

Achilles (Division 1)		Bedford (Division 1)		Aggregate (Men & Women)	
1 Essex	94.5	1 Kent	66.0	1 Essex	146.5
2 Middlesex	63.0	2 Yorkshire	60.5	2 Middlesex	114.0
3 Cambridgeshire	41.0	3 Essex	52.0	3 Yorkshire	98.5
4 Surrey	38.0	4 Middlesex	51.0	4 Kent	88.0
4 Yorkshire	38.0	5 Surrey	49.0	5 Surrey	87.0
6 Hampshire	36.0	6 North Eastern Counties	48.0	6 Hertfordshire	73.0
6 Hertfordshire	36.0	7 Sussex	39.0	7 Berkshire	68.5
8 Sussex	27.0	8 Hertfordshire	37.0	8 North Eastern Counties	66.5
9 Bedfordshire	22.0	9 Hampshire	30.0	9 Hampshire	66.0
9 Kent	22.0	10 Warwickshire	25.0	9 Sussex	66.0
11 Warwickshire	15.0	11 Buckinghamshire	18.0	11 Cambridgeshire	62.0
12		12 Northern Ireland	16.0	12 Buckinghamshire	40.5
				13 Warwickshire	40.0
				14 Bedfordshire	38.0
				15 West District Scotland	35.0
				16 Nottinghamshire	34.5
				17 Humberside	31.0
				18 Avon & Somerset	29.0
				19 East District Scotland	28.0
				20 Derbyshire	24.0
				20 Northern Ireland	24.0
				22 Leicestershire & Rutland	21.0
				23 Dorset	17.0
				23 Merseyside	17.0
				25 Lancashire	16.0
				26 Cheshire	14.0
				26 Greater Manchester	14.0
				26 South Wales	14.0
				26 West Wales	14.0
				30 North Wales	13.0
				31 Worcestershire	10.0
				32 Devon	8.0
				32 Oxfordshire	8.0
				32 Wiltshire	8.0
				35 North District Scotland	7.0
				35 Staffordshire	7.0
				37 East Wales	6.0
				38 Lincolnshire	4.0
				39 Northamptonshire	2.0
				40 Norfolk	1.0
				40 Suffolk	1.0
				42 Cornwall	-
				42 Cumbria	-
				42 Gloucestershire	-
				42 Herefordshire	-
				42 Shropshire	-

Midxx/Surrey (Divison 2)		Essex Shield (Division 2)	
1 West District Scotland	25.0	1 Berkshire	41.0
2 Buckinghamshire	22.5	2 Cambridgeshire	21.0
3 Derbyshire	18.0	3 Avon & Somerset	16.0
3 Humberside	18.0	3 Bedfordshire	16.0
5 Dorset	13.0	3 Lancashire	16.0
5 East District Scotland	13.0	6 East District Scotland	15.0
5 Merseyside	13.0	7 Humberside	13.0
8 Leicestershire & Rutland	11.0	7 North Wales	13.0
9 Cheshire	8.0	9 Nottinghamshire	12.5
9 Oxfordshire	8.0	10 Leicestershire & Rutland	10.0
11		10 South Wales	10.0
12		10 Worcestershire	10.0
		10 West District Scotland	10.0
		14 Greater Manchester	8.0
		14 Wiltshire	8.0
		16 North District Scotland	7.0
		16 Staffordshire	7.0
		18 Cheshire	6.0
		18 East Wales	6.0
		18 Derbyshire	6.0
		21 Lincolnshire	4.0
		21 Merseyside	4.0
		21 Dorset	4.0
		24 West Wales	3.0
		25 Northamptonshire	2.0
		26 Suffolk	1.0

Rockingham (Division 3)	
1 Berkshire	27.5
2 Nottinghamshire	22.0
3 North Eastern Counties	18.5
4 Avon & Somerset	13.0
5 West Wales	11.0
6 Devon	8.0
6 Northern Ireland	8.0
8 Greater Manchester	6.0
9 South Wales	4.0
10 Norfolk	1.0

Event F2 Men's Triple Jump Final

24 August 2013 **10:15**

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

Holder : John Carr, East District Scotland, 15.63m

Standard : 14.30m

Posn	Bib	Athlete	County	Perf		Points
1	557	Jonathan SAWYERS	Berkshire	15.01	+1.8	10
2	291	Lawrence FANUTZA-DAVIS	Essex	14.63	+1.4	8
3	536	Jason RICHARD-THOMPSON	Middlesex	13.92	+1.0	7

Event F3 Men's High Jump Final

24 August 2013 **10:15**

CBP: Dalton Grant, Essex, 2.28m, 1992

Holder : Matt Roberts, Warwickshire, 2.10m

Standard : 2.00m

Posn	Bib	Athlete	County	Perf		Points
1	510	Simon PHELAN	Warwickshire	2.05		10
2	380	Scott JOHNSON	Bedfordshire	2.00		8
3=	153	Bradley ARMORGIE	Essex	1.95		6.5
3=	486	Patrick O'CONNOR	North Eastern Counties	1.95		6.5
5	327	William GRIMSEY	Middlesex	1.90		5
6	385	Kashif JONES	Essex	1.90		
7=	477	Paul NEALE	Berkshire	1.85		3.5
7=	625	Russell WATERSON	Buckinghamshire	1.85		3.5

Event F8 Men's Discus Final

24 August 2013 **14:30**

CBP: Bill Tancred, Leics & R, 61.96m, 1974

Holder : Tom Norman, Surrey, 54.15m

Standard : 45.00m

Posn	Bib	Athlete	County	Perf		Points
1	446	Angus MCINROY	West District Scotland	52.03		10
2	280	Jonathan EDWARDS	Cambridgeshire	51.40		8
3	420	Christopher LINQUE	Essex	47.09		7
4	646	Greg BEARD	Yorkshire	46.25		6
5	608	Alan TOWARD	North Eastern Counties	44.55		5
6	351	Alex HILL-KING	Hampshire	40.60		4
7	407	Damien LARRINGTON	Bedfordshire	38.66		3
8	636	David BURRELL	Bedfordshire	34.53		

Event T03 Men's 100m - Heats

24 August 2013 12:20

CBP: Christian Malcolm, East Wales, 10.15s, w, 2010/Marlon Devonish, Warks, 10.22s, 2005

Holder : Chijindu Ujah, Middlesex, 10.26s

Standard : 10.85s

Heat	Bib	Athlete	County	+0.9 m/s		Points
Heat 1	1	23 Greg CACKETT	Surrey	10.34	Q	
	2	12 Scott BAJERE	Avon & Somerset	10.75	Q	
	3	88 Demetric NELSON	Yorkshire	10.80		
	4	124 Adam THOMAS	Berkshire	10.87		
	5	101 Jay RARADZA	Derbyshire	10.94		
	6	93 Ryan PALMER	Cambridgeshire	10.96		
	7	62 Chris HILL	South Wales	10.99		
	8	119 Stephen SUMNER	Lancashire	11.49		
Heat 2	1	121 Aidan SYERS	Surrey	10.48	Q	
	2	144 Andre WRIGHT	Kent	10.65	Q	
	3	128 Jordan TOTH	Yorkshire	10.72	q	
	4	36 Gareth CUNNINGHAM	Berkshire	10.75	q	
	5	44 Darrell ELLIOTT	Bedfordshire	10.84		
	6	69 Jake JAMES	Derbyshire	10.88		
	7	5 Josh ALLAWAY	Hampshire	11.16		
	8	135 Cameron WEBB	Hertfordshire	11.25		
Heat 3	1	127 Dj TOBAIS	Bedfordshire	10.46	Q	
	2	15 Leon BAPTISTE	Middlesex	10.48	Q	
	3	116 Emmanuel STEPHENS	Essex	10.76		2
	4	38 Lee DOLLARD	Essex	10.82		
	5	2 Isaiah ADEMKIMBI	Oxfordshire	10.91		
	6	22 Harvey BYRNE	Sussex	10.95		
	7	105 Myles RICHARDSON	Hampshire	10.97		
	8					

Event T11 Men's 100m - Final

24 August 2013 15:00

CBP: Christian Malcolm, East Wales, 10.15s, w, 2010/Marlon Devonish, Warks, 10.22s, 2005

Holder : Chijindu Ujah, Middlesex, 10.26s

Standard : 10.85s

Posn	Bib	Athlete	County	+1.2 m/s	Points
1	23	Greg CACKETT	Surrey	10.27	10
2	121	Aidan SYERS	Surrey	10.38	
3	15	Leon BAPTISTE	Middlesex	10.52	8
4	127	Dj TOBAIS	Bedfordshire	10.52	7
5	144	Andre WRIGHT	Kent	10.70	6
6	12	Scott BAJERE	Avon & Somerset	10.73	5
7	36	Gareth CUNNINGHAM	Berkshire	10.73	4
8	128	Jordan TOTH	Yorkshire	10.79	3

Event T04 Men's 400m - Heats

24 August 2013 12:45

CBP: Conrad Williams, Kent, 46.01m, 2009

Holder : Nigel Levine, Bedfordshire, 46.34s

Standard : 49.20s

Heat	Bib	Athlete	County	Perf		Points	
Heat 1	1	587	Richard STRACHAN	Yorkshire	47.73	Q	
	2	530	Joe REID	Lancashire	48.35	Q	
	3	282	Michael J EDWARDS	Hertfordshire	48.52	q	
	4	215	Christian BYRON	Warwickshire	48.70		2
	5	394	Lloyd KING	Middlesex	49.23		
	6	239	Jason CONCHIE	Lancashire	50.25		
	7	431	Lee MAHON	Middlesex	52.76		
Heat 2	1	21	Richard BUCK	Yorkshire	48.00	Q	
	2	86	Farren MORGAN	Kent	48.59	Q	
	3	317	Paul GOODALL	Norfolk	48.81		1
	4	398	Tim KURIA	Surrey	49.09		1
	5	491	Lolu OLUWOLE-OJO	Surrey	49.30		
	6	504	Scott PARSONS	Bedfordshire	50.32		
	7	246	Craig COX	Sussex	51.86		

Heat 3	Bib	Athlete	County	Perf		Points
1	543	Kris ROBERTSON	West District Scotland	47.31	Q	
2	41	Tom DRUCE	Hampshire	47.50	Q	
3	424	Greg LOUDEN	East District Scotland	47.63	q	
4	595	Pat SWAN	East District Scotland	48.53		
5	443	Adam MCCOMB	Northern Ireland	48.85		1
6	262	Dan DELL	South Wales	49.10		1
7	626	Sean WATSON	West District Scotland	49.33		
8	356	Darrellon HOLDING	Hampshire	50.94		

Event T13 Men's 400m - Final

24 August 2013 15:20

CBP: Conrad Williams, Kent, 46.01m, 2009
Holder : Nigel Levine, Bedfordshire, 46.34s
Standard : 49.20s

Posn	Bib	Athlete	County	Perf		Points
1	21	Richard BUCK	Yorkshire	46.75		10
2	41	Tom DRUCE	Hampshire	47.17		8
3	543	Kris ROBERTSON	West District Scotland	47.37		7
4	424	Greg LOUDEN	East District Scotland	48.25		6
5	86	Farren MORGAN	Kent	49.03		5
6	282	Michael J EDWARDS	Hertfordshire	49.19		4
7	530	Joe REID	Lancashire	49.52		3
DNS	587	Richard STRACHAN	Yorkshire			

Event Men's 800m - Straight Final

24 August 2013 13:20

CBP: Sebastian Coe, Yorks, 1:45.4, 1980
Holder : Zac Randall, Buckinghamshire, 1:50.89
Standard : 1m 53.5

Posn	Bib	Athlete	County	Perf		Points
1	478	Rob NEEDHAM	Nottinghamshire	1:53.11		10
2	461	Jonathan MONK	Leicestershire & Rutland	1:53.62		8
3	596	Thomas SYCKELMOORE	Hampshire	1:53.81		7
4	655	Mark WOODLEY	Essex	1:54.25		6
5	404	Chad LAMBERT	Buckinghamshire	1:54.42		5
6	449	Thomas MCKELLAR	Hampshire	1:54.89		
7	330	Dan GURTON	Buckinghamshire	1:56.41		
8	298	Hugo FLEMING	Surrey	1:56.77		4
9	499	Shaka PALMER	Middlesex	1:57.32		3
DNS	585	Dan STEPNEY	Sussex			

Event T08 Men's 110m Hurdles - Heats

24 August 2013 14:15

CBP: Mo Sillah-Freckleton, Middx, 13.64s, w, 2004/Robert Newton, Notts, 13.71s, 2003

Holder : Alex Al-Ameen, Kent, 13.92s

Standard : 15.50s

Heat	Bib	Athlete	County	+1.2 m/s		Points
1	91	Julian ORTIZ	Avon & Somerset	14.20	Q	
2	132	Chris WAKEFORD	Sussex	14.63	Q	
3	49	David FEENEY	Derbyshire	14.74	Q	
4	140	Ashley WILSON	Middlesex	14.88	q	
5	17	Pat BARRETT	Hertfordshire	15.33		2
6	31	Michael COPELAND	Derbyshire	15.52		

Heat	Bib	Athlete	County	+1.9 m/s		Points
1	52	Gianni FRANKIS	Essex	13.61	Q	CBP
2	90	Gabriel ODUJOBI	Middlesex	14.62	Q	
3	72	Ashley JOHNSON	Oxfordshire	14.77	Q	
4	145	Joe YARDE	Surrey	14.87	q	
5	107	Thomas RILEY	Lancashire	16.26		

Event T16 Men's 110m Hurdles - Final

24 August 2013 16:10

CBP: Mo Sillah-Freckleton, Middx, 13.64s, w, 2004/Robert Newton, Notts, 13.71s, 2003

Holder : Alex Al-Ameen, Kent, 13.92s

Standard : 15.50s

Posn	Bib	Athlete	County	+2.7 m/s	Points
1	52	Gianni FRANKIS	Essex	13.57	10
2	91	Julian ORTIZ	Avon & Somerset	14.22	8
3	49	David FEENEY	Derbyshire	14.39	7
4	90	Gabriel ODUJOBI	Middlesex	14.40	6
5	132	Chris WAKEFORD	Sussex	14.67	5
6	140	Ashley WILSON	Middlesex	14.92	
7	145	Joe YARDE	Surrey	15.09	4
8	72	Ashley JOHNSON	Oxfordshire	15.36	3

Event Men's 3km S/Chase - Straight Final

24 August 2013 14:30

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

Holder : Ryan McKinlay, Middlesex, 9:07.08

Standard : 9m 30.0

Posn	Bib	Athlete	County	Perf	Points
1	627	Glen WATTS	Cambridgeshire	09:10.70	10
2	451	Ryan MCKINLAY	Middlesex	09:22.45	8
3	496	Dan OWEN	Gloucestershire	09:22.79	7
4	603	Dan THORNE	Berkshire	09:34.49	6
5	473	William MYCROFT	Cambridgeshire	09:41.11	
6	623	Rob WARNER	Essex	09:44.34	5
7	238	Tom COLLINS	Kent	09:56.63	4

Event F9 Men's Shot Putt Final

24 August 2013 15:30

CBP: Geoff Capes, Lincs, 21.03m, 1980
Holder : Greg Beard, Yorkshire, 18.21m
Standard : 14.00m

Posn	Bib	Athlete	County	Perf	Points
1	646	Greg BEARD	Yorkshire	18.25	10
2	494	Anthony OSHODI	Essex	16.40	8
3	419	Scott LINCOLN	Yorkshire	15.94	
4	208	Daniel BRUNT	Derbyshire	13.69	7
5	185	Jack BOLTON	Hampshire	13.53	6
6	280	Jonathan EDWARDS	Cambridgeshire	13.51	5
7	606	Martin TINKLER	Cambridgeshire	12.35	
8	407	Damien LARRINGTON	Bedfordshire	12.26	4

Event F4 Men's Pole Vault Final

24 August 2013 14:30

CBP: Luke Cutts, Yorks, 5.45m, 2010
Holder : Luke Cutts, Yorkshire, 5.00m
Standard : 4.35m

Posn	Bib	Athlete	County	Perf	Points
1	310	Daniel GARDNER	Hertfordshire	4.95	10
3	658	Liam YARWOOD	Essex	4.35	8
2	663	Chris MILLS	Hampshire	4.35	7
4	164	Samuel BASS-COOPER	Hampshire	4.15	
4	384	Emyr JONES	West Wales	4.15	6
6	289	Mitch ETHERIDGE	Essex	4.15	
DNS	511	Jack PHIPPS	Surrey		

Event F21 Men's Hammer Final

25 August 2013 11:15

CBP: David Smith, Humbs, 75.10m, 1976
Holder : James Bedford, Humberside, 67.14m
Standard : 53.00m

Posn	Bib	Athlete	County	Perf	Points
1	167	James BEDFORD	Humberside	70.55	10
2	186	Michael BOMBA	Merseyside	68.01	8
3	566	Chris SHORTHOUSE	Nottinghamshire	67.68	7
4	299	Mike FLOYD	Greater Manchester	67.11	6
5	534	Matthew RICHARDS	West Wales	64.58	5
6	280	Jonathan EDWARDS	Cambridgeshire	59.67	4
7	469	Craig MURCH	Warwickshire	59.65	3
8	227	Peter CLARKE	Essex	51.63	2
9	502	Tom PARKER	Kent	51.13	
10	533	Adam REYNOLDS	Merseyside	50.40	
11	544	Jason ROBINSON	Derbyshire	43.54	
12	485	David NORRIS	Middlesex	NDR	

Event Men's 5000m - Straight Final

25 August 2013 11:00

CBP: Julian Goater, Middx, 13:39.76, 1981
Holder : Russell Bentley, Kent, 14:31.74
Standard : 14m 30.0

