

MASTERS INDOOR GRAND PRIX 2000

Saturday, 8 February 2020



<u>60M</u>		Hurdles			Heat 1		
1	107	Elliott	Harris	U20	M	Birchfield Harriers & AC	8.23
2	180	David	Naylor	U20	M	Crewe & Nantwich AC	8.91
3	15	Dave	Awde	V35	M	Woking AC	9.49
4	292	Jonathan	Chang	SEN	F	City of Sheffield & Dearne AC	11.22

<u>60M</u>		Hurdles			Heat 2		
1	178	Louis	Morrison	U17	M	Trafford AC	8.71
2	36	Drew	Bradley	U17	M	Crewe & Nantwich AC	9.01
3	158	Barrie	Marsden	V55	M	Wycombe Phoenix Harriers & AC	9.24
4	198	Ben	Pitts	U17	M	Amber Valley & Erewash AC	9.86
5	305	Richard	Howes	V55	M	Pontefract AC	11.88
6	81	Neil	Fowler	V50	M	Crewe & Nantwich AC	13.74

<u>60M</u>		Hurdles			Heat 3		
1		Hannah	Dunnderdale	SEN	F	City of Sheffield & Dearne AC	9.16
2	87	Shayon	Fryer-Francis	U20	F	Sale Harriers Manchester	9.32
3	313	Scarlett	Whittaker	U20	F	Sale Harriers Manchester	9.69
4	75	Luciano	Fasce	V55	M	Italy	10.43
5	130	Sarah	Johnson	V35	F	Darlington Harriers & AC	10.74
6	262	Ella	Wilson	U20	F	Sale Harriers Manchester	12.65

<u>60M</u>		Hurdles			Heat 4		
1	86	Ellise	Fryer-Francis	U17	F	Sale Harriers Manchester	10.05
2	217	Ella	Salih	U17	F	Sale Harriers Manchester	10.36
3	181	Louisa	Naylor	U15	F	Crewe & Nantwich AC	11.03
4	168	Kathryn	Mellor	V45	F	Rushcliffe AC	12.99

<u>60M</u>		Hurdles			Heat 5		
1	85	Susan	Frisby	V55	F	Leicester Coritanian AC	10.53
2	254	Tony	Wells	V70	M	Corby AC	10.96
3	33	Tony	Bowman	V80	M	Leeds City AC	13.43
4	54	Gaye	Clarke	V55	F	Ryston Runners	DNF

<u>400m Hurdles</u>					Heat 1		
1	15	Dave	Awde	V35	M	Woking AC	55.78
2	204	Sean	Reidy	V35	M	Belgrave Harriers	56.34
3	152	Pyers	Lockwood	U20	M	Eastbourne Rovers AC	57.44
4		Lennox	Thompson	SEN	M	Newham and Essex	57.67
5	30	Alfie	Bowers	*	M	Rugby AC	59.09
6	240	Darren	Towart	V40	M	Tynedale Harriers & Ac	60.57

400m HurdlesHeat 2

1	258	Scott	Whittle	V45	M	Bolton Harriers	64.09
2	68	Simon	Downs	V45	M	Kingston upon Hull AC	66.05
3	59	Rick	Cordwell	V40	M	Chorley Athletic And Triathlon Club	67.24
4	119	Richard	Holt	V45	M	Blackheath & Bromley Harriers AC	68.88
5	225	Dave	Shortridge	V45	M	Victoria Park Harriers and Tower Hamlet	74.68

400m HurdlesHeat 3

1	324	Ben	VWRBICKAKS	U17	M	Crewe & Nantwich AC	58.98
2	36	Drew	Bradley	U17	M	Crewe & Nantwich AC	63.65
3	170	Graham	Moffatt	V50	M	Rushcliffe Ac	70.72

400m HurdlesHeat 4

1	80	Emma	Fowler	SEN	F	Crewe & Nantwich AC	66.42
2	140	Lucy	Kirby	U17	F	Brighton & Hove AC	68.92
3	82	Olivia	Fowler	U17	F	Crewe & Nantwich AC	70.54
4	330	Anna	Wardale	U20	F	Leeds City Ac	94.50
5	168	Kathryn	Mellor	V45	F	Rushcliffe AC	96.56

60M

Heat 1

TRIATHLON

1	67	Manuel	Diaz Brito	SEN	M	Derby AC	7.68
2	142	Matthew	Lamb	V35	M	West Norfolk AC	7.95
3	23	Mark	Beer	V35	M	Chesterfield & District AC	7.99
4	130	Sarah	Johnson	V35	F	Darlington Harriers & AC	8.82
5	187	Darren	O'Leary	V50	M	Marshall Milton Keynes AC	8.82
6	149	Lindsey	Lester	V45	F	Darlington Harriers & AC	8.94
7	247	Trevor	Wade	V60	M	Thames Valley Harriers	9.91
8	205	Geoffrey	Render	V40	M	Spenborough & Dist AC	11.61

60M

Heat 2

TRIATHLON

1	179	Tilly	Mycroft	U17	F	City of Sheffield & Dearne AC	8.27
2	96	Alexa	Gordon	U15	F	Amber Valley & Erewash AC	8.96
3	90	Melanie	Garland	V55	F	Worcester AC	9.10
4	120	Helen	Hood	V50	F	Rushcliffe AC	9.61
5	38	Amanda	Broadhurst	V45	F	Wrexham AC	9.74
6	248	Julie	Wakelam	V60	F	Bromsgrove & Redditch AC	10.45
7	12	Jeanette	Ashton	V60	F	Witney Road Runners	10.49
8							

