

Birmingham Rowheath Athletics Club & University of Birmingham AC
Open Track & Field Series Birmingham University 28 / 5 / 07

Girls 75m U13

1 Sadie Forrester-Hayles	Tipton	10.6 U13G
2 Sophie Field	Birmingham Rowheath	11.9 U13G
3 Heather White	City of Stoke	12.3 U13G
4 Stacie Mulholland	Birchfield H	12.6 U13G

Women U17 & U16 Girls 100m

1 Megan Stratford	Royal Sutton Coldfield	14.1 U15G
2 Charmise Betton	Aston Manor School	14.6 U17W
3 Kathryn Smith	Royal Sutton Coldfield	14.8 U15G
4 Katrina Hart	Worcs AC	15.3 U17W
5 Carlie Sergiew	Royal Sutton Coldfield	15.7 U15G

Senior Women & U20 100m

1 Kayleigh Harper	Swindon H	12.9 U23W
2 Lucy Onyeforo	Uni Birmingham	13.0 SW
3 Joanne Frost	Bromsgrove & Redditch	13.0 SW
4 Donna Shorthouse	Notts AC	13.2 SW
5 Rebecca Courtney	Cheltenham	13.2 U20W

Mens 100m U17 / U15

1 Jonathan Clarke-Hesson	Birchfield H	12.1 U17M
2 James Griffiths	Birmingham Rowheath	12.5 U17M
3 Jake Porter	Birchfield H	12.8 U15B
4 John Lutwyche	Birmingham Rowheath	12.9 U15B
5 Darren Henry	Aston Manor School	14.0 U15B
6 Romand Barrett	Aston Manor School	14.4 U15B

Senior Men & U20 Mens 100m

1 Scott Henderson	Middleborough AC	11.8 U20M
2 Adam Thompson	Birmingham Rowheath	11.9 U20M
3 Ben Stanton	Uni Birmingham	11.9 SM
4 Paul Green	Yate	12.0 SM
5 Tom Hardie	Uni Birmingham	12.0 SM
6 Dave Pope	DASH	12.1 SM

U20 Men 100m

1 Joel Fearon	Coventry Godiva	11.7 U20M
2 Trave Dyce	Aston Manor School	11.8 U20M
3 Felix Okome	Aston Manor School	12.1 U20M
4 Shavar Mullgrave	Aston Manor School	12.2 U20M
5 Michael Dodd	Aston Manor School	12.4 U20M
6 Rhamel Blake	Aston Manor School	12.8 U20M

Senior Men 100m A

1 Jermaine Downie	Birchfield H	11.3 SM
2 Ryan Shorte	Birchfield H	11.4 SM
3 Alex Animashaun	Harrow AC	11.5 SM
4 Alistair Abrahams	Bristol & West	11.7 SM
5 Adam Hughes	Birchfield H	11.8 SM
6 Jamie Fletcher	Hatton Darts	12.0 SM

Senior Mens 100m B

1 Cloran Hyllon	Birchfield H	11.2 SM
2 Dom Parsons	Blackheath & Bromley	11.4 SM
3 Carl Mason	Birchfield H	11.8 SM
4 Andy Flint	Telford	11.9 SM
5 Issac Enenche	Birchfield H	11.9 SM
6 Ian Emery	Birmingham Rowheath	12.1 SM

Mixed Boys & Girls 150m U13 & U11

1 Sadie Forrester-Hayles	Tipton	21.3 U13G
2 Sophie Field	Birmingham Rowheath	23.7 U13G
3 Heather White	City of Stoke	24.0 U13G
4 Stacie Mulholland	Birchfield H	25.8 U11G
5 David Trenkel	Birmingham Rowheath	25.9 U11B
6 Anne Kenchington	Birmingham Rowheath	27.1 U11G

Womens 200m

1 Charmaine Riley	Royal Sutton Coldfield	26.0 SW
2 Kayleigh Harper	Swindon H	26.0 U23W
3 Donna Shorthouse	Notts	27.3 SW
4 Stephanie Allerton	Uni Birmingham	28.1 U23W
5 Louise Webster	Wolves & Bilson	28.4 U23W

