

M 100m A

1 Danny McIntoch	HAC	11.5
2 Luke Edwards	SHF	11.5
3 Sam Thorpe	RTM	11.7
4 Chris Brennan	WKF	11.8
5 Josh Bones	SCU	12.2
6 Jon Tucker	KUH	12.5

M 100m B

1 Dannish Khan	SHF	11.5
2 Ben Mitchell	WKF	11.8
3 Gareth Moreton	RTM	12.2
4 James McFarlane	HAC	12.2

M 200m A

1 Luke Edwards	SHF	22.5
2 Sam Thorpe	RTM	22.7
3 James Mitchell	WKF	22.7
4 James McFarlane	HAC	24.1
5 Daniel Hughes	SCU	24.4
6 Jon Tucker	KUH	25.0

M 200m B

1 Andrew Pobischan	WKF	22.7
2 Dannish Khan	SHF	23.0
3 Jamie Bennett	RTM	24.8
4 Jack Robinson	KUH	26.7
5 Danny Ward	HAC	28.2

M 400m A

1 Mukthar Mohammed	RTM	51.3
2 Danny McIntoch	HAC	54.7
3 Jack Cutsforth	KUH	55.7
4 Craig Westerman	WKF	71.2

M 400m B

1 Gareth Moreton	RTM	52.1
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M 800m A

1 Jack Cutsforth	KUH	2.01.0
2 Jamie Bennett	RTM	2.05.0
3 Sam Bucknall	WKF	2.07.6
4 Alex Walker	SHF	2.16.1
5 Danny Ward	HAC	2.30.3

M 800m B

1 Murcel Mohammed	RTM	2.07.8
2 Dale Worton	WKF	2.13.2
3 Jon Tucker	KUH	2.21.8

M 1500m A

1 Abdi Ahmed	RTM	4.08.2
2 Dale Worton	WKF	4.08.9
3 Liam Holiday	KUH	4.46.3

M 1500m B

1 Sam Bucknall	WKF	4.29.4
2 Murcel Mohammed	RTM	4.32.5

M 3000m A

1 Yasmin Mohammed	RTM	9.13.2
2 Ben Homer	WKF	9.14.0
3 Jordan White	GMS	9.33.5
4 Howard Wood	SHF	9.39.4
5 Jack Robinson	KUH	9.55.1

