

M 100m A

1 Antoe Walters	BIR	10.8
2 Elijah Skervin	NOT	10.8
3 Marcel Hodge	CHW	11.1
4 Paul Bennett	WWA	11.2
5 Dale Jacobs	MNS	11.3
6 Andy Lord	CLT	11.3
7 Reece Davies	STK	11.8
8 Jamie Graham	C&S	13.0

M 100m B

1 Josh Chan-Marshall	BIR	11.4
2 Jackson Mearan-Blyton	NOT	11.5
3 Jamie Price	WWA	11.6
4 Dominic Friend	CHW	11.6
5 Matt Wright	CLT	11.7
6 Alex Lloyd	MNS	11.9
7 Alasdair Rigby	C&S	11.9
8 Andrew Bedson	STK	12.1

M 200m A

1 Liam Clowes	STK	22.1
2 Antoe Walters	BIR	22.2
3 Elijah Skervin	NOT	22.5
4 Paul Bennett	WWA	22.6
5 Adam Sansom	MNS	22.7
6 Ashley Hill	CLT	22.7
7 Marcel Hodge	CHW	23.1
8 Jamie Graham	C&S	26.5

M 200m B

1 Zach King	NOT	22.6
2 Abian Richards	U17 BIR	22.7
3 Mike Neville	WWA	22.8
4 Dale Jacobs	MNS	22.8
5 Andy Lord	CLT	23.1
6 Aqueel Hassen	CHW	23.4
7 Matthew Mayne	U17 C&S	24.0
8 Andrew Bedson	STK	24.9

M 400m A

1 Jarryd Dunn	BIR	49.7
2 Zack King	NOT	50.1
3 Ashley Hill	CLT	50.2
4 Adam Sansom	MNS	53.2
5 Matthew Mayne	U17 C&S	54.1
6 Aqueel Hassen	CHW	54.3
7 Matthew Davies	U17 WWA	60.4

M 400m B

1 Adam Cotton	BIR	50.3
2 Alex Skidmore	U17 NOT	52.2
3 Scott Douglas	U17 CHW	53.6
4 Matt Wright	CLT	55.1
5 Richard Triggs	U17 WWA	55.9
6 Jamie Graham	C&S	57.7
7 Ryan Saxton	U17 MNS	61.2

M 800m A

1 Joshua Moody	NOT	1.56.7
2 Tom Guy	U17 STK	1.56.9
3 Gerwyn Slinger	WWA	1.58.9
4 Ryan Childs	MNS	1.59.3
5 Josh Lacey	BIR	2.02.7
6 Ashley Wickett	U17 C&S	2.05.5
7 Pat Sekinger	U17 CLT	2.13.0
8 Harry Buttery	U17 CHW	2.17.6

M 800m B

1 Alex Brecker	U17 STK	2.03.0
2 Tom Baldwin	U17 C&S	2.04.3
3 Paul Thompson	NOT	2.05.1
4 Sean White	U17 WWA	2.08.2
5 Jake Domingo	CHW	2.10.5
6 James Allan	U17 BIR	2.10.9
7 Will New	CLT	2.10.9
8 Richie Talbot	MNS	2.21.0

M 1500m A

1 Chris Perrin	C&S	4.04.70
2 Blayne Pick	NOT	4.06.10
3 Johnaton Gorringer	BIR	4.10.60
4 Luke Carroll	U17 CLT	4.13.20
5 Dave Sheldon	U17 STK	4.20.70
6 Lloyd Heckler	U17 WWA	4.26.40
7 Sam Densham	CHW	4.27.30
8 Ryan Childs	MNS	4.27.90

M 1500m B

1 James Perrin	C&S	4.07.00
2 Peter Hodkinson	NOT	4.21.50
3 Dan Harrison	CLT	4.29.00
4 Morgan Smith	U17 WWA	4.36.90
5 Joe Wales	CHW	4.41.20
6 James Allan	U17 BIR	4.56.10
7 Richie Talbot	MNS	5.01.20

M 3000m A

1 Liam Hendricken	STK	9.18.9
2 Nick Hardy	BIR	9.19.8
3 Will New	CLT	9.20.7
4 Matthew O'Leary	U17 WWA	9.27.6
5 Sam Densham	CHW	9.34.7
6 James Barker	NOT	9.56.8
7 Ryan Saxton	U17 MNS	10.03.6
8 Phil Pugh	C&S	10.10.7

M 3000m B

1 Andy Kaighin	CLT	9.26.3
2 Josh Griffiths	U17 WWA	9.50.1
3 Nicholas Rees	CHW	9.58.5
4 Tom O'Mara	U17 MNS	10.04.2
5 Stuart Davies	C&S	10.33.8
6 Rob Dean	STK	13.39.5

M 110mH A

1 Curtis Holmes	BIR	14.0
2 Alex Lloyd	MNS	19.8
3 Jordon Brock	WWA	20.2

M 110mH B

1 Ciaran Donnelly	BIR	14.90
2 Shane Jones	U17 WWA	18.80
3 Jamie Allen	U17 MNS	20.30

M 400mH A

1 Adam Sansom	MNS	58.0
2 Richard Adiyia	CHW	59.7
3 Scott Gregory	U17 BIR	61.8
4 Glen Elsdon	WWA	62.7
5 Sean Rich	C&S	63.7

M 400mH B

1 Jake Domingo	CHW	59.8
2 Alasdair Rigby	C&S	65.3
3 Jordon Brock	WWA	66.4
4 Jamie Allen	U17 MNS	69.0
5 Matthew Lee	U17 BIR	71.2

M 2000m Sc A

1 Dan Lismore	BIR	6.44.4
2 Alex Brecler	U17 STK	6.51.6
3 Dan Harrison	CLT	7.07.2
4 James Perin	C&S	7.10.2
5 Matthew Thomas	U17 WWA	7.14.2
6 Joe Wales	CHW	7.46.8
7 Jamie Allen	U17 MNS	8.40.5

M 2000m Sc B

1 Joe Broom	STK	6.56.5
2 Andy Kaighin	CLT	7.25.4
3 Phil Pugh	C&S	7.32.0
4 Harry Buttery	U17 CHW	7.56.1

M Discus Throw A

1 Najee Fox	STK	46.62
2 Forrest Francis	U17 BIR	39.90
3 Tom Pearson	CHW	35.56
4 Dan Timmis	C&S	34.98
5 Ashley Gilder	U17 NOT	29.62
6 Chris Clarke	U17 MNS	25.98
7 Alex Thomas	U17 WWA	22.31
8 Matt Wright	CLT	18.67

M Discus Throw B

1 Marc Williams	STK	32.81
2 Josh Newman	BIR	26.29
3 Adam Rubbery	CHW	21.89
4 Adam Phillips	U17 C&S	21.38
5 Greg Millar	MNS	17.86
6 Sean White	U17 WWA	10.70

M Hammer Throw A

1	Tim Williams	BIR	60.42
2	Ashley Gilder	NOT	58.99
3	Rob Dean	STK	54.67
4	Tom Pearson	CHW	45.83
5	Robert Rogers	U17 WWA	35.16
6	Dan Timmis	C&S	24.15
7	Chris Clarke	U17 MNS	16.32
8	Andy Lord	CLT	10.00

M High Jump A

1	Onajite Okoro	BIR	2.05
2	Ryan Bailey	CHW	1.85
3	Ben Davies	WWA	1.85
4	Alasdair Rigby	C&S	1.80
5	Deo Milandu	STK	1.75
6	Ollie Zorko	U17 NOT	1.60
7	Pat Sekinger	U17 CLT	1.60
8	Alex Lloyd	MNS	1.60

M Javelin Throw A

1	Joe Dunderdale	MNS	56.57
2	Charlie Stock	CHW	52.10
3	Deo Milandu	STK	48.41
4	Alex Pinner	C&S	45.32
5	Paul Bennett	WWA	44.27
6	Hamish Cosgrove	BIR	36.53
7	Ryan O'Donnel	U17 NOT	33.47
8	Will New	CLT	9.89

