

# Northern Athletics Senior/U20 Outdoor Champs 2017

Manchester  
10/11 June 2017

## Parallel Success 100m Ambulant FINA

W/S: +3.5

## Heat 02

W/S: +3.4

1	9	Graeme Ballard	SM T38	Sheffield And Triathlon Club	12.40
1	463	Emily Stewart	U20W T38	Gateshead Harriers & Ac	15.03
2	500	India Oates	T38	Darlington H & AC	16.70
2	65	George Fox	SM T38	Blackpool Wyre & Fylde Ac	12.83
3	389	Jahziah Williams	U20W T38	Westbourne Rovers AC	13.39
3	441	Freya McGlone	U20W T36	Derwentside Ac	29.07
4	391	Bilal Zeb	U20M T37	Manchester Harriers & AC	18.70

1	171	Ben Shields		Of Sheffield And Dearne Ac	10.58
2	30	Charles Burke		Manchester Harriers & AC	10.96
3	204	Zicong Zhang		Of Sheffield And Dearne Ac	11.01
4	90	Colin Hornby		Sale Harriers Manchester	11.12
5	107	Jack Lennard		Liverpool Harriers & AC	11.19
6	24	Dominic Bradley		Crewe and Nantwich AC	11.19
7	1	Isaiah Adekanmbi		Achilles Club	11.25

## Parallel Success 200m Ambulant FINA

W/S: +3.2

## Heat 03

W/S: +3.7

1	9	Graeme Ballard	SM T38	Sheffield And Triathlon Club	25.47
2	463	Emily Stewart	U20W T38	Gateshead Harriers & Ac	30.99
3	288	Laura Rawlins	SW T20	Trafford Athletic Club	31.60
4	500	India Oates	T38	Darlington H & AC	33.86
5	283	Rachel Partington	SM T38	Westbourne Rovers AC	36.66
6	441	Freya McGlone	U20W T36	Derwentside Ac	66.56

1	53	Jona Efoloko		Sale Harriers Manchester	10.67
2	76	Sam Griffin		ugh Athletic Club (Mandale)	10.80
3	486	Daniel Minto		Derby Athletic Club	11.05
4	80	Ryan Hall		Oldham & Royton H & AC	11.19
5	131	Curtis Mitchell		Preston Harriers	11.27
6	121	Jerome McIntosh		Of Sheffield And Dearne Ac	11.29
7	105	Aidan Leach		Bingley Harriers & AC	11.51

## Parallel Success 400m Ambulant FINA

1	72	Reece Goodwin	SM T38	Oldham Harriers and AC	63.42
2	389	Jahziah Williams	U20W T38	Westbourne Rovers AC	64.30

## Senior Men 110m Hurdles FINAL

W/S: +3.1m/s

1	60	David Feeney		And Erewash Athletic Club	14.11
2	131	Curtis Mitchell		Preston Harriers	15.14
3	37	Michael Copeland		Of Sheffield And Dearne Ac	15.29
4	128	Dea Milandu		Of Sheffield And Dearne Ac	15.39

## Parallel Success Seated Club FINAL

W/S

1	4	Robert Allerston	SM F32	Liverpool Harriers & AC	18.25
---	---	------------------	--------	-------------------------	-------

## Senior Men 1500m FINAL

## Parallel Success Seated Discus FINAL

W/S

1	133	David Morpew	SM F37	Manchester Athletics Association	23.93
---	-----	--------------	--------	----------------------------------	-------

1	199	Matthew Wigelsworth		Preston Harriers	3:55.54
2	26	Dominic Brown		Tonbridge Ac	3:55.74
3	173	Andrew Smith		Pudsey & Bramley Ac	3:55.79
4	92	Tommy Horton		llamshire Harriers Sheffield	3:55.88
5	198	Richard Weir		Derby Athletic Club	3:56.09
6	101	Jonothan Kay		solton United Harriers & AC	3:56.88
7	15	Andy Benson		Preston Harriers	4:00.17
8	148	Harry Powell		Kingston upon Hull AC	4:04.98
9	181	Mike Tanner		Sheffield Rc	4:05.20
10	157	Kieran Reay		Birtley AC	4:06.37
11	132	Ryan Moore		Vale Royal AC	4:06.85
12	120	Jethro McGraw		and Erewash Athletic Club	4:06.93
13	115	Euan Martin		Liverpool Harriers & AC	4:07.38

## Parallel Success Seated Javelin FINAL

W/S

1	133	David Morpew	SM F37	Manchester Athletics Association	15.76
---	-----	--------------	--------	----------------------------------	-------

## Parallel Success Seated Shot Putt FIN

W/S

1	133	David Morpew	SM F37	Manchester Athletics Association	7.08
---	-----	--------------	--------	----------------------------------	------

## Senior Men 100m FINAL

W/S: +2.5

1	53	Jona Efoloko		Sale Harriers Manchester	10.53
2	171	Ben Shields		Of Sheffield And Dearne Ac	10.56
3	81	Umar Hameed		Sale Harriers Manchester	10.75
4	479	Demetric Nelson		Bingley Harriers & AC	10.76
5	76	Sam Griffin		ugh Athletic Club (Mandale)	10.83
6	75	Leon Greenwood		Swansea Harriers	10.94
7	204	Zicong Zhang		Of Sheffield And Dearne Ac	10.98
8	30	Charles Burke		Manchester Harriers & AC	10.99

