

Event T1 ~ Male 1500 Metres							
Heat 1							
Lane	No.	Name	Team	1500M	15% Less	Time Rec	Position
1	2	Jason Bridges	NWK	7.55	6.42		
2	76	David Bellis	WXH	6.10	5.19		
3	87	Richard Turner	WXH	6.05	5.14		
4	97	Jamie Dancyger	WOR	4.50	3.83		
Event T2 ~ Male 50 Metres Walk							
Heat 1							
Lane	No.	Name	Team	50W	15% Less	Time Rec	Position
1	182	Yoga Singh Sohal	COB	19.00	16.15		
2	13	Dean Griffiths	DUD	19.50	16.58		
3	14	Darren Jamieson	DUD	20.00	17.00		
4	183	Stuart Nickolds	COB	20.00	17.00		
Heat 2 & 3							
Lane	No.	Name	Team	50W	15% Less	Time Rec	Position
1	25	Martin Stevens	DUD	22.00	18.70		
2	214	Carl patterson	SAN	22.00	18.70		
3	6	Adam Swindell	NWK	23.50	19.98		
5	184	Samuel Banks	COB	34.00	28.90		
6	185	Michael McVeigh*	COB	35.00			
Event T3							
Heat 1							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
1	101	Sam Dickenson-Bennett	WOR	10.40	8.84		
2	6	Adam Swindell	NWK	10.70	9.10		
3	104	Richard Allen-Trew	WOR	10.70	9.10		
4	60	Finn Chetwynd*	COL	10.80			
5	232	Richard Daykin	RED	10.80	9.18		
Heat 2							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
1	121	Ben Keown	WOR	11.40	9.69		
2	233	Jonathan Wedgbury	RED	11.47	9.75		
3	119	Max Thatcher-McGillion	WOR	11.50	9.78		
4	177	Alfie James	COB	11.50	9.78		
5	178	Nicholas Hibbard	COB	11.50	9.78		
6	59	William Brocklehurst*	COL	11.60			
7	106	Jack Bradley	WOR	11.80	10.03		
Heat 3							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
1	20	Philip Cooksey	DUD	12.00	10.20		
2	61	Jack owens	COL	12.00	10.20		
3	179	Jeevan Authi	COB	12.00	10.20		
4	214	Carl patterson	SAN	12.04	10.23		
5	4	Robert Head	NWK	12.40	10.54		
Event T3 ~ Male 50 Metres							

Heat 4							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
1	115	Luke Taylor	WOR	12.50	10.63		
2	234	Graham Robb	RED	12.50	10.63		
3	19	Andrew Lambert	DUD	12.80	10.88		
4	147	Gyorgy Jakab	NST	12.81	10.89		
5	228	James Martiin	NSH	12.89	10.96		
Heat 5							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
1	118	Andrew Harper	WOR	13.00	11.05		
2	180	Archie James	COB	13.00	11.05		
3	227	Stephen Gallagher*	NSH	13.25			
4	182	Yoga Singh Sohal	COB	13.50	11.48		
Heat 6							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
1	13	Dean Griffiths	DUD	14.00	11.90		
2	14	Darren Jamieson	DUD	14.00	11.90		
3	183	Stuart Nickolds	COB	14.00	11.90		
4	120	Sam Thatcher-McGillion	WOR	14.50	12.33		
Heat 7							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
1	25	Martin Stevens	DUD	16.00	13.60		
2	21	Shane Brettle	DUD	16.50	14.03		
3	123	Linden Murrell	WOR	17.50	14.88		
Heat 8							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
1	105	Ben Handley	WOR	18.00	15.30		
2	148	Neil Dinsdale	NST	18.59	15.80		
3	181	Adam Bailey	COB	19.00	16.15		
Heat 9&10							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
1	184	Samuel Banks	COB	23.00	19.55		
2	185	Michael McVeigh*	COB	27.00			
3	124	Harry Colson	WOR	28.00	23.80		
4	108	Aidan Harrigan	WOR	32.00	27.20		
Event T4 ~ Male 100 Metres							
Heat 1 & 2							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	181	Adam Bailey	COB	35.00	29.75		
2	93	Cameron Frampton	STAF	31.50	26.78		
4	74	Billy Roberts	WXH	30.34	25.79		
Event T4 ~ Male 100 Metres							
Heat 3							

Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	19	Andrew Lambert	DUD	27.00	22.95		
2	233	Jonathan Wedgbury	RED	26.90	22.87		
3	20	Philip Cooksey	DUD	26.00	22.10		
4	180	Archie James	COB	26.00	22.10		
5	238	Steven Cooper	RED	26.00	22.10		
<b>Heat 4</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	47	Matthew Whiddon*	WOL	25.56			
2	9	Matthew Batham	DUD	25.00	21.25		
2	75	Chris Williams	WXH	25.00	21.25		
2	103	Richie Styles	WOR	25.00	21.25		
2	188	Steffan Worth*	SWW	25.00			
<b>Heat 5</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	151	Neil Pointon	NST	24.80	21.08		
2	209	Michael Hawes	SAN	24.02	20.42		
3	60	Finn Chetwynd*	COL	24.00			
4	177	Alfie James	COB	24.00	20.40		
5	178	Nicholas Hibbard	COB	24.00	20.40		
6	179	Jeevan Authi	COB	24.00	20.40		
<b>Heat 6</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	21	Shane Brettle	DUD	23.90	20.32		
2	232	Richard Daykin	RED	23.80	20.23		
3	73	Adam Roberts	WXH	23.00	19.55		
4	206	Ashley Donnelly	SAN	23.00	19.55		
<b>Heat 7</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	145	Malcolm Cass	NST	22.10	18.79		
2	62	Joshua Mobley	COL	22.00	18.70		
3	81	Neil Morris	WXH	22.00	18.70		
4	86	Callum Wainwright	WXH	22.00	18.70		
5	191	Michael Benyon	SWW	22.00	18.70		
<b>Heat 8</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	85	Alex Hall	WXH	21.50	18.28		
2	117	Tom Beavan	WOR	21.50	18.28		
3	228	James Martin	DUD	21.35	18.15		
4	63	Jacob Clark	COL	21.00	17.85		
5	176	Sean Weaver	COB	21.00	17.85		
6	190	David Williams	SWW	21.00	17.85		
7	208	Sean Flynn	SAN	21.00	17.85		
8	222	Elliot Guy	DUD	21.00	17.85		
<b>Event T4 ~ Male 100 Metres</b>							
<b>Heat 9</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position

