

MIDLAND TRACK AND FIELD LEAGUE – LEAGUE & DIVISIONAL RECORDS – 2010
N.B. An entry in bold shows a League Record

LEAGUE RECORDS

WOMEN

Event	Name	Club	Perform	Date
100m	Chelsea Cooper	City of Stoke	11.8s	01.05.10
200m	Ashleigh Nelson	City of Stoke	23.8s	03.05.08
400m	Melinda Cooksey	Birchfield H	55.1s	01.05.10
800m	Emma Jackson	City of Stoke	2.05.5s	07.06.08
1500m	Tina Brown	Coventry Godiva	4.20.6s	02.05.09
3000m	Kate Goodhead	Bristol & West	09.32.1s	04.07.09
100H	Nicky Robinson	Coventry Godiva	14.2s	02.05.09
400H	Justine Kinney	Royal Sutton Coldfield	60.1s	03.08.08
HJ	Bethan Partridge	Telford AC	1.70m	05.07.08
	Bethan Partridge	Telford AC	1.70m	01.05.10
	Zoe Phillips	Birchfield	1.70m	02.05.09
LJ	Chelsea Cooper	City of Stoke	6.14m	10.08.08
TJ	Denae Matthews	Birchfield	12.49m	02.05.09
PV	Emily Taylor	Notts AC	3.40m	04.07.09
Shot	Eden Francis	Birchfield H	15.50m	07.06.09
Discus	Eden Francis	Birchfield H	54.14m	07.06.09
Javelin	Olga Kotmilosi	City of Stoke	45.44m	03.05.08
Hammer	Zoe Derham	Birchfield H	68.00m	07.06.09
4 x 100m		Birchfield	48.0s	03.08.08
4 x 400m		Birchfield	3.49.4s	03.08.08

MEN

Event	Name	Club	Perform	Date
100m	Joel Fearon	Coventry Godiva	10.6s	07.06.09
200m	Julian Thomas	Birchfield H	21.5s	01.05.10
400m	Jordan McGrath	Birchfield H	47.9s	01.05.10
800m	Richard Hill	Notts AC	1.50.2s	01.05.10
1500m	Damien Moss	Rugby & Northampton	3.53.3s	02.05.09
3000m	Chris Davies	Telford AC	8.18.7s	03.08.08
5000m	Tom Humphries	Cannock & Stafford	14.48.3s	02.05.09
2k S/C	Stephen Millward	Gloucester / Severn	6.02.9s	04.07.09
3k S/C	Dominik Morton	Halesowen A & CC	9.34.7s	07.06.08
110H	Edward Dunford	Birchfield H	14.7s	03.05.08
	Dominic Bradley	Birchfield H	14.7s	03.08.08
400H	Tom Moakes	Notts AC	52.9s	01.05.10
HJ	Phinehas Stewart	Birchfield H	2.09m	01.05.10
LJ	Jamie Blundell	Coventry Godiva	7.41m	05.07.08
TJ	Ben Williams	City of Stoke	15.29m	02.05.09
PV	Nick Cruchley	Halesowen	5.00m	04.07.09
Shot	Martin Bartholomew	City of Stoke	15.49m	04.07.09
Discus	Perris Wilkins	Banbury H	54.72m	03.08.08
Javelin	Glyn Hollingworth	Coventry Godiva	67.98m	05.07.08
Hammer	Chris Shorthouse	Notts AC	65.71m	01.05.10
4 x 100m		Coventry	42.1s	02.05.09
4 x 400m		Notts AC	3.17.6s	01.05.10