M Long Jump A

1	Reece Davies	STK	6.69
2	Nathaniel Facey	U17 BIR	6.55
3	Kueni Igbagiri	WWA	6.08
4	Adam Sansom	MNS	6.03
5	Richard Adiyia	CHW	5.82
6	Ollie Zorko	U17 NOT	5.65
7	Alex Poad	CLT	5.26
8	Max Johnson	U17 C&S	4.30

M Pole Vault A

1	Deo Milandu	STK	3.80
2	Joseph Chesterman	U17 BIR	3.65
3	Tom Lyons	U17 NOT	3.65
4	Connor McHale	U17 MNS	2.90

M Hammer Throw B

1	Ashley Andrews	BIR	49.69
2	Najee Fox	STK	37.32
3	Adam Phillips	U17 C&S	18.23
4	Ben Davies	WWA	9.65
5	Tom O'Mara	U17 WWA	7.81
6	Will New	CLT	5.80

M High Jump B

1	Robby Wells	WWA	1.85
2	Sean Rich	C&S	1.70
3	Lewis Martin	U17 STK	1.70
4	Tom Lilley	CHW	1.60
5	Alex Poad	CLT	1.55
6	Ryan Saxton	U17 MNS	1.55
7	Lewis Golledge	U17 NOT	1.50

M Javelin Throw B

1	Greg Millar	MNS	53.16
2	Richad Stanley	U17 C&S	42.87
3	Marc Williams	STK	40.59
4	Robby Wells	WWA	37.99
5	Adam Rubbery	CHW	36.94
6	Matthew Lee	U17 BIR	23.55
7	Tom Lyons	U17 NOT	11.47
8	Luke Carroll	U17 CLT	2.92

M Long Jump B

1	Jose Martin-Fullerton	BIR	6.41
2	Robby Wells	WWA	5.97
3	Vivek Lodhia	CHW	5.55
4	Alex Lloyd	MNS	5.30
5	Pat Sekinger	U17 CLT	5.20
6	Lewis Martin	U17 STK	5.15
7	Lewis Golledge	U17 NOT	5.04
8	Tom Smith	C&S	3.81

M Pole Vault B

1	Mark Cooper	STK	2.60
2	Greg Millar	MNS	2.30

M Shot Putt A

1 Najee Fox	STK	13.57
2 Josh Newman	U17 BIR	13.21
3 Tom Pearson	CHW	12.66
4 Chris Clarke	U17 MNS	12.60
5 Dan Timis	C&S	11.70
6 Ashley Gilder	U17 NOT	8.25
7 Robert Rogers	U17 WWA	7.94
8 Alex Poad	CLT	7.23

M Triple Jump A

1 Jose Martin-Fullerton	BIR	14.22
2 Rhys Williams	U17 WWA	14.06
3 Alasdair Rigby	C&S	12.69
4 Ollie Zorko	U17 NOT	12.67
5 Alex Poad	CLT	11.58
6 Lewis Martin	U17 STK	11.55
7 Tom Lilley	CHW	11.55
8 Connor McHale	U17 MNS	10.15

W 100m A

1 Jenny Batten	CLT	12.0
2 Laura Samuel	BIR	12.4
3 Laura Haslem	CHW	12.6
4 Claudia Rogers	MNS	12.7
5 Laura Mason	NOT	13.0
6 Sarah Evans	WWA	13.2
7 Jess Leek	U17 C&S	13.4
8 Lauren White	U17 STK	13.8

W 200m A

1 Jenny Batten	CLT	24.1
2 Laura Haslem	CHW	25.6
3 Claudi Rogers	MNS	25.8
4 Melisha Hanson	U17 BIR	26.0
5 Emma Hourd	NOT	26.2
6 Natalie Ainge	C&S	26.9
7 Catrin Stone	WWA	27.3
8 Paige Machin	U17 STK	27.3