1	212	Elliot Skelton*	SAN	28.31	24.06		
2	226	Simon Short	NSH	20.88	17.75		
3	210	David Poole	SAN	20.09	17.08		
4	173	Jelani Brown	COB	20.00	17.00		
5	174	Joshua Alexander	COB	20.00	17.00		
6	175	Jack Gordon	COB	20.00	17.00		
7	221	Izak Guy	DUD	20.00	17.00		
<b>Heat 10</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	247	Anthony Eaton	NST	19.85	16.87		
2	59	William Brocklehurst*	COL	19.50			
3	64	Joe Williamson*	COL	19.50			
4	153	Ben Lovatt	NST	19.50	16.58		
5	45	Toby Jones*	WOL	19.24			
6	216	David Westbury	SAN	19.19	16.31		
<b>Heat 11</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	203	John Broadley	SAN	19.04	16.18		
2	46	Daniel Attree*	WOL	19.00			
3	146	Lee Jones	NST	19.00	16.15		
4	192	Rydian Davies	SWW	19.00	16.15		
5	215	Jordan Saxton	SAN	19.00	16.15		
<b>Heat 12</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	225	Chris Bailey	NSH	18.95	16.11		
2	172	Mark Davies	COB	18.50	15.73		
3	211	Satnam Singh	SAN	18.20	15.47		
4	5	Colin Burnyeat	NWK	18.05	15.34		
<b>Heat 13</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	10	Jamie Rooshk	DUD	18.00	15.30		
2	61	Jack owens	COL	18.00	15.30		
3	80	Michael K Jones	WXH	18.00	15.30		
4	83	Tony Gittins	WXH	18.00	15.30		
5	100	Duncan Bird	WOR	18.00	15.30		
<b>Heat 14</b>							
	No.	Name	Team	100M	15% Less	Time Rec	Position
1	102	Mark Leedham	WOR	18.00	15.30		
2	109	Martin Jones	WOR	18.00	15.30		
3	113	Leon Evans-Lochlun	WOR	18.00	15.30		
4	114	Gary Starkey	WOR	18.00	15.30		
5	116	Gary Turnbull	WOR	18.00	15.30		
6	171	Dion Honer	COB	18.00	15.30		
<b>Event T4 ~ Male 100 Metres</b>							
<b>Heat 15</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	55	Niall Molloy	COL	17.90	15.22		

2	24	Michael Walker	DUD	17.86	15.18		
3	44	Thomas Machin	WOL	17.82	15.15		
4	26	Jonathon Hazel	DUD	17.80	15.13		
5	205	John Davies	SAN	17.67	15.02		
6	56	Thomas Spragg	COL	17.60	14.96		
<b>Heat 16</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	154	Josh Pickin	NST	17.53	14.90		
2	204	Paul Collins	SAN	17.52	14.89		
3	110	Matthew Jones	WOR	17.50	14.88		
4	112	Andrew Batchelor	WOR	17.50	14.88		
5	18	Karl Nutting	DUD	17.31	14.71		
<b>Heat 17</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	16	Dean Yates	DUD	17.20	14.62		
2	27	Matthew Monnes	DUD	17.20	14.62		
3	22	Chris Morgan	DUD	17.10	14.54		
4	207	Antonio Douglas	SAN	17.07	14.51		
<b>Heat 18</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	213	Nathan Cerritelli*	SAN	19.04			
2	57	Archie Snaith	COL	16.90	14.37		
3	8	Owen Woodward	DUD	16.80	14.28		
4	50	Jaiden Tutt	WOL	16.56	14.08		
5	12	Ben Billington	DUD	16.52	14.04		
6	52	Daniel Telford	COL	16.50	14.03		
7	107	Chad Wycherley	WOR	16.50	14.03		
<b>Heat 19</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	224	Gwilliam Jones	NSH	16.50	14.03		
2	170	Adrian Brown	COB	16.30	13.86		
3	3	Andrew Bulzacchelli	NWK	16.20	13.77		
4	237	Shane Dennis	RED	16.20	13.77		
5	217	Glenn Love	SAN	16.19	13.76		
6	235	Neal Jobling	RED	16.19	13.76		
<b>Heat 20</b>							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	53	Lewis Spragg	COL	16.10	13.69		
2	218	Lewis Williams	SAN	16.05	13.64		
3	17	Adrian Yates	DUD	16.00	13.60		
4	111	Jordan Watt	WOR	16.00	13.60		
5	79	Jake Smuts	WXH	16.00	13.60		
6	169	Anthony Hibbard	COB	16.00	13.60		

Event T4 ~ Male 100 Metres							
Heat 22							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	150	James Latham	NST	15.98	13.58		
2	236	Matthew Page	RED	15.80	13.43		
3	54	Andrew Caddick	COL	15.50	13.18		
4	168	Martin Mackay	COB	15.50	13.18		
5	58	Joshua Osbourne	COL	15.40	13.09		
6	94	Daniel Mills	STAF	15.40	13.09		
Heat 23							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	152	Sean Wood	NST	15.05	12.79		
2	82	Peter Loftus	WXH	15.00	12.75		
3	99	Ian Harper	WOR	15.00	12.75		
4	189	John Hayes	SWW	15.00	12.75		
5	193	Josh Longbottom	SWW	15.00	12.75		
6	223	Ross Roberts	NSH	15.32	13.02		
Heat 24							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	11	Tom Yarnold	DUD	14.90	12.67		
2	78	Greg Vickers	WXH	14.70	12.50		
3	155	Matt Valentine	NST	14.60	12.41		
4	23	Chris Wern	DUD	13.96	11.87		
5	149	William Draycott	NST	13.85	11.77		
6	28	Morgan Camwell	DUD	13.72	11.66		
Heat 25							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
1	194	Charles Griffiths	SWW	13.50	11.48		
2	51	David Mills	COL	13.20	11.22		
3	95	Cameron Sargent	STAF	13.10	11.14		
4	98	Richard Murphy	WOR	13.00	11.05		
5	202	Scott Bradley	SAN	12.28	10.44		
6	48	Samuel Smith*	WOL	12.16			
7	49	John Ellis*	WOL	12.00			
Event T5 ~ Male 200 Metres							
Heat 1							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	77	Gareth Hopwood	WXH	62.00	52.70		
2	151	Neil Pointon	NST	54.83	46.61		
3	75	Chris Williams	WXH	51.00	43.35		
4	63	Jacob Clark	COL	50.00	42.50		
Heat 2							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	62	Joshua Mobley	COL	45.18	38.40		
1	64	Joe Williamson*	COL	46.00			
2	238	Steven Cooper	RED	46.00	39.10		
3	86	Callum Wainwright	WXH	45.50	38.68		
4	15	Ian Dawes	DUD	45.00	38.25		
5	222	Elliot Guy	DUD	45.00	38.25		

