

Senior Men 800m		Heat 1
1	Mark Berridge	Basingstoke 1.52.82
2	James Ansell	Exeter H 1.56.64
3	Richard Bowman	Coventry G 2.02.75
4	Tom Sycklemore	Basingstoke 2.03.87
5	Mark Moore	Wolvs/Bil 2.10.91
		Heat 2
1	Conor Healy	Ireland 1.56.83
2	Jonathan Hiorns	Notts AC 1.57.41
3	Ryan Cox	Birchfield 1.59.88
4	Peter Watkeys	Basingstoke 2.02.29
5	Andrew Dickens	Nene Valley H 2.03.95
		Heat 3
1	Paul Bradshaw	Blackburn H 1.56.66
2	Andrew De-Camps	Gloucester AC 1.57.09
3	Dave Ragan	Basingstoke 1.57.78
4	Callem Forde	Charnwood AC 2.01.47
5	Martin Braderick	Basingstoke 2.05.90
		Heat 4
1	Paul Goodall	City of Norwich 1.56.58
2	Billy Ryan	NEB 1.57.30
3	Daniel Eckersley	Kingston AC 1.57.70
4	Nick Hazelwood	Halesowen 1.58.19
5	Darryl Loveland	RAF 2.03.57
		Heat 5
1	Aaron Bennett	Southampton AC 1.57.86
2	James Moroney	Notts AC 1.57.93
3	Chris Lamb	Rugby/Nth 1.59.31
4	Simon Franklin	Corby AC 1.59.91
5	Joseph Gill	NEB 2.00.33
U17 Men 800m		Race 1
1	Theo Blundell	Birchfield 2.00.66
2	Matthew Jones	Oswestry Olym 2.04.39
3	Dominic Tutton	Gloucester AC 2.06.32
4	Macaulay Snutch	City of Stoke 2.06.33
5	Tom Howarth	City of Stoke 2.08.62
		Race 2
1	Yahya Aitabi Hakimi	Birchfield 2.08.56
2	Will Graves	Birchfield 2.09.17
3	David James	Birchfield 2.09.40
4	Emmett Thompson	Forest of Dean 2.17.54
5	Kate Davies	Gloucester AC 2.39.55
U15 Girls 200m		Race 1
1	Eleanor Rawson	2DASH 25.92
2	Sophie Thomas	North Somerset 26.85
3	Laura Puleston	Erme Valley H 27.36
4	Stephanie Beardsmore	Cheltenham 27.79
5	Bethany Catchpowle	Solihull & SH 27.81

		Race 2
1 Yvette Westwood	Yate AC	27.06
2 Mia Tomlinson	Wolvs/Bil	27.14
3 Natalie Mukerji	Cannock/Stafford	27.45
4 Courtney Smith	Halesowen	28.97
		Race 3
1 Tia Chandler	Wolvs/Bil	28.80
2 Hannah Nanton	Team Bath	29.81
3 Penny Whittingham	Birchfield	30.32
4 Georgina Ryding	Halesowen	30.95
		Race 4
1 Ellie Lambrou	Birchfield	27.72
2 Ashleigh Beaven	Bromsgrove/Redditch	28.28
3 Ellie Corbett	Wolvs/Bil	28.61
4 Henrietta Ebbs	Yate AC	29.05
5 Candy Lockett	Bromsgrove/Redditch	30.37
		Race 5
1 Lillian Goddard	Torbay AAC	28.54
2 Rosie Marshall	Nene Valley H	29.28
3 Holly Phillips	Kidderminster/Stour	29.37
4 Emma White	Nuneaton H	30.53
5 Savannah Sturridge	Tamworth AC	31.32
U15 Boys 200m		Race 1
1 Owin Sinclair	Charnwood AC	23.09
2 Samuel Hamilton	Halesowen	24.73
3 Benjamin Clarke	Cheltenham	24.99
4 Jaskaran Notta	Birchfield	25.06
5 Leo Read	Oswestry Olym	25.78
		Race 2
1 Ashley Sandall	Nene Valley H	24.25
2 Owen Richardson	Basingstoke	24.68
3 Christopher Hewlett	Birchfield	26.25
4 Sam Preston	Halesowen	26.43
5 Savan Patel	Halesowen	27.26
U17 Women 200m		Race 1
1 Amy Hillyard	Birchfield	25.60
2 Rachel Norris	Mansfield H	26.09
3 Tamika Cain	Nuneaton H	26.30
4 Megan Barrettt	Cheltenham	26.65
5 Charlotte Jones	Birchfield	26.68
		Race 2
1 Alice Cunningham	Corby AC	27.00
2 Kelly Constable	Gloucester AC	27.04
3 Yemma Songu	Bristol & West	27.10
4 Heidi Jackson	City of Stoke	27.59
5 Molly Ferguson	Notts AC	28.49

