

100m - A String Windspeed: 0.0

-
- 1 Ben Stramkowski (Derby AC) 10.85;
 - 2 Richard Kilty (Gateshead Harriers) 10.90;
 - 3 Lawrence Mensah (Herne Hill Harriers) 10.97;
 - 4 Matt Russell (Southend AC) 11.15;
 - 5 Jonathon Simonson (Swansea Harriers) 11.28;
 - 6 Thomas Moore (City of Edinburgh AC) 11.40;
 - 7 Gavin Tomlinson (Bedford & County AC) 11.49;
 - 8 Phil Ellershaw (Liverpool Harriers) 11.67;

100m - B String Windspeed: 3.1

-
- 1 Sean Taylor (Derby AC) 10.82;
 - 2 Dele Onifade (Herne Hill Harriers) 10.92;
 - 3 Tony Noel (Southend AC) 10.99;
 - 4 Andrew Smith (Swansea Harriers) 11.02;
 - 5 Michael Burslem (City of Edinburgh AC) 11.18;
 - 6 Theo Ali-Cray (Liverpool Harriers) 11.48;
 - 7 Mark Suggitt (Gateshead Harriers) 11.70;
 - 8 Glen Kerr (Bedford & County AC) 13.10;

200m - A String Windspeed: +2.6

-
- 1 Nigel Levine (Bedford & County AC) 21.46;
 - 2 Richard Kilty (Gateshead Harriers) 21.83;
 - 3 Ben Stramkowski (Derby AC) 21.95;
 - 4 Lawrence Mensah (Herne Hill Harriers) 22.02;
 - 5 Jonathon Simonson (Swansea Harriers) 22.59;
 - 6 Matt Russell (Southend AC) 22.73;
 - 7 Thomas Moore (City of Edinburgh AC) 22.79;
 - 8 Theo Ali-Cray (Liverpool Harriers) 23.50;

200m - B String Windspeed: +1.5

-
- 1 Sean Taylor (Derby AC) 22.25;
 - 2 Tony Noel (Southend AC) 22.38;
 - 3 Ally Strange (City of Edinburgh AC) 22.70;
 - 4 Gavin Tomlinson (Bedford & County AC) 22.89;
 - 5 Phil Ellershaw (Liverpool Harriers) 23.08;
 - 6 Yomi Adeyemi (Herne Hill Harriers) 23.26;
 - 7 Paul Miller (Gateshead Harriers) 23.54;
 - 8 Neville Johnson (Swansea Harriers) 24.34;

400m - A String

-
- 1 Chris Smith (Liverpool Harriers) 48.67;
 - 2 Allan Stuart (City of Edinburgh AC) 48.75;
 - 3 Tom Alldread (Derby AC) 49.99;
 - 4 Jamie Carmichael (Gateshead Harriers) 51.36;
 - 5 Neville Johnson (Swansea Harriers) 51.42;
 - 6 Samuel Adeyemi (Herne Hill Harriers) 52.45;
 - 7 Mark Oldham (Southend AC) 54.88;
 - 8 Glen Kerr (Bedford & County AC) 1:32.06;

400m - B String

-
- 1 Andrew Smith (Swansea Harriers) 49.39;
 - 2 Michael Burslem (City of Edinburgh AC) 50.25;
 - 3 Lewis Robson (Gateshead Harriers) 50.55;
 - 4 Aaron Brown (Derby AC) 51.40;

- 5 Liam McCully (Liverpool Harriers) 51.41;
- 6 Greg Goodrem (Southend AC) 52.80;
- 7 Gary Linton (Herne Hill Harriers) 55.31;
- 8 Damien Larrington (Bedford & County AC) 1:27.90;

800m - A String

- 1 Curtis Robb (Liverpool Harriers) 1:53.55;
- 2 Ryan Stephenson (Gateshead Harriers) 1:53.58;
- 3 Michael Dyer (Herne Hill Harriers) 1:54.49;
- 4 Colin Miles (Southend AC) 1:56.26;
- 5 Jordan Wildrienne (Derby AC) 1:58.55;
- 6 Chris Davies (Swansea Harriers) 2:03.05;
- 7 Keith Dunlop (City of Edinburgh AC) 2:04.19;
- 8 Steve Tuttle (Bedford & County AC) 2:05.69;

800m - B String

- 1 Liam McCully (Liverpool Harriers) 1:57.47;
- 2 William Pike (Gateshead Harriers) 1:59.86;
- 3 Tom Lawrence (Derby AC) 2:00.24;
- 4 Mark Oldham (Southend AC) 2:00.85;
- 5 Jonathan Henderson (City of Edinburgh AC) 2:02.38;
- 6 Steve Richards (Swansea Harriers) 2:03.67;
- 7 Tim Eley (Herne Hill Harriers) 2:05.38;
- 8 James Tuttle (Bedford & County AC) 2:08.34;

1500m - A String

- 1 Johnny Mellor (Liverpool Harriers) 3:55.74;
- 2 Martin Conroy (Swansea Harriers) 3:58.57;
- 3 Ryan Stephenson (Gateshead Harriers) 4:00.41;
- 4 Colin Miles (Southend AC) 4:01.87;
- 5 Chris Peach (Derby AC) 4:02.38;
- 6 Michael Dyer (Herne Hill Harriers) 4:08.22;
- 7 Liam Smyth (Bedford & County AC) 4:08.96;
- 8 Jonathan Henderson (City of Edinburgh AC) 4:25.12;

1500m - B String

- 1 Craig Gunderson (Liverpool Harriers) 4:00.66;
- 2 Dave Westbury (Derby AC) 4:02.88;
- 3 David Notman (Swansea Harriers) 4:05.66;
- 4 Ben Hunter (Southend AC) 4:06.51;
- 5 Tim Eley (Herne Hill Harriers) 4:13.70;
- 6 Paul White (Gateshead Harriers) 4:19.17;
- 7 Steve Tuttle (Bedford & County AC) 4:20.69;
- 8 Keith Dunlop (City of Edinburgh AC) 4:32.21;

5000m - A String

- 1 Marc Hobbs (Swansea Harriers) 14:39.01;
- 2 John McCole (Liverpool Harriers) 14:39.65;
- 3 John Hanlen (Southend AC) 15:07.07;
- 4 Jonny Gilby (Derby AC) 15:16.49;
- 5 Ben Paviour (Herne Hill Harriers) 15:17.23;
- 6 Jim McMahon (Bedford & County AC) 16:14.53;
- 7 Jonathan Henderson (City of Edinburgh AC) 18:27.73;
- 8 Jamie Carmichael (Gateshead Harriers) 21:54.58;

5000m - B String

- 1 Lewys Hobbs (Swansea Harriers) 15:02.11;
- 2 Richard Burney (Liverpool Harriers) 15:02.68;
- 3 Ian Williams (Derby AC) 15:24.37;
- 4 Simon Wurr (Herne Hill Harriers) 15:42.19;
- 5 Chris Riley (Bedford & County AC) 16:13.21;

110m H - A String Windspeed: +1.9

- 1 Andrew Sturrock (Gateshead Harriers) 15.05;
- 2 Richard Baderin (Liverpool Harriers) 15.47;
- 3 Steven Boyles (Swansea Harriers) 15.68;
- 4 James Parker (Herne Hill Harriers) 15.76;
- 5 Greg Goorem (Southend AC) 16.26;
- 6 Phil Harries (Derby AC) 17.08;
- 7 Sean Connerton (City of Edinburgh AC) 17.85;

110m H - B String Windspeed: +0.6

- 1 Lewis Robson (Gateshead Harriers) 15.89;
- 2 Sean McMahon (Liverpool Harriers) 16.51;
- 3 Simon Thomas (Southend AC) 19.21;
- 4 Glyn Price (M40) (Swansea Harriers) 19.54;
- 5 Alex Pilcher (Derby AC) 26.52;

400m H - A String

- 1 Nic Davidson (Derby AC) 52.92;
- 2 Lewis Robson (Gateshead Harriers) 54.05;
- 3 Ally Strange (City of Edinburgh AC) 55.45;
- 4 James Parker (Herne Hill Harriers) 55.60;
- 5 Greg Goodrem (Southend AC) 57.11;
- 6 Jonathon Croasdale (Liverpool Harriers) 57.78;
- 7 Wyn Roberts (Swansea Harriers) 58.26;
- 8 Matt Jones (Bedford & County AC) 1:15.70;

400m H - B String

- 1 Niall Flannery (Gateshead Harriers) 56.99;
- 2 Aaron Brown (Derby AC) 59.86;
- 3 Graham Eastly (Southend AC) 1:00.81;
- 4 Mike Swenney (Liverpool Harriers) 1:02.16;
- 5 Sean Connerton (City of Edinburgh AC) 1:02.79;
- 6 Andrew Jenkins (Swansea Harriers) 1:03.04;

3000m S/C - A String

- 1 Simon Wurr (Herne Hill Harriers) 9:01.35;
- 2 Alex Pilcher (Derby AC) 9:19.00;
- 3 Sullivan Smith (Swansea Harriers) 9:23.29;
- 4 Adam Peers (Liverpool Harriers) 9:33.13;
- 5 Paul White (Gateshead Harriers) 9:49.65;
- 6 Roy Scott (Southend AC) 10:25.30;

3000m S/C - B String

- 1 Steve Davies (Swansea Harriers) 9:45.17;
- 2 David Catt (Liverpool Harriers) 9:49.94;
- 3 Keith Newton (Herne Hill Harriers) 10:03.93;

- 4 Richard Wilson (Derby AC) 10:19.04;
- 5 William Pike (Gateshead Harriers) 10:50.53;
- 6 Chris Leaman (Southend AC) 12:13.08;

Pole Vault - A String

- 1 Chris Boundy (Gateshead Harriers) 4.00;
- 2 Matt Devereux (Bedford & County AC) 4.00;
- 3 Kevin Hughes (Southend AC) 4.00;
- 4 Glyn Price (M40) (Swansea Harriers) 4.00;
- 5 Danny Passey (Derby AC) 3.60;
- 6 Mike Sweeney (Liverpool Harriers) 3.00;
- 7 Thomas Ashby (Herne Hill Harriers) 3.00;
- 8 Ally Strange (City of Edinburgh AC) 1.80;

Pole Vault - B String

- 1 Gavin Fordham (Bedford & County AC) 3.80;
- 2 Jason Fry (Southend AC) 3.80;
- 3 James Stacey (Gateshead Harriers) 3.40;
- 4 Phil Harries (Derby AC) 2.80;
- 5 Wyn Roberts (Swansea Harriers) 2.60;
- 6 Garry Power (Herne Hill Harriers) 1.10;

High Jump - A String

- 1 Martin Aram (Liverpool Harriers) 2.00;
- 2 Simon Thomas (Southend AC) 1.80;
- 3 Zack Morrison (Herne Hill Harriers) 1.80;
- 3 Scott Johnson (Bedford & County AC) 1.80;
- 5 Niall Flannery (Gateshead Harriers) 1.70;
- 6 Ally Strange (City of Edinburgh AC) 1.65;
- 6 Robby Wells (Swansea Harriers) 1.65;
- 8 Ian Richards (Derby AC) 1.30;

High Jump - B String

- 1 Theo Ali-Cray (Liverpool Harriers) 1.80;
- 2 Greg Goodrem (Southend AC) 1.80;
- 3 William Pike (Gateshead Harriers) 1.70;
- 4 Gavin Fordham (Bedford & County AC) 1.60;
- 5 Steven Boyles (Swansea Harriers) 1.55;
- 6 Leon Smith (Herne Hill Harriers) 1.50;
- 7 Phil Harries (Derby AC) 1.30;

Triple Jump - A String

- 1 Jonathan Ritchie (City of Edinburgh AC) 14.53;
- 2 Curtis May (Herne Hill Harriers) 14.41;
- 3 Daniel Blackett (Gateshead Harriers) 13.19;
- 4 Matt Jones (Bedford & County AC) 12.88;
- 5 Wyn Roberts (Swansea Harriers) 12.63;
- 6 Greg Goodrem (Southend AC) 11.79;
- 7 Ian Richards (Derby AC) 11.37;
- 8 Mike Sweeney (Liverpool Harriers) 10.91;

Triple Jump - B String

- 1 Ade Babatunde (Gateshead Harriers) 13.00;
- 2 Ally Strange (City of Edinburgh AC) 12.58;

- 3 Paul Oluyemi (Herne Hill Harriers) 12.41;
- 4 Robby Wells (Swansea Harriers) 11.55;
- 5 Graham Eastly (Southend AC) 10.95;
- 6 Danny Passey (Derby AC) 10.11;
- 7 Damien Larrington (Bedford & County AC) 9.75;
- 8 Sean McMahon (Liverpool Harriers) N.J ;

Long Jump - A String

- 1 Wyn Roberts (Swansea Harriers) 6.61;
- 2 Paul Oluyemi (Herne Hill Harriers) 6.59;
- 3 Sean McMahon (Liverpool Harriers) 6.49;
- 4 Lewis Robson (Gateshead Harriers) 6.34;
- 5 Matt Jones (Bedford & County AC) 6.06;
- 6 Simon Thomas (Southend AC) 5.59;
- 7 Ian Richards (Derby AC) 5.51;
- 8 Sean Connerton (City of Edinburgh AC) 5.35;

Long Jump - B String

- 1 Alex Jackson (Swansea Harriers) 6.41;
- 2 Ade Babatunde (Gateshead Harriers) 6.23;
- 3 Gavin Fordham (Bedford & County AC) 5.98;
- 4 Leon Smith (Herne Hill Harriers) 5.79;
- 5 Kevin Brown (Southend AC) 5.49;
- 6 Theo Ali-Cray (Liverpool Harriers) 5.33;
- 7 Thomas Moore (City of Edinburgh AC) 4.55;

Discus - A String

- 1 James South (Southend AC) 43.64;
- 2 Garry Power (Herne Hill Harriers) 42.64;
- 3 Craig Sturrock (Gateshead Harriers) 42.28;
- 4 Martin Aram (Liverpool Harriers) 41.27;
- 5 William Falconer (City of Edinburgh AC) 40.15;
- 6 Peter Roberts (Swansea Harriers) 39.94;
- 7 Gavin Fordham (Bedford & County AC) 34.32;
- 8 Sam Worrall (Derby AC) 32.73;

Discus - B String

- 1 Mike Bomba (Liverpool Harriers) 37.79;
- 2 Damien Larrington (Bedford & County AC) 33.53;
- 3 Terry Lalley (M55) (Swansea Harriers) 32.07;
- 4 Thomas Ashby (Herne Hill Harriers) 31.29;
- 5 David Sperring (Southend AC) 30.53;
- 6 David Maggs (Gateshead Harriers) 28.63;
- 7 James Cottrell (Derby AC) 22.19;

Javelin - A String

- 1 Rhys Williams (Swansea Harriers) 62.40;
- 2 Ian Burns (Gateshead Harriers) 62.13;
- 3 Ben Fisher (Liverpool Harriers) 59.45;
- 4 Gavin Fordham (Bedford & County AC) 44.64;
- 5 Sam Worrall (Derby AC) 42.05;
- 6 Ben Southey (Southend AC) 38.20;
- 7 Thomas Ashby (Herne Hill Harriers) 36.18;
- 8 Ally Strange (City of Edinburgh AC) 33.96;

