

# *Notts AC Spring Spruce – Sunday 1<sup>st</sup> April 2012*

## **Under 11 Girls**

### **80m**

37	Victoria Johnson	Charnwood AC	12.1
1	Millie Haw	Notts AC	12.7
238	Emma Weston	Notts AC	12.7
176	Nicole Williams	Coventry Godiva	13.2
60	Emily Reed	Coventry Godiva	13.6
5	Laura Walsh	Notts AC	13.9

### **150m**

37	Victoria Johnson	Charnwood AC	23.4
176	Nicole Williams	Coventry Godiva	24.8
60	Emily Reed	Coventry Godiva	25.6
5	Laura Walsh	Notts AC	26.3
250	? Springer		26.8

### **600m**

60	Emily Reed	Coventry Godiva	2.07.9
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### **Long Jump**

1	Millie Haw	Notts AC	3.40
176	Nicole Williams	Coventry Godiva	3.14
238	Emma Weston	Notts AC	3.04
5	Laura Walsh	Notts AC	2.81

### **High Jump**

1	Millie Haw	Notts AC	1.10
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## **Under 11 Boys**

### **80m**

277	Alfie Colton	Notts AC	11.9
402	Mykah Skervin	Notts AC	12.4
53	Cameron Rawson	Sutton Harriers	12.6
88	Oliver Barnard	Tamworth AC	13.1
64	Cole Spencer-Nagle	Notts AC	13.3
75	Samuel Bradley	Sutton Harriers	13.7
291	#N/A	#N/A	14.0
231	Jerome Moore	Notts AC	14.0

## 150m

277	Alfie Colton	Notts AC	22.8
402	Mykah Skervin	Notts AC	23.3
53	Cameron Rawson	Sutton Harriers	24.0
231	Jerome Moore	Notts AC	25.7
205	Samuel Roberts	Retford AC	25.9
75	Samuel Bradley	Sutton Harriers	26.1

## 600m

53	Cameron Rawson	Sutton Harriers	2.02.9
205	Samuel Roberts	Retford AC	2.03.5
64	Cole Spencer-Nagle	Notts AC	2.13.6

## Long Jump

100	Liam Moore	Doncaster AC	3.54
88	Oliver Barnard	Tamworth AC	3.18
231	Jerome Moore	Notts AC	2.97
205	Samuel Roberts	Retford AC	2.57

## Under 13 Girls

### 100m

401	Sharhee Skervin	Notts AC	13.4
21	Kaisha Buchanan	Mansfield Harriers	13.5
121	Emily Strickland	Scunthorpe	14.5
65	Anna Purchase	Notts AC	14.7
221	Megan Sims	Peterborough AC	15.0
228	Darcy Atkinson	Doncaster AC	15.0
11	Liberte Taylor	Notts AC	15.2
219	Abiba Grant	Notts AC	15.3
26	Scarlett Langford	Charnwood AC	15.4
124	Amy Keady	Notts AC	15.9
29	Florence Reed	Notts AC	15.9
178	Amy Edwards	Notts AC	16.0
164	Abi Burgess	Notts AC	16.0
32	Rebecca Newton	Notts AC	16.1
230	Chloe Rusdale	Mansfield Harriers	16.3
166	Imogen Burgess	Notts AC	16.8
306	Timilayo Ajetunmsbi		16.8
99	Elodie Weaver	Telford AC	16.8
91	Charlotte Dakin	Notts AC	17.0
165	Ellie Burgess	Notts AC	17.1
281	Philippa Torr	Notts AC	17.2
59	Megan Woodhouse	Sutton Harriers	17.5

## 200m

21	Kaisha Buchanan	Mansfield Harriers	27.1
36	Isabelle Neville	Tamworth	27.6
121	Emily Strickland	Scunthorpe	28.3
93	Emily Cope	Amber Valley & Erewash	28.5
42	Anya Bates	St Stephens Harriers (AUS)	29.5
140	Ellie Minshull	Coventry Godiva	32.1
131	Felicia Miloro	Sutton Harriers	35.7
401	Sharhee Skervin	Notts AC	29.2
221	Megan Sims	Peterborough AC	30.4
151	Nikita Sandhu	Notts AC	31.9
164	Abi Burgess	Notts AC	32.6
271	Laura Chappell		34.3
166	Imogen Burgess	Notts AC	34.7

## 800m

126	Summer Ward	Doncaster AC	2.37.6
140	Ellie Minshull	Coventry Godiva	2.44.3
89	Charlotte Barnard	Tamworth AC	2.49.2
30	Bella Reed	Notts AC	2.51.6
109	Paige Nealon	Peterborough Ac	2.55.3
124	Amy Keady	Notts AC	3.00.7
59	Megan Woodhouse	Sutton Harriers	3.07.0
143	Jamie Bramley	Notts AC	3.07.2
207	Olivia Hallam	Notts AC	3.07.4

