

# Northern Athletics Indoor Open Meeting 1

EIS, Sheffield  
7/11/15

## F01 U15B Shot Putt Heats

### Heat 01

|   |     |                           |                           |       |
|---|-----|---------------------------|---------------------------|-------|
| 1 | 190 | Oliver Kitchingman (U15B) | Leeds City Athletic Club  | 11.27 |
| 2 | 39  | Dominic Blount (U15B)     | Derby Athletic Club       | 8.34  |
| 3 | 282 | Emilio Ramirez (U15B)     | Stockport Harriers & Ac   | 8.07  |
| 4 | 67  | Alex Colbeck (U15B)       | Doncaster Athletic Club   | 5.79  |
| 5 | 239 | Devin Morris (U13B)       | City of Sheff & Dearne AC | 5.64  |

## F02 U15G Shot Putt Pool

### Pool 01

|    |     |                          |                                   |      |
|----|-----|--------------------------|-----------------------------------|------|
| 1  | 2   | Holly Adams (U13G)       | Kingston Upon Hull Ac             | 8.51 |
| 2  | 134 | Maya Hall (U15G)         | Unattached                        | 8.31 |
| 3  | 27  | Rebecca Bell (U15G)      | Pontefract AC                     | 8.29 |
| 4  | 18  | Ellie Bamfield (U15G)    | Keighley & Craven AC              | 7.27 |
| 5  | 207 | Marnie Leach (U15G)      | Bingley Harriers & Ac             | 6.82 |
| 6  | 299 | Ella Rush (U13G)         | Amber V And Erewash Athletic Club | 6.24 |
| 7  | 19  | Tillie Bamfield (U15G)   | Keighley & Craven AC              | 5.84 |
| 8  | 396 | Isabel McElhatton (U13G) | Wakefield District H & AC         | 5.49 |
| 9  | 394 | Charlie Yates (U13G)     | Amber V & Erewash AC              | 5.38 |
| 10 | 336 | Madeleine Tatham (U13G)  | Amber V & Erewash AC              | 3.63 |

### Pool 02

|   |     |                    |                      |       |
|---|-----|--------------------|----------------------|-------|
| 1 | 249 | Lily Naylor (U15G) | Amber V & Erewash AC | 10.96 |
|---|-----|--------------------|----------------------|-------|

|    |     |                        |                           |       |
|----|-----|------------------------|---------------------------|-------|
| 2  | 22  | Hannah Barnden (U15G)  | Derby Athletic Club       | 10.78 |
| 3  | 284 | Jess Rayner (U15G)     | Halifax Harriers & AC     | 8.49  |
| 4  | 200 | Nicole Lannie (U15G)   | Doncaster Athletic Club   | 8.17  |
| 5  | 26  | Florence Beedie (U15G) | Derby Athletic Club       | 7.45  |
| 6  | 339 | Megan Taylor (U15G)    | Leeds City Athletic Club  | 7.36  |
| 7  | 99  | Philippa Ellis (U15G)  | Houghton Harriers & AC    | 7.21  |
| 8  | 21  | Amelia Banks (U15G)    | Amber V & Erewash AC      | 6.39  |
| 9  | 297 | Olivia Roe (U13G)      | Wakefield District H & Ac | 6.21  |
| 10 | 381 | Megan Williams (U15G)  | Nene Valley Harriers      | 6.17  |
| 11 | 100 | Olivia Evans (U13G)    | Holmfirth Harriers AC     | 6.02  |
| 12 | 267 | Molly Palmer (U15G)    | Charnwood A C             | 5.43  |
| 13 | 248 | Tilly Mycroft (U13G)   | City of Sheff & Dearne AC | 5.38  |
| 14 | 331 | Anya Swift (U13G)      | Amber V & Erewash AC      | 5.16  |
| 15 | 278 | Katie Potts (U13G)     | Amber V & Erewash AC      | 4.42  |
| 16 | 140 | Katie Handley (U13G)   | Bingley Harriers & Ac     | 3.77  |

## F03 SM Triple Jump Heats

### Heat 01

|   |     |                             |                            |       |
|---|-----|-----------------------------|----------------------------|-------|
| 1 | 23  | Nick Barratt (U20M)         | Stockport Harriers & AC    | 12.59 |
| 2 | 198 | Benjamin Lang (U20M)        | City of Sheff & Dearne AC  | 11.89 |
| 3 | 170 | Mat Ingram (U17M)           | Liverpool Pemb & Sefton AC | 11.77 |
| 4 | 50  | Michael Burr (SM)           | Grantham Ac                | 11.66 |
| 5 | 61  | William Carter (U20M)       | Pontefract AC              | 11.58 |
| 6 | 257 | Dom O'Hanlon (U20M)         | Liverpool Pemb & Sefton AC | 11.35 |
| 7 | 84  | Cameron Darkin Price (U17M) | Charnwood A C              | 10.99 |

|   |     |                       |                          |       |
|---|-----|-----------------------|--------------------------|-------|
| 8 | 286 | Nikshieh Reddy (U20M) | Newcastle University AC  | 10.77 |
| 9 | 211 | Steve Linsell (SM)    | Leeds City Athletic Club | 10.60 |

## F04 All Pole Vault Pool 1 (mixed)

### Pool 1 01

|    |     |                          |                                  |      |
|----|-----|--------------------------|----------------------------------|------|
| 1  | 194 | Christopher Lamb (U17M)  | St Helens Sutton Ac              | 3.80 |
| 2  | 112 | Rosie Fresen (U17W)      | Nene Valley Harriers             | 3.00 |
| 3  | 83  | Leah Darbyshire (U15G)   | Wigan & District H & Ac          | 2.80 |
| 4  | 120 | Ellie Gettinby (U17W)    | Bolton United Harriers & Ac      | 2.80 |
| 5  | 316 | Abi Small (U17W)         | Lincoln Wellington Athletic Club | 2.70 |
| 6  | 130 | Bronia Greenhalgh (U17W) | Unattached                       | 2.60 |
| 7  | 387 | Georgie Woodhead (U15G)  | City of Sheff & Dearne AC        | 2.30 |
| 8  | 371 | Jasmine Waters (U17W)    | City of Sheff & Dearne AC        | 2.30 |
| 9  | 8   | Sydney Allison (U15G)    | City of Sheff & Dearne AC        | 2.00 |
| 10 | 246 | Dahni Jo Murray (U13G)   | City of Sheff & Dearne AC        | 1.90 |

### Pool 1 02

|   |     |                              |                           |      |
|---|-----|------------------------------|---------------------------|------|
| 1 | 78  | Luke Cutts (SM)              | City of Sheff & Dearne AC | 5.40 |
| 2 | 133 | Adam Hague (U20M)            | City of Sheff & Dearne AC | 5.20 |
| 3 | 398 | Nicolas Cole (SM)            | City of Sheff & Dearne AC | 4.60 |
| 4 | 210 | Joshua Lindley-Harris (U17M) | City of Sheff & Dearne AC | 3.90 |
| 5 | 293 | Abigail Roberts (U20W)       | City of Sheff & Dearne AC | 3.80 |
| 6 | 1   | Caroline Adams (SW)          | Giffnock North Aac        | 3.40 |

## F05 SM Shot Putt Heats

### Heat 01

|    |     |                             |                             |       |
|----|-----|-----------------------------|-----------------------------|-------|
| 1  | 308 | Robbie Shaw (U20M)          | Nene Valley Harriers        | 14.90 |
| 2  | 347 | David Todd (U17M)           | Chester Le Street & Dist Ac | 13.87 |
| 3  | 199 | Nathan Langley (U17M)       | Workshop Harriers           | 12.48 |
| 4  | 155 | Anthony Hogg (SM)           | Gateshead Harriers & AC     | 11.63 |
| 5  | 106 | James Finney (SM)           | Leeds City Athletic Club    | 10.99 |
| 6  | 391 | Fraser Wright (SM)          | Gateshead Harriers & Ac     | 10.99 |
| 7  | 335 | James Tate (U20M)           | Skyrac Athletic Club        | 10.95 |
| 8  | 56  | Jared Campbell (SM)         | (x) Derby Athletic Club     | 10.35 |
| 9  | 177 | Phill Jones (SM)            | Bingley Harriers & Ac       | 10.10 |
| 10 | 84  | Cameron Darkin Price (U17M) | Charnwood A C               | 9.83  |
| 11 | 61  | William Carter (U20M)       | Pontefract AC               | 9.22  |
| 12 | 405 | Jacob Hirst (SM)            | Bingley Harriers & Ac       | 9.09  |

## F07 SW Shot Putt Heats

### Heat 01

|    |     |                             |                           |       |
|----|-----|-----------------------------|---------------------------|-------|
| 1  | 266 | Suzzanne Palmer (SW)        | Derby Athletic Club       | 11.35 |
| 2  | 319 | Rhea Southcott (U17W)       | Leeds City Athletic Club  | 10.85 |
| 3  | 281 | Emily Race (U17W)           | Workshop Harriers         | 10.01 |
| 4  | 358 | Lucy Turner (U20W)          | Gateshead Harriers & Ac   | 9.68  |
| 5  | 220 | Mollie Magee-Sharpe (U17W)  | Doncaster Athletic Club   | 9.68  |
| 6  | 371 | Jasmine Waters (U17W)       | City of Sheff & Dearne AC | 9.63  |
| 7  | 334 | Alexandra Tate (U17W)       | Skyrac Athletic Club      | 9.57  |
| 8  | 212 | Rebecca Lister (U17W)       | Leeds City Athletic Club  | 9.36  |
| 9  | 63  | Lucy Chappell (U20W)        | Doncaster Athletic Club   | 9.15  |
| 10 | 181 | Katie Joyce (U17W)          | Leeds City Athletic Club  | 8.96  |
| 11 | 107 | Amelia Fisher (U17W)        | City of Sheff & Dearne AC | 8.70  |
| 12 | 68  | Megan Colbeck (U17W)        | Doncaster Athletic Club   | 8.40  |
| 13 | 292 | Ella Roberts (U17W)         | City of Sheff & Dearne AC | 8.29  |
| 14 | 276 | Kim Pinkowski (U17W)        | Stockport Harriers & Ac   | 7.87  |
| 15 | 225 | Emily-rose Maule (U17W)     | Retford AC                | 7.69  |
| 16 | 318 | Hollie Smith (U17W)         | Leeds City Athletic Club  | 7.14  |
| 17 | 324 | Olivia Stafford (U20W)      | Bingley Harriers & Ac     | 6.87  |
| 18 | 160 | Sian Horrex (U17W)          | Leeds City Athletic Club  | 6.87  |
| 19 | 269 | Georgina Parsons (U17W)     | Barnsley Athletic Club    | 6.60  |
| 20 | 261 | Lucy Rose Ormondroyd (U17W) | Leeds City Athletic Club  | 6.32  |
| 21 | 328 | Emily Stewart (U20W)        | Gateshead Harriers & Ac   | 6.29  |
| 22 | 233 | Eleanor Miller (U17W)       | Newark AC                 | 5.58  |

