



100m Women

Heats

Sat 2 May 13:00

First 4 and 4 fastest losers to 3 Semi Finals

Heat 1		Wind speed: +1.2 M/S	
1	151 Natalie Jowett	Loughborough	12.26 Q
2	143 Henrietta Kodilinye-Sims	London	12.31 Q
3	127 Remel Okeke-Wickham	Leeds	12.59 Q
4	49 Katryna Hardcastle	Chester (Chester)	12.65 Q
5	83 Rebecca Courtney	Exeter	13.08 q
6	219 Jennifer Dunn	St Andrews	13.10 q
7	111 Pavidra Sivanandarajah	Imperial	13.33
8	77 Hannah Roberts	Edge Hill	13.85

Heat 2		Wind speed: +2.3 M/S	
1	109 Annabelle Lewis	Hull	11.85 Q
2	267 Zara George	UWIC	12.16 Q
3	451 Laura Hitchman	Loughborough	12.38 Q
4	20 Hannah Williams	Birmingham	12.56 Q
5	178 Natalie Christopher	Oxford	13.25
6	71 Alice Robins	Durham	13.53
7	154 Amy Elston	Manchester	13.64
8	Lane Vacant		

Heat 3		Wind speed: +2.0 M/S	
1	227 Natalie Bartley	St Mary's	12.04 Q
2	152 Kylie Russell	Loughborough	12.37 Q
3	13 Joanna Patterson	Bath	12.41 Q
4	177 Dominique Smith	Oxford	12.83 Q
5	165 Rowena Dyson	Newcastle	13.33
6	270 Theresa Paul	UWE Bristol	14.48
7	319 Claudia Williams	Birmingham	DNS
8	Lane Vacant		

Heat 4		Wind speed: +1.3 M/S	
1	33 Joey Duck	Brunel	11.60 Q
2	228 Emily Martin	St Mary's	12.42 Q
3	171 Rachel Davidson	Northumbria	12.55 Q
4	29 Claire Welch	Brighton	12.83 Q
5	209 Suki Cirillo	Sheffield	12.84 q
6	257 Anja Meyer	UC Birmingham	12.95 q
7	269 Jade Palmer	UWE Bristol	13.28
8	Lane Vacant		

Heat 5		Wind speed: +1.6 M/S	
1	34 Lucy Sargent	Brunel	12.01 Q
2	19 Sophie Lambert	Birmingham	12.52 Q
3	247 Faye Winspear	Teesside	12.53 Q
4	211 Hannah Bird	Sheffield Hallam	12.58 Q
5	527 Lizzie Nation-Grainger	St Mary's	13.47
6	142 Maggie Millions	Liverpool John Moores	13.91
7	193 Lauren Harris	Robert Gordon	DNS
8	Lane Vacant		



100m Women

Semi Finals

Sat 2 May 16:20

First 2 and 2 fastest losers to Final

Race 1		Wind speed: +0.8	
1	33 Joey Duck	Brunel	11.65 Q
2	267 Zara George	UWIC	12.42 Q
3	13 Joanna Patterson	Bath	12.42 q
4	143 Henrietta Kodilinye-Sims	London	12.47
5	49 Katryna Hardcastle	Chester (Chester)	12.73
6	247 Faye Winspear	Teesside	12.82
7	177 Dominique Smith	Oxford	12.88
8	219 Jennifer Dunn	St Andrews	13.26

Race 2		Wind speed: +1.4	
1	34 Lucy Sargent	Brunel	12.05 Q
2	227 Natalie Bartley	St Mary's	12.16 Q
3	228 Emily Martin	St Mary's	12.47
4	19 Sophie Lambert	Birmingham	12.57
5	127 Remel Okeke-Wickham	Leeds	12.61
6	20 Hannah Williams	Birmingham	12.64
7	257 Anja Meyer	UC Birmingham	12.92
8	209 Suki Cirillo	Sheffield	13.02

Race 3		Wind speed: +1.0	
1	109 Annabelle Lewis	Hull	11.87 Q
2	152 Kylie Russell	Loughborough	12.25 Q
3	151 Natalie Jowett	Loughborough	12.28 q
4	451 Laura Hitchman	Loughborough	12.44
5	171 Rachel Davidson	Northumbria	12.69
6	211 Hannah Bird	Sheffield Hallam	12.83
7	29 Claire Welch	Brighton	13.15



Outdoor Athletics Championships 2009 - Bedford

100m Women

Final

Sat 2 May 17:35

Championship Best Performance:

2001 Abi Oyepitan		Brunel	11.48	Team
		Wind speed: +0.7 M/S		Points
1	33 Joey Duck	Brunel	11.64	8
2	109 Annabelle Lewis	Hull	11.88	7
3	34 Lucy Sargent	Brunel	12.06	6
4	152 Kylie Russell	Loughborough	12.32	5
5	151 Natalie Jowett	Loughborough	12.39	4
6	267 Zara George	UWIC	12.53	3
7	13 Joanna Patterson	Bath	12.61	2
8	227 Natalie Bartley	St Mary's	DNS	0



200m Women

Heats

Sun 3 May 13:40

First 4 and 4 fastest losers to 3 Semi Finals

Heat 1		Wind speed: +3.0 M/S	
1	109 Annabelle Lewis	Hull	24.57 Q
2	19 Rebecca Williams	Birmingham	24.97 Q
3	333 Charlotte Allee	Brunel	25.07 Q
4	153 Jess Taylor	Manchester	25.25 Q
5	151 Laura Hitchman	Loughborough	25.52 q
6	209 Suki Cirillo	Sheffield	26.73
7	178 Emily Binner	Oxford	27.26
8	527 Liz Tipler	St Mary's	28.95

Heat 2		Wind speed: +3.4 M/S	
1	152 Kylie Russell	Loughborough	25.29 Q
2	20 Seemita Gumbs	Birmingham	25.49 Q
3	129 Emma Payne	Leeds Met Carnegie	25.74 Q
4	177 Dominique Smith	Oxford	26.12 Q
5	127 Remel Okeke-Wickham	Leeds	26.54 q
6	270 Jade Palmer	UWE Bristol	26.64
7	83 Rebecca Courtney	Exeter	27.06
8	212 Laura Creighton	Sheffield Hallam	27.66

Heat 3		Wind speed: +4.1 M/S	
1	334 Dominique Blaize	Brunel	25.33 Q
2	171 Lauren Arthur	Northumbria	25.75 Q
3	49 Katryna Hardcastle	Chester (Chester)	26.30 Q
4	165 Amy Wrigley	Newcastle	26.82 Q
5	227 Phillipa McGregor	St Mary's	27.00
6	452 Mikaela Harrison	Loughborough	27.07
7	219 Jennifer Dunn	St Andrews	27.29
8	111 Pavidra Sivanandarajah	Imperial	28.24

Heat 4		Wind speed: +2.6 M/S	
1	34 Lucy Sargent	Brunel	24.79 Q
2	13 Joanna Patterson	Bath	25.32 Q
3	228 Emily Martin	St Mary's	25.43 Q
4	451 Natalie Jowett	Loughborough	25.49 Q
5	211 Hannah Bird	Sheffield Hallam	25.87 q
6	166 Rowena Dyson	Newcastle	28.06
7	71 Alice Robins	Durham	28.29
8	128 Charlotte Gaynor	Leeds	28.29

Heat 5		Wind speed: +3.9 M/S	
1	33 Perri Shakes-Drayton	Brunel	23.74 Q
2	143 Henrietta Kodilinye-Sims	London	24.38 Q
3	257 Susanna Banjo	UC Birmingham	25.21 Q
4	320 Sophie Lambert	Birmingham	25.61 Q
5	215 Megan Williams	Southampton	26.54 q
6	77 Hannah Roberts	Edge Hill	28.86
7	193 Lauren Harris	Robert Gordon	DNS
8	154 Jade Peak	Manchester	DNS



200m Women

Semi Finals

Mon 4 May 11:05

First 2 and 2 fastest losers to Final

Race 1		Wind speed: +2.5 M/S	
1	33 Perri Shakes-Drayton	Brunel	24.36 Q
2	143 Henrietta Kodilinye-Sims	London	24.91 Q
3	19 Rebecca Williams	Birmingham	25.32 q
4	257 Susanna Banjo	UC Birmingham	25.41 q
5	228 Emily Martin	St Mary's	25.65
6	320 Sophie Lambert	Birmingham	26.30
7	215 Megan Williams	Southampton	27.10
8	177 Dominique Smith	Oxford	DNS

Race 2		Wind speed: +2.3 M/S	
1	109 Annabelle Lewis	Hull	24.81 Q
2	334 Dominique Blaize	Brunel	25.52 Q
3	13 Joanna Patterson	Bath	25.64
4	451 Natalie Jowett	Loughborough	25.69
5	129 Emma Payne	Leeds Met Carnegie	26.12
6	127 Remel Okeke-Wickham	Leeds	26.72
7	165 Amy Wrigley	Newcastle	DNS
8	333 Charlotte Allee	Brunel	DNS

Race 3		Wind speed: +3.2 M/S	
1	34 Lucy Sargent	Brunel	24.96 Q
2	171 Lauren Arthur	Northumbria	25.41 Q
3	152 Kylie Russell	Loughborough	25.61
4	153 Jess Taylor	Manchester	25.72
5	151 Laura Hitchman	Loughborough	25.83
6	211 Hannah Bird	Sheffield Hallam	25.87
7	49 Katryna Hardcastle	Chester (Chester)	26.81



Outdoor Athletics Championships 2009 - Bedford

200m Women

Final

Mon 4 May 12:45

Championship Best Performance:

2007 Kadi-Ann Thomas

Brunel

23.41

Team

Wind speed: +3.1 M/S

Points

1	109 Annabelle Lewis	Hull	24.87	8
2	143 Henrietta Kodilinye-Sims	London	24.95	7
3	34 Lucy Sargent	Brunel	25.00	6
4	19 Rebecca Williams	Birmingham	25.42	5
5	257 Susanna Banjo	UC Birmingham	25.91	4
6	171 Lauren Arthur	Northumbria	25.95	3
7	334 Dominique Blaize	Brunel	DNF	0
8	33 Perri Shakes-Drayton	Brunel	DNS	0



400m Women

Heats

Sat 2 May 18:20

First 4 and 4 fastest losers to 3 Semi Finals

Heat 1

1	319 Seemita Gumbs	Birmingham	57.01 Q
2	152 Rebecca Syrocki	Loughborough	58.33 Q
3	80 Louise McLelland	Edinburgh	58.35 Q
4	212 Kelie Bewick	Sheffield Hallam	60.97 Q
5	333 Vicky Randall	Brunel	62.65 q
6	219 Anna Moles	St Andrews	62.94
7	30 Emma Bubbs	Brighton	DNF
8	83 Lauren Searles	Exeter	DNS

Heat 2

1	267 Nadine Okyere	UWIC	56.96 Q
2	153 Jade Peak	Manchester	60.61 Q
3	171 Gina Rutherford	Northumbria	60.79 Q
4	178 Emily Binner	Oxford	61.30 Q
5	228 Liz Tipler	St Mary's	65.33
6	239 Anne Doyle	Surrey	67.62
7	451 Lyndsay Fairweather	Loughborough	DNF
8	Lane Vacant		

Heat 3

1	151 Sarah Adams	Loughborough	57.14 Q
2	268 Emma Pullen	UWIC	57.70 Q
3	144 Imola Asztalos	London	58.83 Q
4	334 Hannah Jeanes	Brunel	62.12 Q
5	215 Megan Williams	Southampton	65.26
6	227 Sharon Walsh	St Mary's	67.91
7	84 Sadie Addlesee	Exeter	DNS
8	Lane Vacant		

Heat 4

1	33 Shelayna Oskan	Brunel	56.98 Q
2	43 Rhianne Jones	Cardiff	58.30 Q
3	39 Kate Laidlow	Cambridge	58.69 Q
4	211 Rachael Shaw	Sheffield Hallam	59.61 Q
5	209 Laura Bealey	Sheffield	59.95 q
6	165 Amy Wrigley	Newcastle	61.33 q
7	320 Laura Carmichael	Birmingham	63.87
8	Lane Vacant		

Heat 5

1	34 Harriet Pryke	Brunel	58.22 Q
2	20 Katie Flower	Birmingham	58.95 Q
3	452 Emma Paton	Loughborough	59.71 Q
4	129 Sarah Yeoman	Leeds Met Carnegie	62.24 Q
5	40 Becky Welbourn	Cambridge	62.68 q
6	127 Josie Cram	Leeds	65.45
7	477 Catriona Witcombe	Oxford	DNS
8	Lane Vacant		



400m Women

Semi Finals

Sun 3 May 12:35

First 2 and 2 fastest losers to Final

Race 1

1	33 Shelayna Oskan	Brunel	57.19 Q
2	152 Rebecca Syrocki	Loughborough	58.41 Q
3	80 Louise Mclelland	Edinburgh	58.52 q
4	34 Harriet Pryke	Brunel	58.71 q
5	452 Emma Paton	Loughborough	60.83
6	212 Kellie Bewick	Sheffield Hallam	61.86
7	129 Sarah Yeoman	Leeds Met Carnegie	62.65
8	333 Vicky Randall	Brunel	62.92

Race 2

1	151 Sarah Adams	Loughborough	57.37 Q
2	20 Katie Flower	Birmingham	59.14 Q
3	211 Rachael Shaw	Sheffield Hallam	59.69
4	171 Gina Rutherford	Northumbria	60.66
5	209 Laura Bealey	Sheffield	61.13
6	153 Jade Peak	Manchester	61.67
7	165 Amy Wrigley	Newcastle	62.89
8	319 Seemita Gumbs	Birmingham	DNF

Race 3

1	267 Nadine Okyere	UWIC	57.08 Q
2	268 Emma Pullen	UWIC	58.44 Q
3	144 Imola Asztalos	London	59.26
4	43 Rhianne Jones	Cardiff	59.38
5	39 Kate Laidlow	Cambridge	60.47
6	178 Emily Binner	Oxford	61.94
7	334 Hannah Jeanes	Brunel	62.30

**Outdoor Athletics Championships 2009 - Bedford****400m Women****Final****Mon 4 May 12:25****Championship Best Performance:****2007 Faye Harding****Loughborough****52.99****Team
Points**

1	151 Sarah Adams	Loughborough	54.81	8
2	267 Nadine Okyere	UWIC	55.00	7
3	33 Shelayna Oskan	Brunel	56.47	6
4	20 Katie Flower	Birmingham	57.32	5
5	268 Emma Pullen	UWIC	57.38	4
6	34 Harriet Pryke	Brunel	57.92	3
7	80 Louise McClelland	Edinburgh	58.17	2
8	152 Rebecca Syrocki	Loughborough	58.36	1



800m Women

Heats

Sat 2 May 14:20

First 3 and 4 fastest losers to 2 Semi Finals

Heat 1

33 Tara Bird	Brunel	2.16.93	Q
452 Aisling McGhee	Loughborough	2.18.00	Q
320 Kate Hindle	Birmingham	2.18.69	Q
93 Lauren Tolmie	Gloucestershire	2.22.37	
17 Rebecca Hall	Bedfordshire	2.23.30	
153 Anna Brooks	Manchester	2.23.64	
13 Annabel Grady	Bath	2.24.41	
231 Robyn Mcdowall	Stirling	DNF	
286 Zofia Okuniewska		DNS	

Heat 2

319 Philippa Aukett	Birmingham	2.16.68	Q
129 Laura Kirk	Leeds Met Carnegie	2.16.99	Q
103 Eilidh Mackenzie	Heriot-Watt	2.17.00	Q
268 Ruth Mitchell	UWIC	2.17.13	q
451 Emma-Leigh Heighway	Loughborough	2.17.56	q
39 Polly Keen	Cambridge	2.23.52	
239 Anne Doyle	Surrey	2.33.77	
73 Sarah Burdett	East Anglia	2.34.68	
31 Ashley Robinson		2.34.97	

Heat 3

151 Dani Christmas	Loughborough	2.15.43	Q
130 Jo Adams	Leeds Met Carnegie	2.15.56	Q
137 Seonaid Murray	Liverpool	2.15.74	Q
20 Lucy Dowsett	Birmingham	2.16.56	q
14 Amy Colwill	Bath	2.20.21	
144 Harriet Owles	London	2.23.99	
227 Lucy Baker	St Mary's	2.33.84	
127 Laura Glenn	Leeds	2.34.67	
74 Rachel Ball		2.46.23	

Heat 4

19 Vicky Foulty	Birmingham	2.13.29	Q
157 Ejiro Okoro	Medway	2.16.81	Q
152 Jordan Kinney	Loughborough	2.16.87	Q
233 Carla Sloss	Strathclyde	2.18.03	q
313 Siobhan Svendsen	Bath	2.19.12	
40 Christe Noble	Cambridge	2.24.22	

87 Leila James	Glamorgan	DNF
183 Charlotte Hunt	Portsmouth	DNS
Lane Vacant		



800m Women

Semi Finals

Sun 3 May 11:20

First 3 and 2 fastest losers to Final

Race 1

1	33 Tara Bird	Brunel	2.08.67	Q
2	19 Vicky Foulty	Birmingham	2.10.88	Q
3	137 Seonaid Murray	Liverpool	2.14.47	Q
4	452 Aisling McGhee	Loughborough	2.14.74	
5	130 Jo Adams	Leeds Met Carnegie	2.15.50	
6	320 Kate Hindle	Birmingham	2.16.82	
7	233 Carla Sloss	Strathclyde	2.18.05	
8	20 Lucy Dowsett	Birmingham	DNS	

Race 2

1	151 Dani Christmas	Loughborough	2.11.95	Q
2	319 Philippa Aukett	Birmingham	2.12.01	Q
3	157 Ejiro Okoro	Medway	2.12.91	Q
4	152 Jordan Kinney	Loughborough	2.13.90	q
5	268 Ruth Mitchell	UWIC	2.14.68	q
6	129 Laura Kirk	Leeds Met Carnegie	2.16.28	
7	451 Emma-Leigh Heighway	Loughborough	2.20.45	
8	103 Eilidh Mackenzie	Heriot-Watt	2.24.10	



Outdoor Athletics Championships 2009 - Bedford

800m Women

Final

Mon 4 May 11:35

Championship Best Performance:

2005 Marilyn Okoro

		Bath	2.03.68	Team Points
1	33 Tara Bird	Brunel	2.07.19	8
2	151 Dani Christmas	Loughborough	2.07.60	7
3	157 Ejiro Okoro	Medway	2.09.14	6
4	319 Philippa Aukett	Birmingham	2.09.41	0
5	19 Vicky Foulty	Birmingham	2.11.18	4
6	152 Jordan Kinney	Loughborough	2.14.02	3
7	268 Ruth Mitchell	UWIC	2.16.82	2

8 137 Seonaid Murray

Liverpool

2.19.05

1



1500m Women

Heats

Sat 2 May 11:15

First 6 and 6 fastest losers to 2 Semi Finals

Heat 1

1	33 Emma Pallant	Brunel	4.38.10	Q
2	151 Stevie Stockton	Loughborough	4.38.17	Q
3	247 Stacey Smith	Teesside	4.39.38	Q
4	17 Rebecca Newstead	Bedfordshire	4.42.64	Q
5	227 Bryony Proctor	St Mary's	4.43.23	Q
6	178 Flo Ray	Oxford	4.46.92	Q
7	40 Marie Cavitte	Cambridge	4.55.59	q
8	138 Sarah Neary	Liverpool	5.00.82	q
9	31 Erica Golland	Bristol	5.04.48	q
10	128 Laura Glenn	Leeds	5.16.16	q
11	232 Megan Stirling	Stirling	6.35.65	
12	Lane Vacant			
13	Lane Vacant			

Heat 2

1	228 Suzi Boast	St Mary's	4.54.42	Q
2	143 Harriet Scott	London	4.58.37	Q
3	109 Klachen Cheshire	Hull	4.58.47	Q
4	215 India Lee	Southampton	4.58.65	Q
5	452 Abbey McGhee	Loughborough	4.59.00	Q
6	20 Hannah Brooks	Birmingham	5.00.11	Q
7	25 Sarah Bolton	Bournemouth	5.11.34	q
8	73 Jennie Hunt	East Anglia	5.40.37	
9	211 Sarah Barnes	Sheffield Hallam	5.41.09	
10	209 Leila Armoush	Sheffield	5.49.49	
11	175 Becka Turnbull	Nottingham Trent	DNS	
12	Lane Vacant			
13	Lane Vacant			

Heat 3

1	152 Jess Coulson	Loughborough	4.52.54	Q
2	233 Josephine Moultrie	Strathclyde	4.57.62	Q
3	13 Laura Dunn	Bath	4.59.21	Q
4	451 Claire Tarplee	Loughborough	4.59.56	Q
5	177 Rachel Deegan	Oxford	5.00.46	Q
6	84 Charlotte Davies	Exeter	5.04.36	Q
7	212 Victoria Needham	Sheffield Hallam	5.06.84	q
8	137 Sarah Jarvis	Liverpool	5.30.03	

9	231 Ann-Marie Parry	Stirling	6.07.41
10	28 Emma Rogers	Bradford	6.12.12
11	115 Emma Jackson	Keele University	DNS
12	Lane Vacant		
13	Lane Vacant		



1500m Women

Semi Finals

Sun 3 May 12:50

First 5 and 2 fastest losers to Final

Race 1

1	33 Emma Pallant	Brunel	4.40.87	Q
2	151 Stevie Stockton	Loughborough	4.40.98	Q
3	20 Hannah Brooks	Birmingham	4.41.01	Q
4	233 Josephine Moultrie	Strathclyde	4.41.03	Q
5	451 Claire Tarplee	Loughborough	4.42.57	Q
6	109 Klachen Cheshire	Hull	4.44.56	q
7	13 Laura Dunn	Bath	4.50.08	
8	178 Flo Ray	Oxford	4.53.73	
9	227 Bryony Proctor	St Marys	4.55.59	
10	138 Sarah Neary	Liverpool	5.03.47	
11	31 Erica Golland	Bristol	5.05.38	
12	128 Laura Glenn	Leeds	5.22.94	

Race 2

1	452 Abbey McGhee	Loughborough	4.37.31	Q
2	247 Stacey Smith	Teesside	4.37.95	Q
3	143 Harriet Scott	London	4.38.09	Q
4	228 Suzi Boast	St Marys	4.38.79	Q
5	152 Jess Coulson	Loughborough	4.43.00	Q
6	215 India Lee	Southampton	4.43.82	q
7	17 Rebecca Newstead	Bedfordshire	4.50.49	
8	177 Rachel Deegan	Oxford	4.52.57	
9	84 Charlotte Davies	Exeter	5.03.81	
10	212 Victora Needham	Sheffield Hallam	5.18.13	
11	25 Sarah Bolton	Bournemouth	DNS	
12	40 Marie Cavitte	Cambridge	DNS	



Outdoor Athletics Championships 2009 - Bedford

1500m Women

Final

Mon 4 May 13:25

Championship Best Performance

2001 Emma Ward

Staffordshire

4.13.38

**Team
Points**

1	33 Emma Pallant	Brunel	4.24.34	8
2	151 Stevie Stockton	Loughborough	4.25.15	7
3	20 Hannah Brooks	Birmingham	4.25.64	6
4	233 Josephine Moultrie	Strathclyde	4.27.36	5
5	143 Harriet Scott	London	4.28.94	4
6	247 Stacey Smith	Teesside	4.29.64	3
7	452 Abbey McGhee	Loughborough	4.29.67	0
8	451 Claire Tarplee	Loughborough	4.30.26	0
9	152 Jess Coulson	Loughborough	4.36.78	
10	228 Suzi Boast	St Marys	4.38.21	
11	109 Klachen Cheshire	Hull	4.38.83	
12	215 India Lee	Southampton	4.40.07	



5000m Women

Heats

Sat 2 May 10:00

First 6 and 4 fastest losers to Final

Heat 1

1	31 Cathy Ansell	Oxford	17.37.20	Q
2	10 Georgie Brunivels	Bristol	17.43.36	Q
3	26 Emily Pidgeon	Loughborough	17.43.59	Q
4	13 Emma Pallant	Brunel	17.43.74	Q
5	33 Sarah McCormack	Sheffield	17.44.21	Q
6	39 Danni Nimmock	St Mary's	17.45.82	Q
7	3 Rachel Coe-O'Brien	Bath	17.53.38	q
8	4 Natasha Peters	Bedfordshire	18.09.17	q
9	17 Clare Hodgson	Exeter	18.38.24	q
10	36 Natalie Burke	Southampton	18.45.94	
11	6 Roxy Blackwell	Birmingham	19.41.34	
12	15 Sarah Kimpton	East Anglia	20.34.85	
13	23 Sarah Peterson	Leeds	DNF	
14	28 Lucy O'Gorman	Loughborough	DNF	
15	22 Sarah Graham	Leeds	DNS	
16	Lane Vacant			
17	Lane Vacant			
18	Lane Vacant			
19	Lane Vacant			
20	Lane Vacant			
21	Lane Vacant			
22	Lane Vacant			
23	Lane Vacant			
24	Lane Vacant			

Heat 2

1	38 Tasha Doel	St Mary's	18.10.05	Q
2	11 Claire Hallissey	Bristol	18.28.23	Q
3	27 Kirsty Milner	Loughborough	18.28.23	Q
4	8 Katie Knowles	Birmingham	18.28.28	Q
5	37 Steph Twell	St Mary's	18.28.31	Q
6	29 Natalie Gray	Loughborough	18.29.71	Q
7	21 Mary Ferrier	Leeds	18.32.60	q
8	14 Becky Howarth	Durham	18.52.67	
9	43 Ellie Kitchen	Warwick	20.00.14	
10	5 Martha Clarke	Birmingham	20.07.36	
11	32 Zoe Boyland	Portsmouth	21.04.44	
12	18 Stephanie Kitson	Exeter	21.39.33	

13	20 Rebecca Gould	Gloucestershire	DNF
14	44 Sarah Holiday	Winchester	DNS
15	16 Tarley Barnes	East Anglia	DQ
16	Lane Vacant		
17	Lane Vacant		
18	Lane Vacant		
19	Lane Vacant		
20	Lane Vacant		
21	Lane Vacant		
22	Lane Vacant		
23	Lane Vacant		
24	Lane Vacant		



Outdoor Athletics Championships 2009 - Bedford

5000m Women

Final

Mon 4 May 11:45

Championship Best Performance

1998 Jodie Swallow

		Loughborough	16.11.70	Team Points
1	37 Steph Twell	St Mary's	16.03.94	CBP 8
2	13 Emma Pallant	Brunel	16.27.12	7
3	11 Claire Hallissey	Bristol	16.44.95	6
4	26 Emily Pidgeon	Loughborough	17.00.64	5
5	27 Kirsty Milner	Loughborough	17.09.86	4
6	38 Tasha Doel	St Mary's	17.10.58	3
7	29 Natalie Gray	Loughborough	17.11.53	0
8	10 Georgie Brunivels	Bristol	17.33.41	1
9	33 Sarah McCormack	Sheffield	17.47.54	
10	39 Danni Nimmock	St Mary's	17.49.90	
11	31 Cathy Ansell	Oxford	18.00.09	
12	21 Mary Ferrier	Leeds	18.10.1	
13	4 Natasha Peters	Bedfordshire	18.12.22	
14	3 Rachel Coe-O'Brien	Bath	18.20.43	
15	8 Katie Knowles	Birmingham	DNF	
16	17 Clare Hodgson	Exeter	DNS	



Outdoor Athletics Championships 2009 - Bedford

10000m Women

Final

Sat 2 May 11:40

Championship Best Performance:

2004 Kate Reed

St Mary's

33.18.31

Team
Points

1	31 Charlotte Purdue	GUEST	33.33.24	
2	7 Claire Hallissey	Bristol	34.07.19	8
3	4 Fiona Clark	Birmingham	35.20.76	7
4	10 Hollie Rowland	East Anglia	36.02.73	6
5	15 Jo Callaway	Loughborough	36.28.51	5
6	16 Suzanne Richards	Loughborough	36.29.88	4
7	29 Sandra Branney	GUEST	37.09.27	
8	18 Katie Lomas	Loughborough	37.41.29	0
9	30 Natasha Poole	GUEST	40.01.12	
10	20 Emily Armstrong	Sheffield	40.33.06	2
11	14 Natasha Taylor	London South Bank	40.49.27	1
12	11 Lucy Rogers	Exeter	43.27.92	
13	12 Lucy Davies	Exeter	44.07.16	
14	19 Sarah Davey	Portsmouth	DNF	
15	8 Hilary Agate	Bristol	DNS	



100m Hurdles WOMEN Heats
Sun 3 Mar 12:00
First 2 and 2 fastest losers to Final

Heat 1		Wind speed: +5.4	
1	211 Zara Hohn	Sheffield Hallam	13.34 Q
2	34 Katia Lannon	Brunel	14.31 Q
3	452 Jennifer Heckford	Loughborough	14.72 q
4	13 Kim Motley	Bath	15.21
5	109 Katie Mchale	Hull	15.62
6	39 Emily Craven	Cambridge	17.52
7	177 Natalie Christopher	Oxford	DNF
8	Lane Vacant		

Heat 2		Wind speed:+5.9	
1	139 Helen Asher	Liverpool Hope	13.46 Q
2	33 Gemma Weetman	Brunel	14.71 Q
3	267 Michelle Thomas	UWIC	15.29
4	81 Nicola Gaisford	Essex	15.35
5	178 Helen Hanstock	Oxford	18.00
6	151 Andrea Vinet	Loughborough	DNF
7	227 Lizzie Nation-Grainger	St Mary's	DNS
8	Lane Vacant		

Heat 3		Wind speed: +5.0	
1	152 Lauren Dewdney	Loughborough	13.94 Q
2	25 Jillian Drouin	Bournemouth	14.64 Q
3	73 Chloe Vanwulven	East Anglia	14.82 q
4	212 Lydia Chamberlin	Sheffield Hallam	15.16
5	228 Claudia Tabony	St Mary's	15.74
6	19 Isabelle Hatton	Birmingham	15.81
7	Lane Vacant		
8	Lane Vacant		



Outdoor Athletics Championships 2009 - Bedford
100m Hurdles Women Final

Sun 3 May 13:15

Championship Best Performance:
2003 Helen Worsey

		13.45	Team Points
	Loughborough		
	Wind speed: +3.7 M/S		
1	211 Zara Hohn	13.26	8
2	139 Helen Asher	13.62	7

3	152 Lauren Dewdney	Loughborough	13.89	6
4	34 Katia Lannon	Brunel	14.38	5
5	25 Jillian Drouin	Bournemouth	14.52	4
6	33 Gemma Weetman	Brunel	14.67	3
7	73 Chloe Vanwulven	East Anglia	14.73	2
8	452 Jennifer Heckford	Loughborough	15.16	0



400m Hurdles Women Heats
Sat 2 May 13:50
First 2 and 2 fastest losers to Final

Heat 1

1	151 Meghan Beesley	Loughborough	60.39 Q
2	452 Samantha Coleby	Loughborough	62.55 Q
3	567 Michelle Thomas	UWIC	64.91
4	33 Vicky Randall	Brunel	68.19
5	19 Vicki Holmes	Birmingham	69.53
6	219 Anna Moles	St Andrews	70.92
7	Lane Vacant		
8	Lane Vacant		

Heat 2

1	152 Justine Kinney	Loughborough	60.95 Q
2	13 Katie Sockett	Bath	63.85 Q
3	268 Sian Davies	UWIC	64.61 q
4	39 Lucy Spray	Cambridge	65.01
5	209 Laura Bealey	Sheffield	66.59
6	177 Jana Rieck	Oxford	67.91
7	Lane Vacant		
8	Lane Vacant		

Heat 3

1	159 Ese Okoro	Middlesex	62.12 Q
2	267 Anwen Rees	UWIC	62.96 Q
3	80 Avril Jackson	Edinburgh	63.19 q
4	14 Sophie Skinner	Bath	65.57
5	451 Clare Cooper	Loughborough	66.17
6	178 Catriona Witcombe	Oxford	69.85
7	Lane Vacant		
8	Lane Vacant		



Outdoor Athletics Championships 2009 - Bedford

400m Hurdles Women Final

Sun 3 May 10:35

Championship Best Performance:

	2008 Eilidh Child	Edinburgh	58.03	Team Points
1	151 Meghan Beesley	Loughborough	59.12	8
2	152 Justine Kinney	Loughborough	59.45	7

3	159 Ese Okoro	Middlesex	61.98	6
4	80 Avril Jackson	Edinburgh	62.35	5
5	13 Katie Sockett	Bath	63.24	4
6	267 Anwen Rees	UWIC	63.56	3
7	452 Samantha Coleby	Loughborough	64.47	0
8	268 Sian Davies	UWIC	65.52	1



Outdoor Athletics Championships 2009 - Bedford

2000m S/c Women Final

Sun 3 May 15:00

Championship Best Performance:

	2005 Elizabeth Hall	Brunel	6.42.97	Team Points
1	151 Ruth Senior	Loughborough	6.49.68	8
2	227 Laura Parker	St Mary's	7.03.89	7
3	177 Alison Crocker	Oxford	7.06.65	6
4	143 Sara Luck	London	7.11.21	5
5	39 Polly Keen	Cambridge	7.16.51	4
6	216 Elinor Kirk	Southampton	7.19.94	3
7	152 Alison Lavender	Loughborough	7.24.84	2
8	130 Jane Kemshall	Leeds Met Carnegie	7.31.56	1
9	267 Emily Brown	UWIC	7.31.64	
10	127 Sarah Peterson	Leeds	7.45.48	
11	99 Amy Tanner	Greenwich	7.52.01	
12	215 Natalie Burke	Southampton	7.57.56	
13	13 Kate Spilsbury	Bath	7.57.60	
14	319 Vicky Smith	Birmingham	8.05.55	
15	211 Megan Jacobs	Sheffield Hallam	9.10.35	
16	129 Sarah Kemshall	Leeds Met Carnegie	DNF	
17				
18				
19				
20				



4x100m Women

Heats

Sun 3 May 16:05

Fastest 8 teams to Final

Heat 1

1	151	Loughborough	47.86 q
2	211	Sheffield Hallam	49.51 q
3	13	Bath	50.50 q
4	227	St Mary's	50.55 q
5	71	Durham	54.85
6	Lane Vacant		
7	Lane Vacant		
8	Lane Vacant		

Heat 2

1	33	Brunel	49.20 q
2	19	Birmingham	49.46 q
3	177	Oxford	52.26 q
4	165	Newcastle	53.65 q
5	Lane Vacant		
6	Lane Vacant		
7	Lane Vacant		
8	Lane Vacant		



Outdoor Athletics Championships 2009 - Bedford

4x100m Women

Final

Mon 4 May 13:45

Championship Best Performance:

2005		Loughborough	45.69	Team Points
1	151	Loughborough		8
2	33	Brunel		7
3	19	Birmingham		6
4	211	Sheffield Hallam		5
5	227	St Mary's		4
6	177	Oxford	DNS	0
7	165	Newcastle	DNS	0
8	13	Bath	DNQ	0



Outdoor Athletics Championships 2009 - Bedford

4x400m ' Final

Mon 4 May 14.15

Championship Best Performance:

	2005	Loughborough	3.39.07	Team Points
1	151	Loughborough	3.44.00	8
2	33	Brunel	3.45.85	7
3	267	UWIC	3.54.27	6
4	13	Bath	3.58.58	5
5	211	Sheffield Hallam	4.00.43	4
6	130	Leeds Met Carnegie	4.01.13	3
7	39	Cambridge	4.03.45	2
8		Lane Vacant		0



Outdoor Athletics Championships 2009 - Bedford

High Jump Women	Qualifying A	. Height: 1.80m	
81 Nicola Gaisford	Essex	1.62	Q
153 Katie Neary	Manchester	1.62	Q
165 Amy Richards	Newcastle	1.62	
178 Gina Hood	Oxford	1.56	
477 Helen Hanstock	Oxford	1.53	
14 Nicola Breaks	Bath	1.50	
19 Charlotte Berrington	Birmingham	1.50	
137 Kristine Reinhold	Liverpool	1.50	
159 Kerry Dixon	Middlesex	DNS	
82 Debbie Adeleye	Essex	DNS	
20 Hayley Kruse	Birmingham	-	
279 Katy Baker	Wolverhampton	-	
212 Charlotte Hesketh	Sheffield Hallam	-	
71 Flora Hill	Durham	-	
166 Anna Hughes	Newcastle	-	

High Jump Women	Qualifying B		
177 Frances Smithson	Oxford	1.65	Q
231 Jayne Nisbet	Stirling	1.65	Q
129 Jenny Lumley	Leeds Met Carnegie	1.65	Q
152 Sophie Hine	Loughborough	1.65	Q
25 Jillian Drouin	Bournemouth	1.65	Q
205 Kay Humberstone	Salford	1.65	Q
211 Lydia Chamberlin	Sheffield Hallam	1.65	Q
33 Pamela Hughes	Brunel	1.65	Q
151 Vikki Hubbard	Loughborough	1.65	Q
267 Emma Gulliver	UWIC	1.62	Q
243 Caroline Park	Swansea	1.59	
34 Gemma Weetman	Brunel	1.59	
452 Sade Thompson	Loughborough	DNS	
43 Lucy Hodgkins	Cardiff	DNS	



Outdoor Athletics Championships 2009 - Bedford

High Jump Women Final

Championship Best Performance:

	2004 Bobby Aloysius	NEWI	1.84	Team Points
1	25 Jillian Drouin	Bournemouth	1.81	8
2	205 Kay Humberstone	Salford	1.75	7
3	152 Sophie Hine	Loughborough	1.75	6
4	151 Vikki Hubbard	Loughborough	1.75	5
5	211 Lydia Chamberlin	Sheffield Hallam	1.70	4
6=	33 Pamela Hughes	Brunel	1.70	2.5
6=	231 Jayne Nisbet	Stirling	1.70	2.5
8	177 Frances Smithson	Oxford	1.70	1
9	129 Jenny Lumley	Leeds Met Carnegie	1.60	
10=	267 Emma Gulliver	UWIC	1.60	
10=	81 Nicola Gaisford	Essex	1.60	
12	153 Katie Neary	Manchester	1.60	



Outdoor Athletics Championships 2009 - Bedford

			CBP	
Long Jump Women			6.29	
Qualifying A				
1	33 Gemma Weetman	Brunel	5.70	Q
2	13 Kim Murray	Bath	5.67	Q
3	34 Katia Lannon	Brunel	5.67	Q
4	211 Lydia Chamberlin	Sheffield Hallam	5.56	Q
5	153 Jess Taylor	Manchester	5.33	Q
6	129 Jenny Lumley	Leeds Met Carnegie	5.12	Q
7	83 Sarah Warsop	Exeter	4.95	
8	227 Natalie Drinkwater	St Mary's	4.68	
9	154 Amy Elston	Manchester	4.67	
10	138 Jenny Reason	Liverpool	4.40	
11	19 Emily Tabb	Birmingham	4.27	
12	209 Katie Noonan	Sheffield	4.05	
13	72 Elka Marsch	Durham	2.68	
14	152 Katy-Louise Payne	Loughborough	DNS	
15				
16				
17				
18				
19				
20				

Long Jump Women				
Qualifying B				
1	25 Jillian Drouin	Bournemouth	5.65	Q
2	14 Serita Shone	Bath	5.44	Q
3	334 Shakira Whight	Brunel	5.36	Q
4	212 Leanne Spooner	Sheffield Hallam	5.31	Q
5	228 Claudia Tabony	St Mary's	5.25	Q
6	71 Lucy Parker-Armitage	Durham	5.11	Q
7	177 Helen Hanstock	Oxford	5.04	
8	127 Katherine James	Leeds	4.96	
9	511 Charlotte Hesketh	Sheffield Hallam	4.77	
10	210 Danielle Svoboda	Sheffield	4.56	
11	20 Laura Rigby	Birmingham	4.53	
12	137 Kristine Reinhold	Liverpool	4.50	
13	165 Amy Richards	Newcastle	4.46	
14	151 Tamara Longwe	Loughborough	DNS	
15				
16				
17				
18				
19				



Outdoor Athletics Championships 2009 - Bedford

Long Jump Women Final

Championship Best Performance:

	1998 Julie Holman	Brunel WL	6.29	Team Points
1	13 Kim Murray	Bath	6.07	8
2	33 Gemma Weetman	Brunel	5.80	7
3	25 Jillian Drouin	Bournemouth	5.75	6
4	34 Katia Lannon	Brunel	5.69	5
5	334 Shakira Whight	Brunel	5.58	0
6	14 Serita Shone	Bath	5.55	3
7	153 Jess Taylor	Manchester	5.55	2
8	211 Lydia Chamberlin	Sheffield Hallam	5.53	1
9	212 Leanne Spooner	Sheffield Hallam	5.49	
10	71 Lucy Parker-Armitage	Durham	5.24	
11	129 Jenny Lumley	Leeds Met Carnegie	5.12	
12	228 Claudia Tabony	St Mary's	5.04	



Outdoor Athletics Championships 2009 - Bedford

	Triple Jump Women	Qualifying A	12.20	
1	151 Denae Matthew	Loughborough	11.84	Q
2	65 Claire-Louise O'Reilly	Derby	11.53	Q
3	13 Nicola Breaks	Bath	11.35	Q
4	279 Lauren Blackie	Wolverhampton	10.88	Q
5	451 Sade Thompson	Loughborough	10.48	Q
6	109 Katie Mchale	Hull	10.19	
7	153 Amy Elston	Manchester	10.19	
8	71 Lucy Parker-Armitage	Durham	10.04	
9	20 Laura Rigby	Birmingham	9.72	
10	261 Kirsty Smith	University of the Arts	NJ	
11	159 Katie Doody	Middlesex	NJ	

	Triple Jump Women	Qualifying B		
1	33 Claire Linskill	Brunel	12.03	Q
2	81 Jade Morgan	Essex	11.55	Q
3	267 Sian Davies	UWIC	11.07	Q
4	83 Sarah Warsop	Exeter	10.79	Q
5	183 Annie Onions	Portsmouth	10.67	Q
6	19 Emily Tabb	Birmingham	10.32	Q
7	34 Lauren Longhurst	Brunel	10.21	Q
8	209 Danielle Svoboda	Sheffield	9.91	
9	177 Laura Groom	Oxford	9.73	
10	152 Tamara Longwe	Loughborough	DNS	



Outdoor Athletics Championships 2009 - Bedford

Triple Jump Women Final

Championship Best Performance:

	2008 Nony Mordi	Edinburgh	13.62	Team Points
1	33 Claire Linskill	Brunel	12.61	8
2	151 Denae Matthew	Loughborough	12.22	7
3	65 Claire-Louise O'Reilly	Derby	12.01	6
4	81 Jade Morgan	Essex	11.91	5
5	13 Nicola Breaks	Bath	11.51	4
6	279 Lauren Blackie	Wolverhampton	11.50	3
7	267 Sian Davies	UWIC	11.42	2
8	183 Annie Onions	Portsmouth	10.84	1
9	83 Sarah Warsop	Exeter	10.39	
10	19 Emily Tabb	Birmingham	10.24	
11	34 Lauren Longhurst	Brunel	10.07	
	451 Sade Thompson	Loughborough	DNS	



Outdoor Athletics Championships 2009 - Bedford

Pole Vault Women Final

Championship Best Performance:

2004 Zoe Brown		Loughborough	4.00	Team Points
1	33 Stephanie Smith	Brunel	3.70	8
2	267 Bryony Raine	UWIC	3.70	7
3	268 Jessica Abraham	UWIC	3.70	6
4	177 Clara Blattler	Oxford	3.60	5
5=	14 Charlotte Howarth	Bath	3.30	4
5=	567 Katherine Ogden	UWIC	3.30	0
7	13 Emily Taylor	Bath	3.10	2
8	568 Rachel Thomas	UWIC	2.90	0
9	71 Delaney Chambers	Durham	2.70	
10	153 Michelle Koutsolambrou	Manchester	2.30	
11	137 Jenny Reason	Liverpool	2.10	
12	151 Kerrie Mott	Loughborough	2.10	



Outdoor Athletics Championships 2009 - Bedford

Shot Women		Qualifying A	13.00	
1	257 Rachel Wallader	UC Birmingham	13.49	Q
2	41 Lucy Underdown	Canterbury Christ Church	12.26	Q
3	130 Chloe Beckett	Leeds Met Carnegie	11.92	Q
4	151 Sophie Thomas	Loughborough	11.75	Q
5	25 Jillian Drouin	Bournemouth	11.45	Q
6	267 Sarah Benson	UWIC	11.30	Q
7	34 Katia Lannon	Brunel	10.56	
8	279 Laura Gomery	Wolverhampton	10.55	
9	268 Louise Ali	UWIC	9.58	
10	153 Jess Taylor	Manchester	9.04	
11	511 Hannah Mitchell	Sheffield Hallam	8.40	
12	183 Suzanna Wise	Portsmouth	8.00	
13	209 Katie Noonan	Sheffield	7.20	
14	14 Nicola Breaks	Bath	DNS	

Shot Women		Qualifying B		
1	211 Amy Hill	Sheffield Hallam	13.60	Q
2	129 Alice Simpson	Leeds Met Carnegie	12.89	Q
3	93 Elizabeth Yarnold	Gloucestershire	11.76	Q
4	13 Serita Shone	Bath	11.10	Q
5	135 Rebecca Hall	Lincoln	10.62	Q
6	212 Lydia Chamberlin	Sheffield Hallam	10.58	Q
7	333 Gemma Weetman	Brunel	9.60	
8	280 Lyndsey Stevenson	Wolverhampton	9.13	
9	177 Helen Hanstock	Oxford	8.59	
10	145 Emma Beardmore	London Metropolitan	8.36	
11	152 Sade Thompson	Loughborough	7.89	
12	127 Lauren Hunt	Leeds	DNS	
13	33 Dominique Blaize	Brunel	DNS	
14	129 Alice Simpson	Leeds Met Carnegie		
15				
16				
17				
18				
19				



Outdoor Athletics Championships 2009 - Bedford

Shot Women Final

Championship Best Performance:

	2001 Julie Dunkley	Greenwich	15.97	Team Points
1	257 Rachel Wallader	UC Birmingham	14.62	8
2	211 Amy Hill	Sheffield Hallam	14.38	7
3	129 Alice Simpson	Leeds Met Carnegie	12.98	6
4	41 Lucy Underdown	Canterbury Christ Church	12.66	5
5	93 Elizabeth Yarnold	Gloucestershire	12.61	4
6	151 Sophie Thomas	Loughborough	12.50	3
7	25 Jillian Drouin	Bournemouth	12.25	2
8	267 Sarah Benson	UWIC	11.98	1
9	130 Chloe Beckett	Leeds Met Carnegie	11.78	
10	13 Serita Shone	Bath	10.82	
11	212 Lydia Chamberlin	Sheffield Hallam	10.81	
12	135 Rebecca Hall	Lincoln	10.19	



Outdoor Athletics Championships 2009 - Bedford

Discus Women

Final

Championship Best Performance:

	1995 Jackie McKernan	Ulster	58.38	Team Points
1	19 Rachel Backhouse	Birmingham	43.42	8
2	77 Natalie Walsh	Edge Hill	43.29	7
3	41 Lucy Underdown	Canterbury Christ Church	41.98	6
4	129 Jenny Scott	Leeds Met Carnegie	41.56	5
5	267 Sarah Benson	UWIC	37.77	4
6	130 Alice Simpson	Leeds Met Carnegie	36.61	3
7	152 Claire Williams	Loughborough	35.38	2
8	268 Louise Ali	UWIC	34.29	1
9	151 Sophie Thomas	Loughborough	33.19	
10	145 Emma Beardmore	London Metropolitan	31.24	
11	127 Lauren Hunt	Leeds	30.36	
12	183 Suzanna Wise	Portsmouth	27.34	
13	279 Lyndsey Stevenson	Wolverhampton	26.14	
14	25 Thasha Ratnakumar	Bournemouth	20.58	
15	31 Rebecaa Klys	Bristol	DNS	
16	451 Katy Louise Payne	Loughborough	DNS	
17				
18				
19				
20				

Outdoor Athletics Championships 2009 - Bedford

Javelin Women		Qualifying A	45.00
1	152 Rosanna Semenytsh	Loughborough	47.51 Q
2	267 Lianne Clarke	UWIC	47.02 Q
3	93 Elizabeth Yarnold	Gloucestershire	43.37 Q
4	177 Rebecca Kueny	Oxford	37.10 Q
5	25 Jillian Drouin	Bournemouth	34.53 Q
6	34 Katia Lannon	Brunel	34.49 Q
7	129 Chloe Beckett	Leeds Met Carnegie	32.69
8	40 Sarah Vigrass	Cambridge	29.84
9	20 Fran Athaws	Birmingham	29.64
10	279 Lyndsey Stevenson	Wolverhampton	28.52
11	227 Natalie Drinkwater	St Mary's	26.90
12	319 Isabelle Hatton	Birmingham	24.77

Javelin Women		Qualifying B	
1	83 Louise Watton	Exeter	45.44 Q
2	151 Sophie Thomas	Loughborough	40.15 Q
3	91 Lisa Glover	Glasgow Caledonian	38.85 Q
4	81 Kim Box	Essex	36.52 Q
5	33 Beatrix Turner	Brunel	35.46 Q
6	13 Diane Neza	Bath	35.03 Q
7	39 Clare Palmer	Cambridge	33.51
8	73 Louise Owen	East Anglia	32.46
9	57 Felecia Rudolfo	Coventry	31.05
10	451 Elizabeth Henry	Loughborough	27.98
11	228 Claudia Tabony	St Mary's	26.99
12	19 Charl Berrington	Birmingham	25.99



Outdoor Athletics Championships 2009 - Bedford

Javelin Women

Final

Championship Best Performance:

	2002 Goldie Sayers	Loughborough	53.63	Team Points
1	152 Rosanna Semenytsh	Loughborough	47.05	8
2	83 Louise Watton	Exeter	46.56	7
3	267 Lianne Clarke	UWIC	45.40	6
4	93 Elizabeth Yarnold	Gloucestershire	43.68	5
5	151 Sophie Thomas	Loughborough	41.61	4
6	25 Jillian Drouin	Bournemouth	36.28	3
7	81 Kim Box	Essex	35.37	2
8	33 Beatrix Turner	Brunel	35.19	1
9	13 Diane Neza	Bath	33.65	
10	34 Katia Lannon	Brunel	33.08	
11	91 Lisa Glover	Glasgow Caledonian	DNS	
12	177 Rebecca Kueny	Oxford	DNS	



Outdoor Athletics Championships 2009 - Bedford

Hammer Women

Final

Championship Best Performance:				
2007 Zoe Derham		Gloucester	66.54	Team Points
1	151 Sarah Holt	Loughborough	58.52	8
2	165 Katy Wilson	Newcastle	43.63	7
3	41 Donna Kent	Canterbury Christ Church	42.95	6
4	129 Amy Howard	Leeds Met Carnegie	42.92	5
5	183 Suzanna Wise	Portsmouth	42.92	4
6	177 Hannah Hogben	Oxford	40.51	3
7	93 Anna Robertson	Gloucestershire	37.95	2
8	255 Lynsey Glover	Ulster	36.68	1
9	145 Emma Beardmore	London Metropolitan	35.30	
10	19 Katie Spooner	Birmingham	35.08	
11	39 Laura Duke	Cambridge	32.91	
12	40 Jo Melliush	Cambridge	31.75	
13	178 Louise Steele	Oxford	28.25	
14	25 Thasha Ratnakumar	Bournemouth	20.63	
15	130 Alice Simpson	Leeds Met Carnegie	NT	
16	20 Rachel Backhouse	Birmingham	DNS	

	Team	Points
100m	Brunel	8
	Hull	7
	Brunel	6
	Loughborough	5
	Loughborough	4
	UWIC	3
	Bath	2
	St Mary's	1
200m	Hull	8
	London	7
	Brunel	6
	Birmingham	5
	UC Birmingham	4
	Northumbria	3
	Brunel	0
	Brunel	0
400m	Loughborough	8
	UWIC	7
	Brunel	6
	Birmingham	5
	UWIC	4
	Brunel	3
	Edinburgh	2
	Loughborough	1
800m	Brunel	8
	Loughborough	7
	Medway	6
	Birmingham	0
	Birmingham	4
	Loughborough	3
	UWIC	2
	Liverpool	1
1500m	Brunel	8
	Loughborough	7
	Birmingham	6
	Strathclyde	5

	London	4
	Teesside	3
	Loughborough	0
	Loughborough	0
5000m	St Mary's	8
	Brunel	7
	Bristol	6
	Loughborough	5
	Loughborough	4
	St Mary's	3
	Loughborough	0
	Bristol	1
10000m	Bristol	8
	Birmingham	7
	East Anglia	6
	Loughborough	5
	Loughborough	4
	Loughborough	0
	Sheffield	2
	London South Bank	1
100m H	Sheffield Hallam	8
	Liverpool Hope	7
	Loughborough	6
	Brunel	5
	Bournemouth	4
	Brunel	3
	East Anglia	2
	Loughborough	0
400m H	Loughborough	8
	Loughborough	7
	Middlesex	6
	Edinburgh	5
	Bath	4
	UWIC	3
	Loughborough	0
	UWIC	1

2000m Sc	Loughborough	8
	St Mary's	7
	Oxford	6
	London	5
	Cambridge	4
	Southampton	3
	Loughborough	2
	Leeds Met Carnegie	1

4x100m	Loughborough	8
	Brunel	7
	Birmingham	6
	Sheffield Hallam	5
	St Mary's	4
	Oxford	0
	Newcastle	0
	Bath	0

4x400m	Loughborough	8
	Brunel	7
	UWIC	6
	Bath	5
	Sheffield Hallam	4
	Leeds Met Carnegie	3
	Cambridge	2
	Lane Vacant	0

HJ	Bournemouth	8
	Salford	7
	Loughborough	6
	Loughborough	5
	Sheffield Hallam	4
	Brunel	2.5
	Stirling	2.5
	Oxford	1

LJ	Bath	8
	Brunel	7
	Bournemouth	6
	Brunel	5

	Brunel	0
	Bath	3
	Manchester	2
	Sheffield Hallam	1
TJ	Brunel	8
	Loughborough	7
	Derby	6
	Essex	5
	Bath	4
	Wolverhampton	3
	UWIC	2
	Portsmouth	1
PV	Brunel	8
	UWIC	7
	UWIC	6
	Oxford	5
	Bath	4
	UWIC	0
	Bath	2
	UWIC	0
SP	UC Birmingham	8
	Sheffield Hallam	7
	Leeds Met Carnegie	6
	Canterbury Christ Church	5
	Gloucestershire	4
	Loughborough	3
	Bournemouth	2
	UWIC	1
DT	Birmingham	8
	Edge Hill	7
	Canterbury Christ Church	6
	Leeds Met Carnegie	5
	UWIC	4
	Leeds Met Carnegie	3
	Loughborough	2
	UWIC	1

JT	Loughborough	8
	Exeter	7
	UWIC	6
	Gloucestershire	5
	Loughborough	4
	Bournemouth	3
	Essex	2
	Brunel	1

HT	Loughborough	8
	Newcastle	7
	Canterbury Christ Church	6
	Leeds Met Carnegie	5
	Portsmouth	4
	Oxford	3
	Gloucestershire	2
	Ulster	1



100m Men

Heats

Sat 2 May 12:20

First 2 and 6 fastest losers to 3 Semi Finals

Heat 1		Wind speed: +2.2	
1	159 Leevan Yearwood	Middlesex	10.51 Q
2	40 Mark Dyble	Cambridge	10.88 Q
3	93 Jamie Brock	Gloucestershire	11.07
4	19 Carl Macnamara	Birmingham	11.11
5	83 Matthew Davies	Exeter	11.20
6	27 Eno Ebong	Bradford	11.77
7	183 Jonathon Oviasu	Portsmouth	11.97
8	173 Luke Emanuel	Nottingham	11.98

Heat 2		Wind speed: +0.0	
1	189 Andrew Graham	Queen's University Belfast	11.04 Q
2	70 Chris Lavery	Dundee	11.11 Q
3	153 Thaddeus Anim-Somuah	Manchester	11.34
4	340 George Kenyon	Cambridge	11.35
5	166 Christopher Mossman	Newcastle	11.53
6	220 Derk Straathof	St Andrews	11.99
7	177 Josh Gilbert	Oxford	DNF
8	149 Grant Dwayne	London South Bank	DNS

Heat 3		Wind speed: +0.7	
1	152 Oluseyi Smith	Loughborough	10.58 Q
2	130 Jonny Holmes	Leeds Met Carnegie	10.92 Q
3	228 Nigel Thomas	St Mary's	10.99 q
4	14 Ben Coghlan	Bath	11.07 q
5	580 Edirin Okoro	Wolverhampton	11.37
6	73 Steven Castellino	East Anglia	12.09
7	154 Tom Flint	Manchester	12.41
8	202 Haris Adu	Royal Holloway	DNF

Heat 4		Wind speed: -0.5	
1	103 Ryan Oswald	Heriot-Watt	10.91 Q
2	127 Daniel Taylor	Leeds	11.32 Q
3	452 Omokhudu Aliu	Loughborough	11.43
4	81 Paul Slater	Essex	11.66
5	579 Paul Keepax	Wolverhampton	11.71
6	184 Andrew Waddington	Portsmouth	11.93
7	180 Shadrack Muleli	Oxford Brookes	12.76
8	160 Kyle Andrew	Middlesex	DNS

Heat 5		Wind speed: -1.3	
1	423 Jeff Ocrah	Kingston	11.27 Q
2	314 Sean Buckeridge	Bath	11.36 Q
3	57 Luke Baker	Coventry	11.36
4	212 James Mitchell	Sheffield Hallam	11.40
5	267 Chris Howe	UWIC	11.53
6	201 Chris Hall	Royal Holloway	11.58
7	94 Leigh Hayes	Gloucestershire	12.86
8	169 Alastair McDonald	Northampton	DNF

Heat 6		Wind speed: -1.2	
1	205 Tom Martin	Salford	10.96 Q
2	511 Peter Herberts	Sheffield Hallam	11.41 Q
3	171 Chris Craigs	Northumbria	11.54
4	17 Richard Elliot	Bedfordshire	11.54
5	231 Andrew Carroll	Stirling	11.76
6	110 Sam Botchey	Hull	11.78
7	77 Joe Frost	Edge Hill	12.52
8	124 Victor Nwagbara	Kingston	DNS

Heat 7		Wind speed: +1.2	
1	13 Dan Cossins	Bath	10.82 Q
2	279 Ryan Farrington	Wolverhampton	10.95 Q
3	211 Todd Marshall	Sheffield Hallam	10.99 q
4	333 Kristian Clarke	Brunel	11.07 q
5	74 Greg Pollard	East Anglia	11.60
6	112 James Sharples	Imperial	11.71
7	269 Gareth Akibo-Betts	UWE Bristol	12.71
8	241 Dio Mavroyianis	Sussex	DNS

Heat 8		Wind speed: +1.1	
1	26 Sven Knippfals	Bournemouth	10.84 Q
2	151 Bradley Williams	Loughborough	10.90 Q
3	34 Anthony McWilliams	Brunel	10.91 q
4	268 Chris Hill	UWIC	11.13
5	339 Dan Ekpe	Cambridge	11.35
6	30 Lee Fullam	Brighton	11.52
7	84 Matthew Beech	Exeter	11.91
8	111 Ewan Mackay	Imperial	12.35

Heat 9		Wind speed: +0.8	
1	69 Jamie Coull	Dundee	10.89 Q

2	33 Harvey Byrne	Brunel	11.02 Q
3	451 Luke Giblin	Loughborough	11.03 q
4	280 Santino Dummett	Wolverhampton	11.21
5	319 Jamie Vickery	Birmingham	11.52
6	165 Richard Champney	Newcastle	11.96
7	29 James Blanchard	Brighton	12.18
8	Lane Vacant		



100m Men

Semi Finals

Sat 2 May 16:05

First 2 and 2 fastest losers to Final

Race 1

Wind speed: +2.1

1	159 Leevan Yearwood	Middlesex	10.43 Q
2	205 Tom Martin	Salford	10.76 Q
3	130 Jonny Holmes	Leeds Met Carnegie	10.76 q
4	103 Ryan Oswald	Heriot-Watt	10.79 q
5	34 Anthony McWilliams	Brunel	10.85
6	279 Ryan Farrington	Wolverhampton	10.93
7	333 Kristian Clarke	Brunel	11.04
8	511 Peter Herberts	Sheffield Hallam	11.24

Race 2

Wind speed: +2.0

1	152 Oluseyi Smith	Loughborough	10.23 Q	CBP
2	69 Jamie Coull	Dundee	10.64 Q	
3	151 Bradley Williams	Loughborough	10.82	
4	228 Nigel Thomas	St Mary's	10.89	
5	33 Harvey Byrne	Brunel	10.90	
6	189 Andrew Graham	Queen's University Belfast	11.00	
7	14 Ben Coghlan	Bath	11.02	
8	314 Sean Buckeridge	Bath	11.20	

Race 3

Wind speed: +1.2

1	13 Dan Cossins	Bath	10.61 Q
2	26 Sven Knippals	Bournemouth	10.80 Q
3	423 Jeff Ocrah	Kingston	10.88
4	451 Luke Giblin	Loughborough	10.93
5	211 Todd Marshall	Sheffield Hallam	10.95
6	40 Mark Dyble	Cambridge	11.07
7	70 Chris Lavery	Dundee	11.08
8	127 Daniel Taylor	Leeds	11.33



Outdoor Athletics Championships 2009 - Bedford

100m Men

Final

Sat 2 May 17:30

Championship Best Performance:

2009 Oluseyi Smith

Loughborough

10.23

Team

Wind speed: +1.2m/s

Points

1	152 Oluseyi Smith	Loughborough	10.32	8
2	159 Leevan Yearwood	Middlesex	10.37	7
3	13 Dan Cossins	Bath	10.55	6
4	26 Sven Knippals	Bournemouth	10.74	5
5	205 Tom Martin	Salford	10.75	4
6	69 Jamie Coull	Dundee	10.77	3
7	103 Ryan Oswald	Heriot-Watt	10.80	2
8	130 Jonny Holmes	Leeds Met Carnegie	10.96	1



200m Men

Heats

Sun 3 May 14:10

First 2 and 6 fastest losers to 3 Semi Finals

Heat 1		Wind speed: +4.1m/s	
1	201 Chris Hall	Royal Holloway	22.04 Q
2	14 Ben Coghlan	Bath	22.13 Q
3	129 Umar Hameed	Leeds Met Carnegie	22.28 q
4	279 Ryan Farrington	Wolverhampton	22.34 q
5	174 Doug Pielage	Nottingham	23.61
6	29 Tyler Deas	Brighton	23.83
7	84 Matt Beech	Exeter	24.29
8	232 Nick Wales	Stirling	24.95

Heat 2		Wind speed: +2.5m/s	
1	103 Ryan Oswald	Heriot-Watt	21.84 Q
2	70 Chris Lavery	Dundee	22.03 Q
3	20 Carl Macnamara	Birmingham	22.42 q
4	127 Daniel Taylor	Leeds	22.69 q
5	74 Stuart Brill	East Anglia	23.67
6	27 Eno Ebong	Bradford	23.82
7	183 Jonathon Oviasu	Portsmouth	24.05
8	111 Ewan Mackay	Imperial	25.44

Heat 3		Wind speed: +2.9 m/s	
1	19 Ollie King	Birmingham	22.08 Q
2	151 Luke Stott	Loughborough	22.17 Q
3	128 Richard Davies	Leeds	23.60
4	231 Andrew Carroll	Stirling	23.84
5	31 John Brierly	Bristol	24.22
6	285 Kc To	York	DNS
7	123 Femi Owolade	Kingston	DNS
8	Lane Vacant		

Heat 4		Wind speed: +3.5 m/s	
1	26 Sven Knippals	Bournemouth	21.69 Q
2	33 Harvey Byrne	Brunel	21.86 Q
3	267 Chris Howe	UWIC	22.60 q
4	269 Alex Fields	UWE Bristol	23.01
5	154 Andrew Rostek	Manchester	23.78
6	110 Daniel Holiday	Hull	23.82
7	138 Thomas Butler	Liverpool	24.31
8	Lane Vacant		

Heat 5		Wind speed: +3.9 m/s	
1	69 Jamie Coull	Dundee	21.76 Q
2	94 Jamie Brock	Gloucestershire	22.70 Q
3	452 Paul Goodall	Loughborough	22.84
4	124 Victor Nwagbara	Kingston	23.30
5	73 Danny Collins	East Anglia	23.99
6	270 Gareth Akibo-Betts	UWE Bristol	24.52
7	153 Alex Le	Manchester	25.66
8	Lane Vacant		

Heat 6		Wind speed: +1.8 m/s	
1	13 Dan Cossins	Bath	21.57 Q
2	152 Daniel Cash	Loughborough	22.41 Q
3	511 Peter Herberts	Sheffield Hallam	22.82 q
4	205 Chris Bramah	Salford	22.89
5	166 Matthew Spence	Newcastle	23.33
6	220 Derk Straathof	St Andrews	23.61
7	72 James Inkster	Durham	23.86
8	Lane Vacant		

Heat 7		Wind speed: +4.6 m/s	
1	34 Nick Levey	Brunel	21.61 Q
2	451 Josh Baxter	Loughborough	22.58 Q
3	477 Andrew Bullimore	Oxford	23.05
4	30 Lee Fullam	Brighton	23.22
5	165 Will Steel	Newcastle	23.36
6	184 Andrew Waddington	Portsmouth	23.85
7	243 Simon Annan	Swansea	24.36
8	Lane Vacant		

Heat 8		Wind speed: +4.3 m/s	
1	159 Luke Fagan	Middlesex	21.44 Q
2	177 Will Hooton	Oxford	22.54 Q
3	319 Jamie Vickery	Birmingham	22.86
4	280 Paul Keepax	Wolverhampton	23.30
5	77 Clark Roberts	Edge Hill	26.53
6	169 Alastair McDonald	Northampton	DNS
7	212 John Kelley	Sheffield Hallam	DNS
8	Lane Vacant		

Heat 9		Wind speed: +2.6 m/s	
1	211 Todd Marshall	Sheffield Hallam	22.07 Q

2	130 Matthew Stone	Leeds Met Carnegie	22.88	Q
3	320 Ben Stanton	Birmingham	23.43	
4	39 Owen Churton	Cambridge	25.07	
5	244 Gary Piazzon	Swansea	25.41	
6	149 Grant Dwayne	London South Bank	DNS	
7	241 Dio Mavroyianis	Sussex	DNS	
8	1 Ian Garioch	Aberdeen	DNS	



200m Men

Semi Finals

Mon 4 May 10:50

First 2 and 2 fastest losers to Final

Race 1

Wind speed: +1.6 M/S

1	159 Luke Fagan	Middlesex	21.85	Q
2	103 Ryan Oswald	Heriot-Watt	22.02	Q
3	14 Ben Coghlan	Bath	22.48	
4	201 Chris Hall	Royal Holloway	22.59	
5	129 Umar Hameed	Leeds Met Carnegie	22.75	
6	130 Matthew Stone	Leeds Met Carnegie	23.24	
7	511 Peter Herberts	Sheffield Hallam	23.28	
8	151 Luke Stott	Loughborough	DNS	

Race 2

Wind speed: +2.0 M/S

1	13 Dan Cossins	Bath	21.62	Q
2	211 Todd Marshall	Sheffield Hallam	22.05	Q
3	279 Ryan Farrington	Wolverhampton	22.48	
4	70 Chris Lavery	Dundee	22.61	
5	152 Daniel Cash	Loughborough	22.69	
6	127 Daniel Taylor	Leeds	23.01	
7	94 Jamie Brock	Gloucestershire	23.07	
8	69 Jamie Coull	Dundee	DNF	

Race 3

Wind speed: +2.2 M/S

1	26 Sven Knippfals	Bournemouth	21.82	Q
2	34 Nick Levey	Brunel	21.89	Q
3	33 Harvey Byrne	Brunel	22.13	q
4	19 Ollie King	Birmingham	22.24	q
5	20 Carl Macnamara	Birmingham	22.75	
6	451 Josh Baxter	Loughborough	23.01	
7	267 Chris Howe	UWIC	23.16	
8	177 Will Hooton	Oxford	23.24	



Outdoor Athletics Championships 2009 - Bedford

200m Men

Final

Mon 4 May 12:35

Championship Best Performance:

1995 Douglas Walker

Heriot Watt

20.53

Team

Wind speed:

Points

1	13 Dan Cossins	Bath	21.59	8
2	26 Sven Knippahls	Bournemouth	21.86	7
3	159 Luke Fagan	Middlesex	21.87	6
4	34 Nick Levey	Brunel	21.95	5
5	103 Ryan Oswald	Heriot-Watt	22.09	4
6	19 Ollie King	Birmingham	22.26	3
7	211 Todd Marshall	Sheffield Hallam	22.32	2
8	33 Harvey Byrne	Brunel	22.53	1



400m Men

Heats

Sat 2 May 17:40

First 2 and 6 fastest losers to 3 Semi Finals

Heat 1

1	13 Rhys Smith	Bath	48.60	Q
2	452 Pat Swan	Loughborough	49.14	Q
3	267 Jonothan Hornblow	UWIC	50.05	q
4	40 David Nefs	Cambridge	51.04	
5	279 Martin Pitts	Wolverhampton	51.39	
6	72 James Inkster	Durham	52.69	
7	243 Nathan Cooze	Swansea	54.43	
8	166 Leigh Vlassis	Newcastle	58.86	

Heat 2

1	451 Adam Daish	Loughborough	49.45	Q
2	57 Patrick Palmer	Coventry	49.65	Q
3	212 Billy Crowther	Sheffield Hallam	49.93	q
4	14 Peter Morgan	Bath	50.79	
5	74 Stuart Brill	East Anglia	53.11	
6	177 Angus Mercer	Oxford	53.16	
7	244 Simon Annan	Swansea	54.98	
8	84 Daniel Strang	Exeter	55.15	

Heat 3

1	79 Scott Hughson	Edinburgh	49.99	Q
2	130 Dan Williams	Leeds Met Carnegie	50.87	Q
3	153 Mark Grimshaw	Manchester	52.21	
4	211 Tim Burn	Sheffield Hallam	52.52	
5	270 Michael Tayo Olasanoye	UWE Bristol	52.63	
6	184 Jonathon Ouiasu	Portsmouth	56.55	
7	43 Mike Simmons	Cardiff	DNS	
8	241 Dio Mavroyianis	Sussex	DNS	

Heat 4

1	151 Glyn Hawkes	Loughborough	49.75	Q
2	33 Guy Stroud	Brunel	50.32	Q
3	268 Iain Bray	UWIC	50.40	q
4	154 Wayne Ashall	Manchester	51.67	
5	31 John Brierly	Bristol	52.43	
6	19 Ollie Francis	Birmingham	52.85	
7	27 Eno Ebong	Bradford	54.13	
8	95 Gawain Rogers	Glyndwr	DNS	

Heat 5

1	103 Jamie Bowie	Heriot-Watt	48.81	Q
2	17 Aaron Trimm	Bedfordshire	49.35	Q
3	91 Donald Macloud	Glasgow Caledonian	49.58	q
4	231 Michael Burns	Stirling	52.32	
5	82 James Slade	Essex	52.90	
6	71 Gareth Turner	Durham	53.65	
7	138 Thomas Butler	Liverpool	56.18	
8	25 Peter Eley	Bournemouth	59.35	

Heat 6

1	127 Sam Cordin	Leeds	49.26	Q
2	453 Daniel Barry	Manchester	49.40	Q
3	227 Michael Cole	St Mary's	50.26	q
4	165 Will Steel	Newcastle	51.70	
5	178 Jonny Pearson	Oxford	53.68	
6	109 Tom Roberts	Hull	54.08	
7	512 John Kelley	Sheffield Hallam	DNS	
8	Lane Vacant			

Heat 7

1	152 Richard Davenport	Loughborough	49.41	Q
2	34 Patrick North	Brunel	50.17	Q
3	313 Patrick Bogues	Bath	50.51	
4	73 Tom Love	East Anglia	54.15	
5	26 Paul Hindle	Bournemouth	54.79	
6	205 James Colbeck	Salford	55.70	
7	209 Danny Brewer	Sheffield	56.33	
8	Lane Vacant			

Heat 8

1	39 Louis Persent	Cambridge	47.99	Q
2	20 Ed Aston	Birmingham	48.66	Q
3	171 James Whitehouse	Northumbria	49.86	q
4	128 Richard Davies	Leeds	50.48	
5	83 James Meadows	Exeter	51.57	
6	210 Samuel Touchard	Sheffield	55.63	
7	1 Ian Garioch	Aberdeen	DNS	
8	Lane Vacant			

Heat 9

1	129 Richard Buck	Leeds Met Carnegie	48.93	Q
2	183 Frazer Deans	Portsmouth	50.86	Q
3	269 Alex Fields	UWE Bristol	51.55	

4	319 Ben Stanton	Birmingham	51.86
5	81 Michael Skee	Essex	53.86
6	232 Nick Wales	Stirling	58.50
7	314 Ian Allerton	Bath	DNS
8	Lane Vacant		



400m Men

Semi Finals
Sun 3 May 12:20

First 2 and 2 fastest losers to Final

Race 1

1	13 Rhys Smith	Bath	48.94 Q
2	452 Pat Swan	Loughborough	49.10 Q
3	151 Glyn Hawkes	Loughborough	49.30 q
4	127 Sam Cordin	Leeds	50.00
5	227 Michael Cole	St Mary's	50.26
6	57 Patrick Palmer	Coventry	50.60
7	171 James Whitehouse	Northumbria	52.06
8	183 Frazer Deans	Portsmouth	52.51

Race 2

1	129 Richard Buck	Leeds Met Carnegie	48.54 Q
2	20 Ed Aston	Birmingham	49.29 Q
3	103 Jamie Bowie	Heriot-Watt	49.36
4	34 Patrick North	Brunel	49.81
5	79 Scott Hughson	Edinburgh	50.14
6	267 Jonothan Hornblow	UWIC	50.50
7	212 Billy Crowther	Sheffield Hallam	50.71
8	33 Guy Stroud	Brunel	DNF

Race 3

1	39 Louis Persent	Cambridge	47.94 Q
2	152 Richard Davenport	Loughborough	48.81 Q
3	451 Adam Daish	Loughborough	49.34 q
4	17 Aaron Trimm	Bedfordshire	49.58
5	91 Donald Macloud	Glasgow Caledonian	49.99
6	453 Daniel Barry	Manchester	50.59
7	130 Dan Williams	Leeds Met Carnegie	51.77
8	268 Iain Bray	UWIC	52.01



Outdoor Athletics Championships 2009 - Bedford

400m Men

Final



Mon 4 May 12:15

Championship Best Performance:

2000 Paul McKee		Crewe & Alsager	45.92	Team Points
1	129 Richard Buck	Leeds Met Carnegie	47.27	8
2	39 Louis Persent	Cambridge	47.63	7
3	152 Richard Davenport	Loughborough	48.29	6
4	13 Rhys Smith	Bath	48.70	5
5	452 Pat Swan	Loughborough	48.75	0
6	20 Ed Aston	Birmingham	49.01	3
7	451 Adam Daish	Loughborough	49.18	0
8	151 Glyn Hawkes	Loughborough	DNS	0



800m Men

Heats

Sat 2 May 14:45

First 3 and 3 fastest losers to 3 Semi Finals

Heat 1

1	268 Dean Goodman	UWIC	1.57.14	Q
2	228 Carl Goose	St Mary's	1.57.18	Q
3	211 Jacob Harman	Sheffield Hallam	1.57.21	Q
4	83 James Meadows	Exeter	1.57.40	
5	233 Allan Ramsay	Strathclyde	1.58.01	
6	128 Thomas Marnham	Leeds	2.00.69	
7	209 Simon Millett	Sheffield	2.00.77	
8	25 James Eccles	Bournemouth	2.15.20	
	109 Mark Hallinan	Hull	DNS	

Heat 2

1	320 Harry Harper	Birmingham	1.57.34	Q
2	452 Matt Sullivan	Loughborough	1.57.42	Q
3	528 Lee Coogan	St Mary's	1.58.02	Q
4	84 Daniel Strang	Exeter	2.00.99	
5	215 Jon Dennis	Southampton	2.04.41	
6	512 James Porteous	Sheffield Hallam	2.04.75	
7	272 Chris Keenan	Warwick	2.12.47	
8	178 Dane Austin	Oxford	DNF	
	Lane Vacant			

Heat 3

1	267 Paul Bradshaw	UWIC	1.55.18	Q
2	39 Rory Graham-Watson	Cambridge	1.55.52	Q
3	13 Steve Green	Bath	1.56.13	Q
4	227 Adam Binns	St Mary's	1.56.58	
5	163 Myles Edwards	Napier	1.57.35	
6	279 Matthew Bayliss	Wolverhampton	1.57.46	
7	81 Dale Powell	Essex	2.05.73	
8	29 Matt Southam	Brighton	2.06.97	
	Lane Vacant			

Heat 4

1	568 Gareth Wiltshire	UWIC	1.55.73	Q
2	451 Oliver Blake	Loughborough	1.56.19	Q
3	129 Dan Grant	Leeds Met Carnegie	1.56.36	Q
4	33 Richard Larsen	Brunel	1.56.80	
5	174 Jon Hiorns	Nottingham	2.03.99	
6	339 Chasz Coulsting	Cambridge	2.05.45	

7	141 Sam Bradley	Liverpool John Moores	2.08.79
8	137 Andrew Martin	Liverpool	2.10.48
	Lane Vacant		

Heat 5

1	152 Kieran Flannery	Loughborough	1.55.04	Q
2	34 Rob Heaney	Brunel	1.55.15	Q
3	319 Mike Salter	Birmingham	1.55.32	Q
4	212 James Russell	Sheffield Hallam	1.56.52	q
5	127 Daniel Marron	Leeds	1.58.90	
6	269 Andrew Mapstone	UWE Bristol	2.01.12	
7	51 Jordan Wildrianne	Chester (Warrington)	2.05.32	
8	30 Alex Matthews	Brighton	2.10.93	
	Lane Vacant			

Heat 6

1	151 Benjamin Scarlett	Loughborough	1.55.31	Q
2	74 Chris Johnson	East Anglia	1.55.32	Q
3	340 Liam Fedus	Cambridge	1.55.75	Q
4	20 Ben Craddock	Birmingham	1.56.05	q
5	71 Owen Walpole	Durham	1.56.98	
6	117 Andrejs Safar	Kent	1.58.04	
7	271 Stuart Ellison	Warwick	2.05.20	
8	285 Kc To	York	DNS	
	Lane Vacant			

Heat 7

1	19 Chris Smith	Birmingham	1.52.96	Q
2	567 Tom Marley	UWIC	1.53.18	Q
3	183 Oliver Heeks	Portsmouth	1.53.26	Q
4	73 Tom Love	East Anglia	1.54.39	q
5	527 Oli Crux	St Mary's	1.57.18	
6	72 Tom Phillips	Durham	1.57.26	
7	40 Sam Dobin	Cambridge	1.57.92	
8	153 Dan Ansell	Manchester	2.12.48	
	Lane Vacant			



800m Men

Semi Finals

Sun 3 May 11:05

First 2 and 2 fastest losers to Final

Race 1

1	19 Chris Smith	Birmingham	1.57.94	Q
2	13 Steve Green	Bath	1.58.36	Q

3	129 Dan Grant	Leeds Met Carnegie	1.58.47
4	268 Dean Goodman	UWIC	1.58.55
5	212 James Russell	Sheffield Hallam	1.58.79
6	451 Oliver Blake	Loughborough	1.59.09
7	320 Harry Harper	Birmingham	1.59.14
8	228 Carl Goose	St Mary's	2.02.16

Race 2

1	267 Paul Bradshaw	UWIC	1.55.30	Q
2	151 Benjamin Scarlett	Loughborough	1.56.30	Q
3	74 Chris Johnson	East Anglia	1.57.10	
4	183 Oliver Heeks	Portsmouth	1.57.60	
5	34 Rob Heaney	Brunel	1.58.40	
6	528 Lee Coogan	St Mary's	1.59.00	
7	319 Mike Salter	Birmingham	1.59.80	
8	73 Tom Love	East Anglia	2.08.40	

Race 3

1	567 Tom Marley	UWIC	1.53.27	Q
2	568 Gareth Wiltshire	UWIC	1.53.35	Q
3	152 Kieran Flannery	Loughborough	1.53.95	q
4	39 Rory Graham-Watson	Cambridge	1.53.96	q
5	211 Jacob Harman	Sheffield Hallam	1.56.33	
6	340 Liam Fedus	Cambridge	1.56.88	
7	20 Ben Craddock	Birmingham	2.01.57	
8	452 Matt Sullivan	Loughborough	2.06.00	



Outdoor Athletics Championships 2009 - Bedford

800m Men

Final

Mon 4 May 12:55

Championship Best Performance:

2001 Simon Lees

Loughborough

1.47.78

Team

Points

1	267 Paul Bradshaw	UWIC	1.50.77	8
2	39 Rory Graham-Watson	Cambridge	1.51.62	7
3	567 Tom Marley	UWIC	1.51.74	0
4	152 Kieran Flannery	Loughborough	1.52.01	5
5	568 Gareth Wiltshire	UWIC	1.52.01	0
6	19 Chris Smith	Birmingham	1.53.19	3
7	13 Steve Green	Bath	DNF	0
8	151 Benjamin Scarlett	Loughborough	DNS	0



1500m Men

Semi Finals
Sun 3 May 15:20

First 5 and 2 fastest losers to Final

Race 1

1	227 Andy Vernon	St Mary's	3.57.13	Q
2	152 Gary Bradbury	Loughborough	3.57.47	Q
3	527 Simon Horsfield	St Mary's	3.57.68	Q
4	31 Stephen Mitchell	Bristol	3.57.70	Q
5	451 Laurence Cox	Loughborough	3.58.05	Q
6	528 Brian Markham	St Mary's	3.59.27	
7	267 Ieuan Thomas	UWIC	4.02.40	
8	452 Stephen Emery	Loughborough	4.03.15	
9	48 Luke Minns	Central Lancashire	4.04.67	
10	20 Alex Tovey	Birmingham	4.07.11	
11	130 Stuart King	Leeds Met Carnegie	4.08.28	
12	219 Tom Cunningham	St Andrews	4.14.63	

Race 2

1	228 Mitch Goose	St Mary's	3.52.01	Q
2	247 Jonathan Taylor	Teesside	3.54.04	Q
3	13 James Mills	Bath	3.55.03	Q
4	34 Jack Tyler	Brunel	3.55.33	Q
5	151 Paul Hutton	Loughborough	3.55.79	Q
6	19 Nick Goolab	Birmingham	3.56.29	q
7	14 Sam Walsh	Bath	3.57.03	q
8	268 Harry Jones	UWIC	3.58.11	
9	129 Dan Garbutt	Leeds Met Carnegie	4.02.65	
10	319 Carl Smith	Birmingham	4.03.87	
11	177 Andrew Heyes	Oxford	4.04.82	
12	189 Gavin Massingham	Queen's University Belfast	DNS	



5000m Men

Heats

Sat 2 May 16:30

First 4 and 4 fastest losers to Final

Heat 1

1	21 James Trollope	Coventry	15.08.75	Q
2	12 Tom Best	Brighton	15.11.05	Q
3	35 Alec Duffield	Leeds Met Carnegie	15.13.55	Q
4	42 Adam Hickey	Loughborough	15.14.46	Q
5	54 Damian Nevins	Roehampton	15.14.82	
6	62 Steve Connor	St Mary's	15.21.74	
7	9 Sam Perkins	Birmingham	15.38.90	
8	50 Joe Mercer	Oxford	15.39.26	
9	20 Robin Brown	Cambridge	15.39.91	
10	16 Craig Berg	Brunel	15.48.21	
11	29 Mike Tarpey	Hertfordshire	15.49.18	
12	72 Luke Lambourne	Warwick	15.56.64	
13	24 Richard Henderson	East Anglia	16.02.08	
14	15 Doug Kelly	Bristol	16.22.06	
15	25 Torsten Chandler	Exeter	16.52.48	
16	6 Alan Metcalfe	Bedfordshire	17.26.98	
17	55 Mike Boakes	Salford	DNF	
18	53 David Brown	Portsmouth	DNF	
19	Lane Vacant			
20	Lane Vacant			
21	Lane Vacant			
22	Lane Vacant			
23	Lane Vacant			
24	Lane Vacant			

Heat 2

1	38 David Forrester	Liverpool	14.50.18	Q
2	51 Ian Kimpton	Oxford	14.50.83	Q
3	10 James Mee	Birmingham	14.53.50	Q
4	45 Peter Street	Loughborough	14.55.87	Q
5	7 Adrian Holliday	Birmingham	14.56.38	q
6	17 Ben Tyler	Brunel	14.58.47	q
7	66 Ben Warren	Sussex	15.02.09	
8	60 Neil Philips	St Mary's	15.10.20	
9	43 James Poole	Loughborough	15.16.06	
10	19 Tim Pattison	Cambridge	15.19.96	
11	5 Dan Woolford	Bath	15.31.54	
12	49 Jarrett Perkins	Nottingham Trent	16.19.25	

13	70 Peter Grist	UWIC	16.25.87
14	56 Danny Brewer	Sheffield	16.34.11
15	58 Nasir Hussain	Sheffield Hallam	16.42.56
16	52 Simon Munro	Portsmouth	18.33.43
17	26 Michael Robbins	Exeter	20.15.41
18	32 Jack Haynes	Hull	21.43.76
19	41 Ricky Challinor	Liverpool John Moores	DNF
20	Lane Vacant		
21	Lane Vacant		
22	Lane Vacant		
23	Lane Vacant		
24	Lane Vacant		

Heat 3

1	67 Craig Hopkins	Swansea	14.50.76	Q
2	40 Jonny Mellor	Liverpool John Moores	14.51.07	Q
3	22 Gareth Lloyd	Durham	14.51.12	Q
4	74 Phillip Hinch	Wolverhampton	14.51.53	Q
5	8 Craig Gundersen	Birmingham	14.53.06	q
6	18 James Kelly	Cambridge	14.53.66	q
7	37 Aaron Scott	Lincoln	15.13.55	
8	31 Kris Lecher	Hull	15.33.53	
9	13 Matt Barrie	Brighton	15.38.18	
10	44 Sebastian Foy	Loughborough	15.46.69	
11	61 Tommy Carroll	St Mary's	16.06.68	
12	46 Harry Paton	Newcastle	16.09.30	
13	57 David Howlett	Sheffield Hallam	16.21.88	
14	34 Elliot Hind	Leeds	17.14.92	
15	3 Angus Mackay	Bangor	17.56.10	
16	27 Graham Hollingdale	Gloucestershire	18.39.93	
17	11 Matthew Kiernan	Bournemouth	19.05.18	
18	75 William Steven	York	DNS	
19	Lane Vacant			
20	Lane Vacant			
21	Lane Vacant			
22	Lane Vacant			
23	Lane Vacant			
24	Lane Vacant			



Outdoor Athletics Championships 2009 - Bedford

5000m Men

Final



Mon 4 May 10:25

Championship Best Performance

1985 Mark Scrutton		London	13.50.80	Team Points
1	40 Jonny Mellor	Liverpool John Moores	14.18.01	8
2	38 David Forrester	Liverpool	14.26.44	7
3	74 Phillip Hinch	Wolverhampton	14.42.48	6
4	8 Craig Gundersen	Birmingham	14.44.47	5
5	18 James Kelly	Cambridge	14.45.76	4
6	67 Craig Hopkins	Swansea	14.49.99	3
7	51 Ian Kimpton	Oxford	14.50.63	2
8	21 James Trollope	Coventry	14.52.65	1
9	45 Peter Street	Loughborough	14.53.45	
10	42 Adam Hickey	Loughborough	14.57.96	
11	17 Ben Tyler	Brunel	14.58.61	
12	35 Alec Duffield	Leeds Met Carnegie	15.08.54	
13	7 Adrian Holliday	Birmingham	15.09.32	
14	12 Tom Best	Brighton	15.18.94	
15	22 Gareth Lloyd	Durham	15.33.01	
16	10 James Mee	Birmingham	15.56.93	



Outdoor Athletics Championships 2009 - Bedford

10000m Men

Final

Sat 2 May 11:40

Championship Best Performance:

	1991 Ian Hamer	Heriot Watt	28.30.0	Team Points
1	52 Phillip Hinch	Wolverhampton	30.22.38	8
2	47 Ben Lindsay	St Mary's	30.40.98	7
3	12 Paolo Natali	Cambridge	30.45.38	6
4	35 Thomas Cornthwaite	Northumbria	30.54.36	5
5	5 Joshua Lilly	Birmingham	31.22.29	4
6	2 Rob Samuel	Bangor	31.42.63	3
7	46 Steve Conner	St Mary's	31.48.37	2
8	37 Sean Ledger	Oxford	32.13.65	1
9	14 Matthew Proctor	Durham	32.20.54	
10	32 Richard Harper	Loughborough	32.28.66	
11	17 Gary Priestly	Edge Hill	32.33.18	
12	8 Ollie Berry	Birmingham	32.41.54	
13	51 Peter Grist	UWIC	32.45.43	
14	44 John Charles	Southampton	33.03.81	
15	16 Nick Earl	East Anglia	33.16.52	
16	48 Andrew Conway	St Mary's	33.21.84	
17	36 Andrios Ramonas	Nottingham	33.43.81	
18	49 Luke Allen	St Mary's	34.07.34	
19	6 Jack Swallow	Birmingham	34.47.21	
20	4 Sanigo Martyn	Bedfordshire	35.16.04	
21	39 Michael Breed	Portsmouth	35.28.74	



10000m Men

B Race

Sat 2 May 18:50

1	38 Bryn Reynolds	Oxford	32.15.96
2	13 Will Mackay	Cambridge	32.57.28
3	43 Matt Bennett	Southampton	32.59.76
4	15 Ed Knudsen	Durham	33.00.86
5	41 Ben Corfield	Sheffield	33.15.32

6	26 Matthew Grace	Leeds Met Carnegie	33.25.72
7	3 Richard Spear	Bath	34.24.57
8	22 Elliot Prince	Gloucestershire	35.21.46
9	9 Laurent Kelly	Bournemouth	36.11.88
10	19 Nick Little	Essex	37.22.06
11	1 Shaun Mochan	Bangor	37.28.09
12	18 Clark Roberts	Edge Hill	37.39.86
13	42 Tim Carter	Sheffield	38.19.30
14	25 Tim Williams	Hull	39.50.69
15	24 Adam Field	Hull	40.39.67
16	28 Dan Boatright	Liverpool	43.23.78
17	29 Adam Budd	Liverpool	43.32.94
18	40 Chris Holmes	Portsmouth	DNF
19	21 Daniel Price	Exeter	DNF
20	54 David Harper	York	DNS
21	53 Martin Proctor	York	DNS

110m Hurdles Men **Heats**
Sun 3 May 12:00
First 2 and 2 fastest losers to Final

Heat 1		Wind speed: +5.0 m/s	
1	159 Gianni Frankis	Middlesex	13.91 Q
2	13 Joseph Hylton	Bath	14.89 Q
3	47 Whittle Paul	Central Lancashire	15.05
4	152 Jordan Fleary	Loughborough	15.06
5	20 Mike Sweeney	Birmingham	16.13
6	211 Matthew Shaw	Sheffield Hallam	16.22
7	209 Dave Robertson	Sheffield	17.71
8	34 Guy Stroud	Brunel	DNS

Heat 2		Wind speed: +5.4 m/s	
1	279 Edirin Okoro	Wolverhampton	14.15 Q
2	14 Matt Hudson	Bath	14.27 Q
3	39 Ben Richardson	Cambridge	14.29 q
4	33 Daniel Davis	Brunel	14.33 q
5	268 Steve Boyles	UWIC	15.17
6	178 Oliver Stogdale	Oxford	16.03
7	109 Sam Botchey	Hull	16.36
8	511 Jonathan Newell	Sheffield Hallam	16.63

Heat 3		Wind speed: +6.0 m/s	
1	160 Callum Priestley	Middlesex	13.96 Q
2	31 Lawrence Clarke	Bristol	14.14 Q
3	151 David Feeney	Loughborough	14.40
4	333 Matt George	Brunel	15.58
5	212 Lewis Stead	Sheffield Hallam	16.15
6	231 Shane Malone	Stirling	16.61
7	40 Mike Collins	Cambridge	DNS
8	Lane Vacant		

Outdoor Athletics Championships 2009 - Bedford

110m Hurdles Men **Final**

Sun 3 May 13:15

Championship Best Performance:

2005 David Hughes

			Team Points
	Sheffield Hallam	13.82	
	Wind speed:		
1	159 Gianni Frankis	Middlesex	13.67 8
2	31 Lawrence Clarke	Bristol	13.82 7

3	279 Edirin Okoro	Wolverhampton	14.10	6
4	160 Callum Priestley	Middlesex	14.10	5
5	14 Matt Hudson	Bath	14.25	4
6	33 Daniel Davis	Brunel	14.34	3
7	39 Ben Richardson	Cambridge	14.35	2
8	13 Joseph Hylton	Bath	14.92	1



400m Hurdles Men

Heats

Sat 2 May 13:30

First 4 and 4 fastest losers to 2 Semi Finals

Heat 1

1	151 Nathan Woodward	Loughborough	52.52 Q
2	129 James Wright	Leeds Met Carnegie	56.18 Q
3	34 Nick Bates	Brunel	57.34 Q
4	209 Steven Garrett	Sheffield	58.28 Q
5	231 Michael Burns	Stirling	58.99 q
6	339 Charlie Romito	Cambridge	DNF
7	Lane Vacant		
8	Lane Vacant		

** CHECK ORDER **

Heat 2

1	152 Michael Baker	Loughborough	53.97 Q
2	71 Oliver Robinson	Durham	55.08 Q
3	177 Daniel Eckersley	Oxford	56.36 Q
4	567 Antoni Davis-Phillips	UWIC	58.71 Q
5	33 Chris Stubbings	Brunel	59.26
6	110 Chris Lowe	Hull	61.06
7	239 Jack Cooper	Surrey	62.72
8	Lane Vacant		

Heat 3

1	451 Matt Threadgold	Loughborough	56.09 Q
2	31 Gustav Klingstedt	Bristol	56.84 Q
3	14 Chris Wakeford	Bath	57.09 Q
4	109 Daniel Holiday	Hull	58.03 Q
5	40 Ed Moyse	Cambridge	59.18 q
6	212 Jonathan Newell	Sheffield Hallam	59.40
7	Lane Vacant		
8	99 Shaun Mulligan	Greenwich	DNS

Heat 4

1	452 Tom Burton	Loughborough	54.16 Q
2	13 David Green	Bath	54.42 Q
3	268 Jon Lodowski	UWIC	54.55 Q
4	25 Paul Hindle	Bournemouth	58.20 Q
5	271 Diego Martin	Warwick	58.77 q
6	340 Ed Kater	Cambridge	59.10 q
7	211 Matthew Shaw	Sheffield Hallam	DNF
8	Lane Vacant		

Heat 5

1	79 Martin Lipton	Edinburgh	54.19 Q
2	279 Darren Lewis	Wolverhampton	54.82 Q
3	267 Mike Haslett	UWIC	57.45 Q
4	227 Aaron Dombey	St Mary's	57.95 Q
5	111 Aaron Mason	Imperial	59.33
6	232 Nicholas Accordino	Stirling	60.12
7	39 Andrew Lomas	Cambridge	63.11
8	Lane Vacant		



400m Hurdles Men

Semi Finals
Sun 3 May 10:50

First 2 and 2 fastest losers to Final

Race 1

1	279 Darren Lewis	Wolverhampton	54.74 Q
2	13 David Green	Bath	55.56 Q
3	209 Steven Garrett	Sheffield	56.84
4	34 Nick Bates	Brunel	58.31
5	177 Daniel Eckersley	Oxford	58.81
6	25 Paul Hindle	Bournemouth	60.10
7	151 Nathan Woodward	Loughborough	DNF
8	40 Ed Moyse	Cambridge	DNS

Race 2

1	152 Michael Baker	Loughborough	53.98 Q
2	71 Oliver Robinson	Durham	54.21 Q
3	268 Jon Lodowski	UWIC	55.25 q
4	267 Mike Haslett	UWIC	56.67
5	451 Matt Threadgold	Loughborough	57.83
6	567 Antoni Davis-Phillips	UWIC	58.81
7	109 Daniel Holiday	Hull	60.22
8	340 Ed Kater	Cambridge	60.49

Race 3

1	452 Tom Burton	Loughborough	54.43 Q
2	79 Martin Lipton	Edinburgh	54.98 Q
3	31 Gustav Klingstedt	Bristol	55.45 q
4	14 Chris Wakeford	Bath	56.47
5	129 James Wright	Leeds Met Carnegie	57.52
6	227 Aaron Dombey	St Mary's	57.72
7	271 Diego Martin	Warwick	61.41
8	231 Michael Burns	Stirling	62.76



Outdoor Athletics Championships 2009 - Bedford

400m Hurdles Men Final

Mon 4 May 10:00

Championship Best Performance:

1999 Chris Rawlinson

Loughborough

50.29

**Team
Points**

1	152 Michael Baker	Loughborough	52.53	8
2	452 Tom Burton	Loughborough	52.83	0
3	279 Darren Lewis	Wolverhampton	54.15	6
4	71 Oliver Robinson	Durham	54.24	5
5	79 Martin Lipton	Edinburgh	54.40	4
6	268 Jon Lodowski	UWIC	54.86	3
7	31 Gustav Klingstedt	Bristol	54.95	2
8	13 David Green	Bath	55.13	1



3000m S/c Men

Heats

Sat 2 May 15:25

First 6 and 4 fastest losers to Final

Heat 1

1	20 Laurence Walker	Birmingham	9.39.02	Q
2	178 Thomas Samuel	Oxford	9.40.84	Q
3	527 Ash Harrell	St Mary's	9.46.49	Q
4	528 Jo Wade	St Mary's	9.46.68	Q
5	151 Adam Peers	Loughborough	9.46.92	Q
6	39 Paolo Natali	Cambridge	9.52.39	Q
7	451 Shane Kerr	Loughborough	9.56.26	
8	47 Alasdair Russell	Central Lancashire	9.58.21	
9	173 Colin Palmer	Nottingham	9.59.59	
10	272 James Robertson	Warwick	10.30.32	
11	34 Daniel Thorne	Brunel	10.35.19	
12	74 Josh Entwistle	East Anglia	10.37.98	
13	137 Andrew Martin	Liverpool	11.30.41	
14	30 Alex Dennis	Brighton	DNF	
15	Lane Vacant			
16	Lane Vacant			
17	Lane Vacant			
18	Lane Vacant			
19	Lane Vacant			
20	Lane Vacant			
21	Lane Vacant			
22	Lane Vacant			
23	Lane Vacant			
24	Lane Vacant			

Heat 2

1	227 Tom Wade	St Mary's	9.23.16	Q
2	40 Matt Grant	Cambridge	9.24.99	Q
3	177 David Bruce	Oxford	9.25.02	Q
4	228 Rory Chesser	St Mary's	9.25.16	Q
5	13 Ben Nagy	Bath	9.25.96	Q
6	19 James Wilkinson	Birmingham	9.26.34	Q
7	73 Glen Watts	East Anglia	9.31.65	q
8	183 Alex Bruce-Littlewood	Portsmouth	9.38.70	q
9	152 Edward Womersley	Loughborough	9.44.40	q
10	138 Graham Powell	Liverpool	9.55.01	q
11	319 Ander Russell	Birmingham	10.13.51	
12	211 Peter Huck	Sheffield Hallam	10.26.88	

13	271 Chris Rye	Warwick	10.57.44
14	154 Patrick Arnold	Manchester	11.30.12
15	Lane Vacant		
16	Lane Vacant		
17	Lane Vacant		
18	Lane Vacant		
19	Lane Vacant		
20	Lane Vacant		
21	Lane Vacant		
22	Lane Vacant		
23	Lane Vacant		
24	Lane Vacant		



Outdoor Athletics Championships 2009 - Bedford

3000m S/c Men

Final

Mon 4 May 11:20

Championship Best Performance

	2001 Andrew Franklin	Manchester	8.45.14	Team Points
1	19 James Wilkinson	Birmingham	9.05.01	8
2	39 Paolo Natali	Cambridge	9.06.08	7
3	227 Tom Wade	St Mary's	9.06.81	6
4	228 Rory Chesser	St Mary's	9.07.79	5
5	177 David Bruce	Oxford	9.17.40	4
6	40 Matt Grant	Cambridge	9.20.82	3
7	13 Ben Nagy	Bath	9.27.61	2
8	528 Jo Wade	St Mary's	9.28.69	0
9	183 Alex Bruce-Littlewood	Portsmouth	9.30.26	
10	151 Adam Peers	Loughborough	9.32.04	
11	152 Edward Womersley	Loughborough	9.32.97	
12	20 Laurence Walker	Birmingham	9.42.97	
13	73 Glen Watts	East Anglia	9.45.93	
14	178 Thomas Samuel	Oxford	9.50.21	
15	138 Graham Powell	Liverpool	9.53.15	
16	527 Ash Harrell	St Mary's	DNF	



4x100m Men

Heats

Sun 3 May 15:35

8 fastest teams to Final

Heat 1

1	33	Brunel	43.00 q
2	177	Oxford	45.43
3	171	Northumbria	45.69
4	25	Bournemouth	51.12
5	129	Leeds Met Carnegie	DNF
6		Lane Vacant	
7		Lane Vacant	
8		Lane Vacant	

Heat 2

1	211	Sheffield Hallam	43.32 q
2	39	Cambridge	43.38 q
3	151	Loughborough	43.83 q
4	19	Birmingham	43.86 q
5	279	Wolverhampton	44.87
6	165	Newcastle	46.13
7	93	Gloucestershire	DQ
8		Lane Vacant	

Heat 3

1	159	Middlesex	41.64 q
2	267	UWIC	42.79 q
3	13	Bath	43.03 q
4	231	Stirling	46.39
5	83	Exeter	46.72
6	73	East Anglia	46.77
7	153	Manchester	47.17
8		Lane Vacant	



Outdoor Athletics Championships 2009 - Bedford

4x100m Men

Final

Mon 4 May 13:55

Championship Best Performance:

2007

		Bath	40.69	Team Points
1	159	Middlesex	41.06	8

2	151	Loughborough	41.71	7
3	267	UWIC	42.15	6
4	13	Bath	42.74	5
5	33	Brunel	42.96	4
6	39	Cambridge	43.33	3
7	211	Sheffield Hallam	43.62	2
8	19	Birmingham	43.82	1



4x400m Men

8 fastest teams to Final

Heats

Sun 3 May 16:30

Heat 1

1	267	UWIC	3.19.57	q
2	151	Loughborough	3.20.34	q
3	13	Bath	3.20.73	q
4	129	Leeds Met Carnegie	3.25.49	q
5	71	Durham	3.31.97	
6	73	East Anglia	3.37.21	
7	183	Portsmouth	3.41.20	
8	243	Swansea	3.55.33	

Heat 2

1	211	Sheffield Hallam	3.23.71	q
2	153	Manchester	3.24.55	q
3	33	Brunel	3.27.38	q
4	19	Birmingham	3.28.80	q
5	279	Wolverhampton	3.29.54	
6	83	Exeter	3.37.47	
7	109	Hull	3.40.20	
8	215	Southampton	3.44.32	



Outdoor Athletics Championships 2009 - Bedford

4x400m Men

Final

Mon 4 May 14:30

Championship Best Performance:

1997

		Loughborough	3.10.20	Team Points
1	151	Loughborough	3.13.57	8
2	13	Bath	3.17.47	7
3	267	UWIC	3.18.07	6
4	19	Birmingham	3.22.11	5
5	33	Brunel	3.22.89	4
6	153	Manchester	3.23.79	3
7	211	Sheffield Hallam	3.24.35	2
8	129	Leeds Met Carnegie	3.27.60	1



High Jump Men

Qualifying A

CBP 2.25

1	Mike Sweeney	Birmingham	1.90	1
2	152 Lewis Ely	Loughborough	1.85	2=
3	178 Abubakar Abioye	Oxford	1.85	2=
4	271 Shaun Creegen	Warwick	1.80	4
5	319 Lewis Long	Birmingham	1.80	5
6	71 Robin Tuck	Durham	1.80	6
7	243 Daniel Williams	Swansea	1.75	7
8	137 Andrew Martin	Liverpool	NHR	
9	153 Carl Van Schie	Manchester	NHR	
10	111 Chris Jones	Imperial	NHR	
11	112 Ewan Mackay	Imperial	NHR	
12	219 Geoffrey Beresford	St Andrews	NHR	
13	228 Hansley Jones	St Mary's	NHR	
14	127 Matthew Smiley	Leeds	NHR	
15	231 Nick Wales	Stirling	NHR	
16	128 Richard Stilwell	Leeds	NHR	
17	95 Gawain Rogers	Glyndwr	DNJ	
18				
19				
20				

Qualifying B

1	141 Matty Owens	Liverpool John Moores	2.00	1
2	13 Jason Fox	Bath	1.95	2=
3	247 Lloyd Powell	Teesside	1.95	2=
4	79 Ray Bobrownicki	Edinburgh	1.95	2=
5	20 Karl Robbins	Birmingham	1.95	5=
6	81 Leron Norbert-John	Essex	1.95	5=
7	267 Francis Baker	UWIC	1.95	7
8	177 Alex Skouby	Oxford	1.90	8=
9	80 Simon Herron	Edinburgh	1.90	8=
10	151 Matthew Ashley	Loughborough	1.90	10=
11	143 Sergei Zotin	London	1.90	10=
12	83 Ashley Barker	Exeter	1.90	12=
13	17 Simon Hemmings	Bedfordshire	1.90	12=
14	14 Ed Mason	Bath	1.90	14=
15	313 Mark Brown	Bath	1.90	14=
16	34 Adewumni Akande	Brunel	1.90	14=
17	33 Daniel Dunscombe	Brunel	1.85	17

18	173 Bradley Armougie	Nottingham	1.80	18
	314 Simon Phelan	Bath	NHR	



Outdoor Athletics Championships 2009 - Bedford

High Jump Men Final

Championship Best Performance:
1994 Brendan Reilly

				Team Points
	Loughborough		2.25	
1	141 Matty Owens	Liverpool John Moores	2.05	8
2	13 Jason Fox	Bath	2.05	7
3	81 Leron Norbert-John	Essex	2.00	6
4	20 Karl Robbins	Birmingham	2.00	5
5=	247 Lloyd Powell	Teesside	1.95	3.5
5=	79 Ray Bobrownicki	Edinburgh	1.95	3.5
7	267 Francis Baker	UWIC	1.95	2
8	80 Simon Herron	Edinburgh	1.95	1
9	143 Sergei Zotin	London	1.90	
10	177 Alex Skouby	Oxford	1.90	
11	151 Matthew Ashley	Loughborough	1.85	
12	19 Mike Sweeney	Birmingham	1.85	



Outdoor Athletics Championships 2009 - Bedford

CBP Gable Garenamotse

UWIC

7.68

Long Jump Men

Qualifying A

1	130 Anthony Timms	Leeds Met Carnegie	6.86	Q
2	14 James Grocock	Bath	6.70	Q
3	452 Michael Holden	Loughborough	6.65	Q
4	209 Andy Bleakley	Sheffield	6.65	Q
5	71 Olly Briggs	Durham	6.58	
6	34 Guy Stroud	Brunel	6.47	
7	177 Andrew Bullimore	Oxford	6.47	
8	268 Tom Kivell	UWIC	6.45	
9	339 George Kenyon	Cambridge	6.44	
10	129 Jacob Brown	Leeds Met Carnegie	6.36	
11	20 Mike Sweeney	Birmingham	6.19	
12	211 John Lee	Sheffield Hallam	6.11	
13	159 Omari Barton-Ellington	Middlesex	5.93	
14	269 Michael Tayo Olasanoye	UWE Bristol	5.84	
15	72 Sylvain Garcon	Durham	5.83	
16	231 Nicholas Accordino	Stirling	5.70	
17	166 Leigh Vlassis	Newcastle	5.59	
18	153 Alex Le	Manchester	5.58	
19	111 Chris Jones	Imperial	5.29	
20	227 Hansley Jones	St Mary's	5.19	
21	112 Ewan Mackay	Imperial	4.67	
22	141 Lee Vestey	Liverpool John Moores	4.19	
23	314 Phil Browne	Bath	DNS	

Long Jump Men

1	151 Matt Burton	Loughborough	7.18	Q
2	83 David Cook	Exeter	6.97	Q
3	33 Kevin Sempers	Brunel	6.95	Q
4	39 Humphrey Waddington	Cambridge	6.75	Q
5	210 Christopher Wright	Sheffield	6.75	Q
6	13 Rainer Groh	Bath	6.75	Q
7	173 Paul Ogun	Nottingham	6.71	Q
8	152 Bradley Pickup	Loughborough	6.67	Q
9	40 Ian Simson	Cambridge	6.61	
10	267 Francis Baker	UWIC	6.56	
11	451 Anthony Williams	Loughborough	6.48	
12	201 Chris Hall	Royal Holloway	6.47	
13	165 Christopher Mossman	Newcastle	6.09	
14	81 Paul Slater	Essex	6.07	

15	178 Daniel Johnson	Oxford	5.78
16	313 Richard Szarkowski	Bath	5.78
17	73 Graham Stark	East Anglia	5.62
18	154 Tom Flint	Manchester	5.07
19	74 Steven Castelino	East Anglia	4.73
20	78 Joe Frost	Edge Hill	4.15
21	459 Nicholas Adams	Middlesex	3.93
22	57 Dainius Babrauskas	Coventry	DNS
23	241 Dio Mavroyianis	Sussex	DNS



Outdoor Athletics Championships 2009 - Bedford

Long Jump Men Final

Championship Best Performance:

	2005 Gable Garenamotse	UWIC	7.68	Team Points
1	130 Anthony Timms	Leeds Met Carnegie	7.45	8
2	151 Matt Burton	Loughborough	7.24	7
3	83 David Cook	Exeter	7.16	6
4	39 Humphrey Waddington	Cambridge	7.11	5
5	173 Paul Ogun	Nottingham	7.11	4
6	13 Rainer Groh	Bath	7.05	3
7	152 Bradley Pickup	Loughborough	6.98	2
8	14 James Grocock	Bath	6.86	1
9	452 Michael Holden	Loughborough	6.71	
10	209 Andy Bleakley	Sheffield	6.69	
11	33 Kevin Sempers	Brunel	6.57	
12	210 Christopher Wright	Sheffield	NJ	

Outdoor Athletics Championships 2009 - Bedford

Triple Jump Men

Final

Championship Best Performance:

	2004 Steven Shalders	UWIC	16.62	Team Points
1	247 Ade Babetunde	Teesside	14.96	8
2	39 Humphrey Waddington	Cambridge	14.88	7
3	57 Dainius Babrauskas	Coventry	14.79	6
4	152 Anteson Twumasi	Loughborough	14.43	5
5	267 Tom Kivell	UWIC	13.92	4
6	451 Bradley Pickup	Loughborough	13.92	0
7	130 Simon Newton	Leeds Met Carnegie	13.54	2
8	40 Ian Simson	Cambridge	13.37	1
9	209 Alastair Canaway	Sheffield	12.75	
	268 Adam Williams	UWIC	NJ	
	212 Dave Smith	Sheffield Hallam	NJ	
	171 Sam Stanislaus	Northumbria	DNS	



Outdoor Athletics Championships 2009 - Bedford

Pole Vault Men Final

Championship Best Performance:

	1986 Andy Ashurst	Birmingham	5.21	Team Points
1	151 Paul Walker	Loughborough	5.10	8
2	33 Scott Huggins	Brunel	4.80	7
3	77 Laurie Needham	Edge Hill	4.40	5
4	173 Freddie Pask	Nottingham	4.40	5
5	152 Robert Warensjo	Loughborough	4.40	5
6	452 Michael Holden	Loughborough	4.40	0
7	19 Nick Cruchley	Birmingham	4.40	2
8	205 Matthew Cullen	Salford	4.20	1
9	233 Callum Sharp	Strathclyde	4.20	
10	268 Andrew Holmes	UWIC	4.20	
11	39 Tom Wagner	Cambridge	3.60	
12	41 Nick Moore	Canterbury Christ Church	3.60	
13	165 Nick Robinson	Newcastle	3.60	
14	219 Geoffrey Beresford	St Andrews	3.40	
15	34 Joe Lancaster	Brunel	3.40	
16	178 James Douglas	Oxford	3.20	
17	211 Sean Power	Sheffield Hallam	3.00	
	177 James Smithdale	Oxford	NHR	
	117 Steve Walker	Kent	DNJ	



Outdoor Athletics Championships 2009 - Bedford

Shot Put Men Final

Previous Championship Best Performance:

	2008 Kieran Kelly	Loughborough	17.92	Team Points
1	151 Kieran Kelly	Loughborough	18.21	CBP 8
2	129 Rimantas Martisauskas	Leeds Met Carnegie	17.90	7
3	267 Ryan Spencer-Jones	UWIC	15.91	6
4	268 Brett Morse	UWIC	15.28	5
5	2 Dean Bolt	UW Newport	12.70	4
6	34 Guy Stroud	Brunel	12.45	3
7	130 Karl Fitzgerald	Leeds Met Carnegie	12.30	2
8	211 Lewis Stead	Sheffield Hallam	12.27	1
9	33 Joe Lancaster	Brunel	12.19	
10	13 Tommy Lillihagen	Bath	11.94	
11	159 James Nicol	Middlesex	11.83	
12	19 Chiedu Ufodiana	Birmingham	11.57	
13	160 Daniel Dixon	Middlesex	11.07	
14	111 James Sharples	Imperial	10.68	
15	20 Mike Sweeney	Birmingham	10.20	
16	161 David Freeman	MMU Cheshire	8.02	
	195 Ian Frankish	Roehampton	DNS	
	83 Neil Mcdaid	Exeter	DNS	



Outdoor Athletics Championships 2009 - Bedford

CBP: 58.39

Discus Men

Qualifying A

1	151 Christopher Scott	Loughborough	52.45	Q
2	267 Brett Morse	UWIC	52.39	Q
3	153 Elliot Price	Manchester	46.38	Q
4	57 Chris Horne	Coventry	40.26	Q
5	233 Allan Mackay	Strathclyde	38.21	Q
6	39 Ben Cossey	Cambridge	38.16	Q
7	33 Matt George	Brunel	36.68	
8	451 Tong Koh	Loughborough	35.89	
9	159 James Nicol	Middlesex	35.18	
10	154 Carl Van Schie	Manchester	33.67	
11	25 James Eccles	Bournemouth	27.56	
12	285 Vidas Regelskis	York	DNS	

Discus Men

Qualifying B

1	268 Ryan Spencer-Jones	UWIC	46.41	Q
2	152 Daniel Greaves	Loughborough	45.91	Q
3	265 Dean Bolt	UW Newport	43.39	Q
4	129 Karl Fitzgerald	Leeds Met Carnegie	42.13	Q
5	13 Tommy Lillihagen	Bath	39.75	Q
6	19 Chiedu Ufodiana	Birmingham	38.50	Q
7	34 Kevin Sempers	Brunel	35.34	
8	452 John Tarrant	Loughborough	33.98	
9	339 Ryan Harper	Cambridge	33.78	
10	20 Mike Sweeney	Birmingham	32.08	
11	211 Lewis Stead	Sheffield Hallam	30.28	



Outdoor Athletics Championships 2009 - Bedford

Discus Men

Final

Previous Championship Best Performance:

	2002 Emeka Udechuku	Loughborough	58.39	Team Points
1	267 Brett Morse	UWIC	59.52	CBP 8
2	151 Christopher Scott	Loughborough	52.66	7
3	268 Ryan Spencer-Jones	UWIC	51.54	6
4	153 Elliot Price	Manchester	49.68	5
5	152 Daniel Greaves	Loughborough	46.88	4
6	265 Dean Bolt	UW Newport	46.86	3
7	13 Tommy Lillihagen	Bath	41.57	2
8	129 Karl Fitzgerald	Leeds Met Carnegie	40.89	1
9	57 Chris Horne	Coventry	39.19	
10	19 Chiedu Ufodiana	Birmingham	39.12	
11	39 Ben Cossey	Cambridge	38.94	
	233 Allan Mackay	Strathclyde	NT	



Outdoor Athletics Championships 2009 - Bedford

CBP: 75.94

Javelin Men

Qualifying A

1	209 Felix Hatton	Sheffield	64.37	Q
2	19 Richard Woolley	Birmingham	60.57	Q
3	130 Aaron Crawford	Leeds Met Carnegie	59.30	Q
4	73 Matt Hitchner	East Anglia	45.99	Q
5	13 Graham Smith	Bath	45.23	Q
6	152 Thomas Banham	Loughborough	43.88	Q
7	269 Jacob Lewis	UWE Bristol	43.08	Q
8	177 James Douglas	Oxford	40.84	
9	171 Sam Stanislaus	Northumbria	39.38	
10	271 Shaun Creegen	Warwick	37.35	
11	154 Tom Flint	Manchester	24.89	
12				
13				
14				
15				
16				
17				
18				
19				
20				

Javelin Men

Qualifying B

1	33 Chris Hughff	Brunel	71.55	Q
2	129 James Campbell	Leeds Met Carnegie	70.94	Q
3	34 Neil Crossley	Brunel	65.41	Q
4	333 Matt George	Brunel	61.49	Q
5	243 Oliver Wright	Swansea	52.62	Q
6	212 Lewis Stead	Sheffield Hallam	41.61	
7	153 Carl Van Schie	Manchester	41.11	
8	313 Ben Woodruff	Bath	0.00	
9	151 Yong Tan	Loughborough	0.00	
10	14 Harley Steele	Bath	NTR	
11	268 Andrew Holmes	UWIC	DNS	
12				
13				
14				
15				
16				
17				
18				
19				
20				



Outdoor Athletics Championships 2009 - Bedford

Javelin Men

Final

Previous Championship Best Performance:

	2000 David Parker	Loughborough	75.94	Team Points
1	33 Chris Hughff	Brunel	76.92	CBP 8
2	129 James Campbell	Leeds Met Carnegie	76.71	7
3	34 Neil Crossley	Brunel	65.00	6
4	333 Matt George	Brunel	62.35	0
5	19 Richard Woolley	Birmingham	60.87	4
6	130 Aaron Crawford	Leeds Met Carnegie	58.17	3
7	243 Oliver Wright	Swansea	53.85	2
8	73 Matt Hitchner	East Anglia	47.21	1
9	269 Jacob Lewis	UWE Bristol	46.74	
10	13 Graham Smith	Bath	45.66	
11	152 Thomas Banham	Loughborough	41.25	
	209 Felix Hatton	Sheffield	DNS	



Outdoor Athletics Championships 2009 - Bedford

Hammer Men

Final

Championship Best Performance:

	2005 Andy Frost	St Marys	69.70	Team Points
1	107 Matthew Lambley	Huddersfield	63.07	8
2	227 Alistair Williamson	St Mary's	59.66	7
3	13 Alex Warner	Bath	57.77	6
4	193 Pdraig White	Robert Gordon	56.59	5
5	111 Sam Coe	Imperial	53.62	4
6	243 Ritchie Wells	Swansea	50.36	3
7	151 Andrew Windley	Loughborough	43.70	2
8	152 Luke Hyland	Loughborough	43.06	1
9	25 Sam Chappell	Bournemouth	41.71	
10	267 Brett Morse	UWIC	39.93	
11	57 Peter Torok	Coventry	38.85	
12	205 Mike Rigby	Salford	37.02	
13	268 Ryan Spencer-Jones	UWIC	27.17	
	39 Andrew Lee	Cambridge	DNS	

	Team	Points
100m	Loughborough	8
	Middlesex	7
	Bath	6
	Bournemouth	5
	Salford	4
	Dundee	3
	Heriot-Watt	2
	Leeds Met Carnegie	1
200m	Bath	8
	Bournemouth	7
	Middlesex	6
	Brunel	5
	Heriot-Watt	4
	Birmingham	3
	Sheffield Hallam	2
	Brunel	1
400m	Leeds Met Carnegie	8
	Cambridge	7
	Loughborough	6
	Bath	5
	Loughborough	0
	Birmingham	3
	Loughborough	0
	Loughborough	0
800m	UWIC	8
	Cambridge	7
	UWIC	0
	Loughborough	5
	UWIC	0
	Birmingham	3
	Bath	0
	Loughborough	0
1500m	Teesside	8
	St Mary's	7
	Loughborough	6
	Bristol	5

	St Mary's	0
	St Mary's	3
	Loughborough	2
	Bath	1
5000m	Liverpool John Moores	8
	Liverpool	7
	Wolverhampton	6
	Birmingham	5
	Cambridge	4
	Swansea	3
	Oxford	2
	Coventry	1
10000m	Wolverhampton	8
	St Mary's	7
	Cambridge	6
	Northumbria	5
	Birmingham	4
	Bangor	3
	St Mary's	2
	Oxford	1
110m H	Middlesex	8
	Bristol	7
	Wolverhampton	6
	Middlesex	5
	Bath	4
	Brunel	3
	Cambridge	2
	Bath	1
400m H	Loughborough	8
	Loughborough	0
	Wolverhampton	6
	Durham	5
	Edinburgh	4
	UWIC	3
	Bristol	2
	Bath	1

3000m Sc	Birmingham	8
	Cambridge	7
	St Mary's	6
	St Mary's	5
	Oxford	4
	Cambridge	3
	Bath	2
	St Mary's	0
4x100m	Middlesex	8
	Loughborough	7
	UWIC	6
	Bath	5
	Brunel	4
	Cambridge	3
	Sheffield Hallam	2
	Birmingham	1
4x400m	Loughborough	8
	Bath	7
	UWIC	6
	Birmingham	5
	Brunel	4
	Manchester	3
	Sheffield Hallam	2
	Leeds Met Carnegie	1
HJ	Liverpool John Moores	8
	Bath	7
	Essex	6
	Birmingham	5
	Teesside	3.5
	Edinburgh	3.5
	UWIC	2
	Edinburgh	1
LJ	Leeds Met Carnegie	8
	Loughborough	7
	Exeter	6
	Cambridge	5

	Nottingham	4
	Bath	3
	Loughborough	2
	Bath	1
TJ	Teesside	8
	Cambridge	7
	Coventry	6
	Loughborough	5
	UWIC	4
	Loughborough	0
	Leeds Met Carnegie	2
	Cambridge	1
PV	Loughborough	8
	Brunel	7
	Edge Hill	5
	Nottingham	5
	Loughborough	5
	Loughborough	0
	Birmingham	2
	Salford	1
SP	Loughborough	8
	Leeds Met Carnegie	7
	UWIC	6
	UWIC	5
	UW Newport	4
	Brunel	3
	Leeds Met Carnegie	2
	Sheffield Hallam	1
DT	UWIC	8
	Loughborough	7
	UWIC	6
	Manchester	5
	Loughborough	4
	UW Newport	3
	Bath	2
	Leeds Met Carnegie	1

JT	Brunel	8
	Leeds Met Carnegie	7
	Brunel	6
	Brunel	0
	Birmingham	4
	Leeds Met Carnegie	3
	Swansea	2
	East Anglia	1

HT	Huddersfield	8
	St Mary's	7
	Bath	6
	Robert Gordon	5
	Imperial	4
	Swansea	3
	Loughborough	2
	Loughborough	1