



## Northern Athletics Senior/U20 Indoor Champs 2020

EIS Sheffield  
11/12 January 2020

### Senior Men 1500m FINAL

1	615	Jonathan Kay	Bolton United Harriers &	3:51.58
2	30	Jack Dee-Ingham	Preston Harriers	4:03.13
3	90	Sparrow Morley	Tyne Bridge Harriers	4:17.49
4	12	Guy Bracken	North Shields	4:23.62
5	42	Mark Gardner	Lancaster & Morecambe	4:23.84
6	69	Jordan Latimer	Sunderland Harriers &	4:51.52

### Heat 01

1	120	Rob Shipley	City of York AC	49.12
2	108	Joel Richardson	Trafford Athletic Club	49.63
3	95	Jason Nicholson	Gateshead Harriers & Ac	49.73
4	52	Danny Higham	Liverpool Pembroke &	50.67
5	113	Benjamin Schofield	City of York AC	51.50

### Heat 02

1	59	Jason Hoyle	Oldham & Royton H &	47.94
2	55	Jack Hocking	City Of Sheffield And	48.27
3	61	Reece Ingley	Trafford Athletic Club	49.63
4	76	Dion Marcos	Sale Harriers Manchester	49.88

### Heat 03

1	85	Kevin Metzger	Sale Harriers Manchester	48.60
2	130	Adam Walker-Khan	City of Sheffield and	49.08
3	27	Hakan Dalbal	Longwood Harriers AC	49.37
4	24	Ryan Crawley	City of Sheffield and	49.81
5	80	Billy Matthews	Liverpool Pembroke &	49.90
6	67	Dominic Lamb	City Of Sheffield And	53.16

### Senior Men 400m FINAL

1	59	Jason Hoyle	Oldham & Royton H &	47.92
2	120	Rob Shipley	City of York AC	48.99
3	130	Adam Walker-Khan	City of Sheffield and	49.39
4	27	Hakan Dalbal	Longwood Harriers AC	49.40
5	85	Kevin Metzger	Sale Harriers Manchester	51.06

### Heat 01

1	85	Kevin Metzger	Sale Harriers Manchester	50.25
2	95	Jason Nicholson	Gateshead Harriers & Ac	50.97
3	106	Nicholas Petrou	Leeds City Athletic Club	51.36
4	118	Adam Shakir	Trafford Athletic Club	55.83
5	73	Nathan Linsley	Gateshead Harriers & AC	56.10

### Heat 02

1	120	Rob Shipley	City of York AC	49*.57
2	76	Dion Marcos	Sale Harriers Manchester	50.16
3	80	Billy Matthews	Liverpool Pembroke &	50.41
4	67	Dominic Lamb	City Of Sheffield And	50.61
5	38	Carl Foster	City Of Sheffield And	59.82

### Heat 03

1	130	Adam Walker-Khan	City of Sheffield and	50.16
2	27	Hakan Dalbal	Longwood Harriers AC	50.91
3	82	Connor McQuade	Chesterfield & District AC	52.45
4	122	Joseph Smith	Rothwell Harriers & AC	52.79
5	623	Nathan O'Mara (T20)	Keighley & Craven AC	60.84

### Heat 04

1	55	Jack Hocking	City Of Sheffield And	49.86
2	24	Ryan Crawley	City of Sheffield and	50.61
3	21	Mark Collier	Gateshead Harriers & AC	51.64
4	51	Callum Heads	Gateshead Harriers & AC	64.90
5	74	Terry MacKlin	Liverpool Harriers & AC	65.92

### Heat 05

1	108	Joel Richardson	Trafford Athletic Club	51.61
2	61	Reece Ingley	Trafford Athletic Club	52.14
3	63	Sam Johnson	Stockport Harriers & AC	52.99
4	31	Jack Dickinson	Bolton United Harriers &	54.59

### Heat 06

1	59	Jason Hoyle	Oldham & Royton H &	50.64
2	81	Liam McGivern	University of Sheffield	50.94
3	642	Jacob Lingard	Sale Harriers Manchester	51.85
4	135	Ben Whittaker	City of York AC	54.00

### Heat 07

1	113	Benjamin Schofield	City of York AC	51.05
2	52	Danny Higham	Liverpool Pembroke &	51.07
3	86	Reece Middleton	City of York AC	51.29
4	133	Daniel Webb	Liverpool Harriers & AC	51.89

### Senior Men 60m FINAL

1	136	James Williams	Liverpool Harriers & AC	6.79
2	89	Andrew Morgan-Harrison	Kingston upon Hull AC	6.79
3	97	Regan Oconnell	City Of Sheffield And	6.84
4	2	Scott Alexander Hall	Gateshead Harriers & AC	6.96
5	28	Michael Damoah	University of Sheffield	6.98
6	629	Daniel Afolabi	Sale Harriers Manchester	7.09
7	93	Sagesse Nguie	Trafford Athletic Club	7.12

### Heat 01

1	136	James Williams	Liverpool Harriers & AC	6.82
2	641	Adam Mohamed	Trafford Athletic Club	7.09
3	13	Dominic Bradley	Crewe and Nantwich AC	7.22
4	15	Jacob Brown	Sale Harriers Manchester	7.32
5	102	Faisal Othman	Manchester Harriers & Ac	7.38
6	623	Nathan O'Mara (T20)	Keighley & Craven AC	8.04
7	8	Michael Bates (T/F64)	Doncaster Athletic Club	8.40

### Heat 02

1	2	Scott Alexander Hall	Gateshead Harriers & AC	6.99
2	18	Charles Burke	Manchester Harriers &	7.13
3	75	Simba Madimutsa	Harrogate Harriers & AC	7.15
4	83	Cameron Meakin	Sale Harriers Manchester	7.17
5	36	Jonathan Fields	Rotherham Harriers and	7.69
6	51	Callum Heads	Gateshead Harriers & AC	8.37

