

**400m MEN**

Heat	Lane	Bib	Name	Club
1	1	42	James Crust	W&B
1	2	327	Jacob Gosnall	BRAT
1	3	126	Louis Starr	R&N
1	4	121	Numieri Saeed	R&N
1	5	342	Vincent Chikuka	Birchfield
1	6	273	John Kirby	Cannock & Stafford AC
1	7	11	Sam Davey	Worcester
1	8	382	David Mould	B&R

2	1	78	Thomas Stanton	Stratford
2	2	32	Roshane Gordon	W&B
2	3	316	Sam Downing	BRAT
2	4	271	Kyle Haycock	Cannock & Stafford AC
2	5	301	Henry Hemmings	Burton
2	6	192	Jimmy Ward	Leamington
2	7	93	Josh Roura	Stoke
2	8	83	Joe Lewis	Stratford

3	1	326	James Colclough	BRAT
3	2	10	Santiago Tamayo	Worcester
3	3	20	Cole Flint	Worcester
3	4	26	Yaw Osei-Asabere	W&B
3	5	12	Ollie Burton	Worcester
3	6	360	Ethan Walls	Birchfield
3	7	218	Peter Dear	Halesowen
3	8	279	Craig Carr	Cannock & Stafford AC

4	1	232	Alex Taylor	Halesowen
4	2	234	Leonel Lopes	Gloucester
4	3	48	Connor Blincoe	W&B
4	4	258	Zach Bent	Cannock & Stafford AC
4	5	151	Callum Fraser	Nuneaton
4	6	180	Luke Gawthorn	Newport
4	7	208	Alex Payne	Kidderminster
4	8	232	Alex Taylor	Halesowen

5	1	72	Fletcher Harpham	Sutton-in-Ashfield
5	2	57	Armadeep Sangha	Tipton
5	3	263	Otto Homer	Cannock & Stafford AC
5	4	92	Lucas Miah	Stoke
5	5	98	Euan Oakes	Stoke
5	6	68	Ben Godber	Tamworth
5	7	116	Isiah Dominique	RSC
5	8	127	Joel Benton	R&N

**400m MEN continued**

Heat	Lane	Bib	Name	Club
6	1	319	Noah Bushell	BRAT
6	2	69	Lucas Gibbs	Sutton-in-Ashfield
6	3	97	Fosuhene Oppong	Stoke
6	4	108	Tom Mackman	RSC
6	5	259	Tunde Adeyemo	Cannock & Stafford AC
6	6	145	Louie Paddison	Nuneaton
6	7	365	Ajwinder Sahi	Birchfield
6	8	44	Gary Worrall	W&B

7	1			
7	2	246	Kevin Otieno	Coventry
7	3	249	Tom Bradshaw	Cheltenham
7	4	188	Raymond Charlton	Leamington
7	5	291	Lucas Hodson	Burton
7	6	237	David Hawkins	Gloucester
7	7	245	Lee Connelly	Coventry
7	8	4	Rory Brown	Yate

8	1			
8	2	303	Euan Hallows	Burton
8	3	203	Andrew Cooknell	Leamington
8	4	109	Paul Shaw	RSC
8	5	33	Paul Dean	W&B
8	6	142	Tom Hughes	Nuneaton
8	7	66	Mike Tomkins	Tamworth
8	8	88	David Jones	Stratford

9	1			
9	2			
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10	1			
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**400m WOMEN**

Heat	Lane	Bib	Name	Club
1	1	241	Lucy Horton	DASH
1	2	272	Joyella Jeffries	Cannock & Stafford AC
1	3	265	Mia Wainwright	Cannock & Stafford AC
1	4	195	Holly Pater	Leamington
1	5	371	Khiaama Kofi	B&W&B
1	6	217	Phoebe Dodd	Halesowen
1	7	322	Louise Robinson	BRAT
1	8	372	Jade Kinsey	B&W&B

2	1	270	Larna Watkins	Cannock & Stafford AC
2	2	90	Niamh Bould	Stoke
2	3	235	Isabela Fernandez	Gloucester
2	4	25	Alice Lazenbury	Worcester
2	5	101	Madeleine Whapples	SSH
2	6	343	Therese Tolan	Birchfield
2	7	156	Nia Myers	Notts AC
2	8	302	Georgia Griffiths	Burton

3	1	67	Jessica salt	Tamworth
3	2	211	Claire Borg	Hereford
3	3	285	Rosie Tyler	Burton
3	4	260	Stella Perrett	Cannock & Stafford AC
3	5	172	Betty Rennocks	Notts AC
3	6	119	Carmen Van der Merw	RSC
3	7	87	Ella Smith	Stratford
3	8	112	Lennie Covey	RSC

4	1	353	Michelle Thomas	Birchfield
4	2	148	Jessica Tuckley	Nuneaton
4	3	227	Jessica Dale	Halesowen
4	4	308	Charlotte Prince	Burton
4	5	176	Sophie Steele	Newport
4	6	328	Isabel Kingston	BRAT
4	7	113	Katie Straw	RSC
4	8	346	Shylar McKensie	Birchfield

5	1	205	Libby Oliver	Kidderminster
5	2	186	Rosie Cale	Leamington
5	3	183	Daryna Kukhtina	Newport
5	4	310	Alice Tyler	Burton
5	5	254	Skala Langton	Charnwood
5	6	133	Gemma Knight	R&N
5	7	73	Caprice Miloro	Sutton-in-Ashfield
5	8	137	Ellena Ruddock	R&N

**400m WOMEN continued**

Heat	Lane	Bib	Name	Club
6	1			
6	2	144	Stephanie Cooke	Nuneaton
6	3	199	Eleanor Cooknell	Leamington
6	4	238	Amber Spackman	Gloucester
6	5	34	Nteokan Egopija	W&B
6	6	15	Molly Davey	Worcester
6	7	167	Fiona Palmer	Notts AC
6	8	75	Alex Lee	Sutton-in-Ashfield

**3kSC MEN**

Heat	Lane	Bib	Name	Club
1	1	269	Luke Cresswell	Cannock & Stafford AC
1	2	278	Danny Leighton	Cannock & Stafford AC
1	3	277	Darrell Wilde	Cannock & Stafford AC
1	4	336	Dylan Teasdale	BRAT
1	5	347	Samer Alyafee	Birchfield
1	6	374	Alexander Stewart	B&W&B
1	7	201	Chris McKeown	Leamington
1	8	174	Adam Searle	Notts AC
1	9	138	Dylan Mander	R&N
1	10	188	Raymond Charlton	Leamington
1	11	232	Alex Taylor	Halesowen
1	12	325	Joe Read	BRAT
1	13	303	Euan Hallows	Burton
1	14	27	Thomas Pryor	W&B
1	15			
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1	23			
1	24			
1	25			
1	25			

**3kSC WOMEN**

Heat	Lane	Bib	Name	Club
1	1	289	Megan Smith	Burton
1	2	333	Eva Miletic	BRAT
1	3	334	Emily Jones	BRAT
1	4	21	Cat Hutchison	Worcester
1	5	256	Elizabeth Morley	Charnwood
1	6	257	Eleanor Morley	Charnwood
1	7	161	Joanne Clamp	Notts AC
1	8	220	Michelle Dale	Halesowen
1	9	266	Megan Forrest	Cannock & Stafford AC
1	10	281	Allegra Soutar	Cannock & Stafford AC
1	11			
1	12			
Heat	Lane	Bib	Name	Club
2	1	304	Dottie Ratcliffe	Burton
2	2	82	Kathryn Woodcock	Stratford
2	3	8	Vicky Watkins	Worcester
2	4	37	Megan White	W&B
2	5	243	Shona Murray	Coventry
2	6	163	Hannah Trotman	Notts AC
2	7	377	Talitha Scoltock-Daftary	B&R
2	8	194	Jade Holt	Leamington
2	9	185	Susan Cox	Leamington
2	10			
2	11			
2	12			

**110mH MEN**

Heat	Lane	Bib	Name	Club
1	1			
1	2	61	Jack Brothers	Telford
1	3	219	Oliver Dodd	Halesowen
1	4	128	Jaydon Allen Bramble	R&N
1	5	60	Joshua Inpong-Pirard	Telford
1	6	70	Jordan Mitchell	Sutton-in-Ashfield
1	7	240	Rhys Lees	DASH
1	8	162	Jack Wickham	Notts AC

2	1			
2	2	134	Gavin Card	R&N
2	3	315	Sam Morris	BRAT
2	4	341	Alexander Clegg	BRAT
2	5	282	Alasdair Rigby	Cannock & Stafford AC
2	6	374	Alexander Stewart	B&W&B
2	7	188	Raymond Charlton	Leamington
2	8	296	Jonathan Dumelow	Burton

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3	3			
3	4			
3	5			
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4	1			
4	2			
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4	5			
4	6			
4	7			
4	8			

**100mH WOMEN**

Heat	Lane	Bib	Name	Club
1	1	280	Chloe Wilde	Cannock & Stafford AC
1	2	124	Maia Thompson	R&N
1	3	332	Hayley Perrin	BRAT
1	4	131	Issabelle Kinight	R&N
1	5	132	Hayley Dimond	R&N
1	6	339	Bonheur Tshibola	BRAT
1	7	322	Louise Robinson	BRAT
1	8	55	Jessie Walker	Tipton

2	1	75	Alex Lee	Sutton-in-Ashfield
2	2	94	Hollie Stow	Stoke
2	3	306	Clair Zawada	Burton
2	4	264	Natalie Griffiths	Cannock & Stafford AC
2	5	368	Nyah Reuter	B&W&B
2	6	166	Freya Lacey	Notts AC
2	7	287	Millie Talbot	Burton
2	8	190	Lauren Ashbourne	Leamington

3	1			
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3	8			

4	1			
4	2			
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4	5			
4	6			
4	7			
4	8			

**400mH MEN**

Heat	Lane	Bib	Name	Club
1	1	193	James Lappin	Leamington
1	2	168	Euan Fraser	Notts AC
1	3	347	Samer Alyafee	Birchfield
1	4	125	Luke Turner	R&N
1	5	136	Elliot Godfrey	R&N
1	6	366	William Willet	B&W&B
1	7	240	Rhys Lees	DASH
1	8	355	Jye Cope	Birchfield

2	1	140	Charlie Barker	R&N
2	2	330	Henry Albatov	BRAT
2	3	374	Alexander Stewart	B&W&B
2	4	219	Oliver Dodd	Halesowen
2	5	162	Jack Wickham	Notts AC
2	6	70	Jordan Mitchell	Sutton-in-Ashfield
2	7	335	Ed Aston	BRAT
2	8	60	Joshua Inpong-Pirard	Telford

3	1			
3	2	175	Adam Searle	Notts AC
3	3	274	Jamie Chapman	Cannock & Stafford AC
3	4	282	Alasdair Rigby	Cannock & Stafford AC
3	5	188	Raymond Charlton	Leamington
3	6	215	Samuel Pugh	Halesowen
3	7	296	Jonathan Dumelow	Burton
3	8	291	Lucas Hodson	Burton

4	1			
4	2			
4	3			
4	4			
4	5			
4	6			
4	7			
4	8			

**400mH WOMEN**

Heat	Lane	Bib	Name	Club
1	1			
1	2	264	Natalie Griffiths	Cannock & Stafford AC
1	3	339	Bonheur Tshibola	BRAT
1	4	322	Louise Robinson	BRAT
1	5	280	Chloe Wilde	Cannock & Stafford AC
1	6	176	Sophie Steele	Newport
1	7	14	Molly Lazenbury	Worcester
1	8	308	Charlotte Prince	Burton

2	1			
2	2	287	Millie Talbot	Burton
2	3	211	Claire Borg	Hereford
2	4	166	Freya Lacey	Notts AC
2	5	375	Winnie Padmore	B&R
2	6	364	Alexandra Akins	Birchfield
2	7	75	Alex Lee	Sutton-in-Ashfield
2	8	190	Lauren Ashbourne	Leamington

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3	8			

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4	4			
4	5			
4	6			
4	7			
4	8			

**100m MEN**

Heat	Lane	Bib	Name	Club
1	1	309	Anthony Humphries	Burton
1	2	320	Nathaniel Walker	BRAT
1	3	348	Rio Thomas	Birchfield
1	4	344	Tevique Benjamin	Birchfield
1	5	213	Toby Magee	Halesowen
1	6	273	John Kirby	Cannock & Stafford AC
1	7	329	Herikles Dantas	BRAT
1	8	380	Lewis Harkin	B&R

2	1			
2	2	305	Daniel Kolodziej	Burton
2	3	40	Kyle Astley-Waeh	W&B
2	4	28	Theo Ricketts	W&B
2	5	252	Fred Buckland	Cheltenham
2	6	338	Daniel Adubofour	BRAT
2	7	114	K'1shein Downer-Thomas	RSC
2	8	49	Chyloh Mckenzie	W&B

3	1			
3	2	36	Nacardco Lewis	W&B
3	3	78	Thomas Stanton	Stratford
3	4	379	Russell Hingley	B&R
3	5	279	Craig Carr	Cannock & Stafford AC
3	6	115	Jamie Millichap	RSC
3	7	121	Numieri Saeed	R&N
3	8	46	Eugene Goche	W&B

4	1			
4	2	226	Joshua Hodges	Halesowen
4	3	283	Yusuf Paterson-Mosafeer	Burton
4	4	29	Theo Nicholls	W&B
4	5	284	Tristrum Bolton	Burton
4	6	230	George Freeman	Halesowen
4	7	226	Joshua Hodges	Halesowen
4	8	47	Cyon Watson-Nash	W&B

5	1			
5	2	240	Rhys Lees	DASH
5	3	110	Oscar Venthen	RSC
5	4	64	Ben Riekstins	Telford
5	5	271	Kyle Haycock	Cannock & Stafford AC
5	6	381	James Mackman	B&R
5	7	62	Jack Brothers	Telford
5	8	282	Alasdair Rigby	Cannock & Stafford AC

**100m MEN continued**

Heat	Lane	Bib	Name	Club
6	1			
6	2	69	Lucas Gibbs	Sutton-in-Ashfield
6	3	263	Otto Homer	Cannock & Stafford AC
6	4	242	Louis Blennerhassett	DASH
6	5	259	Tunde Adeyemo	Cannock & Stafford AC
6	6	244	Samson Mee-Harris	Coventry
6	7	5	Liam Hillier	Yate
6	8	359	Genci Hasanaj	Birchfield

7	1			
7	2	33	Paul Dean	W&B
7	3	209	Adrian James	Kidderminster
7	4	246	Kevin Otieno	Coventry
7	5	245	Lee Connelly	Coventry
7	6	45	Excel Ajewole	W&B
7	7	81	Mark Illingworth	Stratford
7	8	88	David Jones	Stratford

**100m WOMEN**

Heat	Lane	Bib	Name	Club
1	1			
1	2	265	Mia Wainwright	Cannock & Stafford AC
1	3	39	LaTaunya Samuels	W&B
1	4	261	Sophie Hulse	Cannock & Stafford AC
1	5	124	Maia Thompson	R&N
1	6	31	Tammy Saunders	W&B
1	7	285	Rosie Tyler	Burton
1	8	272	Joyella Jeffries	Cannock & Stafford AC

2	1			
2	2	41	Kayliah Henry	W&B
2	3	87	Ella Smith	Stratford
2	4	154	Precious Njoku	Notts AC
2	5	118	Florence Thomas-Male	RSC
2	6	106	Roisin Ellam	Shrewsbury
2	7	310	Alice Tyler	Burton
2	8			

3	1			
3	2	287	Millie Talbot	Burton
3	3	99	Abbey Belgian	Stoke
3	4	41	Kayliah Henry	W&B
3	5	250	Kirstie Constable	Cheltenham
3	6	205	Libby Oliver	Kidderminster
3	7	137	Ellena Ruddock	R&N
3	8			

4	1			
4	2	16	Mel Garland	Worcester
4	3	255	Nolwazi Ndlovu	Charnwood
4	4	353	Michelle Thomas	Birchfield
4	5	65	Sophie Godber	Tamworth
4	6	248	Imogen Lane	Coventry
4	7	94	Hollie Stow	Stoke
4	8			

5	1			
5	2			
5	3			
5	4			
5	5			
5	6			
5	7			
5	8			

**3000m walk MEN & WOMEN**

Heat	Lane	Bib	Name	Club
1	1	296	Jonathan Dumelow	Burton
1	2	286	Paul Mellor	Burton
1	3	219	Oliver Dodd	Halesowen
1	4	351	Peter Boszko	Birchfield
1	5	267	Martyn Clare	Cannock & Stafford AC
1	6	187	Robert Egan	Leamington
1	7	358	Ian Torode	Birchfield
1	8	336	Dylan Teasdale	BRAT
1	9	317	Panu Khumchoo Japod	BRAT
1	10	91	Matt Eardley	Stoke
1	11	180	Luke Gawthorn	Newport
1	12	80	Paul Hawkins	Stratford
1	13	225	Julie Bellfield	Halesowen
1	14	295	Judith Kelsall	Burton
1	15	293	Laura Allen	Burton
1	16	222	Lynn Bellfield	Halesowen
1	17	150	Carolyn Derbyshire	Nuneaton
1	18	63	Helen Watson	Telford
1	19	85	Jan McLure	Stratford
1	20	337	Domenika Malinowska	BRAT
1	21	21	Cat Hutchison	Worcester
1	22			
1	23			
1	24			
1	25			
1	25			

**3000m walk WOMEN**

Heat	Lane		Name	Club
1	1			
1	2			
1	3			
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