

ESAA Sainsbury's English Schools Track & Field Championships

ESAA

**Gateshead
International
Stadium**

11th & 12th July 2008



RESULTS

Aggregate Totals after 96 finals

Group A - Broadbridge Trophy

1	Essex	327.50
2	Middlesex	267.00
3	West Midlands	262.00
4	Surrey	252.50
5	Kent	247.00
6	Hampshire	192.00
7	Hertfordshire	187.00
8	London	161.00
9	West Yorkshire	146.00
10	Merseyside	142.50
11	Lancashire	128.00
12	Sussex	121.50
13	Greater Manchester	98.00

Group B - Bradford Cup

1	Staffordshire	152.00
2	Berkshire	131.50
3	South Yorkshire	106.00
4	Avon	102.00
5	Buckinghamshire	100.50
6	Devon	95.00
7	Humberside	87.00
8	Cheshire	85.00
9	Derbyshire	84.50
10	Northumberland	77.00
11	Nottinghamshire	75.00
12	Leicestershire & Rutland	67.00
13	North Yorkshire	60.00
14	Durham	48.00
14	Suffolk	48.00
16	Hereford & Worcestershire	38.00

Group C - Tonkin Cup

1	Norfolk	121.00
2	Somerset	98.00
3	Bedfordshire & Luton	87.00
4	Gloucestershire	84.00
5	Dorset	77.00
6	Cambridgeshire	75.00
7	Cornwall	69.00
8	Warwickshire	68.00
9	Wiltshire	59.50
10	Northamptonshire	56.00
11	Shropshire	49.00
12	Oxfordshire	37.00
13	Cleveland	36.00
14	Channel Islands	33.00
15	Cumbria	32.00
15	Lincolnshire	32.00

Inter Girls : group A - after 17 finals**Hendon Business Men's Trophy**

1 Essex	72.00
2 Middlesex	50.00
3 Surrey	48.00
4 Hampshire	36.00
5 Merseyside	34.00
6 Hertfordshire	33.00
6 Kent	33.00
8 West Midlands	29.00
8 West Yorkshire	29.00
10 Lancashire	25.00
11 London	24.00
12 Sussex	22.00
13 Greater Manchester	17.00

Inter Girls : group B - after 17 finals**Goodwill Cup**

1 Derbyshire	33.00
2 Nottinghamshire	29.00
2 Staffordshire	29.00
4 Buckinghamshire	26.00
5 Durham	25.00
6 Berkshire	22.00
7 Devon	21.00
8 Northumberland	16.00
8 South Yorkshire	16.00
10 Cheshire	14.00
11 Humberside	12.00
12 Hereford & Worcestershire	10.00
13 Avon	9.00
14 Suffolk	8.00
15 Leicestershire & Rutland	4.00
16 North Yorkshire	1.00

Inter Girls : group C - after 17 finals**Buckinghamshire Cup**

1 Oxfordshire	29.00
2 Somerset	20.00
3 Wiltshire	18.00
4 Northamptonshire	17.00
5 Cleveland	16.00
6 Bedfordshire & Luton	15.00
7 Warwickshire	14.00
8 Cumbria	11.00
9 Gloucestershire	10.00
10 Dorset	9.00
10 Lincolnshire	9.00
12 Channel Islands	6.00
13 Cambridgeshire	4.00
13 Norfolk	4.00
13 Shropshire	4.00

Senior Girls : group A - after 17 finals**Joan Hayward Cup**

1 Hertfordshire	48.00
2 West Midlands	45.00
3 Kent	42.00
4 Middlesex	29.00
5 Hampshire	26.00
5 Lancashire	26.00
7 London	22.00
8 Greater Manchester	19.00
8 Surrey	19.00
10 Essex	18.00
10 West Yorkshire	18.00
12 Sussex	17.00
13 Merseyside	12.00

Senior Girls : group B - after 17 finals**Rotary (Northwich) Cup**

1 Staffordshire	40.00
2 Northumberland	29.00
3 Berkshire	27.00
4 Cheshire	21.00
4 Leicestershire & Rutland	21.00
6 Avon	18.00
7 South Yorkshire	17.00
8 Buckinghamshire	16.00
8 Devon	16.00
10 Durham	14.00
11 Humberside	9.00
12 Derbyshire	7.00
12 North Yorkshire	7.00
14 Hereford & Worcestershire	1.00

Senior Girls : group C - after 17 finals**C.F. Gosling Trophy**

1 Somerset	31.00
2 Cambridgeshire	25.00
3 Norfolk	24.00
3 Warwickshire	24.00
5 Wiltshire	23.00
6 Dorset	17.00
7 Cornwall	15.00
8 Shropshire	14.00
9 Channel Islands	10.00
10 Gloucestershire	9.00
11 Cleveland	7.00
12 Lincolnshire	5.00
12 Northamptonshire	5.00
14 Bedfordshire & Luton	3.00
14 Cumbria	3.00
16 Oxfordshire	1.00

Junior Boys 100 metres

ES: 11.80 NS: 11.40 BP: 10.93

Round 1**Heat 1 (+0.4m/s)**

1 David Bolarinwa	London	11.35 ns
2 Tom Da'mant	Berks	11.80 es
3 Jack Macfarlane	Hamp	11.82
4 Lukcasz Bezulski	Lincs	11.85
5 Callum Court	Avon	11.93
6 Josh Hutchison	Suff	12.09
7 Ben Levers-Riley	Notts	12.18

Heat 2 (+0.5m/s)

1 Lewis Cavanagh	Glouc	11.68 es
2 Bukunmi Aworinde	Manch	11.76 es
3 Emanuel Bempah	London	11.76 es
4 Ashley Pierson	Avon	11.81
5 Tom Green	Mersey	11.91
6 Tom Bradbury	Lancs	11.95
7 James Clarke	Corn	12.24

Heat 3 (-0.1m/s)

1 Keji Alesinjoye	Essex	11.44 es
2 Michael Ojo	Midd	11.46 es
3 Nathan Wade	WMid	11.50 es
4 Jonathan Osbourne	Surrey	11.52 es
5 Josh Freeman	Lincs	12.14
6 Max Anton	Nland	12.28

Heat 4 (+0.9m/s)

1 Tunde Judun	London	11.32 ns
2 Marcus Webber	Manch	11.35 ns
3 Chevaughn Sherman	Bucks	11.40 ns
4 Jordan Raeburn	Herts	11.68 es
5 Lee Melotti	Nhants	11.85
6 Jack Gilmour	Nland	12.10

Round 2**Semi-final A (-0.9m/s)**

1 Chevaughn Sherman	Bucks	11.47 es
2 Marcus Webber	Manch	11.50 es
3 Tunde Judun	London	11.53 es
4 Jonathan Osbourne	Surrey	11.56 es
5 Tom Da'mant	Berks	11.96
6 Lee Melotti	Nhants	12.12
7 Lewis Cavanagh	Glouc	12.16
8 Jack Macfarlane	Hamp	12.21

Semi-final B (+1.3m/s)

1 David Bolarinwa	London	11.16 ns
2 Keji Alesinjoye	Essex	11.26 ns
3 Nathan Wade	WMid	11.51 es
4 Michael Ojo	Midd	11.55 es
5 Bukunmi Aworinde	Manch	11.69 es
6 Ashley Pierson	Avon	11.70 es
7 Emanuel Bempah	London	11.73 es
8 Jordan Raeburn	Herts	11.78 es

Final

(+2.6m/s)

1 Tunde Judun	London	11.10 ns
2 David Bolarinwa	London	11.11 ns
3 Chevaughn Sherman	Bucks	11.19 ns
4 Keji Alesinjoye	Essex	11.23 ns
5 Marcus Webber	Manch	11.29 ns
6 Jonathan Osbourne	Surrey	11.46 es
7 Michael Ojo	Midd	11.49 es
8 Nathan Wade	WMid	11.49 es

Junior Boys 200 metres

ES: 24.20 NS: 23.40 BP: 22.03

Round 1**Heat 1 (+1.1m/s)**

1 Brad Garmston	WMid	23.14 ns
2 Ryan Thompson	Cumb	23.36 ns
3 Tom Matthews	Lincs	24.02 es
4 Ashley Watson	Camb	24.09 es
5 Kyle Allen	Leics	24.10 es
6 Romane Harris	Midd	24.13 es
7 Nathan Hanson	London	24.34
8 Joshua Robinson	Nhants	24.48

Heat 2 (+1.8m/s)

1 Nathan Safo-Barnieh	Surrey	23.24 ns
2 Nathaniel Barling	Midd	23.30 ns
3 John Lutwyche	WMid	23.46 es
4 Alex Boyce	Mersey	23.63 es
5 Tim Skevin	Notts	23.68 es
6 Joel Ayeety	Beds	24.02 es
7 David Sengupta	Nland	24.83
8 Taj Johnson	London	24.91

Heat 3 (+1.3m/s)

1 Alex Bradnick	H&Wor	23.12 ns
2 Kyle Wilson	Dorset	23.47 es
3 Will McKeown	Staff	23.75 es
4 Joshua Atille	Surrey	23.76 es
5 Sam Thornburn	Lincs	23.77 es
6 Jonathan Chin	Warks	23.95 es
7 Jarrod Skervin	Notts	24.64
8 Donald Hall	NYork	25.29

Heat 4 (+0.9m/s)

1 Akeem Akintokun	Essex	23.02 ns
2 Lee Burrell	Cleve	23.47 es
3 Robert Poyser	London	23.67 es
4 Aidan Marshall	Berks	23.95 es
5 Ben Wilbor	NYork	24.01 es
6 Josh Hughes	Mersey	24.16 es
7 Jakob White	Avon	24.72

Heat 5 (+0.6m/s)

1 Richard Hodgson	Cleve	23.05 ns
2 Seamus Burke	Berks	23.09 ns
3 Jordan McLeod	WYork	23.63 es
4 Kwame Fordwar	Avon	23.77 es
5 Harry Clarke	Sussex	23.85 es
6 Ben Lawton	Manch	25.07
Hassan Hassan	WMid	dns

Round 2**Heat 1 (+1.1m/s)**

1 Richard Hodgson	Cleve	23.36 ns
2 Kwame Fordwar	Avon	23.48 es
3 Nathan Safo-Barnieh	Surrey	23.51 es
4 Ryan Thompson	Cumb	23.55 es
5 Will McKeown	Staff	23.91 es
6 John Lutwyche	WMid	23.98 es
7 Harry Clarke	Sussex	24.24
8 Aidan Marshall	Berks	24.34

Heat 2 (-1.3m/s)

1 Akeem Akintokun	Essex	22.95 ns
2 Seamus Burke	Berks	23.21 ns
3 Jordan McLeod	WYork	23.27 ns
4 Nathaniel Barling	Midd	23.42 es
5 Ashley Watson	Camb	23.99 es
6 Robert Poyser	London	24.04 es
7 Sam Thornburn	Lincs	24.14 es
8 Joshua Atille	Surrey	24.21

Heat 3 (+1.2m/s)

1 Brad Garmston	WMid	23.34 ns
2 Alex Bradnick	H&Wor	23.39 ns
3 Lee Burrell	Cleve	23.76 es
4 Alex Boyce	Mersey	23.86 es
5 Kyle Wilson	Dorset	23.91 es
6 Tim Skevin	Notts	23.93 es
7 Jonathan Chin	Warks	24.05 es
8 Tom Matthews	Lincs	24.30

Final

(+1.1m/s)			
1 Akeem Akintokun	Essex	22.92 ns	
2 Brad Garmston	WMid	23.03 ns	
3 Seamus Burke	Berks	23.30 ns	
4 Richard Hodgson	Cleve	23.30 ns	
5 Alex Bradnick	H&Wor	23.50 es	
6 Jordan McLeod	WYork	23.63 es	
7 Nathaniel Barling	Midd	23.87 es	
8 Kwame Fordwar	Avon	23.99 es	

Junior Boys 400 metres

ES: 54.50 NS: 52.60 BP: 49.98

Round 1**Heat 1**

1 Sylvester Akpalara	London	51.31 ns
2 Jordan Gillbanks	Camb	52.15 ns
3 Jonathan Pettet	Kent	52.66 es
4 Tahir El Mahdi	Manch	53.18 es
5 Callum Oldfield	Devon	53.66 es
6 Ryan Tanswell	Hamp	54.44 es
7 James Bretherton	Lancs	54.76
8 Hamish Crackett	Durham	55.12

Heat 2

1 Will Grist	Kent	51.43 ns
2 Andrew Walshe	Herts	52.91 es
3 Oliver Rosillo	NYork	53.61 es
4 Warwick Meyler	Sussex	54.20 es
5 Oliver Walker	Durham	54.72
6 Daniel Bunce	Chesh	55.06
7 Peter Barnshaw	Oxford	55.34

Heat 3

1 Farren Morgan	Kent	51.44 ns
2 Quincie Michael	London	51.90 ns
3 Tom Kimpson	NYork	53.88 es
4 Mali Lewis	Midd	54.36 es
5 Fraser Ryan	Nhants	54.42 es
6 Thomas Lake	Staff	54.63
7 Mylo Ofei-Kwatia	Dorset	54.88

Final

1 Will Grist	Kent	50.05 ns
2 Farren Morgan	Kent	50.43 ns
3 Jordan Gillbanks	Camb	51.53 ns
4 Jonathan Pettet	Kent	52.60 ns
5 Sylvester Akpalara	London	52.63 es
6 Andrew Walshe	Herts	52.82 es
7 Tahir El Mahdi	Manch	53.46 es
8 Quincie Michael	London	

Senior Boys : group A - after 18 finals**E.W. Haley Trophy**

1 Merseyside	59.50
2 Essex	56.00
3 Middlesex	47.00
4 West Midlands	41.00
5 Hertfordshire	38.00
6 London	34.00
7 Sussex	30.50
8 Kent	28.00
9 Lancashire	26.00
9 West Yorkshire	26.00
11 Surrey	23.50
12 Hampshire	22.00
13 Greater Manchester	16.00

Senior Boys : group B - after 18 finals**Cheshire Trophy**

1 Avon	35.00
2 Staffordshire	33.00
3 Devon	26.00
4 South Yorkshire	22.00
5 Berkshire	18.50
6 Humberside	18.00
6 Northumberland	18.00
8 Cheshire	17.00
9 Buckinghamshire	13.50
10 Nottinghamshire	13.00
11 Derbyshire	10.00
12 Leicestershire & Rutland	8.00
13 North Yorkshire	7.00
14 Durham	3.00
14 Hereford & Worcestershire	3.00
16 Suffolk	2.00

Senior Boys : group C - after 18 finals**Ernest Campion Trophy**

1 Bedfordshire & Luton	32.00
2 Norfolk	18.00
3 Cambridgeshire	17.00
3 Gloucestershire	17.00
5 Wiltshire	14.50
6 Cornwall	13.00
7 Somerset	11.00
8 Shropshire	8.00
9 Northamptonshire	7.00
10 Oxfordshire	5.00
11 Cleveland	3.00
12 Warwickshire	2.00
13 Cumbria	1.00
13 Dorset	1.00
13 Lincolnshire	1.00

Junior Girls : group A - after 11 finals**Championship Shield**

1 Essex	44.50
2 Hampshire	41.00
3 Surrey	37.00
3 West Midlands	37.00
5 Lancashire	26.00
6 London	24.00
7 Sussex	21.00
8 Kent	20.00
9 Middlesex	19.00
10 Hertfordshire	13.00
11 Greater Manchester	8.00
12 Merseyside	7.00
13 West Yorkshire	6.00

Junior Girls : group B - after 11 finals**Forrester Trophy**

1 South Yorkshire	25.00
2 Derbyshire	17.50
3 Humberside	16.00
4 Cheshire	13.00
4 Suffolk	13.00
6 Berkshire	11.00
6 Buckinghamshire	11.00
6 North Yorkshire	11.00
9 Staffordshire	10.00
10 Avon	9.00
11 Devon	8.00
12 Northumberland	3.00
12 Nottinghamshire	3.00
14 Durham	2.00
14 Leicestershire & Rutland	2.00
16 Hereford & Worcestershire	1.00

Junior Girls : group C - after 11 finals**A.F. Joseph Trophy**

1 Norfolk	45.00
2 Dorset	13.00
3 Cornwall	12.00
4 Bedfordshire & Luton	8.00
4 Shropshire	8.00
6 Channel Islands	7.00
7 Lincolnshire	6.00
7 Warwickshire	6.00
9 Cumbria	4.00
9 Northamptonshire	4.00
11 Gloucestershire	2.00
11 Oxfordshire	2.00
11 Somerset	2.00
14 Cleveland	1.00

Junior Boys : group A - after 15 finals**Championship Shield**

1 Essex	69.00
2 Middlesex	58.00
2 West Midlands	58.00
4 Kent	52.00
5 London	46.00
5 West Yorkshire	46.00
7 Hertfordshire	42.00
8 Surrey	39.00
9 Hampshire	19.00
10 Greater Manchester	16.00
10 Sussex	16.00
12 Lancashire	10.00
12 Merseyside	10.00

Junior Boys : group B - after 15 finals**Durham Cup**

1 Berkshire	34.00
2 North Yorkshire	29.00
3 Humberside	23.00
4 South Yorkshire	19.00
5 Leicestershire & Rutland	18.00
6 Nottinghamshire	17.00
7 Avon	14.00
8 Cheshire	13.00
8 Derbyshire	13.00
10 Buckinghamshire	9.00
11 Hereford & Worcestershire	8.00
12 Staffordshire	7.00
12 Suffolk	7.00
14 Durham	3.00
15 Devon	2.00
16 Northumberland	1.00

Junior Boys : group C - after 15 finals**Watford Council Trophy**

1 Gloucestershire	30.00
2 Cambridgeshire	25.00
3 Dorset	22.00
4 Cornwall	13.00
5 Norfolk	12.00
5 Somerset	12.00
7 Northamptonshire	11.00
8 Cleveland	9.00
9 Bedfordshire & Luton	8.00
10 Cumbria	6.00
10 Shropshire	6.00
12 Lincolnshire	3.00
13 Warwickshire	2.00

Inter Boys : group A - after 18 finals**Hendon Council Trophy**

1 Surrey	86.00
2 Kent	72.00
3 Essex	68.00
4 Middlesex	64.00
5 West Midlands	52.00
6 Hampshire	48.00
7 Greater Manchester	22.00
8 West Yorkshire	21.00
9 Merseyside	20.00
10 Lancashire	15.00
10 Sussex	15.00
12 Hertfordshire	13.00
13 London	11.00

Inter Boys : group B - after 18 finals**Goodwill Cup**

1 Staffordshire	33.00
2 Buckinghamshire	25.00
3 Devon	22.00
4 Berkshire	19.00
5 Suffolk	18.00
6 Avon	17.00
7 Hereford & Worcestershire	15.00
8 Leicestershire & Rutland	14.00
9 Nottinghamshire	13.00
10 Northumberland	10.00
11 Humberside	9.00
12 Cheshire	7.00
12 South Yorkshire	7.00
14 North Yorkshire	5.00
15 Derbyshire	4.00
16 Durham	1.00

Inter Boys : group C - after 18 finals**Rotary (Slough) Shield**

1 Somerset	22.00
2 Bedfordshire & Luton	21.00
3 Warwickshire	20.00
4 Norfolk	18.00
5 Cornwall	16.00
5 Gloucestershire	16.00
7 Dorset	15.00
8 Northamptonshire	12.00
9 Channel Islands	10.00
10 Shropshire	9.00
11 Lincolnshire	8.00
12 Cumbria	7.00
13 Cambridgeshire	4.00
13 Wiltshire	4.00

Junior Boys 800 metres

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

Round 1**Heat 1**

1 Jordan Maurice	Surrey	2:04.86	es
2 Robert Needham	Notts	2:05.32	es
3 Lewis Lloyd	London	2:05.68	es
4 Chris Goodwin	Chesh	2:06.13	es
5 Daniel Hooper	Hamp	2:06.68	es
6 Tom Brookes	Herts	2:06.70	es
7 Simeon Greenwood	Nlnd	2:07.13	es
8 William Gurton	Bucks	2:07.65	es

Heat 2

1 Ryan Ashwood	Avon	2:04.23	es
2 James Burton	Beds	2:04.70	es
3 Jake Rogers	Kent	2:07.61	es
4 Jonathan Ketley	Sussex	2:07.64	es
5 Max Jeffers	Mersey	2:09.09	
6 Ashley Wickett	Staff	2:09.75	
7 Jack Gleave	Chesh	2:10.48	
Alex Grundman	Cleve	dnf	

Heat 3

1 Donomar Smith	London	2:02.75	ns
2 Tom Purnell	Glouc	2:03.07	ns
3 Jordan Smith	WMid	2:03.42	ns
4 Christopher Ladhams	Hamp	2:03.48	ns
5 Mark Thomson	Notts	2:05.63	es
6 Alex King	Kent	2:06.45	es
7 Jake Oxenham	Beds	2:07.01	es
8 Sam Crew Meaney	Manch	2:10.01	

Heat 4

1 Sam Dykes	Chesh	2:02.89	ns
2 Christopher Grayson	SYork	2:03.12	ns
3 Karnvir Hayer	Berks	2:03.35	ns
4 Stephen Strange	Essex	2:03.91	ns
5 Callum McLaren	Norf	2:04.06	es
6 Daniel Grinham	Hamp	2:06.02	es
7 Sam Kerfoot-Roberts	WYork	2:09.33	
8 Andrew Roen	Nlnd	2:12.45	

Round 2**Semi-final A**

1 Sam Dykes	Chesh	2:03.48	ns
2 James Burton	Beds	2:03.75	ns
3 Ryan Ashwood	Avon	2:03.77	ns
4 Christopher Grayson	SYork	2:04.42	es
5 Jordan Smith	WMid	2:06.14	es
6 Lewis Lloyd	London	2:07.40	es
7 Mark Thomson	Notts	2:10.18	
8 Stephen Strange	Essex	2:10.46	

Semi-final B

1 Tom Purnell	Glouc	2:00.62	ns
2 Jordan Maurice	Surrey	2:01.54	ns
3 Karnvir Hayer	Berks	2:02.76	ns
4 Donomar Smith	London	2:04.65	es
5 Robert Needham	Notts	2:05.14	es
6 Callum McLaren	Norf	2:08.08	
7 Christopher Ladhams	Hamp	2:09.65	
8 Jake Rogers	Kent	2:15.02	

Final

1 Sam Dykes	Chesh	2:01.08	ns
2 Jordan Maurice	Surrey	2:01.28	ns
3 Tom Purnell	Glouc	2:01.63	ns
4 Ryan Ashwood	Avon	2:02.55	ns
5 Karnvir Hayer	Berks	2:02.57	ns
6 James Burton	Beds	2:04.07	es
7 Christopher Grayson	SYork	2:04.35	es
Donomar Smith	London	dnf	

Junior Boys 1500 metres

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

Round 1**Heat 1**

1 Richard Charles	Midd	4:14.48	ns
2 Max Kaye	WYork	4:15.30	ns
3 Harvey Dixon	Hamp	4:15.72	ns
4 Zak Seddon	Berks	4:16.44	ns
5 Cameron Boyek	Durham	4:17.77	es
6 Charlie Grice	Sussex	4:20.05	es
7 Oliver Taylor	Kent	4:21.75	es
8 Thomas Guy	Staff	4:23.09	
9 Fergus Roberts	NYork	4:23.56	
10 James Selvey	Derby	4:30.15	
11 Jack Nixon	Manch	4:30.54	

Heat 2

1 Luke Carroll	Glouc	4:16.01	ns
2 Jonathan Barlow	Avon	4:16.80	ns
3 Conor Robinson	Corn	4:17.10	es
4 Elliott Todd	WYork	4:17.52	es
5 Gordon Benson	WYork	4:18.74	es
6 Fergus O'Reilly	Dorset	4:20.92	es
7 Rhys Park	H&Wor	4:21.18	es
8 Robbie Farnham-Rose	Kent	4:21.86	es
9 Nicholas Bennett	Devon	4:22.67	
10 Alex Newson	Kent	4:24.94	
11 Mark Shaw	Cleve	4:25.55	

Final

1 Luke Carroll	Glouc	4:07.46	ns
2 Harvey Dixon	Hamp	4:11.70	ns
3 Elliott Todd	WYork	4:11.97	ns
4 Conor Robinson	Corn	4:12.69	ns
5 Richard Charles	Midd	4:15.89	ns
6 Max Kaye	WYork	4:16.43	ns
7 Gordon Benson	WYork	4:16.59	ns
8 Zak Seddon	Berks	4:16.79	ns
9 Cameron Boyek	Durham	4:23.57	
10 Jonathan Barlow	Avon	4:29.94	

Junior Boys 80 metres Hurdles

ES: 12.20 NS: 11.60 BP: 10.73

Round 1

Heat 1 (+0.4m/s)

1 Jake Porter	WMid	11.11	ns
2 Nicholas Ofonagoro	Sussex	11.41	ns
3 Perry Offler	Notts	11.83	es
4 Ben Clark	Essex	12.01	es
5 Matthew St Clair	Somer	12.01	es
6 Thomas Stait	H&Wor	12.03	es
7 Ryan Miller	Derby	12.12	es
8 Sam Hall	Nland	12.85	

Heat 2 (+2.1m/s)

1 Godwin Gyeabour	Midd	11.02	ns
2 Samuel Maguire	Berks	11.60	ns
3 James Wright	Warks	11.68	es
4 Jake Corfield-Jones	Shrop	11.72	es
5 Daniel Driver	Mersey	12.12	es
6 Seb Rice	London	12.16	es
7 Craig Morten	Kent	12.29	
8 Jordan Auburn	Sussex	12.39	

Heat 3 (+1.7m/s)

1 Bradley Dudman	Essex	11.50	ns
2 Charlie Helsby	Dorset	11.60	ns
3 Ola Omosu	Herts	11.81	es
4 Toby Parkes	Shrop	11.82	es
5 Will Yates	Hamp	12.00	es
6 Nathan Higgins	Devon	12.02	es
7 James Taylor	Staff	12.15	es
8 Joseph Shaw	Lancs	12.21	

Heat 4 (+2.3m/s)

1 Blade Ashby	London	11.49	ns
2 Oliver Aspden	Lancs	11.54	ns
3 Nicholas Wood	Durham	11.59	ns
4 Alex Peden	Midd	11.70	es
5 Matthew Wagner	WYork	12.02	es
6 Alex Aves	Surrey	12.17	es
7 David King	Devon	12.57	
8 Akash Pednekar	Wilts	12.78	

Round 2

Semi-final A (+0.7m/s)

1 Jake Porter	WMid	11.29	ns
2 Alex Peden	Midd	11.61	es
3 Oliver Aspden	Lancs	11.62	es
4 Blade Ashby	London	11.66	es
5 Samuel Maguire	Berks	11.71	es
6 Ola Omosu	Herts	11.82	es
7 James Wright	Warks	11.95	es
8 Toby Parkes	Shrop	12.49	

Semi-final B (+0.4m/s)

1 Godwin Gyeabour	Midd	11.18	ns
2 Nicholas Ofonagoro	Sussex	11.47	ns
3 Bradley Dudman	Essex	11.48	ns
4 Perry Offler	Notts	11.80	es
5 Nicholas Wood	Durham	11.81	es
= Charlie Helsby	Dorset	11.81	es
7 Jake Corfield-Jones	Shrop	11.87	es
8 Will Yates	Hamp	11.99	es

Final

(+1.8m/s)

1 Jake Porter	WMid	11.11	ns
2 Godwin Gyeabour	Midd	11.22	ns
3 Oliver Aspden	Lancs	11.43	ns
4 Nicholas Ofonagoro	Sussex	11.43	ns
5 Alex Peden	Midd	11.44	ns
6 Bradley Dudman	Essex	11.49	ns
7 Blade Ashby	London	11.58	ns
8 Samuel Maguire	Berks	11.63	es

Junior Boys 4x100 metres Relay

ES: 47.50 NS: 46.30 BP: 43.51

Round 1

Heat 1

1 Middlesex	Midd	45.42	ns
2 Surrey	Surrey	45.61	ns
3 Hertfordshire	Herts	46.06	ns
4 Avon	Avon	46.18	ns
5 Merseyside	Mersey	46.55	es
6 Staffordshire	Staff	47.36	es
7 Hampshire	Hamp	47.45	es

Heat 2

1 North Yorkshire	NYork	45.48	ns
2 Devon	Devon	47.55	
3 Leicestershire & Rutland	Leics	47.90	
	Dorset	dns	
	Northumberland	Nland	dns
	Lincolnshire	Lincs	dnf
	Cambridgeshire	Camb	dnf
	West Yorkshire	WYork	dq

Senior Girls Pole Vault

ES: 2.70 NS: 3.00 BP: 3.75

Final

1 Sophie Upton	Wilts	3.70	ns
2 Abigail Haywood	WYork	3.60	ns
3 Maria Seager	Dorset	3.60	ns
4 Rachel Arnheim	Kent	3.50	ns
5 Jasmin Hicks	Corn	3.40	ns
6 Christina Moore	Kent	3.20	ns
7 Yasmin Dyer	Wilts	3.10	ns
8 Sarah Gibson	Midd	3.10	ns
9 Emily Godley	Kent	3.00	ns
10 Emily Tompkins	H&Wor	2.70	es

Senior Girls Shot

ES: 10.50 NS: 11.40 BP: 15.65

Final

1 Rachel Wallader	WMid	14.04	ns
2 Jade Weston	Staff	12.23	ns
3 Alice Forster	Camb	11.48	ns
4 Lauren Bodie	NYork	11.23	es
5 Emma Simpson	Lincs	11.13	es
6 Stephanie Hopkinson	Durham	11.07	es
7 Eloise Stott	Cumb	10.85	es
8 Jo Rowland	Surrey	10.83	es
9 Abigail Moronkeji	London	10.77	es
10 Bunmi Awokoya	Herts	10.73	es
11 Sarah-Jane Perry	Warks	10.60	es
12 Lauren Boyd	Nhants	10.59	es
13 Lois Earl	NYork	10.57	es
14 Erica Francis	Sussex	10.50	es
15 Charlotte Waldon-Day	Hamp	10.30	
16 Sarah Benson	WYork	9.86	
17 Esther Winchcombe	Glouc	9.15	

Senior Girls Discus

ES: 36.00 NS: 39.00 BP: 52.74

Final

1 Lucy Underdown	Kent	43.15	ns
2 Katie Wickman	Somer	40.82	ns
3 Rosalind Seeley	Kent	40.41	ns
4 Hannah Evenden	WYork	39.17	ns
5 Jade Moore	Staff	37.16	es
6 Katy-Louise Payne	Nhants	36.34	es
7 Elycia Metaxas-Belt	Bucks	35.26	
8 Chloe Smyrk	Humb	33.93	
9 Anne Einspinner	Sussex	32.08	

Senior Girls Javelin

ES: 37.00 NS: 41.00 BP: 47.73

Final

1 Peta Lungren	Herts	43.00	ns
2 Kelly Pagdin	SYork	40.47	es
3 Sadie Watts	Bucks	39.81	es
4 Jemma Tewkesbury	Dorset	38.50	es
5 Misha Gaffney	Somer	38.44	es
6 Rebecca Slater	Chls	36.36	
7 Sarah-Anne De Kremer	Leics	36.14	
8 Diane Neza	Devon	34.81	
9 Sheri Whiting	Sussex	32.68	
10 Danielle Stanley	Leics	32.36	

Senior Girls Hammer

ES: 37.00 NS: 43.00 BP: 52.76

Final

1 Hayley Murray	Warks	50.97	ns
2 Kate Yhnel	Glouc	48.24	ns
3 Sarah Smith	Camb	45.88	ns
4 Jenna Winson	Derby	43.89	ns
5 Kayleigh Sullivan	Cleve	43.65	ns
6 Zoe Ash	Warks	42.98	es
7 Donna Kent	Kent	42.29	es
8 Laura Duke	Sussex	39.21	es
9 Christina Jones	Avon	37.76	es
10 Emma Sutton	Oxford	37.51	es
11 Suzanne McNiff	Devon	37.46	es
12 Suzanne Woodward	Mersey	34.23	

Heat 3

1 Gabrielle Coveney	London	64.39 ns
2 Nicola Hill	Essex	65.42 es
3 Vicky Holmes	Durham	65.84 es
4 Rebecca Pike	Norf	66.66
5 Emily Stevens	Herts	67.65
6 Chloe Whalley	Bucks	67.82
Vicky Randall	Kent	dns

Final

1 Hayley Comer	Midd	63.63 ns
2 Katie Sockett	Somer	64.04 ns
3 Becca Carozzi	Hamp	64.06 ns
4 Gabrielle Coveney	London	64.28 ns
5 Sophie Twinam	ChIs	66.20
6 Sophie Skinner	Devon	66.22
7 Nicola Hill	Essex	66.64
8 Samantha Coleby	Durham	67.35

Senior Girls 4x100 metres Relay

ES: 50.00 NS: 49.00 BP: 45.60

Round 1**Heat 1**

1 Staffordshire	Staff	49.06 es
2 Cheshire	Chesh	49.81 es
3 Durham	Durham	50.26
4 Kent	Kent	50.69
5 Buckinghamshire	Bucks	51.67
Dorset	Dorset	dns
Lancashire	Lancs	dns

Heat 2

1 Essex	Essex	48.60 ns
2 Hertfordshire	Herts	48.83 ns
3 Cornwall	Corn	50.42
4 Sussex	Sussex	50.91
Shropshire	Shrop	dns
Devon	Devon	dns
Leicestershire & Rutland	Leics	dns

Final

1 Essex	Essex	48.34 ns
2 Hertfordshire	Herts	48.70 ns
3 Staffordshire	Staff	49.30 es
4 Durham	Durham	49.83 es
5 Cheshire	Chesh	49.95 es
6 Sussex	Sussex	50.35
Cornwall	Corn	dq
Kent	Kent	dq

Senior Girls High Jump

ES: 1.66 NS: 1.72 BP: 1.88

Final

1 Bethan Partridge	Shrop	1.74 ns
2 Chloe Hillier	Wilts	1.63

Senior Girls Long Jump

ES: 5.45 NS: 5.65 BP: 6.65

Final

1 Alex Russell	Mersey	5.78 +1.1 ns
2 Laura Samuel	Leics	5.77 +0.4 ns
3 Alice Lennox	Staff	5.67 +1.3 ns
4 Stephanie Kleynhans	Chesh	5.65 +1.3 ns
5 Eleanor Markendale	Lancs	5.61 -1.0 es
6 Aimee Richardson	Beds	5.40 +0.7
7 Sian Kelman	Chesh	5.37 -2.7
8 Leila Armstrong-Green	Shrop	5.34 -0.7
9 Laura Elliott	Shrop	5.25 +0

Senior Girls Triple Jump

ES: 11.00 NS: 11.30 BP: 13.06

Final

1 Shakira Whight	Berks	12.76 +1.2 ns
2 Jenneice Birmingham	WMid	11.93 +1.5 ns
3 Desola Bakre	Midd	11.84 +0.6 ns
4 Lauren Blackie	Kent	11.70 +0.7 ns
5 Hannah Walsh	Leics	11.37 +1.7 ns
6 Asha Forde-Scille	London	11.36 +1.4 ns
7 Kayley Alcorn	Sussex	11.09 +1.1 es
8 Hayley Wright	Dorset	11.04 +1.0 es
9 Zoe Reid	Manch	10.82 +1.5
10 Dijan Matheson	WYork	10.63 +0.6
11 Becky Lawrence	Wilts	10.50 +0.7
12 Danielle Currie	Herts	10.28 +1.7

Heat 3

1 Berkshire	Berks	45.04 ns
2 Kent	Kent	45.51 ns
3 Greater Manchester	Manch	45.54 ns
4 Shropshire	Shrop	48.14
5 Sussex	Sussex	48.46
Norfolk	Norf	dns
Cleveland	Cleve	dns

Heat 4

1 Essex	Essex	44.97 ns
2 West Midlands	WMid	44.98 ns
3 London	London	44.99 ns
4 Nottinghamshire	Notts	46.45 es
5 Lancashire	Lancs	46.90 es
Northamptonshire	Nhants	dns
Derbyshire	Derby	dns

Final

1 Essex	Essex	44.45 ns
2 Berkshire	Berks	44.67 ns
3 North Yorkshire	NYork	44.87 ns
4 West Midlands	WMid	44.94 ns
5 London	London	45.00 ns
6 Greater Manchester	Manch	45.25 ns
7 Kent	Kent	45.52 ns
8 Middlesex	Midd	45.85 ns