Event T5 ~ Male 200 Metres							
<b>Heat 3</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	153	Ben Lovatt	NST	44.10	37.49		
2	81	Neil Morris	WXH	44.00	37.40		
3	221	Izak Guy	DUD	44.00	37.40		
4	247	Anthony Eaton	NST	43.50	36.98		
5	190	David Williams	SWW	43.00	36.55		
6	226	Simon Short	NSH	43.12	36.65		
<b>Heat 4</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	145	Malcolm Cass	NST	42.50	36.13		
2	85	Alex Hall	WXH	42.50	36.13		
3	10	Jamie Rooshk	DUD	42.00	35.70		
4	146	Lee Jones	NST	41.25	35.06		
<b>Heat 5</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	225	Chris Bailey	NSH	40.25	34.21		
2	173	Jelani Brown	COB	40.00	34.00		
3	55	Niall Molloy	COL	40.00	34.00		
<b>Heat 6</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	56	Thomas Spragg	COL	39.90	33.92		
2	210	David Poole	SAN	39.81	33.84		
3	8	Owen Woodward	DUD	39.10	33.24		
4	174	Joshua Alexander	COB	39.00	33.15		
5	172	Mark Davies	COB	39.00	33.15		
<b>Heat 7</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	24	Michael Walker	DUD	38.20	32.47		
2	154	Josh Pickin	NST	38.10	32.39		
3	102	Mark Leedham	WOR	38.00	32.30		
4	16	Dean Yates	DUD	38.00	32.30		
5	83	Tony Gittins	WXH	37.00	31.45		
6	27	Matthew Monnes	DUD	37.00	31.45		
<b>Heat 8</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	53	Lewis Spragg	COL	36.60	31.11		
2	57	Archie Snaith	COL	36.50	31.03		
3	79	Jake Smuts	WXH	36.00	30.60		
4	170	Adrian Brown	COB	36.00	30.60		
5	110	Matthew Jones	WOR	36.00	30.60		
6	112	Andrew Batchelor	WOR	36.00	30.60		
<b>Heat 10</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	171	Dion Honer	COB	36.00	30.60		
2	235	Neal Jobling	RED	36.00	30.60		
3	84	Jason Coles	WXH	36.00	30.60		
4	152	Sean Wood	NST	35.92	30.53		
5	26	Jonathon Hazel	DUD	35.90	30.52		
6	18	Karl Nutting	DUD	35.88	30.50		

Event T5 ~ Male 200 Metres							
<b>Heat 11</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	22	Chris Morgan	DUD	35.80	30.43		
2	52	Daniel Telford	COL	35.60	30.26		
3	237	Shane Dennis	RED	35.50	30.18		
4	54	Andrew Caddick	COL	35.50	30.18		
5	114	Gary Starkey	WOR	35.30	30.01		
6	3	Andrew Bulzacchelli	NWK	35.20	29.92		
<b>Heat 12</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	94	Daniel Mills	STAF	35.00	29.75		
2	193	Josh Longbottom	SWW	35.00	29.75		
3	17	Adrian Yates	DUD	34.50	29.33		
4	1	Neil Parsons	NWK	34.19	29.06		
5	224	Gwilliam Jones	NSH	34.01	28.91		
6	109	Martin Jones	WOR	34.00	28.90		
<b>Heat 13</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	107	Chad Wycherley	WOR	33.70	28.65		
2	236	Matthew Page	RED	33.70	28.65		
3	58	Joshua Osbourne	COL	33.60	28.56		
4	12	Ben Billington	DUD	33.00	28.05		
5	189	John Hayes	SWW	33.00	28.05		
<b>Heat 14</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	169	Anthony Hibbard	COB	32.50	27.63		
2	111	Jordan Watt	WOR	32.00	27.20		
3	82	Peter Loftus	WXH	32.00	27.20		
4	155	Matt Valentine	NST	32.00	27.20		
5	11	Tom Yarnold	DUD	31.00	26.35		
<b>Heat 15</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	95	Cameron Sargent	STAF	30.10	25.59		
2	99	Ian Harper	WOR	30.00	25.50		
3	149	William Draycott	NST	29.60	25.16		
4	194	Charles Griffiths	SWW	29.50	25.08		
5	23	Chris Wem	DUD	29.30	24.91		
6	49	John Ellis*	WOL	29.26			
<b>Heat 16</b>							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
1	48	Samuel Smith*	WOL	29.19			
2	77	Gareth Hopwood	WXH	28.00	23.80		
3	96	Ben O'Brien	WOR	27.00	22.95		
4	51	David Mills	COL	26.80	22.78		
5	28	Morgan Camwell	DUD	26.20	22.27		
6	98	Richard Murphy	WOR	26.00	22.10		



<b>Event T6 ~ Male 400 Metres</b>							
<b>Heat 1 &amp; 2</b>							
<b>Lane</b>	<b>No.</b>	<b>Name</b>	<b>Team</b>	<b>400M</b>	<b>15% Less</b>	<b>Time Rec</b>	<b>Position</b>
1	202	Scott Bradley	SAN	55.25	46.96		
2	96	Ben O Brien	WOR	57.00	48.45		
3	76	David Bellis	WXH	1.16	0.99		
4	44	Thomas Machin*	WOL	1.31			
<b>Heat 3</b>							
<b>Lane</b>	<b>No.</b>	<b>Name</b>	<b>Team</b>	<b>400M</b>	<b>15% Less</b>	<b>Time Rec</b>	<b>Position</b>
1	50	Jaiden Tutt*	WOL	1.50			
2	45	Toby Jones*	WOL	1.58			
3	47	Matthew Whiddon*	WOL	2.05			
<b>Event T7 ~ Male 800 Metres</b>							
<b>Heat 1</b>							
<b>Lane</b>	<b>No.</b>	<b>Name</b>	<b>Team</b>	<b>800M</b>	<b>15% Less</b>	<b>Time Rec</b>	<b>Position</b>
1	1	Neil Parsons	NWK	3.14	2.67		
2	87	Richard Turner	WXH	2.55	2.17		
3	97	Jamie Dancyger	WOR	2.30	1.96		

## Event F1 ~ Female Soft Ball Throw

## Heat 1

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	7	Samantha Walters	NWK	4.18	5.02		
	164	Tehseen Maghani	COB	4.50	5.40		
	246	Bethany Coleman	RED	4.50	5.40		
	231	Anne-Marie Campbell	NSH	4.91	5.89		

## Heat 2

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	140	Mai Andrews	NST	5.33	6.40		
	163	Sarbit Kaur	COB	5.50	6.60		
	166	Pauline Fagon	COB	5.50	6.60		
	137	Paula Mason	NST	5.55	6.66		
	141	Pat Cousins	NST	6.50	7.80		
	143	Kim Stirland	NST	6.53	7.84		

## Heat 3

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	159	Niamh O'Brien	COB	7.50	9.00		
	135	Ruth Wheawall	NST	7.83	9.40		
	244	Sarah Todd	RED	7.97	9.56		
	125	Lois Farley	WOR	8.00	9.60		
	247	Bernadette Palgrave	COB	8.00	9.60		
	71	Ellie Brown*	COL	8.10			

## Heat 4

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	160	Joanne Desmond	COB	9.00	10.80		
	72	Imogen Hopkins	COL	9.50	11.40		
	156	Paige Markey	COB	9.50	11.40		
	162	Rebecca Burnell	COB	9.50	11.40		
	165	Amy Lo	COB	9.50	11.40		
	139	Michelle Norris	NST	9.68	11.62		

## Heat 5

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	89	Rudi Zaman	WXH	10.00	12.00		
	138	Jane Brough	NST	10.25	12.30		
	136	Michelle Parker	NST	10.50	12.60		
	240	Stacey Cave	RED	10.88	13.06		
	245	Jessica Hiles	RED	10.97	13.16		

## Heat 6

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	167	Vicki Stone	COB	11.00	13.20		
	133	Faith Ordish	WOR	11.50	13.80		
	239	Emmeline Rudge	RED	13.97	16.76		

**Heat 7 & 8**

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	88	Laura Watson	WXH	16.00	19.20		
	242	Laurie Brooks	RED	16.15	19.38		
	67	Sophie Hirons	COL	16.40	19.68		
	68	Abbie Draper	COL	19.50	23.40		
	65	Leanne Reading	COL	20.10	24.12		

## Event F2 ~ Female Shot Putt

## Heat 1 &amp; 2

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	33	Laura Poole	DUD	1.00	1.20		
	31	Laura Beasley	DUD	1.50	1.80		
	91	Tracey Williams	WXH	1.60	1.92		
	34	Rebecca Stockton	DUD	2.25	2.70		

## Heat 3

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	29	Felicity Pitt	DUD	2.30	2.76		
	39	Gemma Harper	DUD	3.10	3.72		
	43	Louise Passey	DUD	3.10	3.72		
	37	Meghan Griffiths	DUD	3.12	3.74		
	42	Lorna Kelly	DUD	3.48	4.18		
	201	Natalie Walker	SAN	3.60	4.32		
	32	Ellen Mundon	DUD	3.65	4.38		

## Heat 4

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	195	Caroline Cooper	SAN	3.80	4.56		
	241	Stacey Everill	RED	3.90	4.68		
	127	Danielle Parkes	WOR	4.00	4.80		
	158	Amanda Lawford	COB	4.00	4.80		
	128	Ellie Jones	WOR	4.10	4.92		
	130	Jen Chesterman	WOR	4.10	4.92		

## Heat 5

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	38	Julie Slater	DUD	4.16	4.99		
	157	Sharron Olivier	COB	4.20	5.04		
	142	Gemma Moss	NST	4.46	5.35		
	131	Katy Allen-Trew	WOR	4.50	5.40		
	132	Debbie Allen-Trew	WOR	4.50	5.40		
	160	Joanne Desmond	COB	4.60	5.52		

## Heat 6 &amp; 7

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	229	Briony Johnson*	NSH	4.90			
	161	Anne Jephcott	COB	5.00	6.00		
	230	Racheal Thomas	NSH	5.08	6.10		
	197	Rosemary Taylor	SAN	5.10	6.12		
	36	Katie Walker	DUD	5.20	6.24		
	199	Carly Wakelam	SAN	5.20	6.24		
	90	Megan Weetman	WXH	7.00	8.40		

## Event F3 ~ Female Standing Long Jump

## Heat 1

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	125	Lois Farley	WOR	0.30	0.36		
	231	Anne-Mareie Campbell	NSH	0.66	0.79		

## Heat 2

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	133	Faith Ordish	WOR	0.70	0.84		
	241	Stacey Everill	RED	0.72	0.86		
	38	Julie Slater	DUD	0.75	0.90		
	30	Felicity Pitt	DUD	0.75	0.90		
	34	Rebecca Stockton	DUD	0.85	1.02		

## Heat 3

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	131	Katy Allen-Trew	WOR	1.00	1.20		
	72	Imogen Hopkins	COL	1.10	1.32		
	134	Serena Bennett	WOR	1.10	1.32		
	69	Shona O'Keeffe	COL	1.15	1.38		
	40	Emma Byard	DUD	1.25	1.50		
	138	Jane Brough	NST	1.30	1.56		

## Heat 4

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	89	Rudi Zaman	WXH	1.30	1.56		
	39	Gemma Harper	DUD	1.30	1.56		
	220	Lucy Jameson	DUD	1.30	1.56		
	70	Amara Whatmore-Lewis	COL	1.30	1.56		
	72	Imogen Hopkins	COL	1.30	1.56		

## Heat 5

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	130	Jenny Chesterman	WOR	1.30	1.56		
	88	Laura Watson	WXH	1.60	1.92		
	66	Emily Whiteside	COL	1.60	1.92		

## Event F4 ~ Female Running Long Jump

## Heat 1 &amp; 2

Lane	No.	Name	Team	RLJ	20% More	Time Rec	Position
	198	Elizabeth Millward-Griffith	SAN	1.45	1.77		
	144	Ashleigh Houghton	NST	1.70	1.70		
	196	Emma Noble	SAN	1.88	1.88		
	90	Megan Weetman	WXH	1.90	1.90		

Heat 3							
Lane	No.	Name	Team	RLJ	20% More	Time Rec	Position
	129	Rebecca Gould	WOR		1.99	2.39	
	126	Amelia Martin	WOR		2.24	2.69	
	139	Michelle Norris	NST		2.30	2.76	

Heat4							
Lane	No.	Name	Team	RLJ	20% More	Time Rec	Position
	186	Hannah Charnley	SWW		3.06	3.67	
	219	Hetty Bartlett	ORP		4.07	4.88	

Event F5 ~ Female High Jump							
Heat 1							
Lane	No.	Name	Team	HJ	20% More	Time Rec	Position
	98	Chealsea Biddulph	STAF		1.20	1.44	

## Event T9 ~ Female 50 Metres Walk

## Heat 1

Lane	No.	Name	Team	50W	15% Less	Time Rec	Position
	1	245 Jessica Hiles	RED	25.60	21.76		
	2	34 Rebecca Stockton	DUD	27.00	22.95		
	3	6 Samantha Walters	NWK	29.00	24.65		

## Heat 2 &amp; 3

Lane	No.	Name	Team	50W	15% Less	Time Rec	Position
	1	164 Tehseen Maghani	COB	30.00	25.50		
	2	165 Amy Lo	COB	30.00	25.50		
	3	167 Vicki Stone	COB	38.00	32.30		
	4	231 Anne-Marie Campbell	NSH	38.15	32.43		
	5	166 Pauline Fagon	COB	40.00	34.00		

## Event T 10 ~ Female 50 Metres

## Heat 1

Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
	1	240 Stacey Cave	RED	10.19	9.01		
	2	32 Ellen Mundon	DUD	10.60	9.23		
	3	42 Lorna Kelly	DUD	10.86	9.23		

