

Midland Counties Senior/U20 Championships 13 June 2010

**T1 400H U20W Final**

Posn	Name	Club	Perf	
1	Emma Komocki	Notts AC	63.66	pb
2	Hannah Jackson	Yate & D	66.03	
3	Laura Pacey	Wolves & Bilston	66.72	
4	Charlotte Bowling	Corby AC	67.28	
5	Rebecca Oakley	Wolves & Bilston	68.65	
6	Sophie Wright	Rugby & N	71.83	
7	Lucy Jennings	RSC	72.98	

**T2 400mH SW Final**

Posn	Name	Club	Perf
1	Jade Surman	Birchfield H	60.74
2	Nicola Robinson	Coventry Godiva	67.91
3	Stephanie Childs	Leamington AC	69.38

**T3 400H U20M Final**

Posn	Name	Club	Perf
1	Richard Curl	Solihull & S H	56.55
2	Lewis Golledge	Notts AC	59.48
3	Richard Adiyia	Charnwood AC	60.71

**T6 800m SM Heat 1**

Posn	Name	Club	Perf
1	Joe Brocklehurst	Stratford-on-Avon	1.55.97
2	James Ansell	Newquay & Par	1.56.14
3	James Miller	Cheltenham & C H	1.56.43
4	Chris Lamb	Rugby & N	1.56.60
5	Andrew Dean-Young	Bristol & West AC	1.58.00
6	Frederic Tremblay	RSC	2.00.32
7	Andy Poppleton	Worcester AC	2.04.12
8	John Brierly	Bristol & West AC	2.06.89
	Peter Whitehouse	Birchfield H	dns

**T6 800m SM Heat 2**

Posn	Name	Club	Perf
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1	Adam Watt	Birchfield H	1.54.96	
2	Nico Constanti	Gloucester AC	1.55.23	
3	Ryan Cox	Birchfield H	1.55.37	pb
4	Martin Flook	Bristol & West AC	1.56.73	
5	Richard de-Camps	Gloucester AC	1.56.84	
6	Matthew Bayliss	B'ham Running & Tri	1.57.56	
7	Paul Harmer	Charnwood AC	1.58.26	
8	Dave Freeman	Coventry Godiva	2.04.45	pb

T9 100m U20M Heat 1

Posn	Name	Club	Perf
1	Judah Simpson	Derby AC	11.14
2	Peter Watling	Wolves & Bilston	11.15
3	Alex Nwenwu	Wolves & Bilston	11.21
4	Kota Suzuki	Broms & Redd	11.22
5	Shane Henry	Birchfield Harriers	11.54
6	Chris Norman	Leicester Coritanian	11.62
7	Andrew Lord	Cheltenham & C H	11.71

T9 100m U20M Heat 2

Posn	Name	Club	Perf
1	Omasirichukw Anyanwu	Coventry Godiva	11.19
2	Yannick Phippen	Kettering Town	11.23
3	Marcel Hodge	Charnwood AC	11.38
4	Scott Bajere	Bristol & West AC	11.44
5	Alex Currie	Solihull & S H	11.44
6	Aqeel Hassan	Charnwood AC	11.59
7	Aaron Bando	Wolves & Bilston	11.76

T10 100m SM Heat 1

Posn	Name	Club	Perf
1	Cloron Hylton	Birchfield H	10.92
2	Ryan Farrington	Birchfield H	10.95
3	Ben Coghlan	Bristol & West AC	11.10
4	Nathan Cockett	Birchfield H	11.22
5	Paul Jones	Halesowen AC	11.47
6	David Fraser	Rugby & N	11.64
7	Alastair McDonald	Bedford & County	11.85
8	Luke Emanuel	Nottingham Uni	12.11

T10 100m SM Heat 2

Posn	Name	Club	Perf
1	Justin Thompson	Birchfield H	10.93
2	Adam Thomas	Birchfield H	11.15
3	Sean Vernon	Preston H	11.22
4	Carl Mason	Birchfield H	11.49
5	Donovan James	Wolves & Bilston	11.61

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6	Lewis Summer-Rell	Notts AC	11.65
7	Adam Storer	City of Sheffield	11.82
8	Dalton Powell	Notts AC	11.83

T10 100m SM Heat 3

Posn	Name	Club	Perf
1	Joel Fearon	Birchfield H	10.65
2	Ryan James	Birchfield H	10.76
3	Edirin Okoro	Birchfield H	11.63
4	Jamie Vickery	Blackburn H	11.68
5	Samuel Stone	Notts AC	11.86
6	Adam Hughes	Birchfield H	12.16
	Jermaine Downie	Birchfield H	dns

T11 3000m U20W Final

Posn	Name	Club	Perf
1	Dannii Johnson	Birchfield H	10.30.76
2	Emily Waugh	Rugby & N	10.51.08

T12 3000m U20M Final

Posn	Name	Club	Perf
1	Gregg Halliwell	Yate & D	9.12.86
2	Liam Hendricken	City of Stoke	9.16.06
3	Luke Robinson	Rugby & N	9.54.36
4	David Edwards	Kettering Town	10.00.77
5	Sam Taylor	Stratford-on-Avon	10.21.59

T13 100H U20W Final

Posn	Name	Club	Perf
1	Emma Komocki	Notts AC	15.15
2	Molly Bagworth	Coventry Godiva	15.24
3	Charlotte Burrows	Rugby & N	16.22 pb
4	Francesca Courtney	Cheltenham & C H	16.23
	Dionne Samuels	Birchfield H	DNF

T14 100mH SW Final

Posn	Name	Club	Perf
1	Louise Hazel	Birchfield H	13.68
2	Phyllis Agbo	Thames Valley H	13.89
3	Gemma Werrett	Birchfield H	14.08

T15 110H U20M Final

Posn	Name	Club	Perf
1	Curtis Holmes	Birchfield H	14.01

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2	Alex Nwenwu	Wolves & Bilston	14.40
3	Themba Luhana	Rugby & N	14.55
4	Yannick Budd	Bristol & West	14.89
5	Ciaran Donnelly	Birchfield H	15.64

T16 110mH SM Final

Posn	Name	Club	Perf
1=	Edirin Okoro	Birchfield H	14.27
1=	Julian Adeniran	Shaftsbury Barnet	14.27
3	Samuel Stone	Notts AC	15.52
4	Oliver Knight	Charnwood AC	16.04
	Joseph Hylton	Birchfield H	dnf

T19 400m U20M Heat 1

Posn	Name	Club	Perf
1	Jarryd Dunn	Birchfield H	48.84
2	Efekemo Okoro	Birchfield H	49.23
3	Christian Byron	Birchfield H	49.36
4	Joel Clutterbuck	Stroud & D	50.01
5	Liam Tracey	City of Stoke	50.71
6	David Lee	Coventry Godiva	53.03
7	Adam Barnes	RSC	53.67

T19 400m U20M Heat 2

Posn	Name	Club	Perf
1	Ben Sturgess	Bedford & County	49.09
2	Zach King	Notts AC	49.38
3	Ross Allen	Rugby & N	49.75
4	Richard Curl	Solihull & S H	50.67
5	Jamie Gifford	Halesowen AC	52.41
	Toby Birtwhistle	Telford AC	dnf

T20 400m SM Heat 1

Posn	Name	Club	Perf
1	Daniel Cash	Tamworth AC	49.29
2	Michael Warner	Notts AC	49.31
3	Sam Peters	Erme Valley H	49.67
4	Alex Fields	Bristol & West AC	50.76 pb
5	Abdillah Nassir	Charnwood AC	51.20
6	Jon Biddle	Cannock & Stafford	51.86
7	James Whitehouse	Birchfield H	52.14
8	Amardeep Sangha	Tipton Harriers	52.35

T20 400m SM Heat 2

Posn	Name	Club	Perf
1	Paul Judson	Notts AC	47.88 pb

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2	Patrick Palmer	Birchfield H	48.61	pb
3	Jonathan Hornblow	Derby AC	48.62	
4	Martin Cook	Mansfield H	49.50	
5	James Lynch	Birchfield H	49.57	pb
6	James Colclough	Kidd/Stourport	51.15	
7	Michael Gardiner	Cheltenham & C H	52.05	
8	Joe Mellor	Notts AC	53.14	

T21 2000m s/c U20M Final

Posn	Name	Club	Perf	
1	Nicholas Hardy	Birchfield H	6.24.24	
2	Sebastien Goodall	Corby AC	6.32.45	
3	Daniel Hillman	Coventry Godiva	6.51.87	
4	Joe Broome	City of Stoke	6.54.38	
5	Jonathan Barnes	Hereford & County	7.06.94	
6	George Cardwell	Rugby & N	7.17.94	

T22 100m U20W Final

Posn	Name	Club	Perf	
1	Jennie Batten	Stroud & D	12.05	
2	Laura Haslam	Charnwood AC	12.40	
3	Laura Samuel	Leicester Coritanian	12.60	
4	Charlotte Burrows	Rugby & N	12.73	pb
5	Nardhia Kidd-Walker	Birchfield H	12.88	pb
6	Chelsea Alagoa-Oliver	Birchfield H	12.92	
7	Milly Kellyman	Tamworth AC	13.00	
8	Alice Hale	Stratford-on-Avon	14.23	

T23 100m SW Final

Posn	Name	Club	Perf	
1	Kylie Russell	Team Bath	12.13	
2	Abbi Tyson	Birchfield H	12.19	pb
3	Charlotte Allee	Rugby & N	12.46	
4	Danielle Norville	B'ham Running & Tri	12.64	
5	Emma Heath	Bristol & West AC	12.65	
6	Joanne Frost	Broms & Redd	12.76	
7	Shelley Went	Leamington AC	12.83	
8	Jor'dan McIntosh	Charnwood AC	12.98	
9	Emma Cluley	Rugby & N	13.49	

T24 100m U20M Final

Posn	Name	Club	Perf	
1	Judah Simpson	Derby AC	10.91	pb
2	Peter Watling	Wolves & Bilston	10.92	
3	Kota Suzuki	Broms & Redd	11.05	pb
4	Alex Nwenwu	Wolves & Bilston	11.08	
5	Yannick Phippen	Kettering Town	11.15	

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6	Omasirichukw Anyanwu	Coventry Godiva	11.29
7	Scott Bajere	Bristol & West AC	11.41
8	Marcel Hodge	Charnwood AC	11.42
9	Alex Currie	Solihull & S H	11.54

T25 100m SM Final

Posn	Name	Club	Perf	
1	Ryan James	Birchfield H	10.67	
2	Ryan Farrington	Birchfield H	10.89	
3	Cloron Hylton	Birchfield H	11.00	
4	Justin Thompson	Birchfield H	11.09	
5	Adam Thomas	Birchfield H	11.14	pb
6	Ben Coghlan	Bristol & West AC	11.22	
7	Sean Vernon	Preston H	11.28	
	Joel Fearon	Birchfield H	dns	
	Nathan Cockett	Birchfield H	dns	

T28 400mH SM Final

Posn	Name	Club	Perf	
1	Simon Merrill	Team Bath	53.09	pb
2	Tom Moakes	Notts AC	53.18	
3	Callem Forde	Charnwood AC	53.83	
4	Brenton Hardware	Birchfield H	55.65	
5	Jonathan Newell	Mansfield H	61.37	
6	Adam Smith	Cannock & Stafford	62.67	

T29 800m U20W Final

Posn	Name	Club	Perf	
1	Briony Bendle	Charnwood AC	2.14.71	pb
2	Rachel Atherton	Cannock & Stafford	2.19.22	
3	Amy Johnson	RSC	2.21.31	
4	Briony Banks	Rugby & N	2.26.39	
5	Megan Stratford	RSC	2.27.27	
6	Sarah Ward	Harborough AC	2.33.31	

T30 800m SW Final

Posn	Name	Club	Perf
1	Laura Langowski	Coventry Godiva	2.11.03
2	Anouska McConnell	Birchfield H	2.11.76
3	Rhianna Parker-Simpson	Halesowen AC	2.12.04
4	Ruth Mitchell	Bristol & West AC	2.12.23
5	Rebecca Hall	Kettering Town	2.19.63
6	Emma Day	Leamington AC	2.22.79
7	Sally Olorenshaw	Coventry Godiva	2.23.43
8	Kellie Bewick	Birchfield H	2.25.45

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T31		800m U20M	Final	
Posn	Name	Club	Perf	
1	Toby Griffiths	Oswestry O	1.57.11	pb
2	Paddy Radley	OWLS AC	1.59.43	
3	Jake Waples	Kettering Town	2.00.38	
4	Tom Graves	Birchfield H	2.00.94	
5	Joshua Lacey	Birchfield H	2.01.67	
6	Toby Birtwhistle	Telford AC	2.02.26	
7	William Ganley	Wolves & Bilston	2.04.56	

T32		800m SM	Final	
Posn	Name	Club	Perf	
1	Joe Brocklehurst	Stratford-on-Avon	1.52.57	
2	Nico Constanti	Gloucester AC	1.53.98	
3	Martin Flook	Bristol & West AC	1.54.01	pb
4	Adam Watt	Birchfield H	1.54.36	
5	James Ansell	Newquay & Par	1.55.01	
6	Chris Lamb	Rugby & N	1.56.33	
7	Ryan Cox	Birchfield H	1.56.41	
8	James Miller	Cheltenham & C H	1.56.67	

T33		200m U20W	Heat 1	
Posn	Name	Club	Perf	
1	Jennie Batten	Stroud & D	24.9	
2	Hannah Stevenson	Notts AC	26.2	
3	Nardhia Kidd-Walker	Birchfield H	26.5	
4	Natasha Lewis	Team Bath	26.6	
5	Laura Pacey	Wolves & Bilston	27.4	
6	Chelsea Alagoa-Oliver	Birchfield H	29.8	

T33		200m U20W	Heat 2	
Posn	Name	Club	Perf	
1	Laura Haslam	Charnwood AC	25.7	
2	Sophie Taylor	Tamworth AC	26.4	
3	Kirstie Overfield	Dudley & S'bridge	26.5	
4	Sophie Wright	Rugby & N	26.7	
5	Rebecca Oakley	Wolves & Bilston	27.4	
6	Alice Hale	Stratford-on-Avon	29.1	pb

T34		200m SW	Heat 1	
Posn	Name	Club	Perf	
1	Kylie Russell	Team Bath	24.81	
2	Emma Williams	Coventry Godiva	25.24	
3	Kayo Titiloye	Birchfield H	25.58	
4	Charmaine Riley	RSC	25.85	
5	Jor'dan McIntosh	Charnwood AC	26.01	
	Danielle Norville	B'ham Running & Tri	dnf	

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T34 200m SW Heat 2

Posn	Name	Club	Perf
1	Nadine Okyere	Birchfield H	24.80
2	Melinda Cooksey	Birchfield H	24.83
3	Abbi Tyson	Birchfield H	25.22
4	Charlotte Allee	Rugby & N	25.23
5	Leah Paulley	Newquay & Par	26.13
6	Louise Webster	Wolves & Bilston	28.53

T35 200m U20M Heat 1

Posn	Name	Club	Perf
1	Benjamin Morris	Leicester Coritanian	22.65
2	Aqeel Hassan	Charnwood AC	23.03
3	Kota Suzuki	Broms & Redd	23.15
4	Thomas Johnson	Rugby & N	23.91
	Alex Currie	Solihull & S H	DNS

T35 200m U20M Heat 2

Posn	Name	Club	Perf
1	Peter Watling	Wolves & Bilston	22.33
2	Nicholas Pryce	RSC	22.89
3	Shane Henry	Birchfield Harriers	22.96
4	Peter Shand	Tipton Harriers	23.15
5	Andrew Lord	Cheltenham & C H	23.20
6	Aaron Bando	Wolves & Bilston	24.10

T36 200m SM Heat 1

Posn	Name	Club	Perf
1	Luke Lennon-Ford	Birchfield H	22.06
2	Matthew Green	Doncaster AC	22.61
3	Aaron Aplin	Mansfield H	22.76
4	Lewis Summer-Rell	Notts AC	23.66
5	David Fraser	Rugby & N	23.76
6	Brenton Hardware	Birchfield H	24.17
7	Adam Hughes	Birchfield H	24.35

T36 200m SM Heat 2

Posn	Name	Club	Perf
1	Jim Tipper	Telford AC	22.36
2	Ryan Farrington	Birchfield H	22.50
3	Sean Vernon	Preston H	22.87
4	Adam Storer	City of Sheffield	23.50
5	Donovan James	Wolves & Bilston	23.58
6	Oliver Knight	Charnwood AC	23.71
	Jamie Vickery	Blackburn H	DNS



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T36 200m SM Heat 3

Posn	Name	Club	Perf
1	Joseph Hylton	Birchfield H	22.04
2	Phillip Doorgachurn	Cardiff AAC	22.09
3	Ben Coghlan	Bristol & West AC	22.50
4	Adam Thomas	Birchfield H	22.52
5	Justin Thompson	Birchfield H	23.37
6	Dalton Powell	Notts AC	23.97
7	Luke Emanuel	Nottingham Uni	24.52
8	Aleskey Tkachuk	OWLS AC	25.05

T37 5000m SW Final

Posn	Name	Club	Perf
1	Alison Lavender	Oswestry O	17.54.25
2	Sally Gray	Stafford Harriers	18.07.30
3	Wendy Morant	Birchfield H	27.08.57

T38 5000m SM Final

Posn	Name	Club	Perf
1	James Walsh	Leeds City AC	14.24.41
2	Sebastian Duffy	City of Stoke	14.42.53
3	Paul Thompson	B'ham Running & tri	14.48.80
4	Yousef Al-Lathaa	Birchfield H	15.10.25
5	Toby Spencer	Coventry Godiva	15.23.03
6	Stuart Nelson	Rugby & N	15.50.66

T39 400m U20W Final

Posn	Name	Club	Perf	
1	Lauren Downing	Coventry Godiva	56.77	pb
2	Sophie Taylor	Tamworth AC	57.59	
3	Chloe Bradley	Doncaster AC	58.12	
4	Cally Read	Birchfield H	58.26	
5	Hanifa Greenwood	Birchfield H	58.86	
6	Sophie Clark	Birchfield H	60.56	
7	Briony Banks	Rugby & N	62.34	
8	Shauni Warner	Stratford-on-Avon	68.26	

T40 400m SW Final

Posn	Name	Club	Perf
1	Melinda Cooksey	Birchfield H	55.11
2	Claire Burgoyne	Shrewsbury AC	56.20
3	Sara-Jane Oglesby	Notts AC	57.18
4	Amy Frith	Tamworth AC	59.46
5	Rebecca Smith	Mansfield H	60.77
6	Louise Webster	Wolves & Bilston	62.39

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7 Aimee Booth Birchfield H 64.05

T41 400m U20M Final

Posn	Name	Club	Perf
1	Zach King	Notts AC	48.76
2	Jarryd Dunn	Birchfield H	48.96
3	Efekemo Okoro	Birchfield H	49.32
4	Ben Sturgess	Bedford & County	49.98
5	Ross Allen	Rugby & N	50.25
6	Richard Curl	Solihull & S H	51.50
	Christian Byron	Birchfield H	dnf
	Joel Clutterbuck	Stroud & D	dns

T42 400m SM Final

Posn	Name	Club	Perf	
1	Paul Judson	Notts AC	48.58	
2	Sam Peters	Erme Valley H	48.88	pb
3	Daniel Cash	Tamworth AC	48.90	
4	Patrick Palmer	Birchfield H	48.93	pb
5	Jonathan Hornblow	Derby AC	49.01	
6	James Lynch	Birchfield H	49.92	
7	Martin Cook	Mansfield H	50.53	
	Michael Warner	Notts AC	dns	

T43 1500m U20W Final

Posn	Name	Club	Perf
1	Lucy Farnell	Birchfield H	4.42.31
2	Sarah Hopcroft	Birchfield H	4.47.15
3	Nicole Roberts	Bishop Stopford Sc	4.53.90
	Siobhan Harrison	Aldershot FD	dns

T44 1500m SW Final

Posn	Name	Club	Perf
1	Debbie Niccol	Bristol & West AC	4.38.60
2	Hayley Munn	Kettering Town	4.42.67

T45 1500m U20M Final

Posn	Name	Club	Perf
1	Ben Coldray	Stroud & D	3.55.64
2	Tom Curr	Stroud & D	3.55.73
3	Jelle Verwer	Tipton Harriers	3.56.06
4	Jack Gray	B'ham Running & Tri	3.57.59
5	Brett Halliwell	Yate & D	3.59.13
6	Chris Perrin	Cannock & Stafford	4.02.69
7	Sean Bowden	Broms & Redd	4.05.11
8	James Perrin	Cannock & Stafford	4.07.97

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9	Rory Grant	Rugby & N	4.12.43
10	Blayne Pick	Notts AC	4.16.01
11	Liam Phelan	Leicester Coritanian	4.25.41
12	Thomas Pillow	Shrewsbury AC	4.29.53
13	Elliott Hart	Leicester Coritanian	4.32.08
14	Tom Delaney	Sphinx AC	4.34.69

**T46 1500m SM Final**

Posn	Name	Club	Perf
1	Tim Dalton	Severn AC	3.54.62
2	Thomas Gayle	City of Stoke	3.55.91
3	Sam Evans	Birchfield H	3.56.57
4	Stephen Emery	Coventry Godiva	3.57.21
5	Chris Carter	Telford AC	3.58.17
6	Tom Russell	Bristol & West AC	3.59.30
7	Ander Russell	Stroud & D	3.59.68
8	Ben Sharman	Birchfield H	4.00.95
9	Matthew Withey	Stroud & D	4.01.37
10	Joseph Dalglish	Yate & D	4.03.68
11	Steve Millward	Gloucester AC	4.04.12

**T47 200m U20W Final**

Posn	Name	Club	Perf
1	Jennie Batten	Stroud & D	24.46
2	Laura Haslam	Charnwood AC	25.74
3	Sophie Taylor	Tamworth AC	26.14
4	Hannah Stevenson	Notts AC	26.15
5	Kirstie Overfield	Dudley & S'bridge	26.59
6	Sophie Wright	Rugby & N	26.69
	Nardhia Kidd-Walker	Birchfield H	DNS
	Natasha Lewis	Team Bath	DNS

**T48 200m SW Final**

Posn	Name	Club	Perf
1	Melinda Cooksey	Birchfield H	24.44
2	Nadine Okyere	Birchfield H	24.45
3	Emma Williams	Coventry Godiva	25.01
4	Charlotte Allee	Rugby & N	25.04
5	Kayo Titiloye	Birchfield H	25.64
6	Charmaine Riley	RSC	25.95
	Kylie Russell	Team Bath	DNS
	Abbi Tyson	Birchfield H	DNS

**T49 200m U20M Final**

Posn	Name	Club	Perf
1	Peter Watling	Wolves & Bilston	22.34
2	Benjamin Morris	Leicester Coritanian	22.35

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3	Kota Suzuki	Broms & Redd	22.66	pb
4	Shane Henry	Birchfield Harriers	22.72	
5	Peter Shand	Tipton Harriers	22.87	
6	Aqeel Hassan	Charnwood AC	22.98	
7	Nicholas Pryce	RSC	23.01	
8	Andrew Lord	Cheltenham & C H	23.20	

T50 200m SM Final

Posn	Name	Club	Perf	
1	Luke Lennon-Ford	Birchfield H	21.75	
2	Phillip Doorgachurn	Cardiff AAC	21.91	
3	Joseph Hylton	Birchfield H	22.06	pb
4	Ryan Farrington	Birchfield H	22.32	
5	Jim Tipper	Telford AC	22.38	
6	Ben Coghlan	Bristol & West AC	22.44	
7	Matthew Green	Doncaster AC	22.79	
	Adam Thomas	Birchfield H	DNS	

F01 Hammer SW Final

Posn	Name	Club	Perf	
1	Zoe Derham	Birchfield H	66.89	
2	Rachel Gair	Trafford AC	59.48	
3	Sarah Holt	Sale Harriers	58.32	
4	Hayley Murray	Birchfield H	50.91	
5	Christina Jones	Bristol & West AC	49.94	
6	Lucy Marshall	Woodford G & EL	48.81	
7	Kate Yhnell	Gloucester AC	46.88	
8	Bethany Mitchell	Sutton-in-Ashfield H	46.32	
9	Beth Sewell	Cardiff AAC	43.95	
10	Hayley Green	Bristol & West AC	41.62	
11	Anna Robertson	Gloucester AC	39.57	
12	Selina Walters	Notts AC	38.45	pb
13	Claire Beaumont	Mansfield H	36.00	
14	Jenny Cooper	Wolves & Bilston	32.53	
15	Catherine Dempsey	Halesowen AC	32.03	

F02 Long Jump SW Final

Posn	Name	Club	Perf
1	Phyllis Agbo	Thames Valley H	6.07

F03 Long Jump U20W Final

Posn	Name	Club	Perf
1	Laura Samuel	Leicester Coritanian	5.66
2	Natasha Lewis	Team Bath	5.30
3	Natasha Zebroski	Swindon Harriers	4.96

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F04 High Jump SM Final

Posn	Name	Club	Perf
1	Matt Roberts	Newham & Essex B	2.15
2	Phinehas Stewart	Birchfield H	2.10
3	Simon Phelan	Newham & Essex B	2.05
4	Romeo Sithole	Charnwood AC	1.95
5	Mitchell Simms	Tipton Harriers	1.90
6	Mark Brown	Coventry Godiva	1.85
7	Edwin Elmhirst	Worcester AC	1.85
8	Andrew Reeves	Rugby & N	1.80

F05 High Jump U20M Final

Posn	Name	Club	Perf
1	Adam Wall	Yate & D	1.90
2	Max Clayton	Worcester AC	1.85
3	Alasdair Rigby	Cannock & Stafford	1.85
4	Jamie Fitzpatrick	Solihull & S H	1.80

F08 Long Jump SM Final

Posn	Name	Club	Perf	
1	Nathan Morgan	Birchfield H	7.59	
2	Leigh Smith	Birchfield H	7.46	
3	Jamie Blundell	Coventry Godiva	7.38	
4	Andrew Jones	Shrewsbury AC	7.15	pb
5	Luke Pryor	OWLS AC	6.46	
6	Ben Cocker	Telford AC	6.44	pb

F09 Long Jump U20M Final

Posn	Name	Club	Perf
1	Declan Moore	Birchfield H	7.09
2	Michael Fenn	Daventry AAC	6.84
3	Sam Edwards	Shrewsbury AC	6.29
4	Bryn Stretton	Stratford-on-Avon	6.20
5	Travis Francis	Wolves & Bilston	5.80

F10 Hammer SM Final

Posn	Name	Club	Perf
1	Matthew Bell	Birchfield H	63.23
2	Justin Sysum	Gloucester AC	60.92
3	Chris Shorthouse	Notts AC	60.44
4	Matthew Sutton	Birchfield H	57.29
5	Michael Tommey	Birchfield H	43.58

F11 Discus SW Final

Posn	Name	Club	Perf
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1	Eden Francis	Birchfield H	50.18
2	Jade Moore	Birchfield H	42.44
3	Rachel Backhouse	Corby AC	39.25
4	Hayley Green	Bristol & West AC	33.48
5	Hayley Clowes	City of Stoke	32.62
6	Jenny Cooper	Wolves & Bilston	31.71

