

Indoor Open Meeting

EIS, Sheffield
11/12/04

F01 Under 20 Men Long Jump FINAL

FINAL

! 1	563	Tom Beaumont	Newark AC	6.02
280		Matthew Hudson	Leeds City AC	5.87
3154		Simon Sloan	! Macclesfield Harriers	5.68
plain	3		317Matthew Knights	
4528		Richard Szarkowski	Amber Valley AC	5.64
5169		Tim Hayward	City of Sheffield AC	5.53

F02 Under 20 Women Long Jump FINAL

FINAL

! 283	1		Jenny LumleyLeeds City AC	
2157		Ellie Maddocks	Mansfield Harriers	5.09
3370		Laura Willey	Wigan Harriers	5.08
463		Lucy Spray	Mansfield Harriers	! 4.75
5153		Lydia Chamberlin	Lincoln Wellington	4.75

F03 All Men Pole Vault FINAL

f3F09 FINAL

2524		Melanie McCoy (SW)	Bolton United Harriers	2.80
3504		Jenny Cuthbertson (SW)	Rotherham Harriers	2.70
! 91	4	91	Emma Hilton U15Dearneside High AC	
10.01				
5545		Emma McClatchley (SW)	St Helens Sutton AC	2.40
6538		Hayley Fox (SW)	! 1 Lincoln Wellington	2.20

lain

F04 Under 15 Girls Shot Putt FINAL

FINAL

1544		Hannah Evenden	Leeds City AC	10.17
2290		Stephanie Owens	West Cheshire AC	9.92
3170		Emma Simpson	Scunthorpe & District AC	9.53
! 4				
cb1 351		Lucy Roberts	Chesterfield & District AC	8.93
5557		Carrie Simpson	Leeds City AC	8.53

F05 Under 17 Women Shot Putt FINAL

FINAL

1510		Lauren Hunt	West Cheshire AC	10.06
2526		Emma Gilbert	Scunthorpe & District AC	9.20
349	---	City of Sheffield AC		7.25
4548		Debra Zajac	Rossendale Harriers & AC	4.23

F06 Under 15 Girls Long Jump FINAL

FINAL

1170		Emma Simpson	Scunthorpe & District AC	4.87
276		Lisa Sabel	Sale Harriers Manchester	4.77
3535	!	Rebekah Ingham	Preston Harriers	4.36
4299		Harriet James	Preston Harriers	4.29
5120		Rebecca Hirst	Barnsley AC	4.18
6323		Sophie Bell-Morgan	Liverpool! Harriers	4.15
7534		Shona Valentine	West Cheshire AC	4.09
820		Natasha McGarey	Buxton AC	4.05
9557		Carrie Simpson	Leeds City AC	3.77
10 130		Claire Lebond	Rotherham Harriers	3.68
! 11	249		Lauren SykesBarnsley AC	
12 550		Stilyani Nikolaidou	TID Academy	3.61
! f013	122		Alisha HansonScunthorpe & District AC	
Rowntree AC				9.19

F07 Under 15 Boys Long Jump FINAL

FINAL

1	139	Gareth Preston	West Cheshire AC	5.77
2	5	John Summers	Gateshead Harriers & AC	5.27
		Hallamshire Harriers		4.97
4	562	Edward Askew	Hallamshire Harriers	4.77
5	23	! Jonathan Harker	Preston Harriers	4.70
6	124	Oliver Palmer	Nestle Rowntree AC	4.38
7	8	Jack Cornwell	Retford AC	3.59
8	543	Ben Sleigh	Leeds City AC	3.56

F08 Under 20 Women Shot Putt FINAL

FINAL

1	153	Lydia Chamberlin	Lincoln Wellington	10.22
2	15	Anna Griffiths	Wigan Harriers	8.89
3	41	Jenny Lumley	Leeds City AC	8.28

Senior Women Shot Putt FINAL

FINAL

1	281	Fiona Thomas	Wakefield District H & AC	10.53
2.402	127		Wendy Laing	Northern vets A.C
3	529	Josie MacKenzie	Charnwood AC	6.35

F10 Under 15 Boys Triple Jump FINAL

FINAL

1	317	Matthew Knights	Hallamshire Harriers	9.82
2	372	Zac Perry	Dearneside Hi! gh AC	9.78
3	124	Oliver Palmer	Nestle Rowntree AC	9.38
4	338	Robert Scott	Chesterfield & District AC	8.90

F11 Under 17 Men Triple Jump FINAL

FINAL

1	29	Sam White	Rotherham Harriers	10.70
! 142	117		Andrew SzarkowskiAmber valley AC	10.58
3	198	Ben Nichols	Herts Phoenix AC	9.76

Under 15 Girls Triple Jump FINAL

FINAL

1	120	Rebecca Hirst	Barnsley AC	9.43
2	300	Emily Buckley	Derby AC	! 09.13
3	561	Anna Ollerenshaw	TID Academy	8.94

F13 Under 17 Women Triple Jump FINAL

FINAL

1	103	Claire O'Reilly	Derby AC	10.64
2	298	Emma James	Preston Harriers	10.35
3	514	Kimberley Harrison	Chesterfield & District AC	10.30
4	! 6387	Vicky Shaw	f0Sale Harriers Manchester	10.08
5	542	Sarah Fielding	Sale Harriers Manchester	9.65
6	526	Emma Gilbert	Scunthorpe & District AC	9.44
3.657	89		Eleanor MarkendalePendle AC	9.33
8	67	Vicky Fleetwood	Charnwood AC	9.28
9			160Laura Rigby	Nestle
10	541	Zoe Lester	Daventry AC	8.43
11	126	Manndy(v) Laing	Norhern Vets	10.11

F14 Under 15 Boys Shot Putt FINAL

! inFINAL

1525	Daniel Bowkett	Dearneside High AC	9.96
223	Jonathan Harker	Preston Harriers	9.96

tx54653

	Jess Wilson	Wakefield District H & AC	5.09
4121	Callum Johnstone	Scunthorpe & District AC	7.12
5! 543	Ben Sleigh	Leeds City AC	6.35

F15 Under 17 Men Shot Putt FINAL

FINAL

1533	Ross Hayhurst	Liverpool Harriers	13.33
2136	Richard Woolley	Mansfield harriers AC	
	Chesterfield & District AC		4.52
3513	Tom Smith	Lancaster & Morecambe AC	11.03
490	Neal Clarke	Dearneside High AC	10.98
cb1	Kathryn Kitson	Retford AC	4.00
5552	Steven Fogg	Liverpool Harriers	10.79
6104	Umar Hameed	Leeds City AC	9.87
7111	Matthew Fenton	Chesterfield & District AC	9.32
8144	Daniel Hughes	Scunthorpe & District AC	9.78

F17 Under 20 Men Shot Putt FINAL

f6Wirral AC

FINAL

1536	Will Lowndes	Liverpool Harriers	15.25
! x94912		137Matthew Woolley	
	Chloe Smith	Amber Valley AC	10.8
3553	Michael Bomba	Liverpool Harriers	12.57
! 4 288	Gary Hutt	Daventry AC	10.96
5552	Steven Fogg	Liverpool Harriers	10.35

F18 Senior Women Long Jump FINAL

FINAL

! 36851

	Amber Merrills	Rotherham Harriers	246
2242	Fiona Westwood	Wakefield District H & AC	5.32
3127	Wendy Laing	Northern vets A.C	4.92

F19 Senior Men Long Jump FINAL

FINAL

1556! ab	Simon Roper	Derby ACn	6.79
2183	Suote Nyananyo	Unattached	6.67
3132	Scott Reed	Lancaster & Morecambe AC	! 5.92

F20 Senior Men Shot Putt FINAL

FINAL

tx2831

349		Mark AllenBelgrave Harriers	
District H & AC			9.29 W/S:
2523	Daniel Brunt	City of Sheffield AC	13.72
! 3 536	Will Lowndes	Liverpool Harriers	13.55
4546	Darran Askew	Doncaster & Stainforth AC	11.20

! 90qr5

119		John TwiddleKingston upon Hull AC	10.08
	Kingston upon Hull AC		10.05 W/S:
6376	Steven Woolley	Mansfield H	9.78

tqr7

560		Mike(v) CordenCity of Sheffield AC	
10.54	W/S:		

F21 Under 17 Men Long Jump FINAL

FINAL

tx2831

1179		James SleighLeeds City AC	
2314	Sam Worrall	Derby AC	5.76
3172	Oliver Knight	Charnwood AC	5.71
4104	Umar Hameed	Leeds City AC	5.68
5511	Andrew Burgess	Wirral AC	5.54
f6Wakefield District H & AC			9.16 W/S:
697	Stephen Bailey	Nestle Rowntree AC	5.45
7400	Jamie Vickery	Wigan Harriers	5.17
8354	Chris Olsen	! Peterborough AC	4.89
9378	Thomas Mould	Retford AC	4.76
10 144	Daniel Hughes	Scunthorpe & District AC	4.63

F22 Under 17 Women Long Jump FINAL

FINAL

1 531	Joanne Whiteway	City of Sheffield AC	5.38
2 89	Eleanor Markendale	Pendle AC	5.32!

Dearneside High AC	9.01	3	551
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4 103	Claire O'Reilly	Derby AC	4.92
5 526	Emma Gilbert	Scunthorpe & District AC	4.73
6 98	Chantal Afolawo	Derby AC	4.66
7 159	Charlotte Vaughan	Rotherham Harriers	4.62
8 542!	Sarah Fielding	Sale Harriers Manchester	4.61
9 195	Heather Douglas	Derby AC	4.57
10 387	Vicky Shaw	Sale Harriers Manchester	4.56

11.78	11	514Kimberley Harrison	
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12 110	Reagan Wright	Retford AC	4.16
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fs1413

		82	
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14 374	Laura Palfrey	Sale Harriers Manchester	3.74
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T01 Under 15 Girls 60m Hurdles Heats

Heat 01

1 135	Danielle Rooney	Preston AC	9.7 W/S:
2 ! 152	Stephanie Blackwell		
9.8 W/S:			
3 300	Emily Buckley	Derby AC	10.4 W/S:
4 373	Michaela Routledge	Liverpool Harriers	10.6 W/S:

Mansfield Harriers AC	14.79	5	315
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W/S:			
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6 309	Rebecca Crompton	Horwich RMI	11.0 W/S:
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Heat 02

1 155	Emma Komocki	Amber Valley AC	10.32 W/S:
2 151	Zoe Garton	Kingston upon Hull AC	cf010.47 W/S:
3 189	Claudia Rogers	Amber Valley AC	10.70 W/S:
4 102	Samantha Swaine	Wakefield District H & AC	10.79 W/S:
5 116	Emma Szostak	Holmfirth Harriers	11.07 W/S:

Hazel Carwardine	Bolton United Harriers	5.95	6 77
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11.60	W/S:		
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T02 Under 17 Women 60m Hurdles Heats! s23

Heat 01

1 148	Ashley Helsby	Liverpool Harriers	8.80 W/S:
2 67	Vicky Fleetwood	Charnwood AC	9.14 W/S:
3 126	Manndy Laing (V)	Northern vets A.C	9.36 W/S:
4 158	Lauren Storr	Holmfirth Harriers	9.38 W/S:
5 127	Wendy Laing (V)	Northern Vets	9.51 W/S:
6 316	Louise Feeney	Amber Valley AC	9.75 W/S:
7 182	Rebecca Norris	Horwich RMI	10.38 W/S:

! 1 Heat 02 W/S:

15.60	1	270Rachel WilsonWakefield	
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2 103	Claire O'Reilly	Derby AC	9.72 W/S:
3 176	Sarah Potter	Liverpool Harriers	9.79 W/S:
4 531	Joanne Whiteway	City of Sheffield AC	9.93 W/S:

10.08	5	12	Sarah Gibbins
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6 82	Kathryn Kitson	Retford AC	10.40 W/S:
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11.38	7	324Lauren Ashton	Horwich RMI
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8 160	Laura Rigby	Nestle Rowntree AC	10.66 W/S:
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T04 Under 20 Women 60m Hurdles Heats

5.78

1 1	Sharon Walls	Wigan Harriers	8.80 W/S:
! f0216	Katey Read	Liverpool Harriers	9.00 W/S:
3 54	Victoria Garrad	Liverpool Harriers	9.09 W/S:

! s14164

4		Zara Hohn	
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5 265	Karen Moorcroft	Wigan Harriers	9.45 W/S:
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Under 17 Men 60m Hurdles Heats				Senior Women 1500m FINAL				
Heat 01		W/S:		FINAL		W/S:		
1						1		
211	Ellie Stevens	Derby AC	4:30.58 W/S:	8.91		W/S:		
2172	Oliver Knight	Charnwood AC	8.94 W/S:	2	204	Nisha Desai	Morpeth Harriers & AC 4:43.57 W/S:	
1				3		208Becky Townsend(u20)		
3179	James Sleight	Leeds City AC	9.17 W/S:					
4254	Tom Burton	Tamworth AC	9.49 W/S:	4	347	Nicola Squires	Hallamshire Harriers 4:54.06 W/S:	
5	354	Chris Olsen	Peterborough AC 9.71 W/S:	5	237	Sarah Fensome	Shaftesbury Barnet AC 4:55.15 W/S:	
6314	Sam Worrall	Derby AC	9.71 W/S:	6	163	Aimee Booth(u20)	Derby AC 4:58.77 W/S:	
7186	Simeon Lawrence	Derby AC	10.45 W/S:	7	215	Lisa Tomlinson	Hull Achilles AC 5:06.07 W/S:	
				8	73	Nicola Lampard(u20)	Nestle Rowntree AC 5:15.52 W/S:	
Under 20 Men 60m Hurdles Heats				149				
W/S:				68		Jennie OrmerodHull Achilles AC5:29.94		
				10	245	Wendy Morant	Birchfield Harriers 6:41.97 W/S:	
Heat 01		W/S:		T12 Under 15 Boys 60m Heats				
180 Matthew Hudson		Leeds City AC 8.50 W/S:		Heat 01				
1				W/S:				
2	154	Simon Sloan	Macclesfield Harriers 8.87 W/S:	1		139!	Gareth Preston	West Cheshire AC 7.61 W/S:
3200	Joe Murrow	Mansfield Harriers	9.26 W/S:	2		5	John Summers	Gateshead Harriers & AC 7.65 W/S:
432	Duncan Hawksworth	Derby AC	9.52 W/S:	3		337	Dale Jacob	Mansfield Harriers 7.66 W/S:
Senior Men 60m Hurdles Heats				4		138	Craig Simpson	Wakefield District H & AC 7:07.67 W/S:
Heat 01		W/S:		Heat 02				
				W/S:				
1308	Kevin Sempers	Belgrave Harriers	8.38 W/S:	1		23	Jonathan Harker	Preston Harriers 7.95 W/S:
2183	Suote Nyananyo	Unattached	8.53 W/S:	2		78	Rhys Searles	Dearnside High AC 8.88 W/S:
336	Stefan Wilcockson	Mansfield Harriers	9.54 W/S:	3		338	Robert Scott	Chesterfield & District AC 8.95 W/S:
Senior Men 1500m FINAL				4		121	Callum Johnstone	Scunthorpe & District AC 9.39 W/S:
FINAL		W/S:		T13 Under 20 Men 1500m FINAL				
				FINAL				
				W/S:				
1255	Matt Barnes	Altrincham & District	3:56.50 W/S:	1		318	Matt Wood	Blackburn Harriers 4:08.88 W/S:
2319	Russell Bentley	Blackheath Harriers	3:57.61 W/S:	2		236	Rob Banjacl n	Rochdale Harriers 4:13.50 W/S:
3226	Adam Dyson	Hallamshire Harriers	4:05.04 W/S:	3		304	Alex Smith	Hallamshire Harriers 4:13.65 W/S:
4335	Nik Babic	Enfield & Haringey	4:07.86 W/S:	cf04		339	Daniel Eckersley	Burnley AC4:14.35 W/S:
5261	Gary Bostock	Derby AC	4:15.84 W/S:	5		210	Ben Craddock	Leeds City AC 4:15.86 W/S:
6346	Rick O'Toole	Hallamshire Harriers	4:19.14 W/S:	6		278	Ashley Sabin	Charnwood AC 4:20.93 W/S:
7350	Paddy Junelle	Haddington East Lothian Pacemakers	4:24.64W/S:	T14 Under 17 Women 60m Heats				
8229	Brian Williams	Retford AC	4:30.85W! /S:	Heat 01		W/S:		
987	RJ Spencer	Rotherham Harriers	4:38.69 W/S:	cf01		175 Annabelle LewisKingston upon Hull AC		
Under 15 Girls 60m Heats		W/S:		2		377 Llio Evans Menai T&F 8.18 W/S:		
Heat 01		W/S:		3		256 Emma Hickey Chesterfield & District AC 8.28 W/S:		
7.95				4		158 Lauren Storr Holmfirth Harriers 8.40 W/S:		
1106	Jodie Warnes	City of Sheffield AC	8.33 W/S:	5		110 Reagan Wright Retford AC 8.42 W/S:		
276	Lisa Sabel	Sale Harriers Manchester	8.45 W/S:	6		38 Beth Heaton Wigan Harriers 8.50 W/S:		
3295	Amy Giblin	Kingston upon Hull AC	8.47 W/S:	Heat 02		W/S:		
4135	Danielle Rooney	Preston AC	8.59 W/S:	1		148 Ashley Helsby Liverpool Harriers 8.09 W/S:		
5192	Esther Holland	Retford AC	8.81 W/S:	2		69 Sabrina Richards Grantham AC 8.37! 1 W/S:		
6344	Rachel Shinks	Wigan Harriers	8.90! ain W/S:					
Heat 02		W/S:						
1173								
Daisy Flynn-Piercy		West Cheshire AC 8.46 W/S:						
Under 17 Men 60m Hurdles Heats		W/S:						
305		Sarah EvansWigan Harriers 8.57 W/S:		3		195Heather Douglas Derby AC		
8.45								
3299	Harriet James	Preston Harriers	8.59 W/S:	4		273 Jayne Moulding Louth AC 8.49 W/S:		
4300	Emily Buckley	Derby AC	8.65 W/S:	5		160 Laura Rigby Nestle Rowntree AC 8.60 W/S:		
542	Bethany Hirst	East Cheshire Harriers	8.91 W/S:	6		353 Lucy Pollard Macclesfield Harriers 8.66 W/S:		
6315	Chloe Smith	Amber Valley AC	8.97 W/S:	Heat 03		W/S:		
Heat 03		W/S:		1		531 Joanne Whiteway City of Sheffield AC 8.25 W/S:		
1263				2		384 Ellis (u15) Newby Meadowhead School 8.48 W/S:		
220	Natasha McGarey	Buxton AC	9.12 W/S:	3		182 Rebecca Norris Horwich RMI 8.62 W/S:		
3373	Michaela Routledge	Liverpool Harriers	9.13 W/S:	4		244 Helen Clowes West Cheshire AC 8.87 W/S:		
4189	Claudia Rogers	Amber Valley AC	9.17 W/S:	5		185 Sarah Yeomans Rossendale Harriers & AC 8.97 W/S:		
5	cf0290	Stephanie Owens	West Cheshire AC 9.25 W/S:	6		187 Becky Crawshaw Rossendale Harriers & AC 10.08 W/S:		
6130	Claire Lebond	Rotherham Harriers	9.85 W/S:	T17 Under 17 Men 1500m FINAL				
Heat 04		W/S:		8.61				
cf01				W/S: FINAL				
W/S:								
2120	Rebecca Hirst	Barnsley AC	8.78 W/S:	1		357 Daniel Yates(SM) Matlock AC 4:10.01 W/S:		
3196	Kirsty Douglas	Derby AC	8.91 W/S:	2		230 Alastair Smith Nestle Rowntree AC 4:29.85 W/S:		
4323	Sophie Bell-Morgan	Liverpool Harriers	9.15 W/S:	3		291 Carl Andrew Rossendale Harriers & AC 4:45.93 W/S:		
5249	Lauren Sykes	Barnsley AC	9.37 W/S:	4		301 Philip Bolton Rossendale Harriers & AC 4:49.55 W/S:		

T18 Under 20 Women 60m Heats

Heat 01			W/S:
1164	Zara Hohn	Wakefield District H & AC	147.93 W/S:
2370	Laura Willey	Wigan Harriers	8.06 W/S:
3161	Katey Read	Liverpool Harriers	8.40 W/S:
4194	Sheryl Punter	Leeds City AC	8.41 W/S:
5243	Joanne Baker	Wigan Harriers	8.52 W/S:
6302	Kelly King	Charnwood	8.69 W/S:

Heat 02			W/S:
141	Jenny Lumley	Leeds City AC	8.12 W/S:
2265	Karen Moorcroft	Wigan Harriers	8.38 W/S:
363	Lucy Spray	Mansfield Harriers	8.51 W/S:
4303	Vicky King	Birchfield Harriers	8.59 W/S:
5370	Laura Willey	Wigan Harriers	8.83 W/S:

T19 Under 17 Women 1500m FINAL

FINAL			W/S:
1334	Danielle Walker	Burnley AC	4:51.49 W/S:
2209	Victoria France	Rotherham Harriers	5:00.51 W/S: plain
3275	Ellie McLoughlin	Stockport Harriers	5:01.39 W/S:
4228	Laura Smith	Louth AC	5:12.99 W/S: plain

T20 Under 20 Men 60m Heats

Heat 01			W/S:
1260	Ben Stramkowski	Derby AC	7.11 W/S:
2137	Matthew Woolley	Mansfield Harriers AC	7.15 W/S:
380	Matthew Hudson	Leeds City AC	7.22 W/S:
4375	Luke Simpson	Pendle AC	7.24 W/S:
cb1	Adam Rogers	Shildon AC	7.70 W/S:
5336	Andrew Ward		7.56 W/S:
6296	Luke Giblin	Kingston upon Hull AC	7.56 W/S:

Heat 02			W/S:
1169	Tim Hayward	City of Sheffield AC	7.36 W/S:
4652	plain	343 Joe Frost	Unattached 7.50 W/S:
Hyndburn AC		7.82	W/S:
3113	Martin Cook	Mansfield Harriers & A.C	7.51 W/S:
4546	54	109 Joe Lightfoot	Mansfeild harriers 7.56 W/S:
Rawcliffe	Hyndburn AC	8.20	W/S:
5318	Matt Wood	Blackburn Harriers	7.75 W/S:
6288	Gary Hutt	14 Daventry AC	7.84 W/S:
7325	Brett Kellett	Unattached	8.24 W/S:

T21 Under 15 Boys 1500m FINAL

FINAL			W/S:
1312	Michael Baldock	Louth AC	4:46.43 W/S:
3231	Kieran Smith	Nestle Rowntree AC	5:12.25 W/S:
4214	Jack Skeet	Lincoln Wellington	4:46.88 W/S:
4232	David Booth	14 Rotherham Harriers	5:20.56 W/S:

T22 Senior Women 60m Heats

Heat 01			W/S:
1246	Hazel Carwardine	Bolton United Harriers	7.69 W/S:
qr2	242	Fiona Westwood	Wakefield District H & AC 7.88 W/S:
Heat 02			W/S:
31	Sharon Walls	Wigan Harriers	7.90 W/S:
4cf0	118 Jackie Cooke	Kingston upon Hull AC	8.14 W/S:
525	Ogo Ejiofor	Derby AC	8.21 W/S:
61	149 Laura Holdsworth	Liverpool Harriers	8.22 W/S:
Heat 02			W/S:
155	Laura Heslop	Wirral AC	7.91 W/S:
852	262	Amanda Shaw	Barnsley AC 8.03 W/S:
311	Julie Money	Wirral AC	8.24 W/S:
4281	Fiona Thomas	Wakefield District H & AC	8.31 W/S:
tx737	5	248 Charlotte Watt	Rotherham Harriers 8.63 W/S:
Simpson		Wakefield District H & AC	55.26 W/S:
6126	Manndy Laing (V)	Northern vets A.C	8.65 W/S:

T23 Under 15 Girls 1500m FINAL

FINAL			W/S:
1	297 Holly Horsley	Brighton & Hove AC	5:12.40 W/S:
2	218 Holly Craig	Bingley Harriers	5:21.27 W/S:
3	122 Alisha Hanson	Scunthorpe & District AC	5:49.74 W/S:

T24 Senior Men 60m Heats

Heat 01			W/S:
1	190 Ian Clarke	Enfield & Haringey AC	7.12 W/S:
2	1308 Kevin Sempers	Belgrave Harriers	7.19 W/S:
3	280 John Uridge	Wakefield District H & AC	7.25 W/S:
4	348 Jonathan Shearn	Sale Harriers Manchester	7.29 W/S:
5	349 Mark Allen	Belgrave Harriers	7.32 W/S:
6	128 Mark Collins	Luton AC	7.39 W/S:

Heat 02			W/S:
1	283 Michael Culshaw	Unattached	7.32 W/S:
2	382 Michael Beaumont	Sheffield Hallam University AC	7.38 W/S:
3	140 Dean Hardman	Sale Harriers Manchester	7.41 W/S:
4	203 14Jezz Aidoo	Notts AC	7.53 W/S:
5	385 Tom Grantham	City of Sheffield AC	7.63 W/S:
6	193 John Burbidge	Sheffield Hallam University AC	7.67 W/S:

Heat 03			W/S:
1	202 Glenroy Reid	Derby AC	7.33 W/S:
2	921 ab Martin White	Mansfield Harriers	7.50 W/S:
3	380 Paul Wright	Mansfield Harriers	7.53 W/S:
4	206 plain	G Wyn-JonesDeeside AC	7.68 W/S:
5	17 Andrew Warner	Derby AC	7.69 W/S:
fs146	371		

Heat 04			W/S:
1	322 Carl Savill	Grantham AC	7.51 W/S:
2	142 Guy Baragwanath	Sheffield Hallam University AC	7.64 W/S:
3	36 Stefan Wilcockson	Mansfield Harriers	7.75 W/S:
4	310 Christopher Clark		
5	56 Nick Beer	University of Sheffield	7.95 W/S:
7.56		W/S:	6 332 Nick

Heat 05			W/S:
1	376 Steven Woolley	Mansfield H	7.93 W/S:
2	313 Ian Worrall	Derby AC	8.14 W/S:
3	119 John Twiddle	Kingston upon Hull AC	8.39 W/S:
4	64 Rodney Clark (O75)	Steel City Striders	10.77 W/S:
5	272 Colin Meagher	Unattached	11.20 W/S:

T25 Under 15 Girls 300m Heats

Heat 01			W/S:
1	76 Lisa Sabel	Sale Harriers Manchester	44.1 W/S:
2	192 Esther Holland	Retford AC	47.3 W/S:
3	116 Emma Szostak	Holmfirth Harriers	47.6 W/S:
4	42 Bethany Hirst	East Cheshire Harriers	48.2 W/S:
5	315 Chloe Smith	Amber Valley AC	48.5 W/S:
1	77 Amber Merrills	Rotherham Harriers	46.9 W/S:
2	102 Samantha Swaine	Wakefield District H & AC	47.9 W/S:
3	189 Claudia Rogers	Amber Valley AC	49.0 W/S:
4	249 Lauren Sykes	Barnsley AC	49.6 W/S:
5	122 Alisha Hanson	Scunthorpe & District AC	52.7 W/S:

T26 Under 15 Boys 400m Heats

Heat 01			W/S:
1	138 Craig		
2	337 Dale Jacob	Mansfield Harriers	55.45 W/S:
3	147 Chris Taylor	Barnsley AC	60.35 W/S:

Heat 02			W/S:
1124	Oliver Palmer	Nestle Rowntree AC	66.91 W/S:
239	cf0Christopher Grayson	City of Sheffield AC	68.17 W/S:
38	Jack Cornwell	Retford AC	68.55 W/S:
4121	Callum Johnstone	Scunthorpe & District AC	76.20! in W/S:

T27 Under 17 Women 300m Heats

Heat 01			W/S:
17	Carmen Gedling	Liverpool Harriers	41.90 W/S:
26	— Birchfield Harriers		42.26 W/S: 1
348	Carling Meadows	Wigan Harriers	42.46 W/S:
48! 9	Eleanor Markendale	Pendle AC	43.05 W/S:
574	Kate Would	Derby AC	44.08 W/S:

Heat 02			! f0W/S:
1377	Llio Evans	Menai T&F	42.34 W/S:
2273	Jayne Moulding	Louth AC	42.99 W/S:
! 4309₃			93 Jade Allen

Heats			
4256	Emma Hickey	Chesterfield & District AC	44.03 W/S:
599	Sarah Lucas	Rochdale Harriers	44.13 W/S:

! 82			
57.49			

Heat 03			W/S:
1114	Katherine Sherry	Sale Harriers Manchester	42.24 W/S:
2180	Natalie Grant	Rotherham Harriers	43.73 W/S:
3181	Rachel Taylor	Liverpool Harriers	43.83 W/S:
4316	Louise Feeney	Amber Valley AC	fs1445.39
528	Hayley Briscoe	Wakefield District H & AC	47.26 W/S:

Heat 04			W/S:
1159	Charlotte Vaughan	Rotherham Harriers	44.40 W/S:
286	Jessica Witton	Retford AC	46.10 W/S:
3353	Lucy Pollard	Macclesfield Harriers	46.60 W/S:
449	Georgina Hughes	City of Sheffield AC	47.40 W/S:

tx90T28			
	Essex University		

Heat 01			W/S:
! 1	201 Jamie Sinclair	Tynedale Harriers	
	University of Sheffield		52.51W/S:
2168	Benjamin Hunt	Wigan Harriers	52.97 W/S:
3134	Bruce Pilkington	Horwich RMI	53.85 W/S:
4274	Ben Harvey	Rotherham Harriers	54.87 W/S:
5259	Max Lawless	Derby AC	55.22! f0W/S:
6191	Matthew Procter	Rochdale Harriers	57.85 W/S:

! ainHeat 02			W/S:
1136	Richard Woolley	Mansfield harriers AC	55.11 W/S:
tx8867₂			6117Andrew Szarkowski
253	Kirk Allen	Tamworth AC	57.74 W/S:
329	Sam White	Rotherham Harriers	56.72 W/S:
4329	Scott Garbett	Daventry AC	57.20W! /S:
5276	Craig Bethell	Kirk Hallam AC	57.96 W/S:
6326	Mark Pinder	Nestle Rowntree AC	59.36 W/S:

Heat 03			W/S:
1399	Aaron Barker	Rossendale Harriers & AC	58.98W/S: ! b5
2331	Damian Rawcliffe	Hyndburn AC	59.75 W/S:
3307	Greg Best	RAF Menwith Hill	59.79! abW/S:

x3685₄₁₄₄			Daniel HughesScunthorpe & District AC 60.09 W/S:
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FINAL			
5291	Carl Andrew	Rossendale Harriers & AC	63.39 W/S:
6			

T29 Under 20 Women 400m Heats

tx475716Heat 01			W/S:
1177	Laura Kirk	Skyrac AC	59.45 W/S:
210	Danielle McCann	Wigan Harriers	60.20 W/S:
! ain₃ 15			Anna GriffithsWigan Harriers60.30 W/S:
435	Samantha Appleby	Liverpool Harriers	61.89 W/S:
5303	Vicky King	Birchfield Harriers	63.18 W/S:
694	Caitlin Pearson	New Marske Harriers	64.53 W/S:

T30 Under 20 Men 400m Heats

Heat 01			W/S:
1	44 Rhian Hastey	Sheffield Hallam University AC	51.32 W/S:
2	David Scholey	Rotherham Harriers	51.95 W/S:
3	47 Jak Lowdon	Tynedale Harriers	52.11 W/S:
4	294 Paul Bradshaw	Blackburn Harriers	52.40 W/S:
5	30 Jaso! n Maxfield	Rotherham Harriers	53.07 W/S:
6	386 Matthew Trow		56.04 W/S:

Heat 02			W/S:
113	Martin Cook	Mansfield Harriers & A.C	51.89 W/S:
2	379 Ric Banjac	Rochdale Harriers	52.05 W/S:
3	205 Adam Dalton	Louth AC	52.78 W/S:
4	383 craig smith	Louth AC	55.17 W/S:
5	336 Andrew Ward		56.18 W/S:
6	125 Ryan Cassidy	Sheffield Hallam University AC	56.88 W/S:

Rotherham Harriers 43.69 W/S: T31 Senior Women 400m

Heat 01			W/S:
f01	204	Nisha DesaiMorpeth Harriers & AC	
W/S:			
2	50 Jess McMonagle	Team Southampton	59.44 W/S:
3	149 Laura Holdswor! rth	Liverpool Harriers	62.04 W/S:

T32 Senior Men 400m Heats

W/S:			
Heat 01			W/S:
1	184 Rabah Yusif	Border Harriers & AC	49.12 W/S:
2	321 Lawrence Baird	Trafford AC	49.27 cf0W/S:
3	143 John Kelley	Sheffield Hallam University AC	50.14 W/S:
4	380 Paul Wright! in	Mansfield Harriers	50.57 W/S:
5	359 Reuben Woodford	Menai T & F	52.99 W/S:

Heat 02			W/S:
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Under 17 Men 400m Heats			1 398Aaron Brown
52.03	W/S:		
2	240 Swee-Leng Chuah	Sheffield Hallam University AC	52.16 W/S:
3	319 Russell Bentley	Blackheath Harriers	52.23! n W/S:
52.62	W/S:	4 56Nick Beer	

5	108 Chris Perrey	Bolton United Harriers	! 054.51 W/S:
Heat 03			W/S:
1	142 Guy Baragwanath	Sheffield Hallam University AC	53.02 W/S:
2	322 Carl Savill	Grantham AC	53.16 W/S:
3	252 Paul Tasker	Tamworth AC	54.09 W/S:
4	131 Mark Gardner	Lancaster & Morecambe AC	54.24 W/S:
5	188 Stephen Walsh	Goole Youth AC	55.13 W/S:
Amber valley AC			55.63 W/S: 6

Heat 04			W/S:
1	87 RJ Spencer	Rotherham Harriers	55.94 W/S:
2	92 Martin White	Ma! nsfield Harriers	57.16 W/S:
3	206 G Wyn-Jones	Deeside AC	57.20 W/S:
4	332 Nick Rawcliffe	Hyndburn AC	58.94 W/S:
250	Guy Van Herp	City of Edinburgh	59.29 W/S:
6	51 Michael May	Kingston AC & Poly Harriers	64.26 W/S:

T33 Under 15 Girls 60m Hurdles

354	Chris Olsen	Peterborough AC	64.02 W/S: FINAL
W/S: ! ar			1 152Stephanie Blackwell
Wirral AC	9.66	W/S:	
2	373 Michaela Routledge	Liverpool Harriers	10.56 W/S:
3	102 Samantha Swaine	Wakefield District H & AC	10.78 W/S:
4	116	Emma SzostakHolmfirth Harriers	11.36

T34 Under 17 Women 60m Hurdles FINAL

FINAL			W/S:
1	148 Ashley Hell! sby	Liverpool Harriers	9.00 W/S:
2	158 Lauren Storr	Holmfirth Harriers	9.54 W/S:
3	176 Sarah Potter	Liverpool Harriers	10.06 W/S:

Indoor Open Meeting – 11.12.04

Womens Pole Vault

1	Sally Scott	(U15)	Gateshead	2.80
2	Melanie McCoy	(SW)	Bolton UH	2.80
3	Jenny Cuthbertson	(SW)	Rotherham H	2.70
4	Emma Hilton	(U15)	Dearneside HAC	2.40
5	Emma McClatchley	(SW)	St Helens Sutton	2.40
6	Hayley Fox	(SW)	Lincoln Wellington	2.20

Mens Pole Vault

1	Mark Allen	(SM)	Belgrave H	4.40
2	Luke Cutts	(U20)	Dearneside HAC	4.40
3=	Kevin Sempers	(SM)	Belgrave H	4.00
3=	Chris Boundy	(SM)	gateshead H	4.00

T38	Under 17 Men 60m Hurdles FINAL		
FINAL			W/S:
1186	Simeon Lawrence	Derby AC	10.49 W/S:
tab7.82	W/S:		
2330	Michael Copeland	Derby AC	10.93 W/S:

T40!	ain Senior Men 60m Hurdles FINAL		
FINAL			W/S:
1308	Kevin Sempers	Belgrave Harriers	8.39 W/S:

T41	cb1 Under 15 Girls 60m FINAL		
FINAL			W/S:
1295	Amy Giblin	Kingston upon Hull AC	8.55 W/S:
2120	Rebecca Hirst	Barnsley AC	9.03 W/S:
3323	Sophie Bell-Morgan	Liverpool Harriers	9.18 W/S:
4249	Lauren Sykes	Barnsley AC	9.65 W/S:

! ardT42			
cf0	Under 15 Boys 60m FINAL		

FINAL			W/S:
1139	Gareth Preston	West Cheshire AC	7.70 W/S:
2338	Robert Scott	Ch! esterfield & District AC	8.96 W/S:

T43	Under 17 Women 60m FINAL		
FINAL	W/S:	2	285Natalie Myers
	Kingston upon Hull AC	8.06	W/S:
26	Joanne Caulton	Birchfield Harriers	8.23 W/S:
3256	Emma Hickey	Chesterfield & District AC	8.42 W/S:
4160	Lau! ra Rigby	Nestle Rowntree AC	8.63 W/S:
574	Kate Would	Derby AC	8.65 W/S:
6185	Sarah Yeomans	Rossendale Harriers & AC	9.17 W/S:

T44	Under 17 Men 60m FINAL		
FINAL			W/S:
! 1 98	Tom Priceain	West Cheshire AC	7.38 W/S:
2266	Joshua Cartledge	Amber Valley AC	7.61 W/S:
3201	Jamie Sinclair	Tynedale Harriers	7.61 W/S:
4307	Greg Best	RAF Menwith Hill	7.84 W/S:

! qr5	314	Sam Worrall	Derby AC	7.97 W/S:
62	William Glossop	Derby AC	8.00 W/S:	

FINAL			W/S:
1156	Shaun Wareing	Chorley AC	7.43 W/S:
2378	---	Retford AC	ab7.63 W/S:
3186	Simeon Lawrence	Derby AC	7.63 W/S:
43	William Eaton	Chesterfield & District AC	7.81 W/S:
5257	Tom Baulk	Rotherham Harriers	8.19 W/S:
6_	Michael Copeland	Derby AC	8.43 W/S:

FINAL			W/S:
1134	Bruce Pilkington	Horwich RMI	7.69 W/S:
2198	Ben Nichols	Herts Phoenix AC	7.84 W/S:
3289	Luke Beaumont	tabUnattached	7.84bw/S:
4329	Scott Garbett	Daventry AC	8.04 W/S:
597	Stephen Bailey	Nestle Rowntree AC	8.06 W/S:
6399	Aaron Barker	Rossendale Harriers & AC	8.31 W/S:

FINAL			W/S:
! 1 172	Oliver Knight	Charnwood AC	7.82 W/S:
2400	Jamie Vickery	Wigan Harriers	7.87 W/S:
3326	Mark Pinder	Nestle Rowntree AC	8.27 W/S:
452	Ciprian Smith	Cheste! rfield & District AC	8.31
cf0W/S:			
5241	Mathew Kenny	West Cheshire AC	8.32 W/S:
6111	Matthew Fenton	Chesterfield & District AC	8.85 W/S:

T45	Under 20 Women 60m FINAL		
FINAL			W/S:
1302	Kelly King	cf0Charnwood	8.71 W/S:

T47	Senior Women 60m FINAL		
FINAL			W/S:
1 246	Hal zel Carwardine	Bolton United Harriers	
2 242	Fiona Westwood	Wakefield District H & AC	7.95 W/S:
3 262	Amanda Shaw	Barnsley AC	8.07 W/S:
4 25	Ogo Ejiofor	Derby AC	8.26 W/S:

T49A	Senior Men 3000m Walk FINAL		
FINAL			W/S:
1 -	Peter Bilson	City of Sheffield AC	23:09.57 W/S:

T49E	Under 17 Men 3000m Walk FINAL		
FINAL			! W/S:
1 221	Joe Friend	Kingston upon Hull AC	17:34.32 W/S:

T49G	Under 15 Boys 3000m Walk FINAL		
FINAL			W/S:
1 286	Mark Pratt	City of Sheffield AC	17:56.38 W/S:

T49H	Under 15 Girls 3000m Walk FINAL		
FINAL			W/S:
1 287	Kathryn Granger	City of Sheffield AC	16:35.36 W/S:
ar1 175	Annabelle Lewis		