



<b>Senior Men 100m</b>						
1	437	Craig Ezissi	Preston Harriers	11.6	7	D1
2	165	James Bell	Carlisle Aspatria AC	12.2	7	D2
3	230	David Barlow	Kendal AAC	14.0	5	D2
4	222	Nick Rawcliffe	Hyndburn AC	14.8	4	D2
5	265	Nick Morton	Kirkby Milers AC	18.9	5	D1

<b>Senior Men 200m</b>						
1	437	Craig Ezissi	Preston Harriers	23.7	7	D1
2	165	James Bell	Carlisle Aspatria AC	23.7	7	D2
3	248	Luke Culshaw	Kirkby Milers AC	25.4	5	D1
4	230	David Barlow	Kendal AAC	28.4	5	D2
5	224	Peter Sagar	Hyndburn AC	37.1	4	D2
6	265	Nick Morton	Kirkby Milers AC	40.6	4	D1

<b>Senior Men 400m</b>						
1	437	Craig Ezissi	Preston Harriers	52.4	7	D1

<b>Senior Men 800m</b>						
1	24	Luke Turner	Barrow & Furness	2:07.5	7	D2
2	6	Greg Barnard-MacKenzie	Barrow & Furness	2:07.6	5	D2
3	532	Harry Stead (NC)	Lancaster Uni R&AC	2:14.3		
4	520	Callum Levitt	Lancaster Uni R&AC	2:34.4		
5	534	David Priestley (NC)	Northern Masters AC	2:54.3		
6	265	Nick Morton	Kirkby Milers AC	3:32.4	7	D1

<b>Senior Men 1500m</b>						
1	528	Kai Hatcher (NC)	Border Harriers & AC	4:23.4		
2	6	Greg Barnard-MacKenzie	Barrow & Furness	4:27.8	7	D2
3	258	Ryan Jones	Kirkby Milers AC	4:33.5	7	D1
4	531	Edward Brading (NC)	Lancaster Uni R&AC	4:33.7		
5	521	Javier Lopez Montero	Lancaster Uni R&AC	4:36.7		
6	24	Luke Turner	Barrow & Furness	4:42.6	5	D2
7	517	Danny Parkinson	Kendal AAC	4:43.0	4	D2

<b>Senior Men 3000m</b>						
1	366	Alexander Procter	Liverpool P & S	9:34.7	7	D1
2	530	George Booth (NC)	Lancaster Uni R&AC	9:46.8		

<b>Senior Men 4 x 100m Relay</b>						
1	255		Kirkby Milers AC	65.8	7	D1

<b>Senior Men 4 x 400m Relay</b>						
1	243		Kendal AAC	3:48.6	7	D2
2	531		Lancaster Uni R&AC	4:01.8		
3	248		Kirkby Milers AC	4:11.7	7	D1

<b>Senior Men Triple Jump</b>						
1	529	Adrian Sum (NC)	City of Sheffield and Dear	10.07		

<b>Senior Men Shot</b>						
1	169	Aaron Holliday	Carlisle Aspatria AC	8.68	7	D2
2	329	David Brown	Liverpool P & S	8.16	7	D1
3	224	Peter Sagar	Hyndburn AC	5.44	5	D2
4	255	Nathaniel Hopkins	Kirkby Milers AC	4.52	5	D1

<b>Senior Men Discus</b>						
1	538	Chris Jack (NC)	Border Harrier & AC	25.09		
2	169	Aaron Holliday	Carlisle Aspatria AC	18.01	7	D2
3	222	Nick Rawcliffe	Hyndburn AC	15.61	5	D2
4	255	Nathaniel Hopkins	Kirkby Milers AC	9.45	7	D1

<b>Senior Men Javelin</b>						
1	329	David Brown	Liverpool P & S	31.74	7	D1
2	222	Nick Rawcliffe	Hyndburn AC	16.77	7	D2
3	224	Peter Sagar	Hyndburn AC	13.91	5	D2
4	255	Nathaniel Hopkins	Kirkby Milers AC	9.68	5	D1

