

MIDLAND COUNTIES BIRMINGHAM GAMES**4 FEBRUARY 2012 DAY 1****Senior Men 800m**

1	Mark Berridge	Basingstoke	1.52.82
2	James Ansell	Exeter H	1.56.64
3	Richard Bowman	Coventry G	2.02.75
4	Tom Sycklemore	Basingstoke	2.03.87
5	Mark Moore	Wolvs/Bil	2.10.91

Heat 1

1	Conor Healy	Ireland	1.56.83
2	Jonathan Hiorns	Notts AC	1.57.41
3	Ryan Cox	Birchfield	1.59.88
4	Peter Watkeys	Basingstoke	2.02.29
5	Andrew Dickens	Nene Valley H	2.03.95

Heat 2

1	Paul Bradshaw	Blackburn H	1.56.66
2	Andrew De-Camps	Gloucester AC	1.57.09
3	Dave Ragan	Basingstoke	1.57.78
4	Callem Forde	Charnwood AC	2.01.47
5	Martin Braderick	Basingstoke	2.05.90

Heat 3

1	Paul Goodall	City of Norwich	1.56.58
2	Billy Ryan	NEB	1.57.30
3	Daniel Eckersley	Kingston AC	1.57.70
4	Nick Hazelwood	Halesowen	1.58.19
5	Darryl Loveland	RAF	2.03.57

Heat 4

1	Aaron Bennett	Southampton AC	1.57.86
2	James Moroney	Notts AC	1.57.93
3	Chris Lamb	Rugby/Nth	1.59.31
4	Simon Franklin	Corby AC	1.59.91
5	Joseph Gill	NEB	2.00.33

Heat 5**U17 Men 800m**

1	Theo Blundell	Birchfield	2.00.66
2	Matthew Jones	Oswestry Olym	2.04.39
3	Dominic Tutton	Gloucester AC	2.06.32
4	Macauley Snutch	City of Stoke	2.06.33
5	Tom Howarth	City of Stoke	2.08.62

Race 1

1	Yahya Aitabi Hakimi	Birchfield	2.08.56
2	Will Graves	Birchfield	2.09.17
3	David James	Birchfield	2.09.40
4	Emmett Thompson	Forest of Dean	2.17.54
5	Kate Davies	Gloucester AC	2.39.55

Race 2**U15 Girls 200m**

1	Eleanor Rawson	2DASH	25.92
2	Sophie Thomas	North Somerset	26.85
3	Laura Puleston	Erme Valley H	27.36
4	Stephanie Beardsmore	Cheltenham	27.79
5	Bethany Catchpowle	Solihull & SH	27.81

Race 1

1	Yvette Westwood	Yate AC	27.06
2	Mia Tomlinson	Wolvs/Bil	27.14
3	Natalie Mukerji	Cannock/Stafford	27.45
4	Courtney Smith	Halesowen	28.97

Race 2

1	Tia Chandler	Wolvs/Bil	28.80
2	Hannah Nanton	Team Bath	29.81

Race 3

U17 Women

3 Penny Whittingham	Birchfield	30.32
4 Georgina Ryding	Halesowen	30.95

Race 4

1 Ellie Lambrou	Birchfield	27.72
2 Ashleigh Beaven	Bromsgrove/Redditch	28.28
3 Ellie Corbett	Wolvs/Bil	28.61
4 Henrietta Ebbs	Yate AC	29.05
5 Candy Lockett	Bromsgrove/Redditch	30.37

Race 5

1 Lillian Goddard	Torbay AAC	28.54
2 Rosie Marshall	Nene Valley H	29.28
3 Holly Phillips	Kidderminster/Stour	29.37
4 Emma White	Nuneaton H	30.53
5 Savannah Sturridge	Tamworth AC	31.32

U15 Boys 200m

Race 1

1 Owin Sinclair	Charnwood AC	23.09
2 Samuel Hamilton	Halesowen	24.73
3 Benjamin Clarke	Cheltenham	24.99
4 Jaskaran Notta	Birchfield	25.06
5 Leo Read	Oswestry Olym	25.78

Race 2

1 Ashley Sandall	Nene Valley H	24.25
2 Owen Richardson	Basingstoke	24.68
3 Christopher Hewlett	Birchfield	26.25
4 Sam Preston	Halesowen	26.43
5 Savan Patel	Halesowen	27.26

