

UK Inter Counties Athletic Championships
Bedford International Athletics Stadium
Sunday & Monday, 27 & 28 May 2007

Mens 100m FINAL				-0.7 M/S
1	19	Gerald Phiri	Yorks	10.66
2	6	Ben Ellis	Hants	10.74
2	50	James Ellington	Kent	10.74
4	49	Leroy Slue	Surrey	10.90
5	3	Matthew Thomas	Essex	10.91
6	13	Richard Kilty	N.E.Counties	10.91
7	8	Gary Carr	Kent	11.06
8	17	Ryan James	Warks	11.09

Mens 100m SemiFinal 1				-0.1 M/S
1	50	James Ellington	Kent	10.88 Q
2	13	Richard Kilty	North Eastern Counties	10.94 Q
3	3	Matthew Thomas	Essex	11.02 Q
4	17	Ryan James	Warks	11.03 Q
5	48	Eldridge Phiri	Yorks	11.03
6	53	Eugene Ayanful	Essex	11.04
7	20	Lloyd Rice	Avon & Somerset	11.06
8	22	Kevin Ellis	Cambs	11.28

Mens 100m SemiFinal 2				-0.1 M/S
1	19	Gerald Phiri	Yorks	10.90 Q
2	6	Ben Ellis	Hants	10.99 Q
3	49	Leroy Slue	Surrey	11.03 Q
4	8	Gary Carr	Kent	11.09 Q
5	15	Jermaine Downie	Staffs	11.12
6	42	Stuart Benson	Lincs	11.23
7	37	Andrew Jones	Shrops	11.32
8	36	Jason Hussain	Sussex	11.37

Mens 100m Heat 1				
1	8	Gary Carr	Kent	10.91 Q
2	3	Matthew Thomas	Essex	10.98 Q
3	49	Leroy Slue	Surrey	11 Q
4	53	Eugene Ayanful	Essex	11.02 q
5	42	Stuart Benson	Lincolnshire	11.12 q
6	7	Mark Collins	Hertfordshire	11.19
7	40	Lee Christopher	Cornwall	11.59

Mens 100m Heat 2				-1.0 M/S
1	6	Ben Ellis	Hampshire	10.97 Q
2	48	Eldridge Phiri	Yorkshire	11 Q
3	22	Kevin Ellis	Cambridgeshire	11.05 Q
4	37	Andrew Jones	Shropshire	11.06 q
5	17	Ryan James	Warwickshire	11.15
6	55	Darren Scott	Cheshire	11.24
7	47	Jason Greenidge	Essex	11.34

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Mens 100m Heat 3				-1.7 M/S	
1	20	Lloyd Rice	Avon & Somerset	11.01	Q
2	15	Jermaine Downie	Staffordshire	11.02	Q
3	36	Jason Hussain	Sussex	11.14	Q
4	32	Sean Taylor	Northamptonshire	11.15	
5	2	Josh Baxter	Berkshire	11.15	
6	52	Tremayne Gilling	Surrey	11.18	
7	51	Joshua Wood	Surrey	11.67	

Mens 100m Heat 4				-0.4 M/S	
1	50	James Ellington	Kent	10.79	Q
2	19	Gerald Phiri	Yorkshire	10.81	Q
3	13	Richard Kilty	North Eastern Counties	10.94	Q
4	54	Christopher Dougherty	Middlesex	11.15	
5	1	Darren Green	Bedfordshire	11.29	
6	23	Stephen Butterfield	Cheshire	11.33	
7	59	Robert Harl	Hertfordshire	11.57	

T20 Mens 400m A FINAL					
1	3	Graham Hedman	Essex	47.05	
2	8	Conrad Williams	Kent	47.35	
3	21	Chris Clarke	Bucks	47.85	
4	61	Jordan McGrath	Warks	47.99	
5	17	Nathan Woodward	Warks	48.30	
6	35	Adebowale Ademuyew	South Wales	49.01	
7	12	Hamim Lubaga	Middx	49.76	
SCR	60	Robert Davis	Warks		

T10 Mens 400m Heat 1					
1	64	Jordan McGrath	Warwickshire	48.53	Q
2	12	Hamim Lubgea	Middlesex	48.84	Q
3	38	Bruce Tasker	West Wales	49.24	
4	24	Tom Alldread	Derbyshire	50.13	
5	44	Aaron Teall	Oxfordshire	50.47	
6	25	Mark Linskill	Devon	50.71	
7	14	Patrick Hamilton	Northern Ireland	51.41	
DNS	1	Nigel Levine	Bedfordshire		

