

# ENGLAND ATHLETICS: DISTANCE CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES |                          | VENUE     |           | Birmingham Alexander |           | DATE                       |           | Saturday, July 24 2010 |           |             |                   |                                   |  |  |
|---------|-----|-----------------------------|--------------------------|-----------|-----------|----------------------|-----------|----------------------------|-----------|------------------------|-----------|-------------|-------------------|-----------------------------------|--|--|
| EVENT   |     | F1 Women's Hammer - FINAL   |                          | TIME      |           | 11.00                |           | england best               |           | 68.93m                 |           | cbp         |                   | Zoe Derham Birchfield 67.04m 2008 |  |  |
| Order   | No  | NAME                        | CLUB                     | 1st Trial | 2nd Trial | 3rd Trial            | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial              | 6th Trial | Best of All | Final<br>Position |                                   |  |  |
|         |     |                             |                          | Metres    | Metres    | Metres               | Metres    |                            | Metres    | Metres                 | Metres    | Metres      |                   | Metres                            |  |  |
| 1       | 331 | Kate YHNELL                 | Gloucester AC            | NT        | NT        | 44.70                | 44.70     | 7                          | NT        | NT                     | NT        | 44.70       | 7                 |                                   |  |  |
| 2       | 299 | Christina JONES             | Bristol & West AC        | NT        | 46.73     | 46.75                | 46.75     | 6                          | 46.08     | 45.84                  | 41.07     | 46.75       | 6                 |                                   |  |  |
| 3       | 281 | Zoe DERHAM                  | Birchfield Harriers      | 62.32     | 63.89     | 59.98                | 63.89     | 1                          | 62.50     | 57.87                  | 60.49     | 63.89       | 1                 |                                   |  |  |
| 4       | 298 | Vicky JOHNSON               | Liverpool Harriers & AC  | 45.41     | 47.16     | 45.67                | 47.16     | 5                          | 46.68     | 47.58                  | 44.55     | 47.58       | 5                 |                                   |  |  |
| 5       | 296 | Joanne JOHN                 | Windsor Slough Eton & H  | 53.03     | 52.11     | 54.86                | 54.86     | 4                          | 53.31     | NT                     | 54.02     | 54.86       | 4                 |                                   |  |  |
| 6       | 283 | Laura DOUGLAS               | Sale Harriers Manchester | 58.33     | NT        | NT                   | 58.33     | 2                          | 57.40     | 58.51                  | NT        | 58.51       | 2                 |                                   |  |  |
| 7       | 287 | Rachel GAIR                 | Trafford AC              | NT        | 54.87     | 55.28                | 55.28     | 3                          | NT        | 55.55                  | NT        | 55.55       | 3                 |                                   |  |  |
| 8       |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                   |  |  |
| 9       |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                   |  |  |
| 10      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                   |  |  |
| 11      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                   |  |  |
| 12      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                   |  |  |
| 13      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                   |  |  |
| 14      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                   |  |  |
| 15      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                   |  |  |
| 16      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                   |  |  |

| RESULT |     |                 |                          |          | RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|--------|-----|-----------------|--------------------------|----------|--------|-----|------|------|----------|---------------------|--|
| Posn   | No. | NAME            | CLUB                     | DISTANCE | Posn   | No. | NAME | CLUB | DISTANCE |                     |  |
| 1      | 281 | Zoe DERHAM      | Birchfield Harriers      | 63.89    | 9      |     |      |      |          |                     |  |
| 2      | 283 | Laura DOUGLAS   | Sale Harriers Manchester | 58.51    | 10     |     |      |      |          |                     |  |
| 3      | 287 | Rachel GAIR     | Trafford AC              | 55.55    | 11     |     |      |      |          |                     |  |
| 4      | 296 | Joanne JOHN     | Windsor Slough Eton & H  | 54.86    | 12     |     |      |      |          |                     |  |
| 5      | 298 | Vicky JOHNSON   | Liverpool Harriers & AC  | 47.58    | 13     |     |      |      |          |                     |  |
| 6      | 299 | Christina JONES | Bristol & West AC        | 46.75    | 14     |     |      |      |          | REFEREE'S SIGNATURE |  |
| 7      | 331 | Kate YHNELL     | Gloucester AC            | 44.70    | 15     |     |      |      |          |                     |  |
| 8      |     |                 |                          |          | 16     |     |      |      |          |                     |  |

# ENGLAND ATHLETICS: HEIGHT CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES  |                           |        |        | VENUE  |        | Birmingham Alexander Stadium |        |              |        |        |        | DATE   |        | Saturday, July 24 2010              |           |            |        |          |       |        |       |          |  |
|---------|-----|------------------------------|---------------------------|--------|--------|--------|--------|------------------------------|--------|--------------|--------|--------|--------|--------|--------|-------------------------------------|-----------|------------|--------|----------|-------|--------|-------|----------|--|
| EVENT   |     | F2 Women's High Jump - FINAL |                           |        |        | TIME   |        | 12.00                        |        | England Best |        | 1.95m  |        | CBP    |        | Vikki Hubbard Birchfield 1.82m 2009 |           |            |        |          |       |        |       |          |  |
| Order   | No  | NAME                         | CLUB                      | 1.60   | 1.65   | 1.70   | 1.75   | 1.80                         |        |              |        |        |        |        |        | Best of All                         | Trials at | Ht Cleared | Total  | Failures | Total | Trials | Final | Position |  |
|         |     |                              |                           | Metres | Metres | Metres | Metres | Metres                       | Metres | Metres       | Metres | Metres | Metres | Metres | Metres | Metres                              | Metres    | Metres     | Metres |          |       |        |       |          |  |
| 1       | 226 | Grace CLEMENTS               | Dartford Harriers AC      | O      | O      | XXO    | XXO    | XXX                          |        |              |        |        |        |        |        | 1.75                                | 3         | 4          |        |          |       |        | 2     |          |  |
| 2       | 324 | Sian SWANSON                 | Maldwyn Harriers          | O      | XO     | O      | XXX    |                              |        |              |        |        |        |        |        | 1.70                                | 1         | 1          |        |          |       |        | 3     |          |  |
| 3       | 268 | Cosima BERRY                 | Leamington C & AC         | XO     | O      | XXX    |        |                              |        |              |        |        |        |        |        | 1.65                                | 1         | 1          |        |          |       |        | 4=    |          |  |
| 4       | 285 | Hannah FRITH                 | Bedford & County AC       | O      | XO     | XXX    |        |                              |        |              |        |        |        |        |        | 1.65                                | 2         | 1          |        |          |       |        | 6     |          |  |
| 5       | 316 | Hayley PITMAN                | Bristol & West AC         | XO     | O      | XXX    |        |                              |        |              |        |        |        |        |        | 1.65                                | 1         | 1          |        |          |       |        | 4=    |          |  |
| 6       | 314 | Bethan PARTRIDGE             | Telford AC                | -      | O      | O      | XXO    | XXX                          |        |              |        |        |        |        |        | 1.75                                | 3         | 2          |        |          |       |        | 1     |          |  |
| 7       | 322 | Serita SHONE                 | Bournemouth AC/Cardiff AA | O      | XXX    |        |        |                              |        |              |        |        |        |        |        | 1.60                                |           |            |        |          |       |        | 7     |          |  |
| 8       |     |                              |                           |        |        |        |        |                              |        |              |        |        |        |        |        |                                     |           |            |        |          |       |        |       |          |  |
| 9       |     |                              |                           |        |        |        |        |                              |        |              |        |        |        |        |        |                                     |           |            |        |          |       |        |       |          |  |
| 10      |     |                              |                           |        |        |        |        |                              |        |              |        |        |        |        |        |                                     |           |            |        |          |       |        |       |          |  |
| 11      |     |                              |                           |        |        |        |        |                              |        |              |        |        |        |        |        |                                     |           |            |        |          |       |        |       |          |  |
| 12      |     |                              |                           |        |        |        |        |                              |        |              |        |        |        |        |        |                                     |           |            |        |          |       |        |       |          |  |
| 13      |     |                              |                           |        |        |        |        |                              |        |              |        |        |        |        |        |                                     |           |            |        |          |       |        |       |          |  |
| 14      |     |                              |                           |        |        |        |        |                              |        |              |        |        |        |        |        |                                     |           |            |        |          |       |        |       |          |  |
| 15      |     |                              |                           |        |        |        |        |                              |        |              |        |        |        |        |        |                                     |           |            |        |          |       |        |       |          |  |
| 16      |     |                              |                           |        |        |        |        |                              |        |              |        |        |        |        |        |                                     |           |            |        |          |       |        |       |          |  |

| RESULT |     |                  |                           |        | RESULT |     |      |        |        | JUDGES' SIGNATURES  |  |  |  |  |
|--------|-----|------------------|---------------------------|--------|--------|-----|------|--------|--------|---------------------|--|--|--|--|
| Posn   | No. | NAME             | COUNTY                    | HEIGHT | Posn   | No. | NAME | COUNTY | HEIGHT |                     |  |  |  |  |
| 1      | 314 | Bethan PARTRIDGE | Telford AC                | 1.75   | 9      |     |      |        |        |                     |  |  |  |  |
| 2      | 226 | Grace CLEMENTS   | Dartford Harriers AC      | 1.75   | 10     |     |      |        |        |                     |  |  |  |  |
| 3      | 324 | Sian SWANSON     | Maldwyn Harriers          | 1.70   | 11     |     |      |        |        |                     |  |  |  |  |
| 4      | 268 | Cosima BERRY     | Leamington C & AC         | 1.65   | 12     |     |      |        |        |                     |  |  |  |  |
| 4      | 316 | Hayley PITMAN    | Bristol & West AC         | 1.65   | 13     |     |      |        |        |                     |  |  |  |  |
| 6      | 285 | Hannah FRITH     | Bedford & County AC       | 1.65   | 14     |     |      |        |        | REFEREE'S SIGNATURE |  |  |  |  |
| 7      | 322 | Serita SHONE     | Bournemouth AC/Cardiff AA | 1.60   | 15     |     |      |        |        |                     |  |  |  |  |
| 8      |     |                  |                           |        | 16     |     |      |        |        |                     |  |  |  |  |

# ENGLAND ATHLETICS: HEIGHT CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES |                             |        |        | VENUE  |        | Birmingham Alexander Stadium |        |              |        |        |        | DATE   |             | Saturday, July 24 2010  |                            |          |       |        |       |          |
|---------|-----|-----------------------------|-----------------------------|--------|--------|--------|--------|------------------------------|--------|--------------|--------|--------|--------|--------|-------------|-------------------------|----------------------------|----------|-------|--------|-------|----------|
| EVENT   |     | F3 Men's Pole Vault - FINAL |                             |        |        | TIME   |        | 12.00                        |        | England Best |        |        | 5.80m  |        | CBP         |                         | Paul Walker Sale 4.95 2009 |          |       |        |       |          |
| Order   | No  | NAME                        | CLUB                        | 4.30   | 4.40   | 4.50   | 4.60   | 4.70                         | 4.80   | 4.90         | 5.00   | 5.10   | 5.30   | 5.40   | Best of All | Trials at<br>Ht Cleared | Total                      | Failures | Total | Trials | Final | Position |
|         |     |                             |                             | Metres | Metres | Metres | Metres | Metres                       | Metres | Metres       | Metres | Metres | Metres | Metres |             |                         |                            |          |       |        |       |          |
| 1       | 192 | Cameron WALKER-SHEPHER      | Birchfield Harriers         |        | o      |        | o      |                              |        | xxx          |        |        |        |        | 4.60        |                         |                            |          |       |        |       | 4        |
| 2       | 136 | Nick CRUCHLEY               | Halesowen A & CC            |        |        |        | o      |                              | o      |              | xo     | xxx    |        |        | 5.00        |                         |                            |          |       |        |       | 2        |
| 3       | 161 | Andy MARSH                  | Birchfield Harriers         |        |        |        | o      |                              | xxo    | xxx          |        |        |        |        | 4.80        |                         |                            |          |       |        |       | 3        |
| 4       | 141 | Max EAVES                   | Newham & Essex Beagles AC   |        |        |        |        |                              |        |              |        | xo     | xx     | X      | 5.10        |                         |                            |          |       |        |       | 1        |
| 5       | 160 | Connell MACQUISTEN          | Team Bath AC                | xxx    |        |        |        |                              |        |              |        |        |        |        | N/H         |                         |                            |          |       |        |       |          |
| 6       | 175 | Michael READ                | Shaftesbury Barnet Harriers | xxo    | xxx    |        |        |                              |        |              |        |        |        |        | 4.30        |                         |                            |          |       |        |       | 5        |
| 7       |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |
| 8       |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |
| 9       |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |
| 10      |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |
| 11      |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |
| 12      |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |
| 13      |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |
| 14      |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |
| 15      |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |
| 16      |     |                             |                             |        |        |        |        |                              |        |              |        |        |        |        |             |                         |                            |          |       |        |       |          |

| RESULT |     |                        |                             |        | RESULT |     |      |        |        | JUDGES' SIGNATURES  |  |
|--------|-----|------------------------|-----------------------------|--------|--------|-----|------|--------|--------|---------------------|--|
| Posn   | No. | NAME                   | COUNTY                      | HEIGHT | Posn   | No. | NAME | COUNTY | HEIGHT |                     |  |
| 1      | 141 | Max EAVES              | Newham & Essex Beagles AC   | 5.10   | 9      |     |      |        |        |                     |  |
| 2      | 136 | Nick CRUCHLEY          | Halesowen A & CC            | 5.00   | 10     |     |      |        |        |                     |  |
| 3      | 161 | Andy MARSH             | Birchfield Harriers         | 4.80   | 11     |     |      |        |        |                     |  |
| 4      | 192 | Cameron WALKER-SHEPHER | Birchfield Harriers         | 4.60   | 12     |     |      |        |        |                     |  |
| 5      | 175 | Michael READ           | Shaftesbury Barnet Harriers | 4.30   | 13     |     |      |        |        |                     |  |
| 6      |     |                        |                             |        | 14     |     |      |        |        | REFEREE'S SIGNATURE |  |
| 7      |     |                        |                             |        | 15     |     |      |        |        |                     |  |
| 8      |     |                        |                             |        | 16     |     |      |        |        |                     |  |

# ENGLAND ATHLETICS: DISTANCE CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES |                            | VENUE     |           | Birmingham Alexander |           | DATE                       |           | Saturday, July 24 2010 |           |             |                   |                                    |  |  |  |
|---------|-----|-----------------------------|----------------------------|-----------|-----------|----------------------|-----------|----------------------------|-----------|------------------------|-----------|-------------|-------------------|------------------------------------|--|--|--|
| EVENT   |     | F4 Men's Javelin - FINAL    |                            | TIME      |           | 12.30                |           | england best               |           | 91.46m                 |           | cbp         |                   | Anil Kumar Singh India 73.47m 2009 |  |  |  |
| Order   | No  | NAME                        | CLUB                       | 1st Trial | 2nd Trial | 3rd Trial            | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial              | 6th Trial | Best of All | Final<br>Position |                                    |  |  |  |
|         |     |                             |                            | Metres    | Metres    | Metres               | Metres    |                            | Metres    | Metres                 | Metres    | Metres      |                   | Metres                             |  |  |  |
| 1       | 172 | Lee PETERS                  | Mansfield H                | 58.89     | NT        | 56.85                | 58.89     | 3                          | 57.87     | 55.17                  | NT        | 58.89       | 3                 |                                    |  |  |  |
| 2       | 135 | Neil CROSSLEY               | Cheltenham & County Harrie | 66.61     | 65.12     | 64.32                | 66.61     | 1                          | 63.19     | NT                     | 69.09     | 69.09       | 1                 |                                    |  |  |  |
| 3       | 129 | Brett BYRD                  | City of Stoke AC           | 64.79     | 61.36     | 61.51                | 64.79     | 2                          | 64.24     | 63.37                  | 68.76     | 68.76       | 2                 |                                    |  |  |  |
| 4       |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 5       |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 6       |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 7       |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 8       |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 9       |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 10      |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 11      |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 12      |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 13      |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 14      |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 15      |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |
| 16      |     |                             |                            |           |           |                      |           |                            |           |                        |           |             |                   |                                    |  |  |  |

| RESULT |     |               |                            |          | RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|--------|-----|---------------|----------------------------|----------|--------|-----|------|------|----------|---------------------|--|
| Posn   | No. | NAME          | CLUB                       | DISTANCE | Posn   | No. | NAME | CLUB | DISTANCE |                     |  |
| 1      | 135 | Neil CROSSLEY | Cheltenham & County Harrie | 69.09    | 9      |     |      |      |          |                     |  |
| 2      | 129 | Brett BYRD    | City of Stoke AC           | 68.76    | 10     |     |      |      |          |                     |  |
| 3      | 172 | Lee PETERS    | Mansfield H                | 58.89    | 11     |     |      |      |          |                     |  |
| 4      |     |               |                            |          | 12     |     |      |      |          |                     |  |
| 5      |     |               |                            |          | 13     |     |      |      |          |                     |  |
| 6      |     |               |                            |          | 14     |     |      |      |          | REFEREE'S SIGNATURE |  |
| 7      |     |               |                            |          | 15     |     |      |      |          |                     |  |
| 8      |     |               |                            |          | 16     |     |      |      |          |                     |  |

# ENGLAND ATHLETICS: DISTANCE CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES  |                         |           |      | VENUE     |      | Birmingham Alexander |      | DATE         |  | Saturday, July 24 2010  |           |      |           |                            |           |       |             |   |                |        |  |
|---------|-----|------------------------------|-------------------------|-----------|------|-----------|------|----------------------|------|--------------|--|-------------------------|-----------|------|-----------|----------------------------|-----------|-------|-------------|---|----------------|--------|--|
| EVENT   |     | F5 Men's Triple Jump - FINAL |                         |           |      | TIME      |      | 12.00                |      | england best |  | 18.29m                  |           | cbp  |           | Tosin Oke WGEL 15.23m 2008 |           |       |             |   |                |        |  |
| Order   | No  | NAME                         | CLUB                    | 1st Trial |      | 2nd Trial |      | 3rd Trial            |      | Best of 3    |  | Position after 3 Trials | 4th Trial |      | 5th Trial |                            | 6th Trial |       | Best of All |   | Final Position |        |  |
|         |     |                              |                         | Metres    |      | Metres    |      | Metres               |      | Metres       |  |                         | Metres    |      | Metres    |                            | Metres    |       | Metres      |   |                | Metres |  |
| 1       | 149 | Julian GOLLEY                | Windsor Slough Eton & H | 14.47     | -0.0 | 15.24     | 0.0  | NJ                   | -0.0 | 15.24        |  | 1                       | -         | NJ   | -0.0      | 15.24                      | -0.2      | 15.24 |             | 1 |                |        |  |
| 2       | 153 | Lawrence HARVEY              | Trafford AC             | 14.83     | -0.6 | NJ        | 0.2  | 14.91                | -0.0 | 14.91        |  | 4                       | NJ        | -0.4 | NJ        | +0.0                       | 14.91     | +0.0  | 14.91       |   | 4              |        |  |
| 3       | 164 | Michael MCKERNAN             | Birchfield Harriers     | NJ        | 0.3  | 15.01     | -0.2 | NJ                   | 0.5  | 15.01        |  | 3                       | NJ        | -0.1 | -         |                            |           | 15.01 |             | 3 |                |        |  |
| 4       | 166 | Matthew MORSIA               | TVH/Ashford AC          | 14.36     | 1.4  | 15.13     | 0.0  | 14.98                | -0.0 | 15.13        |  | 2                       | 15.00     | -0.7 | NJ        | -0.9                       |           | -0.4  | 15.13       |   | 2              |        |  |
| 5       |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 6       |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 7       |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 8       |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 9       |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 10      |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 11      |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 12      |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 13      |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 14      |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 15      |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |
| 16      |     |                              |                         |           |      |           |      |                      |      |              |  |                         |           |      |           |                            |           |       |             |   |                |        |  |

| RESULT |     |                  |                         |            | RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |  |
|--------|-----|------------------|-------------------------|------------|--------|-----|------|------|----------|---------------------|--|--|
| Posn   | No. | NAME             | CLUB                    | DISTANCE   | Posn   | No. | NAME | CLUB | DISTANCE |                     |  |  |
| 1      | 149 | Julian GOLLEY    | Windsor Slough Eton & H | 15.24 -0.2 | 9      |     |      |      |          |                     |  |  |
| 2      | 166 | Matthew MORSIA   | TVH/Ashford AC          | 15.13 0.0  | 10     |     |      |      |          |                     |  |  |
| 3      | 164 | Michael MCKERNAN | Birchfield Harriers     | 15.01 -0.2 | 11     |     |      |      |          |                     |  |  |
| 4      | 153 | Lawrence HARVEY  | Trafford AC             | 14.91 0    | 12     |     |      |      |          |                     |  |  |
| 5      |     |                  |                         |            | 13     |     |      |      |          | REFEREE'S SIGNATURE |  |  |
| 6      |     |                  |                         |            | 14     |     |      |      |          |                     |  |  |
| 7      |     |                  |                         |            | 15     |     |      |      |          |                     |  |  |
| 8      |     |                  |                         |            | 16     |     |      |      |          |                     |  |  |

# ENGLAND ATHLETICS: DISTANCE CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES |                             | VENUE     |           | Birmingham Alexander |           | DATE                       |           | Saturday, July 24 2010 |           |             |                   |                          |  |  |  |
|---------|-----|-----------------------------|-----------------------------|-----------|-----------|----------------------|-----------|----------------------------|-----------|------------------------|-----------|-------------|-------------------|--------------------------|--|--|--|
| EVENT   |     | F6 Women's Shot - FINAL     |                             | TIME      |           | 12.30                |           | england best               |           | 19.36m                 |           | cbp         |                   | Eden Francis 15.56m 2008 |  |  |  |
| Order   | No  | NAME                        | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial            | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial              | 6th Trial | Best of All | Final<br>Position |                          |  |  |  |
|         |     |                             |                             | Metres    | Metres    | Metres               | Metres    |                            | Metres    | Metres                 | Metres    | Metres      |                   | Metres                   |  |  |  |
| 1       | 319 | Alison RODGER               | Sale Harriers Manchester    | NT        | 13.69     | NT                   | 13.69     | 1                          | 14.58     | NT                     | NT        | 14.58       | 1                 |                          |  |  |  |
| 2       | 301 | Kirsty LAW                  | Shaftesbury Barnet Harriers | 10.21     | -         | -                    | 10.21     | 3                          | -         | 10.20                  | -         | 10.21       | 3                 |                          |  |  |  |
| 3       | 221 | Louise HAZEL                | Birchfield Harriers         | 11.33     | 11.44     | 10.75                | 11.44     | 2                          | 10.84     | 11.30                  | 11.42     | 11.44       | 2                 |                          |  |  |  |
| 4       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 5       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 6       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 7       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 8       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 9       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 10      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 11      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 12      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 13      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 14      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 15      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |
| 16      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                          |  |  |  |

| RESULT |     |               |                             |          | RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|--------|-----|---------------|-----------------------------|----------|--------|-----|------|------|----------|---------------------|--|
| Posn   | No. | NAME          | CLUB                        | DISTANCE | Posn   | No. | NAME | CLUB | DISTANCE |                     |  |
| 1      | 319 | Alison RODGER | Sale Harriers Manchester    | 14.58    | 9      |     |      |      |          |                     |  |
| 2      | 221 | Louise HAZEL  | Birchfield Harriers         | 11.44    | 10     |     |      |      |          |                     |  |
| 3      | 301 | Kirsty LAW    | Shaftesbury Barnet Harriers | 10.21    | 11     |     |      |      |          |                     |  |
| 4      |     |               |                             |          | 12     |     |      |      |          | REFEREE'S SIGNATURE |  |
| 5      |     |               |                             |          | 13     |     |      |      |          |                     |  |
| 6      |     |               |                             |          | 14     |     |      |      |          |                     |  |
| 7      |     |               |                             |          | 15     |     |      |      |          |                     |  |
| 8      |     |               |                             |          | 16     |     |      |      |          |                     |  |

# ENGLAND ATHLETICS: DISTANCE CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES  |                             |           |      | VENUE     |      | Birmingham Alexander |      | DATE         |  | Saturday, July 24 2010  |           |      |           |                                       |           |      |             |    |                |        |  |
|---------|-----|------------------------------|-----------------------------|-----------|------|-----------|------|----------------------|------|--------------|--|-------------------------|-----------|------|-----------|---------------------------------------|-----------|------|-------------|----|----------------|--------|--|
| EVENT   |     | F7 Women's Long Jump - FINAL |                             |           |      | TIME      |      | 13.30                |      | england best |  | 6.90m                   |           | cbp  |           | Kelly Sotherton Birchfield 6.51m 2008 |           |      |             |    |                |        |  |
| Order   | No  | NAME                         | CLUB                        | 1st Trial |      | 2nd Trial |      | 3rd Trial            |      | Best of 3    |  | Position after 3 Trials | 4th Trial |      | 5th Trial |                                       | 6th Trial |      | Best of All |    | Final Position |        |  |
|         |     |                              |                             | Metres    |      | Metres    |      | Metres               |      | Metres       |  |                         | Metres    |      | Metres    |                                       | Metres    |      | Metres      |    |                | Metres |  |
| 1       | 295 | Harriet JAMES                | Preston Harriers            | 5.09      | -1.6 | 5.03      | 0.5  | 4.82                 | 0.7  | 5.09         |  | 11                      |           |      |           |                                       |           | 5.09 |             | 11 |                |        |  |
| 2       | 322 | Serita SHONE                 | Bournemouth AC/Cardiff AA   | 5.52      | -0.9 | 5.68      | 0.0  | 5.51                 | 0.7  | 5.68         |  | 8                       | 5.37      | 0.0  | 5.50      | 0.0                                   | 5.65      | 0.0  | 5.68        |    | 8              |        |  |
| 3       | 205 | Joanne FROST                 | Bromsgrove & Redditch AC    | 4.62      | 0.0  | 5.35      | 0.0  | 4.68                 | 0.4  | 5.35         |  | 10                      |           |      |           |                                       |           | 5.35 |             | 10 |                |        |  |
| 4       | 330 | Amy WOODMAN                  | Birchfield Harriers         | 5.80      | 0.2  | 6.11      | 0.2  | 5.79                 | -0.1 | 6.11         |  | 2                       | 6.02      | -0.3 | 5.87      | 0.0                                   | 6.11      | 0.4  | 6.11        |    | 3              |        |  |
| 5       | 311 | Jade NIMMO                   | Falkirk Victoria H          | 5.93      | 0.0  | NJ        | 0.8  | NJ                   | 0.0  | 5.93         |  | 5                       | 6.15      | 0.0  | 6.07      | 0.0                                   | 6.10      | 0.2  | 6.15        |    | 1              |        |  |
| 6       | 313 | Aimee PALMER                 | Sale Harriers               | NJ        | 0.1  | 5.70      | -0.2 | NJ                   | -0.3 | 5.70         |  | 7                       | NJ        | 0.0  | NJ        | 0.4                                   | NJ        | 0.7  | 5.70        |    | 7              |        |  |
| 7       | 266 | Dee BAKRE                    | enfield and haringey        | NJ        | 0.0  | 5.46      | 0.0  | 5.47                 | 0.1  | 5.47         |  | 9                       |           |      |           |                                       |           | 5.47 |             | 9  |                |        |  |
| 8       | 221 | Louise HAZEL                 | Birchfield Harriers         | 4.65      | 0.0  | 5.72      | 0.0  | 5.87                 | 0.3  | 5.87         |  | 6                       | 5.97      | 0.6  | 6.09      | 0.1                                   |           |      | 6.09        |    | 5              |        |  |
| 9       | 309 | Kim MURRAY                   | woodford green and essex la | 5.97      | 0.1  | NJ        | 0.0  | 5.71                 | 0.3  | 5.97         |  | 4                       | 5.96      | 0.0  | 5.86      | 0.0                                   | NJ        | 0.0  | 5.97        |    | 6              |        |  |
| 10      | 291 | Amy HARRIS                   | Birchfield Harriers         | NJ        | 0.8  | 5.80      | 0.0  | 6.10                 | 0.4  | 6.10         |  | 3                       | NJ        | 0.0  | NJ        | 0.0                                   | 6.02      | 0.3  | 6.1         |    | 4              |        |  |
| 11      | 312 | Jenny PACEY                  | Windsor Slough Eton & H     | 5.87      | 0.3  | 6.14      | 0.0  | 5.99                 | 0.4  | 6.14         |  | 1                       | 4.61      | 0.2  | NJ        | 0.0                                   | 5.97      | 0.3  | 6.14        |    | 2              |        |  |
| 12      |     |                              |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                       |           |      |             |    |                |        |  |
| 13      |     |                              |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                       |           |      |             |    |                |        |  |
| 14      |     |                              |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                       |           |      |             |    |                |        |  |
| 15      |     |                              |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                       |           |      |             |    |                |        |  |
| 16      |     |                              |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                       |           |      |             |    |                |        |  |

| RESULT |     |              |                             |           | RESULT |     |               |                          |           | JUDGES' SIGNATURES  |  |
|--------|-----|--------------|-----------------------------|-----------|--------|-----|---------------|--------------------------|-----------|---------------------|--|
| Posn   | No. | NAME         | CLUB                        | DISTANCE  | Posn   | No. | NAME          | CLUB                     | DISTANCE  |                     |  |
| 1      | 311 | Jade NIMMO   | Falkirk Victoria H          | 6.15 0.0  | 9      | 266 | Dee BAKRE     | enfield and haringey     | 5.47 0.1  |                     |  |
| 2      | 312 | Jenny PACEY  | Windsor Slough Eton & H     | 6.14 0.0  | 10     | 205 | Joanne FROST  | Bromsgrove & Redditch AC | 5.35 0.0  |                     |  |
| 3      | 330 | Amy WOODMAN  | Birchfield Harriers         | 6.11 0.2  | 11     | 295 | Harriet JAMES | Preston Harriers         | 5.09 -1.6 |                     |  |
| 4      | 291 | Amy HARRIS   | Birchfield Harriers         | 6.10 0.4  | 12     |     |               |                          |           |                     |  |
| 5      | 221 | Louise HAZEL | Birchfield Harriers         | 6.09 0.1  | 13     |     |               |                          |           |                     |  |
| 6      | 309 | Kim MURRAY   | woodford green and essex la | 5.97 0.1  | 14     |     |               |                          |           | REFEREE'S SIGNATURE |  |
| 7      | 313 | Aimee PALMER | Sale Harriers               | 5.70 -0.2 | 15     |     |               |                          |           |                     |  |
| 8      | 322 | Serita SHONE | Bournemouth AC/Cardiff AA   | 5.68 0.0  | 16     |     |               |                          |           |                     |  |

# ENGLAND ATHLETICS: DISTANCE CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES |                             | VENUE     |           | Birmingham Alexander |           | DATE                       |           | Saturday, July 24 2010 |           |             |                   |                                 |  |  |  |
|---------|-----|-----------------------------|-----------------------------|-----------|-----------|----------------------|-----------|----------------------------|-----------|------------------------|-----------|-------------|-------------------|---------------------------------|--|--|--|
| EVENT   |     | F8 Women's Discus - FINAL   |                             | TIME      |           | 13.30                |           | england best               |           | 61.22m                 |           | cbp         |                   | Krisna Poonia India 59.62m 2009 |  |  |  |
| Order   | No  | NAME                        | CLUB                        | 1st Trial | 2nd Trial | 3rd Trial            | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial              | 6th Trial | Best of All | Final<br>Position |                                 |  |  |  |
|         |     |                             |                             | Metres    | Metres    | Metres               | Metres    |                            | Metres    | Metres                 | Metres    | Metres      |                   |                                 |  |  |  |
| 1       | 296 | Joanne JOHN                 | Windsor Slough Eton & H     | 33.76     | NT        | 38.39                | 38.39     | 4                          | NT        | NT                     | NT        | 38.39       | 4                 |                                 |  |  |  |
| 2       | 286 | Charlotte GAIR              | Mansfield H                 | 34.75     | 36.99     | NT                   | 36.99     | 5                          | NT        | NT                     | NT        | 36.99       | 5                 |                                 |  |  |  |
| 3       | 306 | Jade MOORE                  | Birchfield Harriers         | 39.95     | 38.69     | NT                   | 39.95     | 3                          | 40.21     | 41.04                  | 42.11     | 42.11       | 2                 |                                 |  |  |  |
| 4       | 319 | Alison RODGER               | Sale Harriers Manchester    | 40.03     | 40.95     | 40.50                | 40.95     | 2                          | 36.93     | NT                     | NT        | 40.95       | 3                 |                                 |  |  |  |
| 5       | 301 | Kirsty LAW                  | Shaftesbury Barnet Harriers | 50.91     | 47.36     | NT                   | 50.91     | 1                          | 51.70     | 50.34                  | 50.47     | 51.7        | 1                 |                                 |  |  |  |
| 6       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 7       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 8       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 9       |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 10      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 11      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 12      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 13      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 14      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 15      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |
| 16      |     |                             |                             |           |           |                      |           |                            |           |                        |           |             |                   |                                 |  |  |  |

| RESULT |     |                |                             |          | RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|--------|-----|----------------|-----------------------------|----------|--------|-----|------|------|----------|---------------------|--|
| Posn   | No. | NAME           | CLUB                        | DISTANCE | Posn   | No. | NAME | CLUB | DISTANCE |                     |  |
| 1      | 301 | Kirsty LAW     | Shaftesbury Barnet Harriers | 51.70    | 9      |     |      |      |          |                     |  |
| 2      | 306 | Jade MOORE     | Birchfield Harriers         | 42.11    | 10     |     |      |      |          |                     |  |
| 3      | 319 | Alison RODGER  | Sale Harriers Manchester    | 40.95    | 11     |     |      |      |          |                     |  |
| 4      | 296 | Joanne JOHN    | Windsor Slough Eton & H     | 38.39    | 12     |     |      |      |          |                     |  |
| 5      | 286 | Charlotte GAIR | Mansfield H                 | 36.99    | 13     |     |      |      |          |                     |  |
| 6      |     |                |                             |          | 14     |     |      |      |          | REFEREE'S SIGNATURE |  |
| 7      |     |                |                             |          | 15     |     |      |      |          |                     |  |
| 8      |     |                |                             |          | 16     |     |      |      |          |                     |  |



# ENGLAND ATHLETICS: HEIGHT CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES   |                            |        | VENUE  |        | Birmingham Alexander Stadium |        |              |        |        |        | DATE   |        | Saturday, July 24 2010     |             |                         |       |          |       |        |                   |  |  |
|---------|-----|-------------------------------|----------------------------|--------|--------|--------|------------------------------|--------|--------------|--------|--------|--------|--------|--------|----------------------------|-------------|-------------------------|-------|----------|-------|--------|-------------------|--|--|
| EVENT   |     | F9 Women's Pole Vault - FINAL |                            |        | TIME   |        | 14.00                        |        | England Best |        | 4.60m  |        | CBP    |        | Emma Lyons Sale 4.00m 2008 |             |                         |       |          |       |        |                   |  |  |
| Order   | No  | NAME                          | CLUB                       | 3.40   | 3.50   | 3.60   | 3.70                         | 3.80   | 3.90         | 4.00   | 4.15   |        |        |        |                            | Best of All | Trials at<br>Ht Cleared | Total | Failures | Total | Trials | Final<br>Position |  |  |
|         |     |                               |                            | Metres | Metres | Metres | Metres                       | Metres | Metres       | Metres | Metres | Metres | Metres | Metres | Metres                     | Metres      |                         |       |          |       |        |                   |  |  |
| 1       | 305 | Lyndsey MAUND                 | Swansea H                  |        |        | XXO    | -                            | XXX    |              |        |        |        |        |        |                            | 3.60        | 3                       | 2     |          |       |        | 7=                |  |  |
| 2       | 315 | Sally PEAKE                   | Liverpool Harriers & AC    |        |        |        | XXO                          | O      | O            | O      | XXX    |        |        |        |                            | 4.00        | 1                       | 2     |          |       |        | 1                 |  |  |
| 3       | 269 | Ellie BESFORD                 | Chelmsford AC              | O      | XO     | XXO    | XXO                          | XXX    |              |        |        |        |        |        |                            | 3.70        | 3                       | 5     |          |       |        | 6                 |  |  |
| 4       | 317 | Bryony RAINE                  | Cardiff AAC                |        | O      | -      | O                            | XXO    | XO           | XXX    |        |        |        |        |                            | 3.90        | 2                       | 3     |          |       |        | 4                 |  |  |
| 5       | 325 | Sophie UPTON                  | Windsor Slough Eton & H    |        |        |        | O                            | O      | O            | XXX    |        |        |        |        |                            | 3.90        | 1                       |       |          |       |        | 3                 |  |  |
| 6       | 323 | Louise SHORTLAND              | Stevenage & North Herts AC | O      | -      | XXO    | -                            | XXX    |              |        |        |        |        |        |                            | 3.60        | 3                       | 2     |          |       |        | 7=                |  |  |
| 7       | 304 | Kirsty MACKINTOSH             | Woodford Green & Essex L   | XXX    |        |        |                              |        |              |        |        |        |        |        |                            | NHC         |                         |       |          |       |        |                   |  |  |
| 8       | 264 | Jessica ABRAHAM               | Cardiff AAC                |        |        |        | O                            | -      | XXX          |        |        |        |        |        |                            | 3.70        | 1                       |       |          |       |        | 5                 |  |  |
| 9       | 303 | Emma LYONS                    | Sale Harriers Manchester   |        |        | O      | -                            | XO     | O            | XO     | XXX    |        |        |        |                            | 4.00        | 2                       | 2     |          |       |        | 2                 |  |  |
| 10      | 321 | Michelle SHARROCK             | Wigan & Dist H AC          | O      | XXX    |        |                              |        |              |        |        |        |        |        |                            | 3.40        | 1                       |       |          |       |        | 9                 |  |  |
| 11      |     |                               |                            |        |        |        |                              |        |              |        |        |        |        |        |                            |             |                         |       |          |       |        |                   |  |  |
| 12      |     |                               |                            |        |        |        |                              |        |              |        |        |        |        |        |                            |             |                         |       |          |       |        |                   |  |  |
| 13      |     |                               |                            |        |        |        |                              |        |              |        |        |        |        |        |                            |             |                         |       |          |       |        |                   |  |  |
| 14      |     |                               |                            |        |        |        |                              |        |              |        |        |        |        |        |                            |             |                         |       |          |       |        |                   |  |  |
| 15      |     |                               |                            |        |        |        |                              |        |              |        |        |        |        |        |                            |             |                         |       |          |       |        |                   |  |  |
| 16      |     |                               |                            |        |        |        |                              |        |              |        |        |        |        |        |                            |             |                         |       |          |       |        |                   |  |  |

| RESULT |     |                  |                            |        | RESULT |     |                   |                   |        | JUDGES' SIGNATURES |  |  |
|--------|-----|------------------|----------------------------|--------|--------|-----|-------------------|-------------------|--------|--------------------|--|--|
| Posn   | No. | NAME             | COUNTY                     | HEIGHT | Posn   | No. | NAME              | COUNTY            | HEIGHT |                    |  |  |
| 1      | 315 | Sally PEAKE      | Liverpool Harriers & AC    | 4.00   | 9      | 321 | Michelle SHARROCK | Wigan & Dist H AC | 3.40   |                    |  |  |
| 2      | 303 | Emma LYONS       | Sale Harriers Manchester   | 4.00   | 10     |     |                   |                   |        |                    |  |  |
| 3      | 325 | Sophie UPTON     | Windsor Slough Eton & H    | 3.90   | 11     |     |                   |                   |        |                    |  |  |
| 4      | 317 | Bryony RAINE     | Cardiff AAC                | 3.90   | 12     |     |                   |                   |        |                    |  |  |
| 5      | 264 | Jessica ABRAHAM  | Cardiff AAC                | 3.70   | 13     |     |                   |                   |        |                    |  |  |
| 6      | 269 | Ellie BESFORD    | Chelmsford AC              | 3.70   | 14     |     |                   |                   |        |                    |  |  |
| 7      | 305 | Lyndsey MAUND    | Swansea H                  | 3.60   | 15     |     |                   |                   |        |                    |  |  |
| 7      | 323 | Louise SHORTLAND | Stevenage & North Herts AC | 3.60   | 16     |     |                   |                   |        |                    |  |  |

# ENGLAND ATHLETICS: HEIGHT CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES |                           | VENUE  | Birmingham Alexander Stadium |        |              |        |        |        |        |        | DATE  | Saturday, July 24 2010  |       |          |                 |                   |        |
|---------|-----|-----------------------------|---------------------------|--------|------------------------------|--------|--------------|--------|--------|--------|--------|--------|---|-------------------------|-------|----------|-----------------|-------------------|--------|
| EVENT   |     | F10 Men's High Jump - FINAL |                           | TIME   | 14.00                        |        | England Best |        |        | 2.37m  |        | CBP    | Tom Parsons Birchfield/Germaine Mason Birchfield 2.25m 2009 |                         |       |          |                 |                   |        |
| Order   | No  | NAME                        | CLUB                      | 1.85   | 1.90                         | 1.95   | 2.00         | 2.05   | 2.10   | 2.16   | 2.19   | 2.22   | Best of All   | Trials at<br>Ht Cleared | Total | Failures | Total<br>Trials | Final<br>Position |        |
|         |     |                             |                           | Metres | Metres                       | Metres | Metres       | Metres | Metres | Metres | Metres | Metres |   |                         |       |          |                 |                   | Metres |
| 1       | 184 | Romeo SITHOLE               | Charnwood AC              |        | O                            | O      | XXX          |        |        |        |        |        | 1.95  |                         |       |          |                 | 8                 |        |
| 2       | 142 | Lewis ELY                   | Blackheath & Bromley AC   | O      | O                            | XO     | XXX          |        |        |        |        |        | 1.95  |                         |       |          |                 | 9                 |        |
| 3       | 158 | Scott JOHNSON               | Bedford & County AC       |        | O                            | O      | XXO          | XXO    | XXX    |        |        |        | 2.05  |                         |       |          |                 | 4                 |        |
| 4       | 146 | Kourosh FOROUGH             | Star of the Sea AC        |        | X                            | O      | XO           | O      | XO     | XXX    |        |        | 2.10  |                         |       |          |                 | 3                 |        |
| 5       | 169 | Onajite OKORO               | Birchfield Harriers       |        | O                            |        |              |        |        |        |        |        | -   |                         |       |          |                 | -                 |        |
| 6       | 182 | Adam SCARR                  | Enfield & Haringey AC     |        | XXX                          |        | -            | O      | O      | XXO    | XXX    |        | 2.16  |                         |       |          |                 | 2                 |        |
| 7       | 128 | Mark BROWN                  | Coventry Godiva harriers  | O      |                              | XXX    |              |        |        |        |        |        | 1.90  |                         |       |          |                 | 10                |        |
| 8       | 179 | Karl ROBBINS                | Coventry Godiva H         | O      | O                            | O      | O            | XXX    |        |        |        |        | 2.00  |                         |       |          |                 | 5=                |        |
| 9       | 173 | Simon PHELAN                | Newham & Essex Beagles AC | O      | O                            | O      | O            | XXX    |        |        |        |        | 2.00  |                         |       |          |                 | 5=                |        |
| 10      | 180 | Matt ROBERTS                | Newham & Essex Beagles AC |        | -                            |        |              |        | O      | O      | O      | XXX    | 2.19  |                         |       |          |                 | 1                 |        |
| 11      | 187 | Phinehas STEWART            | Birchfield Harriers       |        |                              |        | O            | XXX    |        |        |        |        | 2.00  |                         |       |          |                 | 5=                |        |
| 12      |     |                             |                           |        |                              |        |              |        |        |        |        |        |   |                         |       |          |                 |                   |        |
| 13      |     |                             |                           |        |                              |        |              |        |        |        |        |        |   |                         |       |          |                 |                   |        |
| 14      |     |                             |                           |        |                              |        |              |        |        |        |        |        |   |                         |       |          |                 |                   |        |
| 15      |     |                             |                           |        |                              |        |              |        |        |        |        |        |   |                         |       |          |                 |                   |        |
| 16      |     |                             |                           |        |                              |        |              |        |        |        |        |        |   |                         |       |          |                 |                   |        |

| RESULT |     |                  |                           |        | RESULT |     |            |                          |        | JUDGES' SIGNATURES |  |  |  |  |
|--------|-----|------------------|---------------------------|--------|--------|-----|------------|--------------------------|--------|--------------------|--|--|--|--|
| Posn   | No. | NAME             | COUNTY                    | HEIGHT | Posn   | No. | NAME       | COUNTY                   | HEIGHT |                    |  |  |  |  |
| 1      | 180 | Matt ROBERTS     | Newham & Essex Beagles AC | 2.19   | 9      | 142 | Lewis ELY  | Blackheath & Bromley AC  | 1.95   |                    |  |  |  |  |
| 2      | 182 | Adam SCARR       | Enfield & Haringey AC     | 2.16   | 10     | 128 | Mark BROWN | Coventry Godiva harriers | 1.90   |                    |  |  |  |  |
| 3      | 146 | Kourosh FOROUGH  | Star of the Sea AC        | 2.10   | 11     |     |            |                          |        |                    |  |  |  |  |
| 4      | 158 | Scott JOHNSON    | Bedford & County AC       | 2.05   | 12     |     |            |                          |        |                    |  |  |  |  |
| 5      | 179 | Karl ROBBINS     | Coventry Godiva H         | 2.00   | 13     |     |            |                          |        |                    |  |  |  |  |
| 5      | 173 | Simon PHELAN     | Newham & Essex Beagles AC | 2.00   | 14     |     |            |                          |        |                    |  |  |  |  |
| 5      | 187 | Phinehas STEWART | Birchfield Harriers       | 2.00   | 15     |     |            |                          |        |                    |  |  |  |  |
| 8      | 184 | Romeo SITHOLE    | Charnwood AC              | 1.95   | 16     |     |            |                          |        |                    |  |  |  |  |

# ENGLAND ATHLETICS: DISTANCE CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES |                             |           |      | VENUE     |      | Birmingham Alexander |      | DATE         |  | Saturday, July 24 2010  |           |      |           |                                   |           |      |             |  |                |        |  |
|---------|-----|-----------------------------|-----------------------------|-----------|------|-----------|------|----------------------|------|--------------|--|-------------------------|-----------|------|-----------|-----------------------------------|-----------|------|-------------|--|----------------|--------|--|
| EVENT   |     | F11 Men's Long Jump - FINAL |                             |           |      | TIME      |      | 14.30                |      | england best |  | 8.30m                   |           | cbp  |           | Leigh Smith Birchfield 7.66m 2008 |           |      |             |  |                |        |  |
| Order   | No  | NAME                        | CLUB                        | 1st Trial |      | 2nd Trial |      | 3rd Trial            |      | Best of 3    |  | Position after 3 Trials | 4th Trial |      | 5th Trial |                                   | 6th Trial |      | Best of All |  | Final Position |        |  |
|         |     |                             |                             | Metres    |      | Metres    |      | Metres               |      | Metres       |  |                         | Metres    |      | Metres    |                                   | Metres    |      | Metres      |  |                | Metres |  |
| 1       | 185 | Leigh SMITH                 | Birchfield Harriers         | 7.37      | 0    | 7.33      | 1.0  | 7.33                 | 1.5  | 7.37         |  | 2                       | 7.25      | -1.5 | 7.28      | -2.5                              | 7.28      | -0.5 | 7.37        |  | 2              |        |  |
| 2       | 19  | Ryan JAMES                  | Birchfield Harriers         | 6.83      | -1.0 | 7.02      | 1.0  | 6.67                 | 1.0  | 7.02         |  | 4                       | 6.68      | -0.5 | 6.90      | -2.5                              | 6.84      | -0.5 | 7.02        |  | 4              |        |  |
| 3       | 152 | David HARVEY                | Windsor Slough Eton & H     | NJ        | -0.5 | 6.63      | 1.5  | NJ                   | -1.0 | 6.63         |  | 6                       | 4.35      | -1.0 | NJ        | -3.0                              | 6.48      | -1.0 | 6.63        |  | 6              |        |  |
| 4       | 155 | Mark HOLLOWAY               | Windsor Slough Eton & H     | 7.02      | -1.0 | 7.22      | 2.0  | NJ                   | -2.0 | 7.22         |  | 3                       | WD        |      |           |                                   |           |      | 7.22        |  | 3              |        |  |
| 5       | 131 | Richardo CHILDS             | Brecon                      | 7.22      | -0.5 | 7.39      | 1.0  | 6.97                 | -2.0 | 7.39         |  | 1                       | 7.20      | -1.5 | 7.37      | -1.5                              | 7.24      | -1.3 | 7.39        |  | 1              |        |  |
| 6       | 181 | Simon ROPER                 | Derby AC                    | 6.45      | 0    | 6.45      | -1.0 | 6.64                 | -1.0 | 6.64         |  | 5                       | NJ        | 0.5  | 5.11      | -0.5                              | 6.55      | -1.5 | 6.64        |  | 5              |        |  |
| 7       | 147 | James GARDNER               | City of Stoke AC            | 6.44      | 0    | NJ        | 0.5  | 6.40                 | -1.0 | 6.44         |  | 7                       | WD        |      |           |                                   |           |      | 6.44        |  | 7              |        |  |
| 8       | 144 | Nathaniel FACEY             | Birchfield Harriers         | 6.31      | -2.0 | NJ        | 0    | NJ                   | 1.0  | 6.31         |  | 8                       | 6.35      | 0    | 6.40      | -1.8                              | NJ        | -1.5 | 6.4         |  | 8              |        |  |
| 9       | 189 | Ricardo TWUMASI             | Sale Harriers Manchester/Lo | 6.24      | -1.0 | NJ        | 1.8  | 6.24                 | 0.5  | 6.24         |  | 9                       | WD        |      |           |                                   |           |      | 6.24        |  | 9              |        |  |
| 10      |     |                             |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                   |           |      |             |  |                |        |  |
| 11      |     |                             |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                   |           |      |             |  |                |        |  |
| 12      |     |                             |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                   |           |      |             |  |                |        |  |
| 13      |     |                             |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                   |           |      |             |  |                |        |  |
| 14      |     |                             |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                   |           |      |             |  |                |        |  |
| 15      |     |                             |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                   |           |      |             |  |                |        |  |
| 16      |     |                             |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                   |           |      |             |  |                |        |  |

| RESULT |     |                 |                         |           | RESULT |     |                 |                                |           | JUDGES' SIGNATURES  |  |
|--------|-----|-----------------|-------------------------|-----------|--------|-----|-----------------|--------------------------------|-----------|---------------------|--|
| Posn   | No. | NAME            | CLUB                    | DISTANCE  | Posn   | No. | NAME            | CLUB                           | DISTANCE  |                     |  |
| 1      | 131 | Richardo CHILDS | Brecon                  | 7.39 +1.0 | 9      | 189 | Ricardo TWUMASI | Sale Harriers Manchester/Lough | 6.24 -1.0 |                     |  |
| 2      | 185 | Leigh SMITH     | Birchfield Harriers     | 7.37 0.0  | 10     |     |                 |                                |           |                     |  |
| 3      | 155 | Mark HOLLOWAY   | Windsor Slough Eton & H | 7.22 +2.0 | 11     |     |                 |                                |           |                     |  |
| 4      | 19  | Ryan JAMES      | Birchfield Harriers     | 7.02 +1.0 | 12     |     |                 |                                |           |                     |  |
| 5      | 181 | Simon ROPER     | Derby AC                | 6.64 +1.0 | 13     |     |                 |                                |           |                     |  |
| 6      | 152 | David HARVEY    | Windsor Slough Eton & H | 6.63 +1.5 | 14     |     |                 |                                |           | REFEREE'S SIGNATURE |  |
| 7      | 147 | James GARDNER   | City of Stoke AC        | 6.44 0.0  | 15     |     |                 |                                |           |                     |  |
| 8      | 144 | Nathaniel FACEY | Birchfield Harriers     | 6.40 +1.8 | 16     |     |                 |                                |           |                     |  |

# ENGLAND ATHLETICS: DISTANCE CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES |                          | VENUE     |           | Birmingham Alexander |           | DATE                       |           | Saturday, July 24 2010 |           |             |                   |                                     |  |  |  |
|---------|-----|-----------------------------|--------------------------|-----------|-----------|----------------------|-----------|----------------------------|-----------|------------------------|-----------|-------------|-------------------|-------------------------------------|--|--|--|
| EVENT   |     | F12 Men's Hammer - FINAL    |                          | TIME      |           | 14.30                |           | england best               |           | 77.30m                 |           | cbp         |                   | Wayne Powell Gloucester 57.63m 2008 |  |  |  |
| Order   | No  | NAME                        | CLUB                     | 1st Trial | 2nd Trial | 3rd Trial            | Best of 3 | Position after<br>3 Trials | 4th Trial | 5th Trial              | 6th Trial | Best of All | Final<br>Position |                                     |  |  |  |
|         |     |                             |                          | Metres    | Metres    | Metres               | Metres    |                            | Metres    | Metres                 | Metres    | Metres      |                   | Metres                              |  |  |  |
| 1       | 188 | Matthew SUTTON              | Birchfield Harriers      | 54.03     | 56.87     | 54.54                | 56.87     | 4                          | NT        | NT                     | 54.63     | 56.87       | 5                 |                                     |  |  |  |
| 2       | 127 | Michael BOMBA               | liverpool harriers       | 60.08     | 60.56     | 61.74                | 61.74     | 2                          | 62.11     | 62.95                  | 61.10     | 62.95       | 2                 |                                     |  |  |  |
| 3       | 176 | Adam REYNOLDS               | liverpool harriers       | NT        | 48.13     | 50.84                | 50.84     | 6                          | 46.83     | NT                     | 44.45     | 50.84       | 6                 |                                     |  |  |  |
| 4       | 177 | Matthew RICHARDS            | Belgrave Harriers        | NT        | 57.90     | 59.52                | 59.52     | 3                          | 59.21     | NT                     | 57.35     | 59.52       | 3                 |                                     |  |  |  |
| 5       | 145 | Michael FLOYD               | Sale Harriers Manchester | 69.72     | 68.15     | 69.70                | 69.72     | 1                          | 68.30     | NT                     | NT        | 69.72       | 1                 |                                     |  |  |  |
| 6       | 126 | Matthew BELL                | Birchfield Harriers      | 54.03     | 55.41     | 53.39                | 55.41     | 5                          | 59.05     | 57.15                  | 58.88     | 59.05       | 4                 |                                     |  |  |  |
| 7       |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |
| 8       |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |
| 9       |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |
| 10      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |
| 11      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |
| 12      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |
| 13      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |
| 14      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |
| 15      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |
| 16      |     |                             |                          |           |           |                      |           |                            |           |                        |           |             |                   |                                     |  |  |  |

| RESULT |     |                  |                          |          | RESULT |     |      |      |          | JUDGES' SIGNATURES  |  |
|--------|-----|------------------|--------------------------|----------|--------|-----|------|------|----------|---------------------|--|
| Posn   | No. | NAME             | CLUB                     | DISTANCE | Posn   | No. | NAME | CLUB | DISTANCE |                     |  |
| 1      | 145 | Michael FLOYD    | Sale Harriers Manchester | 69.72    | 9      |     |      |      |          |                     |  |
| 2      | 127 | Michael BOMBA    | liverpool harriers       | 62.95    | 10     |     |      |      |          |                     |  |
| 3      | 177 | Matthew RICHARDS | Belgrave Harriers        | 59.52    | 11     |     |      |      |          |                     |  |
| 4      | 126 | Matthew BELL     | Birchfield Harriers      | 59.05    | 12     |     |      |      |          |                     |  |
| 5      | 188 | Matthew SUTTON   | Birchfield Harriers      | 56.87    | 13     |     |      |      |          |                     |  |
| 6      | 176 | Adam REYNOLDS    | liverpool harriers       | 50.84    | 14     |     |      |      |          | REFEREE'S SIGNATURE |  |
| 7      |     |                  |                          |          | 15     |     |      |      |          |                     |  |
| 8      |     |                  |                          |          | 16     |     |      |      |          |                     |  |

# ENGLAND ATHLETICS: DISTANCE CARD

| MEETING |     | THE MCCAIN BIRMINGHAM GAMES     |                             |           |      | VENUE     |      | Birmingham Alexander |      | DATE         |  | Saturday, July 24 2010  |           |      |           |                                |           |       |             |   |                |
|---------|-----|---------------------------------|-----------------------------|-----------|------|-----------|------|----------------------|------|--------------|--|-------------------------|-----------|------|-----------|--------------------------------|-----------|-------|-------------|---|----------------|
| EVENT   |     | F13 Women's Triple Jump - FINAL |                             |           |      | TIME      |      | 15.00                |      | england best |  | 15.15m                  |           | cbp  |           | Sara Barry Cardiff 12.45m 2008 |           |       |             |   |                |
| Order   | No  | NAME                            | CLUB                        | 1st Trial |      | 2nd Trial |      | 3rd Trial            |      | Best of 3    |  | Position after 3 Trials | 4th Trial |      | 5th Trial |                                | 6th Trial |       | Best of All |   | Final Position |
|         |     |                                 |                             | Metres    |      | Metres    |      | Metres               |      | Metres       |  |                         | Metres    |      | Metres    |                                | Metres    |       | Metres      |   |                |
| 1       | 277 | Zainab CEESAY                   | Woodford Green & Essex L    | 12.27     | 0.2  | 12.33     | -0.1 | NJ                   | -0.9 | 12.33        |  | 6                       | NJ        | 0    | 12.51     | 0.3                            | 11.63     | 0     | 12.51       | 6 |                |
| 2       | 324 | Sian SWANSON                    | Maldwyn Harriers            | NJ        | 0.2  | NJ        | 1.1  | NJ                   | -0.7 |              |  |                         |           |      |           |                                |           |       |             |   |                |
| 3       | 314 | Bethan PARTRIDGE                | Telford AC                  | 11.63     | 0.1  | NJ        | 0    | NJ                   | -1.7 | 11.63        |  | 9                       |           |      |           |                                |           | 11.63 | 9           |   |                |
| 4       | 266 | Dee BAKRE                       | enfield and haringey        | NJ        | -0.3 | 12.08     | 1.0  | 11.74                | -0.8 | 12.08        |  | 7                       | 11.63     | 0    | 12.01     | 0.3                            | NJ        | 0.4   | 12.08       | 7 |                |
| 5       | 302 | Claire LINSKILL                 | North Devon AC              | 12.68     | -0.4 | 12.55     | -0.5 | NJ                   | -0.4 | 12.68        |  | 4                       | 12.57     | 0.8  | 12.37     | 0                              | NJ        | 0     | 12.68       | 4 |                |
| 6       | 329 | Nadia WILLIAMS                  | Shaftesbury Barnet Harriers | 13.27     | 0    | 13.33     | 0    | NJ                   | 0    | 13.33        |  | 1                       | 13.39     | 0    | NJ        | -0.8                           | 13.44     | -1.3  | 13.44       | 1 |                |
| 7       | 308 | Nony MORDI                      | Shaftesbury Barnet Harriers | 12.76     | 0    | 12.70     | 0    | 12.67                | 0.4  | 12.76        |  | 3                       | 12.73     | 0    | NJ        | -0.6                           | NJ        | -0.2  | 12.76       | 3 |                |
| 8       | 310 | Julia NILOVA                    | Shaftesbury Barnet Harriers | NJ        | -0.3 | NJ        | -0.2 | 11.80                | 0.2  | 11.80        |  | 8                       | 11.90     | 0    | 12.00     | 0                              | NJ        | 0.5   | 12          | 8 |                |
| 9       | 290 | Sineade GUTZMORE                | Birchfield Harriers         | NJ        | -0.5 | 12.58     | -0.3 | NJ                   | 0    | 12.58        |  | 5                       | 12.66     | 0    | NJ        | -0.4                           | NJ        | -0.1  | 12.66       | 5 |                |
| 10      | 265 | Stephanie ANETO                 | Woodford Green & Essex L    | 12.86     | -0.2 | 13.17     | 0.4  | 13.11                | -0.5 | 13.17        |  | 2                       | NJ        | -0.4 | 13.02     | -1.1                           | NJ        | 0     | 13.17       | 2 |                |
| 11      |     |                                 |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                |           |       |             |   |                |
| 12      |     |                                 |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                |           |       |             |   |                |
| 13      |     |                                 |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                |           |       |             |   |                |
| 14      |     |                                 |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                |           |       |             |   |                |
| 15      |     |                                 |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                |           |       |             |   |                |
| 16      |     |                                 |                             |           |      |           |      |                      |      |              |  |                         |           |      |           |                                |           |       |             |   |                |

| RESULT |     |                  |                             |            | RESULT |     |                  |            |            | JUDGES' SIGNATURES  |  |
|--------|-----|------------------|-----------------------------|------------|--------|-----|------------------|------------|------------|---------------------|--|
| Posn   | No. | NAME             | CLUB                        | DISTANCE   | Posn   | No. | NAME             | CLUB       | DISTANCE   |                     |  |
| 1      | 329 | Nadia WILLIAMS   | Shaftesbury Barnet Harriers | 13.44 -1.3 | 9      | 314 | Bethan PARTRIDGE | Telford AC | 11.63 +0.1 |                     |  |
| 2      | 265 | Stephanie ANETO  | Woodford Green & Essex L    | 13.17 +0.4 | 10     |     |                  |            |            |                     |  |
| 3      | 308 | Nony MORDI       | Shaftesbury Barnet Harriers | 12.76 0.0  | 11     |     |                  |            |            |                     |  |
| 4      | 302 | Claire LINSKILL  | North Devon AC              | 12.68 -0.4 | 12     |     |                  |            |            |                     |  |
| 5      | 290 | Sineade GUTZMORE | Birchfield Harriers         | 12.66 0.0  | 13     |     |                  |            |            |                     |  |
| 6      | 277 | Zainab CEESAY    | Woodford Green & Essex L    | 12.51 +0.3 | 14     |     |                  |            |            | REFEREE'S SIGNATURE |  |
| 7      | 266 | Dee BAKRE        | enfield and haringey        | 12.08 +1.0 | 15     |     |                  |            |            |                     |  |
| 8      | 310 | Julia NILOVA     | Shaftesbury Barnet Harriers | 12.00 0.0  | 16     |     |                  |            |            |                     |  |