## 70mH

65	Anna Purchase	Notts AC	12.8
221	Megan Sims	Peterborough AC	12.8
228	Darcy Atkinson	Doncaster AC	12.8
93	Emily Cope	Amber Valley & Erewash	13.0
3	Charlotte Jones	Derby AC	13.1
346	Roseanna Burton	City of Stoke	13.2
121	Emily Strickland	Scunthorpe	13.5
216	Maisie Knighton	Amber Valley & Erewash	13.8
29	Florence Reed	Notts AC	14.2
126	Summer Ward	Doncaster AC	14.9
140	Ellie Minshull	Coventry Godiva	15.6
124	Amy Keady	Notts AC	16.3
131	Felicia Miloro	Sutton Harriers	18.0

## Shot

216	Maisie Knighton	Amber Valley & Erewash	7.16
167	Caitlin Emerson	Amber Valley & Erewash	6.03
165	Ellie Burgess	Notts AC	5.44
271	Laura Chappell	Doncaster	5.41
109	Paige Nealon	Peterborough Ac	4.89
208	Freya McDonald	Notts AC	4.87
164	Abi Burgess	Notts AC	4.42
209	Destiny Godwin	Notts AC	3.65

## Javelin

2	Bethan Rees	Cannock & Stafford	28.58
161	Tori Hamplett	Cannock & Stafford	22.35
271	Laura Chappell	Doncaster	15.60
216	Maisie Knighton	Amber Valley & Erewash	15.23
209	Destiny Godwin	Notts AC	9.05
59	Megan Woodhouse	Sutton Harriers	6.84

## Long Jump

3	Charlotte Jones	Derby AC	4.26
93	Emily Cope	Amber Valley & Erewash	4.05
42	Anya Bates	St Stephens	4.04
26	Scarlett Langford	Charnwood AC	3.83
271	Laura Chappell	Doncaster	3.68
219	Abiba Grant	Notts AC	3.67
140	Ellie Minshull	Coventry Godiva	3.60
29	Florence Reed	Notts AC	3.49
30	Bella Reed	Notts AC	3.46
230	Chloe Rusdale	Mansfield Harriers	3.44
151	Nikita Sandhu	Notts AC	3.41
306	Timitayo Ajetunmobi	Notts AC	3.36
131	Felicia Miloro	Sutton Harriers	3.35
167	Caitlin Emerson	Amber Valley & Erewash	3.25
91	Charlotte Dakin	Notts AC	3.17
195	Megan Sutton	Notts AC	3.14
36	Isabelle Neville	Tamworth	3.03
178	Amy Edwards	Notts AC	2.99
281	Philippa Torr	Notts AC	2.98
208	Freya McDonald	Notts AC	2.97
109	Paige Nealon	Peterborough Ac	2.86
89	Charlotte Barnard	Tamworth AC	2.84
59	Megan Woodhouse	Sutton Harriers	2.83
164	Abi Burgess	Notts AC	2.76
209	Destiny Godwin	Notts AC	2.76
166	Imogen Burgess	Notts AC	2.73
165	Ellie Burgess	Notts AC	2.66

## High Jump

42	Anya Bates	St Stephens Harriers (AUS)	1.30
219	Abiba Grant	Notts AC	1.30
3	Charlotte Jones	Derby AC	1.30
228	Darcy Atkinson	Doncaster AC	1.30
216	Maisie Knighton	Amber Valley & Erewash	1.20
26	Scarlett Langford	Charnwood AC	1.20
126	Summer Ward	Doncaster AC	1.20
306	Timitayo Ajetunmobi	Notts AC	1.15
131	Felicia Miloro	Sutton Harriers	1.10
166	Imogen Burgess	Notts AC	1.05

## Discus

167	Caitlin Emerson	Amber Valley & Erewash	14.08
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## Under 13 Boys

### 100m

142	Ben Higgins	Corby AC	14.6
28	Scott Ram	Amber Valley & Erewash	15.0
239	James Weston	Notts AC	15.2
210	Lee Moakes	Notts AC	15.3
63	Brandon Spencer-Nagle	Notts AC	15.8
81	Fergus Hernon	Amber Valley & Erewash	15.8
116	Harry Ilyk	Notts AC	16.2
100	Liam Moore	Doncaster AC	16.3
113	Ben Rendell	Notts AC	16.5

### 200m

25	Archie Banks	Charnwood AC	30.1
45	Tom Pautrat	Notts AC	31.1
210	Lee Moakes	Notts AC	31.6
63	Brandon Spencer-Nagle	Notts AC	32.0

### 800m

25	Archie Banks	Charnwood AC	2.27.5
81	Fergus Hernon	Amber Valley & Erewash	2.42.9
28	Scott Ram	Amber Valley & Erewash	2.44.4
142	Ben Higgins	Corby AC	2.52.2
45	Tom Pautrat	Notts AC	2.54.1

