

## Track

### 400m Hurdles -Men

<b>1st</b>	<b>257</b>	Richard	Higson-Blythe	<b>M40</b>	Wakefield H		81.4
	<b>258</b>	Darren	Towart	<b>M35</b>	Tynedale	<b>OPEN</b>	67.1

### 3000m - Men

<b>1st</b>	<b>287</b>	Michael	Keedey	<b>M40</b>	St Therea's AC		09:56.4
<b>2nd</b>	<b>255</b>	Robert	Vincent	<b>M40</b>	Halifax H		10:43.9
<b>1st</b>	<b>273</b>	Sean	McCaffrey	<b>M45</b>	Holmfirth H		10:33.8
	<b>413</b>	Robert	O'Hara	<b>M50</b>	U/A	<b>Open</b>	12:47.0
<b>1st</b>	<b>278</b>	Mark	Hall	<b>M55</b>	Otley AC		10:06.6
<b>1st</b>	<b>274</b>	Bryan	Parkinson	<b>M65</b>	Bingley H		12:08.4
<b>1st</b>	<b>231</b>	Tim	Cock	<b>M70</b>	Holmfirth H		14:48.5
<b>1st</b>	<b>235</b>	John	Smithurst	<b>M75</b>	Bingley H		14:25.7

### 3000m - Ladies

	<b>414</b>	Katrina	Oddy	<b>F50</b>	Halifax H	<b>Open</b>	11.55.4
<b>1st</b>	<b>13</b>	Denise	Johnson	<b>F55</b>	Baildon Runners		14:43.4

### 400m - Men

<b>1st</b>	<b>258</b>	Darren Towart	M35	Tynedale	Open	56.6
<b>1st</b>	<b>238</b>	Simon Oak	M40	Rotherham H		61.1
	<b>412</b>	Mike Coogan	M40	East Cheshire	Open	52.6
	<b>296</b>	Steve Goodwill	M40	Burnley	Open	62.6
	<b>416</b>	Leeroy Bolding	M45	NVAC	Open	58.5
<b>1st</b>	<b>280</b>	Kevin Waite	M50	Pontefract AC		65.4
<b>1st</b>	<b>278</b>	Mark Hall	M55	Otley AC		73.4
<b>1st</b>	<b>250</b>	John Whelan	M65	Wakefield H		89.7
<b>1st</b>	<b>267</b>	Rodney Mills	M75	Ripon Runners		81.6

### 400m - Ladies

<b>1st</b>	<b>21</b>	Claire Ryan	F35	Halifax H		69.6
<b>2nd</b>	<b>17</b>	Susanne Pickersgill	F55	Longwood H		98.2

**800m Men**

<b>1st</b>	<b>251</b>	Paul	Fotherby	<b>M40</b>	Valley Striders		2:09.6
<b>1st</b>	<b>277</b>	Mark	Havenhand	<b>M45</b>	Kingstone Runners		2:11.3
<b>2nd</b>	<b>233</b>	Graham	Cook	<b>M45</b>	City of Hull		2:35.8
<b>1st</b>	<b>280</b>	Kevin	Waite	<b>M50</b>	Pontefract AC		2:37.1
<b>1st</b>	<b>278</b>	Mark	Hall	<b>M55</b>	Otley AC		2:33.3
<b>1st</b>	<b>249</b>	Chris	Corcoran	<b>M60</b>	Leeds C		2:42.1
<b>2nd</b>	<b>243</b>	Donald	Johnson	<b>M60</b>	Baildon Runners		2:59.5
<b>1st</b>	<b>274</b>	Bryan	Parkinson	<b>M65</b>	Bingley H		2:43.6
<b>1st</b>	<b>254</b>	Rod	Scholes	<b>M70</b>	Barnsley AC		2:44.1
<b>1st</b>	<b>267</b>	Rodney	Mills	<b>M75</b>	Ripon Runners		3:15.9

**800m - Ladies**

<b>1st</b>	<b>13</b>	Denise	Johnson	<b>F55</b>	Baildon Runners		3:50.5
	<b>292</b>	Faye	Holden	<b>F35</b>	Pendle AC	<b>Open</b>	3:06.9
<b>1st</b>	<b>14</b>	Kerry	Storrar	<b>F40</b>	Barnsley AC		2:29.1
	<b>418</b>	Delphine	Pearson	<b>F40</b>	NVAC	<b>Open</b>	2:46.8
<b>1st</b>	<b>15</b>	Denise	Ramsden	<b>F45</b>	Rothwell H		3:34.4

