

Notts AC Spring Spruce

Sunday 7th April 2013 - Harvey Hadden, Nottingham

Under 11 Girls

80m

Heat 1

1	206	Hannah Swan	Notts AC	12.7
2	110	Phoebe Winfield	Heanor Ac	13.6
3	44	Elle Hinchliffe	City of Sheffield	13.7
4	277	Laura Sharpe	Lincoln Wellington	14.2
5	301	Joanna Rowney	Notts AC	14.3

Heat 2

1	27	Jasmine Greenaway	Ivanhoe Robins	12.5
2	341	Imogen Harcombe	Newark AC	13.7
3	114	Ellie Brown	Notts AC	13.8
4	134	Harleigh Davis	Notts AC	15.1

Heat 3

1	312	Nicole Lannie	Doncaster AC	11.8
2	1	Kristie Archer	Wombwell Sporting AC	12.8
3	127	Amelia Briggs-Goode	Notts AC	13.4
4	149	Felicity Bainbridge	Lincoln Wellington	13.6

150m

Heat 1

1	27	Jasmine Greenaway	Ivanhoe Robins	23.6
2	28	Lauren McNeil	Notts AC	24.5
3	114	Ellie Brown	Notts AC	24.7
4	127	Amelia Briggs-Goode	Notts AC	25.0
5	44	Elle Hinchliffe	City of Sheffield	26.0
6	149	Felicity Bainbridge	Lincoln Wellington	26.3

Heat 2

1	387	Fern Williams	Notts AC	23.7
2	342	Jessica Rimmington	Newark AC	24.2
3	228	Sophie Taylor	Sutton Harriers	24.2
4	249	Ashleigh Smith	Retford AC	24.7
5	169	Abbie Ward	Doncaster AC	29.6

Under 11 Girls

600m

1	1	Kristie Archer	Wombwell Sporting AC	1.56.9
2	28	Lauren McNeil	Notts AC	1.58.2
3	191	Mollie-Anne Welton	City of Sheffield	1.58.4
4	342	Jessica Rimmington	Newark AC	2.01.2
5	228	Sophie Taylor	Sutton Harriers	2.04.7
6	27	Jasmine Greenaway	Ivanhoe Robins	2.05.0
7	341	Imogen Harcombe	Newark AC	2.07.5
8	277	Laura Sharpe	Lincoln Wellington	2.17.4
9	249	Ashleigh Smith	Retford AC	2.23.3
10	110	Phoebe Winfield	Heanor RC	2.24.9
11	169	Abbie Ward	Doncaster AC	2.25.4

Long Jump

1	312	Nicole Lannie	Doncaster AC	3.87
2	1	Kristie Archer	Wombwell Sporting	3.69
3	206	Hannah Swann	Notts AC	3.27
4	191	Mollie-Anne Welton	City of Sheffield	3.24
5	342	Jessica Rimmington	Newark AC	2.96
6	277	Laura Sharpe	Lincoln Wellington	2.93
7	249	Ashleigh Smith	Retford AC	2.91
8	149	Felicity Bainbridge	Lincoln Wellington	2.68
9	110	Phoebe Winfield	Heanor RC	2.67
10	127	Amelia Briggs-Goode	Notts AC	2.62
11	134	Harleigh Davis	Notts AC	2.58
12	341	Imogen Harcombe	Newark AC	2.43
13	169	Abbie Ward	Doncaster AC	2.41

High Jump

1	312	Nicole Lannie	Doncaster AC	1.05
2	114	Ellie Brown	Notts AC	0.95
3	191	Mollie-Anne Welton	City of Sheffield	0.90

Under 11 Boys

80m

Heat 1

1	19	Adam Simms	Doncaster AC	12.4
2	160	Ben Morris	Notts AC	12.7
3	81	Aleksandar Taylor	Retford AC	13.1
4	8	Cameron Walker	City of Sheffield	13.4
5	245	James Gandee	Rushcliffe AC	14.0

Heat 2

1	107	Alex Cooper	Notts AC	11.9
2	258	Tom Blewitt-Jenkins	Ivanhoe Robins	12.6
3	200	Jason Batty	Retford AC	13.9
4	153	Ben Knox	Retford AC	14.0
5	62	Jovan Ellis	Notts AC	14.1

150m

Heat 1

1	19	Adam Simms	Doncaster AC	23.2
2	81	Aleksandar Taylor	Retford AC	24.3
3	34	Finlay Moss	AVEAC	25.6
4	62	Jovan Ellis	Notts AC	26.7
5	153	Ben Knox	Retford AC	26.7

Heat 2

1	258	Tom Blewitt-Jenkins	Ivanhoe Robins	23.1
2	160	Ben Morris	Notts AC	23.2
3	199	H. Sikora-Bradley	Notts AC	23.9
4	267	Cole Butler	City of Sheffield	24.5

600m

1	213	Archie Foster	Notts AC	2.02.2
2	160	Ben Morris	Notts AC	2.11.7
3	34	Finlay Moss	AVEAC	2.12.9
4	124	Joseph Jennings	Notts AC	2.14.7
5	245	James Gandee	Rushcliffe AC	2.14.8
6	81	Aleksandar Taylor	Retford AC	2.19.9
7	62	Jovan Ellis	Notts AC	2.28.0

Under 11 Boys

Long Jump

1	107	Alex Cooper	Notts AC	3.97
2	267	Cole Butler	City of Sheffield	3.40
3	258	Tom Blewitt-Jenkins	Ivanhoe Robins	3.23
4	199	H. Sikora-Bradley	Notts AC	3.23
5	8	Cameron Walker	City of Sheffield	3.21
6	124	Joseph Jennings	Notts AC	3.04
7	200	Jason Batty	Retford AC	2.50
8	153	Ben Knox	Retford AC	2.16
9	34	Finlay Moss	AVEAC	2.16

High Jump

1	19	Adam Simms	Doncaster AC	1.10
2	267	Cole Butler	City of Sheffield	1.05
3	200	Jason Batty	Retford AC	NH

Under 13 Girls

100m

Heat 1

1	32	Amy Tivey	Notts AC	14.9
2	321	Jasmine Allen	Nene Valley Harriers	15.0
3	29	Amy Keady	Notts AC	15.0
4	317	Anna Poole	Coventry Godiva	15.7
5	269	Morgan Spink	Retford AC	16.0
5	42	Libby Bell	Mansfield Harriers	16.1