## F08 SW Triple Jump Heats

### Heat 01

|   |     |                             |                          |       |
|---|-----|-----------------------------|--------------------------|-------|
| 1 | 89  | Sophie Decker (U20W)        | Stockport Harriers & AC  | 11.13 |
| 2 | 372 | Katie Waterworth (U17W)     | Stockport Harriers & AC  | 10.48 |
| 3 | 174 | Emily Jarad (U17W)          | Stockport Harriers & AC  | 10.46 |
| 4 | 202 | Joanna Lawler-Rhodes (U20W) | Bingley Harriers & AC    | 10.39 |
| 5 | 259 | Lucy Oldroyd (U20W)         | Bingley Harriers & Ac    | 9.71  |
| 6 | 114 | Hannah Frobisher (U20W)     | Scunthorpe & District AC | 9.63  |
| 7 | 251 | Lydia Naylor (U20W)         | Amber V & Erewash AC     | 9.52  |
| 8 | 110 | Megan Foster (U20W)         | City of York AC          | 9.20  |
| 9 | 325 | Shanie Stathers (SW)        | Scunthorpe & District AC | 8.82  |

**F09a U15B Long Jump Pool**

**Pool 01**

|   |     |                                   |                           |      |
|---|-----|-----------------------------------|---------------------------|------|
| 1 | 109 | Brendon Foster (U15B)             | Notts Ac                  | 5.43 |
| 2 | 190 | Oliver Kitchingman (U15B)         | Leeds City Athletic Club  | 5.26 |
| 3 | 282 | Emilio Ramirez (U15B)             | Stockport Harriers & Ac   | 4.32 |
| 4 | 96  | Alfie Edwards (U13B)              | Wakefield District H & Ac | 4.26 |
| 5 | 163 | Matthew Houlden (U15B)            | Stockport Harriers & Ac   | 4.25 |
| 6 | 108 | Richard Flood (U15B)              | Wakefield District H & Ac | 4.21 |
| 7 | 357 | Christopher Turner (U13B)         | Amber V & Erewash AC      | 4.17 |
| 8 | 67  | Alex Colbeck (U15B)               | Doncaster Athletic Club   | 3.88 |
| 9 | 229 | Lei-vann McGillvary Allert (U15B) | Longwood Harriers Ac      | 3.70 |

**Pool 02**

|   |     |                          |                            |      |
|---|-----|--------------------------|----------------------------|------|
| 1 | 113 | Morgan Frith (U15B)      | Macclesfield Harriers & Ac | 4.86 |
| 2 | 159 | Jamie Hopkins (U15B)     | Southport Waterloo Ac      | 4.67 |
| 3 | 242 | Joel Moverley (U13B)     | Leeds City Athletic Club   | 4.47 |
| 4 | 77  | Sam Curley (U13B)        | Leeds City Athletic Club   | 4.47 |
| 5 | 92  | Jack Doodson (U13B)      | Stockport Harriers & Ac    | 4.38 |
| 6 | 241 | Louis Morrison (U13B)    | Trafford Athletic Club     | 4.27 |
| 7 | 105 | Joe Finnegan (U13B)      | Southport Waterloo Ac      | 4.14 |
| 8 | 217 | Charlie Lugsden (U13B)   | Scunthorpe & District Ac   | 3.82 |
| 9 | 338 | Aleksandar Taylor (U13B) | Retford Ac                 | 3.58 |

**F10a U15G Long Jump Pool**

**Pool +**

|                |     |                           |                              |      |
|----------------|-----|---------------------------|------------------------------|------|
| 1              | 288 | Lucy Revitt (U15G)        | Hallamshire Harriers         | 4.69 |
| 2              | 26  | Florence Beedie (U15G)    | Derby Athletic Club          | 4.54 |
| 3              | 280 | Alice Prescott (U15G)     | Liverpool Pemb & Sefton AC   | 4.53 |
| 4              | 267 | Molly Palmer (U15G)       | Charnwood A C                | 4.42 |
| 5              | 252 | Jessica Newsome (U15G)    | Barnsley Athletic Club       | 4.40 |
| 6              | 362 | Harriet Vaughan (U15G)    | Bury Athletic Club           | 4.33 |
| 7              | 284 | Jess Rayner (U15G)        | Halifax Harriers & AC        | 4.24 |
| 8              | 86  | Sydney Davies (U15G)      | Cannock & Stafford AC        | 4.23 |
| 9              | 381 | Megan Williams (U15G)     | Nene Valley Harriers         | 4.20 |
| 10             | 121 | Lucy Giles (U15G)         | Gateshead Harriers & Ac      | 4.15 |
| 10             | 27  | Rebecca Bell (U15G)       | Pontefract Ac                | 4.15 |
| 12             | 228 | Ceris McElhatton (U15G)   | Wakefield District H & Ac    | 4.09 |
| 13             | 277 | Michaela Pottinger (U15G) | Herne Hill Harriers          | 4.00 |
| <b>Pool 01</b> |     |                           |                              |      |
| 1              | 22  | Hannah Barnden (U15G)     | Derby Athletic Club          | 4.81 |
| 2              | 94  | Stephanie Driscoll (U15G) | Kendal Amateur Athletic Club | 4.78 |
| 3              | 200 | Nicole Lannie (U15G)      | Doncaster Athletic Club      | 4.60 |
| 4              | 147 | Emily Heap (U15G)         | City of Sheff & Dearne AC    | 4.51 |
| 5              | 285 | Charlotte Read (U15G)     | City of Sheff & Dearne AC    | 4.47 |
| 6              | 180 | Ava Jones (U13G)          | Doncaster Athletic Club      | 4.32 |
| 7              | 36  | Erin Birchall (U15G)      | Liverpool Pemb & Sefton AC   | 4.32 |
| 8              | 18  | Ellie Bamfield (U15G)     | Keighley & Craven AC         | 4.31 |
| 9              | 299 | Ella Rush (U13G)          | Amber V & Erewash AC         | 4.29 |
| 10             | 201 | Megan Lasseter (U15G)     | Stockport Harriers & Ac      | 4.17 |
| 11             | 21  | Amelia Banks (U15G)       | Amber V & Erewash AC         | 4.16 |
| 12             | 249 | Lily Naylor (U15G)        | Amber V & Erewash AC         | 4.05 |
| 13             | 153 | Elle Hinchliffe (U13G)    | City of Sheff & Dearne AC    | 3.96 |
| 14             | 57  | Elana Carden-Smith (U15G) | Middlesbrough AC             | 3.77 |
| 15             | 397 | Monique Fisher (U15G)     | City of Sheff & Dearne AC    | 3.70 |
| 16             | 394 | Charlie Yates (U13G)      | Amber V & Erewash AC         | 3.67 |
| 17             | 32  | Grace Bennett (U13G)      | Amber V & Erewash AC         | 3.57 |
| 18             | 278 | Katie Potts (U13G)        | Amber V & Erewash AC         | 3.46 |
| 19             | 331 | Anya Swift (U13G)         | Amber V & Erewash AC         | 3.31 |
| 20             | 396 | Isabel McElhatton (U13G)  | Wakefield District H & AC    | 3.04 |

**Pool 02**

|    |     |                           |                            |      |
|----|-----|---------------------------|----------------------------|------|
| 1  | 288 | Lucy Revitt (U15G)        | Hallamshire Harriers       | 4.69 |
| 2  | 26  | Florence Beedie (U15G)    | Derby Athletic Club        | 4.54 |
| 3  | 280 | Alice Prescott (U15G)     | Liverpool Pemb & Sefton AC | 4.53 |
| 4  | 267 | Molly Palmer (U15G)       | Charnwood A C              | 4.42 |
| 5  | 252 | Jessica Newsome (U15G)    | Barnsley Athletic Club     | 4.40 |
| 6  | 362 | Harriet Vaughan (U15G)    | Bury Athletic Club         | 4.33 |
| 7  | 284 | Jess Rayner (U15G)        | Halifax Harriers & AC      | 4.24 |
| 8  | 86  | Sydney Davies (U15G)      | Cannock & Stafford AC      | 4.23 |
| 9  | 381 | Megan Williams (U15G)     | Nene Valley Harriers       | 4.20 |
| 10 | 121 | Lucy Giles (U15G)         | Gateshead Harriers & Ac    | 4.15 |
| 10 | 27  | Rebecca Bell (U15G)       | Pontefract Ac              | 4.15 |
| 12 | 228 | Ceris McElhatton (U15G)   | Wakefield District H & Ac  | 4.09 |
| 13 | 277 | Michaela Pottinger (U15G) | Herne Hill Harriers        | 4.00 |
| 14 | 297 | Olivia Roe (U13G)         | Wakefield District H & Ac  | 3.99 |
| 15 | 339 | Megan Taylor (U15G)       | Leeds City Athletic Club   | 3.95 |
| 16 | 401 | Chelsea Dawson (U17W)     | City Of York Ac            | 3.73 |
| 17 | 375 | Scarlet Whitfield (U15G)  | Liverpool Pemb & Sefton AC | 3.65 |
| 18 | 311 | Rosie Shepherd (U15G)     | Kingston upon Hull AC      | 3.41 |
| 19 | 336 | Madeleine Tatham (U13G)   | Amber V & Erewash AC       | 3.09 |
| 20 | 140 | Katie Handley (U13G)      | Bingley Harriers & Ac      | 2.53 |
| 21 | 185 | Rebecca Kerman (U13G)     | Bingley Harriers & Ac      | 2.29 |

