

		Men	Field	Timetable	3 Best
		Hammer	7.26k	10.30am	
POSS	Distance	NAME	CLUB	AGE	GENDER
	1	45.57 David McK	West Chesl	M40	M
	2	16.54 Philip Hayt	Wigan & Di	M45	M
poss	Distance	Men	Hammer	6k	
	1	43.09 John Twiddl	Kingston u	M55	M
	2	39.98 Darren Ott	Doncaster ,	M50	M
	3	29.82 Greg Pell	Scunthorpe	M50	M
	4	22.55 Ian McPhail	Wigan & Di	M55	M
	5	22.08 Stephen Th	Wakefield I	M50	M
	6	21.78 Richard Hig	Wakefield I	M50	M
	7	21.02 Justin Thorr	Altrincham	M55	M
	8	12.08 Craig Turne	Mancheste	M55	M
POSS	Distance	Men	Hammer	5k	
	1	40.23 Steve Linse	Leeds City ,	M60	M
	2	32.03 Ian Cooley	Rotherham	M65	M
POSS	Distance	Men	Hammer	4k	
	1	14.87 Paul Brook	Wrexham A	M75	M
	2	11.11 Barry Chap	Altrincham	M75	M
POSS	Distance	Men	Hammer	3k	
	1	17.17 Robin Frost	Wrexham A	M80	M
POSS	Distance	women	shot	4k	10.30am
	1	10.36 Carol Marsl	Northern M	W45	F
	2	10.31 Kerrie Buck	Trafford Atr	W45	F
	3	7.39 Michelle Be	Blackpool \	W45	F
	4	6.97 Bethan Lisf	Wigan & Di	W40	F
	5	6.72 Caroline Si	Chesterfiel	W35	F
POSS	Distance	women	shot	3k	
	1	8.30 Susan Ball	Blackpool \	W50	F
	2	7.71 Hazel Bark	Leeds City ,	W65	F
	3	7.39 Caroline M	Otley AC	W70	F
	4	6.96 Anita Saunc	Pendle Athl	W50	F
	5	6.52 Lynn Baker	Pendle Athl	W60	F
POSS	Distance	women	shot	2.72k	
	1	3.31 Mary Parke	Northern M	W75	F
		High Jump	Men & Women	12 noon	
POSS	Height				
	1	1.57 Andrew Eng	Northern M	M50	M
	2	1.52 Steve Linse	Leeds City ,	M60	M
	3	1.47 Deborah D	Liverpool P	W35	F
	4	1.47 Phil Robins	St Helens s	M55	M
	5	1.37 Lee Coupla	Southport \	M50	M

6	1.32	Mark Cromb	Liverpool P	M60	M
7	1.27	Ian McPhail	Wigan & Di	M55	M
8	1.27	Martin May	Longwood I	M70	M
9	1.22	Jayne Barlo	Wigan & Di	W50	F
10	0.97	Robin Frost	Wrexham A	M80	M
11	0.87	Tony Bowm	Leeds City	M85	M
12	0.73	Barry Chap	Altrincham	M75	M

POSS	Distance	Hammer	4K	Women	12.15pm	
	1	34.35	Bethan Lisf	Wigan & Di	W40	F
	2	31.27	Kerrie Buck	Trafford Atr	W45	F
	3	21.79	Michelle Be	Blackpool V	W45	F

POSS	Distance	Hammer	3k	Women		
	1	31.78	Susan Ball	Blackpool V	W50	F
	2	26.16	Wendy Vale	Crewe and	W55	F
	3	25.20	Hazel Bark	Leeds City	W65	F
	4	23.46	Jo Hesettin	Rothwell H	W60	F
	5	22.52	Lynn Baker	Pendle Athl	W60	F
	6	21.52	Sharon Stol	West Chesl	W50	F
	7	21.38	Lynne Lock	East Chesh	W60	F

	Men	Shot Pool 112 noon				
POSS	Distance	Shot	7.26k	Men		
	1	10.30	David McK	West Chesl	M40	M
	2	6.79	Philip Hayt	Wigan & Di	M45	M

POSS	Distance	Shot	6K	Men		
	1	12.32	John Twiddl	Kingston up	M55	M
	2	12.01	Greg Pell	Scunthorpe	M50	M
	3	10.78	Kieran O, B	Spenborou	M50	M
	4	7.93	Justin Thor	Altrincham	M55	M