### Heat 03

1	89	Andrew Morgan-Harrison	Kingston upon Hull AC	6.85
2	97	Regan Oconnell	City Of Sheffield And	6.85
3	28	Michael Damoah	University of Sheffield	6.98
4	16	Rivaldo Brown	Trafford Athletic Club	7.00
5	3	Nathan Alford	Middlesbrough Athletic	7.30
6	119	Richard Shingleton	Gateshead Harriers & AC	7.36

**Heat 04**

1	629	Daniel Afolabi	Sale Harriers Manchester	6.95
2	64	Eliot Jones	Liverpool Pembroke &	7.00
3	93	Sagesse Nguie	Trafford Athletic Club	7.04
4	22	Joseph Cooper	Kingston Upon Hull Ac	7.16
5	91	Adam Murray	Wakefield District H & AC	7.35
6	39	Tyler Fowles	City Of Sheffield And	7.37

**Heat 01**

1	136	James Williams	Liverpool Harriers & AC	6.77
2	97	Regan Oconnell	City Of Sheffield And	6.91
3	2	Scott Alexander Hall	Gateshead Harriers & AC	6.91
4	28	Michael Damoah	University of Sheffield	7.02
5	16	Rivaldo Brown	Trafford Athletic Club	7.07
6	18	Charles Burke	Manchester Harriers &	7.14
7	13	Dominic Bradley	Crewe and Nantwich AC	7.24

**Heat 02**

1	89	Andrew Morgan-Harrison	Kingston upon Hull AC	6.84
2	629	Daniel Afolabi	Sale Harriers Manchester	6.92
3	93	Sagesse Nguie	Trafford Athletic Club	7.00
4	64	Eliot Jones	Liverpool Pembroke &	7.00
5	22	Joseph Cooper	Kingston Upon Hull Ac	7.08
6	83	Cameron Meakin	Sale Harriers Manchester	7.14
7	641	Adam Mohamed	Trafford Athletic Club	7.17

**Senior Men 60m Hurdles FINAL**

1	88	Curtis Mitchell	Preston Harriers	8.37
2	137	Alexander Wort	Sale Harriers Manchester	8.52
3	625	Michael Copeland	City Of Sheffield And	8.78
4	1	Tijesu Akerodolu	Kingston upon Hull AC	8.90
5	47	Lewis Guest	Liverpool Harriers & AC	9.09
6	19	Jonathan Chan	City Of Sheffield And	11.91

**Senior Men Long Jump FINAL**

W/S

1	131	Daniel Walsh	Gateshead Harriers & AC	6.88
2	124	Declan Taylor	Preston Harriers	6.00
3	4	James Andrew	Jarrow & Hebburn Ac	5.94
4	102	Faisal Othman	Manchester Harriers & Ac	5.73
5	8	Michael Bates (T/F64)	Doncaster Athletic Club	4.80
6	60	Thomas Hughes	Hallamshire Harriers	4.67
7	46	Joseph Gray F47	Gateshead Harriers & AC	5.96

**Senior Men Triple Jump FINAL**

W/S

1	98	Oluwaseun Okome	Sale Harriers Manchester	15.27
2	131	Daniel Walsh	Gateshead Harriers & AC	13.95
3	47	Lewis Guest	Liverpool Harriers & AC	13.74
4	134	Harrison Whitfield	Gateshead Harriers & AC	13.44
5	4	James Andrew	Jarrow & Hebburn Ac	13.00

**Senior Women 1500m FINAL**

1	207	Emily Simpson	City Of Sheffield And	4:30.17
2	167	Rochelle Harrison	Lincoln Wellington	4:34.58
3	202	Louise Rudd	Stockport Harriers & AC	4:51.20
4	208	Jade Smith	St Helens Sutton AC	5:05.49

**Senior Women 400m FINAL**

1	156	Rachel Crooken	Wakefield District H & AC	56.11
2	619	Georgia Yearby	Leeds City Athletic Club	56.56
3	173	Hannah Kelly	Bolton United Harriers &	56.94
4	157	Nisha Desai	Trafford Athletic Club	57.07
5	209	Charlotte Stamp	City Of York Ac	57.51
6	152	Heather Carson	City of Sheffield and	61.52

**Heat 01**

1	157	Nisha Desai	Trafford Athletic Club	57.65
2	209	Charlotte Stamp	City Of York Ac	57.85
3	183	Elizabeth McMahon	West Cheshire Athletic	63.23
4	184	Jacqueline Michael	University of Sheffield	67.09
5	191	Rachel Partington	T38Chester Le Street & Dist	95.15

**Heat 02**

1	173	Hannah Kelly	Bolton United Harriers &	58.19
2	152	Heather Carson	City of Sheffield and	59.54
3	175	Armoure Le Roux Conradie	Doncaster Athletic Club	60.02
4	214	Rebecca Walkden	Wigan & District H & AC	61.74
5	165	Mollie Gaddas T20F20	Keighley & Craven AC	92.10

**Heat 03**

1	156	Rachel Crooken	Wakefield District H & AC	57.56
2	619	Georgia Yearby	Leeds City Athletic Club	57.81
3	141	Megan Ashelby	Stockport Harriers & AC	59.59
4	211	Beth Taylor	Rotherham Harriers and	60.35

**Senior Women 60m FINAL**

1	218	Katy Wyper	Blackpool Wyre & Fylde	7.72
2	153	Nicola Caygill	Jarrow & Hebburn AC	7.72
3	180	Alison McCorry	Sale Harriers Manchester	7.74
4	142	Alicia Barrett	Chesterfield & District AC	7.76
5	216	Regan Walker	Sale Harriers Manchester	7.89
6	146	Abigail Bishell	City Of Sheffield And	7.89
7	147	Ella Blakey	Derby Athletic Club	7.93
8	205	Amanda Shaw	Wakefield District H & AC	8.01

**Heat 01**

1	218	Katy Wyper	Blackpool Wyre & Fylde	7.76
2	180	Alison McCorry	Sale Harriers Manchester	7.83
3	147	Ella Blakey	Derby Athletic Club	7.90
4	205	Amanda Shaw	Wakefield District H & AC	7.96
5	138	Chidinma Agwu	Trafford Athletic Club	8.07
6	155	Emily Coope	Amber Valley And	8.08
7	176	Rebecca Lister	City of York AC	8.18
8	185	Laura Mole	North Shields	8.26