**T01 U15 60m Heats**

**Heat 01**

W/S:

|   |     |                             |                            |      |      |
|---|-----|-----------------------------|----------------------------|------|------|
| 1 | 168 | Amy Hunt (U15G)             | Grantham Ac                | 7.75 | W/S: |
| 2 | 223 | Adam W Maneely (U15B)       | Derby Athletic Club        | 7.84 | W/S: |
| 3 | 162 | Adam Horwell-Carroll (U15B) | City Of York Ac            | 7.86 | W/S: |
| 4 | 109 | Brendon Foster (U15B)       | Notts Ac                   | 7.92 | W/S: |
| 5 | 163 | Matthew Houlden (U15B)      | Stockport Harriers & Ac    | 7.93 | W/S: |
| 6 | 190 | Oliver Kitchingman (U15B)   | Leeds City Athletic Club   | 7.98 | W/S: |
| 7 | 113 | Morgan Frith (U15B)         | Macclesfield Harriers & Ac | 8.02 | W/S: |
| 8 | 218 | Joshua Lugsden (U15B)       | Scunthorpe & District Ac   | 8.04 | W/S: |

**Heat 02**

W/S:

|   |     |                           |                              |      |      |
|---|-----|---------------------------|------------------------------|------|------|
| 1 | 40  | Oliver Bolland (U15B)     | Ashton Academy               | 8.02 | W/S: |
| 2 | 282 | Emilio Ramirez (U15B)     | Stockport Harriers & Ac      | 8.03 | W/S: |
| 3 | 98  | Bradley Edworthy (U15B)   | Derby Athletic Club          | 8.05 | W/S: |
| 4 | 49  | Amelia Bunton (U15G)      | Wakefield District H & Ac    | 7.14 | W/S: |
| 5 | 26  | Florence Beedie (U15G)    | Derby Athletic Club          | 8.23 | W/S: |
| 6 | 22  | Hannah Barnden (U15G)     | Derby Athletic Club          | 8.32 | W/S: |
| 7 | 186 | Mollie Kettrick (U15G)    | Gateshead Harriers & Ac      | 8.48 | W/S: |
| 8 | 94  | Stephanie Driscoll (U15G) | Kendal Amateur Athletic Club | 8.66 | W/S: |

**Heat 03**

W/S:

|   |     |                       |                           |      |      |
|---|-----|-----------------------|---------------------------|------|------|
| 1 | 230 | Aidan Mellor (U15M)   | Leeds City Athletic Club  | 8.10 | W/S: |
| 2 | 141 | Sam Hanley (U15B)     | Doncaster Athletic Club   | 8.23 | W/S: |
| 3 | 288 | Lucy Revitt (U15G)    | Hallamshire Harriers      | 8.39 | W/S: |
| 4 | 108 | Richard Flood (U15B)  | Wakefield District H & Ac | 8.40 | W/S: |
| 5 | 369 | Kiera Wareing (U15G)  | Wakefield District H & Ac | 8.44 | W/S: |
| 6 | 147 | Emily Heap (U15G)     | City of Sheff & Dearne AC | 8.48 | W/S: |
| 7 | 297 | Olivia Roe (U13G)     | Wakefield District H & Ac | 8.67 | W/S: |
| 8 | 382 | Hollie Wilsher (U15G) | Wakefield District H & Ac | 8.73 | W/S: |

**Heat 04**

W/S:

|   |     |                         |                             |      |      |
|---|-----|-------------------------|-----------------------------|------|------|
| 1 | 165 | Cameron Howes (U15B)    | Pontefract AC               | 8.38 | W/S: |
| 2 | 284 | Jess Raynor (U15G)      | Halifax Harriers & AC       | 8.56 | W/S: |
| 3 | 200 | Nicole Lannie (U15G)    | Doncaster Athletic Club     | 8.57 | W/S: |
| 4 | 99  | Philippa Ellis (U15G)   | Houghton Harriers & AC      | 8.61 | W/S: |
| 5 | 180 | Ava Jones (U13G)        | Doncaster Athletic Club     | 8.67 | W/S: |
| 6 | 234 | Emily Misantoni (U15G)  | West Cheshire Athletic Club | 8.73 | W/S: |
| 7 | 201 | Megan Lasseter (U15G)   | Stockport Harriers & Ac     | 8.83 | W/S: |
| 8 | 228 | Ceris McElhatton (U15G) | Wakefield District H & Ac   | 9.24 | W/S: |

**Heat 05**

W/S:

|   |     |                      |                            |     |      |
|---|-----|----------------------|----------------------------|-----|------|
| 1 | 36  | Erin Birchall (U15G) | Liverpool Pemb & Sefton AC | 8.5 | W/S: |
| 2 | 21  | Amelia Banks (U15G)  | Amber V & Erewash AC       | 8.8 | W/S: |
| 3 | 86  | Sydney Davies (U15G) | Cannock & Stafford AC      | 8.8 | W/S: |
| 4 | 121 | Lucy Giles (U15G)    | Gateshead Harriers & Ac    | 8.8 | W/S: |
| 5 | 159 | Jamie Hopkins (U15B) | Southport Waterloo Ac      | 8.8 | W/S: |
| 6 | 59  | Isabel Carter (U15G) | Louth Ac                   | 9.2 | W/S: |
| 7 | 105 | Joe Finnegan (U13B)  | Southport Waterloo Ac      | 9.2 | W/S: |

**Heat 06**

|   |     |                           |                            |      |      |
|---|-----|---------------------------|----------------------------|------|------|
| 1 | 57  | Elana Carden-Smith (U15G) | Middlesbrough AC           | 8.58 | W/S: |
| 2 | 280 | Alice Prescott (U15G)     | Liverpool Pemb & Sefton AC | 8.69 | W/S: |
| 3 | 362 | Harriet Vaughan (U15G)    | Bury Athletic Club         | 8.81 | W/S: |
| 4 | 249 | Lily Naylor (U15G)        | Amber V & Erewash AC       | 8.84 | W/S: |
| 5 | 153 | Elle Hinchliffe (U13G)    | City of Sheff & Dearne AC  | 8.91 | W/S: |
| 6 | 285 | Charlotte Read (U15G)     | City of Sheff & Dearne AC  | 8.96 | W/S: |
| 7 | 241 | Louis Morrison (U13B)     | Trafford Athletic Club     | 9.11 | W/S: |
| 8 | 30  | Zoe Bellamy (U15G)        | Doncaster Athletic Club    | 9.41 | W/S: |

**Heat 07**

|   |     |                          |                            |      |      |
|---|-----|--------------------------|----------------------------|------|------|
| 1 | 243 | Jack Muir (U15B)         | Bingley Harriers & Ac      | 8.73 | W/S: |
| 2 | 267 | Molly Palmer (U15G)      | Charnwood A C              | 8.82 | W/S: |
| 3 | 129 | Jasmine Greenaway (U15G) | Charnwood A C              | 8.97 | W/S: |
| 4 | 381 | Megan Williams (U15G)    | Nene Valley Harriers       | 9.18 | W/S: |
| 5 | 339 | Megan Taylor (U15G)      | Leeds City Athletic Club   | 9.23 | W/S: |
| 6 | 397 | Monique Fisher (U15G)    | City of Sheff & Dearne AC  | 9.29 | W/S: |
| 7 | 375 | Scarlet Whitfield (U15G) | Liverpool Pemb & Sefton AC | 9.46 | W/S: |
| 8 | 66  | Miles Clarke (U15B)      | Middlesbrough AC           | 9.75 | W/S: |

**Heat 08**

|   |     |                          |                           |      |      |
|---|-----|--------------------------|---------------------------|------|------|
| 1 | 88  | Will Dean (U15B)         | Rugby & Northampton Ac    | 8.71 | W/S: |
| 2 | 242 | Joel Moverley (U13B)     | Leeds City Athletic Club  | 8.81 | W/S: |
| 3 | 77  | Sam Curley (U13B)        | Leeds City Athletic Club  | 8.98 | W/S: |
| 4 | 252 | Jessica Newsome (U15G)   | Barnsley Athletic Club    | 9.05 | W/S: |
| 5 | 289 | Shannon Rhodes (U15G)    | Wombwell Sporting Ac      | 9.09 | W/S: |
| 6 | 248 | Tilly Mycroft (U13G)     | City of Sheff & Dearne AC | 9.36 | W/S: |
| 7 | 15  | Mollie Bakewell (U13G)   | Longwood Harriers AC      | 9.53 | W/S: |
| 8 | 338 | Aleksandar Taylor (U13B) | Retford AC                | 9.57 | W/S: |

**Heat 09**

|   |     |                           |                          |       |      |
|---|-----|---------------------------|--------------------------|-------|------|
| 1 | 357 | Christopher Turner (U13B) | Amber V & Erewash AC     | 9.15  | W/S: |
| 2 | 217 | Charlie Lugsden (U13B)    | Scunthorpe & District Ac | 9.22  | W/S: |
| 3 | 320 | Maya Spence (U15G)        | Harrogate Harriers & Ac  | 9.28  | W/S: |
| 4 | 278 | Katie Potts (U13G)        | Amber V & Erewash AC     | 9.67  | W/S: |
| 5 | 100 | Olivia Evans (U13G)       | Holmfirth Harriers AC    | 9.68  | W/S: |
| 6 | 140 | Katie Handley (U13G)      | Bingley Harriers & Ac    | 10.26 | W/S: |
| 7 | 185 | Rebecca Kerman (U13G)     | Bingley Harriers & Ac    | 10.62 | W/S: |

