

			County or Club	perf	qual	DQ	CAU Points
100m Men FINAL				Wind 5.6			
1	26	Andrew ROBERTSON	Greater Manchester	10.06			9
2	1	Edmond AMANING	Middlesex	10.26			7
3	34	James WILLIAMS	Merseyside	10.31			6
4	28	Emmanuel STEPHENS	Essex	10.41			5
5	15	Kane HOWITT	Warwickshire	10.47			4
6	29	Christopher STONE	Avon & Somerset	10.50			3
7	18	Jack LAWRENCE	Worcestershire	10.58			2
8	8	Kyle ENNIS	Northamptonshire	10.62			1
100m Men Semi Final 1				Wind 1.9			
1	34	James WILLIAMS	Merseyside	10.43	Q		
2	1	Edmond AMANING	Middlesex	10.44	Q		
3	28	Emmanuel STEPHENS	Essex	10.57	Q		
4	29	Christopher STONE	Avon & Somerset	10.60	q		
5	36	Sandy WILSON	East District Scotland	10.69	q		
6	25	Nicholas PRYCE	Warwickshire	10.74			
7	7	Stephen DUNLOP	West District Scotland	10.90			
DQ	3	Daniel BEADSLEY	Yorkshire	-		162.8	
100m Men Semi Final 2				Wind 0.0			
1	26	Andrew ROBERTSON	Greater Manchester	10.37	Q		
2	15	Kane HOWITT	Warwickshire	10.66	Q		
3	8	Kyle ENNIS	Northamptonshire	10.68	Q		
4	18	Jack LAWRENCE	Worcestershire	10.73			
5	16	Isaac KITCHEN-SMITH	Oxfordshire	10.88			
6	9	Ryan FACEY	Surrey	10.90			
7	10	Ian FENNELL	Greater Manchester	10.92			
8	21	Regan O'CONNELL	City of Sheffield & Dearne AC	11.00			
100m Men Heat 1				Wind 4.3			
1	8	Kyle ENNIS	Northamptonshire	10.54	Q		
2	18	Jack LAWRENCE	Worcestershire	10.59	Q		
3	15	Kane HOWITT	Warwickshire	10.65	Q		
4	22	Kess OGHORIE	Kent	10.88			
5	13	Mark HANSON	Enfield & Haringey A C	10.93			
6	31	Daryl THOMAS	Surrey	10.96			
7	376	Dean HAMMOND	UK Armed Forces	11.21			
100m Men Heat 2				Wind 2.1			
1	1	Edmond AMANING	Middlesex	10.61	Q		
2	3	Daniel BEADSLEY	Yorkshire	10.76	Q		
3	21	Regan O'CONNELL	City of Sheffield & Dearne AC	10.76	Q		
4	7	Stephen DUNLOP	West District Scotland	10.82	q		
5	4	Alex BEECHEY	Cornwall	10.84			
DQ	32	Ronnie WELLS	Avon & Somerset	-		162.8	
100m Men Heat 3				Wind 2.5			
1	26	Andrew ROBERTSON	Greater Manchester	10.34	Q		
2	16	Isaac KITCHEN-SMITH	Oxfordshire	10.74	Q		
3	25	Nicholas PRYCE	Warwickshire	10.81	Q		
4	37	Andre WRIGHT	Medway & Maidstone AC	10.87			
5	19	Gift MCLAREN	Kent AC	10.98			
6	24	Kaesi OPARA	Essex	11.77			
100m Men Heat 4				Wind 6.7			
1	34	James WILLIAMS	Merseyside	10.23	Q		
2	28	Emmanuel STEPHENS	Essex	10.38	Q		
3	29	Christopher STONE	Avon & Somerset	10.42	Q		
4	36	Sandy WILSON	East District Scotland	10.46	q		
5	10	Ian FENNELL	Greater Manchester	10.53	q		
6	9	Ryan FACEY	Surrey	10.76	q		
7	17	Dickson KUSI	Buckinghamshire	10.93			

			County or Club	perf	qual	DQ	CAU Points
200m Men FINAL							
				Wind 4.0			
1	1	Edmond AMANING	Middlesex	20.44			9
2	200	Antonio INFANTINO	Hertfordshire	20.52			7
3	26	Andrew ROBERTSON	Greater Manchester	20.59			6
4	296	Ben SNAITH	Cambridgeshire	20.86			5
5	34	James WILLIAMS	Merseyside	20.89			4
6	274	Elliott POWELL	Leicestershire & Rutland	20.96			3
7	8	Kyle ENNIS	Northamptonshire	21.15			2
8	164	Lemarl FRECKLETON	South Wales	21.23			1
200m Men Semi Final 1							
				Wind 5.7			
1	200	Antonio INFANTINO	Hertfordshire	20.61	Q		
2	296	Ben SNAITH	Cambridgeshire	20.89	Q		
3	274	Elliott POWELL	Leicestershire & Rutland	20.89	Q		
4	8	Kyle ENNIS	Northamptonshire	20.90	q		
5	164	Lemarl FRECKLETON	South Wales	21.06	q		
6	304	Zachary STAPLETON	Rugby & Northampton AC	21.29			
7	125	Ben CLARIDGE	Oxfordshire	21.39			
8	37	Andre WRIGHT	Medway & Maidstone AC	21.59			
200m Men Semi Final 2							
				Wind 5.1			
1	1	Edmond AMANING	Middlesex	20.63	Q		
2	26	Andrew ROBERTSON	Greater Manchester	20.73	Q		
3	34	James WILLIAMS	Merseyside	20.99	Q		
4	25	Nicholas PRYCE	Warwickshire	21.07			
5	92	Niclas BAKER	Crawley AC	21.09			
6	237	Gerald MATTHEW	Bedfordshire	21.31			
7	4	Alex BEECHEY	Cornwall	21.74			
DNS	36	Sandy WILSON	East District Scotland	-			
200m Men Heat 1							
				Wind 4.6			
1	1	Edmond AMANING	Middlesex	20.96	Q		
2	34	James WILLIAMS	Merseyside	21.44	Q		
3	4	Alex BEECHEY	Cornwall	21.65	Q		
4	237	Gerald MATTHEW	Bedfordshire	21.67	q		
5	138	Eden DAVIS	Hertfordshire	21.94			
6	198	William HUGHES	Lincolnshire	21.96			
7	156	Harry FLANAGAN	Southport Waterloo AC	22.26			
8	31	Daryl THOMAS	Surrey	23.17			
200m Men Heat 2							
				Wind 5.4			
1	200	Antonio INFANTINO	Hertfordshire	20.89	Q		
2	274	Elliott POWELL	Leicestershire & Rutland	21.03	Q		
3	8	Kyle ENNIS	Northamptonshire	21.15	Q		
4	125	Ben CLARIDGE	Oxfordshire	21.43	q		
5	25	Nicholas PRYCE	Warwickshire	21.55	q		
6	304	Zachary STAPLETON	Rugby & Northampton AC	21.71	q		
7	222	Samuel LANDSBOROUGH	Merseyside	21.73			
8	270	Yannick PHIPPEN	Northamptonshire	22.33			
200m Men Heat 3							
				Wind 2.3			
1	296	Ben SNAITH	Cambridgeshire	21.32	Q		
2	92	Niclas BAKER	Crawley AC	21.45	Q		
3	36	Sandy WILSON	East District Scotland	21.66	Q		
4	344	Joe BRIER	Swansea Harriers	21.78			
5	251	Sagesse NGUIE	Greater Manchester	21.88			
6	82	Krishawn AIKEN	Middlesex	22.00			
7	3	Daniel BEADSLEY	Yorkshire	22.09			
200m Men Heat 4							
				Wind 3.1			
1	26	Andrew ROBERTSON	Greater Manchester	21.16	Q		
2	164	Lemarl FRECKLETON	South Wales	21.45	Q		
3	37	Andre WRIGHT	Medway & Maidstone AC	21.81	Q		
4	21	Regan O'CONNELL	City of Sheffield & Dearne AC	21.83			
5	191	Jack HOCKING	Worcestershire	21.89			
6	234	Enzo MADDEN	Sale Harriers Manchester	22.00			
7	19	Gift MCLAREN	Kent AC	22.06			

		County or Club	perf	qual	DQ	CAU Points
400m Men FINAL						
1	219	Sadam KOUMI	Warwickshire	46.82		9
2	183	Alex HAYDOCK-WILSON	Berkshire	47.19		7
3	312	Lee THOMPSON	Nottinghamshire	47.26		6
4	152	Nick EKELUND-ARENANDER	West District Scotland	47.31		5
5	186	Sam HAZEL	Bedfordshire	48.31		4
6	290	Robert SHIPLEY	City of York AC	48.33		
7	322	Adam WALKER-KHAN	Yorkshire	48.42		3
8	294	Oliver SMITH	Sussex	48.74		2
400m Men Semi Final 1						
1	183	Alex HAYDOCK-WILSON	Berkshire	47.57	Q	
2	322	Adam WALKER-KHAN	Yorkshire	47.92	Q	
3	186	Sam HAZEL	Bedfordshire	47.96	Q	
4	294	Oliver SMITH	Sussex	48.81	q	
5	88	Nicholas ATWELL	Surrey	49.19		
6	341	Shawn WRIGHT	East District Scotland	49.47		
7	348	Dale WILLIS	UK Armed Forces	49.50		
8	168	James GLADMAN	Greater Manchester	49.88		
400m Men Semi Final 2						
1	219	Sadam KOUMI	Warwickshire	47.70	Q	
2	312	Lee THOMPSON	Nottinghamshire	48.07	Q	
3	290	Robert SHIPLEY	City of York AC	48.14	Q	
4	152	Nick EKELUND-ARENANDER	West District Scotland	48.53	q	
5	82	Krishawn AIKEN	Middlesex	49.69		
6	260	Freddie OWSLEY	Avon & Somerset	49.71		
7	142	Peter DE'ATH	Hertfordshire	49.83		
8	136	Lewis DAVEY	Lincolnshire	50.30		
400m Men Heat 1						
1	312	Lee THOMPSON	Nottinghamshire	48.36	Q	
2	88	Nicholas ATWELL	Surrey	48.74	Q	
3	82	Krishawn AIKEN	Middlesex	48.78	Q	
4	260	Freddie OWSLEY	Avon & Somerset	49.05	q	
5	126	Jamal CLARKE	Cornwall	49.34		
6	269	Peter PHILLIPS	Herne Hill Harriers	49.34		
7	151	Kema EGBUNIKE	Harrow AC	50.29		
8	273	Harrison POCOCK	Hampshire	51.78		
400m Men Heat 2						
1	219	Sadam KOUMI	Warwickshire	47.74	Q	
2	168	James GLADMAN	Greater Manchester	48.09	Q	
3	294	Oliver SMITH	Sussex	48.23	Q	
4	341	Shawn WRIGHT	East District Scotland	48.93	q	
5	142	Peter DE'ATH	Hertfordshire	49.20	q	
6	242	Reece MIDDLETON	Yorkshire	49.31		
7	217	Zach KING	Nottinghamshire	49.38		
8	192	Neil HOLLOWAY	Harrow AC	51.54		
400m Men Heat 3						
1	186	Sam HAZEL	Bedfordshire	48.39	Q	
2	152	Nick EKELUND-ARENANDER	West District Scotland	48.40	Q	
3	322	Adam WALKER-KHAN	Yorkshire	49.27	Q	
4	258	Matthew OVERALL	Sussex	50.09		
5	238	Liam MCGIVERN	North Wales	50.86		
6	104	Ollie BIDDLE	Worcestershire	51.26		
7	52	Roy SHANKLAND	East District Scotland	51.85		
DNF	261	Will OYOWE	Middlesex	-		
400m Men Heat 4						
1	183	Alex HAYDOCK-WILSON	Berkshire	47.73	Q	
2	290	Robert SHIPLEY	City of York AC	48.66	Q	
