

400m MEN

Heat	Lane	Bib	Name	Club	Perf
1	1				
1	2	227	Amardeep Sangha	Tipton	51.28
1	3	120	Joseph Rogers	Halesowen	49.4
1	4	228	Marvic Pamphile	R&N	47.86
1	5	39	Thomas Ainsworth	Tamworth	48.56
1	6	60	Numeri Saeed	R&N	49.14
1	7	211	Lamin Daphna	Birchfield	50.33
1	8	61	Morrie Parker	R&N	51.4

2	1				
2	2	216	Ty Adkins	B&R	52.5
2	3	169	Henry Heathcote	Cannock&Stafford	52.3
2	4	95	Harry Bradley	Newport	51.9
2	5	198	James Colclough	BRAT	51.95
2	6	166	Kyle Haycock	Cannock&Stafford	52.1
2	7	118	Peter Dear	Halesowen	52.3
2	8	105	Sebastian Hubbard	K&S	52.8

3	1				
3	2	32	Adam Barnes	Tipton	53.8
3	3	233	Ben Naudi	Telford	53.36
3	4	116	Tom Brookes	Halesowen	52.87
3	5	132	Joel Townley	Gloucester	53
3	6	229	Louis Starr	R&N	53
3	7	175	Calum Haycock	Cannock&Stafford	53.4
3	8	235	Jake Williamson	BRAT	53.86

4	1				
4	2	144	Michael Gardiner	Cheltenham	55.86
4	3	158	Barney Heath Smith	Cheltenham	55.6
4	4	94	Josh Jones	Newport	54
4	5	40	Jolyon Leavesley	Tamworth	54.57
4	6	104	Tom Annis	K&S	55.1
4	7	153	Freddie Coombe	Cheltenham	55.76
4	8				

5	1				
5	2	20	Harvey Bowron	Worcester	58
5	3	247	Tunde Adeyemo	Cannock&Stafford	56.8
5	4	131	Joshua Robinson	Gloucester	56
5	5	16	Thomas Bentley	Worcester	56.7
5	6	186	Lee Gawler	Bristol&West	56.79
5	7	180	Sam Johnson	Bristol&West	57.82
5	8				

6	1				
6	2	230	Rich Bowers	R&N	67.2
6	3	114	Finlay Symonds	Hereford Forest	61.98

6	4	108	Noah Annis	K&S	58.2
6	5	255	Anthony Humphries	Burton	59
6	6	146	Max Lancett	Cheltenham	59.5
6	7	256	Jack Poxon	Burton	65
6	8				

400m WOMEN

Heat	Lane	Bib	Name	Club	Perf
1	1	68	Ellena Ruddock	R&N	61.74
1	2	244	Emily Rawson	Notts	61.3
1	3	55	Charlotte Prince	RSC	60.9
1	4	6	Katie Robbins	Yate	57
1	5	115	Eva Tyler	Hereford Forest	59.67
1	6	221	Josie MAWDSLEY	B&R	60
1	7	163	Mia Wainwright	Cannock&Stafford	61
1	8	171	Hannah Burney	Cannock&Stafford	61.7

2	1				
2	2	110	Ella Vaux-Harvey	K&S	63
2	3	189	Ella Falk	Bristol&West	63
2	4	173	Chloe Wilde	Cannock&Stafford	62
2	5	147	Lydia Baldwin	Cheltenham	62
2	6	152	Georgia Howell	Cheltenham	62.5
2	7	165	Lucy Wain	Cannock&Stafford	63
2	8	154	Ellis Woolley	Cheltenham	63.54

3	1				
3	2	23	Emma Robertson	Worcester	65
3	3	203	Faith Benneh Ntow	BRAT	65
3	4	240	Georgie Parnell	Newport	63.8
3	5	24	Eleanor Duncan	Worcester	64.1
3	6	190	Amena Kofi	Bristol&West	64.3
3	7	237	Julia Johnson	Gloucester	65
3	8	42	Olivia Robinson	Stratford	66

