

NMAC TRACK RESULTS 26th July 2026

5000M

| Place | Heat 1<br>result | 11am                | age group | Club                                 |
|-------|------------------|---------------------|-----------|--------------------------------------|
| 1     | 0:16:56.06 M     | Gareth Sampson      | M45       | Rotherham Harriers And Ac            |
| 2     | 0:17:30.59 M     | Alastair Glossop    | M50       | Hallamshire Harriers Sheffield       |
| 3     | 0:17:46.53 M     | Dan Atkinson        | M45       | Chorlton Runners                     |
| 4     | 0:18:02.05 M     | Robert Walsh        | M50       | Chorley Athletic And Triathlon Club  |
| 5     | 0:18:48.92 M     | Malcolm Baggaley    | M40       | Steel City Striders RC               |
| 6     | 0:18:57.39 M     | James Oldham        | M35       | Blackley North Manchester AC         |
| 7     | 0:19:00.11 M     | Robert Jackson      | M60       | Northern Masters AC                  |
| 8     | 0:19:00.68 M     | David Thomas        | M45       | Barton & District AC                 |
| 9     | 0:20:12.57 M     | Ian Fraser          | M60       | East Cheshire Harriers & Tameside AC |
| 10    | 0:20:22.64 M     | Lee Spink           | M55       | Doncaster Athletic Club              |
| 11    | 0:20:48.78 M     | Grant Gunn-Anderson | M35       | Salford Harriers & AC                |
| 12    | 0:21:17.30 M     | David Levis         | M60       | Northern Masters AC                  |

5000M

| Place | Heat 2<br>Result | 11.30am           | age group | club                        |
|-------|------------------|-------------------|-----------|-----------------------------|
| 1     | 0:19:26.54 F     | Caroline Brock    | W40       | Steel City Striders RC      |
| 2     | 0:19:26.80 M     | Paul Buckley      | M65       | Chester Road Runners        |
| 3     | 0:19:44.62 M     | Steve Nolan       | M65       | Burnden Road Runners        |
| 4     | 0:19:57.51 M     | Chris Ireland     | M65       | Steel City Striders RC      |
| 5     | 0:20:51.59 M     | Anthony Barbat    | M65       | Wallasey Athletic Club      |
| 6     | 0:21:43.56 F     | Joy Hickman       | W60       | West Cheshire Athletic Club |
| 7     | 0:23:36.08 F     | Sarah Ledbury     | W50       | Northern Masters AC         |
| 8     | 0:23:42.53 F     | Dorothy Kesterton | W70       | Steel City Striders RC      |
| 9     | 0:23:44.68 M     | Stephen Bowden    | M70       | Warrington A C              |
| 10    | 0:24:21.32 F     | Linda Bowden      | W50       | Warrington A C              |
| 11    | 0:24:55.28 F     | Rachel Barrett    | W50       | Northern Masters AC         |
| 12    | 0:25:45.52 M     | Francis MacKin    | M75       | Burnden Road Runners        |
| 13    | 0:28:18.69 M     | Alan Jenkinson    | M75       | Styal Running Club          |
| 14    | 0:31:50.43 M     | William Haygarth  | M70       | Abbey Runners               |

400m

| Place | Heat 1<br>Result | Name             | age group | club                        |
|-------|------------------|------------------|-----------|-----------------------------|
| 1     | 52.83 M          | Alfie Harrison   | U18       | Trafford Athletic Club      |
| 2     | 52.97 M          | Drew Bradley     | SM        | Crewe and Nantwich AC       |
| 3     | 54.61 M          | Cassian Williams | U16       | Liverpool Harriers & AC     |
| 4     | 55.19 M          | Alan Littler     | M35       | West Cheshire Athletic Club |

400m

| Place | Heat 2  | Name           | age group | Club                            |
|-------|---------|----------------|-----------|---------------------------------|
| 1     | 54.45 M | Bernard Ward   | M50       | Trafford Athletic Club          |
| 2     | 55.00 M | Adam Bellis    | M45       | Trafford Athletic Club          |
| 3     | 56.14 M | Andrew Parker  | M45       | West Cheshire Athletic Club     |
| 4     | 56.47 M | Ashley Walden  | M40       | Vale of York Athletic Community |
| 5     | 60.62 M | Kieran O'Brien | M50       | Spenborough & Dist AC           |

400m

| Heat 3<br>result | Name | 12.23pm<br>Club |
|------------------|------|-----------------|
|------------------|------|-----------------|

