

TRAFFORD AC - GRAND PRIX MEETING**TUESDAY****31-May-11****BMC 800M MENS RACE A**

1	62	Samuel Ellis	SEN	M	City of Sheffield AC	1:50.45
2	66	Ben Scarlett	SEN	M	Swindon AC	1:50.59
3	54	Warren Frey	SEN	M	Birchfield Harriers & AC	1:50.78
4	57	Stephen Bennett	U23	M	Preston Harriers	1:51.09
5	59	Sam Dykes	U20	M	Warrington AC	1:51.33
6	60	Chris Smith	U23	M	Wirral AC	1:51.54
7	63	Stuart Ross	U20	M	Victoria Park Glasgow	1:52.40
8	71	Fergal Ellis	U23	M	Ballinomore AC	1:52.64

BMC 800 MEN'S RACE B

1	56	Mitch White	U20	M	Bracknell AC	1:52.19
2	51	Peter Whitehouse	U23	M	Birchfield Harriers & AC	1:53.09
3	69	Matthew Fayers	U20	M	Hillingdon AC	1:53.31
4	55	Jack Gleave	U17	M	Warrington AC	1:56.04
5	70	John Ashcroft	U20	M	St. Helens Sutton AC	1:56.62
6	75	James Russell	U23	M	Liverpool Harriers & AC	1:58.32
7	77	David Devine	U20	M	Liverpool Harriers & AC	1:58.36

MENS 1500m RACE A

1	72	Paul Robinson	SEN	M	St. Cocas (Ireland)	3:45.44
2	73	Noel Collins	U23	M	Finn Valley	3:47.38
3	78	Dale Worton	U23	M	Leeds City AC	3:53.69
4	79	Sam Bucknall	U20	M	Leeds City AC	3:56.10
5	53	Matthew Grieve	U20	M	Border Harriers & AC	3:56.25
6	68	Toby Loveridge	U20	M	Liverpool Pembroke & Sefton	3:56.52
7	50	Ben Waterman	U20	M	Ealing, Southall and Middlesex AC	3:56.71
8	52	Gordon Benson	U20	M	Leeds City AC	3:57.43
9	64	Dan Cheeseman	U20	M	City of York AC	3:58.99
10	74	Tom Madden	U23	M	Coventry Godiva Harriers	3:59.02
11	65	James Gilbert	U20	M	Kingston upon Hull AC	3:59.08
12	58	Jamie Knapp	U23	M	Southampton AC	3:59.20
13	67	Ben Marriott	U20	M	Bingley Harriers & AC	3:59.84

100M Heat 1**Wind Speed**

-0.1

1	330	Ben Shields	U20	M	Rotherham Harriers & AC	10.89
2	256	Carl Dickinson	SEN	M	Sale Harriers Manchester	10.99
3	357	Rick Beardsell	SEN	M	City of Sheffield AC	11.02
4	231	Umar Hameed	U23	M	Sale Harriers Manchester	11.15
5	275	Jacob Brown	SEN	M	Sale Harriers Manchester	11.17
6	200	Tom Mosley	U23	M	Leeds City AC	11.17

100M Heat 2 **Wind Speed** -0.1

1	299	Sean Vernon	SEN	M	Preston Harriers	11.28
2	311	Callum Roughneen	U17	M	Sale Harriers Manchester	11.44
3	302	Andy Wilkinson	SEN	M	Sale Harriers Manchester	11.48
4	341	Jerome McIntosh	U23	M	City of Sheffield AC	11.60
5	236	Cynan Evans	U23	M	Wrexham AAC	11.63
6	175	Andrew Williamson	SEN	M	Sheffield Hallamshire University	11.91

100M Heat 3 **Wind Speed** +1.8

1	305	Tom O'Brien	SEN	M	Sale Harriers Manchester	11.39
2	208	Antony Leigh	V45	M	Crewe & Nantwich AC	11.68
3	250	Jacob Fehily	U23	M	Trafford AC	11.75
4	166	Alex Lunghi	U23	M	GA Bellinzona, Switzerland	11.82
5	229	Daniel Ezughah	U20	M	Chesterfield & District AC	11.88
6	348	Roshane Stewart	U23	M	City of Sheffield AC	12.09

100M Heat 4 **Wind Speed** +0.7

1	195	Simon Wells	SEN	M	Blackpool, Wyre & Fylde AC	11.76
2	298	Ash Fletcher	U23	M	Preston Harriers	11.85
3	176	Andrew Cavilla	U20	M	Sheffield Hallamshire University	12.07
4	260	Rachael Johncock	U20	F	Colwyn Bay AC	12.15
5	7	Thomas Rudman	SEN	M	Rossendale Harriers & AC	12.33
6	375	Leeroy Golding	V40	M	Pendle AC	12.64

100M Heat 5 **Wind Speed** +0.2

1	308	Tom Bolan-Ashworth	SEN	M	Unattached	12.19
2	216	Michael McGlynn	V45	M	Northern Vets	12.33
3	292	Stephen Lightfoot	V45	M	Salford Metropolitan AC	12.38
4	38	Akio Shinmi	V35	M	University of Manchester	12.46
5	306	Helen Raffalli	SEN	F	Sale Harriers Manchester	12.50
6	307	Rebecca Sweeney	SEN	F	Sale Harriers Manchester	12.99

100M Heat 6 **Wind Speed** -0.6

1	313	Stephen Yates	U20	M	Manchester Harriers & AC	12.46
2	278	Racheal Shaw	SEN	F	Barnsley AC	12.83
3	279	Lauren Frid	U17	F	Barnsley AC	12.93
4	258	Stephen Keeling	U23	M	City of Stoke AC	13.03
5	315	Craig Wolstenholme	SEN	M	Hallamshire Harriers Sheffield	13.20
6	266	Matt Atkinson	SEN	M	Wilmslow RC	13.22

100M Heat 7 **Wind Speed** -0.3

1	152	Chris Honess	SEN	M	Southport Waterloo AC	13.23
2	353	Chris Wells	V45	M	Warrington AC	13.49
3	281	Ashleigh Williams	U20	F	Liverpool Pembroke & Sefton	13.69
4	238	Nicola Norton	U17	F	Hallamshire Harriers Sheffield	13.81
5	303	Helen Blower	U17	F	Wrexham AAC	14.50
6	268	Laura Nevenberg	U17	F	Ribble Valley AC	14.73

200M Heat 1

Wind Speed -0.8

1	231	Umar Hameed	U23	M	Sale Harriers Manchester	22.17
2	311	Callum Roughneen	U17	M	Sale Harriers Manchester	22.50
3	170	Harry Doran	U23	M	Liverpool Pembroke & Sefton	22.75
4	236	Cynan Evans	U23	M	Wrexham AAC	22.97
5	299	Sean Vernon	SEN	M	Preston Harriers	23.18

200M Heat 2

Wind Speed -0.7

1	330	Ben Shields	U20	M	Rotherham Harriers & AC	22.46
2	305	Tom O'Brien	SEN	M	Sale Harriers Manchester	22.49
3	341	Jerome McIntosh	U23	M	City of Sheffield AC	23.11
4	302	Andy Wilkinson	SEN	M	Sale Harriers Manchester	23.28
5	250	Jacob Fehily	U23	M	Trafford AC	23.51
6	224	Harry Mallinson	U17	M	Halifax Harriers & AC	23.65

200M Heat 3

Wind Speed -0.2

1	374	Danny Savin	U20	M	Stockport Harriers & AC	23.23
2	166	Alex Lunghi	U23	M	GA Bellinzona, Switzerland	23.73
3	208	Antony Leigh	V45	M	Crewe & Nantwich AC	23.90
4	175	Andrew Williamson	SEN	M	Sheffield Hallamshire University	24.09
5	375	Leeroy Golding	V40	M	Pendle AC	28.62

200M Heat 4

Wind Speed -0.3

1	195	Simon Wells	SEN	M	Blackpool, Wyre & Fylde AC	23.30
2	235	Thomas Matthews	U23	M	Kendal AAC	24.04
3	352	Peter Durham	SEN	M	Trafford AC	24.25
4	298	Ash Fletcher	U23	M	Preston Harriers	24.33
5	308	Tom Bolan-Ashworth	SEN	M	Unattached	24.34
6	379	Lee Broadbent	SEN	M	Oldham & Royton Harriers & AC	25.05

200M Heat 5

Wind Speed +0.1

1	347	Oliver Wells	U17	M	Warrington AC	24.38
2	260	Rachael Johncock	U20	F	Colwyn Bay AC	24.92
3	176	Andrew Cavilla	U20	M	Sheffield Hallamshire University	25.54

4	306	Helen Raffalli	SEN	F	Sale Harriers Manchester	25.76
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<u>200M Heat 6</u>					<u>Wind Speed</u>	-0.50
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1	253	Jeff Christie	SEN	M	Windsor, Slough, Eton & Hounslow	24.35
2	313	Stephen Yates	U20	M	Manchester Harriers & AC	24.95
3	38	Akio Shinmi	V35	M	University of Manchester	25.53
4	278	Racheal Shaw	SEN	F	Barnsley AC	26.31
5	307	Rebecca Sweeney	SEN	F	Sale Harriers Manchester	26.44
6	258	Stephen Keeling	U23	M	City of Stoke AC	26.93

<u>200M Heat 7</u>					<u>Wind Speed</u>	-0.70
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1	279	Lauren Frid	U17	F	Barnsley AC	26.54
2	301	Natalie Edwards	U23	F	Cannock & Staffs AC	27.56
3	281	Ashleigh Williams	U20	F	Liverpool Pembroke & Sefton	28.22
4	238	Nicola Norton	U17	F	Hallamshire Harriers Sheffield	28.51
5	268	Laura Nevenberg	U17	F	Ribble Valley AC	30.72

