



100m Men

Heats

Sat 30 Apr 11:45

Winners and 12 fastest losers to 3 Semi Finals

Heat 1		Wind speed:	-0.2m/s	
1	21 Olufunmi Sobodu	Canterbury Christ Church	11.00	Q
2	1650 Adam Mohammed	Loughborough	11.22	q
3	14 Saul Paine	Brunel West London	11.24	q
4	301 Christopher Watts	Sheffield Hallam	11.58	
5	46 Thomas Appleyard	Liverpool	11.65	
6	67 Paul Flynn	Nottingham Trent	12.13	
7	1688 Aiden Lewis	Southampton Solent	12.16	
8	30 Shane Spaans	East Anglia	12.43	
Heat 2		Wind speed:	-1.0m/s	
1	43 Jonny Holmes	Leeds Met Carnegie	11.04	Q
2	41 Sam Cordin	Leeds	11.16	q
3	86 Robert Patton	Sunderland	11.37	
4	88 Mike Neville	Swansea	11.42	
5	277 Thabdeus Anim Somuah	Manchester	11.69	
6	35 Adam Letts	Gloucestershire	12.40	
7	37 Shaun Mulligan	Greenwich	DNS	
8	90 Chris Leslie	Medway	DNS	
Heat 3		Wind speed:	-1.1m/s	
1	52 Josh Baxter	Loughborough	11.38	Q
2	6 Lee Fullam	Brighton	11.43	
3	63 Harrison Foster	Northumbria	11.67	
4	91 Nana Yeboah	Medway	11.82	
5	16 Ivo Georgiev	Buckinghamshire New	12.15	
6	74 Matthew Molloy	Sheffield	12.45	
7	40 Amanpreet Pabla	Leeds	12.62	
8	2 Antoe Walters	Bedfordshire	DQ	
Heat 4		Wind speed:	-0.7m/s	
1	280 Moses Bawo	Middlesex	11.29	Q
2	73 Mo Abdullahi	Portsmouth	11.32	q
3	95 Liam Duff	UWIC	11.33	q
4	28 Thomas Knight	Durham	11.35	q
5	5 Rhys Bennett	Bournemouth	11.86	
6	33 James Sleep	Exeter	12.14	
7	84 Stephen Buwert	Stirling	12.55	
8	81 Mark Hardy	St Andrews	DNS	

Heat 5		Wind speed:	-0.5m/s	
1	44 Ryan Farrington	Leeds Met Carnegie	11.07	Q
2	54 Thomas Scrase	Loughborough	11.26	q
3	68 Chris Morter	Oxford	11.67	
4	71 Jay Atkinson	Oxford Brookes	11.92	
5	83 Wardell Adam	St Mary's College	11.95	
6	85 Weijin Chao	Stirling	12.08	
7	426 Stuart Hand	Hull	12.58	
8	11 Richard Enwezor	Bristol	DNS	

Heat 6		Wind speed:	-1.0m/s	
1	4 Richard Odumasu	Birmingham	11.23	Q
2	12 Alex Ojo	Brunel West London	11.31	q
3	94 Chris Hill	UWIC	11.33	q
4	34 Tyler Johnson	Exeter	11.48	
5	24 Ryan Corbin	Chester (Chester)	11.60	
6	15 Curtis Banson	Buckinghamshire New	12.06	
7	47 Tobi Oladipo	Liverpool	12.07	
8	103 Scott Burton	York	13.54	

Heat 7		Wind speed:	-0.7m/s	
1	13 Harvey Byrne	Brunel West London	11.04	Q
2	1669 Emanuel Adeyemi	Middlesex	11.40	
3	289 Ben Horsley	Oxford	11.48	
4	38 James Richardson	Hull	11.80	
5	65 Luke Emanuel	Nottingham	12.03	
6	97 Conor Power	Winchester	DNS	
7	1763 Nkemnuelem Chiagorom	Bedfordshire	DQ	
8	Lane Vacant			

Heat 8		Wind speed:	-0.6m/s	
1	281 Oweka Wanogho	Middlesex	11.05	Q
2	89 Yannick Phippen	UC Birmingham	11.27	q
3	36 Jamie Brock	Gloucestershire	11.35	q
4	64 Jon Baxter	Nottingham	11.90	
5	56 Tayo Idowu	Manchester	12.22	
6	31 James Okafore	East London	12.57	
7	98 Rob Hackney	Winchester	DNS	
8	Lane Vacant			

Heat 9		Wind speed:	-0.6m/s	
1	60 William De Torvy-Ballou	Middlesex	11.13	Q
2	18 Mark Dyble	Cambridge	11.15	q
3	77 Abe Newell	Southampton	11.59	
4	70 Dan Bigham	Oxford Brookes	11.85	
5	1122 Elliot Small	Brighton	12.02	
6	96 Esiekpe Akpoviroro	Warwick	12.04	
7	99 Steve Prior	Winchester	DNS	
8	Lane Vacant			

Heat 10		Wind speed:	-0.6m/s	
1	82 Nigel Thomas	St Mary's College	11.16	Q
2	3 Jermaine Alexander	Birmingham	11.38	
3	75 James Mitchell	Sheffield Hallam	11.45	
4	49 Pete Edmunds	London	11.89	
5	27 Gareth Phillips	Durham	11.90	
6	1123 Peter Mitchell	Brighton	12.41	
7	284 Martyn Dixon	Newcastle	12.77	
8	Lane Vacant			

Heat 11		Wind speed:	-1.4m/s	
1	23 Gareth Price	Cardiff	11.24	Q
2	80 Norman Fullard	Southampton Solent	11.44	
3	78 Malcolm Gledhill	Southampton	11.65	
4	72 Jordan Burton	Portsmouth	11.66	
5	403 Michael London	Brighton	12.20	
6	17 James Olusegen	Buckinghamshire New	12.31	
7	20 Christopher Meakin	Canterbury Christ Church	DNS	
8	Lane Vacant			

Heat 12		Wind speed:	-1.7m/s	
1	51 Charles Dack	Loughborough	11.27	Q
2	48 Michael Obiri-Darko	London	11.58	
3	25 Sam Ratcliffe	Coventry	11.93	
4	19 Ross Elsby	Cambridge	12.07	
5	61 Alex Thompson	Newcastle	12.67	
6	22 Alex Ulyet	Cardiff	13.08	
7	50 John Simpson	London Metropolitan	DNF	
8	Lane Vacant			

100m Men

Semi Finals

Sat 30 Apr 15:55

First 2 and 2 fastest losers to Final

Heat 1		Wind speed:	-0.4m/s	
1	4 Richard Odumasu	Birmingham	10.92	Q
2	13 Harvey Byrne	Brunel West London	10.96	Q
3	44 Ryan Farrington	Leeds Met Carnegie	10.96	q
4	54 Thomas Scrase	Loughborough	11.10	
5	280 Moses Bawo	Middlesex	11.15	
6	41 Sam Cordin	Leeds	11.15	
7	94 Chris Hill	UWIC	11.25	
8	73 Mo Abdullahi	Portsmouth	12.39	

Heat 2		Wind speed:	-2.5m/s	
1	43 Jonny Holmes	Leeds Met Carnegie	11.08	Q
2	23 Gareth Price	Cardiff	11.09	Q
3	51 Charles Dack	Loughborough	11.10	q
4	281 Oweka Wanogho	Middlesex	11.19	
5	1650 Adam Mohammed	Loughborough	11.39	
6	14 Saul Paine	Brunel West London	11.40	
7	95 Liam Duff	UWIC	11.41	
8	28 Thomas Knight	Durham	11.42	

Heat 3		Wind speed:	-2.5m/s	
1	82 Nigel Thomas	St Mary's College	11.08	Q
2	21 Olufunmi Sobodu	Canterbury Christ Church	11.22	Q
3	60 William De Torvy-Ballou	Middlesex	11.28	
4	12 Alex Ojo	Brunel West London	11.41	
5	52 Josh Baxter	Loughborough	11.50	
6	89 Yannick Phippen	UC Birmingham	11.55	
7	18 Mark Dyble	Cambridge	11.56	
8	36 Jamie Brock	Gloucestershire	11.74	

Outdoor Athletics Championships 2011 - Bedford

100m Men

Final

Sat 30 Apr 17:30

Championship Best Performance:

2007 Craig Pickering		Bath	10.29	Team
		Wind speed:	- 2.3m/s	Points
1	82 Nigel Thomas	St Mary's College	11.01	8
2	21 Olufunmi Sobodu	Canterbury Christ Church	11.06	7
3	4 Richard Odumasu	Birmingham	11.06	6
4	43 Jonny Holmes	Leeds Met Carnegie	11.08	5
5	51 Charles Dack	Loughborough	11.11	4
6	23 Gareth Price	Cardiff	11.13	3
7	13 Harvey Byrne	Brunel West London	11.23	2
8	44 Ryan Farrington	Leeds Met Carnegie	11.27	1

200m Men**Heats****Sun 1 May 15:15****Winners and 12 fastest losers to 3 Semi Finals**

Heat 1		Wind speed:	-2.9m/s	
1	225 Ollie King	Birmingham	22.45	Q
2	278 Tom Mosley	Manchester	22.59	q
3	89 Yannick Phippen	UC Birmingham	22.95	
4	70 Dan Bigham	Oxford Brookes	23.94	
5	233 Yasin Sridar	Bristol	24.15	
6	38 James Richardson	Hull	24.28	
7	223 Ben Riekstins	Bedfordshire	24.32	
8	74 Matthew Molloy	Sheffield	25.41	

Heat 2		Wind speed:	-1.1m/s	
1	237 Will Oyowe	Brunel West London	22.23	Q
2	80 Norman Fullard	Southampton Solent	22.86	
3	95 Liam Duff	UWIC	23.12	
4	427 Tom Roberts	Hull	24.13	
5	295 Mark Robinson	Reading	24.16	
6	47 Tobi Oladipo	Liverpool	24.25	
7	1625 Marcus Claytor	Buckinghamshire New	26.06	
8	19 Ross Elsbey	Cambridge	DQ	

Heat 3		Wind speed:	-0.8m/s	
1	273 Daniel Putnam	Loughborough	22.06	Q
2	28 Thomas Knight	Durham	22.51	q
3	279 Jordan Smith-Bent	Middlesex	22.82	q
4	72 Jordan Burton	Portsmouth	23.32	
5	228 Paul Dickson	Bournemouth	24.26	
6	403 Michael London	Brighton	24.40	
7	252 Charlie Roe	East Anglia	24.47	
8	1689 Liam O'Dell	Southampton Solent	27.02	

Heat 4		Wind speed:	-0.6m/s	
1	328 David Lima	Wolverhampton	22.35	Q
2	281 Oweka Wanogho	Middlesex	22.40	q
3	34 Tyler Johnson	Exeter	22.87	
4	88 Mike Neville	Swansea	22.89	
5	27 Gareth Phillips	Durham	23.87	
6	91 Nana Yeboah	Medway	23.92	
7	255 Saeed Ahmed	East London	26.20	
8	298 Lee Whiteley	Salford	DNS	

Heat 5		Wind speed:	-3.4m/s	
1	13 Harvey Byrne	Brunel West London	22.38	Q
2	23 Gareth Price	Cardiff	22.49	q
3	325 Rich Tremblen	UWIC	22.59	q
4	1763 Nkemnuelem Chiagorom	Bedfordshire	24.15	
5	271 Pete Edmunds	London	24.50	
6	96 Esiekpe Akpoviroro	Warwick	24.99	
7	268 Sion Wynne-Williams	Liverpool	26.02	
8	5 Rhys Bennett	Bournemouth	DNF	

Heat 6		Wind speed:	-0.7m/s	
1	45 Umar Hameed	Leeds Met Carnegie	21.85	Q
2	1 Joseph Kibirige	Bath	21.86	q
3	288 Abdillah Nassir	Nottingham Trent	23.08	
4	289 Ben Horsley	Oxford	23.11	
5	318 Darren Corbin	UC Birmingham	23.53	
6	314 Matthew Lynch	Stirling	24.23	
7	22 Alex Ulyet	Cardiff	25.53	
8	103 Scott Burton	York	27.66	

Heat 7		Wind speed:	-0.8m/s	
1	41 Sam Cordin	Leeds	22.03	Q
2	297 Chris Hall	Royal Holloway, London	22.43	q
3	234 Byron Robinson	Brunel West London	22.70	q
4	1641 Cynan Evans	Leeds Met Carnegie	23.19	
5	6 Lee Fulham	Brighton	23.31	
6	294 Olly Fox	Portsmouth	23.66	
7	260 Alexander Beechey	Gloucestershire	23.93	
8	81 Mark Hardy	St Andrews	DNS	

Heat 8		Wind speed:	-0.8m/s	
1	18 Mark Dyble	Cambridge	22.20	Q
2	264 Femi Owolade	Kingston	22.39	q
3	36 Jamie Brock	Gloucestershire	22.92	
4	1681 Adam Storer	Sheffield Hallam	23.17	
5	304 Daniel Rebolledo	Southampton	23.95	
6	320 Alfred Larbi	Medway	24.98	
7	313 Fraser Brydon	Stirling	25.40	
8	307 Ben Leftwich	St Andrews	DNS	

Heat 9		Wind speed:	-1.4m/s	
1	227 Sebastian Tally- Middleton	Birmingham City	22.16	Q
2	86 Robert Patton	Sunderland	22.76	q
3	25 Sam Ratcliffe	Coventry	23.10	
4	322 Adam Ricketts	UWE	23.21	
5	258 Tom Royle	Exeter	23.94	
6	290 Roland Crouch	Oxford	25.40	
7	480 Ben Alper	York	26.21	
8	238 Emmanuel Samuel	Buckinghamshire New	26.63	

Heat 10		Wind speed:	-4.7m/s	
1	275 Luke Evans	Loughborough	22.82	Q
2	277 Thaddeus Anim-Somuah	Manchester	23.51	
3	63 Harrison Foster	Northumbria	23.81	
4	629 Tindogo Baba	East London	23.96	
5	1123 Peter Mitchell	Brighton	DNS	
6	327 Nathan Collins	Winchester	DNS	
7	243 Addlight Magwidi	Canterbury Christ Church	DNS	
8	Lane Vacant			

Heat 11		Wind speed:	-2.4m/s	
1	236 Junior Ejehu	Brunel West London	22.45	Q
2	222 Tom Higgs	Bath	22.85	q
3	301 Christopher Watts	Sheffield Hallam	23.45	
4	292 James Clark	Oxford Brookes	24.55	
5	284 Martyn Dixon	Newcastle	25.91	
6	82 Nigel Thomas	St Mary's College	DNS	
7	1651 Bill Porter	Loughborough	DQ	
8	Lane Vacant			

Heat 12		Wind speed:	-0.9m/s	
1	1631 Ross McDonald	Coventry	22.84	Q
2	270 Nndami Umeh	London	23.21	
3	77 Abe Newell	Southampton	23.41	
4	296 Thomas Newton	Robert Gordon	24.70	
5	253 Jamie Baughan	East Anglia	24.79	
6	17 James Olusegen	Buckinghamshire New	24.80	
7	309 Adam Driscoll	St Mary's College	24.90	
8	Lane Vacant			

200m Men**Semi Finals****Mon 2 May 10:40****First 2 and 2 fastest losers to Final**

Heat 1		Wind speed:	-1.4m/s	
1	237 Will Oyowe	Brunel West London	22.06	Q
2	328 David Lima	Wolverhampton	22.09	Q
3	45 Umar Hameed	Leeds Met Carnegie	22.25	
4	1 Joseph Kibirige	Bath	22.28	
5	278 Tom Mosley	Manchester	22.46	
6	28 Thomas Knight	Durham	22.72	
7	1631 Ross McDonald	Coventry	22.99	
8	234 Byron Robinson	Brunel West London	23.22	

Heat 2		Wind speed:	-1.5m/s	
1	227 Sebastian Tally- Middleton	Birmingham City	21.99	Q
2	236 Junior Ejehu	Brunel West London	22.04	Q
3	225 Ollie King	Birmingham	22.19	q
4	281 Oweka Wanogho	Middlesex	22.37	
5	222 Tom Higgs	Bath	22.92	
6	297 Chris Hall	Royal Holloway, London	23.02	
7	86 Robert Patton	Sunderland	23.21	
8	273 Daniel Putnam	Loughborough	DQ	

Heat 3		Wind speed:	-1.1m/s	
1	23 Gareth Price	Cardiff	22.03	Q
2	13 Harvey Byrne	Brunel West London	22.11	Q
3	41 Sam Cordin	Leeds	22.23	q
4	275 Luke Evans	Loughborough	22.27	
5	18 Mark Dyble	Cambridge	22.31	
6	325 Rich Tremblen	UWIC	22.32	
7	279 Jordan Smith-Bent	Middlesex	22.63	
8	264 Femi Owolade	Kingston	DNS	

Outdoor Athletics Championships 2011 - Bedford**200m Men****Final****Mon 2 May 12:55****Championship Best Performance:****1995 Douglas Walker**

		Heriot Watt	20.53	Team
		Wind speed:		Points
1	227 Sebastian Tally- Middleton	Birmingham City	21.64	8
2	328 David Lima	Wolverhampton	21.78	7
3	13 Harvey Byrne	Brunel West London	21.86	6
4	236 Junior Ejehu	Brunel West London	21.96	5
5	225 Ollie King	Birmingham	21.98	4
6	23 Gareth Price	Cardiff	22.28	3
7	41 Sam Cordin	Leeds	22.67	2
8	237 Will Oyowe	Brunel West London	DQ	0

200m Men**Ambulant**

1	Kristian Fox	Hertfordshire	33.89	T35
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400m Men**Heats****First 2 and 6 fastest losers to 3 Semi Finals****Heat 1**

1	468	Kris Robertson	Strathclyde	48.75	Q
2	404	Efekemo Okoro	Brunel West London	49.41	Q
3	428	Samuel Adeyemi	Kingston	50.00	q
4	295	Mark Robinson	Reading	51.92	
5	427	Tom Roberts	Hull	52.37	
6	439	Joel Schoffield	Manchester	54.54	
7	443	Steven Cass	Newcastle	57.70	
8	307	Ben Leftwich	St Andrews	DNS	

Heat 2

1	476	Ross Allen	UWIC	49.56	Q
2	400	James Whitehouse	Birmingham	49.90	Q
3	413	Marshall Hungwe	Durham	49.95	q
4	466	Blair Crawford	Stirling	51.02	q
5	461	Gregg Lott	Southampton Solent	52.24	
6	422	Michael Hawkins	Exeter	54.22	
7	268	Sion Wynne-Williams	Liverpool	56.14	
8	247	Robert Davis	Coventry	DNS	

Heat 3

1	394	Ian Garioch	Aberdeen	50.00	Q
2	409	Dan Dell	Cardiff	50.69	Q
3	450	James Garnier	Oxford	51.62	
4	252	Charlie Roe	East Anglia	53.46	
5	423	Andy Smitherman	Gloucestershire	53.72	
6	465	Louis Walshe	St Mary's College	55.00	
7	419	Luke Edwards	Edge Hill	DNS	
8		Lane Vacant			

Heat 4

1	474	Iain Bray	UWIC	49.92	Q
2	416	Lloyd Oju-King	East London	50.61	Q
3	478	Stefan Colaco	Warwick	52.17	
4	460	Tyson Odalukon	Southampton	52.60	
5	296	Thomas Newton	Robert Gordon	54.49	
6	444	James Barratt	Northumbria	56.51	
7	469	Sean Watson	Strathclyde	DNS	
8		Lane Vacant			

Heat 5

1	437	Mark Hunt	Loughborough	49.30	Q
2	451	Kevin Kimuana	Oxford Brookes	50.47	Q
3	405	Stewart Challis	Brunel West London	51.26	q
4	445	Paul Miller	Northumbria	51.73	
5	470	Lewis Banner	Swansea	53.88	
6	421	Chris Tucker	Exeter	56.42	
7	402	Karl Jenner	Brighton	57.75	
8		Lane Vacant			

Heat 6

1	475	Jonothan Hornblow	UWIC	49.44	Q
2	436	David Eames	Loughborough	49.71	Q
3	288	Abdillah Nassir	Nottingham Trent	50.20	q
4	425	Sam Poulton	Hertfordshire	51.30	
5	429	Tom Matthews	Leeds Met Carnegie	52.06	
6	228	Paul Dickson	Bournemouth	52.44	
7	1156	Ian Alloca	Portsmouth	53.76	
8		Lane Vacant			

Heat 7

1	440	Wayne Ashall	Manchester	48.74	Q
2	435	Billy Ryan	Loughborough	49.55	Q
3	395	Chris Kiely	Bath	50.67	q
4	318	Darren Corbin	UC Birmingham	51.62	
5	441	Eric Nayangezi	Middlesex	53.18	
6	1645	Reece Hendley	Leeds Met Carnegie	53.23	
7	1635	Max Argens	Durham	56.52	
8		Lane Vacant			

Heat 8

1	464	James Bowness	St Mary's College	51.06	Q
2	457	Richard Curl	Sheffield Hallam	52.03	Q
3	1075	Kris Axon	Newcastle	53.12	
4	426	Stuart Hand	Hull	59.58	
5	417	Mario Mandeava	East London	1.00.12	
6	420	Nathan Hilton	Edge Hill	DNS	
7	298	Lee Whiteley	Salford	DNS	
8		Lane Vacant			

Heat 9

1	438	Thomas Miller	Loughborough	50.14	Q
2	414	Amardeep Sangha	East Anglia	52.01	Q
3	446	Jonathan Hiorns	Nottingham	52.73	
4	1674	Caspar Eliot	Oxford	52.92	
5	477	Joshua Bagnal	Warwick	54.92	
6	433	Anthony Mah	London	57.34	
7	418	Harry Doran	Edge Hill	DNS	
8		Lane Vacant			

400m Men**Semi Finals****First 2 and 2 fastest losers to Final****Heat 1**

1	394	Ian Garioch	Aberdeen	48.39	Q
2	474	Iain Bray	UWIC	48.62	Q
3	440	Wayne Ashall	Manchester	48.64	q
4	413	Marshall Hungwe	Durham	48.65	
5	436	David Eames	Loughborough	49.07	
6	405	Stewart Challis	Brunel West London	49.75	
7	457	Richard Curl	Sheffield Hallam	50.14	
8	400	James Whitehouse	Birmingham	51.28	

Heat 2

1	468	Kris Robertson	Strathclyde	47.82	Q
2	435	Billy Ryan	Loughborough	48.48	Q
3	438	Thomas Miller	Loughborough	48.53	q
4	451	Kevin Kimuana	Oxford Brookes	49.18	
5	476	Ross Allen	UWIC	49.29	
6	428	Samuel Adeyemi	Kingston	49.83	
7	414	Amardeep Sangha	East Anglia	51.43	
8	466	Blair Crawford	Stirling	52.44	

Heat 3

1	437	Mark Hunt	Loughborough	48.98	Q
2	475	Jonothan Hornblow	UWIC	49.34	Q
3	404	Efekemo Okoro	Brunel West London	49.61	
4	464	James Bowness	St Mary's College	49.62	
5	416	Lloyd Oju-King	East London	50.07	
6	409	Dan Dell	Cardiff	50.13	
7	395	Chris Kiely	Bath	50.84	
8	288	Abdillah Nassir	Nottingham Trent	51.59	

Outdoor Athletics Championships 2011 - Bedford**400m Men****Final****Mon 2 May 12:25****Championship Best Performance:****2000 Paul McKee****Crewe & Alsager****45.92****Team****Points**

1	468	Kris Robertson	Strathclyde	47.28	8
2	437	Mark Hunt	Loughborough	47.92	7
3	435	Billy Ryan	Loughborough	48.02	6
4	474	Iain Bray	UWIC	48.05	5
5	394	Ian Garioch	Aberdeen	48.09	4
6	475	Jonothan Hornblow	UWIC	48.40	3
7	440	Wayne Ashall	Manchester	48.73	2
8	438	Thomas Miller	Loughborough	DNS	0

800m Men**Heats****Sat 30 April 14:45****First 2 and 8 fastest losers to Semi Final****Heat 1**

1	659 Paskar Owor	Roehampton	1.55.6	Q
2	610 Chris Dodd	Bristol	1.55.6	Q
3	668 Omar Mansour	St Mary's College	1.55.8	q
4	598 Eoin Durkan	Aberdeen	2.00.4	
5	680 Chris Melbourne	Warwick	2.02.1	
6	611 John Brierly	Bristol	2.02.4	
7	628 Richard Henderson	East Anglia	2.06.1	
8	268 Sion Wynne-Williams	Liverpool	2.06.6	
9	615 Michael Omojudi	Buckinghamshire New	2.11.3	

Heat 2

1	645 Nick McCormick	Loughborough	1.56.1	Q
2	626 Owen Walpole	Durham	1.57.1	Q
3	667 Jordon West	St Mary's College	1.58.2	q
4	624 Craig Mcdowall	Dundee	1.58.3	q
5	446 Jonathan Hiorns	Nottingham	1.59.9	
6	660 Daniel Brewer	Sheffield	2.09.0	
7	651 Chris Hooper	Nottingham Trent	2.15.3	
8	662 Christopher Hedley	Sheffield Hallam	2.25.0	
9	609 Rob McDonald	Brighton	DNS	

Heat 3

1	647 Stuart Ross	Newcastle	1.57.4	Q
2	679 Nico Constanti	UWIC	1.59.4	Q
3	663 James Russell	Sheffield Hallam	2.00.6	
4	625 Edward Hickman-Casey	Durham	2.02.0	
5	631 James Meadows	Exeter	2.02.9	
6	477 Joshua Bagnal	Warwick	2.04.2	
7	633 Josh Spering	Gloucestershire	2.07.6	
8	620 Adnan Haq	Cardiff	2.10.1	
9	770 Paul Middelton	Exeter	2.10.8	

Heat 4

1	657 Oliver Heeks	Portsmouth	1.58.0	Q
2	644 Kieran Flannery	Loughborough	1.58.5	Q
3	599 James Joy	Aberdeen	1.58.6	
4	664 William Ganley	Southampton	2.01.2	
5	684 Matthew Bayliss	Wolverhampton	2.02.2	
6	613 Richard Larsen	Brunel West London	2.03.6	
7	637 Simon Dearden	Leeds Met Carnegie	2.06.5	
8	622 Gavin Campbell	Chester (Chester)	2.14.5	
9	1637 Andrew Dixon	East Anglia	2.23.3	

Heat 5

1	601 John Bird	Bath	1.56.2	Q
2	547 Gareth Wiltshire	Loughborough	1.58.2	Q
3	671 Matthew Turner	Strathclyde	1.58.9	
4	654 Jonny Pearson	Oxford	1.59.7	
5	775 Michael Evans	Leeds Met Carnegie	1.59.8	
6	635 James Stringer	Leeds	2.00.9	
7	658 Matt Rozee	Reading	2.11.9	
8	621 Ben Rees	Chester (Chester)	2.14.1	
9	669 David Lindsay	Stirling	2.23.2	

Heat 6

1	1658 Paul Goodall	Loughborough	1.56.9	Q
2	670 Allan Ramsay	Strathclyde	1.56.9	Q
3	634 Josh Moss	Hertfordshire	1.57.5	q
4	1701 Ollie Crux	St Mary's College	2.00.1	
5	649 Tom West	Northumbria	2.02.4	
6	672 Samuel Ratzer	Surrey	2.06.7	
7	603 Alan Metcalfe	Bedfordshire	2.11.6	
8	685 Johannes Beckmann	York	2.14.0	
9	608 Luke Disney	Brighton	DNS	

Heat 7

1	646 Andy Richardson	Newcastle	1.55.9	Q
2	632 Andrew De-Camps	Gloucestershire	1.56.6	Q
3	653 Jake Shelley	Oxford	1.56.8	q
4	666 Jason Prickett	St Mary's College	1.56.8	q
5	470 Lewis Banner	Swansea	1.58.1	q
6	661 Samuel Touchard	Sheffield	2.04.8	
7	614 Daniel Graham	Buckinghamshire New	2.13.4	
8	683 Josh Cooper	Winchester	2.14.0	
9	619 Thomas Purnell	Canterbury Christ Church	DNS	

Heat 8

1	677 Aaron Bennett	UWIC	1.55.5	Q
2	678 Harry Fisher	UWIC	1.55.6	Q
3	612 Jordan Donnelly	Brunel West London	1.55.8	q
4	640 Michael Murto	London	1.59.6	
5	648 Andrew Young	Northumbria	2.00.6	
6	452 Daniel Green	Portsmouth	2.02.3	
7	641 Tom Grimley	London	2.07.4	
8	432 Adam Redstone	Liverpool John Moores	2.10.8	

800m Men**Semis****Sun 1 May 10:45****First 2 and 2 fastest losers to Final****Heat 1**

1	1658 Paul Goodall	Loughborough	1.54.15	Q
2	677 Aaron Bennett	UWIC	1.54.51	Q
3	626 Owen Walpole	Durham	1.54.74	
4	670 Allan Ramsay	Strathclyde	1.56.14	
5	624 Craig Mcdowall	Dundee	1.56.20	
6	653 Jake Shelley	Oxford	1.57.07	
7	647 Stuart Ross	Newcastle	1.57.40	
8	668 Omar Mansour	St Mary's College	1.57.49	

Heat 2

1	547 Gareth Wiltshire	Loughborough	1.50.86	Q	
2	612 Jordan Donnelly	Brunel West London	1.50.93	Q	
3	657 Oliver Heeks	Portsmouth	1.51.01	q	
4	601 John Bird	Bath	1.53.00	q	
5	632 Andrew De-Camps	Gloucestershire	1.53.16		2
6	667 Jordon West	St Mary's College	1.56.17		
7	659 Paskar Owor	Roehampton	1.57.95		
8	634 Josh Moss	Hertfordshire	DNF		

Heat 3

1	644 Kieran Flannery	Loughborough	1.52.64	Q	
2	645 Nick McCormick	Loughborough	1.53.14	Q	
3	646 Andy Richardson	Newcastle	1.53.56		1
4	678 Harry Fisher	UWIC	1.54.14		
5	666 Jason Prickett	St Mary's College	1.55.94		
6	679 Nico Constanti	UWIC	1.56.50		
7	470 Lewis Banner	Swansea	1.57.71		
8	610 Chris Dodd	Bristol	1.58.41		

Outdoor Athletics Championships 2011 - Bedford**800m Men****Final****Mon 2 May 13:35****Championship Best Performance:**

	2001 Simon Lees	Loughborough	1.47.78	Team Points	
1	657 Oliver Heeks	Portsmouth	1.53.28		8
2	644 Kieran Flannery	Loughborough	1.53.38		7
3	612 Jordan Donnelly	Brunel West London	1.53.59		6
4	645 Nick McCormick	Loughborough	1.53.82		5
5	547 Gareth Wiltshire	Loughborough	1.54.17		0
6	677 Aaron Bennett	UWIC	1.54.41		4
7	1658 Paul Goodall	Loughborough	1.55.30		0
8	601 John Bird	Bath	1.56.51		3

1500m Men**Heats****Sat 30 April 10:40****First 4 and 4 fastest losers to 2 Semi Finals****Heat 1**

1	755	Harry Webb	Brunel West London	4.02.60	Q
2	821	James Thie	UWIC	4.02.84	Q
3	659	Paskar Owor	Roehampton	4.02.97	Q
4	777	Gary Bradbury	Loughborough	4.03.33	Q
5	751	Matt Willmott	Birmingham	4.04.20	
6	790	Chris McGurk	Oxford	4.04.60	
7	746	Matt Emery	Bath	4.05.39	
8	803	Kyle Fowler	Sheffield	4.06.54	
9	787	Tom Mahon	Nottingham	4.08.95	
10	674	Tom Bowerman	Swansea	4.20.73	
11	627	Darren Southcott	East Anglia	4.22.60	
12	621	Ben Rees	Chester (Chester)	4.35.10	
13	798	Martin Shelley	Portsmouth	4.42.95	
14	794	Ben Cross	Oxford Brookes	DNS	
15	825	Peter Capps	Winchester	DNS	

Heat 2

1	780	Ryan Mcleod	Loughborough	3.57.32	Q
2	791	Luke Caldwell	Oxford	3.59.24	Q
3	810	Rhys Glastonbury	St Mary's College	3.59.87	Q
4	769	David Gibbon	Essex	4.00.70	Q
5	676	Christopher Carter	UC Birmingham	4.02.21	q
6	822	Jon Morgan	UWIC	4.05.77	
7	824	Andy Sheridan	Warwick	4.07.40	
8	1071	Josh Rowe	Leeds Met Carnegie	4.13.06	
9	768	Simon O'Meara	East Anglia	4.15.87	
10	765	Chris Lowe	Durham	4.26.94	
11	927	Dean Crangle	Northumbria	4.34.17	
12	782	Andrew Maclune	Newcastle	4.37.30	
13	756	Daniel Bedeau	Buckinghamshire New	5.35.74	

Heat 3

1	749	Daniel Clorley	Birmingham	4.00.95	Q
2	823	Michael Kershaw	UWIC	4.01.25	Q
3	753	Andrew Woods	Bristol	4.01.47	Q
4	809	Ben Wallis	St Mary's College	4.01.47	Q
5	1055	Matt Jackson	Birmingham	4.01.49	q
6	792	Richard Franzese	Oxford	4.05.13	
7	807	Matt Bennett	Southampton	4.05.92	
8	754	Chris Hepworth	Brunel West London	4.12.22	
9	812	Charlie Eastaugh	Surrey	4.22.95	
10	757	Declan Murray	Cambridge	4.24.76	
11	763	Tom Delaney	Coventry	4.35.76	
12	783	Martin Holley	Newcastle	4.59.85	
13	816	Adam Morrell	Teesside	DNS	
14	795	Charlie Austin	Oxford Brookes	DNS	

Heat 4

1	1015	Andrew Maiani	Loughborough	4.11.18	Q
2	766	Michael Grimes	Durham	4.12.34	Q
3	811	Tommy Carroll	St Mary's College	4.14.06	Q
4	774	Chris Woodger	Leeds Met Carnegie	4.14.54	Q
5	598	Eoin Durkan	Aberdeen	4.15.66	
6	747	Patrick Radley	Bath	4.22.25	
7	806	Jack Gregory	Southampton	4.22.91	
8	771	Philip Wilson	Exeter	4.25.85	
9	658	Matt Rozee	Reading	4.37.27	
10	788	Joshua Branter	Nottingham Trent	4.38.22	
11	826	Rory Horseman	Winchester	DNS	
12	609	Rob McDonald	Brighton	DNS	

Heat 5

1	745	James Shane	Anglia Ruskin (Chelmsford)	3.54.31	Q
2	784	Eoin Everard	Northumbria	3.56.46	Q
3	808	Adam Clarke	St Mary's College	3.58.07	Q
4	820	Ieuan Thomas	UWIC	3.58.09	Q
5	772	Scott Macaulay	Glasgow Caledonian	4.00.17	q
6	793	Thomas Frith	Oxford	4.02.40	q
7	1655	Michael Cooke	Loughborough	4.04.07	
8	630	Daniel Price	Exeter	4.04.46	
9	817	Michael Mcmanus	Uni. of the Arts London	4.18.89	
10	813	Chris West	Surrey	4.25.33	

1500m Men**Semi Finals****Sun 1 May 16:25****First 5 and 2 fastest losers to Final****Race 1**

1	749	Daniel Clorley	Birmingham	3.55.41	Q
2	821	James Thie	UWIC	3.55.49	Q
3	820	Ieuan Thomas	UWIC	3.55.85	Q
4	1055	Matt Jackson	Birmingham	3.56.24	Q
5	809	Ben Wallis	St Mary's College	3.57.42	Q
6	810	Rhys Glastonbury	St Mary's College	3.57.74	
7	1015	Andrew Maiani	Loughborough	3.57.75	
8	808	Adam Clarke	St Mary's College	4.00.14	
9	769	David Gibbon	Essex	4.01.59	
10	766	Michael Grimes	Durham	4.02.20	
11	793	Thomas Frith	Oxford	4.03.05	
12	772	Scott Macaulay	Glasgow Caledonian	4.05.02	

Race 2

1	745	James Shane	Anglia Ruskin (Chelmsford)	3.49.12	Q
2	780	Ryan Mcleod	Loughborough	3.50.78	Q
3	777	Gary Bradbury	Loughborough	3.51.77	Q
4	784	Eoin Everard	Northumbria	3.52.18	Q
5	659	Paskar Owor	Roehampton	3.53.33	Q
6	811	Tommy Carroll	St Mary's College	3.53.88	q
7	755	Harry Webb	Brunel West London	3.54.21	q
8	791	Luke Caldwell	Oxford	3.55.90	
9	676	Christopher Carter	UC Birmingham	4.00.28	
10	753	Andrew Woods	Bristol	4.05.50	
11	774	Chris Woodger	Leeds Met Carnegie	4.12.49	
12	823	Michael Kershaw	UWIC	DNF	

Outdoor Athletics Championships 2009 - Bedford**1500m Men****Final****Mon 2 May 14:15****Championship Best Performance****2001 Gareth Turnbull****Loughborough****3.42.18****Team****Points**

1	745	James Shane	Anglia Ruskin (Chelmsford)	3.44.90	8
2	780	Ryan Mcleod	Loughborough	3.47.57	7
3	749	Daniel Clorley	Birmingham	3.49.55	6
4	784	Eoin Everard	Northumbria	3.49.96	5
5	777	Gary Bradbury	Loughborough	3.50.47	4
6	820	Ieuan Thomas	UWIC	3.50.81	3
7	821	James Thie	UWIC	3.51.17	2
8	811	Tommy Carroll	St Mary's College	3.51.23	1
9	809	Ben Wallis	St Mary's College	3.52.13	
10	659	Paskar Owor	Roehampton	3.53.72	
11	755	Harry Webb	Brunel West London	3.55.22	
12	1055	Matt Jackson	Birmingham	4.02.54	

5000m Men**Heats****Sat 30 Apr 16:30****First 5 and 6 fastest losers to Final****Heat 1**

1	894	Chris Bannon	Cambridge	15.11.23	Q
2	885	Daniel Cliffe	Birmingham	15.14.71	Q
3	943	Stuart Huntington	St Mary's College	15.17.91	Q
4	949	Adam Bitchell	UWIC	15.18.94	Q
5	947	Joseph Dalglish	UWE	15.25.16	Q
6	945	Wynne Evans	Swansea	15.29.31	q
7	921	Peter Matthews	Loughborough	15.33.39	q
8	917	Joseph Morwood	London	15.34.04	q
9	1010	Chris Wright	Leeds Met Carnegie	15.40.47	
10	935	Mathew Salt	Portsmouth	15.41.26	
11	912	Alex Teuten	Imperial College, London	15.47.44	
12	1700	Matthew Withey	St Mary's College	15.53.25	
13	916	Ben Russell	Liverpool	15.55.71	
14	931	Dominic Kiralyfi	Oxford	16.35.94	
15	920	Jamie Knapp	Loughborough	16.46.46	
16	918	Alex Mouradian	London South Bank	16.59.41	
17	907	Will Cullen	Exeter	17.26.95	
18	891	Callen Clegg	Brunel West London	17.27.08	
19	765	Chris Lowe	Durham	17.35.07	
20	924	Danny Digweed	Middlesex	20.31.64	
21	910	Christopher Kingshott	Gloucestershire	21.42.18	

Heat 2

1	748	Alex Tovey	Birmingham	15.10.99	Q
2	923	Stephen Emery	Loughborough	15.11.53	Q
3	764	Douglas Selman	Dundee	15.12.31	Q
4	941	John McDonnell	St Mary's College	15.13.88	Q
5	942	Ross Murray	St Mary's College	15.16.76	Q
6	915	Josh Norman	Leeds Met Carnegie	15.20.32	q
7	883	Ben Nagy	Bath	15.25.42	q
8	938	Jaimie Roden	Sheffield	15.31.50	q
9	807	Matt Bennett	Southampton	15.35.94	
10	919	Mohamud Aadan	London South Bank	15.46.42	
11	902	Alexander Robinson	Durham	15.47.01	
12	895	Robin Brown	Cambridge	15.47.44	
13	922	Shane Kerr	Loughborough	15.57.68	
14	900	Tom Madden	Coventry	16.24.50	
15	892	Stuart Campbell	Brunel West London	16.54.12	
16	944	Daniel Thomas	Swansea	17.25.39	
17	951	Nathan Wilkins	Warwick	17.41.00	
18	897	Daniel Worley	Chester (Chester)	17.53.94	
19	936	Michael Roebuck	Reading	20.09.79	
20	893	Neil Tandy	Buckinghamshire New	DNF	
21	889	Max Kiralyfi	Bristol	DNF	

Outdoor Athletics Championships 2011 - Bedford

5000m Men

Final

Mon 2 May 10:20

Championship Best Performance		London		13.50.80	Team Points
1985 Mark Scrutton					
1	949 Adam Bitchell	UWIC		14.41.60	8
2	923 Stephen Emery	Loughborough		14.45.53	7
3	764 Douglas Selman	Dundee		14.46.40	6
4	941 John McDonnell	St Mary's College		14.47.67	5
5	748 Alex Tovey	Birmingham		14.53.05	4
6	894 Chris Bannon	Cambridge		14.56.81	3
7	885 Daniel Cliffe	Birmingham		15.07.23	2
8	883 Ben Nagy	Bath		15.08.48	1
9	938 Jaimie Roden	Sheffield		15.11.60	
10	915 Josh Norman	Leeds Met Carnegie		15.22.67	
11	947 Joseph Dalglish	UWE		15.26.12	
12	921 Peter Matthews	Loughborough		15.27.71	
13	945 Wynne Evans	Swansea		15.46.37	
14	943 Stuart Huntington	St Mary's College		DNF	
15	917 Joseph Morwood	London		DNS	
16	942 Ross Murray	St Mary's College		DNS	

Outdoor Athletics Championships 2011 - Bedford

10000m Men

Final (A & B Finals combined)

Sun 1 May 12:45

Championship Best Performance:

1991 Ian Hamer		Heriot Watt	28.30.0	Final	Team Points
1	1019 Ian Kimpton	Nottingham	30.23.43	A	8
2	1031 Dewi Griffiths	Swansea	30.42.04	A	7
3	1802 Ian Bailey	UKA - Guest	31.05.32	A	0
4	1800 Paul Thompson	UKA - Guest	31.27.89	A	0
5	1801 Josh Grace	UKA - Guest	31.59.77	A	0
6	1027 Daniel Woodgate	St Mary's College	32.06.45	A	6
7	1024 Steve Bayton	Sheffield	32.19.92	A	5
8	1025 Steve Connor	Southampton	32.43.02	A	4
9	917 Joseph Morwood	London	32.54.76	A	3
10	1021 Fabian Downs	Oxford	33.00.90	A	2
11	1035 Nick Wood	UWIC	33.04.01	B	1
12	1034 Mike Kallenburg	UWIC	33.06.01	A	
13	1003 Nick Earl	East Anglia	33.42.90	A	
14	1001 Martin Proctor	Durham	33.49.39	B	
15	1028 Neil Philips	St Mary's College	33.51.12	A	
16	1023 Ben Corfield	Sheffield	33.56.08	B	
17	630 Dan Price	Exeter	34.12.59	B	
18	1002 Patrick Vis	Durham	34.38.31	B	
19	999 James Chettle	Cambridge	34.43.02	B	
20	1075 Kris Axon	Newcastle	35.33.64	B	
21	1011 Andy Kaighn	Liverpool	35.37.57	B	
22	1014 Stephen Auger	London	36.16.42	B	
23	1611 James Whistler	Birmingham	37.11.63	B	
24	1030 Christopher Dunn	Sunderland	37.37.35	B	
25	1018 Douglas Tickner	Newcastle	41.14.62	B	
26	997 Jack Swallow	Birmingham	DNF	A	
27	1029 Steve Galliane	St Mary's College	DNF	A	
28	1032 Neil Gunstone	Teesside	DNF	A	
29	1006 Daniel Walsh	Hull	DNF	B	
30	1803 Ben Connor	UKA - Guest	DNS	A	

3000m S/c Men**Heats****Sat 30 Apr 15:30****First 5 and 6 fastest losers to Final****Heat 1**

1	1085	Tom Comerford	St Mary's College	9.55.44	Q
2	759	Chris Discombe	Cardiff	9.55.62	Q
3	1086	Scott Green	Stirling	9.56.27	Q
4	1084	Sam Bradley	St Mary's College	9.56.37	Q
5	1076	Iain Lynn	Northumbria	9.57.89	Q
6	1073	Chris Perry	Loughborough	9.58.37	q
7	1057	Adam Stainsby	Brunel West London	9.58.87	q
8	1063	Howell Craske	Dundee	9.58.96	q
9	1066	Angus Holford	Essex	10.12.83	q
10	1053	Katio Oshi	Bangor	10.13.91	q
11	1060	Paul Hodgson	Cambridge	10.47.43	
12	1672	Anthony Walsh	Oxford	11.11.06	
13	1068	Sam Harris	Exeter	DNS	

Heat 2

1	1069	Shaun Collins	Kingston	9.48.15	Q
2	1082	Alex Flynn	St Mary's College	9.57.83	Q
3	1072	Tom Beedell	London	10.02.60	Q
4	1074	Eliot Winter	Loughborough	10.05.76	Q
5	1070	Elliot Jackson	Leeds	10.09.13	Q
6	1078	Tom Crowley	Nottingham	10.14.15	q
7	1058	Daniel Thorne	Brunel West London	10.17.24	
8	813	Chris West	Surrey	10.18.35	
9	609	Rob Mcdonald	Brighton	10.36.24	
10	897	Daniel Worley	Chester (Chester)	10.41.23	
11	1075	Kris Axon	Newcastle	10.57.16	
12	771	Phillip Wilson	Exeter	11.20.98	
13	995	Angus Mackay	Bangor	DNS	

Outdoor Athletics Championships 2011 - Bedford**3000m S/c Men****Final****Mon 2 May 11:30****Championship Best Performance****2001 Andrew Franklin****Manchester****8.45.14****Team
Points**

1	759	Chris Discombe	Cardiff	9.10.19	8
2	1084	Sam Bradley	St Mary's College	9.15.23	7
3	1082	Alex Flynn	St Mary's College	9.32.16	6
4	1085	Tom Comerford	St Mary's College	9.35.86	0
5	1072	Tom Beedell	London	9.36.52	5
6	1086	Scott Green	Stirling	9.38.79	4
7	1076	Iain Lynn	Northumbria	9.46.25	3
8	1074	Eliot Winter	Loughborough	9.50.57	2
9	1073	Chris Perry	Loughborough	9.52.16	1
10	1057	Adam Stainsby	Brunel West London	9.56.20	
11	1066	Angus Holford	Essex	9.56.52	
12	1078	Tom Crowley	Nottingham	10.03.48	
13	1070	Elliot Jackson	Leeds	10.06.36	
14	1053	Katio Oshi	Bangor	10.09.20	
15	1069	Shaun Collins	Kingston	DNF	
16	1063	Howell Craske	Dundee	DNF	

110m Hurdles Men **Heats**
Sun 1 May 12:00
First 3 and 2 fastest losers to Final

Heat 1

1	186	Andrew Pozzi	UWE	14.33	Q
2	170	Julian Adeniran	Birmingham	14.54	Q
3	181	Yannick Budd	Loughborough	14.91	Q
4	174	James Mclean	Brunel West London	15.34	q
5	177	Michael Feeney	Leeds Met Carnegie	DNS	
6	183	Joseph Hylton	Middlesex	DQ	
7		Lane Vacant			
8		Lane Vacant			

Heat 2

1	182	Edirin Okoro	Middlesex	14.98	Q
2	178	Alexander Nwenwu	Loughborough	15.09	Q
3	173	Ashley Bryant	Brunel West London	15.09	Q
4	180	Michael Holden	Loughborough	15.35	q
5	1214	Mike Sweeney	Birmingham	16.12	
6	176	Ashley Wilson	East London	17.33	
7	175	Ed Moyse	Cambridge	17.47	
8		Lane Vacant			

Outdoor Athletics Championships 2011 - Bedford

110m Hurdles Men **Final**

Mon 2 May 13:45

Championship Best Performance:
2005 David Hughes

2005 David Hughes			Sheffield Hallam	13.82	Team Points
1	170	Julian Adeniran	Birmingham	14.41	8
2	186	Andrew Pozzi	UWE	14.51	7
3	181	Yannick Budd	Loughborough	15.33	6
4	178	Alexander Nwenwu	Loughborough	15.42	5
5	180	Michael Holden	Loughborough	DNF	0
6	174	James Mclean	Brunel West London	DNF	0
7	182	Edirin Okoro	Middlesex	DNF	0
8	173	Ashley Bryant	Brunel West London	DNS	0

400m Hurdles Men**Heats****Sat 30 April 13:30****First 3 and 4 fastest losers to Semi Final****Heat 1**

1	527 Jack Green	Bath	50.30 Q
2	548 Niall Flannery	Loughborough	53.30 Q
3	555 Lee Hamilton	St Mary's College	53.83 Q
4	550 David Dempsey	Newcastle	54.13 q
5	545 Ashley Hill	Leeds Met Carnegie	54.55 q
6	557 Jack Cooper	Surrey	58.02
7	421 Chris Tucker	Exeter	1.06.54
8	Lane Vacant		

Heat 2

1	546 Gareth Morris	Loughborough	54.18 Q
2	538 Steve Garrett	East Anglia	54.35 Q
3	539 Alec Wing	East London	54.54 Q
4	560 Michael Haslett	UWIC	55.20 q
5	534 Chris Stubbings	Brunel West London	58.99
6	536 Nyma Sharifi	Cambridge	59.61
7	Lane Vacant		
8	Lane Vacant		

Heat 3

1	529 Simon Merrill	Bath	53.86 Q
2	171 Zachary Saucedo	Birmingham	54.70 Q
3	537 Oliver Palmer	East Anglia	55.31 Q
4	533 Will Hartley	Bristol	56.40 q
5	543 Aaron Mason	Imperial College, London	57.80
6	553 Jack Legon	Reading	1.03.45
7	Lane Vacant		
8	Lane Vacant		

400m Hurdles Men**Semi Finals****Semi Final 1**

1	527 Jack Green	Bath	49.55 Q	CBP
2	548 Niall Flannery	Loughborough	52.54 Q	
3	529 Simon Merrill	Bath	53.14 Q	
4	550 David Dempsey	Newcastle	53.42 q	
5	171 Zachary Saucedo	Birmingham	53.44 q	
6	559 Adam Smith	UWIC	55.32	
7	533 Will Hartley	Bristol	55.56	
8	555 Lee Hamilton	St Mary's College	DQ	

Semi Final 2

1	167 Chris Wakeford	Bath	53.23 Q
2	538 Steve Garrett	East Anglia	53.49 Q
3	554 Dan Bray	Southampton	53.66 Q
4	546 Gareth Morris	Loughborough	53.68
5	539 Alec Wing	East London	54.17
6	560 Michael Haslett	UWIC	54.17
7	537 Oliver Palmer	East Anglia	56.18
8	545 Ashley Hill	Leeds Met Carnegie	57.41

Outdoor Athletics Championships 2011 - Bedford**400m Hurdles Men****Final****Mon 2 May 10:00****Championship Best Performance:****2011 Jack Green**

		Bath	49.55	Team Points
1	548 Niall Flannery	Loughborough	50.47	8
2	167 Chris Wakeford	Bath	52.23	7
3	529 Simon Merrill	Bath	52.32	6
4	550 David Dempsey	Newcastle	52.79	5
5	171 Zachary Saucedo	Birmingham	53.96	4
6	538 Steve Garrett	East Anglia	55.38	3
7	527 Jack Green	Bath	DNS	0
8	554 Dan Bray	Southampton	DNS	0

4x100m Men**Heats****Sun 1 May 16:45****8 fastest teams to Final****Heat 1**

1	BRU	Brunel West London	42.56 q
2	GLO	Gloucestershire	45.26
3	LEE	Leeds	46.75
4	STM	St Mary's College	47.14
5	TRE	Nottingham Trent	47.44
6	BRI	Brighton	DNS
7	SOU	Southampton	DQ
8		Lane Vacant	

Heat 2

1	BIR	Birmingham	42.78 q
2	LMC	Leeds Met Carnegie	43.51 q
3	HAL	Sheffield Hallam	45.01
4	EXE	Exeter	45.16
5	STI	Stirling	45.28
6	BUC	Buckinghamshire New	DNS
7	MID	Middlesex	DQ
8		Lane Vacant	

Heat 3

1	UWI	UWIC	41.70 q
2	LOU	Loughborough	41.81 q
3	BAT	Bath	42.21 q
4	DUR	Durham	43.98 q
5	LON	London	44.48 q
6	UEA	East Anglia	50.51
7	OXF	Oxford	DQ
8		Lane Vacant	

Outdoor Athletics Championships 2011 - Bedford**4x100m Men****Final****Mon 2 May 14:35****Championship Best Performance:
2007**

2007	Bath	40.69	Team Points
1 BAT	Bath	41.24	8
2 LOU	Loughborough	41.70	7
3 UWI	UWIC	42.09	6
4 BIR	Birmingham	42.70	5
5 DUR	Durham	44.51	4
6 LON	London	44.51	3
7 BRU	Brunel West London	DNF	0
8 LMC	Leeds Met Carnegie	DNF	0

4x400m Men Heats
Sun 1 May 17:30
8 fastest teams to Final

Heat 1

1	BAT	Bath	3.17.92	q
2	UWI	UWIC	3.23.44	q
3	UEA	East Anglia	3.27.41	q
4	DUR	Durham	3.31.23	
5	NOR	Northumbria	3.33.70	
6	NEW	Newcastle	DQ	
7		Lane Vacant		
8		Lane Vacant		

Heat 2

1	LOU	Loughborough	3.16.85	q
2	OXF	Oxford	3.26.13	q
3	EXE	Exeter	3.28.82	
4	STM	St Mary's College	3.30.14	
5	CHE	Chester (Chester)	3.59.67	
6	BIR	Birmingham	DNS	
7		Lane Vacant		
8		Lane Vacant		

Heat 3

1	SHE	Sheffield Hallam	3.27.57	q
2	BRU	Brunel West London	3.27.91	q
3	LMC	Leeds Met Carnegie	3.28.55	q
4	BRS	Bristol	3.30.32	
5	SOU	Southampton	3.33.51	
6	LEE	Leeds	3.47.33	
7		Lane Vacant		
8		Lane Vacant		

Outdoor Athletics Championships 2011 - Bedford

4x400m Men Final

Mon 2 May 14:55

Championship Best Performance:

	1997	Loughborough	3.10.20	Team Points	
1	LOU	Loughborough	3.11.01		8
2	BAT	Bath	3.17.09		7
3	UWI	UWIC	3.18.50		6
4	OXF	Oxford	3.25.55		5
5	UEA	East Anglia	3.25.92		4
6	LMC	Leeds Met Carnegie	3.30.44		3
7	SHE	Sheffield Hallam	3.30.80		2
8	BRU	Brunel West London	DQ		1

Outdoor Athletics Championships 2011 - Bedford

	High Jump Men	Qualifying A	2.07m	
1	1215 Simon Phelan	Birmingham	1.95	q
2	1230 Ross Armorgie	Loughborough	1.95	q
3	1231 Thomas Gardner	Loughborough	1.95	q
4	1242 David Smith	Strathclyde	1.95	q
5	1243 Onajite Okoro	Medway	1.95	q
6	1239 Edwin Elmhurst	Reading	1.90	q
7	1235 Nathan Williams	Newcastle	1.90	
8	252 Charlie Roe	East Anglia	1.90	
9	1241 Fraser Weir	Stirling	1.90	
10	173 Ashley Bryant	Brunel West London	1.85	
11	1211 Cameron Gore	Bath	1.80	
12	1226 Matthew Smiley	Leeds	1.80	

Qualifying B

12	1223 Ray Bobrownicki	Edinburgh	1.98	q
13	1212 Mark Brown	Bath	1.95	q
1	1213 Scott Johnson	Bedfordshire	1.95	q
4	1218 Matthew Sloane	Brunel West London	1.95	q
2	1238 Brian Flatley	Reading	1.95	q
3	1240 Matthew Watson	Southampton Solent	1.90	q
7	1228 Lewis Ely	Loughborough	1.90	
9	1214 Mike Sweeney	Birmingham	1.85	
8	1236 Brad Armorgie	Nottingham	1.85	
10	1152 Lee Tinnion	Newcastle	1.80	
11	1137 Mark Andrews	Exeter	1.75	
	238 Emmanuel Samuel	Buckinghamshire New	NHR	
	1233 Alexander Green	Newcastle	NHR	

Outdoor Athletics Championships 2011 - Bedford

High Jump Men Final

Championship Best Performance:

	1994 Brendan Reilly	Loughborough	2.25	Team Points
1	1242 David Smith	Strathclyde	2.19	8
2	1223 Ray Bobrownicki	Edinburgh	2.16	7
3	1215 Simon Phelan	Birmingham	2.07	6
4	1213 Scott Johnson	Bedfordshire	2.04	5
5	1218 Matthew Sloane	Brunel West London	1.98	4
6	1240 Matthew Watson	Southampton Solent	1.98	3
7	1231 Thomas Gardner	Loughborough	1.98	2
8	1230 Ross Armorgie	Loughborough	1.95	1
9	1243 Onajite Okoro	Medway	1.95	
10=	1212 Mark Brown	Bath	1.85	
10=	1239 Edwin Elmhurst	Reading	1.85	
	1238 Brian Flatley	Reading	DNS	

Outdoor Athletics Championships 2011 - Bedford

Long Jump Men	Qualifying A	7.20m	
1133 Andre Fernandez	East London	7.21	Q
1762 Paul Oluyemi	Arts Bournemouth	7.10	q
1118 James Grocock	Bath	7.06	q
1145 Ben Gregory	Loughborough	7.04	q
1167 Curtis Matthews	UWIC	7.01	q
1125 Kerry Mathurin	Brunel West London	6.96	q
1120 Ding Yang	Birmingham	6.89	q
1144 Adrian Stamp	London	6.55	
180 Michael Holden	Loughborough	6.55	
252 Charlie Roe	East Anglia	6.47	
1157 Louis Pollard	Portsmouth	6.03	
1163 Michael Briggs	Sunderland	5.96	
175 Ed Moyse	Cambridge	5.94	
33 James Sleep	Exeter	5.66	
56 Tayo Idowu	Manchester	5.51	
1155 Patrick Meniru	Oxford	5.50	
553 Jack Legon	Reading	5.39	
1140 Niall Judge	Gloucestershire	5.27	
1161 Jonathan Sawyers	Sheffield	DNS	

Qualifying B

1119 Rainer Groh	Bath	7.43	Q
1124 Jermaine Olasan	Brunel West London	7.32	Q
42 Daniel Gardiner	Leeds Met Carnegie	7.22	Q
1146 Felix Maisey-Curtis	Loughborough	7.07	q
93 Ben Simons	UWIC	6.82	q
297 Chris Hall	Royal Holloway, London	6.57	
1121 Michael Napper	Birmingham	6.54	
1141 Seb Wilson Dyer - Gough	Leeds	6.50	
1162 James Gardner	Sheffield Hallam	6.44	
1154 Daniel Johnson	Oxford	6.19	
1151 Omari Barton-Ellington	Middlesex	6.01	
35 Adam Letts	Gloucestershire	5.94	
1156 Ian Allocca	Portsmouth	5.90	
1136 Paul Slater	Essex	5.89	
1123 Peter Mitchell	Brighton	5.65	
1152 Lee Tinnion	Newcastle	5.65	
1137 Mark Andrews	Exeter	5.54	
470 Lewis Banner	Swansea	5.43	
30 Shane Spoons	East Anglia	5.32	
936 Michael Roebuck	Reading	5.12	

Outdoor Athletics Championships 2011 - Bedford

Long Jump Men

Final

Championship Best Performance:

	2007 Chris Kirk	Northumbria	7.82	Team Points
1	1119 Rainer Groh	Bath	7.80	8
2	42 Daniel Gardiner	Leeds Met Carnegie	7.66	7
3	1118 James Grocock	Bath	7.55	6
4	1124 Jermaine Olasan	Brunel West London	7.48	5
5	1133 Andre Fernandez	East London	7.35	4
6	1145 Ben Gregory	Loughborough	7.13	3
7	1167 Curtis Matthews	UWIC	6.88	2
8	93 Ben Simons	UWIC	6.85	1
9	1120 Ding Yang	Birmingham	6.75	
10	1762 Paul Oluyemi	Arts Bournemouth	6.75	
11	1125 Kerry Mathurin	Brunel West London	6.74	
12	1146 Felix Maisey-Curtis	Loughborough	6.67	

Outdoor Athletics Championships 2011 - Bedford

Triple Jump Men		Qualifying A	14.90m	
1	1308 Darren March	Royal Holloway, London	15.08	Q
2	1296 Alexander Ezechi-Obiako	Liverpool	14.72	q
3	1280 Chuxx Onyia	Aberdeen	14.63	q
4	1313 Phil Warwicker	UWIC	13.89	q
5	1286 Matt Houlden	Cambridge	13.86	q
6	1281 Ross Jeffs	Bath	13.65	q
7	1306 Ben White	Oxford	13.16	
8	1283 Richard Tranter	Birmingham	12.92	
9	1299 Stamatis Korkis	Loughborough	12.58	
10	1136 Paul Slater	Essex	12.17	
11	1137 Mark Andrews	Exeter	11.31	
12	1134 Callum Wilson	Edinburgh Napier	DNS	

Qualifying B

1	1298 Ricardo Twumasi	Loughborough	14.75	q
2	1161 Jonathan Sawyers	Sheffield	14.40	q
3	1312 Adam Williams	UWIC	14.12	q
4	1305 Sam Stanislaus	Northumbria	14.12	q
5	1287 Jason Richards-Thompson	City London	13.72	q
6	1314 Ross Mckenzie	UWIC	13.66	q
7	1302 Elliot O'Neill	Middlesex	13.56	
8	1293 Adam Jones	Imperial College, London	12.40	
9	1163 Michael Briggs	Sunderland	12.08	
10	1295 Daniel Burgin	Lincoln	DNS	
11	1154 Daniel Johnson	Oxford	DNS	

Outdoor Athletics Championships 2011 - Bedford

Triple Jump Men Final

Championship Best Performance:

	2004 Steven Shalders	UWIC	16.62	Team Points
1	1308 Darren March	Royal Holloway, London	15.08	8
2	1161 Jonathan Sawyers	Sheffield	14.99	7
3	1298 Ricardo Twumasi	Loughborough	14.86	6
4	1296 Alexander Ezechi-Obiako	Liverpool	14.84	5
5	1312 Adam Williams	UWIC	14.29	4
6	1305 Sam Stanislaus	Northumbria	13.97	3
7	1313 Phil Warwicker	UWIC	13.97	2
8	1286 Matt Houlden	Cambridge	13.85	1
9	1281 Ross Jeffs	Bath	13.81	
10	1287 Jason Richards-Thompson	City London	13.75	
11	1314 Ross Mckenzie	UWIC	13.57	
12	1280 Chuxx Onyia	Aberdeen	NJ	

Outdoor Athletics Championships 2011 - Bedford

Pole Vault Men

Final

Championship Best Performance:

	1986 Andy Ashurst	Birmingham	5.21	Team Points
1	1356 Edward Quiney	Loughborough	5.15	8
2	1662 Robert Warensjo	Loughborough	5.00	7
3	180 Michael Holden	Loughborough	4.90	0
4	1653 Gregor Maclean	Loughborough	4.80	0
5	1345 Nick Cruchley	Birmingham	4.80	6
6	1343 Mark Cooper	Bath	4.50	5
7	1364 Samuel Brown	Sussex	4.20	4
8	1347 Gordon Lester	Brunel West London	4.20	3
9	1214 Mike Sweeney	Birmingham	4.00	2
10=	1353 Ben Abbott-Gribben	Kingston	4.00	0.5
10=	1342 Jamie Courtenay	Bath	4.00	0.5
12	1360 James Douglas	Oxford	3.60	
13	1362 Simon Duncan	Southampton	3.20	
	1359 Daniel Ahlert	Newcastle	NHR	
	1348 Matt George	Brunel West London	DNS	
	1363 Shaun Leigh	St Mary's College	DNS	
	1341 Connel Macquisten	Bath	DNS	
	1349 Nick Moore	Canterbury Christ Church	DNS	
	1361 Sean Power	Sheffield Hallam	DNS	



Outdoor Athletics Championships 2011 - Bedford

	Shot	Qualifying A	14.00m	
1	1401 Robert Mohan	Loughborough	14.11	Q
2	1391 Toby Haseler	Cambridge	13.16	q
3	1348 Matt George	Brunel West London	12.73	q
4	1412 Daniel Morris	UWIC	12.67	q
5	180 Michael Holden	Loughborough	12.05	q
6	1342 Jamie Courtenay	Bath	11.85	q
7	1405 Kane Humphrey	Sheffield Hallam	10.74	
8	1384 Tom Pearson	Birmingham	10.56	
9	1403 Jonathan Mckinley	Oxford	10.13	
10	1385 Peter Briant	Bournemouth	7.61	
11	1404 Mathew Beagley	Portsmouth	7.35	
12	1407 Alex Archer	St Andrews	DNS	

Qualifying B

1	1408 Zane Duquemin	St Mary's College	16.16	Q
2	1382 Jake Matthews	Birmingham	13.35	q
3	42 Daniel Gardiner	Leeds Met Carnegie	13.30	q
4	173 Ashley Bryant	Brunel West London	12.53	q
5	1394 Matthew Baptiste	East London	12.22	q
6	1665 Yong Sheng Tan	Loughborough	11.56	q
7	1402 Oli Wright	Manchester	11.53	
8	1167 Curtis Matthews	UWIC	11.49	
9	1214 Mike Sweeney	Birmingham	10.78	
10	1380 Joe Walton	Bath	10.77	
11	1392 Sean Dickinson	Durham	10.12	
12	1386 Phillip Hume	Bournemouth	10.12	
13	1409 John Mcomish	Stirling	7.97	
14	1292 Leigh Hayes	Gloucestershire	DNS	
15	1390 Kaladerhan Agbontean	Cambridge	DNS	
16	1410 Ryan Spencer-Jones	UW Newport	DNS	

Outdoor Athletics Championships 2011 - Bedford

Shot Men

Final

Championship Best Performance:

	2009 Kieran Kelly	Loughborough	18.21	Team Points
1	1408 Zane Duquemin	St Mary's College	17.01	8
2	1401 Robert Mohan	Loughborough	15.73	7
3	42 Daniel Gardiner	Leeds Met Carnegie	14.29	6
4	1391 Toby Haseler	Cambridge	13.78	5
5	1348 Matt George	Brunel West London	13.65	4
6	1394 Matthew Baptiste	East London	12.73	3
7	1382 Jake Matthews	Birmingham	12.65	2
8	1342 Jamie Courtenay	Bath	12.46	1
9	173 Ashley Bryant	Brunel West London	12.38	
10	1412 Daniel Morris	UWIC	12.16	
11	1665 Yong Sheng Tan	Loughborough	11.73	
12	180 Michael Holden	Loughborough	11.68	

Ambulant Shot Men

Final

					IPC
1	1442 Aled Davies	UWIC	13.66	F42	8 953
2	1443 Josh Morgan	UWIC	8.57	F46	130
3	1807 Mitchell Dutton	Guest	8.31	F37	



Outdoor Athletics Championships 2011 - Bedford

Discus Men

Qualifying A

45.00m

1	1461 Matthew Brown	London Metropolitan	51.08	q
2	1465 Stephen Watson	Loughborough	45.46	q
3	1446 Greg Watkins	Bath	40.61	q
4	173 Ashley Bryant	Brunel West London	37.68	q
5	1474 Andrew Thomas	UC Birmingham	37.59	q
6	1454 Ryan Harper	Cambridge	37.48	q
7	1381 Chiedu Ufodiana	Birmingham	37.26	q
8	1402 Oli Wright	Manchester	34.93	
9	1385 Peter Briant	Bournemouth	34.01	
10	184 Ben Conibear	Oxford	32.06	
11	284 Martyn Dixon	Newcastle	19.16	
12	1404 Mathew Beagley	Portsmouth	18.92	

Qualifying B

1	1408 Zane Duquemin	St Mary's College	49.73	Q
2	1398 Joseph Bloomfield	Loughborough	43.26	q
3	1382 Jake Matthews	Birmingham	43.09	q
4	42 Daniel Gardiner	Leeds Met Carnegie	39.79	q
5	1405 Kane Humphrey	Sheffield Hallam	38.54	q
6	1145 Ben Gregory	Loughborough	36.13	
7	1348 Matt George	Brunel West London	35.87	
8	1167 Curtis Matthews	UWIC	35.71	
9	1455 Tom Elton	Cambridge	31.90	
10	1447 Matt Smith	Bath	31.24	
11	1384 Tom Pearson	Birmingham	30.00	
12	1137 Mark Andrews	Exeter	26.90	
13	1392 Sean Dickinson	Durham	23.50	
14	1409 John Mcomish	Stirling	23.25	
	1410 Ryan Spencer-Jones	UW Newport	DNS	

Outdoor Athletics Championships 2011 - Bedford

Discus Men

Final

Championship Best Performance:

	2009 Brett Morse	UWIC	59.52	Team Points
1	1408 Zane Duquemin	St Mary's College	54.93	8
2	1461 Matthew Brown	London Metropolitan	51.18	7
3	1465 Stephen Watson	Loughborough	45.70	6
4	1398 Joseph Bloomfield	Loughborough	45.08	5
5	42 Daniel Gardiner	Leeds Met Carnegie	42.44	4
6	1382 Jake Matthews	Birmingham	42.24	3
7	173 Ashley Bryant	Brunel West London	39.72	2
8	1454 Ryan Harper	Cambridge	38.65	1
9	1474 Andrew Thomas	UC Birmingham	37.08	
10	1405 Kane Humphrey	Sheffield Hallam	36.71	
11	1381 Chiedu Ufodiana	Birmingham	DNS	
12	1446 Greg Watkins	Bath	DNS	

Discus Men

Ambulant

					IPC
1	1442 Aled Davies	UWIC	40.99	F42	8 899
2	1443 Josh Morgan	UWIC	35.46	F46	733
3	1807 Mitchell Dutton	Guest	30.66	F37	

Discus Men

Seated

1	1504 Thomas Green	Nottingham	11.91	F32	8 466
2	1505 Graham Condie	Southampton Solent	11.35	F32	426

Outdoor Athletics Championships 2011 - Bedford

Javelin Men	Qualifying A	62.00m	
1805 James Campbell	UKA - Guest	80.18	Q
1525 Felix Hatton	Leeds Met Carnegie	60.25	q
1529 Jonathan Constantinou	Loughborough	58.94	q
1523 Aaron Crawford	Leeds Met Carnegie	57.85	q
1527 Daniel Holden	Loughborough	55.05	q
1540 Tom Kingston	UWIC	51.39	q
1531 Sam Comer	Manchester	49.57	
1518 Rob Millar	Brunel West London	46.73	
184 Ben Conibear	Oxford	44.90	
1359 Daniel Ahlert	Newcastle	38.62	
1509 Matthew Campbell	Aberdeen	34.97	
220 Lewis Albutt	Bangor	DNS	

Qualifying B

1526 Matthew Hunt	Leeds Met Carnegie	76.77	Q
1530 Richard Shuttleworth	Loughborough	67.96	Q
1447 Matt Smith	Bath	63.88	Q
1348 Matt George	Brunel West London	63.33	Q
1533 Jamie Payne	Newcastle	57.37	q
1515 David Brice	Brighton	54.06	q
1528 Harry Newenham	Loughborough	51.12	q
1350 Chris Blandford	East Anglia	50.40	
1476 Andrew Holmes	UWIC	49.56	
1363 Shaun Leigh	St Mary's College	43.32	
1405 Kane Humphrey	Sheffield Hallam	42.97	
553 Jack Legon	Reading	27.85	

Outdoor Athletics Championships 2011 - Bedford

Javelin Men Final

Championship Best Performance:

	2009 Chris Hughff	Brunel	76.92	Team Points
1	1526 Matthew Hunt	Leeds Met Carnegie	71.06	8
2	1530 Richard Shuttleworth	Loughborough	68.71	7
3	1447 Matt Smith	Bath	68.10	6
4	1348 Matt George	Brunel West London	64.66	5
5	1525 Felix Hatton	Leeds Met Carnegie	60.71	4
6	1533 Jamie Payne	Newcastle	56.43	3
7	1515 David Brice	Brighton	54.04	2
8	1540 Tom Kingston	UWIC	53.95	1
9	1529 Jonathan Constantinou	Loughborough	53.15	
10	1528 Harry Newenham	Loughborough	52.67	
11	1527 Daniel Holden	Loughborough	49.30	
12	1523 Aaron Crawford	Leeds Met Carnegie	DNS	
	1805 James Campbell	UKA - Guest	78.80	

Outdoor Athletics Championships 2011 - Bedford

Hammer Men		Qualifying A	56.00m	
1	1569 Andrew Jordon	Bristol	61.19	Q
2	1583 Pdraig White	Robert Gordon	61.02	Q
3	1580 Timothy Williams	Loughborough	55.18	q
4	1585 Ritchie Wells	Swansea	53.07	q
5	1384 Tom Pearson	Birmingham	42.84	q
6	1572 Neil Houlsby	Cambridge	32.11	
7	1566 Joseph Flitcroft	Bath	30.98	
8	284 Martyn Dixon	Newcastle	22.62	

Qualifying B

1	1565 Alex Warner	Bath	58.63	Q
2	1398 Joseph Bloomfield	Loughborough	57.52	Q
3	1574 Michael Tommey	Gloucestershire	49.54	q
4	1568 Sam Chappell	Bournemouth	43.56	q
5	1584 Ashley Andrews	Swansea	43.48	q
6	1573 Rhys Hodnett	Cambridge	43.06	q
7	1571 Leo Scott	Cambridge	37.17	q
	1575 Matthew Lambley	Huddersfield	DNS	

Outdoor Athletics Championships 2011 - Bedford

Hammer Men Final

Championship Best Performance:

	2010 Matthew Lambley	Huddersfield	70.35	Team Points
1	1565 Alex Warner	Bath	63.50	8
2	1583 Pdraig White	Robert Gordon	62.81	7
3	1398 Joseph Bloomfield	Loughborough	56.04	6
4	1580 Timothy Williams	Loughborough	55.95	5
5	1585 Ritchie Wells	Swansea	52.49	4
6	1569 Andrew Jordon	Bristol	50.48	3
7	1574 Michael Tommey	Gloucestershire	49.49	2
8	1584 Ashley Andrews	Swansea	44.66	1
9	1568 Sam Chappell	Bournemouth	44.11	
	1384 Tom Pearson	Birmingham	NDR	
	1573 Rhys Hodnett	Cambridge		
	1571 Leo Scott	Cambridge		



100m Women

Heats

Sat 30 Apr 12:50

First 3 and 6 fastest losers to 3 Semi Finals

Heat 1		Wind speed:	-1.2m/s	
1	162 Rhiannon Yates	UWIC	12.48	Q
2	128 Kadenna Cox	Leeds Met Carnegie	12.74	Q
3	115 Katryna Hardcastle	Chester (Chester)	13.07	Q
4	122 Rebecca Courtney	Gloucestershire	13.22	q
5	113 Tamica Mignott	Buckinghamshire New	14.00	
6	104 Ademide Ademuyewo	Aberdeen	14.03	
7	107 Olivia Milward	Birmingham	14.39	
8	120 Karen Jane Smith	Edge Hill	DNS	
Heat 2		Wind speed:	-1.9m/s	
1	134 Jennifer Taker	Loughborough	12.91	Q
2	212 Elise Lovell	Sheffield Hallam	13.29	Q
3	111 Kirsty Shepherd	Brunel West London	13.38	Q
4	157 Janelle Mcurk	Stirling	14.11	
5	108 Lizzie Gourlay	Bournemouth	14.76	
6	121 Aimee Smith	Gloucestershire	16.67	
7	105 Deborah Flemming	Bath	DQ	
8	164 Christina Course	Winchester	DQ	
Heat 3		Wind speed:	+0.0m/s	
1	133 Emily Diamond	Loughborough	12.07	Q
2	136 Azaria Francis	Middlesex	12.51	Q
3	153 Rebecca Carozzi	Southampton	13.12	Q
4	1172 Steph Kleynhans	Birmingham	13.12	q
5	346 Ruth McKeller	East Anglia	13.37	q
6	156 Christie Smith	St Mary's College	13.44	
7	139 Sabrina Razik	Newcastle	13.90	
8	146 Bethan Jones	Reading	16.09	
Heat 4		Wind speed:	+0.0m/s	
1	166 Abbi Tyson	Wolverhampton	12.46	Q
2	119 Anike Shand-Whittingham	East London	12.57	Q
3	149 Suki Cirillo	Sheffield	13.13	Q
4	151 Hannah Bird	Sheffield Hallam	13.32	q
5	129 Lisa Revitt	Leeds Met Carnegie	13.42	
6	117 Eimear Mcgeehan	East Anglia	14.02	
7	114 Lorraine Graham-Mulvaney	Cardiff	16.26	
8	154 Jennifer Dunn	St Andrews	DNS	

Heat 5		Wind speed:	+0.9m/s	
1	161 Susanna Banjo	UC Birmingham	12.56	Q
2	147 Jade Philips	Royal Holloway, London	12.93	Q
3	140 Rachel Davidson	Northumbria	13.12	Q
4	144 Faith Norster	Oxford	13.12	q
5	138 Katy Lord	Newcastle	13.57	
6	123 Jennifer Bukola	Hertfordshire	14.19	
7	1750 Anahita Ghoimai	Southampton	17.01	
8	125 Asha Philip	Kingston	DNS	

Heat 6		Wind speed:	+0.4m/s	
1	137 Montell Douglas	Middlesex	11.91	Q
2	163 Zara George	UWIC	12.66	Q
3	112 Leah Moore	Brunel West London	12.70	Q
4	135 Jordan McIntosh	Loughborough	12.84	q
5	143 Eleanor Gatehouse	Oxford	13.86	
6	124 Pavidra Sivanandarajah	Imperial College, London	14.01	
7	158 Lotte Watts	Stirling	14.77	
8	160 Francesca Ballah-Ntonga	Swansea	15.88	

100m Women

Semi Finals

Sat 30 Apr 16:15

First 2 and 2 fastest losers to Final

Heat 1				
1	137 Montell Douglas	Middlesex	11.84	Q
2	136 Azaria Francis	Middlesex	12.37	Q
3	135 Jordan McIntosh	Loughborough	12.54	q
4	134 Jennifer Taker	Loughborough	12.59	q
5	153 Rebecca Carozzi	Southampton	12.93	
6	212 Elise Lovell	Sheffield Hallam	13.09	
7	346 Ruth McKeller	East Anglia	13.40	
8	112 Leah Moore	Brunel West London	DNS	

1	133 Emily Diamond	Loughborough	12.33	Q
2	161 Susanna Banjo	UC Birmingham	12.51	Q
3	163 Zara George	UWIC	12.64	
4	147 Jade Philips	Royal Holloway, London	12.85	
5	115 Katryna Hardcastle	Chester (Chester)	13.16	
6	149 Suki Cirillo	Sheffield	13.19	
7	144 Faith Norster	Oxford	13.28	
8	151 Hannah Bird	Sheffield Hallam	13.44	

1	166 Abbi Tyson	Wolverhampton	12.70	Q
2	162 Rhiannon Yates	UWIC	12.72	Q
3	128 Kadenna Cox	Leeds Met Carnegie	13.03	
4	122 Rebecca Courtney	Gloucestershire	13.53	
5	140 Rachel Davidson	Northumbria	13.59	
6	1172 Steph Kleynhans	Birmingham	13.65	
7	111 Kirsty Shepherd	Brunel West London	13.71	
8	119 Anike Shand-Whittingham	East London	DNS	

Outdoor Athletics Championships 2011 - Bedford

100m Women

Final

Sat 30 Apr 17:35

Championship Best Performance:

2001 Abi Oyepitan		Brunel	11.48	Team
		Wind speed:	-1.5m/s	Points
1	166 Abbi Tyson	Wolverhampton	12.45	8
2	136 Azaria Francis	Middlesex	12.51	7
3	162 Rhiannon Yates	UWIC	12.53	6
4	161 Susanna Banjo	UC Birmingham	12.56	5
5	135 Jordan McIntosh	Loughborough	12.83	4
6	134 Jennifer Taker	Loughborough	12.94	3
7	133 Emily Diamond	Loughborough	DNF	0
8	137 Montell Douglas	Middlesex	DNS	0

200m Women

Heats

Sun 1 May 14:35

First 4 and 4 fastest losers to 3 Semi Finals

Heat 1		Wind speed:	-3.3m/s	
1	369 Laura Maddox	Nottingham Trent	25.29	Q
2	1733 Isabelle Stanway	Brunel West London	25.89	Q
3	128 Kadenna Cox	Leeds Met Carnegie	25.90	Q
4	135 Jordan McIntosh	Loughborough	26.28	Q
5	149 Suki Cirillo	Sheffield	27.05	q
6	332 Janet Abladey	Aberdeen	27.73	q
7	113 Tamica Mignott	Buckinghamshire New	29.35	
8	334 Maddy Vaughan-Johncey	Bedfordshire	29.92	
Heat 2		Wind speed:	-0.7m/s	
1	389 Emma Pullen	UWIC	25.30	Q
2	338 Georgina Malster	Brunel West London	25.72	Q
3	372 Nadine Prill	Oxford	27.05	Q
4	375 Claudia Rogers	Sheffield	27.20	Q
5	122 Rebecca Courtney	Gloucestershire	27.20	q
6	348 Tania-Cyrena Cyrus	East London	27.42	q
7	358 Katherine Appleton	Leeds Met Carnegie	28.00	
8	349 Rachel Kerr	Essex	29.70	
Heat 3		Wind speed:	-4.9m/s	
1	365 Mica Nottingham	Loughborough	25.73	Q
2	351 Lauren Searles	Exeter	26.78	Q
3	151 Hannah Bird	Sheffield Hallam	27.63	Q
4	344 Chrissy Parsons	Cardiff	28.07	Q
5	157 Janelle McGurk	Stirling	28.89	
6	146 Bethan Jones	Reading	34.27	
7	347 Carole Seihi	East London	DNS	
8	216 Helen Morton	University College London	DNS	
Heat 4		Wind speed:	-1.2m/s	
1	366 Twinelle Hopeson	Loughborough	25.31	Q
2	161 Susanna Banjo	UC Birmingham	25.49	Q
3	339 Katie Cundall	Brunel West London	25.59	Q
4	1171 Lizzie Cave	Birmingham	28.24	Q
5	124 Pavidra Sivanandarajah	Imperial College, London	29.33	
6	361 Emma May	Liverpool John Moores	31.14	
7	337 Lucy Windsor	Brighton	DNS	
8	Lane Vacant			

Heat 5		Wind speed:	-1.0m/s	
1	153 Rebecca Carozzi	Southampton	26.17	Q
2	155 Aleasha Kiddle	St Mary's College	26.29	Q
3	144 Faith Norster	Oxford	26.52	Q
4	346 Ruth Mckellar	East Anglia	27.43	Q
5	104 Ademide Ademuyewo	Aberdeen	29.27	
6	154 Jennifer Dunn	St Andrews	DNS	
7	363 Holly Croxford	Loughborough	DNS	
8	Lane Vacant			

200m Women

Semi Finals

Mon 2 May 11:05

First 2 and 2 fastest losers to Final

Heat 1		Wind speed:	-0.8m/s	
1	366 Twinelle Hopeson	Loughborough	25.30	Q
2	155 Aleasha Kiddle	St Mary's College	25.99	Q
3	351 Lauren Searles	Exeter	26.37	
4	122 Rebecca Courtney	Gloucestershire	26.86	
5	149 Suki Cirillo	Sheffield	26.88	
6	151 Hannah Bird	Sheffield Hallam	27.25	
7	1733 Isabelle Stanway	Brunel West London	DNS	
8	144 Faith Norster	Oxford	DNS	

Heat 2		Wind speed:	-3.0m/s	
1	369 Laura Maddox	Nottingham Trent	25.29	Q
2	161 Susanna Banjo	UC Birmingham	25.46	Q
3	128 Kadenna Cox	Leeds Met Carnegie	25.53	q
4	338 Georgina Malster	Brunel West London	25.84	
5	135 Jordan McIntosh	Loughborough	26.14	
6	346 Ruth Mckellar	East Anglia	27.93	
7	332 Janet Abladey	Aberdeen	DNF	
8	344 Chrissy Parsons	Cardiff	DNF	

Heat 3		Wind speed:	-1.0m/s	
1	365 Mica Nottingham	Loughborough	25.08	Q
2	389 Emma Pullen	UWIC	25.45	Q
3	339 Katie Cundall	Brunel West London	25.82	q
4	153 Rebecca Carozzi	Southampton	26.37	
5	375 Claudia Rogers	Sheffield	27.03	
6	372 Nadine Prill	Oxford	27.37	
7	348 Tania-Cyrena Cyrus	East London	27.76	
8	1171 Lizzie Cave	Birmingham	28.23	

Outdoor Athletics Championships 2011 - Bedford

200m Women

Final

Mon 2 May 13:00

Championship Best Performance:

2007 Kadi-Ann Thomas

Brunel

23.41

Team

Wind speed:

-0.7m/s

Points

1	365 Mica Nottingham	Loughborough	24.33	8
2	369 Laura Maddox	Nottingham Trent	24.52	7
3	389 Emma Pullen	UWIC	24.67	6
4	161 Susanna Banjo	UC Birmingham	25.12	5
5	339 Katie Cundall	Brunel West London	25.20	4
6	155 Aleasha Kiddle	St Mary's College	25.99	3
7	128 Kadenna Cox	Leeds Met Carnegie	DNF	0
8	366 Twinelle Hopeson	Loughborough	DNF	0

400m Women

Heats

First 3 and 4 fastest losers to 2 Semi Finals

Heat 1

1	506	Laura Wake	Loughborough	57.11	Q
2	520	Diane Ramsay	Strathclyde	57.77	Q
3	482	Kat Sutton	Bath	58.04	Q
4	516	Racheal Shaw	Sheffield Hallam	59.42	q
5	513	Helen King	Oxford	1.04.10	
6	334	Maddy Vaughan-Johncey	Bedfordshire	1.06.16	
7	519	Robyn McDowall	Stirling	1.08.65	
8	517	Fiona Trew	St Andrews	DNS	

Heat 2

1	487	Harriet Pryke	Brunel West London	56.52	Q
2	481	Hayley Harvey	Bath	58.54	Q
3	353	Sarah Smith	Glasgow	59.32	Q
4	485	Helen Waters	Birmingham	59.95	q
5	195	Emily Craven	Cambridge	1.02.66	
6	514	Felicity Tournant	Sheffield	1.11.48	
7	524	Laura Marzaroli	Winchester	1.17.03	
8		Lane Vacant			

Heat 3

1	489	Shelayna Oskan	Brunel West London	55.42	Q
2	572	Sonia Santos	Hull	58.13	Q
3	494	Heather Shepherd	Essex	59.02	Q
4	501	Lucy Hack	Leeds Met Carnegie	1.01.35	q
5	197	Becca Jones	Exeter	1.06.32	
6	512	Lara Cochrane	Nottingham	1.09.06	
7	505	Justine Kinney	Loughborough	DNS	
8		Lane Vacant			

Heat 4

1	352	Jo Patterson	Glasgow	56.00	Q
2	507	Lucy James	Loughborough	56.07	Q
3	523	Deborah Willis	Warwick	57.56	Q
4	503	Brigid Eades	London	58.06	q
5	346	Ruth Mckellar	East Anglia	1.05.03	
6	521	Anne Doyle	Surrey	1.05.83	
7	510	Isabela Murray	Newcastle	1.07.90	
8		Lane Vacant			

400m Women**Semi Finals****First 3 and Fastest 2 to Final****Semi 1**

1	489	Shelayna Oskan	Brunel West London	55.29	Q
2	506	Laura Wake	Loughborough	55.74	Q
3	520	Diane Ramsay	Strathclyde	57.12	Q
4	481	Hayley Harvey	Bath	57.80	q
5	353	Sarah Smith	Glasgow	59.87	
6	501	Lucy Hack	Leeds Met Carnegie	1.00.78	
7	523	Deborah Willis	Warwick	DNF	
8	503	Brigid Eades	London	DNS	

Semi 2

1	487	Harriet Pryke	Brunel West London	55.77	Q
2	507	Lucy James	Loughborough	55.86	Q
3	352	Jo Patterson	Glasgow	55.98	Q
4	482	Kat Sutton	Bath	58.12	q
5	494	Heather Shepherd	Essex	58.64	
6	516	Racheal Shaw	Sheffield Hallam	58.74	
7	572	Sonia Santos	Hull	59.56	
8	485	Helen Waters	Birmingham	1.00.84	

**Outdoor Athletics Championships 2011 - Bedford****400m Women****Final****Championship Best Performance:****2010 Perri Shakes-Drayton****Brunel****52.98****Team****Points**

1	506	Laura Wake	Loughborough	54.41	8
2	489	Shelayna Oskan	Brunel West London	54.48	7
3	487	Harriet Pryke	Brunel West London	55.07	6
4	507	Lucy James	Loughborough	55.83	5
5	352	Jo Patterson	Glasgow	56.01	4
6	520	Diane Ramsay	Strathclyde	56.92	3
7	481	Hayley Harvey	Bath	58.39	2
8	482	Kat Sutton	Bath	58.42	1

800m Women Heat Results

Sat 30 April 14:20

First 3 and 4 fastest losers to 2 Semi Finals

Heat 1

1	727	Emily Moss	Royal Holloway, London	2.15.95	Q
2	736	Ejiro Okoro	Medway	2.17.31	Q
3	717	Aisling Mcghee	Loughborough	2.17.42	Q
4	728	Kirsty Beaumont	Sheffield Hallam	2.17.84	q
5	709	Rhianne Jones	Glamorgan	2.23.77	
6	699	Hannah Jeanes	Brunel West London	2.24.60	
7	521	Anne Doyle	Surrey	2.31.46	
8	510	Isabella Murray	Newcastle	2.35.69	
9	688	Samantha Skinner	Anglia Ruskin (Cambridge)	2.47.06	

Heat 2

1	694	Vicki Fouhy	Birmingham	2.15.34	Q
2	690	Sophie Tyers	Bath	2.16.20	Q
3	496	Helena Corbin	Exeter	2.19.11	Q
4	706	Kate Howard	Essex	2.22.23	
5	701	Rose Penfold	Cambridge	2.22.45	
6	704	Olivia Short	Durham	2.29.76	
7	695	Emma Robertson	Brighton	2.30.45	
8	705	Lydia Gowns	East Anglia	2.32.30	
9	734	Eleanor Mustoe	Surrey	3.20.93	

Heat 3

1	693	Lucy Dowsett	Birmingham	2.14.74	Q
2	702	Amanda Campbell	Dundee	2.14.96	Q
3	698	Hannah Pollack	Bristol	2.15.10	Q
4	739	Chloe Anderson	UWIC	2.16.01	q
5	740	Hollie Young	West of Scotland	2.21.00	
6	1760	Rebecca Nuttall	UWIC	2.24.22	
7	700	Katie Sandford	Cambridge	2.25.78	
8	729	Yasmin Goater	Sheffield Hallam	2.28.31	
9	715	Rachel Atherton	Leeds Met Carnegie	2.39.31	

Heat 4

1	703	Jenny Tan	Dundee	2.14.95	Q
2	710	Elizabeth Duff	Glasgow	2.15.67	Q
3	725	Alex Turner	Nottingham Trent	2.15.82	Q
4	708	Kate Kaye	Exeter	2.16.04	q
5	827	Angharad Davies	Bath	2.19.34	q
6	712	Emma Toogood	Hull	2.22.85	
7	723	Maxine Buckton	Northumbria	2.25.47	
8	722	Faye Buckton	Northumbria	2.28.37	

800m Women**Semi Finals****Sun 1 May 11:05****First 3 and 2 fastest losers to Final****Race 1**

1	702	Amanda Campbell	Dundee	2.12.85	Q
2	736	Ejiro Okoro	Medway	2.12.92	Q
3	693	Lucy Dowsett	Birmingham	2.13.01	Q
4	727	Emily Moss	Royal Holloway, London	2.13.66	q
5	698	Hannah Pollack	Bristol	2.16.95	
6	496	Helena Corbin	Exeter	2.18.45	
7	827	Angharad Davies	Bath	2.19.97	
8	739	Chloe Anderson	UWIC	DNF	

Race 2

1	690	Sophie Tyers	Bath	2.11.31	Q
2	703	Jenny Tan	Dundee	2.11.33	Q
3	710	Elizabeth Duff	Glasgow	2.11.69	Q
4	694	Vicki Fouhy	Birmingham	2.11.90	q
5	708	Kate Kaye	Exeter	2.15.74	
6	728	Kirsty Beaumont	Sheffield Hallam	2.15.80	
7	725	Alex Turner	Nottingham Trent	2.17.18	
8	717	Aisling Mcghee	Loughborough	2.19.68	

Outdoor Athletics Championships 2011 - Bedford**800m Women****Final****Mon 2 May 11:45****Championship Best Performance:**

	2005	Marilyn Okoro	Bath	2.03.68	Team Points
1	703	Jenny Tan	Dundee	2.11.42	8
2	736	Ejiro Okoro	Medway	2.11.51	7
3	702	Amanda Campbell	Dundee	2.12.26	6
4	694	Vicki Fouhy	Birmingham	2.12.84	5
5	693	Lucy Dowsett	Birmingham	2.13.89	4
6	690	Sophie Tyers	Bath	2.14.99	3
7	710	Elizabeth Duff	Glasgow	2.15.38	2
8	727	Emily Moss	Royal Holloway, London	2.16.91	1

1500m Women**Heats****Sat 30 Apr 11:20****First 6 and 6 fastest losers to 2 Semi Finals****Heat 1**

1	859 Carolyn Plateau	Loughborough	4.54.60	Q
2	714 Jo Adams	Leeds Met Carnegie	4.55.46	Q
3	957 Tamara Aroush	Birmingham	4.56.63	Q
4	860 Jordan Kinney	Loughborough	4.57.07	Q
5	713 Michelle Stone	Hull	4.59.91	Q
6	841 Jodie Spencer	Chester (Chester)	5.00.90	Q
7	870 Leonie Shipley	Sheffield Hallam	5.08.17	
8	866 Rebekah Dunphy	Queen Margaret, Edinburgh	5.13.53	
9	863 Kelly Hewitson	Newcastle	5.20.49	
10	882 Vicky Guildler	Winchester	DNS	
11	724 Laura Day	Nottingham	DNS	
12	695 Emma Robertson	Brighton	DNS	

Heat 2

1	829 Alison Leonard	Birmingham	4.47.79	Q
2	856 Charlotte Gaughan	London	4.48.08	Q
3	847 Charlotte Davies	Exeter	4.49.36	Q
4	861 Sarah Hudak	Loughborough	4.49.45	Q
5	828 Rosie Clarke	Bath	4.49.56	Q
6	730 Claire Kiely	St Mary's College	4.51.32	Q
7	509 Emma Williams	Newcastle	4.53.64	q
8	839 Noelia Ferruz	Cambridge	4.58.81	q
9	705 Lydia Grown	East Anglia	5.03.05	q
10	835 Grace Geilinger	Bristol	5.03.72	q
11	849 Jessica Earp	Gloucestershire	5.03.90	
12	696 Samantha Franklin	Brighton	DNS	

Heat 3

1	858 Abbey Mcghee	Loughborough	4.47.44	Q
2	875 Josephine Moultrie	Strathclyde	4.47.70	Q
3	832 Lauren Scott	Birmingham	4.48.11	Q
4	689 Annabelle Grady	Bath	4.48.31	Q
5	830 Cath Blew	Birmingham	4.48.64	Q
6	876 Cerian Lancaster	Sussex	4.49.31	Q
7	735 Verity Ockenden	Swansea	4.51.04	q
8	879 Hannah Alderson	UWE	4.55.42	q
9	869 Abbie Smith	Sheffield Hallam	5.04.36	
10	836 Gwenno Brown	Bristol	5.04.65	
11	848 Claire Hodgson	Exeter	5.07.97	

1500m Women**Semi Finals****Sun 1 May 13:55****First 5 and 2 fastest losers to Final****Race 1**

1	860	Jordan Kinney	Loughborough	4.36.69	Q
2	856	Charlotte Gaughan	London	4.36.97	Q
3	859	Carolyn Plateau	Loughborough	4.37.46	Q
4	832	Lauren Scott	Birmingham	4.37.77	Q
5	689	Annabelle Grady	Bath	4.39.31	Q
6	828	Rosie Clarke	Bath	4.39.80	q
7	509	Emma Williams	Newcastle	4.48.75	
8	713	Michelle Stone	Hull	4.51.23	
9	957	Tamara Aroush	Birmingham	4.58.56	
10	839	Noelia Ferruz	Cambridge	5.02.12	
11	705	Lydia Gowns	East Anglia	5.06.83	
12	879	Hannah Alderson	UWE	DNS	

Race 2

1	829	Alison Leonard	Birmingham	4.38.00	Q
2	875	Josephine Moultrie	Strathclyde	4.38.32	Q
3	858	Abbey Mcghee	Loughborough	4.39.02	Q
4	861	Sarah Hudak	Loughborough	4.42.78	Q
5	847	Charlotte Davies	Exeter	4.45.42	Q
6	830	Cath Blew	Birmingham	4.47.45	q
7	730	Claire Kiely	St Mary's College	4.52.10	
8	735	Verity Ockenden	Swansea	4.52.70	
9	876	Cerian Lancaster	Sussex	4.54.55	
10	835	Grace Geilinger	Bristol	5.08.34	
11	841	Jodie Spencer	Chester (Chester)	DNS	
12	714	Jo Adams	Leeds Met Carnegie	DQ	

Outdoor Athletics Championships 2011 - Bedford**1500m Women****Final****Mon 2 May 14:05****Championship Best Performance
2001 Emma Ward**

2001 Emma Ward		Staffordshire	4.13.38	Team Points	
1	829	Alison Leonard	Birmingham	4.24.86	8
2	875	Josephine Moultrie	Strathclyde	4.26.21	7
3	858	Abbey McGhee	Loughborough	4.28.12	6
4	860	Jordan Kinney	Loughborough	4.30.33	5
5	859	Carolyn Plateau	Loughborough	4.35.86	0
6	832	Lauren Scott	Birmingham	4.36.27	4
7	830	Cath Blew	Birmingham	4.37.02	0
8	861	Sarah Hudak	Loughborough	4.40.21	0
9	689	Annabelle Grady	Bath	4.40.77	3
10	847	Charlotte Davies	Exeter	4.41.64	2
11	856	Charlotte Gaughan	London	4.45.30	1
12	828	Rosie Clarke	Bath	4.46.23	0

5000m Women**Heats****Sat 30 Apr 10:00****First 5 and 6 fastest losers to Final****Heat 1**

1	955	Hannah Walker	Birmingham	18.10.55	Q
2	964	Sarah Inglis	Edinburgh	18.10.87	Q
3	994	Charlotte Arter	UWIC	18.11.15	Q
4	987	Beth Carter	St Mary's College	18.11.43	Q
5	989	Leigh Lattimore	St Mary's College	18.11.45	Q
6	966	Samantha Blanche	Exeter	18.17.46	q
7	1045	Kirsty Addy	Loughborough	18.26.77	q
8	972	Claire Day	London	18.31.68	q
9	720	Bobbi Phillips	Newcastle	18.38.79	q
10	985	Rachel Jameson	Sheffield	19.36.39	
11	961	Bria Dickinson	Durham	DNF	
12	1105	Lindsay Raymond	Oxford	DNF	
13	968	Jane Kemshall	Leeds Met Carnegie	DNF	
14	983	Hannah Kitchen	Oxford Brookes	DNS	

Heat 2

1	958	Imogen Ainsworth	Bristol	18.20.97	Q
2	952	Alaw Beynon-Thomas	Aberystwyth	18.21.02	Q
3	981	Hayley Munn	Oxford	18.21.27	Q
4	975	Sophie Crumly	Loughborough	18.30.77	Q
5	873	Louise Small	St Mary's College	18.32.48	Q
6	855	Sophie Cowper	Lincoln	18.33.49	q
7	965	Lucy Rogers	Exeter	18.38.41	q
8	976	Caitlin Lloyd	Newcastle	19.42.61	
9	979	Laura Lambourne	Nottingham Trent	20.54.71	
10	959	Anna Boniface	Brunel West London	21.01.30	
11	992	Dionne Allen	UC Birmingham	DNS	
12	957	Tamara Armoush	Birmingham	DNS	
13	993	Stephanie Hearn	Medway	DNS	
14	724	Laura Day	Nottingham	DNS	
15	982	Bethany Alston	Oxford Brookes	DNS	

5000m Women**Final****Mon 2 May 10:20****Championship Best Performance
2009 Steph Twell****St Mary's****16.03.94 Team
Points**

1	873 Louise Small	St Mary's College	17.19.12	8
2	955 Hannah Walker	Birmingham	17.25.75	7
3	964 Sarah Inglis	Edinburgh	17.29.38	6
4	987 Beth Carter	St Mary's College	17.39.73	5
5	952 Alaw Beynon-Thomas	Aberystwyth	17.42.59	4
6	958 Imogen Ainsworth	Bristol	17.45.38	3
7	975 Sophie Crumly	Loughborough	17.55.82	2
8	994 Charlotte Arter	UWIC	18.13.44	1
9	989 Leigh Lattimore	St Mary's College	18.15.06	
10	981 Hayley Munn	Oxford	18.26.20	
11	1045 Kirsty Addy	Loughborough	18.33.87	
12	966 Samantha Blanche	Exeter	18.35.65	
13	720 Bobbi Phillips	Newcastle	18.39.15	
14	972 Claire Day	London	18.39.78	
15	855 Sophie Cowper	Lincoln	18.53.58	
16	965 Lucy Rogers	Exeter	19.14.71	



Outdoor Athletics Championships 2011 - Bedford

10000m Women Final

Sun 1 May 09:30

Championship Best Performance:

2004 Kate Reed

	St Mary's	33.18.31	Team Points
1 Louise Small	St Mary's College	34.13.55	8
2 Catherine Ansell	Imperial College, London	35.24.95	7
3 Beth Carter	St Mary's College	35.53.67	6
4 Dionne Allen	UC Birmingham	36.04.02	5
5 Megan Roberts	Birmingham	41.02.87	4
6 Leila Armoush	Sheffield	44.19.15	3
7 Hannah Vossler	Exeter	45.48.55	2
8 Grace Healy	London	48.18.95	1
9 Claire Hodgson	Exeter	DNF	

Outdoor Athletics Championships 2011 - Bedford

2000m S/c Women Final

Mon 2 May 13:20

Previous Championship Best Performance:

	2005	Brunel	6.42.97	Team Points
1	843 Eilish Mccolgan	Dundee	6.42.24 CBP	8
2	1094 Polly Keen	Cambridge	7.05.09	7
3	1091 Lara Thomas	Birmingham	7.11.43	6
4	1104 Laura Spence	Northumbria	7.14.71	5
5	1115 Nicole Roberts	UC Birmingham	7.21.96	4
6	1111 Rachel Robinson	St Mary's College	7.27.11	3
7	708 Kate Kaye	Exeter	7.30.41	2
8	730 Claire Kiely	St Mary's College	7.39.08	1
9	1100 Emily Bliss	London	7.46.75	
10	866 Rebekah Dunphy	Queen Margaret, Edinburgh	7.49.51	
11	1093 Claire Lilley	Brunel West London	7.54.52	
12	876 Cerian Lancaster	Sussex	8.02.11	
13	1109 Ayia Abe	St Mary's College	DNF	
14	867 Julia Downes	Reading	DNF	
15	1095 Grace O'Rourke	Chester (Chester)	DNS	

Outdoor Athletics Championships 2011 - Bedford

100m Hurdles Women Results First 3 and 4 Fastest Losers to Semi Final

Sun 1 May 12:20

Championship Best Performance:

2003 Helen Worsey	Loughborough	13.45
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Heat 1

		Wind Speed	Not Recorded
1	218 Ashley Helsby	UWIC	14.22 Q
2	191 Claire Humphries	Birmingham	15.12 Q
3	214 Moe Sasegbon	Sheffield Hallam	15.36 Q
4	203 Danielle Rooney	Loughborough	15.83 q
5	1731 Francesca Bennett	Brunel West London	15.91 q
6	215 Karolina Isoaho	Southampton	16.78
7	197 Becca Jones	Exeter	DNS

Heat 2

		Wind Speed	-1.8m/s
1	204 Lauren Dewdney	Loughborough	15.55 Q
2	189 Aimee Mcneilly	Bath	15.72 Q
3	192 Molly Bagworth	Birmingham	17.22 Q
4	210 Lauren Thompson	Portsmouth	17.32
5	198 Harriet Lester	Leeds	20.87
6	216 Helen Morton	University College London	DNF

Heat 3

		Wind Speed	-1.9m/s
1	213 Karla Drew	Sheffield Hallam	14.67 Q
2	201 Andrea Vinet	Loughborough	15.10 Q
3	209 Clara Blattler	Oxford	16.46 Q
4	129 Lisa Revitt	Leeds Met Carnegie	16.85
5	190 Kirsty Warland	Bath	17.02
6	208 Becky Mcallister	Newcastle	21.18

Heat 4

		Wind Speed	-0.6m/s
1	207 Serita Solomon	Middlesex	14.15 Q
2	194 Stephanie Gaynor	Brunel West London	14.38 Q
3	200 Serita Shone	Leeds Met Carnegie	15.35 Q
4	211 Rosie Marino	Sheffield	15.40 q
5	202 Chloe Whalley	Loughborough	15.46 q
6	206 Jen Simmons	Manchester	DNS



Outdoor Athletics Championships 2011 - Bedford

100m Hurdles Women Semi Finals Results First 3 and 2 Fastest Losers to Final

Sun 1 May 14:20

Championship Best Performance:

2003 Helen Worsey Loughborough 13.45

Semi 1

Wind Speed

-1.1m/s

1	207 Serita Solomon	Middlesex	14.52 Q
2	194 Stephanie Gaynor	Brunel West London	14.53 Q
3	204 Lauren Dewdney	Loughborough	15.51 Q
4	189 Aimee Mcneilly	Bath	15.89
5	1731 Francesca Bennett	Brunel West London	16.53
6	202 Chloe Whalley	Loughborough	16.93
7	192 Molly Bagworth	Birmingham	17.45
8	200 Serita Shone	Leeds Met Carnegie	DNF

Semi 2

Wind Speed

-2.4m/s

1	218 Ashley Helsby	UWIC	14.15 Q
2	213 Karla Drew	Sheffield Hallam	14.77 Q
3	201 Andrea Vinet	Loughborough	14.96 Q
4	191 Claire Humphries	Birmingham	15.16 q
5	211 Rosie Marino	Sheffield	15.22 q
6	214 Moe Sasegbon	Sheffield Hallam	15.55
7	203 Danielle Rooney	Loughborough	15.62
8	209 Clara Blattler	Oxford	16.76

Outdoor Athletics Championships 2011 - Bedford

100m Hurdles Women Final

Mon 2 May 13:55

Championship Best Performance:

2003 Helen Worsey Loughborough 13.45 Team Points

1	194 Stephanie Gaynor	Brunel West London	14.16	8
2	207 Serita Solomon	Middlesex	14.17	7
3	218 Ashley Helsby	UWIC	14.20	6
4	204 Lauren Dewdney	Loughborough	14.74	5
5	201 Andrea Vinet	Loughborough	14.80	4
6	191 Claire Humphries	Birmingham	14.87	3
7	213 Karla Drew	Sheffield Hallam	DNF	0
8	211 Rosie Marino	Sheffield	DNS	0

400m Hurdles Women Heats Results
Sat 30 April 13:55
First 2 and 2 fastest losers to Final

Heat 1

1	522 Emma Peters	UWIC	1.00.43	Q
2	574 Sophie Wood	Leeds Met Carnegie	1.00.85	Q
3	578 Gabrielle Coveney	Loughborough	1.02.07	q
4	577 Gwen Thornton	London	1.04.25	
5	568 Lizzie Thompson	Cambridge	1.05.11	
6	208 Becky Mcallister	Newcastle	1.10.00	
7	586 Maddie Cole	Portsmouth	1.20.41	
8	502 Claire Stokes	Lincoln	DNF	

Heat 2

1	196 Caryl Granville	Cardiff	1.00.41	Q
2	571 Emily Stevens	Hertfordshire	1.01.10	Q
3	561 Katie Sockett	Bath	1.02.36	q
4	211 Rosie Marino	Sheffield	1.02.55	
5	567 Kate Laidlow	Cambridge	1.05.93	
6	597 Rhiannon Linnington-Payne	UWIC	1.07.17	
7	589 Jess Cunliffe	Sheffield Hallam	1.19.19	
8	517 Fiona Trew	St Andrews	DNS	

Heat 3

1	Lane Vacant			
2	580 Meghan Beesley	Loughborough	59.36	Q
3	562 Megan Southwart	Bath	1.01.64	Q
4	591 Emily Bonnett	Southampton	1.04.66	
5	576 Sophie Fletcher	Liverpool John Moores	1.06.23	
6	563 Hannah Jackson	Bath Spa College	1.06.73	
7	206 Jen Simmons	Manchester	1.07.22	
8	573 Olivia Mcgreavy	Leeds Met Carnegie	1.07.70	

400m Hurdles Women Final
Monday 2 May 10.10am

				Team Points
	FINAL			
1	580 Meghan Beesley	Loughborough	58.17	8
2	196 Caryl Granville	Cardiff	58.68	7
3	522 Emma Peters	UWIC	59.69	6
4	571 Emily Stevens	Hertfordshire	59.79	5
5	574 Sophie Wood	Leeds Met Carnegie	59.85	4
6	562 Megan Southwart	Bath	1.01.24	3
7	561 Katie Sockett	Bath	1.01.51	2
8	578 Gabrielle Coveney	Loughborough	1.03.10	1

4x100m Women Heats

Sun 1 May 17:10

Fastest 8 teams to Final

Heat 1

1	BRU	Brunel West London	48.46	q
2	UWI	UWIC	48.72	q
3	LOU	Loughborough	49.09	q
4	SHE	Sheffield	49.95	q
5	BIR	Birmingham	50.84	q
6	NEW	Newcastle	51.93	

Heat 2

1	BAT	Bath	48.45	q
2	HAL	Sheffield Hallam	50.09	q
3	OXF	Oxford	51.30	q
4	NOR	Northumbria	51.38	
5	LMC	Leeds Met Carnegie	52.20	
6	EXE	Exeter	54.20	

Outdoor Athletics Championships 2011 - Bedford

4x100m Women Final

Mon 2 May 14:25

Championship Best Performance:

	2005	Loughborough	45.69	Team Points
1	UWI	UWIC	47.15	8
2	BRU	Brunel West London	47.47	7
3	LOU	Loughborough	47.86	6
4	BAT	Bath	48.70	5
5	HAL	Sheffield Hallam	49.64	4
6	SHE	Sheffield	54.58	3
7	BIR	Birmingham	DNS	0
8	OXF	Oxford	DNS	0

4x400m Women Heats

Sun 1 May 17:50

Fastest 8 teams to Final

Heat 1

2	LOU	Loughborough	3.55.22	q
3	BAT	Bath	3.57.75	q
4	OXF	Oxford	4.06.03	q
5	LMC	Leeds Met Carnegie	4.08.55	q
6	SHE	Sheffield	4.13.50	q

Heat 2

2	UWI	UWIC	3.58.30	q
3	HAL	Sheffield Hallam	4.02.41	q
4	EXE	Exeter	4.03.25	q
5	NOR	Northumbria	4.18.56	
6	NEW	Newcastle	4.31.31	
7	BRU	Brunel West London	DNS	

Outdoor Athletics Championships 2011 - Bedford

4x400m Women Final

Mon 2 May 14:45

Championship Best Performance:

2005	Loughborough	3.39.07	Team Points
1 LOU	Loughborough	3.45.56	8
2 UWI	UWIC	3.51.67	7
3 BAT	Bath	3.52.43	6
4 HAL	Sheffield Hallam	3.56.23	5
5 LMC	Leeds Met Carnegie	3.59.79	4
6 EXE	Exeter	4.02.01	3
7 OXF	Oxford	DNS	0
8 SHE	Sheffield	DQ	0

Outdoor Athletics Championships 2011 - Bedford

High Jump Women	Qualifying A	1.81m	
200 Serita Shone	Leeds Met Carnegie	1.63	q
214 Moe Sasegbon	Sheffield Hallam	1.63	q
1191 Jessica Tappin	Loughborough	1.63	q
1245 Bethan Partridge	Birmingham	1.63	q
1267 Hannah Dixon	Northumbria	1.60	
1251 Bethan Siddons	Canterbury Christ Church	1.60	
1269 Hannah Sargeant	Sheffield	1.60	
1249 Jo Rowland	Brunel West London	1.55	
1265 Amy Richards	Newcastle	1.55	
1254 Grace Johnson	Leeds	1.50	
1263 Charlotte O'Neill	Manchester	1.40	
1268 Roxanne Swerdlow	Oxford	NHR	

Qualifying B

344 Chrissy Parsons	Cardiff	1.63	q
1259 Chloe Boulter	Loughborough	1.63	q
1248 Eloise Newman	Brunel West London	1.63	q
1272 Emma Nuttal	Strathclyde	1.63	q
1262 Zoey Phillips	Loughborough	1.63	q
213 Karla Drew	Sheffield Hallam	1.63	q
1250 Emma Perkins	Cambridge	1.63	q
1208 Katy Sealy	UWIC	1.63	q
1274 Helen Buckley	Thames Valley	1.60	
216 Helen Morton	University College London	1.60	
1264 Katie Hamilton	Manchester	1.45	
1246 Pamela Hughes	Birmingham	NHR	

Outdoor Athletics Championships 2011 - Bedford

High Jump Women Final

Championship Best Performance:

	2004 Bobby Aloysius	NEWI	1.84	Team Points
1	1250 Emma Perkins	Cambridge	1.81	8
2	1272 Emma Nuttal	Strathclyde	1.78	7
3	1245 Bethan Partridge	Birmingham	1.75	6
4	1262 Zoey Phillips	Loughborough	1.69	5
5	214 Moe Sasegbon	Sheffield Hallam	1.69	4
6	1248 Eloise Newman	Brunel West London	1.63	3
7	213 Karla Drew	Sheffield Hallam	1.63	2
8	1191 Jessica Tappin	Loughborough	1.63	1
9	1259 Chloe Boulter	Loughborough	1.63	
10	1208 Katy Sealy	UWIC	1.60	
11	200 Serita Shone	Leeds Met Carnegie	1.60	
12	344 Chrissy Parsons	Cardiff	1.55	

Outdoor Athletics Championships 2011 - Bedford

Long Jump Women	Qualifying A	5.85m	
1143 Alex Russell	Liverpool John Moores	5.74	q
1169 Kim Murray	Bath	5.71	q
1207 Angela Barrett	University College London	5.66	q
1192 Joanne Whiteway	Loughborough	5.44	q
1172 Steph Kleynhans	Birmingham	5.36	q
213 Karla Drew	Sheffield Hallam	5.27	q
1193 Katie James	Loughborough	5.23	
1174 Alice Lennox	Brunel West London	5.06	
1195 Lily Blake	Newcastle	5.02	
1176 Shakira Francis	Brunel West London	5.00	
1378 Jessica Abraham	UWIC	4.90	
1203 Sara Geary	St Mary's College	4.74	
1197 Ruth Howard	Oxford Brookes	4.71	
1196 Kate Birks	Nottingham	4.60	
108 Lizzie Gourlay	Bournemouth	3.89	
347 Carole Seihi	East London	3.82	

Qualifying B

1168 Hannah Lewis	Bath	5.80	q
1204 Imelda Morrison	Swansea	5.78	q
200 Serita Shone	Leeds Met Carnegie	5.78	q
1198 Sarah Warnock	Queen Margaret, Edinburgh	5.73	q
1202 Emily Martin	St Mary's College	5.66	q
212 Elise Lovell	Sheffield Hallam	5.46	q
1206 Desola Bakre	UC Birmingham	5.23	
115 Katryna Hardcastle	Chester (Chester)	5.18	
1170 Caoimhe King	Birmingham	5.13	
1191 Jessica Tappin	Loughborough	5.09	
1190 Jessica Houlton	Loughborough	4.99	
1175 Rochelle Jones	Brunel West London	4.94	
1188 Maggie Million	Liverpool John Moores	4.84	
360 Kristine Reinhold	Liverpool	4.38	
1210 Teenie Fung	Warwick	4.20	
1182 Abbie Rudd	Exeter	3.93	
121 Aimee Smith	Gloucestershire	3.25	

Outdoor Athletics Championships 2011 - Bedford

Long Jump Women Final

Championship Best Performance:

	1998 Julie Holman	Brunel WL	6.29	Team Points
1	1169 Kim Murray	Bath	6.21	8
2	1168 Hannah Lewis	Bath	6.10	7
3	1143 Alex Russell	Liverpool John Moores	6.09	6
4	1207 Angela Barrett	University College London	5.96	5
5	1192 Joanne Whiteway	Loughborough	5.95	4
6	1198 Sarah Warnock	Queen Margaret, Edinburgh	5.90	3
7	1204 Imelda Morrison	Swansea	5.89	2
8	200 Serita Shone	Leeds Met Carnegie	5.88	1
9	1202 Emily Martin	St Mary's College	5.87	
10	1172 Steph Kleynhans	Birmingham	5.43	
11	213 Karla Drew	Sheffield Hallam	5.39	
12	212 Elise Lovell	Sheffield Hallam	5.32	

Outdoor Athletics Championships 2011 - Bedford

	Triple Jump Women	Qualifying A	12.10m	
1	1329 Tamara Longwe	Loughborough	12.13	Q
2	1330 Emma Pringle	Newcastle	12.06	q
3	1170 Caoimhe King	Birmingham	12.04	q
4	1340 Lauren Blackie	Wolverhampton	11.95	q
5	1175 Rochelle Jones	Brunel West London	11.52	q
6	215 Karolina Isoaho	Southampton	11.18	q
7	1320 Hannah Walsh	Birmingham City	11.09	
8	1255 Amanda Evans	Leeds Met Carnegie	10.97	
9	1319 Elenore Owen	Birmingham	10.94	
10	1335 Laura Keeley	Swansea	10.66	
11	1197 Ruth Howard	Oxford Brookes	10.18	

Qualifying B

1	1207 Angela Barrett	University College London	12.54	Q
2	1323 Jade Morgan	Essex	11.93	q
3	1318 Claire Wait	Birmingham	11.75	q
4	1206 Desola Bakre	UC Birmingham	11.44	q
5	1176 Shakira Francis	Brunel West London	11.41	q
6	1339 Lauren Priest	UWE	11.30	q
7	1328 Marie Boule	Loughborough	10.87	
8	1315 Cat Shin	Bath	10.57	
9	1327 Rosie Mackay	Leeds Met Carnegie	10.30	
10	1331 Michaela Shaw	Oxford Brookes	9.77	
11	1182 Abbie Rudd	Exeter	9.17	

Outdoor Athletics Championships 2011 - Bedford

Triple Jump Women Final

Championship Best Performance:

	2008 Nony Mordi	Edinburgh	13.62	Team Points
1	1207 Angela Barrett	University College London	12.73	8
2	1170 Caoimhe King	Birmingham	12.57	7
3	1323 Jade Morgan	Essex	12.26	6
4	1329 Tamara Longwe	Loughborough	12.23	5
5	1330 Emma Pringle	Newcastle	11.95	4
6	1339 Lauren Priest	UWE	11.87	3
7	1206 Desola Bakre	UC Birmingham	11.60	2
8	1175 Rochelle Jones	Brunel West London	11.57	1
9	1340 Lauren Blackie	Wolverhampton	11.46	
10	1318 Claire Wait	Birmingham	11.33	
11	1176 Shakira Francis	Brunel West London	10.88	
12	215 Karolina Isoaho	Southampton	10.87	

Outdoor Athletics Championships 2011 - Bedford

Pole Vault Women Final

Championship Best Performance:

	2010 Sally Scott	Loughborough	4.01	Team
				Points
1	1372 Sally Scott	Loughborough	4.00	8
2	1369 Sally Peake	Cardiff	3.90	7
3	1378 Jessica Abraham	UWIC	3.70	6
4	209 Clara Blattler	Oxford	3.60	5
5	1367 Kara Gibbs	Bedfordshire	2.90	4
6	1366 Kizzi Barazetti	Bath	2.70	3
7	1365 Emily Taylor	Bath	NHR	0
8	1377 Elinor Lewis	UWIC	NHR	0
9	1373 Sophie Upton	Loughborough	NHR	

Outdoor Athletics Championships 2011 - Bedford

	Shot Women	Qualifying A	13.00m	
1	1437 Rachel Wallader	UC Birmingham	14.27	Q
2	1441 Sarah Benson	UWIC	12.59	q
3	1428 Charlotte Rose	Loughborough	12.42	q
4	1424 Alice Simpson	Leeds Met Carnegie	12.34	q
5	1427 Rebecca Hall	Lincoln	11.98	q
6	1249 Jo Rowland	Brunel West London	11.89	q
7	1435 Michelle Durbidge	Stirling	11.39	q
8	1172 Steph Kleynhans	Birmingham	10.41	
9	1208 Katy Sealy	UWIC	10.30	
10	1438 Julia Walkden	UWE	9.47	
11	1416 Charlotte Shaw	Buckinghamshire New	3.97	

Qualifying B

1	1425 Hannah Evenden	Leeds Met Carnegie	12.97	q
2	1422 Lois Earl	Hull	12.92	q
3	1431 Sophie Thomas	Loughborough	12.87	q
4	200 Serita Shone	Leeds Met Carnegie	11.55	q
5	1418 Abigail Moronkeji	Coventry	11.18	q
6	1421 Sharifa Brown	Greenwich	10.32	
7	1429 Emma Lowry	Loughborough	9.94	
8	1480 Rachel Williams	Brunel West London	9.22	
9	1439 Jess Huddleston	UWIC	9.16	
10	1423 Lauren Hunt	Leeds	8.36	
11	1195 Lily Blake	Newcastle	7.89	
12	1417 Yasmin Burr	Buckinghamshire New	6.39	

Outdoor Athletics Championships 2011 - Bedford

Shot Women Final

Championship Best Performance:

	2001 Julie Dunkley	Greenwich	15.97	Team Points
1	1437 Rachel Wallader	UC Birmingham	15.54	8
2	1425 Hannah Evenden	Leeds Met Carnegie	13.51	7
3	1441 Sarah Benson	UWIC	13.03	6
4	1422 Lois Earl	Hull	12.91	5
5	1431 Sophie Thomas	Loughborough	12.62	4
6	1424 Alice Simpson	Leeds Met Carnegie	12.48	3
7	1427 Rebecca Hall	Lincoln	12.03	2
8	200 Serita Shone	Leeds Met Carnegie	11.83	0
9	1428 Charlotte Rose	Loughborough	11.65	1
10	1249 Jo Rowland	Brunel West London	11.61	
11	1418 Abigail Moronkeji	Coventry	11.12	
	1435 Michelle Durbidge	Stirling	WDN	

Outdoor Athletics Championships 2011 - Bedford

Discus & Ambulant Disc Qualifying A 42.00m

1	1495 Tesni Ward	Sheffield Hallam	44.73	Q
2	1425 Hannah Evenden	Leeds Met Carnegie	40.67	q
3	1421 Sharifa Brown	Greenwich	37.19	q
4	1501 Megan Tuck	UWIC	36.96	q
5	1438 Julia Walkden	UWE	36.61	q
6	1444 Claire Williams	Loughborough	36.15	q
7	1423 Lauren Hunt	Leeds	33.65	q
8	1422 Lois Earl	Hull	30.59	
9	1494 Kate Whiston	Nottingham	27.90	
10	1430 Rebecca Davies	Loughborough	25.17	
	1808 Lucie Prosser - F36	Guest	16.38	

Qualifying B

1	1482 Lucy Underdown	Canterbury Christ Church	39.25	q
2	1424 Alice Simpson	Leeds Met Carnegie	36.34	q
3	1478 Rachel Bennett	Brighton	35.79	q
4	1499 Hayley Green	UWIC	35.00	q
5	1435 Michelle Durbidge	Stirling	34.10	q
6	1439 Jess Huddleston	UWIC	30.64	
7	1431 Sophie Thomas	Loughborough	30.61	
8	1480 Rachael Williams	Brunel West London	26.94	
9	1491 Kelly Lawrence	Loughborough	26.03	
10	1481 Lesley Megarity	Buckinghamshire New	20.25	
11	1484 Penny Caudle	Exeter	16.25	

Outdoor Athletics Championships 2011 - Bedford

Discus Women Final

Championship Best Performance:

	1995 Jackie McKernan	Ulster	58.38	Team Points
1	1495 Tesni Ward	Sheffield Hallam	44.58	8
2	1425 Hannah Evenden	Leeds Met Carnegie	42.14	7
3	1444 Claire Williams	Loughborough	37.99	6
4	1501 Megan Tuck	UWIC	37.71	5
5	1478 Rachel Bennett	Brighton	37.30	4
6	1424 Alice Simpson	Leeds Met Carnegie	36.52	3
7	1435 Michelle Durbidge	Stirling	36.40	2
8	1438 Julia Walkden	UWE	36.22	1
9	1499 Hayley Green	UWIC	35.03	
10	1421 Sharifa Brown	Greenwich	32.26	
11	1423 Lauren Hunt	Leeds	32.24	
12	1482 Lucy Underdown	Canterbury Christ Church	DNS	



Outdoor Athletics Championships 2011 - Bedford

Javelin Women

Qualifying A

40.00m

1	1495 Tesni Ward	Sheffield Hallam	48.59	Q
2	1431 Sophie Thomas	Loughborough	46.98	Q
3	1553 Sam Cullinane	Leeds Met Carnegie	40.11	Q
4	1249 Jo Rowland	Brunel West London	38.05	q
5	1208 Katy Sealy	UWIC	37.37	q
6	1546 Sarah McGuire	Durham	36.43	q
7	1422 Lois Earl	Hull	31.59	q
8	1541 Charlotte Berrington	Birmingham	27.88	
9	361 Emma May	Liverpool John Moores	22.53	

Qualifying B

1	1545 Felicia Rudolfo	Coventry	38.97	q
2	1551 Chloe Beckett	Leeds Met Carnegie	38.11	q
3	1552 Robyn Purchase	Leeds Met Carnegie	37.47	q
4	1480 Rachael Williams	Brunel West London	34.81	q
5	1190 Jessica Houlton	Loughborough	31.00	q
6	1197 Ruth Howard	Oxford Brookes	30.86	
7	1274 Helen Buckley	Thames Valley	30.02	
8	1554 Ciara Gallen	Liverpool John Moores	22.24	
9	1542 Phillipa Stiff	Bournemouth	22.07	
10	1549 Lisa Boardman	Hull	20.17	

Outdoor Athletics Championships 2011 - Bedford

Javelin Women

Final

Championship Best Performance:

	2002 Goldie Sayers	Loughborough	53.63	Team Points
1	1495 Tesni Ward	Sheffield Hallam	50.58	8
2	1431 Sophie Thomas	Loughborough	45.96	7
3	1553 Sam Cullinane	Leeds Met Carnegie	42.47	6
4	1551 Chloe Beckett	Leeds Met Carnegie	38.49	5
5	1480 Rachael Williams	Brunel West London	37.43	4
6	1545 Felicia Rudolfo	Coventry	36.69	3
7	1552 Robyn Purchase	Leeds Met Carnegie	35.93	0
8	1249 Jo Rowland	Brunel West London	35.48	2
9	1208 Katy Sealy	UWIC	35.23	1
10	1546 Sarah McGuire	Durham	34.73	
11	1422 Lois Earl	Hull	32.58	
12	1190 Jessica Houlton	Loughborough	29.04	

Outdoor Athletics Championships 2011 - Bedford

Hammer Women

Final

Championship Best Performance:

	2007 Zoe Derham	Gloucester	66.54	Team Points
1	1595 Myra Perkins	Loughborough	61.94	8
2	1425 Hannah Evenden	Leeds Met Carnegie	52.57	7
3	1589 Kathryn Yhnell	Gloucestershire	50.03	6
4	1424 Alice Simpson	Leeds Met Carnegie	49.31	5
5	1586 Adanna Okeahialam	Birmingham	48.13	4
6	1499 Hayley Green	UWIC	45.11	3
7	1588 Anna Robertson	Gloucestershire	45.05	2
8	1593 Zahra Akinpeju	London	37.86	1
9	1491 Kelly Lawrence	Loughborough	35.82	
10	1600 Emma Phillips	York	33.78	
11	1501 Megan Tuck	UWIC	33.06	
12	1596 Annika Wing	Northampton	28.66	
13	1418 Abbiegail Moronkeji	Coventry	28.21	
14	1494 Kate Whiston	Nottingham	24.91	
	1804 Sophie Hitchon	UKA - Guest	69.43	UK Record