

**400m Hurdles U20 Women**

**AGE GROUP BEST: Shona Richards, Windsor Slough Eton & Hounslow, 56.16, 2014**

**CBP: Vicki Jamison, Lagan Valley AC, 57.27, 1996**

| Posn | Bib  | Athlete         | Club                                  | Perf  | Heat 1 |
|------|------|-----------------|---------------------------------------|-------|--------|
| 1    | 1114 | Marcey Winter   | Windsor Slough Eton & Hounslow AC     | 60.58 | Q      |
| 2    | 819  | Steph Driscoll  | Liverpool Harriers & AC               | 61.72 | Q      |
| 3    | 1086 | Grace VansAgnew | Crawley AC                            | 62.26 | Q      |
| 4    | 796  | Jasmine Clark   | Middlesbrough Athletic Club (Mandale) | 62.47 | q      |
| 5    | 853  | Neve Grimes     | Charnwood AC                          | 64.96 |        |
| 6    | 798  | Ellie Cleveland | Windsor Slough Eton & Hounslow AC     | 65.30 |        |
| 7    | 885  | Kati Hulme      | Shrewsbury AC                         | 65.84 |        |

| Posn | Bib  | Athlete         | Club                              | Perf        | Heat 2 |
|------|------|-----------------|-----------------------------------|-------------|--------|
| 1    | 768  | Orla Brennan    | Windsor Slough Eton & Hounslow AC | 60.82       | Q      |
| 2    | 897  | Jasmine Jolly   | Birchfield Harriers               | 61.37       | Q      |
| 3    | 909  | Jessica Lambert | Crawley AC                        | 61.42       | Q      |
| 4    | 1021 | Louise Robinson | Birchfield Harriers               | 63.28       | q      |
| 5    | 732  | Olivia Allbut   | Jersey Spartan AC                 | 67.80       |        |
| 6    | 1102 | Rebecca Watkins | Windsor Slough Eton & Hounslow AC | 68.03       |        |
| DQ   | 946  | Meg McHugh      | Trafford Athletic Club            | Rule 168.7a |        |

**400m Hurdles U23 Women**

**AGE GROUP BEST: Sally Gunnell, Essex Ladies AC, 54.03, 1988**

**CBP: Perri Shakes-Drayton, Victoria Park & Tower Hamlets, 55.34, 2009**

| Posn | Bib  | Athlete           | Club                        | Perf  | Heat 1 |
|------|------|-------------------|-----------------------------|-------|--------|
| 1    | 1090 | Chelsea Walker    | City of York AC             | 61.48 | Q      |
| 2    | 806  | Emily Craig       | Edinburgh AC                | 61.68 | Q      |
| 3    | 954  | Jasmine Mitchell  | Loughborough Students       | 63.25 | Q      |
| 4    | 1005 | Ellie Ravenscroft | Kidderminster and Stourport | 63.96 | q      |
| 5    | 906  | Hannah Knights    | Guildford & Godalming AC    | 64.65 | q      |
| 6    | 827  | Sophie Elliss     | Croydon Harriers            | 65.00 |        |

| Posn | Bib  | Athlete          | Club                  | Perf  | Heat 2 |
|------|------|------------------|-----------------------|-------|--------|
| 1    | 1112 | Lauren Williams  | Swansea Harriers      | 62.54 | Q      |
| 2    | 1107 | Chloe Wilde      | Cannock & Stafford AC | 63.63 | Q      |
| 3    | 948  | Emily McNicol    | Law and District AAC  | 63.74 | Q      |
| 4    | 968  | Isabelle Neville | Tamworth AC           | 65.09 |        |
| 5    | 1069 | Amy Taylor       | Notts AC              | 66.89 |        |

**400m Hurdles U20 Men**

**AGE GROUP BEST: Alastair Chalmers, Guernsey, 50.07, 2019**

**CBP: Niall Flannery, Gateshead H, 51.07, 2009**

| Posn | Bib | Athlete            | Club                        | Perf  | Heat 1 |
|------|-----|--------------------|-----------------------------|-------|--------|
| 1    | 217 | Seamus Derbyshire  | City of Stoke AC            | 54.43 | Q      |
| 2    | 249 | Josh Faulds        | Shaftesbury Barnet Harriers | 54.96 | Q      |
| 3    | 368 | Charlie Livingston | Jersey Spartan AC           | 55.46 | Q      |
| 4    | 315 | Jack Houghton      | Swansea harriers            | 55.96 |        |
| 5    | 501 | Miles Sizer        | Wakefield District H & AC   | 56.63 |        |
| 6    | 473 | Freddie Reilly     | Stevenage & North Herts AC  | 56.79 |        |
| 7    | 114 | Joe Bacon          | Bournemouth AC              | 57.71 |        |

| Posn | Bib | Athlete                | Club                                   | Perf  | Heat 2 |
|------|-----|------------------------|--|-------|--------|
| 1    | 179 | Alastair Chalmers      | Guernsey AC                            | 53.75 | Q      |
| 2    | 439 | Alex O'Callaghan Brown | Blackheath & Bromley Harriers AC       | 54.27 | Q      |
| 3    | 186 | Samuel Clarke          | Cambridge & Coleridge AC               | 54.31 | Q      |
| 4    | 340 | Rory Keen              | Sale Harriers Manchester               | 54.58 | q      |
| 5    | 354 | Jamie Lambert          | Crawley AC                             | 55.19 | q      |
| 6    | 492 | Benjamin Schofield     | City of York AC                        | 57.00 |        |
| 7    | 544 | William Thorley        | Bromsgrove and Redditch                | 58.00 |        |
| 8    | 327 | Callum Inman           | Amber Valley and Erewash Athletic Club | 58.75 |        |

**400m Hurdles U23 Men**

**AGE GROUP BEST: Jack Green, Kent AC, 48.60, 2012**

**FINAL**

**CBP: Nathan Woodward, Tamworth AC, 49.06, 2011, Jack Green, Kent AC, 49.06, 2011**

| Posn | Bib | Athlete          | Club                                   | Perf  |
|------|-----|------------------|--|-------|
| 1    | 348 | Alex Knibbs      | Amber Valley and Erewash Athletic Club | 51.24 |
| 2    | 222 | Tyri Donovan     | Windsor Slough Eton & Hounslow AC      | 51.96 |
| 3    | 259 | Joe Fuggle       | Blackheath & Bromley Harriers AC       | 52.99 |
| 4    | 523 | Bailey Stickings | Blackheath & Bromley Harriers AC       | 52.99 |
| 5    | 561 | Sam Wallbridge   | Guernsey AC                            | 54.15 |
| 6    | 495 | Paul Sexton      | Annalee                                | 55.65 |
| 7    | 583 | Rhodri Williams  | Swansea Harriers                       | 57.54 |
| DNF  | 556 | George Vaughan   | Woodford Green AC with Essex Ladies    |       |

ENGLAND ATHLETICS  
 UNDER 23 & UNDER 20 CHAMPIONSHIPS  
 22 & 23 JUNE 2019 @ BEDFORD  
 RESULTS

1500m U20 Men

AGE GROUP BEST: Graham Williamson, Springburn Harriers, 3:36.6, 1979

CBP: Graham Williamson, Springburn Harriers, 3:39.68, 1978

| Posn | Bib | Athlete                  | Club                         | Perf     | Heat 1 |
|------|-----|--------------------------|------------------------------|----------|--------|
| 1    | 323 | Ethan Hussey             | Leeds City Athletic Club     | 03:57.20 | Q      |
| 2    | 239 | Kane Elliott             | Falkirk Victoria Harriers    | 03:57.29 | Q      |
| 3    | 573 | Christian Wharton-Howett | Amber Valley & Erewash AC    | 03:57.43 | Q      |
| 4    | 301 | Max Heyden               | Aldershot Farnham & District | 03:57.45 | Q      |
| 5    | 426 | David Mullarkey          | Manx Harriers                | 03:57.74 | q      |
| 6    | 234 | Tom Eames                | Brighton & Hove AC           | 03:58.12 |        |
| 7    | 577 | Joe Wigfield             | Wirral Ac                    | 03:58.27 |        |
| 8    | 362 | Rory Leonard             | Morpeth Harriers & AC        | 04:01.90 |        |
| 9    | 366 | Oliver Lill              | Basildon AC                  | 04:03.09 |        |
| 10   | 132 | Finn Birnie              | Newquay & Par AC             | 04:04.88 |        |
| 11   | 321 | Aaron Hunt               | Nene Valley Harriers         | 04:05.82 |        |
| 12   | 408 | Harris Mier              | Cornwall AC                  | 04:11.68 |        |

| Posn | Bib | Athlete         | Club                      | Perf     | Heat 2 |
|------|-----|-----------------|---------------------------|----------|--------|
| 1    | 358 | Joshua Lay      | Rugby & Northampton AC    | 03:54.20 | Q      |
| 2    | 341 | Thomas Keen     | Cambridge & Coleridge AC  | 03:54.47 | Q      |
| 3    | 227 | Luke Duffy      | Mansfield Harriers        | 03:54.54 | Q      |
| 4    | 464 | Joseph Pollard  | Charnwood AC              | 03:54.82 | Q      |
| 5    | 526 | Matthew Stonier | Invicta East Kent AC      | 03:55.53 | q      |
| 6    | 213 | Kian Davis      | Preston Harriers          | 03:56.17 | q      |
| 7    | 451 | Ethan OShea     | Charnwood AC              | 03:56.90 | q      |
| 8    | 390 | Jacques Maurice | Harrogate Harriers & AC   | 03:58.27 |        |
| 9    | 404 | Jack Meijer     | Marshall Milton Keynes AC | 04:04.19 |        |
| 10   | 306 | Ted Higgins     | Bexley AC                 | 04:04.42 |        |
| 11   | 338 | Shreyas Kanyady | Reading AC                | 04:06.51 |        |
| 12   | 317 | John Howorth    | Team Bath Athletic Club   | 04:20.32 |        |

ENGLAND ATHLETICS  
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 RESULTS

1500m U23 Men

AGE GROUP BEST: Josh Kerr, Edinburgh AC, 3:33.60, 2019

CBP: James Shane, Newham & Essex Beagles, 3:40.44, 2011

| Posn | Bib | Athlete           | Club                              | Perf     | Heat 1 |
|------|-----|-------------------|-----------------------------------|----------|--------|
| 1    | 302 | Jake Heyward      | Cardiff AAC                       | 03:53.25 | Q      |
| 2    | 415 | Adam Moore        | Windsor Slough Eton & Hounslow AC | 03:53.45 | Q      |
| 3    | 219 | Tom Dodd          | Birchfield Harriers               | 03:53.57 | Q      |
| 4    | 416 | Blake Moore       | Windsor Slough Eton & Hounslow AC | 03:53.78 | Q      |
| 5    | 272 | James Gormley     | City of Sheffield and Dearne AC   | 03:54.60 |        |
| 6    | 183 | Callum Charleston | Aldershot Farnham & District      | 03:54.83 |        |
| 7    | 106 | Grant Anderson    | Stockport Harriers & AC           | 03:55.45 |        |
| 8    | 524 | Will Stockley     | Team Bath Athletic Club           | 03:55.87 |        |
| 9    | 530 | Sol Sweeney       | Perth Strathtay Harriers          | 03:55.94 |        |
| 10   | 171 | Euan Campbell     | Stornoway AC                      | 03:58.88 |        |
| 11   | 216 | Jeremy Dempsey    | Shaftesbury Barnet Harriers       | 03:59.72 |        |
| 12   | 333 | Max Jones         | Basildon AC                       | 04:00.46 |        |
| 13   | 279 | James Habbergham  | Halifax Harriers & AC             | 04:01.20 |        |

| Posn | Bib | Athlete         | Club                                   | Perf     | Heat 2 |
|------|-----|-----------------|--|----------|--------|
| 1    | 212 | Archie Davis    | Brighton Phoenix AC                    | 03:49.14 | Q      |
| 2    | 192 | Piers Copeland  | Wimborne AC                            | 03:49.56 | Q      |
| 3    | 256 | Adam Fogg       | Coventry Godiva Harriers               | 03:49.70 | Q      |
| 4    | 595 | James Young     | Morpeth Harriers                       | 03:49.93 | Q      |
| 5    | 266 | Euan Gilchrist  | Sale Harriers Manchester               | 03:50.00 | q      |
| 6    | 297 | James Heneghan  | Southampton Athletic Club              | 03:50.65 | q      |
| 7    | 432 | Declan Neary    | Brighton Phoenix AC                    | 03:51.91 | q      |
| 8    | 392 | James McCrae    | Hallamshire Harriers Sheffield         | 03:51.91 | q      |
| 9    | 406 | Matthew Merrick | Aldershot Farnham & District           | 03:53.83 |        |
| 10   | 396 | Jethro McGraw   | Amber Valley and Erewash Athletic Club | 03:55.55 |        |
| 11   | 282 | Alex Hampson    | Nene Valley Harriers                   | 04:08.99 |        |
| DNS  | 598 | Cameron Bell    | Hallamshire Harriers Sheffield         |          |        |

**100m U20 Women**
**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 11.14, 2014**
**CBP: Dina Asher-Smith, Blackheath & Bromley AC, 11.11, 2014**

| Posn | Bib | Athlete           | Club                           | -1.1 m/s | Heat 1 |
|------|-----|-------------------|--------------------------------|----------|--------|
| 1    | 682 | Sharhnee Skervin  | Notts AC                       | 12.05    | Q      |
| 2    | 658 | Akaysha Ellis     | Enfield and Haringey AC        | 12.12    | Q      |
| 3    | 660 | Abigail Galpin    | Guernsey AC                    | 12.56    | Q      |
| 4    | 657 | Lucy Elcock       | Telford AC                     | 12.73    |        |
| 5    | 689 | Abi Williams      | Cheltenham and County Harriers | 12.73    |        |
| 6    | 661 | Eve Grant         | Liverpool Harriers & AC        | 12.81    |        |
| 7    | 681 | Madeleine Silcock | Banchory Stonehaven AC         | 12.91    |        |
| 8    | 679 | Bethany Shaw      | St Albans AC                   | 12.98    |        |

| Posn | Bib | Athlete              | Club                                  | -1.7 m/s | Heat 2 |
|------|-----|----------------------|---------------------------------------|----------|--------|
| 1    | 676 | Cassie Ann Pemberton | Birchfield Harriers                   | 11.99    | Q      |
| 2    | 690 | Eve Wright           | Braintree & District AC               | 12.23    | Q      |
| 3    | 652 | Dolita Awala-Shaw    | Newham & Essex Beagles AC             | 12.41    | Q      |
| 4    | 688 | Skye Wicks           | The HAWCS                             | 12.52    | q      |
| 5    | 672 | Elyse Leech          | Torbay AAC                            | 12.60    | q      |
| 6    | 671 | Khiaaama Kofi        | Bristol and West AC                   | 13.01    |        |
| 7    | 677 | Charlie Peters       | Cannock & Stafford AC                 | 13.05    |        |
| 8    | 655 | Layla Bell           | Middlesbrough Athletic Club (Mandale) | 13.17    |        |

| Posn | Bib | Athlete         | Club                             | -1.6 m/s | Heat 3 |
|------|-----|-----------------|----------------------------------|----------|--------|
| 1    | 650 | Immanuela Aliu  | Blackheath & Bromley Harriers AC | 11.81    | Q      |
| 2    | 651 | Leonie Ashmeade | Wakefield District H & AC        | 12.09    | Q      |
| 3    | 674 | Awa Ndiaye      | Serpentine RC                    | 12.40    | Q      |
| 4    | 685 | Issie Tustin    | Cardiff AAC                      | 12.55    | q      |
| 5    | 662 | Lauren Greig    | Victoria Park                    | 12.67    |        |
| 6    | 654 | Florence Beedie | Derby Athletic Club              | 12.67    |        |
| 7    | 666 | Chinwe Iwunze   | Shaftesbury Barnet Harriers      | 12.69    |        |
| 8    | 680 | Ruka Shonibare  | Sale Harriers Manchester         | 12.69    |        |

| Posn | Bib | Athlete               | Club                              | -3.0 m/s | Heat 4 |
|------|-----|-----------------------|-----------------------------------|----------|--------|
| 1    | 665 | Amy Hunt              | Charnwood AC                      | 11.84    | Q      |
| 2    | 675 | Lakeisha Owusu-junior | Herne Hill Harriers               | 12.41    | Q      |
| 3    | 673 | Elise Modeste         | Enfield and Haringey AC           | 12.50    | Q      |
| 4    | 683 | Zoe Thompson          | Newham & Essex Beagles AC         | 12.58    | q      |
| 5    | 669 | Hannah Jones          | Windsor Slough Eton & Hounslow AC | 12.69    |        |
| 6    | 664 | Scarlett Herold       | Abingdon AC                       | 12.90    |        |
| 7    | 687 | Megan Webber          | Torbay AAC                        | 12.91    |        |
| 8    | 659 | Indi Gallagher        | Guernsey AC                       | 12.95    |        |

100m U23Women

AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 10.99, 2015

CBP: Abiodun Oyepitan, Shaftesbury Barnet Harriers, 11.17, 2001

| Posn | Bib  | Athlete             | Club                                   | -2.2 m/s | Heat 1 |
|------|------|---------------------|--|----------|--------|
| 1    | 712  | Ciara Neville       | Emerald AC                             | 11.81    | Q      |
| 2    | 721  | Molly Scott         | St Laurence OToole AC                  | 12.01    | Q      |
| 3    | 722  | Modupe Shokunbi     | Blackheath & Bromley Harriers AC       | 12.16    | Q      |
| 4    | 707  | Lucy Hoad           | Sutton & District AC                   | 12.32    | q      |
| 5    | 700  | Emily Coope         | Amber Valley and Erewash Athletic Club | 12.46    |        |
| 6    | 696  | Izzy Bryant         | Southampton Athletic Club              | 12.49    |        |
| 7    | 701  | Tiffany Cox         | Abingdon AC                            | 12.71    |        |
| 8    | 713  | Rachel Oderinde     | Marshall Milton Keynes AC              | 12.78    |        |
| Posn | Bib  | Athlete             | Club                                   | -0.9 m/s | Heat 2 |
| 1    | 711  | Shannon Malone      | Loughborough Student AC                | 11.95    | Q      |
| 2    | 703  | Cheyenne Evans-Gray | Croydon Harriers                       | 12.08    | Q      |
| 3    | 698  | Ebony Carr          | Marshall Milton Keynes AC              | 12.09    | Q      |
| 4    | 724  | Yvette Westwood     | Yate & District AC                     | 12.39    | q      |
| 5    | 694  | Ella Blakey         | Derby Athletic Club                    | 12.44    | q      |
| 6    | 706  | Jordan Hall         | Tipton Harriers                        | 12.76    |        |
| 7    | 717  | Eleanor Rawson      | City of Sheffield and Dearne AC        | 12.79    |        |
| 8    | 705  | Ella Falk           | Bristol and West AC                    | 13.11    |        |
| Posn | Bib  | Athlete             | Club                                   | -1.7 m/s | Heat 3 |
| 1    | 1125 | Finette Agyapong    | Newham & Essex Beagles AC              | 11.84    | Q      |
| 2    | 695  | Hannah Brier        | Swansea Harriers                       | 11.99    | Q      |
| 3    | 704  | Page Fairclough     | Shaftesbury Barnet Harriers            | 12.08    | Q      |
| 4    | 702  | Leanza Dwaah        | Enfield and Haringey AC                | 12.43    | q      |
| 5    | 719  | Brittany Robinson   | Thames Valley Harriers                 | 12.55    |        |
| 6    | 720  | Rebecca Roots       | Torbay AAC                             | 12.58    |        |
| 7    | 723  | Lauren Tyrell       | Notts AC                               | 13.05    |        |
| 8    | 708  | Amena Kofi          | Bristol and West AC                    | 13.82    |        |
| Posn | Bib  | Athlete             | Club                                   | NT       | Heat 4 |
| 1    | 692  | Kristal Awuah       | Herne Hill Harriers                    | 11.74    | Q      |
| 2    | 716  | Sarah Quinn         | St Colemans                            | 12.10    | Q      |
| 3    | 709  | Darcey Kuypers      | Medway and Maidstone AC                | 12.13    | Q      |
| 4    | 697  | Chloe Burrows       | Bournemouth AC                         | 12.45    |        |
| 5    | 693  | Ellie Bandy         | Herts Phoenix AC                       | 12.47    |        |
| 6    | 710  | Sarah Malone        | Edinburgh AC                           | 12.49    |        |
| 7    | 699  | Ashleigh Clarke     | Croydon Harriers                       | 12.61    |        |

**100m U20 Men**
**AGE GROUP BEST: Adam Gemili, Blackheath & Bromley, 10.05, 2012**
**CBP: Christian Malcolm, Cardiff AAC, 10.17, 1998, Tyrone Edgar, WG & EL, 10.17, 2001**

| Posn | Bib | Athlete        | Club                      | -4.3 m/s | Heat 1 |
|------|-----|----------------|---------------------------|----------|--------|
| 1    | 29  | Tobi Ogunkanmi | Watford Harriers          | 11.11    | Q      |
| 2    | 28  | Destiny Ogali  | Dacorum & Tring AC        | 11.21    | Q      |
| 3    | 9   | Adam Clayton   | Giffnock North AAC        | 11.25    | Q      |
| 4    | 1   | Daniel Afolabi | Sale Harriers Manchester  | 11.34    | Q      |
| 5    | 36  | Bryn Smith     | Eastbourne Rovers AC      | 11.50    |        |
| 6    | 39  | Amara Thakker  | Saffron Athletics Club    | 11.78    |        |
| 7    | 40  | Hugo Wallace   | Marshall Milton Keynes AC | 11.79    |        |

| Posn | Bib | Athlete                  | Club                             | -1.8 m/s | Heat 2 |
|------|-----|--------------------------|----------------------------------|----------|--------|
| 1    | 14  | Joe Ferguson             | Leeds City Athletic Club         | 10.95    | Q      |
| 2    | 41  | Samir Williams           | Croydon Harriers                 | 11.00    | Q      |
| 3    | 12  | Valerio Duah             | Telford AC                       | 11.11    | Q      |
| 4    | 15  | Micah Francis-Dwyer      | Croydon Harriers                 | 11.13    | Q      |
| 5    | 42  | Fisayo Williamson-Taylor | Sale Harriers Manchester         | 11.52    |        |
| 6    | 34  | Kyle Reynolds-Warmington | Blackheath & Bromley Harriers AC | 11.55    |        |
| 7    | 22  | Ceake Maddix             | Shaftesbury Barnet Harriers      | 11.80    |        |

| Posn | Bib | Athlete               | Club                                | -1.9 m/s | Heat 3 |
|------|-----|-----------------------|-------------------------------------|----------|--------|
| 1    | 26  | Brandon Mingeli       | Cambridge Harriers                  | 10.89    | Q      |
| 2    | 35  | Andrew Robinson       | Woodford Green AC with Essex Ladies | 10.96    | Q      |
| 3    | 6   | Daniel Brooks         | Yate & District AC                  | 10.97    | Q      |
| 4    | 13  | Franklin Fenning      | Notts AC                            | 11.16    | Q      |
| 5    | 7   | Blake Tiger Lee Brown | Sale Harriers Manchester            | 11.26    |        |
| 6    | 20  | Matthew Knight        | Blackheath & Bromley Harriers AC    | 11.29    |        |
| 7    | 25  | Michael Miller        | Croydon Harriers                    | 11.30    |        |

| Posn | Bib | Athlete           | Club                      | -0.5 m/s | Heat 4 |
|------|-----|-------------------|---------------------------|----------|--------|
| 1    | 2   | Fraser Angus      | Giffnock North AAC        | 10.82    | Q      |
| 2    | 24  | Chad Miller       | Hercules Wimbledon AC     | 10.88    | Q      |
| 3    | 32  | Joshua Oshunrinde | Medway and Maidstone AC   | 11.01    | Q      |
| 4    | 33  | Zachary Price     | Menai Track and Field     | 11.11    | Q      |
| 5    | 27  | Luke Moore        | Cambridge Harriers        | 11.25    | q      |
| 6    | 4   | David Boakye      | Marshall Milton Keynes AC | 11.33    |        |
| 7    | 19  | Dennis Jefia      | Newham & Essex Beagles AC | 11.70    |        |

| Posn | Bib | Athlete            | Club                     | -2.0 m/s | Heat 5 |
|------|-----|--------------------|--------------------------|----------|--------|
| 1    | 3   | Jeremiah Azu       | Cardiff AAC              | 10.78    | Q      |
| 2    | 8   | Alwayne Campbell   | Birchfield Harriers      | 10.81    | Q      |
| 3    | 21  | Owain Lloyd-Hughes | Neath Harriers           | 11.10    | Q      |
| 4    | 43  | Bailey Wright      | Eastbourne Rovers AC     | 11.16    | Q      |
| 5    | 11  | Adam Cross         | Cambridge & Coleridge AC | 11.17    | q      |
| 6    | 38  | Harry Taylor       | City Of Norwich AC       | 11.18    | q      |
| 7    | 18  | Joshua Hawkins     | Brighton & Hove AC       | 11.20    | q      |

**100m U23 Men**

**AGE GROUP BEST: Reece Prescod, Enfield & Haringey, 9.94, 2018**

**CBP: Adam Gemili, Blackheath & Bromley AC, 10.09, 2013**

| Posn | Bib | Athlete             | Club                            | -1.3 m/s | Heat 1 |
|------|-----|---------------------|---------------------------------|----------|--------|
| 1    | 87  | Jahde Williams      | Harrow AC                       | 10.72    | Q      |
| 2    | 56  | Kaie Chambers-Brown | Birchfield Harriers             | 10.80    | Q      |
| 3    | 65  | Leon Greenwood      | Swansea Harriers                | 10.85    | Q      |
| 4    | 49  | Korede Awe          | Invicta East Kent AC            | 10.89    | Q      |
| 5    | 86  | Jordan Watson-Brown | Shaftesbury Barnet Harriers     | 11.01    | q      |
| 6    | 74  | Regan O'Connell     | City of Sheffield and Dearne AC | 11.05    | q      |
| 7    | 66  | Maximilian Heavens  | Invicta East Kent AC            | 11.14    | q      |
| 8    | 76  | Abraham Ogunmefun   | Bexley AC                       | 11.67    |        |

| Posn | Bib | Athlete            | Club                             | -1 m/s | Heat 2 |
|------|-----|--------------------|----------------------------------|--------|--------|
| 1    | 71  | Rechmial Miller    | Hercules Wimbledon AC            | 10.68  | Q      |
| 2    | 85  | Nicholas Walsh     | Sale Harriers                    | 10.92  | Q      |
| 3    | 73  | Brandon Murray     | Blackheath & Bromley Harriers AC | 11.07  | Q      |
| 4    | 80  | Keano Paris-Samuel | Thames Valley Harriers           | 11.08  | Q      |
| 5    | 62  | Idy Ekere          | Bexley AC                        | 11.17  |        |
| 6    | 55  | Rivaldo Brown      | Trafford Athletic Club           | 11.28  |        |
| 7    | 82  | Kieran Shah        | City Of Norwich AC               | 11.29  |        |

| Posn | Bib | Athlete        | Club                        | -1.4 m/s | Heat 3 |
|------|-----|----------------|-----------------------------|----------|--------|
| 1    | 52  | Oliver Bromby  | Southampton Athletic Club   | 10.75    | Q      |
| 2    | 78  | Kesi Oludoyi   | Harrow AC                   | 10.87    | Q      |
| 3    | 58  | Terrell Craig  | Bexley AC                   | 10.91    | Q      |
| 4    | 63  | Ryan Facey     | Hercules Wimbledon AC       | 11.08    | Q      |
| 5    | 88  | Gabriel Yiadom | Shaftesbury Barnet Harriers | 11.22    |        |
| 6    | 69  | Alex Marsden   | Birchfield Harriers         | 11.66    |        |
| 7    | 53  | Kristian Brown | Basildon AC                 | 11.68    |        |

| Posn | Bib | Athlete            | Club  | -0.7 m/s   | Heat 4 |
|------|-----|--------------------|---|------------|--------|
| 1    | 48  | Dominic Ashwell    | Shaftesbury Barnet Harriers                 | 10.67      | Q      |
| 2    | 67  | Kristian Jones     | Cardiff AAC                                 | 10.94      | Q      |
| 3    | 61  | Caleb Downes       | Rugby & Northampton AC                      | 11.03      | Q      |
| 4    | 47  | Christian Anuyagu  | Victoria Park Harriers and Tower Hamlets AC | 11.08      | Q      |
| 5    | 59  | Callum Davies      | Swansea Harriers                            | 11.42      |        |
| 6    | 44  | Sodiq Abiola       | Serpentine RC                               | 12.08      |        |
| DQ   | 45  | Ayomide Akingbehin | Havering AC                                 | Rule 162.8 |        |

| Posn | Bib | Athlete           | Club                        | 0 m/s | Heat 5 |
|------|-----|-------------------|-----------------------------|-------|--------|
| 1    | 77  | Michael Olsen     | Edinburgh AC                | 10.70 | Q      |
| 2    | 54  | Maxwell Brown     | Marshall Milton Keynes AC   | 10.82 | Q      |
| 3    | 81  | Zanson Plummer    | Shaftesbury Barnet Harriers | 10.88 | Q      |
| 4    | 60  | Eden Davis        | Herts Phoenix AC            | 10.91 | Q      |
| 5    | 79  | Arron Owen        | Cardiff AAC                 | 11.01 | q      |
| 6    | 83  | Zachary Stapleton | Rugby & Northampton AC      | 11.17 |        |
| 7    | 46  | Ishmael Anderson  | City of Stoke AC            | 11.49 |        |



**400m U20 Women**

**AGE GROUP BEST: Linsey MacDonald, Pitreavie AC, 51.16, 1980**

**CBP: Cheriece Hylton, Blackheath & Bromley AC, 53.54, 2015**

| Posn | Bib  | Athlete          | Club                        | Perf     | Heat 1 |
|------|------|------------------|-----------------------------|----------|--------|
| 1    | 861  | Natasha Harrison | Stockport Harriers & AC     | 55.69    | Q      |
| 2    | 841  | Hannah Foster    | Shaftesbury Barnet Harriers | 56.99    | Q      |
| 3    | 960  | Georgia Morrison | Aberdeen AAC                | 57.62    |        |
| 4    | 858  | Lara Hansen      | Herts Phoenix AC            | 58.33    |        |
| 5    | 1042 | Jessica Sheppard | Stratford Upon Avon AC      | 59.17    |        |
| 6    | 1038 | Emily Sharpe     | Orion Harriers              | 59.46    |        |
| 7    | 1027 | Chyna Russell    | Belgrave Harriers           | 01:01.26 |        |

| Posn | Bib | Athlete                | Club  | Perf  | Heat 2 |
|------|-----|------------------------|---|-------|--------|
| 1    | 734 | Amber Anning           | Brighton & Hove AC                          | 53.83 | Q      |
| 2    | 831 | Louise Evans           | Blackheath & Bromley Harriers AC            | 54.13 | Q      |
| 3    | 821 | Nayanna Dubarry-Gay    | Victoria Park Harriers and Tower Hamlets AC | 55.03 | q      |
| 4    | 794 | Amber Clare            | Basingstoke & Mid Hants AC                  | 58.35 |        |
| 5    | 832 | Taiwo Bariyat Eyiwuawi | Bexley AC                                   | 58.78 |        |
| 6    | 843 | Jessica Frazer         | Bristol and West AC                         | 59.12 |        |
| 7    | 797 | Eve Clawley            | Tamworth AC                                 | 59.96 |        |

| Posn | Bib  | Athlete            | Club                     | Perf  | Heat 3 |
|------|------|--------------------|--------------------------|-------|--------|
| 1    | 1054 | Maisey Snaith      | Cambridge & Coleridge AC | 55.36 | Q      |
| 2    | 901  | Gemma Jones        | Corby AC                 | 56.21 | Q      |
| 3    | 729  | Emma Alderson      | Liverpool Harriers & AC  | 56.56 | q      |
| 4    | 1018 | Ffion Mair Roberts | Colwyn Bay AC            | 57.25 |        |
| 5    | 907  | Holly Kone         | Notts AC                 | 57.65 |        |
| 6    | 1041 | Imogen Sheppard    | Stratford Upon Avon AC   | 57.66 |        |

400m U23 Women

AGE GROUP BEST: Christine Ohuruogu, Newham & Essex Beagles, 50.28, 2006

CBP: Christine Ohuruogu, Newham & Essex Beagles, 52.43, 2005

| Posn | Bib  | Athlete          | Club                       | Perf  | Heat 1 |
|------|------|------------------|----------------------------|-------|--------|
| 1    | 919  | Yasmin Liverpool | Coventry Godiva Harriers   | 55.70 | Q      |
| 2    | 1028 | Lauren Russell   | Bedford & County AC        | 56.50 | Q      |
| 3    | 847  | Vicky Gittins    | Birchfield Harriers        | 56.91 |        |
| 4    | 775  | Hannah Brown     | City Of Norwich AC         | 58.13 |        |
| 5    | 1056 | Lydia Sommers    | Basingstoke & Mid Hants AC | 59.12 |        |
| 6    | 1080 | Sinead Treacy    | Craughwell AC              | 59.75 |        |

| Posn | Bib  | Athlete           | Club                        | Perf  | Heat 2 |
|------|------|-------------------|-----------------------------|-------|--------|
| 1    | 755  | Lily Beckford     | Shaftesbury Barnet Harriers | 53.89 | Q      |
| 2    | 718  | Melissa Roberts   | Birchfield Harriers         | 55.36 | Q      |
| 3    | 750  | Ella Barrett      | Trafford Athletic Club      | 55.89 | q      |
| 4    | 934  | Hannah Malpass    | Cannock & Stafford AC       | 57.35 |        |
| 5    | 1060 | Charlotte Stamp   | City of York AC             | 57.39 |        |
| 6    | 888  | Teresa Iannetelli | Swindon Harriers            | 59.09 |        |

| Posn | Bib  | Athlete            | Club                                 | Perf  | Heat 3 |
|------|------|--------------------|--------------------------------------|-------|--------|
| 1    | 1111 | Hannah Williams    | Herts Phoenix AC                     | 54.28 | Q      |
| 2    | 1082 | Laura Turley       | West Cheshire Athletic Club          | 55.80 | Q      |
| 3    | 1097 | Nicole Walsh       | Galway City Harriers                 | 56.73 | q      |
| 4    | 989  | Charlotte Paterson | Kingston upon Hull AC                | 57.17 |        |
| 5    | 1075 | Derrion Thompson   | Tipton Harriers                      | 57.98 |        |
| 6    | 1119 | Sian Wyn-Jones     | Solihull & Small Heath Athletic Club | 62.64 |        |

ENGLAND ATHLETICS  
 UNDER 23 & UNDER 20 CHAMPIONSHIPS  
 22 & 23 JUNE 2019 @ BEDFORD  
 RESULTS

**400m U20 Men**

**AGE GROUP BEST: Martyn Rooney, Croydon Harriers, 45.35, 2006**

**CBP: Mark Richardson, Windsor Slough Eton & Hounslow, 45.72, 1991**

| Posn | Bib | Athlete            | Club                                 | Perf  | Heat 1 |
|------|-----|--------------------|--------------------------------------|-------|--------|
| 1    | 292 | Ben Hawkes         | Leamington Cycling and Athletic Club | 48.71 | Q      |
| 2    | 225 | Billy Doyle        | Pitreavie AAC                        | 48.88 | Q      |
| 3    | 490 | Moyo Sargent       | Eastbourne Rovers AC                 | 49.15 | q      |
| 4    | 566 | Matthew Waterfield | Morpeth Harriers and AC              | 49.39 |        |
| 5    | 488 | Geraint Saich      | Charnwood AC                         | 49.62 |        |
| 6    | 472 | Adam Reid          | Braintree & District AC              | 51.20 |        |
| 7    | 277 | Harry Grindle      | Belgrave Harriers                    | 51.28 |        |
| DNS  | 305 | Jack Higgins       | Southampton Athletic Club            | -     |        |

| Posn | Bib | Athlete             | Club                          | Perf  | Heat 2 |
|------|-----|---------------------|-------------------------------|-------|--------|
| 1    | 220 | Callum Dodds        | Enfield and Haringey AC       | 48.61 | Q      |
| 2    | 209 | Lewis Davey         | Peterborough AC               | 48.79 | Q      |
| 3    | 429 | Conor Murphy        | Medway and Maidstone AC       | 49.23 | q      |
| 4    | 335 | Steffan Dylan Jones | Swansea Harriers              | 49.33 |        |
| 5    | 458 | Josh Pearson        | Bromsgrove and Redditch       | 49.85 |        |
| 6    | 521 | Will Stapleton      | Kingston AC And Poly Harriers | 50.28 |        |
| 7    | 162 | Maximilian Buckley  | Thames Valley Harriers        | 50.36 |        |

| Posn | Bib | Athlete          | Club                             | Perf  | Heat 3 |
|------|-----|------------------|----------------------------------|-------|--------|
| 1    | 154 | Ethan Brown      | Blackheath & Bromley Harriers AC | 48.91 | Q      |
| 2    | 244 | Michael Fagbenle | Bexley AC                        | 49.00 | Q      |
| 3    | 118 | Thomas Baines    | Sale Harriers Manchester         | 49.41 |        |
| 4    | 101 | Femi Aakinbobola | Team Bath Athletic Club          | 49.79 |        |
| 5    | 228 | Jose Duhaney     | Birchfield Harriers              | 49.80 |        |
| 6    | 593 | Ciaran Yeo       | Newton Abbot AC                  | 50.52 |        |
| 7    | 203 | Peter Curtis     | Guernsey AC                      | 50.85 |        |

ENGLAND ATHLETICS  
 UNDER 23 & UNDER 20 CHAMPIONSHIPS  
 22 & 23 JUNE 2019 @ BEDFORD  
 RESULTS

**400m U23 Men**

**AGE GROUP BEST: David Grindley, Wigan, 44.47, 1992**

**CBP: Cameron Chalmers, Guernsey, 45.64, 2017**

| Posn | Bib | Athlete              | Club                          | Perf  | Heat 1 |
|------|-----|----------------------|-------------------------------|-------|--------|
| 1    | 184 | Ben Claridge         | Abingdon AC                   | 47.88 | Q      |
| 2    | 463 | Thomas Pitkin        | Havering AC                   | 48.03 | Q      |
| 3    | 309 | Jack Hocking         | Worcester AC                  | 48.41 |        |
| 4    | 126 | Tor Bennett-Williams | Wolverhampton & Bilston       | 49.58 |        |
| 5    | 545 | Lewis Thorn          | Braintree & District AC       | 50.12 |        |
| 6    | 311 | Mark Holliman        | North Ayrshire Athletics Club | 50.23 |        |
| 7    | 318 | Joseph Hubbock       | Luton Athletic Club           | 50.30 |        |
| 8    | 516 | Thomas Somers        | Newham & Essex Beagles AC     | 50.37 |        |

| Posn | Bib | Athlete             | Club                              | Perf  | Heat 2 |
|------|-----|---------------------|-----------------------------------|-------|--------|
| 1    | 542 | Lee Thompson        | City of Sheffield and Dearne AC   | 47.13 | Q      |
| 2    | 294 | Alex Haydock-Wilson | Windsor Slough Eton & Hounslow AC | 47.39 | Q      |
| 3    | 128 | Oliver Biddle       | Worcester AC                      | 48.06 |        |
| 4    | 307 | Charles Hilliard    | Birchfield Harriers               | 49.58 |        |
| 5    | 541 | Adam Thompson       | Medway and Maidstone AC           | 49.90 |        |
| 6    | 98  | Tom Ainsworth       | Tamworth AC                       | 50.07 |        |
| 7    | 450 | Isaac Osei-Tutu     | Windsor Slough Eton & Hounslow AC | 50.24 |        |
| 8    | 461 | Max Perez-Diaz      | Kingston AC And Poly Harriers     | 50.72 |        |

| Posn | Bib | Athlete          | Club                                | Perf  | Heat 3 |
|------|-----|------------------|-------------------------------------|-------|--------|
| 1    | 180 | Cameron Chalmers | Guernsey AC                         | 47.24 | Q      |
| 2    | 147 | Joseph Brier     | Swansea Harriers                    | 47.44 | Q      |
| 3    | 202 | Cathal Crosbie   | Ennis Track Club                    | 47.84 | q      |
| 4    | 274 | Ellis Greatrex   | Woodford Green AC with Essex Ladies | 47.89 | q      |
| 5    | 255 | Harry Flanagan   | Southport Waterloo AC               | 49.40 |        |
| 6    | 517 | Emmanuel Sosanya | Newham & Essex Beagles AC           | 49.65 |        |
| 7    | 504 | Kimani Smart     | S Factor Academy                    | 50.31 |        |
| 8    | 384 | Dion Marcos      | An Riocht AC                        | 50.38 |        |

**5000m U20 Men**
**AGE GROUP BEST: Steve Binns, Bingley, 13:27.04, 1979**
**FINAL**
**CBP:**

| Posn | Bib | Athlete            | Club                                 | Perf     |
|------|-----|--------------------|--------------------------------------|----------|
| 1    | 264 | Liam Garrett       | London Heathside                     | 15:10.34 |
| 2    | 378 | Cameron MacRae     | Invicta East Kent AC                 | 15:11.33 |
| 3    | 401 | Christopher McLeod | Solihull & Small Heath Athletic Club | 15:14.88 |
| 4    | 482 | Sam Rodda          | Reading AC                           | 15:18.64 |
| 5    | 467 | Oliver Prior       | Ashford AC                           | 15:18.94 |
| 6    | 161 | Joseph Buckley     | Warrington A C                       | 15:19.88 |
| 7    | 487 | Larry Ryan         | Cardiff AAC                          | 15:21.31 |
| 8    | 328 | Seyfu Jamaal       | London Heathside                     | 15:22.22 |
| 9    | 509 | Marshall Smith     | Ashford AC                           | 15:22.79 |
| 10   | 553 | Sam Tyas           | Southampton Athletic Club            | 15:23.99 |
| 11   | 122 | George Beardmore   | Worcester AC                         | 15:28.52 |
| 12   | 574 | Leon Wheeler       | Thurrock Harriers                    | 15:36.25 |
| 13   | 149 | Charlie Brisley    | Invicta East Kent AC                 | 15:36.28 |
| 14   | 443 | Jem O'Flaherty     | London Heathside                     | 15:43.86 |
| 15   | 445 | Jacob O'Hara       | City Of Portsmouth AC                | 15:46.13 |
| 16   | 172 | Milan Champion     | Notts AC                             | 15:49.70 |
| 17   | 135 | Ed Blythman        | Bedford & County AC                  | 15:59.23 |
| 18   | 137 | Matthew Bonney     | Cannock & Stafford AC                | 16:17.20 |
| 19   | 233 | Findlay Dyer       | Wycombe Phoenix Harriers & AC        | 16:17.49 |
| DNS  | 423 | Ben Morton         | Chichester Runners & AC              | -        |

**800m U23 Men**
**AGE GROUP BEST: Sebastian Coe, Haringey AC, 1:43.97, 1978**
**CBP: Richard Hill, Notts AC, 1:47.59, 2007**

| Posn | Bib | Athlete                | Club                                | Perf     | Heat 1 |
|------|-----|------------------------|-------------------------------------|----------|--------|
| 1    | 538 | Spencer Thomas         | Brighton Phoenix AC                 | 01:50.72 | Q      |
| 2    | 515 | Canaan Solomon         | Woodford Green AC with Essex Ladies | 01:51.34 | Q      |
| 3    | 480 | Psalm Roberts-Nash     | Wolverhampton & Bilston             | 01:51.50 | Q      |
| 4    | 403 | Daniel Mees            | Newham & Essex Beagles AC           | 01:51.68 | q      |
| 5    | 420 | Joseph Morrison        | West Cheshire Athletic Club         | 01:52.33 |        |
| 6    | 129 | Finley Bigg            | Brighton Phoenix AC                 | 01:53.52 |        |
| 7    | 238 | Kieran Eland           | Tonbridge AC                        | 01:53.67 |        |
| 8    | 197 | Callum Crawford-Walker | Annadale Striders                   | 01:53.69 |        |
| 9    | 483 | Joseph Rogers          | Halesowen ACC                       | 01:53.97 |        |
| 10   | 334 | Samuel Jones           | St Albans AC                        | 01:58.08 |        |

  

| Posn | Bib | Athlete           | Club                         | Perf     | Heat 2 |
|------|-----|-------------------|------------------------------|----------|--------|
| 1    | 410 | George Mills      | Brighton Phoenix AC          | 01:51.71 | Q      |
| 2    | 371 | Markhim Lonsdale  | Crook & Dist Sports AC       | 01:51.80 | Q      |
| 3    | 428 | Benjamin Murphy   | Tonbridge AC                 | 01:51.80 | Q      |
| 4    | 131 | Alexander Birkett | Kendal Amateur Athletic Club | 01:51.98 | q      |
| 5    | 201 | Tiarnan Crokken   | Preston Harriers             | 01:52.24 |        |
| 6    | 462 | Will Perkin       | Chiltern Harriers AC         | 01:53.97 |        |
| 7    | 289 | Matthew Harris    | Rosendale Harriers & AC      | 01:54.87 |        |
| 8    | 139 | Mark Bostock      | Wakefield District H & AC    | 01:56.17 |        |
| DNF  | 258 | Oliver Freer      | Leicester Coritanian AC      | -        |        |

**100m U20 Women**

**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 11.14, 2014**

**CBP: Dina Asher-Smith, Blackheath & Bromley AC, 11.11, 2014**

| Posn | Bib | Athlete               | Club                             | -0.9 m/s | Semi 1 |
|------|-----|-----------------------|----------------------------------|----------|--------|
| 1    | 650 | Immanuela Aliu        | Blackheath & Bromley Harriers AC | 11.82    | Q      |
| 2    | 651 | Leonie Ashmeade       | Wakefield District H & AC        | 12.06    | Q      |
| 3    | 682 | Sharhnee Skervin      | Notts AC                         | 12.07    | Q      |
| 4    | 675 | Lakeisha Owusu-junior | Herne Hill Harriers              | 12.10    | q      |
| 5    | 674 | Awa Ndiaye            | Serpentine RC                    | 12.39    | q      |
| 6    | 672 | Elyse Leech           | Torbay AAC                       | 12.58    |        |
| 7    | 660 | Abigail Galpin        | Guernsey AC                      | 12.63    |        |
| 8    | 688 | Skye Wicks            | The HAWCS                        | 12.67    |        |

| Posn | Bib | Athlete              | Club                      | -3.0 m/s | Semi 2 |
|------|-----|----------------------|---------------------------|----------|--------|
| 1    | 665 | Amy Hunt             | Charnwood AC              | 11.79    | Q      |
| 2    | 676 | Cassie Ann Pemberton | Birchfield Harriers       | 12.05    | Q      |
| 3    | 658 | Akaysha Ellis        | Enfield and Haringey AC   | 12.25    | Q      |
| 4    | 690 | Eve Wright           | Braintree & District AC   | 12.40    |        |
| 5    | 683 | Zoe Thompson         | Newham & Essex Beagles AC | 12.43    |        |
| 6    | 673 | Elise Modeste        | Enfield and Haringey AC   | 12.56    |        |
| 7    | 652 | Dolita Awala-Shaw    | Newham & Essex Beagles AC | 12.58    |        |
| 8    | 685 | Issie Tustin         | Cardiff AAC               | 12.72    |        |

**100m U23 Women**

**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 10.99, 2015**

**CBP: Abiodun Oyepitan, Shaftesbury Barnet Harriers, 11.17, 2001**

| Posn | Bib | Athlete         | Club                             | -2.5 m/s | Semi 1 |
|------|-----|-----------------|----------------------------------|----------|--------|
| 1    | 692 | Kristal Awuah   | Herne Hill Harriers              | 11.67    | Q      |
| 2    | 695 | Hannah Brier    | Swansea Harriers                 | 11.94    | Q      |
| 3    | 711 | Shannon Malone  | Loughborough Student AC          | 12.02    | Q      |
| 4    | 704 | Page Fairclough | Shaftesbury Barnet Harriers      | 12.03    |        |
| 5    | 716 | Sarah Quinn     | St Colemans                      | 12.14    |        |
| 6    | 722 | Modupe Shokunbi | Blackheath & Bromley Harriers AC | 12.34    |        |
| 7    | 707 | Lucy Hoad       | Sutton & District AC             | 12.42    |        |
| 8    | 694 | Ella Blakey     | Derby Athletic Club              | 12.51    |        |

| Posn | Bib  | Athlete             | Club                      | -1.3 m/s | Semi 2 |
|------|------|---------------------|---------------------------|----------|--------|
| 1    | 1125 | Finette Agyapong    | Newham & Essex Beagles AC | 11.78    | Q      |
| 2    | 712  | Ciara Neville       | Emerald AC                | 11.91    | Q      |
| 3    | 703  | Cheyenne Evans-Gray | Croydon Harriers          | 11.93    | Q      |
| 4    | 721  | Molly Scott         | St Laurence OToole AC     | 11.95    | q      |
| 5    | 698  | Ebony Carr          | Marshall Milton Keynes AC | 12.01    | q      |
| 6    | 709  | Darcey Kuypers      | Medway and Maidstone AC   | 12.09    |        |
| 7    | 702  | Leanza Dwaah        | Enfield and Haringey AC   | 12.34    |        |
| 8    | 724  | Yvette Westwood     | Yate & District AC        | 12.53    |        |

100m U20 Men

AGE GROUP BEST: Adam Gemili, Blackheath & Bromley, 10.05, 2012

CBP: Christian Malcolm, Cardiff AAC, 10.17, 1998, Tyrone Edgar, WG & EL, 10.17, 2001

| Posn | Bib | Athlete            | Club                    | -1.5 m/s | Semi 1 |
|------|-----|--------------------|-------------------------|----------|--------|
| 1    | 3   | Jeremiah Azu       | Cardiff AAC             | 10.52    | Q      |
| 2    | 8   | Alwayne Campbell   | Birchfield Harriers     | 10.68    | Q      |
| 3    | 24  | Chad Miller        | Hercules Wimbledon AC   | 10.70    | q      |
| 4    | 32  | Joshua Oshunrinde  | Medway and Maidstone AC | 10.99    |        |
| 5    | 13  | Franklin Fenning   | Notts AC                | 11.07    |        |
| 5    | 21  | Owain Lloyd-Hughes | Neath Harriers          | 11.07    |        |
| 7    | 43  | Bailey Wright      | Eastbourne Rovers AC    | 11.11    |        |
| 8    | 27  | Luke Moore         | Cambridge Harriers      | 11.20    |        |

| Posn | Bib | Athlete             | Club                                | -0.8 m/s | Semi 2 |
|------|-----|---------------------|-------------------------------------|----------|--------|
| 1    | 2   | Fraser Angus        | Giffnock North AAC                  | 10.70    | Q      |
| 2    | 29  | Tobi Ogunkanmi      | Watford Harriers                    | 10.77    | Q      |
| 3    | 6   | Daniel Brooks       | Yate & District AC                  | 10.84    | q      |
| 4    | 35  | Andrew Robinson     | Woodford Green AC with Essex Ladies | 10.89    |        |
| 5    | 12  | Valerio Duah        | Telford AC                          | 10.92    |        |
| 6    | 15  | Micah Francis-Dwyer | Croydon Harriers                    | 10.96    |        |
| 7    | 1   | Daniel Afolabi      | Sale Harriers Manchester            | 11.07    |        |
| 8    | 18  | Joshua Hawkins      | Brighton & Hove AC                  | 11.09    |        |

| Posn | Bib | Athlete         | Club                     | -0.8 m/s | Semi 3 |
|------|-----|-----------------|--------------------------|----------|--------|
| 1    | 28  | Destiny Ogali   | Dacorum & Tring AC       | 10.79    | Q      |
| 2    | 14  | Joe Ferguson    | Leeds City Athletic Club | 10.81    | Q      |
| 3    | 41  | Samir Williams  | Croydon Harriers         | 10.86    |        |
| 4    | 11  | Adam Cross      | Cambridge & Coleridge AC | 11.05    |        |
| 5    | 9   | Adam Clayton    | Giffnock North AAC       | 11.08    |        |
| 6    | 33  | Zachary Price   | Menai Track and Field    | 11.18    |        |
| 7    | 38  | Harry Taylor    | City Of Norwich AC       | 11.18    |        |
| DNS  | 26  | Brandon Mingeli | Cambridge Harriers       |          |        |

100m U23 Men

AGE GROUP BEST: Reece Prescod, Enfield & Haringey, 9.94, 2018

CBP: Adam Gemili, Blackheath & Bromley AC, 10.09, 2013

| Posn | Bib | Athlete             | Club                        | -2.1 m/s | Semi 1 |
|------|-----|---------------------|-----------------------------|----------|--------|
| 1    | 48  | Dominic Ashwell     | Shaftesbury Barnet Harriers | 10.61    | Q      |
| 2    | 56  | Kaie Chambers-Brown | Birchfield Harriers         | 10.73    | Q      |
| 3    | 54  | Maxwell Brown       | Marshall Milton Keynes AC   | 10.79    | q      |
| 4    | 58  | Terrell Craig       | Bexley AC                   | 11.00    |        |
| 5    | 81  | Zanson Plummer      | Shaftesbury Barnet Harriers | 11.13    |        |
| 6    | 66  | Maximilian Heavens  | Invicta East Kent AC        | 11.20    |        |
| 7    | 80  | Keano Paris-Samuel  | Thames Valley Harriers      | 11.22    |        |
| 8    | 63  | Ryan Facey          | Hercules Wimbledon AC       | 11.28    |        |

| Posn | Bib | Athlete           | Club  | -1.2 m/s | Semi 2 |
|------|-----|-------------------|---|----------|--------|
| 1    | 52  | Oliver Bromby     | Southampton Athletic Club                   | 10.76    | Q      |
| 2    | 71  | Rechmial Miller   | Hercules Wimbledon AC                       | 10.77    | Q      |
| 3    | 78  | Kesi Oludoyi      | Harrow AC                                   | 10.92    |        |
| 4    | 65  | Leon Greenwood    | Swansea Harriers                            | 11.00    |        |
| 5    | 74  | Regan O'Connell   | City of Sheffield and Dearne AC             | 11.13    |        |
| 6    | 61  | Caleb Downes      | Rugby & Northampton AC                      | 11.13    |        |
| 7    | 60  | Eden Davis        | Herts Phoenix AC                            | 11.14    |        |
| 8    | 47  | Christian Anuyagu | Victoria Park Harriers and Tower Hamlets AC | 11.16    |        |

| Posn | Bib | Athlete             | Club                             | -0.4 m/s | Semi 3 |
|------|-----|---------------------|----------------------------------|----------|--------|
| 1    | 77  | Michael Olsen       | Edinburgh AC                     | 10.62    | Q      |
| 2    | 87  | Jahde Williams      | Harrow AC                        | 10.69    | Q      |
| 3    | 49  | Korede Awe          | Invicta East Kent AC             | 10.75    | q      |
| 4    | 67  | Kristian Jones      | Cardiff AAC                      | 10.79    |        |
| 5    | 85  | Nicholas Walsh      | Sale Harriers                    | 10.94    |        |
| 6    | 73  | Brandon Murray      | Blackheath & Bromley Harriers AC | 10.97    |        |
| 7    | 79  | Arron Owen          | Cardiff AAC                      | 10.98    |        |
| 8    | 86  | Jordan Watson-Brown | Shaftesbury Barnet Harriers      | 11.10    |        |



**5000m U23 Men**

**FINAL**

**AGE GROUP BEST: Tom Farrell, Border Harriers, 13:15.31, 2012**

**CBP: Mo Farah, Windsor Slough Eton & Hounslow AC 13:58.58, 2003**

| Posn | Bib | Athlete           | Club                             | Perf     |
|------|-----|-------------------|----------------------------------|----------|
| 1    | 191 | Lachlan Cook      | University of Virginia           | 14:25.78 |
| 2    | 210 | Benjamin Davies   | Bedford & County AC              | 14:29.04 |
| 3    | 422 | Tom Mortimer      | Stroud & District AC             | 14:37.14 |
| 4    | 380 | Baldvin Magnusson | Kingston upon Hull AC            | 14:56.04 |
| 5    | 102 | Cameron Allan     | Houghton Harriers & AC           | 14:57.76 |
| 6    | 346 | Alasdair Kinloch  | Tonbridge AC                     | 15:00.47 |
| 7    | 449 | Callum O'Neill    | Newbury AC                       | 15:01.20 |
| 8    | 520 | Ben Spratling     | City Of Norwich AC               | 15:06.73 |
| 9    | 505 | Conor Smith       | Swansea Harriers                 | 15:10.64 |
| 10   | 221 | Rory Domville     | Reading AC                       | 15:13.54 |
| 11   | 226 | Thomas Drabble    | Stockport Harriers & AC          | 15:22.36 |
| 12   | 357 | Alex Lawrence     | Ipswich Harriers                 | 15:25.96 |
| 13   | 493 | Joshua Schofield  | Blackheath & Bromley Harriers AC | 15:31.48 |
| 14   | 511 | Shaun Smith       | Aldershot Farnham & District     | 15:35.86 |
| 15   | 584 | Callum Wilson     | South London Harriers            | 16:18.55 |
| DNF  | 383 | Alfie Manthorpe   | City of Sheffield and Dearne AC  | -        |
| DNF  | 138 | Louie Boot        | Tipton Harriers                  | -        |

**800m U20 Women**

**AGE GROUP BEST: Charlotte Moore, Bournemouth AC, 1:59.75, 2002**

**CBP: Laura Finucane, Pendle AC, 2:03.73, 2004**

| Posn | Bib  | Athlete          | Club                           | Perf     | Heat |
|------|------|------------------|--------------------------------|----------|------|
| 1    | 784  | Sarah Calvert    | Livingston & District AAC      | 02:06.23 | Q    |
| 2    | 875  | Keely Hodgkinson | Leigh Harriers & AC            | 02:08.06 | Q    |
| 3    | 1076 | Emily Thompson   | Banbury Harriers AC            | 02:09.95 | q    |
| 4    | 887  | Saskia Huxham    | Hallamshire Harriers Sheffield | 02:10.51 |      |
| 5    | 1087 | Olivia Varelle   | Falkirk Victoria Harriers      | 02:11.47 |      |
| 6    | 779  | Rebecca Bullock  | Basingstoke & Mid Hants AC     | 02:12.70 |      |
| 7    | 1016 | Nia Riley        | Cardiff Archers                | 02:20.50 |      |
| 8    | 881  | Katie Hopkins    | Woking AC                      | 02:24.55 |      |

| Posn | Bib  | Athlete           | Club                            | Perf     | Heat |
|------|------|-------------------|---------------------------------|----------|------|
| 1    | 762  | Isabelle Boffey   | Enfield and Haringey AC         | 02:10.33 | Q    |
| 2    | 959  | Bethan Morley     | Ilkley Harriers                 | 02:10.41 | Q    |
| 3    | 1045 | Emily Simpson     | City of Sheffield and Dearne AC | 02:11.49 |      |
| 4    | 1077 | Elise Thorne      | Wells City Harriers             | 02:12.50 |      |
| 5    | 778  | Charlotte Buckley | Thames Valley Harriers          | 02:14.53 |      |
| 6    | 733  | Lottie Ambridge   | Bracknell AC                    | 02:16.50 |      |
| DNF  | 1046 | Katrina Simpson   | Halesowen ACC                   | -        |      |
| DNS  | 787  | Molly Canham      | Exeter Harriers                 | -        |      |

| Posn | Bib  | Athlete           | Club                             | Perf     | Heat |
|------|------|-------------------|----------------------------------|----------|------|
| 1    | 1071 | Annie Testar      | Stroud & District AC             | 02:07.79 | Q    |
| 2    | 942  | Katy-Ann McDonald | Blackheath & Bromley Harriers AC | 02:08.27 | Q    |
| 3    | 962  | Stephanie Moss    | Sale Harriers Manchester         | 02:08.40 | q    |
| 4    | 834  | Ellie Farrow      | City Of Portsmouth AC            | 02:12.46 |      |
| 5    | 1117 | Beatrix Wraith    | The HAWCS                        | 02:13.29 |      |
| 6    | 1012 | Naomi Reid        | Cardiff AAC                      | 02:16.17 |      |
| 7    | 1019 | Hannah Roberts    | Bracknell AC                     | 02:20.99 |      |

800m U20 Men

AGE GROUP BEST: David Sharpe, Jarrow & Hebburn AC, 1:45.64, 1986

CBP: Niall Brooks, Sale Harriers, 1:47.29, 2010

| Posn | Bib | Athlete              | Club                                  | Perf     | Heat 1 |
|------|-----|----------------------|---------------------------------------|----------|--------|
| 1    | 165 | Max Burgin           | Halifax Harriers & AC                 | 01:52.10 | Q      |
| 2    | 359 | Ben Lee              | Vale Royal AC                         | 01:53.68 | Q      |
| 3    | 104 | Josh Allen           | Middlesbrough Athletic Club (Mandale) | 01:54.82 |        |
| 4    | 130 | Luca Bigg            | Brighton Phoenix AC                   | 01:55.51 |        |
| 5    | 476 | Harry Richardson     | Basingstoke & Mid Hants AC            | 01:55.58 |        |
| 6    | 497 | Reece Sharman-Newell | Basingstoke & Mid Hants AC            | 01:56.18 |        |
| 7    | 370 | David Locke          | Cardiff AAC                           | 01:56.51 |        |

| Posn | Bib | Athlete             | Club  | Perf     | Heat 2 |
|------|-----|---------------------|---|----------|--------|
| 1    | 400 | Finley McLear       | Exeter Harriers                             | 01:51.32 | Q      |
| 2    | 140 | Alex Botterill      | City of York AC                             | 01:51.40 | Q      |
| 3    | 133 | Yusuf Bizimana      | Victoria Park Harriers and Tower Hamlets AC | 01:51.44 | q      |
| 4    | 215 | Jack Dee-Ingham     | Preston Harriers                            | 01:53.77 |        |
| 5    | 142 | Harry Boyd          | Guildford & Godalming AC                    | 01:54.24 |        |
| 6    | 196 | Lewis Cotterill     | Newquay & Par AC                            | 01:54.98 |        |
| 7    | 369 | Adrian Lloyd-Davies | Bridgnorth AC                               | 01:56.44 |        |
| 8    | 155 | Isaac Brown         | Basildon AC                                 | 01:57.30 |        |
| 9    | 158 | Sam Brown           | Edinburgh AC                                | 01:57.52 |        |
| 10   | 475 | Archie Richardson   | Lincoln Wellington Athletic Club            | 01:57.60 |        |

| Posn | Bib | Athlete        | Club                         | Perf     | Heat 3 |
|------|-----|----------------|------------------------------|----------|--------|
| 1    | 231 | Oliver Dustin  | Border Harriers & AC         | 01:52.45 | Q      |
| 2    | 457 | Ben Pattison   | Basingstoke & Mid Hants AC   | 01:52.87 | Q      |
| 3    | 175 | Oliver Carvell | Telford AC                   | 01:53.14 | q      |
| 4    | 316 | Dan Howells    | Aldershot Farnham & District | 01:54.12 |        |
| 5    | 337 | Dan Joyce      | Tynedale Harriers            | 01:55.16 |        |
| 6    | 248 | Luke Farrant   | Stockport Harriers & AC      | 01:55.41 |        |
| 7    | 304 | Jack Higgins   | Bexley AC                    | 01:55.97 |        |
| 8    | 470 | Archie Rainbow | Nene Valley Harriers         | 01:57.93 |        |
| 9    | 109 | Samuel Aris    | Daventry AAC                 | 02:00.08 |        |

**1500m U20 Women**

**AGE GROUP BEST: Zola Budd, Aldershot Farnham & District AC, 3:59.96, 1985**

**CBP: Melissa Courtney, Shaftesbury Barnet, 4:15.93, 2015**

| Posn | Bib  | Athlete          | Club                     | Perf     | Heat 1 |
|------|------|------------------|--------------------------|----------|--------|
| 1    | 951  | Saskia Millard   | Herne Hill Harriers      | 04:33.27 | Q      |
| 2    | 991  | India Pentland   | Darlington H & AC        | 04:33.30 | Q      |
| 3    | 967  | Almaz Nerurkar   | Brighton Phoenix AC      | 04:33.35 | Q      |
| 4    | 937  | Olivia Mason     | Border Harriers & AC     | 04:33.39 | Q      |
| 5    | 912  | Naomi Lang       | Aberdeen AAC             | 04:34.57 | q      |
| 6    | 844  | Isobel Fry       | Newbury AC               | 04:34.91 |        |
| 7    | 1025 | Georgia Rothwell | City of York AC          | 04:35.64 |        |
| 8    | 864  | Olivia Haveron   | Harrogate Harriers & AC  | 04:38.06 |        |
| 9    | 980  | Kate O'Neill     | Havering Ac              | 04:40.03 |        |
| DNS  | 962  | Stephanie Moss   | Sale Harriers Manchester | -        |        |

| Posn | Bib  | Athlete           | Club                      | Perf     | Heat 2 |
|------|------|-------------------|---------------------------|----------|--------|
| 1    | 1094 | Erin Wallace      | Giffnock North AAC        | 04:29.94 | Q      |
| 2    | 1110 | Emily Williams    | Kettering Town Harriers   | 04:30.17 | Q      |
| 3    | 787  | Molly Canham      | Exeter Harriers           | 04:30.21 | Q      |
| 4    | 865  | Georgia Hayes     | Reading AC                | 04:30.27 | Q      |
| 5    | 781  | Anna Burt         | Team Bath Athletic Club   | 04:30.83 | q      |
| 6    | 773  | Alexandra Brown   | Herne Hill Harriers       | 04:31.16 | q      |
| 7    | 950  | Alexandra Millard | Invicta East Kent AC      | 04:34.68 | q      |
| 8    | 969  | Ella Newton       | Herne Hill Harriers       | 04:41.35 |        |
| DNS  | 784  | Sarah Calvert     | Livingston & District AAC | -        |        |

**1500m U23 Women**

**FINAL**

**AGE GROUP BEST: Laura Muir, Dundee Hawkhill H, 3:58.66, 2015**

**CBP: Lisa Dobriskey, Ashford AC, 4:16.96, 2003**

| Posn | Bib  | Athlete             | Club                                  | Perf     |
|------|------|---------------------|---------------------------------------|----------|
| 1    | 1002 | Amelia Quirk        | Bracknell AC                          | 04:23.12 |
| 2    | 896  | Rosie Johnson       | Liverpool Pembroke & Sefton H AC      | 04:24.63 |
| 3    | 1022 | Lucy Robinson       | Wakefield District H & AC             | 04:25.02 |
| 4    | 902  | Jodie Judd          | Chelmsford AC                         | 04:26.36 |
| 5    | 1048 | Sabrina Sinha       | Cambridge Harriers                    | 04:26.69 |
| 6    | 854  | Bryony Gunn         | Birchfield Harriers                   | 04:27.52 |
| 7    | 791  | Sarah Chapman       | Windsor Slough Eton & Hounslow AC     | 04:27.90 |
| 8    | 1068 | Sophie Tarver       | Wirral AC                             | 04:28.32 |
| 9    | 1093 | Ellie Wallace       | North Somerset AC                     | 04:28.87 |
| 10   | 1037 | Chloe Sharp         | Central Park Athletics                | 04:29.14 |
| 11   | 1062 | Philippa Stone      | Middlesbrough Athletic Club (Mandale) | 04:30.59 |
| 12   | 1091 | Kirsty Walker       | Reading AC                            | 04:39.54 |
| 13   | 1085 | Rebecca Twardochleb | Newcastle Staffs AC                   | 04:40.97 |

**3000m S/Chase U20 Men**
**FINAL**
**AGE GROUP BEST: Paul Davies-Hale, Cannock AC, 8:29.85, 1981**
**CBP: Benedict Whitby, Borough of Hounslow AC, 8:59.09, 1996**

| Posn | Bib | Athlete              | Club                             | Perf     |
|------|-----|----------------------|----------------------------------|----------|
| 1    | 326 | Kristian Imroth      | Shaftesbury Barnet Harriers      | 09:03.42 |
| 2    | 90  | Remilekun Adebiji    | Newport Harriers                 | 09:14.06 |
| 3    | 536 | Ben Thomas           | Carmarthen & District Harriers   | 09:17.26 |
| 4    | 411 | Lewis Mills          | Blackheath & Bromley Harriers AC | 09:20.01 |
| 5    | 395 | Conall McGinness     | Cambridge & Coleridge AC         | 09:24.24 |
| 6    | 285 | Lewis Harknett       | Orion Harriers                   | 09:30.79 |
| 7    | 418 | Elliot Moran         | Exeter Harriers                  | 09:34.45 |
| 8    | 236 | Owain Paul Edwards   | Cardiff AAC                      | 09:49.46 |
| 9    | 466 | Brychan Price-Davies | Brecon Athletics Club            | 09:56.56 |

**3000m S/Chase U23 Men**
**FINAL**
**AGE GROUP BEST: Tom Hanlon, Edinburgh AC, 8:16.52, 1989**
**CBP: Adam Bowden, Harrow AC, 8:42.92, 2003**

| Posn | Bib | Athlete        | Club                       | Perf     |
|------|-----|----------------|----------------------------|----------|
| 1    | 365 | Ciaran Lewis   | Cardiff AAC                | 09:11.45 |
| 2    | 441 | Paul O'Donnell | Dundrum South Dublin AC    | 09:16.54 |
| 3    | 589 | Jordan Wood    | Cambridge and Coleridge    | 09:18.30 |
| 4    | 250 | Terry Fawden   | Highgate Harriers          | 09:24.29 |
| 5    | 507 | Logan Smith    | City Of Norwich AC         | 09:29.68 |
| 6    | 195 | Sam Costley    | Southampton Athletic Club  | 09:40.25 |
| DNF  | 388 | Edward Mason   | Guernsey AC                | -        |
| DNF  | 124 | James Beeks    | Basingstoke & Mid Hants AC | -        |

**100m U20 Women**
**FINAL**
**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 11.14, 2014**
**CBP: Dina Asher-Smith, Blackheath & Bromley AC, 11.11, 2014**

| Posn | Bib | Athlete               | Club                             | -3.2 M/S |
|------|-----|-----------------------|----------------------------------|----------|
| 1    | 665 | Amy Hunt              | Charnwood AC                     | 11.78    |
| 2    | 650 | Immanuela Aliu        | Blackheath & Bromley Harriers AC | 12.10    |
| 3    | 676 | Cassie Ann Pemberton  | Birchfield Harriers              | 12.14    |
| 4    | 658 | Akaysha Ellis         | Enfield and Haringey AC          | 12.26    |
| 5    | 651 | Leonie Ashmeade       | Wakefield District H & AC        | 12.32    |
| 6    | 682 | Sharhnee Skervin      | Notts AC                         | 12.34    |
| 7    | 675 | Lakeisha Owusu-junior | Herne Hill Harriers              | 12.44    |
| 8    | 674 | Awa Ndiaye            | Serpentine RC                    | 12.64    |

**100m U23 Women**
**FINAL**
**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 10.99, 2015**
**CBP: Abiodun Oyepitan, Shaftesbury Barnet Harriers, 11.17, 2001**

| Posn | Bib  | Athlete             | Club                      | -2.5 M/S |
|------|------|---------------------|---------------------------|----------|
| 1    | 692  | Kristal Awuah       | Herne Hill Harriers       | 11.61    |
| 2    | 1125 | Finette Agyapong    | Newham & Essex Beagles AC | 11.83    |
| 3    | 712  | Ciara Neville       | Emerald AC                | 11.92    |
| 4    | 721  | Molly Scott         | St Laurence OToole AC     | 11.99    |
| 5    | 711  | Shannon Malone      | Loughborough Student AC   | 12.03    |
| 6    | 695  | Hannah Brier        | Swansea Harriers          | 12.04    |
| 7    | 703  | Cheyenne Evans-Gray | Croydon Harriers          | 12.06    |
| 8    | 698  | Ebony Carr          | Marshall Milton Keynes AC | 12.12    |

**100m U20 Men**

**FINAL**

**AGE GROUP BEST: Adam Gemili, Blackheath & Bromley, 10.05, 2012**

**CBP: Christian Malcolm, Cardiff AAC, 10.17, 1998, Tyrone Edgar, WG & EL, 10.17, 2001**

| Posn | Bib | Athlete          | Club                     | -2.2 M/S |
|------|-----|------------------|--------------------------|----------|
| 1    | 3   | Jeremiah Azu     | Cardiff AAC              | 10.75    |
| 2    | 29  | Tobi Ogunkanmi   | Watford Harriers         | 10.90    |
| 3    | 24  | Chad Miller      | Hercules Wimbledon AC    | 10.90    |
| 4    | 2   | Fraser Angus     | Giffnock North AAC       | 10.95    |
| 5    | 8   | Alwayne Campbell | Birchfield Harriers      | 10.97    |
| 6    | 28  | Destiny Ogali    | Dacorum & Tring AC       | 11.04    |
| 7    | 6   | Daniel Brooks    | Yate & District AC       | 11.07    |
| 8    | 14  | Joe Ferguson     | Leeds City Athletic Club | 11.11    |

**100m U20 Men**

**FINAL**

**AGE GROUP BEST: Adam Gemili, Blackheath & Bromley, 10.05, 2012**

**CBP: Christian Malcolm, Cardiff AAC, 10.17, 1998, Tyrone Edgar, WG & EL, 10.17, 2001**

| Posn | Bib | Athlete             | Club                        | -1.9 M/S |
|------|-----|---------------------|-----------------------------|----------|
| 1    | 48  | Dominic Ashwell     | Shaftesbury Barnet Harriers | 10.60    |
| 2    | 52  | Oliver Bromby       | Southampton Athletic Club   | 10.61    |
| 3    | 56  | Kaie Chambers-Brown | Birchfield Harriers         | 10.68    |
| 4    | 77  | Michael Olsen       | Edinburgh AC                | 10.73    |
| 5    | 71  | Rechmial Miller     | Hercules Wimbledon AC       | 10.78    |
| 6    | 54  | Maxwell Brown       | Marshall Milton Keynes AC   | 10.86    |
| 7    | 87  | Jahde Williams      | Harrow AC                   | 10.86    |
| 8    | 49  | Korede Awe          | Invicta East Kent AC        | 10.95    |

**Hammer U20 Women**

**AGE GROUP BEST: Sophie Hitchon, Blackburn Harriers, 66.01m, 2010**

**CBP: Sophie Hitchon, Blackburn Harriers, 63.74m, 2010**

| Posn | Bib  | Athlete               | Club                             | Perf  |
|------|------|-----------------------|----------------------------------|-------|
| 1    | 1109 | Charlotte Williams    | Blackburn Harriers & AC          | 62.84 |
| 2    | 990  | Charlotte Payne       | Newbury AC                       | 59.99 |
| 3    | 1047 | Tara Simpson-Sullivan | Wigan & District H & AC          | 57.23 |
| 4    | 740  | Phoebe Baggott        | Wolverhampton & Bilston          | 56.36 |
| 5    | 987  | Ffion Palmer          | Cardiff AAC                      | 53.29 |
| 6    | 995  | Zoe Price             | Liverpool Harriers & AC          | 53.05 |
| 7    | 924  | Anna Loughlin         | Bristol and West AC              | 52.36 |
| 8    | 1096 | Molly Walsh           | Blackheath & Bromley Harriers AC | 52.14 |
| 9    | 809  | Heather Cabbage       | City Of Portsmouth AC            | 51.14 |
| 10   | 1072 | Cerys Thomas          | City Of Portsmouth AC            | 51.11 |
| 11   | 760  | Hannah Blood          | Sale Harriers Manchester         | 48.86 |
| 12   | 1026 | Jasmine Routledge     | Charnwood AC                     | 47.27 |
| 13   | 754  | Poppy Bean            | Notts AC                         | 46.02 |
| 14   | 743  | Anastasia Banbury     | Guernsey AC                      | 43.55 |
| 15   | 1070 | Libby Taylor          | Stevenage & North Herts AC       | 42.85 |
| 16   | 932  | Rachel Maclennan      | Inverness Harriers               | 42.55 |
| 17   | 837  | Kirsty Finlay         | Notts AC                         | 41.86 |
| 18   | 1079 | Jasmine Trapnell      | Marshall Milton Keynes AC        | 40.70 |

**Triple Jump U23 Men**

**AGE GROUP BEST: Tosi Fasinro, Haringey AC, 17.21m, 1993**

**CBP: Nathan Douglas, Oxford City AC, 16.42m, 2004**

| Posn | Bib | Athlete           | Club                            | Perf  |      |
|------|-----|-------------------|---------------------------------|-------|------|
| 1    | 407 | Kevin Metzger     | Sale Harriers Manchester        | 15.17 | +0.9 |
| 2    | 208 | Jason Dankyi      | City of Sheffield and Dearne AC | 14.43 | +1.0 |
| 3    | 562 | Thomas Walley     | Wrexham AC                      | 14.26 | +2.0 |
| 4    | 163 | Ashley Buckman    | Ashford AC                      | 13.98 | +0.8 |
| 5    | 442 | Emmanuel Odubanjo | Sale Harriers Manchester        | 13.87 | +0.9 |
| NMR  | 187 | Henry Clarkson    | Liverpool Harriers & AC         |       |      |
| NMR  | 387 | Ade Mason         | Shaftesbury Barnet Harriers     |       |      |

**Hammer U20 Men**

**AGE GROUP BEST: Jake Norris, Windsor Slough Eton & Hounslow, 80.65, 2018**

**CBP: Jake Norris, Windsor Slough Eton & Hounslow, 80.45, 2018**

| Posn | Bib | Athlete         | Club                              | Perf  |  |
|------|-----|-----------------|-----------------------------------|-------|--|
| 1    | 293 | Ben Hawkes      | Worthing & District Harriers      | 73.15 |  |
| 2    | 170 | Bayley Campbell | Windsor Slough Eton & Hounslow AC | 70.25 |  |
| 3    | 412 | Sean Mockler    | Moycarkey Coolcree                | 67.66 |  |
| 4    | 343 | Shaun Kerry     | Kingston upon Hull AC             | 63.73 |  |
| 5    | 355 | James Lancaster | Shaftesbury Barnet Harriers       | 63.56 |  |
| 6    | 273 | Oliver Graham   | Shaftesbury Barnet Harriers       | 62.07 |  |
| 7    | 265 | Samuel Gaskell  | Blackburn Harriers & AC           | 61.72 |  |
| 8    | 353 | Jack Lambert    | Kidderminster and Stourport       | 56.85 |  |
| 9    | 448 | Jola Omotosho   | Dartford Harriers AC              | 53.33 |  |
| 10   | 374 | Matt MacFarlane | Inverness Harriers                | 20.78 |  |
| 11   | 325 | Sam Illsley     | Worthing & District Harriers      | 48.82 |  |
| 12   | 554 | Josh Tyler      | Exeter Harriers                   | 47.36 |  |
| NMR  | 478 | Josh Ricketts   | Swindon Harriers                  |       |  |

**Long Jump U20 Men**

**AGE GROUP BEST: Greg Rutherford, Milton Keynes AC, 8.14, 2005**

**CBP: Jonathan Moore, Birchfield Harriers, 7.98m, 2001**

| Posn | Bib | Athlete               | Club  | Perf |      |
|------|-----|-----------------------|---|------|------|
| 1    | 376 | Stephen Mackenzie     | Pitreavie AAC                               | 7.59 | +1.7 |
| 2    | 444 | Dominic Ogbechie      | Highgate Harriers                           | 7.57 | +0.3 |
| 3    | 491 | Alessandro Schenini   | Giffnock North AAC                          | 7.39 | +1.0 |
| 4    | 527 | Jack Sumners          | Stratford Upon Avon AC                      | 7.29 | +1.1 |
| 5    | 594 | Archie Yeo            | Scunthorpe & District AC                    | 7.15 | +2.0 |
| 6    | 166 | Jake Burkey           | Team Bath Athletic Club                     | 7.10 | +1.7 |
| 7    | 296 | Calum Henderson       | Edinburgh AC                                | 7.10 | +1.8 |
| 8    | 528 | Ben Sutton            | Blackheath & Bromley Harriers AC            | 6.97 | +2.9 |
| 9    | 246 | Robbie Farquhar       | Aberdeen AAC                                | 6.78 | +1.9 |
| 10   | 121 | Joshua Barrett-Mowatt | Victoria Park Harriers and Tower Hamlets AC | 6.63 | +1.3 |
| 11   | 550 | Jack Turner           | Exeter Harriers                             | 6.52 | +2.4 |

**High Jump U23 Men**

**AGE GROUP BEST: Steve Smith, Liverpool Harriers & AC, 2.37, 1993**

**CBP: Chris Kandu, Enfield & H, 2.25m, 2017**

| Posn | Bib | Athlete        | Club                        | Perf |      |
|------|-----|----------------|-----------------------------|------|------|
| 1    | 261 | Tom Gale       | Team Bath Athletic Club     | 2.25 | =cbp |
| 2    | 344 | Joel Khan      | Worcester AC                | 2.15 |      |
| 3    | 570 | Ryan Webb      | Birchfield Harriers         | 2.10 |      |
| 4    | 398 | Lewis McGuire  | Shaftesbury Barnet Harriers | 2.06 |      |
| 5    | 587 | Curtis Wood    | Cambridge & Coleridge AC    | 1.87 |      |
| 6    | 336 | Steven Jones   | Liverpool Harriers          | 1.87 |      |
| NHC  | 232 | Rory Dwyer     | Stratford Upon Avon AC      |      |      |
| NHC  | 257 | Brenton Foster | -                           |      |      |

**Discus U23 Men**

**AGE GROUP BEST: Lawrence Okoye, Croydon H, 68.24m, 2012**

**CBP: Lawrence Okoye, Croydon H, 63.66m, 2012**

| Posn | Bib | Athlete          | Club                          | Perf  |
|------|-----|------------------|-------------------------------|-------|
| 1    | 110 | George Armstrong | Newham & Essex Beagles AC     | 56.98 |
| 2    | 499 | Eoin Sheridan    | Liverpool Harriers & AC       | 55.24 |
| 3    | 590 | Samuel Woodley   | Herts Phoenix AC              | 51.47 |
| 4    | 242 | George Evans     | Shaftesbury Barnet Harriers   | 50.83 |
| 5    | 123 | Matthew Beatty   | Newham & Essex Beagles AC     | 50.41 |
| 6    | 529 | Patrick Swan     | Cornwall AC                   | 44.85 |
| 7    | 385 | Joe Martin       | City of York AC               | 43.30 |
| 8    | 460 | Andrew Peck      | Victoria Park City of Glasgow | 40.47 |
| 9    | 588 | Isaac Wood       | Derby Athletic Club           | 40.36 |
| 10   | 537 | Nathan Thomas    | Shaftesbury Barnet Harriers   | 39.97 |
| 11   | 339 | Peter Keefe      | Stevenage & North Herts AC    | 37.51 |

**Shot U20 Men**

**AGE GROUP BEST: Carl Myerscough, Blackpool & Fylde AC, 21.03m, 1998**

**CBP: Tom Walsh, New Zealand, 20.48m, 2011**

| Posn | Bib | Athlete             | Club                        | Perf  |
|------|-----|---------------------|-----------------------------|-------|
| 1    | 167 | Lewis Byng          | Stratford Upon Avon AC      | 18.94 |
| 2    | 540 | Daniel-James Thomas | Eastbourne Rovers AC        | 18.13 |
| 3    | 324 | George Hyde         | West Cheshire Athletic Club | 17.37 |
| 4    | 349 | Andrew Knight       | Morpeth Harriers & AC       | 17.27 |
| 5    | 342 | James Kelly         | Finn Valley AC              | 16.66 |
| 6    | 585 | Joshua Wise         | Southampton Athletic Club   | 16.23 |
| 7    | 554 | Josh Tyler          | Exeter Harriers             | 14.48 |
| 8    | 343 | Shaun Kerry         | Kingston upon Hull AC       | 14.12 |
| 9    | 290 | Patrick Harris      | Menai Track and Field       | 14.04 |
| 10   | 547 | David Todd          | City of York AC             | 14.00 |
| 11   | 375 | Alexander Mackay    | Inverness Harriers          | 12.75 |
| NMR  | 519 | Alex Spratley-Kemp  | Reading AC                  |       |

**Pole Vault U20 Women**

**AGE GROUP BEST: Molly Caudery, Cornwall AC, 4.53m, 2018**

**CBP: Katie Byres, Sale Harriers Manchester, 4.36m, 2012**

| Posn | Bib  | Athlete            | Club                             | Perf |
|------|------|--------------------|----------------------------------|------|
| 1    | 738  | Sophie Ashurst     | Sale Harriers Manchester         | 3.85 |
| 2    | 953  | Felicia Miloro     | Sutton in Ashfield Harriers & AC | 3.85 |
| 3    | 1057 | Jade Spencer-Smith | Harrow AC                        | 3.75 |
| 4    | 746  | Victoria Barlow    | Sale Harriers Manchester         | 3.50 |
| 5=   | 863  | Amy Haslam         | Sale Harriers Manchester         | 3.35 |
| 5=   | 868  | Elizabeth Henshall | Liverpool Harriers & AC          | 3.35 |
| 5=   | 1074 | Erin Thomas        | Dartford Harriers AC             | 3.35 |
| 8=   | 788  | Jasmine Carey      | Blackpool Wyre & Fylde AC        | 3.35 |
| 8=   | 1100 | Lois Warden        | Blackheath & Bromley Harriers AC | 3.35 |
| 10   | 838  | Erin Fisher        | City of Lisburn AC               | 3.20 |

**Long Jump U23 Women**

**AGE GROUP BEST: Katarina Johnson-Thompson, Liverpool H, 6.92, 2014**

**CBP: Jazmin Sawyers, City of Stoke, 6.61m, 2016**

| Posn | Bib  | Athlete          | Club                | Perf |      |
|------|------|------------------|---------------------|------|------|
| 1    | 880  | Alice Hopkins    | Oxford City AC      | 6.51 | +1.2 |
| 2    | 940  | Holly McArthur   | Edinburgh AC        | 6.09 | +1.5 |
| 3    | 1044 | Georgia Silcox   | Yeovil Olympiads AC | 5.64 | +1.8 |
| 4    | 780  | Alexandra Burns  | Edinburgh AC        | 5.54 | +2.0 |
| 5    | 899  | Charlotte Jones  | Charnwood AC        | 5.54 | +2.0 |
| NMR  | 731  | Rachel Alexander | Giffnock North AAC  |      |      |

**Discus U23 Women**

**AGE GROUP BEST: Philippa Roles, Swansea, 60.00, 1999**

**CBP: Eden Francis, Birchfield Harriers, 58.99m, 2010**

| Posn | Bib  | Athlete          | Club                             | Perf  |
|------|------|------------------|----------------------------------|-------|
| 1    | 975  | Divine Oladipo   | Blackheath & Bromley Harriers AC | 51.28 |
| 2    | 840  | Niamh Fogarty    | Raheny Shamrocks                 | 50.99 |
| 3    | 1115 | Kathryn Woodcock | Radley Athletic Club             | 46.76 |
| 4    | 889  | Jemma Ibbetson   | Leeds City Athletic Club         | 46.50 |
| 5    | 878  | Eve Hodson       | Coventry Godiva Harriers         | 40.58 |
| 6    | 758  | Melissa Bird     | Cheltenham and County Harriers   | 38.29 |
| 7    | 810  | Emma Dakin       | Rotherham Harriers and AC        | 38.04 |
| 8    | 900  | Chloe Jones      | Gloucester AC                    | 36.39 |



**High Jump U23 Women**

**AGE GROUP BEST: Morgan Lake, Windsor Slough Eton & Hounslow, 1.97, 2018**

**CBP: Morgan Lake, Windsor Slough Eton & Hounslow, 1.94m, 2017**

| Posn | Bib  | Athlete               | Club                              | Perf |
|------|------|-----------------------|-----------------------------------|------|
| 1    | 908  | Morgan Lake           | Windsor Slough Eton & Hounslow AC | 1.92 |
| 2    | 764  | Emily Borthwick       | Wigan & District H & AC           | 1.83 |
| 2    | 1122 | Laura Zialor          | Marshall Milton Keynes AC         | 1.83 |
| 4    | 1099 | Abby Ward             | Wakefield District H & AC         | 1.83 |
| 5    | 737  | Laura Armorgie        | Herts Phoenix AC                  | 1.76 |
| 6    | 842  | Lillie Franks         | Crawley AC                        | 1.72 |
| 7    | 807  | Shannon Craig         | Notts AC                          | 1.67 |
| 8    | 1067 | Hannah Tapley         | Cardiff AAC                       | 1.67 |
| 8    | 804  | Bernice Coulson       | Wigan & District H & AC           | 1.67 |
| 8    | 1058 | Ashleigh Spiliopoulou | Enfield and Haringey AC           | 1.67 |
| 11   | 1053 | Natasha Smith         | Birchfield Harriers               | 1.62 |
| NHC  | 996  | Ellie Pullin          | Notts AC                          |      |

**Triple Jump U20 Women**

**AGE GROUP BEST: Laura Samuel, Leicester Coritanians, 13.75m, 2010**

**CBP: Naomi Ogbeta, Trafford AC, 13.36m, 2017**

| Posn | Bib  | Athlete               | Club  | Perf  |      |
|------|------|-----------------------|---|-------|------|
| 1    | 973  | Temitope Ojora        | Windsor Slough Eton & Hounslow AC           | 13.08 | +3.1 |
| 2    | 884  | Lily Hulland          | Trafford Athletic Club                      | 12.83 | +2.0 |
| 3    | 1034 | Jazz Sears            | Shaftesbury Barnet Harriers                 | 12.76 | +1.9 |
| 4    | 1039 | Abazz Shayaam-Smith   | Birchfield Harriers                         | 12.62 | +1.7 |
| 5    | 972  | Ellie O'Hara          | Edinburgh AC                                | 12.58 | +2.0 |
| 6    | 862  | Eloise Harvey         | Dartford Harriers AC                        | 12.35 | +1.6 |
| 7    | 935  | Diane Mapamboli       | Victoria Park Harriers and Tower Hamlets AC | 12.14 | +1.7 |
| 8    | 877  | Sophie Hodgson        | Notts AC                                    | 11.92 | +0.7 |
| 9    | 883  | Mayi Hughes           | Havering AC                                 | 11.42 | +0.0 |
| 10   | 994  | Adeline Preston       | Crawley AC                                  | 11.03 | +1.3 |
| 11   | 1064 | Kelsey Sutherland     | Brighton & Hove AC                          | 10.98 | +3.4 |
| 12   | 852  | Holly Griffiths-Brown | Oxford City AC                              | 10.92 | +1.7 |
| 13   | 774  | Eleanor Brown         | City Of Norwich AC                          | 10.88 | +1.9 |
| 14   | 914  | Megan Lasseter        | Stockport Harriers & AC                     | 10.85 | +3.0 |
| 15   | 786  | Charlotte Campion     | Swansea Harriers                            | 10.75 | +3.4 |
|      | 973  | Temitope Ojora        | Windsor Slough Eton & Hounslow AC           | 12.85 | +1.4 |
|      | 1064 | Kelsey Sutherland     | Brighton & Hove AC                          | 10.72 | +1.8 |
|      | 914  | Megan Lasseter        | Stockport Harriers & AC                     | X     |      |
|      | 786  | Charlotte Campion     | Swansea Harriers                            | 10.67 | +1.9 |

**Javelin U20 Women**
**AGE GROUP BEST: Goldie Sayers, Peterborough AC, 55.40m, 2001**
**CBP: Goldie Sayers, Peterborough AC, 53.74m, 2001**

| Posn | Bib  | Athlete          | Club                                   | Perf  |
|------|------|------------------|--|-------|
| 1    | 963  | Bethany Moule    | Neath Harriers                         | 45.72 |
| 2    | 833  | Lauren Farley    | Blackheath & Bromley Harriers AC       | 44.52 |
| 3    | 756  | Nicola Bell      | Walton AC                              | 43.37 |
| 4    | 747  | Hannah Barnden   | Derby Athletic Club                    | 41.12 |
| 5    | 776  | Jessie Brown     | Amber Valley and Erewash Athletic Club | 40.42 |
| 6    | 983  | Gaia Osborne     | City Of Portsmouth AC                  | 38.67 |
| 7    | 815  | Shannon Dawes    | Banbury Harriers AC                    | 37.80 |
| 8    | 1105 | Charlotte West   | Reading AC                             | 37.43 |
| 9    | 1089 | Isabel Wakefield | Harrow AC                              | 34.32 |

**Javelin U20 Men**
**AGE GROUP BEST: Steve Backley, Cambridge Harriers, 79.50, 1988**
**CBP: James Whiteaker, Blackheath & Bromley AC, 74.64m, 2017**

| Posn | Bib | Athlete          | Club                             | Perf  |
|------|-----|------------------|----------------------------------|-------|
| 1    | 356 | Max Law          | Havering AC                      | 67.58 |
| 2    | 300 | Tom Hewson       | Andover AC                       | 65.93 |
| 3    | 269 | Pedro Gleadall   | Blackheath & Bromley Harriers AC | 62.52 |
| 4    | 481 | Luke Robinson    | City of York AC                  | 57.28 |
| 5    | 559 | Jess Walker      | Basildon AC                      | 55.55 |
| 6    | 585 | Joshua Wise      | Southampton Athletic Club        | 51.52 |
| 7    | 394 | Andrew McFarlane | Ross County AC                   | 50.34 |

**Pole Vault U20 Men**
**AGE GROUP BEST: Adam Hague, Sheffield AC, 5.60, 2015**
**CBP: Neil Winter, Shaftesbury Barnet Harriers, 5.40m, 1993**

| Posn | Bib | Athlete          | Club                             | Perf |
|------|-----|------------------|----------------------------------|------|
| 1    | 330 | Frankie Johnson  | Bedford & County AC              | 4.85 |
| 2    | 185 | Jacob Clark      | Notts AC                         | 4.75 |
| 3    | 352 | Christopher Lamb | Wigan & District H & AC          | 4.60 |
| 4    | 145 | Elliot Breen     | Herts Phoenix AC                 | 4.60 |
| 5    | 431 | Reuben Nairne    | Giffnock North AAC               | 4.45 |
| 6    | 567 | Jake Watson      | Telford AC                       | 4.45 |
| 7    | 269 | Pedro Gleadall   | Blackheath & Bromley Harriers AC | 4.45 |
| 8    | 394 | Andrew McFarlane | Ross County AC                   | 4.30 |
| 9    | 295 | Owen Heard       | Harrow AC                        | 4.00 |

**Shot U20 Women**
**AGE GROUP BEST: Sophie McKinna, Great Yarmouth, 17.12m, 2013**
**CBP: Sophie McKinna, Great Yarmouth, 16.36m, 2013**

| Posn | Bib  | Athlete            | Club                            | Perf  |
|------|------|--------------------|---------------------------------|-------|
| 1    | 979  | Sarah Omoregie     | Cardiff AAC                     | 15.41 |
| 2    | 1088 | Serena Vincent     | City Of Portsmouth AC           | 14.57 |
| 3    | 957  | Hannah Molyneaux   | City of Sheffield and Dearne AC | 13.90 |
| 4    | 759  | Nichole Birmingham | Birchfield Harriers             | 12.44 |
| 5    | 1124 | Dara Adebayo       | Harrow AC                       | 12.35 |
| 6    | 952  | Holly Mills        | Andover AC                      | 12.19 |
| 7    | 825  | Toni Egbulefu      | Chelmsford AC                   | 11.95 |
| 8    | 876  | Ellie Hodgson      | Southampton Athletic Club       | 11.69 |
| 9    | 974  | Chimdi okpalauko   | Havering AC                     | 10.57 |

**DAY 2**

**Hammer U23 Women**

**AGE GROUP BEST: Sophie Hitchon, Blackburn Harriers, 72.97m, 2013**

**CBP: Sophie Hitchon, Blackburn Harriers, 69.54m, 2013**

| Posn | Bib  | Athlete            | Club                              | Perf  |
|------|------|--------------------|-----------------------------------|-------|
| 1    | 869  | Amy Herrington     | Windsor Slough Eton & Hounslow AC | 62.47 |
| 2    | 998  | Anna Purchase      | Notts AC                          | 61.99 |
| 3    | 99   | Bera Ajala         | Edinburgh AC                      | 61.81 |
| 4    | 1109 | Charlotte Williams | Blackburn Harriers & AC           | 61.28 |
| 5    | 903  | Rebecca Keating    | Shaftesbury Barnet Harriers       | 60.05 |
| 6    | 866  | Katie Head         | Newham & Essex Beagles AC         | 59.13 |
| 7    | 748  | Alice Barnsdale    | Kingston upon Hull AC             | 57.08 |
| 8    | 910  | Katie Lambert      | Kidderminster and Stourport       | 56.92 |
| 9    | 913  | Megan Larkins      | Colchester Harriers AC            | 54.68 |
| 10   | 800  | Cathy Coleman      | Guildford & Godalming AC          | 53.40 |
| 11   | 1095 | Michaela Walsh     | Ireland                           | 53.03 |
| 12   | 921  | Candy Lockett      | Birchfield Harriers               | 52.90 |
| 13   | 730  | Lauren Aldridge    | Stevenage & North Herts AC        | 42.80 |

**Pole Vault U23 Men**

**AGE GROUP BEST: Steven Lewis, Newham & EB, 5.71m, 2008**

**CBP: Luke Cutts, Dearneside High AC, 5.41m, 2009**

| Posn | Bib | Athlete            | Club                                  | Perf | CBP |
|------|-----|--------------------|---------------------------------------|------|-----|
| 1    | 280 | Adam Hague         | City of Sheffield and Dearne AC       | 5.55 | CBP |
| 2    | 363 | Joel Leon Benitez  | Notts AC/Virginia Tech                | 5.45 |     |
| 3    | 430 | Charlie Myers      | Middlesbrough Athletic Club (Mandale) | 5.45 |     |
| 4    | 367 | JJ Lister          | Harrow AC                             | 5.15 |     |
| 5    | 549 | George Turner      | Crawley AC                            | 5.00 |     |
| 6    | 563 | Ethan Walsh        | Shaftesbury Barnet Harriers           | 5.00 |     |
| 7    | 298 | George Heppinstall | City of Sheffield and Dearne AC       | 4.85 |     |
| 8    | 562 | Thomas Walley      | Wrexham AC                            | 4.20 |     |
| NM   | 291 | Zach Harrop        | Sale Harriers Manchester              | -    |     |

**High Jump U20 Women**

**AGE GROUP BEST: Morgan Lake, Windsor Slough Eton & Hounslow, 1.94, 2014**

**CBP: Morgan Lake, Windsor Slough Eton & Hounslow, 1.94m, 2015**

| Posn | Bib  | Athlete         | Club                              | Perf |
|------|------|-----------------|-----------------------------------|------|
| 1    | 973  | Temitope Ojora  | Windsor Slough Eton & Hounslow AC | 1.80 |
| 2    | 1051 | Jodie Smith     | Windsor Slough Eton & Hounslow AC | 1.72 |
| 3    | 824  | Shaka Egbo      | Herts Phoenix AC                  | 1.72 |
| 4    | 956  | Hannah Moat     | Scunthorpe & District AC          | 1.72 |
| 5    | 751  | Amelia Bateman  | Gateshead Harriers & AC           | 1.68 |
| 6    | 943  | Claire McGarvey | Shaftesbury Barnet Harriers       | 1.63 |
| 7    | 904  | Charlotte Kerr  | Rotherham Harriers and AC         | 1.63 |
| 8    | 982  | Kara Onuiri     | Shaftesbury Barnet Harriers       | 1.63 |

**Triple Jump U20 Men**

**FINAL**

**AGE GROUP BEST: Tosi Fasinro, Hillingdon AC, 16.58m, 1991**

**CBP: Onochie Achike, Crawley AC, 16.28m, 1993**

| Posn | Bib | Athlete             | Club                      | Perf  |      |
|------|-----|---------------------|---------------------------|-------|------|
| 1    | 245 | Daniel Falode       | Cambridge Harriers        | 15.49 | +2.0 |
| 2    | 469 | Aidan Quinn         | University of New Mexico  | 15.22 | +2.7 |
| 3    | 99  | Bera Ajala          | Edinburgh AC              | 14.96 | +2.3 |
| 4    | 97  | Miraji Ahmed        | Glasgow School of Sport   | 14.60 | +0.7 |
| 5    | 591 | Josh Woods          | Dacorum & Tring AC        | 14.27 | +1.3 |
| 6    | 108 | Samuel Antwi        | Enfield and Haringey AC   | 13.69 | +1.6 |
| 7    | 91  | Andrew Adegbite     | Newham & Essex Beagles AC | 13.29 | +0.0 |
| 8    | 287 | Benjamin Harrington | Birchfield Harriers       | 13.07 | +0.0 |

**Hammer U23 Men**

**AGE GROUP BEST: Nick Miller, Border Harriers, 77.55m, 2015**

**CBP: Pete Smith, Birchfield Harriers, 69.92m, 2010**

| Posn | Bib | Athlete            | Club                              | Perf  |     |
|------|-----|--------------------|-----------------------------------|-------|-----|
| 1    | 437 | Jake Norris        | Windsor Slough Eton & Hounslow AC | 70.91 | CBP |
| 2    | 329 | Edward Jeans       | Preston Harriers                  | 60.98 |     |
| 3    | 176 | Peter Cassidy      | Guildford & Godalming AC          | 60.00 |     |
| 4    | 194 | Andrew Costello    | Kilbarchan AAC                    | 56.38 |     |
| 5    | 299 | Oliver Hewitt      | Newbury AC                        | 55.65 |     |
| 6    | 465 | Billy Praitm-Singh | Colchester Harriers AC            | 55.19 |     |
| 7    | 436 | Daniel Nixon       | Middlesbrough Mandale             | 55.00 |     |

**Shot U23 Women**

**AGE GROUP BEST: Myrtle Augee, Bromley Ladies AC, 18.19, 1987**

**CBP: Sophie McKinna, Great Yarmouth, 16.67, 2016**

| Posn | Bib  | Athlete          | Club                             | Perf  |  |
|------|------|------------------|----------------------------------|-------|--|
| 1    | 975  | Divine Oladipo   | Blackheath & Bromley Harriers AC | 15.92 |  |
| 2    | 949  | Sophie Merritt   | Bournemouth AC                   | 15.22 |  |
| 3    | 1095 | Michaela Walsh   | Ireland                          | 14.51 |  |
| 4    | 957  | Hannah Molyneaux | City of Sheffield and Dearne AC  | 13.95 |  |
| 5    | 810  | Emma Dakin       | Rotherham Harriers and AC        | 12.91 |  |

**Triple Jump U23 Women**

**AGE GROUP BEST: Naomi Ogbeta, Trafford AC, 14.15m, 2018**

**CBP: Laura Samuel, Birchfield Harriers, 13.75m, 2012**

| Posn | Bib  | Athlete              | Club                        | Perf  |      |
|------|------|----------------------|-----------------------------|-------|------|
| 1    | 971  | Naomi Ogbeta         | Trafford Athletic Club      | 13.67 | +2.0 |
| 2    | 1014 | Eavion Richardson    | Shaftesbury Barnet Harriers | 12.99 | +2.3 |
| 3    | 1044 | Georgia Silcox       | Yeovil Olympiads AC         | 12.44 | +2.9 |
| 4    | 1052 | Madeleine Smith      | Bournemouth AC              | 11.97 | +2.6 |
| 5    | 978  | Adelaide Omitowoju   | Harrow AC                   | 11.66 | +0.4 |
| 6    | 1024 | Shona Ross           | Kilbarchan AAC              | 11.61 | +1.7 |
| 7    | 916  | Joanna Lawler-Rhodes | Bingley Harriers            | 11.31 | +2.1 |
| NMR  | 1063 | Grace Sullivan       | Ashford AC                  | -     |      |

**Discus U20 Men**

**AGE GROUP BEST: Emeka Udechuku, Woodford Green & Essex Ladies, 64.35m, 1998**

**CBP: Lawrence Okoye, Croydon Harriers, 63.92m, 2010**

| Posn | Bib | Athlete              | Club                       | Perf  |
|------|-----|----------------------|----------------------------|-------|
| 1    | 548 | James Tomlinson      | Pembrokeshire Harriers     | 56.93 |
| 2    | 224 | Joshua Douglas       | Southampton Athletic Club  | 48.65 |
| 3    | 314 | Padraig Hore         | DMP                        | 46.34 |
| 4    | 557 | Reuben Vaughan       | Croydon Harriers           | 44.27 |
| 5    | 160 | Dominic Buckland     | Stevenage & North Herts AC | 40.55 |
| 6    | 107 | Kayokari Animashawun | Millfield School           | 38.02 |
| 7    | 554 | Josh Tyler           | Exeter Harriers            | 37.77 |

**High Jump U20 Men**

**AGE GROUP BEST: Steve Smith, Liverpool Harriers & AC, 2.37, 1992**

**CBP: Brendan Reilly, Corby AC, 2.25m, 1991**

| Posn | Bib | Athlete               | Club                                   | FINAL |
|------|-----|-----------------------|--|-------|
| 1    | 146 | Sam Brereton          | Newquay & Par AC                       | 2.12  |
| 2    | 92  | Toni Ademuwagun       | Thames Valley Harriers                 | 2.06  |
| 2    | 96  | Kelechi Aguocha       | Blackheath & Bromley Harriers AC       | 2.06  |
| 4    | 230 | Divine Duruaku        | Notts AC                               | 2.02  |
| 5    | 576 | Harry Whyley          | Notts AC                               | 1.97  |
| 6    | 350 | Charlie Knott         | Cambridge & Coleridge AC               | 1.97  |
| 6    | 127 | Adam Berwick          | Amber Valley and Erewash Athletic Club | 1.97  |
| 8    | 446 | Luke Okosieme         | Cambridge Harriers                     | 1.92  |
| 8    | 251 | Samuel Featherstone   | Marshall Milton Keynes AC              | 1.92  |
| 8    | 518 | Owen Southern         | Liverpool Pembroke & Sefton H AC       | 1.92  |
| 8    | 332 | Oliver Joint          | Bracknell AC                           | 1.92  |
| 12   | 240 | Jack Ennis            | Croydon Harriers                       | 1.92  |
| 13   | 479 | Harry Rienecker-Found | Brighton & Hove AC                     | 1.87  |
| NMR  | 560 | Kaya Walker           | City of Sheffield and Dearne AC        | -     |

**Long Jump U20 Women**

**AGE GROUP BEST: Beverly Kinch, Hounslow AC, 6.90m, 1983**

**CBP: Katarina Johnson-Thompson, Liverpool H, 6.44m, 2011**

| Posn | Bib  | Athlete           | Club                              | Perf |      |
|------|------|-------------------|-----------------------------------|------|------|
| 1    | 952  | Holly Mills       | Andover AC                        | 6.40 | +1.0 |
| 2    | 977  | Josie Oliarnyk    | Halesowen ACC                     | 6.24 | +1.1 |
| 3    | 726  | Oreoluwa Adamson  | Herne Hill Harriers               | 6.23 | +1.4 |
| 4    | 792  | Mayah Charles     | Notts AC                          | 4.87 | +1.7 |
| 4    | 976  | Funminiyi Olajide | Thurrock Harriers                 | 6.18 | +0.2 |
| 5    | 1066 | Mayong Tabe       | Medway and Maidstone AC           | 6.05 | +1.2 |
| 6    | 862  | Eloise Harvey     | Dartford Harriers AC              | 5.98 | +1.1 |
| 7    | 972  | Ellie O'Hara      | Edinburgh AC                      | 5.93 | +2.4 |
| 8    | 1073 | Emily Thomas      | Cardiff Archers                   | 5.78 | +1.5 |
| 9    | 988  | Molly Palmer      | Charnwood AC                      | 5.69 | +3.0 |
| 10   | 1023 | Amy Rolfe         | City of York AC                   | 5.59 | +1.7 |
| 11   | 1001 | Emily Quinn       | Braintree & District AC           | 5.34 | +2.0 |
| 12   | 1101 | Katie Waterworth  | Stockport Harriers & AC           | 5.24 | +2.2 |
| 13   | 1116 | Kaili Woodward    | Stratford Upon Avon AC            | 5.15 | +2.2 |
| 15   | 1051 | Jodie Smith       | Windsor Slough Eton & Hounslow AC | 4.28 | +1.5 |

**Discus U20 Women**

**AGE GROUP BEST: Eden Francis, Leicester Coritarians, 55.28m, 2007**

**CBP: Claire Smithson, Brighton & Hove AC, 54.81m, 2001**

| Posn | Bib  | Athlete           | Club                             | Perf  |
|------|------|-------------------|----------------------------------|-------|
| 1    | 783  | Samantha Callaway | Southampton Athletic Club        | 47.29 |
| 2    | 809  | Heather Cabbage   | City Of Portsmouth AC            | 43.56 |
| 3    | 1081 | Taia Tunstall     | Watford Harriers                 | 43.05 |
| 4    | 828  | Caitlin Emerson   | Sale Harriers Manchester         | 39.59 |
| 5    | 829  | Jessica Emery     | Shaftesbury Barnet Harriers      | 37.64 |
| 6    | 929  | Hannah Macaulay   | Blackheath & Bromley Harriers AC | 37.51 |
| 7    | 753  | Alice Baxendale   | Victoria Park City of Glasgow    | 36.72 |

**Pole Vault U23 Women**

**AGE GROUP BEST: Holly Bleasdale, Blackburn Harriers, 4.71m, 2012**

**CBP: Holly Bleasdale, Blackburn Harriers, 4.53m, 2011**

| Posn | Bib  | Athlete          | Club                                | Perf |
|------|------|------------------|-------------------------------------|------|
| 1    | 879  | Natalie Hooper   | Sutton & District AC                | 4.15 |
| 2    | 941  | Ellen McCartney  | Woodford Green AC with Essex Ladies | 4.00 |
| 3    | 1065 | Jessica Swannack | Preston Harriers                    | 4.00 |
| 4    | 818  | Sophie Dowson    | Blackheath & Bromley Harriers AC    | 3.90 |
| 5    | 917  | Esther Leong     | Bristol and West AC                 | 3.90 |
| 5    | 848  | Anna Gordon      | Edinburgh AC                        | 3.90 |
| 7    | 1017 | Abby Roberts     | City of Sheffield and Dearne AC     | 3.80 |
| 8    | 849  | Rebecca Gray     | Cornwall AC                         | 3.65 |
| 9    | 930  | Emily Macdonald  | Bracknell AC Swansea Harriers       | 3.50 |
| 9    | 874  | Fiona Hockey     | Blackpool Wyre & Fylde AC           | 3.50 |
| 11   | 898  | Carys Jones      | Swansea Harriers                    | 3.50 |
| 11   | 741  | Megan Bailey     | Harrow AC                           | 3.50 |
| 11   | 816  | Isabel Deacon    | Bracknell AC                        | 3.50 |
| 14   | 767  | Erin Breen       | Herts Phoenix AC                    | 3.35 |

**Javelin U23 Men**

**AGE GROUP BEST: Steve Backley, Cambridge Harriers, 89.58m, 1990**

**CBP: Joe Dunderdale, Lincoln Wellington, 75.73m, 2012**

| Posn | Bib | Athlete             | Club                           | FINAL |
|------|-----|---------------------|--------------------------------|-------|
| 1    | 319 | Harry Hughes        | Newham & Essex Beagles AC      | 74.57 |
| 2    | 211 | George Davies       | City of York AC                | 69.04 |
| 3    | 288 | Joe Harris          | Manx Harriers                  | 68.74 |
| 4    | 116 | Daniel Bainbridge   | Shaftesbury Barnet Harriers    | 65.49 |
| 5    | 214 | Sam Dean            | Sale Harriers Manchester       | 63.47 |
| 6    | 53  | Kristian Brown      | Basildon AC                    | 62.12 |
| 7    | 207 | Richard Dangerfield | Cardiff AAC                    | 56.40 |
| 8    | 308 | Eddie Hinchliffe    | Holmfirth Harriers AC          | 55.02 |
| 9    | 409 | Luke Miller         | Ealing Southall & Middlesex AC | 50.91 |

**Long Jump U23 Men**

**AGE GROUP BEST: Chris Tomlinson, Newham & Essex Beagles, 8.27, 2002**

**CBP: Jonathan Moore, Birchfield Harriers, 7.75m, 2004**

| Posn | Bib | Athlete               | Club                              | Perf |      |
|------|-----|-----------------------|-----------------------------------|------|------|
| 1    | 253 | Jacob Fincham-Dukes   | Leeds AC                          | 7.75 | +3.0 |
| 2    | 119 | Reynold Banigo        | Sale Harriers Manchester          | 7.74 | +1.7 |
| 3    | 534 | Shandell Taylor       | Havering AC                       | 7.55 | +1.6 |
| 4    | 247 | Alexander Farquharson | Coventry Godiva Harriers          | 7.49 | +3.8 |
| 5    | 254 | Ben Fisher            | Windsor Slough Eton & Hounslow AC | 7.28 | +1.7 |
| 6    | 424 | John Mozobo           | Bedford & County AC               | 6.98 | +2.1 |
| 7    | 502 | Zak Skinner           | Loughborough Students AC          | 6.86 | +2.4 |
| 8    | 506 | Daniel Smith          | Coventry Godiva Harriers          | 6.84 | +1.3 |
| NMR  | 397 | Ben McGuire           | Shaftesbury Barnet Harriers       | -    |      |

**Shot U23 Men**

**AGE GROUP BEST: Geoff Capes, Birchfield Harriers, 19.48m, 1971**

**CBP: Zane Duquemin, Shaftesbury Barnet H, 18.88m, 2013**

| Posn | Bib | Athlete      | Club                        | FINAL |
|------|-----|--------------|-----------------------------|-------|
| 1    | 167 | Lewis Byng   | Stratford Upon Avon AC      | 17.16 |
| 2    | 242 | George Evans | Shaftesbury Barnet Harriers | 16.64 |
| 3    | 529 | Patrick Swan | Cornwall AC                 | 15.96 |

**Javelin U23 Women**

**AGE GROUP BEST: Kelly Morgan, Windsor, Slough, Eton & Hounslow, 64.87m, 2002**

**CBP: Goldie Sayers, Belgrave Harriers, 58.20m, 2002**

| Posn | Bib  | Athlete       | Club                             | Perf  |
|------|------|---------------|----------------------------------|-------|
| 1    | 1098 | Bekah Walton  | Blackheath & Bromley Harriers AC | 53.97 |
| 2    | 857  | Emma Hamplett | Birchfield Harriers              | 51.40 |
| 3    | 1008 | Bethan Rees   | Cannock & Stafford AC            | 49.47 |
| 4    | 872  | Leah Hillman  | Pendle Athletic Club             | 47.34 |

**10K Walk U20Men**

**FINAL**

**AGE GROUP BEST: Callum Wilkinson, Enfield & Haringey, 40:41.62, 2016**

**CBP: Gordon Vale, Surrey Walking Club, 42.06.35, 1981**

| Posn | Bib | Athlete                | Club                         | Perf     |
|------|-----|------------------------|------------------------------|----------|
| 1    | 513 | Chris Snook            | Aldershot Farnham & District | 45:00.59 |
| 2    | 580 | Edson George Wilkinson | Enfield and Haringey A C     | 50:37.68 |
| DQ   | 399 | Daniel McKerlich       | Cardiff AAC                  | -        |

**10K Walk U23Men**

**FINAL**

**AGE GROUP BEST: Phil Vesty, Leicester WC, 40:53.60, 1984**

**CBP: Cameron Corbishley, Medway & Maidstone, 41:37.44, 2017**

| Posn | Bib | Athlete            | Club                     | Perf     |          |
|------|-----|--------------------|--------------------------|----------|----------|
| 1    | 579 | Callum Wilkinson   | Enfield and Haringey A C | 40:29.32 | UK & CBP |
| 2    | 193 | Cameron Corbishley | Medway and Maidstone AC  | 42:28.29 |          |
| 3    | 456 | Tom Partington     | Manx Harriers            | 46:31.73 |          |
| 4    | 361 | Luc Henry Legon    | Bexley AC                | 49:53.97 |          |

**10K Walk U20 Women**

**FINAL**

**AGE GROUP BEST: Vicky Lupton, Sheffield Walking Club, 47:04.0, 1991**

**CBP: Emma Achurch, Leicester WC, 51:16.81, 2014**

| Posn | Bib  | Athlete          | Club                         | Perf     |
|------|------|------------------|------------------------------|----------|
| 1    | 893  | Abigail Jennings | Aldershot Farnham & District | 54:14.02 |
| 2    | 1059 | Pagen Spooner    | Hyde Park Harriers           | 54:32.63 |

**400m Hurdles U20 Men**

**FINAL**

**AGE GROUP BEST: Alastair Chalmers, Guernsey, 50.07, 2019**

**CBP: Niall Flannery, Gateshead H, 51.07, 2009**

| Posn | Bib | Athlete                | Club                             | Perf  |     |
|------|-----|------------------------|----------------------------------|-------|-----|
| 1    | 179 | Alastair Chalmers      | Guernsey AC                      | 50.58 | CBP |
| 2    | 217 | Seamus Derbyshire      | City of Stoke AC                 | 51.52 |     |
| 3    | 249 | Josh Faulds            | Shaftesbury Barnet Harriers      | 53.00 |     |
| 4    | 439 | Alex O'Callaghan Brown | Blackheath & Bromley Harriers AC | 53.30 |     |
| 5    | 340 | Rory Keen              | Sale Harriers Manchester         | 53.57 |     |
| 6    | 368 | Charlie Livingston     | Jersey Spartan AC                | 54.26 |     |
| 7    | 354 | Jamie Lambert          | Crawley AC                       | 55.33 |     |
| 8    | 186 | Samuel Clarke          | Cambridge & Coleridge AC         | 57.11 |     |

**400m Hurdles U20 Women**

**FINAL**

**AGE GROUP BEST: Shona Richards, Windsor Slough Eton & Hounslow, 56.16, 2014**

**CBP: Vicki Jamison, Lagan Valley AC, 57.27, 1996**

| Posn | Bib  | Athlete         | Club                                  | Perf       |
|------|------|-----------------|---------------------------------------|------------|
| 1    | 1114 | Marcey Winter   | Windsor Slough Eton & Hounslow AC     | 58.39      |
| 2    | 897  | Jasmine Jolly   | Birchfield Harriers                   | 59.58      |
| 3    | 819  | Steph Driscoll  | Liverpool Harriers & AC               | 60.46      |
| 4    | 909  | Jessica Lambert | Crawley AC                            | 62.19      |
| 5    | 796  | Jasmine Clark   | Middlesbrough Athletic Club (Mandale) | 62.39      |
| 6    | 1086 | Grace VansAgnew | Crawley AC                            | 63.95      |
| 7    | 1021 | Louise Robinson | Birchfield Harriers                   | 65.33      |
| DQ   | 768  | Orla Brennan    | Windsor Slough Eton & Hounslow AC     | Rule 168.7 |



**400m Hurdles U23 Women**

**FINAL**

**AGE GROUP BEST: Sally Gunnell, Essex Ladies AC, 54.03, 1988**

**CBP: Perri Shakes-Drayton, Victoria Park & Tower Hamlets, 55.34, 2009**

| Posn | Bib  | Athlete           | Club                        | Perf  |
|------|------|-------------------|-----------------------------|-------|
| 1    | 1090 | Chelsea Walker    | City of York AC             | 58.26 |
| 2    | 1112 | Lauren Williams   | Swansea Harriers            | 59.13 |
| 3    | 806  | Emily Craig       | Edinburgh AC                | 60.28 |
| 4    | 954  | Jasmine Mitchell  | Loughborough Students       | 62.25 |
| 5    | 1005 | Ellie Ravenscroft | Kidderminster and Stourport | 62.63 |
| 6    | 948  | Emily McNicol     | Law and District AAC        | 63.41 |
| 7    | 1107 | Chloe Wilde       | Cannock & Stafford AC       | 64.50 |
| 8    | 906  | Hannah Knights    | Guildford & Godalming AC    | 66.92 |

**200m U20 Women**

**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 22.61, 2014**

**CBP: Dina Asher-Smith, Blackheath & Bromley AC, 22.74, 2014**

| Posn | Bib | Athlete          | Club                        | -2.1 m/s | Heat 1 |
|------|-----|------------------|-----------------------------|----------|--------|
| 1    | 670 | Hannah Kelly     | Bolton United Harriers & AC | 23.98    | Q      |
| 2    | 668 | Rebecca Jeggo    | Colchester Harriers AC      | 24.23    | Q      |
| 3    | 682 | Sharhnee Skervin | Notts AC                    | 24.31    | Q      |
| 4    | 765 | Kayla Bowley     | Croydon Harriers            | 24.38    | q      |
| 5    | 651 | Leonie Ashmeade  | Wakefield District H & AC   | 25.09    | q      |
| 6    | 672 | Elyse Leech      | Torbay AAC                  | 25.22    |        |
| 7    | 687 | Megan Webber     | Torbay AAC                  | 25.76    |        |

| Posn | Bib  | Athlete              | Club                     | -2.3 m/s | Heat 2 |
|------|------|----------------------|--------------------------|----------|--------|
| 1    | 725  | Georgina Adam        | Loughborough Students AC | 23.99    | Q      |
| 2    | 676  | Cassie Ann Pemberton | Birchfield Harriers      | 24.56    | Q      |
| 3    | 688  | Skye Wicks           | The HAWCS                | 25.35    | Q      |
| 4    | 1092 | Regan Walker         | Sale Harriers Manchester | 25.76    |        |
| 5    | 728  | Esther Adikpe        | Coventry Godiva Harriers | 25.76    |        |
| 6    | 659  | Indi Gallagher       | Guernsey AC              | 25.98    |        |
| 7    | 671  | Khiaaama Kofi        | Bristol and West AC      | 26.56    |        |

| Posn | Bib  | Athlete           | Club                             | -1.7 m/s | Heat 3 |
|------|------|-------------------|----------------------------------|----------|--------|
| 1    | 650  | Immanuela Aliu    | Blackheath & Bromley Harriers AC | 24.26    | Q      |
| 2    | 683  | Zoe Thompson      | Newham & Essex Beagles AC        | 24.89    | Q      |
| 3    | 1009 | Alicia Regis      | Enfield and Haringey AC          | 24.91    | Q      |
| 4    | 684  | Ellie Turner      | Medway and Maidstone AC          | 25.15    | q      |
| 5    | 652  | Dolita Awala-Shaw | Newham & Essex Beagles AC        | 25.22    |        |
| 6    | 735  | Davina Ansah      | Croydon Harriers                 | 25.25    |        |
| 7    | 680  | Ruka Shonibare    | Sale Harriers Manchester         | 25.62    |        |

| Posn | Bib  | Athlete          | Club  | -1.2 m/s | Heat 4 |
|------|------|------------------|---|----------|--------|
| 1    | 961  | Jazmine Moss     | Gateshead Harriers & AC                     | 24.26    | Q      |
| 2    | 1121 | Kalayah Young    | Dartford Harriers AC                        | 24.28    | Q      |
| 3    | 820  | Kiah Dubarry-Gay | Victoria Park Harriers and Tower Hamlets AC | 24.49    | Q      |
| 4    | 658  | Akaysha Ellis    | Enfield and Haringey AC                     | 24.66    | q      |
| 5    | 660  | Abigail Galpin   | Guernsey AC                                 | 25.60    |        |
| 6    | 657  | Lucy Elcock      | Telford AC                                  | 25.70    |        |

ENGLAND ATHLETICS  
 UNDER 23 & UNDER 20 CHAMPIONSHIPS  
 22 & 23 JUNE 2019 @ BEDFORD  
 RESULTS

200m U20 Men

AGE GROUP BEST: Christian Malcolm, Cardiff AAC, 20.29, 1998

CBP: Christian Malcolm, Cardiff AAC, 20.32, 1998

| Posn | Bib | Athlete            | Club  | -1.2 m/s | Heat 1 |
|------|-----|--------------------|---|----------|--------|
| 1    | 434 | Sagesse Nguie      | Trafford Athletic Club                      | 21.61    | Q      |
| 2    | 500 | Michael Shonibare  | Victoria Park Harriers and Tower Hamlets AC | 21.85    | Q      |
| 3    | 17  | James Hanson       | Woking AC                                   | 21.93    | Q      |
| 4    | 36  | Bryn Smith         | Eastbourne Rovers AC                        | 22.17    |        |
| 5    | 414 | Arif Mohamed       | Solihull & Small Heath Athletic Club        | 22.51    |        |
| 6    | 21  | Owain Lloyd-Hughes | Neath Harriers                              | 22.52    |        |
| 7    | 498 | Edward Sheffield   | Burton AC                                   | 22.71    |        |
| 8    | 38  | Harry Taylor       | City Of Norwich AC                          | 22.79    |        |

| Posn | Bib | Athlete        | Club                             | -0.7 m/s | Heat 2 |
|------|-----|----------------|----------------------------------|----------|--------|
| 1    | 382 | Toby Makoyawo  | Watford Harriers                 | 21.47    | Q      |
| 2    | 37  | Jody Smith     | Charnwood AC                     | 21.73    | Q      |
| 3    | 204 | Dylan Da Costa | Croydon Harriers                 | 21.77    | Q      |
| 4    | 531 | Bailey Swift   | Rugby & Northampton AC           | 21.96    | q      |
| 5    | 115 | Cameron Bailey | Ipswich Harriers                 | 22.09    |        |
| 6    | 9   | Adam Clayton   | Giffnock North AAC               | 22.25    |        |
| 7    | 20  | Matthew Knight | Blackheath & Bromley Harriers AC | 22.51    |        |
| 8    | 27  | Luke Moore     | Cambridge Harriers               | 22.63    |        |

| Posn | Bib | Athlete               | Club                        | -0.8 m/s | Heat 3 |
|------|-----|-----------------------|-----------------------------|----------|--------|
| 1    | 389 | Joseph Massimo        | Crawley AC                  | 21.75    | Q      |
| 2    | 8   | Alwayne Campbell      | Birchfield Harriers         | 21.79    | Q      |
| 3    | 320 | William Hughes        | Nene Valley Harriers        | 21.84    | Q      |
| 4    | 405 | Jak Mensah            | Team Hounslow Athletic Club | 22.13    |        |
| 5    | 7   | Blake Tiger Lee Brown | Sale Harriers Manchester    | 22.22    |        |
| 6    | 276 | Stewart Greenhalgh    | Bromsgrove and Redditch     | 22.28    |        |
| 7    | 33  | Zachary Price         | Menai Track and Field       | 22.36    |        |

| Posn | Bib | Athlete         | Club                                 | 0.1 m/s | Heat 4 |
|------|-----|-----------------|--------------------------------------|---------|--------|
| 1    | 30  | Praise Olatoke  | Kilbarchan AAC                       | 21.56   | Q      |
| 2    | 2   | Fraser Angus    | Giffnock North AAC                   | 21.59   | Q      |
| 3    | 347 | Derek Kinlock   | Derek Kinlock                        | 21.60   | Q      |
| 4    | 164 | Matt Buckner    | Bracknell AC                         | 21.60   | q      |
| 5    | 11  | Adam Cross      | Cambridge & Coleridge AC             | 21.82   | q      |
| 6    | 177 | Joe Chadwick    | Guernsey AC                          | 21.92   | q      |
| 7    | 35  | Andrew Robinson | Woodford Green AC with Essex Ladies  | 22.07   |        |
| 8    | 413 | Arif Mohamed    | Solihull & Small Heath Athletic Club | 22.56   |        |

**200m U23 Men**
**AGE GROUP BEST: Nethaneel Mitchell-Blake, Newham & EB, 19.95, 2016**
**CBP: Chris Lambert, Belgrave Harriers, 20.58, 2003**

| Posn | Bib | Athlete         | Club                            | -0.9 m/s | Heat 1 |
|------|-----|-----------------|---------------------------------|----------|--------|
| 1    | 286 | Toby Harries    | Brighton Phoenix AC             | 21.13    | Q      |
| 2    | 223 | Luke Dorrell    | Aldershot Farnham & District    | 21.45    | Q      |
| 3    | 271 | Ryan Gorman     | Notts AC                        | 21.54    | q      |
| 4    | 65  | Leon Greenwood  | Swansea Harriers                | 21.65    |        |
| 5    | 572 | Ben Wells       | Yate & District AC              | 21.82    |        |
| 6    | 74  | Regan O'Connell | City of Sheffield and Dearne AC | 21.93    |        |
| 7    | 312 | Shea Holloway   | Harrow AC                       | 22.35    |        |
| 8    | 62  | Idy Ekere       | Bexley AC                       | 22.50    |        |

| Posn | Bib | Athlete             | Club                        | -2.3 m/s | Heat 2 |
|------|-----|---------------------|-----------------------------|----------|--------|
| 1    | 136 | Shemar Boldizsar    | Harlow AC                   | 21.25    | Q      |
| 2    | 87  | Jahde Williams      | Harrow AC                   | 21.25    | Q      |
| 3    | 522 | Nick Stewart        | Enfield and Haringey AC     | 21.38    | q      |
| 4    | 80  | Keano Paris-Samuel  | Thames Valley Harriers      | 21.89    |        |
| 5    | 86  | Jordan Watson-Brown | Shaftesbury Barnet Harriers | 22.10    |        |
| 6    | 241 | Jonah Erugo         | Galway City Harriers        | 22.46    |        |
| 7    | 181 | Jamal Chambers      | Tipton Harriers             | 22.68    |        |
| 8    | 281 | Ryan Hall           | Oldham and Royton Harriers  | 22.75    |        |

| Posn | Bib | Athlete                | Club                          | -1.8 m/s | Heat 3 |
|------|-----|------------------------|-------------------------------|----------|--------|
| 1    | 237 | Jona Efoloko           | Sale Harriers Manchester      | 21.30    | Q      |
| 2    | 419 | Andrew Morgan-Harrison | Kingston upon Hull AC         | 21.32    | Q      |
| 3    | 586 | Connor Wood            | Sale Harriers Manchester      | 21.59    | Q      |
| 4    | 105 | Morgan Amed            | Coventry Godiva Harriers      | 21.68    |        |
| 5    | 310 | Marlon Hogg-Williams   | Newham & Essex Beagles AC     | 22.69    |        |
| 6    | 82  | Kieran Shah            | City Of Norwich AC            | 22.76    |        |
| 7    | 311 | Mark Holliman          | North Ayrshire Athletics Club | 23.22    |        |
| 8    | 76  | Abraham Ogunmefun      | Bexley AC                     | 24.03    |        |

**1500m U20 Men**
**FINAL**
**AGE GROUP BEST: Graham Williamson, Springburn Harriers, 3:36.6, 1979**
**CBP: Graham Williamson, Springburn Harriers, 3:39.68, 1978**

| Posn | Bib | Athlete                  | Club                         | Perf     |
|------|-----|--------------------------|------------------------------|----------|
| 1    | 358 | Joshua Lay               | Rugby & Northampton AC       | 03:53.88 |
| 2    | 341 | Thomas Keen              | Cambridge & Coleridge AC     | 03:55.68 |
| 3    | 323 | Ethan Hussey             | Leeds City Athletic Club     | 03:56.60 |
| 4    | 227 | Luke Duffy               | Mansfield Harriers           | 03:56.87 |
| 5    | 301 | Max Heyden               | Aldershot Farnham & District | 03:57.43 |
| 6    | 526 | Matthew Stonier          | Invicta East Kent AC         | 03:58.53 |
| 7    | 573 | Christian Wharton-Howett | Amber Valley & Erewash AC    | 03:58.84 |
| 8    | 464 | Joseph Pollard           | Charnwood AC                 | 03:59.32 |
| 9    | 426 | David Mullarkey          | Manx Harriers                | 03:59.84 |
| 10   | 239 | Kane Elliott             | Falkirk Victoria Harriers    | 04:00.64 |
| 11   | 213 | Kian Davis               | Preston Harriers             | 04:02.08 |
| 12   | 451 | Ethan OShea              | Charnwood AC                 | 04:03.81 |

**1500m U20 Women**

**FINAL**

**AGE GROUP BEST: Zola Budd, Aldershot Farnham & District AC, 3:59.96, 1985**

**CBP: Melissa Courtney, Shaftesbury Barnet, 4:15.93, 2015**

| Posn | Bib  | Athlete           | Club                    | Perf     |
|------|------|-------------------|-------------------------|----------|
| 1    | 1094 | Erin Wallace      | Giffnock North AAC      | 04:27.01 |
| 2    | 787  | Molly Canham      | Exeter Harriers         | 04:27.46 |
| 3    | 781  | Anna Burt         | Team Bath Athletic Club | 04:31.56 |
| 4    | 773  | Alexandra Brown   | Herne Hill Harriers     | 04:32.33 |
| 5    | 865  | Georgia Hayes     | Reading AC              | 04:33.24 |
| 6    | 991  | India Pentland    | Darlington H & AC       | 04:33.86 |
| 7    | 950  | Alexandra Millard | Invicta East Kent AC    | 04:34.71 |
| 8    | 912  | Naomi Lang        | Aberdeen AAC            | 04:35.36 |
| 9    | 951  | Saskia Millard    | Herne Hill Harriers     | 04:36.96 |
| 10   | 937  | Olivia Mason      | Border Harriers & AC    | 04:37.62 |
| 11   | 967  | Almaz Nerurkar    | Brighton Phoenix AC     | 04:38.26 |
| DNF  | 1110 | Emily Williams    | Kettering Town Harriers | -        |

**100m Hurdles U20 Women**

**AGE GROUP BEST: Alicia Barrett, Chesterfield, 13.07, 2017**

**CBP: Alicia Barrett, Chesterfield, 13.07, 2017**

| Posn | Bib | Athlete        | Club                                  | -1.3 m/s | Heat 1 |
|------|-----|----------------|---------------------------------------|----------|--------|
| 1    | 761 | Jenna Blundell | Team Bath Athletic Club               | 13.80    | Q      |
| 2    | 952 | Holly Mills    | Andover AC                            | 13.90    | Q      |
| 3    | 752 | Anya Bates     | Birchfield Harriers                   | 14.24    | Q      |
| 4    | 799 | Mallory Cluley | Blackheath & Bromley Harriers AC      | 14.31    | q      |
| 5    | 894 | Rebecca Johns  | City of Sheffield and Dearne AC       | 15.19    |        |
| 6    | 958 | Venus Morgan   | Kingston upon Hull AC                 | 15.56    |        |
| DNF  | 789 | Amy Carter     | Middlesbrough Athletic Club (Mandale) | -        |        |

  

| Posn | Bib  | Athlete            | Club                      | -0.9 m/s | Heat 2 |
|------|------|--------------------|---------------------------|----------|--------|
| 1    | 938  | Lucy Jane Matthews | Southampton Athletic Club | 13.79    | Q      |
| 2    | 1035 | Marcia Sey         | Croydon Harriers          | 14.31    | Q      |
| 3    | 1000 | Amy Pye            | Cannock & Stafford AC     | 14.36    | Q      |
| 4    | 1049 | Kia Slade          | Reading AC                | 15.02    | q      |
| 5    | 830  | Lauren Evans       | Cardiff AAC               | 15.06    |        |
| 6    | 1040 | Rebecca Sheffield  | Burton AC                 | 15.92    |        |
| 7    | 860  | Samantha Harris    | City Of Plymouth AC       | 29.28    |        |

**100m Hurdles U23 Women**

**AGE GROUP BEST: Cindy Ofili, Woodford Green & Essex Ladies AC, 12.60, 2015**

**CBP: Jessica Ennis, City of Sheffield AC, 13.04, 2007**

| Posn | Bib  | Athlete          | Club                             | -3 m/s | Heat 1 |
|------|------|------------------|----------------------------------|--------|--------|
| 1    | 814  | Anastasia Davies | Blackheath & Bromley Harriers AC | 14.02  | Q      |
| 2    | 805  | Mollie Courtney  | Cheltenham and County Harriers   | 14.20  | Q      |
| 3    | 1090 | Chelsea Walker   | City of York AC                  | 14.54  | Q      |
| 4    | 926  | Zoe Lucas        | Notts AC                         | 15.10  | q      |
| DNF  | 1044 | Georgia Silcox   | Yeovil Olympiads AC              | -      |        |

| Posn | Bib | Athlete        | Club  | -2.1 m/s   | Heat 2 |
|------|-----|----------------|---|------------|--------|
| 1    | 749 | Alicia Barrett | Chesterfield & District AC Trafford Athletic Club | 13.71      | Q      |
| 2    | 716 | Sarah Quinn    | St Colemans                                       | 14.14      | Q      |
| 3    | 880 | Alice Hopkins  | Oxford City AC                                    | 14.14      | Q      |
| 4    | 940 | Holly McArthur | Edinburgh AC                                      | 14.49      | q      |
| DQ   | 721 | Molly Scott    | St Laurence OToole AC                             | Rule 168.7 |        |

**110m Hurdles U20 Men**

**AGE GROUP BEST: David Omoregie, Cardiff AAC, 13.17, 2014**

**CBP: David Omoregie, Cardiff AAC, 13.17, 2014**

| Posn | Bib | Athlete         | Club                      | -2.8 m/s | Heat 1 |
|------|-----|-----------------|---------------------------|----------|--------|
| 1    | 477 | Jordan Ricketts | Birchfield Harriers       | 14.49    | Q      |
| 2    | 578 | Thomas Wilcock  | Northampton AC            | 14.73    | Q      |
| 3    | 550 | Jack Turner     | Exeter Harriers           | 14.75    | Q      |
| 4    | 94  | William Adeyeye | Newham & Essex Beagles AC | 14.77    | q      |
| 5    | 295 | Owen Heard      | Harrow AC                 | 14.94    | q      |
| 6    | 539 | Tre Thomas      | Charnwood AC              | 14.95    |        |
| 7    | 189 | Adam Coles      | Kingston upon Hull AC     | 15.86    |        |

| Posn | Bib | Athlete            | Club                       | -2.7 m/s | Heat 2 |
|------|-----|--------------------|----------------------------|----------|--------|
| 1    | 596 | Joshua Zeller      | Bracknell AC               | 13.81    | Q      |
| 2    | 527 | Jack Sumners       | Stratford Upon Avon AC     | 14.11    | Q      |
| 3    | 425 | Kanya Mtshweni     | Winchester & District AC   | 14.80    | Q      |
| 4    | 427 | Daniel Murathodzic | Cardiff Archers            | 15.25    |        |
| 5    | 205 | Oliver Dakin       | Chesterfield & District AC | 15.46    |        |
| 6    | 246 | Robbie Farquhar    | Aberdeen AAC               | 16.42    |        |
| 7    | 198 | Oliver Cresswell   | Stratford Upon Avon AC     | 17.06    |        |

**110m Hurdles U23 Men**

**AGE GROUP BEST: Colin Jackson, Cardiff AAC, 13.11, 1988**

**CBP: Will Sharman, Belgrave H, 13.49, 2006**

| Posn | Bib | Athlete         | Club                              | -2 m/s | Heat 1 |
|------|-----|-----------------|-----------------------------------|--------|--------|
| 1    | 600 | Tade Ojora      | Windsor Slough Eton & Hounslow AC | 14.00  | Q      |
| 2    | 100 | Ethan Akanni    | Bexley AC                         | 14.14  | Q      |
| 3    | 435 | Jason Nicholson | Gateshead Harriers & AC           | 14.66  | Q      |
| 4    | 111 | David Aryeetey  | Charnwood AC                      | 15.03  | q      |
| 5    | 592 | Dajon Wright    | Bristol and West AC               | 15.09  | q      |
| 6    | 53  | Kristian Brown  | Basildon AC                       | 15.73  |        |
| 7    | 268 | Toby Glass      | Guernsey AC                       | 16.55  |        |
| 8    |     |                 |                                   |        |        |

| Posn | Bib | Athlete         | Club                                | -2.1 m/s | Heat 2 |
|------|-----|-----------------|-------------------------------------|----------|--------|
| 1    | 252 | Cameron Fillery | Woodford Green AC with Essex Ladies | 14.20    | Q      |
| 2    | 569 | James Weaver    | Enfield and Haringey A C            | 14.28    | Q      |
| 3    | 489 | Robert Sakala   | Croydon Harriers                    | 14.75    | Q      |
| 4    | 168 | Ayo Byron       | St Albans AC                        | 15.23    |        |
| 5    | 455 | Alex Parkinson  | Kingston AC And Poly Harriers       | 15.66    |        |
| DNS  | 494 | Will Seed       | Cleethorpes AC                      | -        |        |

**5000m U20Women**

**AGE GROUP BEST: Zola Budd, Aldershot F&D, 14:48.07, 1985**

**CBP: Sian Edwards, Kettering, 15:42.48, 2006**

| Posn | Bib  | Athlete          | Club                     | FINAL    |
|------|------|------------------|--------------------------|----------|
| 1    | 955  | Jessica Mitchell | Havering AC              | 17:02.05 |
| 2    | 1118 | Ruby Wyles       | Guildford & Godalming AC | 18:23.72 |

**5000m U23 Women**

**AGE GROUP BEST: Paula Radcliffe, Bedford & Co, 14:49.27, 1995**

**CBP: Rhona Auckland, Banchory Stonehaven, 15:59.21, 2015**

| Posn | Bib  | Athlete            | Club                         | FINAL    |
|------|------|--------------------|------------------------------|----------|
| 1    | 902  | Jodie Judd         | Chelmsford AC                | 16:32.19 |
| 2    | 763  | Eleanor Bolton     | Ribble Valley Harriers       | 16:41.22 |
| 3    | 811  | Charlotte Dannatt  | Camberley & District AC      | 16:49.75 |
| 4    | 859  | Leah Harris        | Worthing & District Harriers | 17:32.38 |
| 5    | 1108 | Laura Wilkinson    | Lincoln Wellington AC        | 18:06.12 |
| 6    | 817  | Chloe Dooley       | Vale Royal AC                | 18:09.29 |
| 7    | 1106 | Louisa Whittingham | Macclesfield Harriers & AC   | 18:37.77 |
| 8    | 745  | Phoebe Barker      | Tonbridge AC                 | 18:39.77 |

**200m U23 Women**
**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 22.07, 2015**
**CBP: Shannon Hylton, Blackheath & Bromley AC, 23.20, 2017**

| Posn | Bib  | Athlete          | Club                            | -1.7 m/s | Heat 1 |
|------|------|------------------|---------------------------------|----------|--------|
| 1    | 692  | Kristal Awuah    | Herne Hill Harriers             | 23.62    | Q      |
| 2    | 712  | Ciara Neville    | Emerald AC                      | 24.71    | Q      |
| 3    | 697  | Chloe Burrows    | Bournemouth AC                  | 24.99    | q      |
| 4    | 724  | Yvette Westwood  | Yate & District AC              | 25.37    |        |
| 5    | 696  | Izzy Bryant      | Southampton Athletic Club       | 25.51    |        |
| 6    | 1126 | Synne Frydenlund | Harrow AC/Brunel/NORWAY         | 25.67    |        |
| 7    | 717  | Eleanor Rawson   | City of Sheffield and Dearne AC | 25.79    |        |

| Posn | Bib  | Athlete          | Club                        | -1.5 m/s | Heat 2 |
|------|------|------------------|-----------------------------|----------|--------|
| 1    | 1007 | Alisha Rees      | Edinburgh AC                | 23.69    | Q      |
| 2    | 704  | Page Fairclough  | Shaftesbury Barnet Harriers | 24.77    | Q      |
| 3    | 693  | Ellie Bandy      | Herts Phoenix AC            | 25.33    |        |
| 4    | 710  | Sarah Malone     | Edinburgh AC                | 25.52    |        |
| 5    | 1010 | Catherine Reid   | Manx Harriers               | 25.71    |        |
| 6    | 867  | Selina Henderson | Shaftesbury Barnet Harriers | 25.81    |        |
| 7    | 708  | Amena Kofi       | Bristol and West AC         | 28.98    |        |

| Posn | Bib  | Athlete          | Club                                   | -1.5 m/s | Heat 3 |
|------|------|------------------|--|----------|--------|
| 1    | 1125 | Finette Agyapong | Newham & Essex Beagles AC              | 24.02    | Q      |
| 2    | 927  | Aoife Lynch      | Donore Harriers                        | 24.45    | Q      |
| 3    | 709  | Darcey Kuypers   | Medway and Maidstone AC                | 24.52    | q      |
| 4    | 702  | Leanza Dwaah     | Enfield and Haringey AC                | 25.14    |        |
| 5    | 700  | Emily Coope      | Amber Valley and Erewash Athletic Club | 25.65    |        |
| 6    | 801  | Ash Colvin       | Wigan & District H & AC                | 25.78    |        |
| 7    | 1080 | Sinead Treacy    | Craughwell AC                          | 26.10    |        |

**200m U20 Women**
**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 22.61, 2014**
**CBP: Dina Asher-Smith, Blackheath & Bromley AC, 22.74, 2014**

| Posn | Bib | Athlete          | Club                        | -0.1 m/s | SEMIS 1 |
|------|-----|------------------|-----------------------------|----------|---------|
| 1    | 670 | Hannah Kelly     | Bolton United Harriers & AC | 24.12    | Q       |
| 2    | 961 | Jazmine Moss     | Gateshead Harriers & AC     | 24.19    | Q       |
| 3    | 668 | Rebecca Jeggo    | Colchester Harriers AC      | 24.44    | Q       |
| 4    | 682 | Sharhnee Skervin | Notts AC                    | 24.45    |         |
| 5    | 765 | Kayla Bowley     | Croydon Harriers            | 24.54    |         |
| 6    | 683 | Zoe Thompson     | Newham & Essex Beagles AC   | 24.66    |         |
| DNS  | 684 | Ellie Turner     | Medway and Maidstone AC     | -        |         |
| DNS  | 688 | Skye Wicks       | The HAWCS                   | -        |         |

| Posn | Bib  | Athlete              | Club  | -1.7 m/s | SEMIS 2 |
|------|------|----------------------|---|----------|---------|
| 1    | 725  | Georgina Adam        | Loughborough Students AC                    | 23.73    | Q       |
| 2    | 676  | Cassie Ann Pemberton | Birchfield Harriers                         | 24.11    | Q       |
| 3    | 820  | Kiah Dubarry-Gay     | Victoria Park Harriers and Tower Hamlets AC | 24.37    | Q       |
| 4    | 658  | Akaysha Ellis        | Enfield and Haringey AC                     | 24.38    | q       |
| 5    | 1121 | Kaliyah Young        | Dartford Harriers AC                        | 24.40    | q       |
| 6    | 1009 | Alicia Regis         | Enfield and Haringey AC                     | 25.21    |         |
| DNS  | 651  | Leonie Ashmeade      | Wakefield District H & AC                   | -        |         |
| DNS  | 650  | Immanuela Aliu       | Blackheath & Bromley Harriers AC            | -        |         |

**200m U23 Men**

**FINAL**

**AGE GROUP BEST: Nethaneel Mitchell-Blake, Newham & EB, 19.95, 2016**

**CBP: Chris Lambert, Belgrave Harriers, 20.58, 2003**

| Posn | Bib | Athlete                | Club                         |            |
|------|-----|------------------------|------------------------------|------------|
|      |     |                        |                              | -0.6       |
| 1    | 136 | Shemar Boldizsar       | Harlow AC                    | 20.65      |
| 2    | 286 | Toby Harries           | Brighton Phoenix AC          | 20.75      |
| 3    | 87  | Jahde Williams         | Harrow AC                    | 21.05      |
| 4    | 237 | Jona Efoloko           | Sale Harriers Manchester     | 21.09      |
| 5    | 419 | Andrew Morgan-Harrison | Kingston upon Hull AC        | 21.28      |
| 6    | 223 | Luke Dorrell           | Aldershot Farnham & District | 21.43      |
| 7    | 271 | Ryan Gorman            | Notts AC                     | 21.53      |
| DQ   | 522 | Nick Stewart           | Enfield and Haringey AC      | Rule 162.8 |

**200m U20 Men**

**AGE GROUP BEST: Christian Malcolm, Cardiff AAC, 20.29, 1998**

**CBP: Christian Malcolm, Cardiff AAC, 20.32, 1998**

| Posn | Bib | Athlete           | Club  | -1.7 m/s | SEMIS 1 |
|------|-----|-------------------|---|----------|---------|
| 1    | 382 | Toby Makoyawo     | Watford Harriers                            | 21.57    | Q       |
| 2    | 2   | Fraser Angus      | Giffnock North AAC                          | 21.71    | Q       |
| 3    | 17  | James Hanson      | Woking AC                                   | 21.72    | Q       |
| 4    | 347 | Derek Kinlock     | Derek Kinlock                               | 21.81    | q       |
| 5    | 164 | Matt Buckner      | Bracknell AC                                | 21.81    | q       |
| 6    | 500 | Michael Shonibare | Victoria Park Harriers and Tower Hamlets AC | 21.85    |         |
| 7    | 389 | Joseph Massimo    | Crawley AC                                  | 21.90    |         |
| 8    | 531 | Bailey Swift      | Rugby & Northampton AC                      | 22.07    |         |

| Posn | Bib | Athlete          | Club                     | -1.3 m/s | SEMIS 2 |
|------|-----|------------------|--------------------------|----------|---------|
| 1    | 434 | Sagesse Nguie    | Trafford Athletic Club   | 21.24    | Q       |
| 2    | 30  | Praise Olatoke   | Kilbarchan AAC           | 21.49    | Q       |
| 3    | 8   | Alwayne Campbell | Birchfield Harriers      | 21.56    | Q       |
| 4    | 37  | Jody Smith       | Charnwood AC             | 21.90    |         |
| 5    | 177 | Joe Chadwick     | Guernsey AC              | 22.12    |         |
| 6    | 11  | Adam Cross       | Cambridge & Coleridge AC | 22.16    |         |
| 7    | 320 | William Hughes   | Nene Valley Harriers     | 22.26    |         |
| DNS  | 204 | Dylan Da Costa   | Croydon Harriers         | -        |         |

**1500m U23 Men**

**AGE GROUP BEST: Josh Kerr, Edinburgh AC, 3:33.60, 2019**

**CBP: James Shane, Newham & Essex Beagles, 3:40.44, 2011**

| Posn | Bib | Athlete        | Club                              | FINAL    |
|------|-----|----------------|-----------------------------------|----------|
| 1    | 192 | Piers Copeland | Wimborne AC                       | 03:50.49 |
| 2    | 302 | Jake Heyward   | Cardiff AAC                       | 03:51.21 |
| 3    | 212 | Archie Davis   | Brighton Phoenix AC               | 03:51.51 |
| 4    | 256 | Adam Fogg      | Coventry Godiva Harriers          | 03:51.62 |
| 5    | 595 | James Young    | Morpeth Harriers                  | 03:52.43 |
| 6    | 219 | Tom Dodd       | Birchfield Harriers               | 03:53.27 |
| 7    | 266 | Euan Gilchrist | Sale Harriers Manchester          | 03:53.34 |
| 8    | 416 | Blake Moore    | Windsor Slough Eton & Hounslow AC | 03:53.55 |
| 9    | 415 | Adam Moore     | Windsor Slough Eton & Hounslow AC | 03:54.71 |
| 10   | 392 | James McCrae   | Hallamshire Harriers Sheffield    | 03:55.20 |
| 11   | 432 | Declan Neary   | Brighton Phoenix AC               | 03:55.96 |
| 12   | 297 | James Heneghan | Southampton Athletic Club         | 03:56.55 |



**400m U20 Women**

**AGE GROUP BEST: Linsey MacDonald, Pitreavie AC, 51.16, 1980**

**CBP: Cheriece Hylton, Blackheath & Bromley AC, 53.54, 2015**

| Posn | Bib  | Athlete             | Club  | FINAL |     |
|------|------|---------------------|---|-------|-----|
| 1    | 734  | Amber Anning        | Brighton & Hove AC                          | 52.54 | CBP |
| 2    | 831  | Louise Evans        | Blackheath & Bromley Harriers AC            | 53.44 |     |
| 3    | 861  | Natasha Harrison    | Stockport Harriers & AC                     | 54.49 |     |
| 4    | 1054 | Maisey Snaith       | Cambridge & Coleridge AC                    | 54.90 |     |
| 5    | 841  | Hannah Foster       | Shaftesbury Barnet Harriers                 | 55.22 |     |
| 6    | 821  | Nayanna Dubarry-Gay | Victoria Park Harriers and Tower Hamlets AC | 55.95 |     |
| 7    | 729  | Emma Alderson       | Liverpool Harriers & AC                     | 56.06 |     |
| 8    | 901  | Gemma Jones         | Corby AC                                    | 56.17 |     |

**400m U23 Women**

**AGE GROUP BEST: Christine Ohuruogu, Newham & Essex Beagles, 50.28, 2006**

**CBP: Christine Ohuruogu, Newham & Essex Beagles, 52.43, 2005**

| Posn | Bib  | Athlete          | Club                        | FINAL |  |
|------|------|------------------|-----------------------------|-------|--|
| 1    | 755  | Lily Beckford    | Shaftesbury Barnet Harriers | 53.00 |  |
| 2    | 919  | Yasmin Liverpool | Coventry Godiva Harriers    | 53.32 |  |
| 3    | 1111 | Hannah Williams  | Herts Phoenix AC            | 53.59 |  |
| 4    | 1028 | Lauren Russell   | Bedford & County AC         | 54.37 |  |
| 5    | 718  | Melissa Roberts  | Birchfield Harriers         | 54.58 |  |
| 6    | 1097 | Nicole Walsh     | Galway City Harriers        | 55.22 |  |
| 7    | 1082 | Laura Turley     | West Cheshire Athletic Club | 55.39 |  |
| 8    | 750  | Ella Barrett     | Trafford Athletic Club      | 55.73 |  |

**800m U20 Men**

**AGE GROUP BEST: David Sharpe, Jarrow & Hebburn AC, 1:45.64, 1986**

**CBP: Niall Brooks, Sale Harriers, 1:47.29, 2010**

| Posn | Bib | Athlete        | Club  | FINAL    |          |
|------|-----|----------------|---|----------|----------|
| 1    | 165 | Max Burgin     | Halifax Harriers & AC                       | 01:45.36 | UK & CBP |
| 2    | 457 | Ben Pattison   | Basingstoke & Mid Hants AC                  | 01:46.71 |          |
| 3    | 400 | Finley McLearn | Exeter Harriers                             | 01:47.33 |          |
| 4    | 140 | Alex Botterill | City of York AC                             | 01:48.55 |          |
| 5    | 175 | Oliver Carvell | Telford AC                                  | 01:48.91 |          |
| 6    | 133 | Yusuf Bizimana | Victoria Park Harriers and Tower Hamlets AC | 01:49.69 |          |
| 7    | 359 | Ben Lee        | Vale Royal AC                               | 01:50.52 |          |
| 8    | 231 | Oliver Dustin  | Border Harriers & AC                        | 01:51.39 |          |

**800m U23 Men**

**AGE GROUP BEST: Sebastian Coe, Haringey AC, 1:43.97, 1978**

**CBP: Richard Hill, Notts AC, 1:47.59, 2007**

| Posn | Bib | Athlete            | Club                                | FINAL    |     |
|------|-----|--------------------|-------------------------------------|----------|-----|
| 1    | 538 | Spencer Thomas     | Brighton Phoenix AC                 | 01:47.31 | CBP |
| 2    | 410 | George Mills       | Brighton Phoenix AC                 | 01:48.70 |     |
| 3    | 515 | Canaan Solomon     | Woodford Green AC with Essex Ladies | 01:49.09 |     |
| 4    | 371 | Markhim Lonsdale   | Crook & Dist Sports AC              | 01:49.38 |     |
| 5    | 428 | Benjamin Murphy    | Tonbridge AC                        | 01:49.79 |     |
| 6    | 480 | Psalm Roberts-Nash | Wolverhampton & Bilston             | 01:50.16 |     |
| 7    | 403 | Daniel Mees        | Newham & Essex Beagles AC           | 01:52.13 |     |
| 8    | 131 | Alexander Birkett  | Kendal Amateur Athletic Club        | 01:53.21 |     |

**800m U20 Women**
**AGE GROUP BEST: Charlotte Moore, Bournemouth AC, 1:59.75, 2002**
**CBP: Laura Finucane, Pendle AC, 2:03.73, 2004**

| Posn | Bib  | Athlete           | Club                             | FINAL    |
|------|------|-------------------|----------------------------------|----------|
| 1    | 762  | Isabelle Boffey   | Enfield and Haringey AC          | 02:04.71 |
| 2    | 875  | Keely Hodgkinson  | Leigh Harriers & AC              | 02:05.77 |
| 3    | 784  | Sarah Calvert     | Livingston & District AAC        | 02:05.83 |
| 4    | 942  | Katy-Ann McDonald | Blackheath & Bromley Harriers AC | 02:06.99 |
| 5    | 1071 | Annie Testar      | Stroud & District AC             | 02:08.21 |
| 6    | 962  | Stephanie Moss    | Sale Harriers Manchester         | 02:08.73 |
| 7    | 1076 | Emily Thompson    | Banbury Harriers AC              | 02:09.03 |
| 8    | 959  | Bethan Morley     | Ilkley Harriers                  | 02:09.15 |

**800m U23 Women**
**AGE GROUP BEST: Christina Boxer, Aldershot F & D, 1:59.05, 1979**
**CBP: Katie Kirk, Lagan Valley, 2:02.78, 2014**

| Posn | Bib  | Athlete        | Club                                   | FINAL    |
|------|------|----------------|--|----------|
| 1    | 1006 | Jemma Reekie   | Kilbarchan AAC                         | 02:06.43 |
| 2    | 742  | Ellie Baker    | Shaftesbury Barnet Harriers            | 02:06.46 |
| 3    | 891  | Isobel Ives    | Basildon AC                            | 02:08.92 |
| 4    | 836  | Gemma Finch    | Basingstoke & Mid Hants AC             | 02:11.29 |
| 5    | 795  | Anna Clark     | Woodford Green AC with Essex Ladies    | 02:11.98 |
| 6    | 944  | Tamsin McGraw  | Amber Valley and Erewash Athletic Club | 02:13.68 |
| DNF  | 965  | Laura Mullin   | Charnwood AC                           | -        |
| DNF  | 785  | Hannah Cameron | Edinburgh AC                           | -        |

**400m U20 Men**
**AGE GROUP BEST: Martyn Rooney, Croydon Harriers, 45.35, 2006**
**CBP: Mark Richardson, Windsor Slough Eton & Hounslow, 45.72, 1991**

| Posn | Bib | Athlete          | Club                                 | FINAL |
|------|-----|------------------|--------------------------------------|-------|
| 1    | 154 | Ethan Brown      | Blackheath & Bromley Harriers AC     | 46.44 |
| 2    | 209 | Lewis Davey      | Peterborough AC                      | 47.47 |
| 3    | 220 | Callum Dodds     | Enfield and Haringey AC              | 47.62 |
| 4    | 292 | Ben Hawkes       | Leamington Cycling and Athletic Club | 47.76 |
| 5    | 244 | Michael Fagbenle | Bexley AC                            | 48.08 |
| 6    | 225 | Billy Doyle      | Pitreavie AAC                        | 48.15 |
| 7    | 490 | Moyo Sargent     | Eastbourne Rovers AC                 | 48.87 |
| 8    | 429 | Conor Murphy     | Medway and Maidstone AC              | 49.09 |

**400m U23 Men**
**AGE GROUP BEST: David Grindley, Wigan, 44.47, 1992**
**CBP: Cameron Chalmers, Guernsey, 45.64, 2017**

| Posn | Bib | Athlete             | Club                                | FINAL |
|------|-----|---------------------|-------------------------------------|-------|
| 1    | 180 | Cameron Chalmers    | Guernsey AC                         | 46.33 |
| 2    | 542 | Lee Thompson        | City of Sheffield and Dearne AC     | 46.45 |
| 3    | 294 | Alex Haydock-Wilson | Windsor Slough Eton & Hounslow AC   | 46.54 |
| 4    | 147 | Joseph Brier        | Swansea Harriers                    | 46.66 |
| 5    | 274 | Ellis Greatrex      | Woodford Green AC with Essex Ladies | 47.20 |
| 6    | 202 | Cathal Crosbie      | Ennis Track Club                    | 47.41 |
| 7    | 463 | Thomas Pitkin       | Havering AC                         | 47.50 |
| 8    | 184 | Ben Claridge        | Abingdon AC                         | 47.53 |

**3000m S/Chase U20 Women**
**AGE GROUP BEST: Emily Pidgeon, Gloucester AC, 10:06.12, 2005**

| Posn | Bib  | Athlete        | Club                         | FINAL    |
|------|------|----------------|------------------------------|----------|
| 1    | 985  | Holly Page     | Dartford Harriers AC         | 10:28.92 |
| 2    | 851  | Maisie Grice   | Aldershot Farnham & District | 10:55.90 |
| 3    | 871  | Lily Higgins   | Halesowen ACC                | 11:41.84 |
| 4    | 1113 | Eleanor Wilson | Buxton AC                    | 12:18.70 |

**3000m S/Chase U23 Women**
**AGE GROUP BEST: Eilish McColgan, Dundee Hawkhill, 9:38.45, 2012**
**CBP: Emily Stewart, Edinburgh AC, 10:02.63, 2012**

| Posn | Bib  | Athlete       | Club                         | FINAL    |
|------|------|---------------|------------------------------|----------|
| 1    | 993  | Aimee Pratt   | Sale Harriers Manchester     | 10:06.53 |
| 2    | 964  | Emily Moyes   | Aldershot Farnham & District | 10:35.25 |
| 3    | 1033 | Nancy Scott   | Aldershot Farnham & District | 10:41.13 |
| 4    | 1103 | Victoria Weir | City Of Plymouth AC          | 10:47.31 |
| 5    | 1036 | Anna Sharp    | Southampton Athletic Club    | 11:08.06 |
| 6    | 923  | Katie Lord    | Notts AC                     | 11:32.86 |
| 7    | 1043 | Ella Shirley  | Notts AC                     | 12:01.04 |
| 8    | 984  | Amber Owens   | Newark AC                    | 12:07.14 |

**200m U20 Men**
**AGE GROUP BEST: Christian Malcolm, Cardiff AAC, 20.29, 1998**
**CBP: Christian Malcolm, Cardiff AAC, 20.32, 1998**

| Posn | Bib | Athlete          | Club                   | -2.3 m/s |
|------|-----|------------------|------------------------|----------|
| 1    | 434 | Sagesse Nguie    | Trafford Athletic Club | 21.54    |
| 2    | 30  | Praise Olatoke   | Kilbarchan AAC         | 21.67    |
| 3    | 382 | Toby Makoyawo    | Watford Harriers       | 21.71    |
| 4    | 2   | Fraser Angus     | Giffnock North AAC     | 21.74    |
| 4    | 17  | James Hanson     | Woking AC              | 21.74    |
| 6    | 164 | Matt Buckner     | Bracknell AC           | 21.77    |
| 7    | 8   | Alwayne Campbell | Birchfield Harriers    | 21.92    |
| DNS  | 347 | Derek Kinlock    | Derek Kinlock          | -        |

**200m U23 Men**
**AGE GROUP BEST: Nethaneel Mitchell-Blake, Newham & EB, 19.95, 2016**
**CBP: Chris Lambert, Belgrave Harriers, 20.58, 2003**

| Posn | Bib | Athlete                | Club                         | -0.6 m/s   |
|------|-----|------------------------|------------------------------|------------|
| 1    | 136 | Shemar Boldizsar       | Harlow AC                    | 20.65      |
| 2    | 286 | Toby Harries           | Brighton Phoenix AC          | 20.75      |
| 3    | 87  | Jahde Williams         | Harrow AC                    | 21.05      |
| 4    | 237 | Jona Efoloko           | Sale Harriers Manchester     | 21.09      |
| 5    | 419 | Andrew Morgan-Harrison | Kingston upon Hull AC        | 21.28      |
| 6    | 223 | Luke Dorrell           | Aldershot Farnham & District | 21.43      |
| 7    | 271 | Ryan Gorman            | Notts AC                     | 21.53      |
| DQ   | 522 | Nick Stewart           | Enfield and Haringey AC      | Rule 162.8 |

**200m U20 Women**

**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 22.61, 2014** **FINAL**

**CBP: Dina Asher-Smith, Blackheath & Bromley AC, 22.74, 2014**

| Posn | Bib  | Athlete              | Club  | -2.6 m/s |
|------|------|----------------------|---|----------|
| 1    | 725  | Georgina Adam        | Loughborough Students AC                    | 23.62    |
| 2    | 676  | Cassie Ann Pemberton | Birchfield Harriers                         | 23.92    |
| 3    | 961  | Jazmine Moss         | Gateshead Harriers & AC                     | 23.96    |
| 4    | 670  | Hannah Kelly         | Bolton United Harriers & AC                 | 24.07    |
| 5    | 1121 | Kalayah Young        | Dartford Harriers AC                        | 24.26    |
| 6    | 668  | Rebecca Jeggo        | Colchester Harriers AC                      | 24.41    |
| 7    | 658  | Akaysha Ellis        | Enfield and Haringey AC                     | 24.47    |
| 8    | 820  | Kiah Dubarry-Gay     | Victoria Park Harriers and Tower Hamlets AC | 24.53    |

**200m U23 Women**

**AGE GROUP BEST: Dina Asher-Smith, Blackheath & Bromley AC, 22.07, 2015** **FINAL**

**CBP: Shannon Hylton, Blackheath & Bromley AC, 23.20, 2017**

| Posn | Bib  | Athlete          | Club                        | -1.2 m/s |
|------|------|------------------|-----------------------------|----------|
| 1    | 692  | Kristal Awuah    | Herne Hill Harriers         | 23.24    |
| 2    | 1007 | Alisha Rees      | Edinburgh AC                | 23.55    |
| 3    | 1125 | Finette Agyapong | Newham & Essex Beagles AC   | 23.72    |
| 4    | 927  | Aoife Lynch      | Donore Harriers             | 24.32    |
| 5    | 709  | Darcey Kuypers   | Medway and Maidstone AC     | 24.32    |
| 6    | 704  | Page Fairclough  | Shaftesbury Barnet Harriers | 24.40    |
| 7    | 712  | Ciara Neville    | Emerald AC                  | 24.63    |
| 8    | 697  | Chloe Burrows    | Bournemouth AC              | 24.88    |

**100m Hurdles U23 Women**

**AGE GROUP BEST: Cindy Ofili, Woodford Green & Essex Ladies AC, 12.60, 2015** **FINAL**

**CBP: Jessica Ennis, City of Sheffield AC, 13.04, 2007**

| Posn | Bib  | Athlete          | Club  | -2.2 m/s |
|------|------|------------------|---|----------|
| 1    | 749  | Alicia Barrett   | Chesterfield & District AC Trafford Athletic Club | 13.61    |
| 2    | 814  | Anastasia Davies | Blackheath & Bromley Harriers AC                  | 13.99    |
| 3    | 805  | Mollie Courtney  | Cheltenham and County Harriers                    | 14.04    |
| 4    | 716  | Sarah Quinn      | St Colemans                                       | 14.08    |
| 5    | 940  | Holly McArthur   | Edinburgh AC                                      | 14.28    |
| 6    | 880  | Alice Hopkins    | Oxford City AC                                    | 14.39    |
| 7    | 1090 | Chelsea Walker   | City of York AC                                   | 14.43    |
| 8    | 926  | Zoe Lucas        | Notts AC  | 14.83    |

**100m Hurdles U20 Women**

**AGE GROUP BEST: Alicia Barrett, Chesterfield, 13.07, 2017** **FINAL**

**CBP: Alicia Barrett, Chesterfield, 13.07, 2017**

| Posn | Bib  | Athlete            | Club                             | -3.3 m/s |
|------|------|--------------------|----------------------------------|----------|
| 1    | 938  | Lucy Jane Matthews | Southampton Athletic Club        | 13.76    |
| 2    | 952  | Holly Mills        | Andover AC                       | 13.83    |
| 3    | 1035 | Marcia Sey         | Croydon Harriers                 | 13.92    |
| 4    | 761  | Jenna Blundell     | Team Bath Athletic Club          | 14.13    |
| 5    | 752  | Anya Bates         | Birchfield Harriers              | 14.43    |
| 6    | 1000 | Amy Pye            | Cannock & Stafford AC            | 14.53    |
| 7    | 799  | Mallory Cluley     | Blackheath & Bromley Harriers AC | 14.95    |
| 8    | 1049 | Kia Slade          | Reading AC                       | 15.37    |

**110m Hurdles U23 Men**

**FINAL**

**AGE GROUP BEST: Colin Jackson, Cardiff AAC, 13.11, 1988**

**CBP: Will Sharman, Belgrave H, 13.49, 2006**

| Posn | Bib | Athlete         | Club                                | -1.9 m/s |
|------|-----|-----------------|-------------------------------------|----------|
| 1    | 252 | Cameron Fillery | Woodford Green AC with Essex Ladies | 13.96    |
| 2    | 600 | Tade Ojora      | Windsor Slough Eton & Hounslow AC   | 14.02    |
| 3    | 569 | James Weaver    | Enfield and Haringey A C            | 14.11    |
| 4    | 100 | Ethan Akanni    | Bexley AC                           | 14.20    |
| 5    | 489 | Robert Sakala   | Croydon Harriers                    | 14.96    |
| 6    | 435 | Jason Nicholson | Gateshead Harriers & AC             | 14.97    |
| 7    | 592 | Dajon Wright    | Bristol and West AC                 | 15.22    |
| 8    | 111 | David Aryeetey  | Charnwood AC                        | 15.48    |

**110m Hurdles U20 Men**

**FINAL**

**AGE GROUP BEST: David Omoregie, Cardiff AAC, 13.17, 2014**

**CBP: David Omoregie, Cardiff AAC, 13.17, 2014**

| Posn | Bib | Athlete         | Club                      | -1.6 m/s   |
|------|-----|-----------------|---------------------------|------------|
| 1    | 596 | Joshua Zeller   | Bracknell AC              | 13.61      |
| 2    | 527 | Jack Sumners    | Stratford Upon Avon AC    | 13.90      |
| 3    | 477 | Jordan Ricketts | Birchfield Harriers       | 14.28      |
| 4    | 425 | Kanya Mtshweni  | Winchester & District AC  | 14.58      |
| 5    | 94  | William Adeyeye | Newham & Essex Beagles AC | 14.69      |
| 6    | 578 | Thomas Wilcock  | Northampton AC            | 14.74      |
| DNF  | 550 | Jack Turner     | Exeter Harriers           | -          |
| DQ   | 295 | Owen Heard      | Harrow AC                 | Rule 162.8 |