

## SUNDAY 23RD JUNE 2013 - TRACK

### U20 WOMEN 400M HURDLES FINAL

1	96	Hattie DENT	Yate AC	1.05.33
2	82	Megan DIXON	Wolverhampton & Bilston AC	1.06.23
3	88	Sophie WORRALL	Telford AC	1.07.36
4	98	Hannah SCALES	Rugby & Northampton AC	1.07.75
5	97	Suzie FREER	Birmingham Running & Triathlon Club	1.10.66

### SENIOR WOMEN 400M HURDLES FINAL

1	91	Gabrielle COVENEY	Ealing Southall & Middlesex	59.59
2	92	Sian DAVIES	Swansea H	1.00.37
3	95	Emily PARKER	Epsom & Ewell Harriers	1.00.43
4	93	Emma KOMOCKI	Notts AC	1.02.34
5	94	Hazel LE CORNU	Channel Isles AC	1.04.29
	90	Lauren BOUCHARD	Loughborough Students AC	

### U20 MEN 400M HURDLES FINAL

1	521	Branden Millward	City of Stoke AC	1.02.29
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### SENIOR MEN 400M HURDLES FINAL

1	114	Chris WAKEFORD	Sale Harriers Manchester	52.15
2	142	Tom MOAKES	Notts AC	52.83
3	298	Darren LEWIS	Sale Harriers Manchester	54.04
4	299	Stefan WILCOCKSON	Mansfield H	57.72
5	296	Prince AYEY	Birmingham Running & Triathlon Club	1.03.73

### SENIOR MEN 800M HEATS 1

1	200	Elnaseir ABDULRAHMAN	Birchfield Harriers	1.55.48
2	182	Richard DE-CAMPS	Gloucester AC	1.58.05
3	189	James MILLER	Cheltenham Harriers	1.58.89
4	192	Frederic TREMBLAY	Royal Sutton Coldfield	1.59.90
5	518	Alasdair STRANGE	Woodford Green & Essex L	2.00.60
6	523	Sam Davies	Birchfield Harriers	2.00.97
7	185	Sam HADLEY	Kidderminster & Stourport AC	2.05.67

### SENIOR MEN 800M HEATS 2

1	183	Stephen EMERY	Coventry Godiva H	2.00.36
2	190	Aaron PHELPS	Stroud AC	2.00.58
3	520	Jonathan HIORNS	Notts AC	2.00.70
4	184	Toby GRIFFITHS	Loughborough Students AC	2.04.88
5	191	Clark ROBERTS	Coventry Godiva H	2.05.89
6	145	David MUNRO	Wolverhampton & Bilston AC	2.08.38
7	186	Thomas HALLOWAY	Staffordshire Moorlands AC	2.10.84

### WHEELCHAIR MEN 800M FINAL

1	492	Stuart Bloor	Crewe	2.03.56
2	483	Isaac Towers	Blackpool Wyre & Fylde AC	2.14.26
3	436	Jack Binstead	Kingston AC & Poly Harriers	2.18.54
4	475	Benjamin Rowlings	Coventry Godiva H	2.19.40
5	482	Oliver Taylor	Coventry Godiva H	2.41.22
6	455	Ron Harris	Coventry Godiva H	2.48.85
7	467	Michael McCabe	Sutton & Dist AC	2.52.01

<b>WHEELCHAIR WOMEN 200M HEAT 1</b>				<b>w/s 2.0</b>
1	<b>418</b>	Mel Nicholls	Coventry Godiva H	40.76
2	<b>429</b>	Kirsty Grange	Manchester H & AC	47.99
3	<b>428</b>	Natasha Davies	Club	1.00.14

<b>WHEELCHAIR WOMEN 200M HEAT 2</b>				<b>w/s 1.8</b>
1	<b>422</b>	Lauren Rowles	Coventry Godiva H	41.46
2	<b>423</b>	Doaa Shayea	City of Plymouth AC	45.6
3	<b>424</b>	Carly Tait	Stockport Harriers & AC	52.52
4	<b>401</b>	Kare Adenegan	Coventry Godiva H	54.27

<b>U20 WOMEN 200M HEAT 1</b>				<b>w/s + 0.6</b>
1	<b>131</b>	Amy HILLYARD	Birchfield Harriers	25.72
2	<b>129</b>	Alice DESFORGES	Rushcliffe AC	25.88
3	<b>68</b>	Tamara SAUNDERS	Wolverhampton & Bilston AC	26.09
4	<b>132</b>	Katrina WALKER	Birmingham Running & Triathlon Club	27.54
5	<b>130</b>	Mary DONALDSON	Leamington C & AC	29.78

<b>U20 WOMEN 200M HEAT 2</b>				<b>w/s + 0.2</b>
1	<b>64</b>	Jodie HARRISON	Wolverhampton & Bilston AC	25.94
2	<b>70</b>	Zoe STYLES	Worcester AC	26.25
3	<b>61</b>	Sadie FORRESTER-HAYLES	Wolverhampton & Bilston AC	27.00
4	<b>128</b>	Petra BEDIAKO	Birmingham Running & Triathlon Club	27.09

<b>SENIOR WOMEN 200M FINAL</b>				<b>w/s -0.4</b>
1	<b>55</b>	Ellena RUDDOCK	Rugby & Northampton AC	25.08
2	<b>52</b>	Ann IKA-OQUA	Wolverhampton & Bilston AC	25.24
3	<b>125</b>	Nardhia KIDD-WALKER	Birchfield Harriers	25.65
4	<b>127</b>	Hannah STEVENSON	Notts AC	26.43
5	<b>49</b>	Seemita GUMBS	Birchfield Harriers	26.66
6	<b>126</b>	Charmaine RILEY-NELSON	Royal Sutton Coldfield	27.36

<b>AMBULANT WOMEN 200M FINAL</b>				<b>w/s + 2.4</b>
1	<b>406</b>	Sophie Hahn	Charnwood AC	27.88
2	<b>413</b>	Maria Lyle	Dunbar RC	32.33

<b>SENIOR MEN 3000M STEEPLECHASE FINAL</b>				
1	<b>173</b>	Tom CROWLEY	Notts AC	9.57.81
2	<b>174</b>	Steve MILLWARD	Gloucester AC	10.01.48
3	<b>172</b>	Jonathan BARNES	Cheltenham Harriers	10.48.66

<b>U20 MEN 2000M STEEPLECHASE FINAL</b>				
1	<b>176</b>	Ben TOPLEY	Birchfield Harriers	6.21.92
2	<b>175</b>	Russell ADAMS	Telford AC	6.53.65

<b>WHEELCHAIR MEN 200M HEAT 1</b>				<b>w/s + 2.7</b>
1	<b>492</b>	Stuart Bloor	Crewe & Nantwich AC	30.9
2	<b>475</b>	Benjamin Rowlings	Coventry Godiva H	33.7
3	<b>483</b>	Isaac Towers	Blackpool Wyre & Fylde AC	34.2
4	<b>459</b>	Jabari Knight	Kingston AC & Poly Harriers	34.9
5	<b>431</b>	Gregg Aitken	Ashford AC	41.2
6	<b>480</b>	Steven Sopp	Ashford AC	48.0

<b>WHEELCHAIR MEN 200M HEAT 2</b>				<b>w/s + 2.3</b>
1	478	Sheikh Sheikh	Kingston AC & Poly Harriers	29.9
2	433	Ashley Archer	Kingston AC & Poly Harriers	30.5
3	467	Michael McCabe	Sutton & Dist AC	33.3
4	455	Ron Harris	Coventry Godiva H	39.0
5	437	Tiaan Bosch	Leeds City AC	43.2

<b>WHEELCHAIR MEN 200M HEAT 3</b>				<b>w/s + 3.4</b>
1	457	Moatez Jomni	Kingston AC & Poly Harriers	31.7
2	436	Jack Binstead	Kingston AC & Poly Harriers	33.8
3	482	Oliver Taylor	Coventry Godiva H	36.6
4	438	Daniel Bramall	Stockport Harriers & AC	38.7
5	474	Dagan Roberts	Leeds City AC	43.5
6	479	Andy Small	Stockport Harriers & AC	44.2

<b>U20 MEN 200M HEAT 1</b>				<b>w/s + 1.8</b>
1	121	Elliott POWELL	Leicester Coritanian AC	22.1
2	44	Daniel TRUEEMAN	Stroud AC	22.2
3	39	Olutobi OGUNDIPE	Telford AC	22.4
4	117	Liam HEBBLETHWAITE	Stoke AC	22.6
5	122	Kevin SAMUELS	Wolverhampton & Bilston AC	23.1
6	119	Elliott JONES	Tamworth AC	25.1
7	360	James HOULT	Halesowen A & CC	26.2

<b>U20 MEN 200M HEAT 2</b>				<b>w/s + 1.3</b>
1	28	Fabian BATCHELOR	Birchfield Harriers	22.2
2	116	Jack GOODBAND	Charnwood AC	22.6
3	32	Kyle DE ESCOFET	Dudley & Stourbridge H	23.0
4	29	Delano BROWN	Birchfield Harriers	23.2
5	42	Mohammed SUFIAN	Coventry Godiva H	24.9
6	30	Thomas CARVELL	Kettering Town Harriers	DQ

<b>SENIOR MEN 200M HEAT 1</b>				<b>w/s + 0.9</b>
1	105	Somto ERUCHIE	Birchfield Harriers	21.8
2	112	Peter SHAND	Tipton H	22.2
3	114	Chris WAKEFORD	Sale Harriers Manchester	22.5
4	2	Alex ANIMASHAUN	Harrow AC	22.7
5	10	Talent GUKWE	Cannock & Stafford AC	22.9
6	107	Alex FIELDS	Bristol & West AC	23.4
7	104	Brian DARBY	Coventry Godiva H	23.8

<b>SENIOR MEN 200M HEAT 2</b>				<b>w/s + 2.0</b>
1	118	Matthew HUDSON-SMITH	Birchfield Harriers	21.7
2	19	Nicholas PRYCE	Royal Sutton Coldfield	21.8
3	102	Debo ADEMUYEWO	City of Manchester	22.2
4	26	Peter WATLING	Wolverhampton & Bilston AC	22.9
5	22	Jim TIPPER	Telford AC	23.2
6	6	Scott EBURNE	Coventry Godiva H	23.8
6	25	Aidan TWOMEY	Coventry Godiva H	24.5

<b>SENIOR MEN 200M HEAT 3</b>					<b>w/s</b>
1	21	Julian THOMAS	Birchfield Harriers	21.6	
2	115	Michael WARNER	Notts AC	21.6	
3	23	Richard TREMBLEN	Cheltenham Harriers	21.9	
4	147	Efe Okoro	Birchfield Harriers	22.6	
5	524	Romaine Hyman	B & W	23.2	
6	108	Jamie HORDER	Cheltenham Harriers	23.2	
7	101	Alastair ABRAMS	North Somerset AC	23.3	
8	109	Tom JOHNSON	Rugby & Northampton AC	23.5	
<b>AMBULANT MEN 200M HEAT 1</b>					<b>w/s - 0.1</b>
1	487	Lee Whiteley	Sale Harriers Manchester	23.2	
2	469	Robert Pearsall	Tipton H	24.9	
3	481	Joshua Taylor	Invicta East Kent AC	28.7	
4	439	Anthony Bryan	Herts Phoenix AC	33.5	
<b>AMBULANT MEN 200M HEAT 2</b>					<b>w/s + 2.0</b>
1	499	Richard Whitehead	Southwell Running Club	24.9	
2	454	Matthew Hamilton	Basildon AC	26.5	
3	477	Ben Rushgrove	Team Bath	27.3	
4	476	Sam Ruddock	Loughborough Students AC	30.0	
5	465	Nicky Maxwell	Bracknell AC	31.9	
<b>AMBULANT MEN 200M HEAT 3</b>					<b>w/s + 2.7</b>
1	434	James Arnott	City of Plymouth AC	25.0	
2	462	Kushal Limbu	Ashford AC	25.1	
3	464	Nicholas Marsh	North Somerset AC	28.3	
4	470	Marcus Pidgley	Poole AC	29.5	
5	466	Daniel Mayne	Jarrow & Hebburn AC	30.2	
<b>AMBULANT WOMEN 800M FINAL</b>					
1	415	Heather McLarnan	Newham & Essex Beagles AC	2.28.8	
<b>SENIOR WOMEN 800M FINAL</b>					
1	164	Laura LANGOWSKI	Coventry Godiva H	2.14.0	
2	195	Anna SIMMONDS	Notts AC	2.15.0	
3	196	Helen WATERS	West Suffolk AC	2.20.5	
4	193	Dannii JOHNSON	Birchfield Harriers	2.22.6	
<b>WHEELCHAIR WOMEN 800M FINAL</b>					
1	422	Lauren Rowles	Coventry Godiva H	2.50.6	
2	429	Kirsty Grange	Manchester H & AC	3.25.5	
<b>SENIOR/U20 WOMEN 2000M STEEPLECHASE FINAL</b>					
1	177	Charlotte GREEN	Bristol & West AC	7.19.2	
2	179	Sally HOGAN	Bromsgrove & Redditch AC	7.53.5	
3	178	Gabriella MORIARTY	Rugby & Northampton AC	8.05.3	

U20 WOMEN 200M FINAL				w/s + 0.0
1	64	Jodie Harrison	W & B	25.0
2	131	Amy Hillyard	Birchfield harriers	25.3
3	70	Zoe Styles	Worcester AC	25.6
4	129	Alice Desforges	Rushcliffe AC	25.8
5	68	Tamara Saunders	W & B	26.3
6	61	Sadie Forrester-Hayle	W & B	26.9
7	128	Petra bediako	BRATs	26.9
8	132	Katrina Walker	BRATs	27.6

WHEELCHAIR MEN 200M FINAL A				w/s + 1.0
1	478	Sheikh Sheikh	Kingston AC & poly Harriers	29.2
2	433	Ashley Archer	Kingston AC & poly Harriers	29.8
3	492	Stuart Bloor	Crewe & Nantwich AC	30.0
4	457	Moatez Jomni	Kingston AC & poly Harriers	30.7
5	467	Michael Mc Cabe	sutton & District AC	33.0
6	475	Benjamin Rowlings	Coventry godiva H	33.3

WHEELCHAIR MEN 200M FINAL B				w/s - 1.5
1	436	Jack Binstead	Kingston AC & poly Harriers	34.4
2	483	Isaac Towers	Blackpool Wyre & Fylde AC	34.4
3	459	Jabari Knight	Kingston AC & poly Harriers	35.0
4	438	Daniel Bramall	Stockport Harriers & AC	38.5
5	482	Oliver taylor	Coventry godiva H	39.0
6	455	Ron Harris	Coventry godiva H	39.6

WHEELCHAIR MEN 200M FINAL C				w/s + 2.0
1	437	Tiaan Bosch	Leeds city Ac	41.6
2	474	Dagan Roberts	Leeds city Ac	44.7
3	479	Andy Small	Stockport Harriers & AC	45.4
4	480	Steven Sopp	Ashford AC	48.4
5	431	Greg Aitken	Ashford AC	DNS

U20 MEN 200M FINAL				w/s + 1.6
1	28	Fabian Bachelor	Birchfield Harriers	22.0
2	121	Elliot Powell	Leicester Coritanian	22.0
3	44	Daniel Trueman	Stroud AC	22.3
4	116	Jack Goodband	Charnwood AC	22.5
5	117	Liam Hebblethwaite	Stoke AC	22.6
6	39	Olutobi Ogundipe	Telford AC	23.0
7	122	Kevin Samuels	W&B	23.1
8	32	Kyle De Escofet	DASH	DNS

SENIOR MEN 200M FINAL				w/s + 1.9
1	21	Julian Thomas	Birchfield Harriers	21.5
2	23	Richard Tremblen	Cheltenham H	21.6
3	115	Michael Warner	Notts AC	21.6
4	19	Nicholas Pryce	Royal Sutton Coldfield	21.8
5	122	Peter Shand	Tipton H	21.8
6	102	Debo Ademuyewo	City of Manchester	22.3

<b>WHEELCHAIR WOMEN 200M FINAL</b>				<b>w/s + 1.3</b>
	<b>422</b>	Lauren Roweles	Coventry godiva H	40.7
	<b>418</b>	Mel Nichols	Coventry godiva H	41.3
	<b>429</b>	Kirsty Grange	Manchester H & AC	48.3
	<b>401</b>	Kare Adenegan	Coventry godiva H	48.6
	<b>424</b>	Carly Tait	Stockport Harriers & AC	49.1
	<b>428</b>	Natasha davies		57.7
<b>AMBULANT MEN 800M FINAL</b>				
1	489	Adam Wison	Yate AC	2.18.55
<b>U20 MEN 800M FINAL</b>				
1	258	Jonny Monk	Leicester Coritanian	1.54.84
2	277	Lewis Hayes	Ketterig Town H	1.56.62
3	254	Michael Costante	Notts AC	1.57.78
4	259	Anthony Parkes	TamworthAC	2.00.16
5	255	Rhys furlong	Telford AC	2.00.55
6	201	Jordan Barrett	Cannock & Stafford	2.03.73
<b>SENIOR MEN 800M FINAL</b>				
1	200	Elnaseir Abdulrahman	Birchfield Harriers	1.58.6
2	183	Stephen Emery	Coventry godiva H	1.59.3
3	182	Richard De-Camps	Gloucester AC	2.00.1
4	520	Jonathan Hiorns	Notts AC	2.00.4
5	189	James Millar	CHeltenham	2.00.8
6	190	Aaron Phelps	Stroud AC	2.03.5
7	192	Frederick Tremblay	Royal Sutton Coldfield	2.04.4
<b>AMBULANT MEN 200M A FINAL</b>				<b>w/s 2.7</b>
1		Lee Whiteley	Sale H	23.3
2		Robert Pearsall	Tipton H	25.0
3		James Arnott	City of Plymouth	25.4
4		Matthew Hamilton	Basilidon AC	26.8
5		Ben Rushgrove	Team Bath	27.3
<b>AMBULANT MEN 200M B FINAL</b>				
1		Nicholas Marsh	North Somerset	28.2
2		Michael Taylor	Stockport H	28.8
3		Marcus Pidgley	Poole AC	29.3
4		Sam Ruddock	Loughborough Stu	29.5
5		Nicky Maxwell	Bracknell	31.9
6		Anthony Bryan	Herts Ph	33.9
<b>U20 WOMEN HIGH JUMP</b>				
1	<b>234</b>	Ella GIBBONS	Worcester AC	1.65
2	<b>226</b>	Amelia HEMPLEMAN-ADAMS	Bristol & West AC	1.65
<b>SENIOR WOMEN HIGH JUMP</b>				
1	<b>220</b>	Adele LASSU	Birchfield Harriers	1.70
2	<b>223</b>	Hayley PITMAN	Bristol & West AC	1.65
3	<b>218</b>	Chloe BOULTER	Cannock & Stafford AC	1.60

**U20 WOMEN HAMMER**

1	357	Annabelle PALMER	Notts AC	49.50
2	359	Charlotte STALLARD	Gloucester AC	44.01
3	358	Sally PRESTON	Leicester Coritanian AC	42.81
4	354	Maria BRETT	Newquay & Par AC	41.40
5	356	Samantha LAWTON	Tamworth AC	37.89
6	355	Emily COOK	Birchfield Harriers	34.95

**SENIOR WOMEN HAMMER**

1	346	Rachel GAIR	Trafford AC	60.73
2	348	Christina JONES	Bristol & West AC	57.10
3	349	Lucy MARSHALL	Woodford Green & Essex L	54.82
4	351	Hayley MURRAY	Birchfield Harriers	54.02
5	350	Bethany MITCHELL	Sutton in Ashfield Harriers & AC	49.35
6	353	Sarah STANHOPE	Lincoln Wellington AC	48.14
7	352	Beth SEWELL	Cardiff AAC	39.00
8	45	Laura RADBURN	Birchfield Harriers	28.02

**SEATED MEN/WOMEN JAVELIN**

1	405	Samantha Gray	Gateshead Harriers	7.66
1	458	Scott Jones	Cheltenham Harriers	22.9

**SENIOR MEN LONG JUMP**

1	378	Julian Reid	Birchfield Harriers	7.83	w/s	0.0
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**U20MEN LONG JUMP**

1	228	Myles DURRANT-SUTHERLAND	Birchfield Harriers	6.52	0.0
2	227	James DIAMOND	Bristol & West AC	6.27	0.8
3	76	Ian MOORE	Cheltenham Harriers	5.81	0.2
4	33	Forrest FRANCIS	Leicester Coritanian AC	5.78	-0.4

**AMBULANT MEN LONG JUMP**

1	498	Amir Kamali Sarvestani		5.10	0.0	new entry
2	495	Daniel Hooker	Oxford University AC	4.78	0.7	
3	469	Robert Pearsall	Tipton	4.56	0.0	
4	493	Daniel Barton		4.18	1.2	

**SEATED DISCUS MEN**

1	448	Derek Derenalagi	Watford Harriers	41.75
2	458	Scott Jones	Cheltenham Harriers	27.87
3	442	Nicholas Chiddle	Stevenage & North Herts AC	15.42
4	445	Ian Cope	British Wheelchair AA	14.05
5	444	Graham Condie	Red Star/Southampton Solent Uni	10.70

**SEATED DISCUS WOMEN**

1	425	Erica Vey	Stevenage & North Herts AC	15.48
2	405	Samantha Gray	Gateshead Harriers	9.78

**U20 MEN SHOT**

1	33	Forrest FRANCIS	Leicester Coritanian AC	13.28
2	119	Elliott JONES	Tamworth AC	10.57

<b>SENIOR MEN SHOT</b>					
1	100	Tom PEARSON	Charnwood AC	11.88	
2	99	Alessandro DUMMETT	Telford AC	9.88	
<b>U20 MEN POLE VAULT</b>					
1	206	Rowan MAY	Birchfield Harriers	4.80	
<b>SENIOR MEN POLE VAULT</b>					
1	204	Connor MCHALE	Mansfield H	4.20	
2	202	Luke BAILEY	Bristol & West AC	4.20	
<b>U20 WOMEN JAVELIN</b>					
1	340	Kerry MURCH	Rugby & Northampton AC	42.88	
2	339	Kate MORLEY	Birchfield Harriers	36.03	
3	130	Mary DONALDSON	Leamington C & AC	29.68	
4	233	Bethany ROBERTS	Birchfield Harriers	28.69	
5	249	Isobel BILLAU	Bromsgrove & Redditch AC	27.07	
6	250	Nikita CAMPBELL-SMITH	Birchfield Harriers	25.31	
<b>SENIOR WOMEN JAVELIN</b>					
1	338	Simone HUGGINS-WARD	Coventry Godiva H	41.48	
2	45	Laura RADBURN	Birchfield Harriers	23.52	
<b>U20 WOMEN TRIPLE JUMP</b>					
1	250	Nikita CAMPBELL-SMITH	Birchfield Harriers	11.66	w/s 1.6
2	251	Molly EALES	Birchfield Harriers	11.12	2.0
3	248	Grace ADEYINKA	Rugby & Northampton AC	10.64	0.6
4	231	Andrea BARROW	Leicester Coritanian AC	10.63	nr
5	252	Georgina GREENWOOD	Worcester AC	10.41	nr
6	373	Gemma STENNETT	Wolverhampton & Bilston AC	10.40	1.5
<b>SENIOR WOMEN TRIPLE JUMP</b>					
1	244	Sineade GUTZMORE	Birchfield Harriers	12.74	w/s 2.0
2	246	Bethan PARTRIDGE	Birchfield Harriers	12.25	0.3
3	245	Claire O'REILLY	Rugby & Northampton AC	11.43	nr
4	247	Janice PRYCE	Royal Sutton Coldfield	9.51	-0.3
<b>U20 MEN DISCUS</b>					
1	33	Forrest FRANCIS	Leicester Coritanian AC	43.70	
2	327	Niklas AARRE	Birchfield Harriers	42.95	
3	329	Callum RUBERY	Telford AC	39.18	
4	119	Elliott JONES	Tamworth AC	23.90	
<b>SENIOR MEN DISCUS</b>					
1	372	Najee FOX	Birchfield Harriers	41.81	
2	100	Tom PEARSON	Charnwood AC	37.24	
3	326	David BURRELL	Luton AC	35.46	
<b>AMBULANT MEN DISCUS</b>					
1	449	Mitchell Dutton	St Albans AC	29.75	
2	488	Tyrone Williams	Birchfield Harriers	27.21	
3	450	James Finlay	Lancaster & Morecambe AC	27.18	
4	443	Sean Clare	Leigh Harriers & AC	25.85	
5	446	Martin Crutchley	Cannock & Stafford AC	25.84	
6	471	Michael Pope	St. Albans AC	24.63	
7	440	Thomas Burton	Sale Harriers Manchester	20.22	