kg weight									

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Senior Men Javelin Throw					Under 17 Men 1500m										
1	Stephen. Sumner	Hyndburn AC	388	31.51	7	1	Joe. Monk	Blackburn H & AC	100	04:33.1	7				
2	Christopher. Stevens	Blackpool Wyre Fylde AC	1453	30.3	5										
3	Lee. Coupland	Southport Waterloo AC	884	29.64	4	Under 17 Men Long Jump									
4	Phil. Sumner	Hyndburn AC	399	26.86	3	1	Ben. Aspinall	Blackburn H & AC	39	5.62	7				
5	Trevor. Williams	Horwich RMI H & AC	1127	26.59	7	2	Matthew. Burrows	Pendle AC	627	5.11	5				
6	Corie. Shorrock	Blackburn H & AC	1099	23.09		3	Jack. Hodgeson	Blackburn H & AC	1104	4.71	4				
7	John-James. Dunphy	Knowsley Harriers AC	993	18.59	5	4	Oliver. Mcdowell	Barrow & Furness AC	21	4.68	7				
8	Paul. Coffey	Blackburn H & AC	59	18.17	2										
9	Greg. Oulton	Lytham St.Annes RR	615	16.58	4	Under 17 Men High Jump									
10	Robert. Kelly	Knowsley Harriers AC	994	0		1	Luke. Farnworth	Preston Harriers	1185	1.65	7				
Senior Men Hammer Throw					Under 17 Men Triple Jump										
1	Jon. Hunter	Southport Waterloo AC	895	31.3	7	1	Ben. Aspinall	Blackburn H & AC	39	12.2	7				
2	Tom. Crowe	Preston Harriers	804	24.39	5	2	Noah. Stevens	Hyndburn AC	380	11.55	5				
3	Russell. Race	Hyndburn AC	385	21.75	4	3	Jamie. Bamber	Blackpool Wyre Fylde AC	152	10.4	4				
4	Mike. Grime	Hyndburn AC	360	20.58	3	4	Jamie. Shirtcliffe	Hyndburn AC	368	9.53	3				
5	Trevor. Williams	Horwich RMI H & AC	1127	19.63	7	5	Dominic. Lavelle	Blackpool Wyre Fylde AC	111	0					
6	Jeremy. Mccandless	Lytham St.Annes RR	617	13.45	5										
	Jack Vickery **	Blackburn H & AC	1088	46.55		Under 17 Men Shot Putt									
	** U20, 6kg hammer					1	James. Marchant	Pendle AC	643	5.54	7				
					Under 17 Men Discus Throw										
					1 Jake. Grundy						Guest	1457	39.85		
Under 17 Men 100m Heat 1					2 Joe. Partington						Horwich RMI H & AC	327	28.58	7	
1	Owen. Hargrave	Preston Harriers	682	11.3	7	3 Nathan. Billington						Blackburn H & AC	45	25.19	7
2	Luke. Farnworth	Preston Harriers	1185	11.8	nc							Under 17 Men Javelin Throw			
3	Noah. Saunders	Horwich RMI H & AC	336	12.1	5	1 Robbie. Morris						Blackpool Wyre Fylde AC	192	40.31	7
4	Matthew. Roberts	Hyndburn AC	391	12.1	2	2 Noah. Stevens						Hyndburn AC	380	29.18	5
5	Oliver. Mcdowell	Barrow & Furness AC	21	12.3	4	3 Jack. Hodgeson						Blackburn H & AC	1104	28.56	4
6	Matthew. Burrows	Pendle AC	627	13.2								Under 17 Men Hammer Throw			
Under 17 Men 100m Heat 2					1 Nathan. Billington						Blackburn H & AC	45	37.56	7	
1	Kieran. Corbett	Preston Harriers	1201	11.6	5							Under 15 Boys 100m Heat 1			
2	Adam. Bailey	Barrow & Furness AC	22	11.7	7	1 Joshua. Leatherd						Preston Harriers	696	12	5
3	Jake. Almond	Blackburn H & AC	33	11.9	4	2 Thomas. Allen						Blackpool Wyre Fylde AC	150	12.2	4
4	Noah. Stevens	Hyndburn AC	380	11.9	3	3 Josh. Hill						Preston Harriers	747	12.6	1
5	Dominic. Lavelle	Blackpool Wyre Fylde AC	111	12.1	2	4 Joe. Lonsdale						Pendle AC	641	12.6	
6	Jamie. Bamber	Blackpool Wyre Fylde AC	152	12.7		5 Jack. Stopforth						L'pool Pembroke Sefton	1007	13.1	5
Under 17 Men 200m					6 Ellis. Roberts						L'pool Pembroke Sefton	1053	14.3	nc	
1	Owen. Hargrave	Preston Harriers	682	23.1	7							Under 15 Boys 100m Heat 2			
2	Kieran. Corbett	Preston Harriers	1201	23.2	5	1 Hasnain. Ehsan						Hyndburn AC	384	11.9	7
3	Jake. Almond	Blackburn H & AC	33	23.8	4	2 Harry. Mercer						Blackpool Wyre Fylde AC	149	12.5	2
4	Noah. Saunders	Horwich RMI H & AC	336	24.4	7	3 Jake. Goodwin						Knowsley Harriers AC	997	12.7	7
5	Matthew. Roberts	Hyndburn AC	391	24.8	3	4 Sam. Taylor-Bolshaw						Pendle AC	663	13.4	
6	Oliver. Mcdowell	Barrow & Furness AC	21	25.1	5	5 Callum. Kavanagh						L'pool Pembroke Sefton	1051	13.5	4
Under 17 Men 400m Heat 1					6 Ethan. Hughes						Southport Waterloo AC	1212	13.9		
1	Matthew. Harris	Rossendale Harriers	839	52.7	5							Under 15 Boys 100m Heat 3			
2	Luke. Farnworth	Preston Harriers	1185	53.3	7	1 Rhys. Llewellyn						Hyndburn AC	421	12.2	4
3	Adam. Bailey	Barrow & Furness AC	22	54.1	4	2 Harry. Walmsley						Preston Harriers	1261	12.7	nc
4	Paul. Blezard	Preston Harriers	1281	54.4	5	3 Joshua. Waddington						Burnley AC	261	13.4	
5	Joe. Partington	Horwich RMI H & AC	327	54.7	3	4 Jack. O'Neill						L'pool Pembroke Sefton	1017	13.6	nc
Under 17 Men 400m Heat 2					5 Jonty. Dacre						Barrow & Furness AC	11	14	3	
1	Nick. Catlow	Ribble Valley AC	809	51.8	7							Under 15 Boys 100m Heat 4			
2	Connor. Richardson	Rossendale Harriers	841	56.7	2	1 Ellis. Farnworth						Preston Harriers	1186	13.5	nc
3	Nathan. Cheetham	Lancaster Morecambe AC	500	60.7	1	2 Ewan. Kavanagh						L'pool Pembroke Sefton	1046	13.8	nc
Under 17 Men 800m					3 Dominic. O'Garrow						Lancaster Morecambe AC	491	14.9	2	
1	Nathan. Townsend	Horwich RMI H & AC	1123	02:09.1	7	4 Dominic. Rutter						Hyndburn AC	408	15.7	
2	Rob. Bryning	Preston Harriers	771	02:14.4	7	5 Jacob. Van Geffen						Pendle AC	655	15.9	nc
3	Nathan. Cheetham	Lancaster Morecambe AC	500	02:16.0	5										