POSS	Distance	shot	5K	Men		
	1	10.69	Tony Balko	Blackburn I	M60	M
	2	8.73	John Birket	Annan & Di	M65	M
	3	8.62	Karl Hoppe	Wigan & Di	M60	M
	4	6.52	David Gill	Warrington	M65	M

	Long Jump Pool 1	1.15pm				
POSS	Distance					
	1	5.26	Ashley Pritc	Macclesfiel	M45	M
	2	4.88	Stephen Th	Wakefield I	M50	M
	3	4.76	Malcolm M	Northern M	M55	M
	4	4.75	Kieran O Br	Spenborou	M50	M
	5	4.55	Ian Scholes	Trafford Atr	M65	M
	6	4.37	Steve Linse	Leeds City	M60	M

7	4.29	Anita Saunc	Pendle Athl	W50	F
8	4.24	Lee Coupla	Southport V	M50	M
9	4.24	Edward Bal	Mancheste	M55	M

	Women	Discus	1K	1.30pm	
POSS	Distance				
1	36.54	Sarah Hent	Rotherham	W50	F
2	25.95	Kerrie Buck	Trafford Atr	W45	F
3	23.88	Katy Coupl	Southport V	W50	F
4	23.22	Susan Ball	Blackpool V	W50	F
5	20.70	Hazel Bark	Leeds City ,	W65	F
6	20.65	Caroline Sir	Chesterfiel	W35	F
7	20.21	Lisa Hunsle	Macclesfiel	W45	F
8	20.05	Wendy Vale	Crewe and	W55	F
9	18.87	Lynn Baker	Pendle Athl	W60	F
10	18.21	Michelle Be	Blackpool V	W45	F
11	17.49	Bethan Lisf	Wigan & Di	W40	F
12	15.28	Jo Heseltin	Rothwell H	W60	F
13	14.58	Sharon Stol	West Chesl	W50	F
14	12.28	Lynne Lock	East Chesh	W60	F

		Men	Shot Pool 2	1.15pm	
POSS	Distance	shot	4k		
1	9.24	Anthony M	Leigh Harri	M70	M
2	9.16	Peter Todd	Leigh Harri	M70	M
3	8.86	Martin May	Longwood I	M70	M
4	6.48	Paul Brook	Wrexham A	M75	M
5	4.45	Barry Chap	Altrincham	M75	M

POSS	Distance	shot	3k		
1	8.60	Harold Hall	Northern M	M80	M
2	7.11	Robin Frost	Wrexham A	M80	M
3	6.50	Geoffrey Bc	City of York	M85	M
4	4.82	Tony Bowm	Leeds City ,	M85	M

		Long Jump Pool 2	2.30pm	
POSS	Distance			
1	3.94	Paolo Barto	Northern M	M65
2	3.67	Ilse Hemmi	Bolton Unit	W65
3	2.91	Harold Hall	Northern M	M80
4	2.59	David Gill	Warrington	M65
5	2.41	Robin Frost	Wrexham	M80
6	1.99	Tony Bowm	Leeds City	M85
7	1.61	Barry Chap	Altrincham	M75

	Javelin	Women	600	3pm
POSS	Distance			

1	17.76	Sarah Orms	Wigan & Di	W45	F
2	16.91	Lisa Hunsle	Macclesfiel	W45	F
3	15.24	Caroline Si	Chesterfiel	W35	F

POSS Distance 500 Javelin women

1	19.40	Susan Ball	Blackpool V	W50	F
2	19.27	Caroline M	Otley AC	W70	F
3	16.64	Lynn Baker	Pendle Athl	W60	F
4	15.48	Hazel Bark	Leeds City ,	W65	F
5	14.46	Jo Heseltin	Rothwell H:	W60	F
6	13.52	Wendy Vale	Crewe and	W55	F
7	12.47	Anita Saun	Pendle Athl	W50	F

POSS Distance 400 Javelin women

1	5.62	Mary Parke	Northern M	W75	F
---	------	------------	------------	-----	---

Mens Discus Poo 2.30pm

POSS Distance 2k Discus men

1	32.28	David McK	West Chesl	M40	M
2	22.28	Richard Col	Horwich R I	M45	M

POSS Distance 1.5k Discus men

1	39.57	John Twiddl	Kingston u	M55	M
2	35.86	Greg Pell	Scunthorpe	M50	M
3	29.24	Leeroy Gol	Pendle Athl	M55	M
4	19.18	Philip Hayt	Wigan & Di:	M50	M

