

**N.B. ALL JUMPS HELD INDOORS**

1	South	287pts
2	Midlands	235pts
3	North	205pts

**MEN'S MATCH**

1	South	136pts
2	Midlands	124pts
3	North	100pts

**WOMEN'S MATCH**

1	South	151pts
2	Midlands	111pts
3	North	105pts

**WOMEN'S RESULTS****3000m Walk**

Pos	Athlete	Club	No.	Perf.
1	Anne Wheeler	Midlands	1	16:17.38
2	Anne Belchambers	South	5	17:34.9

**400m H**

Pos	Athlete	Club	No.	Perf.
1	Nusrat Ceesay	South	6	58.74
2	Hannah Stares	South	5	60.38
3	Nisha Desai	North	3	60.89
4	Sarah Todd	North	4	61.20
5	Justine Kinney	Midlands	2	61.47
6	Wendy Davidson	Stoke	281	62.59
7	Sarah Adams	Midlands	1	63.58

**800m**

Pos	Athlete	Club	No.	Perf.
1	Michael Hutchinson	South	5	2.05.63
2	Karen John	North	3	2.06.58
3	Harriet Scott	South	6	2.07.91

**100m**

Wind Speed 0.0 m/s

Pos	Athlete	Club	No.	Perf.
1	Melinda Cooksey	Midlands	2	11.97
2	Helen Pryer	South	6	12.03
3	Amina Ceesay	South	5	12.05
4	Julia White	North	3	12.24
5	Sinead Johnson	Midlands	1	12.37

**2000m s/c**

Pos	Athlete	Club	No.	Perf.
1	Jessica Sparke	South	5	6:44.75
2	Celia de Maria	North	3	6:51.77
3	Julie Leventon	North	4	7:16.29

**100m H**

Wind Speed 0.4 m/s

Pos	Athlete	Club	No.	Perf.
1	Julie Hollman	Belgrave	282	14.04
2	Chanelle Garnett	South	6	14.10
3	Nusrat Ceesay	South	5	14.26

4	Kate Cowley		277	14.45
5	Sarah Todd	North	4	14.51
6	Ruth Dales	North	3	14.52
7	Ros Gonse	Midlands	2	14.58
8	Gemma Weetman	Midlands	1	14.64

**200m**

Wind Speed 0.0 m/s

Pos	Athlete	Club	No.	Perf.
1	Helen Pryer	South	5	23.85
2	Victoria Barr	North	4	23.90
3	Melinda Cooksey	Midlands	1	24.11
4	Ellen Howarth-Brown		276	24.59
5	Amina Ceesay	South	6	24.67
6	Kayo Titiloye	Midlands	2	24.92
7	Julia White	North	3	24.98
8	Nadine Okyere	Birchfield	286	25.19

**400m**

Pos	Athlete	Club	No.	Perf.
1	Henritetta Kodilinye Sims	South	5	54.56
2	Rebecca Sweeney	Sale	288	55.18
3	Seemita Gumbs	Midlands	1	55.42
4	Rhianna Parker Simpson	Midlands	2	56.86
5	Sam Singer	South	6	57.67
6	Nisha Desai	North	3	58.21
7	Rachael Thompson	North	4	63.74

**1500m**

Pos	Athlete	Club	No.	Perf.
1	Ellie Stevens	North	3	4.31.10
2	Stacey Johnson	Midlands	1	4.34.05

**4x100m**

Pos	Athlete	Club	No.	Perf.
1		North	3	47.80
2		Midlands	1	47.95
3		South	5	48.20

**4x400m**

Pos	Athlete	Club	No.	Perf.
1		South	5	3.52.92
2		Midlands	1	3.53.06

**Pole Vault**

Pos	Athlete	Club	No.	Perf.
1	Anna Olko	North	4	3.80
2	Fiona Harrison	North	3	3.80
3	Rachel Gibbens	South	5	3.70
4	Laura Patterson	South	6	3.60
5	Hilary Smith	Midlands	1	3.20

**High Jump**

Pos	Athlete	Club	No.	Perf.
1	Julie Hollman	Midlands	1	1.80
2	Julia Bennett	South	6	1.80
3	Jenni Lumbley	North	3	1.75
4	Kay Humberstone	North	4	1.70
5	Sade Thompson	Midlands	2	1.70
6	Kate Cowley	South	5	1.65

**Hammer**

Pos	Athlete	Club	No.	Perf.
1	Zoe Derham	Midlands	1	65.30
2	Shirley Webb	North	3	63.31
3	Victoria Thomas	South	6	54.67
4	Sarah Holt	North	4	55.34
5	Joanne John	South	5	53.30
6	Lucy Marshall	Midlands	2	51.87

**Triple Jump**

Pos	Athlete	Club	No.	Perf.
1	Stephanie Aneto	South	6	12.75
2	Denae Matthew	Midlands	2	12.70
3	Debbie Rowe	Midlands	1	12.68
4	Julie Straker	North	3	12.29
5	Claire Linskill	South	5	12.09

**Shot Putt**

Pos	Athlete	Club	No.	Perf.
1	Eden Francis	Midlands	1	15.14
2	Joanne Duncan	South	6	14.85
3	Eleanor Gattrell	South	5	14.79
4	Julie Hollman	Midlands	2	11.74
5	Fiona Thomas	North	4	11.36
6	Louise Keen	North	3	10.79

**Discus**

Pos	Athlete	Club	No.	Perf.
1	Emma Carpenter	South	6	50.35
2	Kara Nwodobie	North	3	49.76
3	Jade Nicholls	South	5	47.22
4	Navdeep Dhaliwal	Midlands	2	45.67
5	Eden Francis	Midlands	1	45.19
6	Sarah Henton	North	4	42.53

**Javelin**

Pos	Athlete	Club	No.	Perf.
1	Laura Whittingham	North	4	49.29
2	Simone Huggins Ward	Midlands	2	41.25
3	Kate Cowley (Brewington)	South	6	35.78
4	Rose Gonse	Midlands	1	35.32
5	Anne-Marie Pennington	North	3	31.79
6	Julia Bennett	South	5	30.76

**Long Jump**

Pos	Athlete	Club	No.	Perf.
1	Emma Hughes	South	6	5.87
2	Gemma Weetman	Midlands	1	5.79
3	Leanne Buxton	South	5	5.66
4	Aimee Palmer	Midlands	2	5.42
5	Julia Straker	North	4	5.34
6	Joanne Oats	North	3	5.01

**MEN'S RESULTS****3000m Walk**

Pos	Athlete	Club	No.	Perf.
1	Mark Williams	Midlands	1	13:29.10

2	Phil Williams	South	6	14:30.49
3	Steve Arnold	Midlands	2	14:30.63
4	Trevor Jones	South	5	15:02.20
5	Dwayne Butterly	North	3	15:51.73

**400m H**

Pos	Athlete	Club	No.	Perf.
1	Tom Carey	South	6	52.7
2	Iain McDonald	Midlands	1	53.9
3	Tom Graham	North	3	54.1
4	Andrew Hopkinson	North	4	55.7
5	Ogadima Duru	South	5	57.00

**800m**

Pos	Athlete	Club	No.	Perf.
1	Dave Ragen	South	6	1:55.73
2	Steve Evison	North	3	1:56.22
3	Chris Bryant	North	4	1:56.26
4	Oliver Holden	Midlands	2	1:58.27

**100m**

Wind Speed 1.1 m/s

Pos	Athlete	Club	No.	Perf.
1	Darren Chin	South	6	10.55
2	Jermaine Downie	Midlands	1	10.64
3	Lloyd Rice	Midlands	2	10.81
4	Leroy Slue	South	5	10.85
5	Tim Ward	North	3	10.91
6	Tom Grantham	North	4	11.81

**3000m s/c**

Pos	Athlete	Club	No.	Perf.
1	Martin Reid	North	3	9:34.47
2	Steve Millward	Midlands	1	9:38.43
3	John Halligan	North	4	9:52.02

**100m H**

Wind Speed 1.5 m/s

Pos	Athlete	Club	No.	Perf.
1	Duncan Malins	South	6	14.06
2	Nick Gayle	Midlands	1	14.06
3	Damien Greaves	South	5	14.21
4	Dominic Girdler	Midlands	2	14.24
5	Robert Henry	North	3	14.65
6	Dominic Bradley	North	4	14.69

**200m**

Wind Speed 0.0 m/s

Pos	Athlete	Club	No.	Perf.
1	Julian Thomas	Midlands	2	21.13
2	Darren Chin	South	6	21.27
3	Rick Beardsell	North	3	21.52
4	Tim Ward	North	4	21.78
5	Leroy Slue	South	5	22.00
6	Luke Lennon-Ford	Midlands	1	22.33

**400m**

Pos	Athlete	Club	No.	Perf.
1	Conrad Williams	South	5	46.93
2	Grant Baker	Midlands	2	47.45
3	Dan Cossins	Midlands	1	47.53
4	Nick Little	North	3	48.46

5	Leon Grant	South	6	48.99
6	Danny Brandwood	North	4	50.28

**1500m**

Pos	Athlete	Club	No.	Perf.
1	Tom Holden	Midlands	1	3.59.32
2	Richard Weir	North	3	3.59.54
3	Ian Williamson	South	6	3.59.75
4	John Hutchings	South	5	4.01.40
5	Paul Hutton	North	4	4.01.64

**4x100m**

Pos	Athlete	Club	No.	Perf.
1		South	5	42.49
2		North	3	43.38

**4x400m**

Pos	Athlete	Club	No.	Perf.
1		South	5	3.21.6s
2		North	3	3.22.7s

**Pole Vault**

Pos	Athlete	Club	No.	Perf.
1	Nick Buckfield	South	6	5.00
2	Mike Barber	Midlands	1	4.80
3	Max Eaves	North	3	4.70
4	Reece Searles	North	4	4.40
5	Chris Mills	South	5	4.40

**High Jump**

Pos	Athlete	Club	No.	Perf.
1	Tom Parsons	Midlands	1	2.20
2	Martin Lloyd	South	6	2.15
3	Mark Crowley	South	5	2.15
4	Calvin Hall	Midlands	2	2.00

**Hammer**

Pos	Athlete	Club	No.	Perf.
1	Mike Floyd	North	3	67.83
2	Simon Bown	South	5	67.24
3	Carl Siggers	South	6	62.63
4	Matt Bell	Midlands	1	61.64
5	Matt Lambley	North	4	60.45
6	Craig Ellams	Midlands	2	58.17

**Triple Jump**

Pos	Athlete	Club	No.	Perf.
1	Mike McKernan	Midlands	1	15.06
2	Anthony Mattis	Midlands	2	14.06
3	Graham Jackson	North	3	13.75

**Shot Putt**

Pos	Athlete	Club	No.	Perf.
1	Sam Westlake-Cann	South	6	16.88
2	Jamie Williamson	North	3	16.11
3	Karl Fletcher	North	4	16.00
4	Morris Fox	Midlands	2	14.39
5	Mark Leitch	South	5	14.10

**Discus**

Pos	Athlete	Club	No.	Perf.
1	Marcus Goldbourne	North	3	52.42
2	Les Richards	North	4	51.27
3	Steve Hale	Midlands	2	44.20
4	Mark Allen	Midlands	1	40.25
5	Carl Saggars	South	6	38.18

**Javelin**

Pos	Athlete	Club	No.	Perf.
1	Felix Hutton	South	5	65.74
2	Anthony Lovett	South	6	64.45
3	James Hopley	Midlands	1	63.80
4	Dave KcKay	North	3	62.42
5	Glyn Hollingworth	Midlands	2	61.57
6	Ben Fisher	North	4	56.87

**Long Jump**

Pos	Athlete	Club	No.	Perf.
1	Leigh Smith	Midlands	1	7.30
2	Oliver McNeillis	Midlands	2	7.10
3	Adrian Phillips	South	6	6.65
4	Graham Jackson	North	3	6.27

**MCAA SENIOR 3000M CHAMPIONSHIPS AND GUEST RACES****MCAA 3K Championship Men**

	Adam Grice		278	8.29.04s	Guest
1	Martin Whitehouse	Notts AC	33	8.37.16s	
2	Thoms Warrender	W & B	34	8.57.46s	
3	Phillip Clamp	Tipton	25	9.01.85s	
4	Stuart Boon	Sphinx	24	9.10.27s	
	Mike Cadman		291	9.15.12s	Guest
5	Tom Bailey	Notts AC	23	9.20.48s	
6	Andrew Kaar	S/SH	28	9.32.16s	

**MCAA Champs 3000 metres Women**

1	Nicola Bamford	Notts AC		09:55.1	
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**100 metres Men Guest W/S 0.00**

1	Colin Wilson		271	10.77	
2	Matt Thomas		272	10.85	
3	Andrew Jones		280	11.09	
4	Rafael Alleyne		270	11.13	
5	Carl Mason		279	11.44	

**Mens Guest 200m W/S 0.00**

1	Colin Wilson		271	22.00	
2	Matt Thomas		272	22.09	
3	Lloyd Rice		285	22.92	

**Men's Guest 400m**

1	Robert Lewis		275	48.33	
2	Ros Edgley		287	48.51	
3	Phil Taylor		283	48.61	
4	Shem Nelson		289	50.27	