

M 100m A

1 Matthew Cottam BNG 11.4  
2 Carlton Alexander 17 WIG 11.9  
3 Robbie Schofield RIB 12.1  
4 Andrew Robinson PST 12.2  
5 Anthony Dunn U17 BUH 12.3  
6 Callum Postoyalko 17 HRG 12.9

M 100m B

1 Harrison Foster BNG 11.9  
2 Edward Greenall U17 PST 12.0  
3 Alex Rhodes U17 HRG 12.8  
4 Danny Crompton U17 WIG 12.8  
5 Dom Hogan U17 RIB 13.4

M 200m A

1 Matthew Cottam BNG 24.8  
2 Johnathan Harker RIB 24.9  
3 Jack Thomas WIG 25.6  
4 James Eccles BUH 26.2  
5 Ryan Sumner PST 26.3  
6 Callum Postoyalko 17 HRG 28.9

M 200m B

1 Harrison Foster BNG 24.9  
2 Anthony Dunn U17 BUH 25.4  
3 Edward Greenall U17 PST 25.5  
4 Ian Yates U17 RIB 25.6  
5 Danny Crompton U17 WIG 27.7  
6 Rob Coupland HRG 30.9

M 400m A

1 Robbie Schofield RIB 50.9  
2 Junior George SPN 52.7  
3 Ben Dawber-Axon WIG 53.2  
4 Paul Cryer BUH 56.4  
5 Ryan Sumner PST 57.8  
6 Duncan Birtwistle HRG 63.6

M 400m B

1 Johnathan Harker RIB 55.1  
2 Steven Ormerod U17 PST 55.9  
3 James Eccles BUH 56.7  
4 Matt Evans WIG 62.0  
5 Adam Couldwell U17 HRG 65.6

M 800m A

1 Stephen Bennett PST 2.05.1  
2 Frazer Jardine BUH 2.05.3  
3 Matt Evans WIG 2.10.8  
4 Alex Rhodes U17 HRG 2.12.4

M 800m B

1 Sam Gough BUH 2.04.8  
2 Dan Cheeseman U17 HRG 2.15.1  
3 Nathan Crowe U17 PST 2.23.4

M 1500m A

1 Stephen Bennett PST 4.28.9  
2 Frazer Jardine BUH 4.37.9  
3 Sam Yates U17 RIB 4.41.1  
4 Duncan Birtwistle HRG 4.47.5

M 1500m B

1 Sam Gough BUH 4.51.5  
2 Luke Watson U17 RIB 4.53.3  
3 Dan Cheeseman U17 HRG 4.55.4

M 3000m A

1 Mathew Davison PST 10.21.7  
2 Rob Seymour HRG 10.47.1

M 3000m B

No competitors

M 110mH A

1 Lewis Coulton BUH 18.3

M 110mH B

No competitors

M 400mH A

1 Joe Basquill U17 RIB 64.0  
2 Joshua Skinner PST 72.8  
3 Rob Seymour HRG 77.3

M 400mH B

1 George Sharp U17 PST 83.4

M 2000m Sc A

1 Rob Seymour HRG 7.45.7  
2 Lewis Coulton BUH 9.16.4

M 2000m Sc B

1 Duncan Birtwistle HRG 8.30.1

M Discus Throw A

No competitors

M Discus Throw B

No competitors

M Hammer Throw A

1 Tom Smith WIG 40.85  
2 Michael Ashworth SPN 33.59  
3 Michael O'Donnell BUH 30.40  
4 Andrew Harrison U17 PST 20.65  
5 Rob Coupland HRG 19.39  
6 Aiden Harling RIB 7.04

M Hammer Throw B

1 James Quinn WIG 26.61  
2 Andrew Robinson PST 19.37  
3 Dennis Nturo U17 BUH 12.39  
4 Luke Watson U17 RIB 6.88

M High Jump A  
 1 Cameron Gore PST 1.70  
 2 Dennis Nturo U17 BUH 1.60  
 3 Carlton Alexander 17 WIG 1.60  
 4 Sam Yates U17 RIB 1.55

M High Jump B  
 1 Andrew Robinson PST 1.65  
 2 Joe Basquill U17 RIB 1.55

M Javelin Throw A  
 1 Stephen Porter PST 53.81  
 2 Michael O'Donnell BUH 45.87  
 3 Tom Smith WIG 41.43  
 4 Jack Bellwood U17 SPN 39.05  
 5 Sam Yates U17 RIB 34.16  
 6 Rob Coupland HRG 26.88

M Javelin Throw B  
 1 Adam Lesbirel PST 46.24  
 2 Dennis Nturo U17 BUH 26.21  
 3 James Quinn WIG 24.08  
 4 Adam Couldwell U17 HRG 21.35  
 5 Luke Watson U17 RIB 19.60

M Long Jump A  
 1 Ryan Sumner PST 5.83  
 2 Anthony Dunn U17 BUH 5.67  
 3 Callum Postoyalko 17 HRG 5.34  
 4 Johnathan Harker RIB 4.98

M Long Jump B  
 1 Cameron Gore PST 5.70  
 2 Lewis Coulton BUH 5.44  
 3 Dom Hogan U17 RIB 4.36

M Pole Vault A  
 1=Michael O'Donnell BUH 2.10  
 1=George Sharp U17 PST 2.10

M Pole Vault B  
 1 Andrew Harrison U17 PST 2.10

M Shot Putt A  
 1 Tom Smith WIG 14.12  
 2 Andrew Robinson PST 11.59  
 3 Michael Ashworth SPN 10.35  
 4 Phil Jones BNG 9.27  
 5 Paul Cryer BUH 8.07  
 6 Rob Coupland HRG 7.94  
 7 Ian Yates U17 RIB 7.37

M Shot Putt B  
 1 James Quinn WIG 10.87  
 2 Steven Ormerod U17 PST 8.59  
 3 James Eccles BUH 7.72  
 4 Rob Seymour HRG 5.48

M Triple Jump A  
 1 Phil Jones BNG 11.92  
 2 Carlton Alexander 17 WIG 11.71  
 3 Joe Basquill U17 RIB 11.14  
 4 Dan Cheeseman U17 HRG 10.69  
 5 Frazer Jardine BUH 10.26

M Triple Jump B  
 1 Ian Yates U17 RIB 10.18  
 2 Alex Rhodes U17 HRG 10.04  
 3 Ben Dawber-Axon WIG 9.97  
 4 Sam Gough BUH 9.56

W 100m A  
 1 Mica Nottingham PST 12.6  
 2 Leigh Lennon RIB 13.2  
 3 Becky Murphy Bates WIG 13.7  
 4 Lexi Cochrane U17 BUH 13.7  
 5 Hannah Spruce U17 HRG 13.9  
 6 Natasha Ashong U17 SPN 13.9

W 100m B  
 1 Louisa Hodgson U17 PST 12.9  
 2 Michaela Pascall U17 SPN 13.7  
 3 Rachael Pearson U17 WIG 13.9  
 4 Becky Shorrock U17 RIB 15.0  
 5 Hannah Brown HRG 15.1

W 200m A  
 1 Mica Nottingham PST 27.1  
 2 Leigh Lennon RIB 28.5  
 3 Natasha Ashong U17 SPN 29.4  
 4 Becky Murphy Bates WIG 29.5  
 5 Jess Mayho U17 BNG 29.7  
 6 Michelle Derung BUH 31.0  
 7 Kath Coupland U17 HRG 31.4

W 200m B  
 1 Melissa Forrest WIG 27.7  
 2 Ashleigh Williams RIB 28.2  
 3 Melanie Turner SPN 28.6