**Heat 02**

1	142	Alicia Barrett	Chesterfield & District AC	7.78
2	153	Nicola Caygill	Jarrow & Hebburn AC	7.79
3	216	Regan Walker	Sale Harriers Manchester	7.86
4	146	Abigail Bishell	City Of Sheffield And	7.91
5	154	Ash Colvin	Wigan & District H & AC	7.99
6	194	Meghan Pilley	Manx Harriers	8.20
7	168	Taylor Harry	Liverpool Harriers & AC	8.29
8	191	Rachel Partington	T38Chester Le Street & Dist	10.79

**Senior Women 60m Hurdles FINAL**

1	181	Danielle McGifford	Wigan & District H & AC	8.68
2	142	Alicia Barrett	Chesterfield & District AC	8.78
3	149	Grace Bower	Sale Harriers Manchester	9.06
4	617	Lisa Howarth	Doncaster Athletic Club	9.36

**Senior Women Long Jump FINAL**

W/S

1	622	Emily Gargan	Gateshead Harriers & AC	5.72
2	181	Danielle McGifford	Wigan & District H & AC	5.54
3	149	Grace Bower	Sale Harriers Manchester	5.53
4	162	Emma Fowler	Crewe and Nantwich AC	5.50
5	150	Micaela Brindle	Wigan & District H & Ac	5.49
6	195	Grace Plater	Leeds City Athletic Club	5.12
7	176	Rebecca Lister	City of York AC	4.96

**Senior Women Pole Vault FINAL**

W/S

1	170	Fiona Hockey	Blackpool Wyre & Fylde	3.70
2	148	Clare Blunt	Kingston upon Hull AC	3.70
3	169	Elizabeth Henshall	Liverpool Harriers & AC	3.40
4	217	Jasmine Waters	City Of Sheffield And	2.90

**Senior Women Shot Put FINAL**

W/S

1	186	Hannah Molyneaux	City Of Sheffield And	13.50
2	177	Sophie Littlemore	Gateshead Harriers & AC	13.08
3	212	Shaunna Thompson	Sale Harriers Manchester	12.10
4	203	María Schofield	City of York AC	11.47
5	181	Danielle McGifford	Wigan & District H & AC	10.99
6	201	Katy Robinson	City Of Sheffield And	10.45
7	193	Sophie Percival	West Cheshire Athletic	10.44
8	143	Rachel Bashforth	Blackpool Wyre & Fylde	10.07
9	198	Rosie Rice	Heaton Harriers & Ac	8.61
10	164	Evie Gaddas T20f20	Keighley & Craven AC	5.52

**Under 17 Men 1500m FINAL**

2	232	Samuel Bryan	Salford Harriers & AC	4:23.41
2	241	Henry Cullen	Doncaster Athletic Club	4:19.55
3	245	Charlie Deakin	Kirkby Milers AC	4:31.62
4	283	Cameron Oliver	Kirkby Milers AC	4:36.02
5	298	Ozzy Stringer	Scarborough Athletic	4:40.65

**Under 17 Men 400m FINAL**

1	236	David Chapman	City of Sheffield and	50.65
2	249	Nathaniel Dyas	Hallamshire Harriers	51.40
3	304	Benjamin Verbickas	Crewe and Nantwich AC	51.89
4	220	Esam Aftab	Trafford Athletic Club	54.29
5	230	Harry Booth	Preston Harriers	56.55

**Heat 01**

1	249	Nathaniel Dyas	Hallamshire Harriers	51.39
2	236	David Chapman	City of Sheffield and	52.37
3	303	David Vaughan	Bury Athletic Club	54.73
4	223	Travis Anderson	Durham City Harriers & Ac	56.36

5	222	Adam Allam	Doncaster Athletic Club	58.86
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**Heat 02**

1	281	Kane McWatt	Sale Harriers Manchester	53.47
2	230	Harry Booth	Preston Harriers	53.96
3	238	Sean Collins	Stockport Harriers & AC	54.70
4	237	Callum Collins	City Of Sheffield And	56.53

5	286	Ben Pitts	Amber Valley and	60.43
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**Heat 03**

1	304	Benjamin Verbickas	Crewe and Nantwich AC	52.95
2	220	Esam Aftab	Trafford Athletic Club	53.54
3	280	Conal McMahon	Liverpool Harriers & AC	58.95

**Under 17 Men 60m FINAL**

1	273	Jerel Livingston	Trafford Athletic Club	7.08
2	279	Marcus McLean	Sale Harriers Manchester	7.16
3	288	Luke Russell	Chester Le Street & Dist	7.26
4	268	Emmanuel Lawal	Hallamshire Harriers	7.30
5	305	Benjamin Wallace	Wirral AC	7.32
6	633	Morgan Corcoran	Bingley Harriers	7.37
7	284	Tumishe Osipitan	Sale Harriers Manchester	7.39
8	294	Joshua Stammers	Southport Waterloo AC	7.53

**Heat 01**

1	273	Jerel Livingston	Trafford Athletic Club	7.19
2	279	Marcus McLean	Sale Harriers Manchester	7.21
3	284	Tumishe Osipitan	Sale Harriers Manchester	7.40
4	294	Joshua Stammers	Southport Waterloo AC	7.41
5	276	Harrison Marfitt	Longwood Harriers AC	7.53
6	266	Kieran Lambert	Doncaster Athletic Club	7.59
7	227	Ryan Bird	Barnsley Athletic Club	7.62

8	309	Natan Witkowski	Bury Athletic Club	7.66
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**Heat 02**

1	305	Benjamin Wallace	Wirral AC	7.25
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2	288	Luke Russell	Chester Le Street & Dist	7.30
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3	268	Emmanuel Lawal	Hallamshire Harriers	7.31
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4	633	Morgan Corcoran	Bingley Harriers	7.33
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5	233	Alfie Bugg	City of York AC	7.43
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6	257	Brandon Hall	City of Sheffield and	7.81
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7	299	Olajide Taiwo	Sale Harriers Manchester	7.83
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8	270	Gabriel Li La-Vigars	Kingston upon Hull AC	8.21
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**Under 17 Men 60m Hurdles FINAL**

