

UP & RUNNING MIDLAND LEAGUE  
DIVISION 3 14 AUGUST 2011

Total Scores

| Position | Team               | Points |
|----------|--------------------|--------|
| 1        | Coventry Godiva    | 418    |
| 2        | Cannock & Stafford | 406    |
| 3        | Tamworth A         | 338    |
| 4        | Broms & Redditch   | 333    |
| 5        | Kettering Town     | 196    |
| 6        | Halesowen          | 180    |

Mens Scores

| Position | Team               | Points |
|----------|--------------------|--------|
| 1        | Coventry Godiva    | 202    |
| 2        | Cannock & Stafford | 200    |
| 3        | Broms & Redditch   | 165    |
| 3        | Tamworth A         | 165    |
| 5        | Kettering Town     | 135    |
| 6        | Halesowen          | 86     |

Womens Scores

| Position | Team               | Points |
|----------|--------------------|--------|
| 1        | Coventry Godiva    | 201    |
| 2        | Cannock & Stafford | 191    |
| 3        | Tamworth A         | 158    |
| 4        | Broms & Redditch   | 153    |
| 5        | Halesowen          | 89     |
| 6        | Kettering Town     | 56     |

Officials Points

| Team Name          | Points |
|--------------------|--------|
| Coventry Godiva    | 15     |
| Cannock & Stafford | 15     |
| Tamworth A         | 15     |
| Broms & Redditch   | 15     |
| Kettering Town     | 5      |
| Halesowen          | 5      |

### Men 100m (A string)

| Posn | Name                | Club               | Perf | Pts |
|------|---------------------|--------------------|------|-----|
| 1    | Eldridge Phiri      | Tamworth A         | 10.9 | 9   |
| 2    | Yannick Phippen     | Kettering Town     | 11.0 | 7   |
| 3    | Obuchinezia Anyanwu | Coventry Godiva    | 11.0 | 6   |
| 4    | Guy Mayer           | Cannock & Stafford | 11.6 | 5   |
| 5    | Russell Hingley     | Broms & Redditch   | 11.7 | 4   |
| 6    | Aaren Crinnian      | Halesowen          | 13.7 | 3   |

### Men 100m (B string)

| Posn | Name                | Club               | Perf | Pts |
|------|---------------------|--------------------|------|-----|
| 1    | Ashley McIntock     | Kettering Town     | 11.4 | 7   |
| 2    | Akpoviroro Esiepeke | Coventry Godiva    | 11.4 | 5   |
| 3    | Cameron Quincey     | Tamworth A         | 11.6 | 4   |
| 4    | Jonathan Anderson   | Cannock & Stafford | 11.8 | 3   |
| 5    | Peter Mould         | Broms & Redditch   | 13.9 | 2   |

### Men 200m (A string)

| Posn | Name              | Club               | Perf | Pts |
|------|-------------------|--------------------|------|-----|
| 1    | Eldridge Phiri    | Tamworth A         | 22.6 | 9   |
| 2    | Yannick Phippen   | Kettering Town     | 22.8 | 7   |
| 3    | Hassan Hassan     | Coventry Godiva    | 23.8 | 6   |
| 4    | Russell Hingley   | Broms & Redditch   | 24.2 | 5   |
| 5    | Jonathan Anderson | Cannock & Stafford | 24.7 | 4   |
| 6    | Aaren Crinnian    | Halesowen          | 27.4 | 3   |

### Men 200m (B string)

| Posn | Name          | Club               | Perf | Pts |
|------|---------------|--------------------|------|-----|
| 1    | Guy Mayer     | Cannock & Stafford | 23.5 | 7   |
| 2    | David Mould   | Broms & Redditch   | 23.8 | 5   |
| 3    | Greg Richards | Tamworth A         | 23.9 | 4   |
| 4    | Scott Eburne  | Coventry Godiva    | 24.4 | 3   |

### Men 400m (A string)

| Posn | Name             | Club               | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1    | Stewart Marshall | Coventry Godiva    | 50.4 | 9   |
| 2    | David Mould      | Broms & Redditch   | 50.9 | 7   |
| 3    | Ashley McIntock  | Kettering Town     | 50.9 | 6   |
| 4    | Jonathan Biddle  | Cannock & Stafford | 51.4 | 5   |
| 5    | Neil Rudd        | Tamworth A         | 55.2 | 4   |
| 6    | Mark Turner      | Halesowen          | 55.7 | 3   |

### Men 400m (B string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Matthew Mayne   | Cannock & Stafford | 52.1 | 7   |
| 2    | James Hart      | Broms & Redditch   | 52.7 | 5   |
| 3    | David Lee       | Coventry Godiva    | 53.5 | 4   |
| 4    | Samuel McDonald | Tamworth A         | 56.0 | 3   |
| 5    | Edward Cherry   | Kettering Town     | 57.8 | 2   |
| 6    | Aaren Crinnian  | Halesowen          | 62.7 | 1   |

### Men 110m H (A string)

| Posn | Name             | Club               | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1    | Jamie Milne      | Kettering Town     | 17.1 | 9   |
| 2    | Adam Young       | Tamworth A         | 17.4 | 7   |
| 3    | Alasdair Rigby   | Cannock & Stafford | 17.5 | 6   |
| 4    | Michael Thompson | Coventry Godiva    | 20.6 | 5   |
| 5    | Sam Moran        | Broms & Redditch   | 20.6 | 4   |
| 6    | Andrew Lloyd     | Halesowen          | 21.9 | 3   |

### Men 110m H (B string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Adam Smith      | Cannock & Stafford | 20.8 | 7   |
| 2    | Tom Richardson  | Broms & Redditch   | 22.5 | 5   |
| 3    | Cameron Quincey | Tamworth A         | 23.1 | 4   |

### Men 400m H (A string)

| Posn | Name           | Club               | Perf | Pts |
|------|----------------|--------------------|------|-----|
| 1    | Adam Smith     | Cannock & Stafford | 61.7 | 9   |
| 2    | Andrew Freeman | Broms & Redditch   | 63.8 | 7   |
| 3    | Sam Crutchley  | Halesowen          | 65.9 | 6   |
| 4    | Neil Rudd      | Tamworth A         | 66.3 | 5   |
| 5    | James Griggs   | Coventry Godiva    | 67.5 | 4   |
| 6    | Thomas Carvell | Kettering Town     | 80.4 | 3   |

### Men 400m H (B string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Alasdair Rigby  | Cannock & Stafford | 62.1 | 7   |
| 2    | Sam Moran       | Broms & Redditch   | 62.9 | 5   |
| 3    | Karl Robbins    | Coventry Godiva    | 63.9 | 4   |
| 4    | Adam Young      | Tamworth A         | 71.8 | 3   |
| 5    | Andrew Lloyd    | Halesowen          | 73.2 | 2   |
| 6    | Mathew Peleszok | Kettering Town     | 80.4 | 1   |

### Men 800m (A string)

| Posn | Name             | Club               | Perf   | Pts |
|------|------------------|--------------------|--------|-----|
| 1    | Jonathan Goringe | Kettering Town     | 1.59.8 | 9   |
| 2    | Paul Bisceglia   | Coventry Godiva    | 2.00.2 | 7   |
| 3    | Mark Turner      | Halesowen          | 2.02.2 | 6   |
| 4    | Sean Bowden      | Broms & Redditch   | 2.03.1 | 5   |
| 5    | James Lake       | Cannock & Stafford | 2.07.9 | 4   |

### Men 800m (B string)

| Posn | Name             | Club               | Perf   | Pts |
|------|------------------|--------------------|--------|-----|
| 1    | Christian Booker | Halesowen          | 2.00.1 | 7   |
| 2    | Edward Cherry    | Kettering Town     | 2.05.1 | 5   |
| 3    | Clark Roberts    | Coventry Godiva    | 2.05.7 | 4   |
| 4    | Samuel Nicholls  | Cannock & Stafford | 2.06.0 | 3   |
| 5    | Tom Richardson   | Broms & Redditch   | 2.06.5 | 2   |

### Men 1500m (A string)

| Posn | Name             | Club               | Perf   | Pts |
|------|------------------|--------------------|--------|-----|
| 1    | Matthew Rose     | Coventry Godiva    | 4.09.1 | 9   |
| 2    | Simon King       | Tamworth A         | 4.11.5 | 7   |
| 3    | Sean Bowden      | Broms & Redditch   | 4.16.0 | 6   |
| 4    | Jonathan Goringe | Kettering Town     | 4.24.1 | 5   |
| 5    | James Mccann     | Cannock & Stafford | 4.30.1 | 4   |

### Men 1500m (B string)

| Posn | Name            | Club               | Perf   | Pts |
|------|-----------------|--------------------|--------|-----|
| 1    | Michael Mckeown | Coventry Godiva    | 4.12.9 | 7   |
| 2    | James Hood      | Broms & Redditch   | 4.17.6 | 5   |
| 3    | Josh Coles      | Kettering Town     | 4.34.7 | 4   |
| 4    | Jordan Barrett  | Cannock & Stafford | 4.37.6 | 3   |

### Men 3000m (A string)

| Posn | Name          | Club               | Perf    | Pts |
|------|---------------|--------------------|---------|-----|
| 1    | Stephen Emery | Coventry Godiva    | 8.49.3  | 9   |
| 2    | Daniel Cleary | Halesowen          | 9.11.2  | 7   |
| 3    | Jon Hill      | Broms & Redditch   | 9.28.9  | 6   |
| 4    | Andrew Wright | Tamworth A         | 9.45.4  | 5   |
| 5    | Craig Pearson | Cannock & Stafford | 10.03.6 | 4   |

### Men 3000m (B string)

| Posn | Name           | Club               | Perf    | Pts |
|------|----------------|--------------------|---------|-----|
| 1    | Richard Taylor | Coventry Godiva    | 8.57.9  | 7   |
| 2    | Domonik Morton | Halesowen          | 9.18.0  | 5   |
| 3    | Jamie Dancyger | Broms & Redditch   | 10.01.6 | 4   |
| 4    | Thomas Orton   | Tamworth A         | 10.42.7 | 3   |
| 5    | Jack Bates     | Cannock & Stafford | 10.55.7 | 2   |

### Men 3000m s/c (A string)

| Posn | Name          | Club               | Perf    | Pts |
|------|---------------|--------------------|---------|-----|
| 1    | James Griggs  | Coventry Godiva    | 9.48.0  | 9   |
| 2    | Sam Crutchley | Halesowen          | 10.35.2 | 7   |
| 3    | Mark Appleton | Broms & Redditch   | 11.15.1 | 6   |
| 4    | Thomas Orton  | Tamworth A         | 11.43.7 | 5   |
| 5    | Michael Smith | Cannock & Stafford | 11.48.7 | 4   |

### Men 3000m s/c (B string)

| Posn | Name           | Club               | Perf    | Pts |
|------|----------------|--------------------|---------|-----|
| 1    | Andrew Butler  | Halesowen          | 10.35.7 | 7   |
| 2    | Daniel Clarke  | Coventry Godiva    | 10.39.6 | 5   |
| 3    | Andrew Freeman | Broms & Redditch   | 11.59.8 | 4   |
| 4    | Jamie Graham   | Cannock & Stafford | 13.49.5 | 3   |

### Men Long Jump (A string)

| Posn | Name           | Club               | Perf | Pts |
|------|----------------|--------------------|------|-----|
| 1    | James Raynor   | Cannock & Stafford | 6.02 | 9   |
| 2    | Jamie Blundell | Coventry Godiva    | 5.94 | 7   |
| 3    | Adam Young     | Tamworth A         | 5.65 | 6   |
| 4    | Jamie Milne    | Kettering Town     | 5.51 | 5   |
| 5    | Sam Moran      | Broms & Redditch   | 5.09 | 4   |

### Men Long Jump (B string)

| Posn | Name             | Club               | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1    | Michael Thompson | Coventry Godiva    | 5.92 | 7   |
| 2    | Alasdair Rigby   | Cannock & Stafford | 5.92 | 5   |
| 3    | Bradley Fox      | Kettering Town     | 5.30 | 4   |
| 4    | Greg Richards    | Tamworth A         | 5.29 | 3   |
| 5    | Tom Richardson   | Broms & Redditch   | 5.00 | 2   |

### Men Triple Jump (A string)

| Posn | Name           | Club               | Perf  | Pts |
|------|----------------|--------------------|-------|-----|
| 1    | Alasdair Rigby | Cannock & Stafford | 12.92 | 9   |
| 2    | Cyril Okpoti   | Coventry Godiva    | 12.54 | 7   |
| 3    | Adam Young     | Tamworth A         | 12.05 | 6   |
| 4    | Bradley Fox    | Kettering Town     | 11.63 | 5   |
| 5    | James Hart     | Broms & Redditch   | 11.28 | 4   |

### Men Triple Jump (B string)

| Posn | Name          | Club               | Perf  | Pts |
|------|---------------|--------------------|-------|-----|
| 1    | James Raynor  | Cannock & Stafford | 12.19 | 7   |
| 2    | Mark Brown    | Coventry Godiva    | 12.12 | 5   |
| 3    | Sam Moran     | Broms & Redditch   | 11.00 | 4   |
| 4    | Gavin Showell | Tamworth A         | 10.82 | 3   |
| 5    | Jamie Milne   | Kettering Town     | 10.72 | 2   |

### Men High Jump (A string)

| Posn | Name              | Club               | Perf | Pts |
|------|-------------------|--------------------|------|-----|
| 1    | Karl Robbins      | Coventry Godiva    | 2.00 | 9   |
| 2    | James Hart        | Broms & Redditch   | 1.80 | 7   |
| 3    | Alasdair Rigby    | Cannock & Stafford | 1.80 | 6   |
| 4    | Jamie Milne       | Kettering Town     | 1.75 | 5   |
| 5    | Adam Young        | Tamworth A         | 1.70 | 4   |
| 6    | Nicolas Hazelwood | Halesowen          | 1.50 | 3   |

### Men High Jump (B string)

| Posn | Name           | Club               | Perf | Pts |
|------|----------------|--------------------|------|-----|
| 1    | Mark Brown     | Coventry Godiva    | 1.90 | 7   |
| 2    | Bradley Fox    | Kettering Town     | 1.70 | 5   |
| 3    | Peter Fellows  | Cannock & Stafford | 1.70 | 4   |
| 4    | Gavin Showell  | Tamworth A         | 1.50 | 3   |
| 5    | Andrew Freeman | Broms & Redditch   | 1.45 | 2   |
| 6    | Andrew Lloyd   | Halesowen          | 1.40 | 1   |

