

# Northern Athletics Senior/U20 Indoor Champs 2019

EIS Sheffield  
12/13 January 2019

## F01 Under 20 Women Shot Putt FINAL

FINAL		W/S
1	627 Hannah Molyneaux Of Sheffield And Dearne Ac	13.87 W/S:
2	647 Rhea Southcott Leeds City Athletic Club	13.39 W/S:
3	642 Maria Schofield City of York AC	11.79 W/S:
4	604 Steph Driscoll Liverpool Harriers & AC	10.06 W/S:
5	613 Rebekah Hopper Wigan & District H & AC	9.30 W/S:
6	625 Sanna McLean Stockport Harriers & AC	9.25 W/S:
7	638 Rosie Rice Heaton Harriers & Ac	7.99 W/S:
8	216 Emily Stewart F38 (SO) Gateshead Harriers & AC	7.98 W/S:

## F04 Senior Men Shot Putt FINAL

FINAL		W/S
1	72 Scott Lincoln City Of York AC	18.74 W/S:
2	20 Daniel Brunt Of Sheffield And Dearne Ac	13.77 W/S:
3	91 John Nicholls Sale Harriers Manchester	13.23 W/S:
4	123 John Twiddle Kingston upon Hull AC	12.53 W/S:
5	671 Fraser Wright Gateshead Harriers & AC	12.45 W/S:
6	16 David Brown Ol Pembroke & Sefton H AC	9.26 W/S:
7	115 Jonathan Sewell City of York AC	8.40 W/S:
8	668 Dennis Chapman Wigan & District H & AC	7.31 W/S:

## F02 Under 17 Men Long Jump FINAL

FINAL		W/S
1	330 Archie Yeo Scunthorpe & District AC	7.33: CBP
2	285 Jerel Livingston Trafford Athletic Club	6.42 W/S:
3	261 Morgan Frith Sale Harriers Manchester	6.27 W/S:
4	255 Alfie Edwards Wakefield District H & AC	6.14 W/S:
5	286 George Lowrie Wakefield District H & Ac	6.03 W/S:
6	271 Callum Hay Of Sheffield And Dearne Ac	6.03 W/S:
7	237 Alfie Bugg City of York AC	6.00 W/S:
8	245 Sam Coupland Southport Waterloo Ac	5.67 W/S:
9	250 Sam Danson Macclesfield Harriers & Ac	5.62 W/S:
10	290 James Margrave Northern (isle Of Man) Ac	5.50 W/S:
11	270 Thomas Hart Leeds City Athletic Club	5.46 W/S:
12	296 Jeremiah Njagu Derby Athletic Club	4.99 W/S:
13	324 George Wilkinson and Erewash Athletic Club	4.87 W/S:

## F05a Senior Women Pole Vault FINAL

FINAL		W/S
1	205 Sydney Robertson Gateshead Harriers & AC	2.90 W/S:

## F05b Under 20 Men Pole Vault FINAL

FINAL		W/S
1	674 Christopher Lamb Wigan & District H & AC	4.25 W/S:
2	566 Aran Thomas Wakefield District H & AC	4.00 W/S:
3	534 Declan Murray Sunderland Harriers & Ac	3.80 W/S:
4	506 Sam Gorman Blaydon Harriers & AC	3.50 W/S:

## F06a Under 17 Women Long Jump A Final

A Final 01		W/S
1	431 Abigail Pawlett Stockport Harriers & AC	5.90 W/S:
2	344 Melissa Booth Sale Harriers Manchester	5.58 W/S:
3	382 Grace Goodsell Stockport Harriers & AC	5.56 W/S:
4	448 Ella Rush And Erewash Athletic Club	5.55 W/S:
5	335 Kristie Archer Wombwell Sporting Ac	5.42 W/S:
6	443 Lucy Robinson Stockport Harriers & AC	5.31 W/S:
7	332 Holly Aitchison Stockport Harriers & Ac	5.25 W/S:
8	399 Daisy Keigher Stockport Harriers & AC	5.25 W/S:
9	474 Daisy Worthington Bury Athletic Club	4.97 W/S:
10	375 Shayon Fryer-Francis Sale Harriers Manchester	4.94 W/S:
11	369 Philippa Ellis Gateshead Harriers & AC	4.93 W/S:
12	366 Emily Dye Kingston Upon Hull Ac	4.87 W/S:
13	367 Hannah Ellam City of York AC	4.78 W/S:
14	374 Olivia Fowler Crewe And Nantwich Ac	4.64 W/S:
15	349 Tyla Chalk Cleethorpes and District AC	4.02 W/S:

## F03 Senior Women Long Jump FINAL

FINAL		W/S
1	172 Abigail Irozuru Sale Harriers Manchester	6.29 W/S:
2	160 Emily Gargan Gateshead Harriers & Ac	5.87 W/S:
3	196 Hayley Perrin Trafford Athletic Club	5.76 W/S:
4	166 Amy Hodgson Rotherham Harriers and AC	5.72 W/S:
5	217 Jess Taylor-Jemmett Sale Harriers Manchester	5.64 W/S:
6	143 Micaela Brindle Wigan & District H & Ac	5.58 W/S:
7	159 Emma Fowler Crewe and Nantwich AC	5.51 W/S:
8	176 Georgia Lever Bolton United Harriers & Ac	5.26 W/S:
9	190 Suzzanne Palmer Of Sheffield And Dearne Ac	5.24 W/S:
10	136 Samantha Baker-Jones Harrogate Harriers & Ac	4.96 W/S:
11	146 Amy Carr City of York AC	3.74 W/S:

**F06b Under 17 Women Long Jump B Final**

			W/S
1	446	Claudia Rodriguez Macclesfield Harriers & AC	5.14 W/S:
2	449	Charlotte Rutter Darlington H & AC	4.94 W/S:
3	390	Sophie Hampson Liverpool Harriers & AC	4.74 W/S:
4	432	Daisy Percival Gateshead Harriers & AC	4.74 W/S:
5	393	Leah Howard Blackpool Wyre & Fylde AC	4.69 W/S:
6	437	Olivia Reah Spenborough & Dist AC	4.64 W/S:
7	350	Ella Chambers Stockport Harriers & AC	4.57 W/S:
8	379	Emily Gissing Grimsby Harriers & AC	4.51 W/S:
9	438	Amy Reeves Liverpool Harriers & AC	4.42 W/S:
10	467	Ashley Watson Liverpool Youth Athletics Club	4.31 W/S:
11	433	Lola Pinnock Of Sheffield And Dearne Ac	4.26 W/S:
12	435	Aisha Quartey-Davis Liverpool Harriers & AC	4.15 W/S:
13	429	Emily Parrott Gateshead Harriers & AC	4.12 W/S:
14	405	Megan Lewis Blackpool Wyre & Fylde AC	3.76 W/S:

**F08 Senior Men Triple Jump FINAL**

			W/S
1	95	Oluwaseun Okome Sale Harriers Manchester	15.84: CBP
2	81	Kevin Metzger Sale Harriers Manchester	15.67 W/S:
3	36	Jonathan Ferryman Sale Harriers Manchester	14.21 W/S:
4	49	Lewis Guest Liverpool Harriers & AC	13.86 W/S:
5	69	James Lee Ilamshire Harriers Sheffield	13.14 W/S:
6	52	Chris Harris Wakefield District H & AC	12.60 W/S:

**F09 Under 17 Women Pole Vault FINAL**

			W/S
1	347	Jasmine Carey Blackpool Wyre & Fylde AC	3.50 W/S:
2	368	Molly Elliott Birtley Ac	3.40 W/S:
3	385	Lois Green Chesterfield & District AC	2.80 W/S:
4	430	Chloe Parsons Blackpool Wyre & Fylde AC	2.40 W/S:
5	352	Sophia Clague Athletic Club (Isle of Man)	2.10 W/S:

**F10 Under 20 Men Triple Jump FINAL**

			W/S
1	577	Harrison Whitfield Gateshead Harriers & AC	13.92 W/S:
2	539	Callum Orange Leeds City Athletic Club	13.58 W/S:
3	667	Benjamin Apps Southport Waterloo AC	13.55 W/S:
4	486	Finlay Campbell Wigan & District H & AC	13.36 W/S:
5	569	Ethan Tibbs Preston Harriers	12.77 W/S:
6	531	Sebastian Mobus Of Sheffield And Dearne Ac	12.48 W/S:
7	480	Thomas Bowdon Gateshead Harriers & AC	12.44 W/S:

**F11 Senior Women Shot Putt FINAL**

			W/S
1	217	Jess Taylor-Jemmett Sale Harriers Manchester	13.59 W/S:
2	178	Sophie Littlemore Gateshead Harriers & AC	13.58 W/S:
3	187	Christina Nick City of York AC	12.94 W/S:
4	144	Toni Buckingham Barnsley Athletic Club	12.60 W/S:
5	192	Sarah Parsons City of York AC	12.15 W/S:
6	190	Suzanne Palmer Of Sheffield And Dearne Ac	11.95 W/S:
7	174	Bronte Jones of Sheffield and Dearne AC	11.85 W/S:
8	156	Kaitlin Enderwick igh Athletic Club (mandale)	11.08 W/S:
9	158	Millie Forrest (F37 - 3M) Wigan & District H & AC	8.16 W/S:

**F12 Under 20 Women Triple Jump FINAL**

			W/S
1	636	Grace Plater Leeds City Athletic Club	11.36 W/S:
2	620	Megan Lasseter Stockport Harriers & AC	11.26 W/S:
3	615	Rebecca Keen Sale Harriers Manchester	11.23 W/S:
4	649	Rebecca Thorpe Blaydon Harriers & Ac	11.22 W/S:
5	643	Katie Shingler Wigan & District H & Ac	11.09 W/S:

**F14 Under 20 Men Shot Putt FINAL**

			W/S
1	540	Chuks Osammor Ilamshire Harriers Sheffield	14.64 W/S:
2	566	Aran Thomas Wakefield District H & AC	13.95 W/S:
3	522	Shaun Kerry Kingston upon Hull AC	13.75 W/S:
4	570	David Todd City of York AC	12.85 W/S:
5	506	Sam Gorman Blaydon Harriers & AC	10.72 W/S:
6	508	Rhys Hall Of Sheffield And Dearne Ac	9.36 W/S:

**F15 Senior Women Triple Jump FINAL**

			W/S
1	189	Naomi Ogbeta Trafford Athletic Club	13.49: CBP
2	209	Alexandra Russell Wigan & District H & Ac	12.46 W/S:
3	204	Michelle Robbins-Hulse Trafford Athletic Club	12.14 W/S:

**F16a Senior Men High Jump FINAL**

			W/S
1	60	Tom Hughes Ilamshire Harriers Sheffield	1.95 W/S:
2	69	James Lee Ilamshire Harriers Sheffield	1.95 W/S:

**F16b Senior Women High Jump FINAL**

			W/S
1	222	Abby Ward Wakefield District H & Ac	1.80 W/S:
2	141	Emily Borthwick Wigan & District H & AC	1.70 W/S:
3	135	Kate Anson Liverpool Harriers & AC	1.70 W/S:

**F16c Under 20 Men High Jump FINAL**

			W/S
1	676	Shane Connell Sale Harriers Manchester	2.09: CBP
2	479	Adam Berwick And Erewash Athletic Club	2.07 W/S:
3	515	Cameron Howes Pontefract AC	1.95 W/S:
4	573	Kaya Walker Of Sheffield And Dearne Ac	1.95 W/S:
5	558	Owen Southern ol Pembroke & Sefton H Ac	1.95 W/S:

**F17a Under 20 Women High Jump FINAL**

FINAL				W/S
1	626	Hannah Moat	Scunthorpe & District AC	1.75 W/S:
2	587	Amelia Bateman	Gateshead Harriers & AC	1.65 W/S:
3	617	Charlotte Kerr	Rotherham Harriers And Ac	1.65 W/S:

**F17b Under 17 Men High Jump FINAL**

FINAL				W/S
1	312	Aron Thomas	Sale Harriers Manchester	1.85 W/S:
2	313	Jacob Thompson	Macclesfield Harriers & AC	1.85 W/S:
3	245	Sam Coupland	Southport Waterloo Ac	1.75 W/S:
4	290	James Margrave	Northern (isle Of Man) Ac	1.70 W/S:
5	278	Sam Kelly	llamshire Harriers Sheffield	1.65 W/S:
5	226	Jason Archer	Blaydon Harriers & AC	1.65 W/S:
7	679	Andrew Ogley	Of Sheffield And Dearne Ac	1.65 W/S:

**F18 Under 17 Women Triple Jump FINAL**

FINAL				W/S
1	344	Melissa Booth	Sale Harriers Manchester	11.84 W/S:
2	443	Lucy Robinson	Stockport Harriers & AC	11.29 W/S:
3	332	Holly Aitchison	Stockport Harriers & AC	11.24 W/S:
4	451	Emma Simpson	istrict Athletic Club Limited	10.94 W/S:
5	437	Olivia Reah	Spenborough & Dist AC	10.45 W/S:
6	370	Lucy Errington	th Shields Polytechnic Club	10.04 W/S:
7	406	Jessica Lively	th Shields Polytechnic Club	9.61 W/S:
8	468	Evie Watson	Kingston Upon Hull Ac	9.47 W/S:

**F19a Under 17 Women High Jump A Final**

A Final 01				W/S
1	431	Abigail Pawlett	Stockport Harriers & AC	1.65 W/S:
2	448	Ella Rush	And Erewash Athletic Club	1.65 W/S:
3	464	Zara Tyas	Holmfirth Harriers AC	1.65 W/S:
4	459	Alanah Thoresby	Kingston Upon Hull Ac	1.60 W/S:
5	404	Miriam Levy	llamshire Harriers Sheffield	1.60 W/S:
6	397	Autumn Joseph	Harrogate Harriers & AC	1.55 W/S:
6	417	Ellie Morris	Blyth Running Club	1.55 W/S:
8	427	Gabrielle O'Neil	Liverpool Harriers & AC	1.55 W/S:

**F19b Under 17 Women High Jump B Final**

B Final 01				W/S
1	470	Evie Wild	Stockport Harriers & AC	1.55 W/S:
2	375	Shayon Fryer-Francis	Sale Harriers Manchester	1.55 W/S:
3	472	Ella Wilson	Sale Harriers Manchester	1.55 W/S:
4	456	Lara Taylor	Liverpool Harriers & AC	1.50 W/S:
5	393	Leah Howard	Blackpool Wyre & Fylde AC	1.50 W/S:
6	362	Erica Davison	Of Sheffield And Dearne Ac	1.50 W/S:
7	443	Lucy Robinson	Stockport Harriers & AC	1.45 W/S:
8	449	Charlotte Rutter	Darlington H & AC	1.45 W/S:

**F20 Senior Men Long Jump FINAL**

FINAL				W/S
1	119	Peter Skirrow	Blyth Running Club	7.19 W/S:
2	126	Daniel Walsh	Gateshead Harriers & AC	7.17 W/S:
3	97	George Orton	Holmfirth Harriers Ac	6.84 W/S:
4	7	Ed Barbour	And Erewash Athletic Club	6.77 W/S:
5	60	Tom Hughes	llamshire Harriers Sheffield	6.19 W/S:
6	47	Joseph Gray	Gateshead Harriers & Ac	5.95 W/S:

**F21a Senior Men Pole Vault FINAL**

FINAL				W/S
1	50	Adam Hague	Of Sheffield And Dearne Ac	5.40 W/S:
2	54	George Heppinstall	Wakefield District H & AC	4.80 W/S:

**F21b Under 20 Women Pole Vault FINAL**

FINAL				W/S
1	651	Harriet Vaughan	Bury Athletic Club	3.40 W/S:
2	612	Elizabeth Henshall	Liverpool Harriers & AC	3.30 W/S:
3	677	Gabrielle Dyson	Wakefield District H & AC	3.10 W/S:
4	654	Jasmine Waters	Of Sheffield And Dearne Ac	2.90 W/S:

**F21c Under 17 Men Pole Vault FINAL**

FINAL				W/S
1	259	William Foot	Chesterfield & District AC	3.90 W/S:
2	255	Alfie Edwards	Wakefield District H & AC	3.70 W/S:
3	306	James Simms	Wakefield District H & AC	3.10 W/S:
4	276	Joshua James	of Sheffield and Dearne AC	3.10 W/S:
5	238	Harry Burrow	Preston Harriers	2.90 W/S:

**F22 Under 17 Men Shot Putt FINAL**

FINAL				W/S
1	268	Jack Halpin	Gateshead Harriers & Ac	15.66 W/S:
2	329	James Wordsworth	th Shields Polytechnic Club	14.61 W/S:
3	245	Sam Coupland	Southport Waterloo Ac	8.77 W/S:

**F23 Under 20 Women Long Jump FINAL**

FINAL				W/S
1	609	Lucy Hadaway	City Of York Ac	6.23: CBP
2	655	Katie Waterworth	Stockport Harriers & AC	5.74 W/S:
3	639	Amy Rolfe	City Of York Ac	5.64 W/S:
4	620	Megan Lasseter	Stockport Harriers & AC	5.37 W/S:
5	636	Grace Plater	Leeds City Athletic Club	5.35 W/S:
6	621	Lauren Lewis	Southport Waterloo AC	5.11 W/S:
7	596	Chloe Burgess	Wigan & District H & AC	5.02 W/S:
8	641	Emma Scarborough	Gateshead Harriers & AC	5.00 W/S:
9	637	Abbie Quayle	Manx Harriers	4.67 W/S:
10	591	Erin Birchall	ol Pembroke & Sefton H Ac	4.61 W/S:
11	628	Emily Moore	ln Wellington Athletic Club	4.14 W/S:

**F24 Under 17 Women Shot Putt FINAL**

FINAL		W/S
1	445 Bekki Roche Southport Waterloo AC	12.43 W/S:
2	378 Lucy Giles Gateshead Harriers & Ac	11.74 W/S:
2	331 Holly Adams Kingston Upon Hull Ac	11.74 W/S:
4	369 Philippa Ellis Gateshead Harriers & AC	11.36 W/S:
5	448 Ella Rush And Erewash Athletic Club	10.87 W/S:
6	444 Eve Robson igh Athletic Club (Mandale)	10.64 W/S:
7	362 Erica Davison Of Sheffield And Dearne Ac	10.17 W/S:
8	353 Claudia Cole Of Sheffield And Dearne Ac	9.86 W/S:
9	440 Caitlin Rimmer Of Sheffield And Dearne Ac	9.73 W/S:
10	339 Lucy Balmforth Liverpool Harriers & AC	9.67 W/S:
11	389 Ella Hall Bury Athletic Club	9.44 W/S:
12	474 Daisy Worthington Bury Athletic Club	9.34 W/S:
13	373 Holly Fowler llamshire Harriers Sheffield	9.12 W/S:
14	449 Charlotte Rutter Darlington H & AC	9.00 W/S:

**F25 Under 20 Men Long Jump FINAL**

FINAL		W/S
1	539 Callum Orange Leeds City Athletic Club	6.68 W/S:
2	494 Harvey Darroch Wirral AC	6.39 W/S:
3	506 Sam Gorman Blaydon Harriers & AC	6.38 W/S:
4	491 Alex Colton Leeds City Athletic Club	6.36 W/S:
5	559 Luke Southerton Sale Harriers Manchester	6.16 W/S:
6	566 Aran Thomas Wakefield District H & AC	6.07 W/S:
7	509 Joe Halpin Gateshead Harriers & AC	6.06 W/S:
8	565 Keoghan Taylor Manx Harriers	6.01 W/S:
9	537 Chachai OHare Manx Harriers	5.91 W/S:
10	699 Callum McManus City of York AC	5.81 W/S:
11	508 Rhys Hall Of Sheffield And Dearne Ac	4.99 W/S:

**T01 Under 17 Women 60m Hurdles Heats**

Heat 01	
1	431 Abigail Pawlett Stockport Harriers & AC 8.71
2	473 Julia Winogrodzka olton United Harriers & AC 9.11
3	345 Myah Booth Blackburn Harriers & AC 9.23
4	448 Ella Rush And Erewash Athletic Club 9.27
5	363 Sofija Dragisic Wood Sale Harriers Manchester 9.38

Heat 02	
1	357 Melissa Coxon Rotherham Harriers and AC 8.95
2	449 Charlotte Rutter Darlington H & AC 9.11
3	403 Nicole Lannie Doncaster Athletic Club 9.16
4	392 Elle Hinchliffe Of Sheffield And Dearne Ac 9.16
5	375 Shayon Fryer-Francis Sale Harriers Manchester 9.58
6	377 Ciara Gettinby olton United Harriers & AC 9.65
7	456 Lara Taylor Liverpool Harriers & AC 9.68

**Heat 03**

1	369 Philippa Ellis Gateshead Harriers & AC 9.09
2	407 Amy Lott Morpeth Harriers & Ac 9.25
3	442 Stephanie Robertson Southport Waterloo AC 9.30
4	443 Lucy Robinson Stockport Harriers & AC 9.45
5	457 Megan Taylor Leeds City Athletic Club 9.80
6	376 Amy Garroch Bury Athletic Club 10.18
7	393 Leah Howard Blackpool Wyre & Fylde AC 10.23
8	467 Ashley Watson Jelpool Youth Athletics Club 10.66

