U20 Men 3000m

1	Abdi Abdi	Birchfield H	8.47.58s	
2	Aaron Houseman	Cannock & Stafford	9.29.04s	

Senior Men 3000m

1	Gordon Lee	Leicester Cor	8:57:60s	
2	Jake Boat	Owls	09:07:40s	

Senior Women 3000m

1	Emily Waugh	Rugby & Northampton	10.44.66s	
2	Wendy Moirant	Birchfield H	15.24.11s	
	Ellie Stevens	Birchfield H	10.09.42s	Guest

Women 400mH

1	Caryl Granville	Swansea H	57.63	
2	Nisha Desai	Trafford AC	61.45	
3	Marie Dobson	Leads City AC	63.77	
4	Jade Halket	City of Glasgow AC	64.00	
5	Megan Dixon	Wolverhampton &Bilston AC	67.45	

Senior Mens 400mH

1	Chris Wakeford	Sale H	52.45	
2	Andy Clements	Windsor Slough Eton & H	53.13	
3	Paul Bennett	Cardiff AAC	53.51	
4	Darren Lewis	Sale H	53.59	
5	Josh Eades	Bath University	54.71	
6	James Taylor	Wigan	55.84	
7	Lennox Thompson	NEB	57.04	
8	Aaron Mason	Thames Valley H	58.14	

Ambulant Women 100m W/S -1.9

1	Denisha Marshall Brown	Herne Hill H	14.47	?	
2	Polly Maton	Team Devizes	14.73	T46	
3	Sanjana Emmanuel	Reading AC	15.50	T46	
4	Maria Lyle	Dunbar	15.85	T35	
5	Fiona Clarke	Birchfield H	16.34	T38	
6	Megan Richter	Birmingham Running	17.41	?	
7	Shannon Wallace	Birchfield H	20.64	T35	

Ambulant Men 100m W/S -2.1

1	Marcel Hodge	Charnwood AC	11.71	CBP	T20
2	Micheal Mullan	Unattached	12.85	T12	
3	Wynston Stafford	Club	12.94	T13	
4	Michael Poulton	St Marys Richmond	13.46	T44	
5	Nicky Maxwell	Bracknell AC	15.73	T44	

Senior Men 100m Race 1 W/S +1.9

1	Talent Gukwe	Cannock & Stafford AC	10.99
2	Owen Styler	Exeter H	11.04
3	Cameron Webb	Stevenage & North Herts AC	11.06
4	Delano Brown	Birchfield H	11.12
5	Alastair Mcdonald	Bedford & County AC	11.43
6	Lewis Summer-Rell	Notts AC	11.48
7	David Sadkin	Windsor Slough Eton & H	11.51
8	Jason Dwaah	VPTH	11.61

		Race 2	W/S -1.3	
1	Giziel Lima	Birmingham Running	11.00	
2	Chris Hill	Derby AC	11.13	
3	Jack Lawrence	Birchfield H	11.25	
4	Nengi Ossai	Shaftewsbury Barnett	11.26	
5	Daniel Trueman	Stroud AC	11.33	
6	Alexander Animashaun	Harrow AC	11.39	
7	Alex Beechey	Notts AC	11.41	
		Race 3	W/S-0.6	
1	Richard Tremblen	Cheltenham H	10.89	
2	Somto Eruchie	Birchfield H	10.93	
3	Olutobi Ogundipe	Telfrod AC	11.03	
4	Lemari Freckleton	Cardiff AAC	11.06	
5	Fabian Batchelor	Birchfield H	11.25	
6	Will Kennedy	Team Bath AC	11.42	
		Race 4	W/S-1.9	Manual
1	Joshua Ross	Australia	10.6	
2	Dewl Hammond	Bromsgrove & Redditch	10.9	
3	Chris Craig	Sale H	10.9	
4	Jordan Huggins	Henfield & Haringey	11.0	
5	Peter Shand	Tipton H	11.1	
6	Munyaradzi Raradza	Derby AC	11.1	
7	Yannick Phippen	Birchfield H	21.0	
Senior Womens 100m			W/S -1.1	
1	Elaine O'Neill	Woodford Green	11.88	
2	Joey Duck	Marshall Milton Keynes	11.97	
3	Catherine McManus	Ireland	12.04	
4	Emma Bailey	Rugby & Northampton	12.08	
5	Tunrayo Nubi	Enfield & Haringey	12.35	
6	Lauren O'Reilly	Newport H	12.92	
7	Seemita Gumbs	Birchfield H	13.31	
Men's Wheelchair 100m			W/S -1.9	Manual
1	Benjamin Rowlings	Coventry Godiva H	19.7	T34
2	Oliver Taylor	Chesterfield & District AC	21.3	T34
3	Joe Brazier	Harlow AC	23.0	T34
4	Adam Goldspink-Burgess	Harlow AC	26.5	T34
5	Cameron McLean	Derby AC	27.2	T33
Senior Men 400m		Race 1		
1	Elliott O'Neill	Trafford AC	49.38	
2	Gary Coleman	Yate ADC	50.25	
3	Jarrod Skervin	Notts AC	50.41	
4	Kieran McKeever	Notts AC	50.44	
5	Matthew Jones	Oswestry Olympians	50.71	
6	Alec Wing	Victoria Park H & Tower Hamlets	51.04	
		Race 2		
1	Ben Winstanley	Team Southampton	48.58	
2	Daniel Dell	Cardiff AAC	48.79	
3	Rick Beardsell	City Of Sheffield AC	48.83	
4	Josh Eades	Bath University	49.08	
5	Ross Allen	Rugby & Northampton AC	49.08	
6	Joe Thornton	Bristol & West AC	49.63	

Race 3

1	Samuel Adeyemi	Herne Hill Harriers	48.83	
2	Gareth Hopkins	Cardiff AAC	49.54	
3	Andrew Barnes	Not Listed	49.54	
4	Thomas Ajose	Notts AC	49.60	
5	Lloyd Gumbs	Shaftesbury Barnet H	50.73	
6	Chris Wakeford	Sale Harriers	51.28	

Race 4

1	Richard Strachan	Trafford AC	46.09	CBP
2	Somto Eruchie	Birchfield H	46.51	
3	Micheal Warner	Notts AC	47.21	
4	Jack Houghton	City Of Sheffield AC	48.00	
5	Nicholas Kanonik	Birchfield H	48.16	
6	Christian Byron	Birchfield H	48.28	
7	Timothy Kuria	Woking AC	48.90	

Senior Womens 400m

1	Emma Pullen	Cardiff AAC	53.94	
2	Harriet Pryke	Manx H	54.58	
3	Samantha Coleby	Durham City AC	55.19	
4	Ann Ika-Oqua	Wolverhampton & Bilston	55.34	
5	Nisha Desai	Trafford AC	56.12	
6	Amy Hillyard	Birchfield H	56.25	
7	Nadine Prill	Enfield & Haringey AC	56.43	

Wheelchair 400m Men

1	Benjamin Rowlings	Coventry Godiva H	64.1	T34
2	Oliver Taylor	Chesterfield & District AC	70.6	T34
3	Joe Brazier	Harlow AC	76.0	T34
4	Adam Goldspink-Burgess	Harlow AC	104.2	T34

Senior Womens 100mH W/S -1.2

1	Caryl Granville	Swansea H	14.21	
2	Kylie Robilliard	Shaftesbury Barnet H	14.28	
3	Gemma Werrett	Birchfield Harriers	14.44	
4	Lauren O'Reilly	Newport H	14.58	
5	Catriona Pennet	Edinburgh AC	15.22	

Senior Men 110mH W/S -2.3

1	Siddhanth Thingalaya	India	13.83	
2	Julian Ortiz	Birchfield H	14.34	
3	Jake Porter	Birchfield H	14.39	
4	David Feeney	Amber Valley AC	14.67	
5	Andy Blow	Basingstoke & Mid Hants AC	14.75	
6	Thomas Riley	Kent AC	16.45	

Mens Wheelchair 200m W/S -2.3

1	Benjamin Rowlings	Coventry Godiva H	34.61	T34
2	Oliver Taylor	Chesterfield & District AC	37.67	T34
3	Joe Brazier	Harlow AC	40.60	T34
4	Adam Goldspink-Burgess	Harlow AC	47.08	T34

Ambulant Women 200m W/S +1.6

1	Polly Maton	Team Devizes	30.10	T46
2	Maria Lyle	Not Listed	30.92	T35
3	Denisha Marshall Brown	Herne Hill H	32.13	?
4	Megan Ritcher	Birmingham Running	33.77	?

Ambulant Men 200m			W/S +1.3		
1	Marcel Hodge	Charnwood	23.36	CBP	T20
2	Matthew Hamilton	Basildon AC	25.46	T47	
3	Wynston Stafford		26.47	T13	
4	Nicky Maxwell	Bracknell AC	31.00	T44	

Senior Men 200m		Race 1	W/S -1.0
1	Theo Campbell	Bristol & West	21.58
2	Rick Beardsell	City of Sheffield	21.89
3	Alex Beechey	Notts AC	22.21
4	Owen Styler	Exeter Harriers	22.31
5	Kevin Metzger	Sale H	23.76
6	John Dwaah	VPTH	23.78

Senior Men 200m		Race 2	W/S +2.1
1	Jonathan Hornblow	Derby AC	21.47
2	Peter Shand	Tipton H	21.49
3	Dewi Hammond	Bromsgrove & Redditch	21.65
4	Nengi Ossai	Shatesbury Barnet	22.06
5	Fabian Batchelor	Birchfield H	22.48
6	Cameron Webb	Stevenage & N Herts	22.55
7	David Sadkin	WSEH	23.27

Senior Men 200m		Race 3	W/S +2.6
1	Nicholas Pryce	Royal Sutton Coldfield	21.38
2	Sebastian Tully-Middleton	Birchfield H	21.44
3	Daniel Trueman	Stroud AC	21.61
4	Gareth Hopkins	Cardiff	21.63
5	Jordan Huggins	Enfield & Haringey	21.71
6	Munyaradzi Raradza	Derby AC	21.81

Senior Men 200m		Race 4	W/S -0.7
1	Joshua Ross	Australia	21.55
2	Richard Strachan	Trafford	21.62
3	Lemarl Freckleton	Cardiff	22.20
4	Andrew Barnes	South Africa	22.83

Senior Women 200m			W/S 0.0	
1	Ashleigh Nelson	City of Stoke	23.52	CBP
2	Lucy Hatton	Corby	23.93	
3	Joey Duck	Marshall Milton Keynes	24.05	
4	Rachel Johncock	Swansea	24.28	
5	Nardhia Kidd-Walker	Birchfield H	25.77	

Senior Womens 100mH		Race 1	W/S -2.9
1	Heather Paton	Worcester AC	15.08
2	Rosie Kingston	Banbury AC	15.13
3	Hannah Jackson	Yate & D	16.32
4	Megan Dixon	Wolverhampton & Bilston	19.34

Senior Women Hammer

1	Rachel Gair	Trafford AC	60.83		
2	Christina Jones	Bristol &West	57.83		
3	Hayley Murray	Birchfield H	56.36		
4	Lucy Marshall	Woodford Green	54.41		
5	Anna Robertson	Gloucester AC	47.66		

Senior Men Triple Jump

				W/S	
1	Gary White	Cardiff AAC	15.37	-0.3	
2	Joshua Bones	Scunthorpe	14.90	-1.4	
3	Adam Williams	Cardiff AAC	13.70	0.5	
4	Kevin Metzger	Sale H	13.45	-0.1	

Senior Women Triple Jump

				W/S	
1	Michelle Robbins-Hulse	Trafford AC	12.28	0.00	
2	Zara Asante	Blackheath & Bromley	12.24	0.00	
3	Sara Barry-Wheeler	Brecon AC	12.06	0.8	
4	Megan O'Sullivan	Cardiff AAC	11.09	1.7	
5	Chloe Knight	East Cheshire	8.30	1.6	F20

Senior Women High Jump

1	Isobel Pooley	Aldershot, Farnham & D	1.83		
2	Hayley Pitman	Bristol & West	1.80		
3	Ella Gibbons	Worcester AC	1.75		
4	Adele Lassu	Birchfield H	1.70		
5	Emma Lowry	Edinburgh AC	1.65		
6	Amelia Hempleman - Adams	Bristol & West	1.65		

Senior Men Pole Vault

1	Andrew Sutcliffe	Sale Harriers	5.10	CBP =	
2	Matthew Cullen	Sale Harriers	4.80		

Senior Women Pole Vault

1	Sally Peake	Birchfield H	4.00		
2	Jenny Robbins	Notts AC	3.50		
3	Elise Gauntlett	Bristol	3.40		
4	Katie James	Yeovil	3.40		
5	Rachel Thomas	Liverpool	3.30		

Senior Mens High Jump

1	Adam Wall	Bristol & West	2.05		
2	Barry Pender	Thames Valley H	2.05		
3	Matt Roberts	Newham & Essex Beagles	2.00		

Senior Women Shot

1	Lucy Smith	Coventry Godiva	11.49		
2	Emily Cook	Birchfield H	10.01		

Ambulant Mens Long Jump				W/S	
1	Matthew Hamilton	Basildon AC	4.48	-0.1	F47

Ambulant Women Long Jump				W/S	
1	Polly Maton	Not Listed	4.40	0.5	F46
2	Chloe Knight	East Cheshire	4.14	0.9	F20
3	Sanjana Emmauel	Reading AC	3.99	0.00	F46
4	Denisha Marshall Brown	Herne Hill	3.83	1.6	?
5	Fiona Clarke	Birchfield Harriers	3.62	0.00	F38

Senior Men Long Jump				W/S
1	Stuart Street	Notts AC	7.26	0.3
2	Luke Pryor	Coventry Godiva	6.25	1.3

Senior Women LongJump				W/S
1	Sarah Warnock	Edinburgh AC	5.97	1.5
2	Phyllis Agbo	Thames Valley H	5.85	0.00
3	Amy Woodman	Birchfield Harriers	5.80	0.00
4	Heidi Jarosinski	Kidderminster & Stour	5.61	1.4
5	Imogen Green	Birchfield Harriers	5.52	1.8
6	Sophie Worrall	Telford AC	5.50	0.7