

Indoor Open Meeting

EIS, Sheffield
11/12/04

F01 Under 20 Men Long Jump FINAL

FINAL

! 1	563	Tom Beaumont	Newark AC	6.02
280		Matthew Hudson	Leeds City AC	5.87
3154		Simon Sloan	! Macclesfield Harriers	5.68
plain	3		317Matthew Knights	
4528		Richard Szarkowski	Amber Valley AC	5.64
5169		Tim Hayward	City of Sheffield AC	5.53

F02 Under 20 Women Long Jump FINAL

FINAL

! 283	1		Jenny LumleyLeeds City AC	5.35
2157		Ellie Maddocks	Mansfield Harriers	5.09
3370		Laura Willey	Wigan Harriers	5.08
463		Lucy Spray	Mansfield Harriers	! 4.75
5153		Lydia Chamberlin	Lincoln Wellington	4.75

F03 All Men Pole Vault FINAL

f3F09

FINAL

2524		Melanie McCoy (SW)	Bolton United Harriers	2.80
3504		Jenny Cuthbertson (SW)	Rotherham Harriers	2.70
! 91	4	91	Emma Hilton U15Dearneside High AC	2.40
10.01				2.20
5545		Emma McClatchley (SW)	St Helens Sutton AC	2.40
6538		Hayley Fox (SW)	! 1 Lincoln Wellington	2.20

lain

F04 Under 15 Girls Shot Putt FINAL

FINAL

1544		Hannah Evenden	Leeds City AC	10.17
2290		Stephanie Owens	West Cheshire AC	9.92
3170		Emma Simpson	Scunthorpe & District AC	9.53
! 4				
cb1 351		Lucy Roberts	Chesterfield & District AC	8.93
5557		Carrie Simpson	Leeds City AC	8.53

F05 Under 17 Women Shot Putt FINAL

FINAL

1510		Lauren Hunt	West Cheshire AC	10.06
2526		Emma Gilbert	Scunthorpe & District AC	9.20
349		City of Sheffield AC	7.25	F12
4548		Debra Zajac	Rossendale Harriers & AC	4.23

F06 Under 15 Girls Long Jump FINAL

FINAL

1170		Emma Simpson	Scunthorpe & District AC	4.87
276		Lisa Sabel	Sale Harriers Manchester	4.77
3535	!	Rebekah Ingham	Preston Harriers	4.36
4299		Harriet James	Preston Harriers	4.29
5120		Rebecca Hirst	Barnsley AC	4.18
6323		Sophie Bell-Morgan	Liverpool Harriers	4.15
7534		Shona Valentine	West Cheshire AC	4.09
820		Natasha McGarey	Buxton AC	4.05
9557		Carrie Simpson	Leeds City AC	3.77
10 130		Claire Lebond	Rotherham Harriers	3.68
! 11	249		Lauren SykesBarnsley AC	3.657
12 550		Stilyani Nikolaidou	TID Academy	3.61
! f013	122		Alisha HansonScunthorpe & District AC	3.58
Rowntree AC				9.19

F07 Under 15 Boys Long Jump FINAL

FINAL

1	139	Gareth Preston	West Cheshire AC	5.77
2	5	John Summers	Gateshead Harriers & AC	5.27
		Hallamshire Harriers	4.97	
4	562	Edward Askew	Hallamshire Harriers	4.77
5	23	! Jonathan Harker	Preston Harriers	4.70
6	124	Oliver Palmer	Nestle Rowntree AC	4.38
7	8	Jack Cornwell	Retford AC	3.59
8	543	Ben Sleigh	Leeds City AC	3.56

F08 Under 20 Women Shot Putt FINAL

FINAL

1	153	Lydia Chamberlin	Lincoln Wellington	10.22
2	15	Anna Griffiths	Wigan Harriers	8.89
3	41	Jenny Lumley	Leeds City AC	8.28

Senior Women Shot Putt FINAL

FINAL

1	281	Fiona Thomas	Wakefield District H & AC	10.53
2.402	127		Wendy Laing	Northern vets A.C
3	529	Josie MacKenzie	Charnwood AC	6.35

F10 Under 15 Boys Triple Jump FINAL

FINAL

1	317	Matthew Knights	Hallamshire Harriers	9.82
2	372	Zac Perry	Dearneside High AC	9.78
3	124	Oliver Palmer	Nestle Rowntree AC	9.38
4	338	Robert Scott	Chesterfield & District AC	8.90