Posn	Bib	Athlete	County	Perf	Points
1	665	Mohamud AADAN	Middlesex	14:34.09	10
2	436	Paul MARTELLETTI	Middlesex	14:36.90	
3	435	Tom MERSON	Devon	14:39.71	8
4	308	Dan GARBUTT	North Eastern Counties	14:51.81	7
5	400	Dean LACEY	Kent	15:12.31	6
6	329	Josh GUILMANT	Sussex	15:13.74	5
7	662	Jamie ASHTON	Hampshire	15:38.56	4
DNF	412	Robert LEACH	Hampshire		

Event F20 Men's Long Jump Final

25 August 2013 11:45

CBP: Alan Lerwill, Hamps, 8.15m, w, 1972/Lynn Davies, Glam, 8.01m, 1964
Holder : Matthew Burton, Kent, 7.60m
Standard : 7.00m

Posn	Bib	Athlete	County	Perf	Points
1	376	Jj JEGEDE	Essex	7.46 -1.5	10
2	512	Bradley PICKUP	Dorset	7.36 -0.4	8
3	336	Allan HAMILTON	East District Scotland	7.19 -1.1	7
4	474	Adam NASH	Dorset	6.82 +2.6	
5	191	Daniel BRAMBLE	Middlesex	6.78 -1.0	6
6	555	Paul OGUN	Surrey	6.63 -0.2	5
7	310	Daniel GARDNER	Hertfordshire	6.41 -1.8	4
8	151	Ogo ANOCHIRIONYE	Middlesex	6.30 -0.6	

Event T22 Men's 400m Hurdles - Heats

25 August 2013 12:00

CBP: Peter Crampton, Yorks, 49.90s, 1994
Holder : Sebastian Rodger, Sussex, 50.65s
Standard : 55.00s

Heat 1	Bib	Athlete	County	Perf	Points
1	438	David MARTIN	West District Scotland	52.01 Q	
2	132	Chris WAKEFORD	Sussex	52.50 Q	
3	423	Jonathan LODOWSKI	Oxfordshire	53.55	2
4	257	Aiden DAVIES	Yorkshire	54.44	1
5	17	Pat BARRETT	Hertfordshire	54.46	
6	433	Chris MARSHALL	Norfolk	58.22	

Heat 2	Bib	Athlete	County	Perf		Points
1	100	Sam PLUMB	Berkshire	53.39	Q	
2	531	Sean REIDY	Cambridgeshire	53.95	Q	
3	466	Craig MORTEN	Kent	53.96		1
4	459	Tom MOAKES	Nottinghamshire	54.66		1
5	548	Jean-Charles ROGHI	Middlesex	57.24		
DQ	600	Lennox THOMPSON	Essex			

Heat 3	Bib	Athlete	County	Perf		Points
1	591	Ben SUMNER	Hertfordshire	50.90	Q	
2	212	Thomas BURTON	Leicestershire & Rutland	51.04	Q	3
3	294	Andrew FAULKNER	Dorset	53.18	q	
4	343	Connor HENDERSON	West District Scotland	53.29	q	
5	464	Gareth MORRIS	Kent	54.34		
6	170	Peter BENEDICKTER	Bedfordshire	60.10		

Event T31 Men's 400m Hurdles - Final

25 August 2013 **15:00**

CBP: Peter Crampton, Yorks, 49.90s, 1994
Holder : Sebastian Rodger, Sussex, 50.65s
Standard : 55.00s

Posn	Bib	Athlete	County	Perf		Points
1	591	Ben SUMNER	Hertfordshire	51.97		10
2	438	David MARTIN	West District Scotland	52.18		8
3	132	Chris WAKEFORD	Sussex	52.40		7
4	343	Connor HENDERSON	West District Scotland	53.43		
5	531	Sean REIDY	Cambridgeshire	54.01		6
6	294	Andrew FAULKNER	Dorset	55.10		5
7	100	Sam PLUMB	Berkshire	55.22		4
DNS	212	Thomas BURTON	Leicestershire & Rutland			

Event F23 Men's Javelin Final

25 August 2013 **12:30**

CBP: Mick Hill, Yorks, 83.60m, 1994
Holder : Lee Doran, South Wales, 74.93m
Standard : 60.00m

Posn	Bib	Athlete	County	Perf		Points
1	213	Bonne BUWEMBO	Essex	65.02		10
2	447	David MCKAY	Cheshire	63.54		8
3	223	Jordan CARTER	Yorkshire	60.21		7
4	381	Gavin JOHNSON-ASSOON	Surrey	59.87		6
5	297	Ben FISHER	Merseyside	58.97		5
6	457	Greg MILLAR	Nottinghamshire	58.47		4
7	569	Dave SKETCHLEY	Essex	57.80		
8	413	Ryan LEONARD	South Wales	56.54		3
9	379	Allandre JOHNSON	Middlesex	52.02		2
10	196	Jamie BROADEY	Hampshire	51.78		
11	594	Jack SWAIN	Bedfordshire	51.76		
12	399	Craig LACEY	Kent	51.17		
13	368	Alex INGHAM	Bedfordshire	48.38		

Event T26 Men's 200m - Heats

25 August 2013 13:20

CBP: Doug Walker, East Dist. Scotland, 20.47s, 1998/Allyn Condon, Ches, 20.73s, 1999
Holder : Luke Fagan, Middlesex, 20.88s
Standard : 22.00s

Heat 1	Bib	Athlete	County	-0.4 m/s		CBP	Points
	1	28 Chris CLARKE	Buckinghamshire	20.25	Q		
	2	69 Jake JAMES	Derbyshire	21.36	Q		
	3	21 Richard BUCK	Yorkshire	21.67			1
	4	138 Kyron WILLIAMS	Middlesex	21.67			
	5	88 Demetric NELSON	Yorkshire	21.70			
	6	101 Jay RARADZA	Derbyshire	21.82			
	7	83 Ethan METCALFE	Bedfordshire	22.40			

Heat 2	Bib	Athlete	County	-1.6 m/s			Points
	1	23 Greg CACKETT	Surrey	21.11	Q		
	2	113 Ben SNAITH	Cambridgeshire	21.61	Q		
	3	53 David GAIN	Oxfordshire	21.65			
	4	1 Omololu ABIODUN	Essex	21.84			
	5	36 Gareth CUNNINGHAM	Berkshire	22.10			
	6	97 Sam PETERS	Devon	22.14			
	7	89 Michael NEVILLE	Berkshire	22.53			

Heat 3	Bib	Athlete	County	-0.7 m/s			Points
	1	77 Jordan KIRBY-POLIDORE	Essex	21.03	Q		
	2	33 Dwayne COWAN	Surrey	21.15	Q		
	3	66 Antonio INFANTINO	Hertfordshire	21.20	q		
	4	46 Kyle ENNIS	Oxfordshire	21.42	q		
	5	90 Gabriel ODUJOBI	Middlesex	21.46			2
	6	143 Curtis WOODS	Northern Ireland	22.12			
	7	32 Elliott COPPERWHITE	Hertfordshire	22.36			

Event Men's 1 Mile - Final

25 August 2013 13:50

CBP: Alan Simpson, Yorks, 1965 & Walter Wilkinson, Yorks, 1971 3:56.6
Holder : Matthew Fayers, Middlesex, 3:45.93
Standard : 4m 10.5

Posn	Bib	Athlete	County	Perf		Points
1	585	Dan STEPNEY	Sussex	4:14.26		10
2	405	James LAMBSWOOD	Humberside	4:14.70		8
3	462	Danny MONNEY	Northern Ireland	4:15.15		7
4	344	Tom HESLOP	Middlesex	4:22.57		6
5	302	Tom FRITH	Essex	4:27.13		5
6	155	Patrick TAYLOR	Buckinghamshire	4:30.73		4
7	653	Kieran WOOD	Cambridgeshire	4:32.02		3
8	593	Ben SUTHERLAND	Buckinghamshire	4:42.74		

Event T29 Men's 200m - Final

25 August 2013 14:30

CBP: Doug Walker, East Dist. Scotland, 20.47s, 1998/Allyn Condon, Ches, 20.73s, 1999
Holder : Luke Fagan, Middlesex, 20.88s
Standard : 22.00s

Posn	Bib	Athlete	County	-1.3 m/s	Points
1	28	Chris CLARKE	Buckinghamshire	20.22	10
2	23	Greg CACKETT	Surrey	20.83	8
3	77	Jordan KIRBY-POLIDORE	Essex	20.88	7
4	66	Antonio INFANTINO	Hertfordshire	21.04	6
5	113	Ben SNAITH	Cambridgeshire	21.07	5
6	33	Dwayne COWAN	Surrey	21.08	
7	69	Jake JAMES	Derbyshire	21.40	4
8	46	Kyle ENNIS	Oxfordshire	21.56	3

Event T01 Women's 3km S/Chase - Straight Final

24 August 2013 **11:15**

CBP: Hattie Dean, Oxfords, 10:06.50, 2008
Holder : Nicole Roberts, Northamptonshire, 10:39.92
Standard : n/a

Posn	Bib	Athlete	County	Perf	Points
1	341	Kerry HARTY	Northern Ireland	10:23.33	10
2	537	Laura RICHES	Greater Manchester	10:53.43	8
3	389	Polly KEEN	Cambridgeshire	10:59.66	7
4	579	Nicola SQUIRES	Yorkshire	11:13.37	6
5	323	Charlotte GREEN	Avon & Somerset	11:15.68	5
6	192	Amy BREAM	Hampshire	11:30.51	4
7	575	Vikki SMITH	Essex	11:33.45	3
8	403	Caroline LAMBERT	Yorkshire	11:49.35	

Event Women's 800m - Final

24 August 2013 **12:00**

CBP: Vicky Griffiths, Mersey, 2:05.55, 2008
Holder : Kelly Neely, Northern Ireland, 2:07.03
Standard : 2m 12.5

Posn	Bib	Athlete	County	Perf	Points
1	556	Nicola SANDERS	Buckinghamshire	2:06.67	10
2	168	Alexandra BELL	Yorkshire	2:08.09	8
3	178	Sophie BILLINGTON	Bedfordshire	2:10.40	7
4	251	Aislinn CROSSEY	Northern Ireland	2:12.45	6
5	609	Alexandra TURNER	Derbyshire	2:12.62	5
6	232	Dani COCKING	South Wales	2:18.88	4

Event T05 Women's 200m - Heats

24 August 2013 **13:00**

CBP: Joice Maduaka, Surrey n/s, 23.12s w, 2003 & 23.31s (photo-cell) 2003
Holder : Rachel Bell, Humberside, 24.50s
Standard : 25.00s

Heat	Bib	Athlete	County	Perf	Wind	Points
Heat 1	14	Susanna BANJO	Middlesex	24.74	Q	
	50	Ciara FLANNERY	Yorkshire	24.96	Q	
	109	Amanda SHAW	Yorkshire	25.13	Q	
	118	Zoe STYLES	Worcestershire	25.48	q	
	95	Joanne PEAK	Cambridgeshire	26.39		2
Heat 2	16	Kim BAPTISTE-SAUNDERS	Sussex	24.52	Q	
	61	Rachel HIGHFIELD	North Eastern Counties	24.89	Q	
	139	Rebecca WILLIAMS	East Wales	25.00	Q	
	18	Rachel BELL	Humberside	25.19	q	

Event T12 Women's 200m - Final

24 August 2013 **15:10**

CBP: Joice Maduaka, Surrey n/s, 23.12s w, 2003 & 23.31s (photo-cell) 2003
Holder : Rachel Bell, Humberside, 24.50s
Standard : 25.00s

Posn	Bib	Athlete	County	+1.8 m/s	Points
1	16	Kim BAPTISTE-SAUNDERS	Sussex	24.32	10
2	14	Susanna BANJO	Middlesex	24.47	8
3	61	Rachel HIGHFIELD	North Eastern Counties	24.78	7
4	139	Rebecca WILLIAMS	East Wales	24.90	6
5	50	Ciara FLANNERY	Yorkshire	24.93	5
6	109	Amanda SHAW	Yorkshire	24.95	
7	18	Rachel BELL	Humberside	25.29	4
8	118	Zoe STYLES	Worcestershire	25.34	3

Event F10 Women's Hammer Final

24 August 2013 **11:30**

CBP: Zoe Derham, Gloucs, 64.82m, 2007
Holder : Zoe Derham, Leics & Rutland, 64.50m
Standard : 45.00m

Posn	Bib	Athlete	County	Perf	Points
1	207	Shaunagh BROWN	Kent	63.44	10
2	305	Rachel GAIR	Nottinghamshire	59.12	8
3	382	Christina JONES	Avon & Somerset	58.58	7
4	166	Catherine BEATTY	Wiltshire	57.17	6
5	471	Hayley MURRAY	Warwickshire	55.21	5
6	634	Jenna WHEATMAN	Yorkshire	52.66	4
7	184	Sara BOBASH	Staffordshire	50.92	3
8	649	Pippa WINGATE	Surrey	49.40	2
9	255	Zoe DAKIN	South Wales	49.11	1
10	648	Katy WILSON	North Eastern Counties	48.65	1
11	156	Rebecca BAINES	Sussex	46.64	1
12	321	Charlotte GOULD	Middlesex	45.49	1
13	629	Leah WEATHERITT	North Eastern Counties	43.72	
14	165	Emma BEARDMORE	Buckinghamshire	41.84	
15	631	Louise WEBSTER	Staffordshire	41.35	
16	288	Hannah EVENDEN	Yorkshire	41.18	
17	489	Maggie OKUL	Humberside	40.97	
18	415	Carla LETHEBY	Surrey	34.94	

Event T07 Women's 100m Hurdles - Heats

24 August 2013 **13:45**

CBP: Diane Allahgreen, Mersey, 13.16s & 13.15s w, 2001
Holder : Serita Solomon, Kent, 13.42s
Standard : 15.00s

Heat	Bib	Athlete	County	+1.5 m/s		Points
1	114	Serita SOLOMON	Kent	13.33	Q	
2	110	Harriet SHURLEY	Berkshire	13.99	Q	
3	96	Catriona PENNET	East District Scotland	14.23	Q	
4	94	Heather PATON	Worcestershire	14.53	q	
5	133	Olivia WALKER	Staffordshire	14.76		
6	81	Elise LOVELL	Sussex	15.31		
Heat	Bib	Athlete	County	+1.9 m/s		Points
1	19	Gemma BENNETT	Essex	13.41	Q	
2	136	Gemma WERRETT	Worcestershire	13.85	Q	
3	68	Hannah JACKSON	Avon & Somerset	14.61	Q	
4	108	Moe SASEGBON	Hertfordshire	14.64	q	
5	29	Stephanie CLITHEROE	Buckinghamshire	14.67		2
6	106	Hannan RILEY	Lancashire	14.97		

Event T17 Women's 100m Hurdles - Final

24 August 2013 **16:25**

CBP: Diane Allahgreen, Mersey, 13.16s & 13.15s w, 2001
Holder : Serita Solomon, Kent, 13.42s
Standard : 15.00s

Posn	Bib	Athlete	County	+2.3 m/s		Points
1	114	Serita SOLOMON	Kent	13.17		10
2	19	Gemma BENNETT	Essex	13.33		8
3	136	Gemma WERRETT	Worcestershire	13.66		7
4	110	Harriet SHURLEY	Berkshire	13.82		6
5	94	Heather PATON	Worcestershire	14.38		
6	108	Moe SASEGBON	Hertfordshire	14.45		5
7	68	Hannah JACKSON	Avon & Somerset	14.67		4
DNF	96	Catriona PENNET	East District Scotland			3

Event F6 Women's Long Jump Final

24 August 2013 **13:00**

CBP: Jade Johnson, Surrey, 6.68m, w, 2001 & 6.34m, 2002
Holder : Lisa Ferguson, East District Scotland, 6.07m
Standard : 5.60m

Posn	Bib	Athlete	County	Perf		Points
1	624	Sarah WARNOCK	East District Scotland	6.29	+2.6	10
2	295	Lisa FERGUSON	East District Scotland	5.99	+1.8	
3	194	Michaela BRINDLE	Lancashire	5.92	+2.1	8
4	163	Angela BARRETT	Middlesex	5.85	+1.1	7
5	284	Kitty ELEYA	Essex	5.72	+1.7	6
6	520	Emma PRINGLE	North Eastern Counties	5.64	+2.2	5
7	81	Elise LOVELL	Sussex	5.47	-0.2	4
8	108	Moe SASEGBON	Hertfordshire	5.13	+1.4	3
9	11	Niamh BAILEY	Northamptonshire	5.10	+0.5	2

Event F11 Women's Javelin Final

24 August 2013 **13:00**

CBP: Goldie Sayers, Cambs, 63.15m, 2010

Holder : Isabelle Jeffs, Avon & Somerset, 51.68m

Standard : 40.50m

Posn	Bib	Athlete	County	Perf	Points
1	563	Rosie SEMENYTSH	Berkshire	47.17	10
2	453	Eloise MEAKINS	Hertfordshire	46.01	8
3	628	Katie WATTS	Sussex	43.98	7
4	180	Joanne BLAIR	Warwickshire	43.10	6
5	195	Laura BRITANE	Middlesex	42.87	5
6	177	Liane BIBBY	Merseyside	42.60	4
7	642	Claire WILLIAMS	West Wales	39.79	3
8	598	Sophie THOMAS	Wiltshire	39.42	2
9	630	Holly WEBB	Sussex	39.39	
10	256	Nicole DAVENPORT	South Wales	39.30	
11	422	Louise LOCKWOOD	Essex	37.93	
12	285	Sarah ELLIS	Hampshire	37.39	
13	584	Tasia STEPHENS	South Wales	36.61	
14	286	Laura ENGLAND	Yorkshire	36.25	
15	549	Felicia RUDOLFO	Middlesex	34.97	
16	415	Carla LETHEBY	Surrey	32.75	

Event Women's 5000m - Straight Final

24 August 2013 **15:45**

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

Holder : Hannah Walker, Hertfordshire, 15:54.35

Standard : 17m 45.0

Posn	Bib	Athlete	County	Perf	Points
1	640	Jo WILKINSON	Essex	16:53.20	10
2	272	Claire DUCK	Yorkshire	16:59.43	8
3	521	Bryony PROCTOR	Kent	17:15.61	7
4	349	Rosie HILES	Sussex	17:31.48	6
5	245	Sophie COWPER	Surrey	17:33.62	5
6	198	Lara BROMILOW	Buckinghamshire	17:58.32	4
7	660	Julia ZARAWASKI	Bedfordshire	18:59.00	3

Event F13 Women's Triple Jump Final

25 August 2013 10:00

CBP: Nadia Williams, Middx, 13.40m, +0.3, 2011
Holder : Sineade Gutzmore, Warwickshire, 13.18m
Standard : 11.50m

Posn	Bib	Athlete	County	Perf		Points
2	163	Angela BARRETT	Middlesex	12.75	+1.4	10
4	331	Sineade GUTZMORE	Warwickshire	12.71	+0.6	8
7	520	Emma PRINGLE	North Eastern Counties	12.29	-0.6	7
3	373	Lisa JAMES	Cheshire	12.27	+1.5	6
5	570	Kirsty SMITH	Essex	11.70	-0.5	5
6	401	Yasmin LAKIN	Hertfordshire	11.52	-0.1	4
1	338	Rachel HANAGAN	Kent	11.50	-0.5	3

Event F19 Women's Discus Final

25 August 2013 10:00

CBP: Jackie McKernan, Northern Ireland, 60.52m, 1997
Holder : Kirsty Law, North District Scotland, 57.79m
Standard : 40.00m

Posn	Bib	Athlete	County	Perf		Points
1	402	Jade LALLEY	Surrey	56.53		10
2	288	Hannah EVENDEN	Yorkshire	34.85		8
3	409	Kirsty LAW	North District Scotland	52.38		7
4	529	Hollie REDMAN	Essex	42.89		6
5	482	Adele NICHOLL	North Wales	43.58		5
6	455	Sophie MERRITT	Hampshire	40.63		4
7	218	Faye CALVERT	Yorkshire	35.74		
8	615	Lucy UNDERDOWN	Kent	45.16		3
9	195	Laura BRITANE	Middlesex	42.05		2
10	355	Amy HOLDER	Berkshire	44.29		1

Event F16 Women's Pole Vault Final

25 August 2013 11:30

CBP: Janine Whitlock, Yorks, 4.10m, 2001
Holder : Zoe Brown, Northern Ireland, 3.90m
Standard : 3.00m

Posn	Bib	Athlete	County	Perf		Points
1	319	Ellie GOODING	Kent	3.80		10
2	260	Amy DEBEAUX	Surrey	3.70		8
3	589	Lucy STRICKLAND	Sussex	3.70		7
4	567	Louise SHORTLAND	Hertfordshire	3.50		6
5	360	Natalie HOOPER	Surrey	3.50		
6	183	Clare BLUNT	Yorkshire	3.50		4.5
6	540	Jenny ROBBINS	Nottinghamshire	3.50		4.5
8	154	Rachel ARNHEIM	Kent	3.50		
9	193	Jade BREWSTER	Sussex	3.40		
10	200	Stephanie BROOMHEAD	Middlesex	3.40		3
11	503	Caroline PARKINSON	Buckinghamshire	3.40		2
12	519	Vicky PRICE	Derbyshire	3.10		1
13	560	Danielle SCOTT	Hampshire	2.80		
	315	Rachel GIBBENS	Buckinghamshire			

Event F14 Women's High Jump Final

25 August 2013 11:15

CBP: Julie Bennett, Surrey, 1.86m, 2004
Holder : Julia Machin, Surrey, 1.73m
Standard : 1.65

Posn	Bib	Athlete	County	Perf	Points
1	162	Kierra BARKER	Hampshire	1.77	10
2	108	Moe SASEGBON	Hertfordshire	1.74	8
3	426	Julia MACHIN	Surrey	1.71	7
4	547	Pippa ROGAN	Berkshire	1.68	6
= 5	568	Beth SIDDONS	Essex	1.65	4
= 5	439	Deborah MARTIN	Kent	1.65	4
= 5	667	Chloe BOULTER	Staffordshire	1.65	4
= 8	637	Ella WIDDOP-GRAY	Middlesex	1.60	1
= 8	561	Katy SEALY	Suffolk	1.60	1
10	638	Charlotte WIGNALL	Yorkshire	1.55	
11	346	Cherelle HIBBERT	Bedfordshire	1.55	
12	592	Jade SURMAN	Warwickshire	1.45	

Event T21 Women's 400m Hurdles - Final

25 August 2013 11:40

CBP: Eilidh Child, East Dist Scotland, 55.52s, 2009
Holder : Caryl Granville, West Wales, 58.62s
Standard : 66.00s

Posn	Bib	Athlete	County	Perf	Points
1	664	Hayley McLEAN	Essex	58.98	10
2	263	Nisha DESAI	North Eastern Counties	59.56	8
3	261	Leslie DELGADO	Middlesex	62.27	7
4	217	Sarah CALCOTT	Cambridgeshire	63.27	6
5	253	Rachel CULSHAW	Lancashire	63.96	5
6	387	Sarah KEARSEY	Dorset	64.24	4
7	601	Mae THOMPSON	Surrey	64.28	3
8	411	Hazel LE CORNU	Leicestershire & Rutland	64.86	2

Event Women's 1500m - Final

25 August 2013 12:40

CBP: Natalie Harvey, Surrey/AUS, 4:17.95, 2003
Holder : Rachael Bamford, Yorkshire, 4:22.26
Standard : 4m 35.0

