

PSUK Athletic Championships
Pingles Stadium, Nuneaton
Wednesday 7th June 2023

Results

Men's Results

100m

1st	Mensah ELLIOTT	Metropolitan	12
2nd	George WHITBY-HAYES	West Midlands	12.1
3rd	Connor EASTLAKE	Staffordshire	12.3
4th	Harry HADDEN-WIGHT	Surrey	12.5
5th	Sam HEATHCOTE	Cheshire	12.7
6th	Daniel FOSTER	Bedfordshire	12.8
7th	Jack SOMERS	Humberside	12.9

100m Vet's

1st	Trevor HODGSON	Northumbria	11.8
2nd	Richard BROOKS	Metropolitan	12.1
3rd	James PEARCE	Gloucestershire	14.1
4th	James MIDDLETON	Warwickshire	14.4
5th	Said OMAR	Merseyside	15.1
6th	Robert WRIGHT	City of London	18.5

200m

1st	Connor EASTLAKE	Staffordshire	24.2
2nd	Richard BROOKS	Metropolitan	24.7
3rd	Sam HEATHCOTE	Cheshire	25.2
4th	Jack SOMERS	Humberside	25.9
5th	Robert WRIGHT	City of London	40.4

400m

	HEAT 1		
1st	Jared FORTUNE	City of London	54.5
2nd	Mensah ELLIOTT	Metropolitan	60.4
3rd	Sam HEATHCOTE	Cheshire	61.2
4th	Matt BANTICK	Metropolitan	65.2
5th	Paul DORAN	Merseyside	67.7
6th	James PEARCE	Gloucestershire	71.1
	HEAT 2		
1st	Prince REID	Metropolitan	58.8
2nd	Richard BROOKS	Metropolitan	60.8
3rd	Harry HADDEN-WIGHT	Surrey	63.8
4th	Daniel FOSTER	Bedfordshire	67.9
5th	Said OMAR	Merseyside	73.8
6th	Robert WRIGHT	City of London	87.5

Final

1st	Prince REID	Metropolitan	53.1
2nd	Jared FORTUNE	City of London	54.9
3rd	Mensah ELLIOTT	Metropolitan	55.3
4th	Daniel FOSTER	Bedfordshire	56.3
5th	Harry HADDEN-WIGHT	Surrey	61.7
6th	Matt BANTICK	Metropolitan	65.9
7th	Richard BROOKS	Metropolitan	DNF

800m

1st	Josh CROMBLEHOLME	Merseyside	02.02.70
2nd	Daniel ULLAH	West MIDLANDS	02.07.90
3rd	Adam HEWITT	Surrey	2.16.90
4th	Mike FRYER	Cheshire	2.21.40
5th	Matt BANTICK	Metropolitan	2.32.70
6th	Nick HUNTER	Metropolitan	2.33.50

1500m

1st	Josh CROMBLEHOLME	Merseyside	04:19:08
2 nd	Andrew DRUMBRELL	Metropolitan	04:29:04
3 rd	Mike FRYER	Cheshire	04:33:01
4th	Jack PILKINGTON	Cheshire	04:35:03
5th	Chris BALMER	Norfolk	04:36:00
6th	Rob GRANTHAM	Cheshire	04:49:08
7th	Adam HEWITT	Surrey	04:51:00
8th	Kieran MAYHEW	City of London	04:57:01
9th	Nathaniel SAMPSON	Metropolitan	05:14:06
10th	Keith SWIFT	Merseyside	05:29:08

5000m

1st	Kieran CLEMENTS	Metropolitan	14.53.6
2nd	Paul CARDY	Hampshire	15.58.5
3rd	Jason BENNETT	West Midlands	16.04.80
4th	Steven MARRIOTT	Staffordshire	16.11.00
5th	Jordan BOAM	South Yorkshire	16.56.00
6th	Jon HART	West Midlands	17.14.30
7th	Daniel KELLY	Leicestershire	17.34.20
8th	Nathan ADDLESEE	Lincolnshire	17.46.70
9th	Blake VIVIAN	Hertfordshire	18.39.40
10th	Nathaniel SAMPSON	Metropolitan	19.17.30