60M

Heat 1

MASTERS

1	188	Tamunonengiye	Ossai	V40	M	Shaftesbury Barnet Harriers	7.33
2	74	Marvin	Edwards	V35	M	Northern Masters AC	7.39
3	266	Symon	Woan	V35	M	Preston Harriers	7.48
4	42	Anthony	Browne	V40	M	Doncaster AC	7.54
5	109	Ciaran	Harvey	V45	M	Lewes AC	7.55
6	192	Andrew	Parker	V40	M	West Cheshire AC	7.88
7	162	Richard	Mather	V35	M	Northern Masters AC	8.13
8	245	Tim	Unwin	V45	M	Unattached	8.76

60M Heat 4

Heat 2

MASTERS

1	21	Mike	Beaumont	V35	M	Newark AC	7.55
2	102	Peter	Hall	V40	M	Notts Ac	7.57
3	242	Chung	Tu	V35	M	Cambridge & Coleridge AC	7.69
4	132	Tamas	Joo	V40	M	Thames Valley Harriers	7.72
5	249	Mick	Wall	V40	M	Steel City Striders RC	7.79
6	68	Simon	Downs	V45	M	Kingston upon Hull AC	8.00
7	165	Leroy	McKenzie	V50	M	Unattached	8.02
8	111	Richard	Higson-Blythe	V45	M	Wakefield District H & AC	8.12

60M

Heat 3

MASTERS

1	127	Julian	Ions	V45	M	North East Veterans AC	7.66
2	49	Paul	Canning	V50	M	Marshall Milton Keynes AC	7.92
3	184	Paul	North	V45	M	Midland Masters AC	7.97
4	92	Chris	Georgiou	V55	M	Leamington Cycling and AC	8.10
5	48	Anthony	Burniston	V55	M	Doncaster AC	8.10
6	281	John	Statham	V50	M	Charnwood AC	8.11
7	236	Stephen	Terry-Short	V45	M	Cannock & Stafford Ac	8.13
8	146	Robert	Law	V45	M	Cannock & Stafford AC	8.47

60M

Heat 4

MASTERS

1	124	Ricardo	Huskisson	V60	M	Eastern Masters AC	8.00
2	224	Amanda	Shaw	V35	F	Wakefield District H & AC	8.05
3	172	Christopher	Monk	V65	M	Leicester Coritanian AC	8.23
4	229	Giare	Skervin	V45	F	Notts AC	8.23
5	237	Michelle	Thomas	V45	F	Birchfield Harriers & AC	8.27
6	126	Peter	Ilo	V55	M	Southern Counties Veterans AC	8.49
7	280	Andy	Hunter	V50	M	Northern Masters	8.59
8	16	Simon	Barnes	V50	M	Beeston AC	9.23

60M

Heat 5

MASTERS

1	286	Vincent	Hall	V40	M	Unattached	7.79
2	46	Matthew	Burgon	V40	M	Steel City Striders RC	8.33
3	3	Naana	Adusei	V35	F	Leeds City AC	8.44
4	19	Michael	Bates	V40	M	Doncaster AC	8.59
5	17	Eli	Barnett	V50	M	Telford AC	8.88
6	191	Dion	Panambalana	V55	M	Herne Hill Harriers	8.90
7	136	Caroline	Kay	V40	F	Totley AC	8.92
8	208	Kirtley	Robbins	V55	M	Tipton Harriers	9.22

60M

Heat 6

MASTERS

1	47	Karen	Burles	V40	F	Reading AC	8.42
2	166	Ali	McLellan	V35	F	Deeside AAC	8.90
3	150	Ivars	Licietis	V60	M	Charnwood A C	9.15
4	45	Gillian	Burgon	V35	F	Steel City Striders RC	9.20
5	122	Henry	Hopkins	V60	M	Worcester AC	9.22
6	64	Ainslea	Cross	V35	F	Charnwood A C	9.27
7	270	Angie	Wright	W45	F	Unattached	9.31
8	32	Catherine	Bowman	V45	F	Unattached	9.63

60M

Heat 7

MASTERS

1	254	Tony	Wells	V70	M	Corby AC	9.40
2	241	Joan	Trimble	V65	F	Kingston AC And Poly Harriers	9.52
3	271	Peter	Wright	V70	M	Midland Masters AC	9.93
4	33	Tony	Bowman	V80	M	Leeds City AC	10.23
5	72	Paul	Durrant	V45	M	Unattached	10.35
6	141	David	Lake	V55	M	Northern Masters AC	10.82
7							
8							

60M Heat 8 MASTERS

1	43	Angela	Bryant	V55	F	Forest of Dean AC	9.59
2	51	Debra	Casson	V50	F	Longwood Harriers AC	9.60
3	29	Martyn	Bollands	V60	M	Unattached	9.80
4	97	George	Gribben	V65	M	Orangethorne AC	10.00
5	54	Gaye	Clarke	V55	F	Ryston Runners	10.07
6	98	John	Gribben	V75	M	Orangethorne AC	12.31