F11 Under 17 Men Triple Jump FINAL

FINAL

1	29	Sam White	Rotherham Harriers	10.70
! 142	117		Andrew SzarkowskiAmber valley AC	10.58
3	198	Ben Nichols	Herts Phoenix AC	9.76

Under 15 Girls Triple Jump FINAL

FINAL

1	120	Rebecca Hirst	Barnsley AC	9.43
2	300	Emily Buckley	Derby AC	! 09.13
3	561	Anna Ollerenshaw	TID Academy	8.94

F13 Under 17 Women Triple Jump FINAL

FINAL

1	103	Claire O'Reilly	Derby AC	10.64
2	298	Emma James	Preston Harriers	10.35
3	514	Kimberley Harrison	Chesterfield & District AC	10.30
4	! 6387	Vicky Shaw	f0Sale Harriers Manchester	10.08
5	542	Sarah Fielding	Sale Harriers Manchester	9.65
6	526	Emma Gilbert	Scunthorpe & District AC	9.44
		89	Eleanor MarkendalePendle AC	9.33
8	67	Vicky Fleetwood	Charnwood AC	9.28
		9	160Laura Rigby	Nestle
10	541	Zoe Lester	Daventry AC	8.43
11	126	Manndy (v) Laing	Northern Vets	10.11

F14 Under 15 Boys Shot Putt FINAL**! inFINAL**

1525	Daniel Bowkett	Dearneside High AC	9.96
223	Jonathan Harker	Preston Harriers	9.96

tx54653

	Jess Wilson	Wakefield District H & AC	5.09
4121	Callum Johnstone	Scunthorpe & District AC	7.12
5! 543	Ben Sleigh	Leeds City AC	6.35

F15 Under 17 Men Shot Putt FINAL**FINAL**

1533	Ross Hayhurst	Liverpool Harriers	13.33
2136	Richard Woolley	Mansfield Harriers AC	
	Chesterfield & District AC		4.52
3513	Tom Smith	Lancaster & Morecambe AC	11.03
490	Neal Clarke	Dearneside High AC	10.98
cb1	Kathryn Kitson	Retford AC	4.00
5552	Steven Fogg	Liverpool Harriers	10.79
6104	Umar Hameed	Leeds City AC	9.87
7111	Matthew Fenton	Chesterfield & District AC	9.32
8144	Daniel Hughes	Scunthorpe & District AC	9.78

F17 Under 20 Men Shot Putt FINAL**f6Wirral AC****FINAL**

1536	Will Lowndes	Liverpool Harriers	15.25
! x94912		137Matthew Woolley	
	Chloe Smith	Amber Valley AC	10.8
3553	Michael Bomba	Liverpool Harriers	12.57
! 4 288	Gary Hutt	Daventry AC	10.96
5552	Steven Fogg	Liverpool Harriers	10.35

F18 Senior Women Long Jump FINAL**FINAL**

! 36851			246
	Amber Merrills	Rotherham Harriers	
2242	Fiona Westwood	Wakefield District H & AC	5.32
3127	Wendy Laing	Northern vets A.C	4.92

F19 Senior Men Long Jump FINAL**FINAL**

1556! ab	Simon Roper	Derby AC	6.79
2183	Suote Nyananyo	Unattached	6.67
3132	Scott Reed	Lancaster & Morecambe AC	! 5.92

F20 Senior Men Shot Putt FINAL**FINAL**

tx2831	349	Mark Allen	Belgrave Harriers	15.60
	District H & AC			9.29 W/S:
2523	Daniel Brunt	City of Sheffield AC		13.72
! 3 536	Will Lowndes	Liverpool Harriers		13.55
4546	Darran Askew	Doncaster & Stainforth AC		11.20

! 90qr5

119		John Twiddle	Kingston upon Hull AC	10.08
	Kingston upon Hull AC			10.05 W/S:
6376	Steven Woolley	Mansfield H		9.78
tqr7	560	Mike(v) Corden	City of Sheffield AC	11.38
	10.54			W/S:

F21 Under 17 Men Long Jump FINAL**FINAL**

tx2831	1179	James Sleigh	Leeds City AC	5.78
2314	Sam Worrall	Derby AC		5.76
3172	Oliver Knight	Charnwood AC		5.71
4104	Umar Hameed	Leeds City AC		5.68
5511	Andrew Burgess	Wirral AC		5.54
f6	Wakefield District H & AC			9.16 W/S:
697	Stephen Bailey	Nestle Rowntree AC		5.45
7400	Jamie Vickery	Wigan Harriers		5.17
8354	Chris Olsen	Peterborough AC		4.89
9378	Thomas Mould	Retford AC		4.76
10 144	Daniel Hughes	Scunthorpe & District AC		4.63

F22 Under 17 Women Long Jump FINAL**FINAL**

1 531	Joanne Whiteway	City of Sheffield AC	5.38
2 89	Eleanor Markendale	Pendle AC	5.32!

