

NoEAA Senior Indoor T&F Championships

EIS, Sheffield
31/01/04

F01 Senior Women Pole Vault FINAL

FINAL

1304	Michelle Sharrock	Wigan Harriers	3.50
2360	Clare Neve	Trafford AC	3.50
3308	Caroline Nutt	Wakefield District H & AC	3.40
4340	Jenny Wood	Spenborough & District	2.90
5323	Lyndsey Johnson	Trafford AC	2.70
6325	Jenny Cuthbertson	Rotherham Harriers	2.60
7349	Emily Dickinson	Dearneside High AC	2.10

F02 Senior Women Long Jump FINAL

FINAL

1339	Natasha May	Sale Harriers Manchester	6.00
233	Louise Bloor	Trafford AC	5.76
321	Fiona Westwood	Wakefield District H & AC	5.64
486	Jenny Pacey	Lincoln Wellington	5.64
5311	Ruth Irving	Edinburgh Southern Harriers	5.63
617	Hazel Carwardine	Bolton United Harriers	5.53
7319	Elaine Smith	Sale Harriers Manchester	5.37
8324	Wendy Laing	Northern Veterans AC	4.78

F03 Senior Men Pole Vault FINAL

FINAL

1328	Paul Williamson	Belgrave Harriers	5.20
2322	Keith Higham	Border Harriers & AC	5.00
3305	Mark Beharrell	Sale Harriers Manchester	4.80
4326	Alan Richardson	Trafford AC	4.60
5351	Ian Noble	Trafford AC	4.60
6347	Laurence Steele	Blackpool & Fylde AC	4.00

F04 Senior Men Long Jump FINAL

FINAL

1316	Chris Kirk	Wakefield District H & AC	7.13
2336	Andrew Staniland	Leeds City AC	7.07
3334	Chris Weitz	Sunderland University	6.74
4346	Graham Lumsden	Liverpool Harriers	6.59
5161	Stephen Alexander	Trafford AC	6.24
6357	David Street	Liverpool Pembroke & Sefton AC	5.84
7108	David Robertson	Jarrow & Hebburn	5.78
862	Ian Charles	Grantham AC	5.76
9345	Jacob Brown	Leeds City AC	5.59
10 114	Anthony McGrath	Bolton United Harriers	5.59

F05 Senior Women Triple Jump FINAL

FINAL

1313	Nicky Clark	Kingston upon Hull AC	11.57
2362	Julia Straker	Morpeth Harriers & AC	11.36
3300	Claire Bowman	Kingston upon Hull AC	9.38

F06 Senior Women Shot Putt FINAL

FINAL

1370	Bethany Staniland	Leeds City AC	11.12
266	Fiona Thomas	Wakefield District H & AC	10.89
386	Jenny Pacey	Lincoln Wellington	10.81
4315	Laura-Alice Booth	Rotherham Harriers	10.49
5324	Wendy Laing	Northern Veterans AC	10.31
6131	Jessica Ennis	City of Sheffield AC	10.23
7306	Amy Ridsdale	Wakefield District H & AC	8.36
8340	Jenny Wood	Spenborough & District	7.96

F07 Senior Men Triple Jump FINAL

FINAL

1 70	Kevin Thompson	Sale Harriers Manchester	14.97
2 301	David Budd	City of Sheffield AC	14.81
3 314	Graham Jackson	Unattached	14.44
4 333	Jonathan Best	Border Harriers & AC	14.08
5 354	Philip Jarrett	City of Sheffield AC	13.60
6 346	Graham Lumsden	Liverpool Harriers	13.21
7 345	Jacob Brown	Leeds City AC	12.94
8 302	David Smith	Derby AC	12.38