Heat 2

1	334	Katie Print	Rugby & Northampton	13.9
2	98	Rebecca Sheffield	Burton AC	14.6
3	148	Lydia Bainbridge	Lincoln Wellington	15.0
4	311	Isabella Lannie	Doncaster AC	15.4
5	60	Nicole Williams	Coventry Godiva	15.6

Heat 3

14	38	Victoria Johnson	Charnwood AC	14.8
15	198	Rosanna Burton	Cannock & Stafford	14.9
16	227	Tilly Clarke	Retford AC	15.2
16	151	Annabel Beggs	Coventry Godiva	15.2
16	17	Elyse White	AVEAC	16.0

Under 13 Girls 100m Continued

Heat 4

1	288	Omolola Ogunnowo	Tamworth AC	13.2
2	219	Daisy Smith	Mansfield Harriers	14.7
3	237	Isobel Lee	Notts AC	14.8
4	259	Isobelle Thompson	Burton AC	15.0
5	20	Rachael Thacker	Doncaster AC	15.3

Heat 5

1	234	Lily-May Lawrence	Notts AC	14.9
2	205	Amy Edwards	Notts AC	15.2
3	75	Emma Weston	Notts AC	15.8
4	330	Annabel Johnson	Rotherham Harriers	16.2
5	309	Maddison Simpson	Doncaster AC	17.2

Heat 6

1	56	Abiba Grant	Notts AC	14.4
2	26	Millie Haw	Notts AC	14.9
3	138	Rebecca Newton	Notts AC	15.3
4	192	Chloe Allcock	Mansfield Harriers	16.3

200m

Heat 1

1	353	Eleanor James	Newark AC	30.3
2	219	Daisy Smith	Mansfield Harriers	30.9
3	291	Katie Porter	Peterborough AC	32.3
4	60	Nicole Williams	Coventry Godiva	33.8
5	85	Holly Mellor	Notts AC	34.4

Heat 2

1	78	Hannah Day	Coventry Godiva	30.5
2	32	Amy Tivey	Notts AC	31.0
3	98	Rebecca Sheffield	Burton AC	31.2
4	148	Lydia Bainbridge	Lincoln Wellington	31.3
5	226	Millie Shaw	Charnwood AC	31.7
6	317	Anna Poole	Coventry Godiva	33.1

Heat 3

1	334	Katie Print	Rugby & Northampton	28.9
2	20	Rachael Thacker	Doncaster AC	30.8
3	29	Amy Keady	Notts AC	31.5
4	151	Annabel Beggs	Coventry Godiva	31.9
5	201	Mollie Scott	Retford AC	35.1

Under 13 Girls 200m Continued

Heat 4

1	288	Omolola Ogunnowo	Tamworth AC	26.5
2	237	Isobel Lee	Notts AC	30.1
3	57	Angel Foreman	Mansfield Harriers	30.3
4	227	Tilly Clarke	Retford AC	31.9
5	261	Esme Waters	Telford	32.8

Heat 5

1	321	Jasmine Allen	Nene Valley Harriers	30.3
2	33	Esme Moss	AVEAC	30.7
3	26	Millie Haw	Notts AC	31.1
4	234	Lily-May Lawrence	Notts AC	32.1

800m

Heat 1

1	353	Eleanor James	Newark AC	2.36.5
2	241	Megan Armswood	City of Sheffield	2.37.0
3	109	Lily Winfield	Heanor RC	2.40.8
4	356	Iris Davies	Cannock & Stafford	2.42.3
5	330	Annabel Johnson	Rotherham Harriers	2.44.9
6	33	Esme Moss	AVEAC	2.48.9
7	2	Sadie Craig	Telford AC	2.51.5
8	201	Mollie Scott	Retford AC	2.52.8
9	269	Morgan Spink	Retford AC	3.06.8

Heat 2

11	202	Amber Scott	Retford AC	2.45.8
12	368	Emma Williams	Notts AC	2.46.3
13	367	Grace Harris	Rotherham Harriers	2.50.1
14	291	Katie Porter	Peterborough AC	2.52.3
15	261	Esme Waters	Telford	2.54.7
16	346	Megan Maiden	Retford AC	3.02.4
17	85	Holly Mellor	Notts AC	3.04.1
18	66	Jessie Brown	AVEAC	3.11.8
19	335	Lorna Brierly	Ivanhoe Robins	3.13.2
20	40	Leah Smith	Burton AC	3.16.9

Under 13 Girls

70m Hurdles

Heat 1

1	198	Rosanna Burton	Cannock & Stafford	12.5
2	38	Victoria Johnson	Charnwood AC	12.7
3	29	Amy Keady	Notts AC	13.3
4	98	Rebecca Sheffield	Burton AC	15.0
5	269	Morgan Spink	Retford AC	16.1
6	309	Maddison Simpson	Doncaster AC	16.8

Heat 2

1	226	Millie Shaw	Charnwood AC	12.6
2	2	Sadie Craig	Telford AC	13.7
3	40	Leah Smith	Burton AC	14.1
4	311	Isabella Lannie	Doncaster AC	15.0
5	285	Alice Merriman	Corby AC	15.0
6	335	Lorna Brierly	Ivanhoe Robins	16.1

Shot

1	241	Megan Armswood	City of Sheffield	5.59
2	346	Megan Maiden	Retford AC	5.19
3	367	Grace Harris	Rotherham Harriers	4.34

Javelin

1	355	Caitlin Emerson	Amber Valley	15.40
2	346	Megan Maiden	Retford AC	11.58
3	227	Tilly Clarke	Retford AC	9.04
4	201	Mollie Scott	Retford AC	7.06
5	202	Amber Scott	Retford AC	6.32

Discus

1	355	Caitlin Emerson	Amber Valley AC	20.64
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Long Jump

