

Track Results for LIF

1		1 -0.5 3k 11.00		-0.5 M/S SW	
	1	206	2 Paul WRIGHT	Mansfield Harriers	8:56.59
	2	195	3 Kristian WATSON	Mansfield Harriers	9:05.51
	3	136	4 Dan NUGENT	Mansfield Harriers	9:18.44
	4	71	7 Steven GASCOYNE	Chesterfield & District AC	9:59.39
	5	175	5 Gurmit SINGH	Roadhogs Leicester AC	10:15.78
	6	82	12 Brian HAWKINS	Rotherham Harriers & AC	10:29.76
	7	146	9 Russell PARKIN	Derby Athletic Club	10:35.36
	8	65	8 Karis FIORRUCCI	London Heathside	10:50.54
	9	196	1 Conrad WATSON	Midland Masters AC	11:06.69
	10	154	10 Simon REID	City of Sheffield & Dearne AC	11:12.15
DNS		192	6 Alastair WALKER	Teviotdale Harriers	
DNS		91	11 Martin HULL	Trentham Rc	

1		2 0.7 3k 11.20		0.7 M/S N	
	1	207	5 Jenny YATES	Radcliffe AC	11:58.82
	2	153	2 Mike QUINN	Sheffield Rc	12:02.45
	3	231	9 Mick BROGAN	Steel City Striders Rc	12:47.06
	4	72	6 Natasha GEERE	Spensorough & Dist AC	13:22.14
	5	194	7 Susan WARD	Bury Athletic Club	13:26.98
	6	52	4 Stephen DAVIES	Mansfield Harriers	15:10.14
DNS		60	1 Sarah EDWARDS	Cleethorpes AC	
DNS		159	3 Stephanie ROBSON	Bingley Harriers & AC	
DNS		176	8 Rang SMITH	Abbey Runners	

2		1 -0.5 400mH		-0.5 M/S S	
	1	74	7 Thomas GRANTHAM	City of Sheffield & Dearne AC	57.99
	2	97	5 Cosmo JOHNSON	Hallamshire Harriers Sheffield	1:00.65
	3	43	3 Paul CANNING	Marshall Milton Keynes AC	1:07.96
	4	181	2 Peter STANSBURY	Dacorum & Tring AC	1:09.81
	5	170	4 Dave SHORTRIDGE	Victoria Park Harriers & Tower	1:16.89

	3	1	1 2 300mH 12 Noon	2 M/S N	
	1	69	3 Mia FRANCO	Derby AC	53.20
	4	1	1 1.7 800m Heat 1 12:15	1.7 M/S N	
	1	129	3 Matt MOON	Worcester AC	2:05.64
	2	85	2 Ben HOLMES	Harrogate Harriers & AC	2:08.09
	3	30	Peter BADGER	Doncaster Athletic Club	2:08.44
	4	55	4 Russell DOWERS	Peterborough & Nene Valley AC	2:14.92
	4	1	2 -0.8 800m Heat 2 12:25	-0.8 M/S SW	
	1	150	7 Neil PENDLEBURY	Altrincham & District Athletic	2:18.69
	2	71	4 Steven GASCOYNE	Chesterfield & District AC	2:20.36
	3	146	5 Russell PARKIN	Derby Athletic Club	2:24.93
	4	128	6 Graham MOFFATT	Rushcliffe AC	2:28.40
DNS		139	2 Simon Matthew OAK	Rotherham Harriers & AC	
DNS		142	3 Steven O'NEILL	Kimberworth Striders	
	4	1	3 0.2 800m Heat 3 12:35	0.2 M/S E	
	1	111	1 Geoff LOWRY	Sheffield Rc	2:25.29
	2	164	4 Gareth RUSSELL	Humber Triathletes	2:30.37
	3	64	8 Mark FICKLING	Mansfield Harriers	2:32.38
	4	56	6 Steven DOXEY	Swinton Running Club	2:39.52
DNS		147	2 Georgie PARNELL	Newport Harriers	
DNS		152	3 Kevin PYE	Midland Masters AC	
DNS		105	5 Paul LEMMON	Bingley Harriers & AC	
DNS		225	7 John CARMICHAEL	Sheffield & Deane	
	4	1	4 0.3 800m Heat 4 12:45	0.3 M/S E	
	1	180	8 Lisa STALEY	Sutton in Ashfield Harriers & A	2:43.41
	2	167	1 Kate SCOTT	Steel City Striders Rc	2:46.05
	3	157	7 Glennis RICHARDSON	Hyde Village Striders	2:51.81
	4	126	3 Rebecca MILLS	Swinton Running Club	2:57.57
	5	148	4 Ian PATCHETT	Abbey Runners	3:01.68

	6	35	6 Geoff BEATTIE	Sale Harriers Manchester	3:19.45
	7	52	5 Stephen DAVIES	Mansfield Harriers	3:53.79
DNS		159	2 Stephanie ROBSON	Bingley Harriers & AC	

	5	1	1 1.3 100m Heat 1	1.3 M/S NE	
	1	61	5 Marvin EDWARDS	Northern Masters AC	11.30
	2	46	4 Mike COOGAN	East Cheshire Harriers & Tamesi	11.36
	3	118	3 Harrison MAY-JOYNSON	Liverpool Pembroke & Sefton H A	11.41
	4	230	2 Anthony BROWN	Doncaster Athletic Club	11.63
	5	74	6 Thomas GRANTHAM	City of Sheffield & Dearne AC	12.04

	5	1	2 -0.3 100m Heat 2	-0.3 M/S SE	
	1	119	3 Joe MCGRATH	Doncaster Athletic Club	10.86
	2	204	2 Connor WOOD	Sale Harriers Manchester	10.92
	3	103	4 Steven LAMBOURNE	Doncaster Athletic Club	11.48
	4	226	5 Matthew FRANCE	Rotherham Harriers & AC	11.72
	5	70	1 Atheer GALDAGON	City of Sheffield & Dearne AC	11.80
	6	130	6 Ben MORTON	Hallamshire Harriers Sheffield	12.08

	5	1	3 -0.5 100m Heat 3	-0.5 M/S SE	
	1	135	6 Robert NORTH	Midland Masters AC	11.96
	2	125	2 Hayley MILLS	Tamworth AC	12.05
	3	104	8 Anthony LEIGH	Crewe & Nantwich AC	12.18
	4	177	7 Julian SMITH	Peterborough & Nene Valley AC	12.36
	5	43	3 Paul CANNING	Marshall Milton Keynes AC	12.39
	6	200	5 Martin WHITE	Mansfield Harriers	12.62
	7	193	4 Mick WALL	Steel City Striders Rc	12.89

	5	1	4 1.1 100m Heat 4	1.1 M/S N	
	1	134	5 Paul NORTH	Midland Masters AC	12.41
	2	110	4 Pat LOGAN	Kingston AC & Poly Harriers	12.44
	3	121	3 Leroy MCKENZIE	Unattached	12.56
	4	89	2 John HOWELL	Unattached	12.99

5	76	8 Beatrice GREEN	Ipswich Harriers	13.03
6	114	6 Kristian MARSH	Salford Metropolitan AC	13.09
7	90	7 Julia HUBBARD	Scarborough Athletic Club	14.48
5	1	5 -0.2 100m Heat 5	-0.2 M/S E	
1	47	2 Joseph COURTNEY	Halifax Harriers & AC	12.86
2	54	8 Mariella DIGIOIA	University of Sheffield Union o	13.20
3	92	5 Andy HUNTER	Northern Masters AC	13.35
4	122	1 Elizabeth MCMAHON	West Cheshire Athletic Club	13.37
5	59	3 Paul DURRANT	Unattached	13.61
6	158	7 Hayley RICHARDSON	Middlesbrough Athletic Club (Ma	13.77
7	31	4 Eli BARNETT	Telford AC	14.17
8	25	6 Donna APLIN	Mansfield Harriers	14.17
5	1	7 0.9 100m Heat 7	0.9 M/S N	
1	27	4 Darren ASKEW	Doncaster Athletic Club	13.94
2	73	6 Cat GOULDER-DAVIES	Birmingham Running Athletics &	14.98
3	53	7 Wendy DAY	Lincoln Wellington Athletic Clu	15.24
4	50	5 Ainslea CROSS	Charnwood A C	15.80
5	1	8 0.3 100m Heat 8	0.3 M/S N	
1	164	3 Gareth RUSSELL	Humber Triathletes	15.17
2	44	5 Debra CASSON	Longwood Harriers AC	15.51
3	184	2 Jon TIBKE	Midland Masters AC	15.72
4	155	6 Deborah RICCI	Bromsgrove & Redditch	15.73
5	171	1 Danielle SILVERMAN	Banbury Harriers AC	15.76
6	189	4 Joan TRIMBLE	Kingston AC & Poly Harriers	15.99
5	1	9 0.1 100m Heat 9	0.1 M/S E	
1	203	5 Anthony WISE	Windsor Slough Eton & Hounslow	14.09
2	86	4 Helen HOOD	Rushcliffe AC	15.76
DNF	169	3 Kieron SHERIDAN-HIGGINS	Unattached	

5	1	10 0.7 100m Heat 10	0.7 M/S N	
1	119	6 Joe MCGRATH	Doncaster Athletic Club	10.85
2	61	5 Marvin EDWARDS	Northern Masters AC	11.39
3	46	4 Mike COOGAN	East Cheshire Harriers & Tamesi	11.46
4	103	2 Steven LAMBOURNE	Doncaster Athletic Club	11.49
5	230	3 Anthony BROWN	Doncaster Athletic Club	11.73
6	74	1 Thomas GRANTHAM	City of Sheffield & Dearne AC	12.09
6	1	1 -0.9 1500m Heat 1	-0.9 M/S SE	
1	30	Peter BADGER	Doncaster Athletic Club	4:28.26
2	79	Mark HAMPTON	Sheffield Rc	4:46.45
3	175	Gurmit SINGH	Roadhogs Leicester AC	4:47.73
4	82	Brian HAWKINS	Rotherham Harriers & AC	4:56.48
5	150	Neil PENDLEBURY	Altrincham & District Athletic	4:57.50
6	164	Gareth RUSSELL	Humber Triathletes	5:30.88
6	1	2 0.7 1500 Heat 2	0.7 M/S N	
1	56	Steven DOXEY	Swinton Running Club	5:25.93
2	153	Mike QUINN	Sheffield Rc	5:48.60
3	157	Glennis RICHARDSON	Hyde Village Striders	6:05.17
4	126	Rebecca MILLS	Swinton Running Club	6:12.74
5	176	Rang SMITH	Abbey Runners	6:31.48
6	52	Stephen DAVIES	Mansfield Harriers	7:28.01
7	1	1 1.5 200m Heat 1	1.5 M/S N	
1	46	5 Mike COOGAN	East Cheshire Harriers & Tamesi	23.41
2	103	4 Steven LAMBOURNE	Doncaster Athletic Club	23.46
3	144	3 James PALMER	City of York AC	23.47
4	230	6 Anthony BROWN	Doncaster Athletic Club	23.52
5	70	7 Atheer GALDAGON	City of Sheffield & Dearne AC	23.76
7	1	2 -0.4 200m Heat 2	-0.4 M/S E	
1	204	5 Connor WOOD	Sale Harriers Manchester	21.70

2	119	4 Joe MCGRATH	Doncaster Athletic Club	22.14
3	118	3 Harrison MAY-JOYNSON	Liverpool Pembroke & Sefton H A	23.11
4	226	2 Matthew FRANCE	Rotherham Harriers & AC	23.68
5	87	6 Louis HOW	City of York AC	24.63
7	1	3 -0.4 200m Heat 3	-0.4 M/S SE	
1	135	4 Robert NORTH	Midland Masters AC	23.98
2	134	3 Paul NORTH	Midland Masters AC	25.35
3	43	2 Paul CANNING	Marshall Milton Keynes AC	25.36
4	110	6 Pat LOGAN	Kingston AC & Poly Harriers	26.66
5	170	1 Dave SHORTRIDGE	Victoria Park Harriers & Tower	26.72
6	76	5 Beatrice GREEN	Ipswich Harriers	26.72
DNF	104	7 Anthony LEIGH	Crewe & Nantwich AC	
7	1	5 -0.5 200m Heat 5	-0.5 M/S SE	
1	47	5 Joseph COURTNEY	Halifax Harriers & AC	25.65
2	178	3 Isabelle SMITH	Harrogate Harriers & AC	25.87
3	121	4 Leroy MCKENZIE	Unattached	26.30
4	122	6 Elizabeth MCMAHON	West Cheshire Athletic Club	27.62
5	181	7 Peter STANSBURY	Dacorum & Tring AC	28.25
7	1	6 -1 200m Heat 6	-1 M/S S	
1	54	2 Mariella DIGIOIA	University of Sheffield Union o	27.61
2	92	8 Andy HUNTER	Northern Masters AC	28.06
3	108	6 Ivars LICIIETIS	Charnwood A C	28.65
4	158	5 Hayley RICHARDSON	Middlesbrough Athletic Club (Ma	28.87
5	162	1 Gavin ROSSON	Unattached	29.14
6	203	7 Anthony WISE	Windsor Slough Eton & Hounslow	29.52
7	90	3 Julia HUBBARD	Scarborough Athletic Club	29.99
8	113	4 Terry MACKLIN	Liverpool Harriers & AC	30.27
7	1	8 2.2 200m Heat 8	2.2 M/S NE	
1	112	5 Rob MACDONALD	Halifax Harriers & AC	26.66

2	59	3 Paul DURRANT	Unattached	28.99
3	53	2 Wendy DAY	Lincoln Wellington Athletic Clu	31.11
4	171	4 Danielle SILVERMAN	Banbury Harriers AC	33.63
7	1	9 0.9 200m Heat 9	0.9 M/S NE	
1	164	5 Gareth RUSSELL	Humber Triathletes	31.64
2	44	7 Debra CASSON	Longwood Harriers AC	31.80
3	116	3 Adrian MARSTON	Lincoln Wellington Athletic Clu	32.54
4	155	4 Deborah RICCI	Bromsgrove & Redditch	33.06
5	184	6 Jon TIBKE	Midland Masters AC	33.21
6	49	2 David COWGILL	Northern Masters AC	49.90
8	1	1 400m Heat 1		
1	48	3 Oscar COUSINS	Chesterfield & District AC	52.55
2	227	4 Joseph COLLINI		53.97
3	87	2 Louis HOW	City of York AC	54.29
9	1	2 400m Heat 2		
1	131	3 Matthew MUSTARD	University of Sheffield Union o	52.82
2	77	2 Andrew HALLIDAY	Harrogate Harriers & AC	57.35
3	36	5 Isabelle BLOEM	Harrogate Harriers & AC	57.83
4	177	4 Julian SMITH	Peterborough & Nene Valley AC	58.82
5	242	1 Ellie RAWSON	City Of Sheffield & Dearne	59.10
6	181	6 Peter STANSBURY	Dacorum & Tring AC	1:02.76
7	182	7 Beth TAYLOR	Rotherham Harriers & AC	1:02.89
9	1	3 400m Heat 3		
1	98	3 Andrew JONES	Unattached	59.73
2	112	2 Rob MACDONALD	Halifax Harriers & AC	59.98
3	62	4 Colin EDWARDS	Mossley Afc Running Club	1:01.67
4	163	7 Niamh RUSHTON	Peterborough & Nene Valley AC	1:03.29
5	150	6 Neil PENDLEBURY	Altrincham & District Athletic	1:04.79
DNF	116	5 Adrian MARSTON	Lincoln Wellington Athletic Clu	

9	1	5	400m Heat 5		
1	108	6	Ivars LICIETIS	Charnwood A C	1:07.13
2	59	5	Paul DURRANT	Unattached	1:08.85
3	164	7	Gareth RUSSELL	Humber Triathletes	1:13.81
4	167	3	Kate SCOTT	Steel City Striders Rc	1:15.73
5	157	2	Glennis RICHARDSON	Hyde Village Striders	1:18.62
6	35	4	Geoff BEATTIE	Sale Harriers Manchester	1:26.22

10	1	1	0.7 100m Heat 1	0.7 M/S NE	
1	118	6	Harrison MAY-JOYNSON	Liverpool Pembroke & Sefton H A	11.44
2	232	4	Darren SCOTT	St Helens & Sutton	11.57
3	144	8	James PALMER	City of York AC	11.87
4	200	7	Martin WHITE	Mansfield Harriers	12.63
5	62	2	Colin EDWARDS	Mossley Afc Running Club	13.20
6	31	5	Eli BARNETT	Telford AC	13.93
7	203	3	Anthony WISE	Windsor Slough Eton & Hounslow	14.25

10	1	2	1.1 100m Heat 2	1.1 M/S NE	
1	134	5	Paul NORTH	Midland Masters AC	12.60
2	158	4	Hayley RICHARDSON	Middlesbrough Athletic Club (Ma	13.75
3	90	6	Julia HUBBARD	Scarborough Athletic Club	14.00
4	25	7	Donna APLIN	Mansfield Harriers	14.39
5	53	8	Wendy DAY	Lincoln Wellington Athletic Clu	15.43
6	155	3	Deborah RICCI	Bromsgrove & Redditch	16.10
7	86	1	Helen HOOD	Rushcliffe AC	16.35
8	171	2	Danielle SILVERMAN	Banbury Harriers AC	17.69

			-0.5 Zero Control Test	-0.5 M/S SW	
1		4			-0.01