400M Heat 1

1	169	Luke Edwards	U23	M	City of Sheffield AC	48.83
2	106	Oliver Lithgow	U20	M	Seaton AC	49.61
3	364	Joel Mukuna	U20	M	Sale Harriers Manchester	49.70
4	327	Daniel Heald	U17	M	Sale Harriers Manchester	50.09
5	226	Richard Davies	U23	M	Blackheath & Bromley Harriers AC	50.82
6	325	Lee Whiteley	U23	M	Sale Harriers Manchester	50.96

400M Heat 2

1	264	Sam Yates	U20	M	Newham & Essex Beagles AC	49.53
2	336	Reece Ingley	U20	M	Trafford AC	50.15
3	242	Ben Hartley	U20	M	Halifax Harriers & AC	51.16
4	316	Alistair Robinson	SEN	M	Wakefield District Harriers & AC	51.41
5	235	Thomas Matthews	U23	M	Kendal AAC	52.33
6	291	Michael Fairfield	U23	M	Liverpool Harriers & AC	53.77

400M Heat 3

1	251	Oliver Stringer	U23	M	Wigan & District Harriers & AC	51.89
2	342	Oliver Palmer	U20	M	City of York AC	52.19
3	334	Sam Thorpe	U23	M	Rotherham Harriers & AC	53.26
4	324	Bernard Ward	V35	M	Trafford AC	54.28
5	318	Ryan Sciacca	U17	M	Chorley AC	54.67
6	277	Sion Wynne-Williams	SEN	M	Liverpool Harriers & AC	54.94

400M Heat 4

1	335	Ted Romney	U23	M	Blackpool, Wyre & Fylde AC	52.31
2	321	Mike Toal	V40	M	Northern Vets	54.22
3	348	Roshane Stewart	U23	M	City of Sheffield AC	55.22
4	244	Tom Fraser	U17	M	Halifax Harriers & AC	55.55
5	243	Jack Mosley	U20	M	Halifax Harriers & AC	55.66
6	379	Lee Broadbent	SEN	M	Oldham & Royton Harriers & AC	57.01

400M Heat 5

1	329	Ben Trueman	U17	M	Rotherham Harriers & AC	54.30
2	356	Ian Roberts	U20	M	Menai Track & Field Club	55.30
3	201	Rachael Thompson	SEN	F	Liverpool Harriers & AC	57.70
4	282	Cherisse Walley	U20	F	Unattached	59.81
5	320	Isaac Howell	SEN	M	Unattached	60.00
6	152	Chris Honess	SEN	M	Southport Waterloo AC	63.94

400M Heat 6

1	346	Beth Hicken	U20	F	Warrington AC	59.09
2	159	Helena Leathley	U17	F	Pendle AC	59.23
3	265	Abbie Thistlethwaite	U20	F	Ribble Valley AC	63.45
4	207	Leanne Brown	SEN	F	Trafford AC	64.36
5	267	Alex Thistlethwaite	U17	F	Ribble Valley AC	67.91
6	262	Holly Broughton	U20	F	Ribble Valley AC	70.01

300m

1	212	Gabi Burton	U17	F	City of Stoke AC	46.95
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800m Heat 1

1	160	Kevin Bell	SEN	M	Border Harriers & AC	1:55.25
2	319	Phil Waite	SEN	M	Barrow & Furness Striders & AC	1:56.39
3	234	Ryan Dransfield	U20	M	Spenborough & District AC	1:57.68
4	257	Tom Earley	U17	M	Colwyn Bay AC	1:58.27
5	383	Ben Costello	U20	M	Wirral AC	1:58.89
6	4	William Pinder	U20	M	Edinburgh AC	2:00.34
7	384	Richard Blagg	U23	M	Liverpool Harriers & AC	2:00.53

800m Heat 2

1	328	Jacob Clark	U20	M	City of Sheffield AC	1:57.83
2	309	Lee Jones	V40	M	Deeside AAC	1:58.25
3	274	Elliott Jackson	U23	M	New Marske Harriers & AC	1:58.54
4	380	Thomas Marsden	U20	M	Vale Royal AC	1:58.87
5	358	Frazer Jardine	U23	M	Bolton United Harriers	1:59.19

6	288	Luke Johnston	U20	M	Warrington AC	1:59.32
7	381	James Ayre	U17	M	Vale Royal AC	1:59.87
8	293	Chris Thornton	SEN	M	Skyrac AC	2:01.74

800m Heat 3

1	246	Marcus Cram	U20	M	Morpeth Harriers & AC	1:58.62
2	174	Matthew Shirling	U17	M	St. Helens Sutton AC	1:59.03
3	371	James Roberts	U20	M	Wrexham AAC	1:59.55
4	337	Dominic Chambers	U17	M	Derby AC	1:59.80
5	376	Sean Kirkbride	U20	M	Liverpool Pembroke & Sefton	2:00.44
6	349	Owen Haggerty	U17	M	Warrington AC	2:02.24
7	363	Henry Buttress	U17	M	Warrington AC	2:03.72
8	388	Josh Tighe	SEN	M	Northumberland Fell Runners	2:04.82

