

# Northern Athletics Senior/U20 Champs 2007

Wavertree Stadium, Liverpool

16/17 June

## F01 Senior Men Hammer FINAL

### FINAL

1290	Michael Floyd	Sale Harriers Manchester	64.86
2315	Michael Bomba	Liverpool Harriers	58.57
3550	Simon Bissell	Bolton United Harriers	48.44
4304	Will Lowndes	Liverpool Harriers	48.41
5375	Christian Schutte	Wigan Harriers	41.41
6321	Richard Gayle	Wakefield District H & AC	37.93

## F02 Under 20 Women Long Jump FINAL

### FINAL

1537	Hannah Francis-Smithson	Leeds City AC	5.63
2114	Eleanor Markendale	Pendle AC	5.56
3177	Heather Douglas	Derby AC	5.38
4610	Charlotte Hesketh	Stockport Harriers	4.88

## F03 Under 20 Women Pole Vault FINAL

### FINAL

1613	Rachel Thomas	Deeside AC	2.85
2606	Ruth Johns	Deeside AC	2.30

## F04 Senior Women Hammer FINAL

### FINAL

1414	Shirley Webb	Trafford AC	61.88
2490	Amy Howard	Bingley Harriers	48.59
3406	Leah Weatheritt	Gateshead Harriers & AC	44.70
4405	Natalie Walsh	Liverpool Pembroke & Sefton AC	33.84
5443	Louise Kneen	Western AC (IoM)	32.45
6403	Melanie Lee	Oldham & Royton H & AC	32.06
7601	Lauren Grime	Hyndburn AC	29.09

## F05 Senior Men High Jump FINAL

### FINAL

1364	Robert Mitchell	Sale Harriers Manchester	2.10
2314	Brian Hall	Bolton United Harriers	2.10

## F06 Under 20 Men Long Jump FINAL

### FINAL

191	Anthony Timms	Leeds City AC	7.05
255	Andrew Burgess	Sale Harriers Manchester	6.77
399	Charlie Dryden	Middlesbrough & Cleveland H	6.45
4222	Andrew Leat	Preston Harriers	6.30

## F07 Under 20 Men Discus FINAL

### FINAL

1566	Thomas Smith	Wigan Harriers	43.12
256	Daniel Gardiner	Leeds City AC	42.94
353	Philip Brown	Blaydon Harriers	41.40
463	Greg Watkins	Stockport Harriers	41.24
554	Chiedo Ufodiama	Wakefield District H & AC	32.38
6211	Tom Norrey	Vale Royal	31.11

## F08 Under 20 Women Discus FINAL

### FINAL

1154	Hannah Evenden	Leeds City AC	38.20
2181	Lauren Hunt	West Cheshire AC	34.43
3152	Lauren Bodie	City of York AC	27.98
99 469	Chloe Beckett	Trafford AC	DQ

## F09 Under 20 Men Pole Vault FINAL

### FINAL

1	60	Max Eaves	Blackpool & Fylde AC	4.60
2	79	Rhys Searles	Dearneside High AC	4.60
3	62	Andrew Sutcliffe	Sale Harriers Manchester	4.30
4	308	Matthew Wright	Blackpool & Fylde AC	4.00
5	68	Laurie Needham	Blackpool & Fylde AC	4.00
6	220	Nicholas Robinson	Bingley Harriers	3.50
7	212	Nicholas Outhwaite	Richmond & Zetland AC	2.80

## F10 Senior Men Shot Putt FINAL

### FINAL

1	618	Jamie Williamson	City of Sheffield AC	16.81
2	622	Karl Fletcher	Wigan Harriers	16.55
3	350	Les Richards	Trafford AC	16.50
4	520	Rob Russell	Scarborough AC	16.18
5	298	Craig Sturrock	Gateshead Harriers & AC	15.57
6	306	Daniel Brunt	City of Sheffield AC	15.46
7	310	Dave Readle	Liverpool Pembroke & Sefton AC	14.96
8	357	John Nicholls	Sale Harriers Manchester	14.59
9	375	Christian Schutte	Wigan Harriers	14.03
10	352	Martin Aram	Liverpool Harriers	3.10
11	304	Will Lowndes	Liverpool Harriers	12.36
12	509	Darran Askew	Doncaster & Stainforth AC	11.13

## F11 Senior Women Triple Jump FINAL

### FINAL

1	470	Julia Straker	Trafford AC	12.23
2	402	Nicola Breaks	Hyndburn AC	11.14
3	480	Kelly Hilton	Chorley AC	11.10
4	417	Michelle Robbins	Crewe & Nantwich AC	11.03

## F12 Senior Women High Jump FINAL

### FINAL

1	408	Susan Moncrieff	Trafford AC	CBP1.86
2	472	Rebecca Jones	Wrexham	1.70
3	533	Jenny Lumley	Leeds City AC	1.70
4	410	Kay Humberstone	City of Sheffield AC	1.70

## F13 Under 20 Women Javelin FINAL

### FINAL

1	631	Rachael Fleary	Sale Harriers Manchester	36.08
2	134	Amie Kevan	Preston Harriers	34.67

## F14 Senior Men Triple Jump FINAL

### FINAL

1	287	Matt Barton	Leeds City AC	15.12
2	301	Graeme Matthews	City of Sheffield AC	15.11
3	529	Adebayo Babatunde	Middlesbrough AC (Mandale)	14.33
4	335	Graham Jackson	Newham & Essex Beagles	13.88

## F15 Senior Women Shot Putt FINAL

### FINAL

1	443	Louise Kneen	Western AC (IoM)	12.04
2	430	Gemma Llewellyn	Liverpool Harriers	11.64
3	458	Claire Reid	Morpeth Harriers & AC	11.33
4	591	Fiona Thomas	Wakefield District H & AC	11.30
5	469	Chloe Beckett	Trafford AC	10.94
6	152	Lauren Bodie	City of York AC	10.40

**F16 Under 20 Men Javelin FINAL****FINAL**

161	Stephen Porter	Preston Harriers	57.74
2582	Dean Barratt	Gateshead Harriers & AC	56.74
369	Sam Allan	Leeds City AC	56.54
470	Paul Allsopp	City of York AC	56.09
575	Andrew Allan	Liverpool Harriers	51.40
673	Stephen Reynolds	Gateshead Harriers & AC	50.00
756	Daniel Gardiner	Leeds City AC	48.14

**F17 Under 20 Men Hammer FINAL****FINAL**

167	James Bedford	Kingston upon Hull AC	70.82
271	Alex Smith	Sale Harriers Manchester	70.20
352	Michael Jennings	Kingston upon Hull AC	55.94
485	Morgan Bell	City of York AC	49.80
574	Graeme Level	North Shields Poly	49.37
657	Mike Rigby	Oldham & Royton H & AC	43.84
99	72 Peter Smith-5kg	Kingston upon Hull AC	70.82

**F18 Senior Men Long Jump FINAL****FINAL**

1289	Lee Blaymire	Kingston upon Hull AC	7.26
2342	Jacob Brown	Sale Harriers Manchester	7.08
3368	John Stacey	Gateshead Harriers & AC	6.88
4255	Andrew Staniland	Sale Harriers Manchester	6.79

**F19 Senior Women Pole Vault FINAL****FINAL**

1441	Fiona Harrison	Trafford AC	3.90
2460	Anna Olko	Sale Harriers Manchester	3.70
3413	Sally Scott	Gateshead Harriers & AC	3.50
4444	Michelle Sharrock	Wigan Harriers	3.50
5415	Abigail Haywood	Sale Harriers Manchester	3.50
6419	Elena Mingas	Blackpool & Fylde AC	3.00
6411	Patrycja Krawczyk	Dearnside High AC	3.00
8409	Lindsay Johnson	Trafford AC	2.40

