

Northern Athletics Senior/U20 Outdoor Champs 2013

Manchester
22/23 June 2013

F01 Senior Women Hammer FINAL

FINAL

| | | | | |
|---|-----|----------------|---------------------------|-------|
| 1 | 216 | Hannah Evenden | City of Edinburgh AC | 52.33 |
| 2 | 244 | Jessica Mayho | Bingley Harriers & Ac | 51.84 |
| 3 | 287 | Katy Wilson | Birtley AC | 50.64 |
| 4 | 288 | Jenna Winson | Derby Athletic Club | 50.11 |
| 5 | 285 | Jenna Wheatman | Wakefield District H & AC | 49.80 |
| 6 | 477 | Chiara Collins | Sale Harriers Manchester | 39.72 |

F02 Senior Men Shot Putt FINAL

FINAL

| | | | | |
|----|-----|------------------|--------------------------|-------|
| 1 | 12 | Greg Beard | Newham & Essex Beagles | 17.94 |
| 2 | 184 | Jamie Williamson | City of Sheffield AC | 17.20 |
| 3 | 100 | Scott Lincoln | City Of York AC | 15.40 |
| 4 | 23 | Daniel Brunt | City Of Sheffield AC | 14.61 |
| 5 | 122 | John Nicholls | Sale Harriers Manchester | 14.52 |
| 6 | 98 | John Lane | City Of Sheffield Ac | 13.90 |
| 7 | 175 | Alan Toward | Gateshead Harriers & AC | 13.73 |
| 8 | 140 | Liam Ramsay | City Of Sheffield AC | 12.66 |
| 9 | 177 | John Twiddle | Kingston Upon Hull Ac | 11.55 |
| 10 | 70 | Thomas Grantham | City Of Sheffield AC | 11.20 |
| 11 | 138 | Russell Race | Hyndburn AC | 9.75 |

F03 Senior Women High Jump FINAL

FINAL

| | | | | |
|---|-----|-----------------|--------------------------|------|
| 1 | 232 | Vikki Hubbard | Birchfield Harriers | 1.69 |
| 2 | 479 | Samantha Fraser | Wigan & District H & Ac | 1.63 |
| 3 | 482 | Jessica Taylor | Sale Harriers Manchester | 1.60 |
| 4 | 213 | Karla Drew | City Of Sheffield AC | NHC |

F04 Under 20 Men Pole Vault FINAL

FINAL

| | | | | |
|---|-----|-----------------|---------------------------|------|
| 1 | 303 | Harry Coppell | Wigan & District H & AC | 5.01 |
| 2 | 319 | Adam Hague | The Dearne A.L.C | 4.90 |
| 3 | 34 | Nicholas Cole | The Dearne A.L.C | 4.80 |
| 4 | 473 | Jacob Sutcliffe | Sale Harriers Manchester | 4.10 |
| 5 | 382 | Finn Walker | Blackpool Wyre & Fylde Ac | 4.00 |

F05 Under 20 Women Long Jump FINAL

FINAL

| | | | | | |
|---|-----|------------------|--------------------------|------|---------|
| 1 | 401 | Micaela Brindle | Wigan & District H & Ac | 5.87 | +2.2m/s |
| 2 | 411 | Danielle Erskine | West Cheshire Athletic | 5.22 | +1.2 |
| 3 | 461 | Hannah Ukandu | Leeds City Athletic Club | 4.89 | +1.2 |

F06 Under 20 Men Discus FINAL

FINAL

| | | | | |
|---|-----|------------------|--------------------------|-------|
| 1 | 345 | Francis Mulvaney | Liverpool Harriers & AC | 41.93 |
| 2 | 333 | Tom Kirk | Doncaster Athletic Club | 35.55 |
| 3 | 317 | Anthony Gillatt | Scunthorpe & District Ac | 35.40 |

F07 Under 20 Women Discus FINAL

FINAL

| | | | | |
|---|-----|---------------|--------------------------|-------|
| 1 | 443 | Sarah Parsons | City of York AC | 39.99 |
| 2 | 444 | Kate Pattison | Kingston upon Hull AC | 37.90 |
| 3 | 398 | Elicia Bones | Scunthorpe & District AC | 29.13 |

F08 Under 20 Men Long Jump FINAL

FINAL

| | | | | | |
|---|-----|------------------|--------------------------|------|----------|
| 1 | 321 | Scott Hall | Gateshead Harriers & AC | 7.11 | +1.8 m/s |
| 2 | 383 | Adam Walker-Khan | Birchfield Harriers | 7.03 | +2.1 |
| 3 | 313 | Matthew Elvidge | Kingston upon Hull AC | 6.34 | +1.2 |
| 4 | 373 | Rob Smith | Scunthorpe & District AC | 6.08 | +2.6 |
| 5 | 343 | Curtis Mitchell | Preston Harriers | 6.06 | +1.7 |
| 6 | 384 | James Wardle | Goole Youth Ac | 5.82 | +2.3 |

F09 Senior Men High Jump FINAL

FINAL

| | | | | |
|---|-----|----------------|--------------------------|------|
| 1 | 132 | Lloyd Powell | City of Sheffield AC | 1.93 |
| 2 | 93 | Patrick Jowett | Cleethorpes And District | 1.88 |

F10 Senior Men Hammer FINAL

FINAL

| | | | | |
|----|-----|-----------------|----------------------------|-------|
| 1 | 63 | Mike Floyd | Sale Harriers Manchester | 70.48 |
| 2 | 14 | James Bedford | Birchfield Harriers | 69.76 |
| 3 | 19 | Michael Bomba | Liverpool Harriers & AC | 68.62 |
| 4 | 114 | Nicholas Miller | Border Harriers & Ac | 68.42 |
| 5 | 158 | Alex Smith | Sale Harriers Manchester | 67.50 |
| 6 | 147 | Jason Robinson | Chesterfield & District AC | 51.23 |
| 7 | 107 | Richard Martin | Bedford & County AC | 50.28 |
| 8 | 142 | Adam Reynolds | Liverpool Harriers & AC | 49.16 |
| 9 | 109 | Ryan McDowall | Border Harriers & Ac | 45.24 |
| 10 | 15 | Richard Bell | Manx Harriers | 44.88 |
| 11 | 54 | Alex Elston | Rotherham Harriers And | 42.46 |
| 12 | 67 | Richard Gayle | Wakefield District H & Ac | 41.10 |
| 13 | 155 | David Shaw | Blackpool Wyre & Fylde Ac | 40.35 |
| 14 | 167 | Reece Straker | North Shields Polytechnic | 37.21 |
| 15 | 177 | John Twiddle | Kingston Upon Hull Ac | 36.99 |

F11 Under 20 Women Pole Vault FINAL

FINAL

| | | | | |
|---|-----|-----------------|----------------------------|------|
| 1 | 451 | Abby Roberts | Wakefield District H & Ac | 3.80 |
| 2 | 434 | Sarah McKeever | Sale Harriers Manchester | 3.65 |
| 3 | 463 | Gemma Valentine | Crewe and Nantwich AC | 3.15 |
| 4 | 448 | Vicky Price | Chesterfield & District AC | 2.95 |

F12 Senior Women Triple Jump FINAL

| FINAL | | CBP | |
|-------|----------------------------|-----------------------------|-------------|
| 1 | 249 Nony Mordi | Shaftesbury Barnet Harriers | 13.29 +2.50 |
| 2 | 257 Naomi Reid | Derby Athletic Club | 12.74 +2.0 |
| 3 | 229 Kelly Hilton | Wigan & District H & AC | 12.68 +0.80 |
| 4 | 261 Michelle Robbins-Hulse | Trafford Athletic Club | 12.39 +1.40 |

F13 Senior Men Triple Jump FINAL

| FINAL | | | |
|-------|----------------------|--------------------------|----------------|
| 1 | 485 Jonathan Sawyers | Windsor Slough Eton & | 15.08 +1.0 m/s |
| 2 | 20 Josh Bones | Scunthorpe & District Ac | 15.02 +1.4 |
| 3 | 89 Andrew Jaruczak | Unattached | 13.43 +1.3 |
| 4 | 58 Michael Fennell | Manchester Harriers & Ac | 12.67 -0.3 |
| 5 | 69 Julien Gittens | Leeds City Athletic Club | 12.14 +1.0 |

F14 Senior Women Shot Putt FINAL

| FINAL | | | |
|-------|--------------------|--------------------------|-------|
| 1 | 216 Hannah Evenden | City of Edinburgh AC | 13.48 |
| 2 | 215 Lois Earl | Kingston upon Hull AC | 12.52 |
| 3 | 195 Sarah Benson | Bingley Harriers & AC | 12.31 |
| 4 | 482 Jessica Taylor | Sale Harriers Manchester | 12.26 |
| 5 | 212 Ruth Doran | Liverpool Pembroke & | 10.91 |

F15 Under 20 Women Javelin FINAL

| FINAL | | | |
|-------|---------------------|--------------------------|-------|
| 1 | 469 Natasha Wilson | Sale Harriers Manchester | 47.03 |
| 2 | 397 Lianne Bibby | Wigan & District H & AC | 45.25 |
| 3 | 426 Amy Lupton | Preston Harriers | 38.86 |
| 4 | 251 Devota Nyakyoma | Border Harriers & Ac | 37.05 |
| 5 | 461 Hannah Ukandu | Leeds City Athletic Club | 25.17 |

F16 Under 20 Men Javelin FINAL

| FINAL | | | |
|-------|---------------|-------------------------|-------|
| 1 | 390 Ben Whipp | Wigan & District H & AC | 55.15 |

F17 Under 20 Men Hammer FINAL

| FINAL | | | |
|-------|----------------------|---------------------------|-------|
| 1 | 308 Ross Douglas | Charnwood A C | 57.36 |
| 2 | 296 Sam Blain | City of York AC | 57.09 |
| 3 | 317 Anthony Gillatt | Scunthorpe & District Ac | 50.62 |
| 4 | 378 Kieran Thackray | Wakefield District H & Ac | 50.15 |
| 5 | 381 Jack Vickery | Blackburn Harriers & Ac | 49.67 |
| 6 | 345 Francis Mulvaney | Liverpool Harriers & AC | 48.84 |
| 7 | 167 Reece Straker | North Shields Polytechnic | 47.30 |
| 8 | 309 Chris Duley | New Marske Harriers Club | 42.37 |

F18 Senior Men Long Jump FINAL

| FINAL | | | |
|-------|--------------------|--------------------------|---------------|
| 1 | 66 Daniel Gardiner | City Of Sheffield Ac | 7.20 -0.2 m/s |
| 2 | 21 Jacob Brown | Sale Harriers Manchester | 7.08 +0.3 |
| 3 | 27 Andrew Burgess | Sale Harriers Manchester | 6.95 +1.0 |
| 4 | 92 Craig Jones | Liverpool Harriers & Ac | 6.88 -0.2 |
| 5 | 140 Liam Ramsay | City Of Sheffield AC | 6.65 -0.5 |
| 6 | 123 Suote Nyananyo | Newham & Essex Beagles | 6.65 -0.5 |
| 7 | 94 Chris Kirk | Newham & Essex Beagles | 6.64 +0.5 |
| 8 | 58 Michael Fennell | Manchester Harriers & Ac | 6.08 -1.2 |

F19 Senior Women Pole Vault FINAL

| FINAL | | | |
|-------|-----------------------|-------------------------|------|
| 1 | 198 Clare Blunt | Kingston upon Hull AC | 3.60 |
| 2 | 279 Rachel Thomas | Liverpool Harriers & Ac | 3.20 |
| 3 | 238 Patrycja Krawczyk | The Dearne A.I.c | 2.70 |

F20 Under 20 Men High Jump FINAL

| FINAL | | | |
|-------|----------------------|-----------------------------|------|
| 1 | 340 Christopher Mann | Bolton United Harriers & AC | 1.93 |
| 2 | 350 Patrick OConnor | Middlesbrough Athletic Club | 1.93 |

F21 Under 20 Women Hammer FINAL

| FINAL | | | |
|-------|--------------------|---------------------------|-------|
| 1 | 441 Maggie Okul | Kingston upon Hull AC | 42.93 |
| 2 | 413 Hannah Farrell | Border Harriers & AC | 41.41 |
| 3 | 447 Jenni Potter | West Cheshire Athletic | 38.82 |
| 4 | 439 Chloe Needham | Blackpool Wyre & Fylde AC | 38.37 |

F22 Senior Women Long Jump FINAL

| FINAL | | | |
|-------|-----------------------|---------------------------|---------------|
| 1 | 267 Alexandra Russell | Wigan & District H & Ac | 6.16 +0.3 m/s |
| 2 | 482 Jessica Taylor | Sale Harriers Manchester | 5.86 +0.5 |
| 3 | 289 Sophie Wood | Durham City Harriers & AC | 5.62 -1.3 |
| 4 | 253 Suzzanne Palmer | Derby Athletic Club | 5.62 -0.2 |
| 5 | 230 Bethany Hirst | East Cheshire Harriers & | 5.28 -1.4 |
| 6 | 233 Katherine James | Bingley Harriers & AC | 5.07 +0.5 |

F23 Senior Men Discus FINAL

| FINAL | | | |
|-------|----------------------|-------------------------|-------|
| 1 | 99 Graeme Level | Gateshead Harriers & Ac | 50.05 |
| 2 | 184 Jamie Williamson | City of Sheffield AC | 49.92 |
| 3 | 175 Alan Toward | Gateshead Harriers & AC | 45.31 |
| 4 | 137 Mark Quigley | u/a | 41.56 |
| 5 | 36 Martin Cooper | Liverpool Harriers | 39.29 |
| 6 | 140 Liam Ramsay | City Of Sheffield AC | 38.66 |
| 7 | 70 Thomas Grantham | City Of Sheffield AC | 31.25 |

F24 Under 20 Men Shot Putt FINAL

| FINAL | | | |
|-------|---------------------|---------------------------|-------|
| 1 | 332 Scott Jones | Wigan & District H & AC | 12.98 |
| 2 | 333 Tom Kirk | Doncaster Athletic Club | 12.79 |
| 3 | 378 Kieran Thackray | Wakefield District H & Ac | 11.80 |

F25 Under 20 Men Triple Jump FINAL**FINAL**

| | | | | | |
|---|-----|------------------|-------------------------|-------|----------|
| 1 | 383 | Adam Walker-Khan | Birchfield Harriers | 14.27 | +1.3 m/s |
| 2 | 321 | Scott Hall | Gateshead Harriers & AC | 14.07 | +0.4 |

F26 Senior Women Discus FINAL**FINAL**

| | | | | |
|---|-----|----------------|-------------------------|-------|
| 1 | 228 | Sarah Henton | Blackburn Harriers & AC | 49.65 |
| 2 | 216 | Hannah Evenden | City of Edinburgh AC | 45.33 |
| 3 | 215 | Lois Earl | Kingston upon Hull AC | 35.73 |
| 4 | 287 | Katy Wilson | Birtley AC | 35.06 |
| 5 | 205 | Sarah Cowgill | Hyndburn Ac | 23.69 |

F27 Under 20 Women High Jump FINAL**FINAL**

| | | | | |
|---|-----|------------------|--------------------------|------|
| 1 | 428 | Aylish MacKenzie | Liverpool Harriers & Ac | 1.71 |
| 2 | 405 | Emily Cummings | Sale Harriers Manchester | 1.70 |
| 3 | 458 | Amy Tarver | Wirral Ac | 1.60 |

F28 Senior Men Pole Vault FINAL**FINAL**

| | | | | |
|---|-----|-----------------|--------------------------|-------------|
| 1 | 44 | Luke Cutts | The Dearne A.L.C | 5.50 |
| 2 | 154 | Rhys Searles | Enfield and Haringey A C | 4.80 |
| 3 | 98 | John Lane | City Of Sheffield Ac | 4.70 |
| 4 | 483 | Matthew Cullen | Sale Harriers Manchester | 4.60 |
| 5 | 34 | Nicholas Cole | The Dearne A.L.C | 4.60 |
| 6 | 91 | Mark Johnson | Enfield and Haringey A C | 4.40 |
| 7 | 140 | Liam Ramsay | City Of Sheffield AC | 4.20 |
| 8 | 70 | Thomas Grantham | City Of Sheffield AC | 3.80 |

F29 Under 20 Women Triple Jump FINAL**FINAL**

| | | | | | |
|---|-----|-------------------|--------------------------|-------|---------|
| 1 | 234 | Lisa James | Sale Harriers Manchester | 12.17 | -0.1m/s |
| 2 | 468 | Rachel Williamson | Wigan & District H & Ac | 12.02 | -0.4 |
| 3 | 433 | Rachel McHgh | Shildon Running & Ac | 11.99 | +0.6 |
| 4 | 462 | Abbie Unsworth | Preston Harriers | 11.34 | -1.0 |
| 5 | 422 | Alice Howe | Doncaster Athletic Club | 10.72 | -0.2 |
| 6 | 464 | Nicole Wainwright | Wigan & District H & Ac | 10.70 | +0.4 |
| 7 | 461 | Hannah Ukandu | Leeds City Athletic Club | 10.10 | + 0.4 |

F30 Senior Women Javelin FINAL**FINAL**

| | | | | |
|---|-----|-----------------|--------------------------|-------|
| 1 | 251 | Devota Nyakyoma | Border Harriers & Ac | 37.42 |
| 2 | 482 | Jessica Taylor | Sale Harriers Manchester | 35.13 |
| 3 | 205 | Sarah Cowgill | Hyndburn Ac | 24.64 |

F31 Under 20 Women Shot Putt FINAL**FINAL**

| | | | | |
|---|-----|------------------|--------------------------|-------|
| 1 | 396 | Kelly Baker | West Cheshire Athletic | 11.88 |
| 2 | 437 | Chelsea Mitchell | Spenborough & Dist AC | 10.76 |
| 3 | 461 | Hannah Ukandu | Leeds City Athletic Club | 9.08 |

F32 Senior Men Javelin FINAL**FINAL**

| | | | | |
|---|-----|-------------|-------------------------|-------|
| 1 | 111 | David McKay | West Cheshire Athletic | 64.87 |
| 2 | 60 | Ben Fisher | Liverpool Harriers & AC | 63.47 |
| 3 | 2 | Paul Allsop | City of York AC | 63.29 |

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

| | | | | |
|---|-----|----------------|--------------------------|-------|
| 1 | 29 | Tim Burn | City of Sheffield AC | 49.04 |
| 2 | 76 | Nathan Hilton | Liverpool Pembroke & | 49.81 |
| 3 | 8 | Lawrence Baird | Trafford Athletic Club | 50.35 |
| 4 | 85 | Reece Ingley | Trafford Athletic Club | 50.91 |
| 5 | 51 | Scott Douglas | Charnwood A C | 51.93 |
| 6 | 148 | Mark Robinson | Ipswich Harriers | 52.01 |
| 7 | 152 | Adam Scott | Manchester Harriers & Ac | 52.13 |

Heat 02

| | | | | |
|---|-----|-----------------|---------------------------|-------|
| 1 | 75 | Danny Higham | Liverpool Pembroke & | 48.89 |
| 2 | 53 | Luke Edwards | City of Sheffield AC | 49.00 |
| 3 | 13 | Rick Beardsell | City of Sheffield AC | 49.59 |
| 4 | 35 | Jason Conchie | Hyndburn Ac | 50.12 |
| 5 | 165 | Lea Stephenson | Tynedale Harriers & AC | 50.66 |
| 6 | 169 | Stephen Sumner | Hyndburn Ac | 51.48 |
| 7 | 126 | Gareth Phillips | Durham City Harriers & Ac | 51.91 |
| 8 | 480 | Liam Holiday | Kingston upon Hull AC | 52.42 |

T02 Senior Women 400m FINAL**FINAL**

| | | | | |
|---|-----|----------------|--------------------------|-------|
| 1 | 256 | Harriett Pryke | Manx Harriers | 54.76 |
| 2 | 210 | Nisha Desai | Trafford Athletic Club | 55.96 |
| 3 | 199 | Lauren Brennan | Sale Harriers Manchester | 56.85 |
| 4 | 192 | Leah Barrow | Windsor Slough Eton & | 57.17 |
| 5 | 230 | Bethany Hirst | East Cheshire Harriers & | 58.77 |

T04 Under 20 Women 400m Heats**Heat 01**

| | | | | |
|---|-----|---------------|---------------------------|-------|
| 1 | 455 | Sally Smith | Wakefield District H & AC | 57.61 |
| 2 | 456 | Abbey Stanley | Rotherham Harriers and AC | 59.59 |
| 3 | 410 | Mary Elcock | Oldham & Royton H & Ac | 60.73 |
| 4 | 424 | Zoe Kerins | Wakefield District H & AC | 60.78 |
| 5 | 415 | Bethan Flynn | Liverpool Harriers & Ac | 61.19 |

Heat 02

| | | | | |
|---|-----|-----------------|--------------------------|-------|
| 1 | 399 | Emily Borthwick | Wigan & District H & Ac | 57.70 |
| 2 | 472 | Georgia Yearby | Leeds City Athletic Club | 57.92 |
| 3 | 416 | Kirsty Fraser | Preston Harriers | 59.00 |
| 4 | 423 | Hannah Jones | Wirral AC | 59.14 |
| 5 | 457 | Molly Storey | Kingston upon Hull AC | 64.93 |

T05 Senior Men 100m Heats

| Heat 01 | | | | +2.9 |
|----------------|-----|-----------------|--------------------------|-------------|
| 1 | 112 | Jack Meredith | Liverpool Harriers | 10.73 |
| 2 | 478 | Umar Hameed | Sale Harriers Manchester | 10.83 |
| 3 | 98 | John Lane | City Of Sheffield Ac | 10.84 |
| 4 | 110 | Jerome McIntosh | City Of Sheffield AC | 11.06 |
| 5 | 28 | Charles Burke | Sale Harriers Manchester | 11.10 |
| 6 | 127 | Jamie Phillips | City of York AC | 11.30 |
| 7 | 176 | Paul Ttereve | Midland Masters Ac | 12.59 |

| Heat 02 | | | | +3.0 |
|----------------|-----|----------------------|-----------------------|-------------|
| 1 | 183 | James Williams | Liverpool Harriers | 10.44 |
| 2 | 115 | Sam Miller | Preston Harriers | 10.51 |
| 3 | 86 | Anu Iyanda | Bexley Ac | 10.94 |
| 4 | 4 | Thaddeus Anim-Somuah | St Helens Sutton AC | 11.13 |
| 5 | 171 | Michael Taubman | Manx Harriers | 11.32 |
| 6 | 72 | Adam Hellowell | Bingley Harriers & Ac | 11.60 |

| Heat 03 | | | | +3.6 |
|----------------|-----|-------------------|--------------------------|-------------|
| 1 | 7 | Oliver Back | Liverpool Harriers & AC | 10.52 |
| 2 | 88 | Jake James | Derby Athletic Club | 10.67 |
| 3 | 174 | Jordan Toth | Holmfirth Harriers Ac | 10.69 |
| 4 | 172 | Jermaine Thompson | Manchester Harriers & AC | 11.27 |
| 5 | 166 | Adam Storer | City Of Sheffield AC | 11.28 |
| 6 | 169 | Stephen Sumner | Hyndburn Ac | 11.33 |

T06 Senior Women 100m Heats

| Heat 01 | | | | +3.8 |
|----------------|-----|--------------|--------------------------|-------------|
| 1 | 484 | Hayley Jones | Wigan & District H & Ac | 11.35 |
| 2 | 268 | Amanda Shaw | Barnsley Athletic Club | 12.01 |
| 3 | 207 | Kadeena Cox | Sale Harriers Manchester | 12.04 |
| 4 | 196 | Hannah Bird | Barnsley AC | 12.49 |
| 5 | 270 | Rachel Shaw | Barnsley Athletic Club | 12.67 |

| Heat 02 | | | | 0.0 |
|----------------|-----|--------------|---------------------------|------------|
| 1 | 197 | Louise Bloor | Trafford Athletic Club | 11.64 |
| 2 | 231 | Megan Hoult | Kingston upon Hull AC | 12.05 |
| 3 | 290 | Katy Wyper | Blackpool Wyre & Fylde AC | 12.17 |
| 4 | 248 | Sophie Money | Wirral AC | 12.69 |
| 5 | 282 | Farah Voss | Manchester Harriers & Ac | 12.99 |
| 6 | 273 | Emma Snell | Manx Harriers | 13.59 |

T07 Under 20 Men 100m Heats

| Heat 01 | | | | +1.7 |
|----------------|-----|---------------------|---------------------------|-------------|
| 1 | 347 | Demetric Nelson | Bingley Harriers & AC | 10.65 |
| 2 | 356 | Jay Raradza | Derby Athletic Club | 10.80 |
| 3 | 362 | William Rotherforth | Wakefield District H & Ac | 10.99 |
| 4 | 339 | Harry Mallinson | Halifax Harriers & AC | 11.15 |
| 5 | 377 | Luke Sutcliffe | Halifax Harriers & Ac | 11.58 |
| 6 | 314 | Julian Ernst | Manchester Harriers & Ac | 11.69 |
| 7 | 322 | Travis Hall | Dash Athletics Club | 11.75 |

| Heat 02 | | | | +4.1 |
|----------------|-----|------------------|---------------------------|-------------|
| 1 | 368 | Jack Seddon | Sale Harriers Manchester | 10.83 |
| 2 | 359 | Jordan Riviere | Liverpool Harriers & Ac | 10.89 |
| 3 | 394 | Zenon Wisniewski | Sale Harriers Manchester | 11.04 |
| 4 | 342 | Callum McLean | Sale Harriers Manchester | 11.13 |
| 5 | 334 | Alex Kiziltas | Blackpool Wyre & Fylde AC | 11.44 |
| 6 | 312 | Prince Ehigiator | Sale Harriers Manchester | 11.47 |

| Heat 03 | | | | +4.5 |
|----------------|-----|------------------|-----------------------------|-------------|
| 1 | 327 | Elliott Hurley | Leeds City Athletic Club | 10.59 |
| 2 | 371 | Reece Sims | Derby Athletic Club | 10.75 |
| 3 | 337 | Jack Lemaire | Western Athletic Club (isle | 11.01 |
| 4 | 383 | Adam Walker-Khan | Birchfield Harriers | 11.05 |
| 5 | 323 | Nathan Harris | Sale Harriers Manchester | 11.07 |
| 6 | 343 | Curtis Mitchell | Preston Harriers | 11.50 |

T12 Under 20 Women 1500m FINAL

| FINAL | | | | |
|--------------|-----|-----------------|----------------------------|---------|
| 1 | 432 | Tessa McCormick | Vale Royal Ac | 4:39.72 |
| 2 | 429 | Georgia Malir | Ilkley Harriers Ac | 4:40.47 |
| 3 | 470 | Katy Wood | City Of York Ac | 4:42.59 |
| 4 | 465 | Danielle Wallis | Macclesfield Harriers & AC | 4:57.22 |
| 5 | 445 | Olivia Perez | Liverpool Harriers & Ac | 5:01.00 |

T13 Under 20 Women 100m Hurdles FINAL

| FINAL | | | | +1.3 |
|--------------|-----|---------------|--------------------------|-------------|
| 1 | 403 | Kelly Clark | City Of Sheffield AC | 14.44 |
| 2 | 420 | Emily Heappey | Amber Valley and Erewash | 15.78 |

T14 Senior Women 100m Hurdles FINAL

| FINAL | | | | +0.5 |
|--------------|-----|-----------------|--------------------------|-------------|
| 1 | 213 | Karla Drew | City Of Sheffield AC | 13.47 |
| 2 | 239 | Rebecca Liddell | Gateshead Harriers & AC | 13.68 |
| 3 | 482 | Jessica Taylor | Sale Harriers Manchester | 14.13 |
| 4 | 263 | Danielle Rooney | Sale Harriers Manchester | 14.19 |
| 5 | 260 | Hannah Riley | Manx Harriers | 14.62 |

T15 Under 20 Men 110m Hurdles FINAL

| FINAL | | | | +0.0 |
|--------------|-----|-----------------|-------------------------|-------------|
| 1 | 343 | Curtis Mitchell | Preston Harriers | 15.67 |
| 2 | 320 | Sam Hall | Gateshead Harriers & Ac | 16.54 |

T19 Senior Men 400m FINAL

| FINAL | | | | |
|--------------|-----|----------------|------------------------|-------|
| 1 | 29 | Tim Burn | City of Sheffield AC | 47.72 |
| 2 | 76 | Nathan Hilton | Liverpool Pembroke & | 48.85 |
| 3 | 75 | Danny Higham | Liverpool Pembroke & | 49.42 |
| 4 | 35 | Jason Conchie | Hyndburn Ac | 50.46 |
| 5 | 165 | Lea Stephenson | Tynedale Harriers & AC | 50.92 |

T20 Under 20 Men 400m FINAL**FINAL**

| | | | | |
|---|-----|------------------|--------------------------|-------|
| 1 | 297 | Alex Boyce | Liverpool Harriers & AC | 48.54 |
| 2 | 363 | Callum Roughneen | Sale Harriers Manchester | 48.93 |
| 3 | 357 | Joseph Reid | Manx Harriers | 49.35 |
| 4 | 353 | Nicholas Petrou | Leeds City Athletic Club | 50.01 |
| 5 | 354 | Adam Preston | Kingston upon Hull AC | 50.98 |
| 6 | 360 | Jesse Roberts | Liverpool Pembroke & | 51.69 |
| 7 | 392 | Andrew Williams | Liverpool Pembroke & | 52.86 |
| 8 | 344 | Joel Molyneux | Barnsley Athletic Club | 53.52 |

T21 Under 20 Women 400m FINAL**FINAL**

| | | | | |
|---|-----|-----------------|---------------------------|-------|
| 1 | 399 | Emily Borthwick | Wigan & District H & Ac | 56.11 |
| 2 | 455 | Sally Smith | Wakefield District H & AC | 56.29 |
| 3 | 472 | Georgia Yearby | Leeds City Athletic Club | 57.58 |
| 4 | 416 | Kirsty Fraser | Preston Harriers | 59.88 |
| 5 | 423 | Hannah Jones | Wirral AC | 60.16 |
| 6 | 456 | Abbey Stanley | Rotherham Harriers and AC | 60.62 |
| 7 | 424 | Zoe Kerins | Wakefield District H & AC | 61.84 |
| 8 | 410 | Mary Elcock | Oldham & Royton H & Ac | 61.86 |

T22 Senior Men 5000m FINAL**FINAL**

| | | | | |
|----|-----|--------------------|-----------------------------|----------|
| 1 | 124 | Meles Okbazghi | Sheffield RC | 14:32.86 |
| 2 | 59 | Ben Fish | Blackburn Harriers & Ac | 14:44.30 |
| 3 | 25 | Alan Buckley | Leeds City Athletic Club | 14:54.33 |
| 4 | 103 | Kevin Loundes | Manx Harriers | 15:03.67 |
| 5 | 71 | Marc Hartley | Staffs Moorlands AC | 15:09.27 |
| 6 | 150 | Alasdair Russell | Kendal Amateur Athletic | 15:09.71 |
| 7 | 90 | Tom Jenkins | Hallamshire Harriers | 15:10.35 |
| 8 | 22 | Richard Brown | Lincoln Wellington Athletic | 15:15.48 |
| 9 | 144 | Ben Riddell | Salford Harriers & Ac | 15:16.68 |
| 10 | 141 | Nathan George Reed | Sunderland Harriers & Ac | 15:16.86 |
| 11 | 57 | Chris Fell | Rossendale Harriers & Ac | 15:26.91 |
| 12 | 102 | Ollie Lockley | Manx Harriers | 15:29.18 |
| 13 | 145 | David Rigby | Preston Harriers | 15:34.76 |
| 14 | 82 | Philip Hoole | Rotherham Harriers & Ac | 15:40.82 |
| 15 | 48 | Michael Dawson | Morpeth Harriers & Ac | 15:47.91 |
| 16 | 161 | Richard Smith | Holmfirth Harriers Ac | 15:50.40 |
| 17 | 77 | Matthew Hobbs | Hallamshire Harriers | 16:06.46 |
| 18 | 96 | Matthew Lalor | Blackburn Harriers & AC | 16:21.31 |
| 19 | 134 | Jeff Prest | Trafford Athletic Club | 16:23.73 |
| 20 | 40 | Gary Crompton | Scunthorpe & District Ac | 17:00.57 |

T23 Senior Men 110m Hurdles FINAL**FINAL**

+2.2

| | | | | |
|---|-----|------------------|--------------------------|-------|
| 1 | 56 | David Feeney | Amber Valley and Erewash | 14.24 |
| 2 | 140 | Liam Ramsay | City Of Sheffield AC | 14.52 |
| 3 | 3 | Jack Andrew | Sale Harriers Manchester | 14.54 |
| 4 | 146 | Thomas Riley | Kent AC | 15.58 |
| 5 | 46 | Matiass Damiao | Leeds City Athletic Club | 15.74 |
| 6 | 37 | Michael Copeland | Derby Athletic Club | 15.82 |
| 7 | 70 | Thomas Grantham | City Of Sheffield AC | 16.72 |

T24 Senior Men 3000m Steeplechase FINAL**FINAL**

| | | | | |
|---|-----|----------------|---------------------------|----------|
| 1 | 173 | Josh Tighe | Salford Harriers & Ac | 9:36.69 |
| 2 | 6 | Lee Athersmith | Bingley Harriers & AC | 9:42.72 |
| 3 | 187 | Howard Wood | City Of Sheffield Ac | 9:49.30 |
| 4 | 62 | Rob Flannery | Sale Harriers Manchester | 10:01.99 |
| 5 | 38 | Alan Corlett | Manx Harriers | 10:06.92 |
| 6 | 39 | Dean Crangle | Northumbria University AC | 10:17.81 |

T25 Under 20 Men 2000m Steeplechase FINAL**FINAL**

| | | | | |
|---|-----|------------------|-----------------------------|---------|
| 1 | 326 | Bertie Houghton | Doncaster Athletic Club | 6:02.64 |
| 2 | 474 | Haran Dunderdale | Lincoln Wellington Athletic | 6:10.38 |
| 3 | 386 | Ollie Watson | Pudsey & Bramley Ac | 6:53.38 |

T26 Senior Women 100m FINAL**FINAL**

+1.8

| | | | | |
|---|-----|--------------|---------------------------|-------|
| 1 | 484 | Hayley Jones | Wigan & District H & Ac | 11.31 |
| 2 | 197 | Louise Bloor | Trafford Athletic Club | 11.51 |
| 3 | 231 | Megan Hoult | Kingston upon Hull AC | 11.86 |
| 4 | 207 | Kadeena Cox | Sale Harriers Manchester | 11.93 |
| 5 | 290 | Katy Wyper | Blackpool Wyre & Fylde AC | 12.01 |
| 6 | 268 | Amanda Shaw | Barnsley Athletic Club | 12.15 |
| 7 | 196 | Hannah Bird | Barnsley AC | 12.32 |
| 8 | 270 | Rachel Shaw | Barnsley Athletic Club | 12.66 |

T27 Under 20 Women 100m FINAL**FINAL**

+3.6

| | | | | |
|---|-----|------------------|--------------------------|-------|
| 1 | 414 | Ciara Flannery | Spennorth & Dist AC | 11.90 |
| 2 | 417 | Lauren Frid | Barnsley Athletic Club | 12.00 |
| 3 | 459 | Maegan Taylor | Kingston Upon Hull Ac | 12.19 |
| 4 | 418 | Gabrielle George | Sale Harriers Manchester | 12.19 |
| 5 | 435 | Alice McMahon | West Cheshire Athletic | 12.32 |
| 6 | 422 | Alice Howe | Doncaster Athletic Club | 12.38 |
| 7 | 454 | Rachel Shaw | Doncaster Athletic Club | 12.57 |

T28 Under 20 Men 100m FINAL

| FINAL | | | | 0.0 |
|-------|-----|---------------------|-----------------------------|-------|
| 1 | 347 | Demetric Nelson | Bingley Harriers & AC | 10.73 |
| 2 | 356 | Jay Raradza | Derby Athletic Club | 10.84 |
| 3 | 371 | Reece Sims | Derby Athletic Club | 10.84 |
| 4 | 359 | Jordan Riviere | Liverpool Harriers & Ac | 10.88 |
| 5 | 368 | Jack Seddon | Sale Harriers Manchester | 10.92 |
| 6 | 337 | Jack Lemaire | Western Athletic Club (isle | 11.18 |
| 7 | 362 | William Rotherforth | Wakefield District H & Ac | 11.21 |

T29 Senior Men 100m FINAL

| FINAL | | | | +2.4 |
|-------|-----|----------------|--------------------------|-------|
| 1 | 183 | James Williams | Liverpool Harriers | 10.43 |
| 2 | 115 | Sam Miller | Preston Harriers | 10.45 |
| 3 | 7 | Oliver Back | Liverpool Harriers & AC | 10.66 |
| 4 | 88 | Jake James | Derby Athletic Club | 10.74 |
| 5 | 112 | Jack Meredith | Liverpool Harriers | 10.74 |
| 6 | 478 | Umar Hameed | Sale Harriers Manchester | 10.76 |
| 7 | 98 | John Lane | City Of Sheffield Ac | 10.82 |
| 8 | 174 | Jordan Toth | Holmfirth Harriers Ac | 10.96 |

T30 Senior Men 1500m FINAL

| FINAL | | | | |
|-------|-----|-----------------|---------------------------|---------|
| 1 | 65 | Dan Garbutt | Durham City Harriers & Ac | 3:58.73 |
| 2 | 182 | Andrew Wiles | New Marske Harriers Club | 3:58.82 |
| 3 | 81 | Nick Hooker | Leeds City Athletic Club | 3:58.89 |
| 4 | 116 | Luke Minns | Blackpool Wyre & Fylde AC | 3:59.57 |
| 5 | 78 | Graham Hogg | Trafford Athletic Club | 4:03.10 |
| 6 | 475 | Patrick Martin | Stockport Harriers & Ac | 4:05.50 |
| 7 | 24 | Ryan Buck | City Of York AC | 4:09.12 |
| 8 | 17 | Karl Billington | Blackburn Harriers & AC | 4:12.09 |
| 9 | 10 | Andrew Barron | Manx Harriers | 4:13.64 |
| 10 | 486 | Adam Clansey | Southport Waterloo AC | 4:18.61 |
| 11 | 133 | Adam Pratt | Tynedale Harriers & AC | 4:32.75 |

T31 Senior Women 1500m FINAL

| FINAL | | | | |
|-------|-----|----------------------|---------------------------|---------|
| 1 | 191 | Racheal Bamford | Otley Ac | 4:31.53 |
| 2 | 217 | Jacqueline Fairchild | Trafford Athletic Club | 4:31.82 |
| 3 | 214 | Claire Duck | Leeds City Athletic Club | 4:32.95 |
| 4 | 194 | Alexandra Bell | Pudsey & Bramley Ac | 4:36.20 |
| 5 | 269 | Natalie Shaw | Derby Athletic Club | 4:36.48 |
| 6 | 247 | Katie Mellor | Thames Valley Harriers | 4:36.61 |
| 7 | 235 | Samantha Johnson | Rotherham Harriers And | 4:39.04 |
| 8 | 219 | Rachael Franklin | Manx Harriers | 4:40.25 |
| 9 | 272 | Helen Singleton | Wakefield District H & Ac | 4:40.62 |
| 10 | 259 | Laura Riches | Leigh Harriers & Ac | 4:41.82 |
| 11 | 193 | Emily Beedham | Trafford Athletic Club | 4:43.21 |
| 12 | 224 | Lucy Hack | Derby Athletic Club | 4:43.83 |
| 13 | 202 | Lyndsay Clarke | Stockport Harriers & Ac | 4:45.96 |

T32 Under 20 Men 1500m FINAL

| FINAL | | | | |
|-------|-----|------------------------|---------------------------|---------|
| 1 | 328 | Oliver James | Sunderland Harriers & Ac | 3:57.86 |
| 2 | 331 | Luke Johnston | Warrington A C | 3:57.89 |
| 3 | 335 | James Lamswood | Kingston AC And Poly | 3:58.30 |
| 4 | 294 | Thomas Bains | Hallamshire Harriers | 4:01.35 |
| 5 | 351 | Charlie Pasco | New Marske Harriers Club | 4:03.48 |
| 6 | 380 | Thomas Traviss-Pollard | Holmfirth Harriers Ac | 4:05.23 |
| 7 | 341 | Barry Maskell | Gateshead Harriers & AC | 4:05.58 |
| 8 | 315 | Ben Everson | Trafford Athletic Club | 4:05.81 |
| 9 | 329 | Daniel Jarvis | Liverpool Harriers & Ac | 4:06.05 |
| 10 | 304 | Luke Cotter | Rotherham Harriers & Ac | 4:06.41 |
| 11 | 391 | Matthew Wigelsworth | Warrington A C | 4:07.03 |
| 12 | 330 | Daniel Johnson | Gateshead Harriers & AC | 4:07.85 |
| 13 | 481 | Matthew Shirling | Liverpool Harriers | 4:09.21 |
| 14 | 348 | Jack Nixon | Stockport Harriers & AC | 4:10.53 |
| 15 | 385 | Robert Warner | Blackburn Harriers & Ac | 4:12.72 |
| 16 | 310 | Nathan Dunn | Keighley & Craven Ac | 4:28.69 |
| 17 | 316 | Daniel Franks | Wakefield District H & AC | 4:30.77 |

T33 Under 20 Women 400m Hurdles FINAL

| FINAL | | | | |
|-------|-----|-------------------|-----------------------------|-------|
| 1 | 460 | Jessica Turner | Amber Valley and Erewash | 60.12 |
| 2 | 408 | Hannah Dunderdale | Lincoln Wellington Athletic | 61.82 |
| 3 | 400 | Freya Bradshaw | Scunthorpe & District Ac | 64.53 |
| 4 | 487 | Mollie Crewe | Warrington A C | 66.91 |
| 5 | 453 | Bethany Sharp | Wakefield District H & AC | 71.32 |
| 6 | 476 | Helena Leathley | Pendle AC | 73.55 |

T34 Senior Women 400m Hurdles FINAL

| FINAL | | | | |
|-------|-----|-----------------|---------------------------|-------|
| 1 | 203 | Samantha Coleby | Durham City Harriers & Ac | 58.93 |
| 2 | 210 | Nisha Desai | Trafford Athletic Club | 58.99 |
| 3 | 209 | Rachel Culshaw | Wigan & District H & Ac | 63.70 |

T35 Under 20 Men 400m Hurdles FINAL

| FINAL | | | | |
|-------|-----|---------------|----------------|-------|
| 1 | 388 | James Webster | Warrington A C | 53.50 |

T36 Senior Men 400m Hurdles FINAL

| FINAL | | | | |
|-------|-----|------------------|-----------------------|-------|
| 1 | 125 | Oliver Palmer | City Of York AC | 53.86 |
| 2 | 70 | Thomas Grantham | City Of Sheffield AC | 54.63 |
| 3 | 149 | Oliver Robinson | Bingley Harriers & AC | 55.30 |
| 4 | 80 | Daniel Holiday | Kingston upon Hull AC | 55.76 |
| 5 | 52 | Daniel Eckersley | Kingston AC And Poly | 57.05 |
| 6 | 37 | Michael Copeland | Derby Athletic Club | 61.99 |

T37 Senior Men 200m Heats

| Heat 01 | | | | -2.7 |
|---------|-----|----------------|-------------------------|-------|
| 1 | 88 | Jake James | Derby Athletic Club | 21.87 |
| 2 | 183 | James Williams | Liverpool Harriers | 21.94 |
| 3 | 85 | Reece Ingley | Trafford Athletic Club | 22.99 |
| 4 | 86 | Anu Iyanda | Bexley Ac | 23.23 |
| 5 | 51 | Scott Douglas | Charnwood A C | 23.33 |
| 6 | 178 | Jamie Vickery | Blackburn Harriers & AC | 23.36 |
| 7 | 176 | Paul Ttereve | Midland Masters Ac | 26.05 |

| Heat 02 | | | | -0.3 |
|---------|-----|-------------------|-----------------------------|-------|
| 1 | 164 | Ben Stephenson | Middlesbrough Athletic Club | 22.16 |
| 2 | 478 | Umar Hameed | Sale Harriers Manchester | 22.16 |
| 3 | 110 | Jerome McIntosh | City Of Sheffield AC | 22.38 |
| 4 | 172 | Jermaine Thompson | Manchester Harriers & AC | 23.39 |
| 5 | 169 | Stephen Sumner | Hyndburn Ac | 23.66 |
| 6 | 72 | Adam Hellawell | Bingley Harriers & AC | 23.89 |

T38 Under 20 Men 200m Heats

| Heat 01 | | | | -2.6 |
|---------|-----|-----------------|--------------------------|-------|
| 1 | 297 | Alex Boyce | Liverpool Harriers & AC | 22.71 |
| 2 | 336 | Ashley Langton | Doncaster Athletic Club | 22.56 |
| 3 | 323 | Nathan Harris | Sale Harriers Manchester | 22.80 |
| 4 | 368 | Jack Seddon | Sale Harriers Manchester | 22.84 |
| 5 | 313 | Matthew Elvidge | Kingston upon Hull AC | 23.70 |
| 6 | 314 | Julian Ernst | Manchester Harriers & Ac | 24.28 |

| Heat 02 | | | | -1.5 |
|---------|-----|--------------------|-----------------------------|-------|
| 1 | 347 | Demetric Nelson | Bingley Harriers & AC | 21.97 |
| 2 | 356 | Jay Raradza | Derby Athletic Club | 22.44 |
| 3 | 357 | Joseph Reid | Manx Harriers | 22.82 |
| 4 | 337 | Jack Lemaire | Western Athletic Club (isle | 23.22 |
| 5 | 307 | Matt Dixon | Wirral Ac | 24.12 |
| 6 | 365 | Benjamin Rudderham | Leeds City Athletic Club | 24.58 |
| 7 | 322 | Travis Hall | Dash Athletics Club | 24.85 |

| Heat 03 | | | | -5.1 |
|---------|-----|---------------------|---------------------------|-------|
| 1 | 374 | Thomas Somers | City of York AC | 22.28 |
| 2 | 394 | Zenon Wisniewski | Sale Harriers Manchester | 22.97 |
| 3 | 362 | William Rotherforth | Wakefield District H & Ac | 23.03 |
| 4 | 339 | Harry Mallinson | Halifax Harriers & AC | 23.69 |
| 5 | 354 | Adam Preston | Kingston upon Hull AC | 23.83 |
| 6 | 334 | Alex Kiziltas | Blackpool Wyre & Fylde AC | 24.74 |

T39 Senior Women 200m Heats

| Heat 01 | | | | -2.3 |
|---------|-----|----------------|---------------------------|-------|
| 1 | 197 | Louise Bloor | Trafford Athletic Club | 24.23 |
| 2 | 268 | Amanda Shaw | Barnsley Athletic Club | 25.01 |
| 3 | 256 | Harriett Pryke | Manx Harriers | 25.39 |
| 4 | 290 | Katy Wyper | Blackpool Wyre & Fylde AC | 25.45 |
| 5 | 192 | Leah Barrow | Windsor Slough Eton & | 25.99 |
| 6 | 199 | Lauren Brennan | Sale Harriers Manchester | 26.15 |

Heat 02 -1.1

| | | | | |
|---|-----|----------------|---------------------------|-------|
| 1 | 207 | Kadeena Cox | Sale Harriers Manchester | 25.12 |
| 2 | 243 | Lucy Mansfield | Blackpool Wyre & Fylde AC | 25.58 |
| 3 | 196 | Hannah Bird | Barnsley AC | 25.76 |
| 4 | 270 | Rachel Shaw | Barnsley Athletic Club | 26.31 |
| 5 | 282 | Farah Voss | Manchester Harriers & Ac | 27.03 |

T40 Under 20 Women 200m Heats

| Heat 01 | | | | +0.4 |
|---------|-----|------------------|--------------------------|-------|
| 1 | 407 | Beth Dobbin | Doncaster Athletic Club | 24.85 |
| 2 | 417 | Lauren Frid | Barnsley Athletic Club | 24.86 |
| 3 | 418 | Gabrielle George | Sale Harriers Manchester | 24.91 |
| 4 | 410 | Mary Elcock | Oldham & Royton H & Ac | 26.44 |
| 5 | 423 | Hannah Jones | Wirral AC | 27.08 |

| Heat 02 | | | | -0.7 |
|---------|-----|-----------------|-------------------------|-------|
| 1 | 414 | Ciara Flannery | Spenborough & Dist AC | 25.39 |
| 2 | 435 | Alice McMahon | West Cheshire Athletic | 25.98 |
| 3 | 399 | Emily Borthwick | Wigan & District H & Ac | 26.18 |
| 4 | 459 | Maegan Taylor | Kingston Upon Hull Ac | 26.42 |

T45 Senior Women 5000m FINAL

| FINAL | | | | |
|-------|-----|------------------|-----------------------------|----------|
| 1 | 236 | Sarah Kemshall | Scunthorpe & District Ac | 17:34.49 |
| 2 | 241 | Kirsty Longley | Liverpool Pembroke & | 17:36.37 |
| 3 | 266 | Louise Rudd | Stockport Harriers & AC | 17:45.72 |
| 4 | 204 | Gemma Connolly | St Helens Sutton AC | 17:49.77 |
| 5 | 206 | Sophie Cowper | Lincoln Wellington Athletic | 17:50.21 |
| 6 | 265 | Ruth Ross | Hallamshire Harriers | 17:55.15 |
| 7 | 237 | Jenny Knass | Stockport Harriers & AC | 18:11.33 |
| 8 | 274 | Kate Spilsbury | Vale Royal Ac | 18:16.79 |
| 9 | 222 | Hannah Griffiths | Sale Harriers Manchester | 18:35.11 |

T46 Under 20 Men 5000m FINAL

| FINAL | | | | |
|-------|-----|----------------|-------------------------|----------|
| 1 | 304 | Luke Cotter | Rotherham Harriers & Ac | 15:54.05 |
| 2 | 346 | Nicholas Myers | Rotherham Harriers & Ac | 16:55.67 |

T47a Senior Women 2000m Steeplechase FINAL

| FINAL | | | | |
|-------|-----|--------------|----------------------|---------|
| 1 | 259 | Laura Riches | Leigh Harriers & Ac | 6:48.77 |
| 2 | 283 | Alison Walsh | Oxford University Ac | 8:08.88 |

T47b Under 20 Women 2000m Steeplechase FINAL

| FINAL | | | | |
|-------|-----|-----------------|----------------------------|---------|
| 1 | 465 | Danielle Wallis | Macclesfield Harriers & AC | 7:22.51 |
| 2 | 440 | Fiona Nuttall | Wirral Ac | 7:53.44 |
| 3 | 284 | Georgina Weston | Doncaster Athletic Club | 9:26.30 |

T48 Senior Men 800m FINAL**FINAL**

| | | | | |
|---|-----|-------------------|--------------------------|---------|
| 1 | 83 | David Horniman | Trafford Athletic Club | 1:54.23 |
| 2 | 106 | Ben Martin | Trafford Athletic Club | 1:54.88 |
| 3 | 151 | Michael Salter | Leeds City Athletic Club | 1:55.37 |
| 4 | 156 | Adam Simms | Gateshead Harriers & AC | 1:56.72 |
| 5 | 101 | Jake Littlehales | East Cheshire Harriers & | 1:56.97 |
| 6 | 121 | Steven Morrow | Liverpool Harriers & AC | 1:57.07 |
| 7 | 129 | Alan Piggford | New Marske Harriers Club | 1:57.27 |
| 8 | 181 | Jordan Wildrianne | Team Derby Runner | 1:57.78 |
| 9 | 168 | Oliver Stringer | Leigh Harriers & AC | 1:57.96 |

T49 Under 20 Men 800m FINAL**FINAL**

| | | | | |
|---|-----|-----------------|---------------------------|---------|
| 1 | 387 | Jamie Webb | Liverpool Harriers & AC | 1:53.40 |
| 2 | 302 | Jamaine Coleman | Preston Harriers | 1:53.90 |
| 3 | 318 | Jack Gleave | Warrington A C | 1:54.93 |
| 4 | 372 | Andrew Smith | Pudsey & Bramley Ac | 1:57.18 |
| 5 | 361 | Jack Robertson | Scarborough Athletic Club | 2:00.02 |
| 6 | 305 | Jonathan Currie | Tynedale Harriers & Ac | 2:00.78 |
| 7 | 367 | Isaac Scott | Lancaster & Morecambe | 2:03.55 |
| 8 | 311 | Josh Dyball | Hallamshire Harriers | 2:06.05 |
| 9 | 292 | Nzimah Akpan | Liverpool Harriers & AC | 2:13.14 |

T50 Senior Women 800m FINAL**FINAL**

| | | | | |
|---|-----|------------------|-----------------------------|---------|
| 1 | 278 | Hanna Tarver | Wirral Ac | 2:05.42 |
| 2 | 191 | Racheal Bamford | Otley Ac | 2:07.36 |
| 3 | 281 | Alexandra Turner | Amber Valley and Erewash | 2:09.86 |
| 4 | 214 | Claire Duck | Leeds City Athletic Club | 2:10.56 |
| 5 | 219 | Rachael Franklin | Manx Harriers | 2:15.18 |
| 6 | 246 | Jenna McGrevey | Lincoln Wellington Athletic | 2:19.55 |

T51 Under 20 Women 800m FINAL**FINAL**

| | | | | |
|---|-----|----------------|----------------------------|---------|
| 1 | 455 | Sally Smith | Wakefield District H & AC | 2:09.47 |
| 2 | 438 | Lindsey Morgan | Chesterfield & District AC | 2:11.09 |
| 3 | 425 | Chloe Loredo | North Shields Polytechnic | 2:14.16 |
| 4 | 452 | Rachael Scott | Preston Harriers | 2:16.88 |
| 5 | 424 | Zoe Kerins | Wakefield District H & AC | 2:19.14 |
| 6 | 419 | Laura Goodwin | City Of Sheffield AC | 2:19.35 |
| 7 | 404 | Naomi Collier | Grantham AC | 2:19.41 |

T52 Under 20 Women 200m FINAL**FINAL**

| | | | | |
|---|-----|------------------|--------------------------|-------|
| 1 | 407 | Beth Dobbin | Doncaster Athletic Club | 25.08 |
| 2 | 418 | Gabrielle George | Sale Harriers Manchester | 25.16 |
| 3 | 417 | Lauren Frid | Barnsley Athletic Club | 25.48 |
| 4 | 435 | Alice McMahon | West Cheshire Athletic | 25.93 |
| 5 | 399 | Emily Borthwick | Wigan & District H & Ac | 26.28 |
| 6 | 459 | Maegan Taylor | Kingston Upon Hull Ac | 26.48 |
| 7 | 410 | Mary Elcock | Oldham & Royton H & Ac | 26.92 |

T53 Senior Women 200m FINAL**FINAL**

| | | | | |
|---|-----|----------------|---------------------------|-------|
| 1 | 268 | Amanda Shaw | Barnsley Athletic Club | 25.05 |
| 2 | 207 | Kadeena Cox | Sale Harriers Manchester | 25.10 |
| 3 | 290 | Katy Wyper | Blackpool Wyre & Fylde AC | 25.52 |
| 4 | 192 | Leah Barrow | Windsor Slough Eton & | 25.97 |
| 5 | 243 | Lucy Mansfield | Blackpool Wyre & Fylde AC | 26.17 |
| 6 | 196 | Hannah Bird | Barnsley AC | 26.42 |

T54 Under 20 Men 200m FINAL**FINAL**

| | | | | |
|---|-----|------------------|--------------------------|-------|
| 1 | 374 | Thomas Somers | City of York AC | 21.41 |
| 2 | 347 | Demetric Nelson | Bingley Harriers & AC | 21.63 |
| 3 | 297 | Alex Boyce | Liverpool Harriers & AC | 21.67 |
| 4 | 356 | Jay Raradza | Derby Athletic Club | 21.93 |
| 5 | 394 | Zenon Wisniewski | Sale Harriers Manchester | 22.44 |
| 6 | 336 | Ashley Langton | Doncaster Athletic Club | 22.50 |
| 7 | 357 | Joseph Reid | Manx Harriers | 22.63 |
| 8 | 323 | Nathan Harris | Sale Harriers Manchester | 22.75 |

T55 Senior Men 200m FINAL**FINAL**

| | | | | |
|---|-----|-----------------|-----------------------------|-------|
| 1 | 183 | James Williams | Liverpool Harriers | 21.57 |
| 2 | 88 | Jake James | Derby Athletic Club | 21.75 |
| 3 | 164 | Ben Stephenson | Middlesbrough Athletic Club | 22.15 |
| 4 | 478 | Umar Hameed | Sale Harriers Manchester | 22.22 |
| 5 | 110 | Jerome McIntosh | City Of Sheffield AC | 22.56 |
| 6 | 86 | Anu Iyanda | Bexley Ac | 23.63 |
| 7 | 51 | Scott Douglas | Charnwood A C | 23.68 |

-3.7

-2.3

-1.6

-2.8