**Heat 10**

|   |     |                                   |                           |       |      |
|---|-----|-----------------------------------|---------------------------|-------|------|
| 1 | 80  | Dalvin Cyrus (U17M)               | Longwood Harriers Ac      | 7.94  | W/S: |
| 2 | 277 | Michaela Pottinger (U15G)         | Herne Hill Harriers       | 8.66  | W/S: |
| 3 | 229 | Lei-vann McGillvary Allert (U15B) | Longwood Harriers Ac      | 8.87  | W/S: |
| 4 | 96  | Alfie Edwards (U13B)              | Wakefield District H & Ac | 9.11  | W/S: |
| 5 | 239 | Devin Morris (U13B)               | City of Sheff & Dearne AC | 9.32  | W/S: |
| 6 | 331 | Anya Swift (U13G)                 | Amber V & Erewash AC      | 9.36  | W/S: |
| 7 | 32  | Grace Bennett (U13G)              | Amber V & Erewash AC      | 9.81  | W/S: |
| 8 | 213 | Eden Lockett (U13G)               | Scunthorpe & District Ac  | 11.09 | W/S: |

**T02 Senior 60m Heats****Heat 01**

|   |     |                      |                           |      |      |
|---|-----|----------------------|---------------------------|------|------|
| 1 | 403 | Jordan Toth (SM)     | Holmfirth Harriers Ac     | 7.05 | W/S: |
| 2 | 138 | Umar Hameed (SM)     | Sale Harriers Manchester  | 7.07 | W/S: |
| 3 | 3   | Josh Adams (U20M)    | City of Sheff & Dearne AC | 7.13 | W/S: |
| 4 | 408 | Jake Buckingham (SM) | City of Sheff & Dearne AC | 7.27 | W/S: |
| 5 | 310 | Aaron Shearer (SM)   | E. Cheshire & T'side AC   | 7.29 | W/S: |
| 6 | 132 | Sam Griffin (U20M)   | Middlesbrough AC          | 7.30 | W/S: |
| 6 | 258 | Steven O'Hara (U20M) | WSE&H AC                  | 7.30 | W/S: |
| 8 | 206 | Aidan Leach (SM)     | Bingley Harriers & Ac     | 7.34 | W/S: |

**Heat 02**

|   |     |                       |                             |      |      |
|---|-----|-----------------------|-----------------------------|------|------|
| 1 | 348 | Ben Todd (U20M)       | Chester Le Street & Dist AC | 7.22 | W/S: |
| 2 | 227 | Daniel McBride (U20M) | Newcastle University AC     | 7.23 | W/S: |
| 3 | 379 | Sheridan Wilks (SM)   | Hallamshire Harriers        | 7.29 | W/S: |
| 4 | 363 | Pierre Walker (SM)    | Belgrave Harriers           | 7.33 | W/S: |
| 5 | 322 | Jordan Spence (U20M)  | Corby Ac                    | 7.40 | W/S: |
| 6 | 87  | Sam Day (U20M)        | Middlesbrough AC            | 7.51 | W/S: |
| 7 | 232 | Scott Michael (SM)    | Shildon Running & AC        | 7.56 | W/S: |
| 8 | 402 | Calvin Hayes Zeo (SM) | City of Sheff & Dearne AC   | 7.60 | W/S: |

**W/S:****Heat 03**

|   |     |                     |                             |      |      |
|---|-----|---------------------|-----------------------------|------|------|
| 1 | 118 | Eliot Gay (U20M)    | Kingston Upon Hull Ac       | 7.41 | W/S: |
| 2 | 209 | Kieran Lewis (U20M) | Doncaster Athletic Club     | 7.44 | W/S: |
| 3 | 265 | Reece Palmer (SM)   | Chester Le Street & Dist AC | 7.44 | W/S: |
| 4 | 23  | Nick Barratt (U20M) | Stockport Harriers & AC     | 7.48 | W/S: |
| 5 | 192 | Edward Lake (U17M)  | City Of York Ac             | 7.59 | W/S: |
| 6 | 366 | Shay Walker (U20M)  | City of Sheff & Dearne AC   | 7.65 | W/S: |
| 7 | 71  | Justin Cooper (SM)  | Newcastle University Ac     | 7.66 | W/S: |
| 8 | 260 | Jack Olsen (SM)     | Newcastle University Ac     | 7.67 | W/S: |

**Heat 04**

|   |     |                       |                           |      |      |
|---|-----|-----------------------|---------------------------|------|------|
| 1 | 31  | Steven Bellamy (U20M) | Doncaster Athletic Club   | 7.47 | W/S: |
| 2 | 54  | Steven Callister (SM) | Trafford Athletic Club    | 7.51 | W/S: |
| 3 | 395 | Connor Yeates (SM)    | Unattached                | 7.59 | W/S: |
| 4 | 412 | Callum Harris (U17M)  | City of Sheff & Dearne AC | 7.63 | W/S: |
| 5 | 175 | David Jenkins (U17M)  | Scunthorpe & District Ac  | 7.64 | W/S: |
| 6 | 301 | Tobi Sanni (U17M)     | Leeds City Athletic Club  | 7.68 | W/S: |
| 7 | 219 | Nick Lynch (SM)       | Newark Ac                 | 7.79 | W/S: |
| 8 | 184 | Ben Kelly (U17M)      | Hallamshire Harriers      | 7.87 | W/S: |

**Heat 05**

|   |     |                             |                           |      |      |
|---|-----|-----------------------------|---------------------------|------|------|
| 1 | 35  | Jonathan Bilton (U20M)      | Rotherham Harriers and AC | 7.53 | W/S: |
| 2 | 111 | Morgan Francis-Lewis (U17M) | Hallamshire Harriers      | 7.68 | W/S: |
| 3 | 392 | Harry Wright (U20M)         | Retford AC                | 7.75 | W/S: |
| 4 | 247 | Myles Murray (U17M)         | Middlesbrough AC          | 7.76 | W/S: |
| 5 | 287 | Sean Reidy (SM)             | Nene Valley Harriers      | 7.83 | W/S: |
| 6 | 156 | Alex Holdsworth (SM)        | Newcastle University Ac   | 7.84 | W/S: |
| 6 | 254 | Jamie Noble (SM)            | Newcastle University Ac   | 7.84 | W/S: |
| 8 | 300 | Jayden Saberton (U17M)      | City of Sheff & Dearne AC | 8.01 | W/S: |

**Heat 06**

|   |     |                        |                              |      |      |
|---|-----|------------------------|------------------------------|------|------|
| 1 | 14  | Adam Bailey (U20M)     | Barrow & Furness Striders Ac | 7.23 | W/S: |
| 2 | 410 | Martell Bortey (U20M)  | City of Sheff & Dearne AC    | 7.53 | W/S: |
| 3 | 137 | Ben Halliwell (U20M)   | Bingley Harriers & Ac        | 7.67 | W/S: |
| 4 | 101 | Frankie Farrell (U20M) | Unattached                   | 7.72 | W/S: |
| 5 | 170 | Mat Ingram (U17M)      | Liverpool Pemb & Sefton AC   | 7.81 | W/S: |
| 6 | 257 | Dom O'Hanlon (U20M)    | Liverpool Pemb & Sefton AC   | 8.06 | W/S: |
| 7 | 115 | Joe Frost (U20M)       | Newcastle University Ac      | 8.06 | W/S: |
| 8 | 286 | Nikshieh Reddy (U20M)  | Newcastle University Ac      | 8.24 | W/S: |

**Heat 07**

|   |     |                        |                           |      |      |
|---|-----|------------------------|---------------------------|------|------|
| 1 | 204 | Atholl Lawson (SM)     | Corby Ac                  | 7.72 | W/S: |
| 2 | 122 | Alex Gillott (U17M)    | Amber V & Erewash AC      | 7.88 | W/S: |
| 3 | 367 | Chelsea Walker (U20W)  | City Of York Ac           | 7.89 | W/S: |
| 4 | 70  | Emily Coope (U17W)     | Amber V & Erewash AC      | 7.94 | W/S: |
| 5 | 10  | Leonie Ashmeade (U17W) | Wakefield District H & AC | 7.96 | W/S: |
| 6 | 236 | Daniel Morgan (SM)     | Unattached                | 8.10 | W/S: |
| 7 | 164 | Joshua Howard (U20M)   | Stockport Harriers & Ac   | 8.26 | W/S: |
| 8 | 50  | Michael Burr (SM)      | Grantham Ac               | 8.43 | W/S: |

**Heat 08**

|   |     |                       |                                  |      |      |
|---|-----|-----------------------|----------------------------------|------|------|
| 1 | 349 | Kobe Tong (U20M)      | Lincoln Wellington Athletic Club | 7.83 | W/S: |
| 2 | 309 | Craig Sheard (SM)     | Holmfirth Harriers Ac            | 7.85 | W/S: |
| 3 | 351 | Lukas Townsend (U17M) | Amber V & Erewash AC             | 7.89 | W/S: |
| 4 | 199 | Nathan Langley (U17M) | Worksop Harriers                 | 7.90 | W/S: |
| 5 | 370 | Alfie Warriner (U20M) | Bingley Harriers & AC            | 7.95 | W/S: |
| 6 | 62  | Ed Chafer (U20M)      | Bingley Harriers & AC            | 8.06 | W/S: |
| 7 | 178 | Tim Jones (SM)        | Bingley Harriers & Ac            | 8.21 | W/S: |
| 8 | 20  | Russell Bamforth (SM) | Holmfirth Harriers Ac            | 8.53 | W/S: |