1	288	Omolola Ogunnowo	Tamworth AC	4.39
2	334	Katie Print	Rugby & Northampton	4.05
3	219	Daisy Smith	Mansfield Harriers	3.91
4	317	Anna Poole	Coventry Godiva	3.85
5	26	Millie Haw	Notts AC	3.82
6	33	Esme Moss	AVEAC	3.79
7	330	Annabel Johnson	Rotherham Harriers	3.74
8	2	Sadie Craig	Telford AC	3.74
9	32	Amy Tivey	Notts AC	3.70
10	40	Leah Smith	Burton AC	3.63
11	60	Nicole Williams	Coventry Godiva	3.60
12	57	Angel Foreman	Mansfield Harriers	3.54
13	42	Libby Bell	Mansfield Harriers	3.52
14	311	Isabella Lannie	Doncaster AC	3.52
15	309	Maddison Simpson	Doncaster AC	3.51
16	192	Chloe Allcock	Mansfield Harriers	3.50
17	234	Lily-May Lawrence	Notts AC	3.48
18	227	Tilly Clarke	Retford AC	3.45
19	205	Amy Edwards	Notts AC	3.44
20	151	Annabel Beggs	Coventry Godiva	3.44
21	148	Lydia Bainbridge	Lincoln Wellington	3.39
22	138	Rebecca Newton	Notts AC	3.33
23	85	Holly Mellor	Notts AC	3.28
24	66	Jessie Brown	AVEAC	3.27
25	20	Rachael Thacker	Doncaster AC	3.25
26	269	Morgan Spink	Retford AC	3.25
27	321	Jasmine Allen	Nene Valley Harriers	3.25
28	202	Amber Scott	Retford AC	3.24
29	335	Lorna Brierly	Ivanhoe Robins	3.22
30	98	Rebecca Sheffield	Burton AC	3.10
31	201	Mollie Scott	Retford AC	2.93
32	75	Emma Weston	Notts AC	2.93
33	83	Alex Chapman	Notts AC	2.15

High Jump

1	56	Abiba Grant	Notts AC	1.35
2	148	Lydia Bainbridge	Lincoln Wellington	1.20
3	226	Millie Shaw	Charnwood AC	1.20
4	285	Alice Merriman	Corby AC	1.20
5	26	Millie Haw	Notts AC	1.15
6	234	Lily-May Lawrence	Notts AC	1.15
7	311	Isabella Lannie	Doncaster AC	1.15
8	2	Sadie Craig	Telford AC	1.10

9	66	Jessie Brown	AVEAC	1.10
10	309	Maddison Simpson	Doncaster AC	1.10
11	317	Anna Poole	Coventry Godiva	1.10
12	367	Grace Harris	Rotherham Harriers	1.05

Under 13 Boys

100m

Heat 1

1	43	Louie Hinchliffe	City of Sheffield	14.5
2	92	Bradley Whitehead	Rugby & Northampton	14.9
3	181	Daniel Caron	Notts AC	16.4
4	246	Thomas Gandee	Rushcliffe AC	16.9

Heat 2

1	157	Mykah Skervin	Notts AC	15.0
2	171	Joseph Lowe	Burton AC	15.3
3	244	Kieran Street	City of Sheffield	15.7
4	253	Liam Moore	Doncaster AC	15.9
5	63	James Carratt	Workshop Harriers	19.5

200m

1	43	Louie Hinchliffe	City of Sheffield	28.7
2	92	Bradley Whitehead	Rugby & Northampton	30.9
3	208	Thomas Benfield	Burton AC	31.4
4	5	Samuel Roberts	Retford AC	31.5
5	82	Max Atherton	Burton AC	32.5
6	253	Liam Moore	Doncaster AC	32.5
7	61	Matthew Archer	Burton AC	35.0

800m

1	5	Samuel Roberts	Retford AC	2.39.5
2	7	Kaya Walker	City of Sheffield	2.39.6
3	102	Jake Ludlam	Newark AC	2.40.3
4	244	Kieran Street	City of Sheffield	2.42.6
5	246	Thomas Gandee	Rushcliffe AC	2.43.4
6	82	Max Atherton	Burton AC	2.51.6
7	61	Matthew Archer	Burton AC	2.51.9
8	71	William Giffin	Notts AC	3.00.5

75m Hurdles

1	181	Daniel Caron	Notts AC	16.4
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2	253	Liam Moore	Doncaster AC	16.4
3	208	Thomas Benfield	Burton AC	16.8
4	178	Harry Ilyk	Notts AC	17.3
5	102	Jake Ludlam	Newark AC	17.8

Under 13 Boys

Shot

1	63	James Carratt	Worksop Harriers	7.27
2	178	Harry Ilyk	Notts AC	7.02
3	50	Regan Langley	Worksop Harriers	6.15
4	48	Jacob Careless	Notts AC	5.77

Javelin

1	63	James Carratt	Worksop Harriers	14.20
2	50	Regan Langley	Worksop Harriers	13.65

Long Jump

1	157	Mykah Skervin	Notts AC	4.08
2	7	Kaya Walker	City of Sheffield	4.07
3	244	Kieran Street	City of Sheffield	3.84
4	92	Bradley Whitehead	Rugby & Northampton	3.80
5	208	Thomas Benfield	Burton AC	3.64
6	253	Liam Moore	Doncaster AC	3.55
7	102	Jake Ludlam	Newark AC	3.50
8	5	Samuel Roberts	Retford AC	3.43
9	181	Daniel Caron	Notts AC	3.27
10	50	Regan Langley	Worksop Harriers	2.98
11	71	William Giffin	Notts AC	2.86

High Jump

1	7	Kaya Walker	City of Sheffield	1.40
2	178	Harry Ilyk	Notts AC	1.25
3	244	Kieran Street	City of Sheffield	1.10
4	50	Regan Langley	Worksop Harriers	NH
5	92	Bradley Whitehead	Rugby & Northampton	NH
6	181	Daniel Caron	Notts AC	NH

Under 15 Girls

100m

Heat 1

1	159	Sharhnee Skervin	Notts AC	13.2
2	262	Victoria Roberts	Coventry Godiva	13.2
3	289	Amber Griffiths	Leicester Coritanians	14.1
4	68	Anna Purchase	Notts AC	14.2
5	293	Megan Porter	Peterborough AC	14.2
6	77	Gabby Craft	Hallamshire Harriers	14.4

Heat 2

1	174	Megan Davies	Cannock & Stafford	13.6
2	303	Megan Sims	Peterborough AC	14.1
3	254	Sophie Moore	Doncaster AC	14.8
4	300	Serena Korkmaz	Peterborough AC	14.8
5	156	Emily-Rose Maule	Retford AC	15.0
6	333	Chloe Bray	Lincoln Wellington	15.5

Heat 3

1	189	Rosie Bradshaw	City of Sheffield	14.3
2	100	Eloise Speirs	Notts AC	14.7
3	232	Liv Hill	Notts AC	14.8
4	3	Martha Craig	Telford AC	16.1
5	214	P. McGregor-Wood	Retford AC	16.4