60M Heat 1 OPEN

1	284	joe	Ferguson	SEN	M	Leeds City Ac	7.02
2	7	Morgan	Amed	SEN	M	Coventry Godiva Harriers	7.03
3	197	Nathan	Petch	SEN	M	Coventry Godiva Harriers	7.15
4	289	Alex	Truscott	U20	M	Enfield & Haringey AC	7.18
5	95	Nathan	Gomes	U20	M	Victoria Park Harriers and Tower Hamlet	7.21
6	171	Arif	Mohamed	SEN	M	Solihull & Small Heath AC	7.23
7	307	Daniel	Morgan-Harrison	SEN	M	Unattached	7.23
8	143	Steven	Lambourne	SEN	M	Doncaster AC	7.39

60M Heat 2 OPEN

1	180	David	Naylor	U20	M	Crewe & Nantwich AC	7.40
2	278	Callum	Holding	U23	M	Coventry Godiva Harriers	7.46
3	88	Atheer	Galdagon	SEN	M	City of Sheffield & Dearne AC	7.51
4	190	Reece	Palmer (t20)	SEN	M	Chester Le Street & Dist AC	7.59
5	232	Joel	Stern	SEN	M	Peterborough & Nene Valley AC	7.59
6	306	Jonathon	Fields	SEN	M	Rotherham Harriers & AC	7.63
7	315	Matt	France	U15	M	Rotherham Harriers & AC	7.84
8	117	Omar	Holness	U20	M	Birchfield Harriers & AC	DQ (162.8)

60M Heat 3 OPEN

1	227	Reuben	Singh	U20	M	Leeds City AC	7.65
2	79	Stephen	Foster	U20	M	Hallamshire Harriers Sheffield	7.65
3	319	Callum	Harris	U20	M	Unattached	7.74
4	178	Louis	Morrison	U17	M	Trafford AC	7.76
5	105	Jason	Harkness	SEN	M	University of Sheffield Union of Students	7.83
6	300	Sophie	Money	SEN	F	Liverpool Harriers & AC	7.84
7	36	Drew	Bradley	U17	M	Crewe & Nantwich AC	7.92
8	302	Emma	Suhonen	SEN	F	Charnwood AC	7.94

60M Heat 4 OPEN

1		Jesscia	Water	SEN	F	Sutton-in-Ashfield Harrier	8.11
2	294	Eleanor	Rawson	SEN	F	University of Sheffield	8.14

3	317	Hannah	Dunderdale	Sen	F	City of Sheffield & Dearne AC	8.29
4	50	Heather	Carson	SEN	F	City of Sheffield & Dearne AC	8.29
5	304	Jessica	Smith	SEN	F	Hallamshire Harriers Sheffield	8.40
6	296	Mariella	Digioia	SEN	F	University of Sheffield	8.69
7	295	Katherine	Neo	SEN	F	University of Sheffield	8.70
8	211	Kayden	Roe	SEN (T37)	M	Doncaster AC	10.06

<u>60M</u>	Heat 1	SECOND ROUND				<u>Masters</u>	
1	307	Daniel	Morgan-Harrison	SEN	M	Unattached	7.18
2	35	Dominic	Bradley	V40	M	Crewe & Nantwich AC	7.18
3	74	Marvin	Edwards	V35	M	Northern Masters AC	7.40
4	21	Mike	Beaumont	V35	M	Newark AC	7.46
5	109	Ciaran	Harvey	V45	M	Lewes AC	7.46
6	266	Symon	Woan	V35	M	Preston Harriers	7.57

<u>60M</u>	Heat 2	SECOND ROUND				<u>Masters</u>	
1	222	Darren	Scott	*	M	St. Helens Sutton AC	7.52
2	242	Chung	Tu	V35	M	Cambridge & Coleridge AC	7.64
3	127	Julian	Ions	V45	M	North East Veterans AC	7.69
4	286	Vincent	Hall	V40	M	Unattached	7.71
5	49	Paul	Canning	V50	M	Marshall Milton Keynes AC	7.99
6	162	Richard	Mather	V35	M	Northern Masters AC	8.12
7	48	Anthony	Burniston	V55	M	Doncaster AC	8.26
8	132	Tamas	Joo	V40	M	Thames Valley Harriers	8.33

<u>60M</u>	Heat 3	SECOND ROUND				<u>Masters</u>	
1	124	Ricardo	Huskisson	V60	M	Eastern Masters AC	7.93
2	184	Paul	North	V45	M	Midland Masters AC	8.02
3	224	Amanda	Shaw	V35	F	Wakefield District H & AC	8.05
4	236	Stephen	Terry-Short	V45	M	Cannock & Stafford Ac	8.06
5	281	John	Statham	V50	M	Charnwood AC	8.14
6	146	Robert	Law	V45	M	Cannock & Stafford AC	8.32
7	237	Michelle	Thomas	V45	F	Birchfield Harriers & AC	8.33
8	17	Eli	Barnett	V50	M	Telford AC	8.74

<u>60M</u>	Heat 4	SECOND ROUND				<u>Masters</u>	
1	68	Simon	Downs	V45	M	Kingston upon Hull AC	8.03
2	165	Leroy	McKenzie	V50	M	Unattached	8.04
3	229	Giare	Skervin	V45	F	Notts AC	8.26
4	47	Karen	Burles	V40	F	Reading AC	8.32
5	3	Naana	Adusei	V35	F	Leeds City AC	8.35
6	126	Peter	Ilo	V55	M	Southern Counties Veterans AC	8.46
7	280	Andy	Hunter	V50	M	Northern Masters	8.84

