

Northern Athletics Indoor Champs 2014

Sheffield
18/19 January 2014

F01 Under 20 Women Triple Jump FINAL

FINAL

1	656	Nikita Campbell-Smith	Birchfield Harriers	12.06
2	737	Rachel Williamson	Wigan & District H & AC	11.86
3	699	Charlotte Ogden	Dash Athletics Club	11.26
4	710	Sophie Quinn	Dash Athletics Club	11.09
5	686	Aylish MacKenzie	Liverpool Harriers & AC	11.06
6	729	Abbie Unsworth	Preston Harriers	10.92
7	687	Emily Maltby	Nene Valley Harriers	10.60
8	721	Ellie Staley	Dash Athletics Club	9.97
9	677	Amena Jefferies	Leeds City Athletic Club	9.22
10	684	Chloe Knight	E. Cheshire H & T'side AC	8.13

F02 Under 17 Men Long Jump FINAL

FINAL

1	324	Joe Hobson	City Of Sheffield Ac	6.70
2	353	Matthew Miller	City of Sheffield AC	6.44
3	386	Jordan Thompson	Derby Athletic Club	6.42
4	280	Ed Barbour	Amber Valley & Erewash AC	5.91
5	327	Thomas Hughes	Hallamshire Harriers	5.74
6	334	Aaron Kettlewell	Holmfirth Harriers Ac	5.59
7	297	Lee Chapman	Western Athletic Club (Isle of Man)	5.55
8	318	Leo Griffiths	Dash Athletics Club	5.46
9	362	George Orton	Holmfirth Harriers Ac	5.18
10	335	Alex Knibbs	Amber Valley & Erewash AC	5.05
11	356	Kalan Moran	None	4.57
12	325	Nathan Hood	Kingston upon Hull AC	4.52

F03a Senior Women Pole Vault FINAL

FINAL

1	242	Sally Scott	Trafford Athletic Club	3.90
2	186	Clare Blunt	Kingston upon Hull AC	3.70
3	218	Patrycja Krawczyk	The Dearne A.L.C	2.60

F03b Under 20 Men Pole Vault FINAL

FINAL

1	740	Harry Coppell	Wigan & District H & AC	5.10
2	564	Adam Hague	The Dearne A.L.C	5.00
3	538	Nicolas Cole	The Dearne A.l.c	4.70
4	587	Charlie Myers	Middlesbrough Athletic Club (mandale)	4.50
5	526	Tom Booth	Preston Harriers	4.40
6	609	Andrew Russell	Leeds City Athletic Club	4.00
7	562	Connor Grayson	Sale Harriers Manchester	3.80
8	556	James Finney	Leeds City Athletic Club	3.80

F04 Senior Women Shot Putt FINAL

FINAL

1	253	Jessica Taylor	Sale Harriers Manchester	12.57
2	217	Katarina Johnson Thompson	Liverpool Harriers & AC	12.49
3	204	Hannah Evenden	City Of Edinburgh Ac	12.48
4	209	Rebecca Hall	Grantham Ac	11.97
5	228	Sarah Parsons	City of York AC	11.13
6	227	Suzanne Palmer	Derby Athletic Club	10.80
7	727	Lucy Turner	Gateshead Harriers & AC	9.48
8	210	Laura Hanagan	Ashford Ac	9.07

F05 Under 17 Women Triple Jump FINAL

FINAL

1	414	Hope Chilokoa Mullen	Leeds City Athletic Club	11.33
2	481	Katie Rowe	Amber Valley & Erewash AC	11.00
3	417	Heather Cooke	Scunthorpe & District Ac	10.57
4	504	Alicia Vermeulen	Dash Athletics Club	10.41
5	503	Ambah Thompson	Halifax Harriers & Ac	10.27
6	470	Nadia Patel	Preston Harriers	10.13
7	437	Evie Hancox	Dash Athletics Club	10.12
8	432	Hannah Frobisher	Scunthorpe & District Ac	9.88
9	463	Georgina Newcombe	Preston Harriers	9.78
10	511	Natrika Wildman	2 Dash	9.32
11	451	Georgi Kessell	Middlesbrough Athletic Club (mandale)	9.28

F06 Under 20 Men Shot Putt FINAL

FINAL

1	560	Adam Graham	Gateshead Harriers & AC	14.54
2	542	Aiden Davies	Doncaster Athletic Club	13.32
3	615	Jack Sheldon	Sale Harriers Manchester	12.61
4	586	Francis Mulvaney	Liverpool Harriers & AC	12.24
5	635	Ben Wharton	City of York AC	11.86
6	599	Josh Phillipson	Blaydon Harriers & AC	11.78

F07a Under 20 Men Triple Jump FINAL

FINAL

1	523	Elliott Baines	Seaton Athletic Club	13.12
2	519	Kawsar Ahmed	Scarborough Athletic Club	13.04
3	522	Ben Aspinall	Blackburn Harriers & AC	12.53
4	557	Finlay Fuller	Leeds City Athletic Club	12.25
5	577	Jack Kirk	Longwood Harriers Ac	11.59

F07b Under 17 Men Triple Jump FINAL

FINAL

1	352	Kevin Metzger	Sale Harriers Manchester	13.50
2	282	Nick Barratt	Dash Athletics Club	12.52
3	386	Jordan Thompson	Derby Athletic Club	12.49
4	280	Ed Barbour	Amber Valley & Erewash AC	12.20
5	327	Thomas Hughes	Hallamshire Harriers	12.05
6	341	Daniel Lilley	Derby Athletic Club	12.02
7	336	Jake Knox	Leigh Harriers & AC	11.87
8	297	Lee Chapman	Western Athletic Club (Isle of Man)	11.03
9	325	Nathan Hood	Kingston upon Hull AC	9.66
10	356	Kalan Moran	None	9.50

F08 Under 17 Women Long Jump FINAL**FINAL**

1	405	Abigail Bowers	Oswestry Olympians	5.53
2	480	Anna Nicole Rowe	Liverpool Harriers & Ac	5.33
3	392	Vikki Adams	Leeds City Athletic Club	5.32
4	408	Megan Bruce	Amber Valley & Erewash AC	5.26
5	481	Katie Rowe	Amber Valley & Erewash AC	5.21
6	393	Georgina Alexander	Sale Harriers Manchester	5.17
7	400	Amy Baxter	Cleethorpes And District Ac	4.98
8	446	Zoe Hughes	Wigan & District H & AC	4.94
9	437	Evie Hancox	Dash Athletics Club	4.79
10	428	Jane Feenan	Chester Le Street & Dist AC	4.78
11	509	Rachel White	City Of York AC	4.74
12	504	Alicia Vermeulen	Dash Athletics Club	4.70
13	425	Zenni Enechi	Sale Harriers Manchester	4.69
14	470	Nadia Patel	Preston Harriers	4.63
15	444	Gemma Hopley	Manchester Harriers & AC	4.63
16	511	Natrika Wildman	2 Dash	4.57
17	495	Charlotte Stamp	City Of York Ac	4.52
18	431	Ellena Freeman	Rotherham Harriers and AC	4.51
19	493	Holiie Smith	Kingston Upon Hull Ac	4.48
20	459	Rebecca Morris	Longwood Harriers Ac	4.46
21	463	Georgina Newcombe	Preston Harriers	4.42
22	506	Keavey Ward	Spenborough & Dist AC	4.20
23	395	Hermione Archer	Hallamshire Harriers	4.05
24	496	Lizzie Stanway	Dash Athletics Club	3.96
25	452	Chelsea Leam	Amber Valley & Erewash AC	3.95
26	498	Emily Stewart	Gateshead Harriers & Ac	2.56

F09a Under 17 Women Pole Vault FINAL**FINAL**

1	441	Fiona Hockey	Blackpool Wyre & Fylde AC	3.35
2	419	Ebbie Danson-Chappell	Sale Harriers Manchester	3.10
3	464	Hannah Newell	Blackpool Wyre & Fylde Ac	3.00
4	499	Jessica Swannack	Preston Harriers	2.90
5	513	Annie Williams	Sale Harriers Manchester	2.80
6	416	Rebecca Conway	Chesterfield & District Ac	2.60
7	422	Chloe Doggett	Macclesfield Harriers & AC	2.50
8	485	Rachel Schaanning	Chesterfield & District AC	2.40

F09b Under 15 Girls Pole Vault FINAL**FINAL**

1	276	Emily Tinsley	The Dearne A.L.C	2.70
2	273	Lauren Hill	Chesterfield & District Ac	2.30
3	270	Ellie Gettinby	Bolton United Harriers & AC	2.30
4	272	Bronia Greenhalgh	Wigan & District H & AC	2.20
5	277	Georgie Woodhead	The Dearne A.L.C	1.90
6	275	Dahani Murray	The Dearne A.L.C	1.90

F10 Under 20 Women Long Jump FINAL**FINAL**

1	655	Olivia Montez-Brown	West Cheshire Athletic Club	5.53
2	683	Charlotte Kessell	Middlesbrough Athletic Club (mandale)	5.28
3	710	Sophie Quinn	Dash Athletics Club	5.28
4	727	Lucy Turner	Gateshead Harriers & AC	5.11
5	703	Laura Pegler	Dash Athletics Club	5.04
6	658	Lucy Chappell	Doncaster Athletic Club	5.02
7	657	Heather Carson	Ballymena & Antrim Ac	4.7
8	728	Hannah Ukandu	Wakefield District H & Ac	4.95
9	704	Melody Peterson	Leeds City Athletic Club	4.83
10	667	Sian Gilmartin	Leeds City Athletic Club	4.83
11	729	Abbie Unsworth	Preston Harriers	4.80
12	730	Chloe Unsworth	Preston Harriers	4.79
13	716	Holly Rodgers	Rotherham Harriers and AC	4.56
14	677	Amena Jefferies	Leeds City Athletic Club	4.43
15	680	Sinead Kaneen	Manx Harriers	4.42
16	724	Beth Taylor	Rotherham Harriers and AC	4.37
17	684	Chloe Knight	E. Cheshire H & T'side AC	3.73

F11 Senior Women Long Jump FINAL**FINAL**

1	217	Katarina Johnson Thompson	Liverpool Harriers & AC	6.34
2	253	Jessica Taylor	Sale Harriers Manchester	6.00
3	240	Alexandra Russell	Wigan & District H & Ac	5.99
4	188	Micaela Brindle	Wigan & District H & Ac	5.96
5	212	Kelly Hilton	Wigan & District H & Ac	5.53
6	231	Bethan Pilley	Manx Harriers	5.23
7	250	Rebecca Sullivan	Blackburn Harriers & Ac	5.12
8	238	Katy Robinson	City Of Sheffield Ac	4.71
9	248	Shanie Stathers	Scunthorpe & District Ac	4.46

F12a Senior Men High Jump FINAL**FINAL**

1	93	John Lane	City Of Sheffield Ac	2.03
2	161	Dean Storry	Worthing & District Harriers	2.00
3	68	Michael Hartley	Liverpool Harriers & AC	1.95

F12b Under 20 Men High Jump FINAL**FINAL**

1	602	Alex Rafferty	Liverpool Harriers & AC	1.85
2	127	Oluwaseun Okome	Sale Harriers Manchester	1.80
2	609	Andrew Russell	Leeds City Athletic Club	1.80

F13 Under 17 Women High Jump FINAL**FINAL**

1	468	Rowan Palmour	City Of York AC	1.63
2	493	Holiie Smith	Kingston Upon Hull Ac	1.63
3	490	Sarah Slater-Kinghorn	Manx Harriers	1.55
4	491	Chloe Smith	City Of York Ac	1.50
5	428	Jane Feenan	Chester Le Street & Dist AC	1.50
6	395	Hermione Archer	Hallamshire Harriers	1.45
7	402	Chloe Bewley	Doncaster Athletic Club	1.45
8	506	Keavey Ward	Spenborough & Dist AC	1.45
9	438	Niamh Hardy	City of Sheffield AC	1.25

F14 Under 17 Women Shot Putt FINAL**FINAL**

1	410	Toni Buckingham	Barnsley Athletic Club	11.01
2	392	Vikki Adams	Leeds City Athletic Club	10.66
3	456	Alyce McCurdie	Wakefield District H & AC	9.94
4	423	Freya Dooner	Salford Metropolitan Ac	9.55
5	462	Megan Nagy	City Of Sheffield Ac	9.46
6	440	Jessica Hirst	Halifax Harriers & AC	9.42
7	517	Kelsey Wilson	Doncaster Athletic Club	8.89
8	402	Chloe Bewley	Doncaster Athletic Club	8.87
9	407	Rosie Bradshaw	City Of Sheffield Ac	8.15
10	515	Evelyn Williams	Hallamshire Harriers	7.73
11	412	Beth Carter	Middlesbrough Athletic Club (Mandale)	7.56
12	508	Jordan White	City of Sheffield AC	7.22
13	506	Keavey Ward	Spenborough & Dist AC	5.89
14	438	Niamh Hardy	City of Sheffield AC	5.64
15	498	Emily Stewart	Gateshead Harriers & Ac	5.24

F15 Under 17 Men Pole Vault FINAL**FINAL**

1	319	Lewis Hannan	Sale Harriers Manchester	4.00
2	303	Tom Dobbs	Wigan & District H & Ac	4.00
3	337	Dominic Lavelle	Blackpool Wyre & Fylde AC	3.90
4	322	George Heppinstall	Wakefield District H & AC	3.70
5	385	Lewis Taylor	Wigan & District H & Ac	2.70
6	306	James Edmondson	Preston Harriers	2.60

F15a Under 15 Boys Pole Vault FINAL**FINAL**

1	269	Joshua Lindley-Harris	The Dearne A.L.C	3.30
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F16 Under 17 Men High Jump FINAL**FINAL**