T10 Mens 400m Heat 2					
1	8	Conrad Williams	Kent	47.84	Q
2	17	Nathan Woodward	Warwickshire	48.10	Q
3	21	Chris Clarke	Buckinghamshire	48.20	q
4	36	Gavin Sellway	Sussex	49.03	
5	47	Robert Smith	Essex	49.90	
6	32	Damien Moss	Northamptonshire	49.97	
7	63	Steve Surety	Essex	50.12	
8	2	Matthew Quine	Berkshire	50.93	

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T10 Mens 400m Heat 3				
1	3	Graham Hedman	Essex	48.03 Q
2	35	Adebowale Ademuyew	South Wales	48.22 Q
3	60	Robert Davis	Warwickshire	48.28 q
4	18	Brian Doyle	West District Scotland	48.31
5	6	Andy Blow	Hampshire	48.89
6	19	Rhys Smith	Yorkshire	49.20
7	58	Ross Edgley	Staffordshire	49.73
8	33	Martin Cook	Nottinghamshire	50.05

Mens 110m Hurdles FINAL				
				-0.1 M/S
1	3	Gianni Frankis	Essex	14.24
2	48	Dominic Girdler	Leics	14.29
3	15	Nick Gayle	Staffs	14.31
4	35	Matthew Butler	S.Wales	14.41
5	23	Roger Skedd	Cheshire	14.46
6	16	Daniel Davis	Surrey	14.88
7	19	Charlie Kavanagh	Yorks	15.30
DNF	49	Richard Alleyne	Essex	

Mens 110m Hurdles Heat 1				
				1.9 M/S
1	3	Gianni Frankis	Essex	14.37 Q
2	35	Matthew Butler	South Wales	14.44 Q
3	23	Roger Skedd	Cheshire	14.47 q
4	19	Charlie Kavanagh	Yorkshire	14.97 q
5	13	Andrew Sturrock	North East Counties	15.02
6	6	Callum McKay	Hampshire	15.48
DNS	1	Mark Bouley	Bedfordshire	

Mens 110m Hurdles Heat 2				
				-1.4 M/S
1	49	Richard Alleyne	Essex	14.21 Q
2	48	Dominic Girdler	Guest	14.31 Q
3	15	Nick Gayle	Staffordshire	14.41 q
4	16	Daniel Davis	Surrey	14.87 q
5	17	Darren Lewis	Staffordshire	14.99
6	14	Luke Reynolds	Northern Ireland	15.26
7	7	Simon Wombwell	Hertfordshire	15.63

Mens 3000m Steeplechase FINAL				
1	17	Simon Wurr	Warks	09:01.92
2	7	Jon Pepper	Herts	09:19.11
3	13	Chris Sampson	North Eastern Counties	09:20.05
4	22	Glen Watts	Cambs	09:33.08
5	28	Ed Womersley	Glos	09:36.68
6	8	Adrian Whitwam	Kent	09:40.89
7	14	Stephen Scullion	N.Ireland	09:50.41
8	3	Rob Warner	Essex	09:51.37
9	9	Thomas Cornthwaite	Lancs	09:55.77
10	36	James Baker	Sussex	09:57.09
11	33	Matt Blundon	Notts	10:03.62
12	6	Matt West	Hants	10:03.94
DNF	1	Liam Smith	Beds	

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Mens 10,000m FINAL				
1	10	Mark Powell	Leicestershire	30:26.37
2	1	Hugh Lobb	Bedfordshire	30:29.77
3	11	Hywel Care	Merseyside	30:41.28
4	7	Kevin Skinner	Hertfordshire	30:51.13
5	3	Chripian Bloomfield	Essex	31:17.64
6	16	John Hamblen	Surrey	32:00.72
7	36	Chris Thomson	Sussex	32:02.15
8	12	Mike Boucher	Middlesex	35:23.74

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Womens 200m FINAL				-2.4M/S
1	50	Victoria Barr	North East Counties	24.02
2	16	Helen Pryer	Surrey	24.26
3	21	Joey Duck	Bucks	24.37
4	47	Denise Gayle	Middx	24.58
5	6	Rhiannon Burden	Hants	24.61
6	39	Melinda Cooksey	Worcs	24.70
SCR	12	Perri Shakes-Drayton	Middx	
SCR	49	Donna Frazer	Surrey	

Womens 200m SemiFinal 1				-1.2M/S
1	49	Donna Fraser	Surrey	23.58 Q
2	12	Perri Shakes-Drayton	Middx	24.21 Q
3	39	Melinda Cooksey	Worcs	24.42 Q
4	47	Denise Gayle	Middx	24.55 Q
5	60	Elleanor Ruddock	Warks	24.59
6	46	Elaine O'Neil	Wilts	24.60
7	30	Annabelle Lewis	Humberside	25.46
8	48	Sabrina Scott	Surrey	44.37

Womens 200m SemiFinal 2				-0.9M/S
1	16	Helen Pryer	Surrey	23.99 Q
2	50	Victoria Barr	North Eastern Counties	24.00 Q
3	21	Joey Duck	Bucks	24.23 Q
4	6	Rhiannon Burden	Hants	24.46 Q
5	23	Lucy Evans	Cheshire	24.53
6	45	Nicole Sadler	Suffolk	25.26
7	20	Emma Heath	Somerset	25.59
DNS	2	Chinedu Monye	Berks	

Womens 200m Heat 1				-0.6M/S
1	49	Donna Fraser	Surrey	23.82 Q
2	39	Melinda Cooksey	Worcester	24.48 Q
3	6	Rhiannon Burden	Hampshire	24.61 Q
4	20	Emma Heath	Avon	25.15 q
5	30	Annabelle Lewis	Humberside	25.15 q
6	36	Laura Hithchman	Sussex	25.43
DNS	1	Lizzie Wright	Bedfordshire	

Womens 200m Heat 2				-2.2M/S
1	60	Elleanor Ruddock	Warwickshire	24.73 Q
2	23	Lucy Evans	Cheshire	24.79 Q
3	2	Chinedu Monye	Berkshire	24.80 Q
4	45	Nicole Sadler	Suffolk	25.29 q
5	3	Joanna Ryan	Essex	25.43
6	9	Laura Davies	Lancashire	26.09
7	32	Gemma Elliott	Northamptonshire	26.32

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Womens 200m Heat 3				-2.1M/S	
1	50	Victoria Barr	North Eastern Counties	24.41	Q
2	12	Perri Shakes-Drayton	Middlesex	24.41	Q
3	48	Sabrina Scott	Surrey	25.24	Q
4	61	Natalie Jowett	Buckinghamshire	25.35	
5	17	Michelle Thomas	Warwickshire	25.97	
6	63	Bernice Wilson	Yorkshire	26.15	
DNS	58	Rachel Lewington	Hampshire		

Womens 200m Heat 4				-4.8M/S	
1	16	Helen Pryer	Surrey	24.61	Q
2	21	Joey Duck	Buckinghamshire	24.70	Q
3	47	Denise Gayle	Middlesex	24.76	Q
4	46	Elaine O'Neil	Wiltshire	24.81	q
5	13	Lauren Arthur	North East Counties	25.43	
6	10	Seemita Gumbs	Leicestershire	25.56	
7	19	Hannah Bird	Yorkshire	25.71	

Womens 800m FINAL					
1	11	Vicky Griffiths	Merseyside	02:07.04	
2	12	Michaela Hutchinson	Middlesex	02:07.50	
3	28	Rachel Felton	Gloucestershire	02:10.09	
4	58	Harriet Scott	Essex	02:10.27	
5	3	Faye Fullerton	Essex	02:10.99	
6	43	Kathryn Evans	North District Scotland	02:11.78	
7	4	Lynsey Sharpe	East District Scotland	02:11.85	
DNS	39	Anna Simmonds	Worcestershire		

Womens 800m Heat 1					
1	11	Vicky Griffiths	Merseyside	02:06.89	Q
2	3	Faye Fullerton	Essex	02:08.53	Q
3	43	Kathryn Evans	North District Scotland	02:09.04	q
4	58	Harriet Scott	Essex	02:09.07	q
5	6	Amy Campbell	Hampshire	02:13.63	
6	16	Emily Adams	Surrey	02:14.20	
7	22	Ruth Watson	Cambridgeshire	02:18.77	

Womens 800m Heat 2					
1	12	Michaela Hutchinson	Middlesex	02:09.01	Q
2	39	Anna Simmonds	Worcestershire	02:09.67	Q
3	4	Lynsey Sharpe	East District Scotland	02:09.80	q
4	28	Rachel Felton	Gloucestershire	02:09.85	q
5	47	Lucy Dowsett	Cambridgeshire	02:11.14	
6	36	Sarah Tomlins	Sussex	02:12.62	
7	7	Nicki Silver	Hertfordshire	02:16.19	
8	17	Sarah Rowton	Warwickshire	02:19.61	

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Womens 5000m FINAL					
1	3	Jo Wilkinson	Essex	16:46.27	
2	13	Morag Mcdonell	N.E.Counties	17:00.08	
3	59	Dani Sael	Essex	17:02.99	
4	14	Gill Shannon	N.Ireland	17:13.19	
5	19	Alex Gosling	Yorks	17:16.71	
6	36	Fiona Clark	Sussex	17:31.12	
7	33	Nicola Bamford	Notts	17:35.93	
8	8	Bryony Proctor	Kent	17:37.50	
9	31	Jane Clarke	Norfolk	17:54.24	
10	21	Claire Pusey	Bucks	18:25.99	
11	44	Josephine Rhodes	Oxon	19:05.09	
12	1	Helen Prizzell	Beds	19:05.30	
Womens 100m Hurdles FINAL					
				-0.1M/S	
1	58	Sara Mcgreavy	Warks	13.45	
2	23	Katie Read	CHeshire	13.86	
3	18	Alyssa Fullelove	W.District Scotland	14.10	
4	60	Liz Fairs	Derbys	14.11	
5	38	Heather Jones	W.Wales	14.36	
DNF	19	Zara Hohn	Yorks		
SCR	48	Nusrat Ceesay	Essex		
SCR	3	Julie Pratt	Essex		
Womens 100m Hurdles Heat 1					
				-1.5M/S	
1	58	Sara Mcgreavy	Warwickshire	13.59	Q
2	48	Nusrat Ceesay	Essex	14.03	Q
3	38	Heather Jones	West Wales	14.21	q
4	1	Ros Gonse	Bedfordshire	14.68	
5	13	Sara Todd	North East Counties	14.74	
6	29	Gemma Wherrett	Herefordshire	14.75	
7	44	Martine Bomb	Oxfordshire	14.97	
8	21	Chloe Whalley	Buckinghamshire	15.37	
Womens 100m Hurdles Heat 2					
				-1.5M/S	
1	23	Katie Read	Cheshire	13.68	Q
2	60	Liz Fairs	Derbyshire	14.03	Q
3	18	Alyssa Fullelove	West District Scotland	14.09	q
4	12	Angelita Broadbelt-B	Middlesex	14.34	
5	11	Helen Asher	Merseyside	14.66	
6	37	Gemma Weetman	Shropshire	15.06	
7	25	Karla Drew	Devon	15.16	
8	6	Samantha Vaile	Hampshire	17.86	
Womens 100m Hurdles Heat 3					
				-0.2M/S	
1	3	Julie Pratt	Essex	14.24	Q
2	19	Zara Hohn	Yorkshire	14.45	Q
3	36	Leanne Buxton	Sussex	14.52	
4	20	Joanna Thorn	Avon	14.81	
5	22	Grace Clements	Cambs.	15.04	
6	49	Catherine Wearing	Kent	15.14	
DNF	50	Helen Morton	Sussex		
SCR	16	Channell Garnett	Surrey		

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Mens 200m FINAL				
1	8	Geoffrey Balogun	Kent	20.94
2	65	Rabah Yusif	North Eastern Counties	21.07
3	12	Leon Baptiste	Middx	21.08
4	19	Simon Faraden	Yorks	21.13
5	6	Ben Ellis	Hants	21.35
6	1	Nigel Levine	Beds	21.40
7	16	Jonathan Browne	Surrey	21.57
SCR	63	Gerald Phiri	Yorks	

Mens 200m SemiFinal 1					
1	19	Simon Faraden	Yorks	21.02	Q
2	12	Leon Baptiste	Middx	21.05	Q
3	6	Ben Ellis	Hants	21.12	Q
4	1	Nigel Levine	Beds	21.53	Q
5	13	Richard Kilty	North Eastern Counties	21.76	
6	15	James Tipper	Staffs	21.81	
7	35	Andrew Watkins	South Wales	21.83	
8	23	Darren Scott	Cheshire	22	

