



Senior Men 100m					
1	705	Tyler Green (NC)	Seaton Athletic Club	11.6	
2	701	Kannan Suresh (NC)	Horsforth Harriers	12.8	
3	560	Harvey Van Geffen	Pendle AC	12.9	7 D2
4	677	Ian McPhail	Wigan & District	13.8	5 D2
5	649	Jeff Darbyshire	Wigan & District	15.0	4 D2
6	693	Peter Campbell (NC)	Border Harriers & AC	15.6	
7	376	Nicholas McCole	Kirkby Milers AC	20.6	7 D1
Senior Men 200m heat 1					
1	183	Reece Lawrence	Burnley AC	23.5	
2	14	Edward Falkingham	Barrow & Furness Striders	24.1	
3	600	Graham Boreham	Southport Waterloo AC	24.8	
4	30	Luke Turner	Barrow & Furness Striders	25.8	
5	335	Jacob Aubrey	Kendal Amateur Athletic C	42.0	
Senior Men 200m heat 2					
1	705	Tyler Green (NC)	Seaton Athletic Club	24.5	
2	5	Greg Barnard-MacKenzie	Barrow & Furness Striders	26.4	
3	560	Harvey Van Geffen	Pendle Athletic Club	27.2	
4	649	Jeff Darbyshire	Wigan & District H & AC	31.8	
5	693	Peter Campbell (NC)	Border Harriers & AC	35.4	
Senior Men 200m overall					
1	183	Reece Lawrence	Burnley AC	23.5	7 D2
2	14	Edward Falkingham	Barrow & Furness	24.1	5 D2
3	705	Tyler Green (NC)	Seaton Athletic Club	24.5	
4	600	Graham Boreham	Southport Waterloo	24.8	7 D1
5	30	Luke Turner	Barrow & Furness	25.8	4 D2
6	5	Greg Barnard-MacKenzie	Barrow & Furness	26.4	
7	560	Harvey Van Geffen	Pendle AC	27.2	3 D2
8	649	Jeff Darbyshire	Wigan & District	31.8	2 D2
9	693	Peter Campbell (NC)	Border Harriers & AC	35.4	
10	335	Jacob Aubrey	Kendal AAC	42.0	1 D2
Senior Men 400m					
1	335	Jacob Aubrey	Kendal AAC	51.8	7 D2
2	183	Reece Lawrence	Burnley AC	54.7	5 D2
3	692	James Campbell (NC)	Border Harriers & AC	59.1	
4	360	Stuart Cameron	Kirkby Milers AC	79.0	7 D1
5	376	Nicholas McCole	Kirkby Milers AC	98.1	5 D1
Senior Men 800m					
1	14	Edward Falkingham	Barrow & Furness	2:03.6	7 D2
2	5	Greg Barnard-MacKenzie	Barrow & Furness	2:06.0	5 D2
3	30	Luke Turner	Barrow & Furness	2:08.2	
4	631	Marc Singer	Southport Waterloo	2:18.6	7 D1
5	308	Phil Ryan	Chorley AC & Tri	2:19.1	4 D2
6	417	Ronan Maher	Lancaster & Morecambe	2:21.6	3 D2
7	702	David Priestley (NC)	Northern Masters AC	3:04.4	
8	376	Nicholas McCole	Kirkby Milers AC	3:32.5	5 D1
Senior Men 1500m					
1	395	James Brassington	Lancaster & Morecambe	4:20.6	7 D2
2	30	Luke Turner	Barrow & Furness	4:29.9	5 D2
3	5	Greg Barnard-MacKenzie	Barrow & Furness	4:31.7	4 D2
4	440	Max Hazlehurst	Leven Valley AC	4:36.6	3 D2
5	539	Ross McKelvie	Lytham St Annes	4:41.2	2 D2
6	485	Mark Hudson	Liverpool P & S	5:51.5	7 D1
Senior Men 3000m					
1	698	Nathan Postill (NC)	Border Harriers & AC	8:54.4	
2	691	Harry Butler (NC)	Border Harriers & AC	8:55.2	
3	695	Mark Emmerson (NC)	Border Harriers & AC	9:12.2	
4	696	Alfie Lamb (NC)	Border Harriers & AC	9:35.2	
5	539	Ross McKelvie	Lytham St Annes	10:00.7	7 D2
6	697	Jonny Lowe (NC)	Border Harriers & AC	10:04.0	
7	508	Michael Procter	Liverpool P & S	11:01.9	7 D1
8	369	Xander Heaton	Kirkby Milers AC	11:05.6	5 D1
9	692	James Campbell (NC)	Border Harriers & AC	11:31.6	
10	700	Chris Mathieson (NC)	Derwent AC Cockermouth	12:01.2	
11	485	Mark Hudson	Liverpool P & S	12:09.3	4 D1
Senior Men High Jump					
1	336	Harry Bowen	Kendal AAC	1.75	7 D2
Senior Men Long Jump					
1	336	Harry Bowen	Kendal AAC	6.03	7 D2
2	560	Harvey Van Geffen	Pendle AC	4.57	5 D2
3	649	Jeff Darbyshire	Wigan & District	4.03	4 D2
Senior Men Triple Jump					
1	417	Ronan Maher	Lancaster & Morecambe	10.24	7 D2
Senior Men Shot					
1	677	Ian McPhail	Wigan & District	8.53	7 D2
2	466	David Brown	Liverpool P & S	8.38	7 D1
3	661	Philip Hayton	Wigan & District	6.69	5 D2
4	369	Xander Heaton	Kirkby Milers AC	6.01	5 D1
5	524	Iain Wilkinson	Liverpool P & S	5.89	4 D1
6	371	Nathaniel Hopkins	Kirkby Milers AC	4.11	3 D1
Senior Men Discus					
1	466	David Brown	Liverpool P & S	25.00	7 D1
2	360	Stuart Cameron	Kirkby Milers AC	18.13	5 D1
3	661	Philip Hayton	Wigan & District	17.10	7 D2
4	524	Iain Wilkinson	Liverpool P & S	16.48	4 D1
5	371	Nathaniel Hopkins	Kirkby Milers AC	9.40	3 D1
Senior Men Javelin					
1	694	Dale Clark (NC)	Border Harriers & AC	41.61	
2	677	Ian McPhail	Wigan & District	24.50	7 D2
3	524	Iain Wilkinson	Liverpool P & S	14.30	7 D1
4	371	Nathaniel Hopkins	Kirkby Milers AC	9.25	5 D1
5	360	Stuart Cameron	Kirkby Milers AC	0.00	
Senior Men Hammer					
1	466	David Brown	Liverpool P & S	24.36	7 D1
2	661	Philip Hayton	Wigan & District	12.52	7 D2
Under 20 Men Discus					
1	159	Kieran Howard	Blackpool Wyre & Fylde	34.58	7 D1
Under 20 Men Hammer					
1	159	Kieran Howard	Blackpool Wyre & Fylde	32.37	7 D1
Under 20 Men Shot					