200m

Heat 1

1	159	Sharhnee Skervin	Notts AC	26.5
2	293	Megan Porter	Peterborough AC	28.8
3	168	Summer Ward	Doncaster AC	30.1
4	350	Jasmine Oldfield	Nene Valley Harriers	30.5
5	133	Nikeeta Sandhu	Notts AC	30.6
6	214	P. McGregor-Wood	Retford AC	32.9

Heat 2

1	174	Megan Davies	Cannock & Stafford	27.1
2	303	Megan Sims	Peterborough AC	28.7
3	362	Bethany Denial	Nene Valley Harriers	29.2
4	350	Jasmine Oldfield	Nene Valley Harriers	30.1
5	254	Sophie Moore	Doncaster AC	30.4

6	232	Liv Hill	Notts AC	30.6
7	156	Emily-Rose Maule	Retford AC	30.9

Under 15 Girls

800m

Heat 1

1	352	India Mellor	City of Stoke	2.23.3
2	142	Chloe Wilde	Cannock & Stafford	2.33.0
3	67	Pippa Nock	Cannock & Stafford	2.34.5
4	265	Elisha Walker	Cannock & Stafford	2.34.9
5	168	Summer Ward	Doncaster AC	2.35.2
6	351	Alice Tansey	Notts AC	2.35.2
7	350	Jasmine Oldfield	Nene Valley Harriers	2.46.6

Heat 2

1	363	Bethany Williams	Mansfield Harriers	2.36.6
2	108	Ellie Cooper	Notts AC	2.37.0
3	154	Megan Clarke	Notts AC	2.42.7
4	364	Amy Gore	Peterborough AC	2.49.8
5	276	Emily Deeming	Heanor AC	2.51.1
6	212	Ruby Foster	Notts AC	2.53.6
7	247	Alex Gandee	Rushcliffe AC	3.00.7

75m Hurdles

1	289	Amber Griffiths	Leicester Coritanians	12.6
2	303	Megan Sims	Peterborough AC	12.9
3	173	Kelsey Wilson	Doncaster AC	13.1
4	68	Anna Purchase	Notts AC	13.4
5	137	Bethany Newton	Notts AC	13.7
6	177	Emma Dakin	Retford AC	15.1
7	247	Alex Gandee	Rushcliffe AC	18.3

Shot

1	177	Emma Dakin	Retford AC	9.45
2	172	Kara Wilson	Doncaster AC	8.41
3	279	Candy Lockett	Bromsgrove & Redditch	8.39
4	68	Anna Purchase	Notts AC	8.33
5	113	Annie Mussett	Doncaster AC	8.28

6	189	Rosie Bradshaw	City of Sheffield	7.99
7	125	Mollie Magee-Sharpe	Doncaster AC	6.77
8	168	Summer Ward	Doncaster AC	5.89

Under 15 Girls

Javelin

1	388	Francesca Garrett	Telford AC	32.36
2	397	Bethan Rees	Cannock & Stafford	28.74
3	225	Amy Shaw	Charnwood AC	26.11
4	364	Amy Gore	Peterborough AC	22.99
5	123	Rebekah Walton	Burton AC	22.14
6	173	Kelsey Wilson	Doncaster AC	20.93
7	12	Annie Gilbert	Kettering Town Harriers	17.25
8	177	Emma Dakin	Retford AC	17.24
9	362	Bethany Denial	Nene Valley Harriers	15.42

Discus

1	12	Annie Gilbert	Kettering Town Harriers	21.19
2	279	Candy Lockett	Bromsgrove & Redditch	20.67
3	123	Rebekah Walton	Burton AC	17.95
4	172	Kara Wilson	Doncaster AC	17.37
5	263	Evelyn Williams	Hallamshire Harriers	17.05
6	189	Rosie Bradshaw	City of Sheffield	14.55

Long Jump

1	262	Victoria Roberts	Coventry Godiva	4.59
2	100	Eloise Speirs	Notts AC	4.51
3	293	Megan Porter	Peterborough AC	4.20
4	303	Megan Sims	Peterborough AC	4.18
5	77	Gabby Craft	Hallamshire Harriers	4.12
6	156	Emily-Rose Maule	Retford AC	3.88
7	225	Amy Shaw	Charnwood AC	3.79

High Jump

1	79	Katie Bower	City of Sheffield	1.55
2	289	Amber Griffiths	Leicester Coritanians	1.40
3	362	Bethany Denial	Nene Valley Harriers	1.40
4	225	Amy Shaw	Charnwood AC	1.40
5	67	Pippa Nock	Cannock & Stafford	1.35
6	177	Emma Dakin	Retford AC	1.35
7	3	Martha Craig	Telford AC	1.30
8	265	Elisha Walker	Cannock & Stafford	1.25
9	351	Alice Tansey	Harborough AC	1.20

Under 15 Girls

Pole Vault

1	137	Bethany Newton	Notts AC	2.70
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Hammer

1	279	Candy Lockett	Bromsgrove & Redditch	25.62
2	68	Anna Purchase	Notts AC	24.08
3	12	Annie Gilbert	Kettering Town Harriers	20.68
4	172	Kara Wilson	Doncaster AC	17.14
5	279	Candy Lockett	Bromsgrove & Redditch	16.87

Under 15 Boys

100m

Heat 1

1	286	Harry Merriman	Corby AC	13.1
2	182	Matthew Caron	Notts AC	15.2
3	132	Tom Pautrat	Notts AC	15.3
4	135	Callum Gorman	Notts AC	15.3
5	196	Harry McCrae	Doncaster AC	15.4

Heat 2

1	170	Tom Matthewson	Doncaster AC	13.1
2	304	James Lonsdale	Sheffield AC	13.5
3	239	Ben Michell	Notts AC	13.5
4	37	Thomas Johnson	Charnwood AC	13.8
5	16	David Leszczyński	Doncaster AC	13.9

Heat 3

1	164	Ben Mattinson	Notts AC	12.3
2	238	George Dalton	Notts AC	13.4
3	230	Deshaan Morgan	Notts AC	13.5
4	203	Kieran Lawton	Notts AC	14.2
5	76	James Weston	Notts AC	14.2
6	84	Brett Chapman	Notts AC	15.9

Under 15 Boys

200m

Heat 1

1	16	David Leszczynski	Doncaster AC	28.3
2	203	Kieran Lawton	Notts AC	28.5
3	182	Matthew Caron	Notts AC	30.6
4	84	Brett Chapman	Notts AC	32.1
5	128	Max Briggs-Goode	Notts AC	35.3

Heat 2

1	164	Ben Mattinson	Notts AC	24.3
2	386	James Ratcliffe	Sale Harriers	24.7
3	286	Harry Merriman	Corby AC	25.6
4	238	George Dalton	Notts AC	27.8
5	76	James Weston	Notts AC	28.5
6	51	Nathan Langley	Worksop Harriers	29.7

300m

1	386	James Ratcliffe	Sale Harriers	39.3
2	252	Leroy Keeling	Derby AC	39.7
3	170	Tom Matthewson	Doncaster AC	41.4
4	286	Harry Merriman	Corby AC	41.8
5	196	Harry McCrae	Doncaster AC	49.0
6	209	David Allcock	Sutton Harriers	49.3

800m

1	304	James Lonsdale	Sheffield AC	2.17.8
2	106	Austin Herbert	Nene Valley	2.18.5
3	366	Sami Ibeggazene	Notts AC	2.28.5
4	196	Harry McCrae	Doncaster AC	2.38.2
5	93	Jack Wainwright	Notts AC	2.40.6
6	248	Billy Jones	Notts AC	2.41.5
7	132	Tom Pautrat	Notts AC	2.48.4
8	84	Brett Chapman	Notts AC	2.50.1
9	70	Ewan Leadbeater	Burton AC	3.24.5

80m Hurdles

1	209	David Allcock	Sutton Harriers	16.9
2	128	Max Briggs-Goode	Notts AC	17.8
3	182	Matthew Caron	Notts AC	DQ

Under 15 Boys

Shot

1	51	Nathan Langley	Worksop H	9.90
2	164	Ben Mattinson	Notts AC	9.80
3	170	Tom Matthewson	Doncaster AC	9.52
4	347	Sam Maiden	Retford AC	7.51
5	16	David Leszczynski	Doncaster AC	7.21
6	70	Ewan Leadbeater	Burton AC	5.07

Javelin

1	161	Daniel Bainbridge	City of Norwich	44.18
2	390	Ivan Tapper	Charnwood	43.82
3	239	Ben Michell	Sutton Harriers	35.67
4	347	Sam Maiden	Retford AC	23.70
5	141	Joshua Charters	Worksop Harriers	15.6
6	209	David Allcock	Sutton Harriers	13.6

Discus

1	51	Nathan Langley	Worksop Harriers	23.16
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Long Jump

1	239	Ben Michell	Notts AC	5.01
2	252	Leroy Keeling	Derby AC	4.85
3	76	James Weston	Notts AC	4.11

High Jump

1	182	Matthew Caron	Notts AC	1.25
2	248	Billy Jones	Notts AC	1.20
3	128	Max Briggs-Goode	Notts AC	NH
4	84	Brett Chapman	Notts AC	NH

Hammer

1	51	Nathan Langley	Worksop Harriers	25.26
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Under 17 Women

100m

1	183	C. McLennaghan	Notts AC	12.5
2	332	Rachel Norris	Mansfield Harriers	13.0
3	217	Natalie Mukerji	Cannock & Stafford	13.1
4	264	Elaine Williams	Hallamshire Harriers	14.6
4	111	Chloe Holland	Retford AC	14.9

200m

1	183	C. McLennaghan	Notts AC	24.7
2	332	Rachel Norris	Mansfield Harriers	26.1
3	217	Natalie Mukerji	Cannock & Stafford	26.7
4	361	Hermione Archer	Hallamshire Harriers	29.5
5	264	Elaine Williams	Hallamshire Harriers	29.8

300m

1	165	Eleanor Proud	Cannock & Stafford	41.8
2	122	Emelia Berrisford	Stoke AC	43.8
3	400	Mia Spence	Notts AC	44.4
4	221	Freya Shipley	Derby AC	46.8

800m

1	122	Emelia Berrisford	Stoke AC	2.28.7
2	117	Jessica Dewsbury	Retford AC	2.40.7
3	195	Suzannah Horn	Notts AC	2.42.3
4	370	Charlotte Peach	Newak AC	2.42.5
5	360	Leigh-Ann Rose	Nene Valley Harriers	2.50.2
6	118	Lucy Garnett	Retford AC	2.59.9

1500m

1	163	Elana Payne	Nene Valley	5.28.9
2	195	Suzannah Horn	Notts AC	5.48.5

Under 17 Women

80m Hurdles

1	15	Hazel Varley	Notts AC	13.3
2	36	Charlotte Sands	Notts AC	13.9
3	144	Harriet Roberts	Charnwood AC	14.5
4	112	Gemma Holland	Burton AC	14.5

300m Hurdles

1	281	Georgina Rogers	Birchfield Harriers	45.20
2	36	Charlotte Sands	Notts AC	51.80

1500m Steeplechase

1	144	Harriet Roberts	Charnwood AC	6.01.0
2	117	Jessica Dewsbury	Retford AC	6.04.4
3	143	Lucy Roberts	Charnwood AC	6.53.1
4	118	Lucy Garnett	Retford AC	6.55.0

Hammer

1	270	Georgina Trace	Amber Valley	33.73
2	184	Rosie Collins	Burton AC	31.39
3	13	Daisy Gilbert	Kettering Town Harriers	29.05
4	69	Rosie Purchase	Notts AC	24.52
5	10	Georgina Page	Worksop Harriers	16.46

Shot

1	13	Daisy Gilbert	Kettering Town Harriers	8.93
2	10	Georgina Page	Worksop Harriers	8.38
3	307	Harriet Sumnall	Kettering Town Harriers	8.13
4	112	Gemma Holland	Burton AC	7.89
5	263	Evelyn Williams	Hallamshire Harriers	6.60

Javelin

1	307	Harriet Sumnall	Kettering Town Harriers	26.90
2	112	Gemma Holland	Kettering Town Harriers	23.30
3	144	Harriet Roberts	Charnwood AC	21.77
4	13	Daisy Gilbert	Kettering Town Harriers	19.61
5	117	Jessica Dewsbury	Retford AC	16.37
6	10	Georgina Page	Worksop Harriers	15.23
7	143	Lucy Roberts	Charnwood AC	7.49

Under 17 Women

Discus

1	307	Harriet Sumnall	Kettering Town Harriers	25.32
2	10	Georgina Page	Worksop Harriers	22.01
3	144	Harriet Roberts	Charnwood AC	22.43
4	13	Daisy Gilbert	Kettering Town Harriers	22.12
5	143	Lucy Roberts	Charnwood AC	15.09

Long Jump

1	264	Elaine Williams	Hallamshire Harriers	4.45
2	69	Rosie Purchase	Notts AC	4.84
3	112	Gemma Holland	Burton AC	4.08
4	195	Suzannah Horn	Notts AC	3.00

High Jump

1	371	Anna Gamble	Stratford-Upon-Avon AC	1.55
2	150	G. McNeelance	Wreake Runners	1.45
3	361	Hermione Archer	Hallamshire Harriers	1.25

Pole Vault

1	65	Alice Hobson	Notts AC	2.20
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Triple Jump

1	96	Beth Mortiboy	Mansfield Harriers	10.71
2	15	Hazel Varley	Notts AC	10.04

Under 17 Men

100m

Heat 1

1	152	Ryan Gorman	Notts AC	11.6
1	344	Aaron Nettleford	Tipton Harriers	11.8
3	59	Jack Allen	AVEAC	12.0
3	345	Steven Lambourne	Doncaster AC	12.2
5	216	Jordan Lefevre	Cannock & Stafford	12.5
6	18	George White	AVEAC	12.7

Heat 2

1	104	Thomas Dobson	Notts AC	13.4
2	179	Joshua Ilyk	Notts AC	13.5
3	21	Jack Wickham	Notts AC	13.6

200m

Heat 1

1	152	Ryan Gorman	Notts AC	22.1
2	344	Aaron Nettleford	Tipton Harriers	23.4
3	272	Matthew Miller	Dearne AC	24.0
4	194	Daniel Grishin	Notts AC	24.3
5	6	Shay Walker	City of Sheffield	24.8

Heat 2

1	59	Jack Allen	AVEAC	24.4
2	216	Jordan Lefevre	Cannock & Stafford	24.7
3	166	Steven Thompson	Cannock & Stafford	25.6

400m

1	91	Macauley Snutch	Stoke AC	52.2
2	139	James McCrae	Nene Valley	54.0
3	216	Jordan Lefevre	Cannock & Stafford	55.8
4	210	Matthew Allcock	Sutton Harriers	60.6

800m

1	91	Macauley Snutch	Stoke AC	2.03.0
2	139	James McCrae	Nene Valley	2.03.1
3	39	David James	Birchfield	2.07.2
4	88	Jake Shaw	Charnwood AC	2.16.4
5	64	Sam Godwin	Notts AC	2.18.1
6	103	Tyler Ludlam	Newark AC	2.45.1

Under 17 Men

1500m

1	243	Cameron Smith	Mansfield Harriers	4.21.2
2	64	Sam Godwin	Notts AC	4.50.6

100m Hurdles

1	166	Steven Thompson	Cannock & Stafford	15.2
2	372	Paul Edwards	Cannock & Stafford	16.0
3	21	Jack Wickham	Notts AC	18.4

400m Hurdles

287	Liam Machin	Notts AC	75.7
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Hammer

1	316	Isaac Huskisson	Nene Valley Harriers	49.35
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Shot

1	345	Steven Lambourne	Doncaster AC	8.56
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Javelin

1	266	Kyle Gladwin	Telford AC	39.27
2	41	Adam Smith	Burton AC	24.63

Discus

1	229	Benson Cyriac	Notts AC	37.27
2	316	Isaac Huskisson	Nene Valley Harriers	32.01
3	41	Adam Smith	Burton AC	21.34
4	103	Tyler Ludlam	Newark AC	10.08

Under 17 Men

Long Jump

1	345	Steven Lambourne	Doncaster AC	5.95
2	357	Thomas Hughes	Hallamshire Harriers	5.49
3	104	Thomas Dobson	Notts AC	5.46
4	210	Matthew Allcock	Sutton Harriers	5.24
5	266	Kyle Gladwin	Telford	5.24
6	59	Jack Allen	AVEAC	5.01

High Jump

1	357	Thomas Hughes	Hallamshire Harriers	1.55
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Pole Vault

1	73	Joel Leon Benitez	Notts AC	3.70
2	179	Joshua Ilyk	Notts AC	3.00

Triple Jump

1	210	Matthew Allcock	Sutton Harriers	12.03
2	266	Kyle Gladwin	Telford AC	11.50
3	357	Thomas Hughes	Hallamshire Harriers	10.53

Under 20 Women

100m

1	197	Gabi Burton	Cannock & Stafford	12.7
2	271	Abigail Bishell	City of Sheffield	13.0
3	314	Niamh Bailey	Kettering Town Harriers	13.0
4	155	Amy Hodgson	City of Sheffield	13.1
5	89	Hannah Stevenson	Notts AC	13.1
6	97	Maria Hollingsworth	Lincs Sch	14.0
7	340	Laurel O'Dell	University of Sheffield	14.2

Under 20 Women

200m

1	80	Alice Desforges	Rushcliffe AC	27.2
2	89	Hannah Stevenson	Notts AC	27.3
3	340	Laurel O'Dell	University of Sheffield	29.2

400m

1	382	Steph O'Connor	Scunthorpe & District AC	
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800m

1	231	Lucy Arkinstall	Charnwood AC	2.26.9
2	163	Elana Payne	Nene Valley	2.30.1
3	87	Ellie Shaw	Charnwood AC	2.53.0
4	215	Elizabeth Demetriou	Manchester University	2.55.7

100m Hurdles

1	197	Gabi Burton	Cannock & Stafford	15.6
2	155	Amy Hodgson	City of Sheffield	15.6
3	314	Mianh Bailey	Kettering Town Harriers	16.2
4	101	Emily Heapey	AVEAC	16.8

400m Hurdles

1	294	Jessica Turner	Amber Valley AC	62.0
2	292	Chloe Warts	Notts AC	68.7
3	180	Emma Nutt	Charnwood AC	76.0

Hammer

1	115	Annabelle Palmer	Notts AC	47.26
2	11	Victoria Page	Worksop Harriers	26.16

Shot

1	283	Rebecca Woolley	Mansfield Harriers	10.07
2	115	Annabelle Palmer	Notts AC	9.06
3	314	Niamh Bailey	Kettering	8.96
4	155	Amy Hodgson	City of Sheffield	8.46
5	11	Victoria Page	Worksop Harriers	7.65

Under 20 Women

Javelin

1	283	Rebecca Woolley	Mansfield Harriers	28.75
2	11	Victoria Page	Worksop Harriers	14.84

Discus

1	185	Chloe Elphick	Trafford AC	30.49
2	11	Victoria Page	Worksop Harriers	19.68

Long Jump

1	155	Amy Hodgson	City of Sheffield	4.95
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High Jump

1	80	Alice Desforges	Rushcliffe AC	1.45
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Triple Jump

1	185	Chloe Elphick	Trafford AC	10.53
2	31	Alice Howe	Doncaster AC	10.51

Under 20 Men

100m

1	339	Amu Lyanda	University of Sheffield	11.5
2	325	Greg Whitehouse	Tipton Harriers	11.8
3	331	Mitchel Turner	Tipton Harriers	11.9
4	313	Bradley Fox	Kettering Town Harriers	11.9
5	224	Jordan Mitchell	Sutton Harriers	12.1
6	315	Tom Carvell	Kettering Town Harriers	12.3
7	326	Ben Wright	Tamworth AC	12.4
8	30	Matthew Keady	Notts AC	12.5
9	58	James Furness	Notts AC	13.1

Under 20 Men

200m

1	339	Amu Lyanda	University of Sheffield	23.4
2	325	Greg Whitehouse	Tipton Harriers	23.8
3	236	Alexander Skidmore	Notts AC	23.9
4	331	Mitchel Turner	Tipton Harriers	24.0
5	58	James Furness	Notts AC	26.2

400m

1	399	Charlie Perry	Cambridge Harriers	51.1
2	365	Sam Johnson	Boston & District AC	53.4
3	175	Samuel Nicholls	Cannock & Stafford	54.0
4	326	Ben Wright	Tamworth AC	54.4
5	402	Jake Lacey	Sutton Harriers	54.9
6	86	Sam Harvey	Manchester University	58.7

800m

1	207	Alex Benfield	Burton AC	2.06.6
2	373	Michael Craven	Nene Valley Harriers	2.07.3

1500m

1	207	Alex Benfield	Burton AC	4.20.8
2	72	George Bettsworth	Wreake Runners	4.43.8

110m Hurdles

1	218	Thomas Baskeyfield	City of Stoke	16.5
2	313	Bradley Fox	Kettering Town Harriers	16.7

400m Hurdles

1	105	Perry Offler	Notts AC	59.6
2	130	Lewis Golledge	Notts AC	61.2
3	136	Edward Selvey	Chesterfield & Dist	61.9

Javelin

1	398	Rob Heginbotham	Notts AC	41.53
2	224	Jordan Mitchell	Sutton Harriers	37.44
3	218	Thomas Baskeyfield	City of Stoke	34.35
4	313	Bradley Fox	Kettering Town Harriers	28.37

Under 20 Men

Discus

1	218	Thomas Baskeyfield	City of Stoke	27.37
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Long Jump

1	22	Stuart Street	Notts AC	6.92
2	313	Bradley Fox	Kettering Town Harriers	6.41
3	224	Jordan Mitchell	Sutton Harriers	5.94
4	30	Matthew Keady	Notts AC	5.80

High Jump

1	218	Thomas Baskeyfield	City of Stoke	1.75
2	187	James Taylor	Charnwood AC	1.65

Pole Vault

1	376	Connor McHale	Mansfield Harriers	3.80
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Triple Jump

1	396	Montel Nevers	Notts AC	13.84
2	224	Jordan Mitchell	Sutton Harriers	11.97

Senior / Vet Women

400m

1	401	Alexandra Turner	Amber Valley AC	59.3
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800m

1	375	Chloe Bradley	Doncaster AC	2.23.5
2	379	Sophie Munn	Durham Uni	2.24.7
3	220	Leonie Shipley	Derby AC	2.27.3

100m Hurdles

1	295	Louise Feeney	Amber Valley AC	16.6
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Senior / Vet Women

400m Hurdles

1	295	Louise Feeney	Amber Valley AC	70.5	
2	282	Julie Rogers	Birchfield Harriers	72.7	VetW

1500m Steeplechase

1	256	Emily Moss	Woodford Green	5.14.0	
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Hammer

1	275	Rachel Gair	Trafford AC	58.83	
2	223	Bethany Mitchell	Sutton Harriers	46.29	
3	268	Claire Lebond	Rotherham Harriers	34.19	
4	94	Dorothy Rubery	Charnwood AC	26.72	VetF
5	211	Susan Allcock	Sutton Harriers	17.46	VetF

Shot

1	223	Bethany Mitchell	Sutton Harriers	8.90	
2	211	Susan Allcock	Sutton Harriers	6.69	VetF
3	94	Dorothy Rubery	Charnwood AC	5.17	VetF

Javelin

1	223	Bethany Mitchell	Sutton Harriers	26.36	
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Discus

1	274	Charlotte Gair	Trafford AC	42.97	
2	223	Bethany Mitchell	Sutton Harriers	28.16	
3	211	Susan Allcock	Sutton Harriers	18.00	VetF
4	94	Dorothy Rubery	Charnwood AC	13.88	VetF

Long Jump

1	385	Katy Robinson	Nene Valley Harriers	4.75	
2	378	Kate Birks	Leicester Coritanians	4.72	

Senior / Vet Women

Triple Jump

1	391	Devon Spencer	Nene Valley	10.00
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Senior Men

100m

Heat 1

1	322	Peter Shand	Tipton Harriers	11.0
2	298	Alex Beechey	Notts AC	11.2
3	131	Jordan Fairclough	Notts AC	11.3
4	305	Adam Goulding	Unattached	11.4
5	90	Oliver Knight	Charnwood AC	11.4
6	302	Lewis Summer-Rell	Notts AC	11.8

Heat 2

1	327	Jarrold Skervin	Notts AC	11.4
2	323	Jack Imray	Tipton Harriers	11.4
3	299	Andrew Smitherman	Gloucestershire Uni	11.4
4	306	Makoye Kampengele	Notts AC	11.7
5	25	Kieran McKeever	Notts AC	11.8

Heat 3

1	158	Timmion Skervin	Notts AC	11.6
2	308	Thomas Ajose	Notts AC	11.6
3	319	Peter Hall	Notts AC	11.7

Heat 4

1	126	Andrew Wilkinson	Sheffield Hallam University	12.0
2	190	Sam Martin	North Devon	12.1
3	129	Tolly Savile	Sheffield Hallam University	12.2

Heat 5

1	343	M Rigby	Cannock & Stafford	11.9
2	329	Kevin Dzenga	Tipton Harriers	11.9
3	336	Dave Underwood		12.1
4	284	Luke Emanuel	Unattached	12.6

Heat 6

1	324	Jonathan Timmins	Tipton Harriers	11.7
2	338	Simon Green	University of Sheffield	12.5

Heat 7

1	328	Sam Farmer	Tipton Harriers	12.4	
2	53	Neil Middleton	Hillingdon	13.1	VetM

Heat 8

1	318	Jak Carpenter	Cannock & Stafford	12.9	
2	297	Philip Clayton	Notts AC	13.6	VetM
3	74	Peter Wright	Midland Masters AC	15.0	VetM

200m

Heat 1

1	298	Alex Beechey	Notts AC	22.3	
2	131	Jordan Fairclough	Notts AC	22.6	
3	305	Adam Goulding	Unattached	22.8	
4	389	Zach King	Notts AC	23.1	
5	327	Jarrold Skervin	Notts AC	23.3	
6	359	Samuel Stone	Notts AC	23.9	

Heat 2

1	322	Peter Shand	Tipton Harriers	21.8	
2	90	Oliver Knight	Charnwood AC	22.2	
3	306	Makoye Kampengele	Notts AC	23.4	
4	25	Kieran McKeever	Notts AC	23.4	
5	374	Joe Mellor	Notts AC	23.4	

Heat 3

1	323	Jack Imray	Tipton Harriers	22.9	
2	158	Timmion Skervin	Notts AC	23.3	
3	337	Mark Robinson	Sheffield Hallam University	23.6	
4	329	Kevin Dzenga	Tipton Harriers	24.0	

Heat 4

1	319	Peter Hall	Notts AC	23.6	
2	190	Sam Martin	North Devon	24.3	
3	328	Sam Farmer	Tipton Harriers	24.5	
4	129	Tolly Savile	Sheffield Hallam University	24.6	

Heat 5

1	324	Jonathan Timmins	Tipton Harriers	23.7	
2	336	Dave Underwood		24.1	
3	338	Simon Green	University of Sheffield	25.1	
4	348	James Phillips	Aberystwyth Univerity	25.3	
5	318	Jak Carpenter	Cannock & Stafford	25.5	
6	58	James Furness	Notts AC	26.2	

Heat 6

1	284	Luke Emanuel	Unattached	25.2	
2	349	Alexander M	Aberystwyth Univerity	25.5	
3	53	Neil Middleton	Hillingdon	26.3	VetM
4	310	Oscar Preston	Aberystwyth Univerity	26.8	
5	372	Paul Edwards	Cannock & Stafford	27.0	VetM

400m

1	299	Andrew Smitherman	Gloucestershire Uni	50.1	
2	290	Edward Dawes	Telford	50.6	
3	374	Joe Mellor	Notts AC	52.6	
4	348	James Phillips	Aberystwyth Univerity	56.2	
5	395	Shaun Ainge	Cannock & Stafford	58.0	VetM
6	349	Alexander M	Aberystwyth Univerity	58.2	
7	372	Paul Edwards	Cannock & Stafford	60.1	VetM
8	310	Oscar Preston	Aberystwyth Univerity	62.3	

800m

		Llyr Apgeraint-			
1	4	Roberts	Unaffiliated	2.24.3	VetM

1500m

1	383	Tom Crowley	Notts AC	4.05.5	
2	394	Stephen Long	Notts AC	4.11.1	
3	49	James Berehowskyj	University of East Anglia	4.15.2	
4	207	Alex Benfield	Burton AC	4.20.8	
5	243	Cameron Smith	Mansfield Harriers	4.21.2	
6	242	Alan Smith	Redhill Road Runners	4.21.2	VetM
7	392	Andrew Norton	Notts AC	4.38.2	
8	72	George Bettsworth	Wreake Runners	4.43.8	
9	64	Sam Godwin	Notts AC	4.50.6	
10	358	Abdullahi Nur	Notts AC	4.56.1	
11	4	Llyr Apgeraint- Roberts	Unaffiliated	4.59.3	VetM

Senior / Vet Men

110m Hurdles

1	343	M Rigby	Cannock & Stafford	16.5
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400m Hurdles

1	290	Edward Dawes	Telford	56.5
2	273	Stefan Willcockson	Mansfield Harriers	58.8
3	105	Perry Offler	Notts AC	59.6
4	130	Lewis Golledge	Notts AC	61.2
5	136	Edward Selvey	Chesterfield & Dist	61.9
6	280	Edward Hezlet	Cambridge University	63.9

Hammer

1	47	Robert Careless	Notts AC	52.84	VetM
2	52	Barry Hawksworth	Derby AC	46.41	VetM
3	24	David Locke	Notts AC	38.10	VetM
4	222	Andrew Mitchell	Sutton Harriers	33.77	VetM
5	99	Ian Cooley	Rotherham	32.11	VetM
6	257	Craig Rodwell	Newark AC	31.98	VetM

Javelin

1	296	Adam Lyons	Notts AC	39.11	
2	343	Alasdair Rigby	Cannock & Stafford	32.38	
3	222	Andrew Mitchell	Sutton Harriers	30.02	VetM
4	95	Adam Rubery	Unattached	29.14	
5	140	James Charters	Worksop Harriers	17.07	VetM

Discus

1	52	Barry Hawksworth	Derby AC	39.33	VetM
2	320	Kane Humphrey	Rotherham Harriers	37.64	
3	186	Doug Stark	Tamworth AC	36.93	
4	257	Craig Rodwell	Newark AC	28.41	VetM
5	278	Richard Sharpe	Lincoln Wellington	26.34	VetM
6	222	Andrew Mitchell	Sutton Harriers	25.78	VetM
7	95	Adam Rubery	Unattached	21.94	
8	140	James Charters	Worksop Harriers	16.98	VetM

Long Jump

1	240	Fraser Kesteven	Notts AC	6.24	
2	299	Andrew Smitherman	Gloucestershire Uni	5.77	
3	369	E Randall	Nottingham Uni	4.99	
4	380	Christopher Ashmore	Mansfield Harriers	4.98	VetM

High Jump

1	393	Pranav Narayanan	Nene Valley Harriers	1.75	
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Pole Vault

1	296	Adam Lyons	Notts AC	3.60	
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Triple Jump

1	393	Pranav Narayanan	NUAC	12.81	
2	384	Chris McCann	Leeds Met	12.81	
3	315	Tom Carvell	Kettering	10.19	