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Under 15 Boys 200m Heat 1

1	Joshua. Leatherd	Preston Harriers	696	24.6	7
2	Thomas. Allen	Blackpool Wyre Fylde AC	150	24.6	5
3	Joe. Lonsdale	Pendle AC	641	25.7	4
4	Jake. Goodwin	Knowsley Harriers AC	997	25.8	7
5	Leon. Stubbs	Burnley AC	250	26.8	2
6	Callum. Kavanagh	L'pool Pembroke Sefton	1051	28.2	5

Under 15 Boys Long Jump

1	Jordan. Darr	Preston Harriers	1452	5.36	7
2	Hasnain. Ehsan	Hyndburn AC	384	5.3	5
3	Joshua. Leatherd	Preston Harriers	696	5.24	4
4	Harry. Mercer	Blackpool Wyre Fylde AC	149	5.07	3
5	Edward. Latimer	L'pool Pembroke Sefton	1001	4.79	7
6	Jordan. Cooper	Preston Harriers	801	4.75	nc
7	Ellis. Farnworth	Preston Harriers	1186	4.69	nc
8	Cameron. Massey	Blackburn H & AC	95	4.67	2
9	Harry. Walmsley	Preston Harriers	1261	4.41	nc
10	Jack. O'Neill	L'pool Pembroke Sefton	1017	4.4	5
11	Jonty. Dacre	Barrow & Furness AC	11	4.27	4
12	Ethan. Hughes	Southport Waterloo AC	1212	4.1	1
13	Jack. Stopforth	L'pool Pembroke Sefton	1007	4.09	nc
14	Dominic. O'Garrow	Lancaster Morecambe AC	491	3.5	3

Under 15 Boys 200m Heat 2

1	Harry. Walmsley	Preston Harriers	1261	26.1	3
2	Andrew. Moffet	Preston Harriers	744	26.4	nc
3	Josh. Hill	Preston Harriers	747	26.7	nc
4	Joshua. Waddington	Burnley AC	261	27.7	1
5	Matthew. Barnes	Pendle AC	623	28.2	
6	Jordan. Isherwood	Pendle AC	637	29.5	nc

Under 15 Boys 400m Heat 1

1	Hasnain. Ehsan	Hyndburn AC	384	55.2	5
2	Edward. Latimer	L'pool Pembroke Sefton	1001	56	7
3	Henry. Lucas	Wigan H & AC	950	57.1	5
4	Andrew. Moffet	Preston Harriers	744	58.8	2
5	Matt. Peill	Blackpool Wyre Fylde AC	196	64.5	

Under 15 Boys High Jump

1	Daemon. Metcalfe	Pendle AC	646	1.56	7
2	Jordan. Darr	Preston Harriers	691	1.53	5
3	Leon. Stubbs	Burnley AC	250	1.5	4
4	Cameron. Massey	Blackburn H & AC	95	1.45	3
5	Gregan. Baker	Pendle AC	622	1.45	2
6	Ewan. Kavanagh	L'pool Pembroke Sefton	1046	1.35	7
7	Chris. Ashworth	Chorley	274	1.2	5

Under 15 Boys 400m Heat 2

1	Thomas. Allen	Blackpool Wyre Fylde AC	150	54.8	7
2	Huzaifa. Hanif	Blackburn H & AC	1106	58.3	4
3	Matthew. Barnes	Pendle AC	623	58.4	3
4	Sean. Bellis	Preston Harriers	1256	59.1	1
5	Nathan. Byrne	Southport Waterloo AC	879	62.4	
6	Lewis. Bernstein	Preston Harriers	694	64	nc