3	136	Lewis DAVEY	Lincolnshire	49.12	Q	
4	348	Dale WILLIS	UK Armed Forces	49.29	q	
5	295	Andrew SMITHERMAN	Kent	49.50		
6	190	Danny HIGHAM	Merseyside	50.23		

			County or Club	perf	qual	DQ	CAU Points
800m Men FINAL							
1	231	Markhim LONSDALE	North Eastern Counties	01:54.18			9
2	105	John BIRD	Suffolk	01:54.27			7
3	299	Will SNOOK	Essex	01:54.63			6
4	279	Joe REID	Cardiff AAC	01:54.65			
5	340	Adam WRIGHT	Rugby & Northampton AC	01:55.77			
6	213	Jonothan KAY	Bolton United Harriers & AC	01:55.96			
7	106	Alexander BIRKETT	Cumbria	01:56.02			5
8	332	Max WHARTON	Yorkshire	01:58.47			4
800m Men Heat 1							
1	231	Markhim LONSDALE	North Eastern Counties	01:51.66	Q		
2	106	Alexander BIRKETT	Cumbria	01:51.78	Q		
3	213	Jonothan KAY	Bolton United Harriers & AC	01:52.24	q		
4	340	Adam WRIGHT	Rugby & Northampton AC	01:52.63	q		
5	158	Hugo FLEMING	Surrey	01:55.18			
6	278	Thomas RANDOLPH	Staffordshire	01:55.42			
7	176	James HABERGHAM	Yorkshire	01:55.73			
800m Men Heat 2							
1	299	Will SNOOK	Essex	01:53.87	Q		
2	332	Max WHARTON	Yorkshire	01:54.05	Q		
3	302	Adam SPILSBURY	Greater Manchester	01:54.58			
4	119	Christian BYRON	Warwickshire	01:55.60			
5	150	Luke EDWARDS	Lancashire	01:56.02			
6	185	Louis HAZEL	Bedfordshire	01:56.32			
7	349	Kim BOWLING	UK Armed Forces	02:05.48			
800m Men Heat 3							
1	105	John BIRD	Suffolk	01:55.29	Q		
2	279	Joe REID	Cardiff AAC	01:55.31	Q		
3	314	Chris THORNLEY	Bedfordshire	01:55.72			
4	240	Daniel MEES	Cambridgeshire	01:55.74			
5	252	Victor NUTAKOR	Essex	01:56.14			
6	277	David PROCTOR	Greater Manchester	01:56.36			
7	248	Benjamin MURPHY	Kent	01:56.55			
Mile Men STRAIGHT FINAL							
1	115	Jacob BROWN	Cheshire	04:33.01			9
2	292	Andrew SMITH	Yorkshire	04:33.19			7
3	99	Daniel BEBBINGTON	Lancashire	04:33.43			6
4	135	Tiarnan CRORKEN	Preston Harriers	04:34.62			
5	305	Stephen STRANGE	Essex	04:35.34			5
6	245	David MULLARKEY	Lancashire	04:36.01			4
7	100	Cameron BELL	Yorkshire	04:40.03			3
5000m Men STRAIGHT FINAL							
1	310	Alexander TEUTEN	Hampshire	14:42.42			9
2	284	William RICHARDSON	Worcestershire	14:46.13			7
3	286	Graham RUSH	Yorkshire	14:48.86			6
4	331	Richard WEIR	Derbyshire	14:50.38			5
5	38	Doug MUSSON	Notts AC	14:54.51			
6	230	Ollie LOCKLEY	Lancashire	14:57.01			4
7	175	Gilbert GRUNDY	Guildford & Godalming AC	14:58.50			
8	275	Harry POWELL	Humberside	15:06.03			3
9	328	Robert WARNER	Lancashire	15:13.95			2
10	89	Tom AUSTIN	Dorset	15:23.04			1
DNF	143	David DEVINE	Merseyside	-			

		County or Club	perf	qual	DQ	CAU Points
400m Hurdles Men FINAL						
1	71	Jacob PAUL	Surrey	51.47		9
2	60	Tyri DONOVAN	Windsor Slough Eton & Hounslow AC	51.73		
3	58	Alex DALEY	Avon & Somerset	52.59		7
4	70	Chris MCALISTER	Surrey	52.66		6
5	69	Martin LIPTON	Merseyside	53.65		5
6	73	Matthew SUMNER	Devon	54.15		4
7	63	Joe FUGGLE	Sussex	54.27		3
DQ	74	Lennox THOMPSON	Essex	-		168.7a
400m Hurdles Men Heat 1						
1	69	Martin LIPTON	Merseyside	53.03	Q	
2	73	Matthew SUMNER	Devon	53.15	Q	
3	63	Joe FUGGLE	Sussex	53.31	q	
4	61	Josh FAULDS	Warwickshire	54.40		
5	68	Ben HIGGINS	Leicestershire & Rutland	55.10		
6	56	Andrew AJUBE	Middlesex	55.51		
400m Hurdles Men Heat 2						
1	60	Tyri DONOVAN	Windsor Slough Eton & Hounslow AC	51.91	Q	
2	70	Chris MCALISTER	Surrey	52.39	Q	
3	58	Alex DALEY	Avon & Somerset	52.79	q	
4	53	Sam SHORE	Middlesex	54.47		
5	67	Connor HENDERSON	West District Scotland	55.00		
6	65	Thomas GRANTHAM	Yorkshire	58.43		
400m Hurdles Men Heat 3						
1	71	Jacob PAUL	Surrey	53.00	Q	
2	74	Lennox THOMPSON	Essex	54.25	Q	
3	76	James WEBSTER	Merseyside	54.53		
4	72	Tim STEPHENS	Oxfordshire	54.89		
5	57	Niall CARNEY	Warwickshire	56.14		
6	75	Darren TOWART	North Eastern Counties	60.80		
110m Hurdles Men FINAL						
			Wind 5.0			
1	50	Jake PORTER	Warwickshire	13.68		9