800m Heat 4

1	161	Josh Duffy	U20	M	Pendle AC	1:59.98
2	142	Sam Shuttleworth	U17	M	Lincoln Wellington AC	2:00.81
3	389	Grant Cunliffe	U23	M	Rossendale Harriers & AC	2:00.90
4	44	Jacob Kench	U20	M	Leicester Coritanians AC	2:01.27
5	215	Rob Torch	U20	M	Leeds City AC	2:02.76
6	400	Adam Sixsmith	U17	M	Trafford AC	2:04.40
7	286	Harry Baxter	U17	M	Lincoln Wellington AC	2:04.99
8	355	Matthew Pontifex	U20	M	Warrington AC	2:11.50

800m Heat 5

1	392	Andrew Keat	U17	M	Bolton United Harriers	2:00.90
2	412	Jonathan Kay	U17	M	Bolton United Harriers	2:01.23
3	192	Dylan Love	U17	M	Lincoln Wellington AC	2:01.73
4	310	Ben Daggett	U17	M	Wakefield District Harriers & AC	2:02.10
5	333	Robert Parkinson	U17	M	Liverpool Pembroke & Sefton	2:02.71
6	114	Xander Tansey	U17	M	Leicester Coritanians AC	2:04.90
7	155	Blake Ellis	SEN	M	Trafford AC	2:05.84
8	377	David Russell	U20	M	Liverpool Harriers & AC	2:07.16

800m Heat 6

1	359	Paul Milburn	SEN	M	Liverpool Pembroke & Sefton	2:03.58
2	367	Reece Hendley	SEN	M	Oldham & Royton Harriers & AC	2:05.16
3	30	Nathan Staniford	U17	M	Chesterfield & District AC	2:06.35
4	248	Laura Weightman	U23	F	Morpeth Harriers & AC	2:06.57
5	304	David Blower	U17	M	Wrexham AAC	2:07.56
6	230	Jenny Walsh	U20	F	Spenborough & District AC	2:07.74
7	107	Guy Gregory	U20	M	Telford AC	2:08.28
8	46	Connor Haywood	U17	M	Leicester Coritanians AC	2:14.56

800m Heat 7

1	196	Ollie Watson	U17	M	Pudsey & Bramley AC	2:05.75
2	407	Jake Lacey	U17	M	Sutton in Ashfield AC	2:06.20
3	259	Reece Clarke	U17	M	Ribble Valley AC	2:06.93
4	289	Michael Hoyle	U20	M	Kendal AAC	2:07.31
5	413	Jack Walsh	U17	M	Rochdale Harriers & AC	2:07.36
6	366	Paul Ferrer	U23	M	Salford Metropolitan AC	2:08.30
7	314	Philippa Aukett	SEN	F	Shaftesbury Barnet Harriers	2:08.75

800m Heat 8

1	411	Kyle Conway	U17	M	Sale Harriers Manchester	2:04.72
2	427	Ian Costello	V40	M	St. Helens Sutton AC	2:05.59
3	396	Matthew Blackwell	U17	M	Deeside AAC	2:06.69
4	416	Derek Simpson	SEN	M	Rochdale Harriers & AC	2:07.32
5	395	George Oliver	U20	M	Deeside AAC	2:09.71
6	156	Hannah Tarver	U20	F	Wirral AC	2:11.10
7	399	Pascal Fard	U17	M	Trafford AC	2:11.41
8	410	Josh Boyce	U17	M	Vale Royal AC	2:13.15

800m Heat 9

1	270	Joe Oldfield	U17	M	Ribble Valley AC	2:12.76
2	423	Tom Peacock	V40	M	Southport Waterloo AC	2:13.68
3	370	Joe Bywaters	U17	M	Lancaster & Morecambe AC	2:13.87
4	362	Chris Smith	U17	M	Warrington AC	2:14.61
5	360	Matthew Goddard	SEN	M	Southport Waterloo AC	2:15.52
6	344	Ryan Wallis	U17	M	Macclesfield Harriers & AC	2:16.36
7	422	Daniel Franks	U17	M	Wakefield District Harriers & AC	2:16.60
8	185	Richard Powell	U17	M	Trafford AC	2:19.42
9	269	Luke Watson	U20	M	Ribble Valley AC	2:23.96

800m Heat 10

1	188	Daniel Walsh	U17	M	Rossendale Harriers & AC	2:14.26
2	343	Danielle Wallis	U17	F	Macclesfield Harriers & AC	2:14.72
3	217	Eve Pound	U17	F	City of Sheffield AC	2:17.52
4	232	Bethany Ellis	U17	F	Spenborough & District AC	2:17.96
5	39	Rebecca Johnson	U17	F	Ealing, Southall and Middlesex AC	2:17.99
6	294	Lindsay Morgan	U17	F	Chesterfield & District AC	2:18.26
7	378	Steven Nichol	U20	M	Altrincham & District AC	2:18.89