POSS Distance 1k Discus men

1	37.95	Steve Linse	Leeds City ,	M60	M
2	37.71	Tony Balko	Blackburn I	M60	M
3	34.02	Mark Crom	Liverpool P:	M60	M
4	20.35	Karl Hoppe	Wigan & Di:	M60	M

Men Discus Poo 3.45pm

POSS Distance 1k Discus men

1	31.92	Peter Todd	Leigh Harri	M70	M
2	28.75	Anthony M	Leigh Harri	M70	M
3	22.84	Martin May	Longwood I	M70	M
4	22.12	Ray McAvoy	Northern M	M65	M
5	20.68	Paul Brook	Wrexham A	M75	M
6	16.57	Geoffrey Bc	City of York	M85	M
7	16.01	Robin Frost	Wrexham A	M80	M
8	12.38	Tony Bowm	Leeds City ,	M85	M

Triple Jump All 5m/7m 3.45pm

POSS Distance

1	9.95	Stephen Th	Wakefield I	M50	M
2	8.52	Lee Coupla	Southport V	M50	M

3	6.74	Ilse Hemmi Bolton Unit W65	F
4	6.65	Wendy Vale Crewe and W55	F
5	5.65	David Gill Warrington M65	M
6	5.35	Harold Hall Northern M M80	M
7	4.64	Tony Bowm Leeds City , M85	M

Javelin Men Pool 1 4.30m

POSS	Distance	800 Javelin	Men
1	45.10	David McKé West Chesl M40	M

POSS	Distance	700 Javelin	Men
1	46.89	Wayne Todd Leigh Harrié M45	M
2	36.83	Ashley Pritc Macclesfiel M45	M
3	29.70	Daniel Hun Macclesfiel M50	M
4	27.43	Ian McPhail Wigan & Di: M55	M
5	25.10	Stephen Th Wakefield I M50	M
6	25.04	Richard Hig Wakefield I M50	M

POSS	Distance	600 Javelin	Men
1	18.50	Karl Hoppe Wigan & Di: M60	M

Javelin Men Pool 2 5.30pm

POSS	Distance	600 Javelin	men
1	24.30	Ian Scholes Trafford Ath M65	M
2	17.49	Ray McAvoy Northern M M65	M

POSS	Distance	500 Javelin	men
1	29.67	Peter Todd Leigh Harrié M70	M
2	21.09	Martin May Longwood I M70	M
3	11.93	Paul Brook Wrexham A M75	M

POSS	Distance	400 Javelin	men
1	19.12	Robin Frost Wrexham A M80	M
2	18.61	Geoffrey Bc City of York M85	M
3	11.78	Tony Bowm Leeds City , M85	M

Poss	Time	3000m Name	Race 1 Club	11am age	Gender
	1 09:15.95	Matthew	Hughes	Liverpool H	M35 M
	2 09:21.02	Jonathan	Cleaver	Rossendale	M45 M
	3 09:53.11	Andrew	Haney	Chorlton R	M50 M
	4 09:55.65	Robert	Walsh	Chorley Ath	M50 M
	5 09:57.10	Tim	Greenald	Altrincham	M50 M
	6 09:59.79	Russell	Maddams	Border Har	M50 M
	7 10:13.40	Paul	Freary	Belgrave H	M55 M
		3000m	Race 2	11.15am	
POSS	Time				
	1 11:12.34	Grant	Gunn-Ande	Salford Har	M35 M
	2 11:23.19	David	Norman	Warrington	M65 M
	3 11:52.22	Juliet	Smith	Rochdale H	W50 F
	4 11:58.31	Anne	Chinoy	Sale Harrie	W50 F
	5 12:01.71	Steve	Nolan	Burnden Rc	M65 M
	6 13:02.09	Joy	Hickman	West Chesl	W60 F
	7 13:51.09	Francis	MacKin	Burnden Rc	M75 M
	8 16:07.46	Alan	Jenkinson	Styal Runni	M75 M
	9 12:29.84	Kevin	Manos	Sale Harrie	M65 M
	10 21:52.82	David	Tomlinson	Bolton Unit	M85 M
POSS	TIME	300mh	Race 1	11.50am	84cm
	1 57.71	Neil	Fowler	Crewe and	M55 M
	2 57.53	Ian	McPhail	Wigan & Di	M55 M
POSS	Time	300mh	Race 2	11.55am	76.2cm
	1 53.86	David	Murrie	Northern M	M65 M
	2 1:04.10	Jayne	Barlow	Wigan & Di	W50 F
	3 1:06.21	David	Gill	Warrington	M65 M
POSS	Time	800m	Race 1	12.05pm	
	1 2:02.04	Luke	Harreld	Bury Athleti	M35 M
	2 2:02.28	Robert	Hodges	Beverley At	M35 M
	3 2:08.43	David	Brown	Peterborou	M45 M
	5 2:21.22	Fahmi	Mohamme	Belle Vue R	M45 M
	4 2:10.74	Sean	Gannon	West Chesl	M35 M
	6 2:25.01	William	Gourley	Rothwell H	M45 M
POSS	time	800m	Race 2	12.10pm	
	1 2:20.96	Bernard	Ward	Trafford Ath	M50 M
	2 2:23.16	Simon	Ellis	Leeds City /	M50 M
	3 2:26.49	Matt	Thompson	Liverpool P	M55 M
	4 2:40.91	Reuben	Woodford	Menai Tracl	M55 M
	5 3:01.79	Stuart	McGurk	Kendal Am	M60 M
POSS	time	800m	Race 3	12.15pm	
	1 2:23.58	Chris	Ireland	Steel City S	M65 M
	2 2:25.77	Jed	Turner	Steel City S	M65 M