Junior Boys High Jump

ES: 1.72 NS: 1.78 BP: 1.96

Final

1 Alex Cox	Dorset	1.93 ns
2 Feron Sawyers	WMid	1.87 ns
3 Chris Swanborough	Essex	1.87 ns
4 Thomas Leyshon	WYork	1.81 ns
5 Ross Walker-Smart	Notts	1.81 ns
6 Nathan Hewitt	SYork	1.78 ns
7 Reece Palmer	Midd	1.75 es
8 Jonathan Heath	Derby	1.72 es
9 Aaron Athersuch	Somer	1.72 es
10 Benjamon Holmes	WYork	1.72 es
11 Richard Archer	Derby	1.72 es
12 Linford Brock	Devon	1.69
13 Ryan Bonifas	Berks	1.69
14 Garnett Walters	Nhants	1.64
15 Jamie Smith	Midd	1.64
16 Andrew Ratcliff	Sussex	1.64
= Ryan Wenham	Mersey	1.64
= Ashley Marshall	Manch	1.64
19 Stephen Coles	NYork	1.64
20 Stefan Maile	Herts	1.64
21 Michael Walsh	Shrop	1.59

Junior Boys Long Jump

ES: 5.70 NS: 5.95 BP: 6.70

Final

1 Robert Gaylor	Herts	6.56 +0.3 ns
2 Ashley Wren	Humb	6.21 -0.5 ns
3 Courtney Hart	Herts	6.07 +0.0 ns
4 Caaran Moses-Holmes	Midd	6.05 -0.3 ns
5 Elliot Safo	Surrey	5.99 +0.7 ns
6 Rhys Clark	Herts	5.95 +0.0 ns
7 David October	Camb	5.89 -0.3 es
8 George Rumney	Glouc	5.85 +1.0 es
9 Nathaniel Facey	WMid	5.77 -0.2 es
10 Micah Harty-Wint	Mersey	5.70 +0.0 es
11 Matthew Chambers	WYork	5.67 -0.9
12 Caine Sobers	Suff	5.64 +0.4
13 Joel Grenfell	Camb	5.58 -0.9
14 Ethan Bushay-Louis	London	5.38 +1.0
15 Mitchell Jenderko	Shrop	5.36 +0.6
16 Ryan Stride	WMid	5.34 +0.5
17 Robin Maingay	Norf	5.21 +0.8
18 Chris Lord	Suff	4.81 +0.2

Junior Boys Triple Jump

ES: 12.00 NS: 12.40 BP: 13.92

Final

1 Jimi Tele	Essex	13.64 +1.0 ns
2 Daley Graham	Leics	12.96 +0.3 ns
3 Latif Yusuf	Midd	12.90 +0.0 ns
4 Jamal Nesbitt	WMid	12.76 +0.0 ns
5 Armani James	Leics	12.48 +1.1 ns
6 Josh Bentley	NYork	12.38 +0.2 es
7 Sam Bentley	NYork	12.34 +0.4 es
8 Nathan Ezechie	Midd	12.24 +0.6 es
9 Edward Goggs	Oxford	11.86 +0.3
10 Craig Dennis	Devon	11.83 -0.3
11 Andy Minchin	Avon	11.69 +0.5
12 Bradley Marshall	Hamp	11.59 +0.6
13 Valdy Simeon	Berks	11.37 +0.0
14 Jordan Burns	Surrey	11.08 +0.4

Junior Boys Pole Vault

ES: 2.85 NS: 3.15 BP: 4.30

Final

1 Eric Martin	SYork	3.55 ns
2 Daniel Gardner	Herts	3.45 ns
3 Robert Wood	Essex	3.45 ns
4 Chris Price	Derby	3.15 ns
5 Isaac Vassell	Corn	3.15 ns
6 Jesper Hallberg	Kent	3.15 ns
7 Jack Phipps	Surrey	2.95 es
8 Matthew Lawrence	Chesh	2.95 es
9 Sam Baker	Nhants	2.85 es
10 Greg Appleby	Manch	2.85 es
11 Matthew Kirkland	Derby	2.70
12 James Wright	Dorset	2.70

Junior Boys Shot

ES: 12.30 NS: 13.30 BP: 18.29

Final

1 Joshua Newman	WMid	16.11 ns
2 Michael Hall	Humb	13.45 ns
3 Steven Fenner	Suff	13.15 es
4 Jacob Gardiner	WYork	13.05 es
5 Luke Roach-Christie	Midd	12.89 es
6 Nick De Brett	Kent	12.73 es
7 Shane Martin	London	12.56 es
8 Tom Bridge	Derby	12.37 es
9 Christopher Levitt	Hamp	11.90
10 Arnold Moyo	Notts	11.88
11 Hayden Tyler	Somer	11.85
12 Josh Kelly	Hamp	11.54
13 Rhys Francis	Sussex	11.30
14 Adam Carroll	WMid	11.01

Junior Boys Discus

ES: 34.00 NS: 38.00 BP: 54.54

Final

1 Khalil Njoya	Surrey	44.80 ns
2 Jake Armstrong	WYork	44.29 ns
3 Youcef Zatat	Essex	41.75 ns
4 Henry Croft	Kent	37.90 es
5 Saoirse Chinery-Edoo	Sussex	37.65 es
6 Sean Sullivan	Mersey	37.61 es
7 Adam McKee	Cumb	36.55 es
8 Iain Swall	NYork	36.03 es
9 Adam Mohan	Lincs	35.69 es
10 Scott Brocklebank	Cumb	35.07 es
11 Christopher Line	Herts	34.88 es
12 Nicholas Percy	Hamp	34.65 es

13 Darren Evans	Lancs	34.61 es
14 Faraz Rafi	Surrey	34.32 es
15 Alastair Webber	Berks	33.52
16 Cal Jennings	Nland	30.54
17 Forrest Francis	Leics	28.29
18 Joshveer Sanghera	Nland	27.59
19 Jack Ventress	Oxford	25.81
20 Jean-Claude Massey	H&Wor	24.05

Junior Boys Javelin

ES: 43.00 NS: 46.00 BP: 54.65

Final

1 Robin Danaher	Somer	50.15 ns
2 Liam Downer	Glouc	48.35 ns
3 Dan Whisken	Dorset	46.76 ns
4 Jake Cronin	Camb	44.87 es
5 Aidan Reynolds	Shrop	42.37
6 Matthew Stevens	Kent	41.22
7 Travelle Morris Reid	Leics	40.95
8 Jacob Hukin	Beds	39.91
9 Nathan Melbourne	Derby	39.85
10 Benji Pearson	WMid	39.74
11 James Bell	Shrop	39.49
12 Alex Rumsey	H&Wor	36.29
13 Regan Botham	Cumb	30.24

Junior Boys Hammer

ES: 37.00 NS: 44.00 BP: 70.78

Final

1 Danny Clayton	Norf	51.59 ns
2 Samuel Foster	Nhants	51.31 ns
3 Sam Blain	NYork	47.38 ns
4 Harry Wells	Camb	47.03 ns
5 Ashley Gilder	Notts	46.51 ns
6 Dominic Bloomfield	Humb	46.22 ns
7 Jake Corbishley	Staff	45.98 ns
8 Teo Kubiena	Berks	45.33 ns
9 Gary Jones	Hamp	44.79 ns
10 Marcus Lewis	Mersey	41.14 es
11 Callum Brown	Norf	40.93 es
12 Matthew Potts	Cleve	40.72 es
13 Sam Beavers	NYork	39.84 es
14 Jamie Iddon	Nhants	34.25
15 Alistair Tuck	Dorset	33.81
16 Jack Chapman	Cleve	33.24
17 Joshua Legg	Wilts	31.05
18 Robert Duke	Sussex	2.32

Final

1 Rachel Stringer	Norf	2:08.75 ns
2 Stacey Smith	Nland	2:09.86 ns
3 Leigh Lennon	Lancs	2:10.37 ns
4 Ejiro Okoro	WMid	2:10.99 ns
5 Vicky Fouhy	Bucks	2:11.58 ns
6 Kerrie Harris	Humb	2:13.16 es
7 Cally Read	Staff	2:13.62 es
8 Lucy Yates	Herts	2:14.13 es

Senior Girls 1500 metres

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

Final

1 Laura Weightman	Nland	4:31.08 ns
2 Jessica Burns	Devon	4:31.69 ns
3 Louise Webb	Hamp	4:32.27 ns
4 Suzi Boast	Camb	4:32.47 ns
5 Jordan Kinney	WMid	4:33.47 ns
6 Sarah Hudak	Manch	4:35.35 ns
7 Luci McLoughlin	Manch	4:39.41 es
8 Katie McHale	WYork	4:41.97 es
9 Lily Partridge	Hamp	4:47.67
10 Sarah Mercier	ChIs	4:50.42
11 Jessica Fawcett	SYork	4:59.51

Senior Girls 3000 metres

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

Final

1 Charlotte Purdue	Hamp	9:46.40 ns
2 Katie Knowles	Corn	9:49.71 ns
3 Olivia Larcombe	WMid	9:58.12 ns
4 Danielle Nimmock	Norf	10:09.25 es
5 Hannah Walker	Herts	10:11.67 es
6 Blue Haywood	Leics	10:12.46 es
7 Yasmin Smith	Wilts	10:19.98
8 Leigh Lattimore	Herts	10:21.30
9 Vicky Graves	NYork	10:26.45
10 Mel Newbery	Bucks	10:30.04
11 Charlotte Arter	Cumb	10:34.81
12 Georgie-Lou Sales	Essex	10:36.34
13 Rhea Ellis	Mersey	10:46.21
14 Kate Titlow	Chesh	10:58.89
Hannah Bateson	Lancs	dns
16 withdrawn	Humb	
17 withdrawn	Hamp	

Senior Girls 100 metres Hurdles

ES: 15.20 NS: 14.60 BP: 13.30

Round 1**Heat 1 (+0.5m/s)**

1 Chelsea Cooper	Staff	14.25 ns
2 Stephanie Gaynor	Herts	14.25 ns
3 Rose Reynolds	Berks	14.38 ns
4 Lucy Ferguson	Shrop	14.99 es
5 Emerald Willett	Bucks	17.63
Robyn St Luce Boyce	London	dns

Heat 2 (+0.7m/s)

1 Lauren Dewdney	Nland	14.07 ns
2 Ashley Helsby	Somer	14.52 ns
3 Jennifer Heckford	Berks	14.97 es
4 Lisa Revitt	SYork	14.99 es
5 Katie McHale	Mersey	15.09 es
Sandra Seaton	Surrey	dns

Final

(+2.1m/s)

1 Lauren Dewdney	Nland	14.01 ns
2 Stephanie Gaynor	Herts	14.07 ns
3 Ashley Helsby	Somer	14.21 ns
4 Chelsea Cooper	Staff	14.22 ns
5 Jennifer Heckford	Berks	14.67 es
6 Lisa Revitt	SYork	14.71 es
7 Lucy Ferguson	Shrop	14.72 es
Rose Reynolds	Berks	dq

Senior Girls 400 metres Hurdles

ES: 66.00 NS: 64.50 BP: 59.00

Round 1**Heat 1**

1 Becca Carozzi	Hamp	62.08 ns
2 Sophie Twinam	ChIs	63.23 ns
3 Sophie Skinner	Devon	63.56 ns
4 Christina Carr	Lancs	67.53
5 Sarah McLellan	Kent	68.15
6 Amy Fleming	Durham	69.89

Heat 2

1 Hayley Comer	Midd	64.08 ns
2 Samantha Coleby	Durham	64.49 ns
3 Katie Sockett	Somer	64.73 es
4 Katrina Cosby	Kent	66.69
5 Rosie Marino	Surrey	66.83

Final

(+0.3m/s)		
1 Rebekah Wilson	Manch	12.02 ns
2 Shelley Went	Warks	12.11 ns
3 Claudenia Williams	Midd	12.16 ns
4 Morgan Brown	Chesh	12.18 ns
5 Lorraine Ugen	London	12.31 es
6 Jade Phillips	London	12.41 es
7 Laura Davies	Lancs	12.49 es
8 Lyndsy North	Essex	12.62

Senior Girls 200 metres

ES: 25.80 NS: 25.00 BP: 23.10

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

1 Harriet Lucas	Norf	24.93 ns
2 Mica Nottingham	Lancs	25.04 es
3 Katie Roberts	Humb	25.45 es
4 Kirsty Shepherd	Essex	25.56 es
5 Christie Smith	Corn	26.35
6 Claire Butler	Oxford	26.40

Heat 2 (+0.3m/s)

1 Laura Wake	Herts	24.86 ns
2 Emily Diamond	Avon	24.97 ns
3 Hannah Bird	SYork	25.40 es
4 Melissa Forrest	Lancs	25.45 es
5 Lauren Bouchard	Essex	25.64 es
6 Caroline Waddell	Nhants	27.33

Final

(+1.9m/s)		
1 Laura Wake	Herts	25.05 es
2 Emily Diamond	Avon	25.12 es
3 Harriet Lucas	Norf	25.49 es
4 Mica Nottingham	Lancs	25.59 es
5 Hannah Bird	SYork	25.83
6 Melissa Forrest	Lancs	25.95
7 Katie Roberts	Humb	26.04
8 Kirsty Shepherd	Essex	26.22

Senior Girls 400 metres

ES: 58.80 NS: 57.00 BP: 54.33

Round 1**Heat 1**

1 Mary Iheke	Surrey	56.96 ns
2 Savannah Echel-Thomson	Sussex	57.09 es
3 Odette Campbell	Surrey	57.25 es
4 Hannah Jeanes	Dorset	58.49 es
5 Corinne Stott	Manch	58.64 es
6 Kerry Hunton	Cumb	59.79
Carmen Gedling	Mersey	dns

Heat 2

1 Laura Maddox	Avon	56.27 ns
2 Victoria Hewett	Surrey	57.19 es
3 Gemma Dawkins	Chls	57.83 es
4 Kate Laidlow	Kent	59.05
5 Emily Weeks	Devon	61.75
Francesca Keeble	Glouc	dns

Heat 3

1 Shelayna Oskan	Berks	56.27 ns
2 Ese Okoro	WMid	56.72 ns
3 Kelly Denyer	Sussex	57.71 es
4 Sophie Wilkins	Bucks	58.16 es
5 Becky McLinden	Mersey	58.55 es
6 Nicola George	Corn	59.89

Final

1 Shelayna Oskan	Berks	55.87 ns
2 Mary Iheke	Surrey	56.31 ns
3 Laura Maddox	Avon	56.65 ns
4 Victoria Hewett	Surrey	57.06 es
5 Savannah Echel-Thomson	Sussex	57.06 es
6 Ese Okoro	WMid	57.18 es
7 Kelly Denyer	Sussex	58.39 es
8 Odette Campbell	Surrey	58.90

Senior Girls 800 metres

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

Round 1**Heat 1**

1 Vicky Fouhy	Bucks	2:14.09 es
2 Rachel Stringer	Norf	2:14.81 es
3 Cerian Lancaster	Shrop	2:15.11
4 Anna Sharrock	Corn	2:19.54
5 Katherine Foy	Herts	2:25.76
Alison Leonard	Lancs	dns

Heat 2

1 Ejiro Okoro	WMid	2:12.16 ns
2 Cally Read	Staff	2:12.17 ns
3 Leigh Lennon	Lancs	2:12.36 ns
4 Lucy Dowsett	Camb	2:12.41 ns
5 Jo Hunter	Bucks	2:17.66
Gina Rutherford	Nland	dns

Heat 3

1 Kerrie Harris	Humb	2:10.58 ns
2 Stacey Smith	Nland	2:10.59 ns
3 Lucy Yates	Herts	2:10.60 ns
4 Kirsty Legg	Cleve	2:13.55 es
5 Sarah Simmons	WYork	2:16.65

Inter Boys 100 metres

ES: 11.20 NS: 11.00 BP: 10.44

Round 1**Heat 1 (+0.8m/s)**

1 Sam Watts	Herts	11.11 es
2 Bradley Awuah-Peasah	Hamp	11.16 es
3 James Armstrong	Mersey	11.23
4 Kyle Carlisle	Leics	11.29
5 Mike Summers	Oxford	11.43
6 Victor Ade-Davis	London	11.44
Nayef Abed	Manch	dns

Heat 2 (+0.2m/s)

1 William Ife	Midd	11.28
2 Matthew Storey	Manch	11.36
3 Laurence Owen	London	11.37
4 Tom Evans	Bucks	11.40
5 Adam Parkinson	Lincs	11.69
6 Raj Parmar	Leics	11.78
Eugene Mandaza	Suff	dns
Doniel Dennis	WMid	dns

Heat 3 (+1.1m/s)

1 Deji Tobais	Beds	10.93 ns
2 Dewayne Simms	Midd	11.11 es
3 Joel Williams	Bucks	11.34
4 Frank Nouble	London	11.37
5 Jack Millar	Kent	11.38
6 Marcel Hodge	Leics	11.62
Chris Burgess	Manch	dns

Round 2**Semi-final A (+1.1m/s)**

1 Deji Tobais	Beds	10.88 ns
2 Dewayne Simms	Midd	10.91 ns
3 Bradley Awuah-Peasah	Hamp	11.20 es
4 Laurence Owen	London	11.26
5 Joel Williams	Bucks	11.28
6 Frank Nouble	London	11.29
7 Jack Millar	Kent	11.34
8 Marcel Hodge	Leics	11.42

Semi-final B (+1.9m/s)

1 William Ife	Midd	10.95 ns
2 Sam Watts	Herts	11.00 ns
3 Tom Evans	Bucks	11.21
4 Matthew Storey	Manch	11.21
5 Kyle Carlisle	Leics	11.27
6 James Armstrong	Mersey	11.27
7 Mike Summers	Oxford	11.41
8 Victor Ade-Davis	London	11.58

Final

(-0.3m/s)		
1 Deji Tobais	Beds	10.68 ns
2 William Ife	Midd	10.88 ns
3 Dewayne Simms	Midd	10.90 ns
4 Sam Watts	Herts	11.17 es
5 Matthew Storey	Manch	11.28
6 Bradley Awuah-Peasah	Hamp	11.28
7 Laurence Owen	London	11.29
8 Tom Evans	Bucks	11.30

Inter Boys 200 metres

ES: 22.80 NS: 22.40 BP: 21.32

Round 1**Heat 1 (+0.9m/s)**

1 Jerome Musa-Lawal	Midd	22.19 ns
2 Charlie Moss	Essex	22.41 es
3 Adam Forrest	Lancs	22.56 es
4 Liam Clowes	Chesh	22.76 es
5 James Lovatt	Durham	22.88
6 Marcel Stevens	Manch	23.03
7 Nathaniel Davis	WYork	23.15
8 Keiron Congdon	Cumb	23.64

Heat 2 (+1.1m/s)

1 Kieran Showler-Davis	Hamp	21.98 ns
2 Dannish Khan	SYork	22.44 es
3 Jordan Arthur	Midd	22.47 es
4 Joe Hutchinson	Wilts	22.61 es
5 Thomas Mosley	WYork	22.61 es
6 Elijah Skervin	Notts	22.80 es
7 Martyn Corcoran	Chesh	23.00
8 Ben Stephenson	NYork	23.52

Heat 3 (+0.8m/s)

1 Rhion Samuel	Midd	21.91 ns
2 Simeon Ramsay Graham	Surrey	22.16 ns
3 Finbarr Ricketts	London	22.58 es
4 Tyler Johnson	Devon	22.74 es
5 Alexander Adcocks	Manch	22.78 es
6 Ben Morris	Leics	22.79 es
7 Jamie Phillips	NYork	22.94
8 Robert Blake	Chesh	23.10

Round 2**Semi-final A (+1.2m/s)**

1 Rhion Samuel	Midd	21.95 ns
2 Simeon Ramsay Graham	Surrey	22.40 ns
3 Charlie Moss	Essex	22.50 es
4 Thomas Mosley	WYork	22.73 es
5 Adam Forrest	Lancs	22.78 es
6 Liam Clowes	Chesh	22.87
7 Finbarr Ricketts	London	23.03
8 Elijah Skervin	Notts	23.08

Semi-final B (+2.4m/s)

1 Kieran Showler-Davis	Hamp	22.22	ns
2 Jerome Musa-Lawal	Midd	22.46	es
3 Jordan Arthur	Midd	22.64	es
4 Joe Hutchinson	Wilts	22.81	
5 Ben Morris	Leics	22.91	
6 Tyler Johnson	Devon	23.24	
7 Alexander Adcocks	Manch	23.80	
Dannish Khan	SYork	dnf	

Final

(+2.7m/s)			
1 Rhion Samuel	Midd	21.78	ns
2 Kieran Showler-Davis	Hamp	22.07	ns
3 Simeon Ramsay Graham	Surrey	22.27	ns
4 Jerome Musa-Lawal	Midd	22.34	ns
5 Charlie Moss	Essex	22.35	ns
6 Jordan Arthur	Midd	22.38	ns
7 Thomas Mosley	WYork	22.66	es
8 Adam Forrest	Lancs	22.76	es

Inter Boys 400 metres

ES: 51.30 NS: 50.00 BP: 47.18

Round 1**Heat 1**

1 Marc Forrest	Berks	49.82	ns
2 Thomas Bensted	Kent	49.86	ns
3 Ashley Hill	H&Wor	50.10	es
4 Adam Thomson	Mersey	50.31	es
5 Tom Challis	Warks	51.05	es
6 Marcus Nixey	WYork	51.41	
withdrawn	SYork	dns	

Heat 2

1 Benjamin Sturgess	Nhants	49.39	ns
2 Simon Tinsley	Kent	50.56	es
3 Adam Medcraft	Bucks	50.77	es
4 Sam Lowrey	WYork	51.01	es
5 Samuel Otto	Wilts	51.16	es
6 Jack Cowie	Durham	51.26	es
7 Jack Imray	WMid	51.41	

Heat 3

1 Tom Hinton	WMid	49.67	ns
2 Philip Berners	Leics	50.31	es
3 Joshua Allan	WYork	50.40	es
4 Zac Hooper	Derby	51.51	
5 James Buck	NYork	51.67	
6 Brad Shenton	Hamp	51.79	
7 Toby Birtwhistle	Shrop	52.48	

Heat 4

1 Dan Putnam	Kent	49.95	ns
2 Efe Okoro	WMid	51.05	es
3 Daniel Pearce	Corn	51.89	
4 Andrew Starkey	Mersey	52.04	
5 Gary Coleman	Avon	52.50	
Nathan Wake	Herts	dns	
Greg Jackson	Cleve	dnf	

Round 2**Semi-final A**

1 Benjamin Sturgess	Nhants	49.17	ns
2 Thomas Bensted	Kent	49.95	ns
3 Dan Putnam	Kent	50.00	ns
4 Ashley Hill	H&Wor	50.48	es
5 Efe Okoro	WMid	51.24	es
6 Sam Lowrey	WYork	51.51	
7 Daniel Pearce	Corn	51.74	
8 Samuel Otto	Wilts	51.97	

Semi-final B

1 Tom Hinton	WMid	49.64	ns
2 Philip Berners	Leics	49.86	ns
3 Marc Forrest	Berks	50.01	es
4 Adam Thomson	Mersey	50.22	es
5 Joshua Allan	WYork	50.23	es
6 Simon Tinsley	Kent	50.95	es
7 Tom Challis	Warks	51.07	es
8 Adam Medcraft	Bucks	51.22	es

Final

1 Benjamin Sturgess	Nhants	48.83	ns
2 Thomas Bensted	Kent	49.32	ns
3 Dan Putnam	Kent	49.41	ns
4 Tom Hinton	WMid	49.43	ns
5 Philip Berners	Leics	50.27	es
6 Joshua Allan	WYork	50.52	es
Marc Forrest	Berks	dns	
Adam Thomson	Mersey	dq	

Inter Boys 800 metres

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

Round 1**Heat 1**

1 Thomas Atkinson	WYork	1:58.15	es
2 James Bowness	Cumb	1:58.32	es
3 Joel Taylor	Norf	1:58.41	es
4 Nicholas Lingley	Bucks	1:58.44	es
5 Liam Baister	Nland	1:59.96	
6 Steven Nash	Avon	2:02.11	
7 Tom West	Durham	2:02.18	

Inter Girls Discus

ES: 33.00 NS: 37.00 BP: 49.36

Final

1 Julia Walkden	Devon	37.30	ns
2 Rachel Tyler	Nhants	35.10	es
3 Samantha Milner	Suff	34.90	es
4 Charlotte Gair	Notts	34.69	es
5 Kathryn Rothwell	Chls	34.26	es
6 Laura Baker	Manch	32.74	
7 Emma Kirk-Odunubi	Sussex	31.57	
8 Chelsea Coker	Essex	31.45	
9 Toni McManus	Herts	30.41	
10 Lizzie Lovegrove	Hamp	28.57	

Inter Girls Javelin

ES: 35.00 NS: 38.00 BP: 46.94

Final

1 Izzy Jeffs	Somer	43.30	ns
2 Danielle Anderson	Oxford	40.04	ns
3 Kiki Onwinde	Essex	38.07	ns
4 Charlotte Kanini-Parsons	Somer	37.82	es
5 Danielle Bentley	Chesh	36.13	es
6 Amber Burdett	Leics	35.92	es
7 Eloise Meakins	Herts	35.71	es
8 Katie Grehan	Herts	34.29	
9 Lauren Allymohamed	Sussex	33.75	
10 Aleina Binns	H&Wor	33.69	
11 Stephanie Burt	Norf	33.42	
12 Nadine Gardner	Notts	32.90	
13 Rebecca Baraona	Derby	31.97	
14 Ashleigh Beckett	WYork	31.84	
15 Amber Fielden	Beds	29.90	

Inter Girls Hammer

ES: 32.00 NS: 37.00 BP: 48.06

Round 1**Pool A**

1 Kayleigh Mills	Cleve	43.49	ns
2 Jenna Cannell	Norf	37.55	ns
3 Bethany Jones	Avon	37.34	ns
4 Charlotte Sykes	Dorset	35.61	es
5 Hayley Sayer	Camb	35.44	es
6 Kelly Lawrence	Lincs	35.32	es
7 Lucie Robichaud	Sussex	35.02	es
8 Helen Corrigan	Cleve	34.79	es

9 Coral Stewart	Berks	33.86	es
10 Aislinn Baird	Oxford	33.73	es
11 Rebecca Knapp	Herts	32.16	es
12 Kathryn Sumner	Mersey	31.07	

Pool B

1 Helen Broadbridge	Berks	41.94	ns
2 Amy Clemens	Midd	37.83	ns
3 Stephanie Hendy	Lincs	35.47	es
4 Bethany Mitchell	Notts	35.12	es
5 Claire Lebond	SYork	34.74	es
6 Kerry Murray	Warks	34.65	es
7 Jessica Wilson	Durham	33.47	es
8 Shiree Hillman	Sussex	31.36	
9 Hannah Coombs	Sussex	30.63	
10 Sian Pentin	Derby	30.61	
11 Jessica Metcalfe	Cleve	29.35	

Final

1 Kayleigh Mills	Cleve	46.75	ns
2 Helen Broadbridge	Berks	46.66	ns
3 Amy Clemens	Midd	42.03	ns
4 Stephanie Hendy	Lincs	39.55	ns
5 Bethany Jones	Avon	39.11	ns
6 Bethany Mitchell	Notts	38.21	ns
7 Jenna Cannell	Norf	37.86	ns
8 Hayley Sayer	Camb	35.69	es
9 Lucie Robichaud	Sussex	34.20	es
10 Charlotte Sykes	Dorset	34.16	es
11 Kelly Lawrence	Lincs	33.51	es
12 Helen Corrigan	Cleve	33.41	es

Senior Girls 100 metres

ES: 12.50 NS: 12.20 BP: 11.50

Round 1**Heat 1 (+0.2m/s)**

1 Rebekah Wilson	Manch	12.08	ns
2 Morgan Brown	Chesh	12.19	ns
3 Claudenia Williams	Midd	12.28	es
4 Jade Phillips	London	12.31	es
5 Lyndsy North	Essex	12.50	es
6 Rebecca Sanders-Clarke	Oxford	12.68	
7 Deborah Fleming	Corn	12.91	

Heat 2 (-0.7m/s)

1 Lorraine Ugen	London	12.29	es
2 Shelley Went	Warks	12.32	es
3 Laura Davies	Lancs	12.49	es
4 Reagan Wright	Notts	12.74	
5 Nicola Pearson	Durham	12.76	
6 Kate Brick	Mersey	12.81	
withdrawn	Midd	dns	

Inter Girls Long Jump

ES: 5.30 NS: 5.50 BP: 6.41

Final

1	Katie Caulfield	Herts	5.66	-0.0	ns
2	Harriet James	Lancs	5.64	+0.3	ns
3	Aleasha Kiddle	Essex	5.59	+0.1	ns
4	Jayne Hansom	Nland	5.38	+0.3	es
5	Sarah Abrams	Surrey	5.27	-0.4	
6	Sophie Meakin	Warks	5.23	-0.1	
7	Elise Lovell	Sussex	5.22	+0.4	
8	Natasha Lewis	Avon	5.19	+0.4	
9	Isabel Rogers	Staff	5.18	+0.6	
10	Hannah Lupton	Lancs	5.12	+0.8	
11	Abigail Holman	Herts	5.07	-0.6	
12	Amelia Richards	Somer	5.02	-0.5	
13	Faye Atkins	Lancs	5.01	+0.3	
14	Ashleigh Stone	Durham	4.99	+0.0	
15	Bethany Hirst	Manch	4.93	-0.3	
16	Natalie Bathers	Shrop	4.88	+0.3	

Inter Girls Triple Jump

ES: 10.70 NS: 11.10 BP: 12.20

Final

1	Jade Attoh	Midd	11.65	+0.00	ns
2	Gemma Smith	Staff	11.63	+0.00	ns
3	Lauren Priest	Devon	11.34	+0.00	ns
4	Rachel Hanagan	Kent	11.29	+0.00	ns
5	Sophie Brown	SYork	11.18	-1.6	ns
6	Chloe Gill	Durham	11.13	-0.5	ns
7	Ahtollah Rose	Manch	11.09	+0.00	es
8	Emma Pringle	Nland	11.08	+0.0	es
9	Karina Jakovenko	WMid	10.90	+0.00	es
10	Polly Woods	Herts	10.73	+0.00	es
11	Shelley Hazlewood	Nhants	10.71	+0.00	es
12	Hannah Thompson	Wilts	10.70	+0.00	es
13	Carmen Peter-Thomas	Lancs	10.63	+0.00	
14	Natasha Zebroski	Wilts	10.57	+0.00	
15	Hannah Brightmore	Derby	10.46	-1.5	
16	Hannah Longworth	Beds	10.43	+0.00	
17	Lauren Sammout	Camb	10.08	+0.00	
18	Jessica Foster	NYork	10.08	+0.0	
19	Adrienne Richards	Devon	9.79	+0.00	
20	Christina O'Connor	Cleve	9.75	-1.5	
21	Amy Donegan	Suff	9.67	-1.1	

Inter Girls Pole Vault

ES: 2.70 NS: 3.00 BP: 3.75

Final

1	Lucy Stickland	Sussex	3.50	ns
2	Ellie Besford	Essex	3.40	ns
3	Laura Butcher	Wilts	2.80	es
4	Louise Foster	Staff	2.80	es
5	Joanne Lawton	Durham	2.70	es
6	Alice Humble	Midd	2.70	es
7	Francesca Herbert	Essex	2.70	es
8	Sadie Gibbs	Kent	2.70	es
9	Lydia Parker	Humb	2.55	
=	Bethany Arandle	Humb	2.55	
11	Katherine Wilson	SYork	2.55	

Inter Girls Shot

ES: 10.20 NS: 11.00 BP: 14.38

Final

1	Yasmin Spencer	Derby	12.66	ns
2	Tesni Ward	Notts	11.86	ns
3	Amber Merrills	SYork	10.93	es
4	Gabriella Roseje	London	10.52	es
5	Sabine Efiannayi	London	10.41	es
6	Carrie Simpson	WYork	10.41	es
7	Amelia Reynolds	Shrop	10.27	es
8	Anesa Wanogho	London	10.24	es
9	Katherine Jones	Kent	9.98	
10	Rayne Allman	Manch	9.93	
11	Gemma Young	Wilts	9.86	
12	Rachel Goodier	Cleve	9.64	
13	Alex Williams	Warks	9.61	
14	Emily Varcoe	Hamp	9.19	
15	Hannah Ashmore	Hamp	9.12	
16	Edwina Wilson	Sussex	8.80	
17	Jane Bourne	H&Wor	8.74	

Heat 2

1	Adam Cotton	Staff	1:59.14
2	Thomas Marsden	Sussex	1:59.65
3	Charles Gunning	Corn	1:59.84
4	Chris Kays	Manch	1:59.94
5	Ryan Greaves	WYork	2:00.42
6	Alistair Fowler	Nhants	2:01.38
7	Douglas Howie	H&Wor	2:03.00
8	Tom Collins	Notts	2:03.19

Heat 3

1	Rikkie Letch	Surrey	1:59.24
2	Phillipe Essink	Oxford	1:59.48
3	Paul Green	Dorset	1:59.51
4	Tom Smith	Humb	1:59.60
5	Jack Graham	Hamp	2:00.16
6	Paul Clifford	Durham	2:01.07
7	Jarryd Dunn	WMid	2:03.08

Heat 4

1	Marcus Bridger-Wilkinson	Berks	2:00.08
2	Andy Clement	Hamp	2:00.10
3	Sam Petty	Devon	2:00.12
4	Paul Scanlan	Essex	2:00.14
5	Guy Learmonth	Nland	2:00.64
6	Kieran Smith	NYork	2:01.20
7	Jake Archer	Durham	2:03.57
8	George Miller	Oxford	2:07.34

Round 2**Semi-final A**

1	Sam Petty	Devon	1:57.94	es
2	Thomas Atkinson	WYork	1:58.19	es
3	James Bowness	Cumb	1:58.52	es
4	Marcus Bridger-Wilkinson	Berks	1:58.70	es
5	Andy Clement	Hamp	2:00.77	
6	Liam Baister	Nland	2:01.43	
7	Joel Taylor	Norf	2:02.16	
8	Nicholas Lingley	Bucks	2:02.37	

Semi-final B

1	Rikkie Letch	Surrey	1:57.47	es
2	Charles Gunning	Corn	1:57.73	es
3	Adam Cotton	Staff	1:57.97	es
4	Chris Kays	Manch	1:58.41	es
5	Tom Smith	Humb	1:59.04	
6	Paul Green	Dorset	2:00.32	
7	Phillipe Essink	Oxford	2:01.35	
8	Thomas Marsden	Sussex	2:02.08	

Final

1	Rikkie Letch	Surrey	1:55.55	ns
2	Adam Cotton	Staff	1:56.02	ns
3	Sam Petty	Devon	1:56.67	ns
4	Charles Gunning	Corn	1:56.97	ns
5	James Bowness	Cumb	1:57.60	es
6	Chris Kays	Manch	1:58.02	es
7	Thomas Atkinson	WYork	1:59.13	
8	Marcus Bridger-Wilkinson	Berks	2:01.81	

Inter Boys 1500 metres

ES: 4:08.00 NS: 4:03.00 BP: 3:52.60

Round 1**Heat 1**

1	Dale Worton	WYork	4:04.24	es
2	Harry Ellis	Chesh	4:04.78	es
3	Alex Cornwell	Essex	4:04.85	es
4	Tristan Venus	Cumb	4:05.08	es
5	John McDonnell	Beds	4:06.96	es
6	Chris Wright	Camb	4:08.88	
7	Lewis Smart	Leics	4:10.19	
8	Liam White	London	4:10.90	
9	Gregg Halliwell	Avon	4:14.91	
	withdrawn	Hamp	dns	

Heat 2

1	Shaun Bowden	Warks	4:04.37	es
2	Dale Clutterbuck	Essex	4:04.83	es
3	Nathan Young	Somer	4:05.41	es
4	David Forrester	Mersey	4:08.99	
5	Louis Gates	Hamp	4:11.40	
6	Connor Darby	Suff	4:11.83	
7	Alistair Douglas	Nland	4:14.95	
8	Sam Deathe	Bucks	4:18.37	
9	Alfred Grimsey	London	4:23.08	
10	Peter Devaney	Beds	4:38.38	

Heat 3

1	Steven Cavey	Kent	4:05.89	es
2	Elliott Woolmer	Surrey	4:07.68	es
3	David Smale	Essex	4:08.15	
4	Josh Moody	Derby	4:08.71	
5	Sam Hutchinson	NYork	4:12.09	
6	Jonathan Bradford	Hamp	4:12.45	
7	Richard Goodman	Midd	4:13.21	
8	Michael Wood	WYork	4:13.98	
	Tom Graves	WMid	dnf	

Final

1	Steven Cavey	Kent	4:01.88 ns
2	Alex Cornwell	Essex	4:02.87 ns
3	Dale Clutterbuck	Essex	4:03.28 es
4	Harry Ellis	Chesh	4:04.54 es
5	Shaun Bowden	Warks	4:05.52 es
6	Nathan Young	Somer	4:07.19 es
7	Dale Worton	WYork	4:07.73 es
8	Tristan Venus	Cumb	4:08.30
9	David Smale	Essex	4:08.78
10	Elliott Woolmer	Surrey	4:09.05
11	Josh Moody	Derby	4:11.03
12	John McDonnell	Beds	4:11.13

Inter Boys 3000 metres

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

Final

1	Jonathan Hay	Surrey	8:45.82 ns
2	Paul Thompson	WMid	8:50.89 ns
3	Andy Combs	Kent	8:50.95 ns
4	Jack Gray	WMid	8:54.23 ns
5	Tom Carson	Manch	8:55.88 es
6	Sam Atkin	Humb	8:56.16 es
7	Benjamin Norris	Notts	8:58.91 es
8	James Jackson	Norf	9:00.81 es
9	Karl Billington	Lancs	9:01.09 es
10	Tom Curr	Glouc	9:03.88
11	Peter Benedickter	Beds	9:05.27
12	Matthew Crehan	Manch	9:06.35
13	Kyle Fowler	Derby	9:07.54
14	Robert Galt	Glouc	9:08.31
15	Ben Connor	Derby	9:08.50
16	Niall Fleming	Herts	9:09.70
17	Ben Homer	WYork	9:09.98
18	Michael Priestley	Nland	9:11.14
19	Yasin Mohammed	SYork	9:12.02
20	Danny Schofield	NYork	9:12.19
21	James McCarthy	Sussex	9:12.27
22	Danny Mills	Warks	9:17.72
	Shaun Webb	Suff	dnf
	Aaron Stone	Sussex	dnf

Inter Boys 100 metres Hurdles

ES: 14.20 NS: 13.70 BP: 12.47

Round 1

Heat 1 (+1.0m/s)

1	Andrew Pozzi	Warks	13.33 ns
2	Themba Luhana	Nhants	13.39 ns
3	James Hardy	Notts	13.67 ns
4	Deo Milandu	Staff	13.83 es
5	Michael Feeney	Derby	13.92 es
6	Ben Kelk	Camb	13.97 es
7	Kaz Ong	Herts	14.23
	Matthew Lamborne	Bucks	dq

Heat 2 (+0.8m/s)

1	Jack Meredith	Mersey	13.01 ns
2	Ciaran Donnelly	WMid	13.67 ns
3	Thomas Parry	Surrey	13.68 ns
4	Adam McBraida	Avon	14.03 es
5	Dylan Demange	London	14.26
6	Jerelle Mensah	Essex	14.31
7	Daniel Needham	Manch	14.41

Heat 3 (+0.6m/s)

1	Alex Nwenwu	Shrop	12.98 ns
2	Bertie Lewis	Berks	13.52 ns
3	Matthew Walcott	Surrey	13.61 ns
4	Peter Spencer	Lincs	14.06 es
5	Joe Peplow	Essex	14.19 es
6	Adam Balderston	Bucks	14.25
	James Davies	Manch	dnf

Final

(+2.0m/s)

1	Jack Meredith	Mersey	12.70 ns
2	Alex Nwenwu	Shrop	12.94 ns
3	Andrew Pozzi	Warks	13.25 ns
4	Bertie Lewis	Berks	13.49 ns
5	James Hardy	Notts	13.57 ns
6	Matthew Walcott	Surrey	13.60 ns
7	Ciaran Donnelly	WMid	13.62 ns
	Themba Luhana	Nhants	dnf

Inter Boys 400 metres Hurdles

ES: 58.00 NS: 56.60 BP: 52.63

Round 1

Heat 1

1	Jack Green	Kent	55.31 ns
2	Sid Srinivas	Mersey	55.97 ns
3	Josh Green	WYork	56.09 ns
4	Ashley Fry	Berks	56.56 ns
5	Ben Jones	Camb	57.28 es
6	Alick Clark	Hamp	57.44 es
7	Sam Rodgers	Bucks	57.60 es

Inter Girls 4x100 metres Relay

ES: 50.20 NS: 49.20 BP: 46.40

Round 1

Heat 1

1	Essex	Essex	48.71 ns
2	London	London	48.88 ns
3	Durham	Durham	49.03 ns
4	West Yorkshire	WYork	50.56
5	Somerset	Somer	51.07
6	Berkshire	Berks	51.55
	Shropshire	Shrop	dns
	West Midlands	WMid	dq

Heat 2

1	Buckinghamshire	Bucks	48.81 ns
2	Lancashire	Lancs	49.05 ns
3	Bedfordshire & Luton	Beds	49.79 es
4	Warwickshire	Warks	50.15 es
5	Nottinghamshire	Notts	50.60
6	Wiltshire	Wilts	50.71
7	Devon	Devon	50.77
	Merseyside	Mersey	dnf

Heat 3

1	Middlesex	Midd	48.39 ns
2	Hampshire	Hamp	48.84 ns
3	Kent	Kent	49.06 ns
4	North Yorkshire	NYork	49.28 es
5	Staffordshire	Staff	49.90 es
6	Derbyshire	Derby	50.86
7	Sussex	Sussex	51.81

Heat 4

1	Surrey	Surrey	48.84 ns
2	Cleveland	Cleve	49.26 es
3	Humberside	Humb	49.28 es
4	Hertfordshire	Herts	50.67
5	Northumberland	Nland	52.98
	Suffolk	Suff	dns
	Northamptonshire	Nhants	dns

Final

1	Essex	Essex	47.25 ns
2	Buckinghamshire	Bucks	48.20 ns
3	Lancashire	Lancs	48.50 ns
4	Hampshire	Hamp	49.15 ns
5	London	London	49.49 es
6	Surrey	Surrey	49.78 es
	Durham	Durham	dnf
	Middlesex	Midd	dnf

Inter Girls High Jump

ES: 1.62 NS: 1.68 BP: 1.83

Round 1

Pool A

1	Heather Cumming	Wilts	1.62 es
=	Sophie Bell-Morgan	Mersey	1.62 es
=	Liz Parry	WMid	1.62 es
4	Amy Marchant	WYork	1.62 es
=	Zoey Phillips	Warks	1.62 es
6	Emma Buckett	Hamp	1.62 es
7	Marilyn Nwawulor	Midd	1.62 es
8	Jennifer Baker	Durham	1.62 es
9	Natasha Butler	Lancs	1.59
10	Lizzie Harrison	Suff	1.59
11	Charlotte Maiton	Essex	1.54
12	Samantha Fraser	Chesh	1.54
=	Grace Johnson	Nland	1.54
14	Lucy Crossman	Chls	1.49

Pool B

1	Christina Parsons	Hamp	1.62 es
=	Katarina Thompson	Mersey	1.62 es
=	Isobel Pooley	Hamp	1.62 es
4	Jessica Matthews	Kent	1.62 es
5	Hannah Frith	Beds	1.62 es
6	Philippa Wilson	Sussex	1.59
7	Daniella Hankins	Nhants	1.59
=	Jenna Murphy	Chls	1.59
9	Moe Sasegbon	Herts	1.54
10	Jenny Bradshaw	Nland	1.49
=	Rosie Trudgen	WYork	1.49

Final

1	Katarina Thompson	Mersey	1.80 ns
2	Marilyn Nwawulor	Midd	1.74 ns
3	Christina Parsons	Hamp	1.71 ns
4	Zoey Phillips	Warks	1.71 ns
5	Heather Cumming	Wilts	1.68 ns
6	Hannah Frith	Beds	1.68 ns
7	Jennifer Baker	Durham	1.65 es
8	Isobel Pooley	Hamp	1.65 es
9	Jessica Matthews	Kent	1.65 es
10	Amy Marchant	WYork	1.65 es
11	Sophie Bell-Morgan	Mersey	1.62 es
12	Emma Buckett	Hamp	1.59
=	Liz Parry	WMid	1.59

Inter Girls 80 metres Hurdles

ES: 12.10 NS: 11.70 BP: 10.90

Round 1**Heat 1 (+1.1m/s)**

1 Kirsty Warland	Oxford	11.38 ns
2 Cat Hall-Jones	Bucks	11.45 ns
3 Harriet Thompson	Staff	11.60 ns
4 Krystina Francis	London	12.21
5 Molly Bagworth	Warks	12.22
6 Amy Barclay	Sussex	12.25

Heat 2 (+1.4m/s)

1 Chanel Taite	Midd	11.41 ns
2 Rebecca Liddell	Nland	11.50 ns
3 Grace Christopher	WYork	11.70 ns
4 Claire Humphries	Herts	11.77 es
5 Holly Bleasdale	Lancs	12.30
6 Jennifer Robinson	Devon	12.34

Heat 3 (+1.4m/s)

1 Georgia Atkins	Essex	11.55 ns
2 Katie Marchant	WYork	11.67 ns
3 Asleigh Wood	Cleve	11.79 es
4 Elisha Bateman	Staff	11.97 es
5 Jessica Clark	London	12.49
6 Charlotte Cattermole	Suff	12.54

Final

(+2.5m/s)

1 Kirsty Warland	Oxford	11.12 ns
2 Chanel Taite	Midd	11.31 ns
3 Rebecca Liddell	Nland	11.36 ns
4 Grace Christopher	WYork	11.43 ns
5 Cat Hall-Jones	Bucks	11.57 ns
6 Georgia Atkins	Essex	11.60 ns
7 Harriet Thompson	Staff	11.64 ns
8 Katie Marchant	WYork	12.43

Inter Girls 300 metres Hurdles

ES: 46.80 NS: 45.00 BP: 41.48

Round 1**Heat 1**

1 Natalie Beale	Berks	45.49 es
2 Chloe Gallaway	Essex	46.03 es
3 Charlotte Bowling	Nhants	46.17 es
4 Natasha Stevens	Chesh	46.32 es
5 Rebecca Hore	Herts	52.71
Rhiannon Linington-Payne	Staff	dns

Heat 2

1 Jenny White	H&Wor	45.25 es
2 Emma Komocki	Derby	45.31 es
3 Hannah Lloyd	Herts	46.13 es
4 Thuza Edworthy	Devon	46.33 es
5 Melissa Smith	Durham	47.29
6 Joanna Bullock	WYork	47.64

Heat 3

1 Laura Burke	Surrey	44.79 ns
2 Kate Blaylock	Durham	45.47 es
3 Sonia Santos	Humb	45.97 es
4 Chloe Vernon Hamilton	Herts	46.44 es
5 Laura Bass	Camb	46.68 es
6 Faye Williams	Berks	47.30
7 withdrawn	Chls	

Heat 4

1 Claudia Rogers	Derby	44.87 ns
2 Megan Southwart	Kent	45.38 es
3 Sophie Wood	Durham	45.67 es
4 Charlotte Monk	Shrop	46.90
5 Philippa Brett	Corn	47.98
6 Amy Dingle	Chls	48.67

Round 2**Semi-final A**

1 Claudia Rogers	Derby	44.45 ns
2 Jenny White	H&Wor	44.49 ns
3 Megan Southwart	Kent	44.75 ns
4 Sonia Santos	Humb	45.92 es
5 Hannah Lloyd	Herts	45.94 es
6 Kate Blaylock	Durham	46.09 es
7 Thuza Edworthy	Devon	47.26
8 Laura Bass	Camb	47.51

Semi-final B

1 Natalie Beale	Berks	44.83 ns
2 Laura Burke	Surrey	45.82 es
3 Emma Komocki	Derby	46.05 es
4 Sophie Wood	Durham	46.88
5 Chloe Vernon Hamilton	Herts	47.33
6 Natasha Stevens	Chesh	47.58
7 Charlotte Bowling	Nhants	47.66
8 Chloe Gallaway	Essex	52.33

Final

1 Jenny White	H&Wor	44.91 ns
2 Claudia Rogers	Derby	45.07 es
3 Natalie Beale	Berks	45.27 es
4 Megan Southwart	Kent	45.99 es
5 Emma Komocki	Derby	46.33 es
6 Hannah Lloyd	Herts	46.36 es
7 Laura Burke	Surrey	46.43 es
8 Sonia Santos	Humb	51.15

Heat 2

1 Olu Oyewobi	Midd	55.63 ns
2 Ben Hopkins	Kent	56.34 ns
3 Matthew Sumner	Devon	56.51 ns
4 Adam Sansom	Notts	56.73 es
5 Edward Greenall	Lancs	60.24
6 Richard Adiyia	Leics	61.79

Heat 3

1 Adam Smith	Bucks	57.34 es
2 James Forman	Hamp	57.82 es
3 Adam Collinson	Humb	58.01
4 Byron Fitzgerald	Devon	59.69
5 Jake Domingo	Leics	60.04
Phil Shotton	Shrop	dnf

Final

1 Jack Green	Kent	54.18 ns
2 James Forman	Hamp	54.30 ns
3 Olu Oyewobi	Midd	54.69 ns
4 Adam Smith	Bucks	54.70 ns
5 Ben Hopkins	Kent	56.67 es
6 Matthew Sumner	Devon	57.08 es
7 Sid Srinivas	Mersey	57.52 es
8 Josh Green	WYork	57.53 es

Inter Boys 1500 metres Steeplechase

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

Final

1 James Senior	Norf	4:25.18 ns
2 Charlie Maclean	Somer	4:26.90 ns
3 Chris Hesketh	Lancs	4:29.87 ns
4 Jack Partridge	Dorset	4:31.24 es
5 Stuart Campbell	Lincs	4:32.97 es
6 Will Newnham	Hamp	4:33.74 es
7 Ben Coldray	Glouc	4:34.62 es
8 Alex Wiltshire	Somer	4:38.70
9 Jamie Crompton	Manch	4:46.99
10 Alex Dunbar	Suff	4:48.58
11 Samuel Cheverton	Suff	4:57.37
12 James Sykes	Hamp	5:00.34

Inter Boys 4x100 metres Relay

ES: 45.00 NS: 44.00 BP: 41.92

Round 1**Heat 1**

1 London	London	42.95 ns
2 Buckinghamshire	Bucks	43.01 ns
3 Hampshire	Hamp	43.22 ns
4 Greater Manchester	Manch	44.90 es
5 Avon	Avon	45.32
Staffordshire	Staff	dns
Berkshire	Berks	dns

Heat 2

1 Merseyside	Mersey	44.14 es
2 Nottinghamshire	Notts	44.35 es
3 Hertfordshire	Herts	44.49 es
4 Cheshire	Chesh	45.98
5 Durham	Durham	46.05
6 Lincolnshire	Lincs	46.36
Suffolk	Suff	dns
West Yorkshire	WYork	dq

Heat 3

1 Middlesex	Midd	43.03 ns
2 Leicestershire & Rutland	Leics	43.44 ns
3 Surrey	Surrey	44.57 es
4 North Yorkshire	NYork	45.26
5 Warwickshire	Warks	46.71
Devon	Devon	dns
Derbyshire	Derby	dns
Kent	Kent	dq

Final

1 Middlesex	Midd	42.24 ns
2 Buckinghamshire	Bucks	42.80 ns
3 Hampshire	Hamp	43.35 ns
4 Leicestershire & Rutland	Leics	43.53 ns
5 Hertfordshire	Herts	43.99 ns
London	London	dnf
Nottinghamshire	Notts	dq
Merseyside	Mersey	dq

Inter Boys High Jump

ES: 1.90 NS: 1.96 BP: 2.12

Final

1 Samuel Bailey	Essex	1.99	ns
2 Joe Kent	Sussex	1.99	ns
3 Onajite Okoro	WMid	1.96	ns
4 Richard Calado	H&Wor	1.93	es
5 Jamie Johnson	Humb	1.93	es
6 Tom Gardner	Sussex	1.93	es
7 Michael Grabarz	Camb	1.87	
8 Josh Guest	Warks	1.87	
9 Ryan Bailey	Leics	1.82	
10 Jordan Roach	WMid	1.82	
11 Charlie Hawkes	Wilts	1.82	

Inter Boys Long Jump

ES: 6.40 NS: 6.60 BP: 7.47

Final

1 Dwyte Smith	Kent	6.89	-0.5	ns
2 Rhys Macdonald	Suff	6.57	-0.3	es
3 James Alcock	Kent	6.45	-0.7	es
4 Lewis King	Essex	6.44	+0.0	es
5 Romane Walcott	Midd	6.33	+0.8	
6 James Davies	Lancs	6.33	+1.1	
7 Hakeen Powell	WMid	6.26	+1.6	
8 Patrick Meniru	Beds	6.23	-0.1	
9 Ding Yang	Avon	6.20	-1.4	
10 Michael Napper	Midd	6.19	-0.0	
11 Stephan Greenidge	Herts	6.19	-0.7	
12 Nicholas Stoppard	Herts	6.09	+0.7	
13 Jahmal Mills	Norf	6.01	+0.0	
14 Robert Scott	Derby	5.91	-0.8	
15 Fraser Kesteven	Notts	5.80	-1.4	

Inter Boys Triple Jump

ES: 13.10 NS: 13.70 BP: 15.91

Final

1 Ben Williams	Staff	15.72	+0.8	ns
2 Babatunde Amosu	Surrey	14.78	+0.9	ns
3 Julien Allwood	Surrey	14.12	+0.3	ns
4 James Hardy	Manch	14.11	+0.4	ns
5 Nana Owusu-Nyantekyi	Berks	14.02	+0.9	ns
6 James McLachlan	Norf	13.75	+0.0	ns
7 James Oluyemi	Midd	13.40	+1.6	es
8 Matthew Houlden	Lincs	13.27	+1.2	es
9 Adrian Assinor	London	13.05	+1.0	

10 Steve Ndumbe	H&Wor	12.84	+1.4	
11 James Wright	Oxford	12.74	+1.0	
12 Jordan Kelly	Mersey	12.73	+0.2	
13 George Mayfield	Glouc	12.68	+0.7	
14 Richard Tranter	Chesh	12.64	+1.1	
15 Matthew Plumb	Berks	12.48	+1.1	
16 Joshua Bones	Humb	12.41	+1.4	
17 Michael Koral	Chesh	12.41	+1.5	

Inter Boys Pole Vault

ES: 3.80 NS: 4.10 BP: 4.70

Final

1 Tim Parkin	Nland	4.40	ns
2 Cameron Walker - Shepperd	Avon	4.30	ns
3 Jordan Henwood	Corn	4.10	ns
4 Mark Cooper	Staff	4.00	es
5 Edward Quiney	Surrey	3.90	es
6 Jack Withrington	Essex	3.90	es
7 Jack Andrew	Derby	3.90	es
8 Tom Gibson	Wilts	3.80	es
9 Sam Brown	Sussex	3.80	es
10 Declan O'Hara	Lancs	3.80	es
11 Richard Humby	Hamp	3.80	es
12 Aaron Kaye	Essex	3.65	

Inter Boys Shot

ES: 13.20 NS: 14.50 BP: 20.48

Final

1 Anthony Oshodi	Essex	18.66	ns
2 Reece Thomas	WMid	17.35	ns
3 Michael Wheeler	Surrey	17.26	ns
4 James Preston	Avon	15.41	ns
5 Eddie Ekanem	London	14.75	ns
6 Will Jenkins	WMid	14.28	es
7 Jamie Courtenay	Glouc	14.05	es
8 Laurence Goodacre	Essex	14.00	es
9 Matthew Halton	Corn	13.42	es
10 Tom Heard	Somer	13.22	es
11 Tom Peacock	Midd	13.03	
12 Scott Lincoln	NYork	11.94	
13 Aaron Murray	Kent	11.91	
14 Daniel Bowkett	SYork	11.45	

Heat 2

1 Rowena Cole	WMid	2:10.99	ns
2 April Stevenson	Manch	2:11.66	ns
3 Alex Bell	WYork	2:11.95	ns
4 Dani Seddon	Berks	2:16.02	es
5 Sigourney Bell	Durham	2:17.27	es
6 Rachel Atherton	Staff	2:18.82	
7 Emma Wakefield	Mersey	2:20.09	
8 Loulou Rowlands	Surrey	2:24.92	

Heat 3

1 Rebecca Linney	Mersey	2:10.84	ns
2 Oriel Hardman	Manch	2:11.20	ns
3 Hannah Edwards	London	2:11.64	ns
4 Jenny Beckingham	Hamp	2:12.54	ns
5 Rachel McClay	Berks	2:14.68	es
6 Abbie Vernon	Derby	2:14.74	es
7 Sarah Hopcroft	WMid	2:19.82	
8 Laura Pacey	Shrop	2:20.73	

Final

1 Rowena Cole	WMid	2:08.06	ns
2 Rebecca Linney	Mersey	2:09.24	ns
3 Rebecca Craigie	Chesh	2:09.92	ns
4 Alex Bell	WYork	2:10.41	ns
5 Adelle Tracey	Sussex	2:10.56	ns
6 Oriel Hardman	Manch	2:10.79	ns
7 Hannah Edwards	London	2:11.18	ns
8 April Stevenson	Manch	2:15.08	es

Inter Girls 1500 metres

ES: 4:47.00 NS: 4:39.00 BP: 4:24.10

Round 1**Heat 1**

1 Louise Small	Hamp	4:32.04	ns
2 Sophie Conner	Herts	4:32.21	ns
3 Monique Powell	WMid	4:32.29	ns
4 Lauren Procter	WYork	4:32.74	ns
5 Tamara Armoush	Derby	4:39.95	es
6 Hannah Alderson	Avon	4:41.49	es
7 Georgia Ball	Lincs	4:42.94	es
8 Brittany Saville	Sussex	4:43.04	es
9 Nicole Roberts	Nhants	4:46.48	es
10 Annabel Shepherd-Barron	Kent	4:47.69	
11 Lucy Crookes	Leics	4:52.62	
12 Kristie Leybourne	Lancs	4:56.72	
13 Nienke Verwer	Warks	5:12.48	

Heat 2

1 Katie Holt	Staff	4:34.56	ns
2 Melissa Courtney	Dorset	4:34.70	ns
3 Ciara Dullaghan	Surrey	4:34.84	ns
4 Grace Nicholls	Kent	4:35.29	ns
5 Kate Avery	Durham	4:36.34	ns
6 Hannah Doherty	Manch	4:38.06	ns
7 Martha Reynolds	Midd	4:39.41	es
8 Lucy Farnell	WMid	4:39.70	es
9 Felicity Johnson-Deeley	Chls	4:40.29	es
10 Abigail Mackinnon-Austin	Herts	4:40.62	es
11 Danielle Critchley	Kent	4:41.71	es
12 Jess Chen	Hamp	4:49.34	
13 Emily Kier	Nhants	4:57.29	

Final

1 Sophie Conner	Herts	4:30.68	ns
2 Ciara Dullaghan	Surrey	4:31.45	ns
3 Melissa Courtney	Dorset	4:31.83	ns
4 Louise Small	Hamp	4:31.91	ns
5 Lauren Procter	WYork	4:33.13	ns
6 Kate Avery	Durham	4:33.35	ns
7 Katie Holt	Staff	4:34.47	ns
8 Grace Nicholls	Kent	4:39.10	es
9 Monique Powell	WMid	4:42.88	es
10 Hannah Doherty	Manch	4:43.48	es

Inter Girls 3000 metres

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

Final

1 Laura Park	Cumb	9:45.41	ns
2 Beth Carter	Kent	9:51.13	ns
3 Isabel Brinsden	Surrey	9:54.70	ns
4 Melissa Hawtin	Oxford	10:01.29	ns
5 Gemma Astin	Mersey	10:01.82	ns
6 Danielle Johnson	Staff	10:14.44	es
7 Annika Jarmen	Lancs	10:16.47	es
8 Stephanie Burns	SYork	10:18.75	es
9 Laura Riches	Manch	10:29.98	
10 Charlotte Christensen	Suff	10:33.38	
11 Siobhan Harrison	Notts	10:36.70	
12 Robyn Lanceley	SYork	10:50.53	
Claire Pring	Norf	dnf	
14 withdrawn	Manch		

Heat 4

1 Frederica Foster	London	40.97 es
2 Alex Keyworth	Nhants	41.17 es
3 Tyra Watson	Manch	41.52 es
4 Dymond Smith	Midd	42.17
5 Lauren Potter	SYork	42.34
6 Yimika Adewakun	Surrey	42.83

Round 2**Semi-final A**

1 Lucy James	Beds	40.52 es
2 Lauren Brennan	Mersey	40.74 es
3 Laura Mason	Notts	40.97 es
4 Alex Keyworth	Nhants	41.37 es
5 Rachel Speight	WYork	41.86
6 Jayme Norton	Cleve	42.11
7 Becky Lister	Camb	42.32
8 Hayley Harvey	Devon	42.34

Semi-final B

1 Amy Allcock	Surrey	40.06 ns
2 Victoria Ohuruogu	Essex	40.62 es
3 Chloe Bradley	Notts	41.32 es
4 Amelia Clifford	Wilts	41.53 es
5 Frederica Foster	London	41.68
6 Brogan Percy	Hamp	42.08
7 Tyra Watson	Manch	42.38
8 Deborah Willis	Herts	43.10

Final

1 Amy Allcock	Surrey	39.90 ns
2 Victoria Ohuruogu	Essex	40.65 es
3 Lucy James	Beds	40.99 es
4 Laura Mason	Notts	41.33 es
5 Lauren Brennan	Mersey	41.58 es
6 Alex Keyworth	Nhants	41.65
7 Chloe Bradley	Notts	41.74
8 Amelia Clifford	Wilts	42.12

Inter Girls 800 metres

ES: 2:18.00 NS: 2:14.00 BP: 2:05.60

Round 1**Heat 1**

1 Rebecca Craigie	Chesh	2:15.15 es
2 Rachel McClay	Berks	2:15.36 es
3 Sigourney Bell	Durham	2:15.74 es
4 Emma Grant	Oxford	2:16.12 es
5 Abigail Marriott	Suff	2:16.27 es
6 Sarah Hopcroft	WMid	2:19.08
7 Catherine Appleby	Bucks	2:24.23
8 Sophie Fletcher	Lancs	2:25.51

Heat 2

1 Rebecca Linney	Mersey	2:13.68 ns
2 Rowena Cole	WMid	2:14.59 es
3 Oriel Hardman	Manch	2:15.06 es
4 Abbie Vernon	Derby	2:15.92 es
5 Kathy Stringer	Chesh	2:19.85
6 Abigail Fowlie	Sussex	2:20.00
7 Rebecca Ferguson	Nland	2:21.51
8 Jennifer Davies	Lancs	2:28.05

Heat 3

1 Laura Pacey	Shrop	2:18.12
2 Adelle Tracey	Sussex	2:18.24
3 Bex Myers	Bucks	2:18.25
4 Hannah Edwards	London	2:18.40
5 Rachel Robinson	Humb	2:18.80
6 Lucy Atkins	Avon	2:19.09
7 Phillipa Lowe	Herts	2:19.14
8 Christie Childs	Notts	2:21.53

Heat 4

1 Alex Bell	WYork	2:12.87 ns
2 April Stevenson	Manch	2:13.04 ns
3 Dani Seddon	Berks	2:15.02 es
4 Emma Wakefield	Mersey	2:15.63 es
5 Rachel Atherton	Staff	2:18.91
6 Briony Bendle	Leics	2:20.00
7 Calli Thackery	Derby	2:22.72
8 withdrawn	Herts	

Heat 5

1 Zoe Woodward	Mersey	2:16.55 es
2 Julia Henderson	Berks	2:16.91 es
3 Jenny Beckingham	Hamp	2:16.95 es
4 Loulou Rowlands	Surrey	2:17.35 es
5 Georgia Milton	Notts	2:19.76
6 Rebecca Newton	SYork	2:22.93
7 Carly Robertson	WYork	2:25.87
Emma Toogood	Durham	dq

Round 2**Heat 1**

1 Rebecca Craigie	Chesh	2:14.43 es
2 Adelle Tracey	Sussex	2:14.98 es
3 Bex Myers	Bucks	2:15.30 es
4 Emma Grant	Oxford	2:16.63 es
5 Zoe Woodward	Mersey	2:17.66 es
6 Julia Henderson	Berks	2:18.63
7 Rachel Robinson	Humb	2:21.48
8 Abigail Marriott	Suff	2:25.11

Inter Boys Discus

ES: 40.00 NS: 43.00 BP: 61.24

Final

1 Zane Duquemin	Chls	49.27 ns
2 Lawrence Okoye	Surrey	48.26 ns
3 Adam Damadzic	H&Wor	45.72 ns
4 Liam Biddlecombe	Somer	45.42 ns
5 Fred Young	Hamp	44.14 ns
6 Robbie Pickering	NYork	42.13 es
7 Shaun McCarthy	Essex	41.34 es
8 Gareth Winter	Glouc	41.33 es
9 Kane Humphrey	SYork	39.79
10 Matthew Gue	Sussex	39.25
11 Najee Fox	Staff	39.13
12 Jermaine Nicolls	Herts	38.93
13 Adam Smith	Lincs	37.96
14 Luke Braiden	Sussex	37.51
15 Stefan Robinson	Hamp	37.33
16 Alex Fenton	Manch	35.34
17 Mike Carmona-Jones	Mersey	34.67
18 Joe Todman	Kent	34.06

Inter Boys Javelin

ES: 52.00 NS: 54.00 BP: 70.52

Final

1 Matti Mortimer	Suff	61.45 ns
2 Pieter Snyman	Beds	61.09 ns
3 Steven Turnock	Devon	58.17 ns
4 Georgie Bean	Essex	57.10 ns
5 Michael Stanton	SYork	56.88 ns
6 Sam Taylor-Outridge	Bucks	54.91 ns
7 Joe Charlesworth	WYork	54.07 ns
8 Bradley Burr	Essex	54.06 ns
9 Sam Turner	Essex	50.38
10 Blake Crowe	Midd	49.93
11 Cameron Bygraves	Sussex	47.22
12 Harry Hollis	Leics	46.22
13 Richard Shuttleworth	Hamp	45.15
14 Charlie Stocks	Leics	44.15
15 Robert Millar	Shrop	44.11
16 Laurent Stephenson	Bucks	44.08

Inter Boys Hammer

ES: 48.00 NS: 54.00 BP: 73.58

Final

1 Andrew Jordon	Surrey	65.28 ns
2 Andrew Elkins	Dorset	57.95 ns
3 Tim Williams	Glouc	56.99 ns
4 Robert Dean	Staff	56.11 ns
5 Callum Woon	Hamp	56.02 ns
6 Craig Murch	Warks	55.75 ns
7 Adam Davies	Mersey	55.71 ns
8 Jake Haylock	Kent	55.65 ns
9 Daniel Gilder	Notts	50.14 es
10 Oliver Barnfield	WMid	49.75 es
11 Luke Slater	NYork	49.25 es
12 Matthew Lasis	Sussex	48.36 es
13 Nick Miller	Cumb	47.02
14 Richard Humphries	Herts	45.88
15 James Hall	Derby	44.44
16 Matthew Norton	Avon	44.09
17 Ben Daley	Cleve	27.62

Senior Boys 100 metres

ES: 11.10 NS: 10.90 BP: 10.37

Round 1**Heat 1 (+0.6m/s)**

1 Harvey Byrne	Sussex	10.87 ns
2 Antoe Walters	WMid	11.00 es
3 Jamie Brock	Avon	11.08 es
4 Jeffery Ochra	Midd	11.10 es
5 Kristian Clarke	London	11.12
6 Richard Morrissey	Glouc	11.13
7 Chris Morter	Camb	11.30
8 Kieran Munnally	Leics	11.45

Heat 2 (+1.4m/s)

1 Brentton Smith	WMid	10.97 es
2 Adam Goulding	Notts	11.00 es
3 Stefan Mitchell	London	11.08 es
4 Oweka Wanogho	Midd	11.12
5 Gian Zicchi	Camb	11.27
6 Luke Miller-Briggs	Chesh	11.33
7 Jack Thomas	Manch	11.40

Heat 3 (+2.1m/s)

1 Matthew Wekpe	London	10.81 ns
2 Luke Evans	Lancs	10.88 ns
3 Alex Ojo	Midd	11.11
4 Andy Millen	Sussex	11.13
5 James Mitchell	NYork	11.32
6 Jamie Brough	SYork	11.41
7 Paul Hipwell	Oxford	11.51

Final

(+0.0m/s)

1 Harvey Byrne	Sussex	10.79 ns
2 Brentton Smith	WMid	11.01 es
3 Matthew Wekpe	London	11.02 es
4 Antoe Walters	WMid	11.11
5 Luke Evans	Lancs	11.12
6 Stefan Mitchell	London	11.16
7 Jamie Brock	Avon	11.17
8 Adam Goulding	Notts	11.33

Senior Boys 200 metres

ES: 22.30 NS: 22.00 BP: 20.90

Round 1**Heat 1 (+0.6m/s)**

1 Antonio Infantino	Herts	21.58 ns
2 Daniel Talbot	Wilts	21.71 ns
3 Luke Chown	Oxford	21.95 ns
4 Nick Clements	Somer	22.11 es
5 Rob Patton	Durham	22.27 es
6 Todd Marshall	SYork	22.43
7 Danny Higham	Mersey	23.10
8 Joshua Hearnden	Suff	23.31

Heat 2 (+1.4m/s)

1 Chris Tandi	Hamp	21.44 ns
2 Lewis Rouault	Midd	22.02 es
3 Sebastian Tully-Middleton	Nhants	22.10 es
4 Tony Corrigan	Mersey	22.20 es
5 Nick Frodsham	Warks	22.31
6 Rory Evans	Derby	22.43
7 Nathan Roach	Manch	22.62
8 Danny Traynor	Suff	22.79

Final

(+1.7m/s)

1 Antonio Infantino	Herts	21.74 ns
2 Chris Tandi	Hamp	21.76 ns
3 Daniel Talbot	Wilts	21.85 ns
4 Sebastian Tully-Middleton	Nhants	21.95 ns
5 Lewis Rouault	Midd	22.17 es
6 Luke Chown	Oxford	22.22 es
7 Tony Corrigan	Mersey	22.29 es
8 Nick Clements	Somer	22.32

Senior Boys 400 metres

ES: 49.30 NS: 48.80 BP: 46.26

Round 1**Heat 1**

1 Markus Hunt	Herts	48.63 ns
2 Nathan Hilton	Mersey	48.98 es
3 Samuel Cordin	Notts	49.40
4 Michael Fraser	Norf	49.53
5 Richard Oppong-Konadu	Camb	49.64

Heat 2

1 James Hunter	Mersey	48.35 ns
2 Ross McDonald	WMid	48.86 es
3 Jack McGinn	Manch	49.48
4 Alex Brown	Somer	49.56
5 Luke Edwards	SYork	50.27
6 Abdilliah Nassir	Leics	50.95

Heat 3

1 Matthew Harrison	Essex	48.64 ns
2 Harry Doran	Mersey	48.74 ns
3 Lawrence Wooldridge	London	49.70
4 Steven Butterworth	Manch	50.18
5 Peter Morgan	Chesh	50.33

Final

1 James Hunter	Mersey	47.85 ns
2 Markus Hunt	Herts	48.04 ns
3 Matthew Harrison	Essex	48.29 ns
4 Nathan Hilton	Mersey	48.82 es
5 Harry Doran	Mersey	48.88 es
6 Ross McDonald	WMid	49.08 es
7 Samuel Cordin	Notts	49.11 es
8 Jack McGinn	Manch	49.52

Senior Boys 800 metres

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

Round 1**Heat 1**

1 Adam Moore	Berks	1:56.16
2 Michael Salter	WYork	1:56.23
3 Simon King	WMid	1:56.41
4 Tim Burt	Kent	1:58.41
5 Adam Morrell	Cleve	1:58.85
6 Adam Binns	Lincs	1:59.75
7 Declan Murray	Chesh	2:05.12

Round 2**Semi-final A (-0.3m/s)**

1 Kaneisha Hector	WMid	12.28 ns
2 Loretta Curtis	Derby	12.35 es
3 Clarice Underwood	Bucks	12.41 es
4 Claire Paterson	Hamp	12.51 es
5 Megan Hoult	Humb	12.56 es
6 Katy Wyper	Lancs	12.65
7 Sophie Wright	Warks	12.69
Ruth Dean	Avon	dq

Semi-final B (-0.2m/s)

1 Corinne Humphreys	Essex	12.32 es
2 Shauna Lawton	WMid	12.37 es
3 Charlotte Burrows	Nhants	12.52 es
4 Helen Rennardson	Somer	12.52 es
5 Yolanda Hutchinson	Midd	12.53 es
6 Chidi Udemeze	Beds	12.59 es
7 Beth Reuben	Warks	12.60 es
8 Lorna Goldsmith	Durham	12.70

Final

(+1.8m/s)

1 Clarice Underwood	Bucks	12.09 ns
2 Corinne Humphreys	Essex	12.13 ns
3 Kaneisha Hector	WMid	12.15 ns
4 Loretta Curtis	Derby	12.29 ns
5 Shauna Lawton	WMid	12.34 es
6 Helen Rennardson	Somer	12.40 es
7 Claire Paterson	Hamp	12.42 es
8 Charlotte Burrows	Nhants	12.43 es

Inter Girls 200 metres

ES: 26.00 NS: 25.20 BP: 23.60

Round 1**Heat 1 (+3.0m/s)**

1 Kaneisha Johnson	Essex	24.44 ns
2 Jenny Batten	Glouc	24.46 ns
3 Twinelle Hopeson	Surrey	24.78 ns
4 Rebecca Hussey	Oxford	25.72 es
5 Grace Smith-Thomas	Shrop	25.95 es
6 Eleanor Campbell	Kent	25.96 es
7 Ruth Hill	NYork	26.36
8 Carys Hall	SYork	28.00

Heat 2 (+2.4m/s)

1 Emma Jackson	Humb	24.66 ns
2 Alice Reynolds	Hamp	25.13 ns
3 Kate Welford	Cleve	25.42 es
4 Lara Turner	Cumb	25.81 es
5 Abi Hardy-Mayo	NYork	26.27
6 Leah Barrow	Bucks	26.41
7 Layla Reece-Cooke	WMid	26.62

Heat 3 (+2.6m/s)

1 Carlette Grant	Midd	25.05 ns
2 Lucy Mansfield	Lancs	25.19 ns
3 Georgia Lamothe	Berks	25.56 es
4 Amy Longo	Wilts	25.81 es
5 Samantha Galley	Chesh	26.11
6 Sophie Croft	Humb	26.24
7 Anna Grundy	NYork	26.25

Final

(+2.6m/s)

1 Jenny Batten	Glouc	24.51 ns
2 Kaneisha Johnson	Essex	24.59 ns
3 Emma Jackson	Humb	24.69 ns
4 Twinelle Hopeson	Surrey	24.97 ns
5 Carlette Grant	Midd	25.13 ns
6 Alice Reynolds	Hamp	25.35 es
7 Lucy Mansfield	Lancs	25.52 es
8 Kate Welford	Cleve	26.08

Inter Girls 300 metres

ES: 41.60 NS: 40.50 BP: 38.35

Round 1**Heat 1**

1 Amy Allcock	Surrey	39.08 ns
2 Chloe Bradley	Notts	40.98 es
3 Rachel Speight	WYork	41.14 es
4 Hayley Harvey	Devon	41.42 es
5 Becky Lister	Camb	41.56 es
6 Nicola Milner	ChIs	42.47
Amy Forrester	Mersey	dns

Heat 2

1 Lauren Brennan	Mersey	40.37 ns
2 Laura Mason	Notts	40.85 es
3 Jayme Norton	Cleve	41.52 es
4 Deborah Willis	Herts	41.65
5 Beth Johns	Nland	41.93
6 Alexandra Turner	Derby	41.97
7 Nina Edwards	Herts	42.79

Heat 3

1 Lucy James	Beds	39.45 ns
2 Victoria Ohuruogu	Essex	40.41 ns
3 Amelia Clifford	Wilts	40.50 ns
4 Brogan Percy	Hamp	41.12 es
5 Katie Hewitt	Corn	41.77
6 Hannah Stevenson	Notts	41.78
7 Bryony Potter	Mersey	42.15

Junior Girls Shot

ES: 10.00 NS: 10.70 BP: 13.92

Final

1	Maria Okpokiri	Essex	11.21 ns
2	Sophie McKinna	Norf	11.19 ns
3	Jade Perry	WMid	11.19 ns
4	Shadine Duquemin	ChIs	11.05 ns
5	Lucy Smith	WMid	10.11 es
6	Kelly Davey	Kent	9.93
7	Sarah Wilding	SYork	9.58
8	Holly Nelson	Cumb	9.53
9	Charlotte Dickinson	Manch	9.47
10	Stephanie McNally	H&Wor	9.15
11	Kelse Hutchinson	Derby	9.00
12	Amy Johnson	Midd	8.80
13	Jovonique Eka	London	8.76

Junior Girls Discus

ES: 27.00 NS: 30.00 BP: 39.58

Final

1	Abbi Carter	Humb	36.16 ns
2	Louisa James	Sussex	32.43 ns
3	Phoebe Dowson	Hamp	31.20 ns
4	Carla Letheby	Surrey	30.81 ns
5	Megan Thomas	Norf	28.91 es
6	Hayley Rubery	Shrop	28.42 es
7	Stevie Watts	Bucks	26.76
8	Sarah Miller	Herts	26.68
9	Sarah Stanhope	Lincs	25.41
10	Emma Crooke	H&Wor	25.36
11	Leanne Bettis	Surrey	25.34
12	Katy Barnard	Cumb	25.07
13	Bobbie Lenehan-Hodge	Devon	24.82
14	Renee Hector	Herts	22.60
15	Emma O'Hara	Oxford	21.60

Junior Girls Javelin

ES: 29.00 NS: 32.00 BP: 40.97

Final

1	Freya Jones	Hamp	44.23 bp
2	Laura McDonald	Norf	39.84 ns
3	Laura England	SYork	35.88 ns
4	Sally Duggan	London	35.19 ns
5	Amy Lupton	Lancs	34.43 ns
6	Rebecca Tunnicliffe	NYork	34.37 ns
7	Kelly Bramhald	SYork	33.92 ns

8	Rebecca Woolley	Notts	31.88 es
9	Grace Hailstone	Sussex	31.00 es
10	Holly Webb	Sussex	30.58 es
11	Hannah Johnson	Berks	30.43 es
12	Sarah Taplin	Surrey	29.66 es
13	Nicola Haynes	Nland	29.50 es
14	Alice Knight	Leics	28.78
15	Liane Bibby	Mersey	28.65
16	Emily-Kate Turner	Durham	26.11
17	Rosie Allen	Somer	25.63
18	Harriet Oliver	Wilts	25.45
19	Jessica Abrahams	Essex	25.09

Inter Girls 100 metres

ES: 12.60 NS: 12.30 BP: 11.50

Round 1**Heat 1 (+1.3m/s)**

1	Clarice Underwood	Bucks	12.33 es
2	Megan Houlit	Humb	12.36 es
3	Sophie Wright	Warks	12.43 es
4	Ruth Dean	Avon	12.46 es
5	Kim Baptiste S-Wood	Sussex	12.66
6	Whitney Mahoney-Eaton	London	12.74
	Kitty Eleyae	Somer	dns

Heat 2 (+1.6m/s)

1	Corinne Humphreys	Essex	12.17 ns
2	Shauna Lawton	WMid	12.30 ns
3	Yolanda Hutchinson	Midd	12.37 es
4	Chidi Udemeze	Beds	12.45 es
5	Katy Wyper	Lancs	12.49 es
6	Helen Rennardson	Somer	12.51 es
7	Caera Cheetham	Leics	12.88

Heat 3 (+1.4m/s)

1	Beth Reuben	Warks	12.33 es
2	Lauretta Curtis	Derby	12.34 es
3	Claire Paterson	Hamp	12.41 es
4	Kirstie Robinson	London	12.65
5	Effie Asmah	WMid	12.69
6	Ellie Quirk	Mersey	12.79
7	Charlotte Cullen	Herts	12.90

Heat 4 (+1.4m/s)

1	Kaneisha Hector	WMid	12.22 ns
2	Charlotte Burrows	Nhants	12.44 es
3	Lorna Goldsmith	Durham	12.53 es
4	Rebecca Chapman	Devon	12.55 es
5	Natasha White	London	12.64
6	Chloe Mays	Bucks	12.83
	Jessica Kennedy	Cleve	dnf

Heat 2

1	Niall Brooks	Manch	1:52.71 ns
2	Jack Hallas	WYork	1:52.94 ns
3	Robbie Schofield	Lancs	1:53.49 es
4	Michael Di Laura	Sussex	1:54.46 es
5	Davey Platt	Devon	1:56.17
6	Jonathan Sharp	NYork	2:02.33
	Andrew Maguire	Cleve	dnf

Heat 3

1	Sam Evans	Staff	1:53.92 es
2	Michael Cole	Devon	1:54.47 es
3	Dominic Henry	Somer	1:55.51
4	Oliver Heeks	Essex	1:56.50
5	Jelle Verwer	Warks	1:57.13
6	Tom Perrins	Nland	1:59.42

Final

1	Adam Moore	Berks	1:51.93 ns
2	Niall Brooks	Manch	1:52.06 ns
3	Robbie Schofield	Lancs	1:52.64 ns
4	Michael Di Laura	Sussex	1:53.57 es
5	Sam Evans	Staff	1:53.71 es
6	Jack Hallas	WYork	1:54.69 es
7	Michael Cole	Devon	1:56.16
8	Michael Salter	WYork	1:57.37

Senior Boys 1500 metres

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

Final

1	Richard Peters	Avon	3:56.36 es
2	Ross Murray	Nland	3:57.34 es
3	Daniel Clorley	Beds	3:58.62
4	Harry Harper	Mersey	4:00.42
5	Harry Webb	Avon	4:00.83
6	Thomas Crowley	WYork	4:01.13
7	Philip Hurst	Durham	4:01.32
8	Michael Cooke	Manch	4:01.64
9	Russ Best	Cleve	4:02.09
10	Mickey Reed	Surrey	4:02.10
11	Rhys Glastonbury	Herts	4:02.14
12	Andrew Heyes	SYork	4:02.16
13	Stephen Broadhurst	Chesh	4:02.80
14	Ronnie Sparke	Herts	4:03.23
15	Carl Smith	Durham	4:03.66

Senior Boys 3000 metres

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

Final

1	Abdirisak Ahmed	SYork	8:23.52 ns
2	James Robinson	Norf	8:25.06 ns
3	Ben Hunter	Essex	8:28.05 ns
4	Daniel Cliffe	Chesh	8:28.71 ns
5	Matthew Clowes	Staff	8:29.13 ns
6	Josh Gorecki	Surrey	8:33.74 es
7	Jake Shelley	Midd	8:34.15 es
8	Tom Farrell	Cumb	8:37.87
9	Scott Evans	Manch	8:42.02
10	Andrew Rooke	Suff	9:04.50
11	Andrew Ridley	Suff	9:13.81
	Adam Blundell	Staff	dns

Senior Boys 110 metres Hurdles

ES: 15.20 NS: 14.80 BP: 13.60

Round 1**Heat 1 (+0.3m/s)**

1	Chris Wakeford	Somer	14.38 ns
2	Lawrence Clarke	Berks	14.95 es
3	Ashley Bryant	Surrey	15.27
	Sam Stone	Notts	dnf

Heat 2 (+0.7m/s)

1	Simon Merrill	Avon	14.04 ns
2	Emmanuel Okpokiri	Essex	14.38 ns
3	Lee Hamilton	Corn	14.76 ns
4	Liam Wilson	Mersey	15.24
5	James Eaton	H&Wor	15.83

Final**(+1.3m/s)**

1	Simon Merrill	Avon	14.11 ns
2	Chris Wakeford	Somer	14.20 ns
3	Lawrence Clarke	Berks	14.36 ns
4	Emmanuel Okpokiri	Essex	14.41 ns
5	Lee Hamilton	Corn	14.87 es
6	Ashley Bryant	Surrey	14.88 es
7	Liam Wilson	Mersey	15.31
8	James Eaton	H&Wor	17.13

Senior Boys 400 metres Hurdles

ES: 56.20 NS: 55.00 BP: 51.50

Round 1**Heat 1**

1 Niall Flannery	Nland	54.72 ns
2 Antoni Davis Phillip	Kent	55.04 es
3 Jaryd Robinson	Suff	55.29 es
4 Nick Phelps	Cleve	55.37 es
5 Alex Cooke	Manch	55.49 es
6 Mike Haslett	Mersey	55.54 es
7 Jack Biss	Berks	57.37
8 Alex Bell	NYork	57.54

Heat 2

1 John Croasdale	Mersey	54.49 ns
2 Michael Baker	Kent	54.56 ns
3 Christian Roberts	Camb	54.77 ns
4 Matthew Parsley	Devon	55.17 es
5 Charlie Rowberry	Hamp	56.01 es
6 Tom Moakes	Notts	56.21
7 Jon Forester	Avon	57.40
8 Jordan Aromasodu	London	69.54

Final

1 Niall Flannery	Nland	52.48 ns
2 Michael Baker	Kent	52.95 ns
3 John Croasdale	Mersey	53.20 ns
4 Christian Roberts	Camb	53.56 ns
5 Antoni Davis Phillip	Kent	53.75 ns
6 Matthew Parsley	Devon	55.67 es
7 Nick Phelps	Cleve	55.84 es
8 Jaryd Robinson	Suff	55.90 es

Senior Boys 2000 metres**Steeplechase**

ES: 6:07.00 NS: 6:03.00 BP: 5:38.20

Final

1 James Wilkinson	WYork	5:58.72 ns
2 Shaun Collins	Herts	6:00.99 ns
3 Lawrence Walker	Chesh	6:02.47 ns
4 Alex Bruce-Littlewood	Kent	6:03.52 es
5 Tommy Bryant	London	6:10.34
6 Sam Bradley	Kent	6:10.39
7 Matthew Jackson	Chesh	6:10.41
8 Sam Witter	Manch	6:23.18
9 Phil Norman	Devon	6:30.85

Senior Boys 4x100 metres Relay

ES: 44.50 NS: 43.50 BP: 41.30

Round 1**Heat 1**

1 West Midlands	WMid	42.33 ns
2 Middlesex	Midd	42.61 ns
3 Merseyside	Mersey	42.88 ns
4 South Yorkshire	SYork	44.46 es
5 West Yorkshire	WYork	45.08
Greater Manchester	Manch	dns
Cleveland	Cleve	dns
Somerset	Somer	dq

Heat 2

1 London	London	43.23 ns
2 Sussex	Sussex	43.78 es
3 Cambridgeshire	Camb	43.97 es
4 Humberside	Humb	44.26 es
5 North Yorkshire	NYork	45.27
Suffolk	Suff	dns
Avon	Avon	dns
Nottinghamshire	Notts	dns

Final

1 London	London	42.29 ns
2 Middlesex	Midd	42.55 ns
3 West Midlands	WMid	42.64 ns
4 Sussex	Sussex	42.91 ns
5 Cambridgeshire	Camb	43.77 es
6 Humberside	Humb	44.62
South Yorkshire	SYork	dnf
Merseyside	Mersey	dq

Senior Boys High Jump

ES: 1.96 NS: 2.02 BP: 2.25

Final

1 Scott Johnson	Beds	2.05 ns
2 Chris Baker	Norf	2.02 ns
3 Cameron Lake	Bucks	1.93
= Dan Dunscombe	Sussex	1.93
5 Cameron Gore	Lancs	1.93
6 Edward Mason	Wilts	1.88
7 Michael Cole	Surrey	1.88
8 Mike Sweeney	Mersey	1.83
= Alexander Green	Berks	1.83

Heat 2

1 Norfolk	Norf	49.58 ns
2 Lancashire	Lancs	49.69 ns
3 West Midlands	WMid	49.92 ns
4 Dorset	Dorset	50.27 ns
5 Essex	Essex	50.56 es
6 Humberside	Humb	50.87 es
7 Surrey	Surrey	51.87 es
8 Oxfordshire	Oxford	52.04

Final

1 West Midlands	WMid	49.39 ns
2 Norfolk	Norf	49.43 ns
3 Lancashire	Lancs	49.77 ns
4 Hampshire	Hamp	50.26 ns
5 Dorset	Dorset	50.55 es
6 Humberside	Humb	50.74 es
7 Essex	Essex	51.19 es
8 South Yorkshire	SYork	51.99 es

Junior Girls High Jump

ES: 1.55 NS: 1.61 BP: 1.77

Final

1 Charlotte Shelley	Suff	1.66 ns
2 Reneece Campbell	Essex	1.55 es
= Suzzanne Palmer	Derby	1.55 es
4 Reagan Dee	Mersey	1.55 es
5 Katy Lambert	Sussex	1.55 es
6 Vicky Maguire	Surrey	1.52
7 Sophie Lee	Herts	1.52
8 Alice Jennings	Chesh	1.47
= Victoria Anderson	Chesh	1.47
10 Tessa Stockdale	Cumb	1.47
11 Francesca Baylis	Kent	1.47
= Kirsty Norwood	Cumb	1.47
13 Kate Anson	Mersey	1.47
14 Hannah Claydon	Wilts	1.47
= Rita Yates	WYork	1.47
16 Megan Clements	Warks	1.42
= Sophie Rigby	Mersey	1.42
18 Lucy Hodgson	SYork	1.42
19 Tulsi Hansla	Midd	1.42

Junior Girls Long Jump

ES: 5.05 NS: 5.20 BP: 6.22

Round 1**Pool A**

1 Jazmin Sawyers	Staff	5.68 ns
2 Micaela Brindle	Lancs	5.41 ns
3 Nancy Lebeau	Essex	5.28 ns
4 Tannika Burgess	WMid	5.22 ns
5 Emily Moore	Oxford	5.18 es
6 Katie Gardner	Chesh	5.12 es
7 Ellis Whyler	Lincs	5.05 es
8 Laura Skelton	NYork	5.03
9 Tori Coltart	Dorset	4.93
10 Sophie Worrall	Shrop	4.91
11 Charlotte Wingfield	Midd	4.88
12 Grace Eyles	WYork	4.54
13 Emily Rogers	Suff	4.44

Pool B

1 Connie James	WMid	5.41 ns
2 Becky Curtis-Harris	Hamp	5.38 ns
3 Gaby Rowsell	Dorset	5.37 ns
4 Montana Jackson	Suff	5.21 ns
5 Kez Ogden	Shrop	5.19 es
6 Korane Idarousse	Midd	5.16 es
7 Jessica Read	Nland	5.07 es
8 Heidi Hopwood	Manch	4.97
9 Megan Dixon	WMid	4.79
10 Katie Hardcastle	Sussex	4.77
11 Lily Cartwright	Oxford	4.75
12 Jo Legg	Dorset	4.75
13 Frances Coldwell	WYork	4.72

Final

1 Jazmin Sawyers	Staff	5.72 +0.7 ns
2 Micaela Brindle	Lancs	5.40 +0.4 ns
3 Becky Curtis-Harris	Hamp	5.40 +0.3 ns
4 Katie Gardner	Chesh	5.38 +1.2 ns
5 Nancy Lebeau	Essex	5.34 +1.3 ns
6 Gaby Rowsell	Dorset	5.25 +1.3 ns
7 Kez Ogden	Shrop	5.20 +0.5 ns
8 Connie James	WMid	5.12 +1.4 es
9 Emily Moore	Oxford	5.04 +1.2
10 Montana Jackson	Suff	5.00 +0.00
11 Korane Idarousse	Midd	4.96 +0.6

Junior Girls 1500 metres

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

Round 1**Heat 1**

1	Emelia Gorecka	Surrey	4:39.51	ns
2	Johanna Spannagl	Sussex	4:40.26	ns
3	Emily Wallbank	Beds	4:42.31	ns
4	Freya Vincent	Leics	4:43.14	ns
5	Charlotte Inwood	Nhants	4:43.38	ns
6	Katie Reynolds	Manch	4:51.83	es
7	Elle Roche	Bucks	4:53.65	
8	Mary Galbraith	Suff	4:55.58	
9	Aoife Thorogood	Avon	4:56.57	
10	Danielle Wallis	Chesh	4:58.27	
11	Sally Smith	WYork	5:05.62	

Heat 2

1	Floren Scrafton	Avon	4:42.94	ns
2	April Hogg	Corn	4:43.22	ns
3	Ruth Haynes	Surrey	4:43.84	ns
4	Grace Howie	Dorset	4:46.55	es
5	Georgia Taylor-Brown	Manch	4:47.85	es
6	Beth Swords	Oxford	4:48.14	es
7	Charlotte Taylor	Lincs	4:49.91	es
8	Stephanie Bruce	Nland	4:52.65	
9	Mia O'Connell	Glouc	4:56.78	
10	Rebecca Knapton	Hamp	4:57.38	
11	Harriet Grandfield	Shrop	4:58.33	

Heat 3

1	Jessica Judd	Essex	4:38.41	ns
2	Annabel Gummow	Corn	4:41.85	ns
3	Rachel Denton	Nland	4:44.93	es
4	Jess Dimmock	Nhants	4:46.85	es
5	Rebecca Weston	Kent	4:47.85	es
6	Sarah Astin	Mersey	4:48.02	es
7	Amber Watson	Glouc	4:48.80	es
8	Megan Huxley	Chesh	4:52.83	
9	Jessica Harvey	Devon	4:56.10	
10	Bethany Jones	Manch	5:02.54	
11	Megan Fairbrother	Leics	5:11.85	

Final

1	Emelia Gorecka	Surrey	4:30.12	ns
2	Jessica Judd	Essex	4:33.96	ns
3	Annabel Gummow	Corn	4:39.00	ns
4	Floren Scrafton	Avon	4:40.26	ns
5	Emily Wallbank	Beds	4:43.19	ns
6	Johanna Spannagl	Sussex	4:46.00	es
7	April Hogg	Corn	4:46.34	es
8	Charlotte Inwood	Nhants	4:46.91	es
9	Freya Vincent	Leics	4:48.32	es
10	Ruth Haynes	Surrey	4:53.27	
11	Rachel Denton	Nland	4:55.60	

Junior Girls 75 metres Hurdles

ES: 11.90 NS: 11.50 BP: 10.70

Round 1**Heat 1 (+1.1m/s)**

1	Kerry Murch	Warks	11.56	es
2	Samantha Brown	Kent	11.64	es
3	Kati Williams	Lancs	11.75	es
4	Hayley McLean	Essex	11.96	
5	Jahisha Thomas	Surrey	12.04	
6	Hannah Dunderdale	Lincs	12.42	
7	Emma Douras	WMid	12.90	

Heat 2 (+1.5m/s)

1	Yasmin Miller	Derby	11.46	ns
2	Jessica McCabe	Surrey	11.67	es
3	Gaby Bangay	Lincs	11.74	es
4	Anna Davies	Notts	11.75	es
5	Olivia Wilding	H&Wor	11.81	es
6	Bethany Towers	Lancs	11.97	
7	Cseperke Asztalos	Camb	12.11	
8	Cloe Garrett	London	13.44	

Heat 3 (+2.6m/s)

1	Victoria Williamson	Norf	11.37	ns
2	Emily Moore	Essex	11.53	es
3	Kelly Clark	SYork	11.61	es
4	Sophie Carley	Lincs	11.82	es
5	Katie James	Dorset	11.89	es
6	Shawna Walsh	Devon	12.08	
7	Sophie Rodger	Sussex	12.24	

Final

(+0.2m/s)

1	Yasmin Miller	Derby	11.34	ns
2	Victoria Williamson	Norf	11.46	ns
3	Samantha Brown	Kent	11.48	ns
4	Jessica McCabe	Surrey	11.49	ns
5	Kerry Murch	Warks	11.50	ns
6	Emily Moore	Essex	11.59	es
7	Gaby Bangay	Lincs	11.72	es
8	Kelly Clark	SYork	11.83	es

Junior Girls 4x100 metres Relay

ES: 52.00 NS: 50.50 BP: 48.10

Round 1**Heat 1**

1	South Yorkshire	SYork	51.67	es
2	Hampshire	Hamp	51.76	es
3	Greater Manchester	Manch	52.36	
4	Cheshire	Chesh	52.42	
5	Suffolk	Suff	53.54	
	Leicestershire & Rutland	Leics	dns	
	Lincolnshire	Lincs	dq	

Senior Boys Long Jump

ES: 6.80 NS: 6.90 BP: 7.97

Final

1	Paul Oluyemi	Midd	7.02	+1.0	ns
2	Andrew Burgess	Mersey	6.91	+0.0	ns
3	Adam Timms	WYork	6.85	+0.4	es
4	Matthew Parnell	WMid	6.82	+1.2	es
5	Jermaine Olasan	London	6.70	+0.3	
6	Charlie Dryden	NYork	6.65	+0.2	
7	Andrew Bleakley	Bucks	6.58	+0.0	
8	Sebastian Rodger	Sussex	6.31	+0.2	
9	Ian Tobin	Herts	6.19	-0.4	

Senior Boys Triple Jump

ES: 13.90 NS: 14.40 BP: 16.22

Final

1	Daniel Lewis	Midd	14.58	+1.5	ns
2	Michael Pupilumpu	Beds	14.40	+1.1	ns
3	Rory Constable	Hamp	14.20	+0.0	es
4	Kola Adedoyin	Surrey	14.13	+0.8	es
5	Darren March	Kent	13.87	+1.2	
6	Nnamdi Odum	London	13.76	+1.3	
7	Chris Bartlett	Warks	13.75	+0.3	
8	Kerry Mathurin	London	13.44	+1.4	
9	David Dempsey	WYork	13.22	+1.5	
10	Kem Onobogu	Midd	13.06	+0.2	
11	Luke Allen	Suff	13.02	+1.0	

Senior Boys Pole Vault

ES: 4.10 NS: 4.40 BP: 5.16

Final

1	Rhys Searles	SYork	4.70	ns
2	Nick Crutchley	WMid	4.70	ns
3	Edward Moubey	Derby	4.60	ns
4	Matthew Devereux	Beds	4.60	ns
5	Ben Gregory	Bucks	4.50	ns
6	Robert Warensjo	Wilts	4.30	es
=	Ryszard Buk	Surrey	4.30	es
8	Daniel Passey	Derby	4.20	es
9	Eric Spink	H&Wor	4.20	es
10	Paul Hallworth	SYork	4.10	es
11	Matthew Wright	Lancs	3.95	

Senior Boys Shot

ES: 13.00 NS: 14.10 BP: 20.64

Final

1	Devon Douglas	Essex	16.35	ns
2	Andrew Coury	Avon	15.63	ns
3	Robert Mohan	Leics	15.11	ns
4	Tom Smith	Lancs	14.71	ns
5	Ope Jacobs	Midd	14.17	ns
6	Erasmus Ntim-Dwemoh	Surrey	13.77	es
7	Jack Bolton	Hamp	13.52	es
8	Paul Hayball	Camb	13.34	es
9	Josh Day	H&Wor	13.14	es
10	Jack McShane	Nhants	12.32	
11	Bradley Hall	Sussex	12.27	

Senior Boys Discus

ES: 40.00 NS: 44.00 BP: 59.72

Final

1	Steve Watson	Herts	48.91	ns
2	Martin Bartholomew	Staff	48.43	ns
3	Sam Tough	Shrop	44.78	ns
4	Peter Howard	Devon	43.28	es
5	Matthew Baptiste	Essex	42.15	es
6	Nicholas Huntley	Devon	40.14	es
7	Martin Tinkler	Camb	40.06	es
8	Greg Watkins	Manch	38.88	
9	Theo Burton	Midd	37.56	
10	Chiedu Ufodiama	WYork	37.45	
11	Tom Pearson	Leics	37.25	
12	Nat McDonald	H&Wor	33.06	

Senior Boys Javelin

ES: 53.00 NS: 57.00 BP: 72.89

Final

1 Bonne Buwembo	Essex	68.71 ns
2 Matthew Smith	Devon	67.34 ns
3 Luke Peters	Notts	61.38 ns
4 Brett Byrd	Staff	60.61 ns
5 Chad Barton	Staff	59.64 ns
6 Matthew Hunt	Humb	59.39 ns
7 Paul Allsopp	NYork	58.48 ns
8 Niall Ellison	Mersey	58.25 ns
9 Jamie Broadey	Hamp	57.12 ns
10 Matt Hartley	Glouc	56.73 es
11 Sean Band	Lincs	55.01 es
12 Stephen Porter	Lancs	54.45 es
13 Declan Foley	Dorset	51.92
14 Richmond Baah	London	51.11
15 Craig Lacy	London	49.66
16 Ben Gibb	Somer	48.70
17 Michael O'Donnell	Manch	43.60

Senior Boys Hammer

ES: 45.00 NS: 52.00 BP: 69.11

Final

1 Alex Warner	Glouc	60.96 ns
2 Michael Jennings	Humb	60.59 ns
3 Peter Clarke	Essex	55.32 ns
4 Jay Hill	Corn	54.99 ns
5 Mike Tommey	Glouc	52.37 ns
6 Adam Reynolds	Mersey	50.71 es
7 Matthew Payne-Davis	Midd	50.48 es
8 Michael Rigby	Manch	50.14 es
9 Ben Robson	Sussex	47.25 es
10 Sam Chappell	Dorset	46.86 es
11 Ben Hale	Lincs	44.22
12 Graeme Fairbairn	Nland	36.99
13 Joe Bloomfield	Suff	2.29

Junior Girls 100 metres

ES: 12.80 NS: 12.60 BP: 11.58

Round 1**Heat 1 (+1.1m/s)**

1 Ann Ika Oqua	WMid	12.42 ns
2 Abigail Bishell	SYork	12.53 ns
3 Lauren Stewart	Beds	12.65 es
4 Rebecca Watts	Humb	12.78 es
5 Sophie Money	Mersey	12.96
6 Hazel Ashby	London	13.08

Heat 2 (+1.3m/s)

1 Jodie Williams	Herts	11.92 ns
2 Clieo Stephenson	Norf	12.59 ns
3 Sophie Clifford	Glouc	12.69 es
4 Meagan Taylor	Humb	12.97
5 Sadie Forrester-Hayles	WMid	13.04
6 Maria Nikodemova	Bucks	13.13
7 Leanne Spurway	Oxford	13.14

Heat 3 (+1.0m/s)

1 Rebecca Brown	Devon	12.44 ns
2 Hannah Smithdale	Essex	12.51 ns
3 Cleo Patrice-Barber	Surrey	12.62 es
4 Faye Horrocks	Manch	12.89
5 Victoria Mitchell	Norf	12.97
6 Natasha Singleton	Lancs	13.15

Final**(+1.1m/s)**

1 Jodie Williams	Herts	11.78 ns
2 Ann Ika Oqua	WMid	12.34 ns
3 Rebecca Brown	Devon	12.42 ns
4 Abigail Bishell	SYork	12.48 ns
5 Cleo Patrice-Barber	Surrey	12.51 ns
6 Hannah Smithdale	Essex	12.51 ns
7 Clieo Stephenson	Norf	12.60 ns
8 Lauren Stewart	Beds	12.70 es

Junior Girls 200 metres

ES: 26.40 NS: 25.70 BP: 23.60

Round 1**Heat 1 (+0.7m/s)**

1 Makeda Lewis	Midd	25.57 ns
2 Natalie Hickmott	Kent	25.79 es
3 Beth Pattison	Humb	26.35 es
4 Lamorna Newman	Corn	26.47
5 Lucy Munday	Beds	26.53
6 Alice McMahon	Chesh	26.54
7 Stephanie Steele-Boyce	London	26.70

Heat 2 (+1.7m/s)

1 Desiree Henry	Midd	25.42 ns
2 Hayley Smith	Avon	25.93 es
3 Jemma Gregory	Oxford	26.45
4 Melisa Hanson	WMid	26.45
5 Frances Slater	Herts	26.55
6 Olivia Callaghan	Manch	26.84

Heat 3 (+0.7m/s)

1 Chelsie Browbank	Cumb	25.88 es
2 Jade Bramall	Chesh	26.07 es
3 Karimah Muhammad	Midd	26.33 es
4 Joanne Bottell	Hamp	26.56
5 Laura Shanley	Mersey	26.58
6 Jessica Knight	Surrey	27.56

Heat 4 (+0.8m/s)

1 Funto Fabunmi-Alade	Berks	25.25 ns
2 Ciara Flannery	WYork	26.00 es
3 Brogan Crowley	Manch	26.14 es
4 Sophie Riley	Lancs	26.16 es
5 Rachel Clough	Durham	26.37 es
6 Caitlin Lynch	Lincs	27.45

Round 2**Semi-final A (+0.2m/s)**

1 Desiree Henry	Midd	25.37 ns
2 Ciara Flannery	WYork	25.96 es
3 Chelsie Browbank	Cumb	25.99 es
4 Hayley Smith	Avon	26.01 es
5 Rachel Clough	Durham	26.34 es
6 Melisa Hanson	WMid	26.56
7 Karimah Muhammad	Midd	26.59
8 Beth Pattison	Humb	26.66

Semi-final B (+0.1m/s)

1 Funto Fabunmi-Alade	Berks	25.00 ns
2 Makeda Lewis	Midd	25.45 ns
3 Natalie Hickmott	Kent	25.64 ns
4 Jade Bramall	Chesh	26.04 es
5 Sophie Riley	Lancs	26.24 es
6 Lamorna Newman	Corn	26.73
7 Jemma Gregory	Oxford	26.91
Brogan Crowley	Manch	dns

Final**(+1.8m/s)**

1 Funto Fabunmi-Alade	Berks	25.20 ns
2 Makeda Lewis	Midd	25.65 ns
3 Desiree Henry	Midd	25.87 es
4 Ciara Flannery	WYork	26.17 es
5 Jade Bramall	Chesh	26.31 es
6 Natalie Hickmott	Kent	26.34 es
7 Chelsie Browbank	Cumb	26.41
8 Hayley Smith	Avon	26.92

Junior Girls 800 metres

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

Round 1**Heat 1**

1 Emily Fitzhugh	Somer	2:22.98
2 Kirsten McAsian	Manch	2:23.19
3 Katie Snowden	London	2:23.20
4 Emily Nolan	London	2:23.39
5 Katherine Turner	Wilts	2:23.39
6 Fiona Higgin	Durham	2:24.42
7 April Beeby	Leics	2:24.68

Heat 2

1 Georgia Peel	Hamp	2:17.94 es
2 Holly Archer	Suff	2:19.00 es
3 Claudia Barker	Beds	2:20.75
4 Shanie Read	Staff	2:23.82
5 Lauren Bugler	Lancs	2:24.53
6 Rachel Sykes	Wilts	2:25.45

Heat 3

1 Melanie Wood	Bucks	2:19.54 es
2 Emma Gilmore	Hamp	2:20.41
3 Ellen Holmes	Kent	2:20.55
4 Bianca Pedersen	Lancs	2:21.56
5 Sophia Nicklin	Suff	2:24.35
6 Emily Sales	Leics	2:25.33
7 Victoria Calderbank	Manch	2:25.70

Heat 4

1 Georgia Bell	London	2:17.88 es
2 Grace Rodgers	NYork	2:18.40 es
3 Lydia Critchley	Lancs	2:18.73 es
4 Emily Fields	Cleve	2:18.76 es
5 Nicole Burlinson	Durham	2:18.95 es
6 Cherrisse Walley	Manch	2:22.06
7 Helen Reeves	H&Wor	2:31.20

Round 2**Semi-final A**

1 Georgia Peel	Hamp	2:13.41 ns
2 Melanie Wood	Bucks	2:14.25 ns
3 Kirsten McAsian	Manch	2:14.30 ns
4 Katie Snowden	London	2:14.63 ns
5 Ellen Holmes	Kent	2:15.80 ns
6 Holly Archer	Suff	2:17.06 es
7 Bianca Pedersen	Lancs	2:22.25
8 Nicole Burlinson	Durham	2:22.26

Semi-final B

1 Georgia Bell	London	2:15.27 ns
2 Grace Rodgers	NYork	2:16.97 ns
3 Emily Fitzhugh	Somer	2:20.01
4 Lydia Critchley	Lancs	2:20.82
5 Claudia Barker	Beds	2:22.57
6 Emma Gilmore	Hamp	2:23.82
7 Emily Fields	Cleve	2:25.16
8 Cherrisse Walley	Manch	2:26.23

Final

1 Georgia Bell	London	2:09.28 ns
2 Melanie Wood	Bucks	2:11.23 ns
3 Georgia Peel	Hamp	2:11.27 ns
4 Katie Snowden	London	2:14.08 ns
5 Grace Rodgers	NYork	2:16.47 ns
6 Kirsten McAsian	Manch	2:21.10
7 Emily Fitzhugh	Somer	2:24.07
8 Ellen Holmes	Kent	2:31.44