4	1				
4	2	157	Bea Morley	Cheltenham	71.2
4	3	254	Alice Robinson	Burton	70
4	4	204	Eva Gunn	BRAT	66.2
4	5	239	Amber Spackman	Gloucester	68
4	6	66	Gemma Knight	R&N	68.8
4	7	248	Nicola Dutton	Nuneaton	70
4	8	234	Zoe Asquith	Telford	73

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3kSC MEN

Heat	Lane	Bib	Name	Club	Perf
1	1	159	Andrew Kaighin	Cheltenham	720
1	2	260	Jonathan Dumelow	Burton	810
1	3	134	Jason Tilley	Gloucester	711
1	4	133	Jeremy Mower	Gloucester	685
1	5	149	Jamie Bell	Cheltenham	630
1	6	191	Alex Stewart	Bristol&West	583.46
1	7	67	Finlay Ward	R&N	591
1	8	219	Peter Ball	B&R	594
1	9	201	Henry Brocklehurst	BRAT	628.6
1	10	205	Dylan Teasdale	BRAT	642
1	11	258	Jamie Fletcher	Burton	702
1	12	179	Tariq Kurd	Bristol&West	720
1	13	172	Darrell Wilde	Cannock&Stafford	840
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3kSC WOMEN

Heat	Lane	Bib	Name	Club	Perf
1	1	46	Emma Bexson	Stratford	870
1	2	187	Katrina Entwistle	Bristol&West	726.97
1	3	136	Jacqueline Holloway	Gloucester	840
1	4	26	Catherine Hutchison	Worcester	990
1	5	15	Victoria Watkins	Worcester	990
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110mH MEN

Heat	Lane	Bib	Name	Club	Perf
1	1				
1	2	131	Joshua Robinson	Gloucester	18
1	3	119	Oliver Dodd	Halesowen	17
1	4	193	Prince Ayeah	BRAT	15.83
1	5	241	Thibault Serranto	Notts	16
1	6	263	Robert O'Brien	Burton	17
1	7	126	Tom Beckett	Gloucester	17.7
1	8				

2	1				
2	2	107	Noah Evans	K&S	23
2	3	251	Will Goodbourn	Charnwood	21
2	4	30	Harrison Postles	Tipton	20.2
2	5	130	Kyle Neal	Gloucester	20.4
2	6	29	Martin Cherrington	Tipton	20.9
2	7	74	Charlie Barker	R&N	21.95
2	8				

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100mH WOMEN

Heat	Lane	Bib	Name	Club	Perf
1	1	22	Gema Torres Solis	Worcester	22.2
1	2	136	Jacqueline Holloway	Gloucester	19.26
1	3	206	Bonheur Tshibola	BRAT	16.6
1	4	209	Miriam Allen	Birchfield	13.14
1	5	80	Zoe Lucas	Notts	14.9
1	6	237	Julia Johnson	Gloucester	16.6
1	7	254	Alice Robinson	Burton	20
1	8	162	Natalie Griffiths	Cannock&Stafford	20.57

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400mH MEN

Heat	Lane	Bib	Name	Club	Perf
1	1				
1	2	191	Alex Stewart	Bristol&West	63.6
1	3	193	Prince Ayeh	BRAT	61.12
1	4	95	Harry Bradley	Newport	58.12
1	5	176	Alasdair Rigby	Cannock&Stafford	60.7
1	6	263	Robert O'Brien	Burton	61
1	7	74	Charlie Barker	R&N	62.17
1	8	208	Alexander Clegg	BRAT	64

2	1				
2	2	107	Noah Evans	K&S	69
2	3	126	Tom Beckett	Gloucester	67
2	4	75	Ben Smith	R&N	64.5
2	5	251	Will Goodbourn	Charnwood	65
2	6	106	Sam Annis	K&S	65.3
2	7	242	Nathan To	Notts	67.8
2	8	134	Jason Tilley	Gloucester	73

3	1				
3	2	91	Martin Davies	Newport	95
3	3	177	Tim White	Bristol&West	82.12
3	4	149	Jamie Bell	Cheltenham	75
3	5	255	Anthony Humphries	Burton	78
3	6	100	Robert Egan	Leamington	79.3
3	7	90	Paul Yeoman	Newport	90
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400mH WOMEN

Heat	Lane	Bib	Name	Club	Perf
1	1				
1	2	168	Isabelle Kelly	Cannock&Stafford	71.2
1	3	162	Natalie Griffiths	Cannock&Stafford	69
1	4	31	Cerys Brook	Tipton	20
1	5	252	Steff Fisher	Notts	62
1	6	88	Amy Taylor	Notts	66
1	7	147	Lydia Baldwin	Cheltenham	69
1	8				

2	1				
2	2	46	Emma Bexson	Stratford	96.6
2	3	246	Charlotte Hall	Cannock&Stafford	75.8
2	4	237	Julia Johnson	Gloucester	73.25
2	5	136	Jacqueline Holloway	Gloucester	75
2	6	236	Isabelle Carruthers	BRAT	75.3
2	7	22	Gema Torres Solis	Worcester	84
2	8				

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100m MEN

Heat	Lane	Bib	Name	Club	Perf
1	1				
1	2	117	Thomas Brookes	Halesowen	11.08
1	3	10	Ethan Steele	Yate	11
1	4	231	Bradley Whitehead	R&N	10.68
1	5	124	Edward Fussi	Halesowen	10.83
1	6	84	Mo Salim	Notts	10.9
1	7	261	Kaiden Ramsay	Burton	11
1	8	81	Tavonga Nyakudya	Notts	11.1

2	1				
2	2	198	James Colclough	BRAT	11.54
2	3	96	Ashton Burnett	Newport	11.4
2	4	2	Samuel Brudney	Yate	11.1
2	5	228	Marvic Pamphile	R&N	11.23
2	6	11	Dominik Gordon	Yate	11.4
2	7	142	Rio Cox	D&S	11.4
2	8	104	Tom Annis	K&S	11.6

3	1				
3	2	105	Sebastian Hubbard	K&S	12
3	3	255	Anthony Humphries	Burton	11.9
3	4	223	Issac Hill	B&R	11.7
3	5	253	Adonio Wynter	Notts	11.72
3	6	243	Ashley Nkomazana	Notts	11.83
3	7	151	Harry Vale	Cheltenham	12
3	8	222	James Mackman	B&R	12.1

4	1				
4	2	156	Ben Miles	Cheltenham	12.8
4	3	224	Chris Gibbs	B&R	12.5
4	4	107	Noah Evans	K&S	12.2
4	5	150	Jaffer Adams	Cheltenham	12.4
4	6	146	Max Lancett	Cheltenham	12.4
4	7	106	Sam Annis	K&S	12.6
4	8	49	Brian Gravelsons	Stratford	13.89

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100m WOMEN

Heat	Lane	Bib	Name	Club	Perf
1	1				
1	2	110	Ella Vaux-Harvey	K&S	13.7
1	3	250	Harriet Williams	K&S	13.1
1	4	70	Efua Boateng	R&N	12.87
1	5	210	Michelle Thomas	Birchfield	13.06
1	6	163	Mia Wainwright	Cannock&Stafford	13.1
1	7	68	Ellena Ruddock	R&N	13.59
1	8	66	Gemma Knight	R&N	13.8

2	1				
2	2	18	Melanie Garland	Worcester	14.96
2	3	145	Mia Hastings	Cheltenham	14.24
2	4	254	Alice Robinson	Burton	14
2	5	72	Connie Tysall	R&N	14.2
2	6	226	Phoebe Reuben	Worcester	14.2
2	7	148	Linda Ejike	Cheltenham	14.4
2	8	52	Janice Pryce	RSC	17.5

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