## Senior Men 200m FINAL

W/S: +3.2

1	71	James Gladman		Warrington A C	21.02
2	76	Sam Griffin		ugh Athletic Club (Mandale)	21.46
3	81	Umar Hameed		Sale Harriers Manchester	21.52
4	75	Leon Greenwood		Swansea Harriers	21.61
5	171	Ben Shields		Of Sheffield And Dearne Ac	21.66
6	158	Joel Richardson		Trafford Athletic Club	21.81
7	479	Demetric Nelson		Bingley Harriers & AC	21.86

## Heat 01

W/S: +2.7

1	81	Umar Hameed		Sale Harriers Manchester	10.68
2	479	Demetric Nelson		Bingley Harriers & AC	10.79
3	75	Leon Greenwood		Swansea Harriers	10.83
4	126	Tom Metcalfe		Sheffield Union of Students	11.05
5	36	Joseph Cooper		Kingston Upon Hull Ac	11.16
6	167	Darren Scott		St Helens Sutton AC	11.44

## Heat 01

W/S: +3.6

1	81	Umar Hameed		Sale Harriers Manchester	21.66
2	75	Leon Greenwood		Swansea Harriers	21.70
3	479	Demetric Nelson		Bingley Harriers & AC	21.71
4	158	Joel Richardson		Trafford Athletic Club	21.82
5	126	Tom Metcalfe		Sheffield Union of Students	22.18
6	24	Dominic Bradley		Crewe and Nantwich AC	22.72
7	167	Darren Scott		St Helens Sutton AC	22.90

**Heat 02**

W/S: +3.4

1	71	James Gladman	Warrington A C	21.01
2	93	Jason Hoyle	Oldham & Royton H & Ac	21.66
3	36	Joseph Cooper	Kingston Upon Hull Ac	22.23
4	95	Reece Ingley	Trafford Athletic Club	22.34
5	34	Mark Collier	Liverpool Harriers & AC	22.56
6	121	Jerome McIntosh	Of Sheffield And Dearne Ac	22.77
7	147	Jean-louis Plaatjies	Grimsby Harriers & Ac	23.52

**Heat 03**

W/S: +3.0

1	76	Sam Griffin	gh Athletic Club (Mandale)	21.65
2	171	Ben Shields	Of Sheffield And Dearne Ac	21.77
3	150	Nick Prentice	Birchfield Harriers	21.90
4	204	Zicong Zhang	Of Sheffield And Dearne Ac	22.04
5	80	Ryan Hall	Oldham & Royton H & AC	22.60
6	107	Jack Lennard	Liverpool Harriers & AC	22.64
7	35	Mike Coogan	re Harriers & Tameside AC	23.02
8	105	Aidan Leach	Bingley Harriers & Ac	23.04

**Senior Men 3000m Steeplechase FINA**

1	51	Daniel Eckersley	gston AC And Poly Harriers	9:22.13
2	39	Alan Corlett	Manx Harriers	9:48.39
3	6	Lee Athersmith	Burnley AC	9:58.81
4	473	Frazer Jardine	solton United Harriers & AC	10:13.69
5	187	Declan Toomey	solton United Harriers & AC	10:37.78
6	86	Dale Higham	Liverpool Harriers & AC	10:49.87

**Senior Men 400m FINAL**

1	184	Lee Thompson	Of Sheffield And Dearne Ac	47.72
2	172	Robert Shipley	City of York AC	48.42
3	118	Liam McGivern	Wrexham Ac	49.98
4	95	Reece Ingley	Trafford Athletic Club	50.22
5	8	Lawrence Baird	Kingston upon Hull AC	50.68
6	182	Timothy Tetlow	Durham City Harriers & AC	50.94
7	34	Mark Collier	Liverpool Harriers & AC	51.38
8	183	Wayne Ashall	Trafford Athletic Club	51.60

**Heat 01**

1	118	Liam McGivern	Wrexham Ac	50.22
2	183	Wayne Ashall	Trafford Athletic Club	50.75
3	34	Mark Collier	Liverpool Harriers & AC	51.44
4	136	Daniel Neal	Preston Harriers	51.59
5	162	Brett Rund	Blackpool Wyre & Fylde AC	51.77
6	188	Darren Towart	Tynedale Harriers & AC	54.73

**Heat 02**

1	184	Lee Thompson	Of Sheffield And Dearne Ac	49.28
2	172	Robert Shipley	City of York AC	50.34
3	95	Reece Ingley	Trafford Athletic Club	50.75
4	182	Timothy Tetlow	Durham City Harriers & AC	50.90
5	8	Lawrence Baird	Kingston upon Hull AC	51.19
6	138	Taf Nyaku	Leeds City Athletic Club	53.57

**Senior Men 400m Hurdles FINAL**

1	197	James Webster	Liverpool Harriers & AC	52.95
2	62	Josiah Filleul	Of Sheffield And Dearne Ac	55.46
3	40	Yann Coulon	Of Sheffield And Dearne Ac	56.76
4	487	Daniel Holiday	Kingston upon Hull AC	57.47
5	188	Darren Towart	Tynedale Harriers & AC	60.41