W 400m A

1 Hanifa Greenwood	BIR	59.9
2 Natalie Ainge	C&S	60.8
3 Emma Hourd	NOT	61.6
4 Katie Reynolds	U17 WWA	63.1
5 Laura Brown	MNS	64.2
6 Jess Lawro	CLT	64.4
7 Lauren White	U17 STK	65.3

W 800m A

1 Sarah Hopcroft	BIR	2.14.9
2 Rachel Atherton	C&S	2.20.7
3 Jemima Osborne	U17 WWA	2.22.8
4 Christie Childs	MNS	2.25.2
5 Beth Hawling	U17 CLT	2.27.0
6 Hannah Robinson	U17 NOT	2.42.3

M Shot Putt B

1 Marc Williams	STK	12.30
2 Joe Dunderdale	MNS	11.51
3 Adam Rubbery	CHW	9.59
4 Adam Phillips	U17 C&S	8.53
5 Onajite Okoro	BIR	8.36
6 Charlie Waterhouse	U17 NOT	7.55
7 Dan Harrison	CLT	4.86

M Triple Jump B

1 Jamial Nesbit	BIR	12.74
2 Vivek Lodhia	CHW	11.38
3 Lawrence Hancock	U17 WWA	10.58
4 Reece Davies	STK	10.22
5 Adam Johnson	C&S	10.06
6 Tom Lyons	U17 NOT	9.68
7 Tom O'Mara	U17 MNS	9.01

W 100m B

1 Rhiannon Jeffreys	U17 WWA	12.7
2 Sam Griffiths	U17 CLT	12.8
3 Effie Asmah	BIR	13.0
4 Abbie Langley	NOT	13.1
5 Emily Wardle	CHW	13.2
6 Paige Machin	U17 STK	13.3
7 Ruby Coates	U17 C&S	14.1
8 Yvette Robinson	U17 MNS	14.3

W 200m B

1 Rhiannon Jeffreys	U17 WWA	26.4
2 Nardhia Kidd-Walker	BIR	26.8
3 Laura Mason	NOT	27.0
4 Chloe Boulter	C&S	27.7
5 Emily Wardle	CHW	27.9
6 Sam Griffiths	U17 CLT	27.9
7 Yvette Robinson	U17 MNS	30.5

W 400m B

1 Hannah Stevenson	NOT	60.9
2 Lillianne Sutton	U17 BIR	61.7
3 Katie Gardner	U17 STK	62.0
4 Beth Clarke	C&S	67.7
5 Yvette Robinson	U17 MNS	69.6

W 800m B

1 Jourdana Beresford-Sm	U17 BIR	2.24.4
2 Teresa Hulme	U17 C&S	2.26.9
3 Georgia Gunn	U17 CLT	2.32.6
4 Rhiannon Anderson	WWA	2.33.5
5 Kate Raynor	MNS	2.47.9

W 1500m A		W 1500m B	
1 Lori Marhall	NOT 4.54.2	1 Sian Whittingham	U17 BIR 5.27.7
2 Monique Powell	BIR 4.58.3	2 Charlotte Bellingham	U17 MNS 5.35.8
3 Elysia Pearson	WWA 5.10.9	3 Catherine Hulme	U17 C&S 5.38.0
4 Beth Hawling	U17 CLT 5.26.4	4 Georgia Gunn	U17 CLT 5.40.8
5 Charlotte Smith	U17 C&S 5.30.9	5 Rebecca Hall	U17 WWA 6.32.3
6 Christie Childs	MNS 5.35.5		
7 Isabelle Perry	U17 CHW 6.34.2		
W 3000m A		W 3000m B	
1 Dannii Johnson	BIR 10.22.4	1 Laura Muth	U17 BIR 11.21.3
2 Claire Talbot	U17 MNS 11.35.9	2 Kate Raynor	MNS 12.22.5
3 Jemina Osborne	U17 WWA 11.54.8		
4 Rebecca Bray	C&S 12.05.3		
5 Isabelle Perry	U17 CHW 13.56.5		
W 100mH A		W 100mH B	
1 Emma Komocki	NOT 15.3	1 Clare Ashley	NOT 19.3
2 Dionne Samuels	BIR 16.9	2 Natalie Ainge	C&S 20.9
3 Frankie Courtney	CLT 18.7		
4 Rebecca Cooke	C&S 20.9		
W 400mH A		W 400mH B	
1 Emma Komocki	NOT 65.7	1 Clare Ashley	NOT 70.3
2 Atlanta Williams	U17 WWA 71.8	2 Rebecca Cooke	C&S 70.9
3 Chloe Boulter	C&S 72.1		
4 Emma Nutt	U17 CHW 74.2		
5 Frankie Courtney	CLT 75.4		
W 1500m Sc A		W 1500m Sc B	
1 Kaie Reynolds	U17 WWA 5.53.0	1 Beth Clarke	C&S 6.52.8
2 Teresa Hulme	U17 C&S 6.45.8	2 Ffion Kelly	U17 CLT 8.05.7
3 Izzy Bailey	U17 CLT 8.05.7		
W Discus Throw A		W Discus Throw B	
1 Jade Moore	BIR 41.87	1 Jane Bourne	BIR 31.05
2 Charlotte Gair	MNS 37.95	2 Jessica Huddlestone	WWA 25.79
3 Toni Wells	WWA 33.94	3 Danielle Byrd	U17 CLT 21.41
4 Charlotte Lawson	CLT 28.56	4 Alicia Clarke	C&S 20.37
5 Emily Campbell	U17 NOT 27.30	5 Alice Knight	U17 CHW 17.33
6 Amber Burdett	CHW 23.97	6 Mia Gell	U17 NOT 16.87
7 Beth Denning	U17 C&S 22.90	7 Claire Beaumont	MNS 16.19

W Hammer Throw A

1 Toni Wells	WWA	47.93
2 Kirsty Douglas	CHW	42.95
3 Claire Beaumont	MNS	29.85
4 Danielle Byrd	U17 CLT	28.80
5 Stephanie Hurst	BIR	22.10
6 Annabelle Palmer	U17 NOT	21.80
7 Beth Denning	U17 C&S	17.13

W Hammer Throw B

1 Charlotte Gair	MNS	24.16
2 Gaby Cirillo	U17 WWA	23.38
3 Vickyclueit	BIR	21.22
4 Emily Campbell	U17 NOT	20.83
5 Charlotte Lawson	CLT	19.78
6 Alicia Clarke	C&S	16.07

W High Jump A

1 Zoey Phillips	BIR	1.70
2 Chloe Boulter	C&S	1.60
3 Emily Morris	U17 WWA	1.60
4 Alessia Valente	NOT	1.55
5 Emma Nutt	U17 CHW	1.45
6 Jess Collins	CLT	1.40
7 Laura Brown	MNS	1.35

W High Jump B

1 Jade Perry	U17 BIR	1.55
2 Atlanta Williams	U17 WWA	1.50
3 Rebecca Cooke	C&S	1.40
4 Alice Hillyer	U17 NOT	1.40

W Javelin Throw A

1 Amber Burdett	CHW	40.66
2 Zoe Priestley	U17 WWA	36.78
3 Jade Perry	U17 BIR	34.90
4 Lucy Banner	U17 MNS	30.46
5 Sally Clague	C&S	30.09
6 Emma Claydon	U17 STK	29.26
7 Charlotte Lawson	CLT	29.17
8 Emma Komocki	NOT	13.64

W Javelin Throw B

1 Carys Mansfield	U17 WWA	35.47
2 Kate Morley	U17 BIR	34.28
3 Alice Knight	U17 CHW	30.90
4 Hannah Dunderdale	U17 MNS	29.99
5 Lucy Heap	U17 C&S	25.94
6 Natasha Stevens	STK	21.81
7 Izzy Bailey	U17 CLT	16.40
8 Abbie Langley	NOT	10.16

