

M 100m A	Wind +5.1 m/s	M 100m B	Wind +1.7 m/s
1 Yannick Phippen	BIR 10.6	1 Jamaul Whyte	CDF 11.1
2 Michael Prentice	CDF 10.7	2 Matthias Francis	BIR 11.1
3 Alex Bradnick	C&S 10.7	3 Jack Goodband	U17 CHW 11.3
4 Ben Lees	R&N 11.0	4 Chris Morris	C&S 11.4
5 Steven Watson	CHW 11.0	5 Ross Bangura	WWA 11.5
6 Matthew Davies	U17 WWA 11.1	6 Alex Ferguson	NOT 11.8
7 Makoye Kampengale	NOT 11.3	7 Jonathan Brannan	U17 MNS 12.0
8 Tom Wallelt	U17 MNS 11.4		

M 200m A	Wind +2.2 m/s	M 200m B	Wind +0.7 m/s
1 Yannick Phippen	BIR 21.7	1 Jarryd Dunn	BIR 22.1
2 Alex Bradnick	C&S 21.8	2 James Wiltshire	CDF 22.8
3 Sam Gordon	U17 CDF 22.7	3 Matthew Davies	U17 WWA 23.0
4 Matthew Richards	WWA 22.8	4 Chris Morris	C&S 23.4
5 Tom Johnson	R&N 23.2	5 Charlie Waterhouse	NOT 23.4
6 Makoye Kampengale	NOT 23.3	6 Richard Adiyia	CHW 23.7
7 Steven Watson	CHW 23.3	7 Alex Heath	MNS 24.3
8 Tom Wallelt	U17 MNS 23.6		

M 400m A		M 400m B	
1 Zach King	NOT 48.9	1 Christian Byron	BIR 49.7
2 Efekomo Okoro	BIR 49.5	2 Llyr Jamieson	U17 WWA 51.6
3 Matthew Richards	WWA 51.0	3 Alex Skidmore	NOT 52.7
4 Scott Edwards	U17 CDF 51.1	4 Michael Johnson	CDF 53.7
5 Adam Sansom	MNS 52.1	5 Alex Heath	MNS 54.3
6 Matthew Mayne	U17 C&S 52.5	6 James Lake	U17 C&S 55.0
7 Scott Douglas	CHW 53.0	7 Robert Sutherland	U17 R&N 56.1
8 Jonathon Chin	R&N 53.2		

M 800m A		M 800m B	
1 Elliot Slade	U17 CDF 1.54.5	1 Alex Coomber	CDF 1.58.2
2 Elliot Giles	BIR 1.57.8	2 Joe Coleshaw	NOT 2.00.1
3 Chris Perrin	C&S 1.59.0	3 Rhys Granville	U17 WWA 2.01.1
4 Carwyn Evans	U17 WWA 1.59.2	4 Theo Blundell	U17 BIR 2.01.3
5 Ben Sutherland	U17 R&N 1.59.6	5 Ashley Wickett	C&S 2.07.5
6 Mark Thompson	NOT 2.01.8	6 Harry Buttery	U17 CHW 2.18.1
7 George Buttery	CHW 2.02.8	7 Jake Lancaster	U17 MNS 2.25.8
8 Haran Dunderdale	U17 MNS 2.05.7		

M 1500m A		M 1500m B	
1 Robert Needham	NOT 3.58.2	1 Tom Collins	NOT 4.03.2
2 Elliot Slade	U17 CDF 3.59.6	2 Michael Ward	U17 CDF 4.15.5
3 Rory Grant	R&N 4.01.6	3 Luke Robinson	R&N 4.16.0
4 Tom Graves	BIR 4.02.5	4 Josh Lacey	BIR 4.24.4
5 George Buttery	CHW 4.03.4	5 Lloyd Heckler	U17 WWA 4.26.1
6 Matthew O'Leary	WWA 4.06.7	6 Adam Johnson	C&S 4.35.0
7 James McCann	U17 C&S 4.14.5	7	CHW 4.55.2
8 Tom O'Mara	U17 MNS 4.36.1	8 Jordan Boam	U17 MNS 5.14.2

M 3000m A		M 3000m B	
1 Josh Griffiths	WWA 9.13.6	1 Paddy Clark	U17 NOT 9.35.4
2 James Perrin	C&S 9.18.8	2 Aaron Houseman	C&S 9.38.4
3 Freddie Hessian	NOT 9.25.4	3 Robert Male	R&N 9.51.2
4 Ben Sutherland	U17 R&N 9.29.2	4 Ben Topley	U17 BIR 9.53.3
5 Tom O'Mara	U17 MNS 9.40.1	5 William Kirk	U17 CHW 10.11.6
6 Ben Griffiths	BIR 9.41.9	6 Kieran John	U17 WWA 10.17.7
7 Joe Wales	CHW 9.46.5	7 Jordan Boam	U17 MNS 10.51.1

M 110mH A	Wind +0.9 m/s	M 110mH B	Wind +0.9 m/s
1 Jake Porter	BIR 14.7	1 Onajite Okoro	BIR 15.0
2 James Wright	R&N 14.9	2 Josh Sansom	WWA 16.1
3 Glen Elsdon	WWA 15.0		
4 Tyron Blake	CDF 15.9		
5 Alasdair Rigby	C&S 17.1		

M 400mH A		M 400mH B	
1 Josh Sansom	WWA 57.5	1 Glen Elsdon	WWA 59.4
2 Luke Morbey	BIR 57.8	2 Tom Phillips	CDF 61.3
3 Adam Sansom	MNS 58.0	3 Scott Gregory	BIR 63.0
4 James Wright	R&N 58.4	4 Matt Gregg	U17 NOT 64.1
5 Lewis Golledge	NOT 59.7	5 Connor McHale	MNS 69.9
6 Jacon Brennan	CDF 61.6		
7 Richard Adiyia	CHW 63.0		
8 Ashley Wickett	C&S 72.4		

M 2000m Sc A		M 2000m Sc B	
1 Dougie Musson	NOT 6.15.8	1 Ronan Llyr	U17 WWA 6.48.0
2 Nick Hardy	BIR 6.20.4	2 Joe Coleshaw	NOT 7.22.7
3 George Buttery	CHW 6.44.2	3 Connor McHale	MNS 8.22.8
4 Connor Hills	R&N 6.46.7	4 Michael Johnson	CDF 8.32.7
5 Matthew Thomas	WWA 6.47.5	5 Nick Scales	U17 R&N 8.33.5
6 Michael Ward	U17 CDF 7.11.9	6 Joe Gregory	BIR DNF
7 Jake Lancaster	U17 MNS 7.14.2		

M Discus Throw A		M Discus Throw B	
1 Najee Fox	BIR 51.12	1 Ryan Leonard	CDF 35.73
2 Dan Power	WWA 42.64	2 Forest Francis	U17 BIR 35.19
3 Chris Clarke	U17 MNS 38.33	3 Hadan Brittain	MNS 30.47
4 Matthew Field	U17 CDF 37.82	4 Craig Murch	R&N 30.33
5 Harry Ronchetti	U17 R&N 35.96	5 Jonathan Stowell	WWA 26.31
6 Tyler Brown-Jones	U17 C&S 26.01	6 Daniel Bishop	C&S 21.27
7 Ross Douglas	U17 CHW 24.39	7 Matt Grice	NOT 18.89
8 Robert Heginbottom	U17 NOT 22.78		

M Hammer Throw A		M Hammer Throw B	
1 Craig Murch	R&N 56.34	1 Jonathan Stowell	WWA 33.87
2 Ashley Andrews	BIR 52.85	2 Greg Millar	MNS 21.43
3 Hadan Brittain	MNS 47.45	3 Nick Scales	U17 R&N 20.65
4 Ross Douglas	U17 CHW 43.93	4 George Tyson	C&S 14.04
5 Matthew Riley	WWA 38.59	5 Montel Nevers	U17 NOT 5.82
6 Matthew Field	U17 CDF 28.89		
7 Tyler Brown-Jones	U17 C&S 20.45		
8 Matt Gregg	U17 NOT 16.21		

M High Jump A		M High Jump B	
1 Onajite Okoro	BIR 1.90	1 Haran Dunderdale	U17 MNS 1.60
2 Alasdair Rigby	C&S 1.75	2 Sam Gordon	U17 CDF 1.60
3 Tyron Blake	CDF 1.75	3 Ross Bangura	WWA 1.55
4 Glen Elsdon	WWA 1.70	4 Ross Golledge	U17 NOT 1.55
5 Will Marshall	U17 MNS 1.70		
6 Lewis Golledge	NOT 1.55		

M Javelin Throw A

1 Greg Millar	MNS	61.24
2 Ryan Leonard	CDF	52.43
3 Jon Llewelyn	WWA	52.03
4 Jonah Boyce	BIR	47.38
5 Richard Stanley	C&S	45.07
6 Craig Murch	R&N	37.81
7 Robert Heginbottom	U17 NOT	35.34

M Javelin Throw B

1 Howard Stapleton	BIR	46.35
2 Alex Pinner	C&S	43.79
3 Niki Davies	WWA	43.22
4 Hadan Brittain	MNS	34.00
5 Lewis Akrill	CDF	28.97
6 Ross Golledge	U17 NOT	28.43
7 Christian Nicholson	R&N	27.96

M Long Jump A

1 Kieron Martin	WWA	6.24
2 Alasdair Rigby	C&S	6.23
3 Stuart Street	U17 NOT	6.22
4 Efekomo Okoro	BIR	6.00
5 Jamaul Whyte	CDF	5.84
6 Adam Sansom	MNS	5.71
7 Jack Goodband	U17 CHW	3.94

M Long Jump B

1 Fraser Kestevan	NOT	6.14
2 Lewis Akrill	CDF	4.91
3 Connor McHale	MNS	4.91
4 Adam Johnson	C&S	4.31
5 Scott Gregory	BIR	4.08

M Pole Vault A

1=Tom Lyons	NOT	0.00
1=Joe Chesterman	U17 BIR	0.00
1=Alasdair Rigby	C&S	0.00
1=David Callan	U17 CDF	0.00
1=James Taylor	U17 CHW	0.00
1=Connor McHale	MNS	0.00
1=Emyr Jones	WWA	0.00

M Pole Vault B

1=Lewis Preece	U17 WWA	0.00
1=David Wilkinson	U17 MNS	0.00
1=George Tyson	C&S	0.00

M Shot Putt A

1 Chris Clarke	U17 MNS	13.90
2 Matthew Field	U17 CDF	13.32
3 Jonathan Stowell	WWA	11.19
4 Craig Murch	R&N	11.09
5 Myles Morris	U17 BIR	9.35
6 Daniel Bishop	C&S	8.81
7 Richard Adiyia	CHW	8.33
8 Charlie Waterhouse	NOT	8.27

M Shot Putt B

1 Hadan Brittain	MNS	11.12
2 Daniel Wardle	R&N	9.04
3 Onajite Okoro	BIR	8.49
4 James Wiltshire	CDF	8.35
5 Ross Douglas	U17 CHW	8.26
6 Tyler Brown-Jones	U17 C&S	8.26
7 Alex Ferguson	NOT	7.88
8 Matthew Riley	WWA	6.69

M Triple Jump A

1 Jose Martin-Fullerton	BIR	14.50
2 Themba Luhana	R&N	13.51
3 Montel Nevers	U17 NOT	13.14
4 Sam Gordon	U17 CDF	12.17
5 Alasdair Rigby	C&S	12.11
6 Keiron Martin	WWA	11.82
7 Adam Sansom	MNS	11.45

M Triple Jump B

1 Jarryd Dunn	BIR	12.91
2 Fraser Kestevan	NOT	11.79
3 Robert Sutherland	U17 R&N	11.36
4 Ross Bangura	WWA	11.31
5 Connor McHale	MNS	11.13
6 Jacob Brennan	CDF	11.05
7 Adam Johnson	C&S	9.94

W 100m A

	Wind +1.4 m/s	
1 Melisa Hanson	BIR	12.0
2 Rhiannon Jeffreys	U17 WWA	12.4
3 Jamie-Leigh Bowen	CDF	12.5
4 Charlotte Burrows	R&N	12.8
5 Zoe Styles	U17 C&S	12.9
6 Anna Davies	U17 NOT	13.2
7 Elsie Glover	MNS	13.7

W 100m B

	Wind +2.2 m/s	
1 Diani Walker	U17 BIR	12.3
2 Monet Ager	R&N	12.5
3 Catrin Stone	WWA	12.7
4 Katie Platts	NOT	12.9
5 Danielle Mill	CDF	13.2
6 Olivia Merry	C&S	13.3

W 200m A	Wind +3.1 m/s	W 200m B	Wind +3.3 m/s
1 Melisa Hanson	BIR 24.5	1 Nardhia Kidd-Walker	BIR 26.1
2 Rhiannon Jeffreys	U17 WWA 25.3	2 Ffion Rees	WWA 26.4
3 Zoe Styles	U17 C&S 26.3	3 Molly Ferguson	U17 NOT 26.5
4 Jamie-Leigh Bowen	CDF 26.6	4 Natalie Ainge	C&S 27.0
5 Katie Platts	NOT 26.9	5 Lauren Regan	CDF 27.1
6 Lauren Jones	R&N 28.1	6 Sophie Wright	R&N 28.4
7 Elsie Glover	U17 MNS 28.7		
W 400m A		W 400m B	
1 Amy Hillyard	U17 BIR 57.8	1 Lauren Regan	CDF 60.3
2 Sam Cogan	CDF 59.2	2 Robyn Foster	MNS 63.1
3 Jemima Osborn	WWA 59.3	3 Shaney Read	BIR 64.1
4 Chantelle Robinson	U17 NOT 59.8	4 Laura Mason	NOT 64.7
5 Hannah Dunderdale	MNS 60.0	5 Stacey Collins	WWA 67.4
6 Bethan Roberts	C&S 65.0	6 Beth Denning	C&S 80.7
7 Charlotte Davies	R&N 74.0		
W 800m A		W 800m B	
1 Chloe Richardson	BIR 2.15.5	1 Laura Muth	BIR 2.23.2
2 Briony Bendle	CHW 2.16.1	2 Demi-Jade Jakymelen	MNS 2.26.0
3 Emily Waugh	R&N 2.19.1	3 Lucy Arkinstall	CHW 2.29.1
4 Chevelle Baxter	MNS 2.22.4	4 Eleanor Barnes	R&N 2.31.7
5 Elysia Pearson	WWA 2.24.1	5 Clare Harwood	U17 CDF 2.33.0
6 Bethan Daw	CDF 2.25.5	6 Iona Evans	U17 WWA 2.33.5
7 Teresa Hulme	C&S 2.41.6	7 Catherine Hulme	C&S 2.35.8
8 Annabelle Palmer	U17 NOT 3.21.7	8 Jenny Taylor	NOT 3.19.8
W 1500m A		W 1500m B	
1 Briony Bendle	CHW 4.59.6	1 Jourdana Beresford Sm	BIR 5.14.8
2 Catherine Hulme	C&S 5.04.9	2 Iona Evans	U17 WWA 5.20.1
3 Ellie Howat	U17 BIR 5.07.0	3 Lucy Arkinstall	CHW 5.27.7
4 Mary Hughes	U17 R&N 5.10.3	4 Holly Smith	MNS 5.49.3
5 Kari O'Neill	U17 WWA 5.11.1	5 Heledd Williams	U17 CDF 5.51.3
6 Bethan Daw	CDF 5.18.6	6 Sarah Hulme	C&S 6.02.0
7 Lori Marshall	NOT 5.21.8		
8 Demi-Jade Jakymelen	MNS 5.25.6		
W 3000m A		W 3000m B	
1 Danni Johnson	BIR 10.54.5	1 Clare Harwood	U17 CDF 12.28.0
2 Kim Jalland	CHW 11.35.0	2 Charlotte Foxall	U17 BIR 12.32.4
3 Hannah Robinson	U17 NOT 11.53.7	3 Beth Clarke	C&S 13.21.1
4 Lowri Heckler	U17 WWA 12.12.6	4 Holly Smith	MNS 13.40.5
5 Hannah Hardy	MNS 12.15.1		
6 Heledd Williams	U17 CDF 12.23.3		
7 Rebecca Bray	C&S 12.31.2		
W 100mH A	Wind +2.0 m/s	W 100mH B	Wind +1.3 m/s
1 Catrin Stone	WWA 14.9	1 Dionne Samuels	BIR 15.7
2 Karina Jakovenko	BIR 15.2	2 Kimberley Davies	WWA 16.0
3 Jenny Robins	U17 NOT 15.4	3 Hannah Scales	U17 R&N 17.7
4 Katie Rowe	R&N 16.0	4 Lucy Johnson	NOT 20.1
5 Chloe Elphick	MNS 18.0	5 Natalie Ainge	C&S 21.1
6 Rebecca Cooke	C&S 18.6		

W 400mH A

1 Katie Stainton	U17 BIR	67.5
2 Hannah Scales	U17 R&N	70.2
3 Rebecca Cooke	C&S	70.3
4 Sophie Pick	WWA	75.6
5 Becky Summers	CDF	76.0
6 Emma Nutt	CHW	76.6
7 Lucy Johnson	NOT	81.0
8 Yvette Robinson	MNS	83.1

W 400mH B

1 Megan Thomas	CDF	70.9
2 Naomi O'Brien	U17 BIR	71.8
3 Atlanta Williams	WWA	72.4
4 Ruth Hayes	U17 C&S	77.7
5 Jenny Robins	U17 NOT	80.0

W 1500m Sc A

1 Gabriella Moriarty	R&N	5.47.0
2 Chevelle Baxter	MNS	6.03.4
3 Becky Summers	CDF	6.03.9
4 Kim Jalland	CHW	6.25.1
5 Beth Clarke	C&S	7.01.6
6 Naomi O'Brien	U17 BIR	7.43.2

W 1500m Sc B

1 Tamsin Smith	MNS	6.05.6
2 Leah Gregory	BIR	7.43.2

W Discus Throw A

1 Emma Crooke	U17 BIR	35.44
2 Nina Prells	WWA	35.42
3 Emily Campbell	NOT	28.91
4 Kathryn Reynolds	R&N	27.75
5 Hannah Dunderdale	MNS	22.65
6 Beth Denning	C&S	22.57
7 Alice Knight	CHW	20.96
8 Megan Thomas	CDF	20.38

W Discus Throw B

1 Awen Rosser	U17 WWA	34.93
2 Jane Bourne	BIR	28.30
3 Mia Gell	U17 NOT	21.46
4 Alicia Clarke	C&S	19.38
5 Ayla Phillips	CDF	18.41
6 Chevelle Baxter	MNS	11.19

W Hammer Throw A

1 Toni Wells	WWA	52.85
2 Ayla Phillips	CDF	40.47
3 Emily Campbell	NOT	39.72
4 Emma Crooke	U17 BIR	39.27
5 Vicky Judd	U17 CHW	36.19
6 Charlotte Davies	R&N	21.84
7 Beth Denning	C&S	20.73
8 Tamsin Smith	MNS	10.06

W Hammer Throw B

1 Annabelle Palmer	U17 NOT	37.95
2 Helena Madan	WWA	31.83
3 Vivan Salo	BIR	28.69
4 Sophie Wright	R&N	19.68
5 Alicia Clarke	C&S	16.92
6 Holly Smith	MNS	7.75
7 Danielle Mill	CDF	6.43

W High Jump A

1 Sophie Pick	WWA	1.55
2 Ella Gibbons	U17 C&S	1.55
3 Katie Rowe	R&N	1.50
4 Katie Platt	NOT	1.45
5 Chloe Elphick	MNS	1.40

W High Jump B

1 Georgina Greenwood	U17 C&S	1.50
2 Belinda Amoako	U17 R&N	1.45
3 Chantelle Robinson	U17 NOT	1.40
4 Atalanta Williams	WWA	1.40

W Javelin Throw A

1 Carys Mansfield	U17	WWA	41.19
2 Kerry Murch	U17	R&N	37.78
3 Amber Burdett		CHW	36.65
4 Kate Morley	U17	BIR	35.14
5 Becky Woolley		MNS	32.63
6 Lucy Heap	U17	C&S	32.35
7 Ayla Phillips		CDF	20.28
8 Helen Gill		NOT	15.45

W Javelin Throw B

1 Charlotte Burrows		R&N	32.81
2 Alice Knight		CHW	29.23
3 Nikita Campbell-Smith	U17	BIR	26.81
4 Hannah Dunderdale		MNS	26.72
5 Toni Wells		WWA	25.32
6 Mia Gell	U17	NOT	11.76
7 Megan Thomas		CDF	11.00
8 Alicia Clarke		C&S	2.73

W Long Jump A

1 Kerry Murch	U17	R&N	5.50
2 Jessica Leek	U17	C&S	5.19
3 Ffion Rees		WWA	5.17
4 Connie James		BIR	5.11
5 Chloe Elphick		MNS	5.04
6 Etienne Hodge	U17	NOT	4.33
7 Heledd Williams	U17	CDF	3.30

W Long Jump B

1 Olivia Merry		C&S	5.17
2 Rebecca Davies		R&N	4.71
3 Alyce Phillips	U17	WWA	4.68
4 Megan Arnold	U17	NOT	4.23
5 Dionne Samuels	U17	BIR	4.22
6 Becky Woolley		MNS	3.96
7 Clare Harwood	U17	CDF	2.87

W Pole Vault A

1 Naomi James		WWA	3.35
2 Jenny Robins	U17	NOT	3.05
3 Lucy Daly	U17	CDF	2.60
4 Tamsin Smith		MNS	2.45

W Pole Vault B

1 Enfys Jones	U17	WWA	2.60
2 Jenny Taylor		NOT	2.45
3 Chloe Elphick		MNS	2.30

W Shot Putt A

1 Toni Wells		WWA	11.62
2 Anna Davies	U17	NOT	11.14
3 Ayla Phillips		CDF	10.01
4 Becky Woolley		MNS	9.38
5 Chloe Gayle	U17	BIR	9.20
6 Kerry Murch	U17	R&N	8.58
7 Beth Denning		C&S	7.75
8 Alice Knight		CHW	7.40

W Shot Putt B

1 Lucy Griffiths		WWA	11.33
2 Helen Gill		NOT	9.99
3 Nikita Campbell-Smith		BIR	9.11
4 Sophie Hazelwood	U17	R&N	7.59
5 Alicia Clarke		C&S	7.28
6 Danielle Mill		CDF	6.73
7 Yvette Robinson		MNS	3.74

W Triple Jump A

1 Katie Rowe		R&N	11.02
2 Chloe		MNS	10.88
3 Natalie Ainge		C&S	10.23
4 Andrea Barrow	U17	BIR	9.77
5 Rhianon Thomas	U17	WWA	9.57
6 Megan Arnold	U17	NOT	9.15

W Triple Jump B

1 Georgina Greenwood	U17	C&S	10.14
2 Rebecca Davies		R&N	9.27
3 Chelsea Christopher	U17	WWA	9.17
4 Alicia Cox	U17	NOT	9.14
5 Ines Kanyinda	U17	BIR	9.03
6 Elsie Glover		MNS	7.87

W 4x100m Relay

1 C&S 50.8	1 Natalie Ainge		2 Jessica Leek	U17
	3 Ella Gibbons	U17	4 Zoe Styles	U17
2 WWA 50.8	1 Elise Davies	U17	2 Catrin Stone	
	3 Ffion Rees		4 Rhiannon Thomas	U17
3 NOT 51.1	1 Laura Mason		2 Molly Ferguson	U17
	3 Katie Platt		4 Anna Davies	
4 R&N 51.2	1 Charlotte Burrows		2 Monet Ager	
	3 Sophie Wright		4 Lauren Jones	
5 CDF 51.6	1 Jamie-Leigh Bowen		2 Danielle Mill	
	3 Lauren Regan		4 Sam Cogan	
6 MNS 57.8	1 Holly Smith		2 Elsie Glover	U17
	3 Tamsin Smith		4 Becky Woolley	
7 BIR DNF				

W 4x400m Relay

1 BIR 4.02.1	1 Nikita Campbell-Smith		2 Katy Warren	
	3 Danni Johnson		4 Amy Hillyard	
2 CDF 4.13.4	1 Sam Cogan		2 Bethan Daw	
	3 Jamie-Leigh Bowen		4 Lauren Regan	
3 C&S 4.16.8	1 Jessica Leek	U17	2 Rebecca Cooke	
	3 Bethan Roberts		4 Natalie Ainge	
4 WWA 4.17.5	1 Elysia Pearson		2 Sophie Pick	
	3 Stacey Collins		4 Jemima Osborn	
5 NOT 4.18.7	1 Chantelle Robinson		2 Molly Ferguson	U17
	3 Laura Mason		4 Hannah Robinson	U17
6 MNS 4.19.4	1 Demi-Jade Jakymelen		2 Chevelle Baxter	
	3 Robyn Foster		4 Hannah Dunderdale	
7 CHW 4.21.3	1 Briony Bendle		2 Emma Nutt	
	3 Lucy Arkinstall		4 Kim Jalland	
8 R&N 4.23.1	1 Gabriella Moriarty		2 Emma McGowan	
	3 Mary Hughes	U17	4 Hannah Scales	U17

M 4x100m Relay

1 CDF 44.1	1 Jamaul Whyte		2 Sam Gordon	
	3 James Griffiths		4 Michael Johnson	
2 C&S 44.6	1 Tyler Brown-Jones	U17	2 Matthew Mayne	U17
	3 Alex Bradnick		4 Chris Morris	
3 CHW 44.7	1 Richard Adiyia		2 Jack Goodband	
	3 Steven Watson		4 Scott Douglas	
4 NOT 44.9	1 Matt Gregg	U17	2 Makoye Kampengale	
	3 Charlie Waterhouse		4 Alex Ferguson	
5 WWA 44.9	1 Matthew Davies	U17	2 Ross Bangura	
	3 Matthew Richards		4 Alex Pavlou	
6 R&N 46.5	1 Robert Sutherland	U17	2 Tom Johnson	
	3 Jonathon Chin		4 Themba Luhana	
7 MNS 48.9	1 Alex Heath		2 Tom Walleth	
	3 David Wilkinson	U17	4 Jonathan Brannan	
8 BIR DQ				

M 4x400m Relay

1 BIR 3.21.1	1 Christian Byron		2 Tom Graves	
	3 Efekomo Okoro		4 Jarryd Dunn	
2 NOT 3.25.5	1 Zach King		2 Robert Needham	
	3 Lewis Golledge		4 Charlie Waterhouse	
3 CDF 3.29.8	1 Scott Edwards		2 Jaco Brennan	
	3 Tom Phillips		4 James Wiltshire	
4 WWA 3.37.0	1 Llyr Jamieson	U17	2 Alex Pavlou	
	3 Owain O'Leary		4 Carwyn Evans	U17
5 C&S 3.40.9	1 Ashley Wickett		2 James Lake	U17
	3 Chris Morris		4 Matthew Mayne	U17
6 R&N 3.42.7	1 Tom Johnson		2 Rory Grant	
	3 James Wright		4 Ben Sutherland	U17
7 CHW 3.43.6	1 Scott Douglas		2 Richard Adiyia	
	3 George Buttery		4 Joe Wales	
8 MNS 3.54.5	1 Tom O'Mara		2 Tom Walleth	
	3 Alex Heath		4 Adam Sansom	

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge		Event	Lge
1	BIR 524	8	1	BIR 535.14	8	1	Birchfield Harriers	1059.1416
2	NOT 460	7	2	WWA 522.48	7	2	Notts AC	882.14 13
3	MNS 441	5	3	NOT 422.14	6	3	West Wales	972.48 11
4	WWA 450	4	4	CDF 417.14	5	4	Mansfield Harriers	821.48 8
5	C&S 414	4	5	C&S 402.48	4	5	Cannock & Stafford AC	816.48 8
6	R&N 354	3	6	MNS 380.48	3	6	Cardiff AC	718.14 7
7	CDF 301	2	7	R&N 362	2	7	Rugby & Northampton AC	716 5
8	CHW 295	1	8	CHW 210.14	1	8	Charnwood AC	505.14 2

Athlete of the Match: Najee Palmer BIR 51.12 Discus  
 Toni Wells WWA 52.85 Hammer

General Comment: Mens Pole Vault cancelled due to equipment failure in warm up. Extra  
 GuestM200mAlex FergusonNOT24.2 Matt GreggNOT24.2 WdiscVivianSalo27.26

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,

W 100m	Wind +2.8 m/s	M 100m	Wind +2.6 m/s
1 Nardia Kidd-Walker	BIR 12.7	1 James Griffiths	CAR 11.3
2 Layla Rees-Cooke	BIR 13.1	2 Alex Pavlou	WWA 11.5
3 Elise Davies	WWA 13.1	3 Tom Phillips	CAR 11.5
4 Hannah Dunderdale	MAN 13.1	4 Christopher Ombisii	C&S 12.1
5 Megan Arnold	U17 NOT 13.1	5 Julian Thomas	U17 NOT 12.4
6 Adina Tomlinson	BIR 13.2	6 Lewis Akrill	CAR 12.4
7 Leah Gregory	BIR 13.3		
8 Etiene Hodge	U17 NOT 13.5		
M 200m	Wind +2.6 m/s	M 200m	Wind +2.2 m/s
1 Jamaul Whyte	CAR 22.3	1 Michael Prentiss	CAR 22.3
2 Efe Okoro	BIR 22.5	2 Jack Goodband	CHA 23.0
3 Alex Pavlou	WWA 23.5	3 James Griffiths	CAR 23.4
4 Julian Thomas	U17 NOT 24.8	4 Owain Morgan	WWA 24.1
5 Christopher Ombisii	C&S 25.2	5 Matt Grice	NOT 24.2
M 100m	Wind +1.7 m/s	M 800m	
1 James Wiltshire	CAR 11.4	1 Addam Sattar	BIR 2.05.3
2 Owain Morgan	WWA 11.9	2 Sam Lacey	BIR 2.09.3
3 Shane Jones	WWA 12.6	3 Kieron White	WWA 2.09.9
4 George Tyson	C&S 13.3		
W Pole Vault		W Long Jump	
1 Shannon Lee	WWA 2.90	1 Ella Gibbons	CHA 5.14NWI
2 Megan Jones	WWA 2.30	2 Kimberley Davies	WWA 4.49NWI
M Javelin Throw		W Shot Putt	
1 Chris Clarke	MAN 35.21	1 Nina Perlls	WWA 9.26
2 Travelle Morris-Reid	BIR 53.35	2 Emily Cook	BIR 8.37
W Hammer Throw		W Discus Throw	
1 Nina Perlls	WWA 29.77	1 Lucy Griffiths	WWA 35.25
W High Jump		M Triple Jump	
1 Helena Madden	WWA 1.50	1 Armani James	BIR 12.88NWI
M 1500m		M Long Jump	
1 Nanaan Morris	CAR 4.16.3	1 Ross Bangura	WWA 5.63NWI
M 400m		W 200m	Wind +3.3 m/s
1 Jon Shay Ho-Shing	BIR 52.3	1 Belinda Amoako	R&N 29.3
M 110mH	Wind +0.9 m/s	M Discus Throw	
1 Shane Jones	WWA 19.2	1 Greg Millar	MAN 25.71