|       |        |           |                       |           |                                  |
|-------|--------|-----------|-----------------------|-----------|----------------------------------|
|       | 1      | 64.46 M   | Matt Thompson         | M55       | Liverpool Pembroke & Sefton H AC |
|       | 2      | 64.59 M   | Neil Fowler           | M55       | Crewe and Nantwich AC            |
|       | 3      | 67.4 M    | Andy Hall             | M55       | Northern Masters AC              |
| 400m  | Heat 4 |           |                       |           | 12.27pm                          |
| Place | Result |           | Name                  |           | Club                             |
|       | 1      | 63.77 M   | Ian Nuttall           | M60       | Prestwich AC                     |
|       | 2      | 64.97 M   | David Levis           | M60       | Northern Masters AC              |
|       | 3      | 78.49 M   | Mark Wycherley        | M60       | Keighley & Craven AC             |
| 400m  | Heat 5 |           |                       |           | 12.31pm                          |
| Place | Result |           | Name                  |           | Club                             |
|       | 1      | 1.16.31 M | Geoffrey Pearson      | M75       | Northern Masters AC              |
|       | 2      | 1.17.01 M | Paul Christie         | M70       | Burnden Road Runners             |
|       | 3      | 1.17.58 M | Graham Webster        | M70       | Northern Masters AC              |
|       | 4      | 1.28.99 M | Rod Scholes           | M80       | Barnsley Athletic Club           |
|       | 5      | 1.58.98 M | David Cowgill         | M80       | Northern Masters AC              |
| 400m  | Heat 6 |           |                       |           | 12.38pm                          |
| Place | Result |           | Name                  | Age Group | Club                             |
|       | 1      | 59.31 F   | Liz Duke              | W45       | Chesterfield & District AC       |
|       | 2      | 59.69 F   | Katie Whittle         | W35       | Bolton United Harriers & AC      |
|       | 3      | 1.07.45 F | Ruth Hirst            | W35       | City of York AC                  |
|       | 4      | 1.07.70 F | Alina Stepanchuk      | W45       | Northern Masters AC              |
| 400m  | Heat 7 |           |                       |           | 12.42pm                          |
| Place | Result |           | Name                  | Age Group | Club                             |
|       | 1      | 1.10.30 F | Anita Saunders        | W55       | Pendle Athletic Club             |
|       | 2      | 1.11.31 F | Joanna Turner         | W35       | Swinton Running Club             |
|       | 3      | 1.16.21 F | Kate Scott            | W60       | Steel City Striders RC           |
|       | 4      | 1.23.67 F | Katherine Winrow      | W60       | Northern Masters AC              |
| 100m  | Heat 1 |           |                       | wind -0.5 | 12.50pm                          |
| Place | Result |           | Name                  | Age Group | Club                             |
|       | 1      | 11.24 M   | Reece Bradley         | U20       | Crewe and Nantwich AC            |
|       | 2      | 11.57 M   | Alfie Harrison        | U18       | Trafford Athletic Club           |
|       | 3      | 11.67 M   | Dominic Bradley       | M45       | Crewe and Nantwich AC            |
|       | 4      | 11.72 M   | Tristan Lamprecht     | U18       | Macclesfield Harriers & AC       |
|       | 5      | 11.99 M   | James Parmer          | M35       | City of York AC                  |
| 100m  | Heat 2 |           |                       | wind -0.4 | 12.54pm                          |
| Place | Result |           | Name                  | Age Group | Club                             |
|       | 1      | 11.84 M   | William McDonald      | M35       | Macclesfield Harriers & AC       |
|       | 2      | 11.86 M   | Andrew Boyd           | M40       | Wirral AC                        |
|       | 3      | 12.52 M   | Andrew Parker         | M45       | West Cheshire Athletic Club      |
|       | 4      | 12.76 M   | Richard Cordwell      | M45       | Horwich R M I Harriers           |
| 100m  | Heat 3 |           |                       | wind -0.2 | 12.58pm                          |
| Place | Result |           | Name                  | Age Group | Club                             |
|       | 1      | 12.02 M   | Richard Higson-Blythe | M50       | Wakefield District H & AC        |
|       | 2      | 12.57 M   | Christopher Burgess   | M50       | Southport Waterloo AC            |
|       | 3      | 13.64 M   | Matt Hanson           | M50       | Manchester Harriers & AC         |
|       | 4      | 14.66 M   | Guy Grundy            | M50       | Sale Harriers Manchester         |

|       |           |         |                    |           |                                             |
|-------|-----------|---------|--------------------|-----------|---------------------------------------------|
| 100m  | Heat 4    |         |                    | wind -0.5 | 1.02pm                                      |
| Place | Result    | Name    | Age Group          | Club      |                                             |
|       | 1         | 12.95 M | Malcolm McPhail    | M55       | Northern Masters AC                         |
|       | 2         | 13.00 M | Adrian James       | M60       | Kidderminster and Stourport                 |
|       | 3         | 13.68 M | Ian McPhail        | M55       | Wigan & District H & AC                     |
|       | 4         | 14.95 M | Justin Thompson    | M55       | Altrincham & District Athletic Club Limited |
| 100m  | Heat 5    |         |                    | wind +0.4 | 1.06pm                                      |
| Place | Result    | Name    | Age Group          | Club      |                                             |
|       | 1         | 14.20 M | Ian Scholes        | M65       | Trafford Athletic Club                      |
|       | 2         | 18.07 M | Geoffrey Beattie   | M70       | Sale Harriers Manchester                    |
|       | 3         | 19.67 M | William Corcoran   | M75       | Northern Masters AC                         |
|       | 4         | 20.54 M | Tony Bowman        | M90       | Leeds City Athletic Club                    |
|       | 5         | 23.93 M | David Cowgill      | M80       | Northern Masters AC                         |
|       | 6         | 23.99 M | Barry Chapman      | M80       | Altrincham & District Athletic Club Limited |
| 100m  | heat 6    |         |                    | wind -1.5 | 1.14pm                                      |
| Place | Result    | Name    | Age Group          | Club      |                                             |
|       | 1         | 13.48 F | Chidinma Agwu      | W40       | Trafford Athletic Club                      |
|       | 2         | 13.66 F | Amanda Potter      | W40       | Wakefield District H & AC                   |
|       | 3         | 13.85 F | Kandis Watson      | W40       | Blyth Running Club                          |
|       | 4         | 13.92 F | Hannah Wotherspoon | W40       | Wigan & District H & AC                     |
|       | 5         | 13.95 F | Cher Skeete        | W35       | Liverpool Harriers & AC                     |
|       | 6         | 14.73 F | Joanna Turner      | W35       | Swinton Running Club                        |
| 100m  | heat 7    |         |                    | wind -0.5 | 1.18pm                                      |
| Place | Result    | Name    | Age Group          | Club      |                                             |
|       | 1         | 13.05 F | Maria Morganella   | W45       | Wigan & District H & AC                     |
|       | 2         | 13.15 F | Tracey Ashworth    | W50       | Northern Masters AC                         |
|       | 3         | 13.82 F | Naana Adusei       | W45       | Sale Harriers Manchester                    |
|       | 4         | 15.27 F | Rebecca Seaton     | W40       | Border Harriers & AC                        |
|       | 5         | 16.21 F | Sarah Ormshaw      | W45       | Wigan & District H & AC                     |
| 100m  | heat 8    |         |                    | wind +0.5 | 1.22pm                                      |
| Place | Result    | Name    | Age Group          | Club      |                                             |
|       | 1         | 13.84 F | Anita Saunders     | W55       | Pendle Athletic Club                        |
|       | 2         | 14.79 F | Julie Hicken       | W60       | Warrington A C                              |
|       | 3         | 15.55 F | Debra Casson       | W55       | Northern Masters AC                         |
|       | 4         | 16.26 F | Angela Kelly       | W65       | Northern Masters AC                         |
|       | 5         | 16.58 F | Lesley Willis      | W60       | Rugby & Northampton AC                      |
|       | 6         | 17.17 F | Gracie Davies      | U14       | St Helens Sutton AC                         |
| 100m  | Heat 10   |         |                    | wind -0.7 | 1.26pm                                      |
| Place | Result    | Name    | Age Group          | Club      |                                             |
|       | 1         | 16.78 F | Ilse Hemming       | W70       | Bolton United Harriers & AC                 |
|       | 2         | 21.58 F | Alison Arrowsmith  | W70       | Northern Masters AC                         |
|       | 3         | 27.56 F | Mary Parker        | W75       | Northern Masters AC                         |
|       | 4         | 32.58 F | Prisilla Shiel     | W75       | Northern Masters AC                         |
| 800m  | heat 1    |         |                    |           | 2pm                                         |
| Place | Result    | Name    | Age Group          | Club      |                                             |
|       | 1 2.02.75 | M       | Michael Corbishley | M40       | Rossendale Harriers & AC                    |
|       | 2 2.04.91 | MM      | Luke Harreld       | M35       | Bury Athletic Club                          |
|       | 3 2.06.46 | M       | Alan Littler       | M35       | West Cheshire Athletic Club                 |

|   |         |   |                 |     |                        |
|---|---------|---|-----------------|-----|------------------------|
| 4 | 2.11.74 | M | David Burlton   | M40 | City of York AC        |
| 5 | 2.13.62 | F | Megan Ledden    | SW  | City of York AC        |
| 6 | 2.22.16 | M | William Gourley | M45 | Rothwell Harriers & AC |

|       |         |   |                   |           |                                  |
|-------|---------|---|-------------------|-----------|----------------------------------|
| 800m  | heat 2  |   |                   |           | 2.05pm                           |
| Place | Result  |   | Name              | Age Group | Club                             |
| 1     | 2.12.61 | M | Bernard Ward      | M50       | Trafford Athletic Club           |
| 2     | 2.13.89 | M | Simon Matthew Oak | M50       | Rotherham Harriers and AC        |
| 3     | 2.18.08 | M | Andy Porter       | M55       | Bramhall Runners                 |
| 4     | 2.28.43 | M | Ed Fazakerley     | M55       | Manchester Harriers & AC         |
| 5     | 2.31.28 | M | Matt Thompson     | M55       | Liverpool Pembroke & Sefton H AC |
| 6     | 2.35.69 | M | Andy Hall         | M55       | Bramhall R M                     |

|       |         |   |                 |           |                        |
|-------|---------|---|-----------------|-----------|------------------------|
| 800m  | heat 3  |   |                 |           | 2.10pm                 |
| Place | Result  |   | Name            | Age Group | Club                   |
| 1     | 2.25.99 | M | Jed Turner      | M65       | Steel City Striders RC |
| 2     | 2.29.02 | M | Ian Nuttall     | M60       | Prestwich AC           |
| 3     | 2.39.01 | M | Mark Wycherley  | M60       | Keighley & Craven AC   |
| 4     | 2.50.76 | M | Steven Doxey    | M65       | Swinton Running Club   |
| 5     | 2.52.40 | M | Philip Hicken   | M60       | Spectrum Striders      |
| 6     | 3.07.20 | M | David Priestley | M65       | Northern Masters AC    |

|       |         |   |                  |           |                        |
|-------|---------|---|------------------|-----------|------------------------|
| 800m  | heat 4  |   |                  |           | 2.15pm                 |
| Place | Result  |   | Name             | Age Group | Club                   |
| 1     | 2.48.39 | M | Robert Thompson  | M55       | Unattached             |
| 2     | 3.03.74 | M | Graham Webster   | M70       | Northern Masters AC    |
| 3     | 3.05.96 | M | Paul Christie    | M70       | Burnden Road Runners   |
| 4     | 3.11.81 | M | Geoffrey Pearson | M75       | Northern Masters AC    |
| 5     | 3.47.60 | M | Rod Scholes      | M80       | Barnsley Athletic Club |
| 6     | 3.54.08 | M | Alan Jenkinson   | M75       | Styal Running Club     |

|       |         |   |               |           |                         |
|-------|---------|---|---------------|-----------|-------------------------|
| 800m  | heat 5  |   |               |           | 2.20pm                  |
| Place | Result  |   | Name          | Age Group | Club                    |
| 1     | 2.28.09 | F | Sarah Tolkin  | W40       | Rothwell Harriers & AC  |
| 2     | 2.29.76 | F | Maisie Lowe   | U16       | Mansfield Harriers      |
| 3     | 2.35.36 | F | Bonita Kewley | U16       | Liverpool Harriers & AC |
| 4     | 2.49.42 | F | Faye Lawton   | W35       | Warrington A C          |

|       |         |   |                  |           |                          |
|-------|---------|---|------------------|-----------|--------------------------|
| 800m  | heat 6  |   |                  |           | 2.25pm                   |
| Place | Result  |   | Name             | Age Group | Club                     |
| 1     | 2.36.61 | F | Alina Stepanchuk | W45       | Northern Masters AC      |
| 2     | 2.37.65 | F | Heather Dagleish | W45       | Rossendale Harriers & AC |
| 3     | 3.03.36 | F | Rebecca Mills    | W45       | Swinton Running Club     |
| 4     | 3.12.50 | F | Linda Bowden     | W50       | Warrington A C           |

|       |         |   |                  |           |                             |
|-------|---------|---|------------------|-----------|-----------------------------|
| 800m  | heat 7  |   |                  |           | 2.30pm                      |
| Place | Result  |   | Name             | Age Group | Club                        |
| 1     | 2.49.07 | F | Katrina Oddy     | W60       | Halifax Harriers & AC       |
| 2     | 3.01.37 | F | Kate Scott       | W60       | Steel City Striders RC      |
| 3     | 3.07.12 | F | Joy Hickman      | W60       | West Cheshire Athletic Club |
| 4     | 3.14.95 | F | Jo Heseltine     | W60       | Rothwell Harriers & AC      |
| 5     | 3.27.61 | F | Katherine Winrow | W60       | Northern Masters AC         |

|       |        |         |                       |           |                             |
|-------|--------|---------|-----------------------|-----------|-----------------------------|
| 200m  | Heat 1 |         |                       | wind +0.1 | 2.45pm                      |
| Place | Result | Name    | Age Group             | Club      |                             |
|       | 1      | 23.01 M | Reece Bradley         | U20       | Crewe and Nantwich AC       |
|       | 2      | 23.33 M | Alfie Harrison        | U18       | Trafford Athletic Club      |
|       | 3      | 24.15 M | Dominic Bradley       | M45       | Crewe and Nantwich AC       |
|       | 4      | 24.29 M | Drew Bradley          | SM        | Crewe and Nantwich AC       |
|       | 5      | 24.70 M | Adam Bellis           | M45       | Trafford Athletic Club      |
|       | 6      | 25.37 M | William McDonald      | M35       | Macclesfield Harriers & AC  |
| 200m  | Heat 2 |         |                       | wind +0.1 | 2.49pm                      |
| Place | Result | Name    | Age Group             | Club      |                             |
|       | 1      | 24.33 M | Andrew Boyd           | M40       | Wirral AC                   |
|       | 2      | 24.89 M | Andrew Parker         | M45       | Wirral AC                   |
|       | 3      | 25.07 M | Richard Higson-Blythe | M50       | Wakefield District H & AC   |
|       | 4      | 25.70 M | Christopher Burgess   | M50       | Southport Waterloo AC       |
|       | 5      | 28.10 M | Matt Hanson           | M50       | Manchester Harriers & AC    |
|       | 6      | 30.03 M | Jasyn Savage          | M50       | Northern Masters AC         |
| 200m  | Heat 3 |         |                       | wind +0.1 | 2.53pm                      |
| Place | Result | Name    | Age Group             | Club      |                             |
|       | 1      | 26.39 M | Adrian James          | M60       | Kidderminster and Stourport |
|       | 2      | 34.21 M | Andrew Hutchinson     | M65       | Northern Masters AC         |
| 200m  | Heat 4 |         |                       | wind -0.6 | 2.57pm                      |
| Place | Result | Name    | Age Group             | Club      |                             |
|       | 1      | 24.00 M | Parmer James          | M35       | City of York AC             |
|       | 2      | 35.18 M | Geoffrey Pearson      | M75       | Northern Masters AC         |
|       | 3      | 35.50 M | Graham Webster        | M70       | Northern Masters AC         |
|       | 4      | 38.23 M | Geoffrey Beattie      | M70       | Sale Harriers Manchester    |
|       | 5      | 53.73 M | David Cowgill         | M80       | Northern Masters AC         |
| 200m  | Heat 5 |         |                       | wind +2.1 | 3.01pm                      |
| Place | Result | Name    | Age Group             | Club      |                             |
|       | 1      | 26.98 F | Katie Whittle         | W35       | Bolton United Harriers & AC |
|       | 2      | 27.57 F | Amanda Potter         | W40       | Wakefield District H & AC   |
|       | 3      | 28.85 F | Kandis Watson         | W40       | Blyth Running Club          |
|       | 4      | 28.88 F | Cher Skeete           | W35       | Liverpool Harriers & AC     |
|       | 5      | 30.73 F | Joanna Turner         | W35       | Swinton Running Club        |
|       | 6      | 32.73 F | Rebecca Seaton        | W40       | Border Harriers & AC        |
| 200m  | Heat 6 |         |                       | wind +0.5 | 3.05pm                      |
| Place | Result | Name    | Age Group             | Club      |                             |
|       | 1      | 26.87 F | Liz Duke              | W45       | Chesterfield & District AC  |
|       | 2      | 26.99 F | Tracey Ashworth       | W50       | Northern Masters AC         |
|       | 3      | 28.37 F | Naana Adusei          | W45       | Sale Harriers Manchester    |
|       | 5      | 34.10 F | Sarah Ormshaw         | W45       | Wigan & District H & AC     |
|       | 6      | 37.37 F | Sarah Wharton         | W50       | Warrington A C              |
| 200m  | Heat 7 |         |                       | wind +0.2 | 3.09pm                      |
| Place | Result | Name    | Age Group             | Club      |                             |
|       | 3      | 29.47 F | Anita Saunders        | W55       | Pendle Athletic Club        |
|       | 4      | 30.78 F | Julie Hicken          | W60       | Warrington A C              |
|       | 5      | 32.75 F | Debra Casson          | W55       | Northern Masters AC         |
|       | 6      | 37.70 F | Katherine Winrow      | W60       | Northern Masters AC         |