	3	2:38.20	Mike	Jackson	Tadcaster F	M65	M
	4	2:48.03	Steven	Doxey	Swinton Ru	M65	M
POSS		time	800m	Race 4			12.20pm
	1	2:48.65	Paul	Christie	Burnden Rc	M70	M
	2	2:54.77	Graham	Webster	Northern M	M70	M
	3	2:56.26	Geoffrey	Pearson	Northern M	M70	M
POSS		time	800m	Race 5			12.25pm
	1	2:25.04	Faye	Sharpley	Macclesfiel	W40	F
	2	2:38.06	Alina	Stepanchul	Salford Met	W45	F
	3	2:50.48	Sue	Kenyon	Northern M	W60	F
	4	2:56.54	Sara	Harris	Styal Runni	W50	F
	5	3:04.79	Sarah	Ormshaw	Wigan & Di	W45	F
	6	3:36.90	Katherine	Winrow	Northern M	W60	F
POSS		time	100m	Heat 1	Wind -1.2m/s		12.45pm
	1	11.61	Daniel	Williams	Wrexham A	SM	M
	2	12.51	Chevy	Howarth	Leeds City	U20M	M
	3	13.28	Harrison	May-Joynsc	Liverpool P	SM	M
POSS		time	100m	Heat 2	Wind -0.7 n		12.50pm
	1	11.92	David	Smith	Macclesfiel	M35	M
	2	12.86	Richard	Parkinson	City of York	M45	M
	3	12.93	Lucy	Harrison	Wakefield I	SW	F
POSS		time	100m	Heat 3	Wind -2.2 n		12.55pm
	1	12.11	Richard	Higson-Blyt	Wakefield I	M50	M
	2	12.65	Christophe	Burgess	Southport V	M50	M
	3	12.91	Kristian	Marsh	Salford Met	M50	M
	4	14.78	Guy	Grundy	Sale Harrie	M50	M
POSS		time	100m	Heat 4	Wind +0.1 r		1pm
	1	13.55	Leeroy	Golding	Pendle Athl	M55	M
	2	12.66	Malcolm	McPhail	Northern M	M55	M
	3	14.13	Edward	Baldwin	Mancheste	M55	M
POSS		time	100m	Heat 5	Wind -1.2 n		1.05pm
	1	13.81	Ian	Scholes	Trafford Ath	M65	M
	2	14.39	Ian	Radcliffe			M
	3	15.21	Paolo	Bartolomas	Northern M	M65	M
	4	16.68	David	Gill	Warrington	M65	M
POSS		time	100m	Heat 6	Wind +0.4 r		1.10pm
	1	13.03	Steve	Peters	Northern M	M70	M
	2	17.66	Geoffrey	Beattie	Sale Harrie	M70	M
	3	18.55	David	Shelton	Northern M	M80	M

	4	21.67	Anthony	Collins	Northern M	M70	M
	5	23.96	Tony	Bowman	Leeds City	M80	M
POSS		time	100m	Heat 7	Wind -0.4 n	1.15pm	
	1	13.16	Tracey	Ashworth	Rossendale	W50	F
	2	13.22	Chidinma	Agwu	Trafford Ath	W40	F
	3	13.60	Amanda	Potter	Wakefield I	W40	F
	4	13.74	Joanne	Rowicki	Preston Ha	W45	F
	5	13.75	Anita	Saunders	Pendle Athl	W50	F
	6	15.29	Lisa	Hunsley	Macclesfiel	W45	F
POSS		time	100m	Heat 8	Wind -2.2 n	1.20pm	
	1	14.71	Julie	Hicken	Warrington	W60	F
	2	15.84	Angela	Kelly	Northern M	W65	F
	3	16.45	Ilse	Hemming	Bolton Unit	W65	F
	4	18.85	Caroline	Marler	Otley AC	W70	F
	5	21.94	Judith	Hoskin	Northern M	W75	F
	6	27.22	Mary	Parker	Northern M	W75	F
POSS		time	200m	Heat 1	Wind 0.0 m/s		1.45pm
	1	23.25	Daniel	Williams	Wrexham A	SM	M
	2	23.45	Oliver	Edwards	Wrexham A	SM	M
	3	23.76	David	Smith	Macclesfiel	M35	M
	4	24.99	Chevy	Howarth	Leeds City	U20M	M
POSS		time	200m	Heat 2	Wind +0.2 r	1.50pm	
	1	24.56	Richard	Higson-Blyt	Wakefield I	M50	M
	2	25.75	Christophe	Burgess	Southport V	M50	M
	3	26.64	Kristian	Marsh	Salford Met	M50	M
POSS		time	200m	Heat 3	Wind +0.6 r	1.55pm	
	1	26.11	Malcolm	McPhail	Northern M	M55	M
	2	27.85	Leeroy	Golding	Pendle Athl	M55	M
	3	28.91	Ian	Nuttall	Prestwich A	M55	M
	4	31.29	Terry	MacKlin	Liverpool H	M60	M
POSS		time	200m	Heat 4	Wind -0.4 n	2pm	
	1	31.66	Paolo	Bartolomas	Northern M	M65	M
	2	33.45	David	Gill	Warrington	M65	M
	3	34.95	Andrew	Hutchinsor	Northern M	M65	M
	4	36.14	Ray	McAvoy	Northern M	M65	M
POSS		time	200m	Heat 5	Wind -1.1 n	2.05pm	
	1	26.78	Steve	Peters	Northern M	M70	M
	2	34.35	Graham	Webster	Northern M	M70	M
	3	34.63	Geoffrey	Pearson	Northern M	M70	M
	4	36.86	Geoffrey	Beattie	Sale Harrie	M70	M
	5	39.06	John	Waterton	Didsbury Ri	M70	M

POSS	time	200m	Heat 6	Wind +0.5 r 2.10pm	
	1 26.46	Lucy	Harrison	Wakefield I W50	F
	2 26.73	Tracey	Ashworth	Rossendale W50	F
	3 28.03	Amanda	Potter	Wakefield I W40	F
	4 28.55	Joanne	Rowicki	Preston Ha W45	F
	5 31.59	Lisa	Hunsley	Macclesfiel W45	F
	6 35.36	Sara	Harris	Styal Runni W50	F

POSS	time	200m	Heat 7	Wind -0.5 n 2.15pm	
	1 29.04	Anita	Saunders	Pendle Athl W50	F
	2 30.38	Julie	Hicken	Warrington W60	F
	3 34.88	Angela	Kelly	Northern M W65	F
	4 37.97	Katherine	Winrow	Northern M W60	F
	5 49.42	Tony	Bowman	Leeds City M85	M
	6 50.61	David	Cowgill	Northern M M80	M

POSS	time	1500m	Heat 1	2.45pm	
	1 4:13.10	Ian	Fisher	Macclesfiel M45	M
	2 4:17.61	Robert	Hodges	Beverley At M35	M
	3 4:22.97	Sean	Gannon	West Chesl M35	M
	4 4:25.34	Rob	Barnes	Doncaster M45	M
	5 4:29.05	James	Scott-Bucc	Stockport F M45	M
	6 4:30.94	Daniel	Bennett	Rochdale H M55	M
	7 4:35.12	Jonathan	Cleaver	Rossendale M45	M
	8 4:47.63	Robert	Walsh	Chorley Ath M50	M
	9 4:52.79	Ed	Fazakerley	Mancheste M55	M

