

### 600m Heat 1

1 Molly Rees	RSC	1:59.77
2 Annabelle Pask	Coventry Godiva	2:14.94
3 Olivia Woodward	Tamworth AC	2:15.21
4 Bethany Overfield	DASH	2:19.06
5 Jessica Westgate	RSC	2:22.91
6 Tabitha Walker-Warne	Unattached	2:26.25

### Heat 2

1 Chloe Williams	Tamworth AC	2:06.27
2 Danielle Branburn	DASH	2:13.44
3 Omni Logan	Birchfield Harriers	2:23.36
4 Victoria Hollinshead	Tamworth AC	2:29.26
5 Eliza Bunce	Birchfield Harriers	2:32.43
6 Georgia Oliver	Tamworth AC	2:34.41
7 Kirsten Anthony	Kiddiminster + Stourport	3:08.87

### 75m Heat 1

1 Annabelle Pask	Coventry Godiva	11.68
2 Georgina Steggles	Tamworth AC	11.91
3 Danielle Branburn	DASH	12.08
4 Tabitha Walker-Warne	Cheltenham + County	13.17
5 Natasha Longstaff	RSC	13.43
6 Jessica Williams	Hereford + County	13.44
7 Eliza Bunce	Birchfield Harriers	13.45
8 Kirsten Anthony	Kiddiminster + Stourport	13.57

### Heat 2

1 Emily Horne	DASH	11.41
2 Jessica Hirst	Tamworth AC	11.51
3 Chloe Williams	Tamworth AC	11.52
4 Olivia Woodward	Tamworth AC	11.78
5 Bethany Overfield	DASH	12.69
6 Hannah Walker	Birchfield Harriers	12.71
7 Georgia Oliver	Tamworth AC	13.07
8 Victoria Hollinshead	Tamworth AC	13.21

### 75m Final

1 Jessica Hirst	Tamworth AC	11.26
2 Emily Horne	DASH	11.38
3 Annabelle Pask	Coventry Godiva	11.60
4 Chloe Williams	Tamworth AC	11.74
5 Olivia Woodward	Tamworth AC	11.83
6 Georgina Steggles	Tamworth AC	11.83
7 Danielle Branburn	DASH	12.51
8 Bethany Overfield	DASH	12.89

### 600m Heat 1

1	Robert Stroud	Tamworth AC	1:56.26
2	Zack Williams	Telford AC	2:03.09
3	Sean Evans	RSC	2:04.80
4	Robert Palmer	Notts AC	2:07.78
5	Jonathan Grech	Hereford + County	2:09.16
6	Tom Wise	Leamington AC	2:09.16
7	Joshua Ashman	OWLS	2:12.06
8	George Rees	RSC	2:12.87
9	Julien Kay	Solihull + Small Heath	2:15.48
10	Tom Solomons	N/K	2:19.89
11	Christopher Moxon	Ivanhoe Robins	2:22.36
12	Ethan Buckley	Halesowen	2:26.23
13	Matthew Redfern	Tamworth AC	2:43.83

### 75m Heat 1

			11.73
1	Jonathan Grech	Hereford + County	12.05
2	Tom Solomans	N/K	12.24
3	Julien Kay	Solihull + Small Heath	12.43
4	James Williamson	Charnwood AC	12.85
5	Callum McClaren	Tamworth AC	13.88

### Heat 2

1	Zack Williams	Telford AC	11.12
2	Robert Stroud	Tamworth AC	11.14
3			11.54
4			11.80
5	Daniel Lyons	Leamington AC	12.17
6	Christopher Moxon	Ivanhoe Robins	12.81
	Adam Wright	Rugby + Northampton	DNS

### Heat 3

1	Jason Williams	Birchfield Harriers	11.28
2	Elliot Miller	Derby AC	11.90
3	Tom Wise	Leamington AC	12.18
4	Joshua Ashman	OWLS	12.38
5	K-Ryan Hinds	Leicester Coritanian	12.56
6	Matthew Redfern	Tamworth AC	14.50

### 75m Final

1	Robert Stroud	Tamworth AC	10.78
2	Zack Williams	Telford AC	10.95
3	Jason Williams	Birchfield Harriers	10.98
4	Elliot Miller	Derby AC	11.27
5	Rio Kai Yearwood	Birchfield Harriers	11.33
6			11.54
7	Haydn Francis	Birchfield Harriers	11.60
8	Jonathan Grech	Hereford + County	11.73

### 150m Final

1	Myles Morris	Birchfield Harriers	19.56
2	Sonny Murphy	Leicester Coritanian	20.17
3	Harry Solomons	Leicester Coritanian	20.57
4	Callum Hanlon	Leamington AC	20.94
5			21.15
6	Andrew Hughes	Solihull + Small Heath	22.09
7	Oliver Griffiths	Birchfield Harriers	22.55

DNS

### 150m Heat 1

1	Sonny Murphy	Leicester Coritanian	20.21
2	Harry Solomons	Leicester Coritanian	20.56
3	Callum Hanlon	Leamington AC	20.89
4	Andrew Hughes	Solihull + Small Heath	21.87
5	Joe Tilley	Burton	23.29
6	Rory Chambers		23.34
7	Kieran Brann	Hereford + County	25.74

### 150m Heat 2

1	Myles Morris	Birchfield Harriers	20.05
2	Samuel McDonald	Tamworth AC	21.35
3	Oliver Griffiths	Birchfield Harriers	22.63
4	Jack Nicholls	Oswestry Olympians	23.43
5	Alex Benford	Burton AC	23.74
6			24.22
7			24.87

DNS

Rydell Day Birchfield Harriers

### 1500m Final

1	Michael McKeown	Coventry Godiva	4:44.81
2	Callum Hanlon	Leamington AC	4:47.17
3	Stefan Ashman	Unattached	5:01.99
4	Kristian Edwards	Tamworth AC	5:07.42
5	Camron Wood	Birchfield Harriers	5:18.70
6	Ben Wright	Tamworth AC	5:21.56
7	Alex Benford	Burton AC	5:23.68
8	Daniel McKeown	Coventry Godiva	5:43.03

### 75m Heat 1

1	Mark Logan	Birchfield Harriers	9.97
2	Nicholaos Evangelinos	Rugby + Northampton	10.64
3	Andrew Hughes	Solihull + Small Heath	11.12
4	Jack Nicholls	Oswestry Olympians	11.53
5	Joshua Cobb	Amber Valley	12.08
6	Kieren Brann	Hereford + County	12.18

7 Daniel Rich	Unattached	12.58
---------------	------------	-------

Heat 2

1 Sonny Murphy	Leicester Coritanian	10.13
2 Rydell Day	Birchfield Harriers	10.23
3 Harry Solomons	Leicester Coritanian	10.26
4 Forrest Francis	Leicester Coritanian	10.54
5 Rory Chambers		10.94
6 Samuel McDonald	Tamworth AC	10.95
7 Corey Washington	Leicester Coritanian	11.33
8		12.23

75m Final

1 Mark Logan	Birchfield Harriers	9.99
2 Sonny Murphy	Leicester Coritanian	10.05
3 Harry Solomons	Leicester Coritanian	10.31
4 Rydell Day	Birchfield Harriers	10.37
5 Forrest Francis	Leicester Coritanian	10.66
6 Nicolaos Evangelinos	Rugby + Northampton	10.81
7 Andrew Hughes	Solihull + Small Heath	11.14
8		11.19

600m Final

1 Anthony Parkes	Tamworth AC	1:47.18
2 Oliver Griffiths	Birchfield Harriers	1:50.38
3 Alex Benford	Burton AC	1:56.18
4 Sam Lacey	Birchfield Harriers	2:03.63

1km Walk Final

1 Callum Elcock	Dudley + Stourbridge	6:35.57
-----------------	----------------------	---------

### 150m Final

1 Yasmin Miller	Derby AC	19.47
2 Sadie Forrester-Hayles	Tipton Harriers	20.28
3 Fran Hughes	Tamworth AC	20.80
4 Louisa Facchino- Stack	Tamworth AC	20.95
5 Charlotte Jones	Birchfield Harriers	21.14
6 Lauren Oswald	Cheltenham + County	21.84
7 Andrea Barrow	Leicester Coritanian	22.09

### 150m Heat 1

1 Yasmin Miller	Derby AC	19.87
2 Fran Hughes	Tamworth AC	20.88
3 Sophie Daffern	Coventry Godiva	22.23
4	Telford AC	22.46
5 Mia O'Connell	Cheltenham + County	22.91
6 Jasmine Oliver	Tamworth AC	24.00
7 Grace O'Connell	Cannock + Stafford	24.65
8 Rebecca Bradford	Tamworth AC	25.51

### 150m Heat 2

1 Sadie Forrester-Hayles	Tipton Harriers	20.45
2 Charlotte Jones	Birchfield Harriers	20.94
3 Andrea Barrow	Leicester Coritanian	21.68
4		22.16
5 Charlotte Weston	Tamworth AC	22.19
6 Helen Mitchell	Retford AC	23.85
7 Samantha Lawton	Tamworth AC	24.62

### Heat 3

1 Louisa Facchino- Stack	Tamworth AC	20.99
2 Lauren Oswald	Cheltenham + County	21.42
3 Bethany Roberts	Birchfield Harriers	22.54
4 Rhianna Hinds	Leicester Coritanian	23.27
5 Sophia Georgiou	Solihull + Small Heath	23.27
Gemma Gilbert	Royal Sutton	DNS

### 1200m Final

1 Mia O'Connell	Cheltenham	4:05.88
2 Sarah Stuart-Smith	Kiddminster + Stourport	4:16.68
3 Lydia Sergiew	Royal Sutton Coldfield	4:22.82
4 Jade Williams	Hereford + County	4:25.61
5 Katie Yeomans	Newquay + Par	4:32.73

### 75m Heat 1

Yasmin Miller	Derby AC	9.91
Fran Hughes	Tamworth AC	10.63
Andrea Barrow	Leicester Coritanian	10.79

Eloise Redfern	Tamworth AC	11.20
Helen Mitchel	Retford AC	11.43
Katie Yeomans	Newquay + Par	11.47
Isabelle Parry	Unattached	12.00
Grace O'Connell	Cannock + Stafford	12.03

#### Heat 2

Sadie Forrester- Hayles	Tipton Harriers	10.20
Charlotte Jones	Birchfield Harriers	10.54
Lauren Whitehouse	Tamworth AC	11.08
Hannah Saunders	Newquay + Par	11.38
Amy Holloway	Amber Valley	11.39
Annabelle Palmer	Notts AC	11.93
Gemma Gilbert	RSC	12.38

#### Heat 3

Eleanor Johnston	Stratford on Avon	10.67
Iona Magee	Leicester Coritanian	10.85
Lauren Oswald	Cheltenham + county	10.99
Charlotte Weston	Tamworth AC	11.05
Sophie Daffern	Coventry Godiva	11.22
Bethany Robers	Birchfield Harriers	11.48
Jasmine Oliver	Tamworth AC	11.61
Rheanna Hinds	Leicester Coritanian	11.65

#### 75m Final

1 Yasmin Miller	Derby AC	9.67
2 Sadie Forrester-Hayles	Tipton Harriers	10.12
3 Charlotte Jones	Birchfield Harriers	10.28
4 Fran Hughes	Tamworth AC	10.46
5 Eleanor Johnston	Stratford on Avon	10.47
6 Andrea Barrow	Leicester Coritanian	10.65
7 Iona Magee	Leicester Coritanian	10.78
8 Lauren Oswald	Cheltenham + County	10.83

#### 600m Final

1 Eleanor Jones	Telford AC	1:54.22
2 Eloise Redfern	Tamworth AC	1:54.65
3 Jade Williams	Hereford + County	1:55.11
4 Hannah Saunders	Newquay + Par	2:00.45

#### 1km Walk Final

1 Jasmine Nicholls	Leicester WC	5:50.32
--------------------	--------------	---------

### 200m Final

	1 Kanisha Hector	Birmingham Rowheath	26.51
	2 Nardhia Kidd- Walker	Birchfield Harriers	26.88
	3 Caera Cheetham	Leicester Coritanian	27.17
	4 Sophie Taylor	Tamworth AC	27.43
	5 Emily McNeice	Coventry Godiva	27.48
	6 Millie Kellyman	Tamworth AC	27.86
	7 Tayo Akindeinde	Birmingham Rowheath	29.02
DNS	Melissa Hanson	Birchfield Harriers	

### 200m Heat 1

	1 Kanisha Hector	Birmingham Rowheath	26.56
	2 Sophie Taylor	Tamworth AC	27.41
	3 Emily McNeice	Coventry Godiva	27.46
	4 Melissa Hanson	Birchfield Harriers	28.03
	5 Louise Morgan	Worcester AC	29.32
	6 Rebecca Baxter	Charnwood AC	29.86
	7 Danielle Norton	Tamworth AC	30.71
	8 Amandeep Niagra	Birmingham Rowheath	32.42

### 200m Heat 2

	1 Nardhia Kidd-Walker	Birchfield Harriers	26.98
	2		27.59
	3 Millie Kellyman	Tamworth AC	28.15
	4 Tayo Akindeinde	Birmingham Rowheath	28.76
	5 Sabina Makda	Leicester Coritanian	28.91
	6 Hollie Allen	Cannock + Stafford	29.22
	7		29.90
	8 Juliette Parry		30.38

### 1500m Final

	1 Jade Burke	Halesowen	4:59.69
	2 Jenni Ward	Solihull + Small Heath	5:04.91
	3 Clara Evans	Hereford + County	5:12.18
	4 Jemma Westgate	Royal Sutton Coldfield	5:39.55

### 800m Final

	1 Lauren Downing	Coventry Godiva	2:21.30
	2 Shanie Read	Cannock + Stafford	2:26.92
	3 Tania White	Nuneaton Harriers	2:29.39
	4 Sadie Hambly	Solihull + Small Heath	2:30.84
	5 Chloe Murphy	Telford AC	2:37.86

### 100m Final

	1 Caera Cheetham	Leicester Coritanian	12.75
	2 Kanisha Hector	Birmingham Rowheath	12.97
	3 Millie Kellyman	Tamworth AC	12.98
	4 Layla Rees-Cooke	Birchfield Harriers	13.01

5 Emily McNeice	Coventry Godiva	13.01
6 Katie Gardner	City of Stoke	13.31
7 Nardhia Kidd-Walker	Birchfield Harriers	13.40
Suzanne Palmer	Derby AC	DNS

#### 300m Heat 1

1 Sophie Taylor	Tamworth AC	43.3
2 Kirsty Overfield	DASH	44.8
3 Tania White	Nuneaton Harriers	45.7
4 Hannah Stanley	Coventry Godiva	46.8
5 Clara Evans	Hereford + County	48.0

#### 300m Heat 2

1 Sophie Munn	Kettering Town	45.3
2 Hollie Allen	Cannock + Stafford	45.8
3 Kathryn Smith	RSC	46.4
4 Tayo Akindeinde	Birmingham Rowheath	47.0
5 Sadie Hambly	Solihull + SH	47.4

#### 300m Final

1 Sophie Taylor	Tamworth AC	43.56
2 Kirsty Overfield	DASH	44.33
3 Sophie Munn	Kettering Town	45.30
4 Tania White	Nuneaton Harriers	45.89
5 Hollie Allen	Cannock + Stafford	46.40
6 Tayo Akindeinde	Birmingham Rowheath	46.00
7 Kathryn Smith	RSC	48.73
8 Hannah Stanley	Coventry Godiva	DNS

#### 100m Heat 1

1 Caera Cheetham	Leicester Coritanian	12.71
2 Eyitayo Titiloye	Birchfield Harriers	13.47
3 Chelsey Garratley	Birchfield Harriers	13.67
4 Louise Morgan	Worcester AC	13.75
5 Rebecca Baxter	Charnwood AC	13.91
6 Danielle Norton	Tamworth AC	14.41

#### Heat 2

1 Emily McNeice	Coventry Godiva	13.14
2 Kanisha Hector	Birmingham Rowheath	13.15
3 Nardhia Kidd-Walker	Birchfield Harriers	13.27
4 Elise Austin	Birchfield Harriers	13.89
5 Robyn Washington	Leicester Coritanian	14.15
6 Megan Stratford	RSC	14.28

#### Heat 3

1 Layla Rees-Cooke	Birchfield Harriers	13.00
2 Millie Kellyman	Tamworth AC	13.03
3 Suzanne Palmer	Derby AC	13.33
4 Shana Parker	Banbury Harriers	13.70
5 Gracie Jack	Coventry Godiva	14.43



6 Juliette Parry	Unattached	14.79
------------------	------------	-------

Heat 4

1 Katie Gardner	City of Stoke	13.28
2 Kirsty Overfield	DASH	13.43
3 Rosie West	Coventry Godiva	13.45
4 Sabina Makda	Leicester Coritanian	13.60
5 Rebecca Birch-Faulkner	Charnwood AC	14.21
6 Charlotte Russell	Wolverhampton + Bilston	14.41

1km Walk Final

1 Sophie Allen	Charnwood AC	8:11.89
----------------	--------------	---------

### 200m Final

	1 Ashwin Kang	Derby AC	24.39
	2 Shane Henry	Birchfield Harriers	24.56
	3 Scott Douglas	Derby AC	25.00
	4 Joe Williamson	Charnwood	25.14
	5 Scott Wilson	Tipton Harriers	25.41
	6 Nathaniel Facey	Birchfield Harriers	25.59
DNS	Craig Sammons	Cannock + Stafford	
DNS	Jordan Smith	Dudley + Stourbridge	

### 200m Heat 1

	1 Shane Henry	Birchfield Harriers	24.94
	2 Nathaniel Facey	Birchfield Harriers	25.64
	3 Ryan Millar	Derby AC	26.47
	4 Michael Kosyłowicz	Cheltenham + CH	26.67
DNS	Jacob Gardiner-Moon	Rugby + Northampton	
DNS	Alex North	Leicester Coritanian	

### 200m Heat 2

	1 Ashwin Kang	Derby AC	24.76
	2 Joe Williamson	Charnwood	25.61
	3 Scott Wilson	Tipton Harriers	25.81
	4 Hassan M Hassan	Coventry Godiva	26.06
	5 Nikita Shelyakin	Tamworth AC	27.01
	6 Sean Rich	Cannock + Stafford	27.18

### 200m Heat 3

	1 Scott Douglas	Derby AC	25.35
	2 Craig Sammons	Cannock + Stafford	25.77
	3 Jordan Smith	Dudley + Stourbridge	25.77
	4 Tom Withers	Coventry Godiva	28.66
DNS	Lewis Yardley	Coventry Godiva	

### 1500m Final

	1 Sam Derry	Cannock + Stafford	4:48.06
	2 Joshua Lacey	Birchfield Harriers	4:50.2
	3 Ben Griffiths	Birchfield Harriers	5:02.71
	4 Alexander Teagle	Sparkhill Harriers	5:29.47
DNS	Jack Hall	Rugby + Northampton	

### 800m Final

	1 Ashwin Kang	Derby AC	2:13.5
	2 Ashley Wickett	Cannock + Stafford	2:15.0
	3 Jordan Smith	Dudley + Stourbridge	2:17.0

4	Scott Edwards	Derby AC	2:18.4
5	Benji Pearson	Wolverhampton + Bilsto	2:21.0
6	Ross Anthony	Kiddminster + Stourpor	2:23.4
7	Paul Scott	Birmingham Rowheath	2:29.2
8	Taylor Preston	OWLS	2:36.5
9	James Wright	Rugby + Northampton	2:44.7

#### 100m Heat 1

1	Shane Henry	Birchfield Harriers	12.24
2	Scott Douglas	Derby AC	12.38
3	Jake Porter	Derby AC	12.61
4	Louis Yardley	Coventry Godiva	12.62
5	Jordan Smith	DASH	12.66
6	Jamell Newill	Tamworth AC	13.15
	Jordan Roach	Tamworth AC	DNS

#### Heat 2

1	Craig Sammons	Cannock + Stafford	12.44
2	Hassan M Hassan	Coventry Godiva	12.44
3	Joshua Newman	Birchfield Harriers	12.45
4	Daley Graham	Leicester Coritanian	13.00
5	Elliot Wirner de Sondberg	Worcester AC	13.52
6	Jacob Gardiner- Moon	Rugby + Northampton	13.96

#### Heat 3

1	Scott Wilson	Tipton Harriers	12.26
2	Ryan Stride	Birchfield Harriers	12.40
3	Joe Williamson	Charnwood	12.57
4	Micheal Kosyłowicz	Cheltenham + County	12.91
5	Ryan Miller	Derby AC	12.98
6	Sean Rich	Cannock + Stafford	13.37
7	Thomas Withers	N/ K	13.97

#### 100m Final

1	Scott Wilson	Tipton Harriers	12.21
2	Shane Henry	Birchfield Harriers	12.26
3	Scott Douglas	Derby AC	12.34
4	Craig Sammons	Cannock + Staffs	12.36
5	Hassan M Hassan	Coventry Godiva	12.41
6	Joe Williamson	Charnwood	12.45
7	Ryan Stride	Birchfield Harriers	12.45
8	Joshua Newman	Birchfield Harriers	12.61

#### 400m Final

1	Ashwin Kang	Derby AC	54.82
2	Tom Cubitt	Bicester AC	57.21
3	Conor Paterson	Halesowen AC	57.22
4	Roger Gregory	Birchfield Harriers	57.30
5	Thomas Davis	Birchfield Harriers	59.41

6 Ashley Wickett	Cannock + Stafford	60.71
7 Scott Gregory	Birchfield Harriers	65.74

1km Walk Final

1 Sam Webb	Allumwell Bus Coll	5:27.86
------------	--------------------	---------

### 200m Final

1	Sophie Wright	Rugby + Northampton	26.34
2	Sarah Weaver	Hereford + County	26.37
3	Victoria Walker	Coventry Godiva	27.10
4	Eleanor Russon	Tipton Harriers	27.31
5	Nicola Goddard	Halesowen	27.79
6	Leanne Buehling	Banbury	28.13
7	Danielle Marzak	Tamworth AC	28.14
8	Hannah Godrich	Leicester Coritanian	28.53

### 800m Final

1	Cally Read	Cannock + Stafford	2:20.4
2	Rhiannon Linnington-Payne	Bridgenorth AC	2:26.4

### 200m Heat 1

	1	Sophie Wright	Rugby + Northampton	26.52
	2	Victoria Walker	Coventry Godiva	27.21
	3	Hannah Godrich	Leicester Coritanian	28.13
	4	Laura Haslam	Charnwood AC	28.81
	5	Elisha Bateman	Cannock + Stafford	29.23
	6	Emma Yhnel	Cheltenham + CH	32.04
DNS		Mary Hawksworth	Burton AC	

### 200m Heat 2

	1	Sarah Weaver	Hereford + County	26.64
	2	Eleanor Russon	Tipton Harriers	27.46
	3	Nicola Goddard	Halesowen	27.71
	4	Leanne Buehling	Banbury	28.02
	5	Danielle Marzak	Tamworth AC	28.16
	6	Clare Ashley	Notts AC	28.40
	7	Chloe Boulter	Cannock + Stafford	28.85

### 400m Heat 1

	1	Rhiannon Linnington-Payne	Bridgenorth AC	60.03
	2	Cally Read	Cannock + Stafford	62.89
	3	Christina Pantelli	Leicester Coritanian	66.01
	4	Vanessa Brann	Hereford + County	67.57

### 400m Heat 2

	1	Claire Ashley	Notts AC	63.23
	2	Alexandra Williams	Leamington AC	63.35
	3	Hannah Godrich	Leicester Coritanian	64.35
	4	Mary Hawksworth	Burton AC	68.25
	5	Elisha Bateman	Cannock + Stafford	68.74

### 400m Final

1	Rhiannon Linnington-Payne	Bridgenorth AC	59.08
2	Cally Read	Cannock + Stafford	60.81
3	Claire Ashley	Notts AC	63.80
4	Christina Pantelli	Leicester Coritanian	65.19
5	Hannah Godrich	Leicester Coritanian	65.50
6	Vanessa Brann	Hereford + County	70.41
7	Mary Hawksworth	Burton AC	71.95
8	Alexandra Williams	Leamington AC	DNS

#### 1500m Final

1	Vanessa Brann	Hereford + County	5:20.66
2	Elyse Jinks	Tamworth AC	5:45.80
3	Amy Williams	Tamworth AC	5:51.64

#### 100m Heat 1

1	Sarah Weaver	Hereford + County	12.69
2	Eleanor Russon	Tipton Harriers	13.07
3	Laura Taylor	Tamworth AC	13.11
4	Nicola Goddard	Halesowen	13.36
5	Danielle Marczak	Tamworth AC	13.69
6	Natalie Carr	Leicester Coritanian	13.94

#### Heat 2

1	Sophie Wright	Rugby + Northampton	12.78
2	Victoria Walker	Coventry Godiva	13.15
3	Leanne Buehling	Banbury	13.39
4	Laura Haslam	Charnwood AC	13.48
5	Emma Yhnell	Cheltenham + County	14.77
6			14.93

#### 100m Final

1	Sarah Weaver	Hereford + County	12.36
2	Sophie Wright	Rugby + Northampton	12.51
3	Victoria Walker	Coventry Godiva	12.83
4	Eleanor Russon	Tipton Harriers	12.87
5	Laura Taylor	Tamworth AC	12.90
6	Nicola Goddard	Halesowen	13.12
7	Leanne Buehling	Banbury Harriers	13.31
8	Laura Haslam	Charnwood AC	13.40

### 200m Final

	1 Marcel Hodge	Charnwood AC	23.33
	2 Ben Horsley	Tamworth AC	23.45
	3 Liam Tracey	City of Stoke	23.69
	4 Ben Newman	Birchfield Harriers	23.88
	5 Joe Scott	Halesowen	24.06
	6 Mitchell Kirby	Leicester Coritnian	24.25
	7 Raj Palmer	Leicester Coritnian	24.85
DNS	Tom Challis	Tamworth AC	

### 800m Final

	1 Adam Cotton	Birchfield Harriers	2:00.52
	2 Richard O'Donnell	Birchfield Harriers	2:01.00
	3 Andrew Downing	Coventry Godiva	2:02.71
	4 Steven Harris	Tamworth AC	2:08.12
	5 Chris Boden	Tamworth AC	2:08.91
	6 Michael Brind	Charnwood	2:09.34
	7 Daniel Wright	Stratford on Avon	2:10.23
	8 Jamie King	Tamworth AC	2:23.01

### 200m Heat 1

	1 Liam Tracey	City of Stoke	23.57
	2 Ben Horsley	Tamworth AC	23.96
	3 Tom Challis	Tamworth AC	24.19
	4 Mitchell Kirby	Leicester Coritnian	24.24
DNS	Ramone Williams	Notts AC	

### 200m Heat 2

	1 Marcel Hodge	Charnwood AC	23.74
	2 Ben Newman	Birchfield Harriers	23.81
	3 Joe Scott	Halesowen AC	24.25
	4 Raj Parmar	Leicester Coritnian	24.48
	5 Karl Ledington	Coventry Godiva	24.50

### 1500m Final

	1 Andrew Kaighin	Cheltenham + County	4:30.42
	2 Billy Trueman	Tipton Harriers	4:45.35
	3 Sam Micklewright	Tamworth AC	4:54.03
	4 Rober Pritchard Jones	Birchfield Harriers	5:00.23

### 100m Heat 1

	1 Ben Newman	Birchfield Harriers	11.58
	2 James Gardner	City of Stoke	11.62
	3 Dominic Friend	Charnwood AC	11.73
	4 Daniel Bennett	Rugby + Northampton	11.82
	5 Adam Foxall	DASH	11.84
	6 James Eaton	Rugby + Northampton	12.55

### Heat 2

1	Joe Scott	Halesowen	11.58
2	Dominic Ainsworth	Coventry Godiva	11.74
3	Raj Palmer	Leicester Coritnian	11.84
4	Ben Horsley	Tamworth AC	11.86
5	Mitchell Kirby	Leicester Coritnian	11.98
6	Liam Tracy	City of Stoke	12.01

### Heat 3

1	Marcel Hodge	Charnwood	11.50
2	Guy Mayer	Cannock + Stafford	11.56
3	Chris Wade	Halesowen	11.78
4	Karl Ledington	Coventry Godiva	12.04
5	Ramone Williams	Notts AC	12.45

### 100m Final

1	Marcel Hodge	Charnwood	11.25
2	James Gardner	City of Stoke	11.28
3	Guy Mayer	Cannock + Stafford	11.40
4	Dominic Friend	Charnwood	11.51
5	Joe Scott	Halesowen	11.53
6	Ben Newman	Birchfield Harriers	11.57
7	Dominic Ainsworth	Coventry Godiva	11.57
8	Chris Wade	Halesowen	DNS

### 400m Final

1	Andrew Pozzi	Stratford on Avon	52.01
2	Luke Evans	Bromsgrove + Redditch	52.85
3	Tom Challis	Tamworth AC	52.97
4	Christian Rees-Cooke	Birchfield Harriers	53.09
5	Damon Wong	Solihull + Small Heath	53.82
6	Jordan Martin	Amber Valley	56.04
7	Billy Trueman	Tipton AC	59.39



### 800m Final

1	Katherine Snowdon	Tamworth AC	2:33.67
2	Emily Field-Lucas	Tamworth AC	2:42.37
3	Rebecca Herring	Amber Valley	3:08.11

### 200m Final

	1	Meghan Beesley	Tamworth AC	24.37
	2	Heather Douglas	Derby AC	26.29
	3	Lucy Spray	Mansfield H	27.02
	4	Caroline Waddell	Banbury H	27.80
	5	Kellie Bewick	Coventry Godiva	28.24
	6	Alice McGill	Banbury H	28.64
DNS		Rebecca Courtenay	Cheltenham & CH	
DNS		Lauren Quenby	Charnwood AC	

### 400m Final

	1	Emma Pullen	Shrewsbury AC	57.34
	2	Kellie Bewick	Coventry Godiva	59.39
	3	Hollie Owen	Tamworth AC	61.08
	4	Charlotte Berrington	Bridgenorth AC	61.19

### 1500m Final

	1	Emily Field-Lucas	Tamworth AC	5:26.46
	2	Rebecca Herring	Amber Valley	6:23.80

### 100m Heat 1

	1	Meghan Beesley	Tamworth AC	11.98
	2	Kimi Moncrieffe	Birchfield Harriers	12.88
	3	Lucy Spray	Mansfield	13.06
	4	Lauren Quenby	Charnwood	13.29
	5	Louise Feeney	Amber Valley	13.32

### Heat 2

	1	Shelley Went	Leamington AC	12.49
	2	Jade Peak	Birchfield Harriers	13.03
	3	Carolinme Waddell	Banbury	13.55
	4	Alice McGill	Banbury	13.66

### 100m Final

	1	Meghan Beesley	Tamworth AC	11.64
	2	Shelley Went	Leamington	12.23
	3	Jade Peak	Birchfield Harriers	12.66
	4	Kimi Moncrieffe	Birchfield Harriers	12.70
	5	Lucy Spray	Mansfield	12.96
	6	Louise Feeney	Amber Valley	13.12
	7	Lauren Quenby	Charnwood	13.23
	8	Caroline Waddell	Banbury	13.27

2km Walk Final

1 Fiona McGorum

Leicester WC

10:34.46

#### 400m Final

1 Sean Taylor	Corby AC	49.81
2 Tom Burton	Tamworth AC	49.94

#### 100m Heat 1

1 Steven Horton	Tipton Harriers	11.16
2 Luke Baker	Birchfield Harriers	11.47
3 Micheal Thompson	Coventry Godiva	11.57
4 Andrew Raybould	Tipton Harriers	11.76
5 Jason Woodley	Unattached	11.86
6 Nick Crawford	Tamworth AC	12.30

#### Heat 2

1 Ryan Farrington	Birchfield Harriers	10.82
2 Julien Adeniran	Charnwood	11.07
3 Wesley Weathers	Leicester Coritnianj	11.33
4 Martin Browne	Coventry Godiva	11.64
5 Jonathan Kay	Derby AC	11.77

#### 100m Final

1 Ryan Farrington	Birchfield Harriers	10.78
2 Steven Horton	Tipton Harriers	10.96
3 Luke Baker	Birchfield Harriers	11.16
4 Wesley Weathers	Leicester Coritnianj	11.17
5		11.46
6 Martin Browne	Coventry Godiva	11.62
Sean Duffill	Birchfield Harriers	DNS
Andrew Raybould	Tipton Harriers	DNS

#### 200m Final

1 Ryan Farrington	Birchfield Harriers	22.13
2 Steven Horton	Tipton Harriers	22.69
3 Wesley Weathers	Leicester Coritnianj	23.27
4		23.67
5 Jonathan Kay	Derby AC	24.34

#### 800m Final

1 Sam Evans	Tamworth AC	1:57.81
2 Simon King	Tamworth AC	1:58.54

#### 200m Final

1	Charmaine Riley	RSC	25.17
2	Laura Langowski	Coventry Godiva	25.37
3	Becky Slaymaker	Newport H	26.05
4	Joanne Brooke	Shrewsbury AC	27.06
5	Fiona Ellis	RSC	27.99
6	Vicky King	Birchfield	28.29
7	Kelly King	Charnwood AC	28.63

#### 100m Final

1	Charmaine Riley	RSC	12.13
2	Laura Langowski	Coventry Godiva	12.45
3	Laura Ellis	RSC	13.03
4	Kelly King	Charnwood	13.41
5	Vicky King	Birchfield Harriers	13.54
6	Louise Webster	Wolverhampton + Bilston	13.64
7	Megan Evans	RSC	13.98

#### 400m Final

1	Melinda Cooksey	Tipton Harriers	56.27
2	Becky Slaymaker	Newport	60.07
3	Fiona Parker	Notts AC	62.23
4	Louise Webster	Wolverhampton + Bilston	63.40
5	Joanne Brook	Shrewsbury AC	63.51
6	Judith Buckley	Halesowen	68.82
7	Laura Clarke	Birmingham Rowheath	73.55

#### 2km Walk Final

1	Julie Bellfield	Halesowen AC	11:37.61
2	Karen Davies	Birchfield Harriers	12:25.05
3	Jill Langford	Wolverhampton + Bilston	13:14.02
4	Beryl Chapman	Tamworth AC	16:20.67

## 200m

### Heat 1

1	Fitzroy Falconer	Birchfield Harriers	22.12
2	Steven Dealtry	Leamington AC	23.15
3	Leroy Phillips	Leicester Coritanian	23.55
4	Adam Hughes	Birchfield Harriers	24.22
5	Nigel Holness	Wolverhampton + Bilston	29.36

### Heat 2

1	Shem Nelson	Birchfield Harriers	22.43
2	Robert North	Unattached	23.14
3	Donovan James	Wolverhampton + Bilston	24.27
4	Paul North	Unattached	24.51
5	Christopher Ashmore	Mansfield AC	25.02
6	C. A Boothe	Charnwood	27.98

### Heat 3

1	Dwayne Lewis	Birchfield Harriers	22.26
2	Simon Bennett	Leamington	23.13
3	Justin Grimes	Birchfield Harriers	23.16
4	Isaac Enenche	Birchfield Harriers	24.18
5	Mark Bennett	Bromsgrove + Redditch	24.97
6	Victor Cook	Leicester Coritanian	26.01

### 200m Final

	1	Dwayne Lewis	Birchfield Harriers	21.58
	2	Shem Nelson	Birchfield Harriers	22.06
	3	Simon Bennett	Leamington AC	22.77
	4	Steven Dealtry	Leamington AC	22.84
	5	Justin Grimes	Birchfield Harriers	23.01
DNS		Fitzroy Falconer	Birchfield Harriers	
DNS		Robert North	Unattached	
DNS		Leroy Phillips	Leicester Coritanian	

### 1500m Final

1	Collin Palmer	Notts AC	4:15.40
2	Andrew Kaar	Solihull + Small Heath	4:16.60
3	Geoff Lowry	Amber Valley	4:29.54
4	Richard Carney	Birmingham Rowheath	5:23.44

### 100m Heat 1

1	Jim Tipper	Telford AC	11.16
2	Steven Dealtry	Leamington AC	11.31
3	Carl Mason	Birchfield Harriers	11.33
4	Tim Barton	Charnwood AC	11.51
5	Aiden Woodley	Tipton Harriers	11.54
6	C A Booth	Charnwood AC	13.69

7 Nigel Holness	Wolverhampton + Bilston	13.78
Heat 2		
1 Cloron Hilton	Birchfield Harriers	10.94
2 Leroy Phillips	Leicester Coritanian	11.17
3 Justin Thompson	Birchfield Harriers	11.35
4 David Feeney	Amber Valley	11.37
5 Simon Bennett	Leamington AC	11.81
6 Ashley Sutton	Birchfield Harriers	12.10
7 Christopher Ashmore	Mansfield Harriers	12.48
Heat 3		
1 Fitzroy Falconer	Birchfield Harriers	10.99
2 Richard Elliot	Nuneaton Harriers	11.52
3 Adam Hughes	Birchfield Harriers	11.54
4 Donovan James	Wolverhampton + Bilston	11.75
5 Mark Bennett	Bromsgrove + Redditch	12.09
6 Victor Cook	Leicester Coritanian	12.37
100m Final		
1 Cloron Hilton	Birchfield Harriers	10.84
2 Fitzroy Falconer	Birchfield Harriers	10.84
3 Jim Tipper	Telford AC	11.01
4 Leroy Phillips	Leicester Coritanian	11.02
5 Steven Dealtry	Leamington AC	11.15
6 Carl Mason	Birchfield Harriers	11.37
7 Richard Elliot	Nuneaton	11.60
Justin Thompson	Birchfield Harriers	DNS
400m Heat 1		
1 Stuart Marshall	Coventry Godiva	51.4
2 Jamie Gill	Cannock + Stafford	52.6
3 Brenton Hardware	Birchfield Harriers	53.3
4 Tony Noel	Cheltenham + County	53.9
5 Andrew Beeston	Shrewsbury AC	53.9
6 Matthew James	Tamworth AC	54.8
7 Kevin Pye	Charnwood AC	57.3
Heat 2		
1 Dave Bullock	Kiddminster + Stourport	52.5
2 T W Meakin	OWLS	53.6
3 Ian Barrow	Cheltenham + County	54.3
4 Greg Richards	Tamworth AC	55.2
5 Nick Wilkins	Tamworth AC	55.7
6 Carlton McDonald	Tamworth AC	60.3
400m Final		
1 Stuart Marshall	Coventry Godiva	50.82
2 Jamie Gill	Cannock + Stafford	51.48
3 Ian Barrow	Cheltenham + County	51.64

4 T W Meakin	OWLS	51.78
5 Dave Bullock	Kiddminster + Stourport	51.78
6 Brenton Hardware	Birchfield	53.17
7 Andrew Beeston	Shrewsbury AC	55.03
8 Tony Noel	Cheltenham + County	55.51

#### 800m Final

1 Paul Harmer	Charnwood AC	1:59.21
2 Paul Tasker	Tamworth AC	2:05.11
3 Matt Pleass		2:07.96

#### 2km Walk Final

1 Mark Williams	Tamworth AC	8:15.85
2 John Constandinou	Birchfield Harriers	10:46.33