M 3000m B

1 David Smith	RTM	10.15.1
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M 110mH A

1 Joe Smith	HAC	18.6
2 Mark Cage	KUH	19.7
3 Liam Thompson	RTM	20.9

M 110mH B

1 Liam Holiday	KUH	19.0
2 David Coupe	RTM	21.0

M 400mH A

1 Daniel Hughes	SCU	59.6
2 Mark Cage	KUH	63.8
3 Liam Thompson	RTM	66.9
4 Joe Smith	HAC	70.3

M 400mH B

1 Arran Raspin	KUH	67.0
2 Sam Howis	RTM	73.1

M 2000m Sc A

1 Mark Cage	KUH	7.30.7
2 Liam Thompson	RTM	7.31.8

M 2000m Sc B

1 Sam Howis	RTM	7.47.5
2 Arran Raspin	KUH	7.47.5

M Discus Throw A

1 Chiedu Ufodiamma	WKF	41.14
2 Kane Humphrys	RTM	35.35
3 Nathan Phillips	GMS	27.76
4 Dannish Khan	SHF	19.55

M Discus Throw B

1 Craig Westerman	WKF	30.21
2 David Coupe	RTM	20.04
3 Alex Walker	SHF	18.27

M Hammer Throw A		M Hammer Throw B	
1 Mathew Twidale	WKF 33.53	1 Craig Westerman	WKF 25.84
2 Daniel Bowkett	SHF 31.63		
3 Jonathan Shaw	SCU 29.52		
4 David Coupe	RTM 18.26		
5 Mark Cage	KUH 12.76		
M High Jump A		M High Jump B	
1 Jamie Bennett	RTM 1.60	1 Liam O'Malley	RTM 1.55
M Javelin Throw A		M Javelin Throw B	
1 Michael Stanton	RTM 43.96	1 Kane Humphrys	RTM 33.99
2 Mathew Twidale	WKF 42.33	2 Daniel Hughes	SCU 31.23
3 Nathan Trott	KUH 36.92	3 Nathan Phillips	GMS 30.48
4 Ben Ferry	GMS 36.55	4 Liam Holiday	KUH 28.82
5 Jonathan Shaw	SCU 26.45	5 Chiedu Ufodiama	WKF 20.47
6 John Jackson	SHF 26.34		
M Long Jump A		M Long Jump B	
1 Josh Bones	SCU 6.15	1 Ben Rollinson	RTM 5.39
2 James McLeish	KUH 5.98	2 Ben Mitchell	WKF 4.28
3 Liam O'Malley	RTM 5.82		
4 James Mitchell	WKF 5.21		
5 Jordan White	GMS 5.18		
6 John Jackson	SHF 5.11		
M Pole Vault A		M Pole Vault B	
1 Liam Holiday	KUH 3.20	1 Arran Rospin	KUH 2.60
M Shot Putt A		M Shot Putt B	
1 Chiedu Ufodiama	WKF 12.50	1 Mathew Twidale	WKF 10.25
2 Kane Humphrys	RTM 11.21	2 Daniel Hughes	SCU 8.76
3 Daniel Bowkett	SHF 10.11	3 David Coupe	RTM 7.11
4 Nathan Phillips	HAC 9.91	4 Jack Robinson	KUH 6.44
5 Jonathan Shaw	SCU 9.06		
6 James McLeish	KUH 8.00		
M Triple Jump A		M Triple Jump B	
1 Josh Bones	SCU 12.60	1 Ben Rollinson	RTM 11.39
2 Andrew Pobischan	WKF 12.40		
3 Liam O'Malley	RTM 11.85		
4 James McLeish	KUH 11.80		
5 Ben Ferry	GMS 10.51		
6 John Jackson	SHF 9.57		
W 100m A		W 100m B	
1 Emma Jackson	KUH 12.2	1 Megan Hault	KUH 12.7
2 Reagan Wright	WKF 12.6	2 Kirby Akindeinde	WKF 13.7
3 Hannah Bird	SHF 12.9	3 Heather Dyson	RTM 14.1
4 Jess Houlton	GMS 13.3	4 Sophie Lake	GMS 14.9
5 Rachel Fisk	SCU 13.6		
6 Rebecca White	RTM 13.6		
W 200m A		W 200m B	
1 Emma Jackson	KUH 25.1	1 Katie Sockett	SHF 26.5
2 Hannah Bird	SHF 25.5	2 Mikaela Harrison	WKF 27.1
3 Reagan Wright	WKF 25.7	3 Amy Giblin	KUH 27.4
4 Drew Phillips	RTM 27.4	4 Danielle Heald	RTM 27.5
W 400m A		W 400m B	
1 Rebecca White	RTM 61.4	1 Katie Sockett	SHF 59.8
2 Jess Witton	SHF 61.8	2 Jemma Creaghan	RTM 62.8
3 Jodie Spencer	KUH 62.2	3 Michelle Stone	KUH 65.8
4 Lucy Holmes	WKF 63.6		

W 800m A		W 800m B	
1 Laura Jane Day	KUH 2.22.9	1 Michelle Stone	KUH 2.24.2
2 Sophie Lake	GMS 2.47.5		
W 1500m A		W 1500m B	
1 Robyn Lanceley	RTM 4.52.0	1 Emily Curry	KUH 5.01.0
2 Laura Jane Day	KUH 4.56.4		
3 Hannah Jackson	HAC 5.15.2		
W 3000m A		W 3000m B	
1 Lauren Havercroft	KUH 11.10.1	1 Na	KUH DNF
W 100mH A		W 100mH B	
1 Amy Hill	SHF 15.5	1	SHF DNF
2 Jenni Smith	KUH 16.4		
W 400mH A		W 400mH B	
1 Na	WKF DNF	1 Na	WKF DNF
W Discus Throw A		W Discus Throw B	
1 Kelly Pagdin	RTM 40.05	1 Claire Lebond	RTM 22.80
2 Nicki Bates	KUH 24.51	2 Alice Lightfoot	WKF 18.51
3 Mikaela Harrison	WKF 20.64	3 Michelle Stone	KUH 14.75
4 Anne Gilbert	SCU 20.00		
5 Carys Hall	SHF 18.63		
W Hammer Throw A		W Hammer Throw B	
1 Stacey Lebond	RTM 39.39	1 Claire Lebond	RTM 33.04
2 Nicki Bates	KUH 31.38		
3 Alice Lightfoot	WKF 24.70		
4 Jess Witton	SHF 15.29		
5 Anne Gilbert	SCU 13.96		
W High Jump A		W High Jump B	
1 Jess Houlton	GMS 1.55	1 Amy Giblin	KUH 1.40
2 Jenni Smith	KUH 1.50	2 Carys Hall	SHF 1.30
3 Rebecca Brown	RTM 1.40		
4 Hannah Bird	SHF 1.35		
5 Mikaela Harrison	WKF 1.35		
W Javelin Throw A		W Javelin Throw B	
1 Kelly Pagdin	RTM 39.85	1 Claire Lebond	RTM 25.42
2 Amy Hill	SHF 28.06	2 Carys Hall	SHF 17.99
3 Nicki Bates	KUH 21.83	3 Reagan Wright	WKF 13.37
4 Lucy Holmes	WKF 21.11	4 Emily Curry	KUH 8.41
5 Anne Gilbert	SCU 13.70		
W Long Jump A		W Long Jump B	
1 Amy Hill	SHF 5.20	1 Hannah Brightmore	SHF 4.70
2 Jess Houlton	GMS 5.14	2 Dianne Jones	WKF 4.35
3 Kirby Akindeinde	WKF 5.04	3 Sophie Lake	GMS 4.20
4 Megan Hoult	KUH 4.45	4 Kim Bateman	RTM 3.96
5 Heather Dyson	RTM 4.12	5 Anne Gilbert	SCU 3.36
6 Rachel Fisk	SCU 3.60		
W Pole Vault A		W Pole Vault B	
1 Bethany Arandle	KUH 2.60	1 Jenni Smith	KUH 2.00
W Shot Putt A		W Shot Putt B	
1 Amy Hill	SHF 13.59	1 Stacey Lebond	RTM 9.54
2 Kelly Pagdin	RTM 10.31	2 Alice Lightfoot	WKF 7.30
3 Lucy Holmes	WKF 9.38	3 Hannah Brightmore	SHF 6.15
4 Nicki Bates	KUH 6.91	4 Anne Gilbert	SCU 5.29
5 Rachel Fisk	SCU 5.37	5 Lauren Havercroft	KUH 4.18

W Triple Jump A		W Triple Jump B	
1 Hannah Brightmore	SHF 11.04	1 Dianne Jones	WKF 8.53
2 Kirby Akindeinde	WKF 10.03	2 Bethany Arandle	KUH 8.47
3 Megan Hoult	KUH 9.65		
4 Drew Phillips	RTM 9.08		

W 4x100m Relay

1 KUH 50.9	1 Megan Hoult	2 Amy Giblin
	3 Emma Jackson	4 Bethany Arandle
2 SHF 51.3	1 Hannah Bird	2 Katie Sockett
	3 Hannah Brightmore	4 Amy Hill
3 WKF 52.4	1 Kirby Akindeinde	2 Lucy Holmes
	3 Chani Montaque	4 Reagan Wright
4 RTM 52.9	1 Heather Dyson	2 Rebecca White
	3 Danielle Heald	4 Drew Phillips

W 4x400m Relay

1 SHF 4.04.0	1 Hannah Bird	2 Jess Witton
	3 Katie Sockett	4 Carys Hall
2 RTM 4.10.0	1 Jemma Creaghan	2 Robyn Lanceley
	3 Rebecca White	4 Danielle Heald
3 KUH 4.14.6	1 Laura Jane Day	2 Jodie Spencer
	3 Michelle Stone	4 Emily Curry
4 WKF 4.20.3	1 Reagan Wright	2 Alice Lightfoot
	3 Chani Montaque	4 Mikaela Harrison

M 4x100m Relay

1 RTM 46.6	1 Sam Thorpe	2 Liam O'Malley
	3 David Coupe	4 Nathan Buckingham
2 SHF 46.8	1 Dannish Khan	2 Luke Edwards
	3 Alex Walker	4 Howard Wood
3 WKF 48.6	1 Craig Westerman	2 James Mitchell
	3 Ben Mitchell	4 Chiedu Ufodiana
4 KUH 50.9	1 Liam Holiday	2 Jack Robinson
	3 Jon Tucker	4 Nathan Trott

M 4x400m Relay

1 RTM 3.37.0	1 Mukthar Mohammed	2 Gareth Moreton
	3 Abdi Ahmed	4 Jamie Bennett
2 WKF 3.55.0	1 Andrew Pobischan	2 Chiedu Ufodiana
	3 Dale Worton	4 Sam Bucknall

MATCH RESULT

	Event	Lge
1 Rotherham H. & AC	459	8
2 Kingston Upon Hull AC	416	7
3 Wakefield D. H. & AC	336	6
4 City of Sheffield AC	270	5
5 Scunthorpe & D.AC	124	4
6 Grimsby Harriers AC	88	3
7 Hull Achilles AC	75	2

LEAGUE STANDINGS Not Available

Team	SHF	GMS	HAC	KUH	RTM	SCU	WKF	POINTS			
								Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77				

M 100m	A	9	0	11	5	8	6	7	46	4	50
	B	9	0	5	0	6	0	7	27	9	36
Cumulative		18	0	16	5	14	6	14	73	13	86

M 200m	A	11	0	7	5	9	6	8	46	4	50
	B	7	0	4	5	6	0	9	31	5	36
Cumulative		36	0	27	15	29	12	31	150	22	172

M 400m	A	0	0	9	8	11	0	7	35	15	50
	B	0	0	0	0	9	0	0	9	27	36
Cumulative		36	0	36	23	49	12	38	194	64	258

M 800m	A	7	0	6	11	9	0	8	41	9	50
	B	0	0	0	6	9	0	7	22	14	36
Cumulative		43	0	42	40	67	12	53	257	87	344

M 1500m	A	0	0	0	8	11	0	9	28	22	50
	B	0	0	0	0	7	0	9	16	20	36
Cumulative		43	0	42	48	85	12	71	301	129	430

M 3000m	A	7	8	0	6	11	0	9	41	9	50
	B	0	0	0	0	9	0	0	9	27	36
Cumulative		50	8	42	54	105	12	80	351	165	516

M 110mH	A	0	0	11	9	8	0	0	28	22	50
	B	0	0	0	9	7	0	0	16	20	36
Cumulative		50	8	53	72	120	12	80	395	207	602

M 400mH	A	0	0	7	9	8	11	0	35	15	50
	B	0	0	0	9	7	0	0	16	20	36
Cumulative		50	8	60	90	135	23	80	446	242	688

M 2000Sc	A	0	0	0	11	9	0	0	20	30	50
	B	0	0	0	7	9	0	0	16	20	36
Cumulative		50	8	60	108	153	23	80	482	292	774

M DT	A	7	8	0	0	9	0	11	35	15	50
	B	6	0	0	0	7	0	9	22	14	36
Cumulative		63	16	60	108	169	23	100	539	321	860

M HT	A	9	0	0	6	7	8	11	41	9	50
	B	0	0	0	0	0	0	9	9	27	36
Cumulative		72	16	60	114	176	31	120	589	357	946

Team	SHF	GMS	HAC	KUH	RTM	SCU	WKF	POINTS			
								Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77				

M HJ	A	0	0	0	0	11	0	0	11	39	50
	B	0	0	0	0	9	0	0	9	27	36
Cumulative		72	16	60	114	196	31	120	609	423	1032

M JT	A	5	7	0	8	11	6	9	46	4	50
	B	0	6	0	5	9	7	4	31	5	36
Cumulative		77	29	60	127	216	44	133	686	432	1118

M LJ	A	5	6	0	9	8	11	7	46	4	50
	B	0	0	0	0	9	0	7	16	20	36
Cumulative		82	35	60	136	233	55	147	748	456	1204

M PV	A	0	0	0	11	0	0	0	11	39	50
	B	0	0	0	9	0	0	0	9	27	36
Cumulative		82	35	60	156	233	55	147	768	522	1290

M SP	A	8	0	7	5	9	6	11	46	4	50
	B	0	0	0	5	6	7	9	27	9	36
Cumulative		90	35	67	166	248	68	167	841	535	1376

M TJ	A	5	6	0	7	8	11	9	46	4	50
	B	0	0	0	0	9	0	0	9	27	36
Cumulative		95	41	67	173	265	79	176	896	566	1462

W 100m	A	8	7	0	11	5	6	9	46	4	50
	B	0	5	0	9	6	0	7	27	9	36
Cumulative		103	53	67	193	276	85	192	969	579	1548

W 200m	A	9	0	0	11	7	0	8	35	15	50
	B	9	0	0	6	5	0	7	27	9	36
Cumulative		121	53	67	210	288	85	207	1031	603	1634

W 400m	A	9	0	0	8	11	0	7	35	15	50
	B	9	0	0	6	7	0	0	22	14	36
Cumulative		139	53	67	224	306	85	214	1088	632	1720

W 800m	A	0	9	0	11	0	0	0	20	30	50
	B	0	0	0	9	0	0	0	9	27	36
Cumulative		139	62	67	244	306	85	214	1117	689	1806

W 1500m	A	0	0	8	9	11	0	0	28	22	50
	B	0	0	0	9	0	0	0	9	27	36
Cumulative		139	62	75	262	317	85	214	1154	738	1892

W 3000m	A	0	0	0	11	0	0	0	11	39	50
	B	0	0	0	0	0	0	0	0	36	36
Cumulative		139	62	75	273	317	85	214	1165	813	1978

Team	SHF	GMS	HAC	KUH	RTM	SCU	WKF	POINTS		
								Used	Waste	Tot
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77			

W 100mH A	11	0	0	9	0	0	0	20	30	50
B	0	0	0	0	0	0	0	0	36	36
Cumulative	150	62	75	282	317	85	214	1185	879	2064

W 400mH A	0	0	0	0	0	0	0	0	50	50
B	0	0	0	0	0	0	0	0	36	36
Cumulative	150	62	75	282	317	85	214	1185	965	2150

W 1500Sc A	0	0	0	0	0	0	0	0	0	0
B	0	0	0	0	0	0	0	0	0	0
Cumulative	150	62	75	282	317	85	214	1185	965	2150

W DT A	6	0	0	9	11	7	8	41	9	50
B	0	0	0	6	9	0	7	22	14	36
Cumulative	156	62	75	297	337	92	229	1248	988	2236

W HT A	7	0	0	9	11	6	8	41	9	50
B	0	0	0	0	9	0	0	9	27	36
Cumulative	163	62	75	306	357	98	237	1298	1024	2322

W HJ A	7	11	0	9	8	0	6	41	9	50
B	7	0	0	9	0	0	0	16	20	36
Cumulative	177	73	75	324	365	98	243	1355	1053	2408

W JT A	9	0	0	8	11	6	7	41	9	50
B	7	0	0	5	9	0	6	27	9	36
Cumulative	193	73	75	337	385	104	256	1423	1071	2494

W LJ A	11	9	0	7	6	5	8	46	4	50
B	9	6	0	0	5	4	7	31	5	36
Cumulative	213	88	75	344	396	113	271	1500	1080	2580

W PV A	0	0	0	11	0	0	0	11	39	50
B	0	0	0	9	0	0	0	9	27	36
Cumulative	213	88	75	364	396	113	271	1520	1146	2666

W SP A	11	0	0	7	9	6	8	41	9	50
B	6	0	0	4	9	5	7	31	5	36
Cumulative	230	88	75	375	414	124	286	1592	1160	2752

W TJ A	11	0	0	8	7	0	9	35	15	50
B	0	0	0	7	0	0	9	16	20	36
Cumulative	241	88	75	390	421	124	304	1643	1195	2838

W 4x1	9	0	0	11	7	0	8	35	15	50
Cumulative	250	88	75	401	428	124	312	1678	1210	2888

W 4x4	11	0	0	8	9	0	7	35	15	50
Cumulative	261	88	75	409	437	124	319	1713	1225	2938

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|      Team| SHF | GMS | HAC | KUH | RTM | SCU | WKF |      POINTS |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1    |    9|    0|    0|    7|   11|    0|    8| 35| 15| 50|
|Cumulative| 270|  88|  75| 416| 448| 124| 327|1748|1240|2988|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4    |    0|    0|    0|    0|   11|    0|    9| 20| 30| 50|
|Cumulative| 270|  88|  75| 416| 459| 124| 336|1768|1270|3038|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      Add|    0|    0|    0|    0|    0|    0|    0|  0|  0|  0|
| subtract|    0|    0|    0|    0|    0|    0|    0|  0|  0|  0|
|Cumulative| 270|  88|  75| 416| 459| 124| 336|1768|1270|3038|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      TOTALS| 270|  88|  75| 416| 459| 124| 336|1768|1270|3038|
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Pos	Team	Points	Add	Sub	Total
1	Rotherham H. & AC	459	0	0	459
2	Kingston Upon Hull AC	416	0	0	416
3	Wakefield D. H. & AC	336	0	0	336
4	City of Sheffield AC	270	0	0	270
5	Scunthorpe & D.AC	124	0	0	124
6	Grimsby Harriers AC	88	0	0	88
7	Hull Achilles AC	75	0	0	75
Used + add - sub = total		1768	0	0	1768
Unused points		1270			1270
(Used+unused)+add-sub=total		3038	0	0	3038

Team	1st	2nd	3rd	4th	5th	6th	7th	1st	2nd	3rd	4th	5th	6th	7th
RTM	A 12	7	6	4	1	1	0	B 12	5	4	2	0	0	0
KUH	A 9	8	7	4	2	3	0	B 8	2	4	4	1	0	0
WKF	A 3	7	9	6	1	0	0	B 6	8	1	0	1	0	0
SHF	A 6	7	2	5	1	3	0	B 4	3	2	0	0	0	0
SCU	A 3	0	1	1	8	1	0	B 0	2	0	1	1	0	0
GMS	A 1	2	2	2	2	0	0	B 0	0	2	1	0	0	0
HAC	A 2	1	1	3	1	0	0	B 0	0	0	1	1	0	0

Men	Event	Women	Event	
1	Rotherham H. & AC	287	1 Kingston Upon Hull AC	236
2	Wakefield D. H. & AC	193	2 Rotherham H. & AC	172
3	Kingston Upon Hull AC	180	3 City of Sheffield AC	166
4	City of Sheffield AC	104	4 Wakefield D. H. & AC	143
5	Scunthorpe & D.AC	79	5 Grimsby Harriers AC	47
6	Hull Achilles AC	67	6 Scunthorpe & D.AC	45
7	Grimsby Harriers AC	41	7 Hull Achilles AC	8