

Northern Athletics Senior/U20 Outdoor Champs 2016

Manchester
11/12 June 2016

Parallel Success 100m Ambulant

W/S: +0.3

Heat 01

W/S: -1.7

FINAL

1	375	Matthew Hamilton	T46	Chelmsford Ac	12.32
2	370	Joseph Gray	T/F 47	Gateshead Harriers & Ac	12.44
3	512	Edward Dyson	T/F38	Spenborough & Dist AC	13.17
4	77	Reece Goodwin	T36	Rotherham Harriers and	13.78
5	513	Kieran Maxwell	T/F 42	Darlington Harriers	15.43

1	115	Samuel Landsborough		Wirral AC	10.81
2	525	Christian Carson		Gateshead Harriers & Ac	10.98
3	94	Colin Hornby Jr		Sale Harriers Manchester	11.13
4	131	Ciaran McGuire		Windsor Slough Eton &	11.28
5	221	Symon Woan		Preston Harriers	11.28
6	209	Daniel Walsh		Gateshead Harriers & AC	11.42
7	117	Aidan Leach		Bingley Harriers & Ac	11.44
8	360	Michael Copeland		City Of Sheffield And	11.79

Parallel Success 200m Ambulant

FINAL

1	521	Paul Davidson	T20	Inverness	24.17
2	522	Finlay MacLennan	T20	Inverness	26.05
3	495	Emily Stewart	T/F 38	Gateshead Harriers & Ac	30.91
4	437	Amy Carr	T37	Middlesbrough Athletic	31.23
5	313	Rachel Partington	T/F 38	Chester Le Street & Dist	38.43
6	447	Leaha Jayne Dixon		Doncaster Athletic Club	48.87

Heat 02

W/S: -1.6

1	218	James Williams		Liverpool Harriers & AC	10.86
2	36	Liam Clowes		Crewe and Nantwich AC	11.02
3	140	Daniel Minto		Derby Athletic Club	11.10
4	132	Jerome McIntosh		City Of Sheffield And	11.16
5	84	Nathan Harris		Sale Harriers Manchester	11.25
6	62	David Feeney		Amber Valley and	11.27
6	62	David Feeney		Amber Valley and	11.27
7	155	Faisal Othman		Manchester Harriers & Ac	11.76
8	184	Darren Scott		St Helens Sutton AC	11.81

Parallel Success 400m Ambulant

FINAL

1	521	Paul Davidson	T20	Inverness	52.63
2	375	Matthew Hamilton	T46	Chelmsford Ac	55.32
3	522	Finlay MacLennan	T20	Inverness	56.66
4	77	Reece Goodwin	T36	Rotherham Harriers and	64.42
5	495	Emily Stewart	T/F 38	Gateshead Harriers & Ac	75.00
6	447	Leaha Jayne Dixon		Doncaster Athletic Club	113.65

Heat 03

W/S: -2.0

1	47	Aarron Crowley		Sale Harriers Manchester	10.93
2	74	Luke Giblin		Kingston upon Hull AC	10.97
3	173	Dalziel Relton		Halifax Harriers & AC	11.13
4	29	Charles Burke		Manchester Harriers &	11.24
5	176	Joel Richardson		Trafford Athletic Club	11.50
6	109	Gareth Jones		Wirral AC	11.54
7	147	Adam Murray		Wombwell Sporting AC	11.69

Parallel Success Seated Club FINAL

W/S

1	79	Thomas Green	F32	Marshall Milton Keynes	23.09
2	39	Graham Condie	F32	Red Star AC	22.20
3	511	Robert Allerston	F32	Challenge Disability SC	16.14
4	534	Kirsty Soutar	F32	Glasgow Red Star	12.41

Senior Men 110m Hurdles FINAL

W/S: +0.00

1	62	David Feeney		Amber Valley and	14.07
2	168	Liam Ramsay		City Of Sheffield And	14.53
3	222	Alexander Wort		Sale Harriers Manchester	14.82
4	49	Matiass Damiao		Leeds City Athletic Club	15.83
5	360	Michael Copeland		City Of Sheffield And	16.09
6	78	Thomas Grantham		City Of Sheffield And	17.50
6	78	Thomas Grantham		City Of Sheffield And	17.50

Parallel Success Seated Discus FINAL

W/S

1	269	Claire Harvey	F55	Ashford Ac	19.46
2	39	Graham Condie	F32	Red Star AC	12.14

Parallel Success Seated Shot Putt

FINAL

W/S

1	510	Kieran Tscherniawsky	F33	Charnwood A C	8.89
2	509	Gavin Yarwood	F33		8.20
3	269	Claire Harvey	F55	Ashford Ac	6.37

Senior Men 1500m FINAL

1	215	Richard Weir		Derby Athletic Club	3:49.71
2	67	Cameron Field		Liverpool Harriers & AC	3:52.17
3	55	Patrick Dever		Preston Harriers	3:52.85
3	55	Patrick Dever		Preston Harriers	3:52.85
4	95	Tom Horton		Hallamshire Harriers	3:57.12
5	527	Andy Benson		Preston Harriers	3:57.89
6	193	Andrew Smith		Pudsey & Bramley Ac	4:00.38
7	150	Jack Nixon		Stockport Harriers & Ac	4:02.10
8	99	Robbie Ingham		Kendal Amateur Athletic	4:02.30
9	80	Simeon Greenwood		Gateshead Harriers & AC	4:03.73
10	217	Matthew Wigelsworth		Warrington A C	4:05.61
11	143	Sparrow J.r Morley		Sunderland Harriers & AC	4:09.26

Parallel Success Men 100m Ambulant

W/S: -0.3

FINAL

1	437	Amy Carr	T37	Middlesbrough Athletic	14.86
2	520	Abbie McNally	T37	Inverness	15.91
3	515	India Oates	T38	Darlington Harriers	17.10
4	227	Penny Andrews	T/F 36	City Of Sheffield And	17.50
5	447	Leaha Jayne Dixon		Doncaster Athletic Club	23.49