### Men Pole Vault (A string)

| Posn | Name             | Club               | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1    | Gavin Showell    | Tamworth A         | 4.00 | 9   |
| 2    | Archie Mcneillis | Halesowen          | 3.80 | 7   |
| 3    | George Tyson     | Cannock & Stafford | 2.50 | 6   |
| 4    | Mathew Peleszok  | Kettering Town     | 2.40 | 5   |

### Men Pole Vault (B string)

| Posn | Name              | Club               | Perf | Pts |
|------|-------------------|--------------------|------|-----|
| 1    | Michael Pierpoint | Tamworth A         | 3.80 | 7   |
| 2    | Shaun Ainge       | Cannock & Stafford | 2.50 | 5   |

### Men Shot Putt (A string)

| Posn | Name             | Club               | Perf  | Pts |
|------|------------------|--------------------|-------|-----|
| 1    | Samuel Cater     | Broms & Redditch   | 11.85 | 9   |
| 2    | Will Saurt       | Coventry Godiva    | 11.19 | 7   |
| 3    | Alexander Berrow | Tamworth A         | 11.18 | 6   |
| 4    | Mathew Peleszok  | Kettering Town     | 10.67 | 5   |
| 5    | Thomas Dempsey   | Halesowen          | 10.41 | 4   |
| 6    | Mathew Paynter   | Cannock & Stafford | 9.93  | 3   |

### Men Shot Putt (B string)

| Posn | Name             | Club               | Perf  | Pts |
|------|------------------|--------------------|-------|-----|
| 1    | Joseph Okpoti    | Coventry Godiva    | 10.89 | 7   |
| 2    | Neil Fox         | Cannock & Stafford | 8.81  | 5   |
| 3    | Adam Young       | Tamworth A         | 8.73  | 4   |
| 4    | Richard O'Connor | Broms & Redditch   | 8.16  | 3   |
| 5    | Adam Henley      | Kettering Town     | 6.25  | 2   |

### Men Discus (A string)

| Posn | Name             | Club               | Perf  | Pts |
|------|------------------|--------------------|-------|-----|
| 1    | Mathew Paynter   | Cannock & Stafford | 38.67 | 9   |
| 2    | Mathew Peleszok  | Kettering Town     | 30.06 | 7   |
| 3    | Richard O'Connor | Broms & Redditch   | 29.89 | 6   |
| 4    | Alexander Berrow | Tamworth A         | 26.78 | 5   |
| 5    | Will Saurt       | Coventry Godiva    | 23.31 | 4   |

### Men Discus (B string)

| Posn | Name          | Club               | Perf  | Pts |
|------|---------------|--------------------|-------|-----|
| 1    | Neil Fox      | Cannock & Stafford | 36.88 | 7   |
| 2    | Gavin Showell | Tamworth A         | 25.80 | 5   |
| 3    | Samuel Cater  | Broms & Redditch   | 24.80 | 4   |
| 4    | Joseph Okpoti | Coventry Godiva    | 23.05 | 3   |
| 5    | Adam Henley   | Kettering Town     | 12.82 | 2   |

### Men Hammer (A string)

| Posn | Name             | Club               | Perf  | Pts |
|------|------------------|--------------------|-------|-----|
| 1    | Alexander Berrow | Tamworth A         | 50.47 | 9   |
| 2    | Thomas Dempsey   | Halesowen          | 45.45 | 7   |
| 3    | Graham Middleton | Cannock & Stafford | 34.55 | 6   |
| 4    | Samuel Cater     | Broms & Redditch   | 32.77 | 5   |
| 5    | Joseph Okpoti    | Coventry Godiva    | 23.77 | 4   |
| 6    | Adam Henley      | Kettering Town     | 17.36 | 3   |

### Men Hammer (B string)

| Posn | Name            | Club               | Perf  | Pts |
|------|-----------------|--------------------|-------|-----|
| 1    | Andrew Freeman  | Broms & Redditch   | 25.07 | 7   |
| 2    | Mathew Paynter  | Cannock & Stafford | 24.62 | 5   |
| 3    | Gavin Showell   | Tamworth A         | 21.77 | 4   |
| 4    | Mathew Peleszok | Kettering Town     | 16.34 | 3   |
| 5    | Karl Robbins    | Coventry Godiva    | 16.12 | 2   |

### Men Javelin (A string)

| Posn | Name              | Club               | Perf  | Pts |
|------|-------------------|--------------------|-------|-----|
| 1    | Alex Pinner       | Cannock & Stafford | 51.77 | 9   |
| 2    | Samuel Cater      | Broms & Redditch   | 49.28 | 7   |
| 3    | Adam Young        | Tamworth A         | 40.10 | 6   |
| 4    | Daniel Clarke     | Coventry Godiva    | 35.18 | 5   |
| 5    | Mathew Peleszok   | Kettering Town     | 34.15 | 4   |
| 6    | Nicolas Hazelwood | Halesowen          | 28.28 | 3   |

