

T1 400mH SM Heat 1

Posn	Name	Club	Perf
1	Iain McDonald	RSC	52.4
2	Lloyd Gumbs	Charnwood AC	54.3
3	Jeffrey Christie	WSE & Hounslow	54.5
4	John Bell	Rugby & N	58.3
5	Stefan Wilcockson	Mansfield H	59.1
6	Anthony Rudd	Notts AC	1:00.2
7	Christopher Holliday	Corby AC	1:04.4
8	Tony Wells	Corby AC	1:06.0

T1 400mH SM Heat 2

Posn	Name	Club	Perf
1	Bradley Yiend	Birchfield H	51.9
2	Joe Lloyd	Cheltenham & C H	54.3
3	Daniel Everett	Birmingham Uni	55.2
4	Steven Potter	Rugby & N	57.1
5	Andrew Beeston	Shrewsbury AC	59.2
6	Andy Poppleton	Worcester AC	59.7
7	David Herbert	B'ham Rowheath	1:00.8

T2 800m SW Final

Posn	Name	Club	Perf
1	Celia Brown	Rugby & N	2:07.1
2	Anna Simmonds	Worcester AC	2:08.4
3	Anouska McConnell	Peterborough AC	2:09.0
4	Gemma Marrs	Coventry Godiva	2:15.8
5	Stacey Johnson	Cannock & Stafford	2:16.7
6	Sally Evans	Sale Harriers	2:17.5
7	Laura Johnson	Charnwood AC	2:18.1

T3 800m SM Heat 1

Posn	Name	Club	Perf
1	Tom Gayle	City of Stoke	1:56.45
2	Tom Holden	Tipton Harriers	1:56.50
3	Matthew Clarke	Daventry AAC	1:57.22
4	James Miller	Cheltenham & C H	1:57.56
5	Craig Pearson	Cannock & Stafford	2:00.78
6	Richard Edmonds	Charnwood AC	2:08.08
7	Christopher Shore	Burton AC	2:13.12

T3 800m SM Heat 2

Posn	Name	Club	Perf
1	Tom Warrender	Wolves & Bilston	1:57.68

2	Tom Causebrook	Rugby & N	1:57.91
3	Anthony Gray	B'ham Rowheath	1:58.05
4	Frederic Tremblay	RSC	1:59.15
5	Ross Glover	Rugby & N	2:00.76
6	Neil Hawkins	Stratford-on-Avon	2:05.21

T4 100m SW Heat 1

Posn	Name	Club	Perf	
1	Claire Spurway	Rugby & N	12.04	
2	Melinda Cooksey	Tipton Harriers	12.14	
3	Emma Bailey	Rugby & N	12.16	
4	Rachel Harris	Birchfield H	12.57	pb
5	Joanna Thorn	Yate & D	12.60	
6	Eleanor Caney	Solihull & S H	12.63	

T4 100m SW Heat 2

Posn	Name	Club	Perf	
1	Katherine Jones	Cannock & Stafford	11.91	pb
2	Laura Eastman	Telford AC	12.22	
3	Amy Woodman	Birchfield H	12.22	
4	Karen Oughton	Coventry Godiva	12.42	
5	Donna Shorthouse	Notts AC	13.00	
6	Wendy Morant	Birchfield H	14.08	

T5 100m SM Heat 1

Posn	Name	Club	Perf
1	Lloyd Rice	Bristol & West AC	10.85
2	Mark Dunwell	Notts AC	11.15
3	Dalton Powell	Notts AC	11.33
4	Adam Hughes	Birchfield H	11.39
5	Tony Yeomans	Birchfield H	11.46
6	Philip Kerry	Coventry Godiva	11.49

T5 100m SM Heat 2

Posn	Name	Club	Perf
1	Richard Rubenis	Telford AC	11.19
2	Jamie Gill	Cannock & Stafford	11.26
3	Royston Ghent	Coventry Godiva	11.42
4	Aiden Woodley	Tipton Harriers	11.56
5	Daniel Maynard	Charnwood AC	11.59
6	Richard Westwood	Dudley & S'bridge	12.73

T5 100m SM Heat 3

Posn	Name	Club	Perf
1	Aaron Aplin	Notts AC	11.29
2	Owusu Dako	Sale Harriers	11.32
3	Robert Barker-Davies	Coventry Godiva	11.46
4	Andrew Shepherd	Charnwood AC	11.65
5	Ashley Sutton	Birchfield H	11.83
6	Martin White	Mansfield H	11.90

T6 3000m U15G Final

Posn	Name	Club	Perf
1	Blue Haywood	Lincoln Wellington	10:19.15
2	Nicole Roberts	Kettering Town	10:45.23
3	Elizabeth Minchener	Cheltenham & C H	10:54.22
	Megan Rothman	Leamington AC	DNF

T7 3000m U15B Final

Posn	Name	Club	Perf
1	Matthew Withey	Stroud & D	9:28.87
2	Chris Bull	Leamington AC	9:29.22
3	Joshua Norman	Rushcliffe AC	9:30.04
4	Michael Brind	Charnwood AC	9:45.90

T8 400m SW Heat 1

Posn	Name	Club	Perf
1	Rhianna Parker-Simpson	Halesowen AC	56.34
2	Ellena Ruddock	Rugby & N	57.38
3	Charmaine Riley	RSC	57.48
4	Justine Kinney	RSC	57.59
5	Caroline Powell	Bristol & West AC	1:00.43
6	Laura Johnson	Charnwood AC	1:01.78
7	Louise Webster	Wolves & Bilston	1:03.61

T9 400m SM Heat 1

Posn	Name	Club	Perf
1	Daniel Cossins	Birchfield H	48.06
2	Dwayne Lewis	Birchfield H	49.17
3	Stephen Parker	Epsom & Ewell H	51.15
4	James Colclough	Kidd/Stourport	52.20
5	Tony Noel	Cheltenham & C H	52.56
6	Paul Harmer	Charnwood AC	52.77
7	Kevin Pye	Charnwood AC	57.05

T9 400m SM Heat 2

Posn	Name	Club	Perf
1	Matt Dewsbery	Birchfield H	49.42
2	Paul Wright	Mansfield H	49.50
3	Ross Edgley	Wolves & Bilston	49.67
4	Steve Maybury	Rugby & N	50.72
5	Nick Spargo	Tamworth AC	52.66
6	Jamie Fletcher	Burton AC	52.70

T10 1500m SW Heat 1

Posn	Name	Club	Perf
1	Karen Harewood	Corby AC	4:23.11
2	Juliet Potter	Charnwood AC	4:23.39
3	Laura Kenney	RSC	4:24.67
4	Catherine Veysey	Tipton Harriers	4:31.48
5	Abi Wilshire	Bristol & West AC	4:36.45
6	Hannah Whitmore	Charnwood AC	4:39.76
7	Sarah Herbert	Bristol & West AC	4:49.35
8	Clare Booker	City of Stoke	4:53.69
9	Eleanor Woods	RSC	4:53.89
10	Sophie Allcock	City of Stoke	5:25.86

T11 1500m SM Heat 1

Posn	Name	Club	Perf
1	Martin Williams	Tipton Harriers	3:54.39
2	Jeremy Bradley	Cheltenham & C H	3:59.71
3	Myles Barrett	Staffs Moorlands	4:01.27
4	Paul Evans	Tipton Harriers	4:03.90
5	Mike Buntin	Tipton Harriers	4:04.59
6	Philip Clamp	Tamworth AC	4:06.29
7	James Griggs	Coventry Godiva	4:09.37
8	Edward Lumley	Worcester AC	4:17.93
	Henry Hammond	Coventry Godiva	DNF

T12 110mH SM Final

Posn	Name	Club	Perf
1	Oliver McNeillis	Halesowen AC	14.52
2	Darren Lewis	Tipton Harriers	14.90
3	Nicholas Gayle	City of Stoke	14.94
4	Robert James	Birchfield H	15.52
5	Daniel Maynard	Charnwood AC	15.96
6	Justin Grimes	Birchfield H	15.98
7	Ian Gidley	Rugby & N	16.61
8	Stefan Wilcockson	Mansfield H	17.56

T13 200m SW Heat 1

Posn	Name	Club	Perf
1	Melinda Cooksey	Tipton Harriers	25.35
2	Emma Heath	Bristol & West AC	25.92
3	Amy Woodman	Birchfield H	26.15
4	Karen Oughton	Coventry Godiva	26.32
5	Wendy Morant	Birchfield H	28.49

T13 200m SW Heat 2

Posn	Name	Club	Perf
1	Claire Spurway	Rugby & N	25.23
2	Rachel Harris	Birchfield H	25.90
3	Donna Shorthouse	Notts AC	26.84
4	Julia Hubbard	Rugby & N	26.95
5	Louise Webster	Wolves & Bilston	28.35

T14 200m SM Heat 1

Posn	Name	Club	Perf
1	Jim Tipper	Telford AC	22.39
2	Jamie Gill	Cannock & Stafford	22.45
3	Dalton Powell	Notts AC	23.00
4	Royston Ghent	Coventry Godiva	23.33
5	Timothy Howells	City of Bath	23.36
6	Tony Yeomans	Birchfield H	24.04

T14 200m SM Heat 2

Posn	Name	Club	Perf
1	Aaron Aplin	Notts AC	22.53
2	Martin White	Mansfield H	23.52
3	Adam Hughes	Birchfield H	23.58
4	Alastair Abrams	Bristol & West AC	23.63
5	Jamie Fletcher	Burton AC	23.86

T15 3000m s/c SM Final

Posn	Name	Club	Perf
1	Matt Amos	Nuneaton H	9:17.72
2	Tom Bark	Corby AC	9:50.26
3	Tim Woodthorpe	Notts AC	10:03.05
4	Simon Fortnam	Severn AC	10:12.95
5	Thomas Orton	Tamworth AC	11:14.14

T16 400mH SM Final

Posn	Name	Club	Perf
1	Joe Lloyd	Cheltenham & C H	52.90

2	Jeffrey Christie	WSE & Hounslow	53.35
3	Lloyd Gumbs	Charnwood AC	53.43
4	Daniel Everett	Birmingham Uni	55.60
5	Steven Potter	Rugby & N	56.91
6	John Bell	Rugby & N	59.68

T17 400mH SW Final

Posn	Name	Club	Perf	
1	Michelle Thomas	Birchfield H	59.31	pb
2	Emma Peters	Uni of Wales Ins.	64.16	pb
3	Sian Davies	Dudley & S'bridge	64.88	pb
4	Helen Small	Cannock & Stafford	68.56	

T19 800m SM Final

Posn	Name	Club	Perf
1	Tom Holden	Tipton Harriers	1.56.71
2	Tom Gayle	City of Stoke	1.57.09
3	Tom Causebrook	Rugby & N	1.57.47
4	Tom Warrender	Wolves & Bilston	1.57.58
5	Anthony Gray	B'ham Rowheath	1.59.82
6	Frederic Tremblay	RSC	2.00.23
7	James Miller	Cheltenham & C H	2.00.95
8	Matthew Clarke	Daventry AAC	2.03.06

T20 5000m SW Final

Posn	Name	Club	Perf
1	Kate Ramsay	Charnwood AC	17:28.90
2	Sian Monahan	Bristol & West AC	18:20.64
3	Nicola Bamford	Notts AC	18:42.62
4	Catherine Tomaney	Charnwood AC	19:05.55

T21 5000m SM Final

Posn	Name	Club	Perf
1	Martin Whitehouse	Birchfield H	15:11.62
2	James Walsh	Leamington AC	15:20.71
3	Philip Parry	Bristol & West AC	15:24.57
4	Sebastian Duffy	Stroud & D	15:31.71
5	Matt Lockett	Tipton Harriers	16:14.98
6	Joshua Lilly	Severn AC	16:18.77
7	Dave Talbot	Telford AC	16:43.56
8	Rob Starr	Sutton-in-Ashfield H	18:24.44

T24 100m SW Final

Posn	Name	Club	Perf
1	Katherine Jones	Cannock & Stafford	11.96
2	Claire Spurway	Rugby & N	12.17
3	Emma Bailey	Rugby & N	12.34
4	Laura Eastman	Telford AC	12.35
5	Amy Woodman	Birchfield H	12.64
6	Karen Oughton	Coventry Godiva	12.70
7	Rachel Harris	Birchfield H	12.77

T25 100m SM Final

Posn	Name	Club	Perf
1	Lloyd Rice	Bristol & West AC	10.86
2	Richard Rubenis	Telford AC	11.12
3	Jamie Gill	Cannock & Stafford	11.19
4	Mark Dunwell	Notts AC	11.26
5	Aaron Aplin	Notts AC	11.35
6	Dalton Powell	Notts AC	11.48
7	Adam Hughes	Birchfield H	11.53
	Owusu Dako	Sale Harriers	DNS

T26 400m SW Final

Posn	Name	Club	Perf	
1	Henrietta Kodilinye-Sims	Newham & Essex B	54.98	pb
2	Rhianna Parker-Simpson	Halesowen AC	55.66	
3	Laura Langowski	Tamworth AC	55.74	pb
4	Charmaine Riley	RSC	56.05	
5	Holly Barlow	RSC	56.45	
6	Ellena Ruddock	Rugby & N	57.50	
7	Justine Kinney	RSC	57.73	
8	Jenny Christie	WSE & Hounslow	58.70	

T27 400m SM Final

Posn	Name	Club	Perf
1	Daniel Cossins	Birchfield H	48.06
2	Matt Dewsbery	Birchfield H	49.07
3	Dwayne Lewis	Birchfield H	49.08
4	Paul Wright	Mansfield H	49.43
5	Steve Maybury	Rugby & N	50.28
6	Ross Edgley	Wolves & Bilston	50.53
7	Stephen Parker	Epsom & Ewell H	51.43
8	Alistair Robbins	Yate & D	53.03

T30 100mH SW Final

Posn	Name	Club	Perf	
1	Joanna Thorn	Yate & D	14.35	pb

2	Rosalyn Gonse	Bedford & County	14.43
3	Laura Eastman	Telford AC	14.71
4	Jackie Cooke	K'ston upon Hull	14.73

T32 200m SW Final

Posn	Name	Club	Perf
1	Claire Spurway	Rugby & N	24.85
2	Melinda Cooksey	Tipton Harriers	25.01
3	Rachel Harris	Birchfield H	25.48
4	Louise Webster	Wolves & Bilston	26.62
5	Donna Shorthouse	Notts AC	27.40
6	Julia Hubbard	Rugby & N	47.94
	Amy Woodman	Birchfield H	DNS
	Karen Oughton	Coventry Godiva	DNS

T33 200m SM Final

Posn	Name	Club	Perf
1	Jim Tipper	Telford AC	22.30
2	Aaron Aplin	Notts AC	22.36
3	Jamie Gill	Cannock & Stafford	22.74
4	Dalton Powell	Notts AC	22.97
5	Timothy Howells	City of Bath	23.50
6	Adam Hughes	Birchfield H	23.68
7	Martin White	Mansfield H	23.83
	Royston Ghent	Coventry Godiva	DNS

F1 Hammer SM Final

Posn	Name	Club	Perf	
1	Matthew Bell	Birchfield H	61.25	pb
2	Craig Ellams	City of Stoke	55.86	
3	Russel Payne	Birchfield H	40.93	

F2 Hammer SW Final

Posn	Name	Club	Perf
1	Lorraine Shaw	Gloucester AC	65.33
2	Zoe Derham	Birchfield H	61.00
3	Lucy Marshall	Rugby & N	49.30
4	Rachel Gair	Mansfield H	47.38
5	Bolanle Ogun	Exeter Harriers	43.40
6	Beth Sewell	Cardiff AAC	35.49
7	Anna Smith	Hereford & County	35.18
8	Jenny Cooper	Wolves & Bilston	31.33

F3 Long Jump SW Final

Posn	Name	Club	Perf
1	Sarah Rossiter	Forest of Dean	6.25
2	Amy Harris	Birchfield H	6.16
3	Amy Fendley	Newark AC	5.72
4	Ellie Darby	Birchfield H	5.63
5	Megan Evans	RSC	5.29
6	Laura Reed	Bristol & West AC	5.26

F4 Pole Vault SW Final

Posn	Name	Club	Perf
1	Kate Dennison	Sale Harriers	4.00
2	Hilary Smith	Birchfield H	3.60
3	Kirsty Bale	Rugby & N	2.90
4	Sara Nicholls	Solihull & S H	2.50

F5 High Jump SM Final

Posn	Name	Club	Perf
1	Tom Parsons	Solihull & S H	2.23
2	Jamie Thomas	SSH	2.05
3	Daniel Nash	Cannock & Stafford	1.95
4	Alex Girdler	Trafford AC	1.95
5	Kevin Crawley	Brunel Uni	1.90
6	Matt Roberts	Coventry Godiva	1.90
7	Steven Ridgway	Telford AC	1.85
8	Chris Watson	Solihull & S H	1.80
9	Daniel White	Yate & D	1.80

F10 Discus SM Final

Posn	Name	Club	Perf
1	Kevin Brown	Belgrave Harriers	49.33
2	Niklas Iliffe	Team Southampton	46.11
3	Steven Hale	Birchfield H	43.34
4	Gregg Nixon	City of Stoke	35.21
5	John Twiddle	K'ston upon Hull	33.21
6	Patrick Oludimu	Tipton Harriers	25.29

F8 Long Jump SM Final

Posn	Name	Club	Perf
1	Steve Phillips	Rugby & N	7.72
2	Leigh Smith	Birchfield H	7.55
3	Oliver McNeillis	Halesowen AC	7.34
4	Thomas Dunn	Loughborough St	6.86
5	Neil Skelding	Dudley & S'bridge	6.32
6	Philip Kerry	Coventry Godiva	6.22

F9 Discus SW Final

Posn	Name	Club	Perf
1	Emma Merry	Rugby & N	49.31
2	Lorraine Shaw	Gloucester AC	43.56
3	Navdeep Dhaliwal	Shaftsbury Barnet	42.41
4	Jenny Scott	B'ham Rowheath	41.97
5	Ruth Hay	Corby AC	37.62
6	Jenny Cooper	Wolves & Bilston	34.73

F13 Triple Jump SW Final

Posn	Name	Club	Perf
1	Michelle Dunkley	Woodford G & EL	12.33
2	Sara Barry	Uni of Wales Ins.	12.15
3	Alison McAllister	Sale Harriers	11.96
4	Megan Evans	RSC	10.17

F14 Pole Vault SM Final

Posn	Name	Club	Perf
1	Christian North	Woodford G & EL	4.90
2	Alex Williams	City of Stoke	4.40
3	Tom McDowell	Wessex & Bath	4.40
4	Gavin Showell	Tamworth AC	4.20
5	Adam Turvey	Halesowen AC	4.00
6	Nick Caplan	Tipton Harriers	3.40
7	Nick Hazelwood	Halesowen AC	3.40

F15 Javelin SW Final

Posn	Name	Club	Perf
1	Rebecca Bartlett	Birchfield H	40.91
2	Julie Hollman	Belgrave Harriers	39.79
3	Helen Mounteney	Birchfield H	39.56
4	Vicky James	Cheltenham & C H	36.19
5	Susan Thomas	B'ham Rowheath	30.76
6	Natalie Allcock	City of Stoke	28.39
7	Karen Addis	Civil Service SC	27.72

F18 Triple Jump SM Final

Posn	Name	Club	Perf
1	Gary White	Rugby & N	14.80
2	James Townsend	City of Bath	14.75
3	Anthony Mattis	Bristol & West AC	14.73
4	Kevin Crawley	Brunel Uni	12.95

5	Richard Westwood	Dudley & S'bridge	12.04
---	------------------	-------------------	-------

F19 High Jump SW Final

Posn	Name	Club	Perf
1	Aileen Wilson	Woodford G & EL	1.81
2	Julie Hollman	Belgrave Harriers	1.81
3	Jessica Leach	Dudley & S'bridge	1.70
4	Aneska Binks	Charnwood AC	1.60

F20 Javelin SM Final

Posn	Name	Club	Perf
1	Glyn Hollingworth	Coventry Godiva	60.69
2	Christopher Eden	Notts AC	57.04
3	James Turner	Nuneaton H	55.91
4	Robert Eggleton	City of Stoke	53.50
5	Stephen Greening	Birchfield H	52.62
6	James Cowell	Worcester AC	51.15
7	Justin Grimes	Birchfield H	45.03
8	Thomas Carroll	Birchfield H	42.36

F21 Shot SW Final

Posn	Name	Club	Perf
1	Rosalyn Gonse	Bedford & County	13.37
2	Carol Parker	Coventry Godiva	11.98
3	Alison George	Cannock & Stafford	9.42

F22 Shot SM Final

Posn	Name	Club	Perf
1	John Phipps	Cheltenham & C H	12.95
2	Gregg Nixon	City of Stoke	12.90
3	John Twiddle	K'ston upon Hull	10.79