

## Newbrough - 22nd January 2010 to 24th January 2010

MEN				WOMEN			
Age	Event	Place	Time/Distance	Age	Event	Place	Time/Distance
U16	James Ellis			U16	Jemma Power		
	1500	Gold	4.26.37		400m	6th H1	68.51
	400	Gold	55.05		High Jump	Silver	1.55
	3000	Bronze			Long Jump	5th	4.63
	800	Gold	2.08.02		Discus	6th	18.10
U16	Ted Elkington			U16	Samantha Little		
	100	6th H2	15.23		400m	5th H2	68.44
	3000	6th			100	3rd H1	14.38
	Shot Put	8th	7.08		200	4th H1	29.37
	Long Jump	5th	3.99	U16	Zoey Gow		
	200	3rd H1	30.26		Javelin	Silver	31.58
	200	5th	29.18		Shot Put	Bronze	6.78
	Triple Jump	5th	8.33		Discus	4th	21.40
	Discus	9th	16.76	U18	Chloe Thomas		
U18	Brian Allen				Triple Jump	11th	8.64
	1500	5th	4.41.72		100	4th	13.79
	800	5th	2.11.53		200	5th H1	29.66
	Triple Jump	6th	10.07	U18	Jacqui Star		
	Javelin	4th	32.91		Triple Jump	10th	8.70
U18	Justin King				High Jump	Gold	1.50
	400Hurdles	4th	67.58		Discus	8th	19.35
	High Jump	5th	1.65		Pole Vault	Silver	2.00
Open	110 Hurdles	Gold	20.06	U18	Jodi Elkington		
U18	Nathan Howse				Long Jump	9th	3.69
	100	2nd H2	11.95		200	6th H3	33.20
	100	5th	11.89	Open	100 Ambulant	Gold	15.75
	Long Jump	4th	5.53	Open	400 Ambulant	Gold	77.99
	200	4th H1	24.35	U18	Mary Toney		
	200	7th	24.31		Triple Jump	8th	9.44
	Triple Jump	5th	10.71	U18	100	3rd H2	14.41
U20	Ben Boyd			U18	100	8th	14.60
	400	4th H1	52.71	U18	Long Jump	8th	4.25
	100	1st H1	11.92	U18	200	6th H1	30.74
	400	5th	53.38	U18	100 Hurdles	6th	20.10
	200	5th	23.96	U20	Emilya Toney		
	Javelin	Bronze	44.65		100	4th	13.67
U20	Ben Buckingham				3000 steeple	Silver	14.24.09
	5000	Silver	15.44.14				
	3000Steeple	Silver	9.52.50				