		Race 3
1	Louise Ward	Cheltenham 27.23
2	Kay Oakley	Wolvs/Bil 27.44
3	Kiera Jenkins	Stroud AC 27.98
4	Alyssa Small	Bristol & West 27.99
5	Emily Fowler-Parkes	Cannock/Stafford 28.30
		Race 4
1	Megan Bishop	Cheltenham 27.24
2	Louisa Cooper	Charnwood AC 27.97
3	Katy Rushmer	Millfield Sch 28.92
4	Anna Caswell	North Devon AC 29.48
5	Anna Rooney	Wolvs/Bil 29.97
		Race 5
1	Anicia Skeates	North Somerset 27.30
2	Katie Debonis	Cheltenham 27.89
3	Katie Foward	Cheltenham 28.25
4	Sofia Fereday	Wolvs/Bil 28.95
5	Molly Ellis	North Devon AC 29.62
		Race 6
1	Charlotte Newman	Royal Sutton Coldfield 27.90
2	Millie Barker	Wolvs/Bil 29.58
3	Cara Trivett	Birchfield 31.05
U17 Men 200m		Race 1
1	Josh Platt	Crewe 22.79
2	Liam Hebblethwaite	City of Stoke 22.83
3	Stefan Anderson	Royal Sutton Coldfield 23.47
4	Kaine Walker	Nene Valley H 23.75
		Race 2
1	Delano Brown	Birchfield 22.96
2	Daniel Trueman	Stroud AC 22.99
3	Toby Melville	Nuneaton H 23.24
4	Ryan Hampson	Stroud AC 23.91
5	Freddie Silva	Worcester AC 24.64
		Race 3
1	Joshua Billington	City of Stoke 24.21
2	Jack Dyer	Bristol & West 24.29
3	Myles Lynch	Coventry G 24.37
4	Edward Harrison	Stratford on Avon 24.75
5	Travis Christie	Wolvs/Bil 25.01
		Race 4
1	Michael Pearson	Birchfield 24.43
2	Jowelle Sterling Johnson	Birchfield 24.49
3	Emmett Thompson	Forest of Dean 24.95
4	Harry Young	Corby AC 25.39
		Race 5
1	Jordan Spence	Corby AC 24.43
2	Joshua Townrow	Birchfield 24.95
3	Jordan Reader	Birchfield 25.32