F08 Senior Men Shot Putt FINAL

FINAL

1 312	Marcus Gouldbourne	Sale Harriers Manchester	15.20
2 332	John Nicholls	Sale Harriers Manchester	14.56
3 331	Daniel Brunt	City of Sheffield AC	13.99
4 359	Nick Crimmon	Spenborough & District	13.12
5 341	James Taylor	City of Sheffield AC	13.09
6 358	Jamie Williamson	City of Sheffield AC	12.84
7 90	Mark Keeler	Wakefield District H & AC	11.50
8 67	Darren Thomas	Wakefield District H & AC	9.84
9 318	Barry Hawksworth	Derby AC	9.21

F09 Senior Men High Jump FINAL

FINAL

1 335	Martyn Bernard	City of Sheffield AC	2.10
2 330	Andrew MacFarlane	Leeds City AC	2.10
3 320	Adam Ali	Unattached	2.05
4 353	Wanangwa Mkandawire	Rugby & Northamptonshire AC	2.05
5 350	Jamie Creighton	Liverpool Harriers	2.00
5 317	Ian Holliday	Sale Harriers Manchester	2.00
7 303	David Etheridge	Sale Harriers Manchester	1.85
7 338	Alex Girdler	Trafford AC	1.85
7 352	Jonathon Lever	City of Sheffield AC	1.85

F10 Senior Women High Jump FINAL

FINAL

1 309	Natalie Clark	Trafford AC	1.80
2 310	Rebecca Jones	Wrexham AAC	1.80
3 307	Stephanie Higham	University of Sheffield	1.70
4 344	Claire Wright	Liverpool Harriers	1.65
5 356	Elizabeth Sweeney	Liverpool Harriers	1.65
5 342	Emma Morris	South Shields Harriers	1.65
7 324	Wendy Laing	Northern Veterans AC	1.60

T01 Senior Men 60m Heats

Heat 01

1 99	Craig Telford	Border Harriers & AC	7.09	W/S:
2 15	James Moore	Birchfield Harriers	7.27	W/S:
3 145	Aaron Harris	Blackheath Harriers	7.42	W/S:
4 135	Anthony Ashton	Bury AC	7.45	W/S:
5 90	Mark Keeler	Wakefield District H & AC	7.51	W/S:
6 87	Rick Mather	Oldham & Royton H & AC	7.88	W/S:

Heat 02

1 18	Simon Farenden	Chesterfield & District AC	6.96	W/S:
2 141	Tim Ward	Border Harriers & AC	7.28	W/S:
3 94	Peter Monaghan	Sale Harriers Manchester	7.44	W/S:
4 20	Michael McGlynn	Northern Veterans AC	7.56	W/S:
5 104	Stephanus Van Der Westhuyzen	Wakefield District H & AC	7.59	W/S:
6 56	Glen Reddington	Windsor SE&H AC	7.83	W/S:

Heat 03			W/S:		Heat 03			W/S:	
141 Michael Tietz	Birchfield Harriers	7.07	W/S:		1 110 Lawrence Baird	Trafford AC	49.07	W/S:	
245 Alan Ruddock	Wakefield District H & AC	7.34	W/S:		2 107 Robert Clay	City of Sheffield AC	49.71	W/S:	
3151 Marcus Williams	City of Sheffield AC	7.49	W/S:		3 102 Darren Eldin	Goole Youth AC	50.37	W/S:	
480 Andrew Hopkinson	Sale Harriers Manchester	7.66	W/S:		4 124 Simon Wray	Pudsey & Bramley AC	52.16	W/S:	
562 Ian Charles	Grantham AC	7.70	W/S:		5 117 Andy Wilkinson	Sale Harriers Manchester	DQ	W/S:	
Heat 04			W/S:		Heat 04			W/S:	
1152 Gerald Phiri	City of Sheffield AC	7.28	W/S:		1 157 Mitch Rhodes	Barnsley AC	52.20	W/S:	
270 Kevin Thompson	Sale Harriers Manchester	7.40	W/S:		2 129 Simon Talbot	Newport Harriers	53.37	W/S:	
3112 Ben Geddes	Gateshead Harriers & AC	7.50	W/S:		3 154 David Stoker	Bingley Harriers	55.24	W/S:	
4150 Theocharis Ispoglou	Bingley Harriers	7.54	W/S:		4 139 Robert Spencer	Rotherham Harriers	55.42	W/S:	
5160 Jonathan Gregory	Nestle Rowntree AC	8.00	W/S:		5 137 Matthew Ostridge	Trafford AC	58.34	W/S:	
622 Martin Bull	Derby AC	8.36	W/S:		T04 Senior Women 400m Heats				
Heat 05			W/S:		Heat 01			W/S:	
1103 Adebowale Ademuyewo	Sale Harriers Manchester	7.29	W/S:		1 43 Jennifer Meadows	Wigan Harriers	53.79	W/S:	
2163 Peter Vickers	Middlesbrough AC (Mandale)	7.37	W/S:		2 132 Rebecca Sweeney	Sale Harriers Manchester	57.55	W/S:	
382 Richard Higson-Blythe	Wakefield District H & AC	7.47	W/S:		3 101 Laura Curtis	Kingston upon Hull AC	59.18	W/S:	
4144 Michael Beaumont	City of Sheffield AC	7.50	W/S:		4 58 Amy Wilson	Unattached	DQ	W/S:	
5114 Anthony McGrath	Bolton United Harriers	7.86	W/S:		Heat 02			W/S:	
6139 Robert Spencer	Rotherham Harriers	8.22	W/S:						
Heat 06			W/S:						
1116 Daniel Money	Sale Harriers Manchester	6.96	W/S:		1 72 Kim Goodwin	Kingston upon Hull AC	57.47	W/S:	
2134 Matthew Lee	Bury AC	7.29	W/S:		2 42 Claire Brason	Sale Harriers Manchester	58.07	W/S:	
3118 Lawrence Mayhew	Leeds City AC	7.53	W/S:		3 142 Claire Warmington	Trafford AC	58.36	W/S:	
4149 Carlos Balsamo	Bury AC	7.59	W/S:		4 63 Claire Sykes	Wakefield District H & AC	60.34	W/S:	
5128 Bob Berriman	Nestle Rowntree AC	7.69	W/S:		Heat 03			W/S:	
668 Stephen Thorpe	Wakefield District H & AC	7.92	W/S:		1 57 Katie Jones	Trafford AC	57.90	W/S:	
T02 Senior Women 60m Heats					2 76 Samantha Aspen	Bolton United Harriers	59.62	W/S:	
					3 61 Rowena Harrison	Lincoln Wellington	59.71	W/S:	
					4 370 Bethany Staniland	Leeds City AC	60.76	W/S:	
Heat 01			W/S:		Heat 04			W/S:	
123 Melanie Roberts	Liverpool Harriers	7.59	W/S:		1 14 Liz Fairs	Trafford AC	55.97	W/S:	
221 Fiona Westwood	Wakefield District H & AC	7.87	W/S:		2 81 Amy Freeman	Spenborough & District	56.36	W/S:	
329 Julia White	Peterborough AC	7.89	W/S:		3 158 Kimberley Wainwright	Barnsley AC	58.07	W/S:	
45 Maria Morganella	Border Harriers & AC	7.96	W/S:		4 97 Hana Carroll	Liverpool Harriers	59.27	W/S:	
59 Juanita Coleman	Trafford AC	8.16	W/S:		T05 Senior Men 60m Semi-Finals				
660 Jessica Taylor	Nestle Rowntree AC	8.20	W/S:		Semi-Final 01			W/S:	
Heat 02			W/S:		1 18 Simon Farenden	Chesterfield & District AC	6.94	W/S:	
1115 Helen Taylor	Southport Waterloo AC	7.83	W/S:		2 103 Adebowale Ademuyewo	Sale Harriers Manchester	7.00	W/S:	
284 Ruth Dales	Wakefield District H & AC	8.08	W/S:		3 15 James Moore	Birchfield Harriers	7.08	W/S:	
354 Rachel Smith	Trafford AC	8.11	W/S:		4 70 Kevin Thompson	Sale Harriers Manchester	7.24	W/S:	
458 Amy Wilson	Unattached	8.12	W/S:		5 145 Aaron Harris	Blackheath Harriers	7.29	W/S:	
524 Louise Aiston	Border Harriers & AC	8.16	W/S:		6 135 Anthony Ashton	Bury AC	7.34	W/S:	
6100 Sarah Biggs	Peterborough AC	8.35	W/S:		7 118 Lawrence Mayhew	Leeds City AC	7.35	W/S:	
Heat 03			W/S:		8 104 Stephanus Van Der Westhuyzen	Wakefield District H & AC	7.40	W/S:	
1105 Hannah Elwiss	Trafford AC	7.79	W/S:		Semi-Final 02			W/S:	
233 Louise Bloor	Trafford AC	7.81	W/S:		1 116 Daniel Money	Sale Harriers Manchester	6.83	W/S:	
366 Fiona Thomas	Wakefield District H & AC	8.10	W/S:		2 152 Gerald Phiri	City of Sheffield AC	7.04	W/S:	
4120 Sam Britton	City of Sheffield AC	8.23	W/S:		3 141 Tim Ward	Border Harriers & AC	7.08	W/S:	
5138 Elaine Sutcliffe	Wakefield District H & AC	8.27	W/S:		4 163 Peter Vickers	Middlesbrough AC (Mandale)	7.16	W/S:	
646 Averil McClelland	Lancaster & Morecambe AC	8.34	W/S:		5 144 Michael Beaumont	City of Sheffield AC	7.26	W/S:	
T03 Senior Men 400m Heats					6 94 Peter Monaghan	Sale Harriers Manchester	7.27	W/S:	
					7 20 Michael McGlynn	Northern Veterans AC	7.35	W/S:	
					8 112 Ben Geddes	Gateshead Harriers & AC	7.43	W/S:	
Heat 01			W/S:		Semi-Final 03			W/S:	
113 Adam Rogers	Sale Harriers Manchester	49.63	W/S:		1 99 Craig Telford	Border Harriers & AC	6.88	W/S:	
234 Neil Hewson	Wigan Harriers	49.96	W/S:		2 134 Matthew Lee	Bury AC	7.02	W/S:	
330 Thomas Grantham	City of Sheffield AC	51.54	W/S:		3 45 Alan Ruddock	Wakefield District H & AC	7.12	W/S:	
447 Chris Burkill	Kingston upon Hull AC	53.84	W/S:		4 151 Marcus Williams	City of Sheffield AC	7.23	W/S:	
Heat 02			W/S:		5 82 Richard Higson-Blythe	Wakefield District H & AC	7.27	W/S:	
119 Adam Bellis	Sale Harriers Manchester	50.54	W/S:		6 150 Theocharis Ispoglou	Bingley Harriers	7.33	W/S:	
289 Martyn Gordon	Middlesbrough AC (Mandale)	51.17	W/S:		7 90 Mark Keeler	Wakefield District H & AC	7.38	W/S:	
385 James Horman	Liverpool Harriers	52.35	W/S:		8 41 Michael Tietz	Birchfield Harriers	DQ	W/S:	
474 Allan Gordon	Lancaster & Morecambe AC	57.96	W/S:						

