

MIDLAND COUNTIES ATHLETIC ASSOCIATION
SENIOR AND U20 Championships inc PARALLEL SUCCESS
PINGLES STADIUM, NUNEATON

Track Events Saturday 11 JUNE 2016

ALL Wind speeds are + unless specified

T01 12.30 400m Hurdles Senior Men Final						
CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
Senior Men	1	193	Tom MOAKES	Notts AC	54.23	
U20 Men	2	271	Niall CARNEY	Solihull & Small Heath AC	54.57	
U20 Men	3	134	Connor ALDRIDGE	Rugby & Northampton AC	56.63	
Senior Men	4	308	Sam HADLEY	Halesowen ACC	1.00.84	
U20 Men	5	276	Lloyd ELLIS	Leamington Cycling & AC	1.01.10	
U20 Men	6	277	Alistair FINLAY	Leicester Coritanian AC	1.01.37	

T03 12.40 400m Hurdles Under 18 Final						
CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
U18 Men	1	387	Alex KNIBBS	Amber Valley/Derby	53.29	
U18 Men	2	385	Alastair CHALMERS	Guernsey	53.55	
U18 Men	3	386	Joe FUGGLE	Tonbridge	54.52	

T04 12.50 100m Senior Women Heats						
CBP:						
Ht1	Position	BIB	ATHLETE	CLUB	Time	W/S +2.2
U23 Women	1	104	Niamh BAILEY	Corby AC	12.33	
Senior Women	2	128	Dionne SAMUELS	Birchfield Harriers	12.52	
Senior Women	3	127	Ellena RUDDOCK	Rugby & Northampton AC	12.58	
U23 Women	4	113	Heidi JACKSON	City of Stoke AC	12.83	
Senior Women	5	122	Diya JATTA	Birchfield Harriers	13.03	
U23 Women	6	105	Petra BEDI AKO	Birmingham Running & Triathlon Club	13.07	
Senior Women	7	118	Karen GOMES	Rugby & Northampton AC	13.17	
	8					

T04 12.50 100m Senior Women Heats						
CBP:						
Ht2	Position	BIB	ATHLETE	CLUB	Time	W/S +2.4
Senior Women	1	130	Emma SUHONEN	Charnwood A C	12.18	
U23 Women	2	112	Samantha GRIFFITHS	Cheltenham and County Harriers	12.32	
U23 Women	3	108	Kelly CONSTABLE	Gloucester AC	12.46	
U23 Women	4	51	Isobel BILLAU	Bromsgrove & Redditch	12.68	
Senior Women	5	125	Charmaine RILEY NELSON	Royal Sutton Coldfield AC	13.53	
Senior Women	6	124	Fleur O'DONOHUE	Nuneaton Harriers	15.69	T20
U20 Women	7	95	Julie ROGERS	Bedford & County AC	16.93	T47

T18 15.35 100m U20 Women Final						
CBP:						
	Position	BIB	ATHLETE	CLUB	Time	W/S +4.3
U20 Women	1	76	Gina AKPE-MOSES	Birchfield Harriers	11.73	
U20 Women	2	103	Sophie YORKE	Cheltenham & County Harriers	11.75	
U20 Women	3	90	Catherine HARDY	Gloucester AC	12.08	
U20 Women	4	97	Derrion THOMPSON	Tipton Harriers	12.33	
U20 Women	5	96	Kia STEWART MORRISON	Birchfield Harriers	12.44	
U20 Women	6	86	Tia DEVLIA	Birchfield Harriers	12.52	
U20 Women	7	88	Jordan HALL	Shrewsbury AC	12.84	
U20 Women	8	92	Rachel NORRIS	Notts AC	13.19	

T06 13.10 800m Senior Men Heats						
CBP:						
H/T 1	Position	BIB	ATHLETE	CLUB	Time	
Senior Men	1	187	Jonathan HIORNS	Notts AC	1.59.45	
U23 Men	2	171	David SHELDON	City of Stoke AC	1.59.61	
Senior Men	3	183	Andrew DE-CAMPS	Gloucester AC	1.59.83	
U23 Men	4	167	Anthony PARKES	Tamworth AC	2.00.76	
U23 Men	5	164	Rhys FURLONG	Telford AC	2.02.56	
Senior Men	6	199	Harvey SPEED	Coventry Godiva Harriers	2.02.83	
Senior Men	7	202	Peter WATLING	Wolverhampton & Bilston	2.05.64	
Senior Men	8	197	Marc SCOTT	Rushcliffe AC	2.08.93	

