

# NoEAA Indoor Senior Champs 2006

Sheffield  
29th January 2006

## F01 Senior Women Pole Vault FINAL

### FINAL

1325	Michelle Sharrock	Wigan Harriers	3.50
2300	Sally Scott	Gateshead Harriers & AC	3.40
3320	Melanie McCoy	Bolton United Harriers	3.10
4304	Jenny Cuthbertson	Rotherham Harriers	2.80
5327	Lindsay Johnson	Sale Harriers Manchester	2.60
6310	Hayley Fox	Lincoln Wellington	2.50

## F02 Senior Women Long Jump FINAL

### FINAL

1137	Jessica Ennis	City of Sheffield AC	5.94
289	Ruth Laybourn	Wakefield District H & AC	5.15
384	Danielle Haynes	Leeds Metropolitan University	4.95
4109	Lucie Shipley	Scunthorpe & District AC	4.49

## F03 Senior Men Pole Vault FINAL

### FINAL

1314	Ben Flint	Birchfield Harriers	4.90
2321	Alan Richardson	Trafford AC	4.80
3345	Luke Cutts	Dearneside High AC	4.80
5322	James Stacey	Gateshead Harriers & AC	3.90

## F04 Senior Men Long Jump FINAL

### FINAL

1330	Chris Kirk	Wakefield District H & AC	<b>7.45</b>
2317	Suote Nyananyo	Unattached	7.25
3315	Andrew Staniland	Sale Harriers Manchester	7.16
413	Jacob Brown	Sale Harriers Manchester	7.01
5126	John Stacey	Gateshead Harriers & AC	6.62
6316	Umar Hammed	Leeds City AC	6.12
7124	Tim Hayward	City of Sheffield AC	5.75

## F05 Senior Women Shot Putt FINAL

### FINAL

1306	Kara Nwidobie	Blackpool & Fylde AC	<b>14.47</b>
2344	Laura Whittingham	Wakefield District H & AC	13.14
3137	Jessica Ennis	City of Sheffield AC	12.03
415	Bethany Staniland	Leeds City AC	11.79
5301	Amy Hill	City of Sheffield AC	11.35
6318	Chloe Beckett	Trafford AC	11.23
7113	Fiona Thomas	Wakefield District H & AC	10.39
8103	Claire Huck	Kendal AC	10.33
9104	Katie Huck	Kendal AC	10.27
10 84	Danielle Haynes	Leeds Metropolitan University	9.42

## F06 Senior Men Triple Jump FINAL

### FINAL

1331	David Budd	City of Sheffield AC	14.60
2335	Matt Barton	Leeds City AC	14.57
3307	Dan Stockdale	Trafford AC	14.52
4332	Graeme Matthews	City of Sheffield AC	13.97
5329	David Smith	Derby AC	13.54
613	Jacob Brown	Sale Harriers Manchester	13.38
7316	Umar Hammed	Leeds City AC	12.65

## F07 Senior Women Triple Jump FINAL

### FINAL

1342	Julia Straker	Morpeth Harriers & AC	11.72
------	---------------	-----------------------	-------

## F08 Senior Men Shot Putt FINAL

### FINAL

1 319	Jamie Williamson	City of Sheffield AC	16.99
2 309	Craig Sturrock	Gateshead Harriers & AC	15.33
3 333	John Nicholls	Sale Harriers Manchester	15.14
4 324	Will Lowndes	Liverpool Harriers	14.25
5 308	Daniel Brunt	City of Sheffield AC	14.18
6 339	Carl Fletcher	Wigan Harriers	13.91
7 336	Rimantas Martisauskas	Unattached	13.57
8 313	Leslie Richards	Unattached	12.92
9 338	Darran Askew	Doncaster AC	11.39
10 311	Barry Hawksworth	Derby AC	9.93

## F09 Senior Men High Jump FINAL

### FINAL

1 303	Martin Aram	Liverpool Harriers	<b>2.18</b>
2 323	Wani Mkwandawire	City of Sheffield AC	2.00
3 326	Adam Gallie	Derby AC	2.00
4 126	John Stacey	Gateshead Harriers & AC	1.85

## F10 Senior Women High Jump FINAL

### FINAL

1 343	Susan Moncrieff (Jones)	Trafford AC	1.80
2 341	Emma Morris	South Shields Harriers	1.70
3 177	Katia Lannon	Sale Harriers Manchester	1.65
3 84	Danielle Haynes	Leeds Metropolitan University	1.65
5 103	Claire Huck	Kendal AC	1.65
6 104	Katie Huck	Kendal AC	1.60

## T01 Senior Men 60m Heats

### Heat 01

1 159	Matthew Lee	Bury AC	7.11	W/S:
2 85	Dan Money	Sale Harriers Manchester	7.11	W/S:
3 86	Eberechi Eseomu	Boston & District AC	7.18	W/S:
4 170	Steven Langley	City of Stoke AC	7.31	W/S:
5 82	Richard Mather	Oldham & Royton H & AC	7.76	W/S:
6 9	Stephen Thorpe	Wakefield District H & AC	7.86	W/S:

### Heat 02

1 127	Tim Ward	Border Harriers & AC	7.13	W/S:
2 180	David Hurst	Oldham & Royton H & AC	7.28	W/S:
3 49	Luke Giblin	Kingston upon Hull AC	7.51	W/S:
3 158	Carlo Balsamo	Bury AC	7.51	W/S:
5 41	Lloyd Oshikanlu	Unattached	7.56	W/S:
6 27	Glen Reddington	Leeds City AC	7.97	W/S:
7 98	Rodney Clark	Northern Vets AC	10.91	W/S:

### Heat 03

1 184	Gerald Phiri	City of Sheffield AC	6.92	W/S:
2 144	Allyn Condon	Sale Harriers Manchester	6.98	W/S:
3 13	Jacob Brown	Sale Harriers Manchester	7.14	W/S:
4 124	Tim Hayward	City of Sheffield AC	7.38	W/S:
5 160	Anthony Ashton	Bury AC	7.43	W/S:
6 155	Richard Higson-Blyth	Wakefield District H & AC	7.55	W/S:
7 100	Gareth Hepworth	Wakefield District H & AC	8.17	W/S:

## T02 Senior Women 60m Heats

### Heat 01

1 1	Susan Deacon	Edinburgh Southern Harriers	7.62	W/S:
2 35	Maria Morganello	Border Harriers & AC	8.05	W/S:
3 110	Kimberley Wainwright	Doncaster & Stainforth AC	8.10	W/S:
4 117	Ogo Ejiofor	Derby AC	8.16	W/S:
5 175	Stephanie Johnston	Barrow & Furness Striders	8.25	W/S:
6 89	Ruth Laybourn	Wakefield District H & AC	8.36	W/S:
7 113	Fiona Thomas	Wakefield District H & AC	8.45	W/S:

<b>Heat 02</b>				<b>W/S:</b>				<b>Heat 02</b>				<b>W/S:</b>
1154	Helen Taylor	Sale Harriers Manchester	7.75	W/S:	1	132	Rhian Haste	Rotherham Harriers	1:58.62	W/S:		
264	Yvette Henry	Wigan Harriers	7.77	W/S:	2	147	Rob Watkinson	Rotherham Harriers	1:58.93	W/S:		
33	Christina Clubley	Wakefield District H & AC	8.12	W/S:	3	33	Richard Mace	City of Sheffield AC	1:59.38	W/S:		
416	Louise Aiston	Border Harriers & AC	8.19	W/S:	4	18	Ken Harker	Richmond & Zetland AC	2:02.87	W/S:		
5112	Ruth Dales	Wakefield District H & AC	8.20	W/S:	5	167	Kevin Pye	Charnwood AC	2:11.77	W/S:		
642	Natalie Pearson	City of Sheffield AC	8.36	W/S:								
6166	Celine Pace	University of Sheffield	8.36	W/S:								
<b>Heat 03</b>				<b>W/S:</b>				<b>T09 Senior Women 60m Hurdles Heats</b>				<b>W/S:</b>
158	Emily Freeman	Wakefield District H & AC	7.45	W/S:	<b>Heat 01</b>							<b>W/S:</b>
2148	Bernice Wilson	Birchfield Harriers	7.96	W/S:	1	137	Jessica Ennis	City of Sheffield AC	8.49	W/S:		
3143	Juanita Harrison	Trafford AC	8.12	W/S:	2	112	Ruth Dales	Wakefield District H & AC	8.96	W/S:		
438	Kay Sheedy	Blackpool & Fylde AC	8.36	W/S:	3	62	Helen Asher	Liverpool Harriers	9.33	W/S:		
555	Averil McClelland	Lancaster & Morecambe AC	8.36	W/S:	4	84	Danielle Haynes	Leeds Metropolitan University	9.57	W/S:		
630	Susan Coates	North Shields Poly	8.40	W/S:	5	103	Claire Huck	Kendal AC	9.63	W/S:		
<b>T03 Senior Men 400m Heats</b>					<b>Heat 02</b>							<b>W/S:</b>
<b>Heat 01</b>				<b>W/S:</b>	1	25	Sharon Walls	Wigan Harriers	8.50	W/S:		
172	Darren Eldin	Sale Harriers Manchester	50.62	W/S:	2	122	Katey Read	Liverpool Harriers	8.91	W/S:		
276	Kieran McGing	Liverpool Pembroke & Sefton AC	51.33	W/S:	3	177	Katia Lannon	Sale Harriers Manchester	9.19	W/S:		
3102	Guto Jones	City of Sheffield AC	52.41	W/S:	4	104	Katie Huck	Kendal AC	10.07	W/S:		
492	Robert Spencer	Doncaster & Stainforth AC	54.61	W/S:								
<b>Heat 02</b>				<b>W/S:</b>	<b>T10 Senior Men 400m Semi-Finals</b>							
1149	Samuel Ellis	Barnsley AC	49.33	W/S:	<b>Semi-Final 01</b>							<b>W/S:</b>
278	Will Steel	Nestle Rowntree AC	52.03	W/S:	1	10	Rabah Yusif	Unattached	48.82	W/S:		
3161	James Colbeck	Bury AC	53.09	W/S:	2	72	Darren Eldin	Sale Harriers Manchester	49.93	W/S:		
4123	Danny Hind	Wigan Harriers	53.72	W/S:	3	76	Kieran McGing	Liverpool Pembroke & Sefton AC	50.05	W/S:		
5100	Gareth Hepworth	Wakefield District H & AC	56.98	W/S:	4	50	Tom Grantham	City of Sheffield AC	50.96	W/S:		
<b>Heat 03</b>				<b>W/S:</b>	5	134	Tom Ashworth	Wigan Harriers	52.02	W/S:		
1106	Rick Beardsell	Trafford AC	51.62	W/S:	6	164	Gary O'Neill	Leeds City AC	52.31	W/S:		
2134	Tom Ashworth	Wigan Harriers	52.59	W/S:	<b>Semi-Final 02</b>							<b>W/S:</b>
3142	Simon Curtis	City of Sheffield AC	54.58	W/S:	1	149	Samuel Ellis	Barnsley AC	48.48	W/S:		
4135	Mark Gilmer	Leeds City AC	54.65	W/S:	2	187	Neil Hewson	Trafford AC	49.32	W/S:		
<b>Heat 04</b>				<b>W/S:</b>	3	106	Rick Beardsell	Trafford AC	49.39	W/S:		
1187	Neil Hewson	Trafford AC	50.72	W/S:	4	77	Andrew Moreton	Durham University	51.53	W/S:		
277	Andrew Moreton	Durham University	51.74	W/S:	5	133	Marc Mullen-Browne	Stockport Harriers	52.04	W/S:		
<b>Heat 05</b>				<b>W/S:</b>	6	78	Will Steel	Nestle Rowntree AC	52.47	W/S:		
3164	Gary O'Neill	Leeds City AC	52.39	W/S:	<b>T12 Senior Men 200m Heats</b>							
4178	Glen Hamilton	Sale Harriers Manchester	55.03	W/S:	<b>Heat 01</b>							<b>W/S:</b>
<b>Heat 05</b>				<b>W/S:</b>	1	172	Andrew Owens	Liverpool Harriers	22.36	W/S:		
110	Rabah Yusif	Unattached	49.73	W/S:	2	180	David Hurst	Oldham & Royton H & AC	23.36	W/S:		
250	Tom Grantham	City of Sheffield AC	50.87	W/S:	3	170	Steven Langley	City of Stoke AC	23.53	W/S:		
3133	Marc Mullen-Browne	Stockport Harriers	52.25	W/S:	4	91	Ian Scholes	Trafford AC	25.97	W/S:		
456	Nick Beer	University of Sheffield AC	53.18	W/S:	99	142	Simon Curtis	City of Sheffield AC	DNF	W/S:		
<b>T04 Senior Women 400m Heats</b>					<b>Heat 02</b>							<b>W/S:</b>
<b>Heat 01</b>				<b>W/S:</b>	1	95	Michael Zaim	Liverpool Pembroke & Sefton AC	23.33	W/S:		
1129	Kate McGing	Liverpool Harriers	58.51	W/S:	2	136	Chris Duck	Sheffield Hallam University AC	23.54	W/S:		
238	Kay Sheedy	Blackpool & Fylde AC	60.13	W/S:	3	49	Luke Giblin	Kingston upon Hull AC	23.64	W/S:		
3141	Kelly Rodmell	Tynedale Harriers	60.91	W/S:	4	160	Anthony Ashton	Bury AC	23.70	W/S:		
432	Jackie Noble	Preston AC	61.32	W/S:	5	9	Stephen Thorpe	Wakefield District H & AC	24.78	W/S:		
599	Lara Smith	Barrow & Furness Striders	64.01	W/S:	<b>Heat 03</b>							<b>W/S:</b>
<b>Heat 02</b>				<b>W/S:</b>	1	127	Tim Ward	Border Harriers & AC	22.30	W/S:		
169	Amy Freeman	Spensorough & District	57.30	W/S:	2	82	Richard Mather	Oldham & Royton H & AC	24.35	W/S:		
2114	Rebecca Sweeney	Sale Harriers Manchester	57.51	W/S:	3	87	David Leadbitter	Durham University	24.47	W/S:		
3169	Lousia Williams	City of Sheffield AC	58.39	W/S:	99	187	Neil Hewson	Trafford AC	DNS	W/S:		
4177	Katia Lannon	Sale Harriers Manchester	61.03	W/S:	99	157	Eldridge Phiri	City of Sheffield AC	DNF	W/S:		
515	Bethany Staniland	Leeds City AC	63.20	W/S:	<b>Heat 04</b>							<b>W/S:</b>
<b>T06 Senior Men 800m Heats</b>					1	96	Alistair Thomas	Loughborough Students	22.81	W/S:		
<b>Heat 01</b>				<b>W/S:</b>	2	130	Lawrence Baird	Trafford AC	22.82	W/S:		
154	Mark Buckingham	Holmfirth Harriers	1:59.01	W/S:	3	135	Mark Gilmer	Leeds City AC	24.59	W/S:		
290	Matt Wood	Blackburn Harriers	1:59.07	W/S:	4	118	Stephen Chaisty	Trafford AC	25.44	W/S:		
321	James Wardman	Richmond & Zetland AC	1:59.14	W/S:	<b>Heat 05</b>							<b>W/S:</b>
434	John Moore	Heaton Harriers	2:04.10	W/S:	1	36	Philip Taylor	Liverpool Pembroke & Sefton AC	22.86	W/S:		
575	Steve Smith	Preston AC	2:04.97	W/S:	2	158	Carlo Balsamo	Bury AC	24.37	W/S:		
					3	81	Peter Hickey	Northern Vets AC	25.17	W/S:		

**T13 Senior Women 200m Heats****Heat 01**

1 154	Helen Taylor	Sale Harriers Manchester	24.93	W/S:
2 110	Kimberley Wainwright	Doncaster & Stainforth AC	26.21	W/S:
3 32	Jackie Noblet	Preston AC	26.56	W/S:
4 109	Lucie Shipley	Scunthorpe & District AC	DNS	W/S:

**Heat 02**

1 64	Yvette Henry	Wigan Harriers	25.35	W/S:
2 19	Jess Taylor	Nestle Rowntree AC	26.26	W/S:
3 16	Louise Aiston	Border Harriers & AC	26.52	W/S:
4 166	Celine Pace	University of Sheffield	DNS	W/S:

**Heat 03**

1 148	Bernice Wilson	Birchfield Harriers	25.77	W/S:
2 35	Maria Morganella	Border Harriers & AC	26.04	W/S:
3 55	Averil McClelland	Lancaster & Morecambe AC	26.78	W/S:
4 143	Juanita Harrison	Trafford AC	26.95	W/S:

**T14b All Women 3000m Walk FINAL****FINAL**

1 139	Danya Sarayreh U15	City of Sheffield AC	17.34.53	W/S:
-------	--------------------	----------------------	----------	------

**T15 Senior Men 60m FINAL****FINAL**

1 184	Gerald Phiri	City of Sheffield AC	6.84	W/S:
2 144	Allyn Condon	Sale Harriers Manchester	6.84	W/S:
3 159	Matthew Lee	Bury AC	7.04	W/S:
4 127	Tim Ward	Border Harriers & AC	7.06	W/S:
5 85	Dan Money	Sale Harriers Manchester	7.07	W/S:
6 86	Eberechi Eseomu	Boston & District AC	7.18	W/S:
7 180	David Hurst	Oldham & Royton H & AC	7.31	W/S:

**T16 Senior Women 60m FINAL****FINAL**

1 58	Emily Freeman	Wakefield District H & AC	7.50	W/S:
2 1	Susan Deacon	Edinburgh Southern Harriers	7.53	W/S:
3 64	Yvette Henry	Wigan Harriers	7.60	W/S:
4 154	Helen Taylor	Sale Harriers Manchester	7.65	W/S:
5 148	Bernice Wilson	Birchfield Harriers	7.88	W/S:
6 35	Maria Morganella	Border Harriers & AC	8.00	W/S:
7 110	Kimberley Wainwright	Doncaster & Stainforth AC	8.13	W/S:

**T17 Senior Men 800m FINAL****FINAL**

1 54	Mark Buckingham	Holmfirth Harriers	1:54.28	W/S:
2 147	Rob Watkinson	Rotherham Harriers	1:54.40	W/S:
3 90	Matt Wood	Blackburn Harriers	1:55.70	W/S:
4 132	Rhian Hastey	Rotherham Harriers	1:56.36	W/S:
5 21	James Wardman	Richmond & Zetland AC	1:57.45	W/S:
6 33	Richard Mace	City of Sheffield AC	1:59.48	W/S:

**T18 Senior Women 800m FINAL****FINAL**

1 156	Jennifer Meadows	Wigan Harriers	<b>2:03.27</b>	W/S:
2 12	Nicola Maddick	Kingston upon Hull AC	2:14.20	W/S:
3 70	Laura Siddall	Sale Harriers Manchester	2:15.78	W/S:
4 125	Helen Walker	Unattached	2:17.23	W/S:
5 152	Seonaid Murray	Durham City Harriers	2:17.93	W/S:
6 48	Ellen Butler	Notts AC	2:21.99	W/S:
99 26	Nisha Desai	Morpeth Harriers & AC	DNF	W/S:
99 74	Philippa McCrea	Gateshead Harriers & AC	DNF	W/S:

**T19 Senior Men 200m Semi-Finals****Semi-Final 01**

1 172	Andrew Owens	Liverpool Harriers	22.07	W/S:
2 96	Alistair Thomas	Loughborough Students	22.54	W/S:
3 130	Lawrence Baird	Trafford AC	22.65	W/S:
4 170	Steven Langley	City of Stoke AC	23.29	W/S:
5 180	David Hurst	Oldham & Royton H & AC	23.29	W/S:
6 158	Carlo Balsamo	Bury AC	23.67	W/S:

**Semi-Final 02**

1 127	Tim Ward	Border Harriers & AC	22.04	W/S:
2 36	Philip Taylor	Liverpool Pembroke & Sefton AC	22.15	W/S:
3 95	Michael Zaim	Liverpool Pembroke & Sefton AC	22.66	W/S:
4 136	Chris Duck	Sheffield Hallam University AC	23.53	W/S:
5 49	Luke Giblin	Kingston upon Hull AC	24.24	W/S:
6 82	Richard Mather	Oldham & Royton H & AC	24.47	W/S:

**T21a Senior Men 3000m FINAL****FINAL**

1 188	Stuart Stokes	Sale Harriers Manchester	<b>8:14.97</b>	W/S:
2 88	Bashir Hussain	Stockport Harriers	8:47.25	W/S:
3 73	Michael Jagger	Lincoln Wellington	8:59.35	W/S:

**T22 Senior Men 400m FINAL****FINAL**

1 10	Rabah Yusif	Unattached	48.37	W/S:
2 149	Samuel Ellis	Barnsley AC	48.74	W/S:
3 187	Neil Hewson	Trafford AC	49.04	W/S:
4 106	Rick Beardsell	Trafford AC	49.86	W/S:
5 76	Kieran McGing	Liverpool Pembroke & Sefton AC	50.60	W/S:
6 72	Darren Eldin	Sale Harriers Manchester	50.79	W/S:

**T23 Senior Women 400m FINAL****FINAL**

1 69	Amy Freeman	Spennorth & District	56.11	W/S:
2 114	Rebecca Sweeney	Sale Harriers Manchester	56.18	W/S:
3 129	Kate McGing	Liverpool Harriers	57.13	W/S:
4 38	Kay Sheedy	Blackpool & Fylde AC	1:00.72	W/S:
5 141	Kelly Rodmell	Tynedale Harriers	1:01.35	W/S:
99 177	Katia Lannon	Sale Harriers Manchester	DNF	W/S:

**T24 Senior Men 200m FINAL****FINAL**

1 172	Andrew Owens	Liverpool Harriers	22.12	W/S:
2 36	Philip Taylor	Liverpool Pembroke & Sefton AC	22.26	W/S:
3 95	Michael Zaim	Liverpool Pembroke & Sefton AC	22.77	W/S:
4 130	Lawrence Baird	Trafford AC	22.95	W/S:
99 127	Tim Ward	Border Harriers & AC	DQ	W/S:
99 96	Alistair Thomas	Loughborough Students	DNS	W/S:

**T25 Senior Women 200m FINAL****FINAL**

1 64	Yvette Henry	Wigan Harriers	24.86	W/S:
154	Helen Taylor	Sale Harriers Manchester	24.90	W/S:
3 148	Bernice Wilson	Birchfield Harriers	25.74	W/S:
4 35	Maria Morganella	Border Harriers & AC	26.03	W/S:
5 19	Jess Taylor	Nestle Rowntree AC	26.35	W/S:
6 110	Kimberley Wainwright	Doncaster & Stainforth AC	26.55	W/S:

**T26 Senior Men 1500m FINAL****FINAL**

W/S:

1 174	Michael Coltherd	Trafford AC	3:52.07	W/S:
254	Mark Buckingham	Holmfirth Harriers	3:53.65	W/S:
380	Paul Hutton	Gosforth Harriers	3:55.06	W/S:
479	Phil Williams	Rochdale Harriers	4:01.21	W/S:
5108	Matthew Nicholson	Gosforth Harriers	4:01.56	W/S:
6168	Chris Bryant	Wigan Harriers	4:06.44	W/S:
757	Paul Green	Hallamshire Harriers	4:07.45	W/S:
833	Richard Mace	City of Sheffield AC	4:11.30	W/S:

**T27 Senior Women 1500m FINAL****FINAL**

W/S:

143	Eleanor Stevens	Derby AC	4:26.51	W/S:
26	Alexandra Carter	Vale Royal	4:32.63	W/S:
3151	Nicola Squires	Hallamshire Harriers	4:47.76	W/S:

**T28 Senior Women 60m Hurdles FINAL****FINAL****CBP**

1137	Jessica Ennis	City of Sheffield AC	<b>8.36</b>	W/S:
225	Sharon Walls	Wigan Harriers	8.47	W/S:
3122	Katey Read	Liverpool Harriers	8.89	W/S:
4112	Ruth Dales	Wakefield District H & AC	9.02	W/S:
5177	Katia Lannon	Sale Harriers Manchester	9.15	W/S:
662	Helen Asher	Liverpool Harriers	9.33	W/S:
784	Danielle Haynes	Leeds Metropolitan University	9.37	W/S:
8103	Claire Huck	Kendal AC	9.73	W/S:

**T29 Senior Men 60m Hurdles FINAL****FINAL****CBP**

1146	David Hughes	Trafford AC	<b>7.83</b>	W/S:
2101	Jordan Fleary	Unattached	8.44	W/S:
324	Andrew Sturrock	Gateshead Harriers & AC	8.45	W/S:
463	Charlie Kavanagh	City of Sheffield AC	8.50	W/S:
5136	Chris Duck	Sheffield Hallam University AC	8.81	W/S:
617	Duncan Hawksworth	Derby AC	9.42	W/S:
727	Glen Reddington	Leeds City AC	9.64	W/S: