

THE McCAIN BIRMINGHAM GAMES

24TH JULY 2010, BIRMINGHAM ALEXANDER STADIUM
RESULTS



T1 Women's 400m Hurdles - Heats

England Best: 52.74s Sally Gunnell Stuttgart 19.09.93

CBP: Tamsyn Lewis Sandringham AC 57.06s 2009

Heat 1

POSN	BIB	ATHLETE	CLUB	Perf	
1	256	Nusrat CEESAY	Woodford Green & Essex L	59.99	Q
2	237	Samantha COLEBY	Durham City Harriers	60.10	Q
3	261	Emma PETERS	Cardiff Aac	60.68	Q
4	263	Jade SURMAN	Birchfield Harriers	61.70	q
5	280	Wendy DAVIDSON	Edinburgh Ac	63.92	q

Heat 2

POSN	BIB	ATHLETE	CLUB	Perf	
1	258	Hannah DOUGLAS	Milton Keynes Ac	58.44	Q
2	254	Emily BONNETT	Yeovil Olympiads Ac	61.89	Q
3	260	Emily MOSS	Peterborough Ac	62.75	Q
4	262	Katie SOCKETT	City Of Sheffield Ac	64.34	
5	259	Caryl GRANVILLE	Swansea Harriers	DNF	

T11 Women's 400m Hurdles - FINAL

England Best: 52.74s Sally Gunnell Stuttgart 19.09.93

CBP: Tamsyn Lewis Sandringham AC 57.06s 2009

POSN	BIB	ATHLETE	CLUB	Perf	
1	258	Hannah DOUGLAS	Milton Keynes Ac	59.00	
2	237	Samantha COLEBY	Durham City Harriers	59.56	
3	261	Emma PETERS	Cardiff Aac	60.58	
4	263	Jade SURMAN	Birchfield Harriers	60.65	
5	254	Emily BONNETT	Yeovil Olympiads Ac	62.67	
6	260	Emily MOSS	Peterborough Ac	63.02	
7	280	Wendy DAVIDSON	Edinburgh Ac	DNS	
8	256	Nusrat CEESAY	Woodford Green & Essex L	DNS	

T2 Men's 400m Hurdles - Heats

England Best: 47.82s Kriss Akabusi Barcelona 06.08.92

CBP: Joseph Abraham India 51.50s 2009

Heat 1

POSN	BIB	ATHLETE	CLUB	Perf		
1	98	Ben CARNE	Harrow Ac	51.30	Q	CBP
2	96	Michael BAKER	Loughborough Students Ac	51.64	Q	
3	113	Rick YATES	Trafford Ac	52.78	Q	
4	110	Gareth MORRIS	Ashford Ac	54.01	q	
5	108	Joe LLOYD	Cheltenham Harriers	54.25		
6	99	Richard CURL	Solihull & Small Heath Ac	58.54		

Heat 2

POSN	BIB	ATHLETE	CLUB	Perf	
1	112	Benjamin SUMNER	Enfield And Haringey	51.56	Q
2	97	Andy BLOW	Basingstoke & Mid Hants Ac	53.94	Q
3	101	Mark DRAPER	Liverpool Harriers & Ac	54.10	Q
4	104	Callem FORDE	Charnwood Ac	54.23	q
5	102	Daniel ECKERSLEY	Kingston & Poly Ac	56.93	
6	111	Christian ROBERTS	Huntingdonshire Ac	DNS	

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T12 Men's 400m Hurdles - FINAL

England Best: 47.82s Kriss Akabusi Barcelona 06.08.92

CBP: Joseph Abraham India 51.50s 2009

POSN	BIB	ATHLETE	CLUB	Perf
1	97	Andy BLOW	Basingstoke & Mid Hants Ac	51.31
2	96	Michael BAKER	Loughborough Students Ac	53.50
3	101	Mark DRAPER	Liverpool Harriers & Ac	53.96
4	104	Callem FORDE	Charnwood Ac	54.22
5	110	Gareth MORRIS	Ashford Ac	56.73
6	98	Ben CARNE	Harrow Ac	DNS
7	112	Benjamin SUMNER	Enfield And Haringey	DNS
8	113	Rick YATES	Trafford Ac	DNS

T3 Women's 100m - Heats

England Best: 11.05 Montell Douglas Loughborough 17.07.08

CBP: Monique Williams Bay Cougars 11.71s 2009

Heat 1					Wind = -1.1 m/s
POSN	BIB	ATHLETE	CLUB	Perf	
1	216	Bernice WILSON	Birchfield Harriers	11.82	Q
2	202	Melinda COOKSEY	Birchfield Harriers	12.13	Q
3	205	Joanne FROST	Bromsgrove & Redditch Ac	12.46	Q
4	206	Aoife MACNEILL	Ireland	12.46	q
5	214	K SKELDING	Woodford Green & Essex L	12.52	

