

**T10 Midland 3000m U20/Snr Women**

123	1	Rebecca Hall	Corby AC	10:08.15	SEN W
126	2	Ellie Stevens	Birchfield Harriers	10:12.50	SEN W
399	3	Lucy Holt	City of Stoke AC	10:13.27	U20 W
124	4	Beth Hawling	Cheltenham Harriers	10:29.87	SEN W
398	5	Alice Daniel	Charnwood AC	10:46.08	U20 W
127	6	Sue Street-Hall	Tipton H	11:22.53	SEN W
125	DNF	Wendy Morant	Birchfield Harriers		SEN W

**T11 Midland 3000m U20 Men**

362	1	Ellis Cross	Tamworth AC	8:59.28	U20 M
365	2	Harry Halford	Wolverhampton & Bilston AC	9:21.03	U20 M
366	3	Ben Musgrove	Rugby & Northampton AC	9:23.58	U20 M
288	4	Cameron Smith	Derby AC	9:25.83	U20 M
367	5	Oliver Paulin	Coventry Godiva Harriers	9:34.19	U20 M
368	6	Adam Wilson	Yate AC	9:36.38	U20 M
364	7	Amrik Gill	Leicester Coritanian AC	9:41.49	U20 M
363	8	Ellis Garamszegi	Wolverhampton & Bilston AC	10:01.72	U20 M

**T12 Midland 3000m Snr Men**

382	1	Rory Grant	Birchfield Harriers	8:42.75	SEN M
384	2	Tom Holden	Tipton H	8:50.19	SEN M
383	3	Freddie Hessian	Notts AC	8:53.90	SEN M
392	4	Robert Smith	Notts AC	8:56.16	SEN M
369	5	Yousef Allathaa	Birchfield Harriers	8:58.52	SEN M
386	6	Rob Keal	Notts AC	8:59.72	SEN M
388	7	Stephen Long	Notts AC	9:00.84	SEN M
379	8	James Douglas	Charnwood AC	9:17.04	SEN M
380	9	Jamie Fletcher	Notts AC	9:29.74	SEN M
390	10	Luke Montgomery	Corby AC	9:41.04	SEN M
395	11	Luke Wigman	Sutton in Ashfield Harriers & AC	9:59.19	SEN M
387	12	John Knibb	Leamington C & AC	10:09.52	SEN M