

10:30 100m Wheelchair Races

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
1	2	49	Claire	Connon	F	Cambridge and Coleridge AC	Sen	54
1	3	8	Eden	Rainbow-Cooper	F	Weir Archer Academy	U20	54
1	4	21	Kare	Adenegan	F	Coventry Godiva Harriers	U20	34
1	5	34	Paige	Murray	F	Coventry Godiva Harriers	Sen	34
1	6	48	Naomi	Adie	F	City Of Norwich AC / Invictus	Sen	54

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
2	2	10	Emma	Alexander	F	Harlow AC	Sen	33
2	3	28	Natasha	Settelen	F	Weir Archer Academy	U20	33
2	4	32	Olivia	Gallagher	F	Weir Archer Academy	U20	33
2	5	45	Yasmin	Somers	F	Harlow AC	U20	33
2	6	4	Daina	Donnelly	F	Coventry Godiva Harriers	U13	34

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
3	1	17	Joe	Brazier	M	Harlow AC	Sen	34
3	2	38	Sean	Jones	M	Coventry Godiva Harriers	Sen	54
3	3	36	Richard	Chiassaro	M	Harlow AC	V35	54
3	4	27	Moatez	Jomni	M	Weir Archer Academy	Sen	53
3	5	6	Danny	Sidbury	M	Sutton and District AC	Sen	54
3	6	13	Hilmy	Shawwal	M	Weir Archer Academy	Sen	54
3	7	22	Kyle	Brotherton	M	Red Star AC	U20	54
3	8	30	Nathan	Blackie	M	Poole AC	Sen	34

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
4	2	5	Dan	Bramall	M	Stockport Harriers and AC	Sen	33
4	3	50	Isaac	Towers	M	Blackpool Wyre and Fylde AC	Sen	34
4	4	20	Josh	Hartley	M	Coventry Godiva Harriers	Sen	53
4	5	46	Zien	Zhou	M	Coventry Godiva Harriers	U17	34
4	6	16	Jamie	Edwards	M	Weir Archer Academy	U20	34
4	7	12	Harri	Jenkins	M	DSW Para Academy	Sen	33
4	8	18	Joel	James	M	Coventry Godiva Harriers	U20	34

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
5	2	14	Hugo	Patteson-Knight	M	Sutton and District AC	Sen	33
5	3	47	Shaun	White	M	Sutton and District AC	Sen	33
5	4	31	Nick	Smith	M	Leeds City AC	Sen	52
5	5	37	Robert	Smith	M	Coventry Godiva Harriers	V40	52
5	6	11	Franklin	Ngemoh	M	University of Warwick	Sen	34
5	7	1	Adam	Goldspink-Burgess	M	Harlow AC	Sen	34
5	8	24	Martin	Pistorius	M	Harlow AC	V40	33

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
6	2	15	Ian	Mahoney	M	Newham and Essex Beagles A	V45	51
6	3	3	Bulbul	Hussain	M	Victoria Park Harriers and Tow	V45	52
6	4	29	Nathan	Freeman	M	Worthing and District Harriers	U17	34
6	5	44	Thomas	Miller	M	Harlow AC	U15	34
6	6	40	stephen	osborne	M	Harlow AC	V55	51
6	7	23	Lyncoln	Street	M	Harlow AC	U15	33

11:00 100m RaceRunning

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
1	2	2	Beth	Moulam	F	City of York AC	U15	1
1	3	33	orla	conneely	F	Chesterfield and District AC	U15	2
1	4	9	Eleanor	Simpson	F	City of Sheffield and Dearne AC	Sen	3
1	5	25	Matthew	Humphreys	M	City of Sheffield and Dearne AC	Sen	3
1	6	35	Rafeek	Solaiman	M	City of Sheffield and Dearne AC	U20	3
1	7	43	Thomas	Talbot	M	Lincoln Wellington AC	U15	3

11:10 100m Ambulant

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
1	1	75	Emma	Denham	F	Yeovil Olympiads AC	U20	37
1	2	97	Kirsty	Taylor	F	DSW Para Academy	U20	44
1	3	77	Esme	O'Connell	F	Dacorum and Tring AC	U17	20
1	4	114	Sophie	Kamlish	F	Bristol and West AC	Sen	64
1	5	99	Laura	Sugar	F	Birchfield Harriers	Sen	44
1	6	61	Ali	Smith	F	Guildford and Godalming AC	Sen	38
1	7	103	Martina	Barber	F	Stevenage and North Herts AC	Sen	20
1	8	93	Katrina	Hart	F	Birchfield Harriers	Sen	37

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
2	2	69	Daphne	SchräGer	F	Bristol and West AC	U20	35
2	3	108	Molly	Hopkins	F	DSW Para Academy	U17	62
2	4	121	Victoria	Baskett	F	Cheltenham and County Harrie	Sen	44
2	5	80	Eve	Walsh-Dann	F	North Down AC	U17	36
2	6	104	Mercedes	Jacdonmi	F	Newham and Essex Beagles A	U17	12
2	7	107	Molly	Kingsbury	F	Bracknell AC	U20	37
2	8	126	Abbie	Kasparis	F	Invictus	Sen	

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
3	1	81	George	Fox	M	Blackpool Wyre and Fylde AC	Sen	37
3	2	124	Jordan	Howe	M	FDSW	Sen	35
3	3	118	Thomas	Young	M	Charnwood A C	U20	38
3	4	122	Zac	Shaw	M	Cleethorpes and District AC	Sen	12
3	5	86	James	Arnott	M	City Of Plymouth AC	Sen	46
3	6	76	Emmanuel	Oyinbo-Coker	M	Newham and Essex Beagles A	U17	47
3	7	92	Karim	Chan	M	Unattached	U20	20
3	8	82	Graeme	Ballard	M	Wigan and District H and AC	V40	36

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
4	1	102	Marcus	Pidgley	M	Poole AC	Sen	37
4	2	71	David	Henson	M	Southampton AC	Sen	61
4	3	85	Jahziah	Williams	M	Eastbourne Rovers AC	U20	37
4	4	88	Javaughn	Parks	M	Birchfield Harriers	Sen	36
4	5	119	Toby	Markham	M	Eton Manor AC	U20	38
4	6	63	Ben	Foulston	M	Charnwood A C	U20	38
4	7	98	Kyle	Keyworth	M	Manchester Harriers and AC	Sen	35
4	8	101	Luke	Parry	M	Cambridge and Coleridge AC	Sen	36

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
5	1	65	Brendan	Clifford	M	West Suffolk AC	Sen	36
5	2	117	Thomas	Stamp	M	South Glos AC	U17	35
5	3	125	Joe	Dillnutt	M	Invictus	Sen	
5	4	74	Elliot	Rumbold	M	Bracknell AC	Sen	38
5	5	90	Joseph	Strong	M	Stevenage and North Herts AC	U20	35
5	6	64	Benjamin	Adams	M	Herne Hill Harriers	Sen	38
5	7	94	Kayden	Roe	M	Doncaster AC	Sen	37
5	8	66	Christopher	Reid	M	Newham and Essex Beagles A	Sen	20

13:00 400m Wheelchair Races

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
1	3	45	Yasmin	Somers	F	Harlow AC	U20	33
1	4	21	Kare	Adenegan	F	Coventry Godiva Harriers	U20	34
1	5	8	Eden	Rainbow-Cooper	F	Weir Archer Academy	U20	54
1	6	34	Paige	Murray	F	Coventry Godiva Harriers	Sen	34
1	7	32	Olivia	Gallagher	F	Weir Archer Academy	U20	33

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
2	2	48	Naomi	Adie	F	City Of Norwich AC / Invictus	Sen	54
2	3	28	Natasha	Settelen	F	Weir Archer Academy	U20	33
2	4	42	Susan	Walker	F	Victoria Park Harriers and Town	V50	34
2	5	10	Emma	Alexander	F	Harlow AC	Sen	33

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
3	2	41	Stuart	Bloor	M	Weir Archer Academy	Sen	54
3	3	7	Dillon	Labrooy	M	Weir Archer Academy	Sen	54
3	4	36	Richard	Chiassaro	M	Harlow AC	V35	54
3	5	27	Moatez	Jomni	M	Weir Archer Academy	Sen	53
3	6	19	John	Charles Smith	M	Weir Archer Academy	Sen	54
3	7	6	Danny	Sidbury	M	Sutton and District AC	Sen	54
3	8	50	Isaac	Towers	M	Blackpool Wyre and Fylde AC	Sen	34

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
4	2	22	Kyle	Brotherton	M	Red Star AC	U20	54
4	3	38	Sean	Jones	M	Coventry Godiva Harriers	Sen	54
4	4	20	Josh	Hartley	M	Coventry Godiva Harriers	Sen	53
4	5	17	Joe	Brazier	M	Harlow AC	Sen	34
4	6	13	Hilmy	Shawwal	M	Weir Archer Academy	Sen	54
4	7	30	Nathan	Blackie	M	Poole AC	Sen	34

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
5	2	24	Martin	Pistorius	M	Harlow AC	V40	33
5	3	18	Joel	James	M	Coventry Godiva Harriers	U20	34
5	4	46	Zien	Zhou	M	Coventry Godiva Harriers	U17	34
5	5	16	Jamie	Edwards	M	Weir Archer Academy	U20	34
5	6	1	Adam	Goldspink-Burgess	M	Harlow AC	Sen	34

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
6	2	29	Nathan	Freeman	M	Worthing and District Harriers	U17	34
6	3	14	Hugo	Patteson-Knight	M	Sutton and District AC	Sen	33
6	4	44	Thomas	Miller	M	Harlow AC	U15	34
6	5	31	Nick	Smith	M	Leeds City AC	Sen	52
6	6	37	Robert	Smith	M	Coventry Godiva Harriers	V40	52
6	7	11	Franklin	Ngemoh	M	University of Warwick	Sen	34

13:40 **200m RaceRunning**

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class	
	1	2	43	Thomas	Talbot	M	Lincoln Wellington AC	U15	3
	1	3	35	Rafeek	Solaiman	M	City of Sheffield and Dearne AC	U20	3
	1	4	25	Matthew	Humphreys	M	City of Sheffield and Dearne AC	Sen	3
	1	5	9	Eleanor	Simpson	F	City of Sheffield and Dearne AC	Sen	3
	1	6	33	orla	conneely	F	Chesterfield and District AC	U15	2
	1	7	2	Beth	Moulam	F	City of York AC	U15	1

13:45 **200m Ambulant**

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class	
	1	3	116	Stefanie	Reid	F	Charnwood A C	Sen	64
	1	4	115	Sophie	Hahn	F	Charnwood A C	Sen	38
	1	5	111	Sally	Brown	F	Charnwood A C	Sen	47
	1	6	99	Laura	Sugar	F	Birchfield Harriers	Sen	44
	1	7	93	Katrina	Hart	F	Birchfield Harriers	Sen	37

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class	
	2	3	108	Molly	Hopkins	F	DSW Para Academy	U17	62
	2	4	97	Kirsty	Taylor	F	DSW Para Academy	U20	44
	2	5	121	Victoria	Baskett	F	Cheltenham and County Harrie	Sen	44
	2	6	80	Eve	Walsh-Dann	F	North Down AC	U17	36
	2	7	69	Daphne	SchräGer	F	Bristol and West AC	U20	35

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class	
	3	2	72	Dylan	Harris	M	Reading AC	Sen	38
	3	3	71	David	Henson	M	Southampton AC	Sen	61
	3	4	118	Thomas	Young	M	Charnwood A C	U20	38
	3	5	112	Shaun	Burrows	M	Charnwood A C	Sen	38
	3	6	82	Graeme	Ballard	M	Wigan and District H and AC	V40	36
	3	7	81	George	Fox	M	Blackpool Wyre and Fylde AC	Sen	37
	3	8	119	Toby	Markham	M	Eton Manor AC	U20	38

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class	
	4	2	102	Marcus	Pidgley	M	Poole AC	Sen	37
	4	3	98	Kyle	Keyworth	M	Manchester Harriers and AC	Sen	35
	4	4	63	Ben	Foulston	M	Charnwood A C	U20	38
	4	5	85	Jahziah	Williams	M	Eastbourne Rovers AC	U20	37
	4	6	124	Jordan	Howe	M	FDSW	Sen	35
	4	7	101	Luke	Parry	M	Cambridge and Coleridge AC	Sen	36

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class	
	5	2	94	Kayden	Roe	M	Doncaster AC	Sen	37
	5	3	64	Benjamin	Adams	M	Herne Hill Harriers	Sen	38
	5	4	125	Joe	Dillnutt	M	Invictus	Sen	
	5	5	74	Elliot	Rumbold	M	Bracknell AC	Sen	38
	5	6	90	Joseph	Strong	M	Stevenage and North Herts AC	U20	35
	5	7	65	Brendan	Clifford	M	West Suffolk AC	Sen	36
	5	8	117	Thomas	Stamp	M	South Glos AC	U17	35

15:30 800m Wheelchair Races

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
1	1	10	Emma	Alexander	F	Harlow AC	Sen	33
1	2	42	Susan	Walker	F	Victoria Park Harriers and Tow	V50	34
1	3	21	Kare	Adenegan	F	Coventry Godiva Harriers	U20	34
1	4	8	Eden	Rainbow-Cooper	F	Weir Archer Academy	U20	54
1	5	34	Paige	Murray	F	Coventry Godiva Harriers	Sen	34
1	6	49	Claire	Connon	F	Cambridge and Coleridge AC	Sen	54
1	7	45	Yasmin	Somers	F	Harlow AC	U20	33
1	8	48	Naomi	Adie	F	City Of Norwich AC / Invictus	Sen	54

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
2	1	41	Stuart	Bloor	M	Weir Archer Academy	Sen	54
2	2	50	Isaac	Towers	M	Blackpool Wyre and Fylde AC	Sen	34
2	3	19	John	Charles Smith	M	Weir Archer Academy	Sen	54
2	4	36	Richard	Chiassaro	M	Harlow AC	V35	54
2	5	7	Dillon	Labrooy	M	Weir Archer Academy	Sen	54
2	6	6	Danny	Sidbury	M	Sutton and District AC	Sen	54
2	7	38	Sean	Jones	M	Coventry Godiva Harriers	Sen	54
2	8	17	Joe	Brazier	M	Harlow AC	Sen	34

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
3	2	30	Nathan	Blackie	M	Poole AC	Sen	34
3	3	20	Josh	Hartley	M	Coventry Godiva Harriers	Sen	53
3	4	22	Kyle	Brotherton	M	Red Star AC	U20	54
3	5	46	Zien	Zhou	M	Coventry Godiva Harriers	U17	34
3	6	18	Joel	James	M	Coventry Godiva Harriers	U20	34
3	7	37	Robert	Smith	M	Coventry Godiva Harriers	V40	52

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
4	2	29	Nathan	Freeman	M	Worthing and District Harriers	U17	34
4	3	11	Franklin	Ngemoh	M	University of Warwick	Sen	34
4	4	1	Adam	Goldspink-Burgess	M	Harlow AC	Sen	34
4	5	44	Thomas	Miller	M	Harlow AC	U15	34
4	6	14	Hugo	Patteson-Knight	M	Sutton and District AC	Sen	33

16:00 400m RaceRunning

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
1	3	43	Thomas	Talbot	M	Lincoln Wellington AC	U15	3
1	4	25	Matthew	Humphreys	M	City of Sheffield and Dearne AC	Sen	3
1	5	33	orla	conneely	F	Chesterfield and District AC	U15	2
1	6	2	Beth	Moulam	F	City of York AC	U15	1

16:00 400m Open / Ambulant: Following Athletes Seeded On The Day!

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
	tbc	61	Ali	Smith	F	Guildford and Godalming AC	Sen	38
	tbc	66	Christopher	Reid	M	Newham and Essex Beagles A	Sen	20
	tbc	72	Dylan	Harris	M	Reading AC	Sen	38
	tbc	78	Ethan	Kirby	M	Newton Abbot AC	U17	20
	tbc	84	Hetty	Bartlett	F	Orwell Panthers AC	Sen	20
	tbc	87	Jamie	Graham	M	Enfield and Haringey A C	Sen	38
	tbc	89	Jordan	Andrew	M	Newham and Essex Beagles A	Sen	20
	tbc	96	Kieran	O'Hara	M	Havering AC	U20	20
	tbc	109	Prince	Reid	M	Blackheath and Bromley Harrie	U20	20
	tbc	111	Sally	Brown	F	Charnwood A C	Sen	47

16:30 1500m Wheelchair Races

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
1	3	36	Richard	Chiassaro	M	Harlow AC	V35	54
1	4	7	Dillon	Labrooy	M	Weir Archer Academy	Sen	54
1	5	19	John	Charles Smith	M	Weir Archer Academy	Sen	54
1	6	6	Danny	Sidbury	M	Sutton and District AC	Sen	54
1	7	38	Sean	Jones	M	Coventry Godiva Harriers	Sen	54
1	8	22	Kyle	Brotherton	M	Red Star AC	U20	54

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
2	2	41	Stuart	Bloor	M	Weir Archer Academy	Sen	54
2	3	37	Robert	Smith	M	Coventry Godiva Harriers	V40	52
2	4	17	Joe	Brazier	M	Harlow AC	Sen	34
2	5	24	Martin	Pistorius	M	Harlow AC	V40	33
2	6	1	Adam	Goldspink-Burgess	M	Harlow AC	Sen	34
2	7	8	Eden	Rainbow-Cooper	F	Weir Archer Academy	U20	54
2	8	21	Kare	Adenegan	F	Coventry Godiva Harriers	U20	34

Heat	Lane	Bib	First	Surname	M/F	Club	Age	Class
3	3	34	Paige	Murray	F	Coventry Godiva Harriers	Sen	34
3	4	42	Susan	Walker	F	Victoria Park Harriers and Tow	V50	34
3	5	32	Olivia	Gallagher	F	Weir Archer Academy	U20	33
3	6	48	Naomi	Adie	F	City Of Norwich AC / Invictus	Sen	54

12:00 Long Jump Women

Order	Bib	First	Surname	M/F	Club	Age	Class
1	75	Emma	Denham	F	Yeovil Olympiads AC	U20	37
2	70	Darragh	Andrews	F	North Belfast Harriers	Sen	20
3	123	Talia	Jones	F	Southampton AC	Sen	38
4	107	Molly	Kingsbury	F	Bracknell AC	U20	37
5	61	Ali	Smith	F	Guildford and Godalming AC	Sen	38
6	84	Hetty	Bartlett	F	Orwell Panthers AC	Sen	20
7	77	Esme	O'Connell	F	Dacorum and Tring AC	U17	20
8	103	Martina	Barber	F	Stevenage and North Herts AC	Sen	20
9	116	Stefanie	Reid	F	Charnwood A C	Sen	64

13:00 Shot Putt Ambulant Men & Women

Order	Bib	First	Surname	M/F	Club	Age	Class
1	79	Eustacia	Gaston-Monerville	F	Enfield and Haringey A C	Sen	44
2	106	Millie	Forrest	F	Wigan and District H and AC	Sen	37
1	67	Conor	O'Hare	M	Chelmsford AC	U20	35
2	91	Joshua	Bain	M	Chelmsford AC	Sen	37
3	105	Michael	Nicholls	M	Shaftesbury Barnet Harriers	Sen	44
4	83	Harrison	Walsh	M	DSW Para Academy	Sen	44

14:30 Long Jump Men

Order	Bib	First	Surname	M/F	Club	Age	Class
1	110	Ryan	Raghoo	M	Basingstoke and Mid Hants AC	Sen	36
2	92	Karim	Chan	M	Unattached	U20	20
3	100	Luke	Sinnott	M	Bournemouth AC	V35	61
4	62	Amirkamali	Sarvestani	M		Sen	11

15:30 Shot Putt Seated Men & Women

Order	Bib	First	Surname	M/F	Club	Age	Class
1	120	Vanessa	Wallace	F	Enfield and Haringey A C	V40	F34
1	113	Simon	Holwell	M	Enfield and Haringey A C	V40	F57
2	68	Danny	Nobbs	M	City Of Norwich AC	V35	F54
3	95	Kieran	Tscherniawsky	M	Loughborough Students AC	Sen	F33
4	73	Ed	Clifton	M	British Wheelchair Athletics As:	Sen	F56