2	49	Miquel PERERA	Hertfordshire	14.11		7
3	39	Sam BENNETT	Essex	14.20		6
4	48	Maranga MOKAYA	Nottinghamshire	14.50		5
5	55	James WRIGHT	Rugby & Northampton AC	14.74		
6	43	Michael COPELAND	Derbyshire	14.75		4
7	46	Thomas MILLER	Hampshire	14.85		3
8	42	Ayomide BYRON	Hertfordshire	14.93		2
110m Hurdles Men Heat 1						
			Wind 2.7			
1	49	Miquel PERERA	Hertfordshire	13.99	Q	
2	39	Sam BENNETT	Essex	14.25	Q	
3	43	Michael COPELAND	Derbyshire	15.03	Q	
4	46	Thomas MILLER	Hampshire	15.05	q	
5	40	Ryan BONIFAS	Berkshire	15.53		
6	53	Sam SHORE	Surrey	15.75		
110m Hurdles Men Heat 2						
			Wind 4.0			
1	50	Jake PORTER	Warwickshire	13.97	Q	
2	48	Maranga MOKAYA	Nottinghamshire	14.63	Q	
3	55	James WRIGHT	Rugby & Northampton AC	14.96	Q	
4	42	Ayomide BYRON	Hertfordshire	15.24	q	
5	41	Rivaldo BROWN	Greater Manchester	15.66		

		County or Club	perf	qual	DQ	CAU Points
<u>3K Steeplechase Men STRAIGHT FINAL</u>						
1	268	Chris PERRY	Cheshire	09:13.94		9
2	149	Daniel ECKERSLEY	Hampshire	09:14.68		7
3	223	Harry LANE	Avon & Somerset	09:19.18		6
4	249	William MYCROFT	Cambridgeshire	09:24.37		5
5	259	Dan OWEN	Gloucestershire	09:30.71		4
6	130	Max COSTLEY	Hampshire	09:36.63		3
7	178	Nick HARDY	Yorkshire	09:38.15		2
8	174	Jamie GROSE	Dorset	09:41.52		1
9	78	Mohamed ABSHIR	Yorkshire	09:56.50		
10	318	Calum UPTON	Winchester & District AC	10:13.83		
DNF	232	Josh LUNN	Cambridgeshire	-		
DNF	170	Jonathan GORINGE	Northamptonshire	-		
<u>3K Walk Men STRAIGHT FINAL</u>						
1	216	Daniel KING	Essex	12:56.14		9
2	265	Tom PARTINGTON	Lancashire	13:12.53		7
3	337	Mark WILLIAMS	Staffordshire	15:58.30		6
4	301	Harry SPEERS	Northern Ireland	18:59.76		5
<u>Hammer Men</u>						
1	247	Craig MURCH	Warwickshire	66.86		9
2	338	Tim WILLIAMS	Gloucestershire	59.86		7
3	262	Tom PARKER	Kent	59.71		6
4	165	Andy FROST	Hampshire	57.96		5
5	187	Thomas HEAD	Essex	57.91		4
6	204	Edward JEANS	Lancashire	56.83		3
7	327	Alex WARNER	Essex	55.91		2
8	224	Jacob LANGE	Gloucestershire	54.81		1
9	246	Craig MULLINS	East District Scotland	50.55		
10	373	Ben JONES	UK Armed Forces	48.38		
<u>Triple Jump Men</u>						
1	199	Jonathan ILORI	Surrey	15.90	1	9
2	177	Scott HALL	Warwickshire	15.77	2	7
3	346	Michael PUPLAMPU	Bedfordshire	15.45	1	6
4	139	Lawrence DAVIS	Middlesex	15.13	1	5
5	241	Kevin METZGER	Sale Harriers Manchester	14.60	2	
6	182	Jordan HARRY	Norfolk	14.51	3	4
7	116	Kevin BROWN	Essex	14.15	3	3
8	308	Robert SUTHERLAND	Buckinghamshire	13.83	2	2
9	254	Emmanuel ODUBANJO	Sale Harriers Manchester	13.72	1	
10	323	Thomas WALLEY	North Wales	13.72	3	1
11	153	Jonathan FERRYMAN	Sale Harriers Manchester	13.48	3	
12	255	Seun OKOME	Greater Manchester	13.09	3	
13	374	Dan BROWN	UK Armed Forces	12.55	2	
NMR	280	Julian REID	Greater Manchester	-		
<u>Pole Vault Men</u>						
1	129	Harry COPPELL	Lancashire	5.05		9
2	317	Goerge TURNER	Crawley AC	4.65		
3	132	Callum COURT	Avon & Somerset	4.65		7
4	207	Frankie JOHNSON	Bedfordshire	4.65		6
5	375	Cameron WALKER-SHEPHERD	UK Armed Forces	4.65		5
6	229	Jj LISTER	Hertfordshire	4.55		4
7	325	Ethan WALSH	Leicestershire & Rutland	4.55		3
8	271	Jack PHIPPS	Surrey	4.45		2
9	181	Zach HARROP	Greater Manchester	4.35		1
10	323	Thomas WALLEY	North Wales	4.15		
11	96	Michael BARTLETT	Essex	4.15		
NMR	297	Thomas SNEE	Kent	-		

		County or Club	perf	qual	DQ	CAU Points
High Jump Men						
1	330	Ryan WEBB	Dorset	2.10		9
2	235	Christopher MANN	Greater Manchester	2.05		7
3	87	Matthew ASHLEY	Nottinghamshire	2.00		6
4	40	Ryan BONIFAS	Berkshire	2.00		5
5	91	Jonathon BAILEY	South Wales	1.90		3.5
5	148	Rory DWYER	Warwickshire	1.90		3.5
7	133	Akin COWARD	Middlesex	1.90		1.5
7	197	Thomas HUGHES	Yorkshire	1.90		1.5
9	339	Curtis WOOD	Cambridgeshire	1.80		
Javelin Men						
1	180	Joe HARRIS	Lancashire	67.63		9
2	208	Gavin JOHNSON	Surrey	64.15		7