U17 Women 200m

Race 1

1 Amy Hillyard	Birchfield	25.60
2 Rachel Norris	Mansfield H	26.09
3 Tamika Cain	Nuneaton H	26.30
4 Megan Barrettt	Cheltenham	26.65
5 Charlotte Jones	Birchfield	26.68

Race 2

1 Alice Cunningham	Corby AC	27.00
2 Kelly Constable	Gloucester AC	27.04
3 Yemma Songu	Bristol & West	27.10
4 Heidi Jackson	City of Stoke	27.59
5 Molly Ferguson	Notts AC	28.49

Race 3

1 Louise Ward	Cheltenham	27.23
2 Kay Oakley	Wolvs/Bil	27.44
3 Kiera Jenkins	Stroud AC	27.98
4 Alyssa Small	Bristol & West	27.99
5 Emily Fowler-Parkes	Cannock/Stafford	28.30

Race 4

1 Megan Bishop	Cheltenham	27.24
2 Louisa Cooper	Charnwood AC	27.97
3 Katy Rushmer	Millfield Sch	28.92
4 Anna Caswell	North Devon AC	29.48
5 Anna Rooney	Wolvs/Bil	29.97

		Race 5
1	Anicia Skeates	North Somerset 27.30
2	Katie Debonis	Cheltenham 27.89
3	Katie Foward	Cheltenham 28.25
4	Sofia Fereday	Wolvs/Bil 28.95
5	Molly Ellis	North Devon AC 29.62
		Race 6
1	Charlotte Newman	Royal Sutton Coldfield 27.90
2	Millie Barker	Wolvs/Bil 29.58
3	Cara Trivett	Birchfield 31.05
	U17 Men 200m	Race 1
1	Josh Platt	Crewe 22.79
2	Liam Hebblethwaite	City of Stoke 22.83
3	Stefan Anderson	Royal Sutton Coldfield 23.47
4	Kaine Walker	Nene Valley H 23.75
		Race 2
1	Delano Brown	Birchfield 22.96
2	Daniel Trueman	Stroud AC 22.99
3	Toby Melville	Nuneaton H 23.24
4	Ryan Hampson	Stroud AC 23.91
5	Freddie Silva	Worcester AC 24.64
		Race 3
1	Joshua Billington	City of Stoke 24.21
2	Jack Dyer	Bristol & West 24.29
3	Myles Lynch	Coventry G 24.37
4	Edward Harrison	Stratford on Avon 24.75
5	Travis Christie	Wolvs/Bil 25.01
		Race 4
1	Michael Pearson	Birchfield 24.43
2	Jowelle Sterling Johnson	Birchfield 24.49
3	Emmett Thompson	Forest of Dean 24.95
4	Harry Young	Corby AC 25.39
		Race 5
1	Jordan Spence	Corby AC 24.43
2	Joshua Townrow	Birchfield 24.95
3	Jordan Reader	Birchfield 25.32
	Senior Women 400m	Heat 1
1	Ambwene Simukonda	Thames Valley H 54.91
2	Emma Pullen	Cardiff AC 54.99
3	Cally Read	Birchfield 56.11
4	Kate Anderson	City of Stoke 60.08
		Heat 2
1	Harriet Pryke	Manx H 55.10
2	Victoria Barr	Rugby/Nth 55.38
3	Kim Wall	Basildon AC 55.79
4	Deborah wWillis	Herts Phoenix AC 57.69
5	Hannah Clarke	Newport H 60.56
		Heat 3
1	Emily Diamond	Bristol & West 54.19
2	Laura Wake	Herts Phoenix AC 55.05
3	Laura Burke	WSEH 57.88
4	Eleanor Markendale	Pendle AC 64.84
		Heat 4
1	Shana Cox	WGEL 53.08
2	Laura Langowski	Coventry G 54.04
3	Lesley Owusu	WSEH 55.57
4	Megan Southwart	Bath University 57.86
5	Rhiannon Linnington-Payne	Cardiff AC 58.23

Senior Men 400m

1	Michael Bingham	Birchfield	47.61
2	Andrew Kendall	Crawley AC	48.95
3	Gareth Hopkins	Cardiff AC	49.73
4	Jonathan Elderfield	Basingstoke	50.31
5	Alex Fields	Bristol & West	51.71
6	Matthew Bayliss	BRAT	53.16

