

Event	Place	Name	Club	Age Gr	Sex	tance/Time	Weight
Long Jump	1	Jack Poxon	Burton A.C.	v35	M	5.58	
Long Jump	2	Melanie Garland	Worcester A.C.	v55	F	4.36	
Long Jump	3	Janelle Quinn	Rugby and Northampton A.C.	v45	F	4.16	
Long Jump	4	Amy Pinkney	Worcester A.C.	v35	F	3.85	
Long Jump	5	Rashpal Singh	Coventry Godiva Harriers	v65	M	3.70	
Long Jump	6	Julie Wakelam	Bromsgrove and Redditch	v60	F	3.36	
Long Jump	7	Deborah Ricci	Bromsgrove and Redditch	v50	F	3.02	
Long Jump	8	Sally Hine	Rugby and Northampton A.C.	v70	F	2.99	
Long Jump	9	Jon Tibke	Midland Masters A.C.	v60	M	2.79	
Long Jump	10	Iris Holder	Worcester A.C.	v80	F	2.53	
Shot	1	Tony Wells	Corby A.C.	v70	M	8.04	4kg
Shot	2	Vito Ricci	Bromsgrove and Redditch	v50	M	7.98	7.26kg
Shot	3	Melanie Garland	Worcester A.C.	v55	F	6.64	3kg
Shot	4	Mike Herring	Kettering Town Harriers	v80	M	6.39	3kg
Shot	5	Amy Pinkney	Worcester A.C.	v35	F	6.26	4kg
Shot	6	Julie Wakelam	Bromsgrove and Redditch	v60	F	6.20	3kg
Shot	7	Janelle Quinn	Rugby and Northampton A.C.	v45	F	5.89	4kg
Shot	8	Iris Holder	Worcester A.C.	v80	F	5.81	2kg
Shot	9	Nicola Long	Burton A.C.	v45	F	5.60	4kg
Shot	10	Sally Hine	Rugby and Northampton A.C.	v70	F	5.28	3kg
Shot	11	Jill Lamb	Burton A.C.	v60	F	4.70	3kg
150m	1	Janelle Quinn	Rugby and Northampton A.C.	v45	F	22.6	
150m	2	Tony Wells	Corby A.C.	v70	M	23.5	
150m	3	Deborah Ricci	Bromsgrove and Redditch	v50	F	24.1	
150m	4	Julie Wakelam	Bromsgrove and Redditch	v60	F	25.7	
150m	5	Sally Hine	Rugby and Northampton A.C.	v70	F	26.7	
150m	6	Mike Herring	Kettering Town Harriers	v80	M	33.8	
150m	1	Peter Mould	Bromsgrove and Redditch	v65	M	20.4	
150m	2	Gemma Knight	Rugby and Northampton A.C.	v40	F	21.2	
150m	3	Amy Pinkney	Worcester A.C.	v35	F	21.8	
150m	4	Melanie Garland	Worcester A.C.	v55	F	22.8	
150m	5	Jon Tibke	Midland Masters A.C.	v60	M	24	
150m	6	Angela Bryant	Forest of Dean	v60	F	24.6	
600m	1	Sue Kneill-boxley	Cannock and Stafford A.C.	v55	F	2.09.4	
600m	2	Nicola Long	Burton A.C.	V45	F	3.06.1	
1k WALK	1	William Everitt	Nuneaton	U11	M	6.55.8	
1k WALK	2	Linda New	Wigston	V60	F	6.56.0	
1k WALK	3	Marthem Varghese		v45	M	7.02.3	
1k WALK	4	Fiona Meldrum	Tamworth	v55	F	7.02.8	
1k WALK	5	Leigh Derbyshire			M	7.36.4	
1k WALK	6	Jess Everitt			F	8.20.7	
1k WALK	7	Nicola Long	Burton A.C.	V45	F	8.49.3	

300m	1	Michael Gardiner	Cheltenham and County Harriers	v50	M	39.8
300m	2	Jack Poxon	Burton A.C.	v35	M	41.2
300m	3	Altino Mageste	Midland Masters A.C.	v45	M	42.0
300m	4	Paul Edwards	Cannock and Stafford A.C.	v60	M	45.5
300m	5	Gemma Knight	Rugby and Northampton A.C.	v40	F	46.0
300m	6	Jon Tibke	Midland Masters A.C.	v60	M	55.0
300m	7	Angela Bryant	Forest of Dean	v60	F	58.2
2K WALK	1	Mark Williams	Birchfield Harriers	v55	M	10.03.3
2K WALK	2	Carolyn Derbyshire	Nuneaton Harriers	v40	F	10.46.8
2K WALK	3	John Constandinou	Birchfield Harriers	v45	M	11.51.0
2K WALK	4	Wendy Kane	Nuneaton Harriers	v50	F	12.01.9
2K WALK	5	Hardeep Minhas	Leicester Walking Club	v60	M	12.10.3
2K WALK	6	Richard Emsley	Desborough Runners	v65	M	12.10.6
2K WALK	7	Julie Bellfield	Halesowen A.C	v50	F	12.13.7
2K WALK	8	Lynn Bellfield	Halesowen A.C	v55	F	13.18.1
2K WALK	9	Peter Everitt	Nuneaton Harriers	v45	M	13.32.3
2K WALK	10	Trisha Garner	Rugby and Northampton A.C.	v60	F	13.48.8
2K WALK	11	Marthem Varghese		v45	M	15.25.5
MILE	1	Sue Kneill-boxley	Cannock and Stafford A.C.	v55	F	6.25.5
MILE	2	Roger Simpson	Midland Masters A.C.	v65	M	7.09.3
MILE	3	Angela Copson	Rugby and Northampton A.C.	v70	F	7.31.1
MILE	4	Michael Bryant			M	7.34.6
MILE	5	Adrian Lloyd	Centurion Running Club	v70	M	8.04.0