

North of England AA Senior Championships

Sport City
18th June 2005

F01 Senior Men Hammer FINAL

FINAL

1386	Michael Floyd	Sale Harriers Manchester	66.14
2366	Roger Bate	Trafford AC	55.65
3340	Steve Minnikin	City of Sheffield AC	54.65
4408	Dave Robinson	Thames Valley Harriers AC	52.59
5396	Mark Gulliver	Leeds City AC	52.41
6362	Will Lowndes	Liverpool Harriers	50.88
7402	Simon Bissell	Bolton United Harriers	50.18
8395	Leslie Mackintosh	Liverpool Harriers	48.49
9409	Richard Gayle	Wakefield District H & AC	35.50

F02 Senior Men Pole Vault FINAL

FINAL

1377	Keith Higham	Border Harriers & AC	5.30
2358	Mark Beharrell	Sale Harriers Manchester	5.00
3359	Alan Richardson	Trafford AC	4.80
4350	Ian Noble	Trafford AC	4.50
5343	Ross Dixon	Gateshead Harriers & AC	4.00
6378	James Stacey	Gateshead Harriers & AC	3.80

F03 Senior Women Triple Jump FINAL

FINAL

1405	Julia Straker	Morpeth Harriers & AC	11.64
2364	Shelley Revitt	Doncaster & Stainforth AC	10.60
3321	Angie Roberts	Kingston upon Hull AC	10.55
4336	Lynsie Whyke	Wakefield District H & AC	10.18
5301	Claire Bowman	Kingston upon Hull AC	9.33

F04 Senior Women Hammer FINAL

FINAL

1333	Suzanne Roberts	Wakefield District H & AC	53.97
2323	Sarah Holt	Sale Harriers Manchester	51.77
3363	Louise Davis	Kingston upon Hull AC	49.04
4306	Jemma Kelly	Trafford AC	44.08
5309	Lisa Shippen	Gateshead Harriers & AC	43.51
6385	Nicky Jackson	Wakefield District H & AC	43.05
7311	Bethan Lishman	Border Harriers & AC	40.73
8310	Leah Weatheritt	Gateshead Harriers & AC	39.67
9361	Jenna Wheatman	Scarborough AC	36.70
10 300	Helen Sheen	Manx Harriers	32.44
11 334	Vikki Grime	Hyndburn AC	30.72

F05 Senior Women High Jump FINAL

FINAL

1302	Natalie Clark	Trafford AC	1.81
2346	Rebecca Jones	Wrexham AC	1.75
3133	Katia Lannon	Sale Harriers Manchester	1.65
4244	Jenny Lumley	Leeds City AC	1.60

F06 Senior Men Triple Jump FINAL

FINAL

1376	Elliott O'Neill	Macclesfield Harriers	14.92
2410	Mark Jackson	Newham & Essex Beagles	14.42
3354	Kevin Thompson	Sale Harriers Manchester	14.33
4341	David Budd	City of Sheffield AC	14.24
5339	Graeme Matthews	City of Sheffield AC	14.23
6368	David Smith	Derby AC	13.66
7349	Julien Gittens	Leeds City AC	12.83

F07 Senior Men Discus FINAL

FINAL

1 366	Roger Bate	Trafford AC	48.11
2 253	Leslie Richards	Middlesbrough AC (Mandale)	48.10
3 397	Rob Russell	Scarborough AC	46.97
4 348	Alessandro Morganella	Border Harriers & AC	45.18
5 370	Daniel Brunt	City of Sheffield AC	43.53
6 383	Jamie Williamson	City of Sheffield AC	42.38
7 382	Matthew Allison	Leeds City AC	41.18
8 344	Darran Askew	Doncaster & Stainforth AC	35.32

F08 Senior Women Shot Putt FINAL

FINAL

1 330	Rebecca Peake	Sale Harriers Manchester	14.73
2 149	Claire Everett	Unattached	12.05
3 394	Laura Whittingham	Wakefield District H & AC	11.69
4 313	Chloe Beckett	Trafford AC	11.42
5 306	Jemma Kelly	Trafford AC	11.28
6 307	Nicola Gore	Liverpool Pembroke & Sefton AC	10.85
7 300	Helen Sheen	Manx Harriers	9.17

F09 Under 20 Men Pole Vault FINAL

FINAL

1 418	Luke Cutts	Dearnside High AC	4.50
2 414	Gareth Lapsins	Blackpool & Fylde AC	4.40
3 413	Matthew Cullen	Sale Harriers Manchester	4.10
4 378	James Stacey	Gateshead Harriers & AC	3.90
5 343	Ross Dixon	Gateshead Harriers & AC	3.70

F10 Senior Women Long Jump FINAL

FINAL

1 256	Fiona Harrison	Trafford AC	6.03
2 250	Fiona Westwood	Wakefield District H & AC	5.89
3 10	Kimberley Goodall	Gateshead Harriers & AC	5.77
4 251	Louise Bloor	Trafford AC	5.77
5 133	Katia Lannon	Sale Harriers Manchester	5.66
6 331	Ruth Irving	Edinburgh AC	5.34
7 364	Shelley Revitt	Doncaster & Stainforth AC	4.85
8 328	Rachael Gibson	Scarborough AC	4.83

F11 Senior Women Discus FINAL

FINAL

1 407	Kara Nwiodobie	Blackpool & Fylde AC	57.27 CBP
2 308	Claire Griss	Border Harriers & AC	48.75
3 332	Sarah Henton	Blackburn Harriers	46.25
4 313	Chloe Beckett	Trafford AC	39.12
5 306	Jemma Kelly	Trafford AC	36.88
6 371	Natalie Walsh	Liverpool Pembroke & Sefton AC	33.67
7 303	Lisa Kenney	Kingston upon Hull AC	32.35
8 307	Nicola Gore	Liverpool Pembroke & Sefton AC	31.47

F12 Senior Men High Jump FINAL

FINAL

1 411	Jamie Creighton	Liverpool Harriers	2.05
2 400	Wanangwa Mkandawire	City of Sheffield AC	2.05
3 369	Martin Aram	Liverpool Harriers	2.05
4 374	Darren Hammond	Sale Harriers Manchester	2.05
5 342	Brian Hall	Bolton United Harriers	2.00
6 34	Kevin Sempers	Belgrave Harriers	2.00
7 388	Adam Gallie	Derby AC	1.95

F13a Senior Women Pole Vault FINAL**FINAL**

1317	Claire Neve	Trafford AC	3.70
2315	Michelle Sharrock	Wigan Harriers	3.60
3314	Melanie McCoy	Bolton United Harriers	3.10
4337	Michelle Thornley	Preston Harriers	2.70
5324	Lindsay Johnson	Sale Harriers Manchester	2.70
6329	Hayley Fox	Lincoln Wellington	2.40

F13b Under 20 Women Pole Vault FINAL**FINAL**

1420	Julia Witrylak	Blackpool & Fylde AC	2.90
2421	Janine Mullineaux	Trafford AC	2.80
3422	Elena Mingas	Blackpool & Fylde AC	2.80

F14 Senior Men Long Jump FINAL**FINAL**

170	Richardo Childs	University of Sheffield AC	7.67
2403	Andrew Staniland	Leeds City AC	7.45
3391	Rabah Yusuf	Border Harriers & AC	7.24
4357	Simon Roper	Derby AC	7.23
5392	Suote Nyananyo	Border Harriers & AC	7.15
6401	Philip Riley	Manx Harriers	6.49
7380	Simon Wells	Blackpool & Fylde AC	6.24
8297	Franklin Opara	Sale Harriers Manchester	5.84
984	Kevin Hibbins	Grantham AC	5.83
10 399	John Buckley	Wirral AC	5.08

F15 Senior Men Javelin FINAL**FINAL**

1381	Lee Doran	Enfield & Haringey AC	63.34
2412	Dorel Greta	Warrington AC	61.28
3382	Matthew Allison	Leeds City AC	59.19
4356	Ian Burns	Gateshead Harriers & AC	59.06
5393	David McKay	West Cheshire AC	56.45
6352	Andrew Ormesher	Wigan Harriers	53.59
7404	Ben Fisher	St Helens Sutton AC	51.59
8347	David McKown	Liverpool Harriers	50.09
9375	David Turner	Blackpool & Fylde AC	48.52
10 338	Adrian Cawley	Wigan Harriers	44.40
11 390	John Bryson	Wakefield District H & AC	42.19

F16 Senior Men Shot Putt FINAL**FINAL**

187	Dave Readle	Liverpool Pembroke & Sefton AC	15.72
2383	Jamie Williamson	City of Sheffield AC	15.43
3367	John Nicholls	Sale Harriers Manchester	15.16
4397	Rob Russell	Scarborough AC	14.78
5362	Will Lowndes	Liverpool Harriers	14.60
6373	Craig Sturrock	Gateshead Harriers & AC	14.37
7366	Roger Bate	Trafford AC	13.49
8370	Daniel Brunt	City of Sheffield AC	13.30

F17 Senior Women Javelin FINAL**FINAL**

1327	Shelley Holroyd	Sale Harriers Manchester	53.27
2313	Chloe Beckett	Trafford AC	38.82
3256	Fiona Harrison	Trafford AC	38.35
4318	Kerri Massey	Liverpool Pembroke & Sefton AC	34.94
5365	Anne-Marie Pennington	Liverpool Pembroke & Sefton AC	34.87
6322	Colette Doran	Border Harriers & AC	34.50
7300	Helen Sheen	Manx Harriers	32.69
8244	Jenny Lumley	Leeds City AC	32.59
9361	Jenna Wheatman	Scarborough AC	29.33
10 306	Jemma Kelly	Trafford AC	28.67

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

1	7	Laura Curtis	Kingston upon Hull AC	1:01.61	W/S:
2	17	Shona MacPherson	Wigan Harriers	1:02.21	W/S:
3	28	Jackie Noblet	Preston Harriers	1:04.10	W/S:
4	9	Becky Holdsworth	Doncaster & Stainforth AC	1:05.49	W/S:
5	134	Kathy Wellam	Sale Harriers Manchester	1:08.32	W/S:
6	21	Hazel Le Cornu	Scarborough AC	1:11.36	W/S:

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

W/S: +1.8m/s

1	60	Yusupha Bojang	Sale Harriers Manchester	10.86	W/S:
2	65	Antony Leigh	City of Stoke AC	11.03	W/S:
3	44	Michael Zaim	Liverpool Pembroke & Sefton AC	11.06	W/S:
4	104	Warren Fenn	City of Sheffield AC	11.26	W/S:
5	122	John Uridge	Wakefield District H & AC	11.50	W/S:
6	84	Kevin Hibbins	Grantham AC	11.76	W/S:
7	85	Peter Hickey	Northern Vets AC	11.92	W/S:
8	69	Adam Rogers	Shildon AC	12.08	W/S:

Heat 02

W/S: +2.0m/s

1	89	Ben Stramkowski	Derby AC	10.70	W/S:
2	59	Tallah Gaye	Sale Harriers Manchester	10.80	W/S:
3	49	Matthew Lee	Bury AC	11.02	W/S:
4	41	Peter Vickers	Border Harriers & AC	11.10	W/S:
5	121	Philip Ellershaw	Liverpool Harriers	11.22	W/S:
6	96	Stephen Butterfield	Vale Royal	11.22	W/S:
7	297	Franklin Opara	Sale Harriers Manchester	11.49	W/S:
8	107	Stephen Thorpe	Wakefield District H & AC	11.83	W/S:

Heat 03

W/S: +2.1ms

1	103	Dan Money	Sale Harriers Manchester	10.87	W/S:
2	86	Tim Ward	Border Harriers & AC	10.88	W/S:
3	50	Thomas Martin	Sale Harriers Manchester	10.88	W/S:
4	87	Dave Readle	Liverpool Pembroke & Sefton AC	10.99	W/S:
5	128	Eberechi Eseomu	Boston & District AC	11.12	W/S:
6	53	Darren Eldin	Goole Youth AC	11.21	W/S:
7	113	Andrew Owens	Liverpool Harriers	11.22	W/S:
8	168	Mark Gilmer	Wakefield District H & AC	12.02	W/S:

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

W/S: +2.5m/s

1	31	Emily Freeman	Wakefield District H & AC	11.78	W/S:
2	73	Helen Taylor	Wigan Harriers	11.90	W/S:
3	242	Laura Heslop	Wirral AC	12.14	W/S:
4	12	Maria Morganella	Border Harriers & AC	12.34	W/S:
5	18	Juanita Coleman	Trafford AC	12.49	W/S:
6	129	Julie Price	Altrincham & District	12.70	W/S:
7	1	Rachel Smith	Trafford AC	12.75	W/S:

Heat 02

W/S: +1.6m/s

1	27	Yvette Henry	Wigan Harriers	11.85	W/S:
2	251	Louise Bloor	Trafford AC	12.23	W/S:
3	255	Christina Clubley	Kingston upon Hull AC	12.38	W/S:
4	241	Amanda Shaw	Barnsley AC	12.48	W/S:
5	15	Natalie Pearson	City of Sheffield AC	12.51	W/S:
6	30	Louise Aiston	Border Harriers & AC	12.66	W/S:
7	147	Averil McClelland	Lancaster & Morecambe AC	13.10	W/S:
8	2	Sarah Hetherington	Sale Harriers Manchester	13.58	W/S:

T05 Senior Men 1500m Heats

Heat 01				W/S:
1216	Phillip Tedd	Bingley Harriers	3:55.68	W/S:
2234	Matthew Nicholson	Gosforth Harriers	3:56.57	W/S:
3190	Shaun Moralee	Durham City Harriers	3:57.05	W/S:
4172	Steven Horn	Elswick Harriers	3:57.38	W/S:
5162	Jonathan Thewlis	Rotherham Harriers	3:58.11	W/S:
6204	James Philipson	Sale Harriers Manchester	4:01.08	W/S:
7211	Robert Spencer	Hallamshire Harriers	4:08.73	W/S:
8229	Philip Williams	Rochdale Harriers	4:11.48	W/S:
9165	Adam Clansey	Liverpool Pembroke & Sefton AC	4:13.37	W/S:
10 207	Richard Burney	Liverpool Harriers	DNF	W/S:

Heat 02				W/S:
1189	Richard Weir	Derby AC	3:53.58	W/S:
2213	Matt Barnes	Altrincham & District	3:53.97	W/S:
3208	Dan Samuels	Morpeth Harriers & AC	3:54.00	W/S:
4179	Rob Watkinson	Rotherham Harriers	3:54.16	W/S:
5194	Paul Hutton	Gosforth Harriers	3:54.31	W/S:
6294	Ryan McLeod	Elswick Harriers	3:54.46	W/S:
7155	Steffan North	Sale Harriers Manchester	3:55.02	W/S:
8173	Alan Buckley	Gateshead Harriers & AC	3:55.95	W/S:
9175	Paul Whitelam	Hallamshire Harriers	3:56.75	W/S:
10 196	Ken Harker	Richmond & Zetland AC	4:16.79	W/S:

T06 Senior Women 1500m FINAL

FINAL				W/S:
1279	Ellie Stevens	Derby AC	4:29.91	W/S:
2275	Louise Whittaker	Sale Harriers Manchester	4:30.96	W/S:
3148	Celia De Maria	Leeds City AC	4:33.25	W/S:
4269	Claire Robson	Teesdale Athletics Club	4:34.95	W/S:
5286	Lisa Palmer	Derby AC	4:35.59	W/S:
6283	Claire Simpson	Jarrow & Hebburn	4:38.77	W/S:
7277	Nicola Squires	Hallamshire Harriers	4:46.16	W/S:
8288	Stephanie Robson	Chester-le-Street AC	4:51.24	W/S:
9280	Ellen Butler	Notts AC	4:52.16	W/S:
10 264	Claire Leaver	Holmfirth Harriers	5:12.94	W/S:
11 289	Michelle Whalley	Liverpool Harriers	DNF	W/S:

T07 Senior Men 400m Hurdles FINAL

FINAL				W/S:
172	Jared Deacon	South Shields Harriers	52.90	W/S:
256	Daniel Brandwood	Birchfield Harriers	54.35	W/S:
3119	Thomas Grantham	City of Sheffield AC	55.48	W/S:
445	Ric Banjac	Rochdale Harriers	55.72	W/S:
5109	Danny Hind	Wigan Harriers	57.58	W/S:
638	Adrian Wilson	Ikings	57.64	W/S:
774	Ben Manchester	Bingley Harriers	1:00.31	W/S:
898	Chris Perrey	Bolton United Harriers	1:00.81	W/S:

T08 Senior Men 100m FINAL

FINAL				W/S: +3.9m/s
189	Ben Stramkowski	Derby AC	10.62	W/S:
286	Tim Ward	Border Harriers & AC	10.69	W/S:
359	Tallah Gaye	Sale Harriers Manchester	10.70	W/S:
460	Yusupha Bojang	Sale Harriers Manchester	10.73	W/S:
550	Thomas Martin	Sale Harriers Manchester	10.74	W/S:
6103	Dan Money	Sale Harriers Manchester	10.77	W/S:
765	Antony Leigh	City of Stoke AC	10.90	W/S:
887	Dave Readle	Liverpool Pembroke & Sefton AC	10.95	W/S:

T09 Senior Women 100m FINAL

FINAL				W/S: +1.9m/s
1 31	Emily Freeman	Wakefield District H & AC	11.71	W/S:
2 73	Helen Taylor	Wigan Harriers	11.74	W/S:
3 27	Yvette Henry	Wigan Harriers	11.78	W/S:
4 251	Louise Bloor	Trafford AC	12.07	W/S:
5 242	Laura Heslop	Wirral AC	12.21	W/S:
6 12	Maria Morganella	Border Harriers & AC	12.27	W/S:
7 241	Amanda Shaw	Barnsley AC	12.40	W/S:
8 255	Christina Clubley	Kingston upon Hull AC	12.44	W/S:

T10 Senior Men 800m Heats

Heat 01				W/S:
1 210	Steven Evison	City of Sheffield AC	1:56.49	W/S:
2 221	Gavin Massingham	Sunderland Harriers	1:56.76	W/S:
3 187	Graham Wright	Lincoln Wellington	1:56.99	W/S:
4 220	Ian Rawlinson	Border Harriers & AC	1:58.34	W/S:
5 158	Steven Mayers	St Helens Sutton AC	2:00.12	W/S:
6 167	Danny Kevan	Wigan Harriers	2:01.31	W/S:

Heat 02				W/S:
1 182	James Wardman	Richmond & Zetland AC	1:57.45	W/S:
2 215	Gavin Parkinson	Halifax Harriers	1:57.46	W/S:
3 160	Steven Pogue	Middlesbrough AC (Mandale)	1:57.96	W/S:
4 225	Stephen Donegan	Liverpool Pembroke & Sefton AC	2:02.79	W/S:
5 185	Francis Turner	Durham City Harriers	2:19.96	W/S:
6 219	Andrew Graham	Gosforth Harriers	DNS	W/S:

Heat 03				W/S:
1 178	Andrew Teate	Middlesbrough AC (Mandale)	1:55.00	W/S:
2 296	Ian Salisbury	Trafford AC	1:55.47	W/S:
3 153	James Hogg	Gateshead Harriers & AC	1:55.52	W/S:
4 166	Chris Bryant	Wigan Harriers	1:55.63	W/S:
5 200	Simon O'Leary	Lincoln Wellington	1:58.03	W/S:
6 151	Scott Wardman	Richmond & Zetland AC	2:00.71	W/S:

T11 Senior Women 800m FINAL

FINAL				W/S:
1 271	Nisha Desai	Morpeth Harriers & AC	2:08.0	W/S:
2 239	Rachael Thompson	Liverpool Harriers	2:08.5	W/S:
3 268	Donna Riding	Sale Harriers Manchester	2:09.6	W/S:
4 272	Becky Townsend	Leeds City AC	2:13.3	W/S:
5 149	Claire Everett	Unattached	2:14.8	W/S:
6 274	Seonaid Murray	Macclesfield Harriers	2:16.1	W/S:
7 261	Philippa McCrea	Gateshead Harriers & AC	2:19.0	W/S:
8 287	Sally Youden	Gateshead Harriers & AC	2:20.4	W/S:
9 270	Victoria Griffiths	Liverpool Harriers	DNF	W/S:

T12 Senior Men 3000m Steeplechase FINAL

FINAL				W/S:
1 154	Russell England	Leeds City AC	9:20.27	W/S:
2 212	Stephen Millward	Cardiff Aac	9:28.30	W/S:
3 206	John McCole	Liverpool Harriers	9:35.17	W/S:
4 161	Paul White	Middlesbrough AC (Mandale)	10:31.63	W/S:

T14 Senior Men 5000m FINAL**FINAL** W/S:

1191	Simon Deakin	Leeds City AC	14:38.05	W/S:
2201	Philip McGlory	Liverpool Harriers	14:39.88	W/S:
3295	Andi Jones	Salford Harriers	14:42.54	W/S:
4217	Matthew Shaw	Salford Harriers	14:42.78	W/S:
5292	David Norman	Altrincham & District	14:46.11	W/S:
6205	James Boardman	Liverpool Pembroke & Sefton AC	14:58.31	W/S:
7192	Rob Berry	Southport Waterloo AC	15:01.32	W/S:
8157	David Webb	Leeds City AC	15:04.38	W/S:
9203	Mike Burrett	Leeds City AC	15:10.95	W/S:
10 195	Ben Fish	Blackburn Harriers	15:17.55	W/S:
11 184	Thomas Cornthwaite	Blackburn Harriers	15:19.10	W/S:
12 291	Andrew Aked	Rotherham Harriers	15:20.63	W/S:
13 214	Adam Osborne	Leeds City AC	15:23.02	W/S:
14 174	Hywel Care	Nestle Rowntree AC	15:42.24	W/S:
15 180	Adam Dyson	Hallamshire Harriers	15:45.92	W/S:
16 177	Greg Hull	Leeds City AC	15:48.26	W/S:
17 150	Darren Ridout	Derby AC	16:12.29	W/S:
18 169	Scott Monk	Blackburn Harriers	16:15.21	W/S:
19 233	Adam Elliott	Warrington AC	16:21.25	W/S:
99 171	Michael Jagger	Lincoln Wellington	DNF	W/S:
99 218	Ivan Hollingsworth	Morpeth Harriers & AC	DNF	W/S:
99 227	Martin Hilton	Leeds City AC	DNF	W/S:
99 186	Matthew Pierson	Holmfirth Harriers	DNF	W/S:
99 293	Ian Mitchell	Tipton Harriers & AC	DNF	W/S:
99 232	Martin Scaife	Morpeth Harriers & AC	DNF	W/S:
99 183	Carl Ryde	Doncaster & Stainforth AC	DNF	W/S:

T15 Senior Women 100m Hurdles FINAL**FINAL** W/S: +1.9M/S

1252	Sharon Walls	Wigan Harriers	13.52	W/S:
2256	Fiona Harrison	Trafford AC	14.02	W/S:
36	Katey Read	Liverpool Harriers	14.19	W/S:
425	Ruth Dales	Wakefield District H & AC	14.31	W/S:
526	Grace Smith	Sale Harriers Manchester	14.67	W/S:
99 133	Katia Lannon	Sale Harriers Manchester	DNS	W/S:

T16 Senior Men 110m Hurdles Heats**Heat 01** W/S: +2.6M/S

134	Kevin Sempers	Belgrave Harriers	14.95	W/S:
279	Emile Robinson	Grantham AC	15.25	W/S:
3130	Andrew Hopkinson	Sale Harriers Manchester	15.31	W/S:
464	Mark Bowler	Boston & District AC	15.42	W/S:
5298	Matthew Hudson	Leeds City AC	16.11	W/S:
6114	Ashley Pritchard	Macclesfield Harriers	16.37	W/S:

Heat 02 W/S: +2.6M/S

1110	Dominic Bradley	Birchfield Harriers	14.50	W/S:
237	Jordan Fleary	Liverpool Harriers	14.58	W/S:
3425	Charlie Kavanagh	City of Sheffield AC	15.01	W/S:
4297	Franklin Opara	Sale Harriers Manchester	15.06	W/S:
5118	Andrew Sturrock	Gateshead Harriers & AC	15.57	W/S:
640	Ian Scholes	Trafford AC	DNF	W/S:

T17 Senior Men 200m Heats**Heat 01** W/S: +1.9M/S

1117	Gary Atkinson	Sale Harriers Manchester	21.55	W/S:
272	Jared Deacon	South Shields Harriers	21.86	W/S:
3131	James Moore	Birchfield Harriers	22.24	W/S:
454	Dean Hardman	Sale Harriers Manchester	23.55	W/S:
569	Adam Rogers	Shildon AC	25.35	W/S:
644	Michael Zaim	Liverpool Pembroke & Sefton AC	DNS	W/S:
665	Antony Leigh	City of Stoke AC	DNS	W/S:

Heat 02

W/S: +1.2M/S

1 126	David Riley	Morpeth Harriers & AC	21.51	W/S:
2 35	Gareth Jones	Sale Harriers Manchester	21.59	W/S:
3 53	Darren Eldin	Goole Youth AC	22.32	W/S:
4 49	Matthew Lee	Bury AC	22.45	W/S:
5 87	Dave Readle	Liverpool Pembroke & Sefton AC	22.46	W/S:
6 104	Warren Fenn	City of Sheffield AC	22.68	W/S:
7 101	John Crowley	Oldham & Royton H & AC	24.88	W/S:

Heat 03

W/S: +1.2M/S

1 99	Eldridge Phiri	City of Sheffield AC	22.08	W/S:
2 91	Darren Scott	Trafford AC	22.15	W/S:
3 123	Tom Henry	Halifax Harriers	22.71	W/S:
4 48	Carlo Balsamo	Bury AC	22.97	W/S:
5 128	Eberechi Eseomu	Boston & District AC	22.99	W/S:
6 85	Peter Hickey	Northern Vets AC	23.89	W/S:
99 103	Dan Money	Sale Harriers Manchester	DNS	W/S:

Heat 04

W/S: +2.2M/S

1 52	Carl Dickinson	Preston Harriers	21.61	W/S:
2 60	Yusupha Bojang	Sale Harriers Manchester	21.97	W/S:
3 68	John Kelley	City of Sheffield AC	21.98	W/S:
4 86	Tim Ward	Border Harriers & AC	22.00	W/S:
5 75	Prosper Mwanza	Gateshead Harriers & AC	23.65	W/S:
6 81	Jonathan Moss	Sale Harriers Manchester	23.76	W/S:
7 168	Mark Gilmer	Wakefield District H & AC	24.00	W/S:

T18 Senior Women 200m Heats**Heat 01** W/S: +2.9M/S

1 426	Anyika Onuora	Liverpool Harriers	24.38	W/S:
2 27	Yvette Henry	Wigan Harriers	24.88	W/S:
3 12	Maria Morganella	Border Harriers & AC	25.09	W/S:
4 259	Ni-Kysa Ferguson	Trafford AC	25.41	W/S:
5 241	Amanda Shaw	Barnsley AC	25.62	W/S:
6 15	Natalie Pearson	City of Sheffield AC	25.89	W/S:

Heat 02

W/S: +2.0M/S

1 73	Helen Taylor	Wigan Harriers	24.40	W/S:
2 11	Bernice Wilson	Birchfield Harriers	24.51	W/S:
3 20	Hayley Gadsby	Derby AC	24.92	W/S:
4 18	Juanita Coleman	Trafford AC	25.46	W/S:
5 10	Kimberley Goodall	Gateshead Harriers & AC	25.94	W/S:
99 30	Louise Aiston	Border Harriers & AC	DNS	W/S:
99 2	Sarah Hetherington	Sale Harriers Manchester	DNS	W/S:

T19 Senior Men 400m Heats**Heat 01** W/S:

1 100	Richard Strachan	Leeds City AC	48.60	W/S:
2 115	Philip Taylor	Liverpool Pembroke & Sefton AC	49.02	W/S:
3 82	Rick Beardsell	Trafford AC	49.33	W/S:
4 132	Neil Hewson	Wigan Harriers	49.93	W/S:
5 58	Adam Bellis	Sale Harriers Manchester	51.27	W/S:
6 127	Thomas Patton	Gateshead Harriers & AC	51.50	W/S:
7 119	Thomas Grantham	City of Sheffield AC	52.53	W/S:
99 123	Tom Henry	Halifax Harriers	DNS	W/S:

Heat 02

W/S:

1 90	Kieran McGing	Liverpool Pembroke & Sefton AC	49.16	W/S:
2 94	Richard Yates	Trafford AC	49.18	W/S:
3 78	David Gbatta	Bingley Harriers	49.61	W/S:
4 67	Adam Rogers	Sale Harriers Manchester	49.64	W/S:
5 108	Craig Yates	Spenborough & District	49.86	W/S:
6 43	Chris Taylor	Hallamshire Harriers	51.14	W/S:
7 61	Marc Mullen-Browne	Stockport Harriers	51.88	W/S:
8 36	Russell U'Keeffe	Barrow & Furness Striders	53.67	W/S:

Heat 03

166	Scott Caine	Stockport Harriers	48.98	W/S:
2102	Andy Wilkinson	Sale Harriers Manchester	48.98	W/S:
357	Lawrence Baird	Trafford AC	49.38	W/S:
4124	Paul Grattage	Wigan Harriers	49.81	W/S:
562	Gareth Turner	Woodford Green	50.25	W/S:
668	John Kelley	City of Sheffield AC	51.09	W/S:
788	Chris Ball	Trafford AC	51.47	W/S:
863	Simon Talbot	Newport Harriers	5244	W/S:

T20 Senior Women 400m Heats**Heat 01**

1243	Jennifer Meadows	Wigan Harriers	54.96	W/S:
2282	Rebecca Sweeney	Sale Harriers Manchester	55.85	W/S:
323	Faye Harding	Sale Harriers Manchester	56.90	W/S:
4246	Kay Sheedy	Blackpool & Fylde AC	58.43	W/S:
519	Victoria Carmichael	Gateshead Harriers & AC	59.18	W/S:
621	Hazel Le Cornu	Scarborough AC	62.73	W/S:

Heat 02

1243	Jennifer Meadows	Wigan Harriers	54.96	W/S:
2282	Rebecca Sweeney	Sale Harriers Manchester	55.85	W/S:
323	Faye Harding	Sale Harriers Manchester	56.90	W/S:
4246	Kay Sheedy	Blackpool & Fylde AC	58.43	W/S:
519	Victoria Carmichael	Gateshead Harriers & AC	59.18	W/S:
621	Hazel Le Cornu	Scarborough AC	62.73	W/S:

Heat 03

1249	Katie Jones	Trafford AC	55.12	W/S:
28	Danielle Halsall	Sale Harriers Manchester	56.81	W/S:
3254	Kate McGing	Liverpool Harriers	57.68	W/S:
413	Laura Siddall	Sale Harriers Manchester	58.19	W/S:
516	Sarah Phelan	Wirral AC	59.48	W/S:
6247	Vicki Robinson	Stockport Harriers	60.41	W/S:

T21 Senior Women 5000m FINAL**FINAL**

1260	Aine Hoban	Wakefield District H & AC	16:47.57	W/S:
2263	Laura Carney	Liverpool Harriers	16:53.29	W/S:
3281	Elizabeth Such	Hallamshire Harriers	17:05.00	W/S:
4273	Sarah Willmott	Blackburn Harriers	17:31.05	W/S:
5262	Kirsteen Young	Leeds City AC	18:51.29	W/S:
99 278	Alexandra Gostling	Leeds City AC	DNF	W/S:

T22 Senior Men 110m Hurdles FINAL**FINAL**

1110	Dominic Bradley	Birchfield Harriers	14.31	W/S:
237	Jordan Fleary	Liverpool Harriers	14.56	W/S:
3425	Charlie Kavanagh	City of Sheffield AC	14.78	W/S:
434	Kevin Sempers	Belgrave Harriers	14.97	W/S:
5297	Franklin Opara	Sale Harriers Manchester	15.08	W/S:
679	Emile Robinson	Grantham AC	15.27	W/S:
764	Mark Bowler	Boston & District AC	15.30	W/S:
8130	Andrew Hopkinson	Sale Harriers Manchester	15.36	W/S:

T23 Senior Men 1500m FINAL**FINAL**

1216	Phillip Tedd	Bingley Harriers	3:54.27	W/S:
2189	Richard Weir	Derby AC	3:54.68	W/S:
3213	Matt Barnes	Altrincham & District	3:55.20	W/S:
4179	Rob Watkinson	Rotherham Harriers	3:57.16	W/S:
5208	Dan Samuels	Morpeth Harriers & AC	3:58.19	W/S:
6234	Matthew Nicholson	Gosforth Harriers	3:58.71	W/S:
7155	Steffan North	Sale Harriers Manchester	3:59.76	W/S:
8190	Shaun Moralee	Durham City Harriers	3:59.86	W/S:
9172	Steven Horn	Elswick Harriers	4:00.08	W/S:
10 194	Paul Hutton	Gosforth Harriers	4:00.59	W/S:
11 294	Ryan McLeod	Elswick Harriers	4:01.42	W/S:
12 173	Alan Buckley	Gateshead Harriers & AC	4:02.30	W/S:

T24**FINAL**

1	52	Carl Dickinson	Preston Harriers	21.17	W/S:
2	117	Gary Atkinson	Sale Harriers Manchester	21.28	W/S:
3	126	David Riley	Morpeth Harriers & AC	21.39	W/S:
4	35	Gareth Jones	Sale Harriers Manchester	21.47	W/S:
5	72	Jared Deacon	South Shields Harriers	21.93	W/S:
6	68	John Kelley	City of Sheffield AC	22.19	W/S:
7	60	Yusupha Bojang	Sale Harriers Manchester	22.48	W/S:
99	99	Eldridge Phiri	City of Sheffield AC	DNS	W/S:

T25**FINAL**

1	426	Anyika Onuora	Liverpool Harriers	23.76	W/S:
2	73	Helen Taylor	Wigan Harriers	24.20	W/S:
3	11	Bernice Wilson	Birchfield Harriers	24.48	W/S:
4	12	Maria Morganella	Border Harriers & AC	24.99	W/S:
99	259	Ni-Kysa Ferguson	Trafford AC	DNS	W/S:
99	27	Yvette Henry	Wigan Harriers	DNS	W/S:
99	20	Hayley Gadsby	Derby AC	DNS	W/S:
99	18	Juanita Coleman	Trafford AC	DNS	W/S:

T26 Senior Men 800m FINAL**FINAL**

1	221	Gavin Massingham	Sunderland Harriers	1:55.85	W/S:
2	210	Steven Evison	City of Sheffield AC	1:56.06	W/S:
3	296	Ian Salisbury	Trafford AC	1:56.37	W/S:
4	178	Andrew Teate	Middlesbrough AC (Mandale)	1:56.61	W/S:
5	215	Gavin Parkinson	Halifax Harriers	1:56.64	W/S:
6	166	Chris Bryant	Wigan Harriers	1:58.43	W/S:
7	182	James Wardman	Richmond & Zetland AC	1:59.33	W/S:
8	153	James Hogg	Gateshead Harriers & AC	2:06.03	W/S:

T27 Senior Men 400m FINAL**FINAL**

1	100	Richard Strachan	Leeds City AC	47.69	W/S:
2	115	Philip Taylor	Liverpool Pembroke & Sefton AC	47.71	W/S:
3	66	Scott Caine	Stockport Harriers	48.44	W/S:
4	82	Rick Beardsell	Trafford AC	48.54	W/S:
5	57	Lawrence Baird	Trafford AC	48.82	W/S:
6	94	Richard Yates	Trafford AC	49.38	W/S:
7	90	Kieran McGing	Liverpool Pembroke & Sefton AC	51.21	W/S:
99	102	Andy Wilkinson	Sale Harriers Manchester	DNF	W/S:

T28**FINAL**

1	243	Jennifer Meadows	Wigan Harriers	52.69	W/S:
2	8	Danielle Halsall	Sale Harriers Manchester	54.59	W/S:
3	23	Faye Harding	Sale Harriers Manchester	55.40	W/S:
4	282	Rebecca Sweeney	Sale Harriers Manchester	55.70	W/S:
5	254	Kate McGing	Liverpool Harriers	57.40	W/S:
6	13	Laura Siddall	Sale Harriers Manchester	58.02	W/S:
7	246	Kay Sheedy	Blackpool & Fylde AC	58.09	W/S:
99	249	Katie Jones	Trafford AC	DNS	W/S:

T29a**FINAL**

1	430	David Turner (SM)	Yorkshire RWC	52:50.55	W/S:
2	140	Dwane Butterley (SM)	Leicester WC	54:30.31	W/S:
3	138	Mark Byrne (SM)	York CIU	63:05.77	W/S:
4	137	Paul Evennett (SM)	York CIU	DQ	W/S:

T29b**FINAL**

1	135	Johanna Jackson (SW)	Redcar Race Walking Club	24:50.38	W/S:
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T29d Under 17 Men 3000m Walk FINAL**FINAL**

1143	Ben Wears (U17)	Redcar RWC	14:46.33	W/S:
2142	Joe Friend (U17)	Kingston upon Hull AC	dnf	W/S:

Under 17 Women 3000m Walk Final

Rebecca Mersh	City of Sheffield AC	14:33:21
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T29f Under 15 Boys 3000m Walk FINAL**FINAL**

1136	Mark Pratt (U15)	City of Sheffield AC	17::55.57	W/S:
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T29g Under 15 Girls 3000m Walk FINAL**FINAL**

2145	Natalie Myers (U15)	City of Sheffield AC	17:56.99	W/S:
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