

**T12 U23 Men 100m**

**Heat 1**

**22/07/2006**

Wind = -2.5 m/s

1	59	Craig Pickering	Marshall Milton Keynes AC	10.65
2	115	Lloyd Rice	Bristol & West AC	10.86
3	40	Jeffrey Lawal-Balogun	Kent AC	10.97
4	195	Phillip Doorgachurn	Cardiff AAC	11.27
5	193	Ben Richardson	Team Southampton	11.35
6	304	Lawrence Mensah	Herne Hill Harriers	11.35
7				
8				

**T12 U23 Men 100m**

**Heat 2**

**22/07/2006**

Wind = -2.9 m/s

1	3	James Ellington	Belgrave Harriers	10.76
2	366	Simeon Williamson	Highgate Harriers AC	10.76
3	308	Idris Ojuriye	Herne Hill Harriers	11.23
4	397	Elijah Winn	Enfield & Haringey AC	11.25
5	37	Jason Hussain	Belgrave Harriers	11.25
6	78	Stephen Butterfield	City of Stoke AC	11.42
7				
8				

**T12 U23 Men 100m**

**Heat 3**

**22/07/2006**

Wind = -3.3 m/s

1	329	Rikki Fifton	Victoria Park H & Tower Hamlets	10.65
2	399	Leon Baptiste	Enfield & Haringey AC	10.86
3	313	Tunde Balogun	Victoria Park H & Tower Hamlets	10.97
4	387	Eberechi Esenoiu	Boston & District AC	11.27
5	143	Thomas Riley	Manx Harriers	11.35
6	383	Nik Mesney	Wrexham AC	11.35
7				
8				

**T26 U23 Men 100m**

**FINAL**

**22/07/2006**

Wind = +2.4 m/s

1	59	Craig Pickering	Marshall Milton Keynes AC	10.35
2	3	James Ellington	Belgrave Harriers	10.37
3	329	Rikki Fifton	Victoria Park H & Tower Hamlets	10.38
4	366	Simeon Williamson	Highgate Harriers AC	10.38
5	399	Leon Baptiste	Enfield & Haringey AC	10.43
6	115	Lloyd Rice	Bristol & West AC	10.50
7	40	Jeffrey Lawal-Balogun	Kent AC	10.68
8	313	Tunde Balogun	Victoria Park H & Tower Hamlets	10.84

**T46 U23 Men 200m**

**Heat 1**

**23/07/2006**

Wind = +2.4 m/s

1	292	Somto Eruchie	Leicester Coritanian AC	21.85
2	37	Jason Hussain	Belgrave Harriers	21.86
3	196	Carlos Holder	Trafford AC	22.24
4	66	Jamie Coull	Pitreavie AAC	22.54
5	143	Thomas Riley	Manx Harriers	22.76
6				
7				
8				

**T46 U23 Men 200m**

**Heat 2**

**23/07/2006**

Wind = +1.3 m/s

1	3	James Ellington	Belgrave Harriers	21.71
2	40	Jeffrey Lawal-Balogun	Kent AC	21.95
3	113	Marimba Odundon-Mendez	Enfield & Haringey AC	22.32
4	304	Lawrence Mensah	Herne Hill Harriers	22.42
5	245	Sean Vernon	Preston Harriers	22.72
6	306	Kieran Millar	Cambridge University AC	22.75
7				
8				

**T46 U23 Men 200m**

**Heat 3**

**23/07/2006**

Wind = +2.0 m/s

1	399	Leon Baptiste	Enfield & Haringey AC	21.42
2	198	Paul Judson	Notts AC	21.97
3	366	Simeon Williamson	Highgate Harriers AC	22.19
4	195	Phillip Doorgachurn	Cardiff AAC	22.38
5	308	Idris Ojuriye	Herne Hill Harriers	22.57
6	383	Nik Mesney	Wrexham AC	DNS
7				
8				

**T78 U23 Men 200M**

**FINAL**

**23/07/2006**

Wind = +1.6 m/s

1	399	Leon Baptiste	Enfield & Haringey AC	21.03
2	3	James Ellington	Belgrave Harriers	21.48
3	40	Jeffrey Lawal-Balogun	Kent AC	21.70
4	37	Jason Hussain	Belgrave Harriers	21.78
5	196	Carlos Holder	Trafford AC	21.96
6	366	Simeon Williamson	Highgate Harriers AC	22.02
7	198	Paul Judson	Notts AC	22.07
8	292	Somto Eruchie	Leicester Coritanian AC	DNS

**T14 U23 Men 400m**

**Heat 1**

**22/07/2006**

1	140	Rabah Yusuf	Newham & Essex Beagles AC	47.70
2	75	Set Osho	Belgrave Harriers	48.03
3	30	Nick Leavey	Thames Valley H	48.70
4	307	Gareth Turner	Woodford Green & Essex L	49.86
5	338	Neil Gray	Orkney	49.88
6	141	Ian Allerton	Blackheath & Bromley AC	50.36
7	337	Craig Cox	Crawley AC	51.52
8				

**T46 U23 Men 200m**

**Heat 2**

**22/07/2006**

1	201	Richard Buck	Nestle Rowntree AC	48.41
2	253	Scott Caine	Trafford AC	48.96
3	76	Grant Burnett	Inverness Harriers	49.24
4	335	Hamim Lubega	Victoria Park H & Tower Hamlets	49.28
5	260	Shem Nelson	Birchfield Harriers	50.35
6	79	Martin Cook	Mansfield H	51.09
7	18	Matt Sinclair	Crawley AC	52.06
8				

**T14 U23 Men 400m**

**Heat 3**

**22/07/2006**

1	199	Adam Charlton	Shaftesbury Barnet Harriers	49.21
2	388	Mark Berridge	Basingstoke & Mid Hants AC	49.62
3	139	Andy Blow	Basingstoke & Mid Hants AC	50.13
4	234	Gareth Dodd	Herts Phoenix AC	51.88
5	244	Raphael Lewis	Newham & Essex Beagles AC	52.56
6	114	David Awde	Andover AC	53.18
7				
8				

**T33 U23 Men 400m**

**FINAL**

**22/07/2006**

1	201	Richard Buck	Nestle Rowntree AC	46.77
2	199	Adam Charlton	Shaftesbury Barnet Harriers	46.98
3	140	Rabah Yusuf	Newham & Essex Beagles AC	47.15
4	253	Scott Caine	Trafford AC	47.89
5	388	Mark Berridge	Basingstoke & Mid Hants AC	47.92
6	30	Nick Leavey	Thames Valley H	48.89
7	76	Grant Burnett	Inverness Harriers	50.50
8	75	Set Osho	Belgrave Harriers	Disq



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



**T8 U23 Men 800m**

**Heat 1**

**22/07/2006**

1	22	Grame Oudney	Belgrave Harriers	01:54.31
2	380	Chris Bryant	Wigan & Dist H AC	01:55.35
3	361	Andrew Teate	Middlesbrough AC (Mandale)	01:55.36
4	333	Tom Holden	Tipton H	01:55.80
5	256	Matthew Warley	Cheltenham Harriers	01:56.11
6	334	Richard Warburton	Notts AC	01:56.24
7	309	Jon Long	Woodford Green & Essex L	01:56.79
8	112	Ewan Simpson	Pitreavie AAC	01:59.58

**T8 U23 Men 800m**

**Heat 2**

**22/07/2006**

1	202	Darren St Clair	Enfield & Haringey AC	01:53.35
2	339	Michael Dyer	North Down AC	01:53.60
3	368	Ben Green	Warrington AC	01:53.61
4	29	David Proctor	Rochdale Harriers & AC	01:53.91
5	205	Alasdair Stewart	Falkirk Victoria H	01:54.99
6	365	Carl Goose	City of Norwich AC	01:55.73
7	197	Robert Smith	Thames Valley H	02:01.62
8				

**T8 U23 Men 800m**

**Heat 3**

**22/07/2006**

1	95	Stephen Davies	Newport Harriers	01:52.19
2	386	Christopher Gowell	Swansea H	01:52.31
3	60	Chris Saville	Herts Phoenix AC	01:52.45
4	255	Ben Harding	City of Portsmouth AC	01:53.63
5	254	Tom Druce	Channel Isles AC	01:55.12
6	410	Matt Furber	Worthing & District H	01:55.42
7	96	Neil Burnside	Shaftesbury Barnet Harriers	01:59.23
8				

**T75 U23 Men 800m**

**FINAL**

**23/07/2006**

1	386	Christopher Gowell	Swansea H	01:53.16
2	22	Grame Oudney	Belgrave Harriers	01:53.17
3	95	Stephen Davies	Newport Harriers	01:53.43
4	368	Ben Green	Warrington AC	01:54.24
5	202	Darren St Clair	Enfield & Haringey AC	01:54.34
6	380	Chris Bryant	Wigan & Dist H AC	01:54.99
7	339	Michael Dyer	North Down AC	01:56.12
8	60	Chris Saville	Herts Phoenix AC	01:56.19

**T31 U23 Men 1500m**

**Heat 1**

**22/07/2006**

1	970	Tom Humphries	Cannock & Stafford AC	03:49.98
2	867	Alan Wales	Aberdeen AAC	03:50.06
3	698	Shaun Moralee	Durham City Harriers & AC	03:50.10
4	1140	Jamie Atkinson	Blackheath & Bromley AC	03:50.27
5	790	Tom Settle	Sale Harriers Manchester	03:50.32
6	965	Frank Baddick	North Devon AC	03:50.51
7	1147	Paul Hutton	Gosforth Harriers & AC	03:52.56
8	1125	Chris Hart	Blackburn Harriers & AC	03:54.14
9	782	Ryan McLeod	Elswick Harriers	03:56.00
10	686	Lee Reynolds	Herts Phoenix AC	04:05.56
11	882	Matthew Addison	Bromsgrove & Redditch AC	DNS
12	112	Ewan Simpson	Pitreavie AAC	DNS

**T31 U23 Men 1500m**

**Heat 2**

**22/07/2006**

1	1026	Christopher Parr	Gateshead Harriers	03:55.34
2	1168	Mark Buckingham	Holmfirth Harriers AC	03:55.41
3	720	Tom Penfold	Birchfield Harriers	03:55.43
4	747	Ian Rawlinson	Border Harriers & AC	03:55.66
5	725	Andy Whetstone	Marshall Milton Keynes AC	03:55.88
6	779	Ryan Stephenson	North Shields Poly	03:56.62
7	696	Benjamin Jones	Coventry Godiva H	03:57.53
8	1107	Edward Lumley	Worcester AC	04:04.69
9	1024	Adam Vandenberg	Loughborough Students AC	04:07.39
10	780	Paul Erwood	Vale of Aylesbury AC	04:10.21
11	878	Ross Toole	Kilbarchan AAC	DNF
12	973	Andrew Baker	Yeovil Olympiads AC	DNF

**T69 U23 Men 1500m**

**FINAL**

**23/07/2006**

1	867	Alan Wales	Aberdeen AAC	03:49.93
2	790	Tom Settle	Sale Harriers Manchester	03:50.79
3	970	Tom Humphries	Cannock & Stafford AC	03:51.36
4	720	Tom Penfold	Birchfield Harriers	03:52.05
5	1026	Christopher Parr	Gateshead Harriers	03:52.42
6	747	Ian Rawlinson	Border Harriers & AC	03:53.04
7	698	Shaun Moralee	Durham City Harriers & AC	03:53.29
8	1140	Jamie Atkinson	Blackheath & Bromley AC	03:54.32
9	725	Andy Whetstone	Marshall Milton Keynes AC	03:54.92
10	1147	Paul Hutton	Gosforth Harriers & AC	03:55.32
11	1168	Mark Buckingham	Holmfirth Harriers AC	03:56.82
12	965	Frank Baddick	North Devon AC	03:57.35

**T15 U23 Men 5000m**

**FINAL**

**22/07/2006**

1	1018	Moumin Geele	Newham & Essex Beagles AC	14:41.45
2	670	Philip Wicks	Belgrave Harriers	14:45.64
3	1033	Matthew Ashton	Aldershot Farnham & Dist AC	14:52.61
4	812	Iain Donnan	Lothian AC	14:53.85
5	794	Daniel Pettit	Peterborough AC	14:59.85
6	607	Daniel Watts	Peterborough AC	15:03.32
7	778	John Beattie	Team Southampton	15:03.33
8	967	Richard Kay	Notts AC	15:06.06
9	610	Adam Grice	Heanor Running Club	15:15.91
10	788	John Newsom	Pitreavie AAC	15:15.95
11	1025	Tommy Davies	Team Southampton	15:22.53
12	1022	Kelvin Hardy	Ipswich Harriers	15:27.26
13	972	Joshua Lilly	Severn AC	15:29.81
14	1031	James Ellis	Aldershot Farnham & Dist AC	15:36.32
15	1172	Luke Northall	Tipton H	15:50.49

**T52 U23 Men 110m Hurdles**

**Heat 1**

**23/07/2006**

Wind = +0.8 m/s

1	74	David Hughes	Trafford AC	13.74
2	876	Tom Carey	Shaftesbury Barnet Harriers	14.75
3	193	Ben Richardson	Team Southampton	14.77
4	877	Callum McKay	Windsor Slough Eton & H	14.88
5	831	Darren Lewis	Tipton H	14.89
6	1177	Duncan Rogers	City of Edinburgh	15.44
7				
8				

**T52 U23 Men 110m Hurdles**

**Heat 2**

**23/07/2006**

Wind = +1.8 m/s

1	789	William Sharman	Belgrave Harriers	13.55
2	1016	Nicholas Gayle	City of Stoke AC	14.76
3	875	Suote Nyananyo	Newham & Essex Beagles AC	14.77
4	1153	Franklin Opara	Sale Harriers Manchester	14.85
5	683	Andrew Sturrock	Gateshead Harriers	14.98
6	746	Robert Henry	Enfield & Haringey AC	15.27
7				
8				

**T63 U23 Men 110m Hurdles**

**FINAL**

**23/07/2006**

Wind = +0.8 m/s

1	789	William Sharman	Belgrave Harriers	13.49
2	74	David Hughes	Trafford AC	13.57
3	1153	Franklin Opara	Sale Harriers Manchester	14.54
4	1016	Nicholas Gayle	City of Stoke AC	14.59
5	876	Tom Carey	Shaftesbury Barnet Harriers	14.64
6	875	Suote Nyananyo	Newham & Essex Beagles AC	14.72
7	193	Ben Richardson	Team Southampton	14.79
8	877	Callum McKay	Windsor Slough Eton & H	15.01

**T2 U23 Men 400m Hurdles**

**Heat 1**

**22/07/2006**

1	660	Iain McDonald	Birchfield Harriers	54.17
2	876	Tom Carey	Shaftesbury Barnet Harriers	55.18
3	874	Rupert Gardner	Newham & Essex Beagles AC	56.01
4	966	James Findlay	Shettleston Harriers	56.20
5	974	Danny Hunt	Newham & Essex Beagles AC	56.47
6				
7				
8				

**T2 U23 Men 400m Hurdles**

**Heat 2**

**22/07/2006**

1	1076	Ben Carne	Cambridge University AC	52.95
2	834	Rick Yates	Trafford AC	53.68
3	964	Edward Harrison	Blackheath & Bromley AC	55.27
4	1155	Matthew Williams	Cardiff AAC	56.22
5	1100	Daniel Eckersley	Burnley AC	56.41
6				
7				
8				

**T42 U23 Men 400m Hurdles**

**FINAL**

**23/07/2006**

1	1076	Ben Carne	Cambridge University AC	52.57
2	834	Rick Yates	Trafford AC	53.43
3	876	Tom Carey	Shaftesbury Barnet Harriers	53.61
4	660	Iain McDonald	Birchfield Harriers	54.09
5	1155	Matthew Williams	Cardiff AAC	56.45
6	874	Rupert Gardner	Newham & Essex Beagles AC	56.67
7	966	James Findlay	Shettleston Harriers	57.78
8				

**T21 U23 Men 3000mSC**

**FINAL**

**22/07/2006**

1	1019	Samater Farah	Newham & Essex Beagles AC	09:11.31
2	1029	Alex Pilcher	Derby AC	09:13.55
3	1020	Tim Wallis	UWIC	09:15.63
4	608	Glen Watts	Peterborough AC	09:24.20
5	872	Paul McCloskey	Pitreavie AAC	09:35.79
6	1073	Tim Egerton	Trafford AC	09:57.71
7	963	Anthony Wilson	UWIC	10:03.54
8	1034	Dominik Morton	Halesowen A & CC	10:09.04

**T38 U23 Men 10kmW**

**FINAL**

**23/07/2006**

1	832	Luke Finch	Colchester & Tendering AC	47:59.51
---	-----	------------	---------------------------	----------

**F2 U23 Men Hammer**

**22/07/2006**

1	758	Matthew Richards	Swansea H	51.83
2	744	Sean Penny	Cheltenham Harriers	44.36

**F12 U23 Men Discus**

**22/07/2006**

1	871	Leslie Richards	Trafford AC	51.38
2	684	Simon Cooke	Chichester Runners & AC	50.15
3	745	Mark Allen	Belgrave Harriers	46.33
4	813	Samuel Herrington	Birchfield Harriers	46.30
5	1149	Jake Hazell	Montpellier AC, France	45.55
6	759	Jeremy Harper	North Down AC	45.15
7	637	David Coleman	Tonbridge AC	42.41
8	1023	Andrew Thomas	Birchfield Harriers	41.84

**F8 U23 Men Shot**

**22/07/2006**

1	748	Chris Gearing	Belgrave Harriers	17.12
2	745	Mark Allen	Belgrave Harriers	16.88
3	722	Craig Sturrock	Gateshead Harriers	15.92
4	833	Kyle Stevens	Kingston AC & Poly Harriers	15.72

**F30 U23 Men Javelin**

**23/07/2006**

1	814	Alexander Van Der Merwe	Birchfield Harriers	64.64
2	707	Stuart Harvey	Blackheath & Bromley AC	63.22
3	884	Christopher Eden	Notts AC	61.75
4	1032	Mervyn Luckwell	Marshall Milton Keynes AC	61.43
5	700	Felix Hatton	Kingston AC & Poly Harriers	60.82
6	636	Ben Fisher	St Helens Sutton AC	56.23
7	1091	Robert Eggleton	City of Stoke AC	56.19

**F11 U23 Men High Jump**

**22/07/2006**

1	1021	Adam Scarr	Enfield & Haringey AC	2.22
2	791	Tom Parsons	Birchfield Harriers	2.19
3	1167	Nick Stanisavljevic	Woking AC	2.16
4	787	Simon Phelan	Channel Isles AC	2.04
5	701	Alex Girdler	Trafford AC	2.00
6	880	Adam Gallie	Derby AC	1.96
7	605	Jamie Thomas	Birchfield Harriers	NHC

**F21 U23 Men Pole Vault**

**23/07/2006**

1	668	Paul Walker	Loughborough Students AC	4.95
2	1148	Christopher Tremayne	Cannock & Stafford AC	4.85



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



**F15 U23 Men Triple Jump**

**22/07/2006**

Wind

1	1099	Gary White	UWIC	15.47	-0.1
2	669	Elliot O'Neill	UWIC	15.04	+0.2
3	1092	Graeme Matthews	City of Sheffield AC	14.83	+0.3
4	781	Dan Stockdale	Trafford AC	14.70	-0.2
5	1078	James Townsend	Sale Harriers Manchester	14.39	-0.4
6	721	Matt Morsia	Ashford AC	14.16	-0.4
7	364	Anthony Mattis	Bristol & West AC	14.13	+0.4
8	971	Jacob Brown	City of Manchester	13.96	+0.2

**F18 U23 Men Long Jump**

**23/07/2006**

Wind

1	793	Chris Kirk	Wakefield & District H & AC	7.41	+1.4
2	1075	Steven Small	Loughborough Students AC	7.34	+1.2
3	971	Jacob Brown	City of Manchester	7.18	+0.8
4	1163	Ryan James	Birchfield Harriers	7.18	+1.9
5	659	James Heptonstall	Kingston AC & Poly Harriers	6.90	+0.9
6	786	Matthew Hulyer	Thames Valley H	6.78	+1.4
7	1017	Chris Morgan	Crawley AC	6.70	+1.7
8	1158	Ezekiel Ewulo	Herne Hill Harriers	6.66	+0.8
9	868	Ollly Briggs	Windsor Slough Eton & H	6.59	-0.9
10	669	Elliot O'Neill	UWIC	4.00	+2.1

**T10 U20 Men 100m**

**Heat 1**

**22/07/2006**

Wind = +0.3 m/s

1	123	Wade Bennett-Jackson	Belgrave Harriers	10.68
2	417	Jermaine Downie	Birchfield Harriers	10.84
3	301	Adam Butler	Windsor Slough Eton & H	10.97
4	119	Ryan Farrington	Birchfield Harriers	11.13
5	223	Leon James-Lionel	Windsor Slough Eton & H	11.47
6	226	Stephen Sumner	Hyndburn AC	11.49
7	281	Craig Fleming	Harrow AC	11.74
8				

**T10 U20 Men 100m**

**Heat 2**

**22/07/2006**

Wind = 0.0 m/s

1	231	Harry Aikines-Aryeetey	Sutton & Dist AC	10.87
2	162	Yusuf Aliu	Middlesbrough AC (Mandale)	11.12
3	377	Junior Dwaah	Victoria Park H & Tower Hamlets	11.13
4	34	Ryan Oswald	Pitreavie AAC	11.20
5	33	Fahad Khan	Windsor Slough Eton & H	11.32
6	378	Justin Geohagen	Shaftesbury Barnet Harriers	17.68
7	291	Thomas Moore	Shettleston Harriers	DNS
8				

**T10 U20 Men 100m**

**Heat 3**

**22/07/2006**

Wind = -1.4 m/s

1	379	Gerald Phiri	City of Sheffield AC	11.04
2	238	Moses Arthur	London Heathside Runners	11.08
3	295	Daniel Haque	Blackheath & Bromley AC	11.16
4	279	Luke Baker	Birchfield Harriers	11.18
5	1	Alexander Stokes	Liverpool Pembroke & Sefton H	11.55
6	207	Amin Ahmadnia	Highgate Harriers AC	11.64
7	342	Aaron Broderick	South London Harriers	12.16
8				

**T10 U20 Men 100m**

**Heat 4**

**22/07/2006**

Wind = -0.8 m/s

1	332	Leevan Yearwood	Victoria Park H & Tower Hamlets	10.84
2	404	Thomas Martin	Sale Harriers Manchester	11.04
3	403	Nicholas Noble-Willock	New Forest Juniors	11.21
4	288	Aaron Balogun	Iford AC	11.37
5	67	Warren Fenn	City of Sheffield AC	11.45
6	326	Andre Laidley	Enfield & Haringey AC	11.46
7				
8				

**T10 U20 Men 100m**

**Heat 5**

**22/07/2006**

Wind = -4.7 m/s

1	68	Ryan Scott	Yate AC	11.04
2	302	Danny Doyley	Blackheath & Bromley AC	11.12
3	340	Nigel Levine	Bedford & County AC	11.26
4	376	Paul-Ayotunde Payne	Herne Hill Harriers	11.37
5	211	Kelvin Callender	Reading AC	11.49
6	44	Liam Freemantle	Newbury AC	11.59
7				
8				

**T17 U20 Men 100m**

**Semi Final 1**

**22/07/2006**

Wind = +3.1 m/s

1	123	Wade Bennett-Jackson	Belgrave Harriers	10.39
2	379	Gerald Phiri	City of Sheffield AC	10.53
3	68	Ryan Scott	Yate AC	10.60
4	162	Yusuf Aliu	Middlesbrough AC (Mandale)	10.80
5	238	Moses Arthur	London Heathside Runners	10.83
6	34	Ryan Oswald	Pitreavie AAC	10.86
7	377	Junior Dwaah	Victoria Park H & Tower Hamlets	10.90
8	301	Adam Butler	Windsor Slough Eton & H	10.91





Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



**T17 U20 Men 100m**

**Semi Final 2**

**22/07/2006**

Wind = +1.1 m/s

1	231	Harry Aikines-Aryeetey	Sutton & Dist AC	10.46
2	332	Leevan Yearwood	Victoria Park H & Tower Hamlets	10.62
3	302	Danny Doyley	Blackheath & Bromley AC	10.66
4	417	Jermaine Downie	Birchfield Harriers	10.71
5	295	Daniel Haque	Blackheath & Bromley AC	10.92
6	119	Ryan Farrington	Birchfield Harriers	11.02
7	279	Luke Baker	Birchfield Harriers	11.02
8	404	Thomas Martin	Sale Harriers Manchester	DNS

**T25 U20 Men 100m**

**FINAL**

**22/07/2006**

Wind = -0.5 m/s

1	231	Harry Aikines-Aryeetey	Sutton & Dist AC	10.49
2	123	Wade Bennett-Jackson	Belgrave Harriers	10.50
3	379	Gerald Phiri	City of Sheffield AC	10.59
4	332	Leevan Yearwood	Victoria Park H & Tower Hamlets	10.64
5	417	Jermaine Downie	Birchfield Harriers	10.73
6	302	Danny Doyley	Blackheath & Bromley AC	10.75
7	162	Yusuf Aliu	Middlesbrough AC (Mandale)	11.04
8	68	Ryan Scott	Yate AC	11.34

**T44 U20 Men 200m**

**Heat 1**

**23/07/2006**

Wind = +0.6 m/s

1	215	Alex Nelson	City of Stoke AC	21.85
2	315	David Telfer-James	Enfield & Haringey AC	22.01
3	301	Adam Butler	Windsor Slough Eton & H	22.31
4	33	Fahad Khan	Windsor Slough Eton & H	22.43
5	311	Luke Smallwood	Medway & Maidstone AC	23.22
6	287	Mitchell Swain	Birchfield Harriers	23.44
7	371	Alex Babb	Victoria Park H & Tower Hamlets	24.32
8				

**T44 U20 Men 200m**

**Heat 2**

**23/07/2006**

Wind = +0.2 m/s

1	231	Harry Aikines-Aryeetey	Sutton & Dist AC	21.95
2	411	Andrew Watkins	Cwmbran Harriers	21.95
3	340	Nigel Levine	Bedford & County AC	21.98
4	239	Joshua Cayenne	Spensborough & Dist AC	22.72
5	34	Ryan Oswald	Pitreavie AAC	22.93
6	226	Stephen Sumner	Hyndburn AC	23.18
7	280	Jamie Bowie	Inverness Harriers	23.32
8				

**T44 U20 Men 200m**

**Heat 3**

**23/07/2006**

Wind = +1.5 m/s

1	35	Rion Pierre	Windsor Slough Eton & H	21.60
2	219	Gary Atkinson	Sale Harriers Manchester	21.66
3	375	Andrew Kelly	Liverpool Harriers & AC	22.20
4	211	Kelvin Callender	Reading AC	22.61
5	283	Craig Johnson	Windsor Slough Eton & H	22.77
6	314	Ricardo Francis	Wakefield & District H & AC	23.01
7	390	Barrington David	Windsor Slough Eton & H	23.24
8				

**T44 U20 Men 200m**

**Heat 4**

**23/07/2006**

Wind = +1.8 m/s

1	290	Luke Fagan	Enfield & Haringey AC	22.39
2	288	Aaron Balogun	Iford AC	22.58
3	331	Idowu Akindele	Sutton & Dist AC	22.66
4	294	Seyi Akande	Chelmsford AC	22.79
5	14	James Folkes	Andover AC	22.81
6	223	Leon James-Lionel	Windsor Slough Eton & H	22.88
7	161	Ben Stramkowski	Derby AC	DNF
8				



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
 Saturday 22 & Sunday 23 July 2006  
 Bedford International Stadium



**T44 U20 Men 200m**

**Heat 5**

**23/07/2006**

Wind = +2.3 m/s

1	302	Danny Doyley	Blackheath & Bromley AC	21.77
2	316	Lloyd Reffell	Cardiff AAC	22.18
3	295	Daniel Haque	Blackheath & Bromley AC	22.33
4	208	Luke Lennon-Ford	Birchfield Harriers	22.50
5	382	Anton Bradley	Sale Harriers Manchester	22.94
6	155	Zachari Bach	Newham & Essex Beagles AC	23.28
7	278	Troy Flood	Kent AC	24.25
8				

**T77 U20 Men 200m**

**FINAL**

**23/07/2006**

Wind = +1.8 m/s

1	215	Alex Nelson	City of Stoke AC	21.05
2	35	Rion Pierre	Windsor Slough Eton & H	21.32
3	231	Harry Aikines-Aryeetey	Sutton & Dist AC	21.40
4	302	Danny Doyley	Blackheath & Bromley AC	21.41
5	340	Nigel Levine	Bedford & County AC	21.81
6	315	David Telfer-James	Enfield & Haringey AC	22.06
7	33	Fahad Khan	Windsor Slough Eton & H	22.51
8	411	Andrew Watkins	Cwmbran Harriers	22.92

**T13 U20 Men 400m**

**Heat 1**

**22/07/2006**

1	293	Grant Baker	Leicester Coritanian AC	48.35
2	156	Ryan Thomas	Belgrave Harriers	48.97
3	282	Will Oyowe	Medway & Maidstone AC	49.68
4	416	David Scholey	Rotherham Harriers & AC	50.20
5	150	Thomas Alldread	Derby AC	51.12
6	57	Ted Romney	Blackpool & Fylde AC	51.13
7	373	Frazer Deans	Newham & Essex Beagles AC	51.90
8				

**T13 U20 Men 400m**

**Heat 2**

**22/07/2006**

1	11	Kris Robertson	Kirkintilloch Olympians	49.14
2	230	Mark Grimshaw	Liverpool Pembroke & Sefton H	49.46
3	224	Rhys Smith	Halifax Harriers & AC	49.96
4	391	Timothy Kuria	Woking AC	50.80
5	369	Matthew Leadbitter	Shaftesbury Barnet Harriers	51.32
6	280	Jamie Bowie	Inverness Harriers	51.44
7	227	Matthew Schweiger	Unattached	54.07
8				

**T13 U20 Men 400m**

**Heat 3**

**22/07/2006**

1	121	Chris Clarke	Marshall Milton Keynes AC	49.08
2	346	Stephen Johnson	Windsor Slough Eton & H	49.31
3	49	Nat Smithies	Cardiff AAC	49.93
4	284	Charles Pook	Huntingdonshire AC	50.23
5	208	Luke Lennon-Ford	Birchfield Harriers	50.59
6	217	Jamie Fenaroli	Swansea H	50.90
7	72	Aaron Dombey	Watford Harriers	52.58
8				

**T13 U20 Men 400m**

**Heat 4**

**22/07/2006**

1	118	Louis Sellers	Winchester & District AC	48.93
2	374	Louis Kwakye	Woodford Green & Essex L	49.23
3	120	Adam Daish	Herts Phoenix AC	49.25
4	160	Christopher Smith	Wirral AC	50.32
5	117	Andrew Dean-Young	University of Birmingham	50.54
6	371	Alex Babb	Victoria Park H & Tower Hamlets	51.32
7				
8				



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



<b>T13 U20 Men 400m</b>		<b>Heat 5</b>		<b>22/07/2006</b>
1	209	Robert Davis	Birchfield Harriers	49.20
2	289	Bruce Tasker	Carmarthen Harriers	49.56
3	125	Dwayne Lewis	Birchfield Harriers	49.79
4	73	Aaron Teall	UWIC	50.33
5	303	Paige Haines	Basildon AC	50.83
6	56	Craig Robertson	Pitreavie AAC	51.19
7	92	Patrick Palmer-Junior	Birchfield Harriers	51.52
8				

<b>T32 U20 Men 400m</b>		<b>Semi Final 1</b>		<b>22/07/2006</b>
1	293	Grant Baker	Leicester Coritanian AC	47.09
2	209	Robert Davis	Birchfield Harriers	48.35
3	11	Kris Robertson	Kirkintilloch Olympians	48.55
4	346	Stephen Johnson	Windsor Slough Eton & H	48.78
5	125	Dwayne Lewis	Birchfield Harriers	49.88
6	282	Will Oyowe	Medway & Maidstone AC	49.98
7	230	Mark Grimshaw	Liverpool Pembroke & Sefton H	50.02
8	416	David Scholey	Rotherham Harriers & AC	DNS

<b>T32 U20 Men 400m</b>		<b>Semi Final 1</b>		<b>22/07/2006</b>
1	121	Chris Clarke	Marshall Milton Keynes AC	47.45
2	118	Louis Sellers	Winchester & District AC	48.13
3	156	Ryan Thomas	Belgrave Harriers	48.36
4	374	Louis Kwakye	Woodford Green & Essex L	48.57
5	289	Bruce Tasker	Carmarthen Harriers	48.80
6	120	Adam Daish	Herts Phoenix AC	49.39
7	224	Rhys Smith	Halifax Harriers & AC	50.22
8	49	Nat Smithies	Cardiff AAC	DNF

<b>T67 U20 Men 400m</b>		<b>FINAL</b>		<b>23/07/2006</b>
1	293	Grant Baker	Leicester Coritanian AC	46.98
2	121	Chris Clarke	Marshall Milton Keynes AC	47.25
3	11	Kris Robertson	Kirkintilloch Olympians	47.97
4	209	Robert Davis	Birchfield Harriers	48.27
5	374	Louis Kwakye	Woodford Green & Essex L	48.34
6	156	Ryan Thomas	Belgrave Harriers	48.34
7	118	Louis Sellers	Winchester & District AC	48.52
8	346	Stephen Johnson	Windsor Slough Eton & H	49.88

<b>T6 U20 Men 800m</b>		<b>Heat 1</b>		<b>22/07/2006</b>
1	5	James Brewer	Cheltenham Harriers	01:52.71
2	101	Nicholas Moore	Kilbarchan AAC	01:52.78
3	221	Dean Goodman	Harrow AC	01:52.90
4	153	Mathew Turner	Glasgow School of Sport	01:52.92
5	236	Mark Haskett	Aberdeen AAC	01:55.09
6	395	Andrew Stanton	Chester-Le-Street & Dist AC	01:56.45
7	372	Ben Styles	Stockport Harriers & AC	DNF
8	151	Paul Bradshaw	Blackburn Harriers & AC	DNF

<b>T6 U20 Men 800m</b>		<b>Heat 2</b>		<b>22/07/2006</b>
1	36	Mark Mitchell	Forres Harriers	01:53.26
2	402	Andrew Osagie	Harlow AC	01:53.33
3	214	Oliver Blake	Oswestry Olympians	01:53.40
4	16	Richard Larsen	Bracknell AC	01:53.47
5	394	Andrew Gibson	Kilbarchan AAC	01:55.49
6	220	Ben Craddock	Leeds City AC	01:56.23
7	159	Nathan Elliott	Wakefield & District H & AC	01:57.93
8	237	Sam Bradley	Marshall Milton Keynes AC	02:00.63



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



<b>T6</b>	<b>U20 Men 800m</b>		<b>Heat 3</b>	<b>22/07/2006</b>
1	104	Kieran Flannery	Gateshead Harriers	01:54.76
2	122	Ed Aston	Cambridge & Coleridge AC	01:54.88
3	344	Rob Banjac	Rochdale Harriers & AC	01:55.03
4	286	Rick Ward	City of Norwich AC	01:55.06
5	216	Martyn Gibbons	Notts AC	01:55.16
6	124	Joe Van Der Toorn	Belgrave Harriers	01:56.70
7	341	Anthony Gray	Birmingham Rowheath	01:58.44
8	310	James Griffiths	Vale Royal AC	02:04.52

<b>T6</b>	<b>U20 Men 800m</b>		<b>Heat 4</b>	<b>22/07/2006</b>
1	39	James Mills	Wrexham AC	01:52.90
2	102	Joe Thomas	Cardiff AAC	01:53.00
3	91	Douglas Selman	Corstorphine AAC	01:53.42
4	409	Christopher Brown	Mansfield H	01:53.95
5	303	Paige Haines	Basildon AC	01:55.94
6	212	Mark Burchett	Worthing & District H	01:59.37
7	222	Seb Somers	Wessex & Bath AC	02:02.19
8	71	Steven Morrow	Ballymena & Antrim	DNF

<b>T71</b>	<b>U20 Men 800m</b>		<b>FINAL</b>	<b>23/07/2006</b>
1	39	James Mills	Wrexham AC	01:52.68
2	5	James Brewer	Cheltenham Harriers	01:52.69
3	122	Ed Aston	Cambridge & Coleridge AC	01:52.75
4	104	Kieran Flannery	Gateshead Harriers	01:53.59
5	36	Mark Mitchell	Forres Harriers	01:54.25
6	101	Nicholas Moore	Kilbarchan AAC	01:54.45
7	91	Douglas Selman	Corstorphine AAC	01:54.91
8	409	Christopher Brown	Mansfield H	01:55.01

<b>T29</b>	<b>U20 Men 1500m</b>		<b>Heat 1</b>	<b>22/07/2006</b>
				Manual Timing
1	988	Tom Bilham	Newham & Essex Beagles AC	03:52.4
2	921	Ricky Stevenson	New Marske Harriers AC	03:53.0
3	728	Kristopher Gauson	Belgrave Harriers	03:53.0
4	1137	David Bishop	Bristol & West AC	03:53.1
5	1132	Lewis Moses	Newton Aycliffe	03:53.1
6	603	Rory Fraser	OWLS AC	03:53.2
7	741	Daniel Shane	Basildon AC	03:56.3
8	706	Mark Burgess	Woodford Green & Essex L	03:58.8
9	648	Thomas Boardman	Leigh Harriers & AC	03:58.8
10	992	Gary Bradbury	Woking AC	04:00.1
11	1008	Peter Street	Preston Harriers	04:02.4
12	225	Joseph Durrant	Cambridge Harriers	04:05.3
13	802	Sam Walsh	Swansea H	04:10.2

<b>T29</b>	<b>U20 Men 1500m</b>		<b>Heat 2</b>	<b>22/07/2006</b>
				Manual Timing
1	154	Garry Bristow	Trafford AC	03:53.8
2	898	Laurence Cox	Aldershot Farnham & Dist AC	03:54.1
3	1114	Mike Tallis	IIF Group	03:54.2
4	738	Martin Mashford	Aldershot Farnham & Dist AC	03:54.3
5	975	Tom Minshull	Trafford AC	03:54.5
6	1005	Tom Marley	Bristol & West AC	03:54.7
7	740	James Shane	Basildon AC	03:55.0
8	777	Lewis Timmins	Gosforth Harriers & AC	03:57.3
9	767	Jonathan Taylor	Middlesbrough AC (Mandale)	03:57.4
10	806	Ieuan Thomas	Cwmbran Harriers	03:58.4
11	1161	Alec Duffield	Loftus AC	04:03.6
12	993	Craig Ruddy	Inverclyde AC	04:04.9



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



**T62 U20 Men 1500m**

**FINAL**

**23/07/2006**

1	728	Kristopher Gauson	Belgrave Harriers	03:50.31
2	988	Tom Bilham	Newham & Essex Beagles AC	03:50.57
3	738	Martin Mashford	Aldershot Farnham & Dist AC	03:51.28
4	154	Garry Bristow	Trafford AC	03:53.01
5	1137	David Bishop	Bristol & West AC	03:53.37
6	1114	Mike Tallis	IIF Group	03:53.44
7	1132	Lewis Moses	Newton Aycliffe	03:54.49
8	921	Ricky Stevenson	New Marske Harriers AC	03:54.84
9	1005	Tom Marley	Bristol & West AC	03:55.21
10	603	Rory Fraser	OWLS AC	03:56.18
11	975	Tom Minshull	Trafford AC	03:59.93
12	898	Laurence Cox	Aldershot Farnham & Dist AC	04:11.46

**T20 U20 Men 5000m**

**FINAL**

**22/07/2006**

Manual Timing

1	769	Adam Hickey	Southend on Sea AC	14:47.4
2	768	Gregory Billington	Belgrave Harriers	14:51.4
3	1062	Darren Shinnie	Aberdeen AAC	14:53.3
4	1129	Conor McNulty	Kilbarchan AAC	14:57.5
5	630	Andrew Livingstone	Thurrock Harriers AC	14:59.0
6	677	Michael Crawley	Durham City Harriers & AC	15:02.5
7	910	Mitch Goose	City of Norwich AC	15:06.3
8	896	Craig Peters	Bristol & West AC	15:09.5
9	912	Stephen Trainer	Greenock Glenpark Harriers	15:11.3
10	1130	Chris Devenney	Kilbarchan AAC	15:12.8
11	694	Matthew Clough	Leeds City AC	15:16.7
12	631	Richard Harper	Leamington C & AC	15:38.9
13	1134	Stuart Huntington	City of Norwich AC	15:44.8
14	1136	Michael Gillespie	Central AC	15:48.2
15	1144	David Phee	Giffnock North AC	DNF

**T51 U20 Men 110m Hurdles**

**Heat 1**

**23/07/2006**

Wind = +3.3 m/s

1	1175	Mike Van Kruchten	Holland	13.82
2	982	Julian Adeniran	Charnwood AC	13.95
3	679	Robert James	Birchfield Harriers	14.02
4	1127	Daniel Davis	Sutton & Dist AC	14.28
5	838	Daniel Maynard	Charnwood AC	14.34
6	676	Paul Whittle	Blackburn Harriers & AC	15.39
7				
8				

**T51 U20 Men 110m Hurdles**

**Heat 2**

**23/07/2006**

Wind = +4.0 m/s

1	927	Gianni Frankis	Basildon AC	13.68
2	1053	Edirin Okoro	Birchfield Harriers	14.23
3	836	Charlie Kavanagh	City of Sheffield AC	14.55
4	1057	James Wright	Sale Harriers Manchester	14.73
5	1139	Eoin Hannon	Ireland	14.99
6	675	Edward Preston	Poole AC	16.66
7				
8				

**T51 U20 Men 110m Hurdles**

**Heat 3**

**23/07/2006**

Wind = +2.0 m/s

1	1135	Philip Jarrett	City of Sheffield AC	14.33
2	1066	Callum Priestley	Leicester Coritanian AC	14.36
3	980	Alexander Al-Ameen	Blackheath & Bromley AC	14.48
4	808	Michael Holden	Colchester Harriers AC	15.34
5	1059	Matthew Shaw	Scunthorpe & District AC	15.46
6	926	Tom Burton	Tamworth AC	16.19
7				
8				



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
 Saturday 22 & Sunday 23 July 2006  
 Bedford International Stadium



**T64 U20 Men 110m Hurdles**

**FINAL**

**23/07/2006**

Wind = +1.0 m/s

1	927	Gianni Frankis	Basildon AC	13.68
2	982	Julian Adeniran	Charnwood AC	13.93
3	1175	Mike Van Kruchten	Holland	14.16
4	1066	Callum Priestley	Leicester Coritanian AC	14.16
5	679	Robert James	Birchfield Harriers	14.21
6	1127	Daniel Davis	Sutton & Dist AC	14.29
7	1135	Philip Jarrett	City of Sheffield AC	14.46
8	1053	Edirin Okoro	Birchfield Harriers	DNF

**T1 U20 Men 400m Hurdles**

**Heat 1**

**22/07/2006**

1	909	Toby Ulm	Swindon Harriers	53.74
2	922	Scott Henderson	Middlesbrough AC (Mandale)	54.05
3	819	Jonathan Lodowski	Abingdon Amblers	55.42
4	72	Aaron Dombey	Watford Harriers	57.14
5	920	Nick Bates	Basingstoke & Mid Hants AC	57.78
6	981	Brenton Hardware	Birchfield Harriers	58.52
7	979	Steven Garrett	Bracknell AC	58.71
8				

**T1 U20 Men 400m Hurdles**

**Heat 2**

**22/07/2006**

1	1067	Lloyd Gumbs	Charnwood AC	53.16
2	1131	David Martin	Victoria Park	54.40
3	680	David Green	Cornwall AC	55.67
4	1160	Thomas O'Brien	Wigan & Dist H AC	56.49
5	820	Mark Draper	Southport Waterloo AC	57.50
6	907	Jamie Horder	Cheltenham Harriers	58.16
7	899	Robert Bushrod	Wycombe Phoenix H	64.30
8				

**T1 U20 Men 400m Hurdles**

**Heat 3**

**22/07/2006**

1	840	Nathan Woodward	Tamworth AC	53.99
2	905	Stuart Price	Cambridge Harriers	55.23
3	311	Luke Smallwood	Medway & Maidstone AC	55.58
4	1006	Enrique Melin	Newham & Essex Beagles AC	57.15
5	807	Patrick Barrett	Herts Phoenix AC	58.80
6	997	Jack Cooper	Brighton & Hove City AC	60.60
7				
8				

**T41 U20 Men 400m Hurdles**

**FINAL**

**23/07/2006**

1	909	Toby Ulm	Swindon Harriers	52.58
2	1067	Lloyd Gumbs	Charnwood AC	52.73
3	840	Nathan Woodward	Tamworth AC	53.42
4	922	Scott Henderson	Middlesbrough AC (Mandale)	55.05
5	819	Jonathan Lodowski	Abingdon Amblers	55.17
6	311	Luke Smallwood	Medway & Maidstone AC	57.29
7	1131	David Martin	Victoria Park	DNS
8	905	Stuart Price	Cambridge Harriers	DQ



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



<b>T21</b>	<b>U23 Men 3000mSC</b>	<b>FINAL</b>	<b>22/07/2006</b>	
1	742	Jon Pepper	Enfield & Haringey AC	09:13.67
2	652	Rob Mullett	Lewes AC	09:21.30
3	1105	Joe Holden	Tipton H	09:23.72
4	991	Steven Cannell	City of Norwich AC	09:30.29
5	681	Stephen Lisgo	Mansfield H	09:34.48
6	916	Andrew Donno	Brighton & Hove City AC	09:40.66
7	1081	George Hill	Coventry Godiva H	09:48.09
8	904	Matthew Grant	Shaftesbury Barnet Harriers	09:54.83
9	810	Alasdair Russell	Kendal AAC	09:57.23
10	1061	Gavin Hanrahan	Cwmbran Harriers	09:57.62
11	773	Thomas Adams	Tamworth AC	09:58.91
12	649	Afan Humphries	Cwmbran Harriers	DNS

<b>T37</b>	<b>U20 Men 10kmW</b>	<b>FINAL</b>	<b>23/07/2006</b>	
1	770	Nicholas Ball	Steyping AC	43:50.94
2	1003	Jack Tomlin	Dartford Harriers AC	54:51.71

<b>F1</b>	<b>U20 Men Hammer</b>	<b>22/07/2006</b>		
1	895	Alex Smith	Sale Harriers Manchester	72.85
2	908	Matthew Lambley	Trafford AC	67.34
3	626	James Bedford	Kingston Upon Hull AC	67.13
4	983	Mark Dry	Elgin AAC	62.97
5	803	Alistair Williamson	Blackheath & Bromley AC	61.07
6	804	Amir Williamson	Blackheath & Bromley AC	60.67
7	999	Peter Holmes	Border Reivers Hammer Academy	60.41
8	1117	Micki Finn	Windsor Slough Eton & H	56.57
9	1055	Josh Steele	Bedford & County AC	51.74
10	839	Alex Berrow	Tamworth AC	50.22
11	1001	Graeme Level	Gateshead Harriers	49.71
12	1054	Luke Hyland	Rugby & Northampton AC	48.81
13	1002	Michael Jennings	Kingston Upon Hull AC	48.77
14	989	Chris Shorthouse	Notts AC	47.85
15	1094	David Foster	Corby AC	45.70
16	617	Peter Smith	Hull Achilles AC	3x NT
17	743	Peter Morgan	Cardiff AAC	3x NT

<b>F22</b>	<b>U20 Men Discus</b>	<b>23/07/2006</b>		
1	712	Chris Scott	Guildford & Godalming AC	52.39
2	687	Elliot Price	City of Stoke AC	51.20
3	1063	Jamie Williamson	City of Sheffield AC	50.87
4	771	Brett Morse	Cardiff AAC	50.46
5	774	Angus McInroy	Shaftesbury Barnet Harriers	49.85
6	1080	Curtis Griffith Parker	Cambridge Harriers	47.19
7	1112	Mark Wearing	Chesterfield & District AC	43.82
8	761	Joel Capper	Enfield & Haringey AC	42.17
9	985	Liam Presnell	Tonbridge AC	37.90
10	918	Luke Sings	City of Plymouth AC	35.23

<b>F28</b>	<b>U20 Men Shot</b>	<b>23/07/2006</b>		
1	1063	Jamie Williamson	City of Sheffield AC	17.39
2	1071	Kieran McConnell	Marshall Milton Keynes AC	16.44
3	632	Dan Tinkler	Peterborough AC	16.28
4	835	Jay Thomas	Kent AC	16.03
5	761	Joel Capper	Enfield & Haringey AC	14.08
6	774	Angus McInroy	Shaftesbury Barnet Harriers	13.70
7	687	Elliot Price	City of Stoke AC	13.50
8	985	Liam Presnell	Tonbridge AC	13.44
9	1058	Dan Brunnsden	Bournemouth AC	13.11





Norwich Union World Junior Trials & U20 & U23 AAA Championships  
 Saturday 22 & Sunday 23 July 2006  
 Bedford International Stadium



**F14 U20 Men Javelin**

**22/07/2006**

1	604	James Campbell	Cheltenham Harriers	69.02
2	707	Stuart Harvey	Blackheath & Bromley AC	64.36
3	737	James Hopley	Telford AC	59.74
4	984	Ben Ambler	Bingley Harriers & AC	57.20
5	1133	Sam Allan	Leeds City AC	54.91
6	1058	Dan Brunson	Bournemouth AC	54.74
7	1112	Mark Wearing	Chesterfield & District AC	53.95
8	1138	Matthew George	Vale of Aylesbury AC	52.72
9	1056	Richard Woolley	Mansfield H	52.05
10	998	Adam Worthington	Preston Harriers	50.88

**F27 U20 Men High Jump**

**23/07/2006**

1	823	Robbie Grabarz	Bedford & County AC	2.12
2	822	Darren Hammond	Sale Harriers Manchester	2.05
3	1151	Alan McKie	Windsor Slough Eton & H	2.01
4	976	Andrew Allan	Giffnock North AC	2.01
5	1156	Karl Robbins	Coventry Godiva H	1.97
6=	708	Steven Ridgway	Telford AC	1.93
6=	903	Thomas Mather	Derby AC	1.93
8	1152	Lloyd Powell	Middlesbrough AC (Mandale)	1.93

**F4 U20 Men Pole Vault**

**22/07/2006**

1	724	Luke Cutts	Dearneside AC	5.15
2	925	Joe Ive	Belgrave Harriers	5.05
3	678	Michael Walker	Cardiff AAC	4.75
4	616	Andy Marsh	City of Stoke AC	4.55
5	923	Max Eaves	Blackpool & Fylde AC	4.35
6	719	Thomas Crawford	Croydon H	4.35
7	906	Scott Huggins	Blackheath & Bromley AC	4.35
8	919	Nick Cruchley	Halesowen A & CC	4.15
9	739	Neil Cottrell	Wycombe Phoenix H	4.15
10	1111	Adam Smith	Tipton H	NHC
11	653	Ross Dixon	Gateshead Harriers	NHC

**F13 U20 Men Long Jump**

**22/07/2006**

Wind

1	1178	Luke Thomas	Enfield & Haringey AC	7.34	+0.9
2	990	Nonso Okolo	Shaftesbury Barnet Harriers	7.10	+0.3
3	913	John Carr	Shaftesbury Barnet Harriers	7.07	+1.0
4	615	Oliver McNeillis	Birchfield Harriers	7.05	+3.2
5	811	Jude Beimers	Shaftesbury Barnet Harriers	6.96	+0.5
6	775	David Cook	Epsom College	6.87	+0.6
7	915	Andrew Bullimore	Huntingdonshire AC	6.84	+1.1
8	994	James Thomas-Lindor	Ealing Perivale & Southall	6.74	+1.6
9	902	Jamie Blundell	Coventry Godiva H	6.72	+1.2
10	760	Jody Chappell	Bournemouth AC	6.68	+1.4
11	1060	Anthony Timms	Pudsey & Bramley AC	6.59	+1.7
12	1072	Francis Baker	City of Norwich AC	6.57	+1.2
13	809	James Grocock	Team Southampton	6.56	+0.9
14	837	Alan Kennedy	Abbey AC	6.53	+1.7
15	1139	Eoin Hannon	Ireland	6.53	+1.4
16	897	Chris Wright	Stratford AC	6.37	+1.5
17	1057	James Wright	Sale Harriers Manchester	6.34	+0.7
18	1115	Anthony Stewart	Birchfield Harriers	3x NJ	





Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



**F31 U20 Men Triple Jump**

**23/07/2006**

Wind

1	705	Matthew Burton	Kent AC	14.99	+1.6
2	1143	Jeremy Odametey	Herne Hill Harriers	14.89	+1.5
3	913	John Carr	Shaftesbury Barnet Harriers	14.83	+0.2
4	990	Nonso Okolo	Shaftesbury Barnet Harriers	14.69	+1.9
5	625	Wyn Roberts	Swansea H	14.25	+1.6
6	837	Alan Kennedy	Abbey AC	13.71	+0.5
7	900	Joe Curtis	Solihull & Small Heath AC	13.65	+0.6
8	995	Adebayo Babatunde	Middlesbrough AC (Mandale)	13.22	+1.5



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



**T11 U23 Women 100m**

**Heat 1**

**22/07/2006**

Wind = -2.3 m/s

1	400	Montell Douglas	Blackheath & Bromley AC	11.87
2	266	Jessica Ennis	City of Sheffield AC	12.09
3	99	Natalie Jowett	Marshall Milton Keynes AC	12.41
4	180	Sabina Astarita	City of Glasgow AC	12.49
5	249	Vickie Cole	Blackheath & Bromley AC	12.67
6	267	Sinead Johnson	Telford AC	12.79
7	406	Donna Shorthouse	Notts AC	13.25
8				

**T11 U23 Women 100m**

**Heat 2**

**22/07/2006**

Wind = -2.5 m/s

1	358	Kadi-Ann Thomas	Marshall Milton Keynes AC	12.08
2	322	Emma Bailey	Rugby & Northampton AC	12.20
3	261	Cara Roberts	Cardiff AAC	12.47
4	110	Katy Benneworth	Blackheath & Bromley AC	12.61
5	166	Emma Heath	Bristol & West AC	12.63
6	248	Kimberley Wainwright	Doncaster & Stainforth	12.89
7				
8				

**T11 U23 Women 100m**

**Heat 3**

**22/07/2006**

Wind = -1.5 m/s

1	171	Helen Taylor	Sale Harriers Manchester	12.02
2	169	Louise Bloor	Trafford AC	12.14
3	146	Melinda Cooksey	Tipton H	12.22
4	62	Rozelle Cavaciuti	Newport Harriers	12.31
5	250	Victoria Burgess	Team Southampton	12.64
6	147	Bernice Wilson	Birchfield Harriers	12.71
7				
8				

**T19 U23 Women 100m**

**FINAL**

**22/07/2006**

Wind = +1.1 m/s

1	400	Montell Douglas	Blackheath & Bromley AC	11.57
2	358	Kadi-Ann Thomas	Marshall Milton Keynes AC	11.63
3	322	Emma Bailey	Rugby & Northampton AC	11.78
4	171	Helen Taylor	Sale Harriers Manchester	11.90
5	169	Louise Bloor	Trafford AC	11.95
6	146	Melinda Cooksey	Tipton H	11.98
7	62	Rozelle Cavaciuti	Newport Harriers	12.04
8	266	Jessica Ennis	City of Sheffield AC	DNS

**T45 U23 Women 200m**

**Heat 1**

**23/07/2006**

Wind = +1.4 m/s

1	358	Kadi-Ann Thomas	Marshall Milton Keynes AC	24.17
2	10	Joanne Ryan	Loughton AC	24.68
3	62	Rozelle Cavaciuti	Newport Harriers	24.82
4	99	Natalie Jowett	Marshall Milton Keynes AC	24.91
5	249	Vickie Cole	Blackheath & Bromley AC	25.50
6	178	Sara Jane Oglesby	Notts AC	27.01
7				
8				

**T45 U23 Women 200m**

**Heat 2**

**23/07/2006**

Wind = +2.2 m/s

1	61	Katherine Jones	Cannock & Stafford AC	24.33
2	146	Melinda Cooksey	Tipton H	24.52
3	180	Sabina Astarita	City of Glasgow AC	24.70
4	166	Emma Heath	Bristol & West AC	25.49
5	147	Bernice Wilson	Birchfield Harriers	25.94
6	248	Kimberley Wainwright	Doncaster & Stainforth	26.33
7				
8				



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



**T58 U23 Women 200m**

**FINAL**

**23/07/2006**

Wind = +0.2 m/s

1	358	Kadi-Ann Thomas	Marshall Milton Keynes AC	23.80
2	61	Katherine Jones	Cannock & Stafford AC	24.32
3	10	Joanne Ryan	Loughton AC	24.54
4	146	Melinda Cooksey	Tipton H	24.71
5	180	Sabina Astarita	City of Glasgow AC	24.77
6	62	Rozelle Cavaciuti	Newport Harriers	25.11
7	99	Natalie Jowett	Marshall Milton Keynes AC	25.13
8	166	Emma Heath	Bristol & West AC	25.70

**T23 U23 Women 400m**

**Heat 1**

**22/07/2006**

1	412	Christine Ohuruogo	Newham & Essex Beagles AC	53.53
2	48	Kathryn Evans	Elgin AAC	55.20
3	357	Rebecca Sweeney	Sale Harriers Manchester	55.39
4	174	Kate McGing	Liverpool Harriers & AC	57.03
5	408	Sarah Shuttleworth	Sale Harriers Manchester	57.65
6	177	Karolin Tsarski	Thames Valley H	58.67
7	100	Rachael Lewington	Team Southampton	59.17
8				

**T23 U23 Women 400m**

**Heat 2**

**22/07/2006**

1	415	Marilyn Okoro	Shaftesbury Barnet Harriers	53.06
2	264	Kelly Massey	Birchfield Harriers	54.85
3	393	Liza Parry	Cardiff AAC	55.15
4	176	Laura Langowski	Tamworth AC	55.78
5	232	Hayley Wills	Herts Phoenix AC	57.04
6	144	Lucy Sings	City of Plymouth AC	59.48
7				
8				

**T23 U23 Women 400m**

**Heat 3**

**22/07/2006**

1	175	Faye Harding	Sale Harriers Manchester	54.85
2	4	Gemma Nicol	Dunfermline & West Fife AC	55.11
3	148	Eleanor Caney	Cardiff AAC	55.49
4	31	Emma Kemp	Stevenage & North Herts AC	56.15
5	149	Claire Burgoyne	Shrewsbury AC	57.28
6	247	Nikysha Ferguson	Trafford AC	DQ
7				
8				

**T72 U23 Women 400m**

**FINAL**

**23/07/2006**

1	415	Marilyn Okoro	Shaftesbury Barnet Harriers	52.57
2	412	Christine Ohuruogo	Newham & Essex Beagles AC	52.70
3	4	Gemma Nicol	Dunfermline & West Fife AC	53.56
4	175	Faye Harding	Sale Harriers Manchester	53.88
5	264	Kelly Massey	Birchfield Harriers	54.48
6	393	Liza Parry	Cardiff AAC	54.74
7	48	Kathryn Evans	Elgin AAC	55.24
8	357	Rebecca Sweeney	Sale Harriers Manchester	55.26

**T7 U23 Women 800m**

**Heat 1**

**22/07/2006**

1	262	Elizabeth Brathwaite	Herts Phoenix AC	02:08.88
2	81	Charlotte Best	Crawley AC	02:09.02
3	77	Faye Fullerton	Havering Mayesbrook AC	02:09.08
4	65	Philippa Aukett	Worthing & District H	02:10.78
5	80	Morag MacLarty	Central AC	02:12.11
6	232	Hayley Wills	Herts Phoenix AC	02:15.15
7	172	Gemma Marrs	Coventry Godiva H	02:18.18
8	265	Nikki Silva	Herts Phoenix AC	02:23.23



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



<b>T7</b>	<b>U23 Women 800m</b>	<b>Heat 2</b>	<b>22/07/2006</b>	
1	182	Victoria Griffiths	Liverpool Harriers & AC	02:07.89
2	356	Anna Simmonds	Worcester AC	02:08.81
3	43	Rachael Thompson	Liverpool Harriers & AC	02:09.13
4	168	Nisha Desai	Morpeth Harriers & AC	02:10.16
5	181	Kate Buchan	Medway & Maidstone AC	02:11.34
6	17	Victoria Barcello	Cardiff AAC	02:11.88
7	165	Catherine Bryson	Belgrave Harriers	02:17.55
8				

<b>T74</b>	<b>U23 Women 800m</b>	<b>FINAL</b>	<b>23/07/2006</b>	
1	182	Victoria Griffiths	Liverpool Harriers & AC	02:04.19
2	262	Elizabeth Brathwaite	Herts Phoenix AC	02:05.22
3	81	Charlotte Best	Crawley AC	02:05.77
4	356	Anna Simmonds	Worcester AC	02:06.93
5	168	Nisha Desai	Morpeth Harriers & AC	02:07.94
6	77	Faye Fullerton	Havering Mayesbrook AC	02:07.99
7	65	Philippa Aukett	Worthing & District H	02:10.48
8	43	Rachael Thompson	Liverpool Harriers & AC	02:11.36

<b>T28</b>	<b>U20 Women 1500m</b>	<b>Heat 1</b>	<b>22/07/2006</b>	
			Manual Timing	
1	849	Jessica Coulson	Stockport Harriers & AC	04:33.1
2	84	Abby Westley	Loughborough Students AC	04:33.4
3	644	Emma Pallant	Aldershot Farnham & Dist AC	04:34.6
4	732	Olivia Kenney	Royal Sutton Coldfield	04:35.8
5	857	Katherine Sparke	Woodford Green & Essex L	04:36.0
6	1082	Joanne Maddick	Kingston Upon Hull AC	04:36.9
7	1042	Emma Langdell	Royal Sutton Coldfield	04:39.2
8	1049	Ellie Sprake	Ipswich Harriers	04:42.0
9	641	Claire Tarplee	Solihull & Small Heath AC	04:42.6

<b>T28</b>	<b>U20 Women 1500m</b>	<b>Heat 2</b>	<b>22/07/2006</b>	
			Manual Timing	
1	108	Jessica Sparke	Woodford Green & Essex L	04:34.7
2	105	Hannah England	Oxford City AC	04:34.8
3	297	Linzi Snow	Woodford Green & Essex L	04:35.0
4	714	Non Stanford	Swansea H	04:35.4
5	1043	Charlie Gaspar	Marshall Milton Keynes AC	04:35.6
6	853	Sarah Waldron	Gloucester AC	04:36.4
7	949	Natalie Grant	Rotherham Harriers & AC	04:45.6
8	1169	Sara Bird	West Suffolk AC	04:53.2

<b>T68</b>	<b>U23 Women 1500m</b>	<b>FINAL</b>	<b>23/07/2006</b>	
1	77	Faye Fullerton	Havering Mayesbrook AC	04:21.30
2	749	Laura Kenney	Royal Sutton Coldfield	04:22.05
3	654	Hannah Whitmore	Charnwood AC	04:22.49
4	298	Hayley Beard	Stevenage & North Herts AC	04:22.80
5	32	Michaela Hutchison	Hillingdon AC	04:25.11
6	1079	Dani Barnes	Newquay & Par AC	04:26.88
7	633	Emily Adams	Aldershot Farnham & Dist AC	04:27.34
8	756	Claire Duck	Nestle Rowntree AC	04:31.01
9	1154	Gemma Turtle	Shaftesbury Barnet Harriers	04:34.18
10	861	Louise Durman	Dursley & Dist AC	04:36.41
11	888	Marbeth Shiell	Edinburgh Southern Harriers	04:37.29
12	1036	Nicola Squires	Hallamshire Harriers	04:40.79
13	933	Genevieve Gardner	Guildford & Godalming AC	04:42.36



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



<b>T54</b>	<b>U23 Women 5000m</b>	<b>FINAL</b>	<b>23/07/2006</b>	
1	1170	Victoria Webster	Shaftesbury Barnet Harriers	17:10.38
2	671	Nicola Bamford	Notts AC	17:17.98
3	829	Victoria Callaway	Royal Sutton Coldfield	17:30.95
4	723	Kate Goodhead	Bristol & West AC	17:39.61
5	783	Lucy O'Gorman	Wakefield & District H & AC	17:57.30
6	894	Elizabeth Muggeridge	Enfield & Haringey AC	18:07.49
7	888	Marbeth Shiell	Edinburgh Southern Harriers	DNF
<b>T49</b>	<b>U23 Women 100m Hurdles</b>	<b>FINAL</b>	<b>23/07/2006</b>	
			Wind = +2.2 m/s	
1	800	Katey Read	Liverpool Harriers & AC	14.53
2	1123	Laura Jones	Herts Phoenix AC	14.74
3	827	Ciaran Andrews	Herts Phoenix AC	14.93
<b>T4</b>	<b>U23 Women 400m Hurdles</b>	<b>Heat 1</b>	<b>22/07/2006</b>	
1	797	Anwen Rees	Carmarthen Harriers	60.73
2	1121	Grace Clements	Dartford Harriers AC	62.06
3	939	Angelita Broadbelt	Thames Valley H	62.23
4	173	Emily Parker	Epsom & Ewell Harriers	63.37
5	826	Lucinda Lougher	Cardiff AAC	64.77
6	830	Sally Hughes	Oxford University AC	68.50
7				
8				
<b>T4</b>	<b>U23 Women 400m Hurdles</b>	<b>Heat 2</b>	<b>22/07/2006</b>	
1	929	Sian Scott	Team Southampton	60.18
2	784	Emma Peters	UWIC	61.22
3	815	Nicola Martell	Colchester Harriers AC	62.54
4	299	Alison Hackney	Cambridge University AC	64.39
5	1122	Leila Corfield	Bristol & West AC	65.23
6				
7				
8				
<b>T40</b>	<b>U23 Women 400m Hurdles</b>	<b>FINAL</b>	<b>23/07/2006</b>	
1	929	Sian Scott	Team Southampton	58.79
2	797	Anwen Rees	Carmarthen Harriers	59.51
3	784	Emma Peters	UWIC	60.83
4	939	Angelita Broadbelt	Thames Valley H	61.69
5	1121	Grace Clements	Dartford Harriers AC	62.09
6	173	Emily Parker	Epsom & Ewell Harriers	63.28
7	815	Nicola Martell	Colchester Harriers AC	63.70
8	299	Alison Hackney	Cambridge University AC	66.62
<b>T60</b>	<b>U20 Women 3000mSC</b>	<b>FINAL</b>	<b>23/07/2006</b>	
1	795	Carolyn Boosey	Vale of Aylesbury AC	10:48.41
2	1109	Becky Ellis	Vale Royal AC	11:21.71
<b>T48</b>	<b>U23 Women 5kmW</b>	<b>FINAL</b>	<b>23/07/2006</b>	
1	936	Johanna Jackson	Redcar Racewalking Club	23:22.42
2	757	Sophie Hales	Steyning AC	24:45.01
<b>F32</b>	<b>U23 Women Hammer</b>	<b>FINAL</b>	<b>23/07/2006</b>	
1	941	Susan McKelvie	Edinburgh Southern Harriers	58.62
2	816	Monique Buchanan	Woodford Green & Essex L	54.72
3	799	Rachel Gair	Mansfield H	51.32
4	928	Laura Chalmers	Elgin AAC	46.99
5	613	Rachel Basford	UWIC	45.76

**F9 U23 Women Discus**

**22/07/2006**

1	703	Kirsty Law	Shaftesbury Barnet Harriers	46.03
2	1048	Eden Francis	Leicester Coritanian AC	45.93
3	785	Alison Rodger	Sale Harriers Manchester	42.11
4	893	Melanie Harrison	Havering Mayesbrook AC	39.20
5	928	Laura Chalmers	Elgin AAC	38.58
6	702	Hollie Redman	Braintree & District AC	38.52
7	816	Monique Buchanan	Woodford Green & Essex L	35.08

**F5 U23 Women Shot**

**22/07/2006**

1	785	Alison Rodger	Sale Harriers Manchester	15.03
2	727	Sally Hinds	Swansea H	14.90
3	1048	Eden Francis	Leicester Coritanian AC	14.84
4	717	Liz Millward	Birchfield Harriers	13.10
5	612	Rachel Cork	UWIC	11.84

**F25 U23 Women Javelin**

**23/07/2006**

1	640	Lauren Therin	Channel Isles AC	50.97
2	611	Jo Blair	Birchfield Harriers	50.42
3	798	Laura Whittingham	Wakefield & District H & AC	50.28
4	938	Louise Watton	Shaftesbury Barnet Harriers	48.10
5	672	Joanna Chapman	West Suffolk AC	47.08
6	1035	Laura Kerr	Windsor Slough Eton & H	44.30
7	889	Christine Lawrence	Blackheath & Bromley AC	43.62

**F20 U23 Women High Jump**

**23/07/2006**

1	1164	Emma Morris	South Shields Harriers & AC	1.74
2	1171	Lisa Ferguson	Edinburgh Southern Harriers	1.70
3	1038	Catriona Forrest	Guildford & Godalming AC	1.70

**F26 U23 Women Pole Vault**

**23/07/2006**

1	817	Jennifer Graham	City of Glasgow AC	3.75
2	886	Rachel Gibbens	Milton Keynes AC	3.75
3	638	Louise Butterworth	UWIC	3.75
4	656	Clare Neve	Trafford AC	3.35
5	634	Bryony Raine	Cardiff AAC	3.35
6	674	Gemma Dowsett	Medway & Maidstone AC	3.15
7	1093	Lyndsey Maund	Swansea H	NHC

**F3 U23 Women Long Jump**

**22/07/2006**

Wind

1	169	Louise Bloor	Trafford AC	6.25	+1.6
2	266	Jessica Ennis	City of Sheffield AC	6.24	+1.9
3	828	Aimee Palmer	Birchfield Harriers	5.85	-0.7
4	891	Nike Osifodunrin	Edinburgh Southern Harriers	5.83	-0.1
5	1171	Lisa Ferguson	Edinburgh Southern Harriers	5.71	+2.2 (5.66m +1.0)
6	110	Katy Bennenworth	Blackheath & Bromley AC	5.44	+2.6 (5.41m +0.4)
7	932	Linzi Robinson	Nuneaton Harriers	5.40	+1.3

**F23 U23 Women Triple Jump**

**23/07/2006**

Wind

1	1087	Denae Matthew	Leicester Coritanian AC	12.82	+1.9
2	943	Karlene Turner	Windsor Slough Eton & H	12.73	+2.9 (12.63m +0.6)
3	764	Claire Linskill	North Devon AC	12.41	+1.0
4	1039	Sineade Gutzmore	Highgate Harriers AC	12.26	+1.5
5	890	Imogen Miles	UWIC	11.89	+1.1



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
 Saturday 22 & Sunday 23 July 2006  
 Bedford International Stadium



**T9 U20 Women 100m**

**Heat 1**

**22/07/2006**

Wind = +0.1 m/s

1	107	Elaine O'Neill	Wessex & Bath AC	11.87
2	70	Lucy Sargent	Havering Mayesbrook AC	12.10
3	82	Jazmine Rowe	City of Stoke AC	12.15
4	52	Jennifer Taker	Trafford AC	12.23
5	275	Charlene Attard	Malta	12.52
6	12	Helen Martin	Telford AC	13.30
7	240	Daveen Thomas	Newham & Essex Beagles AC	13.42
8				

**T9 U20 Women 100m**

**Heat 2**

**22/07/2006**

Wind = +0.2 m/s

1	296	Asha Philip	Newham & Essex Beagles AC	11.91
2	270	Natalie Bartley	South London Harriers	12.11
3	83	Anike Shand-Whittingham	Blackheath & Bromley AC	12.27
4	271	Lauren Arthur	Gateshead Harriers	12.50
5	414	Abbi Tyson	Cannock & Stafford AC	12.53
6	319	Annabelle Lewis	Kingston Upon Hull AC	12.57
7	276	Lara Scerri	Unattached	12.96
8				

**T9 U20 Women 100m**

**Heat 3**

**22/07/2006**

Wind = +0.5 m/s

1	90	Joscelynn Hopeson	Archbishop Tenison School	11.95
2	130	Kylie Russell	Wessex & Bath AC	12.14
3	88	Emily Shaw	Oldham & Royston AC	12.18
4	135	Nicole Sadler	Ipswich Harriers	12.23
5	336	Habee Folami	Marshall Milton Keynes AC	12.40
6	127	Natalie Pearson	City of Sheffield AC	12.41
7				
8				

**T24 U20 Women 100m**

**FINAL**

**22/07/2006**

Wind = +0.3 m/s

1	296	Asha Philip	Newham & Essex Beagles AC	11.79
2	107	Elaine O'Neill	Wessex & Bath AC	11.88
3	70	Lucy Sargent	Havering Mayesbrook AC	11.96
4	90	Joscelynn Hopeson	Archbishop Tenison School	12.00
5	82	Jazmine Rowe	City of Stoke AC	12.07
6	270	Natalie Bartley	South London Harriers	12.12
7	130	Kylie Russell	Wessex & Bath AC	12.18
8	88	Emily Shaw	Oldham & Royston AC	12.34

**T43 U20 Women 200m**

**Heat 1**

**23/07/2006**

Wind = +1.2 m/s

1	107	Elaine O'Neill	Wessex & Bath AC	24.65
2	70	Lucy Sargent	Havering Mayesbrook AC	24.78
3	354	Johnelle Gibbons	Woodford Green & Essex L	24.86
4	275	Charlene Attard	Malta	25.33
5	353	Kara-Aretha Graham	Newham & Essex Beagles AC	25.67
6	243	Melanie Stephenson	Cardiff AAC	25.84
7	276	Lara Scerri	Unattached	26.51
8				

**T43 U20 Women 200m**

**Heat 2**

**23/07/2006**

Wind = +1.0 m/s

1	184	Hayley Jones	Wigan & Dist H AC	24.19
2	90	Joscelynn Hopeson	Archbishop Tenison School	24.66
3	130	Kylie Russell	Wessex & Bath AC	24.98
4	350	Kayo Titiloye	Birchfield Harriers	25.20
5	127	Natalie Pearson	City of Sheffield AC	25.42
6	271	Lauren Arthur	Gateshead Harriers	25.57
7	347	Kayleigh Harper	Bath University	26.08
8				





Norwich Union World Junior Trials & U20 & U23 AAA Championships  
 Saturday 22 & Sunday 23 July 2006  
 Bedford International Stadium



**T43 U20 Women 200m**

**Heat 3**

**23/07/2006**

Wind = +0.6 m/s

1	109	Joey Duck	Marshall Milton Keynes AC	24.54
2	88	Emily Shaw	Oldham & Royston AC	24.76
3	54	Stacey Downie	Pitreavie AAC	24.88
4	83	Anike Shand-Whittingham	Blackheath & Bromley AC	25.09
5	277	Simone Baugh	Derby AC	25.33
6	319	Annabelle Lewis	Kingston Upon Hull AC	25.61
7	86	Jade MacLaren	Inverness Harriers	26.59
8				

**T76 U20 Women 200m**

**FINAL**

**23/07/2006**

Wind = +1.6 m/s

1	184	Hayley Jones	Wigan & Dist H AC	24.00
2	107	Elaine O'Neill	Wessex & Bath AC	24.22
3	90	Joscelynn Hopeson	Archbishop Tenison School	24.39
4	70	Lucy Sargent	Havering Mayesbrook AC	24.47
5	88	Emily Shaw	Oldham & Royston AC	24.66
6	109	Joey Duck	Marshall Milton Keynes AC	24.66
7	54	Stacey Downie	Pitreavie AAC	24.69
8	354	Johnelle Gibbons	Woodford Green & Essex L	25.16

**T22 U20 Women 400m**

**Heat 1**

**22/07/2006**

1	85	Carmen Gedling	Liverpool Harriers & AC	55.66
2	26	Laura Gillhespy	Blackpool & Fylde AC	56.23
3	268	Laura Scougall	Birchfield Harriers	57.49
4	351	Rachel Stringer	City of Norwich AC	57.50
5	185	Gemma Elliott	Kettering Town Harriers	59.59
6	355	Louisa Williams	City of Sheffield AC	60.45
7	132	Paula Hill	Yate AC	60.52
8				

**T22 U20 Women 400m**

**Heat 2**

**22/07/2006**

1	51	Katie Flower	Scunthorpe & District AC	55.36
2	128	Tara Bird	Woodford Green & Essex L	56.85
3	50	Maria Thomas	Dundee Hawkhill Harriers	57.64
4	129	Becky Welbourn	Ipswich Harriers	58.78
5	186	Emma Williams	Coventry Godiva H	59.32
6	407	Georgina Neame	Basingstoke & Mid Hants AC	60.59
7				
8				

**T22 U20 Women 400m**

**Heat 3**

**22/07/2006**

1	53	Henrietta Kodilinye-Sims	Newham & Essex Beagles AC	56.26
2	9	Emma Cloggie	Banchory - Stonehaven AC	56.61
3	191	Rebecca Williams	Newport Harriers	57.36
4	86	Jade MacLaren	Inverness Harriers	57.50
5	269	Alice Middleton	Biggleswade AC	59.13
6	348	Liz Checkley	Tamworth AC	60.17
7				
8				

**T66 U20 Women 400m**

**FINAL**

**23/07/2006**

1	51	Katie Flower	Scunthorpe & District AC	54.28
2	85	Carmen Gedling	Liverpool Harriers & AC	54.88
3	53	Henrietta Kodilinye-Sims	Newham & Essex Beagles AC	55.78
4	128	Tara Bird	Woodford Green & Essex L	56.72
5	268	Laura Scougall	Birchfield Harriers	56.76
6	9	Emma Cloggie	Banchory - Stonehaven AC	56.84
7	191	Rebecca Williams	Newport Harriers	57.26
8	26	Laura Gillhespy	Blackpool & Fylde AC	DNS





Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



<b>T5 U20 Women 800m</b>		<b>Heat 1</b>	<b>22/07/2006</b>	
1	63	Alison Leonard	Chorley Harriers	02:12.29
2	69	Danielle Christmas	Crawley AC	02:12.75
3	25	Joanne Finch	City of Glasgow AC	02:12.96
4	137	Claire McMurdock	Stockport Harriers & AC	02:14.86
5	233	Stacey Wheat	Colchester Harriers AC	02:17.10
6	188	Bethan Strange	Cardiff AAC	02:18.18
7	89	Lee Anne Best	Crawley AC	02:23.81
8				

<b>T5 U20 Women 800m</b>		<b>Heat 2</b>	<b>22/07/2006</b>	
1	133	Emma Jackson	City of Stoke AC	02:10.72
2	192	Emily Goodall	Crawley AC	02:12.02
3	241	Flo Ray	Brighton & Hove City AC	02:12.23
4	8	Rebecca Hall	Kettering Town Harriers	02:15.45
5	320	Jessica Dickson	Cwmbran Harriers	02:23.63
6	274	Lauren Baird	Giffnock North AC	DNF
7				
8				

<b>T5 U20 Women 800m</b>		<b>Heat 3</b>	<b>22/07/2006</b>	
1	1084	Stephanie Twell	Aldershot Farnham & Dist AC	02:11.50
2	273	Danielle Walker	Royal Sutton Coldfield	02:12.60
3	189	Victoria O'Donnell	Trafford AC	02:13.11
4	27	India Lee	Winchester & District AC	02:16.39
5	269	Alice Middleton	Biggleswade AC	02:18.93
6	136	Jade Allen	Rotherham Harriers & AC	02:19.95
7				
8				

<b>T70 U20 Women 800m</b>		<b>FINAL</b>	<b>23/07/2006</b>	
1	133	Emma Jackson	City of Stoke AC	02:06.54
2	69	Danielle Christmas	Crawley AC	02:08.01
3	63	Alison Leonard	Chorley Harriers	02:08.35
4	1084	Stephanie Twell	Aldershot Farnham & Dist AC	02:08.80
5	192	Emily Goodall	Crawley AC	02:10.20
6	273	Danielle Walker	Royal Sutton Coldfield	02:11.56
7	25	Joanne Finch	City of Glasgow AC	02:12.22
8	241	Flo Ray	Brighton & Hove City AC	02:12.87

<b>T28 U20 Women 1500m</b>		<b>Heat 1</b>	<b>22/07/2006</b>	
Manual Timing				
1	849	Jessica Coulson	Stockport Harriers & AC	04:33.1
2	1042	Emma Langdell	Royal Sutton Coldfield	04:33.4
3	84	Abby Westley	Loughborough Students AC	04:34.6
4	732	Olivia Kenney	Royal Sutton Coldfield	04:35.8
5	857	Katherine Sparke	Woodford Green & Essex L	04:36.0
6	1082	Joanne Maddick	Kingston Upon Hull AC	04:36.9
7	644	Emma Pallant	Aldershot Farnham & Dist AC	04:39.2
8	1049	Ellie Sprake	Ipswich Harriers	04:42.0
9	641	Claire Tarplee	Solihull & Small Heath AC	04:42.6

<b>T28 U20 Women 1500m</b>		<b>Heat 2</b>	<b>22/07/2006</b>	
Manual Timing				
1	108	Jessica Sparke	Woodford Green & Essex L	04:34.7
2	105	Hannah England	Oxford City AC	04:34.8
3	297	Linzi Snow	Woodford Green & Essex L	04:35.0
4	714	Non Stanford	Swansea H	04:35.4
5	1043	Charlie Gaspar	Marshall Milton Keynes AC	04:35.6
6	853	Sarah Waldron	Gloucester AC	04:36.4
7	949	Natalie Grant	Rotherham Harriers & AC	04:45.6
8	1169	Sara Bird	West Suffolk AC	04:53.2



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
 Saturday 22 & Sunday 23 July 2006  
 Bedford International Stadium



<b>T61 U20 Women 1500m</b>			<b>FINAL</b>	<b>23/07/2006</b>
1	105	Hannah England	Oxford City AC	04:17.31
2	108	Jessica Sparke	Woodford Green & Essex L	04:19.38
3	644	Emma Pallant	Aldershot Farnham & Dist AC	04:22.88
4	849	Jessica Coulson	Stockport Harriers & AC	04:25.85
5	297	Linzi Snow	Woodford Green & Essex L	04:26.41
6	853	Sarah Waldron	Gloucester AC	04:29.47
7	732	Olivia Kenney	Royal Sutton Coldfield	04:30.66
8	714	Non Stanford	Swansea H	04:30.99
9	857	Katherine Sparke	Woodford Green & Essex L	04:31.37
10	1082	Joanne Maddick	Kingston Upon Hull AC	04:35.88
11	1043	Charlie Gaspar	Marshall Milton Keynes AC	04:40.96

<b>T50 U20 Women 100m Hurdles</b>			<b>Heat 1</b>	<b>23/07/2006</b>
Wind = +3.8 m/s				
1	187	Zara Hohn	Wakefield & District H & AC	13.74
2	825	Kylie Robilliard	Guernsey Island AAC	14.02
3	661	Karla Drew	Exeter Harriers	14.67
4	862	Lydia Chamberlin	Lincoln Wellington AC	14.84
5	959	Emily Bonnett	Yeovil Olympiads AC	14.92
6	1013	Kim Motley	Cambridge & Coleridge AC	15.05
7				
8				

<b>T50 U20 Women 100m Hurdles</b>			<b>Heat 2</b>	<b>23/07/2006</b>
Wind = +1.7 m/s				
1	1088	Sarah Adams	Leicester Coritanian AC	13.97
2	856	Jade Surman	Birchfield Harriers	13.97
3	859	Lucy Boggis	Radley AC	14.44
4	693	Stephanie Walker	Pitreavie AAC	14.45
5	955	Kayleigh Ferguson	Croydon H	15.07
6				
7				
8				

<b>T65 U20 Women 100m Hurdles</b>			<b>Heat 3</b>	<b>23/07/2006</b>
Wind = +1.3 m/s				
1	187	Zara Hohn	Wakefield & District H & AC	13.75
2	1088	Sarah Adams	Leicester Coritanian AC	13.93
3	825	Kylie Robilliard	Guernsey Island AAC	13.98
4	856	Jade Surman	Birchfield Harriers	14.03
5	693	Stephanie Walker	Pitreavie AAC	14.48
6	859	Lucy Boggis	Radley AC	14.50
7	862	Lydia Chamberlin	Lincoln Wellington AC	14.94
8	661	Karla Drew	Exeter Harriers	DNF

<b>T65 U20 Women 100m Hurdles</b>			<b>FINAL</b>	<b>23/07/2006</b>
Wind = +1.3 m/s				
1	187	Zara Hohn	Wakefield & District H & AC	13.75
2	1088	Sarah Adams	Leicester Coritanian AC	13.93
3	825	Kylie Robilliard	Guernsey Island AAC	13.98
4	856	Jade Surman	Birchfield Harriers	14.03
5	693	Stephanie Walker	Pitreavie AAC	14.48
6	859	Lucy Boggis	Radley AC	14.50
7	862	Lydia Chamberlin	Lincoln Wellington AC	14.94
8	661	Karla Drew	Exeter Harriers	DNF

<b>T3 U20 Women 400m Hurdles</b>			<b>Heat 1</b>	<b>22/07/2006</b>
1	1014	Perri Shakes-Drayton	Victoria Park H & Tower Hamlets	61.31
2	691	Justine Kinney	Royal Sutton Coldfield	62.20
3	958	Christina Silva	Herts Phoenix AC	63.41
4	950	Nafalya Francis	Leicester Coritanian AC	64.43
5	1010	Megan Thomas	Carmarthen Harriers	66.27
6	854	Lorna McMichael	Chester-Le-Street & Dist AC	67.29
7	845	Hayley Ramos-Gonzalez	Woodford Green & Essex L	67.88
8				



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



**T3 U20 Women 400m Hurdles**

**Heat 2**

**22/07/2006**

1	623	Eilidh Child	Pitreavie AAC	62.08
2	858	Ellen Howarth-Brown	City of Portsmouth AC	62.55
3	730	Maria Crowe	Medway & Maidstone AC	62.93
4	662	Marika Reed	Windsor Slough Eton & H	63.11
5	663	Nicola Jelley	Epsom & Ewell Harriers	66.24
6	945	Rachel Christie	Thames Valley H	66.63
7	864	Sylvia Kamyra	Aberdeen AAC	69.14
8				

**T39 U20 Women 400m Hurdles**

**FINAL**

**23/07/2006**

1	1014	Perri Shakes-Drayton	Victoria Park H & Tower Hamlets	59.29
2	858	Ellen Howarth-Brown	City of Portsmouth AC	60.98
3	691	Justine Kinney	Royal Sutton Coldfield	61.30
4	958	Christina Silva	Herts Phoenix AC	62.92
5	730	Maria Crowe	Medway & Maidstone AC	63.05
6	662	Marika Reed	Windsor Slough Eton & H	61.10
7	623	Eilidh Child	Pitreavie AAC	DNS
8	950	Nafalya Francis	Leicester Coritanian AC	DNF

**T59 U23 Women 3000mSC**

**FINAL**

**23/07/2006**

1	842	Ruth Senior	City of Norwich AC	10:32.96
---	-----	-------------	--------------------	----------

**T47 U20 Women 5kmW**

**FINAL**

**23/07/2006**

1	1162	Chelsea O'Rawe-Hobbs	Blackheath & Bromley AC	26:22.51
2	682	Fiona Mc Gorum	Leicester Walking Club	27:58.71
3	619	Holly Smith	Birchfield Harriers	DQ
4	865	Sarah Foster	Thanet Road Runners AC	DQ

**F6 U20 Women Hammer**

**22/07/2006**

1	850	Victoria Thomas	Blackheath & Bromley AC	56.78
2	1118	Rachel Blackie	Blackheath & Bromley AC	55.58
3	1141	Sarah Holt	Sale Harriers Manchester	55.17
4	1157	Rhiannon McNally	Orchard County AC	50.37
5	733	Stacey Wilson	Edinburgh Southern Harriers	48.07
6	718	Nicola Stevenson	Bridgend AC	47.80
7	1174	Stacey Lebond	Rotherham Harriers & AC	41.46

**F17 U20 Women Discus**

**23/07/2006**

1	602	Jade Lally	Sutton & Dist AC	46.60
2	843	Shaunagh Brown	Blackheath & Bromley AC	44.21
3	1048	Eden Francis	Leicester Coritanian AC	44.09
4	1104	Gemma Llewellyn	Liverpool Harriers & AC	43.15
5	1050	Jenny Scott	Birmingham Rowheath	42.78
6	1120	Lianne Tucker	Blaydon Harriers & AC	41.57
7	846	Katie Wickman	North Devon AC	41.01
8	753	Chloe Beckett	Trafford AC	39.30
9	956	Briony Phillips	Herne Hill Harriers	37.95
10	852	Rachel Backhouse	Corby AC	37.08
11	1015	Chloe Edwards	Huntingdonshire AC	36.25
12	620	Hannah James	Horsham Blue Star H	36.09
13	946	Natalie Walsh	Liverpool Pembroke & Sefton H	34.93
14	692	Bethany Staniland	Leeds City AC	34.50
15	855	Jessica Palmer	Birchfield Harriers	32.63
16	734	Florence Clark	Blackheath & Bromley AC	32.61



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
 Saturday 22 & Sunday 23 July 2006  
 Bedford International Stadium



**F24 U20 Women Shot**

**23/07/2006**

1	1048	Eden Francis	Leicester Coritanian AC	14.94
2	1015	Chloe Edwards	Huntingdonshire AC	13.27
3	717	Liz Millward	Birchfield Harriers	13.18
4	754	Rachel Wallader	Halesowen A & CC	12.21
5	1104	Gemma Llewellyn	Liverpool Harriers & AC	12.06
6	753	Chloe Beckett	Trafford AC	11.83
7	692	Bethany Staniland	Leeds City AC	11.72
8	628	Amy Weaver	Pendle AC	11.68
9	642	Laura Gomery	Birchfield Harriers	11.66

**F16 U20 Women Javelin**

**22/07/2006**

1	689	Lianne Clarke	Cardiff AAC	45.77
2	1069	Jade Dodd	Herne Hill Harriers	45.33
3	643	Rosie Semenytsh	Windsor Slough Eton & H	42.59
4	1173	Sarah-Anne De Kremer	Corby AC	40.84
5	801	Ashley Austin	City of Glasgow AC	38.97
6	866	Sarah Dunkley	West Suffolk AC	38.72
7	753	Chloe Beckett	Trafford AC	38.62
8	692	Bethany Staniland	Leeds City AC	37.96

**F19 U20 Women High Jump**

**23/07/2006**

1	860	Jessica Leach	Dudley & Stourbridge H	1.82
2	645	Vikki Hubbard	Grantham & District AC	1.82
3=	715	Jayne Nisbet	Edinburgh Southern Harriers	1.78
3=	1052	Steph Pywell	Sale Harriers Manchester	1.78
5	948	Shani Rainford	Herne Hill Harriers	1.78
6	953	Adele Lassu	Barnsley Athletic Club	1.74
7	1041	Sophie Hine	Rugby & Northampton AC	1.74
8	824	Kay Humberstone	City of Sheffield AC	1.74
9	621	Lucy Hodgins	Vale of Aylesbury AC	1.70
10	766	Sade Thompson	Wessex & Bath AC	1.70
11	639	Barbra Kolasinski	City of Glasgow AC	1.70
12	962	Leah Parsons	Peterborough AC	1.62

**F10 U20 Women Pole Vault**

**22/07/2006**

1	731	Emma Lyons	UWIC	3.70
2=	716	Emily Taylor	Notts AC	3.35
2=	755	Kerry Passmore	Tipton H	3.35
4	622	Louise Shortland	Stevenage & North Herts AC	3.35
5=	666	Katherine Ogden	King Edward's Bath	3.15
5=	667	Hannah Abraham	Cardiff AAC	3.15
7	647	Rebecca Lilley	Birchfield Harriers	3.15
8	627	Sally Scott	Gateshead Harriers	3.15

**F29 U20 Women Long Jump**

**23/07/2006**

Wind

1	64	Amy Harris	Birchfield Harriers	6.40	+2.1 (5.98m +1.4)
2	856	Jade Surman	Birchfield Harriers	6.27	+3.8 (6.24m +1.7)
3	624	Elayne Henderson	Central AC	5.84	+1.0
4	690	Hannah Frankson	Woodford Green & Essex L	5.82	? (5.79m +1.9)
5	1044	Nony Mordi	Shaftesbury Barnet Harriers	5.74	+1.2
6	1103	Amanda Ranger	Victoria Park H & Tower Hamlets	5.63	+1.5
7	862	Lydia Chamberlin	Lincoln Wellington AC	5.58	+1.2
8	729	Emily Martin	Hercules Wimbledon AC	5.51	+1.3
9	765	Eleanor Markendale	Pendle AC	5.48	+1.2
10	1119	Kim Murray	Team Southampton	5.40	+0.7
11	1045	Heidi Jarosinski	Halesowen A & CC	5.32	+1.6



Norwich Union World Junior Trials & U20 & U23 AAA Championships  
Saturday 22 & Sunday 23 July 2006  
Bedford International Stadium



**F7 U20 Women Triple Jump**

**22/07/2006**

Wind

1	764	Claire Linskill	North Devon AC	12.62	+2.2
2	1089	Anna Kelly	Shrewsbury AC	12.56	+3.3 (12.43m +1.7)
3	1044	Nony Mordi	Shaftesbury Barnet Harriers	12.55	-1.8
4	1087	Denae Matthew	Leicester Coritanian AC	12.42	+0.5
5	735	Melissa Carr	Shildon R & AC	12.04	+2.2 (11.92m +1.4)
6	1046	Kirsty Smith	Havering Mayesbrook AC	11.83	+1.7
7	601	Kayley Alcorn	Worthing & District H	11.81	+4.2 (11.80m +0.9)
8	952	Claire O'Reilly	Derby AC	11.68	+2.9 (11.40m +1.9)
9	844	Tania Spurling	West Suffolk AC	11.53	+2.6 (11.52m +1.2)
10	944	Juliet Fielden	Sutton & Dist AC	11.19	+1.8
11	951	Frances Smithson	Oxford University AC	10.92	+2.5 (10.86m +1.5)
12	1142	Jade Castell-Thomas	Blackheath & Bromley AC	3x NJ	