

T12 U23M 100m - Heats

UK Best : Dwain Chambers, Belgrave Harriers, 9.97, 1999

CBP Jonathan Barbour, Blackheath H, 10.13, 2001

HEAT 1

WS = +6.1m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	22	James ALAKA	Blackheath & Bromley AC	10.25	Q
2	7	Charlie DACK	Loughborough/Southend AC	10.44	Q
3	76	Richard ODUMOSU	Shaftesbury Barnet Harriers	10.59	Q
4	58	Jordan HUGGINS	Enfield & Haringey AC	10.60	q
5	25	Saul PAINE	Victoria Park H	10.85	q
6	53	Chaka MAILLET	Thames Valley H	11.14	
7	17	Alex OJO	Windsor Slough Eton & Hounslow	DQ	

HEAT 2

WS = +3.1m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	32	Deji TOBAIS	Windsor Slough Eton & Hounslow	10.37	Q
2	1	Ryan OSWALD	Sale Harriers Manchester	10.58	Q
3	973	Gareth PRICE	Cardiff AAC	10.71	Q
4	41	Ricky REEVES	City of Sheffield AC	10.72	q
5	50	Moses BAWO	Thames Valley H	10.95	
6	52	Errol HOUSTON	Enfield & Haringey AC	DQ	

HEAT 3

WS = +2.8m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	11	Andrew ROBERTSON	Sale Harriers Manchester	10.47	Q
2	28	Olufunmi SOBODU	Blackheath & Bromley AC	10.74	Q
3	971	Rashid KAKOZZA	Newham & Essex Beagles AC	10.80	Q
4	55	William DE TORVY	Thames Valley H	10.90	
5	18	Jamie BROCK	Yate AC	11.14	
6	73	Santino DUMMETT	Telford AC	11.19	

HEAT 4

WS = +3.1 m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	40	Kieran SHOWLER-DAVIS	Basingstoke	10.50	Q
2	29	Eugene AYANFUL	Woodford Green & Essex L	10.51	Q
3	2	Greg CACKETT	Belgrave Harriers	10.56	Q
4	26	Jeffrey OCRAH	Herne Hill Harriers	10.81	q
5	122	Ryan FARRINGTON	Birchfield Harriers	11.05	
6	19	Adam MOHAMMED	Loughborough Students AC	11.05	

T20 U23M 100m - Semi-Finals

UK Best : Dwain Chambers, Belgrave Harriers, 9.97, 1999

CBP Jonathan Barbour, Blackheath H, 10.13, 2001

SEMI 1

WS = +3.1m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	22	James ALAKA	Blackheath & Bromley AC	10.32	Q
2	40	Kieran SHOWLER-DAVIS	Basingstoke	10.50	Q
3	7	Charlie DACK	Loughborough/Southend AC	10.53	Q
4	2	Greg CACKETT	Belgrave Harriers	10.53	q
5	58	Jordan HUGGINS	Enfield & Haringey AC	10.63	
6	28	Olufunmi SOBODU	Blackheath & Bromley AC	10.68	
7	971	Rashid KAKOZZA	Newham & Essex Beagles AC	10.78	
8	25	Saul PAINE	Victoria Park H	10.96	

SEMI 2

WS = +3.7m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	11	Andrew ROBERTSON	Sale Harriers Manchester	10.26	Q
2	32	Deji TOBAIS	Windsor Slough Eton & Hounslow	10.28	Q
3	1	Ryan OSWALD	Sale Harriers Manchester	10.44	Q
4	29	Eugene AYANFUL	Woodford Green & Essex L	10.51	q
5	41	Ricky REEVES	City of Sheffield AC	10.62	
6	76	Richard ODUMOSU	Shaftesbury Barnet Harriers	10.68	
7	26	Jeffrey OCRAH	Herne Hill Harriers	10.69	
8	973	Gareth PRICE	Cardiff AAC	10.71	

T31 U23M 100m - FINAL

UK Best : Dwain Chambers, Belgrave Harriers, 9.97, 1999

CBP Jonathan Barbour, Blackheath H, 10.13, 2001

WS = +0.9m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	22	James ALAKA	Blackheath & Bromley AC	10.23
2	11	Andrew ROBERTSON	Sale Harriers Manchester	10.29
3	32	Deji TOBAIS	Windsor Slough Eton & Hounslow	10.51
4	2	Greg CACKETT	Belgrave Harriers	10.54
5	1	Ryan OSWALD	Sale Harriers Manchester	10.57
6	7	Charlie DACK	Loughborough/Southend AC	10.61
7	29	Eugene AYANFUL	Woodford Green & Essex L	10.68
8	40	Kieran SHOWLER-DAVIS	Basingstoke	54.00

T41 U23M 200m - Heats

UK Best : Christian Malcolm, Cardiff AAC, 20.08, 2001

CBP Chris Lambert, Belgrave Harriers, 20.58, 2003

HEAT 1

WS = -0.1m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	336	Danny TALBOT	Birchfield Harriers	21.58	Q
2	387	Luke EVANS	Blackburn Harriers	21.76	Q
3	1	Ryan OSWALD	Sale Harriers Manchester	22.14	
4	29	Eugene AYANFUL	Woodford Green & Essex L	22.21	
5	971	Rashid KAKOZZA	Newham & Essex Beagles AC	22.41	
6	466	Gwilym COOPER	Brighton & Hove City AC	22.54	
7	12	Mark DYBLE	Basildon AC	22.58	
8	496	Jerome MCINTOSH	City of Sheffield AC	23.00	

HEAT 2

WS = +0.6m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	978	Richard KILTY	Gateshead Harriers	21.38	Q
2	218	Chris CRAIG	Sale Harriers Manchester	21.52	Q
3	201	Lawrence WOOLDRIDGE	Kent AC	21.71	q
4	957	Junior EJEHU	Woodford Green & Essex L	21.87	q
5	973	Gareth PRICE	Cardiff AAC	21.95	
6	427	Tom MOSLEY	Leeds City AC	22.25	
7	122	Ryan FARRINGTON	Birchfield Harriers	22.90	
8	50	Moses BAWO	Thames Valley H	22.96	

HEAT 3

WS = -1.4m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	22	James ALAKA	Blackheath & Bromley AC	21.72	Q
2	425	Joseph KIBIRIGE	Bath University	21.79	Q
3	339	Lumar SYLVESTER	Thames Valley H	21.89	
4	255	Rory EVANS	Stockport harriers	21.91	
5	41	Ricky REEVES	City of Sheffield AC	22.21	
6	212	Tom HIGGS	Tonbridge AC	22.41	
7	958	Rhys KNAPMAN	Cardiff AAC	22.41	
DNS	40	Kieran SHOWLER-DAVIS	Basingstoke		

T52 U23M 200m - FINAL

UK Best : Christian Malcolm, Cardiff AAC, 20.08, 2001

CBP Chris Lambert, Belgrave Harriers, 20.58, 2003

WS = +0.7m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	336	Danny TALBOT	Birchfield Harriers	21.01
2	22	James ALAKA	Blackheath & Bromley AC	21.09
3	978	Richard KILTY	Gateshead Harriers	21.16
4	218	Chris CRAIG	Sale Harriers Manchester	21.63
5	425	Joseph KIBIRIGE	Bath University	21.68
6	201	Lawrence WOOLDRIDGE	Kent AC	21.73
7	387	Luke EVANS	Blackburn Harriers	21.90
8	957	Junior EJEHU	Woodford Green & Essex L	21.94

T10 U23M 400m - Heats

UK Best : David Grindley, Wigan, 44.47, 1992

CBP Robert Tobin, Basingstoke & Mid Hants AC, 46.27, 2004

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	130	Jamie-Kerr BOWIE	Inverness Harriers AAC	48.62	Q
2	638	Jordan MCGRATH	Birchfield Harriers	48.71	Q
3	321	Markus HUNT	Chelmsford AC/Loughborough Uni	49.00	Q
4	185	Timothy BURN	Richmond	49.41	
5	395	Luke EDWARDS	City of Sheffield AC	49.44	
6	400	Matthew HARRISON	Crawley AC	50.11	
7	388	James ECCLES	Bolton Utd Harriers	51.51	
8	568	Sam POULTON	Stevenage	52.35	

HEAT 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	631	Luke LENNON-FORD	Birchfield Harriers	47.36	Q
2	234	Michael WARNER	Notts AC	47.56	Q
3	157	Dan PUTNAM	Blackheath & Bromley AC	47.70	Q
4	606	Tom MILLER	Cardiff AAC	48.48	q
5	441	Nathan HILTON	Liverpool Pembroke	48.90	q
6	565	Samuel ADEYEMI	Herne Hill Harriers	49.35	q
7	471	Joe ASTLEY	Poole Runners	49.51	

HEAT 3

Posn	BIB	ATHLETE	CLUB	Perf	
1	383	Nigel LEVINE	Windsor Slough Eton & Hounslow	48.62	Q
2	340	Harry DORAN	Liverpool Pembroke	48.82	Q
3	300	Matt THREADGOLD	Belgrave Harriers	49.07	Q
4	369	Sebastian RODGER	Crawley AC	49.23	q
5	542	Sean WATSON	Shettleston Harriers	49.68	
6	551	Lloyd KING	Thames Valley H	49.86	
DNS	220	Andrew KENDALL	Hillingdon AC	DNS	

HEAT 4

Posn	BIB	ATHLETE	CLUB	Perf	
1	269	Louis PERSENT	Colchester Harriers	48.92	Q
2	258	Richard MORRISSEY	Havering Mayesbrook AC	49.22	Q
3	158	Ian GARIOCH	Moray Road Runners	49.35	Q
4	136	Ross ALLEN	Rugby	49.90	
5	299	David EAMES	Newbury AC	50.24	
6	458	Ross MCDONALD	Birchfield Harriers	50.28	
7	202	Amardeep SANGHA	Tipton H	52.40	

T27 U23M 400m - Semi-Finals

UK Best : David Grindley, Wigan, 44.47, 1992

CBP Robert Tobin, Basingstoke & Mid Hants AC, 46.27, 2004

Posn	BIB	ATHLETE	CLUB	Perf	
1	631	Luke LENNON-FORD	Birchfield Harriers	46.87	Q
2	258	Richard MORRISSEY	Havering Mayesbrook AC	47.57	Q
3	269	Louis PERSENT	Colchester Harriers	47.68	Q
4	157	Dan PUTNAM	Blackheath & Bromley AC	47.70	q
5	234	Michael WARNER	Notts AC	47.71	q
6	565	Samuel ADEYEMI	Herne Hill Harriers	49.02	
7	606	Tom MILLER	Cardiff AAC	49.41	
8					

Posn	BIB	ATHLETE	CLUB	Perf	
1	383	Nigel LEVINE	Windsor Slough Eton & Hounslow	46.17	Q
2	130	Jamie-Kerr BOWIE	Inverness Harriers AAC	47.24	Q
3	340	Harry DORAN	Liverpool Pembroke	47.63	Q
4	369	Sebastian RODGER	Crawley AC	47.78	
5	321	Markus HUNT	Chelmsford AC/Loughborough Uni	48.33	
6	638	Jordan MCGRATH	Birchfield Harriers	48.37	
7	300	Matt THREADGOLD	Belgrave Harriers	48.79	
8	441	Nathan HILTON	Liverpool Pembroke	49.02	

T69 U23M 400m - FINAL

UK Best : David Grindley, Wigan, 44.47, 1992

CBP Robert Tobin, Basingstoke & Mid Hants AC, 46.27, 2004

Posn	BIB	ATHLETE	CLUB	Perf	
1	383	Nigel LEVINE	Windsor Slough Eton & Hounslow	45.85	CBP
2	631	Luke LENNON-FORD	Birchfield Harriers	46.36	
3	130	Jamie-Kerr BOWIE	Inverness Harriers AAC	47.26	
4	269	Louis PERSENT	Colchester Harriers	47.47	
5	340	Harry DORAN	Liverpool Pembroke	47.71	
6	258	Richard MORRISSEY	Havering Mayesbrook AC	47.74	
7	234	Michael WARNER	Notts AC	48.17	
8	157	Dan PUTNAM	Blackheath & Bromley AC	48.18	

T23 U23M 800m - Heats

UK Best : Sebastian Coe, Haringey, 1:43.97, 1978

CBP Richard Hill, Notts AC, 01:47.59, 2007

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	124	Mukhtar MOHAMMED	Sheffield RC	01:52.33	Q
2	221	Robbie SCHOFIELD	Newham & Essex Beagles AC	01:52.40	Q
3	403	Rick WARD	City of Norwich AC	01:52.79	q
4	301	Stephen BENNETT	Preston Harriers	01:53.56	q
5	325	Andrew WOODS	Bristol	01:54.03	
6	579	Josh MOSS	Windsor Slough Eton & Hounslow	01:54.44	
7	569	Gavin LEWIS	Woodford Green & Essex L	01:56.18	
8	447	Mark BOOTH	Wycombe Phoenix H	02:02.10	

HEAT 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	204	Ben WALLIS	Guildford	01:53.64	Q
2	137	Andrew RICHARDSON	Tynedale Harriers	01:53.72	Q
3	434	Rory GRAHAM-WATSON	Windsor Slough Eton & Hounslow	01:53.88	
4	170	Harry FISHER	Team Southampton	01:54.19	
5	373	Owen WALPOLE	Exeter Harriers	01:54.83	
6	402	Chris DODD	Bristol	01:57.28	
7	510	Toby GRIFFITHS	Shrewsbury AC	01:59.64	
8	324	Lee HAMILTON	Kent AC	DNF	

HEAT 3

Posn	BIB	ATHLETE	CLUB	Perf	
1	500	Michael SALTER	Leeds City AC	01:52.66	Q
2	443	Niall BROOKS	Sale Harriers Manchester	01:53.41	Q
3	585	Chris SMITH	Wirral AC	01:53.84	
4	523	Davey PLATT	North Devon AC	01:54.76	
5	239	James JOY	Aberdeen AAC	01:57.06	
6	215	Allan RAMSAY	Victoria Park City of Glasgow	02:00.29	
7	139	Peter WHITEHOUSE	Birchfield Harriers	DNF	

T66 U23M 800m - FINAL

UK Best : Sebastian Coe, Haringey, 1:43.97, 1978

CBP Richard Hill, Notts AC, 01:47.59, 2007

Posn	BIB	ATHLETE	CLUB	Perf
1	124	Mukhtar MOHAMMED	Sheffield RC	01:49.03
2	204	Ben WALLIS	Guildford	01:49.59
3	221	Robbie SCHOFIELD	Newham & Essex Beagles AC	01:49.71
4	443	Niall BROOKS	Sale Harriers Manchester	01:50.96
5	137	Andrew RICHARDSON	Tynedale Harriers	01:51.33
6	500	Michael SALTER	Leeds City AC	01:51.85
7	403	Rick WARD	City of Norwich AC	01:52.74
8	301	Stephen BENNETT	Preston Harriers	01:53.48

T13 U23M 1500m - Heats

UK Best : Steve Cram, Jarrow & H, 3:33.66, 1982

CBP James Brewer, Cheltenham H, 3:44.55, 2009

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	274	James SHANE	Newham & Essex Beagles AC	03:51.31	Q
2	142	Christopher KAYS	East Cheshire Harriers	03:53.59	Q
3	610	Luke MINNS	Blackpool Wyre & Fylde AC	03:53.62	Q
4	513	Andrew BUTCHART	Central AC	03:54.30	Q
5	588	Ben SHARMAN	Birchfield Harriers	03:54.71	q
6	365	Carl BRADBURY	Reading AC	03:55.50	q
7	576	Russ BEST	New Marske	03:55.57	q
8	956	Matthew CLOWES	Staffs Morlands AC	03:56.98	
9	487	Elliot PALMER	Ipswich Harriers	03:57.43	
10	357	Samuel DEATHE	Marshall Milton Keynes AC	03:59.28	
11	491	Dale WORTON	Leeds City AC	04:07.93	
12	457	Chris CARTER	Enfield & Haringey AC	DNF	
DNS	211	Joe GRATTON	Hallamshire Harriers Sheffield	DNS	

HEAT 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	242	Daniel CLORLEY	Luton AC	03:51.81	Q
2	285	Andrew HEYES	Hallamshire Harriers Sheffield	03:51.97	Q
3	191	Ieuan THOMAS	Cardiff AAC	03:52.13	Q
4	236	Michael KERSHAW	Cardiff AAC	03:52.78	Q
5	448	Adam CLARKE	Aldershot Farnham & Dist AC	03:53.54	q
6	332	Jake SHELLEY	Shaftesbury Barnet Harriers	03:55.57	q
7	530	Mathew JACKSON	Warrington AC	03:55.96	
8	223	Tim BURT	Ashford AC	04:00.54	
9	468	Benjamin COLDRAY	Stroud & District AC	04:01.86	
10	290	Matthew WILLMOTT	Milton Keynes AC	04:02.40	
11	553	Tom MAHON	OWLS AC	04:10.79	
12	294	Andrew MARIANI	Woodford Green & Essex L	DNF	

T59 U23M 1500m - FINAL

UK Best : Steve Cram, Jarrow & H, 3:33.66, 1982

CBP James Brewer, Cheltenham H, 3:44.55, 2009

FINAL

Posn	BIB	ATHLETE	CLUB	Perf	
1	274	James SHANE	Newham & Essex Beagles AC	03:40.44	CBP
2	285	Andrew HEYES	Hallamshire Harriers Sheffield	03:46.93	
3	610	Luke MINNS	Blackpool Wyre & Fylde AC	03:47.78	
4	191	Ieuan THOMAS	Cardiff AAC	03:49.52	
5	332	Jake SHELLEY	Shaftesbury Barnet Harriers	03:52.58	
6	236	Michael KERSHAW	Cardiff AAC	03:53.57	
7	513	Andrew BUTCHART	Central AC	03:55.84	
8	365	Carl BRADBURY	Reading AC	03:56.29	
9	448	Adam CLARKE	Aldershot Farnham & Dist AC	03:56.54	
10	576	Russ BEST	New Marske	03:57.41	
DNF	588	Ben SHARMAN	Birchfield Harriers		
DNF	142	Christopher KAYS	East Cheshire Harriers		
DNF	242	Daniel CLORLEY	Luton AC		

T25 U23M 5000m - FINAL

UK Best : Nat Muir, Shettleston, 13:17.9, 1980

CBP Mohamed Farah, Windsor, Slough, Eton & Hounslow, 13:58.58, 2003

Posn	BIB	ATHLETE	CLUB	Perf
1	167	Ross Arthur MILLINGTON	Stockport harriers	14:11.39
2	353	John MCDONNELL	Luton AC	14:17.17
3	604	Aaron PULFORD	New Zealand	14:20.22
4	253	Adam BITCHELL	Cardiff AAC	14:24.05
5	289	Andy COMBS	Tonbridge AC	14:24.59
6	338	Mitch GOOSE	City of Norwich AC	14:27.47
7	580	Derek HAWKINS	Kilbarchan AAC	14:35.61
8	608	Thomas ANDERSON	Winchester	14:47.28
9	422	Paul WHITTAKER	Chelmsford AC	14:54.57
10	956	Matthew CLOWES	Staffs Morlands AC	15:05.46
11	625	Daniel CLIFFE	Warrington AC	15:09.83
12	346	Alexander HENDRY	Central AC	15:34.48
13	405	Alex ROBINSON	Hercules Wimbledon AC	15:43.48
14	288	Daniel WOODGATE	Luton AC	16:18.36
DNF	418	Phil HURST	Elswick Harriers	
DNF	593	Harry CARTER	City of Portsmouth AC	
DNF	263	Jordan WILDRIANNE	Derby AC	
DNF	326	Carl SMITH	Leeds City AC	

T22 U23M 3000m S/Chase - FINAL

UK Best : Tom Hanlon, Edinburgh AC, 8:16.52, 1989

CBP Adam Bowden, Harrow AC, 8:42.92, 20003

Posn	BIB	ATHLETE	CLUB	Perf
1	398	James WILKINSON	Leeds City AC	08:51.67
2	173	Tom WADE	Aldershot Farnham & Dist AC	09:00.69
3	515	Charlie MACLEAN	Bristol	09:04.55
4	495	Ben NAGY	Enfield & Haringey AC	09:07.65
5	377	Shaun COLLINS	Enfield & Haringey AC	09:13.67
6	529	Sam BRADLEY	Tonbridge AC	09:13.68
7	560	Alex LITTLEWOOD	Blackheath & Bromley AC	09:20.84
8	241	Elliott JACKSON	New Marske	DNF
9	451	Eliot WINTER	Milton Keynes AC	DNF

T42 U23M 110m Hurdles - Heats

UK Best : Colin Jackson, Cardiff, 13.11, 1988

CBP Will Sharman, Belgrave H, 13.49s, 2008

HEAT 1

WS = +0.3m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	181	Lawrence CLARKE	Windsor Slough Eton & Hounslow	13.74	Q
2	968	Edirin OKORO	Birchfield Harriers	14.13	Q
3	251	Yannick BUDD	Bristol	14.41	Q
4	460	James MCLEAN	Southend Athletic Club	15.00	q
5	494	Jack ANDREW	Sale Harriers Manchester	15.43	

HEAT 2

WS = +0.0m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	174	Ben REYNOLDS	Windsor Slough Eton & Hounslow	14.10	Q
2	287	Alexander AL-AMEEN	Newham & Essex Beagles AC	14.33	Q
3	455	Joseph HYLTON	Birchfield Harriers	14.38	Q
4	375	Matthew WALCOTT	Loughborough University	14.97	q

T57 U23M 110m Hurdles - FINAL

UK Best : Colin Jackson, Cardiff, 13.11, 1988

CBP Will Sharman, Belgrave H, 13.49s, 2008

WS = -0.4m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	181	Lawrence CLARKE	Windsor Slough Eton & Hounslow	13.78
2	174	Ben REYNOLDS	Windsor Slough Eton & Hounslow	14.04
3	287	Alexander AL-AMEEN	Newham & Essex Beagles AC	14.12
4	968	Edirin OKORO	Birchfield Harriers	14.22
5	455	Joseph HYLTON	Birchfield Harriers	14.45
6	251	Yannick BUDD	Bristol	14.83
7	375	Matthew WALCOTT	Loughborough University	14.93
8	460	James MCLEAN	Southend Athletic Club	15.15

T4 U23M 400m Hurdles - Heats

UK Best : Rick Yates, Trafford, 49.06, 2008

CBP Matthew Elias, Cardiff AC, 50.10, 2001

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	135	Jack GREEN	Kent AC	51.90	Q
2	368	Simon MERRILL	Birchfield Harriers	52.03	Q
3	603	Daniel O'SHEA	New Zealand	53.67	q
4	257	Ashley FRY	Windsor Slough Eton & Hounslow	54.74	
5	381	David DEMPSEY	Leeds City AC	55.18	
6	589	Bertie LEWIS	Reading AC	55.52	
7	454	Jamie HORDER	Cheltenham Harriers	56.35	

HEAT 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	179	Nathan WOODWARD	Tamworth AC	50.45	Q
2	533	Martin LIPTON	Liverpool Harriers	52.85	Q
3	602	Michael COCHRANE	New Zealand	53.17	q
4	511	Isaac OGUNLADE	Havering Mayesbrook AC	54.17	
5	210	Gareth MORRIS	Ashford AC	54.37	
6	508	Tom MOAKES	Notts AC	54.68	
7	295	Chris STUBBINGS	Southend on Sea AC	58.34	

HEAT 3

Posn	BIB	ATHLETE	CLUB	Perf	
1	152	Niall FLANNERY	Gateshead Harriers	51.25	Q
2	461	Thomas PHILLIPS	Sheffield AC	51.59	Q
3	416	Chris WAKEFORD	Sale Harriers Manchester	53.70	
4	429	Zak SAUCEDE	Enfield & Haringey AC	54.67	
5	127	Shay TAYLOR	New Zealand	54.68	
6	276	Adam MCCARTHY	Havering Mayesbrook AC	57.97	
DNF	442	Alec WING	Victoria Park H		

T39 U23M 400m Hurdles - FINAL

UK Best : Rick Yates, Trafford, 49.06, 2008

CBP Matthew Elias, Cardiff AC, 50.10, 2001

Posn	BIB	ATHLETE	CLUB	Perf	
1	179	Nathan WOODWARD	Tamworth AC	49.06	=uk best & new CBP
2	135	Jack GREEN	Kent AC	49.06	
3	152	Niall FLANNERY	Gateshead Harriers	49.76	
4	461	Thomas PHILLIPS	Sheffield AC	49.78	
5	368	Simon MERRILL	Birchfield Harriers	51.17	
6	533	Martin LIPTON	Liverpool Harriers	52.63	
7	603	Daniel O'SHEA	New Zealand	53.46	
8	602	Michael COCHRANE	New Zealand	53.71	

T35 U23M 10000m Walk - FINAL

UK Best :

CBP

Posn	BIB	ATHLETE	CLUB	Perf
1	417	Antonio CIRILLO	Coventry Godiva H	DNF

F5 U23M Triple Jump - FINAL

UK Best : Tosi Fasinro, Haringey, 17.21, 1993

CBP Nathan Douglas, Oxford City AC, 16.42m, 2004

Posn	BIB	ATHLETE	CLUB	Perf
1	492	Kola ADEDOYIN	Newham & Essex Beagles AC	16.06 +1.7
2	397	Nathan FOX	Shaftesbury Barnet Harriers	15.59 +1.8
3	557	Daniel LEWIS	Shaftesbury Barnet Harriers	15.48 +2.4
4	196	Darren MARCH	Medway & Maidstone AC	14.79 +2.4
5	176	Theo CAMPBELL	Bristol	14.53 +1.4
6	270	Cameron CLARK	Glasgow City AC	14.43 +1.8
7	272	Adam WILLIAMS	UWIC	14.07 +2.9
8	489	Matthew MADDEN	Notts AC	13.81 +1.0

F8 U23M Discus - FINAL

UK Best : Brett Morse , Birchfield, 64.49, 2011

CBP Chris Scott, Shaftesbury Barnet, 59.90m, 2010

Posn	BIB	ATHLETE	CLUB	Perf
1	437	Lawrence OKOYE	Croydon H	61.05 CBP
2	960	Brett MORSE	Birchfield Harriers	60.61
3	240	Zane DUQUEMIN	Channel Isles AC	57.35
4	268	Devon DOUGLAS	Woodford Green & Essex L	52.29

F10 U23M High Jump - FINAL

UK Best : Steve Smith, Liverpool H, 2.37, 1993

CBP Martyn Bernard, City of Sheffield AC, 2.24m, 2005

Posn	BIB	ATHLETE	CLUB	Perf
1	177	David SMITH	Giffnock North AC	2.22
2	364	Mike EDWARDS	Louisville	2.18
3	153	Christopher BAKER	Enfield & Haringey AC	2.14
4	534	Phinehas STEWART	Birchfield Harriers	2.10
5	409	Romeo SITHOLE	Charnwood AC	2.06
6	536	Matthew WATSON	Team Southampton	2.06
7	411	Matt ASHLEY	Notts AC	2.02
8	322	Mark BROWN	Coventry Godiva H	1.98
9	354	Lewis ELY	Blackheath & Bromley AC	1.88

F12 U23M Shot - FINAL

UK Best : Geoff Capes, Birchfield, 19.48, 1971

CBP Emeka Udechuku, Woodford Green & Essex Ladies, 17.90m, 2001

Posn	BIB	ATHLETE	CLUB	Perf
1	240	Zane DUQUEMIN	Channel Isles AC	17.27
2	527	Anthony OSHODI	Woodford Green & Essex L	17.18
3	304	Daniel CARLIN	Giffnock North AC	15.96
4	228	Robert MOHAN	Enfield & Haringey AC	15.86
5	229	Toby HASELER	Cambridge University AC	13.05

F19 U23M Long Jump - FINAL

UK Best : Chris Tomlinson, N & EB, 8.27, 2002

CBP Jonathan Moore, Birchfield Harriers, 7.75, 2004

Posn	ATHLETE	CLUB	Perf	
1	623 Jermaine OLASAN	Blackheath & Bromley AC	7.55	+0.6
2	480 Daniel BRAMBLE	Shaftesbury Barnet Harriers	7.48	+0.2
3	250 Daniel GARDINER	City of Sheffield AC	7.37	+0.7
4	160 Bradley PICKUP	Bournemouth AC	7.33	+0.6
5	611 Kadeem GREENIDGE-SMITH	Harrow AC	7.30	+0.4
6	148 Paul OLUYEMII	Herne Hill Harriers	7.26	-1.7
7	567 Paul OGUN	Croydon H	7.21	+0.7
8	481 Michael FENN	Daventry AC	7.11	+0.5
9	977 Paul ALLEN	Gateshead Harriers	7.07	+0.7
10	390 Thomas FRENCH	Brighton & Hove City AC	7.06	+0.9
11	618 Luke THOMAS	Enfield & Haringey AC	7.04	+1.1
12	168 James GROOCCOCK	Southampton AC	7.02	+0.5
13	369 Sebastian RODGER	Crawley AC	6.97	+0.6
14	528 Kerry MATHURIN	Thames Valley H	6.72	-0.4
15	450 Michael HOLDEN	Kent AC	6.55	+0.6
16	141 Ding YANG	Bristol	6.51	+0.9

F20 U23M Pole Vault - FINAL

UK Best : Steve Lewis, N & EB, 5.71, 2008

CBP Luke Cutts, Dearneside High AC, 5.41m, 2009

Posn	ATHLETE	CLUB	Perf
1	143 Nick CRUCHLEY	Halesowen A	5.30
2	637 Andy MARSH	Birchfield Harriers	5.30
3	224 Gregor MACLEAN	Shaftesbury Barnet Harriers	5.20
4	494 Jack ANDREW	Sale Harriers Manchester	4.40
5	404 Jamie SINCLAIR	Victoria Park City of Glasgow	4.40
6	155 Ned QUINEY	Croydon H / Blackheath	NHC
7	249 Robert WARENSJO	Belgrave Harriers	NHC

F21 U23M Hammer - FINAL

UK Best : Dave Smith, Belgrave, 75.10, 1996

CBP Pete Smith, Birchfield Harriers, 59.90m, 2010

Posn	ATHLETE	CLUB	Perf	
1	261 Chris BENNETT	Shaftesbury Barnet Harriers	66.37	CBP
2	178 Andrew JORDON	Blackheath & Bromley AC	63.48	
3	209 Alex WARNER	Windsor Slough Eton & Hounslow	63.36	
4	525 Peter CLARKE	Woodford Green & Essex L	57.87	
5	310 Ritchie WELLS	Swansea H	50.02	
6	214 Michael TOMMEY	Birchfield Harriers	49.90	
7	620 Alex BERROW	Tamworth AC	49.50	

F27 U23M Javelin - FINAL

UK Best : Steve Backley, Cambridge Harriers, 89.58, 1990

CBP David Parker, Shaftesbury Barnet H, 75.53m, 2001

Posn	ATHLETE	CLUB	Perf
1	436 Daniel PEMBROKE	Windsor Slough Eton & Hounslow	73.19
2	563 Bonne BUWEMBO	Enfield & Haringey AC	67.91
3	955 Brett BYRD	City of Stoke AC	67.43
4	187 Craig LACY	Cambridge Harriers	63.46
5	992 Michael COX	Marshall Milton Keynes AC	61.95
6	278 Paul ALLSOPP	City of York AC	61.58
7	524 Jonathan CONSTANTINOU	Marshall Milton Keynes AC	56.54
8	639 Daniel HOLDEN	Durham City Harriers	54.90
9	464 Aaron CRAWFORD	Belgrave Harriers	NDR
10	246 Matthew HUNT	Sale Harriers Manchester	NDR

T14 U23W 100m - Heats

UK Best : Montell Douglas, B & B, 11.05, 2008

CBP Abiodun Oyepitan, Shaftesbury Barnet Harriers, 11.17, 2001

HEAT 1

WS = +2.4m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	121	Ashleigh NELSON	City of Stoke AC	11.42	Q
2	86	Torema THOMPSON	Enfield & Haringey AC	11.63	Q
3	118	Lorraine UGEN	Blackheath & Bromley AC	11.73	
4	99	Holly CROXFORD	Basingstoke	12.13	
5	110	Susanna BANJO	Newham & Essex Beagles AC	12.15	
6	97	Jor'Dan MCINTOSH	Charnwood AC	12.24	
7	117	Deborah FLEMING	Cornwall AC	12.54	

HEAT 2

WS = +2.2m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	112	Elaine O'NEILL	Woodford Green & Essex L	11.67	Q
2	963	Niamh WHELAN	Ireland	11.70	Q
3	85	Abbi TYSON	Birchfield Harriers	11.81	
4	95	Sian PLEDGER	Bolton Utd Harriers	12.10	
5	120	Anike SHAND WHITTINGHAM	Blackheath & Bromley AC	12.14	
6	822	Megan HOULT	Kingston Upon Hull AC	12.28	
7	114	Kitan ELEYAE	Woodford Green & Essex L	12.51	

HEAT 3

WS = +2.5m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	109	Asha PHILIP	Newham & Essex Beagles AC	11.60	Q
2	89	Annabelle LEWIS	Kingston Upon Hull AC	11.78	Q
3	113	Twinelle HOPESON	CROYDON HARRIERS AC	12.01	
4	90	Tara KAFKE	Radley AC	12.07	
5	115	Andrea KOENEN	New Zealand	12.21	
6	116	Jade PHILLIPS	Herne Hill Harriers	12.58	

T29 U23W 100m - FINAL

UK Best : Montell Douglas, B & B, 11.05, 2008

CBP Abiodun Oyepitan, Shaftesbury Barnet Harriers, 11.17, 2001

WS = +2.9m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	121	Ashleigh NELSON	City of Stoke AC	11.45
2	86	Torema THOMPSON	Enfield & Haringey AC	11.54
3	109	Asha PHILIP	Newham & Essex Beagles AC	11.59
4	112	Elaine O'NEILL	Woodford Green & Essex L	11.75
5	118	Lorraine UGEN	Blackheath & Bromley AC	11.77
6	85	Abbi TYSON	Birchfield Harriers	11.79
7	963	Niamh WHELAN	Ireland	11.81
8	89	Annabelle LEWIS	Kingston Upon Hull AC	11.82

T50 U23W 200m - Heats

UK Best : Kathy Cook, Wolverhampton & Bilston AC, 22.13, 1982

CBP Helen Roscoe, Loughborough Students AC, 23.41, 2001

HEAT 1

WS = -1.6m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	963	Niamh WHELAN	Ireland	24.47	Q
2	683	Mica NOTTINGHAM	Liverpool Harriers	24.78	Q
3	99	Holly CROXFORD	Basingstoke	25.19	Q
4	798	Becca CAROZZI	Team Southampton	25.72	q
5	95	Sian PLEDGER	Bolton Utd Harriers	25.74	q

HEAT 2

WS = +0.8m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	641	Joey DUCK	Marshall Milton Keynes AC	24.92	Q
2	89	Annabelle LEWIS	Kingston Upon Hull AC	24.95	Q
3	115	Andrea KOENEN	New Zealand	25.42	Q
4	910	Kadeena COX	Leeds City AC	25.74	

T73 U23W 200m - FINAL

UK Best : Kathy Cook, Wolverhampton & Bilston AC, 22.13, 1982

CBP Helen Roscoe, Loughborough Students AC, 23.41, 2001

WS = -1.4m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	963	Niamh WHELAN	Ireland	24.47
2	641	Joey DUCK	Marshall Milton Keynes AC	24.82
3	89	Annabelle LEWIS	Kingston Upon Hull AC	24.94
4	99	Holly CROXFORD	Basingstoke	25.21
5	115	Andrea KOENEN	New Zealand	25.55
6	798	Becca CAROZZI	Team Southampton	25.69
7	95	Sian PLEDGER	Bolton Utd Harriers	25.89
DNS	683	Mica NOTTINGHAM	Liverpool Harriers	

T63 U23W 400m - FINAL

UK Best : Christine Ohuruogu, Newham & Essex Beagles, 50.28, 2006

CBP Christine Ohuruogu, Newham & Essex Beagles, 52.43, 2005

Posn	BIB	ATHLETE	CLUB	Perf
1	667	Emma PULLEN	Shrewsbury AC	53.69
2	813	Laura WAKE	Herts Phoenix AC	53.94
3	928	Shelayna OSKAN	Windsor Slough Eton & Hounslow	54.30
4	677	Erin LEGGATE	Victoria Park City of Glasgow	55.65
5	800	Rebecca WILLIAMS	Newport Harriers	55.85
6	883	Laura MADDOX	Team Bath AC	55.85
DNS	791	Kate LAIDLOW	Cambridge Harriers	
DNS	644	Emma PATON	Birchfield Harriers	

T24 U23W 800m - FINAL

UK Best : Christina Boxer, AF & D, 1:59.05, 1986

CBP Tara Bird, Woodford Green w Essex Ladies, 2:03.00, 2009

Posn	BIB	ATHLETE	CLUB	Perf
1	785	Lynsey SHARP	Edinburgh AC	02:06.06
2	935	Angie SMIT	New Zealand	02:08.69
3	705	Lucy YATES	Shaftesbury Barnet Harriers	02:09.22
4	856	Ejiro OKORO	Birchfield Harriers	02:09.49
5	936	Hannah NEWBOULD	New Zealand	02:09.76
6	781	Jenny TAN	Fife Athletics Club	02:10.78
7	907	Lucy DOWSETT	Cambridge Harriers	02:11.10
8	674	Leigh LENNON	Newham & Essex Beagles AC	02:14.80

T58 U23W 1500m - FINAL

UK Best : Lisa Dobriskey, Ashford AC, 4:16.96, 2003

CBP Lisa Dobriskey, Ashford AC, 4:16.96, 2003

FINAL

Posn	BIB	ATHLETE	CLUB	Perf
1	794	Stacey SMITH	Gateshead Harriers	04:24.22
2	936	Hannah NEWBOULD	New Zealand	04:25.66
3	780	Josephine MOULTRIE	Victoria Park City of Glasgow	04:26.55
4	865	Abbey MCGHEE	Loughborough Students AC	04:26.90
5	778	Eilish MCCOLGAN	Dundee Hawkhill Harriers	04:27.40
6	788	Charlotte ARTER	Cardiff AAC	04:28.67
7	844	Emily MOSS	Peterborough AC	04:29.33
8	681	Grace NICHOLLS	Tonbridge AC	04:44.02

T46 U23W 5000m - FINAL

UK Best : Paula Radcliffe, Bedford & Co, 14:49.27

CBP Gillian Palmer, Edinburgh Southern Harriers, 16:13.87, 2002

Posn	BIB	ATHLETE	CLUB	Perf
1	900	Stevie STOCKTON	Vale Royal AC	16:10.63 CBP
2	676	Emma PALLANT	Aldershot Farnham & Dist AC	16:14.12
3	893	Hannah WALKER	Birchfield Harriers	16:14.43
4	878	Beth POTTER	Shaftesbury Barnet Harriers	16:25.33
5	759	Naomi TASCHIMOWITZ	Taunton AC	16:28.68
6	843	Leigh LATTIMORE	Harrow AC	17:39.11
7	834	Hayley MUNN	Kettering Town Harriers	18:10.17
8	851	Kate AVERY	Shildon R	DNF
9	810	Emily STEWART	Edinburgh AC	DNF
10	869	Natasha DOEL	Aldershot Farnham & Dist AC	DNF
11	752	Lauren HOWARTH	Leigh Harriers	DNF

T65 U23W 3000m S/Chase - FINAL

UK Best : Lizzie Hall, HertsPh, 9:48.51, 2006

CBP Alice Mason, Pakuranga (NZ), 10:13.00, 2009

Posn	BIB	ATHLETE	CLUB	Perf
		No Competitors		

T45 U23W 100m Hurdles - Heats

UK Best : Sally Gunnell, Essex LAC, 12.82, 1988

CBP Jessica Ennis, City of Sheffield AC, 13.04, 2007

HEAT 1

WS = -1.6m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	917	Serita SOLOMON	Blackheath & Bromley AC	13.61	Q
2	731	Stephanie GAYNOR	Woodford Green & Essex L	13.78	Q
3	897	Karla DREW	Team Southampton	14.38	Q
4	939	Rebecca JENNINGS	Horsham Blue Star H	14.94	
5	673	Aimee MCNEILLY	North Down AC	15.12	
6	730	Chloe WHALLEY	Marshall Milton Keynes AC	15.17	

HEAT 2

WS = +0.2m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	746	Ashley HELSBY	Liverpool Harriers	13.64	Q
2	720	Lauren DEWDNEY	Gateshead Harriers	14.13	Q
3	847	Jade SURMAN	Birchfield Harriers	14.28	Q
4	679	Lauren O'REILLY	Newport Harriers	14.50	q
5	728	Danielle ROONEY	Sale Harriers Manchester	14.54	q

T55 U23W 100m Hurdles - FINAL

UK Best : Sally Gunnell, Essex LAC, 12.82, 1988

CBP Jessica Ennis, City of Sheffield AC, 13.04, 2007

WS = +0.4m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	917	Serita SOLOMON	Blackheath & Bromley AC	13.53
2	746	Ashley HELSBY	Liverpool Harriers	13.57
3	731	Stephanie GAYNOR	Woodford Green & Essex L	13.69
4	720	Lauren DEWDNEY	Gateshead Harriers	14.11
5	847	Jade SURMAN	Birchfield Harriers	14.15
6=	728	Danielle ROONEY	Sale Harriers Manchester	14.51
6=	679	Lauren O'REILLY	Newport Harriers	14.51
8	897	Karla DREW	Team Southampton	14.60

T2 U23W 400m Hurdles - FINAL

UK Best : Sally Gunnell, Essex LAC, 54.03, 1988

CBP Perri Shakes-Drayton, Victoria Park & tower Hamlets, 55.34, 2009

FINAL

Posn	BIB	ATHLETE	CLUB	Perf
1	738	Caryl GRANVILLE	Swansea H	58.43
2	708	Ese OKORO	Birchfield Harriers	59.93
3	847	Jade SURMAN	Birchfield Harriers	61.70
4	861	Rosie MARINO	City of Sheffield AC	62.14
5	672	Jennifer SIMMONS	Sale Harriers Manchester	64.38
DNS	815	Katie SOCKETT	City of Sheffield AC	

F2 U23W Shot - FINAL

UK Best : Murtle Augée, Bromley, LAC, 18.19, 1987

CBP Julie Dunkley, Shaftesbury Barnet H, 16.31m, 2001

Posn	BIB	ATHLETE	CLUB	Perf
1	750	Rachel WALLADER	Windsor Slough Eton & Hounslow	16.08
2	699	Shaunagh BROWN	Blackheath & Bromley AC	15.34
3	645	Hannah EVENDEN	Edinburgh AC	13.22
4	884	Sarah BENSON	Bingley Harriers	12.95
5	665	Sophie THOMAS	Birchfield Harriers	12.60
6	937	Terina KEENAN	New Zealand	12.36
7	745	Lois EARL	Kingston Upon Hull AC	12.20
8	799	Michelle DURBIDGE	Victoria Park & Tower Hamlets	11.66

F3 U23W Long Jump - FINAL

UK Best : Fiona May, Derby, 6.88, 1990

CBP Jade Johnson, Herne Hill Harriers, 6.48m, 2000

Posn	BIB	ATHLETE	CLUB	Perf	
1	118	Lorraine UGEN	Blackheath & Bromley AC	6.39	+2.0
2	923	Alexandra RUSSELL	Wigan & District Harriers	6.32	+1.7
3	711	Abigail IROZURU	Sale Harriers Manchester	6.22	+1.7
4	668	Jade NIMMO	Sale Harriers Manchester	6.21	+1.5
5	787	Dee BAKRE	Enfield & Haringey AC	5.63	+1.4
6	114	Kitan ELEYAE	Woodford Green & Essex L	5.63	+1.6
7	688	Sarah WARNOCK	Edinburgh AC	5.52	+1.5

F11 U23W Discus - FINAL

UK Best : Philippa Roles, Swansea, 60.00, 1999

CBP Dani Samuels, Wigan Harriers, 58.26m, 2008

Posn	BIB	ATHLETE	CLUB	Perf
1	699	Shaunagh BROWN	Blackheath & Bromley AC	49.11
2	645	Hannah EVENDEN	Edinburgh AC	44.73
3	937	Terina KEENAN	New Zealand	44.56
4	694	Rachael BENNETT	Bedford & County AC	40.06
5	799	Michelle DURBIDGE	Victoria Park & Tower Hamlets	37.49

F17 U23W Hammer - FINAL

UK Best : Sophie Hitchon, Blackburn Harriers, 69.43m, 2011

CBP Sarah Holt, Sale H Manchester, 63.60m, 2009

Posn	BIB	ATHLETE	CLUB	Perf	
1	723	Sophie HITCHON	Blackburn Harriers	67.07	CBP
2	699	Shaunagh BROWN	Blackheath & Bromley AC	55.73	
3	819	Christina JONES	Bristol	53.37	
4	652	Hayley MURRAY	Birchfield Harriers	53.01	
5	872	Alice SIMPSON	Leeds City AC	52.55	
6	645	Hannah EVENDEN	Edinburgh AC	52.05	
7	766	Kate YHNELL	Gloucester AC	49.16	
8	735	Jenna WINSON	Derby AC	48.37	
9	749	Anna ROBERTSON	Gloucester AC	45.07	
10	744	Stephanie HENDY	Peterborough AC	42.02	

F23 U23W Triple Jump - FINAL

UK Best : Yasmin Regis, WSE&H, 13.85, 2008

CBP Rebecca White, Sale H, Manchester, 13.09m, 2001

Posn	ATHLETE	CLUB	Perf	CBP
1	848 Hannah FRANKSON	Woodford Green & Essex L	13.44	-0.9
2	903 Laura SAMUEL	Birchfield Harriers	13.17	-0.9
3	691 Melissa CARR	Sildon R	12.54	+0.9
4	882 Lauren BLACKIE	Blackheath & Bromley AC	12.42	+1.2
5	816 Jade MORGAN	Colchester Harriers	12.31	+0.9
6	867 Shakira WHIGHT	Windsor Slough Eton & Hounslow	12.06	-2.5
7	787 Dee BAKRE	Enfield & Haringey AC	11.97	-1.7
8	981 Rochelle JONES	Newham & Essex Beagles AC	11.57	+0.9
9	704 Lauren PRIEST	North Devon AC	11.41	+0.4
10	946 Megan EDWARDS	Dartford Harriers AC	NDR	-1.4

F26 U23W Pole Vault - FINAL

UK Best : Holly Bleasdale, Blackburn H, 4.50m, 2011

CBP Emma Lyons, Sale H Manchester, 4.11m 2009

Posn	ATHLETE	CLUB	Perf	UK Best & CBP
1	742 Holly BLEASDALE	Blackburn Harriers	4.53	
2	736 Abi HAYWOOD	Sale Harriers Manchester	4.00	
3	833 Sophie UPTON	Windsor Slough Eton & Hounslow	4.00	
4	790 Sally SCOTT	Trafford AC	3.85	
5	655 Rachel ARNHEIM	Blackheath & Bromley AC	3.40	
6	779 Rachel THOMAS	Liverpool Harriers	3.40	
7	663 Kara GIBBS	Ashford AC	NHC	

F28 U23W High Jump - FINAL

UK Best :

CBP Michelle Dunkley, Woodford Green w Essex Ladies AC, 1.89m, 2001

Posn	ATHLETE	CLUB	Perf
1	938 Liz LAMB	New Zealand	1.82
2	740 Bethan PARTRIDGE	Birchfield Harriers	1.78
3	862 Moe SASEGBON	Stevenage	1.74
4=	764 Hayley PITMAN	Bristol	1.69
4=	870 Adele LASSU	Sale Harriers Manchester	1.69
6	896 Chloe BOULTER	Cannock	1.69
7	880 Emma LOWRY	Edinburgh AC	1.64

F29 U23W Javelin - FINAL

UK Best : Kelly Morgan, WSE&H, 64.27, 2002

CBP Goldie Sayers, Belgrave H, 58.20m, 2002

Posn	ATHLETE	CLUB	Perf
1	689 Tesni WARD	City of Sheffield AC	47.40
2	666 Jemma TEWKESBURY	Bournemouth AC	43.92
3	747 Claire WILLIAMS	Swansea H	42.74
4	665 Sophie THOMAS	Birchfield Harriers	42.01

T11 U20M 100m - Heats

UK Best : Dwain Chambers, Belgrave Harriers, 10.06, 1997

CBP Christian Malcolm, Cardiff AAC, 10.17, 1998, Tyrone Edgar, WG & EL, 10.17, 2001

HEAT 1					WS = +4.2m/s
Posn	BIB	ATHLETE	CLUB	Perf	
1	62	David BOLARINWA	Newham & Essex Beagles AC	10.56	Q
2	3	Ben SHIELDS	Rotherham Harriers	10.63	Q
3	5	Alexander MCNALLY	Peterborough AC	10.90	Q
4	51	Renard FREDERICK	Shaftesbury Barnet Harriers	10.92	Q
5	561	Saoirse CHINERY-EDOO	Harrow AC	11.04	q
6	31	Shaquille MOMOH	Enfield & Haringey AC	11.17	
7	979	Shane HENRY	Birchfield Harriers	11.21	
HEAT 2					WS = +1.4m/s
Posn	BIB	ATHLETE	CLUB	Perf	
1	10	Adam GEMILI	Blackheath & Bromley AC	10.35	Q
2	27	Samuel LANDBOROUGH	Wirral AC	10.77	Q
3	35	Thomas SCRASE	Not Listed	10.78	Q
4	75	Omasirichukwu ANYANWU	Coventry Godiva H	10.81	Q
5	37	Enrico TAWIAH-KWABENA	Enfield & Haringey AC	10.88	q
6	33	Elijah SKERVIN	Notts AC	10.94	q
7	6	Jordan THURSTON	Hillingdon AC	11.09	
HEAT 3					WS = +1.6m/s
Posn	BIB	ATHLETE	CLUB	Perf	
1	23	Chijindu UJAH	Enfield & Haringey AC	10.58	Q
2	70	Emmanuel STEPHENS	Thurrock Harriers AC	10.64	Q
3	57	Thomas KNIGHT	Cardiff AAC	10.75	Q
4	30	Lemar FRECKLETON	Newport Harriers	10.97	Q
5	39	Michael OBIRI-DARKO	Ealing Southall	11.22	
6	42	Alex PYCOCK	Peterborough AC	11.35	
DQ	43	Scott BAJERE	Bristol	Rule 162.6	
HEAT 4					WS = +2.4m/s
Posn	BIB	ATHLETE	CLUB	Perf	
1	14	Tom HOLLIGAN	Edinburgh AC	10.71	Q
2	68	Kyron WILLIAMS	Enfield & Haringey AC	10.72	Q
3	47	Kwame FORDWOR	Bristol	10.85	Q
4	49	Jerome MUSA-LAWAL	Shaftesbury Barnet Harriers	10.99	Q
5	9	Ryan HARDING	Harrow AC	11.10	
6	69	Michael OJO	Windsor Slough Eton & Hounslow	11.16	
HEAT 5					WS = +2.8m/s
Posn	BIB	ATHLETE	CLUB	Perf	
1	20	Judah SIMPSON	Derby AC	10.68	Q
2	71	Leon REID	Bristol	10.75	Q
3	38	Yannick PHIPPEN	Kettering Town Harriers/Birchfield Harriers	10.80	Q
4	21	Kieran DALY	Blackheath & Bromley AC	10.85	Q
5	4	Andre GIBBS	Croydon H	11.07	q
6	48	Harry HARRIS	City Of Sheffield AC	11.08	

T21 U20M 100m - Semi-Finals

UK Best : Dwain Chambers, Belgrave Harriers, 10.06, 1997

CBP Christian Malcolm, Cardiff AAC, 10.17, 1998, Tyrone Edgar, WG & EL, 10.17, 2001

HEAT 1

WS = +2.3m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	10	Adam GEMILI	Blackheath & Bromley AC	10.27	Q
2	3	Ben SHIELDS	Rotherham Harriers	10.54	Q
3	70	Emmanuel STEPHENS	Thurrock Harriers AC	10.70	q
4	35	Thomas SCRASE	Not Listed	10.78	
5	38	Yannick PHIPPEN	Kettering Town Harriers/Birchfield Harriers	10.84	
6	4	Andre GIBBS	Croydon H	10.94	
7	30	Lemarl FRECKLETON	Newport Harriers	11.02	
8	51	Renard FREDERICK	Shaftesbury Barnet Harriers	11.06	

SEMI 2

WS = +1.8m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	62	David BOLARINWA	Newham & Essex Beagles AC	10.38	Q
2	14	Tom HOLLIGAN	Edinburgh AC	10.68	Q
3	68	Kyron WILLIAMS	Enfield & Haringey AC	10.73	q
4	21	Kieran DALY	Blackheath & Bromley AC	10.85	
5	47	Kwame FORDWOR	Bristol	10.99	
6	561	Saoirse CHINERY-EDOO	Harrow AC	11.17	
7	49	Jerome MUSA-LAWAL	Shaftesbury Barnet Harriers	DQ	
8	57	Thomas KNIGHT	Cardiff AAC	DQ	

SEMI 3

WS = +2.5m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	23	Chijindu UJAH	Enfield & Haringey AC	10.60	Q
2	20	Judah SIMPSON	Derby AC	10.68	Q
3	71	Leon REID	Bristol	10.81	
4	27	Samuel LANDSBOROUGH	Wirral AC	10.81	
5	33	Elijah SKERVIN	Notts AC	10.90	
6	75	Omasirichukwu ANYANWU	Coventry Godiva H	10.93	
7	37	Enrico TAWIAH-KWABENA	Enfield & Haringey AC	10.95	
8	5	Alexander MCNALLY	Peterborough AC	11.14	

T32 U20M 100m - FINAL

UK Best : Dwain Chambers, Belgrave Harriers, 10.06, 1997

CBP Christian Malcolm, Cardiff AAC, 10.17, 1998, Tyrone Edgar, WG & EL, 10.17, 2001

FINAL

WS = +2.8m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	62	David BOLARINWA	Newham & Essex Beagles AC	10.23
2	10	Adam GEMILI	Blackheath & Bromley AC	10.23
3	23	Chijindu UJAH	Enfield & Haringey AC	10.49
4	3	Ben SHIELDS	Rotherham Harriers	10.49
5	20	Judah SIMPSON	Derby AC	10.64
6	14	Tom HOLLIGAN	Edinburgh AC	10.67
7	70	Emmanuel STEPHENS	Thurrock Harriers AC	10.69
8	68	Kyron WILLIAMS	Enfield & Haringey AC	10.71

T40 U20M 200m - Heats

UK Best : Christian Malcolm, Cardiff AAC, 20.29, 1998

CBP Christian Malcolm, Cardiff AAC, 20.32, 1998

HEAT 1

WS = -0.4m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	146	Liam CLOWES	Crewe	21.90	Q
2	13	Sam WATTS	Woodford Green & Essex L	21.94	Q
3	71	Leon REID	Bristol	22.15	
4	57	Thomas KNIGHT	Cardiff AAC	22.18	
5	30	Lemar FRECKLETON	Newport Harriers	22.62	
6	979	Shane HENRY	Birchfield Harriers	23.13	
7	42	Alex PYCOCK	Peterborough AC	23.43	
8	248	Akeem AKINTOKUN	Basildon AC	DQ	

HEAT 2

WS = -2.2m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	62	David BOLARINWA	Newham & Essex Beagles AC	21.67	Q
2	598	Josh HAWKINS	New Zealand	22.00	Q
3	267	Omololu ABIODUN	Woodford Green & Essex L	22.21	
4	991	Simeon RAMSEY-GRAHAM	Herne Hill Harriers	22.47	
5	459	Edmond AMANING	Thames Valley H	22.62	
6	43	Scott BAJERE	Bristol	22.76	
7	5	Alexander MCNALLY	Peterborough AC	23.13	
8	51	Renard FREDERICK	Shaftesbury Barnet Harriers	23.39	

HEAT 3

WS = -1.7m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	614	Jordan KIRBY-POLIDORE	Woodford Green & Essex L	21.64	Q
2	594	Alex JORDAN	New Zealand	21.72	Q
3	16	Dannish WALKER-KHAN	Birchfield Harriers	21.88	q
4	38	Yannick PHIPPEN	Kettering Town Harriers/Birchfield Harriers	22.04	q
5	14	Tom HOLLIGAN	Edinburgh AC	22.36	
6	6	Jordan THURSTON	Hillingdon AC	22.71	
7	483	Kyran MITCHELL-NANTON	Hercules Wimbledon AC	23.13	
8	63	Alex BRADNICK	Worcester AC	DQ	

T70 U20M 200m - FINAL

UK Best : Christian Malcolm, Cardiff AAC, 20.29, 1998

CBP Christian Malcolm, Cardiff AAC, 20.32, 1998

WS = -1.6m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	62	David BOLARINWA	Newham & Essex Beagles AC	21.27
2	614	Jordan KIRBY-POLIDORE	Woodford Green & Essex L	21.39
3	13	Sam WATTS	Woodford Green & Essex L	21.41
4	598	Josh HAWKINS	New Zealand	21.51
5	16	Dannish WALKER-KHAN	Birchfield Harriers	21.82
6	146	Liam CLOWES	Crewe	21.86
7	594	Alex JORDAN	New Zealand	21.96
8	38	Yannick PHIPPEN	Kettering Town Harriers/Birchfield Harriers	22.05

T8 U20M 400m - Heats

UK Best : Martyn Rooney, Croydon Harriers, 43.35, 2006

CBP Mark Richardson, Windsor Slough Eton & Hounslow, 45.72, 1991

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	514	Luke SOUTH	City of Sheffield AC	50.15	Q
2	473	Nathan WAKE	Herts Phoenix AC	50.36	Q
3	371	Oliver SMITH	Chichester Runners	50.47	Q
4	970	Joshua ALLAN	Trafford AC	50.52	Q
5	477	Blair CRAWFORD	Kilbarchan AAC	50.93	
6	219	Nicholas PRYCE	Royal Sutton Coldfield	51.42	
7	532	Lennox THOMPSON	Thurrock Harriers AC	52.57	

HEAT 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	175	George CADDICK	Sale Harriers Manchester	49.25	Q
2	138	Jarryd DUNN	Birchfield Harriers	49.44	Q
3	966	Austin JOSEPH	Woodford Green & Essex L	49.84	Q
4	243	Rochelle JONES	City of Edinburgh	50.30	Q
5	548	Ryan CRAWLEY	City of Sheffield AC	51.48	
6	432	Richard REED	Nene Valley Harriers	52.33	
7	499	Taric LEWIS	Thames Valley H	53.90	

HEAT 3

Posn	BIB	ATHLETE	CLUB	Perf	
1	166	Greg LOUDEN	Lasswade AAC	49.10	Q
2	323	Efekemo OKORO	Birchfield Harriers	49.54	Q
3	284	David LAGERBERG	Mansfield H	49.90	Q
4	587	Andrew WALSH	Herts Phoenix AC	50.32	Q
5	343	Lolu OLUWOLE-OJO	Epsom & Ewell Harriers	50.52	q
6	348	Matthew DORRINGTON	Brighton & Hove City AC	50.71	q

HEAT 4

Posn	BIB	ATHLETE	CLUB	Perf	
1	279	Alex BOYCE	Liverpool Harriers	48.99	Q
2	314	Martyn PATERSON	Shaftesbury Barnet Harriers	49.01	Q
3	407	Anthony YOUNG	Pitreavie AAC	49.08	Q
4	372	Christian BYRON	Birchfield Harriers	49.29	Q
5	291	Aqeel HASSAN	Charnwood AC	49.68	q
6	624	Benjamin STURGESS	Marshall Milton Keynes AC	49.87	q

HEAT 5

Posn	BIB	ATHLETE	CLUB	Perf	
1	572	Joshua STREET	South London Harriers	49.17	Q
2	217	Zach KING	Notts AC	49.43	Q
3	475	Victor DOS SANTOS	Thames Valley H	49.95	Q
4	366	Dominic SMITH	Windsor Slough Eton & Hounslow	50.00	Q
5	465	Scott EDWARDS	Cardiff AAC	51.05	
6	431	Jacob AXTELL	Nene Valley Harriers	53.21	

T26 U20M 400m - Semi-Finals

UK Best : Martyn Rooney, Croydon Harriers, 43.35, 2006

CBP Mark Richardson, Windsor Slough Eton & Hounslow, 45.72, 1991

SEMI 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	284	David LAGERBERG	Mansfield H	47.97	Q
2	966	Austin JOSEPH	Woodford Green & Essex L	48.33	Q
3	217	Zach KING	Notts AC	48.36	q
4	279	Alex BOYCE	Liverpool Harriers	48.63	q
5	314	Martyn PATERSON	Shaftesbury Barnet Harriers	49.04	
6	587	Andrew WALSHE	Herts Phoenix AC	49.73	
7	348	Matthew DORRINGTON	Brighton & Hove City AC	49.93	
8	243	Jay YOUNGER	City of Edinburgh	50.23	

SEMI 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	138	Jarryd DUNN	Birchfield Harriers	48.22	Q
2	166	Greg LOUDEN	Lasswade AAC	48.73	Q
3	514	Luke SOUTH	City of Sheffield AC	48.83	
4	970	Joshua ALLAN	Trafford AC	49.10	
5	366	Dominic SMITH	Windsor Slough Eton & Hounslow	49.57	
6	407	Anthony YOUNG	Pitreavie AAC	49.68	
7	291	Aqeel HASSAN	Charnwood AC	50.39	
8	475	Victor DOS SANTOS	Thames Valley H	50.62	

SEMI 3

Posn	BIB	ATHLETE	CLUB	Perf	
1	572	Joshua STREET	South London Harriers	48.59	Q
2	175	George CADDICK	Sale Harriers Manchester	48.74	Q
3	323	Efekemo OKORO	Birchfield Harriers	48.93	
4	473	Nathan WAKE	Herts Phoenix AC	49.54	
5	372	Christian BYRON	Birchfield Harriers	49.60	
6	343	Lolu OLUWOLE-OJO	Epsom & Ewell Harriers	50.53	
7	624	Benjamin STURGESS	Marshall Milton Keynes AC	51.37	
8	371	Oliver SMITH	Chichester Runners	DQ	

T68 U20M 400m - FINAL

UK Best : Martyn Rooney, Croydon Harriers, 43.35, 2006

CBP Mark Richardson, Windsor Slough Eton & Hounslow, 45.72, 1991

Posn	BIB	ATHLETE	CLUB	Perf
1	138	Jarryd DUNN	Birchfield Harriers	47.61
2	175	George CADDICK	Sale Harriers Manchester	48.08
3	166	Greg LOUDEN	Lasswade AAC	48.20
4	572	Joshua STREET	South London Harriers	48.53
5	284	David LAGERBERG	Mansfield H	48.64
6	279	Alex BOYCE	Liverpool Harriers	48.70
7	966	Austin JOSEPH	Woodford Green & Essex L	48.72
8	217	Zach KING	Notts AC	48.81

T18 U20M 800m - Heats

UK Best : David Sharpe, Jarrow & Hebburn AC, 1:45.64, 1986

CBP Niall Brooks, Sale Harriers, 1:47.29

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	280	Guy LEARMONTH	Lasswade AAC	01:53.33	Q
2	349	John BIRD	Ipswich Harriers	01:53.52	Q
3	133	Niall MAGUIRE	Derby AC	01:53.57	q
4	401	Tom WATSON	Central AC	01:55.06	
5	562	Tom PURNELL	Stroud & District AC	01:57.00	
6	470	Adam GILBERT	Medway & Maidstone AC	01:59.41	

HEAT 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	207	Adam COTTON	Birchfield Harriers	01:52.50	Q
2	370	Robert NEEDHAM	Notts AC	01:53.21	Q
3	312	Aaron BENNETT	Southampton AC / UWIC	01:54.26	
4	583	Tom GUY	City of Stoke AC	01:55.48	
5	316	Daniel CHEESEMAN	City Of York AC	01:55.51	
6	615	Joshua OGUNTAYO	Sale Harriers Manchester	01:56.63	
7	539	Khalid AL-ABAIDY	Windsor Slough Eton & Hounslow	01:57.92	

HEAT 3

Posn	BIB	ATHLETE	CLUB	Perf	
1	605	Mitch WHITE	Bracknell AC	01:53.36	Q
2	254	Zak CURRAN	Windsor Slough Eton & Hounslow	01:53.46	Q
3	581	Sam YATES	Newham & Essex Beagles AC	01:53.64	q
4	559	Stuart ROSS	Victoria Park City of Glasgow	01:53.84	
5	363	Sam BUCKNALL	Leeds City AC	01:58.10	
6	486	Jordan BRANSBERG	Skyrac AC	02:00.55	
7	432	Richard REED	Nene Valley Harriers	DNF	

T60 U20M 800m - FINAL

UK Best : David Sharpe, Jarrow & Hebburn AC, 1:45.64, 1986

CBP Niall Brooks, Sale Harriers, 1:47.29

Posn	BIB	ATHLETE	CLUB	Perf
1	207	Adam COTTON	Birchfield Harriers	01:49.19
2	349	John BIRD	Ipswich Harriers	01:50.29
3	605	Mitch WHITE	Bracknell AC	01:50.44
4	280	Guy LEARMONTH	Lasswade AAC	01:50.50
5	133	Niall MAGUIRE	Derby AC	01:51.99
6	254	Zak CURRAN	Windsor Slough Eton & Hounslow	01:52.11
7	581	Sam YATES	Newham & Essex Beagles AC	01:52.44
8	370	Robert NEEDHAM	Notts AC	01:52.75

T6 U20M 1500m - Heats

UK Best : Graham Williamson, Springburn Harriers, 3:36.6, 1979

CBP Graham Williamson, Springburn Harriers, 3:39.68, 1978

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	184	Charlie GRICE	Phoenix AC	03:54.15	Q
2	566	Tom CURR	Stroud & District AC	03:54.40	Q
3	359	Robbie FARNHAM-ROSE	Tonbridge AC	03:54.98	Q
4	317	Dale CLUTTERBUCK	Basildon AC	03:55.18	Q
5	237	Harvey DIXON	Aldershot Farnham & Dist AC	03:55.24	q
6	592	Max KAYE	Holmfirth Harriers AC	03:57.40	q
7	453	Jack GOODWIN	Bedford & County AC	03:58.74	
8	318	Alexander JONES	Enfield & Haringey AC	03:59.97	
9	315	Jason PRICKETT	Invicta East Kent AC	04:00.96	
10	389	Kieran CLEMENTS	Ipswich Harriers	04:02.43	
11	582	Jack HUTCHENS	North Devon AC	04:08.25	
12	419	Jordan MAURICE	Herne Hill Harriers	04:13.54	
13	586	Ryan BUCK	City of York AC	04:19.58	

HEAT 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	233	Jonathan HAY	Aldershot Farnham & Dist AC	03:52.43	Q
2	311	Marcus BRIDGER-WILKINSON	Newbury AC	03:52.57	Q
3	281	Zak SEDDON	Bracknell AC	03:52.83	Q
4	273	Richard GOODMAN	Shaftesbury Barnet Harriers	03:53.00	Q
5	205	Cameron BOYEK	Sildon R	03:53.28	q
6	423	Matt BERGIN	Bedford & County AC	03:56.93	q
7	619	Michael WOOD	Leeds City AC	03:57.57	
8	231	Chris PERRIN	Cannock	04:01.19	
9	334	Alex TEUTEN	City of Portsmouth AC	04:02.53	
10	439	Blayne PICK	Notts AC	04:03.97	
11	341	Stewart ORR	Ronhill Cambuslang Harriers	04:06.35	
12	331	Liam WHITE	Hercules Wimbledon AC	04:06.91	
13	577	Jake BOAT	OWLS AC	04:15.83	

T48 U20M 1500m - FINAL

UK Best : Graham Williamson, Springburn Harriers, 3:36.6, 1979

CBP Graham Williamson, Springburn Harriers, 3:39.68, 1978

Posn	BIB	ATHLETE	CLUB	Perf
1	233	Jonathan HAY	Aldershot Farnham & Dist AC	03:44.78
2	184	Charlie GRICE	Phoenix AC	03:46.91
3	205	Cameron BOYEK	Sildon R	03:47.46
4	281	Zak SEDDON	Bracknell AC	03:47.69
5	311	Marcus BRIDGER-WILKINSON	Newbury AC	03:47.82
6	359	Robbie FARNHAM-ROSE	Tonbridge AC	03:48.38
7	423	Matt BERGIN	Bedford & County AC	03:50.47
8	566	Tom CURR	Stroud & District AC	03:50.55
9	317	Dale CLUTTERBUCK	Basildon AC	03:53.25
10	592	Max KAYE	Holmfirth Harriers AC	04:04.20
11	273	Richard GOODMAN	Shaftesbury Barnet Harriers	DNF
DNS	237	Harvey DIXON	Aldershot Farnham & Dist AC	DNS

T19 U20M 5000m - FINAL

UK Best : Steve Binns, Bingley Harriers, 13:27.04, 1979

CBP Nicky Lees, Derby & County AC, 14:01.00, 1977

Posn	BIB	ATHLETE	CLUB	Perf
1	233	Jonathan HAY	Aldershot Farnham & Dist AC	14:35.85
2	264	Jonathan HOPKINS	Bridgend AC	14:43.67
3	222	Paul THOMPSON	Birmingham Running	14:54.55
4	472	Mark SHAW	New Marske	14:58.04
5	396	Ian BAILEY	Aldershot Farnham & Dist AC	15:08.40
6	522	Alex DUNBAR	West Suffolk AC	15:17.45
7	329	David VERNON	Victoria Park City of Glasgow	15:19.97
8	512	Karl BILLINGTON	Blackburn Harriers	16:00.98

T16 U20M 3000m S/Chase - FINAL

UK Best : Paul Davies-Hale, Cannock AC, 8:29.85, 1981

CBP Benedict Whitby, Borough of Hounslow AC, 8:59.09, 1996

Posn	BIB	ATHLETE	CLUB	Perf
1	140	Jack PARTRIDGE	Poole Runners	09:19.70
2	410	Lachan OATES	Shettleston Harriers	09:19.91
3	308	William GRAY	Brighton & Hove City AC	09:27.90
4	463	James MCCARTHY	Brighton & Hove City AC	09:33.93
5	518	James SENIOR	City of Norwich AC	09:37.03
6	617	Matt HOLMES	Sale Harriers Manchester	10:29.55
7	504	Nathan DITTON	Windsor Slough Eton & Hounslow	10:31.18
DNF	488	Kristian BIBBY	Preston Harriers	

T43 U20M 110m Hurdles - Heats

UK Best : Jack Meredith, Liverpool H, 13.32, 2010

CBP Gianni Frankis, Newham & Essex Beagles, 13.66, 2007

HEAT 1

WS = -2.4m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	195	Jack MEREDITH	Liverpool Harriers	14.00	Q
2	208	James GLADMAN	Warrington AC	14.03	Q
3	154	Daniel NEEDHAM	Wigan & District Harriers	14.52	Q
4	552	Joe YARDE	Croydon H	15.09	
5	351	Alex LEE	Poole AC	15.58	
6	974	Josh WALKER	Birchfield Harriers	19.49	

HEAT 2

WS = +0.5m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	337	Andrew POZZI	Stratford AC	13.71	Q
2	424	Ben KELK	Cambridge Harriers	14.05	Q
3	609	Jake PORTER	Birchfield Harriers	14.46	Q
4	394	Marko DJUROVIC	Epsom & Ewell Harriers	14.57	q
5	520	James WRIGHT	Rugby	14.82	q
6	544	Bradley REED	Chelmsford AC	15.07	

T56 U20M 110m Hurdles - FINAL

UK Best : Jack Meredith, Liverpool H, 13.32, 2010

CBP Gianni Frankis, Newham & Essex Beagles, 13.66, 2007

WS = -0.8m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	337	Andrew POZZI	Stratford AC	13.68	CBP
2	208	James GLADMAN	Warrington AC	13.89	
3	154	Daniel NEEDHAM	Wigan & District Harriers	14.12	
4	609	Jake PORTER	Birchfield Harriers	14.34	
5	394	Marko DJUROVIC	Epsom & Ewell Harriers	14.51	
6	520	James WRIGHT	Rugby	15.21	
DQ	424	Ben KELK	Cambridge Harriers		
DQ	195	Jack MEREDITH	Liverpool Harriers		

T3 U20M 400m Hurdles - Heats

UK Best : Richard Davenport, Gloucester AC, 50.20, 2004

CBP Niall Flannery, Gateshead H, 51.07, 2009

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	362	Paul BENNETT	Swansea H	53.66	Q
2	309	Craig MORTEN	Blackheath & Bromley AC	54.90	Q
3	392	Sean ADAMS	Southampton AC	55.21	Q
4	498	Cameron IRWIN	Colchester Harriers	55.63	q
5	271	George GRAINGER	Crawley AC	56.73	
6	521	Tom BOOTH	West Cheshire AC	58.58	

HEAT 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	590	Ben HOPKINS	Blackheath & Bromley AC	55.44	Q
2	182	Oliver PALMER	City of York AC	55.80	Q
3	378	Toby HARRIS	Edinburgh AC	56.49	Q
4	444	Connor HENDERSON	Kilbarchan AAC	56.52	q
5	347	Paul CAVE	Epsom & Ewell Harriers	58.00	

T38 U20M 400m Hurdles - FINAL

UK Best : Richard Davenport, Gloucester AC, 50.20, 2004

CBP Niall Flannery, Gateshead H, 51.07, 2009

Posn	BIB	ATHLETE	CLUB	Perf
1	362	Paul BENNETT	Swansea H	53.28
2	182	Oliver PALMER	City of York AC	53.80
3	309	Craig MORTEN	Blackheath & Bromley AC	54.15
4	392	Sean ADAMS	Southampton AC	54.94
5	444	Connor HENDERSON	Kilbarchan AAC	55.29
6	498	Cameron IRWIN	Colchester Harriers	55.55
7	378	Toby HARRIS	Edinburgh AC	55.98
8	590	Ben HOPKINS	Blackheath & Bromley AC	DQ

T34 U20M 10000m Walk - FINAL

UK Best : Darrell Stone, Steyning AC, 41:47.00, 1987

CBP Gordon Vale, Surrey Walking Club, 42:06.35, 1981

Posn	BIB	ATHLETE	CLUB	Perf
1	197	Jamie HIGGINS	Leeds City AC	48:39.62
2	584	Nathan DUNCAN	Yorkshire RWC	51:34.57

F1 U20M Hammer - FINAL

UK Best : Peter Smith, Kingston Upon Hull AC, 76.67m, 2009

CBP Peter Smith, Kingston Upon Hull, 74.45m, 2009

Posn	BIB	ATHLETE	CLUB	Perf
1	277	Nicholas MILLER	Border Harriers	64.79
2	163	Andrew ELKINS	Shaftesbury Barnet Harriers	64.62
3	199	Dempsey MCGUIGAN	West London Hammer School	64.48
4	367	Tim WILLIAMS	Gloucester AC	62.60
5	449	Callum BROWN	City of Norwich AC	62.02
6	990	Sam BLAIN	City of York AC	59.44
7	452	Osian JONES	Menai AC	57.26
8	376	Craig MURCH	Rugby	56.73
9	415	Sam RIDGWAY	Marshall Milton Keynes AC	56.50
10	980	Ryan MCDOWALL	Border Harriers	55.81
11	628	Jonathan EDWARDS	Huntingdonshire AC	55.18
12	517	Harry CLARKE	Woodford Green & Essex L	55.17
13	350	Lee DORAN	Newbury AC	48.30
14	600	Haden BRITAIN	Boston & District AC	47.09
15	192	Jack VICKERY	Blackburn Harriers	41.31

F4 U20M Pole Vault - FINAL

UK Best : Neil Winter, Shaftesbury Barnet Harriers, 5.50m 1992

CBP Neil Winter, Shaftesbury Barnet Harriers, 5.40m, 1993

Posn	BIB	ATHLETE	CLUB	Perf
1	391	Rowan MAY	Birchfield Harriers	4.80
2	555	Mark LONGHURST	Blackheath & Bromley AC	4.80
3	232	Jax THOIRS	Not Listed	4.80
4	319	Cameron WALKER-SHEPHERD	Birchfield Harriers	4.80
5	330	Adam CARPENTER	shaftesbury barnet harriers/poole ac	4.70
6	125	Daniel GARDNER	Stevenage	4.70
7	256	Jack PHIPPS	Woking AC	4.55
8	282	Charlie SMITH	Windsor Slough Eton & Hounslow	4.40
9	227	Mark COOPER	Stoke AC	4.40
10	547	Luke BAILEY	Bristol	4.25
11	393	Jesper HALLBERG	Tonbridge AC	4.25
12	134	Gordon LESTER	Kingston Upon Hull AC	4.10
13	296	Robert WOOD	Chelmsford AC	4.10

F7 U20M High Jump - FINAL

UK Best : Steve Smith, Liverpool Harriers & AC, 2.37, 1992

CBP Brendan Reilly, Corby AC, 2.25m, 1991

Posn	BIB	ATHLETE	CLUB	Perf
1	171	Allan SMITH	Shaftesbury Barnet Harriers	2.05
2	507	Alex COX	Bournemouth AC	2.01
3	420	Ross ARMORGIE	Herts Phoenix AC	2.01
4	186	Michael HARTLEY	Liverpool Harriers	2.01
5	632	Feron SAYERS	Wolverhampton & Bilston AC	2.01
6	462	Tom GARDNER	East Grinstead	1.96
7	172	Onajite OKORO	Birchfield Harriers	1.96
8	159	Fraser WEIR	Falkirk Victoria H	1.96

F9 U20M Long Jump - FINAL

UK Best : Greg Rutherford, Milton Keynes AC, 8.14, 2005

CBP Jonathan Moore, Birchfield Harriers, 7.98, 2001

Posn	BIB	ATHLETE	CLUB	Perf	
1	384	Allan HAMILTON	Edinburgh AC	7.45	+2.4
2	428	James LELLIOTT	Bournemouth AC	7.38	+2.5
3	161	Kyle HENDERSON	Central AC	7.36	+2.6
4	632	Feron SAYERS	Wolverhampton & Bilston AC	7.31	+2.1
5	531	Rio BAILEY	City of Stoke AC	7.19	+2.5
6	151	James R DAVIES	Blackpool Wyre & Fylde AC	7.03	+3.0
7	358	Craig JONES	Liverpool Harriers	6.99	+2.5
8	965	James WRIGHT	Bicester AC	6.90	+1.2
9	490	Jordan KELLY	southport waterloo aC	6.83	+2.7
10	298	Ogo ANOCHIRIONYE	Thames Valley H	6.81	+2.1
11	183	Healson IHUOMA	Woodford Green & Essex L	6.75	+2.0
12	342	Oliver NEWPORT	Crawley AC	6.70	+3.5
13	597	Brendon BARNETT	New Zealand	6.66	+2.4
14	634	Joshua BROWN	Kent AC	6.59	+1.0
15	538	David CRISP	Woodford Green & Essex L	6.42	+2.5
16	328	Peter MUIRHEAD	Central AC	6.22	+1.9
NMR	386	David HARVEY	Windsor Slough Eton & Hounslow		
NMR	293	Elliot SAFO	Croydon H		

F14 U20M Javelin - FINAL

UK Best : Steve Backley, Cambridge Harriers, 79.50, 1988

CBP Mark Roberson, Haringey AC, 73.68, 1986

Posn	BIB	ATHLETE	CLUB	Perf
1	275	Joe DUNDERDALE	Lincoln Wellington AC	72.55
2	305	Richard SHUTTLEWORTH	Loughborough Students AC	68.21
3	545	Matti MORTIMORE	Ipswich Harriers	67.44
4	213	Steve TURNOCK	Exeter Harriers	64.31
5	303	Greg MILLAR	Mansfield H	63.30
6	128	Jordan CARTER	Rotherham Harriers	60.80
7	975	Travelle MORRIS-REID	Leicester Coritanian AC	57.95
8	626	Matthew MARTIN	North Down AC	53.18

F24 U20M Discus - FINAL

UK Best : Emeka Udechuku, Woodford Green & Essex Ladies, 64.35, 1998

CBP Lawrence Okoye, Croydon Harriers, 63.92m, 2010

Posn	ATHLETE	CLUB	Perf
1	607 Kariym IRVING	Windsor Slough Eton & Hounslow	54.07
2	313 Adam DAMADZIC	Birchfield Harriers	53.24
3	540 Gareth WINTER	Gloucester AC	52.03
4	356 Najee FOX	Birchfield Harriers	49.94
5	628 Jonathan EDWARDS	Huntingdonshire AC	47.72
6	596 Ryan BARRETT	Windsor Slough Eton & Hounslow	46.97
7	599 Tariq MARTIN	Basildon AC	46.70
8	266 Benji PEARSON	Wolverhampton & Bilston AC	45.42
9	260 Gary JONES	Andover AC	44.54
10	550 Alan TOWARD	Gateshead Harriers	42.90
11	573 Iain SWALL	York AC	42.06
12	621 Chris LINE	Dacorum & Tring AC	40.84

F30 U20M Triple Jump - FINAL

UK Best : Tosi Fasinro, Hillingdon AC, 16.58, 1991

CBP Onochie Achike, Crawley AC, 16.28m, 1993

Posn	ATHLETE	CLUB	Perf
1	306 Joe LAWRENCE	Blackheath & Bromley AC	15.48 -1.5
2	482 James OKEYEMI	Harrow AC	15.26 -0.4
3	406 Jonathan ILORI	Blackheath & Bromley AC	14.85 +1.1
4	556 Julien ALLWOOD	Herne Hill Harriers	14.78 -0.8
5	307 Jonathan SAWYERS	Windsor Slough Eton & Hounslow	14.70 -2.4
6	302 Sam EDWARDS	Shrewsbury AC	14.38 -1.4
7	622 Efe UWAIFO	Harrow AC	14.28 -0.3
8	965 James WRIGHT	Bicester AC	14.26 -0.7
9	445 Shola JOHN-OLOJO	Herne Hill Harriers	14.19 +0.9
10	247 Bradley PIKE	DACOURUM	14.14 +1.0
11	627 Jack VALERI	Brighton & Hove City AC	14.04 -0.8
12	414 Adrian ASSINOR	Thames Valley H	13.84 +0.8
13	484 Jeffson UDEMEZUE	Luton AC	13.83 +0.8
14	571 Armani JAMES	Leicester Coritanian AC	13.25 +0.4
15	413 Alex BELLIS	Sale Harriers Manchester	13.08 -3.1

F31 U20M Shot - FINAL

UK Best : Curtis Griffiths-Parker, Cambridge H, 19.30m, 2009

CBP Curtis Griffiths-Parker, Cambridge H, 18.65m, 2009

Posn	ATHLETE	CLUB	Perf
1	595 Tom WALSH	New Zealand	20.48 CBP
2	540 Gareth WINTER	Gloucester AC	16.47
3	601 Scott LINCOLN	City of York AC	16.15
4	628 Jonathan EDWARDS	Huntingdonshire AC	15.70
5	190 Matthew HALTON	Newquay	15.39

T15 U20W 100m - Heats

UK Best : Jodie Williams, Herts Phoenix, 11.24, 2010

CBP Jodie Williams, Herts Phoenix, 11.28, 2010

HEAT 1

WS = +1.8m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	83	Jodie WILLIAMS	Herts Phoenix AC	11.34	Q
2	91	Bianca WILLIAMS	Enfield & Haringey AC	11.82	Q
3	104	Melisa HANSON	Birchfield Harriers	11.94	
4	103	Rachel JOHNCOCK	Colwyn Bay	12.03	
5	96	Laura ROBSON	Wakefield	12.36	
6	106	Shalisha PATRICK	Windsor Slough Eton & Hounslow	12.50	
7	119	Molly COCKBURN	Sale Harriers Manchester	12.67	
8					

HEAT 2

WS = +4.5m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	98	Annie TAGOE	Thames Valley H	11.42	Q
2	101	Desiree HENRY	Enfield & Haringey AC	11.51	Q
3	84	Sophie PAPPS	Windsor Slough Eton & Hounslow	11.71	q
4	111	Mica MOORE	Cardiff AAC	11.94	q
5	88	Emma JACKSON	Kingston Upon Hull AC	12.44	
6	107	Nardhia KIDD-WALKER	Birchfield Harriers	12.77	

HEAT 3

WS = +1.4m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	108	Marilyn NAWAWULOR	Harrow AC	11.59	Q
2	94	Lauretta CURTIS	Chesterfield	11.92	Q
3	972	Uzoma NWACHUKWU	Enfield & Haringey AC	12.07	
4	92	Georgia LAMOTHE	Windsor Slough Eton & Hounslow	12.13	
5	82	Grace SHEPPARD	Blackheath & Bromley AC	12.14	
6	79	Milly KELLYMAN	Tamworth AC	12.66	

T30 U20W 100m - FINAL

UK Best : Jodie Williams, Herts Phoenix, 11.24, 2010

CBP Jodie Williams, Herts Phoenix, 11.28, 2010

WS = +2.5m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	83	Jodie WILLIAMS	Herts Phoenix AC	11.33
2	101	Desiree HENRY	Enfield & Haringey AC	11.59
3	108	Marilyn NAWAWULOR	Harrow AC	11.61
4	91	Bianca WILLIAMS	Enfield & Haringey AC	11.66
5	98	Annie TAGOE	Thames Valley H	11.67
6	111	Mica MOORE	Cardiff AAC	11.93
7	94	Lauretta CURTIS	Chesterfield	11.97

T49 U20W 200m - Heats

UK Best : Kathy Cook, Wolverhampton & Bilston AC, 22.70, 1979

CBP Jodie Williams, Herts Phoenix, 23.15, 2010

HEAT 1

WS = +1.0m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	91	Bianca WILLIAMS	Enfield & Haringey AC	24.07	Q
2	875	Jennie BATTEN	Stroud & District AC	24.38	Q
3	104	Melisa HANSON	Birchfield Harriers	24.55	Q
4	824	Chloe LAMBERT	Victoria Park City of Glasgow	24.91	q
5	953	Ann IKA OQUA	Wolverhampton & Bilston AC	25.17	q
6	912	Aleasha KIDDLE	Windsor Slough Eton & Hounslow	25.33	
7	803	Rebecca HUSSEY	Oxford City AC	25.97	
8	702	Laura SMITH	Team Bath AC	26.50	

HEAT 2

WS = +0.0m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	83	Jodie WILLIAMS	Herts Phoenix AC	23.55	Q
2	103	Rachel JOHNCOCK	Colwyn Bay	24.72	Q
3	98	Annie TAGOE	Thames Valley H	25.35	Q
4	81	Zoey CLARK	Aberdeen AAC	25.81	
5	828	Rachel WHITTLE	Victoria Park City of Glasgow	25.83	
6	675	Frederica FOSTER	Blackheath & Bromley AC	26.01	
7	647	Jodie HARRISON	Wolverhampton & Bilston AC	26.11	

T72 U20W 200m - FINAL

UK Best : Kathy Cook, Wolverhampton & Bilston AC, 22.70, 1979

CBP Jodie Williams, Herts Phoenix, 23.15, 2010

WS = -3.4m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	83	Jodie WILLIAMS	Herts Phoenix AC	24.13	
2	875	Jennie BATTEN	Stroud & District AC	24.57	
3	103	Rachel JOHNCOCK	Colwyn Bay	24.68	
4	104	Melisa HANSON	Birchfield Harriers	24.80	
5	824	Chloe LAMBERT	Victoria Park City of Glasgow	25.24	
6	953	Ann IKA OQUA	Wolverhampton & Bilston AC	25.31	
DQ	91	Bianca WILLIAMS	Enfield & Haringey AC	Rule 162.6	
DNS	98	Annie TAGOE	Thames Valley H		

T7 U20W 400m - Heats

UK Best : Donna Hartley, Southampton City, 51.77, 1974

CBP Gemma Nicol, Dunfermline & West Fife, 53.79, 20005

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	926	Katie SNOWDEN	Herne Hill Harriers	55.91	Q
2	710	Lucy JAMES	Bedford & County AC	56.34	Q
3	814	Megan ROGERS	Wrexham AC	57.26	
4	682	Leah BARROW	Windsor Slough Eton & Hounslow	57.51	
5	675	Frederica FOSTER	Blackheath & Bromley AC	57.63	
6	647	Jodie HARRISON	Wolverhampton & Bilston AC	58.06	
7	913	Polly DAVIES	Great Yarmouth	58.59	
8	820	Emily DE BEAUX	Guildford	60.07	

HEAT 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	767	Kirsten MCASLAN	East Cheshire Harriers	55.63	Q
2	81	Zoey CLARK	Aberdeen AAC	55.81	Q
3	829	Yimika ADEWAKUN	Blackheath & Bromley AC	55.95	q
4	715	Diane RAMSAY	Victoria Park City of Glasgow	56.43	q
5	953	Ann IKA OQUA	Wolverhampton & Bilston AC	57.11	
6	877	Sian HARRY	Herts Phoenix AC	57.78	
7	702	Laura SMITH	Team Bath AC	60.27	

HEAT 3

Posn	BIB	ATHLETE	CLUB	Perf	
1	658	Katie KIRK	Lagan Valley AC	55.18	Q
2	831	Amelia CLIFFORD	Team Southampton	55.27	Q
3	768	Jessie KNIGHT	Herne Hill Harriers	57.22	
4	706	Amy ALLCOCK	Aldershot Farnham & Dist AC	57.35	
5	719	Georgina IVENS	Nene Valley Harriers	57.42	
6	918	Krystal GALLEY	Blackheath & Bromley AC	57.92	
7	807	Katie JAMES	Marshall Milton Keynes AC	60.29	

T62 U20W 400m - FINAL

UK Best : Donna Hartley, Southampton City, 51.77, 1974

CBP Gemma Nicol, Dunfermline & West Fife, 53.79, 20005

Posn	BIB	ATHLETE	CLUB	Perf	
1	658	Katie KIRK	Lagan Valley AC	53.69	CBP
2	767	Kirsten MCASLAN	East Cheshire Harriers	53.98	
3	710	Lucy JAMES	Bedford & County AC	53.99	
4	926	Katie SNOWDEN	Herne Hill Harriers	54.51	
5	831	Amelia CLIFFORD	Team Southampton	54.68	
6	81	Zoey CLARK	Aberdeen AAC	55.19	
7	829	Yimika ADEWAKUN	Blackheath & Bromley AC	55.29	
8	715	Diane RAMSAY	Victoria Park City of Glasgow	57.02	

T17 U20W 800m - FINAL

UK Best : Charlotte Penfold, Bournemouth AC, 1:59.75, 2002

CBP Laura Finucane, Pendle AC, 2:03.73, 2004

Posn	BIB	ATHLETE	CLUB	Perf
1	664	Rowena COLE	Coventry Godiva H	02:07.93
2	806	Alexandra BELL	Pudsey	02:09.66
3	801	Sarah KELLY	Dundee Hawkhill Harriers	02:10.37
4	717	Jade WILLIAMS	Amman Valley	02:11.21
5	859	Emily DUDGEON	Edinburgh AC	02:12.25
6	889	Holly ARCHER	West Suffolk AC	02:13.12
7	680	Molly RENFER	Kingston Upon Hull AC	02:13.26
8	827	Emma GILMORE	City of Portsmouth AC	02:13.44
9	945	Tyra WATSON	Sale Harriers Manchester	02:17.71
10	951	Lucy SUMNER	Preston Harriers	02:20.84

T5 U20W 1500m - Heats

UK Best : Zola Budd, Aldershot, Farnham & District AC, 3:59.96, 1985

CBP Hannah England, Oxford City AC, 4:17.31, 2006

HEAT 1

Posn	BIB	ATHLETE	CLUB	Perf
1	729	Georgia PEEL	Aldershot Farnham & Dist AC	04:19.82
2	850	Jennifer WALSH	Spenborough & Dist AC	04:21.28
3	934	Rebekah GREENE	New Zealand	04:24.90
4	804	Gemma KERSEY	Basildon AC	04:26.75
5	931	Sophie CONNOR	Shaftesbury Barnet Harriers	04:29.78
6	760	Catherine BLEW	Taunton AC	04:32.72
7	758	Hanna TARVER	Wirral AC	04:33.29
8	697	Chloe RICHARDSON	Birchfield Harriers	04:36.85
9	770	Amyjade MELLOR	Buxton	04:38.30
10	732	Melissa COURTNEY	Shaftesbury Barnet Harriers	04:38.47
11	786	Rachel ROBINSON	Aldershot Farnham & Dist AC	04:39.32
12	905	Susan SHIEL-RANKIN	Aldershot Farnham & Dist AC	04:39.61
13	678	Laura FARRAR	St Albans AC	04:40.99
14	721	Pippa WOOLVEN	Wycombe Phoenix H	04:45.60
15	943	Margot GIBSON	New Zealand	04:47.68

T53 U20W 3000m - FINAL

UK Best : Zola Budd, Aldershot, Farnham & District AC, 8:28.83, 1985

CBP Sian Edwards, Kettering Town Harriers, 9:16.38, 2006

Posn	BIB	ATHLETE	CLUB	Perf
1	775	Emelia GORECKA	Aldershot Farnham & Dist AC	09:25.35
2	651	Annabel GUMMOW	Bristol	09:36.15
3	751	Natasha COCKRAM	Cwmbran Harriers	09:54.92
4	774	Grace BAKER	Aldershot Farnham & Dist AC	10:10.72
5	756	Ruth HAYNES	Aldershot Farnham & Dist AC	10:30.57
6	808	Calli THACKERY	Hallamshire Harriers Sheffield	10:34.96
DNS	842	Beth CARTER	Invicta East Kent AC	DNS

T64 U20W 3000m S/Chase - FINAL

UK Best : Emily Pidgeon, Gloucester AC, 10:06.12, 2005

CBP Emily Pidgeon, Gloucester AC, 10:06.12, 2005

Posn	BIB	ATHLETE	CLUB	Perf
1	921	Nicole ROBERTS	Birchfield Harriers	11:17.43
2	687	Laura RICHES	Leigh Harriers	11:34.80
3	695	Victoria WALKER	Shaftesbury Barnet Harriers	12:02.07

T44 U20W 100m Hurdles - Heats

UK Best : Diane Allahgreen, Liverpool H & AC, 13.25, 1994

CBP Sarah Claxton, Colchester & Tendring AC, 13.28, 1998

HEAT 1

WS = -0.9m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	838	Yasmin MILLER	Derby AC	14.11	Q
2	646	Rebecca LIDDELL	Gateshead Harriers	14.49	Q
3	868	Gabriella ADE - ONOJOBI	Cambridge Harriers	14.60	Q
4	796	Holly THOMAS	Newham & Essex Beagles AC	14.63	q
5	660	Georgia ATKINS	Chelmsford AC	14.94	q

HEAT 2

WS = -2.7m/s

Posn	BIB	ATHLETE	CLUB	Perf	
1	108	Marilyn NAWAWULOR	Harrow AC	14.01	Q
2	734	Katarina JOHNSON-THOMPSON	Liverpool Harriers	14.09	Q
3	718	Rebecca BROWN	Exeter Harriers	14.45	Q
4	933	Jessica MCCABE	Windsor Slough Eton & Hounslow	15.38	
5	854	Claire HUMPHRIES	Herts Phoenix AC	16.48	

T54 U20W 100m Hurdles - FINAL

UK Best : Diane Allahgreen, Liverpool H & AC, 13.25, 1994

CBP Sarah Claxton, Colchester & Tendring AC, 13.28, 1998

WS = +0.9m/s

Posn	BIB	ATHLETE	CLUB	Perf
1	734	Katarina JOHNSON-THOMPSON	Liverpool Harriers	13.90
2	838	Yasmin MILLER	Derby AC	14.23
3	796	Holly THOMAS	Newham & Essex Beagles AC	14.46
4	718	Rebecca BROWN	Exeter Harriers	14.46
5	646	Rebecca LIDDELL	Gateshead Harriers	14.66
6	868	Gabriella ADE - ONOJOBI	Cambridge Harriers	14.97
DNF	660	Georgia ATKINS	Chelmsford AC	
DNF	108	Marilyn NAWAWULOR	Harrow AC	

T1 U20W 400m Hurdles - Heats

UK Best : Perri Shakes-Drayton, Victoria Park & Tower Hamlets, 56.46, 2007

CBP Vicki Jamison, Lagan Valley AC, 57.27, 1996

Heat 1

Posn	BIB	ATHLETE	CLUB	Perf	
1	700	Megan SOUTHWART	Bath Uni/Blackheath	60.88	Q
2	909	Abi FITZPATRICK	Sale Harriers Manchester	61.06	Q
3	693	Hannah LLOYD	Herts Phoenix AC	65.02	Q
4	748	Samantha BROOK	Wakefield	65.52	
5	932	Emily BARRETT	Windsor Slough Eton & Hounslow	66.92	

Heat 2

Posn	BIB	ATHLETE	CLUB	Perf	
1	669	Sophie WOOD	Durham City Harriers	62.02	Q
2	692	Laura BURKE	Windsor Slough Eton & Hounslow	62.58	Q
3	902	Connie MCMILLAN	Banbury Harriers	64.44	Q
4	929	Aisha NAIBE-WEY	Herne Hill Harriers	65.04	q
5	773	Samantha BROWN	Dartford Harriers AC	65.45	q

T36 U20W 400m Hurdles - FINAL

UK Best : Perri Shakes-Drayton, Victoria Park & Tower Hamlets, 56.46, 2007

CBP Vicki Jamison, Lagan Valley AC, 57.27, 1996

Posn	BIB	ATHLETE	CLUB	Perf
1	700	Megan SOUTHWART	Bath Uni/Blackheath	59.49
2	909	Abi FITZPATRICK	Sale Harriers Manchester	60.13
3	669	Sophie WOOD	Durham City Harriers	60.20
4	692	Laura BURKE	Windsor Slough Eton & Hounslow	61.01
5	773	Samantha BROWN	Dartford Harriers AC	62.96
6	902	Connie MCMILLAN	Banbury Harriers	64.08
7	693	Hannah LLOYD	Herts Phoenix AC	64.59
8	929	Aisha NAIBE-WEY	Herne Hill Harriers	64.77

T33 U20W 10000m Walk - FINAL

UK Best :

CBP

Posn	BIB	ATHLETE	CLUB	Perf
1	817	Heather LEWIS	Pembroke Harriers (Wales)	54:27.48

F6 U20W Hammer - FINAL

UK Best : Sophie Hitchon, Blackburn Harriers, 65.98m, 2010

CBP Sophie Hitchon, Blackburn Harriers, 63.74m, 2010

Posn	BIB	ATHLETE	CLUB	Perf
1	690	Abbi CARTER	Kingston Upon Hull AC	55.87
2	841	Louisa JAMES	Hastings AC	53.85
3	656	Kimberley REED	Edinburgh AC	53.53
4	783	Toni WELLS	Swansea H	50.26
5	892	Chelsea COKER	Chelmsford AC	48.84
6	976	Amy CLEMENS	Shaftesbury Barnet Harriers	48.43
7	649	Jessica MAYHO	Bingley Harriers	48.11
8	725	Sarah STANHOPE	Lincoln Wellington AC	45.01
9	737	Bethany MITCHELL	Sutton in Ashfield	44.95
10	948	Jacqueline PLAIN	Falkirk Victoria H	44.68
11	763	Adanna OKEAHIALAM	Bingley Harriers	44.41
12	709	Claire-Rebecca BEAUMONT	Mansfield H	44.40

F13 U20W Pole Vault - FINAL

UK Best : Holly Bleasdale, Blackburn H, 4.35m, 2010

CBP Sally Scott, Gateshead H, 4.20m, 2010

Posn	BIB	ATHLETE	CLUB	Perf
1	712	Katie BYRES	Sale Harriers Manchester	4.00
2	863	Anne REES	Stevenage	3.90
3	860	Rebecca DAVIES	Deeside AAC	3.60
4	805	Hayley RUBERY	Telford AC	3.45
5	839	Jade IVE	Shaftesbury Barnet Harriers	3.30

F15 U20W Triple Jump - FINAL

UK Best : Laura Samuel, Leicester Coritanians, 13.75m, 2010

CBP Yasmine Regis, Windsor, Slough, Eton & Hounslow, 13.13, 2005

Posn	BIB	ATHLETE	CLUB	Perf	
1	761	Naomi REID	Derby AC	12.76	+1.8
2	743	Ahtollah ROSE	Sale Harriers Manchester	12.63	+3.3
3	739	Emma PRINGLE	Gateshead Harriers	12.27	+1.9
4	795	Megan O'SULLIVAN	Cardiff AAC	11.67	+1.8
5	876	Abi HOLMAN	Harrow AC	11.37	+2.9
6	782	Rachel HANAGAN	Ashford AC	11.26	+2.3

F16 U20W Javelin - FINAL

UK Best : Goldie Sayers, Peterborough AC, 55.40m, 2001

CBP Goldie Sayers, Peterborough AC, 53.74m, 2001

Posn	BIB	ATHLETE	CLUB	Perf
1	733	Izzy JEFFS	North Devon AC	49.61
2	950	Freya JONES	Team Southampton	48.10
3	914	Kike ONIWINDE	Havering Mayesbrook AC	47.83
4	654	Eloise MEAKINS	Herts Phoenix AC	46.22
5	954	Amber BURDETT	Charnwood AC	44.96
6	944	Sarah ROBERTS	Spensborough & Dist AC	44.82
7	871	Stephanie BURT	City of Norwich AC	44.63
8	757	Danielle BENTLEY	Sale Harriers Manchester	43.14
9	758	Hanna TARVER	Wirral AC	40.69
10	759	Naomi TASCHIMOWITZ	Taunton AC	38.25

F18 U20W High Jump - FINAL

UK Best : Lea Goodman, Croydon H, 1991, Susan Moncrieff, Trafford, 1997, 1.91m

CBP Michelle Dunkley, Essex Ladies AC, 1.87m, 1997

Posn	ATHLETE	CLUB	Perf
1	698 Emma NUTTALL	Edinburgh AC	1.82
2=	821 Isobel POOLEY	Aldershot Farnham & Dist AC	1.79
2=	734 Katarina JOHNSON-THOMPSON	Liverpool Harriers	1.79
4	686 Philippa ROGAN	Reading AC	1.75
5	811 Cosima BERRY	Leamington C	1.71
6	949 Ffion BODILLY	Cardiff AAC	1.71
7	919 Georgia NAWAWULOR	Harrow AC	1.66
8	846 Deborah MARTIN	Ashford AC	1.66
9=	769 Daniella HANKINS	Bedford & County AC	1.66
9=	852 Evie GROGAN	Taunton AC	1.66
11=	942 Keeley O'HAGAN	New Zealand	1.61
11=	895 Poppy LAKE	Chelmsford AC	1.61
11=	826 Sian SWANSON	Maldwyn Harriers	1.61

F22 U20W Shot - FINAL

UK Best : Myrtle Augée, Cambridge H, 17.10m, 1984

CBP Eden Francis, Leicester Coritians, 15.48m, 2007

Posn	ATHLETE	CLUB	Perf
1	650 Sophie MCKINNA	Great Yarmouth	14.51
2	940 Tina HAKEAI	New Zealand	14.24
3	701 Kirsty YATES	Victoria Park, City of Glasgow	13.07
4	941 Merewarihi VAKA	New Zealand	12.68
5	894 Lucy HOLMES	Wakefield	12.17

F25 U20W Long Jump - FINAL

UK Best : Beverly Kinch, Hounslow AC, 6.90m, 1983

CBP Lorraine Ugen, Blackheath & Bromley, 6.42m, 2010

Posn	ATHLETE	CLUB	Perf	CBP
1	734 Katarina JOHNSON-THOMPSON	Liverpool Harriers	6.44	+1.3
2	891 Jazmin SAWYERS	City of Stoke AC	6.23	-0.1
3	845 Sarah ABRAMS	Blackheath & Bromley AC	5.86	-0.1
4	642 Faye NICHOLSON	Edinburgh AC	5.78	-0.8
5	857 Elise LOVELL	Hastings AC	5.76	+0.7
6	899 Shanara HIBBERT	Luton AC	5.58	-0.4
7	887 Micaela BRINDLE	Wigan & District Harriers	5.54	+0.9
8	961 Suzzanne PALMER	Derby AC	5.44	-0.2
9	722 Abigail SWANN	Kingston Upon Hull AC	5.29	+3.0
10	119 Molly COCKBURN	Sale Harriers Manchester	5.02	-1.4

F32 U20W Discus - FINAL

UK Best : Eden Francis, Leicester Coritanians, 55.28m, 2007

CBP Claire Smithson, Brighton & Hove AC, 58.41m, 2001

Posn	ATHLETE	CLUB	Perf
1	940 Tina HAKEAI	New Zealand	47.97
2	941 Merewarihi VAKA	New Zealand	43.32
3	853 Charlotte GAIR	Mansfield H	42.59
4	727 Samantha MILNER	Blackheath & Bromley AC	40.98
5	776 Phoebe DOWSON	Bournemouth AC	40.51
6	690 Abbi CARTER	Kingston Upon Hull AC	39.73
7	825 Megan TUCK	Dorchester AC	37.01