

**English Schools Athletic Association**  
**National Track & Field Championships**  
 9<sup>th</sup> / 10<sup>th</sup> July 2004  
 Gateshead International Stadium

**Junior Boys 100 metres**  
 ES: 11.80 NS: 11.50 BP: 10.93

**Round 1**

**Heat 1 (+2.6m/s)**

1 Yusuf Aliu	Cleve	11.36 ns
2 Harvey Byne	Sussex	11.51 es
3 Max Galliers	Berks	11.63 es
4 Tremayne Gilling	Surrey	11.73 es
5 Matthew Dudley	WMid	11.83
6 Adrian Reid	Oxford	11.87
7 Gareth Preston	Chesh	11.92

**Heat 2 (+5.0m/s)**

1 Ashley Chambers	Leics	11.33 ns
2 Gavin Hoyte	Essex	11.37 ns
3 James Attridge	Notts	11.39 ns
4 Jermaine Alexander	Surrey	11.40 ns
5 Joshua Patrick	Berks	11.51 es
6 Lewis Roualt	Midd	11.52 es
7 Adam Mohammed	London	11.68 es
8 Stephen Garry	Nland	11.83

**Heat 3 (+3.6m/s)**

1 Richard Kilty	Cleve	11.51 es
2 Olly Linton	Wilts	11.58 es
3 Nicholas Bignall	Berks	11.64 es
4 Dominique Daniel	Essex	11.65 es
5 Nnamdi Umeh	London	11.66 es
6 Jesse Anscombe	Hamp	12.04
7 Gianluca Zicchi	Camb	12.06
8 Chris Peace	Cumb	12.16

**Heat 4 (+5.1m/s)**

1 James Alaka	Kent	11.12 ns
2 Oji Adoh	Bucks	11.38 ns
3 Michael Owusu	London	11.51 es
4 Will Hurrell	Leics	11.71 es
5 Patrick Iyoyin	Surrey	11.71 es
6 Juan De-Leon Padmore	WMid	11.75 es
7 Lee Millichip	H&Wor	11.76 es
8 Gary Wharton	Midd	11.79 es

**Round 2**

**Semi-final A (+1.5m/s)**

1 Yusuf Aliu	Cleve	11.26 ns
2 Max Galliers	Berks	11.46 ns
3 Olly Linton	Wilts	11.57 es
4 Harvey Byne	Sussex	11.59 es
5 Ashley Chambers	Leics	11.62 es
6 James Attridge	Notts	11.66 es
7 Joshua Patrick	Berks	11.69 es
8 Dominique Daniel	Essex	11.72 es

**Semi-final B (+1.6m/s)**

1 James Alaka	Kent	11.18 ns
2 Richard Kilty	Cleve	11.47 ns
3 Oji Adoh	Bucks	11.58 es
4 Michael Owusu	London	11.64 es
5 Lewis Roualt	Midd	11.65 es
6 Gavin Hoyte	Essex	11.67 es
7 Jermaine Alexander	Surrey	11.69 es
8 Nicholas Bignall	Berks	11.71 es

**Final**

<b>(+1.9m/s)</b>		
1 James Alaka	Kent	11.14 ns
2 Yusuf Aliu	Cleve	11.31 ns
3 Richard Kilty	Cleve	11.43 ns
4 Michael Owusu	London	11.49 ns
5 Oji Adoh	Bucks	11.57 es
6 Harvey Byne	Sussex	11.58 es
7 Olly Linton	Wilts	11.60 es
8 Max Galliers	Berks	11.64 es

**Junior Boys 200 metres**  
 ES: 24.20 NS: 23.40 BP: 22.03

**Round 1**

**Heat 1 (+4.4m/s)**

1 Alex Hannon	Midd	23.25 ns
2 Samuel Boxall	Essex	23.63 es
3 Oliver Gibson	Berks	23.93 es
4 Ashley Cain	Warks	23.95 es
5 Tim Sayers	Somer	24.01 es
6 Joshua Fogg	Chesh	24.05 es
7 Max Mullins	Nland	24.58

**Heat 2 (+2.5m/s)**

1 Ben Riekstins	Shrop	23.71 es
2 Daniel Bass	Berks	23.84 es
3 Hugh Irving	Norf	23.90 es
4 Tom O'Brien	Midd	23.94 es
5 Tom Parsons	Kent	24.07 es
6 Kieran Munnely	Leics	24.52
7 Tom Whitehouse	Hamp	24.53

**Heat 3 (+2.9m/s)**

1 Chris Clarke	Bucks	22.43 ns
2 Tony Corrigan	Chesh	23.68 es
3 Adze Danboyi	Lancs	23.75 es
4 Daniel McIntosh	Humb	23.93 es
5 Rashaad Noray	Camb	24.13 es
6 Luke Gibson	WMid	24.39
7 Kristian Clarke	London	24.65
8 James Beck	Lincs	25.08

**Heat 4 (+4.0m/s)**

1 Precious Ojighoro	London	23.43 es
2 Stuart Blackler	Hamp	23.95 es
3 Carl Martin	Lancs	23.98 es
4 David Brandon	Camb	24.05 es
5 Donald Collins	SYork	24.12 es
6 James Farmer	Kent	24.23
7 John Summers	Nland	25.08

**Round 2**

**Semi-final A (+2.3m/s)**

1 Precious Ojighoro	London	23.16 ns
2 Alex Hannon	Midd	23.58 es
3 Ben Riekstins	Shrop	23.86 es
4 Daniel McIntosh	Humb	23.90 es
5 Stuart Blackler	Hamp	24.00 es
6 Ashley Cain	Warks	24.02 es
7 Adze Danboyi	Lancs	24.07 es
8 Oliver Gibson	Berks	24.26

**Semi-final B (+2.5m/s)**

1 Chris Clarke	Bucks	22.38 ns
2 Tony Corrigan	Chesh	23.55 es
3 Tom O'Brien	Midd	23.68 es
4 Samuel Boxall	Essex	23.71 es
5 Daniel Bass	Berks	23.76 es
6 Tim Sayers	Somer	24.35
7 Hugh Irving	Norf	24.37

**Final**

<b>(+0.1m/s)</b>		
1 Chris Clarke	Bucks	22.35 ns
2 Precious Ojighoro	London	22.89 ns
3 Alex Hannon	Midd	23.31 ns
4 Samuel Boxall	Essex	23.39 ns
5 Ben Riekstins	Shrop	23.74 es
6 Tom O'Brien	Midd	23.98 es
7 Daniel McIntosh	Humb	24.13 es
8 Tony Corrigan	Chesh	24.27

**Junior Boys 400 metres**  
 ES: 54.50 NS: 52.80 BP: 49.98

**Round 1**

**Heat 1**

1 James Peden	Midd	52.77 ns
2 William Allingham	Kent	54.11 es
3 Adam Alison	Cleve	54.63
4 James Thompson	Norf	55.52
5 Martin McCubbin	Lancs	55.61
6 Liam Freeman	Lincs	58.22

**Heat 2**

1 Preston Edwards	Herts	53.08 es
2 Duncan Adamson	Kent	53.35 es
3 Douglas Pielage	Warks	53.67 es
4 Jamie Garbett	WMid	54.08 es
5 Adam Pickersgill	Nhants	55.04
6 Lewis Webb	Camb	55.31
7 Iain Blackwood	Somer	56.45

**Heat 3**

1 Luke Smith	Wilts	53.62 es
2 Jack McGinn	Lancs	54.16 es
3 Dwayne Blake	Bucks	54.45 es
4 Andrew Spence	Mersey	54.69
5 Jack Pearce	Surrey	55.95
6 Daniel Walker	WYork	56.68
7 Stephen Cathcart	Nland	

**Final**

1 Luke Smith	Wilts	51.72 ns
2 James Peden	Midd	52.03 ns
3 Preston Edwards	Herts	52.35 ns
4 Duncan Adamson	Kent	52.64 ns
5 Douglas Pielage	Warks	53.34 es
6 Jack McGinn	Lancs	54.22 es
7 William Allingham	Kent	55.37
8 Jamie Garbett	WMid	disq

**Junior Boys 800 metres**

ES: 2:08.00 NS: 2:04.00 BP: 1:56.10

**Round 1**

**Heat 1**

1 Christopher Haines	Kent	2:05.43 es
2 Lee Davenport	Chesh	2:06.15 es
3 Andrew McGuire	Cleve	2:06.24 es
4 Jack Parkes	Lancs	2:06.38 es
5 Julian Kelly	Midd	2:06.86 es
6 Lewis Trimmer	Camb	2:10.72
7 Nick Rutter	Hamp	2:14.46

**Heat 2**

1 Paige Haines	Essex	2:04.93 es
2 Abdirisak Ahmed	SYork	2:04.95 es
3 Nathan Woodward	Warks	2:05.00 es
4 Thomas Lewis	Cumb	2:06.97 es
5 Ciaran McCaughey	Manch	2:07.75 es
6 Tom Lawrence	Derby	2:08.12
7 Jamie Harrop	Avon	2:09.91

**Heat 3**

1 Peter Whitehouse	WMid	2:05.33 es
2 Matt Finlay	Hamp	2:05.77 es
3 Adam Green	Chesh	2:07.13 es
4 Brendan Sykes	WYork	2:09.72
5 Todd Canham	Leics	2:10.43
6 James Hood	Warks	2:11.23
7 Robert Love	Derby	2:11.68

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**Heat 4**

1 Christian Booker	H&Wor	2:04.11	es
2 Harry Webb	Avon	2:04.31	es
3 Nick Farrell	Surrey	2:04.57	es
4 Peter Matthews	Lancs	2:05.33	es
5 Thomas Nightingale	Nhants	2:06.94	es
6 Lawrence Clemence	Kent	2:07.51	es
7 Shoaib Gill	Manch	2:12.05	

**Heat 5**

1 Michael Cole	Devon	2:05.66	es
2 Michael Kay	Durham	2:05.74	es
3 Chrissie De Moulpied	Hamp	2:06.48	es
4 William Nicholson	Cumb	2:06.76	es
5 Thomas Roberts	WYork	2:11.27	
6 Christian Roberts	Camb	2:14.67	
7 Jacob Szikora	Nhants	2:14.86	

**Heat 6**

1 Nick Lyster	WMid	2:06.60	es
2 Alex Jackson	Surrey	2:07.06	es
3 Sam Harding	H&Wor	2:08.00	es
4 Daniel Murrant	Corn	2:08.09	
5 Karl McDonagh	Humb	2:08.39	
6 Tom Smith	Suff	2:13.12	
7 Michael Donnelly	Nland	2:16.38	

**Round 2**

**Heat 1**

1 Nick Lyster	WMid	2:05.42	es
2 Michael Cole	Devon	2:05.60	es
3 Michael Kay	Durham	2:06.66	es
4 Paige Haines	Essex	2:07.03	es
5 Sam Harding	H&Wor	2:08.46	
6 Nick Farrell	Surrey	2:08.69	
7 William Nicholson	Cumb	2:09.16	
8 Julian Kelly	Midd	2:10.94	

**Heat 2**

1 Christopher Haines	Kent	2:02.77	ns
2 Adam Green	Chesh	2:03.29	ns
3 Harry Webb	Avon	2:03.67	ns
4 Andrew McGuire	Cleve	2:03.75	ns
5 Matt Finlay	Hamp	2:04.13	es
6 Abdirisak Ahmed	SYork	2:04.98	es
7 Jack Parkes	Lancs	2:08.21	
8 Thomas Nightingale	Nhants	2:09.78	

**Heat 3**

1 Peter Whitehouse	WMid	2:01.30	ns
2 Christian Booker	H&Wor	2:01.37	ns
3 Nathan Woodward	Warks	2:01.74	ns
4 Peter Matthews	Lancs	2:04.27	es
5 Chrissie De Moulpied	Hamp	2:06.37	es
6 Thomas Lewis	Cumb	2:07.18	es
7 Lee Davenport	Chesh	2:12.35	
8 Alex Jackson	Surrey		disq

**Final**

1 Christopher Haines	Kent	1:58.16	ns
2 Michael Cole	Devon	1:58.42	ns
3 Christian Booker	H&Wor	1:59.17	ns
4 Peter Whitehouse	WMid	1:59.67	ns
5 Nick Lyster	WMid	1:59.97	ns
6 Nathan Woodward	Warks	2:00.19	ns
7 Harry Webb	Avon	2:01.76	ns
8 Adam Green	Chesh	2:03.32	ns

**Junior Boys 1500 metres**

ES: 4:22.00 NS: 4:17.00 BP: 4:03.60

**Round 1**

**Heat 1**

1 Joseph Townsend	WYork	4:17.53	es
2 Nathan Bibby	Lancs	4:17.60	es
3 Aiden Reid	Notts	4:17.86	es
4 Richard Peters	Avon	4:18.55	es
5 Tom Madden	Mersey	4:20.91	es
6 Simon Horsfield	Manch	4:21.45	es
7 Sam Potter	Nland	4:22.37	
8 Perry Howarth	Beds	4:22.58	
9 Josh Holland	Norf	4:25.60	
10 Ahmed Osman	Midd	4:25.63	
11 Fuad Osman	London	4:27.56	
12 Joshua Cardwell	Nhants	4:32.97	
13 Nathan Ahlfors	Derby		

**Heat 2**

1 James Shane	Essex	4:15.25	ns
2 George Martin	Berks	4:16.02	ns
3 David Forrester	Manch	4:16.16	ns
4 Ryan Crompton	Devon	4:16.84	ns
5 Dominic Easter	Herts	4:17.93	es
6 Tom Carpenter	Avon	4:22.91	
7 Lawrence Walker	Chesh	4:25.46	
8 Daniel Edmondson	NYork	4:26.58	
9 Matthew Withey	Glouc	4:26.79	
10 Tom Woodhouse	Wilts	4:27.01	
11 John Gibson	Nland	4:27.42	
12 Edward Fry	Suff	4:32.54	
13 Khalil Thompson	Durham	4:33.28	

**Final**

1 James Shane	Essex	4:07.15	ns
2 Nathan Bibby	Lancs	4:09.24	ns
3 George Martin	Berks	4:11.54	ns
4 Aiden Reid	Notts	4:12.08	ns
5 David Forrester	Manch	4:13.78	ns
6 Richard Peters	Avon	4:14.54	ns
7 Ryan Crompton	Devon	4:17.60	es
8 Joseph Townsend	WYork	4:20.19	es
9 Dominic Easter	Herts	4:25.22	
10 Tom Madden	Mersey	4:29.23	

**Junior Boys 80 metres Hurdles**

ES: 12.20 NS: 11.60 BP: 10.73

**Round 1**

**Heat 1 (+2.4m/s)**

1 Matthew Beswick	Midd	11.70	es
2 Miles Manley	Lancs	11.93	es
3 Tom Perrin	Devon	12.14	es
4 Shavar Mulgrave	WMid	12.35	
5 Luke Page	Leics	12.79	
6 Daniel Hubbard	Durham	13.08	

**Heat 2 (+3.6m/s)**

1 Michael Baker	Kent	11.25	ns
2 Stuart Price	Surrey	11.33	ns
3 Shafiu Choudhury	Midd	11.68	es
4 Richard Millar	Shrop	11.76	es
5 Freddie Pask	Warks	11.98	es
6 Matthew Davies	Lancs	12.01	es

**Heat 3 (+5.3m/s)**

1 James McLean	Essex	11.62	es
2 James Harrison	Manch	11.63	es
3 Stephen Barnard	Herts	16.73	
4 Michael Stringer	Midd	17.85	
5 Andrew Machin	Wilts	disq	

**Final**

(+0.0m/s)

1 Michael Baker	Kent	11.29	ns
2 James McLean	Essex	11.30	ns
3 Stuart Price	Surrey	11.44	ns
4 Matthew Beswick	Midd	11.45	ns
5 Miles Manley	Lancs	11.69	es
6 James Harrison	Manch	11.86	es
7 Shafiu Choudhury	Midd	11.86	es
8 Richard Millar	Shrop	12.13	es

