

Long Jump	Forname	Surname	Club		Distance
	1 Chloe	BARROWCLOUGH	Barnsley Athletic Club	U11G	3.87
	2 Joshua	ATOYEBI	City of Sheffield And Dearne AC	U11G	3.86
	3 Mia	FRANCO	Amber Valley & Erewash Athletic Clut	U13G	3.79
	4 Bobbie	WAUGH	Hallamshire Harriers Sheffield	U13G	3.78
	5 Angeline	ABBERLEY	Rotherham	U13G	3.54
	6 Matthew	COCKINGS	City of Sheffield And Dearne AC	U13B	3.42
	7 Millie	QUINN	Hallamshire Harriers Sheffield	U15G	3.41
	8 Anaiah	ATOYEBI	City of Sheffield And Dearne AC	U13G	3.3
	9 Isla	KERR	Rotherham Harriers & AC	U13G	3.22
	10 Danny	KERINS	Wakefield District H & AC	U13B	3.13
	11 Sam	JORDAN	City of Sheffield And Dearne AC	U11B	2.99
	12 Keira	RHODES	Wombwell Sporting AC	U11G	2.77
Long Jump	Forname	Surname			Distance
	1 Kristis	ARCHER	Wombwell Sporting AC	U17W	5.05
	2 Emily	DYE	Kingston Upon Hull AC	U17G	4.77
	3 Katie	BARNES	Doncaster	U17G	4.61
	4 Ellie	FEDZIN	Longwood Harriers AC	U15G	4.58
	5 Hayden	BLUNN	Macclesfield Harriers & AC	U13B	4.41
	6 Caitlin	RIMMER	City of Sheffield And Dearne AC	U17W	4.39
	7 Katie	POTTS	Amber Valley & Erewash Athletic Clut	U15G	4.23
	8 Carole	FILER	City of Norwich AC	Sw	4.01
	9 James	WAINWRIGHT	City of Sheffield And Dearne AC	U15G	3.73
	10 Jasmine	SMITH	Wombwell Sporting AC	U15G	3.65
Long Jump	Forname	Surname			Distance
	1 Amelia	BENJAMIN	Birchfield Harriers	Sw	5.52
	2 Harry	KENDALL	Tonsridge	U23M	6.54
	3 Deo	MILANDU	City of Sheffield And Dearne AC	Sm	5.64
	4 Sam	CHUBB	Hallamshire Harriers Sheffield	Sm	5.43
	5 Nathan	HOOD	KUHAC	U20M	5.39
	6 Callum	WRIGHT	Dorchester AC	Sm	5.21
	7 Anabel	BAGLEY	Sheffield	U20W	5.16
	8 Nicole	LANNIE	Doncaster Athletic Club	U17W	5.11
	9 Daphney	ADEBAYO	City of Sheffield And Dearne AC	U13G	4.98
	10 Ellie	WALKER	City of Sheffield And Dearne AC	U20W	4.85
	11 Tilly	MYCROFT	City of Sheffield And Dearne AC	U15G	4.31
	12 Jacey	SHILLITO	Wombwell Sporting AC	U15G	4.27
	13 George	COLTON	Worksop Harriers	U13B	4.26
	14 Rudi	MAY	City of Sheffield And Dearne AC	U13B	3.66
Shot Putt	Forname	Surname			Distance
	1 Arturas	GURKLYS	City of Sheffield And Dearne AC	Sm	16.95
	2 Jonathan	BRIGGS	Birmingham Running Athletics & Triat	Sm	13.35
	3 Emma	DAKIN	Rotherham Harriers	U20M	12.09
	4 Lucy	HOLMES	Wakefield District H & AC	Sw	11.73
	5 Annabelle	PASK	Rugby & Northampton AC	Sw	10.65
	6 Josh	KYNOCH	City of Sheffield And Dearne AC	U17M	10.57
	7 Lucy	FORREST	Rotherham Harriers & AC	U17W	10.22
	8 Regan	LANGLEY	Doncaster AC	U17M	9.71
	9 Anna	RENKEN	Loughborough Students AC	Sw	9.18

10 Ella	KYNOCH	City of Sheffield And Dearne AC	U15G	9.14
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Shot Putt	Forname	Surname		Distance
1	Megan	TAYLOR	Leeds City Athletic Club	U17W 8.86
2	Caitlin	RIMMER	City of Sheffield And Dearne AC	U17W 8.85
3	Sophie	OLIVER	Hallamshire Harriers Sheffield	U17W 8.17
4	Ella	DARWIN	Rotherham Harriers & AC	U13G 7.95
5	Morgan	SPINK	Doncaster Athletic Club	U17W 7.77
6	Claudia	COLE	City of Sheffield And Dearne AC	U15G 7.74
7	Madison	ROWE	Rotherham Harriers	U15G 7.72
8	Jason	NEWELL	Spensborough AC	V45M 7.53
9	Harriet	WALKER	Rotherham Harriers	U15G 7.34
10	Amie	MOORE	Rotherham	U15G 7.23
11	Millie	QUINN	Hallamshire Harriers Sheffield	U15G 6.6
12	Ari	HODGSON	Washington Running Club	Sm 6.29
13	Isla	KERR	Rotherham Harriers & AC	U13G 6.03
14	Danny	KERINS	Wakefield District H & AC	U13B 5.09
15	Matthew	COCKINGS	City of Sheffield And Dearne AC	U13B 4.59

Pole Vault	Forname	Surname		Height
1	George	HEPPINSTALL	City of Sheffield And Dearne AC	Sm 4.63
2	Joshua	LINDLEY	City of Sheffield And Dearne AC	U20M 4.03
3	Nathan	LANGLEY	Doncaster AC	U20M 3.33
4	James	MAY	City of Sheffield And Dearne AC	U17M 3.33

Pole Vault	Forname	Surname		Height
1	Will	LANE	City of Sheffield And Dearne AC	U15B 3.08
2	Lois	GREEN	Chesterfield & District AC	U17W 2.93
3	Amy	HUNT	Wakefield	U15G 2.93
4	Leah	PROCTOR	Chesterfield & District AC	U17W 2.53
5	Sophie	OLIVER	Hallamshire Harriers Sheffield	U17W 2.53
6	Erin	HUNT	Wakefield	U15G 2.53
7	Rebecca	WARDLE	Chesterfield AC	U20W 2.38
8	Arthur	RILEY	City of Sheffield And Dearne AC	U11B 2.38
9	Ewan	HORSLEY	Chesterfield & District AC	U15G 2.38
10	Evan	HOPKINS	City of Sheffield And Dearne AC	U13B 2.23
11	Tony	MURRAY	City of Sheffield And Dearne AC	U13B 2.23
12	Regan	LANGLEY	Doncaster AC	U17M 2.23
13	Hayley	FOX	Lincoln Wellington Athletic Club	Sw 2.08
14	Rudi	MAY	City of Sheffield And Dearne AC	U13B 2.08
15	Hannah	MOODY	Chesterfield	U15G 2.08
16	Alicia	PROCTOR	Chesterfield & District AC	U15G 1.93
17	Katy	DAVID		U13G 1.93
18	Louis	WHYSALL	2 Dash	U13B 1.78
19	Sam	OLIVER	Hallamshire Harriers Sheffield	U15B 1.63
20	Oliver	MAARANEN	2 Dash	U11B 1.63

Triple Jump	Forname	Surname	Distance
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1	Savannah	STOREY	Worksop Harriers	U17W	9.25
2	Lahanna	VARDY	Rotherham Harriers	U15G	9.17
3	Grace	PLATER	Leeds City Athletic Club	U20W	11.13
4	Sam	CHUBB	Hallamshire Harriers Sheffield	Sm	12.3

Vortex	Forname	Surname			Distance
	1	JORDAN	SAM	City of Sheffield And Dearne AC	U11B 23.5
	2	TURNER	GEORGE	2 DASH	U11B 26.49
	3	WHYSALL	OSCAR	2 DASH	U11B 23.29
	4	Arthur	RILEY	City of Sheffield And Dearne AC	U11B 23.14
	5	Isabella	DAVIES	Birchfield Harriers	U11G 14.35

					Time
	1	Junior 60m Race 1			
	1	Chloe	BARROWCLOUC	Barnsley Athletic Club	U11G 9.29
	2	Isabella	DAVIES	Birchfield Harriers	U11G 9.53
	3	Keira	RHODES	Wombwell Sporting AC	U11G 10.25

	1	Junior 60m Race 2			
	1	Tony	MURRAY	City of Sheffield And Dearne AC	U13G 9.14
	2	Joshua	ATOYEBI	City of Sheffield And Dearne AC	U11B 9.33
	3	George	Whysall	2DASH	U11B 9.35
	4	Sam	JORDAN	City of Sheffield And Dearne AC	U11B 10.56
	5	Oscar	Whysall	2 Dash	U11B 11.06

	1	Junior 60m Race 3			
	1	Angeline	Abberley	Rotherham	U13G 8.73
	2	Ella	DARWIN	Rotherham Harriers & AC	U13G 9.03
	3	Anaiah	ATOYEBI	City of Sheffield And Dearne AC	U13G 9.37
	4	Bobbie	WAUGH	Hallamshire Harriers Sheffield	U13G 9.68
	5	Katy	DAVID	City of Sheffield And Dearne AC	U13G 9.69
	6	Isla	KERR	Rotherham Harriers & AC	U13G 9.72

	1	Junior 60m Race 4			
	1	George	COLTON	Worksop Harriers	U13B 9.14
	2	Louis	WHYSALL	2 Dash	U13B 10.45
	3	Danny	KERINS	Wakefield District H & AC	U13B 11.16

	2	60mH Race 1			
	1	Elle	HINCHLIFFE	City of Sheffield And Dearne AC	U15G 9.48
	2	Charlie	YATES	Amber Valley & Erewash Athletic	U15G 9.89
	3	Jacey	SHILLITO	Wombwell Sporting AC	U15G 10.39
	4	Mia	FRANCO	Amber Valley & Erewash Athletic	U13G 11.26

	2	60mH Race 2			
	1	Nicole	LANNIE	Doncaster Athletic Club	U17W 9.15
	2	Emily	RACE	Worksop Harriers	U20W 9.19
	3	Megan	TAYLOR	Leeds City Athletic Club	U17W 9.96
	4	Evie	MASON	City of Sheffield And Dearne AC	U17W 10.17

2 60mH Race 3				
1	Deo MILANDU	City of Sheffield And Dearne AC	Sm	8.52
2	Curtis MITCHELL	Preston	Senior	8.53
3	Samuel CRONEY	Kingston Upon Hull AC	U17M	8.86
				0.00
3 Sen 60m Race 1				
1	Adam WALKER-KHAN	Birchfield Harriers	Senior	7.10
2	Lee THOMPSON	City of Sheffield And Dearne AC	Sm	7.12
3	Derrius GREENAWAY	Rotherham Harriers & AC	U20M	7.13
4	Tom METCALFE	University of Sheffield Union o	Sm	7.14
5	Marvin EDWARDS	Northern Masters AC	Sm	7.24
6	Leroy TOMAS	Basildon	Sm	7.37
3 Sen 60m Race 2				
1	Nathan TOGUN	Birchfield Harriers	Senior	7.36
2	Adam MURRAY	Wakefield	Senior	7.40
3	Lewis PALEY	Wakefield	Senior	7.51
4	John TROTMAN	East Cheshire Harriers & Tamesi	U20M	7.62
5	Daka DALISTO	City of Sheffield And Dearne AC	U17	7.63
6	James GREENHALGH	West Norfolk AC	Sm	7.64
3 Sen 60m Race 3				
1	Bradley ELLISON	Rotherham	U20M	7.60
2	Max MILLERCHIP	Shrewsbury AC	U17M	7.62
3	Scott MACKAY	Leeds University Atheltics Club	U20m	7.65
4	Callum WRIGHT	Dorchester AC	Sm	7.69
5	James WINDLE	Sheffield Hallam University Ath	U23	7.72
6	Ben KELLY	Hallamshire Harriers	U20	7.88
3 Sen 60m Race 4				
1	Jaafar HASAN	Sheffield Hallam University Ath	U20M	7.52
2	Jonathan CHAN	Sheffield Hallam University Ath	U20M	7.68
3	Atheer GALDAGON	Sheffield AC	Senior	7.76
4	Samuel CRONEY	Kingston Upon Hull AC	U17M	7.76
5	Ella BARRETT	Chesterfield & District AC	Sw	7.95
6	Amanda SHAW	Wakefield District H & AC	Sw	8.09
3 Sen 60m Race 5				
1	Gabriel AFFONSO	Leeds University Atheltics Club	Sm	7.73
2	Malcolm MCPHAIL	Northern Masters AC	Sm	8.05
3	Josh KYNOCH	City of Sheffield And Dearne AC	U17	8.11
4	Tom HUNT	Rotherham Harriers	U20	8.26
5	Jason NEWELL		Sm	8.52
3 Sen 60m Race 6				
1	Eleanor RAWSON	City of Sheffield And Dearne AC	Sw	8.03
2	Gabby CRAFT	Hallamshire Harriers	U20	8.21
3	Sarah Zintchem	Rotherham Harriers AC	U20	8.35
4	Nicole NORTON	Doncaster Athletic Club	Sw	8.53
5	Lucy HOLMES	Wakefield District H & AC	Sw	8.62

6	Katy MAWHINNEY	Leeds University Atheltics Club	Sw	8.87
3 Sen 60m Race 7				
1	Megan DARWIN	Rotherham Harriers	U17G	8.41
2	Olivia PARKES	Rotherham Harriers	U20	8.70
3	Hameedah ISMAIL	Sheffield Hallam University Ath	Sw	8.96
3 Sen 60m Race 8				
1	Leah PROCTOR	Chesterfield & District AC	U17W	8.27
2	Kristis ARCHER	Wombwell Sporting AC	U17W	8.37
3	Jessica NEWSOME	Barnsley Athletic Club	U17W	8.39
4	Savannah STOREY	Worksop Harriers	U17W	8.77
3 Sen 60m Race 9				
1	Daisy LOGAN	KUHAC	U15G	8.20
2	Elle HINCHLIFFE	City of Sheffield And Dearne AC	U15G	8.40
3	Sam KELLY	Hallamshire Harriers	U15B	8.52
4	William EARNSHAW		0 U15B	8.58
5	Isabel WHITE	Longwood Harriers AC	U15G	8.59
6	Tilly MYCROFT	City of Sheffield And Dearne AC	U15G	8.70
3 Sen 60m Race 10				
1	Ellie FEDZIN	Longwood Harriers AC	U15G	8.82
2	Zara RILEY	City of Sheffield And Dearne AC	U15G	9.05
3	Lahanna VARDY	Rotherham Harriers	U15G	9.24
4	Katie POTTS	Amber Valley & Erewash Athletic	U15G	9.27
5	Claudia COLE	City of Sheffield And Dearne AC	U15G	9.30
6	Jasmine SMITH	Wombwell Sporting AC	U15G	9.43
3 60m Race Walker				
1	Ellie SIMPSON	City of Sheffield And Dearne AC	Sw	13.83
2	Orla CONNEELY	City of Sheffield And Dearne AC	U15G	18.13
4 300m Race 1				
1	Adam WALKER-KHAN	Birchfield Harriers	Senior	
2	Mike COOGAN	East Cheshire Harriers & Tamesi	Sm	36.15
3	Joshua HUMBERSTON	Hallamshire Harriers Sheffield	U20M	37.43
4	Tom HUNT	Rotherham Harriers	U20	41.86
5	Morgan SPINK	Doncaster Athletic Club	U17W	41.98
5 400m Race 1				
1	Calvin HEAYESZEO	Sheffield & Dearne	Senior	50.52
2	Harvey STAINTHORPE	Croydon Harriers	Sm	50.99
3	Lennox THOMPSON	Newham & Essex Beagles AC	Sm	51.10
4	David RUTHERFORD	University of Sheffield Union o	Sm	54.03
5	Heather CARSON	University of Sheffield Union o	Sw	59.86

	5	400m Race 2				
	1	John TROTMAN	East Cheshire Harriers & Tamesi	U20M	53.18	
	2	Leeroy GOLDING	Pendle Athletic Club	Sm	1:01.01	
	3	Leah PROCTOR	Chesterfield & District AC	U17W	1:03.36	
	4	Victoria WEST	City of Sheffield And Dearne AC	U20W	1:12.98	
	6	800m BMC Race 1				
	1	Canaan SOLOMON	Woodford Green Essex Ladies	Sm	1:52.41	
	2	Patrick TAYLOR	Birchfield H/Birmingham Uni	Sm	1:53.87	
	3	Kevin BELL	Liverpool H	Sm	1:54.89	
	4	James SAXTON	Wakefield/Warwick Uni/ACkworth	Sm	1:55.21	
	5	Samuel JONES	St. Albans AC/St. Albans Stride	Sm	1:57.57	
	6	Dan RIDDINGTON	Bracknell AC	Sm	1:58.74	
	6	800m BMC Race 2				
	1	Thomas RANDOLPH	Tamworth/St. Mary's Uni	U20M	1:55.39	
	2	Luke JONES	Tamworth/Birmingham Uni	Sm	1:56.19	
	3	Fergus MCAULIFFE	Charnwood	U20M	1:56.77	
	4	Jonathon BEHARRELL	Sheffield & Dearne/St. Mary's U	Sm	1:56.87	
	5	Matthew PATERSON	Corby	U20M	1:57.94	
	6	Anthony WHITEMAN	Shaftesbury Barnet	V45M	2:02.16	
	0			0		
	6	800mBMC Race 3				
	1	Tim ROGERS	Wycombe	U20M	2:01.12	
	2	Tom GUY	City of Stoke/St. Mary's Uni	Sm	2:01.69	
	3	Finn HUTTON	Havering	Sm	2:01.91	
	4	Oli LUM	Bracknell AC/Cardiff Met Uni	Sm	2:02.15	
	5	Jack BENSTEAD	Corby	U20M	2:02.19	
	6	Dean RICHARDSON	City of Stoke/Midland Masters	V40m	2:03.10	
DNF		Tom MACKMAN	TomBrighton Phoenix/Birmingham U	Sm	0.00	
	0			0		
	6	800m BMC Race 4				
	1	Leah BARROW	Windsor Slough Eton & Hounslow/	Sw	2:10.33	
	2	Julia COOKE	Birchfield H/Birmingham Uni/Run	Sw	2:10.97	
	3	Danielle WEBB	Liverpool H/Loughborough Studen	Sw	2:13.23	
	4	Gabrielle COVENEY	Ealing Southall & Middx/Dundrum	Sw	2:13.52	
	5	Saskia HUXHAM	Hallamshire	U20W	2:14.71	
	6	Molly POCOCK	Aldershot Farnham & District	U23	2:15.57	
	7	Richael BROWNE	Sli Cualann/Ireland	Sw	2:19.36	
	0			0		
	6	800m Race 5				
	1	Jed TURNER	Sheffield Rc	Sm	2:20.13	
	2	Chris IRELAND	Sheffield Running Club	Senior	2:20.50	
	3	Katy SHARP	University of Sheffield Union o	Sw	2:49.29	
	0			0		
	6	800m Open Race 2				
	1	Zak FERGUSON	City of Sheffield And Dearne AC	U13B	2:26.81	
	2	Bobbie WAUGH	Hallamshire Harriers Sheffield	U13G	2:39.92	
	3	Hayden BLUNN	Macclesfield Harriers & AC	U13B	2:45.27	

