



## 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 Onoto | 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 |   |



## Indoor Athletics Championships 2011 - Sheffield

### 60m Men

### Final

1745 Sat 19 Feb

#### 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

| <b>Heat 1</b> |      |                     |                        |       |   |
|---------------|------|---------------------|------------------------|-------|---|
| 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 |   |
| <b>Heat 2</b> |      |                     |                        |       |   |
| 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 |   |
| <b>Heat 3</b> |      |                     |                        |       |   |
| 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 |   |
| <b>Heat 4</b> |      |                     |                        |       |   |
| 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   |   |
| <b>Heat 5</b> |      |                     |                        |       |   |
| 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 |   |



| <b>Heat 6</b> |     |                    |                    |       |   |
|---------------|-----|--------------------|--------------------|-------|---|
| 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 |   |

| <b>Heat 7</b> |     |                          |                          |       |   |
|---------------|-----|--------------------------|--------------------------|-------|---|
| 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 |   |

| <b>Heat 8</b> |     |                |                   |       |   |
|---------------|-----|----------------|-------------------|-------|---|
| 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   |   |

| <b>Heat 9</b> |     |                    |                      |       |   |
|---------------|-----|--------------------|----------------------|-------|---|
| 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 |   |

| <b>Heat 10</b> |     |                   |                 |       |   |
|----------------|-----|-------------------|-----------------|-------|---|
| 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 |   |

| <b>Heat 11</b> |     |                    |             |       |   |
|----------------|-----|--------------------|-------------|-------|---|
| 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 |   |



| <b>Heat 12</b> |     |                      |                  |       |   |
|----------------|-----|----------------------|------------------|-------|---|
| 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   |   |

| <b>Heat 13</b> |     |                   |                    |       |   |
|----------------|-----|-------------------|--------------------|-------|---|
| 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   |   |

| <b>Heat 14</b> |      |                   |             |       |   |
|----------------|------|-------------------|-------------|-------|---|
| 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

| <b>Heat 1</b> |     |                   |                  |       |   |
|---------------|-----|-------------------|------------------|-------|---|
| 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   |   |

| <b>Heat 2</b> |      |                   |                        |       |   |
|---------------|------|-------------------|------------------------|-------|---|
| 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****1410 Sun 20 Feb****Championship Best Performance:**

|   |                           |                    |                        |                    |   |
|---|---------------------------|--------------------|------------------------|--------------------|---|
|   | <b>2010 Sven Knippals</b> | <b>Bournemouth</b> | <b>21.22</b>           | <b>Team Points</b> |   |
| 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:

|   |                              |                  | <b>46.96</b> | <b>Team<br/>Points</b> |
|---|------------------------------|------------------|--------------|------------------------|
|   | <b>2005 Gareth Warburton</b> | <b>UWIC</b>      |              |                        |
| 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 | <b>CBP</b> | 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

|   |                      | <b>Teeside</b>        | <b>3.46.12</b> | <b>Team Points</b> |
|---|----------------------|-----------------------|----------------|--------------------|
| 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 |   |



## Indoor Athletics Championships 2011 - Sheffield

### 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:

|   |                             |                     |             | <b>Team</b>   |
|---|-----------------------------|---------------------|-------------|---------------|
|   |                             |                     |             | <b>Points</b> |
|   | <b>2003 Dominic Girdler</b> | <b>Loughborough</b> | <b>7.78</b> |               |
| 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 |   |





## Indoor Athletics Championships 2011 - Sheffield

### 4x200m Men          Final

1510 Sun 20 Feb

#### Championship Best Performance:

| <b>2007</b> | <b>Loughborough</b> | <b>1.26.22</b> | <b>Team<br/>Points</b> |
|-------------|---------------------|----------------|------------------------|
| 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



## Indoor Athletics Championships 2011 - Sheffield

### High Jump Men Final

#### Championship Best Performance:

|          |                            |                        |             |            |               |
|----------|----------------------------|------------------------|-------------|------------|---------------|
|          | <b>2004 Samson Oni</b>     | <b>Loughborough</b>    | <b>2.20</b> |            |               |
|          | <b>2005 Tom Parsons</b>    | <b>UWIC</b>            | <b>2.20</b> |            | <b>Team</b>   |
|          |                            |                        |             |            | <b>Points</b> |
| <b>1</b> | <b>897 Ray Bobrownicki</b> | <b>Edinburgh</b>       | <b>2.22</b> | <b>CBP</b> | <b>8</b>      |
| 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  |   |



## Indoor Athletics Championships 2011 - Sheffield

### Long Jump Men Final

| <b>Championship Best Performance:</b> |                            |                        |             |                    |
|---------------------------------------|----------------------------|------------------------|-------------|--------------------|
|                                       | <b>2010 Matthew Burton</b> | <b>Loughborough</b>    | <b>7.69</b> | <b>Team Points</b> |
| 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   |   |



## Indoor Athletics Championships 2011 - Sheffield

### Triple Jump Men                  Final

#### Championship Best Performance:

|    | <b>2007 Gary White</b>      | <b>UWIC</b>            | <b>16.00</b> | <b>Team Points</b> |
|----|-----------------------------|------------------------|--------------|--------------------|
| 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:

|     | <b>2007 Scott Simpson</b> | <b>UWIC</b>      | <b>5.42</b> | <b>Team Points</b> |
|-----|---------------------------|------------------|-------------|--------------------|
| 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   |   |

## Indoor Athletics Championships 2011 - Sheffield

### 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 Twinelle 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:

|   |                                |                                |              |                    |
|---|--------------------------------|--------------------------------|--------------|--------------------|
|   | <b>2006 Katherine Endacott</b> | <b>St Mark &amp; St John's</b> | <b>23.88</b> | <b>Team Points</b> |
| 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 |   |



| <b>Heat 3</b> |     |                 |                    |       |   |
|---------------|-----|-----------------|--------------------|-------|---|
| 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:**

|                       |     |                 |                  |               |       |
|-----------------------|-----|-----------------|------------------|---------------|-------|
| <b>2009 Tara Bird</b> |     | <b>Brunel</b>   | <b>54.24</b>     | <b>Team</b>   |       |
|                       |     |                 |                  | <b>Points</b> |       |
| 1                     | 501 | Laura Wake      | Loughborough     | 54.09         | CBP 8 |
| 2                     | 521 | Emma Pullen     | UWIC             | 54.45         | 7     |
| 3                     | 508 | Laura Maddox    | Nottingham Trent | 55.21         | 6     |
| 4                     | 477 | Harriet Pryke   | Brunel           | 55.74         | 5     |
| 5                     | 215 | Caryl Granville | Cardiff          | 57.47         | 4     |
| 6                     | 136 | Jo Patterson    | Glasgow          | 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:

|   |                            |                        |                |               |
|---|----------------------------|------------------------|----------------|---------------|
|   | <b>2007 Charlotte Best</b> | <b>Loughborough</b>    | <b>2.05.32</b> | <b>Team</b>   |
|   |                            |                        |                | <b>Points</b> |
| 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:

|   |                            |                    |                |                    |
|---|----------------------------|--------------------|----------------|--------------------|
|   | <b>2007 Hannah England</b> | <b>Birmingham</b>  | <b>4.19.68</b> | <b>Team Points</b> |
| 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:

| <b>2005 Lisa Dobriskey</b> |                      | <b>Loughborough</b>      | <b>9.08.08</b> | <b>Team Points</b> |
|----------------------------|----------------------|--------------------------|----------------|--------------------|
| 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:

|   |     |                           | <b>8.25</b>   | <b>Team</b>   |     |
|---|-----|---------------------------|---------------|---------------|-----|
|   |     | <b>2007 Gemma Bennett</b> |               | <b>Points</b> |     |
| 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:

|     | <b>2005 Natalie Clark</b> | <b>Loughborough</b> | <b>1.86</b> | <b>Team Points</b> |
|-----|---------------------------|---------------------|-------------|--------------------|
| 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 Millioni      | 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:

|    | <b>2004 Becky White</b> | <b>Bath</b>        | <b>6.16</b> | <b>Team Points</b> |
|----|-------------------------|--------------------|-------------|--------------------|
| 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:

|    | <b>2008 Nony Mordi</b> | <b>Edinburgh</b> | <b>13.10</b> | <b>Team Points</b> |
|----|------------------------|------------------|--------------|--------------------|
| 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:

|    | <b>2005 Zoe Brown</b> | <b>Loughborough</b>    | <b>4.10</b> | <b>Team Points</b> |
|----|-----------------------|------------------------|-------------|--------------------|
| 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:

|    | <b>2003 Eva Massey</b> | <b>Ulster</b>      | <b>15.80</b> | <b>Team Points</b> |
|----|------------------------|--------------------|--------------|--------------------|
| 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          |                    |