**T03 Under 17 Men 60m Hurdles Heats**

Heat 01	
1	301 Djavan Pedro Sale Harriers Manchester 8.90
2	284 Aaron Lillistone Blaydon Harriers & AC 8.98
3	273 Jamie Hopkins ol Pembroke & Sefton H AC 9.08
4	258 Ethan Flaherty Liverpool Harriers & AC 9.11
5	306 James Simms Wakefield District H & AC 9.62

Heat 02	
1	320 Alfie Ward Wallsend Harriers & AC 9.16
2	307 Jack Singleton Kingston upon Hull AC 9.33
3	245 Sam Coupland Southport Waterloo AC 9.63

**T04 Under 17 Women 300m Heats**

Heat 01	
1	422 Ashley Nemits Warrington A C 41.06
2	336 Olivia Ashdown Sale Harriers Manchester 43.31
3	374 Olivia Fowler Crewe And Nantwich Ac 44.09
4	358 Soraya Crodden Longwood Harriers AC 45.23
5	461 Nell Tolley llamshire Harriers Sheffield 46.18

Heat 02	
1	420 Holly Murray Stockport Harriers & AC 43.31
2	474 Daisy Worthington Bury Athletic Club 43.68
3	418 Lydia Morris Manx Harriers 45.87
4	453 Charlotte Stokes Warrington A C 46.26
5	348 Orla Carty Gateshead Harriers & Ac 47.88

Heat 03	
1	388 Natalie Groves Spenborough & Dist AC 43.77
2	340 Abigael Bamber Southport Waterloo AC 43.79
3	361 Alissa Darbyshire Preston Harriers 43.91
4	460 Lydia Throssell Holmfirth Harriers AC 47.78
5	409 Courtney Madden Blyth Running Club 48.28

Heat 04	
1	455 Ava Taperell Gateshead Harriers & Ac 43.13
2	678 Kristie Allen Trafford Athletic Club 43.43
3	434 Leah Proctor Chesterfield & District AC 44.33
4	410 Evie Mason of Sheffield and Dearne AC 44.47
5	342 Lela Bendris Preston Harriers 45.03

**T05 Under 20 Women 400m Heats****Heat 01**

1	585	Emma Alderson	Liverpool Harriers & AC	56.97
2	624	Tess McHugh	Sale Harriers Manchester	58.35
3	593	Isabelle Bloem	Halifax Harriers & AC	59.32
4	657	Sarah Zintchem	Rotherham Harriers and AC	60.13
5	614	Drew Illingworth-Turner	Preston Harriers	63.61

**Heat 02**

1	619	Ashleigh Lachenicht	Northern (isle Of Man) Ac	58.02
2	623	Meg McHugh	Sale Harriers Manchester	59.68
3	653	Georgia Walsh	Wigan & District H & AC	60.01
4	603	Anna Dmoszynski	Longwood Harriers AC	67.22

**T06 Senior Women 400m Heats****Heat 01**

1	151	Rachel Crorken	Wakefield District H & AC	58.61
2	220	Rebecca Walkden	Wigan & District H & AC	60.05
3	136	Samantha Baker-Jones	Harrogate Harriers & Ac	62.68
4	194	Annabelle Pask	Sheffield Union of Students	62.96
5	198	Becky Quirke	Sheffield Union of Students	63.09
6	180	Sarah Longshaw	Rossendale Harriers & AC	65.54

**Heat 02**

1	212	Rachael Scott	Wigan & District H & AC	59.86
2	214	Charlotte Stamp	City Of York Ac	60.05
3	175	Racheal Larkin	Wakefield District H & AC	60.38
4	147	Heather Carson	Sheffield Union of Students	61.12
5	184	Isobel Mills	Sheffield Union of Students	61.56
6	169	Holly Horton	Sheffield Union of Students	65.77

**T07 Under 17 Men 400m Heats****Heat 01**

1	262	Jack Gilland	Liverpool Harriers & AC	52.99
2	244	William Cooke	Leeds City Athletic Club	53.63
3	257	Eddie Fenton	Derby Athletic Club	54.36
4	294	Thomas Mirfin	Of Sheffield And Dearne Ac	54.78
5	234	Jake Bradley	Macclesfield Harriers & AC	56.88

**Heat 02**

1	232	Oliver Bolland	Of Sheffield And Dearne Ac	53.68
2	316	Dale Turner	Blyth Running Club	53.96
3	275	James Hutton	Gateshead Harriers & AC	53.97
4	286	George Lowrie	Wakefield District H & Ac	55.73
5	246	Daniel Cross	Wirral AC	60.14

**Heat 03**

1	242	David Chapman	Of Sheffield And Dearne Ac	54.05
2	283	William Lewis	Stockport Harriers & AC	54.39
3	277	Flynn Jones	Wallasey Athletic Club	54.85
4	325	John Wilson	Blyth Running Club	57.78
5	308	Tiger Steel	Longwood Harriers AC	58.57

**Heat 04**

1	252	Liam Eastaugh	Gateshead Harriers & AC	54.74
2	227	Elliott Archibald	Derby Athletic Club	55.08
3	288	Joe MacDonald	Halifax Harriers & AC	55.18
4	239	Jacob Butterfield	Leeds City Athletic Club	55.95
5	279	Kieran Lambert	Doncaster Athletic Club	57.88

**T08 Under 20 Men 400m Heats****Heat 01**

1	520	Rory Keen	Sale Harriers Manchester	51.06
2	498	Bradley Ellison	Rotherham Harriers and AC	51.38
3	495	Joseph Dickenson	and Erewash Athletic Club	51.45
4	524	Amaha Lawrence	Leeds City Athletic Club	53.15
5	564	Adam Swalwell	Blyth Running Club	55.51
6	544	Joseph Philbin	Stockport Harriers & AC	57.20

**Heat 02**

1	552	Isaac Rushworth	Of Sheffield And Dearne Ac	50.57
2	563	Leon Stubbs	Preston Harriers	50.78
3	518	Callum Inman	and Erewash Athletic Club	51.02
4	557	Joseph Smith	Rothwell Harriers & AC	53.08
5	492	Will Critchley	Blackpool Wyre & Fylde AC	53.26

**Heat 03**

1	658	Hakan Daibal	Longwood Harriers AC	51.84
2	519	Sam Johnson	Stockport Harriers & AC	52.16
3	555	Benjamin Schofield	City of York AC	53.15
4	547	Sam Picton	Rotherham Harriers and AC	54.79

**T09 Senior Men 400m Heats****Heat 01**

1	125	Adam Walker-Khan	of Sheffield and Deame AC	51.00
2	25	Mark Collier	Gateshead Harriers & AC	51.11
3	38	Harry Flanagan	Southport Waterloo Ac	51.37
4	128	Daniel Webb	Liverpool Harriers & AC	51.80
5	6	Lawrence Baird	Kingston upon Hull AC	54.06
6	118	George Skidmore	1 Athletic Club (Isle of Man)	54.24

**Heat 02**

1	55	Danny Higham	Ol Pembroke & Sefton H AC	50.19
2	77	Liam McGivern	Sheffield Union of Students	50.39
3	48	James Greenhalgh	Sheffield Hallam AC	52.26
4	27	Justin Cooper	Gateshead Harriers & AC	52.77
5	109	Matthew Salkeld	Border Harriers & AC	53.44

**Heat 03**

1	83	Reece Middleton	City of York AC	50.19
2	61	Reece Ingley	Trafford Athletic Club	50.23
3	31	Jack Dickinson	Bolton United Harriers & Ac	50.81
4	23	Alexandre Chazel	Sheffield Union Of Students	51.42
5	74	Nathan Linsley	Gateshead Harriers & AC	55.79

**T10 Senior Men 1500m Heats****Heat 01**

1	44	James Gormley	Of Sheffield And Dearne Ac	4:05.68
2	13	Mark Bostock	Wakefield District H & AC	4:05.79
3	34	Luke Edwards	Ol Pembroke & Sefton H AC	4:06.78
4	88	Sparrow J.r Morley	Tyne Bridge Harriers	4:07.14
5	8	Harry Baxter	In Wellington Athletic Club	4:09.69
6	14	Guy Bracken	th Shields Polytechnic Club	4:22.26

**Heat 02**

1	76	James McCrae	llamshire Harriers Sheffield	4:07.04
2	101	Ryan Page	In Wellington Athletic Club	4:09.05
3	10	Jonathon Beharrell	Of Sheffield And Dearne Ac	4:11.50
4	51	Jacob Harman	Holmfirth Harriers AC	4:23.56
5	42	Mark Gardner	ancaster & Morecambe AC	4:26.76

**T11 Under 17 Women 60m Hurdles FINAL****FINAL**

1	431	Abigail Pawlett	Stockport Harriers & AC	8.66
2	357	Melissa Coxon	Rotherham Harriers and AC	8.94
3	403	Nicole Lannie	Doncaster Athletic Club	9.06
4	407	Amy Lott	Morpeth Harriers & Ac	9.11
5	473	Julia Winogrodzka	bolton United Harriers & AC	9.16
6	449	Charlotte Rutter	Darlington H & AC	9.20
7	392	Elle Hinchliffe	Of Sheffield And Dearne Ac	9.29
9	369	Philippa Ellis	Gateshead Harriers & AC	12.99

**T12 Under 20 Women 60m Hurdles FINAL****FINAL**

1	609	Lucy Hadaway	City Of York Ac	8.74
2	598	Amy Carter	igh Athletic Club (Mandale)	8.96
3	629	Venus Morgan	Kingston Upon Hull Ac	8.98
4	622	Mia Lowndes	Stockport Harriers & AC	9.20
5	620	Megan Lasseter	Stockport Harriers & AC	9.79

**T13 Senior Women 60m Hurdles FINAL****FINAL**

1	182	Danielle McGifford	Wigan & District H & AC	8.53
2	166	Amy Hodgson	Rotherham Harriers and AC	8.70
3	190	Suzanne Palmer	Of Sheffield And Dearne Ac	8.95
4	168	Georgia Hollis Lawrence	Of Sheffield And Dearne Ac	9.05
5	201	Lisa Revitt	Doncaster Athletic Club	9.19
6	157	Chloe Esegbona	Trafford Athletic Club	9.60
7	162	Joanna Hadjiioannou	Sheffield Union of Students	9.64

**T14 Under 17 Men 60m Hurdles FINAL****FINAL**

1	301	Djavan Pedro	Sale Harriers Manchester	8.77
2	284	Aaron Lillistone	Blaydon Harriers & AC	8.94
3	258	Ethan Flaherty	Liverpool Harriers & AC	8.99
4	273	Jamie Hopkins	Ol Pembroke & Sefton H AC	9.04
5	320	Alfie Ward	Wallsend Harriers & AC	9.16
6	307	Jack Singleton	Kingston upon Hull AC	9.24
7	245	Sam Coupland	Southport Waterloo Ac	9.46
8	306	James Simms	Wakefield District H & AC	9.77

**T15 Under 20 Men 60m Hurdles FINAL****FINAL**

1	489	Adam Coles	Kingston upon Hull AC	8.50
2	490	Edward Coles	Preston Harriers	8.53
3	493	Oliver Dakin	Chesterfield & District Ac	8.63
4	526	Oliver Lewis	Gateshead Harriers & AC	9.37

**T16 Senior Men 60m Hurdles FINAL****FINAL**

1	92	Jason Nicholson	Gateshead Harriers & AC	8.15
2	49	Lewis Guest	Liverpool Harriers & AC	8.92

**T17 Under 17 Women 300m Semi-Finals****Semi-Final 01**

1	422	Ashley Nemits	Warrington A C	41.14
2	388	Natalie Groves	Spensorough & Dist AC	43.12
3	340	Abigael Bamber	Southport Waterloo AC	43.17
4	361	Alissa Darbyshire	Preston Harriers	43.88
5	336	Olivia Ashdown	Sale Harriers Manchester	44.45
6	410	Evie Mason	of Sheffield and Deame AC	44.74

**Semi-Final 02**

1	420	Holly Murray	Stockport Harriers & AC	42.58
2	455	Ava Taperell	Gateshead Harriers & Ac	42.89
3	678	Kristie Allen	Trafford Athletic Club	43.46
4	434	Leah Proctor	Chesterfield & District AC	44.45
5	474	Daisy Worthington	Bury Athletic Club	44.90
6	374	Olivia Fowler	Crewe And Nantwich Ac	44.97

**T20 Under 17 Men 400m Semi-Finals****Semi-Final 01**

1	262	Jack Gilland	Liverpool Harriers & AC	52.68
2	244	William Cooke	Leeds City Athletic Club	53.40
3	275	James Hutton	Gateshead Harriers & AC	53.75
4	252	Liam Eastaugh	Gateshead Harriers & AC	53.75
5	277	Flynn Jones	Wallasey Athletic Club	54.30

**Semi-Final 02**

1	242	David Chapman	Of Sheffield And Dearne Ac	52.86
2	232	Oliver Bolland	Of Sheffield And Dearne Ac	53.15
3	316	Dale Turner	Blyth Running Club	54.05
4	257	Eddie Fenton	Derby Athletic Club	55.31
5	283	William Lewis	Stockport Harriers & AC	55.39
6	294	Thomas Mirfin	Of Sheffield And Dearne Ac	56.04

**Heat 06**

1	381	Hilary Gode	Leeds City Athletic Club	7.96
2	439	Charlotte Richardson	Durham City Harriers & AC	8.04
3	446	Claudia Rodriguez	Macclesfield Harriers & AC	8.11
4	133	Abigail Adeniji	Colton United Harriers & AC	8.18
5	418	Lydia Morris	Manx Harriers	8.61
6	405	Megan Lewis	Blackpool Wyre & Fylde AC	8.70
7	350	Ella Chambers	Stockport Harriers & AC	8.82

**T23 Under 17 Women 60m Heats****Heat 01**

1	466	Sophie Walton	Horwich R M I Harriers	7.69
2	415	Bronwyn Mooney	Of Sheffield And Dearne Ac	8.16
3	434	Leah Proctor	Chesterfield & District AC	8.24
4	390	Sophie Hampson	Liverpool Harriers & AC	8.55
5	441	Rebecca Roach	Stockport Harriers & AC	8.55
6	409	Courtney Madden	Blyth Running Club	8.74
7	343	Amy Blossome	Southport Waterloo AC	9.27

**Heat 07**

1	333	Eniola Ajagbe	Ilamshire Harriers Sheffield	8.12
2	370	Lucy Errington	th Shields Polytechnic Club	8.31
3	421	Jessica Nelson	Sale Harriers Manchester	8.31
4	432	Daisy Percival	Gateshead Harriers & AC	8.32
5	435	Aisha Quartey-Davis	Liverpool Harriers & AC	8.65
6	460	Lydia Throssell	Holmfirth Harriers AC	8.83

**T24 Under 20 Women 60m Heats****Heat 01**

1	584	Georgina Adam	Wln Wellington Athletic Club	7.75
2	590	Rachel Bennett	City of York AC	7.84
3	622	Mia Lowndes	Stockport Harriers & AC	7.87
4	608	Eve Grant	Wirral AC	7.97
5	595	Bria Bullard	Sale Harriers Manchester	8.14
6	635	Meghan Pilley	Manx Harriers	8.14
7	611	Taylor Harry	Liverpool Harriers & AC	8.42

**Heat 02**

1	413	Tamara Miller	Wakefield District H & AC	7.85
2	475	Mya Wright	Derby Athletic Club	8.16
3	335	Kristie Archer	Wombwell Sporting Ac	8.17
4	459	Alanah Thoresby	Kingston Upon Hull Ac	8.48
5	376	Amy Garroch	Bury Athletic Club	8.63
6	462	Ellie Townsend	Kingston Upon Hull Ac	8.76
7	416	Amie Moore	Rotherham Harriers and AC	8.94

**Heat 02**

1	634	Trinity Perruzza-Powell	Manchester Harriers & AC	7.69
2	599	Nicola Caygill	Jarrow & Hebburn AC	7.74
3	610	Natasha Harrison	Stockport Harriers & Ac	8.00
4	588	Florence Beedie	Derby Athletic Club	8.02
5	651	Harriet Vaughan	Bury Athletic Club	8.46
6	628	Emily Moore	Wln Wellington Athletic Club	9.04

**Heat 03**

1	382	Grace Goodsell	Stockport Harriers & AC	8.01
2	359	Maya Curry	Sale Harriers Manchester	8.03
3	406	Jessica Lively	th Shields Polytechnic Club	8.17
4	346	Mary-jayne Broomhead	Blackpool Wyre & Fylde AC	8.37
5	358	Soraya Crodden	Longwood Harriers AC	8.55
6	396	Emma Jackson	Stockport Harriers & AC	8.89
7	334	Erin Louise Anderson	Blyth Running Club	8.92

**Heat 03**

1	586	Leonie Ashmeade	Wakefield District H & AC	7.60
2	616	Hannah Kelly	Colton United Harriers & AC	7.79
3	629	Venus Morgan	Kingston Upon Hull Ac	8.03
4	644	Rukayatu Shonibare	Sale Harriers Manchester	8.03
5	621	Lauren Lewis	Southport Waterloo AC	8.11
6	633	Stella Rene Perrett	th Shields Polytechnic Club	8.20
7	592	Lauren Blakey	Derby Athletic Club	8.37

**Heat 04**

1	356	Megan Costello	Gateshead Harriers & AC	7.93
2	402	Chloe King	Sale Harriers Manchester	8.20
3	337	Alesha Azonubi	Preston Harriers	8.45
4	429	Emily Parrott	Gateshead Harriers & AC	8.75
5	428	Ellie Owen	Blackpool Wyre & Fylde AC	8.86
6	364	Maija Dunne	Stockport Harriers & AC	9.03

**T25 Senior Women 60m Heats****Heat 01**

1	224	Katy Wyper	Blackpool Wyre & Fylde AC	7.61
2	203	Sophie Riley	Wigan & District H & AC	7.71
3	149	Ash Colvin	Liverpool Harriers & AC	7.83
4	213	Amanda Shaw	Wakefield District H & AC	7.92
5	173	Brodie Jones	of Sheffield and Deame AC	8.34
6	216	Emily Stewart	T38 Gateshead Harriers & AC	9.31
7	146	Amy Carr	City of York AC	9.62

**Heat 05**

1	371	Joy Eze	Gateshead Harriers & AC	7.90
2	447	Olivia Roe	Wakefield District H & Ac	8.20
3	442	Stephanie Robertson	Southport Waterloo AC	8.25
4	349	Tyla Chalk	Leethorpes and District AC	8.53
5	366	Emily Dye	Kingston Upon Hull Ac	8.63
6	467	Ashley Watson	lepool Youth Athletics Club	8.72
7	461	Nell Tolley	Ilamshire Harriers Sheffield	8.77

**Heat 02**

1	195	Charlotte Paterson	Kingston upon Hull AC	7.70
2	138	Abigail Bishell	Of Sheffield And Dearne Ac	7.74
3	139	Ella Blakey	Derby Athletic Club	7.84
4	155	Ellie Edwards	Trafford Athletic Club	7.97
5	134	Chidinma Agwu	Salford Metropolitan Ac	8.13
6	171	Nikitta Hunter	th Shields Polytechnic Club	8.68
7	137	Victoria Baskett	Sheffield Union of Students	9.13

**Heat 03**

1	182	Danielle McGifford	Wigan & District H & AC	7.71
2	186	Sophie Money	Liverpool Harriers & AC	7.80
3	197	Bethan Pilley	Manx Harriers	7.90
4	200	Eleanor Rawson	Of Sheffield And Dearne Ac	8.02
5	150	Chloe Constable	Kingston upon Hull AC	8.29
6	211	Sonia Santos	Kingston upon Hull AC	8.54
7	193	Rachel Partington	Chester Le Street & Dist Ac	11.14

**T26 Under 17 Men 60m Heats****Heat 01**

1	297	Henry Nwoke	Liverpool Harriers & AC	6.97
2	293	Marcus McLean	Sale Harriers Manchester	7.21
3	227	Elliott Archibald	Derby Athletic Club	7.33
4	249	Damien Curtis	Doncaster Athletic Club	7.52
5	280	Emmanuel Lawal	llamshire Harriers Sheffield	7.55
6	234	Jake Bradley	Macclesfield Harriers & AC	7.75
7	308	Tiger Steel	Longwood Harriers AC	7.78
8	279	Kieran Lambert	Doncaster Athletic Club	7.87

**Heat 02**

1	327	Thomas Wood	Wakefield District H & Ac	7.22
2	260	Tyrese Frederick-Jarvis	Bolton United Harriers & AC	7.48
3	287	Matthew Lumb	Gateshead Harriers & AC	7.58
4	237	Alfie Bugg	City of York AC	7.81
5	309	Fraser Stewart-McCauley	Wakefield District H & AC	7.82
6	321	Dan Whitelock	City of York AC	7.86
7	289	Rocky Mahynduz	Derby Athletic Club	8.07

**Heat 03**

1	228	Ben Basten	Crewe And Nantwich Ac	7.33
2	282	Daniel Lennie	Gateshead Harriers & AC	7.39
3	251	Nathaniel Dyas	llamshire Harriers Sheffield	7.56
4	254	Matthew Edson	Doncaster Athletic Club	7.62
5	267	Brandon Hall	of Sheffield and Dearne AC	7.92
6	255	Alfie Edwards	Wakefield District H & AC	7.94
7	290	James Margrave	Northern (isle Of Man) Ac	8.00
8	324	George Wilkinson	and Erewash Athletic Club	8.33

**Heat 04**

1	314	Benjamin To	Bolton United Harriers & AC	7.25
2	326	Ryan Wilson	Jarrow & Furness Striders AC	7.38
3	310	Luke Suarez	Southport Waterloo Ac	7.57
4	304	Luke Russell	Chester Le Street & Dist AC	7.60
5	235	Christopher Brand	Blackburn Harriers & AC	7.63
6	265	Liam Greaves	Wakefield District H & AC	7.66
7	307	Jack Singleton	Kingston upon Hull AC	8.25

**Heat 05**

1	673	Max Moore-Lees	Manx Harriers	7.41
2	281	Matthew Lawson	Gateshead Harriers & Ac	7.42
3	253	William Edmonds	Rotherham Harriers and AC	7.46
4	291	Lei-Vann McGillvary-Allet	Longwood Harriers AC	7.57
5	269	Louis Hargreaves	Wakefield District H & AC	7.73
6	305	Thomas Silcock	Derby Athletic Club	7.75
7	286	George Lowrie	Wakefield District H & AC	7.86

**T27 Under 20 Men 60m Heats****Heat 01**

1	499	Joshua Errington	Jarrow & Hebburn Ac	7.2
2	485	Elliott Callow	City Athletic Club (Isle of Man)	7.2
3	477	Gregory Abibu Bukar	Gateshead Harriers & AC	7.3
4	489	Adam Coles	Kingston upon Hull AC	7.5
5	496	Cameron Duff	Sale Harriers Manchester	7.5
6	487	Jack Charnley	Derby Athletic Club	7.6
7	505	Jake Gibson	Vest Cheshire Athletic Club	7.9

**Heat 02**

1	536	Sagesse Nguie	Trafford Athletic Club	7.1
2	482	Blake Tiger-lee Brown	Sale Harriers Manchester	7.2
3	565	Keoghan Taylor	Manx Harriers	7.5
4	484	Jack Brown-Schofield	Stockport Harriers & AC	7.5
5	512	Louie Hinchliffe	Wombwell Sporting AC	7.6
6	571	Thomas Tudor	Sale Harriers Manchester	7.6
7	572	Kenneth Walcott	Derby Athletic Club	7.9

**Heat 03**

1	581	Fisayo Williamson-Taylor	Sale Harriers Manchester	7.28
2	575	Kyle Walton	Shildon Running & AC	7.29
3	513	Ben Holden	High Athletic Club (Mandale)	7.30
4	488	Philip Clark	Doncaster Athletic Club	7.40
5	542	Bradley Parsons	Blackpool Wyre & Fylde AC	7.49
6	549	Emilio Ramirez	Sale Harriers Manchester	7.50
7	495	Joseph Dickenson	and Erewash Athletic Club	7.60
8	537	Chachai OHare	Manx Harriers	7.80



**T28 Senior Men 60m Heats****Heat 01**

1	105	Andrew Robertson	Sale Harriers Manchester	6.80
2	78	Jerome McIntosh	Of Sheffield And Dearne Ac	7.22
3	7	Ed Barbour	And Erewash Athletic Club	7.28
4	98	Julian Osei-Bonsu	Gateshead Harriers & AC	7.32
5	40	Atheer Galdagon	Of Sheffield And Dearne Ac	7.47
6	37	Jonathan Fields	Ilamshire Harriers Sheffield	7.78

**Heat 02**

1	86	Sam Miller	Preston Harriers	6.90
2	80	Cameron Meakin	Sale Harriers Manchester	7.08
3	79	Eima Meade	Sheffield Union of Students	7.10
4	97	George Orton	Holmfirth Harriers Ac	7.20
5	121	Declan Taylor	Preston Harriers	7.36
6	33	Callum Dowd	Sale Harriers Manchester	7.44
7	87	James Mole	th Shields Polytechnic Club	7.93

**Heat 03**

1	132	James Williams	Liverpool Harriers & AC	6.93
2	19	Rivaldo Brown	Trafford Athletic Club	7.00
3	35	Ian Fennell	Manchester Harriers & AC	7.09
4	68	Dominic Lamb	Spenborough & Dist AC	7.10
5	39	Tyler Fowles	Of Sheffield And Dearne Ac	7.39
6	113	William Seed	Cleethorpes And District Ac	7.44
7	114	Daniel Sewell	City of York AC	7.91

**Heat 04**

1	116	Ben Shields	Of Sheffield And Dearne Ac	6.97
2	21	Charles Burke	Manchester Harriers & AC	7.15
3	29	Michael Damoah	Sheffield Union of Students	7.21
4	131	Sheridan Wilks	Ilamshire Harriers Sheffield	7.22
5	89	Adam Murray	Wakefield District H & AC	7.38
6	99	Faisal Othman	Manchester Harriers & AC	7.48

**T29 Under 17 Women 300m FINAL****FINAL**

1	422	Ashley Nemits	Warrington A C	40.03
2	420	Holly Murray	Stockport Harriers & AC	41.10
3	455	Ava Taperell	Gateshead Harriers & Ac	42.83
4	388	Natalie Groves	Spenborough & Dist AC	43.33
5	678	Kristie Allen	Trafford Athletic Club	43.92
6	340	Abigael Bamber	Southport Waterloo AC	44.23

W/S: CBP

**T30 Under 20 Women 400m FINAL****FINAL**

1	585	Emma Alderson	Liverpool Harriers & AC	55.81
2	619	Ashleigh Lachenicht	Northern (isle Of Man) Ac	57.02
3	624	Tess McHugh	Sale Harriers Manchester	58.14
4	623	Meg McHugh	Sale Harriers Manchester	59.43
5	593	Isabelle Bloem	Halifax Harriers & AC	60.22
6	653	Georgia Walsh	Wigan & District H & AC	61.43

**T31 Senior Women 400m FINAL****FINAL**

1	151	Rachel Crokken	Wakefield District H & AC	56.70
2	212	Rachael Scott	Wigan & District H & AC	58.51
3	214	Charlotte Stamp	City Of York Ac	58.92
4	220	Rebecca Walkden	Wigan & District H & AC	59.45
5	175	Racheal Larkin	Wakefield District H & AC	60.48
6	147	Heather Carson	Sheffield Union of Students	64.46

**T32 Under 17 Men 400m FINAL****FINAL**

1	232	Oliver Bolland	Of Sheffield And Dearne Ac	51.9
2	262	Jack Gilland	Liverpool Harriers & AC	52.1
3	242	David Chapman	Of Sheffield And Dearne Ac	53.0
4	275	James Hutton	Gateshead Harriers & AC	53.1
5	244	William Cooke	Leeds City Athletic Club	53.4
6	252	Liam Eastaugh	Gateshead Harriers & AC	54.1

**T33 Under 20 Men 400m FINAL****FINAL**

1	552	Isaac Rushworth	Of Sheffield And Dearne Ac	49.40
2	520	Rory Keen	Sale Harriers Manchester	49.55
3	563	Leon Stubbs	Preston Harriers	49.93
4	658	Hakan Dalbal	Longwood Harriers AC	50.77
5	518	Callum Inman	and Erewash Athletic Club	50.92
6	498	Bradley Ellison	Rotherham Harriers and AC	51.10

**T34 Senior Men 400m FINAL****FINAL**

1	125	Adam Walker-Khanof	Sheffield and Deame AC	49.18
2	61	Reece Ingley	Trafford Athletic Club	49.35
3	55	Danny Higham	Ol Pembroke & Sefton H AC	49.68
4	77	Liam McGivern	Sheffield Union of Students	50.45
5	31	Jack Dickinson	Bolton United Harriers & Ac	50.91

**T35 Under 17 Women 60m Semi-Finals****Semi-Final 01**

1	466	Sophie Walton	Horwich R M I Harriers	7.72
2	333	Eniola Ajagbe	Ilamshire Harriers Sheffield	8.09
3	402	Chloe King	Sale Harriers Manchester	8.17
4	447	Olivia Roe	Wakefield District H & Ac	8.23
5	442	Stephanie Robertson	Southport Waterloo AC	8.25
6	434	Leah Proctor	Chesterfield & District AC	8.25
7	346	Mary-jayne Broomhead	Stockpool Wyre & Fylde AC	8.36

**Semi-Final 02**

1	413	Tamara Miller	Wakefield District H & AC	7.77
2	381	Hilary Gode	Leeds City Athletic Club	7.93
3	359	Maya Curry	Sale Harriers Manchester	7.99
4	475	Mya Wright	Derby Athletic Club	8.08
5	406	Jessica Lively	th Shields Polytechnic Club	8.13
6	370	Lucy Errington	th Shields Polytechnic Club	8.27
7	421	Jessica Nelson	Sale Harriers Manchester	8.28
8	432	Daisy Percival	Gateshead Harriers & AC	8.30

**Semi-Final 03**

1	371	Joy Eze	Gateshead Harriers & AC	7.86
2	356	Megan Costello	Gateshead Harriers & AC	7.96
3	133	Abigail Adeniji	bolton United Harriers & AC	8.04
4	439	Charlotte Richardson	Durham City Harriers & AC	8.06
5	446	Claudia Rodriguez	Macclesfield Harriers & AC	8.14
6	335	Kristie Archer	Wombwell Sporting Ac	8.15
7	415	Bronwyn Mooney	Of Sheffield And Dearne Ac	8.25
8	337	Alesha Azonubi	Preston Harriers	8.35

**T38 Under 17 Men 60m Semi-Finals****Semi-Final 01**

1	297	Henry Nwoke	Liverpool Harriers & AC	7.03
2	293	Marcus McLean	Sale Harriers Manchester	7.23
3	326	Ryan Wilson	rrow & Furness Striders AC	7.35
4	253	William Edmonds	rotherham Harriers and AC	7.41
5	251	Nathaniel Dyas	llamshire Harriers Sheffield	7.51
6	304	Luke Russell	hester Le Street & Dist AC	7.58
7	269	Louis Hargreaves	Wakefield District H & AC	7.59
8	254	Matthew Edson	Doncaster Athletic Club	7.60

**Semi-Final 02**

1	327	Thomas Wood	Wakefield District H & AC	7.17
2	673	Max Moore-Lees	Manx Harriers	7.41
3	282	Daniel Lennie	Gateshead Harriers & AC	7.42
4	291	Lei-Vann McGillvary-Alle	ltonwood Harriers AC	7.54
5	310	Luke Suarez	Southport Waterloo Ac	7.56
6	237	Alfie Bugg	City of York AC	7.64
7	265	Liam Greaves	Wakefield District H & AC	7.71

**Semi-Final 03**

1	314	Benjamin To	bolton United Harriers & AC	7.23
2	228	Ben Basten	Crewe And Nantwich Ac	7.28
3	281	Matthew Lawson	Gateshead Harriers & AC	7.41
4	249	Damien Curtis	Doncaster Athletic Club	7.49
5	287	Matthew Lumb	Gateshead Harriers & AC	7.50
6	260	Tyrese Frederick-Jar	olton United Harriers & AC	7.51
7	280	Emmanuel Lawal	llamshire Harriers Sheffield	7.56

**T40 Senior Men 60m Semi-Finals****Semi-Final 01**

1	105	Andrew Robertson	Sale Harriers Manchester	6.79
2	116	Ben Shields	Of Sheffield And Dearne Ac	6.96
3	19	Rivaldo Brown	Trafford Athletic Club	7.02
4	35	Ian Fennell	Manchester Harriers & AC	7.06
5	78	Jerome McIntosh	Of Sheffield And Dearne Ac	7.25
6	7	Ed Barbour	And Erewash Athletic Club	7.26
7	98	Julian Osei-Bonsu	Gateshead Harriers & AC	7.30
8	68	Dominic Lamb	Spenborough & Dist AC	8.46

**Semi-Final 02**

1	86	Sam Miller	Preston Harriers	6.79
2	132	James Williams	Liverpool Harriers & AC	6.81
3	79	Eima Meade	Sheffield Union of Students	7.03
4	21	Charles Burke	Manchester Harriers & AC	7.06
5	80	Cameron Meakin	Sale Harriers Manchester	7.13
6	97	George Orton	Holmfirth Harriers Ac	7.20
7	131	Sheridan Wilks	llamshire Harriers Sheffield	7.24
8	29	Michael Damoah	Sheffield Union of Students	7.26

**T42 Under 20 Women 1500m FINAL****FINAL**

1	600	Phoebe Coates	Northern (Isle of Man) AC	5:03.67
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**T43 Senior Women 1500m FINAL****FINAL**

1	165	Danielle Hodgkinson	Wallsend Harriers & AC	4:27.83
2	164	Rochelle Harrison	oln Wellington Athletic Club	4:35.32
3	145	Rachael Burns	Liverpool Harriers & Ac	4:36.87
4	148	Naomi Collier	Grantham Ac	4:44.20

**T44 Under 17 Men 1500m FINAL****FINAL**

1	300	Daniel Payne	igh Athletic Club (mandale)	4:02.94
2	660	Henry Johnson	Houghton Harriers	4:08.32
3	303	Matthew Ramsden	Blackburn Harriers & AC	4:09.54
4	302	Brandon Quinton	Bury Athletic Club	4:17.41
5	247	Henry Cullen	Doncaster Athletic Club	4:28.72
6	299	leuan Owen	1 Athletic Club (Isle of Man)	4:30.80

**T45 Under 20 Men 1500m FINAL****FINAL**

1	548	Dan Preston	Liverpool Harriers & AC	4:05.30
2	541	Rhys Owen	1 Athletic Club (Isle of Man)	4:08.69
3	560	Byron Sowerby	Preston Harriers	4:08.71
4	567	Cameron Thomas	Durham City Harriers & AC	4:13.79
5	507	Matias Grixti	Preston Harriers	4:14.50
6	543	Luke Phair	Northern (Isle of Man) AC	4:28.73

**T46 Senior Men 1500m FINAL****FINAL**

1	76	James McCrae	llamshire Harriers Sheffield	3:59.79
2	44	James Gormley	Of Sheffield And Dearne Ac	4:00.28
3	101	Ryan Page	ln Wellington Athletic Club	4:02.14
4	13	Mark Bostock	Wakefield District H & AC	4:02.27
5	34	Luke Edwards	l Pembroke & Sefton H AC	4:10.09
6	8	Harry Baxter	ln Wellington Athletic Club	4:11.28
7	88	Sparrow J.r Morley	Tyne Bridge Harriers	4:12.22
8	10	Jonathon Beharrell	Of Sheffield And Dearne Ac	4:12.71

**T47 Under 17 Women 60m FINAL****FINAL**

1	466	Sophie Walton	Horwich R M I Harriers	7.64
2	371	Joy Eze	Gateshead Harriers & AC	7.69
3	413	Tamara Miller	Wakefield District H & AC	7.74
4	356	Megan Costello	Gateshead Harriers & AC	7.92
5	381	Hilary Gode	Leeds City Athletic Club	7.97
6	359	Maya Curry	Sale Harriers Manchester	8.04
7	133	Abigail Adeniji	olton United Harriers & AC	8.06
8	333	Eniola Ajagbe	llamshire Harriers Sheffield	8.24

**T48 Under 20 Women 60m FINAL****FINAL**

1	586	Leonie Ashmeade	Wakefield District H & AC	7.60
2	584	Georgina Adam	ln Wellington Athletic Club	7.67
3	634	Trinity Perruzza-Powell	Manchester Harriers & AC	7.72
4	599	Nicola Caygill	Jarrow & Hebburn AC	7.74
5	590	Rachel Bennett	City of York AC	7.80
6	622	Mia Lowndes	Stockport Harriers & AC	7.87
7	608	Eve Grant	Wirral AC	8.00

**T49 Senior Women 60m FINAL****FINAL**

1	224	Katy Wyper	Blackpool Wyre & Fylde AC	7.58
2	203	Sophie Riley	Wigan & District H & AC	7.71
3	195	Charlotte Paterson	Kingston upon Hull AC	7.72
3	186	Sophie Money	Liverpool Harriers & AC	7.72
5	138	Abigail Bishell	Of Sheffield And Dearne Ac	7.75
6	139	Ella Blakey	Derby Athletic Club	7.90
7	149	Ash Colvin	Liverpool Harriers & AC	7.94

**T50 Under 17 Men 60m FINAL****FINAL**

1	297	Henry Nwoke	Liverpool Harriers & AC	6.97
2	327	Thomas Wood	Wakefield District H & Ac	7.12
3	293	Marcus McLean	Sale Harriers Manchester	7.19
4	314	Benjamin To	olton United Harriers & AC	7.21
5	228	Ben Basten	Crewe And Nantwich Ac	7.30
6	281	Matthew Lawson	Gateshead Harriers & Ac	7.33
7	326	Ryan Wilson	row & Furness Striders AC	7.37
8	673	Max Moore-Lees	Manx Harriers	7.39

**T51 Under 20 Men 60m FINAL****FINAL**

1	536	Sagesse Nguie	Trafford Athletic Club	7.00
2	482	Blake Tiger-lee Brown	Sale Harriers Manchester	7.08
3	575	Kyle Walton	Shildon Running & AC	7.09
4	499	Joshua Errington	Jarrow & Hebburn Ac	7.09
5	485	Elliott Callow	l Athletic Club (Isle of Man)	7.16
6	477	Gregory Abibu Bukas	Gateshead Harriers & AC	7.31
7	513	Ben Holden	lgh Athletic Club (Mandale)	7.40

**T52 Senior Men 60m FINAL****FINAL**

W/S: CBP

1	105	Andrew Robertson	Sale Harriers Manchester	6.68
2	86	Sam Miller	Preston Harriers	6.78
3	116	Ben Shields	Of Sheffield And Dearne Ac	6.89
4	79	Eima Meade	Sheffield Union of Students	7.02
5	21	Charles Burke	Manchester Harriers & AC	7.05
6	35	Ian Fennell	Manchester Harriers & AC	7.07
7	19	Rivaldo Brown	Trafford Athletic Club	7.08

**T53 Under 17 Women 200m Heats****Heat 01**

1	471	Acacia Williams - Harri	llamshire Harriers Sheffield	25.73
2	424	Osarumen Odemwengie	Sale Harriers Manchester	26.17
3	415	Bronwyn Mooney	Of Sheffield And Dearne Ac	26.56
4	375	Shayon Fryer-Francis	Sale Harriers Manchester	27.40
5	449	Charlotte Rutter	Darlington H & AC	27.49
6	346	Mary-jayne Broomhead	Blackpool Wyre & Fylde AC	27.73

**Heat 02**

1	371	Joy Eze	Gateshead Harriers & AC	25.77
2	333	Eniola Ajagbe	llamshire Harriers Sheffield	26.79
3	472	Ella Wilson	Sale Harriers Manchester	27.24
4	361	Alissa Darbyshire	Preston Harriers	27.44
5	393	Leah Howard	Blackpool Wyre & Fylde AC	29.18

**Heat 03**

1	431	Abigail Pawlett	Stockport Harriers & AC	25.77
2	439	Charlotte Richardson	Durham City Harriers & AC	25.96
3	354	Ellina Connor	Trafford Athletic Club	27.41
4	436	Imogen Reader	Blackpool Wyre & Fylde AC	27.99

**Heat 04**

1	420	Holly Murray	Stockport Harriers & AC	25.97
2	356	Megan Costello	Gateshead Harriers & AC	26.10
3	447	Olivia Roe	Wakefield District H & Ac	27.15
4	405	Megan Lewis	Blackpool Wyre & Fylde AC	28.78
5	352	Sophia Clague	l Athletic Club (Isle of Man)	29.64

**Heat 05**

1	411	Neave McGhee	Liverpool Harriers & AC	25.64
2	378	Lucy Giles	Gateshead Harriers & Ac	26.62
3	421	Jessica Nelson	Sale Harriers Manchester	27.37
4	418	Lydia Morris	Manx Harriers	28.41
5	362	Erica Davison	Of Sheffield And Dearne Ac	28.94

**Heat 06**

1	357	Melissa Coxon	Rotherham Harriers and AC	26.02
2	408	Heather MacDonald	Blyth Running Club	26.80
3	387	Matilda Grierson	Gateshead Harriers & AC	27.39
4	458	Emily Thomas	Liverpool Harriers & AC	27.79
5	467	Ashley Watson	Liverpool Youth Athletics Club	28.01

**T54 Under 20 Women 200m Heats****Heat 01**

1	584	Georgina Adam	Warrington Wellington Athletic Club	25.12
2	619	Ashleigh Lachenicht	Northern (Isle Of Man) AC	25.87
3	644	Rukayatu Shonibare	Sale Harriers Manchester	26.02
4	591	Erin Birchall	Wolverhampton City of Sefton H AC	27.60
5	614	Drew Illingworth-Turner	Preston Harriers	27.77

**Heat 02**

1	586	Leonie Ashmeade	Wakefield District H & AC	25.17
2	618	Olivia Kimbowa	Wolverhampton United Harriers & AC	25.93
3	639	Amy Rolfe	City Of York AC	27.37

**Heat 03**

1	610	Natasha Harrison	Stockport Harriers & AC	25.25
2	599	Nicola Caygill	Jarrow & Hebburn AC	26.20
3	657	Sarah Zintchem	Rotherham Harriers and AC	26.27
4	635	Meghan Pilley	Manx Harriers	26.87

**Heat 04**

1	594	Ellie Booker	Rotherham Harriers And AC	25.21
2	633	Stella Rene Perrett	Leeds City of Shields Polytechnic Club	26.24
3	608	Eve Grant	Wirral AC	26.45
4	653	Georgia Walsh	Wigan & District H & AC	27.19

**T55 Senior Women 200m Heats****Heat 01**

1	672	Alicia Barrett	Chesterfield & District AC	24.82
2	138	Abigail Bishell	Wolverhampton City of Sefton H AC	25.43
3	220	Rebecca Walkden	Wigan & District H & AC	25.50
4	185	Sophie Mills	Doncaster Athletic Club	26.69

**Heat 02**

1	166	Amy Hodgson	Rotherham Harriers and AC	24.90
2	203	Sophie Riley	Wigan & District H & AC	25.10
3	213	Amanda Shaw	Wakefield District H & AC	25.36
4	149	Ash Colvin	Liverpool Harriers & AC	25.96

**T56 Under 17 Men 200m Heats****Heat 01**

1	327	Thomas Wood	Wakefield District H & AC	23.39
2	282	Daniel Lennie	Gateshead Harriers & AC	23.64
3	291	Lei-Vann McGillvary-Allett	Leeds City of Wood Harriers AC	23.99
4	673	Max Moore-Lees	Manx Harriers	24.51
5	305	Thomas Silcock	Derby Athletic Club	25.20

**Heat 02**

1	292	Josh McKeown	Gateshead Harriers & AC	22.72
2	318	Benjamin Wallace	Wirral AC	22.88
3	231	Zac Blackwell	Wigan & District H & AC	23.19
4	253	William Edmonds	Rotherham Harriers and AC	23.39
5	265	Liam Greaves	Wakefield District H & AC	24.81

**Heat 03**

1	297	Henry Nwoke	Liverpool Harriers & AC	22.71
2	228	Ben Basten	Crewe And Nantwich AC	23.73
3	260	Tyrese Frederick-Jones	Wolverhampton United Harriers & AC	24.14
4	274	Matthew Hughes	Wolverhampton City of Sefton H AC	24.22
5	267	Brandon Hall	Wolverhampton City of Sefton H AC	25.18

**Heat 04**

1	317	Joel Vernon	Wolverhampton City of Sefton H AC	22.98
2	232	Oliver Bolland	Wolverhampton City of Sefton H AC	24.02
3	304	Luke Russell	Wolverhampton City of Sefton H AC	24.60
4	309	Fraser Stewart-McCauley	Wakefield District H & AC	25.56

**Heat 05**

1	240	William Calvert	Wolverhampton City of Sefton H AC (Mandale)	23.58
2	242	David Chapman	Wolverhampton City of Sefton H AC	23.64
3	239	Jacob Butterfield	Leeds City Athletic Club	24.37
4	241	Bibek Chanda	Wolverhampton City of Sefton H AC	24.64

**T57 Under 20 Men 200m Heats****Heat 01**

1	501	Joe Ferguson	Leeds City Athletic Club	21.83
2	494	Harvey Darroch	Wirral AC	23.61
3	565	Keoghán Taylor	Manx Harriers	23.75
4	488	Philip Clark	Doncaster Athletic Club	24.31

**Heat 02**

1	563	Leon Stubbs	Preston Harriers	23.22
2	528	Ben Manton	Stockport Harriers & AC	23.52
3	547	Sam Picton	Rotherham Harriers and AC	23.68
4	504	Callum Garvey	Wolverhampton City of Sefton H AC	24.31

**Heat 03**

1	536	Sagesse Nguie	Trafford Athletic Club	22.73
2	506	Sam Gorman	Blaydon Harriers & AC	23.31
3	516	Joshua Humberston	Wolverhampton City of Sefton H AC	23.85
4	524	Amaha Lawrence	Leeds City Athletic Club	24.21

**Heat 04**

1	665	John Trotman	East Cheshire Harriers	23.20
2	554	Joshua Sampson	Kingston upon Hull AC	23.33
3	485	Elliott Callow	Wolverhampton City of Sefton H AC (Isle of Man)	23.70
4	556	Ciaran Scroggie	Wolverhampton City of Sefton H AC	24.27

**T58 Senior Men 200m Heats****Heat 01**

1	663	Connor Wood	Sale Harriers Manchester	22.61
2	89	Adam Murray	Wakefield District H & AC	23.62
3	120	Ewan Somerville	Sheffield Union of Students	23.78
4	5	Tom Aveyard	Sheffield Union of Students	24.42
5	71	Andrew Li	Sheffield Union of Students	25.67

**Heat 02**

1	125	Adam Walker-Khan	of Sheffield and Dearne AC	21.91
2	21	Charles Burke	Manchester Harriers & AC	23.07
3	65	Rhys Jones	etics & Cross Country Club	23.50
4	118	George Skidmore	1 Athletic Club (Isle of Man)	24.08
5	96	Adetunji Omojomold	Sheffield Union of Students	25.06

**Heat 03**

1	68	Dominic Lamb	Spenborough & Dist AC	22.78
2	78	Jerome McIntosh	Of Sheffield And Dearne Ac	23.16
3	39	Tyler Fowles	Of Sheffield And Dearne Ac	23.66
4	73	Jacob Lingard	Sale Harriers Manchester	23.98

**T59 Under 17 Women 800m Heats****Heat 01**

1	469	Shen Wigfield-Turn	llamshire Harriers Sheffield	2:19.17
2	341	Ruby Bell	Sale Harriers Manchester	2:20.08
3	464	Zara Tyas	Holmfirth Harriers AC	2:20.67
4	365	Lauren Duthie	Liverpool Harriers & AC	2:28.48
5	412	Sophie McIlroy	Skyrac Athletic Club	2:33.08

**Heat 02**

1	401	Laure Kidikula	Sale Harriers Manchester	2:19.91
2	355	Valentina Costa	Derby Athletic Club	2:20.78
3	395	Esther Hulley	Stockport Harriers & AC	2:21.98
4	463	Claudia Turnell	llamshire Harriers Sheffield	2:36.44

**T61 Under 20 Men 800m Heats****Heat 01**

1	541	Rhys Owen	1 Athletic Club (Isle of Man)	1:57.72
2	500	Luke Farrant	Stockport Harriers & AC	1:59.50
3	525	Ben McLaughlin	Wigan & District H & AC	1:59.81
4	538	Tommy Oladiti	Sale Harriers Manchester	2:01.51

**Heat 02**

1	583	Rocco Zaman-Brown	Manchester Harriers & AC	2:03.09
2	502	Josh Fiddaman	Blyth Running Club	2:04.58
3	529	Rushwan Lewis	Trafford Athletic Club	2:06.59
4	553	Tom Rutherford	Blaydon Harriers & AC	2:07.68
5	543	Luke Phair	Northern (Isle of Man) AC	2:10.30

**Heat 03**

1	530	Ben Lee	Vale Royal AC	1:58.96
2	664	Luke Chesters	Sale Harriers Manchester	1:59.96
3	514	Ben Horsfield	Durham City Harriers & AC	2:00.75
4	574	Flynn Walsh	Stockport Harriers & AC	2:09.72

**T62 Senior Men 800m Heats****Heat 01**

1	75	Markhim Lonsdale	Crook & Dist Sports AC	1:54.78
2	30	Oliver Dane	of Sheffield and Dearne AC	1:55.26
3	108	Harry Russell	Sheffield Union of Students	1:55.34
4	112	Isaac Scott	.ancaster & Morecambe Ac	2:02.97
5	57	Lawrence Hopkins	Trafford Athletic Club	2:07.23

**Heat 02**

1	661	Ahmed Farah	Of Sheffield And Dearne Ac	1:56.15
2	43	Alex Goodall	Elswick Harriers	1:56.52
3	76	James McCrae	llamshire Harriers Sheffield	1:57.42
4	45	Matthew Graham	Manchester Harriers & AC	2:05.26
5	122	Jed Turner	Sheffield Rc	2:20.31

**Heat 03**

1	127	Dominic Walton	Rossendale Harriers & Ac	1:53.29
2	44	James Gormley	Of Sheffield And Dearne Ac	1:53.75
3	90	Daniel Neal	Preston Harriers	1:54.80
4	67	Titus Kuhora	Sheffield Union of Students	2:01.93

**T63 Under 20 Women 3000m FINAL****FINAL**

1	646	Elicia Smith	New Marske Harriers Club	10:35.18
2	454	Grace Sullivan	leethorpes and District AC	10:37.56
3	601	Louise Cocking	Chesterfield & District AC	10:57.62
4	602	Stella Cross	Wetherby Runners Ac	11:03.27

**T64 Senior Women 3000m FINAL****FINAL**

W/S: CBP

1	165	Danielle Hodgkinson	Wallsend Harriers & AC	9:32.41
2	221	Jennifer Walsh	Leeds City Athletic Club	9:39.73
3	191	Lisa Palmer-Blount	Derby Athletic Club	10:04.79
4	199	Annabel Ralph	Blackburn Harriers & AC	10:44.05
5	163	Ciara Hardisty	Manx Harriers	11:17.75

**T65 Under 20 Men 3000m FINAL****FINAL**

1	550	Cameron Reilly	Ilkley Harriers AC	9:07.44
2	546	Luke Pickering	Durham City Harriers & AC	9:28.47
3	545	Joe Phillips	Doncaster Athletic Club	10:04.38
4	497	Dan Eastwood	City of York AC	10:13.50

**T67 Senior Men 3000m A Final****A Final 01**

1	18	Dominic Brown	Tonbridge AC	8:19.49
2	63	Lewis Jagger	Of Sheffield And Dearne Ac	8:20.56
3	66	Jonothan Kay	Bolton United Harriers & Ac	8:20.93
4	62	Matt Jackson	Liverpool Harriers & AC	8:31.21
5	106	Thomas Rogerson	Liverpool Harriers & AC	8:48.11
6	101	Ryan Page	In Wellington Athletic Club	8:59.12
7	88	Sparrow J.R Morley	Tyne Bridge Harriers	9:09.03
8	85	Andrew Miles	Vale Royal Ac	9:09.18
9	14	Guy Bracken	th Shields Polytechnic Club	9:13.20
10	82	Jordan Middlemist	Wallsend Harriers & AC	9:19.72
11	17	David Brown	ancaster & Morecambe AC	9:28.59
12	659	Tom Marper	Kirkby Milers	9:35.17
13	53	John Harrison	Ellesmere Port RC	10:48.29

**T68 Under 17 Women 200m Semi-Finals****Semi-Final 01**

1	411	Neave McGhee	Liverpool Harriers & AC	25.12
2	357	Melissa Coxon	Rotherham Harriers and AC	25.75
3	408	Heather MacDonald	Blyth Running Club	26.19
4	439	Charlotte Richardson	Durham City Harriers & AC	26.23
5	415	Bronwyn Mooney	Of Sheffield And Dearne Ac	27.38

**Semi-Final 02**

1	471	Acacia Williams - He	Cheshire Harriers Sheffield	25.57
2	420	Holly Murray	Stockport Harriers & AC	25.90
3	356	Megan Costello	Gateshead Harriers & AC	26.30
4	333	Eniola Ajagbe	llamshire Harriers Sheffield	27.09
5	447	Olivia Roe	Wakefield District H & Ac	27.31
6	387	Matilda Grierson	Gateshead Harriers & AC	27.54

**Semi-Final 03**

1	424	Osarumen Odemweng	Sale Harriers Manchester	25.91
2	431	Abigail Pawlett	Stockport Harriers & AC	25.97
3	378	Lucy Giles	Gateshead Harriers & Ac	26.69
4	421	Jessica Nelson	Sale Harriers Manchester	27.52
5	472	Ella Wilson	Sale Harriers Manchester	27.63

**T69 Under 20 Women 200m Semi-Finals****Semi-Final 01**

1	584	Georgina Adam	In Wellington Athletic Club	24.77
2	610	Natasha Harrison	Stockport Harriers & Ac	25.24
3	619	Ashleigh Lachenicht	Northern (isle Of Man) Ac	26.05
4	644	Rukayatu Shonibare	Sale Harriers Manchester	26.36
5	633	Stella Rene Perrett	th Shields Polytechnic Club	26.38

**Semi-Final 02**

1	594	Ellie Booker	Rotherham Harriers And Ac	25.05
2	618	Olivia Kimbowa	Bolton United Harriers & AC	25.90
3	657	Sarah Zintchem	Rotherham Harriers and AC	26.09
4	599	Nicola Caygill	Jarrow & Hebburn AC	26.66

**T71 Under 17 Men 200m Semi-Finals****Semi-Final 01**

1	297	Henry Nwoke	Liverpool Harriers & AC	22.74
2	253	William Edmonds	Rotherham Harriers and AC	23.36
3	242	David Chapman	Of Sheffield And Dearne Ac	23.64
4	291	Lei-Vann McGillvary-Alle	Longwood Harriers AC	23.72
5	318	Benjamin Wallace	Wirral AC	23.74

**Semi-Final 02**

1	292	Josh McKeown	Gateshead Harriers & Ac	22.77
2	231	Zac Blackwell	Wigan & District H & AC	23.16
3	240	William Calvert	gh Athletic Club (Mandale)	23.59
4	282	Daniel Lennie	Gateshead Harriers & AC	23.60
5	260	Tyrese Frederick-Jones	Bolton United Harriers & AC	23.82

**Semi-Final 03**

1	327	Thomas Wood	Wakefield District H & Ac	23.04
2	228	Ben Basten	Crewe And Nantwich Ac	23.07
3	317	Joel Vernon	llamshire Harriers Sheffield	23.19
4	232	Oliver Bolland	Of Sheffield And Dearne Ac	23.64
5	274	Matthew Hughes	Ol Pembroke & Sefton H AC	24.55

**T72 Under 20 Men 200m Semi-Finals****Semi-Final 01**

1	563	Leon Stubbs	Preston Harriers	22.67
2	506	Sam Gorman	Blaydon Harriers & AC	23.49
3	494	Harvey Darroch	Wirral AC	23.63
4	547	Sam Picton	Rotherham Harriers and AC	23.97

**Semi-Final 02**

1	536	Sagesse Nguie	Trafford Athletic Club	22.60
2	665	John Trotman	East Cheshire Harriers	23.03
3	554	Joshua Sampson	Kingston upon Hull AC	23.48
4	528	Ben Manton	Stockport Harriers & AC	24.16
5	485	Elliott Callow	1 Athletic Club (Isle of Man)	24.30

**T74 Under 17 Women 800m FINAL****FINAL**

1	401	Laure Kidikula	Sale Harriers Manchester	2:17.98
2	341	Ruby Bell	Sale Harriers Manchester	2:18.36
3	469	Shen Wigfield-Turn	llamshire Harriers Sheffield	2:19.38
4	395	Esther Hulley	Stockport Harriers & AC	2:23.67
5	464	Zara Tyas	Holmfirth Harriers AC	2:24.61
6	355	Valentina Costa	Derby Athletic Club	2:25.33

**T75 Under 20 Women 800m FINAL****FINAL**

1	631	Stephanie Moss	Sale Harriers Manchester	2:12.65
2	645	Emily Simpson	Of Sheffield And Dearne Ac	2:13.43
3	600	Phoebe Coates	Northern (Isle of Man) AC	2:23.56
4	605	Sarah Elsdon	Wigan & District H & AC	2:28.45

**T76 Senior Women 800m FINAL****FINAL**

1	183	Tamsin McGraw	And Erewash Athletic Club	2:10.46
2	225	Georgia Yearby	Leeds City Athletic Club	2:11.43
3	164	Rochelle Harrison	In Wellington Athletic Club	2:14.04
4	212	Rachael Scott	Wigan & District H & AC	2:19.77
5	180	Sarah Longshaw	Rossendale Harriers & AC	2:34.04

**T77 Under 17 Men 800m FINAL****FINAL**

W/S: CBP

1	263	Gabriel Gisborne	llamshire Harriers Sheffield	1:57.83
2	230	Liam Blackwell	Preston Harriers	2:00.14
3	229	Jotham Benibeni	Sale Harriers Manchester	2:06.00
4	247	Henry Cullen	Doncaster Athletic Club	2:06.31
5	236	Liam Brittle	Darlington H & Ac	2:08.43
6	311	Oliver Telfer	Alnwick Harriers	2:11.18
7	299	Ieuan Owen	Athletic Club (Isle of Man)	2:12.21
8	256	Timothy Egdell	llamshire Harriers Sheffield	2:25.64

**T78 Under 20 Men 800m FINAL****FINAL**

1	583	Rocco Zaman-Brown	Manchester Harriers & AC	2:01.40
2	530	Ben Lee	Vale Royal AC	2:01.65
3	664	Luke Chesters	Sale Harriers Manchester	2:02.87
4	541	Rhys Owen	Athletic Club (Isle of Man)	2:02.99
5	525	Ben McLaughlin	Wigan & District H & AC	2:06.25

**T79 Senior Men 800m FINAL****FINAL**

1	75	Markhim Lonsdale	Crook & Dist Sports AC	1:54.74
2	44	James Gormley	Of Sheffield And Dearne Ac	1:55.30
3	127	Dominic Walton	Rossendale Harriers & Ac	1:55.69
4	661	Ahmed Farah	Of Sheffield And Dearne Ac	1:55.92
5	30	Oliver Dane	of Sheffield and Dearne AC	1:56.02
6	90	Daniel Neal	Preston Harriers	1:59.50

**T80 Under 17 Women 200m FINAL****FINAL**

1	471	Acacia Williams - Harriers	llamshire Harriers Sheffield	25.12
2	411	Neave McGhee	Liverpool Harriers & AC	25.20
3	357	Melissa Coxon	Rotherham Harriers and AC	25.86
4	424	Osarumen Odemwense	Sale Harriers Manchester	25.92
5	420	Holly Murray	Stockport Harriers & AC	25.98
6	431	Abigail Pawlett	Stockport Harriers & AC	26.49

**T81 Under 20 Women 200m FINAL****FINAL**

1	584	Georgina Adam	In Wellington Athletic Club	24.43
2	594	Ellie Booker	Rotherham Harriers And Ac	24.64
3	610	Natasha Harrison	Stockport Harriers & Ac	25.29
4	618	Olivia Kimbowa	olton United Harriers & AC	25.99
5	657	Sarah Zintchem	Rotherham Harriers and AC	26.08
6	619	Ashleigh Lachenicht	Northern (isle Of Man) Ac	26.28

**T82 Senior Women 200m FINAL****FINAL**

1	672	Alicia Barrett	Chesterfield & District Ac	24.35
2	166	Amy Hodgson	Rotherham Harriers and AC	24.75
3	203	Sophie Riley	Wigan & District H & AC	25.36
4	138	Abigail Bishell	Of Sheffield And Dearne Ac	25.41
5	213	Amanda Shaw	Wakefield District H & AC	25.66
6	220	Rebecca Walkden	Wigan & District H & AC	26.06

**T83 Under 17 Men 200m FINAL****FINAL**

1	297	Henry Nwoke	Liverpool Harriers & AC	22.09
2	327	Thomas Wood	Wakefield District H & Ac	22.27
3	292	Josh McKeown	Gateshead Harriers & Ac	22.75
4	228	Ben Basten	Crewe And Nantwich Ac	23.21
5	231	Zac Blackwell	Wigan & District H & AC	23.34
6	317	Joel Vernon	llamshire Harriers Sheffield	23.94

**T84 Under 20 Men 200m FINAL****FINAL**

1	536	Sagesse Nguie	Trafford Athletic Club	21.88
2	563	Leon Stubbs	Preston Harriers	22.33
3	665	John Trotman	East Cheshire Harriers	22.94
4	554	Joshua Sampson	Kingston upon Hull AC	23.51
5	506	Sam Gorman	Blaydon Harriers & AC	23.60
6	494	Harvey Darroch	Wirral AC	25.36

**T85 Senior Men 200m FINAL****FINAL**

1	663	Connor Wood	Sale Harriers Manchester	21.73
2	125	Adam Walker-Khan	of Sheffield and Dearne AC	21.82
3	68	Dominic Lamb	Spenborough & Dist AC	22.38
4	21	Charles Burke	Manchester Harriers & AC	22.57
5	78	Jerome McIntosh	Of Sheffield And Dearne Ac	23.24
6	65	Rhys Jones	letics & Cross Country Club	23.73