**Junior Boys 4x100 metres Relay**

ES: 47.50 NS: 46.50 BP: 44.10

**Round 1**

**Heat 1**

1 Cleveland	Cleve	45.17	ns
2 Berkshire	Berks	45.72	ns
3 Lancashire	Lancs	46.04	ns
4 West Midlands	WMid	46.06	ns
5 Cambridgeshire	Camb	46.29	ns
6 Northumberland	Nland	46.88	es
7 North Yorkshire	NYork	53.16	

**Heat 2**

1 Kent	Kent	45.04	ns
2 Hampshire	Hamp	46.23	ns
3 Essex	Essex	46.23	ns
4 Norfolk	Norf	47.08	es
5 Warwickshire	Warks	48.11	
6 Wiltshire	Wilts	48.25	
7 South Yorkshire	SYork		
8 Leicestershire & Rutland	Leics		

**Heat 3**

1 London	London	45.21	ns
2 Surrey	Surrey	45.47	ns
3 Buckinghamshire	Bucks	45.76	ns
4 Middlesex	Midd	45.88	ns
5 Cheshire	Chesh	45.98	ns
6 Hereford & Worcestershire	H&Wor	49.56	
7 Derbyshire	Derby		
8 Lincolnshire	Lincs		

**Final**

1 London	London	44.53	ns
2 Kent	Kent	44.78	ns
3 Cleveland	Cleve	45.11	ns
4 Middlesex	Midd	46.04	ns
5 Buckinghamshire	Bucks	46.93	es
6 Cheshire	Chesh		
7 Surrey	Surrey		disq
8 Berkshire	Berks		disq

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**Junior Boys High Jump**

ES: 1.72 NS: 1.78 BP: 1.93

**Final**

1 Philip Collins	Durham	1.84	ns
2 Cameron Lake	Bucks	1.84	ns
3 Dan Dunscombe	Sussex	1.81	ns
4 Danny Spellman	Essex	1.78	ns
5 Chris Berns	WMid	1.75	es
6 Anthony Shurmer	Sussex	1.75	es
7 Michael Harrison	NYork	1.69	
= Sam McKee	Lancs	1.69	
= Graham Cole	Surrey	1.69	
10 Nick Mills	Warks	1.69	
11 Richard Byers	Cumb	1.69	
12 Jack Bolton	Hamp	1.64	
= Nathan Hanley	Suff	1.64	
= Dan Howard	Avon	1.64	
15 Daniel Cooper	Herts	1.64	
16 Neil Parmar	Hamp	1.64	
17 Andrew Milton	Bucks	1.64	
18 Danny Begley	Cleve	1.59	
= Duncan Padget	NYork	1.59	
20 Arthom Gamzine	Wilts	1.59	

**Junior Boys Long Jump**

ES: 5.70 NS: 6.00 BP: 6.70

**Round 1**

**Pool A**

1 Chris Gosling	Leics	6.20	ns
2 Benito Samuel	WMid	6.03	ns
3 Daniel Caprice	Kent	5.89	es
4 Joe Shaw	Wilts	5.89	es
5 Tim Creak	Norf	5.89	es
6 Aaron James	London	5.82	es
7 Tom Bowden	Lancs	5.79	es
8 Barry Conway	Mersey	5.79	es
9 Michael Shudunke	Essex	5.72	es
10 Elliot Duckworth	Notts	5.66	
11 Paul Oluyemi	London	5.66	
12 Gavin Roye	Surrey	5.60	
13 Sam Rushall	H&Wor	5.54	
14 Tom Goodall	Kent	5.54	
15 Dakarai Forbes	Midd	5.38	
16 Daniel Gardiner	WYork	5.22	
17 Luke Howsen	NYork	4.32	

**Pool B**

1 Cameron Facey	Beds	6.21	ns
2 Gavin Smith	Derby	6.11	ns
3 Matthew Tong	Essex	5.99	es
4 James Bexon	Lincs	5.97	es
5 Daniel Lewis	Midd	5.91	es
6 James Pilkington	Essex	5.90	es
7 Matthew Parnell	WMid	5.85	es
8 Tashan Bradshaw-Brown	London	5.82	es
9 Andrew Bleakley	Bucks	5.80	es
10 Andrew Burgess	Mersey	5.80	es
11 Joe Corrigan	Cleve	5.68	
12 Ian Tobin	Herts	5.61	
13 Christopher Edwards	Kent	5.58	
14 Christian Ribeiro	Glouc	5.52	
15 Josh Aldred	Norf	5.50	
16 Jack Bromley	Chesh	5.45	
17 David Sturdy	Wilts	5.33	
18 Tom Lightwing	NYork	4.93	

**Final**

1 Cameron Facey	Beds	6.42	0	ns
2 Matthew Parnell	WMid	6.26	+1.5	ns
3 Daniel Caprice	Kent	6.04	0	ns
4 Matthew Tong	Essex	6.01	+1.7	ns
5 Chris Gosling	Leics	5.99	+0.2	es
6 James Pilkington	Essex	5.95	0	es
7 Benito Samuel	WMid	5.90	-0.9	es
8 Tim Creak	Norf	5.75	+0.5	es
9 Daniel Lewis	Midd	5.66	0	
10 Joe Shaw	Wilts	5.64	0	
11 James Bexon	Lincs	5.54	-0.2	

**Junior Boys Triple Jump**

ES: 12.00 NS: 12.40 BP: 13.92

**Final**

1 Alex Neville	Essex	13.46	-0.9	ns
2 Chris Bartlett	Warks	13.32	+1.5	ns
3 Andrew Fleetwood	Leics	13.11	+0.0	ns
4 Matthew Calver	Dorset	13.09	+0.0	ns
5 Nathan Fox	Midd	12.98	+0.5	ns
6 Nonso Okolo	Midd	12.91	+1.3	ns
7 Philip Ancombe	Dorset	12.83	-0.4	ns
8 Sam Robinson	Derby	12.33	+0.3	es
9 Gabriel Ajala	London	12.30	+0.6	es
10 Joel Hartley	Avon	12.27	+0.0	es
11 Stuart Hitchcock	Kent	12.19	+1.0	es
12 Joshua Diffley	Surrey	12.15	+0.2	es
13 Luke Kelly	Durham	11.86	+0.0	
14 Michael Holbrook	Suff	11.67	+0.0	
15 Dane Buller	Derby	11.67	+0.0	
16 Joe Wood	Lincs	11.65	+0.0	
17 Joe Lawther	Durham	11.51	+1.0	
18 Jordan Rose	Hamp	11.43	+0.0	
19 Mark Dormer	Berks	11.27	+0.7	
20 Jacob Rowan	WYork	11.26	-0.9	
21 Sebastian Mac Donald	Surrey	11.16	+0.0	

**Junior Boys Pole Vault**

ES: 2.85 NS: 3.20 BP: 4.30

**Final**

1 Andrew Marsh	Staff	3.80	ns
2 Sean Power	SYork	3.60	ns
3 Douglas Curwen-Reed	Avon	3.10	es
= Robert Warensjo	Wilts	3.10	es
5 Nick Cruchley	WMid	3.10	es
6 Ian Smart	Midd	3.00	es
7 James Mellor	SYork	3.00	es
8 Jonathan May	Wilts	2.85	es
= Eric Spink	H&Wor	2.85	es
10 Thomas Davies	Camb	2.85	es
11 Andrew Tinsley	Mersey	2.70	

**Junior Boys Shot**

ES: 12.30 NS: 13.30 BP: 18.18

**Final**

1 Kareem Imbert	Essex	14.73	ns
2 Daniel Twiss	Midd	14.26	ns
3 Ope Jacobs	Midd	14.10	ns
4 Oliver Moss	NYork	13.39	ns
5 Lewis Taylor	Essex	13.34	ns
6 Kim Johnson	Dorset	13.22	es
7 Lee Lovelock	Essex	13.13	es
8 Graham Kitchener	Shrop	12.97	es
9 Jake Cooper-Woolley	Surrey	12.77	es
10 Josh Day	H&Wor	12.72	es
11 Jordan Wood	Manch	12.53	es
12 Gregory Lowe	Sussex	12.15	
13 Jamie Brand	Derby	12.01	
14 Thomas Bordewey	H&Wor	11.86	
15 Azmi Sbaiti	Manch	11.64	
16 Alex Ball	Norf	11.56	
17 Michael Rigby	Manch	11.17	
18 Joshua Hardy	Durham	10.94	
19 Martin Tinkler	Camb	10.91	

**Junior Boys Discus**

ES: 35.00 NS: 38.00 BP: 51.11

**Final**

1 Jamie Stevenson	Chls	42.71	ns
2 Lee Mathurin	Essex	41.37	ns
3 Jason Jackson-Beasley	WMid	38.06	ns
4 Tom Wade	Kent	36.88	es
5 Neal Clarke	SYork	36.43	es
6 Cesar Roden	London	36.02	es
7 Dale Smith	Staff	35.64	es
8 Danny Prew	Devon	34.30	
9 Philip Brown	Durham	33.83	
10 Martyn Elkins	Dorset	33.44	
11 James Callaghan	Chesh	32.81	
12 Josh Skelton	Durham	32.78	
13 Nick Lamming	Mersey	32.46	
14 Curtis Griffith-Parker	London	32.02	
15 Andrew Lawrence	Kent	29.42	
16 Michael Richards	London	28.89	
17 Tom Smith	Lancs	27.95	

**Junior Boys Javelin**

ES: 43.00 NS: 46.00 BP: 54.65

**Final**

1 Jamie Broadey	Hamp	52.86	ns
2 Brett Byrd	Staff	49.86	ns
3 Bonne Buwembo	Essex	49.41	ns
4 Samuel Redmayne	Camb	46.90	ns
5 Adam Creedy	Camb	43.93	es
6 Sean Ryan	Lincs	39.90	
7 Richard Harris	Shrop	39.28	
8 Tom Dicke	Avon	38.42	
9 James Seale	Norf	37.79	
10 Mathew Twidale	NYork	37.24	
11 Kevin Thompson	London	28.57	

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**Junior Boys Hammer**

ES: 37.00 NS: 44.00 BP: 70.78

**Final**

1 Joe Stockton	Kent	53.54 ns
2 Richard Al-Ameen	London	51.61 ns
3 Sam Coe	Norf	50.77 ns
4 Peter Smith	Humb	46.63 ns
5 Danny Farenden	Midd	43.70 es
6 Andrew Simpson	Durham	40.77 es
7 Matthew Warren	Bucks	38.48 es
8 Steven Brunnsden	Dorset	38.21 es
9 Sam Chappell	Dorset	36.39

**Inter Boys 100 metres**

ES: 11.20 NS: 11.00 BP: 10.44

**Round 1**

**Heat 1 (+4.1m/s)**

1 Alex Nelson	Staff	11.05 es
2 Luke Simpson	Lancs	11.10 es
3 Bradley Wine	WYork	11.22
4 Ricardo Francis	SYork	11.26
5 Joshua Butterworth	Notts	11.29
6 Richard Harrison	Nland	11.29

**Heat 2 (+4.0m/s)**

1 Danny Doyley	Surrey	10.98 ns
2 Stephen Prosser	Chls	11.07 es
3 Dwain Nicely	WMid	11.19 es
4 Jonathan Lodowski	Oxford	11.27
5 Liam Freemantle	Berks	11.29
6 Paul Crawford	Midd	11.99

**Heat 3 (+3.4m/s)**

1 Luke Fagan	Midd	10.99 ns
2 Anthony McWilliams	Nhants	11.22
3 Joshua Baxter	Berks	11.31
4 David Thomas	Lincs	11.41
5 Lewis McElwee	Cleve	11.45
6 Fabien Alexander	Essex	37.04

**Heat 4 (+4.3m/s)**

1 Rion Pierre	Midd	10.78 ns
2 Ben Stramkowski	Derby	10.82 ns
3 Emlyn Akoto	Surrey	11.09 es
4 James Markley	Camb	11.27
5 Alex Stokes	Mersey	11.49
6 Andrew Hill	WMid	12.16

**Heat 5 (+3.2m/s)**

1 Harry Aikenes-Aryeetey	Surrey	10.83 ns
2 Shawn James	Mersey	11.21
3 Toby Sandeman	Somer	11.28
4 Leon James-Lionel	Berks	11.37
5 Ben Wilson	Cleve	11.39
6 Daniel Nelson	Manch	11.40
7 Chris Beck	Bucks	11.63

**Round 2**

**Semi-final A**

1 Rion Pierre	Midd	11.11 es
2 Danny Doyley	Surrey	11.24
3 Luke Simpson	Lancs	11.38
4 Dwain Nicely	WMid	11.40
5 Bradley Wine	WYork	11.52
6 Shawn James	Mersey	11.54
7 James Markley	Camb	11.58

**Semi-final B (-0.7m/s)**

1 Harry Aikenes-Aryeetey	Surrey	11.10 es
2 Luke Fagan	Midd	11.20 es
3 Ben Stramkowski	Derby	11.30
4 Stephen Prosser	Chls	11.36
5 Emlyn Akoto	Surrey	11.55
6 Anthony McWilliams	Nhants	11.60
7 Jonathan Lodowski	Oxford	11.62
8 Ricardo Francis	SYork	11.63

**Final**

**(+0.7m/s)**

1 Harry Aikenes-Aryeetey	Surrey	10.73 ns
2 Rion Pierre	Midd	10.74 ns
3 Luke Fagan	Midd	10.92 ns
4 Ben Stramkowski	Derby	10.96 ns
5 Danny Doyley	Surrey	11.04 es
6 Stephen Prosser	Chls	11.09 es
7 Dwain Nicely	WMid	11.24
8 Luke Simpson	Lancs	11.33

**Inter Boys 200 metres**

ES: 22.90 NS: 22.40 BP: 21.32

**Round 1**

**Heat 1 (+2.7m/s)**

1 Gerald Phiri	SYork	22.20 ns
2 David Hurst	Manch	22.50 es
= Daniel Haque	Kent	22.50 es
4 Fahad Khan	Bucks	22.70 es
5 Jonathan Lindley	Derby	23.30
6 Graham Filer	Hamp	23.40
7 Mark Cawthorne	Humb	23.50
8 Kyle Jones	Mersey	23.70

**Heat 2 (+2.7m/s)**

1 Tashan Christian	Essex	22.40 ns
2 Ricky Harris	WMid	22.40 ns
3 Matthew Cross	WYork	23.00
= Sean Taylor	Nhants	23.00
5 Edwin Bamfo	London	23.20
6 Chris Julien	Midd	23.50
7 Ben Smith	Hamp	23.60

**Heat 3 (+2.4m/s)**

1 Nick Kanonik	Glouc	23.00
2 Kelvin Callender	Berks	23.50
3 Odi Oboh	Midd	23.50
4 William Byers	Cumb	23.70
5 Lee Christopher	Corn	23.80
6 James Grocock	Hamp	24.10

**Heat 4 (+2.7m/s)**

1 Gavin Comber	Kent	22.50 es
2 Kie Barker	WMid	22.80 es
3 Kojo Okuffo	Midd	23.10
4 Andrew McIntosh	Humb	23.20
5 Gareth Cunningham	Berks	23.40
6 Edward Vann	Nhants	23.80
7 Nick Wilding	Cumb	84.20

**Round 2**

**Semi-final A (+1.5m/s)**

1 Gavin Comber	Kent	22.04 ns
2 Ricky Harris	WMid	22.38 ns
3 Tashan Christian	Essex	22.51 es
4 Matthew Cross	WYork	22.86 es
5 Sean Taylor	Nhants	23.00
6 Kojo Okuffo	Midd	23.02
7 Kelvin Callender	Berks	23.17
8 Edwin Bamfo	London	23.23

**Semi-final B (+1.9m/s)**

1 Gerald Phiri	SYork	22.08 ns
2 Daniel Haque	Kent	22.30 ns
3 Nick Kanonik	Glouc	22.46 es
4 David Hurst	Manch	22.51 es
5 Fahad Khan	Bucks	22.56 es
6 Kie Barker	WMid	22.62 es
7 Andrew McIntosh	Humb	23.18
8 Odi Oboh	Midd	24.16

**Final**

**(+2.4m/s)**

1 Gavin Comber	Kent	21.75 ns
2 Daniel Haque	Kent	21.89 ns
3 Gerald Phiri	SYork	22.03 ns
4 Ricky Harris	WMid	22.39 ns
5 David Hurst	Manch	22.40 ns
6 Nick Kanonik	Glouc	22.44 es
7 Matthew Cross	WYork	22.88 es