Senior Men 100m FINAL

W/S: -0.5

1	47	Aarron Crowley		Sale Harriers Manchester	10.76
2	218	James Williams		Liverpool Harriers & AC	10.77
3	74	Luke Giblin		Kingston upon Hull AC	10.82
4	115	Samuel Landsborough		Wirral AC	10.83
5	36	Liam Clowes		Crewe and Nantwich AC	10.91
6	173	Dalziel Relton		Halifax Harriers & AC	10.99
7	525	Christian Carson		Gateshead Harriers & Ac	11.09
8	140	Daniel Minto		Derby Athletic Club	11.09

Heat 01

1	215	Richard Weir		Derby Athletic Club	3:58.95
2	527	Andy Benson		Preston Harriers	3:59.16
3	67	Cameron Field		Liverpool Harriers & AC	4:00.39
4	193	Andrew Smith		Pudsey & Bramley Ac	4:02.39
5	150	Jack Nixon		Stockport Harriers & Ac	4:03.11
6	138	Connor Milnes		Hallamshire Harriers	4:06.14
7	152	Matthew OConnor		Wakefield District H &	4:07.27
8	98	Joshua Ingham		Pendle Athletic Club	4:14.14
9	25	Steven Bryce		Victoria Park AAC	4:25.19

Heat 02

1	55	Patrick Dever	Preston Harriers	3:58.49
2	217	Matthew Wigelsworth	Warrington A C	3:58.80
3	95	Tom Horton	Hallamshire Harriers	3:58.96
4	80	Simeon Greenwood	Gateshead Harriers & AC	3:59.15
5	143	Sparrow J.r Morley	Sunderland Harriers & AC	3:59.82
6	99	Robbie Ingham	Kendal Amateur Athletic	4:02.44
7	530	Michael Salter	Leeds City Athletic Club	4:03.92
8	170	Kieran Reay	Birtley AC	4:05.98

Heat 01

1	18	Alex Boyce	Liverpool Harriers & AC	47.90
2	56	Harry Doran	Liverpool Pembroke & City of York AC	48.94
3	191	Robert Shipley	Trafford Athletic Club	49.10
4	100	Reece Ingley	Hallifax Harriers & AC	49.38
5	124	Harry Mallinson	Grimsby Harriers & Ac	49.62
6	159	Jean-louis Plaatjies	West Cheshire Athletic	52.03
7	87	Mark Hearn		52.11

Heat 02

1	508	James Gladman	Warrington A C	47.79
2	91	Danny Higham	Liverpool Pembroke & Oldham & Royton H & Ac	48.36
3	96	Jason Hoyle	Tynedale Harriers & AC	49.47
4	196	Lea Stephenson	Border Harriers & Ac	49.96
5	38	Mark Collier	Newcastle University Ac	50.07
6	41	Justin Cooper	Inverness	50.84
7	521	Paul Davidson T20		53.09

Senior Men 200m FINAL

W/S: +0.4

1	115	Samuel Landsborough	Wirral AC	21.33
2	218	James Williams	Liverpool Harriers & AC	21.33
3	86	Daniel Heald	Sale Harriers Manchester	21.54
4	74	Luke Giblin	Kingston upon Hull AC	21.59
5	82	Umar Hameed	Sale Harriers Manchester	21.60
6	189	Aaron Shearer	Trafford Athletic Club	21.94
7	11	Rick Beardsell	Trafford Athletic Club	22.14

Heat 03

1	130	Liam McGivern	Wrexham Ac	49.30
2	61	Luke Edwards	Liverpool Pembroke & Trafford Athletic Club	49.33
3	11	Rick Beardsell	Doncaster Athletic Club	49.37
4	51	Aiden Davies	Wigan & District H & Ac	49.58
5	85	Adam Harvey	Liverpool Pembroke & Preston Harriers	50.25
6	4	Wayne Ashall	East Cheshire Harriers &	50.54
7	148	Daniel Neal		50.85
8	40	Mike Coogan		51.00

Heat 01

W/S: 0.0

1	82	Umar Hameed	Sale Harriers Manchester	21.76
2	218	James Williams	Liverpool Harriers & AC	21.76
3	189	Aaron Shearer	Trafford Athletic Club	22.03
4	38	Mark Collier	Border Harriers & Ac	22.61
5	221	Symon Woan	Preston Harriers	22.67
6	147	Adam Murray	Wombwell Sporting AC	22.96
7	154	Julian Osei-Bonsu	Gateshead Harriers & AC	23.27
8	521	Paul Davidson T20	Inverness	24.14

Senior Men 400m Hurdles FINAL

1	214	James Webster	Warrington A C	53.29
2	178	Oliver Robinson	Bingley Harriers & AC	54.76
3	54	Andrew Desmond	Liverpool Harriers & AC	55.93
4	151	Daniel Njai	Blyth Running Club	56.35

Heat 02

W/S: 0.0

1	115	Samuel Landsborough	Wirral AC	21.41
2	86	Daniel Heald	Sale Harriers Manchester	21.78
3	11	Rick Beardsell	Trafford Athletic Club	22.24
4	84	Nathan Harris	Sale Harriers Manchester	22.36
5	176	Joel Richardson	Trafford Athletic Club	22.40
6	184	Darren Scott	St Helens Sutton AC	22.73
7	40	Mike Coogan	East Cheshire Harriers &	23.28
8	155	Faisal Othman	Manchester Harriers & Ac	23.36

