

Parallel Success 200m Ambulant Men FINAL	1	Ross Paterson T38	Red Star	24.97
	W/S: -1.0	2	George Fox T37	Blackpool Wyre & Fylde AC
		3	Graeme Ballard T36	Wigan & District H & Ac
		4	Henry Ackroyd T38	Bingley Harriers & AC
		5	Jack Anderson T20	Salford Metropolitan Ac
		6	Kyle Keyworth T35	Manchester Harriers & AC
		7	Fraser Owen T36	U/A
	W/S: +0.9			
Parallel Success 200m Ambulant Women FINA	1	Sally Brown T47	Charnwood A C	27.86
		2	Laura Sugar T/F44	Birchfield Harriers
		3	Emily Stewart T/F 38	Gateshead Harriers & AC
		4	India Oates T35	Darlington H & AC
	W/S: -2.0			
Senior Men 200m FINAL	1	James Williams	Liverpool Harriers & AC	21.34
		2	Samuel Landsborough	Wirral AC
		3	Regan O'Connell	City Of Sheffield And Dearne Ac
		4	Joel Richardson	Trafford Athletic Club
		5	Umar Hameed	Sale Harriers Manchester
		6	Ben Shields	City Of Sheffield And Dearne Ac
		7	Dominic Lamb	Spenborough & Dist AC
		8	Tom Metcalfe	University of Sheffield Union of Students
	W/S: +1.1			
Heat 01	1	James Williams	Liverpool Harriers & AC	21.54
		2	Regan O'Connell	City Of Sheffield And Dearne Ac
		3	Dominic Lamb	Spenborough & Dist AC
		4	Dominic Bradley	Crewe and Nantwich AC
		5	Harry Mallinson	Halifax Harriers & AC
		6	Ewan Somerville	University of Sheffield Union of Students
		7	Adam Murray	Wakefield District H & AC
Heat 02	1	Samuel Landsborough	Wirral AC	21.78
		2	Ben Shields	City Of Sheffield And Dearne Ac
		3	Tom Metcalfe	University of Sheffield Union of Students
		4	Alexandre Chazel	University Of Sheffield Union Of Students
		5	Mark Collier	Liverpool Harriers & AC
		6	Colin Hornby Jr	Sale Harriers Manchester
		7	Tyler Fowles	City Of Sheffield And Dearne Ac
	W/S: +1.3			
Heat 03	1	Umar Hameed	Sale Harriers Manchester	22.03
		2	Joel Richardson	Trafford Athletic Club
		3	James Finney	Leeds City Athletic Club
		4	Joseph Cooper	Kingston Upon Hull Ac
		5	Aidan Leach	Bingley Harriers & Ac
		6	Lewis Paley	None
		7	Shay Walker	City Of Sheffield And Dearne Ac
Senior Men 400m Hurdles FINAL	1	William Ritchie-Moulin	Durham University AC	52.92
		2	James Webster	Liverpool Harriers & AC
		3	Andrew Desmond	Liverpool Harriers & AC
		4	James Greenhalgh	West Norfolk AC
		5	Thomas Grantham	City Of Sheffield And Dearne Ac
		6	Daniel Holiday	Kingston upon Hull AC
		7	Lawrence Hopkins	Trafford Athletic Club
		8	Matthew Harrison	Leeds City Athletic Club
Senior Men 800m FINAL	1	James Young	Morpeth Harriers & AC	1:54.33
		2	Matthew Wigelsworth	Preston Harriers
		3	John Ashcroft	Liverpool Harriers & Ac
		4	Grant Anderson	Stockport Harriers & Ac

		5	Jonathon Beharrell	City Of Sheffield And Dearne Ac	1:56.09	
		6	Matthew Harris	Rossendale Harriers & AC	1:56.35	
		7	Luke Minns	Blackpool Wyre & Fylde Ac	1:56.43	
Heat 01		1	Matthew Harris	Rossendale Harriers & AC	1:53.66	
		2	Luke Minns	Blackpool Wyre & Fylde Ac	1:54.11	
		3	Jonathon Beharrell	City Of Sheffield And Dearne Ac	1:54.27	
		4	Grant Anderson	Stockport Harriers & Ac	1:54.57	
		5	Alistair Douglass	Morpeth Harriers & AC	1:55.77	
		6	Jethro McGraw	Amber Valley And Erewash Athletic Club	1:56.56	
		7	Christian Woods	Liverpool Harriers & AC	2:02.16	
Heat 02		1	Matthew Wigelsworth	Preston Harriers	1:56.13	
