

BRITISH UNIVERSITY & COLLEGES CROSS COUNTRY CHAMPIONSHIPS – Took place on 4 February

10360m (A Race) – SM **RICHARD HORTON** (Loughborough University) 5th (32.17), **LUUK METSELAAR** (Oxford University) 9th (32.36), **WILLIAM RYLE-HODGES** (Cambridge University) 25th (33.15), **PHILLIP CROUT U23** (Cambridge University) 39th (33.44), **ROBBIE LIGHTOWLER U23** (Leeds University) 60th (34.37) 333 runners finished, the winner was Alexander Teuten of Southampton University (31.49) Team result 1st St Mary's University, 2nd Loughborough University, 3rd Cambridge University, 4th Oxford University, 7th Leeds University
8180m (B Race) – SM **BRADLEY GOATER U23** (St Mary's University) 9th (27.12), **THOMAS BUTLER U20** (2nd Claim St Mary's University) 28th (28.13), **TED NTIBAZONKIZA U23** (St Mary's University) 39th (28.31), **ADAM THORPE U20** (Nottingham University) 54th (28.50) 574 runners finished, the winner was Emile Cairness of St Mary's University (26.30) Team result 1st St Mary's University A, 2nd Loughborough University, 3rd St Mary's University B, 12th Nottingham University
7380m – SW **CHARLOTTE JOHNSTON U20** (Reading University) 192nd (31.47) 619 runners finished, the winner was Rebecca Murray of Brunel University (25.14). Team result 1st Loughborough University, 2nd Birmingham University, 3rd Edinburgh University, 37th Reading University

BRITISH UNIVERSITY & COLLEGES INDOOR CHAMPIONSHIPS – Took place on 17-19 February. Congratulations to BUCS champion **MELISSA COURTNEY** winning the 1500m, in the 400m **LILY BECKFORD** ran a season's best winning the Silver Medal and **EAVION RICHARDSON** produced a personal best in winning the Bronze Medal

60m – SM Heat 8 **EMMANUEL MINTAH U23** (Middlesex University) 5th (7.38)

200m – SM Heat 13 **SAM HAZEL U23** (Middlesex University) 1st (SB 22.56) in Semi-Final 2 **SAM** finished 2nd (PB 22.30) taking .04 of a second off his 2015 time

400m – SM Heat 7 **DANIEL REES U23** (Aberdeen University) 1st (50.16) in Semi-Final 1 **DANIEL** finished 2nd (PB 49.56) taking .10 of a second off his 2016 time

400m – SW Heat 7 **LILY BECKFORD U23** (Brunel University) 1st (57.21) in Semi-Final 3 **LILY** finished 1st (55.30) in the Final **LILY** won the Silver Medal (SB 54.55) taking .45 of a second off her 11 February time, and is ranked UK No.4 U23 in 2017

800m – SM Heat 10 **OMAR PARSONS U23** (Middlesex University) 1st (SB 1:56.39) in Semi-Final 2 **OMAR** finished 1st (SB 1:53.26) taking 3.13 seconds off his Heat 10 time, in the Final **OMAR** finished 6th (1:55.23)

1500m – SW Heat 2 **MELISSA COURTNEY** (Brunel University) 1st (4:41.94) in Semi-Final 2 **MELISSA** finished 1st (SB 4:34.47) taking 7.47 seconds off her Heat 2 time, in the Final **MELISSA** won the Gold Medal (SB 4:20.01) taking 14.46 seconds off her Semi-Final 2 time, and is ranked UK No.7 in 2017

60m Hurdles – SM Heat 1 **JACOB SPENCE U20** (Leicester University) 2nd (8.34)

High Jump – SM Qualification B **AKIN COWARD U23** (Birmingham University) 4th (1.98m) in the Final **AKIN** finished 5th (SB 2.07m) adding 7cm to his 28 January jump, and is ranked UK No.10 U23 in 2017

Pole Vault – SM Qualification A **NATHAN GARDNER U20** (2nd Claim Cardiff University) 1st (4.50m), **DYLAN CARLSSON-SMITH U20** (Brunel University) 7th (4.30m) in the Final **NATHAN** finished 10th (4.60m)

Pole Vault – SW Qualification A **MEGAN MCINNES U23** (Bath University) 6th (3.30m)

Long Jump – SW Qualification B **EAVION RICHARDSON U20** (Birmingham University) 5th (5.49m) in the Final **EAVION** finished 10th (5.33m)

Triple Jump – SW Qualification A **EAVION RICHARDSON U20** (Birmingham University) 3rd (SB 12.01m) and is ranked UK No.4 U20 in 2017, Qualification B **YASMIN LAKIN U23** (London School of Economics) 4th (SB 11.78m) and is ranked UK No.6 U23 in 2017, in the Final **EAVION** won the Bronze Medal (PB 12.35m) equaling her 2016 (windy) jump, and is ranked UK No.3 U20 in 2017, **YASMIN** finished 4th (PB 12.05m) adding 4cm to her 2016 jump, and is ranked UK No.6 U23 in 2017

ENGLAND U15, U17, U20 INDOOR CHAMPIONSHIPS – Took place on 25-26 February

60m – U20M Heat 1 **DOMINIC ASHWELL** 1st (6.94), Heat 2 **PHOENIX LYON** 6th (7.23), in Semi-Final 3 **DOMINIC** finished 1st (PB 6.81) taking .01 of a second off his 5 February time, in the Final **DOMINIC** won the Gold Medal (PB 6.78) taking .03 of a second off his Semi-Final time, and is ranked UK No.2 U20 in 2017

60m – U20W Heat 2 **EAVION RICHARDSON** 3rd (SB 7.90), in Semi-Final 2 **EAVION** finished 6th (SB 7.89) taking .01 of a second off her Heat time

60m – U17M Heat 6 **MICAH AGYEPONG** 2nd (7.22), in Semi-Final 3 **MICAH** finished 4th (7.21)

60m – U17W Heat 2 **LATIFAH HARRIS-OSMAN** 5th (8.01), in Semi-Final 1 **LATIFAH** finished 6th (7.89)

60m – U15B Heat 3 **NICHOLAS SHAW** 1st (7.39), **ANDREW NICOLAOU** 2nd (PB 7.40) equaling his 7 January time, in Semi-Final 1 **ANDREW** finished 3rd (PB 7.35) taking .05 of a second off his Heat time, and is ranked UK No.8 U15 in 2017, in Semi-Final 3 **NICHOLAS** finished 2nd (PB 7.34) taking .02 of a second off his 7 January time, in the Final **NICHOLAS** finished 6th (PB 7.30) taking .04 of a second off his Semi-Final time, and is ranked UK No.7 U15 in 2017, **ANDREW** finished 8th (7.42)

200m – U15B Heat 1 **ANDREW NICOLAOU** 1st (PB 23.65) taking .05 of a second off his 2016 time, Heat 2 **NICHOLAS SHAW** 4th (23.97) taking .13 of a second off his 22 January time, in Semi-Final 2 **ANDREW** finished 1st (PB 23.41) taking .24 of a second off his Heat time, and is ranked UK No.2 U15 in 2017, **NICHOLAS** finished 5th (23.98), in the Final **ANDREW** won the Silver Medal (23.42)

400m – U17M Heat 1 **MITTIO MOHAMMADIAN** 6th (PB 53.68) taking .20 of a second off his 2016 time

1500m – U20M Straight Final **HAMZA KADIR** won the Bronze Medal (PB 3:54.37) taking .59 of a second off his 15 February time, and is ranked UK No.5 U20 in 2017

1500m – U20W Straight Final **ELLIE BAKER** won the Silver Medal (SB 4:31.04)

60m Hurdles – U20M Heat 1 **EDSON GOMES** 2nd (8.21), Heat 3 **JACOB SPENCE** 2nd (PB 8.13) taking .05 of a second off his 2016 time, in the Final **JACOB** finished 5th (PB 8.08) taking .05 of a second off his Heat time, and is ranked UK No.7 U20 in 2017, **EDSON** finished 6th (PB 8.09)

High Jump – U20M Straight Final **SCOTT WEBSTER** 10th (SB 1.85m) equaling his 28 January jump

Pole Vault – U20M Straight Final **NATHAN GARDNER** (HCA) won the Silver Medal (4.60m)

Pole Vault – U20W Straight Final **ISABEL DEACON** (2nd Claim) 6th (3.45m)

Long Jump – U20W Straight Final **ALESSA LEWIS** 9th (SB 5.36m) adding 18cm to her 15 January jump

Long Jump – U15M Straight Final **JEFF HAGAN** 8th (5.48m)

SCOTTISH CROSS COUNTRY CHAMPIONSHIPS – No SBH runners