## Heat 2

Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
	1	39 Gemma Harper	DUD	11.00	9.35		
	2	156 Paige Markey	COB	11.00	9.35		
	3	239 Emmeline Rudge	RED	11.13	9.46		
	4	229 Briony Johnson	NSH	11.87	10.09		
	5	41 Rachel Shaw	DUD	12.00	10.20		

## Heat 3

Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
	1	69 Shona O'Keeffe	COL	12.70	10.80		
	2	37 Meghan Griffiths	DUD	12.90	10.97		
	3	29 Felicity Pitt	DUD	13.00	11.05		
	4	159 Niamh O'Brien	COB	13.00	11.05		
	5	30 Gillian Rushton	DUD	13.50	11.48		

## Heat 4

Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
	1	31 Laura Beasley	DUD	14.00	11.90		
	2	161 Anne Jephcott	COB	14.00	11.90		
	3	136 Michelle Parker	NST	14.01	11.91		
	4	247 Bernadette Palgrave	COB	14.25	12.11		
	5	131 Katy Allen-Trew	WOR	14.50	12.33		
	6	137 Paula Mason	NST	14.90	12.67		

Heat 5							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
	1	163 Sarbit Kaur	COB	15.00	12.75		
	2	162 Rebecca Burnell	COB	15.00	12.75		
	3	245 Jessica Hiles	RED	15.60	13.26		
	4	33 Laura Poole	DUD	16.00	13.60		
	5	133 Faith Ordish	WOR	16.10	13.69		
	6	135 Ruth Wheawall	NST	16.10	13.69		

Event T 10 ~ Female 50 Metres							
Heat 6							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
	1	143 Kim Stirland	NST	17.10	14.54		
	2	125 Lois Farley	WOR	17.50	14.88		
	3	141 Pat Cousins	NST	17.90	15.22		
	4	241 Stacey Everill	RED	18.10	15.39		

Heat 7							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
	1	34 Rebecca Stockton	DUD	19.00	16.15		
	2	140 Mai Andrews	NST	19.83	16.86		
	3	164 Tehseen Maghani	COB	20.00	17.00		
	4	244 Sarah Todd	RED	21.00	17.85		

Heat 8 & 9							
Lane	No.	Name	Team	50M	15% Less	Time Rec	Position
	1	243 Bethany Coleman	RED	22.95	19.51		
	2	6 Samantha Walters	NWK	23.70	20.15		
	3	165 Amy Lo	COB	27.00	22.95		
	4	166 Pauline Fagon	COB	36.00	30.60		

Event T 10 ~ Female 100 Metres							
Heat 1							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	219 Hetty Bartlett	ORP	14.20	12.07		
	2	92 Chelsea Biddulph	STAF	14.50	12.33		
	3	126 Amelia Martin	WOR	15.00	12.75		
	4	68 Abbie Draper	COL	16.80	14.28		

Heat 2							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	129 Rebecca Gould	WOR	17.00	14.45		
	2	65 Leanne Reading	COL	17.40	14.79		
	3	66 Emily Whiteside	COL	17.40	14.79		
	4	186 Hannah Charnley	SWW	17.50	14.88		
	5	242 Laurie Brooks	RED	18.50	15.73		



Heat 3							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	127 Danielle Parkes	WOR	19.00	16.15		
	2	144 Ashleigh Houghton	NST	19.25	16.36		
	3	67 Sophie Hirons	COL	19.50	16.58		
	4	35 Humaira Begum	DUD	19.66	16.71		

Heat 4							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	36 Katie Walker	DUD	20.00	17.00		
	2	220 Lucy Jameson*	DUD	20.00			
	3	70 Amara Whatmore	COL	20.00	17.00		
	4	72 Imogen Hopkins	COL	20.00	17.00		
	5	196 Emma Noble	SAN	20.28	17.24		

Event T 10 ~ Female 100 Metres							
Heat 5							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	40 Emma Byard	DUD	21.00	17.85		
	2	198 Elizabeth Millward-Griffiths	SAN	21.22	18.04		
	3	240 Stacey Cave	RED	21.35	18.15		
	4	71 Ellie Brown	COL	21.50	18.28		

Heat 6							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	90 Megan Weetman	WXH	22.00	18.70		
	2	130 Jen Chesterman	WOR	22.00	18.70		
	3	138 Jane Brough	NST	22.48	19.11		
	4	134 Serena Bennett	WOR	22.50	19.13		
	5	139 Michelle Norris	NST	22.60	19.21		

Heat 7							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	32 Ellen Mundon	DUD	23.00	19.55		
	2	239 Emmeline Rudge	RED	23.00	19.55		
	3	88 Laura Watson	WXH	23.00	19.55		
	4	187 Ffion Edwards	SWW	23.00	19.55		
	5	199 Carly Wakelam	SAN	23.09	19.63		
	6	128 Ellie Jones	WOR	23.50	19.98		
	7	142 Gemma Moss	NST	23.50	19.98		

Heat 8							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	42 Lorna Kelly	DUD	24.00	20.46		
	2	156 Paige Markey	COB	24.00	21.25		
	3	197 Rosemary Taylor	SAN	24.07	21.25		
	4	39 Gemma Harper	DUD	25.00	21.25		
	5	157 Sharron Olivier	COB	25.00	21.28		
	6	158 Amanda Lawford	COB	25.00	0.00		
	7	195 Caroline Cooper	SAN	25.04	0.00		

Heat 9							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	41 Rachel Shaw	DUD	26.00	22.10		
	2	69 Shona O'Keeffe	COL	26.00	22.10		
	3	37 Meghan Griffiths	DUD	27.00	22.95		
	4	159 Niamh O'Brien	COB	27.00	22.95		
	5	43 Louise Passey	DUD	27.00	22.95		
	6	160 Joanne Desmond	COB	27.00	22.95		
	7	29 Felicity Pitt	DUD	27.50	23.38		

Heat 10							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	30 Gillian Rushton	DUD	29.00	24.65		
	2	161 Anne Jephcott	COB	29.00	24.65		
	3	200 Mandy Warner	SAN	29.00	24.65		
	4	136 Michelle Parker	NST	29.50	25.08		
	5	247 Bernadette Palgrave	COB	29.50	25.08		

Event T 10 ~ Female 100 Metres							
Heat 11							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	31 Laura Beasley	DUD	30.00	25.50		
	2	163 Sarbit Kaur	COB	30.00	25.50		
	3	162 Rebecca Burnell	COB	30.00	25.50		

Heat 12							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	91 Tracey Williams	WXH	32.00	27.20		
	2	137 Paula Mason	NST	32.80	27.88		
	3	89 Rudi Zaman	WXH	33.00	28.05		
	4	135 Ruth Wheawall	NST	34.20	29.07		
	5	143 Kim Stirland	NST	34.50	29.33		

Heat 13 & 14							
Lane	No.	Name	Team	100M	15% Less	Time Rec	Position
	1	141 Pat Cousins	NST	35.20	29.92		
	2	201 Natalie Walker	SAN	35.40	30.09		
	3	33 Laura Poole	DUD	37.00	31.45		
	4	140 Mai Andrews	NST	40.64	34.54		
	5	244 Sarah Todd	RED	41.60	35.36		
	6	243 Bethany Coleman*	RED	54.00			

Event T 11 ~ Female 200 Metres							
Heat 1							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
	1	126 Amelia Martin	WOR	34.00	28.90		
	2	92 Chelsea Biddulph	STAF	35.30	30.01		
	3	196 Emma Noble	SAN	35.88	30.50		

Heat 2							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
	1	68 Abbie Draper	COL	36.30	30.86		
	2	129 Rebecca Gould	WOR	36.50	31.03		
	3	186 Hannah Charnley	SWW	38.00	32.30		
	4	144 Ashleigh Houghton	NST	38.31	32.56		

Heat 3							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
	1	65 Leanne Reading	COL	40.00	34.00		
	2	66 Emily Whiteside	COL	40.00	34.00		
	3	242 Laurie Brooks	RED	40.01	34.01		
	4	127 Danielle Parkes	WOR	41.50	35.28		
	5	70 Amara Whatmore	COL	42.00	35.70		

Heat 4							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
	1	35 Humaira Begum	DUD	44.00	37.40		
	2	36 Katie Walker	DUD	44.00	37.40		
	3	230 Racheal Thomas	NSH	44.96	38.22		
	4	67 Sophie Hirons	COL	45.00	38.25		
	5	71 Ellie Brown	COL	45.60	38.76		

Event T 11 ~ Female 200 Metres							
Heat 5							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
	1	220 Lucy Jameson*	DUD	46.00			
	2	40 Emma Byard	DUD	46.00	39.10		
	3	187 Ffion Edwards	SWW	47.00	39.95		

Heat 6							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
	1	198 Elizabeth Millward-Griffiths	SAN	53.05	45.09		
	2	142 Gemma Moss	NST	53.96	45.87		
	3	134 Serena Bennett	WOR	54.50	46.33		
	4	128 Ellie Jones	WOR	57.00	48.45		

Heat 7							
Lane	No.	Name	Team	200M	15% Less	Time Rec	Position
	1	157 Sharron Olivier	COB	58.00	49.30		
	2	43 Louise Passey	DUD	59.00	50.15		
	3	200 Mandy Warner	SAN	61.05	51.89		
	4	38 Julie Slater	DUD	63.00	53.55		

## Event F6 ~ Male Soft Ball Throw

## Heat 1

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	118	Andrew Harper	WOR	3.00	3.60		
	105	Ben Handley	WOR	3.50	4.20		
	108	Aidan Harrigan	WOR	3.50	4.20		

## Heat 2

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	184	Samuel Banks	COB	4.00	4.80		
	93	Cameron Frampton	STAF	4.10	4.92		
	225	Chris Bailey	NSH	4.12	4.94		
	228	James Martin	NSH	4.75	5.70		

## Heat 3

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	123	Linden Murrell	WOR	5.00	6.00		
	185	Michael McVeigh*	COB	5.00	6.00		
	227	Steven Gallagher*	NSH	5.35			
	148	Neil Dinsdale	NST	5.75	6.90		

## Heat 4

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	124	Harry Colson	WOR	6.75	8.10		
	62	Joshua Mobley	COL	7.00	8.40		
	116	Gary Turnbull	WOR	7.00	8.40		

## Heat 5

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	178	Nicholas Hibbard	COB	8.00	9.60		
	180	Archie James	COB	8.00	9.60		
	4	Robert Head	NWK	8.27	9.92		
	77	Gareth Hopwood	WXH	8.35	10.02		
	44	Thomas Machin	WOL	8.50	10.20		
	183	Stuart Nickolds	COB	8.50	10.20		
	234	Graham Robb	RED	8.65	10.38		

## Heat 6

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	101	Sam Dickenson-Bennet	WOR	9.00	10.80		
	117	Tom Beavan	WOR	9.00	10.80		
	120	Sam Thatcher-McGillio	WOR	9.00	10.80		
	179	Jeevan Authi	COB	9.00	10.80		
	115	Luke Taylor	WOR	9.20	11.04		
	176	Sean Weaver	COB	9.50	11.40		
	177	Alfie James	COB	9.50	11.40		

Heat 7							
Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	50	Jaiden Tutt*	WOL	10.22			
	56	Thomas Spragg*	COL	10.30			
	104	Richard Allen-Trew	WOR	11.00	13.20		
	106	Jack Bradley	WOR	11.00	13.20		
	188	Steffan Worth	SWW	11.00	13.20		
	238	Steven Cooper	RED	11.22	13.46		

Event F6 ~ Male Soft Ball Throw							
Heat 8							
Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	59	William Brocklehurst*	COL	12.00			
	181	Adam Bailey	COB	12.00	14.40		
	47	Matthew Whiddon*	WOL	12.80			

Heat 9							
Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	64	Joe Williamson*	COL	13.40			
	182	Yoga Singh Sohal	COB	13.50	16.20		
	235	Neal Jobling	RED	13.59	16.31		
	151	Neil Pointon	NST	13.68	16.42		
	119	Max Thatcher-McGillio	WOR	14.00	16.80		

Heat 10							
Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	113	Leon Evans-Lochlon	WOR	15.00	18.00		
	174	Joshua Alexander	COB	15.00	18.00		
	191	Michael Benyon	SWW	15.00	18.00		
	147	Gyorgy Jakab	NST	15.80	18.96		

Heat 11							
Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	57	Archie Snaith	COL	16.00	19.20		
	55	Niall Molloy	COL	17.00	20.40		
	173	Jelani Brown	COB	17.00	20.40		
	232	Richard Daykin	RED	17.03	20.44		
	121	Ben Keown	WOR	17.75	21.30		
	76	David Bellis	WXH	18.00	21.60		

Heat 12							
Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	45	Toby Jones*	WOL	19.50			
	175	Jack Gordon	COB	21.00	25.20		
	233	Jonathan Wedgbury	RED	21.55	25.86		
	46	Daniel Attree	WOL	22.00	26.40		
	170	Adrian Brown	COB	23.00	27.60		

**Heat 13**

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	236	Matthew Page	RED	25.07	30.08		
	237	Shane Dennis	RED	25.47	30.56		
	2	Jason Bridges	NWK	25.64	30.77		
	169	Anthony Hibbard	COB	26.00	31.20		
	48	Samuel Smith*	WOL	27.00			

**Heat 14**

Lane	No.	Name	Team	SBT	20% More	Time Rec	Position
	52	Daniel Telford	COL	32.00	38.40		
	58	Joshua Osbourne	COL	34.00	40.80		
	78	Greg Vickers	WXH	38.00	45.60		
	9	Matthew Batham	DUD	38.35	46.02		