### Men Javelin (B string)

| Posn | Name              | Club               | Perf  | Pts |
|------|-------------------|--------------------|-------|-----|
| 1    | Emerson Combstock | Coventry Godiva    | 34.9  | 7   |
| 2    | Mathew Paynter    | Cannock & Stafford | 33.77 | 5   |
| 3    | Richard Wileman   | Tamworth A         | 33.62 | 4   |
| 4    | Andrew Freeman    | Broms & Redditch   | 29.08 | 3   |
| 5    | Edward Cherry     | Kettering Town     | 21.67 | 2   |
| 6    | Andrew Lloyd      | Halesowen          | 16.21 | 1   |

### Mens 4x100m

| Posn | Name | Club               | Perf | Pts |
|------|------|--------------------|------|-----|
| 1    |      | Coventry Godiva    | 45.2 | 9   |
| 2    |      | Cannock & Stafford | 45.7 | 7   |
| 3    |      | Kettering Town     | 47.3 | 6   |
| 4    |      | Tamworth A         | 47.5 | 5   |
| 5    |      | Broms & Redditch   | 48.3 | 4   |

### Mens 4x400m

| Posn | Name | Club               | Perf   | Pts |
|------|------|--------------------|--------|-----|
| 1    |      | Coventry Godiva    | 3.30.3 | 9   |
| 2    |      | Broms & Redditch   | 3.31.3 | 7   |
| 3    |      | Cannock & Stafford | 3.33.1 | 6   |
| 4    |      | Kettering Town     | 3.49.8 | 5   |
| 5    |      | Tamworth A         | 3.58.1 | 4   |

### Women 100m (A string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Laura Langowski | Coventry Godiva    | 12.3 | 9   |
| 2    | Daisy Johnson   | Broms & Redditch   | 12.5 | 7   |
| 3    | Milly Kellyman  | Tamworth A         | 12.9 | 6   |
| 4    | Katie Leek      | Cannock & Stafford | 12.9 | 5   |
| 5    | Gemma Elliott   | Kettering Town     | 13.0 | 4   |

### Women 100m (B string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Mary-Ann Okpoti | Coventry Godiva    | 13.1 | 7   |
| 2    | Isabel Rogers   | Cannock & Stafford | 13.2 | 5   |
| 3    | Kelly King      | Tamworth A         | 14.2 | 4   |
| 4    | Katy Williams   | Kettering Town     | 14.4 | 3   |
| 5    | Sarah Kings     | Broms & Redditch   | 15.2 | 2   |

### Women 200m (A string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Laura Langowski | Coventry Godiva    | 25.3 | 9   |
| 2    | Joanne Frost    | Broms & Redditch   | 25.5 | 7   |
| 3    | Gemma Elliott   | Kettering Town     | 26.7 | 6   |
| 4    | Katie Leek      | Cannock & Stafford | 27.0 | 5   |
| 5    | Milly Kellyman  | Tamworth A         | 27.8 | 4   |
| 6    | Sophie Page     | Halesowen          | 36.8 | 3   |

### Women 200m (B string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Daisy Johnson   | Broms & Redditch   | 26.4 | 7   |
| 2    | Mary-Ann Okpoti | Coventry Godiva    | 27.3 | 5   |
| 3    | Chloe Boulter   | Cannock & Stafford | 28.2 | 4   |
| 4    | Katy Williams   | Kettering Town     | 31.0 | 3   |

### Women 400m (A string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Celia Taylor    | Coventry Godiva    | 57.2 | 9   |
| 2    | Amy Frith       | Tamworth A         | 59.8 | 7   |
| 3    | Judith Buckley  | Halesowen          | 62.1 | 6   |
| 4    | Rachel Atherton | Cannock & Stafford | 66.9 | 5   |
| 5    | Megan Griessel  | Broms & Redditch   | 72.0 | 4   |

### Women 400m (B string)

| Posn | Name              | Club               | Perf | Pts |
|------|-------------------|--------------------|------|-----|
| 1    | Tayla Shakespeare | Tamworth A         | 66.2 | 7   |
| 2    | Rebecca Cooke     | Cannock & Stafford | 69.7 | 5   |
| 3    | Charlotte Tongue  | Broms & Redditch   | 72.3 | 4   |
| 4    | Jayne Mumford     | Coventry Godiva    | 75.0 | 3   |

### Women 100m H (A string)

| Posn | Name             | Club               | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1    | Molly Bagworth   | Coventry Godiva    | 15.5 | 9   |
| 2    | Hannah Sargeant  | Tamworth A         | 16.1 | 7   |
| 3    | Rebecca Cooke    | Cannock & Stafford | 19.0 | 6   |
| 4    | Rebecca Willetts | Halesowen          | 20.1 | 5   |
| 5    | Kelly Caswell    | Broms & Redditch   | 20.9 | 4   |

### Women 100m H (B string)

| Posn | Name          | Club               | Perf | Pts |
|------|---------------|--------------------|------|-----|
| 1    | Natalie Ainge | Cannock & Stafford | 19.4 | 7   |