H/T2	Position	BIB	ATHLETE	CLUB	Time	
	1	236	Elliott GILES	Birchfield Harriers	2.00.49	
Senior Men	2	184	Richard DE-CAMPS	Cheltenham & County Harriers	2.00.81	
Senior Men	3	192	James MILLER	Cheltenham & County Harriers	2.01.25	
U23 Men	4	173	Louis WRIGLEY	City of Stoke AC	2.01.28	
Senior Men	5	186	Adnan HAQ	Rugby & Northampton AC	2.02.55	
Senior Men	6	176	Adam BARNES	Tipton Harriers	2.02.88	
Senior Men	7	200	Frederic TREMBLAY	Royal Sutton Coldfield AC	2.03.24	
Senior Men	8	196	Clark ROBERTS	Coventry Godiva Harriers	2.10.08	

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T07 13.25 800m U20 Men Final

CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
U20 Men	1	153	James O'BRIEN	Cannock & Stafford AC	1.54.24	
U20 Men	2	139	Alex BURROWS	Telford AC	1.54.26	
U20 Men	3	143	James FRADLEY	Newcastle Staffs AC	1.54.58	
U20 Men	4	137	Jack BONSER	Wolverhampton & Bilston	1.56.48	
U20 Men	5	135	Jeremy BARNES	Coventry Godiva Harriers	1.59.74	
U20 Men	6	149	Alex JOLLY	Coventry Godiva Harriers	2.02.83	
U20 Men	7	159	Joseph TUFFIN	Rushcliffe AC	2.04.61	

T08 13.35 1500m Senior Women Final

CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
Senior Women	1	231	Lori MARSHALL	Notts AC	4.39.88	
Senior Women	2	230	Sarah MACKNESS	Telford AC	4.42.08	
U20 Women	3	219	Bethany WILLIAMS	Mansfield Harriers	4.42.61	
U20 Women	4	217	Sophie TOTHILL	Worcester AC	4.44.36	
Senior Women	5	234	Paula RICHARDSON	Coventry Godiva Harriers	4.47.34	
U20 Women	6	203	Karys AMORY	Birchfield Harriers	4.47.66	
Senior Women	7	229	Anne-Laure LARRIVIERE	Notts AC	4.55.46	
U20 Women	8	204	Rebecca BROWN	Cannock & Stafford AC	5.01.48	
Senior Women	9	233	Hayley RICHARDS	Wolverhampton & Bilston	5.16.75	

T10 13.55 200m Senior Men Heats

Ht 1 CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
Senior Men	1	63	Kyle ENNIS	Rugby & Northampton AC	21.67	W/S +3.4
U23 Men	2	49	Jordan SPENCE	Corby AC	22.17	
U23 Men	3	28	Shad-Marc AARON	Birchfield Harriers	22.17	
Senior Men	4	394	Delano BROWN	Birchfield Harriers	22.56	
U23 Men	5	37	Anthony ITOTA	Coventry Godiva Harriers	22.64	
Senior Men	6	69	Stewart MARSHALL	Coventry Godiva Harriers	22.78	
U23 Men	7	36	Jonathan HUGHES	Leicester Coritanian AC	23.42	
Senior Men	8	72	Marcus PIDGLEY	Poole AC	28.43	T37
Ht 2 CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
Senior Men	1	75	Peter SHAND	Birchfield Harriers	21.31	W/S +2.0
U23 Men	2	30	Jordan BROOME	Coventry Godiva Harriers	21.52	
Senior Men	3	74	Charlie ROE	Chichester Runners & AC	22.06	
Senior Men	4	67	Marcel HODGE	Leicester Coritanian AC	22.67	
Senior Men	5	66	Hoshane GABBIDON	Birchfield Harriers	23.04	
Senior Men	6	61	Scott EBURNE	Coventry Godiva Harriers	24.51	
Senior Men	7	57	Carl BALDWIN	Lawley Running Club	27.41	T12
Ht 3 CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
U23 Men	1	43	Elliott POWELL	Leicester Coritanian AC	21.27	W/S +2.6
U23 Men	2	34	Kane HOWITT	Royal Sutton Coldfield AC	21.70	
U23 Men	3	29	Fabian BATCHELOR	Birchfield Harriers	22.44	
Senior Men	4	65	Mathias FRANCIS	Birchfield Harriers	22.53	
U23 Men	5	33	Hassan HASSAN	Coventry Godiva Harriers	23.09	
U23 Men	6	52	Aaron NETTLEFORD	Tipton Harriers	23.36	
U23 Men	7	42	Robert PEARSALL	Tipton Harriers	24.84	T20

T11 14.05 200m U20 Men Heats

Ht 1 CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
U20 Men	1	12	Mustafa MAHAMUUD	Birchfield Harriers	21.80	W/S +2.8
U20 Men	2	23	Nicholas WALSH	Tipton Harriers	21.93	
U20 Men	3	18	Ed ROSS	Birchfield Harriers	22.20	
U20 Men	4	10	Josiah HYACINTH	Coventry Godiva Harriers	22.35	
U20 Men	5	1	Morgan AMED	Coventry Godiva Harriers	22.41	
U20 Men	6	26	Martin WILLIAMS	Solihull & Small Heath AC	22.65	
Ht 2 CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
U20 Men	1	13	Rio MITCHAM	Telford AC	21.56	W/S +2.6
U20 Men	2	21	Zachary STAPLETON	Rugby & Northampton AC	21.99	
U20 Men	3	17	Joseph ROGERS	Halesowen ACC	22.28	
U20 Men	4	15	Bret OKEKE	4Life Triathlon Club	22.71	
U20 Men	5	4	Oliver BROADLEY	Charnwood A C	23.16	
U20 Men	6	16	Morgan REEVES	Leamington Cycling & AC	23.73	

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T12 14.15 100m Hurdles Senior Women Final						
CBP:						
	Position	BIB	ATHLETE	CLUB	Time	W/S +2.6
U20 Women	1	84	Mollie COURTNEY	Cheltenham & County Harriers	13.44	
U23 Women	2	104	Niamh BAILEY	Corby AC	14.05	
U20 Women	3	94	Georgia PARRIS	Nuneaton Harriers	1506.00	
U20 Women	4	80	Chloe BURNS	City of Stoke AC	15.06	
U20 Women	5	87	Amber GRIFFITHS	Leicester Coritanian AC	15.44	

T24 16.40 400m Senior Women Final						
CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
U23 Women	1	222	Alice DESFORGES	Notts AC	55.82	
Senior Women	2	227	Gabrielle COVENEY	Ealing Southall & Middlesex AC	56.24	
Senior Women	3	226	Kate ANDERSON	City of Stoke AC	57.31	
U23 Women	4	221	Laura CLARK	Leamington Cycling & AC	58.05	
U23 Women	5	108	Kelly Constable	Gloucester AC	58.21	
U23 Women	6	117	Dayna WILLOUGHBY	Gloucester AC	59.74	
U20 Women	7	210	Katie NESBITT	East Norfolk 6th Form College	1.04.14	T20

T15 14.55 400m U20 Women Final						
CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
U20 Women	1	85	Megan DAVIES	Cannock & Stafford AC	56.87	
U20 Women	2	215	Mia SPENCE	Notts AC	57.42	
U20 Women	3	220	Olivia WOODWARD	Tamworth AC	1.00.08	
U20 Women	4	208	Rebecca LORD	Kings High School	1.00.78	
U20 Women	5	88	Jordan HALL	Shrewsbury AC	1.01.06	

T16 15.05 5000m Senior & U20 Women Final						
CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
Senior Women	1	263	Ellie STEVENS	Birchfield Harriers	17.22.33	
Senior Women	2	261	Anne HOLYLAND	Wreake Runners	17.30.39	
U20 Women	3	206	Lucy HOLT	City of Stoke AC	17.35.35	
Senior Women	4	260	Rebecca HALL	Corby AC	17.45.09	
U23 Women	5	258	Georgina WESTON	Notts AC	19.29.61	

T17 15.30 100m Senior Women Final						
CBP:						
	Position	BIB	ATHLETE	CLUB	Time	W/S +4.3
U23 Women	1	104	Niamh BAILEY	Corby AC	11.90	
Senior Women	2	130	Emma SUHONEN	Charnwood A C	12.04	
U23 Women	3	112	Samantha GRIFFITHS	Cheltenham and County Harriers	12.20	
Senior Women	4	127	Ellena RUDDOCK	Rugby & Northampton AC	12.44	
Senior Women	5	128	Dionne SAMUELS	Birchfield Harriers	12.47	
U23 Women	6	108	Kelly Constable	Gloucester AC	12.53	
U23 Women	7	51	Isobel BILLAU	Bromsgrove & Redditch	12.64	
U23 Women	8	113	Heidi JACKSON	City of Stoke AC	12.70	

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T19 15.40 800m Senior Men Final