800m Heat 11

1	350	Naomi Collier	U17	F	Grantham AC	2:16.74
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2	332	David Reece	U17	M	Liverpool Pembroke & Sefton	2:18.09
3	49	Zak Anderson	U17	M	Leicester Coritanians AC	2:19.63
4	394	Abbie Oliver	U20	F	Deeside AAC	2:20.58
5	266	Matt Atkinson	SEN	M	Wilmslow RC	2:21.49
6	280	Cerys Heaher	U17	F	Vale Royal AC	2:21.52
7	198	Katie Parry	SEN	F	Valley Striders	2:22.52
8	393	Megan Davies	U17	F	Sale Harriers Manchester	2:24.87

800m Heat 12

1	247	Josie Cram	U23	F	Unattached	2:27.11
2	261	Olivia Miller	U17	F	Barrow & Furness Striders & AC	2:28.07
3	338	Natalie Grant	U23	F	Rotherham Harriers & AC	2:30.79
4	408	Jacqueline Kind	V40	F	Sutton in Ashfield AC	2:32.28
5	239	Mollie Flannery	U17	F	Spenborough & District AC	2:32.62
6	405	Kate Savage	SEN	F	Barrow & Furness Striders & AC	2:34.92

800m Heat 13

1	47	Emily Sales	U17	F	Leicester Coritanians AC	2:30.24
2	323	Hester Talbot	U20	F	Lincoln Wellington AC	2:30.80
3	354	Lucy Smith	U17	F	Unattached	2:31.95
4	387	Dan Woods	U20	M	Unattached	2:32.00
5	369	Cara Penfold	SEN	F	Holmfirth Harriers AC	2:32.69
6	194	Katie Franklin	U20	F	Holmfirth Harriers AC	2:33.99
7	233	Katie Byrne	U17	F	Spenborough & District AC	2:45.38

1500m Steeplechase

1	111	David Gough	U23	M	Southport Waterloo AC	04:47.4
2	35	Zack Bamber	U17	M	Vale Royal AC	04:48.4
3	121	Warren Turner	U17	M	Liverpool Pembroke & Sefton	04:53.3
4	144	michael Vennard	U17	M	Vale Royal AC	04:57.2

1500M HEAT 1 **UNDER 15's**

1	2	Liam Burthem	U15	M	Warrington AC	4:19.11
2	48	James Hatton	U15	M	Leicester Coritanians AC	4:19.17
3	3	Matthew Wigelsworth	U15	M	Warrington AC	4:19.40
4	34	Andrew Kershaw	U15	M	Southport Waterloo AC	4:24.39
5	149	Neil Orr	U15	M	Border Harriers & AC	4:24.83
6	120	Alex Burrows	U15	M	Telford AC	4:30.50
7	43	Samuel Elliott	U15	M	Leicester Coritanians AC	4:31.73
8	40	Christopher Brown	U15	M	Oldham & Royton Harriers & AC	4:33.07
9	42	George Bell	U15	M	Leicester Coritanians AC	4:33.23
10	11	Sam Convery	U15	M	Wakefield District Harriers & AC	4:33.83
11	145	Ryan Babcock	U15	M	Trafford AC	4:34.10

12	23	Connor mahoney	U15	M	Blackburn Harriers & AC	4:35.25
13	129	Sam McGonigle	U15	M	Ealing, Southall and Middlesex AC	4:35.91
14	21	Alex Harrison	U15	M	Charnwood AC	4:36.14
15	17	Joseph Howe	U15	M	Horwich RMI Harriers & AC	4:37.38
16	116	Mari Smith	U15	F	Leicester Coritanians AC	4:43.30
17	10	George Heppinstall	U15	M	Wakefield District Harriers & AC	4:53.73

1500M HEAT 2 **UNDER 15's**

1	26	Benn Heywood	U15	M	Bury AC	4:40.28
2	191	James Taylor	U15	M	Wirral AC	4:43.22
3	168	Katie Gerrard	U15	F	Vale Royal AC	4:49.73
4	137	Luke Beeby	U15	M	Leicester Coritanians AC	4:52.14
5	180	Christie Cook	U15	F	Bury AC	4:52.56
6	157	Sophie Tarver	U15	F	Wirral AC	4:52.68
7	134	Molly Betmead	U15	F	Blackpool, Wyre & Fylde AC	4:54.39
8	8	Phoebe Howe	U15	F	Horwich RMI Harriers & AC	5:00.99
9	141	Joe Shuttleworth	U15	M	Lincoln Wellington AC	5:05.02
10	172	Rosie Johnson	U15	F	St. Helens Sutton AC	5:09.68
11	24	Amy Moran	U15	F	Pendle AC	5:09.93
12	127	Cameron Smith	U15	M	Leicester Coritanians AC	5:10.99
13	167	Danielle Webb	U15	F	St. Helens Sutton AC	5:11.00
14	138	Rachel McGoldrick	U15	F	St. Helens Sutton AC	5:11.41
15	214	Hannah Williams	U15	F	Hyndburn AC	5:11.92
16	31	Sophie Quince	U15	F	Chesterfield & District AC	5:29.68

1500M HEAT 1

1	365	Beau Smith	U20	M	Lancaster & Morecambe AC	4:00.14
2	415	Max Kaye	U20	M	Holmfirth Harriers AC	4:00.44
3	404	Ryan Buck	U20	M	City of York AC	4:01.10
4	401	Jamie Wright	U20	M	Deeside AAC	4:01.19
5	385	Jack Robertson	U17	M	Scarborough AC	4:06.09
6	390	Jai Vernon-McGuigan	U20	M	Liverpool Pembroke & Sefton	4:06.24
7	386	Thomas Travis-Pollard	U20	M	Holmfirth Harriers AC	4:07.48
8	372	Sam Kerfoot-Roberts	U20	M	Halifax Harriers & AC	4:08.93
9	429	Joe Morris	U17	M	Oswestry Olympians AC	4:09.07
10	131	Danny Davis	U20	M	Leeds City AC	4:14.80
11	426	Ben Everson	U17	M	Trafford AC	4:15.86
12	373	Matthew O'Connor	U17	M	Wakefield District Harriers & AC	4:23.39

1500M HEAT 2

1	285	James Riley	SEN	M	University of Liverpool	4:05.89
2	418	Tom Bains	U17	M	Hallamshire Harriers Sheffield	4:06.45
3	183	Daniel Bradford	SEN	M	Shuttleston Harriers	4:07.68
4	402	Craig Fishwick	U23	M	Hallamshire Harriers Sheffield	4:08.28

5	295	James Knox	U17	M	Kendal AAC	4:08.82
6	45	Stefan Ashman	U17	M	Leicester Coritanians AC	4:09.76
7	432	Alex Burchill	U17	M	Sale Harriers Manchester	4:11.80
8	397	Andrew Smith	U17	M	Pudsey & Bramley AC	4:12.72
9	425	Max Wharton	U17	M	Halifax Harriers & AC	4:13.81
10	431	Jake Worton	U17	M	Wakefield District Harriers & AC	4:14.06
11	312	William Sheridan	U20	M	Deeside AAC	4:14.07
12	296	Matthew Hulse	U17	M	Warrington AC	4:15.32
13	339	Steven Eastwood	U17	M	Wakefield District Harriers & AC	4:26.20

1500M HEAT 3

1	430	George Thompson	SEN	M	Vale Royal AC	4:24.92
2	273	Lewis Healey	U17	M	Vale Royal AC	4:28.48
3	173	Nathan Brown	U20	M	St. Helens Sutton AC	4:29.17
4	345	Luke Cockerton	U17	M	Vale Royal AC	4:31.41
5	428	Gareth Woodcock	SEN	M	Trafford AC	4:31.58
6	331	Chris Pedder	V50	M	Liverpool Pembroke & Sefton	4:32.11
7	276	Kyle Nicholls	U17	M	Liverpool Pembroke & Sefton	4:32.69
8	414	Megan Huxley	U20	F	Vale Royal AC	4:32.81
9	322	Natalia Hackett	U17	F	Hallamshire Harriers Sheffield	4:35.33

1500M HEAT 4

1	382	James Loftus	U17	M	Liverpool Pembroke & Sefton	4:46.36
2	284	Jennifer Pybis	SEN	F	Liverpool Harriers & AC	4:47.21
3	433	Tessa McCormick	U17	F	Vale Royal AC	4:50.85
4	406	Lauren Gowland	U17	F	Blackpool, Wyre & Fylde AC	4:51.41
5	115	April Beeby	U17	F	Leicester Coritanians AC	4:55.76
6	403	Jade Evans	U17	F	Vale Royal AC	4:56.23
7	419	Fiona Bell	U17	F	Hallamshire Harriers Sheffield	4:58.01
8	326	Rachael Dyson	SEN	F	Leeds City AC	4:58.44
9	340	Jess Mangham	U17	F	Rotherham Harriers & AC	4:59.63
10	368	Claire Leaver	SEN	F	Holmfirth Harriers AC	5:03.18
11	101	Amy Griffiths	U17	F	Leicester Coritanians AC	5:07.20
12	283	Sabrina Walley	U17	F	Leigh Harriers & AC	5:16.33
13	103	Alice Smith	U17	F	Unattached	5:18.97
14	102	Charlie Smith	U17	F	Unattached	5:45.23

3000m Heat 1

1	162	Patrick Martin	SEN	M	Sunderland AC	8:21.29
2	211	Joe Bailey	U23	M	Salford Harriers & AC	8:21.65
3	132	Nick Hooker	SEN	M	Leeds City AC	8:22.82
4	117	James Smith	SEN	M	Leeds City AC	8:22.83
5	171	Andi Jones	SEN	M	Salford Harriers & AC	8:29.06
6	1	Danny Parkinson	SEN	M	Kendal AAC	8:29.94

7	29	Carl Smith	U23	M	Leeds City AC	8:30.49
8	130	Peter Matthews	U23	M	Blackburn Harriers & AC	8:37.89
9	28	Harry Harper	U23	M	Liverpool Harriers & AC	8:39.59
10	186	Alan Buckley	SEN	M	Leeds City AC	8:40.48
11	203	Marc Hartley	SEN	M	Staffs (Moorlands) AC	8:42.52
12	13	Blayne Pick	U20	M	Notts AC	8:47.80
13	36	David Turnbull	SEN	M	Holmfirth Harriers AC	8:50.24
14	163	Graham Hogg	SEN	M	Trafford AC	8:51.19
15	143	Howard Wood	U23	M	City of Sheffield AC	8:51.34
16	219	Tom Jervis	U20	M	Warrington AC	8:51.90
17	16	Jarrett Perkins	SEN	M	Notts AC	8:53.27
18	136	Richard Brown	SEN	M	Lincoln Wellington AC	8:54.69
19	204	Jack Morris	U20	M	Stockport Harriers & AC	8:54.81
20	210	Ben Russell	U23	M	University of Liverpool	8:55.17
21	150	Peter Harrison	U20	M	Border Harriers & AC	8:56.01
22	123	Jamie Loxam	SEN	M	Stockport Harriers & AC	8:56.45
23	122	Andy Nixon	SEN	M	Stockport Harriers & AC	8:56.73
24	158	Jack Nixon	U20	M	Stockport Harriers & AC	8:57.73
25	6	Joe Johnston	U20	M	Rossendale Harriers & AC	9:01.76
26	202	Andy Clews	U20	M	Vale Royal AC	9:06.97
27	14	Mark Thompson	U20	M	Notts AC	9:11.20
28	153	Andreas Iden	U17	M	Sale Harriers Manchester	9:11.41
29	254	Scott Baxter	U23	M	Charnwood AC	9:15.16
30	20	James Shaw	SEN	M	East Cheshire Harriers & Tamesid	9:19.68
31	22	Dominic Mahoney	U17	M	Blackburn Harriers & AC	9:26.50
32	15	Joseph Coleshaw	U20	M	Notts AC	9:27.73

3000m Heat 2

1	183	Daniel Bradford	SEN	M	Shettleston Harriers	8:56.32
2	112	Liam Renton	U20	M	Warrington AC	9:11.98
3	27	Daniel Claus	SEN	M	City of Sheffield AC	9:13.48
4	140	Bhavesh Soneji	U17	M	Ealing, Southall and Middlesex AC	9:14.55
5	252	Adam Weightman	U20	M	Blackpool, Wyre & Fylde AC	9:17.93
6	193	Richard Smith	U23	M	Holmfirth Harriers AC	9:17.99
7	255	Nathan Jones	U17	M	Colwyn Bay AC	9:19.42
8	124	James Bundred	U17	M	Trafford AC	9:21.49
9	105	Ben Ashcroft	U17	M	Shrewsbury AC	9:21.69
10	290	Joe Skipper	SEN	M	Manchester Triathlon Club	9:25.67
11	177	Joseph Asbrey	U17	M	Lincoln Wellington AC	9:25.76
12	12	John Convery	V45	M	Wakefield District Harriers & AC	9:27.31
13	9	Zachary Howe	U20	M	Horwich RMI Harriers & AC	9:29.25
14	225	John Needham	U23	M	Leeds Bradford Triathlon	9:31.56
15	209	Luke Berry	U20	M	Blackpool, Wyre & Fylde AC	9:34.37
16	205	David Hamilton	SEN	M	Southport Waterloo AC	9:34.89
17	228	Andrew Miles	U20	M	Vale Royal AC	9:36.45
18	245	Kevin Acton	U17	M	Stockport Harriers & AC	9:47.41

19	190	David Hudson	SEN	M	Salford Harriers & AC	9:48.61
20	104	Russell Adam	U20	M	Telford AC	9:50.28
21	189	Elliott Wylie	U20	M	Rossendale Harriers & AC	9:54.85
22	37	Ryan Moore	U17	M	Vale Royal AC	9:54.90
23	165	Jo Emery	SEN	F	Coventry Godiva Harriers	9:55.91
24	151	Harry Long	U20	M	Stockport Harriers & AC	9:56.21
25	19	Jack Donnelly	U17	M	East Cheshire Harriers & Tamesid	9:56.54
26	119	Lucy O'Gorman	SEN	F	Sale Harriers Manchester	9:56.82
27	148	Simon Chadwick	U17	M	Stockport Harriers & AC	10:10.07

3000m Heat 3

1	272	Dhrupadh Yerrakalva	U23	M	University of Manchester	9:51.09
2	18	Jess Lonsdale	U17	F	Kingston upon Hull AC	9:55.11
3	185	Richard Powell	U17	M	Trafford AC	9:55.88
4	213	Steven Nijs	SEN	M	St. Helens Sutton AC	9:57.97
5	178	Jacqueline Fairchild	U23	F	Trafford AC	9:58.17
6	154	Maria Barrett	SEN	F	Liverpool Harriers & AC	9:58.99
7	197	Jerry Watson	V50	M	Pudsey & Bramley AC	9:59.09
8	241	Mike Robbins	V45	M	Wrexham AAC	9:59.47
9	125	Sarah Johnson	U23	F	Leicester Coritanians AC	10:01.81
10	222	Gemma Connelly	SEN	F	St. Helens Sutton AC	10:03.49
11	187	Phil Burns	SEN	M	Stockport Harriers & AC	10:07.31
12	32	Nigel Brookes	V45	M	Rotherham Harriers & AC	10:08.28
13	287	Tessa Walker	SEN	F	Salford Harriers & AC	10:08.81
14	118	Beth Swords	U20	F	Milton Keynes AC	10:13.61
15	220	Ellie Wilson	U20	F	Barrow & Furness Striders & AC	10:14.14
16	126	Lucy Crookes	U20	F	Leicester Coritanians AC	10:24.62
17	249	Dave Carrington	V55	M	Altrincham & District AC	10:25.91
18	133	Katie Buckley	U17	F	Bury AC	10:35.77
19	199	Steven Doxey	V50	M	Swinton RC	10:41.38
20	223	Paul Mannion	V45	M	Trafford AC	10:45.21
21	146	Katy Wood	U17	F	City of York AC	10:59.56
22	237	Charlotte Wilson	U23	F	Liverpool Harriers & AC	11:03.51
23	227	Stasia Bligh	SEN	F	Blackpool, Wyre & Fylde AC	11:11.89

HAMMER

1	113	Jack Barton	U17	M	East Cheshire Harriers & Tamesid	55.58
2	109	Dominic Sykes	U17	M	Lincoln Wellington AC	51.99
3	128	Laurie Almond	U20	M	Trafford AC	44.75
4	181	Sarah Drake	SEN	F	Wakefield District Harriers & AC	43.93
5	41	Alex Elston	U20	M	Rotherham Harriers & AC	40.54
6	139	Sergii Saraiev	SEN	M	Sale Harriers Manchester	36.56
7	108	Claire Lebond	U23	F	Rotherham Harriers & AC	36.44
8	110	Ian Cooley	V50	M	Rotherham Harriers & AC	35.57
9	184	Jack Sheldon	U17	M	Sale Harriers Manchester	30.59

10	33	Jenni Potter	U17	F	West Cheshire AC	29.95
11	218	Jasmine Burke	U17	F	Sale Harriers Manchester	26.63
12	25	Sharon Harper	V40	F	Oldham & Royton Harriers & AC	21.91

DISCUS

1	179	Marcus Goldbourne	SEN	M	Sale Harriers Manchester	56.35
2	240	Simon Bissell	SEN	M	City of Sheffield AC	43.68
3	164	Thomas Smith	U23	M	Wigan & District Harriers & AC	43.06
4	263	Mark Pendlebury	SEN	M	Leigh Harriers & AC	36.54
5	139	Sergii Saraiev	SEN	M	Sale Harriers Manchester	33.54
6	128	Laurie Almond	U20	M	Trafford AC	33.25
7	184	Jack Sheldon	U17	M	Sale Harriers Manchester	29.70
8	375	Leeroy Golding	V40	M	Pendle AC	29.65
9	218	Jasmine Burke	U17	F	Sale Harriers Manchester	21.78
10	25	Sharon Harper	V40	F	Oldham & Royton Harriers & AC	21.01

JAVELIN

1	417	Paul McKown	SEN	M	Liverpool Harriers & AC	60.51
2	164	Thomas Smith	U23	M	Wigan & District Harriers & AC	46.41
3	391	Danielle Bentley	U20	F	Sale Harriers Manchester	46.04
4	271	Natasha Wilson	U17	F	Carlisle Aspatia AC	40.06
5	184	Jack Sheldon	U17	M	Sale Harriers Manchester	38.98
6	398	John Wagstaff	SEN	M	Trafford AC	31.66

SHOT PUTT

1	420	Michael Martin	SEN	M	Trafford AC	11.52
2	351	Steve Killen	SEN	M	Seaton AC	10.27
3	424	Emily Rawlins	U20	M	Sale Harriers Manchester	8.01
4	421	Derek Martin	V45	M	Trafford AC	7.66
5	25	Sharon Harper	V40	F	Oldham & Royton Harriers & AC	7.59
6	218	Jasmine Burke	U17	F	Sale Harriers Manchester	7.23