1	308	Morgan Williams	Leeds City Athletic Club	8.59
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2	282	Louis Morrison	Trafford Athletic Club	8.60
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3	271	Aaron Lillistone	Gateshead Harriers & AC	8.61
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4	307	Alfie Ward	Blyth Running Club	8.75
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5	234	Harry Burrow	Preston Harriers	8.79
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6	231	Drew Bradley	Crewe and Nantwich AC	8.96
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7	304	Benjamin Verbickas	Crewe and Nantwich AC	9.31
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8	219	Oliver Adnitt	Kingston upon Hull AC	9.37
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**Heat 01**

1	308	Morgan Williams	Leeds City Athletic Club	8.57
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2	307	Alfie Ward	Blyth Running Club	8.68
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3	282	Louis Morrison	Trafford Athletic Club	8.68
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4	219	Oliver Adnitt	Kingston upon Hull AC	9.17
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5	309	Natan Witkowski	Bury Athletic Club	9.30
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**Heat 02**

1	271	Aaron Lillistone	Gateshead Harriers & AC	8.72
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2	231	Drew Bradley	Crewe and Nantwich AC	8.97
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3	293	Jack Singleton	Kingston upon Hull AC	9.36
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4	220	Esam Aftab	Trafford Athletic Club	9.69
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5	252	Joseph Edwards	City of York AC	10.04
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**Heat 03**

1	234	Harry Burrow	Preston Harriers	8.86
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2	304	Benjamin Verbickas	Crewe and Nantwich AC	9.10
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3	229	Ben Boocock	Blackburn Harriers & AC	9.23
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4	255	Ben Fuller	City of Sheffield and	9.71
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**Under 17 Men Long Jump FINAL**

W/S

1	273	Jerel Livingston	Trafford Athletic Club	7.41	CBP
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2	233	Alfie Bugg	City of York AC	6.49	
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3	243	Sam Danson	Macclesfield Harriers & AC	6.44	
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4	251	Alfie Edwards	Wakefield District H & AC	6.22	
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5	239	Sam Coupland	Southport Waterloo Ac	6.18	
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6	247	Jack Doodson	Stockport Track & Field	6.09	
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7	294	Joshua Stammers	Southport Waterloo AC	6.06	
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8	275	Ian Mahop	Leeds City Athletic Club	5.98	
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9	282	Louis Morrison	Trafford Athletic Club	5.96	
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10	307	Alfie Ward	Blyth Running Club	5.94	
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11	272	Matthew Liu	Liverpool Harriers & AC	5.90	
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12	219	Oliver Adnitt	Kingston upon Hull AC	5.55	
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13	226	Tom Bentley	City of Sheffield and	5.08	
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14	270	Gabriel Li La-Vigars	Kingston upon Hull AC	4.77	
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**Under 17 Men Triple Jump FINAL**

W/S

1	292	Scott Sinclair	Blackpool Wyre & Fylde	13.17
2	260	Jack Hilton	Wigan & District H & AC	12.95
3	285	Ben Pearson	City of York AC	12.77
4	221	Daniel Akinradewo	Manchester Harriers &	12.54
5	303	David Vaughan	Bury Athletic Club	12.28
6	219	Oliver Adnitt	Kingston upon Hull AC	10.91

**Under 17 Women 1500m FINAL**

1	425	Ruby Simpson	Hallamshire Harriers	4:39.87
2	377	Ellen Mary Kearney	Wirral AC	4:47.35
3	329	Isabelle Burke	Sale Harriers Manchester	4:49.87
4	386	Summer Ludlam	Hallamshire Harriers	4:50.01

**Under 17 Women 300m FINAL**

1	397	Ashley Nemits	Warrington A C	39.72
2	389	Neave McGhee	Liverpool Harriers & AC	39.92
3	380	Nandy Kihuyu	Hallamshire Harriers	40.43
4	409	Imogen Pughe	West Cheshire Athletic	41.40
5	444	Isabel White	Longwood Harriers AC	42.42
6	321	Isabelle Bloem	Halifax Harriers & AC	42.87

**Heat 01**

1	397	Ashley Nemits	Warrington A C	41.10
2	434	Emily Thomas	Liverpool Harriers & AC	43.52
3	331	Callie Coates	Doncaster Athletic Club	44.17
4	390	Isabella Merritt	Horwich R M I Harriers	44.50

**Heat 02**

1	380	Nandy Kihuyu	Hallamshire Harriers	40.79
2	444	Isabel White	Longwood Harriers AC	41.75
3	393	Bronwyn Mooney	City of Sheffield and	42.42
4	437	Therese Tolan	Harrogate Harriers & AC	43.36
5	366	Hannah Hope	Liverpool Harriers & AC	44.40

**Heat 03**

1	389	Neave McGhee	Liverpool Harriers & AC	39.66
2	432	Ava Taperell	Gateshead Harriers & Ac	43.27
3	350	Olivia Fowler	Crewe and Nantwich AC	43.72
4	429	Ruby Spencer	Stockport Track & Field	44.32
5	314	Erin Anderson	Blaydon Harriers & AC	49.70

**Heat 04**

1	409	Imogen Pughe	West Cheshire Athletic	41.60
2	321	Isabelle Bloem	Halifax Harriers & AC	42.89
3	408	Amelia Proctor	Kingston upon Hull AC	43.57
4	354	Madelaine Gillis	Middlesbrough Athletic	44.03

**Heat 01**

1	389	Neave McGhee	Liverpool Harriers & AC	40.95
2	409	Imogen Pughe	West Cheshire Athletic	41.49
3	444	Isabel White	Longwood Harriers AC	42.28
4	393	Bronwyn Mooney	City of Sheffield and	42.78
5	434	Emily Thomas	Liverpool Harriers & AC	43.11
6	350	Olivia Fowler	Crewe and Nantwich AC	43.89

