

4 x 2 Lap Relays

Club	Time Heat	Rank
Bury A/C	94.20	3
Bolton Harriers	97.36	7
Stockport	98.00	8
Trafford A/C	101.65	13
Altrincham	103.37	16
Horwich RMI	105.91	17
Sale Harriers	95.50	4
Bury A/C	98.42	9
Altrincham	101.56	12
Sale Harriers	102.25	14
Bury A/C	102.27	15
Bury A/C	93.68	1
Sale Harriers	94.04	2
Bolton Harriers	96.05	3
Stockport	96.21	4
Altrincham	99.93	5
Bury A/C	100.89	NS

Speed Bounce				
No	Name	Club	Bounces	Rank
1	V Charnley	Altrincham	54	7
3	A mcHale	Altrincham	55	4
7	C Stansfield	Altrincham	43	19
10	H swales	Bolton Harriers	47	15
11	I Taiwo	Bolton Harriers	50	9
13	L Philbin	Bolton Harriers	55	4
18	F Diollo	Leigh Harriers	55	4
20	A G Hodson	Leigh Harriers	48	11
21	A Hewitt	Leigh Harriers	41	22
25	J Cooper	Manchester Harriers	35	23
29	S Wilkinson	Sale Harriers	57	2
30	O Buchan	Sale Harriers	56	3
38	E Boyd	Sale Harriers	50	9
39	C Gee	Salford Mets	46	16
40	S Isherwood	Salford Mets	54	7
47	K Matharu	Trafford A/C	42	21
56	D Samules	Bury A/C	48	11
62	K Dennison	Sale Harriers	46	16
14	I Andreassen	Horwich RMI	43	19
15	A Freeman	Horwich RMI	48	11
68	H Newton	Altrincham	48	11
57	J Douglas	Bury A/C	45	18
26	K wilkinson	Rochdale	59	1

Standing Long Jump							
No	Name	Club	1	2	3	BEST	Rank
2	A Lynn	Altrincham	1.59	1.49	1.54	1.59	15
4	E Norton	Altrincham	1.61	1.61	1.71	1.71	6
5	L Pearce	Altrincham	1.63	1.67	1.65	1.67	8
9	P Dunne	Bolton Harriers	1.93	1.82	1.85	1.93	1
10	H swales	Bolton Harriers	1.60	1.56	1.52	1.60	13
12	I Hall	Bolton Harriers	1.73	1.67	1.78	1.78	4
21	A Hewitt	Leigh Harriers	1.23	1.38	1.31	1.38	21
24	K A Jones	Manchester Harriers	1.46	1.49	1.46	1.49	18
25	J Cooper	Manchester Harriers	1.25	1.24	1.28	1.28	26
30	O Buchan	Sale Harriers	1.73	1.75	1.66	1.75	5
31	I Beaumont	Sale Harriers	1.41	1.47	1.36	1.47	19
32	G Edmundson	Sale Harriers	1.62	1.58	1.65	1.65	9
34	H Abbott	Sale Harriers	1.24	1.37	1.34	1.37	22
35	L Herbert	Sale Harriers	1.73	1.78	1.77	1.78	3
38	E Boyd	Sale Harriers	1.25	1.34	1.32	1.34	24
43	I webber	Stockport	1.26	1.35	1.30	1.35	23
44	L Atkinson	Stockport	1.60	1.52	1.69	1.69	7
45	I Davenport	Trafford A/C	1.59	1.57	1.55	1.59	14
46	J Arnold	Trafford A/C	1.54	1.57	1.61	1.61	12
48	T Seymour	Trafford A/C	1.46	1.54	1.49	1.54	17
49	Z Burns	Trafford A/C	1.53	1.62	1.61	1.62	10
54	M Brett	Bury A/C	1.80	1.80		1.80	2
55	L Hancock	Bury A/C	1.45	1.40	1.43	1.45	20
62	K Dennison	Sale Harriers		1.30	1.34	1.34	25
16	I Kirby	Horwich RMI	1.57	1.54	1.49	1.57	16
33	S Park	Sale Harriers	1.53	1.61	1.58	1.61	11

Standing Triple Jump

No	Name	Club	1	2	3	BEST	Rank
1	V Charnley	Altrincham	5.10	5.16	5.04	5.16	9
3	A mcHale	Altrincham	5.86		5.76	5.86	1
18	F Diollo	Leigh Harriers	5.02	5.00	5.03	5.03	11
42	J Lord	Stockport		5.08	5.00	5.08	10
44	L Atkinson	Stockport	5.28	5.38	5.48	5.48	3
46	J Arnold	Trafford A/C	5.22	5.06	5.44	5.44	4
58	E McGrath	Bury A/C	5.32	5.03	5.08	5.32	5
28	E Gillespie	Sale Harriers	5.82	5.84		5.84	2
35	L Herbert	Sale Harriers	5.26	5.26	5.10	5.26	7
17	J Parker	Horwich RMI	4.02	4.28	4.14	4.28	14
65	I Pennington	Horwich RMI	3.62		3.77	3.77	15
13	L Philbin	Bolton Harriers	4.66		4.52	4.66	13
67	V Drevinskaite	Bolton Harriers	4.58	4.62	4.86	4.86	12
29	S Wilkinson	Sale Harriers	5.08	5.28	5.20	5.28	6
36	T Brown	Sale Harriers	5.22	5.02	5.22	5.22	8

Vertical Jump							
No	Name	Club	1	2	3	BEST	Rank
2	A Lynn	Altrincham	38	35	39	39	7
4	E Norton	Altrincham	40	37	39	40	4
5	L Pearce	Altrincham	31	31	31	31	14
7	C Stansfield	Altrincham	38	39	35	39	7
8	C Bently Hughes	Bolton Harriers	37	36	37	37	9
31	I Beaumont	Sale Harriers	35	33	37	37	11
35	L Herbert	Sale Harriers	46	47	47	47	1
48	T Seymour	Trafford A/C	33	36	37	37	10
49	Z Burns	Trafford A/C	41	41	42	42	3
55	L Hancock	Bury A/C	41	43	45	45	2
57	J Douglas	Bury A/C	34	35	33	35	12
60	M Uprichard	Bury A/C	38	39	38	39	5
62	K Dennison	Sale Harriers	22	24	24	24	16
65	I Pennington	Horwich RMI	25	31	34	34	13
59	I Lawson	Bury A/C	31	30	31	31	15
67	V Drevinskaite	Bolton Harriers	38	39	38	39	5



2 Lap Race

No	Name	Club	Time Heat	Time Semi-Final	Time Final	Rank 1st Round	Rank Semi Final
73	O Ashdown	Leigh Harriers	21.64	22.09	21.40	1	2
86	M Booth	Sale Harriers	21.76	21.94	21.80	2	1
99	G Hodson	Trafford A/C	22.71	22.58	22.62	4	5
102	R Sigsbert	Trafford A/C	22.94	22.80	22.50	6	6
110	J Dickinson	Bury A/C	23.27	23.30		9	7
83	C Furlong	Rochdale	25.84			21	
92	O Brown	Sale Harriers	22.59	22.15	22.53	3	3
108	C Russell	Bury A/C	23.36	23.50		11	9
74	A Makinson	Leigh Harriers	23.51	23.88		12	12
109	A Lawson	Bury A/C	24.02			16	
79	M MacCormac	Manchester Harriers	25.73			20	
96	B Wetherill	Trafford A/C	23.03	22.38		7	4
90	E Colquhoun-Lynn	Sale Harriers	23.51			12	
111	G Gibson	Bury A/C	23.90			14	
82	G Tuck	Manchester Harriers	24.40			18	
85	S Wilkinson	Rochdale	24.44			19	
106	A Howard	Bury A/C	22.77	23.45		5	8
70	E Barber	Manchester Harriers	23.07	23.73		8	11
98	E pemberton	Trafford A/C	23.29	23.51		10	10
104	E Kenyon	Bury A/C	24			15	
77	K Ramsey	Manchester Harriers	24.03			17	

6 Lap Race				
No	Name	Club	Time Heat	Rank
88	H Mason	Sale Harriers	75.92	1
111	G Gibson	Bury A/C	78.29	4
72	T Pearce	Altrincham	79.80	6
101	N Davnport	Trafford A/C	81.62	7
81	V Claxton	Manchester Harriers	85.71	9
90	E Colquhoun-Lynn	Sale Harriers	76.91	2
104	E Kenyon	Bury A/C	78.22	3
94	D Parish	Sale Harriers	78.92	5
106	A Howard	Bury A/C	81.95	8



4 x 2 Lap Relays		
Club	Time Heat	Rank
Trafford A/C	88.26	1
Sale Harriers	88.47	2
Leigh Harriers	88.56	3
Bury A/C	91.31	4
Manchester Harriers	100.95	5



Speed Bounce				
No	Name	Club	Bounces	Rank
79	M MacCormac	Manchester Harriers	66	8
81	V Claxton	Manchester Harriers	59	9
82	G Tuck	Manchester Harriers	67	7
89	S Dragsil-Wood	Sale Harriers	87	1
97	E Connor	Trafford A/C	83	2
102	R Sigsbert	Trafford A/C	78	5
104	E Kenyon	Bury A/C	75	6
105	E Garroch	Bury A/C	82	3
111	G Gibson	Bury A/C	80	4

Standing Triple Jump

No	Name	Club	1	2	3	BEST	Rank
72	T Pearce	Altrincham	4.98	5.20	5.34	5.34	7
73	O Ashdown	Leigh Harriers	6.18	5.96	6.06	6.18	3
86	M Booth	Sale Harriers	6.90	6.92	6.82	6.92	1
91	J Richardson	Sale Harriers	5.56	5.44	5.72	5.72	5
94	D Parish	Sale Harriers	5.30	5.46	5.49	5.49	6
95	M Cox	Stockport	4.92	4.94	5.01	5.01	10
100	H ferguson	Trafford A/C	6.48	6.37	6.44	6.48	2
85	S Wilkinson	Rochdale	4.76	4.96	5.01	5.01	9
84	M Kavanagh	Rochdale	5.10	5.02	5.03	5.10	8
108	C Russell	Bury A/C	5.72	5.63	5.86	5.86	4



2 Lap Race

No	Name	Club	Time Heat	Time Semi-Final	Time Final	Rank 1st Round	Rank Semi Final
153	C Giller	Stockport	21.58	21.75	21.75	2	6
161	K Townsend	Bury A/C	21.95	21.94		3	7
155	I Boyle	Trafford A/C	22.34			7	
147	S Whittaker	Sale Harriers	23.46			11	
140	H Koffman	Manchester Harriers	26.31			15	
137	T Powell-Lewis	Manchester Harriers	21.42	21.48	21.48	1	4
154	C Seymour	Trafford A/C	21.95	21.11	21.11	3	3
163	C Larkin	Bury A/C	22.25	22.13		6	8
149	E Boyunga	Sale Harriers	24.36			12	
136	I Bradley	Manchester Harriers	24.38			13	
157	R Sigsbert	Trafford A/C	22.14	21.68	21.68	5	5
160	A Garroch	Bury A/C	22.53			8	
150	L Creamer	Sale Harriers	23.00			9	
151	I Johnson	Salford Mets	23.06			10	
165	C Leicester	Blackley & N Mcr	25.60			14	



4 x 2 Lap Relays		
Club	Time Heat	Rank
Trafford A/C	86.15	1
Bury A/C	87.73	2
Sale Harriers	90.05	3
Manchester Harriers	90.30	4
Sale Harriers	95.68	5



Speed Bounce				
No	Name	Club	Bounces	Rank
133	L Kinsella	Leigh Harriers	75	3
135	A Jones	Manchester Harriers	73	5
141	A Stiles	Manchester Harriers	73	5
145	E Marshall	Sale Harriers	71	7
151	I Johnson	Salford Mets	76	2
152	M Boydon	Salford Mets	75	3
157	R Sigsbert	Trafford A/C	69	9
159	T James	Trafford A/C	70	8
160	A Garroch	Bury A/C	81	1

Standing Triple Jump

No	Name	Club	1	2	3	BEST	Rank
140	H Koffman	Manchester Harriers	3.54	3.70	3.90	3.90	8
143	M Greenway	Sale Harriers	6.44	6.16	6.50	6.50	3
145	E Marshall	Sale Harriers	6.10	6.04	6.24	6.24	6
153	C Giller	Stockport	6.76	6.77	6.81	6.81	1
155	I Boyle	Trafford A/C	6.28	6.44	6.54	6.54	2
144	T Falloon	Sale Harriers	6.24	6.13	6.16	6.24	5
164	C Farnworth Speakman	Bury A/C	6.34	6.48	6.47	6.48	4
162	H Vaughan	Bury A/C	5.88	5.96	6.21	6.21	7

Vertical Jump							
No	Name	Club	1	2	3	BEST	Rank
132	M Pearce	Altrincham	45	50	49	50	5
133	L Kinsella	Leigh Harriers	53	54	52	54	2
141	A Stiles	Manchester Harriers	49	50	53	53	4
135	A Jones	Manchester Harriers	46	48	48	48	7
146	C Buchan	Sale Harriers	35	36	38	38	12
147	S Whittaker	Sale Harriers	42	38	44	44	11
151	I Johnson	Salford Mets	46	46	45	46	8
152	M Boydon	Salford Mets	45	41	45	45	9
155	I Boyle	Trafford A/C	50	50	53	53	3
160	A Garroch	Bury A/C	56	55	54	56	1
164	C Farnworth Speakman	Bury A/C	49	47	49	49	6
163	C Larkin	Bury A/C	43	43	44	44	10