Senior Women 400m		Heat 1
1	Ambwene Simukonda	Thames Valley H 54.91
2	Emma Pullen	Cardiff AC 54.99
3	Cally Read	Birchfield 56.11
4	Kate Anderson	City of Stoke 60.08
		Heat 2
1	Harriet Pryke	Manx H 55.10
2	Victoria Barr	Rugby/Nth 55.38
3	Kim Wall	Basildon AC 55.79
4	Deborah Willis	Herts Phoenix AC 57.69
5	Hannah Clarke	Newport H 60.56
		Heat 3
1	Emily Diamond	Bristol & West 54.19
2	Laura Wake	Herts Phoenix AC 55.05
3	Laura Burke	WSEH 57.88
4	Eleanor Markendale	Pendle AC 64.84
		Heat 4
1	Shana Cox	WGEL 53.08
2	Laura Langowski	Coventry G 54.04
3	Lesley Owusu	WSEH 55.57
4	Megan Southwart	Bath University 57.86
5	Rhiannon Linnington-Pa	Cardiff AC 58.23
Senior Men 400m		Heat 1
1	Michael Bingham	Birchfield 47.61
2	Andrew Kendall	Crawley AC 48.95
3	Gareth Hopkins	Cardiff AC 49.73
4	Jonathan Elderfield	Basingstoke 50.31
5	Alex Fields	Bristol & West 51.71
6	Matthew Bayliss	BRAT 53.16
		Heat 2
1	Richard Buck	City of York 46.95
2	Paul Judson	Notts AC 49.22
3	Nick Kanonik	Birchfield 49.68
4	Darren Lewis	Sale H 50.01
5	James Hunter	Liverpool H 50.18
6	Adam Barnes	Royal Sutton Coldfield 52.35
		Heat 3
1	Robert Tobin	Basingstoke 47.43
2	Lawrence Baird	Trafford AC 49.31
3	Patrick Phelan	Ireland 49.96
4	Dale Willis	Corby AC 50.49
5	Oliver Stringer	Leigh H 51.22
		Heat 4
1	Lloyd Zvasiya	Birchfield 49.49
2	Christian Byron	Birchfield 50.08
3	Stephen Goreham	Hillingdon AC 51.98
4	Jamie Graham	Cannock/Stafford 60.17

		Heat 5
1	Jamie-Kerr Bowie	Inverness H 48.35
2	Ben Carne	Harrow AC 49.22
3	Luke Edwards	City of Sheffield 49.59
4	Hayden Carter	RAF 50.79
5	Brian Darby	Coventry G 51.57
6	Paul Blake	Dorchester AC 58.55
		Heat 6
1	David Riley	Gateshead H 48.03
2	Eoin Mulhall	Crusaders AC 49.09
3	Samuel Adeyemi	Herne Hill H 49.11
4	Stewart Marshall	Coventry G 49.97
5	Aaron Mason	Thames Valley H 51.43
		Heat 7
1	Richard Morrissey	Havering Mayesbrook 48.70
2	Iain Bray	Basingstoke 49.68
3	Kieran Kelly	Ireland 49.80
4	Deanna O'Byrne	Dundrum South Dublin 50.19
5	Zak Saucedo	Enfield & H 50.68
6	Martin de la Fuente	Spain 53.26
		Heat 8
1	Sam Peters	Exeter H 50.09
2	Billy Ryan	NEB 50.32
3	Caspar Eliot	Bristol & West 50.35
4	Daniel Dell	Cardiff AC 50.47
5	Alex Merrett	Cheltenham 55.16
		Heat 9
1	Luke Smallwood	Blackheath & Brom 47.67
2	Markus Hunt	Chelmsford AC 48.79
3	Sean Reidy	Nene Valley H 51.96
4	David Munro	Wolvs/Bil 52.23
5	Sam Martin	North Devon AC 53.89
		Heat 10
1	Chris Wakeford	Sale H 50.00
2	Jacob Fehily	Trafford AC 50.14
3	Gary Coleman	Yate AC 50.59
4	Manzu-Lyn Cain	City of Stoke 56.46
		Race 1
U15 Boys 400m		
1	Ashley Sandall	Nene Valley H 53.68
2	Sam Smith	Peterborough AC 58.24
3	Jack Cullen	Halesowen 62.26

## Senior Men 1500m FINAL

1	Nick Samuels	Sale H	3.52.25
2	James Poole	Blackheath & Brom	3.53.55
3	Niall Robinson	North Down AC	3.53.94
4	Gareth Hill	Ballymena	3.54.79
5	Brett Halliwell	Stroud AC	3.58.48
6	Jacob Clark	City of Sheffield	3.59.31
7	Paddy Radley	OWLS	4.01.01
8	Andrew Kaar	Birchfield	4.02.98
9	Will Gurton	Vale of Aylesbury	4.10.74
10	Ben Griffiths	Birchfield	4.12.30
11	Joe Allen	Not Ilsted	4.14.87
12	Danny Tolhurst	Stratford on Avon	4.27.75

## Senior Men 60m

## Heat 1

1	Mark Lewis-Francis	Birchfield	6.83
2	Leroy Slue	Harrow AC	7.00
3	Ingmar Voss	Birchfield	7.21
4	Oliver Knight	Charnwood AC	7.25
5	Santino Dummett	Telford AC	7.25
6	Richard Rubenis	Telford AC	7.36
7	Edward Lantzos	Newport H	7.63

## Heat 2

1	Rj Pierre	WSEH	6.91
2	Ben Simons	Telford AC	6.98
3	Eldridge Phiri	Tamworth AC	7.02
4	Dan Bigham	Oxford Brookes RC	7.37
5	Taiwo Adereni	Herne Hill H	7.49
6	Fausto Furlotti	Enfield & H	7.74

## Heat 3

1	Elijah Winn	Enfield & H	6.85
2	Ryan James	Birchfield	7.06
3	Othroy Marsh	Harrow AC	7.11
4	Nengi Ossai	Shaftesbury BH	7.18
5	Leon Braithwaite	Bedford	7.42
6	Jonny Anderson	Raf/Cannock & Staffs	7.52
7	Thomas Matthews	Kendall AAC	8.14

## Heat 4

1	Fabian Collymore	Blackheath & Brom	7.05
2	Omar Simpson	Unattached	7.07
3	Alex Animashaun	Harrow AC	7.44
4	Matthew Wright	Cheltenham	7.52
5	Levi Reid	Belgrave H	7.70
6	Ben Rushgrove	Team Bath	8.25

## Heat 5

1	Robert Graham	Herne Hill H	6.91
2	Alex Nwenwu	Wolves/Bils	7.09
3	Oladele Bamisaye	Swansea H	7.14
4	Luke Lennon-Ford	Birchfield	7.15
5	Cameron Webb	Stevenage	7.37
6	Greg Richards	Tamworth AC	7.50

Heat 6		
1 Nigel Thomas	Thames Valley H	6.92
2 Julian Thomas	Birchfield	6.92
3 Emmanuel Adeyemi	Kent AC	7.12
4 Solomon Daniels	NEB	7.20
5 Vincent Bruce	Luton AC	7.24
6 Karl Ledington	Nuneaton H	7.31
7 Lloyd Alara	Coventry G	7.47

Heat 7		
1 Adeseye Ogunlewe	Chelmsford AC	6.89
2 Scott Bajere	Bristol & West	6.93
3 Ryan Farrington	Birchfield	7.18
4 Jason Greenidge	WGEL	7.21
5 Kyle Ennis	Banbury H	7.25
6 Paul Newark	Tipton H	7.39
7 David Sadkin	Unattached	7.40

Heat 8		
1 Christian Malcolm	Cardiff AAC	6.79
2 Charlie Dack	Loughborough	7.02
3 Rashid Kakoza	NEB	7.10
4 Donovan James	Wolves/Bils	7.32
5 Jahmal Germain	NEB	7.33
6 Talent Gukwe	Cannock/Stafford	7.47
7 Steven Harris	Halesowen	7.48

Heat 9		
1 Sean Safo-Antwi	Enfield & H	6.86
2 Mark Hanson	Enfield & H	7.04
3 Thomas Scrase	Loughborough	7.05
4 Seun Marcus	Belgrave H	7.22
5 Paul Webster	Corby AC	7.34
6 Luke Pryor	Coventry G	7.43
7 Ben Riektins	Bedford	7.46
8 ? Paterson	Notts AC	7.82

