

## TRACK

**400 Heat 1**

Ian	Allerton	50.55
Neil	Francis	50.67
Dan	Ryan	53.24
Robert	Brown	63.04
Stephanie	Allerton	63.88

**400 Heat 2**

Jamie	Saunders	61.80
Graham	Coates	61.93
Sian	Hurlock	64.43
Andrew	Lawes	73.98
Jane	Bradshaw	77.11

**400 Heat 3**

Femi	Owolade	48.92
Alex	Pope	51.46
Ben	Hopkins	56.58
Tim	Ayres	58.13
Sam	Singer	58.55
Jonathan	Halls	60.81

**800 Heat 1**

Dan	Ryan	1:57.94	SM	Gold	Cup
David	McKinlay	1:58.94	SM	Silver	
Andrew	Rayner	1:59.19	SM		
Martin	Airey	1:59.27	M35	Gold	
David	Boyce	1:59.72		Non-mem	
D	Reader	1:59.75		Non-mem	
Adam	Atkinson	2:01.52	SM		
M	Oldham	2:02.29		Non-mem	

**800 Heat 2**

Cameron	Ward	2:08.39	U17	Gold	
Rob	Hall	2:11.53	SM		
Roger	Beswick	2:15.44	M50?	Non-mem?	
Jimmy	Clack	2:16.54	U15	Gold	
Graham	Coates	2:21.16	M50	Gold	
Hector	Kurtyanek	2:22.63	U15	Bronze	
Mark	Ellison	2:31.77	M35		
Mark	Longhurst	2:48.15	U15		

**800 Heat 3**

Oliver	Taylor	2:17.47	U15	Silver	
Michelle	Fewster	2:21.75	U15	Gold	
Jamie	Saunders	2:25.96	SM		
Sam	Jackson	2:29.14	U15		
Robert	Brown	2:31.85	M50		

			TRACK	
Gregory	Proctor	2:36.80	U15	
Michael	Salmon	2:37.09	M50	
Andrew	Lawes	2:47.27	M50	

**800 Heat 4**

Charlie	Speller	2:25.39	U15	
Iain	Gould	2:28.53	U13	Non-mem
David	Beadle	2:30.00	M35	
Bernie	Bater	2:37.59	M35	
Sophia	Maslin	2:40.72	U15	
Damien	Benn	2:43.05	U15	
Hannah	Cook	2:45.17	U13	Gold
Jane	Bradshaw	2:47.69	W35	Gold
M	Kane	2:51.31		Non-mem
Ailsa	McHanwell	3:01.66	U13	
Anne	Cilia	3:09.89	W35	

**100 Heat 1**

Femi	Owolade	11.12	
Daniel	Haque	11.24	
Darren	Green	11.31	Non-mem
Neil	Francis	11.42	
Scott	Blackwell	11.44	
Ian	Allerton	11.44	
Alex	Pope	11.65	
Ben	Hopkins	12.40	

**100 Heat 2**

Andrew	Jordon	11.96
Dominic	Coelho	12.67
Jonathan	Pettet	13.15
Grace	Sheppard	13.54

**100 Heat 3**

Robert	Brown	14.43
Mike	Martineau	15.55
Michael	Salmon	15.73
Andrew	Lawes	16.59

**100 Heat 4**

Tim	Ayres	13.50
Letitia	Noel	13.56
Christine	Lyston	14.35

## FIELD

## Long Jump

Alex	Pope	5.68
Rebecca	Cook	4.58
Mike	Martineau	3.54

## Discus

Alex	Pope	47.79
Daniel	Ridge	30.55
Christine	Lyston	14.36

## High Jump

Christine	Lyston	1.35
Jonathan	Pettet	1.25
Damien	Benn	1.20

## Shot

Daniel	Ridge	10.23
Letitia	Noel	9.72