### 100m - Men

<b>1st</b>	<b>239</b>	Anthony	Browne	<b>M35</b>	Doncaster AC		11.8
<b>2nd</b>	<b>281</b>	Stephen	Humberstone	<b>M35</b>	Hallamshire H		12.5
	<b>258</b>	Darren	Towart	<b>M35</b>	Tynedale	<b>Open</b>	12.8
<b>1st</b>	<b>257</b>	Richard	Higson-Blythe	<b>M40</b>	Wakefield H		12.2
<b>2nd</b>	<b>253</b>	Stephen	Thorpe	<b>M40</b>	Wakefield H		13.9
	<b>297</b>	Lee	Hopkins	<b>M40</b>	Ackworth	<b>Open</b>	14.9
	<b>416</b>	Leeroy	Bolding	<b>M45</b>	NVAC	<b>Open</b>	13.1
<b>1st</b>	<b>265</b>	Anthony	Burniston	<b>M50</b>	Doncaster AC		12.8
	<b>289</b>	Andy	Hunter	<b>M55</b>	NUAC	<b>Open</b>	14.0
	<b>284</b>	Simon	Deutsch	<b>M60</b>	NVAC	<b>Open</b>	14.7
	<b>415</b>	Jack	McGuire	<b>M60</b>	Clayton	<b>Open</b>	16.0
<b>1st</b>	<b>245</b>	Edward	Berry	<b>M65</b>	Longwood H		15.4
<b>2nd</b>	<b>250</b>	John	Whelan	<b>M65</b>	Wakefield H		20.0
	<b>264</b>	Peter	Wright	<b>M65</b>	Midland Masters	<b>Open</b>	15.6
	<b>294</b>	Peter	Dibb	<b>M80</b>	KNVAC	<b>Open</b>	21.8

### 100m - Ladies

<b>1st</b>	<b>28</b>	Julie	Franks	F50	Barton& District		18.5
	<b>293</b>	Wendy	Laing	F50	NVAC	Open	15.3
	<b>290</b>	Susan	Richardson	F50	City of York	Open	16.4
<b>1st</b>	<b>17</b>	Susanne	Pickersgill	F55	Longwood H		20.3
	<b>421</b>	Hilary	West	F55	Stockport	Open	16.6
	<b>11</b>	Maria	Williams	F65	City of York	Open	18.0

### 3000m Walk

	<b>420</b>	Dwane	Butterly	M45	Leicester	Open	17:16.6
	<b>288</b>	Martin	Cawkwell	M45	Barton & Dist	Open	23:42.2
<b>1st</b>	<b>237</b>	Simon	Pugh	M55	Rotherham H		18:47.9
<b>1st</b>	<b>271</b>	Michael	Nicholson	M65	KingstonU Hull		28:59.4
	<b>241</b>	Russell	Jackson	M70	Yorkshire W Club	Open	18:44.3
	<b>300</b>	Christian	Bolton	M75	Lancaster WC	Open	20:29.1
	<b>419</b>	Edwin	Grocock	M90	Sheffield	Open	24:44.0

### 110m Hurdles

<b>258</b>	Darren	Towart	<b>M35</b>	Tynedale	<b>Open</b>	21.8
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### 1500m

<b>1st</b>	<b>251</b>	Paul	Fotherby	<b>M40</b>	Valley Striders	4:33.0
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<b>2nd</b>	<b>256</b>	Adam	Moger	<b>M40</b>	Kirkstall H	5:04.2
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<b>1st</b>	<b>233</b>	Graham	Cook	<b>M45</b>	City of Hull	5:19.3
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<b>1st</b>	<b>266</b>	Mark	Leggett	<b>M50</b>	Spensborough AC	5:08.4
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<b>1st</b>	<b>249</b>	Chris	Corcoran	<b>M60</b>	Leeds C	5:30.0
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<b>1st</b>	<b>274</b>	Bryan	Parkinson	<b>M65</b>	Bingley H	5:46.7
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<b>1st</b>	<b>254</b>	Rod	Scholes	<b>M70</b>	Barnsley AC	5:50.0
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<b>1st</b>	<b>14</b>	Kerry	Storrar	<b>F40</b>	Barnsley AC	5:10.5
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	<b>418</b>	Delphine	Pearson	<b>F40</b>	NVAC	<b>open</b> 5:53.2
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### 200m - Men

