

SENIOR WOMEN HAMMER

1	Rachel	Gair	Trafford	59.05
2	Hayley	Murray	Birchfield	51.52
3	Lucy	Marshall	WGEL	49.74
4	Anna	Robertson	Gloucester	44.52
5	Kate	Yhnell	Gloucester	44.40
6	Beth	Sewell	Cardiff	43.10

SENIOR MEN HAMMER

1	Matthew	Bell	Birchfield	60.75
2	Alex	Warner	WSEH	60.12
3	Tom	Pearson	Charnwood	36.78

SENIOR WOMEN SHOT

1	Alison	Rodger	Sale H	14.15
2	Laura	Radburn	Birchfield	8.22

SENIOR MEN SHOT

1	Ingmar	Vos	Birchfield	12.88	
2	Tom	Pearson	Charnwood	11.17	
3	Martin	Crutchley	Cann/Stafford	11.93	5k shot ambulant

SENIOR WOMEN JAVELIN

1	Bev	Hawkins	Birchfield	34.52
2	Laura	Radburn	Birchfield	24.78

SENIOR MEN JAVELIN

1	Neil	Crossley	Cheltenham	65.87	
2	Glyn	Hollingworth	Rugby & Nthpton	59.11	
3	James	Hopley	Telford	58.82	
4	Lee	Peters	Mansfield	54.79	
5	Liam	Downer	Cheltenham	52.61	U20

SENIOR WOMEN 3000m

1	Sarah	Johnson	Trentham/Leic C	10.10.43
2	Jo	Pulsford	Rugby & Nthpton	10.11.90
3	Wendy	Morant	Birchfield	17.58.92

U20 WOMEN 3000m

1	Chloe	Richardson	Birchfield	10.05.19
2	Emily	Waugh	Rugby & Nthpton	10.22.86
3	Dannii	Johnson	Birchfield	10.27.60
4	Amy	Johnson	RSC	10.31.48
5	Clara	Evans	Hereford & Co	10.50.10
6	Naomi	Prosser	Hereford & Co	12.00.20

SENIOR MEN 3000m

1	Daniel	Beier	Tipton	8.37.8	Manual timing
2	Sam	Mitchell	Notts	8.38.7	
3	Sebastian	Duffy	City of Stoke	8.47.6	
4	Andrew	Kaar	Birchfield	8.58.4	
5	Thomas	Meakin	Owls	9.04.5	
6	Mark	Appleton	Broms/Redd	10.05.3	

U20 MEN 3000m

1	Rory	Grant	Rugby & Nthpton	9.07.3	Manual timing
2	Lewis	Roberts	Worcester	9.15.5	
3	Jonathan	Barnes	Hereford & Co	9.17.8	
4	Alex	Brecker	City of Stoke	9.29.7	
5	Ben	Griffiths	Birchfield	9.36.1	
6	Thomas	Hendricken	City of Stoke	10.24.1	

SENIOR WOMEN DISCUS

1	Kirsty	Law	Sale H	51.47	
2	Julia	Walkden	Exeter H	40.78	
3	Elycia	Metaxas-Belt	WGEL	34.16	

SENIOR MEN DISCUS

1	Ingmar	Vos	Birchfield	41.29	
2	Tom	Pearson	Charnwood	34.12	

WOMENS 400mH

1	Tracey	Duncan	WGEL	58.92
2	Caryl	Granville	Swansea	59.46
3	Gabrielle	Coveney	ESM	60.58
4	Nicola	Hill	Hav Mays	61.31
5	Emily	Bonnett	Yeovil	62.57
	Justine	Kinney	WSEH	DNF

MENS 400mH Race 1

1	David	Hughes	Sale H	50.75
2	David	Dempsey	Leeds C	52.71
3	Gareth	Morris	Ashford	53.81
4	Callem	Forde	Charnwood	53.86
5	Tom	Moakes	Notts	54.57

MENS 400mH Race 2

1	Darren	Lewis	City of Stoke	54.58
2	Sam	Parsons	Brighton	55.55
3	Jamie	Horder	Cheltenham	56.04
4	Daniel	Eckersley	Kingston	56.13

WOMENS AMBULANT 100m

				w/s 0.6	
1	Natasha	Mead	Exeter H	14.87	CBP
2	Amy	Wareing	Stevenage & NH	15.35	
3	Fiona	Clarke	BRAT	15.77	

MENS AMBULANT 100m

				w/s 0.3	
1	Michael	Churm	Chorley AC	12.85	CBP
2	Stephen	Keeling	City of Stoke	12.98	
3	Owen	Fennell-Rutherford	Southport W	13.41	
4	James	Taylor	Carlisle & A	14.66	
5	Matthew	Raasch-Sotinwa	North Devon AC	14.67	

WOMENS 100m RACE 1

				w/s 0.7	
1	Abi	Oyepitan	Shaftesbury B	11.52	CBP
2	Kadi-Ann	Thomas	Milton Keynes	11.76	
3	Tope	Nuga	NEB	11.81	
4	Joey	Duck	Milton Keynes	11.85	
5	Ailis	McSweeney	Ireland	11.89	
6	Lucy	Evans	Sale H	12.01	
7	Melisa	Hanson	Birchfield	12.02	
8	Shauna	Cannon	Ireland	12.34	

WOMENS 100m RACE 2

				w/s 2.3	
1	Emma	Bailey	Rugby & Nthpton	11.96	
2	Catherine	McManus	Ireland	11.98	
3	Aoife	McNeil	Ireland	12.00	
4	Melinda	Cooksey	Birchfield	12.05	
5	Ellena	Ruddock	Rugby & Nthpton	12.12	
6	Anike	Shand Whittingham	Blackheath & B	12.18	
7	Sian	Pledger	Bolton U H	12.19	
8	Jor'dan	McIntosh	Charnwood	12.54	

WOMENS WHEELCHAIR 100m

				nwi	
1	Georgina	Oliver	Halifax H	18.40	CBP
2	Charlotte	Moore		21.71	
3	Melissa	Nicholls	Cheltenham	23.78	
4	Kirsty	Grange	Stockport H	24.92	
5	Josie	Pearson		24.98	

MENS WHEELCHAIR 100m

				w/s 2.0	
1	Daniel	Cook	Poole AC	16.65	CBP
2	Stuart	Bloor	Stockport	17.76	
3	Jamie	Carter	Cleethorpes	18.38	
4	Anthony	Gotts	Rochdale H	19.54	
5	Rob	Smith	U/A	21.00	
6	James	Price		21.97	
7	Ben	Rowlings		24.46	
8	Stephen	Osborne	U/A	24.64	

MENS 100m RACE 1

				w/s 2.4	
1	Mark	Lewis Francis	Birchfield	10.23	
2	Remaldo	Rose	Jamaica	10.25	
3	Matic	Osovnikar	Slovenia	10.43	
4	Mark	Findlay	NEB	10.51	
5	Julian	Thomas	Birchfield	10.65	
6	Steven	Calvert	Crusaders AC	10.69	
7	Daniel	Davis	WGEL	10.78	

MENS 100m RACE 2

				w/s 2.4	
1	Simeon	Williamson	Highgate H	10.42	
2	Harold	Houston	Sheffield AC	10.67	
3	Ben	Shields	Rotherham	10.72	
4	Adetoyi	Durotoye	WGEL	10.77	
5	Ollie	King	Woking	11.05	
6	Yannick	Phippen	Kettering TH	11.14	
7	Adam	Thomas	Birchfield	11.35	

MENS 100m RACE 3

				w/s 4.3	
1	Rhys	Knapman	Cardiff	10.85	
2	Byron	Robinson	Herne Hill H	10.90	
3	Ollie	Knight	Charnwood	11.08	
4	Luke	Sargeant	Crawley AC	11.16	
5	Funsho	Joseph	WGEL	11.17	
6	Deanna	O'Byrne	Dundrum S D	11.18	

WOMENS AMBULANT 400m

1	Amy	Wareing	Stevenage & NH	77.56	CBP
2	Helen	Williams	Aberdare V	115.47	

MENS AMBULANT 400m

1	Chris	Honess	Southport W	63.02	CBP
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WOMENS 400m RACE 1

1	Emma	Pullen	Shrewsbury	53.69	
2	Claire	Bergin	Ireland	53.73	
3	Ambwene	Simukonda	TVH	54.64	
4	Harriet	Pryke	Manx H	54.75	
5	Laura	Langowski	Coventry G	55.07	
6	Lesley	Owusu	WSEH	55.20	

WOMENS 400m RACE 2

1	Justine	Kinney	WSEH	56.59
2	Amy	Freeman	Spensorough	57.26
3	Jodie	Harrison	W/B	58.60
4	Kate	Would	Derby	59.03
5	Michelle	Thomas	Birchfield	59.81
	Ciara	McCallion	Ireland	DQ

MENS 400m RACE 1

1	Jermaine	Gayle	Jamaica	47.19
2	Michael	Warner	Notts	47.54
3	Tom	Miller	Cardiff	47.93
4	Annsert	Whyte	Jamaica	48.13
5	Nick	Hogan	Ireland	48.59
6	Timothy	Burn	Richmond	49.02
7	Markus	Hunt	Chelmsford	49.07
8	Billy	Ryan	Loughborough	49.63

MENS 400m RACE 2

1	Richard	Davenport	NEB	47.35
2	Zach	King	Notts	48.86
3	Dwayne	Lewis	Birchfield	48.95
4	Jonathan	Hornblow	Derby	49.03
5	Paul	Judson	Notts	49.07
6	Dara	Kervick	Ireland	49.18
7	Tom	Guy	City of Stoke	49.46

U20

MENS 400m RACE 3

1	Lloyd	Gumbs	Shaftesbury B	48.69
2	Glyn	Hawkes	Cardiff	49.07
3	Ryan	Crawley	City of Sheffield	49.39
4	James	Whitehouse	Birchfield	49.57
5	Shem	Nelson	Birchfield	50.06
6	Victor	Dos Santos Soares	TVH	50.14
7	Tom	Moakes	Notts	50.38

WOMENS WHEELCHAIR 400m

1	Georgina	Oliver	Halifax H	62.62
2	Melissa	Nicholls	Cheltenham	86.33
3	Charlotte	Moore		88.44
	Josie	Pearson		DQ

MENS WHEELCHAIR 400m

1	Stuart	Bloor	Stockport	60.56
2	Daniel	Cook	Poole AC	65.32
3	Jamie	Carter	Cleethorpes	71.22
4	Anthony	Gotts	Rochdale	74.74
5	Rob	Smith	U/A	85.40
6	Ben	Rowlings		94.65
7	James	Price		107.39

WOMENS 100mH

				w/s 3.3
1	Mairead	Murphy	Ireland	13.65
2	Annamari	Korte	Finland	13.74
3	Dominique	Blaize	Kingston	14.08
4	Lauren	Dewdney	Gateshead	14.71
5	Grace	Clements	Dartford	14.83
6	Chloe	Whalley	Milton Keynes	14.90
	Kylie	Robilliard	Channel Is	DNF
	Sara	McGreavy	Sale H	DNS

MENS 110mH RACE 1				w/s 3.5
1	Julz	Adeniran	Shaftesbury B	13.85
2	Alexander	Al-Ameen	NEB	13.94
3	Edrin	Okoro	Birchfield	13.99
4	Matt	Hudson	Sheffield	14.06
5	Daniel	Davis	WGEL	14.39
MENS 110mH RACE 2				w/s 0.0
1	Ciaran	O'Caithan	Ireland	14.96
2	Andrew	Sturrock	Gateshead	15.05
3	Richard	Baderin	Liverpool H	15.09
4	Ashley	Wilson	Victoria Park	15.67
	Simon	Taggart	Donore	DQ
WOMENS WHEELCHAIR 200m				w/s 1.7
1	Georgina	Oliver	Halifax H	34.81
2	Charlotte	Moore		41.92
3	Melissa	Nicholls	Cheltenham	44.04
4	Josie	Pearson		47.68
5	Kirsty	range	Stockport	47.78
MENS WHEELCHAIR 200m				w/s 2.6
1	Stuart	Bloor	Stockport	30.48
2	Daniel	Cook	Poole AC	30.65
3	Jamie	Carter	Cleethorpes	34.08
4	Anthony	Gotts	Rochdale	35.15
5	Rob	Smith	U/A	38.61
6	James	Price		39.29
7	Ben	Rowlings		46.65
8	Stephen	Osborne	U/A	51.88
WOMENS AMBULANT 200m				w/s 3.7
1	Natasha	Mead	Exeter H	30.60
2	Fiona	Clarke	BRAT	33.52
3	Helen	Williams	Aberdare V	53.46
MENS AMBULANT 200m				w/s 3.5
1	Michael	Churm	Chorley	26.15
2	Stephen	Keeling	City of Stoke	26.61
3	Chris	Honess	Southport W	27.47
4	Owen	Fennell-Rutherford	Southport W	27.61
5	Matthew	Raasch-Sotinwa	North Devon AC	30.54
6	James	Taylor	Carlisle & A	32.15
MENS 200m RACE 1				w/s 0.5
1	Richard	Strachan	Trafford	21.21
2	David	Lima	BRAT	21.23
3	Steven	Colvert	Crusaders AC	21.44
4	Matic	Osovnikar	Solvenia	21.58
5	Luke	Evans	Blackburn H	21.67
6	Lawrence	Wooldridge	Kent	21.68
7	Rhys	Knapman	Cardiff	22.03
MENS 200m RACE 2				w/s 2.3
1	Tom	Mosley	Leeds C	22.01
2	Ingmar	Vos	Birchfield	22.04
3	Peter	Shand	Tipton	22.06
4	Ollie	King	Woking	22.07
5	Todd	Marshall	City of Sheffield	22.28
6	Yannick	Phippen	Kettering TH	23.38
	Byron	robinson	Herne H H	DQ