12th	Kieran MAYHEW	City of London	19.24.20
13th	Jamie GRAHAM	Hertfordshire	21.19.40
14th	Rob GRIFFITHS	Metropolitan	24.40.00

5000m Vets

1st	Robin GRANTHAM	Cheshire	16.53.50
2nd	Chris BALMER	Norfolk	17.27.70
3rd	Shaun BOTT	Debyshire	17.45.60
4th	David WILSON	West Midlands	18.34.20
5th	Mark PENNY	Kent	18.57.60
6th	Nick HUNTER	Metropolitan	18.58.70
7th	Paul DORAN	Merseyside	19.51.00
8th	Keith SWIFT	Merseyside	20/10/70
9th	James MIDDLETON	Warwickshire	20.28.50
10th	Martin SLEVIN	Dyfed Powys	20.33.70
11th	Scott FISHER	Warwickshire	20.58.70
12th	Michael BRENNEN	Warwickshire	21.25.30

3000m Steeplechase – No Water Jump

1 st	Chris BALMER	Norfolk	10.41.20
2 nd	Andrew DUMBRELL	Metropolitan	10.47.70
3 rd	Jack PILKINGTON	Cheshire	10.56.40
4th	Joe PARKER	Leicestershire	11.29.20
5th	Andrew HARRIS	Merseyside	12.00.90

400m Hurdles

1st	Neil COX	Thames Valley	01:09:03
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3000m Walk

1st	Martin SLEVIN	Dyfed Powys	17.49.60
2nd	Glyn JONES	West Midlands	20.22.00
3rd	Anne DAWSON	Metropolitan	20.51.10
4th	Trevor NORMOYLE	Metropolitan	22.15.60

1600 Medley Relay

1st	Metropolitan		4.21.00
2nd	City of London		05.10.70

High Jump

1st	Mark BEER	Derbyshire	1.73m
2nd	Jack PILKINGTON	Cheshire	1.55m
3rd	Stephen GILL	Northumbria	1.30m

Long Jump

1st	Mark BEER	Derbyshire	5.51m
2nd	Chris FRASER	City of London	4.03m
3rd	James PEARCE	Gloucestershire	3.99m
4th	Nick HUNTER	Metropolitan	3.78m

Triple Jump

1st	Jack PILKINGTON	Cheshire	10.16m
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Pole Vault

1st	Mark BEER	Derbyshire	3m 30cm
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Shot Putt

1st	Alex BERROW	West Midlands	12.00m
2nd	Mark BEER	Derbyshire	10.45m
3rd	Sam MACE	Metropolitan	9.97m
4th	Peter KNOTT	Northants	8.28m
5th	Mark BROUGHTON	City of London	7.96m

Discus

1st	Sam MACE	Metropolitan	37.23m
2nd	Mark BEER	Derbyshire	30.37m
3rd	Keith WILLIAMS	Metropolitan	30.01m
4th	Robert MANN	Nottinghamshire	21.53m
5th	Peter KNOTT	Northants	20.97m
6th	Mark BROUGHTON	City of London	18.65m

Javelin

1st	Mark BEER	Derbyshire	39.25m
2nd	Robert MANN	Nottinghamshire	27.04m

Hammer

1st	Sam MACE	Metropolitan	50.64m
2nd	Alex BERROW	West Midlands	47.60m
3rd	Mark BROUGHTON	City of London	32.21m
4th	Mark BEER	Derbyshire	28.86m
5th	Peter KNOTT	Northants	22.81m

Ladies Results

100m

1st	Ciaran PALFREYMAN	Hertfordshire	13.9
2nd	Claire CAPON	Kent	14
3rd	Gemma BROOMFIELD	Leicestershire	14.3
4th	Charlotte RAYMER	Merseyside	14.5
5th	Leanne WILKES	City of London	14.9
6th	Sarah POTTER	Merseyside	16.3
7th	Louise SHIELDS	Staffordshire	17.4

200m

1st	Charlotte RAYMER	Merseyside	29.1
2nd	Gemma BROOMFIELD	Leicestershire	30.3

400m

1st	Lauren THOMPSON	Hertfordshire	60.8
2nd	Ciaran PALFREYMAN	Hertfordshire	66.6

800m

1st	Paige ROADLEY	Nottinghamshire	2.20.90
2nd	Hannah RIDLEY	Hertfordshire	2.24.30
3rd	Fran ROBBS DE LA HOYDE	South Yorkshire	2.24.30
4th	Kat ALPE	Metropolitan	2.31.90

1500m

1st	Lauren STODDART	Police Scotland	04:59:09
2nd	Lou BLIZZARD	Cheshire	06:19:09
3rd	Anne DAWSON	Metropolitan	06:41:07
4th	Melanie GAUL	Dyfed Powys	07:02:01

5000m

1st	Kat ALPE	Metropolitan	18.44.00
2nd	Nia NOAKES	Staffordshire	19.05.80
3rd	Avril PEARSON	Police Scotland	20.21.10
4th	Lou BLIZZARD	Cheshire	21.57.00
5th	Emma WOODWARD	West Midlands	23.14.30
6th	Anne DAWSON	Metropolitan	24.37.90
7th	Melanie GAUL	Dyfed Powys	26.05.50
8th	Heather MITCHELL	West Yorkshire	30.03.60

4 x 100m Relay

1st	Metropolitan		80 secs
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High Jump

1st	Joanne WARE	Kent	1.6m
2nd	Jan TIMBERLAKE	West Mercia	1.15m

Pole Vault

1st	Hayley FOX	Lincs	2m 10cm
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Long Jump

1st	Lauren THOMPSON	Hertfordshire	5.28m
2nd	Joanne WARE	Kent	5.27m
3rd	Ciaran PALFREYMAN	Hertfordshire	4.27m
4th	Sarah POTTER	Merseyside	3.90m
5th	Gemma BROOMFIELD	Leicestershire	3.74m
6th	Jan TIMBERLAKE	West Mercia	3.58m
7th	Hayley FOX	Lincolnshire	3.18m
8th	Louise SHIELDS	Staffordshire	3.13m

Triple Jump

1st	Joanne WARE	Kent	10.50m
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Javelin

1st	Holly STROUD	Surrey	24.63m
2nd	Jan TIMBERLAKE	West Mercia	22.57m
3rd	Celia WOOD	West Midlands	22.05m
4th	Ruth WELLS	Thames Valley	19.55m
5th	Louise SHIELDS	Staffordshire	18.13m
6th	Sara BOBASH	Cheshire	17.94m
7th	Estelle ALLBUTT	West Midlands	15.72m
8th	Lynsey GLOVER	PSNI	15.64m
9th	Hayley FOX	Lincolnshire	14.59m

Discus

1st	Lynette TUCKER	Metropolitan	31.25m
2nd	Holly STROUD	Surrey	24.46m
3rd	Sara BOBASH	Cheshire	23.11m
4th	Lynsey GLOVER	PSNI	22.87m
5th	Ruth WELLS	Thames Valley	21.04m
6th	Jan TIMBERLAKE	West Mercia	20.02m
7th	Claire CAPON	Kent	20.02m
8th	Hayley FOX	Lincolnshire	18.68m

Shot Putt

1st	Lynette TUCKER	Metropolitan	10.69m
2nd	Holly STROUD	Surrey	8.34m
3rd	Lisa BOSWELL	Gwent	8.28m
4th	Ruth WELLS	Thames Valley	8.28m
5th	Sara BOBASH	Cheshire	7.81m
6th	Lynsey GLOVER	PSNI	7.52m
8th	Louise SHIELDS	Staffordshire	6.15m

Hammer

1st	Sara BOBASH	Cheshire	39.56m
2nd	Lynsey GLOVER	PSNI	37.63m
3rd	Lisa BOSWELL	Gwent	33.43m
4th	Claire CAPON	Kent	32.75m
5th	Hayley FOX	Lincs	20.08m
6th	Ruth WELLS	Thames Valley	19.57m
7th	Jan TIMBERLAKE	West Mercia	16.02m
8th	Holly STROUD	Surrey	4.07m

Gilbert Kelland Award - Kieran CLEMENTS (Metropolitan)