Under 15 Boys Shot Putt

1	Edward. Jeans	Preston Harriers	741	11.55	7
2	Cameron. Massey	Blackburn H & AC	95	9.52	5
3	Jordan. Cooper	Preston Harriers	801	9.28	4
4	Louis. Taylor-Bolshaw	Pendle AC	664	8.79	3
5	Nathan. Byrne	Southport Waterloo AC	879	8.37	2
6	Adam. Wrigley	Lancaster Morecambe AC	556	7.67	
7	Jack. O'Neill	L'pool Pembroke Sefton	1017	7.16	7
8	Gregan. Baker	Pendle AC	622	6.94	1
9	Chris. Ashworth	Chorley	274	6.9	5
10	Jack. Mulligan	Hyndburn AC	382	6.73	
11	Thomas. Harbour	Blackburn H & AC	75	6.49	
12	Jack. Stopforth	L'pool Pembroke Sefton	1007	6.47	4
13	Jacob. Roberts	Blackburn H & AC	1074	6.04	nc
14	Dominic. Rutter	Hyndburn AC	408	5.85	
15	Dominic. O'Garrow	Lancaster Morecambe AC	491	5.3	3

Under 15 Boys 800m Heat 1

1	Luke. Thompson	Pendle AC	653	02:06.6	7
2	Henry. Lucas	Wigan H & AC	950	02:07.1	7
3	Thomas. Marchant	Pendle AC	644	02:13.2	5
4	Alex. Birkett	Kendal AC	449	02:17.3	5
5	Matthew. Richardson	L'pool Pembroke Sefton	1024	02:19.8	4
6	Louis. Barrow	Preston Harriers	1182	02:22.1	2
7	Jonty. Dacre	Barrow & Furness AC	11	02:41.3	1

Under 15 Boys 800m Heat 2

1	Leon. Stubbs	Burnley AC	250	02:19.1	4
2	Patrick. Farnell	Southport Waterloo AC	1211	02:20.7	3
3	Tim. Hartley	Wigan H & AC	949	02:21.3	3
4	Jordan. Isherwood	Pendle AC	637	02:24.4	nc
5	Joe. Martin	L'pool Pembroke Sefton	1006	02:32.1	2
6	Tom. Green	Blackburn H & AC	1102	02:32.9	1
7	Joe. Duffy	Preston Harriers	743	02:38.8	
8	Jacob. Van Geffen	Pendle AC	655	02:43.1	nc
9	Jonah. Saunders	Horwich RMI H & AC	335	03:03.9	

Under 15 Boys Discus Throw

1	Edward. Jeans	Preston Harriers	741	36.48	7
2	Nathan. Byrne	Southport Waterloo AC	879	27.66	5
3	Adam. Wrigley	Lancaster Morecambe AC	556	26.74	
4	Jamie. Shirtcliffe	Hyndburn AC	368	20.71	4
5	Jacob. Roberts	Blackburn H & AC	1074	19.86	3
6	Louis. Taylor-Bolshaw	Pendle AC	664	19.69	2

Under 15 Boys Javelin Throw

1	Ben. Harding	L'pool Pembroke Sefton	1049	34.08	7
2	Jamie. Shirtcliffe	Hyndburn AC	368	32.46	7
3	Harry. Mercer	Blackpool Wyre Fylde AC	149	31.1	5
4	Gregan. Baker	Pendle AC	622	29.47	4
5	Ellis. Farnworth	Preston Harriers	1186	28.1	3
6	Adam. Wrigley	Lancaster Morecambe AC	556	27.36	
7	Jack. Mulligan	Hyndburn AC	382	25.82	2
8	Jonah. Saunders	Horwich RMI H & AC	335	24.35	5
9	Ethan. Hughes	Southport Waterloo AC	1212	23.69	1
10	Chris. Ashworth	Chorley	274	21.49	4
11	Dominic. Rutter	Hyndburn AC	408	21.13	nc
12	Louis. Taylor-Bolshaw	Pendle AC	664	20.33	

Under 15 Boys 4x100m Relay

1	.	Preston Harriers	696	51.2	7
2	.	Blackpool Wyre Fylde AC	180	52.8	5
3	.	Hyndburn AC	384	55.8	4

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Under 15 Boys Hammer Throw

1 Edward. Jeans	Preston Harriers	741	47.97	7
2 Jordan. Cooper	Preston Harriers	801	24.11	5
3 Jacob. Roberts	Blackburn H & AC	1074	20.66	4
4 Adam. Wrigley	Lancaster Morecambe AC	556	17.47	

Under 13 Boys Long Jump

1 Dylan. Webbe	Blackpool Wyre Fylde AC	180	4.13	7
2 Oscar. Radcliffe	Rosendale Harriers	835	4.13	7
3 Euan. Hudson	Preston Harriers	789	4.07	5
4 Harry. Pilkington	Burnley AC	238	4.06	4
5 Ben. Hughes	Chorley	271	3.93	5
6 Callum. Crosby	Horwich RMI H & AC	1288	3.92	4
7 Samuel. Wise	Blackpool Wyre Fylde AC	137	3.8	3
8 James. Dean	Burnley AC	231	3.69	2
9 Connor. Mcilwaine	L'pool Pembroke Sefton	1010	3.68	3
10 Luke. Parker	Hyndburn AC	407	3.56	1
11 Tyler. Hannafin	Lancaster Morecambe AC	514	3.54	2
12 Jake. Cooper	Barrow & Furness AC	2	3.51	1
13 Nadeem. Hashmi	Lancaster Morecambe AC	1272	3.44	
14 Charles. Goodwill	Burnley AC	245	3.23	nc
15 Henry. Latimer	L'pool Pembroke Sefton	1002	3.22	
16 Eddie. Peill	Blackpool Wyre Fylde AC	195	3.18	nc

Under 13 Boys 100m Heat 1

1 Euan. Hudson	Preston Harriers	789	13.9	5
2 Callum. Crosby	Horwich RMI H & AC	1288	14.6	4
3 Kieron. Blackburn	Lancaster Morecambe AC	494	15.1	2
4 Harvey. Van Geffen	Pendle AC	656	15.1	
5 Luke. Parker	Hyndburn AC	407	15.2	

Under 13 Boys 100m Heat 2

1 Joseph. Ellis	Preston Harriers	1260	14.3	4
2 Daniel. Byrne	Southport Waterloo AC	878	14.7	2
3 Samuel. Wise	Blackpool Wyre Fylde AC	137	14.8	1
4 Mathew. Lynch	Wigan H & AC	1172	15.6	1
5 Charles. Goodwill	Burnley AC	245	15.7	

Under 13 Boys High Jump

1 Kai. Finch	L'pool Pembroke Sefton	596	1.43	7
2 Owen. Southern	L'pool Pembroke Sefton	1028	1.4	5
3 Timothy. Barnes	Pendle AC	624	1.35	7
4 Ben. Larnach	Burnley AC	257	1.25	5
5= Luke. Monaghan	Blackburn H & AC	1105	1.2	4
5= Owen. Cole	Horwich RMI H & AC	1287	1.2	4

Under 13 Boys 100m Heat 3

1 Dylan. Webbe	Blackpool Wyre Fylde AC	180	13.4	7
2 Ben. Hughes	Chorley	271	14.2	7
3 Owen. Cole	Horwich RMI H & AC	1287	14.3	5
4 Jamie. Oldcorn	Pendle AC	667	14.5	3
5 Oscar. Radcliffe	Rosendale Harriers	835	14.7	3
6 Tyler. Hannafin	Lancaster Morecambe AC	514	15.7	

Under 13 Boys Shot Putt

1 Thomas. Bebbington	Preston Harriers	713	8.46	7
2 David. Jeans	Preston Harriers	740	6.75	5
3 Daniel. Byrne	Southport Waterloo AC	878	6.71	4
4 William. Mulligan	Hyndburn AC	381	6.6	3
5 Connor. Mcilwaine	L'pool Pembroke Sefton	1010	5.46	7

Under 13 Boys 200m Heat 1

1 Dylan. Webbe	Blackpool Wyre Fylde AC	180	27.9	7
2 Tom. Doherty	Hyndburn AC	420	28.7	5
3 Euan. Hudson	Preston Harriers	789	28.7	4
4 Ben. Hughes	Chorley	271	29.6	6
5 Harry. Pilkington	Burnley AC	238	30.1	3
6 Henry. Latimer	L'pool Pembroke Sefton	1002	31	2

Under 13 Boys Discus Throw

1 Thomas. Bebbington	Preston Harriers	713	24.18	7
2 Tom. Doherty	Hyndburn AC	420	18.38	5
3 David. Jeans	Preston Harriers	740	17.18	4
4 William. Mulligan	Hyndburn AC	381	15.48	3
5 Nadeem. Hashmi	Lancaster Morecambe AC	1272	13.68	7

Under 13 Boys 200m Heat 2

1 Jake. Cooper	Barrow & Furness AC	2	29.6	6
2 Callum. Crosby	Horwich RMI H & AC	1288	29.9	4
3 Owen. Cole	Horwich RMI H & AC	1287	30.1	3
4 Luke. Parker	Hyndburn AC	407	31.8	2
5 James. Dean	Burnley AC	231	32.2	1
6 Charles. Goodwill	Burnley AC	245	34.7	nc

Under 13 Boys Javelin Throw

1 Innes. Kent	Blackpool Wyre Fylde AC	205	34.52	7
2 Daniel. Byrne	Southport Waterloo AC	878	24.34	5
3 Nadeem. Hashmi	Lancaster Morecambe AC	1272	19.48	7
4 Connor. Mcilwaine	L'pool Pembroke Sefton	1010	18.49	5
5 David. Jeans	Preston Harriers	740	16.22	4
6 Ben. Larnach	Burnley AC	257	15.72	3
7 Samuel. Wise	Blackpool Wyre Fylde AC	137	11.84	2
8 William. Mulligan	Hyndburn AC	381	0	

Under 13 Boys 800m

1 Mathew. Lynch	Wigan H & AC	1172	02:30.8	7
2 Ben. Preddy	Blackpool Wyre Fylde AC	184	02:31.4	7
3 Ross. Harrison	L'pool Pembroke Sefton	600	02:31.9	5
4 Kieron. Blackburn	Lancaster Morecambe AC	494	02:34.1	4
5 Jake. Cooper	Barrow & Furness AC	2	02:34.5	3
6 Timothy. Barnes	Pendle AC	624	02:37.7	5
7 Eddie. Peill	Blackpool Wyre Fylde AC	195	02:42.2	4
8 Harvey. Van Geffen	Pendle AC	656	02:42.4	3
9 Evan. Marsden	Preston Harriers	1252	02:49.0	2

Under 13 Boys 1500m

1 Lewis. Allott	Lancaster Morecambe AC	1291	05:07.4	7
2 Jack. Hughes	Preston Harriers	1263	05:16.4	7
3 Tyler. Hannafin	Lancaster Morecambe AC	514	05:40.3	5
4 Tom. Dickinson	L'pool Pembroke Sefton	1064	05:48.6	4