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Division 1

Event	Name	Club	Perform	Date
100m	Chelsea Cooper	City of Stoke	11.8s	01.05.10
200m	Ashleigh Nelson	City of Stoke	23.8s	03.05.08
400m	Melinda Cooksey	Birchfield H	55.1s	01.05.10
800m	Emma Jackson	City of Stoke	2.05.5s	07.06.08
1500m	Tina Brown	Coventry	4.20.6s	02.05.09
3000m	Kate Goodhead	Bristol & West	09.32.1s	04.07.09
100H	Nicky Robinson	Coventry Godiva	14.2s	02.05.09
400H	Wendy Davidson	City of Stoke	63.5s	05.07.08
HJ	Zoe Phillips	Birchfield	1.70m	07.06.09
LJ	Chelsea Cooper	City of Stoke	6.14m	10.08.08
TJ	Denae Matthews	Birchfield	12.49m	02.05.09
PV	Sarah Williams	Tamworth	2.80m	07.06.08
Shot	Eden Francis	Birchfield H	15.50m	07.06.09
Discus	Eden Francis	Birchfield H	54.14m	07.06.09
Javelin	Olga Kotmilosi	City of Stoke	45.44m	03.05.08
Hammer	Zoe Derham	Birchfield H	68.00m	07.06.09
4 x 100m		Coventry	49.1s	02.05.09
4 x 400m		Coventry	3.50.0s	02.05.09

MEN

Event	Name	Club	Perform	Date
100m	Joel Fearon	Coventry Godiva	10.6s	07.06.09
200m	Julian Thomas	Birchfield	21.5s	01.05.10
400m	Jordan McGrath	Birchfield H	47.9s	01.05.10
800m	Richard Hill	Notts AC	1.50.9s	01.05.10
1500m	Damien Moss	Rugby & Northampton	3.53.3s	02.05.09
3000m	Steve Mitchell	Bristol & West	8.32.7s	07.06.09
5000m	Ben Jones	Coventry Godiva	14.51.9s	02.05.09
2k S/C	Timothy Wallis	Bristol & West	6.06.9s	04.07.09
3k S/C	Stephen Lisgo	Mansfield	09.43.6s	10.08.08
110H	Robin Smith	City of Stoke	15.2s	10.08.08
400H	Tom Moakes	Notts AC	52.9s	01.05.10
HJ	Phinehas Stewart	Birchfield H	2.09	01.05.10
LJ	Jamie Blundell	Coventry Godiva	7.41m	05.07.08
TJ	Ben Williams	City of Stoke	15.29m	02.05.09
PV	Martin Vincent	Rugby & Northampton	4.40m	05.07.08
	Cameron Walker-Shepherd	Bristol & West	4.40m	02.05.09
Shot	Martin Bartholomew	City of Stoke	15.49m	04.07.09
Discus	Martin Bartholomew	City of Stoke	48.06m	05.07.08
Javelin	Glyn Hollingworth	Coventry Godiva	67.98m	05.07.08
Hammer	Chris Shorthouse	Notts AC	65.71m	01.05.10
4 x 100m		Coventry Godiva	42.1s	02.05.08
4 x 400m		Notts AC	3.17.6s	01.05.10

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Division 2

WOMEN

Event	Name	Club	Perform	Date
100m	Sinead Johnson	Telford AC	11.9s	05.07.08
200m	Meghan Beesley	Birchfield	24.6s	03.08.08
400m	Celia Taylor (Brown)	Coventry Godiva	56.4s	01.05.10
800m	Rhianna Parker-Simpson	Halesowen	2.10.2s	03.08.08
1500m	Juliet Doyle	Charnwood AC	4.28.2s	07.06.09
3000m	Jane Potter	Charnwood AC	09.33.9s	07.06.09
100H	Leila Corfield	Bristol & West	15.0s	03.08.08
400H	Michelle Thomas	Birchfield H	62.4s	03.08.08
HJ	Bethan Partridge	Telford AC	1.70m	05.07.08
LJ	Aimee Palmer	Birchfield H	5.84m	03.05.08
TJ	Jenneice Birmingham	Birchfield H	11.49m	03.08.08
PV	Emily Taylor	Notts AC	3.40m	04.07.09
Shot	Kelly Sotherton	Birchfield H	13.72m	07.06.08
Discus	Emma Merry	Rugby & Northampton	43.23m	01.05.10
Javelin	Simone Huggins-Ward	Coventry Godiva	41.78m	01.05.10
Hammer	Hayley Murray	Birchfield H	52.57m	05.07.08
4 x 100m		Birchfield	48.0s	03.08.08
4 x 400m		Birchfield H	3.49.4s	03.08.08