W 400m A  
 1 Leigh Lennon RIB 58.4  
 2 Corinne Stott WIG 60.6  
 3 Natasha Ashong U17 SPN 63.2  
 4 Louisa Hodgson U17 PST 65.5  
 5 Jess Mayho U17 BNG 66.7  
 6 Lexi Cochrane U17 BUH 70.3

W 400m B  
 1 Melissa Forrest WIG 61.9  
 2 Ashleigh Williams RIB 62.6  
 3 Melanie Turner SPN 63.4  
 4 Rebecca Kay U17 BUH 68.1  
 5 Hannah Watson PST 68.5  
 6 Holly Craig U17 BNG 73.4

W 800m A			W 800m B		
1	Elena Dowthwaite U17	PST 2.30.1	1	Hannah Darby	BUH 2.34.3
2	Rachel Pounds	BUH 2.30.8	2	Becky Rowlands	SPN 2.38.9
3	Catherine Whitfield	WIG 2.31.7			
4	Sarah Peacock U17	SPN 2.33.0			
5	Suzanne Bailey	RIB 2.38.2			
6	Kath Coupland U17	HRG 2.42.8			
7	Holly Craig U17	BNG 2.44.8			
W 1500m A			W 1500m B		
1	Catherine Whitfield	WIG 5.36.6	1	Sarah Howe U17	RIB 5.59.5
2	Sarah Peacock U17	SPN 5.43.9	2	Holly Moore U17	SPN 6.07.4
3	Suzanne Bailey	RIB 5.46.3			
4	Rachel Pounds	BUH 5.56.7			
5	Hannah Watson	PST 6.11.2			
W 3000m A			W 3000m B		
1	Abigail Macklay U17	PST 11.56.2	1	Ellen Buckley U17	PST 12.31.8
2	Leanne Sheehy	BUH 12.20.3			
3	Annabel Ralph U17	RIB 13.51.3			
W 100mH A			W 100mH B		
1	Harriet James U17	PST 16.0	1	Rebekah Ingham	PST 17.1
2	Olivia McGreevy	BUH 20.5	2	Ashleigh Williams	RIB 19.5
3	Sarah Howe U17	RIB 21.9			
4	Jessica Tomlinson	WIG 22.3			
W 400mH A			W 400mH B		
1	Kath Coupland U17	HRG 73.7	1	Rebecca Kay U17	BUH 75.6
2	Olivia McGreevy	BUH 74.0			
3	Becky Shorrocks U17	RIB 80.5			
4	Jessica Tomlinson	WIG 80.5			
W 1500m Sc A			W 1500m Sc B		
No competitors			No competitors		
W Discus Throw A			W Discus Throw B		
No competitors			No competitors		
W Hammer Throw A			W Hammer Throw B		
No competitors			No competitors		
W High Jump A			W High Jump B		
1	Rebekah Ingham	PST 1.55	1	Rachel Pounds	BUH 1.30
2	Sian Pledger	BUH 1.45			
3	Jo Bullock U17	BNG 1.40			
4	Jessica Tomlinson	WIG 1.35			
W Javelin Throw A			W Javelin Throw B		
1	Amie Kevan	PST 33.96	1	Rebekah Ingham	PST 24.31
2	Katie Zientek	SPN 27.30	2	Melanie Turner	SPN 20.56
3	Laura Baker U17	WIG 19.00	3	Hannah Scholes	BUH 7.02
4	Sarah Benson	BNG 18.57	4	Rebecca Keating	WIG 4.96
5	Becky Shorrocks U17	RIB 13.21			
6	Olivia McGreevy	BUH 7.52			
W Long Jump A			W Long Jump B		
1	Harriet James U17	PST 5.32	1	Katrina Hall	PST 4.56
2	Sian Pledger	BUH 4.77	2	Hannah Scholes	BUH 4.47
3	Jo Bullock U17	BNG 4.65	3	Katherine Davis U17	SPN 4.28
4	Melanie Turner	SPN 4.43	4	Hannah Brown	HRG 4.07
5	Hannah Spruce U17	HRG 4.11	5	Suzanne Bailey	RIB 3.29
6	Rebecca Keating	WIG 3.91			
7	Sarah Howe U17	RIB 3.69			

