



BUCS Indoor Athletics Championships 2011 - Sheffield

60m Men

Heats

1010 Sat 19 Feb

Winners and 12 fastest losers to 3 Semi Finals

Heat 1

1	96	Nigel Thomas	St Mary's	6.93	Q
2	1202	Chris Hill	UWIC	7.08	q
3	93	Kelvin Callender	Southampton Solent	7.36	
4	13	Mikey London	Brighton	7.43	
5	60	Nnamdi Umeh	London	7.49	
6	17	Ivo Georgiev	Buckinghamshire New	7.67	
7	103	Gareth Akibo-Betts	UWE	7.77	
8	87	Matthew Molloy	Sheffield	7.85	

Heat 2

1	106	Ben Simons	UWIC	6.93	Q
2	1129	Dannish Walker-Kahn	Brunel	7.13	q
3	94	Norman Fullard	Southampton Solent	7.24	
4	78	Chris Morter	Oxford	7.38	
5	265	Gareth Phillips	Durham	7.66	
6	111	Kc To	York	7.69	
7	40	Jegor Mijavov	Glasgow	7.70	
8	22	Alex Ulyet	Cardiff	8.03	

Heat 3

1	67	William De Torvy-Ballou	Middlesex	7.05	Q
2	62	Thomas Scrase	Loughborough	7.10	q
3	97	Robert Patton	Sunderland	7.29	
4	26	Sam Ratcliffe	Coventry	7.39	
5	36	David Farrugia	Essex	7.48	
6	33	James Okafore	East London	7.62	
7	1138	Adam Letts	Gloucestershire	7.81	
8	99	Tommy Wong	Swansea	7.92	

Heat 4

1	51	Ryan Farrington	Leeds Met Carnegie	7.11	Q
2	29	Thomas Knight	Durham	7.17	q
3	12	Lee Fullam	Brighton	7.28	
4	16	Curtis Banson	Buckinghamshire New	7.46	
5	25	Lloyd Alara	Coventry	7.47	
6	58	Owen Williams	Liverpool John Moores	7.78	
7	76	Paul Flynn	Nottingham Trent	7.86	
8	56	Mike Wilkinson	Liverpool Hope	DNS	



Heat 5

1	34	Joshua Patrick	East London	7.19	Q
2	8	Jermaine Alexander	Birmingham	7.29	
3	98	Mike Neville	Swansea	7.32	
4	77	Arthur Coates	Oxford	7.45	
5	65	Chris Leslie	Medway	7.62	
6	74	Luke Emanuel	Nottingham	7.62	
7	1055	Shane Spaans	East Anglia	8.05	
8	48	Antonio Infantino	King's College, London	DQ	

Heat 6

1	61	Charles Dack	Loughborough	7.05	Q
2	7	David Olupitan	Bedfordshire (Luton)	7.17	q
3	57	Nathan Roach	Liverpool John Moores	7.20	
4	38	Tyler Johnson	Exeter	7.21	
5	92	Daniel Robolledo	Southampton	7.56	
6	80	Dominic Borg	Oxford Brookes	7.67	
7	28	Ross Macdonald	Dundee	7.78	
8	85	Zach Dorman	Reading	8.34	

Heat 7

1	37	Adeseye Ogunlewe	Essex	7.10	Q
2	102	Yannick Phippen	UC Birmingham	7.31	
3	84	Jordan Burton	Portsmouth	7.34	
4	6	Nkemuelem Chigorom	Bedfordshire (Luton)	7.48	
5	95	Wardell Adam	St Mary's	7.50	
6	1140	James Richardson	Hull	7.53	
7	1180	Chris Craigs	Northumbria	7.56	
8	108	Shemuel Redwood-Sawyers	Warwick	7.62	

Heat 8

1	21	Gareth Price	Cardiff	7.02	Q
2	20	Olufunmi Sobudu	Canterbury Christ Church	7.02	q
3	83	Mo Abdullahi	Portsmouth	7.18	q
4	66	Nana Yeboah	Medway	7.41	
5	45	Joshua Metzner	Hull	7.43	
6	79	Jay Atkinson	Oxford Brookes	7.52	
7	49	John Summer	Leeds	7.79	
8	418	Daniel Panuhno	Glasgow	8.23	



Heat 9

1	86	Greg Cackett	Roehampton	6.96	Q
2	19	Addlight Magwidi	Canterbury Christ Church	7.16	q
3	72	Paul Miller	Northumbria	7.23	
4	109	Santino Dummett	Wolverhampton	7.27	
5	11	Lasse Tietje	Bournemouth	7.30	
6	73	Jon Baxter	Nottingham	7.40	
7	59	Pete Edmunds	London	7.41	
8	39	James Sleep	Exeter	7.50	

Heat 10

1	23	Ryan Corbin	Chester (Chester)	7.15	Q
2	52	Umar Hameed	Leeds Met Carnegie	7.24	
3	104	Adam Ricketts	UWE	7.42	
4	90	Andrew Wilkinson	Sheffield Hallam	7.49	
5	46	Adam Jones	Imperial College, London	7.61	
6	75	Craig Bostock	Nottingham Trent	7.90	
7	110	Ben Alper	York	DNS	
8	5	Antoe Walters	Bedfordshire (Bedford)	DNS	

Heat 11

1	10	Sven Knipphals	Bournemouth	7.01	Q
2	89	Todd Marshall	Sheffield Hallam	7.13	q
3	1177	Moses Bawo	Middlesex	7.14	q
4	91	Malcolm Gledhill	Southampton	7.36	
5	4	Aedan Heath	Bedfordshire (Bedford)	7.45	
6	27	Fraser Macdonald	Dundee	7.67	
7	63	Miles Cunliffe	Manchester	7.72	
8	177	Oghenebrume Onot	Teesside	DNS	

Heat 12

1	14	Alex Ojo	Brunel	6.96	Q
2	9	Richard Odumasu	Birmingham	6.98	q
3	43	Jamie Brock	Gloucestershire	7.06	q
4	53	Thomas Appleyard	Liverpool	7.44	
5	47	Ewan Mackay	Imperial College, London	7.66	
6	82	Christian Tendi	Plymouth	7.75	
7	64	Healson Ihuoma	Manchester	7.94	
8		Lane Vacant			



60m Men

Semi Finals

1420 Sat 19 Feb

First 2 and 2 fastest losers to Final

Heat 1

1	10	Sven Knippahls	Bournemouth	6.88	Q
2	106	Ben Simons	UWIC	6.89	Q
3	61	Charles Dack	Loughborough	6.98	q
4	1129	Dannish Walker-Kahn	Brunel	7.01	
5	1177	Moses Bawo	Middlesex	7.09	
6	7	David Olupitan	Bedfordshire (Luton)	7.16	
7	23	Ryan Corbin	Chester (Chester)	7.19	
8	20	Olufunmi Sobudu	Canterbury Christ Church	DQ	

Heat 2

1	9	Richard Odumasu	Birmingham	6.94	Q
2	96	Nigel Thomas	St Mary's	6.96	Q
3	67	William De Torvy-Ballou	Middlesex	6.99	
4	1202	Chris Hill	UWIC	7.06	
5	21	Gareth Price	Cardiff	7.08	
6	83	Mo Abdullahi	Portsmouth	7.11	
7	89	Todd Marshall	Sheffield Hallam	7.15	
8	34	Joshua Patrick	East London	7.19	

Heat 3

1	37	Adeseye Ogunlewe	Essex	6.87	Q
2	86	Greg Cackett	Roehampton	6.87	Q
3	14	Alex Ojo	Brunel	6.92	q
4	62	Thomas Scrase	Loughborough	7.01	
5	51	Ryan Farrington	Leeds Met Carnegie	7.01	
6	43	Jamie Brock	Gloucestershire	7.03	
7	29	Thomas Knight	Durham	7.13	
8	19	Addlight Magwidi	Canterbury Christ Church	7.24	



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60m Men

Final

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Championship Best Performance:

2010 Rion Pierre		Brunel	6.67	Team Points
1	10 Sven Knippals	Bournemouth	6.79	8
2	37 Adeseye Ogunlewe	Essex	6.83	7
3	86 Greg Cackett	Roehampton	6.84	6
4	96 Nigel Thomas	St Mary's	6.85	5
5	9 Richard Odumasu	Birmingham	6.86	4
6	14 Alex Ojo	Brunel	6.88	3
7	106 Ben Simons	UWIC	6.90	2
8	61 Charles Dack	Loughborough	7.01	1



200m Men

Heats

1010 Sun 20 Feb

Winners and 16 fastest losers to 5 Semi Finals

Heat 1

1	48	Antonio Infantino	King's College, London	21.86	Q
2	1205	Rich Tremblen	UWIC	22.81	q
3	307	Sam Peters	Plymouth	23.04	q
4	265	Gareth Phillips	Durham	23.96	
5	95	Adam Wardell	St Mary's	24.29	
6	267	Oliver Palmer	East Anglia	24.62	

Heat 2

1	436	Luke Lennon-Ford	Middlesex	22.44	Q
2	2	Tom Higgs	Bath	22.58	q
3	314	Adam Storer	Sheffield Hallam	23.40	
4	91	Malcolm Gledhill	Southampton	23.78	
5	311	Mark Robinson	Reading	24.28	
6	40	Jegor Mljavov	Glasgow	24.60	

Heat 3

1	52	Umar Hameed	Leeds Met Carnegie	22.29	Q
2	313	Chris Hall	Royal Holloway, London	22.53	q
3	102	Yannick Phippen	UC Birmingham	23.04	q
4	440	Leo Rice	Nottingham	23.58	
5	271	Tom Royle	Exeter	24.03	
6	22	Alex Ulyet	Cardiff	25.43	

Heat 4

1	327	David Lima	Wolverhampton	22.54	Q
2	98	Mike Neville	Swansea	22.97	q
3	104	Adam Ricketts	UWE	23.37	
4	560	Sion Wynne-Williams	Liverpool	25.88	
5	243	Michael Colebrook	Bedfordshire (Luton)	26.64	
6	17	Ivo Georgiev	Buckinghamshire New	INJ	

Heat 5

1	29	Thomas Knight	Durham	22.69	Q
2	83	Mo Abdullahi	Portsmouth	22.81	q
3	241	Ben Riekstins	Bedfordshire (Bedford)	23.51	
4	329	Adam Lewis	York	23.79	
5	13	Mykey London	Brighton	24.24	
6	27	Fraser Macdonald	Dundee	25.45	



Heat 6					
1	288	Matthew Threadgold	Loughborough	22.47	Q
2	51	Ryan Farrington	Leeds Met Carnegie	22.50	q
3	269	Harry Mcqueen	Essex	22.65	q
4	92	Daniel Robolledo	Southampton	24.13	
5	301	Daniel French	Nottingham Trent	24.78	
6	33	James Okafore	East London	25.47	

Heat 7					
1	432	Dan Putnam	Loughborough	22.52	Q
2	290	Tom Mosley	Manchester	23.12	q
3	315	Christopher Watts	Sheffield Hallam	23.22	q
4	312	Thomas Newton	Robert Gordon	24.37	
5	28	Ross Macdonald	Dundee	25.36	
6	276	Muzzaffar Zaiviji Ismail	Imperial College, London	28.20	

Heat 8					
1	252	Harvey Byrne	Brunel	22.60	Q
2	38	Tyler Johnson	Exeter	23.22	q
3	23	Ryan Corbin	Chester (Chester)	23.28	
4	79	Jay Atkinson	Oxford Brookes	23.84	
5	248	Paul Dickson	Bournemouth	24.08	
6	56	Mike Wilkinson	Liverpool Hope	DNS	

Heat 9					
1	245	Ollie King	Birmingham	22.41	Q
2	43	Jamie Brock	Gloucestershire	22.66	q
3	6	Nkemuelem Chigorom	Bedfordshire (Luton)	24.42	
4	255	Daniel Graham	Buckinghamshire New	25.78	
5	418	Daniel Panuhno	Glasgow	26.05	
6	322	Gareth Petts	Swansea	29.55	

Heat 10					
1	250	Rashid Kakoza	Brighton	22.70	Q
2	26	Sam Ratcliffe	Coventry	23.24	q
3	247	Rhys Bennett	Bournemouth	23.66	
4	291	Harry Cutforth	Medway	24.83	
5	274	Alexander Beechey	Gloucestershire	24.84	
6	251	Yasin Sridar	Bristol	25.27	

Heat 11					
1	294	Oweka Wanogho	Middlesex	22.69	Q
2	437	David Dempsey	Newcastle	23.11	q
3	8	Jermaine Alexander	Birmingham	23.31	
4	71	Harrison Foster	Northumbria	23.78	
5	278	Eduardo Bolongna	Leeds	24.20	
6	292	Alfred Larbi	Medway	25.76	



Heat 12					
1	21	Gareth Price	Cardiff	22.52	Q
2	286	Anthony Mah	London	23.95	
3	80	Dominic Borg	Oxford Brookes	24.66	
4	302	Joe Mellor	Nottingham Trent	25.77	
5	328	Scott Burton	York	27.66	
6	289	Thaddeus Anim-Somuah	Manchester	DNS	

Heat 13					
1	279	Sam Cordin	Leeds	22.64	Q
2	304	Ben Horsley	Oxford	24.14	
3	59	Pete Edmunds	London	24.25	
4	74	Luke Emanuel	Nottingham	24.39	
5	177	Oghenebrume Onota	Teesside	DNS	
6	93	Kelvin Callender	Southampton Solent	DNS	

Heat 14					
1	326	Jonathan Hornblow	UWIC	22.40	Q
2	1128	Byron Robinson	Brunel	22.55	q
3	260	James Lea	Coventry	23.67	
4	310	Daniel Green	Portsmouth	24.24	
5	266	Chris Leach	East Anglia	26.28	
6		Lane Vacant			

200m Men

Semi Finals

1245 Sun 20 Feb

Winners and fastest loser to Final

Heat 1					
1	21	Gareth Price	Cardiff	21.85	Q
2	326	Jonathan Hornblow	UWIC	22.03	2
3	2	Tom Higgs	Bath	22.38	
4	294	Oweka Wanogho	Middlesex	22.57	
5	98	Mike Neville	Swansea	22.78	
6	315	Christopher Watts	Sheffield Hallam	DNS	

Heat 2					
1	48	Antonio Infantino	King's College, London	21.64	Q
2	252	Harvey Byrne	Brunel	21.90	q
3	279	Sam Cordin	Leeds	22.34	
4	43	Jamie Brock	Gloucestershire	22.72	
5	1205	Rich Tremblen	UWIC	22.80	
6	26	Sam Ratcliffe	Coventry	23.56	



Heat 3					
1	327	David Lima	Wolverhampton	22.10	Q
2	52	Umar Hameed	Leeds Met Carnegie	22.12	
3	29	Thomas Knight	Durham	22.25	
4	269	Harry Mcqueen	Essex	22.60	
5	83	Mo Abdullahi	Portsmouth	22.86	
6	38	Tyler Johnson	Exeter	22.97	

Heat 4					
1	436	Luke Lennon-Ford	Middlesex	21.84	Q
2	288	Matthew Threadgold	Loughborough	22.24	
3	51	Ryan Farrington	Leeds Met Carnegie	22.36	
4	313	Chris Hall	Royal Holloway, London	22.50	
5	102	Yannick Phippen	UC Birmingham	22.98	
6	437	David Dempsey	Newcastle	23.78	

Heat 5					
1	250	Rashid Kakoza	Brighton	22.02	Q
2	245	Ollie King	Birmingham	22.03	1
3	432	Dan Putnam	Loughborough	22.12	
4	1128	Byron Robinson	Brunel	22.54	
6	290	Tom Mosley	Manchester	DNS	

Indoor Athletics Championships 2011 - Sheffield

200m Men

Final

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Championship Best Performance:					
2010 Sven Knippals		Bournemouth	21.22	Team Points	
1	436	Luke Lennon-Ford	Middlesex	21.44	8
2	48	Antonio Infantino	King's College, London	21.54	7
3	21	Gareth Price	Cardiff	22.01	6
4	250	Rashid Kakoza	Brighton	22.02	5
5	327	David Lima	Wolverhampton	22.29	4
6	252	Harvey Byrne	Brunel	22.40	3



400m Men

Heats

1215 Sat 19 Feb

Winners and 13 fastest losers to 4 Semi Finals

Heat 1

1	422	Rory Evans	Huddersfield	49.89	Q
2	389	James Whitehouse	Birmingham	50.68	q
3	440	Leo Rice	Nottingham	51.52	
4	408	Amardeep Sangha	East Anglia	52.19	
5	435	Joel Schoffield	Manchester	55.64	
6	22	Alex Ulyet	Cardiff	57.27	

Heat 2

1	465	Iain Bray	UWIC	49.50	Q
2	307	Sam Peters	Plymouth	49.97	q
3	458	Gregg Lott	Southampton Solent	52.32	
4	393	Will Hartley	Bristol	53.40	
5	295	Liam Dury	Newcastle	54.38	
6	56	Mike Wilkinson	Liverpool Hope	DNS	

Heat 3

1	437	David Dempsey	Newcastle	49.66	Q
2	421	Andrew Raeburn	Heriot-Watt	49.84	q
3	394	Stewart Challis	Brunel	50.96	q
4	417	Kenneth Love	Glasgow	51.25	
5	24	Joost Rietveld	City London	53.89	
6	401	Chris Horniman	Central Lancashire	59.62	

Heat 4

1	1155	Niall Flannery	Loughborough	49.66	Q
2	395	Efekemo Okoro	Brunel	50.13	q
3	463	Michael Olasanoye	UWE	52.36	
4	390	Paul Hindle	Bournemouth	52.82	
5	1147	Tom Matthews	Leeds Met Carnegie	54.24	
6	449	Paul Mellor	Portsmouth	57.45	

Heat 5

1	405	Shem Nelson	Coventry	50.26	Q
2	427	Ashley Hill	Leeds Met Carnegie	50.32	q
3	460	Jordon West	St Mary's	52.66	
4	310	Daniel Green	Portsmouth	52.68	
5	426	Matthew Stickland	Leeds	53.24	
6	416	Chris Tucker	Exeter	57.41	



Heat 6

1	468	Jarryd Dunn	Wolverhampton	49.68	Q
2	464	Ross Allen	UWIC	50.68	q
3	459	Lee Hamilton	St Mary's	53.24	
4	425	Jonathan Mann	Imperial College, London	54.74	
5	392	Alister Mcdonald	Brighton	57.03	
6	418	Daniel Panuhno	Glasgow	59.38	

Heat 7

1	1133	Harry Doran	Edge Hill	49.76	Q
2	409	Lloyd Oju-King	East London	51.48	
3	312	Thomas Newton	Robert Gordon	53.81	
4	407	Charlie Roe	East Anglia	55.15	
5	255	Daniel Graham	Buckinghamshire New	58.53	
6	419	Thomas Sparks	Gloucestershire	59.49	

Heat 8

1	404	Ross Mcdonald	Coventry	49.85	Q
2	411	Danny Higham	Edge Hill	50.28	q
3	453	Lee Whiteley	Salford	52.75	
4	415	Michael Hawkins	Exeter	54.08	
5	434	James Caio	Manchester	57.14	
6	445	Amine Bouslama	Oxford Brookes	62.95	

Heat 9

1	383	Ian Garioch	Aberdeen	49.49	Q
2	384	Tim Sayers	Bath	49.55	q
3	454	Tim Burn	Sheffield Hallam	49.72	q
4	30	Matt Williams	Durham	51.93	
5	386	Nathan Asare	Bedfordshire (Bedford)	55.90	
6	85	Zach Dorman	Reading	62.14	

Heat 10

1	1152	Richard Davenport	Loughborough	49.47	Q
2	19	Addlight Magwidi	Canterbury Christ Church	50.48	q
3	410	Alec Wing	East London	50.69	q
4	388	Hywel Robinson	Birmingham	50.71	q
5	466	Stefan Colaco	Warwick	53.57	
6		Lane Vacant			



Heat 11

1	420	Jamie Bowie	Heriot-Watt	50.34	Q
2	311	Mark Robinson	Reading	53.30	
3	402	Adam Smith	Central Lancashire	56.28	
4	250	Rashid Kakoza	Brighton	DQ	
5	442	Abdillah Nassir	Nottingham Trent	DQ	
6		Lane Vacant			

400m Men

Semi Finals

1545 Sat 19 Feb

Winners and 2 fastest losers to Final

Heat 1

1	454	Tim Burn	Sheffield Hallam	49.28	Q
2	384	Tim Sayers	Bath	49.41	1
3	464	Ross Allen	UWIC	49.42	
4	437	David Dempsey	Newcastle	49.76	
5	389	James Whitehouse	Birmingham	52.62	
6	1155	Niall Flannery	Loughborough	DQ	

Heat 2

1	420	Jamie Bowie	Heriot-Watt	48.12	Q
2	465	Iain Bray	UWIC	48.93	q
3	468	Jarryd Dunn	Wolverhampton	49.57	
4	307	Sam Peters	Plymouth	50.06	
5	19	Addlight Magwidi	Canterbury Christ Church	51.09	
6	410	Alec Wing	East London	51.49	

Heat 3

1	1133	Harry Doran	Edge Hill	48.47	Q
2	383	Ian Garioch	Aberdeen	49.39	2
3	405	Shem Nelson	Coventry	50.30	
4	427	Ashley Hill	Leeds Met Carnegie	50.63	
5	394	Stewart Challis	Brunel	52.63	
6	421	Andrew Raeburn	Heriot-Watt	DQ	

Heat 4

1	1152	Richard Davenport	Loughborough	47.53	Q
2	404	Ross McDonald	Coventry	49.21	q
3	395	Efekemo Okoro	Brunel	49.68	
4	411	Danny Higham	Edge Hill	49.71	
5	388	Hywel Robinson	Birmingham	51.16	
6	422	Rory Evans	Huddersfield	51.31	



Indoor Athletics Championships 2011 - Sheffield

400m Men

Final

1315 Sun 20 Feb

Championship Best Performance:

			46.96	Team Points
	2005 Gareth Warburton	UWIC		
1	420 Jamie Bowie	Heriot-Watt	47.65	8
2	1152 Richard Davenport	Loughborough	47.88	7
3	404 Ross McDonald	Coventry	48.08	6
4	1133 Harry Doran	Edge Hill	48.36	5
5	454 Tim Burn	Sheffield Hallam	48.87	4
6	465 Iain Bray	UWIC	49.54	3



800m Men

Heats

1115 Sat 19 Feb

Winners and 10 fastest losers to 3 Semi Finals

Heat 1

1	564	Robbie Schofield	Loughborough	1.56.79	Q
2	557	James Stringer	Leeds	1.57.30	q
3	590	Michael Kershaw	UWIC	1.57.31	q
4	570	Jonathan Hiorns	Nottingham	2.01.49	
5	551	Andy Kerr	Glasgow	2.02.23	
6	591	Joshua Bagnall	Warwick	2.06.59	
7	543	Andrew Dixon	East Anglia	2.21.26	
8	565	David Sparks	Manchester	2.22.66	