MEN

Event	Name	Club	Perform	Date
100m	Justin Thompson	Birchfield H	10.8s	05.07.08
	Lloyd Rice	Bristol & West	10.8s	03.08.08
	Thomas Burton	Tamworth A	10.8s	04.07.09
200m	Shem Nelson	Birchfield H	22.1s	03.08.08
400m	Gustav Klingstedt	Bristol & West	49.3s	07.06.08
	Daniel Cash	Tamworth	49.3s	07.06.09
800m	Richard Peters	Bristol & West	1.51.9s	03.08.08
1500m	Tim Dalton	Severn/Gloucester	3.55.0s	01.05.10
3000m	Chris Davies	Telford AC	8.18.7s	03.08.08
5000m	Ben Norris	Notts AC	14.39.3	02.05.09
2k S/C	Stephen Millward	Gloucester / Severn	6.02.9s	04.07.09
3k S/C	Dominik Morton	Halesowen A & CC	9.34.7s	07.06.08
110H	Edward Dunford	Birchfield H	14.7s	03.05.08
	Dominic Bradley	Birchfield H	14.7s	03.08.08
400H	Thomas Burton	Tamworth	53.1s	07.06.09
HJ	Jonathan Broom-Edwards	Charnwood AC	2.03m	07.06.09
LJ	Jamie Blundell	Coventry Godiva	7.36m	01.05.10
TJ	Mike McKernan	Birchfield H	15.02m	03.05.08
PV	Nick Cruchley	Halesowen A & CC	4.90m	07.06.08
Shot	Edward Dunford	Birchfield H	14.55m	03.05.08
Discus	Daniel Greaves	Charnwood	47.74m	05.07.08
Javelin	Neil Crossley	Cheltenham & C H	59.16m	07.06.09
Hammer	Matthew Bell	Birchfield H	61.57m	03.08.08
4 x 100m		Birchfield H	42.5s	03.05.08
4 x 400m		Bristol & West	3.23.1s	07.06.08

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Division 3

WOMEN

Event	Name	Club	Perform	Date
100m	Charnia Weightman	Yate & District	12.2s	05.07.08
	Melinda Cooksey	Tipton	12.2s	02.05.09
200m	Melinda Cooksey	Tipton H	24.7s	02.05.09
400m	Melinda Cooksey	Tipton H	58.0s	03.05.08
800m	Karen Harewood	Corby AC	2.13.0s	03.08.08
1500m	Karen Harewood	Corby AC	4.31.0s	07.06.08
3000m	Sian Davis	Telford AC	10.07.3s	02.05.09
100H	Joanne Eaton	Yate & District AC	14.3s	04.07.09
400H	Hannah Jackson	Yate & District AC	66.4s	01.05.10
HJ	Bethan Partridge	Telford AC	1.65m	02.05.09
LJ	Sophie Worrall	Telford AC	5.53m	04.07.09
TJ	Bethan Partridge	Telford AC	11.31m	02.05.09
PV	Kim Smith	Tipton	3.10m	04.07.09
Shot	Lorraine Shaw	Severn/Gloucester	11.21m	05.07.08
Discus	Jenny Scott	Birmingham Rowheath	41.47m	07.06.09
Javelin	Sue Thomas	Birmingham Rowheath	35.88m	02.05.09
Hammer	Kate Yhnell	Severn/Gloucester	46.96m	05.07.08
4 x 100m		Yate & District	50.1s	07.06.09
4 x 400m		Kettering TH	4.05.9s	03.08.08

