

Long Jump

1	Emily Home	Dudley + Stourbridge	3.99
2	Jessica Hirst	Tamworth AC	3.58
3	Annabelle Pask	Coventry	3.48
4	Chloe Williams	Tamworth AC	3.46
5	Omni Logan	Birchfield Harriers	3.11
6	Natassja Longstaff	Royal Sutton	2.81
7	Hannah Walker	Birchfield Harriers	2.80
8	Georgia Oliver	Tamworth AC	2.66
9	Kirsten Anthony	Kiddiminster + Stourport	2.43
10	Jessica Williams	Hereford + County	2.21

Long Jump

1	Jason Williams	Birchfield	3.86
2	Zach Williams	Telford AC	3.79
3	Robert Stroud	Tamworth AC	3.74
4	Haydn Francis	Birchfield	3.60
5	Daniel Lyons	Leamington AC	3.45
6	Tom Wise	Leamington AC	3.33
7	Ethan Buckley	Halesowen	3.33
8	Rio Kay Yarwood	Birchfield	3.27
9	Jonathan Grech	Hereford + County	3.16
10	Christopher Moxon	Ivanhoe Robins	2.55
11	Callum McLaren	Tamworth AC	2.50
12	Matthew Redfern	Tamworth AC	2.36

Long Jump

1	Callum Hanton	Leamington	4.69
2	Nicolaos Evangelinos	Rugby + Northampton	4.69
3	Rory Chambers	Amber Valley	4.55
4	Rydell Day	Birchfield	4.55
5	Mark Logan	Birchfield	4.31
6	Harry Solomons	Leicester Coritanian	4.31
7	Jordan Mitchel	Sutton In Ashfield	3.97
8	Joe Tilley	Burton AC	3.92
9	Corey Washington	Leicester Coritanian	3.80
10	Anthony Parkes	Tamworth AC	3.79
11	Andrew Hughes	Solihull + Small Heath	3.53
12	Matthew Bennet	Hereford + County	3.26
13	Thomas Fellowes	Hereford + County	3.06
14	Kieran Brann	Hereford + County	2.93
15	Joshua Cobb	Amber Valley	2.80

Shot

1	Sonny Murphy	Leicester Coritanian	10.85
2	Forrest Francis	Leicester Coritanian	8.89
3	Myles Morris	Birchfield Harriers	7.71
4	Callum Elcock	Dudley + Stourbridge	7.25
5	Jordan Mitchell	Sutton in Ashfield	6.16
6	Thomas Fellowes	Hereford + County	5.54
7	Matthew Bennet	Hereford + County	5.31
8	Oliver Williscroft	Tamworth AC	4.71
9	Corey Washington	Leicester Coritanian	4.20

High Jump

1	Myles Morris	Birchfield Harriers	1.30
2	Stefan Ashman	OWLS	1.30
3	Forrest Francis	Leicester Coritanian	1.25
4	Joe Tilley	Burton AC	1.25
5=	Ricky Hawkes	Tamworth AC	1.20
5=	Jack Nicholls	Oswestry Olympians	1.20
7	Thomas Fellowes	Hereford + County	1.15
8	Daniel Rich	Unattached	1.10

Long Jump

1	Megan Jones	Cannock + Stafford	4.44
2	Emma Croke	Hereford + County	4.31
3	Eleanor Johnston	Stratford	4.30
4	Eloise Redfern	Tamworth AC	4.04
5	Sophie Cook	Birchfield	3.98
6	Charlotte Weston	Tamworth AC	3.74
7	Lauren Whitehouse	Tamworth AC	3.67
8	Sophie Tibbetts	Tipton Harriers	3.67
9	Isabelle Parry	Unattached	3.63
10	Mia O'Connell	Cheltenham	3.30
11	Rebecca Bradford	Tamworth AC	3.24
12	Sophia Georgiou	Solihull + Small Heath	2.94
13	Kate Denning	Cannock + Stafford	2.78
14	Bethan Roach	Tamworth AC	1.95

High Jump

1	Andrea Barrow	Leicester Coritanian	1.38
2	Emma Croke	Hereford + County	1.35
3	Eleanor Johnston	Stratford	1.35
4	Sarah Cooper	Wolverhampton + Bilston	1.20
5	Sophie Cook	Birchfield	1.20
6	Bryony Heath	Derby	1.15
7	Rebecca Bradford	Tamworth AC	1.15
8=	Samantha Lawton	Tamworth AC	1.10
8=	Jasmine Oliver	Tamworth AC	1.10
10	Hannah Saunders	Newquay + Par	1.10
11=	Isabelle Parry	Unattached	1.05
11=	Jessica Boulter	Cannock + Stafford	1.05