Heat 2

1	531	Luke Disney	Brighton	2.04.41	Q
2	552	Simon McCluney	Glasgow	2.05.63	
3	546	Charles F T Jardine	Edge Hill	2.06.68	
4	578	Paskar Owor	Roehampton	2.09.09	
5	567	Steven Cass	Newcastle	2.13.59	
6	566	Calum Grubb	Medway	2.14.35	
7	537	Michael Omojudi	Buckinghamshire New	2.15.25	
8	555	Sam Poulton	Hertfordshire	2.20.22	

Heat 3

1	583	Ben Wallis	St Mary's	1.57.28	Q
2	571	Miguel Querejeta	Nottingham	1.57.75	q
3	569	Andrew Young	Northumbria	1.58.55	
4	576	Scott Anderson	Queen Margaret , Edinburgh	2.01.92	
5	549	James Meadows	Exeter	2.03.05	
6	533	John Brierly	Bristol	2.05.06	
7	580	Samuel Touchard	Sheffield	2.07.07	
8	581	Christopher Hedley	Sheffield Hallam	2.21.71	

Heat 4

1	563	Guy Learmonth	Loughborough	1.55.97	Q
2	589	Aaron Bennett	UWIC	1.56.38	q
3	462	Lewis Banner	Swansea	2.02.12	
4	541	Edward Hickman-Casey	Durham	2.03.18	
5	573	Joshua Robotham	Nottingham Trent	2.15.81	
6	585	Matthew Turner	Strathclyde	DNS	
7	524	Eoin Durkan	Aberdeen	DNS	
8		Lane Vacant			



Heat 5

1	584	Allan Ramsay	Strathclyde	1.56.17	Q
2	529	Sam Petty	Birmingham	1.56.43	q
3	540	Craig Mcdowall	Dundee	1.59.95	
4	558	Simon Dearden	Leeds Met Carnegie	2.02.70	
5	594	Johannes Beckmann	York	2.10.22	
6	560	Sion Wynne-Williams	Liverpool	2.13.33	
7	575	Keiran Moreland	Portsmouth	2.14.34	
8		Lane Vacant			

Heat 6

1	568	Andy Richardson	Newcastle	1.56.54	Q
2	545	Baba Tingo	East London	1.56.71	q
3	525	John Bird	Bath	1.56.86	q
4	534	Chris Dodd	Bristol	1.57.31	q
5	536	Chris Hepworth	Brunel	1.58.93	
6	577	Michael Roebuck	Reading	2.29.84	
7	586	Chris West	Surrey	DNS	
8		Lane Vacant			

Heat 7

1	530	Andrew Stanton	Birmingham	1.57.74	Q
2	682	Omar Moasour	St Mary's	1.59.09	
3	593	Matthew Bayliss	Wolverhampton	2.00.95	
4	532	Rob Mcdonald	Brighton	2.03.47	
5	556	Aaron Mason	Imperial College, London	2.03.94	
6	547	Ross Finlayson	Edinburgh	2.07.09	
7	562	Adam Redstone	Liverpool John Moores	2.08.73	
8		Lane Vacant			

Heat 8

1	554	Andrew De-Camps	Gloucestershire	1.55.45	Q
2	535	Jordan Donnelly	Brunel	1.55.49	q
3	553	Scott Macaulay	Glasgow Caledonian	1.55.83	q
4	655	Mike Cannon	East Anglia	2.08.55	
5	579	Richard Bowman	Sheffield	2.09.24	
6	550	Paul Middleton	Exeter	2.11.08	
7	572	Lewis Bostock	Nottingham Trent	DNF	
8		Lane Vacant			



800m Men

Semi Finals

1715 Sat 19 Feb

Winners and 3 fastest losers to Final

Heat 1

1	563	Guy Learmonth	Loughborough	1.52.77	Q
2	568	Andy Richardson	Newcastle	1.53.25	q
3	529	Sam Petty	Birmingham	1.54.90	
4	525	John Bird	Bath	1.55.86	
5	534	Chris Dodd	Bristol	1.58.36	
6	531	Luke Disney	Brighton	2.00.39	

Heat 2

1	583	Ben Wallis	St Mary's	1.51.82	Q
2	589	Aaron Bennett	UWIC	1.52.55	q
3	530	Andrew Stanton	Birmingham	1.53.90	2
4	545	Baba Tingo	East London	1.54.83	1
5	554	Andrew De-Camps	Gloucestershire	1.55.54	
6	571	Miguel Querejeta	Nottingham	2.00.32	

Heat 3

1	535	Jordan Donnelly	Brunel	1.52.32	Q
2	564	Robbie Schofield	Loughborough	1.53.32	q
3	553	Scott Macaulay	Glasgow Caledonian	1.56.55	
4	590	Michael Kershaw	UWIC	1.59.53	
5	557	James Stringer	Leeds	2.00.75	
6	584	Allan Ramsay	Strathclyde	2.04.48	

Indoor Athletics Championships 2011 - Sheffield

800m Men

Final

1355 Sun 20 Feb

Championship Best Performance:

2006 Richard Hill

UWIC

1.49.20

Team

Points

1	563	Guy Learmonth	Loughborough	1.48.58	CBP	8
2	583	Ben Wallis	St Mary's	1.50.20		7
3	568	Andy Richardson	Newcastle	1.51.14		6
4	564	Robbie Schofield	Loughborough	1.52.61		5
5	589	Aaron Bennett	UWIC	1.54.06		4
6	535	Jordan Donnelly	Brunel	1.58.63		3

**1500m Men****Heats****1355 Sat 19 Feb****First 2 and 8 fastest losers to 2 Semi Finals****Heat 1**

1	578	Paskar Owor	Roehampton	4.00.80	Q
2	668	Oliver Blake	Loughborough	4.01.60	Q
3	687	Adam Morrell	Teesside	4.02.23	q
4	680	Adam Newton	Sheffield Hallam	4.06.22	q
5	640	Paddy Radley	Bath	4.14.45	
6	737	Rory Johnson	Durham	4.22.11	
7	643	Karl Jenner	Brighton	4.35.72	
8	664	Calum Mitchell	Leeds	4.41.64	
9	647	Neil Tandy	Buckinghamshire New	4.54.06	
10		Lane Vacant			

Heat 2

1	669	Matt Sullivan	Loughborough	4.06.48	Q
2	641	Joseph Durrant	Birmingham	4.06.54	Q
3	646	Adam Stainsby	Brunel	4.06.97	
4	688	Michael Mcmanus	Uni of the Arts, London	4.23.47	
5	532	Rob Mcdonald	Brighton	4.25.34	
6	655	Mike Cannon	East Anglia	4.33.18	
7	586	Chris West	Surrey	DNS	
8	660	Sam Langford	Glasgow	DNS	
9	524	Eoin Durkan	Aberdeen	DNS	
10		Lane Vacant			

Heat 3

1	676	Michael Wilsmore	Plymouth	3.56.12	Q
2	657	Mark Mitchell	Edinburgh Napier	3.57.41	Q
3	683	Ronnie Sparke	St Mary's	3.58.41	q
4	645	Richard Larsen	Brunel	4.08.41	
5	666	Chris Woodger	Leeds Met Carnegie	4.08.88	
6	661	Josh Spering	Gloucestershire	4.29.72	
7	650	Ben Rees	Chester (Warrington)	4.29.83	
8	673	Joshua Branter	Nottingham Trent	4.48.32	
9	670	Ben Rajan	Manchester	4.57.44	
10		Lane Vacant			



Heat 4

1	690	Ieuan Thomas	UWIC	4.02.26	Q
2	652	Douglas Selman	Dundee	4.02.93	Q
3	651	Tom Phillips	Derby	4.04.66	q
4	588	Tom Bowerman	Swansea	4.05.46	q
5	663	Elliot Jackson	Leeds	4.06.20	q
6	665	Michael Evans	Leeds Met Carnegie	4.06.52	q
7	671	Phil Moore	Northumbria	4.34.47	
8	658	Sam Harris	Exeter	4.50.97	
9	674	Chris Hooper	Nottingham Trent	4.55.76	
10		Lane Vacant			

Heat 5

1	642	Harry Harper	Birmingham	4.00.36	Q
2	667	Nathan Riding	Liverpool John Moores	4.01.80	Q
3	689	Jon Morgan	UWIC	4.02.51	q
4	1194	Gavin Lewis	St Mary's	4.07.41	
5	656	Josh Entwistle	East Anglia	4.08.45	
6	672	Tom West	Northumbria	4.21.31	
7	654	Chris Lowe	Durham	4.29.78	
8	322	Gareth Petts	Swansea	4.32.95	
9	648	Gavin Campbell	Chester (Chester)	4.52.74	
10		Lane Vacant			

1500m Men

Semi Finals

1750 Sat 19 Feb

First 3 and 3 fastest losers to Final

Heat 1

1	657	Mark Mitchell	Edinburgh Napier	3.54.14	Q
2	668	Oliver Blake	Loughborough	3.54.35	Q
3	642	Harry Harper	Birmingham	3.54.58	Q
4	676	Michael Wilsmore	Plymouth	3.55.98	q
5	578	Paskar Owor	Roehampton	3.57.33	q
6	651	Tom Phillips	Derby	4.00.42	
7	689	Jon Morgan	UWIC	4.11.25	
8	665	Michael Evans	Leeds Met Carnegie	4.12.06	
9	663	Elliot Jackson	Leeds	4.17.38	

Heat 2

1	690	Ieuan Thomas	UWIC	3.56.40	Q
2	669	Matt Sullivan	Loughborough	3.56.77	Q
3	667	Nathan Riding	Liverpool John Moores	3.57.20	Q
4	641	Joseph Durrant	Birmingham	3.57.42	q
5	652	Douglas Selman	Dundee	3.57.60	
6	687	Adam Morrell	Teesside	3.59.24	
7	683	Ronnie Sparke	St Mary's	4.06.25	
8	588	Tom Bowerman	Swansea	4.08.09	
9	680	Adam Newton	Sheffield Hallam	4.11.54	



Indoor Athletics Championships 2011 - Sheffield

1500m Men

Final

1130 Sun 20 Feb

Championship Best Performance:

2010 Jonathan Taylor

		Teeside	3.46.12	Team
				Points
1	676 Michael Wilsmore	Plymouth	3.57.56	8
2	642 Harry Harper	Birmingham	3.58.09	7
3	657 Mark Mitchell	Edinburgh Napier	3.58.28	6
4	641 Joseph Durrant	Birmingham	3.58.98	5
5	668 Oliver Blake	Loughborough	3.59.13	4
6	669 Matt Sullivan	Loughborough	3.59.51	3
7	690 Ieuan Thomas	UWIC	4.00.31	2
8	667 Nathan Riding	Liverpool John Moores	4.02.24	1
9	578 Paskar Owor	Roehampton	4.04.13	



3000m Men

Heats

1625 Sat 19 Feb

First 3 and 3 fastest losers to Final

Heat 1

1	770	Dewi Griffiths	Swansea	8.53.33	Q
2	774	James Thie	UWIC	8.53.79	Q
3	726	James Mee	Birmingham	8.58.58	Q
4	653	Michael Grimes	Durham	8.59.42	q
5	742	Daniel Price	Exeter	9.09.50	
6	759	Chris Dale	Nottingham Trent	9.12.99	
7	736	Howell Craske	Dundee	9.19.11	
8	758	Iain Lynn	Northumbria	9.20.98	
9	559	Josh Rowe	Leeds Met Carnegie	9.26.73	
10	725	Jake Waldron	Bath	9.45.42	
11	731	Christian Brooks	Central Lancashire	12.24.82	
12	660	Sam Langford	Glasgow	DNS	

Heat 2

1	721	James Shane	Anglia Ruskin (Chelmsford)	8.46.79	Q
2	773	Adam Bitchell	UWIC	8.49.67	Q
3	775	Andy Sheridan	Warwick	8.54.71	Q
4	1196	Andrew Rooke	St Mary's	9.04.45	q
5	738	Nick Earl	East Anglia	9.08.29	
6	760	Lewis Smart	Nottingham Trent	9.36.47	
7	741	Will Cullen	Exeter	9.56.19	
8	754	Byron Abbot	Manchester	10.11.72	
9	764	Martin Shelley	Portsmouth	10.49.52	
10	762	James Manthorp	Plymouth	11.01.95	
11	577	Michael Roebuck	Reading	11.09.20	
12	322	Gareth Petts	Swansea	DNS	

Heat 3

1	735	Tom Madden	Coventry	8.43.74	Q
2	720	Paul Miles	Anglia Ruskin (Cambridge)	8.45.32	Q
3	730	Chris Discombe	Cardiff	8.50.89	Q
4	727	Matt Willmott	Birmingham	8.52.08	q
5	751	Mohamud Aadan	London South Bank	9.04.62	
6	739	Simon O'Meara	East Anglia	9.09.12	
7	723	Katio Oshi	Bangor	9.12.59	
8	728	Stuart Campbell	Brunel	9.36.15	
9	757	Dean Crangle	Northumbria	9.44.47	
10	772	Huw Jones	UWE	10.09.15	
11	766	Jonathan Harmer	Southampton	10.31.92	
12	732	Robert Garth	Central Lancashire	11.20.01	



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3000m Men

Final

1445 Sun 20 Feb

Championship Best Performance:

		2002 Gareth Turnbull	Loughborough	7.57.90	Team Points
1	773	Adam Bitchell	UWIC	8.05.16	8
2	721	James Shane	Anglia Ruskin (Chelmsford)	8.06.02	7
3	774	James Thie	UWIC	8.06.68	6
4	720	Paul Miles	Anglia Ruskin (Cambridge)	8.16.27	5
5	770	Dewi Griffiths	Swansea	8.26.39	4
6	730	Chris Discombe	Cardiff	8.33.22	3
7	735	Tom Madden	Coventry	8.35.36	2
8	726	James Mee	Birmingham	8.38.13	1
9	1196	Andrew Rooke	St Mary's	8.43.95	
10	653	Michael Grimes	Durham	8.46.23	
11	727	Matt Willmott	Birmingham	8.50.06	
12	775	Andy Sheridan	Warwick	DNS	



60m Hurdles Men

Heats

1200 Sun 20 Feb

First 2 and 2 fastest losers to Final

Heat 1

1	185	Julian Adeniran	Birmingham	7.98	Q
2	188	Ashley Bryant	Brunel	8.44	Q
3	196	Matthew Walcott	Loughborough	8.46	q
4	207	Dafydd Walters	UWIC	8.68	
5	204	Shaun Leigh	St Mary's	8.92	
6	201	Sam Caplen	Plymouth	12.15	
7		Lane Vacant			
8		Lane Vacant			

Heat 2

1	206	Andrew Pozzi	UWE	7.90	Q
2	184	Chris Wakeford	Bath	8.35	Q
3	195	Alexander Nwenwu	Loughborough	8.43	q
4	203	Brian Flatley	Reading	8.81	
5	193	Samzu Agbaje	Imperial College, London	8.90	
6	202	Phil Coker	Plymouth	9.63	
7		Lane Vacant			
8		Lane Vacant			

Heat 3

1	200	Joseph Hylton	Middlesex	8.06	Q
2	205	Andrew Sturrock	Sunderland	8.45	Q
3	1113	Zachary Saucedo	Birmingham	8.76	
4	194	Michael Feeney	Leeds Met Carnegie	8.85	
5	192	Ashley Wilson	East London	8.88	
6	198	Onajite Okoro	Medway	9.20	
7		Lane Vacant			
8		Lane Vacant			



Indoor Athletics Championships 2011 - Sheffield

60m Hurdles Men Final

1425 Sun 20 Feb

Championship Best Performance:

				Team
				Points
	2003 Dominic Girdler	Loughborough	7.78	
1	185 Julian Adeniran	Birmingham	7.85	8
2	206 Andrew Pozzi	UWE	7.87	7
3	200 Joseph Hylton	Middlesex	7.99	6
4	205 Andrew Sturrock	Sunderland	8.24	5
5	195 Alexander Nwenwu	Loughborough	8.38	4
6	196 Matthew Walcott	Loughborough	8.46	3
7	184 Chris Wakeford	Bath	8.82	2
8	188 Ashley Bryant	Brunel	DNF	1

**4x200m Men****Heats****1820 Sat 19 Feb****6 fastest teams to Final****Heat 1**

1	BAT	Bath	1.31.30	q
2	WOL	Wolverhampton	1.32.96	
3	PLY	Plymouth	1.34.32	
4	EXE	Exeter	1.34.93	
5	IMP	Imperial College, London	1.37.23	
6	OXB	Oxford Brookes	DNF	

Heat 2

1	BIR	Birmingham	1.30.20	q
2	HAL	Sheffield Hallam	1.31.63	1
3	LEE	Leeds	1.36.54	
4	UEL	East London	1.36.66	
5	NOT	Nottingham Trent	DQ	
6	Lane Vacant			

Heat 3

1	LMC	Leeds Met Carnegie	1.31.59	2
2	NOR	Northumbria	1.32.69	
3	BRI	Brighton	1.32.74	
4	COV	Coventry	1.34.07	
5	SOL	Southampton Solent	1.37.00	
6	UEA	East Anglia	1.41.27	

Heat 4

1	LOU	Loughborough	1.28.89	q
2	BRU	Brunel	1.29.69	q
3	MID	Middlesex	1.30.24	q
4	UWI	UWIC	1.30.27	q
5	POR	Portsmouth	1.35.10	
6	BUC	Buckinghamshire New	1.42.21	



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4x200m Men Final

1510 Sun 20 Feb

Championship Best Performance:

2007	Loughborough	1.26.22	Team Points
1 LOU	Loughborough	1.27.73	8
2 BRU	Brunel	1.27.87	7
3 MID	Middlesex	1.28.03	6
4 BAT	Bath	1.28.80	5
5 BIR	Birmingham	1.29.21	4
6 UWI	UWIC	1.29.61	3



High Jump Men

906 Thomas Gardner
198 Onajite Okoro
897 Ray Bobrownicki
916 David Smith
809 Mike Sweeney
910 Nathan Williams
889 Mark Brown
911 Brad Armorgie
450 Edwin Elmhurst
900 Matthew Smiley
898 Mark Andrews
899 Chris Jones
907 Jonathan Larkworthy

Qualifying A

Loughborough 1.95 q
Medway 1.95 q
Edinburgh 1.95 q
Strathclyde 1.95 q
Birmingham 1.95 q
Newcastle 1.90 q
Bath 1.90
Nottingham 1.85
Reading 1.85
Leeds 1.80
Exeter 1.80
Imperial College, London 1.65
Manchester 1.65

Qualifying B

891 Scott Johnson Bedfordshire (Bedford) 1.95 q
892 Simon Phelan Birmingham 1.95 q
895 Matthew Sloane Brunel 1.95 q
901 Aqim Yahya Leeds 1.95 q
203 Brian Flatley Reading 1.95 q
915 Matthew Watson Southampton Solent 1.90 q
909 Lee Tinnion Newcastle 1.85
905 Ross Armorgie Loughborough 1.85
1103 Cameron Gore Bath 1.80
918 Antoni Davis-Phillips UWIC 1.70
917 Daniel Williams Swansea 1.70
894 Dinoh Magofha Brighton 1.65



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High Jump Men Final

Championship Best Performance:

	2004 Samson Oni	Loughborough	2.20		
	2005 Tom Parsons	UWIC	2.20		Team
					Points
1	897 Ray Bobrownicki	Edinburgh	2.22	CBP	8
2	916 David Smith	Strathclyde	2.13		7
3	892 Simon Phelan	Birmingham	2.04		6
4	891 Scott Johnson	Bedfordshire (Bedford)	2.04		5
5	915 Matthew Watson	Southampton Solent	2.04		4
6	895 Matthew Sloane	Brunel	2.04		3
7	198 Onajite Okoro	Medway	2.01		2
8	906 Thomas Gardner	Loughborough	1.98		1
9	203 Brian Flatley	Reading	1.95		
10=	901 Aqim Yahya	Leeds	1.90		
10=	905 Ross Armorgie	Loughborough	1.90		
12	910 Nathan Williams	Newcastle	1.85		



Long Jump Men

Qualifying A

1	819	Andre Fernandez	East London	6.84	q
2	813	Nonso Okolo	Brunel	6.81	q
3	846	James Gardner	Sheffield Hallam	6.69	q
4	832	Felix Maisey-Curtis	Loughborough	6.49	q
5	313	Chris Hall	Royal Holloway, London	6.48	q
6	837	James Andrew	Northumbria	6.27	
7	827	Seb W Dyer-Gough	Leeds	6.25	
8=	815	David Szabo	Cambridge	6.18	
8=	809	Mike Sweeney	Birmingham	6.18	
10	407	Charlie Roe	East Anglia	6.14	
11	852	Phil Warwicker	UWIC	5.79	
12	1103	Cameron Gore	Bath	5.62	
13	842	Louis Pollard	Portsmouth	5.61	
14	839	Jacob Thompson	Nottingham Trent	5.56	
15	825	Leigh Hayes	Gloucestershire	5.40	
16	835	Omari Barton-Ellington	Middlesex	5.36	
17	392	Alister Mcdonald	Brighton	5.27	
18	577	Michael Roebuck	Reading	5.09	
19	416	Chris Tucker	Exeter	4.90	
	421	Andrew Raeburn	Heriot-Watt	DNS	

Long Jump Men

Qualifying B

1	814	Jemaine Olasan	Brunel	7.14	q
2	808	James Grocock	Bath	6.85	q
3	851	Curtis Matthews	UWIC	6.72	q
4	831	Spartak Lyashenko	Loughborough	6.55	q
5	818	Jody Chappell	East London	6.47	q
6	810	Ding Yang	Birmingham	6.37	q
7	838	Matthew Rollings	Nottingham Trent	6.32	q
8	204	Shaun Leigh	St Mary's	6.06	
9	834	Craig Andrew	Middlesex	6.00	
10	820	Paul Slater	Essex	5.91	
11	42	Miles Baxter	Gloucestershire	5.89	
12	201	Sam Caplen	Plymouth	5.85	
13	812	Peter Mitchell	Brighton	5.48	
14	847	Kane Humphrey	Sheffield Hallam	5.48	
15	82	Christian Tendi	Plymouth	5.43	
16	816	Nick Ringrow	East Anglia	5.20	
17	822	Lee Songhurst	Exeter	5.11	
18	850	Andy Porter	Teesside	5.10	
19	833	Jack Ward	Manchester	4.71	
	41	Chimuka Nyamutale	Glasgow	DNS	



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Long Jump Men Final

Championship Best Performance:				
2010 Matthew Burton		Loughborough	7.69	Team Points
1	814 Jermaine Olasan	Brunel	7.28	8
2	808 James Grocock	Bath	7.20	7
3	819 Andre Fernandez	East London	7.07	6
4	813 Nonso Okolo	Brunel	6.98	5
5	851 Curtis Matthews	UWIC	6.85	4
6	831 Spartak Lyashenko	Loughborough	6.73	3
7	818 Jody Chappell	East London	6.65	2
8	846 James Gardner	Sheffield Hallam	6.48	1
9	832 Felix Maisey-Curtis	Loughborough	6.41	
10	810 Ding Yang	Birmingham	6.32	
11	838 Matthew Rollings	Nottingham Trent	6.25	
12	313 Chris Hall	Royal Holloway, London	6.12	



Triple Jump Men

1	88 Jonathan Sawyers	Sheffield	14.23	q
2	969 Elliot O'Neill	Middlesex	13.86	q
3	979 Antony Daffurn	Teesside	13.79	q
4	950 Chuxx Onyia	Aberdeen	13.76	q
5	961 Cameron Clark	Glasgow	13.42	
6	852 Phil Warwicker	UWIC	13.32	
7	951 Ross Jeffs	Bath	13.26	
8	974 Chris Bradshaw	Nottingham Trent	12.47	
9	953 Alasdair Rigby	Birmingham	11.98	
10	825 Leigh Hayes	Gloucestershire	11.80	
11	959 Marvin Sinclair	East London	NJ	
12	965 Daniel Burgin	Lincoln	NJ	
13	843 Matthew Plumb	Reading	DNS	

Qualifying A

Qualifying B

1	1125 Nathan Fox	Brunel	14.81	Q
2	957 Michael Puplampu	Brunel	14.50	q
3	976 Darren March	Royal Holloway, London	14.34	q
4	981 Adam Williams	UWIC	14.13	q
5	966 Alexander Ezechi-Obiako	Liverpool	14.01	q
6	978 Craig Fiddes	Sunderland	13.87	q
7	958 Jason Richards-Thompson	City	13.75	q
8	973 Sam Stanislaus	Northumbria	13.59	q
9	954 Richard Tranter	Birmingham	12.48	
10	1161 Stamatis Korkis	Loughborough	12.36	
11	952 Elijah Collins	Bedfordshire (Bedford)	12.08	
12	898 Mark Andrews	Exeter	12.02	
13	970 Dante Wilson	Middlesex	NJ	
14	955 Tomide Isinkaye	Brighton	DNS	



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Triple Jump Men Final

Championship Best Performance:

	2007 Gary White	UWIC	16.00	Team Points
1	1125 Nathan Fox	Brunel	15.18	8
2	957 Michael Puplampu	Brunel	15.13	7
3	976 Darren March	Royal Holloway, London	14.68	6
4	981 Adam Williams	UWIC	14.30	5
5	88 Jonathan Sawyers	Sheffield	14.26	4
6	966 Alexander Ezechi-Obiako	Liverpool	14.09	3
7	979 Antony Daffurn	Teesside	14.00	2
8	973 Sam Stanislaus	Northumbria	13.93	1
9	950 Chuxx Onyia	Aberdeen	13.61	
10	958 Jason Richards-Thompson	City	13.37	
11	978 Craig Fiddes	Sunderland	12.81	
	969 Elliot O'Neill	Middlesex	DNS	



Indoor Athletics Championships 2011 - Sheffield

Pole Vault Men Final

Championship Best Performance:

	2007 Scott Simpson	UWIC	5.42	Team Points
1=	1020 Douglas Curwen-Reed	Manchester	5.10	7.5
1=	1174 Ned Quiney	Loughborough	5.10	7.5
3	1008 Nick Cruchley	Birmingham	5.10	6
4	1017 Matthew Devereux	Loughborough	4.60	5
5	1007 Connel Macquisten	Bath	4.60	4
6	188 Ashley Bryant	Brunel	4.50	3
7	1011 Matt George	Brunel	4.20	2
8	1006 Jamie Courtenay	Bath	4.20	1
9=	1016 Ben Abbott-Gribben	Kingston	4.00	
9=	1024 Samuel Brown	Sussex	4.00	
11=	1014 Jamie Sinclair	Glasgow	4.00	
11=	1022 Sean Power	Sheffield Hallam	4.00	
13	1015 Liam Holiday	Hull	3.80	
14	1021 James Douglas	Oxford	3.60	
15	851 Curtis Matthews	UWIC	3.40	
	1107 Ryszard Buk	Birmingham	NHR	



Shot Men

1	1060 Robert Mohan
2	828 Daniel Gardiner
3	1011 Matt George
4	188 Ashley Bryant
5	1074 Daniel Morris
6	1062 Oli Wright
7	1045 Keegan Sharp
8	809 Mike Sweeney
9	847 Kane Humphrey
10	1072 Steve Jones
11	1067 Mathew Beagley
12	1063 Kiaran Hines

Qualifying A

Loughborough	15.37	Q
Leeds Met Carnegie	13.76	Q
Brunel	13.59	q
Brunel	13.09	q
UWIC	12.35	q
Manchester	12.24	q
Bath	12.04	q
Birmingham	11.90	q
Sheffield Hallam	11.00	
Swansea	7.15	
Portsmouth	6.94	
Middlesex	NPR	

Qualifying B

1	1061 Michael Wheeler	Loughborough	13.69	Q
2	1046 Joe Walton	Bath	11.76	q
3	204 Shaun Leigh	St Mary's	11.33	q
4	1111 Tom Pearson	Birmingham	11.16	q
5	1066 Jonathan Mckinley	Oxford	10.09	
6	1049 Phillip Hume	Bournemouth	9.88	
7	1065 Laurie Troke	Northumbria	9.38	
8	1053 Phil Edwards	Buckinghamshire New	8.64	
9	392 Alister Mcdonald	Brighton	7.76	
10	1071 Ben Davies	Swansea	7.47	
	1056 Sam O'Kane	Glasgow	DNS	

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Shot Men

Final

Championship Best Performance:

	2007 Garrett Johnson	Oxford	20.15	Team Points
1	1060 Robert Mohan	Loughborough	16.14	8
2	1061 Michael Wheeler	Loughborough	14.81	7
3	828 Daniel Gardiner	Leeds Met Carnegie	14.06	6
4	1011 Matt George	Brunel	13.63	5
5	188 Ashley Bryant	Brunel	12.58	4
6	1074 Daniel Morris	UWIC	12.37	3
7	1062 Oli Wright	Manchester	12.36	2
8	1045 Keegan Sharp	Bath	11.69	1
9	809 Mike Sweeney	Birmingham	11.39	
10	1046 Joe Walton	Bath	11.13	
11	204 Shaun Leigh	St Mary's	10.97	
12	1111 Tom Pearson	Birmingham	NTR	



60m Women

Heats

0930 Sat 19 Feb

First 2 and 8 fastest losers to 3 Semi Finals

Heat 1

1	173	Aleasha Kiddle	St Mary's	8.00	Q
2	172	Racheal Shaw	Sheffield Hallam	8.00	Q
3	170	Claudia Rogers	Sheffield	8.32	
4	138	Pavidra Sivanandarajah	Imperial College, London	8.65	
5	128	Eimear Mcgeehan	East Anglia	8.82	
6	125	Sally Thompson	Central Lancashire	8.99	
7	123	Lorraine Graham-Mulvaney	Cardiff	9.73	
8	150	Montell Douglas	Middlesex	DNS	

Heat 2

1	148	Jordan Mcintosh	Loughborough	8.02	Q
2	157	Katie Berry	Nottingham Trent	8.39	Q
3	1216	Molly Bagworth	Birmingham	8.69	
4	181	Cherene Ellis	Wolverhampton	8.70	
5	122	Tamica Mignott	Buckinghamshire New	8.74	
6	163	Kiah Rosenstein	Plymouth	8.81	
7	166	Bethan Jones	Reading	10.18	
8	139	Asha Philip	Kingston	DNS	

Heat 3

1	176	Claire Williams	Swansea	7.91	Q
2	147	Twinnelle Hopeson	Loughborough	7.95	Q
3	135	Lauren Searles	Exeter	8.31	
4	174	Christie Smith	St Mary's	8.34	
5	171	Dionne Jones	Sheffield Hallam	8.42	
6	149	Charisse Tapang	Medway	8.76	
7	144	Maggie Million	Liverpool John Moores	8.76	
8	151	Ashlee Nelson	Middlesex	DNS	

Heat 4

1	178	Susanna Banjo	UC Birmingham	7.79	Q
2	131	Anike Shand-Whittingham	East London	7.81	Q
3	117	Emma Stokes	Birmingham	8.19	q
4	164	Victoria Hewett	Portsmouth	8.19	q
5	160	Faith Norster	Oxford	8.31	
6	175	Esther Dixon	Swansea	8.67	
7	156	Jen Phelps	Nottingham	8.75	
8	161	Michaela Shaw	Oxford Brookes	9.07	



Heat 5

1	180 Rhiannon Yates	UWIC	7.72	Q
2	115 Jo White	Bath	7.86	Q
3	141 Kadenna Cox	Leeds Met Carnegie	8.10	q
4	137 Rebecca Courtney	Gloucestershire	8.22	q
5	152 Sabrine Razik	Newcastle	8.61	
6	132 Jodie Shaw	Edge Hill	8.64	
7	140 Alexandra Mckeown	Leeds	8.83	
8	162 Izzy Witts	Oxford Brookes	9.71	

Heat 6

1	168 Jade Philips	Royal Holloway, London	7.91	Q
2	121 Leah Moore	Brunel	8.04	Q
3	154 Rachel Davidson	Northumbria	8.20	q
4	158 Emma Hourd	Nottingham Trent	8.21	q
5	146 Melissa O'Young	London	8.61	
6	159 Eleanor Gatehouse	Oxford	8.74	
7	134 Natahsa Cox	Exeter	8.93	
8	Lane Vacant			

Heat 7

1	145 Kitan Eleyae	London	7.92	Q
2	114 Deborah Flemming	Bath	7.93	Q
3	167 Alison Wylie	Robert Gordon	8.13	q
4	142 Lisa Revitt	Leeds Met Carnegie	8.25	
5	124 Natalie Edwards	Central Lancashire	8.82	
6	130 Sacha Maccormack	East London	8.83	
7	119 Ashlee Nelson	Brighton	DNS	
8	Lane Vacant			

Heat 8

1	182 Abbi Tyson	Wolverhampton	7.75	Q
2	179 Zara George	UWIC	7.77	Q
3	165 Lauren Thompson	Portsmouth	8.11	q
4	118 Katie Hogg	Brighton	8.49	
5	153 Jayne Carmichael	Northumbria	8.59	
6	129 Emma-Lou Wagstaff	East Anglia	8.69	
7	112 Ademide Ademuyewo	Aberdeen	8.78	
8	Lane Vacant			



60m Women

Semi Finals

1440 Sat 19 Feb

First 2 and 2 fastest losers to Final

Heat 1

1	179	Zara George	UWIC	7.76	Q
2	115	Jo White	Bath	7.82	Q
3	176	Claire Williams	Swansea	7.89	
4	178	Susanna Banjo	UC Birmingham	7.94	
5	121	Leah Moore	Brunel	8.01	
6	154	Rachel Davidson	Northumbria	8.15	
7	164	Victoria Hewett	Portsmouth	8.15	
8	157	Katie Berry	Nottingham Trent	DQ	

Heat 2

1	180	Rhiannon Yates	UWIC	7.64	Q
2	147	Twinelle Hopeson	Loughborough	7.78	Q
3	145	Kitan Eleyae	London	7.83	q
4	114	Deborah Flemming	Bath	7.87	
5	173	Aleasha Kiddle	St Mary's	7.96	
6	165	Lauren Thompson	Portsmouth	8.16	
7	167	Alison Wylie	Robert Gordon	8.18	
8	137	Rebecca Courtney	Gloucestershire	8.24	

Heat 3

1	182	Abbi Tyson	Wolverhampton	7.71	Q
2	168	Jade Philips	Royal Holloway, London	7.83	Q
3	131	Anike Shand-Whittingham	East London	7.84	q
4	148	Jordan Mcintosh	Loughborough	7.95	
5	172	Racheal Shaw	Sheffield Hallam	8.03	
6	141	Kadenna Cox	Leeds Met Carnegie	8.07	
7	117	Emma Stokes	Birmingham	8.22	
8	158	Emma Hourd	Nottingham Trent	8.34	



Indoor Athletics Championships 2011 - Sheffield

60m Women

Final

1740 Sat 19 Feb

Championship Best Performance:

2007 Montel Douglas		Brunel	7.31	Team Points
1	180 Rhiannon Yates	UWIC	7.65	8
2	182 Abbi Tyson	Wolverhampton	7.67	7
3	179 Zara George	UWIC	7.68	6
4	147 Twinelle Hopeson	Loughborough	7.78	5
5	131 Anike Shand-Whittingham	East London	7.87	4
6	145 Kitan Eleyae	London	7.87	3
7	115 Jo White	Bath	7.89	2
8	168 Jade Philips	Royal Holloway, London	8.04	1



200m Women

Heats

0930 Sun 20 Feb

Winners and 10 fastest losers to 3 Semi Finals

Heat 1

1	1235	Meghan Beesley	Loughborough	25.11	Q
2	167	Alison Wylie	Robert Gordon	26.62	q
3	379	Rhiannon Linnington-Payne	UWIC	27.47	
4	156	Jen Phelps	Nottingham	27.82	
5	345	Robyn Collins	Exeter	28.47	
6	361	Katie Priestley	Northumbria	29.98	

Heat 2

1	356	Mica Nottingham	Loughborough	25.20	Q
2	357	Ese Okoro	Middlesex	25.63	q
3	339	Katryna Hardcastle	Chester (Chester)	26.96	q
4	132	Jodie Shaw	Edge Hill	29.13	
5	346	Jemma Neate	Exeter	29.17	
6	166	Bethan Jones	Reading	35.18	

Heat 3

1	115	Jo White	Bath	25.39	Q
2	338	Georgina Malster	Brunel	25.60	q
3	160	Faith Norster	Oxford	27.48	
4	181	Cherene Ellis	Wolverhampton	29.20	
5	333	Maddy Vaughan-Johncey	Bedfordshire (Bedford)	29.53	
6	130	Sacha Maccormack	East London	30.56	

Heat 4

1	373	Emily Martin	St Mary's	26.10	Q
2	164	Victoria Hewett	Portsmouth	26.11	q
3	212	Steph Kleynhans	Birmingham	27.20	
4	138	Pavidra Sivanandarajah	Imperial College, London	29.30	
5	861	Moji Adeblade	East Anglia	30.22	
6		Lane Vacant			

Heat 5

1	182	Abbi Tyson	Wolverhampton	25.62	Q
2	358	Martina Xuereb	Middlesex	26.91	q
3	137	Rebecca Courtney	Gloucestershire	27.06	
4	342	Ruth Mckellar	East Anglia	27.20	
5	159	Eleanor Gatehouse	Oxford	28.69	
6		Lane Vacant			



Heat 6

1	141	Kadenna Cox	Leeds Met Carnegie	25.82	Q
2	173	Aleasha Kiddle	St Mary's	26.24	q
3	331	Megan Southwart	Bath	26.30	q
4	330	Janet Abladey	Aberdeen	27.52	
5	360	Amy Markey	Northumbria	28.35	
6		Lane Vacant			

Heat 7

1	178	Susanna Banjo	UC Birmingham	25.41	Q
2	374	Diane Ramsay	Strathclyde	25.86	q
3	172	Racheal Shaw	Sheffield Hallam	26.11	q
4	350	Katherine Appleton	Leeds Met Carnegie	27.47	
5	175	Esther Dixon	Swansea	28.58	
6		Lane Vacant			

Heat 8

1	337	Charlotte Allee	Brunel	26.80	Q
2	334	Laura Bass	Birmingham	28.11	
3	369	Vicki Seller	Sheffield Hallam	28.14	
4	354	Hayley Comer	London	28.60	
5	371	Rebecca Carozzi	Southampton	DNS	
6		Lane Vacant			

200m Women

Semi Finals

1220 Sun 20 Feb

Winners and 3 fastest losers to Final

Heat 1

1	356	Mica Nottingham	Loughborough	24.83	Q
2	182	Abbi Tyson	Wolverhampton	25.14	q
3	374	Diane Ramsay	Strathclyde	25.92	
4	173	Aleasha Kiddle	St Mary's	26.27	
5	358	Martina Xuereb	Middlesex	27.16	
6	337	Charlotte Allee	Brunel	DNS	

Heat 2

1	1235	Meghan Beesley	Loughborough	24.51	Q
2	141	Kadenna Cox	Leeds Met Carnegie	25.46	1
3	373	Emily Martin	St Mary's	25.61	
4	164	Victoria Hewett	Portsmouth	26.18	
5	172	Racheal Shaw	Sheffield Hallam	26.30	
6	339	Katryna Hardcastle	Chester (Chester)	27.29	



Heat 3

1	115 Jo White	Bath	25.10	Q
2	178 Susanna Banjo	UC Birmingham	25.14	q
3	357 Ese Okoro	Middlesex	25.32	q
4	338 Georgina Malster	Brunel	25.39	2
5	331 Megan Southwart	Bath	26.74	
6	167 Alison Wylie	Robert Gordon	26.98	

Indoor Athletics Championships 2011 - Sheffield

200m Women

Final

1405 Sun 20 Feb

Championship Best Performance:

	2006 Katherine Endacott	St Mark & St John's	23.88	Team Points
1	1235 Meghan Beesley	Loughborough	24.34	8
2	356 Mica Nottingham	Loughborough	24.73	7
3	182 Abbi Tyson	Wolverhampton	25.04	6
4	178 Susanna Banjo	UC Birmingham	25.35	5
5	115 Jo White	Bath	25.45	4
6	357 Ese Okoro	Middlesex	DNS	3



400m Women

Heats

1320 Sat 19 Feb

Winners and 10 fastest losers to 3 Semi Finals

Heat 1

1	520	Emma Peters	UWIC	58.02	Q
2	164	Victoria Hewett	Portsmouth	58.40	q
3	470	Kat Sutton	Bath	58.87	q
4	495	Claire Stokes	Lincoln	63.11	
5	382	Ella Jennings	York	64.68	
6	348	Seethalakshmi Muthalagappan	Imperial College, London	84.84	

Heat 2

1	215	Caryl Granville	Cardiff	58.08	Q
2	489	Rhianne Jones	Glamorgan	59.71	q
3	471	Hannah Jackson	Bath Spa College	60.32	
4	493	Lucy Hack	Leeds Met Carnegie	61.61	
5	217	Becca Jones	Exeter	63.04	
6	516	Victoria Hayes	St Mary's	65.33	

Heat 3

1	477	Harriet Pryke	Brunel	56.58	Q
2	469	Hayley Harvey	Bath	57.76	q
3	494	Sophie Wood	Leeds Met Carnegie	58.44	q
4	486	Claire Mcnicol	Edinburgh	63.04	
5	475	Emma Robertson	Brighton	66.77	
6	509	Felicity Abbott	Oxford	DNS	

Heat 4

1	479	Kate Laidlow	Cambridge	58.49	Q
2	504	Francesca Xuereb	Middlesex	59.04	q
3	499	Gwen Thornton	London	59.22	q
4	476	Nichola Gibson	Brunel	60.51	
5	518	Anne Doyle	Surrey	DNF	
6		Lane Vacant			

Heat 5

1	136	Jo Patterson	Glasgow	57.20	Q
2	503	Ejiro Okoro	Medway	57.82	q
3	484	Tania-Cyrena Cyrus	East London	61.43	
4	478	Emily Craven	Cambridge	62.14	
5	333	Maddy Vaughan-Johncey	Bedfordshire (Bedford)	69.11	
6		Lane Vacant			



Heat 6

1	521	Emma Pullen	UWIC	56.57	Q
2	230	Rosie Marino	Sheffield	58.50	q
3	334	Laura Bass	Birmingham	64.21	
4	496	Kerrell Walley	Liverpool	65.49	
5	514	Jess Cunliffe	Sheffield Hallam	70.75	
6		Lane Vacant			

Heat 7

1	501	Laura Wake	Loughborough	57.96	Q
2	522	Deborah Willis	Warwick	59.00	q
3	474	Hannifa Greenwood	Birmingham	61.58	
4	345	Robyn Collins	Exeter	64.59	
5	124	Natalie Edwards	Central Lancashire	65.72	
6		Lane Vacant			

Heat 8

1	508	Laura Maddox	Nottingham Trent	56.93	Q
2	482	Amanda Campbell	Dundee	60.27	
3	515	Beth Hirst	Sheffield Hallam	63.21	
4	360	Amy Markey	Northumbria	64.09	
5	513	Felicity Tournant	Sheffield	70.97	
6		Lane Vacant			

400m Women

Semi Finals

1610 Sat 19 Feb

Winners and 3 fastest losers to Final

Heat 1

1	477	Harriet Pryke	Brunel	56.08	Q
2	479	Kate Laidlow	Cambridge	58.08	
3	520	Emma Peters	UWIC	58.31	
4	470	Kat Sutton	Bath	58.34	
5	499	Gwen Thornton	London	59.27	
6	164	Victoria Hewett	Portsmouth	59.31	

Heat 2

1	508	Laura Maddox	Nottingham Trent	55.76	Q
2	136	Jo Patterson	Glasgow	56.60	q
3	503	Ejiro Okoro	Medway	57.24	2
4	469	Hayley Harvey	Bath	57.51	1
5	522	Deborah Willis	Warwick	58.85	
6	504	Francesca Xuereb	Middlesex	59.30	



Heat 3					
1	501	Laura Wake	Loughborough	54.41	Q
2	521	Emma Pullen	UWIC	54.92	q
3	215	Caryl Granville	Cardiff	56.65	q
4	494	Sophie Wood	Leeds Met Carnegie	58.49	
5	230	Rosie Marino	Sheffield	59.44	
6	489	Rhianne Jones	Glamorgan	61.77	

Indoor Athletics Championships 2011 - Sheffield

400m Women

Final

1320 Sun 20 Feb

Championship Best Performance:

2009 Tara Bird		Brunel	54.24	Team Points	
1	501	Laura Wake	54.09	CBP	8
2	521	Emma Pullen	54.45		7
3	508	Laura Maddox	55.21		6
4	477	Harriet Pryke	55.74		5
5	215	Caryl Granville	57.47		4
6	136	Jo Patterson	57.91		3



800m Women

Heats

1155 Sat 19 Feb

Winners and 8 fastest losers to 2 Semi Finals

Heat 1

1	607	Jenny Tan	Dundee	2.21.79	Q
2	597	Sophie Tyers	Bath	2.22.54	
3	1240	Kathryn Davies	Loughborough	2.25.85	
4	614	Louise Smith	Leeds	2.29.11	
5	615	Rachel Atherton	Leeds Met Carnegie	2.30.32	
6	612	Emily Curry	Hull	2.34.89	
7	627	Julia Downes	Reading	2.50.97	
8	600	Samantha Franklin	Brighton	DNS	

Heat 2

1	693	Vicky Fouhy	Birmingham	2.17.03	Q
2	621	Aisling Mcghee	Loughborough	2.18.04	q
3	629	Emily Bonnett	Southampton	2.18.91	q
4	635	Chloe Anderson	UWIC	2.21.05	q
5	602	Hannah Jeanes	Brunel	2.23.93	
6	604	Noelia Ferruz	Cambridge	2.25.21	
7	619	Francesca Witney	London	2.37.92	
8	618	Lisa Young	Liverpool Hope	3.00.91	

Heat 3

1	1229	Laura Brown	Dundee	2.17.76	Q
2	630	Katherine Foy	St Mary's	2.17.84	q
3	510	Catriona Witcombe	Oxford	2.18.41	q
4	610	Helena Corbin	Exeter	2.21.21	q
5	605	Rose Penfold	Cambridge	2.21.98	
6	518	Anne Doyle	Surrey	2.30.57	
7	485	April Stevenson	Edge Hill	DNF	
8		Lane Vacant			

Heat 4

1	599	Cally Read	Birmingham	2.16.95	Q
2	628	Emily Moss	Royal Holloway, London	2.17.66	q
3	596	Annabel Grady	Bath	2.18.96	q
4	636	Rebecca Nuttall	UWIC	2.21.62	
5	625	Alex Turner	Nottingham Trent	2.21.85	
6	623	Maxine Buckton	Northumbria	2.28.02	
7	622	Bobbi Phillips	Newcastle	2.30.76	
8		Lane Vacant			



800m Women

Semi Finals

1730 Sat 19 Feb

First 2 and 2 fastest losers to Final

Heat 1

1	693	Vicky Fouhy	Birmingham	2.12.34	Q
2	635	Chloe Anderson	UWIC	2.13.36	Q
3	1229	Laura Brown	Dundee	2.14.30	q
4	621	Aisling Mcghee	Loughborough	2.15.88	2
5	596	Annabel Grady	Bath	2.18.91	
6	630	Katherine Foy	St Mary's	2.25.36	

Heat 2

1	599	Cally Read	Birmingham	2.11.52	Q
2	628	Emily Moss	Royal Holloway, London	2.11.59	Q
3	607	Jenny Tan	Dundee	2.11.97	q
4	629	Emily Bonnett	Southampton	2.17.34	1
5	510	Catriona Witcombe	Oxford	2.17.82	
6	610	Helena Corbin	Exeter	2.22.17	

Indoor Athletics Championships 2011 - Sheffield

800m Women

Final

1345 Sun 20 Feb

Championship Best Performance:

	2007 Charlotte Best	Loughborough	2.05.32	Team Points
1	607 Jenny Tan	Dundee	2.11.93	8
2	599 Cally Read	Birmingham	2.12.68	7
3	628 Emily Moss	Royal Holloway, London	2.13.46	6
4	693 Vicky Fouhy	Birmingham	2.14.04	5
5	635 Chloe Anderson	UWIC	2.15.37	4
6	1229 Laura Brown	Dundee	2.17.13	3



1500m Women

Heats

1525 Sat 19 Feb

First 3 and 3 fastest losers to Final

Heat 1

1	779 Sara Treacy	Birmingham	4.49.64	Q
2	705 Jo Adams	Leeds Met Carnegie	4.50.02	Q
3	697 Jodie Spencer	Chester (Chester)	4.50.89	Q
4	776 Angharad Davies	Bath	4.55.90	
5	613 Michelle Stone	Hull	4.58.86	
6	700 Kate Howard	Essex	5.07.51	
7	711 Jordon Folk	Portsmouth	5.08.73	
8	627 Julia Downes	Reading	5.41.06	
9	600 Samantha Franklin	Brighton	DNS	
10	Lane Vacant			

Heat 2

1	708 Jordan Kinney	Loughborough	4.42.60.	Q
2	694 Lauren Scott	Birmingham	4.42.75	Q
3	698 Eilish Mccolgan	Dundee	4.42.84	Q
4	707 Charlotte Gaughan	London	4.44.02	q
5	701 Charlotte Davies	Exeter	4.48.79	q
6	691 Rosie Clarke	Bath	4.51.18	q
7	634 Louise Card	UWE	5.12.27	
8	702 Jessica Earp	Gloucestershire	5.14.06	
9	622 Bobbi Phillips	Newcastle	DNS	
10	Lane Vacant			

Indoor Athletics Championships 2011 - Sheffield

1500m Women

Final

1415 Sun 20 Feb

Championship Best Performance:

	2007 Hannah England	Birmingham	4.19.68	Team Points
1	779 Sara Treacy	Birmingham	4.30.05	8
2	708 Jordan Kinney	Loughborough	4.32.15	7
3	698 Eilish Mccolgan	Dundee	4.32.19	6
4	694 Lauren Scott	Birmingham	4.32.25	5
5	705 Jo Adams	Leeds Met Carnegie	4.32.69	4
6	701 Charlotte Davies	Exeter	4.40.27	3
7	707 Charlotte Gaughan	London	4.44.83	2
8	691 Rosie Clarke	Bath	4.47.32	1



9 697 Jodie Spencer

Chester (Chester)

4.49.64



3000m Women

Heats

1455 Sat 19 Feb

First 4 and 4 fastest losers to Final

Heat 1

1	778	Rebecca Gough	Birmingham	10.35.79	Q
2	796	Laura Spence	Northumbria	10.35.88	Q
3	792	Abbey MCGhee	Loughborough	10.36.33	Q
4	800	Natasha Doel	St Mary's	10.36.56	Q
5	777	Lucy Ferguson	Bath	10.42.67	q
6	706	Jane Kemshall	Leeds Met Carnegie	10.47.37	q
7	783	Claire Hodgson	Exeter	11.03.02	
8	797	Laura Lambourne	Nottingham Trent	12.04.65	
9	780	Jess Maltby	Buckinghamshire New	12.55.78	
10	793	Stephanie Hearn	Medway	DNS	
11		Lane Vacant			
12		Lane Vacant			

Heat 2

1	790	Seonaid Murray	Liverpool	10.25.06	Q
2	704	Harriet Scott	Imperial College, London	10.25.57	Q
3	805	Charlotte Arter	UWIC	10.26.73	Q
4	791	Sophie Crumly	Loughborough	10.27.50	Q
5	782	Smanatha Blanche	Exeter	10.29.30	q
6	794	Caitlin Lloyd	Newcastle	10.31.42	q
7	786	Rosie Adams	Leeds	10.59.94	
8	692	Katie Synge	Bath	11.12.23	
9	795	Holly Haywood	Northumbria	12.08.16	
10	779	Sara Treacy	Birmingham	DNS	
11		Lane Vacant			
12		Lane Vacant			



Indoor Athletics Championships 2011 - Sheffield

3000m Women

Final

1325 Sun 20 Feb

Championship Best Performance:

	2005 Lisa Dobriskey	Loughborough	9.08.08	Team Points
1	704 Harriet Scott	Imperial College, London	9.20.53	8
2	792 Abbey Mcghee	Loughborough	9.27.86	7
3	791 Sophie Crumly	Loughborough	9.47.22	6
4	805 Charlotte Arter	UWIC	10.00.42	5
5	778 Rebecca Gough	Birmingham	10.05.90	4
6	796 Laura Spence	Northumbria	10.24.10	3
7	782 Smanatha Blanche	Exeter	10.26.24	2
8	794 Caitlin Lloyd	Newcastle	10.32.18	1
9	777 Lucy Ferguson	Bath	10.40.64	
10	706 Jane Kemshall	Leeds Met Carnegie	10.54.21	
11	800 Natasha Doel	St Mary's	DNS	
12	790 Seonaid Murray	Liverpool	DNS	



60m Hurdles Women Heats

1140 Sun 20 Feb

First 2 and 2 fastest losers to Final

Heat 1

1	227	Serita Solomon	Middlesex	8.57	Q
2	215	Caryl Granville	Cardiff	8.76	Q
3	935	Jess Tappin	Loughborough	8.93	q
4	231	Karla Drew	Sheffield Hallam	8.96	
5	142	Lisa Revitt	Leeds Met Carnegie	9.29	
6	234	Sarah Dacey	UWE	9.51	
7	236	Rebekah Ingham	Warwick	9.96	
8	212	Steph Kleynhans	Birmingham	DNF	

Heat 2

1	211	Claire Humphries	Birmingham	8.68	Q
2	226	Andrea Vinet	Loughborough	8.75	Q
3	165	Lauren Thompson	Portsmouth	9.12	
4	232	Elise Lovell	Sheffield Hallam	9.45	
5	222	Katie Holt	Liverpool	10.01	
6	230	Rosie Marino	Sheffield	10.87	
7	217	Becca Jones	Exeter	11.09	
8	209	Sophie Skinner	Bath	DNF	

Heat 3

1	235	Ashley Helsby	UWIC	8.50	Q
2	214	Stephanie Gaynor	Brunel	8.62	Q
3	218	Emily Stevens	Hertfordshire	8.78	q
4	331	Megan Southwart	Bath	8.99	
5	208	Helen Morton	University College London	9.01	
6	221	Serita Shone	Leeds Met Carnegie	9.17	
7	233	Sara Geary	St Mary's	10.15	
8	146	Melissa O'Young	London	12.44	



Indoor Athletics Championships 2011 - Sheffield

60m Hurdles Women Final

1435 Sun 20 Feb

Championship Best Performance:

			8.25	Team	
		2007 Gemma Bennett		Points	
1	227	Serita Solomon	Middlesex	8.40	7.5
1	235	Ashley Helsby	UWIC	8.40	7.5
3	226	Andrea Vinet	Loughborough	8.54	6
4	214	Stephanie Gaynor	Brunel	8.59	5
5	211	Claire Humphries	Birmingham	8.64	4
6	218	Emily Stevens	Hertfordshire	8.73	3
7	215	Caryl Granville	Cardiff	8.86	2
8	935	Jess Tappin	Loughborough	8.94	1



4x200m Women Heats
1800 Sat 19 Feb
6 fastest teams to Final

Heat 1

1	BAT	Bath	1.43.32	q
2	STM	St Mary's	1.47.88	2
3	LMC	Leeds Met Carnegie	1.48.25	1
4	LON	London	1.49.41	
5	Lane Vacant			
6	Lane Vacant			

Heat 2

1	LOU	Loughborough	1.40.92	q
2	HAL	Sheffield Hallam	1.46.31	q
3	BIR	Birmingham	1.47.53	q
4	EXE	Exeter	1.49.33	
5	Lane Vacant			
6	Lane Vacant			

Heat 3

1	BRU	Brunel	1.42.73	q
2	UWI	UWIC	1.43.38	q
3	NOR	Northumbria	1.52.33	
4	UEA	East Anglia	1.53.21	
5	NOT	Nottingham Trent	1.54.38	
6	Lane Vacant			

Indoor Athletics Championships 2011 - Sheffield

4x200m Women Final

1500 Sun 20 Feb

Championship Best Performance:

2009	Brunel	1.37.82	Team Points
1	LOU	Loughborough	1.39.77 8
2	BAT	Bath	1.40.49 7
3	BRU	Brunel	1.41.88 6
4	UWI	UWIC	1.41.93 5
5	HAL	Sheffield Hallam	1.46.52 4
6	BIR	Birmingham	1.46.88 3



Indoor Athletics Championships 2011 - Sheffield

High Jump Women

Qualifying A

921	Pamela Hughes	Birmingham	1.66	q
934	Zoey Phillips	Loughborough	1.63	q
221	Serita Shone	Leeds Met Carnegie	1.63	q
943	Moe Sasegbon	Sheffield Hallam	1.63	q
940	Hannah Dixon	Northumbria	1.60	
919	Chloe Hillier	Bath	1.55	
223	Eleanor Markendale	Liverpool John Moores	1.55	
929	Grace Johnson	Leeds	1.55	
236	Rebekah Ingham	Warwick	1.50	
937	Charlotte O'Neill	Manchester	1.50	
352	Kristine Reinhold	Liverpool	1.40	
938	Lauren Barr	Newcastle	NHR	
944	Lucinda Logan	Strathclyde	DNS	

Qualifying B

922	Bethan Partridge	Birmingham	1.66	q
1236	Chloe Boulter	Loughborough	1.63	q
945	Emma Nuttal	Strathclyde	1.63	q
947	Kate Lysons	UWIC	1.63	q
231	Karla Drew	Sheffield Hallam	1.63	q
926	Chrissy Parsons	Cardiff	1.60	q
939	Amy Richards	Newcastle	1.60	q
920	Eleanor Workman	Bath	1.60	q
941	Rachel Spooner	Plymouth	1.55	
936	Katie Hamilton	Manchester	1.55	
928	Georgina Blondi	Leeds	1.55	
946	Caroline Park	Swansea	1.55	



Indoor Athletics Championships 2011 - Sheffield

High Jump Women Final

Championship Best Performance:

	2005 Natalie Clark	Loughborough	1.86	Team Points
1	922 Bethan Partridge	Birmingham	1.78	8
2	945 Emma Nuttal	Strathclyde	1.75	7
3	921 Pamela Hughes	Birmingham	1.75	6
4	934 Zoey Phillips	Loughborough	1.72	5
5	943 Moe Sasegbon	Sheffield Hallam	1.72	4
6	231 Karla Drew	Sheffield Hallam	1.66	3
7	221 Serita Shone	Leeds Met Carnegie	1.66	2
8	947 Kate Lysons	UWIC	1.63	1
9	1236 Chloe Boulter	Loughborough	1.63	
10=	926 Chrissy Parsons	Cardiff	1.63	
10=	920 Eleanor Workman	Bath	1.63	
12	939 Amy Richards	Newcastle	1.55	



Indoor Athletics Championships 2011 - Sheffield

Long Jump Women

Qualifying A

1	854 Kim Murray	Bath	5.97	Q
2	180 Rhiannon Yates	UWIC	5.92	Q
3	232 Elise Lovell	Sheffield Hallam	5.49	q
4	858 Hannah Frankson	Brunel	5.48	q
5	212 Steph Kleynhans	Birmingham	5.43	q
6	145 Kitan Eleyae	London	5.39	q
7	339 Katryna Hardcastle	Chester (Chester)	5.25	q
8	236 Rebekah Ingham	Warwick	5.15	
9	884 Desolo Bakre	UC Birmingham	5.15	
10	935 Jess Tappin	Loughborough	5.13	
11	878 Emma Simpson	Nottingham Trent	4.79	
12	132 Jodie Shaw	Edge Hill	4.52	
13	346 Jemma Neate	Exeter	4.19	
14	861 Moji Adegbile	East Anglia	4.12	
15	868 Jenny Reason	Liverpool	3.92	
16	882 Laura Andrews	Swansea	3.51	
17	142 Lisa Revitt	Leeds Met Carnegie	DNS	
18	875 Jaz Dotzek	Manchester	DNS	

Qualifying B

1	853 Hannah Lewis	Bath	5.95	Q
2	871 Angela Barrett	London	5.66	q
3	221 Serita Shone	Leeds Met Carnegie	5.32	q
4	948 Katy Sealy	UWIC	5.23	q
5	231 Karla Drew	Sheffield Hallam	5.20	q
6	234 Sarah Dacey	UWE	5.12	
7	873 Jessica Houlton	Loughborough	5.07	
8	857 Shakira Francis	Brunel	4.99	
9	233 Sara Geary	St Mary's	4.88	
10	856 Elenore Owen	Birmingham	4.71	
11	216 Beth Hampson	Exeter	4.51	
12	352 Kristine Reinhold	Liverpool	4.36	
13	144 Maggie Millionsi	Liverpool John Moores	4.30	
14	860 Christine O'Sullivan	Dundee	3.94	
15	876 Jemma Wright	Manchester	3.78	
16	877 Jasmin Hicks	Middlesex	DNS	
17	883 Imelda Morrisson	Swansea	DNS	
18	862 Claire Whealan	East Anglia	DNS	



Indoor Athletics Championships 2011 - Sheffield

Long Jump Women Final

Championship Best Performance:

	2004 Becky White	Bath	6.16	Team Points
1	854 Kim Murray	Bath	5.95	8
2	853 Hannah Lewis	Bath	5.75	7
3	871 Angela Barrett	London	5.71	6
4	145 Kitan Eleyae	London	5.64	5
5	180 Rhiannon Yates	UWIC	5.62	4
6	221 Serita Shone	Leeds Met Carnegie	5.59	3
7	231 Karla Drew	Sheffield Hallam	5.43	2
8	232 Elise Lovell	Sheffield Hallam	5.41	1
9	858 Hannah Frankson	Brunel	5.30	
10	212 Steph Kleynhans	Birmingham	5.13	
11	948 Katy Sealy	UWIC	5.11	
12	339 Katryna Hardcastle	Chester (Chester)	5.11	



Indoor Athletics Championships 2011 - Sheffield

Triple Jump Women

Qualifying A

1	871	Angela Barrett	London	12.48	Q
2	988	Jade Morgan	Essex	12.00	q
3	996	Emma Pringle	Newcastle	11.99	q
4	987	Rochelle Jones	Brunel	11.86	q
5	1041	Karolina Isoaho	Southampton	10.69	q
6	856	Elenore Owen	Birmingham	10.52	q
7	1000	Laura Keeley	Swansea	10.43	
8	992	Rosie Mackay	Leeds Met Carnegie	10.43	
9	995	Emma Lowry	Loughborough	9.84	
10	488	Abbie Rudd	Exeter	9.14	
11	1001	Sylvia Obodo	Teesside	9.10	

Qualifying B

1	858	Hannah Frankson	Brunel	12.61	Q
2	884	Desola Bakre	UC Birmingham	11.71	q
3	1005	Lauren Blackie	Wolverhampton	11.64	q
4	1003	Lauren Priest	UWE	11.22	q
5	985	Hannah Walsh	Birmingham City	11.04	q
6	994	Marie Boulle	Loughborough	10.72	q
7	991	Amanda Evans	Leeds Met Carnegie	10.41	
8	1004	Elinor Lewis	UWIC	10.28	
9	998	Kayley Alcorn	Sheffield Hallam	9.86	
10	216	Beth Hampson	Exeter	9.46	



Indoor Athletics Championships 2011 - Sheffield

Triple Jump Women Final

Championship Best Performance:

	2008 Nony Mordi	Edinburgh	13.10	Team Points
1	871 Angela Barrett	London	12.90	8
2	858 Hannah Frankson	Brunel	12.76	7
3	987 Rochelle Jones	Brunel	12.04	6
4	988 Jade Morgan	Essex	12.01	5
5	996 Emma Pringle	Newcastle	11.95	4
6	1003 Lauren Priest	UWE	11.55	3
7	1005 Lauren Blackie	Wolverhampton	11.52	2
8	884 Desola Bakre	UC Birmingham	11.49	1
9	985 Hannah Walsh	Birmingham City	11.30	
10	1041 Karolina Isoaho	Southampton	10.84	
11	994 Marie Boulle	Loughborough	10.47	
12	856 Elenore Owen	Birmingham	10.10	



Indoor Athletics Championships 2011 - Sheffield

Pole Vault Women Final

Championship Best Performance:

	2005 Zoe Brown	Loughborough	4.10	Team Points
1	1028 Kara Gibbs	Bedfordshire (Bedford)		8
2	1043 Jessica Abraham	UWIC		7
3	1040 Clara Blattler	Oxford		6
4	1033 Emmeline Rendell	Kent		5
5	1030 Sally Peake	Cardiff		4
6	1036 Sally Scott	Loughborough		3
7	1042 Kelly Jo Tinkler	Teesside		2
8	1032 Christina Moore	Kent		1
9	1004 Elinor Lewis	UWIC		
10	1037 Sophie Upton	Loughborough		
11	868 Jenny Reason	Liverpool		
12	1027 Emily Taylor	Bath		



Indoor Athletics Championships 2011 - Sheffield

Shot Women

1	1099 Rachel Wallader	UC Birmingham	13.09	Q
2	1100 Sarah Benson	UWIC	12.83	Q
3	1089 Alice Simpson	Leeds Met Carnegie	12.49	q
4	875 Jaz Dotzek	Manchester	11.28	q
5	995 Emma Lowry	Loughborough	10.64	q
6	209 Sophie Skinner	Bath	9.84	q
7	1097 Helen Hanstock	Oxford	9.22	
8	1080 Rachael Williams	Brunel	9.09	
9	149 Charisse Tapang	Medway	8.79	
10	1078 Adanna Okeahialam	Birmingham	8.48	
11	1082 Charlotte Shaw	Buckinghamshire New	4.15	
	1075 Anne Meakin	Aberdeen	DNS	

Qualifying A

Qualifying B

1	1088 Hannah Evenden	Leeds Met Carnegie	13.44	Q
2	1092 Sophie Thomas	Loughborough	12.60	Q
3	1087 Lois Earl	Hull	12.39	q
4	1090 Rebecca Hall	Lincoln	11.54	q
5	1101 Jess Huddleston	UWIC	10.50	q
6	212 Steph Kleynhans	Birmingham	9.92	q
7	1086 Cristtel Ramirez	Heriot-Watt	9.75	
8	132 Jodie Shaw	Edge Hill	9.37	
9	1085 Lorna Quigley	Exeter	8.94	
10	1083 Natalie Livesey	Edge Hill	7.65	
11	1096 Lucy Earnshaw	Northumbria	7.33	
12	1081 Yasmin Burr	Buckinghamshire New	6.15	



Indoor Athletics Championships 2011 - Sheffield

Shot Women

Final

Championship Best Performance:

	2003 Eva Massey	Ulster	15.80	Team Points
1	1099 Rachel Wallader	UC Birmingham	15.28	8
2	1100 Sarah Benson	UWIC	13.48	7
3	1088 Hannah Evenden	Leeds Met Carnegie	13.46	6
4	1092 Sophie Thomas	Loughborough	12.89	5
5	1089 Alice Simpson	Leeds Met Carnegie	12.76	4
6	1087 Lois Earl	Hull	12.42	3
7	1090 Rebecca Hall	Lincoln	11.40	2
8	995 Emma Lowry	Loughborough	10.57	1
9	212 Steph Kleynhans	Birmingham	9.88	
10	209 Sophie Skinner	Bath	9.88	
11	1101 Jess Huddleston	UWIC	9.07	
12	875 Jaz Dotzek	Manchester	DNS	