



# The Midland 2009 Age Group Championships

(Combining the East Midland and West Midland Regions)  
Coventry Sports Centre – 6<sup>th</sup> /7<sup>th</sup> and 13<sup>th</sup> /14<sup>th</sup> June  
**Result Sheet – Session Four**



## EVENT 201 Boys/Girls 10/14 Yrs 1500m Free.

### BOYS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt			
1.	Benjamin GOODALL	12	Derwentio	17:58.90	600			
	100m 1:07.90	200m 2:20.11	300m 3:33.45	400m 4:47.45	500m 6:00.35	600m 7:12.47	700m 8:23.86	800m 9:35.23
	1:07.90	1:12.21	1:13.34	1:14.00	1:12.90	1:12.12	1:11.39	1:11.37
	900m 10:46.84	1000m 11:59.00	1100m 13:11.02	1200m 14:23.83	1300m 15:36.77	1400m 16:48.98	1500m 17:58.90	
	1:11.61	1:12.16	1:12.02	1:12.81	1:12.94	1:12.21	1:09.92	
2.	James BULL	12	Nova Cent'n	18:03.24	593			
	100m 1:08.20	200m 2:20.44	300m 3:33.23	400m 4:46.68	500m 5:59.56	600m 7:11.71	700m 8:23.88	800m 9:36.12
	1:08.20	1:12.24	1:12.79	1:13.45	1:12.88	1:12.15	1:12.17	1:12.24
	900m 10:48.28	1000m 12:00.71	1100m 13:13.37	1200m 14:26.37	1300m 15:39.54	1400m 16:52.41	1500m 18:03.24	
	1:12.16	1:12.43	1:12.66	1:13.00	1:13.17	1:12.87	1:10.83	
3.	Michael ADAIR	12	Ledbury	18:48.25	528			
	100m 1:09.74	200m 2:24.22	300m 3:40.08	400m 4:56.31	500m 6:13.04	600m 7:29.17	700m 8:44.78	800m 9:59.94
	1:09.74	1:14.48	1:15.86	1:16.23	1:16.73	1:16.13	1:15.61	1:15.16
	900m 11:16.10	1000m 12:30.45	1100m 13:46.61	1200m 15:03.46	1300m 16:19.92	1400m 17:35.51	1500m 18:48.25	
	1:16.16	1:14.35	1:16.16	1:16.85	1:16.46	1:15.59	1:12.74	
4.	Harry MARTIN	12	Nova Cent'n	18:48.61	527			
	100m 1:10.57	200m 2:25.39	300m 3:40.92	400m 4:56.52	500m 6:12.37	600m 7:28.58	700m 8:44.92	800m 10:00.97
	1:10.57	1:14.82	1:15.53	1:15.60	1:15.85	1:16.21	1:16.34	1:16.05
	900m 11:17.05	1000m 12:32.67	1100m 13:48.44	1200m 15:04.07	1300m 16:20.61	1400m 17:35.80	1500m 18:48.61	
	1:16.08	1:15.62	1:15.77	1:15.63	1:16.54	1:15.19	1:12.81	
5.	Thomas ROBERTS	12	Nova Cent'n	19:01.11	510			
	100m 1:07.93	200m 2:22.97	300m 3:38.55	400m 4:55.23	500m 6:12.02	600m 7:29.15	700m 8:46.20	800m 10:03.79
	1:07.93	1:15.04	1:15.58	1:16.68	1:16.79	1:17.13	1:17.05	1:17.59
	900m 11:21.57	1000m 12:39.10	1100m 13:56.45	1200m 15:13.36	1300m 16:30.58	1400m 17:47.35	1500m 19:01.11	
	1:17.78	1:17.53	1:17.35	1:16.91	1:17.22	1:16.77	1:13.76	
6.	Toby ROBINSON	12	Wolv'hampton	19:08.86	500			
	100m 1:10.54	200m 2:25.66	300m 3:41.61	400m 4:58.85	500m 6:16.41	600m 7:33.47	700m 8:50.53	800m 10:08.54
	1:10.54	1:15.12	1:15.95	1:17.24	1:17.56	1:17.06	1:17.06	1:18.01
	900m 11:27.02	1000m 12:45.37	1100m 14:03.18	1200m 15:21.21	1300m 16:37.73	1400m 17:55.14	1500m 19:08.86	
	1:18.48	1:18.35	1:17.81	1:18.03	1:16.52	1:17.41	1:13.72	
7.	Thomas j ROBERTS	12	Nova Cent'n	19:18.37	488			
	100m 1:10.65	200m 2:27.71	300m 3:44.40	400m 5:01.53	500m 6:18.80	600m 7:36.51	700m 8:53.91	800m 10:11.45
	1:10.65	1:17.06	1:16.69	1:17.13	1:17.27	1:17.71	1:17.40	1:17.54
	900m 11:29.40	1000m 12:47.35	1100m 14:06.04	1200m 15:24.76	1300m 16:44.37	1400m 18:03.78	1500m 19:18.37	
	1:17.95	1:17.95	1:18.69	1:18.72	1:19.61	1:19.41	1:14.59	
8.	Macauley CARLINE	12	Wellington	19:33.18	469			
	100m 1:12.26	200m 2:31.60	300m 3:51.59	400m 5:10.65	500m 6:30.21	600m 7:49.17	700m 9:08.54	800m 10:27.78
	1:12.26	1:19.34	1:19.99	1:19.06	1:19.56	1:18.96	1:19.37	1:19.24
	900m 11:46.69	1000m 13:05.07	1100m 14:23.46	1200m -	1300m 17:01.22	1400m 18:19.03	1500m 19:33.18	
	1:18.91	1:18.38	1:18.39	-	2:37.76	1:17.81	1:14.15	
9.	Dery FORAN	12	Co Leicester	19:45.30	455			
	100m 1:10.96	200m 2:28.59	300m 3:48.02	400m 5:07.94	500m 6:27.38	600m 7:47.20	700m 9:07.25	800m 10:26.83
	1:10.96	1:17.63	1:19.43	1:19.92	1:19.44	1:19.82	1:20.05	1:19.58
	900m 11:46.70	1000m 13:06.68	1100m 14:26.93	1200m 15:47.59	1300m 17:08.19	1400m 18:28.09	1500m 19:45.30	
	1:19.87	1:19.98	1:20.25	1:20.66	1:20.60	1:19.90	1:17.21	
10.	Daniel MOORE	12	Nova Cent'n	20:07.70	429			
	100m 1:14.05	200m 2:33.08	300m 3:53.07	400m 5:14.11	500m 6:34.90	600m 7:56.50	700m 9:17.68	800m 10:38.21
	1:14.05	1:19.03	1:19.99	1:21.04	1:20.79	1:21.60	1:21.18	1:20.53
	900m 11:59.33	1000m 13:19.85	1100m 14:41.02	1200m 16:03.37	1300m 17:25.51	1400m 18:46.86	1500m 20:07.70	
	1:21.12	1:20.52	1:21.17	1:22.35	1:22.14	1:21.35	1:20.84	





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**Result Sheet – Session Four**

**BOYS 13 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	BAG Pt			
1.	Joe STEVENSON	13	Nova Cent'n	17:44.95	622			
	100m 1:06.59	200m 2:18.66	300m 3:31.11	400m 4:43.83	500m 5:55.90	600m 7:07.08	700m 8:18.69	800m 9:29.87
		1:12.07	1:12.45	1:12.72	1:12.07	1:11.18	1:11.61	1:11.18
	900m 10:40.68	1000m 11:51.74	1100m 13:02.59	1200m 14:13.90	1300m 15:24.65	1400m 16:35.66	1500m 17:44.95	
		1:10.81	1:10.85	1:11.31	1:10.75	1:11.01	1:09.29	
2.	Kevin WALLBANK	13	Derwentio	18:19.00	569			
	100m 1:07.59	200m 2:21.12	300m 3:32.94	400m 4:46.23	500m 5:59.30	600m 7:11.31	700m 8:26.86	800m 9:41.00
		1:13.53	1:11.82	1:13.29	1:13.07	1:12.01	1:15.55	1:14.14
	900m 10:56.14	1000m 12:10.77	1100m 13:26.90	1200m 14:42.89	1300m 15:54.80	1400m 17:08.70	1500m 18:19.00	
		1:15.14	1:16.13	1:15.99	1:11.91	1:13.90	1:10.30	
3.	Alexander HUNTER	13	Nova Cent'n	18:21.11	566			
	100m 1:08.88	200m 2:20.33	300m 3:33.68	400m 4:47.10	500m 6:00.12	600m 7:13.50	700m 8:27.27	800m 9:41.28
		1:11.45	1:13.35	1:13.42	1:13.02	1:13.38	1:13.77	1:14.01
	900m 10:55.77	1000m 12:10.01	1100m 13:25.18	1200m 14:40.37	1300m 15:55.09	1400m 17:10.25	1500m 18:21.11	
		1:14.49	1:15.17	1:15.19	1:14.72	1:15.16	1:10.86	
4.	Harry MAW	13	Lincoln Vulc	18:25.01	561			
	100m 1:07.60	200m 2:21.67	300m 3:34.60	400m 4:48.23	500m 6:01.57	600m 7:15.27	700m 8:29.51	800m 9:43.10
		1:14.07	1:12.93	1:13.63	1:13.34	1:13.70	1:14.24	1:13.59
	900m 10:58.04	1000m 12:12.75	1100m 13:28.26	1200m 14:43.30	1300m 15:57.97	1400m 17:12.46	1500m 18:25.01	
		1:14.94	1:15.51	1:15.04	1:14.67	1:14.49	1:12.55	
5.	Oliver WILKES	13	Derwentio	18:34.72	547			
	100m 1:08.93	200m 2:23.33	300m -	400m 4:52.08	500m 6:06.48	600m 7:21.23	700m 8:35.92	800m 9:50.85
		1:14.40	-	2:28.75	1:14.40	1:14.75	1:14.69	1:14.93
	900m 11:06.19	1000m 12:21.53	1100m 13:37.06	1200m 14:51.75	1300m -	1400m 17:21.93	1500m 18:34.72	
		1:15.34	1:15.53	1:14.69	-	2:30.18	1:12.79	
6.	Connor ALLISON	13	Nova Cent'n	18:35.18	546			
	100m 1:05.16	200m 2:17.59	300m 3:30.87	400m 4:44.61	500m 6:01.18	600m 7:16.82	700m 8:32.48	800m 9:48.65
		1:12.43	1:13.28	1:13.74	1:16.57	1:15.64	1:15.66	1:16.17
	900m 11:03.41	1000m 12:18.91	1100m 13:34.41	1200m 14:50.04	1300m 16:05.46	1400m 17:20.17	1500m 18:35.18	
		1:14.76	1:15.50	1:15.63	1:15.42	1:14.71	1:15.01	
7.	Jacob SCULLION	13	Co Coventry	18:36.11	545			
	100m 1:09.24	200m 2:23.17	300m 3:38.05	400m 4:53.22	500m 6:07.86	600m 7:22.47	700m 8:37.03	800m 9:51.86
		1:13.93	1:14.88	1:15.17	1:14.64	1:14.61	1:14.56	1:14.83
	900m 11:06.57	1000m 12:21.45	1100m 13:36.02	1200m 14:51.42	1300m 16:07.13	1400m 17:22.62	1500m 18:36.11	
		1:14.71	1:14.57	1:15.40	1:15.71	1:15.49	1:13.49	
8.	Elliot WOODWARD	13	Nova Cent'n	18:39.05	540			
	100m 1:09.37	200m 2:22.75	300m 3:37.48	400m 4:53.21	500m 6:08.99	600m 7:24.78	700m 8:40.19	800m 9:56.34
		1:13.38	1:14.73	1:15.73	1:15.78	1:15.79	1:15.41	1:16.15
	900m 11:12.31	1000m 12:27.43	1100m 13:42.70	1200m 14:58.12	1300m 16:13.58	1400m 17:28.78	1500m 18:39.05	
		1:15.97	1:15.27	1:15.42	1:15.46	1:15.20	1:10.27	
9.	Reuben REED	13	Boston	18:40.08	539			
	100m 1:10.04	200m 2:24.42	300m 3:39.99	400m 4:55.62	500m 6:10.76	600m 7:25.81	700m 8:40.99	800m -
		1:14.04	1:15.57	1:15.63	1:15.14	1:15.05	1:15.18	-
	900m 11:11.66	1000m 12:27.00	1100m -	1200m 14:57.55	1300m 16:12.52	1400m 17:27.41	1500m 18:40.08	
		2:30.67	-	2:30.55	1:14.97	1:14.89	1:12.67	
10.	Ethan TINDALL	13	Nova Cent'n	18:51.48	523			
	100m 1:09.37	200m 2:24.72	300m 3:40.78	400m 4:57.75	500m 6:14.22	600m 7:30.49	700m 8:46.26	800m 10:02.18
		1:15.35	1:16.06	1:16.97	1:16.47	1:16.27	1:15.77	1:15.92
	900m 11:18.09	1000m 12:33.89	1100m 13:50.61	1200m 15:06.74	1300m 16:22.83	1400m 17:39.07	1500m 18:51.48	
		1:15.91	1:16.72	1:16.13	1:16.09	1:16.24	1:12.41	
11.	Christopher BARRETT	13	Deepings	19:13.33	494			
	100m 1:11.61	200m 2:27.75	300m 3:43.77	400m 4:59.95	500m 6:17.06	600m 7:34.54	700m 8:51.90	800m 10:09.77
		1:11.61	1:16.02	1:16.18	1:17.11	1:17.48	1:17.36	1:17.87
	900m 11:27.69	1000m 12:45.79	1100m 14:04.58	1200m 15:22.59	1300m 16:41.04	1400m 17:59.39	1500m 19:13.33	
		1:17.92	1:18.10	1:18.01	1:18.45	1:18.35	1:13.94	
12.	Stuart MORRIS	13	Northampton	19:20.12	486			
	100m 1:12.03	200m 2:28.86	300m 3:46.71	400m 5:04.31	500m 6:21.42	600m 7:39.76	700m 8:56.65	800m 10:16.13
		1:12.03	1:17.85	1:17.60	1:17.11	1:18.34	1:16.89	1:19.48
	900m 11:33.27	1000m 12:51.34	1100m 14:09.95	1200m 15:28.01	1300m 16:46.58	1400m 18:04.90	1500m 19:20.12	
		1:17.14	1:18.07	1:18.06	1:18.57	1:18.32	1:15.22	





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**Result Sheet – Session Four**



