



## 100m Men

## Heats

1150 Sat 4 May

Winners and 19 fastest losers to 4 Semi Finals

**NB THERE WILL NOW BE 5 SEMI FINALS**

### Heat 1

**Wind speed: +1.0**

1	107 Omololu Abiodun	Barking and Dagenham	11.00	Q
2	196 Isaiah Adekanmbi	Oxford	11.20	q
3	137 Subomi Onanuga	Chichester	11.30	
4	193 Jon Baxter	Nottingham	11.40	
5	138 Gabriel Gennuso	Coventry	11.40	
6	155 Zac Cannon	Exeter	11.60	
7	111 Julian Cole	Bedfordshire (Bedford)	11.60	
8	874 David Whittle	Huddersfield	12.40	

\*\* CHECK ORDER \*\*

### Heat 2

**Wind speed: +1.9**

1	182 Oliver Back	Loughborough	11.00	Q
2	219 Dean Adams	Ulster	11.00	q
3	174 Thomas Appleyard	Liverpool	11.30	
4	114 Ashley Watson	Bedfordshire (Luton)	11.40	
5	105 Lewis Albutt	Bangor	11.70	
6	154 Adam Lyons	Exeter	11.80	
7	136 Chuka Okoye-Ahaneku	Chichester	12.10	
8	158 Peter Richmond	Gloucestershire	12.20	

\*\* CHECK ORDER \*\*

### Heat 3

**Wind speed: NR**

1	168 James Williams	Leeds	10.60	Q
2	115 Ransford Anthony	Bedfordshire (Luton)	11.00	q
3	208 John Coyle	Southampton Solent	11.10	q
4	125 Ed Bentsi-Enchill	Cambridge	11.60	
5	171 David Pescod	Leicester	12.00	
6	113 Rolando Thomas	Bedfordshire (Bedford)	12.10	
7	222 Michael Blyth	Winchester	12.40	
8	198 Kieran Harvey	Plymouth St Mark & St John	12.40	

\*\* CHECK ORDER \*\*

### Heat 4

**Wind speed: NR**

1	937 Umar Hameed	Leeds	11.00	Q
2	209 Kwame Fordwor	Southampton Solent	11.10	q
3	470 Harry Ashman	Birmingham	11.30	
4	128 Christopher Meakin	Canterbury Christ Church	12.20	
5	135 Jordan Gatehouse	Chester (Chester)	13.60	
6	106 Ryan Thompson	Bangor	DNS	
7	201 Jonny Brown	Reading	DNS	
8	164 Diego Cantoni	Kent	DNS	

\*\* CHECK ORDER \*\*

### Heat 5

**Wind speed: +1.5**

1	101 Stephen Dunlop	Aberdeen	10.80	Q
2	223 Donovan James	Wolverhampton	11.00	q
3	213 Nathan Steele	Surrey	11.20	HECK31

4	170 Ryan Farrington	Leeds Metropolitan	11.30
5	118 Lasse Tietje	Bournemouth	11.60
6	1119 Adam Pyne	Manchester	11.70
7	160 Gideon Okoh	Hull	11.80
8	104 James Phillips	Aberystwyth	DNS

#### Heat 6

**Wind speed: NR**

1	190 William De Torvey-Ballou	Middlesex	10.90	Q
2	225 Santino Dummett	Wolverhampton	11.10	q
3	207 Malcolm Gledhill	Southampton	11.10	q
4	185 Dapo Olaleye	Manchester	11.70	
5	156 Sam Freck	Glasgow	11.70	
6	1380 Simon Green	Sheffield	12.20	
7	175 Jake Hill	Liverpool John Moores	DNS	
8	103 Alex Martin	Aberystwyth	DNS	

**\*\* CHECK ORDER \*\***

#### Heat 7

**Wind speed: +1.4**

1	131 Dewi Hammond	Cardiff Metropolitan	10.70	Q
2	146 Dele Onifade	East London	10.90	q
3	151 Oliver Lawson	Edinburgh Napier	11.10	q
4	217 Emanuel Ogunfojuri	Swansea	11.50	
5	199 Jordan Burton	Portsmouth	11.70	
6	195 Scott Eburne	Nottingham Trent	11.80	
7	215 Tom Woodall	Sussex	11.90	
8	165 Matthew Sadoh	Kent	DNS	

#### Heat 8

**Wind speed: NR**

1	188 Samuel Owesa	Middlesex	10.70	Q
2	110 Scott Bajere	Bath	10.70	q
3	218 Yannick Phippen	UC Birmingham	10.80	q
4	129 Makoye Kampengele	Cardiff	11.40	
5	179 George Huxley	London South Bank	11.40	
6	216 Ali Kokaz	Swansea	12.10	
7	232 Harry MuCulloch	Brighton	12.60	
8	178 Michael Obiri-Darko	LSE	DNS	

**\*\* CHECK ORDER \*\***

#### Heat 9

**Wind speed: NR**

1	102 Tom Holligan	Aberdeen	10.80	Q
2	177 Hallam Dixon	LSE	11.20	HECK32
3	153 Joseph Chimkah	Essex	11.20	HECK33
4	161 Kishan Ragunathan	Hull	11.20	HECK34
5	194 Pierre Walker	Nottingham	11.40	
6	212 Andrew Carroll	Stirling	11.60	
7	163 Yuan Wang-Koh	Imperial College London	11.70	
8	226 Peter Watling	Worcester	DNS	

**\*\* CHECK ORDER \*\***

#### Heat 10

**Wind speed: NR**

1	126 Tom Neil	Cambridge	11.00	Q
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2	108 Owen Styler	Bath	11.10	q
3	123 Gift McLaren	Brunel	11.20	
4	197 James Dargan	Oxford	11.30	
5	204 Andrew Wilkinson	Sheffield Hallam	11.70	
6	157 Liam Sandford	Gloucestershire	11.90	
7	186 Joseph Atkins	Manchester Metropolitan	DNS	
8	176 Emmanuel Stephens	London Metropolitan	DNS	

**\*\* CHECK ORDER \*\***

#### Heat 11

**Wind speed: NR**

1	121 Andre Wright	Brunel	10.70	Q
2	147 Jordan Riviere	Edge Hill	11.00	q
3	149 James Wade	Edinburgh	11.50	
4	512 Michael London	Brighton	11.80	
5	191 Edwin Eshun	Newcastle	11.90	
6	143 Dwayne Rapley	East Anglia	11.90	
7	220 Jamie Lukins	Warwick	11.90	
8	166 Afamefuna Obi-Adewole	Kingston	DNS	

**\*\* CHECK ORDER \*\***

#### Heat 12

**Wind speed: +8.1**

1	152 Adeseye Ogunlewe	Essex	10.70	Q
2	202 Anu Iyanda	Sheffield	11.00	q
3	130 Chris Hill	Cardiff Metropolitan	11.00	q
4	1101 Ollie Knight	Loughborough	11.20	
5	192 Matthew Houldsworth	Newcastle	11.30	
6	134 Aaron Adom	Chester (Chester)	11.30	
7	210 Elijah Vidal	St Mary's College	11.40	
8	142 Adam Vaughan	East Anglia	11.60	

**\*\* CHECK ORDER \*\***

#### Heat 13

**Wind speed: +2.5**

1	189 Treymayne Gilling	Middlesex	10.60	Q
2	1076 Daniel Obeng	Loughborough	11.00	q
3	139 Lemarl Freckleton	Coventry	11.20	
4	221 Pete Wild	Warwick	11.30	
5	205 Nathan Wright	Sheffield Hallam	11.40	
6	172 Lee Rollinson	Lincoln	11.70	
7	200 Ben Amey	Reading	11.90	
8	227 Scott Burton	York	12.70	



### 100m Men

### Semi Finals

0930 Sun 5 May

#### Winners and 3 fastest losers to Final

#### Heat 1

**Wind speed: +1.4**

1	168 James Williams	Leeds	10.69	Q
2	107 Omololu Abiodun	Barking and Dagenham	10.98	
3	207 Malcolm Gledhill	Southampton	11.10	
4	182 Oliver Back	Loughborough	11.12	
5	209 Kwame Fordwor	Southampton Solent	11.14	

6	1076 Daniel Obeng	Loughborough	11.14
7	130 Chris Hill	Cardiff Metropolitan	DQ
8	Lane Vacant		

### Heat 2

Wind speed: +1.7

1	190 William De Torvey-Ballou	Middlesex	10.70	Q
2	937 Umar Hameed	Leeds	10.93	
3	147 Jordan Riviere	Edge Hill	11.03	
4	189 Treywayne Gilling	Middlesex	11.11	
5	208 John Coyle	Southampton Solent	11.19	
6	151 Oliver Lawson	Edinburgh Napier	11.30	
7	213 Nathan Steele	Surrey	11.40	
8	Lane Vacant			

### Heat 3

Wind speed: +1.5

1	131 Dewi Hammond	Cardiff Metropolitan	10.82	Q
2	102 Tom Holligan	Aberdeen	10.87	
3	223 Donovan James	Wolverhampton	10.95	
4	126 Tom Neil	Cambridge	11.09	
5	202 Anu Iyanda	Sheffield	11.20	
6	108 Owen Styler	Bath	11.31	
7	153 Joseph Chimkah	Essex	11.37	
8	Lane Vacant			

### Heat 4

Wind speed: +1.6

1	188 Samuel Owesa	Middlesex	10.63	Q
2	110 Scott Bajere	Bath	10.68	q
3	101 Stephen Dunlop	Aberdeen	10.77	q
4	218 Yannick Phippen	UC Birmingham	10.84	
5	115 Ransford Anthony	Bedfordshire (Luton)	10.96	
6	225 Santino Dummett	Wolverhampton	11.08	
7	123 Gift McLaren	Brunel	11.39	
8	1101 Ollie Knight	Loughborough	11.45	

### Heat 5

Wind speed: +0.5

1	152 Adeseye Ogunlewe	Essex	10.56
2	121 Andre Wright	Brunel	10.60
3	139 Lemarl Freckleton	Coventry	10.96
4	219 Dean Adams	Ulster	10.98
5	196 Isaiah Adekanmbi	Oxford	11.20
6	161 Kishan Ragunathan	Hull	11.38
7	146 Dele Onifade	East London	DQ
8	177 Hallam Dixon	LSE	DNS



## Outdoor Athletics Championships 2013 - Bedford

100m Men

Final

1400 Sun 5 May

Championship Best Performance:

2009 Oluseyi Smith

Loughborough

10.23

Team

Wind speed: +2.3

Points

1	152 Adeseye Ogunlewe	Essex	10.41	8
2	188 Samuel Owesa	Middlesex	10.52	7
3	121 Andre Wright	Brunel	10.53	6
4	168 James Williams	Leeds	10.58	5
5	110 Scott Bajere	Bath	10.61	4
6	190 William De Torvey-Ballou	Middlesex	10.75	3
7	131 Dewi Hammond	Cardiff Metropolitan	10.76	2
8	101 Stephen Dunlop	Aberdeen	10.80	1



## 0m Men

## Heats

1555 Sun 5 May

runners and 12 fastest losers to 3 Semi Finals

Heat 1		Wind speed: +1.7	
1	864 Deji-Henry Tobais	Hertfordshire	21.28 Q
2	139 Lemarl Freckleton	Coventry	21.98 q
3	535 Alex Bell	Brunel	22.54 q
4	202 Anu Iyanda	Sheffield	22.97
5	129 Makoye Kampengele	Cardiff	23.35
6	1214 Jonathan Davies	Nottingham	23.81
7	873 Charlie Mcmoran	Huddersfield	24.83
8	103 Alex Martin	Aberystwyth	DNS
Heat 2		Wind speed: +0.2	
1	1010 Antonio Infantino	London	22.02 Q
2	208 John Coyle	Southampton Solent	22.44 q
3	1497 Shawn Wright	Stirling	22.97
4	116 Howard Stringer	Birmingham	23.44
5	782 Jesse Roberts	Edge Hill	23.48
6	874 David Whittle	Huddersfield	25.53
7	232 Harry McCulloch	Brighton	26.39
8	226 Peter Watling	Worcester	DNS
Heat 3		Wind speed: +0.7	
1	817 Ian Whittaker	Exeter	22.96 Q
2	151 Oliver Lawson	Edinburgh Napier	23.39
3	224 Mathias Francis	Wolverhampton	23.61
4	894 Liam Kelly	Hull	25.41
5	196 Isaiah Adekanmbi	Oxford	DNS
6	104 James Phillips	Aberystwyth	DNS
7	117 Jamie Phillips	Birmingham	DNS
8	121 Andre Wright	Brunel	DNS
Heat 4		Wind speed: +0.5	
1	926 Ben Ellis	Leeds	22.24 Q
2	101 Stephen Dunlop	Aberdeen	22.33 q
3	223 Donovan James	Wolverhampton	23.01
4	1277 George Gundle	Oxford	23.14
5	1461 Jack Humphries	St Mary's College	23.51
6	1415 Daniel Rebolledo	Southampton	24.06
7	712 Olly Stacey	Chichester	24.90
8	987 Alistair Elliot	Leicester	26.28
Heat 5		Wind speed: -0.2	
1	1150 Judah Simpson	Middlesex	22.07 Q
2	689 Richard Tremblen	Cardiff Metropolitan	22.32 q
3	801 Robert Kilpatrick	Edinburgh	23.26

4	820 James Clayton	Exeter	23.83
5	1169 James O'Donovan	Newcastle	23.96
6	511 Jamie Moore	Brighton	24.84
7	706 Chris Moles	Chester (Chester)	28.19
8	862 Sam Revie	Heriot-Watt	DNS

<b>Heat 6</b>		<b>Wind speed: +0.5</b>	
1	168 James Williams	Leeds	21.75 Q
2	972 Luke Evans	Leeds Metropolitan	22.15 q
3	1121 Jerome Mcintosh	Manchester	23.05
4	205 Nathan Wright	Sheffield Hallam	23.28
5	211 Jordan Duvigneau	St Mary's College	23.36
6	213 Nathan Steele	Surrey	23.81
7	850 Alex Nicholas	Gloucestershire	24.29
8	1380 Simon Green	Sheffield	24.89

<b>Heat 7</b>		<b>Wind speed: +1.4</b>	
1	102 Tom Holligan	Aberdeen	21.94 Q
2	180 Ben Stephenson	Loughborough	22.30 q
3	207 Malcolm Gledhill	Southampton	22.61 q
4	194 Pierre Walker	Nottingham	23.56
5	1120 Brent Wellekens	Manchester	24.10
6	212 Andrew Carroll	Stirling	24.30
7	891 Alexander Blair Woolgar	Hull	24.38
8	857 Laurence Clee	Gloucestershire	24.65

<b>Heat 8</b>		<b>Wind speed: +1.0</b>	
1	218 Yannick Phippen	UC Birmingham	22.19 Q
2	1428 Darrellon Holding	Southampton Solent	22.95
3	1392 Alec Crowter	Sheffield Hallam	23.00
4	1238 Joe Mellor	Nottingham Trent	23.62
5	142 Adam Vaughan	East Anglia	23.98
6	1516 Jake Hollins	Surrey	24.50
7	863 Confidence Lawson	Hertfordshire	DNS
8	Lane Vacant		

<b>Heat 9</b>		<b>Wind speed: +0.0</b>	
1	684 Michael Prentice	Cardiff Metropolitan	22.00 Q
2	1149 Jordan Huggins	Middlesex	22.35 q
3	964 Cynan Evans	Leeds Metropolitan	22.66
4	174 Thomas Appleyard	Liverpool	23.57
5	1335 Colin Teeluck	Reading	25.16
6	728 Ben McGuinness	Derby	25.17
7	1625 Chileab Redwood-Sawyeer	York	26.29
8	Lane Vacant		

<b>Heat 10</b>		<b>Wind speed: +0.9</b>	
1	110 Scott Bajere	Bath	22.32 Q

2	221 Pete Wild	Warwick	22.47	q
3	699 Sam Landsborough	Central Lancashire	22.83	
4	497 Gziel Lima	Bournemouth	22.87	
5	149 James Wade	Edinburgh	23.17	
6	200 Ben Amey	Reading	24.36	
7	425 Ben Riekstins	Bedfordshire (Bedford)	24.54	
8	Lane Vacant			

<b>Heat 11</b>		<b>Wind speed: +1.2</b>		
1	107 Omololu Abiodun	Barking and Dagenham	22.30	Q
2	118 Lasse Tietje	Bournemouth	23.49	
3	1592 Shemuel Redwood-Sawyers	Warwick	24.01	
4	1172 Mark Collier	Newcastle	24.01	
5	215 Tom Woodall	Sussex	24.78	
6	126 Tom Neil	Cambridge	DQ	
7	176 Emmanuel Stephens	London Metropolitan	DNS	
8	Lane Vacant			

<b>Heat 12</b>		<b>Wind speed: +0.0</b>		
1	1064 Anthony Roderique	Loughborough	21.97	Q
2	132 Rhys Knapman	Cardiff Metropolitan	22.11	q
3	236 Ross Elsbj	Cambridge	22.44	q
4	109 Peter Oliver	Bath	22.89	
5	1541 Callum Rea	Swansea	23.84	
6	231 Prince Ayeh	Birmingham City	24.19	
7	753 Thomas Kearns	Durham	24.74	
8	Lane Vacant			



Tom Holligan	Aberdeen	21.76	Q
<b>200m Men</b>	<b>Semi Finals</b>		
	<b>1045 Mon 6 May</b>		
<b>First 2 and 2 fastest losers to Final</b>			

<b>Heat 1</b>		<b>Wind speed: +0.3</b>		
1	168 James Williams	Leeds	21.79	Q
2	110 Scott Bajere	Bath	22.00	Q
3	1064 Anthony Roderique	Loughborough	22.02	q
4	218 Yannick Phippen	UC Birmingham	22.03	
5	101 Stephen Dunlop	Aberdeen	22.18	
6	689 Richard Tremblen	Cardiff Metropolitan	22.20	
7	535 Alex Bell	Brunel	22.68	
8	208 John Coyle	Southampton Solent	DNS	

<b>Heat 2</b>		<b>Wind speed: -0.6</b>		
1	102 Tom Holligan	Aberdeen	21.76	Q
2	107 Omololu Abiodun	Barking and Dagenham	22.13	Q
3	926 Ben Ellis	Leeds	22.33	
4	972 Luke Evans	Leeds Metropolitan	22.36	