Heat 2					Wind = +0.3 m/s
POSN	BIB	ATHLETE	CLUB	Perf	
1	213	Shayone SIMAO	South London Harriers	12.13	Q
2	211	Anike SHAND WHITTINGHAM	Blackheath & Bromley Ac	12.25	Q
3	204	Azaria FRANCIS	Woodford Green & Essex L	12.46	Q
4	215	Abbi TYSON	Birchfield Harriers	12.51	q
5	212	Amanda SHAW	Barnsley Athletic Club	12.64	

T8 Women's 100m - FINAL

England Best: 11.05 Montell Douglas Loughborough 17.07.08

CBP: Monique Williams Bay Cougars 11.71s 2009

T8 Women's 100m - FINAL					Wind = -0.8 m/s
POSN	BIB	ATHLETE	CLUB	Perf	
1	216	Bernice WILSON	Birchfield Harriers	11.71	=CBP
2	211	Anike SHAND WHITTINGHAM	Blackheath & Bromley Ac	12.00	
3	213	Shayone SIMAO	South London Harriers	12.05	
4	202	Melinda COOKSEY	Birchfield Harriers	12.08	
5	206	Aoife MACNEILL	Ireland	12.41	
6	205	Joanne FROST	Bromsgrove & Redditch Ac	12.41	
7	215	Abbi TYSON	Birchfield Harriers	12.48	
8	204	Azaria FRANCIS	Woodford Green & Essex L	12.60	

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RESULTS



T4 Men's 100m - Heats

England Best: 9.87s (+0.3) Linford Christie Stuttgart 15.08.93

CBP: Andrew Williams WSEH 10.56s 2009

Heat 1				Wind = -0.1 m/s	
POSN	BIB	ATHLETE	CLUB	Perf	
1	26	Toby SANDEMAN	Thames Valley H	10.43	Q CBP
2	17	Cloron HYLTON	Birchfield Harriers	10.70	Q
3	19	Ryan JAMES	Birchfield Harriers	10.79	q
4	12	Liam DUFF	Cardiff Aac	10.83	q
5	13	Ryan FARRINGTON	Birchfield Harriers	10.84	
6	9	William DE TORVY	Thames Valley H	10.87	
7	3	Josh BAXTER	Loughborough Students Ac	11.17	

Heat 2				Wind = -1.1 m/s	
POSN	BIB	ATHLETE	CLUB	Perf	
1	14	Joel FEARON	Birchfield Harriers	10.75	Q
2	22	Idris OJURIYE	Herne Hill Harriers	10.80	Q
3	16	Mark HANSON	Enfield & Haringey Ac	10.87	
4	28	Adam THOMAS	Birchfield Harriers	11.04	
5	2	Emanuel ADEYEMI	Herne Hill Harriers	11.09	
6	25	Lewis ROUAULT	Harrow Ac	11.16	
7	21	Adam MOHAMMED	Shaftesbury Barnet Harriers	11.45	

Heat3				Wind = +0.7 m/s	
POSN	BIB	ATHLETE	CLUB	Perf	
1	20	Andrew MATTHEWS	Windsor Slough Eton & H	10.68	Q
2	24	Lloyd RICE	Birchfield Harriers	10.82	Q
3	23	Nengi OSSAI	Shaftesbury Barnet Harriers	10.89	
4	11	Phillip DOORGACHURN	Cardiff Aac	10.90	
5	4	Jamie BROCK	Yate Ac	10.99	
6	31	A Antoe WALTERS	Birchfield Harriers	11.06	

T9 Men's 100m - FINAL

England Best: 9.87s (+0.3) Linford Christie Stuttgart 15.08.93

CBP: Andrew Williams WSEH 10.56s 2009

				Wind = -0.3 m/s	
POSN	BIB	ATHLETE	CLUB	Perf	
1	26	Toby SANDEMAN	Thames Valley H	10.48	
2	22	Idris OJURIYE	Herne Hill Harriers	10.61	
3	19	Ryan JAMES	Birchfield Harriers	10.62	
4	20	Andrew MATTHEWS	Windsor Slough Eton & H	10.63	
5	17	Cloron HYLTON	Birchfield Harriers	10.66	
6	12	Liam DUFF	Cardiff Aac	10.79	
7	24	Lloyd RICE	Birchfield Harriers	10.81	
8	14	Joel FEARON	Birchfield Harriers	DNS	