W Pole Vault A  
No competitors

W Pole Vault B  
No competitors

W Shot Putt A

1 Sarah Benson BNG 10.23  
2 Rebekah Ingham PST 9.37  
3 Laura Baker U17 WIG 9.30  
4 Katie Zientek SPN 6.94  
5 Hannah Spruce U17 HRG 6.90  
6 Suzanne Bailey RIB 4.56  
7 Rachel Pounds BUH 4.56

W Shot Putt B

1 Rachael Pearson U17 WIG 6.27  
2 Hannah Brown HRG 5.99  
3 Michaela Pascall U17 SPN 5.86  
4 Annabel Ralph U17 RIB 4.29

W Triple Jump A

1 Dijan Matheson SPN 10.39  
2 Katrina Hall PST 10.12  
3 Hannah Scholes BUH 9.94  
4 Hannah Brown HRG 9.03  
5 Ashleigh Williams RIB 8.28  
6 Rachael Pearson U17 WIG 8.10

W Triple Jump B

1 Louisa Hodgson U17 PST 9.91  
2 Saffron McKee BUH 8.80  
3 Katherine Davis U17 SPN 8.80  
4 Rebecca Keating WIG 7.55

W 4x100m Relay

1 WIG 51.5 1 Becky Murphy Bates 2 Rachael Pearson U17  
3 Melissa Forrest 4 Corinne Stott  
2 PST 52.2 1 Mica Nottingham 2 Abigail Macklay U17  
3 Rebekah Ingham 4 Katrina Hall  
3 SPN 54.2 1 Michaela Pascall U17 2 Melanie Turner  
3 Katherine Davis U17 4 Dijan Matheson  
4 BUH 56.3 1 Sian Pledger 2 Hannah Scholes  
3 Rebecca Kay U17 4 Olivia McGreevy

W 4x400m Relay

1 RIB 4.23.3 1 Becky Shorrocks U17 2 Ashleigh Williams  
3 Suzanne Bailey 4 Leigh Lennon  
2 SPN 4.29.3 1 Katherine Davis U17 2 Sarah Peacock U17  
3 Becky Rowlands 4 Natasha Ashong U17  
3 BUH 4.37.6 1 Lexi Cochrane U17 2 Rachel Pounds  
3 Rebecca Kay U17 4 Michelle Derung  
4 WIG 4.45.1 1 Corinne Stott 2 Melissa Forrest  
3 Catherine Whitfield 4 Rebecca Keating

M 4x100m Relay

1 WIG 47.5 1 Jack Thomas 2 Carlton Alexander 17  
3 Ben Dawber-Axon 4 Danny Crompton U17  
2 PST 48.0 1 Ryan Sumner 2 Cameron Gore  
3 Edward Greenall U17 4 George Sharp U17

M 4x400m Relay

1 RIB 3.41.6 1 Joe Basquill U17 2 Ian Yates U17  
3 Sam Yates U17 4 Robbie Schofield  
2 BUH 3.50.2 1 Sam Gough 2 Paul Cryer  
3 Frazer Jardine 4 James Eccles  
3 HRG 4.17.3 1 Adam Couldwell U17 2 Alex Rhodes U17  
3 Callum Postoyalko 17 4 Dan Cheeseman U17

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge		Event	Lge
1	BUH 420	8	1	PST 435	8	1	Preston Harriers	831 15
2	PST 396	7	2	BUH 373	7	2	Bolton United Harriers	793 15
3	WIG 391	6	3	WIG 321	6	3	Wigan/Horwich	712 12
4	RIB 357	5	4	RIB 319	5	4	Ribble Valley AC	676 10
5	SPN 308	4	5	HRG 244	4	5	Spensborough & District AC	522 7
6	BNG 256	3	6	SPN 214	3	6	Harrogate Harriers & AC	478 6
7	HRG 234	2	7	BNG 121	2	7	Bingley Harriers & AC	377 5

### **Athlete of the Match**

Tom Smith Wig Shot 14.12M

Sarah Benson Bing Shot 10.23M

### General Comment

No competitors W Pole Vault A&B, No competitors W 1500m Sc A&B, No competitor Note(s)

BNG Includes + 10pts,

BUH Includes + 25pts,

HRG Includes + 35pts,

PST Includes + 35pts,

RIB Includes + 25pts,

SPN Includes + 35pts,

WIG Includes + 35pts,

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Team	BNG	BUH	HRG	PST	RIB	SPN	WIG	POINTS			
								Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77				
*-----*											
M 100m	A	11	6	5	7	8	0	9	46	4	50
	B	9	0	6	7	4	0	5	31	5	36
Cumulative		20	6	11	14	12	0	14	77	9	86
*-----*											
M 200m	A	11	7	5	6	9	0	8	46	4	50
	B	9	7	3	6	5	0	4	34	2	36
Cumulative		40	20	19	26	26	0	26	157	15	172
*-----*											
M 400m	A	0	7	5	6	11	9	8	46	4	50
	B	0	6	4	7	9	0	5	31	5	36
Cumulative		40	33	28	39	46	9	39	234	24	258
*-----*											
M 800m	A	0	9	7	11	0	0	8	35	15	50
	B	0	9	7	6	0	0	0	22	14	36
Cumulative		40	51	42	56	46	9	47	291	53	344
*-----*											
M 1500m	A	0	9	7	11	8	0	0	35	15	50
	B	0	9	6	0	7	0	0	22	14	36
Cumulative		40	69	55	67	61	9	47	348	82	430
*-----*											
M 3000m	A	0	0	9	11	0	0	0	20	30	50
	B	0	0	0	0	0	0	0	0	36	36
Cumulative		40	69	64	78	61	9	47	368	148	516
*-----*											
M 110mH	A	0	11	0	0	0	0	0	11	39	50
	B	0	0	0	0	0	0	0	0	36	36
Cumulative		40	80	64	78	61	9	47	379	223	602
*-----*											
M 400mH	A	0	0	8	9	11	0	0	28	22	50
	B	0	0	0	9	0	0	0	9	27	36
Cumulative		40	80	72	96	72	9	47	416	272	688
*-----*											
M 2000Sc	A	0	9	11	0	0	0	0	20	30	50
	B	0	0	9	0	0	0	0	9	27	36
Cumulative		40	89	92	96	72	9	47	445	329	774
*-----*											
M DT	A	0	0	0	0	0	0	0	0	50	50
	B	0	0	0	0	0	0	0	0	36	36
Cumulative		40	89	92	96	72	9	47	445	415	860
*-----*											
M HT	A	0	8	6	7	5	9	11	46	4	50
	B	0	6	0	7	5	0	9	27	9	36
Cumulative		40	103	98	110	82	18	67	518	428	946
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*-----*
|      Team| BNG | BUH | HRG | PST | RIB | SPN | WIG |      POINTS |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M HJ      A|    0|    9|    0|   11|    7|    0|    8| 35| 15| 50|
|          B|    0|    0|    0|    9|    7|    0|    0| 16| 20| 36|
|Cumulative| 40| 112|  98| 130|  96|  18|  75| 569| 463|1032|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M JT      A|    0|    9|    5|   11|    6|    7|    8| 46|  4| 50|
|          B|    0|    7|    5|    9|    4|    0|    6| 31|  5| 36|
|Cumulative| 40| 128| 108| 150| 106|  25|  89| 646| 472|1118|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M LJ      A|    0|    9|    8|   11|    7|    0|    0| 35| 15| 50|
|          B|    0|    7|    0|    9|    6|    0|    0| 22| 14| 36|
|Cumulative| 40| 144| 116| 170| 119|  25|  89| 703| 501|1204|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M PV      A|    0|   10|    0|   10|    0|    0|    0| 20| 30| 50|
|          B|    0|    0|    0|    9|    0|    0|    0|  9| 27| 36|
|Cumulative| 40| 154| 116| 189| 119|  25|  89| 732| 558|1290|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M SP      A|    7|    6|    5|    9|    4|    8|   11| 50|  0| 50|
|          B|    0|    6|    5|    7|    0|    0|    9| 27|  9| 36|