**Heat 02**

1	380	Nandy Kihuyu	Hallamshire Harriers	40.00
2	397	Ashley Nemits	Warrington A C	40.04

**Under 17 Women 60m FINAL**

W/S: CBP

1	345	Joy Eze	Gateshead Harriers & AC	7.54
2	441	Sophie Walton	Horwich R M I Harriers	7.68
3	395	Mia Morrisroe	Liverpool Harriers & Ac	7.77
4	356	Hilary Gode	Leeds City Athletic Club	7.92
5	353	Darcey Garbutt	Gateshead Harriers & AC	7.95
6	399	Osarumen Odemwengie	Sale Harriers Manchester	7.97
7	440	Maddison Vernon	East Cheshire Harriers &	7.98
8	449	Mya Wright	Derby Athletic Club	8.00

**Heat 01**

1	441	Sophie Walton	Horwich R M I Harriers	7.76
2	395	Mia Morrisroe	Liverpool Harriers & Ac	7.84
3	311	Daphney Adebayo	City of Sheffield and	8.06
4	312	Abigail Adeniji	Bolton United Harriers &	8.19
5	405	Macy Preece	Crewe and Nantwich AC	8.66
6	413	Imogen Reader	Blackpool Wyre & Fylde	8.74
7	391	Grace Mitchell	Liverpool Pembroke &	8.78
8	419	Abbie Ross	Morpeth Harriers & AC	8.83

**Heat 02**

1	433	Trezequet Taylor	Trafford Athletic Club	7.71
2	440	Maddison Vernon	East Cheshire Harriers &	7.96
3	332	Ellina Connor	Trafford Athletic Club	8.20
4	406	Charlee Pritchard	Liverpool Harriers & AC	8.34
5	381	Niamh Latibeaudiere	Doncaster Athletic Club	8.37
6	362	Jaime Hemsworth	Hallamshire Harriers	8.52
7	400	Ellie Owen	Blackpool Wyre & Fylde	8.75

**Heat 03**

1	345	Joy Eze	Gateshead Harriers & AC	7.66
2	356	Hilary Gode	Leeds City Athletic Club	7.89
3	384	Daisy Logan	Kingston upon Hull AC	8.15
4	404	Daisy Percival	Gateshead Harriers & AC	8.26
5	426	Isabelle Smith	Harrogate Harriers & AC	8.30
6	339	Rachel Don	Wirral AC	8.33
7	318	Faye Barraclough	Leeds City Athletic Club	8.57

**Heat 04**

1	449	Mya Wright	Derby Athletic Club	8.03
2	313	Eniola Ajagbe	Hallamshire Harriers	8.04
4	412	Molly Rankine	Trafford Athletic Club	8.48
4	353	Darcey Garbutt	Gateshead Harriers & AC	8.07
5	317	Chloe Bagshaw	Hallamshire Harriers	8.49
6	416	Rebecca Roach	Stockport Track & Field	8.72
7	319	Gabriella Bell	Blackpool Wyre & Fylde	9.19

**Heat 05**

1	399	Osarumen Odemwengie	Sale Harriers Manchester	7.97
2	316	Natalya Aspinall	City of York AC	8.05
3	379	Charlotte Kelsey	Middlesbrough Athletic	8.19
4	314	Erin Anderson	Blaydon Harriers & AC	8.79
5	394	Lucy Moore	Wirral AC	8.82
6	364	Abbey Holman	Chester Le Street & Dist	8.82
7	365	Katie Holman	Chester Le Street & Dist	9.33

**Heat 01**

1	345	Joy Eze	Gateshead Harriers & AC	7.68
2	395	Mia Morrisroe	Liverpool Harriers & Ac	7.83
3	356	Hilary Gode	Leeds City Athletic Club	7.86

3	321	Isabelle Bloem	Halifax Harriers & AC	42.71	4	353	Darcey Garbutt	Gateshead Harriers & AC	7.98
4	432	Ava Taperell	Gateshead Harriers & Ac	43.00	5	384	Daisy Logan	Kingston upon Hull AC	8.16
5	437	Therese Tolan	Harrogate Harriers & AC	43.55	6	312	Abigail Adeniji	Bolton United Harriers &	8.28
6	408	Amelia Proctor	Kingston upon Hull AC	44.38	7	412	Molly Rankine	Trafford Athletic Club	8.48
					8	317	Chloe Bagshaw	Hallamshire Harriers	8.57

**Heat 02**

1	440	Maddison Vernon	East Cheshire Harriers &	7.89
2	449	Mya Wright	Derby Athletic Club	8.00
3	379	Charlotte Kelsey	Middlesbrough Athletic	8.01
4	311	Daphney Adebayo	City of Sheffield and	8.25
5	404	Daisy Percival	Gateshead Harriers & AC	8.30
6	381	Niamh Latibeaudiere	Doncaster Athletic Club	8.42
7	314	Erin Anderson	Blaydon Harriers & AC	8.98

**Heat 03**

1	441	Sophie Walton	Horwich R M I Harriers	7.70
2	399	Osarumen Odemwengie	Sale Harriers Manchester	7.96
3	316	Natalya Aspinall	City of York AC	8.10
4	313	Eniola Ajagbe	Hallamshire Harriers	8.10
5	332	Ellina Connor	Trafford Athletic Club	8.23
6	426	Isabelle Smith	Harrogate Harriers & AC	8.29
7	406	Charlee Pritchard	Liverpool Harriers & AC	8.39

**Under 17 Women 60m Hurdles FINAL**

1	333	Meg Corker	Stockport Track & Field	8.82
2	385	Amy Lott	Morpeth Harriers & Ac	8.86
3	313	Eniola Ajagbe	Hallamshire Harriers	8.94
4	420	Charlotte Rutter	Darlington H & AC	9.01
5	427	Kate Smith	Tynedale Harriers & Ac	9.03
6	447	Julia Winogrodzka	Bolton United Harriers &	9.20
7	417	Lucy Robinson	Stockport Track & Field	9.26
8	341	Sofija Dragisic Wood	Sale Harriers Manchester	9.31