Under 17 Men 100m						
1	704	Lorton Curnow (NC)	Seaton Athletic Club	11.2		
2	265	Daniel Cattermole	Carlisle Aspatria AC	11.6	7	D1
3	274	Josh Muirhead	Carlisle Aspatria AC	11.7	5	D1
4	298	Lucas Moon	Chorley AC & Tri	11.9	7	D2
5	660	Matthew Hayton	Wigan & District	11.9	5	D2
6	428	Joe Waddington	Lancaster & Morecambe	12.2	4	D2
7	269	Fergus Horner	Carlisle Aspatria AC	12.2		
8	422	Harry Perkins	Lancaster & Morecambe	14.0	3	D2
Under 17 Men 200m						
1	704	Lorton Curnow (NC)	Seaton Athletic Club	22.8		
2	298	Lucas Moon	Chorley AC & Tri	24.6	7	D2
3	428	Joe Waddington	Lancaster & Morecambe	25.0	5	D2
4	660	Matthew Hayton	Wigan & District	25.1	4	D2
5	464	Daniel Berry	Liverpool P & S	25.5	7	D1
6	365	Luke Culshaw	Kirkby Milers AC	25.9	5	D1
7	507	Daniel Procter	Liverpool P & S	27.2	4	D1
8	483	William Henry	Liverpool P & S	27.9		
Under 17 Men 400m						
1	354	Alfie Todd	Kendal AAC	52.8	7	D2
2	271	Archie Irving	Carlisle Aspatria AC	55.1	7	D1
3	483	William Henry	Liverpool P & S	64.1	5	D1
Under 17 Men 800m						
1	355	Joshua Todd	Kendal AAC	2:05.6	7	D2
2	450	Oliver Oldham	Leven Valley AC	2:08.9	5	D2
3	394	Ben Brassington	Lancaster & Morecambe	2:09.5	4	D2
4	365	Luke Culshaw	Kirkby Milers AC	2:16.6	7	D1
5	483	William Henry	Liverpool P & S	2:27.3	5	D1
Under 17 Men 1500m						
1	338	Will Brayshaw	Kendal AAC	4:38.4	7	D2
2	507	Daniel Procter	Liverpool P & S	4:45.4	7	D1
Under 17 Men 3000m						
1	699	George Tiffin-Lowe (NC)	Border Harriers & AC	9:18.3		
2	334	Alfie Addison	Kendal AAC	9:25.0	7	D2
Under 17 Men High Jump						
1	274	Josh Muirhead	Carlisle Aspatria AC	1.75	7	D1
Under 17 Men Long Jump						
1	265	Daniel Cattermole	Carlisle Aspatria AC	5.46	7	D1
2	464	Daniel Berry	Liverpool P & S	4.76	5	D1
3	422	Harry Perkins	Lancaster & Morecambe	4.47	7	D2
4	507	Daniel Procter	Liverpool P & S	3.76	4	D1
Under 17 Men Triple Jump						
1	271	Archie Irving	Carlisle Aspatria AC	11.59	7	D1
2	265	Daniel Cattermole	Carlisle Aspatria AC	10.01	5	D1
3	295	Oliver Jones	Chorley AC & Tri	8.79	7	D2
Under 17 Men Shot						
1	276	Joshua Reibbitt	Carlisle Aspatria AC	9.86	7	D1
2	269	Fergus Horner	Carlisle Aspatria AC	7.56	5	D1
Under 17 Men Discus						
1	471	Charlie Climpson	Liverpool P & S	29.85	7	D1
2	276	Joshua Reibbitt	Carlisle Aspatria AC	22.02	5	D1
Under 17 Men Javelin						
1	471	Charlie Climpson	Liverpool P & S	33.12	7	D1
2	318	Peter John Sagar-Moss	Hyndburn AC	27.60	7	D2
3	422	Harry Perkins	Lancaster & Morecambe	21.76	5	D2
Under 17 Men Hammer						
1	276	Joshua Reibbitt	Carlisle Aspatria AC	53.35	7	D1
Under 15 Boys 100m						
1	345	William Ladell	Kendal AAC	11.8	7	D2
2	390	Matthew Batstone	Lancaster & Morecambe	12.3	5	D2
3	286	Louis Crake	Chorley AC & Tri	13.3	4	D2
4	266	Harry Cattermole	Carlisle Aspatria AC	13.7	7	D1
5	689	Aston Stubbs (NC)	Annan & District AC	13.9		
6	339	Lucas Forrest	Kendal AAC	14.5	3	D2
7	427	George Waddington	Lancaster & Morecambe	15.0	2	D2
Under 15 Boys 200m heat 1						
1	309	Matthew Sharples	Chorley Athletic And Tria	25.5		
2	286	Louis Crake	Chorley Athletic And Tria	28.6		
3	690	Mason Stubbs (NC)	Annan & District AC	30.4		
4	283	Oliver Bruce	Chorley Athletic And Tria	30.5		
5	429	Leo Waddington	Lancaster & Morecambe AC	31.5		
Under 15 Boys 200m heat 2						
1	390	Matthew Batstone	Lancaster & Morecambe AC	26.0		
2	268	Benjamin Holmes	Carlisle Aspatria AC	27.7		
3	443	Demitri Kyriacou	Leven Valley AC	28.3		
4	512	William Roberts	Liverpool Pembroke & Sef	32.0		
Under 15 Boys 200m overall						
1	309	Matthew Sharples	Chorley AC & Tri	25.5	7	D2
2	390	Matthew Batstone	Lancaster & Morecambe	26.0	5	D2
3	268	Benjamin Holmes	Carlisle Aspatria AC	27.7	7	D1
4	443	Demitri Kyriacou	Leven Valley AC	28.3	4	D2
5	286	Louis Crake	Chorley AC & Tri	28.6	3	D2
6	690	Mason Stubbs (NC)	Annan & District AC	30.4		
7	283	Oliver Bruce	Chorley AC & Tri	30.5		
8	429	Leo Waddington	Lancaster & Morecambe	31.5	2	D2
9	512	William Roberts	Liverpool P & S	32.0	5	D1
Under 15 Boys 400m						
1	309	Matthew Sharples	Chorley AC & Tri	58.6	7	D2
2	295	Oliver Jones	Chorley AC & Tri	64.2	5	D2
3	443	Demitri Kyriacou	Leven Valley AC	67.3	4	D2
4	268	Benjamin Holmes	Carlisle Aspatria AC	68.0	7	D1
5	283	Oliver Bruce	Chorley AC & Tri	68.7		
Under 15 Boys 800m						
1	138	Elliot Unsworth	Blackburn Harriers	2:30.9	7	D1
2	453	Oliver Scott	Leven Valley AC	2:36.4	7	D2
3	449	Henry Murray	Leven Valley AC	2:37.5	5	D2
4	690	Mason Stubbs (NC)	Annan & District AC	2:39.1		



