

Posn	Name	Club	Perf
1	Sameul Cordin	Mansfield H	51.67
2	Oliver Knight	Charnwood AC	53.14
3	Daniel Hume	Birchfield H	55.99
4	Alfred Larbi	Birchfield H	56.05

T4 400m U20M Heat 2

Posn	Name	Club	Perf
1	Clark Hobson	Notts AC	52.40
2	Colaine McLeish	Wolves & Bilston	52.47
3	Daniel Boden	Bridgnorth AC	53.56
4	Mark Oates	Shrewsbury AC	55.73

T4 400m U20M Heat 3

Posn	Name	Club	Perf
1	Callem Forde	Charnwood AC	52.25
2	Abdillah Nassir	Charnwood AC	53.39
3	Michael Thompson	Coventry Godiva	55.98

T5 400m SW Heat 1

Posn	Name	Club	Perf
1	Laura Langowski	Tamworth AC	57.55
2	Amy Frith	Tamworth AC	58.77 pb
3	Hazel Le Cornu	Scarborough AC	1.00.27
4	Emma Day	Leamington AC	1.03.52
5	Charlotte Livingstone	Birmingham Uni	1.03.55

T5 400m SW Heat 2

Posn	Name	Club	Perf
1	Megan Beesley	Tamworth	57.83
2	Gemma Elliott	Kettering Town	59.18
3	Leila Corfield	Bristol & West AC	59.56
4	Caroline Golder	Stafford Harriers	1.04.78
5	Cindy Parry	Shrewsbury AC	1.07.28

T5 400m SW Heat 3

Posn	Name	Club	Perf
1	Claire Burgoyne	Shrewsbury AC	56.45
2	Emma Williams	Coventry Godiva	58.65
3	Laura Singleton	Wolves & Bilston	59.01
4	Tahlia Gray	Birmingham Uni	1.01.93
5	Louise Webster	Wolves & Bilston	1.02.81
6	Kirsten Brown	Shrewsbury AC	1.15.13

T6 400m SM Heat 1

Posn	Name	Club	Perf
1	Dan Cossins	Birchfield H	48.07
2	Martin Cook	Mansfield H	49.17
3	Lee Fear	Birchfield H	51.83
4	William Merrett	Severn AC	52.00
5	Richard Henry	Birchfield H	54.22

T6 400m SM Heat 2

Posn	Name	Club	Perf
1	Dwayne Lewis	Birchfield H	50.45
2	Andrew Dean-Young	Birmingham Uni	50.78
3	Brenton Hardware	Birchfield H	51.06
4	Andrew Beeston	Shrewsbury AC	53.99
5	Andy Poppleton	Worcester AC	56.01

T6 400m SM Heat 3

Posn	Name	Club	Perf
1	Simon Plaskitt	Cheltenham & C H	49.30
2	Alex Merrett	Severn AC	50.62
3	Paul Harmer	Charnwood AC	52.92
	John Merrett	Severn AC	DNS

T6 400m SM Heat 4

Posn	Name	Club	Perf
1	James Marshall	Reading AC	49.62
2	Shem Nelson	Birchfield H	50.44
3	David Hutchings	Birmingham Uni	52.98
4	Nick Spargo	Tamworth AC	54.13

T7 300m U17W Heat 1

Posn	Name	Club	Perf
1	Emily Baker	Cheltenham & C H	42.92
2	Hanifa Greenwood	Birchfield H	43.16
3	Natalie Butterworth	Mansfield H	45.71
4	Christina Pantelli	Leicester Coritanian	47.47

T7 300m U17W Heat 2

Posn	Name	Club	Perf
1	Leyoni Massop	Wolves & Bilston	42.97

2	Beckie Houston	Bridgnorth AC	44.48
3	Clare Ashley	Notts AC	44.67
4	Alexandra Bayliss	Kidd/Stourport	48.38

T7 300m U17W Heat 3

Posn	Name	Club	Perf
1	Hannah Godrich	Leicester Coritanian	43.22
2	Sophie Clark	Birchfield H	43.59
3	Danielle Penman	Halesowen AC	45.28
4	Zoe Brown	Cheltenham & C H	46.52

T8 800m U15G Heat 1

Posn	Name	Club	Perf
1	Siobhan Harrison	Mansfield H	2.26.25
2	Chloe Bradley	Retford AC	2.27.76
3	Esther Harrill	Yate & D	2.31.51
4	Lucy Turvey	Wolves & Bilston	2.33.98
5	Amy Jones-Morris	Wolves & Bilston	2.37.40
6	Caragh Spencer-Hicks	Wolves & Bilston	2.44.94
7	Sara Bobash	Wolves & Bilston	2.51.69

T8 800m U15G Heat 2

Posn	Name	Club	Perf
1	Christie Childs	Mansfield H	2.23.98
2	Emily Fitzhugh	Yate & D	2.30.99
3	Victoria Budd	Yate & D	2.33.91
4	Lilianne Sutton	Birchfield H	2.35.60
5	Hayley Smith	Yate & D	2.38.64
6	Megan Dixon	Wolves & Bilston	2.38.98
7	Sadie Hambly	Solihull & S H	2.44.17

T9 800m U15B Final

Posn	Name	Club	Perf
1	Thomas Purnell	Stroud & D	2.19.88
2	Rodger Gregory	Birchfield H	2.21.31
3	Ross Anthony	Kidd/Stourport	2.28.38

T10 800m U17M Heat 1

Posn	Name	Club	Perf
1	Andrew Downing	Coventry Godiva	2.08.02
2	Josh Kinch	City of Stoke	2.08.81
3	Manzu-Lyn Cain	Tipton H	2.09.26
4	Alistair Fowler	Corby AC	2.09.85

5	Leon Simpson	Birchfield H	2.12.27
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T10 800m U17M Heat 2

Posn	Name	Club	Perf
1	Chris Carter	Telford AC	2.08.70
2	Lewis Bostock	Notts AC	2.09.19
3	Matt Craythorne	Yate & D	2.09.23
4	David Boden	Bridgnorth AC	2.18.01
5	Hugo Graham	Leicester Coritanian	2.29.34

T10a 800m U17W Final

Posn	Name	Club	Perf
1	Rowena Cole	Coventry Godiva	2.15.88
2	Rhiannon Linington-Payne	Bridgnorth AC	2.17.49
3	Georgia Milton	Mansfield H	2.18.45
4	Ellyn Mee	Leamington AC	2.36.23
5	Emma Overy	RSC	2.40.08

T11 800m U20W Final

Posn	Name	Club	Perf
1	Ejiro Okoro	Birchfield H	2.15.14
2	Bethan Roberts	Bridgnorth AC	2.30.36

T12 800m U20M Heat 1

Posn	Name	Club	Perf
1	Sam Evans	Cannock & Stafford	1.55.68
2	Anthony Gray	B'ham Rowheath	1.55.90
3	Aidan Reid	Mansfield H	1.55.96
4	Dan Bartlett	City of Bath	1.58.66
5	Tom Grimley	Coventry Godiva	1.59.03
6	Ben Sharman	Kettering Town	2.00.72
7	Alastair Smith	Coventry Godiva	2.00.77

T13 800m SW Final

Posn	Name	Club	Perf
1	Elena Darby	Birchfield H	2.11.14
2	Anouska McConnell	Birchfield H	2.11.45
3	Jo Harper	Cannock & Stafford	2.20.37
4	Emma Day	Leamington AC	2.27.67

T14 800m SM Heat 1

Posn	Name	Club	Perf
1	Martin Flook	Bristol & West AC	1.59.53
2	Steven Sinclair	Coventry Godiva	1.59.98
3	Ashley Sabin	Notts AC	2.02.00
4	Daniel Clarke	Coventry Godiva	2.04.94
5	Darren Lewis	Wolves & Bilston	2.06.45
	Andy Poppleton	Worcester AC	DNS

T14 800m SM Heat 2

Posn	Name	Club	Perf
1	James Miller	Cheltenham & C H	2.01.50
2	Andrew de Camps	Forest of Dean	2.01.84
3	Richard Warburton	Notts AC	2.02.28
4	Michael Cardew	Cheltenham & C H	2.08.13
5	Kevin Pye	Charnwood AC	2.08.30

T16 200m U15G Heat 1

Posn	Name	Club	Perf
1	Kanisha Hector	B'ham Rowheath	26.09
2	Charlotte Davies	Rugby & N	27.75
3	Ffion Kelly	Cheltenham & C H	28.56
4	Rebecca Davies	Rugby & N	29.37
5	Kathryn Smith	RSC	30.00

T16 200m U15G Heat 2

Posn	Name	Club	Perf
1	Charlotte Burrows	Rugby & N	26.45
2	Sophie Taylor	Tamworth AC	27.24
3	Jodie Harrison	Wolves & Bilston	28.08
4	Keziah Rust	Cheltenham & C H	28.29
5	Elise Austin	Birchfield H	29.50

T16 200m U15G Heat 3

Posn	Name	Club	Perf
1	Nardhia Kidd-Walker	Birchfield H	27.85
2	Esther Harrill	Yate & D	28.16
3	Danielle Norton	Tamworth AC	29.47
4	Laura Follows	Halesowen AC	30.17

T16 200m U15G Heat 4

Posn	Name	Club	Perf
1	Milly Kellyman	Tamworth AC	27.75 pb
2	Leah Hyde	Burton AC	28.05

3	Lucy Wallett	Halesowen AC	28.64
4	Samantha Griffiths	Cheltenham & C H	28.66

T17 200m U15B Heat 1

Posn	Name	Club	Perf	
1	Tobias Nwenwu	Wolves & Bilston	24.06	
2	Ryan Stride	Birchfield H	26.06	
3	Lewis Hook	N'pton Boys School	26.14	
4	Alex McKie	N'pton Boys School	26.70	pb
5	Richard Adiyia	Charnwood AC	30.78	

T17 200m U15B Heat 2

Posn	Name	Club	Perf	
1	Kota Suzuki	Broms & Redd	25.01	pb
2	Nathaniel Facey	Birchfield H	26.39	
3	Scott Wilson	Tipton H	26.62	
4	Luke Morbey	Birchfield H	27.12	
5	Henry Thompson	Yate & D	27.44	pb

T17 200m U15B Heat 3

Posn	Name	Club	Perf	
1	Shane Henry	Birchfield H	25.19	pb
2	Nathan Wade	Birchfield H	25.20	
3	Joshua Newman	Birchfield H	26.34	
4	Bryn Stretton	Stratford-on-Avon	26.54	
5	James Wright	Rugby & N	27.85	

T18 200m U17W Heat 1

Posn	Name	Club	Perf	
1	Sophie Wright	Rugby & N	26.87	
2	Sophie Clark	Birchfield H	26.96	
3	Sophie Meakin	Rugby & N	27.02	
4	Amanda Evans	Stratford-on-Avon	27.82	
5	Beckie Houston	Bridgnorth AC	28.03	
6	Alexandra Bayliss	Kidd/Stourport	29.92	

T19 200m U17M Heat 1

Posn	Name	Club	Perf	
1	Ben Riekstins	Telford AC	23.42	
2	Christopher Wade	Halesowen AC	23.50	pb
3	Philip Berners	Charnwood AC	23.91	
4	Sam Austin	N'pton Boys School	25.73	
5	James Traves	Telford AC	26.12	

T19 200m U17M Heat 2

Posn	Name	Club	Perf	
1	Ben Sturgess	Bedford & County	23.38	
2	Luke Evans	Broms & Redd	23.69	
3	Rajan Parmar	Leicester Coritanian	23.91	pb
4	Mitchell Kirby	Leicester Coritanian	24.56	

T19 200m U17M Heat 3

Posn	Name	Club	Perf	
1	Antoe Walters	Birchfield H	23.04	
2	Nathan Nwenwu	Wolves & Bilston	23.67	
3	Adam Storer	Rugby & N	24.12	pb
4	David Huggins	Cheltenham & C H	25.25	pb

T20 200m U20W Final

Posn	Name	Club	Perf
1	Kylie Russell	Wessex & Bath	25.36
2	Laura Scougall	Birchfield H	25.58
3	Kerry Salter	Bedford & County	26.29
4	Natalie Elliott	Rugby & N	28.15
	Francesca Keeble	Cheltenham & C H	DNS

T21 200m U20M Heat 1

Posn	Name	Club	Perf
1	Luke Lennon-Ford	Birchfield H	22.22
2	Ashleigh Naylor	Gloucester AC	23.53
3	Tom Offler	Notts AC	23.64
4	Michael Thompson	Coventry Godiva	24.09
	Abdillah Nassir	Charnwood AC	DNS

T21 200m U20M Heat 2

Posn	Name	Club	Perf
1	Sean Taylor	Corby AC	22.14
2	Omar Hutchinson	Birchfield H	23.52
3	Luke Gibson	RSC	23.97
4	Mark Oates	Shrewsbury AC	24.83
5	Jacob Miller-Lopez	B'ham Rowheath	25.72

T21 200m U20M Heat 3

Posn	Name	Club	Perf
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1	Ryan Farrington	Birchfield H	22.97
2	Sean Duffill	Birchfield H	23.16
3	Martin Browne	Coventry Godiva	23.62
4	James Coley	Birchfield H	23.99
5	Daniel Hume	Birchfield H	24.77

T22 200m SW Heat 1

Posn	Name	Club	Perf
1	Melinda Cooksey	Tipton H	25.58
2	Donna Shorthouse	Notts AC	26.88
3	Louise Webster	Wolves & Bilston	27.77
4	Kelly King	Charnwood AC	28.53
5	Charlotte Livingstone	Birmingham Uni	30.20

T22 200m SW Heat 2

Posn	Name	Club	Perf
1	Bev Hawkins	Cheltenham & C H	26.70
2	Tahlia Gray	Birmingham Uni	26.99
3	Joanne Brooke	Shrewsbury AC	27.31
4	Cindy Parry	Shrewsbury AC	29.89
5	Wendy Morant	Birchfield H	29.92

T23 200m SM Heat 1

Posn	Name	Club	Perf
1	Greg Smith	Yate & D	21.67
2	Sean Buckeridge	University of Bath	23.01
3	Richard Reynolds	Hereford & County	23.40
4	Peter Sserunkuma	Notts AC	25.61
5	Ganesh Verma	Notts AC	26.82

T23 200m SM Heat 2

Posn	Name	Club	Perf
1	Jermaine Downie	Birchfield H	22.26
2	Mark Dunwell	Notts AC	22.62
3	Terry McAdams	Cannock & Stafford	23.10
4	Kasim Adesanya	Notts AC	25.09

T23 200m SM Heat 3

Posn	Name	Club	Perf
1	Jim Tipper	Telford AC	22.41
2	Richard Rubenis	Telford AC	23.05
3	Justin Grimes	Birchfield H	23.57
4	Tom Hardie	Birmingham Uni	24.03

T23 200m SM Heat 4

Posn	Name	Club	Perf
1	Arron Aplin	Notts AC	22.60
2	Husain Alali	Leamington AC	23.02
3	Lee Groenewegen	Cheltenham & C H	23.90
4	Andy Flint	Telford AC	23.97
5	Donovan James	Wolves & Bilston	24.77

T24 300m U17W Final

Posn	Name	Club	Perf
1	Emily Baker	Cheltenham & C H	42.56
2	Hanifa Greenwood	Birchfield H	42.93
3	Leyoni Massop	Wolves & Bilston	43.31
4	Hannah Godrich	Leicester Coritanian	43.83
5	Sophie Clark	Birchfield H	44.41
6	Beckie Houston	Bridgnorth AC	45.78 pb

T25 400m U17M Final

Posn	Name	Club	Perf
1	Ross McDonald	RSC	49.67
2	Michael Warner	Notts AC	49.68
3	Charlie Burn	Stratford-on-Avon	50.11
4	Ben Sturgess	Bedford & County	52.88
5	Christian Rees-Cooke	Birchfield H	53.95 pb
6	Efekomo Okoro	Birchfield H	54.41

T27 400m U20M Final

Posn	Name	Club	Perf
1	Sameul Cordin	Mansfield H	49.51
2	Colaine McLeish	Wolves & Bilston	51.57
3	Clark Hobson	Notts AC	52.05
4	Callem Forde	Charnwood AC	52.17
5	Abdillah Nassir	Charnwood AC	52.34
6	Oliver Knight	Charnwood AC	54.65

T28a 400m SM Final

Posn	Name	Club	Perf
1	Dan Cossins	Birchfield H	47.93
2	Dwayne Lewis	Birchfield H	48.62
3	Simon Plaskitt	Cheltenham & C H	48.70
4	James Marshall	Reading AC	49.19
5	Martin Cook	Mansfield H	49.21 pb

6	Shem Nelson	Birchfield H	50.34
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T28b 400m SW Final

Posn	Name	Club	Perf
1	Megan Beesley	Tamworth	54.79
2	Claire Burgoyne	Shrewsbury AC	55.65
3	Laura Langowski	Tamworth AC	55.98
4	Emma Williams	Coventry Godiva	58.92
5	Laura Singleton	Wolves & Bilston	59.22
6	Amy Frith	Tamworth AC	59.59

T35 800m U15G Final

Posn	Name	Club	Perf
1	Christie Childs	Mansfield H	2.20.65
2	Siobhan Harrison	Mansfield H	2.24.13
3	Chloe Bradley	Retford AC	2.25.21
4	Emily Fitzhugh	Yate & D	2.30.21
5	Esther Harrill	Yate & D	2.39.03
6	Victoria Budd	Yate & D	2.40.55

T36 800m U17M Final

Posn	Name	Club	Perf
1	Lewis Bostock	Notts AC	2.05.19
2	Chris Carter	Telford AC	2.07.11
3	Andrew Downing	Coventry Godiva	2.07.18
4	Manzu-Lyn Cain	Tipton H	2.08.11
5	Matt Craythorne	Yate & D	2.09.55
6	Josh Kinch	City of Stoke	2.10.68

T38 800m SM Final

Posn	Name	Club	Perf
1	Martin Flook	Bristol & West AC	1.55.08
2	Andrew de Camps	Forest of Dean	1.55.56
3	Steven Sinclair	Coventry Godiva	1.56.43
4	James Miller	Cheltenham & C H	1.57.46
5	Richard Warburton	Notts AC	2.01.63
6	Ashley Sabin	Notts AC	2.03.30

T45 200m U15G Final

Posn	Name	Club	Perf
1	Kanisha Hector	B'ham Rowheath	25.85
2	Charlotte Burrows	Rugby & N	26.72
3	Sophie Taylor	Tamworth AC	27.70

4	Milly Kellyman	Tamworth AC	28.10
5	Nardhia Kidd-Walker	Birchfield H	28.76

T46 200m U15B Final

Posn	Name	Club	Perf
1	Tobias Nwenwu	Wolves & Bilston	23.87
2	Kota Suzuki	Broms & Redd	24.51
3	Shane Henry	Birchfield H	25.27
4	Nathan Wade	Birchfield H	25.82
5	Ryan Stride	Birchfield H	26.01

T48 200m U17M Final

Posn	Name	Club	Perf
1	Antoe Walters	Birchfield H	22.62
2	Ben Sturgess	Bedford & County	23.30
3	Christopher Wade	Halesowen AC	23.56
4	Ben Riekstins	Telford AC	23.58
5	Nathan Nwenwu	Wolves & Bilston	23.63

T49 200m U20M Final

Posn	Name	Club	Perf
1	Sean Taylor	Corby AC	21.87
2	Luke Lennon-Ford	Birchfield H	21.88
3=	Ryan Farrington	Birchfield H	22.92
3=	Sean Duffill	Birchfield H	22.92
5	Omar Hutchinson	Birchfield H	23.37

T50 200m SW Final

Posn	Name	Club	Perf
1	Melinda Cooksey	Tipton H	24.16
2	Bev Hawkins	Cheltenham & C H	26.11
3	Tahlia Gray	Birmingham Uni	27.08
4	Joanne Brooke	Shrewsbury AC	27.08
5	Donna Shorthouse	Notts AC	27.26

T51 200m SM Final

Posn	Name	Club	Perf
1	Greg Smith	Yate & D	21.39
2	Jemaine Downie	Birchfield H	21.53
3	Mark Dunwell	Notts AC	22.37
4	Jim Tipper	Telford AC	22.55
5	Arron Aplin	Notts AC	22.62

F01 Shot U20W Final

Posn	Name	Club	Perf
1	Suzanne Scott	Coventry Godiva	13.16
2	Rachel Wallader	Halesowen AC	12.29
3	Jenny Scott	B'ham Rowheath	11.99

F02 Shot U17W Final

Posn	Name	Club	Perf
1	Katherine McBeth	Coventry Godiva	11.57
2	Tesni Ward	City of Sheffield	10.47
3	Jade Weston	City of Stoke	9.65

F03 Shot U15G Final

Posn	Name	Club	Perf
1	Elise Austin	Birchfield H	8.14
2	Jade Perry	Solihull & S H	7.87
3	Charlotte Davies	Rugby & N	7.56
4	Caragh Spencer-Hicks	Wolves & Bilston	7.48
5	Zoe Green	Shrewsbury AC	6.78
6	Kathryn Smith	RSC	6.59
7	Rebecca Davies	Rugby & N	6.28

pb

F06 Shot SM Final

Posn	Name	Club	Perf
1	Andrew Thomas	Birchfield H	15.17
2	Chris Mee	Charnwood AC	12.59
3	John Twiddle	K'ston upon Hull	11.76

F07 Shot U20M Final

Posn	Name	Club	Perf
1	Martin Bartholmew	City of Stoke	15.16
2	Jason Green	Shrewsbury AC	12.44
3	Alex Berrow	Tamworth AC	11.73

F08 Shot U17M Final

Posn	Name	Club	Perf
1	Reece Thomas	Birchfield H	16.26
2	William Jenkins	Halesowen AC	13.49
3	Jamie Courtenay	Cheltenham & C H	11.51
4	Tom Pearson	Charnwood AC	11.38

F09 Shot U15B Final

Posn	Name	Club	Perf
1	Nicholas Blunsom	N'pton Boys School	13.21
2	Joshua Newman	Birchfield H	11.39
3	Josh Herbert	Worcester AC	11.33

F12 Triple Jump SM Final

Posn	Name	Club	Perf
1	Lawrence Harvey	Trafford AC	14.49
2	Andrew Beeston	Shrewsbury AC	12.12

F12a Triple Jump U17M Final

Posn	Name	Club	Perf
1	Andy Pozzi	Stratford-on-Avon	12.59
2	Ding Yang	Bristol & West AC	12.57
3	James Griffith	B'ham Rowheath	11.74

F12b Triple Jump U20M Final

Posn	Name	Club	Perf
1	Joe Curtis	Solihull & S H	13.84
2	Christopher Bartlett	Stratford-on-Avon	13.65
3	Jacob Miller-Lopez	B'ham Rowheath	12.53

F13a Triple Jump U17W Final

Posn	Name	Club	Perf	
1	Emma Spragg	Solihull & S H	10.56	
2	Amanda Evans	Stratford-on-Avon	10.28	
3	Hannah Walsh	Charnwood AC	10.11	
4	Elizabeth Parry	Solihull & S H	9.72	pb

F13B Triple Jump U20W Final

Posn	Name	Club	Perf	
1	Tamara Longwe	Leicester Coritanian	11.67	pb
2	Laura Simmonds	Cannock & Stafford	10.78	
3	Chioma Chilaka	Leicester Coritanian	10.63	
4	Racene Reid	Wolves & Bilston	10.53	