

800m	Men		
	9 Keith McGhie	Spensorough and District AC	02:20.4 M55
	17 Paul Sutcliffe	Halifax Harriers	02:26.3 M45
800m	Women		
	233 Jackie Carter	Spensorough and District AC	03:39.7 F50
100m	Men		
	21 Gary Clare	Northern Masters	13.2 M50
	8 Jason Newell	Spensorough and District AC	13.5 M45
	13 Matthew Adlington	Scunthorpe and District AC	13.7 M35
	4 David Walker	Northern Masters	14.5 M65
	23 Shaun Carter	City of York	15.4 M45
	5 Jack McGuire	Clayton le Moors	16.5 M60
	27 David Cowgill	Northern Masters	22.7 M75
100m	Women		
	230 Helen Goodwill	Burnley	15.4 F40
	227 Vicki Lee	Northern Masters	16.4 F55
	231 Deb Casson	Longwood Harriers	17.4 F45
	226 Susanne Pickersgill	Longwood Harriers	20.8 F55
3000m	Men		
	6 Andrew Cartwright	Wakefield District Harriers & A.C.	09:46.0 M40
	7 Jason Harding	Wolverhampton and Bilston AC	09:54.3 M45
	18 Kevin Ogden	Spensorough and District AC	10:28.7 M45
	28 Chris Rippon	Wakefield District Harriers & A.C.	11:30.4 M50
3000m	Women		
	233 Jackie Carter	Spensorough and District AC	14:40.7 F50
200m	Men		
	19 Steve Goodwill	Burnley	26.5 M40
	16 Mick Wall	Steel City Striders	26.5 M45
	21 Gary Clare	Northern Masters	26.7 M50
	20 John Linaker	Burnley	27.6 M45
	8 Jason Newell	Spensorough and District AC	27.6 M45
	9 Keith McGhie	Spensorough and District AC	28.4 M55
	24 Andrew Hutchinson	Northern Masters	32.4 M55
	27 David Cowgill	Northern Masters	47.4 M75
200m	Women		
	231 Deb Casson	Longwood Harriers	36.5 F45
1500m	Men		
	18 Kevin Ogden	Spensorough and District AC	04:58.0 M45
1500m	Women		
	234 Katrina Oddy	Halifax Harriers	05:39.5 F50
	235 Sarah Morley	Skyrack AC	05:43.6 F40
400m	Men		
	6 Andrew Cartwright	Wakefield District Harriers & A.C.	59.0 M40
	26 Simon Oaks	Rotherham Harriers	60.6 M40
	19 Steve Goodwill	Burnley	60.9 M40
	20 John Linaker	Burnley	62.1 M45
	13 Matthew Adlington	Scunthorpe and District AC	62.6 M35
	16 Mick Wall	Steel City Striders	64.7 M45
	28 Chris Rippon	Wakefield District Harriers & A.C.	67.4 M50

18	Kevin Ogden	Spenborough and District AC	70.7 M45
Hammer Men			
22	Derek Martin	Salford Met	38.59 M60
2	Ian Cooley	Rotherham Harriers	37.23 M60
12	Alan Plumb	Pendle AC	35.81 M35
25	John Edwards	Burnley	34.94 M65
15	Tony Balko	Blackburn Harriers and AC	33.56 M50
14	Steve Linsell	Leeds City AC	32.39 M50
11	Darren Thomas	Spenborough and District AC	31.03 M35
1	Bill Renshaw	Rotherham Harriers	26.52 M65
3	Andrew England	City of York AC	23.31 M45
Hammer Women			
229	Jennifer Ibbotson	Wakefield District Harriers & A.C.	30.00 F60
225	Linda Ridsdale	Wakefield District Harriers & A.C.	24.39 F65
230	Helen Goodwill	Burnley	20.27 F40
228	Fiona Thomas	Spenborough and District AC	19.41 F35
232	Rachel Scholes	Longwood Harriers	16.21 F35
226	Susanne Pickersgill	Longwood Harriers	14.81 F55
Shot Men			
12	Alan Plumb	Pendle AC	11.05 M35
10	John Watts	Northern Masters	10.98 M75
11	Darren Thomas	Spenborough and District AC	10.57 M35
15	Tony Balko	Blackburn Harriers and AC	10.03 M50
22	Derek Martin	Salford Met	9.25 M60
14	Steve Linsell	Leeds City AC	9.04 M50
1	Bill Renshaw	Rotherham Harriers	8.91 M65
2	Ian Cooley	Rotherham Harriers	7.67 M60
13	Matthew Adlington	Scunthorpe and District AC	7.64 M35
Shot Women			
228	Fiona Thomas	Spenborough and District AC	10.16 F35
229	Jennifer Ibbotson	Wakefield District Harriers & A.C.	8.73 F60
232	Rachel Scholes	Longwood Harriers	8.21 F35
227	Vicki Lee	Northern Masters	6.58 F55
226	Susanne Pickersgill	Longwood Harriers	5.61 F55
High Jump Men			
3	Andrew England	City of York	1.60 M45
8	Jason Newell	Spenborough and District AC	1.45 M45
23	Shaun Carter	City of York	1.40 M45
22	Derek Martin	Salford Met	1.20 M60