|       |            |                         |           |                                     |
|-------|------------|-------------------------|-----------|-------------------------------------|
| 200m  | Heat 8     |                         | wind -0.5 | 3.13pm                              |
| Place | Result     | Name                    | Age Group | Club                                |
| 1     | 34.58 F    | Lesley Willis           | W60       | Rugby & Northampton AC              |
| 2     | 36.41 F    | Angela Kelly            | W65       | Northern Masters AC                 |
| 3     | 47.07 F    | Alison Arrowsmith       | W70       | Northern Masters AC                 |
| 4     | 49.98 F    | Tony Bowman             | M90       | Leeds City Athletic Club            |
| 1500m | heat 1     |                         |           |                                     |
| Place | Result     | Name                    | Club      | 3.33pm                              |
| 1     | 5:10.74 F  | Laura Livesey-Butterfie | W35       | Chorley Athletic and Triathlon Club |
| 2     | 5:39.03 F  | Juliet Smith            | W50       | Rochdale Harriers & AC              |
| 3     | 6:03.34 F  | Rebecca Mills           | W45       | Swinton Running Club                |
| 4     | 6:32.24 M  | Graham Webster          | M70       | Northern Masters AC                 |
| 5     | 7:55.29 M  | Alan Jenkinson          | M75       | Styal Running Club                  |
| 6     | 8:01.33 M  | Rod Scholes             | M80       | Barnsley Athletic Club              |
| 7     | 10:22.49 M | Kevin Dillon            | M70       | Manchester Harriers & AC            |
| 8     | 10:47.66 M | David Tomlinson         | M85       | Bolton United Harriers & AC         |

# NMAC Field results 26th July 2026

## Hammer - Men 10.30am

### Hammer 6k

| Place | Distance | Name            | Club                                        | Age Group | Gender |
|-------|----------|-----------------|---------------------------------------------|-----------|--------|
| 1     | 43.50    | John Twiddle    | Kingston upon Hull AC                       | M55       | M      |
| 2     | 39.45    | Damon Cripps    | Worcester AC                                | M55       | M      |
| 3     | 36.60    | Darren Otter    | Doncaster Athletic Club                     | M50       | M      |
| 4     | 20.58    | Justin Thompson | Altrincham & District Athletic Club Limited | M55       | M      |
| 5     | 19.64    | Stephen Thorpe  | Wakefield District H & AC                   | M50       | M      |
| 6     | 17.19    | Philip Hayton   | Wigan & District H & AC                     | M50       | M      |

### Men Hammer 5k

|   |       |                |                                  |     |   |
|---|-------|----------------|----------------------------------|-----|---|
| 1 | 36.62 | Tony Balko     | Blackburn Harriers & AC          | M60 | M |
| 2 | 36.21 | Steve Linsell  | Leeds City Athletic Club         | M60 | M |
| 3 | 31.49 | David Brown    | Liverpool Pembroke & Sefton H AC | M60 | M |
| 4 | 31.46 | Ian Cooley     | Rotherham Harriers and AC        | M65 | M |
| 5 | 18.27 | Michael Rhodes | Northern Masters AC              | M65 | M |

### Men Hammer 4k

|   |       |             |             |     |   |
|---|-------|-------------|-------------|-----|---|
| 1 | 13.45 | Paul Brooks | Wrexham AAC | M75 | M |
|---|-------|-------------|-------------|-----|---|

### Men Hammer 3k

|   |       |                  |                                             |     |   |
|---|-------|------------------|---------------------------------------------|-----|---|
| 1 | 17.46 | Harold Halliwell | Northern Masters AC                         | M80 | M |
| 2 | 15.77 | Robin Frost      | Wrexham AAC                                 | M80 | M |
| 3 | 15.11 | Geoffrey Bobb    | City of York AC                             | M85 | M |
| 4 | 13.61 | Barry Chapman    | Altrincham & District Athletic Club Limited | M80 | M |

## Shot - Women 10.30am

### Shot 4k

| Order | Bib  | Name               | Club                       | Age Group |   |
|-------|------|--------------------|----------------------------|-----------|---|
| 1     | 9.52 | Kerrie Buckley     | Trafford Athletic Club     | W45       | F |
| 2     | 7.63 | Caroline Siderius  | Chesterfield & District AC | W40       | F |
| 3     | 7.09 | Michelle Beard     | Blackpool Wyre & Fylde AC  | W45       | F |
| 4     | 7.03 | Hannah Wotherspoon | Wigan & District H & AC    | W40       | F |

### Women Shot 3K

|   |      |                     |                           |     |   |
|---|------|---------------------|---------------------------|-----|---|
| 1 | 8.61 | Julie Wilson        | Reading AC                | W60 | F |
| 2 | 7.72 | Susan Ball          | Blackpool Wyre & Fylde AC | W50 | F |
| 3 | 7.72 | Helen Ruth Goodwill | Burnley AC                | W50 | F |
| 4 | 7.75 | Hazel Barker        | Leeds City Athletic Club  | W65 | F |
| 5 | 7.60 | Anita Saunders      | Pendle Athletic Club      | W55 | F |
| 6 | 7.59 | Susan Richardson    | City of York AC           | W65 | F |
| 7 | 7.03 | Lynn Baker          | Pendle Athletic Club      | W65 | F |
| 8 | 6.01 | Jo Heseltine        | Northern Masters AC       | W60 | F |
| 9 | 4.17 | Cath McGrath        | Wrexham AAC               | W70 | F |

| Women |      | Shot 2k         |                     |     |   |
|-------|------|-----------------|---------------------|-----|---|
| 1     | 8.61 | Caroline Marler | Otley AC            | W75 | F |
| 2     | 4.37 | Mary Parker     | Northern Masters AC | W75 | F |

#### Shot - Men Pool 1 12 noon

| Men   |       | Shot 7.26k           |                         |           |            |
|-------|-------|----------------------|-------------------------|-----------|------------|
| Order |       | Name                 | Club                    | Age Group | Best Throw |
| 1     | 10.02 | Alexander Wotherspoc | Wigan & District H & AC | M40       | M          |

| Men |       | Shot 6k         |                                             |     |   |
|-----|-------|-----------------|---------------------------------------------|-----|---|
| 1   | 12.70 | Dorel Greta     | Northern Masters AC                         | M50 | M |
| 2   | 12.15 | John Twiddle    | Kingston upon Hull AC                       | M55 | M |
| 3   | 11.46 | Jasyn Savage    | Northern Masters AC                         | M50 | M |
| 4   | 10.78 | Damon Cripps    | Worcester AC                                | M55 | M |
| 5   | 10.57 | Tony Balko      | Blackburn Harriers & AC                     | M60 | M |
| 6   | 10.48 | Steve Linsell   | Leeds City Athletic Club                    | M60 | M |
| 7   | 10.07 | Ian McPhail     | Wigan & District H & AC                     | M55 | M |
| 8   | 6.98  | Philip Hayton   | Wigan & District H & AC                     | M50 | M |
| 9   | 9.72  | David Brown     | Liverpool Pembroke & Sefton H AC            | M60 | M |
| 10  | 8.98  | Andy Ashurst    | Sale Harriers Manchester                    | M60 | M |
| 11  | 6.93  | Justin Thompson | Altrincham & District Athletic Club Limited | M55 | M |

#### High Jump 12 noon

| Place | Height | Name             | Club                                        | Age Group |   |
|-------|--------|------------------|---------------------------------------------|-----------|---|
| 1     | 1.50   | Steve Linsell    | Leeds City Athletic Club                    | M60       | M |
| 2     | 1.50   | Andrew England   | Northern Masters AC                         | M50       | M |
| 3     | 1.40   | Deborah Dasse    | Trafford Athletic Club                      | W35       | F |
| 4     | 1.40   | Richard Cordwell | Horwich R M I Harriers                      | M45       | M |
| 5     | 1.35   | Ian McPhail      | Wigan & District H & AC                     | M55       | M |
| 6     | 1.35   | Nicola Henderson | Rothwell Harriers & AC                      | W45       | F |
| 7     | 1.30   | David Murrie     | Northern Masters AC                         | M65       | M |
| 8     | 1.20   | Sarah Ormshaw    | Wigan & District H & AC                     | W45       | F |
| 9     | 1.10   | Susan Richardson | City of York AC                             | W65       | F |
| 10    | 0.90   | Robin Frost      | Wrexham AAC                                 | M80       | M |
| 11    | 0.75   | Tony Bowman      | Leeds City Athletic Club                    | M90       | M |
| 12    | 0.75   | Barry Chapman    | Altrincham & District Athletic Club Limited | M80       | M |

#### Hammer - Women 4k 12.15pm

|   |       | Name              | Club                       | Age Group |   |
|---|-------|-------------------|----------------------------|-----------|---|
| 1 | 27.15 | Kerrie Buckley    | Trafford Athletic Club     | W45       | F |
| 2 | 22.68 | Ruth Hirst        | City of York AC            | W35       | F |
| 3 | 22.33 | Michelle Beard    | Blackpool Wyre & Fylde AC  | W45       | F |
| 4 | 15.28 | Caroline Siderius | Chesterfield & District AC | W40       | F |

#### Hammer women 3k

|   |       |                   |                                 |     |   |
|---|-------|-------------------|---------------------------------|-----|---|
| 1 | 28.93 | Jennifer Ibbitson | City of Sheffield and Dearne AC | W65 | F |
| 2 | 28.90 | Susan Ball        | Blackpool Wyre & Fylde AC       | W50 | F |
| 3 | 28.25 | Julie Wilson      | Reading AC                      | W60 | F |

|    |       |                     |                             |     |   |
|----|-------|---------------------|-----------------------------|-----|---|
| 4  | 26.59 | Debra Erskine       | West Cheshire Athletic Club | W60 | F |
| 5  | 25.87 | Sharon Stoll        | West Cheshire Athletic Club | W55 | F |
| 6  | 24.13 | Wendy Valentine     | Northern Masters AC         | W55 | F |
| 7  | 23.31 | Helen Ruth Goodwill | Burnley AC                  | W50 | F |
| 8  | 23.27 | Jo Heseltine        | Rothwell Harriers & AC      | W60 | F |
| 9  | 22.90 | Hazel Barker        | Leeds City Athletic Club    | W65 | F |
| 10 | 21.15 | Lynn Baker          | Pendle Athletic Club        | W65 | F |
| 11 | 19.66 | Ann Rhodes          | Ackworth Road Runners       | W70 | F |

