

NJL Midland Premier Div Round:4
 Cardiff, Leckwith Road, Sun 26 July 2009

M 100m A	Wind -2.5 m/s	M 100m B	Wind -1.5 m/s
1 Curtis Holmes	BIR 11.35	1 Chris Howe	CAR 11.59
2 Lloyd Bowen	CAR 11.46	2 Abdillah Nassir	CHA 11.62
3 Tom Wilson	NOT 11.54	3 James Thomas	WWA 11.75
4 Jamie Price	WWA 11.66	4 Matthew Wilson	CDA 11.78
5 Marcel Hodge	CHA 11.78	5 Adam Sansom	MAN 11.82
6 Jonathan Cordin	MAN 11.83	6 Lewis Summer-Rell	NOT 11.84
7 Ryan Newton	U17 CDA 11.96	7 Paul Keepax	BIR 11.89
8 Talent Gukwe	C&S 12.49	8 Max Johnson	U17 C&S 12.98
M 200m A	Wind -1.4 m/s	M 200m B	Wind -1.6 m/s
1 Tom Knight	CAR 22.43	1 Philip Berners	CHA 22.96
2 Phineas Stewart	BIR 22.92	2 James Baines	NOT 23.04
3 Paul Bennett	U17 WWA 23.18	3 Sam Conway	CAR 23.45
4 Tom Wilson	NOT 23.26	4 Jamie Price	WWA 23.49
5 Ryan Newton	U17 CDA 23.73	5 Paul Keepax	BIR 23.87
6 Jonathan Cordin	MAN 24.10	6 James Hardy	MAN 23.93
7 Marcel Hodge	CHA 25.34	7 Andrew Szarkowski	CDA 24.00
8 Talent Gukwe	C&S 39.59	8 Max Johnson	U17 C&S 26.54
M 400m A		M 400m B	
1 James Baines	NOT 49.63	1 Tom Hinton	BIR 50.11
2 Paul Bennett	U17 WWA 49.65	2 Tom Moakes	NOT 50.27
3 Abdillah Nassir	CHA 49.93	3 James Wiltshire	U17 CAR 50.68
4 Gareth Hopkins	CAR 50.03	4 Philip Berners	CHA 50.85
5 Efe Okoro	BIR 51.10	5 Alex Lloyd	MAN 53.70
6 Adam Sansom	MAN 52.08	6 David Hill	WWA 55.71
7 Andrew Szarkowski	CDA 52.53	7 Dean Bower	CDA 56.90
8 Adam Rigby	C&S 1.07.90	8 Phil Pugh	U17 C&S 1.03.83
M 800m A		M 800m B	
1 Chris Harvey	C&S 1.58.49	1 Konstantinos Karras	CAR 2.00.61
2 Jarryd Dunn	BIR 1.59.71	2 Dan Lisman	BIR 2.09.28
3 Declan Evans	CAR 1.59.83	3 Sean White	U17 WWA 2.10.39
4 Tom Collins	U17 NOT 2.02.75	4 Matthew Rimmington	U17 CDA 2.11.97
5 Daniel Winter	MAN 2.05.59	5 Jake Harrison	CHA 2.12.00
6 Jack Elliott	CDA 2.06.11	6 Ewan Millar	U17 MAN 2.12.18
7 George Buttery	CHA 2.07.38	7 Jamie Graham	C&S 2.12.88
8 Antonio Cirillo	WWA 2.09.28	8 Lewis Golledge	U17 NOT 2.20.09
M 1500m A		M 1500m B	
1 Sam Evans	C&S 4.11.42	1 Paul Thompson	NOT 4.18.94
2 Adam Cotton	BIR 4.11.94	2 Josh Lacey	U17 BIR 4.27.27
3 Blayne Pick	NOT 4.18.46	3 Matthew Thomas	U17 WWA 4.35.06
4 George Buttery	CHA 4.19.57	4 Adam Smith	C&S 4.42.77
5 James Selvey	U17 CDA 4.25.11	5 Darren Jones	U17 CAR 4.44.51
6 Matthew Richards	U17 WWA 4.32.05	6 Chris Dawe	U17 CDA 4.44.71
7 James Hunt	U17 CAR 4.32.56	7 Andrew Lomas	CHA 4.48.68
8 Luke Marshall	MAN 4.32.63	8 Daniel Ward	MAN 5.11.57
M 3000m A		M 3000m B	
1 Matthew O'Leary	U17 WWA 9.41.64	1 Antonio Cirillo	WWA 10.41.20
2 Luke Marshall	MAN 9.43.73	2 Abdullahi Nur	NOT 10.52.54
3 Jake Harrison	CHA 9.50.94	3 Daniel Ward	MAN 11.10.61
4 Phil Pugh	U17 C&S 9.52.93		
5 Joe Coleshaw	U17 NOT 10.06.35		
6 Ben Griffiths	U17 BIR 10.09.36		
7 Mark Devergori	U17 CDA 11.32.30		
8 Kyle Garrison	CAR 12.05.05		
M 110mH A	Wind -1.9 m/s	M 110mH B	Wind -1.3 m/s
1 Orie Lawrence	BIR 14.64	1 Curtis Holmes	BIR 14.98
2 James Hardy	MAN 14.80	2 Perry Offler	U17 NOT 19.04

3 Tom Moakes	NOT	15.53	3 Jamie Allen	U17 MAN	20.30
4 Michael Feeney		CDA 16.20			
5 Richard Adiyia	U17	CHA 18.38			
6 Adam Smith		C&S 19.61			
7 Jordan Brock		WWA 19.76			
M 400mH A			M 400mH B		
1 Tom Noakes	NOT	54.41	1 Andrew Lomas	CHA	1.00.14
2 Adam Sansom	MAN	57.72	2 Perry Offler	U17 NOT	1.00.80
3 Luke Morgan	CAR	58.23	3 Scott Gregory	U17 BIR	1.07.37
4 Leon Simpson	BIR	59.25	4 Jamie Allen	U17 MAN	1.08.32
5 Richard Adiyia	U17	CHA 1.01.92	5 Mark Devergori	U17 CDA	1.14.43
6 Rowland Carter	U17	CDA 1.03.50	6 Adam Rigby	C&S	1.15.45
7 Adam Smith		C&S 1.04.67			
8 Jordan Brock		WWA 1.05.50			
M 2000m Sc A			M 2000m Sc B		
1 Michael Kallenberg	WWA	6.29.12	1 Chris Driscoll	WWA	7.11.58
2 Jack Elliott	CDA	6.36.07	2 Matthew Rimmington	U17 CDA	7.19.46
3 Daniel Winter	MAN	6.39.45	3 George Buttery	CHA	7.21.25
4 Tom Whitmarsh-Knight	CAR	6.47.66	4 Darren Jones	U17 CAR	7.21.68
5 Tom Collins	U17	NOT 6.48.82	5 Leon Simpson	BIR	7.42.44
6 James Paramore		CHA 7.00.95	6 Jamie Allen	U17 MAN	7.59.08
7 Roger Gregory	U17	BIR 7.16.17	7 Lewis Golledge	U17 NOT	8.28.78
8 Phil Pugh	U17	C&S 7.25.44	8 Max Johnson	U17 C&S	9.16.89
M Discus Throw A			M Discus Throw B		
1 Tom Pearson	CHA	38.34	1 Dan Millerchip	C&S	27.90
2 Jacob Matthews	CAR	34.89	2 Michael Feeney	CDA	21.36
3 Daniel Burdett	CDA	33.02	3 Alex Thomas	U17 WWA	20.46
4 Thomas Edwards	WWA	29.90	4 Adam Rubery	U17 CHA	19.05
5 Dan Timmis	C&S	28.72	5 Greg Millar	U17 MAN	18.01
6 James Hardy	MAN	20.00	6 Abdirahman Mohammed	NOT	15.42
7 Onajite Okoro	BIR	18.55	7 Kyle Garrison	CAR	11.45
8 Adam Lyons	NOT	17.80			
M Hammer Throw A			M Hammer Throw B		
1 Michael Tommey	BIR	52.67	1 Dan Millerchip	C&S	22.52
2 Tom Pearson	CHA	41.22	2 Matthew Kirkland	U17 CDA	17.88
3 Thomas Edwards	WWA	33.54	3 Adam Rubery	U17 CHA	15.57
4 Daniel Burdett	CDA	31.67	4 Morgan Atkins	U17 WWA	13.10
5 Dan Timmis	C&S	23.94	5 Lewis Summer-Rell	NOT	12.62
6 Abdirahman Mohammed	NOT	16.72	6 Scott Gregory	U17 BIR	6.76
7 Kyle Garrison	CAR	14.32	7 Daniel Ward	MAN	6.72
8 James Hardy	MAN	11.92			
M High Jump A			M High Jump B		
1 Phineas Stewart	BIR	2.00	1 Onajite Okoro	BIR	1.95
2 Rom Sithole	CHA	1.90	2 Ryan Bailey	CHA	1.75
3 Adam Davies	U17	WWA 1.80	3 Robbie Wells	WWA	1.70
4=Arran Smith		CDA 1.75	4 Tom Collins	U17 NOT	1.65
4=Matt Madden		NOT 1.75	5 Daniel Burdett	CDA	1.65
6 Dominic Tucker	CAR	1.65	6 Chad Barton	C&S	1.55
7 Alex Lloyd	MAN	1.60	7 Scott Rose	U17 MAN	1.50
8 Adam Rigby	C&S	1.60			
M Javelin Throw A			M Javelin Throw B		
1 Chad Barton	C&S	53.54	1 Alex Pinner	U17 C&S	46.64
2 Charlie Stock	U17	CHA 52.81	2 Danny Martin	MAN	45.04
3 Greg Millar	U17	MAN 48.65	3 Michael Feeney	CDA	38.58
4 Joshua Williams		CAR 42.35	4 Adam Rubery	U17 CHA	33.84
5 Paul Bennett	U17	WWA 41.55	5 Robbie Wells	WWA	30.35
6 Daniel Burdett		CDA 40.77	6 Kyle Garrison	CAR	30.14
7 Adam Lyons		NOT 35.32	7 Paul Thompson	NOT	27.84
8 Tom Hinton		BIR 27.53	8 Ben Williams	BIR	21.59

M Long Jump A				M Long Jump B					
1	Robert Scott		CDA	6.62	1	Matt Madden	NOT	6.14	
2	James Baines		NOT	6.37	2	Rob John	WWA	6.06	
3	Robbie Wells		WWA	6.26	3	Hakeem Powell	BIR	5.76	
4	Nathaniel Facey	U17	BIR	6.25	4	Ash Bennett	C&S	5.62	
5	Adam Sansom		MAN	6.21	5	Alex Lloyd	MAN	5.45	
6	Alex Obiako		CAR	5.81	6	Richard Adiyia	U17	CHA	5.14
7	Jamie Hammond		C&S	5.78	7	Abdi Saleban		CAR	4.49
8	Vivek Lodhia	U17	CHA	5.23	8	Matthew Wilson		CDA	4.30

M Pole Vault A
No competitors

M Pole Vault B
No competitors

M Shot Putt A				M Shot Putt B					
1	Reece Thomas		BIR	15.37	1	Dan Millerchip	C&S	10.12	
2	Jacob Matthews		CAR	14.76	2	Arran Smith		CDA	9.47
3	Thomas Edwards		WWA	13.80	3	Michael Tommney		BIR	9.23
4	Tom Pearson		CHA	12.13	4	Lewis Long		CAR	9.13
5	Dan Timmis		C&S	11.00	5	Adam Rubery	U17	CHA	8.89
6	Daniel Burdett		CDA	10.74	6	Ben Davies		WWA	8.61
7	Greg Millar	U17	MAN	8.86	7	Jonathan Cordin		MAN	7.45
8	Abdirahman Mohammed		NOT	6.58	8	Tom Wilson		NOT	2.86

M Triple Jump A				M Triple Jump B					
1	Alex Obiako		CAR	13.65	1	Callum Stout	U17	CAR	11.24
2	Matt Madden		NOT	13.40	2	Jamie Hammond		C&S	11.10
3	Jamal Nesbitt	U17	BIR	12.95	3	Perry Offler	U17	NOT	11.04
4	Rhys Williams	U17	WWA	12.30	4	Rowland Carter	U17	CDA	10.89
5	Arran Smith		CDA	12.12	5	Jordan Brock		WWA	10.61
6	Ash Bennett		C&S	11.35	6	Ewan Millar	U17	MAN	9.67
7	Vivek Lodhia		CHA	10.95					
8	Scott Rose	U17	MAN	10.59					

W 100m A				Wind -0.3 m/s	W 100m B				Wind -2.5 m/s
1	Lauretta Curtis		CDA	12.17	1	Jord'n McIntosh		CHA	12.90
2	Laura Haslem		CHA	12.78	2	Kate Platts	U17	NOT	13.18
3	Jamie-Leigh Bowen	U17	CAR	12.92	3	Hannah Jones	U17	CAR	13.18
4	Effie Asmah	U17	BIR	13.09	4	Harriet Thompson		C&S	13.46
5	Laura Mason		NOT	13.19	5	Kimi Moncrieffe		BIR	13.77
6	Isabel Rogers		C&S	13.56	6	Lara Thomas		MAN	14.28
7	Amy Porter	U17	MAN	14.30	7	Sarah Tomlinson	U17	CDA	14.56
8	Donna Jones		WWA	14.32	8	Kara Stedman	U17	WWA	15.26

W 200m A				Wind -1.6 m/s	W 200m B				Wind -0.8 m/s
1	Lauretta Curtis		CDA	25.71	1	Emma Hourd		NOT	26.71
2	Melissa Hanson	U17	BIR	25.76	2	Jord'n McIntosh		CHA	27.28
3	Sam Cogan	U17	CAR	26.05	3	Lauren Regan	U17	CAR	27.43
4	Laura Haslem		CHA	27.14	4	Alexandra Turner		CDA	27.80
5	Natalie Ainge		C&S	27.93	5	Nardhia Kidd-Walker	U17	BIR	27.81
6	Laura Mason		NOT	28.08	6	Jemima Osborn	U17	WWA	28.12
7	Ffion Rees	U17	WWA	28.10	7	Shanie Read	U17	C&S	29.11
8	Amy Porter		MAN	29.75	8			MAN	31.93

W 400m A				W 400m B					
1	Cally Read		C&S	59.27	1	Hanifa Greenwood		BIR	1.00.15
2	Sophie Clark		BIR	59.90	2	Natalie Ainge		C&S	1.02.03
3	Lauren Regan		CAR	1.00.35	3	Ffion Rees	U17	WWA	1.02.53
4	Sophie Thomas		WWA	1.01.33	4	Clare Ashley		NOT	1.03.00
5	Emma Hourd		NOT	1.01.76	5	Katie Payne		CHA	1.05.11
6	Lauren Quenby		CHA	1.05.35	6	Hannah Clarke		CAR	1.07.16
7	Paige Collings	U17	CDA	1.06.29	7	Emily Cotterill		CDA	1.10.40
8	Amie Grainger		MAN	1.14.20					

W 800m A			W 800m B		
1 Sarah Hopcroft		BIR 2.18.01	1 Jemima Osborn	U17 WWA	2.20.16
2 Cerys Morgan	U17	WWA 2.19.91	2 Monique Powell	BIR	2.22.16
3 Tamara Armoush		CDA 2.21.31	3 Rebecca Cooke	U17 C&S	2.25.39
4 Lauren Brobin		CAR 2.22.51	4 Lucy Arkinstall	U17 CHA	2.26.01
5 Briony Bendle	U17	CHA 2.24.11	5 Lori Marshall	U17 CDA	2.27.75
6 Shanie Read	U17	C&S 2.27.99	6 Kate Raynor	MAN	2.57.09
7 Laura Brown	U17	MAN 2.33.86	7 Yvonne Gluara	NOT	3.24.31
8 Felicia Anderson		NOT 2.52.74			
W 1500m A			W 1500m B		
1 Cally Read		C&S 4.43.74	1 Ejiro Okoro	BIR	4.49.92
2 Lucy Farnell	U17	BIR 4.44.54	2 Emily Downey	WWA	5.12.15
3 Tamara Armoush		CDA 4.54.97	3 Sarah Hulme	U17 C&S	5.18.82
4 Angharad Davies		WWA 4.57.60	4 Heledd Williams	U17 CAR	5.40.31
5 Lucy Arkinstall		CHA 5.17.68	5 Emily Cotterill	CDA	5.59.05
6 Rachel Brandham		MAN 5.27.59	6 Kate Raynor	MAN	6.01.61
7 Ceri-Anne Santos	U17	CAR 5.38.34			
8 Imogen Scott	U17	NOT 5.40.90			
W 3000m A			W 3000m B		
1 Danni Johnson	U17	BIR 10.49.73	1 Catherine Hulme	U17 C&S	12.06.97
2 Rachel Brandham	U17	MAN 10.58.01	2 Victoria Greenwood	U17 BIR	12.14.17
3 Cerys Morgan	U17	WWA 11.22.71	3 Kate Raynor	MAN	13.07.13
4 Teresa Hulme	U17	C&S 11.41.49	4 Kelly Roberts	U17 WWA	13.07.81
5 Imogen Scott	U17	NOT 11.42.10			
6 Hannah Pretty		CDA 13.03.45			
W 100mH A			W 100mH B		
1 Emma Komocki		Wind -0.8 m/s NOT 16.27	1 Natasha Illingworth	U17 CDA	18.99
2 Alexandra Turner		CDA 16.83	2 Rebecca Baxter	U17 CHA	19.27
3 Hannah Gladstone		CHA 17.91	3 Lucy Johnson	U17 NOT	19.36
4 Harriet Thompson		C&S 19.92	4 Elisha Bateman	C&S	19.44
5 Amy Porter	U17	MAN 20.33			
6 Abbie Gutteridge		CAR 20.71			
W 400mH A			W 400mH B		
1 Emma Komocki		NOT 1.04.90	1 Clare Ashley	NOT	1.09.52
2 Alexandra Turner		CDA 1.05.52	2 Angharad Davies	WWA	1.11.09
3 Hannah Gladstone		CHA 1.11.87	3 Natasha Illingworth	U17 CDA	1.17.49
4 Lara Thomas		MAN 1.13.79	4 Amie Grainger	MAN	1.21.01
5 Sophie Pick		WWA 1.14.91	5 Beth Clarke	U17 C&S	1.26.78
6 Teresa Hulme	U17	C&S 1.16.48			
7 Abbie Gutteridge		CAR 1.20.27			
8		BIR DNS			
W 1500m Sc A			W 1500m Sc B		
1 Lara Thomas		MAN 5.14.02	1 Amie Grainger	MAN	5.39.88
2 Lori Marshall	U17	CDA 5.50.67	2 Cerys Morgan	U17 WWA	6.18.27
3 Catrin Lewis	U17	WWA 5.54.92	3 Beth Clarke	U17 C&S	6.52.07
4 Catherine Hulme	U17	C&S 6.36.82	4 Lucy Johnson	U17 NOT	8.02.29
5 Emily Campbell	U17	NOT 8.02.27			
W Discus Throw A			W Discus Throw B		
1 Toni Wells	U17	WWA 32.40	1 Lucy Griffiths	U17 WWA	28.04
2 Jane Bourne	U17	BIR 27.47	2 Rebecca Johnston	NOT	22.03
3 Emily Campbell	U17	NOT 23.68	3 Laura Radburn	BIR	18.11
4 Amber Burdett	U17	CHA 22.80	4 Danielle Stanley	CHA	17.75
5 Natalie Randall	U17	CDA 17.46	5 Lauren Bestwick	CDA	15.91
6 Claire Beaumont		MAN 16.07	6 Rebecca Cooke	U17 C&S	13.24
7 Alicia Clarke	U17	C&S 14.46	7 Ayla Phillips	CAR	9.71
8 Imi Lewis		CAR 14.05	8 Amie Grainger	MAN	9.56
W Hammer Throw A			W Hammer Throw B		
1 Toni Wells	U17	WWA 49.82	1 Helena Madan	U17 WWA	24.25
2 Kirsty Douglas		CHA 40.97	2 Rosa Spencer-Tansley	U17 NOT	16.58

3 Ayla Phillips	CAR	35.68	3 Laura Radburn	BIR	16.29
4 Sian Pentin	U17 CDA	32.30	4 Lauren Quenby	CHA	10.80
5 Kelly Highman	BIR	22.45	5 Beth Clarke	U17 C&S	6.74
6 Rebecca Johnston	NOT	20.53	6 Kate Raynor	MAN	2.99
7 Claire Beaumont	MAN	19.32			
8 Alicia Clarke	C&S	15.99			

W High Jump A

1 Kate Platts	U17 NOT	1.50
2 Hannah Gladstone	CHA	1.45
3 Helena Madan	U17 WWA	1.40
4 Laura Winn	BIR	1.40
5=Aimee Hendrickson	U17 CAR	1.30
5=Natasha Illingworth	U17 CDA	1.30
7 Isabel Rogers	C&S	1.30

W High Jump B

1 Kimberly Davies	U17 WWA	1.40
2 Shalayna Hutchinson	BIR	1.30
3 Rebecca Cooke	U17 C&S	1.30

W Javelin Throw A

1 Amber Burdett	U17 CHA	41.71
2 Chelsea Alagoa-Oliver	U17 BIR	32.72
3 Zoe Priestly	U17 WWA	28.51
4 Lauren Bestwick	CDA	25.70
5 Chloe Elphick	U17 MAN	24.08
6 Rosa Spencer-Tansley	U17 NOT	21.69
7 Ayla Phillips	CAR	20.40
8 Cally Read	C&S	9.09

W Javelin Throw B

1 Danielle Stanley	CHA	33.14
2 Laura Radburn	BIR	22.77
3 Sophie Pick	WWA	21.22
4 Sara Otung	U17 CAR	15.80
5 Claire Beaumont	MAN	15.67
6 Natalie Randall	U17 CDA	15.17
7 Rebecca Johnston	NOT	12.68
8 Sarah Hulme	U17 C&S	9.06

W Long Jump A

1 Karina Jakovenko	BIR	5.24
2 Ffion Rees	U17 WWA	5.21
3 Sara Otung	U17 CAR	5.09
4 Isabel Rogers	C&S	4.74
5 Felicia Anderson	NOT	4.68
6 Chloe Elphick	U17 MAN	4.67
7 Sarah Tomlinson	U17 CDA	4.64
8 Charlotte Taylor	U17 CHA	4.51

W Long Jump B

1 Donna Jones	WWA	4.96
2 Natalie Ainge	C&S	4.65
3 Shalayna Hutchinson	BIR	4.62
4 Yvonne Gluara	NOT	4.57
5 Laura Brown	U17 MAN	4.41
6 Rebecca Baxter	U17 CHA	4.33
7 Chloe Smith	CDA	4.29
8 Danielle Mill	CAR	3.65

W Pole Vault A

No competitors

W Pole Vault B

No competitors

W Shot Putt A

1 Toni Wells	U17 WWA	10.35
2 Ayla Phillips	CAR	9.88
3 Kelly Highman	BIR	8.99
4 Katie Payne	CHA	8.69
5 Emily Campbell	U17 NOT	7.97
6 Chloe Smith	CDA	7.73
7 Claire Beaumont	MAN	6.52
8 Alicia Clarke	U17 C&S	6.15

W Shot Putt B

1 Lucy Griffiths	U17 WWA	10.03
2 Amber Burdett	U17 CHA	8.30
3 Danielle Mill	CAR	6.96
4 Laura Radburn	BIR	6.71
5 Rebecca Johnston	NOT	6.52
6 Lara Thomas	MAN	6.18
7 Sian Pentin	U17 CDA	5.87
8 Elisha Bateman	C&S	4.82

W Triple Jump A

1 Chloe Elphick	U17 MAN	10.52
2 Donna Jones	WWA	10.40
3 Karina Jakovenko	BIR	10.34
4 Isabel Rogers	C&S	9.84
5 Rebecca Baxter	U17 CHA	9.82
6 Sarah Tomlinson	U17 CDA	9.55
7 Felicia Anderson	NOT	9.53
8 Aimee Hendrickson	U17 CAR	9.13

W Triple Jump B

1 Laura Brown	U17 MAN	9.89
2 Shalayna Hutchinson	BIR	9.61
3 Natalie Ainge	C&S	9.53
4 Kara Stedman	U17 WWA	9.42
5 Charlotte Taylor	U17 CHA	8.97
6 Clare Ashley	NOT	8.73
7 Paige Collings	U17 CDA	8.39
8 Danielle Mill	CAR	7.96

W 4x100m Relay

1	CAR	50.77	1	Hannah Jones	U17	2	Jamie-Leigh Bowen	U17
			3	Sam Cogan	U17	4	Danielle Mill	
2	BIR	51.99	1	Melissa Hanson	U17	2	Effie Asmah	U17
			3	Nardhia Kidd-Walker	U17	4	Chelsea Alagoa-Oliver	U17
3	NOT	52.01	1	Kate Platts	U17	2	Emma Hourd	
			3	Felicia Anderson		4	Laura Mason	
4	CHA	52.48	1	Rebecca Baxter	U17	2	Laura Haslem	
			3	Danielle Stanley		4	Jord'n McIntosh	
5	CDA	53.23	1	Paige Collings	U17	2	Sarah Tomlinson	U17
			3	Natasha Illingworth	U17	4	Lauretta Curtis	
6	C&S	55.16	1	Isabel Rogers		2	Harriet Thompson	
			3	Elisha Bateman		4	Shanie Read	U17
7	WWA	55.66	1	Donna Jones		2	Ffion Rees	U17
			3	Jemima Osborn	U17	4	Sophie Pick	
8	MAN	1.07.03	1	Kate Raynor		2	Amy Porter	U17
			3	Chloe Elphick	U17	4	Claire Beaumont	

W 4x400m Relay

1	BIR	4.03.14	1	Sarah Hopcroft		2	Ejiro Okoro	
			3	Hanifa Greenwood		4	Sophie Clark	
2	C&S	4.11.30	1	Natalie Ainge		2	Rebecca Cooke	U17
			3	Shanie Read	U17	4	Cally Read	
3	NOT	4.12.75	1	Emma Komocki		2	Clare Ashley	
			3	Laura Mason		4	Emma Hourd	
4	CHA	4.14.08	1	Lauren Quenby		2	Katie Payne	
			3	Hannah Gladstone		4	Lucy Arkinstall	U17
5	MAN	4.15.25	1	Laura Brown	U17	2	Rachel Brandham	U17
			3	Amie Grainger		4	Lara Thomas	
6	WWA	4.16.29	1	Sophie Thomas		2	Angharad Davies	
			3	Cerys Morgan	U17	4	Emily Downey	
7	CDA	4.22.26	1	Alexandra Turner		2	Lori Marshall	U17
			3	Tamara Armoush		4	Lauretta Curtis	
8	CAR	4.23.50	1	Lauren Regan	U17	2	Hannah Clarke	
			3	Abbie Gutteridge		4	Aimee Hendrickson	U17

M 4x100m Relay

1	CAR	44.26	1	Luke Morgan		2	Lloyd Bowen	
			3	Tom Knight		4	Gareth Hopkins	
2	BIR	44.31	1	Curtis Holmes		2	Orie Lawrence	
			3	Tom Hinton		4	Efe Okoro	
3	NOT	44.93	1	Matt Madden		2	Adam Goulding	
			3	Lewis Summer-Rell		4	Tom Wilson	
4	CDA	45.48	1	Michael Feeney		2	Robert Scott	
			3	Ryan Newton	U17	4	Arran Smith	
5	WWA	45.80	1	James Thomas		2	Jamie Price	
			3	Rhys Williams	U17	4	Paul Bennett	U17
6	CHA	45.84	1	Marcel Hodge		2	Dominic Friend	
			3	Abdillah Nassir		4	Scott Wilson	
7	MAN	50.70	1	Ewan Millar	U17	2	Alex Lloyd	
			3	Scott Rose	U17	4	Jonathan Cordin	
8	C&S	52.67	1	Talent Gukwe		2	Adam Rigby	
			3	Max Johnson	U17	4	Ash Bennett	

M 4x400m Relay

1 BIR 3.27.03	1 Jarryd Dunn		2 Efe Okoro
	3 Adam Cotton		4 Tom Hinton
2 CAR 3.30.60	1 Declan Evans		2 Tom Knight
	3 Gareth Hopkins		4 Luke Morgan
3 NOT 3.33.00	1 Tom Moakes		2 Tom Wilson
	3 Lewis Summer-Rell		4 James Baines
4 C&S 3.34.48	1 Adam Smith		2 Chris Harvey
	3 Jamie Graham		4 Sam Evans
5 CHA 3.34.84	1 Philip Berners		2 Andrew Lomas
	3 Richard Adiyia	U17	4 Abdillah Nassir
6 MAN 3.37.00	1 Luke Marshall		2 James Hardy
	3 Alex Lloyd		4 Adam Sansom
7 CDA 3.37.52	1 Michael Feeney		2 Andrew Szarkowski
	3 Robert Scott		4 Matthew Kirkland
8 WWA 4.16.18	1 Gary Piazzon		2 Shane Jones
	3 Jordan Brock		4 Chris Davies

MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge
1 BIRCHFIELD HARRIERS	472	8
2 WEST WALES	465	7
3 NOTTS AC	431.5	6
4 CHARNWOOD AC	394	5
5 CANNOCK & STAFFORD AC	388	4
6 TEAM CDAV	368	3
7 CARDIFF AAC	355.5	2
8 MANSFIELD HARRIERS	345	1

Athlete of the Match: Tom Moakes (Notts AC) 400H 54.41
 Toni Wells (West Wales) HT 49.82

General Comment: No competitors W Pole Vault A&B, No competitors M Pole Vault A&B,

Note(s)

BIR Includes + 35pts,
 C&S Includes + 35pts,
 CAR Includes + 35pts,
 CHA Includes + 25pts,
 MAN Includes + 35pts,
 NOT Includes + 35pts,
 CDA Includes + 25pts,
 WWA Includes + 35pts,

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|      Team| BIR | C&S | CAR | CHA | MAN | NOT | CDA | WWA |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 100m   A|  11|   3|   9|   6|   5|   8|   4|   7| 53| 0| 53|
|         B|   2|   1|   9|   7|   4|   3|   5|   6| 37| 0| 37|
|Cumulative| 13|   4|  18|  13|   9|  11|   9|  13| 90| 0| 90|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 200m   A|   9|   3|  11|   4|   5|   7|   6|   8| 53| 0| 53|
|         B|   4|   1|   6|   9|   3|   7|   2|   5| 37| 0| 37|
|Cumulative| 26|   8|  35|  26|  17|  25|  17|  26|180| 0|180|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 400m   A|   6|   3|   7|   8|   5|  11|   4|   9| 53| 0| 53|
|         B|   9|   1|   6|   5|   4|   7|   2|   3| 37| 0| 37|
|Cumulative| 41|  12|  48|  39|  26|  43|  23|  38|270| 0|270|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 800m   A|   9|  11|   8|   4|   6|   7|   5|   3| 53| 0| 53|
|         B|   7|   2|   9|   4|   3|   1|   5|   6| 37| 0| 37|
|Cumulative| 57|  25|  65|  47|  35|  51|  33|  47|360| 0|360|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 1500m  A|   9|  11|   4|   7|   3|   8|   6|   5| 53| 0| 53|
|         B|   7|   5|   4|   2|   1|   9|   3|   6| 37| 0| 37|
|Cumulative| 73|  41|  73|  56|  39|  68|  42|  58|450| 0|450|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 3000m  A|   5|   7|   3|   8|   9|   6|   4|  11| 53| 0| 53|
|         B|   0|   0|   0|   0|   6|   7|   0|   9| 22|15| 37|
|Cumulative| 78|  48|  76|  64|  54|  81|  46|  78|525|15|540|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 110mH  A|  11|   5|   0|   6|   9|   8|   7|   4| 50| 3| 53|
|         B|   9|   0|   0|   0|   6|   7|   0|   0| 22|15| 37|
|Cumulative| 98|  53|  76|  70|  69|  96|  53|  82|597|33|630|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 400mH  A|   7|   4|   8|   6|   9|  11|   5|   3| 53| 0| 53|
|         B|   6|   3|   0|   9|   5|   7|   4|   0| 34| 3| 37|
|Cumulative|111|  60|  84|  85|  83|114|  62|  85|684|36|720|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 2000Sc A|   4|   3|   7|   5|   8|   6|   9|  11| 53| 0| 53|
|         B|   4|   1|   5|   6|   3|   2|   7|   9| 37| 0| 37|
|Cumulative|119|  64|  96|  96|  94|122|  78|105|774|36|810|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M DT     A|   4|   6|   9|  11|   5|   3|   8|   7| 53| 0| 53|
|         B|   0|   9|   2|   5|   4|   3|   7|   6| 36| 1| 37|
|Cumulative|123|  79|107|112|103|128|  93|118|863|37|900|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M HT     A|  11|   6|   4|   9|   3|   5|   7|   8| 53| 0| 53|
|         B|   3|   9|   0|   6|   2|   4|   7|   5| 36| 1| 37|
|Cumulative|137|  94|111|127|108|137|107|131|952|38|990|
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|      Team| BIR | C&S | CAR | CHA | MAN | NOT | CDA | WWA |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
| M HJ     A|  11|   3|   5|   9|   4|  6.5|  6.5|   8|  53|  0|  53|
|          B|   9|   3|   0|   7|   2|   5|   4|   6|  36|  1|  37|
| Cumulative| 157| 100| 116| 143| 114|148.5|117.5| 145|1041| 39|1080|
|-----+-----+-----+-----+-----+-----+-----+-----+
| M JT     A|   3|  11|   7|   9|   8|   4|   5|   6|  53|  0|  53|
|          B|   1|   9|   3|   5|   7|   2|   6|   4|  37|  0|  37|
| Cumulative| 161| 120| 126| 157| 129|154.5|128.5| 155|1131| 39|1170|
|-----+-----+-----+-----+-----+-----+-----+-----+
| M LJ     A|   7|   4|   5|   3|   6|   9|  11|   8|  53|  0|  53|
|          B|   6|   5|   2|   3|   4|   9|   1|   7|  37|  0|  37|
| Cumulative| 174| 129| 133| 163| 139|172.5|140.5| 170|1221| 39|1260|
|-----+-----+-----+-----+-----+-----+-----+-----+
| M PV     A|   0|   0|   0|   0|   0|   0|   0|   0|   0|  53|  53|
|          B|   0|   0|   0|   0|   0|   0|   0|   0|   0|  37|  37|
| Cumulative| 174| 129| 133| 163| 139|172.5|140.5| 170|1221| 129|1350|
|-----+-----+-----+-----+-----+-----+-----+-----+
| M SP     A|  11|   6|   9|   7|   4|   3|   5|   8|  53|  0|  53|
|          B|   6|   9|   5|   4|   2|   1|   7|   3|  37|  0|  37|
| Cumulative| 191| 144| 147| 174| 145|176.5|152.5| 181|1311| 129|1440|
|-----+-----+-----+-----+-----+-----+-----+-----+
| M TJ     A|   8|   5|  11|   4|   3|   9|   6|   7|  53|  0|  53|
|          B|   0|   7|   9|   0|   3|   6|   5|   4|  34|  3|  37|
| Cumulative| 199| 156| 167| 178| 151|191.5|163.5| 192|1398| 132|1530|
|-----+-----+-----+-----+-----+-----+-----+-----+
| W 100m   A|   7|   5|   8|   9|   4|   6|  11|   3|  53|  0|  53|
|          B|   4|   5|   6|   9|   3|   7|   2|   1|  37|  0|  37|
| Cumulative| 210| 166| 181| 196| 158|204.5|176.5| 196|1488| 132|1620|
|-----+-----+-----+-----+-----+-----+-----+-----+
| W 200m   A|   9|   6|   8|   7|   3|   5|  11|   4|  53|  0|  53|
|          B|   4|   2|   6|   7|   1|   9|   5|   3|  37|  0|  37|
| Cumulative| 223| 174| 195| 210| 162|218.5|192.5| 203|1578| 132|1710|
|-----+-----+-----+-----+-----+-----+-----+-----+
| W 400m   A|   9|  11|   8|   5|   3|   6|   4|   7|  53|  0|  53|
|          B|   9|   7|   3|   4|   0|   5|   2|   6|  36|  1|  37|
| Cumulative| 241| 192| 206| 219| 165|229.5|198.5| 216|1667| 133|1800|
|-----+-----+-----+-----+-----+-----+-----+-----+
| W 800m   A|  11|   5|   7|   6|   4|   3|   8|   9|  53|  0|  53|
|          B|   7|   6|   0|   5|   3|   2|   4|   9|  36|  1|  37|
| Cumulative| 259| 203| 213| 230| 172|234.5|210.5| 234|1756| 134|1890|
|-----+-----+-----+-----+-----+-----+-----+-----+
| W 1500m  A|   9|  11|   4|   6|   5|   3|   8|   7|  53|  0|  53|
|          B|   9|   6|   5|   0|   3|   0|   4|   7|  34|  3|  37|
| Cumulative| 277| 220| 222| 236| 180|237.5|222.5| 248|1843| 137|1980|
|-----+-----+-----+-----+-----+-----+-----+-----+
| W 3000m  A|  11|   7|   0|   0|   9|   6|   5|   8|  46|  7|  53|
|          B|   7|   9|   0|   0|   6|   0|   0|   5|  27| 10|  37|
| Cumulative| 295| 236| 222| 236| 195|243.5|227.5| 261|1916| 154|2070|
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Team	BIR	C&S	CAR	CHA	MAN	NOT	CDA	WWA	POINTS			
									Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88				

W 100mH	A	0	7	5	8	6	11	9	0	46	7	53
	B	0	5	0	7	0	6	9	0	27	10	37
Cumulative		295	248	227	251	201	260.5	245.5	261	1989	171	2160

W 400mH	A	0	5	4	8	7	11	9	6	50	3	53
	B	0	4	0	0	5	9	6	7	31	6	37
Cumulative		295	257	231	259	213	280.5	260.5	274	2070	180	2250

W 1500Sc	A	0	7	0	0	11	6	9	8	41	12	53
	B	0	6	0	0	9	5	0	7	27	10	37
Cumulative		295	270	231	259	233	291.5	269.5	289	2138	202	2340

W DT	A	9	4	3	7	5	8	6	11	53	0	53
	B	6	3	2	5	1	7	4	9	37	0	37
Cumulative		310	277	236	271	239	306.5	279.5	309	2228	202	2430

W HT	A	6	3	8	9	4	5	7	11	53	0	53
	B	6	4	0	5	3	7	0	9	34	3	37
Cumulative		322	284	244	285	246	318.5	286.5	329	2315	205	2520

W HJ	A	7	4	5.5	9	0	11	5.5	8	50	3	53
	B	7	6	0	0	0	0	0	9	22	15	37
Cumulative		336	294	249.5	294	246	329.5	292	346	2387	223	2610

W JT	A	9	3	4	11	6	5	7	8	53	0	53
	B	7	1	5	9	4	2	3	6	37	0	37
Cumulative		352	298	258.5	314	256	336.5	302	360	2477	223	2700

W LJ	A	11	7	8	3	5	6	4	9	53	0	53
	B	6	7	1	3	4	5	2	9	37	0	37
Cumulative		369	312	267.5	320	265	347.5	308	378	2567	223	2790

W PV	A	0	0	0	0	0	0	0	0	0	53	53
	B	0	0	0	0	0	0	0	0	0	37	37
Cumulative		369	312	267.5	320	265	347.5	308	378	2567	313	2880

W SP	A	8	3	9	7	4	6	5	11	53	0	53
	B	5	1	6	7	3	4	2	9	37	0	37
Cumulative		382	316	282.5	334	272	357.5	315	398	2657	313	2970

W TJ	A	8	7	3	6	11	4	5	9	53	0	53
	B	7	6	1	4	9	3	2	5	37	0	37
Cumulative		397	329	286.5	344	292	364.5	322	412	2747	313	3060

W 4x1		9	5	11	7	3	8	6	4	53	0	53
Cumulative		406	334	297.5	351	295	372.5	328	416	2800	313	3113

W 4x4		11	9	3	7	6	8	4	5	53	0	53
Cumulative		417	343	300.5	358	301	380.5	332	421	2853	313	3166

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|          Team| BIR | C&S | CAR | CHA | MAN | NOT | CDA | WWA |          POINTS          |
|          No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1        |    9|    3|   11|    5|    4|    8|    7|    6| 53|    0| 53|
|Cumulative| 426| 346|311.5| 363| 305|388.5| 339| 427|2906| 313|3219|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4        |   11|    7|    9|    6|    5|    8|    4|    3| 53|    0| 53|
|Cumulative| 437| 353|320.5| 369| 310|396.5| 343| 430|2959| 313|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          Add|   35|   35|   35|   25|   35|   35|   25|   35|    0|    0|    0|
| subtract|    0|    0|    0|    0|    0|    0|    0|    0|    0|    0|    0|
|Cumulative| 472| 388|355.5| 394| 345|431.5| 368| 465|2959| 313|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          TOTALS| 472| 388|355.5| 394| 345|431.5| 368| 465|2959| 313|3272|
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Pos	Team	Points	Add	Sub	Total
1	BIRCHFIELD HARRIERS	437	35	0	472
2	WEST WALES	430	35	0	465
3	NOTTS AC	396.5	35	0	431.5
4	CHARNWOOD AC	369	25	0	394
5	CANNOCK & STAFFORD AC	353	35	0	388
6	TEAM CDAV	343	25	0	368
7	CARDIFF AAC	320.5	35	0	355.5
8	MANSFIELD HARRIERS	310	35	0	345

Used + add - sub = total	2959	260	0	3219
Unused points	313			313
(Used+unused)+add-sub=total	3272	260	0	3532

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
BIR	A 10	10	3	4	2	1	2	1	B 5	7	6	1	4	1	1	1
WWA	A 5	4	9	5	3	2	3	4	B 8	4	7	4	2	3	0	1
NOT	A 5	2	8	3	8	4	2	4	B 4	8	2	4	2	3	4	2
CHA	A 2	6	4	7	7	3	3	2	B 4	5	2	6	4	2	1	0
C&S	A 5	1	0	7	4	6	4	9	B 5	3	5	4	2	3	2	6
CDA	A 3	4	3	6	6	7	7	0	B 1	4	2	4	5	2	7	1
CAR	A 4	5	7	4	1	3	5	4	B 3	0	5	4	1	2	3	2
MAN	A 2	4	2	1	5	8	7	6	B 2	1	3	2	6	9	3	3

Men	Event	Women	Event
1 BIRCHFIELD HARRIERS	219	1 WEST WALES	229
2 NOTTS AC	207.5	2 BIRCHFIELD HARRIERS	218
3 WEST WALES	201	3 NOTTS AC	189
4 CHARNWOOD AC	189	4 CANNOCK & STAFFORD AC	187
5 CARDIFF AAC	187	5 CHARNWOOD AC	180
6 TEAM CDAV	174.5	6 TEAM CDAV	168.5
7 CANNOCK & STAFFORD AC	166	7 MANSFIELD HARRIERS	150
8 MANSFIELD HARRIERS	160	8 CARDIFF AAC	133.5

26-Jul
 National Junior League
 Midland Premier - fixture 4 of 4
 Leckwith, Cardiff

Results of Male Guest athletes

**100 (-
 0.7):**

1	738	Adam Goulding	Notts AC	u20	11.45
2	93	Scott Wilson	Charnwood	u17	11.77
3	99	Rhys Williams	West Wales	u17	11.88
4	91	Dominic Friend	Charnwood	u20	12.00
5	80	Rob John	West Wales	u20	12.22
6	100	Richard Triggs	West Wales	u17	12.77
7	97	Jordan Brock	West Wales	u20	13.03

**200 (-
 0.2):**

1	742	Lloyd Bowen	Cardiff	u20	22.89
2	738	Adam Goulding	Notts AC	u20	23.27
3	739	Lewis Summer- Rell	Notts AC	u20	24.22
4	93	Scott Wilson	Charnwood	u17	24.34
5	91	Dominic Friend	Charnwood	u20	24.57
6	81	Gary Piazzon	West Wales	u20	25.71
7	84	Dean Bower	CDAV	u20	26.77
8	97	Jordan Brock	West Wales	u20	27.99

400:

1	83	Aaron Smith	CDAV	u17	53.59
2	81	Gary Piazzon	West Wales	u20	55.59
3	94	Abdi Saleban	Cardiff	u20	56.90
4	98	Chris Davies	West Wales	u17	57.70
5	100	Richard Triggs	West Wales	u17	1:01.28

800:

	741	Mohammed Yussef	Notts AC	u20	2:43.82
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1500:

	85	Adam Lampon	CDAV		5:02.49
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400H:

	743	Michael Kallenburg	West Wales	u20	1:06.44
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HJ:

	95	Ben Davies	West Wales	u20	1.80
	96	Ben Jenkins	West Wales	u17	1.65

LJ:

	86	Roland Carter	CDAV	u17	6.04
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DT:

	90	Scott Douglas	Charnwood		19.33
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JT

	90	Scott Douglas	Charnwood		31.55
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26-Jul
 National Junior League
 Midland Premier - fixture 4 of 4
 Leckwith, Cardiff

Results of Female Guest athletes

200: (No Wind speed)

1	746	Effie Asman	Birchfield	u17	27.30
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2	747	Chelsea Algoa	Birchfield	u17	28.00
LJ:	78	Kara Stedman	West Wales	u17	4.24
JT	748	Kelly Highman	Birchfield	u20	21.16