

## 400 Heat 1

53	Luke	Smallwood	47.99	U23M	M&M
48	Femi	Owolade	48.43	U23M	
49	Francois	Potgieter	50.02	SM	Cambridge Harriers
30	Louis	Parker	53.88	U17M	
62	Harry	Smith	54.29	U15B	
32	James	Clack	55.16	U17M	
39	Joshua	Oyedele	55.47	U15B	

## 400 Heat 2

25	Kate	Laidlow	58.16	U20W	Cambridge Harriers
22	Doug	Lucas	59.02	M55	Cambridge Harriers
56	David	Thorn	60.33	M40	Hercules Wimbledon
74	Oscar	Mortimer	63.42	U15B	
20	Maureen	Miller	66.06	U17W	

## 800 Heat 1

17	Rachel	Robinson	02:30.7	U17W	
79	Tom	Powell	02:33.7	U17B	
10	Jane	Bradshaw	02:39.7	W35	
12	Hannah	Cook	02:44.2	U15G	
78	Ben	Farley	02:50.2	?	?

## 800 Heat 2

43	Andy	Knight	2:00.95	M40	Cambridge Harriers
57	Richard	Daniel	2:01.25	SM	
90	Mark	Humphrey	2:07.90	SM	Belgrave
80	Oliver	Taylor	2:09.00	U17M	
41	Jonathan	Halls	2:11.66	U17M	
31	Robert	Yates	2:12.37	U17M	
63	Hector	Kurtyanek	2:18.64	U17M	
59	Tim	Soutar	2:22.84	M50	
19	Cliff	Keen	2:37.79	M50	
38	Andrew	Lawes	2:46.75	M50	

## 100 Heat 1

1	Irenee	McIntosh	14.0	U15G	
27	Christine	Lyston	14.2	U15G	
84	Maddie	Ellison	14.5	U15G	
77	Rachel	Giannini	14.7	U15G	

## 100 Heat 2

52	Annie	Waghorn	13.2	U17W	M&M
51	Nicola	Keegan	13.5	U17W	M&M
68	Charlotte	Colegate	13.6	U15G	
21	Shirley	Rowbotham	15.3	W40	

	100		Heat 3			
40	Dina	Asher-Smith	12.4	U15G		
18	Rachel	Dickens	13.1	U15G		
35	Georgina	Middleton	13.1	U15G		
34	Amara	Lalemi-Jacobs	13.2	U17W		
50	Charlotte	Mackie	13.6	U20W	M&M	
	100		Heat 4			
42	Anton	Daly	11.95	U15B		
60	Kyle	Bernard	12.32	U15B		
7	Reuben	Fakoya	12.42	U15B		
61	James	Allen	12.75	U15B		
88	Ike	Anumba	13.24	U15B		
	100		Heat 5			
85	Mark	Cryer	12.36	U17M	M&M	
71	Tom	Jenkins	12.36	U17M		
58	Luis	John	12.94	U15B		
24	Hudson	Huyghebaert	14.19	U17M		
	100		Heat 6			
45	Kieran	Daly	11.57	U17M		
75	Abs	Jolaoso	11.65	U17M		
44	Ellis	Zorro	11.80	U17M		
36	Jonathan	Pettet	11.83	U17M		
64	Neamat	Jafari	11.93	U17M	Sutton	
2	Dominic	Coelho	12.03	U17M		
	100		Heat 7			
54	James	Alcock	11.56	U20M	M&M	
47	Sanchez	Palmer	11.88	U20M		
87	Josh	Hill	12.25	U20M	Cardiff	
46	Miles	Lindsay	12.53	U20M		
	100		Heat 8			
15	Jason-Louis	Bernard	11.72	SM	K&P	
67	Andre	Haughton	11.96	U23M	Cambridge Harriers	
72	Deon	Marsh	13.56	?	?	
73	Stanley	Thomas	13.77	M50		
	100		Heat 9			
65	Tremayne	Gilling	10.84	U20M		
69	Nigel	Thomas	11.08	SM	Thames Valley	
33	Dan	Haque	11.12	SM		
66	Darren	Wollen	11.26	SM	Croydon	
86	Bradley	Bellamy	11.64	SM	WGEL	
83	Matthew	Thomas	DNF	SM	Thames Valley	

1500		Men			
28	Will	Mercer	04:45.8	U17M	
3	Gareth	Evans	04:59.8	SM	
91	Alistair	Bishop	05:18.6	U15B	Sevenoaks
38	Andrew	Lawes	05:32.6	M50	
200		Heat 1			
40	Dina	Asher-Smith	25.0	U15G	
76	Frederica	Foster	25.1	U17W	
70	Emily	Martin	25.8	SW	
18	Rachel	Dickens	26.4	U15G	
68	Charlotte	Colegate	28.0		
17	Rachel	Robinson	28.6		
21	Shirley	Rowbotham	31.3		
200		Heat 2			
7	Reuben	Fakoya	24.9		
39	Joshua	Oyedele	25.1		
61	James	Allen	25.2		
88	Ike	Anumba	26.0		
58	Luis	John	26.4		
74	Oscar	Mortimer	27.6		
24	Hudson	Huyghebaert	28.6		
200		Heat 3			
42	Anton	Daly	23.5		
47	Sanchez	Palmer	24.0		
92	Nicholas	Belo	24.1		Cambridge Harriers
71	Tom	Jenkins	24.2		
87	Josh	Hill	24.3		Cardiff
85	Mark	Cryer	24.8		M&M
46	Miles	Lindsay	25.0		
200		Heat 4			
49	Francois	Potgieter	23.19		?
36	Jonathan	Pettet	23.28		
89	Alex	Blair	23.59		
75	Abs	Jolaoso	23.61		
44	Ellis	Zorro	23.96		
200		Heat 5			
48	Femi	Owolade	21.86		
33	Dan	Haque	22.05		
66	Darren	Wollen	22.73		Croydon
45	Kieran	Daly	23.25		

## Javelin

3	Gareth	Evans	25.59	SM
4	Katie	Sales	13.87	U15G
5	Ellouise	Edwards	22.27	U15G
8	Daryl	Brand	56.15	M45
9	Colin	Brand	35.18	M70
11	Gordon	Hickey	24.13	M75
26	Mike	van den Dobbelseen	47.97	M35
29	Ellie	Duffy-Penny	21.87	U17W
	Kevin	Burnett	17.79	M70
94	Lamarr	Richmond	15.71	U15B

## High Jump

27	Christine	Lyston	1.45	U17W
81	Jade	Lay	1.40	U15G
82	Lucy	Pamment	1.15	U17W
52	Annie	Waghorn	1.45	U17W
93	Gabriel	Evans	1.35	U13B