T06 Senior Women 60m Semi-Finals

Semi-Final 01		W/S:
123	Melanie Roberts Liverpool Harriers	7.59 W/S:
233	Louise Bloor Trafford AC	7.76 W/S:
321	Fiona Westwood Wakefield District H & AC	7.83 W/S:
454	Rachel Smith Trafford AC	8.04 W/S:
566	Fiona Thomas Wakefield District H & AC	8.07 W/S:
69	Juanita Coleman Trafford AC	8.12 W/S:
724	Louise Aiston Border Harriers & AC	8.18 W/S:

Semi-Final 02		W/S:
1115	Helen Taylor Southport Waterloo AC	7.83 W/S:
2105	Hannah Elwiss Trafford AC	7.83 W/S:
35	Maria Morganella Border Harriers & AC	7.93 W/S:
429	Julia White Peterborough AC	7.99 W/S:
584	Ruth Dales Wakefield District H & AC	8.06 W/S:
658	Amy Wilson Unattached	DNS W/S:

T07 Senior Men 800m Heats

Heat 01		W/S:
149	Samuel Ellis Barnsley AC	1:56.69 W/S:
2153	David Proctor Rochdale Harriers	1:57.24 W/S:
371	Richard Mace City of Sheffield AC	1:58.00 W/S:
473	Mark Gardner Lancaster & Morecambe AC	1:59.42 W/S:
525	Martyn Bell Ripley Running Club	2:19.24 W/S:

Heat 02		W/S:
1109	Matthew Nicholson Gosforth Harriers	1:59.22 W/S:
2126	Daniel Hermann Pudsey & Bramley AC	1:59.93 W/S:
3121	Steven O'Neill Leeds City AC	2:00.06 W/S:
439	Ketan Desai Morpeth Harriers & AC	2:00.34 W/S:
598	Timothy Neill Kingston upon Hull AC	2:03.60 W/S:

T08 Senior Women 800m FINAL

FINAL		W/S:
14	Victoria Griffiths Liverpool Harriers	2:13.31 W/S:
296	Charlene Snelgrove Wakefield District H & AC	2:13.41 W/S:
353	Catherine Bacon Wakefield District H & AC	2:14.16 W/S:
4159	Philippa McCrea Gateshead Harriers & AC	2:14.34 W/S:
540	Nisha Desai Morpeth Harriers & AC	2:18.88 W/S:
6123	Kathy Wellam Sale Harriers Manchester	DNF W/S:

T09 Senior Men 60m Hurdles Heats

Heat 01		W/S: Manual
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136	Robert Henry Enfield & Haringey AC	8.3* W/S:
2161	Stephen Alexander Trafford AC	8.5* W/S:
394	Peter Monaghan Sale Harriers Manchester	8.8* W/S:
4156	Nigel Taylor City of Norwich	9.1* W/S:
556	Glen Reddington Windsor SE&H AC	9.4* W/S:

Heat 02		W/S: Manual
177	David Hughes City of Sheffield AC	8.2* W/S:
227	Suote Nyananyo Middlesbrough AC (Mandale)	8.5* W/S:
275	Richard Baderin Liverpool Harriers	8.5* W/S:
480	Andrew Hopkinson Sale Harriers Manchester	8.7* W/S:
5108	David Robertson Jarrow & Hebburn	9.2* W/S:
6133	Ian Scholes Trafford AC	9.5* W/S:

T10 Senior Women 60m Hurdles FINAL

FINAL		W/S:
1131	Jessica Ennis City of Sheffield AC	8.60 W/S:
228	Grace Smith Sale Harriers Manchester	8.75 W/S:
3105	Hannah Elwiss Trafford AC	8.82 W/S:
484	Ruth Dales Wakefield District H & AC	8.83 W/S:
565	Katey Read Liverpool Harriers	9.06 W/S:
6120	Sam Britton City of Sheffield AC	9.27 W/S:
786	Jenny Pacey Lincoln Wellington	9.45 W/S:

T11 Senior Men 400m Semi-Finals

Semi-Final 01		W/S:
1	110 Lawrence Baird Trafford AC	48.92 W/S:
2	107 Robert Clay City of Sheffield AC	49.89 W/S:
3	102 Darren Eldin Goole Youth AC	50.14 W/S:
4	157 Mitch Rhodes Barnsley AC	51.10 W/S:
5	129 Simon Talbot Newport Harriers	51.82 W/S:

Semi-Final 02		W/S:
1	13 Adam Rogers Sale Harriers Manchester	49.39 W/S:
2	34 Neil Hewson Wigan Harriers	49.79 W/S:
3	19 Adam Bellis Sale Harriers Manchester	50.03 W/S:
4	89 Martyn Gordon Middlesbrough AC (Mandale)	50.60 W/S:
5	30 Thomas Grantham City of Sheffield AC	51.78 W/S:

T12 Senior Women 400m Semi-Finals

Semi-Final 01		W/S:
1	81 Amy Freeman Spenborough & District	57.13 W/S:
2	57 Katie Jones Trafford AC	57.50 W/S:
3	158 Kimberley Wainwright Barnsley AC	59.51 W/S:
4	76 Samantha Aspen Bolton United Harriers	62.02 W/S:
5	43 Jennifer Meadows Wigan Harriers	DNS W/S:

Semi-Final 02		W/S:
1	14 Liz Fairs Trafford AC	55.43 W/S:
2	72 Kim Goodwin Kingston upon Hull AC	56.77 W/S:
3	132 Rebecca Sweeney Sale Harriers Manchester	57.29 W/S:
4	42 Claire Brason Sale Harriers Manchester	57.46 W/S:
5	142 Claire Warmington Trafford AC	57.84 W/S:

T13 Senior Men 200m Heats

Heat 01		W/S:
1	148 Allyn Condon Sale Harriers Manchester	21.18 W/S:
2	141 Tim Ward Border Harriers & AC	22.76 W/S:
3	104 Stephanus Van Der WesthuyzenWakefield District H & AC	23.71 W/S:
4	130 Mark Ainsworth Wakefield District H & AC	23.71 W/S:
5	133 Ian Scholes Trafford AC	25.49 W/S:

Heat 02		W/S:
1	3 Darren Scott Trafford AC	21.86 W/S:
2	26 Adam Draycott Derby AC	23.41 W/S:
3	82 Richard Higson-BlytheWakefield District H & AC	23.55 W/S:
4	22 Martin Bull Derby AC	27.01 W/S:
5	157 Mitch Rhodes Barnsley AC	DNS W/S:

Heat 03		W/S:
1	146 Philip Ellershaw Liverpool Harriers	23.11 W/S:
2	135 Anthony Ashton Bury AC	23.76 W/S:
3	154 David Stoker Bingley Harriers	24.80 W/S:
4	90 Mark Keeler Wakefield District H & AC	25.03 W/S:
5	56 Glen Reddington Windsor SE&H AC	25.49 W/S:
6	112 Ben Geddes Gateshead Harriers & AC	DNS W/S:

Heat 04		W/S:
1	88 Andrew Owens Liverpool Harriers	22.36 W/S:
2	95 John Kelley City of Sheffield AC	22.92 W/S:
3	149 Carlos Balsamo Bury AC	23.12 W/S:
4	87 Rick Mather Oldham & Royton H & AC	24.23 W/S:
5	20 Michael McGlynn Northern Veterans AC	24.49 W/S:

Heat 05		W/S:
1	8 Danny Brandwood Birchfield Harriers	23.18 W/S:
2	68 Stephen Thorpe Wakefield District H & AC	24.34 W/S:
3	6 Sam Higginson Lancaster & Morecambe AC	24.90 W/S:
4	74 Allan Gordon Lancaster & Morecambe AC	DNS W/S:
5	134 Matthew Lee Bury AC	DNS W/S:

T14 Senior Women 200m Heats

Heat 01		W/S:
152 Bernice Wilson	Birchfield Harriers	24.77 W/S:
260 Jessica Taylor	Nestle Rowntree AC	26.40 W/S:
364 Tracey Hilton	Wakefield District H & AC	26.74 W/S:
431 Joanne Oates	Bingley Harriers	26.91 W/S:
524 Louise Aiston	Border Harriers & AC	27.11 W/S:
6106 Louise Lisseman	Wakefield District H & AC	27.52 W/S:

Heat 02		W/S:
1122 Vicky Carmichael	Gateshead Harriers & AC	26.26 W/S:
246 Averil McClelland	Lancaster & Morecambe AC	26.51 W/S:
3138 Elaine Sutcliffe	Wakefield District H & AC	27.44 W/S:
4115 Helen Taylor	Southport Waterloo AC	DNS W/S:
5158 Kimberley Wainwright	Barnsley AC	DNS W/S:

T15 Senior Men 1500m FINAL

FINAL		W/S:
151 Rob Watkinson	Rotherham Harriers	3:51.78 W/S:
211 Richard Ward	Belgrave Harriers	3:52.29 W/S:
310 Darren Middleton	Barnsley AC	3:55.13 W/S:
4111 Chris Parr	Gateshead Harriers & AC	3:56.71 W/S:
583 Tom Doe	Lincoln Wellington	3:57.89 W/S:
6140 Andrew Blair	Sale Harriers Manchester	3:58.68 W/S:
72 Tim Egerton	Trafford AC	4:02.34 W/S:
848 Terry West	North Shields Poly	4:03.40 W/S:
9125 Michael Jaggor	Unattached	4:23.17 W/S:
10 25 Martyn Bell	Ripley Running Club	4:56.81 W/S:
11 71 Richard Mace	City of Sheffield AC	DNF W/S:

T16 Senior Women 1500m FINAL

FINAL		W/S:
169 Helen Singleton	Wakefield District H & AC	4:34.94 W/S:
292 Ellie Stevens	Derby AC	4:37.46 W/S:
3143 Christine Murphy	Liverpool Harriers	4:38.63 W/S:
41 Rachael Woodnutt	Leeds City AC	4:44.05 W/S:
544 Jaqueline Elliott	Blaydon Harriers	5:07.04 W/S:

T17 Senior Men 800m FINAL

FINAL		W/S:
149 Samuel Ellis	Barnsley AC	1:52.22 W/S:
2153 David Proctor	Rochdale Harriers	1:53.38 W/S:
3126 Daniel Hermann	Pudsey & Bramley AC	1:54.61 W/S:
4109 Matthew Nicholson	Gosforth Harriers	1:56.48 W/S:
571 Richard Mace	City of Sheffield AC	1:58.70 W/S:
673 Mark Gardner	Lancaster & Morecambe AC	1:59.77 W/S:

T19 Senior Men 200m Semi-Finals

Semi-Final 01		W/S: CBP
1148 Allyn Condon	Sale Harriers Manchester	20.64 W/S:
2141 Tim Ward	Border Harriers & AC	22.40 W/S:
395 John Kelley	City of Sheffield AC	22.76 W/S:
4104 Stephanus Van Der Westhuyzen	Wakefield District H & AC	23.68 W/S:
Sale Harriers Manchester		6.94 W/S:
582 Richard Higson-Blythe	Wakefield District H & AC	23.71 W/S:

Semi-Final 02		W/S:
13 Darren Scott	Trafford AC	21.79 W/S:
28 Danny Brandwood	Birchfield Harriers	22.98 W/S:
3149 Carlos Balsamo	Bury AC	23.09 W/S:
426 Adam Draycott	Derby AC	23.14 W/S:
5130 Mark Ainsworth	Wakefield District H & AC	23.83 W/S:

Semi-Final 03		W/S:
188 Andrew Owens	Liverpool Harriers	22.24 W/S:
2146 Philip Ellershaw	Liverpool Harriers	22.57 W/S:
3135 Anthony Ashton	Bury AC	23.77 W/S:
487 Rick Mather	Oldham & Royton H & AC	24.09 W/S:
568 Stephen Thorpe	Wakefield District H & AC	24.68 W/S:

T21 Senior Men 400m FINAL

FINAL		W/S: CBP
1 13 Adam Rogers	Sale Harriers Manchester	48.07 W/S:
2 110 Lawrence Baird	Trafford AC	48.97 W/S:
3 34 Neil Hewson	Wigan Harriers	49.26 W/S:
4 102 Darren Eldin	Goole Youth AC	49.67 W/S:
5 107 Robert Clay	City of Sheffield AC	49.73 W/S:
6 19 Adam Bellis	Sale Harriers Manchester	50.17 W/S:

T22 Senior Women 400m FINAL

FINAL		W/S: CBP
1 14 Liz Fairs	Trafford AC	53.62 W/S:
2 81 Amy Freeman	Spenborough & District	56.03 W/S:
3 72 Kim Goodwin	Kingston upon Hull AC	56.59 W/S:
4 132 Rebecca Sweeney	Sale Harriers Manchester	57.04 W/S:
5 57 Katie Jones	Trafford AC	57.39 W/S:
6 158 Kimberley Wainwright	Barnsley AC	61.61 W/S:

T23 Senior Men 200m FINAL

FINAL		W/S:
1 3 Darren Scott	Trafford AC	21.76 W/S:
2 88 Andrew Owens	Liverpool Harriers	22.21 W/S:
3 146 Philip Ellershaw	Liverpool Harriers	22.65 W/S:
4 141 Tim Ward	Border Harriers & AC	22.67 W/S:
5 8 Danny Brandwood	Birchfield Harriers	23.19 W/S:
6 148 Allyn Condon	Sale Harriers Manchester	SCR W/S:

T24 Senior Women 200m FINAL

FINAL		W/S: CBP
1 52 Bernice Wilson	Birchfield Harriers	24.82 W/S:
2 60 Jessica Taylor	Nestle Rowntree AC	26.10 W/S:
3 122 Vicky Carmichael	Gateshead Harriers & AC	26.17 W/S:
4 46 Averil McClelland	Lancaster & Morecambe AC	26.39 W/S:
5 64 Tracey Hilton	Wakefield District H & AC	26.60 W/S:
6 31 Joanne Oates	Bingley Harriers	26.82 W/S:

T25 Senior Men 60m Hurdles FINAL

FINAL		W/S: MANUAL
1 77 David Hughes	City of Sheffield AC	8.2* W/S:
2 36 Robert Henry	Enfield & Haringey AC	8.4* W/S:
3 27 Suote Nyananyo	Middlesbrough AC (Mandale)	8.5* W/S:
4 161 Stephen Alexander	Trafford AC	8.5* W/S:
5 94 Peter Monaghan	Sale Harriers Manchester	8.5* W/S:
6 75 Richard Baderin	Liverpool Harriers	8.6* W/S:
7 80 Andrew Hopkinson	Sale Harriers Manchester	8.6* W/S:
8 156 Nigel Taylor	City of Norwich	9.1* W/S:

T27 Senior Men 60m FINAL

FINAL		W/S:
1 116 Daniel Money	Sale Harriers Manchester	6.83 W/S:
2 18 Simon Farenden	Chesterfield & District AC	6.92 W/S:
3		103Adebowale Ademuyewo
4 99 Craig Telford	Border Harriers & AC	6.96 W/S:
5 152 Gerald Phiri	City of Sheffield AC	7.04 W/S:
6 15 James Moore	Birchfield Harriers	7.09 W/S:
7 141 Tim Ward	Border Harriers & AC	7.33 W/S:
8 134 Matthew Lee	Bury AC	dns W/S:

T28 Senior Women 60m FINAL**FINAL**

W/S:

123	Melanie Roberts	Liverpool Harriers	7.61	W/S:
233	Louise Bloor	Trafford AC	7.77	W/S:
3115	Helen Taylor	Southport Waterloo AC	7.78	W/S:
429	Julia White	Peterborough AC	7.81	W/S:
5105	Hannah Elwiss	Trafford AC	7.82	W/S:
621	Fiona Westwood	Wakefield District H & AC	7.90	W/S:
75	Maria Morganella	Border Harriers & AC	7.94	W/S:
854	Rachel Smith	Trafford AC	8.07	W/S: