



*Russell and Johnson in the women's K1 5km race.*

200m title from Thompson of Ealing by 0.14 sec. However, only 0.02 sec separated Patterson of the Scottish Performance squad from Heard of Exeter in the first under 18 200m final, the positions being reversed over 500m. Meredith of Elmbridge took the under 14 boys' 200m final with Hartland of Banbury third, a position taken by 0.08 sec from Morgan of Reading with Zorawski of Glasgow 0.01 sec behind him.

Having won the girls' under 18 200m final, the start of the next

race, the under 16s, had to be held so that Dianora De Bilio of Royal could get back to the start so she could win that as well. Her sister took second place in the under 14s by 0.08 sec from Small of Wolverhampton, a race won by Shepard of Reading.

Young set a new record time in the men's KL2/3, Oliver missing out by 0.01 sec.

The 5km sprint races with portages saw Russell of Chelmsford lead



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