**Senior Men 5000m FINAL**

1	134	Jack Morris	Stockport Harriers & Ac	14:39.98
2	166	Adam Sciacca	Sale Harriers Manchester	14:51.99
3	14	Alex Bellew	Leeds City Athletic Club	14:53.52
4	96	Gregory Jayasuriyæsrough & Cleveland HAC		15:00.63
5	485	Jack Nixon	Stockport Harriers & AC	15:01.39
6	44	Karl Darcy	solton United Harriers & AC	15:03.70
7	42	Matthew Crehan	St Helens Sutton AC	15:07.42
8	12	Will Beauchamp	Salford Harriers & AC	15:07.45
9	33	Andrew Challenger	lamshire Harriers Sheffield	15:13.03
10	98	Joseph Johnston	Rossendale Harriers & AC	15:15.98
11	155	Tim Raynes	Blackburn Harriers & Ac	15:24.26
12	88	Andile Hlebo	Trafford Athletic Club	15:27.47
13	484	Dan Garbutt	Durham City Harriers & AC	15:30.28
14	153	Liam Rabjohn	Richmond & Zetland AC	15:30.80
15	50	Nathan Dunn	Leeds City Athletic Club	15:31.26
16	191	Patrick Vis	Leeds City Athletic Club	15:32.55
17	196	Rob Webb	Rossendale Harriers & Ac	15:33.51
18	129	Connor Milnes	lamshire Harriers Sheffield	15:38.81
19	23	Guy Bracken	th Shields Polytechnic Club	15:51.79
20	45	Timmy Davies	Leeds City Athletic Club	15:58.16
21	164	Gareth Sampson	Rotherham Harriers And Ac	16:03.14
22	151	Jeff Prest	Trafford Athletic Club	16:09.16
23	48	Lee James Dover	Houghton Harriers & AC	16:13.94
24	114	Michael Mannings	Oldham & Royton H & AC	16:18.75
25	11	Ben Beattie	lamshire Harriers Sheffield	16:24.64
26	17	Joseph Boden	Wallasey Athletic Club	16:25.40
27	161	Josh Rowe	Leeds City Athletic Club	16:28.82
28	49	Steven Duffy	Sunderland Harriers & AC	16:29.55
29	123	Steven McMahon	Sunderland Harriers & AC	17:12.59
30	146	Luke Piper	re Harriers & Tameside AC	17:19.76
31	54	Josh Elderfield	Longwood Harriers AC	17:31.51

**Senior Men 800m FINAL**

1	199	Matthew Wigelsworth	Preston Harriers	1:57.01
2	13	Daniel Bebbington	Preston Harriers	1:57.70
3	130	Luke Minns	Blackpool Wyre & Fylde Ac	1:58.04
4	83	Matthew Harris	Rossendale Harriers & AC	1:58.77
5	160	Andrew Roen	Gateshead Harriers & AC	1:58.88
6	5	Joe Armstrong	Morpeth Harriers & AC	1:59.02
7	10	Harry Baxter	ln Wellington Athletic Club	2:00.28
8	78	James Habergham	Halifax Harriers & Ac	2:01.79

**Heat 01**

1	199	Matthew Wigelsworth	Preston Harriers	1:58.45
2	136	Daniel Neal	Preston Harriers	1:58.76
3	160	Andrew Roen	Gateshead Harriers & AC	1:58.81
4	78	James Habergham	Halifax Harriers & Ac	1:58.82
5	186	Aaron Thorpe	Of Sheffield And Dearne Ac	1:59.48
6	156	Ben Read	Wakefield District H & Ac	2:00.01
7	84	Daniel Hayes	Blackpool Wyre & Fylde AC	2:00.32
8	163	Michael Salter	Leeds City Athletic Club	2:00.91
9	31	Mark Cage	City Of York AC	2:07.89

**Heat 02**

1	130	Luke Minns	Blackpool Wyre & Fylde Ac	1:57.78
2	83	Matthew Harris	Rossendale Harriers & AC	1:58.14
3	10	Harry Baxter	ln Wellington Athletic Club	1:58.52
4	5	Joe Armstrong	Morpeth Harriers & AC	1:58.97
5	120	Jethro McGraw	and Erewash Athletic Club	1:59.00
6	136	Daniel Neal	Preston Harriers	2:00.36
7	176	William Strangeway	ln Wellington Athletic Club	2:03.74
8	73	Matthew Graham	Manchester Harriers & AC	2:11.17

**Senior Men Discus FINAL** W/S

1	64	Daniel Fleming	City of York AC	47.47
2	493	James Taylor	Of Sheffield And Dearne Ac	43.22
3	165	Sergii Saraiev	Trafford Athletic Club	42.64
4	100	Scott Jones	Wigan & District H & Ac	38.46
5	152	Ashley Pritchard	Macclesfield Harriers & Ac	38.13
6	189	John Twiddle	Kingston upon Hull AC	34.37
7	170	Jonathan Sewell	City of York AC	25.68

**Senior Men Hammer FINAL** W/S

1	18	Michael Bomba	Liverpool Harriers & Ac	62.74
2	69	Anthony Gillatt	Scunthorpe & District Ac	47.39
3	145	George Perkins	Rotherham Harriers and AC	46.39
4	189	John Twiddle	Kingston upon Hull AC	39.08
5	190	Daniel Upton	Trafford Athletic Club	32.40

**Senior Men High Jump FINAL** W/S

1	113	Christopher Mann	Colton United Harriers & AC	1.98
2	192	Adam Wall	Of Sheffield And Dearne Ac	1.98
3	106	James Lee	Ilamshire Harriers Sheffield	1.88

**Senior Men Javelin FINAL** W/S

1	94	Alexander Ingham	Biggleswade AC	52.35
2	188	Darren Towart	Tynedale Harriers & AC	41.00
3	169	Daniel Sewell	City of York AC	36.23
4	178	Stephen Sumner	Hyndburn Ac	33.90
5	170	Jonathan Sewell	City of York AC	30.76

**Senior Men Long Jump FINAL** W/S

1	32	Michael Causer	St Helens Sutton AC	7.29	+2.1
2	102	Jordan Kelly	Birchfield Harriers	6.70	+2.4
3	498	Michael Fennel	Manchester Harriers & AC	6.69	+2.1
4	27	Jacob Brown	Sale Harriers Manchester	6.21	+2.4
5	56	Matthew Elvidge	Kingston upon Hull AC	6.11	+1.1
6	169	Daniel Sewell	City of York AC	4.75	+2.5
7	2	Hafeez Ahmad	F37 Sale Harriers Manchester	3.00	+1.9

**Senior Men Pole Vault FINAL** W/S

1	110	Harry Lord	Sale Harriers Manchester	3.70
---	-----	------------	--------------------------	------

**Senior Men Shot Putt FINAL** W/S

1	177	Craig Sturrock	Thames Valley Harriers	15.80
2	29	Daniel Brunt	Of Sheffield And Dearne Ac	14.11
3	175	Benjamin Stephens	Nene Valley Harriers	13.61
4	137	John Nicholls	Sale Harriers Manchester	13.59
5	117	Michael Martin	Trafford Athletic Club	12.40
6	189	John Twiddle	Kingston upon Hull AC	11.44
7	190	Daniel Upton	Trafford Athletic Club	11.13
8	69	Anthony Gillatt	Scunthorpe & District Ac	11.08
9	154	Russell Race	Hyndburn Ac	10.58

**Senior Men Triple Jump FINAL** W/S

1	127	Kevin Metzger	Sale Harriers Manchester	14.89	+2.7
2	19	Joshua Bones	Scunthorpe & District Ac	14.78	+1.8
3	491	Jonathan Ferriman	Sale Harriers Manchester	13.05	+1.8
4	193	Daniel Walsh	Gateshead Harriers & AC	12.88	+1.3

**Senior Women 100m FINAL** W/S: +2.5

1	211	Louise Bloor	Trafford Athletic Club	11.65
2	323	Katy Wyper	Blackpool Wyre & Fylde AC	11.72
3	252	Rachel Highfield	Trafford Athletic Club	12.00
4	269	Lucy Mansfield	Blackpool Wyre & Fylde AC	12.14
5	277	Sophie Money	Liverpool Harriers & AC	12.20
6	210	Hannah Bird	Barnsley Athletic Club	12.21
7	275	Alice McMahon	Vest Cheshire Athletic Club	12.24
8	305	Anna Short	Wmley Harriers Athletic Club	12.45

**Heat 01** W/S: +2.7

1	211	Louise Bloor	Trafford Athletic Club	11.72
2	269	Lucy Mansfield	Blackpool Wyre & Fylde AC	12.15
3	277	Sophie Money	Liverpool Harriers & AC	12.23
4	210	Hannah Bird	Barnsley Athletic Club	12.29
5	302	Amanda Shaw	Wakefield District H & Ac	12.47
6	206	Chidinma Agwu	Salford Metropolitan Ac	12.90
7	279	Nicole Norton	Doncaster Athletic Club	13.15

**Heat 02** W/S: +2.0

1	323	Katy Wyper	Blackpool Wyre & Fylde AC	11.85
2	252	Rachel Highfield	Trafford Athletic Club	12.15
3	275	Alice McMahon	Vest Cheshire Athletic Club	12.23
4	305	Anna Short	Wmley Harriers Athletic Club	12.27
5	236	Ellie Edwards	Trafford Athletic Club	12.37
6	258	Laura Johnson	Sheffield Union of Students	12.42

**Senior Women 100m Hurdles FINAL** W/S: +3.6m/s

1	314	Chelsea Walker	City Of York Ac	13.98
2	220	Lucy Chappell	Doncaster Athletic Club	14.85
3	245	Emma Givens	Colnbrook & Sefton H Ac	16.43

**Senior Women 1500m FINAL**

1	253	Jenna Hill	Sale Harriers Manchester	4:33.00
2	243	Rachael Franklin	Manx Harriers	4:34.42
3	474	Georgia Malir	Leeds City Athletic Club	4:34.46
4	250	Rochelle Harrison	Widnall Wellington Athletic Club	4:34.85
5	317	Natalie Weir	Derby Athletic Club	4:41.54
6	299	Louise Rudd	Stockport Harriers & AC	4:42.29
7	234	Ellen Downs	Stockport Harriers & AC	4:43.53
8	248	Kelly Hamilton	St Helens Sutton AC	5:05.25
9	270	Caroline Mayers	Manx Harriers	5:11.31

**Senior Women 2000m Steeplechase FINAL**

1	238	Jacqueline Etherington	Sunderland Harriers & AC	7:56.72
2	318	Kathy Wellam	Sale Harriers Manchester	8:34.67

**Senior Women 200m FINAL** W/S: +1.3

1	211	Louise Bloor	Trafford Athletic Club	23.80
2	323	Katy Wyper	Blackpool Wyre & Fylde AC	24.40
3	252	Rachel Highfield	Trafford Athletic Club	24.78
4	272	Alison McCorry	Sale Harriers Manchester	24.78
5	210	Hannah Bird	Barnsley Athletic Club	25.24
6	275	Alice McMahon	Vest Cheshire Athletic Club	25.35
7	277	Sophie Money	Liverpool Harriers & AC	25.37

**Heat 01**

W/S: +3.4

1	211	Louise Bloor	Trafford Athletic Club	23.89
2	272	Alison McCorry	Sale Harriers Manchester	24.72
3	302	Amanda Shaw	Wakefield District H & Ac	24.74
4	210	Hannah Bird	Barnsley Athletic Club	25.13
5	277	Sophie Money	Liverpool Harriers & AC	25.26
6	258	Laura Johnson	Sheffield Union of Students	25.46
7	231	Katie Dinsdale	Liverpool Harriers & Ac	25.69
8	279	Nicole Norton	Doncaster Athletic Club	27.48

**Heat 02**

W/S: +1.2

1	323	Katy Wyper	Blackpool Wyre & Fylde AC	24.48
2	252	Rachel Highfield	Trafford Athletic Club	24.94
3	275	Alice McMahon	Vest Cheshire Athletic Club	25.16
4	236	Ellie Edwards	Trafford Athletic Club	25.43
5	269	Lucy Mansfield	Blackpool Wyre & Fylde AC	25.45
6	303	Racheal Shaw	Wakefield District H & AC	26.03
7	285	Stephanie Pike	Sheffield Union of Students	26.82

**Senior Women 400m FINAL**

1	324	Georgia Yearby	Leeds City Athletic Club	55.98
2	230	Nisha Desai	Trafford Athletic Club	56.14
3	308	Abbey Stanley	Of Sheffield And Dearne Ac	56.52
4	205	Sasha Byrom	Sale Harriers Manchester	57.53
5	322	Sophie Wood	Durham City Harriers & AC	58.12
6	303	Racheal Shaw	Wakefield District H & AC	58.44
7	315	Cherisse Walley	Trafford Athletic Club	60.26
8	218	Heather Carson	Sheffield Union of Students	63.50

**Heat 01**

1	324	Georgia Yearby	Leeds City Athletic Club	57.04
2	322	Sophie Wood	Durham City Harriers & AC	57.95
3	303	Racheal Shaw	Wakefield District H & AC	58.46
4	315	Cherisse Walley	Trafford Athletic Club	60.53
5	309	Danielle Svoboda	Of Sheffield And Dearne Ac	60.97
6	276	Imani Modahl	Sale Harriers Manchester	63.56

**Heat 02**

1	230	Nisha Desai	Trafford Athletic Club	56.22
2	308	Abbey Stanley	Of Sheffield And Dearne Ac	56.85
3	205	Sasha Byrom	Sale Harriers Manchester	57.39
4	218	Heather Carson	Sheffield Union of Students	60.16
5	254	Faye Horrocks	Wigan & District H & Ac	60.88
6	223	Clare Constable	Al Pembroke & Sefton H AC	61.11

**Senior Women 400m Hurdles FINAL**

1	230	Nisha Desai	Trafford Athletic Club	58.85
2	251	Naomi Harvey-Franklin	Holmfirth Harriers AC	68.88

**Senior Women 5000m FINAL**

1	292	Becky Rigby	Preston Harriers	16:22.31
2	257	Emily Japp	Blackpool Wyre & Fylde Ac	16:33.79
3	225	Sophie Cowper	Rotherham Harriers and AC	16:47.49
4	243	Rachael Franklin	Manx Harriers	16:58.21
5	241	Danielle Fegan	Sale Harriers Manchester	17:01.31
6	217	Rachael Burns	Liverpool Harriers & Ac	17:06.54
7	306	Rhiannon Silson	Border Harriers & AC	17:26.50
8	216	Natalie Burns	Wm Wellington Athletic Club	17:27.20
9	263	Sophie Lee	City of Hull AC	17:36.04
10	304	Karen Shimmin	Manx Harriers	17:39.54
11	259	Ruth Jones	Salford Harriers & AC	17:40.03
12	266	Kirsty Longley	Al Pembroke & Sefton H AC	17:49.32
13	246	Hannah Griffiths	Stockport Harriers & AC	18:12.27
14	228	Sophie Darling	Wm Wellington Athletic Club	18:38.00
15	270	Caroline Mayers	Manx Harriers	19:26.27

**Senior Women 800m FINAL**

1	250	Rochelle Harrison	Wm Wellington Athletic Club	2:14.72
2	209	Rachel Atherton	Leeds City Athletic Club	2:17.24
3	299	Louise Rudd	Stockport Harriers & AC	2:17.77
4	219	Amy-rose Cauley	Trafford Athletic Club	2:19.22
5	320	Rebecca Wilkinson	City Of York Ac	2:20.33
6	223	Clare Constable	Al Pembroke & Sefton H AC	2:21.52
7	260	Rebecca Kay	Wolton United Harriers & AC	2:22.72
8	248	Kelly Hamilton	St Helens Sutton AC	2:29.19
9	276	Imani Modahl	Sale Harriers Manchester	2:41.61

**Senior Women Discus FINAL**

W/S

1	255	Jemma Ibbetson	Leeds City Athletic Club	46.85
2	265	Sophie Littlemore	Gateshead Harriers & AC	44.99
3	282	Sarah Parsons	City of York AC	44.07
4	242	Millie Forrest F37	Wigan & District H & AC	20.53
5	321	Mary Wilson F36	Durham City Harriers & AC	15.43

**Senior Women Hammer FINAL**

W/S

1	280	Maggie Okul	Kingston upon Hull AC	51.89
2	296	Holly Rodgers	Rotherham Harriers And Ac	48.96

**Senior Women High Jump FINAL**

W/S

1	214	Emily Borthwick	Wigan & District H & Ac	1.75
2	220	Lucy Chappell	Doncaster Athletic Club	1.65
3	287	Ellie Pullin	Notts AC	1.60
4	206	Chidinma Agwu	Salford Metropolitan Ac	1.50

**Senior Women Javelin FINAL**

W/S

1	502	Natasha Wilson	Sale Harriers Manchester	45.14
2	284	Sophie Percival	Vest Cheshire Athletic Club	39.74
3	224	Sarah Cowgill	Hyndburn Ac	33.44
4	288	Laura Rawlins SW T/F20T	Trafford Athletic Club	17.31

**Senior Women Long Jump FINAL**

W/S

1	256	Katherine James	Bingley Harriers & AC	4.94	+1.5
2	237	Danielle Erskine	Vest Cheshire Athletic Club	4.93	+1.8
3	316	Caitlin Washington	Of Sheffield And Dearne Ac	4.33	+1.7

**Senior Women Pole Vault FINAL**

W/S

1	212	Clare Blunt	Kingston upon Hull AC	3.70
---	-----	-------------	-----------------------	------

**Senior Women Shot Putt FINAL**

W/S

1	278	Christina Nick	City of York AC	13.39
2	265	Sophie Littlemore	Gateshead Harriers & AC	13.07
3	247	Rebecca Hall	Nene Valley Harriers	11.89
4	220	Lucy Chappell	Doncaster Athletic Club	10.24
5	215	Kerrie Buckley	Trafford Athletic Club	8.98
6	242	Millie Forrest F37	Wigan & District H & AC	7.15
7	321	Mary Wilson F36	Durham City Harriers & AC	6.40

**Senior Women Triple Jump FINAL**

W/S

1	268	Amy Lupton	Preston Harriers	11.35	3m/s+
2	290	Letisha Richardson	Eton & Hounslow AC	11.28	+2.0

**Under 18 Men 400m Hurdles FINAL**

1	476	Seamus Derbyshire	City of Stoke AC	54.35
2	477	Joshua Faulds	Rugby & Northants AC	54.37

**Under 18 Women 400m Hurdles FINAL**

1	418	Steph Driscoll	Liverpool Harriers & AC	62.51
---	-----	----------------	-------------------------	-------

**Under 20 Men 100m FINAL**

W/S: +1.0

1	362	Andrew Morgan-Harris	Kingston upon Hull AC	10.78
2	492	Enzo Madden	Sale Harriers Manchester	10.91
3	332	Blake Brown	Sale Harriers Manchester	10.96
4	390	Fisayo Williamson-Taylor	Warrington A C	11.03
5	384	Ben Todd	Chester Le Street & Dist AC	11.15
6	363	Declan Murray	Sunderland Harriers & AC	11.81

**Under 20 Men 110m Hurdles FINAL**

W/S: +2.8m/s

1	374	William Seed	Cleethorpes And District Ac	14.91
2	365	George Orton	Holmfirth Harriers Ac	15.41

**Under 20 Men 1500m FINAL**

1	337	Chris Durney	Preston Harriers	4:02.00
2	369	Thomas Rogerson	Liverpool Harriers & Ac	4:03.29
3	379	Jake Spilsbury	Sale Harriers Manchester	4:05.59
4	356	Baldvin Magnusson	Kingston Upon Hull Ac	4:08.71
5	381	Jack Stubbings	Warrington A C	4:12.70

**Under 20 Men 200m FINAL**

W/S: +2.6

1	355	Joe Lonsdale	Pendle Athletic Club	21.73
2	366	Reality Osuoha	Oldham & Royton H & AC	21.77
3	344	Derrius Greenaway	Rotherham Harriers And Ac	21.89
4	358	Alexander Philip Marsden	Preston Harriers	22.16
5	338	Samuel Emery-Shaw	Sale Harriers Manchester	22.22

**Heat 01**

W/S: +1.6

1	362	Andrew Morgan-Harris	Kingston upon Hull AC	21.82
2	366	Reality Osuoha	Oldham & Royton H & AC	21.86
3	390	Fisayo Williamson-Taylor	Warrington A C	22.13
4	358	Alexander Philip Marsden	Preston Harriers	22.18
5	492	Enzo Madden	Sale Harriers Manchester	22.60

**Heat 02**

W/S: +3.4

1	355	Joe Lonsdale	Pendle Athletic Club	21.87
2	344	Derrius Greenaway	Rotherham Harriers And Ac	21.92
3	338	Samuel Emery-Shaw	Sale Harriers Manchester	22.15
4	353	Joshua Leatherd	Preston Harriers	22.77

**Under 20 Men 3000m Steeplechase Fi**

N/A

1	354	George Lewis	ire Harriers & Tameside Ac	10:18.87
2	376	Harry Simpson	Macclesfield Harriers & AC	10:26.38

**Under 20 Men 400m FINAL**

1	351	Alex Knibbs	And Erewash Athletic Club	48.31
2	350	Rory Keen	Sale Harriers Manchester	48.80
3	327	Jimmy Alderson	Southport Waterloo AC	54.98

**Under 20 Men 400m Hurdles FINAL**

1	374	William Seed	Cleethorpes And District Ac	56.98
2	372	Benjamin Schofield	City of York AC	62.75

**Under 20 Men 800m FINAL**

1	378	Adam Spilsbury	Sale Harriers Manchester	2:01.51
2	343	Ryan Green	Morpeth Harriers & AC	2:02.24
3	376	Harry Simpson	Macclesfield Harriers & Ac	2:04.11
4	328	Scott Armstrong	Durham City Harriers & AC	2:04.64
5	331	Jacob Briscoe	Wigan & District H & AC	2:09.31
6	375	Josh Seymour	Stockport Harriers & AC	2:17.27

**Under 20 Men Discus FINAL**

W/S

1	336	Tom Dobbs	Wigan & District H & Ac	48.82
2	359	Joe Martin	igh Athletic Club (mandale)	47.31
3	346	Charlie Headdock	Sale Harriers Manchester	47.09
4	386	Joshua Tranmer	Kingston Upon Hull Ac	42.78
5	382	James Tate	Skyrac Athletic Club	39.53

**Under 20 Men Hammer FINAL**

W/S

1	368	Jacob Roberts	Blackburn Harriers & Ac	63.34
2	349	Edward Jeans	Preston Harriers	63.28
3	364	Daniel Nixon	igh Athletic Club (mandale)	56.98
4	372	Benjamin Schofield	City of York AC	44.69

**Under 20 Men High Jump FINAL**

W/S

1	361	Ethan Milligan	Vest Cheshire Athletic Club	1.88
2	326	Tobi Adeniji	Halifax Harriers & Ac	1.83
3	499	Steven Jones	Liverpool Harriers & AC	1.83
4	325	Benjamin Adeniji	One In A Million	1.78

**Under 20 Men Javelin FINAL**

W/S

1	335	Sam Dean	Sale Harriers Manchester	63.20
2	364	Daniel Nixon	igh Athletic Club (mandale)	49.82

**Under 20 Men Long Jump FINAL**

W/S

1	329	Reynold Banigo	Sale Harriers Manchester	7.45	1.1m/s
2	365	George Orton	Holmfirth Harriers Ac	6.87	+2.2
3	377	Peter Skirrow	Alnwick Harriers	6.59	+1.8
4	374	William Seed	Cleethorpes And District Ac	6.52	+2.5
5	110	Harry Lord	Sale Harriers Manchester	6.32	+2.4
6	383	David Thomas	Morpeth Harriers & Ac	5.67	+2.1

**Under 20 Men Pole Vault FINAL**

W/S

1	352	Christopher Lamb	Wigan & District H & AC	3.80
2	363	Declan Murray	Sunderland Harriers & Ac	3.10

**Under 20 Men Shot Putt FINAL**

W/S

1	370	Leo Rowley	Rotherham Harriers And Ac	15.13
2	339	Henry Fairclough	City of York AC	14.93
3	175	Benjamin Stephens	Nene Valley Harriers	14.79
4	357	Kaleb Marchan	Trafford Athletic Club	12.57
5	385	David Todd	Chester Le Street & Dist Ac	12.45

**Under 20 Men Triple Jump FINAL**

W/S

1	495	Emmanuel Odubanjo	Sale Harriers Manchester	14.58	+1.9
2	387	Harrison Whitfield	Gateshead Harriers & AC	13.00	+2.5
3	377	Peter Skirrow	Alnwick Harriers	12.89	+1.7
4	383	David Thomas	Morpeth Harriers & AC	12.39	+2.5

**Heat 02**

W/S: +3.2

1	392	Georgina Adam	Widnes Wellington Athletic Club	24.44
2	469	Regan Walker	Sale Harriers Manchester	25.78
3	403	Layla Bell	Widnes Wellington Athletic Club (Mandale)	25.33
4	432	Selina Henderson	Falkirk Victoria Harriers	25.55
5	408	Nicola Caygill	Jarrow & Hebburn AC	25.79
6	461	Charlotte Stamp	City Of York AC	26.34

**Under 20 Women 100m FINAL**

W/S: +3.9

1	453	Charlotte Paterson	Kingston upon Hull AC	11.94
2	451	Charlotte Orton	Birchfield Harriers	12.06
3	412	Emily Coope	And Erewash Athletic Club	12.08
4	435	Hannah Kelly	Gateshead Harriers & AC	12.33
5	403	Layla Bell	Widnes Wellington Athletic Club (Mandale)	12.37
6	410	Ash Colvin	Blackpool Wyre & Fylde AC	12.57
7	395	Hayaan Bah-Traore	Sale Harriers Manchester	12.64
8	401	Philippa Baxter	City of York AC	12.80

**Under 20 Women 400m FINAL**

1	393	Emma Alderson	Liverpool Harriers & AC	55.62
2	400	Ella Barrett	Chesterfield & District AC	56.25
3	426	Ashton Greenwood	Trafford Athletic Club	56.31
4	465	Emily Strickland	Scunthorpe & District AC	56.67
5	456	Amelia Robinson	Kingston upon Hull AC	57.55
6	442	Tamsin McGraw	And Erewash Athletic Club	58.18
7	431	Abby Hemsall	Jarrow & Furness Striders AC	60.49

**Heat 01**

W/S: +2.5

1	453	Charlotte Paterson	Kingston upon Hull AC	12.02
2	403	Layla Bell	Widnes Wellington Athletic Club (Mandale)	12.37
3	435	Hannah Kelly	Gateshead Harriers & AC	12.41
4	410	Ash Colvin	Blackpool Wyre & Fylde AC	12.53
5	423	Olivia Firth	Harrogate Harriers & AC	12.96

**Under 20 Women 400m Hurdles FINAL**

1	421	Chloe Esegbona	Trafford Athletic Club	62.85
2	444	Meg McHugh	Sale Harriers Manchester	65.81
3	472	Sara Watterson	Manx Harriers	68.49
4	438	Alice Linaker	City Of York AC	68.60
5	446	Mercedes Mercer	Widnes Wellington Harriers & AC	71.13

**Heat 02**

W/S: +4.0

1	451	Charlotte Orton	Birchfield Harriers	12.00
2	412	Emily Coope	And Erewash Athletic Club	12.07
3	395	Hayaan Bah-Traore	Sale Harriers Manchester	12.71
4	401	Philippa Baxter	City of York AC	12.75

**Under 20 Women 800m FINAL**

1	393	Emma Alderson	Liverpool Harriers & AC	2:12.87
2	442	Tamsin McGraw	And Erewash Athletic Club	2:14.23
3	433	Amy Hinchly	Vale Royal AC	2:17.62
4	419	India Elliott	Wakefield District H & AC	2:32.33

**Under 20 Women 100m Hurdles FINAL**

W/S: +3.7

1	420	Niamh Emerson	And Erewash Athletic Club	14.16
2	405	Grace Bower	Sale Harriers Manchester	14.92
3	438	Alice Linaker	City Of York AC	15.18
4	397	Jessica Barnaby	Alnwick Harriers	18.33

**Under 20 Women Discus FINAL**

W/S

1	455	Jenny Pyatt	Widnes Wellington & Sefton H AC	43.51
2	436	Georgia Kyle	Blaydon Harriers & AC	41.25
3	445	Maya Mellor	Harrogate Harriers & AC	34.06
4	454	Caitlin Price	Liverpool Harriers & AC	31.21

**Under 20 Women 1500m FINAL**

1	464	Philippa Stone	Widnes Wellington Athletic Club (mandale)	4:56.91
2	439	Katie Lowery	Warrington A C	4:58.69
3	434	Lucy-erin Hunter	Darlington H & AC	4:58.91
4	415	Stella Cross	Wetherby Runners AC	5:01.54
5	422	Lauren Ferris	Warrington A C	5:02.23
6	457	Eleanor Robinson	Keighley & Craven AC	5:03.25
7	448	Katie Oakley	Widnes Wellington United Harriers & AC	5:03.58

**Under 20 Women Hammer FINAL**

W/S

1	462	Olivia Stevenson	Kingston Upon Hull AC	51.88
2	454	Caitlin Price	Liverpool Harriers & AC	46.86
3	398	Alice Barnsdale	Widnes Wellington Athletic Club	43.50
4	402	Poppy Bean	Notts AC	41.42
5	394	Megan Ascough	Halifax Harriers & AC	37.12
6	468	Hollee Walker	Widnes Wellington Harriers & Tameside AC	32.79

**Under 20 Women 200m FINAL**

W/S: +0.9

1	392	Georgina Adam	Widnes Wellington Athletic Club	24.00
2	447	Jasmine Moss	Gateshead Harriers & AC	24.65
3	451	Charlotte Orton	Birchfield Harriers	24.96
4	469	Regan Walker	Sale Harriers Manchester	25.07
5	400	Ella Barrett	Chesterfield & District AC	25.08
6	403	Layla Bell	Widnes Wellington Athletic Club (Mandale)	25.43
7	432	Selina Henderson	Falkirk Victoria Harriers	25.50

**Under 20 Women High Jump FINAL**

W/S

1	470	Abby Ward	Wakefield District H & AC	1.70
2	413	Bernice Coulson	Wigan & District H & AC	1.60
3	405	Grace Bower	Sale Harriers Manchester	1.60
4	472	Sara Watterson	Manx Harriers	1.60

**Heat 01**

W/S: +3.5

1	447	Jasmine Moss	Gateshead Harriers & AC	24.65
2	451	Charlotte Orton	Birchfield Harriers	24.89
3	400	Ella Barrett	Chesterfield & District AC	25.05
4	414	Rachel Crokken	Wakefield District H & AC	25.73
5	395	Hayaan Bah-Traore	Sale Harriers Manchester	26.11
6	423	Olivia Firth	Harrogate Harriers & AC	27.09

**Under 20 Women Javelin FINAL**

W/S

1	482	Leah Hillman	Pendle Athletic Club	38.80
2	416	Paige Ditchfield	Sale Harriers Manchester	33.53
3	452	Yasmin Othman	Gateshead Harriers & AC	32.44

**Under 20 Women Long Jump FINAL**

W/S

1	405	Grace Bower	Sale Harriers Manchester	5.64	1.3m/s
2	438	Alice Linaker	City Of York AC	5.42	+3.2
3	471	Sophie Warden	Preston Harriers	5.26	+1.8
4	463	Emily Stewart F38	Gateshead Harriers & AC	3.40	+1.7
5	437	Georgia Lever	Widnes Wellington United Harriers & AC	2.55	+1.9

**Under 20 Women Pole Vault FINAL** W/S

1	310	Jessica Swannack	Preston Harriers	3.75
2	483	Claudia Barks	Darlington H & AC	3.45

**Under 20 Women Shot Putt FINAL** W/S

1	406	Toni Buckingham	Barnsley Athletic Club	12.76
2	438	Alice Linaker	City Of York Ac	9.62
3	463	Emily Stewart F38	Gateshead Harriers & AC	8.23

**Under 20 Women Triple Jump FINAL** W/S

1	449	Naomi Ogbeta	Trafford Athletic Club	12.94	2/CBP
2	437	Georgia Lever	Bolton United Harriers & Ac	11.33	+0.9
3	261	Joanna Lawler-Rhodes	Bingley Harriers & AC	10.94	+1.4
4	409	Hope Chilokoa Mullen	Leeds City Athletic Club	10.56	+1.8
5	316	Caitlin Washington	Sheffield And Dearne Ac	8.98	+2.5