

**TRAFFORD AC - GRAND PRIX MEETING****TUESDAY****21-Jul-09****BMC 800M MENS RACE A**

1	99	Chris Smith	U23	M	Wirral AC	01:51.22
2	124	Joe Brocklehurst	SEN	M	Stratford upon Avon AC	01:51.96
3	213	Darragh Greene	SEN	M	Dunleer, Ireland	01:52.35
4	140	Chris Bryant	SEN	M	Sale Harriers Manchester	01:52.53
5	242	Gary Bradbury	U23	M	Woking AC	01:52.68
6	135	Ben Craddock	U23	M	Leeds City AC	01:52.71
7	295	David Proctor	SEN	M	Rochdale Harriers & AC	01:53.20
8	7	Stuart Ross	U20	M	Victoria Park-City of Glasgow	01:53.65
9	226	Steven Morrow	U23	M	Ballymena & Antrim AC	01:55.70

**BMC 800 MEN'S RACE B**

1	302	Andrew Wiles	U23	M	New Marske Harriers & AC	01:54.39
2	250	Gareth Allott	U23	M	Staffs Moorlands AC	01:54.52
3	245	James Griffiths	U23	M	Vale Royal AC	01:54.57
4	196	Nathan Riding	U23	M	Newham & Essex Beagles AC	01:54.79
5	182	Nick Hooker	U23	M	Leeds City AC	01:54.81
6	15	Mark Pollard	SEN	M	Belgrave Harriers	01:55.03
7	282	Ian Rawlinson	SEN	M	Tipton Harriers	01:55.38
8	300	Warren Frey	SEN	M	Birchfield Harriers & AC	01:55.71
9	14	Scott Pilkington	SEN	M	Copstorphine	01:56.68
10	142	Nathan Elliott	U23	M	Wakefield District Harriers & AC	01:57.38

**BMC 800 MEN'S RACE C**

1	304	Adam Morrell	U20	M	Middlesbrough AC (Mandale)	01:55.10
2	180	Graham Hogg	U23	M	Trafford AC	01:55.29
3	128	Sam Dykes	U17	M	Warrington AC	01:55.61
4	284	Jeremy Gilmour	U20	M	Trafford AC	01:55.72
5	173	Peter Street	U23	M	Preston Harriers	01:55.73
6	78	Chris McGurk	U23	M	Notts AC	01:56.34
7	246	Stuart Cameron	U20	M	Stockport Harriers & AC	01:56.56
8	197	Harry Jones	U23	M	Cardiff AAC	01:57.53
9	18	Matthew Allott	U20	M	Staffs Moorlands AC	01:59.08

**BMC 800 MEN'S RACE D**

1	109	Thomas Hanlon	U20	M	Liverpool Pembroke & Sefton	01:56.92
2	114	Luke Minns	U23	M	Blackpool, Wyre & Fylde AC	01:57.26
3	231	Adam Clansey	SEN	M	Liverpool Pembroke & Sefton	01:57.38
4	211	Josh Oguntayo	U17	M	Sale Harriers Manchester	01:57.73
5	224	Peter Huck	U20	M	Barrow & Furness Striders & AC	01:57.88
6	146	Dave Sprout	SEN	M	Halton & Frodsham Harriers	01:58.55
7	166	Tom Madden	U23	M	Coventry Godiva Harriers	01:58.99
8	145	Tom Marper	U20	M	Gateshead Harriers & AC	01:59.21
9	316	Russell Betts	SEN	M	Mansfield Harriers & AC	01:59.47
10	256	Chris Hesketh	U20	M	Liverpool Pembroke & Sefton	01:59.81

**BMC 800 MENS RACE E**

1	64	Luke Sebit-Berridge	SEN	M	Leicester Coritanians AC	01:58.39
2	267	Anthony Hauserman	U17	M	Blackburn Harriers & AC	01:58.65

3	214	Dale Worton	U20	M	Leeds City AC	01:59.82
4	235	Chris Thornton	SEN	M	Skyrac AC	02:00.00
5	22	Simon Millett	U23	M	Norwich Road Runners	02:00.13
6	202	Craig McDowall	U20	M	Lothian AC	02:00.50
7	141	Lee Whiteley	U23	M	Sale Harriers Manchester	02:00.54
8	147	Scott Wilson	SEN	M	Hallamshire Harriers Sheffield	02:00.96
9	125	Jordan Bransberg	U15	M	Skyrac AC	02:01.18
10	185	Sean Dignam	U20.	M	Liverpool Pembroke & Sefton	02:02.59

#### **MENS 1500m RACE A**

1	279	Rob Whittle	SEN	M	Loughborough University	03:49.45
2	298	Andrew Stanton	U23	M	Gateshead Harriers & AC	03:51.11
3	270	Steve Vernon	SEN	M	Stockport Harriers & AC	03:51.35
4	317	Daniel Barks	SEN	M	Mansfield Harriers & AC	03:52.01
5	13	Kevin Kane	SEN	M	Inverclyde AC	03:52.03
6	343	James Bailey	SEN	M	Sale Harriers Manchester	03:52.37
7	311	Rob Hodges	U23	M	Kingston upon Hull AC	03:53.45
8	321	Patrick Martin	SEN	M	Sunderland Harriers	03:53.48
9	273	Chris Carter	U20	M	Telford AC	03:54.67
10	181	Michael Salter	U20	M	Leeds City AC	03:55.56
11	275	Laurence Cox	U23	M	Aldershot, Farnham & District AC	03:58.61
12	292	Matthew Proctor	U23	M	Rochdale Harriers & AC	03:59.08
13	314	Dominic Shaw	U23	M	New Marske Harriers & AC	03:59.82
14	230	James Adie	SEN	M	Bromsgrove & Redditch AC	04:05.52
15	318	Luke Northall	SEN	M	Tipton Harriers	04:13.06

#### **MENS 1500m RACE B**

1	320	Ian Salisbury	SEN	M	Trafford AC	03:58.80
2	260	David Forrester	U20	M	Liverpool Pembroke & Sefton	03:59.29
3	227	Nathan Bibby	U23	M	Preston Harriers	03:59.32
4	315	Adam Grice	SEN	M	Leeds City AC	04:00.44
5	326	James Bleakley	SEN	M	Trafford AC	04:00.54
6	160	Tom Phillips	U23	M	Derby AC	04:01.65
7	47	Joe Townsend	U23	M	Leeds City AC	04:02.05
8	287	Craig Gundersen	U23	M	Liverpool Harriers & AC	04:02.18
9	223	Ian Kimpton	SEN	M	Lincoln Wellington AC	04:02.56
10	334	Jamie Roden	U20	M	Sale Harriers Manchester	04:05.21
11	107	Michael Wood	U17	M	Leeds City AC	04:06.26
12	344	John Howe	SEN	M	Trafford AC	04:07.74
13	177	Tommy Brannon	V40	M	North Shields Poly AC	04:08.80
14	253	Kyle Fowler	U20	M	Staffs Moorlands AC	04:08.89
15	336	Mike Mannings	U23	M	Oldham & Royton Harriers & AC	04:11.02
16	262	Thomas Carson	U20	M	Bolton United Harriers	04:18.89

#### **100M Heat 1**

						<b><u>Wind</u></b>
1	70	Dominic Bradley	SEN	M	Birchfield Harriers & AC	11.1
2	80	Andrew Owens	SEN	M	Liverpool Harriers & AC	11.3
3	106	Andrew Boyd	SEN	M	Wirral AC	11.4
4	104	Steven Callister	U23	M	Trafford AC	11.6
5	152	Dan Harrop	U17	M	Kendal AAC	11.8
6	139	Colin Hornby	U17	M	Halton & Frodsham Harriers	11.9

7	57	Tom Grantham	SEN	M	City of Sheffield AC	11.9
<b><u>100M Heat 2</u></b>						<b><u>Wind</u></b> +2.5
1	105	Ricardo Francis	U23	M	Wakefield District Harriers & AC	11.77
2	24	John Allan	U20	M	Bingley Harriers & AC	11.79
3	81	Sean Doherty	SEN	M	Liverpool Harriers & AC	12.11
4	171	Ian Cooney	SEN	M	St. Helens Sutton AC	12.19
5	82	Reece Hendley	U23	M	Oldham & Royton Harriers & AC	12.47
6	100	Daniel Bowman	SEN	M	Scunthorpe & District AC	12.62
7	172	Christopher Lyon	U20	M	St. Helens Sutton AC	12.84
<b><u>100M Heat 3</u></b>						
1	186	Adam Simms	U17	M	Altrincham & District AC	12.22
2	121	Thomas Matthews	U20	M	Kendal AAC	12.49
3	198	Gary Kearns	SEN	M	Oldham & Royton Harriers & AC	12.63
4	40	Chris Horniman	U23	M	Trafford AC	12.66
5	154	Stephen Yates	U17	M	Manchester Harriers & AC	12.69
6	134	Alex Wilson	U15	M	City of Sheffield AC	12.77
<b><u>100M Heat 4</u></b>						<b><u>Wind</u></b> +1.2
1	110	Olivia Callaghan	U17	F	Sale Harriers Manchester	13.08
2	112	Wendy Davidson	SEN	F	Edinburgh AC	13.17
3	206	Jack McGuire	SEN	M	Clayton-le-Moors	15.41
<b><u>200M Heat 1</u></b>						<b><u>Wind</u></b> -2.3
1	133	Joseph Lancaster	U15	M	City of Sheffield AC	22.20
2	89	Andy Wilkinson	SEN	M	Sale Harriers Manchester	22.65
3	120	Dannish Khan	U20	M	City of Sheffield AC	22.69
4	70	Dominic Bradley	SEN	M	Birchfield Harriers & AC	22.71
5	106	Andrew Boyd	SEN	M	Wirral AC	23.26
6	165	Daniel Williams	SEN	M	Sale Harriers Manchester	23.61
<b><u>200M Heat 2</u></b>						<b><u>Wind</u></b> -2.3
1	132	Rory Evans	U23	M	Stockport Harriers & AC	23.38
2	34	Ian Lowthian	SEN	M	Sale Harriers Manchester	24.25
3	186	Adam Simms	U17	M	Altrincham & District AC	24.41
4	82	Reece Hendley	U23	M	Oldham & Royton Harriers & AC	24.90
5	198	Gary Kearns	SEN	M	Oldham & Royton Harriers & AC	25.41
6	154	Stephen Yates	U17	M	Manchester Harriers & AC	25.53
<b><u>200M Heat 3</u></b>						<b><u>Wind</u></b> -0.8
1	105	Ricardo Francis	U23	M	Wakefield District Harriers & AC	23.22
2	104	Steven Callister	U23	M	Trafford AC	23.60
3	143	Michael Fairfield	U23	M	Liverpool Harriers & AC	24.08
4	171	Ian Cooney	SEN	M	St. Helens Sutton AC	24.26
5	119	Peter Hickey	V50	M	Northern Vets	24.69
6	172	Christopher Lyon	U20	M	St. Helens Sutton AC	26.89
<b><u>200M Heat 4</u></b>						<b><u>Wind</u></b> -1.7
1	247	Kadeena Cox	U20	F	Leeds City AC	26.26
2	194	Reagan Wright	U23	F	Wakefield District Harriers & AC	26.39

3	162	Jessica Hodsman	U15	F	Kendal AAC	27.90
4	281	Kerrell Walley	U20	F	Wigan & District Harriers & AC	27.91
5	257	Hannah Roberts	U20	F	Liverpool Pembroke & Sefton	30.12

#### **400M Heat 1**

1	126	Paul Bradshaw	U23	M	Blackburn Harriers & AC	48.21
2	144	James Bowness	U20	M	Trafford AC	49.11
3	97	Oliver Robinson	SEN	M	Bingley Harriers & AC	49.61
4	34	Ian Lowthian	SEN	M	Sale Harriers Manchester	50.41
5	136	Tom O'Brien	U23	M	Sale Harriers Manchester	50.69
6	244	Sam Lowrey	U20	M	Leeds City AC	50.72

#### **400M Heat 2**

1	93	Bernard Ward	SEN	M	Trafford AC	50.65
2	168	Ted Romney	U23	M	Blackpool, Wyre & Fylde AC	50.65
3	57	Tom Grantham	SEN	M	City of Sheffield AC	50.76
4	80	Andrew Owens	SEN	M	Liverpool Harriers & AC	51.96
5	190	Josh Moody	U20	M	Matcock AAC	52.38
6	169	Stephen Bennett	U20	M	Preston Harriers	52.46

#### **400M Heat 3**

1	63	Luke South	U17	M	City of Sheffield AC	49.99
2	36	Chris Bramah	U23	M	Trafford AC	51.20
3	117	Oliver Blake	U23	M	Oswestry Olympians AC	51.44
4	138	Frazer Jardine	U20	M	Bolton United Harriers	52.01
5	17	James Wright	U23	M	Sale Harriers Manchester	52.09
6	254	Matt Bowes	U23	M	Staffs Moorlands AC	54.93

#### **400M Heat 4**

1	143	Michael Fairfield	U23	M	Liverpool Harriers & AC	52.23
2	137	Daniel Brownbill	U17	M	Leeds City AC	52.71
3	68	Ryan Crawley	U17	M	City of Sheffield AC	53.15
4	62	Jenny Meadows	SEN	F	Wigan & District Harriers & AC	53.91
5	191	Jonathan Doull	U15	M	Matcock AAC	55.59
6	164	Daniel Hughes	U17	M	St. Helens Sutton AC	56.20

#### **400M Heat 5**

1	149	David Devine	U20	M	Liverpool Harriers & AC	53.62
2	212	Jake Littlehales	U20	M	East Cheshire Harriers & Tamesid	53.75
3	33	Mark Charlesworth	U15	M	Bingley Harriers & AC	54.82
4	156	William Capstick	U17	M	Ribble Valley AC	55.79
5	121	Thomas Matthews	U20	M	Kendal AAC	56.47
6	35	Daniel Bramah	U20	M	Trafford AC	58.32

#### **400M Heat 6**

1	291	James Gladman	U17	M	Warrington AC	53.12
2	176	Josh Cook	U17	M	Warrington AC	56.30
3	139	Colin Hornby	U17	M	Halton & Frodsham Harriers	57.94
4	167	Sarah Yeomans	SEN	F	Rosendale Harriers & AC	61.40

#### **400M Heat 7**

1	208	Andy Williams	U15	M	Warrington AC	60.07
2	309	Daniel Crowley	U17	M	Unattached	60.30
3	158	Helen Conlon	U17	F	Ribble Valley AC	65.62
4	45	Katherine Winrod	V45	F	Lancaster & Morecambe AC	74.76

### **300m Heat 1**

1	187	Isabel hainsworth	U17	F	Altrincham & District AC	43.33
2	161	Charlie Hines	U17	F	Kendal AAC	44.21

### **800m Heat 1**

1	243	Michael Cooke	U20	M	Stockport Harriers & AC	01:57.56
2	324	Charlie Hulson	U17	M	Sale Harriers Manchester	01:58.35
3	290	Stuart Campbell	U20	M	Lincoln Wellington AC	01:58.74
4	310	Joe Moores	U17	M	Rossendale Harriers & AC	01:59.91
5	312	Simon Dearden	U23	M	Halifax Harriers & AC	01:59.98
6	233	Mike Toal	V35	M	Northern Vets	02:00.45
7	188	Chris McGahan	U15	M	Sale Harriers Manchester	02:01.86
8	193	Patrick Vicary	U17	M	Kendal AAC	02:02.31
9	269	Jon Walch	U23	M	Stockport Harriers & AC	02:02.49
10	278	Daniel Evans	U20	M	Pendle AC	02:03.81
11	333	David Meyer	U20	M	Trafford AC	02:06.31

### **800m Heat 2**

1	337	Dominik Morton	SEN	M	Halesowen AC	02:00.70
2	276	Tom Roberts	U20	M	Leeds City AC	02:02.72
3	339	Harvey Speed	U23	M	Coventry Godiva Harriers	02:03.13
4	271	Ryan Worland	U20	M	Sale Harriers Manchester	02:03.59
5	248	Matthew O'Connor	U15	M	Wakefield District Harriers & AC	02:04.35
6	338	Chris Penn	U23	M	Halesowen AC	02:04.74
7	263	Keith Mcgheue	V45	M	Spensborough & District AC	02:05.01
8	305	Alex Lett	U20	M	Sale Harriers Manchester	02:05.21
9	325	Stephen Smith	V50	M	Preston Harriers	02:05.67
10	345	Ian Costello	SEN	M	St. Helens Sutton AC	02:07.82

### **800m Heat 3**

1	266	Liam Bartlett	U20	M	Manchester Harriers & AC	02:01.68
2	261	Harry Earl	U17	M	Border Harriers & AC	02:02.49
3	170	Aaron Barker	U23	M	Rossendale Harriers & AC	02:03.69
4	103	Rob Torch	U17	M	Leeds City AC	02:03.81
5	203	Alex Young	U20	M	Trafford AC	02:04.26
6	133	Joseph Lancaster	U15	M	City of Sheffield AC	02:04.27
7	229	Scott Edwards	U15	M	Derby AC	02:04.84
8	264	Ryan Bransfield	U20	M	Spensborough & District AC	02:05.02
9	274	James Bretherton	U17	M	Preston Harriers	02:05.78

### **800m Heat 4**

1	286	Richard Mather	SEN	M	Oldham & Royton Harriers & AC	02:08.09
2	195	Sven Burluraux	U17	M	Longwood Harriers	02:09.80
3	67	Louise Whittaker	SEN	F	Sale Harriers Manchester	02:10.18
4	251	Rachael Thompson	SEN	F	Liverpool Harriers & AC	02:10.79
5	329	Richard Hindley	U15	M	Trafford AC	02:11.01

6	95	Carl Foulstone	U17	M	Spennorth & District AC	02:11.64
7	319	Helen Singleton	SEN	F	Wakefield District Harriers & AC	02:12.13
8	191	Jonathan Doull	U15	M	Matcock AAC	02:12.18
9	239	Rebecca Newton	U20	F	Hallamshire Harriers Sheffield	02:13.54
10	299	Luke Watson	U20	M	Ribble Valley AC	02:14.56

#### **800m Heat 5**

1	129	Andrew Parsonage	U17	M	Manchester Harriers & AC	02:10.44
2	204	Jamie Webb	U17	M	St. Helens Sutton AC	02:11.36
3	184	Sam Butters	U15	M	Ribble Valley AC	02:12.19
4	241	Seonaid Murray	SEN	F	Liverpool Harriers & AC	02:12.87
5	221	Calli Thackery	U17	F	Hallamshire Harriers Sheffield	02:13.09
6	237	Kirsty Milner	U23	F	Trafford AC	02:13.31
7	285	Chelsea Jarvis	U15	F	St. Helens Sutton AC	02:13.53
8	116	Heather Roberts	U23	F	Warrington AC	02:14.47
9	234	Lara Thomas	U20	f	Lincoln Wellington AC	02:15.43
10	249	Stacey Johnson	U23	F	Cannock & Staffs AC	02:15.84

#### **800m Heat 6**

1	255	Clark Roberts	SEN	M	Liverpool Pembroke & Sefton	02:16.45
2	215	Matty Shirling	U15	M	St. Helens Sutton AC	02:17.12
3	301	Paul Beesley	U17	M	Warrington AC	02:17.38
4	265	Christopher Hampson	U15	M	Spennorth & District AC	02:20.57
5	151	Phil Lee	SEN	M	Kendal AAC	02:21.46
6	232	Amy Talbot	U20	F	Warrington AC	02:21.73
7	268	Lauren Gowland	U15	F	Blackpool, Wyre & Fylde AC	02:22.29
8	225	Lauren Burger	U17	F	Preston Harriers	02:23.67
9	113	Harriet Middlesbrough	U17	F	Skyrac AC	02:25.62

#### **800m Heat 7**

1	155	Reece Clarke	U15	M	Ribble Valley AC	02:23.54
2	179	Bethany Ellis	U15	F	Spennorth & District AC	02:23.58
3	323	Rachel Jefferson	U17	F	Warrington AC	02:24.46
4	327	Sarah Griffiths	U20	F	Warrington AC	02:26.60
5	178	Mollie Flannery	U15	F	Spennorth & District AC	02:27.27
6	297	Fiona Maddocks	SEN	F	Leeds City AC	02:28.26
7	157	Abbie Thistlethwaite	U17	F	Ribble Valley AC	02:29.86
8	175	Tess Parkinson	U17	F	Ribble Valley AC	02:33.77

#### **800m Heat 8**

1	293	Lizzie Heaney	U17	F	Warrington AC	02:27.60
2	123	Sarah Pearson	SEN	F	Leeds City AC	02:29.17
3	272	Helen Walch	V45	F	Stockport Harriers & AC	2:29.24.
4	340	Emma-Louise Pyatt	U15	F	Halton & Frodsham Harriers	02:38.10
5	45	Katherine Winrod	V45	F	Lancaster & Morecambe AC	02:50.41
6	283	Faye Holden	SEN	F	Pendle AC	03:02.88

#### **1500M HEAT 1**

1	219	Ben Akin	U17	M	Preston Harriers	04:02.69
2	218	Matthew Davison	U20	M	Preston Harriers	04:03.35
3	118	Jack Scarr	U17	M	Blackpool, Wyre & Fylde AC	04:04.41

4	183	Geoff Belcher	U20	M	Leeds City AC	04:04.45
5	228	Kristian Bibby	U17	M	Preston Harriers	04:05.31
6	108	Gordon Benson	U17	M	Leeds City AC	04:05.54
7	289	Chris Woodger	U20	M	Lincoln Wellington AC	04:07.53
8	29	Mukhtar Mohammed	U20	M	City of Sheffield AC	04:10.17
9	303	Mark Shaw	U17	M	New Marske Harriers & AC	04:10.26
10	296	Helen Clitheroe	SEN	F	Preston Harriers	04:10.84
11	342	Chris Matthews	U17	M	Blackburn Harriers & AC	04:11.24
12	330	Tom Jervis	U17	M	Warrington AC	04:14.31
13	308	Nasir Hussain	U23	M	Hallamshire Harriers Sheffield	04:14.97
14	252	Dean Matkin	U23	M	Stockport Harriers & AC	04:15.15
15	280	Jack Nixon	U17	M	Stockport Harriers & AC	04:17.96

### **1500M HEAT 2**

1	277	David Rigby	U23	M	Preston Harriers	04:11.68
2	217	Josh Skinner	U20	M	Preston Harriers	04:13.66
3	240	Harry Boyd	U20	M	Liverpool Pembroke & Sefton	04:16.84
4	200	Luke Ingham	U17	M	Kendal AAC	04:18.44
5	199	Kieran Alderson	U20	M	Kendal AAC	04:21.95
6	220	Will Fielding	U17	M	Preston Harriers	04:25.84
7	331	Richard Powell	U15	M	Trafford AC	04:28.18
8	306	Jake Healy	U20	M	St. Helens Sutton AC	04:32.47
9	159	Thomas Traviss-Pollard	U17	M	Holmfirth Harriers AC	04:36.53
10	192	Mike Stores	V45	M	Manchester Harriers & AC	04:38.26
11	351	Chris Pedder	V50	M	Newburgh AC	04:42.28
12	352	Kirsty Longley	SEN	F	Liverpool Pembroke & Sefton	04:43.18
13	354	Kyle Conway	U15	M	Sale Harriers Manchester	05:07.76

### **1500M HEAT 3**

1	258	Lizzy Brathwaite	SEN	F	Herts Phoenix AC	04:28.86
2	102	Steven Eastwood	U15	M	Leeds City AC	04:32.96
3	347	Jacqueline Fairchild	U23	F	Trafford AC	04:33.00
4	101	Alex Hart	U17	M	Leeds City AC	04:33.01
5	346	Jo Dawes	SEN	F	Trafford AC	04:36.12
6	163	Max Lawton	U17	M	Holmfirth Harriers AC	04:36.89
7	328	Jo Maddick	U23	F	Kingston upon Hull AC	04:37.62
8	11	Alex Snook	U23	F	Loughborough University	04:38.16
9	356	Steven Doxey	V45	M	Switon RR	04:39.14
10	174	Hanna Tarver	U17	F	Wirral AC	04:40.24
11	322	Henry Buttress	U15	M	Warrington AC	04:40.46
12	10	Kirsty Hamilton	U23	F	Bristol & West AC	04:41.29
13	335	Natalie Grant	U20	F	Rotherham Harriers & AC	04:41.70
14	238	Terry Fowler	V40	M	Buxton AC	04:45.14
15	332	Thomas Powell	U20	M	Trafford AC	04:45.76
16	294	Emily Beedham	SEN	F	Sale Harriers Manchester	04:46.27
17	349	Dannii Johnson	U17	F	Birchfield Harriers & AC	04:48.19

### **1500M HEAT 4**

1	201	Tom Hartley	U15	M	Kendal AAC	04:48.04
2	353	Gemma Connelly	SEN	F	St. Helens Sutton AC	04:55.53
3	313	Natalia Hackett	U15	F	Hallamshire Harriers Sheffield	04:59.16

4	350	Keith Lester	SEN	M	Liverpool Pembroke & Sefton	05:07.82
5	307	Cherise Walley	U17	F	Wigan & District Harriers & AC	05:09.81
6	222	Emma Erskine	U15	F	Chesterfield & District AC	05:13.12
7	259	Mark Quince	SEN	M	Buxton AC	05:15.78

### **3000m Heat 1**

1	77	Gareth Raven	SEN	M	Sale Harriers Manchester	08:23.06
2	19	Matt Clewes	U23	M	Staffs Moorlands AC	08:40.33
3	2	Danny Parkinson	SEN	M	Kendal AAC	08:40.81
4	130	Richard Taylor	SEN	M	Coventry Godiva Harriers	08:49.20
5	18	Matthew Allott	U20	M	Staffs Moorlands AC	08:49.66
6	83	James Douglas	SEN	M	Border Harriers & AC	08:50.96
7	39	Andrew Heyes	U20	M	Hallamshire Harriers Sheffield	08:51.73
8	21	Yasin Mohamad	U20	M	City of Sheffield AC	08:55.77
9	12	Ben Riddell	SEN	M	Salford Harriers & AC	08:57.16
10	92	William Plastow	U20	M	Leeds City AC	09:04.97
11	52	Gary Priestley	U23	M	Horwich RMI Harriers & AC	09:05.68
12	131	Richard Burman	SEN	M	Coventry Godiva Harriers	09:06.90
13	98	Rob Dewhurst	SEN	M	Liverpool Harriers & AC	09:08.57
14	50	Joe Vis	U20	M	Southport Waterloo AC	09:12.15
15	48	Howard Wood	U20	M	City of Sheffield AC	09:12.49
16	115	Tony Battersby	SEN	M	Leigh Harriers & AC	09:13.23
17	46	Oliver Ziff	U23	M	Leeds City AC	09:18.28
18	85	Phil West	SEN	M	Salford Harriers & AC	09:21.63
19	49	Patirck Vis	U20	M	Southport Waterloo AC	09:22.11
20	65	Joshua Woodcook-Shaw	U17	M	Spensborough & District AC	09:26.87
21	72	Stewart MacDonald	V40	M	Bingley Harriers & AC	09:28.26
22	88	Danny Davis	U20	M	Leeds City AC	09:31.07
23	84	Tom Bush	SEN	M	Altrincham & District AC	09:35.05
24	23	Jonathan Hedley	SEN	M	Hallamshire Harriers Sheffield	09:35.25

### **3000m Heat 2**

1	53	Nick Jones	U15	M	Wirral AC	09:19.80
2	30	Steve Green	SEN	M	Bingley Harriers & AC	09:26.13
3	69	Adrian Jones	SEN	M	Keighley & Craven AC	09:34.11
4	51	Mike Shaw	V45	M	Stockport Harriers & AC	09:38.11
5	9	Bill Foster	V50	M	Blackheath & Bromley Harriers AC	09:39.61
6	60	Sean McCormack	V45	M	Newport Harriers	09:49.45
7	59	Mike Robbins	V45	M	Wrexham AAC	09:50.46
8	76	Tessa Walker	SEN	F	Salford Harriers & AC	09:52.80
9	55	Nick Burke	V40	M	Altrincham & District AC	09:56.12
10	86	Andrew Miles	U17	M	Vale Royal AC	10:01.78
11	38	Julia Russell	SEN	F	Hallamshire Harriers Sheffield	10:02.68
12	91	William Hardman	SEN	M	Trafford AC	10:06.69
13	94	Patrick Devine-Wright	SEN	M	FRA	10:09.39
14	123	Sarah Pearson	SEN	F	Leeds City AC	10:09.89
15	66	Charlotte Wickham	SEN	F	Loughborough University	10:12.49
16	122	Emily Klee	SEN	F	Leeds City AC	11:44.79
17	111	Gemma Unsworth	SEN	F	Blackpool, Wyre & Fylde AC	10:15.29
18	26	Dave Hudson	SEN	M	Salford Harriers & AC	10:20.98
19	87	Graham Miles	V40	M	Vale Royal AC	10:21.58



20	37	Mike Vennard	U15	M	Vale Royal AC	10:23.07
21	27	Laura Riches	U17	F	Leigh Harriers & AC	10:23.47
22	25	Chantal Quarless	SEN	F	Liverpool Harriers & AC	10:40.15
23	90	Rhiannon Solson	U23	F	Eden Runners	10:47.83
24	20	Leanne Sheehy	U20	F	Leigh Harriers & AC	10:48.63
25	71	Kate Titlow	U20	F	Warrington AC	10:50.33
26	44	Shannon Johnson	U15	F	Leigh Harriers & AC	10:52.93

### **HAMMER**

1	42	Simon Bissell	SEN	M	Bolton United Harriers	52.19
2	4	Hannah Evenden	U20	F	Edinburgh AC	48.44
3	6	Jason Robinson	U23	M	Chesterfield & District AC	44.84
4	1	Mark Gulliver	SEN	M	Leeds City AC	44.09
5	28	Richard Gayle	SEN	M	Wakefield District Harriers & AC	42.70
6	58	Mike Rigby	U23	M	Oldham & Royton Harriers & AC	41.35
7	3	Mark Harrison	SEN	M	Leeds City AC	33.19
8	8	Sian Pentin	U17	F	Chesterfield & District AC	29.77
9	41	Alice Bramah	U17	F	Trafford AC	27.22
10	74	Sarah Cooper	U20	F	Salford Metropolitan AC	20.67
11	31	Tony Dowd	V40	M	Salford Metropolitan AC	18.94

### **DISCUS**

1	43	Carl Fletcher	SEN	M	Woodford Green / Essex Ladies	45.08
2	150	Sarah Henton	SEN	F	Blackburn Harriers & AC	43.88
3	42	Simon Bissell	SEN	M	Bolton United Harriers	43.73
4	4	Hannah Evenden	U20	F	Edinburgh AC	42.90
5	5	Kane Humphrey	U20	M	Rotherham Harriers & AC	39.37
6	1	Mark Gulliver	SEN	M	Leeds City AC	37.50
7	148	Jordan Carter	U17	M	Barnsley AC	35.13
8	3	Mark Harrison	SEN	M	Leeds City AC	32.84
9	58	Mike Rigby	U23	M	Oldham & Royton Harriers & AC	29.91
10	96	Jack Preece	U17	M	Chesterfield & District AC	25.36
11	41	Alice Bramah	U17	F	Trafford AC	19.83
12	75	Ellis Cooper	U17	M	Salford Metropolitan AC	19.10
13	31	Tony Dowd	V40	M	Salford Metropolitan AC	18.58

### **JAVELIN**

1	148	Jordan Carter	U17	M	Barnsley AC	52.20
2	341	Mike Sweeney	U20	M	Liverpool Harriers & AC	33.65
3	205	David Griffiths	U17	M	St. Helens Sutton AC	32.80
4	79	Liane Bibby	U15	F	St. Helens Sutton AC	32.41
5	75	Ellis Cooper	U17	M	Salford Metropolitan AC	32.31
6	288	Amie kevan	U23	F	Liverpool Harriers & AC	31.75
7	355	Matthew Owens	U23	M	Liverpool Harriers & AC	31.53
8	189	Callum Mackenzie	U17	M	Warrington AC	29.70
9	73	Nathan Cooper	U17	M	Salford Metropolitan AC	29.18
10	81	Sean Doherty	SEN	M	Liverpool Harriers & AC	28.88
11	80	Andrew Owens	SEN	M	Liverpool Harriers & AC	28.79

### **SHOT PUTT**

1	43	Carl Fletcher	SEN	M	Woodford Green / Essex Ladies	16.68
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2	148	Jordan Carter	U17	M	Barnsley AC	12.57
3	42	Simon Bissell	SEN	M	Bolton United Harriers	11.85
4	96	Jack Preece	U17	M	Chesterfield & District AC	11.54

**HIGH JUMP**

1	153	Callum Blaikie	U17	M	Kendal AAC	1.70
2	207	Alan Dodd	U15	M	Warrington AC	1.55
3	189	Callum Mackenzie	U17	M	Warrington AC	1.50
4	209	Rachel Pennington	U15	F	Warrington AC	1.40
5	127	Charlotte Dykes	U15	F	Warrington AC	1.35