Mixed Womens 200m

1 Rebecca Courtney	Cheltenham	27.3 U20W
2 Jasmine Christian	Royal Sutton Coldfield	27.6 U20W
3 Laura Carmichael	Uni Birmingham	28.7 U23W
4 Kathryn Smith	Royal Sutton Coldfield	31.4 U15G

Mens 200m U15 & U13

1 John Lutwyche	Birmingham Rowheath	24.6 U15B
2 Andrew Scull	Cheltenham	28.6 U13B

Mens 200m A

1 Aaron Applin	Notts	23.2 SM
2 Phillip Mukrlana	City of Sheffield	23.3 SM
3 Alex Animashaun	Harrow AC	23.4 SM
4 Alistair Abrahams	Bristol & West	23.6 SM
5 Ian Allerton	Blackheath & Bromley	23.7 SM

Mens 200m B

1 Shem Nelson	Birchfield H	23.2 SM
2 Ian Barrough	Cheltenham	23.9 SM
3 Jamie Fletcher	Hatton Darts	24.0 SM
4 Andy Flint	Telford	24.0 SM
5 Tom Hardie	Uni Birmingham	24.2 SM
6 Ben Stanton	Uni Birmingham	24.4 SM

Mens 200m C

1 Paul Green	Yate	24.4 SM
2 Steven Parker	Bristol & West	24.9 SM
3 Dave Pope	DASH	25.0 SM
4 Steve Emery	Rugby & North	25.3 SM
5 Eli Barnett	Salford	27.2 SM

Mens 200m D

1 Ryan Shorte	Birchfield H	23.7 SM
2 Jonathan Clarke-Hesson	Birchfield H	24.2 U17M
3 Jake Porter	Birchfield H	25.9 U15B
4 James Griffiths	Birmingham Rowheath	26.7 U17M
5 Amir Ally	Birmingham Rowheath	26.8 U17M

Womens U23 & U20 400m

1 Bryony Tunstall	Cwmbran	61.7 U20W
2 Alison Drew	Forest of Dean	62.3 U20W
3 Laura Carmichael	Uni Birmingham	63.2 U23W
4 Emily Tabb	Uni Birmingham	66.1 U23W

Senior Women 400m

1 Amy Frith	Tamworth	61.4 U23W
2 Stephanie Allerton	Uni Birmingham	63.2 SW
3 Louise Webster	Wolves & Bilson	63.6 U23W
4 Charlotte Livingstone	Uni Birmingham	64.3 U23W
5 Laura Clarke	Birmingham Rowheath	72.2 SW

Senior Mens 400 A

1 Aaron Applin	Notts	50.3 SM
2 Ian Allerton	Blackheath & Bromley	52.0 SM
3 Ian Barrough	Cheltenham	52.3 SM
4 Steve Parker	Bristol & West	52.4 SM
5 Justin Grimes	Birchfield H	52.4 SM
6 Steven Emery	Rugby & North	52.5 SM

Senior Mens 400m B

1 Nico Constanti	Forest of Dean	52.6 U20M
2 Richard Henry	Birchfield H	53.8 SM
3 Jonathan Harrison	Uni Warwick	54.1 U20M
4 Matt Bayliss	Birmingham Rowheath	56.1 U20M
5 Amir Ally	Birmingham Rowheath	61.8 U17M

Girls & Boys 600m U13 / U11

1 Mark Pontacowski	Birchfield H	2:02.9 U13B
2 Alex Clegg	Birmingham Rowheath	2:11.0 U11B
3 Miguel Trenkel	Birmingham Rowheath	2:15.1 U13B
4 Anne Kenchington	Birmingham Rowheath	2:21.3 U11G

BMC 800m A

1 Jorge Thomas	Cardiff	1:54.0 SM
2 Tom Causebrook	Rugby & North	1:54.8 SM
3 Simon Rusbridge	Exeter	1:55.3 SM
4 Jeremy Bradley	Cheltenham	1:56.9 SM
5 Thomas Meekin	OWLS	1:57.5 SM
6 James Miller	Cheltenham	1:59.5 U23M
7 David Hall	Kidd & Stourport	2:02.5 SM

BMC Mens 800m B

1 James Hood	Bromsgrove & Redditch	1:58.1 U20M
2 Nick Hurran	Uni Birmingham	1:59.6 SM
3 Richard Belton	Notts AC	2:02.0 U23M
4 John Cullen	Birmingham Rowheath	2:03.2 SM
5 Robert Vaughan	Birmingham Rowheath	2:04.0 SM
6 Chris Gallagher	Uni Birmingham	2:04.2 U23M
7 Adrian Iszatt	Birmingham Rowheath	2:05.7 M40
8 Andrew Freeman	Bromsgrove & Redditch	2:13.1 SM

BMC Womens 800m

1 Bethan Strange	Cardiff	2:19.9 U23W
2 Miranda Parry	Halesowen	2:20.7 U20W
3 Katie Sandford	Wessex & Bath	2:22.9 U17W
4 Aimee Booth	Derby	2:23.1 U23W
5 Sally Oloernshaw	Coventry Godiva	2:23.6 SW
6 Claire Hobson	Royal Sutton Coldfield	2:26.6 U20W
7 Nicole Powell	Royal Sutton Coldfield	2:39.0 U20W

Mixed 800m

1 Ben Jones	Forest of Dean	2:15.7 U17M
2 Joanna Emery	Rugby & North	2:26.3 SW
3 Paul Scott	Birmingham Rowheath	2:30.2 U15B
4 Richard Carney	Birmingham Rowheath	2:36.8 M40
5 Aimee Hopcroft	Birchfield H	2:58.5 U13G
6 Amie O'Donnell	Birchfield H	3:21.4 U15G

Boys & Girls 1200m U13

1 Jamal Logan	Birchfield H	4:03.8 U13B
2 Samantha Roberts	Forest of Dean	4:06.7 U13G
3 Gaby Kinney	Royal Sutton Coldfield	4:19.6 U13G
4 Rachel Smith	Royal Sutton Coldfield	4:23.7 U13G
5 Lydia Sergiew	Royal Sutton Coldfield	4:28.2 U13G

BMC Mens 1500m

1 John Millington	Tipton	3.55.2 SM
2 Mike Burtin	Tipton	3.56.7 SM
3 Nathan Elliott	Uni Birmingham	3.57.4 U20M
4 Adrian Holiday	Uni Birmingham	4.00.3 U23M
5 Peter Grist	Poole Runners	4.02.1 SM
6 Seb Duffy	Stroud	4.05.1 U23M
7 Scott Hazell	Coventry Godiva	4.07.0 SM
8 Christian Booker	Halesowen	4.07.9 U20M
9 Matthew Dumigan	Worthing	4.10.2 U23M

BMC Womens 1500m

1 Juliette Potter	Charnwood	4.34.0 SW
2 Lucy Mayo	Uni Birmingham	4.41.9 SW
3 Del James	Uni Birmingham	4.48.5 U20W
4 Alison Patrick	Uni Birmingham	4.55.3 U20W
5 Carly Davies	Uni Birmingham	5.00.4 U23W
6 Lucy Flanner	Solihull & Small Heath	5.15.3 SW

Open 1500m A

1 Phil Clamp	Tipton	4.20.9 SM
2 Nick Hazelwood	Halesowen	4.21.4 SM
3 Toby Spencer	Solihull & Small Heath	4.25.2 U20M
4 Nico Constanti	Forest of Dean	4.32.4 U20M
5 Paul Thompson	Birmingham Rowheath	4.34.0 U17M
6 Richard de Camps	Forest of Dean	4.35.6 U20M
7 Phillip Bullock	Worcs AC	4.54.2 SM
8 Jon Hunt	Birmingham Rowheath	5.00.7 U17M

Open 1500m B

1 Michael McKeown	Coventry Godiva	4.55.0 U13B
2 Kieran Smith	Royal Sutton Coldfield	4.57.9 U15B
3 Jodie Ledger	Worcs AC	5.02.9 U23W
4 Niall Harris	Birmingham Rowheath	5.13.0 U13B
5 Alison Drew	Forest of Dean	5.13.5 U20W
6 Laura Hopcroft	Birchfield H	5.23.1 U15G
7 Marcella Scott	Birmingham Rowheath	5.40.8 SW

Mens / Womens 3000m

1 Dan Woolford	Wessex & Bath	9.18.7 U20M
2 Mark Ince	Birmingham Rowheath	10.15.7 SM
3 Tom Keenan	Birmingham Rowheath	11.43.3 SM
4 Fiona Mellor	Birmingham Rowheath	11.55.5 U20W
5 Will Howard	Birmingham Rowheath	11.59.6 U15B

Mens 5000m

1 Paul Andrew	Northbrook AC	15.45.7 SM
2 Abdi Rahman	Birchfield H	18.35.0 SM

High Jump

1 Rachel Smith	Royal Sutton Coldfield	1.15 U13G
1 Mark Ponacowski	Birchfield H	1.20 U13B
1 Kieran Smith	Royal Sutton Coldfield	1.50 U15B
1 Becky Housen	Bridgend	1.40 U17W
1 Charlotte Berrington	Bridgenorth	1.50 U20W
1 Andrew Reeves	Rugby & North	1.85 SM

Long Jump

1 David Trenkel	Birmingham Rowheath	2.78 U11B
2 Alex Clegg	Birmingham Rowheath	2.69 U11B
3 Jonathan Saad	Birmingham Rowheath	2.56 U11B
4 Josh Stratford	U/A	2.05 U11B
1 Stacey Mulholland	Birchfield H	3.39 U11G
2 Anne Kenchington	Birmingham Rowheath	2.76 U11G
1 Andrew Scull	Cheltenham	3.56 U13B
2 Mark Ponacowski	Birchfield H	3.39 U13B
3 Miguel Trenkel	Birmingham Rowheath	3.11 U13B
1 Heather White	City of Stoke	3.54 U13G
2 Sophie Field	Birmingham Rowheath	3.15 U13G
1 Jordan Harris	Birmingham Rowheath	3.49 U15B
2 Will Howard	Birmingham Rowheath	3.35 U15B
1 James Griffiths	Birmingham Rowheath	5.25 U17M
1 Andre Fraser	Birmingham Rowheath	3.70 U20M
1 Sam Hart	Birmingham Rowheath	5.82 SM
2 Ian Emery	Birmingham Rowheath	5.19 SM
3 Steven Emery	Rugby & North	5.01 SM
1 Emily Tabb	Uni Birmingham	4.39 U23W
1 Megan Evans	Royal Sutton Coldfield	5.10 SW

Discus Competition

1 Jane Bourne	Cannock & Staffs	21.31 U15G
1 Charnise Betton	Aston Manor School	19.88 U17W
1 Jamie Courtney	Cheltenham	29.95 U17M
1 Jenny Scott	Birmingham Rowheath	39.52 U20W
1 Ben Roberts	Deeside	42.86 SM
2 Sam Hart	Birmingham Rowheath	29.84 SM
3 Adrian Courtney	Cheltenham	24.30 SM
1 Kevin Brown	Royal Sutton Coldfield	48.00 M40

Shot Put

1 Alex Clegg	Birmingham Rowheath	4.34 U11B
1 Nikki Mulholland	Birchfield H	5.11 U13G
1 Jane Bourne	Cannock & Staffs	8.52 U15G
2 Kathryn Smith	Royal Sutton Coldfield	7.18 U15G
1 Jamie Courtney	Cheltenham	12.25 U17M
1 Rachel Wallader	Halesowen	11.99 U20W
1 Andre Fraser	Birmingham Rowheath	9.83 U20M
1 Ben Roberts	Deeside	13.09 SM
1 Adrian Courtney	Cheltenham	9.01 M50

Javelin

1 Jonathan Saad	Birmingham Rowheath	11.90 U11B
2 David Trenkel	Birmingham Rowheath	9.52 U11B
1 Miguel Trenkel	Birmingham Rowheath	12.02 U13B
1 Kate Morley	Birchfield H	17.64 U13G
1 Carlie Sergiew	Royal Sutton Coldfield	13.86 U15G
1 Charlotte Gimson	Royal Sutton Coldfield	30.46 U17W
1 Jamie Courtney	Cheltenham	36.37 U17M
1 Charlotte Berrington	Bridgenorth	25.15 U20W
1 Michael Dodd	Aston Manor School	34.39 U20M
2 Andre Fraser	Birmingham Rowheath	32.95 U20M
1 Sam Cater	Bromsgrove & Redditch	54.78 SM
2 Sam Hart	Birmingham Rowheath	40.63 SM
3 Adrian Courtney	Cheltenham	21.69 SM