**Heat 09**

|   |     |                             |                         |      |      |
|---|-----|-----------------------------|-------------------------|------|------|
| 1 | 274 | Nicholas Phillips (U17M)    | Derby Athletic Club     | 7.85 | W/S: |
| 2 | 84  | Cameron Darkin Price (U17M) | Charnwood A C           | 7.91 | W/S: |
| 3 | 90  | Rhys Dickinson (U20M)       | Unattached              | 8.00 | W/S: |
| 4 | 38  | Ella Blakey (U20W)          | Derby Athletic Club     | 8.06 | W/S: |
| 5 | 226 | Ella Maxwell (U17W)         | Middlesbrough AC        | 8.10 | W/S: |
| 6 | 28  | Layla Bell (U17W)           | Darlington H & Ac       | 8.38 | W/S: |
| 7 | 307 | Matt Shaw (SM)              | Unattached              | 8.43 | W/S: |
| 8 | 12  | Jessica Ayers (SW)          | Newcastle University Ac | 8.44 | W/S: |

**W/S:****W/S:****W/S:****W/S:****W/S:****W/S:****W/S:**

| Heat 10 |     |                        |                                  | W/S:      |
|---------|-----|------------------------|----------------------------------|-----------|
| 1       | 262 | Charlotte Orton (U20W) | Ellenborough AC                  | 7.87 W/S: |
| 2       | 341 | Jay Thomas (U17M)      | Lincoln Wellington Athletic Club | 7.90 W/S: |
| 3       | 244 | Plamedì Mukendi (U17W) | Gateshead Harriers & Ac          | 8.02 W/S: |
| 4       | 29  | Ian Bellamy (SM)       | Doncaster Athletic Club          | 8.32 W/S: |
| 5       | 13  | Anabel Bagley (U17W)   | City of Sheff & Dearne AC        | 8.35 W/S: |
| 6       | 407 | Sophie Mills (U17W)    | Doncaster Athletic Club          | 8.36 W/S: |
| 7       | 25  | Philippa Baxter (U17W) | City of York AC                  | 8.38 W/S: |
| 8       | 11  | Hollie Ashton (U20W)   | Scunthorpe & District Ac         | 8.42 W/S: |

| Heat 11 |     |                       |                                  | W/S:      |
|---------|-----|-----------------------|----------------------------------|-----------|
| 1       | 73  | Rachel Crorken (U17W) | Wakefield District H & Ac        | 8.22 W/S: |
| 2       | 292 | Ella Roberts (U17W)   | City of Sheff & Dearne AC        | 8.33 W/S: |
| 3       | 222 | Davis Maina (SM)      | Unattached                       | 8.34 W/S: |
| 4       | 135 | Eleanor Hall (U17W)   | City of Sheff & Dearne AC        | 8.44 W/S: |
| 5       | 42  | Malcolm Bramhall (SM) | Lincoln Wellington Athletic Club | 8.48W/S:  |
| 6       | 212 | Rebecca Lister (U17W) | Leeds City Athletic Club         | 8.53 W/S: |
| 7       | 384 | Rose Winspear (U17W)  | Barnsley Athletic Club           | 8.70 W/S: |
| 8       | 319 | Rhea Southcott (U17W) | Leeds City Athletic Club         | 9.03 W/S: |

| Heat 12 |     |                         |                          | W/S:      |
|---------|-----|-------------------------|--------------------------|-----------|
| 1       | 372 | Katie Waterworth (U17W) | Stockport Harriers & AC  | 8.28 W/S: |
| 2       | 119 | Chloe Gee (U20W)        | Amber V & Erewash AC     | 8.31 W/S: |
| 3       | 128 | Natalie Green (U17W)    | Skyrac Athletic Club     | 8.35 W/S: |
| 4       | 291 | Emily Riley (U17W)      | Doncaster Athletic Club  | 8.48 W/S: |
| 5       | 60  | Amy Carter (U17W)       | New Marske Harriers Club | 8.51 W/S: |
| 6       | 352 | Katie Travers (SW)      | Newcastle University Ac  | 8.64 W/S: |
| 7       | 385 | Amelia Wood (SW)        | Grantham AC              | 8.74 W/S: |
| 8       | 45  | Isabel Brooks (SW)      | Newcastle University Ac  | 8.90 W/S: |

| Heat 13 |     |                           |                                  | W/S:      |
|---------|-----|---------------------------|----------------------------------|-----------|
| 1       | 193 | Matthew Lamb (SM)         | Unattached                       | 8.15 W/S: |
| 2       | 51  | Megan Busby (U17W)        | Carlisle Aspatria Ac             | 8.33 W/S: |
| 3       | 404 | Sarah Zintchem (U17W)     | Rotherham Harriers and AC        | 8.48 W/S: |
| 4       | 89  | Sophie Decker (U20W)      | Stockport Harriers & AC          | 8.50 W/S: |
| 5       | 160 | Sian Horrex (U17W)        | Leeds City Athletic Club         | 8.57 W/S: |
| 6       | 146 | Brian Hawkins (SM)        | Lincoln Wellington Athletic Club | 8.58 W/S: |
| 7       | 256 | Ruth Oghale-Olugua (U17W) | Rotherham Harriers And Ac        | 8.59W/S:  |
| 8       | 208 | Chelsea Leam (U20W)       | Erewash Valley Rc                | 8.83 W/S: |

| Heat 14 |     |                             |                                  | W/S:      |
|---------|-----|-----------------------------|----------------------------------|-----------|
| 1       | 202 | Joanna Lawler-Rhodes (U20W) | Bingley Harriers & AC            | 8.43 W/S: |
| 2       | 17  | Glenn Balfour (U17M)        | Bournemouth Ac                   | 8.54 W/S: |
| 3       | 161 | Holly Horton (U20W)         | Lincoln Wellington Athletic Club | 8.60 W/S: |
| 4       | 188 | Kelly Kingue (U17W)         | Hallamshire Harriers             | 8.66 W/S: |
| 5       | 259 | Lucy Oldroyd (U20W)         | Bingley Harriers & Ac            | 8.67 W/S: |
| 6       | 225 | Emily-rose Maule (U17W)     | Retford Ac                       | 8.69 W/S: |
| 7       | 271 | Wilson Paterson (SM)        | Corby Ac                         | 8.82 W/S: |
| 8       | 364 | Ellie Walker (U17W)         | City of Sheff & Dearne AC        | 8.89 W/S: |

| Heat 15 |     |                              |                           | W/S:      |
|---------|-----|------------------------------|---------------------------|-----------|
| 1       | 359 | Robert Tweedale (U17M)       | Hull Achilles AC          | 8.12 W/S: |
| 2       | 237 | David Morgan-Harrison (U17M) | Kingston Upon Hull Ac     | 8.33 W/S: |
| 3       | 276 | Kim Pinkowski (U17W)         | Stockport Harriers & Ac   | 8.53 W/S: |
| 4       | 64  | Ellie Chessman (U17W)        | Doncaster Athletic Club   | 8.69 W/S: |
| 5       | 261 | Lucy Rose Ormondroyd (U17W)  | Leeds City Athletic Club  | 8.72W/S:  |
| 6       | 174 | Emily Jarad (U17W)           | Stockport Harriers & AC   | 8.82 W/S: |
| 7       | 240 | Natalie Morris (U17W)        | Bingley Harriers & Ac     | 8.82 W/S: |
| 8       | 411 | Georgia Bradford (U17W)      | Rotherham Harriers and AC | 9.23 W/S: |

| Heat 16 |     |                       |                         | W/S:      |
|---------|-----|-----------------------|-------------------------|-----------|
| 1       | 374 | Victoria West (U17W)  | Worksop Harriers        | 8.92 W/S: |
| 2       | 4   | Temi Adetunji (SW)    | University of Bradford  | 8.95 W/S: |
| 3       | 65  | Chloe Crichton (U17W) | Doncaster Athletic Club | 8.96 W/S: |
| 4       | 16  | Abby Bakewell (U17W)  | Longwood Harriers AC    | 9.03 W/S: |

|   |     |                         |                         |           |
|---|-----|-------------------------|-------------------------|-----------|
| 5 | 269 | Georgina Parsons (U17W) | Barnsley Athletic Club  | 9.14 W/S: |
| 6 | 24  | Hannah Barrows (U17W)   | Doncaster Athletic Club | 9.19 W/S: |
| 7 | 401 | Chelsea Dawson (U17W)   | City Of York Ac         | 9.48 W/S: |
| 8 | 390 | Peter Wright (M65)      | Midland Masters AC      | 9.54 W/S: |

| Heat 17 |     |                        |                         | W/S:       |
|---------|-----|------------------------|-------------------------|------------|
| 1       | 389 | Rachel Woolford (SW)   | Newcastle University Ac | 9.13 W/S:  |
| 2       | 75  | Ainslea Cross (SW)     | Charnwood A C           | 9.20 W/S:  |
| 3       | 183 | Angela Kelly (SW)      | Unattached              | 9.41 W/S:  |
| 4       | 296 | Kayden Roe (SM)        | Doncaster Athletic Club | 9.69 W/S:  |
| 5       | 324 | Olivia Stafford (U20W) | Bingley Harriers & Ac   | 10.14 W/S: |

| Heat 18 |     |                      |                                  | W/S:      |
|---------|-----|----------------------|----------------------------------|-----------|
| 1       | 305 | Ellie Sewell (U17W)  | City of York AC                  | 8.69 W/S: |
| 2       | 317 | Olivia Smith (U17W)  | Middlesbrough AC                 | 9.01 W/S: |
| 3       | 328 | Emily Stewart (U20W) | Gateshead Harriers & Ac          | 9.26 W/S: |
| 4       | 344 | Denise Timmis (SW)   | Lincoln Wellington Athletic Club | 9.48 W/S: |
| 5       | 263 | Kathryn Page (U17W)  | Middlesbrough AC                 | 9.56 W/S: |

