

T01 200m U20W Heat 1

Posn	Name	Club	Perf
1	Emily Diamond	Bristol & West AC	25.57
2	Sarah Weaver	Hereford & County	28.07
3	Lauren Quenby	Charnwood AC	28.92

T01 200m U20W Heat 2

Posn	Name	Club	Perf
1	Shelley Went	Leamington AC	25.98
2	Lucy Blackman	Solihull & S H	26.59
3	Emma Cluley	Rugby & N	28.59

T02 200m U20M Heat 1

Posn	Name	Club	Perf
1	Luke Lennon-Ford	Birchfield H	22.61
2	Adam Storer	Rugby & N	23.15
3	Ben Riekstins	Telford AC	23.25
4	Ashleigh Naylor	Gloucester AC	23.77
5	Dominic Friend	Charnwood AC	24.47

T02 200m U20M Heat 2

Posn	Name	Club	Perf
1	Ryan Farrington	Birchfield H	22.99
2	Santino Dummett	Telford AC	23.54
3	Rory MacGregor	Corby AC	23.84
4	Karl Ledington	Coventry Godiva	24.37

T02 200m U20M Heat 3

Posn	Name	Club	Perf
1	Steven Horton	Tipton H	23.14
2	Jonathan Timmins	Tipton H	23.44
3	Ben Horsley	Tamworth AC	23.50
4	Sean Linnie	Worcester AC	24.25
5	Adam Taylor	Bristol & West AC	24.41

T03 400m SW Heat 1

Posn	Name	Club	Perf
1	Meghan Beesley	Tamworth AC	56.92
2	Rachel Harris	Birchfield H	57.91
3	Gemma Elliott	Kettering Town	58.85
4	Leila Corfield	Bristol & West AC	59.35

5	Amy Frith	Tamworth AC	61.27
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T03 400m SW Heat 2

Posn	Name	Club	Perf
1	Claire Burgoyne	Shrewsbury AC	57.19
2	Emma Williams	Coventry Godiva	57.50
3	Laura Singleton	Wolves & Bilston	58.28
4	Joanne Brooke	Shrewsbury AC	63.98

T03 400m SW Heat 3

Posn	Name	Club	Perf
1	Laura Langowski	Coventry Godiva	55.02
2	Celia Brown	Rugby & N	55.46
3	Louise Webster	Wolves & Bilston	62.33
4	Caroline Powell	Bristol & West AC	63.00

T04 400m SM Heat 1

Posn	Name	Club	Perf
1	Lloyd Zvasiya	Birchfield H	50.19
2	Patrick Palmer-Junior	Birchfield H	50.46
3	Ian Barough	Cheltenham & C H	52.12
4	Lee Groenewegen	Cheltenham & C H	52.41
5	Richard Henry	Birchfield H	53.93
6	Jonathan Newell	Mansfield H	56.33 pb

T04 400m SM Heat 2

Posn	Name	Club	Perf
1	Dwayne Lewis	Birchfield H	50.28
2	Darren Lewis	Wolves & Bilston	51.08
3	Andrew Dean-Young	Birmingham Uni	52.25
4	Stefan Wilcockson	Mansfield H	52.85
5	Tony Wells	Corby AC	61.22

T04 400m SM Heat 3

Posn	Name	Club	Perf
1	Martin Cook	Mansfield H	50.06
2	John Merrett	Severn AC	50.26
3	Jamie Fletcher	Burton AC	52.83
4	Andy Poppleton	Worcester AC	54.24
5	Adrian Newall	Birchfield H	54.32

T05 800m U20W Final

Posn	Name	Club	Perf
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20 January 2008

MCAA INDOOR Champs, Seniors Under 20s

at NIA Birmingham

1	Ejiro Okoro	Birchfield H	2.16.85
2	Cally Read	Cannock & Stafford	2.17.97
3	Leonie Shipley	Derby AC	2.28.72

T06 800m U20M Final

Posn	Name	Club	Perf
1	Sam Evans	Cannock & Stafford	2.02.52
2	Ben Sharman	Kettering Town	2.12.51

T07 200m SW Heat 1

Posn	Name	Club	Perf
1	Melinda Cooksey	Tipton H	25.08
2	Kylie Russell	Wessex & Bath	25.46
3	Charmaine Riley	RSC	25.75
4	Joanne Brooke	Shrewsbury AC	27.49

T07 200m SW Heat 2

Posn	Name	Club	Perf
1	Ellena Ruddock	Rugby & N	24.54
2	Emma Bailey	Rugby & N	25.00
3	Louise Webster	Wolves & Bilston	28.09

T08 200m SM Heat 1

Posn	Name	Club	Perf
1	Dan Cossins	Birchfield H	22.47
2	Dalton Powell	Notts AC	23.86
3	Viv Oliver	Notts AC	24.63

T08 200m SM Heat 2

Posn	Name	Club	Perf
1	Paul Judson	Notts AC	22.46
2	Mark Dunwell	Notts AC	22.95
3	Adam Hughes	Birchfield H	23.93
4	Kasim Adesanya	Notts AC	23.97

T08 200m SM Heat 3

Posn	Name	Club	Perf
1	Fitzroy Falconer	Birchfield H	22.78
2	Andrew Shepherd	Charnwood AC	23.09
3	Martin White	Mansfield H	23.92
4	Nathan Booth	Charnwood AC	24.02

T08 200m SM Heat 4

Posn	Name	Club	Perf
1	Nicholas Kanonik	Birchfield H	22.69
2	Jim Tipper	Telford AC	22.71
3	Justin Grimes	Birchfield H	23.45

T09 400m U20W Heat 1

Posn	Name	Club	Perf
1	Francesca Keeble	Cheltenham & C H	62.75
2	Hayley Pitman	Bristol & West AC	63.17
3	Leyoni Massop	Wolves & Bilston	63.35
4	Nadia Bobash	Wolves & Bilston	65.31

T09 400m U20W Heat 2

Posn	Name	Club	Perf	
1	Ese Okoro	Birchfield H	59.36	
2	Jenny White	Worcester AC	60.07	U17
3	Emily Baker	Cheltenham & C H	61.19	
4	Lucy Ferguson	Telford AC	62.72	

T10 400m U20M Heat 1

Posn	Name	Club	Perf
1	Ross McDonald	Birchfield H	51.08
2	Luke Gibson	RSC	51.57
3	Abdillah Nassir	Charnwood AC	51.78
4	Luke Evans	Broms & Redd	52.92
5	Calum Hutchman	Charnwood AC	53.50

T10 400m U20M Heat 2

Posn	Name	Club	Perf
1	Charlie Burn	Stratford-on-Avon	50.94
2	Nico Constanti	Forest of Dean	51.34
3	Colaine McLeish	Wolves & Bilston	52.46
4	Michael Thompson	Coventry Godiva	53.12
5	Jamie Garbett	Birchfield H	54.17

T11 800m SW Final

Posn	Name	Club	Perf
1	Victoria Owen	Sale Harriers	2.11.55
2	Stacey Johnson	Cannock & Stafford	2.13.25
3	Sally Olorenshaw	Coventry Godiva	2.19.65
4	Suzanne Harding	Bristol & West AC	2.25.87

T12 800m SM Heat 1

Posn	Name	Club	Perf
1	Richard Hill	Notts AC	1.48.70
2	James Miller	Cheltenham & C H	1.55.93
3	Andrew de-Camps	Gloucester AC	1.57.57
4	Marc Turner	Birchfield H	1.59.09
5	James Lynch	Birchfield H	2.01.76
6	Andrew Cooper	Tipton H	2.20.09

T12 800m SM Heat 2

Posn	Name	Club	Perf
1	Damien Moss	Woodford G & EL	1.51.14
2	Oliver Holden	Halesowen AC	1.54.79
3	Anthony Gray	B'ham Rowheath	1.56.36
4	Paul Harmer	Charnwood AC	1.56.77
5	Ashley Sabin	Notts AC	2.02.86

T13 60m U20W Heat 1

Posn	Name	Club	Perf
1	Shelley Went	Leamington AC	7.78 pb
2	Lucy Blackman	Solihull & S H	8.08
3	Kerry Salter	Bedford & County	8.29
4	Lauren Quenby	Charnwood AC	8.66
	Caroline Ford	Nuneaton H	8.84

T13 60m U20W Heat 2

Posn	Name	Club	Perf
1	Sarah Weaver	Hereford & County	8.17
2	Kimi Moncrieffe	Birchfield H	8.20
3	Emma Hourd	Notts AC	8.30
4	Emma Cluley	Rugby & N	8.36

T14 60m U20M Heat 1

Posn	Name	Club	Perf
1	Ryan Farrington	Birchfield H	6.99
2	Steven Horton	Tipton H	7.32
3	Ben Newman	Birchfield H	7.33
4	Adam Taylor	Bristol & West AC	7.48
5	Sean Linnie	Worcester AC	7.49
6	Tom Offler	Notts AC	7.50
7	Karl Ledington	Coventry Godiva	7.59
8	Tom Bell	Mansfield H	7.63

T14 60m U20M Heat 2

Posn	Name	Club	Perf
1	Antoe Walters	Birchfield H	7.10
2	Michael Warner	Notts AC	7.22
3	Aidan Twomey	Coventry Godiva	7.32
4	Santino Dummett	Telford AC	7.35
5	Jonathan Timmins	Tipton H	7.55
6	Dominic Friend	Charnwood AC	7.57
7	Ben Horsley	Tamworth AC	7.57
8	Stephen Prosser	Dudley & S'bridge	7.96

T14 60m U20M Heat 3

Posn	Name	Club	Perf
1	Jamie Blundell	Coventry Godiva	7.13
2	Brentton Smith	Birchfield H	7.16
3	Nick Frodsham	Leamington AC	7.26
4	Adam Goulding	Notts AC	7.32
5	Ben Riekstins	Telford AC	7.47
6	Adam Storer	Rugby & N	7.61
7	Rory MacGregor	Corby AC	7.65

pb

T15 60m SW Heat 1

Posn	Name	Club	Perf
1	Emma Bailey	Rugby & N	7.64
2	Charnia Weightman	Yate & District	7.81
3	Nicola Robinson	Coventry Godiva	7.91
4	Sophie Lambert	Gloucester AC	8.34
5	Amy Fendley	Newark AC	8.78

pb

T15 60m SW Heat 2

Posn	Name	Club	Perf
1	Melinda Cooksey	Tipton H	7.61
2	Ellena Ruddock	Rugby & N	7.69
3	Kylie Russell	Wessex & Bath	7.79
4	Michelle Thomas	Birchfield H	7.98

pb

T16 60m SM Heat 1

Posn	Name	Club	Perf
1	Ryan Scott	Yate & District	6.7
2	Ryan James	Birchfield H	7.1
3	Fitzroy Falconer	Birchfield H	7.2
4	Brendan Goss	Gloucester AC	7.3
5	Mark Dunwell	Notts AC	7.4
6	Derek Morgan	Bristol & West AC	7.4
7	Ferman Uddin	Charnwood AC	8.2
8	Martin White	Mansfield H	8.4

T16 60m SM Heat 2

Posn	Name	Club	Perf	
1	Lloyd Rice	Bristol & West AC	7	
2	Paul Judson	Notts AC	7.1	
3	Richard Rubenis	Telford AC	7.2	
4	Tim Barton	Charnwood AC	7.4	
5	Isaac Enenche	Birchfield H	7.5	
6	Kasim Adesanya	Notts AC	7.5	pb
7	Viv Oliver	Notts AC	7.8	
8	Dalton Powell	Notts AC	7.9	

T16 60m SM Heat 3

Posn	Name	Club	Perf	
1	Cloron Hylton	Birchfield H	7.1	
2	Stewart Marshall	Coventry Godiva	7.3	
3	Leigh Smith	Birchfield H	7.4	
4=	Andrew Shepherd	Charnwood AC	7.5	
4=	Adam Hughes	Birchfield H	7.5	
6	Andy Flint	Telford AC	7.6	
7	Nathan Booth	Charnwood AC	7.7	

T17 400m SW Final

Posn	Name	Club	Perf	
1	Laura Langowski	Coventry Godiva	54.29	CBP
2	Meghan Beesley	Tamworth AC	54.31	pb
3	Claire Burgoyne	Shrewsbury AC	56.62	
4	Emma Williams	Coventry Godiva	57.02	
5	Rachel Harris	Birchfield H	60.68	
	Celia Brown	Rugby & N	DNS	

T18 400m SM Final

Posn	Name	Club	Perf	
1	Dwayne Lewis	Birchfield H	48.75	
2	Lloyd Zvasiya	Birchfield H	49.26	
3	Martin Cook	Mansfield H	49.50	
4	Darren Lewis	Wolves & Bilston	50.62	pb
5	John Merrett	Severn AC	50.81	
6	Patrick Palmer-Junior	Birchfield H	51.26	

T19 200m U20W Final

Posn	Name	Club	Perf	
1	Emily Diamond	Bristol & West AC	25.41	
2	Shelley Went	Leamington AC	25.72	pb
3	Lucy Blackman	Solihull & S H	26.56	
4	Sarah Weaver	Hereford & County	27.66	
5	Emma Cluley	Rugby & N	28.51	

T20 200m U20M Final

Posn	Name	Club	Perf
1	Luke Lennon-Ford	Birchfield H	22.11
2	Ryan Farrington	Birchfield H	22.49
3	Steven Horton	Tipton H	23.17
4	Ben Riekstins	Telford AC	23.19
5	Adam Storer	Rugby & N	23.31

T21 60mH U20W Final

Posn	Name	Club	Perf
1	Lucy Ferguson	Telford AC	9.27
2	Lauren Boyd	Corby AC	10.18

T22 60mH SW Final

Posn	Name	Club	Perf	
1	Sara McGreavy	Sale Harriers	8.27	CBP pb
2	Gemma Werrett	Rugby & N	8.58	
3	Nicola Robinson	Coventry Godiva	8.77	
4	Joanna Eaton	Yate & District	9.17	
	Laura Singleton	Wolves & Bilston	DNS	
	Claire Pearson	Rugby & N	DNS	

T23 60mH U20M Final

Posn	Name	Club	Perf
1	Curtis Holmes	Birchfield H	8.39
2	Orie Lawrence	Birchfield H	8.47
	Tom Offler	Notts AC	DNF

T24 60mH SM Final

Posn	Name	Club	Perf
1	William Sharman	Belgrave Harriers	7.97
2	Julian Adeniran	Shaftesbury Barnet	8.06
3	Edirin Okoro	Birchfield H	8.57
4	Stefan Wilcockson	Mansfield H	9.07
5	Jonathan Newell	Mansfield H	10.05

T25 800m SM Final

Posn	Name	Club	Perf
1	Oliver Holden	Halesowen AC	1.55.26
2	James Miller	Cheltenham & C H	1.55.58
3	Anthony Gray	B'ham Rowheath	1.57.29
4	Paul Harmer	Charnwood AC	1.58.13

Richard Hill	Notts AC	DNS
Damien Moss	Woodford G & EL	DNS

T26 200m SW Final

Posn	Name	Club	Perf	
1	Ellena Ruddock	Rugby & N	24.28	pb
2	Melinda Cooksey	Tipton H	24.44	
3	Charmaine Riley	RSC	25.97	
	Emma Bailey	Rugby & N	DNS	
	Kylie Russell	Wessex & Bath	DNS	

T27 200m SM Final

Posn	Name	Club	Perf
1	Paul Judson	Notts AC	21.58
2	Dan Cossins	Birchfield H	21.86
3	Fitzroy Falconer	Birchfield H	22.49
4	Nicholas Kanonik	Birchfield H	22.60
5	Jim Tipper	Telford AC	23.37

T28 400m U20W Final

Posn	Name	Club	Perf
1	Ese Okoro	Birchfield H	58.76
2	Jenny White	Worcester AC	59.00
3	Francesca Keeble	Cheltenham & C H	59.20
4	Hayley Pitman	Bristol & West AC	61.68
5	Emily Baker	Cheltenham & C H	62.18
	Lucy Ferguson	Telford AC	DNS

T29 400m U20M Final

Posn	Name	Club	Perf
1	Ross McDonald	Birchfield H	49.47
2	Nico Constanti	Forest of Dean	50.82
3	Charlie Burn	Stratford-on-Avon	51.20
4	Luke Gibson	RSC	51.45
5	Abdillah Nassir	Charnwood AC	51.53
6	Colaine McLeish	Wolves & Bilston	52.67

T30 60m U20M Final

Posn	Name	Club	Perf
1	Jamie Blundell	Coventry Godiva	7.07
2	Antoe Walters	Birchfield H	7.07
3	Ryan Farrington	Birchfield H	7.07
4	Brentton Smith	Birchfield H	7.11
5	Michael Warner	Notts AC	7.12
6	Adam Goulding	Notts AC	7.26

7	Nick Frodsham	Leamington AC	7.27	pb
8	Steven Horton	Tipton H	7.73	

T31 60m SW Final

Posn	Name	Club	Perf	
1	Emma Bailey	Rugby & N	7.59	
2	Ellena Ruddock	Rugby & N	7.69	pb
3	Charnia Weightman	Yate & District	7.78	pb
4	Kylie Russell	Wessex & Bath	7.79	pb
5	Michelle Thomas	Birchfield H	7.96	
6	Nicola Robinson	Coventry Godiva	8.08	
	Melinda Cooksey	Tipton H	DNS	
	Sophie Lambert	Gloucester AC	DNS	

T32 60m SM Final

Posn	Name	Club	Perf	
1	Ryan Scott	Yate & District	6.70	
2	Lloyd Rice	Bristol & West AC	6.84	
3	Ryan James	Birchfield H	6.96	pb
4	Cloron Hylton	Birchfield H	7.02	
5	Paul Judson	Notts AC	7.10	
6	Stewart Marshall	Coventry Godiva	7.24	
	Richard Rubenis	Telford AC	DNS	
	Fitzroy Falconer	Birchfield H	DNF	

T33 60m U20W Final

Posn	Name	Club	Perf
1	Shelley Went	Leamington	7.88
2	Lucy Blackman	Solihull & Small H	8.05
3	Kimi Moncrieffe	Birchfield H	8.18
4	Emma Hourd	Notts AC	8.23
5	Sarah Weaver	Hereford & Co	8.26
6	Kerry Salter	Bedford & Co	8.27
7	Emma Cluley	Rugby & North	8.36
8	Lauren Quenby	Charnwood AC	8.56

F01 Shot U20W Final

Posn	Name	Club	Perf	
1	Rachel Wallader	Rugby & N	13.56	CBP
2	Suzie Scott	Birchfield H	10.63	
3	Lauren Boyd	Corby AC	10.61	
4	Katherine McBeth	Coventry Godiva	10.36	

F02 Shot U20M Final

Posn	Name	Club	Perf
1	Alex Berrow	Tamworth AC	12.46

2	Tom Pearson	Charnwood AC	11.99
3	Jason Green	Shrewsbury AC	11.42

F03 Shot SM Final

Posn	Name	Club	Perf
1	Ben Roberts	Birchfield H	14.33
2	John Twiddle	K'ston upon Hull	12.41
3	Chris Mee	Charnwood AC	12.23

F04 High Jump U20W Final

Posn	Name	Club	Perf
1	Bethan Partridge	Telford AC	1.70
2	Hayley Pitman	Bristol & West AC	1.65
3	Charlotte Parry	Solihull & S H	1.60
4=	Charlotte Berrington	Kidd/Stourport	1.55
4=	Rachel Spooner	Yate & District	1.55

F05 High Jump SW Final

Posn	Name	Club	Perf	
1	Jessica Leach	Birchfield H	1.80	CBP

F06 Long Jump SM Final

Posn	Name	Club	Perf	
1	Jonathan Moore	Birchfield H	7.34	CBP
2	Andrew Bell	Newham & Essex B	6.90	
3	Matthew Parnell	Birchfield H	6.52	
4	Matthew Rollings	City of Stoke	6.51	
5	Charles Exton	Hereford & County	4.24	

F07 High Jump U20M Final

Posn	Name	Club	Perf
1	Matthew Ashley	Notts AC	1.90
2	Mark Brown	Coventry Godiva	1.90
3	Adam Rigby	Cannock & Stafford	1.90
4	Edward Mason	TeamBath	1.90
5	Christopher Berns	Solihull & S H	1.80
6	Martin Cherrington	Tipton H	1.80
7	Jason Green	Shrewsbury AC	1.75

F08 Long Jump SW Final

Posn	Name	Club	Perf
1	Laura Singleton	Wolves & Bilston	5.34
2	Aimee Palmer	Birchfield H	5.29

3	Amy Fendley	Newark AC	4.98
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F09 Pole Vault SW Final

Posn	Name	Club	Perf
1	Hilary Williams-Smith	Birchfield H	3.50
2	Kirsty Obern	Rugby & N	2.80

F10 Pole Vault SM Final

Posn	Name	Club	Perf
	Mark Spivey	Bristol & West AC	NH

F11 Pole Vault U20M Final

Posn	Name	Club	Perf
1	Freddie Pask	Corby AC	4.10
2	Jason Green	Shrewsbury AC	3.60 pb

F12 High Jump SM Final

Posn	Name	Club	Perf
1	Matt Roberts	Newham & Essex B	2.10
2	Jamie Thomas	Birchfield H	2.00
3	Steven Ridgway	Trafford AC	1.95
4	Mitchell Simms	Tipton H	1.90
5	Daniel Boden	Bridgnorth AC	1.75

F13 Triple Jump SM Final

Posn	Name	Club	Perf
1	Michael McKernan	Birchfield H	15.09
2	Konrad Katarzynski	Birchfield H	14.69
3	Paul Weston	Bristol & West AC	13.38
4	Joe Curtis	Solihull & S H	13.34
5	Adam Smith	Tamworth AC	13.34
6	Brendan Goss	Gloucester AC	12.82
7	James Townsend	Sale Harriers	12.48

F14 Triple Jump SW Final

Posn	Name	Club	Perf
1	Anna Kelly	Shrewsbury AC	12.15
2	Linzi Robinson	Nuneaton H	12.04
3	Jenneice Birmingham	Birchfield H	10.92