W Long Jump A

1 Laura Samuel	BIR	5.70
2 Alessia Valente	NOT	5.53
3 Gemma Smith	C&S	5.40
4 Catrin Stone	WWA	5.16
5 Katie Gardner	U17 STK	4.89
6 Chloe Elphick	U17 MNS	4.66
7 Jess Colins	CLT	4.64
8 Maria Goodwin	U17 CHW	4.08

W Long Jump B

1 Shannel Hutchinson	U17 BIR	5.08
2 Jess Leek	U17 C&S	5.05
3 Chelsea Christopher	U17 WWA	4.70
4 Natasha Stevens	STK	4.32
5 Laura Brown	MNS	4.30
6 Cheyanne Haye	U17 NOT	4.05
7 Izzy Bailey	CLT	3.60
8 Helen Orr	CHW	3.40

W Pole Vault A

1 Naomi James	WWA	3.45
2 Sophie Cook	U17 BIR	3.05
3 Helen Orr	CHW	2.45
4 Chloe Elphick	U17 MNS	2.15

W Pole Vault B

1 Emma Jones	WWA	3.15
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W Shot Putt A

1 Lucy Griffiths	U17 WWA	10.85
2 Stephanie Hurst	BIR	10.25
3 Katie Gardner	U17 STK	9.67
4 Hannah Dunderdale	U17 MNS	9.10
5 Amber Burdett	CHW	8.92
6 Emily Campbell	U17 NOT	8.29
7 Charlotte Lawson	CLT	7.94
8 Beth Denning	U17 C&S	7.22

W Shot Putt B

1 Toni Wells	WWA	10.84
2 Jade Perry	U17 BIR	10.11
3 Charlotte Fair	MNS	8.24
4 Helen Gill	U17 NOT	8.22
5 Danielle Byrd	U17 CLT	7.68
6 Emma Claydon	U17 STK	7.51
7 Alice Knight	U17 CHW	7.33
8 Alicia Clarke	C&S	6.77

W Triple Jump A

1 Laura Samuel BIR 13.32
 2 Alessia Valente NOT 11.60
 3 Gemma Smith C&S 10.85
 4 Chloe Elphick MNS 10.70
 5 Rhiannon Thomas U17 WWA 9.30
 6 Rosie Hall CLT 9.22
 7 Maria Goodwin U17 CHW 9.18

W Triple Jump B

1 Shannel Hutchinson U17 BIR 11.09
 2 Laura Brown MNS 10.49
 3 Ruby Coates U17 C&S 9.90
 4 Nicola Jones U17 WWA 8.82
 5 Clare Ashley NOT 8.76
 6 Helen Orr CHW 8.26

W 4x100m Relay

1 NOT 49.9	1 Abbie Langley		2 Alice Hillyer	U17
	3 Cheyanne Haye	U17	4 Laura Mason	
2 BIR 50.0	1 Dionne Samuels		2 Effie Asmah	
	3 Nardhia Kidd-Walker		4 Melisha Hanson	U17
3 CLT 51.1	1 Jess Colins		2 Frankie Courtney	
	3 Sam Griffiths	U17	4 Jenny Batten	
4 WWA 52.2	1 Sarah Evans		2 Rhiannon Jeffreys	U17
	3 Catrin Stone		4 Rhiannon Thomas	U17
5 C&S 52.2	1 Natalie Ainge		2 Chloe Boulter	
	3 Megan Jones		4 Jess Leek	U17
6 CHW 52.6	1 Amber Burdett		2 Emily Wardl	
	3 Helen Orr		4 Laura Haslem	
7 MNS 57.2	1 Chloe Elphick	U17	2 Claudia Rogers	
	3 Claire Beaumont		4 Charlotte Gair	