Under 15 Boys 1500m					
1	453	Oliver Scott	Leven Valley AC	DQ.0	
2	449	Henry Murray	Leven Valley AC	DQ.0	
3	689	Aston Stubbs (NC)	Annan & District AC	4:58.3	
4	455	Riley Scott	Leven Valley AC	5:00.6	7 D2
Under 15 Boys High Jump					
1	512	William Roberts	Liverpool P & S	1.30	7 D1
Under 15 Boys Long Jump					
1	390	Matthew Batstone	Lancaster & Morecambe	4.22	7 D2
2	689	Aston Stubbs (NC)	Annan & District AC	4.11	
3	286	Louis Crake	Chorley AC & Tri	3.89	5 D2
4	512	William Roberts	Liverpool P & S	3.78	7 D1
5	266	Harry Cattermole	Carlisle Aspatria AC	3.76	5 D1
6	283	Oliver Bruce	Chorley AC & Tri	3.67	4 D2
7	690	Mason Stubbs (NC)	Annan & District AC	3.31	
8	339	Lucas Forrest	Kendal AAC	3.04	3 D2
9	427	George Waddington	Lancaster & Morecambe	3.02	2 D2
Under 15 Boys Javelin					
1	204	Ben Clarke	Bury AC	47.64	7 D2
2	182	Daniel Howe	Burnley AC	33.96	5 D2
3	309	Matthew Sharples	Chorley AC & Tri	24.12	4 D2
Under 13 Boys 100m heat 1					
1	307	Billy Rowbottom	Chorley Athletic And Tria	13.8	
2	291	Lucas Forshaw	Chorley Athletic And Tria	14.3	
3	392	Henry Bowers	Lancaster & Morecambe A	14.3	
4	23	Lewis Jupp-Jackson	Barrow & Furness Striders	14.5	
5	346	Dallas MacHell	Kendal Amateur Athletic C	15.3	
6	150	Adam Bennett	Blackpool Wyre & Fylde A	15.8	
Under 13 Boys 100m heat 2					
1	407	Ruben Heath	Lancaster & Morecambe A	13.9	
2	343	Ben Hollows	Kendal Amateur Athletic C	14.3	
3	303	Theo Napoleon	Chorley Athletic And Tria	14.6	
4	413	Robin Lee	Lancaster & Morecambe A	15.3	
5	341	Fisher Hayton	Kendal Amateur Athletic C	15.6	
6	26	Dylan Meacock	Barrow & Furness Striders	17.2	
Under 13 Boys 100m heat 3					
1	344	Jos Jebb	Kendal Amateur Athletic C	15.1	
2	342	Charlie Hodgson	Kendal Amateur Athletic C	15.1	
3	518	Saul Taylor Bromley	Liverpool Pembroke & Sef	15.3	
4	281	James Astley	Chorley Athletic And Tria	15.6	
5	282	Oscar Bragg	Chorley Athletic And Tria	16.1	
6	469	Jack Clancy	Liverpool Pembroke & Sef	16.1	
Under 13 Boys 100m overall					
1	307	Billy Rowbottom	Chorley AC & Tri	13.8	7 D2
2	407	Ruben Heath	Lancaster & Morecambe	13.9	5 D2
3	291	Lucas Forshaw	Chorley AC & Tri	14.3	4 D2
4	392	Henry Bowers	Lancaster & Morecambe	14.3	3 D2
5	343	Ben Hollows	Kendal AAC	14.3	2 D2
6	23	Lewis Jupp-Jackson	Barrow & Furness	14.5	1 D2
7	303	Theo Napoleon	Chorley AC & Tri	14.6	
8	342	Charlie Hodgson	Kendal AAC	15.1	
9	344	Jos Jebb	Kendal AAC	15.1	
10	346	Dallas MacHell	Kendal AAC	15.3	
11	413	Robin Lee	Lancaster & Morecambe	15.3	
12	518	Saul Taylor Bromley	Liverpool P & S	15.3	7 D1
13	341	Fisher Hayton	Kendal AAC	15.6	
14	281	James Astley	Chorley AC & Tri	15.6	
15	150	Adam Bennett	Blackpool Wyre & Fylde	15.8	5 D1
16	282	Oscar Bragg	Chorley AC & Tri	16.1	
17	469	Jack Clancy	Liverpool P & S	16.1	4 D1
18	26	Dylan Meacock	Barrow & Furness	17.2	
Under 13 Boys 200m					
1	11	Noah Cook	Barrow & Furness	29.4	7 D2
2	392	Henry Bowers	Lancaster & Morecambe	29.5	5 D2
3	407	Ruben Heath	Lancaster & Morecambe	29.7	4 D2
4	23	Lewis Jupp-Jackson	Barrow & Furness	32.1	3 D2
5	518	Saul Taylor Bromley	Liverpool P & S	32.8	7 D1
6	341	Fisher Hayton	Kendal AAC	33.3	2 D2
7	358	Oliver Wrigley	Kendal AAC	33.4	1 D2
8	347	Peter Talks	Lancaster & Morecambe	34.3	
Under 13 Boys 800m					
1	11	Noah Cook	Barrow & Furness	2:24.7	7 D2
2	342	Charlie Hodgson	Kendal AAC	2:42.7	5 D2
3	413	Robin Lee	Lancaster & Morecambe	2:43.9	4 D2
4	346	Dallas MacHell	Kendal AAC	2:46.2	3 D2
5	469	Jack Clancy	Liverpool P & S	2:50.8	7 D1
6	26	Dylan Meacock	Barrow & Furness	3:04.3	2 D2
Under 13 Boys 1500m					
1	344	Jos Jebb	Kendal AAC	5:26.7	7 D2
2	347	Peter Talks	Lancaster & Morecambe	5:38.8	5 D2
3	358	Oliver Wrigley	Kendal AAC	5:50.5	4 D2
4	282	Oscar Bragg	Chorley AC & Tri	6:04.8	3 D2
Under 13 Boys High Jump					
1	346	Dallas MacHell	Kendal AAC	1.16	7 D2



Under 13 Boys Long Jump							Senior Women Long Jump						
1	307	Billy Rowbottom	Chorley AC & Tri	4.16	7	D2	1	601	Courtney Barbour (NC)	Giffnock North AAC	4.47		
2	11	Noah Cook	Barrow & Furness	3.97	5	D2	2	448	Anita Saunders	Pendle AC	3.88	7	D2
3	343	Ben Hollows	Kendal AAC	3.76	4	D2	3	133	Katie Longbottom	Blackpool Wyre & Fylde	3.05	7	D1
4	344	Jos Jebb	Kendal AAC	3.61	3	D2	4	336	Paula Heaton	Kirkby Milers AC	2.11	5	D2
5	150	Adam Bennett	Blackpool Wyre & Fylde	3.58	7	D1	Senior Women Shot						
6	469	Jack Clancy	Liverpool P & S	3.37	5	D1	1	412	Anna Peers	Liverpool P & S	10.19	7	D1
7	291	Lucas Forshaw	Chorley AC & Tri	3.31	2	D2	2	555	Rebekah Hopper	Wigan & District	9.98	7	D2
8	392	Henry Bowers	Lancaster & Morecambe	3.22	1	D2	3	601	Courtney Barbour (NC)	Giffnock North AAC	8.00		
9	281	James Astley	Chorley AC & Tri	3.16			Senior Women Discus						
10	518	Saul Taylor Bromley	Liverpool P & S	3.15	4	D1	1	412	Anna Peers	Liverpool P & S	34.72	7	D1
11	342	Charlie Hodgson	Kendal AAC	2.90			2	555	Rebekah Hopper	Wigan & District	32.37	7	D2
							3	542	Millie Forrest	Wigan & District	19.35	5	D2
Under 13 Boys Shot							Senior Women Javelin						
1	281	James Astley	Chorley AC & Tri	6.29	7	D2	1	555	Rebekah Hopper	Wigan & District	32.55	7	D2
2	407	Ruben Heath	Lancaster & Morecambe	5.30	5	D2	Senior Women Hammer						
3	307	Billy Rowbottom	Chorley AC & Tri	4.92	4	D2	1	560	Bethan Lishman	Wigan & District	33.83	7	D2
4	291	Lucas Forshaw	Chorley AC & Tri	4.48			2	412	Anna Peers	Liverpool P & S	31.70	7	D1
5	150	Adam Bennett	Blackpool Wyre & Fylde	4.10	7	D1	3	159	Helen Ruth Goodwill	Burnley AC	18.49	5	D2
Under 13 Boys Javelin							Under 17 Women 100m						
1	347	Peter Talks	Lancaster & Morecambe	24.35	7	D2	1	150	Natasha Trajanovski	Blackpool Wyre & Fylde	12.8	7	D1
2	26	Dylan Meacock	Barrow & Furness	11.81	5	D2	2	376	Gretta Morton	Leven Valley AC	13.3	7	D2
3	23	Lewis Jupp-Jackson	Barrow & Furness	10.21	4	D2	3	126	Millie Haden-Brown	Blackpool Wyre & Fylde	13.4	5	D1
Senior Women 100m							4	286	Rebecca Savarin	Chorley AC & Tri	13.5	5	D2
1	448	Anita Saunders	Pendle AC	13.8	7	D2	5	356	Isla Roberts	Lancaster & Morecambe	14.2	4	D1
2	133	Katie Longbottom	Blackpool Wyre & Fylde	15.0	7	D1	6	373	Sophie Leadbetter	Leven Valley AC	15.1	4	D2
3	416	Laura Purdy	Liverpool P & S	15.4	5	D1	Under 17 Women 200m heat 1						
4	336	Paula Heaton	Kirkby Milers AC	19.8	5	D2	1	20	Mahiya Mohan	Barrow & Furness Striders	27.5		
Senior Women 200m							2	376	Gretta Morton	Leven Valley AC	27.6		
1	474	Katie Jane Littlefair	Preston Harriers	26.8	7	D1	3	126	Millie Haden-Brown	Blackpool Wyre & Fylde	28.3		
2	448	Anita Saunders	Pendle AC	29.7	7	D2	4	356	Isla Roberts	Lancaster & Morecambe	30.2		
3	603	Fiona Steele (NC)	Law & District AAC	30.3			5	373	Sophie Leadbetter	Leven Valley AC	31.7		
4	133	Katie Longbottom	Blackpool Wyre & Fylde	32.8	5	D1	Under 17 Women 200m heat 2						
5	416	Laura Purdy	Liverpool P & S	33.6	4	D1	1	150	Natasha Trajanovski	Blackpool Wyre & Fylde	26.7		
6	336	Paula Heaton	Kirkby Milers AC	43.7	5	D2	2	606	Thia Grice	Kendal Amateur Athletic C	27.2		
Senior Women 400m							3	250	Brooke Wilson	Carlisle Aspatria AC	28.6		
1	603	Fiona Steele (NC)	Law & District AAC	72.1			4	305	Heidi Sagar-Moss	Hyndburn Ac	31.6		
2	433	Sarah Beck	Lytham St Annes	81.5	7	D2	Under 17 Women 200m overall						
Senior Women 800m							1	150	Natasha Trajanovski	Blackpool Wyre & Fylde	26.7	7	D1
1	474	Katie Jane Littlefair	Preston Harriers	31.1	7	D1	2	606	Thia Grice	Kendal AAC	27.2	5	D1
Senior Women 1500m							3	20	Mahiya Mohan	Barrow & Furness	27.5	7	D2
1	604	Charlotte Douglas (NC)	North East Project	5:52.8			4	376	Gretta Morton	Leven Valley AC	27.6	5	D2
2	381	Heather Travis	Leven Valley AC	5:59.2	7	D2	5	126	Millie Haden-Brown	Blackpool Wyre & Fylde	28.3	4	D1
3	388	Tracy Berry	Liverpool P & S	6:19.3	7	D1	6	250	Brooke Wilson	Carlisle Aspatria AC	28.6	4	D2
4	414	Lisa Procter	Liverpool P & S	6:19.8	5	D1	7	356	Isla Roberts	Lancaster & Morecambe	30.2	3	D1
5	392	Katherine Clancy	Liverpool P & S	6:42.7			8	305	Heidi Sagar-Moss	Hyndburn AC	31.6	3	D2
6	419	Sharon Roberts	Liverpool P & S	7:10.8			9	373	Sophie Leadbetter	Leven Valley AC	31.7	2	D2
Senior Women 3000m													
1	282	Bethany Reid	Chorley AC & Tri	10:19.9	7	D2							
2	414	Lisa Procter	Liverpool P & S	12:40.8	7	D1							