Under 13 Boys 4x100m Relay

1 .	Burnley AC	238	62.9	7
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Senior Women 100m					Senior Women Javelin Throw						
1	Katy. Lord	Pendle AC	642	12.9	7	1	Wendy. Laing	Guest	1454	26.05	
2	Jade. Lawson	Barrow & Furness AC	28	13.5	7	2	Sarah. Cowgill	Hyndburn AC	400	25.93	7
3	Taegan. O'Hara	Blackpool Wyre Fylde AC	120	13.7	5	3	Susan. Ball	Blackpool Wyre Fylde AC	187	19.55	5
4	Averil. McClelland	Lancaster Morecambe AC	1292	13.8	5	4	Kate. Coupland	Southport Waterloo AC	1216	14.52	7
5	Laura. Briggs	Burnley AC	259	13.9	4	Senior Women Hammer Throw					
6	Helen. Goodwill	Burnley AC	243	14.5	3	1	Helen. Goodwill	Burnley AC	243	21.81	7
Senior Women 200m					2	Lynn. Walker	Barrow & Furness AC	27	18.78	7	
1	Katy. Lord	Pendle AC	642	26.5	7	3	Sue. Grime	Hyndburn AC	361	14.23	5
2	Jade. Lawson	Barrow & Furness AC	28	28	7	4	Heidi. Hamshere	Hyndburn AC	374	13.43	4
3	Laura. Briggs	Burnley AC	259	28.6	5	Under 17 Women 100m					
4	Helen. Goodwill	Burnley AC	243	29.9	4	1	Tara. Johnson	Preston Harriers	725	12.9	7
5	Faye. Holden	Pendle AC	635	34.4	3	2	Jess. O'Neill	Blackpool Wyre Fylde AC	138	13	5
Senior Women 400m					3	Emma. Duckworth	Hyndburn AC	356	13.3	4	
1	Bethany. Towers	Blackpool Wyre Fylde AC	216	61.5	7	4	Bethany. Coram	Preston Harriers	1262	13.9	3
2	Laura. Briggs	Burnley AC	259	63.6	7	Under 17 Women 200m Heat 1					
3	Jessica. Mcdermot	Preston Harriers	1264	64.3	5	1	Jess. O'Neill	Blackpool Wyre Fylde AC	138	26.5	7
4	Faye. Holden	Pendle AC	635	77.6	5	2	Jordan. Dixon	Blackpool Wyre Fylde AC	134	26.5	5
Senior Women 800m					3	Sophie. Williams	Horwich RMI H & AC	1126	28	3	
1	Ellen. Sagar-Hesketh	Hyndburn AC	372	02:32.4	7	4	Emma. Duckworth	Hyndburn AC	356	28.8	2
2	Joyce. Tetlow	Hyndburn AC	422	03:40.4	5	Under 17 Women 200m Heat 2					
Senior Women 1500m					1	Grace. Shelmerdine	Horwich RMI H & AC	341	27.4	4	
1	Tracey. Peters	Southport Waterloo AC	912	05:10.0	7	2	Lauren. Banks	Horwich RMI H & AC	1134	30	nc
2	Helen. Hutchinson	Hyndburn AC	423	06:35.1	7	3	Lucinda. Mulligan	Hyndburn AC	383	31.8	1
3	Joyce. Tetlow	Hyndburn AC	422	07:14.0	5	Under 17 Women 300m					
Senior Women 4x400m Relay					1	Jordan. Dixon	Blackpool Wyre Fylde AC	134	42.9	7	
1	.	Hyndburn AC	372	05:46.8	7	2	Lucy. Moore	Rossendale Harriers	848	46.8	5
Senior Women Long Jump					3	Lauren. Banks	Horwich RMI H & AC	1134	47.5	4	
1	Sam. Fraser	Wigan H & AC	942	5.27	7	Under 17 Women 800m					
2	Ellen. Sagar-Hesketh	Hyndburn AC	372	4.77	7	1	Lucy. Moore	Rossendale Harriers	848	02:33.9	7
3	Taegan. O'Hara	Blackpool Wyre Fylde AC	120	4.61	5	2	Sophie. Williams	Horwich RMI H & AC	1126	02:35.1	5
4	Wendy. Laing	Guest	1454	4.57	7	3	Georgie. Smith	Ribble Valley AC	808	02:42.1	7
5	Kelly. Laughton	Horwich RMI H & AC	320	4.5	4	4	Victoria. Thorp	Wigan H & AC	1166	02:50.1	5
Senior Women High Jump					5	Hannah. Morrell	Burnley AC	260	02:59.5	4	
1	Sam. Fraser	Wigan H & AC	942	1.65	7	Under 17 Women 1500m					
2	Wendy. Laing	Guest	1454	1.5	7	1	Corinne. Molyneax	L'pool Pembroke Sefton	1284	05:27.5	7
3	Ellen. Sagar-Hesketh	Hyndburn AC	372	1.45	7	2	Chelsea. Arrowsmith	Knowsley Harriers AC	989	05:46.2	5
4	Kelly. Laughton	Horwich RMI H & AC	320	1.45	5	3	Hannah. Morrell	Burnley AC	260	06:31.1	4
Senior Women Triple Jump					Under 17 Women 4x100m Relay						
1	Kelly. Laughton	Horwich RMI H & AC	320	9.66	7	1	.	Horwich RMI H & AC	1126	55.1	7
2	Taegan. O'Hara	Blackpool Wyre Fylde AC	120	0	7	Under 17 Women Long Jump					
Senior Women Shot Putt					1	Olivia. Brooks	Blackburn H & AC	49	4.72	7	
1	Sarah. Cowgill	Hyndburn AC	400	7.6	7	2	Polly. Pearse	Blackburn H & AC	110	4.11	5
2	Susan. Ball	Blackpool Wyre Fylde AC	187	7.45	5	Under 17 Women High Jump					
3	Heidi. Hamshere	Hyndburn AC	374	7.44	4	1	Bernice. Coulson	Wigan H & AC	961	1.45	7
4	Lynn. Walker	Barrow & Furness AC	27	7.14	3	2	Olivia. Brooks	Blackburn H & AC	49	1.4	7
5	Kate. Coupland	Southport Waterloo AC	1216	7.03	7	3	Grace. Shelmerdine	Horwich RMI H & AC	341	1.35	5
Senior Women Discus Throw					Under 17 Women Triple Jump						
1	Kate. Coupland	Southport Waterloo AC	1216	24.85	7	1	Bernice. Coulson	Wigan H & AC	961	9.89	7
2	Susan. Ball	Blackpool Wyre Fylde AC	187	24.18	7	2	Marnie. Shirtcliffe	Hyndburn AC	367	8.99	7
3	Sarah. Cowgill	Hyndburn AC	400	21.6	5						
4	Lynn. Walker	Barrow & Furness AC	27	19.79	4						
5	Heidi. Hamshere	Hyndburn AC	374	18.02	3						

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Under 17 Women Shot Putt

1	Marnie. Shirtcliffe	Hyndburn AC	367	8.48	7
2	Rebecca. Orrell	Blackburn H & AC	105	8.09	5
3	Lucinda. Mulligan	Hyndburn AC	383	6.67	4
4	Polly. Pearse	Blackburn H & AC	110	6.32	3
5	Chloe. Law	Rossendale Harriers	838	6.3	2

Under 15 Girls 200m Heat 3

1	Chloe. Booth	Blackpool Wyre Fylde AC	208	29.1	2
2	Kate. Oakley	Guest	1455	29.8	
3	Eleanor. Solomon	Rossendale Harriers	843	29.8	
4	Sarah. Longshaw	Rossendale Harriers	845	30	nc
5	Sarah. Goldswain	Rossendale Harriers	852	30.2	nc
6	Emma. Partington	Horwich RMI H & AC	1135	30.5	nc

Under 17 Women Discus Throw

1	Rebecca. Orrell	Blackburn H & AC	105	28.83	7
2	Lucy. Hunter	Southport Waterloo AC	896	21.47	7
3	Chloe. Law	Rossendale Harriers	838	16.09	5

Under 15 Girls 300m Heat 1

1	Charlotte. Crook	Preston Harriers	753	44.4	4
2	Beatrice. Toman	Rossendale Harriers	850	44.8	3
3	Maisie. Ashhurst-William	Wigan H & AC	954	44.8	7
4	Charlotte. Taylor	Blackburn H & AC	1084	45	2

Under 17 Women Javelin Throw

1	Marnie. Shirtcliffe	Hyndburn AC	367	35.68	7
2	Jordan. Dixon	Blackpool Wyre Fylde AC	134	29.67	5
3	Chloe. Law	Rossendale Harriers	838	24.43	4
4	Lucinda. Mulligan	Hyndburn AC	383	23.16	3

Under 15 Girls 300m Heat 2

1	Hannah. Stephenson	Horwich RMI H & AC	1241	42.1	7
2	Annie. Bradshaw	Blackpool Wyre Fylde AC	122	44.3	5
3	Lauren. Brook	Blackpool Wyre Fylde AC	142	47.6	1
4	Sarah. Goldswain	Rossendale Harriers	852	47.6	
5	Kate. Oakley	Guest	1455	48.5	

Under 17 Women Hammer Throw

1	Rebecca. Orrell	Blackburn H & AC	105	36.62	7
2	Joanne. Walmsley	Southport Waterloo AC	874	24.23	7
3	Lucy. Hunter	Southport Waterloo AC	896	22.53	5
4	Emma. Duckworth	Hyndburn AC	356	18.4	5

Under 15 Girls 800m

1	Annie. Bradshaw	Blackpool Wyre Fylde AC	122	02:26.6	7
2	Shauna. Williamson	Rossendale Harriers	837	02:31.7	5
3	Georgia. Cooper	Barrow & Furness AC	15	02:31.7	4
4	Eleanor. Solomon	Rossendale Harriers	843	02:36.3	3
5	Charlotte. Mawdsley	L'pool Pembroke Sefton	1008	02:36.3	7
6	Megan. Clarkson	Blackburn H & AC	58	02:37.4	2
7	Olivia. Wilson	Blackburn H & AC	1094	02:38.8	1
8	Lauren. Brook	Blackpool Wyre Fylde AC	142	02:46.9	

Under 15 Girls 100m Heat 1

1	Libby. Bonis	Blackpool Wyre Fylde AC	147	13.6	5
2	Evelyn. Smalley	L'pool Pembroke Sefton	1027	13.6	7
3	Katy. Marsh	Horwich RMI H & AC	322	13.8	4
4	Natrika. Wildman	Pendle AC	658	14	5
5	Eloise. Codarin	Preston Harriers	711	14.5	

Under 15 Girls 1500m

1	Morag. Molyneux	L'pool Pembroke Sefton	1014	05:05.0	7
2	Corinna. Howorth	Rossendale Harriers	851	05:18.9	7
3	Emma. Guilfoyle	Hyndburn AC	398	05:36.9	5

Under 15 Girls 100m Heat 2

1	Olivia. Huyton	Preston Harriers	766	13.9	3
2	Chloe. Booth	Blackpool Wyre Fylde AC	208	13.9	2
3	Caitlin. White	Barrow & Furness AC	16	14	1
4	Olivia. Grindrod	Blackpool Wyre Fylde AC	215	14.9	nc
5	Kiera. Ashton	Horwich RMI H & AC	1286	15.3	

Under 15 Girls 4x100m Relay

1	.	Horwich RMI H & AC	322	56.7	7
2	.	Blackpool Wyre Fylde AC	142	57.6	5
3	.	Guest	1460	63.6	

Under 15 Girls 100m Heat 3

1	Ella. Aldred-Aymen	Hyndburn AC	387	13	7
2	Alice. Barron-Eaves	Blackpool Wyre Fylde AC	214	14	nc
3	Ava. Mcguckian	Preston Harriers	718	14.5	nc
4	Hannah. Maskill	Blackpool Wyre Fylde AC	213	14.6	nc
5	Keeley. Fowler	Blackpool Wyre Fylde AC	212	14.8	nc

Under 15 Girls Long Jump

1	Natrika. Wildman	Pendle AC	658	4.58	7
2	Ella. Aldred-Aymen	Hyndburn AC	387	4.48	7
3	Evelyn. Smalley	L'pool Pembroke Sefton	1027	4.33	5
4	Shauna. Williamson	Rossendale Harriers	837	4.02	5
5	Corinna. Howorth	Rossendale Harriers	851	3.89	4
6	Chloe. Booth	Blackpool Wyre Fylde AC	208	3.88	3
7	Emma. Partington	Horwich RMI H & AC	1135	3.75	2
8	Kate. Oakley	Guest	1455	3.65	
9	Emma-Jane. Ramsey	L'pool Pembroke Sefton	1022	3.54	4
10	Hannah. Burrows	Wigan H & AC	941	3.43	3
11	Eloise. Codarin	Preston Harriers	711	3.41	1
12	Emily. Gibbins	Burnley AC	254	3.4	2
13	Georgia. Cooper	Barrow & Furness AC	15	3.36	
14	Caitlin. White	Barrow & Furness AC	16	2.26	

Under 15 Girls 200m Heat 1

1	Hannah. Stephenson	Horwich RMI H & AC	1241	26.5	7
2	Evelyn. Smalley	L'pool Pembroke Sefton	1027	27.5	7
3	Libby. Bonis	Blackpool Wyre Fylde AC	147	28.4	4
4	Natrika. Wildman	Pendle AC	658	28.8	5
5	Caitlin. White	Barrow & Furness AC	16	29.2	1
6	Shauna. Williamson	Rossendale Harriers	837	30	nc

Under 15 Girls High Jump

1	Annie. Bradshaw	Blackpool Wyre Fylde AC	122	1.43	7
2	Jessica. Wohler	L'pool Pembroke Sefton	1038	1.3	7

Under 15 Girls 200m Heat 2

1	Beatrice. Toman	Rossendale Harriers	850	28.2	5
2	Emily. Shelmerdine	Horwich RMI H & AC	340	28.7	3
3	Katy. Marsh	Horwich RMI H & AC	322	29.4	nc
4	Georgia. Cooper	Barrow & Furness AC	15	30	
5	Hannah. Maskill	Blackpool Wyre Fylde AC	213	30.4	nc
6	Keeley. Fowler	Blackpool Wyre Fylde AC	212	31.4	nc

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Under 15 Girls Shot Putt

1 Sarah. Longshaw	Rossendale Harriers	845	6.76	7
2 Holly. Brookes	Chorley	270	6.55	7
3 Emma. Partington	Horwich RMI H & AC	1135	6.44	5
4 Jessica. Wohler	L'pool Pembroke Sefton	1038	5.92	5
5 Emily. Gibbins	Burnley AC	254	5.87	4
6 Emma-Jane. Ramsey	L'pool Pembroke Sefton	1022	5.52	3

Under 13 Girls 4x100m Relay

1 .	Blackpool Wyre Fylde AC	179	68.4	7
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Under 13 Girls Long Jump

1 Laura. Harvey	Pendle AC	670	3.78	7
2 Lauren. Lewis	L'pool Pembroke Sefton	1005	3.75	5
3 Anna. Walton	Horwich RMI H & AC	1129	3.54	7
4 Rebekah. Hopper	Wigan H & AC	1163	3.33	4
5 Annis. Atkinson	Lancaster Morecambe AC	493	3.3	3
6 Bryony. Sharp	Lancaster Morecambe AC	1290	3.27	2
7 Lydia. Shenton	Lancaster Morecambe AC	554	3.04	nc
8 Lucy. Ball	Blackpool Wyre Fylde AC	206	2.63	5
9 Ita. Gospodarczky	Blackpool Wyre Fylde AC	211	2.53	4

Under 15 Girls Discus Throw

1 Holly. Brookes	Chorley	270	20.81	7
2 Emily. Hartley	Wigan H & AC	1148	12.84	5
3 Sarah. Longshaw	Rossendale Harriers	845	9.82	7

Under 15 Girls Javelin Throw

1 Maisie. Ashhurst-Willian	Wigan H & AC	954	23.04	7
2 Emily. Gibbins	Burnley AC	254	20.01	5
3 Emma-Jane. Ramsey	L'pool Pembroke Sefton	1022	10.8	4

Under 13 Girls High Jump

1 Jade. Murphy	L'pool Pembroke Sefton	1061	1.51	7
2 Charlotte. Williams	Blackburn H & AC	1103	1.25	7
3 Lauren. Ramsey	L'pool Pembroke Sefton	1023	1.2	5
4 Natasha. Webster	Blackpool Wyre Fylde AC	170	1.15	5
5 Laura. Harvey	Pendle AC	670	1.05	4
6 Eve. Hutchinson	Hyndburn AC	416	1	4

Under 13 Girls 100m Heat 1

1 Charlotte. Williams	Blackburn H & AC	1103	14.9	5
2 Anna. Walton	Horwich RMI H & AC	1129	15.4	3
3 Rebekah. Hopper	Wigan H & AC	1163	15.6	5
4 Katy. Richardson	L'pool Pembroke Sefton	1016	16.2	3
5 Ita. Gospodarczky	Blackpool Wyre Fylde AC	211	16.5	2
6 Holly. Salter	Lancaster Morecambe AC	1289	16.8	2