Mens 200m SemiFinal 2					
1	65	Rabah Yusif	North Eastern Counties	20.85	Q
2	8	Geoffrey Balogun	Kent	20.86	Q
3	63	Gerald Phiri	Yorks	20.92	Q
4	16	Jonathan Browne	Surrey	21.44	Q
5	62	Aaron Balogun	Essex	21.46	
6	42	Stuart Benson	Lincs	22.14	
DNF	56	Julian Thomas	Warks	0	
SCR	33	Paul Judson	Notts	0	

Mens 200m Heat 1					
1	56	Julian Thomas	Warks	21.29	Q
2	1	Nigel Levine	Beds	21.75	Q
3	36	Jason Hussain	Sussex	21.81	
4	50	Peter Stafford	Herts	22.11	
5	32	Sean Taylor	Northants	22.12	
6	3	Matthew Thomas	Essex	22.23	
7	64	Robert Harl	Herts	22.40	

Mens 200m Heat 2					
1	12	Leon Baptiste	Middx	21.04	Q
2	33	Paul Judson	Notts	21.24	Q
3	16	Jonathan Browne	Surrey	21.53	q
4	13	Richard Kilty	N.E.Counties	21.63	q
5	42	Stuart Benson	Lincs	21.74	q
6	44	Ben Owen	Oxon	21.76	
7	51	James Moore	S.Wales	22.98	

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Mens 200m Heat 3					
1	35	Andrew Watkins	S.Wales	21.50	Q
2	15	James Tipper	Staffs	21.63	Q
3	23	Darren Scott	Cheshire	21.75	q
4	18	Craig Flemming	W.District Scotland	21.84	
5	7	Adam Daish	Herts	21.84	
6	17	Luke Lennon-Ford	Warks	22.25	
7	53	Menge Osei	Essex	22.69	

Mens 200m Heat 4					
1	19	Simon Faranden	Yorks	21.13	Q
2	65	Rabah Yusif	N.E.Counties	21.22	Q
3	63	Gerald Phiri	Yorkshire	21.35	q
4	62	Aaran Balogun	Essex	21.49	q
5	55	Phil Doorgachurn	Surrey	21.91	
6	68	Stephen Butterfield	Cheshire	22.20	
7	52	Leroy Slue	Surrey	22.32	
8	58	Darren Green	Beds	22.90	

Mens 200m Heat 5					
1	8	Geoffrey Balogun	Kent	21.27	Q
2	6	Ben Ellis	Hants	21.48	Q
3	2	Stephen Johnson	Berks	21.75	
4	54	James Bridge	Kent	22.07	
5	46	Gilbert Opiyo-Mbiru	Wilts	22.19	
6	67	Eldridge Phiri	Yorks	22.26	
7	28	Nick Kanonik	Glos	22.38	
8	22	Tyler Fayose	Cambs	22.54	

Mens 800m FINAL					
1	28	James Brewer	Glous	01:52.97	
2	9	Paul Bradshaw	Lancs	01:54.20	
3	15	Myles Barrett	Staffs	01:55.71	
4	36	Lee Emanuel	Sussex	01:55.99	
5	19	Simon Wray	Yorks	01:57.06	
6	33	Martyn Gibbons	Notts	01:57.29	
7	4	Gary Smyth	East District Scotland	01:58.80	
8	3	Scott Phillips	Essex	01:59.64	

T34 Mens 800m Heat 1					
1	9	Paul Bradshaw	Lancs	01:57.54	Q
2	33	Martyn Gibbons	Notts	01:57.92	Q
3	3	Scott Phillips	Essex	01:58.14	q
4	19	Simon Wray	Yorks	01:58.90	q
5	4	Gary Smith	E.District Scotland	01:59.02	q
6	17	Nicholas Lyster	Warks	02:00.43	
DNS	6	Dave Raggan	Hants	#REF!	