5	180 Ben Stephenson	Loughborough	22.39
6	1149 Jordan Huggins	Middlesex	22.56
7	236 Ross Elsby	Cambridge	23.12
8	684 Michael Prentice	Cardiff Metropolitan	DNF

<b>Heat 3</b>		<b>Wind speed: -0.8</b>	
1	864 Deji-Henry Tobais	Hertfordshire	21.84 Q
2	139 Lemarl Freckleton	Coventry	21.97 Q
3	1150 Judah Simpson	Middlesex	22.00 q
4	1010 Antonio Infantino	London	22.38
5	132 Rhys Knapman	Cardiff Metropolitan	22.47
6	221 Pete Wild	Warwick	22.96
7	817 Ian Whittaker	Exeter	23.25
8	207 Malcolm Gledhill	Southampton	DNS



## Outdoor Athletics Championships 2013 - Bedford

### 200m Men

### Final

1325 Mon 6 May

#### Championship Best Performance:

<b>1995 Douglas Walker</b>		<b>Heriot Watt</b>	<b>20.53</b>	<b>Team</b>
		<b>Wind speed: +0.2</b>		<b>Points</b>
1	864 Deji-Henry Tobais	Hertfordshire	21.49	8
2	168 James Williams	Leeds	21.62	7
3	102 Tom Holligan	Aberdeen	21.63	6
4	139 Lemarl Freckleton	Coventry	21.64	5
5	1150 Judah Simpson	Middlesex	21.88	4
6	107 Omololu Abiodun	Barking and Dagenham	22.03	3
7	110 Scott Bajere	Bath	22.13	2
8	1064 Anthony Roderique	Loughborough	DNF	1



## 0m Men

## Heats

1720 Sat 4 May

winners and 14 fastest losers to 3 Semi Finals

### Heat 1

1	776 Lloyd King	East London	49.85	Q
2	1564 John Houston	Ulster	51.49	
3	1401 Mark Robinson	Sheffield Hallam	52.04	
4	1586 Joshua Bagnall	Warwick	52.81	
5	903 Lukas Ryyfel	Imperial College London	53.95	
6	1415 Daniel Rebolledo	Southampton	54.42	
7	694 Adam Cameron	Central Lancashire	56.13	
8	1377 Matt Molloy	Sheffield	56.47	

### Heat 2

1	828 Tyler Johnson	Exeter	50.21	Q
2	491 Tom Gifford	Birmingham	50.57	q
3	612 Reece Dimech	Canterbury Christ Church	51.03	
4	1544 Peter Conway	Swansea	52.75	
5	1168 Jack Corsan	Newcastle	54.61	
6	1625 Chileab Redwood-Sawyeer	York	58.53	
7	711 Kieran Brome	Chichester	62.19	
8	502 Stefan Richards	Bournemouth	DNS	

### Heat 3

1	781 Daniel Higham	Edge Hill	49.39	Q
2	238 Charlie Roe	East Anglia	49.81	q
3	1078 David Eames	Loughborough	50.26	q
4	679 Jon Rendell	Cardiff Metropolitan	51.15	
5	1487 Ben Nelson	Stirling	53.09	
6	1837 Carlo Hill	Durham	54.12	
7	858 Matthew Bartlett	Gloucestershire	55.60	
8	606 Sylvester Juwe	Cambridge	DNS	

### Heat 4

1	1240 Michael Warner	Nottingham Trent	49.74	Q
2	406 Gary Coleman	Bath	50.67	q
3	929 Daniel Green	Leeds	52.35	
4	1593 Stefan Colaco	Warwick	52.57	
5	1477 Samuel Harry	St Mary's College	55.06	
6	104 James Phillips	Aberystwyth	DNS	
7	793 Charlie Stainforth	Edinburgh	DNS	
8	723 Shem Nelson	Coventry	DQ	

### Heat 5

1	1235 Christian Byron	Nottingham Trent	49.67	Q
2	1077 Daniel Putnam	Loughborough	50.05	q
3	1122 Liam Thompson	Manchester	51.40	

4	1146 Eric Nyagezi	Middlesex	52.57
5	979 Ross Davies	Leeds Metropolitan	55.14
6	1378 Matthew Goodman	Sheffield	55.89
7	704 Alex Graham	Chester (Chester)	DNS
8	166 Afamefuna Obi-Adewole	Kingston	DNS

#### Heat 6

1	1566 Adebowale Ademuyewo	UWE	50.50	Q
2	1284 Sam Wareham	Oxford	50.91	
3	1428 Darrellon Holdin	Southampton Solent	51.70	
4	1461 Jack Humphries	St Mary's College	52.20	
5	821 Joe Houston	Exeter	52.24	
6	1516 Jake Hollins	Surrey	53.99	
7	384 Andrew Parsonage	Bangor	58.13	
8	103 Alex Martin	Aberystwyth	DNS	

#### Heat 7

1	1097 Mo Abdullahi	Loughborough	49.13	Q
2	680 Jonathan Hornblow	Cardiff Metropolitan	49.48	q
3	1497 Shawn Wright	Stirling	49.86	q
4	1282 Ralph Eliot	Oxford	50.63	q
5	1854 Bradley Szakals	Leeds Metropolitan	52.43	
6	1155 Omar Hutchinson	Middlesex	53.17	
7	1569 Samuel Kelway	UWE	55.85	
8	1124 Sam Harvey	Manchester	56.19	

#### Heat 8

1	1402 Marko Macuh	Sheffield Hallam	49.97	Q
2	552 Paul Scanlan	Brunel	50.16	q
3	1223 Thomas Ajose	Nottingham	50.30	q
4	845 David Kerr	Glasgow Caledonian	51.49	
5	935 Shane Adams	Leeds	52.06	
6	1194 Paul Miller	Northumbria	52.51	
7	514 Rob Macdonald	Brighton	53.45	
8	872 Carl Blades	Huddersfield	58.38	

#### Heat 9

1	777 Lumar Sylvester	East London	49.40	Q
2	1095 Miquel Castillo Cuesta	Loughborough	50.31	q
3	410 Joshua Eades	Bath	50.55	q
4	1602 Jamie Robinson	Winchester	51.10	
5	1009 Andrew Ajube	London	52.13	
6	1225 Tom Hole	Nottingham	54.50	
7	728 Ben McGuinness	Derby	57.75	
8	870 Anthony Bowyer	Huddersfield	DNS	

#### Heat 10

1	783 Luke Edwards	Edge Hill	49.00	Q
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2	538 Efekemo Okoro	Brunel	49.15	q
3	851 Andrew Smitherman	Gloucestershire	50.44	q
4	901 Gareth Holden	Imperial College London	53.63	
5	1172 Mark Collier	Newcastle	53.80	
6	753 Thomas Kearns	Durham	54.08	
7	477 Joe Gaynor	Birmingham	DNS	
8	Lane Vacant			



## 400m Men

## Semi Finals

1415 Sun 5 May

First 2 and 2 fastest losers to Final

### Heat 1

1	1240 Michael Warner	Nottingham Trent	47.53	Q
2	783 Luke Edwards	Edge Hill	47.72	Q
3	680 Jonathan Hornblow	Cardiff Metropolitan	48.67	q
4	776 Lloyd King	East London	49.00	
5	1223 Thomas Ajose	Nottingham	49.48	
6	238 Charlie Roe	East Anglia	49.95	
7	406 Gary Coleman	Bath	50.07	
8	1095 Miquel Castillo Cuesta	Loughborough	50.29	

### Heat 2

1	538 Efekemo Okoro	Brunel	48.35	Q
2	1235 Christian Byron	Nottingham Trent	48.40	Q
3	1097 Mo Abdullahi	Loughborough	48.91	q
4	1402 Marko Macuh	Sheffield Hallam	49.46	
5	1497 Shawn Wright	Stirling	49.75	
6	1078 David Eames	Loughborough	50.25	
7	851 Andrew Smitherman	Gloucestershire	50.44	
8	1282 Ralph Eliot	Oxford	50.63	

### Heat 3

1	1077 Daniel Putnam	Loughborough	47.47	Q
2	777 Lumar Sylvester	East London	48.52	Q
3	781 Daniel Higham	Edge Hill	49.09	
4	1566 Adebawale Ademuyewo	UWE	49.51	
5	828 Tyler Johnson	Exeter	49.71	
6	491 Tom Gifford	Birmingham	50.65	
7	552 Paul Scanlan	Brunel	50.66	
8	410 Joshua Eades	Bath	50.71	



## Outdoor Athletics Championships 2013 - Bedford

## 400m Men

## Final

1250 Mon 6 May

**Championship Best Performance:**

	<b>2000 Paul McKee</b>	<b>Crewe &amp; Alsager</b>	<b>45.92</b>	<b>Team Points</b>
1	1240 Michael Warner	Nottingham Trent	46.90	8
2	1077 Daniel Putnam	Loughborough	47.52	7
3	1235 Christian Byron	Nottingham Trent	47.53	6
4	783 Luke Edwards	Edge Hill	47.99	5
5	538 Efekemo Okoro	Brunel	48.17	4
6	1097 Mo Abdullahi	Loughborough	48.69	3
7	680 Jonathan Hornblow	Cardiff Metropolitan	48.74	2
8	777 Lumar Sylvester	East London	48.86	1



## 800m Men

## Heats

1505 Sat 4 May

First 2 and 8 fastest losers to 3 Semi Finals

### Heat 1

1	1458 Daniel Cheeseman	St Mary's College	1.56.26	Q
2	1100 Nick Lingley	Loughborough	1.56.31	Q
3	827 Stephen List	Exeter	1.56.72	q
4	638 Elliott Hardee	Cardiff	1.58.80	
5	1518 Oli Carrington	Surrey	2.01.87	
6	989 Thomas Snowden	Leicester	2.09.89	
7	853 George Pilling	Gloucestershire	2.15.58	
8	1529 James Mcatamney	Sussex	2.28.35	
9	1327 Alexander Brecker	Queen Mary London		

### Heat 2

1	1357 Luke Betts	Salford	1.55.83	Q
2	1131 Jamie Webb	Manchester Metropolitan	1.56.65	Q
3	1189 Adam Simms	Northumbria	1.58.70	
4	637 David Moore	Cardiff	1.59.55	
5	1584 Georges Vacharopoulos	Warwick	1.59.60	
6	1239 Matt Nicholson	Nottingham Trent	2.03.20	
7	427 Joe Strange	Bedfordshire (Bedford)	2.09.79	
8	1835 Marcus Fletcher	Durham	2.15.13	
9	373 Sam Risby	Aberystwyth	DNS	

### Heat 3

1	596 Lewis Lloyd	Cambridge	1.55.12	Q
2	1268 Adam Lewandowski	Oxford	1.55.77	Q
3	791 Ben Stevenson	Edinburgh	1.57.51	q
4	727 Paige Haines	De Montfort	2.02.74	
5	824 Paul Middleton	Exeter	2.04.62	
6	1002 Matthew Bond	Liverpool	2.07.01	
7	1603 Josh Cooper	Winchester	2.17.25	
8	554 Richard Larsen	Brunel	DNS	
9	232 Harry McCulloch	Brighton	DNS	

### Heat 4

1	1505 Jack Walker	Strathclyde	1.55.84	Q
2	403 Christopher Youell	Bath	1.55.99	Q
3	1310 Dean Smith	Plymouth	1.58.57	
4	1269 Adam Speake	Oxford	2.01.24	
5	1303 Luke Bailey	Oxford Brookes	2.06.06	
6	384 Andrew Parsonage	Bangor	2.11.77	
7	1555 Phillip Mukomana	Teesside	2.17.80	
8	859 Michael Mason	Gloucestershire	2.28.71	
9	555 Tom O'Dowd	Brunel	DNS	

### Heat 5

1	1107 Samuel Dykes	Loughborough	1.56.55	Q
2	1493 Martyn Paterson	Stirling	1.56.63	Q
3	1391 Adam Newton	Sheffield Hallam	1.56.83	q
4	1463 Jack Williams	St Mary's College	1.57.17	q
5	683 Matthew O'Leary	Cardiff Metropolitan	2.01.67	
6	1379 Paul Tobin	Sheffield	2.01.84	
7	1550 Ali Moss	Teesside	2.04.02	
8	1301 Hugo Dale	Oxford Brookes	2.05.16	
9	705 Alex Waddelove	Chester (Chester)	2.21.50	

### Heat 6

1	973 Mark Fallaize	Leeds Metropolitan	1.58.83	Q
2	429 Massi Dendani	Bedfordshire (Bedford)	1.58.98	Q
3	1210 Billy Ryan	Nottingham	1.59.22	
4	988 Steve Parkes	Leicester	1.59.58	
5	760 Andrew Holliman	East Anglia	2.00.21	
6	514 Rob Macdonald	Brighton	2.01.96	
7	911 Ross Braden	Kent	2.04.77	
8	1339 Nathan Davies	Reading	2.07.43	
9	871 Ben Naylor	Huddersfield	2.10.66	

### Heat 7

1	1806 Dan Gurton	Birmingham	1.55.66	Q
2	1132 Joshua Oguntayo	Manchester Metropolitan	1.56.28	Q
3	1091 Mark Patterson	Loughborough	1.56.57	q
4	960 Chris Woodger	Leeds Metropolitan	1.56.74	q
5	1215 Jonathan Hiorns	Nottingham	1.57.32	q
6	784 Oliver Stringer	Edge Hill	2.00.15	
7	887 Warren Herridge	Huddersfield	2.07.46	
8	1335 Colm Teeluck	Reading	2.13.52	
9	695 Alex Beattie	Central Lancashire	2.17.40	

### Heat 8

1	1102 Paul Goodall	Loughborough	1.57.00	Q
2	1583 David Banwell-Clode	Warwick	1.57.26	Q
3	678 Jonathan Morgan	Cardiff Metropolitan	1.57.48	q
4	366 James Joy	Aberdeen	1.58.22	
5	1152 Mohamed Mohamed	Middlesex	1.59.06	
6	744 Callum Rowett	Durham	1.59.40	
7	1420 John Wright	Southampton	1.59.50	
8	1485 Adam Magowan	Stirling	1.59.85	
9	374 Scott Hudspith	Aberystwyth	DNS	



## 800m Men

## Semi Finals

1125 Sun 5 May

First 2 and 2 fastest losers to Final

### Heat 1

1	596 Lewis Lloyd	Cambridge	1.53.46	Q
2	1493 Martyn Paterson	Stirling	1.54.04	Q
3	403 Christopher Youell	Bath	1.54.07	
4	1107 Samuel Dykes	Loughborough	1.54.66	
5	791 Ben Stevenson	Edinburgh	1.55.45	
6	827 Stephen List	Exeter	1.55.53	
7	1100 Nick Lingley	Loughborough	1.56.75	
8	960 Chris Woodger	Leeds Metropolitan	1.56.75	

### Heat 2

1	1458 Daniel Cheeseman	St Mary's College	1.55.04	Q
2	678 Jonathan Morgan	Cardiff Metropolitan	1.55.33	Q
3	1583 David Banwell-Clode	Warwick	1.55.83	
4	1132 Joshua Oguntayo	Manchester Metropolitan	1.55.96	
5	973 Mark Fallaize	Leeds Metropolitan	1.56.35	
6	1806 Dan Gurton	Birmingham	1.56.74	
7	1391 Adam Newton	Sheffield Hallam	1.58.34	
8	1091 Mark Patterson	Loughborough	DNS	

### Heat 3

1	1102 Paul Goodall	Loughborough	1.52.83	Q
2	1357 Luke Betts	Salford	1.53.11	Q
3	1505 Jack Walker	Strathclyde	1.53.36	q
4	1131 Jamie Webb	Manchester Metropolitan	1.54.06	q
5	1268 Adam Lewandowski	Oxford	1.55.20	
6	1215 Jonathan Hiorns	Nottingham	1.55.97	
7	1463 Jack Williams	St Mary's College	1.57.54	
8	429 Massi Dendani	Bedfordshire (Bedford)	1.58.60	

## Outdoor Athletics Championships 2013 - Bedford



### 800m Men

### Final

1200 Mon 6 May

Championship Best Performance:

2001 Simon Lees

Loughborough

1.47.78

Team  
Points

1	1102 Paul Goodall	Loughborough	1.51.15	8
2	1505 Jack Walker	Strathclyde	1.52.60	7
3	1458 Daniel Cheeseman	St Mary's College	1.53.32	6
4	678 Jonathan Morgan	Cardiff Metropolitan	1.53.71	5
5	596 Lewis Lloyd	Cambridge	1.53.89	4
6	1493 Martyn Paterson	Stirling	1.54.38	3
7	1357 Luke Betts	Salford	1.55.12	2
8	1131 Jamie Webb	Manchester Metropolitan	1.55.55	1





## 1500m Men

## Heats

1040 Sat 4 May

First 5 and 4 fastest losers to 3 Semi Finals

### Heat 1

1	1085	Guy Learmonth	Loughborough	3.58.93	Q
2	377	James Shane	Anglia Ruskin	3.59.06	Q
3	1511	Philip Hurst	Sunderland	4.03.20	Q
4	1274	Andrew Penney	Oxford	4.03.63	Q
5	417	Zachary Randall	Bath	4.06.17	Q
6	1421	Jonathon Roberts	Southampton	4.08.37	q
7	825	Philip Wilson	Exeter	4.08.80	q
8	1924	Michael Wood	St Mary's College	4.11.51	
9	750	Rory Johnson	Durham	4.25.75	
10	1170	Joe Wales	Newcastle	4.32.81	
11	1619	Sebastian Cirillo	Writtle College	4.37.30	
12	1530	Jamie Seddon	Sussex	5.07.28	
13	883	Sam Hudson	Huddersfield	5.43.25	
14	794	Edward Dudgeon	Edinburgh	DNS	
15		Lane Vacant			

### Heat 2

1	974	Matthew Grieve	Leeds Metropolitan	4.06.94	Q
2	1088	Jake Wightman	Loughborough	4.07.43	Q
3	1288	Thomas Frith	Oxford	4.07.60	Q
4	1805	Stuart Ferguson	Birmingham	4.09.06	Q
5	1470	Khalid Al Abaidy	St Mary's College	4.10.53	Q
6	1175	Nathan Reed	Newcastle	4.11.71	
7	1379	Paul Tobin	Sheffield	4.18.59	
8	911	Ross Braden	Kent	4.22.11	
9	885	Simon Bolland	Huddersfield	4.29.25	
10	854	Jack Thompson	Gloucestershire	6.07.91	
11	1568	Andrew Fyfe	UWE	DNS	
12	557	Alex Vicente	Buckinghamshire New	DNS	
13	1313	Mike Wilsmore	Plymouth	DNS	
14	1327	Alexander Brecker	Queen Mary London	DNS	
15		Lane Vacant			

### Heat 3

1	1456	Ben Coldray	St Mary's College	4.02.66	Q
2	545	Matthew Bergin	Brunel	4.02.75	Q
3	691	Tom Phillips	Cardiff Metropolitan	4.02.96	Q
4	1503	Chris Watson	Strathclyde	4.03.56	Q
5	846	Grant Muir	Glasgow Caledonian	4.03.66	Q
6	587	Ed Smith	Cambridge	4.04.14	q
7	1855	Tom Walker	Leeds Metropolitan	4.09.52	q
8	1418	Jack Gregory	Southampton	4.11.90	
9	1216	Jonny Simpkins	Nottingham	4.12.78	

10	645 Owen Haswell	Cardiff	4.14.89
11	1620 Stephen Strange	Writtle College	4.20.62
12	1594 Thomas Newman	Warwick	4.22.93
13	1339 Nathan Davies	Reading	4.30.01
14	705 Alex Waddelove	Chester (Chester)	4.42.70
15	370 Adam Runacres	Aberystwyth	DNS

#### Heat 4

1	465 Alex Cornwell	Birmingham	4.15.80	Q
2	1465 Jason Prickett	St Mary's College	4.16.70	Q
3	543 Leif Chandler	Brunel	4.17.50	Q
4	748 Owen Walpole	Durham	4.17.58	Q
5	696 Andrew Miles	Central Lancashire	4.19.47	Q
6	892 Jonathan Pegg	Hull	4.20.31	
7	1545 Richard Mann	Swansea	4.20.71	
8	764 James Berehowskyj	East Anglia	4.27.23	
9	1213 Jamie White	Nottingham	4.28.83	
10	813 Alex Warna	Exeter	4.32.75	
11	1393 Chris Hedley	Sheffield Hallam	5.40.18	
12	1554 Matthew Jones	Teesside	DNS	
13	374 Scott Hudspith	Aberystwyth	DNS	
14	1144 Dominic Thackeryard	Middlesex	DNS	
15	1357 Luke Betts	Salford	DNS	



### 1500m Men

### Semi Finals

1715 Sun 5 May

First 5 and 2 fastest losers to Final

#### Heat 1

1	377 James Shane	Anglia Ruskin	3.46.99	Q
2	1088 Jake Wightman	Loughborough	3.47.07	Q
3	465 Alex Cornwell	Birmingham	3.47.78	Q
4	545 Matthew Bergin	Brunel	3.51.27	Q
5	748 Owen Walpole	Durham	3.51.57	Q
6	1465 Jason Prickett	St Mary's College	3.52.95	q
7	417 Zachary Randall	Bath	3.54.11	q
8	974 Matthew Grieve	Leeds Metropolitan	3.55.23	
9	1274 Andrew Penney	Oxford	3.57.28	
10	1470 Khalid Al Abaidy	St Mary's College	4.01.59	
11	587 Ed Smith	Cambridge	4.03.39	
12	696 Andrew Miles	Central Lancashire	4.23.22	



#### Heat 2

	Guy Learmonth	Loughborough	3.51.99	Q
	Thomas Frith	Oxford	3.52.58	Q
3	1456 Ben Coldray	St Mary's College	3.52.60	Q
4	691 Tom Phillips	Cardiff Metropolitan	3.54.20	Q
5	1511 Philip Hurst	Sunderland	3.54.56	Q

6	1805 Stuart Ferguson	Birmingham	3.54.91
7	846 Grant Muir	Glasgow Caledonian	3.57.28
8	1503 Chris Watson	Strathclyde	3.57.51
9	543 Leif Chandler	Brunel	4,01.09
10	1421 Jonathon Roberts	Southampton	4.02.46
11	1855 Tom Walker	Leeds Metropolitan	4.03.05
12	825 Philip Wilson	Exeter	4.08.25



## Outdoor Athletics Championships 2013 - Bedford

### 1500m Men

### Final

1445 Mon 6 May

Championship Best Performance:

2001 Gareth Turnbull

Loughborough

3.42.18

Team  
Points

1	377 James Shane	Anglia Ruskin	3.43.29	8
2	1088 Jake Wightman	Loughborough	3.43.74	7
3	1511 Philip Hurst	Sunderland	3.45.29	6
4	1085 Guy Learmonth	Loughborough	3.45.40	5
5	465 Alex Cornwell	Birmingham	3.46.01	4
6	545 Matthew Bergin	Brunel	3.46.51	3
7	1456 Ben Coldray	St Mary's College	3.48.60	2
8	691 Tom Phillips	Cardiff Metropolitan	3.49.71	1
9	1465 Jason Prickett	St Mary's College	3.52.35	
10	1288 Thomas Frith	Oxford	3.53.52	
11	748 Owen Walpole	Durham	3.54.00	
12	417 Zachary Randall	Bath	3.58.02	



## 5000m Men

## Heats

1620 Sat 4 May

First 4 and 4 fastest losers to Final

### Heat 1

1	592	Joe Christopher	Cambridge	14.44.80	Q
2	1466	John McDonnell	St Mary's College	14.45.41	Q
3	1556	Richard Morrell	Teesside	14.45.82	Q
4	484	Niall Fleming	Birmingham	14.46.26	Q
5	1414	Alex Teuten	Southampton	14.47.42	q
6	969	Josh Norman	Leeds Metropolitan	14.49.23	q
7	681	Joshua Griffiths	Cardiff Metropolitan	15.18.15	
8	1878	Tom Traviss-Pollard	Loughborough	15.28.15	
9	1221	Rob Smith	Nottingham	16.18.93	
10	999	Ashley Chambers	Liverpool	16.25.51	
11	1236	Henry Valentine	Nottingham Trent	16.30.90	
12	763	Dennis Cross	East Anglia	16.34.70	
13	1333	Asa Burnett	Reading	16.51.02	
14	1167	Douglas Tickner	Newcastle	17.01.65	
15	910	Paul Bown	Kent	18.14.21	
16	1532	Miles Seavill	Sussex	19.55.66	
17	869	Andy Fleet	Huddersfield	DNS	
18	371	Davey Challenger	Aberystwyth	DNS	
19		Lane Vacant			
20		Lane Vacant			

### Heat 2

1	898	Christopher Bannon	Imperial College London	15.01.79	Q
2	676	James Thie	Cardiff Metropolitan	15.07.13	Q
3	479	Jonny Hay	Birmingham	15.07.56	Q
4	599	Matt Leach	Cambridge	15.09.42	Q
5	1275	Chris McGurk	Oxford	15.09.86	q
6	1911	Toby Loveridge	St Mary's College	15.11.51	q
7	636	Daniel Nash	Cardiff	15.11.94	
8	1087	Henry Pearce	Loughborough	15.40.82	
9	412	Michael Dan	Bath	15.42.25	
10	1001	Joe Toomey	Liverpool	15.47.22	
11	743	Ben Douglas	Durham	15.47.82	
12	823	Oliver Garrod	Exeter	15.51.79	
13	1341	Tom Fricker	Reading	16.30.77	
14	1540	Ben Granville	Swansea	17.28.40	
15	1417	Ewan Maynard	Southampton	17.33.14	
16	1601	Danny Joseph	Winchester	19.54.48	
17	1005	Jai-Vernon Mcguigan	Liverpool John Moores	DNS	
18		Lane Vacant			
19		Lane Vacant			
20		Lane Vacant			

### Heat 3

1	1019 Mohamud Aadan	London South Bank	15.12.68	Q
2	471 Jack Gray	Birmingham	15.15.85	Q
3	1374 Jaimie Roden	Sheffield	15.18.60	Q
4	769 Nick Earl	East Anglia	15.27.51	Q
5	1278 Jacob Wiebel	Oxford	15.38.22	
6	818 Jack Fitsall	Exeter	15.52.40	
7	1585 Jonathan Escalante-Phillips	Warwick	16.06.50	
8	1209 Andy Watt	Nottingham	16.10.69	
9	881 Peter Brookes	Huddersfield	16.50.64	
10	415 Russell Adams	Bath	17.00.63	
11	1851 Kieran Reay	Leeds Metropolitan	17.04.87	
12	1488 Callum Mckenna	Stirling	17.42.34	
13	907 Axel Manzano	Kent	18.18.45	
14	749 Robin Linten	Durham	18.19.56	
15	1350 David Kail	Roehampton	19.01.66	
16	1616 Dominic Coleman	Writtle College	WD	
17	372 Matthew Birkett	Aberystwyth	DNS	
18	Lane Vacant			
19	Lane Vacant			
20	Lane Vacant			



## Outdoor Athletics Championships 2013 - Bedford

### 5000m Men

### Final

0950 Mon 6 May

#### Championship Best Performance:

	1985 Mark Scrutton	London	13.50.80	Team Points
1	479 Jonny Hay	Birmingham	14.45.54	8
2	1466 John McDonnell	St Mary's College	14.46.40	7
3	1556 Richard Morrell	Teesside	14.46.76	6
4	676 James Thie	Cardiff Metropolitan	14.48.86	5
5	484 Niall Fleming	Birmingham	14.49.51	4
6	592 Joe Christopher	Cambridge	14.50.12	3
7	1019 Mohamud Aadan	London South Bank	14.50.88	2
8	969 Josh Norman	Leeds Metropolitan	14.51.65	1
9	1414 Alex Teuten	Southampton	14.53.29	
10	1374 Jaimie Roden	Sheffield	15.03.72	
11	599 Matt Leach	Cambridge	15.04.37	
12	898 Christopher Bannon	Imperial College London	15.07.15	
13	1275 Chris Mcgurk	Oxford	15.07.46	
14	769 Nick Earl	East Anglia	15.59.54	
15	1911 Toby Loveridge	St Mary's College	DNF	
16	471 Jack Gray	Birmingham	DNF	



## Outdoor Athletics Championships 2013 - Bedford

### 10000m Men

### Final (A & B Finals combined)

#### Championship Best Performance:

	1991 Ian Hamer	Heriot Watt	28.30.00		Team
				Final	Points
1	1453 Alex Dunbar	St Mary's College	30.51.53	A	8
2	1105 Ryan Mcleod	Loughborough	31.03.18	A	7
3	1106 Samuel Densham	Loughborough	31.07.18	A	6
4	1000 Ben Russell	Liverpool	31.13.55	A	5
5	1473 Paul Thompson	St Mary's College	31.21.54	A	4
6	686 Oliver Mott	Cardiff Metropolitan	31.27.14	A	3
7	1217 Joshua Bull	Nottingham	31.39.62	A	2
8	799 Michael Crawley	Edinburgh	31.43.81	A	1
9	798 Kyle Mclellan	Edinburgh	31.47.37	A	
10	1459 Daniel Woodgate	St Mary's College	31.57.03	A	
11	1543 Dewi Griffiths	Swansea	31.57.46	A	
12	1080 David Rigby	Loughborough	31.57.61	A	
13	1286 Sean Ledger	Oxford	32.00.18	A	
14	899 Clinton Cahall	Imperial College London	32.01.55	A	
15	681 Joshua Griffiths	Cardiff Metropolitan	32.12.71	A	
16	591 James Chettle	Cambridge	33.24.27	A	
17	367 Sam Burgess	Aberdeen	34.10.73	B	
18	1351 Jonathan Cornish	Roehampton	34.13.54	A	
19	1341 Tom Fricker	Reading	34.28.86	B	
20	385 Callum Rowlinson	Bangor	34.57.92	B	
21	1177 Sparrow Morley	Newcastle	35.00.07	A	
22	829 Will Cullen	Exeter	35.01.71	B	
23	1496 Ross Christie	Stirling	35.04.44	B	
24	1626 William New	York	35.10.32	A	
25	771 Patrick Carter	East Anglia	35.15.75	A	
26	908 Christopher Bull	Kent	35.33.32	B	
27	632 Antonio Cirillo	Cardiff	35.46.45	B	
28	1482 Craig Emmerson	Staffordshire	35.58.17	B	
29	1332 Andrzej Lenartowicz	Reading	36.01.12	B	
30	1012 Daveen Wingrove	London	36.03.78	B	
31	1404 Tom Halloway	Sheffield Hallam	36.19.55	B	
32	1373 Gareth Burrell	Sheffield	36.51.13	B	
33	1419 Jake Bradley	Southampton	36.54.54	B	
34	1604 Mark Stevens	Winchester	36.59.36	B	
35	700 Shaun Barnsley	Central Lancashire	37.31.20	B	
36	1508 Christopher Dunn	Sunderland	38.03.27	B	
37	475 James Hughes	Birmingham	38.08.72	B	
38	365 Euan Webster	Aberdeen	DNF	B	
39	1469 Karl Billington	St Mary's College	DNF	A	
40	1195 Rob De'Giovanni	Northumbria	DNF	A	
41	877 Josh Elderfield	Huddersfield	DNS	B	



**110m Hu Heats**  
**1245 Sun 5 May**  
**Winners and 5 fastest losers to Final**

**Heat 1 Wind speed: +1.8**

1	229 James Glad Bath	13.86	Q
2	250 Edirin Oko Middlesex	14.10	q
3	245 Benedict Ki Loughboro	14.19	q
4	248 Jack Andre Mancheste	14.86	
5	235 Dion Kram Cambridge	15.93	
6	234 Mark Crye Brunel	16.15	
7	253 Richard M Oxford	16.42	
8	231 Prince Ayel Birmingham	17.36	

**Heat 2 Wind speed: -0.7**

1	240 Onajite Ok Hertfordsh	14.36	Q
2	244 Alexander   Loughboro	14.46	q
3	255 Themba Lu UCL	14.70	q
4	236 Ross Elsby Cambridge	15.92	
5	252 Ismaila Ngi Oxford	16.19	
6	232 Harry Mccu Brighton	20.33	
7	258 Sean Mcke Worcester	DNS	
8	256 Andrew Po UWE	DNS	

**Heat 3 Wind speed: +1.3**

1	1079 David Gues Loughboro	13.94	Q
2	228 David King Bath	14.08	q
3	233 Chris Hewit Brunel	16.59	
4	239 Shawn Wei Exeter	18.20	
5	230 Alex Lee Birmingham	DNF	
6	237 Nathan Hig Cardiff Met	DNF	
7	257 Jake Porter Wolverhan	DQ	
8	Lane Vacant		



**Outdoor Athletics Championships 2013 - Bedford**

**110m Hu Final**

**1415 Mon 6 May**

**Championship Best Performance:**

	<b>2012 Andrew Pt West of Er</b>	<b>13.35</b>	Team
			Points
	<b>Wind Speed: -1.5</b>		
1	228 David King Bath	14.32	8
2	245 Benedict Ki Loughboro	14.73	7
3	240 Onajite Ok Hertfordsh	14.81	6
4	244 Alexander   Loughboro	14.83	5
5	1079 David Gues Loughboro	14.95	0
6	255 Themba Lu UCL	15.16	4

7	229 James Glad Bath	DQ	0
8	250 Edirin Oko Middlesex	DQ	0





## 50m Hurdles Men

## Heats

1350 Sat 4 May

Top 6 runners and 19 fastest losers to 3 Semi Finals

### Heat 1

1	1156 Zak Saucedo	Middlesex	54.66	Q
2	1874 Gareth Morris	Loughborough	55.02	q
3	235 Dion Kramer	Cambridge	58.18	q
4	1218 Leo Rice	Nottingham	58.68	q
5	1243 Tom Carter	Nottingham Trent	60.35	q
6	927 Calum Mitchell	Leeds	64.64	
7	Lane Vacant			
8	Lane Vacant			

### Heat 2

1	407 Jack Houghton	Bath	54.58	Q
2	1395 Ed Dawes	Sheffield Hallam	56.72	q
3	1526 Ben Jones	Sussex	57.45	q
4	958 Carl Foulstone	Leeds Metropolitan	60.82	q
5	819 Jack Gavin	Exeter	66.75	
6	1490 David Lindsay	Stirling	69.52	
7	584 Christian Roberts	Cambridge	DNS	
8	Lane Vacant			

### Heat 3

1	1099 Niall Flannery	Loughborough	54.43	Q
2	687 Paul Bennett	Cardiff Metropolitan	55.23	q
3	770 Oliver Palmer	East Anglia	56.94	q
4	1270 Adam McBraid	Oxford	57.16	q
5	1588 Miha Torkar	Warwick	66.40	
6	230 Alex Lee	Birmingham	DNS	
7	831 Richard Chappell	Glamorgan	DNS	
8	Lane Vacant			

### Heat 4

1	673 Chris Wakeford	Cardiff Metropolitan	55.06	Q
2	1165 David Dempsey	Newcastle	55.24	q
3	861 Ewan Dyer	Heriot-Watt	56.14	q
4	1233 Charlie Perry	Nottingham Trent	58.31	q
5	483 Mike Sweeney	Birmingham	58.68	q
6	701 Tom Booth	Central Lancashire	64.78	
7	431 Sam Dowler	Bedfordshire (Bedford)	67.92	
8	Lane Vacant			

### Heat 5

1	1872 Tom Moakes	Loughborough	55.64	Q
2	1147 Isaac Ogunlade	Middlesex	55.94	q
3	902 Jonathan Mann	Imperial College London	57.47	q

4	1276 Craig Morten	Oxford	58.20	q
5	544 Lennox Thompson	Brunel	58.96	q
6	971 Lewis Golledge	Leeds Metropolitan	62.86	q
7	816 Chris Tucker	Exeter	64.68	
8	Lane Vacant			



**400m Hurdles Men**      **Semi Finals**  
**1055 Sun 5 May**  
**First 2 and 2 fastest losers to Final**

**Heat 1**

1	673 Chris Wakeford	Cardiff Metropolitan	53.06	Q
2	861 Ewan Dyer	Heriot-Watt	53.38	Q
3	1156 Zak Saucedo	Middlesex	54.68	
4	902 Jonathan Mann	Imperial College London	54.89	
5	1874 Gareth Morris	Loughborough	57.47	
6	235 Dion Kramer	Cambridge	57.52	
7	544 Lennox Thompson	Brunel	58.12	
8	1243 Tom Carter	Nottingham Trent	60.97	

**Heat 2**

1	1099 Niall Flannery	Loughborough	53.34	Q
2	687 Paul Bennett	Cardiff Metropolitan	53.73	Q
3	770 Oliver Palmer	East Anglia	54.55	q
4	1270 Adam McBraid	Oxford	56.38	
5	1147 Isaac Ogunlade	Middlesex	57.29	
6	1233 Charlie Perry	Nottingham Trent	58.13	
7	1218 Leo Rice	Nottingham	59.93	
8	971 Lewis Golledge	Leeds Metropolitan	60.67	

**Heat 3**

1	407 Jack Houghton *	Bath	53.09	Q
1	1165 David Dempsey *	Newcastle	53.09	Q
3	1872 Tom Moakes	Loughborough	54.28	q
4	483 Mike Sweeney	Birmingham	56.06	
5	1395 Ed Dawes	Sheffield Hallam	56.32	
6	1526 Ben Jones	Sussex	56.54	
7	1276 Craig Morten	Oxford	59.36	
8	958 Carl Foulstone	Leeds Metropolitan	59.67	



**Outdoor Athletics Championships 2013 - Bedford**

**400m Hurdles Men**      **Final**

**0930 Mon 6 May**

**Championship Best Performance:**

<b>2011 Jack Green</b>	<b>Bath</b>	<b>49.55</b>	<b>Team Points</b>
1 1099 Niall Flannery	Loughborough	50.10	8

2	407 Jack Houghton	Bath	51.64	7
3	1165 David Dempsey	Newcastle	51.91	6
4	673 Chris Wakeford	Cardiff Metropolitan	51.98	5
5	687 Paul Bennett	Cardiff Metropolitan	52.04	4
6	861 Ewan Dyer	Heriot-Watt	52.96	3
7	770 Oliver Palmer	East Anglia	53.66	2
8	1872 Tom Moakes	Loughborough	53.68	1



## 3000m S Heats

1555 Sat 4 May

First 5 and 6 fastest losers to Final

### Heat 1 Wind speed:

1	494	William Gr	Birminghar	9.53.78	Q
2	607	Thomas W	Cambridge	9.54.29	Q
3	1302	Josh Entwi	Oxford Bro	9.55.43	Q
4	1291	William M	Oxford	9.55.63	Q
5	413	Nicholas B	Bath	9.56.16	Q
6	547	Nathan Dit	Brunel	10.01.17	q
7	1478	Tom Come	St Mary's C	10.04.73	q
8	386	James Wig	Bangor	10.10.98	q
9	721	Matthew R	Coventry	10.15.30	
10	430	Sam Benn	Bedfordshi	10.28.72	
11	1018	Ali Yahye	London Sou	11.08.31	
12	1490	David Lind	Stirling	11.14.32	
13	373	Sam Risby	Aberystwyi	DNS	

### Heat 2

1	1892	Frank Baile	St Mary's C	9.47.00	Q
2	1632	Nick Hardy	York St Joh	9.50.60	Q
3	1224	Tom Crowl	Nottinghar	9.51.35	Q
4	1427	Christophe	Southampt	9.51.38	Q
5	482	Michael Ch	Birminghar	9.53.36	Q
6	405	Euan Mack	Bath	9.59.08	q
7	1416	David Lewi	Southampt	9.59.14	q
8	603	Pete Town	Cambridge	10.12.66	q
9	934	Seb Gooda	Leeds	10.14.43	
10	1177	Sparrow M	Newcastle	11.01.79	
11	507	Alistair Smi	Brighton	12.19.51	
12	724	Stuart Bair	Coventry	DNF	



## Outdoor Athletics Championships 2013 - Bedford

### 3000m S Final

1145 Mon 6 May

#### Championship Best Performance:

				<b>Team Points</b>	
	<b>2001</b>	<b>Andrew Fr</b>	<b>Manchest</b>	<b>8.45.14</b>	
1	494	William Gr	Birminghar	9.14.39	8
2	1892	Frank Baile	St Mary's (	9.21.79	7
3	1291	William My	Oxford	9.32.11	6
4	1632	Nick Hardy	York St Joh	9.32.81	5
5	607	Thomas W:	Cambridge	9.41.17	4
6	482	Michael Ch	Birminghar	9.42.72	3
7	1302	Josh Entwi:	Oxford Bro	9.44.87	2
8	1224	Tom Crowl	Nottinghar	9.44.92	1
9	413	Nicholas B	Bath	9.48.43	
10	603	Pete Town:	Cambridge	9.49.27	
11	405	Euan Mack	Bath	9.51.83	
12	1478	Tom Come	St Mary's (	9.55.67	
13	1416	David Lewi	Southampt	10.03.68	
14	386	James Wigi	Bangor	10.08.19	
15	547	Nathan Dit	Brunel	10.08.53	
16	1427	Christophe	Southampt	DNF	



**4x100m | Heats**  
**1735 Sun 5 May**  
**Fastest 8 to Final**

**Heat 1**

1	BRU	Brunel	42.72	Q
2	GLO	Gloucester	44.48	
3	CAR	Cardiff	50.13	
4	HUD	Huddersfie	50.56	
5	TEE	Teesside	53.61	
6	OXF	Oxford	DNF	
7	WAR	Warwick	DNF	
8	AXB	Oxford Bro	DQ	

**Heat 2**

1	CDM	Cardiff Mei	42.26	Q
2	BIR	Birminghar	42.87	Q
3	EXE	Exeter	43.89	Q
4	NOT	Nottinghar	44.64	
5	SHE	Sheffield	45.56	
6	HUL	Hull	48.91	
7	SWA	Swansea	DNS	
8		Lane Vacant		

**Heat 3**

1	LEE	Leeds	42.73	Q
2	HAL	Sheffield H	44.56	
3	BED	Bedfordshi	44.99	
4	EDI	Edinburgh	45.15	
5	CHE	Chester (Cl	48.15	
6	MAN	Mancheste	DNF	
7	SUR	Surrey	DQ	
8		Lane Vacant		

**Heat 4**

1	BAT	Bath	41.78	Q
2	LOU	Loughboro	42.51	Q
3	COV	Coventry	43.71	Q
4	UEA	East Anglia	46.02	
5	STI	Stirling	46.48	
6	STM	St Mary's (	DNF	
7	LMC	Leeds Metr	DNS	
8		Lane Vacant		



**Outdoor Athletics Championships 2013 - Bedford**

**4x100m | Final**

1505 Mon 6 May

Championship Best Performance:

	2012	Brunel	40.28	Team Points
1	LOU	Loughboro	41.15	8
2	BAT	Bath	41.18	7
3	CDM	Cardiff Mei	41.43	6
4	BRU	Brunel	42.55	5
5	LEE	Leeds	42.79	4
6	COV	Coventry	42.99	3
7	EXE	Exeter	43.01	2
8	BIR	Birminghar	44.47	1



**4x400m | Heats**  
**1810 Sun 5 May**  
**Fastest 8 to Final**

**Heat 1**

1 BRU	Brunel	3.23.58	Q
2 NOT	Nottingham	3.23.58	Q
3 NTU	Nottingham	3.28.90	
4 LEE	Leeds	3.30.19	
5 SUR	Surrey	3.42.00	
6 CAR	Cardiff	3.44.36	
7 TEE	Teesside	3.56.90	
8 HUD	Huddersfie	DNS	

**\*\* CHECK ORDER \*\***

**Heat 2**

1 OXF	Oxford	3.18.34	Q
2 CDM	Cardiff Met	3.19.61	Q
3 BIR	Birminghar	3.22.52	Q
4 LMC	Leeds Metr	3.32.46	
5 STM	St Mary's (	3.38.50	
6 NEW	Newcastle	3.38.55	
7 GLO	Gloucester	3.43.29	
8 WIN	Winchester	4.01.43	

**Heat 3**

1 LOU	Loughboro	3.16.86	Q
2 BAT	Bath	3.19.28	Q
3 EXE	Exeter	3.20.62	Q
4 HAL	Sheffield H	3.25.13	
5 MAN	Mancheste	3.28.87	
6 DUR	Durham	3.35.64	
7 SHE	Sheffield	3.37.47	
8	Lane Vacant		



**Outdoor Athletics Championships 2013 - Bedford**

**4x400m | Final**

**1525 Mon 6 May**

**Championship Best Performance:**

	<b>1997</b>	<b>Loughbor</b>	<b>3.10.20</b>	<b>Team Points</b>
1 LOU		Loughboro	3.11.14	8
2 CDM		Cardiff Met	3.15.23	7
3 OXF		Oxford	3.15.27	6
4 BAT		Bath	3.15.63	5
5 BRU		Brunel	3.18.74	4
6 EXE		Exeter	3.20.08	3



7 BIR	Birminghar	3.20.82	2
8 NOT	Nottinghar	3.22.69	1



## 100m Women

## Heats

1310 Sat 4 May

Winners and 17 fastest losers to 3 Semi Finals

### Heat 1

Wind speed: +5.2

1	274 Shanice Harrison	Brunel	11.75	Q
2	322 Kitan Eleyae	Queen Mary London	12.12	q
3	284 Amelia Kellyman	Derby	12.40	q
4	276 Rachel Hanagan	Canterbury Christ Church	12.44	q
5	328 Yolanda Ray	Sussex	12.86	q
6	318 Connie Thurlow	Oxford	13.01	
7	294 Jodi Heyes	Edinburgh	13.58	
8	266 Fiona Asare	Bedfordshire (Bedford)	DNS	

### Heat 2

Wind speed: +2.0

1	273 Leah Moore	Brunel	12.02	Q
2	295 Stacey Downie	Edinburgh	12.23	q
3	310 Joanne Whiteway	Loughborough	12.74	q
4	306 Amelia Wood	Lincoln	13.50	
5	269 Lizzy Gourlay	Bournemouth	13.63	
6	300 Rebecca Louise Saxby	Hull	14.10	
7	292 Heather Drillingcourt	Edge Hill	14.24	
8	282 Irene Baudu	Coventry	DNS	

### Heat 3

Wind speed: +4.0

1	301 Grace Sheppard	Kent	11.98	Q
2	1061 Twinelle Hopeson	Loughborough	12.14	q
3	290 Sophie East	East Anglia	12.72	q
4	297 Laurence Thill	Exeter	12.80	q
5	314 Martha Achimugu	Newcastle	13.06	
6	265 Charlotte Bowling	Bedfordshire (Bedford)	13.08	
7	327 Katie Hogg	Sussex	13.30	
8	275 Fran Thompson	Cambridge	13.41	

### Heat 4

Wind speed: +1.9

1	277 Hannah Thomas	Cardiff	12.17	Q
2	293 Katy Wyper	Edge Hill	12.26	q
3	939 Abigail Swan	Leeds Metropolitan	13.06	
4	283 Laura Eleftheria Labrou	Coventry	13.23	
5	315 Wirginia Bada	Newcastle	13.36	
6	270 Natasha Bennett	Bournemouth	13.80	
7	324 Aleasha Kiddle	St Mary's College	DNS	
8	332 Sam Mills	Worcester	DNS	

### Heat 5

Wind speed: +2.5

1	331 Melisa Hanson	Wolverhampton	12.05	Q
2	305 Shauna Lawton	Leeds Metropolitan	12.34	q
3	323 Elise Lovell	Sheffield Hallam	12.92	q

4	326 Janelle Mcgurk	Stirling	13.48
5	312 Miriam Walker-Khan	Manchester	13.48
6	298 Ellie Gadsby	Gloucestershire	13.92
7	330 Chloe Boomer	Ulster	DNS
8	Lane Vacant		

<b>Heat 6</b>		<b>Wind speed: +0.6</b>	
1	278 Mica Moore	Cardiff Metropolitan	12.04 Q
2	302 Laura Haslam	Leeds	12.51 q
3	325 Katy Barber	St Mary's College	12.67 q
4	445 Jo Bottell	Birmingham	13.30
5	319 Elise Nunn	Oxford	DNS
6	299 Samantha Griffiths	Gloucestershire	DNS
7	264 Britta Ismer	Bangor	DNS
8	Lane Vacant		

<b>Heat 7</b>		<b>Wind speed: +1.4</b>	
1	262 Marilyn Nwawulor	Middlesex	11.91 Q
2	268 Rebecca Williams	Birmingham	12.23 q
3	291 Kimbely Baptiste	East London	12.27 q
4	923 Sophie Money	Leeds	12.68 q
5	340 Rosie Kingston	Cardiff Metropolitan	12.92
6	286 Isabel Hainsworth	Durham	12.93
7	296 Becca Jones	Exeter	13.20
8	Lane Vacant		



## 100m Women

## Semi Finals

0955 Sun 5 May

First 2 and 2 fastest losers to Final

<b>Heat 1</b>		<b>Wind speed: +0.0</b>	
1	262 Marilyn Nwawulor	Middlesex	12.04 Q
2	278 Mica Moore	Cardiff Metropolitan	12.18 Q
3	268 Rebecca Williams	Birmingham	12.34
4	322 Kitan Eleyae	Queen Mary London	12.46
5	302 Laura Haslam	Leeds	12.48
6	305 Shauna Lawton	Leeds Metropolitan	12.70
7	310 Joanne Whiteway	Loughborough	13.04
8	328 Yolanda Ray	Sussex	13.33

<b>Heat 2</b>		<b>Wind speed: +2.7</b>	
1	274 Shanice Harrison	Brunel	11.94 Q
2	331 Melisa Hanson	Wolverhampton	12.09 Q
3	277 Hannah Thomas	Cardiff	12.14 q
4	293 Katy Wyper	Edge Hill	12.24
5	291 Kimbely Baptiste	East London	12.31
6	923 Sophie Money	Leeds	12.67
7	325 Katy Barber	St Mary's College	12.73

8 323 Elise Lovell Sheffield Hallam 13.09

**Heat 3**

**Wind speed: +2.9**

1	1061 Twinelle Hopeson	Loughborough	12.01	Q
2	273 Leah Moore	Brunel	12.02	Q
3	301 Grace Sheppard	Kent	12.02	q
4	295 Stacey Downie	Edinburgh	12.20	
5	284 Amelia Kellyman	Derby	12.54	
6	276 Rachel Hanagan	Canterbury Christ Church	12.64	
7	290 Sophie East	East Anglia	12.90	
8	297 Laurence Thill	Exeter		

**\*\* CHECK ORDER \*\***



**Outdoor Athletics Championships 2013 - Bedford**

**100m Women**

**Final**

**1405 Sun 5 May**

**Championship Best Performance:**

**2001 Abi Oyepitan**

**Brunel**

**11.48**

**Team**

**Wind speed: +1.4**

**Points**

1	262 Marilyn Nwawulor	Middlesex	11.97	8
2	274 Shanice Harrison	Brunel	12.00	7
3	278 Mica Moore	Cardiff Metropolitan	12.01	6
4	331 Melisa Hanson	Wolverhampton	12.18	5
5	273 Leah Moore	Brunel	12.24	4
6	277 Hannah Thomas	Cardiff	12.29	3
7	301 Grace Sheppard	Kent	12.30	2
8	1061 Twinelle Hopeson	Loughborough	DNF	0



## 200m Women

## Heats

1515 Sun 5 May

Winners and 17 fastest losers to 3 Semi Finals

Heat 1		Wind speed: +0.4	
1	1032 Emily Diamond	Loughborough	24.00 Q
2	301 Grace Sheppard	Kent	26.11 q
3	1382 Hannah Stevenson	Sheffield Hallam	26.76
4	296 Becca Jones	Exeter	27.23
5	286 Isabel Hainsworth	Durham	27.52
6	780 Natasha Butler	Edge Hill	29.14
7	1600 Vicki Wright	Winchester	30.05
8	1611 Ann Ika-Oqua	Worcester	DNS
Heat 2		Wind speed: +2.2	
1	274 Shanice Harrison	Brunel	24.42 Q
2	352 Jess Taylor	Sheffield Hallam	24.64 q
3	343 Claire Taylor	Edinburgh	25.28 q
4	393 Emily De Beaux	Bath	26.28 q
5	297 Laurence Thill	Exeter	26.76
6	1133 Danielle Norville	Middlesex	27.07
7	287 Cerys Currie	East Anglia	28.43
8	300 Rebecca Louise Saxby	Hull	30.42
Heat 3		Wind speed: +1.6	
1	309 Amy Allcock	Loughborough	24.68 Q
2	295 Stacey Downie	Edinburgh	24.96 q
3	278 Mica Moore	Cardiff Metropolitan	25.01 q
4	802 Lauren Longhurst	Essex	27.15
5	1247 Eleanor Gatehouse	Oxford	27.78
6	265 Charlotte Bowling	Bedfordshire (Bedford)	27.80
7	1136 Jade Shortland	Middlesex	28.47
8	432 Melissa Owusu-Ansah	Bedfordshire (Luton)	DNS
Heat 4		Wind speed: +1.7	
1	396 Joanna White	Bath	24.44 Q
2	331 Melisa Hanson	Wolverhampton	25.06 q
3	1023 Beth Dobbin	Loughborough	25.27 q
4	952 Rebecca Watts	Leeds Metropolitan	27.02
5	923 Sophie Money	Leeds	27.06
6	326 Janelle Mcgurk	Stirling	28.52
7	269 Lizzy Gourlay	Bournemouth	29.21
8	298 Ellie Gadsby	Gloucestershire	30.27
Heat 5		Wind speed: -1.3	
1	1231 Sarah Adams	Nottingham Trent	24.74 Q
2	304 Kadenna Cox	Leeds Metropolitan	25.22 q
3	293 Katy Wyper	Edge Hill	25.61 q

4	1606 Nardhia Kidd-Walker	Wolverhampton	25.74	q
5	360 Demi Ademuyewo	Aberdeen	26.09	q
6	1437 Chelsea Shurland	St Mary's College	26.83	
7	1598 Kim Smith	Winchester	29.07	
8	Lane Vacant			

### Heat 6

Wind speed: +1.9

1	268 Rebecca Williams	Birmingham	24.78	Q
2	527 Maral Feizbakhsh	Brunel	24.96	q
3	291 Kimbely Baptiste	East London	25.50	q
4	420 Jodie Leslie	Bedfordshire (Bedford)	25.96	q
5	610 Charlotte Daniel	Canterbury Christ Church	28.59	
6	1180 Beth Towers	Northumbria	DNF	
7	1613 Helena Maden	Worcester	DNS	
8	Lane Vacant			

### Heat 7

Wind speed: +0.7

1	277 Hannah Thomas	Cardiff	25.38	Q
2	308 Lucy Mansfield	Liverpool	25.53	q
3	302 Laura Haslam	Leeds	25.77	q
4	1933 Laura Bass	Birmingham	26.43	
5	290 Sophie East	East Anglia	27.37	
6	270 Natasha Bennett	Bournemouth	DNF	
7	330 Chloe Boomer	Ulster	DNS	
8	Lane Vacant			



## 200m Women

### Semi Finals

1110 Mon 6 May

First 2 and 2 fastest losers to Final

### Heat 1

Wind speed: +0.5

1	274 Shanice Harrison	Brunel	24.55	Q
2	304 Kadenna Cox	Leeds Metropolitan	24.79	Q
3	352 Jess Taylor	Sheffield Hallam	24.81	
4	1231 Sarah Adams	Nottingham Trent	24.82	
5	1023 Beth Dobbin	Loughborough	25.12	
6	293 Katy Wyper	Edge Hill	25.49	
7	308 Lucy Mansfield	Liverpool	25.52	
8	302 Laura Haslam	Leeds	26.15	

### Heat 2

Wind speed: +0.3

1	396 Joanna White	Bath	24.11	Q
2	309 Amy Allcock	Loughborough	24.47	Q
3	295 Stacey Downie	Edinburgh	24.54	q
4	527 Maral Feizbakhsh	Brunel	24.67	q
5	278 Mica Moore	Cardiff Metropolitan	24.88	
6	291 Kimbely Baptiste	East London	25.43	
7	1606 Nardhia Kidd-Walker	Wolverhampton	25.80	

8	360 Demi Ademuyewo	Aberdeen	25.93
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**Heat 3**

**Wind speed: -1.7**

1	1032 Emily Diamond	Loughborough	24.05	Q
2	331 Melisa Hanson	Wolverhampton	24.93	Q
3	268 Rebecca Williams	Birmingham	25.26	
4	277 Hannah Thomas	Cardiff	25.56	
5	343 Claire Taylor	Edinburgh	25.76	
6	301 Grace Sheppard	Kent	25.83	
7	420 Jodie Leslie	Bedfordshire (Bedford)	26.46	
8	393 Emily De Beaux	Bath	DNS	



**Outdoor Athletics Championships 2013 - Bedford**

**200m Women**

**Final**

**1335 Mon 6 May**

**Championship Best Performance:**

**2007 Kadi-Ann Thomas**

**Brunel**

**23.41**

**Team**

**Wind speed: -0.8**

**Points**

1	1032 Emily Diamond	Loughborough	23.87	8
2	396 Joanna White	Bath	24.27	7
3	274 Shanice Harrison	Brunel	24.39	6
4	309 Amy Allcock	Loughborough	24.49	5
5	295 Stacey Downie	Edinburgh	24.63	4
6	304 Kadenna Cox	Leeds Metropolitan	24.78	3
7	527 Maral Feizbakhsh	Brunel	24.79	2
8	331 Melisa Hanson	Wolverhampton	DNS	0



## Om Women

## Heats

1830 Sat 4 May

winners and 19 fastest losers to 3 Semi Finals

### Heat 1

1	397 Kirsten Mcaslan	Bath	55.72	Q
2	1229 Laura Maddox	Nottingham Trent	56.78	q
3	692 Georgie Ivens	Central Lancashire	57.85	q
4	432 Melissa Owusu-Ansah	Bedfordshire (Luton)	59.70	q
5	424 Sarah Driver	Bedfordshire (Bedford)	61.58	q
6	1361 Hannah Bushell	Sheffield	61.97	q
7	947 Lauren Bugler	Leeds Metropolitan	62.45	
8	532 Rebecca Hussey	Brunel	DNS	

### Heat 2

1	653 Emma Pullen	Cardiff Metropolitan	56.01	Q
2	1041 Jessie Knight	Loughborough	56.81	q
3	1349 Phillipa Lowe	Roehampton	58.53	q
4	390 Alexandra Hill	Bath	58.78	q
5	1929 Kate Andersone	Birmingham	59.03	q
6	733 Elana Dimmer	Durham	62.21	q
7	1358 Alex Foxworthy	Sheffield	63.39	
8	617 Elysia Pearson	Cardiff	67.98	

### Heat 3

1	Lane Vacant			
2	663 Rhiannon Linington - Payne	Cardiff Metropolitan	56.35	Q
3	562 Alice Kaye	Cambridge	58.56	q
4	1027 Chloe Bradley	Loughborough	59.28	q
5	809 Sarah Kearsey	Exeter	60.09	q
6	294 Jodi Heyes	Edinburgh	63.48	
7	922 Sioned Young	Leeds	70.78	
8	1251 Helen King	Oxford	DNS	

### Heat 4

1	Lane Vacant			
2	362 Zoey Clark	Aberdeen	56.49	Q
3	1258 Nadine Prill	Oxford	58.72	q
4	629 Sian Harry	Cardiff	58.82	q
5	803 Abbie Rudd	Exeter	60.85	q
6	998 Laura Smith	Liverpool	62.44	q
7	576 Nora Rossberg	Cambridge	62.69	
8	610 Charlotte Daniel	Canterbury Christ Church	63.96	

### Heat 5

1	Lane Vacant			
2	451 Leah Barrow	Birmingham	57.82	Q
3	709 Corin Reynolds	Chichester	59.67	q



4	525 Krystal Galley	Brunel	61.63	q
5	1447 Nichola Gibson	St Mary's College	63.33	
6	920 Laura Arnold	Leeds	65.21	
7	422 Maddie Vaughan-Johncey	Bedfordshire (Bedford)	70.38	
8	832 Karen Glover	Glasgow	DNS	



## 400m Women

## Semi Finals

1435 Sun 5 May

First 2 and 2 fastest losers to Final

### Heat 1

1	653 Emma Pullen	Cardiff Metropolitan	54.53	Q
2	1229 Laura Maddox	Nottingham Trent	55.76	Q
3	692 Georgie Ivens	Central Lancashire	56.75	
4	1929 Kate Andersone	Birmingham	57.64	
5	1258 Nadine Prill	Oxford	57.65	
6	432 Melissa Owusu-Ansah	Bedfordshire (Luton)	59.78	
7	424 Sarah Driver	Bedfordshire (Bedford)	61.49	
8	733 Elana Dimmer	Durham	61.83	

### Heat 2

1	397 Kirsten Mcaslan	Bath	54.46	Q
2	663 Rhiannon Linington - Payne	Cardiff Metropolitan	55.69	Q
3	1349 Phillipa Lowe	Roehampton	56.55	q
4	562 Alice Kaye	Cambridge	57.64	
5	709 Corin Reynolds	Chichester	58.31	
6	525 Krystal Galley	Brunel	58.40	
7	1027 Chloe Bradley	Loughborough	58.86	
8	803 Abbie Rudd	Exeter	61.25	

### Heat 3

1	362 Zoey Clark	Aberdeen	55.24	Q
2	1041 Jessie Knight	Loughborough	55.88	Q
3	451 Leah Barrow	Birmingham	55.97	q
4	629 Sian Harry	Cardiff	58.85	
5	809 Sarah Kearsey	Exeter	59.28	
6	390 Alexandra Hill	Bath	59.57	
7	1361 Hannah Bushell	Sheffield	61.63	
8	998 Laura Smith	Liverpool	DNS	



## Outdoor Athletics Championships 2013 - Bedford

### 400m Women

### Final

1300 Mon 6 May

Championship Best Performance:

2010 Perri Shakes-Drayton	Brunel	52.98	Team Points
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1	397 Kirsten Mcaslan	Bath	53.02	8
2	653 Emma Pullen	Cardiff Metropolitan	53.95	7
3	362 Zoey Clark	Aberdeen	54.67	6
4	1229 Laura Maddox	Nottingham Trent	55.04	5
5	663 Rhiannon Linington - Payne	Cardiff Metropolitan	55.55	4
6	1041 Jessie Knight	Loughborough	55.95	3
7	451 Leah Barrow	Birmingham	56.14	2
8	1349 Phillipa Lowe	Roehampton	56.77	1



## 100m Women

## Heats

14.35 Sat 4 May

First 3 and 4 Fastest losers to 2 Semi Finals

### Heat 1

1	566 Emily Dudgeon	Cambridge	2.13.29	Q
2	1227 Alexandra Turner	Nottingham Trent	2.15.19	Q
3	995 Hannah Edwards	Liverpool	2.15.30	Q
4	843 Jennifer Hannah	Glasgow Caledonian	2.18.33	q
5	1963 Kim Baglietto	Loughborough	2.19.53	q
6	1570 Aimee Hargreaves	Warwick	2.20.16	q
7	806 Jemma Neate	Exeter	2.25.53	
8	1599 Rebecca Cooke	Winchester	2.27.90	
9	1410 Nadia Papisidero	Southampton	2.39.93	

### Heat 2

1	654 Ffion Price	Cardiff Metropolitan	2.16.21	Q
2	1371 Rosie Keane	Sheffield	2.19.77	Q
3	616 Danielle Cocking	Cardiff	2.21.65	Q
4	1386 Natasha Hatswell	Sheffield Hallam	2.23.35	
5	1612 Emma Robertson	Worcester	2.24.18	
6	395 Hayley Harvey	Bath	2.30.96	
7	517 Amber Wallace	Brunel	2.37.13	
8	1523 Rosie Sibley	Sussex	2.51.07	
9	379 Adelle Tracey	Arts Bournemouth	DNS	

### Heat 3

1	1028 Claire Tarplee	Loughborough	2.14.71	Q
2	570 Hanna Tarver	Cambridge	2.15.28	Q
3	914 Caroline Ford	Leeds	2.15.72	Q
4	950 Rachel Atherton	Leeds Metropolitan	2.18.33	q
5	1262 Rebecca O'Neill	Oxford	2.22.37	
6	1297 Racheal Phelps	Oxford Brookes	2.24.24	
7	1364 Jessica Bond	Sheffield	2.26.53	
8	520 Bettina Rottweiler	Brunel	2.31.10	
9	1116 Elizabeth Demetirou	Manchester	2.53.89	

### Heat 4

1	459 Rebecca Linney	Birmingham	2.11.93	Q
2	940 Alexandra Bell	Leeds Metropolitan	2.15.69	Q
3	1263 Rose Penfold	Oxford	2.19.21	Q
4	619 Jemima Osborn	Cardiff	2.20.58	
5	810 Sophie Fowler	Exeter	2.29.05	
6	419 Emily Boast	Bedfordshire (Bedford)	2.47.71	
7	1481 Vanessa Brann	Staffordshire	2.55.74	
8	505 Nicola Shelley	Brighton	DNS	



## 800m Women

## Semi Finals



## First 3 and 2 fastest losers to Final

### Heat 1

1	459 Rebecca Linney	Birmingham	2.10.87	Q
2	570 Hanna Tarver	Cambridge	2.11.49	Q
3	654 Ffion Price	Cardiff Metropolitan	2.12.39	Q
4	616 Danielle Cocking	Cardiff	2.13.22	q
5	950 Rachel Atherton	Leeds Metropolitan	2.15.36	
6	995 Hannah Edwards	Liverpool	2.16.26	
7	1371 Rosie Keane	Sheffield	2.17.13	
8	1963 Kim Baglietto	Loughborough	2.22.96	

### Heat 2

1	566 Emily Dudgeon	Cambridge	2.13.47	Q
2	1028 Claire Tarplee	Loughborough	2.13.62	Q
3	940 Alexandra Bell	Leeds Metropolitan	2.13.83	Q
4	914 Caroline Ford	Leeds	2.14.16	q
5	1227 Alexandra Turner	Nottingham Trent	2.14.40	
6	1263 Rose Penfold	Oxford	2.17.84	
7	843 Jennifer Hannah	Glasgow Caledonian	2.18.91	
8	1570 Aimee Hargreaves	Warwick	2.19.86	



## Outdoor Athletics Championships 2013 - Bedford

### 800m Women

### Final

1210 Mon 6 May

#### Championship Best Performance:

**2005 Marilyn Okoro**

**Bath**

**2.03.68**

**Team  
Points**

1	914 Claire Tarplee	Loughborough	2.07.66	8
2	616 Hanna Tarver	Cambridge	2.08.74	7
3	1028 Emily Dudgeon	Cambridge	2.09.00	6
4	566 Rebecca Linney	Birmingham	2.09.29	5
5	459 Ffion Price	Cardiff Metropolitan	2.10.41	4
6	570 Danielle Cocking	Cardiff	2.11.56	3
7	654 Alexandra Bell	Leeds Metropolitan	2.12.81	2
8	940 Caroline Ford	Leeds	2.14.26	1



## 1500m Women

## Heats

1120 Sat 4 May

First 6 and 6 fastest losers to 2 Semi Finals

### Heat 1

1	983 Katie Mellor	Leicester	4.39.45	Q
2	1579 Sophie Connor	Warwick	4.40.74	Q
3	1161 Isabella Murray	Newcastle	4.44.10	Q
4	1293 Ciara Dullaghan	Oxford Brookes	4.45.57	Q
5	375 Gemma Coe	Anglia Ruskin	4.46.04	Q
6	1944 Molly Riglin	Birmingham	4.46.96	Q
7	949 Lucy Hack	Leeds Metropolitan	4.48.73	q
8	1950 Sophie Kent	Cardiff Metropolitan	4.55.26	q
9	1363 Jen Berg	Sheffield	4.56.36	q
10	1253 Katherine Hickson	Oxford	4.57.27	q
11	918 Hannah Dewhurst	Leeds	5.27.29	
12	906 Katrina Kaus	Kent	5.43.61	
13	1330 Emma Burroughs	Reading	DNS	
14	Lane Vacant			
15	Lane Vacant			

### Heat 2

1	715 Rowena Cole	Coventry	4.51.68	Q
2	1135 Gemma Kersey	Middlesex	4.51.76	Q
3	1046 Kirsty Addy	Loughborough	4.52.04	Q
4	703 Jodie Spencer	Chester (Chester)	4.53.81	Q
5	524 Katie Allen	Brunel	4.56.66	Q
6	1390 Yasmin Goater	Sheffield Hallam	4.56.84	Q
7	811 Steph Mccall	Exeter	4.57.02	q
8	1597 Julia Henderson	Winchester	5.08.56	
9	1325 Becky Dunphy	Queen Margaret	5.11.02	
10	615 Beth Hawling	Cardiff	5.16.84	
11	1202 Kathy Stringer	Nottingham	5.17.53	
12	1408 Laura Bartlett-Short	Southampton	6.13.55	
13	1512 Imogen Wolsey	Surrey	DNS	
14	504 Holly Gillard	Brighton	DNS	
15	Lane Vacant			

### Heat 3

1	1441 Emily Hosker-Thornhill	St Mary's College	4.52.22	Q
2	573 Katherine Turner	Cambridge	4.52.52	Q
3	528 Melissa Courtney	Brunel	4.52.66	Q
4	941 Bethan Hubbard	Leeds Metropolitan	4.55.12	Q
5	807 Juliet Broster	Exeter	4.58.78	Q
6	754 Huxley Megan	East Anglia	5.02.46	Q
7	1205 Maddie Garner	Nottingham	5.05.48	q
8	1359 Ellen Buckley	Sheffield	5.20.02	
9	1628 Kate Riotte	York St John	6.34.03	

10	419 Emily Boast	Bedfordshire (Bedford)	DNS
11	1353 Emeila Gorecka	Royal Holloway, London	DNS
12	991 Gemma Selwood	Lincoln	DNS
13	867 Laura Kirk	Huddersfield	DNS
14	1248 Ella Waldman	Oxford	DNS
15	Lane Vacant		

**\*\* CHECK ORDER \*\***

**Wind speed:**



## 1500m Women

**\*\* CHECK ORDER \*\***

## Semi Finals

**1455 Sun 5 May**

**First 5 and 2 fastest losers to Final**

### Heat 1

1	1161 Isabella Murray	Newcastle	4.41.26	Q
2	1135 Gemma Kersey	Middlesex	4.41.40	Q
3	1441 Emily Hosker-Thornhill	St Mary's College	4.41.45	Q
4	528 Melissa Courtney	Brunel	4.41.53	Q
5	1944 Molly Riglin	Birmingham	4.43.19	Q
6	949 Lucy Hack	Leeds Metropolitan	4.45.08	q
7	811 Steph Mccall	Exeter	4.46.83	
8	1363 Jen Berg	Sheffield	4.50.39	
9	1253 Katherine Hickson	Oxford	4.58.35	
10	1390 Yasmin Goater	Sheffield Hallam	5.00.08	
11	754 Huxley Megan	East Anglia	5.05.38	
12	1293 Ciara Dullaghan	Oxford Brookes	DNF	

### Heat 2

1	983 Katie Mellor	Leicester	4.38.05	Q
2	715 Rowena Cole	Coventry	4.38.73	Q
3	1579 Sophie Connor	Warwick	4.39.06	Q
4	573 Katherine Turner	Cambridge	4.39.72	Q
5	1046 Kirsty Addy	Loughborough	4.40.47	Q

6	375 Gemma Coe	Anglia Ruskin	4.41.15	q
7	941 Bethan Hubbard	Leeds Metropolitan	4.47.30	
8	703 Jodie Spencer	Chester (Chester)	4.50.87	
9	1950 Sophie Kent	Cardiff Metropolitan	4.52.24	
10	524 Katie Allen	Brunel	4.56.76	
11	807 Juliet Broster	Exeter	4.57.89	
12	1205 Maddie Garner	Nottingham	5.02.78	



## Outdoor Athletics Championships 2013 - Bedford

### 1500m Women

### Final

1435 Mon 6 May

#### Championship Best Performance:

2001 Emma Ward

Staffordshire

4.13.38

Team  
Points

1	528 Melissa Courtney	Brunel	4.18.07	8
2	1135 Gemma Kersey	Middlesex	4.19.74	7
3	983 Katie Mellor	Leicester	4.27.90	6
4	1579 Sophie Connor	Warwick	4.28.35	5
5	573 Katherine Turner	Cambridge	4.32.15	4
6	1046 Kirsty Addy	Loughborough	4.34.96	3
7	1441 Emily Hosker-Thornhill	St Mary's College	4.35.32	2
8	1161 Isabella Murray	Newcastle	4.36.15	1
9	375 Gemma Coe	Anglia Ruskin	4.38.16	
10	949 Lucy Hack	Leeds Metropolitan	4.45.30	
11	1944 Molly Riglin	Birmingham	4.47.87	
12	715 Rowena Cole	Coventry	DNS	



## 5000m W Heats

1000 Sat 4 May

First 5 and 6 fastest losers to Final

### Heat 1

1	1445 Leigh Lattir St Mary's College	18.07.79	Q
2	614 Alaw Beync Cardiff	18.11.20	Q
3	1022 Amy Camp Loughborough	18.11.81	Q
4	844 Katie Bristc Glasgow Caledonian	18.12.77	Q
5	1935 Alice Burgii Birmingham	18.21.96	Q
6	992 Sophie Cov Lincoln	18.26.86	q
7	1409 Martha Ne Southampton	18.37.20	q
8	830 Clara Evan: Glamorgan	18.47.29	q
9	1369 Rachael Lui Sheffield	18.49.12	
10	804 Clare Parkii Exeter	DNF	
11	1387 Rebecca H Sheffield Hallam	DNF	
12	1197 Courtney H Nottingham	DNS	
13	529 Melody Kai Brunel	DNS	
14	938 Caroline La Leeds CollegeArt	DNS	
15	1183 Faye Buckt Northumbria	DNS	
16	755 Immy Turn East Anglia	DNS	
17	1129 Jess Couls: Manchester Metropolitan	DNS	
18	Lane Vacant		
19	Lane Vacant		
20	Lane Vacant		

### Heat 2

1	1621 Bobbi Philli York	17.46.52	Q
2	563 Alison Gre: Cambridge	17.46.97	Q
3	1484 Fiona Thon Stirling	17.47.35	Q
4	462 Tamara Arr Birmingham	17.47.40	Q
5	361 Halina Ree: Aberdeen	17.49.48	Q
6	1574 Eloise Du L Warwick	17.54.46	q
7	1042 Joanne Hic Loughborough	18.04.64	q
8	647 Cassidy Ski Cardiff Metropolitan	18.44.47	q
9	658 Jessica Har Cardiff Metropolitan	18.51.64	
10	1182 Caroline O' Northumbria	19.16.05	
11	1438 Claire Arno St Mary's College	19.31.01	
12	1412 Sophie Dar Southampton	19.56.46	
13	1204 Laura Day Nottingham	DNS	
14	1385 Natalie Wic Sheffield Hallam	DNS	
15	703 Jodie Spen: Chester (Chester)	DNS	
16	626 Rachel Unc Cardiff	DNS	
17	1259 Naomi Wel Oxford	DNS	
18	Lane Vacant		
19	Lane Vacant		
20	Lane Vacant		





## Outdoor Athletics Championships 2013 - Bedford

### 5000m W Final

1220 Mon 6 May

**Championship Best Performance:**

		<b>15.44.01</b>	<b>Team Points</b>
	<b>2012 Charlotte I St Mary's</b>		
1	1022 Amy Camp Loughborough	16.27.11	8
2	563 Alison Greg Cambridge	16.31.91	7
3	1621 Bobbi Philli York	16.50.09	6
4	1445 Leigh Lattir St Mary's College	16.58.50	5
5	1042 Joanne Hic Loughborough	17.10.06	4
6	1484 Fiona Thon Stirling	17.27.91	3
7	462 Tamara Arr Birmingham	17.35.09	2
8	361 Halina Ree Aberdeen	17.40.17	1
9	844 Katie Bristc Glasgow Caledonian	17.51.91	
10	1935 Alice Burgil Birmingham	17.55.66	
11	1574 Eloise Du L Warwick	18.01.98	
12	992 Sophie Cov Lincoln	18.04.78	
13	1409 Martha Ne Southampton	18.32.33	
14	830 Clara Evans Glamorgan	18.34.44	
15	647 Cassidy Ski Cardiff Metropolitan	18.50.80	
16	614 Alaw Beync Cardiff	DNF	



## Outdoor Athletics Championships 2013 - Bedford

10000m Women

Final

1010 Sun 5 May

**Championship Best Performance:**

		<b>2004 Kate Reed</b>	<b>St Mary's</b>	<b>33.18.31</b>	Team Points
1	790 Rhona Auckland		Edinburgh	34.07.61	8
2	580 Rebecca Moore		Cambridge	34.27.85	7
3	1030 Beth Potter		Loughborough	34.56.21	6
4	1941 Rosie Hiles		Birmingham	37.26.32	5
5	382 Sarah Caskey		Bangor	37.46.71	4
6	1265 Simone Paulson		Oxford	38.13.16	3
7	1035 Estelle Damant		Loughborough	38.40.18	2
8	830 Clara Evans		Glamorgan	39.02.90	1
9	574 Katy Hedgethorpe		Cambridge	39.37.18	
10	1331 Natalie Pecoraro		Reading	43.18.43	
11	625 Naomi Prosser		Cardiff	44.24.17	
12	1204 Laura Day		Nottingham	DNF	
13	805 Hannah Vosser		Exeter	DNF	
14	630 Suzanne Turvey		Cardiff	DNS	
15	1129 Jess Coulson		Manchester Metropolitan	DNS	
16	1535 Cerrienne Santos		Swansea	DNS	



**100m Hu Heats**  
**1305 Sun 5 May**  
**Winners and 5 fastest losers to Final**

<b>Heat 1</b>		<b>Wind speed: +0.6</b>	
1	353 Karla Drew Sheffield Hallam	13.82	Q
2	259 Rebecca Br Birmingham	14.21	q
3	343 Claire Taylc Edinburgh	14.45	q
4	338 Catrin Ston Cardiff Metropolitan	14.92	
5	342 Emma Give Edge Hill	15.43	
6	519 Becky Owe Brunel	16.84	
7	350 Helena Coç Oxford	17.89	
8	334 Kirsty Warl Bath	18.28	

<b>Heat 2</b>		<b>Wind speed: +1.2</b>	
1	357 Caryl Gram Swansea	14.07	Q
2	345 Danielle Rc Loughborough	14.41	q
3	352 Jess Taylor Sheffield Hallam	14.57	
4	341 Lisa O'Brier Chichester	15.64	
5	349 Rebecca M Newcastle	15.82	
6	359 Jade Hardii Writtle College	DNF	
7	358 Megan Dixi UC Birmingham	DNS	
8	Lane Vacant		

<b>Heat 3</b>		<b>Wind speed: +1.2</b>	
1	262 Marilyn Nw Middlesex	14.07	Q
2	336 Claire Hum Birmingham	14.14	q
3	339 Lauren O'R Cardiff Metropolitan	14.46	q
4	346 Dionne Sar Loughborough	15.13	
5	335 Hannah Jac Bath Spa	15.30	
6	355 Karolina Isc Southampton	15.62	
7	260 Nicole Burç Buckinghamshire New	16.22	
8	Lane Vacant		



**Outdoor Athletics Championships 2013 - Bedford**

**100m Hu Final**

**1425 Mon 6 May**

**Championship Best Performance:**

<b>2003 Helen Wor Loughborough</b>		<b>13.45</b>	<b>Team</b>
<b>Wind Speed: +0.6</b>			<b>Points</b>
1	353 Karla Drew Sheffield Hallam	13.62	8
2	262 Marilyn Nw Middlesex	13.82	7
3	336 Claire Hum Birmingham	14.00	6
4	259 Rebecca Br Birmingham	14.26	5
5	345 Danielle Rc Loughborough	14.40	4
6	339 Lauren O'R Cardiff Metropolitan	14.52	3

7	343 Claire Taylc Edinburgh	14.62	2
8	357 Caryl Gran Swansea	DNS	0



## 400m Hu Heats

1415 Sat 4 May

Winners and 5 fastest losers to Final

### Heat 1

1	1047 Lauren Bou Loughboro	60.13	Q
2	399 Megan Sou Bath	61.41	q
3	440 Emma Korr Birminghar	63.95	
4	1319 Maddie Co Portsmoutl	69.13	
5	808 Rachael Ke Exeter	69.16	
6	531 Philippa Co Brunel	70.84	
7	919 Katie Reyni Leeds	74.79	
8	581 Sophie Dur Cambridge	75.37	

### Heat 2

1	1406 Emily Bonn Southampt	59.28	Q
2	1565 Jessie Barr UWE	59.45	q
3	1117 Jen Simmo Mancheste	63.15	q
4	398 Laura Burk Bath	64.20	
5	757 Miriam Ark East Anglia	68.74	
6	1537 Frankie Col Swansea	71.68	
7	422 Maddie Va Bedfordshi	75.38	
8	496 Hatsheput Bournemoi	DNS	

### Heat 3

1	1003 Abi Fitzpati Liverpool Jr	59.57	Q
2	357 Caryl Gran Swansea	59.74	q
3	516 Aisha Naibi Brunel	62.73	q
4	444 Jessica Mcc Birminghar	64.96	
5	897 Sian Mitch Imperial Cc	68.49	
6	1451 Sarah Killic St Mary's C	71.17	
7	1325 Becky Dun Queen Ma	74.31	
8	358 Megan Dix UC Birming	DNS	



## Outdoor Athletics Championships 2013 - Bedford

### 400m Hu Final

0940 Mon 6 May

Championship Best Performance:

	2008 Eilidh Chil Edinburgh	58.03	Team Points
1	1565 Jessie Barr UWE	58.07	8
2	1406 Emily Bonn Southampt	58.49	7
3	1003 Abi Fitzpati Liverpool Jr	58.77	6
4	399 Megan Sou Bath	60.19	5
5	1117 Jen Simmo Mancheste	61.45	4
6	516 Aisha Naibi Brunel	62.37	3

7	1047 Lauren Bol Loughboro	64.51	2
8	357 Caryl Gran Swansea	DQ	1



## Outdoor Athletics Championships 2013 - Bedford

### 2000m S/C Women

### Final

1400 Mon 6 May

#### Championship Best Performance:

2012 Pippa Woolven

		<b>Birmingham</b>	<b>6.36.60</b>	<b>Team Points</b>
1	1159 Emily Stewart	Newcastle	6.36.45	8
2	651 Emily Brown	Cardiff Metropolitan	6.45.80	7
3	449 Laura Riches	Birmingham	6.51.05	6
4	577 Polly Keen	Cambridge	6.56.95	5
5	1354 Emily Moss	Royal Holloway, London	7.18.60	4
6	1939 Ruth Haynes	Birmingham	7.21.05	3
7	1386 Natasha Hatswell	Sheffield Hallam	7.24.20	2
8	1043 Kate Spilsbury	Loughborough	7.26.54	1
9	1325 Becky Dunphy	Queen Margaret	7.29.43	
10	463 Victoria Walker	Birmingham	7.41.00	
11	1163 Laurie Dugdale	Newcastle	7.55.13	
12	1298 Zoe Levin	Oxford Brookes	7.55.75	
13	418 Anna Rust	Bedfordshire (Bedford)	8.00.47	
14	944 Gabriella Moriarty	Leeds Metropolitan	8.00.60	
15	1244 Alison Walsh	Oxford	8.07.03	
16	518 Anna Boniface	Brunel	8.08.75	
17	848 Catherine Taylor	Gloucestershire	DNS	
18	571 Jocelyn Trayler-Clarke	Cambridge	DNS	
19	1260 Rebecca Oram	Oxford	DNS	
20	369 Susanna Ditton	Aberystwyth	DNS	



## 4x100m Women

### Heats

1755 Sun 5 May

Fastest 8 to Final

#### Heat 1

1	BAT	Bath	48.19 Q
2	EXE	Exeter	51.73 Q
3	NEW	Newcastle	52.28
4	WIN	Winchester	55.65
5	MAN	Manchester	DQ
6	CDM	Cardiff Metropolitan	DQ
7		Lane Vacant	
8		Lane Vacant	

#### Heat 2

1	BRU	Brunel	47.14 Q
2	LOU	Loughborough	47.80 Q
3	STM	St Mary's College	49.13 Q
4	LEE	Leeds	49.52 Q
5	HAL	Sheffield Hallam	49.78 Q
6	BED	Bedfordshire (Bedford)	51.18 Q
7		Lane Vacant	
8		Lane Vacant	



## Outdoor Athletics Championships 2013 - Bedford

### 4x100m Women

### Final

1455 Mon 6 May

Championship Best Performance:

2005	Loughborough	45.69	Team Points	
1	LOU	Loughborough	47.20	8
2	STM	St Mary's College	48.44	7
3	HAL	Sheffield Hallam	48.97	6
4	BAT	Bath	49.10	5
5	LEE	Leeds	49.46	4
6	BED	Bedfordshire (Bedford)	50.76	3
7	EXE	Exeter	51.75	2
8	BRU	Brunel	DNF	0





**4x400m Women Heats**  
**1850 Sun 5 May**  
**Fastest 8 to Final**

**Heat 1**

1	CDM	Cardiff Metropolitan	3.51.86	Q
2	BAT	Bath	3.52.23	Q
3	LOU	Loughborough	3.53.70	Q
4	LMC	Leeds Metropolitan	4.02.39	Q
5	CAR	Cardiff	4.04.12	Q
6		Lane Vacant		
7		Lane Vacant		
8		Lane Vacant		

**Heat 2**

1	BIR	Birmingham	3.59.88	Q
2	EXE	Exeter	4.05.69	Q
3	HAL	Sheffield Hallam	4.07.26	Q
4	SHE	Sheffield	4.09.47	
5	BED	Bedfordshire (Bed)	4.17.81	
6	LEE	Leeds	4.25.89	
7		Lane Vacant		
8		Lane Vacant		



**Outdoor Athletics Championships 2013 - Bedford**

**4x400m Women Final**

**1515 Mon 6 May**

**Championship Best Performance:**

<b>2012</b>	<b>Loughborough</b>	<b>3.34.75</b>	<b>Team Points</b>	
1	LOU	Loughborough	3.41.79	8
2	CDM	Cardiff Metropolitan	3.43.66	7
3	BIR	Birmingham	3.44.32	6
4	BAT	Bath	3.47.20	5
5	CAR	Cardiff	3.55.38	4
6	LMC	Leeds Metropolitan	3.55.42	3
7	EXE	Exeter	4.07.16	2
8	HAL	Sheffield Hallam	DNS	0



## Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

### High Jump Men

#### Championship Best Performance:

**1994 Brendan Reilly                      Loughborough                      2.25**

#### Final

05 May

**Team  
Points**

1	800 Ray Bobrownicki	Edinburgh	2.16	8
2	490 Simon Phelan	Birmingham	2.13	7
3	1114 Thomas Gardner	Loughborough	1.98	6
4	1491 Fraser Weir	Stirling	1.95	5
5	1334 Brian Flatley	Reading	1.90	4
6	1089 Jamie Fitzpatrick	Loughborough	1.90	3
7	1509 Damian Shorten	Sunderland	1.85	2
8	812 Adam Snape	Exeter	1.85	1
9	847 Sean Gaffney	Glasgow Caledonian	1.80	
10	674 Curtis Mathews	Cardiff Metropolitan	1.80	
	1431 Matthew Watson	Southampton Solent	NHR	
	1220 Pranav Vasanthi Bathri Narayanan	Nottingham	WD	

#### Qualifying A

04 May

**2.06**

1	800 Ray Bobrownicki	Edinburgh	1.90	q
2	1491 Fraser Weir	Stirling	1.85	q
3	1114 Thomas Gardner	Loughborough	1.85	q
4	1334 Brian Flatley	Reading	1.85	q
5	847 Sean Gaffney	Glasgow Caledonian	1.80	q
6	1220 Pranav Vasanthi Bathri Narayanan	Nottingham	1.80	q
7	812 Adam Snape	Exeter	1.80	q
8	674 Curtis Mathews	Cardiff Metropolitan	1.80	q
9	1483 Paul Spicer	Staffordshire	1.75	
10	1290 Will Pargeter	Oxford	1.75	
11	233 Chris Hewitson	Brunel	1.70	
12	238 Charlie Roe	East Anglia	NHR	

#### Qualifying B

04 May

**2.06**

1	1431 Matthew Watson	Southampton Solent	1.90	q
2	490 Simon Phelan	Birmingham	1.90	q
3	1089 Jamie Fitzpatrick	Loughborough	1.85	q
4	1509 Damian Shorten	Sunderland	1.80	q
5	1226 Will Page	Nottingham	1.80	
6	234 Mark Cryer	Brunel	1.75	
7	1267 Abubakar Abioye	Oxford	1.75	
8	1618 Kevin Wilson	Writtle College	1.75	
9	814 Andy Boulding	Exeter	1.70	
10	232 Harry McCulloch	Brighton	1.65	
11	431 Sam Dowler	Bedfordshire (Bedford)	1.60	
12	768 Luke Dexter	East Anglia	1.60	
13	186 Joseph Atkins	Manchester Metropolitan	DNS	



# Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

## Long Jump Men

### Championship Best Performance:

2007 Chris Kirk

Northumbria

7.82

### Final

06 May

Team  
Points

1	1079 David Guest	Loughborough	7.19	8
2	242 Adam Timms	Leeds Metropolitan	7.01	7
3	775 Andre Fernandez	East London	7.00	6
4	1510 Paul Allen	Sunderland	7.00	5
5	541 Jermaine Olasan	Brunel	7.00	4
6	1328 Ogo Anochirionye	Queen Mary London	6.84	3
7	1193 James Andrew	Northumbria	6.71	2
8	1340 Sebastian Gough	Reading	6.61	1
9	150 Donald Tod	Edinburgh Napier	6.61	
10	957 Ashley Wren	Leeds Metropolitan	6.57	
11	1502 Andrius Cupkovas	Strathclyde	6.54	
12	234 Mark Cryer	Brunel	6.42	

### Qualifying A

05 May

7.36

1	541 Jermaine Olasan	Brunel	7.13	q
2	775 Andre Fernandez	East London	6.88	q
3	1502 Andrius Cupkovas	Strathclyde	6.73	q
4	1193 James Andrew	Northumbria	6.58	q
5	513 Peter Mitchell	Brighton	6.42	
6	1430 James Hollins	Southampton Solent	6.38	
7	1287 Sheng Ang	Oxford	5.81	
8	1013 Jonathan Holt	London	5.36	
9	1176 Sam Burgess	Newcastle	5.22	
10	886 Tom Burton	Huddersfield	5.11	
11	896 Ntasi Silwamba	Hull	5.05	
12	1509 Damian Shorten	Sunderland	4.93	
13	672 Chris Claydon	Cardiff Metropolitan	DNS	
14	140 Saoirse Chinery-Edoo	Coventry	DNS	

### Qualifying B

05 May

1	1510 Paul Allen	Sunderland	6.90	q
2	150 Donald Tod	Edinburgh Napier	6.74	q
3	957 Ashley Wren	Leeds Metropolitan	6.59	q
4	668 Adam Williams	Cardiff Metropolitan	6.42	
5	720 Luke Pryor	Coventry	6.38	
6	1171 Konstantinos Stavrou	Newcastle	6.32	
7	1541 Callum Rea	Swansea	6.24	
8	1814 Allee Rigby	Birmingham	6.18	
9	1143 David Crisp	Middlesex	6.05	

10	586 David Szabo	Cambridge	5.91
11	925 Amanpreet Pabla	Leeds	5.49
12	160 Gideon Okoh	Hull	5.24
13	797 Jools Peters	Edinburgh	4.95
14	1212 Ed Randall	Nottingham	4.65

### Qualifying C

05 May

1	1079 David Guest	Loughborough	7.19	q
2	1328 Ogo Anochirionye	Queen Mary London	6.97	q
3	242 Adam Timms	Leeds Metropolitan	6.82	q
4	1340 Sebastian Gough	Reading	6.67	q
5	234 Mark Cryer	Brunel	6.46	q
6	1322 Lewis Pollard	Portsmouth	6.09	
7	198 Kieran Harvey	Plymouth St Mark & St John	6.06	
8	1280 Matthew Wright	Oxford	5.81	
9	1243 Tom Carter	Nottingham Trent	5.67	
10	1531 Joseph Mogaji	Sussex	5.41	
11	232 Harry Mcculloch	Brighton	4.99	
12	875 Gilmour Mendonsa	Huddersfield	4.74	
13	1220 Pranav Vasanthi Bathri Narayanan	Nottingham	2.06	

**Wind  
m/s**

+ 2.2  
+ 2.2  
+ 0.8  
+ 0.3  
+ 0.5  
+ 1.8  
+ 1.3  
+ 0.2  
+ 0.5  
- 0.7  
- 0.6  
+ 1.1

+ 1.2  
+ 0.5  
+ 1.5  
+ 1.4  
+ 0.8  
+ 1.3  
+ 0.7  
+ 1.8  
- 1.6  
+ 2.3  
+ 2.1  
+ 0.7

+ 2.1  
+ 1.3  
+ 1.5  
+ 1.3  
+ 1.0  
+ 1.1  
+ 0.8  
+ 1.5  
- 0.5

+ 0.5  
+ 1.0  
+ 0.2  
+ 1.7  
+ 1.2

+ 0.8  
+ 1.7  
+ 0.6  
+ 1.0  
+ 2.6  
+ 0.6  
+ 1.4  
-  
+ 1.0  
+ 0.7  
+ 0.2  
+ 1.6  
+ 1.3



# Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

## Triple Jump Men

### Championship Best Performance:

**2004 Steven Shalders**

**UWIC**

**16.62**

	<b>Final</b>	<b>05 May</b>		<b>Team Points</b>	<b>Wind m/s</b>
1	548 Nathan Fox	Brunel	16.13	8	+ 1.2
2	546 Michael Pupilampu	Brunel	15.77	7	+ 1.1
3	1375 Jonathon Sawyers	Sheffield	15.51	6	+ 1.1
4	1063 Anteson Twumasi	Loughborough	15.15	5	+ 1.4
5	1376 Josh Bones	Sheffield	15.13	4	+ 0.7
6	778 Thalasang Tshireletso	East London	14.91	3	+ 1.2
7	1356 Giacomo Valeri	Royal Holloway, London	14.88	2	+ 1.0
8	1196 Scott Hall	Northumbria	14.83	1	+ 0.8
9	378 Peter Kirabo	Anglia Ruskin	14.82		+ 1.6
10	1157 Rio Bailey	MMU Cheshire	14.75		+ 1.0
11	1193 James Andrew	Northumbria	14.16		+ 1.3
12	1589 Mitchel Kirby	Warwick	13.79		+ 0.7

### Qualifying A

**04 May**

**15.20**

1	1063 Anteson Twumasi	Loughborough	14.87	q	+ 2.4
2	546 Michael Pupilampu	Brunel	14.85	q	- 0.3
3	1375 Jonathon Sawyers	Sheffield	14.84	q	+ 3.1
4	1193 James Andrew	Northumbria	14.25	q	+ 0.6
5	668 Adam Williams	Cardiff Metropolitan	13.98		+ 1.6
6	1285 Samuel Trigg	Oxford	13.82		+ 3.2
7	717 Chuko Cribb	Coventry	13.65		+ 3.2
8	1142 Darnte Wilson	Middlesex	13.56		+ 1.2
9	589 Emmanuel Gbegli	Cambridge	13.41		+ 1.3
10	383 Andrew Hatton	Bangor	11.99		+ 2.1
11	980 Sam Bentley	Leeds Metropolitan	11.44		+ 1.5
12	1394 Connor Mchale	Sheffield Hallam	11.12		+ 1.0
13	500 Rhys Bennett	Bournemouth	DNS		
14	1006 Nathan Roach	Liverpool John Moores	DNS		

### Qualifying B

**04 May**

**15.20**

1	1376 Josh Bones	Sheffield	14.76	q	+ 1.1
2	548 Nathan Fox	Brunel	14.68	q	+ 1.5
3	378 Peter Kirabo	Anglia Ruskin	14.64	q	+ 1.4
4	1196 Scott Hall	Northumbria	14.54	q	+ 1.4
5	1356 Giacomo Valeri	Royal Holloway, London	14.54	q	+ 2.5
6	778 Thalasang Tshireletso	East London	14.52	q	+ 2.0
7	1589 Mitchel Kirby	Warwick	14.27	q	+ 2.1
8	1157 Rio Bailey	MMU Cheshire	14.12	q	+ 2.0
9	1220 Pranav Vasanthi Bathri Narayanar	Nottingham	13.16		+ 2.1

10	968 Josh Bentely	Leeds Metropolitan	12.72	+ 1.6
11	812 Adam Snape	Exeter	12.60	+ 0.6
12	1292 Zebedee Nicholls	Oxford	12.47	+ 1.3
13	962 Chris McCann	Leeds Metropolitan	12.10	+ 2.3
14	1140 Abdi Ali	Middlesex	NJR	





## Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

### Pole Vault Men

#### Championship Best Performance:

**2012 Nick Cruchley      Birmingham      5.22**

	Final	05 May		Team Points
1	485 Nick Cruchley	Birmingham	5.00	8
2	1092 Matthew Devereux	Loughborough	4.60	7
3	1075 Daniel Gardner	Loughborough	4.60	6
4	1581 Charles Smith	Warwick	4.60	5
5	1533 Sam Brown	Sussex	4.40	4
6	682 Luke Bailey	Cardiff Metropolitan	4.40	3
7	483 Mike Sweeney	Birmingham	4.40	2
8	1329 Paul Ojomo	Queen Mary London	4.20	1
9	1394 Connor McHale	Sheffield Hallam	4.20	
=10	404 Emyr Jones	Bath	4.00	
=10	604 Quentin Gouil	Cambridge	4.00	
12	590 Freddy Bunbury	Cambridge	4.00	
13	1506 Patrick O'Donnell	Strathclyde	4.00	
14	1273 Andrei Klein	Oxford	3.80	
=15	233 Chris Hewitson	Brunel	3.80	
=15	511 Jamie Moore	Brighton	3.80	
=17	539 Gordon Lester	Brunel	3.60	
=17	633 Callum Court	Cardiff	3.60	
19	1372 Christopher Price	Sheffield	3.40	
	248 Jack Andrew	Manchester	NHR	
	893 Liam Holiday	Hull	DNS	



# Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

## Shot Put Men

### Championship Best Performance:

**2009 Kieran Kelly                      Loughborough                      18.21**

	<b>Final</b>	<b>04 May</b>		<b>Team Points</b>
1	<b>1479 Zane Duquemin</b>	<b>St Mary's College</b>	<b>18.87</b>	<b>CBP 8</b>
2	978 Rimantas Martisauskas	Leeds Metropolitan	18.00	7
3	1125 Scott Wong Wei Gen	Manchester	15.71	6
4	726 Youcef Zatat	Coventry	15.25	5
5	1094 Michael Wheeler	Loughborough	14.98	4
6	1190 Alan Toward	Northumbria	14.20	3
7	719 Emmanuel Quarshie	Coventry	13.19	2
8	1876 Doug Stark	Loughborough	12.96	1
9	1400 Liam Ramsay	Sheffield Hallam	12.24	
10	483 Mike Sweeney	Birmingham	12.17	
11	674 Curtis Mathews	Cardiff Metropolitan	11.81	
12	1560 Jake Allen	UCS	10.98	

### **Qualifying A                      04 May                      14.00**

1	1479 Zane Duquemin	St Mary's College	16.17	Q
2	978 Rimantas Martisauskas	Leeds Metropolitan	14.70	Q
3	1125 Scott Wong Wei Gen	Manchester	14.58	Q
4	726 Youcef Zatat	Coventry	14.57	Q
5	1094 Michael Wheeler	Loughborough	13.87	q
6	1400 Liam Ramsay	Sheffield Hallam	12.36	q
7	483 Mike Sweeney	Birmingham	11.66	q
8	478 Joe Pybus	Birmingham	11.04	
9	741 Alex Caine	Durham	11.01	
10	498 Joshua Kelly	Bournemouth	10.81	
11	1489 Christopher Mccrum	Stirling	8.56	
12	550 Oritsetimeyin Ojuyah	Brunel	DNS	

### **Qualifying B                      04 May                      14.00**

1	1190 Alan Toward	Northumbria	13.93	q
2	719 Emmanuel Quarshie	Coventry	13.63	q
3	1876 Doug Stark	Loughborough	13.02	q
4	1560 Jake Allen	UCS	12.14	q
5	674 Curtis Mathews	Cardiff Metropolitan	11.86	q
6	248 Jack Andrew	Manchester	11.49	
7	499 Peter Briant	Bournemouth	11.01	
8	1283 Sam Hitchings	Oxford	10.94	
9	232 Harry Mcculloch	Brighton	9.77	
10	1154 Nathan Addai	Middlesex	8.31	
<b>11</b>	<b>1492 John Mcomish</b>	<b>Stirling</b>	<b>7.99</b>	

588 Emmanuel Akinluyi  
536 Ashley Bryant  
884 Sam Kirk

Cambridge  
Brunel  
Huddersfield

DNS  
DNS  
DNS



## Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

### Discus Men

#### Championship Best Performance:

**2009 Brett Morse UWIC 59.52**

	<b>Final</b>	05 May		<b>Team Points</b>
1	1479 Zane Duquemin	St Mary's College	58.82	8
2	508 David Coleman	Brighton	49.03	7
3	1125 Scott Wong Wei Gen	Manchester	48.24	6
4	1190 Alan Toward	Northumbria	46.91	5
5	978 Rimantas Martisauskas	Leeds Metropolitan	45.74	4
6	697 Chris Reynolds	Central Lancashire	45.41	3
7	878 Karl Fitzgerald	Huddersfield	44.74	2
8	726 Youcef Zatat	Coventry	44.38	1
9	674 Curtis Mathews	Cardiff Metropolitan	41.76	
10	1400 Liam Ramsay	Sheffield Hallam	40.68	
11	233 Chris Hewitson	Brunel	35.65	
12	483 Mike Sweeney	Birmingham	35.48	

#### **Qualifying A 04 May 46.00**

1	1190 Alan Toward	Northumbria	46.27	Q
2	1125 Scott Wong Wei Gen	Manchester	44.29	q
3	978 Rimantas Martisauskas	Leeds Metropolitan	44.04	q
4	1400 Liam Ramsay	Sheffield Hallam	41.73	q
5	878 Karl Fitzgerald	Huddersfield	41.47	q
6	483 Mike Sweeney	Birmingham	41.16	q
7	642 Matthew Lasis	Cardiff	39.58	
8	1560 Jake Allen	UCS	36.75	
9	499 Peter Briant	Bournemouth	35.54	
10	234 Mark Cryer	Brunel	27.52	
11	1489 Christopher Mccrum	Stirling	20.82	
12	232 Harry Mcculloch	Brighton	DTR	

#### **Qualifying B 04 May 46.00**

1	1479 Zane Duquemin	St Mary's College	54.47	Q
2	508 David Coleman	Brighton	50.24	Q
3	726 Youcef Zatat	Coventry	45.42	q
4	697 Chris Reynolds	Central Lancashire	44.89	q
5	233 Chris Hewitson	Brunel	40.54	q
6	674 Curtis Mathews	Cardiff Metropolitan	39.91	q
7	1876 Doug Stark	Loughborough	39.65	
8	605 Ryan Harper	Cambridge	38.36	
9	242 Adam Timms	Leeds Metropolitan	36.26	
10	248 Jack Andrew	Manchester	34.61	
11	1552 Elliott Griffin	Teesside	30.08	

12	478 Joe Pybus	Birmingham	29.57
13	1492 John Mcomish	Stirling	22.01
14	1304 Matt Bland	Oxford Brookes	12.52



## Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

### Javelin Men

#### Championship Best Performance:

**2009 Chris Hughff                      Brunel                      76.92**

	<b>Final</b>	<b>06 May</b>		<b>Team Points</b>
1	556 Neil Crossley	Buckingham	73.41	8
2	1396 Joseph Dunderdale	Sheffield Hallam	70.22	7
3	690 Steven Turnock	Cardiff Metropolitan	68.99	6
4	411 Matthew Smith	Bath	67.69	5
5	540 Greg Millar	Brunel	65.01	4
6	1104 Richard Shuttleworth	Loughborough	64.42	3
7	967 Jordan Carter	Leeds Metropolitan	62.56	2
8	1271 Aidan Reynolds	Oxford	58.99	1
9	1528 David Brice	Sussex	56.76	
	975 Matthew Hunt	Leeds Metropolitan	DNS	
	1070 Benji Pearson	Loughborough	DNS	
	1109 Sebastien Reboah	Loughborough	DNS	

#### **Qualifying A                      05 May                      69.00**

1	556 Neil Crossley	Buckingham	69.56	Q
2	411 Matthew Smith	Bath	67.80	q
3	690 Steven Turnock	Cardiff Metropolitan	66.82	q
4	1070 Benji Pearson	Loughborough	66.62	q
5	975 Matthew Hunt	Leeds Metropolitan	66.12	q
6	1109 Sebastien Reboah	Loughborough	60.99	q
7	540 Greg Millar	Brunel	59.74	q
8	1271 Aidan Reynolds	Oxford	58.83	q
9	761 Chris Blandford	East Anglia	52.46	
10	1243 Tom Carter	Nottingham Trent	50.08	
11	586 David Szabo	Cambridge	47.81	
12	1580 Aleksander Lagowski	Warwick	36.95	
13	506 Alasdair Macdonald	Brighton	35.89	
14	1489 Christopher McCrum	Stirling	33.45	
	478 Joe Pybus	Birmingham	NT	
	1549 Adam Walker	Teesside	DNS	

#### **Qualifying B                      05 May                      69.00**

1	1396 Joseph Dunderdale	Sheffield Hallam	71.30	Q
2	1104 Richard Shuttleworth	Loughborough	68.47	q
3	967 Jordan Carter	Leeds Metropolitan	59.90	q
4	1528 David Brice	Sussex	59.74	q
5	1192 Hayden Richards	Northumbria	54.90	
6	1546 William Trimble	Swansea	53.94	
7	1086 Harry Newenham	Loughborough	52.16	
8	408 Jonathan Thompson	Bath	50.99	
9	595 Justas Dauparas	Cambridge	47.14	
10	232 Harry McCulloch	Brighton	45.72	
11	675 Jake Webber	Cardiff Metropolitan	45.34	
12	1123 Sam Comer	Manchester	43.93	
13	542 Lee Done	Brunel	41.83	
14	1494 Matthew Ramsey	Stirling	39.31	
15	859 Michael Mason	Gloucestershire	36.81	
16	1174 Martin Lay	Newcastle	35.21	



## Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

### Hammer Men

#### Championship Best Performance:

**2010 Matthew Lambley                      Huddersfield                      70.35**

	<b>Final</b>	<b>05 May</b>		<b>Team Points</b>
1	1115 Timothy Williams	Loughborough	58.87	8
2	1073 Craig Murch	Loughborough	57.46	7
3	1312 Jay Hill	Plymouth	55.62	6
4	1539 Ash Andrews	Swansea	50.13	5
5	472 Jack Vickery	Birmingham	43.62	4
6	1560 Jake Allen	UCS	43.19	3
7	1552 Elliott Griffin	Teesside	42.97	2
8	1283 Sam Hitchings	Oxford	40.73	1
9	878 Karl Fitzgerald	Huddersfield	40.18	
10	605 Ryan Harper	Cambridge	38.07	
11	409 Joseph Flitcroft	Bath	37.89	
12	1074 Daniel Bowkett	Loughborough	36.79	
13	675 Jake Webber	Cardiff Metropolitan	27.86	
	642 Matthew Lasis	Cardiff	NTR	



## Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

### High Jump Women

#### Championship Best Performance:

**2004 Bobby Aloysius                      NEWI                      1.84**

	<b>Final</b>	<b>06 May</b>		<b>Team Points</b>
1	567 Emma Perkins	Cambridge	1.75	8
2	1294 Hayley Pitman	Oxford Brookes	1.72	7
3	1026 Chloe Boulter	Loughborough	1.72	6
4	1034 Emma Lowry	Loughborough	1.69	5
5	1384 Moe Sasegbon	Sheffield Hallam	1.69	4
6	1366 Lauren Tyrrell	Sheffield	1.66	3
=7	1184 Hannah Dickson	Northumbria	1.63	2
=7	1037 Gemma Armorgie	Loughborough	1.63	0
9	659 Katy Sealy	Cardiff Metropolitan	1.63	1
10	984 Sade-Marie Bailey	Leicester	1.55	
11	260 Nicole Burger	Buckinghamshire New	1.50	
12	917 Grace Johnson	Leeds	1.50	
13	994 Georgie Evans	Liverpool	1.45	

#### **Qualifying A                      05 May                      1.75**

1	1034 Emma Lowry	Loughborough	1.60 q
2	1366 Lauren Tyrrell	Sheffield	1.60 q
3	1384 Moe Sasegbon	Sheffield Hallam	1.60 q
4	567 Emma Perkins	Cambridge	1.60 q
5	917 Grace Johnson	Leeds	1.55 q
6	994 Georgie Evans	Liverpool	1.50 q
7	1537 Frankie Courtney	Swansea	1.50
8	1355 Francesca Baylis	Royal Holloway, London	1.50
9	1501 Lucinda Logan	Strathclyde	NHR
10	1613 Helena Maden	Worcester	NHR

#### **Qualifying B                      05 May                      1.75**

1	984 Sade-Marie Bailey	Leicester	1.60 q
2	1294 Hayley Pitman	Oxford Brookes	1.60 q
3	1026 Chloe Boulter	Loughborough	1.60 q
4	659 Katy Sealy	Cardiff Metropolitan	1.60 q
5	1037 Gemma Armorgie	Loughborough	1.60 q
6	1184 Hannah Dickson	Northumbria	1.60 q
7	260 Nicole Burger	Buckinghamshire New	1.50 q
8	1426 Renate O'Connor	Southampton Solent	1.40
9	519 Becky Owen	Brunel	1.40
10	997 Kristine Reinhold	Liverpool	NHR
11	1254 Lucy Spencer	Oxford	DNS





## Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

### Long Jump Women

#### Championship Best Performance:

**1998 Julie Holman Brunel WL 6.29**

	<b>Final</b>	<b>05 May</b>		<b>Team Points</b>	<b>Wind m/s</b>
1	322 Kitan Eleyae	Queen Mary London	6.14	8	+ 2.1
2	1362 Jazmin Sawyers	Sheffield	6.07	7	+ 1.1
3	1326 Sarah Warnock	Queen Margaret	6.03	6	+ 0.7
4	279 Rebecca Chapman	Cardiff Metropolitan	6.00	5	+ 1.5
5	523 Imogen Green	Brunel	5.82	4	+ 1.5
6	956 Sophie Wood	Leeds Metropolitan	5.69	3	+ 0.6
7	394 Hannah Lewis	Bath	5.62	2	+ 1.8
8	436 Caoimhe King	Birmingham	5.61	1	+ 2.0
9	1622 Sara Bianchi Bazzi	York	5.47		+ 1.5
10	439 Claire Wait	Birmingham	5.41		+ 1.6
11	323 Elise Lovell	Sheffield Hallam	5.36		+ 1.5
12	337 Jo Rowland	Brunel	5.31		+ 1.6

#### **Qualifying A 04 May 6.00**

1	956 Sophie Wood	Leeds Metropolitan	5.58 q	*
2	394 Hannah Lewis	Bath	5.49 q	*
3	439 Claire Wait	Birmingham	5.46 q	*
4	1622 Sara Bianchi Bazzi	York	5.46 q	*
5	523 Imogen Green	Brunel	5.33 q	*
6	310 Joanne Whiteway	Loughborough	5.33	*
7	303 Lorna Goldsmith	Leeds	5.29	*
8	1384 Moe Sasegbon	Sheffield Hallam	5.28	*
9	664 Sara Geary	Cardiff Metropolitan	5.19	*
10	262 Marilyn Nwawulor	Middlesex	5.09	*
11	314 Martha Achimugu	Newcastle	5.04	*
12	729 Andrea Jesudason	Durham	5.03	*
13	341 Lisa O'Brien	Chichester	4.83	*
14	997 Kristine Reinhold	Liverpool	4.39	*
15	912 Naomi Farquarson	Kingston	4.25	*
16	292 Heather Drillingcourt	Edge Hill	4.15	*
	1548 Jayne Hansom	Teesside	NJR	

#### **Qualifying B 04 May 6.00**

1	1326 Sarah Warnock	Queen Margaret	5.88 q	+ 4.0
2	1362 Jazmin Sawyers	Sheffield	5.84 q	+ 1.7
3	279 Rebecca Chapman	Cardiff Metropolitan	5.82 q	+ 2.3
4	322 Kitan Eleyae	Queen Mary London	5.80 q	+ 4.4
5	436 Caoimhe King	Birmingham	5.68 q	+ 2.8
6	337 Jo Rowland	Brunel	5.53 q	+ 2.9
7	323 Elise Lovell	Sheffield Hallam	5.34 q	+ 2.9
8	787 Faye Nicholson	Edinburgh	5.31	+ 3.8
9	946 Jenny Lumbley	Leeds Metropolitan	5.25	+ 3.1
10	1050 Nina Bassham	Loughborough	5.21	+ 4.6
11	986 Shanara Hibbert	Leicester	5.21	+ 4.4
12	359 Jade Harding	Writtle College	4.83	+ 2.7
13	347 Chloe Vernon-Hamilton	Middlesex	4.82	+ 2.9
14	271 Katie Sheehan	Brighton	4.73	+ 2.3
15	315 Wirginia Bada	Newcastle	4.59	+ 1.7
16	1578 Rebekah Ingham	Warwick	4.39	- 0.8
17	916 Devan Spencer	Leeds	4.34	+ 2.4



# Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

## Triple Jump Women

### Championship Best Performance:

**2008 Nony Mordi** **Edinburgh** **13.62**

	<b>Final</b>	06 May		<b>Team Points</b>	<b>Wind m/s</b>
1	1160 Emma Pringle	Newcastle	12.88	8	- 0.5
2	714 Angela Barrett	UCL	12.64	7	+ 1.2
3	533 Zara Asante	Brunel	12.61	6	+ 0.8
4	434 Bethan Partridge	Birmingham	12.20	5	- 0.4
5	436 Caoimhe King	Birmingham	12.18	4	- 0.2
6	439 Claire Wait	Birmingham	11.93	0	- 0.3
7	774 Rochelle Jones	East London	11.93	3	- 1.0
8	276 Rachel Hanagan	Canterbury Christ Church	11.59	2	- 0.8
9	1185 Hannah Pringle	Northumbria	11.04	1	- 0.3
10	1562 Fiona Hill	Ulster	11.01		- 0.2
11	942 Chloe Elphick	Leeds Metropolitan	10.98		- 0.3
12	623 Megan O'Sullivan	Cardiff	10.73		+ 1.4

### **Qualifying A** **05 May** **12.10**

1	434 Bethan Partridge	Birmingham	12.13	Q	+ 1.3
2	774 Rochelle Jones	East London	11.98	q	+ 1.1
3	1185 Hannah Pringle	Northumbria	11.33	q	+ 0.7
4	623 Megan O'Sullivan	Cardiff	11.09	q	+ 0.4
5	1257 Montana Jackson	Oxford	11.03		+ 1.4
6	1158 Bethan Hughes	Newcastle	10.66		+ 0.8
7	1370 Rebecca Cope	Sheffield	10.26		+ 4.4
8	649 Danielle Town	Cardiff Metropolitan	10.09		+ 0.4
9	568 Fiona James	Cambridge	9.84		+ 1.0
10	921 Letisha Richardson	Leeds	NDR		
11	355 Karolina Isoaho	Southampton	NDR		
12	1296 Michaela Shaw	Oxford Brookes	DNS		
13	381 Helen Hanstock	Bangor	DNS		

### **Qualifying B** **05 May** **12.10**

1	1160 Emma Pringle	Newcastle	12.78	Q	+ 1.4
2	714 Angela Barrett	UCL	12.75	Q	+ 4.0
3	533 Zara Asante	Brunel	12.20	Q	+ 1.3
4	439 Claire Wait	Birmingham	12.01	q	+ 1.3
5	436 Caoimhe King	Birmingham	12.00	q	- 0.4
6	276 Rachel Hanagan	Canterbury Christ Church	11.35	q	+ 1.6
7	942 Chloe Elphick	Leeds Metropolitan	11.29	q	+ 1.7
8	1562 Fiona Hill	Ulster	11.08	q	+ 0.7
9	729 Andrea Jesudason	Durham	10.57		+ 1.3
10	757 Miriam Arbach	East Anglia	10.50		+ 0.8

11	665 Sian Swanson	Cardiff Metropolitan	10.22	+ 1.7
12	1014 Almaz Gaere	London SchoolEconomics	10.18	+ 0.5
13	916 Devan Spencer	Leeds	9.99	+ 0.8
14	1439 Danielle Patmore	St Mary's College	9.40	+ 1.1



## Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

### Pole Vault Women

#### Championship Best Performance:

**2010 Sally Scott**                      **Loughborough**                      **4.01**

	<b>Final</b>	<b>06 May</b>		<b>Team Points</b>
1	627 Sally Peake	Cardiff	3.90	8
2	1561 Claire Wilkinson	Ulster	3.70	7
3	1024 Caroline Adams	Loughborough	3.60	6
4	392 Clare Maurer	Bath	3.50	5
5	1051 Olivia Curran	Loughborough	3.50	4
6	1056 Sally Scott	Loughborough	3.50	0
7	622 Lucy Stickland	Cardiff	3.30	3
8	905 Elizabeth Grimsey	Kent	3.30	2
9	400 Natalie Donat-Cattin	Bath	2.70	1
=10	1255 Maria Harper	Oxford	2.50	
=10	421 Kara Gibbs	Bedfordshire (Bedford)	2.50	
=12	1931 Molly Bogworth	Birmingham	2.50	
=12	1314 Charlotte Bowen	Plymouth St Mark & St John	2.50	
14	448 Katrina Walker	Birmingham	2.30	
	1021 Abigail Haywood	Loughborough	NHR	
	650 Elinor Lewis	Cardiff Metropolitan	NHR	
	1250 Georgia Cole	Oxford	NHR	
	624 Naomi James	Cardiff	DNS	



## Outdoor Athletics Championships 2013 - Bedford

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### Shot Put Women

#### Championship Best Performance:

**2001 Julie Dunkley                      Greenwich                      15.97**

	<b>Final</b>	<b>06 May</b>		<b>Team Points</b>
1	628 Sarah Benson	Cardiff	13.79	8
2	337 Jo Rowland	Brunel	13.00	7
3	1162 Katherine Bulmer	Newcastle	12.12	6
4	943 Emily Campbell	Leeds Metropolitan	11.90	5
5	347 Chloe Vernon-Hamilton	Middlesex	11.67	4
6	522 Emma Kirk-Odunubi	Brunel	11.21	3
7	1187 Ruth Doran	Northumbria	11.11	2
8	1029 Devon Byrne	Loughborough	10.67	1
9	890 Lucy Holmes	Hull	10.65	
10	659 Katy Sealy	Cardiff Metropolitan	10.40	
11	1034 Emma Lowry	Loughborough	10.11	
	660 Lucy Griffiths	Cardiff Metropolitan	DNS	

**Qualifying A                      06 May                      12.00**

1	628 Sarah Benson	Cardiff	12.84	Q
2	337 Jo Rowland	Brunel	12.30	Q
3	522 Emma Kirk-Odunubi	Brunel	11.18	q
4	1187 Ruth Doran	Northumbria	10.94	q
5	890 Lucy Holmes	Hull	10.53	q
6	659 Katy Sealy	Cardiff Metropolitan	9.75	q
7	314 Martha Achimugu	Newcastle	8.95	
8	260 Nicole Burger	Buckingham New	8.91	

**Qualifying B                      06 May                      12.00**

1	347 Chloe Vernon-Hamilton	Middlesex	11.95	q
2	660 Lucy Griffiths	Cardiff Metropolitan	11.41	q
3	943 Emily Campbell	Leeds Metropolitan	11.35	q
4	1162 Katherine Bulmer	Newcastle	11.24	q
5	1029 Devon Byrne	Loughborough	11.18	q
6	1034 Emma Lowry	Loughborough	9.71	q
7	447 Kate Franklin	Birmingham	8.70	
8	1228 Kelly Lawrence	Nottingham Trent	7.55	



# Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

## Discus Women

### Championship Best Performance:

**1995 Jackie McKernan Ulster 58.38**

### Final

### Team Points

1	1058	Samantha Milner	Loughborough	47.25	8
2	503	Grace Jenkins	Brighton	41.00	7
3	1563	Kathy Hetherington	Ulster	40.86	6
4	662	Megan Tuck	Cardiff Metropolitan	38.26	5
5	1436	Carla Letheby	St Mary's College	37.63	4
6	522	Emma Kirk-Odunubi	Brunel	37.37	3
7	1623	Sarah Parsons	York	37.24	2
8	1044	Katherine Jones	Loughborough	36.22	1
9	569	Georgina Howe	Cambridge	34.16	
10	1207	Sophie Baggs	Nottingham	33.46	
11	942	Chloe Elphick	Leeds Metropolitan	33.20	
12	943	Emily Campbell	Leeds Metropolitan	30.94	

### Qualifying A

**39.50**

1	1058	Samantha Milner	Loughborough	45.22	Q
2	662	Megan Tuck	Cardiff Metropolitan	37.46	q
3	1623	Sarah Parsons	York	36.40	q
4	522	Emma Kirk-Odunubi	Brunel	35.65	q
5	943	Emily Campbell	Leeds Metropolitan	34.96	q
6	569	Georgina Howe	Cambridge	31.84	q
7	452	Louise Deer	Birmingham	28.42	
8	1201	Kate Whiston	Nottingham	28.14	
9	730	Becky Huddy	Durham	22.43	
10	865	Emma Pinkowicz	Huddersfield	DNS	

### Discus Women

### Qualifying B

**39.50**

1	1563	Kathy Hetherington	Ulster	41.12	Q
2	503	Grace Jenkins	Brighton	38.37	q
3	1436	Carla Letheby	St Mary's College	37.15	q
4	1044	Katherine Jones	Loughborough	36.98	q
5	1207	Sophie Baggs	Nottingham	36.86	q
6	942	Chloe Elphick	Leeds Metropolitan	34.25	q
7	660	Lucy Griffiths	Cardiff Metropolitan	29.68	
8	890	Lucy Holmes	Hull	29.02	
9	1057	Samantha Hill	Loughborough	26.04	



# Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

## Javelin Women

### Championship Best Performance:

**2012 Isabelle Jeffs Loughborough 53.93**

	<b>Final</b>	<b>04 May</b>		<b>Team Points</b>
1	1040 Isabelle Jeffs	Loughborough	53.29	8
2	1031 Eloise Meakins	Loughborough	46.40	7
3	1200 Ifeoluwa Oniwinde	Nottingham	44.30	6
4	657 Hannah Johnson	Cardiff Metropolitan	43.59	5
5	955 Sam Cullinane	Leeds Metropolitan	41.31	4
6	376 Louise Lockwood	Anglia Ruskin	40.89	3
7	337 Jo Rowland	Brunel	40.03	2
8	1413 Taylor Langford-Smith	Southampton	34.68	1
9	946 Jenny Lumbley	Leeds Metropolitan	34.62	
10	1029 Devon Byrne	Loughborough	33.69	
11	352 Jess Taylor	Sheffield Hallam	31.84	
12	1315 Lucy Smith	Plymouth St Mark & St John	31.53	

### **Qualifying A 04 May 45.00**

1	376 Louise Lockwood	Anglia Ruskin	41.32	q
2	657 Hannah Johnson	Cardiff Metropolitan	40.36	q
3	946 Jenny Lumbley	Leeds Metropolitan	34.37	q
4	1029 Devon Byrne	Loughborough	34.28	q
<b>5</b>	<b>321 Sharon Grierson</b>	<b>Queen Margaret</b>	<b>17.32</b>	
	351 Katie Holder	Oxford	DNR	
	1624 Tara Annison	York	DNS	
	530 Olga Kotmilosi	Brunel	DNS	

### **Qualifying B 04 May 45.00**

1	1040 Isabelle Jeffs	Loughborough	48.09	Q
2	1200 Ifeoluwa Oniwinde	Nottingham	45.39	Q
3	1031 Eloise Meakins	Loughborough	44.40	q
4	955 Sam Cullinane	Leeds Metropolitan	41.28	q
5	337 Jo Rowland	Brunel	38.91	q
6	1315 Lucy Smith	Plymouth St Mark & St John	33.53	q
7	1413 Taylor Langford-Smith	Southampton	33.33	q
8	352 Jess Taylor	Sheffield Hallam	32.90	q
9	659 Katy Sealy	Cardiff Metropolitan	31.75	



## Outdoor Athletics Championships 2013 - Bedford

4 - 6 May

### Hammer Women

#### Championship Best Performance:

**2007 Zoe Derham Gloucester 66.54**

	<b>Final</b>	<b>05 May</b>		<b>Team Points</b>
1	1049 Myra Perkins	Loughborough	58.20	8
2	888 Abbi Carter	Hull	56.19	7
3	391 Cathrine Beatty	Bath	53.28	6
4	631 Toni Wells	Cardiff	52.77	5
5	1595 Rachel Hunter	West of Scotland	51.09	4
6	1059 Sarah Stanhope	Loughborough	49.76	3
7	1208 Stephanie Hendy	Nottingham	48.91	2
8	1448 Pippa Wingate	St Mary's College	48.77	1
9	569 Georgina Howe	Cambridge	45.44	
10	1559 Hayley Sayer	UCS	38.88	
11	662 Megan Tuck	Cardiff Metropolitan	38.33	
	943 Emily Campbell	Leeds Metropolitan	NTR	

#### **Qualifying A 04 May 55.50**

1	1049 Myra Perkins	Loughborough	58.42	Q
2	888 Abbi Carter	Hull	54.76	q
3	391 Cathrine Beatty	Bath	53.89	q
4	569 Georgina Howe	Cambridge	43.63	q
5	943 Emily Campbell	Leeds Metropolitan	42.65	q
6	1559 Hayley Sayer	UCS	38.19	q
7	662 Megan Tuck	Cardiff Metropolitan	37.73	q
	1179 Lucy Marshall	Northampton	DNS	
	1261 Rebecca Simpson	Oxford	DNS	

#### **Qualifying B 04 May 55.50**

1	1595 Rachel Hunter	West of Scotland	53.44	q
2	1208 Stephanie Hendy	Nottingham	50.68	q
3	631 Toni Wells	Cardiff	49.94	q
4	1059 Sarah Stanhope	Loughborough	48.78	q
5	1448 Pippa Wingate	St Mary's College	47.29	q
6	1252 Jenny Richards	Oxford	35.09	
7	948 Lindsay Campbell	Leeds Metropolitan	30.84	
	865 Emma Pinkowicz	Huddersfield	DNS	