## Event F7 ~ Male Shot Putt

## Heat 1

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	206	Ashley Donnelly	SAN	1.90	2.28		
	73	Adam Roberts	WXH	2.89	3.47		

## Heat 2

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	14	Darren Jamieson	DUD	3.10	3.72		
	74	Billy Roberts	WXH	3.10	3.72		
	10	Jamie Rooshk	DUD	3.30	3.96		
	81	Neil Morris	WXH	3.30	3.96		
	203	John Broadley	SAN	3.55	4.26		
	208	Sean Flynn	SAN	3.86	4.63		
	25	Martin Stevens	DUD	3.90	4.68		

## Heat 3

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	13	Dean Griffiths	DUD	4.00	4.80		
	16	Dean Yates	DUD	4.04	4.85		
	6	Adam Swindell	NWK	4.09	4.91		
	17	Adrian Yates	DUD	4.10	4.92		
	21	Shane Brettle	DUD	4.10	4.92		

## Heat 4

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	15	Ian Dawes	DUD	4.20	5.04		
	209	Michael Hawes	SAN	4.40	5.28		
	215	Jordan Saxton	SAN	4.73	5.68		
	172	Mark Davies	COB	5.50	6.60		
	103	Richie Styles	WOR	5.50	6.60		

## Heat 5

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	211	Satnam Singh	SAN	5.57	6.68		
	218	Lewis Williams	SAN	5.60	6.72		
	216	David Westbury	SAN	5.70	6.84		
	155	Matt Valentine	NST	5.72	6.86		
	152	Sean Wood	NST	5.83	7.00		
	95	Cameron Sargent	STAF	5.87	7.04		
	217	Glenn Love	SAN	5.89	7.07		

## Heat 6

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	100	Duncan Bird	WOR	6.00	7.20		
	204	Paul Collins	SAN	6.04	7.25		
	205	John Davies	SAN	6.10	7.32		
	80	Michael K Jones	WXH	6.30	7.56		
	109	Martin Jones	WOR	6.30	7.56		
	110	Matthew Jones	WOR	6.30	7.56		

## Event F7 ~ Male Shot Putt

## Heat 7

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	82	Peter Loftus	WXH	6.40	7.68		
	114	Gary Starkey	WOR	6.40	7.68		
	5	Colin Burnyeat	NWK	6.49	7.79		
	207	Antonio Douglas	SAN	6.90	8.28		
	27	Matthew Monnes	DUD	7.00	8.40		
	62	Joshua Mobley	COL	7.00	8.40		

## Heat 8

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	213	Nathan Cerritelli*	SAN	7.21	8.65		
	87	Richard Turner	WXH	7.50	9.00		
	112	Andrew Batchelor	WOR	7.50	9.00		
	107	Chad Wycherley	WOR	7.70	9.24		
	168	Martin Mackay	COB	7.75	9.30		

## Heat 9 &amp; 10

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	99	Ian Harper	WOR	8.00	9.60		
	192	Rydian Davies	SWW	8.00	9.60		
	1	Neil Parsons	NWK	8.08	9.70		
	150	James Latham	NST	8.80	10.56		
	212	Elliot Skelton	SAN	10.20			



## Event F9 ~ Male Standing Long Jump

## Heat 1

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	123	Linden Murrell	WOR	0.40	0.48		
	148	Neil Dinsdale	NST	0.40	0.48		
	124	Harry Colson	WOR	0.40	0.48		
	86	Callum Wainwright	WXH	0.45	0.54		

## Heat 2

Lane	No.	Name	Team	SHOT	20% More	Time Rec	Position
	118	Andrew Harper	WOR	0.50	0.60		
	105	Ben Handley	WOR	0.50	0.60		
	108	Aidan Harrigan	WOR	0.50	0.60		
	93	Cameron Frampton	STAF	0.58	0.70		

## Heat 3

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	19	Andrew Lambert	DUD	0.60	0.72		
	209	Michael Hawes	SAN	0.64	0.77		
	214	Carl patterson	SAN	0.65	0.78		

## Heat 4

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	75	Chris Williams	WXH	0.70	0.84		
	188	Steffan Worth	SWW	0.73	0.88		
	205	John Davies	SAN	0.75	0.90		
	221	Izak Guy*	DUD	0.75			
	147	Gyorgy Jakab	NST	0.77	0.92		

## Event F9 ~ Male Standing Long Jump

## Heat 5

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	15	Ian Dawes	DUD	0.80	0.96		
	115	Luke Taylor	WOR	0.80	0.96		
	121	Ben Keown	WOR	0.80	0.96		
	222	Elliot Guy*	DUD	0.80			
	63	Jacob Clark	COL	0.80	0.96		
	227	Steven Gallagher*	NSH	0.82			
	212	Elliot Skelton	SAN	0.85	1.02		

## Heat 6

Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	203	John Broadley	SAN	0.88	1.06		
	208	Sean Flynn	SAN	0.96	1.15		
	234	Graham Robb	RED	0.98	1.18		
	74	Billy Roberts	WXH	1.00	1.20		
	101	Sam Dickenson-Bennet	WOR	1.00	1.20		

Heat 7							
Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	120	Sam Thatcher-McGillio	WOR	1.00	1.20		
	106	Jack Bradley	WOR	1.00	1.20		
	210	David Poole	SAN	1.00	1.20		
	61	Jack owens	COL	1.01	1.21		
	20	Philip Cooksey	DUD	1.02	1.22		
	73	Adam Roberts	WXH	1.10	1.32		

Heat 8							
Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	211	Satnam Singh	SAN	1.20	1.44		
	216	David Westbury	SAN	1.20	1.44		
	116	Gary Turnbull	WOR	1.20	1.44		
	176	Sean Weaver	COB	1.20	1.44		
	119	Max Thatcher-McGillio	WOR	1.20	1.44		
	60	Finn Chetwynd*	COL	1.20			
	213	Nathan Cerritelli	SAN	1.23	1.48		
	191	Michael Benyon	SWW	1.25	1.50		

Heat 9							
Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	104	Richard Allen-Trew	WOR	1.30	1.56		
	85	Alex Hall	WXH	1.30	1.56		
	102	Mark Leedham	WOR	1.36	1.63		
	226	Simon Short	NSH	1.36	1.63		

Heat 10							
Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	4	Robert Head	NWK	1.40	1.68		
	117	Tom Beavan	WOR	1.40	1.68		
	145	Malcolm Cass	NST	1.40	1.68		
	204	Paul Collins	SAN	1.46	1.75		

Event F9 ~ Male Standing Long Jump							
Heat 11							
Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	206	Ashley Donnelly	SAN	1.50	1.80		
	192	Rydian Davies	SWW	1.50	1.80		
	190	David Williams	SWW	1.50	1.80		
	207	Antonio Douglas	SAN	1.52	1.82		
	24	Michael Walker	DUD	1.52	1.82		
	54	Andrew Caddick	COL	1.55	1.86		

Heat 12							
Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	5	Colin Burnyeat	NWK		1.56	1.87	
	26	Jonathon Hazel	DUD		1.56	1.87	
	223	Ross Roberts	NSH		1.58	1.90	
	103	Richie Styles	WOR		1.60	1.92	
	100	Duncan Bird	WOR		1.60	1.92	
	113	Leon Evans-Lochlon	WOR		1.60	1.92	
	111	Jordan Watt	WOR		1.60	1.92	

Heat 13							
Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	224	Gwilliam Jones	NSH		1.62	1.94	
	83	Tony Gittins	WXH		1.65	1.98	
	218	Lewis Williams	SAN		1.70	2.04	
	189	John Hayes	SWW		1.70	2.04	
	8	Owen Woodward	DUD		1.75	2.10	

Heat 14							
Lane	No.	Name	Team	SLJ	20% More	Time Rec	Position
	78	Greg Vickers	WXH		1.90	2.28	
	53	Lewis Spragg	COL		1.90	2.28	
	49	John Ellis	WOL		1.98	2.38	
	51	David Mills	COL		2.00	2.40	
	79	Jake Smuts	WXH		2.00	2.40	
	2	Jason Bridges	NWK		2.09	2.51	

Event F10 ~ Male Running Long Jump							
Heat 1							
Lane	No.	Name	Team	RLJ	20% More	Time Rec	Position
	215	Jordan Saxton	SAN		1.55	1.86	
	146	Lee Jones	NST		1.65	1.98	
	217	Glenn Love	SAN		1.72	2.06	
	153	Ben Lovatt	NST		1.80	2.16	

Heat 2							
Lane	No.	Name	Team	RLJ	20% More	Time Rec	Position
	12	Ben Billington	DUD		2.00	2.40	
	18	Karl Nutting	DUD		2.20	2.64	
	3	Andrew Bulzacchelli	NWK		2.24	2.69	
	80	Michael K Jones	WXH		2.75	3.30	
	154	Josh Pickin	NST		2.81	3.37	

## Event F10 ~ Male Running Long Jump

## Heat 3

Lane	No.	Name	Team	RLJ	20% More	Time Rec	Position
	11	Tom Yarnold	DUD		3.00	3.60	
	84	Jason Coles	WXH		3.10	3.72	
	94	Daniel Mills	STAF		3.20	3.84	
	193	Josh Longbottom	SWW		3.20	3.84	
	23	Chris Wem	DUD		3.30	3.96	

## Heat 4

Lane	No.	Name	Team	RLJ	20% More	Time Rec	Position
	150	James Latham	NST		3.32	3.98	
	22	Chris Morgan	DUD		3.33	4.00	
	97	Jamie Dancyger	WOR		3.60	4.32	
	149	William Draycott	NST		3.78	4.54	

## Heat 5

Lane	No.	Name	Team	RLJ	20% More	Time Rec	Position
	194	Charles Griffiths	SWW		4.15	4.98	
	28	Morgan Camwell	DUD		4.32	5.18	
	202	Scott Bradley	SAN		4.71	5.65	
	96	Ben O Brien	WOR		4.90	5.88	
	98	Richard Murphy	WOR		5.00	6.00	

## Event F11 ~ Male High Jump

## Heat 1

Lane	No.	Name	Team	HJ	20% More	Time Rec	Position
	84	Jason Coles	WXH		0.92	1.10	

Event R1 ~ Male 50 Metres Relay

Heat 1 & 2

Lane	No.	Team Nam	Time		Position
			Entered	15% More Time Rec	
	1	WOR	44.00	37.40	
	2	DUD	50.30	42.76	
	3	<u>RED</u>	<u>52.00</u>	44.20	
	4	WOR	58.00	49.30	
	5	COB	60.00	51.00	

Event R2 ~ Female 50 Metres Relay

Heat 1

Lane	No.	Team Nam	Time		Position
			Entered	15% More Time Rec	
		DUD A	43.50	36.98	
		DUD B	51.90	44.12	
		WOR B	58.00	49.30	

Heat 2

Lane	No.	Team Nam	Time		Position
			Entered	15% More Time Rec	
		NST A	62.11	52.79	
		NST B	69.13	58.76	
		WOR A	73.00	62.05	

Heat 3

Lane	No.	Team Nam	Time		Position
			Entered	15% More Time Rec	
		COB A	103.00	87.55	
		RED	104.00	88.40	
		COB B	120.00	102.00	

Event R3 ~ Female 100 Metres Relay

Heat 1 & 2

Lane	No.	Team Nam	Time		Position
			Entered	15% More Time Rec	
		COL A	73.00	62.05	
		<u>WOR</u>	<u>73.00</u>	62.05	
		DUD	80.32	68.27	
		NST	87.25	74.16	
		SAN	88.64	75.34	

Heat 3					
Lane	No.	Team Nam Entered	Time	15% More	Time Rec Position
		COL B	99.00	84.15	
		RED	104.00	88.40	
		WXH	110.00	93.50	

Event R4 ~ Male 100 Metres Relay					
Heat 1					
Lane	No.	Team Nam Entered	Time	15% More	Time Rec Position
		WOR A	57.00	48.45	
		NST A	57.34	48.74	
		WOL	58.54	49.76	
		DUD A	59.10	50.24	
		SAN A	62.04	52.73	

Heat 2					
Lane	No.	Team Nam Entered	Time	15% More	Time Rec Position
		WXH A	64.00	54.40	
		COL A	64.50	54.83	
		WOR B	68.00	57.80	
		COB A	68.00	57.80	
		DUD B	68.37	58.11	

Heat 3					
Lane	No.	Team Nam Entered	Time	15% More	Time Rec Position
		DUD C	70.17	59.64	
		WOR C	72.00	61.20	
		NSH	72.00	61.20	
		SAN B	72.13	61.31	

Heat 4					
Lane	No.	Team Nam Entered	Time	15% More	Time Rec Position
		RED	72.39	61.53	
		COL B	73.00	62.05	
		NWK	73.00	62.05	
		WXH B	73.00	62.05	

Heat 5						
		Time				
Lane	No.	Team Nam	Entered	15% More	Time Rec	Position
		STAFF	75.00	63.75		
		SWW	76.00	64.60		
		SAN C	79.13	67.26		
		COB B	80.00	68.00		
		NST B	80.45	68.38		

Heat 6 & 7						
		Time				
Lane	No.	Team Nam	Entered	15% More	Time Rec	Position
		WOR D	82.50	70.13		
		COL C	90.00	76.50		
		DUD D	90.00	76.50		
		WXH C	93.00	79.05		
		SAN D	94.35	80.20		
		COB C	96.00	81.60		