**Inter Boys 400 metres**

ES: 51.30 NS: 50.00 BP: 47.60

**Round 1**

**Heat 1**

1 Luke Valentine	Nhants	51.46
2 Dominic Parsons	London	51.50
3 Sam Kavanagh	Manch	51.68
4 David Scholey	SYork	52.15
5 Scott Blackwell	Kent	52.16
6 Matthew McCracken	Mersey	52.56
7 Tim Kuria	Surrey	52.61
8 Louis Carter	Shrop	53.59

**Heat 2**

1 Daniel Gregory	Chesh	50.50 es
2 Tom Hockedy	Somer	51.32
3 Carl Richardson	Berks	51.47
4 Andrew Kelly	Mersey	51.87
5 Rhys Smith	WYork	52.07
6 Kierran Lakeland	Hamp	53.09
7 William Steel	Humb	53.44

**Heat 3**

1 Stephen Johnson	Berks	50.68 es
2 Arran Topham	Lancs	50.79 es
3 Adam Daish	Herts	51.22 es
4 Alexander Babb	London	51.44
5 Matthew Leadbitter	Camb	51.95
6 Chris Walpole	Nland	54.06
7 Sean Brindley	Notts	55.36

**Heat 4**

1 Louis Sellers	Hamp	49.96 ns
2 Lewis Robson	Durham	50.33 es
3 Idowu Akindele	Surrey	50.97 es
4 Tom Duffield	Lincs	51.75
5 Daniel Wilkinson	Notts	52.43
6 Charlie Gladden	Warks	52.58
7 Jamie Sinclair	Nland	54.02

**Round 2**

**Semi-final A**

1 Lewis Robson	Durham	49.64 ns
2 Adam Daish	Herts	50.27 es
3 Idowu Akindele	Surrey	51.09 es
4 Andrew Kelly	Mersey	51.35
5 Dominic Parsons	London	51.54
6 Daniel Gregory	Chesh	51.81
7 Carl Richardson	Berks	51.95
8 Tom Duffield	Lincs	53.34

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## Semi-final B

1	Louis Sellers	Hamp	49.25	ns
2	Arran Topham	Lancs	49.64	ns
3	Tom Hockedy	Somer	50.10	es
4	Stephen Johnson	Berks	50.22	es
5	Luke Valentine	Nhants	50.64	es
6	Sam Kavanagh	Manch	50.81	es
7	Matthew Leadbitter	Camb	51.58	
8	Alexander Babb	London	51.75	

## Final

1	Lewis Robson	Durham	48.20	ns
2	Louis Sellers	Hamp	48.58	ns
3	Arran Topham	Lancs	48.71	ns
4	Stephen Johnson	Berks	49.10	ns
5	Adam Daish	Herts	49.35	ns
6	Tom Hockedy	Somer	49.60	ns
7	Idowu Akindele	Surrey	50.40	es
8	Luke Valentine	Nhants	50.87	es

## Inter Boys 800 metres

ES: 1:59.00 NS: 1:57.00 BP: 1:51.90

### Round 1

#### Heat 1

1	Jordan West	Corn	1:59.16	
2	Richard Larsen	Berks	1:59.44	
3	Robert Hodges	Humb	1:59.89	
4	Andrew Stanton	Durham	2:00.79	
5	Chris Chapman	SYork	2:02.03	
6	Joseph Durrant	Kent	2:02.67	
7	Jordan Donnelly	Mersey	2:04.92	

#### Heat 2

1	Grant Baker	Leics	1:59.19	
2	Andrew Lagan	NYork	1:59.27	
3	Chris Smith	Mersey	1:59.41	
4	James Bower	SYork	1:59.58	
5	Paul Rice	WYork	1:59.75	
6	Robert Whittaker	Manch	2:00.35	
7	Peter Grogan	Mersey	2:00.74	
8	Rick Ward	Norf	2:01.01	

#### Heat 3

1	Jason Maxfield	SYork	2:01.98	
2	Nicholas Bradley	Cumb	2:02.14	
3	James Brewer	Glouc	2:02.35	
4	James Griffiths	Chesh	2:02.87	
5	Scott Harris	Sussex	2:03.09	
6	Abdi Igi	Manch	2:03.78	
7	Stuart King	Notts	2:04.84	

#### Heat 4

1	Alastair Smith	NYork	2:02.54	
2	Martin Gibbons	Notts	2:02.72	
3	Ed Aston	Camb	2:03.08	
4	Andrew Osagie	Essex	2:03.28	
5	Rory Campbell	London	2:03.80	
6	Sam Bradley	Bucks	2:04.05	
7	Anthony Bird	WMid	2:04.75	
8	Cori Stanton	H&Wor	2:05.28	

## Round 2

### Semi-final A

1	Jordan West	Corn	1:57.53	es
2	Nicholas Bradley	Cumb	1:57.58	es
3	Ed Aston	Camb	1:57.85	es
4	Richard Larsen	Berks	1:57.98	es
5	Robert Whittaker	Manch	1:58.32	es
6	Alastair Smith	NYork	1:58.55	es
7	James Bower	SYork	1:59.87	
8	Chris Smith	Mersey	1:59.90	

## Semi-final B

1	Grant Baker	Leics	1:56.59	ns
2	James Brewer	Glouc	1:56.77	ns
3	Martin Gibbons	Notts	1:57.07	es
4	Andrew Lagan	NYork	1:57.53	es
5	Jason Maxfield	SYork	1:57.98	es
6	Robert Hodges	Humb	1:58.84	es
7	Paul Rice	WYork	1:59.23	
8	Peter Grogan	Mersey	2:09.63	

## Final

1	Grant Baker	Leics	1:52.81	ns
2	James Brewer	Glouc	1:53.17	ns
3	Martin Gibbons	Notts	1:53.88	ns
4	Ed Aston	Camb	1:55.82	ns
5	Jordan West	Corn	1:56.19	ns
6	Andrew Lagan	NYork	1:56.36	ns
7	Jason Maxfield	SYork	1:57.45	es
8	Richard Larsen	Berks	1:58.04	es
9	Nicholas Bradley	Cumb	disq	

## Inter Boys 1500 metres

ES: 4:08.00 NS: 4:04.00 BP: 3:52.60

### Round 1

#### Heat 1

1	Jonathan Taylor	Cleve	4:05.63	es
2	Gareth Allott	Staff	4:05.82	es
3	Iain Whitfield	Glouc	4:05.86	es
4	Gary Bradbury	Surrey	4:06.56	es
5	Chris Brown	Notts	4:08.90	
6	Mike Tallis	Wilts	4:09.42	
7	Matthew Gunby	Lincs	4:19.42	
8	Jacob Corrigan	Manch		

#### Heat 2

1	Laurence Cox	Hamp	4:07.61	es
2	Mark Burgess	Essex	4:09.06	
3	Ben Styles	Manch	4:09.12	
4	Natahan Elliot	WYork	4:09.56	
5	Scott Rollason	WMid	4:12.98	
6	Nigel Malkin	Manch	4:15.84	
7	Liam Ratcliffe	Nhants	4:20.56	
8	Jacob McCulloch	Berks		
9	Chris Baddick	Devon		

## Final

1	Laurence Cox	Hamp	3:58.22	ns
2	Iain Whitfield	Glouc	4:00.01	ns
3	Jonathan Taylor	Cleve	4:00.65	ns
4	Gary Bradbury	Surrey	4:01.79	ns
5	Gareth Allott	Staff	4:02.29	ns
6	Mark Burgess	Essex	4:03.97	ns
7	Mike Tallis	Wilts	4:06.79	es
8	Natahan Elliot	WYork	4:07.09	es
9	Chris Brown	Notts	4:08.68	
10	Ben Styles	Manch	4:10.50	

## Inter Boys 3000 metres

ES: 9:03.00 NS: 8:55.00 BP: 8:20.00

## Final

1	Adam Hickey	Essex	8:30.39	ns
2	Robert Pickering	Humb	8:31.01	ns
3	Craig Peters	Avon	8:39.84	ns
4	Mark Bailey	Essex	8:41.91	ns
5	Andrew Livingstone	Essex	8:42.92	ns
6	Matthew Clark	Dorset	8:52.94	ns
7	Jonny Young	Nland	8:53.80	ns
8	Andrew Coffey	Durham	8:57.51	es
9	Alec Duffield	NYork	8:58.12	es
10	Tom Bean	NYork	8:59.74	es
11	Sam Mitchell	H&Wor	9:00.60	es
12	Josh Bliss	Hamp	9:03.20	
13	Alex Derricott	Staff	9:06.67	
14	Jack Tyler	Kent	9:07.42	
15	Lee Carey	Warks	9:08.27	
16	Sam Godfrey	Suff	9:11.29	
17	Craig Gunderson	Mersey	9:14.52	
18	Ian May	Midd	9:19.80	
19	James Burrows	Manch	9:30.28	

## Inter Boys 100 metres Hurdles

ES: 14.20 NS: 13.80 BP: 12.47

### Round 1

#### Heat 1 (+2.8m/s)

1	Daniel Maynard	Leics	13.04	ns
2	James Wright	Cumb	13.57	ns
3	Matthew Hudson	NYork	13.57	ns
4	John Lamport	Notts	13.75	ns
5	Daniel Ghundoo	Durham	13.78	ns
6	Guy Stroud	Devon	13.79	ns
7	David Feeney	Derby	13.93	es

#### Heat 2 (+2.7m/s)

1	Charles Kavanagh	Derby	13.50	ns
2	Daniel Davis	Surrey	13.65	ns
3	Oliver Robinson	WYork	13.79	ns
4	Callum Priestley	Leics	13.87	es
5	Mark Holt	WMid	14.07	es
6	Richard Helliiker	Warks	14.31	
7	Rob Record	Bucks	14.82	

#### Heat 3 (+3.0m/s)

1	Gianni Frankis	Essex	13.23	ns
2	Julian Adeniran	Leics	13.45	ns
3	Francis Baker	Norf	13.60	ns
4	Miles Jones	Midd	13.98	es
5	Albert Kamara	Nland	14.05	es
6	Bradley Humphries	Somer	14.67	

## Final

(+2.1m/s)

1	Daniel Maynard	Leics	12.97	ns
2	Daniel Davis	Surrey	13.04	ns
3	Gianni Frankis	Essex	13.36	ns
4	Charles Kavanagh	Derby	13.38	ns
5	Francis Baker	Norf	13.63	ns
6	Julian Adeniran	Leics	13.79	ns
7	Matthew Hudson	NYork	14.32	
8	James Wright	Cumb	disq	

**English Schools Athletic Association  
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**Inter Boys 400 metres Hurdles**

ES: 58.00 NS: 56.60 BP: 52.74

**Round 1**

**Heat 1**

1 Lloyd Gumbs	Leics	55.5 ns
2 Antoine Allen	Nhants	56.6 ns
3 Wayne Taylor	Humb	56.7 es
4 Guy Spencer	Somer	58.3
5 Andrew Moorcroft	Mersey	58.5
6 Luke Smallwood	Kent	58.7

**Heat 2**

1 Andrew Howell	Midd	56.13 ns
2 David Green	Corn	58.01
3 Stuart Price	London	58.23
4 Tom Higgs	Somer	58.40
5 Thomas Stringer	Chesh	58.61
6 Samuel Johnson	Berks	60.49

**Heat 3**

1 Scott Henderson	Cleve	56.8 es
2 Neil Crossley	Glouc	57.3 es
3 Nick Phillips	Dorset	58.0 es
4 William Eaton	Derby	58.6
5 Gary Hutt	Nhants	59.1
6 John Brierly	H&Wor	61.3

**Final**

1 Lloyd Gumbs	Leics	53.52 ns
2 Andrew Howell	Midd	54.34 ns
3 Wayne Taylor	Humb	54.64 ns
4 Neil Crossley	Glouc	56.34 ns
5 Nick Phillips	Dorset	57.87 es
6 David Green	Corn	59.07
7 Scott Henderson	Cleve	76.43
8 Antoine Allen	Nhants	

**Inter Boys 1500 metres Steeplechase**

ES: 4:36.00 NS: 4:30.00 BP: 4:14.00

**Final**

1 Ashleigh Pain	Shrop	4:24.81 ns
2 George Glancy	Midd	4:28.47 ns
3 Michael Quarless	Mersey	4:29.53 ns
4 Ben Wilson	Surrey	4:31.35 es
5 Jon Pepper	Herts	4:33.57 es
6 Jamie Clark	Nhants	4:36.02
7 Matthew Dack	Norf	4:36.05
8 Steven Cannell	Norf	4:37.35
9 Alex Wold	Suff	4:43.82
10 Craig Hoy	Mersey	4:52.61
11 Sean Hall	Durham	

**Inter Boys 4x100 metres Relay**

ES: 45.00 NS: 44.10 BP: 41.92

**Round 1**

**Heat 1**

1 Middlesex	Midd	43.82 ns
2 West Yorkshire	WYork	44.99 es
3 South Yorkshire	SYork	46.56
4 Greater Manchester	Manch	
5 West Midlands	WMid	disq
6 Derbyshire	Derby	disq

**Heat 2**

1 London	London	43.93 ns
2 Northumberland	Nland	44.40 es
3 Hampshire	Hamp	44.70 es
4 Humberside	Humb	44.94 es
5 Northamptonshire	Nhants	44.97 es
6 Hereford & Worcestershire	H&Wor	45.94 es
7 Cleveland	Cleve	

**Heat 3**

1 Surrey	Surrey	42.86 ns
2 Kent	Kent	43.41 ns
3 Cambridgeshire	Camb	43.89 ns
4 Berkshire	Berks	44.31 es
5 Leicestershire & Rutland	Leics	44.54 es
6 Merseyside	Mersey	44.84 es

**Heat 4**

1 Somerset	Somer	45.17
2 Nottinghamshire	Notts	45.35
3 North Yorkshire	NYork	47.36
4 Staffordshire	Staff	
5 Cumbria	Cumb	
6 Buckinghamshire	Bucks	disq

**Final**

1 Surrey	Surrey	42.67 ns
2 Middlesex	Midd	42.77 ns
3 Cambridgeshire	Camb	43.97 ns
4 Berkshire	Berks	43.98 ns
5 Northumberland	Nland	44.19 es
6 Kent	Kent	44.38 es
7 London	London	disq
8 Somerset	Somer	disq

**Inter Boys High Jump**

ES: 1.90 NS: 1.96 BP: 2.12

**Final**

1 Tom Mather	Derby	1.93 es
2 Robbie Grabarz	Camb	1.93 es
3 Darren Hammond	Manch	1.93 es
4 Matthew Owens	Mersey	1.90 es
5 James Luck	Midd	1.90 es
6 James Hall	Durham	1.90 es
7 James Dunne	Berks	1.87
8 Dan Smith	Dorset	1.87
9 Ryan Owens	Sussex	1.87
10 Simon Hemmings	Essex	1.82
11 Steven Ridgeway	Shrop	1.82
12 Alex Slater	Camb	1.82
13 James Stokes	WMid	1.77
14 Philip Bale	Mersey	1.77

**Inter Boys Long Jump**

ES: 6.40 NS: 6.60 BP: 7.47

**Final**

1 Oliver McNeillis	H&Wor	7.37 +0.6 ns
2 Darryl Thomas	Midd	6.79 +2.5 ns
3 Ashley Harris	Surrey	6.77 +1.4 ns
4 Anthony Timms	WYork	6.76 +1.6 ns
5 Martyn Ormerod	Kent	6.67 +2.8 ns
6 Tyrone Carter	Essex	6.66 +1.3 ns
7 Luke Thomas	Midd	6.65 +1.6 ns
8 Theo Selassie	Avon	6.55 +1.3 es
9 David Cook	Surrey	6.52 +2.1 es
10 Paul Record	Mersey	6.21 +1.1
11 Rufus Nugent	London	6.18 +0.8
12 Andrew Jones	Shrop	6.07 -0.3
13 Chris Oldaker	NYork	5.64 -0.5
14 Oliver Telfer	NYork	5.62 +2.7

**Inter Boys Triple Jump**

ES: 13.10 NS: 13.70 BP: 15.91

**Final**

1 Lanre Ali-Balogun	London	14.69 ns
2 Matthew Burton	London	14.49 ns
3 Jak Field	Devon	14.05 +4.00 ns
4 Jeremy Odametey	London	13.90 +2.4 ns
5 Sean Wynter	Midd	13.74 +1.0 ns
6 Richard Bailey	Staff	13.49 es
7 Joseph Steele	Beds	13.01 +1.5
8 Tom Pool	Beds	12.96
9 Joe Curtis	Warks	12.94 +2.1
10 Sam Stanislaus	NYork	12.90
11 Daniel Blackett	Nland	12.80
12 Lee Valentine	H&Wor	12.78
13 Matthew Wilson	Cumb	12.76
14 Peter Whitfield	Berks	12.56
15 Isaac Clayton	Corn	12.39
16 Richard Szarkowski	Derby	12.18

**Inter Boys Pole Vault**

ES: 3.80 NS: 4.15 BP: 4.70

**Final**

1 Alex Williams	Staff	4.55 ns
2 Luke Cutts	SYork	4.45 ns
3 Max Eaves	Lancs	4.25 ns
4 James Bayliffe	Glouc	3.95 es
5 Adam Smith	WMid	3.80 es
6 Neil Cotterell	Bucks	3.65

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**Inter Boys Shot**

ES: 13.20 NS: 14.50 BP: 20.48

**Final**

1 Jay Thomas	London	16.33 ns
2 Shane Birch	Kent	15.05 ns
3 Brendan Hall	Staff	14.87 ns
4 Daniel Tinkler	Camb	14.82 ns
5 James Cannon	Nhants	14.60 ns
6 Sam Winchcombe	Glouc	13.86 es
7 Edmund Cattle	Norf	13.78 es
8 Jack Teasdale	WYork	13.74 es
9 Gareth Betteridge	Glouc	13.51 es
10 Damiola Onajide	Midd	13.44 es
11 Tariqh Bull	Herts	13.41 es
12 Louis Hamson	Hamp	13.01
13 Adam Hare	Notts	12.74
14 Kieron Mason	Bucks	12.66
15 Richard Mahoney	Beds	12.59
16 Ross Hayhurst	Mersey	12.32

**Inter Boys Discus**

ES: 40.00 NS: 44.00 BP: 61.24

**Final**

1 Elliot Price	Staff	48.70 ns
2 Chris Scott	Surrey	46.85 ns
3 Matthew Townsend	Berks	46.47 ns
4 Kieran McConnell	Bucks	45.41 ns
5 Nicholas Webb	Surrey	43.97 es
6 Lewis Edwards	Midd	41.83 es
7 Ben Graham	Derby	41.37 es
8 Karl Fitzgerald	Humb	39.26
9 Steven Fogg	Mersey	37.72
10 Mark Rumble	Oxford	36.99
11 Matthew Lamming	Mersey	33.12
12 Simon Brown	Shrop	33.12

**Inter Boys Javelin**

ES: 51.00 NS: 54.00 BP: 70.52

**Final**

1 James Campbell	Glouc	67.99 ns
2 Philip Gregory	Herts	64.73 ns
3 Stuart Harvey	Kent	64.69 ns
4 Alex McEwan	Sussex	59.01 ns
5 Joe Waller	Sussex	58.75 ns
6 Adam Akehurst	Hamp	57.28 ns
7 Aaron Harris	Dorset	54.87 ns
8 Daniel Brunnsden	Dorset	54.08 ns
9 Josh Stannard	Somer	53.96 es
10 David Acton	Manch	52.54 es
11 Darius Brazdys	Glouc	51.80 es
12 Tom Amphlett	H&Wor	51.34 es
13 Jamie Payne	Dorset	50.74
14 Matthew George	Bucks	49.67
15 Sam Allan	WYork	49.39
16 Nathan Forrest	NYork	46.99
17 Carl Quinlan	Mersey	41.69
18 George Warnes	London	41.10

**Inter Boys Hammer**

ES: 48.00 NS: 54.00 BP: 73.58

**Final**

1 Alex Smith	Humb	68.54 ns
2 Alistair Tawanaee	Kent	58.22 ns
3 Chris Berry	Notts	57.94 ns
4 Sean Lewis	Staff	57.19 ns
5 Scott McKeivitt	Camb	54.58 ns
6 James Bedford	Humb	54.01 ns
7 Micki Finn	Berks	53.56 es
8 Kaine Harrington	Surrey	52.69 es
9 Jamaro Nooks	Midd	47.12
10 David Foster	Nhants	43.88

**Senior Boys 100 metres**

ES: 11.10 NS: 10.90 BP: 10.37

**Round 1**

**Heat 1 (+3.1m/s)**

1 Danny Topliss	Lincs	10.75 ns
2 Tunde Balogun	London	10.81 ns
3 Paul Moore	Nland	11.33
4 Hamish Smailes	Cumb	11.56
5 Steve Lince	Cleve	11.66

**Heat 2 (+5.1m/s)**

1 Simeon Williamson	Midd	10.73 ns
2 Anthony Lovell	Essex	10.84 ns
3 Alex Coley	SYork	11.03 es
4 Carl Dickinson	Lancs	11.04 es
5 Duayne Bovell	Kent	11.06 es
6 Martin Chomanicz	Staff	11.14
7 Carlton Campbell	Avon	11.17
8 Richard Spragg	Corn	11.33

**Heat 3 (+5.0m/s)**

1 Ryan Scott	Avon	10.64 ns
2 Daniel Whittaker	Lancs	10.80 ns
3 Ian Standish	Mersey	10.95 es
4 Jamie Gill	Staff	11.16
5 Jonathan Grimwade	Somer	11.17
6 Lyndon Saunders	WMid	11.32
7 Adam Robson	Cleve	11.47

**Heat 4 (+2.5m/s)**

1 Eberechi Eseonu	Lincs	10.92 es
2 Mike Okoigun	Midd	11.02 es
3 Daniel Warman	NYork	11.03 es
4 Fitzroy Falconer	WMid	11.03 es
5 Ayotunde Payne	London	11.22
6 John Baines	Cleve	11.31

**Round 2**

**Semi-final A (+1.0m/s)**

1 Simeon Williamson	Midd	10.67 ns
2 Anthony Lovell	Essex	10.86 ns
3 Danny Topliss	Lincs	10.90 ns
4 Ian Standish	Mersey	10.94 es
5 Duayne Bovell	Kent	11.02 es
6 Carl Dickinson	Lancs	11.09 es
7 Alex Coley	SYork	11.10 es
8 Daniel Warman	NYork	11.11

**Semi-final B (+2.3m/s)**

1 Ryan Scott	Avon	10.75 ns
2 Daniel Whittaker	Lancs	10.81 ns
3 Tunde Balogun	London	10.88 ns
4 Eberechi Eseonu	Lincs	11.08 es
5 Fitzroy Falconer	WMid	11.10 es
6 Mike Okoigun	Midd	11.16
7 Martin Chomanicz	Staff	11.27
8 Paul Moore	Nland	11.35

**Final**

(+1.1m/s)

1 Ryan Scott	Avon	10.75 ns
2 Simeon Williamson	Midd	10.80 ns
3 Tunde Balogun	London	10.80 ns
4 Anthony Lovell	Essex	10.88 ns
5 Daniel Whittaker	Lancs	10.88 ns
6 Danny Topliss	Lincs	10.98 es
7 Ian Standish	Mersey	11.06 es
8 Eberechi Eseonu	Lincs	11.26

**Senior Boys 200 metres**

ES: 22.30 NS: 22.00 BP: 20.90

**Round 1**

**Heat 1 (+1.5m/s)**

1 Marimba Odundo-Mendez	Hamp	21.64 ns
2 Dean Daniel	Cleve	21.80 ns
3 Alex Williams	WMid	21.81 ns
4 Liam Reynolds	Camb	22.58
5 John Taylor	Suff	23.08

**Heat 2 (+2.5m/s)**

1 Simon Farenden	Derby	21.58 ns
2 Paul Judson	Notts	21.93 ns
3 Tim Bradford	Manch	22.42
4 Andrew Starnes	Camb	22.77
5 Jamahl Alert-Khan	Herts	23.21

**Heat 3 (+2.6m/s)**

1 Andrew Owens	Mersey	21.98 ns
2 Jason Hussain	Sussex	22.06 es
3 James Digby	Norf	22.39
4 Christian Lee	Lincs	22.44
5 Tom Henry	WYork	22.59

**Final**

(-1.4m/s)

1 Marimba Odundo-Mendez	Hamp	21.65 ns
2 Paul Judson	Notts	21.77 ns
3 Alex Williams	WMid	21.86 ns
4 Dean Daniel	Cleve	21.87 ns
5 Simon Farenden	Derby	21.95 ns
6 Andrew Owens	Mersey	22.32
7 Jason Hussain	Sussex	22.45
8 James Digby	Norf	23.18

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**Senior Boys 400 metres**

ES: 49.30 NS: 48.80 BP: 46.26

**Round 1**

**Heat 1**

1 Ryan Thomas	Surrey	49.53
2 Benjamin Higgins	Suff	50.15
3 Victor Barzey	Kent	50.45
4 Mitchell Rhodes	WYork	50.89
5 Gavin Selway	Sussex	50.95
6 Steven Gregg	Derby	51.36
7 Robin McCorquodale	Midd	52.57

**Heat 2**

1 Rick Yates	Manch	49.4
2 Nick Leavey	Kent	49.6
3 Gareth Dodd	Herts	49.8
4 Tyrone Crow	NYork	50.9
5 Brad Stimson	Lincs	53.2
6 Martyn Rooney	Surrey	
7 Richard Strachan	WYork	

**Final**

1 Nick Leavey	Kent	47.78 ns
2 Benjamin Higgins	Suff	47.87 ns
3 Gareth Dodd	Herts	48.23 ns
4 Ryan Thomas	Surrey	48.57 ns
5 Rick Yates	Manch	49.21 es
6 Victor Barzey	Kent	49.67
7 Mitchell Rhodes	WYork	50.02
8 Tyrone Crow	NYork	50.14

**Senior Boys 800 metres**

ES: 1:55.00 NS: 1:53.00 BP: 1:48.60

**Round 1**

**Heat 1**

1 James Minter	Cleve	1:53.60 es
2 Richard Hill	Notts	1:53.86 es
3 David Proctor	Manch	1:54.67 es
4 Joe Van Der Toorn	Surrey	1:55.04
5 Jon Long	Essex	1:56.56
6 Craig Maud	Leics	1:57.45
7 Ben Harding	Hamp	1:59.20

**Heat 2**

1 Myles Barrett	Staff	1:54.52 es
2 Ben Green	Chesh	1:55.44
3 Matthew Armstrong	Durham	1:55.78
4 Alan Piggford	Cleve	1:56.67
5 Andrew Whetstone	Beds	1:57.72
6 Richard Warburton	Notts	1:57.85
7 Lee Bowron	Midd	2:00.40
8 Michael Sawrey	Cumb	2:01.30

**Heat 3**

1 Gary Bristow	Manch	1:56.56
2 Steven Fennell	Kent	1:56.70
3 Steven Pogue	Cleve	1:56.93
4 Tom Druce	Chs	1:57.75
5 Stuart Moreland	Mersey	1:57.93
6 Paul Lipman	Herts	1:58.17
7 Tim Haughian	Surrey	2:01.22
8 Ross Glover	Nhants	2:02.66

**Final**

1 Steven Fennell	Kent	1:52.22 ns
2 James Minter	Cleve	1:52.37 ns
3 Myles Barrett	Staff	1:52.38 ns
4 David Proctor	Manch	1:53.07 es
5 Ben Green	Chesh	1:54.18 es
6 Richard Hill	Notts	1:54.90 es
7 Joe Van Der Toorn	Surrey	1:55.32
8 Gary Bristow	Manch	1:56.74

**Senior Boys 1500 metres**

ES: 3:58.00 NS: 3:55.00 BP: 3:45.90

**Final**

1 Michael Smart	Herts	3:53.46 ns
2 Paul Erwood	Bucks	3:55.23 es
3 Alex Felce	Glouc	3:55.65 es
4 Ryan Stephenson	Nland	3:56.25 es
5 Jonathan Randle	Sussex	3:56.63 es
6 Christopher Gillespie	Oxford	3:58.35
7 Martin Mashford	Hamp	3:58.37
8 Oliver Holden	WMid	4:00.24
9 Frank Baddick	Devon	4:03.30
10 Paul Stockton	Cleve	4:08.07
11 Kirk Wilson	Nland	

**Senior Boys 3000 metres**

ES: 8:36.00 NS: 8:33.00 BP: 8:10.50

**Final**

1 Matthew Barnes-Smith	Suff	8:29.36ns
2 Craig Ivemy	Sussex	8:30.78 ns
3 Lewis Timmins	Nland	8:32.52 ns
4 Daniel Pettit	Camb	8:34.69 es
5 James Phillipson	Manch	8:36.04
6 Keith Gerrard	Mersey	8:38.17
7 James Ellis	Hamp	8:39.62
8 Sean Dirrane	WYork	8:40.54
9 Kelvin Hardy	Suff	8:41.36
10 Daniel Watts	Camb	8:44.95
11 David Awde	Avon	8:46.63
12 Chris Rimmer	Shrop	9:06.49
13 Anthony Moran	Manch	

**Senior Boys 110 metres Hurdles**

ES: 15.20 NS: 14.80 BP: 13.60

**Final**

(+1.8m/s)		
1 Jordan Fleary	Cumb	14.24 ns
2 Ryan McNamara	Beds	14.73 ns
3 Carlos Holder	Manch	14.74 ns
4 Craig France	Chesh	14.79 ns
5 Alex Rowberry	Dorset	15.26
6 Joe Tenny	Herts	15.61
7 Robert James	WMid	16.66
8 Jack Singleton	Somer	disq

**Senior Boys 400 metres Hurdles**

ES: 56.00 NS: 54.80 BP: 51.50

**Round 1**

**Heat 1**

1 Edward Harrison	Kent	55.51 es
2 Darren Lewis	WMid	56.08
3 Richard Herdsman	Humb	56.93
4 Tom Zbaraski	Leics	58.12
5 Craig Crawford Granville	Durham	

**Heat 2**

1 Ogadima Dura	Essex	55.10 es
2 Kieran Flannery	Nland	55.31 es
3 Andrew Tippet	Oxford	55.49 es
4 Shaun Mulligan	Kent	55.98 es
5 Gareth Wiltshire	Wilts	56.31
6 Ze Sandell	Warks	58.55

**Final**

1 Edward Harrison	Kent	53.14 ns
2 Ogadima Dura	Essex	53.59 ns
3 Kieran Flannery	Nland	53.78 ns
4 Darren Lewis	WMid	54.19 ns
5 Andrew Tippet	Oxford	54.61 ns
6 Gareth Wiltshire	Wilts	54.86 es
7 Richard Herdsman	Humb	55.18 es
8 Shaun Mulligan	Kent	55.36 es

**Senior Boys 2000 metres Steeplechase**

ES: 6:07.00 NS: 6:02.00 BP: 5:38.20

**Final**

1 Daniel Russell	Midd	5:59.47 ns
2 Chris Hart	Lancs	6:00.21 ns
3 Tom Russell	Corn	6:03.28 es
4 Paul Simner	WMid	6:05.03 es
5 Liam Smyth	Beds	6:05.05 es
6 Matthew Carey	Midd	6:07.99
7 Nathan Shrubbs	Nland	6:13.64
8 Joe Holden	WMid	6:14.25
9 Enrique Melin	Essex	6:19.02
10 Daniel Quinn	Essex	6:19.62
11 Matthew Dickenson	Avon	6:22.62
12 David Marsh	Manch	6:34.17
13 Gary Taylor	Berks	6:39.47
14 Adrian Holliday	Cumb	

**Senior Boys 4x100 metres Relay**

ES: 44.50 NS: 43.50 BP: 41.30

**Round 1**

**Heat 1**

1 Essex	Essex	42.55 ns
2 Greater Manchester	Manch	43.60 es
3 Merseyside	Mersey	
4 Suffolk	Suff	
5 Bedfordshire & Luton	Beds	
6 Cleveland	Cleve	
7 London	London	disq