|Cumulative| 47| 166| 126| 205| 123|  33| 109| 809| 567|1376|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M TJ      A|   11|    6|    7|    0|    8|    0|    9| 41|  9| 50|
|          B|    0|    5|    7|    0|    9|    0|    6| 27|  9| 36|
|Cumulative| 58| 177| 140| 205| 140|  33| 124| 877| 585|1462|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 100m    A|    0|    7|    6|   11|    9|    5|    8| 46|  4| 50|
|          B|    0|    0|    4|    9|    5|    7|    6| 31|  5| 36|
|Cumulative| 58| 184| 150| 225| 154|  45| 138| 954| 594|1548|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 200m    A|    6|    5|    4|   11|    9|    8|    7| 50|  0| 50|
|          B|    0|    0|    0|    0|    7|    6|    9| 22| 14| 36|
|Cumulative| 64| 189| 154| 236| 170|  59| 154|1026| 608|1634|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 400m    A|    6|    5|    0|    7|   11|    8|    9| 46|  4| 50|
|          B|    3|    5|    0|    4|    7|    6|    9| 34|  2| 36|
|Cumulative| 73| 199| 154| 247| 188|  73| 172|1106| 614|1720|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 800m    A|    4|    9|    5|   11|    6|    7|    8| 50|  0| 50|
|          B|    0|    9|    0|    0|    0|    7|    0| 16| 20| 36|
|Cumulative| 77| 217| 159| 258| 194|  87| 180|1172| 634|1806|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 1500m   A|    0|    7|    0|    6|    8|    9|   11| 41|  9| 50|
|          B|    0|    0|    0|    0|    9|    7|    0| 16| 20| 36|
|Cumulative| 77| 224| 159| 264| 211| 103| 191|1229| 663|1892|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 3000m   A|    0|    9|    0|   11|    8|    0|    0| 28| 22| 50|
|          B|    0|    0|    0|    9|    0|    0|    0|  9| 27| 36|
|Cumulative| 77| 233| 159| 284| 219| 103| 191|1266| 712|1978|
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Team		BNG	BUH	HRG	PST	RIB	SPN	WIG	POINTS		
No's		1 11	2 22	3 33	4 44	5 55	6 66	7 77	Used	Waste	Tot
W 100mH	A	0	9	0	11	8	0	7	35	15	50
	B	0	0	0	9	7	0	0	16	20	36
Cumulative		77	242	159	304	234	103	198	1317	747	2064
W 400mH	A	0	9	11	0	8	0	7	35	15	50
	B	0	9	0	0	0	0	0	9	27	36
Cumulative		77	260	170	304	242	103	205	1361	789	2150
W 1500Sc	A	0	0	0	0	0	0	0	0	50	50
	B	0	0	0	0	0	0	0	0	36	36
Cumulative		77	260	170	304	242	103	205	1361	875	2236
W DT	A	0	0	0	0	0	0	0	0	50	50
	B	0	0	0	0	0	0	0	0	36	36
Cumulative		77	260	170	304	242	103	205	1361	961	2322
W HT	A	0	0	0	0	0	0	0	0	50	50
	B	0	0	0	0	0	0	0	0	36	36
Cumulative		77	260	170	304	242	103	205	1361	1047	2408
W HJ	A	8	9	0	11	0	0	7	35	15	50
	B	0	9	0	0	0	0	0	9	27	36
Cumulative		85	278	170	315	242	103	212	1405	1089	2494
W JT	A	7	5	0	11	6	9	8	46	4	50
	B	0	6	0	9	0	7	5	27	9	36
Cumulative		92	289	170	335	248	119	225	1478	1102	2580
W LJ	A	8	9	6	11	4	7	5	50	0	50
	B	0	7	5	9	4	6	0	31	5	36
Cumulative		100	305	181	355	256	132	230	1559	1107	2666
W PV	A	0	0	0	0	0	0	0	0	50	50
	B	0	0	0	0	0	0	0	0	36	36
Cumulative		100	305	181	355	256	132	230	1559	1193	2752
W SP	A	11	4	6	9	5	7	8	50	0	50
	B	0	0	7	0	5	6	9	27	9	36
Cumulative		111	309	194	364	266	145	247	1636	1202	2838
W TJ	A	0	8	7	9	6	11	5	46	4	50
	B	0	7	0	9	0	6	5	27	9	36
Cumulative		111	324	201	382	272	162	257	1709	1215	2924
W 4x1		0	7	0	9	0	8	11	35	15	50
Cumulative		111	331	201	391	272	170	268	1744	1230	2974
W 4x4		0	8	0	0	11	9	7	35	15	50
Cumulative		111	339	201	391	283	179	275	1779	1245	3024