					3000	Bronze	13.15.13
U20	Ben Cook				Discus	5th	22.65
	100	5th H1	12.12		200	4th	28.89
	High Jump	Gold	1.85		Triple Jump	4th	9.36
	Long Jump	4th	5.99				
	Javelin	Gold	45.92	U20	Sarah Maclure		
Open	High Jump	Gold	1.90		High Jump	4th	1.40
					100	7th	14.52
U20	Nick Raymond				Pole Vault	4th	2.20
	Triple Jump	Bronze	12.15				
	100	3rd H2	12.40	U20	Gabby Knight		
Open	Triple Jump	5th	12.43		Shot Put	Silver	8.70
Open	Long Jump	8th	5.66		Hammer	Silver	23.80
					Discus	4th	26.28
					Javelin	Bronze	26.16
Open	Brendan Ashcroft			Open	Hammer	Silver	23.80
	100	1st H1	11.34	Open	Shot Put	7th	8.14
	100	Silver	11.27	Open	Discus	4th	27.48
	200	1st H3	22.78	Open	Javelin	7th	23.96
	200	Silver	22.66				
				40+	Cynthia Power		
40+	Michael Howse				100	8th	18.08
	100	Bronze	12.99		400	8th	1.31.39
	200	Silver	26.37		Long Jump	7th	2.75
50+	Greg Simpson			40+			
	1500	8th	6.45.94		Triple Jump	Bronze	8.79
	Triple Jump	Bronze	7.88		100	4th	14.78
	Shot Put	4th	7.35		400	Silver	66.19
	400Hurdles	Silver	1.28.52		Long Jump	Bronze	3.75
	3000Steeple	Silver	18.05.57		200	Silver	29.50
	Long Jump	Silver	3.68		800	Bronze	2.48.99
	High Jump	Bronze	1.25		Discus	5th	21.31
	Discus	4th	21.23		High Jump	Gold	1.30
	100 Hurdles	Gold	25.49				
	Hammer	Silver	19.70	40+	Tracey Howse		
	Pole Vault	Bronze	2.20		Long Jump	8th	2.65
	Javelin	Bronze	23.28				
				50+	Janet Crocos		
60+	Bill Pearce				Triple Jump	Gold	7.56
	1500	Bronze	6.01.80		100	Silver	16.32
	3000	Silver	12.58.33		Hammer	Bronze	23.82
	10000	Gold	46.14.46		High Jump	Gold	1.15
					Shot Put	4th	7.08
60+	Dennis Baker				Long Jump	Gold	3.71
	100	5th	17.75		Javelin	Silver	16.30
	Discus	Bronze	25.74		Discus	Bronze	17.92
	800	7th	3.54.78				
	Javelin	9th	18.30	50+	Nyree-Anne Terry		
					Hammer	Gold	28.40

50+	Don Chambers				Shot Put	Gold	7.51
60+	400Hurdles	Bronze	1.34.12		Javelin	Gold	20.02
	Triple Jump	Bronze		8.22	Discus	Silver	18.29
	Shot Put	Bronze		9.08			
	100	Silver		14.34	50+ Sally Buckingham		
	400	4th		78.02	1500m	Gold	7.35.75
	Long Jump	Bronze		3.79	2000steeple	Silver	11.41.18
	High Jump	Gold		1.15	10000	Gold	57.45.73
	Discus	5th		23.08			
	100 Hurdles	Gold		20.53	60+ Fay Pearce		
	200	Bronze		30.47	100	Gold	17.53
	Javelin	6th		19.67	3000	Gold	15.48.24
	Hammer	Silver		25.34	Long Jump	Gold	2.30
	Pole Vault	4th		1.80	200	Gold	37.79
					Javelin	Silver	10.10
					1500m	Gold	7.21.01
	Relays						
40+	4 x 400	5th	5.03.03		Relays		
	Bill Pearce				40+ 4 x 400	4th	6.51.37
	Greg Simpson				Tracey Howse		
	Michael Howse				Sally Buckingham		
	Donald Chambers				Cynthia Power		
Open	4 x 400	4th	3.51.63		Rachel Little		
	Brian Allen				Open 4 x 400	6th	5.16.08
	Nathan Howse				Mary Toney		
	Ben Boyd				Jemma Power		
	Ben Buckingham				Jodi Elkington		
U18	4 x 100	Silver		54.08	Samantha Little		
	Justin King				U18 4 x 100	Bronze	54.99
	Ted Elkington				Jemma Power		
	James Ellis				Mary Toney		
	Brian Allen				Chloe Thomas		
40+	4 x 100	Bronze		57.8	Samantha Little		
	Greg Simpson				U20 4 x 100	Silver	55.77
	Bill Pearce				Jacqui Star		
	Michael Howse				Gabriel Knight		
	Donald Chambers				Emilyya Toney		
Open	4 x 100	Silver		44.21	Sarah Maclure		
	Ben Boyd				40+ 4x100	Bronze	63.98
	Ben Cook				Janet Crocos		
	Nathan Howse				Cynthia Power		
	Brendan Ashcroft				Fay Pearce		
					Rachel Little		
					Open 4 x 100	6th	59.60

Mary Toney  
Emilyya Toney  
Tracey Howse  
Samantha Little