

## RESULT

Posn	Bib	Athlete	Club	Perf	
<b>Womens 100m Hurdles Heat 1</b>			Wind = +1.1 m/s		
1	199	Sarah CLAXTON	Woodford Green & Essex Ladies	13.15	Q
2	139	Sara MCGREAVEY	Sale Harries	13.60	Q
3	41	Andrea MILLER	NEW ZEALAND	13.63	q
4	96	Emma MAGNUSSON	SWEDEN	14.02	q
5	260	Kylie ROBBILIARD	LSAC	14.28	Bq
6					
7					
8					
<b>Womens 100m Hurdles Heat 2</b>			Wind = +1.7 m/s		
1	191	Derval O'ROURKE	IRELAND	13.00	Q
2	130	Angie BROADBELT BLAKE		13.68	Q
3	77	Helen ASHER	Liverpool Harriers	14.03	q
4	62	Ashley HELSBY	Liverpool Harriers	14.07	q
5	195	Gemma WERRETT	LSAC	14.44	Bq
6	259	Lucy LOUGHER	Cardiff	14.64	Bq
7					
8					
<b>Mens 110m Hurdles Heat 1</b>			Wind = +1.2 m/s		
1	198	Callum PREISTLEY	Woodford Green & Essex Ladies	13.56	Q
2	190	Jared MACLEOD	CANADA	13.64	Q
3	127	Matt HUDSON	Leeds City	14.23	
4	73	Dominic BRADLEY	Birchfield Harriers	14.73	
5	156	Simon WOMBWELL	LSAC	14.93	
6					
7					
8					
<b>Mens 110m Hurdles Heat 2</b>			Wind = +1.3 m/s		
1	119	Tim BOGDANOF	USA	13.73	Q
2	163	Chris BAILLIE	Birchfield Harriers	13.90	Q
3	176	Lawerence CLARKE	Windsor, Slough Eton & Hounslow	13.91	q
4	158	Nick GAYLE	Sale Harries	14.07	
5	69	Alex AL AMEEN	Newham & Essex	14.27	
6	167	Ashley WILSON	Victoria Park & Tower Hamlets	15.37	
7					
8					
<b>Mens 110m Hurdles Heat 3</b>			Wind = +2.5 m/s		
1	8	Will SHARMAN	LSAC	13.39	Q
2	180	Damien BROOHAERTS	BELGIUM	13.65	Q
3	253	Erik LEEFLANG	NEDERLANDS	13.89	q
4	32	Ian MCDONALD	IRELAND	14.11	
5	171	Joseph HYLTON	Birchfield Harriers	14.46	
6	182	Aaron JAMES		14.55	
7					
8					