1	340	James Lee	Hallamshire Harriers	1.83
2	368	Liam Reveley	Blaydon Harriers & AC	1.80
3	324	Joe Hobson	City Of Sheffield AC	1.75
4	350	Gregor McIntosh	Amber Valley & Erewash AC	1.75
5	327	Thomas Hughes	Hallamshire Harriers	1.70
6	339	Caius Lee	Spenborough & Dist AC	1.60

F17 Under 20 Women Shot Putt FINAL**FINAL**

1	647	Kelly Baker	West Cheshire Athletic Club	11.29
2	674	Amy Hodgson	City Of Sheffield AC	9.87
3	728	Hannah Ukandu	Wakefield District H & Ac	9.67
4	700	Amber OMalley	Rotherham Harriers And Ac	9.63
5	716	Holly Rodgers	Rotherham Harriers and AC	7.64
6	684	Chloe Knight	E. Cheshire H & T'side AC	5.59

F18 Senior Men Long Jump FINAL**FINAL**

1	86	Craig Jones	Liverpool Harriers & Ac	7.22
2	26	Andrew Burgess	Sale Harriers Manchester	7.17
3	180	Ashley Wren	Birchfield Harriers	6.95
4	54	Andy Grech	Bolton United Harriers & AC	6.90
5	93	John Lane	City Of Sheffield AC	6.89
6	23	Jacob Brown	Sale Harriers Manchester	6.54
7	61	Ian Grech	Bolton United Harriers & AC	6.44
8	89	Jordan Kelly	Birchfield Harriers	6.42
9	14	Sam Bentley	Leeds City Athletic Club	6.22
10	13	Joshua Bentley	Leeds City Athletic Club	5.93
11	28	David Bush	Nene Valley Harriers	5.73

F19a Senior Women High Jump FINAL**FINAL**

1	250	Rebecca Sullivan	Blackburn Harriers & Ac	1.68
2	210	Laura Hanagan	Ashford Ac	1.55
3	238	Katy Robinson	City Of Sheffield Ac	1.50

F19b Under 20 Women High Jump FINAL**FINAL**

1	223	Amelia McLaughlin	Liverpool P & S AC	1.74
2	658	Lucy Chappell	Doncaster Athletic Club	1.65
3	714	Charlotte Robinson	Cleethorpes & District AC	1.55
3	674	Amy Hodgson	City Of Sheffield AC	1.55
5	728	Hannah Ukandu	Wakefield District H & Ac	1.45

F20 Under 17 Men Shot Putt FINAL**FINAL**

1	371	Leo Rowley	Rotherham Harriers And Ac	13.18
2	291	Oscar Bryce	Hallamshire Harriers	12.64
3	308	Henry Fairclough	City of York AC	12.47
4	355	Ben Mitchell	Houghton Harriers & AC	10.79
5	368	Liam Reveley	Blaydon Harriers & AC	9.99
6	375	William Schofield	Sale Harriers Manchester	9.96
7	345	Tom Matthewson	Doncaster Athletic Club	9.23
8	339	Caius Lee	Spenborough & Dist AC	8.95

F21 Under 20 Men Long Jump FINAL**FINAL**

1	537	Michael Causer	St Helens Sutton AC	7.41
2	572	Elliott Hurley	Leeds City Athletic Club	7.04
3	536	Taylor Caton-Hand	St Helens Sutton AC	6.58
4	570	Anthony Hogg	Gateshead Harriers & AC	6.49
5	555	Jacob Fincham-Dukes	Leeds City Athletic Club	6.45
6	550	Matthew Elvidge	Kingston upon Hull AC	6.32
7	577	Jack Kirk	Longwood Harriers Ac	6.03
8	636	Oliver Whellans	Chester Le Street & Dist AC	5.94
9	633	James Wardle	Goole Youth Ac	5.83
10	582	Jack Martin	Western Athletic Club (isle Of Man)	5.40
11	553	Luke Farnworth	Preston Harriers	4.45

F22a Under 20 Women Pole Vault FINAL**FINAL**

1	713	Abigail Roberts	The Dearne A.L.C	3.95
2	705	Georgia Pickles	Sale Harriers Manchester	3.50
3	673	Fiona Hockey	Blackpool Wyre & Fylde AC	3.20
4	709	Vicky Price	Chesterfield & District AC	3.10
5	695	Hannah Newell	Blackpool Wyre & Fylde AC	3.00

F22b Senior Men Pole Vault FINAL**FINAL**

1	38	Luke Cutts	The Dearne A.L.C	5.50
2	64	Adam Hague	The Dearne A.L.C	4.90
3	538	Nicolas Cole	The Dearne A.L.C	4.70
4	181	Mark Wright	Blackpool Wyre & Fylde AC	4.60
5	60	Thomas Grantham	City Of Sheffield AC	4.10
6	109	Deo Milandue	City Of Stoke Ac	4.00
7	171	Matt Walker	Blackpool Wyre & Fylde AC	4.00

F23 Senior Men Shot Putt FINAL**FINAL**

1	10	Greg Beard	Newham & Essex Beagles AC	17.43
2	178	Jamie Williamson	City Of Sheffield Ac	17.10
3	96	Scott Lincoln	City Of York AC	16.62
4	168	Alan Toward	Gateshead Harriers & AC	14.71
5	93	John Lane	City Of Sheffield Ac	13.83
6	122	John Nicholls	Sale Harriers Manchester	13.77
7	90	Tom Kirk	Doncaster Athletic Club	12.16
8	170	John Twiddle	Kingston upon Hull AC	11.88
9	36	Nick Crimmen	Spenborough & Dist Ac	11.26
10	28	David Bush	Nene Valley Harriers	10.90
11	165	Kieran Thackray	Wakefield District H & Ac	9.56

F24 Senior Women Triple Jump FINAL**FINAL**

1	216	Lisa James	Sale Harriers Manchester	12.44
2	212	Kelly Hilton	Wigan & District H & Ac	12.38
3	241	Rebecca Sare	Bolton United Harriers & AC	11.66
4	234	Hannah Pringle	Gateshead Harriers & AC	11.27
5	194	Rebecca Cope	University of Sheffield Union of Students	10.27

F25 Senior Men Triple Jump FINAL**FINAL**

1	150	Jonathan Sawyers	Windsor Slough Eton & Hounslow Ac	15.23
2	15	Joshua Bones	Scunthorpe & District Ac	14.74
3	80	Adam Howell	Crewe And Nantwich Ac	13.53
4	23	Jacob Brown	Sale Harriers Manchester	13.24
5	14	Sam Bentley	Leeds City Athletic Club	12.99
6	13	Joshua Bentley	Leeds City Athletic Club	12.97

T01 Under 17 Women 60m Hurdles Heats

Heat 01		W/S:	
1	398	Alicia Barrett	Chesterfield & District Ac 8.70 W/S:
2	446	Zoe Hughes	Wigan & District H & AC 9.60 W/S:
3	417	Heather Cooke	Scunthorpe & District Ac 9.70 W/S:
4	491	Chloe Smith	City Of York Ac 10.10 W/S:
5	506	Keavey Ward	Spenborough & Dist AC 10.30 W/S:
6	412	Beth Carter	Middlesbrough Athletic Club (Mandale) 10.30 W/S:
7	432	Hannah Frobisher	Scunthorpe & District Ac 12.40 W/S:

Heat 02		W/S:	
1	484	Emma Schaanning	Chesterfield & District AC 9.20 W/S:
2	490	Sarah Slater-Kinghorn	Manx Harriers 9.70 W/S:
3	413	Anna Chadbond	Bolton United Harriers & Ac 9.70 W/S:
4	394	Morgan Angland	Blackburn Harriers & AC 9.80 W/S:
5	510	Harriet Wigginton	Seaton Athletic Club 10.00 W/S:
6	437	Evie Hancox	Dash Athletics Club 10.00 W/S:
7	416	Rebecca Conway	Chesterfield & District Ac 10.40 W/S:

Heat 03		W/S:	
1	405	Abigail Bowers	Oswestry Olympians 9.20 W/S:
2	426	Chloe Esegbona	City Of Stoke Ac 9.60 W/S:
3	428	Jane Feenan	Chester Le Street & Dist AC 9.50 W/S:
4	495	Charlotte Stamp	City Of York Ac 9.90 W/S:
5	415	Amy Clark	Macclesfield Harriers & AC 10.70 W/S:

T02 Under 20 Women 60m Hurdles Heats

Heat 01		W/S:	
1	727	Lucy Turner	Gateshead Harriers & AC 9.25 W/S:
2	197	Tameika Cuff	Trafford Athletic Club 9.27 W/S:
3	683	Charlotte Kessell	Middlesbrough Athletic Club (mandale) 9.36 W/S:
4	658	Lucy Chappell	Doncaster Athletic Club 9.81 W/S:
5	706	Hollie Postlethwaite	Bingley Harriers & Ac 10.18 W/S:

Heat 02		W/S:	
1	732	Olivia Walker	Cannock & Stafford Ac 8.67 W/S:
2	655	Olivia Montez-Brown	West Cheshire Athletic Club 9.03 W/S:
3	674	Amy Hodgson	City Of Sheffield AC 9.40 W/S:
4	710	Sophie Quinn	Dash Athletics Club 9.59 W/S:
5	728	Hannah Ukandu	Wakefield District H & Ac 9.73 W/S:
6	702	Josie Parry	City Of York Ac 10.02 W/S:

T04 Under 17 Men 60m Hurdles Heats

Heat 01		W/S:	
1	324	Joe Hobson	City Of Sheffield Ac 8.46 W/S:
2	279	William Aldred	Trafford Athletic Club 8.80 W/S:
3	383	Benjamin Sutcliffe	Halton & Frodsham Harriers 8.93 W/S:
4	358	Jason Nicholson	Gateshead Harriers & Ac 8.99 W/S:
5	362	George Orton	Holmfirth Harriers Ac 9.18 W/S:
6	386	Jordan Thompson	Derby Athletic Club 9.19 W/S:

Heat 02		W/S:	
1	347	Miles McGrady	Gateshead Harriers & Ac 8.69 W/S:
2	311	Jacob Gill	Bingley Harriers & Ac 8.89 W/S:
3	370	Alex Roney	Gateshead Harriers & Ac 8.94 W/S:
4	290	Rivaldo Brown	Trafford Athletic Club 9.00 W/S:
5	345	Tom Matthewson	Doncaster Athletic Club 9.85 W/S:

T05 Under 20 Men 60m Hurdles Heats

Heat 01		W/S:	
1	625	James Taylor	Wigan & District H & AC 8.36 W/S:
2	584	Curtis Mitchell	Preston Harriers 8.50 W/S:
3	559	Harry Goodier	Derby Athletic Club 8.74 W/S:
4	636	Oliver Whellans	Chester Le Street & Dist AC 8.79 W/S:
5	599	Josh Phillipson	Blaydon Harriers & AC 8.90 W/S:
6	609	Andrew Russell	Leeds City Athletic Club 8.99 W/S:
7	581	Connor Makin	Blackburn Harriers & AC 8.99 W/S:

Heat 02		W/S:	
1	555	Jacob Fincham-Dukes	Leeds City Athletic Club 8.29 W/S:
2	554	Josiah Filleul	City Of Sheffield AC 8.45 W/S:
3	542	Aiden Davies	Doncaster Athletic Club 8.49 W/S:
4	629	James Turnbull	Gateshead Harriers & Ac 8.72 W/S:
5	553	Luke Farnworth	Preston Harriers 9.25 W/S:
6	626	Patrick Thackray	Wakefield District H & Ac 9.54 W/S:

T07 Under 17 Women 300m Heats

Heat 01		W/S:	
1	399	Ella Barrett	Chesterfield & District Ac 41.25 W/S:
2	480	Anna Nicole Rowe	Liverpool Harriers & Ac 41.58 W/S:
3	403	Ashlyn Bland	Gateshead Harriers & Ac 42.10 W/S:
4	509	Rachel White	City Of York AC 44.91 W/S:
5	460	Charlotte Moxham	Ribble Valley Athletic Club 47.05 W/S:
6	488	Jess Skinn	Scunthorpe & District AC 49.21 W/S:

Heat 02		W/S:	
1	475	Beth Pringle	Gateshead Harriers & Ac 43.05 W/S:
2	421	Jordon Dixon	Blackpool Wyre & Fylde AC 43.78 W/S:
3	430	Charlotte Forth	Ribble Valley Athletic Club 45.18 W/S:
4	500	Amber Swinnerton	Blackpool Wyre & Fylde AC 45.75 W/S:
5	502	Abigail Terry	Preston Harriers 47.39 W/S:
6	439	Caitlin Herbert	Doncaster Athletic Club 48.09 W/S:

Heat 03		W/S:	
1	449	Aileen Kearney	Wirral Ac 41.82 W/S:
2	435	Ashton Greenwood	Spenborough & Dist AC 42.34 W/S:
3	442	Georgia Hollis Lawrence	City Of Sheffield AC 42.97 W/S:
4	432	Hannah Frobisher	Scunthorpe & District Ac 46.30 W/S:
5	434	Natalie Green	Skyrac Athletic Club 47.83 W/S:

T08 Under 17 Women 60m Hurdles Qual.Run Off

1	417	Heather Cooke	Scunthorpe & District Ac 10.52 W/S:
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T09 Under 20 Women 400m Heats

Heat 01		W/S:	
1	726	Jessica Turner	Amber Valley & Erewash AC 57.30 W/S:
2	698	Stephanie OConnor	Scunthorpe & District Ac 1:00:10 W/S:
3	651	Franchesca Borg	Bolton United Harriers & AC 1:00:20 W/S:
4	669	Rebecca Hall	City Of Sheffield AC 1:03:30 W/S:
5	724	Beth Taylor	Rotherham Harriers and AC 1:04:70 W/S:

Heat 02		W/S:	
1	652	Emily Borthwick	Wigan & District H & Ac 1:00:10 W/S:
2	694	Lindsey Morgan	Chesterfield & District AC 1:00:50 W/S:
3	668	Laura Goodwin	City Of Sheffield AC 1:01:40 W/S:
4	680	Sinead Kaneen	Manx Harriers 1:04:10 W/S:
5	654	Emma Brown	Grimsby Harriers & AC 1:07:20 W/S:

Heat 03		W/S:	
1	653	Freya Bradshaw	Scunthorpe & District Ac 59.50 W/S:
2	679	Hannah Jones	Wirral AC 1:00:30 W/S:
3	672	Georgia Hirst	Shildon Running & AC 1:01:40 W/S:
4	696	Nicole Norton	Doncaster Athletic Club 1:04:40 W/S:
5	689	Leah Millard	City Of York AC 1:08:30 W/S:

Heat 04		W/S:	
1	708	Sophie Preece	Trafford Athletic Club 58.70 W/S:
2	719	Rachael Scott	Preston Harriers 58.80 W/S:
3	685	Kate Lawler	Blackpool Wyre & Fylde AC 59.20 W/S:
4	665	Jemma Eyre	Warrington A C 1:03:00 W/S:
5	720	Rebecca Scott	Doncaster Athletic Club 1:10:60 W/S:

T10 Senior Women 400m Heats

Heat 01		W/S:	
1	235 Harriet Pryke	Manx Harriers	56.38 W/S:
2	200 Nisha Desai	Trafford Athletic Club	58.30 W/S:
3	213 Bethany Hirst	E. Cheshire H & T'side AC	59.64 W/S:
4	264 Tyra Watson	Sale Harriers Manchester	1:00:71 W/S:
5	221 Olivia McDermott	Salford Metropolitan Ac	1:04:59 W/S:

Heat 02		W/S:	
1	189 Seren Bundy-Davies	Macclesfield Harriers & Ac	56.33 W/S:
2	193 Samantha Coleby	Durham City Harriers & Ac	56.62 W/S:
3	245 Jennifer Simmons	Sale Harriers Manchester	59.30 W/S:
4	265 Emily Weeks	Exeter Harriers	1:00:59 W/S:
5	214 Faye Horrocks	Wigan & District H & Ac	1:02:75 W/S:

T11 Under 17 Men 400m Heats

Heat 01		W/S:	
1	373 Ashley Sandall	Nene Valley Harriers	50.55 W/S:
2	284 Steven Bellamy	Doncaster Athletic Club	54.80 W/S:
3	355 Ben Mitchell	Houghton Harriers & AC	54.81 W/S:
4	335 Alex Knibbs	Amber Valley & Erewash AC	57.41 W/S:

Heat 02		W/S:	
1	302 Sam Day	Middlesbrough Athletic Club (mandale)	53.62 W/S:
2	365 Oliver Potter	Rotherham Harriers and AC	54.38 W/S:
3	292 Rhys Burton	City Of York Ac	55.84 W/S:
4	380 Keenen Smith	Hallamshire Harriers	56.75 W/S:
5	377 Robert Sims	Chesterfield & District Ac	59.90 W/S:

Heat 03		W/S:	
1	278 Essa Ahmed	Hallamshire Harriers	52.91 W/S:
2	282 Nick Barratt	Dash Athletics Club	53.21 W/S:
3	336 Jake Knox	Leigh Harriers & AC	54.54 W/S:
4	291 Oscar Bryce	Hallamshire Harriers	56.62 W/S:

T12 Under 20 Men 400m Heats

Heat 01		W/S:	
1	541 Jack Crosby	Middlesbrough A Cl (mandale)	51.03 W/S:
2	545 Oliver Dilloway	Nene Valley Harriers	53.05 W/S:
3	607 Thomas Roberts	City Of York Ac	53.92 W/S:
4	532 Kieran Bumby	Grantham Ac	54.98 W/S:
5	534 Matthew Campbell	Southport Waterloo AC	55.00 W/S:

Heat 02		W/S:	
1	598 Nicholas Petrou	Leeds City Athletic Club	50.03 W/S:
2	549 Roy Ejakuekwu	Sale Harriers Manchester	50.75 W/S:
3	640 George Wilson	Gateshead Harriers & AC	52.26 W/S:
4	626 Patrick Thackray	Wakefield District H & Ac	54.44 W/S:
5	629 James Turnbull	Gateshead Harriers & AC	55.82 W/S:

Heat 03		W/S:	
1	600 Miguel Plaatjies	Grimsby Harriers & Ac	51.92 W/S:
2	524 Jared Baldwin	Harrogate Harriers & Ac	53.43 W/S:
3	528 Sean Bosman	Liverpool P & S AC	53.54 W/S:
4	547 Matt Dixon	Wirral Ac	54.26 W/S:
5	613 Amedeo Scanavacca	Wirral Ac	54.95 W/S:

Heat 04		W/S:	
1	627 Lamiko Thomas	Sale Harriers Manchester	52.94 W/S:
2	581 Connor Makin	Blackburn Harriers & AC	53.23 W/S:
3	610 Daniel Saliba	Bolton United Harriers & AC	55.11 W/S:
4	574 Alex Jones	University Of Sheffield Union Of Students	55.94 W/S:
5	551 Adam Emmison	Leigh Harriers & AC	58.82 W/S:

Heat 05		W/S:	
1	554 Josiah Filleul	City Of Sheffield AC	52.36 W/S:
2	556 James Finney	Leeds City Athletic Club	53.51 W/S:
3	634 Nathan Waters	Derwent AC Cockermouth	53.65 W/S:
4	618 Liam Skyner	Liverpool Harriers & Ac	54.02 W/S:
5	601 Benjamin Priestley	Tyne Bridge Harriers	54.84 W/S:

T13 Senior Men 400m Heats

Heat 01		W/S:	
1	47 Rory Evans	Stockport Harriers & AC	49.13 W/S:
2	39 David Dempsey	Gateshead Harriers & AC	49.36 W/S:
3	74 Nathan Hilton	Liverpool P & S AC	49.49 W/S:
4	160 Lea Stephenson	Tynedale Harriers & AC	51.88 W/S:

Heat 02		W/S:	
1	5 Clovis Asong	Sale Harriers Manchester	48.54 W/S:
2	166 Adam Thomson	Liverpool P & S AC	50.78 W/S:
3	60 Thomas Grantham	City Of Sheffield AC	50.86 W/S:
4	1 Babajide Adebola	Unattached	51.99 W/S:
5	51 Carl Foulstone	Leeds City Athletic Club	53.76 W/S:

Heat 03		W/S:	
1	72 Danny Higham	Liverpool P & S AC	49.78 W/S:
2	744 Tim Burn	City Of Sheffield AC	50.77 W/S:
3	84 Reece Ingley	Trafford Athletic Club	51.16 W/S:
4	124 Craig OBrien	Wirral Ac	52.66 W/S:
5	145 Andrew Roen	Gateshead Harriers & AC	56.46 W/S:

Heat 04		W/S:	
1	147 Callum Roughneen	Sale Harriers Manchester	50.80 W/S:
2	40 Andrew Desmond	Liverpool Harriers & AC	51.98 W/S:
3	4 Wayne Ashall	Liverpool P & S AC	52.74 W/S:
4	108 Scott Michael	Shildon Running & AC	53.83 W/S:

Heat 05		W/S:	
1	11 Rick Beardsell	Sheffield RC	49.40 W/S:
2	75 Daniel Holiday	Kingston upon Hull AC	51.14 W/S:
3	69 Adam Harvey	Wigan & District H & Ac	51.62 W/S:
4	131 Jean-louis Plaatjies	Grimsby Harriers & Ac	53.67 W/S:
5	128 Reece Palmer	Chester Le Street & Dist AC	60.63 W/S:

T14 Under 17 Women 60m Hurdles FINAL

FINAL		W/S: =CBP	
1	398 Alicia Barrett	Chesterfield & District Ac	8.61 W/S:
2	484 Emma Schaanning	Chesterfield & District AC	9.10 W/S:
3	426 Chloe Esegbona	City Of Stoke Ac	9.13 W/S:
4	490 Sarah Slater-Kinghorn	Manx Harriers	9.50 W/S:
5	446 Zoe Hughes	Wigan & District H & AC	9.51 W/S:
6	428 Jane Feenan	Chester Le Street & Dist AC	9.59 W/S:
7	417 Heather Cooke	Scunthorpe & District Ac	9.64 W/S:

T15 Under 20 Women 60m Hurdles FINAL

FINAL		W/S:	
1	732 Olivia Walker	Cannock & Stafford Ac	8.72 W/S:
2	655 Olivia Montez-Brown	West Cheshire Athletic Club	9.06 W/S:
3	727 Lucy Turner	Gateshead Harriers & AC	9.22 W/S:
4	674 Amy Hodgson	City Of Sheffield AC	9.23 W/S:
5	197 Tameika Cuff	Trafford Athletic Club	9.37 W/S:
6	710 Sophie Quinn	Dash Athletics Club	9.60 W/S:
7	728 Hannah Ukandu	Wakefield District H & Ac	9.83 W/S:
8	683 Charlotte Kessell	Middlesbrough Athletic Club (mandale)	11.44 W/S:

T16 Senior Women 60m Hurdles FINAL

FINAL		W/S:	
1	217 Katarina Johnson Thompson	Liverpool Harriers & AC	8.40 W/S:
2	202 Karla Drew	City Of Sheffield AC	8.62 W/S:
3	266 Gemma Werrett	Birchfield Harriers	8.69 W/S:
4	253 Jessica Taylor	Sale Harriers Manchester	8.73 W/S:
5	192 Kelly Clark	City Of Sheffield AC	8.94 W/S:
6	224 Becky McLinden	Wirral Ac	9.46 W/S:
7	210 Laura Hanagan	Ashford Ac	9.51 W/S:
8	238 Katy Robinson	City Of Sheffield AC	10.40 W/S:

T17 Under 17 Men 60m Hurdles FINAL

FINAL				W/S:
1	324	Joe Hobson	City Of Sheffield Ac	8.30 W/S:
2	347	Miles McGrady	Gateshead Harriers & Ac	8.62 W/S:
3	311	Jacob Gill	Bingley Harriers & Ac	8.69 W/S:
4	370	Alex Roney	Gateshead Harriers & Ac	8.78 W/S:
5	279	William Aldred	Trafford Athletic Club	8.82 W/S:
6	383	Benjamin Sutcliffe	Halton & Frodsham Harriers	9.02 W/S:
7	358	Jason Nicholson	Gateshead Harriers & Ac	9.08 W/S:
8	290	Rivaldo Brown	Trafford Athletic Club	9.13 W/S:

T18 Under 20 Men 60m Hurdles FINAL

FINAL				W/S:
1	625	James Taylor	Wigan & District H & AC	8.24 W/S:
2	542	Aiden Davies	Doncaster Athletic Club	8.33 W/S:
3	555	Jacob Fincham-Dukes	Leeds City Athletic Club	8.36 W/S:
4	554	Josiah Filleul	City Of Sheffield AC	8.43 W/S:
5	584	Curtis Mitchell	Preston Harriers	8.44 W/S:
6	559	Harry Goodier	Derby Athletic Club	8.76 W/S:
7	636	Oliver Whellans	Chester Le Street & Dist AC	8.83 W/S:
8	629	James Turnbull	Gateshead Harriers & Ac	8.92 W/S:

T19 Senior Men 60m Hurdles FINAL

FINAL				W/S:
1	49	David Feeney	Amber Valley and Erewash AC	8.08 W/S:
2	93	John Lane	City Of Sheffield Ac	8.15 W/S:
3	109	Deo Milandue	City Of Stoke Ac	8.48 W/S:
4	34	Michael Copeland	Derby Athletic Club	8.85 W/S:

T20 Senior Men 1500m FINAL

FINAL				W/S:
1	112	Ross Millington	Stockport Harriers & Ac	3:50:57 W/S:
2	67	Harry Harper	Liverpool Harriers & Ac	3:53:70 W/S:
3	103	Ben Martin	Trafford Athletic Club	4:05:82 W/S:
4	179	Chris Woodger	Wakefield District H & Ac	4:17:10 W/S:
5	110	Andrew Miles	Vale Royal Ac	4:26:60 W/S:
6	132	Adam Pratt	Tynedale Harriers & AC	4:35:53 W/S:
7	48	Richard Farley	West Cheshire Athletic Club	4:41:05 W/S:

T22 Under 20 Women 400m Semi-Finals

Semi-Final 01				W/S:
1	726	Jessica Turner	Amber Valley & Erewash AC	57.93 W/S:
2	719	Rachael Scott	Preston Harriers	58.44 W/S:
3	652	Emily Borthwick	Wigan & District H & Ac	59.04 W/S:
4	651	Francesca Borg	Bolton United Harriers & AC	60.31 W/S:
5	694	Lindsey Morgan	Chesterfield & District AC	60.73 W/S:

Semi-Final 02				W/S:
1	708	Sophie Preece	Trafford Athletic Club	58.33 W/S:
2	653	Freya Bradshaw	Scunthorpe & District Ac	59.07 W/S:
3	698	Stephanie OConnor	Scunthorpe & District Ac	59.96 W/S:
4	679	Hannah Jones	Wirral AC	60.19 W/S:
5	651	Francesca Borg	Bolton United Harriers & AC	61.24 W/S:
6	668	Laura Goodwin	City Of Sheffield AC	61.33 W/S:

T25 Under 20 Men 400m Semi-Finals

Semi-Final 01				W/S:
1	600	Miguel Plaatjies	Grimsby Harriers & Ac	51.80 W/S:
2	556	James Finney	Leeds City Athletic Club	52.19 W/S:
3	610	Daniel Saliba	Bolton United Harriers & AC	52.63 W/S:
4	554	Josiah Filleul	City Of Sheffield AC	53.53 W/S:
5	524	Jared Baldwin	Harrogate Harriers & Ac	53.74 W/S:

Semi-Final 02				W/S:
1	541	Jack Crosby	Middlesbrough AC (mandale)	50.17 W/S:
2	640	George Wilson	Gateshead Harriers & AC	52.22 W/S:
3	581	Connor Makin	Blackburn Harriers & AC	52.62 W/S:
4	627	Lamiko Thomas	Sale Harriers Manchester	53.14 W/S:
5	607	Thomas Roberts	City Of York Ac	56.36 W/S:

Semi-Final 03				W/S:
1	528	Sean Bosman	Liverpool P & S AC	53.00 W/S:
2	634	Nathan Waters	Derwent AC Cockermouth	53.22 W/S:
3	545	Oliver Dilloway	Nene Valley Harriers	53.60 W/S:

T26 Senior Men 400m Semi-Finals

Semi-Final 01				W/S:
1	5	Clovis Asong	Sale Harriers Manchester	48.07 W/S:
2	744	Tim Burn	City Of Sheffield AC	48.21 W/S:
3	39	David Dempsey	Gateshead Harriers & AC	49.28 W/S:
4	1	Babajide Adebola	Unattached	53.23 W/S:

Semi-Final 02				W/S:
1	47	Rory Evans	Stockport Harriers & AC	47.34 W/S:
2	147	Callum Roughneen	Sale Harriers Manchester	48.78 W/S:
3	74	Nathan Hilton	Liverpool P & S AC	49.06 W/S:
4	84	Reece Ingley	Trafford Athletic Club	50.21 W/S:
5	166	Adam Thomson	Liverpool P & S AC	50.29 W/S:
6	160	Lea Stephenson	Tynedale Harriers & AC	51.60 W/S:

Semi-Final 03				W/S:
1	72	Danny Higham	Liverpool P & S AC	49.89 W/S:
2	69	Adam Harvey	Wigan & District H & Ac	50.38 W/S:
3	40	Andrew Desmond	Liverpool Harriers & AC	51.72 W/S:
4	75	Daniel Holiday	Kingston upon Hull AC	52.11 W/S:
5	4	Wayne Ashall	Liverpool P & S AC	52.32 W/S:

T27 Under 17 Women 60m Heats

Heat 01				W/S:
1	398	Alicia Barrett	Chesterfield & District Ac	7.83 W/S:
2	413	Anna Chadbond	Bolton United Harriers & Ac	8.23 W/S:
3	396	Hayaat Bah-Traore	Sale Harriers Manchester	8.34 W/S:
4	469	Danielle Parrott	E. Cheshire H & T'side AC	8.45 W/S:
5	476	Aniqah Rawat	Preston Harriers	8.54 W/S:
6	482	Charlotte Sanderson	Doncaster Athletic Club	8.54 W/S:
7	395	Hermione Archer	Hallamshire Harriers	8.73 W/S:
8	415	Amy Clark	Macclesfield Harriers & AC	8.92 W/S:

Heat 02				W/S:
1	503	Ambah Thompson	Halifax Harriers & Ac	8.09 W/S:
2	401	Lauren Bennett	Rotherham Harriers And Ac	8.22 W/S:
3	516	Corey Wilson	Chesterfield & District AC	8.27 W/S:
4	393	Georgina Alexander	Sale Harriers Manchester	8.43 W/S:
5	495	Charlotte Stamp	City Of York Ac	8.67 W/S:
6	412	Beth Carter	Middlesbrough Athletic Club (Mandale)	8.86 W/S:
7	496	Lizzie Stanway	Dash Athletics Club	8.95 W/S:

Heat 03				W/S:
1	467	Charlotte Orton	Ellenborough AC	8.14 W/S:
2	453	Emily Lyons	Kingston upon Hull AC	8.36 W/S:
3	397	Georgia Barlow	West Cheshire Athletic Club	8.38 W/S:
4	483	Tayla Saville	Sale Harriers Manchester	8.42 W/S:
5	486	Amy Sampson	Kingston upon Hull AC	8.69 W/S:
6	452	Chelsea Leam	Amber Valley & Erewash AC	9.13 W/S:

Heat 04				W/S:
1	471	Charlotte Patterson	Kingston upon Hull AC	7.84 W/S:
2	465	Erin Newsome	Spennborough & Dist AC	7.88 W/S:
3	499	Jessica Swannack	Preston Harriers	8.23 W/S:
4	400	Amy Baxter	Cleethorpes And District Ac	8.33 W/S:
5	510	Harriet Wigginton	Seaton Athletic Club	8.57 W/S:
6	498	Emily Stewart	Gateshead Harriers & Ac	9.89 W/S:

Heat 05				W/S:
1	433	Megan Grant	Kingston upon Hull AC	8.26 W/S:
2	444	Gemma Hopley	Manchester Harriers & AC	8.30 W/S:
3	450	Rebecca Kennedy	E. Cheshire H & T'side AC	8.45 W/S:
4	448	Emily Jones	Doncaster Athletic Club	8.53 W/S:
5	445	Emma-jo Huckstep	Kingston upon Hull AC	9.24 W/S:

T28 Under 20 Women 60m Heats

			W/S:
Heat 01			
1	712	Sophie Riley Preston Harriers	7.92 W/S:
2	731	Chelsea Walker City of York AC	7.99 W/S:
3	715	Ruth Robinson City Of Sheffield Ac	8.01 W/S:
4	687	Emily Maltby Nene Valley Harriers	8.15 W/S:
5	692	Stephanie Moore Chester Le Street & Dist AC	8.53 W/S:
6	681	Chloe Keeton Hallamshire Harriers	8.57 W/S:
7	654	Emma Brown Grimsby Harriers & AC	9.19 W/S:

			W/S:
Heat 02			
1	664	Kristie Edwards City of Sheffield AC	7.71 W/S:
2	666	Lauren Frid Barnsley Athletic Club	7.88 W/S:
3	656	Nikita Campbell-Smith Birchfield Harriers	7.90 W/S:
4	699	Charlotte Ogden Dash Athletics Club	8.11 W/S:
5	735	Jessica WelburnMiddlesbrough Athletic Club (mandale)	8.19 W/S:
6	730	Chloe Unsworth Preston Harriers	8.28 W/S:

			W/S:
Heat 03			
1	717	Demi-lee Scott Bolton United Harriers & Ac	7.97 W/S:
2	649	Rachel Bell Cleethorpes & District AC	7.99 W/S:
3	723	Molly Storey Kingston upon Hull AC	8.02 W/S:
4	739	Paige Massey City Of Sheffield AC	8.05 W/S:
5	721	Ellie Staley Dash Athletics Club	8.21 W/S:
6	669	Rebecca Hall City of Sheffield AC	8.38 W/S:

			W/S:
Heat 04			
1	650	Abigail Bishell City Of Sheffield AC	7.93 W/S:
2	675	Alice Howe Doncaster Athletic Club	7.98 W/S:
3	693	Darcy-lee Moran Liverpool Harriers & Ac	8.07 W/S:
4	657	Heather Carson Ballymena & Antrim Ac	8.26 W/S:
5	703	Laura Pegler Dash Athletics Club	8.35 W/S:
6	714	Charlotte Robinson Cleethorpes & District AC	8.50 W/S:

T29 Senior Women 60m Heats

			W/S:
Heat 01			
1	217	Katarina Johnson ThompsonLiverpool Harriers & AC	7.50 W/S:
2	268	Katy Wyper Blackpool Wyre & Fylde AC	7.80 W/S:
3	185	Hannah Bird Barnsley Athletic Club	8.03 W/S:
4	241	Rebecca Sare Bolton United Harriers & AC	8.08 W/S:
5	224	Becky McLinden Wirral AC	8.11 W/S:

			W/S:
Heat 02			
1	254	Maegan Taylor Kingston upon Hull AC	7.84 W/S:
2	243	Amanda Shaw Barnsley Athletic Club	7.84 W/S:
3	206	Ciara Flannery Spenborough & Dist Ac	7.90 W/S:
4	192	Kelly Clark City Of Sheffield AC	8.01 W/S:
5	227	Suzanne Palmer Derby Athletic Club	8.04 W/S:
6	232	Bryony Potter West Cheshire Athletic Club	8.21 W/S:

			W/S:
Heat 03			
1	215	Megan Houlton Kingston upon Hull AC	7.77 W/S:
2	202	Karla Drew City Of Sheffield AC	7.90 W/S:
3	195	Kadeena Cox Sale Harriers Manchester	7.94 W/S:
4	187	Kate Brick Wigan & District H & Ac	8.25 W/S:
5	259	Shireen Timmis Lincoln Wellington AC	8.39 W/S:

T30 Under 17 Men 60m Heats

			W/S:
Heat 01			
1	348	Joe McGrath Doncaster Athletic Club	7.30 W/S:
2	288	Dominik Bogus Doncaster Athletic Club	7.50 W/S:
3	294	Harry Cain Lincoln Wellington AC	7.60 W/S:
3	310	Eliot Gay Kingston Upon Hull Ac	7.60 W/S:
5	336	Jake Knox Leigh Harriers & AC	7.90 W/S:
6	323	Josh Hill Preston Harriers	8.00 W/S:
7	296	Kyle Catmull Cleethorpes And District Ac	8.10 W/S:
8	360	Andrew OConnor Dash Athletics Club	8.40 W/S:

			W/S:
Heat 02			
1	281	Zac Barnsley West Cheshire Athletic Club	7.50 W/S:
2	378	Dominic Singh Kingston upon Hull AC	7.50 W/S:
3	380	Keenen Smith Hallamshire Harriers	7.60 W/S:
4	329	Maurice Jarvis Sale Harriers Manchester	7.70 W/S:
4	338	Samuel Lawford Hallamshire Harriers	7.70 W/S:
6	389	Shay Walker City of Sheffield AC	7.80 W/S:
7	316	Derrius Greenaway Rotherham Harriers And Ac	7.90 W/S:
8	377	Robert Sims Chesterfield & District Ac	8.00 W/S:

			W/S:
Heat 03			
1	366	Logan Powell Sunderland Harriers & AC	7.50 W/S:
2	332	Daniel Jukes Chester Le Street & Dist AC	7.70 W/S:
3	372	James Sadula Derby Athletic Club	7.90 W/S:
3	361	Abayomi Olajide Sale Harriers Manchester	7.90 W/S:
5	345	Tom Matthewson Doncaster Athletic Club	8.10 W/S:
6	285	Jonathan Bilton Rotherham Harriers and AC	8.10 W/S:

			W/S:
Heat 04			
1	315	Morgan Greaves-ThomasLiverpool Harriers & AC	7.50 W/S:
1	304	Kieran Donnelly Sale Harriers Manchester	7.50 W/S:
3	357	Andrew Morgan-HarrisonKingston upon Hull AC	7.60 W/S:
4	359	Regan OConnell Rotherham Harriers and AC	7.70 W/S:
5	382	Ashley Stokes Derby Athletic Club	7.80 W/S:
6	379	Joseph Skelton Doncaster Athletic Club	7.90 W/S:
6	318	Leo Griffiths Dash Athletics Club	7.90 W/S:
8	320	Tomas Hanson Halifax Harriers & Ac	8.00 W/S:

			W/S:
Heat 05			
1	364	Lewis Paley Barnsley Athletic Club	7.50 W/S:
1	387	Ben Todd Chester Le Street & Dist AC	7.50 W/S:
3	284	Steven Bellamy Doncaster Athletic Club	7.80 W/S:
4	346	Jamie Mattinson Preston Harriers	7.90 W/S:
5	375	William Schofield Sale Harriers Manchester	8.00 W/S:
5	390	Harvey Woodhead Holmfirth Harriers AC	8.00 W/S:

T31 Under 20 Men 60m Heats

			W/S:
Heat 01			
1	591	Sam NortonMiddlesbrough Athletic Club (mandale)	7.21 W/S:
2	623	Soyan Stoyanov Unattached	7.32 W/S:
3	620	Declan Snape Wigan & District H & Ac	7.39 W/S:
4	520	Jack Allen Amber Valley & Erewash AC	7.52 W/S:
5	577	Jack Kirk Longwood Harriers Ac	7.61 W/S:
6	606	Brody Richardson Kingston upon Hull AC	8.02 W/S:

			W/S:
Heat 02			
1	643	Kane Wright Nene Valley Harriers	7.15 W/S:
2	590	Jack Nemeth Chesterfield & District AC	7.33 W/S:
3	583	Michael McGowan Longwood Harriers Ac	7.50 W/S:
4	527	Martell Bortley Wakefield District H & AC	7.51 W/S:
5	563	Zachary Haddon Gateshead Harriers & Ac	7.59 W/S:
6	607	Thomas Roberts City Of York Ac	7.73 W/S:

			W/S:
Heat 03			
1	572	Elliott Hurley Leeds City Athletic Club	7.04 W/S:
2	548	Bhekumuzi Dube Sale Harriers Manchester	7.32 W/S:
3	570	Anthony Hogg Gateshead Harriers & AC	7.38 W/S:
4	595	Julian Osei-Bonsu Darlington Harriers	7.50 W/S:
5	552	Julian Ernst Manchester Harriers & Ac	7.50 W/S:
6	546	Conor Divilly Dash Athletics Club	7.54 W/S:
7	571	Matthew Hudson Nene Valley Harriers	7.62 W/S:

			W/S:
Heat 04			
1	621	Thomas Somers City of York AC	7.13 W/S:
2	575	Adeel Khaliq Hallamshire Harriers	7.32 W/S:
3	584	Curtis Mitchell Preston Harriers	7.34 W/S:
4	579	Robert Laryea Gateshead Harriers & AC	7.49 W/S:
5	608	Roman Rocha Lawrence Unattached	7.62 W/S:
6	642	Aaron Would Lincoln Wellington AC	7.74 W/S:
7	558	Matthew GilchristUniversity Of Sheffield Union Of Students	7.85 W/S:

Heat 05				W/S:
1	617	Reece Sims	Derby Athletic Club	7.06 W/S:
2	632	Daniel Walsh	Longwood Harriers AC	7.18 W/S:
3	638	Neng Wildman	Pendle Athletic Club	7.33 W/S:
4	525	Cameron Barrows	City Of Sheffield AC	7.38 W/S:
5	553	Luke Farnworth	Preston Harriers	7.58 W/S:
6	551	Adam Emmison	Leigh Harriers & AC	7.99 W/S:
7	566	Andrew Harmes	Scunthorpe & District Ac	8.01 W/S:

Heat 06				W/S:
1	604	Jay Raradza	Derby Athletic Club	6.98 W/S:
2	567	Nathan Harris	Sale Harriers Manchester	7.22 W/S:
3	614	Kashayar Shahidan	City Of Sheffield AC	7.47 W/S:
4	557	Finlay Fuller	Leeds City Athletic Club	7.54 W/S:
5	33	Joseph Cooper	Kingston Upon Hull Ac	7.56 W/S:

T32 Senior Men 60m Heats

Heat 01				W/S:
1	6	Oliver Back	Liverpool Harriers & AC	6.94 W/S:
2	93	John Lane	City Of Sheffield Ac	7.08 W/S:
3	126	Gideon Okoh	Kingston upon Hull AC	7.22 W/S:
4	87	Gareth Jones	Wirral Ac	7.41 W/S:
5	119	Wayne Ndlovu	Dash Athletics Club	7.71 W/S:
6	28	Reece Palmer	Chester Le Street & Dist AC	7.91 W/S:

Heat 02				W/S:
1	37	Imran Rahman	City Of Sheffield Ac	6.91 W/S:
2	66	Umar Hameed	Sale Harriers Manchester	6.96 W/S:
3	159	Ben Stephenson	Middlesbrough AC (Mandale)	7.10 W/S:
4	56	Callum Giles	Kingston upon Hull AC	7.26 W/S:
5	21	David Broomfield	Birchfield AC	7.55 W/S:
6	17	Antony Bowyer	Skyrac Athletic Club	8.00 W/S:
7	139	Glen Reddington	Windsor Slough Eton & Hounslow Ac	8.11 W/S:
8	129	Christopher Pearson	Houghton Harriers & Ac	8.37 W/S:

Heat 03				W/S:
1	62	Dominic Green	Scunthorpe & District Ac	7.16 W/S:
2	27	Charles Burke	Sale Harriers Manchester	7.22 W/S:
3	20	Jamie Bradbury	Lancaster & Morecambe Ac	7.30 W/S:
4	743	Neil Hewson	Trafford Athletic Club	7.41 W/S:

5	92	William Lander	Holmfirth Harriers Ac	7.58 W/S:
6	121	Brandon Nguyen	Manx Harriers	8.08 W/S:

Heat 04				W/S:
1	67	Jordan Toth	Holmfirth Harriers Ac	7.04 W/S:
2	80	Ashley Wren	Birchfield Harriers	7.08 W/S:
3	54	Andy Grech	Bolton United Harriers & AC	7.24 W/S:
4	18	Andrew Boyd	Wirral AC	7.49 W/S:
5	177	Michael Wilkinson	Wirral Ac	7.84 W/S:
6	73	Tom Hildrick	City of Sheffield AC	8.72 W/S:

Heat 05				W/S:
1	111	Sam Miller	Preston Harriers	6.92 W/S:
2	31	Christian Carson	Gateshead Harriers & Ac	7.03 W/S:
3	152	Jack Seddon	Sale Harriers Manchester	7.18 W/S:
4	105	Jerome McIntosh	City Of Sheffield AC	7.18 W/S:
5	106	Callum McLean	Sale Harriers Manchester	7.38 W/S:
6	34	Michael Copeland	Derby Athletic Club	7.39 W/S:
7	136	Kishan Ragunathan	Kingston upon Hull AC	7.48 W/S:
8	118	Adam Murray	Wombwell Sporting AC	7.55 W/S:

T33 Under 17 Women 300m FINAL

FINAL				W/S:
1	399	Ella Barrett	Chesterfield & District Ac	40.14 W/S:
2	480	Anna Nicole Rowe	Liverpool Harriers & Ac	40.95 W/S:
3	403	Ashlyn Bland	Gateshead Harriers & Ac	41.65 W/S:
4	449	Aileen Kearney	Wirral Ac	41.90 W/S:
5	435	Ashton Greenwood	Spenborough & Dist AC	42.21 W/S:
6	475	Beth Pringle	Gateshead Harriers & Ac	42.53 W/S:

T34 Under 20 Women 400m FINAL				W/S:
FINAL				W/S:
1	726	Jessica Turner	Amber Valley & Erewash AC	56.28 W/S:
2	708	Sophie Preece	Trafford Athletic Club	56.81 W/S:
3	719	Rachael Scott	Preston Harriers	57.97 W/S:
4	653	Freya Bradshaw	Scunthorpe & District Ac	58.02 W/S:
5	652	Emily Borthwick	Wigan & District H & Ac	58.22 W/S:
6	698	Stephanie OConnor	Scunthorpe & District Ac	61.96 W/S:

T35 Senior Women 400m FINAL				W/S:
FINAL				W/S:
1	189	Seren Bundy-Davies	Macclesfield Harriers & Ac	54.12 W/S:
2	235	Harriet Pryke	Manx Harriers	55.37 W/S:
3	193	Samantha Coleby	Durham City Harriers & Ac	55.75 W/S:
4	200	Nisha Desai	Trafford Athletic Club	57.63 W/S:
5	245	Jennifer Simmons	Sale Harriers Manchester	58.92 W/S:
6	213	Bethany Hirst	E. Cheshire H & T'side AC	59.18 W/S:

T36 Under 17 Men 400m FINAL				W/S:
FINAL				W/S:
1	373	Ashley Sandall	Nene Valley Harriers	49.56 W/S:
2	302	Sam Day	Middlesbrough Athletic Club (mandale)	51.30 W/S:
3	278	Essa Ahmed	Hallamshire Harriers	52.45 W/S:
4	282	Nick Barratt	Dash Athletics Club	52.84 W/S:
5	365	Oliver Potter	Rotherham Harriers and AC	54.24 W/S:
6	336	Jake Knox	Leigh Harriers & AC	55.45 W/S:

T37 Under 20 Men 400m FINAL				W/S:
FINAL				W/S:
1	541	Jack Crosby	Middlesbrough Athletic Club (mandale)	49.19 W/S:
2	600	Miguel Plaattjes	Grimsby Harriers & Ac	51.71 W/S:
3	640	George Wilson	Gateshead Harriers & AC	51.96 W/S:
4	581	Connor Makin	Blackburn Harriers & AC	53.12 W/S:
5	528	Sean Bosman	Liverpool P & S AC	53.40 W/S:
6	556	James Finney	Leeds City Athletic Club	56.51 W/S:

T38 Senior Men 400m FINAL				W/S:
FINAL				W/S:
1	744	Tim Burn	City Of Sheffield AC	48.87 W/S:
2	5	Clovis Asong	Sale Harriers Manchester	49.03 W/S:
3	147	Callum Roughneen	Sale Harriers Manchester	49.55 W/S:
4	74	Nathan Hilton	Liverpool P & S AC	49.57 W/S:

T39 Under 17 Women 60m Semi-Finals				W/S:
Semi-Final 01				W/S:
1	398	Alicia Barrett	Chesterfield & District Ac	7.81 W/S:
2	465	Erin Newsome	Spenborough & Dist AC	7.96 W/S:
3	401	Lauren Bennett	Rotherham Harriers And Ac	8.30 W/S:
4	516	Corey Wilson	Chesterfield & District AC	8.31 W/S:
5	469	Danielle Parrott	E. Cheshire H & T'side AC	8.50 W/S:
6	396	Hayaat Bah-Traore	Sale Harriers Manchester	9.14 W/S:

Semi-Final 02				W/S:
1	471	Charlotte Patterson	Kingston upon Hull AC	7.93 W/S:
2	413	Anna Chadbond	Bolton United Harriers & Ac	8.23 W/S:
3	499	Jessica Swannack	Preston Harriers	8.26 W/S:
4	433	Megan Grant	Kingston upon Hull AC	8.33 W/S:
5	448	Emily Jones	Doncaster Athletic Club	8.36 W/S:
6	450	Rebecca Kennedy	E. Cheshire H & T'side AC	8.50 W/S:
7	510	Harriet Wigginton	Seaton Athletic Club	8.52 W/S:
8	483	Tayla Saville	Sale Harriers Manchester	8.53 W/S:

Semi-Final 03				W/S:
1	503	Ambah Thompson	Halifax Harriers & Ac	8.07 W/S:
2	467	Charlotte Orton	Ellenborough AC	8.12 W/S:
3	397	Georgia Barlow	West Cheshire Athletic Club	8.38 W/S:
4	453	Emily Lyons	Kingston upon Hull AC	8.40 W/S:
5	400	Amy Baxter	Cleethorpes And District Ac	8.43 W/S:
6	444	Gemma Hopley	Manchester Harriers & AC	8.52 W/S:
7	482	Charlotte Sanderson	Doncaster Athletic Club	8.52 W/S:
8	476	Aniqah Rawat	Preston Harriers	8.59 W/S:

T40 Under 20 Women 60m Semi-Finals

Semi-Final 01				W/S:
1	650	Abigail Bishell	City Of Sheffield AC	7.88 W/S:
2	712	Sophie Riley	Preston Harriers	7.88 W/S:
3	649	Rachel Bell	Cleethorpes & District AC	7.93 W/S:
4	675	Alice Howe	Doncaster Athletic Club	7.97 W/S:
5	739	Paige Massey	City Of Sheffield AC	8.02 W/S:
6	693	Darcy-lee Moran	Liverpool Harriers & Ac	8.11 W/S:
7	715	Ruth Robinson	City Of Sheffield Ac	8.14 W/S:
8	735	Jessica Welburn	Middlesbrough Athletic Club (mandale)	8.26W/S:

Semi-Final 02				W/S:
1	664	Kristie Edwards	City of Sheffield AC	7.73 W/S:
2	666	Lauren Frid	Barnsley Athletic Club	7.85 W/S:
3	650	Abigail Bishell	City Of Sheffield AC	7.87 W/S:
4	731	Chelsea Walker	City of York AC	8.00 W/S:
5	723	Molly Storey	Kingston upon Hull AC	8.11 W/S:
6	717	Demi-lee Scott	Bolton United Harriers & Ac	8.12 W/S:
7	699	Charlotte Ogden	Dash Athletics Club	8.13 W/S:
8	687	Emily Maltby	Nene Valley Harriers	8.22 W/S:

T41 Senior Women 60m FINAL

FINAL				W/S:
1	215	Megan Houl	Kingston upon Hull AC	7.73 W/S:
2	254	Maegan Taylor	Kingston upon Hull AC	7.83 W/S:
3	268	Katy Wyper	Blackpool Wyre & Fylde AC	7.86 W/S:
4	243	Amanda Shaw	Barnsley Athletic Club	7.88 W/S:
5	206	Ciara Flannery	Spenborough & Dist Ac	7.93 W/S:
6	195	Kadeena Cox	Sale Harriers Manchester	7.95 W/S:

T42 Under 17 Men 60m Semi-Finals

Semi-Final 01				W/S:
1	348	Joe McGrath	Doncaster Athletic Club	7.09 W/S:
2	378	Dominic Singh	Kingston upon Hull AC	7.40 W/S:
3	315	Morgan Greaves-Thomas	Liverpool Harriers & AC	7.47 W/S:
4	310	Eliot Gay	Kingston Upon Hull Ac	7.49 W/S:
5	338	Samuel Lawford	Hallamshire Harriers	7.67 W/S:
6	336	Jake Knox	Leigh Harriers & AC	7.88 W/S:

Semi-Final 02				W/S:
1	366	Logan Powell	Sunderland Harriers & AC	7.41 W/S:
2	288	Dominik Bogus	Doncaster Athletic Club	7.49 W/S:
3	382	Ashley Stokes	Derby Athletic Club	7.70 W/S:
4	332	Daniel Jukes	Chester Le Street & Dist AC	7.72 W/S:
5	359	Regan OConnell	Rotherham Harriers and AC	7.74 W/S:
6	361	Abayomi Olajide	Sale Harriers Manchester	7.77 W/S:

Semi-Final 03				W/S:
1	387	Ben Todd	Chester Le Street & Dist AC	7.35 W/S:
2	364	Lewis Paley	Barnsley Athletic Club	7.37 W/S:
3	357	Andrew Morgan-Harrison	Kingston upon Hull AC	7.60 W/S:
4	389	Shay Walker	City of Sheffield AC	7.65 W/S:
5	284	Steven Bellamy	Doncaster Athletic Club	7.69 W/S:
6	346	Jamie Mattinson	Preston Harriers	7.73 W/S:

Semi-Final 04				W/S:
1	281	Zac Barnsley	West Cheshire Athletic Club	7.35 W/S:
2	304	Kieran Donnelly	Sale Harriers Manchester	7.41 W/S:
3	380	Keenen Smith	Hallamshire Harriers	7.57 W/S:
4	294	Harry Cain	Lincoln Wellington AC	7.59 W/S:
5	329	Maurice Jarvis	Sale Harriers Manchester	7.69 W/S:
6	372	James Sadula	Derby Athletic Club	7.82 W/S:

T43 Under 20 Men 60m Semi-Finals

Semi-Final 01				W/S:
1	604	Jay Raradza	Derby Athletic Club	6.98 W/S:
2	591	Sam Norton	Middlesbrough Athletic Club (mandale)	7.18 W/S:
3	632	Daniel Walsh	Longwood Harriers AC	7.18 W/S:
4	638	Neng Wildman	Pendle Athletic Club	7.32 W/S:
5	590	Jack Nemeth	Chesterfield & District AC	7.36 W/S:
6	595	Julian Osei-Bonsu	Darlington Harriers	7.39 W/S:
7	552	Julian Ernst	Manchester Harriers & Ac	7.42 W/S:
8	584	Curtis Mitchell	Preston Harriers	7.42 W/S:

Semi-Final 02				W/S:
1	572	Elliott Hurley	Leeds City Athletic Club	6.95 W/S:
2	643	Kane Wright	Nene Valley Harriers	7.10 W/S:
3	567	Nathan Harris	Sale Harriers Manchester	7.16 W/S:
4	623	Soyan Stoyanov	Unattached	7.28 W/S:
5	570	Anthony Hogg	Gateshead Harriers & AC	7.36 W/S:
6	620	Declan Snape	Wigan & District H & Ac	7.41 W/S:
7	579	Robert Laryea	Gateshead Harriers & AC	7.46 W/S:
8	527	Martell Bortley	Wakefield District H & AC	7.56 W/S:

Semi-Final 03				W/S:
1	621	Thomas Somers	City of York AC	7.00 W/S:
2	617	Reece Sims	Derby Athletic Club	7.08 W/S:
3	575	Adeel Khaliq	Hallamshire Harriers	7.29 W/S:
4	548	Bhekumuzi Dube	Sale Harriers Manchester	7.32 W/S:
5	583	Michael McGowan	Longwood Harriers Ac	7.45 W/S:
6	614	Kashayar Shahidan	City Of Sheffield Ac	7.46 W/S:
7	520	Jack Allen	Amber Valley & Erewash AC	7.52 W/S:
8	525	Cameron Barrows	City Of Sheffield AC	7.53 W/S:

T44 Senior Men 60m Semi-Finals

Semi-Final 01				W/S:
1	137	Imran Rahman	City Of Sheffield Ac	6.86 W/S:
2	66	Umar Hameed	Sale Harriers Manchester	6.95 W/S:
3	31	Christian Carson	Gateshead Harriers & Ac	7.04 W/S:
4	152	Jack Seddon	Sale Harriers Manchester	7.14 W/S:
5	126	Gideon Okoh	Kingston upon Hull AC	7.29 W/S:
6	87	Gareth Jones	Wirral Ac	7.39 W/S:
7	21	David Broomfield	Birchfield AC	7.54 W/S:

Semi-Final 02				W/S:
1	111	Sam Miller	Preston Harriers	6.89 W/S:
2	159	Ben Stephenson	Middlesbrough Athletic Club (Mandale)	7.03W/S:
3	93	John Lane	City Of Sheffield Ac	7.06 W/S:
4	56	Callum Giles	Kingston upon Hull AC	7.15 W/S:
5	54	Andy Grech	Bolton United Harriers & AC	7.19 W/S:
6	62	Dominic Green	Scunthorpe & District AC	7.20 W/S:
7	18	Andrew Boyd	Wirral AC	7.51 W/S:
8	136	Kishan Ragunathan	Kingston upon Hull AC	7.60 W/S:

Semi-Final 03				W/S:
1	6	Oliver Back	Liverpool Harriers & AC	6.92 W/S:
2	167	Jordan Toth	Holmfirth Harriers Ac	7.06 W/S:
3	27	Charles Burke	Sale Harriers Manchester	7.07 W/S:
4	180	Ashley Wren	Birchfield Harriers	7.14 W/S:
5	105	Jerome McIntosh	City Of Sheffield AC	7.16 W/S:
6	20	Jamie Bradbury	Lancaster & Morecambe Ac	7.31 W/S:
7	106	Callum McLean	Sale Harriers Manchester	7.32 W/S:
8	34	Michael Copeland	Derby Athletic Club	7.42 W/S:

T45a Senior Women 1500m FINAL

FINAL				W/S:
1	184	Racheal Bamford	Leeds City Athletic Club	4:28:85 W/S:
2	222	Sarah McDonald	Jarrow & Hebburn Ac	4:30:16 W/S:
3	263	Elle Vernon	Stockport Harriers & AC	4:30:26 W/S:
4	244	Natalie Shaw	Derby Athletic Club	4:34:78 W/S:
5	183	Eleanor Alexander	Southampton Athletic Club	4:34:93 W/S:
6	249	Ellie Stevens	Birchfield Harriers	4:36:76 W/S:
7	745	Naomi Collier	Grantham AC	5:08:63 W/S:
8	229	Trace Peters	Southport Waterloo Ac	5:18:96 W/S:

T45c Under 17 Women 1500m FINAL

FINAL				W/S:
1	473	Aimee Pratt	Sale Harriers Manchester	4:51:33 W/S:
2	512	Laura Wilkinson	Lincoln Wellington AC	5:10:07 W/S:
3	409	Rebecca Buchanan	Carlisle Aspatria AC	5:18:18 W/S:

T46 Under 20 Men 1500m FINAL

FINAL				W/S:
1	529	Jordan Bransberg	Skyrac Athletic Club	4:03:63 W/S:
2	596	Charlie Pasco	New Marske Harriers Club	4:03:96 W/S:
3	619	Andrew Smith	Pudsey & Bramley Ac	4:08:33 W/S:
4	588	Joshua Naisbitt	City Of Sheffield Ac	4:08:89 W/S:
5	741	Jack Mitchell	Wakefield District H & Ac	4:10:69 W/S:
6	637	Matthew Wigelsworth	Warrington A C	4:12:09 W/S:
7	628	Aaron Thorpe	City Of Sheffield AC	4:13:06 W/S:
8	593	Matthew OConnor	Wakefield District H & AC	4:22:75 W/S:

T47 Under 17 Men 1500m FINAL

FINAL				W/S:
1	367	Ben Read	Wakefield District H & AC	4:16:05 W/S:
2	313	James Gormley	City Of Sheffield Ac	4:16:25 W/S:
3	305	Chris Durney	Preston Harriers	4:17:72 W/S:

T49 Under 17 Women 60m FINAL

FINAL				W/S:
1	471	Charlotte Patterson	Kingston upon Hull AC	7.81 W/S:
2	398	Alicia Barrett	Chesterfield & District Ac	7.86 W/S:
3	465	Erin Newsome	Spenborough & Dist AC	7.98 W/S:
4	467	Charlotte Orton	Ellenborough AC	8.08 W/S:
5	503	Ambah Thompson	Halifax Harriers & Ac	8.10 W/S:
6	401	Lauren Bennett	Rotherham Harriers And Ac	8.30 W/S:
7	413	Anna Chadbond	Bolton United Harriers & Ac	8.31 W/S:
8	499	Jessica Swannack	Preston Harriers	8.39 W/S:

T50 Under 20 Women 60m FINAL

FINAL				W/S:
1	664	Kristie Edwards	City of Sheffield AC	7.72 W/S:
2	656	Nikita Campbell-Smith	Birchfield Harriers	7.82 W/S:
3	712	Sophie Riley	Preston Harriers	7.84 W/S:
4	666	Lauren Frid	Barnsley Athletic Club	7.85 W/S:
5	650	Abigail Bishell	City Of Sheffield AC	7.92 W/S:
6	649	Rachel Bell	Cleethorpes & District AC	7.94 W/S:
7	675	Alice Howe	Doncaster Athletic Club	8.10 W/S:
8	731	Chelsea Walker	City of York AC	8.19 W/S:

T51 Under 17 Men 60m FINAL

FINAL				W/S:
1	348	Joe McGrath	Doncaster Athletic Club	7.00 W/S:
2	387	Ben Todd	Chester Le Street & Dist AC	7.27 W/S:
3	378	Dominic Singh	Kingston upon Hull AC	7.38 W/S:
4	364	Lewis Paley	Barnsley Athletic Club	7.41 W/S:
5	315	Morgan Greaves-Thomas	Liverpool Harriers & AC	7.42 W/S:
6	281	Zac Barnsley	West Cheshire Athletic Club	7.42 W/S:
7	304	Kieran Donnelly	Sale Harriers Manchester	7.45 W/S:
8	366	Logan Powell	Sunderland Harriers & AC	7.46 W/S:

T52 Under 20 Men 60m FINAL

FINAL				W/S:
1	572	Elliott Hurley	Leeds City Athletic Club	6.89 W/S:
2	604	Jay Raradza	Derby Athletic Club	6.90 W/S:
3	621	Thomas Somers	City of York AC	7.01 W/S:
4	617	Reece Sims	Derby Athletic Club	7.08 W/S:
5	643	Kane Wright	Nene Valley Harriers	7.13 W/S:
6	567	Nathan Harris	Sale Harriers Manchester	7.13 W/S:
7	591	Sam Norton	Middlesbrough Athletic Club (mandale)	7.14 W/S:
8	632	Daniel Walsh	Longwood Harriers AC	7.19 W/S:

T53 Senior Men 60m FINAL

FINAL				W/S:
1	137	Imran Rahman	City Of Sheffield Ac	6.80 W/S:
2	111	Sam Miller	Preston Harriers	6.84 W/S:
3	6	Oliver Back	Liverpool Harriers & AC	6.85 W/S:
4	167	Jordan Toth	Holmfirth Harriers Ac	6.95 W/S:
5	93	John Lane	City Of Sheffield Ac	7.04 W/S:
6	31	Christian Carson	Gateshead Harriers & Ac	7.07 W/S:
7	159	Ben Stephenson	Middlesbrough Athletic Club (Mandale)	8.78 W/S:

T54 Under 17 Women 200m Heats

Heat 01				W/S:
1	399	Ella Barrett	Chesterfield & District Ac	25.89 W/S:
2	499	Jessica Swannack	Preston Harriers	26.87 W/S:
3	453	Emily Lyons	Kingston upon Hull AC	27.11 W/S:
4	431	Ellena Freeman	Rotherham Harriers and AC	27.20 W/S:
5	500	Amber Swinnerton	Blackpool Wyre & Fylde Ac	27.46 W/S:
6	494	Millie Soulyby	Scunthorpe & District AC	33.16 W/S:

Heat 02				W/S:
1	401	Lauren Bennett	Rotherham Harriers And Ac	27.11 W/S:
2	474	Luci Preston	Kingston upon Hull AC	27.17 W/S:
3	397	Georgia Barlow	West Cheshire Athletic Club	27.24 W/S:
4	461	Annie Mussett	Doncaster Athletic Club	27.72 W/S:
5	508	Jordan White	City of Sheffield AC	30.79 W/S:
6	472	Hannah Pearson	Longwood Harriers Ac	31.33 W/S:

Heat 03				W/S:
1	477	Eleanor Rawson	City Of Sheffield Ac	26.10 W/S:
2	469	Danielle Parrott	E. Cheshire H & T'side AC	27.82 W/S:
3	411	Tamika Carr	Bolton United Harriers & AC	28.21 W/S:
4	515	Evelyn Williams	Hallamshire Harriers	29.17 W/S:

Heat 04				W/S:
1	435	Ashton Greenwood	Spenborough & Dist AC	26.39 W/S:
2	467	Charlotte Orton	Ellenborough AC	26.52 W/S:
3	458	Natalie McGuire	Longwood Harriers Ac	27.06 W/S:
4	417	Heather Cooke	Scunthorpe & District Ac	27.80 W/S:
5	400	Amy Baxter	Cleethorpes And District Ac	27.90 W/S:
6	482	Charlotte Sanderson	Doncaster Athletic Club	28.08 W/S:

T55 Under 20 Women 200m Heats

Heat 01				W/S:
1	664	Kristie Edwards	City of Sheffield AC	24.83 W/S:
2	656	Nikita Campbell-Smith	Birchfield Harriers	25.81 W/S:
3	736	Georgia Whitfield	Newcastle University Ac	26.66 W/S:
4	715	Ruth Robinson	City Of Sheffield Ac	26.77 W/S:
5	676	Ashley Hutchinson	Gateshead Harriers & AC	27.04 W/S:
6	692	Stephanie Moore	Chester Le Street & Dist AC	28.78 W/S:

Heat 02				W/S:
1	650	Abigail Bishell	City Of Sheffield AC	26.22 W/S:
2	739	Paige Massey	City Of Sheffield AC	26.48 W/S:
3	651	Francesca Borg	Bolton United Harriers & AC	27.10 W/S:
4	681	Chloe Keeton	Hallamshire Harriers	27.73 W/S:
5	696	Nicole Norton	Doncaster Athletic Club	27.78 W/S:

Heat 03				W/S:
1	644	Stephanie Addison	Gateshead Harriers & Ac	26.52 W/S:
2	711	Charlotte Ramsay	Blyth Running Club	26.60 W/S:
3	669	Rebecca Hall	City of Sheffield AC	26.88 W/S:
4	734	Sally Wareing	Southport Waterloo Ac	27.22 W/S:

T56 Senior Women 200m Heats

Heat 01				W/S:
1	205	Abi Fitzpatrick	Sale Harriers Manchester	24.66 W/S:
2	201	Beth Dobbin	Doncaster Athletic Club	25.02 W/S:
3	191	Rebecca Campsall	City Of York AC	25.55 W/S:
4	190	Olivia Callaghan	Sale Harriers Manchester	26.77 W/S:
5	259	Shireen Timmis	Lincoln Wellington AC	27.60 W/S:

Heat 02				W/S:
1	195	Kadeena Cox	Sale Harriers Manchester	25.23 W/S:
2	206	Ciara Flannery	Spenborough & Dist Ac	25.50 W/S:
3	268	Katy Wyper	Blackpool Wyre & Fylde AC	25.72 W/S:
4	185	Hannah Bird	Barnsley Athletic Club	26.57 W/S:
5	226	Laurel ODell	University Of Sheffield Union Of Students	27.99 W/S:

Heat 03				W/S:
1	243	Amanda Shaw	Barnsley Athletic Club	25.23 W/S:
2	235	Harriet Pryke	Manx Harriers	25.34 W/S:
3	220	Lucy Mansfield	Blackpool Wyre & Fylde AC	25.54 W/S:
4	224	Becky McLinden	Wirral AC	26.33 W/S:

T57 Under 17 Men 200m Heats

Heat 01				W/S:
1	387	Ben Todd	Chester Le Street & Dist AC	23.62 W/S:
2	354	Joseph Milton	Liverpool P & S AC	23.73 W/S:
3	338	Samuel Lawford	Hallamshire Harriers	24.04 W/S:
4	351	Connor McQuade	Chesterfield & District AC	24.24 W/S:
5	292	Rhys Burton	City Of York Ac	25.42 W/S:
6	345	Tom Matthewson	Doncaster Athletic Club	25.95 W/S:

Heat 02				W/S:
1	389	Shay Walker	City of Sheffield AC	23.89 W/S:
2	281	Zac Barnsley	West Cheshire Athletic Club	24.08 W/S:
3	310	Eliot Gay	Kingston Upon Hull Ac	24.46 W/S:
4	352	Kevin Metzger	Sale Harriers Manchester	24.52 W/S:
5	375	William Schofield	Sale Harriers Manchester	25.26 W/S:
6	309	James Garner	Longwood Harriers Ac	25.90 W/S:

Heat 03				W/S:
1	357	Andrew Morgan-Harrison	Kingston upon Hull AC	23.68 W/S:
2	376	Declan Sheehan	Wakefield District H & Ac	23.96 W/S:
3	364	Lewis Paley	Barnsley Athletic Club	24.14 W/S:
4	284	Steven Bellamy	Doncaster Athletic Club	24.19 W/S:
5	390	Harvey Woodhead	Holmfirth Harriers AC	25.79 W/S:
6	320	Tomas Hanson	Halifax Harriers & Ac	25.90 W/S:

Heat 04				W/S:
1	324	Joe Hobson	City Of Sheffield Ac	22.90 W/S:
2	307	Callum Elliott	Bolton United Harriers & Ac	23.21 W/S:
3	312	Ellis Goldie	Sale Harriers Manchester	24.34 W/S:
4	380	Keenen Smith	Hallamshire Harriers	24.37 W/S:
5	359	Regan OConnell	Rotherham Harriers and AC	24.56 W/S:
6	296	Kyle Catmull	Cleethorpes And District AC	25.67 W/S:

T58 Under 20 Men 200m Heats

Heat 01				W/S:
1	621	Thomas Somers	City of York AC	22.50 W/S:
2	540	Alex Cooper	Rotherham Harriers And Ac	22.85 W/S:
3	610	Daniel Saliba	Bolton United Harriers & AC	23.42 W/S:
4	642	Aaron Would	Lincoln Wellington AC	25.02 W/S:
5	558	Matthew Gilchrist	University Of Sheffield Union Of Students	25.42 W/S:

Heat 02				W/S:
1	616	Robert Shipley	City Of York AC	22.97 W/S:
2	575	Adeel Khaliq	Hallamshire Harriers	23.18 W/S:
3	639	Elliot Wilson	Rotherham Harriers And Ac	23.39 W/S:
4	640	George Wilson	Gateshead Harriers & AC	23.79 W/S:
5	573	Riordan Irvine	Sale Harriers Manchester	25.42 W/S:

Heat 03				W/S:
1	548	Bhekumuzi Dube	Sale Harriers Manchester	23.13 W/S:
2	590	Jack Nemeth	Chesterfield & District AC	23.40 W/S:
3	546	Conor Divilly	Dash Athletics Club	23.42 W/S:
4	550	Matthew Elvidge	Kingston upon Hull AC	23.79 W/S:
5	525	Cameron Barrows	City Of Sheffield AC	24.09 W/S:

Heat 04				W/S:
1	554	Josiah Filleul	City Of Sheffield AC	22.89 W/S:
2	577	Jack Kirk	Longwood Harriers Ac	24.35 W/S:
3	613	Amedeo Scanavacca	Wirral Ac	25.20 W/S:

T59 Senior Men 200m Heats

Heat 01				W/S:
1	153	Nathan Selby	Sale Harriers Manchester	22.12 W/S:
2	97	Oliver Lithgow	Wigan & District H & Ac	22.47 W/S:
3	7	Lawrence Baird	Trafford Athletic Club	23.00 W/S:
4	149	Danny Savin	Stockport Harriers & Ac	23.55 W/S:
5	154	Charlie Sendrowski	Bingley Harriers & Ac	25.0 W/S:

Heat 02				W/S:
1	105	Jerome McIntosh	City Of Sheffield AC	22.73 W/S:
2	151	Darren Scott	City Of Sheffield AC	22.96 W/S:
3	743	Neil Hewson	Trafford Athletic Club	23.31 W/S:
4	57	Mark Gilmer	Leeds City Athletic Club	24.30 W/S:
5	128	Reece Palmer	Chester Le Street & Dist AC	25.18 W/S:

Heat 03				W/S:
1	69	Adam Harvey	Wigan & District H & Ac	22.87 W/S:
2	124	Craig OBrien	Wirral Ac	23.01 W/S:
3	60	Thomas Grantham	City Of Sheffield AC	23.31 W/S:
4	100	Marko Macuh	City Of Sheffield AC	23.35 W/S:
5	177	Michael Wilkinson	Wirral Ac	26.07 W/S:

Heat 04				W/S:
1	11	Rick Beardsell	Sheffield RC	22.45 W/S:
2	84	Reece Ingley	Trafford Athletic Club	22.97 W/S:
3	118	Adam Murray	Wombwell Sporting AC	24.32 W/S:
4	18	Andrew Boyd	Wirral Ac	24.43 W/S:
5	169	Paul Ttereve	Midland Masters Ac	25.85 W/S:

Heat 05				W/S:
1	56	Callum Giles	Kingston upon Hull AC	22.40 W/S:
2	155	Ben Shields	City of Sheffield AC	22.55 W/S:
3	87	Gareth Jones	Wirral Ac	23.47 W/S:
4	63	Simon Green	University Of Sheffield Union Of Students	24.18 W/S:
5	133	James Pratt	Dash Athletics Club	26.85 W/S:

T60 Under 17 Women 800m Heats

Heat 01				W/S:
1	455	Carys McAulay	Warrington A C	2:19:90 W/S:
2	466	Chelsea Nugent	Gateshead Harriers & AC	2:20:48 W/S:
3	473	Aimee Pratt	Sale Harriers Manchester	2:21:26 W/S:
4	406	Annie Bradshaw	Blackpool Wyre & Fylde AC	2:24:90 W/S:
5	489	Nadina Skinner	Scunthorpe & District Ac	2:31:93 W/S:
6	458	Natalie McGuire	Longwood Harriers Ac	2:35:82 W/S:

Heat 02				W/S:
1	424	Niamh Emerson	Amber Valley & Erewash AC	2:24:01 W/S:
2	492	Elizabeth Smith	Warrington A C	2:24:39 W/S:
3	436	Taylor Hammond	Barnsley Athletic Club	2:24:98 W/S:
4	479	Amelia Robinson	Kingston upon Hull AC	2:26:10 W/S:
5	409	Rebecca Buchanan	Carlisle Aspatria AC	2:35:41 W/S:
6	488	Jess Skinn	Scunthorpe & District AC	2:44:94 W/S:

T61 Under 20 Women 800m Heats

Heat 01				W/S:
1	694	Lindsey Morgan	Chesterfield & District AC	2:21:97 W/S:
2	691	Imani Modahl	Sale Harriers Manchester	2:24:23 W/S:
3	697	Fiona Nuttall	Wirral Ac	2:28:45 W/S:
4	682	Zoe Kerins	Wakefield District H & Ac	2:31:69 W/S:
5	429	Layla Foley	Lytham St Annes RR	2:33:30 W/S:

Heat 02				W/S:
1	648	Megan Bates	Eden Runners	2:31:32 W/S:
2	653	Freya Bradshaw	Scunthorpe & District Ac	2:31:47 W/S:
3	646	Megan Ashelby	Stockport Harriers & Ac	2:31:65 W/S:
4	733	Danielle Wallis	Macclesfield Harriers & AC	2:35:16 W/S:

T62 Senior Women 800m Heats

Heat 01				W/S:
1	184	Racheal Bamford	Leeds City Athletic Club	2:13:47 W/S:
2	261	Alexandra Turner	Amber Valley and Erewash A C	2:14:28 W/S:
3	265	Emily Weeks	Exeter Harriers	2:14:38 W/S:
4	225	Emily Moss	Woodford Green /Essex Ladies	2:15:33 W/S:
5	213	Bethany Hirst	East Ches H & Tameside AC	2:19:43 W/S:

Heat 02 W/S:

1	251	Hanna Tarver	City Of Edinburgh Ac	2:15:49 W/S:
2	244	Natalie Shaw	Derby Athletic Club	2:15:58 W/S:
3	200	Nisha Desai	Trafford Athletic Club	2:15:61 W/S:

4267 Rebecca Wilkinson City Of York Ac 2:33:30 W/S:

T63 Under 17 Men 800m Heats

Heat 01				W/S:
1	349	Jethro McGraw	Amber Valley And Erewash A C	2:02:43 W/S:
2	374	Joshua Schofield	City Of York Ac	2:02:97 W/S:
3	283	Jonathon Beharrell	Kingston Upon Hull Ac	2:04:42 W/S:

4 343 Henry Lucas Wigan & District H & Ac 2:04:58 W/S:

5 328 Joseph Hutchesson Hallamshire Harriers 2:04:97 W/S:

6 331 Daniel Jones Amber Valley & Erewash AC 2:13:79 W/S:

Heat 02 W/S:

1	287	Paul Blezard	Preston Harriers	2:04:75 W/S:
2	278	Essa Ahmed	Hallamshire Harriers	2:05:71 W/S:
3	293	Max David Butler	Grantham Ac	2:06:37 W/S:
4	342	James Lonsdale	Worksop Harriers	2:08:71 W/S:
5	300	Marcel Dalee	Kingston Upon Hull Ac	2:09:10 W/S:
6	286	Connor Bingham	Kingston upon Hull AC	2:09:79 W/S:

T64 Under 20 Men 800m Heats

Heat 01				W/S:
1	637	Matthew Wigelsworth	Warrington A C	2:01:85 W/S:
2	611	James Salisbury	Preston Harriers	2:03:61 W/S:
3	605	William Reynolds	Liverpool Harriers & Ac	2:05:97 W/S:
4	521	James Anthoney	Spenborough & Dist AC	2:06:39 W/S:
5	594	Declan O'Neill	Wigan & District H & Ac	2:10:47 W/S:

Heat 02 W/S:

1	589	Daniel Neal	Preston Harriers	2:05:30 W/S:
2	631	Jake Walley	Blackpool Wyre & Fylde AC	2:05:90 W/S:
3	530	Jack Brown	Oldham & Royton H & Ac	2:07:38 W/S:
4	574	Alex Jones	Univ Of Sheffield Union Of Students	2:08:73 W/S:

T65 Senior Men 800m Heats

Heat 01				W/S:
1	79	David Horniman	Trafford Athletic Club	1:56:57 W/S:
2	2	Nzimah Akpan	Liverpool Harriers & AC	1:56:76 W/S:
3	98	Jake Littlehales	Stockport Harriers & Ac	1:58:28 W/S:
4	175	Lee Whiteley	Sale Harriers Manchester	2:01:85 W/S:
5	76	Liam Holiday	Kingston upon Hull AC	2:03:37 W/S:
6	70	Warren Herridge	Skyrac Athletic Club	2:20:38 W/S:

Heat 02 W/S:

1	172	Jamie Webb	Liverpool Harriers & Ac	1:55:38 W/S:
2	43	Harry Doran	Liverpool P & S AC	1:56:70 W/S:
3	125	Josh Oguntayo	Sale Harriers Manchester	1:56:74 W/S:
4	101	Joe Madge	Grantham Ac	2:03:23 W/S:
5	8	Shaun Barras	Jarrow & Hebburn Ac	2:06:44 W/S:

Heat 03 W/S:

1	176	Anthony Whiteman	Shaftesbury Barnet Harriers	1:55:88 W/S:
2	113	Luke Minns	Blackpool Wyre & Fylde AC	1:56:03 W/S:
3	144	Alistair Robinson	Wakefield District H & AC	1:58:39 W/S:
4	45	Daniel Eckersley	Kingston upon Hull AC	1:58:57 W/S:
5	59	Jack Gleave	Warrington A C	2:00:49 W/S:

T66a Senior Women 3000m FINAL

FINAL				W/S:
1	249	Ellie Stevens	Birchfield Harriers	10:04:99 W/S:
2	239	Louise Rudd	Stockport Harriers & AC	10:10:41 W/S:

T66b Under 20 Women 3000m FINAL**FINAL** W/S:

1	725	Catrina Thomas	Lincoln Wellington AC	10:36:14 W/S:
2	252	Katia Tastagh	Manx Harriers	11:56:70 W/S:

T67 Under 20 Men 3000m FINAL**FINAL** W/S:

1	539	Jamaine Coleman	Preston Harriers	8:38:21 W/S:
2	544	Patrick Dever	Preston Harriers	8:38:33 W/S:
3	596	Charlie Pasco	New Marske Harriers Club	8:38:43 W/S:
4	612	James Saxton	Wakefield District H & AC	8:57:05 W/S:

T68a Senior Men 3000m FINAL**FINAL** W/S: CBP

1	107	Jonny Mellor	Liverpool Harriers & Ac	7:56:88 W/S:
2	173	Richard Weir	Derby Athletic Club	8:02:94 W/S:
3	71	Andrew Heyes	Hallamshire Harriers	8:12:76 W/S:
4	148	Alasdair Russell	Kendal AAC	8:40:21 W/S:
5	94	Kristopher Lecher	Kingston upon Hull AC	8:48:95 W/S:
6	81	Michael Hoyle	Kendal AAC	9:08:54 W/S:
7	35	Dean Crangle	Northumbria University AC	9:11:34 W/S:
8	164	James Taylor	Morpeth Harriers & Ac	9:15:92 W/S:

T70 Under 17 Women 200m Semi-Finals**Semi-Final 01** W/S:

1	399	Ella Barrett	Chesterfield & District Ac	25.77 W/S:
2	467	Charlotte Orton	Ellenborough Ac	26.52 W/S:
3	401	Lauren Bennett	Rotherham Harriers And Ac	26.91 W/S:
4	453	Emily Lyons	Kingston upon Hull AC	26.92 W/S:
5	397	Georgia Barlow	West Cheshire Athletic Club	27.47 W/S:
6	469	Danielle Parrott	E. Cheshire H & T'side AC	27.77 W/S:

Semi-Final 02 W/S:

1	477	Eleanor Rawson	City Of Sheffield Ac	25.43 W/S:
2	435	Ashton Greenwood	Spenborough & Dist AC	26.24 W/S:
3	499	Jessica Swannack	Preston Harriers	26.93 W/S:
4	474	Luci Preston	Kingston upon Hull AC	27.07 W/S:
5	453	Emily Lyons	Kingston upon Hull AC	27.18 W/S:
6	431	Ellena Freeman	Rotherham Harriers and AC	27.42 W/S:

T71 Under 20 Women 200m Semi-Finals**Semi-Final 01** W/S:

1	664	Kristie Edwards	City of Sheffield AC	24.94 W/S:
2	656	Nikita Campbell-Smith	Birchfield Harriers	25.25 W/S:
3	739	Paige Massey	City Of Sheffield AC	26.48 W/S:
4	669	Rebecca Hall	City of Sheffield AC	27.22 W/S:
5	651	Francesca Borg	Bolton United Harriers & AC	27.39 W/S:
6	734	Sally Wareing	Southport Waterloo Ac	27.85 W/S:

Semi-Final 02 W/S:

1	650	Abigail Bishell	City Of Sheffield AC	26.12 W/S:
2	715	Ruth Robinson	City Of Sheffield Ac	26.32 W/S:
3	644	Stephanie Addison	Gateshead Harriers & Ac	26.37 W/S:
4	736	Georgia Whitfield	Newcastle University Ac	26.42 W/S:
5	711	Charlotte Ramsay	Blyth Running Club	26.92 W/S:
6	676	Ashley Hutchinson	Gateshead Harriers & AC	27.42 W/S:

T75 Under 17 Men 200m Semi-Finals**Semi-Final 01**

1	324	Joe Hobson	City Of Sheffield Ac	22.95	W/S:
2	307	Callum Elliott	Bolton United Harriers & Ac	23.03	W/S:
3	281	Zac Barnsley	West Cheshire Athletic Club	23.79	W/S:
4	389	Shay Walker	City of Sheffield AC	23.91	W/S:
5	338	Samuel Lawford	Hallamshire Harriers	24.57	W/S:
6	351	Connor McQuade	Chesterfield & District AC	24.76	W/S:

Semi-Final 02

1	357	Andrew Morgan-Harrison	Kingston upon Hull AC	23.43	W/S:
2	354	Joseph Milton	Liverpool P & S AC	23.47	W/S:
3	387	Ben Todd	Chester Le Street & Dist AC	23.50	W/S:
4	376	Declan Sheehan	Wakefield District H & Ac	23.72	W/S:
5	364	Lewis Paley	Barnsley Athletic Club	24.15	W/S:
6	284	Steven Bellamy	Doncaster Athletic Club	24.42	W/S:

T76 Under 20 Men 200m Semi-Finals**Semi-Final 01**

1	621	Thomas Somers	City of York AC	22.08	W/S:
2	540	Alex Cooper	Rotherham Harriers And Ac	22.72	W/S:
3	548	Bhekumuzi Dube	Sale Harriers Manchester	22.74	W/S:
4	639	Elliot Wilson	Rotherham Harriers And Ac	23.19	W/S:
5	640	George Wilson	Gateshead Harriers & AC	24.32	W/S:

Semi-Final 02

1	554	Josiah Filleul	City Of Sheffield AC	22.97	W/S:
2	616	Robert Shipley	City Of York AC	23.04	W/S:
3	575	Adeel Khaliq	Hallamshire Harriers	23.17	W/S:
4	610	Daniel Saliba	Bolton United Harriers & AC	23.56	W/S:
5	546	Conor Divilly	Dash Athletics Club	23.75	W/S:
6	590	Jack Nemeth	Chesterfield & District AC	23.97	W/S:

T77 Senior Men 200m Semi-Finals**Semi-Final 01**

1	153	Nathan Selby	Sale Harriers Manchester	22.08	W/S:
2	97	Oliver Lithgow	Wigan & District H & Ac	22.28	W/S:
3	155	Ben Shields	City of Sheffield AC	22.47	W/S:
4	743	Neil Hewson	Trafford Athletic Club	23.37	W/S:
5	60	Thomas Grantham	City Of Sheffield AC	23.64	W/S:
6	63	Simon Green	University Of Sheffield Union Of Students	24.61	W/S:

Semi-Final 02

1	56	Callum Giles	Kingston upon Hull AC	22.33	W/S:
2	69	Adam Harvey	Wigan & District H & Ac	22.40	W/S:
3	151	Darren Scott	City Of Sheffield AC	22.92	W/S:
4	7	Lawrence Baird	Trafford Athletic Club	23.08	W/S:

Semi-Final 03

1	11	Rick Beardsell	Sheffield RC	22.16	W/S:
2	105	Jerome McIntosh	City Of Sheffield AC	22.40	W/S:
3	84	Reece Ingle	Trafford Athletic Club	22.76	W/S:
4	124	Craig OBrien	Wirral Ac	22.89	W/S:
5	100	Marko Macuh	City Of Sheffield AC	23.88	W/S:
6	118	Adam Murray	Wombwell Sporting AC	25.00	W/S:

T79 Under 17 Women 200m FINAL

1	399	Ella Barrett	Chesterfield & District Ac	24.78	W/S:
2	477	Eleanor Rawson	City Of Sheffield Ac	25.20	W/S:
3	467	Charlotte Orton	Ellenborough AC	26.06	W/S:
4	435	Ashton Greenwood	Spenborough & Dist AC	26.28	W/S:
5	458	Natalie McGuire	Longwood Harriers Ac	27.14	W/S:
6	401	Lauren Bennett	Rotherham Harriers And Ac	27.19	W/S:

T80 Under 20 Women 200m FINAL**FINAL**

1	664	Kristie Edwards	City of Sheffield AC	24.74	W/S:
2	656	Nikita Campbell-Smith	Birchfield Harriers	25.11	W/S:
3	650	Abigail Bishell	City Of Sheffield AC	26.32	W/S:
4	644	Stephanie Addison	Gateshead Harriers & Ac	26.98	W/S:

T81 Senior Women 200m FINAL**FINAL**

1	205	Abi Fitzpatrick	Sale Harriers Manchester	24.64	W/S:
2	201	Beth Dobbin	Doncaster Athletic Club	24.94	W/S:
3	195	Kadeena Cox	Sale Harriers Manchester	25.09	W/S:
4	243	Amanda Shaw	Barnsley Athletic Club	25.41	W/S:
5	206	Ciara Flannery	Spenborough & Dist Ac	25.79	W/S:

T82 Under 17 Men 200m FINAL**FINAL**

1	324	Joe Hobson	City Of Sheffield Ac	22.72	W/S:
2	307	Callum Elliott	Bolton United Harriers & Ac	23.05	W/S:
3	357	Andrew Morgan-Harrison	Kingston upon Hull AC	23.23	W/S:
4	354	Joseph Milton	Liverpool P & S AC	23.54	W/S:
5	387	Ben Todd	Chester Le Street & Dist AC	23.54	W/S:
6	376	Declan Sheehan	Wakefield District H & Ac	24.14	W/S:

T83 Under 20 Men 200m FINAL**FINAL**

1	621	Thomas Somers	City of York AC	21.69	W/S:
2	540	Alex Cooper	Rotherham Harriers And Ac	22.93	W/S:
3	548	Bhekumuzi Dube	Sale Harriers Manchester	22.98	W/S:
4	554	Josiah Filleul	City Of Sheffield AC	22.99	W/S:
5	616	Robert Shipley	City Of York AC	23.20	W/S:
6	575	Adeel Khaliq	Hallamshire Harriers	23.55	W/S:

T84 Senior Men 200m FINAL**FINAL**

1	153	Nathan Selby	Sale Harriers Manchester	21.74	W/S:
2	11	Rick Beardsell	Sheffield RC	21.96	W/S:
3	97	Oliver Lithgow	Wigan & District H & Ac	22.17	W/S:
4	105	Jerome McIntosh	City Of Sheffield AC	22.52	W/S:
4	56	Callum Giles	Kingston upon Hull AC	22.22	W/S:
6	69	Adam Harvey	Wigan & District H & Ac	22.89	W/S:

T85 Under 17 Women 800m FINAL**FINAL**

1	455	Carys McAulay	Warrington A C	2:19:33	W/S:
2	424	Niamh Emerson	Amber Valley & Erewash AC	2:19:47	W/S:
3	473	Aimee Pratt	Sale Harriers Manchester	2:20:82	W/S:
4	466	Chelsea Nugent	Gateshead Harriers & AC	2:21:77	W/S:
5	492	Elizabeth Smith	Warrington A C	2:26:16	W/S:
6	406	Annie Bradshaw	Blackpool Wyre & Fylde AC	2:29:58	W/S:

T86 Under 20 Women 800m FINAL**FINAL**

1	648	Megan Bates	Eden Runners	2:22:52	W/S:
2	694	Lindsey Morgan	Chesterfield & District AC	2:23:02	W/S:
3	653	Freya Bradshaw	Scunthorpe & District Ac	2:23:25	W/S:
4	691	Imani Modahl	Sale Harriers Manchester	2:23:42	W/S:
5	646	Megan Ashelby	Stockport Harriers & Ac	2:25:42	W/S:
6	697	Fiona Nuttall	Wirral AC	2:33:66	W/S:

T87 Under 17 Men 800m FINAL

FINAL			W/S:	
1	278	Essa Ahmed Hallamshire Harriers	1:58:64	W/S:
2	349	Jethro McGraw Amber Valley & Erewash AC	1:58:89	W/S:
3	374	Joshua Schofield City Of York Ac	2:01:05	W/S:
4	287	Paul Blezard Preston Harriers	2:05:82	W/S:
5	343	Henry Lucas Wigan & District H & Ac	2:06:82	W/S:
6	283	Jonathon Beharrell Kingston Upon Hull Ac	2:11:51	W/S:

T88 Under 20 Men 800m FINAL

FINAL			W/S:	
1	637	Matthew Wigelsworth Warrington A C	1:59:38	W/S:
2	611	James Salisbury Preston Harriers	1:59:64	W/S:
3	631	Jake Walley Blackpool Wyre & Fylde AC	1:59:65	W/S:
4	589	Daniel Neal Preston Harriers	2:02:41	W/S:
5	605	William Reynolds Liverpool Harriers & Ac	2:02:99	W/S:
6	521	James Anthoney Spenborough & Dist AC	2:06:88	W/S:

T89 Senior Women 800m FINAL

FINAL			W/S:	
1	251	Hanna Tarver City Of Edinburgh Ac	2:06:34	W/S:
2	184	Racheal Bamford Leeds City Athletic Club	2:07:60	W/S:
3	200	Nisha Desai Trafford Athletic Club	2:13:86	W/S:
4	261	Alexandra Turner Amber Valley & Erewash AC	2:14:57	W/S:
5	244	Natalie Shaw Derby Athletic Club	2:15:64	W/S:
6	265	Emily Weeks Exeter Harriers	2:16:92	W/S:
7	225	Emily MossWoodford Green Ac With Essex Ladies	2:17:77	W/S:

T90 Senior Men 800m FINAL

FINAL			W/S:	
1	172	Jamie Webb Liverpool Harriers & Ac	1:52:42	W/S:
2	176	Anthony Whiteman Shaftesbury Barnet Harriers	1:53:02	W/S:
3	79	David Horniman Trafford Athletic Club	1:54:19	W/S:
4	113	Luke Minns Blackpool Wyre & Fylde AC	1:54:93	W/S:
5	125	Josh Oguntayo Sale Harriers Manchester	1:55:25	W/S:
6	43	Harry Doran Liverpool P & S AC	2:01:69	W/S: