

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

**LEAGUE RECORDS**

**WOMEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	<b>Chelsea Cooper</b>	<b>City of Stoke</b>	<b>11.8s</b>	<b>01.05.10</b>
	<b>Bernice Wilson</b>	<b>Birchfield H</b>	<b>11.8s</b>	<b>01.08.10</b>
<b>200m</b>	<b>Ashleigh Nelson</b>	<b>City of Stoke</b>	<b>23.8s</b>	<b>03.05.08</b>
<b>400m</b>	<b>Melinda Cooksey</b>	<b>Birchfield H</b>	<b>55.1s</b>	<b>01.05.10</b>
<b>800m</b>	<b>Emma Jackson</b>	<b>City of Stoke</b>	<b>2.05.5s</b>	<b>07.06.08</b>
<b>1500m</b>	<b>Emma Jackson</b>	<b>City of Stoke</b>	<b>4.15.3s</b>	<b>01.08.10</b>
<b>3000m</b>	<b>Kate Goodhead</b>	<b>Bristol &amp; West</b>	<b>09.32.1s</b>	<b>04.07.09</b>
<b>100H</b>	<b>Nicky Robinson</b>	<b>Coventry Godiva</b>	<b>14.2s</b>	<b>02.05.09</b>
<b>400H</b>	<b>Justine Kinney</b>	<b>Royal Sutton Coldfield</b>	<b>60.1s</b>	<b>03.08.08</b>
<b>HJ</b>	<b>Bethan Partridge</b>	<b>Telford AC</b>	<b>1.75m</b>	<b>06.06.10</b>
<b>LJ</b>	<b>Chelsea Cooper</b>	<b>City of Stoke</b>	<b>6.14m</b>	<b>10.08.08</b>
<b>TJ</b>	<b>Sineade Gutzmore</b>	<b>Birchfield</b>	<b>13.09m</b>	<b>06.06.10</b>
<b>PV</b>	<b>Emily Taylor</b>	<b>Notts AC</b>	<b>3.40m</b>	<b>04.07.09</b>
<b>Shot</b>	<b>Eden Francis</b>	<b>Birchfield H</b>	<b>15.53m</b>	<b>06.06.10</b>
<b>Discus</b>	<b>Eden Francis</b>	<b>Birchfield H</b>	<b>54.14m</b>	<b>07.06.09</b>
<b>Javelin</b>	<b>Amber Burdett</b>	<b>Charnwood AC</b>	<b>45.73m</b>	<b>03.07.10</b>
<b>Hammer</b>	<b>Zoe Derham</b>	<b>Birchfield H</b>	<b>68.00m</b>	<b>07.06.09</b>
<b>4 x 100m</b>		<b>Birchfield</b>	<b>48.0s</b>	<b>03.08.08</b>
<b>4 x 400m</b>		<b>Birchfield</b>	<b>3.49.4s</b>	<b>03.08.08</b>

**MEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	<b>Joel Fearon</b>	<b>Coventry Godiva</b>	<b>10.6s</b>	<b>07.06.09</b>
<b>200m</b>	<b>Julian Thomas</b>	<b>Birchfield H</b>	<b>21.5s</b>	<b>01.05.10</b>
<b>400m</b>	<b>Jordan McGrath</b>	<b>Birchfield H</b>	<b>47.9s</b>	<b>01.05.10</b>
<b>800m</b>	<b>Richard Hill</b>	<b>Notts AC</b>	<b>1.50.2s</b>	<b>01.05.10</b>
<b>1500m</b>	<b>Tom Russell</b>	<b>Bristol &amp; West AC</b>	<b>3.51.0s</b>	<b>01.08.10</b>
<b>3000m</b>	<b>Chris Davies</b>	<b>Telford AC</b>	<b>8.18.7s</b>	<b>03.08.08</b>
<b>5000m</b>	<b>Tom Humphries</b>	<b>Cannock &amp; Stafford</b>	<b>14.48.3s</b>	<b>02.05.09</b>
<b>2k S/C</b>	<b>Stephen Millward</b>	<b>Gloucester / Severn</b>	<b>6.01.1s</b>	<b>03.07.10</b>
<b>3k S/C</b>	<b>Dominik Morton</b>	<b>Halesowen A &amp; CC</b>	<b>9.34.7s</b>	<b>07.06.08</b>
<b>110H</b>	<b>Edirin Okoro</b>	<b>Birchfield H</b>	<b>14.6s</b>	<b>06.06.10</b>
<b>400H</b>	<b>Tom Moakes</b>	<b>Notts AC</b>	<b>52.9s</b>	<b>01.05.10</b>
<b>HJ</b>	<b>Phinehas Stewart</b>	<b>Birchfield H</b>	<b>2.09m</b>	<b>01.05.10</b>
<b>LJ</b>	<b>Jamie Blundell</b>	<b>Coventry Godiva</b>	<b>7.41m</b>	<b>05.07.08</b>
<b>TJ</b>	<b>Ben Williams</b>	<b>City of Stoke</b>	<b>15.63m</b>	<b>03.07.10</b>
<b>PV</b>	<b>Nick Cruchley</b>	<b>Halesowen</b>	<b>5.00m</b>	<b>04.07.09</b>
<b>Shot</b>	<b>Sam Herrington</b>	<b>Birchfield H</b>	<b>15.89m</b>	<b>06.06.10</b>
<b>Discus</b>	<b>Perris Wilkins</b>	<b>Banbury H</b>	<b>54.72m</b>	<b>03.08.08</b>
<b>Javelin</b>	<b>Glyn Hollingworth</b>	<b>Coventry Godiva</b>	<b>67.98m</b>	<b>05.07.08</b>
<b>Hammer</b>	<b>Chris Shorthouse</b>	<b>Notts AC</b>	<b>65.71m</b>	<b>01.05.10</b>
<b>4 x 100m</b>		<b>Coventry Godiva</b>	<b>42.1s</b>	<b>02.05.09</b>
<b>4 x 400m</b>		<b>Notts AC</b>	<b>3.17.6s</b>	<b>01.05.10</b>

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

**Division 1**

**WOMEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	<b>Chelsea Cooper</b>	<b>City of Stoke</b>	<b>11.8s</b>	<b>01.05.10</b>
	<b>Bernice Wilson</b>	<b>Birchfield H</b>	<b>11.8s</b>	<b>01.08.10</b>
<b>200m</b>	<b>Ashleigh Nelson</b>	<b>City of Stoke</b>	<b>23.8s</b>	<b>03.05.08</b>
<b>400m</b>	<b>Melinda Cooksey</b>	<b>Birchfield H</b>	<b>55.1s</b>	<b>01.05.10</b>
<b>800m</b>	<b>Emma Jackson</b>	<b>City of Stoke</b>	<b>2.05.5s</b>	<b>07.06.08</b>
<b>1500m</b>	<b>Emma Jackson</b>	<b>City of Stoke</b>	<b>4.15.3s</b>	<b>01.08.10</b>
<b>3000m</b>	<b>Kate Goodhead</b>	<b>Bristol &amp; West AC</b>	<b>09.32.1s</b>	<b>04.07.09</b>
<b>100H</b>	<b>Nicky Robinson</b>	<b>Coventry Godiva</b>	<b>14.2s</b>	<b>02.05.09</b>
<b>400H</b>	Wendy Davidson	City of Stoke	63.5s	<b>05.07.08</b>
<b>HJ</b>	Zoe Phillips	Birchfield H	1.70m	<b>07.06.09</b>
	Hayley Pitman	Bristol & West AC	1.70m	<b>03.07.10</b>
<b>LJ</b>	<b>Chelsea Cooper</b>	<b>City of Stoke</b>	<b>6.14m</b>	<b>10.08.08</b>
<b>TJ</b>	<b>Sineade Gutzmore</b>	<b>Birchfield H</b>	<b>13.09m</b>	<b>06.06.10</b>
<b>PV</b>	Sophie Cook U17	Birchfield H	3.10m	<b>03.07.10</b>
<b>Shot</b>	<b>Eden Francis</b>	<b>Birchfield H</b>	<b>15.53m</b>	<b>06.06.10</b>
<b>Discus</b>	<b>Eden Francis</b>	<b>Birchfield H</b>	<b>54.14m</b>	<b>07.06.09</b>
<b>Javelin</b>	<b>Amber Burdett</b>	<b>Charnwood AC</b>	<b>45.73m</b>	<b>03.07.10</b>
<b>Hammer</b>	<b>Zoe Derham</b>	<b>Birchfield H</b>	<b>68.00m</b>	<b>07.06.09</b>
<b>4 x 100m</b>		Coventry Godiva	49.1s	<b>02.05.09</b>
<b>4 x 400m</b>		Coventry Godiva	3.50.0s	<b>02.05.09</b>

**MEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	<b>Joel Fearon</b>	<b>Coventry Godiva</b>	<b>10.6s</b>	<b>07.06.09</b>
<b>200m</b>	<b>Julian Thomas</b>	<b>Birchfield H</b>	<b>21.5s</b>	<b>01.05.10</b>
<b>400m</b>	<b>Jordan McGrath</b>	<b>Birchfield H</b>	<b>47.9s</b>	<b>01.05.10</b>
<b>800m</b>	<b>Richard Hill</b>	<b>Notts AC</b>	<b>1.50.9s</b>	<b>01.05.10</b>
<b>1500m</b>	<b>Tom Russell</b>	<b>Bristol &amp; West</b>	<b>3.51.0s</b>	<b>01.08.10</b>
<b>3000m</b>	Steve Mitchell	Bristol & West	8.32.7s	<b>07.06.09</b>
<b>5000m</b>	Ben Jones	Coventry Godiva	14.51.9s	<b>02.05.09</b>
<b>2k S/C</b>	Timothy Wallis	Bristol & West	6.06.9s	<b>04.07.09</b>
<b>3k S/C</b>	Stephen Lisgo	Mansfield	09.43.6s	<b>10.08.08</b>
<b>110H</b>	<b>Edirin Okoro</b>	<b>Birchfield H</b>	<b>14.6s</b>	<b>06.06.10</b>
<b>400H</b>	<b>Tom Moakes</b>	<b>Notts AC</b>	<b>52.9s</b>	<b>01.05.10</b>
<b>HJ</b>	<b>Phinehas Stewart</b>	<b>Birchfield H</b>	<b>2.09</b>	<b>01.05.10</b>
<b>LJ</b>	<b>Jamie Blundell</b>	<b>Coventry Godiva</b>	<b>7.41m</b>	<b>05.07.08</b>
<b>TJ</b>	<b>Ben Williams</b>	<b>City of Stoke</b>	<b>15.63m</b>	<b>03.07.10</b>
<b>PV</b>	Tony Hillier	Bristol & West	4.50m	<b>01.08.10</b>
<b>Shot</b>	<b>Sam Herrington</b>	<b>Birchfield</b>	<b>15.89m</b>	<b>06.06.10</b>
<b>Discus</b>	Sam Herrington	Birchfield H	48.87m	<b>06.06.10</b>
<b>Javelin</b>	<b>Glyn Hollingworth</b>	<b>Coventry Godiva</b>	<b>67.98m</b>	<b>05.07.08</b>
<b>Hammer</b>	<b>Chris Shorthouse</b>	<b>Notts AC</b>	<b>65.71m</b>	<b>01.05.10</b>
<b>4 x 100m</b>		Coventry Godiva	42.1s	<b>02.05.08</b>
<b>4 x 400m</b>		Notts AC	3.17.6s	<b>01.05.10</b>

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

**Division 2**

**WOMEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Sinead Johnson	Telford AC	11.9s	<b>05.07.08</b>
<b>200m</b>	Meghan Beesley	Birchfield	24.6s	<b>03.08.08</b>
<b>400m</b>	Celia Taylor (Brown)	Coventry Godiva	56.4s	<b>01.05.10</b>
<b>800m</b>	Rowena Cole	Coventry Godiva	2.07.1s	<b>06.06.10</b>
<b>1500m</b>	Juliet Doyle	Charnwood AC	4.28.2s	<b>07.06.09</b>
<b>3000m</b>	<b>Jane Potter</b>	<b>Charnwood AC</b>	<b>09.33.9s</b>	<b>07.06.09</b>
<b>100H</b>	Leila Corfield	Bristol & West	15.0s	<b>03.08.08</b>
<b>400H</b>	Michelle Thomas	Birchfield H	62.4s	<b>03.08.08</b>
<b>HJ</b>	Bethan Partridge	Telford AC	1.70m	<b>05.07.08</b>
<b>LJ</b>	Aimee Palmer	Birchfield H	5.84m	<b>03.05.08</b>
<b>TJ</b>	Jenneice Birmingham	Birchfield H	11.49m	<b>03.08.08</b>
<b>PV</b>	<b>Emily Taylor</b>	<b>Notts AC</b>	<b>3.40m</b>	<b>04.07.09</b>
<b>Shot</b>	Kelly Sotherton	Birchfield H	13.72m	<b>07.06.08</b>
<b>Discus</b>	Emma Merry	Rugby & Northampton	43.23m	<b>01.05.10</b>
<b>Javelin</b>	Samantha Cullinane	Rugby & Northampton	44.15m	<b>06.06.10</b>
<b>Hammer</b>	Hayley Murray	Birchfield H	52.57m	<b>05.07.08</b>
<b>4 x 100m</b>		Birchfield H	48.0s	<b>03.08.08</b>
<b>4 x 400m</b>		Birchfield H	3.49.4s	<b>03.08.08</b>

**MEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Justin Thompson	Birchfield H	10.8s	<b>05.07.08</b>
	Lloyd Rice	Bristol & West	10.8s	<b>03.08.08</b>
	Thomas Burton	Tamworth A	10.8s	<b>04.07.09</b>
<b>200m</b>	David Lima	BRAT	21.96s	<b>06.06.10</b>
<b>400m</b>	Gustav Klingstedt	Bristol & West	49.3s	<b>07.06.08</b>
	Daniel Cash	Tamworth	49.3s	<b>07.06.09</b>
<b>800m</b>	Richard Peters	Bristol & West	1.51.9s	<b>03.08.08</b>
<b>1500m</b>	<b>Tim Dalton</b>	<b>Severn/Gloucester</b>	<b>3.51.6s</b>	<b>03.07.10</b>
<b>3000m</b>	<b>Chris Davies</b>	<b>Telford AC</b>	<b>8.18.7s</b>	<b>03.08.08</b>
<b>5000m</b>	Ben Norris	Notts AC	14.59.3	<b>02.05.09</b>
<b>2k S/C</b>	<b>Stephen Millward</b>	<b>Gloucester / Severn</b>	<b>6.01.1s</b>	<b>03.07.10</b>
<b>3k S/C</b>	<b>Dominik Morton</b>	<b>Halesowen A &amp; CC</b>	<b>9.34.7s</b>	<b>07.06.08</b>
<b>110H</b>	Edward Dunford	Birchfield H	14.7s	<b>03.05.08</b>
	Dominic Bradley	Birchfield H	14.7s	<b>03.08.08</b>
<b>400H</b>	Thomas Burton	Tamworth	53.1s	<b>07.06.09</b>
<b>HJ</b>	Jonathan Broom-Edwards	Charnwood AC	2.03m	<b>07.06.09</b>
<b>LJ</b>	Jamie Blundell	Coventry Godiva	7.36m	<b>01.05.10</b>
<b>TJ</b>	Mike McKernan	Birchfield H	15.02m	<b>03.05.08</b>
<b>PV</b>	Nick Cruchley	Halesowen A & CC	4.90m	<b>07.06.08</b>
<b>Shot</b>	Edward Dunford	Birchfield H	14.55m	<b>03.05.08</b>
<b>Discus</b>	Daniel Greaves	Charnwood	47.74m	<b>05.07.08</b>
<b>Javelin</b>	Neil Crossley	Cheltenham & Co	63.27m	<b>01.08.10</b>
<b>Hammer</b>	Matthew Bell	Birchfield H	61.57m	<b>03.08.08</b>
<b>4 x 100m</b>		Birchfield H	42.5s	<b>03.05.08</b>
<b>4 x 400m</b>		Bristol & West	3.23.1s	<b>07.06.08</b>

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

**Division 3**

**WOMEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Charnia Weightman	Yate & District	12.2s	<b>05.07.08</b>
	Melinda Cooksey	Tipton H	12.2s	<b>02.05.09</b>
<b>200m</b>	Melinda Cooksey	Tipton H	24.7s	<b>02.05.09</b>
<b>400m</b>	Melinda Cooksey	Tipton H	58.0s	<b>03.05.08</b>
	Jodie Harris	Wolverhampton & Bilston	58.0s	<b>01.08.10</b>
<b>800m</b>	Karen Harewood	Corby AC	2.13.0s	<b>03.08.08</b>
<b>1500m</b>	Karen Harewood	Corby AC	4.31.0s	<b>07.06.08</b>
<b>3000m</b>	Hannah Alderson	Yate & D	9.54.9s	<b>06.06.10</b>
<b>100H</b>	Joanne Eaton	Yate & District AC	14.3s	<b>04.07.09</b>
<b>400H</b>	Hannah Jackson	Yate & District AC	66.4s	<b>01.05.10</b>
<b>HJ</b>	Bethan Partridge	Telford AC	1.65m	<b>02.05.09</b>
	Hannah Keight	RSC	1.65m	<b>03.07.10</b>
<b>LJ</b>	Sophie Worrall	Telford AC	5.53m	<b>04.07.09</b>
<b>TJ</b>	Bethan Partridge	Telford AC	11.31m	<b>02.05.09</b>
<b>PV</b>	Kim Smith	Tipton	3.10m	<b>04.07.09</b>
<b>Shot</b>	Lorraine Shaw	Severn/Gloucester	11.21m	<b>05.07.08</b>
<b>Discus</b>	Jenny Scott	Birmingham Rowheath	41.47m	<b>07.06.09</b>
<b>Javelin</b>	Sue Thomas	Birmingham Rowheath	35.88m	<b>02.05.09</b>
<b>Hammer</b>	Kate Yhnell	Severn/Gloucester	46.96m	<b>05.07.08</b>
<b>4 x 100m</b>		Yate & District	50.1s	<b>07.06.09</b>
<b>4 x 400m</b>		Wolverhampton & Bilston	4.00.6s	<b>01.08.10</b>

**MEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Ben Simons	Telford AC	10.7s	<b>04.07.09</b>
<b>200m</b>	Jamie Brock	Yate	22.3s	<b>01.08.10</b>
<b>400m</b>	Ryan Preddy	Severn/Gloucester	48.8s	<b>05.07.08</b>
<b>800m</b>	Jelle Verwer	Tipton H	1.54.9s	<b>07.06.08</b>
<b>1500m</b>	Tim Dalton	Severn/Gloucester	3.54.8s	<b>07.06.08</b>
<b>3000m</b>	John Millington	Tipton H	8.28.9s	<b>03.08.08</b>
<b>5000m</b>	John Millington	Tipton H	15.04.9s	<b>02.05.09</b>
<b>2k S/C</b>	Steve Millward	Severn/Gloucester	6.07.1s	<b>03.05.08</b>
<b>3k S/C</b>	David Evans	Wolverhampton & Bilston	10.09.5s	<b>01.08.10</b>
<b>110H</b>	Alex Nwenwu	Wolves & Bilston	14.9s	<b>03.07/01.08.10</b>
<b>400H</b>	Tom Burton	Tamworth A	53.2s	<b>01.08.10</b>
<b>HJ</b>	Martin Cherrington	Tipton H	1.96m	<b>04.07.09</b>
<b>LJ</b>	Andre Whyte	Halesowen	6.86m	<b>04.07.09</b>
<b>TJ</b>	Adam Smith	Tamworth A	13.20m	<b>01.05.10</b>
<b>PV</b>	<b>Nick Cruchley</b>	<b>Halesowen</b>	<b>5.00m</b>	<b>04.07.09</b>
<b>Shot</b>	Richard Woodhall	Dudley & Stourbridge	12.73m	<b>07.06.08</b>
<b>Discus</b>	Scott Jenns	Tipton H	47.34m	<b>05.07.08</b>
<b>Javelin</b>	James Hopley	Telford AC	63.51m	<b>04.07.09</b>
<b>Hammer</b>	Justin Sysum	Severn/Gloucester	58.56m	<b>05.07.08</b>
<b>4 x 100m</b>		Wolverhampton & Bilston	43.5s	<b>01.08.10</b>
<b>4 x 400m</b>		Tamworth A	3.24.0s	<b>01.08.10</b>

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

**Division 4**

**WOMEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Shelley Went	Leamington C & AC	12.2s	<b>03.05.08</b>
	Kanisha Hector	Birmingham Rowheath	12.2s	<b>07.06.08</b>
<b>200m</b>	Kanisha Hector	Birmingham Rowheath	25.0s	<b>03.08.08</b>
<b>400m</b>	Karen Harewood	Corby	56.3s	<b>02.05.09</b>
<b>800m</b>	Jordan Kinney	Royal Sutton Coldfield	2.11.7s	<b>01.08.10</b>
<b>1500m</b>	Lucy Flanner	Solihull & Small Heath	4.37.7s	<b>02.05.09</b>
<b>3000m</b>	Monique Powell	Royal Sutton Coldfield	10.02.3s	<b>03.08.08</b>
<b>100H</b>	Lucy Ferguson	Telford AC	15.6s	<b>01.05.10</b>
<b>400H</b>	<b>Justine Kinney</b>	<b>Royal Sutton Coldfield</b>	<b>60.1s</b>	<b>07.06.08</b>
<b>HJ</b>	<b>Bethan Partridge</b>	<b>Telford AC</b>	<b>1.75m</b>	<b>06.06.10</b>
<b>LJ</b>	Joanne Frost	Bromsgrove & Redditch	5.67m	<b>13.07.10</b>
<b>TJ</b>	Bethan Partridge	Telford AC	12.26m	<b>01.08.10</b>
<b>PV</b>	Kim Smith	Tipton H	3.20m	<b>01.05.10</b>
<b>Shot</b>	Rebecca Fagan	Telford AC	10.48m	<b>01.08.10</b>
<b>Discus</b>	Jenny Scott	Birmingham Rowheath	42.62m	<b>03.08.08</b>
<b>Javelin</b>	Charlotte Gimson	Royal Sutton Coldfield	40.26m	<b>07.06.09</b>
<b>Hammer</b>	Karen Bailey	Birmingham Rowheath	38.91m	<b>05.07.08</b>
<b>4 x 100m</b>		Cannock & Stafford	50.6s	<b>01.08.10</b>
<b>4 x 400m</b>		Royal Sutton Coldfield	3.59.4s	<b>03.08.08</b>

**MEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Husain Alali	Leamington C & AC	10.8s	<b>03.05.08</b>
<b>200m</b>	Sebastian Tully-Middleton	Banbury H	22.2s	<b>05.07.08</b>
	Liam Tipper	Telford AC	22.2s	<b>06.06.10</b>
<b>400m</b>	Jack Imray	Tipton H	49.2s	<b>03.07.10</b>
<b>800m</b>	Charlie Eastaugh	Leamington C & AC	1.56.1s	<b>03.08.08</b>
<b>1500m</b>	Thomas Humphries	Tipton H	3.57.2s	<b>01.08.10</b>
<b>3000m</b>	Thomas Humphries	Tipton H	8.20.2s	<b>01.08.10</b>
<b>5000m</b>	Martin Matthews	Birmingham Rowheath	16.04.1s	<b>03.05.08</b>
<b>2k S/C</b>	Tom Holden	Tipton H	6.28.0s	<b>03.07.10</b>
<b>3k S/C</b>	Oliver Harradence	Royal Sutton Coldfield	10.20.7s	<b>07.06.08</b>
<b>110H</b>	Darren Lewis	Wolverhampton & B	14.9s	<b>05.07.08</b>
<b>400H</b>	Darren Lewis	Wolverhampton & B	54.6s	<b>05.07.08</b>
<b>HJ</b>	Martin Cherrington	Tipton H	1.95m	<b>01.05/01.08.10</b>
	James Hart	Bromsgrove & Redditch	1.95m	<b>01.08.10</b>
<b>LJ</b>	Thomas Kivell	Newport H	6.66m	<b>03.08.08</b>
<b>TJ</b>	Thomas Kivell	Newport H	13.25m	<b>03.08.08</b>
<b>PV</b>	Garry Forfar	Telford AC	3.70m	<b>06.06.10</b>
<b>Shot</b>	Janek Maciejewski	Banbury AC	13.01m	<b>03.07.10</b>
<b>Discus</b>	<b>Perris Wilkins</b>	<b>Banbury H</b>	<b>54.72m</b>	<b>03.08.08</b>
<b>Javelin</b>	James Hopley	Telford AC	60.32m	<b>01.05.10</b>
<b>Hammer</b>	Gary Jennings	Banbury H	48.33m	<b>07.06.08</b>
<b>4 x 100m</b>		Leamington C & AC	43.2s	<b>07.06.08</b>
<b>4 x 400m</b>		Bromsgrove & Redditch	3.27.7s	<b>01.08.10</b>

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

**Division 5**

**WOMEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Rebecca Williams	Newport H	12.4s	<b>07.06.09</b>
<b>200m</b>	Claire Burgoyne	Shrewsbury AC	25.3s	<b>03.08.08</b>
<b>400m</b>	Karen Harewood	Corby AC	56.2s	<b>01.08.10</b>
<b>800m</b>	Stacey Johnson	Cannock & Stafford	2.16.0s	<b>03.08.08</b>
<b>1500m</b>	Stacey Johnson	Cannock & Stafford	4.37.3s	<b>03.08.08</b>
<b>3000m</b>	Stacey Johnson	Cannock & Stafford	9.53.4s	<b>02.05.09</b>
<b>100H</b>	Lauren O'Reilly	Newport H	15.1s	<b>02.05.09</b>
<b>400H</b>	Claire Burgoyne	Shrewsbury AC	63.4s	<b>03.08.08</b>
<b>HJ</b>	Cosima Berry	Leamington C & AC	1.69m	<b>01.05.10</b>
<b>LJ</b>	Laura Symonds	Cannock & Stafford	5.48m	<b>02.05.09</b>
<b>TJ</b>	Anna Kelly	Shrewsbury AC	11.89m	<b>03.08.08</b>
<b>PV</b>	Becky Donnelly Sammy Jo Witton	Worcester AC Cannock & Stafford	2.60m 2.60m	<b>03.08.08/01.08.10</b> <b>04.07.09</b>
<b>Shot</b>	Lauren Boyd	Corby AC	10.57m	<b>06.06.10</b>
<b>Discus</b>	Rachael Backhouse	Corby AC	40.73m	<b>01.08.10</b>
<b>Javelin</b>	Sam Lloyd	Bromsgrove & Redditch	33.89m	<b>02.05.09</b>
<b>Hammer</b>	Lynette McKeown	Kidderminster & Stourport	39.76m	<b>03.07.10</b>
<b>4 x 100m</b>		Newport H	51.8s	<b>07.06.09</b>
<b>4 x 400m</b>		Shrewsbury AC	4.06.3s	<b>06.06.10</b>

**MEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Jon Ofori-Baffe Andrew Jones	Leamington Shrewsbury	11.0s 11.0s	<b>04.07.09</b> <b>01.08.10</b>
<b>200m</b>	Jon Ofori-Baffe	Leamington	22.0s	<b>04.07.09</b>
<b>400m</b>	Sam Evans	Cannock & Stafford	50.3s	<b>05.07.08</b>
<b>800m</b>	James Hood	Bromsgrove & Redditch	1.56.3s	<b>04.07.09</b>
<b>1500m</b>	Chris Harvey	Cannock & Stafford	3.58.3s	<b>02.05.09</b>
<b>3000m</b>	Sam Mitchell	Worcester AC	8.54.2s	<b>01.08.10</b>
<b>5000m</b>	<b>Tom Humphries</b>	<b>Cannock &amp; Stafford</b>	<b>14.48.3s</b>	<b>02.05.09</b>
<b>2k S/C</b>	Luke Montgomery	Corby AC	6.42.1s	<b>03.07.10</b>
<b>3k S/C</b>	Chris Davies	Worcester AC	10.17.5s	<b>01.08.10</b>
<b>110H</b>	Andrew Pozzi	Stratford on Avon	14.8s	<b>02.08.09</b>
<b>400H</b>	Dan Wright	Stratford AC	57.3s	<b>01.08.10</b>
<b>HJ</b>	Richard Calado	Worcester AC	1.95m	<b>03.05.08</b>
<b>LJ</b>	Andrew Jones	Shrewsbury AC	7.02m	<b>01.08.10</b>
<b>TJ</b>	Sam Edwards	Shrewsbury AC	14.24m	<b>03.07.10</b>
<b>PV</b>	Jason Green	Shrewsbury AC	3.50m	<b>03.05.08</b>
<b>Shot</b>	Richard Parker	Cannock & Stafford	12.29m	<b>03.08.08</b>
<b>Discus</b>	Matthew Painter	Cannock & Stafford	38.46m	<b>07.06.09</b>
<b>Javelin</b>	Harry Hollis	Corby AC	51.56m	<b>01.08.10</b>
<b>Hammer</b>	Sam Foster	Corby AC	44.70m	<b>06.06.10</b>
<b>4 x 100m</b>		Leamington	45.0s	<b>07.06.09</b>
<b>4 x 400m</b>		Newport H	3.29.2s	<b>02.08.09</b>

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

**Division 6**

**WOMEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Jo Frost	Bromsgrove/ Redditch	12.0s	<b>05.07.08</b>
<b>200m</b>	Jo Frost	Bromsgrove/ Redditch	25.5s	<b>05.07.08</b>
	Emma Pullen	Shrewsbury	25.5s	<b>04.07.09</b>
<b>400m</b>	Rebecca Williams	Newport H	56.7s	<b>01.08.10</b>
<b>800m</b>	Tania White	Nuneaton H	2.24.0s	<b>01.05.10</b>
<b>1500m</b>	Francesca Meakin	S I A H	5.04.3s	<b>04.07.09</b>
<b>3000m</b>	Abbey Norman	Burton AC	10.32.7s	<b>05.07.08</b>
<b>100H</b>	Chantelle Reah	Kidder/Stourport	18.3s	<b>05.07.08</b>
	Antonia Yorkshire	Newport H	18.3s	<b>01.05.10</b>
<b>400H</b>	Claire Burgoyne	Shrewsbury AC	72.8s	<b>07.06.09</b>
<b>HJ</b>	Anna Kelly	Shrewsbury AC	1.54m	<b>04.07.09</b>
<b>LJ</b>	Jo Frost	Bromsgrove/ Redditch	5.27m	<b>05.07.08</b>
<b>TJ</b>	Anna Kelly	Shrewsbury AC	11.68m	<b>07.06.09</b>
<b>PV</b>	Emily Tompkins	Hereford & County	2.90m	<b>03.08.08</b>
<b>Shot</b>	Steph McNally	Hereford & County	11.15m	<b>01.05.10</b>
<b>Discus</b>	Emma Crooke U17	Hereford & County	40.80m	<b>03.07.10</b>
<b>Javelin</b>	Bethany Mitchell	S I A H	39.62m	<b>04.07.09</b>
<b>Hammer</b>	Bethany Mitchell	S I A H	44.98m	<b>01.08.10</b>
<b>4 x 100m</b>		Newport H	51.8s	<b>03.07.10</b>
<b>4 x 400m</b>		Newport H	4.14.5s	<b>01.08.10</b>

**MEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Jonathon Hornblow	Burton AC	11.0s	<b>05.07.08</b>
	Andrew Jones	Shrewsbury	11.0s	<b>04.07.09</b>
<b>200m</b>	Jonathon Hornblow	Burton AC	22.5s	<b>05.07.08</b>
	Andrew Jones	Shrewsbury	22.5s	<b>04.07.09</b>
<b>400m</b>	Matthew Clark	Nuneaton H	50.4s	<b>01.08.10</b>
<b>800m</b>	Matthew Addison	Bromsgrove/ Redditch	1.57.1s	<b>07.06.08</b>
<b>1500m</b>	Daniel Hallam	Owls	4.05.6s	<b>06.06.10</b>
<b>3000m</b>	Paul Miles	Owls	9.03.2s	<b>06.06.10</b>
<b>5000m</b>	Matthew Granger	Kidderminster & Stourport	15.36.0s	<b>04.07.09</b>
<b>2k S/C</b>	Ben Danvers	Kidderminster & Stourport	06.11.8s	<b>05.07.08</b>
<b>3k S/C</b>	Paul Miles	Owls	10.08.3s	<b>01.08.10</b>
<b>110H</b>	Eric Spink	Hereford & County	19.7s	<b>07.06.08</b>
<b>400H</b>	Gareth Pritchard	Kidderminster & Stourport	62.0s	<b>07.06.09</b>
<b>HJ</b>	James Hart	Bromsgrove/ Redditch	1.91m	<b>03.05.08</b>
<b>LJ</b>	Luke Pryor	Owls	6.81m	<b>01.08.10</b>
<b>TJ</b>	Sam Edwards	Shrewsbury AC	13.69m	<b>04.07.09</b>
<b>PV</b>	Eric Spink	Hereford & Co	3.80m	<b>05.07.08</b>
<b>Shot</b>	Josh Day	Hereford & County	12.55m	<b>06.06.10</b>
<b>Discus</b>	Simon Brown	Shrewsbury AC	38.52.m	<b>04.07.09</b>
<b>Javelin</b>	Sam Cater	Bromsgrove/ Redditch	49.77m	<b>05.07.08</b>
<b>Hammer</b>	Josh Day	Hereford & County	44.14m	<b>06.06.10</b>
<b>4 x 100m</b>		Burton AC	45.1s	<b>07.06.08</b>
<b>4 x 400m</b>		Newport H	3.27.0s	<b>03.07.10</b>

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

**Division 7**

**WOMEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Laura Samuel	Leicester Coritanian	12.2s	<b>01.08.10</b>
<b>200m</b>	Rhiannon Linnington-Payne	Bridgnorth AC	26.1s	<b>04.07.09</b>
<b>400m</b>	Freya Vincent	Leicester Coritanian	60.4s	<b>01.08.10</b>
<b>800m</b>	Suzanne Harding	Bristol & West	2.26.3s	<b>05.07.08</b>
<b>1500m</b>	Freya Gibson	Leicester Coritanian	4.59.4s	<b>06.06.10</b>
<b>3000m</b>	Rebecca Smith	Tamworth B	10.51.1s	<b>03.05.08</b>
<b>100H</b>	Michelle Keight	Tamworth B	17.9s	<b>01.05.10</b>
<b>400H</b>	Rhiannon Linnington-Payne	Bridgnorth AC	66.5s	<b>07.06.08</b>
<b>HJ</b>	Hannah Keight	Tamworth B	1.55m	<b>04.07.09</b>
<b>LJ</b>	Laura Samuel	Leicester Coritanian	5.44m	<b>03.07.10</b>
<b>TJ</b>	Laura Samuel	Leicester Coritanian	12.58m	<b>03.07.10</b>
<b>PV</b>	Sarah Williams	Tamworth B	2.50m	<b>04.07.09</b>
<b>Shot</b>	Steph Hurst	Leicester Coritanian	10.43m	<b>01.05.10</b>
<b>Discus</b>	Bethany Mitchell	Sutton in Ashfield	25.98m	<b>03.05.08</b>
<b>Javelin</b>	Bethany Mitchell	Sutton in Ashfield	35.75m	<b>03.08.08</b>
<b>Hammer</b>	Bethany Mitchell	Sutton in Ashfield	40.02m	<b>05.07.08</b>
<b>4 x 100m</b>		Leicester Coritanian	52.9s	<b>01.08.10</b>
<b>4 x 400m</b>		Tamworth B	4.22.0s	<b>03.08.08</b>

**MEN**

<b>Event</b>	<b>Name</b>	<b>Club</b>	<b>Perform</b>	<b>Date</b>
<b>100m</b>	Stuart Lythe	Bridgnorth AC	11.2s	<b>06.06/03.07.10</b>
	Luke Chown	Abingdon Amblers	11.2s	<b>01.08.10</b>
<b>200m</b>	Luke Chown	Abingdon Amblers	22.4s	<b>01.08.10</b>
<b>400m</b>	Nathan Woodward	Tamworth B	49.1s	<b>03.08.08</b>
<b>800m</b>	Thomas Mahon	Owls AC	1.59.2s	<b>02.05.09</b>
	Thomas Meakin	Owls AC	1.59.2s	<b>02.05.09</b>
<b>1500m</b>	Geraint Davies	Owls AC	4.00.0s	<b>02.05.09</b>
<b>3000m</b>	Gordon Lee	Owls AC	8.56.9s	<b>07.06.08</b>
<b>5000m</b>	Gordon Lee	Owls AC	15.22.3s	<b>03.05.08</b>
<b>2k S/C</b>	Jason Williams	Owls AC	6.30.1s	<b>04.07.09</b>
<b>3k S/C</b>	Oz Ellis	Abingdon Amblers	10.20.1s	<b>06.06.10</b>
<b>110H</b>	Andrew Beeston	Shrewsbury AC	17.3s	<b>02.08.09</b>
<b>400H</b>	Peter Barnshaw	Abingdon Amblers	58.5s	<b>03.07.10</b>
<b>HJ</b>	Daniel Boden	Bridgnorth AC	1.85m	<b>03.08.08</b>
<b>LJ</b>	Michael Fenn	Daventry	6.79m	<b>03.07.10</b>
<b>TJ</b>	Adam Smith	Tamworth B	13.69m	<b>03.08.08</b>
<b>PV</b>	Michael Pierpoint	Tamworth B	3.75m	<b>01.08.10</b>
<b>Shot</b>	Ben Wells	Owls AC	11.59m	<b>04.07.09</b>
<b>Discus</b>	Forrest Francis U17	Leicester Coritanian	38.89m	<b>01.08.10</b>
<b>Javelin</b>	Travelle Morris-Reed	Leicester Coritanian	51.11m	<b>01.08.10</b>
<b>Hammer</b>	Nick Fogg	Owls AC	41.73m	<b>07.06.08</b>
<b>4 x 100m</b>		Notts B	45.9s	<b>03.05.08</b>
<b>4 x 400m</b>		Tamworth B	3.40.7s	<b>03.08.08</b>