**Heat 01**

1	333	Meg Corker	Stockport Track & Field	8.82
2	341	Sofija Dragisic Wood	Sale Harriers Manchester	9.20
3	388	Hermione Mason	Sale Harriers Manchester	9.25
4	315	Scarlet Ashton	Wirral AC	9.56
5	368	Leah Howard	Blackpool Wyre & Fylde	10.13
6	337	Neve Davenport	Trafford Athletic Club	15.01

**Heat 02**

1	385	Amy Lott	Morpeth Harriers & Ac	9.04
2	417	Lucy Robinson	Stockport Track & Field	9.22
3	323	Myah Booth	Blackburn Harriers & AC	9.24
4	369	Esther Hulley	Stockport Harriers & AC	10.00
5	318	Faye Barraclough	Leeds City Athletic Club	10.00
6	428	Abigail Sorrell	Harrogate Harriers & AC	10.26

**Heat 03**

1	313	Eniola Ajagbe	Hallamshire Harriers	8.97
2	447	Julia Winogrodzka	Bolton United Harriers &	9.08
3	363	Elle Hinchliffe	City Of Sheffield And	9.20
4	317	Chloe Bagshaw	Hallamshire Harriers	9.69
5	401	Freya Paddon	City Of Sheffield And	10.20
6	421	Ella Salih	Sale Harriers Manchester	10.26

**Heat 04**

1	420	Charlotte Rutter	Darlington H & AC	9.08
2	427	Kate Smith	Tynedale Harriers & Ac	9.09
3	350	Olivia Fowler	Crewe and Nantwich AC	9.21
4	443	Ashley Watson	Hartlepool Youth	9.45
5	402	Olivia Paddon	City of Sheffield and	10.37
6	364	Abbey Holman	Chester Le Street & Dist	10.82

**Heat 01**

1	333	Meg Corker	Stockport Track & Field	8.77
2	420	Charlotte Rutter	Darlington H & AC	9.04
3	447	Julia Winogrodzka	Bolton United Harriers &	9.04
4	417	Lucy Robinson	Stockport Track & Field	9.18
5	388	Hermione Mason	Sale Harriers Manchester	9.22
6	363	Elle Hinchliffe	City Of Sheffield And	9.26
7	443	Ashley Watson	Hartlepool Youth	9.48
8	369	Esther Hulley	Stockport Harriers & AC	9.72

**Heat 02**

1	385	Amy Lott	Morpeth Harriers & Ac	8.93
2	427	Kate Smith	Tynedale Harriers & Ac	9.11
3	313	Eniola Ajagbe	Hallamshire Harriers	9.11
4	341	Sofija Dragisic Wood	Sale Harriers Manchester	9.17
5	323	Myah Booth	Blackburn Harriers & AC	9.21
6	350	Olivia Fowler	Crewe and Nantwich AC	9.29
7	315	Scarlet Ashton	Wirral AC	9.59
8	317	Chloe Bagshaw	Hallamshire Harriers	9.70

**Under 17 Women Long Jump FINAL**

W/S

1	322	Melissa Booth	Sale Harriers Manchester	5.83
2	311	Daphney Adebayo	City of Sheffield and	5.56
3	417	Lucy Robinson	Stockport Track & Field	5.52
4	348	Halle Ferguson	Trafford Athletic Club	5.48
5	327	Kiikii Brown	Leeds City Athletic Club	5.45
6	374	Stephanie Jones	Stockport Track & Field	5.42
7	383	Erin Loblely	Hallamshire Harriers	5.40
8	378	Daisy Keigher	Stockport Harriers & AC	5.30
9	447	Julia Winogrodzka	Bolton United Harriers &	5.26
10	426	Isabelle Smith	Harrogate Harriers & AC	5.08
11	396	Tilly Mycroft	City of Sheffield and	5.04
12	439	Lahana Vardy	Rotherham Harriers and	5.00
13	381	Niamh Latibeaudiere	Doncaster Athletic Club	5.00
14	369	Esther Hulley	Stockport Harriers & AC	4.78
15	337	Neve Davenport	Trafford Athletic Club	4.78
16	351	Ellise Fryer-Francis	Sale Harriers Manchester	4.77
17	342	Anya Dunne	Stockport Track & Field	4.74
18	404	Daisy Percival	Gateshead Harriers & AC	4.72
19	428	Abigail Sorrell	Harrogate Harriers & AC	4.69
20	368	Leah Howard	Blackpool Wyre & Fylde	4.65
21	443	Ashley Watson	Hartlepool Youth	4.65
22	391	Grace Mitchell	Liverpool Pembroke &	4.65
23	330	Ella Chambers	Stockport Track & Field	4.60
24	406	Charlee Pritchard	Liverpool Harriers & AC	4.60
25	401	Freya Paddon	City Of Sheffield And	4.53
26	347	Ellie Fedzin	Wakefield District H & AC	4.53
27	419	Abbie Ross	Morpeth Harriers & AC	4.50
28	339	Rachel Don	Wirral AC	4.49
29	335	Melissa Cox	Stockport Track & Field	4.48
30	373	Keira Jones	Leeds City Athletic Club	4.42
31	402	Olivia Paddon	City of Sheffield and	4.25

**Under 17 Women Pole Vault FINAL**

W/S

1	370	Amy Hunt	Wakefield District H & AC	3.20
2	392	Hannah Moody	Chesterfield & District AC	2.80
3	371	Erin Hunt	Wakefield District H & AC	2.80
4	442	Kiera Warhurst	Amber Valley and	2.80
5	358	Lottie Hall	Chesterfield & District Ac	2.60
6	422	Roseabel Scaman	City of Sheffield and	2.50
7	403	Chloe Parsons	Blackpool Wyre & Fylde	2.40

**Under 20 Men 1500m FINAL**

W/S: CBP

1	634	Daniel Preston	Liverpool Harriers & AC	3:54.37
2	493	Henry Johnson	Houghton Harriers & AC	3:54.87
3	478	Luke Farrant	Stockport Harriers & AC	4:01.11
4	639	Rory Leonard	Morpeth Harriers & Ac	4:03.77
5	455	Joseph Bentall	Trafford Athletic Club	4:10.18
6	618	George Sutcliffe	Leeds City Athletic Club	4:36.38

**Heat 03**

1	536	Thomas Wood	Wakefield District H & AC	7.10
2	464	Bibek Chanda	Hallamshire Harriers	7.25
3	453	Elliott Archibald	Derby Athletic Club	7.35
4	470	Damien Curtis	Doncaster Athletic Club	7.46
5	490	Matthew Houlden	Manchester Harriers &	7.47
6	517	Tye Parker	Derby Athletic Club	7.76

**Under 20 Men 400m FINAL**

1	521	Isaac Rushworth	City Of Sheffield And	49.25
2	473	Joseph Dickenson	Amber Valley and	49.73
3	516	Isaac Parker	Horwich R M I Harriers	50.59
4	495	Edward Lake	City Of York Ac	51.43
5	480	Ethan Flaherty	Liverpool Harriers & AC	51.44
6	498	William Lewis	Stockport Harriers & AC	52.02

**Heat 04**

1	454	Ben Basten	Sale Harriers Manchester	7.18
2	535	Harry Williams	Manchester Harriers &	7.19
3	496	Matthew Lawson	Gateshead Harriers & Ac	7.30
4	518	Bradley Parsons	Blackpool Wyre & Fylde	7.34
5	505	Lei-vann Rio McGillvary	AllertLongwood Harriers Ac	7.36
6	486	Owen Henderson	Blaydon Harriers & AC	7.71

**Heat 01**

1	521	Isaac Rushworth	City Of Sheffield And	50.39
2	516	Isaac Parker	Horwich R M I Harriers	50.62
3	498	William Lewis	Stockport Harriers & AC	50.81
4	475	Cameron Duff	Sale Harriers Manchester	53.06
5	497	Oliver Lewis	Gateshead Harriers & AC	55.39

**Heat 01**

1	511	Henry Nwoke	Liverpool Harriers & AC	6.98
2	454	Ben Basten	Sale Harriers Manchester	7.12
3	535	Harry Williams	Manchester Harriers &	7.20
4	462	Jack Brown-Schofield	Manchester Harriers &	7.25
5	496	Matthew Lawson	Gateshead Harriers & Ac	7.31
6	518	Bradley Parsons	Blackpool Wyre & Fylde	7.39
7	514	Demi Ologbon	Liverpool Harriers & AC	7.42
8	507	Max Moore-Lees	Manx Harriers	7.60

**Heat 02**

1	473	Joseph Dickenson	Amber Valley and	49.71
2	495	Edward Lake	City Of York Ac	52.03
3	458	Oliver Bolland	City Of Sheffield And	52.84
4	485	Nathan Hargreaves	Horwich R M I Harriers	53.54
5	500	Joe MacDonald	Halifax Harriers & AC	54.80

**Heat 02**

1	536	Thomas Wood	Wakefield District H & AC	7.06
2	508	David Morgan-Harrison	Kingston Upon Hull Ac	7.11
3	451	Eniola Adedotun	Bolton United Harriers &	7.17
4	464	Bibek Chanda	Hallamshire Harriers	7.20
5	472	Harvey Darroch	Wirral AC	7.29
6	453	Elliott Archibald	Derby Athletic Club	7.33
7	505	Lei-vann Rio McGillvary	AllertLongwood Harriers Ac	7.35
8	533	Kyle Walton	Gateshead Harriers & AC	7.40

**Heat 03**

1	480	Ethan Flaherty	Liverpool Harriers & AC	52.09
2	474	Matthew Douthwaite	Durham City Harriers & AC	52.48
3	469	William Cooke	Leeds City Athletic Club	52.53
4	573	Amari Kamali-Turner	Manchester Harriers &	53.04
5	529	Harvey Thorpe	Wakefield District H & AC	54.33

**Under 20 Men 60m Hurdles FINAL**

1	471	Oliver Dakin	Chesterfield & District Ac	8.57
2	510	David Naylor	Crewe And Nantwich Ac	8.76
3	466	Adam Coles	Kingston upon Hull AC	8.86
4	497	Oliver Lewis	Gateshead Harriers & AC	8.86
5	489	Jamie Hopkins	Liverpool Pembroke &	9.30

**Under 20 Men 60m FINAL**

1	511	Henry Nwoke	Liverpool Harriers & AC	6.88
2	536	Thomas Wood	Wakefield District H & AC	6.97
3	508	David Morgan-Harrison	Kingston Upon Hull Ac	7.12
4	454	Ben Basten	Sale Harriers Manchester	7.13
5	464	Bibek Chanda	Hallamshire Harriers	7.19
6	535	Harry Williams	Manchester Harriers &	7.23
7	462	Jack Brown-Schofield	Manchester Harriers &	7.25
8	451	Eniola Adedotun	Bolton United Harriers &	7.29

**Under 20 Men Pole Vault FINAL**

W/S

1	494	Karran Kapur-Walton	Leigh Harriers & AC	4.21
2	263	Joshua James	City Of Sheffield And	3.60

**Heat 01**

1	511	Henry Nwoke	Liverpool Harriers & AC	7.01
2	462	Jack Brown-Schofield	Manchester Harriers &	7.30
3	472	Harvey Darroch	Wirral AC	7.32
4	533	Kyle Walton	Gateshead Harriers & AC	7.38
5	514	Demi Ologbon	Liverpool Harriers & AC	7.41
6	460	Daniel Brazukas	Middlesbrough Athletic	7.94

**Under 20 Men Shot Put FINAL**

W/S

1	66	Shaun Kerry	Kingston Upon Hull Ac	14.32
2	628	Fletcher Reid	Wigan & District H & AC	11.82
3	499	Dylan Lightowler T20	Skipton AC	5.99

