

Races 24/09/09.

3000m Steeple chase, women.			
Position	Name	Category	Time
1	Louise Perrio	SW	11:12.6
2	Sarah Mercier	U20W	11:58.2

Men's 800m			
Position	Name	Category	Time
	Matt Loveridge	U23	02:00.4
	Mike Batiste	U23	02:01.1
	Will Bodkin	U20	02:05.8
	Iain Bailey	SM	02:09.2
	Guy Craze	U20	02:09.7
	Hywel Robinson	U20	02:10.1