Heat 10		
1 Richard Kilty	Gateshead H	6.68
2 Aidan Syers	NEB	6.85
3 Justin Duru	Highgate H	7.12
4 Harold Houston	Bermuda	7.20
5 Jamie Vickery	Blackburn H	7.41
6 Sean Huxtable	DASH	7.54
7 Adam Hughes	Birchfield	7.55

Heat 11		
1 Harry Aikines-Aryeetey	Sutton & D	6.83
2 Paul Hession	Ireland	6.99
3 Samuel Adeyemi	Herne Hill H	7.15
4 Peter Hall	Notts AC	7.21
5 Neal Baines	Mansfield H	7.21
6 Carl Mason	Birchfield	7.27
7 Fraser Carlisle	Wycombe Phoenix	7.49
8 Rohan Samuel	Harrow AC	7.55

Senior Women 60m		Heat 1
1	Abi Oyepitan	Shaftesbury BH 7.51
2	Emma Bailey	Rugby/Nth 7.66
3	Jennie Batten	Stroud AC 7.76
4	Aoife MacNeil	Ireland 7.78
5	Joanne Frost	Bromsgrove & Redd 7.87
6	Jo White	St Marys Richmond 7.88
7	Claire Brady	Cellbridge AC 7.89
8	Kimi Moncrieffe	Birchfield 8.20
		Heat 2
1	Katherine Endacott	City of Plymouth 7.63
2	KitanEleyae	WGEL 7.67
3	Kadi-Ann Thomas	Milton Keynes 7.68
4	Chelsea Cooper	City of Stoke 7.73
5	Susanna Banjo	NEB 7.74
6	Nadine Prill	Oxford University 8.23
7	Katrina Hart	Birchfield 9.51
		Heat 3
1	Topa Nuga	NEB 7.63
2	Kylie Russell	Birchfield 7.67
3	Christine Ohuruogu	NEB 7.74
4	Gemma Werrett	Birchfield 7.91
5	Temi Erinoso	NEB 7.96
6	Caroline Waddell	Bath University 8.42
7	Sarah Evans	Swansea H 8.51
8	Megan Evans	Royal Sutton Coldfield 8.97
		Heat 4
1	Elaine O'Neill	WGEL 7.61
2	Lucy Onyeforo	Enfield & H 7.72
3	Nadine Okyere	Birchfield 7.77
4	Tunrayo Nubi	Enfield & H 7.89
5	Samantha Mills	Wolves/Bils 8.20
6	Katie Barry	Corby AC 8.40
7	Eleanor Gatouse	Oxford University 8.66
U20 Women 200m		Race 1
1	Jodie Harrison	Wolvs/Bil 24.87
2	Ann Ika Oqua	Wolvs/Bil 25.00
3	Lauren Powell	Spensorough 25.95
4	Jessica McCabe	WSEH 26.20
5	Anna Alexander-Holmes	Team Bath 26.85
		Race 2
1	Nardhia Kidd Walker	Birchfield 26.18
2	Shaliece Benjamin	Wolvs/Bil 26.51
3	Megan Dixon	Wolvs/Bil 26.62
4	Heidi Brooke-Little	Banbury H 26.90
5	Alvina Chen	Corby AC 28.00
		Race 3
1	Emma Douras	Wolves/Bils 26.65
2	Sadie Forrester-Hayles	Wolves/Bils 27.06
3	Sarah Brookes	Wolves/Bils 27.19