**Heat 2**

1 Lincolnshire	Lincs	42.59 ns
2 West Midlands	WMid	42.94 ns
3 Kent	Kent	43.72 es
4 Somerset	Somer	46.03
5 Sussex	Sussex	
6 Hertfordshire	Herts	
7 Staffordshire	Staff	disq

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**Final**

1 Kent	Kent	42.25 ns
2 Lincolnshire	Lincs	42.76 ns
3 Greater Manchester	Manch	43.37 ns
4 Somerset	Somer	46.41
5 West Midlands	WMid	
6 Essex	Essex	disq
7 Cleveland	Cleve	disq

**Senior Boys High Jump**

ES: 1.98 NS: 2.04 BP: 2.25

**Final**

1 Jamie Thomas	WMid	2.07 ns
2 Kevin Sempers	Humb	2.04 ns
3 Simon Phelan	Chls	2.04 ns
4 Michael Whitehouse	Surrey	2.01 es
5 Oliver Sweeney	Beds	1.98 es
6 Tim Payne	WMid	1.98 es
7 John Stacey	Durham	1.95
8 Adam Heslop	Mersey	1.90

**Senior Boys Long Jump**

ES: 6.80 NS: 6.95 BP: 7.97

**Final**

1 Andrew Staniland	WYork	7.44 0.0 ns
2 Bernard Yeboah	Surrey	7.37 +1.5 ns
3 Ike Mba	Surrey	7.05 -0.5 ns
4 Greg Rutherford	Bucks	6.99 -1.2 ns
5 Steve Small	Dorset	6.99 0.0 ns
6 David Hughes	Beds	6.89 +0.2 es
7 Danny Harris	Devon	6.81 0.0 es
8 J.J. Jegede	Essex	6.61 +0.1
9 Elliott O' Neill	Chesh	6.60 -0.3
10 Louis Moore	Staff	6.52 +0.2
11 Joey Addai-Poku	Midd	6.24 -0.1

**Senior Boys Triple Jump**

ES: 14.00 NS: 14.40 BP: 16.22

**Final**

1 Graeme Matthews	Mersey	14.68 +4.3 ns
2 Anthony Mattis	Avon	14.52 +6.2 ns
3 Graham Jackson	Durham	14.36 +3.8 es
4 Ezekiel Ewulo	London	14.27 +1.5 es
5 James Townsend	Wilts	14.04 +2.4 es
6 Joe Eving-White	Lincs	13.82 +5.1
7 Shaun Batt	Herts	13.67 +1.7
8 Adam Chandley	Mersey	13.67 +5.6
9 Daniel Stockdale	Manch	13.66 +3.7
10 Philip Jarrett	SYork	13.54 +4.1
11 Dexter Nicols	London	13.18 +4.4

**Senior Boys Pole Vault**

ES: 4.20 NS: 4.55 BP: 5.16

**Final**

1 Lawrence Steele	Lancs	4.35 es
2 Steve Carpenter	Surrey	4.35 es
3 Michael Finch	Humb	4.20 es
4 Martin Vincent	Warks	4.20 es
5 Gareth Lapsins	Lancs	4.20 es

**Senior Boys Shot**

ES: 13.00 NS: 14.10 BP: 20.64

**Final**

1 Kieran Kelly	Wilts	17.23 ns
2 William Lowndes	Chesh	15.59 ns
3 Jake Babb	Avon	15.07 ns
4 Bobby Lockwood	London	14.90 ns
5 Matthew Wooley	Notts	14.60 ns
6 Andre Davis	Essex	14.48 ns
7 Daniel Hepplewhite	Dorset	14.44 ns
8 Richard Parker	Staff	14.13 ns
9 Ben Lawrence	Staff	13.90 es
10 James Holland	Somer	13.67 es
11 Joel Capper	Beds	13.49 es
12 David Bulley	Mersey	13.00 es
13 Tony Nicholson	Suff	12.78
14 Andrew Bennett	Hamp	12.60
15 Ian Tucker	Corn	12.51

**Senior Boys Discus**

ES: 41.00 NS: 44.00 BP: 59.72

**Final**

1 Andrew Thomas	WMid	51.82 ns
2 Sam Herrington	Leics	51.63 ns
3 Gavin Hill	Cleve	48.39 ns
4 Gregg Nixon	Staff	46.44 ns
5 Chris Horne	Devon	44.83 ns
6 David Coleman	Kent	42.52 es
7 Robert Bridgewater	WMid	42.25 es
8 Paul Simpson	Cumb	40.37
9 James Hyland	Nhants	37.80
10 Tom Toal	Leics	35.02
11 Chuma Mbanefo	Midd	34.44

**Senior Boys Javelin**

ES: 54.00 NS: 57.00 BP: 72.89

**Final**

1 Ben Fisher	Mersey	56.48 es
2 Fergus Macdiarmid	Somer	54.05 es
3 Allandre Johnson	Midd	53.71
4 Paul McKown	Mersey	53.09

**Senior Boys Hammer**

ES: 45.00 NS: 52.00 BP: 67.80

**Final**

1 Amir Williamson	Kent	58.39 ns
2 Michael Bomba	Mersey	53.16 ns
3 Mark Covington	Surrey	51.46 es
4 Nnamdi Efobi	Midd	49.77 es
5 Jason Joseph	Midd	49.40 es
6 Alex Hitchens	Corn	46.35 es
7 Sean Penny	Glouc	46.06 es
8 Daniel Barton-Smith	Hamp	45.90 es
9 Oliver Greenslade	Somer	43.78

**Junior Girls 100 metres**

ES: 12.80 NS: 12.60 BP: 11.67

**Round 1**

**Heat 1 (+2.1m/s)**

1 Ashleigh Nelson	Staff	11.97 ns
2 Rebekah Wilson	Manch	12.29 ns
3 Habee Folami	Bucks	12.32 ns
4 Torema Dorsett	Midd	12.65 es
5 Amy Giblin	Humb	12.78 es
6 Rachel Stoakley	Chesh	13.05
7 Stephanie Brown	Nland	13.08
8 Francesca Keeble	Glouc	13.12

**Heat 2 (+3.6m/s)**

1 Asha Phillips	Essex	12.04 ns
2 Chinedu Monye	Berks	12.13 ns
3 Monica Bramwell	Herts	12.25 ns
4 Stacy Lennon	WYork	12.48 ns
5 Phillippa Tappin	MIDD	12.74 es
6 Abi Ekeolere	London	12.81
7 Rachael Davidson	Nland	13.00
8 Rebecca McLinden	Mersey	13.02

**Heat 3 (+4.4m/s)**

1 Rachel Miller	Midd	12.23 ns
2 Megan Edwards	Oxford	12.34 ns
3 Laura Davies	Lancs	12.62 es
4 Zavia Hill	Manch	12.69 es
5 Frankie Calder	Essex	12.74 es
6 Vanessa Nakangu	London	12.85
7 Sophie Harriman	Norf	12.86
8 Robyn Rashford	Chesh	12.88

**Final**

(+1.6m/s)

1 Ashleigh Nelson	Staff	11.94 ns
2 Chinedu Monye	Berks	12.00 ns
3 Rebekah Wilson	Manch	12.21 ns
4 Asha Phillips	Essex	12.24 ns
5 Habee Folami	Bucks	12.27 ns
6 Rachel Miller	Midd	12.32 ns
7 Monica Bramwell	Herts	12.34 ns
8 Megan Edwards	Oxford	12.48 ns

**Junior Girls 200 metres**

ES: 26.40 NS: 25.70 BP: 23.60

**Round 1**

**Heat 1 (+1.7m/s)**

1 Carmen Gedling	Mersey	25.5 ns
2 Morgan Brown	Chesh	25.6 ns
3 Magali Franka	Surrey	25.7 ns
4 Emily Thackrah	Hamp	26.2 es
5 Gina Rutherford	Nland	26.8
6 Amanda Woby	Suff	27.0
7 Gemma Dawkins	Chls	27.0
8 Jessica Domingo	Leics	27.1

**Heat 2 (+3.7m/s)**

1 Holly Croxford	Hamp	25.23 ns
2 Verity Collins	Lancs	25.64 ns
3 Hannah Bird	WYork	26.21 es
4 Rebekah Wilmshurst	Durham	26.39 es
5 Jenna Gadsby	Derby	26.74
= Louise Hawkins	Glouc	26.74
7 Georgina Malster	Suff	27.45
8 Jade Peak	H&Wor	30.40

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**Heat 3 (+4.7m/s)**

1 Jazmine Rowe	Staff	25.05 ns
2 Mikaela Harrison	WYork	25.71 es
3 Katherine Sherry	Manch	25.93 es
4 Kate Magrath	Devon	26.42
5 Erica Smith	Midd	26.44
6 Grace Chattaway	NYork	26.44
7 Lizzie Cave	Hamp	26.62
8 Rachel Taylor	Mersey	27.30

**Final**

(-0.3m/s)

1 Jazmine Rowe	Staff	24.87 ns
2 Holly Croxford	Hamp	25.33 ns
3 Carmen Gedling	Mersey	25.34 ns
4 Morgan Brown	Chesh	25.45 ns
5 Verity Collins	Lancs	25.75 es
6 Magali Franka	Surrey	25.84 es
7 Mikaela Harrison	WYork	26.06 es
8 Katherine Sherry	Manch	26.12 es

**Junior Girls 800 metres**

ES: 2:20.00 NS: 2:17.00 BP: 2:08.70

**Round 1**

**Heat 1**

1 Rachel Pounds	Manch	2:19.45 es
2 Natalie Grant	SYork	2:19.88 es
3 Sarah- Jane Halford	Leics	2:20.88
4 Hannah Jeanes	Dorset	2:21.34
5 Rachel Stringer	Norf	2:23.99
6 Jo Rowland	Surrey	2:27.04
7 Bethan Roberts	Shrop	2:32.46
8 Lucy Dowsett	Camb	disq

**Heat 2**

1 Christy Smith	Camb	2:17.36 es
2 Kate Hindle	Lancs	2:17.41 es
3 Rebecca Taylor	Kent	2:17.43 es
4 Rebecca Gough	Hamp	2:18.19 es
5 Jade Allen	SYork	2:19.88 es
6 Hannah Stammers	Dorset	2:20.55
7 Amber Magee	Leics	2:21.08
8 Elizabeth Hall	WYork	2:24.55

**Heat 3**

1 Joanne Harvey	Devon	2:14.50 ns
2 Stacy Smith	Nland	2:14.90 ns
3 Miranda Parry	H&Wor	2:17.06 es
4 Michelle Hallett	Hamp	2:24.02
5 Clare McPhee	Humb	2:24.67
6 Ejiro Okoro	WMid	2:25.39
7 Abby Glover	Derby	2:27.13
8 Suzi Boast	Camb	2:28.93

**Final**

1 Joanne Harvey	Devon	2:12.10 ns
2 Christy Smith	Camb	2:14.08 ns
3 Natalie Grant	SYork	2:14.20 ns
4 Kate Hindle	Lancs	2:14.66 ns
5 Rebecca Taylor	Kent	2:14.68 ns
6 Rachel Pounds	Manch	2:15.33 ns
7 Miranda Parry	H&Wor	2:17.63 es
8 Stacy Smith	Nland	

**Junior Girls 1500 metres**

ES: 4:52.00 NS: 4:44.00 BP: 4:27.70

**Round 1**

**Heat 1**

1 Sarah Hopkinson	Glouc	4:42.18 ns
2 Luci Meloughlin	Manch	4:43.60 ns
3 Alex Wheatman	NYork	4:48.31 es
4 Amy Bond	Berks	4:51.35 es
5 Natalie Sutton	Norf	4:52.19
6 Katie Knowles	Corn	4:53.93
7 Nicola Morgan	Suff	4:55.04
8 Tanya Taylor	Bucks	4:55.57
9 Jourdan Cotter	Mersey	4:55.63
10 Lauren Howarth	Manch	4:55.79
11 Sarah Burgin	Hamp	4:56.38
12 Emily Connolly	Wilts	4:58.08
13 Chloe Patchett	WYork	5:01.24

**Heat 2**

1 Emma Lambourne	Wilts	4:47.07 es
2 Lucy Yates	Herts	4:47.24 es
3 Jordan Kinney	WMid	4:47.63 es
4 Hannah Patmore	Avon	4:48.04 es
5 Sarah Simpson	Beds	4:49.45 es
6 Eleanor Hall	WYork	4:52.26
7 Louise Webb	Hamp	4:53.55
8 Hannah Warburton	Manch	4:54.32
9 Sophie Crumly	Berks	4:54.79
10 Jodie Gregorczyk	WYork	4:55.68
11 Andrea Fox	Bucks	4:59.06
12 Jessica Myatt	Chesh	4:59.43
13 Shona Main	London	5:08.49

**Final**

1 Sarah Hopkinson	Glouc	4:37.25 ns
2 Luci Meloughlin	Manch	4:38.36 ns
3 Jordan Kinney	WMid	4:40.24 ns
4 Lucy Yates	Herts	4:43.36 ns
5 Emma Lambourne	Wilts	4:44.80 es
6 Alex Wheatman	NYork	4:46.36 es
7 Hannah Patmore	Avon	4:48.09 es
8 Natalie Sutton	Norf	4:48.23 es
9 Amy Bond	Berks	4:50.42 es
10 Sarah Simpson	Beds	4:52.52

**Junior Girls 75 metres Hurdles**

ES: 11.90 NS: 11.50 BP: 10.70

**Round 1**

**Heat 1 (-2.0m/s)**

1 Serita Solomn	Kent	11.51 es
2 Vicky Fleetwood	Leics	11.76 es
3 Lizzie Nation-Grainger	Dorset	11.77 es
4 Harriet Lester	Surrey	11.91
5 Lucy Ferguson	Shrop	11.92
6 Hayley Comer	Midd	12.08

**Heat 2 (+2.3m/s)**

1 Jennifer Taker	Manch	11.37 ns
2 Catherine Wearing	Kent	11.57 es
3 Sophie Skinner	Devon	11.60 es
4 Rachel Wilson	WYork	12.09
5 Danieka Bale	Warks	12.20
6 Helen Van Kampen	Herts	12.25
7 Natasha Risman	Hamp	13.72

**Heat 3 (+2.9m/s)**

1 Ashley Helsby	Mersey	11.44 ns
2 Samantha Coleby	Durham	11.65 es
3 Jennifer Heckford	Berks	11.70 es
4 Stephanie Gaynor	Herts	11.76 es
5 Lauren Dewdney	Nland	11.92
6 Stacey Gardiner	Kent	11.98

**Heat 4 (+4.3m/s)**

1 Hannah Frances-Smithson	WYork	11.46 ns
2 Kay Brown	Beds	11.66 es
3 Danielle Rooney	Lancs	11.93
4 Stephanie Kleynhans	Chesh	11.97
5 Rebecca Hughes	Leics	12.06
6 Abbie Bennett	Mersey	12.09
7 Jasmin Hicks	Corn	12.27

**Round 2**

**Semi-final A (+2.5m/s)**

1 Hannah Frances-Smithson	WYork	11.22 ns
2 Ashley Helsby	Mersey	11.24 ns
3 Samantha Coleby	Durham	11.57 es
4 Lizzie Nation-Grainger	Dorset	11.62 es
5 Vicky Fleetwood	Leics	11.82 es
6 Lucy Ferguson	Shrop	12.00
7 Harriet Lester	Surrey	12.07
8 Catherine Wearing	Kent	12.65

**Semi-final B (+3.2m/s)**

1 Jennifer Taker	Manch	11.20 ns
2 Serita Solomn	Kent	11.42 ns
3 Kay Brown	Beds	11.61 es
4 Sophie Skinner	Devon	11.65 es
5 Jennifer Heckford	Berks	11.74 es
6 Lauren Dewdney	Nland	11.76 es
7 Stephanie Gaynor	Herts	12.00
8 Danielle Rooney	Lancs	12.40

**Final**

(-0.1m/s)

1 Ashley Helsby	Mersey	11.21 ns
2 Serita Solomn	Kent	11.21 ns
3 Jennifer Taker	Manch	11.33 ns
4 Hannah Frances-Smithson	WYork	11.42 ns
5 Samantha Coleby	Durham	11.62 es
6 Kay Brown	Beds	11.66 es
7 Sophie Skinner	Devon	11.68 es
8 Lizzie Nation-Grainger	Dorset	12.13