Under 13 Girls Shot Putt

1 Eloise. Littlefair	Blackburn H & AC	1101	7.99	7
2 Alex. Bunclark	Southport Waterloo AC	876	7.97	7
3 Lauren. Lewis	L'pool Pembroke Sefton	1005	6.74	5
4 Charlotte. Williams	Blackburn H & AC	1103	6.68	5
5 Alex. Baker	Pendle AC	668	6.3	4
6 Ffion. Ashton	Lancaster Morecambe AC	551	6.15	3
7 Annis. Atkinson	Lancaster Morecambe AC	493	5.86	2
8 Erin. Webbe	Blackpool Wyre Fylde AC	179	5.56	4
9 Lydia. Shenton	Lancaster Morecambe AC	554	4.67	nc
10 Lauren. Ramsey	L'pool Pembroke Sefton	1023	4.5	1
11 Lucy. Ball	Blackpool Wyre Fylde AC	206	3.43	3

Under 13 Girls 100m Heat 2

1 Eloise. Littlefair	Blackburn H & AC	1101	14.6	7
2 Bryony. Sharp	Lancaster Morecambe AC	1290	14.8	7
3 Erin. Webbe	Blackpool Wyre Fylde AC	179	15.3	4
4 Laura. Harvey	Pendle AC	670	15.6	5
5 Natasha. Webster	Blackpool Wyre Fylde AC	170	16.6	nc

Under 13 Girls 200m Heat 1

1 Taylor. Holland	Blackpool Wyre Fylde AC	210	30.9	7
2 Phobie. Small	Rossendale Harriers	860	32.2	5
3 Erin. Webbe	Blackpool Wyre Fylde AC	179	34.7	3
4 Ita. Gospodarczky	Blackpool Wyre Fylde AC	211	36.9	nc

Under 13 Girls Discus Throw

1 Eloise. Littlefair	Blackburn H & AC	1101	20.42	7
2 Alex. Baker	Pendle AC	668	16.07	7
3 Nicola. Moynihan	Hyndburn AC	353	11.16	5
4 Lucy. Ball	Blackpool Wyre Fylde AC	206	10.28	4

Under 13 Girls 200m Heat 2

1 Bryony. Sharp	Lancaster Morecambe AC	1290	32.4	7
2 Nicola. Moynihan	Hyndburn AC	353	34.5	4
3 Holly. Salter	Lancaster Morecambe AC	1289	37.3	5

Under 13 Girls Javelin Throw

1 Natasha. Webster	Blackpool Wyre Fylde AC	170	19.63	7
2 Alex. Baker	Pendle AC	668	19.15	7
3 Jessica. Cook	Guest	1459	15.62	
4 Lauren. Lewis	L'pool Pembroke Sefton	1005	10.97	5
5 Lauren. Ramsey	L'pool Pembroke Sefton	1023	10.19	4
6 Rebekah. Hopper	Wigan H & AC	1163	7.75	3
7 Holly. Salter	Lancaster Morecambe AC	1289	4.15	2

Under 13 Girls 800m

1 Phobie. Small	Rossendale Harriers	860	02:40.2	7
2 Georgia. Tansey	Ribble Valley AC	818	02:43.0	7
3 Emily. Lucass	Guest	1460	02:43.8	
4 Taylor. Holland	Blackpool Wyre Fylde AC	210	02:44.2	5
5 Tegan. Macuras	Preston Harriers	756	02:45.6	4
6 Nicola. Moynihan	Hyndburn AC	353	02:54.7	3

Under 13 Girls 1500m

1 Faye. Ireland	Guest	1481	05:10.9	
2 Sydnie. Bairstow	Blackpool Wyre Fylde AC	188	05:21.5	7
3 Annis. Atkinson	Lancaster Morecambe AC	493	05:22.9	7
4 Danielle. Whipp	Blackpool Wyre Fylde AC	189	05:27.7	5
5 Ffion. Ashton	Lancaster Morecambe AC	551	05:28.7	5
6 Jessica. Cook	Guest	1459	05:32.8	
7 Eve. Hutchinson	Hyndburn AC	416	05:34.6	4
8 Alex. Bunclark	Southport Waterloo AC	876	05:48.4	4
9 Millie. Raine	Guest	1458	05:51.5	
10 Lydia. Shenton	Lancaster Morecambe AC	554	06:38.9	nc

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Male 3000m

1	Gary. Shaw	Burnley AC	246	09:17.5	
2	Tom. Michaelson	Knowsley Harriers AC	998	09:27.7	7
3	Jack. Hindle	Blackburn H & AC	77	09:35.9	7
4	Chris. Barnes	Blackburn H & AC	43	09:45.3	-7
5	Dave. Connor	Knowsley Harriers AC	999	10:31.6	-7
6	Joe. Monk	Blackburn H & AC	100	10:43.4	-7
7	John. Chaplin	Blackburn H & AC	54	10:44.4	nc
8	Richard. Briscoe	Hyndburn AC	1299	10:58.0	
9	Paul. Cunningham	Knowsley Harriers AC	990	11:58.1	-7

Female 3000m

1	Kirsty. Longley	L'pool Pembroke Sefton	1042	10:05.4	
2	Grace. Handley	Blackburn H & AC	74	10:18.3	7
3	Sarah. Ridehalgh	Blackburn H & AC	1073	11:01.3	-7
4	Sam. Hollings	Preston Harriers	1266	11:19.3	
5	Rebecca. Shorrocks	Blackburn H & AC	1079	11:19.9	-7
6	Tracey. Peters	Southport Waterloo AC	912	11:28.2	
7	Stasia. Bligh	Blackpool Wyre Fylde AC	217	12:06.7	
8	Elizabeth. Greenwood	Blackburn H & AC	72	00:00.0	