

## For the Tilling-Starkie Memorial Trophy

**Men**

South	165pts
North	141pts
Midlands	107pts

**Overall**

South	316.5pts
North	252.5pts
Midlands	247pts

**3000m Track Walk**

Pos	Athlete	Club	No.	Perf.
1	Dominic King	South	6	12.14.39
2	Andi Penn	Midlands	2	12.49.54
3	Mark Williams	Midlands	1	12.52.90
4	Ben Wears	North	3	13.12.90
5	John Constandinou	Birchfield Harriers	59	16.25.74
6	Daniel King	South	5	DQ
7				
8				

**400m H**

Pos	Athlete	Club	No.	Perf.
1	Ryan Dinham	South	5	51.87
2	Ian McDonald	Midlands	2	52.26
3	Tom Carey	South	6	52.78
4	Rob Newton	Sale H	37	53.72
5	Andy Hopkins	North	3	54.06
6	Joe Lloyd	Midlands	1	54.56
7	Richard Yates	North	4	54.81

**800m**

Pos	Athlete	Club	No.	Perf.
1	Chris Saville	South	5	1.52.34
2	Chris Bryant	North	3	1.53.04
3	Drew Graham	North	4	1.53.85
4	Martin Flook	Midlands	1	1.53.93
5	Matt Addison	Midlands	2	1.56.11
6	Martin Reid	North	57	1.58.74
7				

**100m****Wind Speed** -1.1 m/s

Pos	Athlete	Club	No.	Perf.
1	Rikki Fifton	South	5	10.48
2	Ryan Moseley	South	6	10.51
3	Craig Pickering	Marshalls Milton Ke	32	10.53
4	Lloyd Rice	Midlands	2	10.78
5	Tim Ward	North	3	10.78
6	Dannny Doyley	Blackheath and Bro	35	10.87
7	Daniel Cossins	Midlands	1	10.97

**3000m S/C**

Pos	Athlete	Club	No.	Perf.
1	Sam Aldridge	South	6	9.23.55
2	Samatar Farah	South	5	9.24.04
3	Steve Millward	Midlands	1	9.34.90
4	John Halligan	North	4	9.37.42
5	Dominik Morton	Midlands	2	9.42.15
6				

**110mH****Wind Speed** -1.7 m/s

Pos	Athlete	Club	No.	Perf.
1	Robert Henry	North	3	14.81
2	Nick Gayle	Midlands	1	14.92
3	Tom Carey	South	6	14.96
4	Sean Courteney	South	5	15.20
5	Charlie Kavanagh	North	4	15.49
6	Jusrin Grimes		2	16.01

**200m****Wind Speed** 1.1 m/s

Pos	Athlete	Club	No.	Perf.
1	Rikki Fifton	South	5	20.89
2	Tim Ward	North	3	21.43
3	Jeff Balogun	South	6	21.72
4	Ryan Mosley		86	21.72
5	Jim Tipper	Midlands	2	21.81
6	Daniel Cossins	Midlands	1	22.14
7	Andrew Shepherd	Charnwood AC	82	22.58
8				

**400m**

Pos	Athlete	Club	No.	Perf.
1	Richard Strachen	North	4	46.38
2	Richard Buck	North	3	47.17
3	Mark Berridge	South	5	47.21
4	Ritchie Morgan	South	6	47.94
5	Matt Dewsbery	Midlands	1	48.14
6	Leon Grant		36	48.18
7	James Marshall	Midlands	2	48.56
8	Dwayne Lewis	Birchfield Harriers	28	49.36

**1500m**

Pos	Athlete	Club	No.	Perf.
1	Dan Samuels	North	3	3.52.35
2	James Atkinson	South	5	3.53.32
3	John Millington	Midlands	1	3.55.71
4	Brian Stopher	South	6	3.58.64
5	Jonathan Thewlis	North	4	4.01.55
6				

**4x100m**

Pos	Athlete	Club	No.	Perf.
1		Midlands	1	41.25
2		South	5	41.26
3		North	3	DQ
4				
5				
6				