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|      Team| BNG | BUH | HRG | PST | RIB | SPN | WIG |      POINTS |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1    |    0|    0|    0|    9|    0|    0|   11| 20| 30| 50|
|Cumulative| 111| 339| 201| 400| 283| 179| 286|1799|1275|3074|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4    |    0|    9|    8|    0|   11|    0|    0| 28| 22| 50|
|Cumulative| 111| 348| 209| 400| 294| 179| 286|1827|1297|3124|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      Add|   10|   25|   35|   35|   25|   35|   35|  0|  0|  0|
| subtract|    0|    0|    0|    0|    0|    0|    0|  0|  0|  0|
|Cumulative| 121| 373| 244| 435| 319| 214| 321|1827|1297|3124|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      TOTALS| 121| 373| 244| 435| 319| 214| 321|1827|1297|3124|
*-----*
    
```

Pos	Team	Points	Add	Sub	Total
1	Preston Harriers	400	35	0	435
2	Bolton United Harriers	348	25	0	373
3	Wigan/Horwich	286	35	0	321
4	Ribble Valley AC	294	25	0	319
5	Harrogate Harriers & AC	209	35	0	244
6	Spensorough & District AC	179	35	0	214
7	Bingley Harriers & AC	111	10	0	121

Used + add - sub = total      1827      200      0 2027  
 Unused points                      1297                      1297  
 (Used+unused)+add-sub=total    3124      200      0 3324

Team	1st	2nd	3rd	4th	5th	6th	7th	1st	2nd	3rd	4th	5th	6th	7th
PST A	15	6	0	3	3	0	0	B 11	4	2	0	1	0	0
BUH A	2	13	3	5	3	3	1	B 5	5	4	2	0	0	0
WIG A	5	3	9	5	0	2	0	B 5	0	3	4	1	0	0
RIB A	5	3	7	2	4	2	2	B 3	5	1	4	3	0	0
HRG A	2	1	3	4	4	6	1	B 1	3	2	3	2	1	0
SPN A	1	5	4	4	0	1	0	B 0	4	5	0	0	0	0
BNG A	4	0	2	2	2	0	1	B 2	0	0	0	0	1	0

Men	Event	Women	Event
1	Preston Harriers	1	Preston Harriers
2	Bolton United Harriers	2	Bolton United Harriers
3	Ribble Valley AC	3	Wigan/Horwich
4	Harrogate Harriers & AC	4	Spensorough & District AC
5	Wigan/Horwich	5	Ribble Valley AC
6	Bingley Harriers & AC	6	Harrogate Harriers & AC
7	Spensorough & District AC	7	Bingley Harriers & AC