Posn	Bib	Athlete	County	Perf	Points
1	160	Rachael BAMFORD	Yorkshire	4:21.68	10
2	444	Sarah MCDONALD	North Eastern Counties	4:22.70	8
3	390	Sarah KEMSHALL	Humberside	4:23.04	7
4	458	Ceri MITCHELL	Hampshire	4:24.33	6
5	518	Ffion PRICE	South Wales	4:27.68	5
6	577	Katie SNOWDEN	Surrey	4:29.69	4
7	301	Rachael FRANKLIN	Lancashire	4:31.77	3
8	362	Emily HOSKER-THORNHILL	Kent	4:33.78	2
9	233	Gemma COE	Cambridgeshire	4:34.73	1
10	538	Sophie RICHES	Essex	4:36.54	
11	421	Jo LOCKER	Surrey	4:38.26	
12	210	Reeve WALCOTT NOLAN	Bedfordshire	4:40.09	

Event T24 Women's 100m - Heats

25 August 2013 13:00

CBP: Endurance Ojokolo, Kent, 11.19s, w, 1997/Jodie Williams, Herts, 11.24s, 2010
Holder : Amy Foster, Northern Ireland, 11.58s
Standard : 12.20s

Heat	Bib	Athlete	County	-1.2 m/s		Points
Heat 1						
	1	10 Emma BAILEY	Leicestershire & Rutland	12.18	Q	
	2	13 Sabrina BAKARE	Bedfordshire	12.36	Q	
	3	64 Megan HOULT	Humberside	12.55	Q	2
	4	18 Rachel BELL	Humberside	12.58		
	5	50 Ciara FLANNERY	Yorkshire	12.62		
	6	141 Charlotte WINGFIELD	Hertfordshire	12.75		
	7	58 Yehninne GAYLE	Surrey	13.02		
Heat 2						
	1	39 Montell DOUGLAS	Kent	11.74	Q	
	2	55 Nicola GILBERT	Middlesex	12.11	Q	
	3	84 Tamara MILLER	Warwickshire	12.22	Q	3
	4	85 Chinedu MONYE	Berkshire	12.40	q	
	5	61 Rachel HIGHFIELD	North Eastern Counties	12.45	q	
	6	35 Kadeena COX	Yorkshire	12.67		
	7	27 Laura CLARK	Hertfordshire	12.77		

Event T30 Women's 100m - Final

25 August 2013 14:40

CBP: Endurance Ojokolo, Kent, 11.19s, w, 1997/Jodie Williams, Herts, 11.24s, 2010
Holder : Amy Foster, Northern Ireland, 11.58s
Standard : 12.20s

Posn	Bib	Athlete	County	-1.4 m/s		Points
1	39	Montell DOUGLAS	Kent	11.72		10
2	10	Emma BAILEY	Leicestershire & Rutland	12.05		8
3	55	Nicola GILBERT	Middlesex	12.11		7
4	13	Sabrina BAKARE	Bedfordshire	12.22		6
5	85	Chinedu MONYE	Berkshire	12.48		5
6	61	Rachel HIGHFIELD	North Eastern Counties	12.51		4
DNS	64	Megan HOULT	Humberside			
DNS	84	Tamara MILLER	Warwickshire			

Event T28 Women's 400m - Heats

25 August 2013 14:10

CBP: Helen Karagounis, Notts, 53.32s, 2004

Holder : Joanna Mills, Northern Ireland, 55.35s

Standard : 57.00s

Heat 1	Bib	Athlete	County	Perf		Points
1	483	Gemma NICOL	East District Scotland	53.47	Q	2
2	263	Nisha DESAI	North Eastern Counties	55.62	Q	
3	340	Mikaela HARRISON	Yorkshire	56.22	Q	
4	498	Lesley OWUSU	Berkshire	56.52	q	
5	306	Krystal GALLEY	Kent	57.71	q	
6	505	Charlotte PATERSON	Humberside	58.01		
7	254	Tania-Cyrena CYRUS	Middlesex	58.14		

Heat 2	Bib	Athlete	County	Perf		Points
1	65	Mary IHEKE	Surrey	55.12	Q	
2	610	Holly TURNER	Sussex	57.16	Q	
3	647	Deborah WILLIS	Hertfordshire	57.21	Q	
4	552	Joanne RYAN	Essex	58.10		
5	659	Georgina YEARBY	Yorkshire	58.28		
6	150	Nina ANDERSON	Middlesex	58.98		

Event F22 Women's Shot Final

25 August 2013 15:30

CBP: Joanne Duncan, Essex, 17.11m, 2006

Holder : Sophie McKinna, Norfolk, 15.80m

Standard : 12.00m

Posn	Bib	Athlete	County	Perf		Points
1	545	Alison RODGER	West District Scotland	14.89		10
2	482	Adele NICHOLL	North Wales	13.69		8
3	493	Danielle OPARA	Berkshire	13.65		7
4	455	Sophie MERRITT	Hampshire	12.53		6
5	500	Simi PAM	Cambridgeshire	12.42		5
6	334	Rebecca HALL	Lincolnshire	12.41		4
7	592	Jade SURMAN	Warwickshire	12.34		3
8	615	Lucy UNDERDOWN	Kent	11.00		2

Event T35 Women's 400m - Final

25 August 2013 16:00

CBP: Helen Karagounis, Notts, 53.32s, 2004

Holder : Joanna Mills, Northern Ireland, 55.35s

Standard : 57.00s

Posn	Bib	Athlete	County	Perf		Points
1	65	Mary IHEKE	Surrey	54.33		10
2	263	Nisha DESAI	North Eastern Counties	56.01		8
3	340	Mikaela HARRISON	Yorkshire	56.41		7
4	498	Lesley OWUSU	Berkshire	56.87		6
5	306	Krystal GALLEY	Kent	57.75		5
6	610	Holly TURNER	Sussex	57.79		4
7	647	Deborah WILLIS	Hertfordshire	58.01		3
DNS	483	Gemma NICOL	East District Scotland			