Heat 2

1	Richard Buck	City of York	46.95
2	Paul Judson	Notts AC	49.22
3	Nick Kanonik	Birchfield	49.68
4	Darren Lewis	Sale H	50.01
5	James Hunter	Liverpool H	50.18
6	Adam Barnes	Royal Sutton Coldfield	52.35

Heat 3

1	Robert Tobin	Basingstoke	47.43
2	Lawrence Baird	Trafford AC	49.31
3	Patrick Phelan	Ireland	49.96
4	Dale Willis	Corby AC	50.49
5	Oliver Stringer	Leigh H	51.22

Heat 4

1	Lloyd Zvasiya	Birchfield	49.49
2	Christian Byron	Birchfield	50.08
3	Stephen Goreham	Hillingdon AC	51.98
4	Jamie Graham	Cannock/Stafford	60.17

Heat 5

1	Jamie-Kerr Bowie	Inverness H	48.35
2	Ben Carne	Harrow AC	49.22
3	Luke Edwards	City of Sheffield	49.59
4	Hayden Carter	RAF	50.79
5	Brian Darby	Coventry G	51.57
6	Paul Blake	Dorchester AC	58.55

Heat 6

1	David Riley	Gateshead H	48.03
2	Eoin Mulhall	Crusaders AC	49.09
3	Samuel Adeyemi	Herne Hill H	49.11
4	Stewart Marshall	Coventry G	49.97
5	Aaron Mason	Thames Valley H	51.43

Heat 7

1	Richard Morrissey	Havering Mayesbrook	48.70
2	Iain Bray	Basingstoke	49.68
3	Kieran Kelly	Ireland	49.80
4	Deanna O'Byrne	Dundrum South Dublin	50.19
5	Zak Saucedo	Enfield & H	50.68
6	Martin de la Fuente	Spain	53.26

Heat 8

1	Sam Peters	Exeter H	50.09
2	Billy Ryan	NEB	50.32
3	Caspar Eliot	Bristol & West	50.35
4	Daniel Dell	Cardiff AC	50.47
5	Alex Merrett	Cheltenham	55.16

Heat 9

1	Luke Smallwood	Blackheath & Brom	47.67
2	Markus Hunt	Chelmsford AC	48.79
3	Sean Reidy	Nene Valley H	51.96
4	David Munro	Wolvs/Bil	52.23
5	Sam Martin	North Devon AC	53.89

		Heat 10
1 Chris Wakeford	Sale H	50.00
2 Jacob Fehily	Trafford AC	50.14
3 Gary Coleman	Yate AC	50.59
4 Manzu-Lyn Cain	City of Stoke	56.46
U15 Boys 400m		Race 1
1 Ashley Sandall	Nene Valley H	53.68
2 Sam Smith	Peterborough AC	58.24
3 Jack Cullen	Halesowen	62.26
Senior Men 1500m FINAL		
1 Nick Samuels	Sale H	3.52.25
2 James Poole	Blackheath & Brom	3.53.55
3 Niall Robinson	North Down AC	3.53.94
4 Gareth Hill	Ballymena	3.54.79
5 Brett Halliwell	Stroud AC	3.58.48
6 Jacob Clark	City of Sheffield	3.59.31
7 Paddy Radley	OWLS	4.01.01
8 Andrew Kaar	Birchfield	4.02.98
9 Will Gurton	Vale of Aylesbury	4.10.74
10 Ben Griffiths	Birchfield	4.12.30
11 Joe Allen	Not Ilsted	4.14.87
12 Danny Tolhurst	Stratford on Avon	4.27.75
Senior Men 60m		Heat 1
1 Mark Lewis-Francis	Birchfield	6.83
2 Leroy Slue	Harrow AC	7.00
3 Ingmar Voss	Birchfield	7.21
4 Oliver Knight	Charnwood AC	7.25
5 Santino Dummett	Telford AC	7.25
6 Richard Rubenis	Telford AC	7.36
7 Edward Lantzoz	Newport H	7.63
		Heat 2
1 Rj Pierre	WSEH	6.91
2 Ben Simons	Telford AC	6.98
3 Eldridge Phiri	Tamworth AC	7.02
4 Dan Bigham	Oxford Brookes RC	7.37
5 Taiwo Adereni	Herne Hill H	7.49
6 Fausto Furlotti	Enfield & H	7.74
		Heat 3
1 Elijah Winn	Enfield & H	6.85
2 Ryan James	Birchfield	7.06
3 Othroy Marsh	Harrow AC	7.11
4 Nengi Ossai	Shaftesbury BH	7.18
5 Leon Braithwaite	Bedford	7.42
6 Jonny Anderson	Raf/Cannock & Staffs	7.52
7 Thomas Matthews	Kendall AAC	8.14
		Heat 4
1 Fabian Collymore	Blackheath & Brom	7.05
2 Omar Simpson	Unattached	7.07
3 Alex Animashaun	Harrow AC	7.44
4 Matthew Wright	Cheltenham	7.52
5 Levi Reid	Belgrave H	7.70
6 Ben Rushgrove	Team Bath	8.25
		Heat 5
1 Robert Graham	Herne Hill H	6.91
2 Alex Nwenwu	Wolves/Bils	7.09
3 Oladele Bamisaye	Swansea H	7.14
4 Luke Lennon-Ford	Birchfield	7.15
5 Cameron Webb	Stevenage	7.37
6 Greg Richards	Tamworth AC	7.50

Heat 6		
1 Nigel Thomas	Thames Valley H	6.92
2 Julian Thomas	Birchfield	6.92
3 Emmanuel Adeyemi	Kent AC	7.12
4 Solomon Daniels	NEB	7.20
5 Vincent Bruce	Luton AC	7.24
6 Karl Ledington	Nuneaton H	7.31
7 Lloyd Alara	Coventry G	7.47

Heat 7		
1 Adeseye Ogunlewe	Chelmsford AC	6.89
2 Scott Bajere	Bristol & West	6.93
3 Ryan Farrington	Birchfield	7.18
4 Jason Greenidge	WGEL	7.21
5 Kyle Ennis	Banbury H	7.25
6 Paul Newark	Tipton H	7.39
7 David Sadkin	Unattached	7.40

Heat 8		
1 Christian Malcolm	Cardiff AAC	6.79
2 Charlie Dack	Loughborough	7.02
3 Rashid Kakoza	NEB	7.10
4 Donovan James	Wolves/Bils	7.32
5 Jahmal Germain	NEB	7.33
6 Talent Gukwe	Cannock/Stafford	7.47
7 Steven Harris	Halesowen	7.48

Heat 9		
1 Sean Safo-Antwi	Enfield & H	6.86
2 Mark Hanson	Enfield & H	7.04
3 Thomas Scrase	Loughborough	7.05
4 Seun Marcus	Belgrave H	7.22
5 Paul Webster	Corby AC	7.34
6 Luke Pryor	Coventry G	7.43
7 Ben Riektins	Bedford	7.46
8 ? Paterson	Notts AC	7.82

Heat 10		
1 Richard Kilty	Gateshead H	6.68
2 Aidan Syers	NEB	6.85
3 Justin Duru	Highgate H	7.12
4 Harold Houston	Bermuda	7.20
5 Jamie Vickery	Blackburn H	7.41
6 Sean Huxtable	DASH	7.54
7 Adam Hughes	Birchfield	7.55

Heat 11		
1 Harry Aikines-Aryeetey	Sutton & D	6.83
2 Paul Hession	Ireland	6.99
3 Samuel Adeyemi	Herne Hill H	7.15
4 Peter Hall	Notts AC	7.21
5 Neal Baines	Mansfield H	7.21
6 Carl Mason	Birchfield	7.27
7 Fraser Carlisle	Wycombe Phoenix	7.49
8 Rohan Samuel	Harrow AC	7.55

Senior Women 60m		
1 Abi Oyepitan	Shaftesbury BH	7.51
2 Emma Bailey	Rugby/Nth	7.66
3 Jennie Batten	Stroud AC	7.76
4 Aoife MacNeil	Ireland	7.78
5 Joanne Frost	Bromsgrove & Redd	7.87
6 Jo White	St Marys Richmond	7.88
7 Claire Brady	Cellbridge AC	7.89
8 Kimi Moncrieffe	Birchfield	8.20

Heat 2		
1 Katherine Endacott	City of Plymouth	7.63
2 KitanEleyae	WGEL	7.67
3 Kadi-Ann Thomas	Milton Keynes	7.68
4 Chelsea Cooper	City of Stoke	7.73
5 Susanna Banjo	NEB	7.74
6 Nadine Prill	Oxford University	8.23
7 Katrina Hart	Birchfield	9.51

Heat 3		
1 Topa Nuga	NEB	7.63
2 Kylie Russell	Birchfield	7.67
3 Christine Ohuruogu	NEB	7.74
4 Gemma Werrett	Birchfield	7.91
5 Temi Erinoso	NEB	7.96
6 Caroline Waddell	Bath University	8.42
7 Sarah Evans	Swansea H	8.51
8 Megan Evans	Royal Sutton Coldfield	8.97

Heat 4		
1 Elaine O'Neill	WGEL	7.61
2 Lucy Onyeforo	Enfield & H	7.72
3 Nadine Okyere	Birchfield	7.77
4 Tunrayo Nubi	Enfield & H	7.89
5 Samantha Mills	Wolves/Bils	8.20
6 Katie Barry	Corby AC	8.40
7 Eleanor Gatouse	Oxford University	8.66

U20 Women 200m

Race 1		
1 Jodie Harrison	Wolvs/Bil	24.87
2 Ann Ika Oqua	Wolvs/Bil	25.00
3 Lauren Powell	Spennborough	25.95
4 Jessica McCabe	WSEH	26.20
5 Anna Alexander-Holmes	Team Bath	26.85

Race 2		
1 Nardhia Kidd Walker	Birchfield	26.18
2 Shaliece Benjamin	Wolvs/Bil	26.51
3 Megan Dixon	Wolvs/Bil	26.62
4 Heidi Brooke-Little	Banbury H	26.90
5 Alvina Chen	Corby AC	28.00

Race 3		
1 Emma Douras	Wolves/Bils	26.65
2 Sadie Forrester-Hayles	Wolves/Bils	27.06
3 Sarah Brookes	Wolves/Bils	27.19

Race 4		
1 Charlotte Williamson	Cheltenham	27.83
2 Katrina Walker	BRAT	28.22
3 Amy Cullen	Halesowen	28.32

U20 Men 200m

1	Matthew Hudson-Smith	Birchfield
2	Christopher Stone	Bristol & West
3	Jack Seddon	Crewe
4	Andrew Lord	Cheltenham

Race 1

21.88
22.51
22.96
23.13

1	Hassan Hassan	Coventry G
2	Elliott Prendergast	Bristol & West
3	Kevin Samuels	Wolves/Bils
4	Andrew Scull	Cheltenham
5	Nicholas Freer	Bromsgrove & Redd

Race 2

23.27
23.36
23.59
23.94
24.43

1	Aaron Bando	Wolves/Bils
2	Luke Fleming	Royal Sutton Coldfield
3	Alexander Steele	Crewe
4	Joe Lovell	Worcester AC
5	Kevin Dzenga	Tipton H

Race 3

23.41
23.67
23.68
23.76
25.73

1	Leon Reid	Bristol & West
2	Shane Henry	Birchfield
3	Jamie Robinson	Birchfield
4	Mathias Francis	Birchfield
5	Craig Pike	North Devon AC

Race 4

22.31
23.34
23.67
23.78
25.94

U20 Women 800m

1	Hywells Thomas-Howells	Swansea H
2	Hayley Silver	Mansfield H

Race 1

2.27.91
2.30.09

U20 Men 800m

1	Tom Guy	City of Stoke
2	Camron Wood	Birchfield
3	Kane Lee	Yate AC
4	Sam Lacey	Birchfield
5	Matthew Kirby	Wreake Runners

Race 1

2.04.87
2.05.66
2.05.94
2.06.47
2.07.81

U15 Boys 60m

1	Owin Sinclair	Charnwood AC	7.28
2	Owen Richardson	Basingstoke	7.82
3	Leo Read	Oswestry Oly	7.87
4	Benjamin Clarke	Cheltenham	7.89
5	Sam Preston	Halesowen	8.23

Race 2

1	Samuel Hamilton	Halesowen	7.79
2	Jordan Lloyd	Birchfield	8.06
3	Tyrell Dankwa	Marshall Milton Keynes	8.14
4	Christopher Hewlett	Birchfield	8.15
5	Oliver Kemp	Bromsgrove & Redd	8.16

U15 Girls 60m

1	Emily Wright	Yate AC	8.18
2	Bethany Catchpole	Solihull & SH	8.26
3	Gemma Broomfield	Charnwood AC	8.29
4	Stephanie Beardsmore	Cheltenham	8.29
5	Mia Tomlinson	Wolves/Bils	8.38
6	Ellie Lambrou	Birchfield	8.70
7	Stacie Mulholland	Birchfield	8.73