<u>60M</u>	Heat 5	SECOND ROUND				<u>Masters</u>	
1	46	Matthew	Burgon	V40	M	Steel City Striders RC	8.30
2	166	Ali	McLellan	V35	F	Deeside AAC	8.83
3	150	Ivars	Licietis	V60	M	Charnwood A C	9.08
4	208	Kirtley	Robbins	V55	M	Tipton Harriers	9.23
5	64	Ainslea	Cross	V35	F	Charnwood A C	9.27

6	43	Angela	Bryant	V55	F	Forest of Dean AC	9.48
7	51	Debra	Casson	V50	F	Longwood Harriers AC	9.55

<u>60M</u>		Heat 6	SECOND ROUND			<u>Masters</u>	
1	45	Gillian	Burgon	V35	F	Steel City Striders RC	9.12
2	270	Angie	Wright	V45	F	Unattached	9.35
3	271	Peter	Wright	V70	M	Midland Masters AC	9.98
4	97	George	Gribben	V65	M	Orangegrove AC	10.20
5	98	John	Gribben	V75	M	Orangegrove AC	12.06

<u>60M</u>		Heat 7	SECOND ROUND			<u>OPEN</u>	
1	289	Alex	Truscott	U20	M	Enfield & Haringey AC	7.16
2	14	Arif	Mohamed	SEN	M	Enfield & Haringey AC	7.22
3	117	Omar	Holness	U20	M	Birchfield Harriers & AC	7.25
4	321	Martell	Bortey	SEN	M	City of Sheffield & Dearne AC	7.31
5	278	Callum	Holding	U23	M	Coventry Godiva Harriers	7.49
6	88	Atheer	Galdagon	SEN	M	City of Sheffield & Dearne AC	7.51
7	306	Jonathon	Frelas	SEN	M	Rotherhan Harriers & AC	7.68
8	143	Steven	Lambourne	SEN	M	Doncaster AC	9.86

<u>60M</u>		Heat 8	SECOND ROUND			<u>OPEN</u>	
1	232	Joel	Stern	SEN	M	Peterborough & Nene Valley AC	7.57
2	105	Jason	Harkness	SEN	M	University of Sheffield Union of Students	7.60
3	315	Matt	France	U15	M	Rotherhan Harriers & AC	7.63
4	178	Louis	Morrison	U17	M	Trafford AC	7.74
5	300	Sophie	Money	SEN	F	Liverpool Harriers & AC	7.82
6	294	Eleanor	Rawson	SEN	F	University of Sheffield	8.07
7	328	Matt	Graham	SEN	M	University of Sheffield	8.13
8	211	Kayden	Roe	SEN (T37)	M	Doncaster AC	8.30

<u>60M</u>		Heat 9	SECOND ROUND			<u>OPEN</u>	
1	95	Nathan	Gomes	U20	M	Victoria Park Harriers and Tower Hamlet	7.29
2	302	Emma	Suhonen	SEN	F	Charnwood AC	7.89
3	304	Jessica	Smith	SEN	F	Hallamshire Harriers Sheffield	8.45
4	145	Niamh	Latibeaudiere	U17	F	Doncaster AC	8.45
5	231	Louise	Smith	U20	F	Tynedale Harriers & AC	8.57
6	296	Mariella	Digioia	SEN	F	University of Sheffield	8.67
7	295	Katherine	Neo	SEN	F	University of Sheffield	8.76

<u>200M</u>		Heat 1					
1	95	Nathan	Gomes	U20	M	Victoria Park Harriers and Tower Hamlet	22.43
2	188	Tamunonengiye	Ossai	V40	M	Shaftesbury Barnet Harriers	23.03
3	58	Mike	Coogan	V45	M	East Cheshire Harriers & Tameside AC	23.26
4	127	Julian	Ions	V45	M	North East Veterans AC	25.25
5	162	Richard	Mather	V35	M	Northern Masters AC	25.93

<u>200M</u>		Heat 2					
1	35	Dominic	Bradley	V40	M	Crewe & Nantwich AC	22.97
2	325	Rick	BEARDSALL	V40	M	Trafford AC	23.00
3	102	Peter	Hall	V40	M	Notts Ac	23.71

4	24	Adam	Bellis	V40	M	Trafford AC	23.81
5	109	Ciaran	Harvey	V45	M	Lewes AC	24.28

200M Heat 3

1	117	Omar	Holness	U20	M	Birchfield Harriers & AC	23.08
2	266	Symon	Woan	V35	M	Preston Harriers	23.74
3	318	-	-	-	F	-	23.80
4	61	Leon	Creaney	V40	M	Northern Masters AC	25.02
5	240	Darren	Towart	V40	M	Tynedale Harriers & Ac	25.12

200M Heat 4

1	167	Malcolm	McPhail	V50	M	Northern Masters AC	25.29
2	224	Amanda	Shaw	V35	F	Wakefield District H & AC	25.64
3	94	Leeroy	Golding	V50	M	Pendle AC	26.16
4	142	Matthew	Lamb	V35	M	West Norfolk AC	26.38
5	249	Mick	Wall	V40	M	Steel City Striders RC	26.66

200M Heat 5

1	1	Omololu	Abiodun	SEN	M	Woodford Green AC with Essex Ladies	21.85
2	285	Dominic	Lamb	SEN	M	City of Sheffield & Dearne AC	21.98
3	322	Lewis	Thorn	SEN	M	Braintree & Disgtrict AC	22.20

200M Heat 6

1	184	Paul	North	V45	M	Midland Masters AC	25.85
2	236	Stephen	Terry-Short	V45	M	Cannock & Stafford Ac	26.39
3	146	Robert	Law	V45	M	Cannock & Stafford AC	26.49
4	281	John	Statham	V50	M	Charnwood AC	27.47
5	48	Anthony	Burniston	V55	M	Doncaster AC	27.72

200M Heat 7

1	105	Jason	Harkness	SEN	M	University of Sheffield Union of Students	24.48
2	50	Heather	Carson	SEN	F	City of Sheffield & Dearne AC	25.82
3	201	Nicholas	Quilty	V45	M	Rushcliffe AC	26.23
4	124	Ricardo	Huskisson	V60	M	Eastern Masters AC	26.34
5	116	Paul	Hollywood	V45	M	Unattached	28.58

200M Heat 8

1	294	Eleanor	Rawson	SEN	F	University of Sheffield	26.08
2	237	Michelle	Thomas	V45	F	Birchfield Harriers & AC	27.06
3	3	Naana	Adusei	V35	F	Leeds City AC	27.37
4	47	Karen	Burles	V40	F	Reading AC	27.46
5	260	Sharon	Wilkinson	V45	F	Preston Harriers	27.65

200M Heat 9

1	242	Chung	Tu	V35	M	Cambridge & Coleridge AC	24.89
2	138	Conrad	Kennedy	V50	M	Durham City Harriers & AC	26.77
3	165	Leroy	McKenzie	V50	M	Unattached	26.89
4	126	Peter	Ilo	V55	M	Southern Counties Veterans AC	27.74
5	229	Giare	Skervin	V45	F	Notts AC	28.37
6	18	Colin	Bates	V55	M	Dartford Harriers AC	28.39

200M Heat 10

1	44	Lauren	Brzozowski	SEN	F	Loughborough Students AC	25.49
2	169	Tracey	Milward	V45	F	Pendle AC	27.77
3	150	Ivars	Licietis	V60	M	Charnwood A C	28.59
4	166	Ali	McLellan	V35	F	Deeside AAC	28.64
5	187	Darren	O'Leary	V50	M	Marshall Milton Keynes AC	29.47
6	122	Henry	Hopkins	V60	M	Worcester AC	30.59

200M Heat 11

1	118	Carol	Holt	V40	F	Preston Harriers	29.67
2	270	Angie	Wright	V45	F	Unattached	31.06
3	90	Melanie	Garland	V55	F	Worcester AC	31.12
4	51	Debra	Casson	V50	F	Longwood Harriers AC	32.10
5	43	Angela	Bryant	V55	F	Forest of Dean AC	32.58
6	32	Catherine	Bowman	V45	F	Unattached	32.73

200M Heat 12

1	254	Tony	Wells	V70	M	Corby AC	31.85
2	241	Joan	Trimble	V65	F	Kingston AC And Poly Harriers	33.05
3	97	George	Gribben	V65	M	Orangegrove AC	34.42
4	211	Kayden	Roe	SEN (T37)	M	Doncaster AC	37.30
5	33	Tony	Bowman	V80	M	Leeds City AC	38.05
6	98	John	Gribben	V75	M	Orangegrove AC	43.39

200M Heat 13

1	7	Morgan	Amed	SEN	M	Coventry Godiva Harriers	21.86
2	197	Nathan	Petch	SEN	M	Coventry Godiva Harriers	22.25
3	88	Atheer	Galdagon	SEN	M	City of Sheffield & Dearne AC	23.47

200M Heat 14

1	302	Emma	Suhonen	SEN	F	Charnwood AC	25.73
2	251	Jessica	Waters	sen	F	Sutton-in-Ashfield Harriers & AC	26.23
3	295	Katherine	Neo	SEN	F	University of Sheffield	28.54
4	296	Mariella	Digioia	SEN	F	University of Sheffield	28.63

400m Heat 1

1	290	Frerick	Afrifa	SEN	M	Crawley	48.65
2	207	Joel	Richardson	SEN	M	Trafford AC	49.33
3	26	Tor	Bennett Williams	SEN	M	Birchfield Harriers & AC	50.29
4	59						50.86
5	220	Lyle	Sargent	SEN	M	Coventry Godiva Harriers	50.89
6	324	Ben	VWRBICKAKS	U17	M	Crewe & Nantwich AC	52.01

400m Heat 2

1	327	Oliver	Dane	SEN	M	City of Sheffield & Dearne AC	51.99
2	101	Scott	Gunning	SEN	M	Coventry Godiva Harriers	52.04
3		Lennox	Thompson	SEN	M	Newham and Essex	52.31
4	107	Elliott	Harris	U20	M	Birchfield Harriers & AC	53.20
5	204	Sean	Reidy	V35	M	Belgrave Harriers	53.23

400m Heat 3

1	58	Mike	Coogan	V45	M	East Cheshire Harriers & Tameside AC	52.39
2	24	Adam	Bellis	V40	M	Trafford AC	52.44
3	89	Michael	Gardiner	V50	M	Cheltenham and County Harriers	54.40

400m Heat 4

1	210	Thomas	Roche	SEN	M	University of Sheffield Union of Students	55.57
2	113	Amy	Hillyard	SEN	F	Birchfield Harriers & AC	56.16
3	5	Emma	Alderson	SEN	F	Liverpool Harriers & AC	56.39
4	194	Mhairi	Patience	SEN	F	Edinburgh AC	56.47
5	61	Leon	Creaney	V40	M	Northern Masters AC	56.67
6	94	Leeroy	Golding	V50	M	Pendle AC	57.92

400m Heat 5

1	4	Natalie	Ainge	SEN	F	Cannock & Stafford Ac	56.59
2	147	Armoure	Le Roux Conradie	SEN	F	Doncaster AC	57.07
3	174	Nathan	Moore	V40	M	Leamington Cycling and AC	57.63
4	156	Hannah	Malpass	SEN	F	Cannock & Stafford AC	59.32
5	275	Matthew	Burgon	SEN	M	Steel City Striders RC	59.40
6	116	Paul	Hollywood	V45	M	Unattached	62.26

400m Heat 6

1	329	Melissa	Coxon	U20	F	Rotherhan Harriers & AC	58.00
2	18	Colin	Bates	V55	M	Dartford Harriers AC	61.49
3	230	Claire	Smith	V40	F	Peterborough & Nene Valley AC	63.55
4	39	Ian	Broadhurst	V65	M	Wrexham Ac	63.56
5	134	Mikko	Juusola	V50	M	Sheffield RC	66.70
6	144	Racheal	Larkin	SEN	F	Wakefield District H & AC	DNF

400m Heat 7

1	260	Sharon	Wilkinson	V45	F	Preston Harriers	61.25
2	155	Rob	MacDonald	V50	M	Halifax Harriers & AC	62.15
3	65	Neil	Davies	V50	M	Wrexham AC	63.72
4	235	Martin	Telford	V60	M	Wallsend Harriers & AC	66.25

400m Heat 8

1	169	Tracey	Milward	V45	F	Pendle AC	64.26
2	176	Sarah	Morley	V40	F	St Theresa's A.C.	69.85
3	118	Carol	Holt	V40	F	Preston Harriers	74.31
4	223	Kate	Scott	V55	F	Steel City Striders RC	75.92

800m Heat 1

1	106	Paul	Harmer	V40	M	Charnwood A C	02:06.01
2	41	David	Brown	V40	M	Peterborough & Nene Valley AC	02:06.48
3	163	David	Matthew	V50	M	Serpentine RC	02:13.36
4	139	Martin	Kerr	V35	M	Derby AC	02:13.61
5	173	Matt	Moon	V40	M	Black Pear Joggers	02:18.41
6	91	Graeme	Gemmell	V55	M	Bellahouston Harriers	02:18.60
7	93	Mark	Goldie	V50	M	Halifax Harriers & AC	02:20.36

8	77	Paul	Forbes	V60	M	Edinburgh AC	02:23.14
9	215	Louise	Rudd	V45	F	Stockport Harriers & AC	02:23.85

800m Heat 2

1	186	Patrick	O'Connor	V50	M	Wakefield District H & Ac	02:19.71
2	170	Graham	Moffatt	V50	M	Rushcliffe Ac	02:23.90
3	234	Steven	Taylor	V60	M	Trafford AC	02:24.32
4	193	Russell	Parkin	V55	M	Derby AC	02:25.19
5	52	Mark	Champion	V50	M	Istead & Ifield Harriers	02:25.88
6	200	Kevin	Pye	V55	M	Notts AC	02:28.78
7	212	Anthony	Roper	V55	M	Bristol and West AC	02:30.55
8	57	Martyn	Cole	V60	M	Worcester AC	02:33.71
9	153	Chris	Jordan	M40	M	Derby AC	02:37.34

800m

1	263	Jon	Wilson	V45	M	Barton & District AC	02:27.87
2	108	Richard	Harrison	V50	M	Selby Striders	02:28.64
3	81	Neil	Fowler	V50	M	Crewe & Nantwich AC	02:29.69
4	183	Robert	Norman	V35	M	Belper Harriers	02:36.21
5	176	Sarah	Morley	V40	F	St Theresa's A.C.	02:42.24
6	71	Christopher	Duncan	V50	M	City of Sheffield & Dearne AC	02:44.61
7	223	Kate	Scott	V55	F	Steel City Striders RC	02:46.84
8	131	David	Jones	V70	M	Stratford Upon Avon Ac	02:55.55
9	256	Hilary	West	V60	F	Macclesfield Harriers & AC	03:03.39
10	20	Geoffrey	Beattie	V65	M	Sale Harriers Manchester	03:15.29

1500m

Heat 1

MASTERS

1	185	Anthony	O'Brien	V45	M	Liverpool Pembroke & Sefton H AC	04:19.65
2	139	Martin	Kerr	V35	M	Derby AC	04:21.97
3	34	Guy	Bracken	V55	M	North Shields Polytechnic Club	04:23.67
4	316	Kristian	Watson	V35	M	Heanot RC	04:23.96
5	268	Chris	Wood	V40	M	Silson AC	04:27.15
6	62	Gary	Crompton	V35	M	Scunthorpe & District Ac	04:30.20
7	104	Mark	Hampton	V35	M	Sheffield RC	04:32.03
8	214	John	Rouse	V40	M	Derby AC	04:33.44
9	134	Mikko	Juusola	V50	M	Sheffield RC	04:43.06

1500m

Heat 2

MASTERS

1	110	Mark	Havenhand	V50	M	Barnsley AC	04:45.06
2	199	Matthew	Preston	V45	M	Cambridge Harriers	04:45.47
3	170	Graham	Moffatt	V50	M	Rushcliffe Ac	04:48.16
4	154	Geoff	Lowry	V55	M	Sheffield RC	04:49.11
5	128	Chris	Ireland	V55	M	Sheffield RC	04:53.08
6	193	Russell	Parkin	V55	M	Derby AC	04:53.74
7	22	David	Bedwell	V65	M	Bristol and West AC	04:55.70
8	257	Andrew	Wetherill	V60	M	Mansfield Harriers	05:00.05
9	28	Steve	Berridge	V55	M	Holmfirth Harriers AC	05:04.22

1500m

Heat 3

MASTERS

1	103	Steve	Hallas	V45	M	Preston Harriers	04:47.85
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2	52	Mark	Champion	V50	M	Istead & Ifield Harriers	04:49.38
3	234	Steven	Taylor	V60	M	Trafford AC	04:49.98
4	212	Anthony	Roper	V55	M	Bristol and West AC	04:50.32
5	78	Andrew	Forsyth	V55	M	Doncaster AC	05:02.55
6	57	Martyn	Cole	V60	M	Worcester AC	05:03.08
7	133	Chris	Jordan	V40	M	Derby AC	05:08.29
8	243	Jed	Turner	V55	M	Sheffield Rc	05:26.11

1500m		Heat 4			MASTERS		
1	216	Gareth	Russell	V40	M	Humber Triathletes	04:53.86
2	252	Conrad	Watson	V55	M	Sutton in Ashfield Harriers & AC	05:10.46
3	195	Charlie	Pearce	V45	M	Beeston AC	05:16.08
4	129	Derek	Jackson	V65	M	Black Pear Joggers	05:19.52
5	16	Simon	Barnes	V50	M	Beeston AC	05:23.38
6	251	Peter	Wallis	V40	M	Beeston AC	05:24.23
7	148	Paul	Lemmon	V55	M	Bingley Harriers & AC	05:24.87
8	70	Matthew	Dunbar	V50	M	Sheffield Triathlon Club	05:52.07

1500m		Heat 5			MASTERS		
1	263	Jon	Wilson	V45	M	Barton & District AC	05:04.72
2	108	Richard	Harrison	V50	M	Selby Striders	05:10.65
3	153	Matthew	Long	V45	M	South Derbyshire Road Runners	05:32.96
4	209	Stephanie	Robson	V45	F	Bingley Harriers & AC	05:44.46
5	73	Lauren	Eadon	V55	F	Wetherby Runners AC	05:50.32
6	131	David	Jones	V70	M	Stratford Upon Avon Ac	05:56.70
7	9	Alan	Appleby	V70	M	Preston Harriers	06:35.29
8	27	Angela	Benson	V55	F	Ripon Runners	06:45.62
9	98	John	Gribben	V75	M	Orangethorne AC	07:47.44

POLE VAULT		Pool A					
1	312	Joshua	James	U17	M	City of Sheffield & Dearne AC	4.00
2	25	Thomas	Benfield	U20	M	Burton AC	4.00
3	308	Will	Lane	U17	M	City of Sheffield & Dearne AC	3.60
4	310	Amy	Hunt	U17	F	Wakefield District H & AC	3.30
5	314	Rudi	May	U15	M	City of Sheffield & Dearne AC	3.20
6	311	Adrian	White	V45	Other	Lincoln Wellington AC	3.10
7	303	Lois	Green	U20	F	Chesterfield & District AC	3.10
8	309	Erin	Hunt	U17	F	Wakefield District H & AC	2.90
9	75	Luciano	Fasce	V55	M	Italy	2.40
10	228	Gemma	Skells	V35	F	Peterborough & Nene Valley AC	2.30
11	125	Jennifer	Ibbitson	V60	F	Wakefield District H & AC	2.20
12	83	Hayley	Fox	V45	F	Lincoln Wellington AC	2.20
13	71	Christopher	Duncan	V50	M	City of Sheffield & Dearne AC	2.00

LONG JUMP		Pool A					
1	6	Trevor	Alexanderson	SEN	M	Birchfield Harriers & AC	6.95
2	67	Manuel	Diaz Brito	SEN	M	Derby AC	5.82
3	23	Mark	Beer	V35	M	Chesterfield & District AC	5.82
4	142	Matthew	Lamb	V35	M	West Norfolk AC	5.18
5	145	Niamh	Latibeaudiere	U17	F	Doncaster AC	5.15

6	231	Louise	Smith	U20	F	Tynedale Harriers & AC	5.07
7	203	Charlotte	Read	U20	F	City of Sheffield & Dearne AC	4.44
8	122	Henry	Hopkins	V60	M	Worcester AC	4.31
9	187	Darren	O'Leary	V50	M	Marshall Milton Keynes AC	4.29
10	247	Trevor	Wade	V60	M	Thames Valley Harriers	4.20
11	99	Harvey	Griffiths	V50	M	Watford Harriers	4.03
12	239	Denise	Timmis	V55	F	Lincoln Wellington AC	3.63
13	223	Kate	Scott	V55	F	Steel City Striders RC	3.48
14	120	Helen	Hood	V50	F	Rushcliffe AC	3.22
15	97	George	Gribben	V65	M	Orangegroove AC	2.89
16	205	Geoffrey	Render	V40	M	Spenborough & Dist AC	1.98

LONG JUMP

POOL B

1	87	Shayon	Fryer-Francis	U20	F	Sale Harriers Manchester	5.46
2	179	Tilly	Mycroft	U17	F	City of Sheffield & Dearne AC	5.25
3	313	Scarlett	Whittaker	U20	F	Sale Harriers Manchester	5.10
4	262	Ella	Wilson	U20	F	Sale Harriers Manchester	5.07
5	96	Alexa	Gordon	U15	F	Amber Valley & Erewash AC	4.75
6	86	Ellise	Fryer-Francis	U17	F	Sale Harriers Manchester	4.71
7	90	Melanie	Garland	V55	F	Worcester AC	4.59
8	217	Ella	Salih	U17	F	Sale Harriers Manchester	4.30
9	130	Sarah	Johnson	V35	F	Darlington Harriers & AC	4.21
10	149	Lindsey	Lester	V45	F	Darlington Harriers & AC	3.76
11	38	Amanda	Broadhurst	V45	F	Wrexham AC	3.75
12	248	Julie	Wakelam	V60	F	Bromsgrove & Redditch AC	3.45
13	12	Jeanette	Ashton	V60	F	Witney Road Runners	3.44

HIGH JUMP

1	23	Mark	Beer	V35	M	Chesterfield & District AC	1.83
2	189	Darren	Otter	V45	M	Doncaster AC	1.75
3	198	Ben	Pitts	U17	M	Amber Valley & Erewash AC	1.75
4	151	Steve	Linsell	V55	M	Leeds City AC	1.65
5	178	Louis	Morrison	U17	M	Trafford AC	1.65
6	99	Harvey	Griffiths	V50	M	Watford Harriers	1.55
7	161	Paul	Masterton	V55	M	Corstorphine AAC	1.50
8	305	Richard	Howes	V55	M	Pontefract AC	1.40
9	29	Martyn	Bollands	V60	M	Unattached	1.20
10	81	Neil	Fowler	V50	M	Crewe & Nantwich AC	1.20
11	71	Christopher	Duncan	V50	M	City of Sheffield & Dearne AC	1.20
12	13	Steve	Atkin	V55	M	Northern Masters AC	1.00

SHOT PUTT

POOL 1

1	244	John	Twiddle	V50	M	Kingston upon Hull AC	12.81
2	196	Greg	Pell	V45	M	Scunthorpe & District AC	12.46
3	29	Martyn	Bollands	V60	M	Unattached	9.68
4	99	Harvey	Griffiths	V50	M	Watford Harriers	9.31
5	305	Richard	Howes	V55	M	Pontefract AC	9.14
6	151	Steve	Linsell	V55	M	Leeds City AC	8.97
7	261	Simon	Wills	V55	M	Birchfield Harriers & AC	8.40
8	13	Steve	Atkin	V55	M	Northern Masters AC	8.32

9	182	Tim	Needham	V65	M	Peterborough & Nene Valley AC	7.64
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SHOT PUTT

POOL 2

1	179	Tilly	Mycroft	U17	F	City of Sheffield & Dearne AC	11.18
2	86	Ellise	Fryer-Francis	U17	F	Sale Harriers Manchester	10.52
3	23	Mark	Beer	V35	M	Chesterfield & District AC	10.39
4	87	Shayon	Fryer-Francis	U20	F	Sale Harriers Manchester	9.05
5	247	Trevor	Wade	V60	M	Thames Valley Harriers	8.89
6	217	Ella	Salih	U17	F	Sale Harriers Manchester	8.52
7	313	Scarlett	Whittaker	U20	F	Sale Harriers Manchester	8.43
8	187	Darren	O'Leary	V50	M	Marshall Milton Keynes AC	8.18
9	38	Amanda	Broadhurst	V45	F	Wrexham AC	8.06
10	262	Ella	Wilson	U20	F	Sale Harriers Manchester	7.73
11	90	Melanie	Garland	V55	F	Worcester AC	7.68
12	130	Sarah	Johnson	V35	F	Darlington Harriers & AC	7.26
13	248	Julie	Wakelam	V60	F	Bromsgrove & Redditch AC	6.77
14	12	Jeanette	Ashton	V60	F	Witney Road Runners	6.35
15	205	Geoffrey	Render	V40	M	Spenborough & Dist AC	6.28
16	120	Helen	Hood	V50	F	Rushcliffe AC	6.26
17	149	Lindsey	Lester	V45	F	Darlington Harriers & AC	6.11
18	96	Alexa	Gordon	U15	F	Amber Valley & Erewash AC	5.65
19	142	Matthew	Lamb	V35	M	West Norfolk AC	5.31

SHOT PUTT

POOL 3

1	125	Jennifer	Ibbitson	V60	F	Wakefield District H & AC	9.30
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