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T5 Women's 400m - Heats

England Best: 49.43s Kathy Cook Los Angeles 06.08.84

CBP: Donna Fraser Croydon 53.32s 2009

Heat 1

POSN	BIB	ATHLETE	CLUB	Perf	
1	242	Kelly MASSEY	Sale Harriers Manchester	53.45	Q
2	240	Laura LANGOWSKI	Coventry Godiva H	54.91	Q
3	224	Laura WAKE	Herts Phoenix Ac	55.31	Q
4	245	Lesley OWUSU	Windsor Slough Eton & H	55.42	q
5	250	Sophie WILKINS	Marshall Milton Keynes Ac	57.69	
6	243	Sara-Jane OGLESBY	Notts Ac	57.84	

Heat 2

POSN	BIB	ATHLETE	CLUB	Perf	
1	246	Jo PATTERSON	Ballymena & Antrim Ac	54.74	Q
2	251	Emma WILLIAMS	Coventry Godiva H	56.23	Q
3	248	Joanne RYAN	Loughton Ac	56.80	Q
4	249	Racheal SHAW	Barnsley Athletic Club	57.24	q
5	244	Ese OKORO	Birchfield Harriers	58.31	
6	223	Gemma NICOL	Dunfermline & West Fife Ac	DNF	

T15 Women's 400m - FINAL

England Best: 49.43s Kathy Cook Los Angeles 06.08.84

CBP: Donna Fraser Croydon 53.32s 2009

POSN	BIB	ATHLETE	CLUB	Perf
1	246	Jo PATTERSON	Ballymena & Antrim Ac	54.74
2	248	Joanne RYAN	Loughton Ac	55.20
3	245	Lesley OWUSU	Windsor Slough Eton & H	55.58
4	224	Laura WAKE	Herts Phoenix Ac	55.59
5	251	Emma WILLIAMS	Coventry Godiva H	55.76
6	249	Racheal SHAW	Barnsley Athletic Club	55.73
7	242	Kelly MASSEY	Sale Harriers Manchester	DNS
8	240	Laura LANGOWSKI	Coventry Godiva H	DNS

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T6 Men's 400m - Heats

England Best: 44.37s Roger Black Lausanne 03.07.96

CBP: Brian Murphy UCC 47.77s 2009

Heat 1

POSN	BIB	ATHLETE	CLUB	Perf		
1	38	Nick LEAVEY	Woodford Green & Essex L	46.50	Q	CBP
2	84	Tom MILLER	Cardiff Aac	48.61	Q	
3	56	Adebowale ADEMUYEWO	Sale Harriers Manchester	49.20		
4	87	Patrick PALMER	Birchfield Harriers	49.46		
5	85	Eoin MULHALL	Ireland	49.49		
6	63	Gary COLEMAN	Yate Ac	49.92		
7	65	Jamie DAVIS	Ireland	50.04		

Heat 2

POSN	BIB	ATHLETE	CLUB	Perf		
1	82	Luke LENNON-FORD	Birchfield Harriers	48.34	Q	
2	70	Niall FLANNERY	Gateshead Harriers	48.71	Q	
3	71	Steven GARRETT	City Of Sheffield Ac	49.01	q	
4	61	Daniel CASH	Tamworth Ac	49.05	q	
5	89	Andrei POBISCHAN	Wakefield & District H & Ac	49.37		
6	80	Andrew KENDALL	Hillingdon Ac	49.52		
7	60	Tom BURTON	Tamworth Ac	DNS		

Heat 3

POSN	BIB	ATHLETE	CLUB	Perf		
1	76	Nick HOGAN	Ireland	47.94	Q	
2	58	Daniel BARRY	Trafford Ac	48.51	Q	
3	79	Kieran KELLY	Ireland	48.59	q	
4	72	Matt HAMILTON	Herts Phoenix Ac	49.07	q	
5	90	Stuart ROSS	Victoria Park Glasgow	49.40		
6	95	Symon WOAN	Preston Harriers	49.76		
7	86	Shem NELSON	Birchfield Harriers	50.04		

Heat 4

POSN	BIB	ATHLETE	CLUB	Perf		
1	68	Jarryd DUNN	Birchfield Harriers	48.63	Q	
2	81	Zach KING	Notts Ac	48.68	Q	
3	77	Jonathan HORNBLOW	Derby Ac	48.68	q	
4	73	Matthew HARRISON	Basildon Ac	49.03	q	
5	66	Harry DORAN	Liverpool Pembroke & Sefton H	49.74		
6	88	Shaka PALMER	Enfield & Haringey Ac	50.44		

