

BRITISH UNIVERSITIES SPORTS ASSOCIATION

INDOOR ATHLETIC 2004
NIAC, Cardiff



28-29 February 04

RESULTS

In association with

The Daily Telegraph and **PRICEWATERHOUSECOOPERS** 

60m MEN

First 2 and 8 fastest losers to 3 Semi Finals

Heat 1

| | | | |
|---|--------------------|--------------|--------|
| 1 | 80 Aidan SYERS | LOUGHBOROUGH | 6.90 Q |
| 2 | 21 Paul NEWARK | CARDIFF | 7.20 Q |
| 4 | 37 Andy McCULLAGH | EAST ANGLIA | 7.30 Q |
| 3 | 87 Levi REID | MIDDLESEX | 7.30 Q |
| 5 | 44 Chris HALL | ESSEX | 7.40 |
| 6 | 119 Jon WRIGHT | ST MARTINS | 7.50 |
| 7 | 35 Douglas HIGGINS | DURHAM | 7.60 |
| 8 | 13 Hugh LIDDANE | BRISTOL | 7.70 |

Heat 2

| | | | |
|---|-------------------------|---------------------|--------|
| 1 | 77 Victor NWAGBARA | LONDON METROPOLITAN | 7.10 Q |
| 2 | 95 Toleme EZEKIEL | OXFORD | 7.20 Q |
| 3 | 92 Robert BARKER-DAVIES | NOTTINGHAM | 7.40 |
| 4 | 143 Kwan HO | WARWICK | 7.50 |
| 5 | 89 David RILEY | NEWCASTLE | 7.60 |
| 6 | 36 Nicholas WOODHAMS | DURHAM | 7.80 |
| 7 | 5 Alex CURLETT | BIRMINGHAM | 8.10 |
| 8 | 30 Ian TURNER | COVENTRY | 8.50 |

Heat 3

| | | | |
|---|----------------------|---------------|--------|
| 1 | 69 William SHARMAN | LEICESTER | 7.20 Q |
| 2 | 76 Ugochi ANOMELECHI | LONDON | 7.20 Q |
| 3 | 6 Lawrence MAYHEW | BIRMINGHAM | 7.30 Q |
| 4 | 29 Jason HARDING | COVENTRY | 7.30 Q |
| 5 | 79 Ryan DE HAFFE | LOUGHBOROUGH | 7.30 Q |
| 6 | 19 Matt WILLIAMS | CAMBRIDGE | 7.70 |
| 7 | 90 Steve LITHERLAND | NEWCASTLE | 7.90 |
| 8 | 148 Isaac OWUSU | WOLVERHAMPTON | 7.90 |

Heat 4

| | | | |
|---|------------------------|--------------------|--------|
| 1 | 4 Chris STOBART | BATH | 7.00 Q |
| 2 | 58 James BRIDGE | KENT | 7.20 Q |
| 3 | 113 Michael BEAUMONT | SHEFFIELD HALLAM | 7.40 |
| 4 | 68 Theocharis ISPOGLOU | LEEDS METROPOLITAN | 7.40 |
| 5 | 81 Hendricks FANUTINU | LUTON | 7.80 |
| 6 | 112 Matt Carroll | SHEFFIELD | 7.90 |
| 7 | 46 James ISSACS | EXETER | 8.00 |
| 8 | 20 Rahul MATHUR | CAMBRIDGE | 8.70 |

Heat 5

| | | | |
|---|-------------------|---------------------|--------|
| 1 | 57 Gary CARR | KENT | 7.00 Q |
| 2 | 15 John RAMOS | BRUNEL WL | 7.30 Q |
| 3 | 45 Stewart TURTON | EXETER | 7.40 |
| 4 | 11 Matt ROGERS | BRIGHTON | 7.50 |
| 5 | 154 David TURNER | GLOUCESTERSHIRE | 7.60 |
| 6 | 17 Solomon GORDON | BUCKINGHAM CHILTERN | 7.70 |

| | | | |
|---|----------------|-------------|------|
| 7 | 43 Aaron BROWN | ESSEX | 7.70 |
| 8 | 115 Ian BARTON | SOUTHAMPTON | 7.90 |

Heat 6

| | | | |
|---|-------------------------|-----------------------|--------|
| 1 | 142 Seriashe CHILDS | UWIC | 6.90 Q |
| 2 | 14 Dieks ANTHONY | BRISTOL | 7.20 Q |
| 3 | 83 Scott CAINE | MANCHESTER | 7.30 Q |
| 4 | 38 Nick HORTON | EAST ANGLIA | 7.40 |
| 5 | 117 Chris BULLER | SOUTHAMPTON INSTITUTE | 7.40 |
| 6 | 12 Adam GREAVES | BRIGHTON | 7.70 |
| 7 | 123 Luke TOWNSEND-BROWN | STAFFS (STOKE) | 7.80 |
| 8 | 82 Jacky CHAN | LUTON | 8.10 |

Heat 7

| | | | |
|---|-----------------------|-----------------------|--------|
| 1 | 75 Colin WILSON | LONDON | 7.00 Q |
| 2 | 111 Richard CHUDS | SHEFFIELD | 7.20 Q |
| 3 | 3 David SWIFT | BATH | 7.20 Q |
| 4 | 96 Sean BUCKERIDGE | OXFORD | 7.30 Q |
| 5 | 129 Aif INGE HELLEVIK | SUNDERLAND | 7.40 |
| 6 | 84 Robet DADZIE | MANCHESTER | 7.60 |
| 7 | 16 Alan COOPER | BRUNEL WL | 7.70 |
| 8 | 119 Antony WILDMAN | SOUTHAMPTON INSTITUTE | 8.10 |

Heat 8

| | | | |
|---|----------------------|------------------|--------|
| 1 | 141 Tim ABEYIE | UWIC | 7.00 Q |
| 2 | 114 Martin MORTIER | SHEFFIELD HALLAM | 7.30 Q |
| 3 | 42 Karl ROBERTSON | EDINBURGH | 7.40 |
| 4 | 91 Andrew HOPKINSON | NOTTINGHAM | 7.40 |
| 5 | 22 Sena TEGLEY | CARDIFF | 7.50 |
| 6 | 147 Jonathan MULKEEN | WOLVERHAMPTON | 7.80 |
| 7 | 110 James MACAULEY | SALFORD | 7.90 |

60m MEN

Semi Finals

First 2 and 2 fastest losers to Final

Race 1

| | | | |
|---|--------------------|---------------------|--------|
| 1 | 141 Tim ABEYIE | UWIC | 6.83 Q |
| 2 | 58 James BRIDGE | KENT | 7.12 Q |
| 3 | 77 Victor NWAGBARA | LONDON METROPOLITAN | 7.13 |
| 4 | 37 Andy McCULLAGH | EAST ANGLIA | 7.15 |
| 5 | 87 Levi REID | MIDDLESEX | 7.20 |
| 6 | 14 Dieks ANTHONY | BRISTOL | 7.23 |
| 7 | 96 Sean BUCKERIDGE | OXFORD | 7.29 |
| 8 | 80 Aidan SYERS | LOUGHBOROUGH | DNS |

Race 2

| | | | |
|---|----------------------|-----------|--------|
| 1 | 75 Colin WILSON | LONDON | 6.89 Q |
| 2 | 142 Seriashe CHILDS | UWIC | 6.89 Q |
| 3 | 69 William SHARMAN | LEICESTER | 7.07 q |
| 4 | 76 Ugochi ANOMELECHI | LONDON | 7.08 q |
| 5 | 3 David SWIFT | BATH | 7.10 |

| | | | |
|---|-------------------|------------|------|
| 6 | 111 Richard CHUDS | SHEFFIELD | 7.13 |
| 7 | 83 Scott CAINE | MANCHESTER | 7.28 |
| 8 | 29 Jason HARDING | COVENTRY | DNS |

Race 3

| | | | |
|---|--------------------|------------------|--------|
| 1 | 4 Chris STOBART | BATH | 6.91 Q |
| 2 | 57 Gary CARR | KENT | 6.99 Q |
| 3 | 15 John RAMOS | BRUNEL WL | 7.09 |
| 4 | 95 Toleme EZEKIEL | OXFORD | 7.13 |
| 5 | 21 Paul NEWARK | CARDIFF | 7.17 |
| 6 | 114 Martin MORTIER | SHEFFIELD HALLAM | 7.25 |
| 7 | 6 Lawrence MAYHEW | BIRMINGHAM | 7.26 |
| 8 | 79 Ryan DE HAFFE | LOUGHBOROUGH | 7.27 |

60m MEN

Final

Championship Best Performance:

2003 Mark Hanson

Brunel

6.68s

| | | | |
|---|----------------------|-----------|------|
| 1 | 141 Tim ABEYIE | UWIC | 6.75 |
| 2 | 142 Seriashe CHILDS | UWIC | 6.87 |
| 3 | 75 Colin WILSON | LONDON | 6.89 |
| 4 | 4 Chris STOBART | BATH | 6.94 |
| 5 | 57 Gary CARR | KENT | 6.99 |
| 6 | 76 Ugochi ANOMELECHI | LONDON | 7.05 |
| 7 | 69 William SHARMAN | LEICESTER | 7.11 |
| 8 | 58 James BRIDGE | KENT | 7.14 |

60m Hurdles MEN

First 2 and 2 fastest losers to Final

Heat 1

| | | | |
|---|---------------------|------------------|--------|
| 1 | 43 Andy TURNER | ESSEX | 8.10 Q |
| 2 | 113 Dave HUGHES | SHEFFIELD HALLAM | 8.20 Q |
| 3 | 141 Matt BUTLER | UWIC | 8.30 q |
| 4 | 15 Chris TYE-WALKER | BRUNEL WL | 8.30 q |
| 5 | 147 Charles AKPABIO | WOLVERHAMPTON | 8.30 |
| 6 | 80 Andrew EAST | LOUGHBOROUGH | 8.60 |
| 7 | 21 Paul McKEOWN | CARDIFF | 8.80 |
| 8 | 161 Adam CRICKMORE | UW SWANSEA | 9.00 |

MANUAL

Heat 2

| | | | |
|---|--------------------|--------------|--------|
| 1 | 69 William SHARMAN | LEICESTER | 8.20 Q |
| 2 | 79 Colin ROBERTS | LOUGHBOROUGH | 8.30 Q |
| 3 | 96 Richard BADERIN | OXFORD | 8.50 |
| 4 | 19 Adrian HEMERY | CAMBRIDGE | 8.70 |
| 5 | 89 David ROBERTSON | NEWCASTLE | 9.30 |
| 6 | 6 Nick CAPLAM | BIRMINGHAM | 9.90 |
| 7 | 57 Lloyd ELLIS | KENT | 11.80 |

Heat 3

| | | | |
|---|------------------------------|---------------------------|--------|
| 1 | 95 Richard SEAR | OXFORD | 8.20 Q |
| 2 | 16 Roger SKEDD | BRUNEL WL | 8.60 Q |
| 3 | 142 Steve ALEXANDER | UWIC | 8.70 |
| 4 | 3 Tom CAREY | BATH | 8.70 |
| 5 | 91 Andrew HOPKINSON | NOTTINGHAM | 8.70 |
| 6 | 61 Richard FITZGERALD | KINGSTON | 9.00 |
| 7 | 67 Ross ELLIOT | LEEDS METROPOLITAN | 11.60 |

60m Hurdles MEN

Final

Championship Best Performance:

2003 Dominic Girdler

Loughborough

7.78s

| | | | |
|---|----------------------------|-------------------------|------|
| 1 | 43 Andy TURNER | ESSEX | 7.92 |
| 2 | 69 William SHARMAN | LEICESTER | 8.02 |
| 3 | 113 Dave HUGHES | SHEFFIELD HALLAM | 8.03 |
| 4 | 95 Richard SEAR | OXFORD | 8.04 |
| 5 | 141 Matt BUTLER | UWIC | 8.11 |
| 6 | 15 Chris TYE-WALKER | BRUNEL WL | 8.29 |
| 7 | 79 Colin ROBERTS | LOUGHBOROUGH | 8.30 |
| 8 | 16 Roger SKEDD | BRUNEL WL | 8.36 |

200m MEN

Winners and 10 fastest losers to Round 2

Heat 1

| | | | |
|---|----------------------------|------------------|---------|
| 1 | 111 John KELLEY | SHEFFIELD | 23.06 Q |
| 2 | 95 Jonan BOTO | OXFORD | 23.79 q |
| 3 | 3 Chris COLTELLA | BATH | 24.50 |
| 4 | 36 David LEADBITTER | DURHAM | 24.70 |

Heat 2

| | | | |
|---|----------------------------|-------------------------|---------|
| 1 | 91 Matthew DEWSBURY | NOTTINGHAM | 23.47 Q |
| 2 | 113 Mike BEAUMONT | SHEFFIELD HALLAM | 23.80 q |
| 3 | 45 Stewart TURTON | EXETER | 24.22 |
| 4 | 4 Richard TWINE | BATH | 24.78 |

Heat 3

| | | | |
|---|-------------------------|-------------------------|---------|
| 1 | 5 Dave CLIFFORD | BIRMINGHAM | 23.77 Q |
| 2 | 89 David RILEY | NEWCASTLE | 24.22 |
| 3 | 46 Mark PRICE | EXETER | 24.33 |
| 4 | 114 Daniel SMALL | SHEFFIELD HALLAM | 24.43 |

Heat 4

| | | | |
|---|----------------------------|------------------------------|---------|
| 1 | 6 Ian BAROUGH | BIRMINGHAM | 23.82 Q |
| 2 | 81 Rohan DYER | LUTON | 24.30 |
| 3 | 61 David CONSTABLE | KINGSTON | 25.50 |
| 4 | 118 David O'CONNELL | SOUTHAMPTON INSTITUTE | 26.84 |

| | | | |
|----------------|--------------------------------|-----------------------|---------|
| Heat 5 | | | |
| 1 | 13 Dieks ANTHONY | BRISTOL | 23.40 Q |
| 2 | 80 Leon GRANT | LOUGHBOROUGH | 23.52 q |
| 3 | 65 Ben MANCHESTER | LEEDS | 25.28 |
| 4 | 123 Luke TOWNSEND-BROWN | STAFFS (STOKE) | 25.71 |
| Heat 6 | | | |
| 1 | 15 Nigel LOWTHER | BRUNEL WL | 22.99 Q |
| 2 | 79 Daniel GOULD | LOUGHBOROUGH | 23.50 q |
| 3 | 73 Tom GRANTHAM | LIVERPOOL JOHN MOORES | 24.60 |
| 4 | 129 Alf INGE HELLEVIK | SUNDERLAND | 24.83 |
| Heat 7 | | | |
| 1 | 141 Peter STAFFORD | UWIC | 23.04 Q |
| 2 | 83 Arron CARLYLE | MANCHESTER | 23.91 q |
| 3 | 76 Lewis PURBRICK | LONDON | 25.66 |
| 4 | 16 Theo BLOSSOM | BRUNEL WL | DNF |
| Heat 8 | | | |
| 1 | 142 James MOORE | UWIC | 23.09 Q |
| 2 | 20 Flynn CASTLES | CAMBRIDGE | 24.28 |
| 3 | 84 Ben LONSDALE | MANCHESTER | 24.84 |
| 4 | 75 Emmanuel OLUKOYA | LONDON | 24.89 |
| Heat 9 | | | |
| 1 | 151 Danny BRANDWOOD | YORK ST JOHN | 23.42 Q |
| 2 | 71 Roger MAHON | LIVERPOOL | 23.91 q |
| 3 | 90 Phil VICKERS | NEWCASTLE | 23.93 q |
| 4 | 26 Emilio SANCHE | CENTRAL LANCASHIRE | 26.54 |
| Heat 10 | | | |
| 1 | 17 Ben ELLIS | BUCKINGHAM CHILTERNES | 23.18 Q |
| 2 | 37 Tom BEAGAN | EAST ANGLIA | 24.47 |
| 3 | 92 Willby WILLIAMSON | NOTTINGHAM | 25.07 |
| 4 | 68 Mark MULLENBROWNE | LEEDS METROPOLITAN | 25.15 |
| Heat 11 | | | |
| 1 | 96 Toleme EZEKIEL | OXFORD | 24.18 Q |
| 2 | 38 Matthew LEGON | EAST ANGLIA | 24.79 |
| 3 | 18 Solomon GORDON | BUCKINGHAM CHILTERNES | 25.00 |
| 4 | 67 Nick MONASTIRIOTIS | LEEDS METROPOLITAN | 26.21 |
| Heat 12 | | | |
| 1 | 58 James BRIDGE | KENT | 23.06 Q |
| 2 | 21 Paul NEWARK | CARDIFF | 23.59 q |
| 3 | 43 Aaron BROWN | ESSEX | 24.43 |
| 4 | 153 David TURNER | GLOUCESTERSHIRE | 24.98 |
| Heat 13 | | | |
| 1 | 47 Adebowale ADEMUYEWO | GLAMORGAN | 22.51 Q |
| 2 | 57 Gary CARR | KENT | 22.71 q |

| | | | |
|---|-------------------------|------------------------------|---------|
| 3 | 117 Chris BULLER | SOUTHAMPTON INSTITUTE | 24.01 q |
| 4 | 25 Will KANKA | CENTRAL LANCASHIRE | 25.75 |

Heat 14

| | | | |
|---|------------------------|------------------------|---------|
| 1 | 29 Darren REEVE | COVENTRY | 23.78 Q |
| 2 | 112 Tom STONES | SHEFFIELD | 24.14 |
| 3 | 154 Aaron RYAN | GLOUCESTERSHIRE | 24.78 |
| 4 | Lane Vacant | | |

200m MEN

Round 2

Winners and 6 fastest losers to 3 Semi Finals

Race 1

| | | | |
|---|-------------------------------|------------------------------|---------|
| 1 | 47 Adebowale ADEMUYEWO | GLAMORGAN | 22.36 Q |
| 2 | 117 Chris BULLER | SOUTHAMPTON INSTITUTE | 23.32 q |
| 3 | 6 Ian BAROUGH | BIRMINGHAM | 23.49 |
| 4 | 29 Darren REEVE | COVENTRY | 23.52 |

Race 2

| | | | |
|---|--------------------------|-------------------|---------|
| 1 | 15 Nigel LOWTHER | BRUNEL WL | 22.78 Q |
| 2 | 90 Phil VICKERS | NEWCASTLE | 23.56 |
| 3 | 5 Dave CLIFFORD | BIRMINGHAM | 23.74 |
| 4 | 96 Toleme EZEKIEL | OXFORD | 24.29 |

Race 3

| | | | |
|---|----------------------------|-------------------|---------|
| 1 | 57 Gary CARR | KENT | 22.77 Q |
| 2 | 141 Peter STAFFORD | UWIC | 22.96 q |
| 3 | 91 Matthew DEWSBURY | NOTTINGHAM | 23.02 q |
| 4 | 71 Roger MAHON | LIVERPOOL | 24.56 |

Race 4

| | | | |
|---|----------------------------|---------------------|---------|
| 1 | 151 Danny BRANDWOOD | YORK ST JOHN | 22.84 Q |
| 2 | 111 John KELLEY | SHEFFIELD | 22.84 q |
| 3 | 83 Arron CARLYLE | MANCHESTER | 23.20 q |
| 4 | 79 Daniel GOULD | LOUGHBOROUGH | 23.64 |

Race 5

| | | | |
|---|--------------------------|-------------------------|---------|
| 1 | 58 James BRIDGE | KENT | 23.43 Q |
| 2 | 80 Leon GRANT | LOUGHBOROUGH | 23.73 |
| 3 | 13 Dieks ANTHONY | BRISTOL | 26.22 |
| 4 | 113 Mike BEAUMONT | SHEFFIELD HALLAM | DNS |

Race 6

| | | | |
|---|------------------------|------------------------------|---------|
| 1 | 142 James MOORE | UWIC | 22.73 Q |
| 2 | 17 Ben ELLIS | BUCKINGHAM CHILTERNES | 23.25 q |
| 3 | 21 Paul NEWARK | CARDIFF | 23.41 |
| 4 | 95 Jonan BOTO | OXFORD | 24.00 |

200m MEN**Semi Finals****Winners and fastest loser to A Final, next 4 fastest to B Final****Race 1**

| | | |
|-------------------------------|------------------------------|---------|
| 47 Adebowale ADEMUYEWO | GLAMORGAN | 22.26 A |
| 58 James BRIDGE | KENT | 22.42 A |
| 111 John KELLEY | SHEFFIELD | 22.67 B |
| 117 Chris BULLER | SOUTHAMPTON INSTITUTE | 23.75 |

Race 2

| | | |
|----------------------------|----------------------------|---------|
| 151 Danny BRANDWOOD | YORK ST JOHN | 22.68 A |
| 142 James MOORE | UWIC | 22.77 B |
| 141 Peter STAFFORD | UWIC | 23.01 B |
| 17 Ben ELLIS | BUCKINGHAM CHILTERN | DNS |

Race 3

| | | |
|----------------------------|-------------------|---------|
| 57 Gary CARR | KENT | 22.44 A |
| 15 Nigel LOWTHER | BRUNEL WL | 22.57 B |
| 91 Matthew DEWSBURY | NOTTINGHAM | 23.30 |
| 83 Arron CARLYLE | MANCHESTER | 23.73 |

200m MEN**Final****Championship Best Performance**

| | | |
|----------------------------|-------------|---------------|
| 1999 Jamie Henthorn | UWIC | 21.43s |
|----------------------------|-------------|---------------|

A Final

| | | | |
|---|-------------------------------|---------------------|-------|
| 1 | 47 Adebowale ADEMUYEWO | GLAMORGAN | 22.28 |
| 2 | 58 James BRIDGE | KENT | 22.38 |
| 3 | 151 Danny BRANDWOOD | YORK ST JOHN | 22.50 |
| 4 | 57 Gary CARR | KENT | 23.33 |

B Final

| | | | |
|---|---------------------------|------------------|-------|
| 1 | 142 James MOORE | UWIC | 22.65 |
| 2 | 111 John KELLEY | SHEFFIELD | 22.73 |
| 3 | 15 Nigel LOWTHER | BRUNEL WL | 22.74 |
| 4 | 141 Peter STAFFORD | UWIC | 23.60 |

400m MEN

Winners and 11 fastest losers to Round 2

Heat 1

| | | | |
|---|--------------------------|-----------------------|---------|
| 1 | 79 John EDWARDS | LOUGHBOROUGH | 51.54 Q |
| 2 | 73 Tom GRANTHAM | LIVERPOOL JOHN MOORES | 51.74 Q |
| 3 | 46 Jonathan WHITE | EXETER | 53.16 Q |
| 4 | 84 Adam McCARTHY | MANCHESTER | 54.09 |

Heat 2

| | | | |
|---|----------------------------|--------------|---------|
| 1 | 15 Steven SURETY | BRUNEL WL | 52.69 Q |
| 2 | 36 Peter THOMPSON | DURHAM | 53.60 Q |
| 3 | 163 Rob MEECHAN | HUDDERSFIELD | 54.72 |
| 4 | 112 Tristian FRYATT | SHEFFIELD | DNF |

Heat 3

| | | | |
|---|--------------------------------|-----------------------|---------|
| 1 | 67 Craig YAKES | LEEDS METROPOLITAN | 51.41 Q |
| 2 | 113 Jonathan WAINWRIGHT | SHEFFIELD HALLAM | 52.75 Q |
| 3 | 118 David O'CONNELL | SOUTHAMPTON INSTITUTE | 60.96 |
| 4 | 87 Edwin CHAMANGA | MIDDLESEX | 81.73 |

Heat 4

| | | | |
|---|--------------------------|------------------|---------|
| 1 | 5 James MARSHALL | BIRMINGHAM | 51.62 Q |
| 2 | 37 Rob BARTLETT | EAST ANGLIA | 52.36 Q |
| 3 | 114 Daniel SMALL | SHEFFIELD HALLAM | 55.12 |
| 4 | 143 Will WHITAKER | WARWICK | 58.91 |

Heat 5

| | | | |
|---|-----------------------------|-----------------------|---------|
| 1 | 80 Peter LLOYD-JONES | LOUGHBOROUGH | 52.64 Q |
| 2 | 57 Andy SHEPHERD | KENT | 53.10 Q |
| 3 | 17 Jon MINCHIN | BUCKINGHAM CHILTERNES | 55.48 |
| 4 | 61 David CONSTABLE | KINGSTON | 58.94 |

Heat 6

| | | | |
|---|-----------------------------|-------------|---------|
| 1 | 141 Gareth WARBURTON | UWIC | 49.82 Q |
| 2 | 47 Francis McCAFFREY | GLAMORGAN | 50.35 Q |
| 3 | 38 Glen RICHARDSON | EAST ANGLIA | 53.96 |
| 4 | 4 Richie TWINE | BATH | 54.79 |

Heat 7

| | | | |
|---|--------------------------|-----------------|---------|
| 1 | 140 Carl McEWAN | UW NEWPORT | 51.62 Q |
| 2 | 6 Ian BAROUGH | BIRMINGHAM | 52.17 Q |
| 3 | 90 Martin KEARNEY | NEWCASTLE | 54.75 |
| 4 | 153 Joe McHUGH | GLOUCESTERSHIRE | 57.31 |

Heat 8

| | | | |
|---|-----------------------------|-----------------|---------|
| 1 | 95 Michael LOKALE | OXFORD | 51.62 Q |
| 2 | 89 Phil VICKERS | NEWCASTLE | 53.63 |
| 3 | 91 Willby WILLIAMSON | NOTTINGHAM | 53.77 |
| 4 | 154 James MILLER | GLOUCESTERSHIRE | 56.48 |

Heat 9

| | | | |
|---|--------------------------|--------------------|---------|
| 1 | 142 Andy CLEMENTS | UWIC | 50.90 Q |
| 2 | 3 Graham BLACKMAN | BATH | 51.23 Q |
| 3 | 111 Simon POPE | SHEFFIELD | 55.56 |
| 4 | 68 Matt OSKRIDGE | LEEDS METROPOLITAN | 58.01 |

Heat 10

| | | | |
|---|---------------------------|-----------------|---------|
| 1 | 83 Ben SUMNER | MANCHESTER | 51.50 Q |
| 2 | 35 Gareth TURNER | DURHAM | 51.85 Q |
| 3 | 105 Liam O'DONNELL | QUEEN'S BELFAST | 54.16 |
| 4 | 109 Dan JONES | SALFORD | DNF |

Heat 11

| | | | |
|---|-------------------------|-----------------------|---------|
| 1 | 29 Tom HAMES | COVENTRY | 52.32 Q |
| 2 | 19 Mike COLLINS | CAMBRIDGE | 52.81 Q |
| 3 | 117 John SCRIVEN | SOUTHAMPTON INSTITUTE | 53.68 |
| 4 | 81 Colin SNOAD | LUTON | 70.29 |

Heat 12

| | | | |
|---|------------------------|-----------|---------|
| 1 | 121 Damian MOSS | ST MARY'S | 53.64 Q |
| 2 | 16 Ben McILROY | BRUNEL WL | 54.65 |
| 3 | 58 Matthew HERR | KENT | 58.09 |
| 4 | 30 Adam BILSON | COVENTRY | 61.70 |

Heat 13

| | | | |
|---|--------------------------|--------|---------|
| 1 | 96 Jonan BOTO | OXFORD | 53.16 Q |
| 2 | 75 Justin BROWNE | LONDON | 55.39 |
| 3 | 65 Ben MANCHESTER | LEEDS | 55.49 |
| 4 | 82 Jesus TEIXERA | LUTON | 66.47 |

400m MEN

Round 2

Winners and 6 fastest losers to 3 Semi Finals

Race 1

| | | | |
|---|-----------------------------|-----------|---------|
| 1 | 141 Gareth Warburton | UWIC | 50.41 Q |
| 2 | 121 Damian MOSS | ST MARY'S | 50.83 q |
| 3 | 96 Jonan BOTO | OXFORD | 50.97 q |
| 4 | 36 Peter THOMPSON | DURHAM | 53.65 |

Race 2

| | | | |
|---|-----------------------------|-----------|---------|
| 1 | 15 Steven SURETY | BRUNEL WL | 49.86 Q |
| 2 | 142 Andy CLEMENTS | UWIC | 49.91 q |
| 3 | 47 Francis McCaffrey | GLAMORGAN | 50.99 q |
| 4 | 46 Jonathan WHITE | EXETER | 53.83 |

Race 3

| | | | |
|---|-----------------------------|--------------------|---------|
| 1 | 67 Craig YAKES | LEEDS METROPOLITAN | 50.30 Q |
| 2 | 80 Peter LLOYD-JONES | LOUGHBOROUGH | 50.88 q |
| 3 | 3 Graham BLACKMAN | BATH | 50.89 q |
| 4 | 57 Andy SHEPHERD | KENT | 51.33 |

Race 4

| | | | |
|---|------------------------|-----------------------|---------|
| 1 | 83 Ben SUMNER | MANCHESTER | 51.44 Q |
| 2 | 73 Tom GRANTHAM | LIVERPOOL JOHN MOORES | 52.10 |
| 3 | 19 Mike COLLINS | CAMBRIDGE | 52.99 |
| 4 | 29 Tom HAMES | COVENTRY | DNS |

Race 5

| | | | |
|---|--------------------------------|------------------|---------|
| 1 | 79 John EDWARDS | LOUGHBOROUGH | 51.82 Q |
| 2 | 95 Michael LOKALE | OXFORD | 51.97 |
| 3 | 35 Gareth TURNER | DURHAM | 51.97 |
| 4 | 113 Jonathan WAINWRIGHT | SHEFFIELD HALLAM | 52.19 |

Race 6

| | | | |
|---|-------------------------|-------------|---------|
| 1 | 5 James MARSHALL | BIRMINGHAM | 50.63 Q |
| 2 | 6 Ian BAROUGH | BIRMINGHAM | 51.09 |
| 3 | 140 Carl McEWAN | UW NEWPORT | 51.43 |
| 4 | 37 Rob BARTLETT | EAST ANGLIA | 52.43 |

400m MEN**Semi Finals****Winners and fastest loser to A Final, next 4 fastest to B Final****Race 1**

| | | | |
|---|-----------------------------|------------|---------|
| 1 | 142 Andy CLEMENTS | UWIC | 49.96 A |
| 2 | 15 Steven SURETY | BRUNEL WL | 50.31 A |
| 3 | 83 Ben SUMNER | MANCHESTER | 50.40 B |
| 4 | 47 Francis McCAFFREY | GLAMORGAN | 50.47 B |

Race 2

| | | | |
|---|------------------------|--------------------|---------|
| 1 | 79 John EDWARDS | LOUGHBOROUGH | 51.12 A |
| 2 | 121 Damian MOSS | ST MARY'S | 51.24 |
| 3 | 96 Jonan BOTO | OXFORD | 52.40 |
| 4 | 67 Craig YAKES | LEEDS METROPOLITAN | DNF |

Race 3

| | | | |
|---|-----------------------------|--------------|---------|
| 1 | 141 Gareth Warburton | UWIC | 50.27 A |
| 2 | 5 James MARSHALL | BIRMINGHAM | 50.33 B |
| 3 | 80 Peter LLOYD-JONES | LOUGHBOROUGH | 51.07 B |
| 4 | 3 Graham BLACKMAN | BATH | 51.21 |

400m MEN**Final****Championship Best Performance**

1998 Geoff Dearman **Brunel WL** **47.36s**

A Final

| | | | |
|---|-----------------------------|--------------|-------|
| 1 | 79 John EDWARDS | LOUGHBOROUGH | 49.16 |
| 2 | 15 Steven SURETY | BRUNEL WL | 50.16 |
| 3 | 141 Gareth Warburton | UWIC | 50.49 |

| | | | |
|---|--------------------------|------|-------|
| 4 | 142 Andy CLEMENTS | UWIC | 50.52 |
|---|--------------------------|------|-------|

B Final

| | | | |
|---|-----------------------------|--------------|-------|
| 1 | 5 James MARSHALL | BIRMINGHAM | 49.95 |
| 2 | 80 Peter LLOYD-JONES | LOUGHBOROUGH | 50.51 |
| 3 | 47 Francis McCAFFREY | GLAMORGAN | 50.52 |
| 4 | 83 Ben SUMNER | MANCHESTER | DNS |

800m MEN

First 2 and 4 fastest losers to 3 semi finals

Heat 1

| | | | | |
|---|--------------------------|-----------------|---------|---|
| 1 | 80 Alan WALES | LOUGHBOROUGH | 2.00.77 | Q |
| 2 | 35 Andrew TEATE | DURHAM | 2.00.90 | Q |
| 3 | 161 Tom ALEXANDER | UW SWANSEA | 2.01.24 | q |
| 4 | 95 Duncan BLYTHE | OXFORD | 2.01.70 | |
| 5 | 154 James MILLER | GLOUCESTERSHIRE | 2.25.25 | |
| 6 | 157 James RAVEN | HULL | 2.27.56 | |

Heat 2

| | | | | |
|---|---------------------------|--------------------|---------|---|
| 1 | 4 Martin FLOOK | BATH | 1.59.78 | Q |
| 2 | 142 James BOWATER | UWIC | 2.00.71 | Q |
| 3 | 25 Mark GARDNER | CENTRAL LANCASHIRE | 2.01.17 | q |
| 4 | 29 Mat SIGLLECHNER | COVENTRY | 2.04.83 | |
| 5 | 147 Nick HOLDEN | WOLVERHAMPTON | 2.15.88 | |
| 6 | 82 Steffan ULHMAN | LUTON | 2.39.16 | |

Heat 3

| | | | | |
|---|-----------------------------------|------------|---------|---|
| 1 | 83 Tom HOLDEN | MANCHESTER | 2.00.25 | Q |
| 2 | 36 Andrew MORETON | DURHAM | 2.00.87 | Q |
| 3 | 96 Simon BAPTIST | OXFORD | 2.01.99 | |
| 4 | 15 Martin HEYS | BRUNEL WL | 2.03.22 | |
| 5 | 144 Mark FALLOWFIELD-SMITH | WARWICK | 2.15.36 | |
| 6 | 162 Peter WATKEYS | UW SWANSEA | 2.15.66 | |

Heat 4

| | | | | |
|---|--------------------------|--------------|---------|---|
| 1 | 79 Oliver TEASAL | LOUGHBOROUGH | 1.58.38 | Q |
| 2 | 3 Chris SAVILLE | BATH | 1.58.77 | Q |
| 3 | 37 David McKINLAY | EAST ANGLIA | 1.59.40 | q |
| 4 | 6 Daniel BEIER | BIRMINGHAM | 2.02.83 | |
| 5 | 21 Tom HOOPER | CARDIFF | 2.07.42 | |
| 6 | 127 John LESSELLS | STRATHCLYDE | 2.16.20 | |

Heat 5

| | | | | |
|---|----------------------------|-------------|---------|---|
| 1 | 47 Jimi Jon WATKINS | GLAMORGAN | 1.58.22 | Q |
| 2 | 111 Peter WILSON | SHEFFIELD | 2.02.92 | Q |
| 3 | 165 Steve PHILLIPS | DE MONTFORD | 2.07.96 | |
| 4 | 38 James CARTER | EAST ANGLIA | 2.18.15 | |
| 5 | 41 Keith DUNLOP | EDINBURGH | 2.23.33 | |
| 6 | Lane Vacant | | | |

Heat 6

| | | | | |
|---|---------------------------|-----------------------|---------|---|
| 1 | 141 Stephen DAVIES | UWIC | 1.58.09 | Q |
| 2 | 55 Scott THOMPSON | HERIOT WATT | 1.58.52 | Q |
| 3 | 5 Tom CAUSEBROOK | BIRMINGHAM | 1.59.76 | q |
| 4 | 73 Michael WARNER | LIVERPOOL JOHN MOORES | 2.10.96 | |
| 5 | 128 Alan McMILLAN | STRATHCLYDE | DNF | |
| 6 | Lane Vacant | | | |

Heat 7

| | | | | |
|---|--------------------------|------------------|---------|---|
| 1 | 113 Sam ELLIS | SHEFFIELD HALLAM | 1.58.93 | Q |
| 2 | 153 Simon MINTING | GLOUCESTERSHIRE | 2.01.79 | Q |
| 3 | 105 Paul WILSON | QUEEN'S BELFAST | 2.04.76 | |
| 4 | 92 Francis HOOTON | NOTTINGHAM | 2.13.06 | |
| 5 | 84 Marcus MAYER | MANCHESTER | 2.15.38 | |
| 6 | Lane Vacant | | | |

800m MEN

Semi Finals

Winners and fastest loser to A Final, next 4 fastest to B Final

Race 1

| | | | | |
|---|---------------------------|-----------------|---------|---|
| 1 | 141 Stephen DAVIES | UWIC | 1.57.20 | A |
| 2 | 83 Tom HOLDEN | MANCHESTER | 1.57.35 | B |
| 3 | 80 Alan WALES | LOUGHBOROUGH | 1.57.61 | B |
| 4 | 35 Andrew TEATE | DURHAM | 1.59.00 | |
| 5 | 153 Simon MINTING | GLOUCESTERSHIRE | 1.59.92 | |
| 6 | 161 Tom ALEXANDER | UW SWANSEA | 2.03.97 | |

Race 2

| | | | | |
|---|----------------------------|--------------------|---------|---|
| 1 | 4 Martin FLOOK | BATH | 1.55.20 | A |
| 2 | 47 Jimi Jon WATKINS | GLAMORGAN | 1.55.21 | A |
| 3 | 55 Scott THOMPSON | HERIOT WATT | 1.57.78 | B |
| 4 | 111 Peter WILSON | SHEFFIELD | 2.01.23 | |
| 5 | 25 Mark GARDNER | CENTRAL LANCASHIRE | 2.01.34 | |
| 6 | 36 Andrew MORETON | DURHAM | 2.06.70 | |

Race 3

| | | | | |
|---|--------------------------|------------------|---------|---|
| 1 | 113 Sam ELLIS | SHEFFIELD HALLAM | 1.56.48 | A |
| 2 | 3 Chris SAVILLE | BATH | 1.58.11 | B |
| 3 | 79 Oliver TEASAL | LOUGHBOROUGH | 1.59.98 | |
| 4 | 5 Tom CAUSEBROOK | BIRMINGHAM | 2.01.39 | |
| 5 | 142 James BOWATER | UWIC | 2.02.52 | |
| 6 | 37 David McKINLAY | EAST ANGLIA | 2.03.35 | |

800m MEN**Final****Championship Best Performance****2000 Neil Speaight****Brunel WL****1.49.63****A Final**

| | | | |
|---|----------------------------|-------------------------|---------|
| 1 | 113 Sam ELLIS | SHEFFIELD HALLAM | 1.51.71 |
| 2 | 47 Jimi Jon WATKINS | GLAMORGAN | 1.53.45 |
| 3 | 141 Stephen DAVIES | UWIC | 1.53.46 |
| 4 | 4 Martin FLOOK | BATH | 1.53.47 |

B Final

| | | | |
|---|--------------------------|---------------------|---------|
| 1 | 83 Tom HOLDEN | MANCHESTER | 1.54.75 |
| 2 | 55 Scott THOMPSON | HERIOT WATT | 1.55.39 |
| 3 | 3 Chris SAVILLE | BATH | 1.58.44 |
| 4 | 80 Alan WALES | LOUGHBOROUGH | DNS |

| |
|------------------|
| 1500m MEN |
|------------------|

First 3 and 4 fastest losers to Semi Finals**Heat 1**

| | | | | |
|---|----------------------------|---------------------------|--------|---|
| 1 | 115 Angus MACLEAN | SOUTHAMPTON | 3.59.7 | Q |
| 2 | 96 Fraser THOMPSON | OXFORD | 4.00.2 | Q |
| 3 | 41 Mark POLLARD | EDINBURGH | 4.01.6 | Q |
| 4 | 68 James BOXALL | LEEDS METROPOLITAN | 4.04.4 | Q |
| 5 | 27 Matthew JONES | CHESTER (CHESTER) | 4.08.9 | |
| 6 | 143 Daniel CLAUS | WARWICK | 4.14.5 | |
| 7 | 25 Jonny MUIR | CENTRAL LANCASHIRE | 4.35.8 | |
| 8 | 111 Dominic CARROLL | SHEFFIELD | 4.53.5 | |

Heat 2

| | | | | |
|---|-----------------------------------|---------------------------|--------|---|
| 1 | 19 Andy BADDELEY | CAMBRIDGE | 4.03.8 | Q |
| 2 | 5 Tom PENFOLD | BIRMINGHAM | 4.04.6 | Q |
| 3 | 6 Henry HAMMOND | BIRMINGHAM | 4.04.8 | Q |
| 4 | 95 John HUTCHINS | OXFORD | 4.05.6 | Q |
| 5 | 37 Richard ZIELINSKI | EAST ANGLIA | 4.08.4 | Q |
| 6 | 55 Mark MAGILL | HERIOT WATT | 4.11.6 | |
| 7 | 144 Mark FALLOWFIELD-SMITH | WARWICK | 4.39.7 | |
| 8 | 26 Andy LUMSDANE | CENTRAL LANCASHIRE | 5.05.2 | |

Heat 3

| | | | | |
|---|--------------------------|-------------------------|--------|---|
| 1 | 83 Richard WARP | MANCHESTER | 3.58.5 | Q |
| 2 | 123 Richard WEIR | STAFFS (STOKE) | 3.59.4 | Q |
| 3 | 93 Bruce RAESIDE | NOTTINGHAM TRENT | 4.01.6 | Q |
| 4 | 121 Neil GAMESTER | ST MARY'S | 4.02.2 | Q |
| 5 | 15 James CONNOR | BRUNEL WL | 4.17.7 | |
| 6 | 142 Luke EVANS | UWIC | 4.28.2 | |

| | | | |
|---|------------------------|---------------------------|--------|
| 7 | 67 Ben PROCTER | LEEDS METROPOLITAN | 4.28.4 |
| 8 | 153 James DENNE | GLOUCESTERSHIRE | 4.33.2 |

Heat 4

| | | | | |
|---|---------------------------------|------------------------|--------|---|
| 1 | 33 Scott OVERALL | DMU LEICESTER | 4.04.9 | Q |
| 2 | 13 Matt SIMPKINS | BRISTOL | 4.07.4 | Q |
| 3 | 79 Chris PARR | LOUGHBOROUGH | 4.07.4 | Q |
| 4 | 141 Tim EGERTON | UWIC | 4.09.5 | |
| 5 | 3 Jem SCRAGGY | BATH | 4.15.1 | |
| 6 | 29 Hubert BAZILLE | COVENTRY | 4.27.3 | |
| 7 | 38 Ali McGEEOCH-WILLIAMS | EAST ANGLIA | 4.27.4 | |
| 8 | 154 Richard ROBINSON | GLOUCESTERSHIRE | 4.50.2 | |

1500m MEN

Semi Finals

First 3 and 2 fastest losers to Final

Race 1

| | | | | |
|---|-----------------------------|-----------------------|---------|---|
| 1 | 83 Richard WARP | MANCHESTER | 3.52.52 | Q |
| 2 | 33 Scott OVERALL | DMU LEICESTER | 3.52.93 | Q |
| 3 | 79 Chris PARR | LOUGHBOROUGH | 3.53.69 | Q |
| 4 | 13 Matt SIMPKINS | BRISTOL | 3.54.42 | q |
| 5 | 41 Mark POLLARD | EDINBURGH | 3.55.63 | |
| 6 | 123 Richard WEIR | STAFFS (STOKE) | 3.56.49 | |
| 7 | 37 Richard ZIELINSKI | EAST ANGLIA | 3.59.39 | |
| 8 | 121 Neil GAMESTER | ST MARY'S | 4.00.65 | |

Race 2

| | | | | |
|---|---------------------------|---------------------------|---------|---|
| 1 | 19 Andy BADDELEY | CAMBRIDGE | 3.53.36 | Q |
| 2 | 96 Fraser THOMPSON | OXFORD | 3.53.90 | Q |
| 3 | 115 Angus MACLEAN | SOUTHAMPTON | 3.54.11 | Q |
| 4 | 5 Tom PENFOLD | BIRMINGHAM | 3.54.86 | q |
| 5 | 93 Bruce RAESIDE | NOTTINGHAM TRENT | 3.58.22 | |
| 6 | 68 James BOXALL | LEEDS METROPOLITAN | 4.04.63 | |
| 7 | 95 John HUTCHINS | OXFORD | 4.05.88 | |
| 8 | 6 Henry HAMMOND | BIRMINGHAM | DNF | |

1500m MEN

Semi Finals

First 3 and 2 fastest losers to Final

Race 1

| | | | | |
|---|-----------------------------|-----------------------|---------|---|
| 1 | 83 Richard WARP | MANCHESTER | 3.52.52 | Q |
| 2 | 33 Scott OVERALL | DMU LEICESTER | 3.52.93 | Q |
| 3 | 79 Chris PARR | LOUGHBOROUGH | 3.53.69 | Q |
| 4 | 13 Matt SIMPKINS | BRISTOL | 3.54.42 | q |
| 5 | 41 Mark POLLARD | EDINBURGH | 3.55.63 | |
| 6 | 123 Richard WEIR | STAFFS (STOKE) | 3.56.49 | |
| 7 | 37 Richard ZIELINSKI | EAST ANGLIA | 3.59.39 | |
| 8 | 121 Neil GAMESTER | ST MARY'S | 4.00.65 | |

Race 2

| | | | | |
|---|---------------------------|---------------------------|---------|---|
| 1 | 19 Andy BADDELEY | CAMBRIDGE | 3.53.36 | Q |
| 2 | 96 Fraser THOMPSON | OXFORD | 3.53.90 | Q |
| 3 | 115 Angus MACLEAN | SOUTHAMPTON | 3.54.11 | Q |
| 4 | 5 Tom PENFOLD | BIRMINGHAM | 3.54.86 | q |
| 5 | 93 Bruce RAESIDE | NOTTINGHAM TRENT | 3.58.22 | |
| 6 | 68 James BOXALL | LEEDS METROPOLITAN | 4.04.63 | |
| 7 | 95 John HUTCHINS | OXFORD | 4.05.88 | |
| 8 | 6 Henry HAMMOND | BIRMINGHAM | DNF | |

1500m MEN

Final

Championship Best Performance:

2002 Nick McCormick

Northumbria

3.49.67

| | | | | |
|---|---------------------------|----------------------|---------|--|
| 1 | 115 Angus MACLEAN | SOUTHAMPTON | 3.53.60 | |
| 2 | 19 Andy BADDELEY | CAMBRIDGE | 3.53.85 | |
| 3 | 83 Richard WARP | MANCHESTER | 3.55.38 | |
| 4 | 33 Scott OVERALL | DMU LEICESTER | 3.59.33 | |
| 5 | 5 Tom PENFOLD | BIRMINGHAM | 4.01.02 | |
| 6 | 79 Chris PARR | LOUGHBOROUGH | 4.02.56 | |
| 7 | 13 Matt SIMPKINS | BRISTOL | 4.02.97 | |
| 8 | 96 Fraser THOMPSON | OXFORD | DNS | |

3000m MEN

First 2 and 3 fastest losers to Final

Heat 1

| | | | |
|--------------------------|----------------------------|----------|---|
| 45 Ben TICKNER | EXETER | 8.27.20 | Q |
| 5 Thomas PAYN | BIRMINGHAM | 8.29.94 | Q |
| 91 Edward JACKSON | NOTTINGHAM | 8.31.81 | q |
| 142 Rob BUGDEN | UWIC | 8.36.63 | |
| 125 John NEWSOM | STIRLING | 8.40.85 | |
| 31 Jon INGRAM | CREWE & ALSAGER | 8.54.30 | |
| 143 Daniel CLAUS | WARWICK | 8.59.05 | |
| 21 Rob SKORNIA | CARDIFF | 9.14.24 | |
| 154 Alex HAWKES | GLOUCESTERSHIRE | 9.50.34 | |
| 38 Steven HARRIS | EAST ANGLIA | 9.56.81 | |
| 111 Stephen CORPS | SHEFFIELD | 11.05.11 | |

Heat 2

| | | | |
|----------------------------|----------------------------|---------|---|
| 3 Lee MERRIEN | BATH | 8.29.08 | Q |
| 121 Mark DRAPER | ST MARY'S | 8.30.08 | Q |
| 141 Jonnie PHILLIPS | UWIC | 8.32.14 | q |
| 15 Andrew RAYNER | BRUNEL WL | 8.36.38 | |
| 46 Shaun DIXON | EXETER | 8.46.05 | |
| 113 Phil WILLIAMS | SHEFFIELD HALLAM | 8.53.21 | |
| 43 James YOUNG | ESSEX | 9.36.00 | |
| 32 Tom RANGLES | CREWE & ALSAGER | 9.38.16 | |

22 Phil TUGWELL
153 Kevin WALDEN
101 Tom RANGLES

CARDIFF 9.53.78
GLOUCESTERSHIRE 10.18.93
PORTSMOUTH 10.38.80

Heat 3

79 Alex HAINS
6 Ian RAWLINSON
96 Ben MOREAU
16 Tom GAYLE
19 Corin HUGHES
123 Craig TAYLOR
102 Keith McCARTHY
161 Dave JEFFRIES
122 Jon WEAVER
81 Eric CHAN
92 Nick BABIC

LOUGHBOROUGH 8.31.30 Q
BIRMINGHAM 8.32.15 Q
OXFORD 8.32.87 q
BRUNEL WL 8.36.74
CAMBRIDGE 8.47.71
STAFFS (STOKE) 10.02.34
PORTSMOUTH 10.35.63
UW SWANSEA 10.44.15
ST MARY'S DNF
LUTON DNF
NOTTINGHAM DNF

Heat 4

95 Fraser THOMPSON
80 Chis WARBURTON
155 Ben WARREN
84 Andrew LISTER
4 Andrew YOUNG
25 Tim HARRIS
73 Phil HENNESSY
17 Mike SMALLPAGE
87 Edwin CHAMANGA
37 James COLLEY

OXFORD 8.35.78 Q
LOUGHBOROUGH 8.40.29 Q
SUSSEX 8.42.54
MANCHESTER 8.45.05
BATH 8.57.50
CENTRAL LANCASHIRE 10.00.47
LIVERPOOL JOHN MOORES 10.03.97
BUCKINGHAM CHILTERN 10.24.19
MIDDLESEX 11.17.28
EAST ANGLIA 11.17.51

3000m MEN

1 **45** Ben TICKNER
2 **95** Fraser THOMPSON
3 **3** Lee MERRIEN
4 **121** Mark DRAPER
5 **79** Alex HAINS
6 **80** Chis WARBURTON
7 **5** Thomas PAYN
8 **96** Ben MOREAU
9 **141** Jonnie PHILLIPS
10 **91** Edward JACKSON
11 **6** Ian RAWLINSON

Final

EXETER 8.11.80
OXFORD 8.12.65
BATH 8.14.70
ST MARY'S 8.15.39
LOUGHBOROUGH 8.16.70
LOUGHBOROUGH 8.17.34
BIRMINGHAM 8.18.02
OXFORD 8.22.98
UWIC 8.26.02
NOTTINGHAM DNF
BIRMINGHAM DNF

4 x 200m Relay MEN

4 fastest to A Final, next 4 fastest to B Final

Heat 1

| | | | |
|---|----------------|---------|---|
| 1 | 15 BRUNEL WL | 1.31.21 | A |
| 2 | 91 NOTTINGHAM | 1.35.17 | |
| 3 | 35 DURHAM | 1.35.41 | |
| 4 | 37 EAST ANGLIA | 1.36.10 | |

Heat 2

| | | | |
|---|---------------------|---------|---|
| 1 | 79 LOUGHBOROUGH | 1.32.34 | B |
| 2 | 95 OXFORD | 1.33.98 | B |
| 3 | 153 GLOUCESTERSHIRE | 1.35.82 | |
| 4 | 29 COVENTRY | 1.42.58 | |

Heat 3

| | | | |
|---|-----------------------|---------|---|
| 1 | 141 UWIC | 1.30.31 | A |
| 2 | 57 KENT | 1.31.52 | A |
| 3 | 113 SHEFFIELD HALLAM | 1.32.49 | B |
| 4 | 25 CENTRAL LANCASHIRE | 1.41.73 | |

Heat 4

| | | | |
|---|-----------------------|---------|--|
| 1 | 83 MANCHESTER | 1.34.82 | |
| 2 | 45 EXETER | 1.36.78 | |
| 3 | 67 LEEDS METROPOLITAN | 1.39.66 | |
| 4 | 161 UW SWANSEA | DISQ | |

Heat 5

| | | | |
|---|---------------|---------|---|
| 1 | 3 BATH | 1.32.03 | A |
| 2 | 111 SHEFFIELD | 1.35.44 | |
| 3 | 75 LONDON | DNS | |

Heat 6

| | | | |
|---|--------------|---------|---|
| 1 | 5 BIRMINGHAM | 1.33.60 | B |
| 2 | 19 CAMBRIDGE | 1.35.75 | |
| 3 | 89 NEWCASTLE | DNF | |

4 x 200m Relay MEN

Final

Championship Best Performance

2003

Loughborough

1.27.08

A Final

| | | | |
|---|--------------|---------|--|
| 1 | 141 UWIC | 1.29.43 | |
| 2 | 3 BATH | 1.30.80 | |
| 3 | 15 BRUNEL WL | 1.30.84 | |
| 4 | 57 KENT | 1.31.18 | |

B Final

| | | |
|---|-----------------------------|---------|
| 1 | 113 SHEFFIELD HALLAM | 1.29.96 |
| 2 | 79 LOUGHBOROUGH | 1.32.05 |
| 3 | 95 OXFORD | 1.32.37 |
| 4 | 5 BIRMINGHAM | 1.33.68 |

High Jump - MEN - FINAL

| CBP | 2003 Tom Parsons | UWIC | 2.16m |
|-----|----------------------------------|------------------------|----------|
| 1 | 79 Samson ONI | LOUGHBOROUGH | 2.20 CBP |
| 2 | 141 Tom PARSONS | UWIC | 2.15 |
| 3 | 91 Mark CROWLEY | NOTTINGHAM | 2.05 |
| 4 | 3 Darryl STONE | BATH | 2.05 |
| 5 | 15 Craig BAKER | BRUNEL WL | 2.00 |
| 6 | 5 Calvin HALL | BIRMINGHAM | 2.00 |
| 7 | 80 Daniel LEONARD | LOUGHBOROUGH | 1.95 |
| 8 | 142 Matt LEDGER | UWIC | 1.95 |
| 9 | 4 Matt THURGOOD | BATH | 1.95 |
| 10 | 163 Alex GIRDLER | HUDDERSFIELD | 1.90 |
| 11 | 49 Alasdair STRANGE | GLASGOW | 1.90 |
| 12 | 6 Matthew LITTLE | BIRMINGHAM | 1.85 = |
| 12 | 97 Hans MONTLOUIS-CALIXTE | OXFORD BROOKES | 1.85 = |
| 14 | 149 Jonathan LINGHAM | YORK | 1.85 |
| 15 | 19 Adrian HEMERY | CAMBRIDGE | 1.85 |
| 16 | 153 Ben SHARPE | GLOUCESTERSHIRE | 1.80 |
| 17 | 41 David SINGLETON | EDINBURGH | 1.75 |

Long Jump - MEN - FINAL

| CBP | 2002 Gable Garenamotse | UWIC | 7.65m |
|-----|----------------------------|-----------------------|-------|
| 1 | 111 Richard CHILDS | SHEFFIELD | 7.13 |
| 2 | 11 Darragh O'FARREL | BRIGHTON | 7.01 |
| 3 | 95 Sean GOURLEY | OXFORD | 6.96 |
| 4 | 15 John RAMOS | BRUNEL WL | 6.87 |
| 5 | 142 Andy THOMSON | UWIC | 6.79 |
| 6 | 5 Philip FERDINAND | BIRMINGHAM | 6.59 |
| 7 | 87 Levi EDWARDS | MIDDLESEX | 6.54 |
| 8 | 3 Matt THURGOOD | BATH | 6.53 |
| 9 | 19 Richard READER | CAMBRIDGE | 6.51 |
| 10 | 129 Chris WEITZ | SUNDERLAND | 6.50 |
| 11 | 79 Rudi MOORE | LOUGHBOROUGH | 6.48 |
| 12 | 6 James HEPTONSTALL | BIRMINGHAM | 6.48 |
| 13 | 88 Eric OWOAHENE | MIDDLESEX | 6.41 |
| 14 | 17 Jon MINCHIN | BUCKS CHILTERN | 5.99 |

Triple Jump - MEN - FINAL

| CBP | 1998 Charlie Madeira-Cole | Sheffield | 15.82m |
|-----|---------------------------|------------------|--------|
| 1 | 3 Seni MAJEKODUNMI | BATH | 15.21 |
| 2 | 6 Phil FERDINAND | BIRMINGHAM | 15.16 |
| 3 | 4 Matt THURGOOD | BATH | 14.53 |
| 4 | 76 Ugochi ANOMELECHI | LONDON | 14.29 |
| 5 | 35 Jonathan BEST | DURHAM | 14.21 |
| 6 | 45 Neil OKARTER | EXETER | 14.14 |
| 7 | 80 Matthew GREEN | LOUGHBOROUGH | 13.59 |
| 8 | 79 Rudi MOORE | LOUGHBOROUGH | 13.34 |
| 9 | 65 Phil RILEY | LEEDS | 13.29 |
| 10 | 5 James HEPTONSTALL | BIRMINGHAM | 13.17 |
| 11 | 141 Nick FOXWORTHY | UWIC | 13.17 |
| 12 | 117 John SCRIVEN | SOUTHAMPTON INST | 12.80 |

Shot - MEN - FINAL

| CBP | 1999 Emeka Udechuku | Loughborough | 16.88m |
|-----|----------------------|--------------------|--------|
| 1 | 125 Scot THOMPSON | STIRLING | 15.86 |
| 2 | 3 Sam WESTLAKE-CANN | BATH | 14.74 |
| 3 | 141 James COOMBES | UWIC | 13.16 |
| 4 | 20 Adrian HEMERY | CAMBRIDGE | 12.85 |
| 5 | 143 Joseph OKPOTI | WARWICK | 12.52 |
| 6 | 121 James RUMBOLD | ST MARY'S | 12.50 |
| 7 | 4 Josh LAMB | BATH | 12.44 |
| 8 | 80 Steve HUGHES | LOUGHBOROUGH | 12.24 |
| 9 | 15 Roger SKEDD | BRUNEL WL | 12.12 |
| 10 | 81 Damian LARRINGTON | LUTON | 12.01 |
| 11 | 142 Glyn HOOSON-OWEN | UWIC | 11.77 |
| 12 | 153 Robert JOLLEY | GLOUCESTERSHIRE | 11.76 |
| 13 | 79 Andrew EST | LOUGHBOROUGH | 11.40 |
| 14 | 29 Nicholas JOY | COVENTRY | 10.62 |
| 15 | 75 Max MARSDEN | LONDON | 10.23 |
| 16 | 5 Nick CAPLAN | BIRMINGHAM | 8.47 |
| 17 | 35 Andrew SCHEUBER | DURHAM | 8.36 |
| 18 | 82 Matt SMITH | LUTON | 7.66 |
| 19 | 6 Alex CURLETT | BIRMINGHAM | 6.65 |
| | 67 Ross ELLIOT | LEEDS METROPOLITAN | NP |
| | 37 Ian MASON | EAST ANGLIA | NP |
| | 115 James HEYWOOD | SOUTHAMPTON | NP |
| | 19 Mike COLLINS | CAMBRIDGE | DNS |

Pole Vault - MEN - FINAL

| CBP | 2003 Ashley Swain | Staffordshire | 5.32m |
|------------|----------------------------|----------------------|--------------|
| 1 | 79 Ashley SWAIN | LOUGHBOROUGH | 5.20 |
| 2 | 80 Mark BEHARRELL | LOUGHBOROUGH | 4.90 |
| 3 | 127 Matt DORRIAN | STRATHCLYDE | 4.60 |
| 4 | 95 Sean GOURLEY | OXFORD | 4.20 |
| 5 | 49 Alistair BROWN | GLASGOW | 4.10 |
| 6 | 19 Adrian HEMERY | CAMBRIDGE | 4.10 |
| 7 | 129 Iain DODSWORTH | SUNDERLAND | 4.00 |
| 8 | 141 Ali PATTERSON | UWIC | 4.00 |
| 9 | 15 Roger SKEDD | BRUNEL WL | 3.90 |
| 10 | 5 Nick CAPLAN | BIRMINGHAM | 3.40 |
| 11 | 20 Mike COLLINS | CAMBRIDGE | 3.80 |
| 12 | 115 Andrew CHRISTIE | SOUTHAMPTON | 3.20 |
| 13 | 142 Steve ALEXANDER | UWIC | 3.00 |
| 14 | 149 Shaun SLATOR | YORK | 2.40 |

60m WOMEN

First 3 and 4 fastest losers to 2 Semi Finals

Heat 1

| | | | |
|---|-----------------------------|-------------|--------|
| 1 | 15 Laura TURNER | BRUNEL WL | 7.70 Q |
| 2 | 127 Sara WHIGHAM | STRATHCLYDE | 7.80 Q |
| 3 | 91 Helen KARAGOUNIS | NOTTINGHAM | 7.90 Q |
| 4 | 6 Kay SHEEDY | BIRMINGHAM | 8.30 |
| 5 | 36 Sarah BIGGS | DURHAM | 8.30 |
| 6 | 82 Ogochukwu EJIOFOR | LUTON | 8.40 |
| 7 | Lane Vacant | | |
| 8 | Lane Vacant | | |

Heat 2

| | | | |
|---|------------------------------|--------------|--------|
| 1 | 135 Anna BOYLE | ULSTER | 7.80 Q |
| 2 | 80 Emma BAILEY | LOUGHBOROUGH | 7.80 Q |
| 3 | 142 Rozelle CAVACIUTI | UWIC | 7.90 Q |
| 4 | 119 Louise AISTON | ST MARTINS | 8.20 Q |
| 5 | 50 Sharon CARSTAIRS | GLASGOW | 8.20 Q |
| 6 | 11 Karen GRIEVES | BRIGHTON | 8.60 |
| 7 | Lane Vacant | | |
| 8 | Lane Vacant | | |

Heat 3

| | | | |
|---|------------------------------|-----------------|--------|
| 1 | 29 Karen OUGHTON | COVENTRY | 7.80 Q |
| 2 | 141 Laura EASTMAN | UWIC | 7.80 Q |
| 3 | 31 Shereen CHARLES | CREWE & ALSAGER | 7.90 Q |
| 4 | 87 Victoria HYLAND | MIDDLESEX | 8.20 Q |
| 5 | 35 Victoria FOSTER | DURHAM | 8.40 |
| 6 | 85 Sarah HETHERINGTON | MANCHESTER MET | 8.50 |
| 7 | 89 Becky TAYLOR | NEWCASTLE | 8.60 |
| 8 | Lane Vacant | | |

Heat 4

| | | | |
|---|----------------------------|------------------|--------|
| 1 | 79 Jeanette KWAKYE | LOUGHBOROUGH | 7.60 Q |
| 2 | 113 Bernice WILSON | SHEFFIELD HALLAM | 7.90 Q |
| 3 | 49 Gillian COOKE | GLASGOW | 7.90 Q |
| 4 | 9 Ruth DALES | BRADFORD | 8.10 Q |
| 5 | 57 Nicola PLEWS | KENT | 8.40 |
| 6 | 81 Olamide WILLIAMS | LUTON | 8.70 |
| 7 | 45 Gemma EVANS | EXETER | 9.20 |
| 8 | Lane Vacant | | |

60m WOMEN

Semi Finals

First 3 and 2 fastest losers to Final

Race 1

| | | | |
|---|---------------------------|--------------|--------|
| 1 | 79 Jeanette KWAKYE | LOUGHBOROUGH | 7.43 Q |
| 2 | 127 Sara WHIGHAM | STRATHCLYDE | 7.64 Q |

| | | | |
|---|----------------------------|------------------|--------|
| 3 | 49 Gillian COOKE | GLASGOW | 7.73 Q |
| 4 | 29 Karen OUGHTON | COVENTRY | 7.73 q |
| 5 | 113 Bernice WILSON | SHEFFIELD HALLAM | 7.80 |
| 6 | 91 Helen KARAGOUNIS | NOTTINGHAM | 7.92 |
| 7 | 9 Ruth DALES | BRADFORD | 8.03 |
| 8 | 87 Victoria HYLAND | MIDDLESEX | 8.20 |

Race 2

| | | | |
|---|------------------------------|-----------------|--------|
| 1 | 135 Anna BOYLE | ULSTER | 7.57 Q |
| 2 | 15 Laura TURNER | BRUNEL WL | 7.60 Q |
| 3 | 141 Laura EASTMAN | UWIC | 7.64 Q |
| 4 | 142 Rozelle CAVACIUTI | UWIC | 7.64 q |
| 5 | 31 Shereen CHARLES | CREWE & ALSAGER | 7.80 |
| 6 | 80 Emma BAILEY | LOUGHBOROUGH | 7.83 |
| 7 | 119 Louise AISTON | ST MARTINS | 8.03 |
| 8 | 50 Sharon CARSTAIRS | GLASGOW | 8.13 |

60m WOMEN

Final

Championship Best Performance:

1998 Diane Allahgreen

Liverpool Hope

7.41s

| | | | |
|---|------------------------------|--------------|-----------|
| 1 | 79 Jeanette KWAKYE | LOUGHBOROUGH | 7.36 CBP* |
| 2 | 135 Anna BOYLE | ULSTER | 7.52 |
| 3 | 127 Sara WHIGHAM | STRATHCLYDE | 7.54 |
| 4 | 15 Laura TURNER | BRUNEL WL | 7.56 |
| 5 | 142 Rozelle CAVACIUTI | UWIC | 7.65 |
| 6 | 141 Laura EASTMAN | UWIC | 7.66 |
| 7 | 29 Karen OUGHTON | COVENTRY | 7.67 |
| 8 | 49 Gillian COOKE | GLASGOW | 7.81 |

60m Hurdles WOMEN

First 2 and 2 fastest losers to Final

Heat 1

| | | |
|---------------------------|--------------------|--------|
| 79 Tamsin STEPHENS | LOUGHBOROUGH | 8.37 Q |
| 9 Ruth DALES | BRADFORD | 8.86 Q |
| 57 Nicola PLEW | KENT | 9.16 q |
| 142 Alisa CULLEN | UWIC | 9.69 |
| 68 Nicola CAHILL | LEEDS METROPOLITAN | 9.79 |
| 89 Zoe TRISTRAM | NEWCASTLE | 11.57 |

Heat 2

| | | |
|----------------------------|--------------|--------|
| 80 Sara McGREAVEY | LOUGHBOROUGH | 8.37 Q |
| 141 Laura EASTMAN | UWIC | 8.83 Q |
| 1 Catriona PENNET | ABERDEEN | 8.84 q |
| 6 Rebecca SLAYMAKER | BIRMINGHAM | 9.90 |
| 21 Jo SAFE | CARDIFF | 10.08 |
| 4 Claire HOLMES | BATH | 10.26 |

| | | |
|---------------|-------------------|-------------------------|
| Heat 3 | | |
| 3 | Grace SMITH | BATH 8.73 Q |
| 53 | Kate BREWINGTON | GREENWICH 8.80 Q |
| 67 | Danni HAYES | LEEDS METROPOLITAN 9.67 |
| 35 | Kimberley GOODALL | DURHAM 10.15 |
| 5 | Danielle FAWKES | BIRMINGHAM DNF |

60m Hurdles WOMEN Final

Championship Best Performance:

| | | |
|------------------------------|-----------------------|--------------|
| 1998 Diane Allahgreen | Liverpool Hope | 8.29s |
| 79 Tamsin STEPHENS | LOUGHBOROUGH | 8.37 |
| 80 Sara McGREAVEY | LOUGHBOROUGH | 8.41 |
| 3 Grace SMITH | BATH | 8.72 |
| 53 Kate BREWINGTON | GREENWICH | 8.73 |
| 9 Ruth DALES | BRADFORD | 8.73 |
| 141 Laura EASTMAN | UWIC | 8.91 |
| 1 Catriona PENNET | ABERDEEN | 8.95 |
| 57 Nicola PLEW | KENT | 9.32 |

200m WOMEN

Winners and 5 fastest losers to 3 Semi Finals

| | | |
|---------------|---------------------|----------------------|
| Heat 1 | | |
| 1 | 91 Helen KARAGOUNIS | NOTTINGHAM 25.28 Q |
| 2 | 49 Sharon CARSTAIRS | GLASGOW 26.43 Q |
| 3 | 36 Sarah BIGGS | DURHAM 27.34 |
| 4 | 41 Sarah HERD | EDINBURGH 29.16 |
| Heat 2 | | |
| 1 | 79 Maiteland MARKS | LOUGHBOROUGH 26.06 Q |
| 2 | 119 Louise AISTON | ST MARTINS 26.48 Q |
| 3 | 61 Natalie BRANT | KINGSTON 26.95 |
| 4 | 90 Zoe TRISTRAM | NEWCASTLE 28.73 |
| Heat 3 | | |
| 1 | 5 Seemita GUMBS | BIRMINGHAM 25.01 Q |
| 2 | 142 Maggie DAVIES | UWIC 26.55 Q |
| 3 | 65 Kate EDMONDSON | LEEDS 26.62 |
| 4 | 13 Fabia PENNINGTON | BRISTOL 29.65 |
| Heat 4 | | |
| 1 | 127 Sara WHIGHAM | STRATHCLYDE 26.01 Q |
| 2 | 92 Laura SIDDALL | NOTTINGHAM 27.61 |
| 3 | 35 Victoria FOSTER | DURHAM 27.80 |
| 4 | 89 Becky TAYLOR | NEWCASTLE 28.90 |

| Heat 5 | | | |
|---------------|---------------------------|-------------------------|---------|
| 1 | 6 Melinda COOKSEY | BIRMINGHAM | 26.01 Q |
| 2 | 87 Megan HIGGS | MIDDLESEX | 26.91 |
| 3 | 113 Elizabeth WARD | SHEFFIELD HALLAM | 27.98 |
| 4 | 122 Mel KNIGHT | ST MARY'S | 30.31 |

| Heat 6 | | | |
|---------------|------------------------------|-----------------------|---------|
| 1 | 29 Karen OUGHTON | COVENTRY | 25.48 Q |
| 2 | 83 Helen TAYLOR | MANCHESTER | 25.83 Q |
| 3 | 85 Sarah HETHERINGTON | MANCHESTER MET | 28.26 |
| 4 | Lane Vacant | | |

| Heat 7 | | | |
|---------------|------------------------------|---------------------------|---------|
| 1 | 80 Jeanette KWAKYE | LOUGHBOROUGH | 24.85 Q |
| 2 | 141 Rozelle CAVACIUTI | UWIC | 25.18 Q |
| 3 | 68 Katy GREEN | LEEDS METROPOLITAN | 30.04 |
| 4 | Lane Vacant | | |

200m WOMEN

Semi Finals

Winners and fastest loser to A Final, next 4 fastest to B Final

| Race 1 | | | |
|---------------|---------------------------|---------------------|---------|
| 1 | 80 Jeanette KWAKYE | LOUGHBOROUGH | 24.40 A |
| 2 | 6 Melinda COOKSEY | BIRMINGHAM | 25.12 B |
| 3 | 79 Maiteland MARKS | LOUGHBOROUGH | 25.22 B |
| 4 | 142 Maggie DAVIES | UWIC | 26.27 |

| Race 2 | | | |
|---------------|------------------------------|--------------------|---------|
| 1 | 141 Rozelle CAVACIUTI | UWIC | 24.73 A |
| 2 | 127 Sara WHIGHAM | STRATHCLYDE | 24.80 A |
| 3 | 5 Seemita GUMBS | BIRMINGHAM | 25.04 B |
| 4 | 119 Louise AISTON | ST MARTINS | 26.06 |

| Race 3 | | | |
|---------------|----------------------------|-------------------|---------|
| 1 | 91 Helen KARAGOUNIS | NOTTINGHAM | 24.89 A |
| 2 | 29 Karen OUGHTON | COVENTRY | 25.24 B |
| 3 | 83 Helen TAYLOR | MANCHESTER | 25.93 |
| 4 | 49 Sharon CARSTAIRS | GLASGOW | 26.31 |

200m WOMEN

Final

Championship Best Performance

2002 Emily Freeman

London

24.02s

A Final

| | | | |
|---|------------------------------|---------------------|-------|
| 1 | 91 Helen KARAGOUNIS | NOTTINGHAM | 24.29 |
| 2 | 80 Jeanette KWAKYE | LOUGHBOROUGH | 24.31 |
| 3 | 141 Rozelle CAVACIUTI | UWIC | 24.56 |

| | | | |
|---|-------------------------|--------------------|-------|
| 4 | 127 Sara WHIGHAM | STRATHCLYDE | 24.83 |
|---|-------------------------|--------------------|-------|

B Final

| | | | |
|---|---------------------------|---------------------|-------|
| 1 | 79 Maiteland MARKS | LOUGHBOROUGH | 25.15 |
| 2 | 29 Karen OUGHTON | COVENTRY | 25.37 |
| 3 | 6 Melinda COOKSEY | BIRMINGHAM | 25.39 |
| 4 | 5 Seemita GUMBS | BIRMINGHAM | 25.89 |

| |
|-------------------|
| 400m WOMEN |
|-------------------|

Winners and 5 fastest losers to 3 Semi Finals

Heat 1

| | | | |
|---|-----------------------------|---------------------|---------|
| 1 | 79 Kim WALL | LOUGHBOROUGH | 55.35 Q |
| 2 | 3 Marilyn OKORO | BATH | 55.60 Q |
| 3 | 135 Elaine McCAFFERY | ULSTER | 57.50 Q |
| 4 | 121 Katie RAY | ST MARY'S | 65.52 |

Heat 2

| | | | |
|---|--------------------------|------------------------------|---------|
| 1 | 4 Laura LANGOWSKI | BATH | 59.26 Q |
| 2 | 73 Sarah CALCOTT | LIVERPOOL JOHN MOORES | 63.83 |
| 3 | 122 Nichola GOODE | ST MARY'S | 66.21 |
| 4 | 81 Sarah RUST | LUTON | 70.18 |

Heat 3

| | | | |
|---|----------------------------|---------------------------|---------|
| 1 | 80 Dawn WILSON | LOUGHBOROUGH | 57.45 Q |
| 2 | 91 Nisah DESAI | NOTTINGHAM | 58.11 Q |
| 3 | 5 Rebecca SLAYMAKER | BIRMINGHAM | 60.27 |
| 4 | 68 Hollie BASS | LEEDS METROPOLITAN | 66.60 |

Heat 4

| | | | |
|---|---------------------------|---------------------------|---------|
| 1 | 141 Liza PARRY | UWIC | 59.56 Q |
| 2 | 92 Laura SIDDALL | NOTTINGHAM | 60.12 |
| 3 | 67 Ami SHARAD | LEEDS METROPOLITAN | 64.81 |
| 4 | 11 Catherine BAKER | BRIGHTON | 66.64 |

Heat 5

| | | | |
|---|---------------------------------|----------------|---------|
| 1 | 14 Amy FREEMAN | BRISTOL | 58.75 Q |
| 2 | 65 Kate EDMONDSON | LEEDS | 59.51 Q |
| 3 | 95 Elizabeth BRAITHWAITE | OXFORD | 60.08 |
| 4 | 142 Emma PETERS | UWIC | 61.57 |

Heat 6

| | | | |
|---|------------------------------|-------------------------|---------|
| 1 | 45 Donna CHATTING | EXETER | 60.21 Q |
| 2 | 35 Caroline WILSON | DURHAM | 60.74 |
| 3 | 113 Elizabeth WARD | SHEFFIELD HALLAM | 62.07 |
| 4 | 29 Lorna WATERS-BROWN | COVENTRY | 70.16 |

Heat 7

| | | | |
|---|---------------------------|-------------------------|---------|
| 1 | 114 Michelle CAREY | SHEFFIELD HALLAM | 57.66 Q |
| 2 | 33 Helen ROSCOE | DMU LEICESTER | 58.65 Q |

| | | | |
|---|----------------------|------------------|-------|
| 3 | 41 Sarah HOOD | EDINBURGH | 63.87 |
| 4 | Lane Vacant | | |

400m WOMEN **Semi Finals**

Winners and fastest loser to A Final, next 4 fastest to B Final

Race 1

| | | | |
|---|--------------------------|---------------------|---------|
| 1 | 79 Kim WALL | LOUGHBOROUGH | 55.14 A |
| 2 | 65 Kate EDMONDSON | LEEDS | 59.05 |
| 3 | 45 Donna CHATTING | EXETER | 60.36 |
| 4 | 141 Liza PARRY | UWIC | 60.48 |

Race 2

| | | | |
|---|--------------------------|----------------------|---------|
| 1 | 3 Marilyn OKORO | BATH | 55.78 A |
| 2 | 80 Dawn WILSON | LOUGHBOROUGH | 56.72 B |
| 3 | 33 Helen ROSCOE | DMU LEICESTER | 58.10 B |
| 4 | 4 Laura LANGOWSKI | BATH | 58.09 |

Race 3

| | | | |
|---|-----------------------------|-------------------------|---------|
| 1 | 114 Michelle CAREY | SHEFFIELD HALLAM | 55.83 A |
| 2 | 14 Amy FREEMAN | BRISTOL | 56.51 A |
| 3 | 91 Nisah DESAI | NOTTINGHAM | 57.62 B |
| 4 | 135 Elaine McCAFFERY | ULSTER | 57.91 B |

400m WOMEN **Final**

Championship Best Performance

1999 Dawn Higgins **UWIC** **55.41s**

A Final

| | | | |
|---|---------------------------|-------------------------|-------|
| 1 | 79 Kim WALL | LOUGHBOROUGH | 54.77 |
| 2 | 114 Michelle CAREY | SHEFFIELD HALLAM | 55.04 |
| 3 | 3 Marilyn OKORO | BATH | 55.40 |
| 4 | 14 Amy FREEMAN | BRISTOL | 56.58 |

B Final

| | | | |
|---|-----------------------------|----------------------|-------|
| 1 | 80 Dawn WILSON | LOUGHBOROUGH | 57.01 |
| 2 | 135 Elaine McCAFFERY | ULSTER | 57.70 |
| 3 | 33 Helen ROSCOE | DMU LEICESTER | 57.82 |
| 4 | 91 Nisah DESAI | NOTTINGHAM | 58.82 |

800m WOMEN

First 3 and 3 fastest losers to 2 semi finals

Heat 1

| | | | | |
|---|------------------------------|-----------------|---------|---|
| 1 | 21 Natalie LEWIS | CARDIFF | 2.15.40 | Q |
| 2 | 153 Dominique OUGHTON | GLOUCESTERSHIRE | 2.15.84 | Q |
| 3 | 123 Laura DAVENPORT | STAFFS (STOKE) | 2.17.26 | Q |
| 4 | 15 Louise DOUGLASS | BRUNEL WL | 2.19.07 | Q |
| 5 | 79 Rowena HARRISON | LOUGHBOROUGH | 2.23.34 | Q |
| 6 | 83 Christine CARRIER | MANCHESTER | 2.24.66 | Q |

Heat 2

| | | | | |
|---|--------------------------|-----------------|---------|---|
| 1 | 91 Nisah DESAI | NOTTINGHAM | 2.23.24 | Q |
| 2 | 35 Seonaid MURRAY | DURHAM | 2.23.66 | Q |
| 3 | 141 Anna HOUNSLOW | UWIC | 2.24.71 | Q |
| 4 | 84 Kathy WELLAM | MANCHESTER | 2.26.88 | |
| 5 | 154 Keri GENDERS | GLOUCESTERSHIRE | 2.28.25 | |
| 6 | 6 Lynsey DOYLE | BIRMINGHAM | 2.30.50 | |

Heat 3

| | | | | |
|---|--------------------------|--------------------|---------|---|
| 1 | 4 Amy FRITH | BATH | 2.26.84 | Q |
| 2 | 95 Zoe BARBER | OXFORD | 2.28.99 | Q |
| 3 | 142 Diana JEFFERY | UWIC | 2.31.75 | Q |
| 4 | 67 Ami SHARAD | LEEDS METROPOLITAN | 2.33.20 | |
| 5 | 161 Carol GLOVER | UW SWANSEA | 2.43.11 | |
| 6 | 65 Rebecca HAMS | LEEDS | 2.58.92 | |

800m WOMEN

Semi Finals

Winners and 2 fastest losers to A Final, next 4 fastest to B Final

Race 1

| | | | | |
|---|------------------------------|-----------------|---------|---|
| 1 | 21 Natalie LEWIS | CARDIFF | 2.13.76 | A |
| 2 | 153 Dominique OUGHTON | GLOUCESTERSHIRE | 2.15.90 | A |
| 3 | 35 Seonaid MURRAY | DURHAM | 2.18.56 | A |
| 4 | 141 Anna HOUNSLOW | UWIC | 2.22.95 | B |
| 5 | 83 Christine CARRIER | MANCHESTER | 2.25.58 | |
| 6 | 142 Diana JEFFERY | UWIC | 2.33.05 | |

Race 2

| | | | | |
|---|----------------------------|----------------|---------|---|
| 1 | 91 Nisah DESAI | NOTTINGHAM | 2.19.02 | A |
| 2 | 123 Laura DAVENPORT | STAFFS (STOKE) | 2.19.81 | B |
| 3 | 15 Louise DOUGLASS | BRUNEL WL | 2.22.62 | B |
| 4 | 79 Rowena HARRISON | LOUGHBOROUGH | 2.24.48 | B |
| 5 | 4 Amy FRITH | BATH | 2.27.01 | |
| 6 | 95 Zoe BARBER | OXFORD | 2.29.93 | |

800m WOMEN**Final****Championship Best Performance**

1996 Hayley Parry **Loughborough** **2.07.76**

A Final

| | | | |
|---|------------------------------|------------------------|---------|
| 1 | 21 Natalie LEWIS | CARDIFF | 2.07.89 |
| 2 | 153 Dominique OUGHTON | GLOUCESTERSHIRE | 2.12.48 |
| 3 | 91 Nisah DESAI | NOTTINGHAM | 2.15.77 |
| 4 | 35 Seonaid MURRAY | DURHAM | 2.17.46 |

B Final

| | | | |
|---|----------------------------|-----------------------|---------|
| 1 | 15 Louise DOUGLASS | BRUNEL WL | 2.17.27 |
| 2 | 123 Laura DAVENPORT | STAFFS (STOKE) | 2.17.41 |
| 3 | 141 Anna HOUNSLOW | UWIC | 2.24.53 |
| 4 | 79 Rowena HARRISON | LOUGHBOROUGH | 2.26.92 |

| |
|--------------------|
| 1500m WOMEN |
|--------------------|

First 2 and 4 fastest losers to Final**Heat 1**

| | | | |
|---|------------------------------|---------------------------|---------|
| 1 | Lane Vacant | | |
| 2 | 67 Charlene SNELGROVE | LEEDS METROPOLITAN | 4.47.17 |
| 3 | 3 Sarah HERBERT | BATH | 4.48.09 |
| 4 | 95 Betsy WILLIAMSON | OXFORD | 4.48.45 |
| 5 | 142 Emily BROWN | UWIC | 5.04.79 |
| 6 | 153 Naroa ETXEBARRIA | GLOUCESTERSHIRE | 5.17.95 |
| 7 | 87 Ruth MACLANNAN | MIDDLESEX | 5.50.74 |
| 8 | Lane Vacant | | |

Heat 2

| | | | |
|---|---------------------------|------------------------------|---------|
| 1 | Lane Vacant | | |
| 2 | 141 Ceri MITCHELL | UWIC | 4.54.86 |
| 3 | 73 Helen SINGLETON | LIVERPOOL JOHN MOORES | 4.54.98 |
| 4 | 59 Jo ANKIER | KINGS COLLEGE | 4.55.08 |
| 5 | 96 Mary KINGSTON | OXFORD | 5.00.02 |
| 6 | 57 Kylie HASSAL | KENT | 5.13.32 |
| 7 | 6 Meghan JACKSON | BIRMINGHAM | 5.31.64 |
| 8 | 99 Hannah LOWICK | PLYMOUTH | DNF |

1500m WOMEN**Final****: Championship Best Performance**

| | | | |
|---|------------------------------|------------------------------|----------------|
| | 2003 Rachel Felton | Birmingham | 4.31.10 |
| 1 | 67 Charlene SNELGROVE | LEEDS METROPOLITAN | 4.32.02 |
| 2 | 59 Jo ANKIER | KINGS COLLEGE | 4.37.80 |
| 3 | 73 Helen SINGLETON | LIVERPOOL JOHN MOORES | 4.39.63 |
| 4 | 141 Ceri MITCHELL | UWIC | 4.41.96 |
| 5 | 3 Sarah HERBERT | BATH | 4.52.50 |
| 6 | 95 Betsy WILLIAMSON | OXFORD | 4.56.42 |
| 7 | 96 Mary KINGSTON | OXFORD | 5.02.02 |
| 8 | 142 Emily BROWN | UWIC | 5.11.60 |

3000m WOMEN**First 3 and 4 fastest losers to Final****Heat 1**

| | | | |
|------------|------------------|-----------------------|------------|
| 122 | Kate REED | ST MARY'S | 10.28.89 Q |
| 75 | Helen ZENNER | LONDON | 10.32.47 Q |
| 65 | Emma WATERHOUSE | LEEDS | 10.37.23 Q |
| 115 | Bethan HARRIS | SOUTHAMPTON | 10.38.10 q |
| 124 | Rebecca HARRISON | STAFFS (STOKE) | 10.48.77 |
| 17 | Eimear MULLAN | BUCKINGHAM CHILTERNES | 10.55.46 |
| 57 | Kylara HASSAL | KENT | 11.00.39 |
| 141 | Emily BROWN | UWIC | 11.07.01 |
| 6 | Rachel WHITE | BIRMINGHAM | 11.09.39 |
| 99 | Hannah LOWICK | PLYMOUTH | DNF |

Heat 2

| | | | |
|------------|--------------------|-----------------|------------|
| 91 | Andrea WOODVINE | NOTTINGHAM | 10.30.31 Q |
| 121 | Faye FULLERTON | ST MARY'S | 10.39.44 Q |
| 37 | Jessica TROWBRIDGE | EAST ANGLIA | 10.39.45 Q |
| 71 | Emma FORD | LIVERPOOL | 10.39.61 q |
| 116 | Georgie PARNELL | SOUTHAMPTON | 10.43.85 q |
| 123 | Clare BOOKER | STAFFS (STOKE) | 10.48.60 q |
| 83 | Claire DIXON | MANCHESTER | 11.18.85 |
| 22 | Zoe HANSON | CARDIFF | 12.22.85 |
| 153 | Emma ACKERMAN | GLOUCESTERSHIRE | 12.36.88 |
| 45 | Anushia ROBERTS | EXETER | 13.05.95 |

3000m WOMEN**Final****Championship Best Performance:**

| | | | |
|---|----------------------------|---------------|----------------|
| | 2000 Katy Skorupska | Oxford | 9.26.31 |
| 1 | 122 Kate REED | ST MARY'S | 9.18.95 CBP |
| 2 | 121 Faye FULLERTON | ST MARY'S | 9.27.88 |

| | | | |
|----|------------------------------|----------------|----------|
| 3 | 71 Emma FORD | LIVERPOOL | 9.54.43 |
| 4 | 91 Andrea WOODVINE | NOTTINGHAM | 10.06.16 |
| 5 | 75 Helen ZENNER | LONDON | 10.08.48 |
| 6 | 116 Georgie PARNELL | SOUTHAMPTON | 10.24.04 |
| 7 | 123 Clare BOOKER | STAFFS (STOKE) | 10.29.34 |
| 8 | 37 Jessica TROWBRIDGE | EAST ANGLIA | 10.30.03 |
| 9 | 65 Emma WATERHOUSE | LEEDS | 10.37.83 |
| 10 | 115 Bethan HARRIS | SOUTHAMPTON | 10.39.93 |

High Jump - WOMEN - FINAL

| CBP | 1998 Michelle Dunkley | Loughborough | 1.85m |
|------------|------------------------------|-----------------------|--------------|
| 1 | 79 Natalie CLARK | LOUGHBOROUGH | 1.80 |
| 2 | 141 Sharron HEVERAN | UWIC | 1.70 |
| 3 | 53 Kate BREWINGTON | GREENWICH | 1.70 |
| 4 | 95 Ailsa WALLACE | OXFORD | 1.65 |
| 5 | 5 Stephanie JONES | BIRMINGHAM | 1.60 |
| 6 | 71 Jennifer WOODS | LIVERPOOL | 1.60 |
| 7 | 4 Jan TAYLOR | BATH | 1.60 |
| 8 | 68 Hollie BASS | LEEDS MET | 1.60 |
| 9 | 80 Claire WRIGHT | LOUGHBOROUGH | 1.55 |
| 10 | 35 Juliet FULLWOOD | DURHAM | 1.50 |
| 11 | 123 Hayley BODDEY | STAFFS (STOKE) | 1.45 |
| 12 | 142 Melanie UMBLEJA | UWIC | 1.45 |

Long Jump - WOMEN - Final

| CBP | 2003 Becky White | Bath | 5.95m |
|------------|-----------------------------|---------------------|--------------|
| 1 | 3 Becky WHITE | BATH | 6.16 CBP |
| 2 | 141 Henrietta PAXTON | UWIC | 6.11 |
| 3 | 6 Emily PARKER | BIRMINGHAM | 5.94 |
| 4 | 49 Gillian COOKE | GLASGOW | 5.93 |
| 5 | 53 Kate BREWINGTON | GREENWICH | 5.74 |
| 6 | 21 Cara ROBERTS | CARDIFF | 5.63 |
| 7 | 81 Nadia WILLIAMS | LUTON | 5.54 |
| 8 | 79 Katy BENNEWORTH | LOUGHBOROUGH | 5.34 |
| 9 | 91 Kara MILLER | NOTTINGHAM | 5.26 |
| 10 | 68 Amy FENDLEY | LEEDS MET | 5.25 |
| 11 | 83 Laure SINGLETON | MANCHESTER | 5.20 |
| 12 | 87 Victoria HYLAND | MIDDLESEX | 5.18 |
| 13 | 121 Lara RICHARDS | ST MARY'S | 5.07 |
| 14 | 16 Hannah GAMESTER | BRUNEL WL | 4.98 |
| 15 | 135 Mandy GAULT | ULSTER | 4.98 |
| 16 | 15 Jenny TRUELOVE | BRUNEL WL | 4.97 |
| 17 | 5 Olivia ROSS-HURST | BIRMINGHAM | 4.96 |
| 18 | 35 Kimberley GOODALL | DURHAM | 4.78 |

Triple Jump - WOMEN - FINAL

| CBP | 2003 Becky White | Bath | 12.95m |
|------------|-------------------------|--------------|---------------|
| 1 | 3 Becky WHITE | BATH | 12.86 |
| 2 | 5 Emily PARKER | BIRMINGHAM | 12.69 |
| 3 | 82 Nadia WILLIAMS | LUTON | 12.38 |
| 4 | 142 Sara BARRY | UWIC | 11.93 |
| 5 | 141 Helen BAKER | UWIC | 11.88 |
| 6 | 4 Rachel PEACOCK | BATH | 11.82 |
| 7 | 79 Mary DEVLIN | LOUGHBOROUGH | 11.69 |
| 8 | 41 Julia STRAKER | EDINBURGH | 11.29 |
| 9 | 91 Kara MILLER | NOTTINGHAM | 10.96 |
| 10 | 15 Jenny TRUELOVE | BRUNEL WL | 10.78 |
| 11 | 68 Nicola CAHILL | LEEDS MET | 10.70 |
| 12 | 81 Olamide WILLIAMS | LUTON | 10.36 |
| 13 | 95 Kathryn HESKETH | OXFORD | 10.30 |
| 14 | 45 Emma JAMES | EXETER | 9.65 |
| 15 | 67 Hollie BASS | LEEDS MET | 9.80 |
| 16 | 46 Gemma EVANS | EXETER | 9.59 |
| 17 | 62 Helen ARBUTHNOT | KINGSTON | 8.99 |

Shot - WOMEN - FINAL

| CBP | 2003 Eva Massey | Ulster | 15.80m |
|------------|------------------------|--------------------|---------------|
| 1 | 79 Rebecca PEAKE | LOUGHBOROUGH | 14.00 |
| 2 | 127 Alison RODGER | STRATHCLYDE | 12.91 |
| 3 | 53 Joanna BENNETT | GREENWICH | 12.53 |
| 4 | 54 Kate BREWINGTON | GREENWICH | 11.03 |
| 5 | 141 Melanie UMBLEJA | UWIC | 10.99 |
| 6 | 51 Bernadette McKINLAY | GLASGOW CALEDONIAN | 10.86 |
| 7 | 25 Nicola GORE | CENTRAL LANCASHIRE | 10.50 |
| 8 | 68 Danni HAYNES | LEEDS METROPOLITAN | 8.85 |
| 9 | 67 Jenna LANDER | LEEDS METROPOLITAN | 8.84 |
| 10 | 38 Samme BROUGH | EAST ANGLIA | 8.84 |
| 11 | 142 Beth SEWELL | UWIC | 8.26 |
| 12 | 37 Louise COOK | EAST ANGLIA | 8.04 |
| 13 | 61 Helen ARBUTHNOT | KINGSTON | 8.03 |

Pole Vault - WOMEN - FINAL

| CBP | 2003 Zoe Brown | Loughborough | 3.80m | |
|------------|-----------------------|---------------------|--------------|-----|
| 1 | 79 Zoe BROWN | LOUGHBOROUGH | 4.00 | CBP |
| 2 | 80 Hannah PALAMMA | LOUGHBOROUGH | 4.00 | |
| 3 | 49 Kirsty MAGUIRE | GLASGOW | 3.90 | |
| 4 | 50 Jennifer GRAHAM | GLASGOW | 3.70 | |
| 5 | 123 Kate DENNISON | STAFFS (STOKE) | 3.60 | |
| 6 | 141 Anna LEYSHON | UWIC | 3.40 | |

Team Result - WOMEN

2004 Indoors

| | 60 | 200 | 400 | 800 | 1500 | 3k | HD | RLY | HJ | LJ | TJ | SH | PV | Total |
|------------------|----|-----|-----|-----|------|----|----|-----|----|----|----|----|----|-------|
| Loughborough | 8 | 11 | 12 | 1 | | | 15 | 7 | 8 | 1 | 2 | 8 | 15 | 88 |
| UWIC | 7 | 6 | | 2 | 6 | | 3 | 8 | 7 | 7 | 9 | 4 | 4 | 63 |
| Bath Univ | | | 6 | | 4 | | 6 | 5 | 2 | 8 | 11 | | | 42 |
| Greenwich | | | | | | | 5 | | 6 | 4 | | 11 | | 26 |
| Birmingham | | 3 | | | | | | 6 | 4 | 6 | 7 | | | 26 |
| Nottingham | | 8 | 1 | 6 | | 5 | | | | | | | | 20 |
| Strathclyde | 6 | 5 | | | | | | | | | | 7 | | 18 |
| Glasgow | 1 | | | | | | | | | 5 | | | 11 | 17 |
| St Mary's | | | | | | 15 | | | | | | | | 15 |
| Leeds Met | | | | | 8 | | | 2 | 1 | | | 1 | | 12 |
| Cardiff | | | | 8 | | | | | | 3 | | | | 11 |
| Staffs | | | | 3 | | 3 | | | | | | | 4 | 10 |
| Ulster | 7 | | 3 | | | | | | | | | | | 10 |
| Luton | | | | | | | | | | 2 | 6 | | 2 | 10 |
| Oxford | | | | | 5 | | | | 5 | | | | | 10 |
| Brunel WL | 5 | | | 4 | | | | | | 3 | | | | 9 |
| Liverpool | | | | | | 6 | | | | | | | | 9 |
| Durham | | | | 5 | | | | 4 | | | | | | 9 |
| Gloucestershire | | | | 7 | | | | | | | | | | 7 |
| Sheffield Hallam | | | 7 | | | | | | | | | | | 7 |
| Kings College | | | | | 7 | | | | | | | | | 7 |
| Liverpool JM | | | | | 6 | | | | | | | | | 6 |
| Bristol | | | 5 | | | | | | | | | | | 5 |
| Coventry | 2 | 3 | | | | | | | | | | | | 5 |
| Bradford | | | | | | | 4 | | | | | | | 4 |
| Southampton | | | | | | 4 | | | | | | | | 4 |
| Glasgow Cal | | | | | | | | | | | | 3 | | 3 |
| Manchester | | | | | | | | 3 | | | | | | 3 |
| Aberdeen | | | | | | | 2 | | | | | | | 2 |
| Central Lancs | | | | | | | | | | | | 2 | | 2 |
| DMU Leicester | | | 2 | | | | | | | | | | | 2 |
| East Anglia | | | | | | 2 | | | | | | | | 2 |
| Leeds | | | | | | 1 | | | | | | | | 1 |
| Edinburgh | | | | | | | | | | | 1 | | | 1 |
| Kent | | | | | | | 1 | | | | | | | 1 |