		Race 4
1	Charlotte Williamson Cheltenham	27.83
2	Katrina Walker BRAT	28.22
3	Amy Cullen Halesowen	28.32
U20 Men 200m		Race 1
1	Matthew Hudson-Smith Birchfield	21.88
2	Christopher Stone Bristol & West	22.51
3	Jack Seddon Crewe	22.96
4	Andrew Lord Cheltenham	23.13
		Race 2
1	Hassan Hassan Coventry G	23.27
2	Elliott Prendergast Bristol & West	23.36
3	Kevin Samuels Wolves/Bils	23.59
4	Andrew Scull Cheltenham	23.94
5	Nicholas Freer Bromsgrove & Redd	24.43
		Race 3
1	Aaron Badoo Wolves/Bils	23.41
2	Luke Fleming Royal Sutton Coldfield	23.67
3	Alexander Steele Crewe	23.68
4	Joe Lovell Worcester AC	23.76
5	Kevin Dzenga Tipton H	25.73
		Race 4
1	Leon Reid Bristol & West	22.31
2	Shane Henry Birchfield	23.34
3	Jamie Robinson Birchfield	23.67
4	Mathias Francis Birchfield	23.78
5	Craig Pike North Devon AC	25.94
U20 Women 800m		Race 1
1	Hywells Thomas-Howells Swansea H	2.27.91
2	Hayley Silver Mansfield H	2.30.09
U20 Men 800m		Race 1
1	Tom Guy City of Stoke	2.04.87
2	Camron Wood Birchfield	2.05.66
3	Kane Lee Yate AC	2.05.94
4	Sam Lacey Birchfield	2.06.47
5	Matthew Kirby Wreake Runners	2.07.81
U15 Boys 60m		Race 1
1	Owin Sinclair Charnwood AC	7.28
2	Owen Richardson Basingstoke	7.82
3	Leo Read Oswestry Oly	7.87
4	Benjamin Clarke Cheltenham	7.89
5	Sam Preston Halesowen	8.23
		Race 2
1	Samuel Hamilton Halesowen	7.79
2	Jordan Lloyd Birchfield	8.06
3	Tyrell Dankwa Marshall Milton Keynes	8.14
4	Christopher Hewlett Birchfield	8.15
5	Oliver Kemp Bromsgrove & Redd	8.16

U15 Girls 60m		Race 1
1 Emily Wright	Yate AC	8.18
2 Bethany Catchpole	Solihull & SH	8.26
3 Gemma Broomfield	Charnwood AC	8.29
4 Stephanie Beardsmore	Cheltenham	8.29
5 Mia Tomlinson	Wolves/Bils	8.38
6 Ellie Lambrou	Birchfield	8.70
7 Stacie Mulholland	Birchfield	8.73
		Race 2
1 Annabelle Pask	Coventry G	8.37
2 Ashleigh Beaven	Bromsgrove & Redd	8.62
3 Henrietta Ebbs	Yate AC	8.75
4 Tia Chandler	Wolves/Bils	8.82
5 Savannah Sturridge	Tamworth AC	9.01
6 Emma White	Nuneaton H	9.11
		Race 3
1 Natalie Mukerji	Cannock/Stafford	8.39
2 Kinnie Songu	Bristol & West	8.61
3 Harriet Mckenzie	Charnwood AC	8.74
4 Lillian Goddard	Torbay AC	8.77
5 Holly Phillips	Kidderminster/Stour	8.85
6 Courtney Smith	Halesowen	8.89
7 Candy Lockett	Bromsgrove & Redd	9.27
Senior Women 60m		Semi Final 1
1 Abi Oyepitan	Shaftesbury BH	7.39
2 Lucy Onyeforo	Enfield & H	7.63
3 Katherine Endacott	City of Plymouth	7.65
4 Emma Bailey	Rugby/Nth	7.67
5 Kadi-Ann Thomas	Milton Keynes	7.68
6 Chelsea Cooper	City of Stoke	7.73
7 Joanne Frost	Bromsgrove & Redd	7.87
8 Nadine Okyere	Birchfield	7.90
		Semi Final 2
1 Elaine O'Neill	WGEL	7.54
2 Tope Nuga	NEB	7.64
3 Kylie Russell	Birchfield	7.67
4 Kitan Eleyae	WGEL	7.72
5 Jennie Batten	Stroud AC	7.75
6 Aoife McNeil	Ireland	7.76
7 Christine Ohuruogu	NEB	7.80
8 Susanna Banjo	NEB	7.81
Senior Men 60m		Semi Final 1
1 Richard Kilty	Gateshead H	6.61
2 Aidan Syers	NEB	6.81
3 Sean Safo-Antwi	Enfield & H	6.84
4 Adeseye Ogunlewe	Chelmsford AC	6.85
5 Julian Thomas	Birchfield	6.93
6 Mark Hanson	Enfield & H	6.98
7 Thomas Scrase	Loughborough	7.00
8 Charlie Dack	Loughborough	7.18

## Semi Final 2

1	Christian Malcolm	Cardiff AAC	6.77
2	Elijah Winn	Enfield & H	6.79
3	Rj Pierre	WSEH	6.85
4	Scott Bajere	Bristol & West	6.97
5	Fabian Collymore	Blackheath & Brom	6.99
6	Eldridge Phiri	Tamworth AC	7.02
7	Leroy Slue	Harrow AC	7.04
8	Ryan James	Birchfield	7.10

## Semi Final 3

1	Harry Aikines-Aryeetey	Sutton & D	6.74
2	Nigel Thomas	Thames Valley H	6.82
3=	Mark Lewis-Francis	Birchfield	6.87
3=	Robert Graham	Herne Hill H	6.87
5	Ben Simons	Telford AC	6.98
6	Paul Hessian	Ireland	6.99
7	Omar Simpson	Unattached	7.03
8	Alex Nwenwu	Wolves/Bils	7.08

## Senior Women 1500m FINAL

1	Katrina Wootton	Bedford	4.23.37
2	Claire Tarplee	Solihull & SH	4.24.07
3	Ellie Stevens	Birchfield	4.24.98
4	Emily Pidgeon	Stroud	4.25.77

## U17 Women 60m

## Race 1

1	Remy Barrett	Solihull & SH	8.02
2	Tamarah Miller	BRAT	8.03
3	Rachel Norris	Mansfield H	8.06
4	Alyssia Carr	Sale H	8.19
5	Tamika Cain	Nuneaton H	8.22
6	Alice Cunningham	Corby AC	8.30
7	Anicia Skeates	North Somerset	8.37

## Race 2

1	Harriet Sawle	Cheltenham	8.25
2	Heidi Jackson	City of Stoke	8.36
3	Louisa Cooper	Charnwood AC	8.38
4	Gabriella Burton	City of Stoke	8.47
5	Rosie Jones	Nuneaton H	8.66
6	Holly Barton	Charnwood AC	8.72
7	Sophie Kamlish	Bath University	9.30

## Race 3

1	Yemma Songu	Bristol & West	8.11
2	Julia Cook	Swindon	8.14
3	Ilaria Mancinelli	Notts AC	8.26
4	Louise Ward	Cheltenham	8.44
5	Katie Debonis	Cheltenham	8.49
6	Charlotte Newman	Royal Sutton Coldfield	8.66
7	Kelly Hutchins	Team Bath	10.12

U17 Men 60m			Race 1
1	Jack Lawrence	Halesowen	6.99
2	Jermaine Hamilton	Orion H	7.04
3	Jonathan Akiboye	Birchfield	7.21
4	Josh Platt	Crewe	7.32
5	Nathan Togun	Scunthorpe	7.36
6	Obuchinezia Anyanwu	Coventry G	7.46
7	Kundainashen Mutukwa	DASH	7.69
			Race 2
1	Alex Grant	Stratford on Avon	7.48
2	Stefan Anderson	Royal Sutton Coldfield	7.54
3	Joshua Lowe	Birchfield	7.55
4	Jowelle Sterling Johnson	Birchfield	7.59
5	Jack Dyer	Bristol & West	7.67
6	Jordan Spence	Corby AC	7.74
7	Haydn Francis	Birchfield	8.07
			Race 3
1	Freddie Silva	Worcester AC	7.55
2	Michael Pearson	Birchfield	7.62
3	Jack Kennedy	Torbay AC	7.68
4	Myles Lynch	Coventry G	7.93
5	Jordan Reader	Birchfield	7.93
6	Samuel Mason	Halesowen	7.95
7	Harry Young	Corby AC	7.97
U20 Women 60m			Race 1
1	Melisa Hanson	Birchfield	7.88
2	Lauren Powell	Spensorough	8.03
3	Tannika Burgess	Wolves/Bils	8.05
4	Shaliece Benjamin	Wolves/Bils	8.12
5	Kirstie Overfield	DASH	8.17
			Race 2
1	Heidi Brooke-Little	Banbury H	8.19
2	Nicole Reynolds	Tamworth AC	8.35
3	Charlotte Williamson	Cheltenham	8.60
4	Katrina Walker	BRAT	8.76
U20 Men 60m			Race 1
1	Ben Shields	Rotherham H	7.02
2	Olutobi Ogundipe	Telford AC	7.13
3	Elliott Prendergast	Bristol & West	7.16
4	Omasirichukwu Anywan	Coventry G	7.17
5	Christopher Stone	Bristol & West	7.17
6	Jack Seddon	Crewe	7.28
7	Mathias Francis	Birchfield	7.34
			Race 2
1	Matthew Hudson-Smith	Birchfield	7.01
2	Hassan Hassan	Coventry G	7.16
3	Jamie Robinson	Birchfield	7.28
4	Shane Henry	Birchfield	7.30
5	Alexander Steele	Crewe	7.46
6	Joel Grenfell	Peterborough AC	7.47
7	Kevin Dzenga	Tipton H	7.66
8	Nicholas Freer	Bromsgrove & Redd	7.68

		Race 3
1	Feron Sayers	Wolves/Bils 7.26
2	Andrew Lord	Cheltenham 7.34
3	Nick Wilson	Birchfield 7.40
4	Joe Lovell	Worcester AC 7.43
5	Andrew Scull	Cheltenham 7.71
6	Jack Roughan	Birchfield 8.07
7	Craig Pike	North Devon AC 8.10
8	Matty Lattibeaudiere	Bristol & West 8.27
Senior Women 400m		Final
1	Ambwene Simukonda	Thames Valley H 54.82
2	Laura Wake	Herts Phoenix 55.32
3	Lesley Owusu	WSEH 55.88
4	Kim Wall	Basildon 56.33
5	Cally Read	Birchfield 56.53
Senior Men 400m		C Final
1	Lawrence Baird	Trafford AC 48.96
2	Luke Edwards	City of Sheffield 50.48
3	Iain Bray	Basingstoke 51.06
		B Final
1	Richard Morrissey	Havering Mayesbrook 48.03
2	Markus Hunt	Chelmsford AC 48.83
3	Samuel Adeyemi	Herne Hill H 48.95
		A Final
1	Jamie-Kerr Bowie	Inverness H 48.28
Senior Women 60m		Final
1	Elaine O'Neill	WGEL 7.48
2	Lucy Onyeforo	Enfield & H 7.53
3	Tope Nuga	NEB 7.65
4	Emma Bailey	Rugby/Nth 7.67
5	Katherine Endacott	City of Plymouth 7.69
6	Kylie Russell	Birchfield 7.69
7	Kitan Eleyae	WGEL 7.80
Senior Men 60m		Final
1	Harry Aikines-Aryeetey	Sutton & D 6.74
2	Elijah Winn	Enfield & H 6.80
3	Sean Safo-Antwi	Enfield & H 6.81
4	Nigel Thomas	Thames Valley H 6.82
5	Aiden Syers	NEB 6.99