		2	James Young	Morpeth Harriers & AC	1:56.43	
		3	Callum Simpson	City of York AC	1:56.59	
		4	Harry Baxter	Lincoln Wellington Athletic Club	1:56.66	
		5	Oliver Dane	City Of Sheffield And Dearne Ac	1:58.00	
		6	Matthew Lloyd	Preston Harriers	2:00.97	
		7	Mark Cage	City Of York Ac	2:09.00	
Heat 03		1	John Ashcroft	Liverpool Harriers & Ac	1:54.42	
		2	Dominic Brown	Tonbridge Ac	1:54.53	
		3	Andrew Roen	Gateshead Harriers & AC	1:54.62	
		4	Daniel Neal	Preston Harriers	1:55.37	
		5	Jack Allison	Leeds City Athletic Club	1:56.80	
		6	Alex Jones	Trafford Athletic Club	2:00.57	
		7	Oliver Robinson	Bingley Harriers & AC	2:01.98	
Senior Men Discus FINAL		1	Alan Toward	City Of Sheffield And Dearne Ac	53.62	
		2	Daniel Fleming	City of York AC	44.72	
		3	Fraser Wright	Gateshead Harriers & Ac	39.38	
		4	Scott Jones	Wigan & District H & Ac	37.11	
		5	Liam Reveley	Blaydon Harriers & AC	35.36	
		6	Laurence Surman	Derby Athletic Club	34.64	
		7	John Twiddle	Kingston upon Hull AC	33.28	
Senior Men Javelin FINAL		1	Sam Dean	Sale Harriers Manchester	62.71	
		2	Ben Fisher	Liverpool Harriers & AC	57.19	
		3	Luke Thackray	Wakefield District H & AC	50.63	
		4	Jacob Fletcher	Trafford Athletic Club	32.66	
Senior Men Long Jump FINAL		1	Trevor Alexanderson	Birchfield Harriers	7.19	0.00
		2	Michael Causer	St Helens Sutton AC	7.18	0.00
		3	Jack Roach	Newham & Essex Beagles	7.14	0.00
		4	Peter Skirrow	Alnwick Harriers	6.79	-1.40
		5	Dominic Blake	Trafford Athletic Club	6.61	0.00
		6	Michael Fennell	Manchester Harriers & AC	6.59	0.00
		7	Jordan Kelly	Birchfield Harriers	6.47	-2.20
		8	Liam Reveley	Blaydon Harriers & AC	6.42	0.00
		9	Luke Halstead	Trafford Athletic Club	6.25	0.00
		10	Chris Harris	Wakefield District H & AC	5.69	-0.40
		11	Joseph Gray F47	Gateshead Harriers & AC	5.55	-1.10
		12	Daniel Sewell	City of York AC	4.78	0.00
		13	Hafeez Ahmad F37	Sale Harriers Manchester	2.71	0.00
Senior Men Pole Vault FINAL		1	Luke Cutts	City Of Sheffield And Dearne Ac	5.00	
		2	George Heppinstall	City Of Sheffield And Dearne Ac	4.70	

Senior Women 2000m Steeplechase FINAL	1	Lauren Stoddart	Edinburgh AC	6:48.03
	2	Laura Riches	Leigh Harriers & AC	6:59.97
Senior Women 200m FINAL	1	Ella Barrett	Chesterfield & District AC	24.59
	2	Amanda Shaw	Wakefield District H & AC	25.07
	3	Sophie Money	Liverpool Harriers & AC	25.18
	4	Megan Hoult	Kingston Upon Hull Ac	25.41
	5	Rebecca Walkden	Wigan & District H & AC	25.43
	6	Rachel Bell	Cleethorpes and District AC	25.49
	7	Suzanne Palmer	City Of Sheffield And Dearne Ac	25.67
		W/S: 0.0		
Heat 01	1	Ella Barrett	Chesterfield & District AC	24.93
	2	Megan Hoult	Kingston Upon Hull Ac	25.41
	3	Sophie Money	Liverpool Harriers & AC	25.47
	4	Hannah Bird	Barnsley Athletic Club	25.79
	5	Sophie Warden	Preston Harriers	26.33
	6	Holly Martin	Spensorough & Dist AC	27.25
	7	Louisa Cole	Preston Harriers	28.11
		W/S: -1.7		
Heat 02	1	Amanda Shaw	Wakefield District H & AC	25.13
	2	Rebecca Walkden	Wigan & District H & AC	25.47
	3	Rachel Bell	Cleethorpes and District AC	25.63
	4	Suzanne Palmer	City Of Sheffield And Dearne Ac	25.72
	5	Isla Golder	University of Sheffield Union of Students	26.25