#### Shot - Men Pool 2 -5K

1.20pm

| Order |      | Name          | Club                       | Age Group |   |
|-------|------|---------------|----------------------------|-----------|---|
| 1     | 6.38 | Ian Ratcliffe | Macclesfield Harriers & AC | M65       | M |

#### Shot Men 4k

|   |      |                  |                     |     |   |
|---|------|------------------|---------------------|-----|---|
| 1 | 9.48 | Anthony Maironis | Leigh Harriers & AC | M70 | M |
| 2 | 6.58 | Paul Brooks      | Wrexham AAC         | M75 | M |

#### Shot Men 3k

|   |      |                  |                                             |     |   |
|---|------|------------------|---------------------------------------------|-----|---|
| 1 | 8.73 | Harold Halliwell | Northern Masters AC                         | M80 | M |
| 2 | 6.98 | Geoffrey Bobb    | City of York AC                             | M85 | M |
| 3 | 6.89 | Robin Frost      | Wrexham AAC                                 | M80 | M |
| 4 | 5.28 | Barry Chapman    | Altrincham & District Athletic Club Limited | M80 | M |
| 5 | 4.83 | Tony Bowman      | Leeds City Athletic Club                    | M90 | M |

#### Long Jump - Pool 1

1.25pm

| Order |      | Name               | Club                        | Age Group |   |
|-------|------|--------------------|-----------------------------|-----------|---|
| 1     | 4.58 | Hannah Wotherspoon | Wigan & District H & AC     | W40       | F |
| 2     | 4.20 | Nicola Henderson   | Rothwell Harriers & AC      | W45       | F |
| 3     | 4.13 | Anita Saunders     | Pendle Athletic Club        | W55       | F |
| 4     | 4.12 | Kandis Watson      | Blyth Running Club          | W40       | F |
| 5     | 3.72 | Rebecca Seaton     | Border Harriers & AC        | W40       | F |
| 6     | 3.64 | Sarah Ormshaw      | Wigan & District H & AC     | W45       | F |
| 7     | 3.57 | Ilse Hemming       | Bolton United Harriers & AC | W70       | F |
| 8     | 3.33 | Susan Richardson   | City of York AC             | W65       | F |
| 9     | 3.12 | Kate Scott         | Steel City Striders RC      | W60       | F |

#### Discus - Women - 1K

1.30pm

| Order |       | Name                | Club                        | Age Group |   |
|-------|-------|---------------------|-----------------------------|-----------|---|
| 1     | 26.96 | Kerrie Buckley      | Trafford Athletic Club      | W45       | F |
| 2     | 24.96 | Julie Wilson        | Reading AC                  | W60       | F |
| 3     | 22.15 | Helen Ruth Goodwill | Burnley AC                  | W50       | F |
| 4     | 21.84 | Hazel Barker        | Leeds City Athletic Club    | W65       | F |
| 5     | 21.79 | Susan Ball          | Blackpool Wyre & Fylde AC   | W50       | F |
| 6     | 21.41 | Wendy Valentine     | Northern Masters AC         | W55       | F |
| 7     | 20.22 | Caroline Siderius   | Chesterfield & District AC  | W40       | F |
| 8     | 20.06 | Lynn Baker          | Pendle Athletic Club        | W65       | F |
| 9     | 17.88 | Michelle Beard      | Blackpool Wyre & Fylde AC   | W45       | F |
| 10    | 14.38 | Sharon Stoll        | West Cheshire Athletic Club | W55       | F |

|    |       |               |                             |     |   |
|----|-------|---------------|-----------------------------|-----|---|
| 11 | 12.63 | Debra Erskine | West Cheshire Athletic Club | W60 | F |
| 12 | 11.44 | Ann Rhodes    | Ackworth Road Runners       | W70 | F |

#### Discus - Men Pool 1 2K 2.45pm

| Order |       | Name                 | Club                     | Age Group |   |
|-------|-------|----------------------|--------------------------|-----------|---|
| 1     | 43.77 | Nathan Roach         | Sale Harriers Manchester | M35       | M |
| 2     | 15.89 | Alexander Wotherspoo | Wigan & District H & AC  | M40       | M |

#### Dicus Men 1.5k

|   |       |                |                           |     |   |
|---|-------|----------------|---------------------------|-----|---|
| 1 | 36.97 | John Twiddle   | Kingston upon Hull AC     | M55 | M |
| 2 | 36.94 | Dorel Greta    | Northern Masters AC       | M50 | M |
| 3 | 35.66 | Jasyn Savage   | Northern Masters AC       | M50 | M |
| 4 | 32.01 | Kieran O'Brien | Spenborough & Dist AC     | M50 | M |
| 5 | 21.48 | Stephen Thorpe | Wakefield District H & AC | M50 | M |

#### Discus Men 1.0k

|   |       |               |                                  |     |   |
|---|-------|---------------|----------------------------------|-----|---|
| 1 | 38.81 | Steve Linsell | Leeds City Athletic Club         | M60 | M |
| 2 | 34.99 | David Brown   | Liverpool Pembroke & Sefton H AC | M60 | M |
| 3 | 34.59 | Tony Balko    | Blackburn Harriers & AC          | M60 | M |
| 4 | 28.46 | Andy Ashurst  | Sale Harriers Manchester         | M60 | M |

