

NJL Midland Premier Div Round:2
 Derby, Moorways Stadium, Sun 24 May 2009

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|-----------------------|-----------------|------------------------|-----------------|
| M 100m A | Wind +0.6 m/s | M 100m B | Wind +0.9 m/s |
| 1 Seb Tully-Middleton | BIR 10.9 | 1 Curtis Holmes | BIR 11.0 |
| 2 Marcel Hodge | CHW 11.3 | 2 Abdillah Nassir | CHW 11.5 |
| 3 Gareth Hopkins | CDF 11.3 | 3 Jamie Price | WWA 11.5 |
| 4 Lewis Summer Rell | NOT 11.5 | 4 Grant Ward | U17 NOT 11.6 |
| 5 Ryan Newton | U17 TCD 11.5 | 5 James Wiltshire | U17 CDF 11.6 |
| 6 Jonathon Cordin | MNS 11.8 | 6 Shaun Rathbone | TCD 11.7 |
| 7 Chris Morris | U17 C&S 11.9 | 7 Alex Lloyd | MNS 11.8 |
| 8 Jake Randall | U17 WWA 11.9 | 8 Tom Smith | C&S 13.4 |
| M 200m A | Wind -0.8 m/s | M 200m B | Wind +0.9 m/s |
| 1 Gareth Hopkins | CDF 22.4 | 1 Phinehas Stewart | BIR 22.4 |
| 2 Marcel Hodge | CHW 22.9 | 2 Abdillah Nassir | CHW 23.0 |
| 3 James Baines | NOT 22.9 | 3 Lewis Summer Rell | NOT 23.2 |
| 4 Efe Okoro | BIR 23.1 | 4 Ryan Newton | U17 TCD 23.4 |
| 5 Paul Bennett | U17 WWA 23.2 | 5 Jamie Price | WWA 23.4 |
| 6 Arran Smith | U17 TCD 23.6 | 6 James Hardy | MNS 23.5 |
| 7 Jonathon Cordin | MNS 23.8 | 7 Luke Morgan | CDF 23.9 |
| 8 Chris Morris | U17 C&S 24.8 | 8 Adam Smith | C&S 25.4 |
| M 400m A | | M 400m B | |
| 1 Ross Macdonald | BIR 49.1 | 1 Tom Hinton | BIR 49.5 |
| 2 James Baines | NOT 49.5 | 2 Abdillah Nassir | CHW 50.0 |
| 3 Sam Evans | C&S 49.8 | 3 James Wiltshire | U17 CDF 51.6 |
| 4 Adam Sansom | MNS 49.9 | 4 Luis Alves | NOT 52.2 |
| 5 Phillip Berners | CHW 50.0 | 5 Alex Lloyd | MNS 52.5 |
| 6 Paul Bennett | U17 WWA 50.5 | 6 Chris Davies (Neath) | U17 WWA 54.8 |
| 7 Sam Conawy | CDF 51.0 | 7 Adam Smith | C&S 55.1 |
| 8 Andrew Szarkowski | TCD 51.5 | 8 Roland Carter | U17 TCD 55.6 |
| M 800m A | | M 800m B | |
| 1 Jarryd Dunn | BIR 1.56.7 | 1 Andrew Warburton | NOT 2.07.8 |
| 2 Lewis Bostock | NOT 2.00.2 | 2 Roger Gregory | U17 BIR 2.10.1 |
| 3 Hayden Carter | C&S 2.04.5 | 3 Darren Jones | U17 CDF 2.12.7 |
| 4 Micheal Brind | CHW 2.09.4 | 4 Jamie Graham | C&S 2.13.2 |
| 5 Daniel Winter | MNS 2.12.3 | 5 Richie Talbot | U17 MNS 2.13.3 |
| 6 James Hunt | U17 CDF 2.15.5 | 6 Robbie Wells | WWA 2.16.5 |
| 7 Jake Randall | U17 WWA 2.50.6 | 7 James Paramore | CHW 2.22.4 |
| M 1500m A | | M 1500m B | |
| 1 Sam Evans | C&S 4.12.8 | 1 Chris Perrin | U17 C&S 4.15.9 |
| 2 Blayne Pick | NOT 4.15.8 | 2 George Buttery | CHW 4.27.6 |
| 3 Scott Baxter | CHW 4.21.9 | 3 Craig Woods | MNS 4.39.4 |
| 4 Abdi Yussef | U17 CDF 4.36.5 | 4 James Hunt | U17 CDF 4.41.4 |
| 5 Daniel Winter | MNS 4.37.8 | 5 Abdullah Nuri | NOT 5.09.1 |
| 6 Dan Lisseman | BIR 4.38.3 | | |
| 7 Matthew Richards | U17 WWA 4.41.0 | | |
| 8 Mark Devergori | U17 TCD 5.49.7 | | |
| M 3000m A | | M 3000m B | |
| 1 Paul Thompson | NOT 9.13.4 | 1 Jake Harrison | CHW 9.44.9 |
| 2 Scott Baxter | CHW 9.20.6 | 2 Matthew Richards | U17 WWA 10.09.4 |
| 3 Phillip Pugh | U17 C&S 9.30.5 | 3 Richie Talbot | U17 MNS 10.14.2 |
| 4 Matthew O'Leary | U17 WWA 9.31.1 | 4 Jack Lockett | U17 C&S 10.48.9 |
| 5 Ryan Saxton | U17 MNS 9.33.1 | 5 Abdullah Nuri | NOT 10.56.6 |
| 6 Kyle Garrison | U17 CDF 12.35.1 | | |

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|-----------------------|----------------|---------------------|----------------|
| M 110mH A | Wind -2.9 m/s | M 110mH B | Wind +0.2 m/s |
| 1 Curtis Holmes | BIR 14.2 | 1 Orie Laerence | BIR 14.6 |
| 2 James Hardy | MNS 15.0 | 2 Micheal Feeney | TCD 15.8 |
| 3 Dafydd Walters | WWA 15.3 | 3 Alex Lloyd | MNS 18.6 |
| 4 Sam Stone | TCD 15.6 | 4 Jack Johnson | NOT 18.6 |
| 5 Romeo Sithole | CHW 16.4 | 5 Jordan Crock | WWA 19.3 |
| 6 Adam Smith | C&S 20.3 | | |
| 7 Frazer Kestevan | NOT DNF | | |
| M 400mH A | | M 400mH B | |
| 1 Ross Macdonald | BIR 54.1 | 1 Leon Simpson | BIR 58.0 |
| 2 Adam Sansom | MNS 57.1 | 2 Jamie Gutteridge | CDF 59.0 |
| 3 Luke Morgan | CDF 57.4 | 3 Aqell Hassan | U17 CHW 63.3 |
| 4 Dafydd Walters | WWA 58.7 | 4 Jordan Crock | WWA 65.4 |
| 5 Adam Smith | C&S 62.1 | 5 Alasdair Rigby | C&S 67.1 |
| 6 Jack Johnson | NOT 65.7 | 6 Adam Lyons | NOT 68.2 |
| 7 James Paramore | CHW 67.9 | 7 | MNS 80.1 |
| 8 Mark Devergori | U17 TCD 75.6 | | |
| M 2000m Sc A | | M 2000m Sc B | |
| 1 Jonny Goringe | BIR 6.21.5 | 1 Roger Gregory | U17 BIR 7.18.4 |
| 2 James Paramore | CHW 6.58.9 | 2 George Buttery | CHW 7.36.8 |
| 3 Darren Jones | U17 CDF 7.17.8 | 3 James Perrin | U17 C&S 7.37.9 |
| 4 Phillip Pugh | U17 C&S 7.18.9 | 4 Abdi Yussef | U17 CDF 8.00.9 |
| 5 Daniel Ward | MNS 8.03.0 | 5 Craig Woods | MNS 8.37.8 |
| M Discus Throw A | | M Discus Throw B | |
| 1 Tom Edwards | U17 WWA 43.03 | 1 Thomas Kitchen | TCD 27.44 |
| 2 Jacob Matthews | CDF 34.73 | 2 Chris McKay | U17 C&S 26.65 |
| 3 Daniel Millerchip | C&S 34.32 | 3 Jon Llewelyen | U17 WWA 25.47 |
| 4 Nick Rowton | TCD 28.74 | 4 Lawrence Deacon | CHW 19.81 |
| 5 Tom Shiels | BIR 26.57 | 5 Jite Okoro | BIR 18.75 |
| 6 Adam Rubery | CHW 24.15 | 6 Sam Conawy | CDF 13.05 |
| 7 Danny Martin | MNS 15.76 | | |
| 8 Abdirahman Mohammed | NOT 8.80 | | |
| M Hammer Throw A | | M Hammer Throw B | |
| 1 Micheal Tommey | BIR 54.76 | 1 Tim Williams | BIR 53.33 |
| 2 Daniel Millerchip | C&S 27.03 | 2 Chris McKay | U17 C&S 16.95 |
| 3 Jacob Matthews | CDF 26.02 | 3 Kyle Garrison | U17 CDF 14.42 |
| 4 Ed Mourbey | TCD 21.20 | 4 Matt Kirkland | U17 TCD 13.82 |
| 5 Abdirahman Mohammed | NOT 17.28 | 5 James Baines | NOT 13.71 |
| 6 Lawrence Deacon | CHW 17.04 | 6 Adam Rubery | CHW 13.53 |
| 7 Daniel Ward | MNS 15.70 | 7 Ewan Miller | U17 MNS 11.72 |
| M High Jump A | | M High Jump B | |
| 1 Phinehas Stewart | BIR 2.01 | 1 Jite Okoro | BIR 2.00 |
| 2 Romeo Sithole | CHW 1.95 | 2=Ryan Bailey | CHW 1.75 |
| 3 Lewis Long | CDF 1.85 | 2=Glen Elsdon | U17 WWA 1.75 |
| 4=Alasdair Rigby | C&S 1.85 | 4 Adam Lyons | NOT 1.60 |
| 4=Robbie Wells | WWA 1.85 | 5 Matt Kirkland | U17 TCD 1.55 |
| 6 Matt Madden | NOT 1.80 | 6 Ryan Saxton | U17 MNS 1.50 |
| 7 Arran Smith | U17 TCD 1.75 | | |
| 8 Alex Lloyd | MNS 1.75 | | |
| M Javelin Throw A | | M Javelin Throw B | |
| 1 Charlie Stock | CHW 50.57 | 1 Gregg Miller | U17 MNS 44.09 |
| 2 Danny Martin | MNS 48.49 | 2 Paul Bennett | U17 WWA 40.82 |
| 3 Jon Llewelyen | U17 WWA 47.19 | 3 Micheal Feeney | TCD 37.26 |
| 4 Alex Pinner | U17 C&S 44.23 | 4 Adam Rubery | CHW 37.05 |
| 5 Ben Williams | BIR 43.16 | 5 Daniel Millerchip | C&S 31.27 |
| 6 Nick Rowton | TCD 39.08 | 6 Lewis Newton | CDF 25.76 |
| 7 Kayce Garrison | CDF 29.73 | 7 Tom Shiels | BIR 25.40 |
| 8 Jack Johnson | NOT 26.03 | 8 Frazer Kestevan | NOT 13.89 |

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|---------------|---------------|---------|------|---------------|------------------|---------|------|
| M Long Jump A | | | | M Long Jump B | | | |
| 1 | Matt Madden | NOT | 6.27 | 1 | Frazier Kestevan | NOT | 5.88 |
| 2 | Robert Scott | TCD | 6.08 | 2 | Rob John | WWA | 5.70 |
| 3 | Adam Sanson | MNS | 5.91 | 3 | Alasdair Rigby | C&S | 5.37 |
| 4 | Robbie Wells | WWA | 5.84 | 4 | Jacob McCausland | U17 BIR | 5.21 |
| 5 | Jamie Hammond | C&S | 5.60 | 5 | Gregg Miller | U17 MNS | 4.60 |
| 6 | Jamal Nesbitt | U17 BIR | 5.52 | 6 | Dominic Friend | CHW | 4.50 |
| 7 | Marcel Hodge | CHW | 5.00 | 7 | Lewis Newton | CDF | 2.58 |
| 8 | Luke Morgan | CDF | 4.35 | | | | |

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|----------------|---------------|---------|------|----------------|---------------|---------|------|
| M Pole Vault A | | | | M Pole Vault B | | | |
| 1 | Ed Mourbey | TCD | 4.30 | 1 | Daniel Passey | TCD | 4.20 |
| 2 | Tom Shiels | BIR | 3.20 | 2 | Ben Williams | BIR | 2.75 |
| 3 | Tom Lyons | U17 NOT | 2.75 | 3 | Gregg Miller | U17 MNS | 2.30 |
| 4 | Connor McHale | U17 MNS | 2.45 | | | | |

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|---------------|-------------------|---------|-------|---------------|---------------------|---------|-------|
| M Shot Putt A | | | | M Shot Putt B | | | |
| 1 | Jacob Matthews | CDF | 15.13 | 1 | Arran Smith | U17 TCD | 10.54 |
| 2 | Tom Edwards | U17 WWA | 15.01 | 2 | Jon Llewelyen | U17 WWA | 9.51 |
| 3 | Thomas Kitchen | TCD | 11.10 | 3 | Lewis Long | CDF | 9.15 |
| 4 | Daniel Millerchip | C&S | 11.03 | 4 | Jite Okoro | BIR | 8.46 |
| 5 | Grant Ward | U17 NOT | 8.99 | 5 | Lawrence Deacon | CHW | 7.77 |
| 6 | Adam Rubery | CHW | 8.93 | 6 | Abdirahman Mohammed | NOT | 6.08 |
| 7 | Phinehas Stewart | BIR | 8.80 | 7 | Alex Pinner | U17 C&S | 5.08 |
| 8 | James Hardy | MNS | 8.06 | 8 | Danny Martin | MNS | 4.94 |

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|-----------------|---------------|---------|-------|-----------------|----------------|---------|-------|
| M Triple Jump A | | | | M Triple Jump B | | | |
| 1 | Matt Madden | NOT | 13.30 | 1 | Mitchel Kirby | BIR | 13.24 |
| 2 | Jamal Nesbitt | U17 BIR | 13.24 | 2 | Jack Johnson | NOT | 12.03 |
| 3 | Arran Smith | U17 TCD | 12.42 | 3 | Alasdair Rigby | C&S | 11.70 |
| 4 | Romeo Sithole | CHW | 12.18 | 4 | Nick Rowton | TCD | 11.07 |
| 5 | Jamie Hammond | C&S | 11.84 | 5 | Rob John | WWA | 10.76 |
| 6 | Glen Elsdon | U17 WWA | 11.66 | 6 | Dominic Friend | CHW | 9.33 |
| 7 | Connor McHale | U17 MNS | 9.66 | 7 | Ewan Miller | U17 MNS | 9.08 |
| 8 | Kyle Garrison | U17 CDF | 7.90 | | | | |

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|---------------|-------------------|---------|------|---------------|-----------------|---------|------|
| W 100m A | | | | W 100m B | | | |
| Wind +2.2 m/s | | | | Wind +0.2 m/s | | | |
| 1 | Laura Haslem | CHW | 12.1 | 1 | Jordan McIntosh | CHW | 12.6 |
| 2 | Mica Moore | CDF | 12.3 | 2 | Jodie Wills | TCD | 12.9 |
| 3 | Ese Okoro | BIR | 12.3 | 3 | Alice Hillyer | U17 NOT | 13.1 |
| 4 | Hannah Stephenson | U17 NOT | 12.6 | 4 | Kimi Moncrieffe | BIR | 13.1 |
| 5 | Elouise Taylor | U17 TCD | 12.7 | 5 | Lauren Regan | CDF | 13.4 |
| 6 | Laura Simmonds | C&S | 12.8 | 6 | Becky Nutton | C&S | 13.6 |
| 7 | Laura Bennett | MNS | 12.9 | 7 | Yvette Robinson | U17 MNS | 14.5 |
| 8 | Donna Jones | WWA | 13.6 | 8 | Sophie Pick | WWA | 14.6 |

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|---------------|-------------------|---------|------|---------------|-----------------|---------|------|
| W 200m A | | | | W 200m B | | | |
| Wind +0.9 m/s | | | | Wind +0.9 m/s | | | |
| 1 | Melissa Hanson | U17 BIR | 25.2 | 1 | Jordan McIntosh | CHW | 25.8 |
| 2 | Laura Haslem | CHW | 25.2 | 2 | Jodie Wills | TCD | 26.7 |
| 3 | Hannah Stephenson | U17 NOT | 26.0 | 3 | Alice Hillyer | U17 NOT | 26.8 |
| 4 | Laura Bennett | MNS | 26.7 | 4 | Sophie Clarke | BIR | 26.9 |
| 5 | Elouise Taylor | U17 TCD | 26.8 | 5 | Danielle Mill | CDF | 27.4 |
| 6 | Natalie Ainge | C&S | 27.3 | 6 | Chloe Boulter | C&S | 27.8 |
| 7 | Ffrion Reece | U17 WWA | 27.3 | 7 | Emily Downey | WWA | 29.4 |
| 8 | Gwen Williams | CDF | 27.5 | 8 | Yvette Robinson | U17 MNS | 30.5 |

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| W 400m A | | | | W 400m B | | | |
| 1 | Ese Okoro | BIR | 58.4 | 1 | Sophie Clarke | BIR | 61.2 |
| 2 | Lauren Regan | CDF | 59.3 | 2 | Rachael Atherton | C&S | 62.9 |
| 3 | Alex Turner | TCD | 59.8 | 3 | Clare Ashley | NOT | 63.4 |
| 4 | Emma Hourd | NOT | 60.5 | 4 | Emilly Milodowski | CHW | 65.2 |
| 5 | Ffrion Reece | U17 WWA | 61.6 | 5 | Hannah Wragg | U17 MNS | 67.1 |
| 6 | Hannah Goldrich | CHW | 62.4 | 6 | Rhiannon Anderson | WWA | 70.2 |
| 7 | Hollie Allen | U17 C&S | 62.6 | | | | |
| 8 | Georgia Milton | MNS | 62.7 | | | | |

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|------------------|------------------------|-----------------|------------------|---------------------|-----------------|
| W 800m A | | | W 800m B | | |
| 1 | Hannifa Greenwood | BIR 2.20.7 | 1 | Sarah Hopcroft | BIR 2.16.4 |
| 2 | Cerys Morgan | U17 WWA 2.21.5 | 2 | Teresa Hulme | U17 C&S 2.25.7 |
| 3 | Racheal Brandham | U17 MNS 2.24.6 | 3 | Amber Magee | CHW 2.27.1 |
| 4 | | TCD 2.25.4 | 4 | Emma Wilkinson | MNS 2.27.8 |
| 5 | Lucy Arkinstall | U17 CHW 2.25.7 | 5 | Rhiannon Anderson | WWA 2.38.2 |
| 6 | Rebecca Cooke | C&S 2.26.9 | 6 | Liz Barrett | NOT 2.42.5 |
| 7 | Jenny Evans | U17 NOT 2.37.0 | | | |
| W 1500m A | | | W 1500m B | | |
| 1 | Tamara Armoush | TCD 4.40.2 | 1 | Anna Wragg | U17 MNS 5.02.0 |
| 2 | Georgia Milton | MNS 5.01.9 | 2 | Lori Marshall | TCD 5.09.3 |
| 3 | Vikki Jackson | CDF 5.03.4 | 3 | Beth Clarke | U17 C&S 5.35.7 |
| 4 | Cerys Morgan | U17 WWA 5.15.2 | 4 | Emilly Milodowski | CHW 5.46.8 |
| 5 | Rebecca Bray | U17 C&S 5.20.1 | 5 | Kelly Roberts | U17 WWA 5.47.1 |
| 6 | Imogen Scott | U17 NOT 5.37.2 | | | |
| 7 | Lucy Arkinstall | U17 CHW 5.46.8 | | | |
| W 3000m A | | | W 3000m B | | |
| 1 | Claire Talbot | U17 MNS 11.09.3 | 1 | Katie Reynolds | U17 WWA 11.37.0 |
| 2 | Emily Downey | U17 WWA 11.22.4 | 2 | Victoria Greenwood | U17 BIR 12.24.9 |
| 3 | Imogen Scott | U17 NOT 11.43.0 | 3 | Jenny Evans | U17 NOT 12.41.4 |
| 4 | Laura Muth | U17 BIR 11.45.1 | 4 | Julie Addison | U17 C&S 12.42.0 |
| 5 | Catherine Hulme | U17 C&S 11.46.9 | | | |
| W 100mH A | | | W 100mH B | | |
| | | Wind +0.6 m/s | | | Wind +1.5 m/s |
| 1 | Laura Bennett | MNS 15.5 | 1 | Beth Dawson | NOT 18.3 |
| 2 | Emma Komocki | NOT 15.9 | 2 | Rebecca Baxter | U17 CHW 19.3 |
| 3 | Hannah Gladstone | CHW 17.0 | 3 | Jess Grieves | U17 MNS 20.0 |
| 4 | Elinor Lewis | CDF 17.7 | 4 | Abbey Gutteridge | CDF 21.4 |
| 5 | Natalie Ainge | C&S 22.6 | | | |
| W 400mH A | | | W 400mH B | | |
| 1 | Jess Grieves | U17 MNS 67.0 | 1 | Clare Ashley | NOT 71.2 |
| 2 | Emma Komocki | NOT 67.1 | 2 | Chloe Boulter | C&S 73.4 |
| 3 | Alex Turner | TCD 68.7 | 3 | Atlanta Williams | U17 WWA 77.4 |
| 4 | Stacey Collins | U17 WWA 70.0 | 4 | Beth Farr | U17 MNS 77.5 |
| 5 | Natalie Ainge | C&S 71.3 | | | |
| 6 | Hannah Gladstone | CHW 71.7 | | | |
| 7 | Sophie Munn | BIR 73.6 | | | |
| 8 | Abbey Gutteridge | CDF 84.4 | | | |
| W 1500m Sc A | | | W 1500m Sc B | | |
| 1 | Blue Haywood(2nd Claim | NOT 5.10.8 | 1 | Julie Addison | U17 C&S 6.41.0 |
| 2 | Amber Magee | CHW 5.32.9 | | | |
| 3 | Amie Grainger | MNS 5.51.5 | | | |
| 4 | Sarah Hulme | U17 C&S 5.52.7 | | | |
| 5 | Alex Turner | TCD 6.05.2 | | | |
| 6 | Catrin Lewis | U17 WWA 6.19.1 | | | |
| W Discus Throw A | | | W Discus Throw B | | |
| 1 | Charlotte Gair | U17 MNS 40.61 | 1 | Jane Bourne | U17 BIR 27.76 |
| 2 | Jade Moore | BIR 38.82 | 2 | Jessica Huddlestone | U17 WWA 24.28 |
| 3 | Emily Campbell | U17 NOT 30.08 | 3 | Beth Farr | U17 MNS 20.60 |
| 4 | Toni Wells | U17 WWA 29.13 | 4 | Chloe Smith | TCD 20.10 |
| 5 | Yasmin Spencer | TCD 26.27 | 5 | Alicia Clarke | U17 C&S 18.01 |
| 6 | Beth Denning | U17 C&S 22.19 | 6 | Beth Dawson | NOT 12.89 |
| 7 | Ayla Phillips | CDF 19.66 | 7 | Lauren Quenby | CHW 12.78 |
| 8 | Sophie Allen | U17 CHW 15.78 | 8 | Abbey Gutteridge | CDF 10.81 |

W Hammer Throw A
 1 Toni Wells U17 WWA 44.88
 2 Ayla Phillips CDF 34.41
 3 Sophie Allen U17 CHW 30.81
 4 Sian Pentin TCD 30.01
 5 Charlotte Gair U17 MNS 29.39
 6 Kelly Highman BIR 21.49
 7 Beth Denning U17 C&S 17.34
 8 Emma Hourd NOT 12.71

W High Jump A
 1 Zoey Phillips BIR 1.65
 2 Gemma Smith C&S 1.65
 3 Stacey Collins U17 WWA 1.55
 4 Emily Butlin U17 TCD 1.55
 5 Katie Payne CHW 1.50
 6=Gwen Williams CDF 1.45
 6=Alice Hillyer U17 NOT 1.45
 6=Jess Grieves U17 MNS 1.45

W Javelin Throw A
 1 Jade Perry U17 BIR 34.09
 2 Danielle Stanley CHW 32.38
 3 Sophie Pick WWA 24.16
 4 Ayla Phillips CDF 23.85
 5 Beth Farr U17 MNS 22.87
 6 Rosa Spencer-Tansley U17 NOT 22.41
 7 Chloe Smith TCD 21.26
 8 Rebecca Bray U17 C&S 16.27

W Long Jump A
 1 Laura Simmonds C&S 5.55
 2 Karina Jakoveno BIR 5.11
 3 Donna Jones WWA 4.83
 4 Felicia Anderson NOT 4.79
 5 Laura Bennett MNS 4.69
 6 Rebecca Baxter U17 CHW 4.45
 7 Elouise Taylor TCD 4.36
 8 Elinor Lewis CDF 4.16

W Pole Vault A
 1 Elinor Lewis CDF 2.50
 2 Chloe Elphick U17 MNS 2.15
 3 Helen Orr CHW 2.00
 4 Beth Dawson NOT 2.00

W Shot Putt A
 1 Yasmin Spencer TCD 12.57
 2 Jade Perry U17 BIR 10.83
 3 Ayla Phillips CDF 9.95
 4 Toni Wells U17 WWA 9.79
 5 Katie Payne CHW 9.06
 6 Laura Bennett MNS 8.68
 7 Emily Campbell NOT 7.71
 8 Beth Denning U17 C&S 7.20

W Triple Jump A
 1 Laura Samuels BIR 12.53
 2 Natalie Ainge C&S 10.64
 3 Felicia Anderson NOT 10.45
 4 Chloe Elphick U17 MNS 10.15
 5 Elinor Lewis CDF 9.93
 6 Donna Jones WWA 9.78
 7 Rebecca Baxter U17 CHW 9.56
 8 Chloe Smith TCD 8.43

W Hammer Throw B
 1 Jessica Huddlestone U17 WWA 23.52
 2 Natalie Randall U17 TCD 21.19
 3 Claire Beaumont MNS 18.65
 4 Laura Radburn BIR 17.28
 5 Anna Denning C&S 16.38
 6 Rosa Spencer-Tansley U17 NOT 5.32

W High Jump B
 1 Chloe Boulter C&S 1.60
 2 Danielle Stanley CHW 1.50
 3 Atlanta Williams U17 WWA 1.45
 4 Shalayna Hutchinson BIR 1.45
 5=Felicia Anderson NOT 1.30
 5=Laura Brown U17 MNS 1.30

W Javelin Throw B
 1 Chloe Elphick U17 MNS 22.48
 2 Laura Radburn BIR 21.92
 3 Sophie Allen U17 CHW 16.53
 4 Stacey Collins U17 WWA 13.63
 5 Natalie Randall U17 TCD 12.80
 6 Alice Hillyer U17 NOT 12.59
 7 Vikki Jackson CDF 7.99
 8 Rachael Atherton C&S 7.76

W Long Jump B
 1 Gemma Smith C&S 5.28
 2 Sinead Donnelly BIR 4.50
 3 Chloe Smith TCD 4.26
 4 Yvonne Gwara NOT 4.15
 5 Laura Brown U17 MNS 3.97
 6 Danielle Mill CDF 3.79

W Pole Vault B
 No competitors

W Shot Putt B
 1 Jessica Huddlestone U17 WWA 9.31
 2 Kelly Highman BIR 8.86
 3 Chloe Smith TCD 8.24
 4 Clare Ashley NOT 7.35
 5 Danielle Mill CDF 7.06
 6 Sophie McDonald CHW 6.63
 7 Alicia Clarke U17 C&S 6.58
 8 Claire Beaumont MNS 6.38

W Triple Jump B
 1 Chloe Boulter C&S 10.20
 2 Shalayna Hutchinson BIR 10.16
 3 Laura Brown U17 MNS 9.93
 4 Atlanta Williams U17 WWA 9.44
 5 Clare Ashley NOT 9.10
 6 Danielle Mill CDF 8.13
 7 Helen Orr CHW 8.12
 8 Yasmin Spencer TCD 7.69

W 4x100m Relay

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|------------|-----------------------|-----|---------------------|-----|
| 1 BIR 49.8 | 1 Samantha Coleby | | 2 Melissa Hanson | U17 |
| | 3 Nardiha Kidd-Walker | U17 | 4 Donecia Matterson | |
| 2 CHW 50.1 | 1 Emily Wardle | | 2 Laura Haslem | |
| | 3 Sophie McDonald | | 4 Jordan McIntosh | |
| 3 NOT 51.1 | 1 Felicia Anderson | | 2 Emma Komocki | |
| | 3 Hannah Stephenson | U17 | 4 Laura Mason | |
| 4 CDF 51.3 | 1 Danielle Mill | | 2 Mica Moore | |
| | 3 Gwen Williams | | 4 Abbey Gutteridge | |
| 5 TCD 53.7 | 1 Elouise Taylor | U17 | 2 Jodie Wills | |
| | 3 Tamara Armoush | | 4 Alex Turner | |
| 6 WWA 53.7 | 1 Stacey Collins | U17 | 2 Ffrion Reece | U17 |
| | 3 Sophie Pick | | 4 Donna Jones | |
| 7 MNS 56.3 | 1 Emma Wilkinson | | 2 Yvette Robinson | U17 |
| | 3 Laura Brown | U17 | 4 Beth Farr | U17 |
| 8 C&S 56.9 | 1 Chloe Boulter | | 2 Hollie Allen | U17 |
| | 3 | | 4 Becky Nutton | |

W 4x400m Relay

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|--------------|---------------------|-----|---------------------|-----|
| 1 MNS 4.14.0 | 1 Jess Grieves | U17 | 2 Hannah Wragg | U17 |
| | 3 Amie Grainger | | 4 Georgia Milton | |
| 2 NOT 4.15.8 | 1 Emma Komocki | | 2 Beth Dawson | |
| | 3 Clare Ashley | | 4 Hannah Stephenson | U17 |
| 3 TCD 4.18.5 | 1 Alex Turner | | 2 Lori Marshall | U17 |
| | 3 Tamara Armoush | | 4 Yasmin Spencer | |
| 4 BIR 4.21.7 | 1 Melissa Hanson | U17 | 2 Hannifa Greenwood | |
| | 3 Samantha Coleby | | 4 Sophie Clarke | |
| 5 C&S 4.23.1 | 1 Natalie Ainge | | 2 Chloe Boulter | |
| | 3 Hollie Allen | U17 | 4 Rachael Atherton | |
| 6 CHW 4.24.7 | 1 Hannah Gladstone | | 2 Emilly Milodowski | |
| | 3 Amber Magee | | 4 Lauren Quenby | |
| 7 WWA 4.33.0 | 1 Rhiannon Anderson | | 2 Cerys Morgan | U17 |
| | 3 Emily Downey | | 4 Catrin Lewis | U17 |
| 8 CDF 4.39.4 | 1 Lauren Regan | | 2 Vikki Jackson | |
| | 3 Gwen Williams | | 4 Elinor Lewis | |

M 4x100m Relay

| | | | | |
|------------|-------------------|-----|-----------------------|-----|
| 1 BIR 44.1 | 1 Curtis Holmes | | 2 Efe Okoro | |
| | 3 Tom Hinton | | 4 Seb Tully-Middleton | |
| 2 NOT 44.7 | 1 Matt Madden | | 2 Tom Wilson | |
| | 3 James Baines | | 4 Elijah Skervin | |
| 3 CHW 44.7 | 1 Marcel Hodge | | 2 Dominic Friend | |
| | 3 Abdillah Nassir | | 4 Scott Wilson | U17 |
| 4 WWA 45.2 | 1 Dafydd Walters | | 2 Jamie Price | |
| | 3 Jake Randall | U17 | 4 Paul Bennett | U17 |
| 5 TCD 45.5 | 1 Arran Smith | U17 | 2 Ryan Newton | U17 |
| | 3 Shaun Rathbone | | 4 Andrew Szarkowski | |
| 6 CDF 46.5 | 1 Lewis Newton | | 2 Lewis Long | |
| | 3 Gareth Hopkins | | 4 James Wiltshire | U17 |
| 7 MNS 47.5 | 1 Ewan Miller | U17 | 2 James Hardy | |
| | 3 Gregg Miller | U17 | 4 Jonathon Cordin | |
| 8 C&S 49.1 | 1 Tom Smith | | 2 Alex Pinner | U17 |
| | 3 | | 4 | |

M 4x400m Relay

| | | | | |
|--------------|---------------------|-----|------------------------|-----|
| 1 BIR 3.23.9 | 1 Jarryd Dunn | | 2 Efe Okoro | |
| | 3 Phinehas Stewart | | 4 Tom Hinton | |
| 2 NOT 3.28.8 | 1 Lewis Bostock | | 2 Lewis Summer Rell | |
| | 3 Luis Alves | | 4 James Baines | |
| 3 CHW 3.29.5 | 1 Romeo Sithole | | 2 Aqell Hassan | U17 |
| | 3 Phillip Berners | | 4 Abdillah Nassir | |
| 4 CDF 3.34.3 | 1 Sam Conawy | | 2 Luke Morgan | |
| | 3 James Wiltshire | U17 | 4 Gareth Hopkins | |
| 5 MNS 3.40.7 | 1 Daniel Winter | | 2 Ryan Saxton | U17 |
| | 3 Alex Lloyd | | 4 Adam Sansom | |
| 6 C&S 3.42.7 | 1 Adam Smith | | 2 | |
| | 3 Hayden Carter | | 4 Sam Evans | |
| 7 TCD 3.43.5 | 1 Andrew Szarkowski | | 2 Charlie Waterhouse | |
| | 3 Roland Carter | U17 | 4 Robert Scott | |
| 8 WWA 3.48.8 | 1 David Hill | | 2 Chris Davies (Neath) | U17 |
| | 3 Glen Elsdon | U17 | 4 Jordan Crock | |

MATCH RESULT

LEAGUE STANDINGS Not Available

| | Event | Lge |
|-------------------------|-------|-----|
| 1 Birchfield Harriers | 524 | 8 |
| 2 Notts AC | 436.5 | 7 |
| 3 Charnwood AC | 426.5 | 6 |
| 4 Mansfield Harriers | 417.5 | 5 |
| 5 Cannock & Stafford AC | 405.5 | 4 |
| 6 West Wales | 388 | 3 |
| 7 Team CDAV | 352 | 2 |
| 8 Cardiff AC | 331 | 1 |

General Comment: No competitors W Pole Vault B,

Note(s)

BIR Includes + 35pts,
 C&S Includes + 35pts,
 CDF Includes + 35pts,
 CHW Includes + 35pts,
 MNS Includes + 35pts,
 NOT Includes + 35pts,
 TCD Includes + 35pts,
 WWA Includes + 35pts,

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|      Team| BIR | C&S | CDF | CHW | MNS | NOT | TCD | 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|   4|   8|   9|   5|   7|   6|   3|  53|  0|  53|
|         B|   9|   1|   4|   7|   2|   5|   3|   6|  37|  0|  37|
|Cumulative| 20|   5|  12|  16|   7|  12|   9|   9|  90|  0|  90|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 200m   A|   7|   3|  11|   9|   4|   8|   5|   6|  53|  0|  53|
|         B|   9|   1|   2|   7|   3|   6|   5|   4|  37|  0|  37|
|Cumulative| 36|   9|  25|  32|  14|  26|  19|  19| 180|  0| 180|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 400m   A|  11|   8|   4|   6|   7|   9|   3|   5|  53|  0|  53|
|         B|   9|   2|   6|   7|   4|   5|   1|   3|  37|  0|  37|
|Cumulative| 56|  19|  35|  45|  25|  40|  23|  27| 270|  0| 270|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 800m   A|  11|   8|   5|   7|   6|   9|   0|   4|  50|  3|  53|
|         B|   7|   5|   6|   2|   4|   9|   0|   3|  36|  1|  37|
|Cumulative| 74|  32|  46|  54|  35|  58|  23|  34| 356|  4| 360|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 1500m  A|   5|  11|   7|   8|   6|   9|   3|   4|  53|  0|  53|
|         B|   0|   9|   5|   7|   6|   4|   0|   0|  31|  6|  37|
|Cumulative| 79|  52|  58|  69|  47|  71|  26|  38| 440| 10| 450|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 3000m  A|   0|   8|   5|   9|   6|  11|   0|   7|  46|  7|  53|
|         B|   0|   5|   0|   9|   6|   4|   0|   7|  31|  6|  37|
|Cumulative| 79|  65|  63|  87|  59|  86|  26|  52| 517| 23| 540|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 110mH  A|  11|   5|   0|   6|   9|   0|   7|   8|  46|  7|  53|
|         B|   9|   0|   0|   0|   6|   5|   7|   4|  31|  6|  37|
|Cumulative| 99|  70|  63|  93|  74|  91|  40|  64| 594| 36| 630|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 400mH  A|  11|   6|   8|   4|   9|   5|   3|   7|  53|  0|  53|
|         B|   9|   4|   7|   6|   2|   3|   0|   5|  36|  1|  37|
|Cumulative| 119|  80|  78| 103|  85|  99|  43|  76| 683| 37| 720|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 2000Sc A|  11|   7|   8|   9|   6|   0|   0|   0|  41| 12|  53|
|         B|   9|   6|   5|   7|   4|   0|   0|   0|  31|  6|  37|
|Cumulative| 139|  93|  91| 119|  95|  99|  43|  76| 755| 55| 810|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M DT     A|   6|   8|   9|   5|   4|   3|   7|  11|  53|  0|  53|
|         B|   4|   7|   3|   5|   0|   0|   9|   6|  34|  3|  37|
|Cumulative| 149| 108| 103| 129|  99| 102|  59|  93| 842| 58| 900|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M HT     A|  11|   9|   8|   5|   4|   6|   7|   0|  50|  3|  53|
|         B|   9|   7|   6|   3|   2|   4|   5|   0|  36|  1|  37|
|Cumulative| 169| 124| 117| 137| 105| 112|  71|  93| 928| 62| 990|
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|      Team| BIR | C&S | CDF | CHW | MNS | NOT | TCD | 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|  6.5|  8|  9|  3|  5|  4|  6.5|  53|  0|  53|
|          B|  9|  0|  0|  6.5|  3|  5|  4|  6.5|  34|  3|  37|
|Cumulative| 189|130.5| 125|152.5| 111| 122|  79| 106|1015|  65|1080|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M JT      A|  6|  7|  4| 11|  9|  3|  5|  8|  53|  0|  53|
|          B|  2|  4|  3|  5|  9|  1|  6|  7|  37|  0|  37|
|Cumulative| 197|141.5| 132|168.5| 129| 126|  90| 121|1105|  65|1170|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M LJ      A|  5|  6|  3|  4|  8| 11|  9|  7|  53|  0|  53|
|          B|  5|  6|  2|  3|  4|  9|  0|  7|  36|  1|  37|
|Cumulative| 207|153.5| 137|175.5| 141| 146|  99| 135|1194|  66|1260|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M PV      A|  9|  0|  0|  0|  7|  8| 11|  0|  35| 18|  53|
|          B|  7|  0|  0|  0|  6|  0|  9|  0|  22| 15|  37|
|Cumulative| 223|153.5| 137|175.5| 154| 154| 119| 135|1251|  99|1350|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M SP      A|  4|  7| 11|  5|  3|  6|  8|  9|  53|  0|  53|
|          B|  5|  2|  6|  4|  1|  3|  9|  7|  37|  0|  37|
|Cumulative| 232|162.5| 154|184.5| 158| 163| 136| 151|1341|  99|1440|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M TJ      A|  9|  6|  3|  7|  4| 11|  8|  5|  53|  0|  53|
|          B|  9|  6|  0|  3|  2|  7|  5|  4|  36|  1|  37|
|Cumulative| 250|174.5| 157|194.5| 164| 181| 149| 160|1430| 100|1530|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 100m    A|  8|  5|  9| 11|  4|  7|  6|  3|  53|  0|  53|
|          B|  5|  3|  4|  9|  2|  6|  7|  1|  37|  0|  37|
|Cumulative| 263|182.5| 170|214.5| 170| 194| 162| 164|1520| 100|1620|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 200m    A| 11|  5|  3|  9|  7|  8|  6|  4|  53|  0|  53|
|          B|  5|  3|  4|  9|  1|  6|  7|  2|  37|  0|  37|
|Cumulative| 279|190.5| 177|232.5| 178| 208| 175| 170|1610| 100|1710|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 400m    A| 11|  4|  9|  5|  3|  7|  8|  6|  53|  0|  53|
|          B|  9|  7|  0|  5|  4|  6|  0|  3|  34|  3|  37|
|Cumulative| 299|201.5| 186|242.5| 185| 221| 183| 179|1697| 103|1800|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 800m    A| 11|  5|  0|  6|  8|  4|  7|  9|  50|  3|  53|
|          B|  9|  7|  0|  6|  5|  3|  0|  4|  34|  3|  37|
|Cumulative| 319|213.5| 186|254.5| 198| 228| 190| 192|1781| 109|1890|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 1500m   A|  0|  6|  8|  4|  9|  5| 11|  7|  50|  3|  53|
|          B|  0|  6|  0|  5|  9|  0|  7|  4|  31|  6|  37|
|Cumulative| 319|225.5| 194|263.5| 216| 233| 208| 203|1862| 118|1980|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 3000m   A|  7|  6|  0|  0| 11|  8|  0|  9|  41| 12|  53|
|          B|  7|  5|  0|  0|  0|  6|  0|  9|  27| 10|  37|
|Cumulative| 333|236.5| 194|263.5| 227| 247| 208| 221|1930| 140|2070|
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|      Team| BIR | C&S | CDF | CHW | MNS | NOT | TCD | WWA |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 100mH  A|   0|   6|   7|   8|  11|   9|   0|   0|  41|  12|  53|
|          B|   0|   0|   5|   7|   6|   9|   0|   0|  27|  10|  37|
|Cumulative| 333|242.5| 206|278.5| 244| 265| 208| 221|1998| 162|2160|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 400mH  A|   4|   6|   3|   5|  11|   9|   8|   7|  53|   0|  53|
|          B|   0|   7|   0|   0|   5|   9|   0|   6|  27|  10|  37|
|Cumulative| 337|255.5| 209|283.5| 260| 283| 216| 234|2078| 172|2250|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 1500Sc A|   0|   7|   0|   9|   8|  11|   6|   5|  46|   7|  53|
|          B|   0|   9|   0|   0|   0|   0|   0|   0|   9|  28|  37|
|Cumulative| 337|271.5| 209|292.5| 268| 294| 222| 239|2133| 207|2340|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W DT      A|   9|   5|   4|   3|  11|   8|   6|   7|  53|   0|  53|
|          B|   9|   4|   1|   2|   6|   3|   5|   7|  37|   0|  37|
|Cumulative| 355|280.5| 214|297.5| 285| 305| 233| 253|2223| 207|2430|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W HT      A|   5|   4|   9|   8|   6|   3|   7|  11|  53|   0|  53|
|          B|   5|   4|   0|   0|   6|   3|   7|   9|  34|   3|  37|
|Cumulative| 365|288.5| 223|305.5| 297| 311| 247| 273|2310| 210|2520|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W HJ      A|  11|   9|   4|   6|   4|   4|   7|   8|  53|   0|  53|
|          B|   5|   9|   0|   7|  3.5|  3.5|   0|   6|  34|   3|  37|
|Cumulative| 381|306.5| 227|318.5|304.5|318.5| 254| 287|2397| 213|2610|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W JT      A|  11|   3|   7|   9|   6|   5|   4|   8|  53|   0|  53|
|          B|   7|   1|   2|   6|   9|   3|   4|   5|  37|   0|  37|
|Cumulative| 399|310.5| 236|333.5|319.5|326.5| 262| 300|2487| 213|2700|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W LJ      A|   9|  11|   3|   5|   6|   7|   4|   8|  53|   0|  53|
|          B|   7|   9|   3|   0|   4|   5|   6|   0|  34|   3|  37|
|Cumulative| 415|330.5| 242|338.5|329.5|338.5| 272| 308|2574| 216|2790|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W PV      A|   0|   0|  11|   8|   9|   7|   0|   0|  35|  18|  53|
|          B|   0|   0|   0|   0|   0|   0|   0|   0|   0|  37|  37|
|Cumulative| 415|330.5| 253|346.5|338.5|345.5| 272| 308|2609| 271|2880|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W SP      A|   9|   3|   8|   6|   5|   4|  11|   7|  53|   0|  53|
|          B|   7|   2|   4|   3|   1|   5|   6|   9|  37|   0|  37|
|Cumulative| 431|335.5| 265|355.5|344.5|354.5| 289| 324|2699| 271|2970|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W TJ      A|  11|   9|   6|   4|   7|   8|   3|   5|  53|   0|  53|
|          B|   7|   9|   3|   2|   6|   4|   1|   5|  37|   0|  37|
|Cumulative| 449|353.5| 274|361.5|357.5|366.5| 293| 334|2789| 271|3060|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 4x1     |  11|   3|   7|   9|   4|   8|   6|   5|  53|   0|  53|
|Cumulative| 460|356.5| 281|370.5|361.5|374.5| 299| 339|2842| 271|3113|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 4x4     |   7|   6|   3|   5|  11|   9|   8|   4|  53|   0|  53|
|Cumulative| 467|362.5| 284|375.5|372.5|383.5| 307| 343|2895| 271|3166|
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|      Team| BIR | C&S | CDF | CHW | MNS | NOT | TCD | 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    |   11|   3|   5|   8|   4|   9|   6|   7| 53| 0| 53|
|Cumulative| 478|365.5| 289|383.5|376.5|392.5| 313| 350|2948| 271|3219|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 4x4    |   11|   5|   7|   8|   6|   9|   4|   3| 53| 0| 53|
|Cumulative| 489|370.5| 296|391.5|382.5|401.5| 317| 353|3001| 271|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+
|      Add|   35|   35|   35|   35|   35|   35|   35|   35| 0| 0| 0|
|subtract|   0| 0| 0| 0| 0| 0| 0| 0| 0| 0| 0| 0|
|Cumulative| 524|405.5| 331|426.5|417.5|436.5| 352| 388|3001| 271|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+
|      TOTALS| 524|405.5| 331|426.5|417.5|436.5| 352| 388|3001| 271|3272|
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| Pos | Team | Points | Add | Sub | Total |
|-----|-----------------------|--------|-----|-----|-------|
| 1 | Birchfield Harriers | 489 | 35 | 0 | 524 |
| 2 | Notts AC | 401.5 | 35 | 0 | 436.5 |
| 3 | Charnwood AC | 391.5 | 35 | 0 | 426.5 |
| 4 | Mansfield Harriers | 382.5 | 35 | 0 | 417.5 |
| 5 | Cannock & Stafford AC | 370.5 | 35 | 0 | 405.5 |
| 6 | West Wales | 353 | 35 | 0 | 388 |
| 7 | Team CDAV | 317 | 35 | 0 | 352 |
| 8 | Cardiff AC | 296 | 35 | 0 | 331 |

| | | | | |
|-----------------------------|------|-----|---|------|
| Used + add - sub = total | 3001 | 280 | 0 | 3281 |
| Unused points | 271 | | | 271 |
| (Used+unused)+add-sub=total | 3272 | 280 | 0 | 3552 |

| Team | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|-----|-----|-----|
| BIR A | 17 | 5 | 1 | 3 | 2 | 3 | 2 | 0 | B 12 | 7 | 0 | 6 | 1 | 0 | 1 | 0 |
| NOT A | 4 | 8 | 7 | 5 | 2 | 5 | 2 | 3 | B 4 | 1 | 5 | 6 | 5 | 6 | 0 | 1 |
| CHW A | 2 | 9 | 6 | 2 | 5 | 7 | 4 | 1 | B 3 | 8 | 3 | 4 | 1 | 4 | 3 | 0 |
| MNS A | 5 | 5 | 3 | 4 | 8 | 3 | 7 | 3 | B 3 | 0 | 8 | 2 | 7 | 2 | 5 | 3 |
| C&S A | 2 | 3 | 4 | 5 | 8 | 6 | 3 | 5 | B 5 | 5 | 4 | 3 | 4 | 2 | 3 | 3 |
| WWA A | 2 | 3 | 5 | 9 | 2 | 5 | 4 | 3 | B 3 | 6 | 4 | 3 | 5 | 3 | 1 | 1 |
| TCD A | 3 | 1 | 5 | 6 | 7 | 2 | 4 | 4 | B 3 | 5 | 3 | 4 | 2 | 1 | 0 | 2 |
| CDF A | 3 | 4 | 7 | 5 | 1 | 4 | 3 | 6 | B 0 | 1 | 4 | 3 | 4 | 4 | 3 | 1 |

| Men | Event | Women | Event |
|-------------------------|-------|-------------------------|-------|
| 1 Birchfield Harriers | 272 | 1 Birchfield Harriers | 217 |
| 2 Charnwood AC | 210.5 | 2 Mansfield Harriers | 208.5 |
| 3 Notts AC | 199 | 3 Notts AC | 202.5 |
| 4 Cannock & Stafford AC | 182.5 | 4 Cannock & Stafford AC | 188 |
| 5 Mansfield Harriers | 174 | 5 West Wales | 183 |
| 6 West Wales | 170 | 6 Charnwood AC | 181 |
| 7 Cardiff AC | 169 | 7 Team CDAV | 158 |
| 8 Team CDAV | 159 | 8 Cardiff AC | 127 |