3	140	Sam DEAN	Greater Manchester	60.00		6
4	159	Joss FOOT	Essex	59.99		5
5	206	Allandre JOHNSON	Middlesex	57.79		4
6	221	Craig LACY	Essex	52.11		3
Long Jump Men						
1	94	Reynold BANIGO	Yorkshire	7.87	2	9
2	154	Jacob FINCHAM-DUKES	Yorkshire	7.81	3	7
3	285	Jack ROACH	North Eastern Counties	7.48	5	6
4	236	David John MARTIN	West District Scotland	7.45	5	5
5	250	Oliver NEWPORT	Surrey	7.32	5	4
6	189	Calum HENDERSON	East District Scotland	7.26	5	3
7	84	Trevor ALEXANDERSON	Warwickshire	7.25	5	2
8	122	Michael CAUSER	Merseyside	7.21	3	1
9	86	Ogo ANOCHIRIONYE	Middlesex	7.04	4	
10	233	Sam LYON	Kent	6.96	4	
11	276	Rowan POWELL	Leicestershire & Rutland	6.95	3	
12	121	Andrew CASSAR TORREGGIANI	Essex	6.88	4	
13	127	Henry CLARKSON	East District Scotland	6.83	4	
14	324	Daniel WALSH	Gateshead Harriers & AC	6.65	3	
15	374	Dan BROWN	UK Armed Forces	5.93	6	
Discus Men						
1	220	George ARMSTRONG	Newham & Essex Beagles AC	59.72		
2	289	Chris SCOTT	Sussex	55.94		9
3	272	Mark PLOWMAN	UK Armed Forces	53.48		7
4	162	Najee FOX	Staffordshire	52.08		6
5	188	James HEDGER	Leicestershire & Rutland	49.49		5
6	95	Matthew BAPTISTE	Essex	47.06		4
7	97	Gregory BEARD	Yorkshire	41.49		3
8	347	Fraser WRIGHT	Gateshead Harriers & AC	39.42		
9	157	Daniel FLEMING	Yorkshire	38.57		2
NMR	228	Christopher LINQUE	Essex	-		
Shot Men						
1	227	Scott LINCOLN	Yorkshire	19.05		9
2	343	Youcef ZATAT	Essex	17.75		7
3	120	Daniel CARTWRIGHT	Worcestershire	16.43		6
4	97	Gregory BEARD	Yorkshire	16.12		5
5	307	Craig STURROCK	North Eastern Counties	15.03		4
6	315	Martin TINKLER	Cambridgeshire	14.62		3
7	117	Daniel BRUNT	Derbyshire	13.58		2
8	347	Fraser WRIGHT	Gateshead Harriers & AC	13.15		

		County OR Club	perf	qual	DQ	CAU Points
100m Women FINAL						
			Wind 7			
1	774	Kimbely BAPTISTE Sussex	11.35			9
2	688	Hannah BRIER West Wales	11.42			7
3	772	Katy WYPER Lancashire	11.47			6
4	519	Alicia BARRETT Derbyshire	11.58			5
5	510	Leonie ASHMEADE Yorkshire	11.75			4
6	689	Moduple SHOKUNBI Blackheath & Bromley Harriers AC	11.91			
7	527	Abigail BISHHELL Yorkshire	11.94			3
8	577	Selina HENDERSON East District Scotland	12.01			2
100m Women Heat 1						
			Wind 2.9			
1	774	Kimbely BAPTISTE Sussex	11.51	Q		
2	772	Katy WYPER Lancashire	11.69	Q		
3	540	Emily COOPE Derbyshire	12.12			
4	640	Sophie MONEY Merseyside	12.19			
5	557	Lucy EVANS Cheshire	12.41			
6	715	Brittany ROBINSON Middlesex	12.57			
100m Women Heat 2						
			Wind 3.6			
1	510	Leonie ASHMEADE Yorkshire	11.90	Q		
2	689	Moduple SHOKUNBI Blackheath & Bromley Harriers AC	12.00	Q		
3	663	Charlotte PATERSON Humberside	12.15			
4	763	Yvette WESTWOOD Gloucestershire	12.15			
5	701	Grace PRESTON Merseyside	12.31			
6	546	Stacey DOWNIE East District Scotland	12.59			
100m Women Heat 3						
			Wind 5.3			
1	688	Hannah BRIER West Wales	11.48	Q		
2	519	Alicia BARRETT Derbyshire	11.60	Q		
3	527	Abigail BISHHELL Yorkshire	11.92	q		
4	577	Selina HENDERSON East District Scotland	12.05	q		
5	725	Amanda SHAW Wakefield District H & AC	12.36			
6	624	Simone MALLETT-FORDE Middlesex	12.47			
200m Women FINAL						
1	774	Kimbely BAPTISTE Sussex	23.40			9
2	558	Risqat FABUNMI-ALADE West Wales	23.64			7
3	772	Katy WYPER Lancashire	23.72			6
4	608	Linnea KILLANDER Middlesex	24.05			5
5	641	Jazmine MOSS North Eastern Counties	24.36			4
6	735	Maisey SNAITH Cambridgeshire	24.52			3
7	763	Yvette WESTWOOD Gloucestershire	25.12			2
DNS	540	Emily COOPE Derbyshire	-			
200m Women Heat 1						
			Wind 3.9			
1	558	Risqat FABUNMI-ALADE West Wales	24.01	Q		
2	608	Linnea KILLANDER Middlesex	24.31	Q		
3	735	Maisey SNAITH Cambridgeshire	24.65	Q		
4	640	Sophie MONEY Merseyside	25.38			
5	721	Joanne RYAN Essex	25.50			
DNF	663	Charlotte PATERSON Humberside	-			
DQ	725	Amanda SHAW Yorkshire	-		163.3a	
200m Women Heat 2						
			Wind 2.5			
1	774	Kimbely BAPTISTE Sussex	23.93	Q		
2	772	Katy WYPER Lancashire	24.39	Q		
3	641	Jazmine MOSS North Eastern Counties	24.59	Q		
4	763	Yvette WESTWOOD Gloucestershire	25.10	q		
5	540	Emily COOPE Derbyshire	25.12	q		
6	557	Lucy EVANS Cheshire	25.49			
7	705	Eleanor RAWSON Yorkshire	25.63			

		County OR Club	perf	qual	DQ	CAU Points
<u>400m Women FINAL</u>						
1	620	Phillipa LOWE	Hertfordshire	53.91		9
2	751	Holly TURNER	Sussex	54.65		7
3	545	Rachel DICKENS	Kent	54.76		6
4	738	Kelsey STEWART	North District Scotland	55.28		5
5	581	Amy HILLYARD	Warwickshire	56.10		4
6	514	Susanna BANJO	Middlesex	56.42		3
7	749	Laura TURLEY	North Wales	56.70		2
DNS	513	Sabrina BAKARE	Bedfordshire	-		
<u>400m Women Heat 1</u>						
1	620	Phillipa LOWE	Hertfordshire	54.01	Q	
2	738	Kelsey STEWART	North District Scotland	54.54	Q	
3	545	Rachel DICKENS	Kent	54.74	Q	
4	751	Holly TURNER	Sussex	54.75	q	
5	719	Louise ROYSTON	Yorkshire	58.53		
6	721	Joanne RYAN	Essex	59.48		
<u>400m Women Heat 2</u>						
1	513	Sabrina BAKARE	Bedfordshire	55.12	Q	
2	581	Amy HILLYARD	Warwickshire	55.45	Q	
3	749	Laura TURLEY	North Wales	55.99	Q	
4	514	Susanna BANJO	Middlesex	56.04	q	
5	521	Ella BARRETT	Derbyshire	56.93		
6	503	Esther ADIKPE	Warwickshire	57.39		
7	614	Racheal LARKIN	Yorkshire	60.79		
<u>800m Women STRAIGHT FINAL</u>						
1	733	Mari SMITH	Cornwall	02:09.23		9
2	559	Jacqueline FAIRCHILD	Greater Manchester	02:09.37		7
3	636	Khahisa MHLANGA	Essex	02:10.32		6
4	506	Cara ANDERSON	East District Scotland	02:11.93		5
5	535	Samantha COLEBY	North Eastern Counties	02:12.13		4
6	594	Isobel IVES	Basildon AC	02:12.56		
7	568	Emma HALEY	Essex	02:12.73		3
8	683	Anna CLARK	Woodford Green AC with Essex Ladies	02:13.18		
<u>1500m Women STRAIGHT FINAL</u>						
1	602	Jessica JUDD	Essex	04:18.01		9
2	559	Jacqueline FAIRCHILD	Preston Harriers	04:22.33		
3	564	Rachael FRANKLIN	Lancashire	04:22.79		7
4	574	Georgie HARTIGAN	Worcestershire	04:25.90		6
5	531	Chloe BRADLEY	Nottinghamshire	04:26.89		5
6	589	Abigail HOWARTH	Leigh Harriers & AC	04:27.61		
7	598	Kimberly JOHANSEN	Essex	04:28.67		4
8	607	Gemma KERSEY	Basildon AC	04:30.01		
9	584	Gemma HOLLOWAY	Lincoln Wellington AC	04:31.18		
10	572	Rochelle HARRISON	Lincolnshire	04:32.17		3
11	760	Zoe WASELL	Gloucestershire	04:32.52		2
12	571	Lori HANDBURY	Nottinghamshire	04:33.47		1
13	677	Rachael BURNS	Merseyside	04:33.71		
14	524	Sinead BENT	Trafford AC	04:34.28		
15	743	Hannah TAUNTON	Taunton AC	04:57.00		
DNF	718	Georgina ROTHWELL	Yorkshire	-		
<u>5000m Women STRAIGHT FINAL</u>						
1	602	Jessica JUDD	Essex	16:13.46		9
2	585	Katie HOLT	Staffordshire	16:31.51		7
3	693	Danielle HODGKINSON	UK Armed Forces	16:31.92		6
4	544	Eleanor DAVIS	Cornwall	16:34.55		5
5	742	Naomi TASCHIMOWITZ	Avon & Somerset	16:40.44		4
6	618	Kirsty LONGLEY	Merseyside	17:18.30		3
7	543	Sophie COWPER	Surrey	17:30.35		2
8	747	Heidi TREGENZA	Cornwall	18:15.96		1
DNF	668	Juliet POTTER	Nottinghamshire	-		

		County OR Club	perf	qual	DQ	CAU Points
<u>3K Steeplechase Women STRAIGHT</u>						
1	591	Katie INGLE	Warwickshire	10:15.38		9
2	642	Emily MOYES	Suffolk	10:37.28		7
3	713	Nicole ROBERTS	Northamptonshire	10:46.55		6
4	723	Bethany SCOTT	Middlesex	11:00.25		5
5	675	Emily BULLIS	Essex	11:21.87		4
DNF	762	Louise WEBB	Hampshire	-		
DNF	516	Alexandra BARBOUR	Berkshire	-		
<u>400m Hurdles Women FINAL</u>						
1	633	Hayley MCLEAN	Essex	58.80		9
2	741	Jessica TAPPIN	Loughborough Students AC	60.73		
3	767	Lauren WILLIAMS	West Wales	61.00		7
4	647	Anna NELSON	Essex	61.67		6
5	670	Nisha DESAI	North Eastern Counties	61.74		5
6	667	Hermione PLUMPTRE	Kent	62.15		4
7	597	Rebecca JENNINGS	Sussex	65.06		3
8	684	Chay CLARK	Chelmsford AC	65.22		
<u>400m Hurdles Women Heat 1</u>						
1	633	Hayley MCLEAN	Essex	58.97	Q	
2	684	Chay CLARK	Chelmsford AC	62.28	Q	
3	667	Hermione PLUMPTRE	Kent	62.29	Q	
4	597	Rebecca JENNINGS	Sussex	62.98	q	
5	649	Isabelle NEVILLE	Staffordshire	67.17		
6	611	Hannah KNIGHTS	Surrey	68.01		
DNF	731	Akesha SMITH	Middlesex	-		
<u>400m Hurdles Women Heat 2</u>						
1	767	Lauren WILLIAMS	West Wales	60.25	Q	
2	741	Jessica TAPPIN	Loughborough Students AC	60.36	Q	
3	647	Anna NELSON	Essex	60.58	Q	
4	670	Nisha DESAI	North Eastern Counties	61.07	q	
5	579	Alexandra HILL	Blackheath & Bromley Harriers AC	63.34		
6	766	Chloe WILDE	Staffordshire	65.99		
<u>100m Hurdles Women FINAL</u>						
1	687	Jessica HUNTER	Hertfordshire	13.30		9
2	519	Alicia BARRETT	Derbyshire	13.32		7
3	637	Yasmin MILLER	Derbyshire	13.41		6
4	631	Danielle MCGIFFORD	Merseyside	13.43		5
5	665	Heather PATON	Worcestershire	13.56		4
6	752	Lucy TURNER	North Eastern Counties	13.91		3
DNS	586	Alice HOPKINS	Oxfordshire	-		
DNS	727	Georgia SILCOX	Avon & Somerset	-		
<u>100m Hurdles Women Heat 1</u>						
				Wind 2.6		
1	631	Danielle MCGIFFORD	Merseyside	13.34	Q	
2	519	Alicia BARRETT	Derbyshire	13.48	Q	
3	665	Heather PATON	Worcestershire	13.73	Q	
4	586	Alice HOPKINS	Oxfordshire	13.88	q	
5	680	Amy CARTER	North Eastern Counties	14.43		
6	703	Amy PYE	Staffordshire	14.56		
7	621	Zoe LUCAS	Lincolnshire	14.73		
<u>100m Hurdles Women Heat 2</u>						
				Wind 3.3		
1	687	Jessica HUNTER	Hertfordshire	13.44	Q	
2	637	Yasmin MILLER	Derbyshire	13.47	Q	
3	752	Lucy TURNER	North Eastern Counties	13.79	Q	
4	727	Georgia SILCOX	Avon & Somerset	14.01	q	
5	528	Jenna BLUNDELL	Team Bath AC	14.13		
6	658	Jade O'DOWDA	Oxfordshire	14.19		
<u>3K Walk Women STRAIGHT FINAL</u>						
1	604	Erika KELLY	Lancashire	14:37.76		9
2	651	Jasmine NICHOLLS	Leicestershire & Rutland	15:03.26		7
3	726	Madeline SHOTT	Oxfordshire	15:05.79		6
4	644	Natalie MYERS	Yorkshire	15:55.46		5

		County OR Club	perf	qual	DQ	CAU Points
<u>Shot Women</u>						
1	632	Sophie MCKINNA	Norfolk	17.71		9
2	739	Amelia STRICKLER	Greater Manchester	16.97		7
3	617	Sophie LITTLEMORE	North Eastern Counties	14.02		6
4	639	Hannah MOLYNEAUX	Lincolnshire	13.73		5
5	652	Christina NICK	Yorkshire	13.16		4
6	674	Toni BUCKINGHAM	Yorkshire	12.70		3
7	569	Becki HALL	Lincolnshire	12.66		2
8	662	Sarah PARSONS	City of York AC	12.04		1
<u>Long Jump Women</u>						
1	567	Lucy HADAWAY	Yorkshire	6.39	1	9
2	586	Alice HOPKINS	Oxfordshire	6.39	3	7
3	759	Sarah WARNOCK	East District Scotland	6.13	4	6
4	501	Sarah ABRAMS	Surrey	6.12	2	5
5	631	Danielle MCGIFFORD	Merseyside	6.09	2	4
6	658	Jade O'DOWDA	Oxfordshire	6.06	2	3
7	672	Eleanor BROOME	Northamptonshire	6.04	1	2
8	659	Josie OLIARNYK	Worcestershire	6.03	2	1
9	505	Rachel ALEXANDER	West District Scotland	5.84	1	
10	727	Georgina SILCOX	Avon & Somerset	5.79	0	
11	761	Katie WATERWORTH	Cheshire	5.69	2	
12	534	Micaela BRINDLE	Lancashire	5.60	2	
13	666	Abigail PAWLETT	Cheshire	5.56	2	
14	696	Alice MEILL	-	4.78	2	
<u>Discus Women</u>						
1	612	Jade LALLY	Surrey	57.25		9
2	582	Amy HOLDER	Berkshire	54.11		7
3	550	Shadine DUQUEMIN	Hampshire	51.94		6
4	771	Kathryn WOODCOCK	Oxfordshire	50.07		5
5	652	Christina NICK	Yorkshire	48.33		4
6	617	Sophie LITTLEMORE	North Eastern Counties	45.57		3
7	662	Sarah PARSONS	Yorkshire	43.59		2
8	526	Melissa BIRD	Dorset	41.99		1
9	699	Claire JONES	UK Armed Forces	25.78		
<u>Hammer Women</u>						
1	627	Lucy MARSHALL	Northamptonshire	59.64		9
2	768	Pippa WINGATE	Surrey	59.34		7
3	629	Jessica MAYHO	Yorkshire	58.25		6
4	600	Christina JONES	Avon & Somerset	57.93		5
5	700	Kayleigh PRESSWELL	Buckinghamshire	57.26		4
6	613	Katie LAMBERT	Shropshire	54.11		3
7	518	Alice BARNSDALE	Lincolnshire	58.94		2
8	643	Hayley MURRAY	Warwickshire	53.55		1
9	711	Natalie ROBBINS	East District Scotland	53.12		
10	576	Katie HEAD	Essex	51.56		
11	764	Jenna WHEATMAN	Yorkshire	47.49		
12	698	Laura SIMPSON	City of Salisbury AC	29.74		