POSS	time	1500m	Heat 2	2.52pm	
	1 5:14.76	Chris	Ireland	Steel City S M65	M
	2 5:19.27	Jed	Turner	Steel City S M65	M
	3 5:30.59	Steve	Taylor	Wirral AC M65	M
	4 5:38.27	Paul	Lemmon	Bingley Har M60	M
	5 5:46.04	Steven	Doxey	Swinton Ru M65	M
	6 6:05.87	Stuart	McGurk	Kendal Am M60	M
	7 6:08.40	Graham	Webster	Northern M M70	M

POSS	time	1500m	Heat 3	3pm	
	1 5:53.06	Kevin	Manos	Sale Harrie M65	M
	2 6:40.77	Francis	MacKin	Burnden Rc M75	M
	3 6:55.40	John	Waterton	Didsbury Ri M70	M
	4 7:02.02	Mike	Cunningha	Mancheste M80	M
	5 7:34.03	Alan	Jenkinson	Styal Runni M75	M

POSS	time	1500m	Heat 4	3.10pm	
	1 4:51.51	Ruby	Cleaver	Rossendale U17W	F

	2	5:01.29	Lisa	Gawthorne	Vegan Runnr	W40	F
	3	5:08.05	Sarah	Tolkin	Rothwell H:	W40	F
	4	5:34.09	Hannah	Hughes	Liverpool H	W35	F
	5	5:35.05	Juliet	Smith	Rochdale H	W50	F
	6	6:21.32	Joy	Hickman	West Chesl	W60	F
POSS		time	400m	Heat 1		3.30pm	
	1	48.15	Jack	McLoughlin	Liverpool H	SM	M
	2	48.19	Joshua	Patino	Liverpool H	U20M	M
	3	52.45	Oliver	Edwards	Wrexham A	SM	M
POSS		time	400m	Heat 2		3.35pm	
	1	54.47	Paul	Howard	Rothwell H:	M45	M
	2	55.26	Bernard	Ward	Trafford Athl	M50	M
	3	59.70	Leon	Creaney	Northern M	M45	M
	4	59.95	Kieran	O'Brien	Spenborou	M50	M
	5	1:09.28	Reuben	Woodford	Menai Tracl	M55	M
POSS		time	400m	Heat 3		3,40pm	
	1	1:01.46	Neil	Davies	Wrexham A	M55	M
	2	1:01.72	Leeroy	Golding	Pendle Athl	M55	M
	3	1:02.23	Richard	Gayle	Longwood f	M55	M
	4	1:06.93	Neil	Fowler	Crewe and	M55	M
POSS		time	400m	Heat 4		3.45pm	
	1	57.80	B John	Wright	Northern M	M65	M
	2	1:05.45	Jed	Turner	Steel City S	M65	M
	3	1:10.58	Mike	Jackson	Tadcaster f	M65	M
	4	1:16.57	Chris	Ireland	Steel City S	M65	M
POSS		time	400m	Heat 5		3.50pm	
	1	1:15.80	Geoffrey	Pearson	Northern M	M70	M
	2	1:16.38	Graham	Webster	Northern M	M70	M
	3	1:19.06	Sara	Harris	Styal Runni	W50	F
	4	1:29.03	Geoffrey	Beattie	Sale Harrie	M70	M
POSS		time	400m	Heat 6		3.55pm	
	1	1:02.37	Colin	Edwards	East Chesh	M60	M
	2	1:02.69	Faye	Sharpley	Macclesfiel	W40	F
	3	1:06.82	Tracey	Ashworth	Rossendale	W50	F
	4	1:10.26	Alina	Stepanchul	Salford Met	W45	F
	5	1:11.89	Anita	Saunders	Pendle Athl	W50	F
	6	1:20.87	Stuart	McGurk	Kendal Am:	M60	M
POSS		time	400m	Heat 7		4pm	
	1	1:04.53	Sharon	Wilkinson	Preston Ha	W55	F
	2	1:05.50	Ruth	Hirst	City of York	W35	F
	3	1:17.60	Jane	Halloran	Skyrac Athl	W55	F

4	1:29.74	Katherine	Winrow	Northern M W60	F
5	2:03.21	David	Cowgill	Northern M M80	M