<b>1st</b>	<b>239</b>	Anthony	Browne	<b>M35</b>	Doncaster AC	23.5
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	<b>258</b>	Darren	Towart	<b>M35</b>	Tynedale	<b>Open</b> 25.4
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<b>1st</b>	<b>257</b>	Richard	Higson-Blythe	<b>M40</b>	Wakefield H	26.1
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<b>2nd</b>	<b>238</b>	Simon	Oak	<b>M40</b>	Rotherham H	27.1
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	<b>412</b>	Mike	Coogan	<b>M40</b>	East Cheshire	<b>Open</b>	23.4
	<b>296</b>	Steve	Goodwill	<b>M40</b>	Burnley	<b>Open</b>	27.8
<b>1st</b>	<b>265</b>	Anthony	Burniston	<b>M50</b>	Doncaster AC		26.5
	<b>284</b>	Simon	Deutsch	<b>M60</b>	NVAC	<b>Open</b>	30.3
<b>1st</b>	<b>250</b>	John	Whelan	<b>M65</b>	Wakefield H		38.0
	<b>294</b>	Peter	Dibb	<b>M80</b>	KNVAC	<b>Open</b>	45.2

#### **200m - Ladies**

<b>1st</b>	<b>17</b>	Susanne	Pickersgill	<b>F55</b>	Longwood H		47.4
<b>1st</b>	<b>11</b>	Maria	Williams	<b>F65</b>	City of York		38.3
	<b>421</b>	Hilary	West	<b>F55</b>	Stockport	<b>Open</b>	33.4

#### **5000m - Men**

<b>1st</b>	<b>262</b>	Neil	Baxter	<b>M35</b>	Skyrac AC		21:58.3
<b>1st</b>	<b>277</b>	Mark	Havenhand	<b>M45</b>	Kingstone Runners		17:21.8
<b>1st</b>	<b>236</b>	Martin	Farran	<b>M50</b>	Leeds C		18:04.1
<b>2nd</b>	<b>266</b>	Mark	Leggett	<b>M50</b>	Spenborough AC		20:12.0

<b>1st</b>	<b>263</b>	Andy	Pagdin	<b>M55</b>	Valley Striders		20:02.1
<b>1st</b>	<b>286</b>	Peter	Pryah	<b>M60</b>	Bingley H		18:04.7
<b>2nd</b>	<b>243</b>	Donald	Johnson	<b>M60</b>	Baildon Runners		21:56.6
	<b>272</b>	Richard	Smart	<b>NS</b>	Ackworth Road R	<b>open</b>	20:48.8

### 5000m - Ladies

<b>1st</b>	<b>23</b>	Fiona	Davies	<b>F40</b>	Rotherham H		18:09.6
<b>1st</b>	<b>15</b>	Denise	Ramsden	<b>F45</b>	Rothwell H		24:45.8
<b>1st</b>	<b>20</b>	Lesley	Leggett	<b>F55</b>	Spensorough AC		20:12.3

### Hammer - Men

<b>1st</b>	<b>260</b>	Darren	Thomas	<b>M35</b>	Skyrac AC		37.12
<b>1st</b>	<b>230</b>	Ricky	Housley	<b>M40</b>	Doncaster AC		31.26
	<b>296</b>	Steve	Goodwill	<b>M40</b>	Burnley	<b>Open</b>	22.46
<b>1st</b>	<b>261</b>	John	Twiddle	<b>M45</b>	KingstonU Hull		35.67
<b>1st</b>	<b>282</b>	Nick	Crimmen	<b>M50</b>	Spensorough AC		42.09
<b>2nd</b>	<b>247</b>	Steve	Linsell	<b>M50</b>	Leeds C		30.71
<b>1st</b>	<b>229</b>	Ian	Cooley	<b>M55</b>	Rotherham H		33.38



	<b>295</b>	Derek	Martin	<b>M60</b>	Salford Met	<b>Open</b>	37.62
<b>1st</b>	<b>259</b>	Bill	Renshaw	<b>M65</b>	Rotherham H		29.48
<b>2nd</b>	<b>245</b>	Edward	Berry	<b>M65</b>	Longwood H		26.51

