



ENGLAND ATHLETICS
ATHLETES AND RUNNERS AT THE HEART

INDOOR2024

WELCOME TO
EIS SHEFFIELD

2024



**ENGLAND ATHLETICS SENIOR & U20 INDOOR
COMBINED EVENT CHAMPIONSHIPS,
SENIOR PARA CHAMPIONSHIPS
(AMBULANT U20 & OVER)**

INCORPORATING INDOOR
WALKS AND BMC RACES.

6th & 7th January 2024
EIS SHEFFIELD

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**ENGLAND
ATHLETICS**
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ENGLAND ATHLETICS SENIOR & U20 INDOOR COMBINED EVENT CHAMPIONSHIPS, SENIOR PARA CHAMPIONSHIPS (AMBULANT U20 & OVER) INCORPORATING INDOOR WALKS AND BMC RACES.

The England Athletics National Indoor Championships, staged at the EIS in Sheffield, are always a real highlight and an opportunity for us all to witness some fantastic performances by those talented athletes taking part. Many of the past and present stars of our sport in England and across the UK have competed in these championships so this year's participants are following the path towards greatness

We mark the indoors as the start of the countdown to the first outdoor track and field competitions and as a sign that spring is just around the corner. 2024 is upon us and let us all hope that this marks yet another year of fine performances from English athletes following a successful 2023 when English athletes performed magnificently on the global stage when representing Great Britain and Northern Ireland at senior and age group level and when wearing a Team England vest. It was particularly pleasing to see the performance of our Commonwealth Youth Games team in Trinidad and Tobago during the summer, delivering a fantastic medal haul of 24 for Team England.

We are all extremely proud of this achievement but also of the feats of all the athletes that represented England during 2023. During 2024 we will continue to deliver our varied programme of international team fixtures and to those competing this weekend with hopes and aspirations to compete for your country, we wish you all the very best of success. We continue to produce extremely talented young athletes in England thanks to the tireless work of clubs, coaches, parents/carers, and competition providers at all levels of the domestic sport. We of course need to continue to work hard at all levels to evolve our sport and to embrace change, and to innovate to retain participants in our sport, putting the interests of the athletes always at the forefront of our thinking and action.

As a sport we face competition from other sports and other activities – the world is a busy place with many pulls on people's time, so we need to think creatively about how we deliver our sport in an age where choice is rich, and we live in an era where the digital age is central to informing those choices. What worked 5, 10, 30 years ago will not necessarily work now and we all need to recognise that and move with the times. Thankfully there are many people in the sport who recognise this and who are tackling this opportunity and challenge head on, particularly in the competition space where often "local" is better with shorter

timetables and overall athlete and spectator experience being at the heart of planning and delivery. At England Athletics we are focused on supporting those who share that ambition for evolution and modernisation to ensure that we can continue to develop talented athletes, quality coaches, high class technical officials and a breadth and depth of volunteers to sustain our sport. We cannot do this alone naturally and it will take a collective effort at all levels. It is best that we work collaboratively at all times to ensure that the future of our sport is healthy – what better legacy is there to leave than that we ask?

Over the years we have seen many athletes enjoy their first taste of national championship indoor competition at these events, with many of our youngest athletes taking important steps in their development towards future success as seniors. With the World Indoors taking place in Glasgow during March, European Outdoor Championships in Italy, the Paris Olympic and Paralympic Games taking place this summer, World Para Champs in Japan, World Juniors in Peru, and with athletes competing for places to be in the European Age Group champs in Slovakia this year too, we are sure that some athletes competing this weekend will have set their sights on selection for those competitions, if not in this year, then certainly in the future, as well as other representative fixtures during the next few years including a home European Championships and future Commonwealth Games events.

Each athlete competing this weekend represents the efforts and commitment of the many people who have supported them, giving their time and expertise to helping the athlete prepare as well as they can. Their coach, club team managers, the athletes they have trained and competed with, many other volunteers in the club setting, and, of course, parents and family have all made significant contributions to the performances we will see this weekend.

Continued on P6

We would like to thank, as ever, each person who has given help, in whatever form, to the athletes here at these championships. The advice, encouragement and input given through good times and harder days is essential to these athletes and it is essential to our sport.