Javelin - B String

-
- 1 Jonathon Clarke (Swansea Harriers) 54.99;
 - 2 Andrew Allan (Liverpool Harriers) 49.44;
 - 3 Dean Barrett (Gateshead Harriers) 47.96;
 - 4 Simon Eastwood (Bedford & County AC) 37.70;
 - 5 Paul Oluyemi (Herne Hill Harriers) 36.07;
 - 6 James South (Southend AC) 32.92;
 - 7 Phil Harries (Derby AC) 29.02;
 - 8 Sean Connerton (City of Edinburgh AC) N.T ;

Hammer - A String

-
- 1 Glen Kerr (Bedford & County AC) 61.08;
 - 2 Matthew Richards (Swansea Harriers) 54.08;
 - 3 Malcolme Fenton (Southend AC) 53.98;
 - 4 Mike Bomba (Liverpool Harriers) 53.73;
 - 5 Mark Hanley (Herne Hill Harriers) 52.48;
 - 6 William Falconer (City of Edinburgh AC) 40.49;
 - 7 David Maggs (Gateshead Harriers) 35.71;
 - 8 James Cottrell (Derby AC) 24.15;

Hammer - B String

-
- 1 Will Lowndes (Liverpool Harriers) 49.21;
 - 2 Darren Kerr (Bedford & County AC) 39.21;
 - 3 James South (Southend AC) 36.65;
 - 4 Terry Lalley (M55) (Swansea Harriers) 32.60;
 - 5 John Maitland (Herne Hill Harriers) 32.01;
 - 6 Sean Hudson (Gateshead Harriers) 30.06;
 - 7 Jamie Wragg (Derby AC) 20.36;

Shot - A String

-
- 1 Craig Sturrock (Gateshead Harriers) 15.82;
 - 2 William Falconer (City of Edinburgh AC) 14.26;
 - 3 Will Lowndes (Liverpool Harriers) 13.28;
 - 4 Marcus Williams (Herne Hill Harriers) 12.91;
 - 5 Damien Larrington (Bedford & County AC) 12.68;
 - 6 Peter Roberts (Swansea Harriers) 12.07;
 - 7 James South (Southend AC) 11.60;
 - 8 James Cottrell (Derby AC) 11.56;

Shot - B String

-
- 1 Martin Aram (Liverpool Harriers) 12.84;
 - 2 Thomas Rees (Swansea Harriers) 11.57;
 - 3 Gavin Fordham (Bedford & County AC) 10.77;
 - 4 Andrew Sturrock (Gateshead Harriers) 10.47;
 - 5 Jamie Wragg (Derby AC) 10.34;
 - 6 Thomas Ashby (Herne Hill Harriers) 10.24;
 - 7 David Sperring (Southend AC) 8.92;

4 x 100m - A String

-
- 1 (Derby AC) 43.56;
 - 2 (Swansea Harriers) 43.80;
 - 3 (City of Edinburgh AC) 43.87;
 - 4 (Gateshead Harriers) 44.43;
 - 5 (Liverpool Harriers) 44.92;
 - 6 (Southend AC) 44.98;

- 7 (Herne Hill Harriers) 45.23;
- 8 (Bedford & County AC) 45.41;

4 x 400m - A String

- 1 (Derby AC) 3:20.75;
- 2 (Liverpool Harriers) 3:24.18;
- 3 (Swansea Harriers) 3:24.73;
- 4 (Herne Hill Harriers) 3:26.99;
- 5 (Gateshead Harriers) 3:27.75;
- 6 (Southend AC) 3:36.80;

Points Team

| Points | Team |
|--------|----------------------|
| 336.0 | Liverpool Harriers |
| 328.0 | Gateshead Harriers |
| 321.5 | Swansea Harriers |
| 273.0 | Derby AC |
| 261.0 | Southend AC |
| 258.0 | Herne Hill Harriers |
| 207.0 | Bedford & County AC |
| 172.5 | City of Edinburgh AC |