**Heat 02**

1	508	David Morgan-Harrison	Kingston Upon Hull Ac	7.18
2	451	Eniola Adedotun	Bolton United Harriers &	7.25
3	507	Max Moore-Lees	Manx Harriers	7.56
4	510	David Naylor	Crewe And Nantwich Ac	7.62
5	539	Moshood Yusuf	Leeds City Athletic Club	7.91

**Under 20 Men Triple Jump FINAL**

W/S

1	459	Jacob Booth	Trafford Athletic Club	14.21
2	463	Finlay Campbell	Wigan & District H & AC	13.28
3	489	Jamie Hopkins	Liverpool Pembroke &	13.07
4	484	Oliver Goldthorp	Wigan & DHAC	13.04
5	466	Adam Coles	Kingston upon Hull AC	12.57
6	460	Daniel Brazukas	Middlesbrough Athletic	11.62

**Under 20 Women 1500m FINAL**

W/S: CBP

1	552	Ty Brockley-Langford	Salford Harriers & AC	4:29.28
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**Under 20 Women 400m FINAL**

1	569	Natasha Harrison	Stockport Harriers & AC	56.42
2	579	Jodie Martin	Kingston Upon Hull Ac	56.76
3	158	Steph Driscoll	Liverpool Harriers & AC	56.89
4	574	Olivia Kimbowa	Bolton United Harriers &	58.79
5	588	Holly Murray	Stockport Track & Field	59.16
6	561	Melissa Coxon	Rotherham Harriers and	59.86

**Heat 01**

1	579	Jodie Martin	Kingston Upon Hull Ac	57.51
2	588	Holly Murray	Stockport Track & Field	58.95
3	562	Alissa Darbyshire	Preston Harriers	61.75
4	604	Lara Taylor	Stockport Track & Field	65.21

**Heat 02**

1	569	Natasha Harrison	Stockport Harriers & AC	56.49
2	574	Olivia Kimbowa	Bolton United Harriers &	59.08
3	561	Melissa Coxon	Rotherham Harriers and	59.25
4	543	Tia Anderson	Durham City Harriers & AC	59.62
5	585	Emily Misantoni	Stockport Track & Field	61.49

**Heat 03**

1	158	Steph Driscoll	Liverpool Harriers & AC	58.07
2	582	Tess McHugh	Sale Harriers Manchester	60.60
3	584	Lucy Mills	Halifax Harriers & AC	61.86
4	591	Angelica Oparinde	Derby Athletic Club	63.82
5	611	Maia Wilkinson	Doncaster Athletic Club	70.90

**Under 20 Women 60m FINAL**

1	594	Trinity Powell	Manchester Harriers &	7.52
2	546	Leonie Ashmeade	Wakefield District H & AC	7.55
3	583	Tamara Miller	Wakefield District H & AC	7.64
4	560	Megan Costello	Gateshead Harriers & AC	7.74
5	567	Grace Goodsell	Stockport Track & Field	7.88
6	592	Praise Owoeye	Sale Harriers Manchester	7.96
7	603	Taiwo Taiwo	Bolton United Harriers &	7.98
8	601	Rukayatu Shonibare	Sale Harriers Manchester	9.83

**Heat 01**

1	594	Trinity Powell	Manchester Harriers &	7.52
2	546	Leonie Ashmeade	Wakefield District H & AC	7.59
3	567	Grace Goodsell	Stockport Track & Field	7.92
4	592	Praise Owoeye	Sale Harriers Manchester	7.94
5	597	Steph Robertson	Southport Waterloo AC	7.99
6	553	Bria Bullard	Sale Harriers Manchester	8.04
7	605	Alanah Thoresby	Kingston upon Hull AC	8.54
8	542	Erin Louise Anderson	Gateshead Harriers & AC	8.75

**Heat 02**

1	583	Tamara Miller	Wakefield District H & AC	7.67
2	560	Megan Costello	Gateshead Harriers & AC	7.80
3	601	Rukayatu Shonibare	Sale Harriers Manchester	7.92
4	603	Taiwo Taiwo	Bolton United Harriers &	7.93
5	577	Jessica Lively	North Shields	8.18
6	545	Kristie Archer	Wombwell Sporting Ac	8.19
7	160	Emily Dye	Kingston Upon Hull Ac	8.48
8	547	Leah Attack	City of York AC	8.70

**Under 20 Women 60m Hurdles FINAL**

1	593	Abigail Pawlett	Stockport Track & Field	8.77
2	565	Philippa Ellis	Gateshead Harriers & AC	9.06
3	561	Melissa Coxon	Rotherham Harriers and	9.17
4	635	Shayon Fryer-Francis	Sale Harriers Manchester	9.44

**Under 20 Women Shot Put FINAL**

W/S

1	186	Hannah Molyneaux	City Of Sheffield And	13.54
2	593	Abigail Pawlett	Stockport Track & Field	11.41
3	566	Lucy Giles	Gateshead Harriers & Ac	11.10
4	549	Holly Benson	Stockport Harriers & AC	10.87
5	565	Philippa Ellis	Gateshead Harriers & AC	10.74
6	558	Aaliyah Cawley	Doncaster Athletic Club	10.54
7	585	Emily Misantoni	Stockport Track & Field	10.41
8	555	Catherine Burns	Gateshead Harriers & AC	9.57
9	596	Caitlin Rimmer	City Of Sheffield And	9.06
10	570	Rebekah Hopper	Wigan & District H & AC	8.13
11	547	Leah Attack	City of York AC	7.50

**Under 20 Women Triple Jump FINAL**

W/S

1	541	Holly Aitchison	Stockport Track & Field	11.91
2	595	Olivia Reah	Spenborough & Dist AC	11.70
3	567	Grace Goodsell	Stockport Track & Field	11.50
4	602	Emma Simpson	Altrincham & District	10.76
5	597	Steph Robertson	Southport Waterloo AC	10.73
6	572	Emily Jarad	Stockport Track & Field	10.63
7	570	Rebekah Hopper	Wigan & District H & AC	10.45
8	611	Maia Wilkinson	Doncaster Athletic Club	9.65
9	610	Kayleigh Wenn	Morpeth Harriers & AC	9.07