F12 Discus SM Final

Posn	Name	Club	Perf
1	Sam Herrington	Birchfield H	49.99
2	Martin Bartholomew	City of Stoke	47.60
3	Gregg Nixon	City of Stoke	42.57
4	Ingmar Vos	Birchfield H	39.06
5	Adam Henley	Kettering Town	15.09

F13 Pole Vault SM Final

Posn	Name	Club	Perf
1	Steve West	Bristol & West AC	3.50

F14 Pole Vault U20M Final

Posn	Name	Club	Perf	
1	Cameron Walker-Shepherd	Birchfield H	4.80	
2	Connell MacQuisten	Team Bath	4.60	pb
3	Mark Cooper	City of Stoke	4.10	
4	Luke Bailey	Bristol & West AC	3.90	

F15 High Jump SW Final

Posn	Name	Club	Perf
1	Louise Hazel	Birchfield H	1.60
2	Charlotte Berrington	Birchfield H	1.50

F16 High Jump U20W Final

Posn	Name	Club	Perf	
1	Zoey Phillips	Birchfield H	1.70	
2	Chloe Boulter	Cannock & Stafford	1.60	
3	Daniella Hankins	Bedford & County	1.60	pb
4	Elizabeth Parry	Birchfield H	1.55	

F17 Triple Jump SW Final

Posn	Name	Club	Perf
1	Denae Matthew	Birchfield H	12.33
2	Hannah Walsh	Charnwood AC	10.82

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F18 Triple Jump U20W Final

Posn	Name	Club	Perf
1	Laura Samuel	Leicester Coritanian	12.48
2	Gemma Smith	Cannock & Stafford	11.19

F19 Javelin SM Final

Posn	Name	Club	Perf
1	Brett Byrd	City of Stoke	62.83
2	Glyn Hollingworth	Coventry Godiva	60.99
3	Ingmar Vos	Birchfield H	60.23
4	Neil Crossley	Cheltenham & C H	57.37
5	Benjamin Wilkinson	Cheltenham & C H	53.50

F20 Javelin SW Final

Posn	Name	Club	Perf
1	Samantha Cullinane	Rugby & N	42.79
2	Amber Burdett	Charnwood AC	40.93
3	Simone Huggins-Ward	Coventry Godiva	40.03
4	Sophie Thomas	Birchfield H	39.74
5	Bev Hawkins	Birchfield H	32.31
6	Heidi Jarosinska	Halesowen	26.33
7	Laura Radburn	Birchfield H	24.20
8	Charlotte Berrington	Birchfield H	23.80

F21 Shot SM Final

Posn	Name	Club	Perf
1	Sam Herrington	Birchfield H	15.44
2	Martin Bartholomew	City of Stoke	14.14
3	Gregg Nixon	City of Stoke	12.89
4	Adam Henley	Kettering Town	6.09

F22 Shot SW Final

Posn	Name	Club	Perf
1	Eden Francis	Birchfield H	15.28
2	Rebecca Peake	Sale Harriers	14.98
3	Ros Gonse	Bedford & County	12.61
4	Louise Hazel	Birchfield H	11.48
5	Selina Walters	Notts AC	9.30
6	Lucy Marshall	Woodford G & EL	9.25
7	Hayley Clowes	City of Stoke	8.23
8	Laura Radburn	Birchfield H	8.01

F23 Triple Jump SM Final

Posn	Name	Club	Perf
1	Nathan Douglas	Oxford City	15.85

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2	Lawrence Harvey	Trafford AC	14.66
3	Michael McKernan	Birchfield H	14.36
4	Konrad Katarzynski	Birchfield H	14.09
5	Richard Westwood	Dudley & S'bridge	12.09

F24 Triple Jump U20M Final

Posn	Name	Club	Perf
1	Jose Martin-Fullerton	Birchfield H	14.21
2	Sam Edwards	Shrewsbury AC	13.83