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T34 Mens 800m Heat 2					
1	28	James Brewer	Glos	01:58.12	Q
2	36	Lee Emanuel	Sussex	01:58.44	Q
3	15	Myles Barrett	Staffs	01:58.57	q
4	7	Daniel Poulton	Herts	01:59.35	
5	14	Michael Dyer	N.Ireland	02:00.06	
6	2	Richards Larsen	Berks	02:00.41	
7	8	Joe Durrant	Kent	02:02.91	
DNS	1	Peter Bridges	Beds	00:00.00	

Mens 1 Mile FINAL					
1	2	Gareth Balch	Berks	04:21.40	
2	13	James Thie	S.Wales	04:21.84	
3	6	Michael Skinner	Kent	04:21.90	
4	15	Matthew Bowser	Lincs	04:22.36	
5	11	Matt Barnes	Cheshire	04:22.53	
6	9	Garry Bradbury	Surrey	04:24.16	
7	16	Tom Penfold	Oxon	04:24.73	
8	17	David Bishop	Wilts	04:25.78	
9	19	Dean Lacy	Kent	04:26.21	
10	12	Ander Russel	Glos	04:26.47	
11	7	Matt Wood	Lancs	04:27.58	
12	8	Paul Pollock	N.Ireland	04:28.23	
13	3	Ashley Raace	Essex	04:28.98	
14	14	Ben Warren	Sussex	04:30.22	
15	5	Lee Reynolds	Herts	04:35.56	
16	18	Michael Tallis	Wilts	04:36.42	
DNS	1	Oukeen Matthews	Beds	00:00.00	
DNS	4	Dave Raggan	Hants	00:00.00	
DNS	10	Philip Tedd	Yorks	00:00.00	

Mens 5000m FINAL					
1	19	David Webb	Yorks	14:40.56	
2	28	Tom Russell	Glos	14:45.63	
2	50	Phil Hinch	Warks	14:47.33	
4	20	Adrian Marriott	Avon & Somerset	14:49.41	
5	44	Matthew Ashton	Oxon	14:49.49	
6	35	Jonathan Phillips	S.wALES	14:55.63	
7	9	Ben Fish	Lancs	14:57.81	
8	51	Keith Gerrard	Lancs	15:00.24	
9	1	Matt James	Beds	15:01.89	
10	13	Chris Sampson	N.E.Counties	15:15.40	
11	12	Dan Dilmado	Middx	15:24.71	
12	8	James Connor	Kent	15:26.11	
13	52	Kevin Robertson	Middx	15:37.38	
14	3	Ross Clarke	Essex	15:52.75	
DNS	6	Ben Moreau	Hants		

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T46 Mens 400m Hurdles FINAL				
1	1	Robert Lewis	Beds	53.53
2	22	Tom Carey	Cambs	54.03
3	16	Austin Ferns	Surrey	54.21
4	10	Lloyd Gumbs	Leics	57.34
DNS	65	Sean Reidy	Cambs	
DNF	18	Alasdair Strange	W.District Scotland	
SCR	3	Louis Persent	Essex	
SCR	6	Peter Irving	Hants	

T33 Mens 400m Hurdles Heat 1					
1	10	Lloyd Gumbs	Leics	53.13	Q
2	3	Louis Persent	Essex	53.46	Q
3	6	Peter Irving	Hants	54.83	q
4	14	Thomas Pattern	N.Ireland	56.20	
5	36	Sam Parsons	Sussex	57.24	
6	25	Lee Salter	Devon	57.70	
7	62	James Parker	Surrey	57.79	
8	17	Brenton Hardware	Warks	58.05	

T33 Mens 400m Hurdles Heat 2					
1	1	Robert Lewis	Beds	53.48	Q
2	16	Austin Ferns	Surrey	54.65	Q
3	65	Sean Reidy	Cambs	55.20	q
4	23	Andrew Hopkinson	Cheshire	55.39	
5	44	Jonny Lodowski	Oxon	55.80	
6	2	Steven Garrett	Berks	56.81	
7	8	Ed Harrison	Kent	57.82	
8	7	Aaron Dombey	Herts	58.19	

T33 Mens 400m Hurdles Heat 3					
1	22	Tom Carey	Cambs	54.86	Q
2	18	Alasdair Strange	W.District Scotland	55.58	Q
3	19	Thomas Grantham	Yorks	56.87	
4	12	Jean Charles Roghi	Middx	56.88	
5	15	Darren Lewis	Staffs	57.56	
6	5	Tom O'Brien	Greater Manchester	59.32	
7	30	Daniel Brandwood	Humberside	59.42	
8	39	Daniel Everett	Worcs	01:01.41	

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Mens 3000m Walk FINAL				
1	0	Daniel King	Essex	11:58.50
2	0	Dominic King	Essex	12:26.14
3	0	Mark Williams	Staffs	12:46.45
4	0	Ben Wears	North Eastern Counties	13:08.83
5	0	Scott Davies	Essex	13:23.77
6	0	Nick Silvestre	Hants	13:59.51
7	0	Antonio Cirillo	West Wales	13:59.76
8	0	Mark O'Cane	Warks	14:19.52
9	0	Alex Wright	Surrey	14:22.90
10	0	Phil Williams	Herts	14:45.08
11	0	Jack Tomlin	Kent	14:53.95
12	0	Trevor Jones	Middx	15:09.69
13	0	Christopher Hobbs	Kent	15:10.48
0	0	Tim Watt	Surrey	15:36.22
0	0	Tony Bell	Cheshire	16:17.48
0	0	Paul Evernett	Yorks	00:00.00
0	0	Mark Waall	Northants	00:00.00

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Womens 100m FINAL				
1	8	Anike Shand-Whittingham	Kent	11.82
2	39	Melinda Cooksey	Worcs	11.95
3	58	Rhiannon Burden	Hants	12.02
4	13	Victoria Barr	North Eastern Counties	12.07
5	21	natalie Jowett	Bucks	12.09
6	60	Elleanor Ruddock	Warks	12.13
7	23	Lucy Evans	Cheshire	12.20
8	15	Claire Spurway	Staffs	12.31

Womens 100m SemiFinal 1					
1	8	Anike Shand-Whittingham	Kent	11.77	Q
2	58	Rhiannon Burden	Hants	11.89	Q
3	60	Elleanor Ruddock	Warks	12.04	Q
4	15	Claire Spurway	Staffs	12.11	Q
5	19	Zara Hohn	Yorks	12.22	
6	5	Helen Taylor	Gt Manchester	28.92	
DNS	12	Toremema Dorsett	Middx	0.00	
SCR	16	Helen Pryor	Surrey	0.00	

Womens 100m SemiFinal 2					
1	39	Melinda Cooksey	Worcs	11.81	Q
2	13	Victoria Barr	North Eastern Counties	11.96	Q
3	21	natalie Jowett	Bucks	12.01	Q
4	23	Lucy Evans	Cheshire	12.08	Q
5	52	Anoma Sooriyaarachchi	South Wales	12.11	
6	30	Annabelle Lewis	Humberside	12.38	
7	42	Julia White	Lincs	12.38	
SCR	46	Elaine O'Neill	Wilts	0.00	

Womens 100m Heat 1					
1	8	Anike Shand-Whittingham	Kent	11.82	Q
2	46	Elaine O'Neil	Warks	11.97	Q
3	21	Natalie Jowett	Bucks	12.02	Q
4	42	Julia White	Lincs	12.24	q
5	38	Emily Mitchell	West Wales	12.75	
DNS	6	Emily Young	Hants		
DNS	7	Josh Baxter	Berks		

Womens 100m Heat 2					
1	39	Melinda Cooksey	Worcs	11.84	Q
2	58	Rhiannon Burdon	Hants	11.86	Q
3	23	Lucy Evans	Cheshire	12.01	Q
4	15	Claire Spurway	Staffs	12.08	q
5	17	Shelley Went	Warks	12.36	
6	51	Sam Vaile	Hants	12.54	
DNS	3	Asha Phillips	Essex		

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Womens 100m Heat 4					
1	13	Victoria Barr	N.E.Counties	11.97	Q
2	60	Elleanor Ruddock	Warks	11.98	Q
3	5	Helen Taylor	Greater Manchester	12.07	Q
4	30	Annabelle Lewis	Humberside	12.18	q
5	12	Toremema Dorsett	Middx	12.20	q
6	10	Seemita Gumbs	Leics	12.25	
7	32	Kerry Salter	Northants	12.68	

Womens 400m FINAL					
1	11	Messey	Merseyside	54.68	
2	2	Owusu	Berkshire	55.09	
3	16	Bobell	Surrey	55.90	
4	3	Henrietta Kodilinye-Sims	Essex	56.23	
5	37	Claire Burgoyne	Shropshire	56.50	
6	51	Bird	Essex	56.68	
7	36	Kelly Denyer	Sussex	60.33	
scr	44	Claire Triggs	Oxon		

Womens 400m Heat 1					
1	3	Henrietta Kodilinye-Sims	Essex	56.80	Q
2	37	Claire Burgoyne	Shropshire	57.73	Q
3	44	Claire Triggs	Oxon	58.24	q
4	36	Kelly Denyer	Sussex	58.94	q
5	17	Michelle Thomas	Warks	59.39	
6	6	Rachel Lewington	Hants	59.51	
SCR	13	Nicha Nesai	N.E.Counties	0	

