



60m Women

Fastest 24 to 3 Semi Finals

Heats

1530 Fri 22 Feb

T1

Heat 1

1	315 Ashleigh Nelson	Middlesex	7.59	Q
2	306 Kadenna Cox	Leeds Met Carnegie	7.84	Q
3	285 Rebecca Chapman	Cardiff Met	7.90	Q
4	328 Christie Smith	St Mary's	8.05	Q
5	1010 Lamorna Newman	Plymouth	8.15	Q
6	282 Charlotte Daniel	Canterbury Christ Church	8.79	
7	289 Olivia McDemott	Cumbria	8.92	
8	298 Ellie Carter	Gloucestershire	8.98	

Heat 2

1	283 Rachel Hanagan	Canterbury Christ Church	8.00	Q
2	332 Claire Williams	Swansea	8.13	Q
3	308 Shireen Timmis	Lincoln	8.32	
4	288 Irene Baudu	Coventry	8.42	
5	320 Jodie Wills	Nottingham Trent	8.46	
6	276 Jo Bottell	Birmingham	8.57	
7	322 Lauren Thomas	Plymouth	9.01	
8	334 Amy Foster	Ulster	DNS	

Heat 3

1	312 Twinelle Hopeson	Loughborough	7.75	Q
2	333 Chloe Boomer	Ulster	7.93	Q
3	326 Elise Lovell	Sheffield Hallam	8.25	
4	274 Fiona Asare	Bedfordshire (Bedford)	8.46	
5	317 Martha Achimugu	Newcastle	8.50	
6	287 Lucy Beesley	Chester (Chester)	8.81	
7	319 Lorraine Grahammulvaney	Newport	9.81	
8	305 Laura Haslam	Leeds	DQ	

Heat 4

1	280 Shanice Harrison	Brunel	7.80	Q
2	299 Samantha Griffiths	Gloucestershire	8.00	Q
3	316 Danielle Norville	Middlesex	8.18	Q
4	275 Grace Ajoce	Birmingham	8.19	Q
5	270 Anna Biller	Kent	8.23	Q
6	318 Wirginia Bada	Newcastle	8.46	
7	272 Britta Ismer	Bangor	8.47	
8	325 Abi Hardy - Mayo	Sheffield Hallam	8.61	

Heat 5

1	303 Grace Sheppard	Kent	7.77	Q
2	311 Olivia Callaghan	Loughborough	7.88	
3	292 Bryony Potter	Durham	8.20	Q
4	294 Emily Rogers	East Anglia	8.57	
5	278 Lizzy Gourlay	Bournemouth	8.71	
6	309 Amelia Wood	Lincoln	8.73	
7	304 Emma Wakrim	Kingston	DNS	
8	Lane Vacant			

Heat 6

1	286 Mica Moore	Cardiff Met	7.69	Q
2	337 Melisa Hanson	Wolverhampton	7.86	Q
3	307 Shauna Lawton	Leeds Met Carnegie	7.87	Q
4	338 Sam Mills	Worcester	8.07	Q
5	293 Sophie East	East Anglia	8.30	
6	296 Alice Gaskin	Exeter	8.63	
7	323 Danni Horner	Portsmouth	8.72	
8	Lane Vacant			

Heat 7

1	295 Jade Nimmo	Edinburgh Napier	7.67	Q
2	284 Hannah Thomas	Cardiff	7.89	Q
3	290 Amelia Kellyman	Derby	7.98	Q
4	336 Kirstie Overfield	Warwick	8.23	Q
5	297 Jos Kyte	Exeter	8.53	
6	314 Miriam Walker-Khan	Manchester	8.55	
7	302 Rebecca Louise Saxby	Hull	8.94	
8	Lane Vacant			

60m Women

Semi Finals

1815 Fri 22 Feb

First 2 and 2 Fastest Losers to Final

Heat 1

1	315 Ashleigh Nelson	Middlesex	7.44	Q
2	280 Shanice Harrison	Brunel	7.74	Q
3	306 Kadenna Cox	Leeds Met Carnegie	7.88	
4	333 Chloe Boomer	Ulster	7.98	
5	290 Amelia Kellyman	Derby	7.99	
6	1010 Lamorna Newman	Plymouth	8.08	
7	332 Claire Williams	Swansea	8.23	
8	336 Kirstie Overfield	Warwick	8.24	

Heat 2

1	295 Jade Nimmo	Edinburgh Napier	7.63	Q
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2	303 Grace Sheppard	Kent	7.75	Q
3	337 Melisa Hanson	Wolverhampton	7.76	q
4	285 Rebecca Chapman	Cardiff Met	7.81	
5	283 Rachel Hanagan	Canterbury Christ Church	7.97	
6	338 Sam Mills	Worcester	8.03	
7	316 Danielle Norville	Middlesex	8.22	
8	270 Anna Biller	Kent	8.34	

Heat 3

1	312 Twinelle Hopeson	Loughborough	7.67	Q
2	286 Mica Moore	Cardiff Met	7.70	Q
3	307 Shauna Lawton	Leeds Met Carnegie	7.76	q
4	284 Hannah Thomas	Cardiff	7.96	
5	299 Samantha Griffiths	Gloucestershire	8.05	
6	328 Christie Smith	St Mary's	8.06	
7	275 Grace Ajoce	Birmingham	8.16	
8	292 Bryony Potter	Durham	8.26	

Indoor Athletics Championships 2013 - Sheffield

60m Women

Final

1015 Sat 23 Feb

Championship Best Performance:

	2007 Montel Douglas	Loughborough	7.31	Team Points
1	315 Ashleigh Nelson	Middlesex	7.39	8
2	286 Mica Moore	Cardiff Met	7.66	7
3	295 Jade Nimmo	Edinburgh Napier	7.70	6
4	280 Shanice Harrison	Brunel	7.74	5
5	312 Twinelle Hopeson	Loughborough	7.74	4
6	307 Shauna Lawton	Leeds Met Carnegie	7.81	3
7	303 Grace Sheppard	Kent	7.83	2
8	337 Melisa Hanson	Wolverhampton	DQ	0

200m Women

Heats

0930 Sun 24 Feb

18 fastest to 3 Semi Finals

Heat 1

1	280	Shanice Harrison	Brunel	24.73	Q
2	305	Laura Haslam	Leeds	26.31	Q
3	299	Samantha Griffiths	Gloucestershire	26.39	Q
4	669	Lauren Longhurst	Essex	27.45	
5	753	Faron Jones	Lancaster	DNS	
6	322	Lauren Thomas	Plymouth	WD	

Heat 2

1	1214	Ann Ika-Oqua	Worcester	25.20	Q
2	820	Lucy Mansfield	Liverpool	25.94	Q
3	756	Francesca Xuereb	Middlesex	27.93	
4	278	Lizzy Gourlay	Bournemouth	28.55	
5	1026	Amber Pyott	Portsmouth	30.18	
6	294	Emily Rogers	East Anglia	33.52	

Heat 3

1	306	Kadenna Cox	Leeds Met Carnegie	25.36	Q
2	338	Sam Mills	Worcester	26.61	Q
3	674	Becca Jones	Exeter	26.95	Q
4	945	Beth Towers	Northumbria	28.08	
5	1086	Lauren Taylor	Sheffield Hallam	29.41	
6	1025	Lucy Pamment	Portsmouth	29.87	

Heat 4

1	1210	Nardhia Kidd-Walker	Wolverhampton	25.88	Q
2	1404	Laura Bass	Birmingham	26.30	Q
3	681	Laurence Thill	Exeter	26.80	Q
4	796	Rebecca Watts	Leeds Met Carnegie	27.24	
5	884	Jo Devine	Manchester	29.75	
6		Lane Vacant			

Heat 5

1	286	Mica Moore	Cardiff Met	25.43	Q
2	1055	Hannah Bushell	Sheffield	28.10	
3	904	Jade Shortland	Middlesex	28.71	
4	354	Rachel Whittle	Glasgow	DNS	
5	1119	Chelsea Shurland	St Mary's	SCR	
6		Lane Vacant			

Heat 6

1	446 Rebecca Williams	Birmingham	25.20	Q
2	416 Jodie Leslie	Bedfordshire (Bedford)	27.03	Q
3	288 Irene Baudu	Coventry	28.15	
4	623 Isabel Hainsworth	Durham	28.37	
5	282 Charlotte Daniel	Canterbury Christ Church	28.43	
6	Lane Vacant			

Heat 7

1	284 Hannah Thomas	Cardiff	25.75	Q
2	308 Shireen Timmis	Lincoln	27.16	Q
3	576 Hannah Watson	Central Lancashire	28.43	
4	289 Olivia McDemott	Cumbria	29.86	
5	355 Emily Stevens	Hertfordshire	DNS	
6	Lane Vacant			

Heat 8

1	400 Joanna White	Bath	25.38	Q
2	1006 Thuza Edworthy	Plymouth	27.23	Q
3	771 Sophie Money	Leeds	27.72	
4	706 Ellie Gadsby	Gloucestershire	30.11	
5	716 Mubarakat Akinshipio	Hertfordshire	DNS	
6	Lane Vacant			

200m Women

Semi Finals

1335 Sun 24 Feb

Winners and 3 fastest losers to Final

Heat 1

1	306 Kadenna Cox	Leeds Met Carnegie	24.72	Q
2	446 Rebecca Williams	Birmingham	24.79	q
3	820 Lucy Mansfield	Liverpool	25.87	
4	305 Laura Haslam	Leeds	25.96	
5	416 Jodie Leslie	Bedfordshire (Bedford)	27.10	
6	674 Becca Jones	Exeter	27.23	

Heat 2

1	400 Joanna White	Bath	24.89	Q
2	1214 Ann Ika-Oqua	Worcester	24.95	q
3	1210 Nardhia Kidd-Walker	Wolverhampton	25.08	2
4	1404 Laura Bass	Birmingham	26.27	
5	681 Laurence Thill	Exeter	27.03	
6	308 Shireen Timmis	Lincoln	27.79	

Heat 3

1	280 Shanice Harrison	Brunel	24.65	Q
2	286 Mica Moore	Cardiff Met	25.01	q
3	284 Hannah Thomas	Cardiff	25.58	1
4	299 Samantha Griffiths	Gloucestershire	26.63	
5	338 Sam Mills	Worcester	26.81	
6	1006 Thuza Edworthy	Plymouth	27.43	

Indoor Athletics Championships 2013 - Sheffield

200m Women

Final

1545 Sun 24 Feb

Championship Best Performance:

	2006 Katherine Endacott	St Mark & St John's	23.88	Team Points
1	280 Shanice Harrison	Brunel	24.59	8
2	306 Kadenna Cox	Leeds Met Carnegie	24.81	7
3	446 Rebecca Williams	Birmingham	25.02	6
4	286 Mica Moore	Cardiff Met	25.21	5
5	1214 Ann Ika-Oqua	Worcester	25.25	4
6	400 Joanna White	Bath	DQ	3

400m Women**Heats****T17****1410 Sat 23 Feb****Fastest 24 to 4 Semi Finals****Heat 1**

1	555 Emma Pullen	Cardiff Met	55.08	Q
2	339 Megan Southwart	Bath	56.84	Q
3	574 Georgie Ivens	Central Lancashire	58.65	Q
4	1116 Nichola Gibson	St Mary's	1.02.33	
5	940 Fiona Higgin	Northumbria	1.10.60	
6	664 Linzi Moffat	Edinburgh Napier	DNS	

Heat 2

1	977 Laura Maddox	Nottingham Trent	56.88	Q
2	626 Oyinade Omidiora	Durham	58.67	Q
3	797 Sophie Wood	Leeds Met Carnegie	1.00.02	Q
4	282 Charlotte Daniel	Canterbury Christ Church	1.03.17	
5	651 Grace Conroy	Edinburgh	DNS	
6	638 Sam Redgrave	East Anglia	DNS	

Heat 3

1	847 Lauren Bouchard	Loughborough	55.71	Q
2	436 Jessica McCabe	Birmingham	58.88	Q
3	669 Lauren Longhurst	Essex	1.00.48	Q
4	1057 Alex Foxworthy	Sheffield	1.01.84	
5	490 Philippa Collison	Brunel	1.04.42	
6	1200 Jessie Barr	West of England (UWE)	DNS	

Heat 4

1	855 Jesse Knight	Loughborough	56.14	Q
2	1189 Deborah Willis	Warwick	57.69	Q
3	427 Melissa Owusu-Ansah	Bedfordshire (Luton)	59.48	Q
4	765 Laura Arnold	Leeds	1.04.66	
5	903 Nicole Matthew	Middlesex	1.08.25	
6	753 Faron Jones	Lancaster	DNS	

Heat 5

1	887 Jen Simmons	Manchester	56.54	Q
2	749 Shellie Brace	Keele	58.98	Q
3	1006 Thuza Edworthy	Plymouth	1.03.79	
4	589 Chloe Campbell	Chichester	1.06.90	
5	1450 Christine McMahon	Queen's Belfast	DQ	
6	Lane Vacant			

Heat 6

1	675 Sarah Kearsey	Exeter	1.00.54	Q
2	941 Rebecca Mardell	Northumbria	1.01.29	Q
3	905 Martina Xuereb	Middlesex	1.02.70	
4	418 Maddie Vaughan-Johncey	Bedfordshire (Bedford)	1.08.21	
5	1143 Diane Ramsay	Strathclyde	DNS	
6	Lane Vacant			

Heat 7

1	552 Rhiannon Linington - Payne	Cardiff Met	57.14	Q
2	390 Laura Burke	Bath	58.14	Q
3	822 Laura Smith	Liverpool	1.01.41	
4	336 Kirstie Overfield	Warwick	1.02.18	
5	788 Rebecca Burns	Leeds Met Carnegie	1.04.31	
6	Lane Vacant			

Heat 8

1	1100 Emily Bonnett	Southampton	55.77	Q
2	1209 Jodie Harrison	Wolverhampton	56.58	Q
3	1082 Beth Hirst	Sheffield Hallam	59.17	Q
4	825 Bethan Flynn	Liverpool John Moores	1.02.77	
5	576 Hannah Watson	Central Lancashire	1.04.84	
6	Lane Vacant			

Heat 9

1	429 Leah Barrow	Birmingham	56.49	Q
2	918 Tyra Watson	MMU Cheshire	58.37	Q
3	680 Abbie Rudd	Exeter	1.01.07	Q
4	372 Megan Dixon	University College Birmingham	1.01.51	
5	621 Elana Dimmer	Durham	1.04.61	
6	Lane Vacant			

400m Women

Semi Finals

1255 Sun 24 Feb

Winners and 2 fastest losers to Final

Heat 1

1	555 Emma Pullen	Cardiff Met	55.53	Q
2	977 Laura Maddox	Nottingham Trent	55.93	q
3	339 Megan Southwart	Bath	56.75	1
4	436 Jessica McCabe	Birmingham	58.36	
5	749 Shellie Brace	Keele	59.42	
6	941 Rebecca Mardell	Northumbria	1.00.78	

Heat 2

1	855 Jesse Knight	Loughborough	55.62	Q
2	429 Leah Barrow	Birmingham	56.00	q
3	918 Tyra Watson	MMU Cheshire	57.91	
4	390 Laura Burke	Bath	58.99	
5	669 Lauren Longhurst	Essex	1.00.93	
6	797 Sophie Wood	Leeds Met Carnegie	WD	

Heat 3

1	1100 Emily Bonnett	Southampton	55.92	Q
2	887 Jen Simmons	Manchester	56.19	2
3	1189 Deborah Willis	Warwick	57.18	
4	574 Georgie Ivens	Central Lancashire	58.32	
5	427 Melissa Owusu-Ansah	Bedfordshire (Luton)	59.11	
6	675 Sarah Kearsey	Exeter	59.83	

Heat 4

1	847 Lauren Bouchard	Loughborough	55.20	Q
2	552 Rhiannon Lington - Payne	Cardiff Met	56.79	
3	1209 Jodie Harrison	Wolverhampton	57.47	
4	626 Oyinade Omidiora	Durham	57.91	
5	1082 Beth Hirst	Sheffield Hallam	1.00.54	
6	680 Abbie Rudd	Exeter	1.01.22	

Indoor Athletics Championships 2013 - Sheffield

400m Women

Final

1525 Sun 24 Feb

Championship Best Performance:

2011 Laura Wake

			54.09	Team Points
	Loughborough			
1	847 Lauren Bouchard	Loughborough	54.41	8
2	555 Emma Pullen	Cardiff Met	54.49	7
3	855 Jesse Knight	Loughborough	54.97	6
4	1100 Emily Bonnett	Southampton	55.73	5
5	429 Leah Barrow	Birmingham	56.37	4
6	977 Laura Maddox	Nottingham Trent	58.29	3

800m Women**Heats****1215 Sat 23 Feb****Winners and 8 fastest losers to 2 Semi Finals****Heat 1**

1	793 Sally Smith	Leeds Met Carnegie	2.13.45	Q
2	979 Alexandra Turner	Nottingham Trent	2.13.47	q
3	478 Aofie Kelly	Bristol	2.20.05	
4	1433 Kim Baglietto	Loughborough	2.22.99	
5	678 Jemma Neate	Exeter	2.24.59	
6	1054 Jessica Bond	Sheffield	2.25.26	
7	1102 Rachel Sykes	Southampton	2.26.93	
8	737 Emma Elizabeth Toogood	Hull	DNF	

Heat 2

1	437 Sarah McDonald	Birmingham	2.16.51	Q
2	591 Corin Reynolds	Chichester	2.16.74	q
3	619 Briony Bendle	Durham	2.16.87	q
4	700 Jennifer Hannah	Glasgow Caledonian	2.18.23	q
5	1059 Rosie Keane	Sheffield	2.18.79	
6	1428 Rachel Atherton	Leeds Met Carnegie	2.18.93	
7	676 Rachael Kelleher	Exeter	2.27.28	
8	1040 Emma Burroughs	Reading	2.34.39	

Heat 3

1	961 Katie Snowden	Nottingham	2.16.58	Q
2	532 Danielle Cocking	Cardiff	2.16.76	q
3	392 Hayley Harvey	Bath	2.18.29	q
4	818 Hannah Edwards	Liverpool	2.19.24	
5	618 Lucy Arkinstall	Durham	2.25.75	
6	487 Katie Allen	Brunel	2.27.70	
7	652 Eleanor Hall	Edinburgh	2.39.73	
8	1146 Freya Vincent	Sunderland	2.47.42	

Heat 4

1	858 Carolyn Plateau	Loughborough	2.13.48	Q
2	766 Caroline Ford	Leeds	2.16.25	q
3	553 Emma Peters	Cardiff Met	2.16.66	q
4	394 Alexandra Hill	Bath	2.19.60	
5	1188 Aimee Hargreaves	Warwick	2.20.81	
6	995 Zoe Levin	Oxford Brookes	2.24.36	
7	1216 Emma Robertson	Worcester	2.30.68	
8	707 Amy Ward	Gloucestershire	3.09.54	

800m Women**Semi Finals****1220 Sun 24 Feb****First 2 and 2 fastest losers to Final****Heat 1**

1	961 Katie Snowden	Nottingham	2.14.50	Q
2	532 Danielle Cocking	Cardiff	2.14.65	Q
3	793 Sally Smith	Leeds Met Carnegie	2.14.77	q
4	979 Alexandra Turner	Nottingham Trent	2.15.24	q
5	591 Corin Reynolds	Chichester	2.19.24	
6	392 Hayley Harvey	Bath	2.19.37	

Heat 2

1	858 Carolyn Plateau	Loughborough	2.13.64	Q
2	437 Sarah McDonald	Birmingham	2.14.84	Q
3	619 Briony Bendle	Durham	2.15.46	2
4	766 Caroline Ford	Leeds	2.15.53	1
5	700 Jennifer Hannah	Glasgow Caledonian	2.20.79	
6	553 Emma Peters	Cardiff Met	WD	

Indoor Athletics Championships 2013 - Sheffield**800m Women****Final****1600 Sun 24 Feb****Championship Best Performance:****2007 Charlotte Best****Loughborough****2.05.32****Team****Points**

1	961 Katie Snowden	Nottingham	2.10.63	8
2	858 Carolyn Plateau	Loughborough	2.10.67	7
3	979 Alexandra Turner	Nottingham Trent	2.12.38	6
4	437 Sarah McDonald	Birmingham	2.12.73	5
5	793 Sally Smith	Leeds Met Carnegie	2.16.43	4
6	532 Danielle Cocking	Cardiff	2.17.88	3

1500m Women**Heats****1105 Sat 23 Feb****First 2 and 3 fastest losers to Final****Heat 1**

1	391	Rosie Clarke	Bath	4.39.84	Q
2	1051	Emily Moss	Royal Holloway	4.40.66	Q
3	380	Gemma Coe	Anglia Ruskin	4.43.78	q
4	1087	Natalie Wickings	Sheffield Hallam	5.16.93	
5	1064	Fliss Tournant	Sheffield	5.25.17	
6	1154	Carian Lancaster	Sussex	5.30.95	
7	1009	Alice Murray-Gourlay	Plymouth	DNS	
8	535	Elysia Pearson	Cardiff	DNS	
9		Lane Vacant			
10		Lane Vacant			

Heat 2

1	923	Emily Stewart	Newcastle	4.34.68	Q
2	491	Melissa Courtney	Brunel	4.36.35	Q
3	520	Katherine Turner	Cambridge	4.41.16	q
4	1053	Jen Berg	Sheffield	4.48.35	
5	1081	Natasha Hatswell	Sheffield Hallam	4.53.31	
6	477	Grace France	Bristol	4.58.60	
7	673	Juliet Broster	Exeter	5.05.59	
8	705	Kristyna Culiakova	Gloucestershire	5.27.02	
9		Lane Vacant			
10		Lane Vacant			

Heat 3

1	430	Julia Cooke	Birmingham	4.36.95	Q
2	519	Hanna Tarver	Cambridge	4.36.96	Q
3	614	Morag MacLarty	Dundee	4.37.08	q
4	921	Bella Murray	Newcastle	4.49.33	
5	677	Steph McCall	Exeter	4.53.14	
6	550	Sofie Kent	Cardiff Met	4.56.86	
7	936	Faye Buckton	Northumbria	5.15.03	
8	1007	Elizabeth Gard	Plymouth	5.37.30	
9		Lane Vacant			
10		Lane Vacant			

Indoor Athletics Championships 2013 - Sheffield**1500m Women****Final**

Championship Best Performance:

	2007 Hannah England	Birmingham	4.19.68	Team Points
1	491 Melissa Courtney	Brunel	4.20.73	8
2	614 Morag MacLarty	Dundee	4.20.83	7
3	923 Emily Stewart	Newcastle	4.21.02	6
4	391 Rosie Clarke	Bath	4.23.06	5
5	519 Hanna Tarver	Cambridge	4.25.30	4
6	430 Julia Cooke	Birmingham	4.31.14	3
7	520 Katherine Turner	Cambridge	4.37.21	2
8	1051 Emily Moss	Royal Holloway	4.40.77	1
9	380 Gemma Coe	Anglia Ruskin	4.44.45	

**1000m Women****Heats****T19****1540 Sat 23 Feb****Fastest 4 and 4 fastest losers to Final****Heat 1**

1	531 Alaw Beynon	Cardiff	10.04.62	Q
2	854 Joanne Hickman Dunne	Loughborough	10.06.21	Q
3	957 Laura-Jane Day	Nottingham	10.08.13	Q
4	547 Emily Brown	Cardiff Met	10.11.51	Q
5	772 Jocelyn Payne	Leeds	10.18.59	q
6	384 Sarah Caskey	Bangor	10.18.91	q
7	816 Sophie Cowper	Lincoln	10.26.51	q
8	1101 Sophie Darling	Southampton	11.00.12	
9	997 Jessica Saunders	Oxford Brookes	12.47.07	
10	886 Katie Good	Manchester	DNS	
11	902 Gemma Kersey	Middlesex	DQ	
12				

Heat 2

1	844 Kirsty Addy	Loughborough	10.05.80	Q
2	1117 Annabelle Grady	St Mary's	10.07.05	Q
3	1225 Bobbi Phillips	York	10.08.55	Q
4	814 Katie Mellor	Leicester	10.13.00	Q
5	1417 Jessica Harvey	Cardiff Met	10.27.10	q
6	1083 Robyn Lancelly	Sheffield Hallam	10.29.52	
7	694 Clara Evans	Glamorgan	10.41.36	
8	417 Anna Rust	Bedfordshire (Bedford)	10.51.23	
9	1005 Hannah Blair	Plymouth	11.20.01	
10	536 Naomi Prosser	Cardiff	11.46.99	
11	1199 Hannah Alderson	West of England (UWE)	DNS	
12				

Indoor Athletics Championships 2013 - Sheffield**3000m Women****Final****1445 Sun 24 Feb****Championship Best Performance:**

	2005 Lisa Dobriskey	Loughborough	9.08.08	Team Points
1	531 Alaw Beynon	Cardiff	9.43.34	8
2	1225 Bobbi Phillips	York	9.44.37	7
3	844 Kirsty Addy	Loughborough	9.44.57	6
4	854 Joanne Hickman Dunne	Loughborough	9.44.75	5

5	1117 Annabelle Grady	St Mary's	9.49.34	4
6	957 Laura-Jane Day	Nottingham	10.05.12	3
7	772 Jocelyn Payne	Leeds	10.07.04	2
8	814 Katie Mellor	Leicester	10.07.28	1
9	547 Emily Brown	Cardiff Met	10.14.57	
10	384 Sarah Caskey	Bangor	10.17.79	
11	1417 Jessica Harvey	Cardiff Met	10.23.57	
12	816 Sophie Cowper	Lincoln	10.25.84	

60m Hurdles Women**Heats****T3****1725 Fri 22 Feb****Fastest 8 to Final****Heat 1**

1	366 Karla Drew	Sheffield Hallam	8.67 Q
2	339 Megan Southwart	Bath	8.79 Q
3	358 Danielle Rooney	Loughborough	8.88 Q
4	372 Megan Dixon	University College Birmingham	9.54
5	364 Rebecca McAllister	Newcastle	9.55
6	270 Anna Biller	Kent	9.56
7	Lane Vacant		
8	Lane Vacant		

Heat 2

1	361 marilyn nwawulor	Middlesex	8.58 Q
2	365 Lauren Thompson	Portsmouth	8.85 Q
3	367 Jess Taylor	Sheffield Hallam	8.90
4	359 Dionne Samuels	Loughborough	9.10
5	346 Stephanie Ugbo	Brunel	9.68
6	351 Eleanor Newton	Edinburgh	9.81
7	344 Emma Titcomb	Bristol	9.84
8	Lane Vacant		

Heat 3

1	343 Claire Humphries	Birmingham	8.81 Q
2	345 Jo Rowland	Brunel	8.93
3	349 Catrin Stone	Cardiff Met	9.01
4	353 Judith McNicol	Glasgow	9.53
5	373 Jade Harding	Writtle	10.09
6	355 Emily Stevens	Hertfordshire	DNS
7	362 Chloe Vernon-Hamilton	Middlesex	DQ
8	Lane Vacant		

Heat 4

1	342 Rebecca Brown	Birmingham	8.67 Q
2	348 Lauren O'Reilly	Cardiff Met	8.88 Q
3	352 Claire Taylor	Edinburgh	9.19
4	340 Kirsty Warland	Bath	9.41
5	347 Nicole Burger	Buckinghamshire New	9.71
6	370 Frankie Courtney	Swansea	9.79
7	350 Lisa O'Brien	Chichester	DNS
8	Lane Vacant		

Indoor Athletics Championships 2013 - Sheffield

60m Hurdles Women Final

0955 Sat 23 Feb

Championship Best Performance:

			8.25	Team
		Brunel		Points
1	361 Marilyn Nwawulor	Middlesex	8.60	8
2	366 Karla Drew	Sheffield Hallam	8.66	7
3	343 Claire Humphries	Birmingham	8.66	6
4	342 Rebecca Brown	Birmingham	8.77	5
5	339 Megan Southwart	Bath	8.88	4
6	358 Danielle Rooney	Loughborough	8.89	3
7	348 Lauren O'Reilly	Cardiff Met	DNF	
8	365 Lauren Thompson	Portsmouth	DNS	



200m Women Heats
1750 Sat 23 Feb
Fastest teams to Final

Heat 1

1	LOU	Loughborough	1.40.43	q
2	BRU	Brunel	1.46.36	
3	LSE	London School of Economics	2.06.95	
4	CAR	Cardiff	DNS	
5		Lane Vacant		
6		Lane Vacant		

Heat 2

1	CDM	Cardiff Met	1.42.83	q
2	MID	Middlesex	1.42.91	q
3	BIR	Birmingham	1.42.99	q
4	LIV	Liverpool	1.51.45	
5	SUS	Sussex	2.05.29	
6		Lane Vacant		

Heat 3

1	LMC	Leeds Met Carnegie	1.44.75	
2	DUR	Durham	1.50.89	
3	STM	St Mary's	1.51.41	
4	PLY	Plymouth	1.51.98	
5	BED	Bedfordshire (Bedford)	1.58.39	
6		Lane Vacant		

Heat 4

1	HAL	Sheffield Hallam	1.42.95	q
2	BAT	Bath	1.43.73	q
3	EXE	Exeter	1.47.35	
4	LEE	Leeds	1.50.69	
5	SHE	Sheffield	1.51.58	
6		Lane Vacant		

Indoor Athletics Championships 2013 - Sheffield

4x200m Women Final

1640 Sun 24 Feb

Championship Best Performance:

2009	Brunel	1.37.82	Team Points
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1 LOU	Loughborough	1.39.46	8
2 CDM	Cardiff Met	1.39.62	7
3 BAT	Bath	1.41.82	6
4 BIR	Birmingham	1.41.90	5
5 HAL	Sheffield Hallam	1.42.42	4
6 MID	Middlesex	WD	0

Indoor Athletics Championships 2013 - Sheffield

	High Jump Women	Qualifying A	1.75m	
1	1084 Moe Sasegbon	Sheffield Hallam	1.63	q
2	938 Hannah Dickson	Northumbria	1.63	q
3	557 Katy Sealy	Cardiff Met	1.63	q
4	1430 Gemma Armorgie	Loughborough	1.63	q
5	1012 Rachel Spooner	Plymouth	1.60	q
6	650 Kirsty Barr	Edinburgh	1.55	
7	750 Elizabeth Grimsey	Kent	1.55	
8	370 Frankie Courtney	Swansea	1.55	
9	595 Georgia Nwawulor	City	1.55	
10	346 Stephanie Ugbo	Brunel	1.55	
11	769 Grace Johnson	Leeds	1.55	
12	821 Kristine Reinhold	Liverpool	1.40	
13				
14				
15				
16				
17				
18				

	High Jump Women	Qualifying B		
1	813 Sade-Marie Bailey	Leicester	1.63	q
2	622 Eleanor Gregory	Durham	1.63	q
3	996 Hayley Pitman	Oxford Brookes	1.63	q
4	366 Karla Drew	Sheffield Hallam	1.63	q
5	848 Chloe Boulter	Loughborough	1.63	q
6	1180 Sophie Pick	Trinity St David	1.60	q
7	558 Sian Swanson	Cardiff Met	1.60	q
8	1198 Helen Buckley	West London	1.60	
9	1215 Helena Maden	Worcester	1.50	
10	819 Georgie Evans	Liverpool	1.45	
11	373 Jade Harding	Writtle	1.45	
12	590 Emily Mcilwain	Chichester	WD	
13				
14				
15				
16				
17				
18				

Indoor Athletics Championships 2013 - Sheffield

High Jump Women Final

Championship Best Performance:

	2005 Natalie Clark	Loughborough	1.86	Team Points
1	1084 Moe Sasegbon	Sheffield Hallam	1.75	8
2	996 Hayley Pitman	Oxford Brookes	1.75	7
3	848 Chloe Boulter	Loughborough	1.75	6
4	366 Karla Drew	Sheffield Hallam	1.72	5
5	1430 Gemma Armorgie	Loughborough	1.69	4
6	938 Hannah Dickson	Northumbria	1.66	3
7	622 Eleanor Gregory	Durham	1.63	2
8	557 Katy Sealy	Cardiff Met	1.63	1
9	558 Sian Swanson	Cardiff Met	1.63	
10	813 Sade-Marie Bailey	Leicester	1.60	
11	1012 Rachel Spooner	Plymouth	1.55	
	1180 Sophie Pick	Trinity St David	WD	

Indoor Athletics Championships 2013 - Sheffield

Long Jump Women Qualifying A

1	295 Jade Nimmo	Edinburgh Napier	6.04	Q
2	367 Jess Taylor	Sheffield Hallam	5.82	q
3	654 Faye Nicholson	Edinburgh	5.75	q
4	1063 Jazmin Sawyers	Sheffield	5.70	q
5	345 Jo Rowland	Brunel	5.62	q
6	548 Sara Geary	Cardiff Met	5.38	q
7	326 Elise Lovell	Sheffield Hallam	5.25	q
8	795 Abigail Swann	Leeds Met Carnegie	5.23	
9	1223 Sara Bianchi Bazzi	York	5.22	
10	849 Devon Byrne	Loughborough	4.95	
11	362 Chloe Vernon-Hamilton	Middlesex	4.92	
12	644 Rochelle Jones	East London	4.83	
13	821 Kristine Reinhold	Liverpool	4.67	
14	774 Devan Spencer	Leeds	4.56	
15	679 Georgia Phillips	Exeter	4.41	
16	1151 Hayley Crosswell	Surrey	4.29	
17	1180 Sophie Pick	Trinity St David	DNS	
18	327 Aleasha Kiddle	St Mary's	DNS	

Long Jump Women Qualifying B

1	1036 Sarah Warnock	Queen Margaret	5.94	q
2	395 Hannah Lewis	Bath	5.76	q
3	285 Rebecca Chapman	Cardiff Met	5.64	q
4	443 Claire Wait	Birmingham	5.60	q
5	493 Imogen Green	Brunel	5.44	q
6	361 Marilyn Nwawulor	Middlesex	5.14	
7	1172 Jayne Hansom	Teesside	4.99	
8	846 Nina Bassham	Loughborough	4.83	
9	575 Isobel Rogers	Central Lancashire	4.82	
10	624 Andrea Jesudason	Durham	4.67	
11	656 Libby Rose	Edinburgh	4.56	
12	373 Jade Harding	Writtle	4.33	
13	1008 Inese Juhnevisa	Plymouth	4.16	
14	1120 Ellie Watson	St Mary's	4.10	
	792 Jenny Lumbley	Leeds Met Carnegie	NJ	
	537 Ffion Rees	Cardiff	DNS	
	385 Helen Hanstock	Bangor	DNS	
	335 Rebekah Ingham	Warwick	DNS	

Indoor Athletics Championships 2013 - Sheffield

Long Jump Women Final

Championship Best Performance:

	2004 Becky White	Bath	6.16	Team
				Points
1	295 Jade Nimmo	Edinburgh Napier	6.37	CBP 8
2	1063 Jazmin Sawyers	Sheffield	6.22	7
3	285 Rebecca Chapman	Cardiff Met	6.11	6
4	1036 Sarah Warnock	Queen Margaret	6.03	5
5	367 Jess Taylor	Sheffield Hallam	5.93	4
6	395 Hannah Lewis	Bath	5.75	3
7	654 Faye Nicholson	Edinburgh	5.66	2
8	345 Jo Rowland	Brunel	5.65	1
9	443 Claire Wait	Birmingham	5.56	
10	326 Elise Lovell	Sheffield Hallam	5.36	
11	493 Imogen Green	Brunel	5.34	
12	548 Sara Geary	Cardiff Met	5.33	

Indoor Athletics Championships 2013 - Sheffield

Triple Jump Women		Qualifying A	12.00m	
1	1187 Angela Barrett	University College London	12.32	Q
2	488 Zara Asante	Brunel	11.94	q
3	438 Bethan Partridge	Birmingham	11.93	q
4	534 Megan O'Sullivan	Cardiff	11.16	q
5	1208 Tannika Burgess	Wolverhampton	11.08	q
6	943 Hannah Pringle	Northumbria	11.04	q
7	790 Chloe Elphick	Leeds Met Carnegie	10.84	q
8	1077 Lorna Gill	Sheffield Hallam	10.65	
9	774 Devan Spencer	Leeds	10.24	
10	833 Almaz Gaere	London School of Economics	10.04	
11	575 Isobel Rogers	Central Lancashire	9.99	
12	558 Sian Swanson	Cardiff Met	9.93	
13	1008 Inese Juhnevisa	Plymouth	9.58	
14	679 Georgia Phillips	Exeter	9.38	
	385 Helen Hanstock	Bangor	NJ	
	901 Abigail Holman	Middlesex	WD	
	368 Karolina Isoaho	Southampton	DNS	

Triple Jump Women		Qualifying B	12.00m	
1	922 Emma Pringle	Newcastle	12.47	Q
2	434 Caoimhe King	Birmingham	12.13	Q
3	644 Rochelle Jones	East London	11.56	q
4	283 Rachel Hanagan	Canterbury Christ Church	11.42	q
5	988 Montana Jackson	Oxford	10.76	q
6	764 Letisha Richardson	Leeds	10.67	
7	1010 Lamorna Newman	Plymouth	10.62	
8	1079 Laura Hanagan	Sheffield Hallam	10.44	
9	650 Kirsty Barr	Edinburgh	10.34	
10	1056 Rebecca Cope	Sheffield	10.32	
11	624 Andrea Jesudason	Durham	10.23	
12	958 Rebecca Klys	Nottingham	10.16	
13	399 Catherine Shin	Bath	10.08	
14	791 Rochelle Irish	Leeds Met Carnegie	10.06	
	942 Carla McMullen	Northumbria	DNS	
	664 Linzi Moffat	Edinburgh Napier	DNS	

Indoor Athletics Championships 2013 - Sheffield

Triple Jump Women Final

Championship Best Performance:

	2012 Shakira Whight	Brunel	13.23	Team Points
1	1187 Angela Barrett	University College London	12.86	8
2	922 Emma Pringle	Newcastle	12.58	7
3	434 Caoimhe King	Birmingham	12.42	6
4	438 Bethan Partridge	Birmingham	12.40	5
5	488 Zara Asante	Brunel	12.26	4
6	283 Rachel Hanagan	Canterbury Christ Church	11.62	3
7	644 Rochelle Jones	East London	11.32	2
8	534 Megan O'Sullivan	Cardiff	11.25	1
9	943 Hannah Pringle	Northumbria	11.08	
10	790 Chloe Elphick	Leeds Met Carnegie	10.97	
11	1208 Tannika Burgess	Wolverhampton	10.77	
12	988 Montana Jackson	Oxford	10.67	

Indoor Athletics Championships 2013 - Sheffield

Pole Vault Women Final

Championship Best Performance:

	2012 Sally Peake	Cardiff	4.20	Team Points
1	853 Abigail Haywood	Loughborough	3.80	8
2	851 Olivia Curran	Loughborough	3.70	7
3	398 Anne Rees	Bath	3.50	6
4	538 Lucy Stickland	Cardiff	3.40	5
5	397 Clare Maurer	Bath	3.30	4
6	750 Elizabeth Grimsey	Kent	3.30	3
7=	533 Naomi James	Cardiff	3.10	1.5
7=	440 Alessandra Rossi	Birmingham	3.10	1.5
9	1058 Jennie Hughes	Sheffield	3.10	
10	551 Elinor Lewis	Cardiff Met	3.10	
11	895 Becky Donnelly	Manchester Met	2.90	
12	415 Kara Gibbs	Bedfordshire (Bedford)	2.70	
13	444 Katrina Walker	Birmingham	2.30	
	896 Katie James	Manchester Met	NHR	

Indoor Athletics Championships 2013 - Sheffield

	Shot Put Women	Qualifying A	12.70m	
1	530 Sarah Benson	Cardiff	12.74	Q
2	920 Katherine Bulmer	Newcastle	11.70	q
3	857 Samantha Milner	Loughborough	11.66	q
4	362 Chloe Vernon-Hamilton	Middlesex	11.58	q
5	367 Jess Taylor	Sheffield Hallam	11.00	q
6	549 Lucy Griffiths	Cardiff Met	10.68	q
7	939 Ruth Doran	Northumbria	10.56	q
8	494 Emma Kirk-Odunubi	Brunel	10.14	q
9	958 Rebecca Klys	Nottingham	8.56	
10	976 Kelly Lawrence	Nottingham Trent	8.10	
11	360 Jasmin Dotzek	Manchester	DNS	

	Shot Put Women	Qualifying B		
1	345 Jo Rowland	Brunel	12.61	Q
2	736 Lucy Holmes	Hull	11.40	q
3	789 Emily Campbell	Leeds Met Carnegie	11.15	q
4	849 Devon Byrne	Loughborough	10.97	q
5	1224 Sarah Parsons	York	9.91	
6	385 Helen Hanstock	Bangor	9.61	
7	1079 Laura Hanagar	Sheffield Hallam	9.17	
8	431 Kate Franklin	Birmingham	9.16	
9	1198 Helen Buckley	West London	8.78	
10	317 Martha Achimugu	Newcastle	8.21	
11	1151 Hayley Crosswell	Surrey	7.66	
14				
15				
16				
17				
18				

Indoor Athletics Championships 2013 - Sheffield

Shot Put Women Final

Championship Best Performance:

	2003 Eva Massey	Ulster	15.80	Team Points
1	530 Sarah Benson	Cardiff	13.80	8
2	345 Jo Rowland	Brunel	13.19	7

3	920 Katherine Bulmer	Newcastle	11.89	6
4	857 Samantha Milner	Loughborough	11.78	5
5	367 Jess Taylor	Sheffield Hallam	11.69	4
6	362 Chloe Vernon-Hamilton	Middlesex	11.43	3
7	789 Emily Campbell	Leeds Met Carnegie	11.31	2
8	939 Ruth Doran	Northumbria	11.25	1
9	494 Emma Kirk-Odunubi	Brunel	10.81	
10	549 Lucy Griffiths	Cardiff Met	10.72	
11	736 Lucy Holmes	Hull	10.71	
12	849 Devon Byrne	Loughborough	10.67	

	Team	Points
60m	Middlesex	8
	Cardiff Met	7
	Edinburgh Napier	6
	Brunel	5
	Loughborough	4
	Leeds Met Carnegie	3
	Kent	2
	Wolverhampton	0
200m	Brunel	8
	Leeds Met Carnegie	7
	Birmingham	6
	Cardiff Met	5
	Worcester	4
	Bath	3
	Wolverhampton	2
	Cardiff	1
400m	Loughborough	8
	Cardiff Met	7
	Loughborough	6
	Southampton	5
	Birmingham	4
	Nottingham Trent	3
	Manchester	2
	Bath	1
800m	Nottingham	8
	Loughborough	7
	Nottingham Trent	6
	Birmingham	5
	Leeds Met Carnegie	4
	Cardiff	3
	Durham	2
	Leeds	1
1500m	Brunel	8
	Dundee	7
	Newcastle	6
	Bath	5

	Cambridge	4
	Birmingham	3
	Cambridge	2
	Royal Holloway	1
3000m	Cardiff	8
	York	7
	Loughborough	6
	Loughborough	5
	St Mary's	4
	Nottingham	3
	Leeds	2
	Leicester	1
60m H	Middlesex	8
	Sheffield Hallam	7
	Birmingham	6
	Birmingham	5
	Bath	4
	Loughborough	3
	Cardiff Met	
	Portsmouth	
4x200m	Loughborough	8
	Cardiff Met	7
	Bath	6
	Birmingham	5
	Sheffield Hallam	4
	Middlesex	0
	Leeds Met Carnegie	2
	Brunel	1
High Jump	Sheffield Hallam	8
	Oxford Brookes	7
	Loughborough	6
	Sheffield Hallam	5
	Loughborough	4
	Northumbria	3
	Durham	2
	Cardiff Met	1
Long Jump	Edinburgh Napier	8

Sheffield	7
Cardiff Met	6
Queen Margaret	5
Sheffield Hallam	4
Bath	3
Edinburgh	2
Brunel	1

Triple Jump	University College London	8
	Newcastle	7
	Birmingham	6
	Birmingham	5
	Brunel	4
	Canterbury Christ Church	3
	East London	2
	Cardiff	1

Pole Vault	Loughborough	8
	Loughborough	7
	Bath	6
	Cardiff	5
	Bath	4
	Kent	3
	Cardiff	1.5
	Birmingham	1.5

Shot	Cardiff	8
	Brunel	7
	Newcastle	6
	Loughborough	5
	Sheffield Hallam	4
	Middlesex	3
	Leeds Met Carnegie	2
	Northumbria	1



60m Men

Heats 1605 Fri 22 Feb

Fastest 32 to 4 Semi Finals

Heat 1

1	168	James Williams	Leeds	6.98	Q
2	879	Anthony Roderique	Loughborough	7.00	Q
3	114	Giziel Lima	Bournemouth	7.11	Q
4	214	John Coyle	Southampton Solent	7.18	Q *
5	212	Malcolm Gledhill	Southampton	7.25	
6	234	Matthew Aihie	West of England (UWE)	7.35	
7	157	David Whittle	Huddersfield	7.70	
8	189	Timothy Frost	Manchester Met	8.06	

Heat 2

1	204	Allan Hamilton	Queen Margaret	7.02	Q
2	236	Donovan James	Wolverhampton	7.06	Q
3	209	Anu Iyanda	Sheffield	7.09	Q
4	197	Aaron Shearer	Nottingham Trent	7.47	
5	139	Dwayne Rapley	East Anglia	7.51	
6	130	Aaron Adom	Chester (Chester)	7.52	
7	143	Christopher Scharf	Edinburgh	7.91	
8	187	Sufiyan Sultan	Manchester	DQ	

Heat 3

1	192	Judah Simpson	Middlesex	7.03	Q
2	105	Omololu Abiodun	Barking and Dagenham College	7.05	Q
3	215	Kwame Fordwor	Southampton Solent	7.16	Q
4	110	Ashley Watson	Bedfordshire (Luton)	7.34	
5	174	Sam Odogwu	Liverpool	7.60	
6	104	David Tomalin	Bangor	8.02	
7	218	Adam Wotherspoon	Staffordshire	8.03	
8	238	Scott Burton	York	8.15	

Heat 4

1	129	Jordan Toth	Central Lancashire	6.93	Q
2	199	Isaiah Adekanmbi	Oxford	7.06	Q
3	167	James Griffiths	Leeds	7.09	Q
4	133	Lemarl Freckleton	Coventry	7.28	
5	144	James Wade	Edinburgh	7.35	
6	232	Shemuel Redwood-Sawyers	Warwick	7.48	
7	171	William Lander	Leeds Trinity	7.67	
8	200	Leon Kayanda	Plymouth	7.82	

Heat 5

1	230	Yannick Phippen	University College Birmingham	7.09	Q
2	147	Joseph Chimkah	Essex	7.16	Q
3	221	Nathan Steele	Surrey	7.26	

4	233	Zack Theodore	West London	7.47
5	190	Chris Leslie	Medway	7.68
6	102	James Phillips	Aberystwyth	7.93
7	123	Peter Bruce	Canterbury Christ Church	8.06
8	180	Emmanuel Stephens	London Met	DNS

Heat 6

1	170	Ryan Farrington	Leeds Met Carnegie	7.18	Q *
2	146	Oliver Lawson	Edinburgh Napier	7.19	
3	115	Leo Ricketts	Bradford	7.20	
4	132	Subomi Onanuga	Chichester	7.23	
5	201	Jordan Morris	Plymouth	7.29	
6	117	Tawanda Sithole	Brighton	7.42	
7	198	Chris Whitehouse	Nottingham Trent	7.63	
8	224	Tom Woodall	Sussex	7.68	

Heat 7

1	210	Ricky Reeves	Sheffield Hallam	6.95	Q
2	235	Santino Dummett	Wolverhampton	7.22	
3	183	Joshua Nevers-Simpson	London South Bank	7.35	
4	152	Matthew Bartlett	Gloucestershire	7.61	
5	188	Joseph Atkins	Manchester Met	7.72	
6	162	Bolu Oyewale	Keele	8.01	
7	145	John Glen	Edinburgh Napier	DNS	
8	1331	Ben Stephenson	Loughborough	DQ	

Heat 8

1	106	Scott Bajere	Bath	7.00	Q
2	229	Darren Corbin	University College Birmingham	7.31	
3	203	Jordan Burton	Portsmouth	7.36	
4	196	Pierre Walker	Nottingham	7.54	
5	131	Christian Okeke	Chester (Chester)	7.71	
6	1301	Laurence Clee	Gloucestershire	7.80	
7	237	Keke St Hilaire	Writtle	DNS	
8	216	Jordan Duvigneau	St Mary's	DNS	

Heat 9

1	120	Andre Wright	Brunel	6.89	Q
2	149	Tyler Johnson	Exeter	7.06	Q
3	154	Cooke Alex	Hertfordshire	7.07	Q
4	211	Andrew Wilkinson	Sheffield Hallam	7.48	
5	225	Ali Kokaz	Swansea	7.64	
6	158	Gideon Okoh	Hull	7.69	
7	164	Afamefuna Obi-Adewole	Kingston	DNS	
8	125	Makoye Kampengele	Cardiff	DNS	

Heat 10

1	155	Deji-Henry Tobais	Hertfordshire	6.98	Q
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2	169	Luke Evans	Leeds Met Carnegie	7.12	Q
3	140	Savion Williams	East Anglia	7.32	
4	173	Thomas Appleyard	Liverpool	7.36	
5	107	Owen Styler	Bath	7.39	
6	239	Andrew Jopson	York	7.43	
7	213	Daniel Rebolledo	Southampton	7.63	
8	135	Andrew O'Connell	Cumbria	8.11	

Heat 11

1	142	Dele Onifade	East London	7.08	Q
2	195	Jon Baxter	Nottingham	7.33	
3	136	Oluwatimilehin Shotade	Cumbria	7.42	
4	223	Joseph Mogaji	Sussex	7.44	
5	178	Anthony Mah	London	7.48	
6	206	Jonny Brown	Reading	7.90	
7	1303	Jason Pinkney	Huddersfield	8.51	
8	179	Harry McQueen	London Met	DNS	

Heat 12

1	119	Dannish Walker-Khan	Brunel	6.96	Q
2	111	Omasirichukwu Anyanwu	Birmingham	7.10	Q
3	207	Aarron Crowley	Salford	7.15	Q
4	134	Gabriel Gennuso	Coventry	7.31	
5	222	Dela Yohuno	Surrey	7.51	
6	1325	Jake Hill	Liverpool John Moores	7.53	
7	109	Joel Ofoe	Bedfordshire (Bedford)	7.56	
8		Lane Vacant			

Heat 13

1	191	Treymayne Gilling	Middlesex	6.82	Q
2	128	Sam Landsborough	Central Lancashire	7.02	Q
3	116	Rashid Kakozza	Brighton	7.13	Q
4	161	Bami Falana	Imperial	7.35	
5	226	William Trimble	Swansea	7.54	
6	219	Andrew Carroll	Stirling	7.54	
7	205	Ben Amey	Reading	DQ	
8		Lane Vacant			

Heat 14

1	148	Adeseye Ogunlewe	Essex	6.95	Q
2	118	Alexander Bradnick	Bristol	7.13	Q
3	186	Callum McLean	Manchester	7.18	Q *
4	150	Ian Whittaker	Exeter	7.32	
5	108	Julian Cole	Bedfordshire (Bedford)	7.44	
6	103	Lewis Albutt	Bangor	7.49	
7	1394	David Adeniji	Warwick	7.52	
8		Lane Vacant			

* The 31st, 32nd, and 33rd fastest qualifying athletes had exactly the same time to thousandths; therefore all qualified.



60m Men

Semi Finals

1830 Fri 22 Feb

Winners and 3 fastest losers to Final

Heat 1

1	191 Treymayne Gilling	Middlesex	6.76 Q
2	106 Scott Bajere	Bath	6.91 q
3	204 Allan Hamilton	Queen Margaret	7.01
4	167 James Griffiths	Leeds	7.12
5	147 Joseph Chimkah	Essex	7.13
6	209 Anu Iyanda	Sheffield	7.13
7	214 John Coyle	Southampton Solent	7.25
8	Lane Vacant		

Heat 2

1	120 Andre Wright	Brunel	6.80 Q
2	879 Anthony Roderique	Loughborough	6.99
3	142 Dele Onifade	East London	7.02
4	230 Yannick Phippen	University College Birmingham	7.05
5	128 Sam Landsborough	Central Lancashire	7.08
6	215 Kwame Fordwor	Southampton Solent	7.14
7	170 Ryan Farrington	Leeds Met Carnegie	7.16
8	Lane Vacant		

Heat 3

1	192 Judah Simpson	Middlesex	6.89 Q
2	155 Deji-Henry Tobais	Hertfordshire	6.89 q
3	129 Jordan Toth	Central Lancashire	6.96
4	154 Cooke Alex	Hertfordshire	7.08
5	207 Aarron Crowley	Salford	7.13
6	111 Omasirichukwu Anyanwu	Birmingham	7.16
7	186 Callum McLean	Manchester	7.32
8	Lane Vacant		

Heat 4

1	168 James Williams	Leeds	6.91 Q
2	105 Omololu Abiodun	Barking and Dagenham College	7.00
3	149 Tyler Johnson	Exeter	7.06
4	118 Alexander Bradnick	Bristol	7.10
5	114 Giziel Lima	Bournemouth	7.11
6	210 Ricky Reeves	Sheffield Hallam	DQ
7	Lane Vacant		
8	Lane Vacant		

Heat 5

1	148 Adeseye Ogunlewe	Essex	6.78 Q
2	119 Dannish Walker-Khan	Brunel	6.89 q
3	199 Isaiah Adekanmbi	Oxford	6.98
4	236 Donovan James	Wolverhampton	7.03
5	116 Rashid Kakoza	Brighton	7.16
6	169 Luke Evans	Leeds Met Carnegie	7.17
7	Lane Vacant		
8	Lane Vacant		

Indoor Athletics Championships 2013 - Sheffield

60m Men

Final

1005 Sat23 Feb

Championship Best Performance:

	2010 Rion Pierre	Brunel	6.67	Team Points
1	191 Treymayne Gilling	Middlesex	6.76	8
2	148 Adeseye Ogunlewe	Essex	6.76	7
3	120 Andre Wright	Brunel	6.81	6
4	106 Scott Bajere	Bath	6.88	5
5	119 Dannish Walker-Khan	Brunel	6.96	4
6	192 Judah Simpson	Middlesex	6.96	3
7	155 Deji-Henry Tobais	Hertfordshire	6.99	2
8	168 James Williams	Leeds	7.00	1

200m Men

Heats

1030 Sun 24 Feb

Fastest 30 to 5 Semi Finals

Heat 1

1	177 Mark Dyble	London	22.39	Q
2	564 Jonathan Hornblow	Cardiff Met	23.22	
3	469 Dimitri Mosendz	Bradford	23.44	
4	970 Ross McAllister	Nottingham	24.41	
5	1000 Dan Bigham	Oxford Brookes	24.85	
6	102 James Phillips	Aberystwyth	25.19	

Heat 2

1	572 Richard Tremblen	Cardiff Met	22.42	Q
2	150 Ian Whitakker	Exeter	23.22	
3	1211 Mathias Francis	Wolverhampton	23.80	
4	1072 Simon Green	Sheffield	25.15	
5	251 Henry Madell	Durham	25.63	
6	984 Tola Omo	Nottingham Trent	DQ	

Heat 3

1	168 James Williams	Leeds	22.55	Q
2	1217 Peter Watling	Worcester	23.47	
3	1141 Shawn Wright	Stirling	23.66	
4	745 Adam Jones	Imperial	23.81	
5	151 Richard Scott	Glasgow	25.59	
6	123 Peter Bruce	Canterbury Christ Church	27.19	

Heat 4

1	1268 Alex Bell	Brunel	22.70	Q
2	604 Shem Nelson	Coventry	23.29	
3	1015 Jonathan Clarke	Plymouth	24.07	
4	639 Remi Adekunle	East Anglia	24.30	
5	609 Jordan Forlizzi	Cumbria	25.73	
6	125 Makoye Kampengele	Cardiff	DNS	

Heat 5

1	118 Alexander Bradnick	Bristol	22.35	Q
2	1395 Pete Wild	Warwick	22.69	Q
3	229 Darren Corbin	University College Birmingham	23.12	Q
4	209 Anu Lyanda	Sheffield	23.29	
5	897 Craig Birch	Manchester Met	25.37	
6	739 Liam Kelly	Hull	26.82	

Heat 6

1	230 Yannick Phippen	University College Birmingham	22.55	Q
2	1348 Oliver Knight	Loughborough	22.81	Q
3	232 Shemuel Redwood-Sawyers	Warwick	23.61	
4	1157 James Fullbrook	Sussex	25.28	
5	1019 James Manthorp	Plymouth	26.45	
6	121 Andy James	Buckinghamshire New	DNS	

Heat 7

1	207 Aarron Crowley	Salford	22.08	Q
2	214 John Coyle	Southampton Solent	22.52	Q
3	190 Chris Leslie	Medway	25.09	
4	1048 Colm Teeluck	Reading	26.32	
5	162 Bolu Oyewale	Keele	27.64	
6	174 Sam Odogwu	Liverpool	DQ	

Heat 8

1	149 Tyler Johnson	Exeter	22.58	Q
2	133 Lemarl Freckleton	Coventry	22.72	Q
3	699 Matthew Sogbanmu	Glasgow	23.77	
4	205 Ben Amey	Reading	24.32	
5	742 Alexander Blair Woolgar	Hull	24.78	
6	586 Chris Moles	Chester (Chester)	28.77	

Heat 9

1	106 Scott Bajere	Bath	22.47	Q
2	890 Jerome McIntosh	Manchester	23.14	Q
3	130 Aaron Adom	Chester (Chester)	23.55	
4	146 Oliver Lawson	Edinburgh Napier	23.68	
5	219 Andrew Carroll	Stirling	24.54	
6	582 Jack Pickford	Central Lancashire	26.30	

Heat 10

1	105 Omololu Abiodun	Barking and Dagenham College	22.12	Q
2	647 Lloyd King	East London	23.08	Q
3	183 Joshua Nevers-Simpson	London South Bank	23.69	
4	1128 Jack Humphries	St Mary's	23.78	
5	663 Charlie Stainforth	Edinburgh	24.40	
6	731 Charlie McMoran	Huddersfield	25.77	

Heat 11

1	1311 Umar Hameed	Leeds	22.66	Q
2	1335 David Eames	Loughborough	22.67	Q
3	713 Andrew Smitherman	Gloucestershire	23.20	
4	157 David Whittle	Huddersfield	25.26	
5	1173 Ben Ansu	Teesside	27.24	

6	1037	Andrew Ajube	Queen Mary	DNS
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Heat 12

1	907	Emanuel Adeyemi	Middlesex	23.00	Q
2	1129	Rikkie Letch	St Mary's	23.57	
3	1315	Cynan Evans	Leeds Met Carnegie	23.65	
4	930	James O'Donovan	Newcastle	24.28	
5	224	Tom Woodall	Sussex	24.65	
6	180	Emmanuel Stephens	London Met	DNS	

Heat 13

1	128	Sam Landsborough	Central Lancashire	22.23	Q
2	908	AJ Boyce	Middlesex	22.81	Q
3	660	Robert Kilpatrick	Edinburgh	24.19	
4	968	Nicholas Davies	Nottingham	24.23	
5	187	Sufiyan Sultan	Manchester	24.57	
6	712	Peter Richmond	Gloucestershire	24.91	

Heat 14

1	116	Rashid Kakoza	Brighton	22.75	Q
2	1212	Talent Gukwe	Wolverhampton	23.56	
3	423	Ben Riekstins	Bedfordshire (Bedford)	24.07	
4	633	Thomas Kearns	Durham	24.38	
5	1220	Adam Crook	Writtle	25.73	
6	1099	Nathan Wright	Sheffield Hallam	DNF	

Heat 15

1	169	Luke Evans	Leeds Met Carnegie	21.89	Q
2	404	Gary Coleman	Bath	22.96	Q
3	1090	Alec Crowter	Sheffield Hallam	23.26	
4	213	Daniel Rebolledo	Southampton	23.68	
5	610	David Halliwell	Cumbria	25.72	
6		Lane Vacant			

Heat 16

1	830	Antonio Infantino	London	21.88	Q
2	212	Malcolm Gledhill	Southampton	22.71	Q
3	161	Bami Falana	Imperial	23.93	
4	470	Michael London	Brighton	24.60	
5	480	Steve Best	Bristol	25.07	
6		Lane Vacant			

Heat 17

1	120	Andre Wright	Brunel	22.11	Q
2	173	Thomas Appleyard	Liverpool	22.93	Q

3	115 Leo Ricketts	Bradford	23.01	Q
4	1391 Callum Rea	Swansea	24.09	
5	145 John Glen	Edinburgh Napier	DNS	
6	Lane Vacant			

200m Men

Semi Finals

1405 Sun 24 Feb

Winners and fastest loser to Final

Heat 1

1	169 Luke Evans	Leeds Met Carnegie	21.88	Q
2	168 James Williams	Leeds	22.10	
3	572 Richard Tremblen	Cardiff Met	22.14	
4	212 Malcolm Gledhill	Southampton	22.84	
5	1348 Oliver Knight	Loughborough	22.99	
6	229 Darren Corbin	University College Birmingham	23.23	

Heat 2

1	105 Omololu Abiodun	Barking and Dagenham College	21.90	Q
2	1335 David Eames	Loughborough	22.50	
3	1311 Umar Hameed	Leeds	22.72	
4	907 Emanuel Adeyemi	Middlesex	23.07	
5	404 Gary Coleman	Bath	23.30	
6	128 Sam Landsborough	Central Lancashire	DNF	

Heat 3

1	207 Aarron Crowley	Salford	21.88	Q
2	177 Mark Dyble	London	22.16	
3	230 Yannick Phippen	University College Birmingham	22.54	
4	1268 Alex Bell	Brunel	22.57	
5	908 AJ Boyce	Middlesex	23.50	
6	647 Lloyd King	East London	23.97	

Heat 4

1	830 Antonio Infantino	London	21.67	Q
2	106 Scott Bajere	Bath	22.02	1
3	133 Lemarl Freckleton	Coventry	22.40	
4	214 John Coyle	Southampton Solent	22.55	
5	890 Jerome McIntosh	Manchester	DNS	
6	116 Rashid Kakoza	Brighton	WD	

Heat 5

1	120 Andre Wright	Brunel	21.46	Q
2	118 Alexander Bradnick	Bristol	21.98	q

3	149 Tyler Johnson	Exeter	22.02	2
4	1395 Pete Wild	Warwick	22.90	
5	115 Leo Ricketts	Bradford	23.24	
6	173 Thomas Appleyard	Liverpool	23.50	

Indoor Athletics Championships 2013 - Sheffield

200m Men

Final

1550 Sun 24 Feb

Championship Best Performance:

2010 Sven Knippals		Bournemouth	21.22	Team Points
1	120 Andre Wright	Brunel	21.18	CBP 8
2	830 Antonio Infantino	London	21.55	7
3	169 Luke Evans	Leeds Met Carnegie	22.01	6
4	207 Aarron Crowley	Salford	22.05	5
5	105 Omololu Abiodun	Barking and Dagenham College	22.24	4
6	118 Alexander Bradnick	Bristol	22.34	3

400m Men

Heats

1240 Sat 23 Feb

Fastest 30 to 5 Semi Finals

Heat 1

1	562 Paul Bennett	Cardiff Met	50.53	Q
2	486 Ben Winstanley	Bristol	51.22	Q
3	152 Matthew Bartlett	Gloucestershire	55.48	
4	804 Lewis Golledge	Leeds Met Carnegie	55.73	
5	1165 Alex Tuck	Sussex	55.91	
6	1173 Ben Ansu	Teesside	1.08.55	

Heat 2

1	545 Christian Priestley	Cardiff	53.29	
2	1049 Daniel Vilaseca Evans	Reading	53.77	
3	667 Graham Leydon	Edinburgh Napier	DNF	
4	1213 Jonshay Hoshing	Wolverhampton	DQ	
5	466 Stefan Richards	Bournemouth	DNS	
6	1205 Samuel Kelway	West of England (UWE)	DNS	

Heat 3

1	927 David Dempsey	Newcastle	49.28	Q
2	248 Chris Wakeford	Cardiff Met	49.41	Q
3	968 Nicholas Davies	Nottingham	52.75	
4	601 David Lee	Coventry	53.21	
5	1048 Colm Teeluck	Reading	55.92	
6	742 Alexander Blair Woolgar	Hull	59.64	

Heat 4

1	1184 John Houston	Ulster	50.67	Q
2	1132 Andrew Walshe	St Mary's	51.75	Q
3	1392 Peter Conway	Swansea	52.93	
4	1023 Jack Townsend	Plymouth	54.76	
5	1037 Andrew Ajube	Queen Mary	DNS	
6	666 Adam Jack	Edinburgh Napier	DNS	

Heat 5

1	1343 Mike Baker	Loughborough	49.54	Q
2	963 Thomas Ajose	Nottingham	49.86	Q
3	1265 Tom Pye	Birmingham	51.47	Q
4	828 Aqeel Hassan	London	52.99	
5	1220 Adam Crook	Writtle	55.06	
6	817 Anthony Kitterman	Lincoln	DNS	

Heat 6

1	914 Isaac Ogunlade	Middlesex	50.26	Q
2	525 Christian Roberts	Cambridge	51.27	Q
3	925 Mark Collier	Newcastle	51.92	Q
4	1029 Sanchez Davis	Portsmouth	54.85	
5	900 Thomas Williamson	Medway	DNF	
6	782 Daniel Green	Leeds	DNF	

Heat 7

1	1201 Adebowale Ademuyewo	West of England (UWE)	50.36	Q
2	528 Jono Ketley	Canterbury Christ Church	51.07	Q
3	1174 Sean Deakin	Teesside	51.99	
4	913 Eric Nyagezi	Middlesex	52.70	
5	1070 Matthew Goodman	Sheffield	53.89	
6	542 Nick Marsh	Cardiff	1.05.24	

Heat 8

1	405 Joshua Eades	Bath	51.43	Q
2	612 Paige Haines	De Montfort	52.44	
3	1308 Gareth Holden	Imperial	53.73	
4	663 Charlie Stainforth	Edinburgh	53.94	
5	836 Mohd Adhar	London School of Economics	54.80	
6	695 Richard Chappell	Glamorgan	DNS	

Heat 9

1	980 Christian Byron	Nottingham Trent	48.72	Q
2	485 Joe Thornton	Bristol	49.54	Q
3	527 Reece Dimech	Canterbury Christ Church	51.39	Q
4	776 Shane Adams	Leeds	52.51	
5	1107 Neil Woodfine	Southampton	55.06	
6	722 Carl Blades	Huddersfield	58.74	

Heat 10

1	641 Oliver Palmer	East Anglia	51.39	Q
2	684 Chris Churcher	Exeter	51.93	Q
3	1028 Carlos Chapasuka	Portsmouth	53.46	
4	1302 Anthony Bowyer	Huddersfield	55.54	
5	699 Matthew Sogbanmu	Glasgow	DQ	
6	604 Shem Nelson	Coventry	DQ	

Heat 11

1	455 Joe Gaynor	Birmingham	50.65	Q
2	1110 Darrellon Holdin	Southampton Solent	51.60	Q
3	512 Lennox Thompson	Brunel	52.45	
4	633 Thomas Kearns	Durham	53.43	
5	585 Alex Graham	Chester (Chester)	57.28	

6	827 Adam Redstone	Liverpool John Moores	DNS
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Heat 12

1	511 Paul Scanlan	Brunel	50.19	Q
2	952 Paul Miller	Northumbria	52.03	
3	474 Jamie Moore	Brighton	53.32	
4	1192 Stefan Colaco	Warwick	53.63	
5	636 Sam Winders	Durham	54.68	
6	1022 George Snelling	Plymouth	59.63	

Heat 13

1	648 Lumar Sylvester	East London	50.46	Q
2	1141 Shawn Wright	Stirling	50.99	Q
3	1324 Thomas Matthews	Leeds Met Carnegie	52.63	
4	471 Rob Macdonald	Brighton	53.78	
5	738 Liam Holiday	Hull	56.05	
6	950 Scott Keeling	Northumbria	DQ	

Heat 14

1	877 Daniel Putnam	Loughborough	47.80	Q
2	1091 Ed Dawes	Sheffield Hallam	50.59	Q
3	1068 Richard Bowman	Sheffield	51.94	
4	1000 Dan Bigham	Oxford Brookes	53.79	
5	688 Joe Houston	Exeter	DQ	
6	Lane Vacant			

Heat 15

1	987 Michael Warner	Nottingham Trent	49.12	Q
2	713 Andrew Smitherman	Gloucestershire	50.60	Q
3	409 Adam Taylor	Bath	51.06	Q
4	1196 Georges Vacharopoulos	Warwick	53.23	
5	249 Tom Booth	Central Lancashire	57.36	
6	Lane Vacant			

400m Men

Semi Finals

1310 Sun 24 Feb

Winners and fastest loser to Final

Heat 1

1	987 Michael Warner	Nottingham Trent	48.61	Q
2	562 Paul Bennett	Cardiff Met	50.36	
3	527 Reece Dimech	Canterbury Christ Church	51.54	
4	1141 Shawn Wright	Stirling	51.62	
5	1132 Andrew Walshe	St Mary's	51.97	

6	963 Thomas Ajose	Nottingham	DQ
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Heat 2

1	877 Daniel Putnam	Loughborough	48.26	Q
2	914 Isaac Ogunlade	Middlesex	49.34	2
3	1201 Adebowale Ademuyewo	West of England (UWE)	49.54	1
4	528 Jono Ketley	Canterbury Christ Church	50.63	
5	486 Ben Winstanley	Bristol	51.40	
6	684 Chris Churcher	Exeter	52.14	

Heat 3

1	927 David Dempsey	Newcastle	49.45	Q
2	485 Joe Thornton	Bristol	49.77	
3	1091 Ed Dawes	Sheffield Hallam	50.34	
4	1184 John Houston	Ulster	50.39	
5	1110 Darrellon Holdin	Southampton Solent	50.95	
6	641 Oliver Palmer	East Anglia	51.55	

Heat 4

1	980 Christian Byron	Nottingham Trent	48.72	Q
2	648 Lumar Sylvester	East London	50.09	
3	511 Paul Scanlan	Brunel	50.36	
4	1265 Tom Pye	Birmingham	51.74	
5	409 Adam Taylor	Bath	51.81	
6	925 Mark Collier	Newcastle	52.23	

Heat 5

1	248 Chris Wakeford	Cardiff Met	49.07	Q
2	1343 Mike Baker	Loughborough	49.31	q
3	455 Joe Gaynor	Birmingham	50.12	
4	713 Andrew Smitherman	Gloucestershire	50.44	
5	405 Joshua Eades	Bath	51.27	
6	525 Christian Roberts	Cambridge	WD	

Indoor Athletics Championships 2013 - Sheffield

400m Men

Final

1535 Sun 24 Feb

Championship Best Performance:

2005 Gareth Warburton

UWIC

46.96

**Team
Points**

1	987 Michael Warner	Nottingham Trent	47.46	8
2	877 Daniel Putnam	Loughborough	47.88	7
3	980 Christian Byron	Nottingham Trent	48.44	6

4	1343 Mike Baker	Loughborough	49.07	5
5	248 Chris Wakeford	Cardiff Met	49.24	4
6	927 David Dempsey	Newcastle	49.60	3

800m Men

Heats

1125 Sat 23 Feb

Winners and 15 fastest losers to 4 Semi Finals

Heat 1

1	1185	Mark Hoy	Ulster	1.58.51	Q
2	969	Jonathan Hiorns	Nottingham	1.58.87	q
3	1373	Chris Everett	St Mary's	2.04.80	
4	659	Evan Cornforth	Edinburgh	2.05.25	
5	608	Lucas Delanchy	Cumbria	DNF	
6	1222	Stephen Strange	Writtle	DNF	
7	827	Adam Redstone	Liverpool John Moores	DNS	
8	666	Adam Jack	Edinburgh Napier	DNS	

Heat 2

1	1191	David Banwell-Clode	Warwick	2.02.33	Q
2	388	Andrew Parsonage	Bangor	2.04.07	
3	1098	Dan Thompson	Sheffield Hallam	2.07.22	
4	928	Sparrow Morley	Newcastle	2.08.87	
5	1227	Jason Woolridge	York	2.10.13	
6	611	Sam MacKinnon	Cumbria	DNF	
7	1073	Joshua McHugh	Sheffield	DNF	
8	599	Cameron Hill	Coventry	DNS	

Heat 3

1	522	Lewis Lloyd	Cambridge	1.57.33	Q
2	802	Mark Fallaize	Leeds Met Carnegie	1.59.10	q
3	954	Adam Simms	Northumbria	1.59.29	q
4	743	Louis Wrigley	Hull	2.03.99	
5	999	Luke Bailey	Oxford Brookes	2.06.88	
6	1148	Christopher Dunn	Sunderland	2.12.11	
7	714	Jack Thompson	Gloucestershire	2.47.74	
8	543	David Moore	Cardiff	DNS	

Heat 4

1	447	James Ansell	Birmingham	1.57.00	Q
2	690	Stephen List	Exeter	1.57.24	q
3	243	Will Hartley	Bristol	1.57.81	q
4	569	Matthew O'Leary	Cardiff Met	1.58.95	q
5	697	Sam Davies	Glasgow	2.04.55	
6	733	Ben Naylor	Huddersfield	2.14.38	
7	1194	Raphael Lorgere	Warwick	2.27.71	
8	587	Alex Waddelove	Chester (Chester)	DQ	

Heat 5

1	419 Massi Dendani	Bedfordshire (Bedford)	1.59.46	Q
2	482 Matthew Harris	Bristol	2.00.76	
3	612 Paige Haines	De Montfort	2.00.91	
4	703 Craig McIntyre	Glasgow Caledonian	2.01.95	
5	691 Paul Middleton	Exeter	2.03.31	
6	727 Warren Herridge	Huddersfield	2.07.13	
7	594 Liam McGarrigle	Chichester	2.08.88	
8	1202 Khalid Aideed	West of England (UWE)	2.16.17	

Heat 6

1	561 Aaron Bennett	Cardiff Met	1.57.96	Q
2	1329 Alex Jones	Loughborough	1.58.42	q
3	1108 John Wright	Southampton	2.00.07	q
4	1071 Christopher Grayson	Sheffield	2.00.39	
5	506 Christopher Hepworth	Brunel	2.00.41	
6	631 James Isaac	Durham	2.05.67	
7	1022 George Snelling	Plymouth	2.16.24	
8	1226 Mirhire Overo-Tarimo	York	DNS	

Heat 7

1	983 Robert Needham	Nottingham Trent	1.58.87	Q
2	509 Tom O'Dowd	Brunel	2.00.74	
3	912 Mohamed Mohamed	Middlesex	2.01.70	
4	657 Tom Bateson	Edinburgh	2.03.01	
5	1388 Samuel Harry	St Mary's	2.03.98	
6	629 Andrew Clarke	Durham	2.04.12	
7	1176 Ali Moss	Teesside	2.06.89	
8	784 Calum Mitchell	Leeds	2.08.79	

Heat 8

1	868 Samuel Dykes	Loughborough	1.57.71	Q
2	898 Jamie Webb	Manchester Met	1.58.35	q
3	516 Daniel Tuttle	Buckinghamshire New	1.59.22	q
4	402 Peter Barnshaw	Bath	1.59.63	q
5	616 Craig McDowall	Dundee	2.00.36	q
6	1030 Kieran Moreland	Portsmouth	2.10.63	
7	786 Oliver Wells	Leeds	2.11.66	
8	Lane Vacant			

Heat 9

1	403 John Bird	Bath	1.58.02	Q
2	450 Sam Bennett	Birmingham	1.58.42	q
3	956 Tom West	Northumbria	1.59.09	q
4	1021 Dean Smith	Plymouth	1.59.32	q
5	607 Matthew Richards	Coventry	2.02.45	

6	578 Alex Beattie	Central Lancashire	2.16.55
7	665 Nick Gunn	Edinburgh Napier	DNS
8	Lane Vacant		

800m Men

Semi Finals

1230 Sun 24 Feb

Winners and 2 fastest losers to Final

Heat 1

1	983 Robert Needham	Nottingham Trent	1.53.93	Q
2	522 Lewis Lloyd	Cambridge	1.54.69	2
3	802 Mark Fallaize	Leeds Met Carnegie	1.55.89	
4	690 Stephen List	Exeter	1.56.60	
5	969 Jonathan Hiorns	Nottingham	2.00.86	
6	1108 John Wright	Southampton	2.03.12	

Heat 2

1	403 John Bird	Bath	1.54.26	Q
2	898 Jamie Webb	Manchester Met	1.54.52	q
3	561 Aaron Bennett	Cardiff Met	1.54.67	q
4	1329 Alex Jones	Loughborough	1.57.52	
5	954 Adam Simms	Northumbria	1.58.53	
6	1021 Dean Smith	Plymouth	2.00.88	

Heat 3

1	1191 David Banwell-Clode	Warwick	1.55.81	Q
2	447 James Ansell	Birmingham	1.58.30	
3	569 Matthew O'Leary	Cardiff Met	1.59.61	
4	616 Craig McDowall	Dundee	2.00.68	
5	419 Massi Dendani	Bedfordshire (Bedford)	2.01.46	
6	956 Tom West	Northumbria	2.01.58	

Heat 4

1	868 Samuel Dykes	Loughborough	1.54.84	Q
2	450 Sam Bennett	Birmingham	1.55.35	1
3	1185 Mark Hoy	Ulster	1.57.27	
4	516 Daniel Tuttle	Buckinghamshire New	1.59.61	
5	402 Peter Barnshaw	Bath	1.59.91	
6	243 Will Hartley	Bristol	DNS	

Indoor Athletics Championships 2013 - Sheffield

800m Men

Final

1610 Sun 24 Feb

Championship Best Performance:

2011 Guy Learmonth		Loughborough	1.48.58	Team Points
1	868 Samuel Dykes	Loughborough	1.52.86	8
2	403 John Bird	Bath	1.53.07	7
3	983 Robert Needham	Nottingham Trent	1.53.60	6
4	1191 David Banwell-Clode	Warwick	1.53.81	5
5	898 Jamie Webb	Manchester Met	1.59.60	4
6	561 Aaron Bennett	Cardiff Met	2.05.16	3

1500m Men

Heats

1025 Sat 23 Feb

First 2 and 8 fastest losers to 2 Semi Finals

Heat 1

1	1024	Mike Wilsmore	Plymouth	4.07.07	Q
2	454	Stewart Ferguson	Birmingham	4.07.49	Q
3	463	Jake Littlehales	Bolton	4.08.12	q
4	1069	Callum Chambers	Sheffield	4.08.40	q
5	1337	George Buttery	Loughborough	4.09.72	q
6	507	Richard Larsen	Brunel	4.10.47	q
7	1042	Nathan Davies	Reading	4.24.92	
8	1097	Josh Slingsby	Sheffield Hallam	4.40.46	
9	583	Micheal Smith	Central Lancashire	4.55.54	
10	386	Adnan Haq	Bangor	DNS	

Heat 2

1	948	Eoin Everard	Northumbria	4.02.52	Q
2	704	Grant Muir	Glasgow Caledonian	4.03.10	Q
3	991	Andrew Penney	Oxford	4.04.09	q
4	810	Tom Walker	Leeds Met Carnegie	4.09.72	q
5	1092	Tom Halloway	Sheffield Hallam	4.25.52	
6	1203	Andrew Fyfe	West of England (UWE)	4.37.25	
7	642	Kyle Treheme	East Anglia	4.37.82	
8	420	Jack Housley-Stott	Bedfordshire (Bedford)	5.12.13	
9	728	Sam Hudson	Huddersfield	5.32.79	
10	1018	Jack Hutchens	Plymouth	DQ	

Heat 3

1	570	Tom Phillips	Cardiff Met	4.09.25	Q
2	617	Matthew White	Dundee	4.09.49	Q
3	989	Jonathon Bradford	Oxford	4.10.56	q
4	811	Chris Woodger	Leeds Met Carnegie	4.13.19	
5	581	Andrew Miles	Central Lancashire	4.14.87	
6	632	Rory Johnson	Durham	4.17.51	
7	682	Oliver Andrew	Exeter	4.31.51	
8	1104	Jake Bradley	Southampton	4.33.27	
9	1138	Samuel Welsford	Staffordshire	DNS	
10		Lane Vacant			

Heat 4

1	1121	Daniel Cheeseman	St Mary's	4.08.62	Q
2	568	Johnathan Morgan	Cardiff Met	4.08.86	Q
3	662	Max Ralston	Edinburgh	4.10.47	q
4	524	Mark Nelson	Cambridge	4.17.38	

5	740 Jonathan Pegg	Hull	4.29.39
6	693 Alex Warna	Exeter	4.35.45
7	517 Alex Vicente	Buckinghamshire New	4.39.29
8	376 Scott Hudspith	Aberystwyth	4.51.96
9	611 Sam MacKinnon	Cumbria	5.23.20
10	Lane Vacant		

Heat 5

1	1253 Chad Lambert	Birmingham	4.10.79	Q
2	635 Owen Walpole	Durham	4.11.05	Q
3	965 Joshua Bull	Nottingham	4.11.47	
4	504 Leif Chandler	Brunel	4.14.25	
5	935 Joe Wales	Newcastle	4.30.19	
6	1218 Sebastian Cirillo	Writtle	4.34.74	
7	379 Adam Runacres	Aberystwyth	5.06.32	
8	608 Lucas Delanchy	Cumbria	5.14.21	
9	915 Dominic Thackeryard	Middlesex	DNS	
10	Lane Vacant			

1500m Men

Semi Finals

1610 Sat 23 Feb

First 3 and 3 fastest losers to Final

Heat 1

1	570 Tom Phillips	Cardiff Met	3.58.18	Q
2	617 Matthew White	Dundee	3.58.34	Q
3	454 Stewart Ferguson	Birmingham	3.58.46	Q
4	704 Grant Muir	Glasgow Caledonian	3.58.83	q
5	991 Andrew Penney	Oxford	3.59.51	q
6	635 Owen Walpole	Durham	3.59.69	q
7	662 Max Ralston	Edinburgh	4.04.45	
8	507 Richard Larsen	Brunel	4.14.68	
9	1024 Mike Wilsmore	Plymouth	DNF	

Heat 2

1	1121 Daniel Cheeseman	St Mary's	3.59.44	Q
2	948 Eoin Everard	Northumbria	4.00.17	Q
3	1253 Chad Lambert	Birmingham	4.00.63	Q
4	568 Johnathan Morgan	Cardiff Met	4.00.92	
5	989 Jonathon Bradford	Oxford	4.05.48	
6	810 Tom Walker	Leeds Met Carnegie	4.07.34	
7	1337 George BATTERY	Loughborough	4.10.32	
8	463 Jake Littlehales	Bolton	4.10.49	
9	1069 Callum Chambers	Sheffield	4.20.51	

Indoor Athletics Championships 2013 - Sheffield

1500m Men

Final

1630 Sun 24 Feb

Championship Best Performance:

2010 Jonathan Taylor		Teeside	3.46.12	Team Points
1	570 Tom Phillips	Cardiff Met	3.56.75	8
2	948 Eoin Everard	Northumbria	3.57.21	7
3	617 Matthew White	Dundee	3.57.40	6
4	1121 Daniel Cheeseman	St Mary's	3.59.84	5
5	454 Stewart Ferguson	Birmingham	4.00.20	4
6	704 Grant Muir	Glasgow Caledonian	4.00.50	3
7	635 Owen Walpole	Durham	4.00.86	2
8	991 Andrew Penney	Oxford	4.01.24	1
9	1253 Chad Lambert	Birmingham	4.04.76	

3000m Men**Heats****1450 Sat 23 Feb****Winners and 7 fastest losers to Final****Heat 1**

1	571 James Thie	Cardiff Met	8.30.54	Q
2	1106 Alex Teuten	Southampton	8.31.08	q
3	407 Patrick Radley	Bath	8.43.47	q
4	951 Iain Lynn	Northumbria	9.16.34	
5	781 Seb Goodall	Leeds	9.17.59	
6	981 Chris Dale	Nottingham Trent	9.22.01	
7	540 Antonio Cirillo	Cardiff	9.38.06	
8	580 Bernard McCullagh	Central Lancashire	9.43.81	
9	1162 Ben Savill	Sussex	9.44.09	
10	1017 Max Harrison-Tosatto	Plymouth	9.44.45	
11	1190 Zhandos Baigonyrov	Warwick	10.43.26	
12	588 Dennis Watling	Chester (Chester)	DNS	

Heat 2

1	563 Joshua Griffiths	Cardiff Met	8.43.87	Q
2	1204 Robert Galt	West of England (UWE)	8.47.56	
3	544 Daniel Nash	Cardiff	8.48.47	
4	812 Jacob Wright	Leeds Met Carnegie	8.58.17	
5	1105 David Lewis	Southampton	9.13.81	
6	1076 Paul Tobin	Sheffield	9.19.06	
7	1267 Adam Varvel	Brunel	9.33.98	
8	831 Carlos Vazquez Garcia	London	9.43.63	
9	843 Ali Yahye	London South Bank	9.45.54	
10	1304 Josh Elderfield	Huddersfield	9.57.63	
11	992 Jake Shelley	Oxford	DNS	
12	Lane Vacant			

Heat 3

1	452 Alex Cornwell	Birmingham	8.22.92	Q
2	863 Mitchell Burton	Loughborough	8.24.07	q
3	841 Mohamud Aadan	London South Bank	8.32.16	q
4	1002 Josh Entwistle	Oxford Brookes	8.42.17	q
5	974 Robert Smith	Nottingham	9.05.98	
6	503 Stuart Campbell	Brunel	9.15.75	
7	1013 Philip Benson	Plymouth	9.23.49	
8	1092 Tom Halloway	Sheffield Hallam	9.46.57	
9	832 Daveen Wingrove	London	10.12.71	
10	577 Shaun Barnsley	Central Lancashire	10.22.86	
11	1219 Dominic Coleman	Writtle	13.19.31	
12	Lane Vacant			

Heat 4

1	453 Joe Durrant	Birmingham	8.44.84	Q
2	824 Ben Russell	Liverpool	8.45.53	
3	990 Sean Ledger	Oxford	8.49.63	
4	928 Sparrow Morley	Newcastle	9.41.64	
5	596 Stuart Baird	Coventry	9.58.09	
6	468 Mikael De Anna	Bradford	10.16.83	
7	1148 Christopher Dunn	Sunderland	10.18.06	
8	1097 Josh Slingsby	Sheffield Hallam	10.25.06	
9	375 Davey Challenger	Aberystwyth	10.53.50	
10	685 Will Cullen	Exeter	DNF	
11	1125 Rhys Glastonbury	St Mary's	DNS	
12	Lane Vacant			

Heat 5

1	807 Josh Norman	Leeds Met Carnegie	8.35.75	Q
2	1383 Karl Billington	St Mary's	8.37.50	q
3	412 Christopher Youell	Bath	8.40.50	q
4	686 Oliver Garrod	Exeter	9.06.10	
5	947 Dean Crangle	Northumbria	9.09.24	
6	523 Oliver Maskell	Cambridge	9.15.71	
7	1196 Georges Vacharopoulos	Warwick	9.20.29	
8	640 James Berehowskyj	East Anglia	9.44.25	
9	934 Douglas Tickner	Newcastle	10.12.30	
10	966 Chris Bulman	Nottingham	10.19.76	
11	1034 Martin Shelley	Portsmouth	10.30.70	
12	Lane Vacant			

Indoor Athletics Championships 2013 - Sheffield

3000m Men

Final

1505 Sun 24 Feb

Championship Best Performance:

	2002 Gareth Turnbull	Loughborough	7.57.90	Team Points
1	571 James Thie	Cardiff Met	8.40.12	8
2	452 Alex Cornwell	Birmingham	8.40.24	7
3	863 Mitchell Burton	Loughborough	8.42.65	6
4	412 Christopher Youell	Bath	8.44.89	5
5	1383 Karl Billington	St Mary's	8.45.72	4
6	453 Joe Durrant	Birmingham	8.46.86	3
7	407 Patrick Radley	Bath	8.47.84	2

8	1106 Alex Teuten	Southampton	8.48.31	1
9	841 Mohamud Aadan	London South Bank	8.51.04	
10	807 Josh Norman	Leeds Met Carnegie	8.52.25	
11	563 Joshua Griffiths	Cardiff Met	8.53.10	
12	1002 Josh Entwistle	Oxford Brookes	8.54.69	

60m Hurdles Men

Heats

1750 Fri 22 Feb

Fastest 8 to Final

Heat 1

1	248	Chris Wakeford	Cardiff Met	8.28	Q
2	244	Oliver Jefferies	Bristol	8.42	Q
3	256	George Huxley	London South Bank	8.81	
4	246	Mark Cryer	Brunel	8.92	
5	252	Charlie Roe	East Anglia	9.04	
6	262	Henry Arah	Nottingham	9.29	
7	249	Tom Booth	Central Lancashire	10.15	
8	266	Themba Luhana	University College London	DNS	

Heat 2

1	257	Benedict Kelk	Loughborough	8.08	Q
2	254	Onajite Okoro	Hertfordshire	8.37	Q
3	241	Alex Lee	Birmingham	8.45	Q
4	247	Nathan Higgins	Cardiff Met	8.72	
5	263	Charlie Perry	Nottingham Trent	8.76	
6	250	Saoirse Chinery-Edoo	Coventry	9.35	
7	253	Shaun Wee	Exeter	9.54	
8	265	Liam Ramsay	Sheffield Hallam	DNS	

Heat 3

1	268	Jake Porter	Wolverhampton	8.15	Q
2	1342	Matt Walcott	Loughborough	8.37	Q
3	259	Jack Andrew	Manchester	8.40	Q
4	242	Mike Sweeney	Birmingham	8.57	
5	243	Will Hartley	Bristol	8.77	
6	261	Lukas Rucinkas	Middlesex	9.18	
7	251	Henry Madell	Durham	10.21	
8		Lane Vacant			

Indoor Athletics Championships 2013 - Sheffield

60m Hurdles Men

Final

0945 Sat 23 Feb

Championship Best Performance:

	2012 Andrew Pozzi	West of England	7.64	Team Points	
1	268	Jake Porter	Wolverhampton	8.11	8
2	257	Benedict Kelk	Loughborough	8.14	7

3	254 Onajite Okoro	Hertfordshire	8.19	6
4	248 Chris Wakeford	Cardiff Met	8.21	5
5	259 Jack Andrew	Manchester	8.36	4
6	1342 Matt Walcott	Loughborough	8.38	3
7	241 Alex Lee	Birmingham	8.49	2
8	244 Oliver Jefferies	Bristol	8.73	1

4x200m Men **Heats**
1640 Sat 23 Feb
Fastest 6 teams to Final

Heat 1

1	UEL	East London	1.30.58	Q
2	BAT	Bath	1.32.05	Q
3	EDI	Edinburgh	1.36.02	
4	SWA	Swansea	1.36.73	
5	SUS	Sussex	1.38.84	
6	PLY	Plymouth	1.40.50	

Heat 2

1	EXE	Exeter	1.32.49	
2	STM	St Mary's	1.36.04	
3	BED	Bedfordshire (Bedford)	1.36.73	
4	UEA	East Anglia	1.36.80	
5	OXB	Oxford Brookes	1.41.52	
6	TEE	Teesside	1.42.99	

Heat 3

1	BIR	Birmingham	1.32.11	
2	NOT	Nottingham	1.35.99	
3	WAR	Warwick	1.38.03	
4	DUR	Durham	1.44.30	
5	GLO	Gloucestershire		DQ
6	SSO	Southampton Solent		DQ

Heat 4

1	SOU	Southampton	1.34.58	
2	NEW	Newcastle	1.35.27	
3	BRI	Brighton	1.37.49	
4	CMB	Cumbria	1.40.65	
5	HUD	Huddersfield	1.41.56	
6	WOL	Wolverhampton		DNF

Heat 5

1	HAL	Sheffield Hallam	1.32.20	
2	COV	Coventry	1.33.05	
3	HUL	Hull	1.40.96	
4	WRI	Writtle	1.44.45	
5	BRS	Bristol		DNF
6	MID	Middlesex		DQ

Heat 6

1	LEE	Leeds	1.33.19
2	SHE	Sheffield	1.34.64
3	MAN	Manchester	1.35.75
4	CHE	Chester (Chester)	1.40.81
5	BRU	Brunel	DQ
6		Lane Vacant	

Heat 7

1	LMC	Leeds Met Carnegie	1.30.56 Q
2	LOU	Loughborough	1.31.03 Q
3	CEN	Central Lancashire	1.35.96
4	REA	Reading	1.40.72
5	BUC	Buckinghamshire New	1.43.82
6		Lane Vacant	

Heat 8

1	CDM	Cardiff Met	1.30.25 Q
2	LON	London	1.31.53 Q
3	POR	Portsmouth	1.36.35
4	LSE	London School of Economics	1.41.33
5	CAR	Cardiff	DQ
6		Lane Vacant	

Indoor Athletics Championships 2013 - Sheffield

4x200m Men Final

1650 Sun 24 Feb

Championship Best Performance:

2007	Loughborough	1.26.22	Team Points	
1	LOU	Loughborough	1.26.85	8
2	UEL	East London	1.29.63	7
3	LMC	Leeds Met Carnegie	1.29.71	6
4	CDM	Cardiff Met	1.29.88	5
5	BAT	Bath	1.31.76	4
6	LON	London	1.31.80	3

Indoor Athletics Championships 2013 - Sheffield

	High Jump Men	Qualifying A	2.07m	
1	613 Ben Mourbey	Derby	1.95	q
2	658 Ray Bobrownicki	Edinburgh	1.95	q
3	931 Dotun Ogunkeyede	Newcastle	1.95	q
4	1044 Brian Flatley	Reading	1.90	q
5	242 Mike Sweeney	Birmingham	1.90	q
6	874 David Guest	Loughborough	1.90	q
7	567 Curtis Mathews	Cardiff Met	1.90	
8	692 Adam Snape	Exeter	1.85	
9	514 Courtney Lake	Buckinghamshire New	1.70	
10	1136 Paul Spicer	Staffordshire	1.65	
11	240 Sam Dowler	Bedfordshire (Bedford)	1.65	
12	472 Harry McCulloch	Brighton	1.65	
13	1089 Ben Burton	Sheffield Hallam	1.60	
	245 Ashley Bryant	Brunel	DNS	

	High Jump Men	Qualifying B		
1	1113 Matthew Watson	Southampton Solent	1.95	q
2	805 John Lane	Leeds Met Carnegie	1.95	q
3	458 Simon Phelan	Birmingham	1.95	q
4	1140 Fraser Weir	Stirling	1.95	q
5	252 Charlie Roe	East Anglia	1.95	q
6	871 Thomas Gardner	Loughborough	1.90	q
7	929 Will Mulroy	Newcastle	1.85	
8	1046 Konstantinos Kyr	Reading	1.80	
9	971 Will Page	Nottingham	1.80	
10	1016 Sam Evans	Plymouth	1.75	
11	683 Andy Boulding	Exeter	1.70	
12	593 Aaron Dunne	Chichester	1.65	
	246 Mark Cryer	Brunel	DNS	
	1096 Deo Milandu	Sheffield Hallam	WD	
15				
16				
17				
18				

Indoor Athletics Championships 2013 - Sheffield

High Jump Men Final

Championship Best Performance:

	2011 Ray Bobrownicki	Edinburgh	2.22	Team Points
1	658 Ray Bobrownicki	Edinburgh	2.17	8
2	458 Simon Phelan	Birmingham	2.10	7
3	1113 Matthew Watson	Southampton Solent	2.10	6
4	931 Dotun Ogunkeyede	Newcastle	2.04	5
5	252 Charlie Roe	East Anglia	2.01	4
6	613 Ben Moubey	Derby	2.01	3
7	1044 Brian Flatley	Reading	1.98	2
8	1140 Fraser Weir	Stirling	1.95	1
9=	805 John Lane	Leeds Met Carnegie	1.95	
9=	871 Thomas Gardner	Loughborough	1.95	
11	874 David Guest	Loughborough	1.95	
12	242 Mike Sweeney	Birmingham	1.90	

Indoor Athletics Championships 2013 - Sheffield

	Long Jump Men	Qualifying A		
1	874 David Guest	Loughborough	7.11	q
2	809 Adam Timms	Leeds Met Carnegie	6.90	q
3	204 Allan Hamilton	Queen Margaret	6.88	q
4	646 Andre Fernandez	East London	6.74	q
5	457 Jordan Kelly	Birmingham	6.69	
6	1038 Ogo Anochirionye	Queen Mary	6.68	
7	567 Curtis Mathews	Cardiff Met	6.59	
8	252 Charlie Roe	East Anglia	6.58	
9	250 Saoirse Chinery-Edoo	Coventry	6.38	
10	265 Liam Ramsay	Sheffield Hallam	6.35	
11	228 Richard Tsang	Ulster	6.34	
12	668 Donald Tod	Edinburgh Napier	6.32	
13	1045 Sebastian Gough	Reading	6.24	
14	687 Richard Holland	Exeter	6.08	
15	1111 James Hollins	Southampton Solent	5.97	
16	1033 Lewis Pollard	Portsmouth	5.87	
17	473 Peter Mitchell	Brighton	5.71	
18	729 Ryan Johnson	Huddersfield	5.62	
19	924 Sam Burgess	Newcastle	5.45	
20	585 Alex Graham	Chester (Chester)	5.44	
21	1221 Daniel Kazemi	Writtle	5.42	
22	897 Craig Birch	Manchester Met	5.39	
23	223 Joseph Mogaji	Sussex	5.32	
24	480 Steve Best	Bristol	5.21	
25	661 Hans Neufeld	Edinburgh	5.08	
26	785 Amanpreet Pabla	Leeds	4.92	
27	426 Rolando Thomas	Bedfordshire (Bedford)	4.72	
	382 Paul Oluyemi	Arts Bournemouth	DNS	
	158 Gideon Okoh	Hull	DNS	

Indoor Athletics Championships 2013 - Sheffield

	Long Jump Men	Qualifying B		
1	1147 Paul Allen	Sunderland	7.11	q
2	876 Felix Maisey-Curtis	Loughborough	7.10	q
3	1186 Adam McMullen	Ulster	7.10	q
4	649 Thalasang Tshireletso	East London	7.01	q
5	696 David Harvey	Glamorgan	6.94	q
6	946 James Andrew	Northumbria	6.90	q
7	717 Peter Muirhead	Highlands and Islands	6.79	q
8	208 Ciaran Dolan	Sheffield	6.74	q
9	803 Daniel Gardiner	Leeds Met Carnegie	6.61	

10	246 Mark Cryer	Brunel	6.46
11	605 Luke Pryor	Coventry	6.38
12	546 James Wright	Cardiff	6.25
13	993 Samuel Trigg	Oxford	6.16
14	461 Allee Rigby	Birmingham	6.13
15	933 Konstantinous Stavrou	Newcastle	6.07
16	467 Rob Woolgar	Bournemouth	6.05
17	709 Chris Harris	Gloucestershire	6.04
18	261 Lukas Rucinskas	Middlesex	6.02
19	1391 Callum Rea	Swansea	5.99
20	1089 Ben Burton	Sheffield Hallam	5.93
21	689 George Karkera	Exeter	5.86
22	1000 Dan Bigham	Oxford Brookes	5.71
23	1109 Ben Davies	Southampton Solent	5.71
24	1157 James Fullbrook	Sussex	5.50
25	472 Harry McCulloch	Brighton	5.30
26	829 Jonathan Holt	London	5.24
27	889 Amr Hafiz	Manchester	4.97
28	741 Ntasi Silwamba	Hull	4.56

Indoor Athletics Championships 2013 - Sheffield

Long Jump Men

Final

Championship Best Performance:

	2010 Matthew Burton	Loughborough	7.69	Team Points
1	876 Felix Maisey-Curtis	Loughborough	7.45	8
2	874 David Guest	Loughborough	7.33	7
3	1147 Paul Allen	Sunderland	7.33	6
4	204 Allan Hamilton	Queen Margaret	7.31	5
5	1186 Adam McMullen	Ulster	7.20	4
6	208 Ciaran Dolan	Sheffield	6.99	3
7	649 Thalasang Tshireletso	East London	6.91	2
8	646 Andre Fernandez	East London	6.90	1
9	696 David Harvey	Glamorgan	6.85	
10	717 Peter Muirhead	Highlands and Islands	6.66	
11	946 James Andrews	Northumbria	6.63	
	809 Adam Timms	Leeds Met Carnegie	NJ	

Indoor Athletics Championships 2013 - Sheffield

Triple Jump Men		Qualifying A		
1	881 Stefan Tseng	Loughborough	14.56	q
2	1052 Giacomo Valeri	Royal Holloway	14.20	q
3	1075 Jonathon Sawyers	Sheffield	13.95	q
4	598 Chuko Cribb	Coventry	13.89	q
5	381 Peter Kirabo	Anglia Ruskin	13.84	q
6	953 Ben Porter	Northumbria	13.80	
7	917 Darnte Wilson	Middlesex	13.55	
8	799 Sam Bentley	Leeds Met Carnegie	13.41	
9	1193 Mitchel Kirby	Warwick	13.39	
10	243 Will Hartley	Bristol	13.02	
11	709 Chris Harris	Gloucestershire	13.00	
12	262 Henry Arah	Nottingham	12.58	
13	592 Patrick Apantaku	Chichester	12.40	
	752 Julien Allwood	Kingston	DNS	
	546 James Wright	Cardiff	DNS	
16				
17				
18				

Triple Jump Men		Qualifying B		
1	882 Ricardo Twumasi	Loughborough	15.11	Q
2	649 Thalasang Tshireletso	East London	14.93	q
3	919 Rio Bailey	MMU Cheshire	14.82	q
4	949 Scott Hall	Northumbria	14.78	q
5	573 Adam Williams	Cardiff Met	14.19	q
6	1067 Josh Bones	Sheffield	14.13	q
7	993 Samuel Trigg	Oxford	13.97	q
8	462 Richard Tranter	Birmingham	13.17	
9	1314 Chris McCann	Leeds Met Carnegie	13.14	
10	745 Adam Jones	Imperial	12.53	
11	692 Adam Snape	Exeter	12.48	
12	909 Abdi Ali	Middlesex	12.04	
13	1112 Joshua Tunstall	Southampton Solent	11.98	
	176 Nathan Roach	Liverpool John Moores	DNS	

Indoor Athletics Championships 2013 - Sheffield

Triple Jump Men Final

Championship Best Performance:

	2007 Gary White	UWIC	16.00	Team Points
1	882 Ricardo Twumasi	Loughborough	15.35	8
2	881 Stefan Tseng	Loughborough	15.10	7
3	649 Thalasang Tshireletso	East London	15.07	6
4	919 Rio Bailey	MMU Cheshire	14.97	5
5	949 Scott Hall	Northumbria	14.78	4
6	1052 Giacomo Valeri	Royal Holloway	14.39	3
7	1067 Josh Bones	Sheffield	14.29	2
8	381 Peter Kirabo	Anglia Ruskin	14.25	1
9	993 Samuel Trigg	Oxford	14.02	
10	573 Adam Williams	Cardiff Met	14.02	
11	598 Chuko Cribb	Coventry	13.88	
	1075 Jonathon Sawyers	Sheffield	WD	

Indoor Athletics Championships 2013 - Sheffield

Pole Vault Men Final

Championship Best Performance:

	2007 Scott Simpson	UWIC	5.42	Team Points
1	1261 Nick Cruchley	Birmingham	5.30	8
2	867 Matthew Devereux	Loughborough	5.20	7
3	1333 Dan Gardner	Loughborough	4.70	6
4	1195 Charles Smith	Warwick	4.60	5
5	259 Jack Andrew	Manchester	4.50	4
6	242 Mike Sweeney	Birmingham	4.40	3
7	406 Emyr Jones	Bath	4.20	2
8	474 Jamie Moore	Brighton	4.00	1
9	560 Luke Bailey	Cardiff Met	4.00	
10=	1096 Deo Milandu	Sheffield Hallam	3.80	
10=	541 Callum Court	Cardiff	3.80	
12	261 Lukas Rucinkas	Middlesex	3.80	
13	246 Mark Cryer	Brunel	3.80	
14	1095 Connor McHale	Sheffield Hallam	3.60	
15	1074 Christopher Price	Sheffield	3.40	
	738 Liam Holiday	Hull	NHR	
	899 Alex Wharfe	Medway	NHR	
	1039 Paul Ojomo	Queen Mary	DNS	

Indoor Athletics Championships 2013 - Sheffield

	Shot Put Men	Qualifying A	13.80m	
1	1123 Zane Duquemin	St Mary's	16.90	Q
2	893 Scott Wong Wei Gen	Manchester	14.46	Q
3	805 John Lane	Leeds Met Carnegie	14.04	Q
4	501 Joshua Barard	Brunel	13.20	q
5	874 David Guest	Loughborough	12.71	q
6	628 Alex Caine	Durham	12.33	q
7	1093 Kane Humphrey	Sheffield Hallam	11.89	q
8	567 Curtis Mathews	Cardiff Met	11.41	
9	464 Peter Briant	Bournemouth	10.85	
10	201 Jordan Morris	Plymouth	10.57	
11	472 Harry McCulloch	Brighton	9.00	
12	1179 Adam Walker	Teesside	7.71	
	698 Sam O'Kane	Glasgow	DNS	
	1109 Ben Davies	Southampton Solent	DNS	
15				
16				
17				
18				

	Shot Put Men	Qualifying B		
1	806 Rimantas Martisaukas	Leeds Met Carnegie	17.59	Q
2	883 Gareth Winter	Loughborough	15.50	Q
3	606 Emmanuel Quarshie	Coventry	13.55	q
4	245 Ashley Bryant	Brunel	13.33	q
5	955 Alan Toward	Northumbria	12.62	q
6	460 Joe Pybus	Birmingham	11.22	
7	1014 Mathew Campbell	Plymouth	10.61	
8	259 Jack Andrew	Manchester	10.52	
9	252 Charlie Roe	East Anglia	10.36	
10	465 Joshua Kelly	Bournemouth	10.03	
11	188 Joseph Atkins	Manchester Met	9.94	
12	1175 Elliott Griffin	Teesside	8.66	
13	1043 Zach Dorman	Reading	7.47	
	513 Sam Higgins	Buckinghamshire New	DNS	
15				
16				

Indoor Athletics Championships 2013 - Sheffield

Shot Put Men

Final

Championship Best Performance:

	2007 Garrett Johnson	Oxford	20.15	Team Points
1	806 Rimantas Martisaukas	Leeds Met Carnegie	18.09	8
2	1123 Zane Duquemin	St Mary's	17.76	7
3	883 Gareth Winter	Loughborough	16.29	6
4	893 Scott Wong Wei Gen	Manchester	15.58	5
5	805 John Lane	Leeds Met Carnegie	13.89	4
6	955 Alan Toward	Northumbria	13.59	3
7	501 Joshua Barard	Brunel	12.97	2
8	606 Emmanuel Quarshie	Coventry	12.92	1
9	245 Ashley Bryant	Brunel	12.83	
10	874 David Guest	Loughborough	12.66	
11	628 Alex Caine	Durham	11.34	
	1093 Kane Humphrey	Sheffield Hallam	DNS	

	Team	Points
60m	Middlesex	8
	Essex	7
	Brunel	6
	Bath	5
	Brunel	4
	Middlesex	3
	Hertfordshire	2
	Leeds	1
200m	Brunel	8
	London	7
	Leeds Met Carnegie	6
	Salford	5
	Barking and Dagenham College	4
	Bristol	3
	Exeter	2
	Bath	1
400m	Nottingham Trent	8
	Loughborough	7
	Nottingham Trent	6
	Loughborough	5
	Cardiff Met	4
	Newcastle	3
	Middlesex	2
	West of England (UWE)	1
800m	Loughborough	8
	Bath	7
	Nottingham Trent	6
	Warwick	5
	Manchester Met	4
	Cardiff Met	3
	Cambridge	2
	Birmingham	1
1500m	Cardiff Met	8
	Northumbria	7
	Dundee	6
	St Mary's	5

	Birmingham	4
	Glasgow Caledonian	3
	Durham	2
	Oxford	1
3000m	Cardiff Met	8
	Birmingham	7
	Loughborough	6
	Bath	5
	St Mary's	4
	Birmingham	3
	Bath	2
	Southampton	1
60m H	Wolverhampton	8
	Loughborough	7
	Hertfordshire	6
	Cardiff Met	5
	Manchester	4
	Loughborough	3
	Birmingham	2
	Bristol	1
4x200m	Loughborough	8
	East London	7
	Leeds Met Carnegie	6
	Cardiff Met	5
	Bath	4
	London	3
	Birmingham	2
	Sheffield Hallam	1
High Jump	Edinburgh	8
	Birmingham	7
	Southampton Solent	6
	Newcastle	5
	East Anglia	4
	Derby	3
	Reading	2
	Stirling	1
Long Jump	Loughborough	8

	Loughborough	7
	Sunderland	6
	Queen Margaret	5
	Ulster	4
	Sheffield	3
	East London	2
	East London	1
Triple Jump	Loughborough	8
	Loughborough	7
	East London	6
	MMU Cheshire	5
	Northumbria	4
	Royal Holloway	3
	Sheffield	2
	Anglia Ruskin	1
Pole Vault	Birmingham	8
	Loughborough	7
	Loughborough	6
	Warwick	5
	Manchester	4
	Birmingham	3
	Bath	2
	Brighton	1
Shot	Leeds Met Carnegie	8
	St Mary's	7
	Loughborough	6
	Manchester	5
	Leeds Met Carnegie	4
	Northumbria	3
	Brunel	2
	Coventry	1