

EVENT	SENIOR MEN			U-20 MEN			U-17 MEN			U-15 BOYS			U-13 BOYS			VETERAN MEN			
5000m	Martin Matthews Mark Ince	16m 04.1s 16m 59.2s	Banbury 03/05 Banbury 03/05													R Carney M40 Richard Gray M45 Andy Kenchington	20m31.4s 16m 50.0s 16m 58.3s	Banbury 03/05 Leamington 05/01 Leamington 05/01	
10000m																			
SPRINT HURDLES	60m H 110m H Sam Hart Sam Hart Ian Emery	9.23s 16.7s 20.0s	Sheffield 13/01 Banbury 03/05 B'ham Univ 03/08				James Griffith Alexander 24/05	15.39s	Paul Scott	15.93s	B'ham Univ 05/05								
400mH	Ian Emery	61.5s	Leicester 11/05	David Lima	61.3s	B'ham Univ 03/08											David Herbert M35	68.3s	Banbury 03/05
3000m S/C																	Richard Gray(M45)	11m 04.1s	B'ham Univ 03/08
2000m S/C																	Richard Gray	7m 15.7s	Banbury 03/05
POLE VAULT	Sam Hart Ian Emery	2.90m 2.20m	Leamington 05/07 B'ham Univ 03/08																
HIGH JUMP	Stephen Wilkinson	1.60m	Leamington 05/07	David Lima	1.60m	Leamington 07/04	Sam Jenkins Jack Gray	1.70m 1.45m	B'ham Univ 03/08 Banbury 03/05	Paul Scott	1.40m	Tipton 13/04	Alex Clegg(U11) Jeisimkan Diwakar(U11)	1.05m 1.05m	B'ham Univ 05/05 B'ham Univ 05/05				
LONG JUMP	Sam Hart Ian Emery Tando Bala (CP)	5.89m 5.44m 3.98m	Sheffield 12/01 Leamington 07/06 Nottingham 26/04	David Lima	5.30m	B'ham Univ 05/01	James Griffith Prince Ayeh Anerz Trotter Giziel Lima Jordan Russell	6.30m 5.32m 5.30m 5.17m 4.99m	B'ham Univ 16/04 B'ham Univ 16/07 Telford 13/09 Leamington 07/06 B'ham Univ 04/06	John Lutwyche	5.42m	Telford 13/09	Gareth Hanson Mark James Jeisimkan Diwakar(U11) Alex Clegg(U11) Joe Walton Charles Payne(U11) Louis Rix (U11) Sam Croft (U11) Duncan Miller(U11) Raply D-Yates(U11) Jamie Simms(U11) Gabriel D-Yates(U11)	3.68m 3.38m 3.20m 3.13m 2.98m 2.95m 2.81m 2.73m 2.45m 2.09m 1.97m 1.94m	B'ham Univ 04/06 B'ham Univ 04/06 B'ham Univ 05/05 B'ham Univ 16/04 B'ham Univ 05/05 B'ham Univ 05/05 B'ham Univ 25/06 B'ham Univ 05/05 B'ham Univ 05/05 B'ham Univ 05/05 B'ham Univ 05/05 B'ham Univ 05/05				
TRIPLE JUMP	Chris Ainsley	10.94m	Leamington 07/06	David Lima	12.07m	Leamington 05/01	James Griffiths Prince Ayeh Giziel Lima	13.03m 11.79m 10.86m	Alexander 14/06 B'ham Univ 03/08 Banbury 03/05	John Lutwyche	12.00m	Alexander 14/06							
JAVELIN	Sam Hart Rob Vaughan Sam Jenkins (U17)	51...11m 32.82m 38.62m	Banbury 03/05 Banbury 03/05 Leamington 05/07				Sam Jenkins Arnes Trotter Prince Ayeh	40.08m 28.23m 21.85m	B'ham Univ 03/08 B'ham Univ 03/08 Leamington 07/06	Paul Scott	27.22m	Tipton 13/04							
DISCUS	Sam Hart Chris Ainsley	34.52m 19.43m	Banbury 03/05 Leamington 07/06							Paul Scott	21.79m	B'ham Univ 04/06	Alex Clegg(U11)	14.69m	B'ham Univ 04/06	David Williams M35	33.22m	Banbury 03/05	
SHOT	Sam Hart	11.46m	Banbury 03/05				Prince Ayeh	7.28m	B'ham Univ 03/08				Sam Croft(U11) Alex Clegg (U11) Jamie Simms(U11)	4.62m 4.54m 4.19m	B'ham Univ 16/04 B'ham Univ 05/05 B'ham Univ 05/05	David Williams M35	12.35m	Leamington 05/01	
HAMMER										Paul Scott	21.09m	B'ham Univ 16/04				David Williams M35 Mike Bitson M60	32.88m 14.08m	Leamington 05/01 Banbury 03/05	
MULTI EVENTS	Heptathlon Sam Hart	3576pts	Sheffield 12.13/01																
4*100m RELAY	P Ayeh/J Griffiths/ D Lima/G Lima	45.3s	B'ham Univ 03/08																
4*400m RELAY	D Hewett/J Gray P Thompson/M Bayliss	3m 32.7s	B'ham Univ 03/08																
EVENT	SENIOR MEN			U-20 MEN			U-17 MEN			VETERAN MEN O-35/40			VETERAN MEN O-45/50			VETERAN MEN O-55/60/70/80			
5 Kms ROAD	Rob Vaughan Martin Matthews John Cullen Mark Ince Chris Lindsay	15m 18s 15m 43s 16m 01s 16m 42s 17m 27s	Cardiff 03/03 Bourville 14/08 Bourville 12/06 Bourville 10/07 Bourville 10/07	Matt Bayliss	15m 49s	Bourville 10/07	Jack Gray John Venables U15 Will Howard(U15) Jimmy Bishop(U15)	15m 40s 17m 00s 20m 19s 22m 22s	Whitehorse 18/07 Bourville 10/07 Bourville 12/06 Bourville 12/06	Andy Kenchington(M40) Jim O'Donnell(M40)	16m 41s 23m 01s	Bourville 12/06 Bourville 12/06	Richard Gray M45 Mark Edwards(M45) Martin Ludford M50 Paul Hurcombe(M50)	16m 45s 20m 09s 20m 15s 20m 47s	Bourville 10/07 Bourville 14/08 Bourville 14/08 Bourville 12/06				

5 Miles ROAD	Rob Vaughan	26m 42s	01/01 Coventry							Richard Gray(M45)	28m 32s	Chelmsley 03/02		
10 Kms ROAD	Patrick Alloway Mark Ince	36m 59s 38m 13s	Moseley 30/09/07 Moseley 30/09/07					Andy Kenchington(M4C35m 52s)	Fradley 10/03	Richard Gray(M45) Harry Fowler(M50) Martin Ludford(M50) Paul Archer(M50)	36m09s 37m59s 43m19s 42m 59s	Newtown 30/09 Newtown 30/09 Newtown 30/09 Moseley 30/09	Steve Hewett(M55) 37m 48s John Llewellyn(M60) 39m56s	
10 Miles ROAD	Martin Matthews Mark Ince Nick Irons	54m 00s 61m 21s 73m 18s	Sneyd 09/12/07 Sneyd 09/12/07 Sneyd 09/12/07					Richard Carney(M35) 70m 59s	Sneyd 09/12/07	Paul Archer(M50)	72m27s	Nun 09/09/07		
HALF MARATHON	Yotis Senis	1h 41m 34s	16/09/07 Notts							Paul Archer(M50)	1h 35m49s	Kenil 07/10/07		
20 MILES														
MARATHON	Martin Matthews Mark Ince Stephen Wilkinson Wayne Scott	2h 37m 06s 3h 17m 20s 4h 13m 45s 4h 49m 54s	13/04 Rotterdam 13/04 London 13/04 London 13/04 London											

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BIRMINGHAM ROWHEATH A.C.

CLUB RANKINGS 2007 - FEMALE

EVENT	SENIOR LADIES	U-20 LADIES	U-17 LADIES	U-15 GIRLS	U-11/U-13 GIRLS	VETERAN LADIES
100m	Laura Clarke 14.9s Leamington 05/07		Kaneisha Hector 12.15s Patricee Henry 13.0s Gateshead 12/07 Banbury 03/05	Zoe Gregory 14.2s Amandeep Nagar 15.6s Bham Univ 16/04 Bham Univ 16/04	75m Anne Kenchington 12.5s Alice Collier (U11) 12.2s Hannah Brook 13.8s Kate Furey 14.1s Clem MacIver 11.0s Aduca Owusu Darko(U11) 11.9s Bham Univ 16/04 Bham Univ 25/06 Bham Univ 16/04 Bham Univ 16/04 Bham Univ 25/06 Bham Univ 25/06	
150m					Anne Kenchington 24.8s Ursula Walton(U11) 25.45s Alice Collier(U11) 26.1s Bham Univ 16/07 Bham Univ 05/05 Bham Univ 16/07	
200m	Ellie Courtney 29.3s Laura Clarke 29.7s Sue Thomas 30.0s Karen Bailey 30.0s Leamington 07/06 Bham Univ 03/08 Leamington 05/07 Bham Univ 16/07		Kaneisha Hector 24.85s Alexander 25/05	Zoe Gregory 31.3s Amandeep Nagar 31.8s Rugby 26/04 Bham Univ 04/06		
300m			Tayo Akindeinde 44.6s Solihull 14/09			
400m	Sue Thomas 67.5s Bham Univ 03/08		Tayo Akindeinde 64.3s Leamington 07/06			
800m	Tessa Loftus 2m 37.9s Marcella Scott 2m 46.3s Sarah Hall 2m 59.6s Sian Harrison 3m 06.5s Leamington 07/06 Banbury 03/05 Bham Univ 04/06 Leamington 05/07		Jess Saunders 2m 37.9s Tayo Akindeinde 2m 44.5s Leamington 07/06 Bham Univ 16/07	Ellie Gibbs 2m 46.9s Bham Univ 16/07	600m Anne Kenchington 2m 00.3s Ursula Walton(U11) 2m 15.6s Alice Collier(U11) 2m 12.1s Suzie Freer 2m 17.5s Bham Univ 16/07 Bham Univ 05/05 Bham Univ 16/07 Bham Univ 16/04	
1500m	Vicky Rusius 5m 09.0s Tessa Loftus 5m 46.4s Sian Harrison 6m 32.2s Bham Univ 03/08 Bham Univ 03/08 Banbury 03/05	1200m 4m 26.2s Fiona Mellor 1500m 5m 41.5s Fiona Mellor Leamington 07/06	1200m 4m 20.0s Jess Saunders 1500m 5m 30.1s Jess Saunders Banbury 03/05	Ellie Gibbs 4m 32.5s 1500m 5m 50.72s Ellie Gibbs Bham Univ 16/04 Bham Univ 05/05	1200m 4m 29.4s Anne Kenchington Alice Collier U11 4m 56.5s Bham Univ 25/06 Bham Univ 25/06	
3000m	Vicky Rusius 10m 49.0s Sian Harrison 12m 36.9s Sarah Hall 13m 13.6s Laura Pavlovic 14m 21.2s Bea Pavlovic 15m 37.1s Bham Univ 03/08 Leamington 05/07 Bham Univ 16/07 Bham Univ 04/06 Bham Univ 04/06	Fiona Mellor 11m 55.7s Leamington 07/06	Becky Cartledge 14m 14.5s Jess Saunders 12m 29.4s Leamington 07/06 Bham Univ 03/08			
5000m						
SPRINT HURDLES	Kate Gunn 16.9s Karen Bailey 17.7s Louise Hampton 22.6s Banbury 03/05 Leamington 05/07 Leamington 07/06			60mH 12.38s Amandeep Nagra 75mH 13.9s Amandeep Nagra HPC Bham 02/12 Telford 13/09	70m H	
400mH	Kate Gunn 71.8s Karen Bailey 73.4s Louise Hampton 97.9s Banbury 03/05 Leamington 07/06 Leamington 07/06					

EVENT	SENIOR LADIES			U-20 LADIES		U-17 LADIES		U-15 GIRLS		U-13 GIRLS		VETERAN LADIES		
POLE VAULT	Kate Gunn	1.80m	B'ham Univ 03/08											
HIGH JUMP	Ellie Courtney Kate Gunn Karen Bailey Sue Thomas	1.35m 1.30m 1.25m 1.10m	Leamington 07/06 Banbury 03/05 Banbury 03/05 Leamington 05/07			Kayley Turner	1.30m	Leamington 07/06		Ursula Walton(U11) Alice Collier(U11)	1.05m 1.05m	B'ham Univ 05/05 B'ham Univ 04/06		
LONG JUMP	Ellie Courtney Karen Bailey	4.30m 4.22m	Leamington 07/06 Leamington 05/07			Patricee Henry	4.60m	B'ham Univ 03/08	Zoe Gregory	4.12m	Rugby 26/04	Anne Kenchington Suzie Freer Alice Collier(U11) Hannah Brook Niamh Clegg(U11)	3.36m 3.22m 3.13m 3.06m 2.28m	B'ham Univ 04/06 B'ham Univ 16/04 B'ham Univ 16/04 B'ham Univ 16/04 B'ham Univ 04/06
TRIPLE JUMP	Kate Gunn Karen Bailey Louise Hampton	8.75m 8.23m 8.17m	Banbury 03/05 B'ham Univ 03/08 Leamington 05/07			Patricee Henry	10.16m	B'ham Univ 03/08						
JAVELIN	Sue Thomas Jenny Scott Karen Bailey	36.79m 28.88m 19.42m	Banbury 03/05 B'ham Univ 03/08 Leamington 07/06			Kayley Turner	19.86m	Leamington 07/06						
DISCUS	Jenny Scott Karen Bailey Louise Hampton	44.53m 27.45m 23.94m	Manchester 05/07 Banbury 03/05 Leamington 05/07			Kayley Turner	26.04m	Leamington 07/06						
SHOT	Jenny Scott Louise Hampton Sue Thomas Karen Bailey	10.20m 9.58m 8.71m 7.38m	B'ham Univ 03/08 B'ham Univ 03/08 Leamington 05/07 Leamington 07/06											
HAMMER	Karen Bailey Louise Hampton Jenny Scott	38.91m 36.66m 33.41m	Leamington 05/07 B'ham Univ 03/08 B'ham Univ 03/08											
4*100m RELAY	P Henry/K Hector E Courtney/T Akindeinde	52.2s	Leamington 07/06											
4*400m RELAY	L Clarke/S Thomas K Gunn/T Akindeinde	4m 35.0s	B'ham Univ 03/08											
Pentathlon														
5KM ROAD	Vicky Rusius Zamie Cotterill Sian Harrison Sarah Hall	18m 45s 20m 36s 21m 26s 23m 04s	Bourville 10/07 Bourville 14/08 Bourville 14/08 Bourville 12/06	Fiona Mellor	20m 22s	Bourville 10/07	Jess Saunders	20m 23s	Bourville 12/06			Bea Pavlovic(F40)	26m 16s	Bourville 12/06
10 Kms ROAD				Fiona Mellor	44m 01s	Moseley 30/09								
Half Marathon	Vicky Edwards	1h 33m 34s	09/03 Silverstone	Fiona Mellor	1h 36m 28s	16/03 Fleet								

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