41	Thomas Benfield	Burton AC	2.55.7
20	Joe Cartwright	Notts AC	3.00.9

## 75mH

142	Ben Higgins	Corby AC	15.4
100	Liam Moore	Doncaster AC	15.9
45	Tom Pautrat	Notts AC	16.8
41	Thomas Benfield	Burton AC	16.9
113	Ben Rendell	Notts AC	17.0
34	Brandon Lewis	Chesterfield AC	17.3
341	David Allcock	Sutton Harriers	18.1

## Shot

34	Brandon Lewis	Chesterfield AC	7.99
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## Javelin

142	Ben Higgins	Corby AC	14.39
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## Long Jump

210	Lee Moakes	Notts AC	3.96
34	Brandon Lewis	Chesterfield AC	3.91
239	James Weston	Notts AC	3.86
63	Brandon Spencer-Nagle	Notts AC	3.81
41	Thomas Benfield	Burton AC	3.52
20	Joe Cartwright	Notts AC	3.43
113	Ben Rendell	Notts AC	3.27
116	Harry Ilyk	Notts AC	3.09
81	Fergus Hernon	Amber Valley & Erewash	2.77
28	Scott Ram	Amber Valley & Erewash	2.02

## High Jump

34	Brandon Lewis	Chesterfield AC	1.30
116	Harry Ilyk	Notts AC	1.25
341	David Allcock	Sutton Harriers	1.10

## **Under 13 Girls**

### **100m**

	Charlotte		
133	McLennaghan	Notts AC	13.0
87	Natalie Mukerji	Cannock & Stafford	13.4
159	Gemma Broomfield	Charnwood AC	13.6
94	Annie Mussett	Doncaster AC	14.0
200	Hannah Rundle	Solihull & Smallheath AC	14.1
251	Makeda Springer	Notts AC	14.7
132	Rimini Miloro	Sutton Harriers	14.8
79	Charlotte Humphreys	Charnwood AC	15.0
98	Charlie Weaver	Telford AC	15.1

### **200m**

	Charlotte		
133	McLennaghan	Notts AC	25.6
159	Gemma Broomfield	Charnwood AC	27.2
87	Natalie Mukerji	Cannock & Stafford	27.7
163	Rosie Collins	Burton AC	30.1
132	Rimini Miloro	Sutton Harriers	30.7
79	Charlotte Humphreys	Charnwood AC	31.8

### **800m**

171	Emelia Berresford	Stoke AC	2.23.0
168	Niamh Emerson	Amber Valley & Erewash	2.27.2
206	Chloe Wilde	Cannock & Stafford	2.28.7
7	Philippa Nock	Cannock & Stafford	2.36.3
117	Emma Beeson	Mansfield	2.38.2
227	Lilyana Atkinson	Doncaster	2.39.7
312	Harriet Robert	Charnwood AC	2.40.3
336	Sophie Quince	Chesterfield AC	2.41.3

### **75m Hurdles**

4	Hazel Varley	Notts AC	13.0
322	Sarah Lee-Liggett	Sheffield AC	13.3
201	Charlotte Sands	Notts AC	13.5
31	Bethany Newton	Notts AC	13.8
316	Ellie Grace	Doncaster AC	14.0
317	Chloe Bewley	Doncaster AC	14.5

## Shot

78	Gemma Holland	Burton AC	8.29
201	Charlotte Sands	Notts AC	7.34
264	Keira Davies	Doncaster AC	6.70

## Javelin

160	Emma Hamplett	Cannock & Stafford	31.36
317	Chloe Bewley	Doncaster AC	24.19
78	Gemma Holland	Burton AC	22.68
163	Rosie Collins	Burton AC	20.43
264	Keira Davies	Doncaster AC	11.08

## Discus

163	Rosie Collins	Burton AC	15.99
31	Bethany Newton	Notts AC	14.71
264	Keira Davies	Doncaster AC	13.54
200	Hannah Rundle	Solihull & Smallheath AC	12.51

## Long Jump

78	Gemma Holland	Burton AC	4.56
4	Hazel Varley	Notts AC	4.55
225	Laura Herrod	Mansfield Harriers	4.45
227	Lilyana Atkinson	Doncaster	4.32
31	Bethany Newton	Notts AC	4.23
168	Niamh Emerson	Amber Valley & Erewash	4.21
159	Gemma Broomfield	Charnwood AC	3.84
299	Amber Maitland	Notts AC	3.82
312	Harriet Robert	Charnwood AC	3.80
132	Rimini Miloro	Sutton Harriers	3.78
163	Rosie Collins	Burton AC	3.61
200	Hannah Rundle	Solihull & Smallheath AC	3.58
199	Suzannah Horn	Notts AC	3.13

## High Jump

322	Sarah Lee-Liggett	Sheffield AC	1.52
168	Niamh Emerson	Amber Valley & Erewash	1.50
317	Chloe Bewley	Doncaster AC	1.45
78	Gemma Holland	Burton AC	1.35
316	Ellie Grace	Doncaster AC	1.30
132	Rimini Miloro	Sutton Harriers	1.20

## Pole Vault

169	Danni Langdale	Telford AC	2.60
31	Bethany Newton	Notts AC	2.50

## Under 15 Boys

### 100m

52	Ryan Gorman	Notts AC	12.2
110	Isaac Moodie	Mansfield Harriers	12.9
12	Ben Mattinson	Notts AC	13.1
72	William Bradley	Sutton Harriers	13.2
51	Steven Thompson	Cannock & Stafford	13.3
297	Jordan Lefevre	Cannock & Stafford	13.4
70	Ben Tragheim	Notts AC	13.8
175	Lewis Webb	Notts AC	14.0
149	Jack Wickham	Notts AC	14.9
147	Oscar Lander	Notts AC	16.6

### 200m

52	Ryan Gorman	Notts AC	25.2
72	William Bradley	Sutton Harriers	26.0
12	Ben Mattinson	Notts AC	26.9
70	Ben Tragheim	Notts AC	27.6

### 300m

72	William Bradley	Sutton Harriers	41.80
70	Ben Tragheim	Notts AC	43.80
324	Alistair Hastie	Notts AC	43.80
315	John Dilks	Notts AC	47.40

### 800m

154	James O'Brien	Cannock & Stafford	2.17.7
304	Nigel Isherwood	Birchfield	2.18.6
314	Jake Shaw	Ivanhoe Robbins	2.28.7
315	John Dilks	Notts AC	2.32.0
309	Sami Beggazene	Notts AC	2.32.9
119	Max Jones	Notts AC	2.34.2
147	Oscar Lander	Notts AC	2.54.4

## 80m Hurdles

51	Steven Thompson	Cannock & Stafford	12.9
110	Isaac Moodie	Mansfield Harriers	13.4
181	Ben Michell	Notts AC	14.5
149	Jack Wickham	Notts AC	16.9
8	Joel Kirk	City of Sheffield	17.1
147	Oscar Lander	Notts AC	19.0

## Shot

226	Kasey Pearson	Amber Valley	8.60
303	John Seuston	Notts AC	8.00
12	Ben Mattinson	Notts AC	7.15

## Javelin

180	Robert Palmer	Notts AC	29.42
8	Joel Kirk	City of Sheffield	27.47
237	Harry Cook	Birchfield	25.67
314	Jake Shaw	Ivanhoe Robbins	20.63

## Discus

226	Kasey Pearson	Amber Valley	25.51
303	John Searston	Notts AC	23.31
175	Lewis Webb	Notts AC	20.62
181	Ben Michell	Notts AC	15.59
237	Harry Cook	Birchfield	11.29

## Long Jump

14	Joel Leon-Benitez	Notts AC	4.97
115	Joshua Ilyk	Notts AC	4.96
181	Ben Michell	Notts AC	4.36
175	Lewis Webb	Notts AC	4.09
8	Joel Kirk	City of Sheffield	3.86
147	Oscar Lander	Notts AC	3.50

## High Jump

14	Joel Leon-Benitez	Notts AC	1.45
8	Joel Kirk	City of Sheffield	1.45

## **Pole Vault**

115	Joshua Ilyk	Notts AC	3.10
14	Joel Leon-Benitez	Notts AC	2.80
180	Robert Palmer	Notts AC	2.30

## **Hammer**

226	Kasey Pearson	Amber Valley	27.70
12	Ben Mattinson	Notts AC	17.03

## **Under 17 Women**

### **100m**

138	Rachel Norris	Mansfield Harriers	12.7
155	Tamarah Miller	BRAT	13.1
80	Ilaria Mancinelli	Notts AC	13.4
139	Eleanor Proud	Cannock & Stafford	13.8
74	Sian Lloyd-Mclear	Charnwood AC	13.8
16	Megan Arnold	Notts AC	13.9
67	Emily Fowler-Parkes	Cannock & Stafford	13.9
305	Kenia Salmon	Notts AC	14.1
54	Jessica Platts	Notts AC	14.2
185	Bethany Davies	Notts AC	14.3
66	Rosie Purchase	Notts AC	14.4
202	Imogen Cresswell	Amber Valley & Erewash	14.5
284	Mia Spence	Notts AC	14.5
177	Caitlin Edwards	Notts AC	14.9
192	Rebecca Nicol	Notts AC	15.8
278	Selina Litt	Charnwood AC	16.4

### **200m**

80	Ilaria Mancinelli	Notts AC	27.1
74	Sian Lloyd-Mclear	Charnwood AC	27.2
177	Caitlin Edwards	Notts AC	29.3
192	Rebecca Nicol	Notts AC	31.2
138	Rachel Norris	Mansfield Harriers	25.4
321	Molly Ferguson	Notts AC	27.7
67	Emily Fowler-Parkes	Cannock & Stafford	28.4
54	Jessica Platts	Notts AC	28.5
284	Mia Spence	Notts AC	28.7

