

100m Women Final
2016 Champion: Rachel Johncock; Swansea/Loughborough Students; 11.37

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	895	Diani WALKER	Birchfield Harriers			11.45	-0.5		
1	2	911	Toea WISIL (GUEST)	Australia			11.49	-0.5		
1	3	800	Rachel MILLER	Harrow AC			11.54	-0.5		
1	4	655	Rebecca CAMPSALL	City of York AC	Yorkshire	12	11.70	-0.5		
1	5	618	Kimbely BAPTISTE	Crawley AC	Sussex	11	11.70	-0.5		
1	6	807	Mica MOORE	Birchfield Harriers	East Wales	10	11.72	-0.5		
1	7	759	Aleasha KIDDLE	Chelmsford AC	Essex	9	11.81	-0.5		
1	DNF	876	Clieo STEPHENSON	Thames Valley Harriers						

100m Women Semi Finals

Semi F1	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	800	Rachel MILLER	Harrow AC			11.66	0.8	Q	
1	2	618	Kimbely BAPTISTE	Crawley AC	Sussex		11.73	0.8	Q	
1	3	613	Kristal AWUAH	Herne Hill Harriers			11.87	0.8		
1	4	910	Charlotte WINGFIELD	Cardiff AAC	Hertfordshire	7	11.91	0.8		
1	5	914	Katy WYPER	Blackpool Wyre & Fylde AC	Lancashire	5	12.07	0.8		
1	6	648	Eleanor BROOME	Rugby & Northampton AC	Northamptonshire	3	12.35	0.8		
1	7	830	Charlotte ORTON	Birchfield Harriers	Cumbria	2	12.36	0.8		
1	8	810	Zoe NASH	Newport Harriers			12.68	0.8		
2	1	895	Diani WALKER	Birchfield Harriers			11.51	1.0	Q	
2	2	807	Mica MOORE	Birchfield Harriers	East Wales		11.64	1.0	Q	
2	3	876	Clieo STEPHENSON	Thames Valley Harriers			11.86	1.0	q	
2	4	891	Torema THOMPSON	Enfield & Haringey AC	Middlesex	8	11.89	1.0		
2	5	636	Abigail BISHHELL	City of Sheffield & Dearne AC	Yorkshire		12.08	1.0		
2	6	660	Laura CLARK	Shaftesbury Barnet Harriers			12.12	1.0		
2	7	746	Salome JAPAL	Enfield & Haringey AC	Middlesex		12.12	1.0		
2	8	730	Lucy HOAD	Sutton & District AC	Surrey	1	12.46	1.0		
3	1	911	Toea WISIL (GUEST)	Australia			11.58	0.9	Q	
3	2	655	Rebecca CAMPSALL	City of York AC	Yorkshire		11.69	0.9	Q	
3	3	759	Aleasha KIDDLE	Chelmsford AC	Essex		11.83	0.9	q	
3	4	906	Hannah WILLIAMS	Bristol & West AC	South Wales	6	11.99	0.9		
3	5	656	Shereen CHARLES	Shaftesbury Barnet Harriers			12.14	0.9		
3	6	901	Yvette WESTWOOD	Yate & District AC	Gloucestershire	4	12.24	0.9		
3	7	882	Patricia TAEA (GUEST)	Australia			12.25	0.9		

100m Women Heats

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	807	Mica MOORE	Birchfield Harriers	East Wales		11.66	1.5	Q	
1	2	910	Charlotte WINGFIELD	Cardiff AAC	Hertfordshire		11.75	1.5	Q	
1	3	891	Torema THOMPSON	Enfield & Haringey AC	Middlesex		11.90	1.5	Q	
1	4	656	Shereen CHARLES	Shaftesbury Barnet Harriers			11.95	1.5	Q	
1	5	882	Patricia TAEA (GUEST)	Cook Islands			12.20	1.5	q	
1	6	822	Rachel ODERINDE	Marshall Milton Keynes AC	Buckinghamshire		12.43	1.5		
1	7	653	Sarah BUSBY	Woodford Green AC with Essex Ladies			12.46	1.5		
2	1	800	Rachel MILLER	Harrow AC			11.45	1.1	Q	
2	2	876	Clieo STEPHENSON	Thames Valley Harriers			11.79	1.1	Q	
2	3	914	Katy WYPER	Blackpool Wyre & Fylde AC	Lancashire		11.97	1.1	Q	
2	4	636	Abigail BISHHELL	City of Sheffield & Dearne AC	Yorkshire		12.04	1.1	Q	
2	5	901	Yvette WESTWOOD	Yate & District AC	Gloucestershire		12.11	1.1	q	
2	6	730	Lucy HOAD	Sutton & District AC	Surrey		12.31	1.1	q	
2	7	773	Elyse LEECH	Torbay AAC	Devon		12.48	1.1		
3	1	911	Toea WISIL (GUEST)	Papua New Guinea			11.61	0.3	Q	
3	2	906	Hannah WILLIAMS	Bristol & West AC	South Wales		11.96	0.3	Q	
3	3	660	Laura CLARK	Shaftesbury Barnet Harriers			12.10	0.3	Q	
3	4	648	Eleanor BROOME	Rugby & Northampton AC	Northamptonshire		12.15	0.3	Q	
3	5	810	Zoe NASH	Newport Harriers			12.33	0.3	q	
3	6	769	Sophie LAMBERT	Gloucester AC			12.72	0.3		
3	7	786	Zoë MATTACKS	Team Bath AC			13.14	0.3		
4	1	655	Rebecca CAMPSALL	City of York AC	Yorkshire		11.63	0.7	Q	
4	2	759	Aleasha KIDDLE	Chelmsford AC	Essex		11.88	0.7	Q	
4	3	613	Kristal AWUAH	Herne Hill Harriers			11.93	0.7	Q	
4	4	830	Charlotte ORTON	Birchfield Harriers	Cumbria		12.14	0.7	Q	
4	5	635	Hannah BIRD	Barnsley AC			12.38	0.7		
4	6	804	Sophie MONEY	Liverpool Harriers & AC	Merseyside		12.42	0.7		
4	7	827	Jasmine OKOYE	Newham & Essex Beagles AC	Essex		12.70	0.7		
5	1	895	Diani WALKER	Birchfield Harriers			11.49	2.8	Q	
5	2	618	Kimbely BAPTISTE	Crawley AC	Sussex		11.50	2.8	Q	
5	3	872	Maisey SNAITH	Cambridge & Coleridge AC	Cambridgeshire		12.11	2.8	Q	
5	4	746	Salome JAPAL	Enfield & Haringey AC	Middlesex		12.21	2.8	Q	
5	5	865	Dionne SAMUELS	Birchfield Harriers	Warwickshire		12.40	2.8		
5	6	845	Jade PHILLIPS	Herne Hill Harriers	Surrey		12.61	2.8		

200m Women Finals
2016 Champion: Kimbely Baptiste; Crawley/East London U; 23.66

Semi F1	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	618	Kimbely BAPTISTE	Crawley AC	Sussex	12	23.54	0.7		
1	2	682	Beth DOBBIN	Edinburgh AC	Yorkshire	11	23.62	0.7		
1	3	911	Toea WISIL (GUEST)	Papua New Guinea			23.96	0.7		
1	4	895	Diani WALKER	Birchfield Harriers			23.97	0.7		
1	5	914	Katy WYPER	Blackpool Wyre & Fylde AC	Lancashire	10	24.44	0.7		
1	6	655	Rebecca CAMPSALL	City of York AC	Yorkshire		24.46	0.7		
1	7	876	Clieo Stephenson	Thames Valley Harriers			24.60	0.7		
1	8	695	Risqat FABUNMI-ALADE	Swansea Harriers			24.92	0.7		

200m Women Heats

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	618	Kimbely BAPTISTE	Crawley AC	Sussex		23.88	1.3	Q	
1	2	655	Rebecca CAMPSALL	City of York AC	Yorkshire		24.47	1.3	Q	
1	3	906	Hannah WILLIAMS	Bristol & West AC	South Wales	8	25.00	1.3		
1	4	748	Rebecca JEGGO	Colchester Harriers AC	Essex		25.07	1.3		
1	5	830	Charlotte ORTON	Birchfield Harriers	Cumbria	6.5	25.09	1.3		
1	6	868	Amanda SHAW	Wakefield District H & AC			25.45	1.3		
1	7	804	Sophie MONEY	Liverpool Harriers & AC	Merseyside	3	25.96	1.3		
2	1	682	Beth DOBBIN	Edinburgh AC	Yorkshire		23.84	2.4	Q	
2	2	895	Diani WALKER	Birchfield Harriers			24.10	2.4	Q	
2	3	914	Katy WYPER	Blackpool Wyre & Fylde AC	Lancashire		24.63	2.4	q	
2	4	892	Zoe THOMPSON	Newham & Essex Beagles AC	Essex	9	24.96	2.4		
2	5	624	Ella Barrett	Chesterfield & District			25.14	2.4		
2	6	609	Jessica ARMAH	Windsor Slough Eton & Hounslow AC	Berkshire	4	25.20	2.4		
2	7	882	Patricia TAEA (GUEST)	Cook Islands			25.59	2.4		
2	8	635	Hannah BIRD	Barnsley AC			25.88	2.4		
3	1	911	Toea WISIL (GUEST)	Papua New Guinea			24.48	0.5	Q	YC 125.5
3	2	695	Risqat FABUNMI-ALADE	Swansea Harriers			24.69	0.5	Q	
3	3	876	Clieo Stephenson	Thames Valley Harriers			24.82	0.5	q	
3	4	704	Mandy GAULT	Lagan Valley AC	Northern Ireland	6.5	25.09	0.5		
3	5	760	Nardhia KIDD-WALKER	Birchfield Harriers	Staffordshire	5	25.17	0.5		
3	6	774	Hannah LESBIREL	Guernsey Island AAC			25.17	0.5		
3	7	723	Selina HENDERSON	Falkirk Victoria Harriers	East District Scotland	2	26.04	0.5		

400m Women Final
2016 Champion: Phillipa Lowe; Dacorum & tring/Hertfordshire Uni/Shafesbury Barnet; 53.07

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	602	Margaret ADEOYE	Enfield & Haringey AC	Middlesex	12	53.14			
1	2	651	Maya BRUNEY	Blackheath & Bromley Harriers AC			53.18			
1	3	683	Stacey DOWNIE	Edinburgh AC	East District Scotland	11	54.91			
1	4	617	Susanna BANJO	Newham & Essex Beagles AC	Middlesex		54.93			
1	5	825	Victoria OHURUOGU	Newham & Essex Beagles AC	Essex	10	55.20			
1	6	758	Nicole KENDALL	Kingston AC & Poly Harriers	Surrey	9	55.72			
1	7	674	Megan DAVIES	Cannock & Stafford AC	Staffordshire	8	56.66			
1	DNS	630	Lily BECKFORD	Shaftesbury Barnet Harriers						

400m Women Heats

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	651	Maya BRUNEY	Blackheath & Bromley Harriers AC			53.17		Q	
1	2	617	Susanna BANJO	Newham & Essex Beagles AC	Middlesex		54.96		Q	
1	3	674	Megan DAVIES	Cannock & Stafford AC	Staffordshire		55.05		Q	
1	4	683	Stacey DOWNIE	Edinburgh AC	East District Scotland		55.61		q	
1	5	758	Nicole KENDALL	Kingston AC & Poly Harriers	Surrey		55.90		q	
1	6	915	Georgia YEARBY	Leeds City AC	Yorkshire	7	56.07			
1	7	706	Amy GELLION	Rotherham Harriers & AC	Yorkshire		56.17			
1	8	864	Joanne RYNA	Loughton AC	Essex		57.11			
2	1	602	Margaret ADEOYE	Enfield & Haringey AC	Middlesex		54.22		Q	
2	2	825	Victoria OHURUOGU	Newham & Essex Beagles AC	Essex		55.27		Q	
2	3	630	Lily BECKFORD	Shaftesbury Barnet Harriers			55.98		Q	
2	4	893	Holly TURNER	Crawley AC	Sussex	6	56.33			
2	5	755	Tara KAFKE	Radley AC	Oxfordshire	5	56.46			
2	6	603	Yimika ADEWAKUN	Blackheath & Bromley Harriers AC	Surrey		56.57			
2	7	881	Kathryn SUTTON	Dartford Harriers AC	Kent	4	56.70			

800m Women Final

Day 1

2016 Champion: Sarah McDonald; Birchfield H/Birmingham Uni; 2:01.10

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	693	Hannah ENGLAND	Oxford City AC			02:06.68			
1	2	871	Mari SMITH	Birchfield Harriers	Warwickshire	12	02:07.25			
1	3	917	Ejiro OKORO	Birchfield Harriers			02:07.34			
1	4	696	Jacqueline FAIRCHILD	Preston Harriers	Greater Manchester	11	02:07.56			
1	5	649	Katy BROWN	Stewartry AC	West District Scotland	10	02:07.88			
1	6	718	Georgie HARTIGAN	Birchfield Harriers	Worcestershire	9	02:08.04			
1	7	789	Rachel MCCLAY	Bracknell AC	Berkshire	8	02:08.70			
1	8	741	Isobel IVES	Basildon AC	Essex	7	02:11.36			

800m Women Heats

Day 1

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	718	Georgie HARTIGAN	Birchfield Harriers	Worcestershire		02:11.34		Q	
1	2	696	Jacqueline FAIRCHILD	Preston Harriers	Greater Manchester		02:11.98		Q	
1	3	649	Katy BROWN	Stewartry AC	West District Scotland		02:12.53		Q	
1	4	699	Caroline FORD	Cambridge Harriers	Kent	6	02:13.36			
1	5	659	Anna CLARK	Woodford Green AC with Essex Ladies	Essex		02:14.22			
1	6	678	Fiona DEMAUNY	Walton AC	Surrey	5	02:14.90			
2	1	693	Hannah ENGLAND	Oxford City AC			02:10.18		Q	
2	2	871	Mari SMITH	Birchfield Harriers	Warwickshire		02:10.38		Q	
2	3	917	Ejiro OKORO	Birchfield Harriers			02:10.87		Q	
2	4	789	Rachel MCCLAY	Bracknell AC	Berkshire		02:11.08		q	
2	5	741	Isobel IVES	Basildon AC	Essex		02:12.10		q	

1500m Women Straight Final

Day 2

2016 Champion: Jessica Judd; Chelmsford/Loughborough Students; 4:12.45

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	693	Hannah ENGLAND	Oxford City AC			04:17.84			
1	2	696	Jacqueline FAIRCHILD	Preston Harriers	Greater Manchester	12	04:18.01			
1	3	818	Hannah NUTTALL	Charnwood A C	Leicestershire & Rutland	11	04:19.28			
1	4	749	Kimberly JOHANSEN	Chelmsford AC	Essex	10	04:21.20			
1	5	799	Khahisa MHLANGA	Chelmsford AC	Essex		04:24.25			
1	6	702	Rachael FRANKLIN	Manx Harriers			04:25.63			
1	7	735	Abigail HOWARTH	Leigh Harriers & AC	Greater Manchester		04:26.01			
1	8	870	Laura-Jane SMITH	Notts AC	Nottinghamshire	9	04:27.76			
1	9	621	Beth BARLOW	Salford Harriers & AC			04:29.06			
1	10	898	Zoe WASSELL	Stroud & District AC	Gloucestershire	8	04:29.55			
1	11	717	Rochelle HARRISON	Lincoln Wellington AC	Lincolnshire	7	04:32.72			
1	12	754	Jodie JUDD	Chelmsford AC			04:36.39			
1	13	900	Natalie WEIR	Derby AC	Derbyshire	6	04:37.35			
1	14	686	Rhiannon DUNLOP	City Of Portsmouth AC	Hampshire	5	04:39.36			
1	15	857	Lucy ROBINSON	Wakefield District H & AC	Yorkshire	4	04:41.01			

5000m Women Straight Final

Day 2

2016 Champion: Claire Duck; Leeds City; 15:47.75

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	821	Verity OCKENDEN	Swansea Harriers			16:36.91			
1	2	733	Katie HOLT	City of Stoke AC	Staffordshire	12	16:39.67			
1	3	729	Jenna HILL	Sale Harriers Manchester			16:44.05			
1	4	667	Sophie COWPER	Rotherham Harriers & AC	Surrey	11	16:55.28			
1	5	690	Jen ELKINS	Southampton AC	Hampshire	10	17:02.88			
1	6	634	Katie BINGLE	Aldershot Farnham & District	Surrey		17:08.95			
1	7	697	Charlotte FIRTH	Windsor Slough Eton & Hounslow AC	Berkshire	9	17:17.83			
1	8	647	Lara BROMILOW	Marshall Milton Keynes AC	Buckinghamshire	8	17:33.17			
1	9	754	Jodie JUDD	Chelmsford AC	Essex	7	17:46.56			
1	10	607	Justine ANTHONY	West Suffolk AC	Suffolk	6	18:03.85			

3K Steeplechase Women Straight Final

Day 1

2016 Champion: Charlotte Taylor-Green; Bristol & West; Mendip; 10:15.26

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	930	Iona LAKE	City Of Norwich AC			09:50.61			
1	2	887	Charlotte TAYLOR-GREEN	Bristol & West AC	Avon & Somerset	12	10:01.05			
1	3	739	Katie INGLE	Royal Sutton Coldfield AC	Warwickshire	11	10:10.73			
1	4	854	Laura RICHES	Leigh Harriers & AC	Greater Manchester	10	10:30.08			
1	5	878	Lauren STODDART	Edinburgh AC	East District Scotland	9	10:49.16			
1	6	669	Vicki CRONIN	Trafford AC	Greater Manchester		11:10.52			
1	7	633	Claire BENTLEY	Watford Harriers	Hertfordshire	8	11:32.75			

400m Hurdles Women Final
2016 Champion: Hayley McLean; Chelmsford; 58.59

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	788	Kirsten MCASLAN	Sale Harriers Manchester	Greater Manchester	12	57.31			
1	2	815	Lina NIELSEN	Enfield & Haringey AC			57.94			
1	3	679	Nisha DESAI	Trafford AC	North Eastern Counties	11	58.83			
1	4	762	Jessie KNIGHT	Windsor Slough Eton & Hounslow AC	Surrey	10	59.21			
1	5	884	Jessica TAPPIN	Thames Valley Harriers	Merseyside	9	59.53			
1	6	742	Avril JACKSON	Edinburgh AC	East District Scotland	8	61.77			
1	DQ	795	Hayley MCLEAN	Chelmsford AC	Essex		-			168.7a
1	DNS	929	Ese OKORO	Birchfield Harriers			-			

400m Hurdles Women Heats

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	788	Kirsten MCASLAN	Sale Harriers Manchester	Greater Manchester		58.10		Q	
1	2	762	Jessie KNIGHT	Windsor Slough Eton & Hounslow AC	Surrey		58.50		Q	
1	3	742	Avril JACKSON	Edinburgh AC	East District Scotland		58.66		q	
1	4	679	Nisha DESAI	Trafford AC	North Eastern Counties		58.92		q	
1	5	846	Hermione PLUMPTRE	Birchfield Harriers			62.03			
1	6	694	Chloe ESEGBO	Trafford AC	Cheshire	2	62.82			
1	7	620	Amy BARCLAY	Crawley AC	Sussex		64.79			
1	8	803	Jasmine MITCHELL	Guildford & Godalming AC			65.35			
2	1	815	Lina NIELSEN	Enfield & Haringey AC			59.12		Q	
2	2	795	Hayley MCLEAN	Chelmsford AC	Essex	7	59.35		Q	
2	3	681	Kerry DIXON	Enfield & Haringey AC			61.36			
2	4	894	Laura WAKE	Windsor Slough Eton & Hounslow AC	Hertfordshire	4	61.38			
2	5	728	Alexandra HILL	Herts Phoenix AC	Essex		62.03			
2	6	668	Anna CROFT	Windsor Slough Eton & Hounslow AC	Buckinghamshire		63.73			
2	7	710	Melanie GRIGG	Herts Phoenix AC			65.37			
2	8	904	Chloe WILDE	Cannock & Stafford AC	Staffordshire		65.92			
3	1	929	Ese OKORO	Birchfield Harriers			58.55		Q	
3	2	884	Jessica TAPPIN	Thames Valley Harriers	Merseyside		59.25		Q	
3	3	838	Mhairi PATIENCE	Victoria Park city of Glasgow	West District Scotland	6	59.71			
3	4	811	Anna NELSON	Inverness Harriers	North District Scotland	5	61.14			
3	5	745	Danel JANSEN VAN RENSBURG	Birchfield Harriers	Warwickshire	3	62.72			
3	6	604	Natalie AINGE	Cannock & Stafford AC	Staffordshire	1	63.66			
3	7	763	Hannah KNIGHTS	Guildford & Godalming AC	Surrey		64.75			
3	8	926	Emily BROWN	United Kindgom Armed Forces	UKAF		68.28			

100m Hurdles Women Final
2016 Champion: Angelita Broadbelt-Blake; Thames Valley; 13.29

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	801	Yasmin MILLER	Derby AC			13.32	-0.2		
1	2	736	Jessica HUNTER	Vale Of Aylesbury AC	Buckinghamshire	12	13.51	-0.2		
1	3	665	Mollie COURTNEY	Cheltenham & County Harriers	Gloucestershire	11	13.53	-0.2		
1	4	783	Megan MARRS	Windsor Slough Eton & Hounslow AC	Northern Ireland	10	13.59	-0.2		
1	5	645	Angelita BROADBELT-BLAKE	Thames Valley Harriers			13.70	-0.2		
1	6	839	Heather PATON	Birchfield Harriers	Worcestershire	9	13.73	-0.2		
1	7	614	Niamh BAILEY	Corby AC	Northamptonshire	8	14.05	-0.2		
1	8	820	Emma NWOFOR	Newham & Essex Beagles AC			14.37	-0.2		

100m Hurdles Women Heats

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	801	Yasmin MILLER	Derby AC			13.52	1.0	Q	
1	2	645	Angelita BROADBELT-BLAKE	Thames Valley Harriers			13.76	1.0	Q	
1	3	614	Niamh BAILEY	Corby AC	Northamptonshire		14.12	1.0	q	
1	4	627	Anya BATES	Birchfield Harriers	Warwickshire	6	14.26	1.0		
1	5	809	Emma NANSON	Aldershot Farnham & District			15.71	1.0		
1	6	856	Kylie ROBILIARD	Shaftesbury Barnet Harriers	Hampshire	1	16.70	1.0		
2	1	665	Mollie COURTNEY	Cheltenham & County Harriers	Gloucestershire		13.69	0.4	Q	
2	2	820	Emma NWOFOR	Newham & Essex Beagles AC			14.10	0.4	Q	
2	3	931	Katie STANTON	Birchfield Harriers			14.17	0.4		
2	4	753	Harriet JONES	Windsor Slough Eton & Hounslow AC	Berkshire	5	14.49	0.4		
2	5	869	Georgia SILCOX	Yeovil Olympiads AC	Avon & Somerset	4	14.49	0.4		
2	6	691	Sophie ELLISS	Croydon Harriers	Surrey	3	14.62	0.4		
3	1	736	Jessica HUNTER	Vale Of Aylesbury AC	Buckinghamshire		13.52	0.7	Q	
3	2	839	Heather PATON	Birchfield Harriers	Worcestershire		13.57	0.7	Q	
3	3	783	Megan MARRS	Windsor Slough Eton & Hounslow AC	Northern Ireland		13.62	0.7	q	
3	4	866	Molly SCOTT	St L. O'Toole AC			14.18	0.7		
3	5	890	Holly THOMAS	Newham & Essex Beagles AC	Essex	7	14.25	0.7		
3	6	823	Jade O'DOWDA	Oxford City AC	Oxfordshire	2	14.75	0.7		

