

3k heat 1		time 11am		
	196 Conrad	Watson	Midland Masters AC	M V55
	206 Paul	Wright	Mansfield Harriers	M V35
	195 Kristian	Watson	Heanor Running Club	M V35
	136 Dan	Nugent	Mansfield Harriers	M V40
	175 Gurmit	Singh	Roadhoggs Leicester AC	M V40
	192 Alastair	Walker	Teviotdale Harriers	M V65
	71 Steven	Gascoyne	Chesterfield & District AC	M V40
	65 Karis	Fiorrucci	London Heathside	M V35
	81 James	Hartley	Hallamshire Harriers Sheffield	M V45
	146 Russell	Parkin	Derby Athletic Club	M V55
	154 Simon	Reid	City Of Sheffield And Dearne Ac	M V40
	91 Martin	Hull	Trentham RC	M V60
	82 Brian	Hawkins	Rotherham Harriers and AC	M V40
3k heat 2		time 11.20am		
	60 Sarah	Edwards	Cleethorpes AC	F V45
	153 Mike	Quinn	Sheffield RC	M V65
	159 Stephanie	Robson	Bingley Harriers & AC	F V45
	52 Stephen	Davies	Mansfield Harriers	M V60
	156 Kevin	Rice	Spensborough & Dist AC	M V60
	207 Jenny	Yates	Radcliffe AC	F V55
	72 Natasha	Geere	Spensborough & Dist Ac	F V50
	194 Susan	Ward	Bury Athletic Club	F V50
	176 Rang	Smith	Abbey Runners	M V55
	231 Mick	Brogan	Steel City Striders RC	M V55
400mh time 11.45am				
181 LANE 2	Peter	Stansbury	Dacorum & Tring AC	M 84.0CM V55
43 LANE 3	Paul	Canning	Marshall Milton Keynes AC	M 84.0CM V55
170 LANE 4	Dave	Shortridge	Victoria Park Harriers and Tower Hamlets AC	M 84.0CM V50
97 LANE 5	Cosmo	Johnson	Hallamshire Harriers Sheffield	M 84.0cm U17
74 LANE 7	Thomas Grantham		Sheffield	M 91.4CM V35
187 LANE 8	Darren	Towart	Tynedale Harriers & Ac	M 91.4CM V40
300mh time 12noon				
156 LANE 2	Kevin	Rice	Spensborough & Dist AC	M 76.2cm V60
69 LANE 3	Mia	Franco	Derby AC	F 76.2cm U17
158 LANE 4	Hayley	Richardson	Middlesbrough Athletic Club (Mandale)	F 76.2cm V40
198 LANE 6	Tony	Wells	Corby AC	M 68.6cm V70
800m heat 1		12.15pm		
	199 Colin	Welsh	Teviotdale Harriers	M V35
	120 Robert	McHarg	Datchet Dashers	M V55
	85 Ben	Holmes	Harrogate Harriers & AC	M V40
	129 Matt	Moon	Worcester AC	M V40
	55 Russell	Dowers	Peterborough & Nene Valley AC	M V35
	30 Peter	Badger	Doncaster Athletic Club	M V45
	186 Mike	Toal	Northern Masters AC	M V50
800m heat 2		12.25pm		
	139 Simon Matthew	Oak	Rotherham Harriers and AC	M V45
	57 Zoe	Doyle	Wycombe Phoenix Harriers & AC	F V40
	142 Steven	O'Neill	Kimberworth Striders	M V40
	71 Steven	Gascoyne	Chesterfield & District AC	M V40
	146 Russell	Parkin	Derby Athletic Club	M V55
	128 Graham	Moffatt	Rushcliffe Ac	M V50
	140 Patrick	O'Connor	Wakefield District H & Ac	M V55
	150 Neil	Pendlebury	Altrincham & District Athletic Club Limited	M V50
	234 Annette	Quaid		V40
800m heat 3		12.35pm		
	111 Geoff	Lowry	Sheffield RC	M V55
	147 Georgie	Parnell	Newport Harriers	F V35
	152 Kevin	Pye	Midland Masters AC	M V60
	164 Gareth	Russell	Humber Triathletes	M V45
	105 Paul	Lemmon	Bingley Harriers & AC	M V55
	56 Steven	Doxey	Swinton Running Club	M V60
	26 Beverley	Armstrong	Mansfield Harriers	F V45
	225 John	Carmichael	city of sheffield	V50
800m heat 4		12.45pm		
	167 Kate	Scott	Steel City Striders RC	F V55