Senior Men 5000m FINAL

1	144	Jack Morris	Stockport Harriers & Ac	14:17.10
2	188	Dominic Shaw	New Marske Harriers	14:21.19
3	35	Daniel Cliffe	Liverpool Harriers & AC	14:22.36
4	13	Russell Best	New Marske Harriers	14:26.39
5	121	Ollie Lockley	Manx Harriers	14:55.11
6	102	Gregory Jayasuriya	Middlesbrough &	14:57.36
7	9	Tom Bains	Hallamshire Harriers	15:04.60
8	45	Kyle Craib	Rotherham Harriers And	15:05.70
9	27	Alan Buckley	Leeds City Athletic Club	15:06.07
10	50	Karl Darcy	Bolton United Harriers &	15:06.93
11	169	Tim Raynes	Blackburn Harriers & AC	15:07.45
12	32	Andrew Challenger	Hallamshire Harriers	15:08.90
13	219	Phil Williams	Rochdale Harriers & AC	15:27.76
14	52	Timmy Davies	Rochdale Harriers & AC	15:27.76
15	182	Gareth Sampson	Leeds City Athletic Club	15:40.77
16	134	Steven McMahon	Rotherham Harriers And	15:41.27
17	104	Aidan Johnson	Sunderland Harriers & AC	15:48.83
18	122	James Loftus	Rotherham Harriers And	15:52.43
19	136	Zak Mellard	Liverpool Pembroke &	15:54.84
20	163	Jeff Prest	Hallamshire Harriers	16:06.74
21	205	Douglas Tickner	Trafford Athletic Club	16:10.85
			Tyne Bridge Harriers	16:57.52

Heat 03

W/S: 0.0

1	74	Luke Giblin	Kingston upon Hull AC	21.69
2	36	Liam Clowes	Crewe and Nantwich AC	22.06
3	180	Callum Roughneen	Sale Harriers Manchester	22.28
4	117	Aidan Leach	Bingley Harriers & Ac	22.75
5	153	Oluwaseun Okome	Sale Harriers Manchester	22.76
6	210	Daniel Walsh	Longwood Harriers Ac	22.81

Senior Men 3000m Steeplechase**FINAL**

1	60	Daniel Eckersley	Kingston upon Hull AC	9:39.85
2	101	Frazer Jardine	Bolton United Harriers &	9:50.18
3	44	Alan Corlett	Manx Harriers	9:53.52
4	7	Lee Athersmith	Wharfedale Harriers	9:59.26

Senior Men 400m FINAL

1	18	Alex Boyce	Liverpool Harriers & AC	48.05
2	91	Danny Higham	Liverpool Pembroke &	48.78
3	56	Harry Doran	Liverpool Pembroke &	48.95
4	130	Liam McGivern	Wrexham Ac	49.47
5	11	Rick Beardsell	Trafford Athletic Club	49.52

Senior Men 800m FINAL

1	220	Michael Wilson	Sunderland Harriers & Ac	1:53.45
2	6	John Ashcroft	Liverpool Harriers & Ac	1:54.79
3	139	Luke Minns	Blackpool Wyre & Fylde	1:55.31
4	22	Dominic Brown	Tonbridge Ac	1:56.37
5	114	Joseph Lancaster	City Of Sheffield And	1:56.57
6	8	Adrian Bailes	Birtley AC	1:57.38
7	56	Harry Doran	Liverpool Pembroke &	1:58.32
8	107	Alex Jones	University Of Sheffield	1:59.17

Heat 01

1	56	Harry Doran	Liverpool Pembroke &	1:56.58
2	22	Dominic Brown	Tonbridge Ac	1:56.79
3	8	Adrian Bailes	Birtley AC	1:57.15
4	107	Alex Jones	University Of Sheffield	1:58.03
5	14	Simon Bolland	Spensorough & Dist AC	2:03.61
6	183	Ryan Sciacca	Chorley Athletic and	2:05.26
7	1	Eugene Adjete	Sale Harriers Manchester	2:11.89

Heat 02

1	220	Michael Wilson	Sunderland Harriers & Ac	1:58.81
2	114	Joseph Lancaster	City Of Sheffield And	1:59.17
3	142	Jack Mitchell	Wakefield District H & Ac	1:59.93
4	172	Martin Reid	Bolton United Harriers &	2:01.85
5	158	Andrew Parsonage	Manchester Harriers &	2:03.32
6	181	David Rutherford	University of Sheffield	2:04.63
7	31	Mark Cage	City Of York Ac	2:07.61

Heat 03

1	139	Luke Minns	Blackpool Wyre & Fylde	1:59.26
2	6	John Ashcroft	Liverpool Harriers & Ac	1:59.33
3	179	Andrew Roen	Gateshead Harriers & AC	1:59.93
4	524	Joshua Oguntayo	Sale Harriers Manchester	2:01.36
5	19	Jonathon Bride	Liverpool Pembroke &	2:01.88
6	137	Andrew Miles	Vale Royal Ac	2:06.25
7	177	Jack Robinson	Lancaster University	2:15.84

Senior Men Discus FINAL

1	206	Alan Toward	City Of Sheffield And	57.18
2	71	Daniel Fleming	City of York AC	45.55
3	223	Fraser Wright	Gateshead Harriers & Ac	39.74
4	110	Scott Jones	Wigan & District H & AC	36.67
5	207	John Twiddle	Kingston upon Hull AC	33.95
6	187	Jonathan Sewell	City of York AC	24.69

W/S

Senior Men Hammer FINAL

1	12	James Bedford	Birchfield Harriers	65.85
2	15	Michael Bomba	Liverpool Harriers & Ac	65.18
3	192	Alex Smith	Sale Harriers Manchester	62.22
4	57	Ross Douglas	Charnwood A C	54.76
5	113	Tom Kirk	Doncaster Athletic Club	48.95
6	203	Daniel Thirlwell	North Shields Polytechnic	42.90
7	207	John Twiddle	Kingston upon Hull AC	40.53

W/S

Senior Men High Jump FINAL

0	536	Mike Edwards (Guest)	Birchfield Harriers	2.13
1	125	Christopher Mann	Bolton United Harriers &	1.98
2	161	Lloyd Powell	North Shields Polytechnic	1.93
3	46	Alexandre Craninx	City Of Sheffield And	1.88

W/S

Senior Men Javelin FINAL

1	133	David McKay	West Cheshire Athletic	59.70
2	160	Stephen Porter	Sale Harriers Manchester	56.41
3	118	Cormack Lever	City Of Sheffield And	55.57
4	186	Daniel Sewell	City of York AC	37.59
5	187	Jonathan Sewell	City of York AC	31.88
6	517	Matt Smith T/F 44	Blackpool Wyre & Fylde	20.14