MEN

Event	Name	Club	Perform	Date
100m	Ben Simms	Telford AC	10.7s	04.07.09
200m	Steve Horton	Tipton	22.4s	02.05.09
400m	Ryan Preddy	Severn/Gloucester	48.8s	05.07.08
800m	Jelle Verwer	Tipton H	1.54.9s	07.06.08
1500m	Tim Dalton	Severn/Gloucester	3.54.8s	07.06.08
3000m	John Millington	Tipton H	8.28.9s	03.08.08
5000m	John Millington	Tipton H	15.04.9s	02.05.09
2k S/C	Steve Millward	Severn/Gloucester	6.07.1s	03.05.08
3k S/C	Jonathan Goringe	Kettering TH	10.21.2s	07.06.08
110H	Darren Lewis	Wolves & Bilston	15.1s	04.07.09
400H	Darren Lewis	Wolves & Bilston	55.9s	04.07.09
HJ	Martin Cherrington	Tipton H	1.96m	04.07.09
LJ	Andre Whyte	Halesowen	6.86m	04.07.09
TJ	Adam Smith	Tamworth A	13.20m	01.05.10
PV	Nick Cruchley	Halesowen	5.00m	04.07.09
Shot	Richard Woodhall	Dudley & Stourbridge	12.73m	07.06.08
Discus	Scott Jenns	Tipton H	47.34m	05.07.08
Javelin	James Hopley	Telford AC	63.51m	04.07.09
Hammer	Justin Sysum	Severn/Gloucester	58.56m	05.07.08
4 x 100m		Birmingham Rowheath	43.6s	03.05.09
4 x 400m		Severn/Gloucester	3.25.8s	05.07.08

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Division 4

WOMEN

Event	Name	Club	Perform	Date
100m	Shelley Went	Leamington C & AC	12.2s	03.05.08
	Kanisha Hector	Birmingham Rowheath	12.2s	07.06.08
200m	Kanisha Hector	Birmingham Rowheath	25.0s	03.08.08
400m	Karen Harewood	Corby	56.3s	02.05.09
800m	Jordan Kinney	Royal Sutton Coldfield	2.13.7s	04.07.09
1500m	Lucy Flanner	Solihull & Small Heath	4.37.7s	02.05.09
3000m	Monique Powell	Royal Sutton Coldfield	10.02.3s	03.08.08
100H	Lucy Ferguson	Telford AC	15.6s	01.05.10
400H	Justine Kinney	Royal Sutton Coldfield	60.1s	07.06.08
HJ	Bethan Partridge	Telford AC	1.70m	01.05.10
LJ	Rhiannon Yates	Newport H	5.39m	03.08.08
TJ	Bethan Partridge	Telford AC	11.35m	01.05.10
PV	Kim Smith	Tipton H	3.20m	01.05.10
Shot	Lauren Boyd	Corby	10.36m	04.07.09
Discus	Jenny Scott	Birmingham Rowheath	42.62m	03.08.08
Javelin	Charlotte Gimson	Royal Sutton Coldfield	40.26m	07.06.09
Hammer	Karen Bailey	Birmingham Rowheath	38.91m	05.07.08
4 x 100m		Newport H	52.2s	03.08.08
		Birmingham Rowheath	52.2s	07.06.08
		Royal Sutton Coldfield	52.2s	03.08.08
4 x 400m		Royal Sutton Coldfield	3.59.4s	03.08.08