## T03 U15 1000m Heats

| Heat 01 |     |                          |                            | W/S:         |
|---------|-----|--------------------------|----------------------------|--------------|
| 1       | 104 | Josh Fiddaman (U15B)     | Blyth Running Club         | 2:52.63 W/S: |
| 2       | 76  | Henry Cullen (U13B)      | Grimsby Harriers & Ac      | 3:04.33 W/S: |
| 3       | 243 | Jack Muir (U15B)         | Bingley Harriers & Ac      | 3:04.47 W/S: |
| 4       | 298 | George Rowland (U15B)    | Doncaster Athletic Club    | 3:04.85 W/S: |
| 5       | 406 | Leo Thomas (U13B)        | Macclesfield Harriers & Ac | 3:34.28 W/S: |
| 6       | 205 | Jake Lawson (U15B)       | Corby Ac                   | 3:35.96 W/S: |
| 7       | 126 | Aidan Gray (U15B)        | Scunthorpe & District Ac   | 3:40.56 W/S: |
| 8       | 338 | Aleksandar Taylor (U13B) | Retford Ac                 | 3:40.98 W/S: |
| 9       | 185 | Rebecca Kerman (U13G)    | Bingley Harriers & Ac      | 4:02.52 W/S: |

## T04 Senior 1000m Heats

| Heat 01 |     |                         |                           | W/S:         |
|---------|-----|-------------------------|---------------------------|--------------|
| 1       | 82  | Oliver Dane (U20M)      | City of Sheff & Dearne AC | 2:31.11 W/S: |
| 2       | 238 | Sparrow J.r Morley (SM) | Tyne Bridge Harriers      | 2:32.64 W/S: |
| 3       | 342 | Aaron Thorpe (U20M)     | Unattached                | 2:32.88 W/S: |
| 4       | 273 | Max Pearson (U17M)      | Tynedale Harriers & Ac    | 2:33.81 W/S: |
| 5       | 279 | Adam Pratt (SM)         | Tynedale Harriers & AC    | 2:34.17 W/S: |
| 6       | 195 | Joseph Lancaster (SM)   | City of Sheff & Dearne AC | 2:38.80 W/S: |
| 7       | 117 | Sam Garratt (U20M)      | New Marske Harriers Club  | 2:39.81 W/S: |

| Heat 02 |     |                     |                            | W/S:         |
|---------|-----|---------------------|----------------------------|--------------|
| 1       | 72  | Jack Crook (U20M)   | Liverpool Pemb & Sefton AC | 2:41.64 W/S: |
| 2       | 414 | Oliver Potter (SM)  | Rotherham Harriers and AC  | 2:42.58 W/S: |
| 3       | 167 | Michael Hunt (SM)   | Trafford Athletic Club     | 2:42.67 W/S: |
| 4       | 386 | Alex Wood (U17M)    | Tynedale Harriers & Ac     | 2:44.07 W/S: |
| 5       | 7   | Sam Allen (U17M)    | Chesterfield & District AC | 2:46.02 W/S: |
| 6       | 287 | Sean Reidy (SM)     | Nene Valley Harriers       | 2:47.40 W/S: |
| 7       | 326 | Lea Stephenson (SM) | Tynedale Harriers & AC     | 2:52.56 W/S: |
| 8       | 350 | Darren Towart (SM)  | Tynedale Harriers & Ac     | 2:57.67 W/S: |

| Heat 03 |     |                             |                          | W/S:         |
|---------|-----|-----------------------------|--------------------------|--------------|
| 1       | 79  | Cameron Cutts (U20M)        | Newcastle University Ac  | 2:41.68 W/S: |
| 2       | 87  | Sam Day (U20M)              | Middlesbrough AC         | 2:41.83 W/S: |
| 3       | 173 | Emma Jackson (SW)           | City Of Stoke Ac         | 2:44.11 W/S: |
| 4       | 283 | Keiran Raynolds (U17M)      | Border Harriers & AC     | 2:46.44 W/S: |
| 5       | 155 | Anthony Hogg (SM)           | Gateshead Harriers & AC  | 2:47.35 W/S: |
| 6       | 315 | Tilly Simpson (U17W)        | Hallamshire Harriers     | 2:48.20 W/S: |
| 7       | 106 | James Finney (SM)           | Leeds City Athletic Club | 2:50.54 W/S: |
| 8       | 356 | Alexandra Turner (SW)       | Amber V & Erewash AC     | 2:51.71 W/S: |
| 9       | 345 | Jake Timothy-Dorward (U20M) | Newcastle University Ac  | 2:56.37W/S:  |

| Heat 04 |     |                        |                         | W/S:         |
|---------|-----|------------------------|-------------------------|--------------|
| 1       | 353 | John Trotman (U17M)    | E. Cheshire & T'side AC | 2:52.09 W/S: |
| 2       | 304 | Rachael Scott (U20W)   | Preston Harriers        | 2:56.83 W/S: |
| 3       | 413 | Daniel Sewell (SM)     | City Of York Ac         | 2:59.51 W/S: |
| 4       | 139 | Taylor Hammond (U20W)  | Barnsley Athletic Club  | 3:00.15 W/S: |
| 5       | 52  | Elsie Butler (SW)      | Charnwood A C           | 3:03.73 W/S: |
| 6       | 5   | Emma Alderson (U17W)   | Southport Waterloo Ac   | 3:04.22 W/S: |
| 7       | 355 | Jed Turner (M55)       | Sheffield RC            | 3:04.96 W/S: |
| 8       | 145 | Daniel Harvey (SM)     | Unattached              | 3:05.09 W/S: |
| 9       | 169 | Saskia Huxham (U17W)   | Hallamshire Harriers    | 3:05.98 W/S: |
| 10      | 377 | Rebecca Wilkinson (SW) | City Of York Ac         | 3:06.85 W/S: |
| 11      | 17  | Glenn Balfour (U17M)   | Bournemouth Ac          | 3:10.59 W/S: |

| Heat 05 |     |                       |                            | W/S:         |
|---------|-----|-----------------------|----------------------------|--------------|
| 1       | 400 | Sophie Burnett (U20W) | Birtley AC                 | 3:01.85 W/S: |
| 2       | 221 | Benjamin Mahoney (SM) | Sheffield Rc               | 3:02.66 W/S: |
| 3       | 215 | Emily Lowery (U17W)   | Macclesfield Harriers & Ac | 3:16.61 W/S: |
| 4       | 250 | Lydia Naylor (U17W)   | Amber V & Erewash AC       | 3:26.44 W/S: |
| 5       | 323 | Steph Spencer (SW)    | Derby Athletic Club        | 3:30.04 W/S: |
| 6       | 233 | Eleanor Miller (U17W) | Newark AC                  | 3:41.52 W/S: |

**T05 U15 600m Heats**

| Heat 01 |     | W/S:                                              |              |
|---------|-----|---------------------------------------------------|--------------|
| 1       | 203 | Amaha Lawrence (U15G)Leeds City Athletic Club     | 1:39.19 W/S: |
| 2       | 91  | Sam Donnelly (U15B)New Marske Harriers Club       | 1:42.23 W/S: |
| 3       | 234 | Emily Misantoni (U15G)West Cheshire Athletic Club | 1:42.62W/S:  |
| 4       | 327 | Natasha Stephenson (U15G)Gateshead Harriers & Ac  | 1:48.02W/S:  |
| 5       | 168 | Amy Hunt (U15G) Grantham Ac                       | 1:51.19 W/S: |
| 6       | 159 | Jamie Hopkins (U15B) Southport Waterloo Ac        | 1:55.53 W/S: |

| Heat 02 |     | W/S:                                         |              |
|---------|-----|----------------------------------------------|--------------|
| 1       | 129 | Jasmine Greenaway (U15G) Charnwood A C       | 1:53.10 W/S: |
| 2       | 121 | Lucy Giles (U15G) Gateshead Harriers & Ac    | 1:54.35 W/S: |
| 3       | 27  | Rebecca Bell (U15G) Pontefract Ac            | 1:59.86 W/S: |
| 4       | 15  | Mollie Bakewell (U13G) Longwood Harriers AC  | 2:09.82 W/S: |
| 5       | 213 | Eden Lockett (U13G) Scunthorpe & District Ac | 2:35.51 W/S: |

| Heat 03 |     | W/S:                                          |              |
|---------|-----|-----------------------------------------------|--------------|
| 1       | 406 | Leo Thomas (U13B)Macclesfield Harriers & Ac   | 1:56.10 W/S: |
| 2       | 336 | Madeleine Tatham (U13G)Amber V & Erewash AC   | 1:56.35 W/S: |
| 3       | 77  | Sam Curley (U13B) Leeds City Athletic Club    | 1:57.53 W/S: |
| 4       | 299 | Ella Rush (U13G) Amber V & Erewash AC         | 1:57.62 W/S: |
| 5       | 242 | Joel Moverley (U13B) Leeds City Athletic Club | 2:05.04 W/S: |
| 6       | 394 | Charlie Yates (U13G) Amber V & Erewash AC     | 2:05.11 W/S: |

