

# NoEAA Indoor Open Meeting 1

EIS, Sheffield  
25/11/06

## F01 Senior Triple Jump FINAL

### FINAL

1 Paul Bateson (SM)	Hull University	12.87
2 Andrew Whitton (U17M)	West Cheshire AC	12.79
3 Tom Lightwing (U20M)	Nestle Rowntree AC	12.25
4 Christopher Gill (U20M)	Nestle Rowntree AC	11.94
5 Earl Gill (U17M)	Gateshead Harriers & AC	11.58
6 Harriet Pickles (U20)	Bingley Harriers	11.07
7 Antony Gregory (U17M)	Buxton AC	10.32
8 Laura Rigby (U20W)	Nestle Rowntree AC	10.29
9 Amy Elston (SW)	University of Manchester	10.24
10 Hannah Brightmore (U17W)	City of Sheffield AC	10.23
11 Sophie Evans (SW)	Nottingham University	10.08
12 Kathryn Kitson (U20W)	Retford AC	9.84
13 Oliver Palmer	Nestle Rowntree AC	9.81
14 Gareth Pike (U17B)	Lancaster & Morecambe AC	9.70
15 Ceri Williams (U17G)	Macclesfield Harriers	9.57
16 Laura Griggs (U17W)	Skyrac AC	9.26
17 Chloe Smith (U17W)	Amber Valley AC	9.17
18 Becki Priddle (U20W)	Retford AC	8.54

## F02 Senior Pole Vault FINAL

### FINAL

1 Luke Cutts (U20M)	Dearneside High AC	5.10
2 Ezekiel Rowe (U20M)	Sale Harriers Manchester	4.30
3 Rhys Searles (U17M)	Dearneside High AC	4.30
4 Edward Moubey (U17M)	Chesterfield & District AC	4.20
5 Paul Hallworth (U17M)	Dearneside High AC	4.00
6 Richard Szarkowski (U20M)	Amber Valley AC	3.80
7 Andrew Sutcliffe (U17B)	Sale Harriers Manchester	3.70
8 Daniel Passey (U17M)	Chesterfield & District AC	3.70
9 Gino Harvey (U17M)	Sale Harriers Manchester	3.50
10 Jonathan Kirkland (U17M)	Chesterfield & District AC	3.20
11 Gavin Howard (U17M)	Gateshead Harriers & AC	3.20
12 Christopher Boulton (SM)	Chesterfield & District AC	3.00
13 Patrycja Krawczyk (SW)	Dearneside High AC	2.80
14 Jenny Cuthbertson (SW)	Rotherham Harriers	2.60
15 Emma Hilton (U17W)	Dearneside High AC	2.60
16 Tanya Bromilow (SW)	University of Sheffield	2.60
17 Stacey Howden (U15G)	Gateshead Harriers & AC	2.40
18 Katherine Wilson (U17W)	Doncaster AC	2.40
19 Grant Cryer (U15B)	Gateshead Harriers & AC	2.30
20 Mark deVergori (U15B)	Chesterfield & District AC	2.00

## F03 U15 High Jump FINAL

### FINAL

1 Jonathon Heath (U15B)	Derby AC	1.55
2 Lauren Potter (U15G)	Hallamshire Harriers	1.45
3 Patrick Jowett (U15B)	Louth AC	1.35
4 Rebecca Davies (U15G)	Rugby & Northampton	1.35
5 Emily Butlin (U15G)	Amber Valley AC	1.30
6 Lucy Eddy (U15G)	Retford AC	1.25
7 Lucy Hodgson (U13G)	City of Sheffield AC	1.25
8 Vicki Lawrence (U15G)	Lincoln Wellington	1.20
9 Kelly-Jay Payling (U13G)	Amber Valley	1.20
10 Elizabeth McLean (U15G)	Mansfield Harriers	1.20
11 Jack Eddy (U13B)	Retford AC	1.15
12 Katie McMunn (U13G)	Lincoln Wellington	1.15
12 Chris Rushton (U15B)	Leeds City AC	1.15

## F04 U15 Shot Putt FINAL

### FINAL

1 Yasmin Spencer (U15)	Chesterfield & District AC	11.23
2 Kirsty Taylor (U15G)	Barnsley AC	9.75
3 Lucy Holmes (U15G)	Wakefield District H & AC	7.66
4 Joe Anderson (U13B)	City of Sheffield AC	7.54
5 Daniel Dale (U13B)	Retford AC	7.54
6 Simon Parkes (U15B)	Louth AC	6.94
7 Kelly-Jay Payling (U13G)	Amber Valley	6.68
8 Aneise Spindley (U15G)	Scunthorpe & District AC	6.65
9 Charlotte Davies (U15G)	Rugby & Northampton	6.58
10 Beth Pattison (U13G)	Scunthorpe & District AC	6.21
11 Emily Hatton (U15G)	Crewe & Nantwich AC	3.89

## F05 U15 Long Jump FINAL

### FINAL

1 Aidan Stoakley (U15B)	West Cheshire AC	4.75
2 Michael Hunter (U15B)	Retford AC	4.59
3 Adam Khan (U13B)	City of Sheffield AC	4.43
4 Jonathon Heath (U15B)	Derby AC	4.41
5 Kane Jordan (U13B)	Derby AC	4.35
6 Joe Anderson (U13B)	City of Sheffield AC	4.29
7 Sam Dennis (U15B)	Wakefield District H & AC	4.29
8 Patrick Jowett (U15B)	Louth AC	4.20
9 Chris Rushton (U15B)	Leeds City AC	4.11
10 Daniel Dale (U13B)	Retford AC	3.93

### FINAL

1 Lucy Holmes (U15G)	Wakefield District H & AC	4.57
2 Sophie Carley (U15G)	Grantham AC	4.51
3 Charlotte Davies (U15G)	Rugby & Northampton	4.49
4 Rebecca Davies (U15G)	Rugby & Northampton	4.27
5 Kelly Clark (U15G)	City of Sheffield AC	4.11
6 Lucy Hodgson (U13G)	City of Sheffield AC	4.08
7 Olivia Rhone (U15G)	City of Sheffield AC	3.81
8 Emily Cox (U15)	City of Sheffield AC	3.76
9 Indra Davies (U13G)	Retford AC	3.66
10 Hannah Turner (U13G)	Mansfield Harriers	3.57
11 Elizabeth McLean (U15G)	Mansfield Harriers	3.56
12 Isabel Brooks (U13G)	Mansfield Harriers	3.55
13 Aleasha Mayer (U15G)	City of Sheffield AC	3.47
14 Emily Butlin (U15G)	Amber Valley AC	3.41
15 Katie McMunn (U13G)	Lincoln Wellington	3.30
16 Amy Strachan (U13G)	Cleethorpes AC	3.16
17 Danielle Gash (U13G)	City of Sheffield AC	3.15
18 Sophie Mallinson (U15G)	City of Sheffield AC	3.12

## F06 Senior Shot Putt FINAL

### FINAL

1 Daniel Morris (U17M)	Retford AC	12.93
2 Daniel Bowkett (17M)	Dearneside High AC	12.50
3 Chris Mee (SM)	Charnwood AC	11.78
4 Hannah Evenden (U17W)	Leeds City AC	10.03
5 James Carey (U17M)	Macclesfield Harriers	9.86
6 Liam Summers (U17M)	Nestle Rowntree AC	9.50
7 Antony Gregory (U17M)	Buxton AC	9.46
8 Aiden Law (U17M)	Dearneside High AC	9.33
9 Daniel Blackburn (U17M)	Lancaster & Morecambe AC	9.01
10 Daniel Harmes (U17M)		9.00
11 Nathan Buckingham (U20M)	Rotherham Harriers	8.90
12 Chloe Smith (U17W)	Amber Valley AC	8.82
13 Lucie Shipley (SW)	Leeds City AC	8.45
14 Eleanor Markendale (U20W)	Pendle AC	7.90
15 Kelly Lawrence (U17W)	Nene Valley Harriers	7.19

## T01 Senior M 60m Hurdles Heats

### Heat 01

1 Adrian Hemery	Loughborough Students	8.78
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**T02 U20M 60m Hurdles Heats****Heat 01**

1 Alexander Ryu Long	Nottingham University	8.72
2 Matthew Shaw (U20)	Scunthorpe & District AC	8.82
3 Simon Pugh SM45	Rotherham Harriers	12.74

**T03 U17M 60m Hurdles Heats****Heat 01**

1 Alisdair Dewar	Nestle Rowntree AC	8.72
2 Niall Flannery (U17M)	Gateshead Harriers & AC	8.72
3 Oliver Palmer (U17M)	Nestle Rowntree AC	9.69
4 Ben Weisz U17M	Nene Valley Harriers	11.12

**T06 U20W 60m Hurdles Heats****Heat 01**

1 Kirsty Parr	Leeds City AC	9.32
2 Lauren Storr	Holmfirth Harriers	9.60
3 Louise Feeney	Amber Valley AC	9.87

**T07 U17W 60m Hurdles Heats****Heat 01**

1 Danielle Rooney	Preston Harriers	9.21
2 Eleanor Markendale	Pendle AC	9.64
3 Claudia Rogers	Amber Valley AC	9.80
4 Emma Cluley (U17W)	Rugby & Northampton	10.07
5 Ceri Williams	Macclesfield Harriers	10.42
6 Emma Szostak (U17W)	Holmfirth Harriers	10.56
7 Sophie Meakin	Rugby & Northampton AC	DNF

**T09 Senior 600m Heats****Heat 01**

1 Christopher Smith (U20M)	Wirral AC	1:20.85
2 Christopher Brown (U20M)	Mansfield Harriers	1:20.85
3 Andrew Stanton (U20M)	Chester Le Street	1:21.06
4 Thomas Patton (SM)	Gateshead Harriers & AC	1:23.28
5 James Griffiths U20M	Vale Royal	1:24.01
6 Chris Cox (U17M)	Bingley Harriers	1:25.50
7 Mark Fallaize (SM)	Vale of Aylesbury	1:25.77
8 Adrian Hemery (SM)	Loughborough Students	1:26.63
9 Gary Bostock SM	Amber Valley AC	1:27.83

**Heat 02**

1 Udobi Nzelu (SM)	Sale Harriers Manchester	1:24.03
2 Jak Lowdon (SM)	Tynedale Harriers	1:24.14
3 Robbie Schofield (U17M)	Ribble Valley AC	1:24.58
4 Adam Ree U20M	Sale Harriers Manchester	1:25.48
5 Aidan Reid (U20M)	Mansfield Harriers	1:25.56
6 Niall Flannery U17M	Gateshead Harriers & AC	1:26.64
7 Joe Basquill U17M	Ribble Valley AC	1:27.57
8 Christian Roberts (U17M)	Huntingdonshire AC	1:29.39
9 Michael Mumford (U20M)	Mansfield Harriers	1:29.83
10 Paul Harmer (SM)	Charnwood AC	DNS
11 Paul Tasker (SM)	Tamworth AC	DNS

**Heat 03**

1 Simon Dearden U20M	Halifax Harriers	1:26.74
2 Lewis Bostock U17M	Notts AC	1:26.82
3 James Johnson (U20M)	Medway & Maidstone AC	1:27.14
4 Martin Brockman SM	Medway & Maidstone	1:27.83
5 Lewis Tatt U20M	Wakefield District H & AC	1:28.13
6 Anthony Gotts (SM)	Blackburn Harriers	1:28.34
7 James Palmer (U20M)	Nestle Rowntree AC	1:29.73
8 John Moore (SM35)	Heaton Harriers	1:29.80
9 Liam Baister (U17M)	Gateshead Harriers & AC	1:31.30
10 Etienne Sharrocks (U20W)	Blackburn Harriers	1:31.54

**Heat 04**

1 Mukhtar Mahamed	Sheffield Wednesday FC	1:27.94
2 Daniel Robinson U17M	Cleethorpes AC	1:28.41
3 Adam Rowland U17M	Gateshead Harriers & AC	1:29.34
4 Russell Best (U17M)	New Marske Harriers	1:29.71
5 Craig Bethell (U20M)	Amber Valley AC	1:29.72
6 Ian Godwin (SM)	Morpeth Harriers & AC	1:30.59
7 Nisha Desai (SW)	Trafford AC	1:32.50
8 Raymond Kirkup (U20M)	Morpeth Harriers & AC	1:32.87
9 Ian Yates U17	Ribble Valley AC	1:33.90

**Heat 05**

1 Paul Harmer (SM)	Charnwood AC	1:26.47
2 Jamie Bennett U20M	Hallamshire Harriers	1:30.41
3 Michael Aspden U17M	Ribble Valley AC	1:34.21
4 Sam Clark U17M	Retford AC	1:35.47
5 Simon Cronshaw (U20M)	Leeds University	1:36.30
6 Philippa McCrea (SW)	Gateshead Harriers & AC	1:36.62
7 Nathan Buckingham (U20M)	Rotherham Harriers	1:38.50
8 Helen Walker (SW)	Woodford Green with Essex Ladies	1:39.22
9 Leanne McDonagh (U17W)	Longwood Harriers AC	1:47.29
10 Jonathan Dunn (U17M)	Gateshead Harriers & AC	DNS
11 Earl Gill (U17M)	Gateshead Harriers & AC	DNS

**Heat 06**

1 Paul Tasker (SM)	Tamworth AC	1:32.39
2 Tom Adams (U17M)	Tamworth AC	1:37.69
3 Leigh Lennon U17W	Ribble Valley AC	1:38.22
4 James Buck (U15B)	Nestle Rowntree AC	1:39.13
5 Abby Glover (U17W)	Derby AC	1:39.74
6 Rochelle Harrison (U17W)	Louth AC	1:40.18
7 Ashleigh Williams (U20W)	Ribble Valley AC	1:40.40
8 Samantha Duffy (U20W)	Gateshead Harriers & AC	1:40.89
9 Alan Maddocks (SM50)	Mansfield Harriers	1:40.90
10 Sarah Burton (U20W)	Derby AC	DNS

**Heat 07**

1 Yasin Mahamud	Silverdale/Abbeyle School	1:33.77
2 Earl Gill (U17M)	Gateshead Harriers & AC	1:37.85
3 Ahmed Musa U17M	Silverdale & Abbeyle School	1:42.08
4 Abdul Abdullah	Silverdale/Abbeyle School	1:46.84
5 Luke Watson (U17M)	Ribble Valley AC	1:48.70
6 Suzanne Bailey U17W	Ribble Valley AC	1:50.00
7 Nicola Barnes U20W	Ribble Valley AC	1:50.66
8 Laura Griggs (U17W)	Skyrac AC	1:52.10
9 Amy Crabtree (U17W)	Ribble Valley AC	1:52.73
10 Jennifer Mitchell U20W	Ribble Valley AC	1:54.03
11 Claire Howe	Ribble Valley AC	1:55.22
12 Becky Kemp U17W	Ribble Valley AC	2:04.99

**Heat 08**

1 Jonathan Dunn (U17M)	Gateshead Harriers & AC	1:37.93
2 Charlotte Vaughan (U20W)	Rotherham Harriers	1:46.00
3 Emily Reeve (U17W)	Mansfield Harriers	1:46.78
4 Simon Pugh SM45	Rotherham Harriers	1:47.85
5 Charlotte Maxted (U20W)	Nestle Rowntree AC	1:48.67
6 Sarah Jones (U20W)	Wakefield District H & AC	1:49.49
7 Lisa Ponter (SW)	Scarborough AC	1:49.54
8 Hayley Strachan (U17W)	Cleethorpes AC	1:52.27
9 Carrienne Franks (U17W)	Mansfield Harriers	1:54.64
10 Sarah Burton (U20W)	Derby AC	1:54.78
11 Jennie Wilberforce SW	Hull Achilles AC	1:55.64
12 Jayne Moulding (U20W)	Louth AC	1:57.63

**T10 U15 600m Heats****Heat 01**

1 Sigourney Bell (U15G)	Gateshead Harriers & AC	1:36.09
2 Anthony Hauseman (U15B)	Rossendale Harriers & AC	1:40.50
3 Scott Edwards (U13B)	Derby AC	1:44.63
4 Eliot Bailey (U15B)	Ribble Valley AC	1:45.10
5 Chloe Bradley (U15G)	Retford AC	1:46.51
6 Jamie Lunt U15B	Wakefield District H & AC	1:47.99
7 Robert Loraine (U13B)	Birtley AC	1:48.16
8 Stephanie Loraine (U15G)	Birtley AC	1:48.19
9 Abbie Dowling U15G	Ribble Valley AC	1:50.74
10 Hayley Huntoon	Ribble Valley AC	1:52.53

**Heat 02**

1 Lauren Potter (U15G)	Hallamshire Harriers	1:44.29
2 Vicki Lawrence (U15G)	Lincoln Wellington	1:45.84
3 Adam Khan (U13B)	City of Sheffield AC	1:49.80
4 Fuad Hassan	Silverdale/Abbeydale School	1:51.36
5 Adrian Bailes (U13B)	Birtley AC	1:53.23
6 Kane Jordan (U13B)	Derby AC	1:54.54
7 Abbie Thistlethwaite (U15G)	Ribble Valley AC	1:54.97
8 Tess Parkinson (U15G)	Ribble Valley AC	1:58.25

**Heat 03**

1 Simon Parkes (U15B)	Louth AC	1:57.38
2 Beth Pattison (U13G)	Scunthorpe & District AC	1:59.06
3 Abbey Stanley (U13G)	City of Sheffield AC	1:59.56
4 Jessica Fountain (U15G)	Scunthorpe & District AC	2:01.75
5 Kelly-Jay Payling (U13G)	Amber Valley	2:04.63
6 Katie McMunn (U13G)	Lincoln Wellington	2:04.78

**Heat 04**

1 Keira Abbott (U13G)	Mansfield Harriers	1:57.70
2 Matilda Moulam (U13G)	City of Sheffield AC	2:06.58
3 Emily Hatton (U15G)	Crewe & Nantwich AC	2:07.82
4 Aneleise Spindley (U15G)	Scunthorpe & District AC	2:12.65
5 Lucy Hodgson (U13G)	City of Sheffield AC	2:16.48
6 Sophie Mallinson (U15G)	City of Sheffield AC	2:28.98

**T11 Senior 60m Heats****Heat 01**

1 Tom Price (U20M)	West Cheshire AC	7.15
2 Tom Mosley (U17M)	Leeds City AC	7.26
3 Daniel Taylor (U20M)	Leeds University AC	7.28
4 Jacob Brown SM	Sale Harriers Manchester	7.31
5 Daniel Burns SM	Tynedale Harriers	7.31
6 Saad Qureshi SM	University of Manchester	8.75

**Heat 02**

1 Mike Beaumont (SM)	Newark AC	7.15
2 Tom Bennington (U20M)	Nestle Rowntree AC	7.19
3 Chris Craigs (U20M)	Darlington Harriers	7.32
4 Alasdair Dewar (U17M)	Nestle Rowntree AC	7.38
5 Leslie Addy SM	Leeds University AC	7.41
6 Paul Bateson (SM)	Hull University	7.57
7 Ryan Ayirebi SM	Cannock & Stafford AC	7.71

**Heat 03**

1 Samuel Lawrence (U17M)	Nene Valley Harriers	7.36
2 Andrew Szarkowski (U20M)	Amber Valley AC	7.41
3 Sam Stone (U20M)	Amber Valley AC	7.46
4 ???		7.49
5 Shaun Rathbone (U17M)	Amber Valley AC	7.50
6 Joshua Cartledge (U20M)	Amber Valley AC	7.52
7 Tom Alldread (U20M)	Derby AC	7.77
8 Matthew Cunliffe SM	Leeds University AC	7.94

**Heat 04**

1 Dale Jacob (U17M)	Mansfield Harriers	7.38
2 Jack McRae (U20M)	Cleethorpes AC	7.51
3 Adam Parkinson (U17M)	Scunthorpe & District AC	7.53
4 Tom Burton (U20M)	Tamworth AC	7.59
5 Alexander Ryu Long (U20M)	Nottingham University	7.68
6 Ash Hannay (U17M)	Cleethorpes AC	7.68
7 Andrew Appleyard SM	Middlesbrough AC (Mandale)	7.70
8 Chris Mee SM	Charnwood AC	8.12

**Heat 05**

1 Ben Samuels (U17M)	City of Sheffield AC	7.47
2 Andrew Wilkinson (U17M)	Gateshead Harriers & AC	7.80
3 Chris Clark (SM)	Hyndburn AC	7.84
4 Thomas Ralph (U20M)	Leeds University AC	7.85
5 John Clark (U17M)	Cleethorpes AC	7.87
6 Stephen Swaby (SM)	Lincoln Wellington	7.94
7 Ben Rush (SM)	Tynedale Harriers	8.10
8 Claudio Bella (U20M)	Nottingham University	8.12

**Heat 06**

1 James Caine (U20M)	Bingley Harriers	7.64
2 Tom Lightwing (U20M)	Nestle Rowntree AC	7.67
3 Dannish Khan (U17M)	City of Sheffield AC	7.78
4 Tom Walley (U20M)	West Cheshire AC	7.86
5 Ben Weisz (U17M)	Nene Valley Harriers	7.93
6 Jacob Powell (U17M)	Tamworth AC	7.96
7 Abs Hassan sm	Leeds University AC	8.07

**Heat 07**

1 Robert Blake (U17M)	Macclesfield Harriers	7.41
2 Adam Storer (U17M)	Rugby & Northampton AC	7.63
3 James Carey (U17M)	Macclesfield Harriers	7.64
4 Neil Rawcliffe SM	Hyndburn AC	7.94
5 C Ashmore (SM40)	Mansfield Harriers	8.07
6 Nash Cummings (SM)	City of Sheffield AC	8.08

**Heat 08**

1 Daniel Harmes (U17M)	Scunthorpe & District AC	7.73
2 Liam Summers (U17M)	Nestle Rowntree AC	7.97
3 James Ramm (U17M)	Scunthorpe & District AC	7.98
4 Paul Rockliffe SM	Trafford AC	8.06
5 Sian Kelman (U17W)	West Cheshire AC	8.15
6 Alan Partick SM	Manchester University	8.26
7 Daisy Flynn-Piercy (U17W)	West Cheshire AC	8.29

**Heat 09**

1 Cameron Thorne (U17M)	Tamworth AC	7.98
2 Ben Jones (U17M)	Halifax Harriers	8.15
3 Mikaela Harrison (U20W)	Wakefield District H & AC	8.18
4 Eleanor Markendale (U20W)	Pendle AC	8.28
5 Danielle Rooney (U17W)	Preston Harriers	8.33
6 Callan Hatton (U17M)	Crewe & Nantwich AC	8.46
7 Lauren Storr (U17W)	Holmfirth Harriers	8.55
8 Lucie Shipley (SW)	Leeds City AC	8.65

**Heat 10**

1 Matthew Wilson (U17M)	Chesterfield & District AC	7.89
2 Faye Bowles (U17W)	Darlington Harriers	8.23
3 Leanne Shaw (U17W)	Richmond & Zetland AC	8.25
4 Jackie Cooke (SW)	Wigan Harriers	8.34
5 Sophie Meakin (U17W)	Rugby & Northampton	8.37
6 Renee Baker (U17W)	Louth AC	8.38
7 Laura Henry (U17W)	Halifax Harriers	8.39
8 Bethany Hirst (U17W)	East Cheshire Harriers	8.42

**Heat 11**

1 Martin Boddice (U17M)	Durham City Harriers	8.14
2 Jess Foster (U17W)	Nestle Rowntree AC	8.33
3 Hannah Brightmore (U17W)	City of Sheffield AC	8.42
4 Laura Rigby (U20W)	Nestle Rowntree AC	8.43
5 Faye Mitchell (U17W)	Wakefield District H & AC	8.44
6 Gareth Pike (U17B)	Lancaster & Morecambe AC	8.57
7 Kirsty Parr (U20W)	Leeds City AC	8.59
8 Alice Wilkinson (U17W)	Nestle Rowntree AC	8.94

**Heat 12**

1 Emma Cluley (U17W)	Rugby & Northampton AC	8.35
2 Jayme Norton (U17W)	Middlesbrough AC (Mandale)	8.44
3 Louise Feeney (U20W)	Amber Valley AC	8.45
4 Hayley Strachan (U17W)	Cleethorpes AC	8.65
5 Becky Stringer (U17W)	City of Sheffield AC	8.84
6 Heather Dyson (U17W)	Rotherham Harriers	8.84
7 Kathryn Kitson (U20W)	Retford AC	8.98
8 Samantha McGawley (SW)	Leeds University AC	9.92

**Heat 13**

1 Simon Pugh (SM45)	Rotherham Harriers	8.84
2 Peter Wright (SM55)	Midland Vets	9.14
3 Victoria Morton (SW)	Nottingham University	9.49
4 Rodney Clark (SM80)	Northern Vets AC	11.64

**T12 U15 60m Heats****Heat 01**

1 James Buck (U15B)	Nestle Rowntree AC	7.96
2 Carys Hall (U15G)	City of Sheffield AC	8.12
3 Grace Christopher (U15G)	Leeds Carnegie AC	8.17
4 Rachel Treloar (U15G)	West Cheshire AC	8.23
5 ?? ??		8.25
6 Mary-Ann Phillips (U15G)	Lincoln Wellington	8.27
7 Lucy Holmes (U15G)	Wakefield District H & AC	8.33
8 Jack Chattaway	Silverdale/Abbeyle School	8.42

**Heat 02**

1 Aidan Stoakley (U15B)	West Cheshire AC	8.26
2 Sam Dennis (U15B)	Wakefield District H & AC	8.34
3 Jack Mosley (U15B)	Leeds City AC	8.38
4 Ryan Miller (U13B)	Derby AC	8.48
5 Leah Ferrie (U15G)	West Cheshire AC	8.49
6 Yasmin Miller (U13G)	Derby AC	8.55
7 Kelly Clark (U15G)	City of Sheffield AC	8.69
8 Abi Kirk (U15G)	West Cheshire AC	8.79

**Heat 03**

1 Charlotte Davies (U15G)	Rugby & Northampton	8.77
2 Fuad Hassan	Silverdale/Abbeyle School	8.84
3 Rebecca Davies (U15G)	Rugby & Northampton	8.84
4 Beth Pattison (U13G)	Scunthorpe & District AC	8.87
5 Adam Khan (U13B)	City of Sheffield AC	8.92
6 Sophie Carley (U15G)	Grantham AC	8.97
7 Chris Rushton (U15B)	Leeds City AC	9.07
8 Elliot Wilson (U13B)	City of Sheffield AC	9.13

**Heat 04**

1 Kane Jordan (U13B)	Derby AC	8.75
2 Indra Davies (U13G)	Retford AC	8.86
3 Simon Parkes (U15B)	Louth AC	8.92
4 Isabel Brooks (U13G)	Mansfield Harriers	9.11
5 Daniel Dale (U13B)	Retford AC	9.12
6 Aleasha Mayer (U15G)	City of Sheffield AC	9.29
7 Emily Butlin (U15G)	Amber Valley AC	9.45
8 Laura McMunn (U15G)	Lincoln Wellington	9.46

**Heat 05**

1 Olivia Rhone (U15G)	City of Sheffield AC	9.10
2 Aneise Spindley (U15G)	Scunthorpe & District AC	9.19
3 Jack Eddy (U13B)	Retford AC	9.28
4 Adam Weisz (U13B)	Nene Valley Harriers	9.48
5 Lucy Eddy (U15G)	Retford AC	9.48
6 Hannah Turner (U13G)	Mansfield Harriers	9.61
7 Keira Abbott (U13G)	Mansfield Harriers	9.76

**Heat 06**

1 Jessica Brearley (U15G)	Halifax Harriers	9.10
2 Joe Anderson (U13B)	City of Sheffield AC	9.16
3 Danielle Gash (U13G)	City of Sheffield AC	9.18
4 Lauren Cunliffe (U13G)	East Cheshire Harriers	9.29
5 Amy Strachan (U13G)	Cleethorpes AC	10.23

**T13 Senior 2000m Heats****Heat 01**

1 Paul Richardson (SM)	Owls AC	5:28.0
2 Paul Rockcliffe (SM)	Trafford AC	5:40.8
3 Nathan Riding (U20M)	Ribble Valley AC	5:44.4
4 James Mee (U20M)	Mansfield	5:50.9
5 James Brook (SM)	Louth AC	5:53.0
6 Ashley Sabin (U20M)	Notts AC	5:53.1
7 Sean Williams (U20)	Ribble Valley AC	5:57.5
8 Iain Lynn (U17M)	Nestle Rowntree AC	6:02.8
9 Paul Tasker (SM)	Tamworth AC	6:10.8
10 Geoff Lowry (SM40)	Amber Valley AC	6:19.9
11 Craig Sabin (SM45)	Huncote Harriers	6:31.3

**Heat 02**

1 Kris Leeher	Hull Achilles AC	6:04.57
2 Ellie Stevens (SW)	Derby AC	6:21.43
3 Michael Baldock (U17M)	Louth AC	6:36.40
4 Michael Hulland (U20M)	Derby AC	6:45.02
5 Philippa McCrea (SW)	Gateshead Harriers & AC	6:46.98
6 Alex Sharp (U17W)	Louth AC	6:49.06
7 Laura Bowman (SW)	Unattached	6:54.41

**Heat 03**

1 Yasin Mahamud	Silverdale/Abbeyle School	6:27.14
2 Kevin Brydon (SM)	University of Manchester	6:31.68
3 Rob Szczepaniak-Sloane (SM)	University of Manchester	6:31.97
4 James Ramm (U17M)	Scunthorpe & District AC	7:00.28
5 Abdul Abdullah	Silverdale/Abbeyle School	7:26.49
6 Ahmed Musa (U17M)	Silverdale & Abbeyle School	7:27.37
7 Callan Hatton (U17M)	Crewe & Nantwich AC	7:41.10
8 Heather Langham (SW)	Nottingham University	7:43.90

**T14 Senior 150m Heats****Heat 01**

1 Tom Bennington (U20M)	Nestle Rowntree AC	16.72
2 Tom Mosley (U17M)	Leeds City AC	17.16
3 Daniel Taylor (U20M)	Leeds University AC	17.16
4 Jacob Brown (SM)	Sale Harriers Manchester	17.25
5 Thomas Patton (SM)	Gateshead Harriers & AC	17.38
6 Robert Blake (U17M)	Macclesfield Harriers	17.48

**Heat 02**

1 Daniel Burns (SM)	Tynedale Harriers	16.76
2 Mike Beaumont (SM)	Newark AC	17.08
3 Jak Lowdon (SM)	Tynedale Harriers	17.22
4 Andrew Szarkowski (U20M)	Amber Valley AC	17.44
5 Tom Alldread (U20M)	Derby AC	17.63
6 James Griffiths (U20M)	Vale Royal	18.13

**Heat 03**

1 Chris Craigs (U20M)	Darlington Harriers	17.28
2 Dale Jacob (U17M)	Mansfield Harriers	17.50
3 Leslie Addy (SM)	Leeds University AC	17.52
4 Tom Burton (U20M)	Tamworth AC	17.54
5 Shaun Rathbone (U17M)	Amber Valley AC	17.74
6 Craig Bethell (U20M)	Amber Valley AC	18.52

**Heat 04**

1 Andrew Wilkinson (U17M)	Gateshead Harriers & AC	18.19
2 Daniel Harmes (U17M)	Scunthorpe & District AC	18.22
3 Anthony Gotts (SM)	Blackburn Harriers	18.32
4 Jonathan Dunn (U17M)	Gateshead Harriers & AC	18.79
5 John Clark (U17M)	Cleethorpes AC	18.87
6 Matthew Cunliffe (SM)	Leeds University AC	19.5

**Heat 05**

1 James Carey (U17M)	Macclesfield Harriers	17.74
2 Jack McRae (U20M)	Cleethorpes AC	17.81
3 Andrew Appleyard (SM)	Middlesbrough AC (Mandale)	18.29
4 Ash Hannay (U17M)	Cleethorpes AC	18.64
5 Daniel Robinson (U17M)	Cleethorpes AC	18.78
6 Ben Rush (SM)	Tynedale Harriers	19.21

**Heat 06**

1 Ben Samuels (U17M)	City of Sheffield AC	18.03
2 Adam Storer (U17M)	Rugby & Northampton AC	18.32
3 Nathan Buckingham (U20M)	Rotherham Harriers	18.72
4 Stephen Swaby (SM)	Lincoln Wellington	18.88
5 Ian Godwin (SM)	Morpeth Harriers & AC	19.01
6 Sean Crookes (U20M)	Leeds University	19.13

**Heat 07**

1 Jacob Powell (U17M)	Tamworth AC	18.70
2 Chris Clark (SM)	Hyndburn AC	18.74
3 Liam Summers (U17M)	Nestle Rowntree AC	18.78
4 Etienne Sharrocks (U20M)	Blackburn Harriers	19.04
5 Ben Weisz (U17M)	Nene Valley Harriers	19.69
6 Antony Gregory (U17M)	Buxton AC	19.97

**Heat 08**

1 Neil Rawcliffe SM	Hyndburn AC	18.79
2 Nash Cummings (SM)	City of Sheffield AC	19.28
3 Leanne Shaw (U17W)	Richmond & Zetland AC	19.30
4 Mikaela Harrison U20W	Wakefield District H & AC	19.33
5 C Ashmore (SM40)	Mansfield Harriers	19.38
6 Lucie Shipley (SW)	Leeds City AC	20.97

**Heat 09**

1 Raymond Kirkup (U20M)	Morpeth Harriers & AC	18.63
2 Cameron Thorne (U17M)	Tamworth AC	18.89
3 Ben Jones (U17M)	Halifax Harriers	19.11
4 Faye Bowles (U17W)	Darlington Harriers	19.66
5 Martin Boddice U17M	Durham City Harriers	19.99
6 Rachel Archer (SW)	Morpeth Harriers & AC	20.24

**Heat 10**

1 Claudia Rogers (U17W)	Amber Valley AC	19.75
2 Sophie Meakin (U17W)	Rugby & Northampton	20.04
3 Laura Henry (U17W)	Halifax Harriers	20.24
4 Abby Glover U17W	Derby AC	20.41
5 Bryony Potter U17W	West Cheshire AC	20.43
6 Rochelle Harrison (U17W)	Louth AC	20.61

**Heat 11**

1 Renee Baker (U17W)	Louth AC	20.02
2 Jess Foster U17W	Nestle Rowntree AC	20.23
3 Jayme Norton U17W	Middlesbrough AC (Mandale)	20.39
4 Heather Dyson (U17W)	Rotherham Harriers	21.00
5 Becky Stringer (U17W)	City of Sheffield AC	21.15

**Heat 12**

1 Shireen Timms U17W	Lincoln Wellington	20.29
2 Emma Cluley U17W	Rugby & Northampton AC	20.57
3 Chloe Smith (U17W)	Amber Valley AC	21.16
4 Denise Timmis SW	Lincoln Wellington	22.69

**Heat 13**

1 Chris Cox (U17M)	Bingley Harriers	18.20
2 Thomas Heager	Silverdale/Abbeydale School	18.42
3 Simon Pugh SM45	Rotherham Harriers	21.52
4 Emma Szostak U17W	Holmfirth Harriers	21.66
5 Heather Williams (U17W)	Ribble Valley AC	24.00
6 Alex Bellard U17W	Ribble Valley AC	24.47

**T8 U15G 60m Hurdles Heats****Heat 01**

1 Grace Christopher	Leeds Carnegie	9.40
2 Sophie Carley	Grantham AC	11.02
3 Aleasha Mayer		11.83