

M 100m A			M 100m B		
1	Dannish Walker-Kiahn	BIR 11.0	1	Sam Gordon	U17 CDF 11.4
2	Elijah Skervin	NOT 11.2	2	Miathias Francis	BIR 11.6
3	Michael Prentice	CDF 11.2	3	Jack Goodband	CHW 11.7
4	Alex Bradnick	C&S 11.4	4	Timion Skervin	NOT 11.7
5	Aqeel Hassan	CHW 11.6	5	Jonathan Brannan	U17 MNS 11.8
6	Ben Lees	R&N 11.6	6	Chris Morris	C&S 11.8
7	Tom Wallet	U17 MNS 11.8	7	Alex Paylou	U17 WWA 12.2
8	Ross Bangupa	WWA 11.8	8	Sam Dawes	R&N 12.5
M 200m A			M 200m B		
1	Dannish Walker-Kiahn	BIR 22.0	1	Jarryd Dunn	BIR 22.9
2	Alex Bradnick	C&S 22.6	2	Scott Edwards	U17 CDF 23.8
3	Jamaul Whyte	CDF 22.6	3	Jarrold Skervin	NOT 24.2
4	Aqeel Hassan	CHW 22.9	4	Scott Douglas	CHW 24.3
5	Makoye Kampengele	NOT 23.2	5	Chris Morris	C&S 24.7
6	Tom Johnson	R&N 23.5	6	Themba Luhanba	R&N 24.8
7	Matthew Richards	WWA 23.8	7	Alex Heath	MNS 24.9
8	Jonathan Brannan	U17 MNS 23.9	8	Evan Jenkins	WWA 25.3
M 400m A			M 400m B		
1	Zach King	NOT 48.8	1	Llyr Jamieson	U17 WWA 52.0
2	Efekomo Okoro	BIR 49.3	2	Scott Douglas	CHW 52.7
3	Scott Edwards	U17 CDF 50.2	3	Michael Johnson	CDF 53.9
4	Aqeel Hassan	CHW 50.4	4	Charlie Waterhouse	NOT 54.7
5	Matthew Richards	WWA 51.2	5	James Lake	U17 C&S 55.2
6	Adam Sansom	MNS 51.9	6	Alex Heath	MNS 55.7
7	Matthew Mayne	U17 C&S 53.8	7	Onajite Okoro	BIR 60.5
8	Ben Sutherland	R&N 62.2			
M 800m A			M 800m B		
1	Joe Coleshaw	NOT 1.58.3	1	Ashley Wickett	C&S 2.05.3
2	Chris Perrin	C&S 1.58.5	2	Paul Tobin	WWA 2.08.2
3	Michael Ward	U17 CDF 2.01.0	3	Ben Norris	NOT 2.10.5
4	Theo Blundell	U17 BIR 2.01.4	4	Jacob Lott	BIR 2.11.7
5	Sean White	WWA 2.01.5	5	Harry Buttery	U17 CHW 2.16.9
6	Tom Charteress	U17 R&N 2.02.5	6	Robert Sutherland	U17 R&N 2.17.8
7	George Howick	CHW 2.10.9	7	Callum Bradwell	MNS 2.39.7
8	Jake Lancaster	U17 MNS 2.26.6			
M 1500m A			M 1500m B		
1	Robert Needham	NOT 4.04.3	1	Tom Collins	NOT 4.09.6
2	Eliott Giles	BIR 4.07.7	2	Ben Sutherland	R&N 4.12.9
3	Rory Grant	R&N 4.09.2	3	Matthew Richards	WWA 4.21.4
4	Jonathon Tobin	U17 WWA 4.11.7	4	Theo Blundell	U17 BIR 4.25.6
5	James McCann	U17 C&S 4.15.7	5	Sam Nicholls	C&S 4.29.5
6	George Howick	CHW 4.42.3	6	Willaim Kirk	CHW 4.55.3
7	Jordan Boam	U17 MNS 5.18.0	7	Callum Bradwell	MNS 5.46.6
M 3000m A			M 3000m B		
1	Blayne Pick	NOT 8.55.4	1	Mark Thompson	NOT 9.24.5
2	James Perrin	C&S 9.10.3	2	Aaron Houseman	U17 C&S 9.46.4
3	Luke Robinson	R&N 9.29.0	3	Matthew O'Leary	WWA 9.52.0
4	Matthew Thomas	WWA 9.35.0	4	Robert Male	U17 R&N 10.31.0
5	Michael Ward	U17 CDF 9.36.1	5	Jordan Boam	U17 MNS 10.45.3
6	Ben Griffiths	BIR 9.38.1			
7	Jake Lancaster	U17 MNS 10.06.0			
8	William Kirk	CHW 10.08.2			

M 110mH A

1 James Wright	U17 R&N	15.0
2 Onajite Okoro	BIR	15.8
3 Tom Wallet	U17 MNS	16.1
4 Perry Offler	NOT	16.3
5 Josh Sansom	WWA	16.3

M 110mH B

1 Maranga Mokaya	U17 NOT	17.5
2 Shane Jones	WWA	18.8
3 Scott Gregory	BIR	19.0
4 Jamie Allen	MNS	19.4

M 400mH A

1 Josh Sansom	WWA	56.1
2 Adam Sansom	MNS	56.9
3 Perry Offler	NOT	57.1
4 Efekomo Okoro	BIR	57.1
5 Jacob Brennan	CDF	59.6
6 James Wright	U17 R&N	59.6
7 Richard Adiyia	CHW	62.4
8 Ashley Wickett	C&S	73.9

M 400mH B

1 Jamaul Whyte	CDF	59.1
2 Scott Gregory	BIR	60.0
3 Lewis Golledge	NOT	60.5
4 Themba Luhanba	R&N	60.8
5 Aaron Wilmott	U17 WWA	61.5
6 Jamie Allen	MNS	69.9
7 Alasdar Rigby	C&S	78.0

M 2000m Sc A

1 Dougie Musson	NOT	6.26.0
2 Haran Dunderdale	U17 MNS	6.26.0
3 Nick Hardy	BIR	6.53.5
4 Ronan Llyr	U17 WWA	6.55.6
5 Connor Hills	R&N	6.58.3
6 Tom Halloway	C&S	7.31.9

M 2000m Sc B

1 Paddy Clarke	U17 NOT	6.54.1
2 Ryan Linton	BIR	6.55.6
3 Matthew Thomas	WWA	7.03.0
4 Jamie Allen	MNS	7.51.2
5 Nick Scales	U17 R&N	9.45.1

M Discus Throw A

1 Adam Damkidzic	BIR	51.59
2 Daniel Power	WWA	47.16
3 Matthew Field	CDF	44.27
4 Craig Murch	R&N	40.69
5 Tyler Brown Jones	U17 C&S	30.05
6 Matt Grice	NOT	22.94
7 Jordan Boam	U17 MNS	18.47
8 Scott Douglas	CHW	14.78

M Discus Throw B

1 Najee Fox	BIR	51.44
2 Ryan Leonard	CDF	33.81
3 Alex Bradnick	C&S	17.10
4 Aaron Wilmott	U17 WWA	16.96
5 Alex Skidmore	NOT	14.10
6 Jake Lancaster	U17 MNS	9.57
7 Sam Dawes	R&N	6.73

M Hammer Throw A

1 Craig Murch	R&N	61.35
2 Bradley Cole	CDF	51.11
3 Ross Douglas	U17 CHW	44.27
4 Tyler Brown Jones	U17 C&S	19.99
5 Matt Gregg	U17 NOT	17.53
6 Shane Henry	BIR	16.77
7 Emya Jones	WWA	12.28

M Hammer Throw B

1 Matthew Field	U17 CDF	34.46
2 Nick Scales	U17 R&N	33.18
3 George Tysdon	C&S	14.78
4 Miathias Francis	BIR	8.97
5 Matthew Richards	WWA	4.57

M High Jump A

1 Onajite Okoro	BIR	1.88
2 Themba Luhanba	R&N	1.85
3 Jonathan Bailey	U17 CDF	1.82
4 Alasdar Rigby	C&S	1.82
5 Ross Golledge	NOT	1.70
6 Osian Griffiths	U17 WWA	1.65
7 Jamie Allen	MNS	1.55

M High Jump B

1 Jamaul Whyte	CDF	1.82
2 Cameron Hollinghead	BIR	1.73
3 Ben Lees	R&N	1.65
4 Lewis Golledge	NOT	1.60
5 Richard Stanley	C&S	1.60

M Javelin Throw A

1 Ryan Leonard	CDF	59.65
2 Travell Morris-Reid	BIR	58.51
3 Craig Murch	R&N	54.72
4 Richard Stanley	C&S	44.18
5 Scott Douglas	CHW	42.41
6 Nicki Davis	WWA	40.53
7 Ross Golledge	NOT	36.19
8 Haran Dunderdale	U17 MNS	32.59

M Javelin Throw B

1 Bradley Cole	CDF	52.46
2 Howard Stapleton	BIR	47.27
3 Richard Adiyia	CHW	35.28
4 James Wright	U17 R&N	35.19
5 Jamie Allen	MNS	31.46
6 Tom Lyons	NOT	16.23
7 George Tysdon	C&S	10.98
8 Conner Davis	U17 WWA	4.36

M Long Jump A

1 Onajite Okoro	BIR	6.56
2 Rhys Williams	CDF	6.54
3 Stuart Street	U17 NOT	6.50
4 Ben Lees	R&N	6.48
5 David Omoregie	U17 WWA	6.02
6 Adam Sansom	MNS	5.89
7 Richard Adiyia	CHW	5.88
8 Alasdar Rigby	C&S	5.08

M Long Jump B

1 Jose Martin-Fullerton	BIR	6.50
2 James Wright	U17 R&N	6.04
3 Ross Golledge	NOT	5.94
4 Ross Bangura	WWA	5.45
5 Sam Gordon	U17 CDF	4.86
6 Jack Goodband	CHW	4.52
7 Jonathan Brannan	U17 MNS	3.74

M Pole Vault A

1 Joe Chesterman	U17 BIR	4.20
2 David Callan	U17 CDF	4.10
3 Emya Jones	WWA	3.50
4 Tom Lyons	NOT	3.05
5 Craig Murch	R&N	3.05
6 Alasdar Rigby	C&S	2.45
7 Haran Dunderdale	U17 MNS	2.00

M Pole Vault B

1 Lewis Preece	U17 WWA	3.35
2 Maranga Mokaya	U17 NOT	2.60
3 Nick Scales	U17 R&N	2.45
4 George Tysdon	C&S	2.15

M Shot Putt A

1 Najee Fox	BIR	14.77
2 Matthew Field	U17 CDF	14.41
3 Connor Hills	R&N	12.29
4 Perry Offler	NOT	9.43
5 Tom Wallet	U17 MNS	9.33
6 Ross Bangupa	WWA	9.08
7 Richard Adiyia	CHW	8.75
8 Tyler Brown Jones	U17 C&S	8.59

M Shot Putt B

1 Bradley Cole	CDF	11.32
2 Adam Damkidzic	BIR	8.53
3 Ross Douglas	U17 CHW	8.30
4 Alex Ferguson	NOT	8.24
5 Alex Paylou	U17 WWA	7.70
6 George Tysdon	C&S	6.30

M Triple Jump A

1 Jose Martin-Fullerton	BIR	13.81
2 Montel Nevers	U17 NOT	13.33
3 Themba Luhanba	R&N	12.93
4 James Rayner	U17 C&S	11.91
5 Sam Gordon	U17 CDF	11.91
6 Adam Sansom	MNS	11.74
7 Aaron Wilmott	U17 WWA	8.86

M Triple Jump B

1 Jamal Nesbitt	BIR	13.29
2 Ollie Zorko	NOT	13.20
3 Rhys Williams	CDF	11.80
4 Robert Sutherland	U17 R&N	11.20

W 100m A

1 Lauretta Curtis	BIR	12.5
2 Rhiannon Jeffreys	U17 WWA	12.9
3 Jamie-Leigh Bowen	CDF	13.0
4 Zoe Styles	U17 C&S	13.0
5 Vicky Reeves	U17 CHW	13.6
6 Anna Davis	U17 NOT	13.7
7 Hannah Scales	U17 R&N	14.0
8 Elsie Glover	U17 MNS	14.2

W 100m B

1 Charlotte Jones	U17 BIR	12.9
2 Laura Davies	U17 WWA	13.4
3 Marthienne Mimbango	U17 CDF	13.4
4 Sam Farmer	U17 NOT	13.9
5 Bethan Roberts	C&S	14.5
6 Lauren Byrd	U17 R&N	15.3
7 Saadia Hassan	U17 CHW	15.5

W 200m A

1	Melisa Hanson	BIR	24.6
2	Rhiannon Jeffreys	U17 WWA	25.9
3	Zoe Styles	C&S	26.6
4	Hannah Dunderdale	U17 MNS	26.8
5	Jamie-Leigh Bowen	CDF	27.0
6	Molly Ferguson	U17 NOT	27.2
7	Vicky Reeves	U17 CHW	27.2
8	Lauren Jones	R&N	29.3

W 200m B

1	Laura Davies	U17 WWA	27.4
2	Nardia Kidd-Walker	BIR	27.7
3	Gwen Williams	CDF	28.1
4	Natalie Ainge	C&S	28.5
5	Sam Farmer	U17 NOT	29.3
6	Elsie Glover	U17 MNS	30.2
7	Mary Hughes	U17 R&N	31.3
8		CHW	32.6

W 400m A

1	Amy Hillyard	U17 BIR	58.0
2	Jemima Osborn	WWA	59.0
3	Lauren Regan	CDF	59.2
4	Molly Ferguson	U17 NOT	62.3
5	Charlotte Inwood	R&N	62.4
6	Vicky Reeves	U17 CHW	62.7
7	Demi-Jade Jackymelen	U17 MNS	66.9

W 400m B

1	Natalie Ainge	C&S	62.1
2	Katy Warren	U17 BIR	62.6
3	Aimee Hendrickson	CDF	62.7
4	Leah Wilson-Randall	WWA	63.3
5	Hayley Silver	U17 MNS	68.9
6	Annabelle Palmer	U17 NOT	73.6

W 800m A

1	Emily Waugh	R&N	2.20.5
2	Jourdanna Beresford-Sm	BIR	2.22.1
3	Elysia Pearson	WWA	2.26.9
4	Jenny Evans	NOT	2.30.3
5	Teresa Hulme	C&S	2.31.1
6	Chevelle Baxter	U17 MNS	2.33.7
7	Heledd Williams	CDF	2.40.9

W 800m B

1	Catherine Hulme	C&S	2.27.7
2	Mary Hughes	R&N	2.27.8
3	Shanie Read	BIR	2.28.5
4	Dannie Franklin	U17 WWA	2.33.2
5	Holly Smith	U17 MNS	2.34.4
6	Olivia Dyer	U17 CDF	2.41.2

W 1500m A

1	Catherine Hulme	C&S	5.04.9
2	Jemima Osborn	WWA	5.08.9
3	Ellie Howat	U17 BIR	5.12.1
4	Hayley Silver	U17 MNS	5.13.4
5	Charlotte Inwood	R&N	5.14.5
6	Hannah Robinson	NOT	5.16.0
7	Ann Morris	U17 CDF	5.18.3

W 1500m B

1	Iona Evans	U17 WWA	5.14.1
2	Jess Freeman	U17 BIR	5.14.8
3	Eleanor Barnes	U17 R&N	5.20.7
4	Demi-Jade Jackymelen	U17 MNS	5.34.0
5	Sarah Hulme	C&S	5.44.9
6	Izzy Lewis	U17 CDF	6.02.8

W 3000m A

1	Dannii Johnson	BIR	10.38.0
2	Sarah Bennett	U17 R&N	11.28.5
3	Ann Morris	U17 CDF	11.59.6
4	Rebecca Bray	C&S	12.01.8
5	Hannah Hardy	U17 MNS	12.08.2
6	Kim Jelland	U17 CHW	12.27.2
7	Elysia Pearson	WWA	13.16.3

W 3000m B

1	Laura Muth	BIR	11.09.6
2	Clarissa Blake	U17 R&N	12.19.3
3	Heledd Williams	CDF	12.58.3
4	Beth Clarke	C&S	13.22.5
5	Catrin Roberts	U17 WWA	14.11.8
6	Holly Smith	U17 MNS	14.37.6

W 100mH A

1	Karina Jakovenko	BIR	15.3
2	Jenny Robbins	U17 NOT	15.6
3	Katie Rowe	R&N	16.5
4	Natalie Ainge	C&S	21.3
5	Emma Nutt	CHW	24.5

W 100mH B

1	Dionne Samuels	BIR	16.2
2	Hannah Scales	U17 R&N	19.6

W 400mH A

1 Katie Stainton	U17 BIR	66.1
2 Hannah Scales	U17 R&N	71.2
3 Emily Morris	U17 WWA	71.3
4 Ruth Hayes	U17 C&S	77.4
5 Emma Nutt	CHW	78.4
6 Chloe Phillips	U17 CDF	81.3

W 400mH B

1 Naomi O'Brien	U17 BIR	70.2
2	CHW	72.4
3 Katie Reynolds	WWA	75.4
4 Charlotte Davies	R&N	80.2
5 Beth Clarke	C&S	86.0

W 1500m Sc A

1 Gabriella Moriarty	R&N	5.34.0
2 Katie Reynolds	WWA	5.41.7
3 Veda Jelland	U17 CHW	6.06.2
4 Chevelle Baxter	U17 MNS	6.08.2
5 Beth Clarke	C&S	6.32.9
6 Naomi O'Brien	U17 BIR	6.40.9
7 Jenny Evans	NOT	7.07.7

W 1500m Sc B

1 Rhian Homer	U17 WWA	6.06.8
2 Emily Waugh	R&N	6.38.4
3 Teresa Hulme	C&S	6.52.1
4	CHW	7.38.0

W Discus Throw A

1 Charlotte Gair	MNS	40.79
2 Emma Crooke	U17 BIR	38.72
3 Toni Wells	WWA	37.63
4 Emily Campbell	NOT	29.90
5 Kathryn Reynolds	R&N	26.47
6 Alicia Clarke	C&S	22.01
7 Ayla Phillips	CDF	19.46
8 Veda Jelland	U17 CHW	13.24

W Discus Throw B

1 Lucy Griffiths	WWA	33.97
2 Jane Bourne	BIR	28.60
3 Annabelle Palmer	U17 NOT	18.75
4 Sophie Hazelwood	U17 R&N	16.79
5 Lucy Heap	U17 C&S	15.45
6 Robyn Foster	U17 MNS	9.30

W Hammer Throw A

1 Toni Wells	WWA	52.28
2 Emily Campbell	NOT	40.82
3 Ayla Phillips	CDF	39.39
4 Vicky Judd	CHW	37.39
5 Emma Crooke	U17 BIR	37.10
6 Charlotte Gair	MNS	34.26
7 Kathryn Reynolds	R&N	21.98
8 Alicia Clarke	C&S	16.28

W Hammer Throw B

1 Annabelle Palmer	U17 NOT	40.02
2 Brogan Francis	BIR	21.32
3 Lucy Griffiths	WWA	21.06
4 Charlotte Davies	R&N	20.87
5 Chloe Phillips	U17 CDF	15.36
6 Robyn Foster	U17 MNS	5.39
7 Beth Clarke	C&S	5.35

W High Jump A

1 Ella Gibbons	U17 C&S	1.55
2 Emily Morris	U17 WWA	1.55
3 Katie Rowe	R&N	1.50
4 Imogen Green	BIR	1.50
5 Veda Jellard	U17 CHW	1.45
6 Gwen Williams	CDF	1.40
7 Demi-Jade Jackymelen	U17 MNS	1.30
8 Alicia Cox	U17 NOT	1.30

W High Jump B

1 Katherine Morris	U17 WWA	1.50
2 Georgina Greenwood	U17 C&S	1.50
3 Saadia Hassan	U17 CHW	1.40
4 Belinda Amoako	R&N	1.40

W Javelin Throw A

1 Kerry Murch	U17 R&N	39.49
2 Hannah Dunderdale	U17 MNS	34.31
3 Kate Morley	U17 BIR	31.47
4 Jess Adcock	U17 NOT	29.67
5 Toni Wells	WWA	27.59
6 Lucy Heap	U17 C&S	25.25
7 Ayla Phillips	CDF	23.32
8 Kim Jelland	U17 CHW	10.37

W Javelin Throw B

1 Kathryn Reynolds	R&N	28.24
2 Katherine Morris	U17 WWA	24.85
3 Jane Bourne	BIR	18.31
4 Charlotte Gair	MNS	15.40
5 Alicia Clarke	C&S	6.95
6 Izzy Lewis	U17 CDF	6.60
7 Sam Farmer	U17 NOT	6.07

W Long Jump A

1 Imogen Green	BIR	5.35
2 Megan O'Sullivan	CDF	5.32
3 Kerry Murch	R&N	5.18
4 Anna Davis	U17 NOT	5.16
5 Ella Gibbons	U17 C&S	5.14
6 Katherine Morris	U17 WWA	5.00
7 Hannah Dunderdale	U17 MNS	4.84
8 Saadia Hassan	U17 CHW	4.45

W Long Jump B

1 Connie James	BIR	5.01
2 Kimberley Davis	WWA	4.54
3 Georgina Greenwood	C&S	4.47
4 Jenny Taylor	NOT	3.75
5 Rebecca Davies	R&N	3.51
6 Olivia Dyer	U17 CDF	3.49
7 Holly Smith	U17 MNS	3.14

W Pole Vault A

1 Jenny Robbins	U17 NOT	3.00
2 Shannon Lee	U17 WWA	2.65

W Pole Vault B

1 Jenny Taylor	NOT	2.50
2 Enfys Jones	U17 WWA	2.50

W Shot Putt A

1 Lucy Griffiths	WWA	11.55
2 Anna Davis	U17 NOT	10.55
3 Ayla Phillips	CDF	9.59
4 Imogen Green	BIR	9.35
5 Charlotte Gair	MNS	8.89
6 Rebecca Davies	R&N	8.48
7 Alicia Clarke	C&S	7.07

W Shot Putt B

1 Toni Wells	WWA	11.27
2 Emily Campbell	NOT	9.50
3 Nikita Campbell-Smith	U17 BIR	9.16
4 Marthienne Mimbango	U17 CDF	7.65
5 Sophie Hazelwood	R&N	6.61
6 Beth Clarke	C&S	5.96
7 Robyn Foster	U17 MNS	5.51

W Triple Jump A

1 Shannel Hutchinson	BIR	11.60
2 Megan O'Sullivan	CDF	11.42
3 Katie Rowe	R&N	11.00
4 Ella Gibbons	U17 C&S	10.46
5 Alicia Cox	U17 NOT	9.87
6 Chelsea Christopher	U17 WWA	8.98
7 Emma Nutt	CHW	8.67
8 Hannah Hardy	U17 MNS	8.32

W Triple Jump B

1 Andrea Barrow	U17 BIR	10.11
2 Natalie Ainge	C&S	9.99
3 Rebecca Davies	R&N	9.76
4 Jenny Robbins	U17 NOT	9.58
5 Aimee Hendrickson	CDF	9.09
6 Rhiannon Jeffreys	U17 WWA	8.38

W 4x100m Relay

1 BIR 49.4	1 Laretta Curtis	2 Diani Walker	U17
	3 Nardia Kidd-Walker	4 Melisa Hanson	
2 C&S 50.8	1 Natalie Ainge	2 Georgina Greenwood	U17
	3 Ella Gibbons	4 Zoe Styles	U17
3 CDF 51.3	1 Megan O'Sullivan	2 Gwen Williams	
	3 Marthienne Mimbango	4 Jamie-Leigh Bowen	U17
4 WWA 52.2	1 Kimberley Davis	2 Rhiannon Jeffreys	U17
	3 Laura Davies	4 Katherine Morris	U17
5 R&N 54.7	1 Kerry Murch	2 Lauren Byrd	U17
	3 Katie Rowe	4 Lauren Jones	
6 CHW 56.7	1 Vicky Reeves	2 Saadia Hassan	U17
	3 Kim Jelland	4 Veda Jelland	U17

W 4x400m Relay

1 BIR 4.06.1	1 Liliane Sutton	2 Katie Stainton	U17
	3 Katy Warren	4 Amy Hillyard	U17
2 WWA 4.14.5	1 Elysia Pearson	2 Dannie Franklin	U17
	3 Leah Wilson-Randall	4 Jemima Osborn	
3 CDF 4.16.3	1 Aimee Hendrickson	2 Gwen Williams	
	3 Jamie-Leigh Bowen	4 Lauren Regan	
4 C&S 4.22.1	1 Catherine Hulme	2 Rebecca Bray	
	3 Teresa Hulme	4 Sarah Hulme	
5 R&N 4.28.5	1 Charlotte Inwood	2 Emily Waugh	
	3 Mary Hughes	4 Hannah Scales	U17
6 MNS 4.32.2	1 Hannah Dunderdale	2 Chevelle Baxter	U17
	3 Hayley Silver	4 Demi-Jade Jackymelen	U17
7 NOT 4.48.8	1 Alicia Cox	2 Annabelle Palmer	U17
	3 Clare Ashley	4 Jenny Evans	

M 4x100m Relay

1 NOT 44.0	1 Elijah Skervin	2 Maranga Mokaya	U17
	3 Timion Skervin	4 Alex Ferguson	
2 C&S 44.0	1 James Rayner	2 Matthew Mayne	U17
	3 Alex Bradnick	4 Chris Morris	
3 CHW 44.7	1 Aqueel Hassan	2 Richard Adiyia	
	3 Jack Goodband	4 Scott Douglas	
4 CDF 45.0	1 Jacob Brennan	2 Rhys Williams	
	3 Jamaul Whyte	4 Sam Gordon	U17
5 MNS 45.8	1 Tom Wallet	2 Adam Sansom	
	3 Alex Heath	4 Jonathan Brannan	U17
6 WWA 46.3	1 Matthew Richards	2 Evan Jenkins	
	3 Ross Bangura	4 Alex Paylou	U17
7 R&N 46.6	1 Ben Lees	2 Themba Luhanba	
	3	4 Jonathan Chin	

M 4x400m Relay

1 BIR 3.26.7	1 Scott Gregory		2 Elliott Giles	
	3 Nick Hardy		4 Efekomo Okoro	
2 NOT 3.26.9	1 Zach King		2 Jarrod Skervin	
	3 Lewis Golledge		4 Charlie Waterhouse	
3 CDF 3.31.4	1 Scott Edwards	U17	2 Michael Ward	U17
	3 Michael Johnson		4 Jacob Brennan	
4 WWA 3.34.5	1 Josh Sansom		2 Matthew Richards	
	3 Matthew O'Leary		4 Aaron Wilmott	U17
5 C&S 3.39.0	1 Ashley Wickett		2 James Lake	U17
	3 Chris Morris		4 Matthew Mayne	U17
6 R&N 3.42.7	1 James Wright	U17	2 Themba Luhanba	
	3 Rory Grant		4 Tom Johnson	
7 MNS 4.22.8	1 Alex Heath		2 Jordan Boam	U17
	3 Jake Lancaster	U17	4 Haran Dunderdale	U17

PRIOR STANDINGS			MATCH RESULT		LEAGUE STANDINGS		
	Event	Lge	Event	Lge		Event	Lge
1	BIR 1037	15	1 BIR 579	8	1	Birchfield Harriers	1616 23
2	WWA 974	14	2 WWA 482	7	2	West Wales	1456 21
3	NOT 884	13	3 NOT 453	6	3	Notts AC	1337 19
4	MNS 823	8	4 R&N 431	5	4	Cannock & Stafford AC	1220 11
5	C&S 819	8	5 CDF 402	4	5	Cardiff AC	1123 11
6	CDF 721	7	6 C&S 401	3	6	Rugby & Northampton AC	1149 10
7	R&N 718	5	7 MNS 284	2	7	Mansfield Harriers	1107 10
8	CHW 507	2	8 CHW 226	1	8	Charnwood AC	733 3

Athlete of the Match: Ryan Leonard Cardiff 59.65m Javelin
 Lucy Griffiths West Wales 11.55m Shot Putt

Note(s)

BIR Includes + 35pts,
 C&S Includes + 35pts,
 CDF Includes + 35pts,
 CHW Includes + 25pts,
 MNS Includes + 35pts,
 NOT Includes + 35pts,
 R&N Includes + 25pts,
 WWA Includes + 35pts,

M 200m

1 Mathias Francis	BIR	23.4
2 Jack Goodband	U17 CHW	24.6
3 Alex Pavlou	U17 WWA	24.6
4 Alex Skidmore	NOT	24.7
5 Jacob Brennnan	CDF	25.1
6 Sam Daunes	R&N	25.9

M 1500m

1 Ben Norris	NOT	4.22.5
2 Conner Davies	U17 WWA	4.24.2
3 Tom Halloway	C&S	4.26.7
4 James Barker	NOT	4.34.0
5 Stuart Davis	C&S	4.46.0

M 400m

1 Alex Skidmore	NOT	52.8
2 Jack Goodband	U17 CHW	54.6
3 Matt Grice	NOT	54.9
4 Matthew Gregg	U17 NOT	55.0

M 100m

1 Makoye Kampengele	NOT	11.6
2 Alex Ferguson	NOT	11.9
3 Evans Jenkins	WWA	12.0
4 David Omoregie	U17 WWA	12.3

M 800m

1 Dougie Musson	NOT	2.02.6
2 Sam Lacey	U17 BIR	2.12.5

W 100m

1 Diani Walker	U17 BIR	12.9
2 Nardhia Kidd-Walker	BIR	13.2

M Discus Throw

1 Aaron Houseman	U17 C&S	14.26
2 Bradley Cole	CDF	41.95

M Long Jump

1 Jamal Nesbitt	BIR	6.13NWI
2 Sam Nicholls	U17 C&S	4.93NWI

W 200m

1 Lauren Regan	CDF	27.9
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M 2000m Sc

1 Daniel Hall	U17 WWA	8.56.9
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W Long Jump

1 Nikita Campbell-Smit	U17 BIR	5.37NWI
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W Javelin Throw

1 Emily Cook	U17 BIR	19.70
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W Discus Throw

1 Kerry Murch	U17 R&N	27.83
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