**T06 Senior 2000m Heats**

| Heat 01 |     | W/S:                                           |              |
|---------|-----|------------------------------------------------|--------------|
| 1       | 187 | Stuart King (SM) Heanor Running Club           | 5:38.32 W/S: |
| 2       | 34  | Hassan Ben-Tiba (U20M)New Marske Harriers Club | 5:39.91W/S:  |
| 3       | 6   | Harry Allan (U20M) New Marske Harriers Club    | 5:47.04 W/S: |
| 4       | 74  | Tiarnan Crocken (U20M) Pendle Athletic Club    | 6:10.62 W/S: |
| 5       | 167 | Michael Hunt (SM) Trafford Athletic Club       | 6:20.15 W/S: |

| Heat 02 |     | W/S:                                             |              |
|---------|-----|--------------------------------------------------|--------------|
| 1       | 216 | Geoff Lowry (SM) Amber V & Erewash AC            | 6:18.61 W/S: |
| 2       | 255 | Niall O'Connell (U20M) Longwood Harriers AC      | 6:20.02 W/S: |
| 3       | 171 | Chris Ireland (SM) Sheffield RC                  | 6:22.43 W/S: |
| 4       | 332 | James Swinton (SM) Unattached                    | 6:29.12 W/S: |
| 5       | 268 | Russell Parkin (SM) Derby Athletic Club          | 6:33.70 W/S: |
| 6       | 413 | Daniel Sewell (SM) City Of York Ac               | 6:37.56 W/S: |
| 7       | 294 | Lucy Robinson (SW)North Shields Polytechnic Club | 6:49.14W/S:  |
| 8       | 365 | Gemma Walker (U17W) Goole Youth Ac               | 6:49.66 W/S: |

| Heat 03 |     | W/S:                                           |              |
|---------|-----|------------------------------------------------|--------------|
| 1       | 131 | Cameron Grey (U17M) Tynedale Harriers & Ac     | 6:49.03 W/S: |
| 2       | 224 | Liam Marsh (U17M) Blyth Running Club           | 6:51.88 W/S: |
| 3       | 151 | Ian Hewitt (SM) Sinfin Running Club            | 6:53.27 W/S: |
| 4       | 399 | Amber Leigh (U20W) Birtley AC                  | 6:54.69 W/S: |
| 5       | 145 | Daniel Harvey (SM) Unattached                  | 7:07.38 W/S: |
| 6       | 330 | Elizabeth Sutherland (SW)Holmfirth Harriers Ac | 7:19.40 W/S: |

**T07 Senior 150m Heats**

| Heat 01 |     | W/S:                                         |            |
|---------|-----|----------------------------------------------|------------|
| 1       | 368 | Daniel Walsh (U20M) Longwood Harriers Ac     | 16.64 W/S: |
| 2       | 310 | Aaron Shearer (SM) E. Cheshire & T'side AC   | 16.75 W/S: |
| 3       | 138 | Umar Hameed (SM) Sale Harriers Manchester    | 16.88 W/S: |
| 4       | 206 | Aidan Leach (SM) Bingley Harriers & Ac       | 17.14 W/S: |
| 5       | 322 | Jordan Spence (U20M) Corby Ac                | 17.39 W/S: |
| 6       | 366 | Shay Walker (U20M) City of Sheff & Dearne AC | 18.02 W/S: |

| Heat 02 |     | W/S:                                        |            |
|---------|-----|---------------------------------------------|------------|
| 1       | 132 | Sam Griffin (U20M) Middlesbrough AC         | 16.73 W/S: |
| 2       | 348 | Ben Todd (U20M) Chester Le Street & Dist AC | 16.82 W/S: |
| 3       | 388 | Harvey Woodhead (U20M)Holmfirth Harriers Ac | 17.07 W/S: |
| 4       | 363 | Pierre Walker (SM) Belgrave Harriers        | 17.36 W/S: |
| 5       | 23  | Nick Barratt (U20M) Stockport Harriers & AC | 17.59 W/S: |
| 6       | 326 | Lea Stephenson (SM) Tynedale Harriers & AC  | 18.14 W/S: |

| Heat 03 |     | W/S:                                         |            |
|---------|-----|----------------------------------------------|------------|
| 1       | 3   | Josh Adams (U20M) City of Sheff & Dearne AC  | 16.87 W/S: |
| 2       | 118 | Eliot Gay (U20M) Kingston Upon Hull Ac       | 17.02 W/S: |
| 3       | 54  | Steven Callister (SM) Trafford Athletic Club | 17.39 W/S: |
| 4       | 196 | William Lander (SM) Holmfirth Harriers Ac    | 17.55 W/S: |
| 5       | 265 | Reece Palmer (SM)Chester Le Street & Dist AC | 17.78 W/S: |

| Heat 04 |     | W/S:                                           |            |
|---------|-----|------------------------------------------------|------------|
| 1       | 402 | Calvin Hayes Zeo (SM)City of Sheff & Dearne AC | 17.23 W/S: |
| 2       | 232 | Scott Michael (SM) Shildon Running & AC        | 17.75 W/S: |
| 3       | 71  | Justin Cooper (SM) Newcastle University Ac     | 17.87 W/S: |
| 4       | 260 | Jack Olsen (SM) Newcastle University Ac        | 18.12 W/S: |
| 5       | 279 | Adam Pratt (SM) Tynedale Harriers & AC         | 18.24 W/S: |
| 6       | 350 | Darren Towart (SM) Tynedale Harriers & Ac      | 18.87 W/S: |

| Heat 05 |     | W/S:                                         |            |
|---------|-----|----------------------------------------------|------------|
| 1       | 192 | Edward Lake (U17M) City Of York Ac           | 17.77 W/S: |
| 2       | 175 | David Jenkins (U17M)Scunthorpe & District Ac | 17.86 W/S: |
| 3       | 182 | Kaspars Kazemaks (SM) Woking Ac              | 17.89 W/S: |
| 4       | 156 | Alex Holdsworth (SM) Newcastle University Ac | 18.27 W/S: |
| 5       | 415 | Alex Hobbs (SM) Guildford & Godalming AC     | 18.39 W/S: |
| 6       | 123 | Mark Gilmer (SM) City of York AC             | 18.67 W/S: |

| Heat 06 |     | W/S:                                            |            |
|---------|-----|-------------------------------------------------|------------|
| 1       | 209 | Kieran Lewis (U20M) Doncaster Athletic Club     | 17.73 W/S: |
| 2       | 111 | Morgan Francis-Lewis (U17M)Hallamshire Harriers | 18.02 W/S: |
| 3       | 101 | Frankie Farrell (U20M) Unattached               | 18.13 W/S: |
| 4       | 103 | Filip Ferkovic (U20M) Newcastle University Ac   | 18.41 W/S: |
| 5       | 309 | Craig Sheard (SM) Holmfirth Harriers Ac         | 18.41 W/S: |
| 6       | 97  | William Edwards (U20M)Newcastle University Ac   | 19.54 W/S: |

| Heat 07 |     | W/S:                                        |            |
|---------|-----|---------------------------------------------|------------|
| 1       | 258 | Steven O'Hara (U20M) WSE&H AC               | 17.34 W/S: |
| 2       | 405 | Jacob Hirst (SM) Bingley Harriers & Ac      | 17.75 W/S: |
| 3       | 204 | Atholl Lawson (SM) Corby Ac                 | 18.59 W/S: |
| 4       | 184 | Ben Kelly (U17M) Hallamshire Harriers       | 19.10 W/S: |
| 5       | 20  | Russell Bamforth (SM) Holmfirth Harriers Ac | 20.42 W/S: |

| Heat 08 |     | W/S:                                            |            |
|---------|-----|-------------------------------------------------|------------|
| 1       | 14  | Adam Bailey (U20M)Barrow & Furness Striders Ac  | 17.14 W/S: |
| 2       | 247 | Myles Murray (U17M) Middlesbrough AC            | 18.45 W/S: |
| 3       | 62  | Ed Chafer (U20M) Bingley Harriers & AC          | 18.53 W/S: |
| 4       | 370 | Alfie Warriner (U20M) Bingley Harriers & AC     | 18.79 W/S: |
| 5       | 300 | Jayden Saberton (U17M)City of Sheff & Dearne AC | 19.19 W/S: |
| 6       | 178 | Tim Jones (SM) Bingley Harriers & Ac            | 19.83 W/S: |

| Heat 09 |     | W/S:                                            |            |
|---------|-----|-------------------------------------------------|------------|
| 1       | 199 | Nathan Langley (U17M) Worksop Harriers          | 18.13 W/S: |
| 2       | 170 | Mat Ingram (U17M)Liverpool Pemb & Sefton AC     | 18.13 W/S: |
| 3       | 35  | Jonathan Bilton (U20M)Rotherham Harriers and AC | 18.14 W/S: |
| 4       | 367 | Chelsea Walker (U20W) City Of York Ac           | 18.38 W/S: |
| 5       | 122 | Alex Gillott (U17M) Amber V & Erewash AC        | 18.64 W/S: |
| 6       | 257 | Dom O'Hanlon (U20M)Liverpool Pemb & Sefton AC   | 19.04 W/S: |

| Heat 10 |     | W/S:                                             |            |
|---------|-----|--------------------------------------------------|------------|
| 1       | 349 | Kobe Tong (U20M)Lincoln Wellington Athletic Club | 18.14 W/S: |
| 2       | 351 | Lukas Townsend (U17M)Amber V & Erewash AC        | 18.74 W/S: |
| 3       | 70  | Emily Coope (U17W) Amber V & Erewash AC          | 18.87 W/S: |
| 4       | 143 | Billie Jo Harris (U17W)City of Sheff & Dearne AC | 19.16 W/S: |
| 5       | 266 | Suzanne Palmer (SW) Derby Athletic Club          | 19.25 W/S: |
| 6       | 68  | Megan Colbeck (U17W)Doncaster Athletic Club      | 19.30 W/S: |

| Heat 11 |     | W/S:                                                |            |
|---------|-----|-----------------------------------------------------|------------|
| 1       | 341 | Jay Thomas (U17M)Lincoln Wellington Athletic Club   | 18.83 W/S: |
| 2       | 176 | Natalie Jones (U20W)Blackheath & Bromley (Brad Uni) | 19.08W/S:  |
| 3       | 164 | Joshua Howard (U20M)Stockport Harriers & Ac         | 19.18 W/S: |
| 4       | 29  | Ian Bellamy (SM) Doncaster Athletic Club            | 19.35 W/S: |
| 5       | 61  | William Carter (U20M) Pontefract AC                 | 19.42 W/S: |
| 6       | 226 | Ella Maxwell (U17W) Middlesbrough AC                | 19.61 W/S: |