64 Mark	Fickling	Mansfield Harriers	M V35
159 Stephanie	Robson	Bingley Harriers & AC	F V45
126 Rebecca	Mills	Swinton Running Club	F V40
148 Ian	Patchett	Abbey Runners	M V55
52 Stephen	Davies	Mansfield Harriers	M V60
35 Geoff	Beattie	Sale Harriers Manchester	M V65
106 Ray	Lewis	Exmouth Harriers	M V70
157 Glennis	Richardson	Hyde Village Striders	F V60
180 Lisa	Staley	Sutton in Ashfield Harriers & AC	F V50

40 minutes lunch break

100m heat 1 1.25pm

173 LANE 1	Harinder	Singh	Unattached	V35
230 LANE 2	Anthony	Browne	Doncaster Athletic Club	V40
34 LANE 3	Richard	Beardsell	Trafford Athletic Club	V40
46 LANE 4	Mike	Coogan	East Cheshire Harriers & Tameside AC	V45
61 LANE 5	Marvin	Edwards	Northern Masters AC	V40
42 LANE 6	Steven	Callister	Sale Harriers Manchester	SM
144 LANE 7	James	Palmer	City of York AC	SM
74 LANE 8	Thomas	Grantham	city of sheffield	V35

100m heat 2 1.30pm

70 LANE 1	Atheer	Galdagon	City Of Sheffield And Dearne Ac	SM
204 LANE 2	Connor	Wood	Sale Harriers	SM
119 LANE 3	Joe	McGrath	Doncaster Athletic Club	SM
138 LANE 4	Taf	Nyakurerwa	Sale Harriers Manchester	SM
103 LANE 5	Steven	Lambourne	Doncaster Athletic Club	SM
118 LANE 6	Harrison	May-Joynson	Liverpool Pembroke & Sefton H AC	U17M
226 Lane 7	Matthew	France		U17M

100m heat 3 1.35pm

125 LANE 1	Hayley	Mills	Tamworth AC	F SW
100 LANE 2	Manas	Karpha	Notts AC	M V40
193 LANE 3	Mick	Wall	Steel City Striders RC	M V45
200 LANE 4	Martin	White	Mansfield Harriers	M V50
208 LANE 5	Anthony	Zawalij	Northern Masters AC	M V40
135 LANE 6	Robert	North	Midland Masters AC	M V45
130 LANE 7	Ben	Morton	Hallamshire Harriers Sheffield	U17M

100m heat 4 1.40pm

43 LANE 1	Paul	Canning	Marshall Milton Keynes AC	M V55
177 LANE 2	Julian	Smith	Peterborough & Nene Valley AC	M V50
104 LANE 3	Anthony	Leigh	Crewe and Nantwich AC	M V55
187 LANE 4	Darren	Towart	Tynedale Harriers & Ac	M V40
172 LANE 5	James	Simms	Wakefield District H & AC	U20M
168 LANE 6	Amanda	Shaw	Wakefield District H & AC	F V35
76 LANE 7	Beatrice	Green	Ipswich Harriers	U20W

100m heat 5 1.45pm

89 LANE 1	John	Howell	Unattached	M V40
121 LANE 2	Leroy	McKenzie	Unattached	M V50
110 LANE 3	Pat	Logan	Kingston AC And Poly Harriers	V60
80 LANE 4	Lee	Hardy	Unattached	M V35
134 LANE 5	Paul	North	Midland Masters AC	M V45
114 LANE 6	Kristian	Marsh	Salford Metropolitan AC	M V45
90 LANE 7	Julia	Hubbard	Scarborough Athletic Club	F V45

100m heat 6 1.50pm

51 LANE 1	Neil	Davies	Wrexham AC	M V50
94 LANE 2	Peter	Ilo	Royal Sutton Coldfield Athletics Club	M V60
47 LANE 3	Joseph	Courtney	Halifax Harriers & AC	M V35
59 LANE 4	Paul	Durrant	Unattached	M V45
54 LANE 5	Mariella	Digioia	University of Sheffield Union of Students	SW
122 LANE 6	Elizabeth	McMahon	West Cheshire Athletic Club	SW
127 LANE 7	Tracey	Milward	Pendle Athletic Club	F V45
137 LANE 8	Madeleine	Nunan	University of Sheffield Union of Students	U20W

100m heat 7 1.55pm

31 LANE 1	Eli	Barnett	Telford AC	M V55
158 LANE 2	Hayley	Richardson	Middlesbrough Athletic Club (Mandale)	F V40
141 LANE 3	Darren	O'Leary	Marshall Milton Keynes AC	M V50
102 LANE 4	Kirstin	King	Bracknell AC	F V55
107 LANE 5	Bob	Lewis	Reading AC	M V60
142 LANE 6	Steven	O'Neill	Kimberworth Striders	M V40

92	LANE 7	Andy	Hunter	Northern Masters AC	M	V60
25	LANE 8	Donna	Aplin	Mansfield Harriers	F	V35
100m heat 8 2pm						
174	LANE 1	Rashpal	Singh	Coventry Godiva Harriers	M	V65
50	LANE 2	Ainslea	Cross	Charnwood A C	F	V40
203	LANE 3	Anthony	Wise	Windsor Slough Eton & Hounslow AC	M	V50
197	LANE 4	Leanne	Wellings	Wycombe Phoenix Harriers & AC	F	V45
27	LANE 5	Darren	Askew	Doncaster Athletic Club	M	V50
185	LANE 6	Terence	Timmis	Lincoln Wellington Athletic Club	M	V60
73	LANE 7	Cat	Goulder-Davies	Birmingham Running Athletics & Triathlon Club (BRAT)	F	V45
53	LANE 8	Wendy	Day	Lincoln Wellington Athletic Club	F	V45
100m heat 9 2.05pm						
161	LANE 1	Edna	Roe	Windsor Slough Eton & Hounslow AC	F	V65
171	LANE 2	Danielle	Silverman	Banbury Harriers AC	F	V55
184	LANE 3	Jon	Tibke	Midland Masters AC	M	V60
164	LANE 4	Gareth	Russell	Humber Triathletes	M	V45
189	LANE 5	Joan	Trimble	Kingston AC And Poly Harriers		V65
198	LANE 6	Tony	Wells	Corby AC	M	V70
44	LANE 7	Debra	Casson	Longwood Harriers AC	F	V50
155	LANE 8	Deborah	Ricci	Bromsgrove and Redditch	F	V50
100m heat 10 2.10pm						
45	LANE 1	Jon	Clarke	West Cheshire Athletic Club	M	V65
37	LANE 2	Martyn	Bollands	Unattached	M	V65
169	LANE 3	Kieron	Sheridan-Higgins	Unattached	M	V60
86	LANE 4	Helen	Hood	Rushcliffe AC	F	V50
39	LANE 5	Tony	Bowman	Leeds City Athletic Club	M	V85
143	LANE 6	Angela	Owen	Aldershot Farnham & District	F	V65
95	LANE 7	Melvyn	James	Les Croupiers	M	V75
1500M HEAT 1 2.25pm						
99	Andrew	Kaar	Ealing Southall & Middlesex AC	M	V35	
199	Colin	Welsh	Teviotdale Harriers	M	V35	
63	Christopher	Elmer	Newark AC	M	SM	
142	Steven	O'Neill	Kimberworth Striders	M	V40	
120	Robert	McHarg	Datchet Dashers	M	V55	
30	Peter	Badger	Doncaster Athletic Club	M	V45	
67	Rob	Foster	Datchet Dashers	M	V45	
57	Zoe	Doyle	Wycombe Phoenix Harriers & AC	F	V40	
79	Mark	Hampton	Sheffield RC	M	V35	
175	Gurmit	Singh	Roadhoggs Leicester AC	M	V40	
71	Steven	Gascoyne	Chesterfield & District AC	M	V40	
164	Gareth	Russell	Humber Triathletes	M	V45	
82	Brian	Hawkins	Rotherham Harriers and AC	M	V40	
146	Russell	Parkin	Derby Athletic Club	M	V55	
111	Geoff	Lowry	Sheffield RC	M	V55	
234	Annette	Quaid		F	V40	
1500m Heat 2 2.35pm						
150	Neil	Pendlebury	Altrincham & District Athletic Club Limited	M	V50	
66	Andrew	Forsyth	Doncaster Athletic Club	M	V60	
105	Paul	Lemmon	Bingley Harriers & AC	M	V55	
152	Kevin	Pye	Midland Masters AC	M	V60	
56	Steven	Doxey	Swinton Running Club	M	V60	
78	Jane	Halloran	Skyrac Athletic Club	F	V50	
159	Stephanie	Robson	Bingley Harriers & AC	F	V45	
153	Mike	Quinn	Sheffield RC	M	V65	
126	Rebecca	Mills	Swinton Running Club	F	V40	
157	Glennis	Richardson	Hyde Village Striders	F	V60	
176	Rang	Smith	Abbey Runners	M	V55	
52	Stephen	Davies	Mansfield Harriers	M	V60	
200m heat 1 2.45pm						
173	LANE 2	Harinder	Singh	Unattached	M	V35
144	LANE 3	James	Palmer	City of York AC	M	SM
34	LANE 4	Richard	Beardsell	Trafford Athletic Club	M	V40
46	LANE 5	Mike	Coogan	East Cheshire Harriers & Tameside AC	M	V45
230	LANE 6	Anthony	Browne	Doncaster Athletic Club	M	V40
70	LANE 7	Atheer	Galdagon	City Of Sheffield And Dearne Ac		SM
226	LANE 8	Matthew	France		M	U17

200m heat 2		2.50pm		
103 LANE 2	Steven	Lambourne	Doncaster Athletic Club	SM
118 LANE 3	Harrison	May-Joynson	Liverpool Pembroke & Sefton H AC	U17M
138 LANE 4	Taf	Nyakurerwa	Sale Harriers Manchester	SM
119 LANE 5	Joe	McGrath	Doncaster Athletic Club	SM
204 LANE 6	connor	wood	City Of Sheffield And Dearne Ac	SM
42 LANE 7	Steven	Callister	Sale Harriers Manchester	M SM
87 LANE 8	Louis	How	City of York AC	U17M
200m heat 3		2.55pm		
43 LANE 2	Paul	Canning	Marshall Milton Keynes AC	M V55
193 LANE 3	Mick	Wall	Steel City Striders RC	M V45
100 LANE 4	Manas	Karpha	Notts AC	M V40
208 LANE 5	Anthony	Zawalij	Northern Masters AC	M V40
104 LANE 6	Anthony	Leigh	Crewe and Nantwich AC	M V55
135 LANE 7	Robert	North	Midland Masters AC	M V45
168 LANE 8	Amanda	Shaw	Wakefield District H & AC	F V35
200m heat 4		3pm		
94 LANE 2	Peter	Ilo	Royal Sutton Coldfield Athletics Club	M V60
76 LANE 3	Beatrice	Green	Ipswich Harriers	U20W
134 LANE 4	Paul	North	Midland Masters AC	M V45
110 LANE 5	Pat	Logan	Kingston AC And Poly Harriers	V60
77 LANE 6	Andrew	Halliday	Harrogate Harriers & AC	M V45
80 LANE 7	Lee	Hardy	Unattached	M V35
170 LANE 8	Dave	Shortridge	Victoria Park Harriers and Tower Hamlets AC	M V50
200m heat 5		3.05pm		
127 LANE 2	Tracey	Milward	Pendle Athletic Club	F V45
178 LANE 3	Isabelle	Smith	Harrogate Harriers & AC	U20W
121 LANE 4	Leroy	McKenzie	Unattached	M V50
47 LANE 5	Joseph	Courtney	Halifax Harriers & AC	M V35
122 LANE 6	Elizabeth	McMahon	West Cheshire Athletic Club	SW
137 LANE 7	Madeleine	Nunan	University of Sheffield Union of Students	U20W
181 LANE 8	Peter	Stansbury	Dacorum & Tring AC	M V55
200M HEAT 6		3.10pm		
162 LANE 1	Gavin	Rosson		
141 LANE 2	Darren	O'Leary	Marshall Milton Keynes AC	M V50
107 LANE 3	Bob	Lewis	Reading AC	M V60
140 LANE 4	Patrick	O'Connor	Wakefield District H & Ac	M V55
54 LANE 5	Mariella	Digioia	University of Sheffield Union of Students	SW
200 LANE 6	Martin	White	Mansfield Harriers	M V50
90 LANE 7	Julia	Hubbard	Scarborough Athletic Club	F V45
31 LANE 8	Eli	Barnett	Telford AC	M V55
200M HEAT 7		3.15pm		
197 LANE 2	Leanne	Wellings	Wycombe Phoenix Harriers & AC	F V45
113 LANE 3	Terry	Macklin	Liverpool Harriers & AC	M V55
102 LANE 4	Kirstin	King	Bracknell AC	F V55
158 LANE 5	Hayley	Richardson	Middlesbrough Athletic Club (Mandale)	F V40
108 LANE 6	Ivars	Licietis	Charnwood A C	M V65
203 LANE 7	Anthony	Wise	Windsor Slough Eton & Hounslow AC	M V50
92 LANE 8	Andy	Hunter	Northern Masters AC	M V60
200M HEAT 8		3.20pm		
53 LANE 2	Wendy	Day	Lincoln Wellington Athletic Club	F V45
112 LANE 3	Rob	MacDonald	Halifax Harriers & AC	M V50
27 LANE 4	Darren	Askew	Doncaster Athletic Club	M V50
59 LANE 5	Paul	Durrant	Unattached	M V45
116 LANE 6	Adrian	Marston	Lincoln Wellington Athletic Club	M V55
33 LANE 7	Heather	Bates	Cannock & Stafford AC	F V40
66 LANE 8	Andrew	Forsyth	Doncaster Athletic Club	M V60
200M HEAT 9		3.25pm		
161 LANE 2	Edna	Roe	Windsor Slough Eton & Hounslow AC	F V65
183 LANE 3	Jennifer	Temple	Aldershot Farnham & District	F SW
155 LANE 4	Deborah	Ricci	Bromsgrove and Redditch	F V50
164 LANE 5	Gareth	Russell	Humber Triathletes	M V45
198 LANE 6	Tony	Wells	Corby AC	M V70
44 LANE 7	Debra	Casson	Longwood Harriers AC	F V50
171 LANE 8	Danielle	Silverman	Banbury Harriers AC	F V55
200M HEAT 10		3.30pm		
49 LANE 2	David	Cowgill	Northern Masters AC	M V75
106 LANE 3	Ray	Lewis	Exmouth Harriers	M V70

184	LANE 4	Jon	Tibke	Midland Masters AC	M	V60
143	LANE 5	Angela	Owen	Aldershot Farnham & District	F	V65
95	LANE 6	Melvyn	James	Les Croupiers	M	V75
45	LANE 7	Jon	Clarke	West Cheshire Athletic Club	M	V65
39	LANE 8	Tony	Bowman	Leeds City Athletic Club	M	V85
100m round 2		heat 1		3.40pm		
		heat 2		3.45pm		
		heat 3		3.50pm		
		heat 4		3.55pm		
400m heat 1		4.05pm				
87	LANE 2	Louis	How	City of York AC	M	U17M
187	LANE 3	Darren	Towart	Tynedale Harriers & Ac	M	V40
115	LANE 4	Stewart	Marshall	Coventry Godiva Harriers	M	V40
34	LANE 5	Beardsell	Trafford Athletic Club	M		V40
74	LANE 6	Thomas	Grantham	City of Sheffield		V35
48	LANE 7	Oscar	Cousins	Chesterfield & District AC	M	U20M
172	LANE 8	James	Simms	Wakefield District H & AC		U20M
400m heat 2		4.10pm				
77	LANE 2	Andrew	Halliday	Harrogate Harriers & AC	M	V45
131	LANE 3	Matthew	Mustard	University of Sheffield Union of Students	M	SM
227	LANE 4	Joseph	Collini			U17
177	LANE 5	Julian	Smith	Peterborough & Nene Valley AC	M	V50
36	LANE 6	Isabelle	Bloem	Harrogate Harriers & AC		U20W
181	LANE 7	Peter	Stansbury	Dacorum & Tring AC	M	V55
182	LANE 8	Beth	Taylor	Rotherham Harriers and AC		SW
400m heat 3		4.15pm				
112	LANE 2	Rob	MacDonald	Halifax Harriers & AC	M	V50
116	LANE 3	Adrian	Marston	Lincoln Wellington Athletic Club	M	V55
139	LANE 4	Simon Matthew	Oak	Rotherham Harriers and AC	M	V45
94	LANE 5	Peter	Ilo	Royal Sutton Coldfield Athletics Club	M	V60
98	LANE 6	Andrew	Jones	Unattached	M	V55
62	LANE 7	Colin	Edwards	Mossley AFC Running Club	M	V55
51	LANE 8	Neil	Davies	Wrexham AC	M	V50
400m heat 4		4.20pm				
140	LANE 2	Patrick	O'Connor	Wakefield District H & Ac	M	V55
164	LANE 3	Gareth	Russell	Humber Triathletes	M	V45
107	LANE 4	Bob	Lewis	Reading AC	M	V60
150	LANE 5	Neil	Pendlebury	Altrincham & District Athletic Club Limited	M	V50
113	LANE 6	Terry	Macklin			V55
127	LANE 7	Tracey	Milward	Pendle Athletic Club	F	V45
163	LANE 8	Niamh	Rushton	Peterborough & Nene Valley AC	F	U17W
400m heat 5		4.25pm				
183	LANE 2	Jennifer	Temple	Aldershot Farnham & District	F	SW
108	LANE 3	Ivars	Licietis	Charnwood A C	M	V65
152	LANE 4	Kevin	Pye	Midland Masters AC	M	V60
59	LANE 5	Paul	Durrant	Unattached	M	V45
128	LANE 6	Graham	Moffatt	Rushcliffe Ac	M	V50
162	LANE 7	Gavin	Rosson			V50
179	LANE 8	Lee	Spink	Doncaster Athletic Club	M	V50
400M heat 6		4.30pm				
49	LANE 2	David	Cowgill	Northern Masters AC	M	V75
171	LANE 3	Danielle	Silverman	Banbury Harriers AC	F	V55
167	LANE 4	Kate	Scott	Steel City Striders RC	F	V55
124	LANE 5	Kathryn	Mellor	Rushcliffe AC	F	V45
35	LANE 6	Geoff	Beattie	Sale Harriers Manchester	M	V65
157	LANE 7	Glennis	Richardson	Hyde Village Striders	F	V60