## 300m

139	Eleanor Proud	Cannock & Stafford	42.6
350	Paige Lambert	Nene Valley Harriers	43.3
173	Hannah Sharkey	Halesowen	43.6
321	Molly Ferguson	Notts AC	43.9

## 800m

137	Claire Norris	Mansfield	2.34.0
313	Ellie Shaw	Ivanhoe Robbins	2.53.5

## 1500m

361	Caelidy Ross	Mansfield Harriers	4.53.6
172	Beth Sharkey	Halesowen	5.16.3

## 80m Hurdles

6	Emily Heappey	Amber Valley & Erewash	13.0
130	Caprice Miloro	Sutton Harriers	17.8

## 300m Hurdles

211	Chloe Worts	Notts AC	48.00
6	Emily Heappey	Amber Valley & Erewash	50.10
213	Emma Hornsby	Nene Valley Harriers	50.30
55	Katie Forward	Cheltenham Harriers	50.90

## Hammer

236	Emily Cook	Birchfield Harriers	30.21
66	Rosie Purchase	Notts AC	26.05

## Shot

236	Emily Cook	Birchfield	9.86
83	Carys Smith	Swansea Harriers	6.19

## Javelin

71	Eleanor Jenney	Derby AC	21.73
236	Emily Cook	Birchfield	20.59
83	Carys Smith	Swansea Harriers	13.96

## Discus

83	Carys Smith	Swansea Harriers	20.46
236	Emily Cook	Birchfield	19.36
312	Harriet Robert	Charnwood AC	14.28

## Long Jump

44	Beth Mortiboy	Mansfield Harriers	5.04
66	Rosie Purchase	Notts AC	4.58
74	Sian Lloyd-Mclear	Charnwood AC	4.46
16	Megan Arnold	Notts AC	4.39
130	Caprice Miloro	Sutton Harriers	4.07

## High Jump

130	Caprice Miloro	Sutton Harriers	1.35
185	Bethany Davies	Notts AC	1.30

## Pole Vault

185	Bethany Davies	Notts AC	2.20
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## Triple Jump

44	Beth Mortiboy	Mansfield Harriers	10.20
202	Imogen Cresswell	Amber Valley	9.71
130	Caprice Miloro	Sutton	9.19

## Under 17 Men

### 100m

280	Aaron Nettleford	Tipton AC	12.0
300	Jake Berney	Peterborough AC	12.0
118	Ashley Brodsky	Notts AC	12.5
114	Daniel Grishin	Notts AC	12.5
68	Elliott Jones	Tamworth AC	12.7
58	Craig Brooks	West Norfolk AC	12.9
84	Khian Mility	Notts AC	13.3
224	Anthony Gillatt	Scunthorpe	13.4

## 200m

280	Aaron Nettleford	Tipton AC	23.4
300	Jake Berney	Peterborough AC	23.5
13	Nick Pitsillos	Notts AC	24.2
114	Daniel Grishin	Notts AC	24.3
58	Craig Brooks	West Norfolk AC	25.0
68	Elliott Jones	Tamworth AC	25.2
84	Khian Mility	Notts AC	25.8

## 400m

13	Nick Pitsillos	Notts AC	54.0
145	Jack Foster	Mansfield Harriers	55.1
279	Ellis Sabin	Tipton AC	56.0
118	Ashley Brodsky	Notts AC	58.5
342	Matthew Allcock	Sutton Harriers	62.0

## 800m

107	Michael Costante	Notts AC	2.02.9
326	Nathan Udall	Coventry Godiva	2.05.1
279	Ellis Sabin	Tipton AC	2.12.5
141	Jordan Barrett	Cannock & Stafford	2.14.9
191	Nathan Sutton	Notts AC	2.19.7

## 1500m

40	Alex Benfield	Burton AC	4.18.4
122	Paddy Clark	Notts AC	4.18.5
338	Nathan Stanford	Chesterfield AC	4.21.6
357	Jack Hall	Tamworth	4.32.7
35	George Bettsworth	Wreake Runners	4.41.8
22	Robert Trusson	Notts AC	4.58.4

## 100m Hurdles

359	Maranga Mokaya	Notts AC	15.2
90	Chris Andrew	Scunthorpe	19.8

## 400m hurdles

263	Aiden Davies	Doncaster AC	57.4
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## Hammer

39	Ross Douglas	Charnwood AC	54.69
224	Anthony Gillatt	Scunthorpe	41.16

## Shot

68	Elliott Jones	Tamworth AC	10.15
90	Chris Andrew	Scunthorpe	7.88

## Javelin

18	Adam Rubery	Charnwood AC	34.04
263	Aiden Davies	Doncaster AC	28.82

## Discus

263	Aiden Davies	Doncaster AC	37.73
224	Anthony Gillatt	Scunthorpe	35.38
62	Benson Cyrial	Notts AC	24.75

## Long Jump

9	Stuart Street	Notts AC	6.89
125	Matthew Keady	Notts AC	5.72

## High Jump

359	Maranga Mokaya	Notts AC	1.75
351	James Taylor	Charnwood	1.60

## Triple Jump

186	Montel Nevers	Notts AC	13.71
342	Matthew Alcock	Sutton	12.01
224	Anthony Gillatt	Scunthorpe	11.63

## Under 20 Women

### 100m

184	Anna Davies	Notts AC	13.1
96	Jodie Wills	Amber Valley & Erewash	13.5
179	Annabelle Palmer	Notts AC	14.3

### 200m

184	Anna Davies	Notts AC	26.6
56	Hannah Forward	Cheltenham Harriers	27.3
96	Jodie Wills	Amber Valley & Erewash	27.7

### 400m

23	Chantelle Robinson	Notts AC	58.1
362	Georgie Ivens	Nene Valley Harriers	60.9

### 800m

330	Megan Ball	Lincoln	2.27.9
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### 100m Hurdles

270	Lucy Chappell	Doncaster AC	16.6
104	Katie Rowe	Rugby & Northampton	17.1
320	S Stathers	Scunthorpe	21.4

### Hammer

268	Emily Campbell	Mansfield AC	43.14
179	Annabelle Palmer	Notts AC	36.16
233	Becky Woolley	Mansfield AC	26.31

## Shot

120	Helen Gill	Notts AC	10.04
318	Nicole Bewley	Doncaster AC	9.85
233	Becky Woolley	Mansfield	9.69
179	Annabelle Palmer	Notts AC	9.29

## Javelin

158	Lucy Heap	Cannock & Stafford	38.67
318	Nicole Bewley	Doncaster AC	29.38
320	S Stathers	Scunthorpe	20.16

## Long Jump

184	Anna Davies	Notts AC	5.08
213	Emma Hornsby	Nene Valley Harriers	5.07
104	Katie Rowe	Rugby & Northampton	4.80

## High Jump

320	S Stathers	Scunthorpe	1.52
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## Pole Vault

92	Jennifer Taylor	Notts AC	2.40
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## Under 20 Men

### 100m

403	Timmion Skervin	Notts AC	11.5
193	Thomas Ajose	Nottingham University	11.8
286	Kevin Dzenga	Tipton AC	12.0
218	Alex Skidmore	Notts AC	12.1
49	Jordan Mitchell	Sutton Harriers	12.2
294	Alex Heath	Mansfield Harriers	12.4
136	Danel Obeng	Loughborough University	11.5
261	Bassey Iha-Oqra	Sheffield Uni	12.1
153	Lewis Golledge	Notts AC	12.3
272	Ross McAllister	Nottingham University	12.5
244	Rivelino Williams	Sheffield AC	13.0
275	Liam Goulding	Not attached	13.1

## 200m

334	John Scott	Chesterfield AC	24.1
153	Lewis Golledge	Notts AC	24.1
261	Bassey Iha-Oqra	Sheffield Uni	24.2
294	Alex Heath	Mansfield Harriers	24.4
286	Kevin Dzenga	Tipton AC	25.6
347	Stephen Goulding	Unattached	27.5
193	Thomas Ajose	Nottingham University	22.8
403	Timmion Skervin	Notts AC	23.0
310	Scott Edwards	Cardiff	23.1
38	Scott Douglas	Charnwood AC	23.4
290	Greg Whitehouse	Tipton AC	23.7
272	Ross McAllister	Nottingham University	24.1

## 400m

310	Scott Edwards	Cardiff	50.7
218	Alex Skidmore	Notts AC	51.3
290	Greg Whitehouse	Tipton AC	52.1
38	Scott Douglas	Charnwood AC	54.3
214	George Howick	Charnwood AC	57.1

## 800m

86	Mat Kirby	Wreake Runners	2.08.3
57	James Lake	Cannock & Stafford	2.14.3

## 110m Hurdles

49	Jordan Mitchell	Sutton Harriers	17.3
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## Shot

266	Tom Kirk	Doncaster AC	12.68
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## Javelin

360	Jackson Curtis	Milton Keynes	57.10
101	Richard Stanley	Cannock & Stafford	40.95

## Long Jump

193	Thomas Ajose	Nottingham University	6.32
170	George Greenway	Aberystwyth Uni Harriers	5.73
49	Jordan Mitchell	Sutton Harriers	5.63

## High Jump

189	Will Page	Nottingham University	1.75
245	Tim Gladstone	Sheffield Uni	1.65

## Triple Jump

170	George Greenway	Aberystwyth Uni	12.46
49	Jordan Mitchell	Sutton	11.53

## Senior & Vet. Women

### 100m

255	Hannah Sargeant	Sheffield Uni	14.1
188	Zoe Thompson	Notts AC	14.5
278	Selina Litt	Charnwood AC	DNF

### 200m

43	Laura Haslam	Charnwood AC	26.1	
112	Emma Hourd	Notts AC	27.6	
258	Louise Feeney	Amber Valley & Erewash	28.7	
288	Eleanor Russon	Tipton AC	29.9	
203	Delia Caruana	Leamington	35.2	VetF

### 400m

255	Hannah Sargeant	Sheffield Uni	61.6	
135	Leonie Shipley	Derby AC	64.7	
203	Delia Caruana	Leamington	76.7	VetF

### 800m

152	Briony Bendle	Charnwood AC	2.17.7
135	Leonie Shipley	Derby AC	2.23.4
85	Felicity Tournant	Cambridge & Coleridge	2.43.8

## 1500m

353	Laura Day	Nottingham University	4.39.9	
215	Sophie Munn	Kettering	5.11.8	
345	Jane Clarke	Lincoln	5.27.9	VetW
365	Caitlyn Lloyd	leicester Uni	5.47.0	VetW

## 400m Hurdles

240	Philippa Collison		71.0	
258	Louise Feeney	Amber Valley & Erewash	71.8	

## 1500m S/C

220	Kim Jalland	Charnwood AC	5.44.7	
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## Hammer

252	Rachel Gair	Trafford AC	56.95	
241	Laura Scott	Unattached	38.91	
17	Dorothy Rubery	Charnwood AC	23.99	VetF

## Shot

17	Dorothy Rubery	Charnwood AC	5.08	VetF
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## Javelin

76	Izzy Jeffs	N. Devon AC	50.63	
127	Lauren Bestwick	Derby AC	30.03	
50	Bethany Mitchell	Sutton Harriers	30.03	

## Discus

343	Samantha Milner	Blackheath & Bromley	45.70	
253	Charlotte Gair	Trafford AC	44.08	
311	Kate Whiston	Solihull & Smallheath AC	28.99	
17	Dorothy Rubery	Charnwood AC	13.91	VetF

## Long Jump

292	Kate Birks	Nottingham University	4.37	
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## Triple Jump

292	Kate Birks	Nottingham Uni	10.34
349	Devon Spencer	Peterborough	10.21

## Senior & Vet. Men

### 100m

404	Elijah Skervin	Notts AC	11.1
269	Ben Sturgess	Milton Keynes	11.5
190	Jordan Fairclough	Notts AC	11.5
302	Maxim Hall	Kent AC	11.6
293	Thomas Appleyard	Liverpool Uni	11.8
259	Sam Cordin	Mansfield Harriers	11.9
273	Adam Goulding	Notts AC	11.9
285	Peter Shand	Tipton AC	11.4
196	Jon Baxter	Nottingham University	11.7
249	Peter Gibson	Sheffield Uni	12.5
282	James Phillips	Aberystwyth Uni Harriers	12.8
289	Jack Imray	Tipton AC	11.6
308	Ashley Hylton	Sheffield AC	11.9
174	Daniel Harmes	Scunthorpe	12.1
103	Lyle Webster	Leicester Coritarians	12.2
295	Ashton Patterson	Notts AC	12.6
276	Daniel Ezughah	Chesterfield AC	12.1
307	James Colclough	Brat	12.2
298	Amanpreet Pabla	Leeds Uni	12.3
301	James Thomas	Nene Valley Harriers	12.5
247	Kiaran Dolan	Sheffield AC	12.6
296	John Statham	Charnwood AC	12.9
162	Christopher Ashmore	Mansfield Harriers	13.2
156	Dominic Browne	Leamington	13.3
46	Philip Clayton	Notts AC	13.6
257	Kenneth Springer	Notts AC	14.0

## 200m

Elijah Skervin	Notts AC	22.1	
Peter Shand	Tipton AC	22.3	
Ben Sturgess	Milton Keynes	22.6	
Sam Cordin	Mansfield Harriers	23.0	
Christian Byron	Birchfield	23.3	
Jack Imray	Tipton AC	23.0	
Jordan Fairclough	Notts AC	23.1	
Elliott Jackson	NMH	23.2	
Peter Hall	Notts AC	23.4	
Thomas Appleyard	Liverpool Uni	24.0	
James Colclough	Brat	24.0	
Daniel Harmes	Scunthorpe	23.4	
Ashley Hylton	Sheffield AC	23.7	
Stefan Wilcockson	Mansfield Harriers	24.2	
Sam Farmer	Tipton AC	24.5	
James Thomas	Nene Valley Harriers	24.7	
Daniel Ezughah	Chesterfield AC	25.0	
Jon Baxter	Nottingham University	23.7	
James Phillips	Aberystwyth Uni Harriers	25.0	
Neil Middleton	Hillingdon AC	26.3	VetM
Dominic Browne	Leamington	27.0	VetM
Philip Clayton	Notts AC	27.3	VetM

## 400m

182	Michael Warner	Notts AC	47.8	
356	Zach King	Notts AC	48.7	
197	Christian Byron	Birchfield	50.1	
369	Kieran McKeever	Notts AC	50.7	
289	Jack Imray	Tipton AC	50.9	
69	Edward Dawes	Telford AC	51.0	
366	Jarrold Skervin	Notts AC	51.4	
348	Charlie Waterhouse	Notts AC	51.6	
368	James Foster	Nottingham University	51.9	
187	Joe Mellor	Notts AC	52.0	
265	Jack Cooper	Brighton AC	53.9	
229	Daniel Timms	Unattached	54.5	
260	Phil Shotton	Sheffield Uni	55.0	
287	Sam Farmer	Tipton AC	55.1	
183	Mark Greaves	Notts AC	57.0	
282	James Phillips	Aberystwyth Uni Harriers	57.3	
212	Samuel Touchard	University of Sheffield	57.7	
97	Shaun Ainge	Cannock & Stafford	59.1	VetM
246	Luke Singleton	Sheffield Uni	60.3	
332	Lewis Turner	Lewes AC	61.5	
111	Tony Foster	Leamington	62.7	VetM

## 800m

325	Josh Norman	Leicestershire Owls	2.00.2	
256	Peter Jake	Sheffield Uni	2.01.8	
327	Phil Williams	Rochdale	2.03.1	
328	Les Ball	Lincoln	2.07.7	Vet45
212	Samuel Touchard	University of Sheffield	2.09.0	
329	Paul Tasker	Tamworth	2.13.1	
248	Jonny Meisner	Sheffield Uni	2.15.1	
332	Lewis Turner	Lewes AC	2.18.2	
204	Llyr Ap Geraint- Roberts	Unattached	2.20.4	
331	Dexter Lakin	Nottingham University	2.20.5	
111	Tony Foster	Leamington	2.23.2	VetM

## 1500m

354	Robert Smith	Nottingham University	4.19.5	
367	Joseph Wales	Charnwood AC	4.24.2	
352	Daniel Kennedy	Nottingham University	4.28.9	
364	Kevin Pye	Charnwood AC	5.05.8	VetM
344	Ian Brookes	Rotherham	5.45.4	VetM

## 110m Hurdles

243	Malcolm Dawes	Telford AC	17.9	
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## 400m Hurdles

265	Jack Cooper	Brighton AC	56.4	
69	Edward Dawes	Telford AC	57.4	
262	Jonathan Newell	Mansfield Harriers	59.3	
243	Malcolm Dawes	Telford AC	59.3	
267	Seb Goodall	Corby AC	60.6	

## 2000m S/C

335	Elliott Jackson	NMH	6.08.0	
217	Tom Crowley	Notts AC	6.26.0	
355	Rory Johnson	Durham City Harriers	2.59.5	
129	Martin Holley	New Marske	7.21.3	

## Hammer

274	Jason Robinson		50.34	
82	Barry Hawksworth	Derby AC	41.39	VetM
234	Steve Woolly	Mansfield Harriers	35.14	
48	Andrew Mitchell	Notts AC	30.46	VetM
235	Tom Abdy	Notts AC	29.49	

## Shot

302	Maxim Hall	Kent AC	11.76	
82	Barry Hawksworth	Derby AC	11.20	VetM
234	Steve Woolly	Mansfield Harriers	10.71	
256	Peter Jake	Sheffield Uni	10.16	
18	Adam Rubery	Charnwood AC	10.05	
174	Daniel Harmes	Scunthorpe	9.16	
48	Andrew Mitchell	Sutton Harriers	8.60	VetM

## Javelin

71	Eleanor Jenney	Derby AC		
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## Discus

234	Steve Woolly	Mansfield Harriers	33.51	
48	Andrew Mitchell	Sutton Harriers	24.75	VetM
18	Adam Rubery	Charnwood AC	23.95	

## Long Jump

33	Matthew Madden	Notts AC	7.12	
302	Maxim Hall	Kent AC	6.71	
61	Fraser Kesteven	Notts AC	6.67	
247	Kiaran Dolan	Sheffield AC	6.52	
162	Christopher Ashmore	Mansfield Harriers	5.14	VetM
298	Amanpreet Pabla	Leeds Uni	4.87	
19	Peter Cartwright	4 Life Tri Club	3.69	VetM

## High Jump

339	Jake Brittain	Mansfield Harriers	1.80	
243	Malcolm Dawes	Telford AC	1.80	
150	Lawrence Greenway	Swansea University	1.70	
340	Stephan Brockett	Lincoln	1.70	

## Triple Jump

33	Matt Madden	Notts AC	13.09
150	Lawrence Greenway	Swansea	11.06

## Pole Vault

339	Jake Brittain	Mansfield Harriers	3.80
323	Adam Lyons	Notts AC	3.70
340	Stephan Brockett	Lincoln	3.50