

# North of England Senior Championships

Manchester  
21/06/2003

## F01 Senior Men Hammer FINAL

### FINAL

|      |                   |                          |       |
|------|-------------------|--------------------------|-------|
| 1124 | Michael Floyd     | Sale Harriers Manchester | 65.20 |
| 2119 | Dave Smith        | Kingston upon Hull AC    | 62.69 |
| 3102 | David Little      | Border Harriers & AC     | 55.83 |
| 4111 | Roger Bate        | Trafford AC              | 50.32 |
| 5229 | Mark Gulliver     | Leeds City AC            | 50.24 |
| 6165 | Leslie Mackintosh | Liverpool Harriers       | 48.15 |
| 7156 | Simon Gate        | Border Harriers & AC     | 36.16 |

## F02 Senior Women Hammer FINAL

### FINAL

|      |                |                         |       |
|------|----------------|-------------------------|-------|
| 1102 | Shirley Webb   | Trafford AC             | 61.95 |
| 2116 | Lisa Shippen   | Gateshead Harriers & AC | 42.90 |
| 3119 | Karen Brown    | Border Harriers & AC    | 38.20 |
| 4114 | Bethan Lishman | Border Harriers & AC    | 37.90 |
| 575  | Elizabeth Dwan | Unattached              | 36.71 |
| 6127 | Laura Bomba    | Liverpool Harriers      | 33.91 |
| 7109 | Nicky Jackson  | Skyrac AC               | 32.22 |
| 8129 | Vikki Grime    | Hyndburn AC             | 30.80 |

## F03 Senior Men High Jump FINAL

### FINAL

|      |                       |                          |      |
|------|-----------------------|--------------------------|------|
| 1108 | Brian Hall            | Bolton United Harriers   | 2.10 |
| 2114 | Martin Aram           | Liverpool Harriers       | 2.10 |
| 3149 | Jamie Creighton       | Liverpool Harriers       | 2.05 |
| 4169 | Wanangwa Mkandawire   | Rugby & Northants AC     | 2.00 |
| 4148 | Andrew Macfarlane     | Leeds City AC            | 2.00 |
| 4139 | Ian Holliday          | Sale Harriers Manchester | 2.00 |
| 750  | Colin Bailey          | Burnley AC               | 1.95 |
| 836  | Stephen Bonnett       | City of Sheffield AC     | 1.85 |
| 9116 | Gerard Paish Plunkett | Sale Harriers Manchester | 1.85 |

## F04 Senior Women Discus FINAL

### FINAL

|      |                    |                           |       |
|------|--------------------|---------------------------|-------|
| 1103 | Kara Nwiodobie     | Blackpool & Fylde AC      | 48.83 |
| 2128 | Susan Backhouse    | Wakefield District H & AC | 46.89 |
| 3104 | Claire Moore Griss | Unattached                | 43.56 |
| 4111 | Lisa Kenney        | Kingston upon Hull AC     | 35.13 |
| 5125 | Amy Howard         | Skyrac AC                 | 34.92 |
| 6123 | Joanne Armstrong   | Warrington AC             | 30.94 |

## F05 Senior Men Shot Putt FINAL

### FINAL

|      |                    |                          |       |
|------|--------------------|--------------------------|-------|
| 1234 | Marcus Gouldbourne | Pudsey & Bramley AC      | 17.29 |
| 2105 | Bryan Kelly        | Trafford AC              | 15.86 |
| 3128 | John Nicholls      | Sale Harriers Manchester | 14.87 |
| 4195 | Daniel Brunt       | City of Sheffield AC     | 14.02 |

## F06 Senior Women Shot Putt FINAL

### FINAL

|      |                |                      |       |
|------|----------------|----------------------|-------|
| 1103 | Kara Nwiodobie | Blackpool & Fylde AC | 13.44 |
| 233  | Jenny Pacey    | Lincoln Wellington   | 11.77 |

## F07 Senior Men Pole Vault FINAL

### FINAL

|      |                 |                          |      |
|------|-----------------|--------------------------|------|
| 1132 | Ben Flint       | Belgrave Harriers        | 5.00 |
| 2150 | Mark Beharrel   | Sale Harriers Manchester | 5.00 |
| 3120 | Alan Richardson | Trafford AC              | 4.60 |
| 4112 | Ian Noble       | Trafford AC              | 4.50 |
| 571  | James Coleman   | Grantham AC              | 3.80 |

## F08 Senior Women Triple Jump FINAL

### FINAL

|   |     |               |                       |       |
|---|-----|---------------|-----------------------|-------|
| 1 | 105 | Nicky Clark   | Kingston upon Hull AC | 11.56 |
| 2 | 76  | Julia Straker | Morpeth Harriers & AC | 11.24 |
| 3 | 124 | Angie Roberts | Kingston upon Hull AC | 10.73 |

## F09 Senior Men Javelin FINAL

### FINAL

|   |     |                              |                          |       |
|---|-----|------------------------------|--------------------------|-------|
| 1 | 137 | Ian Burns                    | Gateshead Harriers & AC  | 64.75 |
| 2 | 154 | Jose-Vicente Nieto-Rodriguez | Rossendale Harriers & AC | 64.53 |
| 3 | 118 | David McKay                  | West Cheshire AC         | 58.39 |
| 4 | 103 | Alessandro Morganella        | Border Harriers & AC     | 54.17 |
| 5 | 125 | David Turner                 | Blackpool & Fylde AC     | 54.06 |
| 6 | 131 | David McKown                 | Liverpool Harriers       | 52.60 |

## F10 Senior Women High Jump FINAL

### FINAL

|   |     |                   |                        |      |
|---|-----|-------------------|------------------------|------|
| 1 | 115 | Natalie Clark     | Kingston upon Hull AC  | 1.81 |
| 2 | 126 | Stephanie Higham  | Border Harriers & AC   | 1.78 |
| 3 | 66  | Emma Morris       | South Shields Harriers | 1.70 |
| 4 | 77  | Jennifer Glaysher | Preston Harriers       | 1.65 |
| 5 | 118 | Gayle O'Connor    | Liverpool Harriers     | 1.65 |
| 6 | 73  | Susannah Green    | Liverpool Harriers     | 1.65 |
| 7 | 112 | Claire Wright     | Liverpool Harriers     | 1.60 |

## F11 Senior Men Triple Jump FINAL

### FINAL

|   |     |                |                         |       |
|---|-----|----------------|-------------------------|-------|
| 1 | 231 | Kevin Thompson | Liverpool Harriers      | 15.09 |
| 2 | 212 | Graham Jackson | Gateshead Harriers & AC | 14.45 |

## F12 Senior Women Pole Vault FINAL

### FINAL

|   |     |                   |                            |      |
|---|-----|-------------------|----------------------------|------|
| 1 | 101 | Caroline Nutt     | Wakefield District H & AC  | 3.30 |
| 2 | 120 | Michelle Sharrock | Wigan Harriers             | 3.20 |
| 3 | 113 | Rachel Fairless   | Middlesbrough AC (Mandale) | 3.20 |

## F13 Senior Women Long Jump FINAL

### FINAL

|   |     |                |                           |      |
|---|-----|----------------|---------------------------|------|
| 1 | 14  | Natasha May    | Sale Harriers Manchester  | 5.91 |
| 2 | 68  | Ruth Irving    | Edinburgh Woolen Mill     | 5.88 |
| 3 | 24  | Louise Bloor   | Rotherham Harriers        | 5.70 |
| 4 | 106 | Elaine Smith   | Sale Harriers Manchester  | 5.65 |
| 5 | 34  | Fiona Westwood | Wakefield District H & AC | 5.46 |
| 6 | 130 | Hannah Barnes  | City of Sheffield AC      | 5.37 |
| 7 | 33  | Jenny Pacey    | Lincoln Wellington        | 5.03 |

## F14 Senior Men Long Jump FINAL

### FINAL

|   |     |                       |                          |      |
|---|-----|-----------------------|--------------------------|------|
| 1 | 214 | Christopher Weitz     | Gateshead Harriers & AC  | 6.61 |
| 2 | 116 | Gerard Paish Plunkett | Sale Harriers Manchester | 6.23 |
| 3 | 54  | Ian Charles           | Grantham AC              | 6.08 |

## F15 Senior Women Javelin FINAL

### FINAL

|   |    |                  |                          |       |
|---|----|------------------|--------------------------|-------|
| 1 | 67 | Jenny Leng       | Sale Harriers Manchester | 41.08 |
| 2 | 74 | Kristine Ritchie | Gateshead Harriers & AC  | 39.42 |
| 3 | 16 | Fiona Harrison   | Barnsley AC              | 35.42 |

**F16 Senior Men Discus FINAL****FINAL**

|      |                       |                         |       |
|------|-----------------------|-------------------------|-------|
| 1115 | Peter Gordon          | Gateshead Harriers & AC | 52.16 |
| 2234 | Marcus Gouldbourne    | Pudsey & Bramley AC     | 51.06 |
| 3105 | Bryan Kelly           | Trafford AC             | 48.13 |
| 4195 | Daniel Brunt          | City of Sheffield AC    | 45.74 |
| 5111 | Roger Bate            | Trafford AC             | 43.78 |
| 6103 | Alessandro Morganella | Border Harriers & AC    | 42.88 |
| 7106 | Matthew Allison       | Leeds City AC           | 41.86 |

**T01 Senior Men 400m Hurdles Heats****Heat 01**

|     |                 |                          |      |      |
|-----|-----------------|--------------------------|------|------|
| 112 | Richard Smith   | Newham & Essex Beagles   | 57.5 | W/S: |
| 274 | Robert Gascoyne | Sale Harriers Manchester | 57.8 | W/S: |
| 378 | Thomas Grantham | City of Sheffield AC     | 59.1 | W/S: |
| 460 | Adrian Wilson   | Kingston upon Hull AC    | 60.1 | W/S: |

**Heat 02**

|     |                  |                      |      |      |
|-----|------------------|----------------------|------|------|
| 169 | David Brackstone | City of Stoke AC     | 58.3 | W/S: |
| 270 | Aaron Thomas     | City of Sheffield AC | 58.5 | W/S: |
| 321 | Chris Ball       | Trafford AC          | 58.5 | W/S: |

**T02 Senior Women 400m Hurdles FINAL****FINAL**

|     |                  |                           |       |      |
|-----|------------------|---------------------------|-------|------|
| 129 | Laura Curtis     | Kingston upon Hull AC     | 61.39 | W/S: |
| 22  | Shona MacPherson | City of Glasgow AC        | 62.95 | W/S: |
| 35  | Louise Lisseman  | Wakefield District H & AC | 68.02 | W/S: |
| 441 | Clare Sykes      | Wakefield District H & AC | 68.21 | W/S: |

**T03 Senior Men 100m Heats****Heat 01**

W/S: +0.2 M/S

|     |                    |                            |       |      |
|-----|--------------------|----------------------------|-------|------|
| 165 | Mikey Smith        | Bolton United Harriers     | 10.91 | W/S: |
| 264 | Simon Farenden     | Chesterfield & District AC | 10.98 | W/S: |
| 345 | Ben Edward-Inatimi | Liverpool Harriers         | 10.99 | W/S: |
| 413 | James Moore        | Unattached                 | 11.61 | W/S: |
| 542 | Paul Grattage      | Wigan Harriers             | 11.61 | W/S: |
| 610 | Stephen Thorpe     | Wakefield District H & AC  | 12.31 | W/S: |

**Heat 02**

W/S: -0.4m/s

|     |                       |                           |       |      |
|-----|-----------------------|---------------------------|-------|------|
| 143 | Dominic Bradley       | Birchfield Harriers       | 11.11 | W/S: |
| 22  | Adebawale Ademuyewo   | Sale Harriers Manchester  | 11.12 | W/S: |
| 389 | Peter Harpham         | City of Sheffield AC      | 11.18 | W/S: |
| 414 | Spencer Brew          | Liverpool Harriers        | 11.18 | W/S: |
| 579 | Richard Higson-Blythe | Wakefield District H & AC | 11.56 | W/S: |
| 676 | Thomas Poulton-White  | Skyrac AC                 | 11.62 | W/S: |

**Heat 03**

W/S: -1.2m/s

|     |                     |                       |       |      |
|-----|---------------------|-----------------------|-------|------|
| 191 | Craig Telford       | Border Harriers & AC  | 10.90 | W/S: |
| 286 | Matthew Lee         | Bury AC               | 11.02 | W/S: |
| 339 | Philip Ellershaw    | Liverpool Harriers    | 11.13 | W/S: |
| 490 | Alan Selby          | Morpeth Harriers & AC | 11.18 | W/S: |
| 546 | Theocharis Ispoglou | Bingley Harriers      | 11.44 | W/S: |
| 654 | Ian Charles         | Grantham AC           | 11.95 | W/S: |

**Heat 04**

W/S: -0.8m/s

|     |                 |                                |       |      |
|-----|-----------------|--------------------------------|-------|------|
| 130 | Michael Tietz   | Birchfield Harriers            | 10.99 | W/S: |
| 231 | Ben Geddes      | Gateshead Harriers & AC        | 11.43 | W/S: |
| 366 | Bernard Ward    | Trafford AC                    | 11.44 | W/S: |
| 46  | Steve Langley   | Kingston upon Hull AC          | 11.58 | W/S: |
| 517 | Danny Holland   | Liverpool Pembroke & Sefton AC | 11.64 | W/S: |
| 693 | Marcus Williams | City of Sheffield AC           | 11.78 | W/S: |

**T04 Senior Women 100m Heats****Heat 01**

W/S: -0.4m/s

|   |    |                   |                           |       |      |
|---|----|-------------------|---------------------------|-------|------|
| 1 | 11 | Melanie Roberts   | Liverpool Harriers        | 12.05 | W/S: |
| 2 | 21 | Julia White       | Peterborough AC           | 12.30 | W/S: |
| 3 | 14 | Natasha May       | Sale Harriers Manchester  | 12.56 | W/S: |
| 4 | 6  | Rachel Smith      | Trafford AC               | 12.66 | W/S: |
| 5 | 3  | Averil McClelland | Lancaster & Morecambe AC  | 12.85 | W/S: |
| 6 | 37 | Ruth Dales        | Wakefield District H & AC | 13.11 | W/S: |

**Heat 02**

W/S: -1.6m/s

|   |    |                  |                          |       |      |
|---|----|------------------|--------------------------|-------|------|
| 1 | 12 | Danielle Halsall | Sale Harriers Manchester | 12.26 | W/S: |
| 2 | 24 | Louise Bloor     | Rotherham Harriers       | 12.29 | W/S: |
| 3 | 35 | Yvette Henry     | Wigan Harriers           | 12.34 | W/S: |
| 4 | 22 | Beccy Annan      | Kingston upon Hull AC    | 12.67 | W/S: |
| 5 | 9  | Juanita Coleman  | Trafford AC              | 12.96 | W/S: |

**T05 Senior Men 1500m Heats****Heat 01**

W/S:

|   |     |                 |                            |         |      |
|---|-----|-----------------|----------------------------|---------|------|
| 1 | 177 | Steffan North   | Sale Harriers Manchester   | 4:02.10 | W/S: |
| 2 | 146 | Michael Morris  | Morpeth Harriers & AC      | 4:03.10 | W/S: |
| 3 | 205 | James Boxell    | Barnsley AC                | 4:03.50 | W/S: |
| 4 | 222 | Jonathan Prowse | Blackpool & Fylde AC       | 4:03.70 | W/S: |
| 5 | 206 | Ian Boneham     | Notts AC                   | 4:04.10 | W/S: |
| 6 | 221 | Rob Cole        | Middlesbrough AC (Mandale) | 4:06.30 | W/S: |
| 7 | 201 | Steve Hallas    | Preston Harriers           | 4:07.50 | W/S: |
| 8 | 140 | Andrew Swearman | Birchfield Harriers        | 4:09.50 | W/S: |

**Heat 02**

W/S:

|   |     |                       |                          |         |      |
|---|-----|-----------------------|--------------------------|---------|------|
| 1 | 204 | Matt Barnes           | Altrincham & District    | 3:56.70 | W/S: |
| 2 | 192 | Rob Jefferies         | Derby AC                 | 3:57.00 | W/S: |
| 3 | 173 | Stuart Bailey         | Sale Harriers Manchester | 3:57.10 | W/S: |
| 4 | 207 | Tom Doe               | Lincoln Wellington       | 3:57.20 | W/S: |
| 5 | 161 | Simon Deakin          | Leeds City AC            | 3:57.60 | W/S: |
| 6 | 157 | Peter Walsh           | Liverpool Harriers       | 3:58.10 | W/S: |
| 7 | 188 | Darren Middleton      | Barnsley AC              | 3:58.70 | W/S: |
| 8 | 138 | Christopher O'Connell | Sale Harriers Manchester | 3:59.60 | W/S: |
| 9 | 186 | Chris Bryant          | Wigan Harriers           | 4:05.40 | W/S: |

**T06 Senior Women 1500m FINAL****FINAL**

W/S:

|    |    |                  |                           |         |      |
|----|----|------------------|---------------------------|---------|------|
| 1  | 99 | Claire Entwistle | Wigan Harriers            | 4:29.91 | W/S: |
| 2  | 89 | Eleanor Stevens  | Derby AC                  | 4:34.29 | W/S: |
| 3  | 65 | Liz Proctor      | Bolton United Harriers    | 4:34.66 | W/S: |
| 4  | 85 | Lisa Palmer      | Derby AC                  | 4:35.13 | W/S: |
| 5  | 81 | Elizabeth Egan   | Liverpool Harriers        | 4:37.83 | W/S: |
| 6  | 87 | Becky Ellis      | Vale Royal                | 4:38.21 | W/S: |
| 7  | 94 | Celia De Maria   | Leeds City AC             | 4:38.76 | W/S: |
| 8  | 90 | Donna Daly       | Scunthorpe & District AC  | 4:40.98 | W/S: |
| 9  | 97 | Andrea Woodvine  | Richmond & Zetland AC     | 4:43.44 | W/S: |
| 10 | 83 | Sarah Beevers    | Wakefield District H & AC | 4:44.41 | W/S: |
| 11 | 72 | Sharon Marshall  | Wakefield District H & AC | 4:49.60 | W/S: |

**T07 Senior Men 100m Semi-Finals****Semi-Final 01**

W/S: +1.7m/s

|   |    |                  |                         |       |      |
|---|----|------------------|-------------------------|-------|------|
| 1 | 65 | Mikey Smith      | Bolton United Harriers  | 10.98 | W/S: |
| 2 | 86 | Matthew Lee      | Bury AC                 | 11.01 | W/S: |
| 3 | 39 | Philip Ellershaw | Liverpool Harriers      | 11.21 | W/S: |
| 4 | 90 | Alan Selby       | Morpeth Harriers & AC   | 11.34 | W/S: |
| 5 | 31 | Ben Geddes       | Gateshead Harriers & AC | 11.43 | W/S: |

**Semi-Final 02**

W/S: +1.7m/s

|   |    |                 |                            |       |      |
|---|----|-----------------|----------------------------|-------|------|
| 1 | 30 | Michael Tietz   | Birchfield Harriers        | 10.97 | W/S: |
| 2 | 64 | Simon Farenden  | Chesterfield & District AC | 11.07 | W/S: |
| 3 | 43 | Dominic Bradley | Birchfield Harriers        | 11.10 | W/S: |
| 4 | 14 | Spencer Brew    | Liverpool Harriers         | 11.28 | W/S: |

**Semi-Final 03**

W/S: +0.9m/s

|   |    |                     |                          |       |      |
|---|----|---------------------|--------------------------|-------|------|
| 1 | 91 | Craig Telford       | Border Harriers & AC     | 10.81 | W/S: |
| 2 | 89 | Peter Harpham       | City of Sheffield AC     | 11.10 | W/S: |
| 3 | 2  | Adebawale Ademuyewo | Sale Harriers Manchester | 11.17 | W/S: |
| 4 | 46 | Theocharis Ispoglou | Bingley Harriers         | 11.33 | W/S: |

**T08 Senior Men 800m Heats****Heat 01** W/S:

|      |                  |                         |         |      |
|------|------------------|-------------------------|---------|------|
| 1218 | Gavin Massingham | Sunderland Harriers     | 1:55.21 | W/S: |
| 2164 | Steven Redshaw   | Gateshead Harriers & AC | 1:55.94 | W/S: |
| 3209 | Tony Thompson    | Border Harriers & AC    | 1:56.24 | W/S: |
| 4208 | Richard Weir     | Derby AC                | 1:57.35 | W/S: |
| 5180 | Paul Whitelam    | Hallamshire Harriers    | 1:57.51 | W/S: |
| 6159 | Alexander Cowan  | Nestle Rowntree AC      | 1:57.73 | W/S: |

**Heat 02** W/S:

|      |                   |                            |         |      |
|------|-------------------|----------------------------|---------|------|
| 123  | Sam Ellis         | Barnsley AC                | 1:54.05 | W/S: |
| 2220 | Ian Salisbury     | Trafford AC                | 1:54.72 | W/S: |
| 3145 | Rob Hughes        | Doncaster & Stainforth AC  | 1:54.95 | W/S: |
| 4184 | Steven Dunn       | Middlesbrough AC (Mandale) | 1:55.27 | W/S: |
| 5160 | Steven O'Neill    | Leeds City AC              | 1:55.70 | W/S: |
| 6193 | Scott Riley       | Trafford AC                | 1:55.93 | W/S: |
| 7194 | Matthew Nicholson | Gosforth Harriers          | 1:58.67 | W/S: |

**Heat 03** W/S:

|      |               |                      |         |      |
|------|---------------|----------------------|---------|------|
| 1223 | Rob Watkinson | Rotherham Harriers   | 1:53.59 | W/S: |
| 2189 | Daniel Hayes  | Blackpool & Fylde AC | 1:54.45 | W/S: |
| 3153 | Oliver Teasel | Birchfield Harriers  | 1:54.74 | W/S: |
| 4171 | Martin Thomas | Liverpool Harriers   | 1:55.29 | W/S: |
| 5175 | Tim Egerton   | Trafford AC          | 1:57.60 | W/S: |
| 6129 | Paul Miller   | Boston & District AC | 1:58.61 | W/S: |

**T09 Senior Women 800m FINAL****FINAL** W/S:

|     |                 |                           |         |      |
|-----|-----------------|---------------------------|---------|------|
| 193 | Catherine Riley | Trafford AC               | 2:05.48 | W/S: |
| 298 | Karen Johns     | Gateshead Harriers & AC   | 2:06.74 | W/S: |
| 380 | Donna Riding    | Sale Harriers Manchester  | 2:07.39 | W/S: |
| 491 | Karen Hill      | Trafford AC               | 2:10.68 | W/S: |
| 595 | Catherine Bacon | Wakefield District H & AC | 2:12.34 | W/S: |
| 679 | Nisha Desai     | Morpeth Harriers & AC     | 2:16.14 | W/S: |
| 784 | Helen Singleton | Wakefield District H & AC | 2:20.15 | W/S: |

**T10 Senior Men 100m FINAL****FINAL** W/S: -0.3M/S

|     |                 |                            |       |      |
|-----|-----------------|----------------------------|-------|------|
| 130 | Michael Tietz   | Birchfield Harriers        | 10.82 | W/S: |
| 265 | Mikey Smith     | Bolton United Harriers     | 10.91 | W/S: |
| 391 | Craig Telford   | Border Harriers & AC       | 10.95 | W/S: |
| 486 | Matthew Lee     | Bury AC                    | 11.00 | W/S: |
| 564 | Simon Farenden  | Chesterfield & District AC | 11.07 | W/S: |
| 643 | Dominic Bradley | Birchfield Harriers        | 11.16 | W/S: |
| 789 | Peter Harpham   | City of Sheffield AC       | 11.27 | W/S: |

**T11 Senior Women 100m FINAL****FINAL** W/S: -1.4M/S

|     |                  |                          |       |      |
|-----|------------------|--------------------------|-------|------|
| 111 | Melanie Roberts  | Liverpool Harriers       | 12.05 | W/S: |
| 221 | Julia White      | Peterborough AC          | 12.15 | W/S: |
| 324 | Louise Bloor     | Rotherham Harriers       | 12.22 | W/S: |
| 412 | Danielle Halsall | Sale Harriers Manchester | 12.32 | W/S: |
| 535 | Yvette Henry     | Wigan Harriers           | 12.40 | W/S: |
| 614 | Natasha May      | Sale Harriers Manchester | 12.53 | W/S: |
| 76  | Rachel Smith     | Trafford AC              | 12.60 | W/S: |

**T12 Senior Men 3000m Steeplechase FINAL****FINAL** W/S:

|      |                        |                        |          |      |
|------|------------------------|------------------------|----------|------|
| 1134 | Stephen Millward       | City of Sheffield AC   | 9:22.78  | W/S: |
| 2163 | James Henry            | Spenborough & District | 9:50.89  | W/S: |
| 3168 | Liam Barton            | Blackburn Harriers     | 10:07.09 | W/S: |
| 4203 | David Kukalowicz-Booth | Trafford AC            | 10:22.95 | W/S: |

**T14 Senior Men 400m Hurdles FINAL****FINAL** W/S:

|   |    |                  |                          |      |      |
|---|----|------------------|--------------------------|------|------|
| 1 | 12 | Richard Smith    | Newham & Essex Beagles   | 52.7 | W/S: |
| 2 | 69 | David Brackstone | City of Stoke AC         | 53.8 | W/S: |
| 3 | 70 | Aaron Thomas     | City of Sheffield AC     | 55.2 | W/S: |
| 4 | 74 | Robert Gascoyne  | Sale Harriers Manchester | 55.3 | W/S: |
| 5 | 78 | Thomas Grantham  | City of Sheffield AC     | 57.6 | W/S: |
| 6 | 21 | Chris Ball       | Trafford AC              | 58.7 | W/S: |

**T16 Senior Men 5000m FINAL****FINAL** W/S:

|    |     |                     |                           |          |      |
|----|-----|---------------------|---------------------------|----------|------|
| 1  | 202 | Nicholas Goodliffe  | Holmfirth Harriers        | 14:34.73 | W/S: |
| 2  | 187 | Christopher Winward | Barrow & Furness Striders | 14:36.75 | W/S: |
| 3  | 197 | Mark Hood           | Sunderland Harriers       | 14:43.51 | W/S: |
| 4  | 227 | Bashir Hussain      | Stockport Harriers        | 14:50.70 | W/S: |
| 5  | 162 | Ewen North          | Hallamshire Harriers      | 14:51.85 | W/S: |
| 6  | 232 | Glen Comish         | Sale Harriers Manchester  | 14:53.02 | W/S: |
| 7  | 151 | Daniel Agustus      | Sale Harriers Manchester  | 15:16.11 | W/S: |
| 8  | 179 | Michael Jagger      | Cleethorpes AC            | 15:18.98 | W/S: |
| 9  | 181 | Matthew Livingstone | Preston Harriers          | 15:22.65 | W/S: |
| 10 | 211 | Mark Keeley         | Liverpool Harriers        | 15:33.80 | W/S: |
| 11 | 127 | Mark McDonald       | Low Fell RC               | 15:49.01 | W/S: |
| 12 | 226 | Scott Monk          | Blackburn Harriers        | 16:06.68 | W/S: |

**T17 Senior Men 110m Hurdles Heats****Heat 01** W/S: -0.8M/S

|   |     |                       |                            |      |      |
|---|-----|-----------------------|----------------------------|------|------|
| 1 | 63  | Peter Middleton       | North Shields Poly         | 15.6 | W/S: |
| 2 | 8   | Suote Nyananyo        | Middlesbrough AC (Mandale) | 15.7 | W/S: |
| 3 | 94  | Stephen Alexander     | Trafford AC                | 15.7 | W/S: |
| 4 | 116 | Gerard Paish Plunkett | Sale Harriers Manchester   | 16.6 | W/S: |
| 5 | 71  | James Coleman         | Grantham AC                | 16.6 | W/S: |

**Heat 02** W/S: +1.9M/S

|   |    |                  |                          |      |      |
|---|----|------------------|--------------------------|------|------|
| 1 | 24 | Peter Monaghan   | Sale Harriers Manchester | 15.1 | W/S: |
| 2 | 55 | Emile Robinson   | Grantham AC              | 16.4 | W/S: |
| 3 | 85 | Daniel Armstrong | City of Sheffield AC     | 17.0 | W/S: |
| 4 | 57 | Ian Scholes      | Trafford AC              | 17.7 | W/S: |
| 5 | 1  | Jonathan Gregory | Nestle Rowntree AC       | 19.9 | W/S: |

**Heat 03** W/S: +0.8M/S

|   |    |                 |                       |      |      |
|---|----|-----------------|-----------------------|------|------|
| 1 | 77 | Anthony Gill    | Border Harriers & AC  | 15.0 | W/S: |
| 2 | 80 | Robert Henry    | Kingston upon Hull AC | 15.1 | W/S: |
| 3 | 50 | Colin Bailey    | Burnley AC            | 15.9 | W/S: |
| 4 | 36 | Stephen Bonnett | City of Sheffield AC  | 16.5 | W/S: |

**T18 Senior Women 100m Hurdles FINAL****FINAL** W/S: -0.3M/S

|   |    |                 |                           |       |      |
|---|----|-----------------|---------------------------|-------|------|
| 1 | 16 | Fiona Harrison  | Barnsley AC               | 14.08 | W/S: |
| 2 | 30 | Sharon Walls    | Wigan Harriers            | 14.45 | W/S: |
| 3 | 13 | Katey Read      | Liverpool Harriers        | 14.48 | W/S: |
| 4 | 37 | Ruth Dales      | Wakefield District H & AC | 14.49 | W/S: |
| 5 | 36 | Allison English | Kingston upon Hull AC     | 14.74 | W/S: |
| 6 | 19 | Grace Smith     | Sale Harriers Manchester  | 14.76 | W/S: |

**T19 Senior Men 200m Heats****Heat 01** W/S: -1.4M/S

|   |    |                 |                                |       |      |
|---|----|-----------------|--------------------------------|-------|------|
| 1 | 87 | John Stewart    | Sale Harriers Manchester       | 22.20 | W/S: |
| 2 | 18 | Tim Ward        | Border Harriers & AC           | 22.50 | W/S: |
| 3 | 26 | Philip Taylor   | Liverpool Pembroke & Sefton AC | 22.70 | W/S: |
| 4 | 16 | Stephen Blagdon | Lincoln Wellington             | 23.00 | W/S: |
| 5 | 81 | Matthew Brown   | Liverpool Pembroke & Sefton AC | 24.20 | W/S: |
| 6 | 33 | Peter Hickey    | Trafford AC                    | 24.30 | W/S: |

**Heat 02** W/S: +0.3M/S

|   |    |                     |                          |       |      |
|---|----|---------------------|--------------------------|-------|------|
| 1 | 3  | Jared Deacon        | South Shields Harriers   | 22.10 | W/S: |
| 2 | 91 | Craig Telford       | Border Harriers & AC     | 22.40 | W/S: |
| 3 | 20 | Jonathan Wainwright | City of Sheffield AC     | 23.20 | W/S: |
| 4 | 67 | Jonathan Moss       | Sale Harriers Manchester | 24.70 | W/S: |
| 5 | 65 | Mikey Smith         | Bolton United Harriers   | DNF   | W/S: |

**Heat 03** W/S: +0.8M/S

|                     |                          |       |      |
|---------------------|--------------------------|-------|------|
| 140 Gareth Jones    | Sale Harriers Manchester | 22.40 | W/S: |
| 290 Alan Selby      | Morpeth Harriers & AC    | 22.80 | W/S: |
| 36 Steve Langley    | Kingston upon Hull AC    | 23.00 | W/S: |
| 432 Jimoh Ayuba     | Lincoln Wellington       | 24.60 | W/S: |
| 556 Stephen Chaisty | Trafford AC              | 25.00 | W/S: |

**Heat 04** W/S: +0.4M/S

|                           |                                |       |      |
|---------------------------|--------------------------------|-------|------|
| 135 David Hughes          | City of Sheffield AC           | 22.60 | W/S: |
| 214 Spencer Brew          | Liverpool Harriers             | 22.70 | W/S: |
| 324 Peter Monaghan        | Sale Harriers Manchester       | 23.00 | W/S: |
| 417 Danny Holland         | Liverpool Pembroke & Sefton AC | 23.30 | W/S: |
| 579 Richard Higson-Blythe | Wakefield District H & AC      | 23.70 | W/S: |

**Heat 05** W/S: -1.3M/S

|                         |                           |       |      |
|-------------------------|---------------------------|-------|------|
| 139 Philip Ellershaw    | Liverpool Harriers        | 23.10 | W/S: |
| 252 Andrew Parker       | Sale Harriers Manchester  | 23.30 | W/S: |
| 346 Theocharis Ispoglou | Bingley Harriers          | 23.70 | W/S: |
| 472 Raymond Ndengeya    | Wakefield District H & AC | 23.80 | W/S: |
| 510 Stephen Thorpe      | Wakefield District H & AC | 25.80 | W/S: |

**T20 Senior Women 200m FINAL****FINAL** W/S: -1.4M/S

|                      |                          |       |      |
|----------------------|--------------------------|-------|------|
| 112 Danielle Halsall | Sale Harriers Manchester | 24.72 | W/S: |
| 221 Julia White      | Peterborough AC          | 25.39 | W/S: |
| 322 Beccy Annan      | Kingston upon Hull AC    | 25.70 | W/S: |
| 49 Juanita Coleman   | Trafford AC              | 26.17 | W/S: |
| 53 Averil McClelland | Lancaster & Morecambe AC | 26.43 | W/S: |
| 633 Jenny Pacey      | Lincoln Wellington       | 27.14 | W/S: |

**T21 Senior Men 400m Heats****Heat 01** W/S:

|                      |                           |       |      |
|----------------------|---------------------------|-------|------|
| 147 Geoff Dearman    | Belgrave Harriers         | 48.59 | W/S: |
| 259 James Davies     | Wakefield District H & AC | 48.62 | W/S: |
| 325 Craig Yates      | Spenborough & District    | 49.36 | W/S: |
| 47 Lawrence Baird    | Trafford AC               | 49.71 | W/S: |
| 522 Russell O'Keeffe | Barrow & Furness Striders | 52.02 | W/S: |
| 651 Ketan Desai      | Morpeth Harriers & AC     | 53.53 | W/S: |

**Heat 02** W/S:

|                      |                           |       |      |
|----------------------|---------------------------|-------|------|
| 148 Ian Lowthian     | Sale Harriers Manchester  | 48.43 | W/S: |
| 219 Richard Workman  | Trafford AC               | 49.33 | W/S: |
| 372 Raymond Ndengeya | Wakefield District H & AC | 51.04 | W/S: |
| 428 Darren Eldin     | Goole Youth AC            | 53.30 | W/S: |
| 573 David Stoker     | Bingley Harriers          | 53.74 | W/S: |

**T22 Senior Women 400m FINAL****FINAL** W/S:

|                    |                        |       |      |
|--------------------|------------------------|-------|------|
| 120 Liz Fairs      | Trafford AC            | 54.54 | W/S: |
| 242 Lisa Trotman   | Trafford AC            | 55.20 | W/S: |
| 331 Amy Freeman    | Spenborough & District | 56.01 | W/S: |
| 418 Anita Eagland  | Trafford AC            | 57.25 | W/S: |
| 544 Samantha Aspen | Bolton United Harriers | 58.35 | W/S: |
| 610 Erica Smith    | Nestle Rowntree AC     | 59.72 | W/S: |

**T25 Senior Men 110m Hurdles FINAL****FINAL** W/S: -0.7M/S

|                       |                            |       |      |
|-----------------------|----------------------------|-------|------|
| 180 Robert Henry      | Kingston upon Hull AC      | 14.80 | W/S: |
| 277 Anthony Gill      | Border Harriers & AC       | 14.90 | W/S: |
| 324 Peter Monaghan    | Sale Harriers Manchester   | 15.20 | W/S: |
| 48 Suote Nyananyo     | Middlesbrough AC (Mandale) | 15.60 | W/S: |
| 563 Peter Middleton   | North Shields Poly         | 15.70 | W/S: |
| 694 Stephen Alexander | Trafford AC                | 15.70 | W/S: |

**T26 Senior Men 200m Semi-Finals****Semi-Final 01** W/S: -0.2M/S

|   |    |                 |                        |       |      |
|---|----|-----------------|------------------------|-------|------|
| 1 | 3  | Jared Deacon    | South Shields Harriers | 21.70 | W/S: |
| 2 | 91 | Craig Telford   | Border Harriers & AC   | 21.88 | W/S: |
| 3 | 18 | Tim Ward        | Border Harriers & AC   | 22.33 | W/S: |
| 4 | 16 | Stephen Blagdon | Lincoln Wellington     | 22.57 | W/S: |
| 5 | 6  | Steve Langley   | Kingston upon Hull AC  | 22.94 | W/S: |

**Semi-Final 02** W/S: -0.2M/S

|   |    |                     |                                |       |      |
|---|----|---------------------|--------------------------------|-------|------|
| 1 | 87 | John Stewart        | Sale Harriers Manchester       | 22.01 | W/S: |
| 2 | 39 | Philip Ellershaw    | Liverpool Harriers             | 22.31 | W/S: |
| 3 | 14 | Spencer Brew        | Liverpool Harriers             | 22.44 | W/S: |
| 4 | 26 | Philip Taylor       | Liverpool Pembroke & Sefton AC | 22.61 | W/S: |
| 5 | 46 | Theocharis Ispoglou | Bingley Harriers               | 23.16 | W/S: |
| 6 | 24 | Peter Monaghan      | Sale Harriers Manchester       | 23.22 | W/S: |

**Semi-Final 03** W/S: -1.3M/S

|   |    |                     |                                |       |      |
|---|----|---------------------|--------------------------------|-------|------|
| 1 | 40 | Gareth Jones        | Sale Harriers Manchester       | 22.16 | W/S: |
| 2 | 35 | David Hughes        | City of Sheffield AC           | 22.46 | W/S: |
| 3 | 90 | Alan Selby          | Morpeth Harriers & AC          | 22.63 | W/S: |
| 4 | 52 | Andrew Parker       | Sale Harriers Manchester       | 22.78 | W/S: |
| 5 | 20 | Jonathan Wainwright | City of Sheffield AC           | 23.14 | W/S: |
| 6 | 17 | Danny Holland       | Liverpool Pembroke & Sefton AC | 23.29 | W/S: |

**T28 Senior Men 800m FINAL****FINAL** W/S:

|   |     |                  |                      |         |      |
|---|-----|------------------|----------------------|---------|------|
| 1 | 223 | Rob Watkinson    | Rotherham Harriers   | 1:49.79 | W/S: |
| 2 | 218 | Gavin Massingham | Sunderland Harriers  | 1:49.88 | W/S: |
| 3 | 23  | Sam Ellis        | Barnsley AC          | 1:50.14 | W/S: |
| 4 | 220 | Ian Salisbury    | Trafford AC          | 1:55.50 | W/S: |
| 5 | 189 | Daniel Hayes     | Blackpool & Fylde AC | 1:57.14 | W/S: |