**Junior Girls 4x100 metres Relay**

ES: 52.00 NS: 50.50 BP: 48.10

**Round 1**

**Heat 1**

1 Cheshire	Chesh	50.27 ns
2 Devon	Devon	51.76 es
3 Oxfordshire	Oxford	56.17
4 Hereford & Worcestershire	H&Wor	
5 Northumberland	Nland	disq

**Heat 2**

1 Hampshire	Hamp	49.94 ns
2 Merseyside	Mersey	50.82 es
3 Hertfordshire	Herts	51.82 es
4 Norfolk	Norf	53.19
5 North Yorkshire	NYork	53.23
6 Berkshire	Berks	55.91

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**Heat 3**

1 Middlesex	Midd	49.18 ns
2 West Yorkshire	WYork	49.39 ns
3 Staffordshire	Staff	50.47 ns
4 Greater Manchester	Manch	50.90 es
5 Leicestershire & Rutland	Leics	53.04
6 Lancashire	Lancs	

**Final**

1 Staffordshire	Staff	48.81 ns
2 Middlesex	Midd	49.10 ns
3 Greater Manchester	Manch	49.23 ns
4 West Yorkshire	WYork	49.25 ns
5 Hampshire	Hamp	49.74 ns
6 Merseyside	Mersey	49.78 ns
7 Cheshire	Chesh	50.15 ns
8 Devon	Devon	51.26 es

**Junior Girls High Jump**

ES: 1.55 NS: 1.61 BP: 1.77

**Final**

1 Anna Newton	Hamp	1.61 ns
2 Hattie Scaramanga	Somer	1.61 ns
3 Gemma Grainger	Essex	1.58 es
4 Sophie Dixon	Cumb	1.58 es
5 Kathryn Forth	Bucks	1.55 es
6 Charlotte Walden-Day	Hamp	1.55 es
7 Kayley Alcorn	Sussex	1.55 es
8 Laura Watt	Durham	1.52
= Annabel Sampson	NYork	1.52
10 Sophie Twinam	Chls	1.52
11 Rebecca Pike	Norf	1.52
= Sarah Joy	Herts	1.52
13 Kelly Daly	Oxford	1.52
= Stephanie Potts	Chesh	1.52
= Lauren Vickers	Kent	1.52
= Vicki Wheatland	Essex	1.52
17 Laura Duke	Sussex	1.52
18 Alice Lennox	Staff	1.52
19 Anna Harrison	H&Wor	1.47
= Charlotte Berrington	H&Wor	1.47
= Hayley Luke	Oxford	1.47
= Charlotte Green	Devon	1.47
23 Sophie Cash	Staff	1.47
24 Katie Jenkinson	Cumb	1.47
25 Bethan Partridge	Shrop	1.47
= Chloe Plewes	Leics	1.47
27 Charlotte Addis	Wilts	1.47
= Amy Fleming	Durham	1.47

**Junior Girls Long Jump**

ES: 5.05 NS: 5.20 BP: 6.22

**Final**

1 Alexandra Russell	Mersey	5.48 -0.9 ns
2 Keighley Taplin	Essex	5.33 -1.5 ns
3 Jenny Coe	Sussex	5.25 -0.3 ns
4 Eleanor Markendale	Lancs	5.22 +0.2 ns
5 Chioma Chilaka	Leics	5.21 +0.3 ns
6 Lauren Blackie	Kent	5.16 +1.1 es
7 Yemi Bello	Midd	5.10 -0.6 es
8 Laura Simmonds	Staff	5.04 -1.0
9 Hannah Hewittson	Chesh	4.97 -0.4
10 Nicki Avery	Sussex	4.96 -0.3
11 Jessica Wilson	WYork	4.93 -0.3
12 Sophie Liddell	Oxford	4.89 -0.5
13 Rebecca Hickson	SYork	4.79 -0.6
14 Abigail Haywood	WYork	4.78 -1.6
15 Abigail Monks	Notts	4.72 +0.2
16 Meghan Beesley	Warks	4.71 -0.4
17 Harriet Pickles	NYork	4.69 -1.7
18 Felicity Middleton	NYork	4.67 -0.2
19 Hayley Wright	Hamp	4.63 -2.1
20 Emily Moss	Lincs	4.60 -0.6
21 Stacey Middleton	Oxford	4.60 +0.2

**Junior Girls Shot**

ES: 10.00 NS: 10.70 BP: 13.92

**Final**

1 Finesse Thompson	Essex	12.37 ns
2 Suzie Scott	WMid	11.86 ns
3 Rachel Wallader	WMid	11.50 ns
4 Emma Pattison	Lincs	11.03 ns
5 Abby Wood	Derby	10.99 ns
6 Erica Francis	Sussex	10.88 ns
7 Kashmere Joseph	London	10.48 es
8 Naomi Hall	Manch	10.23 es
9 Alice Forster	Camb	10.18 es
10 Rosy Cooper	Somer	9.97
11 Hannah Jelfs	Kent	9.86
12 Elizabeth Goddard	Berks	9.85
13 Lucy Houghton	Devon	9.83
14 Francesca Morton	Hamp	9.82
15 Amelia Montagnani	Surrey	9.74
16 Philippa Markley	Camb	9.64
17 Montana Marshall	Surrey	9.53
18 Amy Roberts-Clarke	Corn	9.42
19 Charlotte Brown	Derby	9.21
20 Hayley Millar	Bucks	9.18
21 Stephanie Kele	Oxford	8.75
22 Emma Dawson	Norf	8.74

**Junior Girls Discus**

ES: 27.00 NS: 30.00 BP: 39.58

**Final**

1 Shaunagh Brown	London	36.88 ns
2 Kate Heller	Corn	34.02 ns
3 Sarah-Jane Perry	Warks	32.65 ns
4 Hannah Evenden	WYork	31.92 ns
5 Lauren Bodie	NYork	31.90 ns
6 Lucy Underdown	Kent	30.00 ns
7 Rebecca Duquemin	Chls	29.55 es
8 Vicky Johnson	Mersey	29.38 es
9 Emma Sutton	Oxford	28.86 es
10 Rosalind Seeley	Kent	25.91
11 Catherine Le Sueur	Beds	25.84
12 Zoe Ash	Warks	25.30
13 Amara Taitt	London	24.21
14 Thalita Therapanya	Glouc	23.32
15 Elycia Metaxas-Belt	Nhants	23.00
16 Erin Ruxton	Bucks	21.81
17 Jane Chamberlin	Lincs	21.71

**Junior Girls Javelin**

ES: 29.00 NS: 32.00 BP: 40.97

**Final**

1 Peta Lundgren	Herts	35.43 ns
2 Rachael Fleary	Cumb	33.46 ns
3 Rebecca Slater	Chls	33.45 ns
4 Lucy O'flinn	Devon	33.30 ns
5 Catherine Braham	Surrey	33.11 ns
6 Hannah Bryan	Oxford	33.02 ns
7 Jemma Tewkesbury	Dorset	32.79 ns
8 Siobhan Read	Kent	29.56 es
9 Philippa Sutton	Hamp	29.52 es
10 Diane Neza	Devon	28.79
11 Eve Selby	Hamp	28.64
12 Simone Ward	WMid	27.89
13 Emily Martin	Devon	26.46
14 Katie Nicklin	Staff	25.64
15 Grace Ambwene	Wilts	21.42

**Inter Girls 100 metres**

ES: 12.60 NS: 12.30 BP: 11.50

**Round 1**

**Heat 1 (+3.9m/s)**

1 Nicole Sadler	Suff	11.96 ns
2 Donna Walker	London	12.21 ns
3 Tara Kafke	Oxford	12.33 es
4 Natalie Pearson	SYork	12.47 es
5 Kineta Kelsall	Durham	12.72
6 Jennifer Sealy	Somer	12.83

**Heat 2 (+3.4m/s)**

1 Joscelynn Hopeson	Surrey	11.71 ns
2 Shaleina Mars	Midd	12.41 es
3 Serita Shone	Dorset	12.49 es
4 Lauren Arthur	Durham	12.52 es
5 Emma Pullen	Shrop	12.85
6 Philippa McGregor	Nland	13.23

**Heat 3 (+4.3m/s)**

1 Hayley Jones	Chesh	12.13 ns
2 Helen Jennings	Humb	12.14 ns
3 Abbi Tyson	Staff	12.25 ns
4 Anike Shand-Whittingham	London	12.26 ns
5 Cherele Jones	Shrop	12.27 ns
6 Ruth Watson	Midd	12.52 es

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**Heat 4 (+2.1m/s)**

1 Rachel Telfer	Midd	12.17 ns
2 Kandi Ejiogor	London	12.23 ns
3 Tanya Hinds	Leics	12.28 ns
4 Rachel Conway	Glouc	12.51 es
5 Kylie Russell	Avon	12.64
6 Roisin Willi	Nland	13.06

**Round 2**

**Semi-final A (-1.3m/s)**

1 Nicole Sadler	Suff	12.25 ns
2 Hayley Jones	Chesh	12.32 es
3 Kandi Ejiogor	London	12.55 es
4 Tara Kafke	Oxford	12.63
5 Donna Walker	London	12.69
6 Cherielle Jones	Shrop	12.71
7 Shaleina Mars	Midd	12.78
8 Natalie Pearson	SYork	12.91

**Semi-final B (+0.6m/s)**

1 Joscelynn Hopeson	Surrey	12.01 ns
2 Helen Jennings	Humb	12.31 es
3 Rachel Telfer	Midd	12.35 es
4 Anike Shand-Whittingham	London	12.40 es
5 Abbi Tyson	Staff	12.41 es
6 Tanya Hinds	Leics	12.52 es
7 Rachel Conway	Glouc	12.71
8 Serita Shone	Dorset	12.80

**Final**

(-0.1m/s)

1 Joscelynn Hopeson	Surrey	11.81 ns
2 Nicole Sadler	Suff	12.07 ns
3 Helen Jennings	Humb	12.25 ns
4 Hayley Jones	Chesh	12.34 es
5 Anike Shand-Whittingham	London	12.37 es
6 Rachel Telfer	Midd	12.41 es
7 Kandi Ejiogor	London	12.60 es
8 Tara Kafke	Oxford	12.62

**Inter Girls 200 metres**

ES: 26.00 NS: 25.20 BP: 23.60

**Round 1**

**Heat 1 (+3.4m/s)**

1 Fern Parker	Hamp	25.52 es
2 Jessica Taylor	NYork	25.65 es
3 Paula Hill	Avon	25.87 es
4 Carling Meadows	Manch	26.22
5 Kerry Dixon	Suff	26.26
6 Caroline Sellers	Cleve	27.18

**Heat 2 (+3.8m/s)**

1 Annabelle Lewis	Humb	25.84 es
2 Lydia Chamberlin	Lincs	26.18
3 Kirsty Thomas	Durham	26.31
4 Lucy Janik	Wilts	27.01

**Heat 3 (+4.7m/s)**

1 Johnelle Gibbons	London	24.81 ns
2 Jenny Graham	Nland	25.69 es
3 Kayo Titiloye	WMid	25.71 es
4 Faye Winspear	Cleve	26.07
5 Dominique Smith	Camb	26.23
6 Emma Hickey	Derby	26.43

**Heat 4 (+4.2m/s)**

1 Joey Duck	Nhants	24.41 ns
2 Emily Shaw	Manch	25.38 es
3 Emma Seccombe	Warks	25.96 es
4 Kirsty Hollings	Norf	26.01
5 Amy Hill	SYork	26.25
6 Ellie Doel	Sussex	26.93

**Round 2**

**Semi-final A (-0.4m/s)**

1 Johnelle Gibbons	London	24.72 ns
2 Emily Shaw	Manch	25.10 ns
3 Kayo Titiloye	WMid	25.88 es
4 Jenny Graham	Nland	25.92 es
5 Lydia Chamberlin	Lincs	26.07
6 Faye Winspear	Cleve	26.12
7 Emma Seccombe	Warks	26.36
8 Dominique Smith	Camb	26.46

**Semi-final B (+0.2m/s)**

1 Joey Duck	Nhants	24.38 ns
2 Fern Parker	Hamp	25.77 es
3 Annabelle Lewis	Humb	25.82 es
4 Paula Hill	Avon	26.05
5 Jessica Taylor	NYork	26.19
6 Kirsty Thomas	Durham	26.30
7 Kirsty Hollings	Norf	26.37
8 Carling Meadows	Manch	disq

**Final**

(+1.9m/s)

1 Joey Duck	Nhants	23.80 ns
2 Emily Shaw	Manch	24.53 ns
3 Johnelle Gibbons	London	24.66 ns
4 Jenny Graham	Nland	25.51 es
5 Fern Parker	Hamp	25.75 es
6 Annabelle Lewis	Humb	25.79 es
7 Paula Hill	Avon	25.82 es
8 Kayo Titiloye	WMid	25.95 es

**Inter Girls 300 metres**

ES: 41.60 NS: 40.70 BP: 38.35

**Round 1**

**Heat 1**

1 Claire Triggs	Oxford	40.29 ns
2 Laura Scougall	WMid	40.62 ns
3 Charlotte Bishop	Beds	41.87
4 Kate Would	Derby	42.43
5 Racheal Shaw	SYork	42.52
6 Jayne Moulding	Lincs	42.76

**Heat 2**

1 Laura Gillhespy	Lancs	41.00 es
2 Kara-Aretha Graham	Essex	42.62
3 Charlotte Allee	Nhants	42.71
4 Laura Chambers	Chesh	43.22
5 Rebecca Welbourne	Suff	43.76
6 Bryony Willmott	Berks	44.08

**Heat 3**

1 Katie Flower	Humb	40.85 es
2 Cassie Gear	Hamp	41.01 es
3 Amy Godsell	Surrey	41.10 es
4 Rebecca Syracki	Kent	41.17 es
5 Rachel Woods	Berks	42.37
6 Kerri Morgan	Sussex	43.52

**Heat 4**

1 Lizzie Sandall	Glouc	41.53 es
2 Joedy Platt	Devon	41.55 es
3 Holly Littlejohn	Nhants	41.87
4 Vicky Lawrence	Wilts	42.56
5 Allanda Crow	Cleve	42.96
6 Rebecca Paine	Kent	44.70

**Round 2**

**Semi-final A**

1 Laura Gillhespy	Lancs	40.15 ns
2 Claire Triggs	Oxford	40.36 ns
3 Rebecca Syracki	Kent	40.75 es
4 Cassie Gear	Hamp	41.17 es
5 Joedy Platt	Devon	41.34 es
6 Charlotte Bishop	Beds	42.13
7 Charlotte Allee	Nhants	42.18
8 Racheal Shaw	SYork	42.73

**Semi-final B**

1 Laura Scougall	WMid	39.76 ns
2 Kara-Aretha Graham	Essex	40.22 ns
3 Lizzie Sandall	Glouc	40.35 ns
4 Amy Godsell	Surrey	40.42 ns
5 Katie Flower	Humb	40.65 ns
6 Holly Littlejohn	Nhants	40.71 es
7 Rachel Woods	Berks	42.05
8 Kate Would	Derby	42.59

**Final**

1 Laura Gillhespy	Lancs	39.45 ns
2 Claire Triggs	Oxford	39.80 ns
3 Laura Scougall	WMid	40.34 ns
4 Kara-Aretha Graham	Essex	40.47 ns
5 Katie Flower	Humb	40.80 es
6 Amy Godsell	Surrey	40.82 es
7 Rebecca Syracki	Kent	40.92 es
8 Lizzie Sandall	Glouc	41.30 es

**Inter Girls 800 metres**

ES: 2:18.00 NS: 2:15.00 BP: 2:05.60

**Round 1**

**Heat 1**

1 Charlotte Browning	Sussex	2:16.56 es
2 Stephanie Roe	Lancs	2:16.72 es
3 Justine Kinney	WMid	2:16.81 es
4 Lora Symonds	H&Wor	2:16.85 es
5 Shelley Smith	Norf	2:17.43 es
6 Julia Cooke	Glouc	2:17.81 es
7 Alexandra Firth	SYork	2:24.80
8 Hannah Jones	Hamp	2:26.10