Under 17 Women 300m							Under 15 Girls 100m heat 1						
1	20	Mahiya Mohan	Barrow & Furness	45.6	7	D2	1	118	Camilla Coupe	Blackpool Wyre & Fylde AC	12.8		
2	250	Brooke Wilson	Carlisle Aspatria AC	47.3	5	D2	2	553	Elody Hill	Wigan & District H & AC	13.6		
3	480	Holly Moffatt	Preston Harriers	50.6	7	D1	3	594	Evelyn Bell (NC)	Annan & District AC	13.8		
Under 17 Women 800m							Under 15 Girls 100m heat 2						
1	312	Kate Collin	Kendal AAC	2:28.3	7	D1	1	453	Isla Bamber	Preston Harriers	13.8		
2	377	Honor Morton	Leven Valley AC	2:37.6	7	D2	2	470	Jasmine Houghton	Preston Harriers	14.6		
3	480	Holly Moffatt	Preston Harriers	2:37.8	5	D1	3	456	Lula Cairns	Preston Harriers	14.7		
4	244	Lucy Knott	Carlisle Aspatria AC	2:39.4	5	D2	4	410	Millie Oliver	Liverpool Pembroke & Sef	14.7		
5	321	Holly Jenner	Kendal AAC	2:41.1	4	D1	5	248	Christina Monkhouse	Carlisle Aspatria AC	15.5		
Under 17 Women 1500m							Under 15 Girls 100m heat 3						
1	355	Isabelle Murphy	Lancaster & Morecambe	5:14.5	7	D1	1	426	Gabrielle Taylor	Liverpool Pembroke & Sef	13.0		
2	312	Kate Collin	Kendal AAC	5:23.0	5	D1	2	597	Skye Dagleish (NC)	Annan & District AC	14.4		
3	599	Bella Tiffin-Lowe (NC)	Border Harriers & AC	5:41.5			3	582	Chloe Skett	Wigan & District H & AC	14.8		
4	350	Erin Gillan	Lancaster & Morecambe	6:05.0	4	D1	4	519	Eva Willetts	Southport Waterloo AC	14.8		
Under 17 Women 3000m							Under 15 Girls 100m overall						
1	602	Isabella Wright (NC)	Keighley & Craven AC	10:54.7			1	118	Camilla Coupe	Blackpool Wyre & Fylde	12.8	7	D1
2	363	Marina Bailey	Leven Valley AC	11:02.6	7	D2	2	426	Gabrielle Taylor	Liverpool P & S	13.0	5	D1
3	320	Millie Jebb	Kendal AAC	11:18.2	7	D1	3	553	Elody Hill	Wigan & District	13.6	7	D2
4	512	Sydney Monahan Clarkson	Southport Waterloo	11:31.3	5	D1	4	594	Evelyn Bell (NC)	Annan & District AC	13.8		
5	370	Ellen Douglas	Leven Valley AC	11:50.7	5	D2	5	453	Isla Bamber	Preston Harriers	13.8	4	D1
6	364	Iona Barrowdale-Smith	Leven Valley AC	12:37.6			6	313	Lara Collin	Kendal AAC	14.1	3	D1
Under 17 Women High Jump							7	597	Skye Dagleish (NC)	Annan & District AC	14.4		
1	355	Isabelle Murphy	Lancaster & Morecambe	1.50	7	D1	8	470	Jasmine Houghton	Preston Harriers	14.6	2	D1
2	350	Erin Gillan	Lancaster & Morecambe	1.40	5	D1	9	456	Lula Cairns	Preston Harriers	14.7		
Under 17 Women Long Jump							10	410	Millie Oliver	Liverpool P & S	14.7	1	D1
1	606	Thia Grice	Kendal AAC	4.77	7	D1	11	582	Chloe Skett	Wigan & District	14.8	5	D2
2	286	Rebecca Savarin	Chorley AC & Tri	4.30	7	D2	12	519	Eva Willetts	Southport Waterloo	14.8		
3	376	Gretta Morton	Leven Valley AC	4.10	5	D2	13	248	Christina Monkhouse	Carlisle Aspatria AC	15.5	4	D2
4	126	Millie Haden-Brown	Blackpool Wyre & Fylde	3.89	5	D1	Under 15 Girls 200m heat 1						
5	305	Heidi Sagar-Moss	Hyndburn AC	3.74	4	D2	1	607	Emmy Ranner	Kendal Amateur Athletic C	29.1		
6	373	Sophie Leadbetter	Leven Valley AC	3.21	3	D2	2	597	Skye Dagleish (NC)	Annan & District AC	31.3		
Under 17 Women Triple Jump							3	354	Alice Lupton	Lancaster & Morecambe A	31.7		
1	286	Rebecca Savarin	Chorley AC & Tri	10.32	7	D2	4	582	Chloe Skett	Wigan & District H & AC	31.9		
2	356	Isla Roberts	Lancaster & Morecambe	9.44	7	D1	5	248	Christina Monkhouse	Carlisle Aspatria AC	32.6		
Under 17 Women Shot							Under 15 Girls 200m heat 2						
1	521	Yasmin Baker	Wigan & District	12.03	7	D2	1	118	Camilla Coupe	Blackpool Wyre & Fylde AC	26.6		
2	606	Thia Grice	Kendal AAC	8.71	7	D1	2	311	Anna Cobley	Kendal Amateur Athletic C	28.9		
3	305	Heidi Sagar-Moss	Hyndburn AC	7.15	5	D2	3	11	Grace Hartley	Barrow & Furness Striders	30.7		
4	398	Isabelle Grayson	Liverpool P & S	6.11	5	D1	4	344	Eve Briffett	Lancaster & Morecambe A	32.2		
5	541	Lilly Grace Earles	Wigan & District H & AC	32.8			Under 15 Girls 200m heat 3						
Under 17 Women Discus							1	456	Lula Cairns	Preston Harriers	30.5		
1	521	Yasmin Baker	Wigan & District	20.43	7	D2	2	328	Rosie Scott	Kendal Amateur Athletic C	30.6		
Under 17 Women Javelin							3	313	Lara Collin	Kendal Amateur Athletic C	31.0		
1	521	Yasmin Baker	Wigan & District	26.13	7	D2	4	595	Scarlett Bell (NC)	Annan & District AC	31.4		
Under 17 Women Hammer							5	519	Eva Willetts	Southport Waterloo AC	32.0		
1	608	Holly Ivison (NC)	Border Harriers & AC	31.75			6	349	Tilly Dowthwaite	Lancaster & Morecambe A	34.2		
2	398	Isabelle Grayson	Liverpool P & S	20.37	7	D1							