Shot

1	Emma Croke	Hereford + County	9.06
2	Helen Mitchell	Retford	6.91
3	Samantha Lawton	Tamworth AC	6.24
4	Amy Holloway	Amber Valley	5.93
5	Sarah Cooper	Wolverhampton + Bilston	5.26
6	Kate Denning	Cannock + Stafford	4.73
7	Rheanna Hinds	Leicester Coritanian	4.61
8	Gemma Gilbert	Royal Sutton	4.47
9	Bethan Roach	Tamworth AC	4.40

Pole Vault

1	Sammy Witton	Cannock + Stafford	2.40
2	Louise Foster	Cannock + Stafford	2.30

Long Jump

1	Katie Gardner	City of Stoke	4.68
2	Shana Parker	Banbury	4.62
3	Charlotte Russell	Wolv + Bilston	4.49
4	Rebecca Baxter	Charnwood	4.47
5	Chloe Elphick	Sutton in Ashfield	4.33
6	Hannah Stanley	Coventry Godiva	4.31
7	Caera Cheetham	Leicester Coritanian	4.28
8	Sabina Makda	Leicester Coritanian	4.28
9	Gracie Jack	Coventry Godiva	4.04
10	Louise Morgan	Worcester	4.02
11	Tania White	Nuneaton	3.93
12	Jade Perry	Birchfield Harriers	3.90
13	Robyn Washington	Leicester Coritanian	3.75
14	Eyitayo Titiloye	Birchfield Harriers	3.74

Hammer

1	Bethany Mitchell	Sutton In Ashfield	36.87
2	Sophie Allen	Charnwood	21.68
3	Zoe Green	Shrewsbury	16.49

Javelin

1	Bethany Mitchell	Sutton in Ashfield	31.84
2	Jade Perry	Birchfield	22.85
3	Katie Gardner	City of Stoke	21.82
4	Danielle Georgiou	Solihull + Small Heath	21.78
5	Chloe Murphy	Telford AC	21.50
6	Chelsey Garratley	Birchfield Harriers	21.49
7	Carlie Sergiew	Royal Sutton	19.60
8	Elise Austin	Birchfield Harriers	17.62

Shot

1	Bethany Mitchell	Sutton in Ashfield	9.13
2	Elise Austin	Birchfield Harriers	8.90
3	Beth Denning	Cannock + Stafford	8.65
4	Gracie Jack	Coventry Godiva	8.44
5	Jade Perry	Birchfield Harriers	8.38
6	Kathryn Smith	Royal Sutton	8.25
7	Chloe Elphick	Sutton in Ashfield	7.96
8	Robyn Washington	Leicester Coritanian	7.52
9	Zoe Green	Shrewsbury AC	6.87
10	Sophie Allen	Charnwood	6.80
11	Chloe Murphy	Telford AC	6.46
12	Juliette Parry	Unattached	6.44

High Jump

1	Chloe Elphick	Sutton in Ashfield	1.45
2=	Suzanne Palmer	Derby AC	1.45
2=	Ella Taylor	Hereford + County	1.45
4	Danielle Georgiou	Solihull + Small Heath	1.30

Pole Vault

1	Luke Martin	Halesowen AC	2.90
2	Jordan Roach	Tamworth AC	2.10
3	JJ Heath	Derby AC	2.10
4	Brett Cash	Tamworth AC	2.00

High Jump

1	Jordan Roach	Tamworth AC	1.80
2	James Wright	Rugby + Northampton	1.60
3	Jamell Newill	Tamworth AC	1.55
4	JJ Heath	Derby AC	1.55
5	Alex North	Leicester Coritanian	1.55
6	Sean Rich	Cannock + Stafford	1.50
7	Ross Anthony	Kidderminster + Stourpc	1.45
8	Nikita Shelyakin	Tamworth AC	1.45

Shot

1	Joshua Newman	Birchfield Harriers	14.31
2	Jack Preece	Chesterfield	11.47
3	Tom Darlington	City of Stoke	11.11
4	Thomas Davis	Birchfield Harriers	9.66
5	Ik Eruchie	Leicester Coritanian	7.40
6	Alexander Teagle	Sparkhill Harriers	5.55