<b>Senior Men Hammer</b>						
1	169	Aaron Holliday	Carlisle Aspatria AC	37.86	7	D2
2	329	David Brown	Liverpool P & S	24.70	7	D1

<b>Under 20 Men Discus</b>						
1	533	Edward Gardiner (NC)	Morpeth Harriers & AC	38.46		

<b>Under 17 Men 800m</b>						
1	243	Joshua Todd	Kendal AAC	2:03.4	7	D2
2	242	Alfie Todd	Kendal AAC	2:05.7	5	D2
3	248	Luke Culshaw	Kirkby Milers AC	2:06.5	7	D1
4	229	Alfie Addison	Kendal AAC	2:06.8		
5	73	Logan McCredie	Blackburn Harriers	2:13.3	5	D1
6	275	Oliver Ball	Lancaster & Morecambe	2:25.3	4	D2

<b>Under 17 Men 1500m</b>						
1	527	Kyran Wotherspoon (NC)	Annan & District AC	4:42.2		
2	253	Xander Heaton	Kirkby Milers AC	5:06.8	7	D1
3	275	Oliver Ball	Lancaster & Morecambe	5:07.4	7	D2

<b>Under 17 Men 3000m</b>						
1	73	Logan McCredie	Blackburn Harriers	10:25.1	7	D1

<b>Under 17 Men Long Jump</b>						
1	434	Finlay Clash	Preston Harriers	5.20	7	D1
2	527	Kyran Wotherspoon (NC)	Annan & District AC	4.90		

<b>Under 17 Men Triple Jump</b>						
1	166	Daniel Cattermole	Carlisle Aspatria AC	10.55	7	D2
2	434	Finlay Clash	Preston Harriers	10.46	7	D1

<b>Under 17 Men Shot</b>						
1	176	Joshua Reibbitt	Carlisle Aspatria AC	9.66	7	D2
2	253	Xander Heaton	Kirkby Milers AC	7.66	7	D1

<b>Under 17 Men Discus</b>						
1	176	Joshua Reibbitt	Carlisle Aspatria AC	24.09	7	D2

<b>Under 17 Men Hammer</b>						
1	176	Joshua Reibbitt	Carlisle Aspatria AC	50.29	7	D2



<b>Under 15 Boys 100m</b>						
1	166	Daniel Cattermole	Carlisle Aspatria AC	12.3	7	D2
2	235	William Ladell	Kendal AAC	12.3	5	D2
3	194	Lucas Moon	Chorley AC & Tri	12.4	7	D1
4	518	Matthew Batstone	Lancaster & Morecambe	13.0	4	D2
5	171	Fergus Horner	Carlisle Aspatria AC	13.3	3	D2
6	188	Louis Crake	Chorley AC & Tri	14.1	5	D1
7	298	Harry Perkins	Lancaster & Morecambe	14.6	2	D2
8	170	Benjamin Holmes	Carlisle Aspatria AC	15.1		

<b>Under 13 Boys 200m</b>						
1	471	Jake Edwards	Southport Waterloo	29.4	7	D1
2	408	Lewis Burt	Pendle AC	29.8	7	D2
3	12	Noah Cook	Barrow & Furness	30.1	5	D2
4	525	Mason Stubbs (NC)	Annan & District AC	30.5		

<b>Under 15 Boys 200m</b>						
1	518	Matthew Batstone	Lancaster & Morecambe	26.6	7	D2
2	241	Joseff Tancrel	Kendal AAC	28.3	5	D2
3	257	Ryan Jones	Kirkby Milers AC	28.3	7	D1
4	524	Aston Stubbs (NC)	Annan & District AC	28.5		
5	188	Louis Crake	Chorley AC & Tri	29.2	5	D1
6	192	Oliver Jones	Chorley AC & Tri	32.3	4	D1

<b>Under 13 Boys 800m</b>						
1	110	Archie Belfield	Blackpool Wyre & Fylde	2:29.3	7	D2
2	12	Noah Cook	Barrow & Furness	2:29.7	5	D2
3	525	Mason Stubbs (NC)	Annan & District AC	2:35.3		