MENS 200m RACE 3					w/s 2.9
1	Nick	Kanonik	Birchfield	21.84	
2	Nicholas	Pryce	RSC	22.04	
3	Jonathan	Hornblow	Derby	22.12	
4	Ross	McDonald	Birchfield	22.21	
5	Deanna	O'Byrne	Dundrum SD	22.30	
6	Luke	Sargeant	Crawley	22.63	
	Harold	Houston	Sheffield AC	DQ	
	Tom	Miller	Cardiff	DNS	
WOMENS 200m RACE 1					w/s 0.4
1	Abi	Oyepitan	Shaftesbury B	23.57	
2	Helen	Pryer	WSEH	23.60	
3	Nadine	Okyere	Birchfield	24.13	
4	Joey	Duck	Milton Keynes	24.41	
5	Melinda	Cooksey	Birchfield	24.63	
	Lucy	Evans	Sale H	DNS	
WOMENS 200m RACE 2					w/s 1.6
1	Kadi-Ann	Thomas	Milton Keynes	24.35	
2	Tope	Nuga	NEB	24.44	
3	Stephanie	Creaner	Ireland	24.81	
4	Melisa	Hanson	Birchfield	24.87	
5	Aoife	MacNeil	Ireland	25.11	
6	Ellena	Ruddock	Rugby & Nthpton	25.80	
WOMENS 200m RACE 3					w/s 1.6
1	Sian	Pledger	Bolton U H	25.15	
2	Susanna	Banjo	NEB	25.34	
3	Shaunna	Cannon	Ireland	25.44	
4	Jor'dan	McIntosh	Charnwood	25.79	
MENS 110mH 2nd Round RACE 1					w/s 3.1
1	Alex	Al-Ameen	NEB	14.00	
2	Matt	Hudson	Sheffield	14.08	
	Daniel	Davis	WGEL	DNF	
	Edirin	Okoro	Birchfield	DQ	
	Julz	Adeniran	Shaftesbury B	DNS	
MENS 110mH 2nd Round RACE 2					w/s 4.0
1	Edirin	Okoro	Birchfield	13.96	
2	Simon	Taggart	Donore	14.21	
3	Andrew	Sturrock	Gateshead	14.86	
4	Cairan	O'Cathain	Ireland	14.97	
5	Ashley	Wilson	Victoria Park	15.43	
WOMENS POLE VAULT					
1	Bryony	Raine	Cardiff	4.01	CBP
2	Emily	Taylor	Notts	3.91	
3	Abi	Haywood	Sale H	3.91	
4	Zoe	Brown	Ireland	3.76	
5	Louise	Shortland	Stevenage & NH	3.46	
6	Rachel	Thomas	Liverpool	3.46	
MENS TRIPLE JUMP					w/s
1	Nick	Thomas	NEB	15.30	0.1
2	Darren	March	Medway & M	14.55	1.4
3	Matthew	Morsia	Ashford	14.54	0.6
4	Jose	Martin Fullerton	Birchfield	14.40	0.3 U20
5	Jamal	Nesbitt	Birchfield	13.37	1.4 U20

WOMENS HIGH JUMP

1	Hayley	Pitman	Bristol & West	1.75	
2=	Frances	Smithson	London Heathside	1.70	
2=	Grace	Clements	Dartford H	1.70	
4	Domique	Blaize	Kingston	1.70	
5	Cosima	Berry	Leamington	1.65	U17

WOMENS LONG JUMP

1	Amy	Harris	Birchfield	6.32	0.5
2	Rebecca	Camilleri	Bolton U H	5.90	1.3
3	Laura	Samuel	Birchfield	5.80	0.7
4	Dee	Bakre	Enfield & H	5.58	1.6
5	Sophie	Worrall	Telford	5.46	0.8
6	Imogen	Miles	Cardiff	5.38	0.8

MENS HIGH JUMP

1	Tom	Parsons	Birchfield	2.20	
2	Robbie	Grabarz	NEB	2.20	
3	Michael	Edwards	Birchfield	2.10	
4	Romeo	Sithole	Charnwood	2.05	
5	Darren	Hammond	Sale H	2.05	
6	Scott	Johnson	Bedford & Co	2.00	
7=	Tom	Gardner	East Grinstead	1.95	
7=	Ingmar	Vos	Birchfield	1.95	
9=	Ashley	Barker	Cheltenham	1.90	
9=	Adam	Wall	Yate & D	1.90	
11	Edwin	Elmhirst	Worcester	1.85	

MENS POLE VAULT

1	Robert	Warensjo	Belgrave H	5.00	
2	Matthew	Cullen	Sale H	4.50	

MENS LONG JUMP

1	Leigh	Smith	Birchfield	7.51	2.5
2	Richardo	Childs	Brecon	7.32	1.9
3	Andre	Fernandez	NEB	7.21	1.5
4	Marlon	Lewis	BRAT	7.06	0.3

WOMENS TRIPLE JUMP

1	Sineade	Gutzmore	Birchfield	13.01	1.7	
2	Stephanie	Aneto	WGEL	12.73	1.2	
3	Claire	Linskill	Sale H	12.34	1.8	
4	Jayne	Nisbet	Edinburgh	12.21	1.3	
5	Zainab	Ceesay	WGEL	12.15	1.7	
6	Dee	Bakre	Enfield & H	11.74	0.4	
7	Shannell	Hutchinson	Birchfield	11.35	1.4	U20