Dearneside High AC		9.01	3	551
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4 103	Claire O'Reilly	Derby AC	4.92
5 526	Emma Gilbert	Scunthorpe & District AC	4.73
6 98	Chantal Afolawo	Derby AC	4.66
7 159	Charlotte Vaughan	Rotherham Harriers	4.62
8 542!	Sarah Fielding	Sale Harriers Manchester	4.61
9 195	Heather Douglas	Derby AC	4.57
10 387	Vicky Shaw	Sale Harriers Manchester	4.56
11.78	11	514Kimberley Harrison	

12 110	Reagan Wright	Retford AC	4.16
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fs1413

			82
14 374	Laura Palfrey	Sale Harriers Manchester	3.74

T01 Under 15 Girls 60m Hurdles Heats**Heat 01**

1 135	Danielle Rooney	Preston AC	9.7	W/S:
2 ! 152	Stephanie Blackwell			
9.8	W/S:			
3 300	Emily Buckley	Derby AC	10.4	W/S:
4 373	Michaela Routledge	Liverpool Harriers	10.6	W/S:

Mansfield Harriers AC		14.79	5	315
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W/S:				
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6 309	Rebecca Crompton	Horwich RMI	11.0	W/S:
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Heat 02

1 155	Emma Komocki	Amber Valley AC	10.32	W/S:
2 151	Zoe Garton	Kingston upon Hull AC	cf010.47	W/S:
3 189	Claudia Rogers	Amber Valley AC	10.70	W/S:
4 102	Samantha Swaine	Wakefield District H & AC	10.79	W/S:
5 116	Emma Szostak	Holmfirth Harriers	11.07	W/S:

Hazel Carwardine		Bolton United Harriers	5.95	6	77
11.60	W/S:				

T02 Under 17 Women 60m Hurdles Heats! s23**Heat 01**

1 148	Ashley Helsby	Liverpool Harriers	8.80	W/S:
2 67	Vicky Fleetwood	Charnwood AC	9.14	W/S:
3 126	Mannidy Laing (V)	Northern vets A.C	9.36	W/S:
4 158	Lauren Storr	Holmfirth Harriers	9.38	W/S:
5 127	Wendy Laing (V)	Northern Vets	9.51	W/S:
6 316	Louise Feeney	Amber Valley AC	9.75	W/S:
7 182	Rebecca Norris	Horwich RMI	10.38	W/S:

! 1 Heat 02

				W/S:
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270Rachel Wilson	Wakefield
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2 103	Claire O'Reilly	Derby AC	9.72	W/S:
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3 176	Sarah Potter	Liverpool Harriers	9.79	W/S:
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4 531	Joanne Whiteway	City of Sheffield AC	9.93	W/S:
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5		12		Sarah Gibbins
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6 82	Kathryn Kitson	Retford AC	10.40	W/S:
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7		324Lauren Ashton		Horwich RMI
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8 160	Laura Rigby	Nestle Rowntree AC	10.66	W/S:
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T04 Under 20 Women 60m Hurdles Heats**5.78**

1 1	Sharon Walls	Wigan Harriers	8.80	W/S:
! f02 16	Katey Read	Liverpool Harriers	9.00	W/S:
3 54	Victoria Garrad	Liverpool Harriers	9.09	W/S:

4 ! s14164		Zara Hohn		
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5 265	Karen Moorcroft	Wigan Harriers	9.45	W/S:
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T06 Under 17 Men 60m Hurdles Heats**Heat 01** W/S:

211	Ellie Stevens	Derby AC	4:30.58	W/S:
2172	Oliver Knight	Charnwood AC	8.94	W/S:
1	William Eaton	Chesterfield & District AC	8.91	W/S: 1
3	James Sleigh	Leeds City AC	9.17	W/S:
4	Tom Burton	Tamworth AC	9.49	W/S:
5	Chris Olsen	Peterborough AC	9.71	W/S:
6	Sam Worrall	Derby AC	9.71	W/S:
7	Simeon Lawrence	Derby AC	10.45	W/S:

T07! iain Under 20 Men 60m Hurdles Heats

W/S:

Heat 01 W/S:

180	Matthew Hudson	Leeds City AC	8.50	W/S:
2	Simon Sloan	Macclesfield Harriers	8.87	W/S:
3	Joe Murrow	Mansfield Harriers	9.26	W/S:
4	Duncan Hawksworth	Derby AC	9.52	W/S:

T08 Senior Men 60m Hurdles Heats**Heat 01** W/S:

1308	Kevin Sempers	Belgrave Harriers	8.38	W/S:
2183	Suote Nyananyo	Unattached	8.53	W/S:
336	Stefan Wilcockson	Mansfield Harriers	9.54	W/S:

T09 Senior Men 150! 0m FINAL**FINAL** W/S:

1255	Matt Barnes	Altrincham & District	3:56.50	W/S:
2319	Russell Bentley	cf0Blackheath Harriers	3:57.61	W/S:
3226	Adam Dyson	Hallamshire Harriers	4:05.04	W/S:
4335	Nik Babic	Enfield & Haringey	4:07.86	W/S:
5261	Gary Bostock	Derby AC	4:15.84	W/S:
6346	Rick O'Toole	Hallamshire Harriers	4:19.14	W/S:
7350	Paddy Junelle	Haddington East Lothian Pacemakers	4:24.64	W/S:
8229	Brian Williams	Retford AC	4:30.85	W/S:
987	RJ Spencer	Rotherham Harriers	4:38.69	W/S:

T10 Under 15 Girls 60m Heats**Heat 01** W/S:

7.95	Jodie Warnes	City of Sheffield AC	8.33	W/S:
1106	Lisa Sabel	Sale Harriers Manchester	8.45	W/S:
3295	Amy Giblin	Kingston upon Hull AC	8.47	W/S:
4135	Danielle Rooney	! Preston AC	8.59	W/S:
5192	Esther Holland	Retford AC	8.81	W/S:
6344	Rachel Shinks	Wigan Harriers	8.90!	ain W/S:

Heat 02 W/S:

1173	Daisy Flynn-Piercy	West Cheshire AC	8.46	W/S:
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tqr2 305 Sarah Evans Wigan Harriers 8.57 W/S:

8.45	Harriet James	Preston Harriers	8.59	W/S:
4300	Emily Buckley	Derby AC	8.65	W/S:
542	Bethany Hirst	East Cheshire Harriers	8.91	W/S:
6315	Chloe Smith	Amber Valley AC	8.97	W/S:

Heat 03 W/S:

1263	Becky Stringer	Retford! AC	8.92	W/S:
220	Natasha McGarey	Buxton AC	9.12	W/S:
3373!	Michaela Routledge	Liverpool Harriers	9.13	W/S:
4189	Claudia Rogers	Amber Valley AC	9.17	W/S:
5 cf0290	Stephanie Owens	West Cheshire AC	9.25	W/S:
6130	Claire Lebond	Rotherham Harriers	9.85	W/S:

Heat 04 W/S:

cf01	534	Shona Valentine	West Cheshire AC	8.61	W/S:
2120	Rebecca Hirst	Barnsley AC	8.78	W/S:	
3196	Kirsty Douglas	Derby AC	f69.14	W/S:	
4323	Sophie Bell-Morgan	Liverpool Harriers	9.15	W/S:	
5249	plain Lauren Sykes	Barnsley AC	9.37	W/S:	

T11 Senior Women 1500m FINAL**FINAL** W/S:

2	204	Nisha Desai	Morpeth Harriers & AC	4:43.57	W/S:
3	3	Becky Townsend	(u20)	208	W/S:
4	347	Nicola Squires	Hallamshire Harriers	14:54.06	W/S:
5	237	Sarah Fensome	Shaftesbury Barnet AC	4:55.15	W/S:
6	163	Aimee Booth(u20)	Derby AC!	f04:58.77	W/S:
7	215	Lisa Tomlinson	Hull Achilles AC	5:06.07	W/S:
8	73	Nicola Lampard(u20)	Nestle Rowntree AC	5:15.52	W/S:
149	68	Jennie Ormerod	Hull Achilles AC	5:29.94	W/S:
10	245	Wendy Morant	Birchfield Harriers	6:41.97	W/S:

T12 Under 15 Boys 60m Heats**Heat 01** W/S:

1	139!	Gareth Preston	West Cheshire AC	7.61	W/S:
2	5	John Summers	Gateshead Harriers & AC	7.65	W/S:
3	337	Dale Jacob	Mansfield Harriers	7.66	W/S:
4	138	Craig Simpson	Wakefield District H & AC	! 07.67	W/S:

Heat 02 W/S:

1	23	Jonathan Harker	Preston ! Harriers	7.95	W/S:
2	78	Rhys Searles	Dearnside High AC	8.88	W/S:
3	338	Robert Scott	Chesterfield & District AC	8.95	W/S:
4	121	Callum Johnstone	Scunthorpe & District AC	9.39	W/S:

T13 Under 20 Men 1500m FINAL**FINAL** W/S:

1	318	Matt Wood	Blackburn Harriers	4:08.88	W/S:
2	236	Rob Banjacl n	Rochdale Harriers	4:13.50	W/S:
3	304	Alex Smith	Hallamshire Harriers	4:13.65	W/S:
cf04	339	Daniel Eckersley	Burnley AC	4:14.35	W/S:
5	210	Ben Craddock	Leeds City AC	4:15.86	W/S:
6	278	Ashley Sabin	Charnwood AC	4:20.93	W/S:

T14 Under 17 Women 60m Heats**Heat 01** W/S:

cf01	175	Annabelle Lewis	Kingston upon Hull AC	W/S:		
2	377	Llio Evans	Menai T&F	8.18	W/S:	
!	3	256	Emma Hickey	Chesterfield & District AC	8.28	W/S:
4	158	Lauren Storr	Holmfirth Harriers	8.40	W/S:	
5	110	Reagan Wright	Retford AC	8.42	W/S:	
6	38	Beth Heaton	Wigan Harriers	8.50	W/S:	

Heat 02 W/S:

1	148	Ashley Helsby	Liverpool Harriers	8.09	W/S:
2	69	Sabrina Richards	Grantham AC	8.37!	1 W/S:

tqr2 195 Heather Douglas Derby AC W/S:

4	273	Jayne Moulding	Louth AC	8.49	W/S:
5	160	Laura Rigby	Nestle Rowntree AC	8.60	W/S:
6	353	Lucy Pollard	Macclesfield! Harriers	8.66	W/S:

Heat 03 W/S:

1	531	Joanne Whiteway	City of Sheffield AC	8.25	W/S:
2	384	Ellis (u15) Newby	Meadowhead School	8.48	W/S:
3	182	Rebecca Norris	Horwich RMI	8.62	W/S:
4	244	Helen Clowes	West Cheshire AC	8.87	W/S:
5	185	Sarah Yeomans	Rossendale Harriers & AC	8.97	W/S:
6	187	Becky Crawshaw	Rossendale Harriers & AC	10.08	W/S:

T17 Under 17 Men 1500m FINAL**FINAL** W/S:

1	357	Daniel Yates(SM)	Matlock AC	4:10.01	W/S:
2	230	Alastair Smith	Nestle Rowntree AC	4:29.85	W/S:
3	291	Carl Andrew	Rossendale Harriers & AC	4:45.93	W/S:
4	301	Philip Bolton	Rossendale Harriers & AC	4:49.55	W/S:

T18 Under 20 Women 60m Heats

Heat 01			W/S:
1164	Zara Hohn	Wakefield District H & AC	147.93 W/S:
2370	Laura Willey	Wigan Harriers	8.06 W/S:
316	Katey Read	Liverpool Harriers	8.40 W/S:
4194	Sheryl Punter	Leeds City AC	8.41 W/S:
5243	Joanne Baker	Wigan Harriers	8.52 W/S:
6302	Kelly King	Charnwood	8.69 W/S:

Heat 02			W/S:
141	Jenny Lumley	Leeds City AC	8.12 W/S:
2265	Karen Moorcroft	Wigan Harriers	8.38 W/S:
363	Lucy Spray	Mansfield Harriers	8.51 W/S:
4303	Vicky King	Birchfield Harriers	8.59 W/S:
5370	Laura Willey	Wigan Harriers	8.83 W/S:

T19 Under 17 Women 1500m FINAL

FINAL			W/S:
1334	Danielle Walker	Burnley AC	4:51.49 W/S:
2209	Victoria France	Rotherham Harriers	5:00.51 W/S: plain
3275	Ellie McLoughlin	Stockport Harriers	5:01.39 W/S:
4228	Laura Smith	Louth AC	5:12.99 W/S: plain

T20 Under 20 Men 60m Heats

Heat 01			W/S:
1260	Ben Stramkowski	Derby AC	7.11 W/S:
2137	Matthew Woolley	Mansfield Harriers AC	7.15 W/S:
380	Matthew Hudson	Leeds City AC	7.22 W/S:
4375	Luke Simpson	Pendle AC	7.24 W/S:
cb1	Adam Rogers	Shildon AC	7.70 W/S:
5336	Andrew Ward		7.56 W/S:
6296	Luke Giblin	Kingston upon Hull AC	7.56 W/S:

Heat 02			W/S:
1169	Tim Hayward	City of Sheffield AC	7.36 W/S:
465	Joe Frost	Unattached	7.50 W/S:
3113	Martin Cook	Mansfield Harriers & A.C	7.51 W/S:
5465	Joe Lightfoot	Mansfield Harriers	7.56 W/S:
Rawcliffe	Hyndburn AC		8.20 W/S:
5318	Matt Wood	Blackburn Harriers	7.75 W/S:
6288	Gary Hutt	Daventry AC	7.84 W/S:
7325	Brett Kellett	Unattached	8.24 W/S:

T21 Under 15 Boys 1500m FINAL

FINAL			W/S:
1312	Michael Baldock	Louth AC	4:46.43 W/S:
3231	Kieran Smith	Nestle Rowntree AC	5:12.25 W/S:
4214	Jack Skeet	Lincoln Wellington	4:46.88 W/S:
4232	David Booth	Rotherham Harriers	5:20.56 W/S:

T22 Senior Women 60m Heats

Heat 01			W/S:
1246	Hazel Carwardine	Bolton United Harriers	7.69 W/S:
242	Fiona Westwood	Wakefield District H & AC	7.88 W/S:
31	Sharon Walls	Wigan Harriers	7.90 W/S:
4	Jackie Cooke	Kingston upon Hull AC	8.14 W/S:
525	Ogo Ejiolor	Derby AC	8.21 W/S:
6149	Laura Holdsworth	Liverpool Harriers	8.22 W/S:
155	Laura Heslop	Wirral AC	7.91 W/S:
262	Amanda Shaw	Barnsley AC	8.03 W/S:
311	Julie Money	Wirral AC	8.24 W/S:
4281	Fiona Thomas	Wakefield District H & AC	8.31 W/S:
248	Charlotte Watt	Rotherham Harriers	8.63 W/S:
55.26			W/S:
8.65			W/S:

Heat 02			W/S:
138	Craig		W/S:
337	Dale Jacob	Mansfield Harriers	55.45 W/S:
147	Chris Taylor	Barnsley AC	60.35 W/S:

T23 Under 15 Girls 1500m FINAL

FINAL			W/S:
1	297 Holly Horsley	Brighton & Hove AC	5:12.40 W/S:
2	218 Holly Craig	Bingley Harriers	5:21.27 W/S:
3	122 Alisha Hanson	Scunthorpe & District AC	5:49.74 W/S:

T24 Senior Men 60m Heats

Heat 01			W/S:
1	190 Ian Clarke	Enfield & Haringey AC	7.12 W/S:
2	1308 Kevin Sempers	Belgrave Harriers	7.19 W/S:
3	280 John Uridge	Wakefield District H & AC	7.25 W/S:
4	348 Jonathan Shearn	Sale Harriers Manchester	7.29 W/S:
5	349 Mark Allen	Belgrave Harriers	7.32 W/S:
6	128 Mark Collins	Luton AC	7.39 W/S:

Heat 02			W/S:
1	283 Michael Culshaw	Unattached	7.32 W/S:
2	382 Michael Beaumont	Sheffield Hallam University AC	7.38 W/S:
3	140 Dean Hardman	Sale Harriers Manchester	7.41 W/S:
4	203 14Jezz Aidoo	Notts AC	7.53 W/S:
5	385 Tom Grantham	City of Sheffield AC	7.63 W/S:
6	193 John Burbidge	Sheffield Hallam University AC	7.67 W/S:

Heat 03			W/S:
1	202 Glenroy Reid	Derby AC	7.33 W/S:
2	92! ab Martin White	Mansfield Harriers	7.50 W/S:
3	380 Paul Wright	Mansfield Harriers	7.53 W/S:
4	206 plain	G Wyn-JonesDeeside AC	7.68 W/S:
5	17 Andrew Warner	Derby AC	7.69 W/S:

fs146 371

Heat 04			W/S:
1	322 Carl Savill	Grantham AC	7.51 W/S:
2	142 Guy Baragwanath	Sheffield Hallam University AC	7.64 W/S:
3	36 Stefan Wilcockson	Mansfield Harriers	7.75 W/S:
4	310 Christopher Clark		W/S:
5	56 Nick Beer	University of Sheffield	7.95 W/S:
6	332 Nick		W/S:

Heat 05			W/S:
1	376 Steven Woolley	Mansfield H	7.93 W/S:
2	313 Ian Worrall	Derby AC	8.14 W/S:
3	119 John Twiddle	Kingston upon Hull AC	8.39 W/S:
4	64 Rodney Clark (O75)	Steel City Striders	10.77 W/S:
5	272 Colin Meagher	Unattached	11.20 W/S:

T25 Under 15 Girls 300m Heats

Heat 01			W/S:
1	76 Lisa Sabel	Sale Harriers Manchester	44.1 W/S:
2	192 Esther Holland	Retford AC	47.3 W/S:
3	116 Emma Szostak	Holmfirth Harriers	47.6 W/S:
4	42 Bethany Hirst	East Cheshire Harriers	48.2 W/S:
5	315 Chloe Smith	Amber Valley AC	48.5 W/S:

Heat 02			W/S:
1	77 Amber Merrills	Rotherham Harriers	46.9 W/S:
2	102 Samantha Swaine	Wakefield District H & AC	47.9 W/S:
3	189 Claudia Rogers	Amber Valley AC	49.0 W/S:
4	249 Lauren Sykes	Barnsley AC	49.6 W/S:
5	122 Alisha Hanson	Scunthorpe & District AC	52.7 W/S:

T26 Under 15 Boys 400m Heats

Heat 01			W/S:
1	138 Craig		W/S:
2	337 Dale Jacob	Mansfield Harriers	55.45 W/S:
3	147 Chris Taylor	Barnsley AC	60.35 W/S:

Heat 02				W/S:
1124	Oliver Palmer	Nestle Rowntree AC	66.91	W/S:
239	Christopher Grayson	City of Sheffield AC	68.17	W/S:
38	Jack Cornwell	Retford AC	68.55	W/S:
4121	Callum Johnstone	Scunthorpe & District AC	76.20	in W/S:

T27 Under 17 Women 300m Heats

Heat 01				W/S:
17	Carmen Gedling	Liverpool Harriers	41.90	W/S:
26	Birchfield Harriers		42.26	W/S: 1
348	Carling Meadows	Wigan Harriers	42.46	W/S:
48! 9	Eleanor Markendale	Pendle AC	43.05	W/S:
574	Kate Would	Derby AC	44.08	W/S:

Heat 02				! fowW/S:
1377	Llio Evans	Menai T&F	42.34	W/S:
2273	Jayne Moulding	Louth AC	42.99	W/S:
! 4309₃		93	Jade Allen	

Heats				
4256	Emma Hickey	Chesterfield & District AC	44.03	W/S:
599	Sarah Lucas	Rochdale Harriers	44.13	W/S:

! 82				
57.49				

Heat 03				W/S:
1114	Katherine Sherry	Sale Harriers Manchester	42.24	W/S:
2180	Natalie Grant	Rotherham Harriers	43.73	W/S:
3181	Rachel Taylor	Liverpool Harriers	43.83	W/S:
4316	Louise Feeney	Amber Valley AC	fs1445.39	
528	Hayley Briscoe	Wakefield District H & AC	47.26	W/S:

Heat 04				W/S:
1159	Charlotte Vaughan	Rotherham Harriers	44.40	W/S:
286	Jessica Witton	Retford AC	46.10	W/S:
3353	Lucy Pollard	Macclesfield Harriers	46.60	W/S:
449	Georgina Hughes	City of Sheffield AC	47.40	W/S:

tx90T28				
	Essex University			

Heat 01				W/S:
! 1	201	Jamie Sinclair	Tynedale Harriers	52.51
		University of Sheffield		W/S:
2168	Benjamin Hunt	Wigan Harriers	52.97	W/S:
3134	Bruce Pilkington	Horwich RMI	53.85	W/S:
4274	Ben Harvey	Rotherham Harriers	54.87	W/S:
5259	Max Lawless	Derby AC	55.22	! fowW/S:
6191	Matthew Procter	Rochdale Harriers	57.85	W/S:

! ainHeat 02				W/S:
1136	Richard Woolley	Mansfield harriers AC	55.11	W/S:
tx8867₂		6117	Andrew Szarkowski	
253	Kirk Allen	Tamworth AC	57.74	W/S:
329	Sam White	Rotherham Harriers	56.72	W/S:
4329	Scott Garbett	Daventry AC	57.20	W/S:
5276	Craig Bethell	Kirk Hallam AC	57.96	W/S:
6326	Mark Pinder	Nestle Rowntree AC	59.36	W/S:

Heat 03				W/S:
1399	Aaron Barker	Rossendale Harriers & AC	58.98	W/S: ! b5
2331	Damian Rawcliffe	Hyndburn AC	59.75	W/S:
3307	Greg Best	RAF Menwith Hill	59.79	! abW/S:

x3685₄₁₄₄		Daniel Hughes	Scunthorpe & District AC	60.09	W/S:
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FINAL				
5291	Carl Andrew	Rossendale Harriers & AC	63.39	W/S:
6				

T29 Under 20 Women 400m Heats

tx475716Heat 01				W/S:
1177	Laura Kirk	Skyrac AC	59.45	W/S:
210	Danielle McCann	Wigan Harriers	60.20	W/S:
! ain₃	15	Anna Griffiths	Wigan Harriers	60.30
435	Samantha Appleby	Liverpool Harriers	61.89	W/S:
5303	Vicky King	Birchfield Harriers	63.18	W/S:
694	Caitlin Pearson	New Marske Harriers	64.53	W/S:

T30 Under 20 Men 400m Heats

Heat 01				W/S:
1	44	Rhian Haste	Sheffield Hallam University AC	51.32
2	-	David Scholey	Rotherham Harriers	51.95
3	47	Jak Lowdon	Tynedale Harriers	52.11
4	294	Paul Bradshaw	Blackburn Harriers	52.40
5	30	Jaso! n Maxfield	Rotherham Harriers	53.07
6	386	Matthew Trow		56.04

Heat 02				W/S:
113	Martin Cook	Mansfield Harriers & A.C	51.89	W/S:
2	379	Ric Banjac	Rochdale Harriers	52.05
3	205	Adam Dalton	Louth AC	52.78
4	383	craig smith	Louth AC	55.17
5	336	Andrew Ward		56.18
6	125	Ryan Cassidy	Sheffield Hallam University AC	56.88

T31 Senior Women 400m

Heat 01				W/S:
	f01	204	Nisha Desai	Morpeth Harriers & AC
				W/S:
2	50	Jess McMonagle	Team Southampton	59.44
3	149	Laura Holdswol! rth	Liverpool Harriers	62.04

T32 Senior Men 400m Heats

Heat 01				W/S:
1	184	Rabah Yusif	Border Harriers & AC	49.12
2	321	Lawrence Baird	Trafford AC	49.27
3	143	John Kelley	Sheffield Hallam University AC	50.14
4	380	Paul Wright! in	Mansfield Harriers	50.57
5	359	Reuben Woodford	Menai T & F	52.99

Heat 02				W/S:
Under 17 Men 400m Heats		1	398	Aaron Brown
52.03	W/S:			
2	240	Swee-Leng Chuah	Sheffield Hallam University AC	52.16
3	319	Russell Bentley	Blackheath Harriers	52.23
52.62	W/S:		4	56
				Nick Beer

Heat 03				W/S:
5	108	Chris Perrey	Bolton United Harriers	! 054.51
				W/S:
1	142	Guy Baragwanath	Sheffield Hallam University AC	53.02
2	322	Carl Savill	Grantham AC	53.16
3	252	Paul Tasker	Tamworth AC	54.09
4	131	Mark Gardner	Lancaster & Morecambe AC	54.24
5	188	Stephen Walsh	Goole Youth AC	55.13
		Amber valley AC		55.63

Heat 04				W/S:
1	87	RJ Spencer	Rotherham Harriers	55.94
2	92	Martin White	Mansfield Harriers	57.16
3	206	G Wyn-Jones	Deeside AC	57.20
4	332	Nick Rawcliffe	Hyndburn AC	58.94
250	Guy Van Herp		City of Edinburgh	59.29
6	51	Michael May	Kingston AC & Poly Harriers	64.26

T33 Under 15 Girls 60m Hurdles

354	Chris Olsen	Peterborough AC	64.02	W/S:
W/S: ! ar			1	152
				Stephanie Blackwell
	Wirral AC	9.66	W/S:	
2	373	Michaela Routledge	Liverpool Harriers	10.56
3	102	Samantha Swaine	Wakefield District H & AC	10.78
4	116		Emma Szostak	Holmfirth Harriers 11.36

T34 Under 17 Women 60m Hurdles FINAL

FINAL				W/S:
1	148	Ashley Hell! sby	Liverpool Harriers	9.00
2	158	Lauren Storr	Holmfirth Harriers	9.54
3	176	Sarah Potter	Liverpool Harriers	10.06