**BOYS 14 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	BAG Pt			
1.	Matthew DOBSON	14	Nova Cent'n	17:12.21	681			
	100m 1:02.27	200m 2:11.22	300m 3:19.71	400m 4:28.90	500m 5:38.15	600m 6:47.73	700m 7:57.43	800m 9:07.30
	1:02.27	1:08.95	1:08.49	1:09.19	1:09.25	1:09.58	1:09.70	1:09.87
	900m 10:15.37	1000m 11:25.36	1100m 12:35.47	1200m 13:44.77	1300m 14:54.76	1400m 16:04.49	1500m 17:12.21	
	1:08.07	1:09.99	1:10.11	1:09.30	1:09.99	1:09.73	1:07.72	
2.	Mitchell JORDAN	14	Nova Cent'n	17:23.13	662			
	100m 1:05.07	200m 2:14.84	300m 3:24.74	400m 4:35.22	500m 5:45.65	600m 6:55.82	700m 8:05.54	800m 9:15.40
	1:05.07	1:09.77	1:09.90	1:10.48	1:10.43	1:10.17	1:09.72	1:09.86
	900m 10:25.52	1000m 11:35.66	1100m 12:44.75	1200m 13:54.70	1300m 15:05.02	1400m 16:14.82	1500m 17:23.13	
	1:10.12	1:10.14	1:09.09	1:09.95	1:10.32	1:09.80	1:08.31	
3.	Adam SILVESTER	14	Chase	17:41.40	630			
	100m 1:04.75	200m 2:15.68	300m 3:27.15	400m 4:39.58	500m 5:52.01	600m 7:04.44	700m 8:16.35	800m 9:26.98
	1:04.75	1:10.93	1:11.47	1:12.43	1:12.43	1:12.43	1:11.91	1:10.63
	900m 10:38.89	1000m 11:49.98	1100m 13:01.64	1200m 14:11.82	1300m 15:22.45	1400m 16:32.50	1500m 17:41.40	
	1:11.91	1:11.09	1:11.66	1:10.18	1:10.63	1:10.05	1:08.90	
4.	Jack HOWARTH	14	Northampton	17:42.94	627			
	100m 1:02.65	200m 2:11.58	300m 3:21.18	400m 4:31.81	500m 5:43.42	600m 6:54.41	700m 8:05.77	800m 9:16.74
	1:02.65	1:08.93	1:09.60	1:10.63	1:11.61	1:10.99	1:11.36	1:10.97
	900m 10:30.10	1000m 11:43.79	1100m 12:57.45	1200m 14:10.12	1300m 15:21.65	1400m 16:32.76	1500m 17:42.94	
	1:13.36	1:13.69	1:13.66	1:12.67	1:11.53	1:11.11	1:10.18	
5.	Guy WARD	14	Chesterfield	18:05.07	592			
	100m 1:07.82	200m 2:20.02	300m 3:32.71	400m 4:46.14	500m 5:59.91	600m 7:13.00	700m 8:25.46	800m 9:38.46
	1:07.82	1:12.20	1:12.69	1:13.43	1:13.77	1:13.09	1:12.46	1:13.00
	900m 10:51.02	1000m 12:03.89	1100m 13:16.50	1200m -	1300m 15:42.46	1400m 16:54.89	1500m 18:05.07	
	1:12.56	1:12.87	1:12.61	-	2:25.96	1:12.43	1:10.18	
6.	William WHEELER	14	Co Coventry	18:25.62	562			
	100m 1:08.13	200m 2:20.27	300m 3:33.01	400m 4:45.93	500m 5:59.80	600m 7:13.39	700m 8:27.94	800m 9:42.63
	1:08.13	1:12.14	1:12.74	1:12.92	1:13.87	1:13.59	1:14.55	1:14.69
	900m 10:57.66	1000m 12:12.05	1100m 13:27.35	1200m 14:42.66	1300m 15:58.03	1400m 17:13.31	1500m 18:25.62	
	1:15.03	1:14.39	1:15.30	1:15.31	1:15.37	1:15.28	1:12.31	





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**Result Sheet – Session Four**



### GIRLS 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt
1.	Georgia WILKS	11	Northampton	19:50.15	592
	100m 1:15.61	200m 2:34.13	300m 3:52.50	400m -	500m -
	1:15.61	1:18.52	1:18.37	-	600m -
	900m 11:50.19	1000m 13:11.07	1100m 14:31.71	1200m 15:52.37	1300m -
	1:19.48	1:20.88	1:20.64	1:20.66	1400m -
					1500m 19:50.15
					3:57.78
2.	Jessie WESTNIDGE	11	Eckington	20:10.23	564
	100m 1:14.18	200m 2:33.19	300m 3:53.42	400m 5:14.43	500m 6:35.44
	1:14.18	1:19.01	1:20.23	1:21.01	600m 7:57.63
	900m 12:03.12	1000m 13:24.75	1100m 14:46.69	1200m 16:08.68	1300m 17:30.62
	1:21.78	1:21.63	1:21.94	1:21.99	1400m 18:52.36
					1500m 20:10.23
					1:17.87
3.	Georgia DRIVER	11	Wolv'hampton	20:29.93	538
	100m 1:16.06	200m 2:38.54	300m 4:01.01	400m -	500m 6:46.25
	1:16.06	1:22.48	1:22.47	-	600m 8:08.17
	900m 12:16.99	1000m 13:40.20	1100m 15:02.95	1200m 16:26.19	1300m 17:48.81
	2:46.15	1:23.21	1:22.75	1:23.24	1400m 19:11.13
					1500m 20:29.93
					1:18.80
4.	Charlotte COMBE	11	Co Hereford	20:31.11	536
	100m 1:17.90	200m 2:41.77	300m 4:04.93	400m 5:28.00	500m 6:51.67
	1:17.90	1:23.87	1:23.16	1:23.07	600m 8:14.05
	900m 12:20.79	1000m 13:43.60	1100m 15:05.54	1200m 16:28.31	1300m 17:50.64
	1:22.47	1:22.81	1:21.94	1:22.77	1400m 19:12.06
					1500m 20:31.11
					1:19.05
5.	Shannon BROWN	11	Nova Cent'n	20:37.65	527
	100m 1:17.88	200m 2:41.20	300m 4:03.82	400m 5:25.27	500m 6:47.20
	1:17.88	1:23.32	1:22.62	1:21.45	600m 8:09.21
	900m 12:20.11	1000m 13:44.25	1100m 15:07.20	1200m 16:30.41	1300m 17:54.89
	1:24.48	1:24.14	1:22.95	1:23.21	1400m 19:17.99
					1500m 20:37.65
					1:19.66
6.	Bethany BAKER	11	Chase	20:38.68	526
	100m 1:15.17	200m 2:38.33	300m 4:01.76	400m 5:23.94	500m 6:46.44
	1:15.17	1:23.16	1:23.43	1:22.18	600m 8:09.59
	900m 12:22.06	1000m 13:45.26	1100m 15:09.15	1200m 16:33.28	1300m 17:57.37
	1:24.63	1:23.20	1:23.89	1:24.13	1400m 19:20.95
					1500m 20:38.68
					1:17.73
7.	Kerensa WARD	11	Northampton	20:48.04	515
	100m 1:17.03	200m 2:40.52	300m 4:03.10	400m 5:26.61	500m 6:51.25
	1:17.03	1:23.49	1:22.58	1:23.51	600m 8:14.83
	900m 12:27.15	1000m 13:51.46	1100m 15:15.01	1200m 16:39.13	1300m 18:03.19
	1:24.30	1:24.31	1:23.55	1:24.12	1400m 19:26.47
					1500m 20:48.04
					1:21.57
8.	Rebecca HAWTHORN	11	Northgate	20:57.10	503
	100m 1:17.77	200m 2:41.44	300m 4:04.88	400m 5:27.79	500m 6:50.48
	1:17.77	1:23.67	1:23.44	1:22.91	600m 8:13.96
	900m 12:28.30	1000m 13:54.15	1100m 15:18.98	1200m 16:45.02	1300m 18:11.39
	1:25.65	1:25.85	1:24.83	1:26.04	1400m 19:36.99
					1500m 20:57.10
					1:20.11
9.	Chloe JAMES	11	Lincoln Vulc	20:59.35	500
	100m 1:18.82	200m 2:42.32	300m 4:06.96	400m 5:31.15	500m 6:54.90
	1:18.82	1:23.50	1:24.64	1:24.19	600m 8:18.32
	900m 12:34.47	1000m 13:58.07	1100m 15:24.70	1200m 16:51.40	1300m 18:15.71
	1:25.93	1:23.60	1:26.63	1:26.70	1400m 19:40.02
					1500m 20:59.35
					1:19.33
10.	Danielle CHERRY	11	Nova Cent'n	21:04.81	494
	100m 1:19.17	200m 2:43.67	300m 4:08.41	400m 5:31.57	500m 6:54.98
	1:19.17	1:24.50	1:24.74	1:23.16	600m 8:18.72
	900m 12:32.93	1000m 13:57.82	1100m 15:24.14	1200m 16:49.59	1300m 18:14.41
	1:25.32	1:24.89	1:26.32	1:25.45	1400m 19:40.53
					1500m 21:04.81
					1:24.28
11.	Emma PENFORD	11	Lincoln Vulc	21:27.67	467
	100m 1:18.74	200m 2:42.73	300m 4:06.31	400m 5:30.81	500m 6:56.77
	1:18.74	1:23.99	1:23.58	1:24.50	600m 8:23.67
	900m -	1000m -	1100m 15:40.09	1200m 17:08.58	1300m 18:39.12
	-	-	4:21.91	1:28.49	1400m 20:06.67
					1500m 21:27.67
					1:21.00
12.	Samantha JAMES	11	Lincoln Vulc	21:46.29	447
	100m 1:22.04	200m 2:50.68	300m 4:17.49	400m 5:43.95	500m 7:12.41
	1:22.04	1:28.64	1:26.81	1:26.46	600m 8:37.53
	900m 12:59.82	1000m 14:27.89	1100m 15:55.55	1200m 17:24.18	1300m 18:54.02
	1:27.97	1:28.07	1:27.66	1:28.63	1400m 20:22.25
					1500m 21:46.29
					1:24.04
13.	Heather WHITEHEAD	11	Dronfield	21:51.44	441
	100m 1:20.22	200m 2:47.90	300m 4:16.86	400m 5:44.58	500m 7:12.83
	1:20.22	1:27.68	1:28.96	1:27.72	600m 8:38.82
	900m 13:03.57	1000m 14:32.50	1100m 16:00.31	1200m 17:29.55	1300m 18:59.21
	1:28.65	1:28.93	1:27.81	1:29.24	1400m 20:27.01
					1500m 21:51.44
					1:24.43





# The Midland 2009 Age Group Championships

(Combining the East Midland and West Midland Regions)  
Coventry Sports Centre – 6<sup>th</sup> /7<sup>th</sup> and 13<sup>th</sup> /14<sup>th</sup> June  
**Result Sheet – Session Four**



### GIRLS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt			
1.	Chloe HANNAM	12	South Lincs	18:56.08	670			
	100m 1:08.74	200m 2:23.39	300m 3:39.01	400m 4:54.54	500m 6:10.15	600m 7:26.25	700m 8:42.19	800m 9:58.07
	1:08.74	1:14.65	1:15.62	1:15.53	1:15.61	1:16.10	1:15.94	1:15.88
	900m 11:13.87	1000m 12:30.49	1100m 13:47.01	1200m 15:03.77	1300m 16:21.11	1400m 17:39.93	1500m 18:56.08	
	1:15.80	1:16.62	1:16.52	1:16.76	1:17.34	1:18.82	1:16.15	
2.	Amber KEEGAN	12	Nova Cent'n	19:02.00	660			
	100m 1:10.69	200m 2:25.46	300m 3:40.81	400m 4:56.38	500m 6:12.71	600m 7:29.31	700m 8:46.04	800m 10:02.32
	1:10.69	1:14.77	1:15.35	1:15.57	1:16.33	1:16.60	1:16.73	1:16.28
	900m 11:19.50	1000m 12:35.88	1100m 13:54.42	1200m 15:12.47	1300m 16:30.19	1400m 17:46.91	1500m 19:02.00	
	1:17.18	1:16.38	1:18.54	1:18.05	1:17.72	1:16.72	1:15.09	
3.	Georgie YOUNG	12	Nova Cent'n	19:14.77	640			
	100m 1:12.85	200m 2:29.12	300m 3:45.41	400m 5:01.98	500m 6:18.50	600m 7:35.22	700m 8:52.81	800m 10:10.95
	1:12.85	1:16.27	1:16.29	1:16.57	1:16.52	1:16.72	1:17.59	1:18.14
	900m 11:29.25	1000m 12:47.58	1100m 14:04.85	1200m 15:23.01	1300m 16:41.39	1400m 17:59.21	1500m 19:14.77	
	1:18.30	1:18.33	1:17.27	1:18.16	1:18.38	1:17.82	1:15.56	
4.	Lauren BETTS	12	Northampton	19:16.20	638			
	100m 1:12.31	200m 2:28.84	300m 3:45.78	400m 5:02.18	500m 6:19.33	600m 7:37.07	700m 8:54.77	800m 10:12.38
	1:12.31	1:16.53	1:16.94	1:16.40	1:17.15	1:17.74	1:17.70	1:17.61
	900m 11:30.32	1000m 12:48.29	1100m 14:06.18	1200m 15:24.38	1300m 16:42.69	1400m 18:00.84	1500m 19:16.20	
	1:17.94	1:17.97	1:17.89	1:18.20	1:18.31	1:18.15	1:15.36	
5.	Alice HUNT	12	Northampton	19:28.17	620			
	100m 1:13.94	200m 2:31.51	300m 3:50.80	400m 5:08.70	500m 6:27.50	600m 7:45.15	700m 9:03.86	800m 10:21.99
	1:13.94	1:17.57	1:19.29	1:17.90	1:18.80	1:17.65	1:18.71	1:18.13
	900m 11:40.32	1000m 12:58.42	1100m 14:16.05	1200m 15:35.02	1300m 16:53.37	1400m 18:12.16	1500m 19:28.17	
	1:18.33	1:18.10	1:17.63	1:18.97	1:18.35	1:18.79	1:16.01	
6.	Sarah VASEY	12	Derwenton	19:28.31	619			
	100m 1:12.01	200m 2:29.80	300m 3:48.10	400m 5:07.27	500m 6:26.90	600m 7:45.51	700m 9:05.41	800m 10:24.82
	1:12.01	1:17.79	1:18.30	1:19.17	1:19.63	1:18.61	1:19.90	1:19.41
	900m 11:44.15	1000m 13:03.29	1100m 14:22.35	1200m 15:40.60	1300m 16:57.30	1400m 18:15.09	1500m 19:28.31	
	1:19.33	1:19.14	1:19.06	1:18.25	1:16.70	1:17.79	1:13.22	
7.	Heidi GREGORY	12	Nova Cent'n	19:32.11	614			
	100m 1:12.30	200m 2:29.73	300m 3:47.92	400m 5:05.94	500m 6:24.50	600m 7:43.30	700m 9:02.38	800m 10:21.86
	1:12.30	1:17.43	1:18.19	1:18.02	1:18.56	1:18.80	1:19.08	1:19.48
	900m 11:40.76	1000m 12:59.84	1100m 14:18.87	1200m 15:38.00	1300m 16:56.68	1400m 18:15.12	1500m 19:32.11	
	1:18.90	1:19.08	1:19.03	1:19.13	1:18.68	1:18.44	1:16.99	
8.	Tiana GORDON	12	Northampton	19:33.77	612			
	100m 1:13.46	200m 2:31.40	300m 3:49.30	400m 5:08.02	500m 6:26.27	600m 7:44.15	700m 9:02.82	800m 10:21.11
	1:13.46	1:17.94	1:17.90	1:18.72	1:18.25	1:17.88	1:18.67	1:18.29
	900m 11:39.43	1000m 12:57.76	1100m 14:16.51	1200m 15:35.32	1300m 16:54.71	1400m 18:15.51	1500m 19:33.77	
	1:18.32	1:18.33	1:18.75	1:18.81	1:19.39	1:20.80	1:18.26	
9.	Grace ALEXANDER	12	Co Hereford	19:44.95	595			
	100m 1:13.47	200m 2:31.81	300m 3:50.69	400m 5:09.55	500m 6:28.44	600m 7:47.74	700m 9:06.69	800m 10:26.24
	1:13.47	1:18.34	1:18.88	1:18.86	1:18.89	1:19.30	1:18.95	1:19.55
	900m 11:45.46	1000m 13:05.70	1100m 14:25.85	1200m 15:45.53	1300m 17:06.79	1400m 18:27.64	1500m 19:44.95	
	1:19.22	1:20.24	1:20.15	1:19.68	1:21.26	1:20.85	1:17.31	
10.	Sophie SMITH-JONES	12	StaffordApex	19:46.73	592			
	100m 1:13.36	200m 2:30.47	300m 3:48.68	400m 5:07.66	500m -	600m 7:48.11	700m -	800m 10:29.07
	1:13.36	1:17.11	1:18.21	1:18.98	-	2:40.45	-	2:40.96
	900m 11:48.66	1000m 13:09.61	1100m 14:29.37	1200m -	1300m 17:10.66	1400m 18:30.63	1500m 19:46.73	
	1:19.59	1:20.95	1:19.76	-	2:41.29	1:19.97	1:16.10	
11.	Olivia SIMMONDS	12	Wrekin Coll	19:58.11	577			
	100m 1:13.54	200m 2:32.31	300m 3:51.24	400m 5:11.89	500m 6:32.16	600m 7:53.14	700m 9:15.34	800m 10:37.60
	1:13.54	1:18.77	1:18.93	1:20.65	1:20.27	1:20.98	1:22.20	1:22.26
	900m 12:00.42	1000m 13:22.35	1100m 14:43.08	1200m 16:03.08	1300m 17:22.42	1400m 18:42.03	1500m 19:58.11	
	1:22.82	1:21.93	1:20.73	1:20.00	1:19.34	1:19.61	1:16.08	
12.	Zoey GARLICK	12	Northampton	20:11.06	559			
	100m 1:12.49	200m 2:30.77	300m 3:50.79	400m 5:11.41	500m 6:32.34	600m 7:53.43	700m 9:15.00	800m 10:36.72
	1:12.49	1:18.28	1:20.02	1:20.62	1:20.93	1:21.09	1:21.57	1:21.72
	900m 11:58.78	1000m 13:21.03	1100m 14:43.27	1200m 16:05.89	1300m 17:28.68	1400m 18:51.09	1500m 20:11.06	
	1:22.06	1:22.25	1:22.24	1:22.62	1:22.79	1:22.41	1:19.97	
13.	Michelle TODD	12	Co Coventry	20:12.90	556			
	100m 1:13.89	200m 2:33.66	300m 3:54.29	400m 5:15.25	500m 6:37.04	600m 7:58.60	700m 9:19.87	800m 10:41.29
	1:13.89	1:19.77	1:20.63	1:20.96	1:21.79	1:21.56	1:21.27	1:21.42
	900m 12:03.03	1000m 13:24.69	1100m 14:47.09	1200m 16:09.09	1300m 17:31.65	1400m 18:53.42	1500m 20:12.90	
	1:21.74	1:21.66	1:22.40	1:22.00	1:22.56	1:21.77	1:19.48	
14.	Kerris PALMER	12	Nova Cent'n	20:42.38	518			
	100m 1:15.23	200m 2:36.68	300m 3:58.30	400m 5:19.78	500m 6:42.64	600m 8:05.38	700m -	800m 10:51.50





The Midland 2009  
 Age Group Championships  
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 Coventry Sports Centre – 6<sup>th</sup> /7<sup>th</sup> and 13<sup>th</sup> /14<sup>th</sup> June  
**Result Sheet – Session Four**



	1:15.23	1:21.45	1:21.62	1:21.48	1:22.86	1:22.74	-	2:46.12
	900m 12:15.32	1000m 13:39.30	1100m 15:03.55	1200m 16:28.77	1300m 17:54.42	1400m 19:19.83	1500m 20:42.38	
	1:23.82	1:23.98	1:24.25	1:25.22	1:25.65	1:25.41	1:22.55	
15. Emily DEWFIELD		12	Northgate		20:50.63		508	
100m 1:15.25	200m 2:38.76	300m 4:01.06	400m 5:23.95	500m 6:46.83	600m 8:09.79	700m 9:33.50	800m 10:57.22	
1:15.25	1:23.51	1:22.30	1:22.89	1:22.88	1:22.96	1:23.71	1:23.72	
900m 12:21.47	1000m 13:46.18	1100m 15:11.23	1200m 16:36.87	1300m 18:02.95	1400m 19:27.50	1500m 20:50.63		
1:24.25	1:24.71	1:25.05	1:25.64	1:26.08	1:24.55	1:23.13		
16. Elishia PENMAN		12	Deepings		21:37.91		453	
100m 1:18.23	200m 2:43.67	300m 4:09.98	400m 5:37.06	500m 7:03.62	600m 8:30.37	700m 9:57.42	800m 11:24.53	
1:18.23	1:25.44	1:26.31	1:27.08	1:26.56	1:26.75	1:27.05	1:27.11	
900m 12:51.29	1000m 14:19.19	1100m 15:46.81	1200m 17:15.31	1300m 18:43.94	1400m 20:12.32	1500m 21:37.91		
1:26.76	1:27.90	1:27.62	1:28.50	1:28.63	1:28.38	1:25.59		





The Midland 2009  
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Result Sheet – Session Four



GIRLS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt			
1.	Zoe GIDDEN	13	Northampton	18:02.49	750			
	100m 1:08.14	200m 2:19.88	300m 4:43.52	400m -	500m 5:56.31	600m 7:08.68	700m 8:21.19	800m 9:34.11
	1:08.14	1:11.74	2:23.64	-	1:12.79	1:12.37	1:12.51	1:12.92
	900m 10:46.69	1000m 11:59.59	1100m 13:12.62	1200m 14:25.69	1300m 15:38.64	1400m 16:51.63	1500m 18:02.49	
	1:12.58	1:12.90	1:13.03	1:13.07	1:12.95	1:12.99	1:10.86	
2.	Francesca HAY	13	Nova Cent'n	18:25.13	711			
	100m 1:09.32	200m 2:22.22	300m 3:34.88	400m 4:47.70	500m 6:01.24	600m 7:14.76	700m 8:28.82	800m 9:43.25
	1:09.32	1:12.90	1:12.66	1:12.82	1:13.54	1:13.52	1:14.06	1:14.43
	900m 10:57.52	1000m 12:12.08	1100m 13:26.60	1200m 14:41.20	1300m 15:56.40	1400m 17:11.57	1500m 18:25.13	
	1:14.27	1:14.56	1:14.52	1:14.60	1:15.20	1:15.17	1:13.56	
3.	Poppy RUDIN	13	Nova Cent'n	19:02.71	650			
	100m 1:08.40	200m 2:22.44	300m 3:36.83	400m 4:51.74	500m 6:06.10	600m 7:21.77	700m 8:37.19	800m 9:55.50
	1:08.40	1:14.04	1:14.39	1:14.91	1:14.36	1:15.67	1:15.42	1:18.31
	900m 11:12.49	1000m 12:30.54	1100m 13:49.17	1200m 15:07.17	1300m 16:25.42	1400m 17:44.80	1500m 19:02.71	
	1:16.99	1:18.05	1:18.63	1:18.00	1:18.25	1:19.38	1:17.91	
4.	Regan JORDAN	13	Nova Cent'n	19:16.46	628			
	100m 1:12.85	200m 2:29.58	300m 3:47.69	400m 5:05.45	500m 6:23.63	600m 7:40.75	700m 8:58.46	800m 10:15.67
	1:12.85	1:16.73	1:18.11	1:17.76	1:18.18	1:17.12	1:17.71	1:17.21
	900m 11:33.85	1000m 12:51.50	1100m 14:08.93	1200m 15:26.64	1300m 16:44.48	1400m 18:01.90	1500m 19:16.46	
	1:18.18	1:17.65	1:17.43	1:17.71	1:17.84	1:17.42	1:14.56	
5.	Lauren GILL	13	Nova Cent'n	19:20.14	622			
	100m 1:10.83	200m 2:27.28	300m 3:43.69	400m 5:00.35	500m 6:17.09	600m 7:34.43	700m 8:52.88	800m 10:11.13
	1:10.83	1:16.45	1:16.41	1:16.66	1:16.74	1:17.34	1:18.45	1:18.25
	900m 11:30.76	1000m 12:50.15	1100m 14:08.98	1200m 15:27.75	1300m 16:46.68	1400m 18:04.12	1500m 19:20.14	
	1:19.63	1:19.39	1:18.83	1:18.77	1:18.93	1:17.44	1:16.02	
6.	Elizabeth DAVIES	13	Nova Cent'n	19:31.62	606			
	100m 1:13.14	200m 2:30.50	300m 3:48.04	400m 5:06.19	500m 6:24.18	600m 7:42.32	700m 9:00.91	800m 10:19.92
	1:13.14	1:17.36	1:17.54	1:18.15	1:17.99	1:18.14	1:18.59	1:19.01
	900m 11:38.32	1000m 12:58.17	1100m 14:17.87	1200m 15:37.55	1300m 16:56.92	1400m 18:15.02	1500m 19:31.62	
	1:18.40	1:19.85	1:19.70	1:19.68	1:19.37	1:18.10	1:16.60	
7.	Crystal COPE	13	Co Hereford	19:50.88	578			
	100m 1:11.50	200m 2:29.57	300m 3:48.40	400m 5:07.49	500m 6:26.65	600m 7:46.01	700m 9:05.78	800m 10:25.67
	1:11.50	1:18.07	1:18.83	1:19.09	1:19.16	1:19.36	1:19.77	1:19.89
	900m 11:45.72	1000m 13:06.66	1100m 14:27.67	1200m 15:48.57	1300m 17:09.41	1400m 18:31.22	1500m 19:50.88	
	1:20.05	1:20.94	1:21.01	1:20.90	1:20.84	1:21.81	1:19.66	
8.	Sophie LYNN	13	Lincoln Vulc	19:50.90	578			
	100m 1:10.39	200m 2:28.80	300m 3:47.37	400m 5:07.17	500m 6:28.06	600m 7:48.64	700m 9:08.43	800m 10:29.21
	1:10.39	1:18.41	1:18.57	1:19.80	1:20.89	1:20.58	1:19.79	1:20.78
	900m 11:49.29	1000m 13:09.07	1100m 14:28.89	1200m 15:50.11	1300m 17:11.67	1400m 18:32.08	1500m 19:50.90	
	1:20.08	1:19.78	1:19.82	1:21.22	1:21.56	1:20.41	1:18.82	
	Hannah O'BRIEN	13	Co Birm'ham	DNF				