Womens 400m Heat 2					
1	2	Owusu	Berkshire	56.14	Q
2	11	Messey	Merseyside	56.29	Q
3	51	Bird	Essex	56.66	q
4	16	Bobell	Surrey	57.25	q
5	1	Middleton	Bedfordshire	01:00.31	
6	32	Elliott	Northamptonshire	01:01.62	
DNS	14	Quinn	Northern Ireland	0	

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Womens 1500m FINAL				
1	15	Emma Jackson	Staffs	04:26.63
2	44	Hannah England	Oxon	04:27.63
3	14	Kelly Reid	N.Ireland	04:28.23
4	53	Tina Brown	Warks	04:29.65
5	3	Alexa Joel	Essex	04:31.69
6	52	Harriett Scott	Essex	04:32.95
7	20	Susie Hignett	Avon & Somerset	04:33.83
8	51	Emma Ward	Staffs	04:34.34
9	17	Claire Tarplee	Warks	04:37.54
10	35	Debbie Jones	S.Wales	04:38.26
11	12	Hayley Yelling	Middx	04:39.24
12	16	Catherine Bryson	Surrey	04:41.08
13	31	Ruth Senior	Norfolk	04:41.68
14	6	Ceri Mitchel	Hants	04:42.45
15	21	Carolyn Boosey	Bucks	04:42.76
16	19	Lucy O'Gorman	Yorks	04:45.47
17	37	Sian Davies	Shrops	04:53.41
18	45	Sarah Bird	Suffolk	05:05.12

Womens 400m Hurdles FINAL				
1	21	Hannah Douglas	Bucks	60.98
2	38	Caryl Granville	W.Wales	61.86
3	3	Nicola Martell	Essex	62.98
4	13	Sara Todd	N.E.Counties	63.62
5	16	Emily Parker	Surrey	63.77
6	15	Wendy Davidson	Staffs	64.06
7	20	Layla Corfield	Avon & Somerset	65.04
8	37	Charlotte Roberts	Shrops	65.39

Womens 400m Hurdles Heat 1					
1	21	Hannah Douglas	Bucks	01:01.78	Q
2	16	Emily Parker	Surrey	01:03.87	Q
3	15	Wendy Davidson	Staffs	01:04.49	q
4	20	Layla Corfield	Avon & Somerset	01:05.18	q
5	8	Sarah McLellan	Kent	01:06.92	
6	6	Louise Douglass	Hants	01:07.11	
7	12	Caroline Heaney	Middx	01:07.25	
DNS	59	Meghan Beasley	Warks		

Womens 400m Hurdles Heat 2					
1	3	Nicola Martell	Essex	01:04.27	Q
2	38	Caryl Granville	W.Wales	01:04.45	Q
3	13	Sara Todd	N.E.Counties	01:04.88	q
4	37	Charlotte Roberts	Shrops	01:05.81	q
5	7	Christina Silva	Herts	01:06.17	
6	42	Jodie Favell	Lincs	01:09.00	
DNS	17	Samantha Day	Warks		
DNS	1	Kay Brown	Beds		

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Womens 3000m Walk FINAL				
1	0	Johanna Jackson	North Eastern Counties	13:22.72
2	0	Sophie Hales	Sussex	13:57.45
3	0	Rebecca Marsh	Yorks	14:53.21
4	0	Kathryn Grainger	Yorks	15:23.17
5	0	Verity Snook	Hants	15:24.71
6	0	Chelsea O'Rourke-Hobbs	Essex	15:57.93
7	0	Fiona McGorun	Leics	16:00.91
8	0	Ann Wheeler	Warks	16:18.21
9	0	Diane Bradley	Kent	16:30.55
10	0	Maureen Noel	Middx	17:57.09
0	0	Estle Vljoen	Surrey	00:00.00
Womens 2000m S/Chase FINAL				
1	19	Celia De Maria	Yorks	07:05.48
2	23	Emily Brown	Cheshire	07:21.68
3	31	Dani Nimmock	Norfolk	07:28.38
4	8	Shavaun Henry	Kent	07:31.25
5	12	Ashley McGuigan	Middx	07:32.54
6	3	Kirsty Tydeman	Essex	07:33.49
7	1	Nicola Sykes	Beds	00:00.00