### Hammer - Ladies

<b>1st</b>	<b>22</b>	Rachel	Scholes	<b>F35</b>	Longwood H		25.60
<b>1st</b>	<b>25</b>	Linda	North	<b>F40</b>	Spensorough AC		26.66
<b>1st</b>	<b>26</b>	Jennifer	Ibbitson	<b>F55</b>	Wakefield H		32.85
<b>2nd</b>	<b>17</b>	Susanne	Pickersgill	<b>F55</b>	Longwood H		14.86
<b>1st</b>	<b>12</b>	Linda	Ridsdale	<b>F65</b>	Wakefield H		23.99

### Shot Putt - Men

<b>1st</b>	<b>260</b>	Darren	Thomas	<b>M35</b>	Skyrac AC		10.56
<b>1st</b>	<b>230</b>	Ricky	Housley	<b>M40</b>	Doncaster AC		9.71
<b>2nd</b>	<b>257</b>	Richard	Higson-Blythe	<b>M40</b>	Wakefield H		7.77
	<b>299</b>	Darren	Askew	<b>M40</b>	Doncaster AC	<b>Open</b>	11.38
	<b>296</b>	Steve	Goodwill	<b>M40</b>	Burnley	<b>Open</b>	8.46
<b>1st</b>	<b>261</b>	John	Twiddle	<b>M45</b>	KingstonU Hull		11.79

	<b>288</b>	Martin	Cawkwell	<b>M45</b>	Barton & District	<b>Open</b>	7.36
<b>1st</b>	<b>282</b>	Nick	Crimmen	<b>M50</b>	Spenborough AC		13.28
<b>2nd</b>	<b>247</b>	Steve	Linsell	<b>M50</b>	Leeds C		9.57
<b>3rd</b>	<b>240</b>	Richard	Howes	<b>M50</b>	Pontefract AC		8.94
<b>1st</b>	<b>229</b>	Ian	Cooley	<b>M55</b>	Rotherham H		6.40
<b>1st</b>	<b>244</b>	Martin	Maynard	<b>M60</b>	Longwood H		10.14
	<b>246</b>	Paul	Hudson	<b>M60</b>	Vale Royal		6.61
	<b>291</b>	Trevor	Straker	<b>M60</b>	North Shields Poly	<b>Open</b>	11.35
	<b>295</b>	Derek	Martin	<b>M60</b>	Salford Met	<b>Open</b>	10.07
<b>1st</b>	<b>259</b>	Bill	Renshaw	<b>M65</b>	Rotherham H		9.41
<b>1st</b>	<b>268</b>	Colin	shafto	<b>M80</b>	City of York AC		8.00
	<b>294</b>	Peter	Dibb	<b>M80</b>	KNVAC	<b>Open</b>	6.15

### Shot Putt - Ladies

<b>1st</b>	<b>18</b>	Fiona	Thomas	<b>F35</b>	Skyrac AC		10.95
<b>2nd</b>	<b>22</b>	Rachel	Scholes	<b>F35</b>	Longwood H		8.32
<b>3rd</b>	<b>10</b>	Sarah	Coulson	<b>F35</b>	Longwood H		6.91
	<b>27</b>	Shelly	Chapman	<b>F35</b>	Barton& District	<b>Open</b>	6.29
<b>1st</b>	<b>25</b>	Linda	North	<b>F40</b>	Spenborough AC		8.68

	<b>293</b>	Wendy	Laing	F50	NVAC	Open	9.46
	<b>290</b>	Susan	Richardson	F50	City of York	Open	8.03
<b>1st</b>	<b>26</b>	Jennifer	Ibbitson	F55	Wakefield H		9.41
<b>2nd</b>	<b>16</b>	Hazel	Barker	F55	Leeds C		9.15
<b>3rd</b>	<b>17</b>	Susanne	Pickersgill	F55	Longwood H		6.05
<b>1st</b>	<b>12</b>	Linda	Ridsdale	F65	Wakefield H		6.4

### High Jump - Men

<b>1st</b>	<b>242</b>	Andrew	England	M40	City of York AC		1.65
	<b>296</b>	Steve	Goodwill	M40	Burnley	Open	1.45
	<b>297</b>	Lee	Hopkins	M40	Ackworth	Open	1.30
	<b>298</b>	Shaun	Carter	M45	City of York AC	Open	1.45
<b>1st</b>	<b>247</b>	Steve	Linsell	M50	Leeds C		1.73
	<b>240</b>	Richard	Howes	M50	Pontefract AC		1.50
<b>1st</b>	<b>244</b>	Martin	Maynard	M60	Longwood H		1.40
	<b>291</b>	Trevor	Straker	M60	North Shields Poly	Open	1.25
<b>1st</b>	<b>268</b>	Colin	shafto	M80	City of York AC		1.26 NR