W/S

Senior Men Long Jump FINAL

1	108	Craig Jones	Liverpool Harriers & Ac	7.08	-0.3
2	112	Jordan Kelly	Birchfield Harriers	6.70	-0.9
3	28	Andrew Burgess	Sale Harriers Manchester	6.69	-1.2
4	23	Jacob Brown	Sale Harriers Manchester	6.68	+0.5
5	10	Sebastian Barker	Nene Valley Harriers	5.69	+0.8
6	64	Michael Fennell	Manchester Harriers & Ac	5.42	+0.3
7	216	Nathan Wells T/F 20	Wakefield District H &	4.36	-1.1
8	2	Hafeez Ahmad F37	Sale Harriers Manchester	2.99	-0.5

W/S

Senior Men Pole Vault FINAL

1	37	Nicholas Cole	City Of Sheffield And	5.00
2	185	Rhys Searles	Enfield & Haringey	4.80
3	528	George Heppinstall	City Of Sheffield And	4.70
4	17	Tom Booth	Preston Harriers	4.60
5	106	Mark Johnson	Leeds City Athletic Club	4.40
6	202	Lewis Taylor	Wigan & District H & Ac	3.60

W/S

Senior Men Shot Putt FINAL

1	200	Craig Sturrock	Gateshead Harriers & AC	14.11
2	149	John Nicholls	Sale Harriers Manchester	13.62
3	113	Tom Kirk	Doncaster Athletic Club	13.44
4	51	Aiden Davies	Doncaster Athletic Club	12.09
5	207	John Twiddle	Kingston upon Hull AC	11.93
6	165	Russell Race	Hyndburn Ac	10.43
7	34	Sean Clare F41	Unattached	9.10
8	216	Nathan Wells T/F 20	Wakefield District H &	7.09

W/S

Senior Men Triple Jump FINAL

1	153	Oluwaseun Okome	Sale Harriers Manchester	14.96	+0.4
2	89	Nathan Roach	Sale Harriers Manchester	13.58	+0.2
3	66	Jonathan Ferryman	Sale Harriers Manchester	13.56	-0.1
4	83	Chris Harris	Wakefield District H &	11.93	+0.5

W/S

Senior Women 100m FINAL

1	289	Annabelle Lewis	Kingston Upon Hull Ac	11.82
2	241	Rebecca Campsall	City of York AC	11.84
3	343	Katy Wyper	Blackpool Wyre & Fylde	11.88
4	304	Sophie Money	Wirral Ac	12.24
5	240	Nikita Campbell-Smith	Birchfield Harriers	12.24
6	232	Rachel Bell	Cleethorpes & District AC	12.31
7	273	Zavia Hill	Sale Harriers Manchester	12.51
8	300	Alice McMahon	West Cheshire Athletic	12.56

W/S: -0.5

Heat 01

1	289	Annabelle Lewis	Kingston Upon Hull Ac	11.74
2	240	Nikita Campbell-Smith	Birchfield Harriers	12.04
3	300	Alice McMahon	West Cheshire Athletic	12.23
4	329	Amanda Shaw	Wakefield District H &	12.32
5	526	Hannah Bird	Barnsley Athletic Club	12.49
6	336	Danielle Svoboda	City Of Sheffield And	12.74
7	263	Emma Givens	Liverpool Pembroke &	13.03
8	288	Jade Lawson	Barrow & Furness	13.64

W/S: +1.2

Heat 03 W/S: +1.3

1	241	Rebecca Campsall	City of York AC	11.76
2	304	Sophie Money	Wirral Ac	12.20
3	273	Zavia Hill	Sale Harriers Manchester	12.24
4	294	Lucy Mansfield	Blackpool Wyre & Fylde	12.26
5	255	Ellie Edwards	Trafford Athletic Club	12.38
6	251	D-arcy-lee Dawson	Liverpool Harriers & Ac	12.51
7	225	Naana Adusei	Leeds City Athletic Club	13.23

Heat 343 W/S: +1.0+

1	343	Katy Wyper	Blackpool Wyre & Fylde	11.94
2	232	Rachel Bell	Cleethorpes & District AC	12.10
3	276	Megan Hoult	Kingston Upon Hull Ac	12.32
4	316	Sian Pledger	Bolton United Harriers &	12.36
5	339	Hannah Watson	Newark Ac	12.53
6	303	Faye Mitchell	Wakefield District H & Ac	12.55
7	226	Chidinma Agwu	Salford Metropolitan Ac	12.66

Senior Women 100m Hurdles FINAL W/S: -0.9

1	256	Jessica Ennis-Hill	City Of Sheffield And CBP	13.10
2	231	Alicia Barrett	Chesterfield & District	13.84
3	239	Micaela Brindle	Wigan & District H & Ac	14.75
4	244	Kelly Clark	City Of Sheffield And	14.76
4	253	Hannah Dunderdale	Lincoln Wellington	14.76
6	311	Suzanne Palmer	Derby Athletic Club	15.78

Senior Women 1500m FINAL

1	258	Jacqueline Fairchild	Trafford Athletic Club	4:27.43
2	281	Samantha Johnson	Rotherham Harriers and	4:29.63
3	341	Natalie Weir	Derby Athletic Club	4:30.03
4	268	Rochelle Harrison	Lincoln Wellington	4:31.84
5	277	Abigail Howarth	Leigh Harriers & AC	4:34.87
6	284	Zara Knappy	Keighley & Craven AC	4:35.66
7	246	Naomi Collier	Grantham Ac	4:40.39
8	325	Louise Rudd	Stockport Harriers & AC	4:41.50
9	542	Rebecca Townsend	Leeds City AC	4:42.87
10	317	Chloe Price	Birtley AC	4:46.93
11	295	Caroline Mayers	Manx Harriers	5:11.86

Senior Women 2000m Steeplechase FINAL

1	309	Fiona Nuttall	Wirral Ac	7:34.93
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Senior Women 200m FINAL W/S: +0.7

1	343	Katy Wyper	Blackpool Wyre & Fylde	24.22
2	541	Emma Cullen	Trafford Athletic Club	24.69
3	329	Amanda Shaw	Wakefield District H &	24.84
4	300	Alice McMahon	West Cheshire Athletic	25.31
5	316	Sian Pledger	Bolton United Harriers &	25.43
6	543	Stephanie Addison	Gateshead Harriers & Ac	25.57

Heat 01 W/S: 0.0

1	256	Jessica Ennis-Hill	City Of Sheffield And	23.42
2	541	Emma Cullen	Trafford Athletic Club	24.76
3	329	Amanda Shaw	Wakefield District H &	24.92
4	300	Alice McMahon	West Cheshire Athletic	25.19
5	251	D-arcy-lee Dawson	Liverpool Harriers & Ac	25.45
6	339	Hannah Watson	Newark Ac	25.63
7	303	Faye Mitchell	Wakefield District H & Ac	25.78
8	225	Naana Adusei	Leeds City Athletic Club	27.09

Heat 02 W/S: 0.0

1	240	Nikita Campbell-Smith	Birchfield Harriers	24.62
2	343	Katy Wyper	Blackpool Wyre & Fylde	24.62
3	543	Stephanie Addison	Gateshead Harriers & Ac	25.36
4	316	Sian Pledger	Bolton United Harriers &	25.40
5	304	Sophie Money	Wirral Ac	25.52
6	526	Hannah Bird	Barnsley Athletic Club	25.65
7	276	Megan Hoult	Kingston Upon Hull Ac	25.90
8	308	Nicole Norton	Doncaster Athletic Club	27.08

Senior Women 400m FINAL

1	252	Nisha Desai	Trafford Athletic Club	55.78
2	344	Georgia Yearby	Leeds City Athletic Club	56.45
3	330	Racheal Shaw	Wakefield District H &	56.95
4	328	Laura Shanley	Liverpool Harriers & AC	57.52
5	340	Tyra Watson	Sale Harriers Manchester	58.11
6	275	Faye Horrocks	Wigan & District H & Ac	60.12
7	254	Kate Eckersley	Bolton United Harriers &	60.53
8	297	Olivia McDermott	Salford Metropolitan Ac	60.74

Heat 01

1	252	Nisha Desai	Trafford Athletic Club	57.03
2	328	Laura Shanley	Liverpool Harriers & AC	57.46
3	330	Racheal Shaw	Wakefield District H &	57.61
4	254	Kate Eckersley	Bolton United Harriers &	60.16
5	308	Nicole Norton	Doncaster Athletic Club	60.26

Heat 02

1	344	Georgia Yearby	Leeds City Athletic Club	57.98
2	340	Tyra Watson	Sale Harriers Manchester	58.41
3	275	Faye Horrocks	Wigan & District H & Ac	59.71
4	297	Olivia McDermott	Salford Metropolitan Ac	59.83

Senior Women 400m Hurdles FINAL

1	252	Nisha Desai	Trafford Athletic Club	59.12
2	286	Emma Komocki	Notts AC	66.34

Senior Women 5000m FINAL

1	321	Becky Rigby	Preston Harriers	16:26.58
2	248	Sophie Cowper	Lincoln Wellington	16:52.97
2	248	Sophie Cowper	Lincoln Wellington	16:52.97
3	261	Hannah May Fletcher	Hallamshire Harriers	16:57.37
4	280	Emily Japp	Blackpool Wyre & Fylde	17:04.77
5	293	Georgia Malir	Leeds City Athletic Club	17:11.16
6	287	Caroline Lambert	Wetherby Runners AC	17:43.50
7	335	Morag Stead	Morpeth Harriers & AC	17:52.01
8	264	Hannah Griffiths	Stockport Harriers & AC	18:01.34
9	238	Evie Brailsford	City Of Sheffield And	18:16.28
10	249	Vicki Cronin	Trafford Athletic Club	18:28.24
11	283	Ruth Jones	Salford Harriers & Ac	18:39.04
12	259	Rachael Fairclough	St Helens Sutton AC	18:39.95
13	250	Sophie Darling	Lincoln Wellington	18:45.31
14	295	Caroline Mayers	Manx Harriers	19:14.18

Senior Women 800m FINAL

1	245	Samantha Coleby	Durham City Harriers & Ac	2:09.40
2	268	Rochelle Harrison	Lincoln Wellington	2:10.49
3	327	Rachel Scott	Preston Harriers	2:12.33
4	233	Sinead Bent	Trafford Athletic Club	2:13.78
5	230	Rachel Atherton	Leeds City Athletic Club	2:14.23
6	299	Sarah McDonald	Wigan & District H & Ac	2:14.34
7	514	Lucy Robinson	North Shields Polytechnic	2:17.14
8	243	Amy-rose Cauley	Trafford Athletic Club	2:18.69
9	302	Becky Mills	Scarborough Athletic Club	2:22.65
10	326	Ellen Louise Sagar-Hesketh	Hyndburn AC	2:23.73

Senior Women Discus FINAL				W/S	Heat 01				W/S: +0.9	
1	312	Sarah Parsons	City of York AC	43.89	1	366	Jona Efoloko	Sale Harriers Manchester	10.94	
2	307	Christina Nick	City of York AC	42.59	2	394	Emmanuel Muka	Sale Harriers Manchester	11.18	
3	291	Sophie Littlemore	Gateshead Harriers & AC	41.84	3	374	Ryan Hall	Oldham & Royton H &	11.27	
4	314	Kate Pattison	University of Warwick	41.47	4	390	Sam Meredith	Liverpool Harriers & AC	11.45	
5	506	Bev Jones F37	Deeside AC	28.55	5	413	Keenen Smith	Hallamshire Harriers	11.62	
6	262	Millie Forrest F37	Wigan & District H & AC	21.73	Heat 02				W/S: +1.4	
Senior Women Hammer FINAL				W/S	1	424	Kane Wright	Nene Valley Harriers	10.94	
1	518	Sarah Holt	Sale Harriers Manchester	63.62	2	359	Joseph Cooper	Kingston Upon Hull AC	11.01	
2	296	Jessica Mayho	Birchfield Harriers	57.30	3	392	Andrew Morgan-Harrison	Kingston upon Hull AC	11.19	
Senior Women High Jump FINAL				W/S	4	355	Martell Bortey	City Of Sheffield And	11.55	
1	226	Chidinma Agwu	Salford Metropolitan Ac	1.53	Under 20 Men 110m Hurdles FINAL				W/S: -0.8	
Senior Women Javelin FINAL				W/S	1	403	Liam Reveley	Blaydon Harriers & AC	16.31	
1	256	Jessica Ennis-Hill	City Of Sheffield And	45.02	2	376	Matthew Harrison	Leeds City Athletic Club	21.84	
2	234	Lianne Bibby	Wigan & District H & AC	44.00	Under 20 Men 1500m FINAL					
3	535	Jo Rowland	Crawley AC	41.75	1	391	Ossama Meslek	Leeds City Athletic Club	4:01.90	
4	310	Devota Nyakyoma	Border Harriers & Ac	41.27	2	373	James Habergham	Halifax Harriers & Ac	4:02.20	
5	292	Amy Lupton	Preston Harriers	37.97	3	368	Chris Fance	Warrington A C	4:02.30	
Senior Women Long Jump FINAL				W/S	4	358	Liam Burthem	Liverpool Harriers & Ac	4:06.20	
1	338	Jessica Taylor	Sale Harriers Manchester	6.02	+1.1	5	405	Thomas Rogerson	Liverpool Harriers & AC	4:06.90
2	535	Jo Rowland	Crawley AC	5.65	+0.5	6	416	Joshua Taylor-Brown	Kingston Upon Hull AC	4:13.30
3	311	Suzanne Palmer	Derby Athletic Club	5.55	+1.3	7	505	Jack Brothwell	Kingston upon Hull AC	4:27.40
4	242	Alyssia Carr	Sale Harriers Manchester	5.46	+1.3	Under 20 Men 200m FINAL				W/S: +0.9
5	257	Danielle Erskine	West Cheshire Athletic	5.09	+1.5	1	423	Connor Wood	Leeds City Athletic Club	CBP 21.08
6	279	Katherine James	Bingley Harriers & AC	5.02	+1.6	2	392	Andrew Morgan-Harrison	Kingston upon Hull AC	21.70
7	285	Chloe Knight F20	Sale Harriers Manchester	3.89	+2.1	3	372	Sam Griffin	Middlesbrough Athletic	22.07
Senior Women Pole Vault FINAL				W/S	4	401	Nick Prentice	Birchfield Harriers	22.24	
1	337	Jessica Swannack	Preston Harriers	3.60		5	371	Derrius Greenaway	Rotherham Harriers And	22.37
1	236	Clare Blunt	Kingston upon Hull AC	3.60		6	412	Dominic Singh	Kingston upon Hull AC	22.52
3	318	Vicky Price	Chesterfield & District	2.80		7	374	Ryan Hall	Oldham & Royton H &	23.07
Senior Women Shot Putt FINAL				W/S	Heat 01				W/S: -0.1	
1	256	Jessica Ennis-Hill	City Of Sheffield And	14.02	1	423	Connor Wood	Leeds City Athletic Club	21.41	
2	535	Jo Rowland	Crawley AC	12.43	2	392	Andrew Morgan-Harrison	Kingston upon Hull AC	22.10	
3	267	Rebecca Hall	Nene Valley Harriers	12.30	3	412	Dominic Singh	Kingston upon Hull AC	22.30	
4	307	Christina Nick	City of York AC	11.73	4	371	Derrius Greenaway	Rotherham Harriers And	22.32	
5	290	Sophie Littlemoor	Gateshead Harriers & AC	11.62	5	385	Jacob Lingard	Sale Harriers Manchester	22.96	
6	539	Emily Rawlins F20	Trafford Athletic Club	8.41	6	413	Keenen Smith	Hallamshire Harriers	23.78	
7	262	Millie Forrest F37	Wigan & District H & AC	7.89	Heat 02				W/S: 0.0	
8	285	Chloe Knight F20	Sale Harriers Manchester	6.82	1	372	Sam Griffin	Middlesbrough Athletic	21.99	
Senior Women Triple Jump FINAL				W/S	2	424	Kane Wright	Nene Valley Harriers	22.38	
1	319	Naomi Reid	Derby Athletic Club	12.60	+0.9	3	401	Nick Prentice	Birchfield Harriers	22.39
2	247	Rebecca Cope	University of Sheffield	11.29	+1.0	4	374	Ryan Hall	Oldham & Royton H &	22.87
3	320	Letisha Richardson	Windsor Slough Eton &	11.11	+0.8	5	359	Joseph Cooper	Kingston Upon Hull AC	22.88
Under 20 Men 100m FINAL				W/S: -0.7	Under 20 Men 3000m Steeplechase FINAL					
1	366	Jona Efoloko	Sale Harriers Manchester	10.86	1	420	Declan Toomey	Bolton United Harriers &	11:02.63	
2	392	Andrew Morgan-Harrison	Kingston upon Hull AC	11.00	2	376	Matthew Harrison	Leeds City Athletic Club	12:24.46	
3	359	Joseph Cooper	Kingston Upon Hull Ac	11.15	Under 20 Men 400m FINAL					
4	424	Kane Wright	Nene Valley Harriers	11.27	1	417	Lee Thompson	Rotherham Harriers and	47.44	
5	394	Emmanuel Muka	Sale Harriers Manchester	11.28	2	363	Sam Day	Middlesbrough Athletic	48.12	
6	374	Ryan Hall	Oldham & Royton H &	11.51	3	348	Cameron Bain	Durham City Harriers & Ac	50.14	
7	390	Sam Meredith	Liverpool Harriers & AC	11.73	4	399	Miguel Plaatjies	Grimsby Harriers & Ac	50.23	
8	355	Martell Bortey	City Of Sheffield And	11.76	5	377	Matthew Hayes	Leeds City Athletic Club	50.48	
					6	393	Robbie Morris	University of Sheffield	52.97	

Under 20 Men 400m Hurdles FINAL

1	376	Matthew Harrison	Leeds City Athletic Club	68.58
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Under 20 Men 5000m FINAL

1	400	Harry Powell	Kingston upon Hull AC	15:34.77
2	378	Lewis Jagger	Lincoln Wellington	15:39.47
3	519	Baldvin Magnusson	Kingston upon Hull AC	16:14.61
4	421	Ewan Waite	Gateshead Harriers & Ac	19:16.93

Under 20 Men 800m FINAL

1	351	Cameron Bell	Hallamshire Harriers	1:53.57
2	389	Jethro McGraw	Amber Valley and	1:53.94
3	529	Tom Clarke	Liverpool Harriers & AC	1:54.00
4	402	Ben Read	Wakefield District H &	1:54.38
5	418	Aaron Thorpe	City Of Sheffield And	1:54.38
6	409	Ashley Sandal	Nene Valley Harriers	1:57.04
7	350	Jonathon Beharrell	Kingston Upon Hull Ac	1:57.27
8	376	Matthew Harrison	Leeds City Athletic Club	2:27.72

Under 20 Men Discus FINAL

W/S

1	347	George Armstrong	Leeds City Athletic Club	55.19	CBP
2	365	Tom Dobbs	Wigan & District H & Ac	41.74	
3	387	Joe Martin	Middlesbrough Athletic	38.53	
4	381	Edward Jeans	Preston Harriers	34.67	
5	403	Liam Reveley	Blaydon Harriers & AC	34.54	

Under 20 Men Hammer FINAL

W/S

1	381	Edward Jeans	Preston Harriers	58.80
2	380	Aaron Jeal	Middlesbrough Athletic	57.37
3	379	Matthew James	Border Harriers & Ac	55.75
4	395	Daniel Nixon	Middlesbrough Athletic	51.82
5	386	Jacob Lloyd	Stockport Harriers & AC	42.03
6	353	Nathan Billington	Blackburn Harriers & Ac	40.92

Under 20 Men High Jump FINAL

W/S

1	356	Connor Borthwick	Wigan & District H & AC	1.88
2	403	Liam Reveley	Blaydon Harriers & AC	1.83

Under 20 Men Javelin FINAL

W/S

1	364	Sam Dean	East Cheshire Harriers &	57.87
2	523	George Davies	City Of York Ac	57.23
3	357	Jaimal Brown	Sale Harriers Manchester	49.41
4	395	Daniel Nixon	Middlesbrough Athletic	46.99
5	507	Eddie Hinchliffe	Holmfirth Harriers Ac	40.14

Under 20 Men Long Jump FINAL

W/S

1	349	Reynold Banigo	Leeds City Athletic Club	7.17	-0.6
2	69	Jacob Fincham Dukes	Leeds City Athletic Club	6.99	-0.5
3	370	Joseph Gray	T/F 47Gateshead Harriers & Ac	5.49	-0.6
4	512	Edward Dyson	F38 Spenborough & Dist AC	4.47	-0.7
5	513	Kieran Maxwell	F42 Darlington Harriers	3.82	+0.7

Under 20 Men Pole Vault FINAL

W/S

1	528	George Heppinstall	City Of Sheffield And	4.70
2	202	Lewis Taylor	Wigan & District H & Ac	3.60

Under 20 Men Shot Putt FINAL

W/S

1	411	Robbie Shaw	Nene Valley Harriers	15.36
2	367	Henry Fairclough	City of York AC	14.65
3	406	Leo Rowley	Rotherham Harriers And	14.50
4	365	Tom Dobbs	Wigan & District H & Ac	13.50
5	364	Sam Dean	East Cheshire Harriers &	12.63

Under 20 Men Triple Jump FINAL

W/S

1	345	Tobi Adeniji	Halifax Harriers & Ac	13.13	+1.7
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Under 20 Women 100m FINAL

W/S: -0.2

1	231	Alicia Barrett	Chesterfield & District	11.98
2	483	Eleanor Rawson	City Of Sheffield And	12.24
3	464	Lily Hughes	Nene Valley Harriers	12.54
4	438	Anna Chadbond	Bolton United Harriers &	12.59
5	427	Hayaat Bah-Traore	Sale Harriers Manchester	12.74
6	470	Emily Lyons	Kingston upon Hull AC	12.98
7	489	Amy Sampson	Kingston upon Hull AC	13.09

Heat 01

W/S: +1.4

1	478	Charlotte Paterson	Kingston upon Hull AC	12.14
2	483	Eleanor Rawson	City Of Sheffield And	12.25
3	438	Anna Chadbond	Bolton United Harriers &	12.61
4	470	Emily Lyons	Kingston upon Hull AC	12.73
5	442	Chloe Constable	Kingston Upon Hull Ac	14.04

Heat 02

W/S: +0.9

1	231	Alicia Barrett	Chesterfield & District	12.07
2	464	Lily Hughes	Nene Valley Harriers	12.52
3	427	Hayaat Bah-Traore	Sale Harriers Manchester	12.63
4	489	Amy Sampson	Kingston upon Hull AC	12.96
5	491	Evelyn Smalley	Liverpool Pembroke &	13.27

Under 20 Women 100m Hurdles FINAL

W/S: -0.8

1	499	Chelsea Walker	City Of York Ac	14.09
2	450	Chloe Esegbona	City Of Stoke Ac	14.76
3	469	Zoe Lucas	Notts AC	14.86
4	434	Sophie Bronze	Gateshead Harriers & AC	15.01
5	477	Josie Parry	City Of York Ac	15.34

Under 20 Women 1500m FINAL

1	461	Amy Hinchly	Vale Royal Ac	4:33.01
2	496	Sophie Tarver	Wirral AC	4:33.97
3	504	Mollie Williams	Stockport Harriers & AC	4:37.61
4	452	Katie Gerrard	Vale Royal Ac	4:46.84
5	485	Lucy Robinson	Wakefield District H &	4:50.32
6	426	Anina Atkinson	City Of Sheffield And	5:01.91
7	471	Mercedes Mercer	Bolton United Harriers &	5:30.69

Under 20 Women 200m FINAL

W/S: +1.7

1	430	Ella Barrett	Chesterfield & District Ac	24.35
2	483	Eleanor Rawson	City Of Sheffield And	24.85
3	474	Charlotte Ogden	Loughborough Students AC	25.15
4	427	Hayaat Bah-Traore	Sale Harriers Manchester	25.62
5	441	Ash Colvin	Blackpool Wyre & Fylde	25.91
6	428	Georgia Barlow	West Cheshire Athletic	26.09
7	470	Emily Lyons	Kingston upon Hull AC	26.29
8	491	Evelyn Smalley	Liverpool Pembroke &	26.97

Heat 01 W/S: 0.0

1	474	Charlotte Ogden	Loughborough Students AC	25.07
2	427	Hayaat Bah-Traore	Sale Harriers Manchester	25.81
3	428	Georgia Barlow	West Cheshire Athletic	26.24
4	491	Evelyn Smalley	Liverpool Pembroke &	26.87
5	439	Lucy Chappell	Doncaster Athletic Club	27.34

Heat 02 W/S: -0.1

1	430	Ella Barrett	Chesterfield & District Ac	24.59
2	483	Eleanor Rawson	City Of Sheffield And	25.11
3	441	Ash Colvin	Blackpool Wyre & Fylde	25.89
4	470	Emily Lyons	Kingston upon Hull AC	26.45

Under 20 Women 400m FINAL

1	430	Ella Barrett	Chesterfield & District Ac	55.37
2	457	Ashton Greenwood	Trafford Athletic Club	57.68
3	459	Abby Hemsall	Barrow & Furness	60.40

Under 20 Women 400m Hurdles FINAL W/S: CBP

1	499	Chelsea Walker	City Of York Ac	58.68
2	488	Anna Nicole Rowe	Liverpool Harriers & Ac	61.62
3	450	Chloe Esegbona	City Of Stoke Ac	62.18
4	454	Jenny Gilmour	Gateshead Harriers & Ac	62.64
5	443	Heather Cooke	Scunthorpe & District Ac	64.17
6	453	Emma Gilmour	Gateshead Harriers & Ac	65.24
7	502	Sara Watterson	Manx Harriers	65.95
8	445	Tameika Cuff	Trafford Athletic Club	68.46

Under 20 Women 800m FINAL

1	331	Tilly Simpson	Hallamshire Harriers	2:09.01
2	436	Sophie Burnett	Birtley Ac	2:10.51
3	496	Sophie Tarver	Wirral AC	2:11.83
4	468	Katie Lowery	Warrington A C	2:13.82
5	503	Danielle Webb	Liverpool Harriers & Ac	2:14.02
6	458	Taylor Hammond	Barnsley Athletic Club	2:14.55

Under 20 Women Discus FINAL W/S

1	278	Jemma Ibbetson	Leeds City Athletic Club	40.11
2	481	Jenny Pyatt	Liverpool Pembroke &	39.37
3	315	Anna Peers	Chorley Athletic and	34.20
4	448	Freya Dooner	Wigan & District H & AC	34.09

Under 20 Women Hammer FINAL W/S

1	475	Maggie Okul	Kingston upon Hull AC	54.65
2	494	Olivia Stevenson	Kingston Upon Hull Ac	52.09
3	429	Alice Barnsdale	Lincoln Wellington	50.61
4	487	Holly Rodgers	Rotherham Harriers and	49.77
5	490	Tara Simpson-Sullivan	Carlisle Aspatria AC	45.61
6	480	Caitlin Price	Liverpool Harriers & Ac	42.75
7	476	Rebecca Orrell	Blackburn Harriers & AC	41.00
8	462	Jessica Hirst	Halifax Harriers & AC	39.87
9	432	Alice Bell	Manx Harriers	35.89

Under 20 Women High Jump FINAL W/S

1	501	Abby Ward	Wakefield District H & Ac	1.80
2	433	Emily Borthwick	Wigan & District H & Ac	1.70
3	444	Bernice Coulson	Wigan & District H & AC	1.60
3	492	Hollie Smith	Kingston Upon Hull Ac	1.60
5	439	Lucy Chappell	Doncaster Athletic Club	1.55

Under 20 Women Javelin FINAL W/S

1	479	Sophie Percival	West Cheshire Athletic	41.69
2	425	Vikki Adams	Leeds City Athletic Club	37.60
3	460	Leah Hillman	Pendle Athletic Club	36.88
4	315	Anna Peers	Chorley Athletic and	36.03
5	497	Alex Tetley	City of York AC	30.96

Under 20 Women Long Jump FINAL W/S

1	425	Vikki Adams	Leeds City Athletic Club	5.13	+1.4
2	491	Evelyn Smalley	Liverpool Pembroke &	4.59	+0.7
3	540	Laura Rawlins	F20 Trafford Athletic Club	3.43	+1.8

Under 20 Women Pole Vault FINAL W/S

1	337	Jessica Swannack	Preston Harriers	3.60
2	486	Iona Rockett	Blaydon Harriers & Ac	2.80

Under 20 Women Shot Putt FINAL W/S

1	435	Toni Buckingham	Barnsley Athletic Club	12.09
2	479	Sophie Percival	West Cheshire Athletic	11.07
3	425	Vikki Adams	Leeds City Athletic Club	10.69
4	448	Freya Dooner	Wigan & District H & AC	10.48
5	434	Sophie Bronze	Gateshead Harriers & AC	10.05
6	439	Lucy Chappell	Doncaster Athletic Club	9.51
7	495	Emily Stewart	F38 Gateshead Harriers & Ac	6.57

Under 20 Women Triple Jump FINAL W/S

1	473	Naomi Ogbeta	Trafford Athletic Club	12.85+2.0	CBP
2	465	Zoe Hughes	Wigan & District H & AC	11.34	+1.1
3	451	Emma Fowler	Crewe and Nantwich AC	11.06	+2.0
4	467	Joanna Lawler Rhodes	Bingley Harriers & AC	10.75	+1.0
5	440	Hope Chilokoa	MullenLeeds City Athletic Club	10.59	+1.3