<b>Under 13 Boys Long Jump</b>						
1	408	Lewis Burt	Pendle AC	3.93	7	D2
2	471	Jake Edwards	Southport Waterloo	3.84	7	D1
3	525	Mason Stubbs (NC)	Annan & District AC	3.80		
4	12	Noah Cook	Barrow & Furness	3.58	5	D2
5	167	Harry Cattermole	Carlisle Aspatria AC	3.44	4	D2

<b>Under 15 Boys 800m</b>						
1	238	Harvey Shaw	Kendal AAC	2:21.3	7	D2
2	241	Joseff Tancrel	Kendal AAC	2:24.6	5	D2
3	192	Oliver Jones	Chorley AC & Tri	2:38.4	7	D1

<b>Under 13 Boys Shot</b>						
1	526	Cullen Wotherspoon (NC)	Annan & District AC	5.52		

<b>Under 15 Boys 1500m</b>						
1	367	Daniel Procter	Liverpool P & S	4:45.7	7	D1
2	234	Will Brayshaw	Kendal AAC	4:45.8	7	D2
3	524	Aston Stubbs (NC)	Annan & District AC	4:55.3		
4	228	Toby Acland	Kendal AAC	5:24.4	5	D2

<b>Under 13 Boys Discus</b>						
1	526	Cullen Wotherspoon (NC)	Annan & District AC	12.96		

<b>Under 15 Boys High Jump</b>						
1	518	Matthew Batstone	Lancaster & Morecambe	1.35	7	D2

<b>Senior Women 100m</b>						
1	201	Lisa Barlow	Kendal AAC	13.2	7	D2
2	240	Grace Wakeman	Lancaster & Morecambe	13.4	5	D2
3	330	Anita Saunders	Pendle AC	14.0	7	D1
4	293	Laura Purdy	Liverpool P & S	15.6	5	D1
5	224	Paula Heaton	Kirkby Milers AC	19.9	4	D2

<b>Under 15 Boys Long Jump</b>						
1	166	Daniel Cattermole	Carlisle Aspatria AC	5.14	7	D2
2	235	William Ladell	Kendal AAC	4.21	5	D2
3	524	Aston Stubbs (NC)	Annan & District AC	4.12		
4	192	Oliver Jones	Chorley AC & Tri	4.08	7	D1
5	188	Louis Crake	Chorley AC & Tri	4.08	5	D1
6	298	Harry Perkins	Lancaster & Morecambe	4.00	4	D2
7	210	Peter John Sagar-Moss	Hyndburn AC	3.96	3	D2

<b>Senior Women 200m</b>						
1	218	Sarah Smith	Kendal AAC	26.3	7	D2
2	201	Lisa Barlow	Kendal AAC	26.9	5	D2
3	240	Grace Wakeman	Lancaster & Morecambe	27.9	4	D2
4	330	Anita Saunders	Pendle AC	28.7	7	D1
5	293	Laura Purdy	Liverpool P & S	32.3	5	D1
6	224	Paula Heaton	Kirkby Milers AC	42.2	3	D2

<b>Under 15 Boys Shot</b>						
1	171	Fergus Horner	Carlisle Aspatria AC	9.52	7	D2
2	210	Peter John Sagar-Moss	Hyndburn AC	8.13	5	D2
3	480	Matthew Nuttall	Southport Waterloo	7.73	7	D1

<b>Senior Women 400m</b>						
1	240	Grace Wakeman	Lancaster & Morecambe	65.1	7	D2
2	224	Paula Heaton	Kirkby Milers AC	95.4	5	D2

<b>Under 15 Boys Discus</b>						
1	480	Matthew Nuttall	Southport Waterloo	17.08	7	D1

<b>Senior Women 800m</b>						
1	218	Sarah Smith	Kendal AAC	2:15.9	7	D2

<b>Under 15 Boys Javelin</b>						
1	210	Peter John Sagar-Moss	Hyndburn AC	29.28	7	D2
2	480	Matthew Nuttall	Southport Waterloo	24.64	7	D1
3	298	Harry Perkins	Lancaster & Morecambe	21.02	5	D2
4	241	Joseff Tancrel	Kendal AAC	18.30	4	D2