#### Long Jump - Pool 2 2.30pm

|    |      |                  |                                             |     |   |
|----|------|------------------|---------------------------------------------|-----|---|
| 1  | 4.92 | Stephen Thorpe   | Wakefield District H & AC                   | M50 | M |
| 2  | 4.77 | Neil Henson      |                                             |     | M |
| 3  | 4.52 | Ian McPhail      | Wigan & District H & AC                     | M55 | M |
| 4  | 4.36 | Ian Scholes      | Trafford Athletic Club                      | M65 | M |
| 5  | 4.17 | Matt Hanson      | Manchester Harriers & AC                    | M50 | M |
| 6  | 4.09 | David Murrie     | Northern Masters AC                         | M65 | M |
| 7  | 3.99 | John Barratt     | Northern Masters AC                         | M65 | M |
| 8  | 3.78 | Justin Thompson  | Altrincham & District Athletic Club Limited | M55 | M |
| 9  | 2.63 | Harold Halliwell | Northern Masters AC                         | M80 | M |
| 10 | 2.23 | Robin Frost      | Wrexham AAC                                 | M80 | M |

#### Javelin - Women -600g 3.15pm

|   |       |               |                         |     |   |
|---|-------|---------------|-------------------------|-----|---|
| 1 | 16.94 | Sarah Ormshaw | Wigan & District H & AC | W45 | F |
|---|-------|---------------|-------------------------|-----|---|

#### Javelin Women 500g

|   |       |                     |                           |     |   |
|---|-------|---------------------|---------------------------|-----|---|
| 1 | 19.37 | Helen Ruth Goodwill | Burnley AC                | W50 | F |
| 2 | 18.38 | Susan Ball          | Blackpool Wyre & Fylde AC | W50 | F |
| 3 | 17.37 | Lynn Baker          | Pendle Athletic Club      | W65 | F |
| 4 | 16.09 | Julie Wilson        | Reading AC                | W60 | F |
| 5 | 14.52 | Jo Heseltine        | Rothwell Harriers & AC    | W60 | F |
| 6 | 13.66 | Wendy Valentine     | Northern Masters AC       | W55 | F |
| 7 | 12.81 | Hazel Barker        | Leeds City Athletic Club  | W65 | F |

#### Javelin Wor 400g

|   |       |                 |                     |     |   |
|---|-------|-----------------|---------------------|-----|---|
| 1 | 16.10 | Caroline Marler | Otley AC            | W75 | F |
| 2 | 6.31  | Mary Parker     | Northern Masters AC | W75 | F |

## Discus 1K - Men Pool 2

3.45pm

| Order | Bib | Name                   | Club                | Age Group |   |
|-------|-----|------------------------|---------------------|-----------|---|
|       | 1   | 28.61 Peter Todd       | Leigh Harriers & AC | M75       | M |
|       | 2   | 28.02 Anthony Maironis | Leigh Harriers & AC | M70       | M |
|       | 3   | 20.16 Paul Brooks      | Wrexham AAC         | M75       | M |
|       | 4   | 16.59 Robin Frost      | Wrexham AAC         | M80       | M |
|       | 5   | 12.05 Geoffrey Bobb    | City of York AC     | M85       | M |

## Javelin - Men 800g

4.30pm

| Order | Bib | Name                       | Club                    | Age Group |   |
|-------|-----|----------------------------|-------------------------|-----------|---|
|       | 1   | 34.26 Alexander Wotherspoo | Wigan & District H & AC | M40       | M |

## Javelin Men 700g

|  |   |                             |                           |     |   |
|--|---|-----------------------------|---------------------------|-----|---|
|  | 1 | 45.69 Dorel Greta           | Northern Masters AC       | M50 | M |
|  | 2 | 31.21 Kieran O'Brien        | Spenborough & Dist AC     | M50 | M |
|  | 3 | 26.87 Ian McPhail           | Wigan & District H & AC   | M55 | M |
|  | 4 | 26.28 Richard Higson-Blythe | Wakefield District H & AC | M50 | M |
|  | 5 | 21.77 Stephen Thorpe        | Wakefield District H & AC | M50 | M |

## Javelin Men 600g

|  |   |                     |                                  |     |   |
|--|---|---------------------|----------------------------------|-----|---|
|  | 1 | 31.73 David Brown   | Liverpool Pembroke & Sefton H AC | M60 | M |
|  | 2 | 28.27 Andy Ashurst  | Sale Harriers Manchester         | M60 | M |
|  | 3 | 26.75 Tony Balko    | Blackburn Harriers & AC          | M60 | M |
|  | 4 | 25.94 Steve Linsell | Leeds City Athletic Club         | M60 | M |

## Javelin - Men 500g

| Order | Bib | Name              | Club                | Age Group |   |
|-------|-----|-------------------|---------------------|-----------|---|
|       | 1   | 30.44 Peter Todd  | Leigh Harriers & AC | M75       | M |
|       | 2   | 12.85 Paul Brooks | Wrexham AAC         | M75       | M |

## Javelin Men 400g

|  |   |                     |                 |     |   |
|--|---|---------------------|-----------------|-----|---|
|  | 1 | 18.04 Robin Frost   | Wrexham AAC     | M80 | M |
|  | 2 | 16.28 Geoffrey Bobb | City of York AC | M85 | M |