**F20 Under 20 Women Hammer FINAL****FINAL**

1142	Sophie Hitchon	Pendle AC	54.38
2186	Katy Wilson	Birtley	48.20
3166	Vicky Johnson	Liverpool Harriers	46.04
4145	Stacey Lebond	Rotherham Harriers	43.88
5541	Emma Gilbert	Scunthorpe & District AC	39.95
6143	Kayleigh Sullivan	Middlesbrough AC (Mandale)	39.86
7534	Alice Simpson	Leeds City AC	39.28
8139	Charlotte Christian	Manx Harriers	31.55

**F21 Under 20 Men High Jump FINAL****FINAL**

1241	Darren Hammond	Sale Harriers Manchester	2.05
2244	Ben Moubey	Chesterfield & District AC	1.95
3514	James Heaton	Leeds City AC	1.90
4234	Lloyd Powell	Middlesbrough AC (Mandale)	1.90
5229	Nick Wales	Macclesfield Harriers	1.70

**F22 Senior Men Discus FINAL****FINAL**

1	327	Marcus Gouldbourne	Sale Harriers Manchester	54.95
2	350	Les Richards	Trafford AC	53.12
3	520	Rob Russell	Scarborough AC	49.23
4	306	Daniel Brunt	City of Sheffield AC	46.43
5	320	Alessandro Morganella	Border Harriers & AC	45.87
6	622	Karl Fletcher	Wigan Harriers	43.77
7	377	James Taylor	City of Sheffield AC	43.25
8	352	Martin Aram	Liverpool Harriers	42.36
9	302	David McKown	Liverpool Harriers	35.70
10	300	Karl Fitzgerald	Cleethorpes AC	35.58
11	509	Darran Askew	Doncaster & Stainforth AC	34.74

**F23 Senior Women Long Jump FINAL****FINAL**

1	440	Joanne Oates	Bingley Harriers	5.25
2	488	Katie Huck	Kendal AC	5.13
3	489	Claire Huck	Kendal AC	4.96

**F24 Under 20 Men Shot Putt FINAL****FINAL**

1	53	Philip Brown	Blaydon Harriers	14.46
2	566	Thomas Smith	Wigan Harriers	14.41
3	56	Daniel Gardiner	Leeds City AC	13.43
4	514	James Heaton	Leeds City AC	10.86
5	57	Mike Rigby	Oldham & Royton H & AC	10.45

**F25 Senior Men Pole Vault FINAL****FINAL**

1	340	Mark Christie	Sale Harriers Manchester	4.80
2	546	Ian Noble	Trafford AC	4.20
3	308	Matthew Wright	Blackpool & Fylde AC	4.10
4	299	Michael Walker	Cardiff AAC	4.00
5	367	James Stacey	Gateshead Harriers & AC	3.60
6	371	Greg Murrow	Mansfield AC	3.20

**F26 Senior Women Discus FINAL****FINAL**

1	616	Kara Nwidobie	Blackpool, Wyre & Fylde AC	53.56
2	404	Sarah Henton	Blackburn Harriers	42.40
3	430	Gemma Llewellyn	Liverpool Harriers	41.46
4	456	Nicola Gore	West Cheshire AC	38.97
5	469	Chloe Beckett	Trafford AC	38.77
6	458	Claire Reid	Morpeth Harriers & AC	38.13
7	490	Amy Howard	Bingley Harriers	35.59
8	443	Louise Kneen	Western AC (IoM)	33.40
9	405	Natalie Walsh	Liverpool Pembroke & Sefton AC	30.19
10	601	Lauren Grime	Hyndburn AC	25.36

**F27 Under 20 Women High Jump FINAL****FINAL**

1	144	Adele Lassu	Sale Harriers Manchester	CBP
2	169	Caroline Park	Leeds City AC	1.65
3	605	Laura Watt	South Shields Harriers	1.60
4	534	Alice Simpson	Leeds City AC	1.55
5	610	Charlotte Hesketh	Stockport Harriers	1.40

**F28 Under 20 Men Triple Jump FINAL****FINAL**

1	222	Andrew Leat	Preston Harriers	13.65
2	59	John Lee	Trafford AC	13.32

**F29 Senior Women Javelin FINAL**

1401	Colette Doran	Border Harriers & AC	37.77
2416	Anne-Marie Pennington	Preston Harriers	37.64
3488	Katie Huck	Kendal AC	35.55
4489	Claire Huck	Kendal AC	33.06

**F30 Under 20 Women Triple Jump FINAL**

1536	Claire O'Reilly	Derby AC	12.04
2193	Hanna Hewitson	Vale Royal	12.00
3197	Harriet Pickles	Sale Harriers Manchester	11.78
4632	Katie McHale	Southport Waterloo AC	11.31
5137	Kimberley Harrison	Chesterfield & District AC	10.95
6613	Rachel Thomas	Deeside AC	10.54
7140	Lindsey Towers	Leeds City AC	10.52
8199	Dijan Matheson	Spenborough & District	9.74

**F31 Senior Men Javelin FINAL**

1291	Gerard Paish-Plunkett	Sale Harriers Manchester	68.05
2325	Phill Sharpe	Border Harriers & AC	67.75
3348	David McKay	West Cheshire AC	63.82
4303	Paul Mckown	Liverpool Harriers	57.75
5292	Ben Fisher	Liverpool Harriers	57.42

**F32 Under 20 Women Shot Putt FINAL**

1146	Amy Hill	City of Sheffield AC	13.24
2534	Alice Simpson	Leeds City AC	12.19
3469	Chloe Beckett	Trafford AC	11.40
4168	Eloise Stott	Border Harriers & AC	11.07
5152	Lauren Bodie	City of York AC	10.56
6166	Vicky Johnson	Liverpool Harriers	10.39
7139	Charlotte Christian	Manx Harriers	8.47

**T01 Senior Men 400m Heats****Heat 01** W/S:

1354	John Kelley	City of Sheffield AC	48.43	W/S:
2554	Nick Little	Tynedale Harriers	48.91	W/S:
3376	Andy Wilkinson	Sale Harriers Manchester	49.22	W/S:
4549	Mark Grimshaw	Liverpool Pembroke & Sefton AC	49.23	W/S:
5559	Marc Mullen-Browne	Trafford AC	51.93	W/S:
6260	Mark Gilmer	Wakefield District H & AC	52.07	W/S:
7334	Richard Mather	Oldham & Royton H & AC	54.14	W/S:
99 513	Tom Bolan-Ashworth	Wigan Harriers	DNF	W/S:

**Heat 02** W/S:

1261	Richard Buck	City of York AC	49.43	W/S:
2560	Rick Beardsell	Trafford AC	50.01	W/S:
3526	Paul Garrity	Bury AC	50.34	W/S:
4365	Scott Riley	Trafford AC	50.63	W/S:
5265	Thomas Patton	Gateshead Harriers & AC	50.85	W/S:
6269	Danny Kevan	Wigan Harriers	52.57	W/S:
99 360	Leon Creaney	Liverpool Harriers	DNS	W/S:

**T02 Senior Women 400m Heats****Heat 01** W/S:

1384	Rachael Thompson	Liverpool Harriers	56.61	W/S:
2383	Lauren Caple	Derby AC	57.95	W/S:
3434	Victoria Wester	Gateshead Harriers & AC	59.06	W/S:
4486	Sarah Dowling	Manx Harriers	61.25	W/S:
5589	Laura Abel	Liverpool Pembroke & Sefton AC	66.16	W/S:

**Heat 02** W/S:

1466	Rebecca Sweeney	Sale Harriers Manchester	56.82	W/S:
2454	Nisha Desai	Trafford AC	57.96	W/S:
3596	Stephanie May	Southport Waterloo AC	58.60	W/S:
4487	Louisa Williams	City of Sheffield AC	58.62	W/S:

**T03 Under 20 Men 400m Heats****Heat 01** W/S:

1 13	Sean Brindley	City of Sheffield AC	48.57	W/S:
2 18	Wayne Ashall	Liverpool Pembroke & Sefton AC	48.94	W/S:
3 78	Lewis Robson	Gateshead Harriers & AC	49.02	W/S:
4 14	Joshua Cayenne	Spenborough & District	49.63	W/S:
5 214	Peter Morgan	Warrington AC	50.33	W/S:
6 579	Daniel Barry	Trafford AC	51.31	W/S:
7 577	Bruce Pilkington	Bolton United Harriers	52.98	W/S:
8 19	Nathan Scholes	Trafford AC	54.28	W/S:

**Heat 02** W/S:

1 584	Christopher Smith	Wirral AC	49.13	W/S:
2 218	Rhys Smith	Leeds City AC	50.34	W/S:
3 27	Liam McCully	Liverpool Harriers	50.78	W/S:
4 578	Ben Brand	Manx Harriers	51.15	W/S:
5 94	Adam Allison	Gateshead Harriers & AC	51.17	W/S:
6 249	Thomas Atkinson	Wakefield District H & AC	51.92	W/S:
7 236	Michael Beaumont	Wakefield District H & AC	52.93	W/S:
8 97	Jamie Vickery	Ribble Valley AC	53.64	W/S:

**T04 Under 20 Women 400m Heats****Heat 01** W/S:

1 118	Mikaela Harrison	Wakefield District H & AC	59.77	W/S:
2 122	Katherine Sherry	Sale Harriers Manchester	60.40	W/S:
3 187	Ashleigh Williams	Ribble Valley AC	60.80	W/S:
4 182	Harriet Pryke	Manx Harriers	61.12	W/S:
5 535	Rheannon Rainford	Warrington AC	62.49	W/S:

**Heat 02** W/S:

1 530	Becky McLinden	Wirral AC	58.91	W/S:
2 176	Joanne Duxbury	Trafford AC	59.79	W/S:
3 173	Corinne Stott	Wigan Harriers	60.66	W/S:
4 157	Jessica Witton	City of Sheffield AC	62.27	W/S:
5 117	Kate Wilson	Wakefield District H & AC	63.83	W/S:

**T05 Senior Men 100m Heats****Heat 01** W/S: +1.5m/s

1 561	Thomas Riley	Manx Harriers	10.82	W/S:
2 253	Darren Scott	Trafford AC	10.93	W/S:
3 523	Tom Martin	Sale Harriers Manchester	11.06	W/S:
4 309	Anthony Ashton	Bury AC	11.13	W/S:
5 370	Craig Knight	St Helens Sutton AC	11.48	W/S:
6 544	Ben Geddes	Gateshead Harriers & AC	11.49	W/S:

**Heat 02** W/S: +1.2m/s

1 524	Eldrige Phiri	City of Sheffield AC	10.81	W/S:
2 508	Michael Zaim	Liverpool Pembroke & Sefton AC	11.23	W/S:
3 319	Luke Gibling	Kingston upon Hull AC	11.25	W/S:
4 374	Bernard Ward	Trafford AC	11.28	W/S:
5 254	Yusuf Aliu	Middlesbrough AC (Mandale)	11.30	W/S:
6 553	Alistair Moore	Border Harriers & AC	11.99	W/S:

**T06 Senior Women 100m Heats****Heat 01** W/S: +1.9m/s

1 478	Emily Freeman	Wakefield District H & AC	11.54	W/S:
2 437	Zara Hohn	Wakefield District H & AC	12.17	W/S:
3 464	Sara Whigham	City of Edinburgh	12.32	W/S:
4 468	Katey Read	Liverpool Harriers	12.38	W/S:
5 628	Katy Jones	Trafford AC	12.43	W/S:
6 380	Titi Ameobi	Gateshead Harriers & AC	12.48	W/S:
7 627	Juanita Harrison	Trafford AC	12.87	W/S:

**Heat 02** W/S: +0.9m/s

1 381	Helen Taylor	Sale Harriers Manchester	12.05	W/S:
2 382	Yvette Henry	Wigan Harriers	12.20	W/S:
3 473	Julia White	Boston & District AC	12.25	W/S:
4 626	Edwina Anyanwu	Trafford AC	12.84	W/S:
5 479	Hayley Gadsby	Derby AC	12.85	W/S:
6 474	Ruth Dales	Wakefield District H & AC	13.02	W/S:
7 484	Ogochukwu Ejiofor	Derby AC	13.15	W/S:

**T07 Under 20 Men 100m Heats**

Heat 01		W/S: +1.7m/s	
1625	Richard Kilty	Gateshead Harriers & AC	10.84 W/S:
27	Umar Hameed	Leeds City AC	11.19 W/S:
38	Peter Herberts	Barnsley AC	11.31 W/S:
4204	Thaddeus Anim-Somuah	St Helens Sutton AC	11.31 W/S:
52	Joseph Kibirige	Darlington Harriers	11.33 W/S:
61	Shawn James	Liverpool Harriers	11.43 W/S:
783	Miles Manley	Preston Harriers	11.71 W/S:

Heat 02		W/S: +1.1m/s	
182	Todd Marshall	Hallamshire Harriers	11.03 W/S:
277	Matthew Cottam	Bingley Harriers	11.07 W/S:
396	William Green	Bolton United Harriers	11.24 W/S:
49	Stephen Sumner	Hyndburn AC	11.30 W/S:
5575	Robert Clark	Kingston upon Hull AC	11.30 W/S:
699	Charlie Dryden	Middlesbrough & Cleveland H	11.39 W/S:
7245	Ricardo Francis	Wakefield District H & AC	11.45 W/S:

Heat 03		W/S: +2.5m/s	
1201	Ben Stramkowski	Derby AC	10.87 W/S:
2206	Alexander Stokes	Liverpool Pembroke & Sefton AC	10.96 W/S:
391	Anthony Timms	Leeds City AC	11.09 W/S:
44	Matthew Brown	Bury AC	11.27 W/S:
56	Jack Thomas	Horwich RMI	11.37 W/S:
681	Jonathan Lindley	Derby AC	11.57 W/S:
7200	James Mitchell	Wakefield District H & AC	11.68 W/S:

**T08 Under 20 Women 100m Heats**

Heat 01		W/S: +1.9m/s	
1107	Jennifer Taker	Trafford AC	11.96 W/S:
2104	Emily Shaw	Oldham & Royton H & AC	12.00 W/S:
3150	Laura Davies	Blackpool & Fylde AC	12.18 W/S:
4109	Rebekah Wilmshurst	Durham City Harriers	12.49 W/S:
5110	Kate Brick	Wirral AC	12.54 W/S:
6608	Katy Hooton	Southport Waterloo AC	13.60 W/S:

Heat 02		W/S: +2.6m/s	
1540	Annabelle Lewis	Kingston upon Hull AC	11.90 W/S:
2614	Robyn Rashford	Sale Harriers Manchester	12.08 W/S:
3106	Hannah Bird	Barnsley AC	12.36 W/S:
4198	Dionne Ellison	Trafford AC	12.46 W/S:
5100	Reagan Wright	Wakefield District H & AC	12.76 W/S:

**T09 Senior Men 1500m Heats**

Heat 01		W/S:	
1279	Matt Barnes	Altrincham & District	3:51.90 W/S:

**T10 Senior Women 1500m Heats**

Heat 01		W/S:	
398	Celia De Maria	Leeds City AC	DNF W/S:
1421	Jessica Coulson	Stockport Harriers	4:31.20 W/S:
2453	Ellie Stevens	Derby AC	4:33.96 W/S:
3455	Freya Murray	Chester-le-Street AC	4:34.10 W/S:
4423	Julia Russell	Hallamshire Harriers	4:35.78 W/S:
5393	Joanne Maddick	Kingston upon Hull AC	4:36.10 W/S:
6442	Danielle Woods	Sale Harriers Manchester	4:36.71 W/S:
7491	Kath Upton	Liverpool Harriers	4:50.78 W/S:
8463	Ellen Butler	Notts AC	4:51.65 W/S:
9588	Carley Davies	Stockport Harriers	4:58.83 W/S:

Heat 02		W/S:	
1630	Victoria Gill	Chorley Harriers	4:37.40 W/S:
2462	Emma Waterhouse	Chester-le-Street AC	4:37.61 W/S:
3448	Lucy Mayho	Bingley Harriers	4:37.99 W/S:
4594	Claire Entwistle	Trafford AC	4:38.12 W/S:
5471	Jenna Hill	Sale Harriers Manchester	4:38.89 W/S:
6391	Claire Robson	Teesdale Athletics Club	4:40.22 W/S:
7587	Helen Singleton	Wakefield District H & AC	4:45.54 W/S:
8395	Alexandra Snook	Shildon AC	4:57.77 W/S:
9425	Katie Savage	Barrow & Furness Striders	5:11.58 W/S:

**T11 Under 20 Men 1500m Heats**

Heat 01		W/S:	
1	230	Andrew Nixon	Stockport Harriers 4:00.33 W/S:
2	43	Jack Hallas	Wakefield District H & AC 4:01.60 W/S:
3	213	Peter Street	Preston Harriers 4:01.78 W/S:
4	50	Stephen Mitchell	Vale Royal 4:01.79 W/S:
5	358	Tom Madden	Wirral AC 4:02.07 W/S:
6	240	Joe Townsend	Leeds City AC 4:05.67 W/S:
7	42	Harry Harper	Liverpool Harriers 4:07.40 W/S:
8	207	Kristopher Lecher	Hull Achilles AC 4:10.78 W/S:
9	31	Matthew Proctor	Rochdale Harriers 4:12.76 W/S:
10	221	Jonathan Sharp	Scarborough AC 4:18.28 W/S:
11	226	Rob Love	Amber Valley AC 4:32.87 W/S:

Heat 02		W/S:	
1	89	David Forrester	St Helens Sutton AC 4:00.24 W/S:
2	30	Nathan Elliott	Wakefield District H & AC 4:00.76 W/S:
3	76	Ben Lindsay	Aldershot Farnham & District AC 4:01.39 W/S:
4	88	James Russell	Liverpool Harriers 4:01.45 W/S:
5	40	Andrew Wiles	Middlesbrough AC (Mandale) 4:01.72 W/S:
6	32	Andrew Heyes	Hallamshire Harriers 4:07.40 W/S:
7	208	Nathan Riding	Ribble Valley AC 4:09.74 W/S:
8	576	Lawrence Walker	Warrington AC 4:10.94 W/S:
9	617	Stephen Bennett	Preston Harriers 4:17.24 W/S:
10	225	Kieran Alderson	Kendal AC 4:17.69 W/S:
11	44	Jack Cutsforth	Kingston upon Hull AC 4:24.39 W/S:

**T12 Under 20 Women 1500m FINAL**

FINAL		W/S:	
1	179	Charlotte Roach	Vale Royal 4:34.84 W/S:
2	167	Klachen Cheshire	Rotherham Harriers 4:35.66 W/S:
3	195	Lauren Howarth	Leigh Harriers AC 4:41.77 W/S:
4	130	Natalie Grant	Rotherham Harriers 4:46.02 W/S:
5	175	Charlotte Woods	Sale Harriers Manchester 4:47.40 W/S:
6	127	Katie McHale	Wakefield District H & AC 4:47.51 W/S:
7	129	Delyth James	Morpeth Harriers & AC 4:48.51 W/S:
8	531	Lorna Young	Leeds City AC 4:51.55 W/S:
9	126	Kathryn Maunder	Blackpool & Fylde AC 4:56.39 W/S:
10	174	Rachel Wood	Blackburn Harriers 4:59.70 W/S:
11	147	Emma Willits	City of York AC 5:10.63 W/S:

**T13 Senior Men 110m Hurdles FINAL**

FINAL		W/S: +2.0M/S	
1	312	Jordan Fleary	Woodford Green 14.63 W/S:
2	257	Robert Henry	Enfield & Haringey 14.70 W/S:
3	506	Dominic Bradley	Birchfield Harriers 14.72 W/S:
4	258	Andrew Sturrock	Gateshead Harriers & AC 15.02 W/S:
5	499	Paul Whittle	Blackburn Harriers 15.85 W/S:
6	498	Ashley Pritchard	Macclesfield Harriers 16.18 W/S:
99	366	Philip Jarrett	City of Sheffield AC DNS W/S:

**T14 Under 20 Men 110m Hurdles FINAL**

FINAL		W/S: +2.4M/S	
1	98	Matt Hudson	Leeds City AC 14.26 W/S:
2	84	Tom Casey	Leeds City AC 14.52 W/S:

**T15 Senior Women 100m Hurdles FINAL**

FINAL		W/S: +2.3M/S	
1	468	Katey Read	Liverpool Harriers 13.59 W/S:
2	429	Sara Todd	Border Harriers & AC 14.44 W/S:
3	474	Ruth Dales	Wakefield District H & AC 14.69 W/S:
4	482	Rachael Kelly	Manx Harriers 16.24 W/S:
99	437	Zara Hohn	Wakefield District H & AC DNF W/S:

**T17 Senior Men 400m FINAL**

FINAL			W/S:
1261	Richard Buck	City of York AC	47.12 W/S:
2354	John Kelley	City of Sheffield AC	48.11 W/S:
3560	Rick Beardsell	Trafford AC	48.61 W/S:
4554	Nick Little	Tynedale Harriers	48.66 W/S:
5376	Andy Wilkinson	Sale Harriers Manchester	49.25 W/S:
6549	Mark Grimshaw	Liverpool Pembroke & Sefton AC	49.56 W/S:
7526	Paul Garrity	Bury AC	50.30 W/S:
8365	Scott Riley	Trafford AC	51.03 W/S:

**T18 Senior Women 400m FINAL**

FINAL			W/S:
1466	Rebecca Sweeney	Sale Harriers Manchester	55.42 W/S:
2454	Nisha Desai	Trafford AC	56.36 W/S:
3384	Rachael Thompson	Liverpool Harriers	56.69 W/S:
4383	Lauren Caple	Derby AC	58.13 W/S:
5487	Louisa Williams	City of Sheffield AC	58.30 W/S:
6434	Victoria Wester	Gateshead Harriers & AC	58.87 W/S:
7596	Stephanie May	Southport Waterloo AC	59.48 W/S:
8486	Sarah Dowling	Manx Harriers	61.67 W/S:

**T19 Under 20 Men 400m FINAL**

FINAL			W/S:
1584	Christopher Smith	Wirral AC	48.21 W/S:
218	Wayne Ashall	Liverpool Pembroke & Sefton AC	48.44 W/S:
313	Sean Brindley	City of Sheffield AC	48.64 W/S:
4218	Rhys Smith	Leeds City AC	48.68 W/S:
578	Lewis Robson	Gateshead Harriers & AC	48.82 W/S:
614	Joshua Cayenne	Spenborough & District	49.04 W/S:
727	Liam McCully	Liverpool Harriers	50.42 W/S:
8214	Peter Morgan	Warrington AC	50.85 W/S:

**T20 Under 20 Women 400m FINAL**

FINAL			W/S:
1118	Mikaela Harrison	Wakefield District H & AC	56.70 W/S:
2122	Katherine Sherry	Sale Harriers Manchester	58.29 W/S:
3530	Becky McLinden	Wirral AC	58.65 W/S:
4176	Joanne Duxbury	Trafford AC	59.02 W/S:
5182	Harriet Pryke	Manx Harriers	62.32 W/S:
6187	Ashleigh Williams	Ribble Valley AC	62.65 W/S:
7157	Jessica Witton	City of Sheffield AC	62.76 W/S:
99 173	Corinne Stott	Wigan Harriers	DNS W/S:

**T21 Senior Men 5000m FINAL**

FINAL			W/S:
1282	Simon Deakin	Leeds City AC	14:19.25 W/S:
2307	John McCole	Liverpool Harriers	14:26.32 W/S:
3562	Adam Grice	Leeds City AC	14:26.35 W/S:
4528	Mark Hood	Sunderland Harriers	14:38.53 W/S:
5518	Ben Fish	Blackburn Harriers	14:38.55 W/S:
6564	Hywel Care	Woodford Green	14:45.37 W/S:
7283	Mark Brown	Morpeth Harriers & AC	14:50.19 W/S:
8338	Michael Morris	Morpeth Harriers & AC	14:53.97 W/S:
9322	Simon Mills	Sale Harriers Manchester	14:56.01 W/S:
10 623	Adrian Holliday	Trafford AC	15:04.55 W/S:
11 317	Martin Hilton	Leeds City AC	15:23.15 W/S:
12 286	Philip Hoole	Rotherham Harriers	15:29.92 W/S:
13 305	Lewis Gamble-Thompson	New Marske Harriers	15:38.70 W/S:
14 284	Lee Siemaszko	Liverpool Harriers	15:39.51 W/S:
15 555	Graeme Mason	Border Harriers & AC	15:42.77 W/S:
99 285	Steve Hallas	Preston Harriers	DNF W/S:

**T23 Senior Men 3000m Steeplechase FINAL**

FINAL			W/S:
1 276	Martin Reid	City of Sheffield AC	9:40.30 W/S:
2 369	John Halligan	Manx Harriers	9:43.87 W/S:
3 495	Ian Salisbury	Trafford AC	9:46.28 W/S:
4 501	Bashir Hussain	Stockport Harriers	9:57.34 W/S:
5 336	Marc Hartley	Preston Harriers	10:00.37 W/S:
6 349	Alasdair Russell	Kendal AC	10:06.50 W/S:
7 313	Darren Gray	Manx Harriers	10:13.91 W/S:

**T24 Under 20 Men 2000m Steeplechase FINAL**

FINAL			W/S:
1 46	Adam Peers	Liverpool Harriers	6:01.01 W/S:
2 45	James Wilkinson	Leeds City AC	6:08.30 W/S:
3 47	Nick Hooker	Leeds City AC	6:11.53 W/S:
4 568	Christopher Price	Wakefield District H & AC	6:11.61 W/S:
5 205	Peter Huck	Barrow & Furness Striders	6:21.79 W/S:
6 49	Andrew Bowen	Liverpool Pembroke & Sefton AC	6:33.46 W/S:
7 87	James Kraft	Scarborough AC	6:42.08 W/S:
8 92	John Appleton	St Helens Sutton AC	6:50.74 W/S:
9 48	Peter Savage	Barrow & Furness Striders	7:04.30 W/S:
99 580	Daniel Brocklehurst	Trafford AC	DNS W/S:

**T25 Senior Women 100m FINAL**

FINAL			W/S: +2.0M/S
1 478	Emily Freeman	Wakefield District H & AC	11.48 W/S:
2 381	Helen Taylor	Sale Harriers Manchester	11.82 W/S:
3 473	Julia White	Boston & District AC	12.07 W/S:
4 382	Yvette Henry	Wigan Harriers	12.23 W/S:
5 464	Sara Whigham	City of Edinburgh	12.26 W/S:
99 437	Zara Hohn	Wakefield District H & AC	DNS W/S:
99 628	Katy Jones	Trafford AC	DNS W/S:
99 468	Katey Read	Liverpool Harriers	DNS W/S:

**T26 Under 20 Men 100m FINAL**

FINAL			W/S: +1.0M/S
1 625	Richard Kilty	Gateshead Harriers & AC	10.66 W/S:
2 201	Ben Stramkowski	Derby AC	10.85 W/S:
3 206	Alexander Stokes	Liverpool Pembroke & Sefton AC	10.89 W/S:
4 7	Umar Hameed	Leeds City AC	11.11 W/S:
5 82	Todd Marshall	Hallamshire Harriers	11.12 W/S:
6 91	Anthony Timms	Leeds City AC	11.20 W/S:
99 96	William Green	Bolton United Harriers	DNS W/S:
99 77	Matthew Cottam	Bingley Harriers	DNS W/S:

**T27 Under 20 Women 100m FINAL**

FINAL			W/S: +2.7M/S
1 107	Jennifer Taker	Trafford AC	11.91 W/S:
2 540	Annabelle Lewis	Kingston upon Hull AC	12.04 W/S:
3 104	Emily Shaw	Oldham & Royton H & AC	12.10 W/S:
4 614	Robyn Rashford	Sale Harriers Manchester	12.12 W/S:
5 150	Laura Davies	Blackpool & Fylde AC	12.26 W/S:
6 106	Hannah Bird	Barnsley AC	12.48 W/S:
7 109	Rebekah Wilmshurst	Durham City Harriers	12.52 W/S:
8 198	Dionne Ellison	Trafford AC	12.87 W/S:

**T28 Senior Men 100m FINAL**

FINAL			W/S: +2.8M/S
1 524	Eldrige Phiri	City of Sheffield AC	10.70 W/S:
2 561	Thomas Riley	Manx Harriers	10.81 W/S:
3 253	Darren Scott	Trafford AC	10.87 W/S:
4 508	Michael Zaim	Liverpool Pembroke & Sefton AC	11.06 W/S:
5 319	Luke Giblin	Kingston upon Hull AC	11.11 W/S:
6 523	Tom Martin	Sale Harriers Manchester	11.17 W/S:
7 374	Bernard Ward	Trafford AC	11.19 W/S:
99 309	Anthony Ashton	Bury AC	DNS W/S:

**T29 Under 20 Women 100m Hurdles FINAL**

FINAL			W/S: +1.5M/S
1115	Ashley Helsby	Liverpool Harriers	14.06 W/S:
2537	Hannah Francis-Smithson	Leeds City AC	14.11 W/S:
3103	Helen Asher	Liverpool Harriers	14.47 W/S:
4113	Lauren Dewdney	Gateshead Harriers & AC	14.59 W/S:
5632	Katie McHale	Southport Waterloo AC	15.06 W/S:
6189	Helen Goacher	City of York AC	15.52 W/S:
7611	Emma James	Preston Harriers	16.10 W/S:

**T30 Senior Men 1500m FINAL**

FINAL			W/S:
1279	Matt Barnes	Altrincham & District	3:51.90 W/S:
2341	Richard Weir	Derby AC	3:54.17 W/S:
3547	Paul Hutton	Gosforth Harriers	3:56.89 W/S:
4359	Lewis Timmins	Gosforth Harriers	3:58.33 W/S:
5278	Rob Hodges	Kingston upon Hull AC	3:58.67 W/S:
6277	Adam Elliott	Sale Harriers Manchester	4:02.31 W/S:
7510	Jonathan Thewlis	Rotherham Harriers	4:02.58 W/S:
8316	Alex Smith	Hallamshire Harriers	4:10.44 W/S:
9557	Jordan Donnelly	Wirral AC	4:11.31 W/S:
99 507	James Bleakley	Trafford AC	DNS W/S:
99 311	Ian Boneham	Notts AC	DNS W/S:

**T31 Senior Women 1500m FINAL**

FINAL			W/S:
1421	Jessica Coulson	Stockport Harriers	4:24.59 W/S:
2594	Claire Entwistle	Trafford AC	4:28.19 W/S:
3455	Freya Murray	Chester-le-Street AC	4:28.83 W/S:
4453	Ellie Stevens	Derby AC	4:29.97 W/S:
5471	Jenna Hill	Sale Harriers Manchester	4:31.54 W/S:
6630	Victoria Gill	Chorley Harriers	4:32.15 W/S:
7391	Claire Robson	Teesdale Athletics Club	4:35.72 W/S:
8423	Julia Russell	Hallamshire Harriers	4:37.06 W/S:
9448	Lucy Mayho	Bingley Harriers	4:37.28 W/S:
10 393	Joanne Maddick	Kingston upon Hull AC	4:38.95 W/S:
11 442	Danielle Woods	Sale Harriers Manchester	4:41.56 W/S:
12 462	Emma Waterhouse	Chester-le-Street AC	4:41.81 W/S:

**T32 Under 20 Men 1500m FINAL**

FINAL			W/S:
189	David Forrester	St Helens Sutton AC	3:56.26 W/S:
230	Nathan Elliott	Wakefield District H & AC	3:58.89 W/S:
340	Andrew Wiles	Middlesbrough AC (Mandale)	3:59.80 W/S:
476	Ben Lindsay	Aldershot Farnham & District AC	4:00.34 W/S:
550	Stephen Mitchell	Vale Royal	4:01.58 W/S:
6230	Andrew Nixon	Stockport Harriers	4:05.62 W/S:
7213	Peter Street	Preston Harriers	4:06.47 W/S:
832	Andrew Heyes	Hallamshire Harriers	4:07.61 W/S:
988	James Russell	Liverpool Harriers	4:08.38 W/S:
10 42	Harry Harper	Liverpool Harriers	4:08.87 W/S:
11 43	Jack Hallas	Wakefield District H & AC	4:09.74 W/S:
12 358	Tom Madden	Wirral AC	4:11.47 W/S:
13 240	Joe Townsend	Leeds City AC	4:13.93 W/S:

**T33 Senior Men 400m Hurdles Heats**

Heat 01			W/S:
1563	Ricardo Yates	Trafford AC	56.15 W/S:
2362	Oliver Robinson	Bingley Harriers	56.28 W/S:
3318	Thomas Grantham	City of Sheffield AC	56.71 W/S:
4378	Daniel Eckersley	Burnley AC	57.00 W/S:
5372	Danny Hind	Wigan Harriers	60.24 W/S:

Heat 02			W/S:
1267	Daniel Brandwood	Birchfield Harriers	56.27 W/S:
2527	Tom O'Brien	Wigan Harriers	56.81 W/S:
3331	Chris Duck	City of Sheffield AC	57.24 W/S:
4266	Andrew Hopkinson	Sale Harriers Manchester	57.32 W/S:
5268	Jon Mattos	Kingston upon Hull AC	59.12 W/S:

**T34 Under 20 Men 400m Hurdles Heats**

Heat 01			W/S:
1 78	Lewis Robson	Gateshead Harriers & AC	56.66 W/S:
2 23	Mark Draper	Liverpool Harriers	57.06 W/S:
3 238	Scott Henderson	Middlesbrough AC (Mandale)	57.50 W/S:
4 22	Michael Haslett	Manx Harriers	58.34 W/S:
5 21	Daniel Hughes	Scunthorpe & District AC	60.72 W/S:

Heat 02			W/S:
1 25	Jonathan Croasdale	Liverpool Harriers	57.90 W/S:
2 227	Steven Garrett	City of Sheffield AC	58.50 W/S:
3 24	Thomas Stringer	Vale Royal	58.93 W/S:
4 581	Alex Cooke	East Cheshire Harriers	60.12 W/S:
5 217	Chris Lowe	Macclesfield Harriers	62.86 W/S:

**T35 Senior Women 400m Hurdles Heats**

Heat 01			W/S:
1 454	Nisha Desai	Trafford AC	65.76 W/S:
2 483	Sally Hughes	Oxford University	67.01 W/S:
3 426	Becky Holdsworth	Doncaster & Stainforth AC	67.07 W/S:
4 482	Rachael Kelly	Manx Harriers	67.61 W/S:
5 590	Kathy Wellam	Sale Harriers Manchester	69.34 W/S:

Heat 02			W/S:
1 429	Sara Todd	Border Harriers & AC	64.70 W/S:
2 445	Jackie Noblet	Preston Harriers	67.21 W/S:
3 457	Danielle Parkinson	Sale Harriers Manchester	68.42 W/S:
4 386	Rachel McHugh	Trafford AC	68.95 W/S:

**T36 Senior Men 200m Heats**

Heat 01			W/S: +3.1m/s
1 261	Richard Buck	City of York AC	21.73 W/S:
2 558	Neil Hewson	Trafford AC	22.46 W/S:
3 324	Carlo Balsamo	Bury AC	22.83 W/S:
4 374	Bernard Ward	Trafford AC	23.01 W/S:
5 373	Peter Hickey	Northern Veterans AC	24.28 W/S:
99 561	Thomas Riley	Manx Harriers	DNS W/S:

Heat 02			W/S: +2.1m/s
1 560	Rick Beardsell	Trafford AC	21.94 W/S:
2 253	Darren Scott	Trafford AC	22.21 W/S:
3 329	David Riley	Morpeth Harriers & AC	22.43 W/S:
3 524	Eldrige Phiri	City of Sheffield AC	22.25 W/S:
5 517	Phil Taylor	Liverpool Pembroke & Sefton AC	22.48 W/S:
6 319	Luke Gibling	Kingston upon Hull AC	22.80 W/S:

**T37 Under 20 Men 200m Heats**

Heat 01			W/S: +1.8m/s
1 201	Ben Stramkowski	Derby AC	22.29 W/S:
2 204	Thaddeus Anim-Somuah	St Helens Sutton AC	22.77 W/S:
3 243	James Fahey	Blackpool & Fylde AC	22.79 W/S:
4 216	Tom Batty	Preston Harriers	23.11 W/S:
5 567	Tom Price	West Cheshire AC	23.14 W/S:
6 202	Craig O'Brien	Wirral AC	23.45 W/S:
7 183	Robbie Spence	City of Sheffield AC	23.57 W/S:
8 6	Jack Thomas	Horwich RMI	23.60 W/S:

Heat 02			W/S: +1.5m/s
1 209	Rory Evans	Stockport Harriers	22.48 W/S:
2 14	Joshua Cayenne	Spenborough & District	22.54 W/S:
3 239	Daniel McIntosh	Hull Achilles AC	22.60 W/S:
4 8	Peter Herberts	Barnsley AC	22.87 W/S:
5 579	Daniel Barry	Trafford AC	23.13 W/S:
6 84	Tom Casey	Leeds City AC	23.43 W/S:
7 97	Jamie Vickery	Ribble Valley AC	23.46 W/S:

<b>Heat 03</b>		W/S: +2.4m/s	
1625	Richard Kilty	Gateshead Harriers & AC	21.98 W/S:
282	Todd Marshall	Hallamshire Harriers	22.12 W/S:
3206	Alexander Stokes	Liverpool Pembroke & Sefton AC	22.24 W/S:
49	Stephen Sumner	Hyndburn AC	22.38 W/S:
5245	Ricardo Francis	Wakefield District H & AC	22.46 W/S:
681	Jonathan Lindley	Derby AC	23.10 W/S:
7228	Tom Walley	West Cheshire AC	24.20 W/S:

### T39 Under 20 Women 200m Heats

<b>Heat 01</b>		W/S: +3.6m/s	
1614	Robyn Rashford	Sale Harriers Manchester	24.95 W/S:
2108	Lauren Arthur	Gateshead Harriers & AC	25.15 W/S:
3103	Helen Asher	Liverpool Harriers	25.37 W/S:
4109	Rebekah Wilmshurst	Durham City Harriers	25.64 W/S:
5177	Heather Douglas	Derby AC	26.05 W/S:
6530	Becky McLinden	Wirral AC	26.08 W/S:
7163	Racheal Shaw	Barnsley AC	26.40 W/S:

<b>Heat 02</b>		W/S:	
1104	Emily Shaw	Oldham & Royton H & AC	24.48 W/S:
2540	Annabelle Lewis	Kingston upon Hull AC	24.88 W/S:
3106	Hannah Bird	Barnsley AC	25.58 W/S:
4114	Eleanor Markendale	Pendle AC	25.73 W/S:
5110	Kate Brick	Wirral AC	26.93 W/S:
6187	Ashleigh Williams	Ribble Valley AC	27.26 W/S:
7608	Katy Hooton	Southport Waterloo AC	27.88 W/S:

### T40 Senior Men 800m Heats

<b>Heat 01</b>		W/S:	
1356	Tom Minshull	Trafford AC	1:54.90 W/S:
2545	Ian Lowthian	Sale Harriers Manchester	1:54.99 W/S:
3339	Steven Evison	City of Sheffield AC	1:55.15 W/S:
4353	Simon Wray	Pudsey & Bramley AC	1:55.42 W/S:
5547	Paul Hutton	Gosforth Harriers	1:56.28 W/S:
6363	Richard Morrell	Middlesbrough AC (Mandale)	1:56.51 W/S:
7565	Michael Thiele	Stockport Harriers	1:57.34 W/S:
8273	Ian Rawlinson	Border Harriers & AC	2:00.76 W/S:
9333	Simon Pope	Sheffield Hallam University AC	2:03.60 W/S:

<b>Heat 02</b>		W/S:	
1502	Drew Graham	Gosforth Harriers	1:55.36 W/S:
2330	Oliver Teasel	Birchfield Harriers	1:55.65 W/S:
3345	Jonathan Taylor	Morpeth Harriers & AC	1:55.70 W/S:
4503	Chris Bryant	Wigan Harriers	1:55.72 W/S:
5351	Ross Millington	Stockport Harriers	1:56.81 W/S:
6276	Martin Reid	City of Sheffield AC	1:57.10 W/S:
7355	Richard Mace	City of Sheffield AC	1:57.85 W/S:
8516	Paul McMahon	Trafford AC	2:00.48 W/S:
9512	Udobi Nzelu	Sale Harriers Manchester	2:04.81 W/S:

### T42 Under 20 Men 800m Heats

<b>Heat 01</b>		W/S:	
1571	Michael Salter	Leeds City AC	1:56.07 W/S:
236	Louis Forbes	Liverpool Harriers	1:56.65 W/S:
386	Danny Griffiths	Wigan Harriers	1:57.51 W/S:
4242	Peter Matthews	Blackburn Harriers	1:58.37 W/S:
5210	Steven Fox	Seaton AC	1:59.77 W/S:
6237	Lewis Tatt	Wakefield District H & AC	1:59.90 W/S:
7208	Nathan Riding	Ribble Valley AC	2:01.93 W/S:

<b>Heat 02</b>		W/S:	
133	James McCully	Liverpool Harriers	1:58.25 W/S:
238	Jake Harman	Leeds City AC	1:58.91 W/S:
3572	James Griffiths	Vale Royal	1:59.15 W/S:
4574	Jonathan Walch	Stockport Harriers	1:59.52 W/S:
537	Dominic Baxter	Preston Harriers	2:02.15 W/S:
629	James Palmer	City of York AC	2:03.42 W/S:
7233	Matthew Pye	Kingston upon Hull AC	2:04.81 W/S:

<b>Heat 03</b>		W/S:	
1	584	Christopher Smith	Wirral AC 1:57.66 W/S:
2	215	Graham Hogg	Trafford AC 1:57.97 W/S:
3	39	Nathan Bibby	Preston Harriers 1:57.99 W/S:
4	249	Thomas Atkinson	Wakefield District H & AC 1:58.85 W/S:
5	34	Simon Dearden	Halifax Harriers 1:59.36 W/S:
6	223	Michael Evans	Southport Waterloo AC 2:05.64 W/S:
7	35	Daniel Holiday	Kingston upon Hull AC 2:06.77 W/S:

### T46 Senior Women 5000m FINAL

<b>FINAL</b>		W/S:	
1	585	Brigit Cooke	Sale Harriers Manchester 17:03.41 W/S:
2	481	Pauline Powell	Blackburn Harriers 17:14.49 W/S:
3	418	Lisa Palmer	Derby AC 17:50.38 W/S:
4	491	Kath Upton	Liverpool Harriers 18:01.35 W/S:
5	538	Kirsty Longley	Liverpool Pembroke & Sefton AC 19:23.75 W/S:

### T47 Senior Men 400m Hurdles FINAL

<b>FINAL</b>		W/S:	
1	563	Ricardo Yates	Trafford AC 52.86 W/S:
2	266	Andrew Hopkinson	Sale Harriers Manchester 53.24 W/S:
3	267	Daniel Brandwood	Birchfield Harriers 53.25 W/S:
4	527	Tom O'Brien	Wigan Harriers 54.06 W/S:
5	318	Thomas Grantham	City of Sheffield AC 55.31 W/S:
6	331	Chris Duck	City of Sheffield AC 56.07 W/S:
7	362	Oliver Robinson	Bingley Harriers 56.18 W/S:
8	378	Daniel Eckersley	Burnley AC 56.78 W/S:

### T48 Under 20 Men 400m Hurdles FINAL

<b>FINAL</b>		W/S:	
1	78	Lewis Robson	Gateshead Harriers & AC 53.56 W/S:
2	227	Steven Garrett	City of Sheffield AC 53.96 W/S:
3	23	Mark Draper	Liverpool Harriers 55.69 W/S:
4	25	Jonathan Croasdale	Liverpool Harriers 56.70 W/S:
5	22	Michael Haslett	Manx Harriers 57.06 W/S:
6	238	Scott Henderson	Middlesbrough AC (Mandale) 58.17 W/S:
7	24	Thomas Stringer	Vale Royal 59.17 W/S:
8	581	Alex Cooke	East Cheshire Harriers 60.04 W/S:

### T49 Senior Women 400m Hurdles FINAL

<b>FINAL</b>		W/S:	
1	454	Nisha Desai	Trafford AC 61.70 W/S:
2	429	Sara Todd	Border Harriers & AC 62.80 W/S:
3	386	Rachel McHugh	Trafford AC 65.14 W/S:
4	445	Jackie Noblet	Preston Harriers 65.79 W/S:
5	457	Danielle Parkinson	Sale Harriers Manchester 67.14 W/S:
6	482	Rachael Kelly	Manx Harriers 68.41 W/S:
7	426	Becky Holdsworth	Doncaster & Stainforth AC 68.73 W/S:
99	483	Sally Hughes	Oxford University DNF W/S:

### T50 Under 20 Women 400m Hurdles FINAL

<b>FINAL</b>		W/S:	
1	155	Samantha Coleby	Durham City Harriers 62.83 W/S:
2	422	Kathryne Sockett	City of Sheffield AC 63.97 W/S:
3	160	Lucy Abbott	Trafford AC 64.23 W/S:
4	165	Christina Carr	Blackburn Harriers 65.41 W/S:
5	121	Abby Glover	Derby AC 65.96 W/S:
6	185	Lorna McMichael	Chester-le-Street AC 67.26 W/S:
7	170	Laura Pitts	Bingley Harriers 67.75 W/S:
8	607	Lucy Pollard	Macclesfield Harriers 69.73 W/S:

### T51 Under 20 Men 5000m FINAL

<b>FINAL</b>		W/S:	
1	76	Ben Lindsay	Aldershot Farnham & District AC 15:37.44 W/S:
2	246	Khalil Thompson	Liverpool Harriers 17:39.36 W/S:
3	51	Daniel Gordon	Liverpool Pembroke & Sefton AC 17:45.86 W/S:

**T52 Senior Men 800m FINAL**

FINAL			W/S:
1502	Drew Graham	Gosforth Harriers	1:52.08 W/S:
2339	Steven Evison	City of Sheffield AC	1:53.59 W/S:
3503	Chris Bryant	Wigan Harriers	1:54.26 W/S:
4353	Simon Wray	Pudsey & Bramley AC	1:55.41 W/S:
5330	Oliver Teasel	Birchfield Harriers	1:57.40 W/S:
6345	Jonathan Taylor	Morpeth Harriers & AC	1:57.47 W/S:
7356	Tom Minshull	Trafford AC	1:57.87 W/S:
99 545	Ian Lowthian	Sale Harriers Manchester	DNF W/S:

**T53 Under 20 Men 800m FINAL**

FINAL			W/S:
1584	Christopher Smith	Wirral AC	1:55.00 W/S:
233 James McCully		Liverpool Harriers	1:55.50 W/S:
3571	Michael Salter	Leeds City AC	1:56.49 W/S:
436	Louis Forbes	Liverpool Harriers	1:56.93 W/S:
586	Danny Griffiths	Wigan Harriers	1:59.26 W/S:
639	Nathan Bibby	Preston Harriers	1:59.96 W/S:
738	Jake Harman	Leeds City AC	2:04.10 W/S:
8215	Graham Hogg	Trafford AC	2:06.37 W/S:

**T54 Senior Women 800m FINAL**

FINAL			W/S:
1424	Victoria Griffiths	Liverpool Harriers	2:05.33 W/S:
2385	Karen Johns	North Shields Poly	2:07.33 W/S:
3586	Laura Siddall	Sale Harriers Manchester	2:11.97 W/S:
4388	Kelly Johnson	Wakefield District H & AC	2:14.02 W/S:
5438	Joanne Dawes	Sale Harriers Manchester	2:14.79 W/S:
6387	Nicola Maddick	Kingston upon Hull AC	2:15.12 W/S:
99 476	Sally Youden	Gateshead Harriers & AC	DNS W/S:

**T55 Under 20 Women 800m FINAL**

FINAL			W/S:
1164	Jacqueline Fairchild	Trafford AC	2:15.50 W/S:
2127	Katie McHale	Wakefield District H & AC	2:17.72 W/S:
3128	Jenny Davies	Blackpool & Fylde AC	2:18.46 W/S:
4620	Rachel Thompson	Barrow & Furness Striders	2:23.22 W/S:

**T56 Senior Men 200m FINAL**

FINAL			W/S: +2.4m/s
1261	Richard Buck	City of York AC	21.48 W/S:
2560	Rick Beardsell	Trafford AC	21.52 W/S:
3524	Eldrige Phiri	City of Sheffield AC	21.73 W/S:
4253	Darren Scott	Trafford AC	21.78 W/S:
5558	Neil Hewson	Trafford AC	21.91 W/S:
6517	Phil Taylor	Liverpool Pembroke & Sefton AC	22.10 W/S:
7324	Carlo Balsamo	Bury AC	22.80 W/S:
8329	David Riley	Morpeth Harriers & AC	23.59 W/S:

**T57 Under 20 Men 200m FINAL**

FINAL			W/S: +2.8m/s
1625	Richard Kilty	Gateshead Harriers & AC	21.47 W/S:
214	Joshua Cayenne	Spenborough & District	21.95 W/S:
382	Todd Marshall	Hallamshire Harriers	22.08 W/S:
4206	Alexander Stokes	Liverpool Pembroke & Sefton AC	22.23 W/S:
5201	Ben Stramkowski	Derby AC	22.39 W/S:
6209	Rory Evans	Stockport Harriers	22.40 W/S:
79	Stephen Sumner	Hyndburn AC	22.65 W/S:
8204	Thaddeus Anim-Somuah	St Helens Sutton AC	22.74 W/S:

**T58 Senior Women 200m FINAL**

FINAL			W/S: +1.0m/s
1 439	Victoria Barr	Rugby & Northampton	23.87 W/S:
2 381	Helen Taylor	Sale Harriers Manchester	24.80 W/S:
3 494	Lucy Evans	Sale Harriers Manchester	25.07 W/S:
4 473	Julia White	Boston & District AC	25.29 W/S:
5 464	Sara Whigham	City of Edinburgh	25.36 W/S:
6 492	Shona Macpherson	Wigan Harriers	25.51 W/S:
7 432	Sheryl Punter	Leeds City AC	26.24 W/S:
8 486	Sarah Dowling	Manx Harriers	26.79 W/S:

**T59 Under 20 Women 200m FINAL**

FINAL			W/S: +1.7
1 540	Annabelle Lewis	Kingston upon Hull AC	24.46 W/S:
2 104	Emily Shaw	Oldham & Royton H & AC	24.57 W/S:
3 614	Robyn Rashford	Sale Harriers Manchester	24.77 W/S:
4 108	Lauren Arthur	Gateshead Harriers & AC	25.04 W/S:
5 103	Helen Asher	Liverpool Harriers	25.47 W/S:
6 106	Hannah Bird	Barnsley AC	25.56 W/S:
7 109	Rebekah Wilmshurst	Durham City Harriers	25.76 W/S:
99 114	Eleanor Markendale	Pendle AC	DNS W/S: