

**UK Challenge Final**  
**Crystal Palace Stadium, London**  
**Sat 25th August 2007**

**26 Men's 100m**

*Wind:* -0.9 m/s

| Posn | Bib | Athlete                 | Club                        | Perf  | UKC   | UKC Pts | SB | PB | Total |
|------|-----|-------------------------|-----------------------------|-------|-------|---------|----|----|-------|
| 1    | 701 | Leevan YEARWOOD (Guest) | Victoria Park & Tower Hamle | 10.35 | 10.13 | 190     |    |    | 592   |
| 2    | 598 | Tim ABEYIE              | Woodford Green w Essex Lac  | 10.45 |       | 170     |    |    | 677   |
| 3    | 603 | Darren CHIN             | Belgrave Harriers           | 10.47 |       | 166     | sb |    | 761   |
| 4    | 698 | James ELLINGTON         | Belgrave Harriers           | 10.54 |       | 152     |    |    | 793   |
| 5    | 599 | Jeffrey LAWAL-BALOGUN   | Kent AC                     | 10.55 |       | 150     |    |    | 657   |
| 6    | 700 | Leroy SLUE              | Harrow AC                   | 10.75 |       | 110     |    |    | 542   |
| 7    | 602 | Paul JUDSON             | Notts AC                    | 10.78 |       | 104     |    |    | 604   |
| 8    | 550 | Ryan JAMES              | Birchfield Harriers         | 10.82 |       | 96      |    |    | 640   |

**13 Men's 200m**

*Wind:* -0.4 m/s

| Posn | Bib | Athlete               | Club                       | Perf  | UKC   | UKC Pts | SB | PB | Total |
|------|-----|-----------------------|----------------------------|-------|-------|---------|----|----|-------|
| 1    | 598 | Tim ABEYIE            | Woodford Green w Essex Lac | 20.83 | 20.69 | 192     |    |    | 879   |
| 2    | 599 | Jeffrey LAWAL-BALOGUN | Kent AC                    | 21.15 |       | 160     |    |    | 818   |
| 3    | 601 | Leon BAPTISTE         | Enfield and Haringey AC    | 21.17 |       | 158     |    |    | 765   |
| 4    | 603 | Darren CHIN           | Belgrave Harriers          | 21.30 |       | 145     |    |    | 658   |
| 5    | 602 | Paul JUDSON           | Notts AC                   | 21.45 |       | 130     |    |    | 703   |
| 6    | 596 | Dan COUSINS           | Birchfield Harriers        | 21.61 |       | 114     |    |    | 607   |

**21 Men's 400m**

| Posn | Bib | Athlete         | Club                       | Perf  | UKC   | UKC Pts | SB | PB | Total |
|------|-----|-----------------|----------------------------|-------|-------|---------|----|----|-------|
| 1    | 657 | Conrad WILLIAMS | Kent AC                    | 46.79 | 45.70 | 168     |    |    | 848   |
| 2    | 656 | Graham HEDMAN   | Woodford Green w Essex Lac | 47.54 |       | 138     |    |    | 836   |
| 3    | 658 | Mark BERRIDGE   | Basingstoke and Mid Hants  | 47.66 |       | 133     |    |    | 692   |
| 4    | 660 | Rick BEARDSSELL | Trafford AC                | 47.99 |       | 120     |    |    | 598   |
| 5    | 654 | Nick LEAVY      | Thames Valley H            | 48.48 |       | 100     |    |    | 573   |
| 6    | 661 | John KELLY      | City of Sheffield AC       | 48.71 |       | 91      |    |    | 545   |
| 7    | 655 | Bruce TASKER    | Carmarthen Harriers        | 49.13 |       | 74      |    |    | 74    |

**29 Men's 800m**

| Posn | Bib | Athlete         | Club                      | Perf     | UKC      | UKC Pts | SB | PB  | Total |
|------|-----|-----------------|---------------------------|----------|----------|---------|----|-----|-------|
| 1    | 7   | Ben GREEN       | Newham & Essex Beagles AC | 01:47.47 | 01:45.60 | 196     | sb | =pb | 776   |
| 2    | 4   | Kieran FLANNERY | Gateshead Harriers        | 01:49.94 |          | 147     |    |     | 616   |
| 3    | 16  | Frank BADDICK   | North Devon AC            | 01:51.47 |          | 0       |    |     | 394   |
| 4    | 9   | Ian LOWTHIAN    | Sale Harriers             | 01:51.95 |          | 0       |    |     | 527   |
| 5    | 23  | Steve EVISON    | City of Sheffield AC      | 01:52.66 |          | 0       |    |     | 336   |

**31 Men's 1500m**

| Posn | Bib | Athlete         | Club                      | Perf     | UKC      | UKC Pts | SB | PB | Total |
|------|-----|-----------------|---------------------------|----------|----------|---------|----|----|-------|
| 1    | 108 | Matthew BARNES  | Altrincham                | 03:45.91 | 03:38.51 | 154     |    |    | 773   |
| 2    | 125 | Rob WHITTLE     | Basingstoke and Mid Hants | 03:47.83 |          | 139     | sb |    | 430   |
| 3    | 109 | Jonathan TAYLOR | Morpeth Harriers          | 03:48.35 |          | 135     |    |    | 504   |
| 4    | 111 | Lewis MOSES     | Darlington Harriers       | 03:55.83 |          | 0       |    |    | 439   |
| 5    | 106 | Bruce RAESIDE   | Notts AC                  | DNS      |          | 0       |    |    | 581   |
| 6    | 110 | Tom CARTER      | Vale Royal AC             | DNS      |          | 0       |    |    | 574   |

### 35 Men's 5000m

| Posn | Bib | Athlete     | Club                   | Perf     | UKC      | UKC Pts | SB | PB    | Total |
|------|-----|-------------|------------------------|----------|----------|---------|----|-------|-------|
| 1    | 242 | Phil WICKS  | Belgrave Harriers      | 13:56.50 | 13:40.19 | 147     | sb | pb +5 | 569   |
| 2    | 252 | Antony FORD | Blackpool and Fylde AC | 13:58.20 |          | 143     |    |       | 740   |
| 3    | 251 | Dave NORMAN | Altrincham             | 14:57.92 |          | 0       |    |       | 368   |
| 4    | 255 | Ben FISH    | Blackburn              | 15:00.04 |          | 0       |    |       | 293   |
| 5    | 248 | Steve SHARP | Belgrave Harriers      | DNF      |          | 0       |    |       | 539   |

### 16 Men's 110m Hurdles

*Wind: -0.8 m/s*

| Posn | Bib | Athlete                | Club                       | Perf  | UKC   | UKC Pts | SB | PB    | Total |
|------|-----|------------------------|----------------------------|-------|-------|---------|----|-------|-------|
| 1    | 622 | Will SHARMAN (Guest)   | Belgrave Harriers          | 13.82 | 13.24 | 193     |    |       | 726   |
| 2    | 617 | Richard ALLEYNE        | Woodford Green w Essex Lac | 13.94 |       | 181     |    |       | 945   |
| 3    | 623 | Gianni FRANKIS (Guest) | Newham & Essex Beagles AC  | 14.00 |       | 175     |    |       | 831   |
| 4    | 618 | Dominic GIRDLER        | City of Sheffield AC       | 14.41 |       | 134     |    |       | 814   |
| 5    | 621 | Luke REYNOLDS          | North Down AC              | 14.72 |       | 103     | sb | pb +5 | 412   |
| 6    | 620 | Suote NYANMO           | Newham & Essex Beagles AC  | 14.73 |       | 102     |    |       | 498   |
| 7    | 619 | Ben RICHARDSON         | Team Southampton           | 14.85 |       | 90      |    |       | 90    |

### 23 Men's 400m Hurdles

| Posn | Bib | Athlete               | Club                      | Perf  | UKC   | UKC Pts | SB | PB    | Total |
|------|-----|-----------------------|---------------------------|-------|-------|---------|----|-------|-------|
| 1    | 670 | Steve GREEN (Guest)   | Newham & Essex Beagles AC | 50.71 | 49.28 | 187     |    |       | 726   |
| 2    | 672 | Ricardo YATES         | Trafford AC               | 51.25 |       | 173     | sb | pb +5 | 811   |
| 3    | 673 | Ben SUMNER            | Enfield and Haringey AC   | 51.58 |       | 165     |    |       | 819   |
| 4    | 674 | Lloyd GUMBS           | Shaftesbury Barnet H      | 52.71 |       | 137     | sb | pb +5 | 655   |
| 5    | 676 | Sean REIDY            | Nene Valley Harriers      | 52.87 |       | 133     | sb | pb +5 | 536   |
| 6    | 671 | Tom PATTON            | Thames Valley H           | 54.85 |       | 83      |    |       | 547   |
| 7    | 677 | Enrique MELIN (Guest) | Newham & Essex Beagles AC | 55.84 |       | 59      |    |       | 59    |

### 33 Men's 3000m Steeplechase

| Posn | Bib | Athlete         | Club                | Perf     | UKC      | UKC Pts | SB | PB | Total |
|------|-----|-----------------|---------------------|----------|----------|---------|----|----|-------|
| 1    | 282 | Andrew HENNESSY | Wells City Harriers | 08:56.79 | 08:29.96 | 0       | sb |    | 477   |
| 2    | 286 | Jermaine MAYS   | Kent AC             | 09:09.19 |          | 0       |    |    | 381   |
| 3    | 287 | Alex PILCHER    | Derby AC            | 09:50.20 |          | 0       |    |    | 420   |

### 27 Men's Race Walking 3000m

| Posn | Bib | Athlete       | Club                | Perf     | UKC |
|------|-----|---------------|---------------------|----------|-----|
| 1    | 705 | Dominic KING  | Colchester Harriers | 12:24.94 |     |
| 2    | 707 | Mark WILLIAMS | Tamworth AC         | 12:51.80 |     |
| 3    | 706 | Ben WEARS     | Redcar Running Club | 13:03.80 |     |
| 4    | 709 | Andy PENN     | Nuneaton Harriers   | 13:13.40 |     |
| 5    | 708 | Peter KANEEN  | Manx Harriers       | 13:30.12 |     |

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**25 Women's 100m** *Wind:* -1.3 m/s

| Posn | Bib | Athlete         | Club                        | Perf  | UKC   | UKC Pts | SB | PB | Total |
|------|-----|-----------------|-----------------------------|-------|-------|---------|----|----|-------|
| 1    | 592 | Ellena RUDDOCK  | Rugby and Northampton       | 11.94 | 11.23 | 124     |    |    | 606   |
| 2    | 594 | Lucy EVANS      | Sale Harriers Manchester    | 12.03 |       | 110     |    |    | 551   |
| 3    | 590 | Helen PRYER     | Windsor Slough Etgon & H    | 12.03 |       | 110     |    |    | 568   |
| 4    | 595 | Natalie JOWETT  | Marshall Milton Keynes      | 12.13 |       | 95      |    |    | 571   |
| 5    | 591 | Rhiannon BURDON | Aldershot Farnham and Distr | 12.23 |       | 80      |    |    | 499   |
| 6    | 690 | Melinda COOKSEY | Tipton Harriers             | 12.23 |       | 80      |    |    | 564   |
| 7    | 589 | Emma BAILEY     | Rugby and Northampton       | 12.40 |       | 54      |    |    | 487   |
| 8    | 639 | Seemita GUMBS   | Birchfield Harriers         | 12.72 |       | 0       |    |    | 308   |

**12 Women's 200m** *Wind:* -1.5 m/s

| Posn | Bib | Athlete         | Club                        | Perf  | UKC   | UKC Pts | SB | PB    | Total |
|------|-----|-----------------|-----------------------------|-------|-------|---------|----|-------|-------|
| 1    | 590 | Helen PRYER     | Windsor Slough Etgon & H    | 24.10 | 23.24 | 149     |    |       | 798   |
| 2    | 593 | Margaret ADEOYE | Enfield and Haringey        | 24.19 |       | 143     |    |       | 684   |
| 3    | 594 | Lucy EVANS      | Sale Harriers Manchester    | 24.44 |       | 126     | sb | pb +5 | 629   |
| 4    | 591 | Rhiannon BURDON | Aldershot Farnham and Distr | 24.61 |       | 115     |    |       | 692   |
| 5    | 589 | Emma BAILEY     | Rugby and Northampton       | 24.82 |       | 101     |    |       | 498   |
| 6    | 595 | Natalie JOWETT  | Marshall Milton Keynes      | 24.86 |       | 98      |    |       | 477   |

**19 Women's 400m**

| Posn | Bib | Athlete               | Club                     | Perf  | UKC   | UKC Pts | SB | PB    | Total |
|------|-----|-----------------------|--------------------------|-------|-------|---------|----|-------|-------|
| 1    | 641 | Carey MARSHALL/EASTON | Edinburgh AAC            | 53.71 | 50.74 | 176     |    |       | 887   |
| 2    | 645 | Sarah TOMLINS         | Sale Harriers            | 53.76 |       | 174     |    | pb +5 | 690   |
| 3    | 642 | Lesley OWUSU          | Windsor Slough Etgon & H | 53.84 |       | 172     |    |       | 806   |
| 4    | 644 | Kathryn EVANS         | Elgin AAC                | 54.28 |       | 161     |    |       | 713   |
| 5    | 640 | Laura LANGOWSKI       | Coventry Godiva AC       | 55.11 |       | 141     |    | pb +5 | 687   |
| 6    | 643 | Tatum NELSON          | Sale Harriers Manchester | 55.20 |       | 138     |    |       | 749   |

**28 Women's 800m**

| Posn | Bib | Athlete              | Club                 | Perf     | UKC     | UKC Pts | SB | PB    | Total |
|------|-----|----------------------|----------------------|----------|---------|---------|----|-------|-------|
| 1    | 66  | Vicky GRIFFITHS      | Liverpool Harriers   | 02:01.49 | 02:00.3 | 206     |    | pb +5 | 990   |
| 2    | 64  | Lizi BRATHWAITE      | Herts Phoenix        | 02:03.07 |         | 186     |    |       | 929   |
| 3    | 65  | Joanna ROSS          | Edinburgh AC         | 02:04.19 |         | 172     |    |       | 855   |
| 4    | 72  | Ruth WATSON          | Sale Harriers        | 02:05.88 |         | 151     |    |       | 745   |
| 5    | 74  | Amy CAMPBELL RESERVE | Shaftesbury Barnet H | 02:07.58 |         | 130     |    |       | 566   |
| 6    | 63  | Claire GIBSON        | Kilbarchan AAC       | 02:07.88 |         | 126     |    |       | 812   |
| 7    | 71  | Nina ANDERSON        | Shaftesbury Barnet H | 02:08.39 |         | 120     |    | pb +5 | 483   |
| 8    | 67  | Michaela HUTCHISON   | Hillingdon AC        | 02:09.76 |         | 103     |    |       | 728   |

**30 Women's 1500m**

| Posn | Bib | Athlete                | Club                     | Perf     | UKC      | UKC Pts | SB | PB    | Total |
|------|-----|------------------------|--------------------------|----------|----------|---------|----|-------|-------|
| 1    | 206 | Nicola GAULD           | Aberdeen AAC             | 04:12.72 | 04:05.91 | 196     |    | pb +5 | 916   |
| 2    | 207 | Rachel FELTON          | Shaftesbury Barnet H     | 04:13.19 |          | 194     |    | pb +5 | 893   |
| 3    | 203 | Harriet SCOTT          | Havering Mayesbrook      | 04:15.97 |          | 180     |    | pb +5 | 779   |
| 4    | 208 | Hannah WHITMORE        | Charnwood AC             | 04:18.48 |          | 167     |    |       | 826   |
| 5    | 216 | Eleanor SHERRARD-SMITH | Swansea Harriers         | 04:26.09 |          | 129     |    |       | 571   |
| 6    | 220 | Jenna HILL             | Sale Harriers Manchester | 04:28.69 |          | 116     |    |       | 636   |
| 7    | 221 | Ceri MITCHELL          | Team Southampton         | DNS      |          | 0       |    |       | 370   |
| 8    |     |                        |                          |          |          |         |    |       |       |

### 34 Women's 5000m

| Posn | Bib | Athlete          | Club                       | Perf     | UKC      | UKC Pts | SB | PB    | Total |
|------|-----|------------------|----------------------------|----------|----------|---------|----|-------|-------|
| 1    | 178 | Vicky GILL       | Chorley AC                 | 16:07.72 | 15:07.38 | 248     |    |       | 877   |
| 2    | 179 | Emily ADAMS      | Aldershot Farnham and Dist | 17:01.73 |          | 247     |    | pb +5 | 735   |
| 3    | 180 | Victoria WEBSTER | Shaftesbury Barnet H       | DNS      |          | 0       |    |       | 584   |

### 14 Women's 100m Hurdles

*Wind: +0.6 m/s*

| Posn | Bib | Athlete                     | Club                       | Perf  | UKC   | UKC Pts | SB | PB    | Total |
|------|-----|-----------------------------|----------------------------|-------|-------|---------|----|-------|-------|
| 1    | 609 | Sarah CLAXTON (Guest)       | Woodford Green w Essex Lac | 13.17 | 12.97 | 208     |    |       | 828   |
| 2    | 607 | Gemma BENNETT               | Shaftesbury Barnet H       | 13.44 |       | 190     |    |       | 963   |
| 3    | 608 | Nusrat CEESAY               | Woodford Green w Essex Lac | 13.82 |       | 165     |    | pb +5 | 790   |
| 4    | 604 | Sharon-Louise WALLS (Guest) | Wigan and District AC      | 14.02 |       | 152     |    |       | 633   |
| 5    | 606 | Angie BROADBELT             | Thames Valley H            | 14.40 |       | 126     |    |       | 642   |
| 6    | 605 | Ruth DALES                  | Wakefield Harriers and AC  | 14.73 |       | 104     |    |       | 605   |

### 22 Women's 400m Hurdles

| Posn | Bib | Athlete        | Club                       | Perf  | UKC   | UKC Pts | SB | PB    | Total |
|------|-----|----------------|----------------------------|-------|-------|---------|----|-------|-------|
| 1    | 608 | Nusrat CEESAY  | Woodford Green w Essex Lac | 57.73 | 55.43 | 196     |    |       | 821   |
| 2    | 666 | Anwen REES     | Carmarthen Harriers        | 58.38 |       | 185     |    |       | 891   |
| 3    | 664 | Sarah ADAMS    | Leicester Coritanian AC    | 59.24 |       | 171     |    |       | 863   |
| 4    | 667 | Hannah DOUGLAS | Belgrave Harriers          | 59.65 |       | 164     |    |       | 850   |
| 5    | 663 | Emily PARKER   | Epsom and Ewell Harriers   | 60.10 |       | 156     |    | pb +5 | 762   |
| 6    | 662 | Maria CROWE    | Medway and Maidstone       | 61.78 |       | 128     |    |       | 677   |
| 7    | 669 | Ruth BRERETON  | Woodford Green w Essex Lac | 62.29 |       | 120     |    |       | 635   |
| 8    | 668 | Nisha DESAI    | Morpeth Harriers           | DQ    |       | 0       |    |       | 552   |

### 32 Women's 3000m Steeplechase

| Posn | Bib | Athlete          | Club                       | Perf     | UKC      | UKC Pts | SB | PB    | Total |
|------|-----|------------------|----------------------------|----------|----------|---------|----|-------|-------|
| 1    | 188 | Claire ENTWISTLE | Trafford AC                | 10:19.64 | 09:43.11 | 0       |    |       | 527   |
| 2    | 184 | Jessica SPARKE   | Woodford Green w Essex Lac | 10:23.80 |          | 0       |    | pb +5 | 161   |
| 3    | 185 | Shavaunn HENRY   | Blackheath and Bromley     | 10:56.70 |          | 0       |    | pb +5 | 121   |
| 4    | 187 | Dani Nimmock     | City of Norwich            | 11:09.76 |          | 0       |    |       | 0     |

### 27 Women's Race Walking 3000m

| Posn | Bib | Athlete            | Club                       | Perf     | UKC | UKC Pts | SB | PB  | Total |
|------|-----|--------------------|----------------------------|----------|-----|---------|----|-----|-------|
| 1    | 703 | Verity SNOOK       | Aldershot Farnham and Dist | 14:44.88 |     |         |    |     | 294   |
| 2    | 704 | Rebecca MERSH      | City of Sheffield AC       | 15:47.18 |     | 0       |    |     | 248   |
| 3    | 710 | Catherine GRAINGER | 0                          | 16:19.12 |     | 0       |    | =pb | 0     |

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**4 Men's High Jump**

*UKC: 2.28*

| Posn | Bib | Athlete             | Club                     | Perf | UKC Pts | SB  | PB    | Total |
|------|-----|---------------------|--------------------------|------|---------|-----|-------|-------|
| 1    | 533 | Samson ONI          | Belgrave Harriers        | 2.28 | 230     | sb  | pb +5 | 1090  |
| 2    | 525 | Brian HALL (Guest)  | Bolton United Harriers   | 2.21 | 195     | sb  | pb +5 | 690   |
| 3    | 529 | Robbie GRABARZ      | Bedford and County       | 2.21 | 195     | sb  |       | 690   |
| 4    | 526 | Alan MCKIE (Guest)  | Windsor Slough Etgon & H | 2.18 | 180     |     |       | 815   |
| 5    | 531 | Martin LLOYD        | Bexley AC                | 2.18 | 180     |     |       | 910   |
| 6    | 532 | Adam SCARR          | Enfield and Haringey     | 2.15 | 165     |     |       | 995   |
| 7    | 530 | Darryl STONE        | Shaftesbury Barnet H     | 2.15 | 165     | =sb |       | 780   |
| 8    | 528 | Jamie THOMAS        | Birchfield Harriers      | 2.01 | 95      | sb  |       | 355   |
| 9    | 527 | Adam GALLIE (Guest) | Derby AC                 | 1.96 | 70      | sb  |       | 260   |

**11 Men's Pole Vault**

*UKC: 5.61*

| Posn | Bib | Athlete               | Club                          | Perf | UKC Pts | SB | PB | Total |
|------|-----|-----------------------|-------------------------------|------|---------|----|----|-------|
| 1    | 584 | Nick BUCKFIELD        | Crawley AC                    | 5.16 | 166     |    |    | 786   |
| 2    | 585 | Christian NORTH       | Woodford Green w Essex Ladies | 5.06 | 156     |    |    | 811   |
| 3    | 586 | Paul WALKER           | Sale Harriers Manchester      | 5.06 | 156     |    |    | 866   |
| 4    | 587 | Joe IVE               | Belgrave Harriers             | 4.91 | 141     |    |    | 916   |
| 5    | 583 | Richard HURREN        | Falkirk AC                    | 4.76 | 126     |    |    | 685   |
| 6    | 580 | Mike WALKER (Guest)   | Cardiff AAC                   | 4.61 | 111     |    |    | 548   |
| 7    | 581 | Nick CRUCHLEY (Guest) | Halesowen                     | 4.46 | 96      |    |    | 465   |
| 8    | 582 | John MURRAY           | Cardiff AAC                   | 4.01 | 51      |    |    | 383   |

**7 Men's Long Jump**

*UKC: 8.26*

| Posn | Bib | Athlete         | Club                      | Perf | Wind | UKC Pts | SB | PB | Total |
|------|-----|-----------------|---------------------------|------|------|---------|----|----|-------|
| 1    | 552 | Chris KIRK      | Newham & Essex Beagles AC | 7.60 | +2.0 | 180     |    |    | 749   |
| 2    | 699 | Jonathan MOORE  | Birchfield Harriers       | 7.49 | +1.1 | 169     |    |    | 768   |
| 3    | 555 | Leigh SMITH     | Birchfield Harriers       | 7.46 | +1.1 | 166     |    |    | 803   |
| 4    | 550 | Ryan JAMES      | Birchfield Harriers       | 7.42 | +0.9 | 162     |    |    | 678   |
| 5    | 551 | Andre FERNANDEZ | Newham & Essex Beagles AC | 7.34 | +0.0 | 154     |    |    | 718   |
| 6    | 554 | JJ JEGEDE       | Newham & Essex Beagles AC | 7.29 | -1.0 | 149     |    |    | 773   |
| 7    | 553 | Steven SMALL    | City of Sheffield         | 7.21 | +1.1 | 141     |    |    | 756   |
| 8    | 548 | Jacob BROWN     | Sale Harriers             | 7.04 | +2.3 | 124     |    |    | 510   |

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**18 Men's Triple Jump**

*UKC: 17.50*

| Posn | Bib | Athlete         | Club                          | Perf  | Wind | UKC Pts | SB | PB    | Total |
|------|-----|-----------------|-------------------------------|-------|------|---------|----|-------|-------|
| 1    | 637 | Tosin OKE       | Woodford Green w Essex Ladies | 16.30 | +1.5 | 214     |    |       | 1003  |
| 2    | 638 | Julian GOLLEY   | Windsor Slough Etgon & H      | 16.22 | +2.4 | 210     |    |       | 1006  |
| 3    | 635 | Gary WHITE      | Cardiff AAC                   | 16.09 | +1.2 | 205     |    |       | 824   |
| 4    | 636 | Elliot O'NEILL  | Cardiff AAC                   | 15.79 | +0.4 | 193     |    |       | 924   |
| 5    | 633 | Matthew BURTON  | Kent AC                       | 15.10 | +1.8 | 166     |    |       | 755   |
| 6    | 631 | Tomide ISINKAYE | Enfield and Haringey AC       | 14.36 | +1.9 | 136     | sb | pb +5 | 457   |
| 7    | 632 | Matt BARTON     | Leeds City AC                 | 14.05 | -0.2 | 124     |    |       | 606   |
| 8    |     |                 |                               |       |      |         |    |       |       |

**20 Men's Shot Put**

*UKC: 20.00*

| Posn | Bib | Athlete           | Club                           | Perf  | UKC Pts | SB | PB | Total |
|------|-----|-------------------|--------------------------------|-------|---------|----|----|-------|
| 1    | 563 | Emeka UDECHUKU    | Woodford Green w Essex Ladies  | 18.23 | 180     |    |    | 1119  |
| 2    | 650 | Sam WESTLAKE-CANN | Shaftesbury Barnet H           | 17.46 | 161     |    |    | 765   |
| 3    | 652 | Kieren KELLY      | Sale Harriers Manchester       | 17.17 | 154     |    |    | 848   |
| 4    | 560 | Leslie RICHARDS   | Trafford AC                    | 17.06 | 151     |    |    | 857   |
| 5    | 651 | Jamie WILLIAMSON  | City of Sheffield AC           | 16.91 | 147     |    |    | 799   |
| 6    | 648 | Carl FLETCHER     | Wigan and District Harriers AC | 15.82 | 120     |    |    | 640   |
| 7    | 647 | Daniel BRUNT      | City of Sheffield AC           | 15.10 | 102     |    |    | 565   |
| 8    |     |                   |                                |       |         |    |    |       |

**8 Men's Discus**

*UKC: 63.79*

| Posn | Bib | Athlete         | Club                          | Perf  | UKC Pts | SB | PB | Total |
|------|-----|-----------------|-------------------------------|-------|---------|----|----|-------|
| 1    | 563 | Emeka UDECHUKU  | Woodford Green w Essex Ladies | 58.27 | 192     |    |    | 1131  |
| 2    | 561 | Matt BROWN      | Matt Brown                    | 53.18 | 157     |    |    | 565   |
| 3    | 560 | Leslie RICHARDS | Trafford AC                   | 53.06 | 156     |    |    | 862   |
| 4    | 556 | Perriss WILKINS | Banbury AC                    | 52.95 | 155     |    |    | 739   |
| 5    | 557 | Leith MARAR     | Redhill and Surrey Beagles AC | 52.02 | 149     |    |    | 772   |
| 6    | 559 | Mark WISEMAN    | Sale Harriers                 | 51.30 | 144     |    |    | 810   |
| 7    | 558 | Angus MCINROY   | Shaftesbury Barnet H          | 50.25 | 136     |    |    | 778   |
| 8    |     |                 |                               |       |         |    |    |       |

**1 Men's Hammer**

*UKC: 71.99*

| Posn | Bib | Athlete         | Club                          | Perf  | UKC Pts | SB | PB | Total |
|------|-----|-----------------|-------------------------------|-------|---------|----|----|-------|
| 1    | 508 | Andy FROST      | Woodford Green w Essex Ladies | 71.76 | 203     |    |    | 1048  |
| 2    | 507 | Simon BOWN      | Newham & Essex Beagles AC     | 68.38 | 186     |    |    | 925   |
| 3    | 506 | Mike FLOYD      | Sale Harriers                 | 66.94 | 179     |    |    | 909   |
| 4    | 505 | Glenn KERR      | Bedford and County            | 62.52 | 157     |    |    | 840   |
| 5    | 503 | Matt LAMBLEY    | Trafford AC                   | 62.20 | 156     |    |    | 789   |
| 6    | 504 | Matthew BELL    | Birchfield Harriers           | 60.48 | 147     |    |    | 800   |
| 7    | 501 | Graham HOLDER   | Shaftesbury Barnet H          | 58.85 | 139     |    |    | 699   |
| 8    | 502 | Amir WILLIAMSON | Newham & Essex Beagles AC     | 57.39 | 131     |    |    | 743   |

UK Challenge Final  
Crystal Palace Stadium, London  
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24 Men's Javelin

UKC: 80.56

| Posn | Bib | Athlete            | Club                                 | Perf  | UKC Pts | SB | PB | Total |
|------|-----|--------------------|--------------------------------------|-------|---------|----|----|-------|
| 1    | 685 | Mervyn LUCKWELL    | Marshall Milton Keynes               | 70.93 | 168     |    |    | 874   |
| 2    | 686 | Neil MCLELLAN      | Stevenage and North Herts            | 69.16 | 157     |    |    | 864   |
| 3    | 684 | Felix HATTON       | Kingston AC and Polytechnic Harriers | 66.78 | 142     |    |    | 732   |
| 4    | 680 | Glynn HOLLINGWORTH | Coventry Godiva Harriers             | 65.94 | 137     |    |    | 558   |
| 5    | 678 | Simon BENNETT      | Woodford Green w EL                  | 63.26 | 120     |    |    | 596   |
| 6    | 683 | Anthony LOVETT     | Enfield and Haringey AC              | 62.58 | 116     |    |    | 678   |
| 7    | 682 | Rhys WILLIAMS      | Swansea Harriers                     | 61.94 | 112     |    |    | 644   |
| 8    | 681 | James HOPLEY       | Telford AC                           | 61.51 | 109     |    |    | 600   |
| 9    | 679 | Ben FISHER         | Liverpool Harriers                   | 58.41 | 90      |    |    | 505   |

**UK Challenge Final**  
**Crystal Palace Stadium, London**  
**Sat 25th August 2007**

**17 Women's High Jump** *UKC: 1.90*

| Posn | Bib | Athlete                | Club                     | Perf | UKC Pts | SB | PB    | Total |
|------|-----|------------------------|--------------------------|------|---------|----|-------|-------|
| 1    | 566 | Julia BENNETT (Guest)  | Epsom and Ewell Harriers | 1.80 | 170     |    |       | 387   |
| 2    | 628 | Kay HUMBERSTONE        | City of Sheffield AC     | 1.76 | 150     | sb | pb +5 | 645   |
| 3    | 565 | Adele LASSU (Guest)    | Barnsley AC              | 1.76 | 150     |    |       | 750   |
| 4    | 627 | Vikki HUBBARD          | Grantham AC              | 1.71 | 125     |    |       | 745   |
| 5    | 626 | Eloise NEWMAN (Guest)  | Harrow AC                | 1.71 | 125     |    |       | 460   |
| 6    | 624 | Gemma GRAINGER (Guest) | Basildon AC              | 1.61 | 75      |    |       | 145   |
| 7    |     |                        |                          |      |         |    |       |       |

**3 Women's Pole Vault** *UKC: 4.26*

| Posn | Bib | Athlete            | Club                   | Perf | UKC Pts | SB | PB | Total |
|------|-----|--------------------|------------------------|------|---------|----|----|-------|
| 1    | 523 | Emma LYONS         | Notts AC               | 4.01 | 186     |    |    | 956   |
| 2    | 521 | Zoe BROWN          | Shaftesbury Barnet H   | 4.01 | 186     | sb |    | 876   |
| 3    | 522 | Fiona HARRISON     | Trafford AC            | 3.91 | 176     |    |    | 941   |
| 4    | 520 | Rachel GIBBENS     | Marshall Milton Keynes | 3.81 | 166     |    |    | 851   |
| 5    | 524 | Louise BUTTERWORTH | Birchfield Harriers    | 3.81 | 166     |    |    | 952   |
| 6    | 517 | Gemma DOWSETT      | Medway and Maidstone   | 3.06 | 91      |    |    | 506   |
| 7    | 519 | Louise SHORTLAND   | Stevenage North Herts  | NHC  |         |    |    | 515   |

**9 Women's Long Jump** *UKC: 6.54*

| Posn | Bib | Athlete               | Club                     | Perf | Wind | UKC Pts | SB | PB | Total |
|------|-----|-----------------------|--------------------------|------|------|---------|----|----|-------|
| 1    | 570 | Gillian COOKE         | Edinburgh AC             | 6.07 | +1.7 | 146     |    |    | 847   |
| 2    | 516 | Nadia WILLIAMS        | Shaftesbury Barnet H     | 5.82 | +1.6 | 115     |    |    | 882   |
| 3    | 509 | Linzi ROBINSON        | Nuneaton                 | 5.75 | +0.7 | 106     |    |    | 573   |
| 4    | 566 | Julia BENNETT (Guest) | Epsom and Ewell Harriers | 5.69 | +2.5 | 98      |    |    | 315   |
| 5    | 568 | Sarah ROSSITER        | Forest of Dean           | 5.58 | +1.7 | 85      |    |    | 508   |
| 6    | 510 | Sally PEAKE           | Liverpool Harriers       | 5.57 | +1.5 | 83      |    |    | 560   |
| 7    | 512 | Anna KELLY            | Shrewsbury AC            | 5.45 | +1.9 | 68      |    |    | 617   |
| 8    | 564 | Julia STRAKER (Guest) | Morpeth Harriers         | 5.38 | +0.0 | 59      |    |    | 214   |

**2 Women's Triple Jump** *UKC: 13.65*

| Posn | Bib | Athlete         | Club                          | Perf  | Wind  | UKC Pts | SB  | PB    | Total |
|------|-----|-----------------|-------------------------------|-------|-------|---------|-----|-------|-------|
| 1    | 516 | Nadia WILLIAMS  | Shaftesbury Barnet H          | 13.59 | +1.8  | 192     | =sb | =pb   | 959   |
| 2    | 513 | Stephanie ANETO | Woodford Green w Essex Ladies | 12.98 | +0.3  | 161     | sb  |       | 781   |
| 3    | 514 | Denae MATTHEW   | Leicester Coritanian AC       | 12.83 | +2.0  | 154     |     |       | 789   |
| 4    | 509 | Linzi ROBINSON  | Nuneaton                      | 12.45 | +0.2  | 135     | sb  | pb +5 | 607   |
| 5    | 512 | Anna KELLY      | Shrewsbury AC                 | 12.40 | +0.00 | 132     |     |       | 681   |
| 6    | 511 | Julia STRAKER   | Morpeth Harriers              | 12.24 | +1.8  | 124     |     |       | 667   |
| 7    | 510 | Sally PEAKE     | Liverpool Harriers            | 11.99 | +2.0  | 112     |     |       | 589   |

**UK Challenge Final**  
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**6 Women's Shot Put** *UKC: 17.11*

| Posn | Bib | Athlete                   | Club                          | Perf  | UKC Pts | SB  | PB | Total |
|------|-----|---------------------------|-------------------------------|-------|---------|-----|----|-------|
| 1    | 547 | Jo DUNCAN                 | Woodford Green w Essex Ladies | 16.60 | 182     |     |    | 901   |
| 2    | 546 | Eleanor GATRELL           | Woking AC                     | 15.64 | 162     |     |    | 749   |
| 3    | 543 | Eden FRANCIS (Guest)      | Leicester Coritanian AC       | 15.50 | 160     |     |    | 840   |
| 4    | 542 | Charmaine JOHNSON (Guest) | Epsom and Ewell               | 11.61 | 82      | =sb |    | 145   |
| 5    | 544 | Bola OGUN                 | Rugby and Northampton         | 11.38 | 77      |     |    | 300   |
| 6    | 545 | Fiona THOMAS              | Wakefield Harriers            | 11.05 | 71      |     |    | 409   |

**10 Women's Discus** *UKC: 61.92*

| Posn | Bib | Athlete               | Club                     | Perf  | UKC Pts | SB | PB    | Total |
|------|-----|-----------------------|--------------------------|-------|---------|----|-------|-------|
| 1    | 579 | Philippa ROLES        | Sale Harriers Manchester | 57.75 | 204     |    |       | 1098  |
| 2    | 578 | Emma CARPENTER        | Exeter Harriers          | 54.58 | 184     | sb |       | 902   |
| 3    | 543 | Eden FRANCIS (Guest)  | Leicester Coritanian AC  | 52.02 | 168     | sb | pb +5 | 853   |
| 4    | 577 | Jade LALLY / NICHOLLS | Sutton and District      | 48.01 | 143     |    |       | 740   |
| 5    | 576 | Navdeep DHALIWAL      | Shaftesbury Barnet H     | 45.61 | 128     |    |       | 664   |
| 6    | 575 | Hollie REDMAN         | Braintree AC             | 39.39 | 89      |    |       | 427   |
| 7    | 573 | Faye CALVERT (Guest)  | Deeside AAC              | 37.60 | 78      |    |       | 165   |
| 8    | 572 | Nicola GORE (Guest)   | West Cheshire AC         | 35.48 | 65      |    |       |       |
| 9    |     |                       |                          |       |         |    |       |       |

**5 Women's Hammer** *UKC: 65.65*

| Posn | Bib | Athlete        | Club                     | Perf  | UKC Pts | SB | PB    | Total |
|------|-----|----------------|--------------------------|-------|---------|----|-------|-------|
| 1    | 541 | Zoe DERHAM     | Birchfield Harriers      | 66.40 | 213     |    |       | 1087  |
| 2    | 540 | Shirley WEBB   | Trafford AC              | 61.34 | 185     |    |       | 969   |
| 3    | 538 | Susan MCKELVIE | Edinburgh AC             | 60.38 | 179     |    |       | 915   |
| 4    | 539 | Laura DOUGLAS  | Sale Harriers            | 60.25 | 179     |    |       | 937   |
| 5    | 535 | Lucy MARSHALL  | Rugby and Northampton    | 56.55 | 158     | sb | pb +5 | 733   |
| 6    | 536 | Joanne JOHN    | Windsor Slough Etgon & H | 55.82 | 154     |    |       | 835   |
| 7    | 537 | Sarah HOLT     | Sale Harriers            | 53.99 | 144     |    |       | 825   |
| 8    | 534 | Rachel BLACKIE | Blackheath and Bromley   | 52.40 | 135     |    |       |       |

**15 Women's Javelin** *UKC: 65.05*

| Posn | Bib | Athlete               | Club                          | Perf  | UKC Pts | SB | PB    | Total |
|------|-----|-----------------------|-------------------------------|-------|---------|----|-------|-------|
| 1    | 616 | Lianne CLARK          | Cardiff AAC                   | 52.68 | 179     | sb | pb +5 | 893   |
| 2    | 614 | Rosie SEMENYTSH       | Windsor Slough Etgon & H      | 45.56 | 134     |    |       | 730   |
| 3    | 615 | Louise WATTON         | Shaftesbury Barnet H          | 44.27 | 126     |    |       | 754   |
| 4    | 612 | Sarah ELLIS           | Team Southampton              | 40.22 | 101     |    |       | 486   |
| 5    | 613 | Emma SMITH            | Woodford Green w Essex Ladies | 39.92 | 99      |    |       | 495   |
| 6    | 610 | Peta LUNDGREN (Guest) | Herts Phoenix                 | 36.03 | 75      |    |       | 504   |
| 7    |     |                       |                               |       |         |    |       |       |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL |                               | VENUE     |           | Crystal Palace Stadium |           | DATE                       |           | Saturday, August 25 2007 |           |             |                   |        |        |  |
|---------|-----|---------------------|-------------------------------|-----------|-----------|------------------------|-----------|----------------------------|-----------|--------------------------|-----------|-------------|-------------------|--------|--------|--|
| EVENT   |     | MEN's HAMMER        |                               | TIME      |           | 11:30                  |           | P10 = 64.50                |           | UKC record = 71.99       |           |             |                   |        |        |  |
| Order   | No  | NAME                | CLUB                          | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final<br>Position |        |        |  |
|         |     |                     |                               | Metres    | Metres    | Metres                 | Metres    |                            | Metres    | Metres                   | Metres    | Metres      |                   | Metres | Metres |  |
| 1       | 501 | Graham HOLDER       | Shaftesbury Barnet H          | 57.98     | 58.06     | NT                     | 58.06     | 7                          | 58.85     | NT                       | 58.00     | 58.85       | 7                 |        |        |  |
| 2       | 502 | Amir WILLIAMSON     | Newham & Essex Beagles AC     | NT        | 56.72     | 57.39                  | 57.39     | 8                          | NT        | 55.95                    | 54.10     | 57.39       | 8                 |        |        |  |
| 3       | 503 | Matt LAMBLEY        | Trafford AC                   | 59.08     | 61.10     | 61.55                  | 61.55     | 5                          | NT        | 62.20                    | 61.45     | 62.20       | 5                 |        |        |  |
| 4       | 504 | Matthew BELL        | Birchfield Harriers           | 58.88     | 58.45     | 59.51                  | 59.51     | 6                          | 58.81     | 60.48                    | 59.32     | 60.48       | 6                 |        |        |  |
| 5       | 505 | Glenn KERR          | Bedford and County            | 60.16     | 59.78     | 62.52                  | 62.52     | 4                          | 59.68     | NT                       | 60.63     | 62.52       | 4                 |        |        |  |
| 6       | 506 | Mike FLOYD          | Sale Harriers                 | NT        | 65.37     | 65.64                  | 65.64     | 2                          | 65.88     | 65.33                    | 66.94     | 66.94       | 3                 |        |        |  |
| 7       | 507 | Simon BOWN          | Newham & Essex Beagles AC     | 65.43     | 63.71     | 62.82                  | 65.43     | 3                          | 63.59     | 66.08                    | 68.38     | 68.38       | 2                 |        |        |  |
| 8       | 508 | Andy FROST          | Woodford Green w Essex Ladies | 67.05     | 69.37     | NT                     | 69.37     | 1                          | 69.99     | NT                       | 71.76     | 71.76       | 1                 |        |        |  |
| 9       |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 10      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 11      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 12      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 13      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 14      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 15      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 16      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |

| RESULT |      |                 |                           | RESULT |      |      |          | JUDGES' SIGNATURES |  |  |  |
|--------|------|-----------------|---------------------------|--------|------|------|----------|--------------------|--|--|--|
| No.    | NAME | CLUB            | DISTANCE                  | No.    | NAME | CLUB | DISTANCE |                    |  |  |  |
| 1      | 508  | Andy FROST      | Woodford Green w Essex La | 71.76  | 1    |      |          |                    |  |  |  |
| 2      | 507  | Simon BOWN      | Newham & Essex Beagles A  | 68.38  | 2    |      |          |                    |  |  |  |
| 3      | 506  | Mike FLOYD      | Sale Harriers             | 66.94  | 3    |      |          |                    |  |  |  |
| 4      | 505  | Glenn KERR      | Bedford and County        | 62.52  | 4    |      |          |                    |  |  |  |
| 5      | 503  | Matt LAMBLEY    | Trafford AC               | 62.20  | 5    |      |          |                    |  |  |  |
| 6      | 504  | Matthew BELL    | Birchfield Harriers       | 60.48  | 6    |      |          |                    |  |  |  |
| 7      | 501  | Graham HOLDER   | Shaftesbury Barnet H      | 58.85  | 7    |      |          |                    |  |  |  |
| 8      | 502  | Amir WILLIAMSON | Newham & Essex Beagles A  | 57.39  | 8    |      |          |                    |  |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL |                               | VENUE     |           | Crystal Palace Stadium |           | DATE                    |           | Saturday, August 25 2007 |           |             |                |        |        |  |
|---------|-----|---------------------|-------------------------------|-----------|-----------|------------------------|-----------|-------------------------|-----------|--------------------------|-----------|-------------|----------------|--------|--------|--|
| EVENT   |     | MEN's LONG JUMP     |                               | TIME      |           | 13:05                  |           | P10 = 7.57              |           | UKC record = 8.26        |           |             |                |        |        |  |
| Order   | No  | NAME                | CLUB                          | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final Position |        |        |  |
|         |     |                     |                               | Metres    | Metres    | Metres                 | Metres    |                         | Metres    | Metres                   | Metres    | Metres      |                | Metres | Metres |  |
| 1       | 699 | Jonathan MOORE      | Birchfield Harriers           | 7.23 +2.3 | 7.49 +1.1 | 7.39 +3.0              | 7.49      | 2                       | 7.31 +1.2 | 7.43 +1.8                | 7.19 +1.4 | 7.49        | 2              |        |        |  |
| 2       | 548 | Jacob BROWN         | Sale Harriers                 | 6.73 +1.3 | 6.64 +0.4 | 7.04 +2.3              | 7.04      | 8                       | 6.82 -0.0 | 6.85 -0.0                | 6.90 +0.6 | 7.04        | 8              |        |        |  |
| 3       | 549 | Ezekiel EWULO       | Woodford Green w Essex Ladies |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 4       | 550 | Ryan JAMES          | Birchfield Harriers           | 7.42 +0.9 | 7.13 +0.6 | 7.32 -1.0              | 7.42      | 4                       | 6.78 -0.4 | -                        | 7.19 +0.7 | 7.42        | 4              |        |        |  |
| 5       | 551 | Andre FERNANDEZ     | Newham & Essex Beagles AC     | 7.30 +0.6 | 7.34 +0.0 | -                      | 7.34      | 5                       | 7.19 +1.1 | 7.12 +1.2                | 6.84 -0.0 | 7.34        | 5              |        |        |  |
| 6       | 552 | Chris KIRK          | Newham & Essex Beagles AC     | 7.60 +2.0 | 7.29 +1.3 | NJ                     | 7.60      | 1                       | 7.25 +1.2 | 7.51 -0.0                | 7.38 +1.2 | 7.60        | 1              |        |        |  |
| 7       | 553 | Steven SMALL        | City of Sheffield             | 7.14 +2.0 | 7.21 +1.1 | 7.16 -0.1              | 7.21      | 7                       | 7.03 -0.3 | NJ                       | NJ        | 7.21        | 7              |        |        |  |
| 8       | 554 | JJ JEGEDE           | Newham & Essex Beagles AC     | 6.95 +1.1 | 6.89 +1.6 | 7.23 -0.7              | 7.23      | 6                       | 7.29 -1.0 | NJ                       | 7.16 +1.5 | 7.29        | 6              |        |        |  |
| 9       | 555 | Leigh SMITH         | Birchfield Harriers           | NJ        | 7.46 +1.1 | NJ                     | 7.46      | 3                       | 7.31 -0.6 | NJ                       | 7.46 +2.7 | 7.46        | 3              |        |        |  |
| 10      |     |                     |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 11      |     |                     |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 12      |     |                     |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 13      |     |                     |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 14      |     |                     |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 15      |     |                     |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 16      |     |                     |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |

| RESULT |      |                 |                           |           | RESULT |      |      |          |  | JUDGES' SIGNATURES  |  |
|--------|------|-----------------|---------------------------|-----------|--------|------|------|----------|--|---------------------|--|
| No.    | NAME | CLUB            | DISTANCE                  |           | No.    | NAME | CLUB | DISTANCE |  |                     |  |
| 1      | 552  | Chris KIRK      | Newham & Essex Beagles AC | 7.60 +2.0 | 1      |      |      |          |  |                     |  |
| 2      | 699  | Jonathan MOORE  | Birchfield Harriers       | 7.49 +1.1 | 2      |      |      |          |  |                     |  |
| 3      | 555  | Leigh SMITH     | Birchfield Harriers       | 7.46 +1.1 | 3      |      |      |          |  |                     |  |
| 4      | 550  | Ryan JAMES      | Birchfield Harriers       | 7.42 +0.9 | 4      |      |      |          |  |                     |  |
| 5      | 551  | Andre FERNANDEZ | Newham & Essex Beagles AC | 7.34 +0.0 | 5      |      |      |          |  |                     |  |
| 6      | 554  | JJ JEGEDE       | Newham & Essex Beagles AC | 7.29 -1.0 | 6      |      |      |          |  | REFEREE'S SIGNATURE |  |
| 7      | 553  | Steven SMALL    | City of Sheffield         | 7.21 +1.1 | 7      |      |      |          |  |                     |  |
| 8      | 548  | Jacob BROWN     | Sale Harriers             | 7.04 +2.3 | 8      |      |      |          |  |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL |                               | VENUE     |           | Crystal Palace Stadium |           | DATE                       |           | Saturday, August 25 2007 |           |             |                   |        |        |  |
|---------|-----|---------------------|-------------------------------|-----------|-----------|------------------------|-----------|----------------------------|-----------|--------------------------|-----------|-------------|-------------------|--------|--------|--|
| EVENT   |     | MEN's DISCUS        |                               | TIME      |           | 13:30                  |           | P10 = 53.50                |           | UKC record = 63.79       |           |             |                   |        |        |  |
| Order   | No  | NAME                | CLUB                          | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final<br>Position |        |        |  |
|         |     |                     |                               | Metres    | Metres    | Metres                 | Metres    |                            | Metres    | Metres                   | Metres    | Metres      |                   | Metres | Metres |  |
| 1       | 556 | Perriss WILKINS     | Banbury AC                    | 50.93     | 52.95     | 51.20                  | 52.95     | 2                          | 49.17     | NT                       | 51.03     | 52.95       | 4                 |        |        |  |
| 2       | 557 | Leith MARAR         | Redhill and Surrey Beagles AC | 50.44     | 49.83     | 50.59                  | 50.59     | 6                          | 52.02     | 50.75                    | 50.68     | 52.02       | 5                 |        |        |  |
| 3       | 558 | Angus MCINROY       | Shaftesbury Barnet H          | 47.79     | NT        | NT                     | 47.79     | 7                          | 47.47     | 50.25                    | 49.82     | 50.25       | 7                 |        |        |  |
| 4       | 559 | Mark WISEMAN        | Sale Harriers                 | 49.37     | 51.30     | 49.26                  | 51.30     | 5                          | NT        | NT                       | 51.15     | 51.30       | 6                 |        |        |  |
| 5       | 560 | Leslie RICHARDS     | Trafford AC                   | 52.01     | 51.34     | 50.67                  | 52.01     | 4                          | 53.06     | NT                       | 51.96     | 53.06       | 3                 |        |        |  |
| 6       | 561 | Matt BROWN          | Matt Brown                    | 8.12      | 52.68     | 51.86                  | 52.68     | 3                          | 53.18     | 51.84                    | NT        | 53.18       | 2                 |        |        |  |
| 7       | 562 | Marcus GOULDBOURNE  | Sale Harriers                 | -         | -         |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 8       | 563 | Emeka UDECHUKU      | Woodford Green w Essex Ladies | 54.73     | NT        | 57.78                  | 57.78     | 1                          | NT        | 58.26                    | 58.27     | 58.27       | 1                 |        |        |  |
| 9       |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 10      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 11      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 12      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 13      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 14      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 15      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 16      |     |                     |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |

| RESULT |      |                 |                               |       | RESULT |      |      |          |  | JUDGES' SIGNATURES  |  |  |
|--------|------|-----------------|-------------------------------|-------|--------|------|------|----------|--|---------------------|--|--|
| No.    | NAME | CLUB            | DISTANCE                      |       | No.    | NAME | CLUB | DISTANCE |  |                     |  |  |
| 1      | 563  | Emeka UDECHUKU  | Woodford Green w Essex Ladies | 58.27 | 1      |      |      |          |  |                     |  |  |
| 2      | 561  | Matt BROWN      | Matt Brown                    | 53.18 | 2      |      |      |          |  |                     |  |  |
| 3      | 560  | Leslie RICHARDS | Trafford AC                   | 53.06 | 3      |      |      |          |  |                     |  |  |
| 4      | 556  | Perriss WILKINS | Banbury AC                    | 52.95 | 4      |      |      |          |  |                     |  |  |
| 5      | 557  | Leith MARAR     | Redhill and Surrey Beagles AC | 52.02 | 5      |      |      |          |  |                     |  |  |
| 6      | 559  | Mark WISEMAN    | Sale Harriers                 | 51.30 | 6      |      |      |          |  | REFEREE'S SIGNATURE |  |  |
| 7      | 558  | Angus MCINROY   | Shaftesbury Barnet H          | 50.25 | 7      |      |      |          |  |                     |  |  |
| 8      |      |                 |                               |       | 8      |      |      |          |  |                     |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL |                             | VENUE      |            | Crystal Palace Stadium |           | DATE                    |            | Saturday, August 25 2007 |            |             |                |        |        |  |
|---------|-----|---------------------|-----------------------------|------------|------------|------------------------|-----------|-------------------------|------------|--------------------------|------------|-------------|----------------|--------|--------|--|
| EVENT   |     | MEN'S TRIPLE JUMP   |                             | TIME       |            | 15:45                  |           | P10 = 15.70             |            | UKC record = 17.50       |            |             |                |        |        |  |
| Order   | No  | NAME                | CLUB                        | 1st Trial  | 2nd Trial  | 3rd Trial              | Best of 3 | Position after 3 Trials | 4th Trial  | 5th Trial                | 6th Trial  | Best of All | Final Position |        |        |  |
|         |     |                     |                             | Metres     | Metres     | Metres                 | Metres    |                         | Metres     | Metres                   | Metres     | Metres      |                | Metres | Metres |  |
| 1       | 631 | Tomide ISINKAYE     | Enfield and Haringey AC     | NJ +2.1    | NJ +0.4    | NJ +1.2                |           |                         | 13.69 +1.1 | 14.09 +2.1               | 14.36 +1.9 | 14.36       | 6              |        |        |  |
| 2       | 632 | Matt BARTON         | Leeds City AC               | 14.05 -0.2 | NJ -0.3    | NJ +2.7                | 14.05     | 6                       | NJ +1.9    | NJ +1.9                  | NJ +2.1    | 14.05       | 7              |        |        |  |
| 3       | 633 | Matthew BURTON      | Kent AC                     | 14.80 +1.5 | 13.11 +0.5 | 14.66 +1.6             | 14.80     | 5                       | 15.10 +1.8 | 14.91 +0.7               | NJ +0.7    | 15.10       | 5              |        |        |  |
| 4       | 634 | Mike MCKERNAN       | Birchfield Harriers         |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 5       | 635 | Gary WHITE          | Cardiff AAC                 | 13.43 +1.7 | 15.54 +0.6 | NJ +1.9                | 15.54     | 4                       | 16.07 +2.2 | 16.01 +1.0               | 16.09 +1.2 | 16.09       | 3              |        |        |  |
| 6       | 636 | Elliot O'NEILL      | Cardiff AAC                 | 15.03 +0.8 | 15.26 +0.5 | 15.56 +2.0             | 15.56     | 3                       | 15.67 +2.6 | 15.79 +0.4               | 15.44 -0.2 | 15.79       | 4              |        |        |  |
| 7       | 637 | Tosin OKE           | Woodford Green w Essex Ladi | 15.00 +1.6 | 15.64 +2.1 | NJ +2.5                | 15.64     | 1                       | 16.30 +1.5 | NJ +0.5                  | NJ -0.7    | 16.30       | 1              |        |        |  |
| 8       | 638 | Julian GOLLEY       | Windsor Slough Etgon & H    | 15.33 +2.2 | 15.62 +2.1 | NJ +1.2                | 15.62     | 2                       | 16.22 +2.4 | 15.98 +0.7               | NJ +0.3    | 16.22       | 2              |        |        |  |
| 9       |     |                     |                             |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 10      |     |                     |                             |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 11      |     |                     |                             |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 12      |     |                     |                             |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 13      |     |                     |                             |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 14      |     |                     |                             |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 15      |     |                     |                             |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 16      |     |                     |                             |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |

| RESULT |      |                 |  | RESULT |      |      |          | JUDGES' SIGNATURES  |  |  |  |
|--------|------|-----------------|--|--------|------|------|----------|---------------------|--|--|--|
| No.    | NAME | CLUB            | DISTANCE                               | No.    | NAME | CLUB | DISTANCE |                     |  |  |  |
| 1      | 637  | Tosin OKE       | Woodford Green w Essex Ladi 16.30 +1.5 | 1      |      |      |          |                     |  |  |  |
| 2      | 638  | Julian GOLLEY   | Windsor Slough Etgon & H 16.22 +2.4    | 2      |      |      |          |                     |  |  |  |
| 3      | 635  | Gary WHITE      | Cardiff AAC 16.09 +1.2                 | 3      |      |      |          |                     |  |  |  |
| 4      | 636  | Elliot O'NEILL  | Cardiff AAC 15.79 +0.4                 | 4      |      |      |          |                     |  |  |  |
| 5      | 633  | Matthew BURTON  | Kent AC 15.10 +1.8                     | 5      |      |      |          |                     |  |  |  |
| 6      | 631  | Tomide ISINKAYE | Enfield and Haringey AC 14.36 +1.9     | 6      |      |      |          | REFEREE'S SIGNATURE |  |  |  |
| 7      | 632  | Matt BARTON     | Leeds City AC 14.05 -0.2               | 7      |      |      |          |                     |  |  |  |
| 8      |      |                 |  | 8      |      |      |          |                     |  |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL     |                                | VENUE     |           | Crystal Palace Stadium |           | DATE                       |           | Saturday, August 25 2007 |           |             |                   |        |        |  |
|---------|-----|-------------------------|--------------------------------|-----------|-----------|------------------------|-----------|----------------------------|-----------|--------------------------|-----------|-------------|-------------------|--------|--------|--|
| EVENT   |     | MEN'S SHOT              |                                | TIME      |           | 15:55                  |           | P10 = 17.10                |           | UKC record = 20.00       |           |             |                   |        |        |  |
| Order   | No  | NAME                    | CLUB                           | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final<br>Position |        |        |  |
|         |     |                         |                                | Metres    | Metres    | Metres                 | Metres    |                            | Metres    | Metres                   | Metres    | Metres      |                   | Metres | Metres |  |
| 1       | 646 | Daniel BRUNSDEN (Guest) | Bournemouth AC                 |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 2       | 647 | Daniel BRUNT            | City of Sheffield AC           | 14.59     | NP        | 14.49                  | 14.59     | 6                          | 15.10     | 14.96                    | 15.05     | 15.10       | 7                 |        |        |  |
| 3       | 648 | Carl FLETCHER           | Wigan and District Harriers AC | 15.42     | 15.44     | 15.68                  | 15.68     | 5                          | NP        | 15.82                    | NP        | 15.82       | 6                 |        |        |  |
| 4       | 560 | Leslie RICHARDS         | Trafford AC                    | 16.65     | 16.97     | 16.37                  | 16.97     | 4                          | 17.06     | 16.84                    | NP        | 17.06       | 4                 |        |        |  |
| 5       | 650 | Sam WESTLAKE-CANN       | Shaftesbury Barnet H           | 17.24     | 17.46     | 16.60                  | 17.46     | 2                          | 17.23     | 16.88                    | 16.27     | 17.46       | 2                 |        |        |  |
| 6       | 651 | Jamie WILLIAMSON        | City of Sheffield AC           | NP        | NP        | 14.38                  | 14.38     | 7                          | NP        | NP                       | 16.91     | 16.91       | 5                 |        |        |  |
| 7       | 652 | Kieren KELLY            | Sale Harriers Manchester       | 17.01     | 17.17     | NP                     | 17.17     | 3                          | NP        | 16.82                    | 16.98     | 17.17       | 3                 |        |        |  |
| 8       | 563 | Emeka UDECHUKU          | Woodford Green w Essex Ladies  | 17.78     | 18.23     | 18.11                  | 18.23     | 1                          | 18.13     | 18.11                    | 18.23     | 18.23       | 1                 |        |        |  |
| 9       |     |                         |                                |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 10      |     |                         |                                |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 11      |     |                         |                                |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 12      |     |                         |                                |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 13      |     |                         |                                |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 14      |     |                         |                                |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 15      |     |                         |                                |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 16      |     |                         |                                |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |

| RESULT |      |                   |                                |       | RESULT |      |      |          |  | JUDGES' SIGNATURES  |  |  |
|--------|------|-------------------|--------------------------------|-------|--------|------|------|----------|--|---------------------|--|--|
| No.    | NAME | CLUB              | DISTANCE                       |       | No.    | NAME | CLUB | DISTANCE |  |                     |  |  |
| 1      | 563  | Emeka UDECHUKU    | Woodford Green w Essex Ladies  | 18.23 | 1      |      |      |          |  |                     |  |  |
| 2      | 650  | Sam WESTLAKE-CANN | Shaftesbury Barnet H           | 17.46 | 2      |      |      |          |  |                     |  |  |
| 3      | 652  | Kieren KELLY      | Sale Harriers Manchester       | 17.17 | 3      |      |      |          |  |                     |  |  |
| 4      | 560  | Leslie RICHARDS   | Trafford AC                    | 17.06 | 4      |      |      |          |  |                     |  |  |
| 5      | 651  | Jamie WILLIAMSON  | City of Sheffield AC           | 16.91 | 5      |      |      |          |  |                     |  |  |
| 6      | 648  | Carl FLETCHER     | Wigan and District Harriers AC | 15.82 | 6      |      |      |          |  | REFEREE'S SIGNATURE |  |  |
| 7      | 647  | Daniel BRUNT      | City of Sheffield AC           | 15.10 | 7      |      |      |          |  |                     |  |  |
| 8      |      |                   |                                |       | 8      |      |      |          |  |                     |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL |                                      | VENUE     |           | Crystal Palace Stadium |           | DATE                       |           | Saturday, August 25 2007 |           |             |                   |        |        |  |
|---------|-----|---------------------|--------------------------------------|-----------|-----------|------------------------|-----------|----------------------------|-----------|--------------------------|-----------|-------------|-------------------|--------|--------|--|
| EVENT   |     | MEN's JAVELIN       |                                      | TIME      |           | 16:30                  |           | P10 = 69.00                |           | UKC record = 80.56       |           |             |                   |        |        |  |
| Order   | No  | NAME                | CLUB                                 | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final<br>Position |        |        |  |
|         |     |                     |                                      | Metres    | Metres    | Metres                 | Metres    |                            | Metres    | Metres                   | Metres    | Metres      |                   | Metres | Metres |  |
| 1       | 678 | Simon BENNETT       | Woodford Green w EL                  | 55.93     | 60.23     | 60.48                  | 60.48     | 8                          | 57.87     | 61.20                    | 63.26     | 63.26       | 5                 |        |        |  |
| 2       | 679 | Ben FISHER          | Liverpool Harriers                   | 56.11     | NT        | 56.53                  | 56.53     | 9                          | 58.41     | 56.67                    | NT        | 58.41       | 9                 |        |        |  |
| 3       | 680 | Glynn HOLLINGWORTH  | Coventry Godiva Harriers             | 62.31     | 63.44     | 64.22                  | 64.22     | 4                          | 65.94     | 64.82                    | 64.63     | 65.94       | 4                 |        |        |  |
| 4       | 681 | James HOPLEY        | Telford AC                           | 53.21     | 58.75     | 61.51                  | 61.51     | 7                          | NT        | 61.12                    | 55.16     | 61.51       | 8                 |        |        |  |
| 5       | 682 | Rhys WILLIAMS       | Swansea Harriers                     | 61.74     | 60.41     | NT                     | 61.74     | 6                          | 61.34     | 61.94                    | 61.16     | 61.94       | 7                 |        |        |  |
| 6       | 683 | Anthony LOVETT      | Enfield and Haringey AC              | 62.58     | 61.60     | 60.49                  | 62.58     | 5                          | NT        | NT                       | NT        | 62.58       | 6                 |        |        |  |
| 7       | 684 | Felix HATTON        | Kingston AC and Polytechnic Harriers | 62.87     | 66.78     | 64.21                  | 66.78     | 3                          | 64.88     | 63.18                    | 64.77     | 66.78       | 3                 |        |        |  |
| 8       | 685 | Mervyn LUCKWELL     | Marshall Milton Keynes               | 70.93     | NT        | NT                     | 70.93     | 1                          | NT        | 63.60                    | 67.32     | 70.93       | 1                 |        |        |  |
| 9       | 686 | Neil MCLELLAN       | Stevenage and North Herts            | 65.73     | 68.27     | 66.39                  | 68.27     | 2                          | 67.77     | NT                       | 69.16     | 69.16       | 2                 |        |        |  |
| 10      |     |                     |                                      |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 11      |     |                     |                                      |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 12      |     |                     |                                      |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 13      |     |                     |                                      |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 14      |     |                     |                                      |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 15      |     |                     |                                      |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 16      |     |                     |                                      |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |

| RESULT |      |                    |                                      |       | RESULT |      |            |                    |       | JUDGES' SIGNATURES  |  |
|--------|------|--------------------|--------------------------------------|-------|--------|------|------------|--------------------|-------|---------------------|--|
| No.    | NAME | CLUB               | DISTANCE                             |       | No.    | NAME | CLUB       | DISTANCE           |       |                     |  |
| 1      | 685  | Mervyn LUCKWELL    | Marshall Milton Keynes               | 70.93 | 9      | 679  | Ben FISHER | Liverpool Harriers | 58.41 |                     |  |
| 2      | 686  | Neil MCLELLAN      | Stevenage and North Herts            | 69.16 | 10     |      |            |                    |       |                     |  |
| 3      | 684  | Felix HATTON       | Kingston AC and Polytechnic Harriers | 66.78 | 11     |      |            |                    |       |                     |  |
| 4      | 680  | Glynn HOLLINGWORTH | Coventry Godiva Harriers             | 65.94 | 12     |      |            |                    |       |                     |  |
| 5      | 678  | Simon BENNETT      | Woodford Green w EL                  | 63.26 | 13     |      |            |                    |       |                     |  |
| 6      | 683  | Anthony LOVETT     | Enfield and Haringey AC              | 62.58 | 14     |      |            |                    |       | REFEREE'S SIGNATURE |  |
| 7      | 682  | Rhys WILLIAMS      | Swansea Harriers                     | 61.94 | 15     |      |            |                    |       |                     |  |
| 8      | 681  | James HOPLEY       | Telford AC                           | 61.51 | 16     |      |            |                    |       |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL |                         | VENUE      |            | Crystal Palace Stadium |           | DATE                    |            | Saturday, August 25 2007 |            |             |                |        |        |  |
|---------|-----|---------------------|-------------------------|------------|------------|------------------------|-----------|-------------------------|------------|--------------------------|------------|-------------|----------------|--------|--------|--|
| EVENT   |     | WOMEN'S TRIPLE JUMP |                         | TIME       |            | 11:50                  |           | P10 = 12.75             |            | UKC record = 13.65       |            |             |                |        |        |  |
| Order   | No  | NAME                | CLUB                    | 1st Trial  | 2nd Trial  | 3rd Trial              | Best of 3 | Position after 3 Trials | 4th Trial  | 5th Trial                | 6th Trial  | Best of All | Final Position |        |        |  |
|         |     |                     |                         | Metres     | Metres     | Metres                 | Metres    |                         | Metres     | Metres                   | Metres     | Metres      |                | Metres | Metres |  |
| 1       | 509 | Linzi ROBINSON      | Nuneaton                | NJ         | 12.24 +2.3 | NJ                     | 12.24     | 5                       | NJ         | 12.29 -0.6               | 12.45 +0.2 | 12.45       | 4              |        |        |  |
| 2       | 510 | Sally PEAKE         | Liverpool Harriers      | 11.99 +2.0 | NJ         | 11.96 -0.0             | 11.99     | 7                       | NJ         | NJ                       | NJ         | 11.99       | 7              |        |        |  |
| 3       | 511 | Julia STRAKER       | Morpeth Harriers        | 12.24 +1.8 | NJ         | NJ                     | 12.24     | 5                       | NJ         | NJ                       | NJ         | 12.24       | 6              |        |        |  |
| 4       | 512 | Anna KELLY          | Shrewsbury AC           | 12.33 +0.6 | 12.40 +0.0 | 12.40 +0.5             | 12.40     | 4                       | 12.23 -2.3 | NJ                       | NJ         | 12.40       | 5              |        |        |  |
| 5       | 513 | Stephanie ANETO     | Woodford Green w Essex  | 12.52 +1.5 | 12.98 +0.3 | 12.77 +1.9             | 12.98     | 2                       | 12.77 -0.2 | NJ                       | NJ         | 12.98       | 2              |        |        |  |
| 6       | 514 | Denae MATTHEW       | Leicester Coritanian AC | 12.43 -0.0 | 12.83 +2.0 | 11.56 -0.5             | 12.83     | 3                       | NJ         | 12.33 -0.4               | NJ         | 12.83       | 3              |        |        |  |
| 7       | 515 | Becky WHITE         | Sale Harriers           | NJ         | NJ         |                        |           |                         | NJ         | NJ                       |            |             |                |        |        |  |
| 8       | 516 | Nadia WILLIAMS      | Shaftesbury Barnet H    | NJ         | 13.59 +1.8 | 13.14 +0.7             | 13.59     | 1                       | 11.28 -2.3 | NJ                       | 13.20 +1.9 | 13.59       | 1              |        |        |  |
| 9       |     |                     |                         |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 10      |     |                     |                         |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 11      |     |                     |                         |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 12      |     |                     |                         |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 13      |     |                     |                         |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 14      |     |                     |                         |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 15      |     |                     |                         |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |
| 16      |     |                     |                         |            |            |                        |           |                         |            |                          |            |             |                |        |        |  |

| RESULT |      |                 |                          | RESULT     |      |      |          | JUDGES' SIGNATURES  |  |  |  |
|--------|------|-----------------|--------------------------|------------|------|------|----------|---------------------|--|--|--|
| No.    | NAME | CLUB            | DISTANCE                 | No.        | NAME | CLUB | DISTANCE |                     |  |  |  |
| 1      | 516  | Nadia WILLIAMS  | Shaftesbury Barnet H     | 13.59 +1.8 | 1    |      |          |                     |  |  |  |
| 2      | 513  | Stephanie ANETO | Woodford Green w Essex L | 12.98 +0.3 | 2    |      |          |                     |  |  |  |
| 3      | 514  | Denae MATTHEW   | Leicester Coritanian AC  | 12.83 +2.0 | 3    |      |          |                     |  |  |  |
| 4      | 509  | Linzi ROBINSON  | Nuneaton                 | 12.45 +0.2 | 4    |      |          |                     |  |  |  |
| 5      | 512  | Anna KELLY      | Shrewsbury AC            | 12.40 +0.0 | 5    |      |          |                     |  |  |  |
| 6      | 511  | Julia STRAKER   | Morpeth Harriers         | 12.24 +1.8 | 6    |      |          | REFEREE'S SIGNATURE |  |  |  |
| 7      | 510  | Sally PEAKE     | Liverpool Harriers       | 11.99 +2.0 | 7    |      |          |                     |  |  |  |
| 8      |      |                 |                          |            | 8    |      |          |                     |  |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL |                          | VENUE     |           | Crystal Palace Stadium |           | DATE                    |           | Saturday, August 25 2007 |           |             |                |        |        |  |
|---------|-----|---------------------|--------------------------|-----------|-----------|------------------------|-----------|-------------------------|-----------|--------------------------|-----------|-------------|----------------|--------|--------|--|
| EVENT   |     | WOMEN'S HAMMER      |                          | TIME      |           | 12:30                  |           | P10 = 57.00             |           | UKC record = 65.65       |           |             |                |        |        |  |
| Order   | No  | NAME                | CLUB                     | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final Position |        |        |  |
|         |     |                     |                          | Metres    | Metres    | Metres                 | Metres    |                         | Metres    | Metres                   | Metres    | Metres      |                | Metres | Metres |  |
| 1       | 534 | Rachel BLACKIE      | Blackheath and Bromley   | 52.30     | NT        | NT                     | 52.30     | 7                       | NT        | 52.40                    | NT        | 52.40       | 8              |        |        |  |
| 2       | 535 | Lucy MARSHALL       | Rugby and Northampton    | 50.13     | 54.14     | 56.55                  | 56.55     | 4                       | NT        | NT                       | 46.67     | 56.55       | 5              |        |        |  |
| 3       | 536 | Joanne JOHN         | Windsor Slough Etgon & H | 52.82     | 55.82     | NT                     | 55.82     | 5                       | 54.77     | NT                       | 55.07     | 55.82       | 6              |        |        |  |
| 4       | 537 | Sarah HOLT          | Sale Harriers            | NT        | NT        | 51.22                  | 51.22     | 8                       | NT        | 53.99                    | NT        | 53.99       | 7              |        |        |  |
| 5       | 538 | Susan MCKELVIE      | Edinburgh AC             | NT        | 58.57     | 59.81                  | 59.81     | 3                       | 60.38     | NT                       | 58.55     | 60.38       | 3              |        |        |  |
| 6       | 539 | Laura DOUGLAS       | Sale Harriers            | NT        | NT        | 53.85                  | 53.85     | 6                       | 57.05     | 60.25                    | 59.28     | 60.25       | 4              |        |        |  |
| 7       | 540 | Shirley WEBB        | Trafford AC              | 58.96     | 56.03     | 60.99                  | 60.99     | 2                       | NT        | 61.19                    | 61.34     | 61.34       | 2              |        |        |  |
| 8       | 541 | Zoe DERHAM          | Birchfield Harriers      | 64.26     | 62.42     | NT                     | 64.26     | 1                       | 64.86     | 66.40                    | 65.35     | 66.40       | 1              |        |        |  |
| 9       |     |                     |                          |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 10      |     |                     |                          |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 11      |     |                     |                          |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 12      |     |                     |                          |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 13      |     |                     |                          |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 14      |     |                     |                          |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 15      |     |                     |                          |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 16      |     |                     |                          |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |

| RESULT |      |                |                          | RESULT |      |      |          | JUDGES' SIGNATURES |  |  |  |
|--------|------|----------------|--------------------------|--------|------|------|----------|--------------------|--|--|--|
| No.    | NAME | CLUB           | DISTANCE                 | No.    | NAME | CLUB | DISTANCE |                    |  |  |  |
| 1      | 541  | Zoe DERHAM     | Birchfield Harriers      | 66.40  | 1    |      |          |                    |  |  |  |
| 2      | 540  | Shirley WEBB   | Trafford AC              | 61.34  | 2    |      |          |                    |  |  |  |
| 3      | 538  | Susan MCKELVIE | Edinburgh AC             | 60.38  | 3    |      |          |                    |  |  |  |
| 4      | 539  | Laura DOUGLAS  | Sale Harriers            | 60.25  | 4    |      |          |                    |  |  |  |
| 5      | 535  | Lucy MARSHALL  | Rugby and Northampton    | 56.55  | 5    |      |          |                    |  |  |  |
| 6      | 536  | Joanne JOHN    | Windsor Slough Etgon & H | 55.82  | 6    |      |          |                    |  |  |  |
| 7      | 537  | Sarah HOLT     | Sale Harriers            | 53.99  | 7    |      |          |                    |  |  |  |
| 8      | 534  | Rachel BLACKIE | Blackheath and Bromley   | 52.40  | 8    |      |          |                    |  |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL       |                               | VENUE     |           | Crystal Palace Stadium |           | DATE                       |           | Saturday, August 25 2007 |           |             |                   |        |        |  |
|---------|-----|---------------------------|-------------------------------|-----------|-----------|------------------------|-----------|----------------------------|-----------|--------------------------|-----------|-------------|-------------------|--------|--------|--|
| EVENT   |     | WOMEN'S SHOT              |                               | TIME      |           | 12:40                  |           | P10 = 14.60                |           | UKC record = 17.11       |           |             |                   |        |        |  |
| Order   | No  | NAME                      | CLUB                          | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final<br>Position |        |        |  |
|         |     |                           |                               | Metres    | Metres    | Metres                 | Metres    |                            | Metres    | Metres                   | Metres    | Metres      |                   | Metres | Metres |  |
| 1       | 542 | Charmaine JOHNSON (Guest) | Epsom and Ewell               | 10.74     | 11.51     | 10.54                  | 11.51     | 4                          | 11.61     | 11.10                    | NP        | 11.61       | 4                 |        |        |  |
| 2       | 543 | Eden FRANCIS (Guest)      | Leicester Coritanian AC       | NP        | 15.50     | NP                     | 15.50     | 2                          | NP        | NP                       | NP        | 15.50       | 3                 |        |        |  |
| 3       | 544 | Bola OGUN                 | Rugby and Northampton         | 10.50     | 9.98      | 11.38                  | 11.38     | 5                          | 11.17     | 11.06                    | 11.26     | 11.38       | 5                 |        |        |  |
| 4       | 545 | Fiona THOMAS              | Wakefield Harriers            | 10.47     | 10.34     | 10.76                  | 10.76     | 6                          | 10.35     | 11.05                    | 10.72     | 11.05       | 6                 |        |        |  |
| 5       | 546 | Eleanor GATRELL           | Woking AC                     | 15.00     | 14.84     | 15.21                  | 15.21     | 3                          | 15.64     | 14.97                    | 14.57     | 15.64       | 2                 |        |        |  |
| 6       | 547 | Jo DUNCAN                 | Woodford Green w Essex Ladies | 14.46     | 16.24     | 16.09                  | 16.24     | 1                          | 16.46     | 16.60                    | 16.43     | 16.60       | 1                 |        |        |  |
| 7       |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 8       |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 9       |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 10      |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 11      |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 12      |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 13      |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 14      |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 15      |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 16      |     |                           |                               |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |

| RESULT |      |                           |                               | RESULT |      |      |          | JUDGES' SIGNATURES  |  |  |  |
|--------|------|---------------------------|-------------------------------|--------|------|------|----------|---------------------|--|--|--|
| No.    | NAME | CLUB                      | DISTANCE                      | No.    | NAME | CLUB | DISTANCE |                     |  |  |  |
| 1      | 547  | Jo DUNCAN                 | Woodford Green w Essex Ladies | 16.60  | 1    |      |          |                     |  |  |  |
| 2      | 546  | Eleanor GATRELL           | Woking AC                     | 15.64  | 2    |      |          |                     |  |  |  |
| 3      | 543  | Eden FRANCIS (Guest)      | Leicester Coritanian AC       | 15.50  | 3    |      |          |                     |  |  |  |
| 4      | 542  | Charmaine JOHNSON (Guest) | Epsom and Ewell               | 11.61  | 4    |      |          |                     |  |  |  |
| 5      | 544  | Bola OGUN                 | Rugby and Northampton         | 11.38  | 5    |      |          |                     |  |  |  |
| 6      | 545  | Fiona THOMAS              | Wakefield Harriers            | 11.05  | 6    |      |          |                     |  |  |  |
| 7      |      |                           |                               |        | 7    |      |          | REFEREE'S SIGNATURE |  |  |  |
| 8      |      |                           |                               |        | 8    |      |          |                     |  |  |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL    |                          | VENUE     |           | Crystal Palace Stadium |           | DATE                       |           | Saturday, August 25 2007 |           |             |                   |        |        |  |
|---------|-----|------------------------|--------------------------|-----------|-----------|------------------------|-----------|----------------------------|-----------|--------------------------|-----------|-------------|-------------------|--------|--------|--|
| EVENT   |     | WOMEN's LONG JUMP      |                          | TIME      |           | 14:20                  |           | P10 = 6.20                 |           | UKC record = 6.54        |           |             |                   |        |        |  |
| Order   | No  | NAME                   | CLUB                     | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final<br>Position |        |        |  |
|         |     |                        |                          | Metres    | Metres    | Metres                 | Metres    |                            | Metres    | Metres                   | Metres    | Metres      |                   | Metres | Metres |  |
| 1       | 564 | Julia STRAKER (Guest)  | Morpeth Harriers         | 5.34 +0.9 | NJ +0.6   | NJ -0.4                | 5.34      | 7                          | 5.38 +0.0 | NJ +1.9                  | 5.22 +1.0 | 5.38        | 8                 |        |        |  |
| 2       | 510 | Sally PEAKE (Guest)    | Liverpool Harriers       | 5.38 -0.4 | 5.36 -0.7 | 4.64 +0.3              | 5.38      | 6                          | 5.57 +1.5 | 5.35 +1.0                |           | 5.57        | 6                 |        |        |  |
| 3       | 566 | Julia BENNETT (Guest)  | Epsom and Ewell Harriers | 5.37 +1.1 | 5.62 +1.6 | 5.62 -0.7              | 5.62      | 2                          | 5.69 +2.5 | 5.36 +0.6                | 1.52 +0.6 | 5.69        | 4                 |        |        |  |
| 4       | 516 | Nadia WILLIAMS (Guest) | Shaftesbury Barnet H     | NJ +1.4   | NJ +1.8   | NJ +1.0                |           |                            | 5.78 +2.7 | 5.81 +0.1                | 5.82 +1.6 | 5.82        | 2                 |        |        |  |
| 5       | 512 | Anna KELLY (Guest)     | Shrewsbury AC            | NJ -0.4   | 5.36 +0.4 | 5.45 +1.9              | 5.45      | 5                          | 5.32 +0.7 | 4.08 +0.4                | 5.21 +2.5 | 5.45        | 7                 |        |        |  |
| 6       | 509 | Linzi ROBINSON         | Nuneaton                 | 5.62 -0.3 | 5.44 +0.0 | 4.51 +1.7              | 5.62      | 2                          | 5.75 +0.7 | 5.40 +0.0                | 5.48 +2.2 | 5.75        | 3                 |        |        |  |
| 7       | 568 | Sarah ROSSITER         | Forest of Dean           | 5.58 +0.9 | 5.43 -1.0 | 5.47 +1.7              | 5.58      | 4                          | 5.51 +0.7 | 5.46 +1.2                | NJ +1.1   | 5.58        | 5                 |        |        |  |
| 8       | 570 | Gillian COOKE          | Edinburgh AC             | 5.79 -0.0 | NJ -2.1   | 6.07 +1.7              | 6.07      | 1                          | 5.71 +1.5 | 5.81 +1.4                | 5.85 +0.8 | 6.07        | 1                 |        |        |  |
| 9       |     |                        |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 10      |     |                        |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 11      |     |                        |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 12      |     |                        |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 13      |     |                        |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 14      |     |                        |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 15      |     |                        |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 16      |     |                        |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |

| RESULT |      |                        |                          |           | RESULT |      |      |          |  | JUDGES' SIGNATURES  |  |
|--------|------|------------------------|--------------------------|-----------|--------|------|------|----------|--|---------------------|--|
| No.    | NAME | CLUB                   | DISTANCE                 |           | No.    | NAME | CLUB | DISTANCE |  |                     |  |
| 1      | 570  | Gillian COOKE          | Edinburgh AC             | 6.07 +1.7 | 1      |      |      |          |  |                     |  |
| 2      | 516  | Nadia WILLIAMS (Guest) | Shaftesbury Barnet H     | 5.82 +1.6 | 2      |      |      |          |  |                     |  |
| 3      | 509  | Linzi ROBINSON         | Nuneaton                 | 5.75 +0.7 | 3      |      |      |          |  |                     |  |
| 4      | 566  | Julia BENNETT (Guest)  | Epsom and Ewell Harriers | 5.69 +2.5 | 4      |      |      |          |  |                     |  |
| 5      | 568  | Sarah ROSSITER         | Forest of Dean           | 5.58 +1.7 | 5      |      |      |          |  |                     |  |
| 6      | 510  | Sally PEAKE (Guest)    | Liverpool Harriers       | 5.57 +1.5 | 6      |      |      |          |  | REFEREE'S SIGNATURE |  |
| 7      | 512  | Anna KELLY (Guest)     | Shrewsbury AC            | 5.45 +1.9 | 7      |      |      |          |  |                     |  |
| 8      | 564  | Julia STRAKER (Guest)  | Morpeth Harriers         | 5.38 +0.0 | 8      |      |      |          |  |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL   |                          | VENUE     |           | Crystal Palace Stadium |           | DATE                       |           | Saturday, August 25 2007 |           |             |                   |        |        |  |
|---------|-----|-----------------------|--------------------------|-----------|-----------|------------------------|-----------|----------------------------|-----------|--------------------------|-----------|-------------|-------------------|--------|--------|--|
| EVENT   |     | WOMEN'S DISCUS        |                          | TIME      |           | 14:30                  |           | P10 = 48.00                |           | UKC record = 61.92       |           |             |                   |        |        |  |
| Order   | No  | NAME                  | CLUB                     | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final<br>Position |        |        |  |
|         |     |                       |                          | Metres    | Metres    | Metres                 | Metres    |                            | Metres    | Metres                   | Metres    | Metres      |                   | Metres | Metres |  |
| 1       | 543 | Eden FRANCIS (Guest)  | Leicester Coritanian AC  | 52.02     | NT        | 47.70                  | 52.02     | 3                          | 49.49     | NT                       | 44.90     | 52.02       | 3                 |        |        |  |
| 2       | 572 | Nicola GORE (Guest)   | West Cheshire Harriers   | 32.79     | NT        | NT                     | 32.79     | 8                          | 29.81     | 35.48                    | NT        | 35.48       | 8                 |        |        |  |
| 3       | 573 | Faye CALVERT (Guest)  | Deeside AAC              | 35.07     | 32.50     | 34.97                  | 35.07     | 7                          | 37.60     | 36.81                    | 35.13     | 37.60       | 7                 |        |        |  |
| 4       | 536 | Joanne JOHN           | Windsor Slough Etgon & H |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 5       | 575 | Hollie REDMAN         | Braintree AC             | 37.82     | 37.72     | 37.78                  | 37.82     | 6                          | 38.04     | 35.80                    | 39.39     | 39.39       | 6                 |        |        |  |
| 6       | 576 | Navdeep DHALIWAL      | Shaftesbury Barnet H     | 41.94     | 41.26     | 42.54                  | 42.54     | 5                          | 42.10     | 44.86                    | 45.61     | 45.61       | 5                 |        |        |  |
| 7       | 577 | Jade LALLY / NICHOLLS | Sutton and District      | 42.56     | 48.01     | 47.28                  | 48.01     | 4                          | 42.92     | 45.26                    | 47.87     | 48.01       | 4                 |        |        |  |
| 8       | 578 | Emma CARPENTER        | Exeter Harriers          | 52.55     | NT        | 53.45                  | 53.45     | 2                          | NT        | 54.58                    | 51.98     | 54.58       | 2                 |        |        |  |
| 9       | 579 | Philippa ROLES        | Sale Harriers Manchester | 45.76     | 57.70     | 57.14                  | 57.70     | 1                          | 57.17     | NT                       | 57.75     | 57.75       | 1                 |        |        |  |
| 10      |     |                       |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 11      |     |                       |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 12      |     |                       |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 13      |     |                       |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 14      |     |                       |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 15      |     |                       |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |
| 16      |     |                       |                          |           |           |                        |           |                            |           |                          |           |             |                   |        |        |  |

| RESULT |     |                       |                          |          | RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|--------|-----|-----------------------|--------------------------|----------|--------|-----|------|------|----------|---------------------|--|
|        | No. | NAME                  | CLUB                     | DISTANCE |        | No. | NAME | CLUB | DISTANCE |                     |  |
| 1      | 579 | Philippa ROLES        | Sale Harriers Manchester | 57.75    | 9      |     |      |      |          |                     |  |
| 2      | 578 | Emma CARPENTER        | Exeter Harriers          | 54.58    | 10     |     |      |      |          |                     |  |
| 3      | 543 | Eden FRANCIS (Guest)  | Leicester Coritanian AC  | 52.02    | 11     |     |      |      |          |                     |  |
| 4      | 577 | Jade LALLY / NICHOLLS | Sutton and District      | 48.01    | 12     |     |      |      |          |                     |  |
| 5      | 576 | Navdeep DHALIWAL      | Shaftesbury Barnet H     | 45.61    | 13     |     |      |      |          |                     |  |
| 6      | 575 | Hollie REDMAN         | Braintree AC             | 39.39    | 14     |     |      |      |          | REFEREE'S SIGNATURE |  |
| 7      | 573 | Faye CALVERT (Guest)  | Deeside AAC              | 37.60    | 15     |     |      |      |          |                     |  |
| 8      | 572 | Nicola GORE (Guest)   | West Cheshire Harriers   | 35.48    | 16     |     |      |      |          |                     |  |

# UK ATHLETICS: DISTANCE CARD

| MEETING |     | UKA CHALLENGE FINAL   |                               | VENUE     |           | Crystal Palace Stadium |           | DATE                    |           | Saturday, August 25 2007 |           |             |                |        |        |  |
|---------|-----|-----------------------|-------------------------------|-----------|-----------|------------------------|-----------|-------------------------|-----------|--------------------------|-----------|-------------|----------------|--------|--------|--|
| EVENT   |     | WOMEN'S JAVELIN       |                               | TIME      |           | 15:30                  |           | P10 = 48.00             |           | UKC record = 65.05       |           |             |                |        |        |  |
| Order   | No  | NAME                  | CLUB                          | 1st Trial | 2nd Trial | 3rd Trial              | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial                | 6th Trial | Best of All | Final Position |        |        |  |
|         |     |                       |                               | Metres    | Metres    | Metres                 | Metres    |                         | Metres    | Metres                   | Metres    | Metres      |                | Metres | Metres |  |
| 1       | 610 | Peta LUNDGREN (Guest) | Herts Phoenix                 | NT        | NT        | 31.77                  | 31.77     | 6                       | 34.49     | 36.03                    | 35.63     | 36.03       | 6              |        |        |  |
| 2       | 611 | Katie WATTS (Guest)   | Team Southampton              |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 3       | 612 | Sarah ELLIS           | Team Southampton              | 35.02     | 37.97     | 40.22                  | 40.22     | 4                       | 40.02     | 39.43                    | 37.16     | 40.22       | 4              |        |        |  |
| 4       | 613 | Emma SMITH            | Woodford Green w Essex Ladies | 37.01     | 39.31     | 36.77                  | 39.31     | 5                       | 38.59     | NT                       | 39.92     | 39.92       | 5              |        |        |  |
| 5       | 614 | Rosie SEMENYTSH       | Windsor Slough Etgon & H      | 40.32     | 45.56     | 44.23                  | 45.56     | 2                       | 45.25     | 42.28                    | NT        | 45.56       | 2              |        |        |  |
| 6       | 615 | Louise WATTON         | Shaftesbury Barnet H          | 42.17     | 43.99     | NT                     | 43.99     | 3                       | 42.31     | 43.95                    | 44.27     | 44.27       | 3              |        |        |  |
| 7       | 616 | Lianne CLARK          | Cardiff AAC                   | 48.71     | 46.33     | 47.81                  | 48.71     | 1                       | 50.16     | 52.68                    | 50.00     | 52.68       | 1              |        |        |  |
| 8       |     |                       |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 9       |     |                       |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 10      |     |                       |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 11      |     |                       |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 12      |     |                       |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 13      |     |                       |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 14      |     |                       |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 15      |     |                       |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |
| 16      |     |                       |                               |           |           |                        |           |                         |           |                          |           |             |                |        |        |  |

| RESULT |     |                       |                               |          | RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|--------|-----|-----------------------|-------------------------------|----------|--------|-----|------|------|----------|---------------------|--|
|        | No. | NAME                  | CLUB                          | DISTANCE |        | No. | NAME | CLUB | DISTANCE |                     |  |
| 1      | 616 | Lianne CLARK          | Cardiff AAC                   | 52.68    | 1      |     |      |      |          |                     |  |
| 2      | 614 | Rosie SEMENYTSH       | Windsor Slough Etgon & H      | 45.56    | 2      |     |      |      |          |                     |  |
| 3      | 615 | Louise WATTON         | Shaftesbury Barnet H          | 44.27    | 3      |     |      |      |          |                     |  |
| 4      | 612 | Sarah ELLIS           | Team Southampton              | 40.22    | 4      |     |      |      |          |                     |  |
| 5      | 613 | Emma SMITH            | Woodford Green w Essex Ladies | 39.92    | 5      |     |      |      |          |                     |  |
| 6      | 610 | Peta LUNDGREN (Guest) | Herts Phoenix                 | 36.03    | 6      |     |      |      |          |                     |  |
| 7      |     |                       |                               |          | 7      |     |      |      |          | REFEREE'S SIGNATURE |  |
| 8      |     |                       |                               |          | 8      |     |      |      |          |                     |  |

# UK ATHLETICS: HEIGHT CARD

| MEETING |     | UKA CHALLENGE FINAL |                          | VENUE  | Crystal Palace Stadium |        |        |        |            |        |        |        | DATE              | Saturday, August 25 2007 |        |             |                      |                |              |                |  |  |
|---------|-----|---------------------|--------------------------|--------|------------------------|--------|--------|--------|------------|--------|--------|--------|-------------------|--------------------------|--------|-------------|----------------------|----------------|--------------|----------------|--|--|
| EVENT   |     | MEN's HIGH JUMP     |                          | TIME   | 12:20                  |        | MBP    |        | P10 = 2.17 |        | Record |        | UKC record = 2.28 |                          |        |             |                      |                |              |                |  |  |
| Order   | No  | NAME                | CLUB                     | 1.86   | 1.91                   | 1.96   | 2.01   | 2.06   | 2.11       | 2.15   | 2.18   | 2.21   | 2.24              | 2.28                     | 2.31   | Best of All | Trials at Ht Cleared | Total Failures | Total Trials | Final Position |  |  |
|         |     |                     |                          | Metres | Metres                 | Metres | Metres | Metres | Metres     | Metres | Metres | Metres | Metres            | Metres                   | Metres | Metres      |                      |                |              |                |  |  |
| 1       | 525 | Brian HALL (Guest)  | Bolton United Harriers   |        |                        |        | o      | p      | o          | p      | o      | xxo    | xxx               |                          |        | 2.21        |                      |                |              | 2              |  |  |
| 2       | 526 | Alan MCKIE (Guest)  | Windsor Slough Etgon & H |        |                        |        |        | o      | o          | o      | xo     | xxx    |                   |                          |        | 2.18        |                      |                |              | 4              |  |  |
| 3       | 527 | Adam GALLIE (Guest) | Derby AC                 | o      | o                      | xxo    | xxx    |        |            |        |        |        |                   |                          |        | 1.96        |                      |                |              | 9              |  |  |
| 4       | 528 | Jamie THOMAS        | Birchfield Harriers      | o      | o                      | o      | xo     | xxx    |            |        |        |        |                   |                          |        | 2.01        |                      |                |              | 8              |  |  |
| 5       | 529 | Robbie GRABARZ      | Bedford and County       |        |                        |        | o      | o      | xo         | xo     | o      | xxo    | xxx               |                          |        | 2.21        |                      |                |              | 3              |  |  |
| 6       | 530 | Darryl STONE        | Shaftesbury Barnet H     |        |                        |        |        | o      | xo         | xxo    | xxx    |        |                   |                          |        | 2.15        |                      |                |              | 7              |  |  |
| 7       | 531 | Martin LLOYD        | Bexley AC                |        |                        |        |        | o      | o          | o      | xxo    | xxx    |                   |                          |        | 2.18        |                      |                |              | 5              |  |  |
| 8       | 532 | Adam SCARR          | Enfield and Haringey     |        |                        |        |        | o      | xo         | o      | xxx    |        |                   |                          |        | 2.15        |                      |                |              | 6              |  |  |
| 9       | 533 | Samson ONI          | Belgrave Harriers        |        |                        |        |        | xo     | xo         | xxo    | o      | xxo    | xo                | xxo                      | xxx    | 2.28        |                      |                |              | 1              |  |  |
| 10      |     |                     |                          |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 11      |     |                     |                          |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 12      |     |                     |                          |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 13      |     |                     |                          |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 14      |     |                     |                          |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 15      |     |                     |                          |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 16      |     |                     |                          |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |

| RESULT |      |                    |                          |      | RESULT |      |                     |          |      | JUDGES' SIGNATURES  |  |
|--------|------|--------------------|--------------------------|------|--------|------|---------------------|----------|------|---------------------|--|
| No.    | NAME | CLUB               | HEIGHT                   |      | No.    | NAME | CLUB                | HEIGHT   |      |                     |  |
| 1      | 533  | Samson ONI         | Belgrave Harriers        | 2.28 | 9      | 3    | Adam GALLIE (Guest) | Derby AC | 1.96 |                     |  |
| 2      | 525  | Brian HALL (Guest) | Bolton United Harriers   | 2.21 |        |      |                     |          |      |                     |  |
| 3      | 529  | Robbie GRABARZ     | Bedford and County       | 2.21 |        |      |                     |          |      |                     |  |
| 4      | 526  | Alan MCKIE (Guest) | Windsor Slough Etgon & H | 2.18 |        |      |                     |          |      |                     |  |
| 5      | 531  | Martin LLOYD       | Bexley AC                | 2.18 |        |      |                     |          |      |                     |  |
| 6      | 532  | Adam SCARR         | Enfield and Haringey     | 2.15 |        |      |                     |          |      | REFEREE'S SIGNATURE |  |
| 7      | 530  | Darryl STONE       | Shaftesbury Barnet H     | 2.15 |        |      |                     |          |      |                     |  |
| 8      | 528  | Jamie THOMAS       | Birchfield Harriers      | 2.01 |        |      |                     |          |      |                     |  |

# UK ATHLETICS: HEIGHT CARD

| MEETING |     | UKA CHALLENGE FINAL   |                               | VENUE  | Crystal Palace Stadium |        |        |        |            |        |        |        | DATE              | Saturday, August 25 2007 |        |             |                      |                |              |                |  |  |
|---------|-----|-----------------------|-------------------------------|--------|------------------------|--------|--------|--------|------------|--------|--------|--------|-------------------|--------------------------|--------|-------------|----------------------|----------------|--------------|----------------|--|--|
| EVENT   |     | MEN's POLE VAULT      |                               | TIME   | 14:40                  |        | MBP    |        | P10 = 5.17 |        | Record |        | UKC record = 5.61 |                          |        |             |                      |                |              |                |  |  |
| Order   | No  | NAME                  | CLUB                          | 4.01   | 4.16                   | 4.31   | 4.46   | 4.61   | 4.76       | 4.91   | 5.06   | 5.16   | 5.21              | 5.41                     |        | Best of All | Trials at Ht Cleared | Total Failures | Total Trials | Final Position |  |  |
|         |     |                       |                               | Metres | Metres                 | Metres | Metres | Metres | Metres     | Metres | Metres | Metres | Metres            | Metres                   | Metres | Metres      |                      |                |              |                |  |  |
| 1       | 580 | Mike WALKER (Guest)   | Cardiff AAC                   |        |                        | XXO    | XXO    | O      | XXX        |        |        |        |                   |                          |        | 4.61        |                      |                |              | 6              |  |  |
| 2       | 581 | Nick CRUCHLEY (Guest) | Halesowen                     |        |                        |        | XO     | XXX    |            |        |        |        |                   |                          |        | 4.46        |                      |                |              | 7              |  |  |
| 3       | 582 | John MURRAY           | Cardiff AAC                   | XXO    | XXX                    |        |        |        |            |        |        |        |                   |                          |        | 4.01        |                      |                |              | 8              |  |  |
| 4       | 583 | Richard HURREN        | Falkirk AC                    |        |                        |        |        | XO     | XO         | XXX    |        |        |                   |                          |        | 4.76        |                      |                |              | 5              |  |  |
| 5       | 584 | Nick BUCKFIELD        | Crawley AC                    |        |                        |        |        |        |            |        |        | XO     |                   | XXX                      |        | 5.16        |                      |                |              | 1              |  |  |
| 6       | 585 | Christian NORTH       | Woodford Green w Essex Ladies |        |                        |        |        |        | O          | O      | XO     | XX-    | X                 |                          |        | 5.06        |                      |                |              | 2              |  |  |
| 7       | 586 | Paul WALKER           | Sale Harriers Manchester      |        |                        |        |        |        |            | O      | XXO    |        |                   | XXX                      |        | 5.06        |                      |                |              | 3              |  |  |
| 8       | 587 | Joe IVE               | Belgrave Harriers             |        |                        |        |        |        |            | O      |        |        |                   | XXX                      |        | 4.91        |                      |                |              | 4              |  |  |
| 9       |     |                       |                               |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 10      |     |                       |                               |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 11      |     |                       |                               |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 12      |     |                       |                               |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 13      |     |                       |                               |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 14      |     |                       |                               |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 15      |     |                       |                               |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |
| 16      |     |                       |                               |        |                        |        |        |        |            |        |        |        |                   |                          |        |             |                      |                |              |                |  |  |

| RESULT |                       |                               |        | RESULT |      |      |        | JUDGES' SIGNATURES  |  |  |  |
|--------|-----------------------|-------------------------------|--------|--------|------|------|--------|---------------------|--|--|--|
| No.    | NAME                  | CLUB                          | HEIGHT | No.    | NAME | CLUB | HEIGHT |                     |  |  |  |
| 584    | Nick BUCKFIELD        | Crawley AC                    | 5.16   |        |      |      |        |                     |  |  |  |
| 585    | Christian NORTH       | Woodford Green w Essex Ladies | 5.06   |        |      |      |        |                     |  |  |  |
| 586    | Paul WALKER           | Sale Harriers Manchester      | 5.06   |        |      |      |        |                     |  |  |  |
| 587    | Joe IVE               | Belgrave Harriers             | 4.91   |        |      |      |        |                     |  |  |  |
| 583    | Richard HURREN        | Falkirk AC                    | 4.76   |        |      |      |        |                     |  |  |  |
| 580    | Mike WALKER (Guest)   | Cardiff AAC                   | 4.61   |        |      |      |        | REFEREE'S SIGNATURE |  |  |  |
| 581    | Nick CRUCHLEY (Guest) | Halesowen                     | 4.46   |        |      |      |        |                     |  |  |  |
| 582    | John MURRAY           | Cardiff AAC                   | 4.01   |        |      |      |        |                     |  |  |  |



# UK ATHLETICS: HEIGHT CARD

| MEETING |     | UKA CHALLENGE FINAL |                        | VENUE  |          | Crystal Palace Stadium |        |        |        |            |        | DATE   |        | Saturday, August 25 2007 |        |             |                      |                |              |                |
|---------|-----|---------------------|------------------------|--------|----------|------------------------|--------|--------|--------|------------|--------|--------|--------|--------------------------|--------|-------------|----------------------|----------------|--------------|----------------|
| EVENT   |     | WOMEN'S POLE VAULT  |                        | TIME   |          | 12:00                  |        | MBP    |        | P10 = 3.94 |        | Record |        | UKC record = 4.26        |        |             |                      |                |              |                |
| Order   | No  | NAME                | CLUB                   | 2.91   | 3.06     | 3.21                   | 3.36   | 3.51   | 3.66   | 3.76       | 3.81   | 3.86   | 3.91   | 3.96                     | 4.01   | Best of All | Trials at Ht Cleared | Total Failures | Total Trials | Final Position |
|         |     |                     |                        | Metres | Metres   | Metres                 | Metres | Metres | Metres | Metres     | Metres | Metres | Metres | Metres                   | Metres | Metres      |                      |                |              |                |
| 1       | 517 | Gemma DOWSETT       | Medway and Maidstone   | o      | xxo      | xxx                    |        |        |        |            |        |        |        |                          |        | 3.06        |                      |                |              | 6              |
| 2       | 518 | Hilary SMITH        | Birchfield Harriers    |        |          |                        |        |        |        |            |        |        |        |                          |        |             |                      |                |              |                |
| 3       | 519 | Louise SHORTLAND    | Stevenage North Herts  |        |          |                        | xxx    |        |        |            |        |        |        |                          |        | NHC         |                      |                |              | 7              |
| 4       | 520 | Rachel GIBBENS      | Marshall Milton Keynes |        |          |                        |        | o      | o      | o          | o      |        | xxx    |                          |        | 3.81        |                      |                |              | 4              |
| 5       | 521 | Zoe BROWN           | Shaftesbury Barnet H   |        |          |                        |        |        |        |            | xxo    |        |        |                          | xxo    | 4.01        |                      |                |              | 2              |
| 6       | 522 | Fiona HARRISON      | Trafford AC            |        |          |                        |        |        | o      |            | o      |        | xxo    |                          | xxx    | 3.91        |                      |                |              | 3              |
| 7       | 523 | Emma LYONS          | Notts AC               |        |          |                        |        |        |        |            | xo     |        |        |                          | o      | 4.01        |                      |                |              | 1              |
| 8       | 524 | Louise BUTTERWORTH  | Birchfield Harriers    |        |          |                        |        |        | o      |            | xxo    |        |        |                          | xxx    | 3.81        |                      |                |              | 5              |
| 9       |     |                     |                        | 4.06   | 4.11     |                        |        |        |        |            |        |        |        |                          |        |             |                      |                |              |                |
| 10      | 521 | Zoe BROWN           | Shaftesbury Barnet H   | -      | xretired |                        |        |        |        |            |        |        |        |                          |        |             |                      |                |              |                |
| 11      | 523 | Emma LYONS          | Notts AC               | -      | xxx      |                        |        |        |        |            |        |        |        |                          |        |             |                      |                |              |                |
| 12      |     |                     |                        |        |          |                        |        |        |        |            |        |        |        |                          |        |             |                      |                |              |                |
| 13      |     |                     |                        |        |          |                        |        |        |        |            |        |        |        |                          |        |             |                      |                |              |                |
| 14      |     |                     |                        |        |          |                        |        |        |        |            |        |        |        |                          |        |             |                      |                |              |                |
| 15      |     |                     |                        |        |          |                        |        |        |        |            |        |        |        |                          |        |             |                      |                |              |                |
| 16      |     |                     |                        |        |          |                        |        |        |        |            |        |        |        |                          |        |             |                      |                |              |                |

| RESULT |      |                    |                        |      | RESULT |      |      |        |  | JUDGES' SIGNATURES  |  |
|--------|------|--------------------|------------------------|------|--------|------|------|--------|--|---------------------|--|
| No.    | NAME | CLUB               | HEIGHT                 |      | No.    | NAME | CLUB | HEIGHT |  |                     |  |
| 1      | 523  | Emma LYONS         | Notts AC               | 4.01 |        |      |      |        |  |                     |  |
| 2      | 521  | Zoe BROWN          | Shaftesbury Barnet H   | 4.01 |        |      |      |        |  |                     |  |
| 3      | 522  | Fiona HARRISON     | Trafford AC            | 3.91 |        |      |      |        |  |                     |  |
| 4      | 520  | Rachel GIBBENS     | Marshall Milton Keynes | 3.81 |        |      |      |        |  |                     |  |
| 5      | 524  | Louise BUTTERWORTH | Birchfield Harriers    | 3.81 |        |      |      |        |  |                     |  |
| 6      | 517  | Gemma DOWSETT      | Medway and Maidstone   | 3.06 |        |      |      |        |  | REFEREE'S SIGNATURE |  |
|        | 519  | Louise SHORTLAND   | Stevenage North Herts  | NHC  |        |      |      |        |  |                     |  |