### Women 400m H (A string)

| Posn | Name               | Club               | Perf | Pts |
|------|--------------------|--------------------|------|-----|
| 1    | Natalie Ainge      | Cannock & Stafford | 70.0 | 9   |
| 2    | Elise Williams     | Halesowen          | 71.6 | 7   |
| 3    | Elizabeth Checkley | Tamworth A         | 71.8 | 6   |
| 4    | Zarinda Batstone   | Coventry Godiva    | 75.9 | 5   |
| 5    | Thomasina Ball     | Broms & Redditch   | 77.0 | 4   |

### Women 400m H (B string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Hannah Sargeant | Tamworth A         | 71.5 | 7   |
| 2    | Bethany Clarke  | Cannock & Stafford | 87.7 | 5   |

### Women 800m (A string)

| Posn | Name           | Club               | Perf   | Pts |
|------|----------------|--------------------|--------|-----|
| 1    | Celia Taylor   | Coventry Godiva    | 2.10.8 | 9   |
| 2    | Stacey Johnson | Cannock & Stafford | 2.18.4 | 7   |
| 3    | Sally Hogan    | Broms & Redditch   | 2.27.3 | 6   |
| 4    | Rebecca Smith  | Tamworth A         | 2.35.7 | 5   |
| 5    | Nina Jowett    | Halesowen          | 2.53.4 | 4   |

### Women 800m (B string)

| Posn | Name           | Club               | Perf   | Pts |
|------|----------------|--------------------|--------|-----|
| 1    | Teresa Hulme   | Cannock & Stafford | 2.29.7 | 7   |
| 2    | Megan Griessel | Broms & Redditch   | 2.40.8 | 5   |
| 3    | Jayne Mumford  | Coventry Godiva    | 2.47.2 | 4   |

### Women 1500m (A string)

| Posn | Name           | Club               | Perf   | Pts |
|------|----------------|--------------------|--------|-----|
| 1    | Stacey Johnson | Cannock & Stafford | 4.42.8 | 9   |
| 2    | Zara Peters    | Coventry Godiva    | 4.58.7 | 7   |
| 3    | Sally Hogan    | Broms & Redditch   | 5.06.8 | 6   |
| 4    | Rebecca Smith  | Tamworth A         | 5.15.8 | 5   |

### Women 1500m (B string)

| Posn | Name            | Club               | Perf   | Pts |
|------|-----------------|--------------------|--------|-----|
| 1    | Myshola Kirkham | Coventry Godiva    | 5.02.9 | 7   |
| 2    | Rebecca Bray    | Cannock & Stafford | 5.15.0 | 5   |
| 3    | Tamara Ball     | Broms & Redditch   | 5.44.1 | 4   |
| 4    | Kerry Munn      | Kettering Town     | 6.01.5 | 3   |

### Women 3000m (A string)

| Posn | Name            | Club               | Perf    | Pts |
|------|-----------------|--------------------|---------|-----|
| 1    | Myshola Kirkham | Coventry Godiva    | 10.41.3 | 9   |
| 2    | Catherine Hulme | Cannock & Stafford | 10.59.0 | 7   |
| 3    | Rebecca Smith   | Tamworth A         | 11.08.5 | 6   |
| 4    | Orianna Ball    | Broms & Redditch   | 12.07.6 | 5   |
| 5    | Sophie Page     | Halesowen          | 12.21.3 | 4   |

### Women 3000m (B string)

| Posn | Name                | Club               | Perf    | Pts |
|------|---------------------|--------------------|---------|-----|
| 1    | Zara Peters         | Coventry Godiva    | 10.45.6 | 7   |
| 2    | Susan Kneill-Boxley | Cannock & Stafford | 11.44.1 | 5   |
| 3    | Ria Muggleston      | Tamworth A         | 11.48.6 | 4   |
| 4    | Nina Jowett         | Halesowen          | 12.38.5 | 3   |
| 5    | Becky Selvey        | Broms & Redditch   | 12.41.4 | 2   |

### Women Long Jump (A string)

| Posn | Name             | Club               | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1    | Joanne Frost     | Broms & Redditch   | 5.55 | 9   |
| 2    | Gemma Smith      | Cannock & Stafford | 5.12 | 7   |
| 3    | Hannah Sargeant  | Tamworth A         | 4.81 | 6   |
| 4    | Zarinda Batstone | Coventry Godiva    | 4.03 | 5   |
| 5    | Samantha Cooksey | Halesowen          | 3.98 | 4   |
| 6    | Gemma Elliott    | Kettering Town     | 3.52 | 3   |

### Women Long Jump (B string)

| Posn | Name             | Club               | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1    | Isabel Rogers    | Cannock & Stafford | 5.07 | 7   |
| 2    | Daisy Johnson    | Broms & Redditch   | 4.54 | 5   |
| 3    | Sarah Williams   | Tamworth A         | 4.48 | 4   |
| 4    | Rebecca Willetts | Halesowen          | 3.79 | 3   |
| 5    | Mary-Ann Okpoti  | Coventry Godiva    | 3.76 | 2   |
| 6    | Yvonne Elliott   | Kettering Town     | 3.09 | 1   |