3K Walk Women Straight Final

Day 2

2016 Champion: Bethan Davies; Caridff/Leeds Uni; 12:24.70

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	757	Erika KELLY	Northern (Isle of Man) AC			13:50.72			
1	2	707	Emily GHOSE	Tonbridge AC	Kent	12	15:34.69			
1	3	671	Penelope CUMMINGS	Aldershot Farnham & District	Surrey	11	16:57.66			
1	4	756	Wendy KANE	Notts AC	Nottinghamshire	10	18:25.24			

High Jump Women Final

Day 2

2016 Champion: Bethan Partridge; Birchfield Harriers; 1.83

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	817	Emma NUTTALL	Edinburgh AC	East District Scotland	12	1.86			
1	2	782	Nikki MANSON	Giffnock North AAC	West District Scotland	11	1.86			
1	3	639	Emily BORTHWICK	Wigan & District H & AC	Greater Manchester	10	1.76			
1	4	665	Mollie COURTNEY	Cheltenham & County Harriers	Gloucestershire	9	1.73			
1	4	720	Camellia HAYES	Windsor Slough Eton & Hounslow AC	Surrey	8	1.73			
1	6	719	Rebecca HAWKINS	Bexley AC			1.73			
1	7	766	Poppy LAKE	Loughborough Students AC	Essex	7	1.67			
1	8	650	Janet BROWNE	Stevenage & North Herts AC	Hertfordshire	6	1.67			
1	9	703	Katie GARLAND	Brighton & Hove AC	Sussex	5	1.67			
1	10	785	Deborah MARTIN	Ashford AC	Kent	3.5	1.64			
1	10	883	Hannah TAPLEY	Worcester AC	Wiltshire	3.5	1.64			

Pole Vault Women Final

Day 2

2016 Champion: Jade Ive; Sutton & District; 4.01

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	796	Olivia MCTAGGART (GUEST)	New Zealand			4.15			
1	2	740	Jade IVE	Sutton & District AC	Surrey	12	4.05			
1	3	638	Clare BLUNT	Kingston upon Hull AC	Yorkshire	11	3.85			
1	4	687	Elizabeth EDDEN	Birchfield Harriers	Staffordshire	10	3.65			
1	5	761	Emma KIVINIEMI ANDERSSON	Shaftesbury Barnet Harriers	Middlesex	9	3.65			
1	6	874	Jade SPENCER-SMITH	Harrow AC			3.65			
1	7	731	Fiona HOCKEY	Blackpool Wyre & Fylde AC	Lancashire	8	3.55			
1	8	778	Emily MACDONALD	Bracknell AC	Berkshire	7	3.35			
1	9	641	Erin BREEN	Herts Phoenix AC	Hertfordshire	6	3.00			
1	9	722	Laura-Ann HENDERSON	Ashford AC	Kent	5	3.00			
1	NHC	779	Courtney MACGUIRE	Edinburgh AC						

Long Jump Women Final

Day 1

2016 Champion: Eleanor Broome; Rugby & Northampton; 6.11

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	931	Katie STAINTON	Birchfield Harriers			6.07	1.5		
1	2	648	Eleanor BROOME	Rugby & Northampton AC	Northamptonshire	12	5.99	1.5		
1	3	828	Josie OLIARNYK	Halesowen ACC	Worcestershire	11	5.92	2.3		
1	4	689	Kitan ELEYAE	Woodford Green AC with Essex Ladies	Essex	10	5.88	0.9		
1	5	869	Georgia SILCOX	Yeovil Olympiads AC	Avon & Somerset	9	5.87	1.2		
1	6	623	Angela BARRETT	Thames Valley Harriers	Middlesex	8	5.84	1.3		
1	7	823	Jade O'DOWDA	Oxford City AC	Oxfordshire	7	5.73	0.6		
1	8	619	Ellen BARBER	Yeovil Olympiads AC	Avon & Somerset		5.66	1.6		
1	9	820	Emma NWOFOR	Newham & Essex Beagles AC			5.65	0.7		
1	10	834	Suzanne PALMER	City of Sheffield & Dearne AC	Yorkshire	6	5.61	1.1		
1	11	688	Mary ELCOCK	Loughborough Students AC			5.60	1.0		
1	12	853	Eavion RICHARDSON	Shaftesbury Barnet Harriers	Bedfordshire	5	5.51	1.1		
1	13	705	Emma GAYLER	Harrow AC	Berkshire	4	5.46	1.3		
1	14	614	Niamh BAILEY	Corby AC	Northamptonshire		5.42	1.5		
1	15	700	Jessica FOX	Cambridge & Coleridge AC	Cambridgeshire	3	5.40	0.2		
1	16	611	Donelle ARULANANDAM	Vale Of Aylesbury AC	Buckinghamshire	2	5.17	1.4		
1	17	716	Caitlin HARDING	Leicester Corintian AC	Leicestershire & Rutland	1	5.04	1.9		
1	NMR	601	Sarah ABRAMS	Blackheath & Bromley Harriers AC	Surrey					

Triple Jump Women Final

Day 2

2016 Champion: Sineade Gutzmore; Birchfield Harriers; 13.53

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	623	Angela BARRETT	Thames Valley Harriers	Middlesex	12	13.15	1.4		
1	2	905	Allison WILDER	Sutton & District AC			12.55	3.4		
1	3	859	Ahtollah ROSE	Trafford AC			12.48	1.6		
1	4	612	Zara ASANTE	Blackheath & Bromley Harriers AC			12.44	0.8		
1	5	725	Shanara HIBBERT	Luton AC	Bedfordshire	11	12.16	1.2		
1	6	877	Lia STEPHENSON	Thames Valley Harriers	Middlesex		12.07	1.7		
1	7	853	Eavion RICHARDSON	Shaftesbury Barnet Harriers	Bedfordshire		12.01	2.7		
1	8	626	Anna BATES	Trafford AC	Shropshire	10	11.89	1.2		
1	9	829	Adelaide OMITOWOJU	Cambridge & Coleridge AC	Cambridgeshire	9	11.57	2.4		
1	10	831	Victoria OSHUNREMI	Basildon AC	Essex	8	11.32	1.1		
1	11	805	Kamela MONKS	St Mary's Richmond AC	Hampshire	7	10.56	1.1		

Shot Women Final

Day 1

2016 Champion: Danielle Opara; Thames Valley/Derby Uni 13.87

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	880	Amelia STRICKLER	Thames Valley Harriers			16.79			
1	2	701	Eden FRANCIS	Leicester Coritanian AC	Leicestershire & Rutland	12	15.88			
1	3	814	Adele NICOLL	Birchfield Harriers	Shropshire	11	15.54			
1	4	776	Sophie LITTLEMORE	Gateshead Harriers & AC	North Eastern Counties	10	13.33			
1	5	834	Suzanne PALMER	City of Sheffield & Dearne AC			13.18			
1	6	652	Toni BUCKINGHAM	Barnsley AC	Yorkshire	9	13.17			
1	6	813	Christina NICK	City of York AC	Yorkshire		13.07			
1	8	819	Marilyn NWAWULOR	Harrow AC	Middlesex	8	12.86			
1	9	714	Rebecca HALL	Nene Valley Harriers	Lincolnshire	7	11.90			
1	10	924	Kiani PAY	Cornwall AC	UKAF	6	11.33			

Discus Women Final

Day 1

2016 Champion: Amy Holder; Windsor; Slough Eton & Hounslow/Brunel Uni; 52.73

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	732	Amy HOLDER	Windsor Slough Eton & Hounslow AC	Berkshire	12	50.84			
1	2	701	Eden FRANCIS	Leicester Coritanian AC	Leicestershire & Rutland	11	50.55			
1	3	684	Phoebe DOWSON	Bournemouth AC	Hampshire	10	49.13			
1	4	913	Kathryn WOODCOCK	Radley AC			48.35			
1	5	802	Samantha MILNER	Blackheath & Bromley Harriers AC	Essex	9	46.42			
1	6	813	Christina NICK	City of York AC			44.93			
1	7	738	Jemma IBBETSON	Leeds City AC	Yorkshire	8	43.81			
1	8	776	Sophie LITTLEMORE	Gateshead Harriers & AC	North Eastern Counties	7	42.99			
1	9	836	Sarah PARSONS	City of York AC	Yorkshire		41.17			
1	10	903	Michaela WHITTON	Reading AC	Berkshire		39.58			
1	11	644	Laurensa BRITANE	Thames Valley Harriers	Middlesex	6	38.11			
1	12	711	Alice GROJSJEAN	Mendip AC	Avon & Somerset	5	35.26			
1	13	724	Sarah HEWITT	Brighton & Hove AC	Sussex	4	34.71			
1	NMR	767	Jade LALLY	Shaftesbury Barnet Harriers	Surrey					

Hammer Women Final

Day 1

2016 Champion: Rachel Hunter; Shaftesbury Barnet; 62.74

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	793	Susan MCKELVIE	Edinburgh AC	East District Scotland	12	61.80			
1	2	734	Sarah HOLT	Sale Harriers Manchester			61.31			
1	3	843	Myra PERKINS	Falkirk Victoria Harriers	Leicestershire & Rutland	11	59.75			
1	4	909	Pippa WINGATE	Kingston AC & Poly Harriers	Surrey	10	59.06			
1	5	784	Lucy MARSHALL	Woodford Green AC with Essex Ladies	Northamptonshire	9	59.02			
1	6	751	Christina JONES	Bristol & West AC	Avon & Somerset	8	59.01			
1	7	677	Alice DELMER	Loughborough Students AC			57.86			
1	8	808	Hayley MURRAY	Rugby & Northampton AC	Warwickshire	7	57.67			
1	9	848	Kayleigh PRESSWELL	Marshall Milton Keynes AC	Buckinghamshire	6	56.77			
1	10	629	Cathrine BEATTY	Loughborough Students AC			56.27			
1	11	897	Molly WALSH	Wolverhampton & Bilston	Staffordshire	5	52.92			
1	12	771	Megan LARKINS	Braintree & District AC	Essex	4	46.63			
1	13	858	Holly RODGERS	Rotherham Harriers & AC	Yorkshire	3	45.92			
1	14	860	Leah RUNNACLES	Reading AC	Berkshire	2	44.03			

Javelin Women Final

2016 Champion: Jo Blair; Luton; 52.62

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	902	Laura WHITTINGHAM	Sale Harriers Manchester	Yorkshire	12	54.88			
1	2	841	Victoria PEETERS (GUEST)	New Zealand			50.18			
1	3	640	Kelly BRAMHALD	Loughborough Students AC	Leicestershire & Rutland	11	49.56			
1	4	750	Hannah JOHNSON	Windsor Slough Eton & Hounslow AC	Berkshire	10	49.34			
1	5	765	Louise LACY	Havering AC	Essex	9	49.24			
1	6	715	Emma HAMPLETT	Birchfield Harriers	Staffordshire	8	48.35			
1	7	644	Laurensa BRITANE	Thames Valley Harriers	Middlesex	7	47.46			
1	8	797	Eloise MEAKINS	Herts Phoenix AC	Hertfordshire	6	45.45			
1	9	867	Rosie SEMENYTSH	Sale Harriers Manchester	Berkshire		44.76			
1	10	619	Ellen BARBER	Yeovil Olympiads AC	Avon & Somerset	5	42.42			
1	11	680	Emily DIBBLE	Mendip AC	Avon & Somerset		40.16			
1	12	842	Sophie PERCIVAL	West Cheshire AC	Cheshire	4	39.87			
1	13	922	Laura SIMPSON	United Kingdom Armed Forces	UKAF	3	27.84			

2016 Champion: Joel Fearon; Birchfield Harriers 9.96

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	116	Ojie EDOBURUN	Shaftesbury Barnet Harriers			10.26	-0.1		
1	2	152	Andrew ROBERTSON	Sale Harriers Manchester			10.35	-0.1		
1	3	103	Reuben ARTHUR	Enfield & Haringey AC	Middlesex	12	10.41	-0.1		
1	4	145	John OTUGADE	Shaftesbury Barnet Harriers	Hertfordshire	11	10.43	-0.1		
1	5	159	Christopher STONE	Bristol & West AC	Avon & Somerset	10	10.52	-0.1		
1	6	133	Confidence LAWSON	Shaftesbury Barnet Harriers			10.55	-0.1		
1	7	169	Thomas WILLIAMS	Barry & Vale Harriers			10.63	-0.1		
1	8	154	Kieran SHOWLER-DAVIS	Basingstoke & Mid Hants AC	Hampshire	9	10.65	-0.1		

100m Men Semi Finals

Semi Fi	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ	Day
1	1	116	Ojie EDOBURUN	Shaftesbury Barnet Harriers			10.22	0.7	Q		1
1	2	103	Reuben ARTHUR	Enfield & Haringey AC	Middlesex		10.36	0.7	Q		
1	3	167	James WILLIAMS	Liverpool Harriers & AC	Merseyside	8	10.56	0.7			
1	4	131	Samuel LANDBOROUGH	Wirral AC	Merseyside		10.71	0.7			
1	5	125	James GRIFFITHS	Cardiff AAC			10.72	0.7			
1	6	123	Omar GRANT	Harrow AC	Middlesex		10.73	0.7			
1	7	132	Jack LAWRENCE	Birchfield Harriers	Worcestershire		10.75	0.7			
1	8	137	Daniel OBENG	Loughborough Students AC			10.78	0.7			
2	1	133	Confidence LAWSON	Shaftesbury Barnet Harriers			10.37	0.8	Q		
2	2	159	Christopher STONE	Bristol & West AC	Avon & Somerset		10.43	0.8	Q		
2	3	171	Theo ETIENNE	Hercules Wimbledon AC			10.51	0.8			
2	4	126	Dewi HAMMOND	Cardiff AAC	Worcestershire	7	10.57	0.8			
2	5	153	Ben SHIELDS	City of Sheffield & Dearne AC	Yorkshire	5	10.69	0.8			
2	6	141	Toby OLUBI	Blackheath & Bromley Harriers AC			10.81	0.8			
2	7	106	Joshua BROWN	Cardiff AAC			11.02	0.8			
2	DNS	160	Adam THOMAS	Bracknell AC	Berkshire			0.8			
3	1	152	Andrew ROBERTSON	Sale Harriers Manchester			10.34	0.5	Q		
3	2	145	John OTUGADE	Shaftesbury Barnet Harriers	Hertfordshire		10.38	0.5	Q		
3	3	154	Kieran SHOWLER-DAVIS	Basingstoke & Mid Hants AC	Hampshire		10.48	0.5	q		
3	4	169	Thomas WILLIAMS	Barry & Vale Harriers			10.51	0.5	q		
3	5	104	Omari BARTON-ELLINGTON	Enfield & Haringey AC			10.64	0.5			
3	6	107	Greg CACKETT	Belgrave Harriers	Surrey	6	10.68	0.5			
3	DNS	161	Shamar THOMAS-CAMPBELL	Blackheath & Bromley Harriers AC	Kent						
3	DNS	121	Samuel GORDON	Cardiff AAC	South Wales						

100m Men Heats
2016 Champion: Joel Fearon; Birchfield Harriers 9.96

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	152	Andrew ROBERTSON	Sale Harriers Manchester			10.40	1.0	Q	
1	2	154	Kieran SHOWLER-DAVIS	Basingstoke & Mid Hants AC	Hampshire		10.55	1.0	Q	
1	3	141	Toby OLUBI	Blackheath & Bromley Harriers AC			10.75	1.0	Q	
1	4	115	Luke DORRELL	Aldershot Farnham & District			10.79	1.0		
1	5	142	Kesi OLUDOYI	Harrow AC			10.79	1.0		
1	6	119	Renard FREDERICK	Shaftesbury Barnet Harriers			10.85	1.0		
1	7	175	Matt HYSLOP	Lincoln Wellington AC/UKAF			11.34	1.0		
2	1	103	Reuben ARTHUR	Enfield & Haringey AC	Middlesex		10.54	1.9	Q	
2	2	125	James GRIFFITHS	Cardiff AAC			10.64	1.9	Q	
2	3	137	Daniel OBENG	Loughborough Students AC			10.69	1.9	Q	
2	4	105	Daniel BEADSLEY	Swansea Harriers			10.76	1.9		
2	5	109	Jobe CANN	Crawley AC	Sussex		10.81	1.9		
2	6	124	Derris GREENAWAY	Rotherham Harriers & AC	Yorkshire		10.84	1.9		
2	7	110	Adam CROSS	Cambridge & Coleridge AC	Cambridgeshire		11.06	1.9		
3	1	116	Ojie EDOBURUN	Shaftesbury Barnet Harriers			10.31	1.6	Q	
3	2	159	Christopher STONE	Bristol & West AC	Avon & Somerset		10.41	1.6	Q	
3	3	121	Samuel GORDON	Cardiff AAC	South Wales	3	10.53	1.6	Q	
3	4	107	Greg CACKETT	Belgrave Harriers	Surrey		10.64	1.6	q	
3	5	139	Daniel ODERINDE	Marshall Milton Keynes AC	Buckinghamshire	1	10.81	1.6		
3	6	156	Cameron STARR	Southampton AC			10.87	1.6		
3	7	146	Yannick PHIPPEN	Birchfield Harriers	Northamptonshire		11.00	1.6		
4	1	123	Omar GRANT	Harrow AC	Middlesex		10.72	0.5	Q	
4	2	106	Joshua BROWN	Cardiff AAC			10.75	0.5	Q	
4	3	161	Shamar THOMAS-CAMPBELL	Blackheath & Bromley Harriers AC	Kent	2	10.85	0.5	Q	
4	4	112	Eden DAVIS	Herts Phoenix AC	Hertfordshire		10.89	0.5		
4	5	102	Joshua ALLAWAY	Guernsey Island AAC			10.98	0.5		
4	6	170	Gabriel YIADOM	Shaftesbury Barnet Harriers			11.33	0.5		
5	1	145	John OTUGADE	Shaftesbury Barnet Harriers	Hertfordshire		10.42	0.7	Q	
5	2	167	James WILLIAMS	Liverpool Harriers & AC	Merseyside		10.57	0.7	Q	
5	3	104	Omari BARTON-ELLINGTON	Enfield & Haringey AC			10.62	0.7	Q	
5	4	126	Dewi HAMMOND	Cardiff AAC	Worcestershire		10.65	0.7	q	
5	5	128	Sam IGE	Belgrave Harriers			10.79	0.7		
5	6	117	Rico EWER	Rugby & Northampton AC	Northamptonshire		10.93	0.7		
6	1	133	Confidence LAWSON	Shaftesbury Barnet Harriers			10.42	3.2	Q	
6	2	171	Theo ETIENNE	Hercules Wimbledon AC			10.56	3.2	Q	
6	3	153	Ben SHIELDS	City of Sheffield & Dearne AC	Yorkshire		10.63	3.2	Q	
6	4	100	Shad-Marc AARON	Birchfield Harriers	Warwickshire		10.82	3.2		
6	5	118	Jordan FAIRCLOUGH	Liverpool Harriers & AC	Nottinghamshire		10.90	3.2		
6	6	130	Makoye KAMPENGELE	Cardiff AAC			11.10	3.2		
6	7	135	Daniel MINTO	Derby AC	Derbyshire		11.13	3.2		
7	1	160	Adam THOMAS	Bracknell AC	Berkshire	4	10.33	1.7	Q	
7	2	169	Thomas WILLIAMS	Barry & Vale Harriers			10.53	1.7	Q	
7	3	131	Samuel LANDSBOROUGH	Wirral AC	Merseyside		10.64	1.7	Q	
7	4	132	Jack LAWRENCE	Birchfield Harriers	Worcestershire		10.69	1.7	q	
7	5	111	Anax DA SILVA	Cardiff AAC	South Wales		10.69	1.7		YC
7	6	379	Jahde WILLIAMS	Harrow AC			10.71	1.7		
7	DQ	530	Peter MORENO	UKAF			-			162.7

200m Men Final
2016 Champion: Antonio Infantino; Kings College London/Italy; 20.43

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	189	Antonio INFANTINO	King's College London AC & X-Country Club	Hertfordshire	12	21.14	0.3		
1	2	159	Christopher STONE	Bristol & West AC	Avon & Somerset	11	21.14	0.3		
1	3	180	Edmond AMANING	Thames Valley Harriers	Middlesex	10	21.26	0.3		
1	4	149	Elliott POWELL	Leicester Coritanian AC	Leicestershire & Rutland	9	21.35	0.3		
1	5	186	James GLADMAN	Warrington A C	Greater Manchester	8	21.38	0.3		
1	6	167	James WILLIAMS	Liverpool Harriers & AC	Merseyside	7	21.42	0.3		
1	7	196	Dan PUTNAM	Blackheath & Bromley Harriers AC	Leicestershire & Rutland		21.73	0.3		
1	DNS	191	Sam MILLER	Preston Harriers	Lancashire	6				

200m Men Semi Finals

Semi F1	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	180	Edmond AMANING	Thames Valley Harriers	Middlesex		20.95	1.8	Q	
1	2	149	Elliott POWELL	Leicester Coritanian AC	Leicestershire & Rutland		21.14	1.8	Q	
1	3	167	James WILLIAMS	Liverpool Harriers & AC	Merseyside		21.16	1.8	q	
1	4	196	Dan PUTNAM	Blackheath & Bromley Harriers AC	Leicestershire & Rutland		21.23	1.8	q	
1	5	184	Charlie DOBSON	Colchester Harriers AC	Essex	5	21.45	1.8		
1	6	187	Charles HILLIARD	Halesowen ACC	Worcestershire		22.04	1.8		
1	7	39	Jonathan BROWNE	Kent AC			22.07	1.8		
1	DNS	198	Joel RICHARDSON	Trafford AC	Greater Manchester			1.8		
2	1	189	Antonio INFANTINO	King's College London AC & X-Country Club	Hertfordshire		20.90	1.7	Q	
2	2	186	James GLADMAN	Warrington A C	Greater Manchester		21.37	1.7	Q	
2	3	197	Tommy RAMDHAN	Bexley AC	Kent	4	21.49	1.7		
2	4	379	Jahde WILLIAMS	Harrow AC			21.66	1.7		
2	5	176	Omololu ABIODUN	Woodford Green AC with Essex Ladies	Essex		21.77	1.7		
2	6	177	Aaron ADOM	Liverpool Harriers & AC	Buckinghamshire		22.12	1.7		
2	7	128	Sam IGE	Belgrave Harriers	Surrey		22.16	1.7		
3	1	159	Christopher STONE	Bristol & West AC	Avon & Somerset		21.24	0.6	Q	
3	2	191	Sam MILLER	Preston Harriers	Lancashire		21.28	0.6	Q	
3	3	131	Samuel LANDBOROUGH	Wirral AC	Merseyside		21.58	0.6		
3	4	203	Lee THOMPSON	City of Sheffield & Dearne AC	Nottinghamshire	3	21.64	0.6		
3	5	169	Thomas WILLIAMS	Barry & Vale Harriers	South Wales	2	21.83	0.6		
3	6	188	Kane HOWITT	Royal Sutton Coldfield AC	Warwickshire	1	21.99	0.6		
3	7	165	Michael WARNER	Newham & Essex Beagles AC	Nottinghamshire		22.07	0.6		
3	8	178	Frederick AFRFIA	Crawley AC			22.29	0.6		

200m Men Heats

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	180	Edmond AMANING	Thames Valley Harriers	Middlesex		21.05	3.3	Q	
1	2	379	Jahde WILLIAMS	Harrow AC			21.47	3.3	Q	
1	3	167	James WILLIAMS	Liverpool Harriers & AC	Merseyside		21.47	3.3	Q	
1	4	156	Cameron STARR	Southampton AC			21.98	3.3	Q	
1	5	178	Frederick AFRFIA	Crawley AC			21.99	3.3	q	
1	6	165	Michael WARNER	Newham & Essex Beagles AC	Nottinghamshire		22.00	3.3	q	
1	7	105	Daniel BEADSLEY	Swansea Harriers	Yorkshire		22.30	3.3		
2	1	191	Sam MILLER	Preston Harriers	Lancashire		21.20	2.3	Q	
2	2	131	Samuel LANDBOROUGH	Wirral AC	Merseyside		21.48	2.3	Q	
2	3	184	Charlie DOBSON	Colchester Harriers AC	Essex		21.51	2.3	Q	
2	4	203	Lee THOMPSON	City of Sheffield & Dearne AC	Nottinghamshire		21.57	2.3	Q	
2	5	177	Aaron ADOM	Liverpool Harriers & AC	Buckinghamshire		22.19	2.3	q	
2	6	201	Luke SMITH	Shaftesbury Barnet Harriers	Hertfordshire		22.40	2.3		
2	7	182	Tor BENNETT-WILLIAMS	Wolverhampton & Bilston	Staffordshire		23.49	2.3		
3	1	189	Antonio INFANTINO	King's College London AC & X-Country Club	Hertfordshire		21.10	-0.1	Q	
3	2	196	Dan PUTNAM	Blackheath & Bromley Harriers AC	Leicestershire & Rutland		21.34	-0.1	Q	
3	3	186	James GLADMAN	Warrington A C	Greater Manchester		21.42	-0.1	Q	
3	4	198	Joel RICHARDSON	Trafford AC	Greater Manchester		21.99	-0.1	Q	
3	5	192	Mayowa OSUNSAMI	Newham & Essex Beagles			22.20	-0.1		
3	6	138	Regan O'CONNELL	City of Sheffield & Dearne AC	Yorkshire		22.37	-0.1		
3	7	146	Yannick PHIPPEN	Birchfield Harriers	Northamptonshire		22.50	-0.1		
4	1	197	Tommy RAMDHAN	Bexley AC	Kent		21.42	1.9	Q	
4	2	149	Elliott POWELL	Leicester Coritanian AC	Leicestershire & Rutland		21.42	1.9	Q	
4	3	176	Omololu ABIODUN	Woodford Green AC with Essex Ladies	Essex		21.81	1.9	Q	
4	4	187	Charles HILLIARD	Halesowen ACC	Worcestershire		22.00	1.9	Q	
4	5	39	Jonathan BROWNE	Kent AC			22.13	1.9	q	
4	6	190	Ben MATSUKA-WILLIAMS	City Of Norwich AC	Norfolk		22.66	1.9		
4	7	185	Kema EGBUNIKE	Harrow AC			22.86	1.9		
5	1	159	Christopher STONE	Bristol & West AC	Avon & Somerset		21.25	-0.3	Q	
5	2	169	Thomas WILLIAMS	Barry & Vale Harriers	South Wales		21.71	-0.3	Q	
5	3	188	Kane HOWITT	Royal Sutton Coldfield AC	Warwickshire		21.83	-0.3	Q	
5	4	128	Sam IGE	Belgrave Harriers	Surrey		22.11	-0.3	Q	
5	5	200	Peter SHAND	Birchfield Harriers	Staffordshire		22.27	-0.3		
5	6	130	Makoye KAMPENGELE	Cardiff AAC	South Wales		22.65	-0.3		

400m Men Final
2016 Champion: Conrad Williams; Kent; 46.02

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	536	Sadam KOUMI	Birchfield Harriers			46.14			
1	2	202	Ben SNAITH	Enfield & Haringey AC	Cambridgeshire	12	46.21			
1	3	180	Edmond AMANING	Thames Valley Harriers	Middlesex	11	46.49			
1	4	452	Owen SMITH	Cardiff AAC	North Wales	10	46.94			
1	5	428	Jamal-Marcus RHODEN-STEVENSON	Shaftesbury Barnet Harriers			47.16			
1	6	445	Robert SHIPLEY	City of York AC	Yorkshire	9	47.39			
1	7	323	Sam HAZEL	Shaftesbury Barnet Harriers	Bedfordshire	8	47.63			
1	DNS	499	Conrad WILLIAMS	Kent AC	Kent					

400m Men Semi Finals

Semi F1	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ	Day
1	1	180	Edmond AMANING	Thames Valley Harriers	Middlesex		46.78		Q		1
1	2	428	Jamal-Marcus RHODEN-STEVENSON	Shaftesbury Barnet Harriers			47.05		Q		
1	3	499	Conrad WILLIAMS	Kent AC	Kent	7	47.10		q		
1	4	323	Sam HAZEL	Shaftesbury Barnet Harriers	Bedfordshire		47.43		q		
1	5	507	Shawn WRIGHT	Kent AC	East District Scotland	6	47.90				
1	6	417	Peter PHILLIPS	Herne Hill Harriers	Surrey		49.16				
1	7	520	Dale WILLIS	Corby AC	UKAF		49.35				
1	DNS	345	Nik KANONIK	Windsor Slough Eton & Hounslow AC	Gloucestershire						
2	1	536	Sadam KOUMI	Birchfield Harriers			46.79		Q		
2	2	445	Robert SHIPLEY	City of York AC	Yorkshire		47.66		Q		
2	3	274	Sam DAWKINS	Jersey Spartan AC	Hampshire	5	48.25				
2	4	155	Thomas SOMERS	City of York AC	Yorkshire		48.45				
2	5	198	Joel RICHARDSON	Trafford AC	Greater Manchester	3	48.51				
2	6	224	Nicholas ATWELL	Herne Hill Harriers	Surrey		48.80				
2	7	457	Emmanuel SOSANYA	Newham & Essex Beagles AC	Essex		49.62				
2	8	329	Jack HOCKING	Worcester AC	Worcestershire		51.55				
3	1	202	Ben SNAITH	Enfield & Haringey AC	Cambridgeshire		47.44		Q		
3	2	452	Owen SMITH	Cardiff AAC	North Wales		47.78		Q		
3	3	249	Christian BYRON	Birchfield Harriers	Warwickshire	4	48.30				
3	4	409	Freddie OWSLEY	Bristol & West AC	Avon & Somerset	2	48.55				
3	5	210	Krishawn AIKEN	Enfield & Haringey AC			48.61				
3	6	407	Matthew OVERALL	Crawley AC	Sussex	1	48.71				
3	7	212	Akeem AKINTOKUN	Newham & Essex Beagles AC	Essex		49.23				
3	8	436	Joseph ROGERS	Halesowen ACC	Worcestershire		51.00				

400m Men Heats

	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ	Day
1	1	180	Edmond AMANING	Thames Valley Harriers	Middlesex		47.12		Q		1
1	2	249	Christian BYRON	Birchfield Harriers	Warwickshire		48.03		Q		
1	3	409	Freddie OWSLEY	Bristol & West AC	Avon & Somerset		48.93		Q		
1	4	520	Dale WILLIS	Corby AC	UKAF		49.27		Q		
1	5	436	Joseph ROGERS	Halesowen ACC	Worcestershire		49.82		q		
1	6	540	Alex HAYDOCK-WILSON	Windsor			50.48				
1	7	443	Thomas SEMAAN	Newham & Essex Beagles AC			51.09				
2	1	202	Ben SNAITH	Enfield & Haringey AC	Cambridgeshire		47.75		Q		
2	2	499	Conrad WILLIAMS	Kent AC	Kent		47.83		Q		
2	3	274	Sam DAWKINS	Jersey Spartan AC	Hampshire		48.19		Q		
2	4	457	Emmanuel SOSANYA	Newham & Essex Beagles AC	Essex		49.80		Q		
2	5	182	Tor BENNETT-WILLIAMS	Wolverhampton & Bilston	Staffordshire		50.50				
2	6	335	Jonathan HUGHES	Leicester Coritanian AC	Leicestershire & Rutland		52.30				
2	DNF	363	Luke LENNON-FORD	Thames Valley Harriers	Middlesex						
3	1	536	Sadam KOUMI	Birchfield Harriers			47.35		Q		
3	2	445	Robert SHIPLEY	City of York AC	Yorkshire		47.98		Q		
3	3	198	Joel RICHARDSON	Trafford AC	Greater Manchester		48.66		Q		
3	4	224	Nicholas ATWELL	Herne Hill Harriers	Surrey		49.05		Q		
3	5	212	Akeem AKINTOKUN	Newham & Essex Beagles AC	Essex		49.29		q	YC	
3	6	265	Craig COX	Crawley AC			49.99				
3	7	422	Harrison POCOOCK	City Of Portsmouth AC	Hampshire		53.55				
4	1	155	Thomas SOMERS	City of York AC	Yorkshire		48.04		Q		
4	2	407	Matthew OVERALL	Crawley AC	Sussex		48.52		Q		
4	3	323	Sam HAZEL	Shaftesbury Barnet Harriers	Bedfordshire		48.60		Q		
4	4	210	Krishawn AIKEN	Enfield & Haringey AC			49.04		Q		
4	5	345	Nik KANONIK	Windsor Slough Eton & Hounslow AC	Gloucestershire		49.92		q		
4	6	211	Thomas AINSWORTH	Tamworth AC	Staffordshire		50.11				
5	1	452	Owen SMITH	Cardiff AAC	North Wales		47.64		Q		
5	2	428	Jamal-Marcus RHODEN-STEVENSON	Shaftesbury Barnet Harriers			47.79		Q		
5	3	507	Shawn WRIGHT	Kent AC	East District Scotland		48.42		Q		
5	4	417	Peter PHILLIPS	Herne Hill Harriers	Surrey		49.22		Q		
5	5	329	Jack HOCKING	Worcester AC	Worcestershire		49.84		q		
5	6	359	Jordan LAYNE	Wycombe Phoenix Harriers & AC	Buckinghamshire		50.48				

800m Men Final

Day 1

2016 Champion: Max Wharton; Liverpool H/St.Mary's Uni; 1:48.81

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	383	James MCMURRAY	St Albans AC	Hertfordshire	12	01:50.41			
1	2	449	Andrew SMITH	Pudsey & Bramley AC	Yorkshire	11	01:50.58			
1	3	377	James MCCARTHY	Chiltern Harriers AC	Buckinghamshire	10	01:50.69			
1	4	468	Spencer THOMAS	Brighton Phoenix			01:50.80			
1	5	456	Will SNOOK	Harlow AC	Essex	9	01:51.00			
1	6	294	Harry FISHER	Southampton AC			01:51.04			
1	7	281	Ed DODD	City Of Portsmouth AC	Hampshire	8	01:52.28			
1	8	276	David DEMPSEY	City of Sheffield & Dearne AC	Yorkshire		01:52.57			

800m Men Heats

Day 1

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	294	Harry FISHER	Southampton AC			01:55.72		Q	
1	2	456	Will SNOOK	Harlow AC	Essex		01:56.19		Q	
1	3	498	Matthew WIGELSWORTH	Preston Harriers			01:56.29			
1	4	235	Finley BIGG	Brighton Phoenix	Sussex		01:56.51			
1	5	336	Lascelles HUSSEY	Herne Hill Harriers	Surrey		01:57.40			
1	6	283	James DOWNING	Cambridge & Coleridge AC	Cambridgeshire	1	01:57.70			
1	7	373	Ramone MARTINEZ-RODNEY	Victoria Park Harriers & Tower Hamlets AC	Middlesex		01:58.26			
1	8	508	Charlie WYLLIE	Dorking & Mole Valley AC			01:59.28			
2	1	276	David DEMPSEY	City of Sheffield & Dearne AC	Yorkshire		01:52.34		Q	
2	2	449	Andrew SMITH	Pudsey & Bramley AC	Yorkshire		01:52.55		Q	
2	3	281	Ed DODD	City Of Portsmouth AC	Hampshire		01:52.92		q	
2	4	490	Ben WATERMAN	Ealing Southall & Middlesex AC	Middlesex	7	01:53.52			
2	5	343	Luke JONES	Tamworth AC	Warwickshire	4	01:54.72			
2	6	220	Sebastian ANTHONY	West Suffolk AC	Suffolk	2	01:56.90			
2	7	376	Andrew MCASLAN	Sale Harriers Manchester	Greater Manchester		02:00.09			
2	8	397	Victor NUTAKOR	Newham & Essex Beagles AC	Essex		02:00.99			
3	1	383	James MCMURRAY	St Albans AC	Hertfordshire		01:52.06		Q	
3	2	468	Spencer THOMAS	Brighton Phoenix			01:52.11		Q	
3	3	377	James MCCARTHY	Chiltern Harriers AC	Buckinghamshire		01:52.35		q	
3	4	233	Aaron BENNETT	Southampton AC	Hampshire		01:53.96			
3	5	296	Hugo FLEMING	Walton AC	Surrey	6	01:54.31			
3	6	318	Samuel HARDING	Yeovil Olympiads AC	Avon & Somerset	5	01:54.65			
3	7	280	Chris DODD	Eastbourne Rovers AC	Sussex	3	01:56.37			
3	8	305	Matthew GORDON	Havant AC			01:58.30			

Mile Men Final

Day 2

2016 Champion: Alex Tovey; Windsor; Slough Eton & Hounslow/Birmingham Unit 4:01.84

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	272	Jonathan DAVIES	Reading AC	Berkshire	12	04:00.58			
1	2	459	Sam STABLER	Owls AC	Leicestershire & Rutland	11	04:05.42			
1	3	244	Dominic BROWN	Tonbridge AC	Kent	10	04:06.71			
1	4	332	Tommy HORTON	Hallamshire Harriers Sheffield	Cheshire	9	04:08.18			
1	5	320	Ricky HARVIE	Aldershot Farnham & District	Berkshire		04:09.38			
1	6	498	Matthew WIGELSWORTH	Preston Harriers	Merseyside	8	04:11.47			
1	7	232	Daniel BEBBINGTON	Preston Harriers	Lancashire	7	04:12.43			
1	8	234	Andy BENSON	Preston Harriers			04:12.50			
1	9	419	Max PICKARD	Brighton Phoenix	Sussex	6	04:15.59			
1	10	287	Chris DURNEY	Preston Harriers			04:28.49			
1	11	300	Thomas FRITH	Southend On Sea AC	Essex	5	04:34.86			
1	12	41	Kieran O'HARA	Havering AC			04:55.38			
1	DNF	311	Luke GUNN	Derby AC	Derbyshire					

5000m Men Straight Final

Day 2

2016 Champion: Richard Weir; Derby/Staffordshire Uni; 13:41.83

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	466	Alex TEUTEN	Southampton AC	Hampshire	12	14:54.56			
1	2	390	Stephen MITCHELL	Bristol & West AC	Cheshire	11	14:55.21			
1	3	206	Mohamud AADAN	Thames Valley Harriers	Middlesex	10	14:56.57			
1	4	368	Ollie LOCKLEY	Manx Harriers	Lancashire	9	15:00.24			
1	5	432	William RICHARDSON	Birchfield Harriers			15:00.53			
1	6	219	Shaun ANTELL	Bideford AAC	Devon	8	15:05.31			
1	7	339	Greg JAYASURIYA	Middlesbrough & Cleveland Harriers	North Eastern Counties	7	15:18.56			
1	8	518	Ben LIVESEY	Notts AC	UKAF	6	15:20.33			
1	9	344	Charlie JOSLIN-ALLEN	Tonbridge AC			15:25.77			
1	DNF	447	Antonio SILVA	Thames Valley Harriers	Middlesex					

3K Steeplechase Men Straight Final
2016 Champion: Tom Horton; Hallamshire/Sheffield Uni/Sheffield & Dearne; 5:58.57

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	392	Douglas MUSSON	Notts AC			08:43.34			
1	2	396	Phil NORMAN	Woodford Green AC with Essex Ladies	Devon	12	08:46.18			
1	3	332	Tommy HORTON	Hallamshire Harriers Sheffield	Cheshire	11	08:48.26			
1	4	311	Luke GUNN	Derby AC	Derbyshire	10	08:59.05			
1	5	416	Chris PERRY	Vale Royal AC	Cheshire		08:59.41			
1	6	444	James SENIOR	City Of Norwich AC	Norfolk	9	09:08.34			
1	7	355	Harry LANE	Bristol & West AC	Avon & Somerset	8	09:09.72			
1	8	288	Daniel ECKERSLEY	Kingston AC & Poly Harriers	Hampshire	7	09:10.30			
1	9	275	Michael DEASON	Shettleston Harriers	West District Scotland	6	09:14.23			
1	10	369	Josh LUNN	Bedford & County AC	Cambridgeshire	5	09:15.90			
1	11	429	Will RIAL	Newham & Essex Beagles AC			09:26.39			
1	12	479	Grant TWIST	Chelmsford AC	Essex	4	09:32.76			
1	13	489	Robert WARNER	Havering AC	Essex		09:37.14			
1	14	262	Max COSTLEY	Southampton AC	Hampshire		09:37.63			
1	15	261	Alan CORLETT	Manx Harriers	Lancashire	3	09:40.70			
1	16	488	Joe WALTON	Taunton AC			09:45.94			
1	17	480	Calum UPTON	Winchester & District AC			09:47.53			
1	DNF	442	Matthew SEDDON	Bracknell AC	Berkshire					
1	DNF	487	Archie WALTON	Taunton AC	Avon & Somerset					

400m Hurdles Men Final
2016 Champion: Richard Yates; Sheffield & Dearne; 50.40

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	297	James FORMAN	Southampton AC	Hampshire	12	50.72			
1	2	464	Matthew SUMNER	City Of Plymouth AC	Devon	11	51.21			
1	3	358	Jack LAWRIE	Woodford Green AC with Essex Ladies	East District Scotland	10	51.74			
1	4	317	Lloyd HANLEY-BYRON	Shaftesbury Barnet Harriers	Leicestershire & Rutland	9	51.90			
1	5	471	Lennox THOMPSON	Newham & Essex Beagles AC	Essex	8	52.21			
1	6	494	James WEBSTER	Liverpool Harriers & AC	Cheshire	7	52.75			
1	7	208	Sean ADAMS	Southampton AC			52.89			
1	8	282	Tyri DONOVAN	Windsor Slough Eton & Hounslow AC			53.07			

400m Hurdles Men Heats

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	317	Lloyd HANLEY-BYRON	Shaftesbury Barnet Harriers	Leicestershire & Rutland		53.22		Q	
1	2	494	James WEBSTER	Liverpool Harriers & AC	Cheshire		53.34		Q	
1	3	208	Sean ADAMS	Southampton AC			53.51		q	
1	4	251	Niall CARNEY	Shaftesbury Barnet Harriers	Warwickshire	6	54.68			
1	5	497	Luke WHITBY	Luton AC	Bedfordshire	2	59.85			
2	1	297	James FORMAN	Southampton AC	Hampshire		52.69		Q	
2	2	464	Matthew SUMNER	City Of Plymouth AC	Devon		53.01		Q	
2	3	282	Tyri DONOVAN	Windsor Slough Eton & Hounslow AC			53.15		q	
2	4	481	George VAUGHAN	Enfield & Haringey AC	Middlesex	5	55.41			
2	5	474	Darren TOWART	Tynedale Harriers & AC	North Eastern Counties	1	63.59			
3	1	358	Jack LAWRIE	Woodford Green AC with Essex Ladies	East District Scotland		53.60		Q	
3	2	471	Lennox THOMPSON	Newham & Essex Beagles AC	Essex		54.33		Q	
3	3	485	Sam WALLBRIDGE	Guernsey Island AAC	Hampshire		54.42			
3	4	257	Travis CHRISTIE	Wolverhampton & Bilston	Staffordshire	4	56.26			
3	5	308	Thomas GRANTHAM	City of Sheffield & Dearne AC	Yorkshire	3	59.03			

110m Hurdles Men Final

Day 1

2016 Champion: David Omoregie; Cardiff/Loughborough Students; 13.24

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	491	James WEAVER	Enfield & Haringey AC			13.73			
1	2	515	Jake PORTER	Birchfield Harriers			13.86			
1	3	401	Edirin OKORO	Birchfield Harriers	Warwickshire	12	14.05			
1	4	290	David FEENEY	Amber Valley & Erewash AC	Derbyshire	11	14.24			
1	5	415	Miguel PERERA	Harrow AC	Hertfordshire	10	14.34			
1	6	293	Cameron FILLERY	Brighton & Hove AC	Sussex	9	14.35			
1	7	530	Peter MORENO	Windsor Slough Eton & Hounslow AC	UKAF	8	14.47			
1	8	351	Jack KIRBY	Harrow AC	Middlesex	7	14.54			

110m Hurdles Men Heats

Day 1

Heats	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	491	James WEAVER	Enfield & Haringey AC			13.69	0.9	Q	
1	2	515	Jake PORTER	Birchfield Harriers			13.79	0.9	Q	
1	3	293	Cameron FILLERY	Brighton & Hove AC	Sussex		14.22	0.9	Q	
1	4	530	Peter MORENO	Windsor Slough Eton & Hounslow AC	UKAF		14.41	0.9		
1	5	351	Jack KIRBY	Harrow AC	Middlesex		14.65	0.9		
1	6	510	Reece YOUNG	Blackheath & Bromley Harriers AC	Surrey	6	14.86	0.9		
1	7	398	Alex NWENWU	Wolverhampton & Bilston	Leicestershire & Rutland	5	15.02	0.9		
1	8	259	Michael COPELAND	City of Sheffield & Dearne AC	Derbyshire		15.89	0.9		
2	1	401	Edirin OKORO	Birchfield Harriers	Warwickshire		14.04	0.1	Q	
2	2	290	David FEENEY	Amber Valley & Erewash AC	Derbyshire		14.19	0.1	Q	
2	3	415	Miguel PERERA	Harrow AC	Hertfordshire		14.39	0.1	Q	
2	4	481	George VAUGHAN	Enfield & Haringey AC	Middlesex		14.85	0.1	q	
2	5	278	Euan DICKSON-EARLE	Biggleswade AC	Bedfordshire		14.86	0.1	q	
2	6	327	Matthew HEWITT	Southampton AC	Sussex		14.91	0.1		
2	7	389	Curtis MITCHELL	Preston Harriers	Lancashire	4	15.43	0.1		
2	DQ	403	Onajite OKORO	Birchfield Harriers	Warwickshire					162.7

3K Walk Men Straight Final

Day 2

2016 Champion: Daniel King; Colchester H; 12:09.98

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	454	Chris SNOOK	Aldershot Farnham & District	Hampshire	12	12:42.73			
1	2	412	Tom PARTINGTON	Manx Harriers	Lancashire	11	12:56.25			
1	3	361	Luc LEGON	Bexley AC	Kent	10	13:14.34			
1	4	455	Tim SNOOK	Aldershot Farnham & District	Hampshire		14:08.33			
1	5	328	Jonathan HOBBS	Ashford AC	Kent		14:22.28			
1	6	331	Oliver HOPKINS	Lewes AC	Sussex	9	15:17.20			
1	7	424	Jordan PRICE	Brecon AC	East Wales	8	15:17.85			
1	DQ	349	Daniel KING	Colchester Harriers AC	Essex					
1	DQ	411	Sebastian PARRIS	Ilford AC	Essex					

High Jump Men Final

Day 1

2016 Champion: Mike Edwards; Birchfield Harriers; 2.20

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	303	Tom GALE	Team Bath AC	Wiltshire	12	2.30			
1	2	227	Chris BAKER	Sale Harriers Manchester	Norfolk	11	2.21			
1	3	347	Joel KHAN	Worcester AC	Worcestershire	10	2.16			
1	4	493	Ryan WEBB	Birchfield Harriers	Dorset	9	2.11			
1	5	238	Ryan BONIFAS	Basingstoke & Mid Hants AC	Berkshire	7	2.06			
1	5	226	Jonathon BAILEY	Cardiff AAC	South Wales	7	2.06			
1	5	370	Christopher MANN	Bolton United Harriers & AC	Greater Manchester	7	2.06			
1	8	242	Jonathan BROOM-EDWARDS	Newham & Essex Beagles AC			2.06			
1	9	395	Tom NICHOLS	Harrow AC	Surrey	5	2.06			
1	10	223	Matthew ASHLEY	City of Sheffield & Dearne AC	Nottinghamshire	4	2.01			
1	11	217	Tayo ANDREWS	Herne Hill Harriers			2.01			
1	12	484	Adam WALL	City of Sheffield & Dearne AC	Yorkshire	3	2.01			
1	13	462	Dean STORRY	Midland Masters AC	Nottinghamshire		1.91			
1	13	228	Harry BAKER	Horsham Blue Star Harriers	Sussex	1.5	1.91			
1	13	426	Jacob RAJKUMAR	Reading AC	Berkshire		1.91			
1	13	326	Thomas HEWES	Chelmsford AC	Essex	1.5	1.91			
1	13	505	Curtis WOOD	Cambridge & Coleridge AC	Cambridgeshire		1.91			
1	18	404	Luke OKOSIEME	Cambridge Harriers	Kent		1.91			
1	18	470	Jordan THOMPSON	Derby AC	Derbyshire		1.91			

Pole Vault Men Final

Day 1

2016 Champion: Jack Phipps; Birchfield Harriers; 5.15

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	458	Nick SOUTHGATE (GUEST)	New Zealand			5.35			
1	2	364	Joel LEON BENITEZ	Notts AC	Nottinghamshire	12	5.25			
1	3	334	Scott HUGGINS	Blackheath & Bromley Harriers AC	Kent	11	5.05			
1	4	418	Jack PHIPPS	Birchfield Harriers	Surrey	10	5.05			
1	5	483	Cameron WALKER-SHEPHERD	Birchfield Harriers	Avon & Somerset	9	4.85			
1	6	477	George TURNER	Crawley AC	Sussex	8	4.65			
1	6	384	Archie MCNEILLIS	Halesowen ACC			4.65			
1	8	231	Samuel BASS-COOPER	Southampton AC	Hampshire	7	4.65			
1	9	312	William GWYNNE	Kingston AC & Poly Harriers	Surrey		4.65			
1	10	264	Callum COURT	Cardiff AAC	Avon & Somerset		4.55			
1	11	289	Tom FARRES	City Of Portsmouth AC	Hampshire		4.45			
1	12	530	Peter MORENO	Windsor Slough Eton & Hounslow AC	UKAF	6	4.45			
1	13	314	Maxim HALL	Dartford Harriers AC	Cambridgeshire	5	4.20			
1	13	453	Thomas SNEE	Kingston AC & Poly Harriers	Kent		4.20			
1	13	482	Leigh WALKER	Crawley AC	Sussex		4.20			

Long Jump Men Final

Day 2

2016 Champion: Daniel Gardiner; Sheffield & Dearne; 7.96

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	434	Jack ROACH	Middlesbrough AC (Mandale)	North Eastern Counties	12	7.43	2.7		
1	2	253	Michael CAUSER	St Helens Sutton AC	Merseyside	11	7.40	1.6		
1	3	315	Scott HALL	Birchfield Harriers	North Eastern Counties		7.27	1.9		
1	4	337	Jonathan ILORI	Blackheath & Bromley Harriers AC	Surrey	10	7.18	2.0		
1	5	362	James LELLIOTT	Bournemouth AC	Dorset	9	7.18	3.2		
1	6	214	Trevor ALEXANDERSON	Birchfield Harriers	Warwickshire	8	7.10	2.8		
1	7	218	Ogo ANOCHIRIONYE	Thames Valley Harriers	Middlesex	7	7.10	3.0		
1	8	254	Samuel CHALLIS	Windsor Slough Eton & Hounslow AC	Berkshire	6	6.89	1.0		
1	9	423	Rowan POWELL	Leicester Coritanian AC	Leicestershire & Rutland	5	6.88	0.3		
1	10	504	Sebastian WILSON DYER GOUGH	Herne Hill Harriers			6.85	2.0		
1	11	348	Samuel KHOGALI	Woodford Green AC with Essex Ladies	Worcestershire	4	6.85	1.1		
1	12	530	Peter MORENO	Windsor Slough Eton & Hounslow AC	UKAF	3	6.83	0.4		
1	13	279	Anton DIXON	Woodford Green AC with Essex Ladies	Essex	2	6.74	1.6		
1	14	431	Samuel RICHARDS	Cambridge & Coleridge AC	Cambridgeshire	1	6.70	0.8		
1	15	269	Mark CRYER	Blackheath & Bromley Harriers AC	Kent		6.58	0.9		
1	16	247	Noel BUTLER	Crawley AC	Sussex		6.33	1.7		

Triple Jump Men Final

Day 1

2016 Champion: Ben Williams; Sale Harriers Manchester; 16.07

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	539	Nathan DOUGLAS	Oxford City AC			16.40	2.2		
1	2	337	Jonathan ILORI	Blackheath & Bromley Harriers AC	Surrey	12	15.89	1.9		
1	3	475	Sam TRIGG	Erme Valley Harriers	Devon	11	15.50	2.1		
1	4	386	Kevin METZGER	Sale Harriers Manchester	Greater Manchester	10	15.29	1.0		
1	5	273	Lawrence DAVIS	Enfield & Haringey AC			15.12	2.2		
1	6	266	Chuko CRIBB	Marshall Milton Keynes AC	Buckinghamshire	9	14.87	3.0		
1	7	465	Robert SUTHERLAND	Wycombe Phoenix Harriers & AC	Buckinghamshire		14.75	2.2		
1	8	237	Joshua BONES	Scunthorpe & District AC	Humberside	8	14.39	1.3		
1	9	291	Jonathan FERRYMAN	Sale Harriers Manchester			14.00	1.0		
1	10	245	Kevin BROWN	Southend On Sea AC	Essex	7	13.60	1.7		
1	11	350	Peter KIRABO	Woodford Green AC with Essex Ladies	Essex		13.58	2.1		
1	NMR	381	Michael MCKERNAN	Birchfield Harriers	Warwickshire					

Shot Men Final

Day 2

2016 Champion: Scott Lincoln; City of York; 19.35

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	516	Tomas WALSH (GUEST)	New Zealand			22.06			
1	2	448	Dillon SIMON (GUEST)	DOMINICA			18.65			
1	3	365	Scott LINCOLN	City of York AC	Yorkshire	12	18.54			
1	4	511	Youcef ZATAT	Woodford Green AC with Essex Ladies	Essex	11	16.78			
1	5	252	Daniel CARTWRIGHT	Birchfield Harriers	Worcestershire	10	16.10			
1	6	463	Craig STURROCK	Thames Valley Harriers	North Eastern Counties	9	15.11			
1	7	230	Matthew BAPTISTE	Newham & Essex Beagles AC	Essex		14.99			
1	8	469	Greg THOMPSON	Shaftesbury Barnet Harriers	Middlesex	8	14.82			
1	9	472	Martin TINKLER	Nene Valley Harriers	Cambridgeshire	7	14.14			
1	10	246	Daniel BRUNT	City of Sheffield & Dearne AC	Derbyshire	6	13.79			

Discus Men Final
2016 Champion: Gregory Thompson; Shaftesbury Barnet; 56.50

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	473	Alan TOWARD	City of Sheffield & Dearne AC	North Eastern Counties	12	57.59			
1	2	221	George ARMSTRONG	Newham & Essex Beagles AC	Yorkshire	11	55.95			
1	3	469	Greg THOMPSON	Shaftesbury Barnet Harriers	Middlesex	10	55.21			
1	4	441	Chris SCOTT	Southampton AC	Sussex	9	53.88			
1	5	538	Matthew Blandford	Blackheath & Bromley			53.86			
1	6	420	Mark PLOWMAN	Yeovil Olympiads AC			53.38			
1	7	448	Dillon SIMON (GUEST)	DOMINICA			52.63			
1	8	380	Angus MCINROY	Shaftesbury Barnet Harriers	West District Scotland	8	52.45			
1	9	298	Najee FOX	Birchfield Harriers	Staffordshire	7	51.76			
1	10	230	Matthew BAPTISTE	Newham & Essex Beagles AC	Essex	6	49.01			
1	11	367	Christopher LINQUE	Woodford Green AC with Essex Ladies	Essex		45.52			
1	12	295	Daniel FLEMING	City of York AC	Yorkshire		45.05			
1	13	256	Saoirse CHINERY-EDOO	Harrow AC	Middlesex		44.43			
1	14	207	Niklas AARRE	Birchfield Harriers	Northamptonshire	5	41.61			
1	15	299	Forrest FRANCIS	Leicester Coritanian AC	Leicestershire & Rutland	4	40.01			
1	16	366	Christopher LINE	Dacorum & Tring	Hertfordshire	3	38.62			

Hammer Men Final
2016 Champion: Taylor Campbell; Windsor; Slough Eton & Hounslow; 68.59

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	243	Callum BROWN	City of Norwich AC	Norfolk	12	69.13			
1	2	391	Craig MURCH	Rugby & Northampton AC	Warwickshire	11	68.83			
1	3	446	Chris SHORTHOUSE	Birchfield Harriers	Nottinghamshire	10	67.15			
1	4	250	Taylor CAMPBELL	Sheffield & Dearne	Berkshire	9	66.95			
1	5	236	Michael BOMBA	Liverpool Harriers & AC	Merseyside	8	64.81			
1	6	513	Jonathan EDWARDS	City of Plymouth AC	Devon	7	63.15			
1	7	324	Thomas HEAD	Newham & Essex Beagles AC	Essex	6	61.21			
1	8	502	Tim WILLIAMS	Gloucester AC	Gloucestershire	5	60.83			
1	9	410	Tom PARKER	City of Sheffield & Dearne AC	Kent	4	56.13			
1	10	316	James HAMBLIN	Shaftesbury Barnet Harriers	Essex		56.04			
1	11	528	John OSAZUWA	Belgrave Harriers	UKAF	3	51.43			
1	12	526	Ben JONES	Ipswich Harriers	UKAF		49.96			
1	13	353	Jamie KUEHNEL	Newbury AC	Berkshire		48.50			

Javelin Men Final
2016 Champion: Harry Hughes; West Suffolk; 74.40

Final	posn	bib	Athlete	Club	County	points	perf	wind	qual	DQ
1	1	319	Joe HARRIS	Manx Harriers	West District Scotland	12	75.71			
1	2	285	Joseph DUNDERDALE	City of Sheffield & Dearne AC			74.88			
1	3	357	Benjamin LANGTON BURNELL (GUEST)	New Zealand			73.29			
1	4	478	Steve TURNOCK	Shaftesbury Barnet Harriers	Devon	11	70.02			
1	5	514	Gavin JOHNSON ASSOON	Thames Valley Harriers			66.43			
1	6	387	Greg MILLAR	Birchfield Harriers	Nottinghamshire	10	64.11			
1	7	541	Jack SWAIN	Thames Valley Harriers			62.87			
1	8	354	Craig LACY	Birchfield Harriers	Essex	9	62.46			
1	9	216	Dominic ALLEN	Southampton AC	Devon		60.58			
1	10	338	Alfie INGHAM	Shaftesbury Barnet Harriers	Hertfordshire	8	59.03			
1	11	476	William TRIMBLE	Kingston AC & Poly Harriers	Surrey	7	58.14			
1	12	341	Allandre JOHNSON	Herne Hill Harriers	Middlesex	6	58.09			
1	13	239	Adam BOYLE	Victoria Park City Of Glasgow	West District Scotland		57.62			
1	14	330	Harry HOLLIS	Corby AC	Leicestershire & Rutland	5	56.07			
1	15	342	Luke JOHNSON	Horsham Blue Star Harriers	Sussex	4	50.77			

100m Men Ambulant

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	31	George FOX	Blackpool Wyre & Fylde AC		T37	12.73	753	1	
1	2	35	Javaugh PARKS	Birchfield Harriers		T36	12.87	862		
1	3	30	Lewis CLOW	Aberdeen AAC			13.23	637		
1	4	38	Jahziah WILLIAMS	Eastbourne Rovers AC			13.30	620		

100m Men WChair

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	5	Dillon LABROOY	Weir Archer Academy			15.53	747	1	
1	2	2	Joe BRAZIER	Harlow AC		T34	16.81	754		0.9
1	3	7	Zien ZHOU	Coventry Godiva Harriers		T34	17.84	551		0.9
1	4	3	Jamie EDWARDS	Weir Archer Academy			18.08	498		0.9
1	5	4	Matthew HICKLING	Leeds City AC			18.78	344		0.9
1	6	6	Nick SMITH	Leeds City AC		T52	19.61	494		0.9
1	7	25	Rob SMITH	Coventry Godiva Harriers			19.81	450		0.9

100m Women Ambulant

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	52	Ali SMITH	Guildford & Godalming AC		T38	14.05	812	1	1.6
1	2	51	Victoria BASKETT	Cheltenham & County Harriers			14.79	748		1.6
1	3	54	Emily STEWART	Gateshead Harriers & AC		T38	15.33	559		1.6

100m Women WChair

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	15	Kare ADENEGAN	Coventry Godiva Harriers			18.32	903	1	0.2
1	2	17	Paige MURRAY	Coventry Godiva Harriers			20.26	615		0.2
1	3	20	Sophie TAYLOR	Coventry Godiva Harriers			24.63	598		0.2
1	4	18	Yasmin SOMERS	Weir Archer Academy			25.06	518		0.2

200m Men Ambulant

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	35	Javaugh PARKS	Birchfield Harriers		T36	26.99	764	2	2.3
1	2	31	George FOX	Blackpool Wyre & Fylde AC		T37	26.40	623		2.3
1	3	33	Dylan HARRIS	Reading AC		T38	25.76	605		2.3
1	4	30	Lewis CLOW	Aberdeen AAC		T37	26.72	579		2.3

200m Men WChair

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	4	Matthew HICKLING	Leeds City AC		T34	33.10	621	2	0.3
1	2	6	Nick SMITH	Leeds City AC		T52	38.84	275		0.3

200m Women Ambulant

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	52	Ali SMITH	Guildford & Godalming AC			29.75		2	0.2
1	2	54	Emily STEWART	Gateshead Harriers & AC			33.03			0.2

400m Men Ambulant

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	40	Nathan FLEETWOOD	Whit Moss AAC		T20	56.43	608	1	
1	2	33	Dylan HARRIS	Reading AC		T38	57.68	596		
1	3	31	George FOX	Blackpool Wyre & Fylde AC		T37	61.25	457		
1	4	38	Jahziah WILLIAMS	Eastbourne Rovers AC		T37	64.72	222		

400m Men WChair

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	2	Joe BRAZIER	Harlow AC		T34	56.32	875	1	
1	2	5	Dillon LABROOY	Weir Archer Academy		T54	50.57	817		
1	3	7	Zien ZHOU	Coventry Godiva Harriers		T34	60.26	768		
1	4	4	Matthew HICKLING	Leeds City AC		T34	60.54	760		
1	5	3	Jamie EDWARDS	Weir Archer Academy		T34	62.60	695		
1	6	25	Rob SMITH	Coventry Godiva Harriers		T52	66.69	504		

400m Women WChair

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	15	Kare ADENEGAN	Coventry Godiva Harriers		T34	63.70	908	1	
1	2	20	Sophie TAYLOR	Coventry Godiva Harriers		T33	91.29	115		
1	3	18	Yasmin SOMERS	Weir Archer Academy		T33	96.85	10		

800m Women WChair

Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	Day	wind
1	1	15	Kare ADENEGAN	Coventry Godiva Harriers			02:11.31		1	
1	2	20	Sophie TAYLOR	Coventry Godiva Harriers			03:06.40			

Long Jump Ambulant Mixed Final

								Day	2
Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	wind
1	1	56	Beverley JONES	Deeside AAC		F37	3.60	331	1.2
1	2	54	Emily STEWART	Gateshead Harriers & AC		F38	3.36	118	1.1
1	1	44	Joshua Andrew HOWARD	Sale Harriers Manchester		F38	5.49	581	1.9
1	2	32	Callum GARDINER	Blackheath & Bromley Harriers AC		F20	5.87	572	2.6

Discus Ambulant Mixed Final

								Day	1
Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	wind
1	1	46	Mitchell DUTTON	St Albans AC			36.17		
1	2	47	Michael NICHOLLS	Shaftesbury Barnet Harriers		F44	42.27		
1	3	48	Michael POPE	St Albans AC		F41	27.22		
1	4	49	Tyrone WILLIAMS	Birchfield Harriers		F37	31.59		
2	1	55	Millie FORREST	Wigan & District H & AC		F37	19.82		

Club Disability Mixed Final

								Day	1
Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	wind
1	1	14	Thomas GREEN	Marshall Milton Keynes AC		F32	24.79		
2	1	24	Bethan GRIFFITHS	Cheltenham & County Harriers		F37	16.19		

Javelin Ambulant Men Final

								Day	1
Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	wind
2	1	50	Marcio FERNANDES	Bedford & County AC		F44	44.15	686	
2	2	46	Mitchell DUTTON	St Albans AC		F38	35.78	586	

Javelin Disability/Seated Mixed Final

								Day	2
Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	wind
1	1	10	Danny NOBBS	City Of Norwich AC		F54	23.27	796	
1	2	8	Michael BARKER	Birchfield Harriers		F55	24.87	777	
1	3	11	Robin WOMACK	British Wheelchair Athletics Association		F55	20.38	528	
1	4	9	Nicholas CHIDDLE	Stevenage & North Herts AC		F57	15.50	55	
1	-	21	Marie HAWKESWOOD (GUEST)	Enfield & Haringey AC			16.70		

Shot Ambulant Mixed Final

								Day	1
Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	wind
1	1	48	Michael POPE	St Albans AC		F41	9.47	497	
1	2	371	Declan MANNING	City Of Norwich AC		F20	11.17	430	
2	1	54	Emily STEWART	Gateshead Harriers & AC		F38	8.73	682	
2	2	55	Millie FORREST	Wigan & District H & AC		F37	7.47	336	

Shot Disability/Seated Mixed Final

								Day	1
Final	posn	bib	Athlete	Club	County	ipc class	perf	RAZA	wind
1	1	10	Danny NOBBS	City Of Norwich AC		F54	8.46	19	
1	2	12	Kieran TSCHERNIAWSKY	Charnwood A C		F33	8.62	17	
1	3	11	Robin WOMACK	British Wheelchair Athletics Association		F55	9.70	14	
1	3	13	Gavin YARWOOD	City of Stoke AC		F33	8.29	14	
1	5	27	Sean MCGEEVER	Stevenage & North Herts AC		F33	7.72	10	
1	6	8	Michael BARKER	Birchfield Harriers		F55	8.72	8	
1	7	9	Nicholas CHIDDLE	Stevenage & North Herts AC		F57	8.02	2	



UK CAU COUNTIES TEAMS SCORES 2017

Div	WOMEN	Points
1	Essex	113.0
1	Yorkshire	83.0
1	Surrey	80.0
1	Middlesex	70.0
1	Berkshire	61.0
1	Greater Manchester	55.0
1	Sussex	38.0
1	Hertfordshire	37.0
1	Hampshire	33.0
1	Kent	30.5
1	Nottinghamshire	19.0
1	Derbyshire	6.0
2	Leicestershire & Rutland	57.0
2	East District Scotland	54.0
2	Avon & Somerset	43.0
2	Warwickshire	39.0
2	Gloucestershire	32.0
2	Northamptonshire	32.0
2	Buckinghamshire	28.0
2	North Eastern Counties	28.0
2	Lancashire	23.0
2	Bedfordshire	16.0
3	Staffordshire	49.0
3	Worcestershire	29.0
3	West District Scotland	27.0
3	Shropshire	21.0
3	Lincolnshire	14.0
3	Oxfordshire	14.0
3	South Wales	14.0
3	Cambridgeshire	12.0
3	Merseyside	12.0
3	Cheshire	6.0
3	North District Scotland	5.0
3	Wiltshire	3.5
4	Northern Ireland	16.5
4	East Wales	10.0
4	UKAF	9.0
4	Cumbria	8.5
4	Suffolk	6.0
4	Devon	0.0

Div	MEN	Points
1	Middlesex	93.0
1	Essex	73.5
1	Hampshire	72.0
1	Surrey	62.0
1	Hertfordshire	56.0
1	Yorkshire	54.0
1	Leicestershire & Rutland	48.0
1	Kent	48.0
1	Warwickshire	46.0
1	Berkshire	38.0
1	Cambridgeshire	31.0
1	Derbyshire	27.0
2	Devon	60.0
2	Sussex	50.5
2	Avon & Somerset	45.0
2	Merseyside	42.0
2	North Eastern Counties	41.0
2	Nottinghamshire	39.0
2	Norfolk	32.0
2	West District Scotland	26.0
2	UKAF	26.0
2	Buckinghamshire	20.0
2	Bedfordshire	10.0
2	Humberside	8.0
3	Lancashire	40.0
3	Cheshire	38.0
3	Greater Manchester	28.0
3	Dorset	18.0
3	East District Scotland	16.0
3	Staffordshire	11.0
3	Northamptonshire	5.0
3	Gloucestershire	5.0
3	Suffolk	2.0
4	Worcestershire	31.0
4	Wiltshire	12.0
4	South Wales	12.0
4	North Wales	10.0
4	East Wales	8.0

Posn	COMBINED	Points
1	Essex	186.5
2	Middlesex	163.0
3	Surrey	142.0
4	Yorkshire	137.0
5	Hampshire	105.0
5	Leicestershire & Rutland	105.0
7	Berkshire	99.0
8	Hertfordshire	93.0
9	Sussex	88.5
10	Avon & Somerset	88.0
11	Warwickshire	85.0
12	Greater Manchester	83.0
13	Kent	78.5
14	East District Scotland	70.0
15	North Eastern Counties	69.0
16	Lancashire	63.0
17	Staffordshire	60.0
17	Worcestershire	60.0
17	Devon	60.0
20	Nottinghamshire	58.0
21	Merseyside	54.0
22	West District Scotland	53.0
23	Buckinghamshire	48.0
24	Cheshire	44.0
25	Cambridgeshire	43.0
26	Gloucestershire	37.0
26	Northamptonshire	37.0
28	UKAF	35.0
29	Derbyshire	33.0
30	Bedfordshire	26.0
30	South Wales	26.0
32	Shropshire	21.0
33	East Wales	18.0
34	Northern Ireland	16.5
35	Wiltshire	15.5
36	Lincolnshire	14.0
36	Oxfordshire	14.0
38	Cumbria	8.5
39	Suffolk	8.0
40	North District Scotland	5.0