CBP:					
	Position	BIB	ATHLETE	CLUB	Time
U23 Men	1	236	Elliott GILES	Birchfield Harriers	1.50.26
U23 Men	2	171	David SHELDON	City of Stoke AC	1.55.37
Senior Men	3	187	Jonathan HIORNS	Notts AC	1.56.60
Senior Men	4	184	Richard DE-CAMPS	Cheltenham & County Harriers	1.58.80
U23 Men	5	167	Anthony PARKES	Tamworth AC	1.57.45
Senior Men	6	192	James MILLER	Cheltenham & County Harriers	2.00.81
Senior Men	7	183	Andrew DE-CAMPS	Gloucester AC	2.03.44

T20 15.50 3000m S/C Senior Men Final

CBP:					
	Position	BIB	ATHLETE	CLUB	Time
U23 Men	1	297	Cameron SHANKLY	Birchfield Harriers	10.16.87
Senior Men	2	179	Aaron BROWN	Tipton Harriers	10.19.99
Senior Men	3	320	Craig PEARSON	Cannock & Stafford AC	11.55.10
Senior Men	4	245	Jamie GRAHAM	Cannock & Stafford AC	13.10.17

T21 16.05 2000m S/C U20 Men Final

CBP:					
	Position	BIB	ATHLETE	CLUB	Time
U20 Men	1	268	Alex BLACKHAM	Royal Sutton Coldfield AC	6.35.68
U20 Men	2	288	James RUSSELL	Cannock & Stafford AC	7.13.25

T22 16.25 200m Senior Men Final

CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
U23 Men	1	43	Elliott POWELL	Leicester Coritanian AC	20.88	W/S +1.9
Senior Men	2	63	Kyle ENNIS	Rugby & Northampton AC	21.04	
Senior Men	3	75	Peter SHAND	Birchfield Harriers	21.14	
U23 Men	4	30	Jordan BROOME	Coventry Godiva Harriers	21.15	
Senior Men	5	74	Charlie ROE	Chichester Runners & AC	21.97	
U23 Men	6	49	Jordan SPENCE	Corby AC	22.14	
U23 Men	7	28	Shad-Marc AARON	Birchfield Harriers	22.20	

T23 16.35 200m U20 Men Final

CBP:						
	Position	BIB	ATHLETE	CLUB	Time	
U20 Men	1	12	Mustafa MAHAMUUD	Birchfield Harriers	21.02	WS +4.3ms
U20 Men	2	21	Zachary STAPLETON	Rugby & Northampton AC	21.22	
U20 Men	3	13	Rio MITCHAM	Telford AC	21.26	
U20 Men	4	23	Nicholas WALSH	Tipton Harriers	21.28	
U20 Men	5	17	Joseph ROGERS	Halesowen ACC	21.93	
U20 Men	6	1	Morgan AMED	Coventry Godiva Harriers	22.08	
U20 Men	7	10	Josiah HYACINTH	Coventry Godiva Harriers	22.10	

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Field Events Saturday 11th June

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F03 10.30 High Jump Senior Women						
CBP:						
	Position	BIB	ATHLETE	CLUB	Height/Distance	
U23 Women	1	358	Kate DAVIES	Gloucester AC	1.50	

F03a 10.30 High Jump U20 Women						
CBP:						
	Position	BIB	ATHLETE	CLUB	Height/Distance	
U20 Women	1	94	Georgia PARRIS	Nuneaton Harriers	1.65	
U20 Women	2	341	Saffiyah KHAN	Solihull & Small Heath AC	1.53	

F01 10.30 Hammer Senior Women						
CBP:						
	Position	BIB	ATHLETE	CLUB	Height/Distance	
Senior Women	1	379	Hayley MURRAY	Rugby & Northampton AC	57.10	
U23 Women	2	364	Annabelle PALMER	Notts AC	56.25	
U23 Women	3	367	Charlotte STALLARD	Gloucester AC	43.50	
Senior Women	4	382	Beth SEWELL	Cardiff AAC	42.49	
U23 Women	5	362	Daisy GILBERT	Bristol & West AC	37.07	
Senior Women	6	235	Juliette WARBURTON	Bromsgrove & Redditch	15.24	

F02 10.30 Shot Put Senior Men						
CBP:						
	Position	BIB	ATHLETE	CLUB	Height/Distance	
U23 Men	1	292	Forrest FRANCIS	Leicester Coritanian AC	13.02	
Senior Men	2	313	Christopher KAY	Leicester Coritanian AC	9.77	
Senior Men	3	326	Tyrone WILLIAMS	Birchfield Harriers	9.11	F37 5kg
U23 Men	4	294	Jack JOHNSON	Saffron AC	7.08	F37 5kg
Senior Men	5	307	Daniel EVANS	Birchfield Harriers	5.90	F11 7.26kg

F02A 10.30 Shot U20 Men						
CBP:						
	Position	BIB	ATHLETE	CLUB	Height/Distance	
U20 Men	1	282	William KNIGHT	City of Stoke AC	15.12	
U20 Men	2	269	Jonathan BRIGGS	Birmingham Running & Triathlon Club	13.41	

F04 12.30 Hammer U20 Women						
CBP:						
	Position	BIB	ATHLETE	CLUB	Height/Distance	
U20 Women	1	342	Katie LAMBERT	Kidderminster & Stourport	55.01	
U20 Women	2	356	Molly WALSH	Wolverhampton & Bilston	48.51	
U20 Women	3	351	Chrissie PRINCE	Royal Sutton Coldfield AC	41.25	
U20 Women	4	350	Georgina PAGE	City of Sheffield & Dearne AC	37.21	
U20 Women	5	355	Hannah WALKER	Birchfield Harriers	34.03	

F05 12.30 Long Jump Senior Men						
CBP:						
age group	Position	BIB	ATHLETE	CLUB	Height/Distance	W/S
Senior Men	1	53	Trevor ALEXANDERSON	Corby AC	6.88	3.0
U23 Men	2	39	De'Quan LODGE	Birchfield Harriers	6.88	1.9

F05A 12.30 Long Jump U20 Men						
CBP:						
age group	Position	BIB	ATHLETE	CLUB	Height/Distance	W/S
U20 Men	1	287	Rowan POWELL	Leicester Coritanian AC	7.03	3.5
U20 Men	2	267	Ed BARBOUR	Amber Valley & Erewash AC	6.45	2.8

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F06 13.45 Discus Senior Men						
CBP:						
age group	Position	BIB	ATHLETE	CLUB	Height/Distance	
U23 Men	1	292	Forrest FRANCIS	Leicester Coritanian AC	44.94	
Senior Men	2	305	Ben CROSSDALE	Notts AC	34.38	
Senior Men	3	326	Tyrone WILLIAMS	Birchfield Harriers	31.05	F37 1kg
Senior Men	4	313	Christopher KAY	Leicester Coritanian AC	25.15	
Senior Men	5	307	Daniel EVANS	Birchfield Harriers	14.73	F11 2kg
U23 Men	6	294	Jack JOHNSON	Saffron AC	14.68	F371kg

F06A 13.45 Discus U20 Men						
CBP:						
age group	Position	BIB	ATHLETE	CLUB	Height/Distance	
U20 Men	1	282	William KNIGHT	City of Stoke AC	45.43	
U20 Men	2	269	Jonathan BRIGGS	Birmingham Running & Triathlon Club	44.66	
U20 Men	3	290	Isaac WOOD	Derby AC	35.71	

F07 13.45 Triple Jump Senior Women						
CBP:						
age group	Position	BIB	ATHLETE	CLUB	Height/Distance	W/S
Senior Women		371	Anna BATES	Trafford AC	11.96	3.3

F07A 13.45 Triple Jump U20 Women						
CBP:						
age group	Position	BIB	ATHLETE	CLUB	Height/Distance	W/S
U20 Women	1	334	Abbie CHAUNDY	Swindon Harriers	11.64	2.5
U20 Women	2	348	Beth MORTIBOY	Notts AC	11.61	3.6
U20 Women	3	352	Katie ROWE	Amber Valley & Erewash AC	11.51	2.6
U20 Women	4	347	Rimini MILORO	Sutton in Ashfield Harriers & AC	11.10	3.0

F08 15.15 Javelin Senior Women						
CBP:						
age group	Position	BIB	ATHLETE	CLUB	Height/Distance	
U23 Women	1	358	Kate DAVIES	Gloucester AC	34.67	
U23 Women	2	51	Isobel BILLAU	Bromsgrove & Redditch	31.99	
U23 Women	3	360	Mary DONALDSON	Leamington Cycling & AC	28.86	
Senior Women	4	370	Karen ADDIS	Whitchurch Whippets	28.50	

F08A 15.15 Javelin U20 Women						
CBP:						
age group	Position	BIB	ATHLETE	CLUB	Height/Distance	
U20 Women		329	Felicity BEE	Birchfield Harriers	36.77	
U20 Women		339	Eve HODSON	Coventry Godiva Harriers	32.30	