Hammer

1	Chad Rhodes	Tipton	46.76
2	Jack Preece	Chesterfield	33.31
3	Lewis Grinsell	Birchfield Harriers	14.79

Javelin

1	Benji Pearson	Wolverhampton + Bilsto	44.56
2	Lewis Grinsell	Birchfield Harriers	42.05
3	Ross Anthony	Kiddminster + Stourport	31.29
4	Jack Preece	Chesterfield AC	23.16
5	Alexander Teagle	Sparkhill Harriers	13.45

Long Jump

1	Daley Graham	Leicester Coritanian	5.40
2	James Wright	Rugby + Northampton	5.39
3	Nathaniel Facey	Birchfield Harriers	5.32
4	Nikita Shelyakin	Tamworth AC	5.16
5	Jamell Newill	Tamworth AC	4.93
6	Joshua Newman	Birchfield Harriers	4.91

Pole Vault

1	Danielle Plenman	Halesowen	2.10
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High Jump

1	Chloe Boulter	Cannock + Stafford	1.45
2	Rebecca Kay	Unattached	1.40
3	Danielle Stanley	Charnwood	1.40
4	Hannah Sargeant	Tamworth AC	1.40
5	Zoe Cooper	Wolverhampton + Bilston	1.35
6	Amy Williams	Tamworth AC	1.30

Hammer

1	Sophia Day	Hereford + County	25.74
2	Anna Denning	Cannock + Stafford	15.86

Javelin

1	Danielle Stanley	Charnwood	29.96
2	Sophie Wright	Rugby + Northampton	21.57
3	Vanessa Brann	Hereford + County	18.52

Long Jump

1	Laura Samuel	Leicester Coritanian	5.85
2	Isabel Rogers	Cannock + Stafford	5.06
3	Danielle Marzak	Tamworth AC	3.60

Pole Vault

1	Craig Ridgeway	Cannock + Stafford	3.30
2	Jonathan Barnes	Hereford + County	2.60

Discus

1	Tom Pearson	Charnwood	43.18
2	James Courtenay	Cheltenham	32.46
3	Jonathan Barnes	Hereford + County	17.41

Hammer

1	Tom Pearson	Charnwood	39.34
2	Richard Taylor	Solihull + Small Heath	38.26
3	Peter Smeed	Sutton in Ashfield	25.40
4	Tom Challis	Tamworth AC	22.01
5	Jonathan Barnes	Hereford + County	13.63

High Jump

1	James Eaton	Rugby + Northampton	1.70
2	Chad Barton	Cannock + Stafford	1.65
3	James Courtenay	Cheltenham	1.55
4	Andrew Pozzi	Stratford on Avon	1.50

Javelin

1	Chad Barton	Cannock + Stafford	53.22
2	Richard Taylor	Solihull + Small Heath	40.82
3	Liam Wheeler	Tamworth AC	33.78

Long Jump

1	Andrew Pozzi	Stratford	6.45
2	James Gardner	City of Stoke	6.45
3	Ashley Bennett	Cannock + Staffs	5.85
4	Joe Scott	Halesowen	5.70
5	James Eaton	Rugby + Northampton	5.30

Shot

1	Tom Pearson	Charnwood	12.98
2	Chris Wade	Halesowen	11.24
3	Richard Taylor	Solihull + Small Heath	10.10

High Jump

1 Bethan Partridge	Telford AC	1.60
2 Charlotte Berrington	Bridgenorth	1.45

Discus

1 Rachel Backhouse	Corby	42.13
2 Vicky Johnson	Liverpool Harriers	31.46
3 Kate Percival	Halesowen	26.20
4 Tasha Trigger	Banbury	25.77

Hammer

1 Vicky Johnson	Liverpool Harriers	43.92
2 Nikita Morgan	Gloucester	33.87
3 Anna Robertson	Hereford + County	33.26
4 Hannah Mitchell	Sutton In Ashfield	25.65

Long Jump

1 Megan Beesley	Tamworth AC	5.87
2 Heather Douglas	Derby	5.33
3 Alice McGill	Banbury	4.95
4 Sarah Williams	Tamworth AC	4.83
5 Helen Hanstock	Stroud	4.61

Javelin

1 Simone Huggins- Ward	Coventry Godiva	41.62
2 Helen Hanstock	Stroud	23.29
3 Charlotte Berrington	Bridgenorth	21.91

Pole Vault

1 Kerry Passmore	Tipton Harriers	3.30
2 Sarah Williams	Tamworth AC	2.70

Shot

1 Vicky Johnston	Liverpool Harriers	10.96
2 Hannah Mitchell	Sutton in Ashfield	8.87
3 Anna Robertson	Hereford + County	8.36
4 Tasha Trigger	Banbury	8.28
5 Helen Hanstock	Stroud	8.09
6 Emily Field-Lucas	Tamworth AC	6.26
7 Sarah Williams	Tamworth AC	6.18

Long Jump

1	Jamie Blundell	Coventry Godiva	7.07
2	Michael Thompson	Coventry Godiva	6.04
3	Nicholas Crawford	Tamworth AC	5.76
4	Ben Cocker	Telford AC	5.37

High Jump

1	Chris Berns	Solihull + Small Heath	1.95
2	James Stokes	Birchfield Harriers	1.85
3	Mark Brown	Coventry Godiva	1.80

Hammer

1	Alex Berrow	Tamworth AC	50.39
2	Mike Tommey	Gloucester	43.83
3	Josh Day	Hereford + County	34.91

Pole Vault

1	Jason Green	Shrewsbury	3.55
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Shot

1	Alex Berrow	Tamworth AC	12.88
2	Josh Day	Hereford + County	12.10
3	Jason Green	Shrewsbury	12.01
4	Simon Brown	Shrewsbury	11.17

Discus

1	Simon Brown	Shrewsbury	40.13
2	Alex Berrow	Tamworth AC	30.19
3	Josh Day	Hereford + County	30.16

Javelin

1	Brett Byrd	Tamworth AC	58.57
2	Chris Coleman	Leicester Coritanian	40.84
3	Matthew Cotton	Sutton in Ashfield	40.01
4	Jason Green	Shrewsbury	37.25

High Jump

1	Rebecca Cowderoy	Banbury	1.20
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Discus

1	Eden Francis	Leicester Coritanian	48.90
2	Nav Dhaliwal	SBH	45.90
3	Rebecca Cowderoy	Banbury	29.27
4	Karen Davies	Birchfield	21.74
5	Carol Denning	Cannock + Stafford	15.54

Hammer

1	Susan Hiliman	Banbury	23.11
2	Carol Denning	Cannock + Stafford	19.63
3	Rebecca Cowderoy	Banbury	19.54

Long Jump

1	Megan Evans	Royal Sutton	4.76
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Javelin

1	Heidi Jarosinki	Halesowen	24.38
2	Rebecca Cowderoy	Banbury	21.30

Pole Vault

1	Hilary Smith	Birchfield Harriers	3.45
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Shot

1	Eden Francis	Leicester Coritanian	14.43
2	Laura Gomery	Birchfield Harriers	10.69
3	Rebecca Cowderoy	Banbury	8.04
4	Judith Buckley	Halesowen	7.41
5	Carol Denning	Cannock + Stafford	6.96

Long Jump

1	Robert North	Unattached	5.96
2	Donovan James	Wolverhampton + Bilston	5.84
3	Stuart Scattergood	Wolverhampton Uni	5.81
4	Jon Graham	Leicester Coritanian	5.58
5	Paul North	Unattached	5.19
6	Chris Ashmore	Mansfield	5.07
7	Victor Cook	Leicester Coritanian	4.58

High Jump

1	Andrew Beeston	Shrewsbury	1.75
2	Jon Graham	Leicester Coritanian	1.70

Hammer

	1	Dave Russell	Wolverhampton + Bilston	28.04
	2	Paul Smith	Newark	25.79
	3	Justin Williams	Hereford + County	25.08
VET		Brian Summer	Tamworth AC	35.20

Shot

	1	Richard Parker	Cannock + Stafford	12.57
	2	Sam Cater	Bromsgrove + Redditch	12.37
	3	David Sharp	Dudley + Stourbridge	10.88
	4	Brian Summer (V70)	Tamworth AC	9.78
	5	Paul Smith	Newark	9.47
	6	Adrian Courtenay (V50)	Cheltenham	9.38
	7	Gary Denning	Cannock + Stafford	8.98
	8	Justin Williams	Hereford + Worcester	8.59
	9	Victor Cook	Leicester Coritanian	8.37

Discus

	1	Perris Wilkins	Banbury	56.65
	2	Sam Hart	Birmingham Rowheath	35.44
	3	David Sharp	Dudley + Stourbridge	31.36
	4	Justin Williams	Hereford + County	28.16
	5	Adrian Courtenay	Cheltenham	27.66
	6	Paul Smith	Newark	26.08

Javelin

	1	Glyn Hollingsworth	Coventry Godiva	61.88
	2	Sam Cater	Bromsgrove + Redditch	53.93
	3	Sam Hart	Birmingham Rowheath	46.47
	4	Phil Owen	Tamworth AC	33.95