<u>High Jump Women</u>						
1	704	Emily RACE	Nottinghamshire	1.74		9
2	530	Emily BORTHWICK	Greater Manchester	1.74		7
3	507	Laura ARMORGIE	Essex	1.71		6
4	734	Natasha SMITH	Gloucestershire	1.71		5
5	523	Amelia BATEMAN	North Eastern Counties	1.68		4
6	650	Molly NEWTON O'BRIEN	City of York AC	1.65		
7	606	Charlotte KERR	Yorkshire	1.60		3
8	753	Ellie WALKER	Yorkshire	1.60		2
9	541	Bernice COULSON	Lancashire	1.55		1
9	702	Ellie PULLIN	Notts AC	1.55		

			County OR Club	perf	qual	DQ	CAU Points
<u>Pole Vault Women</u>							
1	539	Sophie COOK	Warwickshire	4.10			9
2	593	Jade IVE	Surrey	4.00			7
3	511	Sophie ASHURST	Greater Manchester	3.80			6
4	615	Hannah LAWLER	West District Scotland	3.70			5
5	551	Elizabeth EDDEN	Staffordshire	3.60			4
6	533	Jade BREWSTER	Sussex	3.60			3
7	610	Emma KIVINIEMI ANDERSSON	Middlesex	3.50			2
8	548	Sophie DOWSON	Middlesex	3.40			1
9	552	Laura EDWARDS	Hampshire	3.30			
<u>Triple Jump Women</u>							
1	773	Naomi OGBETA	Greater Manchester	14.15	3		9
2	566	Sineade GUTZMORE	Warwickshire	13.47	3		7
3	509	Zara ASANTE	Middlesex	13.41	7		6
4	520	Angela BARRETT	Middlesex	13.15	4		5
5	709	Eavion RICHARDSON	Bedfordshire	12.68	2		4
6	595	Lisa JAMES	Cheshire	12.43	4		3
7	575	Carolyn HARVEY	West District Scotland	11.88	4		2
8	578	Shanara HIBBERT	Bedfordshire	11.77	3		1
9	504	Holly AITCHISON	Greater Manchester	10.71	5		
10	697	Kewe KING	UK Armed Forces	10.63	5		
<u>Javelin Women</u>							
1	570	Emma HAMPLETT	Staffordshire	50.47			9
2	599	Hannah JOHNSON	Berkshire	45.94			7
3	635	Eloise MEAKINS	Hertfordshire	44.04			6
4	580	Leah HILLMAN	Lancashire	38.91			5
5	696	Alice MEILL	UK Armed Forces	38.89			4

UK CAU INTER-COUNTIES
TRACK & FIELD CHAMPIONSHIPS
28 & 29 JULY 2018 @ MANCHESTER REGIONAL ARENA

MEN			WOMEN		
Posn	Division 1	Points	Posn	Division 1	Points
1	Yorkshire	61.5	1	Essex	56.0
2	Essex	59.0	2	Yorkshire	45.0
3	Warwickshire	43.5	3	Greater Manchester	36.0
4	Surrey	37.0	4	Sussex	31.0
5	Hampshire	27.0	5	Surrey	30.0
6	Middlesex	26.5	6	Middlesex	27.0
7	Hertfordshire	20.0	7	Hertfordshire	24.0
8	Sussex	14.0	8	Berkshire	14.0
9	Berkshire	12.0	9	East District Scotland	13.0
10	Leicestershire & Rutland	11.0	10	Kent	10.0
11	Kent	6.0	11	Leicestershire & Rutland	7.0
12	Devon	4.0	12	Hampshire	6.0
Posn	Division 2	Points	Posn	Division 2	Points
1	Lancashire	44.0	1	Lancashire	34.0
2	Avon & Somerset	23.0	2	Warwickshire	30.0
3	North Eastern Counties	19.0	3	North Eastern Counties	29.0
4	Cheshire	18.0	4	Staffordshire	20.0
5	Nottinghamshire	17.0	5	Derbyshire	18.0
6	Merseyside	16.0	6	Northamptonshire	17.0
7	Cambridgeshire	13.0	7	Nottinghamshire	15.0
8	UK Armed Forces	12.0	8	Worcestershire	11.0
9	Derbyshire	11.0	9	Gloucestershire	9.0
10	West District Scotland	10.0	9	Avon & Somerset	9.0
11	Norfolk	4.0	11	Bedfordshire	5.0
12	Buckinghamshire	2.0	12	Buckinghamshire	4.0
Posn	Division 3	Points	Posn	Division 3	Points
1	Greater Manchester	29.0	1	West Wales	21.0
2	Bedfordshire	16.0	1	Oxfordshire	21.0
3	Worcestershire	15.0	3	Merseyside	12.0
4	Gloucestershire	12.0	3	Lincolnshire	12.0
5	Staffordshire	12.0	5	West District Scotland	7.0
6	Dorset	11.0	6	Shropshire	3.0
7	Suffolk	7.0	6	Cambridgeshire	3.0
8	South Wales	4.5	6	Cheshire	3.0
9	East District Scotland	3.0	9	North Wales	2.0
10	Humberside	3.0		East Wales	0.0
11	Northamptonshire	3.0		South Wales	0.0
	Wiltshire	0.0		Northern Ireland	0.0
Posn	Division 4	Points	Posn	Division 4	Points
1	Cumbria	5.0	1	Cornwall	15.0
1	Northern Ireland	5.0	2	UK Armed Forces	10.0
3	North Wales	1.0	3	Norfolk	9.0
	Cornwall	0.0	4	Suffolk	7.0
	East Wales	0.0	5	North District Scotland	5.0
	Herefordshire	0.0	6	Dorset	1.0
	Lincolnshire	0.0		Wiltshire	0.0
	North District Scotland	0.0		Cumbria	0.0
	Oxfordshire	0.0		Devon	0.0
	Shropshire	0.0		Herefordshire	0.0
	West Wales	0.0		Humberside	0.0