### High Jump - Ladies

<b>1st</b>	<b>21</b>	Claire	Ryan	F35	Halifax H		1.25
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<b>293</b>	Wendy	Laing	<b>F50</b>	NVAC	<b>Open</b>	1.45
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### **Discus -Men**

<b>1st</b>	<b>260</b>	Darren	Thomas	<b>M35</b>	Skyrac AC	33.51
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<b>1st</b>	<b>230</b>	Ricky	Housley	<b>M40</b>	Doncaster AC	22.80
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	<b>299</b>	Darren	Askew	<b>M40</b>	Doncaster AC	<b>Open</b>	35.67
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	<b>296</b>	Steve	Goodwill	<b>M40</b>	Burnley	<b>Open</b>	24.62
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<b>1st</b>	<b>261</b>	John	Twiddle	<b>M45</b>	KingstonU Hull	32.66
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	<b>416</b>	Leeroy	Bolding	<b>M45</b>	NVAC	<b>Open</b>	28.8
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	<b>288</b>	Martin	Cawkwell	<b>M45</b>	Barton & District	<b>Open</b>	16.73
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<b>1st</b>	<b>282</b>	Nick	Crimmen	<b>M50</b>	Spensorough AC	34.97
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<b>2nd</b>	<b>247</b>	Steve	Linsell	<b>M50</b>	Leeds C	32.35
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<b>1st</b>	<b>229</b>	Ian	Cooley	<b>M55</b>	Rotherham H	16.03
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<b>1st</b>	<b>244</b>	Martin	Maynard	<b>M60</b>	Longwood H	26.11
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	<b>291</b>	Trevor	Straker	<b>M60</b>	North Shields Poly	<b>Open</b>	32.10
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	<b>295</b>	Derek	Martin	<b>M60</b>	Salford Met	<b>Open</b>	30.32
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	<b>246</b>	Paul	Hudson	<b>M60</b>	Vale Royal AC	<b>Open</b>	20.41
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<b>1st</b>	<b>259</b>	Bill	Renshaw	<b>M65</b>	Rotherham H	35.15
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<b>2nd</b>	<b>245</b>	Edward	Berry	<b>M65</b>	Longwood H	19.58
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<b>234</b>	Jon	Watts	<b>M75</b>	Northern Vets	<b>Open</b>	36.47
<b>294</b>	Peter	Dibb	<b>M80</b>	KNVAC	<b>Open</b>	16.17

### **Discus -Ladies**

<b>1st</b>	<b>10</b>	Sarah	Coulson	<b>F35</b>	Longwood H		24.01
<b>2nd</b>	<b>22</b>	Rachel	Scholes	<b>F35</b>	Longwood H		22.56
	<b>27</b>	Shelly	Chapman	<b>F35</b>	Barton& District	<b>Open</b>	18.04
<b>1st</b>	<b>25</b>	Linda	North	<b>F40</b>	Spensorough AC		24.02
	<b>28</b>	Julie	Franks	<b>F50</b>	Barton& District	<b>Open</b>	11.25
<b>1st</b>	<b>26</b>	Jennifer	Ibbitson	<b>F55</b>	Wakefield H	<b>Open</b>	26.19
	<b>11</b>	Maria	Williams	<b>F65</b>	City of York	<b>Open</b>	15.84

### **Long Jump -Men**

<b>1st</b>	<b>253</b>	Stephen	Thorpe	<b>M40</b>	Wakefield H		4.78
<b>2nd</b>	<b>257</b>	Richard	Higson-Blythe	<b>M40</b>	Wakefield H		4.46
<b>1st</b>	<b>240</b>	Richard	Howes	<b>M50</b>	Pontefract AC		4.59
<b>1st</b>	<b>244</b>	Martin	Maynard	<b>M60</b>	Longwood H		3.83

<b>1st</b>	<b>245</b>	Edward	Berry	<b>M65</b>	Longwood H		3.85
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<b>1st</b>	<b>268</b>	Colin	Shafto	<b>M80</b>	City of York AC		3.37
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### **Long Jump - Ladies**

<b>1st</b>	<b>21</b>	Claire	Ryan	<b>F35</b>	Halifax H		4.17
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<b>1st</b>	<b>28</b>	Julie	Franks	<b>F50</b>	Barton& District		3.02
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	<b>293</b>	Wendy	Laing	<b>F50</b>	NVAC	<b>Open</b>	4.40
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	<b>290</b>	Susan	Richardson	<b>F50</b>	City of York	<b>Open</b>	3.79
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<b>1st</b>	<b>16</b>	Hazel	Barker	<b>F55</b>	Leeds C		3.06
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	<b>11</b>	Maria	Williams	<b>F65</b>	City of York	<b>Open</b>	2.84
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	<b>417</b>	Emma	Hustwit	<b>F40</b>	Kirkstall	<b>Open</b>	2.85
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### **Javelin - Men**

<b>1st</b>	<b>260</b>	Darren	Thomas	<b>M35</b>	Skyrac AC		36.84
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	<b>258</b>	Darren	Towart	<b>M35</b>	Tynedale	<b>Open</b>	33.81
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<b>1st</b>	<b>256</b>	Adam	Moger	<b>M40</b>	Kirkstall H		32.55
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<b>2nd</b>	<b>253</b>	Stephen	Thorpe	<b>M40</b>	Wakefield H		25.81
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<b>3rd</b>	<b>230</b>	Ricky	Housley	<b>M40</b>	Doncaster AC		21.31
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	<b>412</b>	Mike	Coogan	<b>M40</b>	East Cheshire	<b>Open</b>	31.59
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<b>1st</b>	<b>261</b>	John	Twiddle	<b>M45</b>	KingstonU Hull		27.21
	<b>298</b>	Shaun	Carter	<b>M45</b>	City of York AC	<b>Open</b>	33.86
	<b>288</b>	Martin	Cawkwell	<b>M45</b>	Barton & District	<b>Open</b>	29.28
<b>1st</b>	<b>240</b>	Richard	Howes	<b>M50</b>	Pontefract AC		37.85
<b>2nd</b>	<b>247</b>	Steve	Linsell	<b>M50</b>	Leeds C		25.98
<b>1st</b>	<b>229</b>	Ian	Cooley	<b>M55</b>	Rotherham H		20.36
<b>1st</b>	<b>244</b>	Martin	Maynard	<b>M60</b>	Longwood H		21.71
	<b>295</b>	Derek	Martin	<b>M60</b>	Salford Met	<b>Open</b>	32.73
	<b>291</b>	Trevor	Straker	<b>M60</b>	North Shields Poly	<b>Open</b>	25.71
	<b>246</b>	Paul	Hudson	<b>M60</b>	Vale Royal AC	<b>Open</b>	18.67
<b>1st</b>	<b>259</b>	Bill	Renshaw	<b>M65</b>	Rotherham H		17.89

### **Javelin - Ladies**

	<b>27</b>	Shelly	Chapman	<b>F35</b>	Barton& District	<b>Open</b>	17.67
<b>1st</b>	<b>14</b>	Kerry	Storrar	<b>F40</b>	Barnsley AC		20.25
	<b>417</b>	Emma	Hustwit	<b>F40</b>	Kirkstall	<b>Open</b>	14.82
<b>1st</b>	<b>16</b>	Hazel	Barker	<b>F55</b>	Leeds C		20.35
<b>1st</b>	<b>17</b>	Susanne	Pickersgill	<b>F55</b>	Longwood H		11.26

### Triple Jump - Men

<b>1st</b>	<b>242</b>	Andrew	England	<b>M40</b>	City of York AC		10.41
<b>2nd</b>	<b>257</b>	Richard	Higson-Blythe	<b>M40</b>	Wakefield H		9.37
	<b>296</b>	Steve	Goodwill	<b>M40</b>	Burnley	<b>Open</b>	9.42
	<b>298</b>	Shaun	Carter	<b>M45</b>	City of York AC	<b>Open</b>	10.00
<b>1st</b>	<b>247</b>	Steve	Linsell	<b>M50</b>	Leeds C		10.76
<b>1st</b>	<b>244</b>	Martin	Maynard	<b>M60</b>	Longwood H		8.46
<b>1st</b>	<b>268</b>	Colin	shafto	<b>M80</b>	City of York AC		6.43

### Triple Jump - Ladies

	<b>290</b>	Susan	Richardson	<b>F50</b>	City of York	<b>Open</b>	8.39
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