

GRIMSBY HARRIERS OPEN 26/09/14

Event	3000m		Final	Time	Age Group
1st	262	NICK MARTIN	CAISTOR RUNNING CLUB	09:15.8	Senior Men
2nd	207	MICK JAGGER		09:21.4	1 M40
3rd	862	TIMMY DAVIES	BEVERLEY AC	09:23.1	Senior Men
4th	199	GREGAN CLARKSON	KINGSTON UPON HULL	09:50.4	Senior Men
5th	194	GEOFF IOWRY	AMBER VALLEY	09:59.4	
6th	204	ANDY PEGG	WOLDS VETS	10:29.4	1 M40
7th	229	PAUL FREEMAN	WOLDS VETS	10:31.1	M50
8th	215	NIGEL PLASKITT	WOLDS VETS	10:33.1	M40
9th	216	SIMON GIBNEY	WOLDS VETS	10:40.7	M35
10th	217	GARY HOWDEN	WOLDS VETS	10:46.7	M35
11th	859	MARK NETTLETON	BARTON & DISTRICT AC	11:04.4	VET
12th	203	DAVE JACKSON	WOLDS VETS	11:07.4	M50
13th	201	MICK CASEY	WOLDS VETS	11:41.6	M65
14th	265	FRANK THOMAS	WOLDS VETS	12:05.2	M50
15th	206	STEVEN GREEN	WOLDS VETS	12:23.0	M60
16th	872	#N/A	#N/A	12:53.7	#N/A
17th	202	WILLIAM WARD	WOLDS VETS	13:45.4	M60
18th	205	JAMES CLAYTON	WOLDS VETS	18:47.4	M35

Event	3000m		Final	U17 Ladies
1st	175	NADINA SKINNER	SCUNTHORPE & DISTRICT AC	11.47.4
2nd	170	BETH GROGAN	GOOLE YOUTH AC	13.19.7

FEMALE

1st	872	SIAN MCCOURT	WOLDS VETS	12.53.7	F35
2nd	873	LIZ WOODS	WOLDS VETS	13.51.5	F65
3rd	192	BARBARA BROWN	WOLDS VETS	13.51.7	F60
4th	190	DIANE PEGG	WOLDS VETS	14.57.8	F45
5th	191	LEONA BELLAMY	WOLDS VETS	15.21.1	F35
6th	193	SUSAN GREEN	WOLDS VETS	16.13.0	F60

#N/A
#N/A

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Females

Number	Name	Club	Age Group	Number
101	EVIE SPENCER	BARTON & DISTRICT	U11 Girls	113
102	ELLA GREENWAY	CLEETHORPES AC	U11 Girls	121 114
103	GEORGINA VINES	CLEETHORPES AC	U11 Girls	115
104	ISOBEL HOLBORN	DONCASTER AC	U11 Girls	116
105	RUBY GIBBONS	GRIMSBY HARRIERS AC	U11 Girls	117
106	EMILY GISSING	GRIMSBY HARRIERS AC	U11 Girls	118
107	EVE BRADLEY	GRIMSBY HARRIERS AC	U11 Girls	119
108	ROWAN SWINBURN	GRIMSBY HARRIERS AC	U11 Girls	120
109	LAUREN McCLEAN	KINGSTON UPON HULL	U11 Girls	121
110	MARNI HARRIS	ROTHERHAM HARRIERS	U11 Girls	122
111	ABIGAIL KERR	ROTHERHAM HARRIERS	U11 Girls	123
112	OLIVIA ROE	WAKEFIELD HARRIERS	U11 Girls	124
125	CHARLOTTE CAWKWEL	BARTON & DISTRICT AC	u13 Girls	145
126	LYDIA TURNER	BARTON & DISTRICT AC	u13 Girls	146
127	AMBER LAYCOCK	CLEETHORPES AC	u13 Girls	147
128	DEVON LOW	CLEETHORPES AC	u13 Girls	148
129	ELLA KERRIGAN	CLEETHORPES AC	u13 Girls	149
130	GABRIELLE WALKER	CLEETHORPES AC	u13 Girls	150
131	ROBYN GREENWAY	CLEETHORPES AC	u13 Girls	165
132	GEORGIE WOODHEAD	DEARNE AFC	u13 Girls	166
133	KATIE BARNES	DONCASTER AC	u13 Girls	176
134	GRACE HOLMES	GRIMSBY HARRIERS AC	u13 Girls	177
135	LILY GIBBONS	GRIMSBY HARRIERS AC	u13 Girls	178
136	ANNA KLUSKA	GRIMSBY HARRIERS AC	u13 Girls	179
137	ALICE LANGAN	LOUTH AC	u13 Girls	180
138	HANNAH REID	LOUTH AC	u13 Girls	181
139	MACY CARR	NENE VALLEY HARRIERS	u13 Girls	182
140	JASMINE BATE	PONTEFRACT	u13 Girls	183
141	AYLA HEWITT	SALE HARRIERS	u13 Girls	189
142	HANNAH MOAT	SCUNTHORPE & DISTRICT AC	u13 Girls	194
143	SASHA SKINNER	SCUNTHORPE & DISTRICT AC	u13 Girls	195
144	KRISTIE ARCHER	WOMBWELL SPORTING AC	u13 Girls	196
151	CHLOE CRAVILL	BARTON & DISTRICT AC	U15 Girls	197
152	GEORGIA ROTHWELL	CITY OF YORK	U15 Girls	198
153	DARBY FYTCHE	CLEETHORPES AC	U15 Girls	199
154	SOPHIE BARRETT	GRIMSBY HARRIERS	U15 Girls	200
155	BRYONY UNDERWOOD	KINGSTON UPON HULL	U15 Girls	201
156	NATALIE VARGA	KINGSTON UPON HULL	U15 Girls	202
157	LAURA VAN LIER	NENE VALLEY HARRIERS	U15 Girls	203
158	CYANE ROBINSON	ROTHERHAM HARRIERS	U15 Girls	204
159	MIA HARRIS	ROTHERHAM HARRIERS	U15 Girls	205
160	CHARLOTTE KERR	ROTHERHAM HARRIERS	U15 Girls	206
161	LOUISA WOOD	ROTHERHAM HARRIERS	U15 Girls	207
162	ALICE RASPIN	SCUNTHORPE & DISTRICT AC	U15 Girls	209

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163	EMILY STRICKLAND	SCUNTHORPE & DISTRICT AC	U15 Girls	211
164	LILY JOHNSON	SCUNTHORPE & DISTRICT AC	U15 Girls	212
167	JOANNA LOWLER-RHO	BINGLEY HARRIERS	U17 Ladies	213
168	CHARLOTTE STAMP	CITY OF YORK	U17 Ladies	215
169	TIANA WALTON	DEESIDE AAC	U17 Ladies	216
170	BETH GROGAN	GOOLE YOUTH AC	U17 Ladies	217
171	ZOE HEBDEN	KINGSTON UPON HULL	U17 Ladies	218
172	NATALIE STAINTON	LOUTH AC	U17 Ladies	221
173	HANNAH FROBISHER	SCUNTHORPE & DISTRICT AC	U17 Ladies	227
174	HOLLIE ASHTON	SCUNTHORPE & DISTRICT AC	U17 Ladies	229
175	NADINA SKINNER	SCUNTHORPE & DISTRICT AC	U17 Ladies	230
184	JULIE FRANKS	BARTON & DISTRICT AC		236
185	KATHERINE JAMES	BINGLEY HARRIERS		241
186	EMMA BROWN	GRIMSBY HARRIERS	U20 Ladies	243
187	JULIE WILSON	READING AC		244
188	JADE STEWART	SCUNTHORPE & DISTRICT AC		245
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190	DIANE PEGG	WOLDS VETS	Snr Ladies	257
191	LEONA BELLAMY	WOLDS VETS	Snr Ladies	258
192	BARBARA BROWN	WOLDS VETS	Snr Ladies	259
193	SUSAN GREEN	WOLDS VETS	Snr Ladies	260
208	CAITLIN FRIEND	GRIMSBY HARRIERS	U15 Girls	262
210	NIAMH LATIBEAUDIER	DONCASTER	U11 Girls	263
214	SHELLY CHAPMAN	BARTON & DISTRICT AC	Snr Ladies	264
219	OLIVIA HARNESS	BARTON & DISTRICT AC	U11 Girls	265
220	HOLLIE PAPWORTH	BARTON & DISTRICT AC	U11 Girls	273
222	LUCY CHROST	BARTON & DISTRICT AC	U17 Ladies	276
223	CHLOE ARRUNDALE	BARTON & DISTRICT AC	U15 Girls	277
224	ROSIE SHEPHERD	KINGSTON UPON HULL AC	U13 Girls	278
225	MADDISON SIMPSON	DONCASTER	U13 Girls	279
226	ABIGAIL BLACKBURN C	PENISTONE FPR	U15 Girls	284
228	EDEN LOCKETT	SCUNTHORPE & DISTRICT AC	U11 Girls	285
231	SUE RICHARDSON	CITY OF YORK AC	VET	289
232	ELLIE BOOKER	ROTHERHAM HARRIERS	U15 Girls	290
233	NATALIE GROVES	SPENBOROUGH AC	U11 Girls	294
234	EMILY BARRATT	GRIMSBY HARRIERS	U13 Girls	297
235	ALERO ETUWEWE	GRIMSBY HARRIERS	U13 Girls	300
237	EVA SUTTON	GRIMSBY HARRIERS	U13 Girls	859
238	KATIE BOHL	CITY OF YORK AC	U15 Girls	860
239	CAITLIN UMPOLBY	KINGSTON UPON HULL AC	U15 Girls	862
240	OLIVIA PARKES	ROTHERHAM HARRIERS	U15 Girls	863
242	LUCY HADAWAY	CITY OF YORK AC	U15 Girls	866
252	LIBBY ARNETT	CLEETHORPES AC	U11 Girls	867
253	NICOLE LANNIE	DONCASTER	U13 Girls	868
254	ISABELLA LANNIE	DONCASTER	U15 Girls	869
255	EMILY RILEY	DONCASTER	U15 Girls	870

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256	HOLLIE RILEY	DONCASTER	U11 Girls	
261	AMELIA WALTON	CLEETHORPES AC	U17 Ladies	
266	HANNAH KILICK	BARTON & DISTRICT AC	U15 Girls	
267	COURTNEY CLARE	GRIMSBY HARRIERS	U13 Girls	
268	KELVA RENNOCKS	ROTHERHAM HARRIERS	U13 Girls	
269	GEMMA BARNSDALE	LINCOLN WELLINGTON AC	U15 Girls	
270	ALICE BARNSDALE	LINCOLN WELLINGTON AC	U17 Ladies	
271	EMILY RACE	WORKSOP HARRIERS	U15 Girls	
272	ABBIE HAIGH	KINGSTON UPON HULL AC	U13 Girls	
274	JESSICA TOWNSEND	KINGSTON UPON HULL AC	U13 Girls	
275	ERIN LOBLEY	HALLAMSHIRE HARRIERS	U11 Girls	
280	EMMA DAKIN	RETFORD AC	U15 Girls	
281	GEORGIA BRADFORD	ROTHERHAM HARRIERS	U15 Girls	
282	LEONIE ASHMEADE	LEEDS CITY AC	U15 Girls	
283	ELLIE JONES	ORMISTON ACADEMY	U13 Girls	
286	MEGAN AHEARNE	GRIMSBY HARRIERS	U17 Ladies	
287	EMILY TINSLEY	DEARNE ALC	U15 Girls	
288	ABIGAIL CLEGG	PONTEFRACT AC	U13 Girls	
291	AMY ROLFE	CITY OF YORK AC	U13 Girls	
292	SHANNON RHODES	WOMBWELL	U13 Girls	
293	RACHEL BELL	CLEETHORPES AC	JNR LADIES	
295	MARIA WILLIAMS	CITY OF YORK AC	Snr Ladies	
296	ELLIE SEWELL	CITY OF YORK AC	U15 Girls	
298	CHARLOTTE ROBINSON	CLEETHORPES AC	U20 Ladies	
299	HOLLY MARSHALL	UNATTACHED	U20 Ladies	
858	VICTORIA NETTLETON	BARTON & DISTRICT AC	U13 Girls	
861	REBECCA MANCHESTER	BARTON & DISTRICT AC	U13 Girls	
864	SANDRA JINNY	LINCOLN WELLINGTON AC	U15 Girls	
865	GRACE HARRIS	ROTHERHAM HARRIERS	U13 Girls	
871	ROISIN TOGHER	CLEETHORPES AC	U11 Girls	
872	SIAN MCCOURT	WOLDS VETS	VET	
873	LIZ WOODS	WOLDS VETS	VET	

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Males

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Name	Club	Age Group
JOELIAN COLEBROOK	CLEETHORPES AC	U11 Boys
DANIEL SMITH	CLEETHORPES AC	U11 Boys
LUCAS WALTON	GOOLE YOUTH AC	U11 Boys
CONNOR SHERBURN	GOOLE YOUTH AC	U11 Boys
HARVEY GIBBONS	GRIMSBY HARRIERS AC	U11 Boys
HENRY CULLEN	GRIMSBY HARRIERS AC	U11 Boys
HUGO CULLEN	GRIMSBY HARRIERS AC	U11 Boys
CALLUM SMITH	GRIMSBY HARRIERS AC	U11 Boys
CHARLIE BURRELL	GRIMSBY HARRIERS AC	U11 Boys
ALFIE BURRELL	GRIMSBY HARRIERS AC	U11 Boys
FABIAN VIDAL	KINGSTON UPON HULL	U11 Boys
ALEKSANDAR TAYLOR	RETFORD AC	U11 Boys
BENJAMIN JONES	AMBER VALLEY & EREWASH AC	u13 Boys
OLIVER DAKIN	CHESTERFIELD	u13 Boys
KIERAN VINES	CLEETHORPES AC	u13 Boys
SAMUEL CRONEY	KINGSTON UPON HULL	u13 Boys
CALEB STEPHENSON	LOUTH AC	u13 Boys
BEN KNOX	RETFORD AC	u13 Boys
BRETT DORLEY	KINGSTON UPON HULL AC	U15 Boys
ROBERT BATE	PONTEFRACT	U15 Boys
DANIEL JONES	AMBER VALLEY & EREWASH AC	U17 Men
CONOR FRANKS	BARTON & DISTRICT AC	U17 Men
EDWARD CHAFER	BINGLEY HARRIERS	U17 Men
KYLE CATMULL	CLEETHORPES AC	U17 Men
LUKE GLAVES	CLEETHORPES AC	U17 Men
SAM TRUMAN	GRIMSBY HARRIERS	U17 Men
JOSEPH HUTCHINSON	HALLAMSHIRE HARRIERS	U17 Men
JAMES EDMONDSON	PRESTON HARRIERS	U17 Men
YATIN PAWAR	SCUNTHORPE & DISTRICT AC	Senior Men
GEOFF IOWRY	AMBER VALLEY	
MARK DING	BARTON & DISTRICT	Senior Men
ANTHONY BROWNE	DONCASTER AC	
MIGUEL PLAATJIES	GRIMSBY HARRIERS	U20 Men
JEAN-LOUIS PLAATJIES	GRIMSBY HARRIERS	Senior Men
GREGAN CLARKSON	KINGSTON UPON HULL	Senior Men
MARK GILMER	RAF	
MICK CASEY	WOLDS VETS	Senior Men
WILLIAM WARD	WOLDS VETS	Senior Men
DAVE JACKSON	WOLDS VETS	Senior Men
ANDY PEGG	WOLDS VETS	Senior Men
JAMES CLAYTON	WOLDS VETS	Senior Men
STEVEN GREEN	WOLDS VETS	Senior Men
MICK JAGGER		Senior Men
Reece Moreman	CLEETHORPES AC	u13 Boys

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DECIAN TEMPLETON	LOUTH AC	U11 Boys
ALEX CAWKWELL	BARTON & DISTRICT AC	U11 Boys
DENNIS CHAPMAN-TYSON	BARTON & DISTRICT AC	U15 Boys
NIGEL PLASKITT	WOLDS VETS	VET
SIMON GIBNEY	WOLDS VETS	VET
GARY HOWDEN	WOLDS VETS	VET
BEN HARNESS	BARTON & DISTRICT AC	U15 Boys
BEN PAPWORTH	BARTON & DISTRICT AC	U15 Boys
STEPHEN THORPE	WAKEFIELD HARRIERS	Senior Men
PAUL FREEMAN	WOLDS VETS	VET
MATTHEW RICHARDSON	CITY OF YORK AC	U17 Men
LEWIS GILBEY	KINGSTON UPON HULL AC	U15 Boys
GEORGE HEPPINSTALL	WAKEFIELD HARRIERS	U17 Men
TOM BELL	CAISTOR RUNNING CLUB	Senior Men
RYAN PAGE	LINCOLN WELLINGTON	U20 Men
WILL IRWIN	CITY OF SHEFFIELD	u13 Boys
ALEX GRANT	KINGSTON UPON HULL AC	U11 Boys
CAMERON FORDE	CLEETHORPES AC	u13 Boys
PHILIP HOLDEN	BARTON & DISTRICT AC	U15 Boys
BEN STUTELY	KINGSTON UPON HULL AC	u13 Boys
HARRY STUTELY	KINGSTON UPON HULL AC	U15 Boys
NICK MARTIN	CAISTOR RUNNING CLUB	Senior Men
CAMERON MORTON	BARTON & DISTRICT AC	U17 Men
RYAN MORTON	BARTON & DISTRICT AC	Senior Men
FRANK THOMAS	WOLDS VETS	Senior Men
JACK HACKLETON	BARNSELY AC	U11 Boys
OSCAR DAVIES	BARNSELY AC	U11 Boys
BEN MASON	GRIMSBY HARRIERS	U17 Men
RICKY HOUSLEY	DONCASTER AC	VET
IAN HARNESS	SCUNTHORPE & DISTRICT AC	VET
CAMERON GIBBS	CLEETHORPES AC	U15 Boys
BEN CHAFER	WAKEFIELD HARRIERS	U11 Boys
GEORGE CLEGG	PONTEFRACT	U11 Boys
JACK QUINN	SPENBOROUGH AC	U11 Boys
JONATHAN SEWELL	CITY OF YORK AC	Senior Men
OSCAR BRYCE	HALLAMSHIRE HARRIERS	U17 Men
JORDAN MOUNSEY	UNATTACHED	U20 Men
MARK NETTLETON	BARTON & DISTRICT AC	VET
JONATHAN MANCHESTER	BARTON & DISTRICT AC	U15 Boys
TIMMY DAVIES	BEVERLEY AC	Senior Men
NETHAN RAMESH	CLEETHORPES AC	U15 Boys
KIERON BYRNE	LOUTH AC	u13 Boys
TOBY ALEXANDER	LOUTH AC	u13 Boys
NATHAN LANGLEY	WORKSOP HARRIERS	U15 Boys
REGAN LANGLEY	WORKSOP HARRIERS	u13 Boys
CONNOR PICKERING	KINGSTION UPON HULL AC	U11 Boys

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Under 13 Girls

	Event	Grade 1	Grade 2	Grade 3	Grade 4
U13 Girls	75m	10.4	10.6	10.9	11.3
U13 Girls	100m	13.6	13.8	14.1	14.5
U13 Girls	150m	20.7	21	21.5	22.4
U13 Girls	200m	28.4	29	29.6	30.7
U13 Girls	800m	02:29.0	02:31.0	02:35.0	02:41.0
U13 Girls	1200m	03:57.0	4:01.0s	04:07.0	04:15.0
U13 Girls	1500m	05:05.0	05:12.0	05:20.0	05:36.0
U13 Girls	70m Hurdles	11.9	12.2	12.7	13.3
U13 Girls	High Jump	1.4	1.35	1.30	1.24m
U13 Girls	Long Jump	4.5	4.35	4.2	3.95m
U13 Girls	Javelin	25.2	22.45	19.45	15.45m
U13 Girls	Discus	22.1	19.5	17.55	15.00m
U13 Girls	Hammer	35	29.5	25.5	18.00m
U13 Girls	Shot	8.5	7.85	7.25	6.50m
U13 Girls	Pentathlon	2360 points	2190 points	2020 points	1675 points
U13 Girls	2k Walk	11:30.0	11:50.0	12:40.0	13:20.0
U13 Girls	2.5k Walk	14:35.0	14:55.0	15:55.0	16:45.0
U13 Girls	Indoor				
U13 Girls	60m	8.6	8.75	8.85	9.15
U13 Girls	60m Hurdles	9.85	10	10.2	10.6
U13 Girls	Pentathlon	2410 points	2275 points	1910 points	1470 points

	Event
U13 Boys	75m
U13 Boys	100m
U13 Boys	150m
U13 Boys	200m
U13 Boys	800m
U13 Boys	
U13 Boys	1500m
U13 Boys	
U13 Boys	75mH
U13 Boys	
U13 Boys	High Jump
U13 Boys	Long Jump
U13 Boys	Javelin
U13 Boys	Discus
U13 Boys	Hammer
U13 Boys	Shot
U13 Boys	Pentathlon
U13 Boys	
U13 Boys	2000m Walk
U13 Boys	
U13 Boys	Indoor
U13 Boys	60m
U13 Boys	60m Hurdles
U13 Boys	Pentathlon
U13 Boys	

Under 15 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
100m	12.8	13	13.2	13.5
200m	26.5	26.9	27.3	28
300m	42.5	43	43.9	44.8
800m	02:19.0	02:23.0	02:25.0	02:31.0
1500m	04:50.0	04:57.0	05:05.0	05:17.0
3000m	10:30.0	10:44.0	11:04.0	11:40.0
75m Hurdles	12.2	12.4	12.8	13.5
High Jump	1.56	1.51	1.49	1.40m
Long Jump	5	4.85	4.7	4.45m
Triple Jump	10.2	10	9.6	9.00m
Pole Vault	3.05	2.85	2.6	2.20m
Javelin	28.8	26.35	23.85	20.40m
Discus	27.3	25.05	22.3	19.65m
Hammer	38.1	35.2	31.05	23.35m
Shot	9.8	9.25	8.6	7.90m
Pentathlon	2735 points	2570 points	2390 points	2055 points
2.5k Walk	13:35.0	14:00.0	14:30.0	16:10.0
3k walk	16:15.0s	16:45.0s	17:20.0	19:20.0
Indoor				
60m	8.15	8.25	8.45	8.7
60m Hurdles	9.35	9.6	9.75	10.1
Pentathlon	2830 points	2670 points	2490 points	2165 points

Event
100m
200m
400m
800m
1500m
3000m
80m Hurdles
High Jump
Long Jump
Triple Jump
Pole Vault
Javelin
Discus
Shot
Hammer
Pentathlon
3k Walk
Indoor
60m
60m Hurdles
Pentathlon

Under 17 Ladies

Event	Grade 1	Grade 2	Grade 3	Grade 4
100m	12.4	12.6	12.8	13.1
200m	25.6	26	26.4	27
300m	41.3	42	42.9	44.4
400m	58.6	59.5	60.2	62
800m	02:14.0	02:17.0	02:20.0	02:25.0
1500m	04:41.0	04:47.0	04:53.0	05:04.0
3000m	10:08.0	10:31.0	10:55.0	11:27.0
80m Hurdles	11.9	12.1	12.5	13.2
300m Hurdles	45.5	46.7	47.9	50

Event
100m
200m
400m
800m
1500m
3000m
100m Hurdles
400m Hurdles

High Jump	1.65	1.60	1.55	1.50
Long Jump	5.35	5.25	5.10	4.80
Triple Jump	10.95	10.60	10.10	9.40
Pole Vault	3.50	3.30	2.90	2.52
Javelin	38.3	34	29.6	24.9
Discus	34.6	31.2	27.4	23.2
Shot	9.95	9.35	8.7	7.8
Hammer	40.7	36.85	31.6	22.6
Heptathlon	4220 points	3900 points	3730 points	3070 points
3k Walk	15:48.0	16:00.0	16:13.0	17:42.0
5k Walk	26:25.0	26:40.0	27:04.0	29:25.0
Indoor				
60m	7.85	8	8.15	8.35
60m Hurdles	8.9	9.05	9.35	9.8
Pentathlon	3165 points	3010 points	2840 points	2520 points

1500m S/C
3k Walk
5k Walk
High Jump
Long Jump
Triple Jump
Pole Vault
Javelin
Discus
Shot
Hammer
Octathlon
Indoor
60m
60m Hurdles
Heptathlon
Pentathlon

Under 20 Ladies

Event	Grade 1	Grade 2	Grade 3	
100m	12.1	12.3	12.6	
200m	24.7	25.3	25.8	25.801
400m	56.7	58.2	59.8	59.801
800m	02:09.0	02:13.0	02:17.0	02:17.0
1500m	04:27.0	04:34.0	04:41.0	04:41.0
3000m	09:49.0	10:01.0	10:29.0	10:29.0
5000m	15:23.0	16:24.0	16:35.0	16:35.0
100m Hurdles	14.5	15	15.5	15.501
400m Hurdles	63.2	65	67.5	67.501

Event
100m
200m
400m
800m
1500m
3000m
5000m
10000m
110m Hurdles

1.5k Steeplechase	05:10.0	05:15.0	05:23.0	05:23.0
High Jump	1.73	1.69	1.61	1.609
Long Jump	5.65	5.45	5.25	5.249
Triple Jump	11.5	11.1	10.65	10.649
Pole Vault	3.7	3.55	3.25	3.249
Javelin	41.3	35.2	33.1	33.1001m
Discus	39.5	36.6	32.7	31.5001m
Shot	11.5	10.75	9.7	9.7001m
Hammer	51.1	45.35	39.85	39.8501m
Heptathlon	4725 points	4500 points	4200 points	4201
Pentathlon	3540 points	3340 points	3070 points	3071
3k Walk	15:40.0	16:20.0	17:00.0	17:00.0
5k Walk	26:25.0	27:30.0	28:35.0	28:35.0
10k Walk	55:50.0	58:00.0	60:10.0	60:10.001
Indoor				
60m	7.7	7.85	8.05	8.051
60m Hurdles	8.8	9	9.2	9.201
Pentathlon	4145 points	3520 points	3315 points	3316

400m Hurdles
2000m Steeplechase
High Jump
Long Jump
Triple Jump
Pole Vault
Javelin
Discus
Shot
Hammer
Decathlon
3k Walk
5k Walk
10k Walk
Indoor
60m
60m Hurdles
Heptathlon

Senior Ladies

Event	Grade 1	Grade 2	Grade 3	
100m	12.2	12.4	12.7	12.701
200m	24.7	25.2	25.8	25.801
400m	56	57.3	59.1	59.101
800m	02:09.0	02:13.0	02:17.0	0.001586
1500m	04:27.0	04:34.0	04:41.0	0.003252
3000m	09:38.0	09:57.0	10:23.0	0.007211
5000m	15:23.0	16:24.0	16:35.0	
10000m	32:49.0	33:33.0	35:48.0	

Event
100m
200m
400m
800m
1500m
3000m
5000m
10000m

100m Hurdles	14.7	15	15.5	
400m Hurdles	63.2	65	67.5	
1500m S/C	05:26.0	05:35.0	05:45.0	
2000m S/C	07:04.0	07:13.0	07:29.0	
3000 S/C	09:50.0	10:02.0	10:25.0	
High Jump	1.7	1.65	1.6	1.599
Long Jump	5.75	5.55	5.45	5.449
Triple Jump	11.7	11.15	10.65	10.649
Pole Vault	3.65	3.5	3.1	3.099
Javelin	41.3	35.2	33.1	33.099
Discus	40.5	37.65	33.2	33.199
Hammer	50.1	45.35	39.85	39.849
Shot	11.5	10.55	9.7	9.699
Heptathlon	4725 points	4500 points	4200 points	
3k Walk	14:50.0	15:20.0	15:40.0	
5k Walk	24:30.0	26:00.0	26:50.0	
10k Walk	53:00.0	58:00.0	61:00.0	
Indoor				
60m	7.7	7.85	8.05	
60m Hurdles	8.8	9	9.2	
Pentathlon	4045 points	3810 points	3575 points	

110m Hurdles
400m Hurdles
3000m steeplechase
High Jump
Long Jump
Triple Jump
Pole Vault
Javelin
Discus
Shot
Hammer
Decathlon
3k Walk
5k Walk
10k Walk
Indoor
60m
60m Hurdles
Heptathlon

Under 13 Boys

Grade 1	Grade 2	Grade 3	Grade 4
10.7	10.9	11.4	12.1
12.9	13.2	13.5	14
20	20.5	21.5	22.5
26.7	27.4	28	29.1
02:22.0	02:25.0	02:29.0	02:34.0
04:50.0	04:56.0	05:03.0	05:16.0
13.1	13.5	14.1	15.3
1.45	1.4	1.35	1.3
4.7	4.55	4.4	4.15
31.65	29.1	25.7	21.4
25.85	22.6	19.25	16.15
37	34	31	27
9.5	8.85	8.15	7.2
1860 points	1555 points	1450 points	1355 points
10m 48.0s	11m 15.0s	11m 50.0s	12m 30.0s
8	8.3	8.5	8.6
10	10.3	10.5	10.9
1475 points	1300 points	1000 points	850 points

Under 15 Boys

Grade 1	Grade 2	Grade 3	Grade 4
11.7	11.9	12.1	12.5
23.9	24.4	24.8	25.6
54.5	55.6	57.2	59.3
02:06.0	02:10.0	02:12.0	02:18.0
04:23.0	04:28.0	04:35.0	04:46.0
09:18.0	09:25.0	09:45.0	10:05.0
12.1	12.4	12.8	13.5
1.7	1.66	1.6	1.54
5.7	5.5	5.3	5
11.9	11.5	11.15	10.45
3.4	3.25	2.95	2.5
42.55	39.9	37	32.65
34.5	32.15	28.9	25.55
12.45	11.75	10.95	10.15
46.2	41.1	34.2	27.8
2575 points	2400 points	2210 points	1840 points
14:53.0	15:45.0	16:33.0	17:16.0
7.4	7.55	7.65	7.85
8.8	8.65	9.1	9.4
2710 points	2470 points	2280 points	1910 points

Under 17 Men

Grade 1	Grade 2	Grade 3	Grade 4
11.2	11.3	11.5	11.8
22.7	23	23.5	24.1
51	52	53	54.4
01:58.00	02:00.00	02:02.00	02:06.00
4m 06.0s	4m 11.0s	4m 17.0s	4m 26.5s
08:51.00	09:02.00	09:15.00	09:42.00
13.7	14	14.6	15.4
56.5	58.5	60.5	62.5

4m 31.0s	4m 37.0s	4m 47.0s	5m 02.0s
14m 50.0s	15m 10.0s	16m 00.0s	17m 00.0s
24m 40.0s	25m 00.0s	25m 50.0s	27m 42.0s
1.90	1.85	1.77	1.70
6.35	6.20	5.90	5.60
13	12.55	12.1	11.45
4.10	3.90	3.50	3.00
51.15	47.2	43.7	38.8
40.95	37.1	32.7	28.1
13.2	12.45	11.6	10.7
58	48.6	39.25	29.3
4685 points	4465 points	4110 points	3675 points
7.15	7.3	7.4	7.6
8.3	8.45	8.55	8.85
4825 points	4600 points	4025 points	3555 points
3700 points	3575 points	3200 points	2940 points

Under 20 Men

Grade 1	Grade 2	Grade 3	
10.8	11	11.2	11
22.1	22.3	22.7	22.701
49.1	50.1	51.1	51.101
01:54.00	01:55.00	01:58.00	0.001366
3 min 54.5	3 min 58.0	4 min 03.5	0.002818
08:29.00	08:39.00	08:45.00	0.006076
14 min 33.5	14 min 53.0	15 min 23.5	
30 min 50.0	32 min 00.0	33 min 10.0	
14.5	14.9	15.5	

55.2	56.5	58	
6 min 11.0	6 min 17.4	6 min 30.5	
1.98	1.95	1.85	1.849
6.85	6.65	6.4	6.399
14.25	13.8	13.1	13.099
4.55	4.3	3.95	3.949
55.2	51.2	45.95	45.949
45.45	41.35	37.35	37.349
14	13.45	12.8	12.799
57.8	55.05	47.2	47.199
7200 points	6475 points	5950 points	
13 min 00.0	14 min 00.0	14 min 45.0	
21 min 40.0	22 min 45.0	23 min 30.0	
45 min 10.0	47 min 35.0	49 min 10.0	
7	7.05	7.2	
8	8.05	8.3	
5800 points	5300 points	5080 points	

Senior Men

Grade 1	Grade 2	Grade 3	
10.8	11	11.1	11.101
21.7	22.1	22.4	22.401
48.5	49.4	50.3	50.301
01:51.00	01:53.00	01:59.00	0.001377
3 min 48.5	3 min 54.0	3 min 59.5	
08:19.00	08:29.00	08:45.00	0.006076
14 min 28.0	14 min 48.0	15 min 18.0	
29 min 50.5	30 min 28.5	31 min 35.0	

14.6	15	15.6	
53.2	54.8	57.1	
9 min 15.4	9 min 38.0	9 min 55.9	
2.01	1.95	1.88	1.799
7	6.75	6.45	6.449
14.25	13.7	13	12.999
4.7	4.4	3.9	3.899
59	53.65	47.85	47.849
45.6	40.6	36.9	36.899
14.2	13.1	12.2	12.199
54.6	47.75	41.45	41.499
7440 points	7080 points	6530 points	
12 min 50.0	13 min 15.0	14 min 00.0	
21 min 25.0	22 min 25.0	23 min 05.0	
44 min 20.0	46 min 50.0	48 min 35.0	
6.85	7	7.05	
7.95	8.1	8.3	
5690 points	5510 points	5050 points	