**Heat 2**

1 Emma Jackson	Staff	2:12.39 ns
2 Emma Haley	Essex	2:14.42 ns
3 Rebecca Hall	Nhants	2:15.99 es
4 Montana Jones	Surrey	2:16.70 es
5 Claire McMurdock	Manch	2:17.14 es
6 Emma Reed	Avon	2:17.91 es
7 Gemma Curley	Notts	2:21.14
8 Jessica Corrie-Taylor	Mersey	2:23.70

**Heat 3**

1 Nikki Hamblin	Dorset	2:15.79 es
2 Natalie McHale	H&Wor	2:17.07 es
3 Lucy Mayo	WYork	2:17.30 es
4 Lyndsey Fairweather	Herts	2:18.18
5 Danielle McCann	Lancs	2:19.40
6 Sasha Mucci	Hamp	2:21.41
7 Natalie Yates	Notts	2:23.80
8 Emma-Leigh Heighway	Chesh	2:33.39

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## Heat 4

1 Rachel Fisk	Humb	2:14.93 ns
2 Carolyn Plateau	Oxford	2:15.00 ns
3 Hannah Brooks	Surrey	2:15.61 es
4 Emily Goodall	Sussex	2:15.98 es
5 Joanne Duxbury	Manch	2:16.55 es
6 Gillian Moss	Norf	2:16.57 es
7 Laura Lambert	Chesh	2:16.61 es
8 Ruth Mitchell	Avon	2:17.40 es

## Round 2

### Semi-final A

1 Emma Haley	Essex	2:12.30 ns
2 Nikki Hamblin	Dorset	2:12.54 ns
3 Justine Kinney	WMid	2:13.52 ns
4 Rachel Fisk	Humb	2:13.83 ns
5 Rebecca Hall	Nhants	2:14.29 ns
6 Gillian Moss	Norf	2:14.96 ns
7 Natalie McHale	H&Wor	2:15.50 es
8 Emily Goodall	Sussex	2:18.36

### Semi-final B

1 Emma Jackson	Staff	2:13.86 ns
2 Charlotte Browning	Sussex	2:14.01 ns
3 Carolyn Plateau	Oxford	2:14.17 ns
4 Hannah Brooks	Surrey	2:14.40 ns
5 Stephanie Roe	Lancs	2:15.16 es
6 Lucy Mayho	WYork	2:17.12 es
7 Laura Lambert	Chesh	2:19.57
8 Joanne Duxbury	Manch	2:19.90

## Final

1 Nikki Hamblin	Dorset	2:08.93 ns
2 Emma Jackson	Staff	2:09.56 ns
3 Carolyn Plateau	Oxford	2:11.38 ns
4 Emma Haley	Essex	2:12.05 ns
5 Charlotte Browning	Sussex	2:12.36 ns
6 Justine Kinney	WMid	2:13.24 ns
7 Rebecca Hall	Nhants	2:14.37 ns
8 Rachel Fisk	Humb	2:20.80

## Inter Girls 1500 metres

ES: 4:47.00 NS: 4:40.00 BP: 4:24.10

## Round 1

### Heat 1

1 Jessica Sparke	Herts	4:37.67 ns
2 Danielle Christmas	Surrey	4:37.71 ns
3 Kirsty Hamilton	Devon	4:37.72 ns
4 Megan Foley	Essex	4:38.21 ns
5 Kasey-Lee Shuttleworth	Manch	4:44.01es
6 Emily Clarke	Norf	4:44.04 es
7 Delyth James	Nland	4:47.09
8 Louise McHale	H&Wor	4:47.46
9 Alison Starling	WMid	4:48.12
10 Stacey Preston	Hamp	4:53.64
11 Leonie Woodfinden	Corn	

### Heat 2

1 Claire Tarplee	WMid	4:42.11 es
2 Katie Richardson	Essex	4:42.13 es
3 Danielle Walker	Staff	4:42.18 es
4 Stephanie Twell	Surrey	4:42.36 es
5 Charlie Gaspar	Bucks	4:44.70 es
6 Sarah Waldron	Herts	4:46.45 es
7 Carley Rose	Norf	4:51.14
8 Lucy Bowers	Hamp	4:55.05
9 Amy Wilks	SYork	5:03.71
10 Melissa Ronan	Mersey	5:10.56
11 Catherine Conway	Essex	

## Final

1 Danielle Christmas	Surrey	4:24.77 ns
2 Danielle Walker	Staff	4:26.70 ns
3 Kirsty Hamilton	Devon	4:26.81 ns
4 Stephanie Twell	Surrey	4:28.99 ns
5 Jessica Sparke	Herts	4:29.23 ns
6 Megan Foley	Essex	4:30.24 ns
7 Claire Tarplee	WMid	4:34.86 ns
8 Katie Richardson	Essex	4:35.32 ns
9 Kasey-Lee Shuttleworth	Manch	4:43.04es
10 Emily Clarke	Norf	4:45.68 es

## Inter Girls 3000 metres

ES: 10:26.00 NS: 10:12.00 BP: 9:39.90

## Final

1 Emily Pidgeon	Glouc	9:57.96 ns
2 Stephanie Barnes	Avon	10:01.17 ns
3 Sian Edwards	Nhants	10:02.89 ns
4 Joanna Callaway	Staff	10:03.21 ns
5 Olivia Kenney	WMid	10:03.42 ns
6 Emma Pallant	Surrey	10:06.62 ns
7 Sarah Tedd	Wilts	10:16.05 es
8 Amanda Bailey	Dorset	10:16.36 es
9 Ruth Senior	Norf	10:19.34 es
10 Hollie Knight	Devon	10:21.26 es
11 Hayley Pointer	Hamp	10:22.04 es
12 Laura Dowsing	Suff	10:23.66 es
13 Laura Bache	WMid	10:27.09
14 India Lee	Hamp	10:29.68
15 Rosie Edwards	WYork	10:35.89
16 Kirsty Walker	WMid	10:44.17
17 Bethan Davies	Avon	

## Inter Girls 80 metres Hurdles

ES: 12.10 NS: 11.70 BP: 10.90

## Round 1

### Heat 1 (+3.0m/s)

1 Chloe Van Wulven	Essex	11.50 ns
2 Zara Hohn	SYork	11.59 ns
3 Stephanie Brennan	Mersey	12.08 es
4 Harriet Shurley	Berks	12.11
5 Virginia Moorhouse	Chesh	12.21
6 Harriet Abbiss	Surrey	12.38
7 Amie Trewin	Devon	12.58

### Heat 2 (+2.0m/s)

1 Vicky Garrad	Mersey	11.64 ns
2 Clare Cooper	Kent	11.74 es
3 Hannah Weekes	Herts	12.05 es
4 Kim Motley	Camb	12.19
5 Kim Whyman	Leics	12.22
6 Hayley Todd	Suff	12.26
7 Lauren Storr	WYork	12.36
8 Beth Heaton	Lancs	12.96

### Heat 3 (+3.5m/s)

1 Emily Noble	WYork	11.67 ns
2 Sarah Tippet	Suff	11.86 es
3 Karla Drew	Devon	12.32
4 Justine Singleton	Somer	12.51
5 Joanne Wood	Nland	12.96
6 Kylie Robilliard	Chls	23.43

## Final

(+1.9m/s)

1 Chloe Van Wulven	Essex	11.39 ns
2 Vicky Garrad	Mersey	11.41 ns
3 Emily Noble	WYork	11.65 ns
4 Zara Hohn	SYork	11.68 ns
5 Sarah Tippet	Suff	11.87 es
6 Hannah Weekes	Herts	12.24
7 Stephanie Brennan	Mersey	12.51

## Inter Girls 300 metres Hurdles

ES: 46.80 NS: 45.00 BP: 41.99

## Round 1

### Heat 1

1 Emily Bonnett	Somer	44.80 ns
2 Jana Rieck	Kent	45.78 es
3 Lucy Abbott	Manch	46.05 es
4 Hayley Pitman	Avon	46.51 es
5 Debbie Forster	Cleve	46.65 es
6 Lauren Rowe	Chesh	
7 Sarah Adams	Leics	

### Heat 2

1 Bethany Staniland	WYork	44.88 ns
2 Claire Leckie	Essex	45.53 es
3 Erin Sims	WMid	45.68 es
4 Sam Betteridge	Wilts	45.77 es
5 Caroline Morley	Mersey	47.15
6 Vanessa Ward	Surrey	47.20
7 Lauren Yates	Avon	49.50

### Heat 3

1 Perri Shakes-Drayton	London	44.74 ns
2 Laura McMichael	Durham	45.41 es
3 Christina Silva	Herts	45.91 es
4 Lana Taylor	Derby	46.17 es
5 Anastasia Dopierala	Durham	47.78
6 Alex Banner	Surrey	48.65
7 Charlotte Roberts	Shrop	50.00

## Final

1 Emily Bonnett	Somer	44.54 ns
2 Bethany Staniland	WYork	44.82 ns
3 Laura McMichael	Durham	45.39 es
4 Claire Leckie	Essex	45.61 es
5 Erin Sims	WMid	45.79 es
6 Jana Rieck	Kent	45.94 es
7 Sam Betteridge	Wilts	45.95 es
8 Perri Shakes-Drayton	London	disq

## Inter Girls 4x100 metres Relay

ES: 50.20 NS: 49.20 BP: 46.40

## Round 1

### Heat 1

1 North Yorkshire	NYork	49.99 es
2 Lincolnshire	Lincs	50.41
3 Hertfordshire	Herts	51.21
4 Avon	Avon	
5 Middlesex	Midd	
6 Northamptonshire	Nhants	

### Heat 2

1 Surrey	Surrey	47.42 ns
2 Hampshire	Hamp	50.29
3 Cleveland	Cleve	50.32
4 Kent	Kent	50.45
5 Sussex	Sussex	52.42
6 Hereford & Worcestershire	H&Wor	
7 Bedfordshire & Luton	Beds	disq

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**Heat 3**

1	London	London	47.38	ns
2	West Midlands	WMid	49.34	es
3	Lancashire	Lancs	50.12	es
4	Leicestershire & Rutland	Leics	50.27	
5	Devon	Devon	52.66	
6	Cheshire	Chesh		disq

**Heat 4**

1	Essex	Essex	49.36	es
2	Humberside	Humb	50.03	es
3	Oxfordshire	Oxford	50.83	
4	Merseyside	Mersey	51.31	
5	Wiltshire	Wilts		
6	Greater Manchester	Manch		
7	Somerset	Somer		disq

**Heat 5**

1	West Yorkshire	WYork	49.26	es
2	South Yorkshire	SYork	49.46	es
3	Derbyshire	Derby	50.81	
4	Northumberland	Nland	50.93	
5	Suffolk	Suff	51.01	
6	Staffordshire	Staff		
7	Durham	Durham		

**Final**

1	Surrey	Surrey	47.29	ns
2	London	London	47.77	ns
3	South Yorkshire	SYork	48.59	ns
4	West Yorkshire	WYork	49.00	ns
5	Essex	Essex	49.07	ns
6	West Midlands	WMid	50.46	
7	Humberside	Humb	50.70	
8	North Yorkshire	NYork	50.76	

**Inter Girls High Jump**

ES: 1.62 NS: 1.68 BP: 1.83

**Final**

1	Vikki Hubbard	Lincs	1.77	ns
2	Charis O' Connor	Surrey	1.77	ns
3	Sophie Hine	Warks	1.74	ns
4	Lauren Ambrose	Beds	1.71	ns
5	Kay Humberstone	SYork	1.68	ns
6	Adele Lassu	SYork	1.68	ns
7	Jennifer Lumley	NYork	1.65	es
8	Sarah Lawrenson	Lancs	1.65	es
9	Georgina Hood	Oxford	1.65	es
10	Lucy Hodgins	Bucks	1.65	es
11	Wendy Meadows-Smith	Herts	1.62	es
12	Jessica Horler	SYork	1.62	es
13	Erica Bodman	Chls	1.62	es
=	Amy Grainger	Derby	1.62	es
15	Sian Davies	Shrop	1.59	
=	Tiffeny Lyons	WYork	1.59	
17	Sade Thompson	Avon	1.59	
18	Adrienne Smith	WYork	1.54	
19	Emma Gulliver	Somer	1.54	
20	Victoria Atherton	Durham	1.54	
=	Laura Varrie	Mersey	1.54	
22	Amy Pearson	Nland	1.49	
=	Anna Welford	NYork	1.49	

**Inter Girls Long Jump**

ES: 5.35 NS: 5.50 BP: 6.41

**Final**

1	Dominique Blaize	Surrey	6.03	+0.9	ns
2	Gemma Weetman	Shrop	5.84	+1.6	ns
3	Kim Murray	Hamp	5.74	+0.9	ns
4	Jade Surman	WMid	5.69	+0.9	ns
5	Kirsty Parr	WYork	5.52	+1.2	ns
6	Emily Martin	London	5.52	-0.6	ns
7	Leanne Spooner	SYork	5.39	+2.9	es
8	Alice Simpson	WYork	5.29	+1.7	
9	Helen Banks	SYork	5.21	+1.1	
10	Lyndsay Towers	NYork	5.13	+2.2	
11	Jo Hackney	NYork	5.11	+0.4	
12	Claire Jaggard	Herts	5.01	+0.4	
13	Kimberley Harrison	Derby	4.98	+0.5	
14	Sarah Smart	Avon	4.92	+1.1	
15	Heather Douglas	Derby	4.44	+0.8	
16	Stacey Cornfield	WMid	4.37	+0.4	

**Inter Girls Triple Jump**

ES: 10.70 NS: 11.10 BP: 11.95

**Final**

1	Claire Linskill	Devon	11.78	ns
2	Jade Castell-Thomas	London	11.29	ns
3	Saskia Kalmeijer	Oxford	11.17	ns
4	Tania Nicholas	Midd	11.16	ns
5	Hannah Frankson	Essex	11.12	ns
6	Leah Simmons	NYork	11.00	es
7	Tamara Longwe	Leics	11.00	es
8	Sarah Warsop	Dorset	10.97	es
9	Emma Moutrie	WYork	10.93	es
10	Harriet Forman	Humb	10.87	es
11	Jade Christie	Beds	10.82	es
12	Hannah Waring	Manch	10.61	
13	Amanda Ranger	London	10.60	
14	Juliet Fielden	Kent	10.54	
15	Rachel King	Kent	10.49	
16	Katie Rose	Avon	10.45	
17	Olivia Ward	Warks	10.45	
18	Niki Raine	H&Wor	10.09	
19	Rachael Parker	NYork	9.89	
20	Claire O'reilly	Derby	9.79	
21	Laura Teasdale	WYork	9.77	
22	Lindsey Hoyle	NYork	9.24	

**Inter Girls Pole Vault**

ES: 2.70 NS: 3.05 BP: 3.65

**Final**

1	Bryony Gibbens	Bucks	3.15	ns
2	Rebecca Lilley	H&Wor	2.95	es
3	Annemarie Price	Kent	2.85	es
4	Tanya Bromilow	Beds	2.70	es
5	Becky Frampton	Hamp	2.55	
=	Sarah Hardwick	Nhants	2.55	

**Inter Girls Shot**

ES: 10.20 NS: 11.00 BP: 13.86

**Final**

1	Eden Francis	Leics	13.42	ns
2	Liz Millward	Staff	12.81	ns
3	Laura Booth	SYork	11.96	ns
4	Lizzy Yarnold	Kent	11.24	ns
5	Laura Gomery	WMid	11.14	ns
6	Rebecca Hall	Lincs	11.07	ns
7	Kayleigh Southgate	Norf	10.85	es
8	Nikki McSweeney	Bucks	10.59	es
9	Tolani Agoro	London	10.57	es
10	Amy Weaver	Lancs	10.43	es
11	Briony Phillips	London	10.33	es
12	Kirsty Hutton	Durham	9.87	
13	Isobel Retberg	Lincs	9.30	
14	Carly Beanland	WYork	9.18	
15	Hannah Conroy	Cleve	8.91	