MEN

Event	Name	Club	Perform	Date
100m	Husain Alali	Leamington C & AC	10.8s	03.05.08
200m	Sebastian Tully-Middleton	Banbury H	22.2s	05.07.08
400m	Luke Gibson	Royal Sutton Coldfield	49.5s	05.07.08
800m	Charlie Eastaugh	Leamington C & AC	1.56.1s	03.08.08
1500m	Thomas Warrender	Wolverhampton & B	4.00.3s	03.08.08
3000m	Nathan Hardee	Newport H	8.55.0s	03.08.08
5000m	Martin Matthews	Birmingham Rowheath	16.04.1s	03.05.08
2k S/C	Keiran Smith	Royal Sutton Coldfield	6.45.6s	01.05.10
3k S/C	Oliver Harradence	Royal Sutton Coldfield	10.20.7s	07.06.08
110H	Darren Lewis	Wolverhampton & B	14.9s	05.07.08
400H	Darren Lewis	Wolverhampton & B	54.6s	05.07.08
HJ	Martin Cherrington	Tipton H	1.95m	01.05.10
LJ	Thomas Kivell	Newport H	6.66m	03.08.08
TJ	Thomas Kivell	Newport H	13.25m	03.08.08
PV	Adrian Dillon	Wolverhampton & B	3.20m	03.08.08
Shot	Richard Woodhall	D A S H	12.89m	02.05.09
Discus	Perris Wilkins	Banbury H	54.72m	03.08.08
Javelin	James Hopley	Telford AC	60.32m	01.05.10
Hammer	Gary Jennings	Banbury H	48.33m	07.06.08
4 x 100m		Leamington C & AC	43.2s	07.06.08
4 x 400m		RSC	32.29.3s	02.08.09

MIDLAND TRACK AND FIELD LEAGUE – LEAGUE & DIVISIONAL RECORDS – 2010

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Division 5

WOMEN

Event	Name	Club	Perform	Date
100m	Rebecca Williams	Newport H	12.4s	07.06.09
200m	Claire Burgoyne	Shrewsbury AC	25.3s	03.08.08
400m	Claire Burgoyne	Shrewsbury AC	56.6s	07.06.08
800m	Stacey Johnson	Cannock & Stafford	2.16.0s	03.08.08
1500m	Stacey Johnson	Cannock & Stafford	4.37.3s	03.08.08
3000m	Stacey Johnson	Cannock & Stafford	9.53.4s	02.05.09
100H	Lauren O'Reilly	Newport H	15.1s	02.05.09
400H	Claire Burgoyne	Shrewsbury AC	63.4s	03.08.08
HJ	Cosima Berry	Leamington C & AC	1.69m	01.05.10
LJ	Laura Symonds	Cannock & Stafford	5.48m	02.05.09
TJ	Anna Kelly	Shrewsbury AC	11.89m	03.08.08
PV	Becky Donnelly	Worcester AC	2.60m	03.08.08
	Sammy Jo Witton	Cannock & Stafford	2.60m	04.07.09
Shot	Glenys Morton	Leicester Coritanian	10.07m	03.05.08
Discus	Kate Whiston	Solihull & Small Heath	31.62m	03.08.08
Javelin	Sam Lloyd	Bromsgrove & Redditch	33.89m	02.05.09
Hammer	Lisa Boswell	Newport H	36.35m	02.08.09
4 x 100m		Newport H	51.8s	07.06.09
4 x 400m		Shrewsbury AC	4.09.5s	03.08.08

MEN

Event	Name	Club	Perform	Date
100m	Jon Ofori-Baffe	Leamington	11.0s	04.07.09
200m	Jon Ofori-Baffe	Leamington	22.0s	04.07.09
400m	Sam Evans	Cannock & Stafford	50.3s	05.07.08
800m	James Hood	Bromsgrove & Redditch	1.56.3s	04.07.09
1500m	Chris Harvey	Cannock & Stafford	3.58.3s	02.05.09
3000m	Richard Harper	Leamington	9.15.5s	07.06.09
5000m	Tom Humphries	Cannock & Stafford	14.48.3s	02.05.09
2k S/C	Simon Lanckham	Bromsgrove & Redditch	6.46.6s	02.05.09
3k S/C	Simon Lanckham	Bromsgrove & Redditch	10.29.9s	07.06.09
110H	Andrew Beeston	Shrewsbury AC	17.2s	03.08.08
400H	Richard Curl	Solihull & Small Heath	57.7s	07.06.08
HJ	Richard Calado	Worcester AC	1.95m	03.05.08
LJ	Sean Linnie	Worcester AC	6.75m	03.08.08
TJ	Chris Bartlett	Stratford	14.05m	04.07.09
PV	Jason Green	Shrewsbury AC	3.50m	03.05.08
Shot	Richard Parker	Cannock & Stafford	12.29m	03.08.08
Discus	Matthew Painter	Cannock & Stafford	38.46m	07.06.09
Javelin	Thomas Noaks	Shrewsbury AC	50.04m	05.07.08
Hammer	Martin Roberts	Cannock & Stafford	44.14m	07.06.08
4 x 100m		Leamington	45.0s	07.06.09
4 x 400m		Newport H	3.29.2s	02.08.09