We would like to thank every technical official who is involved this weekend for their contribution to these championships and the many other events they are involved in throughout the year, without them these events would not be able to take place. We are actively working at England Athletics to increase the number of volunteer officials and those working at these championships serve as role models for those coming into our sport and as standard bearers to those who have ambitions to follow in their footsteps. In October 2023 England Athletics took greater responsibility and accountability for the licensed coach and officials education pathway in the UK. This is a significant development and one that we are all committed to at EA.

We want the views of coaches and officials as to what they feel is working well, what could be improved, and how this could be done. We are here to build a healthy breadth and depth of coaches and officials and will do all we can to ensure this happens, always keeping in mind that our volunteers are pressurised for time and that we need to remove unnecessary barriers and bureaucracy to ensure

a great experience when signing up to undertake a qualification. The same principles apply as outlined earlier in this foreword when talking about athlete experience.

We would also like to thank our 1800 member clubs and bodies and the 172,000 registered athletes and runners across England whose annual affiliation and registration fees are invaluable in helping England Athletics to be able to put on a large number of these events and competitions across the country during the calendar year. Without this support our job would be so much more difficult. Thanks also go to our sponsors and funding partners, particularly Sport England for their continued support of athletics and running across England. I would also like to thank the venue hosts for this series of indoor competitions, the English Institute of Sport.

Enjoy the coming period of indoor competition and we trust you will continue to have an enjoyable and rewarding involvement in the sport whatever your role may be.

Chris Jones
England Athletics,
CEO 2023



CHAMPIONSHIP BEST PERFORMANCES

U20 Men 3000m Walk		Callum Wilkinson, Enfield & Haringey AC	11:39.87	2016
U20 Women 3000m Walk		Sophie Hales, Steyning AC	13:36.43	2004
Senior Men 3000m Walk		Robert Hefferan, Ireland	11:10.00	2002
Senior Women 3000m Walk		Gillian O'Sullivan, Ireland	12:17.60	2002
U20 Men	Heptathlon	Murray Fotheringham, Gifford North AC	5774	2022
Senior Men	Heptathlon	Alex Kruger, Border Harriers	5888	1993
U20 Women	Pentathlon	Holly Mills, Andover AC	4049	2018
Senior Women	Pentathlon	Julia Bennett, Epsom & Ewell Harriers AC	4297	1998

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OFFICIALS

ENGLAND ATHLETICS EIS SHEFFIELD STADIUM Saturday 6th - Sunday 7th January 2024

National Technical Delegate
David Needham

Competition Director
Tom Smeeton

Meeting Manager
Julie Dew

Technical Manager
Mike Grime

Clerks of the Course
John Driscoll, Suzanne Lyons
and Linda Turner

Technical Equipment
Steve Jamson

Field Referee
Heather Nelson

Field Judges
Maxine Benson (Sun), Craig Birch,
Anthony Bradley, Richard Cotham,
Keith Davidson, Mark Ellis,
Steve Hall, Cath Hickey,
Paul Holliday (Sun), Peter Howes,
Tamsin James, Phil Loveday,
Paul Manson, Cath McGrath (Sun),
Emma Nicol, Marion Osborn,
Andy Parker,
Amanda Edgeley-Pearce,
James Townend, Dennis Tucker,
Tim Williams and John Wright

Chief Judge: Ian Friend

Track Umpires
Stewart Barnes, Malcolm Charlish,
Sue Grime, David Lipscomb,
Tim Palmer (Sun), Marc Randall
(Sun) and Linda Turner

Chief Timekeeper
John Vickers

Timekeeper's
David Bennett, Pam Bungay,
David Churcher, Michael Cullen,
Miriam Dorrity, John Gwyther
and Ron Lees

Chief Photofinish
Dave Watson

Photofinish
Tim Hood, Gaye Clarke
and Colin Jacks

Starter's Coordinator
Clive Young

Starter
Gerald Alterman

Chief Starter's Assistant
Peter Terry

Starter's Assistants
Wendy Kane
and Mark Purser

Chief Walking Judge
Ian Richards

Assist Chief Judge/Recorder
Mark Culshaw

Walking Judge
Noel Carmody, Andrew Clough,
Mike Fox and Verity Snook

Chief Presentation
Rosie Timlock

Registration Coordinator
Sandra White

Results & IT Support
Nicola Kellet, Vicky Griffiths
and Harvey Sohal

Announcers
Harrison Mayne
and Rosie Timlock

Doctor
Natasha Beach

Physiotherapists
Dan Elias

**Competition & Partnerships
Manager**
Nichola Skedgel

Events Manager
Alison Potts

**Events & Competitions
Administrator**
Debbie Beresford

ATHLETES

U20 Female

No	Athlete	Gender	Club	Event
1	Jessica Emily Keenan	Female	Southport Waterloo AC	Pentathlon
2	Molly Thrower	Female	New Marske Harriers Athletics Club	Pentathlon
3	Amber Hughes	Female	Southport Waterloo AC	Pentathlon
4	Ellie Joanne Barnes	Female	Doncaster Athletic Club	Pentathlon
5	Esme Grace Pounder	Female	City of York AC	Pentathlon
6	Rebecca Harrison	Female	Gateshead Harriers & AC	Pentathlon
7	Neve Davenport	Female	Trafford Athletic Club	Pentathlon
8	Abigail Belward	Female	Winchester & District AC	Pentathlon
9	Millie Hardy	Female	Hallamshire Harriers Sheffield	Pentathlon
10	Thea Brown	Female	Sale Harriers Manchester	Pentathlon
11	Apphia Keenan	Female	Southport Waterloo AC	Pentathlon
12	Lauren Louise Byrne	Female	Southport Waterloo AC	Pentathlon
13	Alana Hazell	Female	Tewkesbury Running Club	Pentathlon
14	Sophie Doherty	Female	Basingstoke & Mid Hants AC	Pentathlon
15	Lucy Lane	Female	Stratford Upon Avon Athletics Club	Pentathlon
16	Chisom Nwafor	Female	Chiltern Harriers AC	Pentathlon
17	Frances Hogg	Female	City of York AC	Pentathlon
18	Ava John	Female	Windsor Slough Eton & Hounslow Athletic Club	Pentathlon
19	Hannah Pain	Female	City Of Norwich AC	Pentathlon
20	Tallulah Sullivan	Female	Loughborough Students AC	Pentathlon
21	Zion Emmanuella Ateba	Female	Chelmsford Athletics Club	Pentathlon
22	Jessica Lee	Female	Carmarthen & District Harriers	Pentathlon
23	Brynja Rós Brynjarsdóttir	Female	City of Lisburn AC	Pentathlon
24	Kira Alice Jones	Female	Kendal Amateur Athletic Club	Pentathlon
25	Isabelle Grace Carruthers	Female	Birmingham Running Athletics & Triathlon Club (BRAT)	Pentathlon

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OFFICIATING JOURNEY

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SENIOR WOMEN

No	Athlete	Gender	Club	Event
30	Anna Louise McCauley	Female	City of Sheffield and Dearne Athletic Club	Pentathlon
31	Eloise Hind	Female	Oxford City AC	Pentathlon
32	Lily Holt	Female	University of Birmingham	Pentathlon
33	Stephanie Brooks	Female	Yate & District AC	Pentathlon
34	Lauren Evans	Female	Cardiff Athletics	Pentathlon
35	Cerys Lee	Female	Taunton AC	Pentathlon
36	Lucy Reynolds	Female	Rotherham Harriers and AC	Pentathlon
37	Eleanor Kealey	Female	Doncaster Athletic Club	Pentathlon
38	Georgia Baker	Female	Birmingham (BUCS)	Pentathlon
39	Ellise Fryer-Francis	Female	Sale Harriers Manchester	Pentathlon
40	Alice Robinson	Female	Imperial (BUCS)	Pentathlon
41	Abigail Pawlett	Female	Trafford Athletic Club	Pentathlon
42	Scarlett Whittaker	Female	Sale Harriers Manchester	Pentathlon
43	Jodie Smith	Female	Brunel University London	Pentathlon
44	Rosella Togo	Female	Bury Athletic Club	Pentathlon
45	Jordanna Morrish	Female	Basingstoke & Mid Hants AC	Pentathlon
46	Bryony Bovell	Female	Guildford & Godalming AC	Pentathlon
47	Imogen Davis	Female	Thanet AC	Pentathlon
48	Molly Curran	Female	Loughborough (BUCS)	Pentathlon
49	Jo Rowland	Female	Crawley AC	Pentathlon
50	Laura Darcey	Female	Basingstoke & Mid Hants AC	Pentathlon

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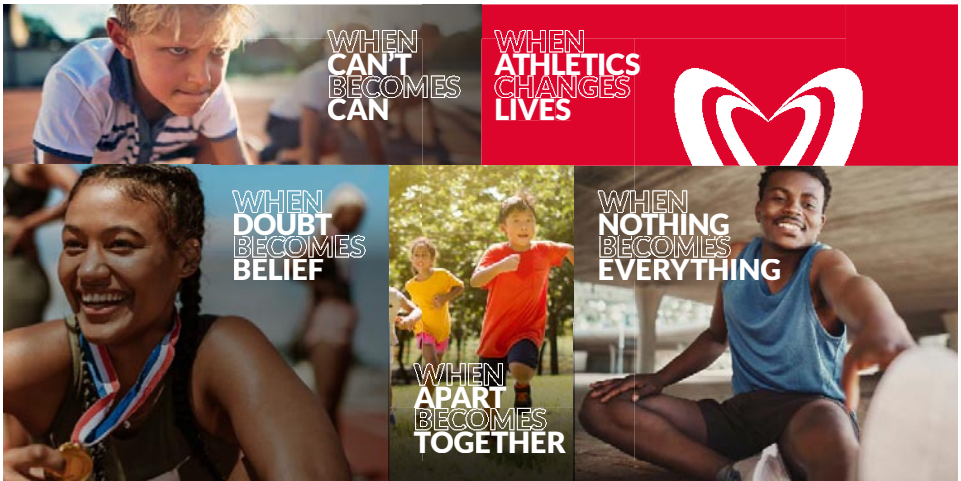
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U20 MEN

No	Athlete	Gender	Club	Event
60	Hayden Blunn	Male	Macclesfield Harriers & AC	Heptathlon
61	Isaac George Henson	Male	City of York AC	Heptathlon
62	Alfie Carter	Male	Crewe and Nantwich AC	Heptathlon
63	Jonathan Cameron	Male	Inverclyde Athletics Club	Heptathlon
64	Reef Page	Male	Tonbridge Athletic Club	Heptathlon
65	Will Reid	Male	City of York AC	Heptathlon
66	Corey James Beechall	Male	Liverpool Harriers And Athletic Club	Heptathlon
67	Finn O'Neill	Male	Lifford Strabane AC	Heptathlon
68	Jay Cook	Male	Bury Athletic Club	Heptathlon
69	Dan Richardson	Male	City of Sheffield and Dearne Athletic Club	Heptathlon
70	Aharon Graham-Mulvaney	Male	Cardiff Athletics	Heptathlon
71	Archie Street	Male	Banbury Harriers AC	Heptathlon
72	Charlie Arnold	Male	Basingstoke & Mid Hants AC	Heptathlon
73	William Alexander	Male	Reading Athletic Club	Heptathlon
74	Lolo Grant	Male	Cardiff Archers	Heptathlon
75	Archie Varley	Male	Crewe and Nantwich AC	Heptathlon
76	Conrad Winter	Male	City Of Norwich AC	Heptathlon
77	Adam James Byrne	Male	Southport Waterloo AC	Heptathlon
78	Arthur John Reilly	Male	City of Sheffield and Dearne Athletic Club	Heptathlon
79	Jamie Daniel Timms	Male	Stevenage & North Herts AC	Heptathlon
80	Joe Stone	Male	Tonbridge Athletic Club	Heptathlon
81	Abdul Afolabi	Male	Cardiff Archers	Heptathlon
82	Ryan Christopher Wells	Male	Wycombe Phoenix Harriers & AC	Heptathlon
83	Thomas MCK Bennett	Male	Taunton AC	Heptathlon
84	Kieran Bouwmeester-Reid	Male	St Marys Richmond Athletics Club	Heptathlon
85	Zak Henry Mongiello Fearn	Male	Inverness Harriers	Heptathlon
86	Sulaiman Ouiles	Male	Cheltenham and County Harriers	Heptathlon
87	James Anthony Harney	Male	East Cheshire Harriers & Tameside AC	Heptathlon
88	Samuel Philip Wright	Male	Chelmsford Athletics Club	Heptathlon

SENIOR MEN

No	Athlete	Gender	Club	Event
90	Will Sutton	Male	University of Birmingham	Heptathlon
91	Scott Ram	Male	Amber Valley and Erewash Athletic Club	Heptathlon
92	Alister MacKay	Male	Inverness Harriers	Heptathlon
93	Cal McLennan	Male	Edinburgh Athletics Club	Heptathlon
94	Lewis Church	Male	Tonbridge Athletic Club	Heptathlon
95	Joe Frew	Male	Reading Athletic Club	Heptathlon

Continued on P14

SENIOR MEN

No	Athlete	Gender	Club	Event
96	Stephen Simmons	Male	Bedford and County Athletic Club	Heptathlon
97	Craig Moncur	Male	Birmingham (BUCS)	Heptathlon
98	James Simms	Male	Wakefield District Harriers & Athletics Club	Heptathlon
99	Nathan Ramsay	Male	City of Sheffield and Dearne Athletic Club	Heptathlon
100	Glenn Aspindle	Male	Spenborough & Dist AC	Heptathlon
101	Evan Campbell	Male	Shaftesbury Barnet Harriers Athletics Club	Heptathlon
102	Harry Kendall	Male	Tonbridge Athletic Club	Heptathlon
103	Oliver Adnitt	Male	Loughborough (BUCS)	Heptathlon
104	Will Hodi	Male	Nairn Area Amateur Athletic Club	Heptathlon
105	Luke Williams	Male	Ashford AC	Heptathlon
106	Douglas Noel	Male	Invicta East Kent AC	Heptathlon
107	Ewan Bradley	Male	Loughborough Students AC	Heptathlon
108	Sam Talbot	Male	City of Sheffield and Dearne Athletic Club	Heptathlon
109	Callum Newby	Male	Edinburgh Athletics Club	Heptathlon
110	Stephen James Bates	Male	Nuneaton Harriers	Heptathlon
111	George Elliott Whittaker	Male	Blackburn Harriers & AC	Heptathlon
112	Ben Pitts	Male	Amber Valley and Erewash Athletic Club	Heptathlon

RACE WALKS

No	Athlete	Gender	Club	Event	AG
120	Timothy William Perry	Male	Northern (Isle of Man) AC	2000m Race Walk	U15
121	Grace Laura Andrews	Female	Aldershot Farnham & District	2000m Race Walk	U15
122	Tafara Nyoni	Female	Aldershot Farnham & District	2000m Race Walk	U15
123	Ellis Victor Simmonds	Male	2 DASH	3000m Race Walk	U20
124	Jonathan Ellerton	Male	Blackheath & Bromley Harriers AC	3000m Race Walk	U20
125	Abby Hughes	Female	Taunton AC	3000m Race Walk	U20
126	Mia Dunwell	Female	Northern (Isle of Man) AC	3000m Race Walk	U20
127	Gracie Griffiths	Female	Pembrokeshire Harriers	3000m Race Walk	U20
128	Christopher Snook	Male	Aldershot Farnham & District	3000m Race Walk	Senior
129	Tom Partington	Male	Manx Harriers	3000m Race Walk	Senior
130	Cameron Corbishley	Male	Medway and Maidstone AC	3000m Race Walk	Senior
131	Lois Carty	Female	Aldershot Farnham & District	3000m Race Walk	Senior
132	Abigail Jennings	Female	Aldershot Farnham & District	3000m Race Walk	Senior
133	Jasmine Nicholls	Female	Leicester Walking Club	3000m Race Walk	Senior
134	Hannah Hopper	Female	Cambridge Harriers	3000m Race Walk	Senior
135	Pagen Spooner	Female	Hyde Park Harriers	3000m Race Walk	Senior
136	Erika Pontarollo	Female	Hyde Park Harriers	3000m Race Walk	Senior

SENIOR PARA ATHLETES

No	Athlete	Gender	Club	Event
137	James Crossley	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	60m, Shot Put
139	Nathan O'Mara	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	60m, 400m
141	Dylan Lightowler	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	60m, Shot Put
142	Mason Faulkner	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	60m, Long Jump
143	Mohammad Qureshi	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	60m, 1500m
144	Leon Serning	Male	Bristol & West Athletics Club	60m
145	Reece Goodwin	Male	Rotherham Harriers and AC	60m
146	Atangana Guillaume Jr	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	60m
148	Joseph Mitchell	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	60m, Long Jump
150	Travis Anderson	Male	Durham City Harriers & AC	60m, 400m, Long Jump
151	Rio Boothe	Male	Manchester Harriers & AC	60m, Long Jump
152	Elliott John Griffiths	Male	Liverpool Harriers And Athletic Club	60m, Long Jump
153	Aryell Sheedy	Male	Donore Harriers	60m, 400m
154	Jason Baxter	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	60m, 1500m
155	Nathan Mitchell	Male	Bradford Keighley & Skipton Disability Athletics (BKS)	60m, 400m, Long Jump
156	Alexander Thomson	Male	Victoria Park City of Glasgow	60m, 400m
157	Rosie Porter	Female	Herts Phoenix Athletic Club	60m, Long Jump
159	Maria Lyle	Female	Team East Lothian AC	60m
160	Madeline Down	Female	Halesowen ACC	60m, Long Jump
161	Rebecca Scott	Female	Stevenage & North Herts AC	60m, Long Jump
162	Elizabeth Dodds	Female	Shrewsbury AC	60m, Long Jump
163	Lana Sutton	Female	Brighton and Hove Athletic Club	60m, Long Jump
164	Ryan McClure	Male	Birmingham Running Athletics & Triathlon Club (BRAT)	400m, 1500m
165	Oliver Liddle	Male	North Shields Polytechnic Club	400m, Shot Put
166	Marcel Hodge	Male	Salford Metropolitan AC	400m
167	Daniel McKerlich	Male	Cardiff Athletics	400m
168	Daniel John Wolff	Male	Epsom & Ewell Harriers	1500m
169	Adam Wilson	Male	Yate & District AC	1500m
170	Brandon Ballard	Male	Huntingdonshire AC	1500m
171	Sean Peter Delaney	Male	Loughborough (BUCS)	1500m
172	Arthur Milles	Male	St Mary's (BUCS)	1500m
173	James McKibbin	Male	North Devon AC	1500m
174	Toby Markham	Male	Newham & Essex Beagles Athletics Club	1500m
175	Anthony Bryan	Male	Herts Phoenix Athletic Club	1500m
176	Barney Corrall	Male	Charnwood A C	Long Jump
177	Molly Kingsbury	Female	Bracknell Athletic Club	Long Jump
178	William Baxter	Male	Doncaster Athletic Club	Shot Put
179	Jean Pascal Laperotine	Male	Hercules Wimbledon Athletic Club	Shot Put
180	Dennis Chapman	Male	Wigan & District H & AC	Shot Put
181	Fabio Zamparelli	Male	Cornwall Athletic Club	Shot Put
182	Abigail Birch	Female	Bucks New (BUCS)	Shot Put
183	Amy Thompson	Female	Liverpool Pembroke & Sefton H AC	Shot Put
184	Lorenzo Millington	Male	Newham & Essex Beagles Athletics Club	60m, 400m
185	Anna Nicholson	Female	Gateshead Harriers & AC	Shot
186	Thomas Young	Male	Loughborough Students AC	60m
187	Bebe Jackson	Female	Harlow AC	60m, Long Jump

Coaching courses

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Coaching Assistant

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TIMETABLE

We have only provided the start times for the first event of the Heptathlon and Pentathlon on each day. Please listen for announcements within the stadium for the start times of subsequent events within the individual competitions.

Please Note - This is a provisional timetable and subject to change where necessary.

SATURDAY 6th - TIMETABLE

Start	Age Group		Event
10.30	Para Women		Long Jump
10.30	Para Men		Shot Put
10.30	Under 20 Women Pentathlon	3 Heats	60m H
10.50	Under 20 Men Heptathlon	4Heats	60m
11.15	Senior Men Heptathlon	3 Heats	60m
	Under 20 Women Pentathlon	2 Pools	High Jump
11.45	U15/U17 Mixed	2 Pools	2000m Walk
	Under 20 Men Heptathlon	2 Pools	Long Jump
12.00	U20/Senior Men		3000m Walk
12.20	U20/Senior Women		3000m Walk
12.45	Para Women		60m Heat
12.50	Para Men	Heat 1	60m Heat
12.55	Para Men	Heat 2	60m Heat
13.00	Para Men	Heat 3	60m Heat
	Senior Men Heptathlon	2 Pools	Long Jump
	Under 20 Men Heptathlon	2 Pools	Shot Put
13.25	Para Men	Heat 1	400m
13.30	Para Men	Heat 2	400m
14.15	Para Men		1500m
	Under 20 Women Pentathlon	2 Pools	Shot Put
14.25	Para Men		Long Jump
	Senior Men Heptathlon	2 Pools	Shot Put
	Under 20 Men Heptathlon	2 Pools	Pole Vault
	Under 20 Women Pentathlon	2 Pools	Long Jump
15.40	Para Women		60m Final
15.45	Para Men	Final 1	60m Final
15.50	Para Men	Final 2	60m Final
15.55	Para Men	Final 3	60m Final
	Senior Men	2 Pools	High Jump
16.30	Para Women		Shot Put
	Under 20 Women Heptathlon	4 Heats	800m

SUNDAY 7th - TIMETABLE

Start	Age Group		Event
9.45	Senior Men Heptathlon	3 Heats	60m H
10.05	Senior Women Pentathlon	3 Heats	60m H
10.25	Under 20 Men Heptathlon	4 Heats	60m H
	Senior Men Heptathlon	Pool 1	Pole Vault
	Senior Women Pentathlon	2 Pools	High Jump

BMC Races 12:15 - 15:15

Senior Men Heptathlon	Pool 2	Pole Vault
Under 20 Men Heptathlon	2 Pools	High Jump
Senior Women Pentathlon	2 Pools	Shot Put
Senior Women Pentathlon	2 Pools	Long Jump
Senior Men Heptathlon	5 Heats	1000m
Senior Women Pentathlon	4 Heats	800m
Under 20 Men Heptathlon	4 Heats	1000m

BMC start lists and timetable will be available from the Thursday prior to the competition.

Any issues please contact Stephen Green
Stevegreenathletics@gmail.com

<https://www.britishmilersclub.com/meeting/sheffield-indoors-07-jan-2024/>

All athletes that have entered this championships please remember that you can now enter your PB/SB data under your account in the Roster system. Log in to Roster and under your account profile just go to the Records tab to add your records and these will feed through to the competition start lists.

<https://meets.rosterathletics.com/public/login>

Download the Roster app on IOS: <https://apps.apple.com/us/app/roster-athletics/id1102383168>

Download the Roster app on Android:
<https://play.google.com/store/apps/details?id=io.rosterathletics.roster&hl=en&gl=US>





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Keen to take on a different role in the sport you love at your local club or school? Our sports leadership course is created by funetics and England Athletics to help young people (aged 14+) and adults support children's athletics coaches across the country.

What is funetics?

funetics is created by England Athletics to help 4-11 year old children across the country to learn, develop and practice running, jumping and throwing skills all year round, for a healthy and confident future.



[FIND OUT MORE](#)



Just scan this QR code for more details about the PB Awards

PB AWARDS

The PB Awards have been designed to celebrate and reward every athlete's personal bests and help them on their way to reaching new levels of performance.

About the PB Awards

- 9 Levels of progression
- For U13, U15, U17, U20 & Senior*
- For all classifications**
- Across all athletics Track & Field events
- For Male and Female athletes
- Inclusion Awards
- Multi Event Awards

Creating a progressive Awards Pathway, which recognises and rewards every athlete's personal best and provides the stepping stones for future success.

Why not take your first steps on the Awards programme?

* For non-disabled athletes ** For disabled athletes



If you would like to purchase your PB Award certificate, please visit the stand located in the main event foyer near the warm-up area.

FOLLOW THE LIVE RESULTS IN THE ROSTER ATHLETICS APP



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COMBINED EVENT SCORE			COMpetition																				
For Junior Competition list chosen events here	COMPETITOR NUMBER CLUB																						
	PENTATHLON (MEN)	HEPTATHLON	DECATHLON																				
	Long Jump	100m Hurdles	100 Metres																				
	Javelin	High Jump	Long Jump																				
	200 Metres	Shot Putt	Shot Putt																				
	Discus	200 Metres	High Jump																				
	1500 Metres		400 Metres																				
	PENTATHLON (WOMEN)	First Day Points																					
	100m Hurdles	Long Jump	110m Hurdles																				
	Shot Putt	Javelin	Discus																				
	High Jump	800 Metres	Pole Vault																				
	Long Jump		Javelin																				
	800 Metres		1500 Metres																				
Points	Total.																						
Placing																							

PLACE	COMPETITOR	CLUB	POINTS	PLACE	COMPETITOR	CLUB	POINTS
1ST			5TH				
2ND			6TH				
3RD			7TH				
4TH			8TH				

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