Race 2

1	Annabelle Pask	Coventry G	8.37
2	Ashleigh Beaven	Bromsgrove & Redd	8.62
3	Henrietta Ebbs	Yate AC	8.75
4	Tia Chandler	Wolves/Bils	8.82
5	Savannah Sturridge	Tamworth AC	9.01
6	Emma White	Nuneaton H	9.11

Race 3

1	Natalie Mukerji	Cannock/Stafford	8.39
2	Kinnie Songu	Bristol & West	8.61
3	Harriet Mckenzie	Charnwood AC	8.74
4	Lillian Goddard	Torbay AC	8.77
5	Holly Phillips	Kidderminster/Stour	8.85
6	Courtney Smith	Halesowen	8.89
7	Candy Lockett	Bromsgrove & Redd	9.27

Senior Women 60m

1	Abi Oyepitan	Shaftesbury BH	7.39
2	Lucy Onyeforo	Enfield & H	7.63
3	Katherine Endacott	City of Plymouth	7.65
4	Emma Bailey	Rugby/Nth	7.67
5	Kadi-Ann Thomas	Milton Keynes	7.68
6	Chelsea Cooper	City of Stoke	7.73
7	Joanne Frost	Bromsgrove & Redd	7.87
8	Nadine Okyere	Birchfield	7.90

Semi Final 2

1	Elaine O'Neill	WGEL	7.54
2	Tope Nuga	NEB	7.64
3	Kylie Russell	Birchfield	7.67
4	Kitan Eleyae	WGEL	7.72
5	Jennie Batten	Stroud AC	7.75
6	Aoife McNeil	Ireland	7.76
7	Christine Ohuruogu	NEB	7.80
8	Susanna Banjo	NEB	7.81

Senior Men 60m

1	Richard Kilty	Gateshead H
2	Aidan Syers	NEB
3	Sean Safo-Antwi	Enfield & H
4	Adeseye Ogunlewe	Chelmsford AC
5	Julian Thomas	Birchfield
6	Mark Hanson	Enfield & H
7	Thomas Scrase	Loughborough
8	Charlie Dack	Loughborough

Semi Final 1

6.61
6.81
6.84
6.85
6.93
6.98
7.00
7.18

Semi Final 2

1	Christian Malcolm	Cardiff AAC
2	Elijah Winn	Enfield & H
3	Rj Pierre	WSEH
4	Scott Bajere	Bristol & West
5	Fabian Collymore	Blackheath & Brom
6	Eldridge Phiri	Tamworth AC
7	Leroy Slue	Harrow AC
8	Ryan James	Birchfield

6.77
6.79
6.85
6.97
6.99
7.02
7.04
7.10

Semi Final 3

1	Harry Aikines-Aryeetey	Sutton & D
2	Nigel Thomas	Thames Valley H
3=	Mark Lewis-Francis	Birchfield
3=	Robert Graham	Herne Hill H
5	Ben Simons	Telford AC
6	Paul Hessian	Ireland
7	Omar Simpson	Unattached
8	Alex Nwenwu	Wolves/Bils

6.74
6.82
6.87
6.87
6.98
6.99
7.03
7.08

Senior Women 1500m FINAL

1 Katrina Wootton	Bedford	4.23.37
2 Claire Tarplee	Solihull & SH	4.24.07
3 Ellie Stevens	Birchfield	4.24.98
4 Emily Pidgeon	Stroud	4.25.77

U17 Women 60m

1 Remy Barrett	Solihull & SH	8.02
2 Tamarah Miller	BRAT	8.03
3 Rachel Norris	Mansfield H	8.06
4 Alyssia Carr	Sale H	8.19
5 Tamika Cain	Nuneaton H	8.22
6 Alice Cunningham	Corby AC	8.30
7 Anicia Skeates	North Somerset	8.37

Race 1

1 Harriet Sawle	Cheltenham	8.25
2 Heidi Jackson	City of Stoke	8.36
3 Louisa Cooper	Charnwood AC	8.38
4 Gabriella Burton	City of Stoke	8.47
5 Rosie Jones	Nuneaton H	8.66
6 Holly Barton	Charnwood AC	8.72
7 Sophie Kamlish	Bath University	9.30

Race 2

1 Yemma Songu	Bristol & West	8.11
2 Julia Cook	Swindon	8.14
3 Ilaria Mancinelli	Notts AC	8.26
4 Louise Ward	Cheltenham	8.44
5 Katie Debonis	Cheltenham	8.49
6 Charlotte Newman	Royal Sutton Coldfield	8.66
7 Kelly Hutchins	Team Bath	10.12

Race 3**U17 Men 60m**

1 Jack Lawrence	Halesowen	6.99
2 Jermaine Hamilton	Orion H	7.04
3 Jonathan Akiboye	Birchfield	7.21
4 Josh Platt	Crewe	7.32
5 Nathan Togun	Scunthorpe	7.36
6 Obuchinezia Anyanwu	Coventry G	7.46
7 Kundainashen Mutukwa	DASH	7.69

Race 1

1 Alex Grant	Stratford on Avon	7.48
2 Stefan Anderson	Royal Sutton Coldfield	7.54
3 Joshua Lowe	Birchfield	7.55
4 Jowelle Sterling Johnson	Birchfield	7.59
5 Jack Dyer	Bristol & West	7.67
6 Jordan Spence	Corby AC	7.74
7 Haydn Francis	Birchfield	8.07

Race 2

1 Freddie Silva	Worcester AC	7.55
2 Michael Pearson	Birchfield	7.62
3 Jack Kennedy	Torbay AC	7.68
4 Myles Lynch	Coventry G	7.71
5 Jordan Reader	Birchfield	7.93
6 Samuel Mason	Halesowen	7.95
7 Harry Young	Corby AC	7.97

Race 3

U20 Women 60m		Race 1
1	Melisa Hanson	Birchfield 7.88
2	Lauren Powell	Spensborough 8.03
3	Tannika Burgess	Wolves/Bils 8.05
4	Shaliece Benjamin	Wolves/Bils 8.12
5	Kirstie Overfield	DASH 8.17
		Race 2
1	Heidi Brooke-Little	Banbury H 8.19
2	Nicole Reynolds	Tamworth AC 8.35
3	Charlotte Williamson	Cheltenham 8.60
4	Katrina Walker	BRAT 8.76
U20 Men 60m		Race 1
1	Ben Shields	Rotherham H 7.02
2	Olutobi Ogundipe	Telford AC 7.13
3	Elliott Prendergast	Bristol & West 7.16
4	Omasirichukwu Anywanwu	Coventry G 7.17
5	Christopher Stone	Bristol & West 7.17
6	Jack Seddon	Crewe 7.28
7	Mathias Francis	Birchfield 7.34
		Race 2
1	Matthew Hudson-Smith	Birchfield 7.01
2	Hassan Hassan	Coventry G 7.16
3	Jamie Robinson	Birchfield 7.28
4	Shane Henry	Birchfield 7.30
5	Alexander Steele	Crewe 7.46
6	Joel Grenfell	Peterborough AC 7.47
7	Kevin Dzenga	Tipton H 7.66
8	Nicholas Freer	Bromsgrove & Redd 7.68
		Race 3
1	Feron Sayers	Wolves/Bils 7.26
2	Andrew Lord	Cheltenham 7.34
3	Nick Wilson	Birchfield 7.40
4	Joe Lovell	Worcester AC 7.43
5	Andrew Scull	Cheltenham 7.71
6	Jack Roughan	Birchfield 8.07
7	Craig Pike	North Devon AC 8.10
8	Matty Lattibeaudiere	Bristol & West 8.27
Senior Women 400m		Final
1	Ambwene Simukonda	Thames Valley H 54.82
2	Laura Wake	Herts Phoenix 55.32
3	Lesley Owusu	WSEH 55.88
4	Kim Wall	Basildon 56.33
5	Cally Read	Birchfield 56.53
Senior Men 400m		C Final
1	Lawrence Baird	Trafford AC 48.96
2	Luke Edwards	City of Sheffield 50.48
3	Iain Bray	Basingstoke 51.06
		B Final
1	Richard Morrissey	Havering Mayesbrook 48.03
2	Markus Hunt	Chelmsford AC 48.83
3	Samuel Adeyemi	Herne Hill H 48.95
		A Final
1	Jamie-Kerr Bowie	Inverness H 48.28

Senior Women 60m		Final
1 Elaine O'Neill	WGEL	7.48
2 Lucy Onyeforo	Enfield & H	7.53
3 Tope Nuga	NEB	7.65
4 Emma Bailey	Rugby/Nth	7.67
5 Katherine Endacott	City of Plymouth	7.69
6 Kylie Russell	Birchfield	7.69
7 Kitan Eleyae	WGEL	7.80
Senior Men 60m		Final
1 Harry Aikines-Aryeetey	Sutton & D	6.74
2 Elijah Winn	Enfield & H	6.80
3 Sean Safo-Antwi	Enfield & H	6.81
4 Nigel Thomas	Thames Valley H	6.82
5 Aiden Syers	NEB	6.99

Senior Women's Shot

1	Annabel Sherry	Cheltenham	12.76
2	Helen Hanstock	Cheltenham	9.36
3	Mary Donaldson	Leamington	8.68
4	Laura Radburn	Birchfield	8.67
5	Nicola Ferris	Basingstoke	7.82
6	Sarah Henderson	Bracknell	6.25

Senior Men Shot

1	Gintas Degutis	NEB	15.42
2	Ingmar Vos	Birchfield	13.19
3	Samuel Cater	Bromsgrove/Redd	12.06
4	Jamie Courtenay	Cheltenham	11.61
5	Ray McKenna	Watford	11.57
6	Tom Pearson	Charnwood	11.10
7	Will Suart	Coventry Godiva	10.95
8	Vidas Kiliravicius	NEB	10.95
9	Richard O'Connor	Bromsgrove/Redd	8.65

Senior Women High Jump

1	Eloyse Newman	Shaftesbury BH	1.72
2	Zoey Phillips	Birchfield	1.64
3	Louise Hazel	Birchfield	1.64
4=	Hayley Pitman	Bristol & West	1.64
4=	Reaghan Dee	Enfield & H	1.64
6=	Kate Anson	Wigan & D	1.59
6=	Lauren O'Reilly	Newport H	1.59
8	Emma Douras	Wolvs/Bil	1.59

Senior Men Long Jump

1	Jordan Kelly	Southport	6.71
2	Feron Sayers	Wolves/Bil	6.66
3	Levi Reid	Belgrave H	6.52
4	Jacob Brown	Sale H	6.43
5	Travis Franicis	Wolves/Bil	6.14
6	Kyle Readdin	Crewe	6.13
7	Kieran Lee	City of Stoke	6.07
8	Philip Browne	North Devon	6.01
9	Matthew St Claire	Millfield School	5.58
10	Sam Edwards	Banbury	5.54
11	Robert Smith	Scunthorpe	5.51
12	Joe Pybus	Brighton	5.42
13	Richard O'Connor	Bromsgrove/Redd	4.50

Senior Men Pole Vault

1	Gregor McLean	Shaftesbury	5.10
2	Alasdair Strange	WGEL	4.80
3	Matt Devereux	NEB	4.65

U20 Men Pole Vault

1	Jacob Sutcliffe	Sale	3.70
2	Peter Flint	Birmingham Uni	3.70

U15 Girls High Jump

1	Grace Dempsey	Birchfield	1.60
2	Georgia Williams	Worcester	1.60
3	Georgia Parris	Nuneaton	1.45
4	Polly Sommerfield	Nene Valley	1.20

U15 Boys High Jump

1	Rory Dwyer	Stratford	1.80
2	Christopher Hewlett	Birchfield	1.55

U17 Men Long Jump

1	Jonathon Akiboye	Birchfield	6.32
2	Cameron Skinner	Halesowen	6.05
3	Delano Brown	Birchfield	6.04
4	Jack Kennedy	Torbay	5.58
5	Haydn Francis	Birchfield	5.54
6	Linton Gardiner	Cheltenham	5.28
7	Oliver Ward	Birchfield	5.16

Senior Women Long Jump

1	Kelly Proper	Ferrybank	6.01
2	Amy Woodman	Birchfield	5.94
3	Kitan Eleybe	WGEL	5.75
4	Joanne Frost	Bromsgrove/Redd	5.66
5	Lisa James	Crewe	5.44
6	Dee Bakre	Enfield & H	5.34
7	emma heath	bristol	5.30
8	Jessica Leek	Cannock/Stafford	5.24
9	Eleanor Markendale	Pendale	5.14
10	Shelby Baker	Millfield Sch	4.70
11	Nicola Ferris	Basingstoke	4.48
12	Melanie Garland	Worcester	4.38
13	Sarah Henderson	Bracknell	4.32
14	Olivia Merry	Worcester	4.03

U15 Boys Long Jump

1	Imram Qureshi	Cheltenham	5.77
2	Leo Read	Oswestry	5.28
3	Jordan Lloyd	Birchfield	5.06