Division 6

MIDLAND TRACK AND FIELD LEAGUE – LEAGUE & DIVISIONAL RECORDS – 2010
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WOMEN

Event	Name	Club	Perform	Date
100m	Jo Frost	Bromsgrove/ Redditch	12.0s	05.07.08
200m	Jo Frost	Bromsgrove/ Redditch	25.5s	05.07.08
	Emma Pullen	Shrewsbury	25.5s	04.07.09
400m	Chantelle Stanley	Nuneaton H	62.3s	07.06.08
800m	Tania White	Nuneaton H	2.24.0s	01.05.10
1500m	Francesca Meakin	S I A H	5.04.3s	04.07.09
3000m	Abbey Norman	Burton AC	10.32.7s	05.07.08
100H	Chantelle Reah	Kidder/Stourport	18.3s	05.07.08
	Antonia Yorkshire	Newport H	18.3s	01.05.10
400H	Claire Burgoyne	Shrewsbury AC	72.8s	07.06.09
HJ	Anna Kelly	Shrewsbury AC	1.54m	04.07.09
LJ	Jo Frost	Bromsgrove/ Redditch	5.27m	05.07.08
TJ	Anna Kelly	Shrewsbury AC	11.68m	07.06.09
PV	Emily Tompkins	Hereford & County	2.90m	03.08.08
Shot	Steph McNally	Hereford & County	11.15m	01.05.10
Discus	Emma Crooke U17	Hereford & County	36.14m	01.05.10
Javelin	Bethany Mitchell	S I A H	39.62m	04.07.09
Hammer	Bethany Mitchell	S I A H	44.20m	01.05.10
4 x 100m		Bromsgrove/ Redditch	54.3s	07.06.08
4 x 400m		Nuneaton H	4.18.8s	07.06.08

MEN

Event	Name	Club	Perform	Date
100m	Jonathon Hornblow	Burton AC	11.0s	05.07.08
	Andrew Jones	Shrewsbury	11.0s	04.07.09
200m	Jonathon Hornblow	Burton AC	22.5s	05.07.08
	Andrew Jones	Shrewsbury	22.5s	04.07.09
400m	James Hart	Bromsgrove/ Redditch	50.9s	07.06.08
800m	Matthew Addison	Bromsgrove/ Redditch	1.57.1s	07.06.08
1500m	Geraint Davies	Owls	4.06.8s	01.05.10
3000m	Daniel Mills	Nuneaton H	9.14.7s	07.06.08
5000m	Matthew Granger	Kidder/Stourport	15.36.0s	04.07.09
2k S/C	Ben Danvers	Kidder/Stourport	06.11.8s	05.07.08
3k S/C	Ben Danvers	Kidder/Stourport	10.47.9s	03.08.08
110H	Eric Spink	Hereford & County	19.7s	07.06.08
400H	Gareth Pritchard	Kidder/Stourport	62.0s	07.06.09
HJ	James Hart	Bromsgrove/ Redditch	1.91m	03.05.08
LJ	Luke Pryor	Owls	6.39m	01.05.10
TJ	Sam Edwards	Shrewsbury AC	13.69m	04.07.09
PV	Eric Spink	Hereford & Co	3.80m	05.07.08
Shot	Sam Cater	Bromsgrove/ Redditch	11.94m	07.06.08
Discus	Simon Brown	Shrewsbury AC	38.52.m	04.07.09
Javelin	Sam Cater	Bromsgrove/ Redditch	49.77m	05.07.08
Hammer	Josh Day	Hereford & County	43.70m	01.05.10
4 x 100m		Burton AC	45.1s	07.06.08
4 x 400m		Bromsgrove/ Redditch	3.29.3s	07.06.08

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Division 7

WOMEN

Event	Name	Club	Perform	Date
100m	Laura Samuel	Leicester Coritanian	12.7s	01.05.10
200m	Rhiannon Linnington-Payne	Bridgnorth AC	26.1s	04.07.09
400m	Rhiannon Linnington-Payne	Bridgnorth AC	60.5s	03.05.08
800m	Suzanne Harding	Bristol & West	2.26.3s	05.07.08
1500m	Amy Gibson	Nuneaton	5.04.0s	07.06.09
3000m	Rebecca Smith	Tamworth B	10.51.1s	03.05.08
100H	Michelle Keight	Tamworth B	17.9s	01.05.10
400H	Rhiannon Linnington-Payne	Bridgnorth AC	66.5s	07.06.08
HJ	Hannah Keight	Tamworth B	1.55m	04.07.09
LJ	Laura Samuel	Leicester Coritanian	5.26m	01.05.10
TJ	Laura Samuel	Leicester Coritanian	11.45m	01.05.10
PV	Sarah Williams	Tamworth B	2.50m	04.07.09
Shot	Steph Hurst	Leicester Coritanian	10.43m	01.05.10
Discus	Bethany Mitchell	Sutton in Ashfield	25.98m	03.05.08
Javelin	Bethany Mitchell	Sutton in Ashfield	35.75m	03.08.08
Hammer	Bethany Mitchell	Sutton in Ashfield	40.02m	05.07.08
4 x 100m		Tamworth B	54.4s	02.05.09
4 x 400m		Tamworth B	4.22.0s	03.08.08

MEN

Event	Name	Club	Perform	Date
100m	Adam Smith Stuart Lythe	Tamworth B Bridgnorth AC	11.3s 11.3s	03.08.08 01.05.10
200m	Daniel Stevens	Sutton in Ashfield	23.0s	03.08.08
400m	Adam Smith	Tamworth B	49.1s	03.08.08
800m	Thomas Mahon Thomas Meakin	Owls AC Owls AC	1.59.2s 1.59.2s	02.05.09 02.05.09
1500m	Geraint Davies	Owls AC	4.00.0s	02.05.09
3000m	Gordon Lee	Owls AC	8.56.9s	07.06.08
5000m	Gordon Lee	Owls AC	15.22.3s	03.05.08
2k S/C	Jason Williams	Owls AC	6.30.1s	04.07.09
3k S/C	Eric Fowler	Nuneaton	11.00.8s	07.06.09
110H	Peter Wild	Bridgnorth AC	17.5s	04.07.09
400H	Jack Johnson	Notts AC B	62.5s	03.08.08
HJ	Daniel Boden	Bridgnorth AC	1.85m	03.08.08
LJ	Michael Fenn	Daventry	6.76m	04.07.09
TJ	Adam Smith	Tamworth B	13.69m	03.08.08
PV	Thomas Abdy	Daventry	3.45m	04.07.09
Shot	Ben Wells	Owls AC	11.59m	04.07.09
Discus	Darren Tucker	Harborough AC	32.62m	03.08.08
Javelin	James Best	Daventry	40.19m	04.07.09
Hammer	Nick Fogg	Owls AC	41.73m	07.06.08
4 x 100m		Notts B	45.9s	03.05.08
4 x 400m		Tamworth B	3.40.7s	03.08.08