

**Midland U20 & Senior Championships: 1-2 June 2019 at Nuneaton**

**Senior Men (incl. U23):**

Josh Abladey	100m	10.69 sec <b>PB</b>	
Andy Grimwood	100m	10.75 sec <b>PB</b>	
Dan Banks (U23)	200m	22.68 sec	
Ollie Biddle (U23)	400m	48.33 sec	<b>Gold medal</b>
Joel Khan (U23)	HJ	2.05 m	<b>Gold medal</b>

**U20:**

Andrew Jay	HJ	1.60 m	
Danielle Hopkins	HJ	1.65 m	<b>Silver medal</b>

**National U23/U20 Championships: 22-23 June 2019 at Bedford**

Joel Khan (U23)	HJ	2.18 m <b>outdoor PB</b>	<b>Silver medal</b>
Ollie Biddle (U23)	400m	48.06 sec	
Jack Hocking (U23)	400m	48.41 sec	
George Beardmore (U20)	5000m	15:28.52 min	