**T30 Senior Men 400m FINAL****FINAL** W/S:

|   |    |                 |                           |       |      |
|---|----|-----------------|---------------------------|-------|------|
| 1 | 48 | Ian Lowthian    | Sale Harriers Manchester  | 47.74 | W/S: |
| 2 | 59 | James Davies    | Wakefield District H & AC | 48.20 | W/S: |
| 3 | 19 | Richard Workman | Trafford AC               | 48.74 | W/S: |
| 4 | 7  | Lawrence Baird  | Trafford AC               | 49.51 | W/S: |
| 5 | 25 | Craig Yates     | Spenborough & District    | 51.30 | W/S: |

**T32 Senior Men 1500m FINAL****FINAL** W/S:

|    |     |                       |                          |         |      |
|----|-----|-----------------------|--------------------------|---------|------|
| 1  | 204 | Matt Barnes           | Altrincham & District    | 3:51.92 | W/S: |
| 2  | 173 | Stuart Bailey         | Sale Harriers Manchester | 3:52.01 | W/S: |
| 3  | 192 | Rob Jefferies         | Derby AC                 | 3:52.63 | W/S: |
| 4  | 222 | Jonathan Prowse       | Blackpool & Fylde AC     | 3:53.80 | W/S: |
| 5  | 157 | Peter Walsh           | Liverpool Harriers       | 3:53.94 | W/S: |
| 6  | 146 | Michael Morris        | Morpeth Harriers & AC    | 3:54.63 | W/S: |
| 7  | 161 | Simon Deakin          | Leeds City AC            | 3:54.99 | W/S: |
| 8  | 177 | Steffan North         | Sale Harriers Manchester | 3:55.15 | W/S: |
| 9  | 138 | Christopher O'Connell | Sale Harriers Manchester | 3:55.34 | W/S: |
| 10 | 207 | Tom Doe               | Lincoln Wellington       | 3:55.55 | W/S: |
| 11 | 205 | James Boxell          | Barnsley AC              | 3:57.39 | W/S: |

**T33 Senior Men 200m FINAL****FINAL** W/S:

|   |    |                  |                          |       |      |
|---|----|------------------|--------------------------|-------|------|
| 1 | 40 | Gareth Jones     | Sale Harriers Manchester | 21.48 | W/S: |
| 2 | 87 | John Stewart     | Sale Harriers Manchester | 21.53 | W/S: |
| 3 | 3  | Jared Deacon     | South Shields Harriers   | 21.62 | W/S: |
| 4 | 91 | Craig Telford    | Border Harriers & AC     | 22.01 | W/S: |
| 5 | 35 | David Hughes     | City of Sheffield AC     | 22.22 | W/S: |
| 6 | 39 | Philip Ellershaw | Liverpool Harriers       | 22.55 | W/S: |

## Walk Results

### 3000m Walk

#### U15 Girls

|   |                 |                       |          |            |
|---|-----------------|-----------------------|----------|------------|
| 1 | Rebecca Mersh   | City of Sheffield AC  | 14:53.25 | <b>CBP</b> |
| 2 | Kathryn Granger | City of Sheffield AC  | 16:47.29 |            |
| 3 | Emma Gatewood   | Kingston upon Hull AC | 18:03.49 |            |
| 4 | Natalie Myers   | City of Sheffield AC  | 18:25.73 |            |

#### U17 Women

|   |               |                       |          |
|---|---------------|-----------------------|----------|
| 1 | Jennifer Gagg | Kingston upon Hull AC | 15:08.91 |
|---|---------------|-----------------------|----------|

#### U20 Women

|   |                 |                       |          |            |
|---|-----------------|-----------------------|----------|------------|
| 1 | Bryna Christmas | Kingston upon Hull AC | 15:23.43 | <b>CBP</b> |
|---|-----------------|-----------------------|----------|------------|

#### U15 Boys

|   |                 |                       |          |
|---|-----------------|-----------------------|----------|
| 1 | Nicholas Arnell | Kingston upon Hull AC | 17:57.49 |
| 2 | Mark Pratt      | City of Sheffield AC  | 18:28.56 |
| 3 | Chris Brayshaw  | City of Sheffield AC  | 20:43.26 |

## Wind Speeds for jumps

### Senior Men

#### Triple Jump

|   |                |       |         |
|---|----------------|-------|---------|
| 1 | Kevin Thompson | 15.09 | +0.4m/s |
| 2 | Graham Jackson | 14.45 | +0.2m/s |

#### Long Jump

|   |                       |      |         |
|---|-----------------------|------|---------|
| 1 | Christopher Weitz     | 6.61 | +0.3m/s |
| 2 | Gerard Paish Plunkett | 6.23 | -0.2m/s |
| 3 | Ian Charles           | 6.08 | +0.0m/s |

### Senior Women

#### Triple Jump

|   |               |       |         |
|---|---------------|-------|---------|
| 1 | Nicky Clark   | 11.56 | -0.6m/s |
| 2 | Julia Straker | 11.24 | +0.2m/s |
| 3 | Angie Roberts | 10.73 | -0.1m/s |

#### Long Jump

|   |                |      |         |
|---|----------------|------|---------|
| 1 | Natasha May    | 5.91 | +0.9m/s |
| 2 | Ruth Irving    | 5.88 | +0.2m/s |
| 3 | Louise Bloor   | 5.70 | +0.0m/s |
| 4 | Elaine Smith   | 5.65 | +1.3m/s |
| 5 | Fiona Westwood | 5.46 | +0.2m/s |
| 6 | Hannah Barnes  | 5.37 | +0.0m/s |
| 7 | Jenny Pacey    | 5.03 | +1.2m/s |