**4x400m**

Pos	Athlete	Club	No.	Perf.
1		North	3	3.15.58
2		South	5	3.15.67
3		Midlands	1	3.15.68
4				
5				
6				

**Pole Vault**

Pos	Athlete	Club	No.	Perf.
1	Keith Higham	North	3	5.15
2	Joe Ive	South	6	5.00
3	Chris Tremayne	Midlands	1	4.80
4	Alan Richardson	North	4	4.80
5				
6				

**High Jump**

Pos	Athlete	Club	No.	Perf.
1	Tom Parsons	Midlands	1	2.20
2	Simon Phelan	South	6	2.10
3	Wanangwa Mkandawire	North	4	2.10
4	Martin Aram	North	3	2.00
5	Dan Turner	South	5	2.00
6	Calvin Hall	Midlands	2	1.90

**Hammer**

Pos	Athlete	Club	No.	Perf.
1	Simon Bown	South	6	67.28
2	Mike Floyd	North	3	65.80
3	Matt Bell	Midlands	1	63.00
4	Craig Ellams	Midlands	2	57.30
5	Rob Earl	South	5	51.51
6				

**Triple Jump**

Pos	Athlete	Club	No.	Perf.
1	David Budd	North	3	14.84
2	Alex Sewart	South	5	14.75
3	Greamme Matthews	North	4	14.28
4	Lawrence Harvey	Midlands	1	14.26
5	James Townsend	Midlands	2	13.80
6				

w/s 0.4

w/s 0.4

w/s-1.1

w/s 0.5

w/s 0.8

**Shot Putt**

Pos	Athlete	Club	No.	Perf.
1	Chris Gearing	South	5	17.08
2	Jamie Williamson	North	3	16.82
3	Kieran Kelly	South	6	16.31
4	Mark Allen	Midlands	1	15.78
5	Rob Russell	North	4	15.62
6	Edward Dunford	Midlands	2	14.67

**Discus**

Pos	Athlete	Club	No.	Perf.
1	Abdul Bahari	South	5	54.44
2	Marcus Goulbourne	North	3	52.52
3	Rob Russell	North	4	49.41
4	Chris Gearing	South	6	42.30
5	Steve Hale	Midlands	2	42.10
6	Mark Allen	Midlands	1	41.11

**Javelin**

Pos	Athlete	Club	No.	Perf.
1	Glyn Hollingworth	Midlands	1	65.84
2	Alex van der Merwe	South	5	63.22
3	Ian Burns	North	4	62.90
4	Gerard Plaish-Plunkett	North	3	61.13
5	Felix Hatton	South	6	60.78
6	Rob Eggleton	Midlands	2	57.58

**Long Jump**

Pos	Athlete	Club	No.	Perf.
1	Simon Roper	North	4	7.40
2	Chris Kirk	North	3	7.35
3	Richard Danso	South	5	7.28
4	Steve Small	South	6	7.24
5				
6				

w/s 0.8

w/s 1.8

w/s 0.3

w/s 1.2

**Women**

South	151.5pts
Midlands	140pts
North	111.5pts

**Overall**

South	316.5pts
North	252.5pts
Midlands	247pts

**3000m Track Walk**

Pos	Athlete	Club	No.	Perf.
1	Joanna Johnson	North	3	13.15.38
2	Sharon Tonks	Midlands	1	15.31.86
3	Fiona McGoram	Midlands	2	16.37.72
4				
5				
6				

**400m H**

Pos	Athlete	Club	No.	Perf.
1	Lee McConnell	SB	20	56.2
2	Emma Duck	South	5	56.7
3	Hannah Stares	South	6	59.2
4	Michelle Thomas	Midlands	1	60.0
5	Emma Peters	Midlands	2	60.6
6	Katia Lannon		21	60.8
7	Jackie Noblet	North	4	62.3
8	Jodie Favell	North	3	65.4

**800m**

Pos	Athlete	Club	No.	Perf.
1	Vikki Griffiths	North	3	2.03.5
2	Anna Simmonds	Midlands	1	2.07.1
3	Kelly Johnson	North	4	2.09.1
4	Philippa Aukett	South	5	2.10.1
5				
6				
7				

**100m****Wind Speed** -2.1 m/s

Pos	Athlete	Club	No.	Perf.
1	Katherine Jones	Midlands	1	11.89
2	Montell Douglas	South	6	11.89
3	Helen Taylor	North	3	12.01
4	Melinda Cookesy	Tipton H	7	12.06
5	Louise Bloor	North	4	12.09
6	Amina Ceesay	South	5	12.20
7	Sabrina Scott		22	12.39
8	Claire Spurwauy	Midlands	2	12.55
9	Kimberley Wainwright		58	12.68

**2000m s/c**

Pos	Athlete	Club	No.	Perf.
1	Lois Bowles	South	5	6.56.78
2	Celia de Maria	North	3	7.03.48
3	Emma Day	Midlands	1	8.18.34
4				
5				
6				

**100m H****Wind Speed 0.8 m/s**

Pos	Athlete	Club	No.	Perf.
1	Gemma Bennett	South	5	13.40
2	Sara McGreavy	Sale H	9	13.64
3	Nicola Robinson	Midlands	1	13.89
4	Zara Hohn	North	3	13.90
5	Leanne Buxton	South	6	14.18
6	Katey Reed	North	4	14.50
7	Laura Eastman	Midlands	2	14.64
8	Katia Lannon	North	21	14.66

**3000m**

Pos	Athlete	Club	No.	Perf.
1	Tina Brown	Midlands	1	9.20.22
2	Jane Potter	Charnwood A C	18	9.34.96
3	Jennifer Pereira	South	6	9.39.36
4	Juliet Potter	Midlands	2	9.51.29
5	Nicola Bamford	Notts AC	10	9.59.30
6	Kirsteen Young	North	3	10.21.89
7	Sarah Beavers	North	4	10.27.05
8				

**200m****Wind Speed -1.6 m/s**

Pos	Athlete	Club	No.	Perf.
1	Katherine Jones	Midlands	1	24.29
2	Montell Douglas	South	6	24.48
3	Melinda Cooksey	Midlands	2	24.53
4	Amina Ceesay	South	5	24.90
5	Amanda Shaw	North	4	25.14
6	Kimberly Wainwright	North	3	25.78

**400m**

Pos	Athlete	Club	No.	Perf.
1	Helen Karagounis	Birchfield Harriers	8	52.85
2	Lesley Owusu	South	6	53.95
3	Marian Ohaiwa	South	5	54.46
4	Amy Freeman	North	3	54.64
5	Rhianna Parker Simpson	Midlands	2	55.33
6	Kelly Massey	Midlands	1	55.74
7	Seemita Gums	Birchfield Harriers	41	55.79
8	Alison Hackney	North	4	58.05

**1500m**

Pos	Athlete	Club	No.	Perf.
1	Nikki Hamblin	South	5	4.25.18
2	Ellie Stevens	North	3	4.28.93
3	Nicola Squires	North	4	4.39.02
4	Danielle Sale	South	6	4.46.56
5				
6				

**4x100m**

Pos	Athlete	Club	No.	Perf.
1		Midlands	1	47.03
2		South	5	47.15
3		North	3	48.14
4				
5				
6				

**4x400m**

Pos	Athlete	Club	No.	Perf.
1		Midlands	1	3.46.71
2		South	5	3.51.13
3		North	3	DNS
4				
5				
6				

**Pole Vault**

Pos	Athlete	Club	No.	Perf.
1	Hilary Smith	Midlands	1	3.70
2	Laura Patterson	South	6	3.60
3	Emma Lyons	Midlands	2	3.50
4	Clare Neve	North	3	3.40
5	Patricia Krawczyk	North	4	3.20
6	Gemma Dowsett	South	5	3.20

**High Jump**

Pos	Athlete	Club	No.	Perf.
1	Julie Crane	Midlands	1	1.88
2	Adele Lassu	North	4	1.75
3	Shani Rainford	South	5	1.70
4	Katrina Forest	South	6	1.70
5	Kay Humberstone	North	3	1.65
6				

**Hammer**

Pos	Athlete	Club	No.	Perf.
1	Joanne John	South	5	54.33
2	Monique Buchanan	South	6	54.13
3	Rachel Gair	Midlands	2	51.93
4	Lucy Marshall	Midlands	1	51.81
5	Jemma Kelly	North	4	49.18
6	Liisa Marie Shippen	North	3	44.69

**Triple Jump**

Pos	Athlete	Club	No.	Perf.
1	Stephanie Aneto	South	6	12.62
2	Anna Kelly	Midlands	1	12.23
3	Julie Straker	North	3	11.94
4	Cathryn Jones	Midlands	2	10.53
5	Nicola Breaks	North	4	10.14
6				

w/s 1.0  
w/s 2.07 12.21m w/s 1.9  
w/s 1.0  
w/s 1.7  
w/s 1.2

**Shot Putt**

Pos	Athlete	Club	No.	Perf.
1	Joanne Duncan	South	5	16.14
2	Eleanor Gattrell	South	6	15.11
3	Kelly Sotherton	Midlands	1	13.70
4	Liz Millward	Midlands	2	13.15
5	Bethany Staniland	North	3	11.72
6	Fiona Thomas	North	4	10.25

**Discus**

Pos	Athlete	Club	No.	Perf.
1	Emma Carpenter	South	5	51.93
2	Navdeep Dhaliwal	Midlands	1	46.90
3	Gemma Llewellyn	North	4	43.23
4	Jo Duncan	South	6	41.56
5	Jemma Kelly	North	3	37.75
6	Jenny Cooper	Midlands	2	33.27

**Javelin**

Pos	Athlete	Club	No.	Perf.
1	Louise Watton	South	5	45.61
2	Laura Whittington	North	3	43.05
3	Anna Price	Midlands	1	38.00
4	Chloe Beckett	North	4	36.69
5				
6				

**Long Jump**

Pos	Athlete	Club	No.	Perf.	
1	Sarah Rossiter	Midlands	1	6.11	w/s 0.8
2	Louise Bloor	North	3	6.03	w/s 1.0
3	Shani Rainford	South	5	5.68	w/s 1.1
4	Aimee Palmer	Midlands	2	5.65	w/s 0.00
5	Leanne Buxton	South	6	5.48	w/s 1.8
6					



**100m Men's Guest Race**

ws/1.6

1 Ryan Scott	Yates & D	10.61
2 Matt Thomas	NEB	10.63
3 Jermaine Downie	Birchfield H	10.87
4 Anderw Shepard		11.31
5 Luke Lennon Ford	Birchfield H	11.40
6 Adam Thomas	Birchfield H	11.43

**110m H Men's Guest race**

ws/+0.4

1 Edirin Okoro	Birchfield H	14.13
2 Charlie Kavanah	North	14.37
3 Robert James	Birchfield H	14.41
4 Mark Holt	S&SH	14.99

**400m Men's Guest Race**

1 Patrick Palmer	Birchfield H	50.31
2 Shem Nelson	Birchfield H	50.61
3 Brenton Hardware	Birchfield H	51.14

**MCAA Women's 3000m Championship**

1 Tina Brown	Coventry Godiva	9.20.22s
2 Jane Potter	Charnwood AC	9.34.96s
3 Juliet Potter	Charnwood AC	9.51.29s
4 Nicola Bamford	Notts AC	9.59.30s

**MCAA Men's 3000m Championship**

1 Gordon Lee	OWLS AC	8.30.98s
2 Josh Lilly	Severn AC	8.31.60s
3 Patrick Kavanagh	Tipton H	8.52.15s
4 Edward Lumley	Worcester AC	9.13.33s