### Women Triple Jump (A string)

| Posn | Name           | Club               | Perf  | Pts |
|------|----------------|--------------------|-------|-----|
| 1    | Gemma Smith    | Cannock & Stafford | 11.08 | 9   |
| 2    | Joanne Frost   | Broms & Redditch   | 10.07 | 7   |
| 3    | Celia Taylor   | Coventry Godiva    | 10.05 | 6   |
| 4    | Niamh Bailey   | Kettering Town     | 9.63  | 5   |
| 5    | Elise Williams | Halesowen          | 9.02  | 4   |

### Women Triple Jump (B string)

| Posn | Name             | Club               | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1    | Natalie Ainge    | Cannock & Stafford | 9.98 | 7   |
| 2    | Thomasina Ball   | Broms & Redditch   | 9.41 | 5   |
| 3    | Iona Beggs       | Coventry Godiva    | 8.93 | 4   |
| 4    | Samantha Cooksey | Halesowen          | 8.44 | 3   |

### Women High Jump (A string)

| Posn | Name            | Club               | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1    | Hannah Sargeant | Tamworth A         | 1.65 | 9   |
| 2    | Chloe Boulter   | Cannock & Stafford | 1.60 | 7   |
| 3    | Elise Williams  | Halesowen          | 1.45 | 6   |
| 4    | Niamh Bailey    | Kettering Town     | 1.40 | 5   |
| 5    | Mary-Ann Okpoti | Coventry Godiva    | 1.40 | 4   |
| 6    | Thomasina Ball  | Broms & Redditch   | 1.35 | 3   |

### Women High Jump (B string)

| Posn | Name             | Club               | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1    | Gemma Smith      | Cannock & Stafford | 1.60 | 7   |
| 2    | Amy Frith        | Tamworth A         | 1.35 | 5   |
| 3    | Iona Beggs       | Coventry Godiva    | 1.30 | 4   |
| 4    | Rebecca Willetts | Halesowen          | 1.30 | 3   |
| 5    | Melanie Hepke    | Broms & Redditch   | 1.30 | 2   |

### Women Pole Vault (A string)

| Posn | Name           | Club             | Perf | Pts |
|------|----------------|------------------|------|-----|
| 1    | Sarah Williams | Tamworth A       | 2.70 | 9   |
| 2    | Judith Buckley | Halesowen        | 2.60 | 7   |
| 3    | Melanie Hepke  | Broms & Redditch | 2.00 | 6   |

### Women Pole Vault (B string)

| Posn | Name               | Club       | Perf | Pts |
|------|--------------------|------------|------|-----|
| 1    | Elizabeth Checkley | Tamworth A | 1.70 | 7   |

### Women Shot Putt (A string)

| Posn | Name              | Club               | Perf  | Pts |
|------|-------------------|--------------------|-------|-----|
| 1    | Carol Parker      | Coventry Godiva    | 12.30 | 9   |
| 2    | Christina Clarke  | Broms & Redditch   | 9.04  | 7   |
| 3    | Stephanie Ashmore | Tamworth A         | 8.49  | 6   |
| 4    | Beth Denning      | Cannock & Stafford | 7.56  | 5   |
| 5    | Catherine Dempsey | Halesowen          | 7.50  | 4   |
| 6    | Louise Granger    | Kettering Town     | 6.90  | 3   |

### Women Shot Putt (B string)

| Posn | Name              | Club               | Perf | Pts |
|------|-------------------|--------------------|------|-----|
| 1    | Lucy Smith        | Coventry Godiva    | 9.77 | 7   |
| 2    | Alicia Clarke     | Cannock & Stafford | 7.05 | 5   |
| 3    | Natalie Stapleton | Kettering Town     | 6.89 | 4   |
| 4    | Samantha Cooksey  | Halesowen          | 6.83 | 3   |
| 5    | Charlotte Tongue  | Broms & Redditch   | 5.72 | 2   |
| 6    | Amy Frith         | Tamworth A         | 5.60 | 1   |

### Women Discus (A string)

| Posn | Name              | Club               | Perf  | Pts |
|------|-------------------|--------------------|-------|-----|
| 1    | Carol Parker      | Coventry Godiva    | 36.59 | 9   |
| 2    | Christina Clarke  | Broms & Redditch   | 32.77 | 7   |
| 3    | Louise Granger    | Kettering Town     | 27.44 | 6   |
| 4    | Beth Denning      | Cannock & Stafford | 22.41 | 5   |
| 5    | Stephanie Ashmore | Tamworth A         | 22.39 | 4   |
| 6    | Catherine Dempsey | Halesowen          | 17.62 | 3   |