W 4x400m Relay

1 BIR 4.03.9	1 Jourdana Beresford-Sm	U17	2 Lilianne Sutton	U17
	3 Sarah Hopcroft		4 Hanifa Greenwood	
2 NOT 4.07.1	1 Emma Hourd		2 Clare Ashley	
	3 Hannah Stevenson		4 Emma Komocki	
3 C&S 4.18.8	1 Natalie Ainge		2 Rebecca Cooke	
	3 Chloe Boulter		4 Rachel Atherton	
4 WWA 4.30.5	1 Atlanta Williams	U17	2 Kaie Reynolds	U17
	3 Jemina Osborne	U17	4 Rebecca Hall	U17
5 MNS 4.31.6	1 Laura Brown		2 Christie Childs	
	3 Claire Talbot	U17	4 Yvette Robinson	U17
6 CLT 4.36.8	1 Ffion Kelly	U17	2 Georgia Gunn	U17
	3 Beth Hawling	U17	4 Frankie Courtney	
7 CHW 4.53.8	1 Laura Haslem		2 Isabelle Perry	U17
	3 Helen Orr		4 Emma Nutt	U17

M 4x100m Relay

1 BIR 44.2	1 Curtis Holmes		2 Onajite Okoro	
	3 Josh Chan-Marshall		4 Antoe Walters	
2 NOT 44.4	1 Jackson Mearan-Blyton		2 Timmion Skervin	
	3 Jarrod Skervin		4 Elijah Skervin	
3 WWA 45.0	1 Matthew Davies	U17	2 Mike Neville	
	3 Jamie Price		4 Paul Bennett	
4 CHW 45.6	1 Marcel Hodge		2 Aqueel Hassen	
	3 Scott Wilson		4 Dominic Friend	
5 CLT 46.5	1 Ashley Hill		2 Matt Wright	
	3 Andy Lord		4 Alex Poad	
6 C&S 50.7	1 Tom Smith		2 Max Johnson	U17
	3 Jamie Graham		4 Alasdair Rigby	
7 MNS 55.0	1 Connor McHale	U17	2 Ryan Saxton	U17
	3 Jamie Allen	U17	4 Tom O'Mara	U17

M 4x400m Relay

1 BIR 3.24.2	1 Abian Richards	U17	2 Adam Cotton	
	3 Tom Hinton		4 Jarryd Dunn	
2 MNS 3.29.0	1 Ryan Childs		2 Alex Lloyd	
	3 Dale Jacobs		4 Adam Sansom	
3 WWA 3.31.9	1 Gerwyn Slinger		2 Mike Neville	
	3 Jamie Price		4 Paul Bennett	
4 NOT 3.33.3	1 Pa Abden Njie		2 Charlie Waterhouse	U17
	3 Alex Skidmore	U17	4 Zach King	
5 C&S 3.37.1	1 Ashley Wickett	U17	2 Chris Perrin	
	3 Tom Baldwin	U17	4 Matthew Mayne	U17
6 CHW 3.39.7	1 Richard Adiyia		2 Jake Domingo	
	3 Aqueel Hassen		4 Scott Douglas	U17
7 CLT 3.49.2	1 Ashley Hill		2 Matt Wright	
	3 Luke Carroll	U17	4 Pat Sekinger	U17
8 STK 3.51.5	1 Tom Guy	U17	2 Dave Sheldon	U17
	3 Andrew Bedson		4 Liam Hendricken	

MATCH RESULT

MATCH RESULT		LEAGUE STANDINGS	
Event	Lge	Event	Lge
1 BIR 531	8	1 Birchfield Harriers	531 8
2 WWA 432	7	2 West Wales	432 7
3 C&S 373	6	3 Cannock & Stafford AC	373 6
4 MNS 351	5	4 Mansfield Harriers	351 5
5 NOT 350	4	5 Notts AC	350 4
6 CHW 302	3	6 Charnwood AC	302 3
7 CLT 289	2	7 Cheltenham & County H	289 2
8 STK 250	1	8 City of Stoke AC	250 1

Athlete of the Match: Tim Williams Birchfield Hammer 60.42
 Laura Samuel Birchfield Triple Jump 13.32