

# NoEAA Indoor Senior Champs 2007

Sheffield  
28th January 2007

## F01 Senior Women Pole Vault FINAL

### FINAL

|      |                   |                            |      |
|------|-------------------|----------------------------|------|
| 131  | Fiona Harrison    | Trafford AC                | 3.70 |
| 2205 | Michelle Sharrock | Wigan Harriers             | 3.60 |
| 3248 | Sally Scott       | Gateshead Harriers & AC    | 3.60 |
| 4201 | Abigail Haywood   | Sale Harriers Manchester   | 3.50 |
| 5211 | Patryca Krawczyk  | Dearneside High AC         | 3.00 |
| 6229 | Elena Mingas      | Blackpool, Wyre & Fylde AC | 2.90 |
| 7222 | Lyndsay Johnson   | Sale Harriers Manchester   | 2.40 |
| 8219 | Hayley Fox        | Lincoln Wellington         | 2.30 |

## F02 Senior Women Long Jump FINAL

### FINAL

|      |                |                            |      |
|------|----------------|----------------------------|------|
| 131  | Fiona Harrison | Trafford AC                | 5.82 |
| 229  | Katie Huck     | Kendal AC                  | 5.01 |
| 3212 | Rachel Howard  | Chesterfield & District AC | 4.81 |

## F03 Senior Men Pole Vault FINAL

### FINAL

|      |                 |                                     |      |
|------|-----------------|-------------------------------------|------|
| 1215 | Luke Cutts      | Dearneside High AC                  | 5.00 |
| 2210 | Alan Richardson | Trafford AC                         | 4.60 |
| 3208 | Max Eaves       | Blackpool, Fylde & Wyre AC          | 4.40 |
| 4236 | Chris Mills     | Windsor, Slough, Eton & Hounslow AC | 4.20 |
| 5239 | Alex Kruger     | City of Sheffield AC                | 3.80 |

## F04 Senior Men Long Jump FINAL

### FINAL

|      |                  |                                |      |
|------|------------------|--------------------------------|------|
| 183  | Jacob Brown      | Sale Harriers Manchester       | 6.91 |
| 2231 | Daniel Gardiner  | Leeds City AC                  | 6.78 |
| 3228 | Lee Blaymire     | Kingston upon Hull AC          | 6.43 |
| 4240 | Mark Leicester   | Liverpool Pembroke & Sefton AC | 6.06 |
| 542  | Ashley Pritchard | Macclesfield Harriers          | 5.73 |

## F05 Senior Women Triple Jump FINAL

### FINAL

|      |                  |                     |       |
|------|------------------|---------------------|-------|
| 1226 | Julia Straker    | Trafford AC         | 12.07 |
| 2238 | Kelly Hilton     | Chorley AC          | 11.15 |
| 3218 | Michelle Robbins | Crewe & Nantwich AC | 11.00 |

## F06 Senior Women Shot Putt FINAL

### FINAL

|      |                   |                      |       |
|------|-------------------|----------------------|-------|
| 134  | Amy Hill          | City of Sheffield AC | 13.12 |
| 2200 | Bethany Staniland | Trafford AC          | 11.83 |
| 3214 | Lauren Bodie      | Nestle Rowntree AC   | 11.47 |
| 429  | Katie Huck        | Kendal AC            | 10.15 |
| 528  | Claire Huck       | Kendal AC            | 9.92  |

## F07 Senior Men Triple Jump FINAL

### FINAL

|      |                |                        |       |
|------|----------------|------------------------|-------|
| 1216 | Matt Barton    | Leeds City AC          | 14.96 |
| 2232 | David Budd     | City of Sheffield AC   | 14.81 |
| 3247 | Graham Jackson | Newham & Essex Beagles | 14.10 |

## F08 Senior Men Shot Putt FINAL

### FINAL

|    |     |                     |                           |       |
|----|-----|---------------------|---------------------------|-------|
| 1  | 246 | Jamie Williamson    | City of Sheffield AC      | 17.50 |
| 2  | 242 | Rob Russell         | Scarborough AC            | 16.20 |
| 3  | 244 | Carl Fletcher       | Wigan Harriers            | 15.95 |
| 4  | 241 | Rimatas Martisuskas | Wakefield District H & AC | 15.89 |
| 5  | 209 | Craig Sturrock      | Gateshead Harriers & AC   | 15.82 |
| 6  | 227 | Les Richards        | Trafford AC               | 14.83 |
| 7  | 217 | Daniel Brunt        | City of Sheffield AC      | 14.74 |
| 8  | 225 | Martin Aram         | Liverpool Harriers        | 13.32 |
| 9  | 233 | Darran Askew        | Doncaster & Stainforth AC | 11.39 |
| 10 | 220 | Karl Fitzgerald     | Cleethorpes AC            | 11.29 |

## F09 Senior Men High Jump FINAL

### FINAL

|   |     |                  |                            |      |
|---|-----|------------------|----------------------------|------|
| 1 | 243 | Martyn Bernard   | Unattached                 | 2.26 |
| 2 | 237 | Robert Mitchell  | Sale Harriers Manchester   | 2.20 |
| 3 | 225 | Martin Aram      | Liverpool Harriers         | 2.05 |
| 4 | 235 | Wani Mkandawire  | City of Sheffield AC       | 2.00 |
| 5 | 221 | Benjamin Mourbey | Chesterfield & District AC | 2.00 |
| 6 | 230 | Adam Gallie      | Derby AC                   | 1.95 |
| 7 | 239 | Alex Kruger      | City of Sheffield AC       | 1.85 |

## F10 Senior Women High Jump FINAL

### FINAL

|   |     |                 |                      |      |
|---|-----|-----------------|----------------------|------|
| 1 | 203 | Kay Humberstone | City of Sheffield AC | 1.65 |
| 2 | 28  | Claire Huck     | Kendal AC            | 1.60 |

## T01 Senior Men 60m Heats

### Heat 01

|   |    |                |                           |      |      |
|---|----|----------------|---------------------------|------|------|
| 1 | 81 | Richard Kilty  | Gateshead Harriers & AC   | 7.03 | W/S: |
| 2 | 55 | Luke Giblin    | Loughborough Students     | 7.34 | W/S: |
| 3 | 53 | Anthony Ashton | Unattached                | 7.36 | W/S: |
| 4 | 52 | Neil Wiscombe  | Jarrow & Hebburn          | 7.44 | W/S: |
| 5 | 72 | Darren Eldin   | Sale Harriers Manchester  | 7.50 | W/S: |
| 6 | 64 | Stephen Thorpe | Wakefield District H & AC | 7.86 | W/S: |

### Heat 02

|   |    |                       |                           |      |      |
|---|----|-----------------------|---------------------------|------|------|
| 1 | 83 | Jacob Brown           | Sale Harriers Manchester  | 7.05 | W/S: |
| 2 | 48 | Stephen Butterfield   | City of Stoke AC          | 7.10 | W/S: |
| 3 | 87 | Simon Woan            | Preston Harriers          | 7.34 | W/S: |
| 4 | 50 | Steven Langlely       | City of Stoke AC          | 7.40 | W/S: |
| 5 | 60 | Richard Higson-Blythe | Wakefield District H & AC | 7.41 | W/S: |
| 6 | 57 | Ian Cooley            | Rotherham Harriers        | 8.55 | W/S: |

### Heat 03

|   |    |                 |                          |      |      |
|---|----|-----------------|--------------------------|------|------|
| 1 | 73 | Tom Martin      | Sale Harriers Manchester | 7.01 | W/S: |
| 2 | 67 | Dominic Bradley | Birchfield Harriers      | 7.06 | W/S: |
| 3 | 49 | Umar Hameed     | Leeds City AC            | 7.23 | W/S: |
| 4 | 45 | Andy McIntosh   | Hull Achilles AC         | 7.44 | W/S: |
| 5 | 88 | Richard Mather  | Oldham & Royton H & AC   | 7.84 | W/S: |

## T02 Senior Women 60m Heats

### Heat 01

|   |    |                 |                             |      |      |
|---|----|-----------------|-----------------------------|------|------|
| 1 | 30 | Susan Deacon    | Edinburgh Southern Harriers | 7.60 | W/S: |
| 2 | 33 | Annabelle Lewis | Kingston upon Hull AC       | 7.74 | W/S: |
| 3 | 1  | Sheona Burns    | Gateshead Harriers & AC     | 7.90 | W/S: |
| 4 | 17 | Zara Hohn       | Wakefield District H & AC   | 7.98 | W/S: |
| 5 | 8  | Lauretta Curtis | Chesterfield & District AC  | 8.11 | W/S: |

**Heat 02**

|     |                   |                           |      |      |
|-----|-------------------|---------------------------|------|------|
| 14  | Julia White       | Boston & District AC      | 7.80 | W/S: |
| 222 | Charnia Weightman | Yate AC                   | 7.83 | W/S: |
| 37  | Lauren Arthur     | Gateshead Harriers & AC   | 7.94 | W/S: |
| 410 | Ogochukwu Ejiofor | Derby AC                  | 8.21 | W/S: |
| 523 | Ruth Dales        | Wakefield District H & AC | 8.24 | W/S: |

**T03 Senior Men 400m Heats****Heat 01**

|     |                      |                      |       |      |
|-----|----------------------|----------------------|-------|------|
| 159 | Thomas Grantham      | City of Sheffield AC | 51.26 | W/S: |
| 268 | Danny Hind           | Wigan Harriers       | 53.19 | W/S: |
| 346 | Kevin Pye            | Charnwood AC         | 65.63 | W/S: |
| 99  | 152 Richard Strachan | Leeds City AC        | DNS   | W/S: |
| 99  | 70 Aaron Brown       | Derby AC             | DQ    | W/S: |

**Heat 02**

|      |                |                    |       |      |
|------|----------------|--------------------|-------|------|
| 191  | Richard Buck   | Nestle Rowntree AC | 49.01 | W/S: |
| 266  | Lawrence Baird | Trafford AC        | 50.14 | W/S: |
| 356  | Gary O'Neill   | Leeds City AC      | 51.86 | W/S: |
| 4149 | Leon Creaney   | Liverpool Harriers | 52.30 | W/S: |
| 586  | Glen Hamilton  | Manx Harriers      | 52.60 | W/S: |

**Heat 03**

|     |                  |                                |       |      |
|-----|------------------|--------------------------------|-------|------|
| 162 | John Kelley      | City of Sheffield AC           | 49.38 | W/S: |
| 285 | Andy Wilkinson   | Sale Harriers Manchester       | 49.89 | W/S: |
| 361 | Will Steel       | Nestle Rowntree AC             | 51.31 | W/S: |
| 465 | Chris Duck       | University of Sheffield AC     | 51.49 | W/S: |
| 99  | 84 Mark Grimshaw | Liverpool Pembroke & Sefton AC | DNF   | W/S: |

**T05 Senior Men 60m FINAL****FINAL**

|     |                     |                          |      |      |
|-----|---------------------|--------------------------|------|------|
| 173 | Tom Martin          | Sale Harriers Manchester | 6.88 | W/S: |
| 281 | Richard Kilty       | Gateshead Harriers & AC  | 6.96 | W/S: |
| 367 | Dominic Bradley     | Birchfield Harriers      | 7.04 | W/S: |
| 483 | Jacob Brown         | Sale Harriers Manchester | 7.15 | W/S: |
| 548 | Stephen Butterfield | City of Stoke AC         | 7.19 | W/S: |
| 649 | Umar Hameed         | Leeds City AC            | 7.22 | W/S: |
| 755 | Luke Giblin         | Loughborough Students    | 7.27 | W/S: |
| 887 | Simon Woan          | Preston Harriers         | 7.33 | W/S: |

**T06 Senior Women 60m FINAL****FINAL**

|     |                   |                             |      |      |
|-----|-------------------|-----------------------------|------|------|
| 130 | Susan Deacon      | Edinburgh Southern Harriers | 7.59 | W/S: |
| 24  | Julia White       | Boston & District AC        | 7.74 | W/S: |
| 333 | Annabelle Lewis   | Kingston upon Hull AC       | 7.77 | W/S: |
| 47  | Lauren Arthur     | Gateshead Harriers & AC     | 7.87 | W/S: |
| 522 | Charnia Weightman | Yate AC                     | 7.90 | W/S: |
| 617 | Zara Hohn         | Wakefield District H & AC   | 7.91 | W/S: |
| 71  | Sheona Burns      | Gateshead Harriers & AC     | 7.92 | W/S: |
| 88  | Lauretta Curtis   | Chesterfield & District AC  | 8.12 | W/S: |

**T07 Senior Men 800m Heats****Heat 01**

|      |                |                                |        |      |
|------|----------------|--------------------------------|--------|------|
| 1150 | Rick Beardsell |                                | 2:03.2 | W/S: |
| 2138 | Chris Bryant   | Wigan Harriers                 | 2:04.0 | W/S: |
| 3124 | Nick Beer      | Sheffield Hallam University AC | 2:06.3 | W/S: |
| 4117 | Jon Mattos     | Kingston upon Hull AC          | 2:08.0 | W/S: |
| 546  | Kevin Pye      | Charnwood AC                   | 2:12.7 | W/S: |

**Heat 02**

|      |              |                          |         |      |
|------|--------------|--------------------------|---------|------|
| 1129 | Drew Graham  | Gosforth Harriers        | 1:57.07 | W/S: |
| 2140 | Matt Wood    | Blackburn Harriers       | 1:58.75 | W/S: |
| 3130 | Mark Gardner | Lancaster & Morecambe AC | 2:01.77 | W/S: |
| 4125 | John Moore   | Heaton Harriers          | 2:04.83 | W/S: |

**Heat 03**

|      |                  |                         |         |      |
|------|------------------|-------------------------|---------|------|
| 175  | Kurt Heron       | Gosforth Harriers       | 2:01.82 | W/S: |
| 2128 | Michael Sawrey   | Trafford AC             | 2:04.23 | W/S: |
| 3119 | Jamie Carmichael | Gateshead Harriers & AC | 2:05.24 | W/S: |
| 4120 | Steve Smith      | Preston Harriers        | 2:05.57 | W/S: |

**W/S:****T10****FINAL**

|   |    |                |                           |       |      |
|---|----|----------------|---------------------------|-------|------|
| 1 | 24 | Katey Read     | Liverpool Harriers        | 8.44  | W/S: |
| 2 | 31 | Fiona Harrison | Trafford AC               | 8.68  | W/S: |
| 3 | 26 | Helen Asher    | Liverpool Harriers        | 8.84  | W/S: |
| 4 | 34 | Amy Hill       | City of Sheffield AC      | 9.14  | W/S: |
| 5 | 23 | Ruth Dales     | Wakefield District H & AC | 9.14  | W/S: |
| 6 | 28 | Claire Huck    | Kendal AC                 | 9.81  | W/S: |
| 7 | 17 | Zara Hohn      | Wakefield District H & AC | 9.89  | W/S: |
| 8 | 29 | Katie Huck     | Kendal AC                 | 10.30 | W/S: |

**T12****FINAL**

|   |    |                 |                          |       |      |
|---|----|-----------------|--------------------------|-------|------|
| 1 | 90 | Rebecca Sweeney | Sale Harriers Manchester | 55.38 | W/S: |
| 2 | 16 | Nisha Desai     | Trafford AC              | 56.92 | W/S: |
| 3 | 25 | Bernice Wilson  | Birchfield Harriers      | 58.16 | W/S: |
| 4 | 9  | Lauren Caple    | Derby AC                 | 59.39 | W/S: |

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

|   |     |                       |                           |       |      |
|---|-----|-----------------------|---------------------------|-------|------|
| 1 | 151 | Neil Hewson           |                           | 22.53 | W/S: |
| 2 | 58  | Jamie Bradbury        | Lancaster & Morecambe AC  | 23.53 | W/S: |
| 3 | 50  | Steven Langley        | City of Stoke AC          | 23.99 | W/S: |
| 4 | 60  | Richard Higson-Blythe | Wakefield District H & AC | 24.24 | W/S: |
| 5 | 64  | Stephen Thorpe        | Wakefield District H & AC | 25.60 | W/S: |

**Heat 02**

|   |    |                |                  |       |      |
|---|----|----------------|------------------|-------|------|
| 1 | 78 | Tom O'Brien    | Wigan Harriers   | 22.80 | W/S: |
| 2 | 53 | Anthony Ashton | Unattached       | 23.64 | W/S: |
| 3 | 45 | Andy McIntosh  | Hull Achilles AC | 23.82 | W/S: |
| 4 | 82 | Mark Gilmer    | Leeds City AC    | 24.07 | W/S: |

**Heat 03**

|   |     |                |                        |       |      |
|---|-----|----------------|------------------------|-------|------|
| 1 | 55  | Luke Giblin    | Loughborough Students  | 22.95 | W/S: |
| 2 | 66  | Lawrence Baird | Trafford AC            | 23.70 | W/S: |
| 3 | 149 | Leon Creaney   | Liverpool Harriers     | 23.76 | W/S: |
| 4 | 88  | Richard Mather | Oldham & Royton H & AC | 24.84 | W/S: |

**Heat 04**

|   |    |               |                         |       |      |
|---|----|---------------|-------------------------|-------|------|
| 1 | 81 | Richard Kilty | Gateshead Harriers & AC | 23.03 | W/S: |
| 2 | 49 | Umar Hameed   | Leeds City AC           | 23.37 | W/S: |
| 3 | 52 | Neil Wiscombe | Jarrow & Hebburn        | 23.76 | W/S: |
| 4 | 80 | Peter Hickey  | Northern Vets AC        | 24.76 | W/S: |

**T14 Senior Women 200m Heats****Heat 01**

|   |    |                   |                             |       |      |
|---|----|-------------------|-----------------------------|-------|------|
| 1 | 30 | Susan Deacon      | Edinburgh Southern Harriers | 24.60 | W/S: |
| 2 | 7  | Lauren Arthur     | Gateshead Harriers & AC     | 25.72 | W/S: |
| 3 | 10 | Ogochukwu Ejiofor | Derby AC                    | 27.31 | W/S: |
| 4 | 15 | Rachel Archer     | Morpeth Harriers & AC       | 27.96 | W/S: |

**Heat 02**

|   |    |                |                         |       |      |
|---|----|----------------|-------------------------|-------|------|
| 1 | 14 | Victoria Barr  | Rugby & Northants AC    | 25.05 | W/S: |
| 2 | 13 | Simone Baugh   | Derby AC                | 25.26 | W/S: |
| 3 | 1  | Sheona Burns   | Gateshead Harriers & AC | 25.81 | W/S: |
| 4 | 6  | Laura Chambers | University of Wales     | 26.33 | W/S: |

**T15 Senior Men 1500m FINAL****FINAL**

|   |     |                  |                       |         |      |
|---|-----|------------------|-----------------------|---------|------|
| 1 | 141 | Michael Coltherd | Trafford AC           | 3:51.64 | CBP  |
| 2 | 134 | Gavin Keight     | Hallamshire Harriers  | 3:53.73 | W/S: |
| 3 | 148 | Rob Banjac       | Trafford AC           | 4:03.59 | W/S: |
| 4 | 126 | Ben Styles       | Stockport Harriers    | 4:07.64 | W/S: |
| 5 | 123 | Ken Harker       | Richmond & Zetland AC | 4:25.79 | W/S: |

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

**T16 Senior Women 1500m FINAL**

| FINAL |                 | W/S:                      |              |
|-------|-----------------|---------------------------|--------------|
| 1103  | Ellie Stevens   | Derby AC                  | 4:31.54 W/S: |
| 2101  | Helen Singleton | Wakefield District H & AC | 4:40.99 W/S: |
| 3108  | Nicola Squires  | Hallamshire Harriers      | 4:41.65 W/S: |
| 416   | Nisha Desai     | Trafford AC               | 4:50.83 W/S: |
| 5110  | Ellen Butler    | Notts AC                  | 4:59.61 W/S: |

**T17 Senior Men 800m FINAL**

| FINAL |                | W/S:                     |              |
|-------|----------------|--------------------------|--------------|
| 1129  | Drew Graham    | Gosforth Harriers        | 1:53.69 W/S: |
| 2138  | Chris Bryant   | Wigan Harriers           | 1:55.16 W/S: |
| 375   | Kurt Heron     | Gosforth Harriers        | 1:55.70 W/S: |
| 4150  | Rick Beardsell |                          | 1:55.97 W/S: |
| 5140  | Matt Wood      | Blackburn Harriers       | 1:57.11 W/S: |
| 6130  | Mark Gardner   | Lancaster & Morecambe AC | 2:04.26 W/S: |

**T18 Senior Women 800m FINAL**

| FINAL |                 | W/S:                      |              |
|-------|-----------------|---------------------------|--------------|
| 1249  | Vicky Griffiths | Liverpool Harriers        | 2:07.74 W/S: |
| 2106  | Laura Siddall   | Sale Harriers Manchester  | 2:13.47 W/S: |
| 3102  | Kelly Johnson   | Wakefield District H & AC | 2:15.34 W/S: |
| 4105  | Emma McIntyre   | Sale Harriers Manchester  | 2:19.88 W/S: |
| 5111  | Nicola Youden   | Gateshead Harriers & AC   | 2:23.40 W/S: |
| 6112  | Aimee Booth     | Derby AC                  | 2:25.45 W/S: |

**T20 Senior Women 200m FINAL**

| FINAL |                | W/S:                        |            |
|-------|----------------|-----------------------------|------------|
| 114   | Victoria Barr  | Rugby & Northants AC        | 24.17 CBP: |
| 230   | Susan Deacon   | Edinburgh Southern Harriers | 24.20 W/S: |
| 313   | Simone Baugh   | Derby AC                    | 24.89 W/S: |
| 47    | Lauren Arthur  | Gateshead Harriers & AC     | 25.34 W/S: |
| 51    | Sheona Burns   | Gateshead Harriers & AC     | 25.95 W/S: |
| 66    | Laura Chambers | University of Wales         | 27.04 W/S: |

**T21 Senior Men 3000m FINAL**

| FINAL |                    | W/S:                     |               |
|-------|--------------------|--------------------------|---------------|
| 1144  | Glen Cornish       | Sale Harriers Manchester | 8:19.67 W/S:  |
| 2122  | Paul Green         | City of Sheffield AC     | 8:45.88 W/S:  |
| 3131  | Steven Worthington | Lancaster & Morecambe AC | 8:49.65 W/S:  |
| 4127  | Ahmed Abdirisak    |                          | 9:02.36 W/S:  |
| 5132  | Philip Graves      | Nestle Rowntree AC       | 9:27.99 W/S:  |
| 6114  | Sam Russell        | Wigan Harriers           | 10:13.80 W/S: |

**T22 Senior Women 3000m FINAL**

| FINAL  |                     | W/S:                      |               |
|--------|---------------------|---------------------------|---------------|
| 1107   | Victoria Graves     | Nestle Rowntree AC        | 10:26.54 W/S: |
| 2113   | Sarah Beevers       | Wakefield District H & AC | 10:36.79 W/S: |
| 3100   | Lois Rosindale      | Leeds & Bradford Tri      | 10:46.91 W/S: |
| 99 104 | Emma-Leigh Heighway | Sale Harriers Manchester  | DNF W/S:      |

**T23 Senior Men 400m FINAL**

| FINAL |                 | W/S:                     |            |
|-------|-----------------|--------------------------|------------|
| 191   | Richard Buck    | Nestle Rowntree AC       | 47.62 CBP  |
| 262   | John Kelley     | City of Sheffield AC     | 48.55 W/S: |
| 385   | Andy Wilkinson  | Sale Harriers Manchester | 49.51 W/S: |
| 466   | Lawrence Baird  | Trafford AC              | 50.42 W/S: |
| 561   | Will Steel      | Nestle Rowntree AC       | 51.40 W/S: |
| 659   | Thomas Grantham | City of Sheffield AC     | 51.56 W/S: |

**T24 Senior Men 200m FINAL**

| FINAL |                | W/S:                     |            |
|-------|----------------|--------------------------|------------|
| 1 81  | Richard Kilty  | Gateshead Harriers & AC  | 21.92 W/S: |
| 2 151 | Neil Hewson    |                          | 22.28 W/S: |
| 3 78  | Tom O'Brien    | Wigan Harriers           | 22.70 W/S: |
| 4 49  | Umar Hameed    | Leeds City AC            | 22.87 W/S: |
| 5 55  | Luke Giblin    | Loughborough Students    | 22.95 W/S: |
| 6 58  | Jamie Bradbury | Lancaster & Morecambe AC | 23.56 W/S: |

**T26 Senior Men 60m Hurdles FINAL**

| FINAL |                  | W/S:                          |           |
|-------|------------------|-------------------------------|-----------|
| 1 47  | Robert Henry     | Enfield & Haringey AC         | 8.13 W/S: |
| 2 71  | Charlie Kavanagh | City of Sheffield AC          | 8.19 W/S: |
| 3 41  | Suote Nyananyo   | Newham & Essex Beagles        | 8.28 W/S: |
| 4 74  | Jordan Fleary    | Woodford Green & Essex Ladies | 8.66 W/S: |
| 5 79  | Philip Jarrett   | City of Sheffield AC          | 8.67 W/S: |
| 6 44  | Andrew Sturrock  | Gateshead Harriers & AC       | 8.74 W/S: |
| 7 42  | Ashley Pritchard | Macclesfield Harriers         | 9.19 W/S: |