<b>Senior Women 1500m</b>						
1	243	Jess Bailey	Leven Valley AC	4:31.0	7	D2

<b>Under 13 Boys 100m</b>						
1	471	Jake Edwards	Southport Waterloo	14.3	7	D1
2	408	Lewis Burt	Pendle AC	14.7	7	D2
3	167	Harry Cattermole	Carlisle Aspatria AC	14.8	5	D2

<b>Senior Women Long Jump</b>						
1	330	Anita Saunders	Pendle AC	4.31	7	D1

<b>Senior Women Shot</b>						
1	282	Megan Lockwood	Liverpool P & S	7.95	7	D1
2	112	Chloe Parsons	Blackpool Wyre & Fylde	6.87	5	D1
3	320	Lynn Baker	Pendle AC	5.52	4	D1



<b>Senior Women Discus</b>					
1	282	Megan Lockwood	Liverpool P & S	30.10	7 D1
2	132	Helen Ruth Goodwill	Burnley AC	21.96	7 D2
3	320	Lynn Baker	Pendle AC	18.55	5 D1
4	112	Chloe Parsons	Blackpool Wyre & Fylde	16.78	4 D1

<b>Senior Women Javelin</b>					
1	444	Emily Worthington	Preston Harriers	30.49	7 D1
2	238	Emily Sim	Lancaster & Morecambe	29.37	7 D2
3	132	Helen Ruth Goodwill	Burnley AC	18.53	5 D2
4	112	Chloe Parsons	Blackpool Wyre & Fylde	17.29	5 D1
5	320	Lynn Baker	Pendle AC	15.14	4 D1

<b>Senior Women Hammer</b>					
1	282	Megan Lockwood	Liverpool P & S	36.40	7 D1
2	132	Helen Ruth Goodwill	Burnley AC	20.72	7 D2
3	238	Emily Sim	Lancaster & Morecambe	13.95	5 D2

<b>Under 17 Women 100m</b>					
1	443	Millie Turner	Preston Harriers	13.5	7 D1
2	254	Gretta Morton	Leven Valley AC	13.6	7 D2
3	142	Lucy Bell	Carlisle Aspatria AC	13.7	5 D2
4	122	Rosie Walsh	Blackpool Wyre & Fylde	14.3	5 D1

<b>Under 17 Women 200m</b>					
1	254	Gretta Morton	Leven Valley AC	27.4	7 D2
2	122	Rosie Walsh	Blackpool Wyre & Fylde	28.8	7 D1
3	117	Gracie Scott	Blackpool Wyre & Fylde	29.1	5 D1
4	306	Sarah Yates	Liverpool P & S	30.1	4 D1
5	252	Sophie Leadbetter	Leven Valley AC	31.3	5 D2

<b>Under 17 Women 300m</b>					
1	117	Gracie Scott	Blackpool Wyre & Fylde	45.8	7 D1

<b>Under 17 Women 800m</b>					
1	363	Alicia Tomlinson	Preston Harriers	2:27.9	7 D1
2	430	Holly Moffatt	Preston Harriers	2:32.7	5 D1
3	290	Suzanna Owens	Liverpool P & S	2:41.2	4 D1
4	249	Ellen Douglas	Leven Valley AC	2:45.8	7 D2
5	252	Sophie Leadbetter	Leven Valley AC	2:52.4	5 D2

<b>Under 17 Women 1500m</b>					
1	244	Marina Bailey	Leven Valley AC	5:07.7	7 D2
2	306	Sarah Yates	Liverpool P & S	5:07.8	7 D1
3	255	Honor Morton	Leven Valley AC	5:36.1	5 D2
4	219	Vicky Woof	Kendal AAC	5:49.6	4 D2

<b>Under 17 Women 3000m</b>					
1	441	Anna Nicholson	Lancaster & Morecambe	11:26.6	7 D2
2	245	Iona Barrowdale-Smith	Leven Valley AC	12:50.2	5 D2

<b>Under 17 Women 4 x 100m Relay</b>					
1	254		Leven Valley AC	57.6	7 D2

<b>Under 17 Women High Jump</b>					
1	290	Suzanna Owens	Liverpool P & S	1.50	7 D1
2	219	Vicky Woof	Kendal AAC	1.45	7 D2
3	255	Honor Morton	Leven Valley AC	1.25	5 D2

<b>Under 17 Women Long Jump</b>					
1	443	Millie Turner	Preston Harriers	4.56	7 D1
2	142	Lucy Bell	Carlisle Aspatria AC	4.37	7 D2
3	290	Suzanna Owens	Liverpool P & S	3.97	5 D1

<b>Under 17 Women Triple Jump</b>					
1	142	Lucy Bell	Carlisle Aspatria AC	9.46	7 D2

<b>Under 17 Women Shot</b>					
1	111	Grace Oates	Blackpool Wyre & Fylde	5.56	7 D1

<b>Under 17 Women Discus</b>					
1	443	Millie Turner	Preston Harriers	18.84	7 D1
2	219	Vicky Woof	Kendal AAC	17.93	7 D2
3	122	Rosie Walsh	Blackpool Wyre & Fylde	11.22	5 D1
4	111	Grace Oates	Blackpool Wyre & Fylde	11.22	4 D1

<b>Under 17 Women Javelin</b>					
1	117	Gracie Scott	Blackpool Wyre & Fylde	27.65	7 D1
2	306	Sarah Yates	Liverpool P & S	14.63	5 D1

<b>Under 15 Girls 100m</b>					
1	344	Abbie Ely	Preston Harriers	13.9	7 D1
2	352	Mariella Mapstone	Preston Harriers	13.9	5 D1
3	424	Eva Whiteside	Preston Harriers	14.1	
4	451	Brooke Wilson	Carlisle Aspatria AC	14.1	7 D2
5	93	Emily Ford	Blackpool Wyre & Fylde	14.4	4 D1
6	134	Phoebe Jackson	Burnley AC	14.5	5 D2

<b>Under 15 Girls 200m</b>					
1	451	Brooke Wilson	Carlisle Aspatria AC	28.6	7 D2
2	237	Isla Roberts	Lancaster & Morecambe	30.3	5 D2
3	93	Emily Ford	Blackpool Wyre & Fylde	30.3	7 D1
4	248	Penelope Boyle	Leven Valley AC	31.1	4 D2

<b>Under 15 Girls 300m</b>					
1	12	Mahiya Mohan	Barrow & Furness	43.4	7 D2
2	143	Lucy Knott	Carlisle Aspatria AC	46.7	5 D2
3	213	Isla Pearman	Kendal AAC	47.3	4 D2
4	215	Rosie Scott	Kendal AAC	47.7	3 D2
5	216	Lily Slater	Kendal AAC	53.2	
6	220	Isabelle Wrigley	Kendal AAC	56.7	

<b>Under 15 Girls 800m</b>					
1	74	Agatha Taylor	Blackburn Harriers	2:18.6	7 D1
2	248	Penelope Boyle	Leven Valley AC	2:23.9	7 D2
3	143	Lucy Knott	Carlisle Aspatria AC	2:25.2	5 D2
4	419	Eliena Lusty (NC)	Rosendale Harriers & AC	2:32.8	
5	213	Isla Pearman	Kendal AAC	2:35.7	4 D2
6	12	Mahiya Mohan	Barrow & Furness	2:36.8	3 D2
7	210	Holly Jenner	Kendal AAC	2:45.2	2 D2
8	215	Rosie Scott	Kendal AAC	2:46.2	
9	216	Lily Slater	Kendal AAC	2:47.1	
10	220	Isabelle Wrigley	Kendal AAC	2:57.5	

<b>Under 15 Girls 1500m</b>					
1	157	Isabel Goodman	Chorley AC & Tri	5:01.9	7 D1
2	38	Lottie Hesketh	Blackburn Harriers	5:19.8	5 D1
3	202	Cara Bradley	Kendal AAC	5:23.3	7 D2



Under 15 Girls 4 x 100m Relay						
1	344		Preston Harriers	53.7	7	D1
2	215		Kendal AAC	60.1	7	D2

Under 15 Girls High Jump						
1	237	Isla Roberts	Lancaster & Morecambe	1.43	7	D2
2	216	Lily Slater	Kendal AAC	1.35	5	D2
3	215	Rosie Scott	Kendal AAC	1.25	4	D2
4	248	Penelope Boyle	Leven Valley AC	1.25	3	D2

Under 15 Girls Long Jump						
1	450	Thia Grice	Preston Harriers	4.65	7	D1
2	352	Mariella Mapstone	Preston Harriers	4.56	5	D1
3	237	Isla Roberts	Lancaster & Morecambe	4.44	7	D2
4	344	Abbie Ely	Preston Harriers	4.43		
5	424	Eva Whiteside	Preston Harriers	3.82		
6	248	Penelope Boyle	Leven Valley AC	3.81	5	D2
7	12	Mahiya Mohan	Barrow & Furness	0.00		

Under 15 Girls Shot						
1	344	Abbie Ely	Preston Harriers	8.72	7	D1
2	264	Margaret-isobel Casey	Liverpool P & S	8.47	5	D1
3	450	Thia Grice	Preston Harriers	7.68	4	D1
4	352	Mariella Mapstone	Preston Harriers	7.36		
5	424	Eva Whiteside	Preston Harriers	6.31		

Under 15 Girls Discus						
1	264	Margaret-isobel Casey	Liverpool P & S	23.77	7	D1

Under 15 Girls Hammer						
1	264	Margaret-isobel Casey	Liverpool P & S	39.01	7	D1

Under 13 Girls 100m heat 1						
1	328	Marnie Nelson	Pendle AC	13.9		
2	350	Jasmine Houghton	Preston Harriers	14.2		
3	160	Ella Holden	Chorley AC & Tri	15.0		
4	449	Jasmine Ingledow (NC)	Border Harriers & AC	15.0		
5	176	Isobel Reid	Chorley AC & Tri	15.2		
6	334	Georgina Andrews	Preston Harriers	15.3		
7	200	Freya Addison	Kendal AAC	15.9		

Under 13 Girls 100m heat 2						
1	422	Evelyn Hampson (NC)	Wigan & District H & AC	14.6		
2	94	Lucy Ford	Blackpool Wyre & Fylde	14.6		
3	445	Evelyn Bell (NC)	Annan & District AC	14.9		
4	345	Kara Giddins	Preston Harriers	15.0		
5	145	Christina Monkhouse	Carlisle Aspatria AC	15.0		
6	177	Millie Reid	Chorley AC & Tri	15.0		
7	236	Olivia Hemingway	Lancaster & Morecambe	16.1		

Under 13 Girls 100m heat 3						
1	354	Ellie McDonald	Preston Harriers	15.2		
2	13	Madisyn Strydom	Barrow & Furness	15.5		
3	447	Imogen Cairns (NC)	Annan & District AC	15.5		
4	289	Millie Oliver	Liverpool P & S	15.6		
5	221	Melissa Cameron	Kirkby Milers AC	16.6		
6	242	Sofia Ann Winterbottom	Lancaster & Morecambe	16.9		

Under 13 Girls 100m overall						
1	328	Marnie Nelson	Pendle AC	13.9	7	D1
2	350	Jasmine Houghton	Preston Harriers	14.2	5	D1
3	94	Lucy Ford	Blackpool Wyre & Fylde	14.6	4	D1
4	422	Evelyn Hampson (NC)	Wigan & District H & AC	14.6		
5	445	Evelyn Bell (NC)	Annan & District AC	14.9		
6	160	Ella Holden	Chorley AC & Tri	15.0	3	D1
7	449	Jasmine Ingledow (NC)	Border Harriers & AC	15.0		
8	177	Millie Reid	Chorley AC & Tri	15.0	2	D1
9	145	Christina Monkhouse	Carlisle Aspatria AC	15.0	7	D2
10	345	Kara Giddins	Preston Harriers	15.0	1	D1
11	176	Isobel Reid	Chorley AC & Tri	15.2		
12	354	Ellie McDonald	Preston Harriers	15.2		
13	334	Georgina Andrews	Preston Harriers	15.3		
14	447	Imogen Cairns (NC)	Annan & District AC	15.5		
15	13	Madisyn Strydom	Barrow & Furness	15.5	5	D2
16	289	Millie Oliver	Liverpool P & S	15.6		
17	200	Freya Addison	Kendal AAC	15.9	4	D2
18	236	Olivia Hemingway	Lancaster & Morecambe	16.1	3	D2
19	221	Melissa Cameron	Kirkby Milers AC	16.6	2	D2
20	242	Sofia Ann Winterbottom	Lancaster & Morecambe	16.9	1	D2

Under 13 Girls 200m heat 1						
1	328	Marnie Nelson	Pendle AC	28.5		
2	214	Emmy Ranner	Kendal AAC	30.0		
3	350	Jasmine Houghton	Preston Harriers	30.1		
4	448	Mollie Phillips (NC)	Annan & District AC	30.5		
5	94	Lucy Ford	Blackpool Wyre & Fylde	31.0		
6	289	Millie Oliver	Liverpool P & S	31.4		
7	373	Grace Cain	Southport Waterloo	31.7		
8	253	Imogen Moore	Leven Valley AC	33.1		

Under 13 Girls 200m heat 2						
1	445	Evelyn Bell (NC)	Annan & District AC	30.2		
2	422	Evelyn Hampson (NC)	Wigan & District H & AC	30.6		
3	449	Jasmine Ingledow (NC)	Border Harriers & AC	31.3		
4	145	Christina Monkhouse	Carlisle Aspatria AC	31.3		
5	354	Ellie McDonald	Preston Harriers	32.0		
6	200	Freya Addison	Kendal AAC	33.2		

Under 13 Girls 200m heat 3						
1	165	Millie Jordan	Chorley AC & Tri	30.5		
2	250	Katelyn Douglas	Leven Valley AC	31.5		
3	446	Scarlett Bell (NC)	Annan & District AC	32.0		
4	318	Sophia Appleyard	Pendle AC	32.1		
5	13	Madisyn Strydom	Barrow & Furness	32.6		
6	426	Tehilla Wanjohi	Liverpool P & S	33.4		





**Under 13 Girls 200m overall**

1	328	Marnie Nelson	Pendle AC	28.5	7	D1
2	214	Emmy Ranner	Kendal AAC	30.0	7	D2
3	350	Jasmine Houghton	Preston Harriers	30.1	5	D1
4	445	Evelyn Bell (NC)	Annan & District AC	30.2		
5	448	Mollie Phillips (NC)	Annan & District AC	30.5		
6	165	Millie Jordan	Chorley AC & Tri	30.5	4	D1
7	422	Evelyn Hampson (NC)	Wigan & District H & AC	30.6		
8	94	Lucy Ford	Blackpool Wyre & Fylde	31.0	3	D1
9	449	Jasmine Ingledow (NC)	Border Harriers & AC	31.3		
10	145	Christina Monkhouse	Carlisle Aspatria AC	31.3	5	D2
11	289	Millie Oliver	Liverpool P & S	31.4	2	D1
12	250	Katelyn Douglas	Leven Valley AC	31.5	4	D2
13	373	Grace Cain	Southport Waterloo	31.7	1	D1
14	354	Ellie McDonald	Preston Harriers	32.0		
15	446	Scarlett Bell (NC)	Annan & District AC	32.0		
16	318	Sophia Appleyard	Pendle AC	32.1		
17	13	Madisyn Strydom	Barrow & Furness	32.6	3	D2
18	253	Imogen Moore	Leven Valley AC	33.1	2	D2
19	200	Freya Addison	Kendal AAC	33.2	1	D2
20	426	Tehilla Wanjohi	Liverpool P & S	33.4		

**Under 13 Girls Long Jump**

1	350	Jasmine Houghton	Preston Harriers	4.07	7	D1
2	160	Ella Holden	Chorley AC & Tri	4.03	5	D1
3	446	Scarlett Bell (NC)	Annan & District AC	3.84		
4	177	Millie Reid	Chorley AC & Tri	3.83	4	D1
5	448	Mollie Phillips (NC)	Annan & District AC	3.80		
6	94	Lucy Ford	Blackpool Wyre & Fylde	3.56	3	D1
7	176	Isobel Reid	Chorley AC & Tri	3.48		
8	328	Marnie Nelson	Pendle AC	3.43	2	D1
9	13	Madisyn Strydom	Barrow & Furness	3.39	7	D2
10	447	Imogen Cairns (NC)	Annan & District AC	3.29		
11	242	Sofia Ann Winterbottom	Lancaster & Morecambe	3.13	5	D2
12	221	Melissa Cameron	Kirkby Milers AC	3.11	4	D2
13	345	Kara Giddins	Preston Harriers	0.00		

**Under 13 Girls Shot**

1	92	Nevaeh Fenton	Blackpool Wyre & Fylde	5.56	7	D1
2	242	Sofia Ann Winterbottom	Lancaster & Morecambe	5.22	7	D2

**Under 13 Girls Discus**

1	92	Nevaeh Fenton	Blackpool Wyre & Fylde	16.77	7	D1
2	447	Imogen Cairns (NC)	Annan & District AC	8.71		

**Under 13 Girls Javelin**

1	92	Nevaeh Fenton	Blackpool Wyre & Fylde	10.88	7	D1
2	200	Freya Addison	Kendal AAC	10.24	7	D2
3	236	Olivia Hemingway	Lancaster & Morecambe	8.83	5	D2
4	373	Grace Cain	Southport Waterloo	5.99	5	D1

**Under 13 Girls 800m**

1	165	Millie Jordan	Chorley AC & Tri	2:35.5	7	D1
2	253	Imogen Moore	Leven Valley AC	2:41.0	7	D2
3	334	Georgina Andrews	Preston Harriers	2:43.5	5	D1
4	250	Katelyn Douglas	Leven Valley AC	2:44.2	5	D2
5	318	Sophia Appleyard	Pendle AC	2:44.3	4	D1
6	373	Grace Cain	Southport Waterloo	2:49.4	3	D1
7	448	Mollie Phillips (NC)	Annan & District AC	2:49.7		
8	437	Frankie Foster	Carlisle Aspatria AC	2:52.0	4	D2
9	221	Melissa Cameron	Kirkby Milers AC	3:00.5	3	D2
10	446	Scarlett Bell (NC)	Annan & District AC	3:00.6		

**Under 13 Girls 1500m**

1	214	Emmy Ranner	Kendal AAC	5:18.8	7	D2
2	176	Isobel Reid	Chorley AC & Tri	5:32.6	7	D1
3	177	Millie Reid	Chorley AC & Tri	5:32.6	5	D1

**Under 13 Girls 4 x 100m Relay**

1	447		Annan & District AC	59.9		
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**Under 13 Girls High Jump**

1	345	Kara Giddins	Preston Harriers	1.38	7	D1
2	289	Millie Oliver	Liverpool P & S	1.35	5	D1
3	236	Olivia Hemingway	Lancaster & Morecambe	1.10	7	D2

**Female Division 1***(Doesn't include officials points)*

Preston Harriers	112
Blackpool Wyre & Fylde AC	103
Liverpool Pembroke & Sefton H AC	89
Pendle Athletic Club	54
Chorley Athletic and Triathlon Club	44
Blackburn Harriers & AC	12
Southport Waterloo AC	9

**Female Division 2***(Doesn't include officials points)*

Kendal Amateur Athletic Club	106
Leven Valley AC	104
Lancaster & Morecambe AC	82
Carlisle Aspatria AC	59
Barrow & Furness Striders AC	25
Burnley AC	24
Kirkby Milers AC	21

**Male Division 1***(Doesn't include officials points)*

Kirkby Milers AC	87
Southport Waterloo AC	42
Chorley Athletic and Triathlon Club	40
Liverpool Pembroke & Sefton H AC	35
Preston Harriers	35
Blackburn Harriers & AC	12

**Male Division 2***(Doesn't include officials points)*

Carlisle Aspatria AC	96
Kendal Amateur Athletic Club	76
Hyndburn AC	45
Lancaster & Morecambe AC	40
Barrow & Furness Striders AC	39
Pendle Athletic Club	21
Blackpool Wyre & Fylde AC	7