

Posn	Women's Counties	Points	Division
1	Yorkshire	60	Bedford Plate
2	Surrey	54	Bedford Plate
3	Kent	47	Bedford Plate
4	Hertfordshire	44	Bedford Plate
5	Essex	41	Bedford Plate
6	Northern Ireland	40	Essex Shield
7	Middlesex	36	Essex Shield
8	Leicestershire & Rutland	33	Essex Shield
9	Humberside	32	Essex Shield
10	Warwickshire	30	Bedford Plate
10	Sussex	30	Bedford Plate
12	South Wales	28	Essex Shield
13	West Wales	27	Essex Shield
14	North Eastern Counties	23	Bedford Plate
14	Cheshire	23	Essex Shield
14	Hampshire	23	Bedford Plate
17	Avon & Somerset	22	Essex Shield
17	Buckinghamshire	22	Bedford Plate
19	Berkshire	20	Essex Shield
20	Bedfordshire	19	Essex Shield
21	East District Scotland	18	Essex Shield
22	Worcestershire	16	Essex Shield
23	Lancashire	15	Essex Shield
24	Northamptonshire	12.5	Bedford Plate
25	Lincolnshire	12	Essex Shield
26	North District Scotland	10	Essex Shield
26	Norfolk	10	Essex Shield
28	Staffordshire	8	Essex Shield
28	Devon	8	Essex Shield
28	Nottinghamshire	8	Essex Shield
31	Wiltshire	7	Essex Shield
31	Gloucestershire	7	Essex Shield
33	Shropshire	5	Essex Shield
34	Suffolk	4.5	Essex Shield
35	East Wales	4	Essex Shield
36	North Wales	3	Essex Shield
36	Derbyshire	3	Essex Shield
36	Cambridgeshire	3	Essex Shield
36	Merseyside	3	Essex Shield
40	Oxfordshire	2	Bedford Plate
40	Dorset	2	Essex Shield
0	Cornwall	0	Essex Shield
0	Cumbria	0	Essex Shield
0	Greater Manchester	0	Essex Shield
0	Herefordshire	0	Essex Shield
0	West District Scotland	0	Essex Shield

Posn	Men's Counties	Points	Division
1	Middlesex	79	Achilles
2	Essex	77	Achilles
3	Kent	57	Achilles
4	Surrey	50	Achilles
5	Yorkshire	46	Achilles
6	Sussex	43.5	Achilles
7	Hampshire	42	Achilles
8	East District Scotland	30	Middx/Surrey
9	Cambridgeshire	29	Middx/Surrey
10	Derbyshire	28	Rockingham
11	Bedfordshire	26	Middx/Surrey
11	Buckinghamshire	26	Middx/Surrey
13	Warwickshire	19	Achilles
13	Staffordshire	19	Achilles
15	Hertfordshire	18	Achilles
15	Lancashire	18	Middx/Surrey
17	Humberside	16	Middx/Surrey
18	Dorset	15.5	Rockingham
19	Merseyside	15	Middx/Surrey
20	Nottinghamshire	14	Rockingham
20	West District Scotland	14	Achilles
22	Leicestershire & Rutland	13	Achilles
23	Northern Ireland	11	Rockingham
23	South Wales	11	Rockingham
25	Oxfordshire	10	Middx/Surrey
26	West Wales	9	Rockingham
27	Greater Manchester	8	Rockingham
28	Cheshire	7	Middx/Surrey
29	Gloucestershire	4	Middx/Surrey
29	Norfolk	4	Rockingham
31	North District Scotland	2	Rockingham
31	Wiltshire	2	Rockingham
33	Northamptonshire	1	Rockingham
0	Avon & Somerset	0	Middx/Surrey
0	Cornwall	0	Rockingham
0	Cumbria	0	Rockingham
0	Devon	0	Rockingham
0	East Wales	0	Rockingham
0	Herefordshire	0	Rockingham
0	Lincolnshire	0	Rockingham
0	North Eastern Counties	0	Middx/Surrey
0	North Wales	0	Rockingham
0	Shropshire	0	Rockingham
0	Worcestershire	0	Rockingham
0	Suffolk	0	Rockingham
0	Berkshire	0	Rockingham

Posn	Overall (Gemini)	Points
1	Essex	118
2	Middlesex	115
3	Yorkshire	106
4	Surrey	104
4	Kent	104
6	Sussex	73.5
7	Hampshire	65
8	Hertfordshire	62
9	Northern Ireland	51
10	Warwickshire	49
11	Humberside	48
11	Buckinghamshire	48
11	East District Scotland	48
14	Leicestershire & Rutland	46
15	Bedfordshire	45
16	South Wales	39
17	West Wales	36
18	Lancashire	33
19	Cambridgeshire	32
20	Derbyshire	31
21	Cheshire	30
22	Staffordshire	27
23	North Eastern Counties	23
24	Nottinghamshire	22
24	Avon & Somerset	22
26	Berkshire	20
27	Merseyside	18
28	Dorset	17.5
29	Worcestershire	16
30	West District Scotland	14
30	Norfolk	14
32	Northamptonshire	13.5
33	Oxfordshire	12
33	Lincolnshire	12
33	North District Scotland	12
36	Gloucestershire	11
37	Wiltshire	9
38	Greater Manchester	8
38	Devon	8
40	Shropshire	5
41	Suffolk	4.5
42	East Wales	4
43	North Wales	3
44	Herefordshire	0
44	Cornwall	0
44	Cumbria	0

T1 Men's 3000m Walk - Straight Final

CBP: Daniel King, Essex, 11:34.62, 2005

Holder: Daniel King, Essex, 12:34.03

CAU Standard: 14 mins 10.0

Bib	Athlete	County	Perf	Points
361	Alex Wright	Surrey	11.49.41	10
352	Tom Bosworth	Kent	12.13.47	8
355	Dominic King	Essex	12.49.90	7
360	Mark Williams	Staffordshire	14.10.32	6
359	Ian Richards	Sussex	14.25.85	5

T2 Women's 3000m Walk - Straight Final

CBP: Johanna Jackson, N East Counties, 12:40.98, 2008

Holder: Johanna Jackson, N East Counties, 13:15.54

CAU Standard: 14 mins 45.0

Bib	Athlete	County	Perf	Points
993	Jo Jackson	North Eastern Counties	12:57.20	10
149	Heather Lewis	West Wales	14:00.98	8
996	Bethan Davies	South Wales	14:04.27	7
985	Lauren Whelan	Lancashire	15:27.35	6
990	Grazina Narviliene	Middlesex	15:28.39	5
989	Jasmine Nicholls	Leicestershire & Rutland	15:58.62	4
997	Ellie Dainton	West Wales	16:18.86	
991	Helen Middleton	Bedfordshire	17:08.33	3
998	Noel Blatchford	Oxfordshire	18:05.36	2
994	Judy Howard	Oxfordshire	18:20.36	
995	Susanne Dietrich	Surrey	19:33.86	

F8 Men's Discus - Final

CBP: Bill Tancred, Leics & R, 61.94m, 1974

Holder: Chris Scott, Surrey, 58.64m

CAU Standard: 45.00m

Bib	Athlete	County	Perf	Points
375	Tom Norman	Surrey	54.15	10
851	Greg Beard	Yorkshire	47.61	8
371	Chris Linque	Essex	47.17	7
857	Jonathan Edwards	Cambridgeshire	46.00	6
856	Devon Douglas	Essex	45.42	
379	Jamie Williamson	Yorkshire	45.36	
849	Chris Reynolds	Northern Ireland	43.90	5
369	Forrest Francis	Leicestershire & Rutland	39.66	4
854	David Burrell	Bedfordshire	39.35	3

T10 Men's 100m - Final

CBP: Christian Malcolm, East Wales, 10.15s, 2010

Holder: David Bolarinwa, Kent, 10.29s, +1.5 m/s

CAU Standard: 10.90s

	Bib	Athlete	County	w/s NT	Points
1	238	Chijindu Ujah	Middlesex	10.26	10
2	207	Greg Cackett	Surrey	10.35	8
3	233	Aidan Syers	Surrey	10.45	
4	230	Sean Safo-Antwi	Middlesex	10.52	
5	235	Emmanuel Stephens	Essex	10.59	7
6	213	Luke Evans	Lancashire	10.70	6
DNS	225	Mark Lewis-Francis	Warwickshire		
DNS	231	Judah Simpson	Derbyshire		

T3 Men's 100m - Heats

CBP: Christian Malcolm, East Wales, 10.15s, 2010

Holder: David Bolarinwa, Kent, 10.29s, +1.5 m/s

CAU Standard: 10.90s

Heat	Bib	Athlete	County	w/s NT	Points
Heat 1				+1.3 M/S	
1	225	Mark Lewis-Francis	Warwickshire	10.52	Q 5
2	235	Emmanuel Stephens	Essex	10.57	Q
3	230	Sean Safo-Antwi	Middlesex	10.65	q
4	213	Luke Evans	Lancashire	10.74	q
5	220	Gareth Hopkins	South Wales	10.99	
6	200	Richard Elliot	Bedfordshire	11.47	
DNF	201	Isaiah Adekanmbi	Oxfordshire		
Heat 2				+0.5 M/S	
1	238	Chijindu Ujah	Middlesex	10.40	Q
2	233	Aidan Syers	Surrey	10.52	Q
3	227	Ryan Palmer	Cambridgeshire	10.88	
4	222	Ryan James	Warwickshire	10.90	
5	228	Yannick Phippen	Northamptonshire	10.96	
6	210	Lewis Clarke	Hertfordshire	11.16	
7	266	Cameron Webb	Hertfordshire	11.27	
Heat 3				+0.4 M/S	
1	207	Greg Cackett	Surrey	10.49	Q
2	231	Judah Simpson	Derbyshire	10.62	Q 4
3	211	Josh Cox	Cambridgeshire	10.76	3
4	202	Ransford Anthony	Yorkshire	10.90	2
5	229	Ricardo Twumasi	Leicestershire & Rutland	11.08	
6	208	Ainsley Campbell	Berkshire	11.27	
7	223	Oliver Knight	Leicestershire & Rutland	11.30	

T9 Men's 400m - Final

CBP: Conrad Williams, Kent, 46.01m, 2009

Holder: Jamie Bowie, ND Scotland, 47.63m

CAU Standard: 49.85s

	Bib	Athlete	County		Points
1	276	Nigel Levine	Bedfordshire	46.34	10
2	321	Tim Burn	Yorkshire	47.48	8
3	347	Pat Swan	East District Scotland	48.06	7
4	350	Anthony Young	East District Scotland	48.51	
5	340	Peter Phillips	Surrey	48.52	6
6	343	Matt Sinclair	Sussex	48.63	5
7	330	Darellon Holding	Cambridgeshire	49.99	4
8	344	Oliver Smith	Sussex	52.30	

T4 Men's 400m - Heats

CBP: Conrad Williams, Kent, 46.01m, 2009

Holder: Jamie Bowie, ND Scotland, 47.63m

CAU Standard: 49.85s

Heat	Bib	Athlete	County	Perf		Points
Heat 1						
1	276	Nigel Levine	Bedfordshire	48.20	Q	
2	350	Anthony Young	East District Scotland	48.22	Q	
3	344	Oliver Smith	Sussex	48.56	q	
4	330	Darellon Holding	Cambridgeshire	49.26	q	
5	333	Lloyd King	Middlesex	49.80		1
6	338	Abdillah Nassir	Leicestershire & Rutland	50.14		
7	324	Michael Edwards	Hertfordshire	51.58		
Heat 2						
1	321	Tim Burn	Yorkshire	47.98	Q	
2	343	Matt Sinclair	Sussex	48.33	Q	
3	337	Benjamin Morris	Leicestershire & Rutland	49.31		3
4	331	Richard Holt	Wiltshire	49.55		2
5	297	Thomas Grantham	Yorkshire	51.40		
DQ	325	Paul Goodall	Norfolk			
DQ	334	Lee Mahon	Middlesex			
Heat 3						
1	347	Pat Swan	East District Scotland	49.26	Q	
2	340	Peter Phillips	Surrey	49.93	Q	
3	345	Ben Snaith	Cambridgeshire	50.13		
4	332	Jake King	Essex	50.51		
5	336	Kieran McKeever	Nottinghamshire	50.92		
6	341	Ted Romney	Lancashire	51.95		
7	326	Karl Goodman	Buckinghamshire	52.50		
8						

T11 Women's 200m - Final

CBP: Joice Maduaka, Surrey n/s, 23.12s w, 2003

Holder: Helen Pryer, Surrey, 23.71s, +1.2 m/s

CAU Standard: 25.15s

	Bib	Athlete	County	w/s NT	Points
1	8	Rachel Bell	Humberside	24.50	10
2	13	Lucy Evans	Cheshire	24.71	8
3	22	Mica Moore	South Wales	24.75	7
4	59	Beth Dobbin	Yorkshire	24.93	6
5	107	Grace SHEPPARD	Kent	25.54	5
6	65	Maegan Taylor	Humberside	25.66	
7	4	Vicky Hewett	Surrey	25.73	4
8	34	Charlotte Wingfield	Hertfordshire	26.01	3

T5 Women's 200m - Heats

CBP: Joice Maduaka, Surrey n/s, 23.12s w, 2003

Holder: Helen Pryer, Surrey, 23.71s, +1.2 m/s

CAU Standard: 25.15s

Heat	Bib	Athlete	County	+1.6 M/S	Points
1	8	Rachel Bell	Humberside	24.85	Q
2	59	Beth Dobbin	Yorkshire	25.01	Q
3	107	Grace SHEPPARD	Kent	25.22	Q
4	65	Maegan Taylor	Humberside	25.51	q
5	4	Vicky Hewett	Surrey	25.97	q
Heat 2	Bib	Athlete	County	+1.4 M/S	
1	13	Lucy Evans	Cheshire	24.95	Q
2	22	Mica Moore	South Wales	25.07	Q
3	34	Charlotte Wingfield	Hertfordshire	25.83	Q
4	28	Jade Savage	Bedfordshire	26.35	2
5	64	Emily Newton	Hampshire	26.44	

T13 Women's 100m Hurdles - Final

CBP: Diane Allahgreen, Mersey, 13.16s, 2001

Holder: Ashley Helsby, Mersey, 13.53s, -0.6 m/s

CAU Standard: 15.00s

	Bib	Athlete	County	+1.9 M/S	Points
1	144	Serita SOLOMON	Kent	13.42	10
2	38	Meghan Beesley	Leicestershire & Rutland	13.68	8
3	43	Caryl Granville	West Wales	13.77	7
4	40	Karla Drew	Yorkshire	13.86	6
5	47	Hayley McLean	Essex	14.20	5
6	54	Jahisha Thomas	Surrey	14.29	4
7	49	Catriona Pennet	East District Scotland	14.47	3
DNF	23	Marilyn Nwawulor	Middlesex		

T6 Women's 100m Hurdles - Heats

CBP: Diane Allahgreen, Mersey, 13.16s, 2001

Holder: Ashley Helsby, Mersey, 13.53s, -0.6 m/s

CAU Standard: 15.00s

Heat 1	Bib	Athlete	County	+2.3 M/S		Points
1	40	Karla Drew	Yorkshire	13.77	Q	
2	23	Marilyn Nwawulor	Middlesex	13.85	Q	2
3	47	Hayley McLean	Essex	14.10	Q	
4	49	Catriona Pennet	East District Scotland	14.25	q	
5	54	Jahisha Thomas	Surrey	14.29	q	
6	150	Maria Hollingsworth	Lincolnshire	14.92		1
7	51	Katy Sealy	Suffolk	15.91		

Heat 2	Bib	Athlete	County	+2.3 M/S		Points
1	144	Serita SOLOMON	Kent	13.40	Q	
2	38	Meghan Beesley	Leicestershire & Rutland	13.67	Q	
3	43	Caryl Granville	West Wales	13.77	Q	
4	52	Harriet Shurley	Berkshire	14.37		1
5	53	Emily Stevens	Hertfordshire	14.54		1
6	55	Lauren Thompson	Hertfordshire	14.91		
7	41	Lisa O'Brien	Surrey	15.39		

T12 Men's 110m Hurdles - Final

CBP: Mo Sillah-Freckleton, Middx, 13.64s, 2004

Holder: Ben Reynolds, Avon & Som, 13.90s, +2.2 m/s

CAU Standard: 15.50s

	Bib	Athlete	County	+0.9 M/S		Points
1	239	Alex Al-Ameen	Kent	13.92		10
2	247	David Feeney	Derbyshire	14.10		8
3	244	Andy Blow	Hampshire	14.30		7
4	248	Matt Field	Surrey	14.44		6
5	246	Matt Dore-Weeks	Middlesex	15.99		5
6	254	Chris Marshall	Norfolk	15.99		4
7	257	Israel Nworgu	Middlesex	16.17		
8	252	Ashley Johnson	Oxfordshire	18.67		3

T7 Men's 110m Hurdles - Heats

CBP: Mo Sillah-Freckleton, Middx, 13.64s, 2004

Holder: Ben Reynolds, Avon & Som, 13.90s, +2.2 m/s

CAU Standard: 15.50s

Heat	Bib	Athlete	County	+2.1 M/S	Points
Heat 1					
1	239	Alex Al-Ameen	Kent	13.90	Q
2	248	Matt Field	Surrey	14.35	Q
3	252	Ashley Johnson	Oxfordshire	14.93	Q
4	254	Chris Marshall	Norfolk	15.75	q
5	257	Israel Nworgu	Middlesex	15.78	q
Heat 2					
1	247	David Feeney	Derbyshire	14.27	Q
2	244	Andy Blow	Hampshire	14.42	Q
3	246	Matt Dore-Weeks	Middlesex	15.94	Q
4	243	Pat Barrett	Hertfordshire	16.19	2

T16 Women's 400m - Final

CBP: Helen Karagounis, Notts, 53.32s, 2004

Holder: Emma Williams, Warks, 55.46s

CAU Standard: 57.00s

	Bib	Athlete	County		Points
1	84	Joanna Mills	Northern Ireland	55.35	10
2	81	Rhiannon Linnington-Payne	South Wales	55.66	8
3	89	Carley Wenham	Sussex	57.18	7
4	67	Leah Barrow	Buckinghamshire	57.68	6
5	146	Rachel DICKENS	Kent	58.50	5
6	83	Michelle Mcnamara	Middlesex	58.93	4
7	145	Kate LAIDLAW	Kent	60.67	
DNS	91	Deborah Willis	Hertfordshire		

T8 Women's 400m - Heats

CBP: Helen Karagounis, Notts, 53.32s, 2004

Holder: Emma Williams, Warks, 55.46s

CAU Standard: 57.00s

Heat	Bib	Athlete	County	Perf	Qual	Points
Heat 1						
1	84	Joanna Mills	Northern Ireland	56.25	Q	
2	89	Carley Wenham	Sussex	56.33	Q	
3	91	Deborah Willis	Hertfordshire	57.08	Q	3
4	67	Leah Barrow	Buckinghamshire	57.50	q	
5	146	Rachel DICKENS	Kent	57.52	q	
Heat 2						
1	81	Rhiannon Linnington-Payne	South Wales	57.78	Q	
2	83	Michelle Mcnamara	Middlesex	59.01	Q	
3	145	Kate LAIDLLOW	Kent	59.10	Q	
4	80	Hazel Le Cornu	Hampshire	59.75		2
5	87	Joanne Ryan	Essex	61.24		

F11 Women's Javelin - Final

CBP: Goldie Sayers, Cambs, 63.15m, 2010

Holder: Goldie Sayers, Cambs, 61.61m

CAU Standard: 40.50m

Posn	Bib	Athlete	County	Perf	Points
1	893	Isabelle Jeffs	Avon & Somerset	51.68	10
2	883	Katy Watts	Sussex	48.97	8
3	888	Kike Oniwinde	Essex	47.46	7
4	890	Eloise Meakins	Hertfordshire	46.40	6
5	960	Kerry Murch	Warwickshire	45.37	5
6	886	Rosie Semenytsh	Berkshire	44.62	4
7	864	Liane Bibby	Merseyside	41.99	3
8	917	Sophie Thomas	Wiltshire	41.91	2
9	861	Holly Webb	Sussex	37.24	
10	899	Laura Britane	Middlesex	36.94	
11	885	Tasia Stephens	South Wales	36.04	
12	895	Laura England	Yorkshire	35.92	
13	51	Katy Sealy	Suffolk	34.42	
14	884	Amy Tidball	South Wales	33.50	

F4 Men's Pole Vault - Final

CBP: Luke Cutts, Yorks, 5.45m, 2010

Holder: Jax THOIRS, West District Scotland, 4.50m

CAU Standard: 4.35m

Posn	Bib	Athlete	County	Perf	Points
1	833	Luke Cutts	Yorkshire	5.00	10
2	M934	Rhys Searles	Yorkshire	4.80	
3	M190	Matthew Cullen	Greater Manchester	4.70	8
4	M950	Daniel Gardner	Hertfordshire	4.70	7
5	M941	Stephen McLennan	Middlesex	4.60	6
6	M954	Sam Brown	Sussex	4.50	5
7	M940	Chris Mills	Hampshire	4.20	4
8	836	Gavin Fordham	Bedfordshire	NHR	

F1 Men's Triple Jump - Final

CBP: Jonathon Edwards, North East, 16.63m, 1989

Holder: Babatunde Amosu, Surrey, 15.75m +1.6

CAU Standard: 14.30m

Posn	Bib	Athlete	County	Perf		Points
1	390	John Carr	East District Scotland	15.63	+0.8	10
2	187	Rio Bailey	Staffordshire	15.18	+2.1	8
3	822	Lawrence Harvey	Kent	14.99	+0.7	7
4	386	Josh Bones	Humberside	14.43	+0.8	6
5	826	Jason Richards-Thompson	Middlesex	13.86	+1.2	5
6	815	Kevin Brown	Essex	13.74	+1.1	4
7	819	George Drake	Leicestershire & Rutland	13.73	+0.9	3
8	817	Choko Cribb	Buckinghamshire	13.38	+1.4	2

Men's 800m

Race C

CBP: Sebastian Coe, Yorks, 1:45.5, 1980

Holder: Toby Griffiths, Shrops, 1:54.05

CAU Standard: 1 mins 59.0

Posn	Bib	Athlete	County	Perf	Points
1	422	Jake Wightman	EAST DISTRICT SCOTLAND	01:52.16	8
2	424	Raphael Salm	Switzerland	01:52.45	
3	427	Guy Smith	Swansea/Cardiff Uni	01:53.32	
4	423	Warren Frey	Birchfield H	01:53.56	
5	419	Guillaume Laurent	Switzerland	01:54.32	
6	428	Stephen Bennett	LANCASHIRE	01:54.40	5
7	425	Nicholas Lingley	Windsor Slough Eton & Hounslow	01:54.65	
8	421	Sam Petty	North Devon/Birmingham Uni	02:02.62	
DNS	420	Kyle Langford	HERTFORDSHIRE		
DNS	426	Mark Patterson	NORTHERN IRELAND		

Women's 3km S/Chase

Race A

CBP: Hattie Dean, Oxfords, 10:06.50, 2008

Holder: Nicole Roberts, Northants, 11:00.27

CAU Standard: n/a

Posn	Bib	Athlete	County	Perf	Points
1	609	Emily Stewart	Edinburgh AC/Edinburgh Uni	10:27.01	
2	759	Nicole Roberts	NORTHAMPTONSHIRE	10:39.92	10
3	762	Emily Brown	CHESHIRE	11:02.90	8
4	755	Fiona Clinton	Ireland	11:02.92	
5	750	Vicky Smith	ESSEX	11:09.11	7
6	763	Emily Moss	LINCOLNSHIRE	11:17.07	6
7	756	Nicola Squires	YORKSHIRE	11:29.24	5
8	758	Caroline Lambert	Wetherby	11:49.44	
9	760	Elizabeth Egan	Liverpool H/Ireland	11:52.13	
10	754	Amy Bream	Havant	12:28.53	

Men's 800m

Race A

CBP: Sebastian Coe, Yorks, 1:45.5, 1980

Holder: Toby Griffiths, Shrops, 1:54.05

CAU Standard: 1 mins 59.0

Posn	Bib	Athlete	County	Perf	Points
1	407	Mukhtar Mohammed	Sheffield RC	01:48.49	
2	418	Matt McLaughlin	Woodford Green Essex Ladies/Oa	01:49.65	
3	403	Jonathan Cook	Woodford Green Essex Ladies/Ca	01:49.93	
4	412	Zac Randall	BUCKINGHAMSHIRE	01:50.89	10
5	404	Jan Hochstrasser	Switzerland	01:50.97	
6	410	Daniel Baumgartner	Switzerland	01:51.13	
7	402	Julius Mutekanga	Uganda	01:52.10	
8	416	Oliver Heeks	ESSEX	01:53.82	6

Women's 800m

Race A

CBP: Vicki Griffiths, Mersey, 2:05.55, 2008

Holder: Katie Snowden, Surrey, 2:12.12

CAU Standard: 2 mins 18.0

Posn	Bib	Athlete	County	Perf	Points
1	482	Selina Buechel	Switzerland	02:06.23	
2	484	Kelly Neely	NORTHERN IRELAND	02:07.03	10
3	485	Karrie Blake	HAMPSHIRE	02:08.00	8
4	479	Maddy Austin	SURREY	02:10.13	6
5	483	Rosie Chamberlain	DEVON	02:11.25	4

Men's 800m

Race F

CBP: Sebastian Coe, Yorks, 1:45.5, 1980

Holder: Toby Griffiths, Shrops, 1:54.05

CAU Standard: 1 mins 59.0

Posn	Bib	Athlete	County	Perf	Points
1	452	Daniel Poulton	Stevenage & North Herts	01:53.86	
2	456	Tommy Ashby	Harmeny/Moorfoot	01:54.36	
3	454	Paul Green	DORSET	01:54.93	4
4	795	Tom Collins	Notts AC	01:55.86	
5	453	Toby Griffiths	Oswestry/Loughborough Uni/Bord	01:56.55	
6	451	Lewis Banner	Southampton/Swansea Uni/Swanse	01:56.80	
7	450	Ryan Cox	Birchfield H	01:57.03	
8	449	Tom Pye	Enfield & Haringey/Birmingham	01:57.34	

Men's 5000m

Race C

CBP: Julian Goater, Middx, 13:39.76, 1981

Holder: Mark Sanford, Essex, 14:46.67

CAU Standard: 14 mins 30.0

Posn	Bib	Athlete	County	Perf	Points
1	691	Matthew Revier	Southampton	14:58.65	
2	682	Sean Ledger	Mansfield/Oxford Uni	15:09.09	
3	692	Matthew West	HAMPSHIRE	15:18.57	
4	686	Dave Alcock	Victoria Park & Tower Hamlets/	15:18.77	
5	681	Luke Scott	Taunton	15:19.76	
6	697	Ben Cole	KENT	15:20.34	
7	680	Rob McTaggart	Bournemouth/Poole AC	15:28.23	
8	698	Stuart Robinson	LANCASHIRE	15:31.73	3
9	690	Matt Hibberd	Southampton	15:32.15	
10	688	Robert Thompson	Hillingdon	15:34.24	
11	694	Adam Thomas	Norwich RR/Waveney Valley/Corn	15:34.61	
12	696	Henry Dodwell	MIDDLESEX	15:34.92	
13	683	Jarratt Perkins	Notts/Nottingham Trent Uni	16:05.17	
14	689	Josh Tighe	Northumberland Fell Runners/Bl	16:31.21	
DNF	685	Ian Habgood	Bournemouth		

Men's 1500m

Race D

CBP: Alan Simpson, Yorks, 1965 & Walter Wilkinson, Yorks, 1971 3:56.6

Holder: Tim Egerton, Cheshire, 4:19.17

CAU Standard: 4 mins 12.0

Posn	Bib	Athlete	County	Perf	Points
1	580	Myles Edwards	Aberdeen/Thames Valley/Napier	03:55.95	
2	581	Mark Haskett	Aberdeen/Edinburgh Uni	03:57.08	
3	583	Ray Hynes	Crusaders/Ireland	03:58.58	
4	572	Liam White	SURREY	03:59.40	2
5	597	Blair Brown	Taunton	03:59.70	
6	579	George Duggan	Tonbridge	04:00.00	
7	575	Luke Johnston	Warrington	04:00.21	
8	571	Elliott Dorey	Jersey/Channel Islands	04:00.26	
9	573	Paddy Radley	Owls Leicester/Bath Uni	04:00.46	
10	582	Mike Cummings	HAMPSHIRE	04:02.37	1
11	578	Tom Bowerman	Aldershot Farnham & District/	04:03.34	
12	576	Michael Dyer	North Down/Herne Hill	04:04.21	
13	569	Chris Perry	Vale Royal/Loughborough Uni	04:04.58	
14	574	Josh Trigwell	Exeter	04:06.56	
15	570	Mark Thompson	Notts	04:15.74	

Women's 1500m

Race C

CBP: Natalie Harvey, Surrey, 4:17.95, 2003

Holder: Ceri Mitchell, Hamps, 4:30.39

CAU Standard: 4 mins 35.0

Posn	Bib	Athlete	County	Perf	Points
1	630	Emily Hosker-Thornhill	KENT	04:35.37	3
2	640	Katie Good	MIDDLESEX	04:37.42	2
3	634	Clare Elms	Dulwich/Veterans/Cambridge H	04:37.73	
4	636	Sarah Mercier	Guernsey	04:39.55	
5	639	Melanie Wood	NORTHAMPTONSHIRE	04:41.53	
6	632	Reeve Walcott-Nolan	BEDFORDSHIRE	04:45.53	
7	641	Elle Roche	Marshall Milton Keynes	04:47.64	
8	629	Lucy Holt	City of Stoke	04:48.33	

Women's 1500m

Race B

CBP: Natalie Harvey, Surrey, 4:17.95, 2003

Holder: Ceri Mitchell, Hamps, 4:30.39

CAU Standard: 4 mins 35.0

Posn	Bib	Athlete	County	Perf	Points
1	616	Sarah Kemshall	HUMBERSIDE	04:25.13	6
2	622	Claire Duck	YORKSHIRE	04:25.75	
3	623	Perrine Truong	Switzerland	04:27.34	
4	621	Jenny Beckingham	HAMPSHIRE	04:27.74	5
5	624	Ffion Price	EAST WALES	04:28.53	4
6	618	Melissa Courtney	Shaftesbury Barnet/Brunel Uni/	04:31.25	
7	625	Rhianwedd Price	EAST WALES	04:34.21	
8	615	Lucy Dowsett	CAMBRIDGESHIRE	04:37.68	

Men's 800m

Race D

CBP: Sebastian Coe, Yorks, 1:45.5, 1980

Holder: Toby Griffiths, Shrops, 1:54.05

CAU Standard: 1 mins 59.0

Posn	Bib	Athlete	County	Perf	Points
1	430	Tom Syckelmoore	HAMPSHIRE	01:52.72	7
2	437	Mark Fallaize	BUCKINGHAMSHIRE	01:53.57	
3	432	Christopher Harvey	Cannock & Stafford	01:53.66	
4	435	Christopher Youell	Chelmsford	01:54.00	
5	434	Hugo Fleming	SURREY	01:55.61	3
6	433	David Smale	ESSEX	02:01.06	

Women's 800m

Race B

CBP: Vicki Griffiths, Mersey, 2:05.55, 2008

Holder: Katie Snowden, Surrey, 2:12.12

CAU Standard: 2 mins 18.0

Posn	Bib	Athlete	County	Perf	Points
1	493	Erin Mcilveen	Victoria Park City of Glasgow/	02:09.86	
2	491	Julia Cooke	GLOUCESTERSHIRE	02:10.00	7
3	494	Natalie Whitty	Guernsey	02:10.06	
4	489	Alex Turner	DERBYSHIRE	02:11.35	3
5	492	Alexandra Bell	YORKSHIRE	02:13.54	2
6	488	Sarah McDonald	NORTH EASTERN COUNTIES	02:14.24	1

Men's 1500m

Race A

CBP: Alan Simpson, Yorks, 1965 & Walter Wilkinson, Yorks, 1971 3:56.6

Holder: Tim Egerton, Cheshire, 4:19.17

CAU Standard: 4 mins 12.0

Posn	Bib	Athlete	County	Perf	Points
1	523	Thomas Chamney	Crusaders/Ireland	03:45.32	
2	529	Matthew Fayers	MIDDLESEX	03:45.93	10
3	533	Chris Warburton	Notts/Loughborough Uni	03:46.60	
4	525	Alastair Hay	Central/Thames Valley/Queen Ma	03:46.80	
5	531	Richard Weir	DERBYSHIRE	03:47.12	8
6	530	Rory Chesser	Ennis Track/Newham & Essex Bea	03:47.32	
7	407	Mukhtar Mohammed	Sheffield RC	03:54.41	
8	526	Frank Baddick	Newham & Essex Beagles/Loughbo	03:58.12	
DNF	524	Mark Mitchell	Forres/Birchfield H		

Women's 800m

Race C

CBP: Vicki Griffiths, Mersey, 2:05.55, 2008

Holder: Katie Snowden, Surrey, 2:12.12

CAU Standard: 2 mins 18.0

Posn	Bib	Athlete	County	Perf	Points
1	501	Sophie Billington	BEDFORDSHIRE	02:11.12	5
2	497	Leigh Lennon	LANCASHIRE	02:14.11	1
3	503	Natalie Shaw	DERBYSHIRE	02:14.33	
4	495	Lucy Hayes	City of Stoke	02:19.22	

Men's 5000m

Race B

CBP: Julian Goater, Middx, 13:39.76, 1981

Holder: Mark Sanford, Essex, 14:46.67

CAU Standard: 14 mins 30.0

Posn	Bib	Athlete	County	Perf	Points
1	669	Russell Bentley	KENT	14:31.74	10
2	672	Mohamud Aadan	MIDDLESEX Thames Valley/South Bank/S	14:37.57	
3	667	Nick Earl	City of Norwich/East Anglia Un	14:41.14	
4	671	Josh Guilmant	SUSSEX	14:44.96	7
5	673	Thomas Cornthwaite	Northumberland Fell Runners/No	14:45.53	
6	662	Steven Naylor	Bedford & County	14:47.34	
7	677	Stuart Gibson	WEST DISTRICT SCOTLAND	14:48.03	6
8	670	Stephen Dawes	HAMPSHIRE	14:49.48	5
9	666	Mathew Jackson	Liverpool H/Birmingham Uni	14:51.35	
10	663	Christopher McGurk	Notts/Oxford Uni/Achilles	15:06.37	
11	675	Nick Swinburn	Morpeth/Northumberland Fell Ru	15:09.62	
12	668	John Eves	Dundrum South Dublin/Ireland	15:35.76	
13	679	Joshua Papanikolaou	Australia	16:01.31	
DNF	664	Peter Matthews	Blackburn/Loughborough Uni/Woo		
DNF	674	Daniel Woodgate	BEDFORDSHIRE		

Men's 800m

Race G

CBP: Sebastian Coe, Yorks, 1:45.5, 1980

Holder: Toby Griffiths, Shrops, 1:54.05

CAU Standard: 1 mins 59.0

Posn	Bib	Athlete	County	Perf	Points
1	464	Joseph Coleshaw	Notts	01:54.32	
2	463	Stephen Mackay	NORTH DISTRICT SCOTLAND	01:56.06	2
3	466	Nathan Wake	HERTFORDSHIRE	01:56.48	1
4	460	Alistair Robinson	YORKSHIRE	01:57.11	1
5	459	Paul Rice	Wakefield/Abingdon/Army	01:57.50	
6	462	Alex Jones	Enfield & Haringey/Loughboroug	01:59.24	
7	457	Dan Pidgeon	WILTSHIRE	01:59.73	
8	465	Josh Moss	HERTFORDSHIRE	02:06.83	

Men's 800m

Race H

CBP: Sebastian Coe, Yorks, 1:45.5, 1980

Holder: Toby Griffiths, Shrops, 1:54.05

CAU Standard: 1 mins 59.0

Posn	Bib	Athlete	County	Perf	Points
1	468	Michael Harrison	BEDFORDSHIRE	01:57.92	1
2	470	Christopher Allison	CAMBRIDGESHIRE	01:59.42	
3	471	Jonathan Henderson	Herne Hill/Edinburgh Uni	01:59.69	
4	473	Shaka Palmer	MIDDLESEX	02:00.83	
5	472	Chris Reade	WILTSHIRE	02:00.91	
6	477	Luke Winberg	Guernsey	02:02.64	
7	474	James Foley	MIDDLESEX	02:05.16	
8	478	Jake Boat	Owls Leicester	02:05.39	

Men's 3km S/Chase

Race A

CBP: Steve Hollings, Yorks, 8:34.6, 1973

Holder: Richard Morrell, N East, 9:34.33

CAU Standard: 9 mins 25.0

Posn	Bib	Athlete	County	Perf	Points
1	737	Ben Nagy	Enfield & Haringey/Bath Uni	08:57.52	
2	739	Samatar Farah	Newham & Essex Beagles	08:58.89	
3	740	Ryan McKinlay	MIDDLESEX	09:07.08	10
4	735	Richard Douma	Netherlands	09:07.75	
5	734	Joe Gratton	Hallamshire/Birmingham Uni	09:42.86	
6	728	Rob Warner	ESSEX	09:48.54	8
7	748	Tom Austin	Weymouth/Poole AC	09:57.25	
8	730	William Mycroft	Cambridge & Coleridge/Oxford U	09:57.59	

Women's 1500m

Race A

CBP: Natalie Harvey, Surrey, 4:17.95, 2003

Holder: Ceri Mitchell, Hamps, 4:30.39

CAU Standard: 4 mins 35.0

Posn	Bib	Athlete	County	Perf	Points
1	613	Megan Brown	Canada	04:15.28	
2	603	Lisa Kurmann	Switzerland	04:22.15	
3	610	Rachael Bamford	YORKSHIRE	04:22.26	10
4	611	Valarie Lehmann	Switzerland	04:22.27	
5	628	Rosie Clarke	SURREY	04:22.62	8
6	609	Emily Stewart	Edinburgh AC/Edinburgh Uni	04:22.68	
7	608	Kate Holt	STAFFORDSHIRE	04:23.60	7
8	602	Joelle Flueck	Switzerland	04:26.96	
9	604	Jenna Hill	Sale Harriers Manchester/St. M	04:29.87	

Men's 800m

Race E

CBP: Sebastian Coe, Yorks, 1:45.5, 1980

Holder: Toby Griffiths, Shrops, 1:54.05

CAU Standard: 1 mins 59.0

Posn	Bib	Athlete	County	Perf	Points
1	441	Jonathan Hiorns	Notts/Nottingham Uni	01:54.69	
2	444	Louis Hiorns	CAMBRIDGESHIRE	01:58.59	1

Women's 800m

Race D

CBP: Vicki Griffiths, Mersey, 2:05.55, 2008

Holder: Katie Snowden, Surrey, 2:12.12

CAU Standard: 2 mins 18.0

Posn	Bib	Athlete	County	Perf	Points
1	509	Megan Edwards	KENT	02:14.42	1
2	507	Shelley Brace	City of Stoke/Keele Uni	02:15.30	
3	512	Becky Hodgson	White Horse	02:15.98	
4	510	Hollie Parker	Cambridge & Coleridge	02:18.10	
5	506	Naomi Collier	LINCOLNSHIRE	02:18.21	
6	514	Amy Botham	Marshall Milton Keynes	02:23.70	

Men's 1500m

Race B

CBP: Alan Simpson, Yorks, 1965 & Walter Wilkinson, Yorks, 1971 3:56.6

Holder: Tim Egerton, Cheshire, 4:19.17

CAU Standard: 4 mins 12.0

Posn	Bib	Athlete	County	Perf	Points
1	538	Michael Geissbuhler	Switzerland	03:50.19	
2	540	Tim Egerton	CHESHIRE	03:50.91	7
3	539	Dan Garbutt	Durham/Leeds Metropolitan Uni	03:51.31	
4	549	Keiran Reilly	KENT	03:51.51	6
5	541	Cameron Boyek	Shildon	03:54.30	
6	535	Andrea Seppi	Italy	03:54.90	
7	544	James McMurray	HERTFORDSHIRE	03:58.00	3
8	547	Andrew Richardson	Tynedale/Loughborough Uni/Gate	04:02.80	
9	534	Niall Fleming	Shaftesbury Barnet/Birmingham	04:12.58	

Men's 1500m

Race C

CBP: Alan Simpson, Yorks, 1965 & Walter Wilkinson, Yorks, 1971 3:56.6

Holder: Tim Egerton, Cheshire, 4:19.17

CAU Standard: 4 mins 12.0

Posn	Bib	Athlete	County	Perf	Points
1	555	Sam Mitchell	Notts/Royal Air Force/Worceste	03:50.98	
2	553	Tom Phillips	Woodford Green Essex Ladies/UW	03:51.39	
3	559	Adam Hickey	ESSEX	03:51.75	5
4	564	Graham Hogg	Trafford/Leeds Metropolitan Un	03:52.60	
5	556	Daire Bermingham	Raheny Shamrocks/Stony Brook U	03:53.17	
6	550	Mitchell Burton	Bedford & County/Loughborough	03:53.86	
7	557	James Mills	Cardiff/Bath Uni	03:53.96	
8	560	James Poole	Blackheath & Bromley/Loughboro	03:54.19	
9	565	Ryan Moore	Sale Harriers Manchester	03:54.37	
10	563	Chad Lambert	BUCKINGHAMSHIRE	03:54.97	4
11	566	Raphael Frei	Switzerland	03:55.80	
12	552	Sam Deathe	Marshall Milton Keynes/St. Mar	04:00.76	
13	554	Harvey Speed	WARWICKSHIRE	04:08.12	1

Men's 1500m

Race E

CBP: Alan Simpson, Yorks, 1965 & Walter Wilkinson, Yorks, 1971 3:56.6

Holder: Tim Egerton, Cheshire, 4:19.17

CAU Standard: 4 mins 12.0

Posn	Bib	Athlete	County	Perf	Points
1	595	Andy Nixon	Stockport	03:59.93	
2	591	Andrew Revell	Ipswich	04:00.40	
3	594	Matthew Carey	Harrow/Brunel Uni	04:02.85	
4	590	Ben Sutherland	Wycombe/Warwickshire Schs/Rugb	04:03.81	
5	592	Simon Millett	Windsor Slough Eton & Hounslow	04:05.82	
6	593	Daniel Hallam	Owls Leicester/Sheffield Halla	04:08.43	
7	596	Howard Thompson	Loughborough	04:13.46	



Women's 5000m

Race C

CBP: Jo Wilkinson, Beds, 16:10.07, 2002

Holder: Lara Bromilow, Bucks, 17:43.35

CAU Standard: 17 mins 45.0

Posn	Bib	Athlete	County	Perf	Points
1	707	Sarah McCormack	Lancaster Uni/Moorfoot	15:49.03	
2	713	Hannah Walker	HERTFORDSHIRE	15:54.35	10
3	709	Beth Potter	Shaftesbury Barnet/Loughboroug	16:20.94	
4	714	Cassie Thorp	HAMPSHIRE	16:53.52	8
5	708	Cathy Ansell	MIDDLESEX	17:00.97	7
6	704	Fiona Clark	SUSSEX	17:16.06	6
7	706	Jessica Andrews	Aldershot Farnham & District	17:16.92	
8	712	Silvia Del	Italy	17:20.23	
9	724	Lara Bromilow	BUCKINGHAMSHIRE	17:30.58	5
10	719	Sophie Cowper	SURREY	17:56.77	4
11	717	Ellie Monks	HAMPSHIRE	17:59.48	
12	718	Sarah Livett	NORTH WALES	18:16.93	3
13	721	Louise Peters	BEDFORDSHIRE	18:35.22	2
DNF	711	Eva Hieblinger-Schultz	Austria		
DNF	727	Laura Costa	Italy		

Men's 5000m

Race A

CBP: Julian Goater, Middx, 13:39.76, 1981

Holder: Mark Sanford, Essex, 14:46.67

CAU Standard: 14 mins 30.0

Posn	Bib	Athlete	County	Perf	Points
1	654	Jonathan Hay	Aldershot Farnham & District/	14:13.38	
2	658	Peter Emase	Kenya	14:14.48	
3	651	Paul Martelletti	MIDDLESEX	14:35.27	8
4	653	Chris Hartley	Thames Valley/Australia	14:51.29	
5	650	Paul Whittaker	ESSEX	14:53.19	4
6	645	Dominic Shaw	New Marske/Tees Valley Tigers	14:57.69	
7	656	Niall Fleming	HERTFORDSHIRE	16:54.26	2
DNF	647	Dave Norman	Altrincham/Sale Harriers Manch		
DNF	649	Paolo Natali	Cambridge Uni/Italy		

T24 Women's 400m Hurdles - Final

CBP: Eilidh Child, East Dist Scotland, 55.52s, 2009

Holder: Ese Okoro, Warks, 59.76s

CAU Standard: 66.00s

	Bib	Athlete	County	Perf	Points
1	43	Caryl Granville	West Wales	58.62	10
2	92	Emily Bonnett	Avon & Somerset	59.38	8
3	47	Hayley McLean	Essex	59.64	7
4	70	Nisha Desai	North Eastern Counties	60.34	6
5	99	Shona Richards	Surrey	60.88	5
6	147	Samantha BROWN	Kent	63.46	4
7	103	Stephanie Williams	Cambridgeshire	64.10	3
DNS	69	Samantha Coleby	North Eastern Counties		

T17 Women's 400m Hurdles - Heats

CBP: Eilidh Child, East Dist Scotland, 55.52s, 2009

Holder: Ese Okoro, Warks, 59.76s

CAU Standard: 66.00s

Heat 1	Bib	Athlete	County	Perf	Points
1	92	Emily Bonnett	Avon & Somerset	59.29	Q
2	43	Caryl Granville	West Wales	59.82	Q
3	69	Samantha Coleby	North Eastern Counties	01:02.52	Q
4	147	Samantha BROWN	Kent	01:04.18	q
5	93	Freya Bradshaw	Humberside	01:05.57	1
6	94	Hayley Comer	Middlesex	01:06.35	
7	95	Marie Dobson	East District Scotland	01:07.05	

Heat 1	Bib	Athlete	County	Perf	Points
1	47	Hayley McLean	Essex	01:00.61	Q
2	70	Nisha Desai	North Eastern Counties	01:00.92	Q
3	99	Shona Richards	Surrey	01:01.34	Q
4	103	Stephanie Williams	Cambridgeshire	01:03.66	q
5	96	Sarah Kearsey	Dorset	01:04.22	2
6	100	Bethany Sharp	Yorkshire	01:05.39	1
7	102	Jessica Turner	Derbyshire	01:06.04	

T23 Men's 400m Hurdles - Final

CBP: Peter Crampton, Yorks, 49.90s, 1994

Holder: Ed Harrison, Kent, 52.27s

CAU Standard: 55.00s

	Bib	Athlete	County	Perf	Points
1	313	Sebastian Rodger	Sussex	50.65	10
2	306	David Martin	West District Scotland	51.97	8
3	310	Isaac Ogunlade	Essex	53.27	7
4	287	Sean Adams	Hampshire	53.61	6
5	308	Tom Moakes	Nottinghamshire	54.52	5
6	301	Jamie Horder	Gloucestershire	55.13	4
DNS	264	Paul Bennett	West Wales		
DNS	304	Cameron Irwin	Essex		

T18 Men's 400m Hurdles - Heats

CBP: Peter Crampton, Yorks, 49.90s, 1994

Holder: Ed Harrison, Kent, 52.27s

CAU Standard: 55.00s

Heat	Bib	Athlete	County	Perf	Points	
Heat 1	1	313	Sebastian Rodger	Sussex	50.89	Q
	2	287	Sean Adams	Hampshire	53.40	Q
	3	308	Tom Moakes	Nottinghamshire	53.57	q
	4	311	Sean Reidy	Cambridgeshire	56.48	
	5	254	Chris Marshall	Norfolk	57.74	
	6	288	David Awde	Hampshire	58.19	
Heat 2	1	306	David Martin	West District Scotland	53.37	Q
	2	310	Isaac Ogunlade	Essex	53.52	Q
	3	301	Jamie Horder	Gloucestershire	54.54	q
	4	317	Joe Yarde	Surrey	55.10	2
	5	300	Daniel Holiday	Humberside	55.70	
	6	297	Tom Grantham	Yorkshire	56.40	
Heat 3	1	264	Paul Bennett	West Wales	53.45	Q
	2	304	Cameron Irwin	Essex	53.74	Q
	3	299	Connor Henderson	West District Scotland	54.81	
	4	314	Jean-Charles Roghi	Middlesex	57.33	
	5	291	Peter Benedickter	Bedfordshire	60.16	
	DQ	309	Gareth Morris	Kent		

T27 Women's 100m - Final

CBP: Endurance Ojokolo, Kent, 11.19s, w, 1997

Holder: Jodie Williams, Herts, 11.35s, +0.9 m/s

CAU Standard: 12.40s

	Bib	Athlete	County	+2.3m/s	Points
1	15	Amy Foster	Northern Ireland	11.58	10
2	6	Remy Barrett	Warwickshire	12.01	8
3	8	Rachel Bell	Humberside	12.11	7
4	18	Megan Houlton	Humberside	12.14	
5	22	Mica Moore	South Wales	12.18	6
6	14	Lisa Ferguson	East District Scotland	12.20	5
7	9	Abigail Bishell	Yorkshire	12.21	4
8	107	Grace SHEPPARD	Kent	12.28	3

T19 Women's 100m - Heats

CBP: Endurance Ojokolo, Kent, 11.19s, w, 1997

Holder: Jodie Williams, Herts, 11.35s, +0.9 m/s

CAU Standard: 12.40s

Heat 1	Bib	Athlete	County	w = NT	Points
1	6	Remy Barrett	Warwickshire	12.01	Q
2	8	Rachel Bell	Humberside	12.11	Q
3	22	Mica Moore	South Wales	12.12	q
4	19	Rhiannon Jeffries	West Wales	12.36	2
5	35	Katy Wyper	Lancashire	12.61	
DNS	27	Laura Samuel	Leicestershire & Rutland		

Heat 2	Bib	Athlete	County	'w = NT	Points
1	18	Megan Houlton	Humberside	12.18	Q
2	14	Lisa Ferguson	East District Scotland	12.30	Q
3	25	Jatila Reavil-Blake	Hertfordshire	12.42	
4	11	Lucy Mansfield	Lancashire	12.70	
5	2	Niamh Bailey	Northamptonshire	12.77	
DNS	30	Taisha Thompson-Gregory	Leicestershire & Rutland		

Heat 3	Bib	Athlete	County	'w = NT	Points
1	15	Amy Foster	Northern Ireland	11.77	Q
2	9	Abigail Bishell	Yorkshire	12.26	Q
3	107	Grace SHEPPARD	Kent	12.29	q
4	34	Charlotte Wingfield	Hertfordshire	12.43	
5	28	Jade Savage	Bedfordshire	12.69	
6					

T21 Men's 200m - Heats

CBP: Doug Walker, East Dist. Scotland, 20.47s, 1998

Holder: Somto Eruchie, Leics & R, 21.09, +1.2 m/s

CAU Standard: 22.20s

Heat	Bib	Athlete	County	0.0 m/s	Points
1	270	Luke Fagan	Middlesex	21.28	Q
2	271	David Gain	Oxfordshire	22.03	Q
3	263	Connor Bardwell	Hertfordshire	22.14	Q
4	277	John Lutwyche	Warwickshire	22.59	
5	208	Ainsley Campbell	Berkshire	22.87	
6	268	Rian Corbin	Berkshire	22.90	
DQ	233	Leroy Slue	Surrey		

Heat	Bib	Athlete	County	+1.9m/s	Points
1	226	David Lima	Warwickshire	20.90	Q
2	237	DJ Tobais	Bedfordshire	20.94	Q
3	228	Yannick Phippen	Northamptonshire	21.67	Q
4	220	Gareth Hopkins	South Wales	21.92	q
5	285	Chris Tandl	Hampshire	22.37	
6	279	Jonathan Osbourne	Surrey	22.55	

Heat	Bib	Athlete	County	+1.3m/s	Points
1	213	Luke Evans	Lancashire	21.31	Q
2	273	Antonio Infantino	Hertfordshire	21.45	Q 1
3	211	Josh Cox	Cambridgeshire	21.52	Q
4	278	Todd Marshall	Yorkshire	21.54	q
5	262	Mo Abdullah	Hampshire	22.10	q 1
6	269	Kyle Ennis	Oxfordshire	22.13	q

Heat	Bib	Athlete	County	+1.4m/s	Points
1	275	Jordan Kirby	Essex	20.95	Q
2	276	Nigel Levine	Bedfordshire	21.30	Q
3	281	Samuel Rivers	Cambridgeshire	22.02	Q
4	286	Symon Woan	Lancashire	22.63	
5	223	Oliver Knight	Leicestershire & Rutland	22.68	
6	312	Umar Hameed	Yorkshire	22.82	

T25 Men's 200m - Semi Finals

CBP: Doug Walker, East Dist. Scotland, 20.47s, 1998

Holder: Somto Eruchie, Leics & R, 21.09, +1.2 m/s

CAU Standard: 22.20s

Heat 1	Bib	Athlete	County	+1.4m/s		Points
1	226	David Lima	Warwickshire	20.91	Q	3
2	237	DJ Tobais	Bedfordshire	21.10	Q	
3	271	David Gain	Oxfordshire	21.43	Q	
4	213	Luke Evans	Lancashire	21.45	q	
5	211	Josh Cox	Cambridgeshire	21.69	q	
6	278	Todd Marshall	Yorkshire	21.75		2
7	269	Kyle Ennis	Oxfordshire	22.08		
DNS	263	Connor Bardwell	Hertfordshire			

Heat 2	Bib	Athlete	County	+2.5m/s		Points
1	270	Luke Fagan	Middlesex	20.67	Q	
2	275	Jordan Kirby	Essex	21.07	Q	
3	276	Nigel Levine	Bedfordshire	21.16	Q	
4	281	Samuel Rivers	Cambridgeshire	21.91		
5	228	Yannick Phippen	Northamptonshire	22.01		1
6	220	Gareth Hopkins	South Wales	22.10		1
7	262	Mo Abdullah	Hampshire	22.34		
DNS	273	Antonio Infantino	Hertfordshire			

T28 Men's 200m - Final

CBP: Doug Walker, East Dist. Scotland, 20.47s, 1998

Holder: Somto Eruchie, Leics & R, 21.09, +1.2 m/s

CAU Standard: 22.20s

	Bib	Athlete	County	+1.5m/s		Points
1	270	Luke Fagan	Middlesex	20.88		10
2	237	DJ Tobais	Bedfordshire	21.05		8
3	276	Nigel Levine	Bedfordshire	21.14		
4	271	David Gain	Oxfordshire	21.39		7
5	275	Jordan Kirby	Essex	21.41		6
6	211	Josh Cox	Cambridgeshire	21.57		5
7	213	Luke Evans	Lancashire	21.58		4
DNS	226	David Lima	Warwickshire			

F2 Men's High Jump - Final

CBP: Dalton Grant, Essex, 2.28m, 1992

Holder: Tom Parsons, Warks, 2.27m

CAU Standard: 2.00m

Posn	Bib	Athlete	County	Perf	Points
1	M869	Matt Roberts	Warwickshire	2.10	10
2	M974	Tom Gardner	Sussex	2.00	7.5
2	M980	Mark Brown	Warwickshire	2.00	
2	M978	Alex Cox	Dorset	2.00	7.5
5	M969	Chris Kandu	Middlesex	2.00	6
6	M870	Mitchell Simms	Staffordshire	1.95	5
7	M971	Scott Johnson	Bedfordshire	1.95	4
8	367	Dean Storry	Sussex	1.95	

F13 Women's Triple Jump - Final

CBP: Nadia Williams, Middx, 13.40m, +0.3, 2011

Holder: Nadia Williams, Middx, 13.40m, +0.3

CAU Standard: 11.00m

Posn	Bib	Athlete	County	Perf	Points
1	109	Sineade Gutzmore	Warwickshire	13.18 +2.8	10
2	967	Angela Barrett	Middlesex	12.32 +3.1	8
3	887	Michelle Robbins	Cheshire	12.25 +1.3	7
4	27	Laura Samuel	Leicestershire & Rutland	11.97 +1.4	6
5	118	Bethan Partridge	Shropshire	11.58 +2.2	5
6	110	Abigail Holman	Hertfordshire	11.45 +1.8	4
7	114	Rachel McHugh	North Eastern Counties	11.42 +1.3	3
8	123	Tanya Spurling	Suffolk	11.41 +1.5	2
9	30	Taisha Thompson-Gregory	Leicestershire & Rutland	10.93 +2.9	
10	108	Amanda Evans	Warwickshire	10.54 +2.7	
11	41	Lisa O'Brien	Surrey	10.41 +3.4	

F9 Women's Hammer - Final

CBP: Zoe Derham, Gloucs, 64.82m, 2007

Holder: Laura Douglas, N Wales, 60.28m

CAU Standard: 42.50m

Posn	Bib	Athlete	County	Perf	Points
1	878	Zoe Derham	Leicestershire & Rutland	64.50	10
2	876	Rachel Gair	Nottinghamshire	56.95	8
3	135	Hayley Murray	Warwickshire	56.90	7
4	915	Abbi Carter	Humberside	56.71	6
5	927	Hannah Evenden	Yorkshire	52.87	5
6	871	Christina Jones	Avon & Somerset	50.54	4
7	128	Katie Wilson	North Eastern Counties	48.84	3
8	142	Sarah Stanhope	Lincolnshire	47.67	2

F5A Women's Hammer - Pool A

CBP: Zoe Derham, Gloucs, 64.82m, 2007

Holder: Laura Douglas, N Wales, 60.28m

CAU Standard: 42.50m

Posn	Bib	Athlete	County	Perf	Points
	136	Chloe Needham	Lancashire	37.04	
	927	Hannah Evenden	Yorkshire	51.89	Q
	131	Rebecca Keating	Berkshire	47.67	1
	128	Katie Wilson	North Eastern Counties	48.68	Q
	878	Zoe Derham	Leicestershire & Rutland	62.89	Q
	880	Sara Bobash	Staffordshire	43.43	1
	876	Rachel Gair	Nottinghamshire	59.79	Q
	142	Sarah Stanhope	Lincolnshire	48.40	Q
	875	Helen Gilbert	Lincolnshire	38.61	
	141	Sarah Smith	Essex	42.25	
	894	Chloe SLATER	Kent	43.72	1

F5B Women's Hammer - Pool B

CBP: Zoe Derham, Gloucs, 64.82m, 2007

Holder: Laura Douglas, N Wales, 60.28m

CAU Standard: 42.50m

Posn	Bib	Athlete	County	Perf	Points
	874	Charlotte Gould	Middlesex	41.82	
	915	Abbi Carter	Humberside	56.90	Q
	871	Christina Jones	Avon & Somerset	51.52	Q
	140	Beth Sewell	Gloucestershire	42.14	
	126	Jenna Wheatman	Yorkshire	NMR	
	139	Hayley Sayer	Cambridgeshire	36.16	
	906	Andrea Jenkins	Bedfordshire	45.81	1
	135	Hayley Murray	Warwickshire	55.39	Q
	129	Pippa Wingate	Surrey	45.85	1
	914	Emma Beardmore	Buckinghamshire	40.50	

F21 Men's Hammer - Final

CBP: David Smith, Humbs, 75.10m, 1976

Holder: Alex Smith, Humbs, 70.84m

CAU Standard: 53.00m

Posn	Bib	Athlete	County	Perf	Points
1	165	James Bedford	Humberside	67.14	10
2	167	Michael Bomba	Merseyside	65.28	8
3	181	Chris Shorthouse	Nottinghamshire	62.93	7
4	178	Matthew Richards	West Wales	61.85	6
5	857	Jonathan Edwards	Cambridgeshire	57.02	5
6	176	Matt Lasis	Sussex	54.58	4
7	179	Sam Ridgeway	Buckinghamshire	53.48	3
8	180	Jason Robinson	Derbyshire	53.37	2
9	168	Peter Clarke	Essex	47.77	
10	186	Richard Martin	Yorkshire	46.38	
11	854	David Burrell	Bedfordshire	45.63	
	171	Mark Dry	East District Scotland	NMR	

F15 Women's Pole Vault - Final

CBP: Janine Whitlock, Yorks, 4.10m, 2001

Holder: Sophie Upton, Wilts, 3.70m

CAU Standard: 2.80m

Posn	Bib	Athlete	County	Perf	Points
1	W190	Zoe Brown	Northern Ireland	3.90	10
2	W950	Kate Cowley	Essex	3.80	8
3	W860	Elizabeth HUGHES	Kent	3.40	7
4	W954	Claire Blunt	Yorkshire	3.40	6
5	W935	Louise Shortland	Hertfordshire	3.30	5
5	866	Rachel ARNHEIM	Kent	3.60	
7	W939	Caroline Parkinson	Buckinghamshire	3.30	4
8	W936	Anne Rees	Hertfordshire	3.20	
9	W949	Becky Donnelly	Worcestershire	3.10	3
10	W940	Loryn McCrudden	Lancashire	3.00	2
11	W947	Courtney Evans	Bedfordshire	2.60	

F6 Women's Long Jump - Final

CBP: Jade Johnson, Surrey, 6.68m, 2001

Holder: Amy Woodman, Avon & Som, 6.36m, +3.0 m/s

CAU Standard: 5.50m

Posn	Bib	Athlete	County	Perf		Points
1	14	Lisa Ferguson	East District Scotland	6.07	+1.4	10
2	23	Marilyn Nwawulor	Middlesex	5.98	+2.8	8
3	957	Sarah Warnock	East District Scotland	5.83	+0.9	
4	90	Sophie Wilkins	Buckinghamshire	5.74	+1.7	7
5	970	Moe Sasegbon	Hertfordshire	5.63	+1.5	6
6	30	Taisha Thompson-Gregory	Leicestershire & Rutland	5.61	+1.5	5
7	54	Jahisha Thomas	Surrey	5.60	+2.6	4
8	967	Angela Barrett	Middlesex	5.57	+1.4	
9	962	Emma Hughes	Bedfordshire	5.25	1.2	3
10	966	Nina Bassham	Sussex	5.24	1.5	2
11	27	Laura Samuel	Leicestershire & Rutland	5.19	1.7	
12	51	Katy Sealy	Suffolk	4.85	0.6	

F20 Men's Long Jump - Final

CBP: Alan Lerwill, Hamps, 8.15m, 1972

Holder: John Carr, East Scotland, 7.58m, +1.4 m/s

CAU Standard: 7.00m

Posn	Bib	Athlete	County	Perf		Points
1	389	Matthew Burton	Kent	7.60	+2.2	10
2	387	Dan Bramble	Middlesex	7.60	+1.4	8
3	804	Felix Maisie-Curtis	Buckinghamshire	7.30	+2.2	7
4	805	Adam McMullan	Northern Ireland	7.19	+2.0	6
5	390	John Carr	East District Scotland	7.03	+3.1	5
6	809	Bradley Pickup	Dorset	7.02	+1.5	4
7	395	Paul Ogun	Surrey	6.98	+0.9	3
8	803	Matt Madden	Nottinghamshire	6.97	+1.2	2
9	399	Joel Grenfell	Cambridgeshire	6.66	+2.5	
10	807	Oliver Newport	Surrey	6.64	+2.1	
11	247	David Feeney	Derbyshire	6.54	+1.6	
12	813	Sam Richards	Cambridgeshire	6.47	+0.2	
13	811	Luke Pryor	Leicestershire & Rutland	6.38	+2.5	
14	396	Michael Fenn	Northamptonshire	6.25	+1.2	
15	810	Matthew Plumb	Berkshire	5.58	+1.1	

F23 Men's Javelin - Final

CBP: Mick Hill, Yorks, 83.60m, 1994

Holder: Lee Doran, S Wales, 73.06m

CAU Standard: 60.00m

Posn	Bib	Athlete	County	Perf	Points
1	838	Lee Doran	South Wales	74.93	10
2	831	Bonne Buwembo	Essex	68.90	8
3	840	Ben Fisher	Merseyside	63.85	7
4	844	Craig Lacy	Kent	61.32	6
5	832	Jordan Carter	Yorkshire	59.42	5
6	158	David Sketchley	Essex	59.34	
7	153	Michael Muckelt	Hampshire	56.08	4
8	152	Travelle Morris-Reid	Leicestershire & Rutland	54.43	3
9	830	James Broadey	Hampshire	51.59	
10	837	Jorge Davis	Hertfordshire	51.08	2
11	841	Dan Holden	North Eastern Counties	51.00	
12	162	Shaun Wall	Hertfordshire	44.99	

F10 Men's Shot Putt - Final

CBP: Geoff Capes, Lincs, 21.03m, 1980

Holder: Greg Beard, Yorks, 17.06m

CAU Standard: 14.50m

Posn	Bib	Athlete	County	Perf	Points
1	851	Greg Beard	Yorkshire	18.21	10
2	379	Jamie Williamson	Yorkshire	17.94	
3	856	Devon Douglas	Essex	14.47	8
4	374	Gary Newton	Hampshire	14.38	7
5	853	Daniel Brunt	Derbyshire	14.05	6
6	850	Ken Baker	Cambridgeshire	13.51	5

F22 Women's Shot - Final

CBP: Joanne Duncan, Essex, 17.11m, 2006

Holder: Shaunaugh Brown, Kent, 15.35m

CAU Standard: 12.00m

Posn	Bib	Athlete	County	Perf	Points
1	921	Sophie McKinna	Norfolk	15.80	10
2	916	Rachel Wallader	Worcestershire	15.08	8
3	920	Danielle Opara	Berkshire	13.95	7
4	927	Hannah Evenden	Yorkshire	13.01	6
5	917	Sophie Thomas	Wiltshire	12.75	5
6	931	Sarah Benson	Yorkshire	12.51	
7	923	Catherine Holdsworth	Essex	12.23	4
8	924	Rebecca Hall	Lincolnshire	11.91	3
9	929	Lois Earl	Humberside	11.61	2
10	903	Sineade O'Brien	Surrey	9.39	

F14 Women's High Jump - Final

CBP: Julie Bennett, Surrey, 18.86m, 2004

Holder: Emma Perkins, Sussex, 1.82m

CAU Standard: 1.50m

Posn	Bib	Athlete	County	Perf	Points
1	W975	Julia Machin	Surrey	1.73	10
2	W973	Deborah MARTIN	Kent	1.70	8
3	W971	Philippa Rogan	Berkshire	1.70	7
4	970	Moe Sasegbon	Hertfordshire	1.64	6
5	W981	Ella Gibbons	Worcestershire	1.64	5
6	40	Karla Drew	Yorkshire	1.64	4
7	W976	Kate Jones	Hertfordshire	1.61	
8=	51	Katy Sealy	Suffolk	1.61	2.5
8=	2	Niamh Bailey	Northamptonshire	1.61	2.5
10	W978	Cherele Hibbert	Bedfordshire	1.61	1
11	W869	Rebecca Sullivan	Yorkshire	1.58	
12	W969	Shanni Stathers	Humberside	1.43	

F19 Women's Discus - Final

CBP: Jackie McKernan, Northern Ireland, 60.52m, 1997

Holder: Jade Nicholls, Surrey, 57.35m

CAU Standard: 41.00m

Posn	Bib	Athlete	County	Perf	Points
1	905	Kirsty Law	North District Scotland	57.79	10
2	904	Jade Nicholls	Surrey	55.68	8
3	922	Claire Koom-Dadzie	Sussex	47.78	7
4	909	Sarah Henton	Lancashire	46.80	6
5	927	Hannah Evenden	Yorkshire	44.23	5
6	900	Julia Walkden	Devon	43.02	4
7	910	Mel Harrison	Essex	41.40	3
8	902	Hollie Redman	Essex	40.89	

F12A Women's Discus - Pool A

CBP: Jackie McKernan, Northern Ireland, 60.52m, 1997

Holder: Jade Nicholls, Surrey, 57.35m

CAU Standard: 41.00m

Posn	Bib	Athlete	County	Perf	Points
	922	Claire Koom-Dadzie	Sussex	47.06	Q
	906	Andrea Jenkins	Bedfordshire	37.67	
	910	Mel Harrison	Essex	41.40	Q
	900	Julia Walkden	Devon	40.14	Q
	902	Hollie Redman	Essex	41.01	Q
	932	Rachel Bennett	Bedfordshire	39.04	2
	905	Kirsty Law	North District Scotland	56.61	Q
	927	Hannah Evenden	Yorkshire	44.05	Q



UK COUNTIES ATHLETIC UNION

Track & Field Championships 2012
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Results

F12B Women's Discus - Pool B

CBP: Jackie McKernan, Northern Ireland, 60.52m, 1997

Holder: Jade Nicholls, Surrey, 57.35m

CAU Standard: 41.00m

Posn	Bib	Athlete	County	Perf	Points
	904	Jade Nicholls	Surrey	56.48	Q
	909	Sarah Henton	Lancashire	43.77	Q
	929	Lois Earl	Humberside	38.07	
	912	Charlotte Gair	Nottinghamshire	37.46	
	907	Laura James	Berkshire	38.10	
	908	Sarah Hewitt	Sussex	35.94	
	903	Sinead O'Brien	Surrey	25.24	