



ENGLAND ATHLETICS
Growing the next generation of champions

OUTDOOR2023



2023



ENGLAND ATHLETICS SENIOR & PARA OPEN CHAMPIONSHIPS

22nd - 23rd July 2023

CHELMSFORD SPORT & ATHLETICS CENTRE

CHAMPIONSHIPS ARE HELD UNDER UKA ATHLETICS RULES

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ENGLAND ATHLETICS OUTDOOR CHAMPIONSHIPS - GOOD LUCK!!!

The feats of our English athletes last year at last year's 2022 Commonwealth Games in Birmingham will have served as an inspiration for the whole country.

I am sure that many youngsters have since been inspired to give athletics a go through their school, their local club or via many of the community programmes delivered across the nation. Those of us already involved in administering the sport have also had a tremendous lift. There is a real buzz that comes from being part of the sport at such an important time, and the 2022 Commonwealth Games showed what can be achieved through the dedication of athletes, coaches, officials, clubs, and the many other volunteers and people involved in our sport.

To grow and retain participants of all backgrounds and abilities, and to ultimately develop the next generation of senior athletics champions who will compete at future Commonwealth Games and to World and European standards, it is important that our young athletes have role models to aspire to and emulate. However, the work of local volunteers in schools, clubs and community projects is no less important.

The next few years promise so much for the sport with much to inspire our athletes and for them to learn from.

The next Commonwealth Games in 2026 and England will be watching with anticipation to see which new stars emerge who we also hope to see on the Olympic and Paralympic stage in Paris 2024, the World Indoors in Glasgow during the same year, and then again in 2026 when the European outdoor track and field championships take place at the Alexander Stadium Birmingham.

During this next few years England Athletics will also take not only many representative teams to compete for their nation annually across different ages and event groups, but also to the Commonwealth Youth Games held in Trinidad and Tobago during August this year. This particular competition has traditionally taken place every few years and many of the current England senior and British stars would have learned so much having competed at this important steppingstone event in previous years in locations such as the Bahamas and Samoa to name but a few.

Not everyone can be the next Keeley Hodgkinson, Harry Coppel, Scott Lincoln, or Hannah Cockcroft and volunteering remains the lifeblood of our sport - we can never have too many! A central focus of England Athletics' work is to ensure there are more qualified coaches, officials, and volunteers to provide the support and capacity that is needed to harness the enthusiasm shown by many people to be part of athletics and to progress in the sport! Across England there are currently over 1,700 member clubs and bodies, over 3,500 licensed road and multi terrain events, and over 1,000 track and field events, enjoyed by more than 168,000 registered club athletes and runners and many more who take part in club, schools, university/college, and community events each year.

Our sport offers so much to so many people of differing ages,

backgrounds, and abilities. It is in many ways what you would call a genuine playground to podium sport and is a sport that can enrich and enhance both sporting and life experiences, nurturing, and ensuring good levels of physical fitness and mental wellbeing. It is very much a late development sport that can be enjoyed as an individual or as part of a club team or running group.

If you, your parents, friends, or siblings would like to become a qualified coach, official or volunteer at your local club then speak to someone at your club - we're sure they'd want to hear from you! England Athletics already delivers the coaching, leadership, and officiating course qualifications across the country and the programme of face to face, blended, and virtual learning programmes hopefully provides participants with a flexible gateway into our sport, meeting the needs of volunteers who lead very busy lives. Details of your local courses and opportunities can also be found at

www.athleticshub.co.uk and <https://www.englandathletics.org/officiating/qualifications/>.

I trust that you all enjoy this summer of outdoor competition, and that this year will see many of you taking the next steps onto a successful journey through the sport. I wish you every success. For any of you who suffer disappointment during this summer I would remind you that none of our athletes who enjoyed success in Birmingham during 2022 found the journey to the top a completely smooth one, and it is the response to the difficult times, and the knowledge that people in the sport are there to help and support you through these times, that are so important in making the most of your involvement in the sport.

The England Athletics outdoor championships always have a great spirit and atmosphere. I hope that you thoroughly enjoy your experience.

Chris Jones
England Athletics,
CEO May 2023



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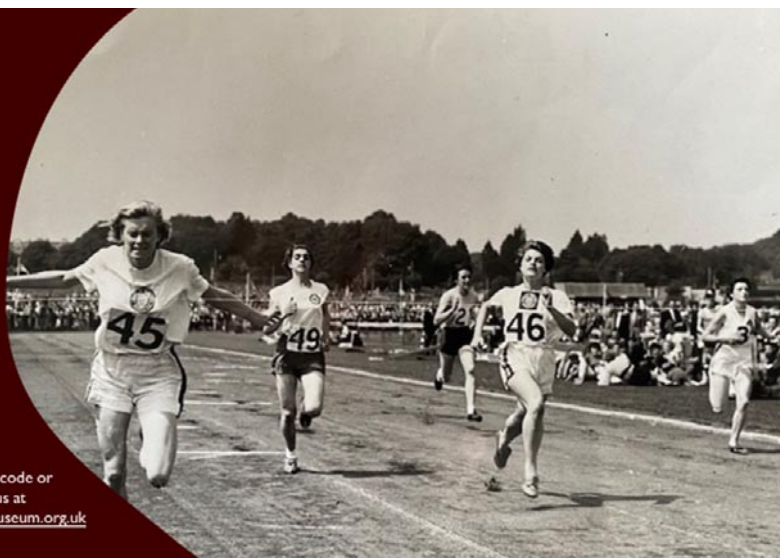


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OFFICIALS

National Technical Delegate:

Alyson Harvey

Competition Director: David Brown

Meeting Manager: Jane Pidgeon

Technical Manager: Bob Hammond

Equipment Officer: Malcolm Fletcher

Clerks of the Course:

Paul D'Arcy, Archie Jenkins,
Claire Lacey

Field Referee's:

Kevin Diedrick and Paul Smith

Field Judges:

David Ashbourne, Alan Birch,
Alison Birch, Steve Boreham,
Tony Bradley, Jackie Breslin,
Paul Brooks, Ken Burkett,
Peter Crawshaw, Keith Davidson,
Hemant Desai, Alan Ford, Tom Gould,
Christine Head-Rapson, Nick Higman,
Sally Higman, Mary Hodges,
Peter Howes, Tamsin James,
Rachel Kerr, Chris Lawrence,
Kate Nash, David Needham,
Heather Nelson, Margaret Nelson,
Marion Osborn, Kay Reynolds,
Richard Sharp, Chris Stott,
Kamil Winogrodzki, Jacqueline Wright
and Simon Wright

Track Referee: Chas Harvey

Chief Track Judge: Barry Parker

Track Umpires:

Gareth Bagguley, Liz Blaylock,
Keith Binney, Carol Brown,
Barry Dorrity, John How, Lynne Marr,
Jayne Reed, Keith Reed, Julie Roe,
Jacqueline Tobin and John Tobin

Track Steward: Stuart Pugh

Chief Timekeeper: Graham Bungay

Timekeepers:

Miriam Dorrity, Alan Edwards,
Heather Espeute, John Gwyther,
Sharon Herbert, Ian Humphreys,
David Lindsey, Colin Palmer,
John Vickers and Alan Vincent

Timekeepers Steward :

Christine Burbage

Chief Photofinish: Ian Anholm

Photofinish:

John Barwick, Dave Watson
and Diane Wooller

Photofinish Technician: David Vidler

Start Coordinator: Alan Bell

Starter:

Chris Lidstone and Clive Young

Chief Starter's Assistant:

Jemma Bates

Starter's Assistant:

Gerald Alterman, Bryan Murrey
and Don Vickers

TESS Support: Carol Wright

Chief Call Room Judge:

Elizabeth Flitcroft

Call Room Judge: Charlotte Bruce,
Alison Friend, Ian Friend, Fred Pidgeon,
Toby Jones, Jo Newall, Mark Wall,
Leo Williams and Malcolm Wise

Athlete Steward: Hazel Bates,

Debashish Biswas, Jared Flannery,
Steve Gallaway, Marlon Huggins,
Gary Mardle, Susan Slade and
Debra Wells

Chief Registrations: Lesley Minervini

Registration Steward:

Lewis Makey, Lisa Teverson
and Jane Tucker

Chief Seeding Officer: Chris Parkinson

Seeding Officers:

Mark Delgado and Jack Lambert

Infield Spotters:

Ivan Barrett and Emily Craven

Chief Walking Judge: Mark Culshaw

Assistant CJ/Recorder: Mike Fox

Walking Judge:

Noel Carmody, Peter Cassidy,
Andrew Clough (avail both days),
Eleanor Clough (avail both days)
Chris Hobbs and Mark Wall

Penalty Zone: Pam Ficken

Kit Retrieval: TBC if needed

Chief Presentations: Ben Skinner

Presentation Steward:

Cherie D'Silva and
Tracey Fernandez- Jones

Announcer:

Mike Harris and Harrison Mayne

Doctor: Harvey Davies

Physiotherapists:

Lucy Eggleton, Ciaran Keen
and Glen Lewis

Chief Event Management

Simon Fennell and Nicola Kellett

EA Competition Manager:

Vicky Griffiths

EA Events Administrator:

Debbie Beresford

SENIOR & PARA OPEN ATHLETES

No	Athlete	Gender	Club	Event
1	Krishawn Aiken	Male	Shaftesbury Barnet Harriers Athletics Club	100m, 200m
2	Akin Akinboh	Male	Loughborough Students AC	100m
3	Mohammed Nurudeen Aminu	Male	Telford AC	100m
4	Christian Anuyagu	Male	Newham & Essex Beagles AC	100m
5	Femi Awe	Male		100m
6	Korede Awe	Male	Invicta East Kent AC	100m
7	Daniel Brooks	Male	Yate & District AC	100m
8	Blake Tiger-Lee Brown	Male	Sale Harriers Manchester	100m
9	Jamal Chambers	Male	Birchfield Harriers	100m, 200m
10	David Chapman	Male	City of Sheffield and Dearne AC	100m, 200m
11	Adam Cross	Male	Cambridge & Coleridge Athletic Club	100m, 200m
12	Michael Damoah	Male	Blackheath & Bromley Harriers AC	100m
13	Anaximandro Dasilva-Pina	Male	Cardiff Athletics	100m
14	Mgiuel Francis	Male	Wolverhampton & Bilston	100m
15	Joshua Gbagbo	Male	Blackheath & Bromley Harriers AC	100m
16	Romell Glave	Male	Croydon Harriers	100m
17	Dewi Hammond	Male	Cardiff Athletics	100m
18	Alex Hanson	Male	Harrow AC	100m
19	Elliot Jones	Male	Loughborough Students AC	100m
20	Makoye Kampengele	Male	Cardiff Athletics	100m
21	Jack Lawrence	Male	Birchfield Harriers	100m
22	Darian Moore	Male	Birmingham (BUCS)	100m, 200m
23	John Jesse Nwawulor	Male	Harrow AC	100m
24	Henry Nwoke	Male	Liverpool Harriers And Athletic Club	100m
25	Daniel Obeng	Male	Loughborough Students AC	100m
26	Daniel Offiah	Male	Thames Valley Harriers	100m
27	Destiny Ogali	Male	Harrow AC	100m
28	Eli Onyewu	Male	Cardiff Athletics	100m, 200m
29	Kaesi Opara	Male	Lincoln Wellington Athletic Club	100m
30	Samuel Osewa	Male	Belgrave Harriers	100m
31	Keano-Elliott Paris-Samuel	Male	Thames Valley Harriers	100m
32	Jim Seacombe	Male	Worthing & District Harriers	100m
33	Sahib Singh	Male	Enfield and Haringey Athletic Club	100m
34	Jody Smith	Male	Bristol & West Athletics Club	100m
35	Nathan Edward Teece	Male	Northern (Isle of Man) AC	100m
36	Adam Thomas	Male	Bracknell Athletic Club	100m
37	Benjamin To	Male	Bolton United Harriers & AC	100m
38	Nicholas Walsh	Male	Sale Harriers Manchester	100m
39	Jake Watson	Male	Birchfield Harriers	100m, 200m

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COACH AND OFFICIALS' EDUCATION TRANSFER TO ENGLAND ATHLETICS



From 1 October 2023, each of the Home Country Athletics Federations (England, Scotland, Wales, Northern Ireland) will assume responsibility for the licensing of coaches at all levels and officials at levels 1-3 in the UK.

IN SUMMARY:

- Each HCAF will continue to deliver coach and officials education qualifications in their respective home nation.
- The HCAFs will work collaboratively to ensure the continued coordinated alignment of education qualifications for both coaches and officials across the UK as part of these new arrangements.
- England Athletics will, as part of these new arrangements, coordinate key administrative processes associated with the production of licences for both coaches and officials on behalf of each of the HCAFs. This will include management of the digital and IT systems used UK wide to administer and deliver education qualifications.
- England Athletics will coordinate these functions as part of an agreed and aligned UK wide approach to coaching and officials' education and reflective of the principles agreed in the established UK wide strategy for our sport "Athletics Unified".
- UKA will continue to provide specific coach education and development in relation to those working on the World Class Performance Programme at elite level as well as continuing to provide leadership in DBS checking and safeguarding.
- UKA will provide education and licensing for Officials at Levels 4 and 5.

FOR MORE INFORMATION PLEASE GO TO:

https://www.englandathletics.org/news/coach-and-officials-education-transfer-to-england-athletics/?dm_t=0,0,0,0

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Matt Spicer, Yate & District AC,
Nominator of an award winner in 2021.



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- Newcomer to Volunteering
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- Services to Athletics & Running
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Nominations close 26 July 2023

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No	Athlete	Gender	Club	Event
40	Bradley Whitehead	Male	Rugby and Northampton Athletics Club	100m, 200m
41	Tariq Wild	Male	Shaftesbury Barnet Harriers Athletics Club	100m
42	Andr� Wright	Male	Medway and Maidstone AC	100m, 200m
43	Doyin Aderinto	Female	Cambridge Harriers	100m
44	Ellie-Mae Bandy	Female	Herts Phoenix Athletic Club	100m, 200m
45	Aaliyah Brown	Female	South London Harriers	100m
46	Stacey Downie	Female	Edinburgh Athletics Club	100m, 200m
47	Jennifer Eduwu	Female	South London Harriers	100m
48	Akaysha Ellis	Female	Enfield and Haringey Athletic Club	100m, 200m
49	Susan Folorunso	Female	Gateshead Harriers & AC	100m
50	Serena Grace	Female	City Of Norwich AC	100m, 200m
51	Samantha Griffiths	Female	Birchfield Harriers	100m
52	Annabelle Honey	Female	Aldershot, Farnham and District Athletic Club	100m
53	Shannon Hylton	Female	Blackheath & Bromley Harriers AC	100m
54	Rebecca Edith Kate Jeggo	Female	Colchester Harriers AC	100m
55	Saskia King	Female	Herne Hill Harriers	100m
56	Darcey Kuypers	Female	Blackheath & Bromley Harriers AC	100m, 200m
57	Sarah Malone	Female	Jaguars Track and Field Club	100m
58	Elise Modeste	Female	Enfield and Haringey Athletic Club	100m
59	Sophie Papps	Female	Windsor Slough Eton & Hounslow Athletic Club	100m
60	Annie Tagoe	Female	Thames Valley Harriers	100m
61	Torema Thompson	Female	Enfield and Haringey Athletic Club	100m
62	Raquel Tjernagel	Female	Enfield and Haringey Athletic Club	100m, 200m
63	Diani Walker	Female	Birchfield Harriers	100m, 200m
64	Rio Boothe	Male	Manchester Harriers & AC	Para 100m Ambulant, Para Ambulant Long Jump
65	Markus Facey Dell	Male	City of Sheffield and Dearne AC	Para 100m Ambulant, Para 200m Ambulant
66	Reece Goodwin	Male	Rotherham Harriers and AC	Para 100m Ambulant, Para 200m Ambulant
67	Atangana Guillaume Junior	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	Para 100m Ambulant, Para 200m Ambulant
68	James Ledger	Male	DSW Para Academy	Para 100m Ambulant
69	Joseph Mitchell	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	Para 100m Ambulant, Para 200m Ambulant, Para Ambulant Long Jump
70	Nathan Mitchell	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	Para 100m Ambulant, Para 400m Ambulant, Para Ambulant Long Jump
71	Fraser Grant Owen	Male	Inverness Harriers	Para 100m Ambulant, Para 200m Ambulant, Para 400m Ambulant

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72	Segun Samuel	Male	South London Harriers	Para 100m Ambulant
73	Joseph Strong	Male	Stevenage & North Herts AC	Para 100m Ambulant, Para 200m Ambulant
74	Hetty Bartlett	Female	City Of Norwich AC	Para 100m Ambulant, Para Ambulant Long Jump
75	Charlie Denman	Female	Gloucester AC	Para 100m Ambulant, Para 100m Frame Running, Para 400m Frame Running
76	Bebe Jackson	Female	Harlow Athletics Club	Para 100m Ambulant, Para 200m Ambulant, Para Ambulant Discus
77	Ndidikama Okoh	Female	Chelmsford AC	Para 100m Ambulant, Para Ambulant Long Jump, Para Ambulant Shot
78	Amirah Peckham	Female	DSW Para Academy	Para 100m Ambulant
79	Rosie Porter	Female	Herts Phoenix Athletic Club	Para 100m Ambulant, Para Ambulant Long Jump
80	Jamie Edwards	Male	Weir Archer Academy	Para 100m Wheelchair, Para 200m Wheelchair
81	Hilmy Shawwal	Male	Weir Archer Academy	Para 100m Wheelchair, Para 400m Wheelchair
82	Matthew Alvarez	Male	Yeovil Olympiads Athletics Club	200m
83	Edmond Amaning	Male	Thames Valley Harriers	200m
84	Alex Beechey	Male	Newham & Essex Beagles AC	200m
85	Evan Blackman	Male	Corby AC	200m
86	Luke Dorrell	Male	Aldershot, Farnham and District Athletic Club	200m
87	Matthew James Harris	Male	Guildford & Godalming AC	200m
88	Jason Kalala	Male	Newham & Essex Beagles AC	200m
89	Phoenix Lyon	Male	Shaftesbury Barnet Harriers Athletics Club	200m
90	Kacper Matysiak	Male	Birchfield Harriers	200m
91	Kyle McLean	Male	City Of Norwich AC	200m
92	Corey Nealon-Richards	Male	Coventry Godiva Harriers	200m
93	Tyler Pantou	Male	Woking AC	200m
94	Dan Putnam	Male	Blackheath & Bromley Harriers AC	200m, 400m
95	Ben Snaith	Male	Newham & Essex Beagles AC	200m
96	Bailey Swift	Male	Loughborough Students AC	200m
97	Harry Bryan Taylor	Male	Loughborough (BUCS)	200m
98	Jahde Williams	Male	Harrow AC	200m
99	Susanna Banjo	Female	Newham & Essex Beagles AC	200m
100	Rachel Bennett	Female	Sale Harriers Manchester	200m
101	Seren Bundy-Davies	Female	WALES	200m



Day One live stream link starts at
10.00 am Saturday 22 July

<https://youtube.com/live/bGpSfpC1HE4?feature=share>

No	Athlete	Gender	Club	Event
102	Louise Evans	Female	Blackheath & Bromley Harriers AC	200m, 400m
103	Brooke Ironside	Female	Bournemouth Athletic Club	200m, Long Jump
104	Yasmin Liverpool	Female	Coventry Godiva Harriers	200m
105	Poppy Malik	Female	Harrow AC	200m, 400m
106	Jodie Williams	Female	Herts Phoenix Athletic Club	200m, 400m
107	Michael Lee Bates	Male	Doncaster Athletic Club	Para 200m Ambulant, Para Ambulant Long Jump
108	Dylan Harris	Male	Reading Athletic Club	Para 200m Ambulant, Para 400m Ambulant
109	Jesse Boomsma	Male	Gloucester AC	Para 200m Ambulant
110	Nathan O'mara	Male	Bradford Keighley & Skipton Disability Athletics	Para 200m Ambulant, Para 400m Ambulant, Para Ambulant Long Jump
111	Debbie O'Connell	Female	Lincoln Wellington Athletic Club	Para 200m Ambulant, Para 400m Ambulant
112	Matthew Agnimmel	Male	Havering AC	400m
113	Kyle Alexander	Male	Giffnock North AC	400m
114	Matthew Buckner	Male	Bracknell Athletic Club	400m
115	Jacob Campbell	Male	Woodford Green AC with Essex Ladies	400m
116	Charlie Carvell	Male	Telford AC	400m
117	Jamal Clarke	Male	Windsor Slough Eton & Hounslow Athletic Club	400m
118	Thomas Corel	Male	Belgrave Harriers	400m
119	Hakan Dalbal	Male	City of Sheffield and Dearne AC	400m
120	Seamus Derbyshire	Male	City of Stoke AC	400m, 400m Hurdles
121	Kieran Eland	Male	Tonbridge AC	400m
122	Thomas Evans	Male	Newark AC	400m
123	Toby Harries	Male	Brighton Phoenix	400m
124	Ben Hawkes	Male	Leamington Cycling and Athletic Club	400m
125	Ben Higgins	Male	City of Sheffield and Dearne AC	400m
126	Jack Hocking	Male	Trafford Athletic Club	400m
127	Jason Hoyle	Male	Thames Valley Harriers	400m
128	Tom Hunter	Male	Sale Harriers Manchester	400m
129	Bayleigh Lawton	Male	Spensorough & Dist AC	400m
130	Cam McGregor	Male	Rugby and Northampton Athletics Club	400m
131	Connor Neal	Male	Harrow AC	400m
132	Marvric Pamphile	Male	Rugby and Northampton Athletics Club	400m
133	Samuel Reardon	Male	Blackheath & Bromley Harriers AC	400m
134	Jamal Stevens	Male	Shaftesbury Barnet Harriers Athletics Club	400m
135	Michael Shonibare	Male	Victoria Park Harriers and Tower Hamlets AC	400m
136	Lee Thompson	Male	City of Sheffield and Dearne AC	400m
137	Ben Wells	Male	Yate & District AC	400m
138	Dale Willis	Male	Corby AC	400m
139	Mary Abichi	Female	Enfield and Haringey Athletic Club	400m
140	Ella Blakey	Female	Derby Athletic Club	400m
141	Sian Harry	Female	Belgrave Harriers	400m
142	Hannah Kelly	Female	Bolton United Harriers & AC	400m
143	Rachel McClay	Female	Bracknell Athletic Club	400m
144	Emily Elizabeth Newnham	Female	Shaftesbury Barnet Harriers Athletics Club	400m



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No	Athlete	Gender	Club	Event
145	Ffion Roberts	Female	Menai Track and Field	400m
146	Asha Root	Female	Tonbridge AC	400m
147	Calum Coles	Male	City of Salisbury Athletic and Running Club	Para 400m Ambulant
148	Ethan Kirby	Male	Loughborough (BUCS)	Para 400m Ambulant
149	Toby Markham	Male	Newham & Essex Beagles AC	Para 400m Ambulant
150	Daniel Mc Kerlich	Male	Cardiff Athletics	Para 400m Ambulant
151	Prince Reid	Male	Blackheath & Bromley Harriers AC	Para 400m Ambulant
152	Steven Stone	Male	Falkirk Victoria Harriers	Para 400m Ambulant, Para Ambulant Long Jump
153	Faye Olszowka	Female	Bexley AC	Para 400m Ambulant, Para Ambulant Long Jump
154	Christian Byron	Male	Birchfield Harriers	800m
155	Jordan Chambers	Male	Tonbridge AC	800m
156	Samuel Davey	Male	Worcester Athletics Club	800m
157	Justin Davies	Male	Team Bath Athletic Club	800m
158	Eddie Hunter	Male	Leeds City Athletic Club	800m
159	Jai Sispal	Male	Leamington Cycling and Athletic Club	800m
160	Thomas Staines	Male	Basingstoke & Mid Hants AC	800m
161	Michael Wilson	Male	Sunderland Harriers & AC	800m
162	Steph Driscoll	Female	Liverpool Harriers And Athletic Club	800m
163	Saskia Huxham	Female	Hallamshire Harriers Sheffield	800m
164	Hollie Sarah-Jane Parker	Female	Enfield and Haringey Athletic Club	800m, 1500m
165	Emily Simpson	Female	City of Sheffield and Dearne AC	800m
166	Charlotte Young	Female	Medway and Maidstone AC	800m
167	Alex Burrows	Male	Telford AC	1500m
168	Simon Byrne	Male	Swindon Harriers	1500m
169	Jack Gumm	Male	Brighton Phoenix	1500m
170	Jonathan Kay	Male	Bolton United Harriers & AC	1500m
171	James McCrae	Male	Hallamshire Harriers Sheffield	1500m
172	Adam Moore	Male	Windsor Slough Eton & Hounslow Athletic Club	1500m
173	Blake Moore	Male	ENGLAND	1500m
174	Benjamin Murphy	Male	Tonbridge AC	1500m
175	Adam Peacock	Male	Birmingham Running Athletics & Triathlon Club (BRAT)	1500m
176	Raif Serif	Male	St Maryâ€™s (BUCS)	1500m
177	Andrew Smith	Male	Leeds City Athletic Club	1500m
178	Molly Butterworth	Female	Doncaster Athletic Club	1500m
179	Lauren Church	Female	Reading Athletic Club	1500m
180	Issy Cotham	Female	Wolverhampton & Bilston	1500m
181	Kate Estlea	Female	Aldershot, Farnham and District Athletic Club	1500m
182	Alex Eykelbosch	Female	Dacorum Athletics Club	1500m
183	Louise Gilbert	Female	Woodford Green AC with Essex Ladies	1500m
184	Helen Hall	Female	Winchester & District AC	1500m



Day One live stream link starts at
10.00 am Saturday 22 July

<https://youtube.com/live/bGpSfpC1HE4?feature=share>

No	Athlete	Gender	Club	Event
185	Emma Howsham	Female	Reading Athletic Club	1500m
186	Khahisa Amelie Mhlanga	Female	Herts Phoenix Athletic Club	1500m
187	Emily Moyes	Female	Aldershot, Farnham and District Athletic Club	1500m
188	Tilly Simpson	Female	City of Sheffield and Dearne AC	1500m
189	Philippa Elizabeth Stone	Female	Middlesbrough Athletic Club (Mandale)	1500m
190	Jessica Varley	Female	Peterborough & Nene Valley AC	1500m
191	Shen Wigfield-Turner	Female	Hallamshire Harriers Sheffield	1500m
192	Brandon John Patrick Ballard	Male	Huntingdonshire AC	Para Ambulant 1500m
193	Sean Peter Delaney	Male	Loughborough (BUCS)	Para Ambulant 1500m
194	Leo James Johnson	Male	Hercules Wimbledon AC	Para Ambulant 1500m
195	James McKibbin	Male	North Devon AC	Para Ambulant 1500m
196	Oliver White	Male	Tonbridge AC	Para Ambulant 1500m
197	Jordan Lacey	Female	City of Southend On Sea AC	Para Ambulant 1500m
198	Rebecca Jane O'Rourke	Female	Havering AC	Para Ambulant 1500m
199	Edward Buck	Male	Newark AC	5000m
200	Toby Cooke	Male	Winchester & District AC	5000m
201	Samuel Gebreselassie	Male	Belgrave Harriers	5000m
202	Jack Gray	Male	Cambridge & Coleridge Athletic Club	5000m
203	Alasdair Kinloch	Male	Tonbridge AC	5000m
204	Alfie Manthorpe	Male	City of Sheffield and Dearne AC	5000m
205	Jordan Rowe	Male	Thames Valley Harriers	5000m
206	Linton Taylor	Male	Leeds City Athletic Club	5000m
207	Luke Vine	Male	Tipton Harriers	5000m
208	Milan Campion	Male	Notts AC	3000m Steeplechase
209	Zechariah Cohen	Male	University of Plymouth	3000m Steeplechase
210	Sam Costley	Male	Southampton Athletic Club	3000m Steeplechase
211	Daniel Eckersley	Male	Kingston AC And Poly Harriers	3000m Steeplechase
212	Lewis Karsten Harknett	Male	Orion Harriers	3000m Steeplechase
213	Lewis Mills	Male	Blackheath & Bromley Harriers AC	3000m Steeplechase
214	George Phillips	Male	Doncaster Athletic Club	3000m Steeplechase
215	Alex Stewart	Male	Bristol & West Athletics Club	3000m Steeplechase
216	John Stolberg	Male	Birmingham Running Athletics & Triathlon Club (BRAT)	3000m Steeplechase
217	Martha Collings	Female	Woking AC	3000m Steeplechase
218	Lauren Hall	Female	Aldershot, Farnham and District Athletic Club	3000m Steeplechase
219	Stevie Lawrence	Female	Croydon Harriers	3000m Steeplechase
220	Alice Murray-Gourlay	Female	Taunton AC	3000m Steeplechase
221	Ellen Barber	Female	Yeovil Olympiads Athletics Club	100m Hurdles, Javelin Throw
222	Alicia Barrett	Female	Trafford Athletic Club	100m Hurdles
223	Jenna Blundell	Female	Bristol & West Athletics Club	100m Hurdles
224	Angelita Broadbelt-Blake	Female	Thames Valley Harriers	100m Hurdles
225	Jasmine Clark	Female	Trafford Athletic Club	100m Hurdles
226	Sarah Connolly	Female	Harrow AC	100m Hurdles



Day One live stream link starts at
10.00 am Saturday 22 July

<https://youtube.com/live/bGpSfpC1H E4?feature=share>

No	Athlete	Gender	Club	Event
227	Scarlett Gammell	Female	Watford Harriers	100m Hurdles
228	Miriam Glassner	Female	Victoria Park Harriers and Tower Hamlets AC	100m Hurdles
229	Kira Holt	Female	Kingston AC And Poly Harriers	100m Hurdles
230	Marli Jessop	Female	Shaftesbury Barnet Harriers Athletics Club	100m Hurdles
231	Zoe Lucas	Female	Notts AC	100m Hurdles
232	Jessica Tappin	Female	Thames Valley Harriers	100m Hurdles, 400m Hurdles
233	Yasmin Uwakwe	Female	Loughborough Students AC	100m Hurdles
234	Isabel Wakefield	Female	Harrow AC	100m Hurdles
235	Chelsea Walker	Female	City of York Athletics Club	100m Hurdles, 400m Hurdles
236	David Aryeetey	Male	Harrow AC	110m Hurdles, 400m Hurdles
237	Matthew Behan	Male		110m Hurdles
238	Samuel Clarke	Male	Cambridge & Coleridge Athletic Club	110m Hurdles, 400m Hurdles
239	David Naylor	Male	Crewe and Nantwich AC	110m Hurdles
240	Alex Parkinson	Male	Sale Harriers Manchester	110m Hurdles
241	Miguel Perera	Male	Harrow AC	110m Hurdles
242	Bradley Reed	Male	Chelmsford AC	110m Hurdles
243	William Ritchie-Moulin	Male	Birchfield Harriers	110m Hurdles, 400m Hurdles
244	George Vaughan	Male	Woodford Green AC with Essex Ladies	110m Hurdles
245	Thomas Wilcock	Male	Northampton AC	110m Hurdles
246	Rob Woolgar	Male	Bournemouth Athletic Club	110m Hurdles
247	Hayden Christian	Male	Guildford & Godalming AC	400m Hurdles
248	Luke Dronfield	Male	Blackheath & Bromley Harriers AC	400m Hurdles
249	Josh Faulds	Male	Rugby and Northampton Athletics Club	400m Hurdles
250	Steven Garrett	Male	Shaftesbury Barnet Harriers Athletics Club	400m Hurdles
251	James Greenhalgh	Male	City of Sheffield and Dearne AC	400m Hurdles
252	Cosmo Johnson	Male	Hallamshire Harriers Sheffield	400m Hurdles
253	Jack Lawrie	Male	Woodford Green AC with Essex Ladies	400m Hurdles
254	Pyers Lockwood	Male	Lewes AC	400m Hurdles
255	Maranga Mokaya	Male	Oxford University AC	400m Hurdles
256	Jacob Paul	Male	Windsor Slough Eton & Hounslow Athletic Club	400m Hurdles
257	Benjamin Schofield	Male	Gateshead Harriers & AC	400m Hurdles
258	Max Schopp	Male	Harrow AC	400m Hurdles
259	Bailey Stickings	Male	Blackheath & Bromley Harriers AC	400m Hurdles
260	Orla Brennan	Female	Windsor Slough Eton & Hounslow Athletic Club	400m Hurdles
261	Chay Clark	Female	Chelmsford AC	400m Hurdles
262	Elisabeth Clifford	Female	Southampton Athletic Club	400m Hurdles
263	Melissa Coxon	Female	Rotherham Harriers and AC	400m Hurdles
264	Emily Craig	Female	Edinburgh Athletics Club	400m Hurdles
265	Sophie Elliss	Female	Blackheath & Bromley Harriers AC	400m Hurdles
266	Stephanie Fisher	Female	Blackheath & Bromley Harriers AC	400m Hurdles
267	Alexandra Hill	Female	Blackheath & Bromley Harriers AC	400m Hurdles
268	Kati Hulme	Female	Shrewsbury AC	400m Hurdles



Day Two live stream link starts at
10.00 am Sunday 23 July

<https://youtube.com/live/M3VJcT1oWkw?feature=share>

No	Athlete	Gender	Club	Event
269	Katie Mackintosh	Female	Newark AC	400m Hurdles
270	Hayley McLean	Female	Shaftesbury Barnet Harriers Athletics Club	400m Hurdles
271	Jasmine Isobel Mitchell	Female	Woodford Green AC with Essex Ladies	400m Hurdles
272	Ese Okoro	Female	Birchfield Harriers	400m Hurdles
273	Louise Robinson	Female	Birchfield Harriers	400m Hurdles
274	Tayo Andrews	Male	Harrow AC	High Jump
275	Luke Ball	Male	Yate & District AC	High Jump
276	Adam Brooks	Male	Yate & District AC	High Jump
277	Divine Duruaku	Male	Harrow AC	High Jump
278	Jonathon Heath	Male	City of Sheffield and Dearne AC	High Jump
279	Thomas James Hewes	Male	Chelmsford AC	High Jump
280	Charlie Jacob Husbands	Male	Bromsgrove & Redditch Athletic Club	High Jump
281	Adam Jones	Male	Southampton Athletic Club	High Jump
282	Steven Jones	Male	Liverpool Harriers And Athletic Club	High Jump
283	Tom Nichols	Male	Harrow AC	High Jump
284	Dominic Ogbechie	Male	Highgate Harriers	High Jump
285	Harry Lewis Whyley	Male	Notts AC	High Jump
286	Kate Anson	Female	Liverpool Harriers And Athletic Club	High Jump
287	Bernice Coulson	Female	Birchfield Harriers	High Jump
288	Shannon Craig	Female	Loughborough Students AC	High Jump
289	Lily Holt	Female	University of Birmingham	High Jump
290	Emily Madden Forman	Female	Trafford Athletic Club	High Jump
291	Pippa Rogan	Female	Thames Valley Harriers	High Jump
292	Hollie Smith	Female	Kingston upon Hull Athletics Club	High Jump
293	Conor Callinan	Male	Leevale AC	Pole Vault
294	Nicolas Cole	Male	City of Sheffield and Dearne AC	Pole Vault
295	Adam Hague	Male	City of Sheffield and Dearne AC	Pole Vault
296	Owen Andrew Heard	Male	Loughborough (BUCS)	Pole Vault
297	Karran Kapur-Walton	Male	Leigh Harriers & AC	Pole Vault
298	Will Lane	Male	City of Sheffield and Dearne AC	Pole Vault
299	Charlie Myers	Male	Birtley AC	Pole Vault
300	Jack Phipps	Male	Loughborough Students AC	Pole Vault
301	Ethan Walsh	Male	Shaftesbury Barnet Harriers Athletics Club	Pole Vault
302	Sophie Ashurst	Female	Sale Harriers Manchester	Pole Vault
303	Megan Bailey	Female	Harrow AC	Pole Vault
304	Sophie Marie Dowson	Female	Blackheath & Bromley Harriers AC	Pole Vault
305	Tilly Emma Hooper	Female	Birchfield Harriers	Pole Vault
306	Jade Ive	Female	Sutton & District Athletics Club	Pole Vault
307	Ellie McCartney	Female	Woodford Green AC with Essex Ladies	Pole Vault
308	Felicia Miloro	Female	Sutton in Ashfield Harriers & AC	Pole Vault
309	Maddy Mudd	Female	Newham & Essex Beagles AC	Pole Vault
310	Nemiah Munir	Female	Wycombe Phoenix Harriers & AC	Pole Vault



Day Two live stream link starts at
10.00 am Sunday 23 July

<https://youtube.com/live/M3VJcT1oWkw?feature=share>

No	Athlete	Gender	Club	Event
311	Jessica Milena Robinson	Female	Windsor Slough Eton & Hounslow Athletic Club	Pole Vault
312	Jade Spencer-Smith	Female	Harrow AC	Pole Vault
313	Clodagh Walsh	Female	Abbey Striders Athletic Club	Pole Vault
314	Kate Watson	Female	Newham & Essex Beagles AC	Pole Vault
315	Ogo Anochirionye	Male	Thames Valley Harriers	Long Jump
316	Sam Danson	Male	Macclesfield Harriers & AC	Long Jump
317	Callum Orange	Male	Leeds City Athletic Club	Long Jump
318	Jack Roach	Male	Harrow AC	Long Jump
319	Efe Uwaifo	Male	Harrow AC	Long Jump, Triple Jump
320	Josh Woods	Male	Shaftesbury Barnet Harriers Athletics Club	Long Jump, Triple Jump
321	Archie Yeo	Male	Kingston upon Hull Athletics Club	Long Jump, Triple Jump
322	Sophie Louise Bambridge	Female	Huntingdonshire AC	Long Jump
323	Leshawn Clifford	Female	Birchfield Harriers	Long Jump
324	Lucy Jane Hadaway	Female	City of York Athletics Club	Long Jump
325	Eloise Rebecca Harvey	Female	Dartford Harriers AC	Long Jump, Triple Jump
326	Alice Hopkins	Female	Oxford City AC	Long Jump
327	Abigail Irozuru	Female	Sale Harriers Manchester	Long Jump
328	Charlotte Jones	Female	Birchfield Harriers	Long Jump
329	Stephanie Jones	Female	Sale Harriers Manchester	Long Jump
330	Suzanne Palmer	Female	Derby Athletic Club	Long Jump
331	Emily Thomas	Female	Cardiff Archers	Long Jump
332	Leigh Thompson	Female	Enfield and Haringey Athletic Club	Long Jump
333	Amy Warre	Female	Windsor Slough Eton & Hounslow Athletic Club	Long Jump, Triple Jump
334	Karim Chan	Male	Charnwood A C	Para Ambulant Long Jump
335	Samuel Jose	Male	Cornwall Athletic Club	Para Ambulant Long Jump
336	Luke Sinnott	Male	AEEC (BUCS)	Para Ambulant Long Jump
337	Martina Rosie Barber	Female	Stevenage & North Herts AC	Para Ambulant Long Jump
338	Molly Kingsbury	Female	Bracknell Athletic Club	Para Ambulant Long Jump
339	Esme Megan O'Connell	Female	Dacorum Athletics Club	Para Ambulant Long Jump
340	Michael Alajiki	Male	Ashford Athletics Club	Triple Jump
341	Shawn Ampofo	Male	Blackheath & Bromley Harriers AC	Triple Jump
342	Jude Bright-Davies	Male	Thames Valley Harriers	Triple Jump
343	Emmanuel Nii Doodoo	Male	Blackheath & Bromley Harriers AC	Triple Jump
344	Armani Felice-James	Male		Triple Jump
345	Joseph Gilkes	Male	Coventry Godiva Harriers	Triple Jump
346	Montel Nevers	Male	Notts AC	Triple Jump
347	Tosin Oke	Male	Woodford Green AC with Essex Ladies	Triple Jump
348	Seun Okome	Male	Sale Harriers Manchester	Triple Jump
349	Melissa Booth	Female	Sale Harriers Manchester	Triple Jump
350	Janet Browne	Female	Birchfield Harriers	Triple Jump
351	Saragh Buggy	Female	St. Abban's Athletics Club	Triple Jump
352	Mary Elcock	Female	Southampton Athletic Club	Triple Jump



Day Two live stream link starts at
10.00 am Sunday 23 July

<https://youtube.com/live/M3VJcT1oWkw?feature=share>

No	Athlete	Gender	Club	Event
353	Georgina Forde-Wells	Female	Rugby and Northampton Athletics Club	Triple Jump
354	Lily Hulland	Female	Thames Valley Harriers	Triple Jump
355	Montana Jackson	Female	Thames Valley Harriers	Triple Jump
356	Daisy Keigher	Female	Sale Harriers Manchester	Triple Jump
357	Kuria Kenmochi	Female	Sutton & District Athletics Club	Triple Jump
358	Adelaide Omitowoju	Female	Harrow AC	Triple Jump
359	Victoria Oshunremi	Female	Basildon Athletic Club	Triple Jump
360	Ruth-Ann Otaruoh	Female	Thames Valley Harriers	Triple Jump
361	Francesca Rivers	Female	Coventry Godiva Harriers	Triple Jump
362	Greg Beard	Male	Newham & Essex Beagles AC	Shot Put
363	Dillon Claydon	Male	Loughborough Students AC	Shot Put, Discus Throw
364	Zac Davies	Male	Harrow AC	Shot Put
365	Scott Jones	Male	Trafford Athletic Club	Shot Put
366	Andrew James Knight	Male	Southampton Athletic Club	Shot Put
367	Greg Thompson	Male	Shaftesbury Barnet Harriers Athletics Club	Shot Put, Discus Throw
368	Jack Ward	Male	Hallamshire Harriers Sheffield	Shot Put
369	Youcef Zatat	Male	Woodford Green AC with Essex Ladies	Shot Put
370	Samantha Callaway	Female	Newham & Essex Beagles AC	Shot Put, Discus Throw
371	Jess Hopkins	Female	Chelmsford AC	Shot Put
372	Maegan Aleesha Hopkins	Female	Chelmsford AC	Shot Put
373	Sophie Merritt	Female	City of Sheffield and Dearne AC	Shot Put
374	AdelÃ© Mia Nicoll	Female	Birchfield Harriers	Shot Put
375	Amelia Strickler	Female	Thames Valley Harriers	Shot Put
376	Shaunna Thompson	Female	Sale Harriers Manchester	Shot Put
377	Serena Vincent	Female	City of Portsmouth AC	Shot Put
378	Ross Macmillan Bradley	Male	Chelmsford AC	Para Ambulant Shot, Para Ambulant Discus, Para Ambulant Javelin
379	Dennis Chapman	Male	Wigan & District H & AC	Para Ambulant Shot
380	Michael Robert Jenkins	Male	Pembrokeshire Harriers	Para Ambulant Shot, Para Ambulant Discus
381	Dylan Lightowler	Male	Bradford Keighley & Skipton Disability Athletics)	Para Ambulant Shot
382	Conor James O'Hare	Male	Chelmsford AC	Para Ambulant Shot
383	Fabio Zamparelli	Male	Cornwall Athletic Club	Para Ambulant Shot, Para Ambulant Discus
384	Samira Fredrica Cox	Female	Macclesfield Harriers & AC	Para Ambulant Shot, Para Ambulant Discus, Para Ambulant Javelin
385	Millie Forrest	Female	Wigan & District H & AC	Para Ambulant Shot, Para Ambulant Discus
386	Amy Thompson	Female	Wigan & District H & AC	Para Ambulant Shot, Para Ambulant Discus
387	Javid Ehsani Shakib	Male	Enfield and Haringey Athletic Club	Para Seated Shot, Para Seated Club & Discus
388	Max Fiore	Male	City of Portsmouth AC	Para Seated Shot
389	Ozioma Nlewedum	Female	Enfield and Haringey Athletic Club	Para Seated Shot, Para Seated Club & Discus
390	Dele Aladese	Male	Blackheath & Bromley Harriers AC	Discus Throw
391	Rhys Joseph Allen	Male	University of Maryland	Discus Throw
392	James Hedger	Male	Birchfield Harriers	Discus Throw
393	Joe Martin	Male	Gateshead Harriers & AC	Discus Throw



Helping people to run together in your community

RunTogether is all about community, friendships and the opportunity to experience running in a way that interests you. We have:

- Runners
- Run Leaders
- Run Leader Mentors
- Mental Health Champions
- Guide Runners

#AllTogether



RunTogether

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No	Athlete	Gender	Club	Event
394	Nicholas Percy	Male	Shaftesbury Barnet Harriers Athletics Club	Discus Throw
395	Mark Plowman	Male	Yeovil Olympiads Athletics Club	Discus Throw
396	Chris Scott	Male	Loughborough Students AC	Discus Throw
397	Eoin Sheridan	Male		Discus Throw
398	James Christopher Tomlinson	Male	Birchfield Harriers	Discus Throw
399	Reuben Vaughan	Male	Shaftesbury Barnet Harriers Athletics Club	Discus Throw
400	Nicholas Wedderman	Male	Liverpool Harriers And Athletic Club	Discus Throw
401	Alexandra Baltazar-Hall	Female	Shaftesbury Barnet Harriers Athletics Club	Discus Throw
402	Emma Louise Beardmore	Female	Harrow AC	Discus Throw
403	Emma Marjorie Botham	Female	Woodford Green AC with Essex Ladies	Discus Throw
404	Danielle Broom	Female	Woodford Green AC with Essex Ladies	Discus Throw, Hammer Throw
405	Phoebe Dowson	Female	Windsor Slough Eton & Hounslow Athletic Club	Discus Throw
407	Shadine Duquemin	Female	Shaftesbury Barnet Harriers Athletics Club	Discus Throw
406	Sinead Elizabeth du Toit	Female	Harrow AC	Discus Throw
408	Kirsty-Anne Ebbage	Female	Tonbridge AC	Discus Throw
409	Amy Holder	Female	Windsor Slough Eton & Hounslow Athletic Club	Discus Throw
410	Sophie Mace	Female	Thames Valley Harriers	Discus Throw
411	Zara Obamakinwa	Female	Blackheath & Bromley Harriers AC	Discus Throw
412	Kathryn Woodcock	Female	Oxford City AC	Discus Throw
413	Emily Stewart	Female	Gateshead Harriers & AC	Para Ambulant Discus
414	Peter Cassidy	Male	Guildford & Godalming AC	Hammer Throw
415	Oliver Graham	Male	Shaftesbury Barnet Harriers Athletics Club	Hammer Throw
416	Ben Hawkes	Male	Worthing & District Harriers	Hammer Throw
417	Kenneth Ikeji	Male	Newham & Essex Beagles AC	Hammer Throw
418	Osian Jones	Male	Liverpool Harriers And Athletic Club	Hammer Throw
419	Craig Murch	Male	Birchfield Harriers	Hammer Throw
420	Jake Norris	Male	Windsor Slough Eton & Hounslow Athletic Club	Hammer Throw
421	Jack Paget	Male	Thames Valley Harriers	Hammer Throw
422	Alex Warner	Male	Newham & Essex Beagles AC	Hammer Throw
423	Alice Barnsdale	Female	Kingston upon Hull Athletics Club	Hammer Throw
424	Philippa Davenall	Female	Shaftesbury Barnet Harriers Athletics Club	Hammer Throw
425	Katie Head	Female	Newham & Essex Beagles AC	Hammer Throw
426	Lucy Marshall	Female	Woodford Green AC with Essex Ladies	Hammer Throw
427	Jess Mayho	Female	Birchfield Harriers	Hammer Throw
428	Kayleigh Presswell	Female	Thames Valley Harriers	Hammer Throw
429	Zoe Price	Female	Liverpool Harriers And Athletic Club	Hammer Throw
430	Tara Simpson-Sullivan	Female	Wigan & District H & AC	Hammer Throw
431	Stephen Miller	Male	Gateshead Harriers & AC	Para Seated Club & Discus
432	Fenton Bishop-Timings	Male	Rugby and Northampton Athletics Club	Javelin Throw
433	Peter Brinton-Quinn	Male	Havering AC	Javelin Throw
434	Kristian Brown	Male	Chelmsford AC	Javelin Throw
435	Jacob Dibble	Male	Yeovil Olympiads Athletics Club	Javelin Throw
436	Joss Foot	Male	Orion Harriers	Javelin Throw
437	Craig Lacy	Male	Cambridge Harriers	Javelin Throw
438	Conor Martin	Male	Harrow AC	Javelin Throw
439	Oliver Wright	Male	City of York Athletics Club	Javelin Throw
440	Nicola Bell	Female	Walton AC	Javelin Throw
441	Jessie Brown	Female	Amber Valley and Erewash Athletic Club	Javelin Throw
442	Sarah-Anne De Kremer	Female	Corby AC	Javelin Throw
443	Emily Dibble	Female	Harrow AC	Javelin Throw

No	Athlete	Gender	Club	Event
444	Lauren Farley	Female	Blackheath & Bromley Harriers AC	Javelin Throw
445	Sophie Hamilton	Female	Loughborough Students AC	Javelin Throw
446	Emma Rebecca Hamplett	Female	Birchfield Harriers	Javelin Throw
447	Hannah Johnson	Female	Windsor Slough Eton & Hounslow Athletic Club	Javelin Throw
448	Freya Jones	Female	Newham & Essex Beagles AC	Javelin Throw
449	Jasmine Larsen	Female	Southampton Athletic Club	Javelin Throw
450	Lucy Odell	Female	Harrow AC	Javelin Throw
451	Kike Oniwinde Agoro	Female	Woodford Green AC with Essex Ladies	Javelin Throw
452	Bekah Walton	Female	Loughborough Students AC	Javelin Throw
453	Erin Waters	Female	Radley Athletic Club	Javelin Throw
454	Bryony Bovell	Female	Guildford & Godalming AC	Hepthalon
455	Katie Claire Burr	Female	Loughborough (BUCS)	Hepthalon
456	Laura Darcey	Female	Basingstoke & Mid Hants AC	Hepthalon
457	Lauryl Davey	Female	Swansea Harriers	Hepthalon
458	Lauren Evans	Female	Cardiff Athletics	Hepthalon
459	Madison Hutton	Female	Epsom & Ewell Harriers	Hepthalon
460	Anna McCauley	Female	City of Sheffield and Dearne AC	Hepthalon
461	Grace Morgan	Female	Cardiff Archers	Hepthalon
462	Jordanna Morrish	Female	Basingstoke & Mid Hants AC	Hepthalon
463	Jade O'Dowda	Female	Newham & Essex Beagles AC	Hepthalon
464	Howard Bell	Male	Woodford Green AC with Essex Ladies	Decathlon
465	Ewan Bradley	Male	Loughborough Students AC	Decathlon
466	Tom Chandler	Male	Basingstoke & Mid Hants AC	Decathlon
467	Lewis Church	Male	Tonbridge AC	Decathlon
468	Will Hodi	Male	Liverpool Harriers And Athletic Club	Decathlon
469	Adam Hoole	Male	Team East Lothian AC	Decathlon
470	Sam Jones	Male	British Army	Decathlon
471	Harry Kendall	Male	Tonbridge AC	Decathlon
472	Harry Lord	Male	Sale Harriers Manchester	Decathlon
473	Craig Moncur	Male	Shaftesbury Barnet Harriers Athletics Club	Decathlon
474	Cameron Corbishley	Male	Medway and Maidstone AC	5000m Race Walk
475	Matthew Crane	Male	Bexley AC	5000m Race Walk
476	Luc Legon	Male	Bexley AC	5000m Race Walk
477	Christopher Snook	Male	Aldershot, Farnham and District Athletic Club	5000m Race Walk
478	Guy Thomas	Male	Tonbridge AC	5000m Race Walk
479	Bethan Davies	Female	Cardiff Athletics	5000m Race Walk
480	Mia Dunwell	Female	Northern (Isle of Man) AC	5000m Race Walk
481	Emily Ghose	Female	Tonbridge AC	5000m Race Walk
482	Hannah Hopper	Female	Cambridge Harriers	5000m Race Walk
483	Abby Hughes	Female	Taunton AC	5000m Race Walk
484	Abigail Jennings	Female	Aldershot, Farnham and District Athletic Club	5000m Race Walk
485	Erika Kelly	Female	Northern (Isle of Man) AC	5000m Race Walk
486	Grazia Manzotti	Female	Tonbridge AC	5000m Race Walk
487	Erika Pontarollo	Female	Hyde Park Harriers	5000m Race Walk
488	Pagen Spooner	Female	Hyde Park Harriers	5000m Race Walk
489	Megan Amy Stratton-Thomas	Female	Swansea Harriers	5000m Race Walk
490	Jessica Alexandra Wilton	Female	Ashford Athletics Club	5000m Race Walk

CHAMPIONSHIP BEST PERFORMANCES

Women

Event	Athlete	Club/Country	Record	Year
100m	Evelyn Ashford	USA	11.15	1991
	Asha Philip	Woodford Green & Essex Ladies	11.11w	2014
200m	Cathy Freeman	Australia	22.71	1993
	Anyika Onuora	Liverpool Harriers	22.71w	2013
400m	Katharine Merry	Birchfield Harriers	50.62	1999
800m	Kelly Holmes	Ealing & Southall AC	1:57.56	1995
1500m	Kelly Holmes	Ealing & Southall AC	4:01.41	1994
5000m	Paula Radcliffe	Bedford & Co. AC	15:05.48	2000
3000m SC	Iona Lake	City of Norwich AC	9:50.61	2017
100m H	Shirley Strong	Stretford	12.95	1983
400m H	Sally Gunnell	Essex Ladies	54.65	1996
5000m Walk	Lisa Kehler	Wolverhampton & Bilston AC	21:42.51	2002
High Jump	Debbie Marti	Bromley AC	1.94	1996
Pole Vault	Janine Whitlock	Trafford AC	4.40	2001
Long Jump	Nicole Boegman	(AUS)	6.82	1988
Triple Jump	Yamile Aldama	Cuba	14.98	2003
Shot	Judy Oakes	Croydon Harriers	18.76	1988
Discus	Meg Ritchie	Edinburgh Southern Harriers	62.22	1981
Hammer	Charlotte Payne	Reading AC	69.19	2022
Javelin	Kelly Morgan	Army	64.87	2002
Heptathlon	Jade O'Dowda	Newham & Essex Beagles	6244	2022

Men

Event	Athlete	Club/Country	Record	Year
100m	Linford Christie	Thames Valley Harriers	9.91w	1994
	Joel Fearon	Birchfield Harriers	9.96	2016
200m	Marlon Devonish	Coventry Godiva Harriers	20.18w	2002
	John Regis	Belgrave Harriers	20.25	1987
400m	Roger Black	Team Solent AC	44.39	1996
800m	William Tanui	Kenya	1:43.94	1990
1500m	John Gladwin	Belgrave Harriers	3:35.93	1986
110m Hurdles	Colin Jackson	Brecon AC	13.13	1996
400m Hurdles	Edwin Moses	USA	48.58	1979
5000m	Dave Bedford	Shaftesbury Barnet Harriers	13:17.21	1972
3000m SC	Philip Barkutwo	Kenya	8:22.22	1990
5000m Walk	Alex Wright	Belgrave Harriers	19:27.39	2013
High Jump	Steve Smith	Liverpool H & AC	2.35	1995
Pole Vault	Nick Buckfield	Crawley Harriers	5.71	1996
Long Jump	Larry Myricks	USA	8.38	1981
Triple Jump	Nathan Douglas	City of Oxford AC	17.64	2005
Shot	Carl Myerscough	Blackpool & Fylde AC	21.55	2003
Discus	Juan Martinez	Cuba	65.72	1985
Hammer	Dave Smith	Hull Spartan AC	77.30	1985
Javelin	Steve Backley	Cambridge Harriers	88.14	1992
Decathlon	Daniel Awde	Woodford Green and Essex Ladies	7869	2011

TIMETABLE

Please note - this timetable is largely subject to change.
Please ensure you are referring to the most recent version.

SATURDAY 22nd - TIMETABLE - TRACK

DEC	100m	Sen Men	10:20
HEP	100mH	Sen Wom	10:40
W	400m Hurdles	Heats	11.00
M	400m Hurdles	Heats	11.20
M	100m	W/C Heats*	11.40
W	100m	F/R Final	11.50
W	100m	Ambulant Heats*	12.00
M	100m	Ambulant Heats*	12.05
W	100m	Heats	12.15
M	100m	Heats	12.35
W	400m	Heats	13.20
M	400m	Heats	13.35
M	400m	Ambulant Heats	14.00
M	5000m	Finals	14.10
W	3000m S/Chase	Finals	14.35
W	100m	Final	14.50
M	100m	Semi Finals	15.00
M	400m	W/C Finals	15.20
W	400m	F/R Final	15.25
W	400m	Ambulant Finals	15.35
M	3000 S/Chase	Finals	15.40
M	1500m	W/C Final	15.55
M	100m	W/C Finals	16.10
W	100m	Ambulant Finals	16.15
M	100m	Ambulant Finals	16.20
W	100m	Finals	16.30
M	100m	Finals	16.35
M	400m	Semi-Finals	16.45
M	400m	Ambulant Final	16.55
HEP	200m	Sen Wom	17.05
DEC	400m	Sen Men	17.20

SUNDAY - 23rd - TIMETABLE - TRACK

DEC	110mH	Sen Men	10.40
W	400m Hurdles	Final	11.00
M	400m Hurdles	Final	11.10
M	200m	Heats	11.20
W	200m	Heats	11.40
M	200m	W/C Final	11.50
W	200m	Ambulant Final	11.55
M	200m	Ambulant Final	12.00
W	100m Hurdles	Heats	12.15
M	110m Hurdles	Heats	12.30
M	5000m Walk	Final	12.45
W	5000m Walk	Final	12.45
M	200m	Semi Finals	13.15
W	200m	Final	13.30
M	800m	W/C Final	13.35
W	400m	Final	13.40
M	400m	Final	13.45
W	800m	Final	13.50
M	800m	Final	13.55

OFFICIAL TRACK OPENING

W	1500m	Final	14.20
M	1500m	Final	14.30
W	1500m	Ambulant	14.40
M	1500m	Ambulant	14.50
W	100m Hurdles	Final	15.00
M	110m Hurdles	Final	15.15
M	200m	Final	15.30
HEP	800m	Sen Wom	16.15
DEC	1500m	Sen Men	16.50

SATURDAY 22nd - TIMETABLE - FIELD

M	Hammer	10.00
W Amb	Long Jump	10.00
W & Amb	Shot	10.40
DEC	Long Jump	11.10
HEP	High Jump	11.30
M & Amb	Javelin	11.50
M	Triple Jump	12.30
DEC	Shot	13.00
W	Discus	13.05
M	High Jump	13.15
W	Pole Vault	14.00
M Amb	Shot	14.15
W	Long Jump	14.30
W & Amb	Javelin	14.40
DEC	High Jump	15.00
HEP	Shot	15.20
M & W Amb	Discus	16.35

SUNDAY 23rd - TIMETABLE - FIELD

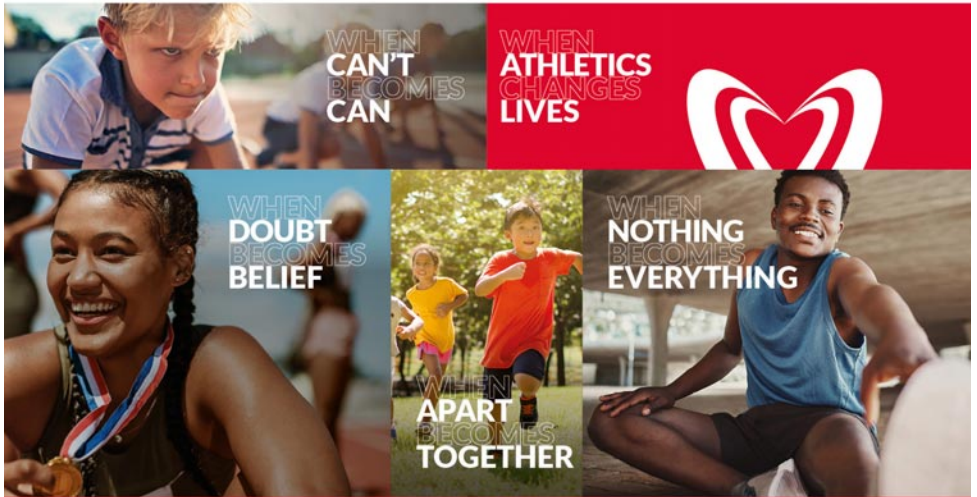
W	Hammer	10.30
M	Pole Vault	11.00
Seated	Shot	11.30
HEP	Long Jump	11.45
DEC	Discus	12.00
W	High Jump	12.30
M	Discus	13.00
M	Long Jump	13.00
Seated	Club & Discus	14.00
DEC	Pole Vault	14.00
M	Shot	15.00
M Amb	Long Jump	14.30
HEP	Javelin	14.45
W	Triple Jump	14.55
DEC	Javelin	15.50

* Note - 100m AMB/WC all compete in heats and progress to seeded finals* . Version 3 Timetable - as of 17/07/2023



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ENGLAND ATHLETICS & SUSTAINABILITY

Last year England Athletics published our **sustainability strategy**. Later this year we will be issuing guidance for clubs, RunTogether groups, facilities, race directors and competition providers to help them on their sustainability journey.

Whilst we recognise that our biggest impact will come from our role in support others, we are also looking to improve the sustainability of our national championships, by working with our venues to:

- Reduce and recycle waste
- Provide more plant-based catering options
- Encourage athletes and spectators to use public transport
- Participant travel is by far the biggest contributor to the carbon impact of our events. Where possible we would like to encourage participants and spectators to travel via public transport or car share with other athletes attending the event. **Traveline** provides public transport options using bus, rail, coach and ferry to help plan your journey

We are also pleased to have a **JogOn** running shoe collection point at all of our championships this year. JogOn aims to reduce the number of running shoes ending in landfill by collecting, sorting, inspecting and then distributing them both within the UK and globally to runners where there is the greatest need.





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CLEAN 3rd

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