Under 15 Girls 200m overall					
1	118	Camilla Coupe	Blackpool Wyre & Fylde	26.6	7 D1
2	311	Anna Cobley	Kendal AAC	28.9	5 D1
3	607	Emmy Ranner	Kendal AAC	29.1	4 D1
4	456	Lula Cairns	Preston Harriers	30.5	3 D1
5	328	Rosie Scott	Kendal AAC	30.6	
6	11	Grace Hartley	Barrow & Furness	30.7	7 D2
7	313	Lara Collin	Kendal AAC	31.0	
8	597	Skye Dalgleish (NC)	Annan & District AC	31.3	
9	595	Scarlett Bell (NC)	Annan & District AC	31.4	
10	354	Alice Lupton	Lancaster & Morecambe	31.7	2 D1
11	582	Chloe Skett	Wigan & District	31.9	5 D2
12	519	Eva Willetts	Southport Waterloo	32.0	1 D1
13	344	Eve Briffett	Lancaster & Morecambe	32.2	
14	248	Christina Monkhouse	Carlisle Aspatria AC	32.6	4 D2
15	541	Lilly Grace Earles	Wigan & District	32.8	3 D2
16	349	Tilly Douthwaite	Lancaster & Morecambe	34.2	

Under 15 Girls 1500m					
1	327	Isla Pearman	Kendal AAC	5:19.9	7 D1
2	319	Isla Jebb	Kendal AAC	5:23.4	5 D1
3	354	Alice Lupton	Lancaster & Morecambe	5:54.9	4 D1
4	371	Katelyn Douglas	Leven Valley AC	6:00.1	7 D2

Under 15 Girls 75m Hurdles					
1	284	Millie Reid	Chorley AC & Tri	14.9	7 D2
2	283	Isobel Reid	Chorley AC & Tri	14.9	5 D2

Under 15 Girls High Jump					
1	464	Kara Giddins	Preston Harriers	1.43	7 D1
2	410	Millie Oliver	Liverpool P & S	1.40	5 D1
3	470	Jasmine Houghton	Preston Harriers	1.35	4 D1
=	426	Gabrielle Taylor	Liverpool P & S	1.35	3 D1
5	383	Poppy Abraham	Liverpool P & S	1.35	
6	313	Lara Collin	Kendal AAC	1.20	2 D1
7	352	Olivia Hemingway	Lancaster & Morecambe	1.10	1 D1

Under 15 Girls 300m heat 1					
1	607	Emmy Ranner	Kendal Amateur Athletic C	47.2	
2	283	Isobel Reid	Chorley Athletic And Tria	49.2	
3	456	Lula Cairns	Preston Harriers	50.9	
4	328	Rosie Scott	Kendal Amateur Athletic C	51.0	
5	595	Scarlett Bell (NC)	Annan & District AC	52.8	

Under 15 Girls 300m heat 2					
1	311	Anna Cobley	Kendal Amateur Athletic C	46.2	
2	284	Millie Reid	Chorley Athletic And Tria	47.8	
3	594	Evelyn Bell (NC)	Annan & District AC	48.2	
4	358	Rahael Talks	Lancaster & Morecambe A	55.2	

Under 15 Girls 300m overall					
1	311	Anna Cobley	Kendal AAC	46.2	7 D1
2	607	Emmy Ranner	Kendal AAC	47.2	5 D1
3	284	Millie Reid	Chorley AC & Tri	47.8	7 D2
4	594	Evelyn Bell (NC)	Annan & District AC	48.2	
5	283	Isobel Reid	Chorley AC & Tri	49.2	5 D2
6	456	Lula Cairns	Preston Harriers	50.9	4 D1
7	328	Rosie Scott	Kendal AAC	51.0	
8	595	Scarlett Bell (NC)	Annan & District AC	52.8	
9	358	Rahael Talks	Lancaster & Morecambe	55.2	3 D1

Under 15 Girls 800m					
1	311	Anna Cobley	Kendal AAC	2:28.5	7 D1
2	607	Emmy Ranner	Kendal AAC	2:32.6	5 D1
3	329	Lily Slater	Kendal AAC	2:33.2	
4	192	Faye Gribbin	Bury AC	2:34.0	7 D2
5	283	Isobel Reid	Chorley AC & Tri	2:36.0	5 D2
6	284	Millie Reid	Chorley AC & Tri	2:36.3	4 D2
7	316	Tess Evans	Kendal AAC	2:37.6	
8	344	Eve Briffett	Lancaster & Morecambe	2:45.4	4 D1
9	328	Rosie Scott	Kendal AAC	2:52.1	
10	358	Rahael Talks	Lancaster & Morecambe	2:58.9	3 D1
11	349	Tilly Douthwaite	Lancaster & Morecambe	3:00.1	
12	352	Olivia Hemingway	Lancaster & Morecambe	3:07.4	

Under 15 Girls Long Jump					
1	426	Gabrielle Taylor	Liverpool P & S	4.64	7 D1
2	462	Abbie Ely	Preston Harriers	4.59	5 D1
3	453	Isla Bamber	Preston Harriers	4.48	4 D1
4	464	Kara Giddins	Preston Harriers	4.23	
5	470	Jasmine Houghton	Preston Harriers	3.95	
6	595	Scarlett Bell (NC)	Annan & District AC	3.88	
7	383	Poppy Abraham	Liverpool P & S	3.73	3 D1
8	11	Grace Hartley	Barrow & Furness	3.67	7 D2
9	410	Millie Oliver	Liverpool P & S	3.65	
10	597	Skye Dalgleish (NC)	Annan & District AC	3.60	
11	536	Sophie Carrington	Wigan & District	3.31	5 D2
12	354	Alice Lupton	Lancaster & Morecambe	3.28	2 D1
13	541	Lilly Grace Earles	Wigan & District	3.27	4 D2
14	344	Eve Briffett	Lancaster & Morecambe	3.17	1 D1
15	352	Olivia Hemingway	Lancaster & Morecambe	3.13	
16	349	Tilly Douthwaite	Lancaster & Morecambe	3.02	
17	358	Rahael Talks	Lancaster & Morecambe	2.88	
18	519	Eva Willetts	Southport Waterloo	2.85	
19	553	Elody Hill	Wigan & District	0.00	

Under 15 Girls Shot					
1	462	Abbie Ely	Preston Harriers	9.04	7 D1
2	391	Margaret-isobel Casey	Liverpool P & S	8.38	5 D1
3	453	Isla Bamber	Preston Harriers	7.28	4 D1
4	590	Ava Wareing	Wigan & District	5.64	7 D2
5	240	Isla Armstrong	Carlisle Aspatria AC	5.41	5 D2
6	111	Georgia Allmark	Blackpool Wyre & Fylde	4.22	3 D1

Under 15 Girls Discus					
1	391	Margaret-isobel Casey	Liverpool P & S	20.31	7 D1
2	111	Georgia Allmark	Blackpool Wyre & Fylde	13.61	5 D1

Under 15 Girls Javelin					
1	11	Grace Hartley	Barrow & Furness	25.74	7 D2
2	383	Poppy Abraham	Liverpool P & S	23.92	7 D1
3	590	Ava Wareing	Wigan & District	21.24	5 D2
4	111	Georgia Allmark	Blackpool Wyre & Fylde	13.16	5 D1
5	541	Lilly Grace Earles	Wigan & District	11.81	4 D2



Under 15 Girls Hammer						
1	391	Margaret-isobel Casey	Liverpool P & S	42.02	7	D1
2	240	Isla Armstrong	Carlisle Aspatria AC	18.22	7	D2
3	590	Ava Wareing	Wigan & District	11.13	5	D2

Under 13 Girls 100m heat 1						
1	243	Amy Johnstone	Carlisle Aspatria AC	12.8		
2	135	Adleigh McCunnell	Blackpool Wyre & Fylde A	14.6		
3	309	Mila Barron	Kendal Amateur Athletic C	14.9		
4	536	Sophie Carrington	Wigan & District H & AC	15.2		
5	247	Ada Monkhouse	Carlisle Aspatria AC	16.5		

Under 13 Girls 100m heat 2						
1	397	Jessica Gamble	Liverpool Pembroke & Sef	14.3		
2	380	Madisyn Strydom	Leven Valley AC	14.3		
3	119	Lola Cowell	Blackpool Wyre & Fylde AC	14.9		
4	596	Ava Cubbon (NC)	Annan & District AC	15.3		
5	323	Emily Ladell	Kendal Amateur Athletic C	15.9		
6	343	Alice Briffett	Lancaster & Morecambe A	16.8		

Under 13 Girls 100m heat 3						
1	130	Grace Kirkham	Blackpool Wyre & Fylde AC	15.5		
2	335	Melissa Cameron	Kirkby Milers AC	15.6		
3	251	Macey Wilson	Carlisle Aspatria AC	18.4		

Under 13 Girls 100m overall						
1	243	Amy Johnstone	Carlisle Aspatria AC	12.8	7	D2
2	397	Jessica Gamble	Liverpool P & S	14.3	7	D1
3	380	Madisyn Strydom	Leven Valley AC	14.3	5	D2
4	135	Adleigh McCunnell	Blackpool Wyre & Fylde	14.6	5	D1
5	309	Mila Barron	Kendal AAC	14.9	4	D1
6	119	Lola Cowell	Blackpool Wyre & Fylde	14.9	3	D1
7	536	Sophie Carrington	Wigan & District	15.2	4	D2
8	596	Ava Cubbon (NC)	Annan & District AC	15.3		
9	130	Grace Kirkham	Blackpool Wyre & Fylde	15.5		
10	335	Melissa Cameron	Kirkby Milers AC	15.6	3	D2
11	323	Emily Ladell	Kendal AAC	15.9	2	D1
12	247	Ada Monkhouse	Carlisle Aspatria AC	16.5	2	D2
13	343	Alice Briffett	Lancaster & Morecambe	16.8	1	D1
14	251	Macey Wilson	Carlisle Aspatria AC	18.4		

Under 13 Girls 200m heat 1						
1	243	Amy Johnstone	Carlisle Aspatria AC	27.6		
2	397	Jessica Gamble	Liverpool Pembroke & Sef	30.2		
3	598	Mollie Phillips (NC)	Annan & District AC	31.3		
4	135	Adleigh McCunnell	Blackpool Wyre & Fylde A	32.4		
5	343	Alice Briffett	Lancaster & Morecambe A	37.2		

Under 13 Girls 200m heat 2						
1	380	Madisyn Strydom	Leven Valley AC	30.6		
2	119	Lola Cowell	Blackpool Wyre & Fylde A	32.4		
3	130	Grace Kirkham	Blackpool Wyre & Fylde AC	33.7		
4	247	Ada Monkhouse	Carlisle Aspatria AC	36.8		
5	251	Macey Wilson	Carlisle Aspatria AC	38.5		

Under 13 Girls 200m overall						
1	243	Amy Johnstone	Carlisle Aspatria AC	27.6	7	D2
2	397	Jessica Gamble	Liverpool P & S	30.2	7	D1
3	380	Madisyn Strydom	Leven Valley AC	30.6	5	D2
4	598	Mollie Phillips (NC)	Annan & District AC	31.3		
5	135	Adleigh McCunnell	Blackpool Wyre & Fylde	32.4	5	D1
6	119	Lola Cowell	Blackpool Wyre & Fylde	32.4	4	D1
7	130	Grace Kirkham	Blackpool Wyre & Fylde	33.7		
8	247	Ada Monkhouse	Carlisle Aspatria AC	36.8	4	D2
9	343	Alice Briffett	Lancaster & Morecambe	37.2	3	D1
10	251	Macey Wilson	Carlisle Aspatria AC	38.5		

Under 13 Girls 800m						
1	562	Katie-louise Malley	Wigan & District	2:31.8	7	D2
2	309	Mila Barron	Kendal AAC	2:38.3	7	D1
3	452	Georgina Andrews	Preston Harriers	2:42.8	5	D1
4	375	Imogen Moore	Leven Valley AC	2:43.8	5	D2
5	359	Mia Thistlethwaite	Lancaster & Morecambe	2:51.4	4	D1
6	335	Melissa Cameron	Kirkby Milers AC	2:56.6	4	D2

Under 13 Girls 1500m						
1	598	Mollie Phillips (NC)	Annan & District AC	6:23.5		

Under 13 Girls 70m Hurdles						
1	452	Georgina Andrews	Preston Harriers	13.5	7	D1

Under 13 Girls High Jump						
1	596	Ava Cubbon (NC)	Annan & District AC	1.05		

Under 13 Girls Long Jump						
1	243	Amy Johnstone	Carlisle Aspatria AC	4.25	7	D2
2	596	Ava Cubbon (NC)	Annan & District AC	3.61		
3	598	Mollie Phillips (NC)	Annan & District AC	3.40		
4	397	Jessica Gamble	Liverpool P & S	3.26	7	D1
5	335	Melissa Cameron	Kirkby Milers AC	3.24	5	D2
6	323	Emily Ladell	Kendal AAC	3.04	5	D1
7	343	Alice Briffett	Lancaster & Morecambe	3.00	4	D1
8	135	Adleigh McCunnell	Blackpool Wyre & Fylde	2.97	3	D1
9	562	Katie-louise Malley	Wigan & District	2.94	4	D2
10	130	Grace Kirkham	Blackpool Wyre & Fylde	2.93	2	D1
11	247	Ada Monkhouse	Carlisle Aspatria AC	2.64	3	D2
12	119	Lola Cowell	Blackpool Wyre & Fylde	2.59		
13	251	Macey Wilson	Carlisle Aspatria AC	2.52		

Under 13 Girls Shot						
1	122	Nevaeh Fenton	Blackpool Wyre & Fylde	5.69	7	D1
2	304	Esther Sagar-Moss	Hyndburn AC	5.39	7	D2

Under 13 Girls Discus						
1	122	Nevaeh Fenton	Blackpool Wyre & Fylde	20.88	7	D1
2	304	Esther Sagar-Moss	Hyndburn AC	14.46	7	D2

Under 13 Girls Javelin						
1	304	Esther Sagar-Moss	Hyndburn AC	25.91	7	D2
2	122	Nevaeh Fenton	Blackpool Wyre & Fylde	0.00		



Female Division 1

(Doesn't include officials points)

Liverpool Pembroke & Sefton H AC	133
Blackpool Wyre & Fylde AC	110
Kendal Amateur Athletic Club	110
Preston Harriers	82
Lancaster & Morecambe AC	69
Southport Waterloo AC	6

Female Division 2

(Doesn't include officials points)

Wigan & District H & AC	119
Leven Valley AC	74
Carlisle Aspatria AC	64
Chorley Athletic and Triathlon Club	59
Barrow & Furness Striders AC	35
Hyndburn AC	33
Kirkby Milers AC	27
Pendle Athletic Club	21
Bury Athletic Club	7
Lytham St Annes RR Club	7
Burnley AC	5

Male Division 1

(Doesn't include officials points)

Liverpool Pembroke & Sefton H AC	158
Carlisle Aspatria AC	95
Kirkby Milers AC	62
Blackpool Wyre & Fylde AC	33
Southport Waterloo AC	14
Blackburn Harriers & AC	7

Male Division 2

(Doesn't include officials points)

Lancaster & Morecambe AC	107
Kendal Amateur Athletic Club	101
Chorley Athletic and Triathlon Club	98
Barrow & Furness Striders AC	64
Wigan & District H & AC	57
Leven Valley AC	35
Burnley AC	17
Pendle Athletic Club	15
Lytham St Annes RR Club	9
Bury Athletic Club	7
Hyndburn AC	7