### Women Discus (B string)

| Posn | Name                | Club               | Perf  | Pts |
|------|---------------------|--------------------|-------|-----|
| 1    | Simone Huggins-Ward | Coventry Godiva    | 22.47 | 7   |
| 2    | Alicia Clarke       | Cannock & Stafford | 21.59 | 5   |
| 3    | Julie Wakelam       | Broms & Redditch   | 19.48 | 4   |
| 4    | Natalie Stapleton   | Kettering Town     | 17.94 | 3   |
| 5    | Sophie Allen        | Tamworth A         | 17.04 | 2   |
| 6    | Lynn Bellfield      | Halesowen          | 16.65 | 1   |

### Women Hammer (A string)

| Posn | Name              | Club               | Perf  | Pts |
|------|-------------------|--------------------|-------|-----|
| 1    | Sophie Allen      | Tamworth A         | 35.90 | 9   |
| 2    | Catherine Dempsey | Halesowen          | 32.97 | 7   |
| 3    | Carol Parker      | Coventry Godiva    | 27.90 | 6   |
| 4    | Christina Clarke  | Broms & Redditch   | 25.51 | 5   |
| 5    | Alison George     | Cannock & Stafford | 23.12 | 4   |
| 6    | Louise Granger    | Kettering Town     | 18.15 | 3   |

### Women Hammer (B string)

| Posn | Name             | Club               | Perf  | Pts |
|------|------------------|--------------------|-------|-----|
| 1    | Samantha Lawton  | Tamworth A         | 33.80 | 7   |
| 2    | Katherine Mcbeth | Coventry Godiva    | 20.75 | 5   |
| 3    | Julie Wakelam    | Broms & Redditch   | 20.46 | 4   |
| 4    | Beth Denning     | Cannock & Stafford | 17.85 | 3   |
| 5    | Samantha Cooksey | Halesowen          | 17.80 | 2   |
| 6    | Sarah Bailey     | Kettering Town     | 14.96 | 1   |

### Women Javelin (A string)

| Posn | Name                | Club               | Perf  | Pts |
|------|---------------------|--------------------|-------|-----|
| 1    | Simone Huggins-Ward | Coventry Godiva    | 41.33 | 9   |
| 2    | Stephanie Ashmore   | Tamworth A         | 31.60 | 7   |
| 3    | Lucy Heap           | Cannock & Stafford | 29.16 | 6   |
| 4    | Julie Wakelam       | Broms & Redditch   | 21.61 | 5   |
| 5    | Samantha Cooksey    | Halesowen          | 20.90 | 4   |
| 6    | Natalie Stapleton   | Kettering Town     | 20.42 | 3   |

### Women Javelin (B string)

| Posn | Name             | Club               | Perf  | Pts |
|------|------------------|--------------------|-------|-----|
| 1    | Katherine Mcbeth | Coventry Godiva    | 34.29 | 7   |
| 2    | Charlotte Tongue | Broms & Redditch   | 20.47 | 5   |
| 3    | Rebecca Bray     | Cannock & Stafford | 17.43 | 4   |
| 4    | Rebecca Willetts | Halesowen          | 17.24 | 3   |
| 5    | Sophie Allen     | Tamworth A         | 16.10 | 2   |

### Womens 4x100m

| Posn | Name | Club               | Perf | Pts |
|------|------|--------------------|------|-----|
| 1    |      | Coventry Godiva    | 50.5 | 9   |
| 2    |      | Cannock & Stafford | 51.0 | 7   |
| 3    |      | Tamworth A         | 55.6 | 6   |
| 4    |      | Broms & Redditch   | 57.0 | 5   |

### Womens 4x400m

| Posn | Name | Club               | Perf   | Pts |
|------|------|--------------------|--------|-----|
| 1    |      | Coventry Godiva    | 4.04.7 | 9   |
| 2    |      | Cannock & Stafford | 4.16.5 | 7   |
| 3    |      | Tamworth A         | 4.21.3 | 6   |
| 4    |      | Broms & Redditch   | 4.37.6 | 5   |

## GUEST RESULTS

### Mens Non-Scoring 100m

| Posn | Name          | Club               | Perf |
|------|---------------|--------------------|------|
| 1    | Hassan Hassan | Coventry Godiva    | 11.5 |
| 2    | Scott Eburne  | Coventry Godiva    | 11.9 |
| 3    | Tom Carvell   | Kettering          | 12.2 |
| 4    | Jack Mucklow  | Cannock & Stafford | 12.2 |
| 5    | Adam Smith    | Cannock & Stafford | 12.3 |
| 6    | Sam Moran     | Broms & Redditch   | 12.3 |
| 7    | George Tyson  | Cannock & Stafford | 12.7 |
| 8    | Shaun Ainge   | Cannock & Stafford | 12.7 |

### Womens 800m

|   |                   |                    |        |
|---|-------------------|--------------------|--------|
| 2 | Sue Kneill-Boxley | Cannock & Stafford | 2.39.9 |
|---|-------------------|--------------------|--------|