	6	Racheal Larkin	Wakefield District H & AC	26.47
Senior Women 400m Hurdles FINAL	1	Abi Fitzpatrick	Sale Harriers Manchester	60.01
	2	Anna Nicole Rowe	Liverpool Harriers & Ac	60.04
	3	Nisha Desai	Trafford Athletic Club	60.14
	4	Chloe Esegbona	Trafford Athletic Club	64.79
	5	Charlotte Stamp	City of York AC	67.38
	6	Chelsea Walker	City of York AC	80.75
Senior Women 5000m FINAL	1	Lucy Crookes	Leeds City Athletic Club	16:21.10
	2	Becky Rigby	Preston Harriers	16:32.75
	3	Rachael Franklin	Manx Harriers	16:42.01
	4	Sarah McCormack	Ambleside AC	16:46.47
	5	Kirsty Longley	Liverpool Pembroke & Sefton H Ac	17:10.99
	6	Lisa Palmer-Blount	Derby Athletic Club	17:33.73
	7	Hannah May Fletcher	Hallamshire Harriers Sheffield	17:41.43
	8	Hannah Brown	Sale Harriers Manchester	17:45.43
	9	Ellen Downs	Sale Harriers Manchester	17:53.61
	10	Hannah Delaney	Liverpool Harriers & AC	18:04.26
	11	Laura Kaye	Durham City Harriers & AC	18:07.86
	12	Leila Armoush	Leeds City Athletic Club	18:46.38
Senior Women 800m FINAL	1	Georgia Yearby	Leeds City Athletic Club	2:08.41
	2	Samantha Coleby	Durham City Harriers & Ac	2:09.82
	3	Sinead Bent	Trafford Athletic Club	2:10.53
	4	Rochelle Harrison	Lincoln Wellington Athletic Club	2:13.04
	5	Rachael Scott	Wigan & District H & AC	2:14.53
	6	Rebecca Wilkinson	City Of York Ac	2:15.22
	7	Emma Tilley	Sale Harriers Manchester	2:15.27
	8	Louise Rudd	Stockport Harriers & AC	2:18.36
	9	Sarah McDonald	Wigan & District H & Ac	2:19.81
Senior Women Discus FINAL	1	Sophie Littlemore	Gateshead Harriers & AC	46.80
	2	Christina Nick	City of York AC	45.84
	3	Jemma Ibbetson	Leeds City Athletic Club	43.97



Under 20 Men 400m Hurdles FINAL	1	Ben Schofield	City of York AC	57.57	
	2	Jack Berwick	Amber Valley And Erewash Athletic Club	57.72	
	3	George Hurst	Trafford Athletic Club	63.92	
Under 20 Men 5000m FINAL	1	George Cooke	Stockport Harriers & AC	15:57.80	
	2	Senay Guzai	Derby Athletic Club	16:28.63	
	3	Cameron Allan	Houghton Harriers & AC	16:32.23	
Under 20 Men 800m FINAL	1	Tiarnan Croken	Preston Harriers	1:56.92	
	2	Archie Richardson	Lincoln Wellington Athletic Club	1:57.41	
	3	Ted Chamberlain	Holmfirth Harriers AC	1:58.76	
	4	Jack Dee-Ingham	Wigan & District H & Ac	1:59.07	
	5	Luke Farrant	Stockport Harriers & AC	1:59.40	
	6	Rhys Owen	Western Athletic Club (Isle of Man)	1:59.67	
	7	Joseph Wane	Leigh Harriers & AC	2:03.29	
	8	Daniel Corrigan	Liverpool Harriers & AC	2:07.03	
	9	Reuben Copley	Dallam Running Club	2:07.68	
Under 20 Men Hammer FINAL	1	William Schofield	Sale Harriers Manchester	51.75	
	2	Euan Benson	Stockport Harriers & Ac	22.80	
	99	Shaun Kerry (U18)	Kingston upon Hull AC	67.44	5kg
Under 20 Men High Jump FINAL	1	Adam Berwick	Amber Valley And Erewash Athletic Club	1.80	
Under 20 Men Shot Putt FINAL	1	David Todd	Chester Le Street & Dist Ac	12.91	
Under 20 Men Triple Jump FINAL	1	Emmanuel Odubanjo	Sale Harriers Manchester	14.49	+1.9
	2	Matthew Ingram	Liverpool Pembroke & Sefton H AC	14.24	+0.0
	3	Harrison Whitfield	Gateshead Harriers & AC	13.56	+0.0
		W/S: +1.6			
Under 20 Women 200m FINAL	1	Niamh Emerson	Amber Valley and Erewash Athletic Club	24.40	
	2	Regan Walker	Sale Harriers Manchester	24.95	
	3	Stella Rene Perrett	North Shields Polytechnic Club	25.11	
	4	Holly Murray	Stockport Harriers & AC	25.23	
	5	Abigail Pawlett	Stockport Harriers & AC	25.40	
	6	Layla Bell	Middlesbrough Athletic Club (Mandale)	25.44	
	7	Sarah Zintchem	Rotherham Harriers and AC	26.11	
		W/S: +0.2			
Heat 01	1	Hannah Kelly	Bolton United Harriers & AC	24.26	
	2	Stella Rene Perrett	North Shields Polytechnic Club	25.62	
	3	Holly Murray	Stockport Harriers & AC	25.63	
	4	Layla Bell	Middlesbrough Athletic Club (Mandale)	25.66	
	5	Georgia Walsh	Wigan & District H & AC	27.71	
		W/S: +0.9			
Heat 02	1	Niamh Emerson	Amber Valley and Erewash Athletic Club	24.56	
	2	Regan Walker	Sale Harriers Manchester	25.36	
	3	Abigail Pawlett	Stockport Harriers & AC	25.80	
	4	Sarah Zintchem	Rotherham Harriers and AC	26.23	
	5	Rebecca Lister	Leeds City Athletic Club	27.72	
	6	Olivia Smith	Wigan & District H & AC	27.78	
Under 20 Women 400m Hurdles FINAL	1	Steph Driscoll	Liverpool Harriers & AC	62.51	
	2	Megan McHugh	Sale Harriers Manchester	64.06	
	3	Emily Misantoni	Stockport Harriers & AC	64.60	
	4	Jasmine Clark	Middlesbrough Athletic Club (mandale)	66.09	
	5	Molly Waring	Spensborough & Dist AC	67.90	
	6	Samantha Baker-Jones	Harrogate Harriers & AC	69.34	

		7	Lydia Naylor	Amber Valley and Erewash Athletic Club	69.38	
		8	Sanna McLean	Leigh Harriers & Ac	73.46	
Heat 01		1	Emily Misantoni	Stockport Harriers & AC	63.90	
		2	Jasmine Clark	Middlesbrough Athletic Club (mandale)	64.91	
		3	Molly Waring	Spensorough & Dist AC	66.64	
		4	Lydia Naylor	Amber Valley and Erewash Athletic Club	68.34	
Heat 02		1	Steph Driscoll	Liverpool Harriers & AC	63.24	
		2	Megan McHugh	Sale Harriers Manchester	66.86	
		3	Samantha Baker-Jones	Harrogate Harriers & Ac	70.31	
		4	Sanna McLean	Leigh Harriers & Ac	70.73	
		5	Mercedes Mercer	Bolton United Harriers & AC	71.09	
Under 20 Women 800m FINAL		1	Tamsin McGraw	Amber Valley And Erewash Athletic Club	2:15.02	
		2	Eve Hutchinson	Hyndburn AC	2:28.57	
Under 20 Women High Jump FINAL	CBP	1	Abby Ward	Wakefield District H & Ac	1.84	
		2	Charlotte Kerr	Rotherham Harriers And Ac	1.60	
		3	Lily Horsfield	City of York AC	1.55	
		4	Olivia Smith	Wigan & District H & AC	1.45	
Under 20 Women Shot Putt FINAL		1	Niamh Emerson	Amber Valley and Erewash Athletic Club	12.28	
		2	Bronte Jones	City Of Sheffield And Dearne Ac	12.00	
		3	Maria Schofield	City of York AC	11.07	
		4	Tara Simpson-Sullivan	Wigan & District H & AC	9.82	
		5	Ella Johnson	Wirral AC	9.02	
		6	Emily Stewart T/F38	Gateshead Harriers & AC	8.70	
		7	Sanna McLean	Leigh Harriers & Ac	8.55	
		8	Rebecca Lister	Leeds City Athletic Club	7.84	
		9	Amy Thompson F40	Challenge Disability Sports Club	5.26	
		99	Rhea Southcott (U18)	Leeds City Athletic Club	14.53	3kg
Under 20 Women Hammer FINAL		1	Alice Barnsdale	Lincoln Wellington AC	56.16	
		2	Olivia Stevenson	Kingston upon Hull AC	54.29	
		3	Tara Simpson-Sullivan	Wigan & DH&AC	51.69	
		4	Hannah Blood	Sale Harriers Manchester	48.89	
		5	Maria Schofield	City of York AC	44.07	
		6	Charlotte Stuchbury	Wigan & DH&AC	42.85	
		7	Sarah Robinson	Scunthorpe & DAC	41.36	
		0	Bethan Lishman SW (D)	Wigan & DH&AC	40.79	