Heat 5

POSN	BIB	ATHLETE	CLUB	Perf		
1	74	Glyn HAWKES	Cardiff Ac	48.41	Q	
2	91	Billy RYAN	Loughborough Students Ac	48.98	Q	
3	93	Andy WILKINSON	Sale Harriers Manchester	49.52		
4	57	Wayne ASHALL	Liverpool Pembroke & Sefton H	49.86		
5	94	Daniel WILLIAMS	Sale Harriers Manchester	50.28		
6	69	Luke EDWARDS	City Of Sheffield Ac	51.06		

T16 Men's 400m - FINALS B

England Best: 44.37s Roger Black Lausanne 03.07.96

CBP: Brian Murphy UCC 47.77s 2009

POSN	BIB	ATHLETE	CLUB	Perf		
1	79	Kieran KELLY	Ireland	48.68		
2	77	Jonathan HORNBLOW	Derby Ac	48.79		
3	73	Matthew HARRISON	Basildon Ac	49.00		
4	72	Matt HAMILTON	Herts Phoenix Ac	49.01		
5	61	Daniel CASH	Tamworth Ac	49.64		
6	91	Billy RYAN	Loughborough Students Ac	DQ		
7	70	Niall FLANNERY	Gateshead Harriers	DNS		
8	71	Steven GARRETT	City Of Sheffield Ac	DNS		

T17 Men's 400m - FINALS A

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England Best: 44.37s Roger Black Lausanne 03.07.96

CBP: Brian Murphy UCC 47.77s 2009

POSN	BIB	ATHLETE	CLUB	Perf
1	82	Luke LENNON-FORD	Birchfield Harriers	47.48
2	76	Nick HOGAN	Ireland	48.09
3	74	Glyn HAWKES	Cardiff Ac	48.33
4	58	Daniel BARRY	Trafford Ac	48.96
5	68	Jarryd DUNN	Birchfield Harriers	49.95
6	81	Zach KING	Notts Ac	DNS
7	38	Nick LEAVEY	Woodford Green & Essex L	DNS
8	84	Tom MILLER	Cardiff Aac	DNS

T7 Women's 100m Hurdles - Heats

England Best: 12.80s (+0.7) Angela Thorp Atlanta 31.07.96

CBP: Gemma Werrett Rugby/Nth 13.37s 2008

Heat 1				Wind = -0.1 m/s	
POSN	BIB	ATHLETE	CLUB	Perf	
1	230	Sara MCGREAVY	Sale Harriers Manchester	13.78	Q
2	227	Stephanie GAYNOR	Herts Phoenix Ac	14.05	Q
3	231	Mairead MURPHY	Ireland	14.16	Q
4	225	Georgia ATKINS	Chelmsford Ac	14.30	q
5	226	Grace CLEMENTS	Dartford Harriers Ac	14.98	
6					

Heat 2				Wind = 0.0 m/s	0
POSN	BIB	ATHLETE	CLUB	Perf	
1	229	Zara HOHN	Wakefield & District H & Ac	13.54	Q
2	228	Ashley HELSBY	Liverpool Harriers & Ac	13.79	Q
3	235	Gemma WERRETT	Birchfield Harriers	13.83	Q
4	233	Danielle ROONEY	Sale Harriers Manchester	14.64	q
5	232	Kylie ROBILLARD	Channel Isles Ac	15.70	
6					

T18 Women's 100m Hurdles - FINAL

England Best: 12.80s (+0.7) Angela Thorp Atlanta 31.07.96

CBP: Gemma Werrett Rugby/Nth 13.37s 2008

POSN	BIB	ATHLETE	CLUB	Perf
1	229	Zara HOHN	Wakefield & District H & Ac	13.41
2	228	Ashley HELSBY	Liverpool Harriers & Ac	13.70
3	230	Sara MCGREAVY	Sale Harriers Manchester	13.70
4	235	Gemma WERRETT	Birchfield Harriers	13.86
5	227	Stephanie GAYNOR	Herts Phoenix Ac	14.04
6	231	Mairead MURPHY	Ireland	14.27
7	225	Georgia ATKINS	Chelmsford Ac	14.38
8	233	Danielle ROONEY	Sale Harriers Manchester	14.71

T19 Men 's 110m Hurdles - FINAL

England Best: 13.00s (+0.5) Tony Jarrett Stuttgart 20.08.93

CBP: Nick Gayle Sale 13.94s 2009

POSN	BIB	ATHLETE	CLUB	Perf	
1	48	Chris BAILLIE	Birchfield Harriers	13.82	CBP
2	52	Matt HUDSON	Leeds City Ac	13.91	
3	51	Nicholas GAYLE	Sale Harriers Manchester	14.10	
4	50	Daniel DAVIS	Woodford Green & Essex L	14.28	
5	49	Dominic BRADLEY	Trafford Ac	14.72	
6	54	Paul WHITTLE	Blackburn Harriers & Ac	15.24	
7	53	Edirin OKORO	Birchfield Harriers	DQ	

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T13 Women's 200m - Heats

England Best: **22.10s (-0.1)** Kathy Cook Los Angeles **09.08.84**

CBP: Helen Pryer WSEH **23.55s 2009**

HEAT1				Wind = +1.3 m/s	
POSN	BIB	ATHLETE	CLUB	Perf	
1	202	Melinda COOKSEY	Birchfield Harriers	24.29	Q
2	221	Louise HAZEL	Birchfield Harriers	24.44	Q
3	220	Lucy EVANS	Sale Harriers Manchester	24.85	Q
4	201	Susanna BANJO	Newham Essex Beagles	25.08	q
5	214	K SKELDING	Woodford Green & Essex L	25.18	q

HEAT2				Wind = NT	
POSN	BIB	ATHLETE	CLUB	Perf	
1	216	Bernice WILSON	Birchfield Harriers	24.14	Q
2	211	Anike SHAND WHITTINGHAM	Blackheath & Bromley Ac	25.32	Q
3	212	Amanda SHAW	Barnsley Athletic Club	25.91	Q
4	217	Margaret ADEOYE	Enfield & Haringey Ac	DNF	
5	213	Shayone SIMAO	South London Harriers	DNS	

T20 Women's 200m - FINAL

England Best: **22.10s (-0.1)** Kathy Cook Los Angeles **09.08.84**

CBP: Helen Pryer WSEH **23.55s 2009**

				Wind = 0.0 m/s	
POSN	BIB	ATHLETE	CLUB	Perf	
1	216	Bernice WILSON	Birchfield Harriers	23.90	
2	202	Melinda COOKSEY	Birchfield Harriers	24.38	
3	211	Anike SHAND WHITTINGHAM	Blackheath & Bromley Ac	25.10	
4	201	Susanna BANJO	Newham Essex Beagles	25.23	
5	214	K SKELDING	Woodford Green & Essex L	25.50	
6	212	Amanda SHAW	Barnsley Athletic Club	25.64	
7	220	Lucy EVANS	Sale Harriers Manchester	DNS	
8	221	Louise HAZEL	Birchfield Harriers	DNS	

T14 Men's 200m - Heats

England Best: **19.94s** John Regis Stuttgart **20.08.93**

CBP: Somto Eruchie Birchfield **21.36s 2009**

HEAT1				Wind = +0.9 m/s		
POSN	BIB	ATHLETE	CLUB	Perf		
1	26	Toby SANDEMAN	Thames Valley H	21.08	Q	CBP
2	41	Jordan MCGRATH	Birchfield Harriers	21.66	Q	
3	11	Phillip DOORGACHURN	Cardiff Aac	21.73	q	
4	33	Jamie-Kerr BOWIE	Inverness Harriers Aac	21.93	q	
5	46	Sean WATSON	Shettleston Harriers	22.69		
6	36	Scott HUGHSON	Edinburgh Ac	23.04		
7	44	Chris SMITH	Not Listed	23.22		

HEAT2				Wind = 0.0 m/s	
POSN	BIB	ATHLETE	CLUB	Perf	
1	22	Idris OJURIYE	Herne Hill Harriers	21.84	Q
2	40	David MARTIN	Victoria Park Glasgow	22.02	Q
3	23	Nengi OSSAI	Shaftesbury Barnet Harriers	22.05	
4	45	Patrick SWAN	Gateshead Harriers	22.24	
5	35	Ian GARIOCH	Moray Road Runners	22.29	
6	196	Jay YOUNGER	Kilbarchan Aac	22.70	
7	37	Guy LEARMONTH	Lasswade Aac	22.99	

HEAT3				Wind = 0.0 m/s	
POSN	BIB	ATHLETE	CLUB	Perf	
1	34	Dwayne DOWDING	Hercules Wimbledon Ac	21.77	Q
2	13	Ryan FARRINGTON	Birchfield Harriers	22.09	Q
3	25	Lewis ROUAULT	Harrow Ac	22.19	
4	4	Jamie BROCK	Yate Ac	22.36	
5	39	Greg LOUDEN	Lasswade Aac	22.42	
6	47	Anthony YOUNG	Pitreavie Aac	22.51	

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T21 Men's 200m - FINAL

England Best: 19.94s John Regis Stuttgart 20.08.93

CBP: Somto Eruchie Birchfield 21.36s 2009

Wind = 0.0 m/s

POSN	BIB	ATHLETE	CLUB	Perf
1	26	Toby SANDEMAN	Thames Valley H	21.40
2	22	Idris OJURIYE	Herne Hill Harriers	21.54
3	34	Dwayne DOWDING	Hercules Wimbledon Ac	21.75
4	11	Phillip DOORGACHURN	Cardiff Aac	22.07
5	13	Ryan FARRINGTON	Birchfield Harriers	22.18
6	33	Jamie-Kerr BOWIE	Inverness Harriers Aac	DNS
7	41	Jordan MCGRATH	Birchfield Harriers	DNS
8	40	Louise HAZEL	Birchfield Harriers	DNS

T10 MCAA Champs Men's 3000m - FINAL

CBP: Alan Salter Birchfield 8.02.6s 1980

POSN	BIB	ATHLETE	CLUB	Perf
1	167	Jean NDAYISENGA	Birchfield Harriers	08:22.09
2	123	Biniam ANDE	Birchfield Harriers	08:24.30
3	165	Sam MITCHELL	Worcester Ac	08:33.84
4	139	Alex DERRICOTT	Staffordshire Moorlands Ac	08:35.70
5	140	Sebastian DUFFY	City Of Stoke Ac	08:40.08
6	137	Sam DALGLEISH	Yate Ac	08:42.93
7	183	Ben SHARMAN	Birchfield Harriers	08:43.74
8	193	Adam WATT	Birchfield Harriers	08:45.35
9	150	Daniel HALLAM	Owls Ac	08:47.78
10	191	Craig WALKER	Telford Ac	08:48.93
11	170	Chris PERRIN	Cannock & Stafford Ac	08:55.72
12	171	James PERRIN	Cannock & Stafford Ac	09:01.07
13	159	Andrew KAAR	Birchfield Harriers	09:09.16
14	168	Stuart NELSON	Rugby & Northampton Ac	09:12.77
15	132	Philip CLAMP	Tipton H	09:26.28
16	121	Yousef AL-LATHAA	Birchfield Harriers	DNF

T22 MCAA Chps Women's 3000m - FINAL

CBP: Tina Brown Coventry Godiva 9.16.5s 2005

POSN	BIB	ATHLETE	CLUB	Perf
1	327	Sarah WALDRON	Shaftesbury Barnet Harriers	09:29.55
2	272	Frances BRISCOE	Coventry Godiva H	09:45.64
3	297	Dannii JOHNSON	Birchfield Harriers	10:14.20
4	350	Genet MEASSO	Birchfield Harriers	10:24.70
5	288	Sally GRAY	Stafford Harriers	10:34.43
6	326	Rachel VINES	Clc Striders	10:54.97
7	267	Liza BARRY	Clc Striders	11:20.27
8	307	Wendy MORANT	Birchfield Harriers	15:37.30

T23 Invitational Men's 4 x 400m Relay -

POSN	BIB	ATHLETE	CLUB	Perf
1	4		Scotland Blue	03:08.7
2	6		Scotland White	03:12.4
3	5		Scotland Jnr	03:14.2
4	3		Team B	03:14.7

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F1 Women's Hammer - FINAL

England Best: 68.93m Lorraine Shaw Loughborough 08.06.03

CBP: Zoe Derham Birchfield 67.04m 2008

POSN	BIB	ATHLETE	CLUB	Perf
1	281	Zoe DERHAM	Birchfield Harriers	63.89
2	283	Laura DOUGLAS	Sale Harriers Manchester	58.51
3	287	Rachel GAIR	Trafford Ac	55.55
4	296	Joanne JOHN	Windsor Slough Eton & H	54.86
5	298	Vicky JOHNSON	Liverpool Harriers & Ac	47.58
6	299	Christina JONES	Bristol & West Ac	46.75
7	331	Kate YHNELL	Gloucester Ac	44.70
8				

F2 Women's High Jump - FINAL

England Best: 1.95m Diana Elliott/Davies Oslo 26.06.82

CBP: Vikki Hubbard Birchfield 1.82m 2009

POSN	BIB	ATHLETE	CLUB	Perf
1	314	Bethan PARTRIDGE	Telford Ac	1.75
2	226	Grace CLEMENTS	Dartford Harriers Ac	1.75
3	324	Sian SWANSON	Maldwyn Harriers	1.70
4	268	Cosima BERRY	Leamington C & Ac	1.65
4	316	Hayley PITMAN	Bristol & West Ac	1.65
6	285	Hannah FRITH	Bedford & County Ac	1.65
7	322	Serita SHONE	Bournemouth Ac/Cardiff Aac	1.60

F3 Men's Pole Vault - FINAL

England Best: 5.80m Nick Buckfield Chania 27.05.98

CBP: Paul Walker Sale 4.95 2009

POSN	BIB	ATHLETE	CLUB	Perf	CBP
1	141	Max EAVES	Newham & Essex Beagles Ac	5.10	
2	136	Nick CRUCHLEY	Halesowen A & Cc	5.00	
3	161	Andy MARSH	Birchfield Harriers	4.80	
4	192	Cameron WALKER-SHEPHERD	Birchfield Harriers	4.60	
5	175	Michael READ	Shaftesbury Barnet Harriers	4.30	

F4 Men's Javelin - FINAL

England Best: 91.46m Steve Backley Auckland 25.01.92

CBP: Anil Kumar Singh India 73.47m 2009

POSN	BIB	ATHLETE	CLUB	Perf
1	135	Neil CROSSLEY	Cheltenham & County Harriers	69.09
2	129	Brett BYRD	City Of Stoke Ac	68.76
3	172	Lee PETERS	Mansfield H	58.89

F5 Men's Triple Jump - FINAL

England Best: 18.29m (+1.3) Jonathan Edwards Gothenburg 07.08.95

CBP: Tosin Oke WGEL 15.23m 2008

POSN	BIB	ATHLETE	CLUB	Perf	CBP
1	149	Julian GOLLEY	Windsor Slough Eton & H	15.24	0.0
2	166	Matthew MORSIA	Tvh/Ashford Ac	15.13	0.0
3	164	Michael MCKERNAN	Birchfield Harriers	15.01	-0.2
4	153	Lawrence HARVEY	Trafford AC	14.91	0.0

F6 Women's Shot - FINAL

England Best: 19.36m Judy Oakes Gateshead 14.08.83

CBP: Eden Francis 15.56m 2008

POSN	BIB	ATHLETE	CLUB	Perf
1	319	Alison RODGER	Sale Harriers Manchester	14.58
2	221	Louise HAZEL	Birchfield Harriers	11.44
3	301	Kirsty LAW	Shaftesbury Barnet Harriers	10.21

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F7 Women's Long Jump - FINAL

England Best: 6.90m (+1.4) Bev Kinch Helsinki 14.08.83

CBP: Kelly Sotherton Birchfield 6.51m 2008

POSN	BIB	ATHLETE	CLUB	Perf	
1	311	Jade NIMMO	Falkirk Victoria H	6.15	0.0
2	312	Jenny PACEY	Windsor Slough Eton & H	6.14	0.0
3	330	Amy WOODMAN	Birchfield Harriers	6.11	+0.2
4	291	Amy HARRIS	Birchfield Harriers	6.10	+0.4
5	221	Louise HAZEL	Birchfield Harriers	6.09	+0.1
6	309	Kim MURRAY	Woodford Green And Essex Ladies	5.97	+0.1
7	313	Aimee PALMER	Sale Harriers	5.70	-0.2
8	322	Serita SHONE	Bournemouth Ac/Cardiff Aac	5.68	0.0
9	266	Dee BAKRE	Enfield And Haringey	5.47	0.0
10	205	Joanne FROST	Bromsgrove & Redditch Ac	5.35	0.0
11	295	Harriet JAMES	Preston Harriers	5.09	+1.6

F8 Women's Discus - FINAL

England Best: 61.22m Shelley Newman Loughborough 08.06.03

CBP: Krisna Poonia India 59.62m 2009

POSN	BIB	ATHLETE	CLUB	Perf	
1	301	Kirsty LAW	Shaftesbury Barnet Harriers	51.70	
2	306	Jade MOORE	Birchfield Harriers	42.11	
3	319	Alison RODGER	Sale Harriers Manchester	40.95	
4	296	Joanne JOHN	Windsor Slough Eton & H	38.39	
5	286	Charlotte GAIR	Mansfield H	36.99	

F9 Women's Pole Vault - FINAL

England Best: 4.60m Kate Dennison Szczecin 15.09.09

CBP: Emma Lyons Sale 4.00m 2008

POSN	BIB	ATHLETE	CLUB	Perf	
1	315	Sally PEAKE	Liverpool Harriers & Ac	4.00	=CBP
2	303	Emma LYONS	Sale Harriers Manchester	4.00	
3	325	Sophie UPTON	Windsor Slough Eton & H	3.90	
4	317	Bryony RAINE	Cardiff Aac	3.90	
5	264	Jessica ABRAHAM	Cardiff Aac	3.70	
6	269	Ellie BESFORD	Chelmsford Ac	3.70	
7	305	Lyndsey MAUND	Swansea H	3.60	
7	323	Louise SHORTLAND	Stevenage & North Herts Ac	3.60	
9	321	Michelle SHARROCK	Wigan & Dist H Ac	3.40	

F10 Men's High Jump - FINAL

England Best: 2.37m Steve Smith Seoul 20.09..92

CBP: Tom Parsons Birchfield/Germaine Mason Birchfield 2.25m 2009

POSN	BIB	ATHLETE	CLUB	Perf	
1	180	Matt ROBERTS	Newham & Essex Beagles Ac	2.19	
2	182	Adam SCARR	Enfield & Haringey Ac	2.16	
3	146	Kourosh FOROUGHI	Star Of The Sea Ac	2.10	
4	158	Scott JOHNSON	Bedford & County Ac	2.05	
5	179	Karl ROBBINS	Coventry Godiva H	2.00	
5	173	Simon PHELAN	Newham & Essex Beagles Ac	2.00	
5	187	Phinehas STEWART	Birchfield Harriers	2.00	
8	184	Romeo SITHOLE	Charnwood Ac	1.95	
9	142	Lewis ELY	Blackheath & Bromley Ac	1.95	
10	128	Mark BROWN	Coventry Godiva Harriers	1.90	

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F11 Men's Long Jump - FINAL

England Best: 8.30m Greg Rutherford Berlin 20.08.08

CBP: Leigh Smith Birchfield 7.66m 2008

POSN	BIB	ATHLETE	CLUB	Perf	
1	131	Richardo CHILDS	Brecon	7.39	+1.0
2	185	Leigh SMITH	Birchfield Harriers	7.37	0.0
3	155	Mark HOLLOWAY	Windsor Slough Eton & H	7.22	+2.0
4	19	Ryan JAMES	Birchfield Harriers	7.02	+1.0
5	181	Simon ROPER	Derby Ac	6.64	+1.0
6	152	David HARVEY	Windsor Slough Eton & H	6.63	+1.5
7	147	James GARDNER	City Of Stoke Ac	6.44	0.0
8	144	Nathaniel FACEY	Birchfield Harriers	6.40	+1.8
9	189	Ricardo TWUMASI	Sale Harriers Manchester/Loughborough Uni	6.24	-1.0

F12 Men's Hammer - FINAL

England Best: 77.30m David Smith Crystal Palace 13.07.85

CBP: Wayne Powell Gloucester 57.63m 2008

POSN	BIB	ATHLETE	CLUB	Perf	CBP
1	145	Michael FLOYD	Sale Harriers Manchester	69.72	CBP
2	127	Michael BOMBA	Liverpool Harriers	62.95	
3	177	Matthew RICHARDS	Belgrave Harriers	59.52	
4	126	Matthew BELL	Birchfield Harriers	59.05	
5	188	Matthew SUTTON	Birchfield Harriers	56.87	
6	176	Adam REYNOLDS	Liverpool Harriers	50.84	

F13 Women's Triple Jump - FINAL

England Best: 15.15m (+1.7) Ashia Hansen Fukuoka 13.09.97

CBP: Sara Barry Cardiff 12.45m 2008

POSN	BIB	ATHLETE	CLUB	Perf	CBP
1	329	Nadia WILLIAMS	Shaftesbury Barnet Harriers	13.44	-1.3 CBP
2	265	Stephanie ANETO	Woodford Green & Essex L	13.17	+0.4
3	308	Nony MORDI	Shaftesbury Barnet Harriers	12.76	0.0
4	302	Claire LINSKILL	North Devon Ac	12.68	-0.4
5	290	Sineade GUTZMORE	Birchfield Harriers	12.66	0.0
6	277	Zainab CEESAY	Woodford Green & Essex L	12.51	+0.3
7	266	Dee BAKRE	Enfield And Haringey	12.08	+1.0
8	310	Julia NILOVA	Shaftesbury Barnet Harriers	12.00	0.0
9	314	Bethan PARTRIDGE	Telford Ac	11.63	+0.1