## RESULT

Posn	Bib	Athlete	Club	Perf	
<b>Mens 100m Heat 1</b>					
			Wind = +1.0 m/s		
1	26	Harry AIKINES AREYEETAY	LSAC	10.28	Q
2	186	Richard KILTY	Gateshead	10.49	B
3	261	Mark HANSON	Enfield & Haringey	10.77	
4	216	Ritesh ANAND	INDIA	10.84	
5	52	Paul JUDSON	LSAC	10.86	
6	215	Gobbaragumpi BHARMAPPA NAGRAJ	INDIA	10.87	
7	72	Nengi OSSAI	Shaftsbury	10.92	
8					
<b>Mens 100m Heat 2</b>					
			Wind = +3.2 m/s		
1	101	Leon BAPTISTE	Haringay & Enfield	10.37	Q
2	221	Vishal SAXENA	INDIA	10.76	B
3	197	Leroy SLUE	Harrow AC	10.78	
4	172	Joseph KIBIRIGE	Gateshead	10.79	
5	177	Isiah ADEKANMBI	Enfield & Haringay	10.90	
6	111	Louis EVLING JONES	Belgrave	10.90	
7	121	Will GREEN	LSAC	11.09	
8	193	James ELLINGTON	Belgrave	DNS	
<b>Mens 100m Heat 3</b>					
			Wind = +1.3 m/s		
1	10	Rikki FIFTON	Newham & Essex	10.47	Q
2	133	Andy MATTHEWS	Windsor, Slough Eton & Hounslow	10.60	B
3	220	Suresh SATHYA	INDIA	10.73	B
4	86	Luke GIBLIN	LSAC	11.00	
5	44	Luke STOTT	LSAC	11.07	
6	170	Jason GREENIDGE	Woodford Green & Essex Ladies	11.16	
7	126	Idowu AKINDELE	Sutton & District	DNS	
8					
<b>Mens 100m Heat 4</b>					
			Wind = +1.9 m/s		
1	187	Gibril BANGURA	SIERRA LEONE	10.09	Q
2	145	Jeffery LAWAL BALOGUN	Kent AC	10.34	q
3	249	Mark FINDLAY	Newham & Essex	10.40	q
4	64	Aidan SYERS	LSAC	10.46	q
5	218	Abdul NAJEEB QURESHI	INDIA	10.65	B
6	219	Rahamatulla MOLLA	INDIA	10.77	
7	168	Tunde BALOGUN		10.80	
8					
<b>Mens 100m Heat 5</b>					
1	106	Akeem OGUNYEMI	Haringay & Enfield	10.47	Q
2	246	James ALAKA	Blackheath & Bromley	10.52	B
3	242	Xavier BROWN	JAMAICA	10.56	B
4	217	Hassema MANZILE SHAMEER MON	INDIA	10.75	B
5	132	Lewis ROVAULT	Harrow	10.87	
6	148	Somto ERUCHIE	Birchfield Harriers	10.89	
7					
8					



## RESULT

Posn	Bib	Athlete	Club	Perf	
<b>Womens 100m Heat 1</b>					
			Wind = +1.3 m/s		
1	11	Monique WILLIAMS	NEW ZEALAND	11.7	Q
2	37	Louise BLOOR	LSAC	11.7	Q
3	115	Joey DUCK	Milton Keynes	11.8	q
4	70	Ailis MCSWEENEY	IRELAND	11.8	q
5	128	Laura CURTIS	Chesterfield & District AC	12.0	
6	45	Anna BOYLE	IRELAND	12.1	
7	202	Namita SAMAL	INDIA	12.3	
8					
<b>Womens 100m Heat 2</b>					
			Wind = +1.3 m/s		
1	39	Elaine ONEIL	LSAC	11.6	Q
2	258	Jeanette KWAKYE	Woodford Green w Essex Ladies	11.7	Q
3	51	Lucy SARGENT	Havering Maysbrook	11.8	
4	116	Anika SHAND WHITTINGHAM	Blackheath & Bromley	11.8	
5	131	Melinda COOKSEY	Tipton Harriers	11.8	
6	5	Lucy EVANS	Sale Harries	11.9	
7	203	Mandeep KAUR	INDIA	12.5	
8					
<b>Womens 100m Heat 3</b>					
			Wind = +1.4 m/s		
1	237	Laura TURNER	Harrow	11.5	Q
2	103	Abi OYEPITAN	Shaftsbury	11.5	Q
3	21	Claire BERGIN	IRELAND	12.1	
4	122	Bernice WILSON	Birchfield Harriers	12.1	
5	200	Priya P.K.	INDIA	12.2	
6	65	Natalie JOWETT	LSAC	12.2	
7	66	Magaret ADEYORE	Haringay & Enfield	DNS	
8	140	Claire SPURWAY	Newham & Essex	DNS	
<b>Mens 110m Hurdles FINAL A</b>					
			Wind = +0.9 m/s		
1	8	Will SHARMAN	LSAC	13.44	
2	198	Callum PREISTLEY	Woodford Green & Essex Ladies	13.56	
3	180	Damien BROOHAERTS	BELGIUM	13.65	
4	119	Tim BOGDANOF	USA	13.71	
5	190	Jared MACLEOD	CANADA	13.73	
6	253	Erik LEEFLANG	NEDERLANDS	13.94	
7	176	Lawerence CLARKE	Windsor, Slough Eton & Hounslow	14.03	
8	163	Chris BAILLIE	Birchfield Harriers	14.18	
<b>Mens 110m Hurdles FINAL B</b>					
			Wind = +1.4 m/s		
1	158	Nick GAYLE	Sale Harries	13.97	
2	127	Matt HUDSON	Leeds City	14.05	
3	32	Ian MCDONALD	IRELAND	14.17	
4	69	Alex AL AMEEN	Newham & Essex	14.24	
5	182	Aaron JAMES		14.45	
6	171	Joseph HYLTON	Birchfield Harriers	14.54	
7	156	Simon WOMBWELL	LSAC	15.01	
8					



## RESULT

Posn	Bib	Athlete	Club	Perf
<b>Womens 100m Hurdles FINAL A</b>				
			Wind = +1.1 m/s	
1	191	Derval O'ROURKE	IRELAND	12.90
2	199	Sarah CLAXTON	Woodford Green & Essex Ladies	12.95
3	130	Angie BROADBELT BLAKE		13.56
4	62	Ashley HELSBY	Liverpool Harriers	14.00
5	77	Helen ASHER	Liverpool Harriers	14.08
6	96	Emma MAGNUSSON	SWEDEN	14.14
7	41	Andrea MILLER	NEW ZEALAND	DNS
8	139	Sara MCGREAVEY	Sale Harries	DNS
<b>Womens 100m Hurdles FINAL B</b>				
			Wind = +1.0 m/s	
1	260	Kylie ROBBILIARD	LSAC	14.31
2	195	Gemma WERRETT	LSAC	14.56
3	259	Lucy LOUGHER	Cardiff	14.79
4				
5				
6				
7				
8				
<b>Womens 400m Race 1</b>				
1	71	Kim WALL	LSAC	53.16
2	54	Kelly MASSEY	Sale Harriers	54.26
3	108	Jodie HENRY	AUSTRALIA	54.46
4	205	Mandeep KAUR	INDIA	54.99
5	134	Laura LANGOWSKI	Coventry Godiva	55.21
6	204	Manjeet KAUR	INDIA	60.19
7				
8				
<b>Womens 400m Race 2</b>				
1	80	Charlotte BEST	LSAC	55.26
2	36	Danni CHRISTMAS	LSAC	56.10
3	206	Chitra KULATHUMMURIYIL SOMAN	INDIA	56.34
4	113	Joanne RYAN	Loughton AC	56.36
5	33	Emma WILLIAMS	Coventry Godiva	56.72
6	210	Jauna MURMU	INDIA	56.78
7				
8				

## RESULT

Posn	Bib	Athlete	Club	Perf
<b>Mens 100m FINAL A</b>			Wind = +1.0 m/s	
1	26	Harry AIKINES AREYEETAY	LSAC	10.18
2	187	Gibril BANGURA	SIERRA LEONE	10.24
3	249	Mark FINDLAY	Newham & Essex	10.32
4	145	Jeffery LAVAL BALOGUN	Kent AC	10.34
5	106	Akeem OGUNYEMI	Haringay & Enfield	10.35
6	10	Rikki FIFTON	Newham & Essex	10.36
7	101	Leon BAPTISTE	Haringay & Enfield	10.39
8	64	Aidan SYERS	LSAC	10.51
<b>Mens 100m FINAL B</b>			Wind = +1.1 m/s	
1	186	Richard KILTY	Gateshead	10.43
2	246	James ALAKA	Blackheath & Bromley	10.49
3	242	Xavier BROWN	JAMAICA	10.53
4	133	Andy MATTHEWS	Windsor, Slough Eton & Hounslow	10.59
5	218	Abdul NAJEEB QURESHI	INDIA	10.68
6	220	Suresh SATHYA	INDIA	10.72
7	217	Hassema MANZILE SHAMEER MON	INDIA	10.82
8	221	Vishal SAXENA	INDIA	10.84
<b>Womens 100m FINAL A</b>			Wind = +2.7 m/s	
1	237	Laura TURNER	Harrow	11.32
2	103	Abi OYEPITAN	Shaftsbury	11.45
3	11	Monique WILLIAMS	NEW ZEALAND	11.48
4	39	Elaine ONEIL	LSAC	11.58
5	37	Louise BLOOR	LSAC	11.60
6	258	Jeanette KWAKYE	Woodford Green w Essex Ladies	11.61
7	115	Joey DUCK	Milton Keynes	11.66
8	70	Ailis MCSWEENEY	IRELAND	11.70
2	<b>Womens 100m FINAL B</b>			Wind = -0.4 m/s
1	116	Anika SHAND WHITTINGHAM	Blackheath & Bromley	11.77
2	51	Lucy SARGENT	Havering Maysbrook	11.78
3	128	Laura CURTIS	Chesterfield & District AC	11.93
4	5	Lucy EVANS	Sale Harries	11.99
5	122	Bernice WILSON	Birchfield Harriers	12.00
6	131	Melinda COOKSEY	Tipton Harriers	12.01
7	21	Claire BERGIN	IRELAND	12.07
8	200	Priya P.K.	INDIA	12.23

## RESULT

Posn	Bib	Athlete	Club	Perf
<b>Womens 400m Hurdles Race 1</b>				
1	251	Meghan BEESLEY	LSAC	58.15
2	95	Ulrika JOHANNSON	SWEDEN	58.37
3	84	Brona FURLONG	IRELAND	59.00
4	157	Sian SCOTT	Team Southampton	59.39
5	47	Emily PARKER	LSAC	60.48
6	82	Emma PETERS	Cardiff AC	60.84
7				
8				
<b>Womens 400m Hurdles Race 2</b>				
1	59	Caryl GRANVILLE	Camathen Harriers	60.34
2	1	Nisha DESAI	Trafford AC	60.84
3	93	Anwen REES	LSAC	64.19
4	154	Lucy SPRAY	Mansfield Harriers	64.54
5	247	Katie SOCKETT	City of Sheffield	65.27
6	30	Lucy LOUGHER	Cardiff AC	DNS
7				
8				
<b>Mens 400m Hurdles Race 1</b>				
1	27	Masahira YOSHIKATA	JAPAN	50.65
2	13	Lloyd GUMBS	LSAC	50.77
3	229	Joseph ABRAHAM	INDIA	51.19
4	228	Avin A THOMAS	INDIA	51.25
5	67	Ben SUMNER	Haringay & Enfield	51.33
6	250	Tom GRANTHAM	City of Sheffield	52.68
7	102	Ed HARRISON	Blackheath & Bromley	52.99
8				
<b>Mens 400m Hurdles Race 2</b>				
1	48	Mike BAKER	LSAC	52.96
2	244	Derek PAISLEY	Blackheath & Bromley	53.65
3	169	Darren LEWIS	Wolverhampton & Bilston	53.76
4	61	Jonny LODOWSKI	Haringay & Enfield	53.98
5	175	Steve GARRETT	City of Sheffield	54.91
6	250	Tom GRANTHAM	City of Sheffield	55.43
7	239	Daniel ECKERSLEY	Burnley	55.67
8				

**RESULT**

Posn	Bib	Athlete	Club	Perf
<b>Mens 400m Race 1</b>				
1	16	Graham HEDMAN	Woodford Green & Essex Ladies	47.00
2	118	Tom DRUCE	Channel Islands	47.65
3	141	Johnathan BROWNE	Kent AC	48.68
4	224	Ajay KUMAR	INDIA	49.55
5	196	Dwayne LEWIS	Birchfield Harriers	DNS
6				
7				
8				
<b>Mens 400m Race 2</b>				
1	225	Bibin MATHEW	INDIA	47.85
2	223	Shake MORTAZA	INDIA	48.09
3	226	Bineesh VALLIAYAMPOIKAYIL BABY	INDIA	48.44
4	20	Rich DAVENPORT	LSAC	48.46
5	111	Louis EVLING JONES	Belgrave	48.63
6	91	Louis KWAKYE	LSAC	49.47
7				
8				
<b>Mens 400m Race 3</b>				
1	14	Paul GOODHALL	LSAC	48.34
2	75	John HORNBLOWER	Derby AC	48.35
3	83	Ben HIGGINS	LSAC	48.64
4	185	Andrew KENDAL	Hillingdon Ac	49.10
5	227	Vinay CHAUDHARY	INDIA	49.38
6	107	Ian GARIOCH		
7				
8				

## RESULT

Posn	Bib	Athlete	Club	Perf
<b>Mens 200m Race 1</b>			Wind +0.1 m/s	
1	145	Jeffery LAVAL BALOGUN	Kent AC	21.09
2	101	Leon BAPTISTE	Haringay & Enfield	21.11
3	186	Richard KILTY	Gateshead	21.45
4	255	James DOLPHN	AUSTRALIA	21.54
5				
6				
7				
8				
<b>Mens 200m Race 2</b>			Wind -0.6 m/s	
1	246	James ALAKA	Blackheath & Bromley	21.33
2	148	Somto ERUCHIE	Birchfield Harriers	21.68
3	218	Abdul NAJEEB QURESHI	INDIA	21.92
4	179	Luke LENNON FORD	Birchfield Harriers	22.13
5	221	Vishal SAXENA	INDIA	22.24
6	197	Leroy SLUE	Harrow AC	22.27
7				
8				
<b>Mens 200m Race 3</b>			Wind -1.1 m/s	
1	52	Paul JUDSON	LSAC	21.93
2	216	Ritesh ANAND	INDIA	22.13
3	215	Gobbaragumpi BHARMAPPA NAGRAJ	INDIA	22.13
4	44	Luke STOTT	LSAC	22.18
5	219	Rahamatulla MOLLA	INDIA	22.29
6	261	Mark HANSON	Enfield & Haringey	22.49
7				
8				
<b>Mens 200m Race 4</b>			Wind -1.1 m/s	
1	172	Joseph KIBIRIGE	Gateshead	21.65
2	132	Lewis ROVAULT	Harrow	22.14
3	72	Nengi OSSAI	Shaftsbury	22.24
4	109	Nick LITTLE	LSAC	22.30
5	86	Luke GIBLIN	LSAC	22.49
6				
7				
8				



**RESULT**

Posn	Bib	Athlete	Club	Perf
<b>Womens 200m Race 1</b>			Wind --0.5 m/s	
1	11	Monique WILLIAMS	NEW ZEALAND	23.40
2	184	Helen PRYOR	Windsor, Slough Eton & Hounslow	23.64
3	71	Kim WALL	LSAC	23.95
4	51	Lucy SARGENT	Havering Maysbrook	24.23
5				
6				
7				
8				
<b>Womens 200m Race 2</b>			Wind +0.3 m/s	
1	5	Lucy EVANS	Sale Harries	24.55
2	202	Namita SAMAL	INDIA	25.35
3	208	K.Sowjanya SOWJANYA	INDIA	25.65
4	210	Jauna MURMU	INDIA	25.83
5				
6				
7				
8				
<b>Womens 200m Race 3</b>			Wind -1.4 m/s	
1	21	Claire BERGIN	IRELAND	24.94
2	200	Priya P.K.	INDIA	25.32
3	213	Sushmita SINGHA ROY	INDIA	25.43
4	188	Seemita GUMBS	Birchfield Harriers	25.80
5	209	Priyanka PANWAR	INDIA	26.05
6	203	Mandeep KAUR	INDIA	DQ
7				
8				