**Inter Girls Discus**

ES: 33.00 NS: 37.00 BP: 49.36

**Final**

1	Rebecca Saunders	Kent	40.59	ns
2	Ruth Hay	Nhants	39.08	ns
3	Hannah James	Sussex	37.54	ns
4	Rebecca Birch	SYork	35.87	es
5	Florence Clark	Kent	35.72	es
6	Jenny Scott	WMid	35.18	es
7	Natalie Walsh	Lancs	35.14	es
8	Chloe Beckett	WYork	34.41	es
9	Lauren Hunt	Chesh	33.38	es
10	Ashley Maddison	Durham	32.70	
11	Anna Griffiths	Lancs	32.36	
12	Rachel Backhouse	Nhants	32.16	
13	Jenny Dunford	Warks	32.13	
14	Claire Lyne-Ley	Devon	31.89	
15	Danielle Thomas	Cumb	29.22	
16	Emma Price	Shrop	28.49	

**Inter Girls Javelin**

ES: 36.00 NS: 38.00 BP: 46.94

**Final**

1	Laura Scott	Derby	40.64	ns
2	Jade Dodd	London	38.08	ns
3	Louise Lockwood	Essex	35.38	
4	Maddie Hinch	Somer	34.70	
5	Carly Smith	Chesh	33.42	
6	Amy Peacock	Oxford	32.80	
7	Lucy Forward	Avon	32.70	
8	Josephine Wray	Suff	31.67	
9	Aimee Williams	Leics	30.08	
10	Kimberley Eke	Devon	29.49	

**English Schools Athletic Association**  
**National Track & Field Championships**  
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 Gateshead International Stadium

**Inter Girls Hammer**

ES: 32.00 NS: 38.00 BP: 45.17

**Final**

1 Rachel Blackie	Kent	48.06 bp
2 Anna Johnson	Manch	45.69 bp
3 Claire Phillips	Midd	42.44 ns
4 Victoria Thomas	Kent	40.33 ns
5 Mel Flash	Herts	37.36 es
6 Megan Boon	Norf	36.40 es
7 Kelly Coombs	Sussex	34.46 es
8 Lucy Tattersall	Sussex	34.38 es
9 Laura Edwards	Berks	29.89
10 Fleur Cottingham	Lincs	27.75

**Senior Girls 100 metres**

ES: 12.50 NS: 12.20 BP: 11.50

**Final**

(+1.7m/s)

1 Nicole Macdermott	Bucks	12.32 es
2 Christina Clubley	Humb	12.35 es
3 Natalie Jowett	Bucks	12.39 es
4 Sally Irwin	Berks	12.39 es
5 Vicky Burgess	Hamp	12.40 es
6 Lanre Atijosan	London	12.62
7 Alex Barton	Glouc	12.81
8 Charlotte Beckett	Bucks	12.99

**Senior Girls 200 metres**

ES: 25.80 NS: 25.00 BP: 23.10

**Round 1**

**Heat 1 (+1.2m/s)**

1 Sinead Johnson	Shrop	25.23 es
2 Deandra Smith	Herts	25.59 es
3 Tasha Double	Suff	26.16
4 Emma Heath	Avon	26.33
5 Sarah Allison	Cumb	26.42
6 Hollie McManus	Hamp	26.45

**Heat 2**

1 Hayley Gadsby	Derby	24.93 ns
2 Nikisha Ferguson	Manch	25.43 es
3 Lianne George	Sussex	25.44 es
4 Shelley Fielding	Wilts	25.66 es
5 Joanne Ryan	Essex	25.85
6 Sarah Holmes	Surrey	26.16
7 Emma Williams	WMid	26.20

**Final**

(+2.0m/s)

1 Hayley Gadsby	Derby	24.53 ns
2 Sinead Johnson	Shrop	25.13 es
3 Nikisha Ferguson	Manch	25.26 es
4 Lianne George	Sussex	25.27 es
5 Deandra Smith	Herts	25.54 es
6 Shelley Fielding	Wilts	25.66 es
7 Joanne Ryan	Essex	25.91
8 Sarah Holmes	Surrey	26.18

**Senior Girls 400 metres**

ES: 58.80 NS: 57.00 BP: 54.40

**Round 1**

**Heat 1**

1 Henrietta Kodilyne-Sims	Glouc	57.75 es
2 Kimberley Wainwright	SYork	57.84 es
3 Kate McGing	Mersey	57.89 es
4 Jemma Thake	Suff	58.63 es
5 Kayleigh Harper	Wilts	59.57
6 Victoria Wester	Nland	62.10

**Heat 2**

1 Katie Flaherty	Essex	57.20 es
2 Lauren Webb	Surrey	57.40 es
3 Danielle Marsh	WMid	57.79 es
4 Lois Brooks	Manch	59.50
5 Claire Burgoyne	Shrop	61.45
6 Emma Hopkins	Warks	

**Heat 3**

1 Tara Bird	Essex	57.25 es
2 Holly Barlow	WMid	57.38 es
3 Rowi Mortimer	Somer	57.46 es
4 Jess McMonagle	Hamp	58.97
5 Cassie Chilvers	Suff	59.06
6 Jenny Christie	Warks	

**Final**

1 Tara Bird	Essex	56.53 ns
2 Katie Flaherty	Essex	56.80 ns
3 Holly Barlow	WMid	57.25 es
4 Henrietta Kodilyne-Sims	Glouc	57.80 es
5 Rowi Mortimer	Somer	57.81 es
6 Danielle Marsh	WMid	58.32 es
7 Lauren Webb	Surrey	58.39 es
8 Kimberley Wainwright	SYork	58.70 es

**Senior Girls 800 metres**

ES: 2:15.00 NS: 2:13.00 BP: 2:05.18

**Final**

1 Hayley Beard	Herts	2:09.21 ns
2 Laura Kirk	WYork	2:10.52 ns
3 Anna Simmonds	H&Wor	2:10.96 ns
4 Samantha Hart	Cleve	2:12.36 ns
5 Nicola Maddick	Humb	2:12.40 ns
6 Sara Luck	Essex	2:13.83 es
7 Sarah Paterson	WMid	2:14.61 es
8 Ashley Gibson	Nland	2:16.86
9 Caroline Davis	Hamp	2:18.15

**Senior Girls 1500 metres**

ES: 4:43.00 NS: 4:36.00 BP: 4:17.10

**Round 1**

**Heat 1**

1 Abby Westley	SYork	4:33.59 ns
2 Vicky Holland	Glouc	4:33.86 ns
3 Becky Ellis	Chesh	4:35.24 ns
4 Josephine Rhodes	Oxford	4:35.39 ns
5 Sarah Ponsford	Wilts	4:39.03 es
6 Joanne Maddick	Humb	4:39.49 es
7 Victoria Mason	Manch	4:40.65 es
8 Jenny Binks	Avon	4:42.17 es
9 Katrina Wootton	Beds	

**Heat 2**

1 Hannah England	Oxford	4:37.19 es
2 Stephanie Wilson	Bucks	4:37.21 es
3 Isabelle Stoate	Devon	4:38.20 es
4 Stacey Johnson	Staff	4:40.18 es
5 Chloe Rodham	Cumb	4:41.12 es
6 Claire Kiely	Hamp	4:44.47
7 Rachel Deegan	Manch	4:48.99
8 Louise Durman	Glouc	4:51.39

**Final**

1 Vicky Holland	Glouc	4:31.67 ns
2 Stephanie Wilson	Bucks	4:32.37 ns
3 Hannah England	Oxford	4:33.59 ns
4 Abby Westley	SYork	4:34.21 ns
5 Becky Ellis	Chesh	4:39.03 es
6 Sarah Ponsford	Wilts	4:39.76 es
7 Isabelle Stoate	Devon	4:41.74 es
8 Josephine Rhodes	Oxford	4:44.44

**Senior Girls 3000 metres**

ES: 10:18.00 NS: 10:06.00 BP: 9:04.30

**Final**

1 Susie Hignett	Hamp	9:31.69 ns
2 Rachael Nathan	Lincs	9:39.12 ns
3 Gemma Turtle	Bucks	9:41.81 ns
4 Jo Harper	Staff	9:48.08 ns
5 Emma Whittaker	Wilts	10:04.20 ns
6 Rachel Gibbs	Herts	10:15.71 es
7 Lucy O' Gorman	SYork	10:17.88 es
8 Eloise Pittwood	Devon	10:17.89 es
9 Naomi Flanagan	Devon	10:26.46

**Senior Girls 100 metres Hurdles**

ES: 15.20 NS: 14.60 BP: 13.30

**Final**

(+1.7m/s)

1 Catherine Holdsworth	Essex	14.06 ns
2 Katey Read	Chesh	14.23 ns
3 Lisa McManus	Leics	14.63 es
4 Kirsty Batchelor	Hamp	14.74 es
5 Harriet Robinson	London	14.90 es
6 Angelita Broadbelt-Blake	Surrey	15.14 es
7 Karen Moorcroft	Manch	15.34
8 Amy Beighton	Leics	15.49

**Senior Girls 400 metres Hurdles**

ES: 65.00 NS: 63.50 BP: 59.00

**Round 1**

**Heat 1**

1 Marika Reed	Bucks	63.22 ns
2 Nicola Martell	Essex	63.58 es
3 Ellen Howarth-Brown	Sussex	64.25 es
4 Nina Lake	Avon	66.44
5 Alison Hackney	NYork	66.65
6 Amy Forsyth	London	67.64
7 Kathryn Dunne	Mersey	68.13

**Heat 2**

1 Cara Pain	Sussex	64.83 es
2 Natalie Hooper	WMid	64.94 es
3 Naomi Hutchings	Somer	65.11
4 Rebecca Long	WYork	67.24
5 Leila Corfield	Avon	68.18
6 Sara Oglesby	Lincs	68.74

# English Schools Athletic Association National Track & Field Championships

9<sup>th</sup> / 10<sup>th</sup> July 2004

Gateshead International Stadium

## Final

1 Marika Reed	Bucks	61.23 ns	8 Michelle Robbins	Chesh	11.39 -0.8 ns	1 Hayley Thomas	Essex	45.29 ns
2 Naomi Hutchings	Somer	61.59 ns	9 Nadine Okyere	WMid	11.06 +0.2 es	2 Laura Whittingham	SYork	41.89 ns
3 Nicola Martell	Essex	62.59 ns	10 Jessica Cardall	Chesh	11.05 +1.1 es	3 Rosie Semenytsh	Berks	40.64 es
4 Cara Pain	Sussex	62.90 ns	11 Fiona Drysdale	Manch	11.01 +0.3 es	4 Christine Lawrence	Kent	40.37 es
5 Ellen Howarth-Brown	Sussex	64.11 es	12 Imogen Miles	Oxford	10.97 +0.2	5 Sarah Dunkley	Camb	37.45 es
6 Natalie Hooper	WMid	64.27 es	13 Shelley Revitt	Leics	10.89 -0.2	6 Lisa Edwards	Devon	34.89
7 Alison Hackney	NYork	67.08	14 Sasheana Gordon	Surrey	10.80 -0.1	7 Emma Halsall	Manch	34.74
8 Nina Lake	Avon	67.32	15 Emma Smith	WYork	10.52 +0.6	8 Debbie Collinson	Humb	33.61
			16 Lana Whatley	Surrey	10.52 +0.4	9 Bridget Tidball	Devon	33.28
			17 Joanna Birch	Chesh	10.50 +0.5			
			18 Lucy Mitchell	Mersey	10.29 +1.0			
			19 Lucy Rose	Avon	10.18 +0.2			
			20 Vanessa Ball	H&Wor	10.03 +0.6			

## Senior Girls 4x100 metres Relay

ES: 49.80 NS: 48.80 BP: 45.60

## Final

1 Essex	Essex	48.99 es
2 Buckinghamshire	Bucks	49.08 es
3 Surrey	Surrey	49.49 es
4 Somerset	Somer	49.75 es
5 Cheshire	Chesh	50.09
6 Hertfordshire	Herts	51.23
7 Avon	Avon	51.31
8 West Yorkshire	WYork	54.04

## Senior Girls High Jump

ES: 1.66 NS: 1.72 BP: 1.87

## Final

1 Emma Morris	Durham	1.81 ns
2 Emma Perkins	Sussex	1.78 ns
3 Shani Rainford	Surrey	1.69 es
4 Claire Huck	Cumb	1.69 es
= Liz Sweeney	Mersey	1.69 es
6 Gemma Eastman	Hamp	1.66 es
7 Laura Pitts	Devon	1.66 es
8 Rachel Culshaw	Manch	1.63
9 Sam Maloney	Manch	1.58

## Senior Girls Long Jump

ES: 5.45 NS: 5.65 BP: 6.65

## Final

1 Louise Hazel	Camb	5.91 -0.1 ns
2 Louise Bloor	SYork	5.87 +1.0 ns
3 Aimee Palmer	Staff	5.57 -1.2 es
4 Janine McCormack	Devon	5.54 -1.2 es
5 Laura Willey	Manch	5.44 +0.1
6 Donna Creighton	Somer	5.42 +0.4
7 Rachel Abbs	Durham	5.34 -0.5
8 Sheryl Punter	WYork	5.26 -0.1
9 Cherrie Morrison	Manch	5.22 -0.4
10 Heidi Jarosinski	H&Wor	5.04 +0.5

## Senior Girls Triple Jump

ES: 11.00 NS: 11.30 BP: 13.06

## Final

1 Yasmine Regis-Moses	Midd	12.48+0.3 ns
2 Rebekah Passley	Surrey	12.00 -0.2 ns
3 Angela Barrett	Herts	11.71 +0.5 ns
4 Anna Kelly	Shrop	11.71 +0.6 ns
5 Claire Wait	Shrop	11.71 +0.8 ns
6 Sineade Gutzmore	London	11.69 +0.2 ns
7 Tania Spurling	Suff	11.54 +0.9 ns

## Senior Girls Pole Vault

ES: 2.70 NS: 3.05 BP: 3.75

## Final

1 Rachel Gibbens	Bucks	3.55 ns
2 Kimberley Smith	WMid	3.35 ns
3 Samantha Poulter	Surrey	3.15 ns
4 Holly Weaver	Sussex	2.95 es
5 Louise Shortland	Herts	2.85 es
6 Emma Lyons	Derby	2.70 es
7 Samantha Baldwin	Dorset	2.70 es
8 Amy Teasdale	WYork	2.70 es

## Senior Girls Shot

ES: 10.50 NS: 11.60 BP: 15.01

## Final

1 Chloe Edwards	Camb	12.83 ns
2 Hayley Bryan	Devon	11.90 ns
3 Rachel Cork	Dorset	11.46 es
4 Heidi Rogers	Avon	11.28 es
5 Emma Shaw	NYork	11.25 es
6 Katherine Newton	Derby	11.07 es
7 Ashleigh Palmer-Johnson	Berks	11.02 es
8 Zenab Farag	Kent	10.62 es
9 Rachel Bashforth	Lancs	10.21
10 Kathryn Ellis	Nland	9.98
11 Clare Palmer	Sussex	9.89

## Senior Girls Discus

ES: 36.00 NS: 40.00 BP: 52.74

## Final

1 Lauren Therin	Somer	41.07 ns
2 Gemma Llewellyn	Mersey	40.47 ns
3 Melanie Harrison	Essex	40.26 ns
4 Hollie Redman	Essex	39.07 es
5 Lianne Tucker	Nland	38.67 es
6 Jade Lally	Surrey	37.86 es
7 Lynsey Clark	Essex	37.17 es
8 Dominique Lord	Oxford	36.81 es
9 Lucy Sutton	Oxford	36.76 es
10 Amy Howard	WYork	36.43 es
11 Lisa Rigby	Devon	36.42 es
12 Amy Orrow	Lincs	33.21
13 Emily Clowes	Staff	8.09

## Senior Girls Javelin

ES: 37.00 NS: 41.00 BP: 47.73

## Final

## Final

## Senior Girls Hammer

ES: 37.00 NS: 43.00 BP: 49.89

## Final

1 Sarah Holt	WYork	52.76 bp
2 Monique Buchanan	Essex	50.40 bp
3 Amy Church	Hamp	44.29 ns
4 Ella Teasdale	WYork	41.37 es
5 Rachel Basford	Sussex	39.69 es
6 Catherine Marvin	Hamp	39.01 es
7 Alana Smetham	Staff	38.74 es
8 Hanah Hogben	Kent	36.43
9 Rachel Gair	Notts	33.59