4	Alicia PROCTOR	Chesterfield & District AC	U15G	2:48.95
5	Hugo CULLEN	Doncaster Athletic Club	U15B	2:50.36
6	Mia FRANCO	Amber Valley & Erewash Athletic	U13G	2:58.40
0			0	
8	200m Race 1			
1	Derrius GREENAWAY	Rotherham Harriers & AC	U20M	22.38
2	Tom METCALFE	University of Sheffield Union o	Sm	22.44
3	Lennox THOMPSON	Newham & Essex Beagles AC	Sm	22.69
4	Stirling GIBBONS	Sheffield Hallam University	Senior	25.02
0			0	
8	200m Race 2			
1	Harry KENDALL	Tonbridge	U23M	22.49
2	Mike COOGAN	East Cheshire Harriers & Tamesi	Sm	22.93
3	Adam MURRAY	Wakefield	Senior	23.54
4	Jonathan CHAN	Sheffield Hallam University Ath	U20M	24.27
5	James WINDLE	Sheffield Hallam University Ath	U23M	24.82
0			0	
8	200m Race 3			
1	Isaac RUSHWORTH	City of Sheffield And Dearne AC	U17M	23.27
2	Nathan LANGLEY	Doncaster AC	U20M	23.80
3	Daka DALISTO	City of Sheffield And Dearne AC	U17M	23.84
4	Atheer GALDAGON	City of Sheffield And Dearne AC	Senior	24.19
5	Lewis PALEY	Wakefield	Senior	24.45
0			0	
8	200m Race 4			
1	John TROTMAN	East Cheshire Harriers & Tamesi	U20M	23.76
2	Jaafar HASAN	Sheffield Hallam University Ath	U20M	23.98
3	Max MILLERCHIP	Shrewsbury AC	U17M	24.54
4	Gabriel AFFONSO	Leeds University Atheltics Club	Sm	26.05
5	Tom HUNT	Rotherham Harriers	U20	26.54
8	200m Race 5			
1	Malcolm MCPHAIL	Northern Masters AC	Sm	25.09
2	Amanda SHAW	Wakefield District H & AC	Sw	25.27
3	Eleanor RAWSON	City of Sheffield And Dearne AC	Sw	25.80
4	Anna RENKEN	Loughborough Students AC	Sw	26.27
5	Megan BATES	University of Sheffield Union o	Sw	27.25
8	200m Race 6			
1	Leeroy GOLDING	Pendle Athletic Club	Sm	26.39
2	Molly ADAMS	Horsham Blue Star Harriers	Sw	26.41
3	Jason NEWELL	Spenborough AC	V45M	27.83
4	Mark ABBERLEY	Doncaster AC	Senior	29.23
8	200m Race 7			
1	Megan ASHELBY	Stockport Harriers & AC	Sw	27.44
2	Annabelle PASK	Rugby & Northampton AC	Sw	28.10
3	Cara BROWN	Sheffield Hallam University Ath	U20W	28.12
4	Katy MAWHINNEY	Leeds University Atheltics Club	Sw	30.09
5	Hameedah ISMAIL	Sheffield Hallam University Ath	Sw	30.43

	8	200m Race 8				
	1	Anabel BAGLEY	City of Sheffield And Dearne	U20W	26.01	
	2	Sarah ZINTCHEM	Rotherham Harriers AC	U20W	26.55	
	3	Olivia PARKES	Rotherham Harriers	U20W	28.17	
	8	200m Race 9				
	1	Daisy LOGAN	KUHAC	U15G	26.79	
	2	Isabel WHITE	Longwood Harriers AC	U15G	27.65	
	3	Daphney ADEBAYO	City of Sheffield And Dearne AC	U13G	27.75	
	4	Charlie YATES	Amber Valley & Erewash Athletic	U15G	28.69	
	5	Hannah MOODY	Chesterfield	U15G	29.34	
	6	Alicia PROCTOR	Chesterfield & District AC	U15G	31.40	
	8	200m Race 10				
	1	Corey MARTIN	City of Sheffield And Dearne AC	U15B	26.73	
	2	Hayden BLUNN	Macclesfield Harriers & AC	U13B	30.12	
	3	Millie QUINN	Hallamshire Harriers Sheffield	U15G	30.61	
	4	James WAINWRIGHT	City of Sheffield And Dearne AC	U15B	31.01	
	8	200m Race 11				
	1	Anaiah ATOYEBI	City of Sheffield And Dearne AC	U13G	30.75	
	2	Rudi MAY	City of Sheffield And Dearne AC	U13B	31.06	
	3	Joshua ATOYEBI	City of Sheffield And Dearne AC	U11B	31.27	
	4	Isabella DAVIES	Birchfield Harriers	U11G	31.54	
	5	Matthew COCKINGS	City of Sheffield And Dearne AC	U13B	34.78	
	9	1500m BMC Race 1				
	1	Jonathan DAVIES	Reading AC/Birmingham Uni	Sm	3:47.26	
	2	Max WHARTON	Liverpool H/St. Mary's Uni	Sm	3:51.42	
	3	Jeremy BARNES	Coventry/St. Mary's Uni	Sm	3:51.72	
	4	Matthew SEDDON	Bracknell AC/Cardiff Met Uni	Sm	3:54.30	
	5	Doug MUSSON	Notts/Nottingham Trent Uni	Sm	3:54.32	
	6	Adam MOORE	Windsor Slough Eton & Hounslow/	Sm	3:59.29	
	7	Miles WEATHERSEED	Tonbridge/Oxford Uni	Sm	4:02.43	
	8	Harry KENDALL	Tonbridge	Sm	4:04.46	
	9	Jack SIMPSON	Burton	U20M	4:04.95	
DNF		Nicholas LANDEAU	NicholasEaling Southall & Middx/Trini	Sm		
	9	1500m BMC Race 2				
	1	David PROCTOR	Sale Harriers Manchester/Rochda	Sm	3:59.78	
	2	Alistair RUTHERFORD	Birchfield H/Birmingham City Un	Sm	4:01.60	
	3	Sam KNEE-ROBINSON	Bedford & County/Birmingham Uni	Sm	4:03.64	
	4	Max JONES	Basildon	Sm	4:04.51	
	5	Stuart KING	Notts/Leeds Beckett Uni	Sm	4:07.86	
	6	Michael ELLIS	Tonbridge/Sheffield Hallam Uni	Sm	4:08.81	
	7	Jonathan HIORNS	Notts	Sm	4:08.82	
	8	Kieron CONNOR	Croydon	Sm	4:08.90	
	9	Callum CRAWFORD-W	Annadale	Sm	4:08.98	
	10	Archie BANKS	Charnwood	U20M	4:10.12	

11	Yahye DIRIR	Birchfield H/Aston Uni	Sm	4:12.58
9	1500m BMC Race 3			
1	Ciara EVERARD	University College Dublin/Irela	Sm	4:27.28
2	Georgie HARTIGAN	Birchfield H/Loughborough Stude	Sw	4:27.49
3	Kimberly JOHANSEN	Chelmsford AC	Sw	4:28.94
4	Gemma KERSEY	Basildon/Middlesex Uni	Sw	4:33.65
5	Lilly COWARD	Invicta East Kent/St. Mary's Un	Sw	4:37.22
6	Abigail NOLAN	Coventry/St. Mary's Uni	U2Ow	4:39.26
7	Grace MADDOX	Preston/Leeds Uni	Sw	4:44.45
8	Cara ANDERSON	Perth Strathtay/Derby Uni	Sm	4:47.22
9	Anna SHARP	Southampton/Oxford Uni	Sw	4:48.30
10	Phoebe BRAMLEY	Leeds University AC/Cc Club	Sw	5:33.12
9	1500m Race 4			
1	Conall MCGINNESS	Huntingdonshire	U17M	4:25.01
2	Guy BRACKEN	North Shields Poly/Vaa North Ea	V55M	4:25.97
3	Joe PARKIN	Amber Valley & Erewash	U20M	4:36.50
4	Jordan POULSTON	Doncaster Athletic Club	U17M	4:53.68
5	Joel MCGINNESS	Huntingdonshire	U15B	5:14.77
6	Steven DOXEY	Swinton Running Club	M55	5:17.22
10	1000m All groups			
1	Anthony BELL	Lancashire Walking Club	SM	5:49.67
2	Lucy WALKER	City of Sheffield And Dearne AC	U13G	5:56.95
3	Toby CHAPLIN	City of Sheffield And Dearne AC	U13B	6:06.37
4	Imogen WALKER	City of Sheffield And Dearne AC	U11G	6:56.95