| Heat 12 |     | W/S:                                        |            |
|---------|-----|---------------------------------------------|------------|
| 1       | 262 | Charlotte Orton (U20W) Ellenborough AC      | 18.84 W/S: |
| 2       | 90  | Rhys Dickinson (U20M) Unattached            | 19.23 W/S: |
| 3       | 407 | Sophie Mills (U17W) Doncaster Athletic Club | 19.59 W/S: |
| 4       | 119 | Chloe Gee (U20W) Amber V & Erewash AC       | 19.94 W/S: |
| 5       | 413 | Daniel Sewell (SM) City Of York Ac          | 20.21 W/S: |
| 6       | 352 | Katie Travers (SW) Newcastle University Ac  | 20.84 W/S: |

| Heat 13 |     |                                                 | W/S:       |
|---------|-----|-------------------------------------------------|------------|
| 1       | 73  | Rachel Crorken (U17W)Wakefield District H & Ac  | 19.40 W/S: |
| 2       | 244 | Plamedi Mukendi (U17W)Gateshead Harriers & Ac   | 19.49 W/S: |
| 3       | 10  | Leonie Ashmeade (U17W)Wakefield District H & AC | 19.49 W/S: |
| 4       | 193 | Matthew Lamb (SM) Unattached                    | 19.51 W/S: |
| 5       | 292 | Ella Roberts (U17W)City of Sheff & Dearne AC    | 19.64 W/S: |
| 6       | 128 | Natalie Green (U17W) Skyrac Athletic Club       | 20.11 W/S: |

| Heat 14 |     |                                                | W/S:       |
|---------|-----|------------------------------------------------|------------|
| 1       | 38  | Ella Blakey (U20W) Derby Athletic Club         | 19.27 W/S: |
| 2       | 13  | Anabel Bagley (U17W)City of Sheff & Dearne AC  | 19.41 W/S: |
| 3       | 404 | Sarah Zintchem (U17W)Rotherham Harriers and AC | 20.18 W/S: |
| 4       | 25  | Philippa Baxter (U17W) City of York AC         | 20.19 W/S: |
| 5       | 144 | Mia Harris (U17W) Rotherham Harriers And Ac    | 20.30 W/S: |
| 6       | 208 | Chelsea Leam (U20W) Erewash Valley Rc          | 21.45 W/S: |

| Heat 15 |     |                                                       | W/S:       |
|---------|-----|-------------------------------------------------------|------------|
| 1       | 358 | Lucy Turner (U20W) Gateshead Harriers & Ac            | 19.62 W/S: |
| 2       | 135 | Eleanor Hall (U17W) City of Sheff & Dearne AC         | 20.00 W/S: |
| 3       | 302 | Ian Scholes (SM) Trafford Athletic Club               | 20.10 W/S: |
| 4       | 42  | Malcolm Bramhall (SM)Lincoln Wellington Athletic Club | 20.15W/S:  |
| 5       | 146 | Brian Hawkins (SM)Lincoln Wellington Athletic Club    | 20.28 W/S: |
| 6       | 291 | Emily Riley (U17W) Doncaster Athletic Club            | 20.53 W/S: |

| Heat 16 |     |                                                | W/S:       |
|---------|-----|------------------------------------------------|------------|
| 1       | 51  | Megan Busby (U17W) Carlisle Aspatria Ac        | 19.76 W/S: |
| 2       | 372 | Katie Waterworth (U17W)Stockport Harriers & AC | 19.87 W/S: |
| 3       | 28  | Layla Bell (U17W) Darlington H & Ac            | 19.88 W/S: |
| 4       | 179 | Dionne Jones (SW) Wakefield District H & Ac    | 20.02 W/S: |
| 5       | 277 | Michaela Pottinger (U17W) Herne Hill Harriers  | 20.89 W/S: |
| 6       | 319 | Rhea Southcott (U17W)Leeds City Athletic Club  | 22.09 W/S: |

| Heat 17 |     |                                                    | W/S:       |
|---------|-----|----------------------------------------------------|------------|
| 1       | 11  | Hollie Ashton (U20W) Scunthorpe & District Ac      | 19.99 W/S: |
| 2       | 60  | Amy Carter (U17W) New Marske Harriers Club         | 20.36 W/S: |
| 3       | 114 | Hannah Frobisher (U20W)Scunthorpe & District AC    | 20.50 W/S: |
| 4       | 256 | Ruth Oghale-Olugua (U17W)Rotherham Harriers And Ac | 20.88W/S:  |
| 5       | 259 | Lucy Oldroyd (U20W) Bingley Harriers & Ac          | 21.16 W/S: |

| Heat 18 |     |                                               | W/S:       |
|---------|-----|-----------------------------------------------|------------|
| 1       | 89  | Sophie Decker (U20W)Stockport Harriers & AC   | 20.55 W/S: |
| 2       | 212 | Rebecca Lister (U17W)Leeds City Athletic Club | 20.69 W/S: |
| 3       | 276 | Kim Pinkowski (U17W) Stockport Harriers & Ac  | 20.84 W/S: |
| 4       | 225 | Emily-rose Maule (U17W) Retford Ac            | 20.96 W/S: |
| 5       | 384 | Rose Winspear (U17W) Barnsley Athletic Club   | 21.00 W/S: |
| 6       | 364 | Ellie Walker (U17W) City of Sheff & Dearne AC | 21.36 W/S: |

| Heat 19 |     |                                                  | W/S:       |
|---------|-----|--------------------------------------------------|------------|
| 1       | 222 | Davis Maina (SM) Unattached                      | 19.22 W/S: |
| 2       | 250 | Lydia Naylor (U17W) Amber V & Erewash AC         | 20.44 W/S: |
| 3       | 306 | Helena Shapton (U17W) Derby Athletic Club        | 20.57 W/S: |
| 4       | 107 | Amelia Fisher (U17W)City of Sheff & Dearne AC    | 20.69 W/S: |
| 5       | 45  | Isabel Brooks (SW) Newcastle University Ac       | 21.70 W/S: |
| 6       | 411 | Georgia Bradford (U17W)Rotherham Harriers and AC | 21.83W/S:  |

| Heat 20 |     |                                               | W/S:       |
|---------|-----|-----------------------------------------------|------------|
| 1       | 181 | Katie Joyce (U17W) Leeds City Athletic Club   | 20.20 W/S: |
| 2       | 314 | Brandan Silcox (U20M) Doncaster Athletic Club | 20.57 W/S: |
| 3       | 43  | Ruth Brandon (SW) City Of York Ac             | 21.08 W/S: |
| 4       | 271 | Wilson Paterson (SM) Corby Ac                 | 21.09 W/S: |
| 5       | 174 | Emily Jarad (U17W) Stockport Harriers & AC    | 21.32 W/S: |
| 6       | 389 | Rachel Woolford (SW) Newcastle University Ac  | 22.66 W/S: |

| Heat 21 |     |                                                     | W/S:       |
|---------|-----|-----------------------------------------------------|------------|
| 1       | 197 | Joel Lang (U17M) City of Sheff & Dearne AC          | 18.38 W/S: |
| 2       | 359 | Robert Tweedale (U17M) Hull Achilles AC             | 19.40 W/S: |
| 3       | 237 | David Morgan-Harrison (U17M)Kingston Upon Hull Ac   | 20.18W/S:  |
| 4       | 161 | Holly Horton (U20W)Lincoln Wellington Athletic Club | 20.41 W/S: |
| 5       | 240 | Natalie Morris (U17W) Bingley Harriers & Ac         | 21.18 W/S: |
| 6       | 325 | Shanie Stathers (SW) Scunthorpe & District Ac       | 22.25 W/S: |

| Heat 22 |     |                                                     | W/S:       |
|---------|-----|-----------------------------------------------------|------------|
| 1       | 318 | Hollie Smith (U17W) Leeds City Athletic Club        | 20.84 W/S: |
| 2       | 261 | Lucy Rose Ormondroyd (U17W)Leeds City Athletic Club | 20.96W/S:  |
| 3       | 64  | Ellie Chessman (U17W)Doncaster Athletic Club        | 20.98 W/S: |
| 4       | 188 | Kelly Kingue (U17W) Hallamshire Harriers            | 21.08 W/S: |
| 5       | 374 | Victoria West (U17W) Worksop Harriers               | 22.01 W/S: |
| 6       | 264 | Sophie Pallister (U17W) Middlesbrough AC            | 22.14 W/S: |

| Heat 23 |     |                                               | W/S:       |
|---------|-----|-----------------------------------------------|------------|
| 1       | 370 | Alfie Warriner (U20M) Bingley Harriers & AC   | 20.31 W/S: |
| 2       | 305 | Ellie Sewell (U17W) City of York AC           | 21.35 W/S: |
| 3       | 16  | Abby Bakewell (U17W) Longwood Harriers AC     | 21.75 W/S: |
| 4       | 317 | Olivia Smith (U17W) Middlesbrough AC          | 21.83 W/S: |
| 5       | 24  | Hannah Barrows (U17W)Doncaster Athletic Club  | 22.13 W/S: |
| 6       | 269 | Georgina Parsons (U17W)Barnsley Athletic Club | 22.39 W/S: |

| Heat 24 |     |                                               | W/S:       |
|---------|-----|-----------------------------------------------|------------|
| 1       | 75  | Ainslea Cross (SW) Charnwood A C              | 22.38 W/S: |
| 2       | 65  | Chloe Crichton (U17W) Doncaster Athletic Club | 22.52 W/S: |
| 3       | 263 | Kathryn Page (U17W) Middlesbrough AC          | 23.24 W/S: |
| 4       | 183 | Angela Kelly (SW) Unattached                  | 23.48 W/S: |
| 5       | 296 | Kayden Roe (SM) Doncaster Athletic Club       | 24.31 W/S: |