

M 100m A	Wind +2.0 m/s	M 100m B	Wind +0.0 m/s
1 Alex Bradnick	C&S 10.91	1 Fabian Bachelor	U17 BIR 11.17
2 Sam Gordon	CDF 10.96	2 Shaun Pearce	U17 WWA 11.21
3 Elliott Prendergast	AVO 11.06	3 Doran Hassan	CDF 11.29
4 Matthew Davies	WWA 11.09	4 Tom Pontin	AVO 11.43
5 Clinton Osoba George	U17 R&N 11.44	5 Thomas Ajose	NOT 11.46
6 Makoye Kampengele	NOT 11.47	6 Dan George	R&N 11.74
7 Andrew Cruickshank	DBY 11.56	7 Chris Chambers	U17 DBY 12.40
8 Mathias Francis	BIR 11.77		

M 200m A	Wind +3.7 m/s	M 200m B	Wind +0.1 m/s
1 Alex Bradnick	C&S 21.61	1 Jamaul Whyte	CDF 22.26
2 Sam Gordon	CDF 22.06	2 Fabian Bachelor	U17 BIR 22.31
3 Josh Evans	U17 AVO 22.18	3 Shaun Pearce	U17 WWA 23.13
4 Matthew Davies	WWA 22.28	4 Robert Phillips	U17 AVO 23.13
5 Thomas Ajose	NOT 22.74	5 Clinton Osoba George	U17 R&N 23.71
6 Rotimi Segun	U17 R&N 22.88	6 Charlie Waterhouse	NOT 23.74
7 Mathias Francis	BIR 23.33	7 Sam Nicholls	U17 C&S 24.74
8 Chris Chambers	U17 DBY 25.46	8 Jack Bridle	U17 DBY 25.45

M 400m A		M 400m B	
1 Joe Kinsey	BIR 49.99	1 Jakob White	AVO 51.61
2 Kane Lee	AVO 51.03	2 Scott Gregory	BIR 51.80
3 Jarod Skervin	NOT 51.42	3 Jacob Preece	U17 CDF 52.60
4 Jonathon Hobbs	U17 CDF 51.56	4 Alex Skidmore	NOT 52.93
5 Andrew Cruickshank	DBY 51.92	5 Dan George	R&N 54.46
6 Patrick Mills	U17 R&N 52.20	6 Elliott Haddon	WWA 55.42
7 Carwyn Evans	WWA 52.77	7 Chris Chambers	U17 DBY 58.45
8 Sam Nicholls	U17 C&S 53.26		

M 800m A		M 800m B	
1 Doug Musson	NOT 1.57.43	1 Joe Coleshaw	NOT 1.59.88
2 Kyran Roberts	WWA 1.57.51	2 Matthew O'Leary	WWA 2.03.49
3 Theo Blundell	U17 BIR 1.59.53	3 Sam Lacey	BIR 2.03.90
4 Naaman Morris	CDF 1.59.88	4 Adam Wright	U17 R&N 2.04.98
5 Ben Sutherland	U17 R&N 2.01.71	5 Eliot Green	AVO 2.05.98
6 Alex Jones	AVO 2.04.49	6 Aaron Houseman	U17 C&S 2.07.97
7 Ashley Wickett	U17 C&S 2.06.20		
8 Jack Bridle	U17 DBY 2.07.04		

M 1500m A		M 1500m B	
1 Michael Ward	CDF 4.05.55	1 Harry Foster	NOT 4.28.26
2 Kyran Roberts	WWA 4.06.67	2 Ya Ya Aitabi	U17 BIR 4.29.47
3 Alex Carter	AVO 4.08.95	3 Terah Hooley	DBY 4.31.40
4 Freddie Hessioan	NOT 4.15.17	4 Matthew O'Leary	WWA 4.32.20
5 Abdi Abdi	U17 BIR 4.15.46	5 Dan Bagnall	AVO 4.33.62
6 James McCann	U17 C&S 4.19.73	6 Owen Haswell	CDF 4.37.15
7 Jack Sproson	U17 DBY 4.26.34	7 Harry Hughes	U17 R&N 4.39.50
8 Adam Wright	U17 R&N 4.31.69		

M 3000m A		M 3000m B	
1 Liam Lloyd	WWA 8.53.1	1 Lloyd Heckler	WWA 9.19.7
2 Matthew Drury	CDF 8.57.3	2 Tony Hogan	AVO 9.28.5
3 Alexander Hill	U17 AVO 9.02.3	3 Ben Topley	U17 BIR 9.43.0
4 Matthew Williams	NOT 9.15.8	4 Eyob Huruy	NOT 9.43.5
5 Daniel Haymes	U17 DBY 9.30.4	5 Llwyd Griffiths	DBY 9.53.5
6 Cameron Shankley	U17 BIR 9.33.3	6 Harry Hughes	U17 R&N 9.55.4
7 Ben Sutherland	U17 R&N 9.46.5		
8 Adam Johnson	C&S 11.25.0		

M 110mH A Wind +2.4 m/s
1 Nick Wilson BIR 14.37
2 James Wright R&N 14.43
3 Daniel Blain WWA 14.85
4 Maranga Mokaya U17 NOT 15.7
5 Jonathan Heath DBY 18.40

M 110mH B Wind +2.4 m/s
1 Luke Townsend U17 R&N 18.34
2 Shane Jones WWA 18.65
3 Scott Gregory BIR 19.22

M 400mH A
1 James Wright R&N 56.48
2 Lewis Golledge NOT 56.79
3 Scott Gregory BIR 57.79
4 Aaron Willmott WWA 59.16

M 400mH B
1 Patrick Mills U17 R&N 60.83
2 Nathan Phillips U17 WWA 62.73

M 2000m SC A
1 Doug Musson NOT 6.07.87
2 Matthew Edwards CDF 6.15.23
3 Abdi Abdi U17 BIR 6.50.32
4 Tony Hogan AVO 6.55.26
5 Ronan Llyr WWA 7.05.87
6 Ben Townsend R&N 9.26.98

M 2000m SC B
1 Steve Beardwell U17 AVO 7.11.29
2 Ben Topley U17 BIR 7.17.05
3 Ieuanjones U17 CDF 7.26.80
4 Nick Scales R&N 11.33.98

M Discus Throw A
1 Liam Biddlecombe AVO 46.50
2 Dan Power WWA 45.47
3 Matthew Field CDF 42.87
4 Harry Ronchetti R&N 37.25
5 Haydn Francis U17 BIR 28.00
6 Benson Cyriac U17 NOT 27.85

M Discus Throw B
1 Conor Farr AVO 37.78
2 Craig Murch R&N 35.49
3 Bradley Cole CDF 33.22
4 Myles Morris BIR 23.00

M Hammer Throw A
1 Craig Murch R&N 68.08
2 Jac Palmer U17 CDF 54.31
3 Josh Hay U17 AVO 22.92
4 Benson Cyriac U17 NOT 15.55
5 Daniel Thomas WWA 12.96

M Hammer Throw B
1 Bradley Cole CDF 52.49
2 Nick Scales R&N 38.14
3 Luke Lodge AVO 22.35
4 Daniel Hall U17 WWA 9.75
5 Makoye Kampengele NOT 7.29

M High Jump A
1 Jonathon Heath DBY 1.95
2 Jonathon Bailey U17 CDF 1.85
3 Will Page NOT 1.80
4 Aled Price U17 WWA 1.75
5 Feron Sayers BIR 1.70
6 Luke Lodge AVO 1.70
7 Luke Townsend U17 R&N 1.60

M High Jump B
1 Maranga Mokaya U17 NOT 1.75
2 Deandre Issac U17 BIR 1.60
3=Keith Mbofana CDF 1.55
3=Keiran Ingram U17 WWA 1.55
3=Harry Ronchetti R&N 1.55

M Javelin Throw A

1 Bradley Cole	CDF	51.74
2 Craig Murch	R&N	47.14
3 Niki Davies	WWA	44.48
4 Richard Stanley	C&S	44.44
5 Luke Lodge	AVO	40.82
6 Tom Bridge	DBY	40.65
7 Charlie Waterhouse	NOT	28.53
8 Myles Morris	BIR	26.79

M Javelin Throw B

1 Harry Marshall	U17 C&S	41.83
2 Macaulay Burke	R&N	39.69
3 Elliott Haddon	WWA	39.10
4 Matthew Holmes	U17 CDF	37.19
5 James Taylor	AVO	34.02
6 Ross Golledge	U17 NOT	28.16
7 Haydn Francis	U17 BIR	8.20

M Long Jump A

1 Feron Sayers	BIR	6.93
2 Aled Price	U17 WWA	6.31
3 James Maguire	CDF	5.95
4 Thomas Ajose	NOT	5.91
5 Jonathon Heath	DBY	5.73
6 Jake Fisher	AVO	5.69
7 Luke Townsend	U17 R&N	5.23

M Long Jump B

1 Jordan Kelly	BIR	6.39
2 Kieron Martin	WWA	6.11
3 James Taylor	AVO	5.60
4 Lewis Golledge	NOT	5.16
5 Jacob Preece	U17 CDF	4.82
6 Patrick Mills	U17 R&N	4.53

M Pole Vault A

1 Joe Chesterman	BIR	4.40
2 Stephen Scarfi	WWA	4.30
3 David Callan	CDF	4.10
4 Callum Court	AVO	3.80
5 Nick Scales	R&N	2.45
6 Maranga Mokaya	U17 NOT	2.45

M Pole Vault B

1 Lewis Preece	U17 WWA	3.80
2 Luke Lodge	AVO	3.20

M Shot Putt A

1 Liam Biddlecombe	AVO	15.63
2 Matthew Field	CDF	15.61
3 Dan Power	WWA	12.81
4 Tom Bridge	DBY	12.74
5 Craig Murch	R&N	12.42
6 Myles Morris	BIR	10.43
7 Charlie Waterhouse	NOT	8.71

M Shot Putt B

1 Harry Ronchetti	R&N	11.66
2 Sam Boulton	U17 AVO	11.13
3 Bradley Cole	CDF	8.95
4 Haydn Francis	U17 BIR	8.73
5 Jonathan Heath	DBY	8.26
6 Benson Cyriac	U17 NOT	7.87
7 Daniel Thomas	WWA	7.43

M Triple Jump A

1 Jamal Nesbitt	BIR	13.33
2 James Maguire	CDF	12.23
3 Jack Straw	U17 WWA	11.56
4 Luke Lorenzi	U17 AVO	11.16
5 Ben Townsend	R&N	11.16
6 Terah Hooley	DBY	10.25

M Triple Jump B

1 Mark Poniatowski	U17 BIR	12.09
2 Aaron Willmott	WWA	11.37
3 Toby Pentreath	U17 AVO	10.87
4 Harry Ronchetti	R&N	10.14
5 Jacob Preece	U17 CDF	10.11
6 Llwyd Griffiths	DBY	9.81

W 100m A

	Wind +0.4 m/s	
1 Diani Walker	BIR	12.36
2 Rhiannon Jeffreys	WWA	12.42
3 Suzanne Palmer	DBY	12.78
4 Jamie Leigh-Bowen	CDF	12.99
5 Yemma Songu	U17 AVO	13.43
6 Kerry Murch	R&N	13.46
7 Megan Arnold	U17 NOT	14.03
8 Beth Clarke	C&S	16.01

W 100m B

	Wind +0.0 m/s	
1 Alison Singleton	CDF	13.00
2 Laura Davies	U17 WWA	13.24
3 Jade Piper	BIR	13.29
4 Jessica Platts	U17 NOT	13.67
5 Alyssa Small	U17 AVO	13.75
6 Ellie Sobers	U17 R&N	13.90

W 200m A	Wind +1.9 m/s	W 200m B	Wind +1.8 m/s
1 Rhiannon Jeffreys	WWA 24.81	1 Chantelle Robinson	NOT 26.29
2 Loren Bleaken	U17 AVO 24.82	2 Laura Davies	U17 WWA 26.87
3 Charlotte Jones	U17 BIR 25.74	3 Jade Piper	BIR 27.42
4 Anna Davies	NOT 26.0	4 Gwen Williams	CDF 27.54
5 Jamie Leigh-Bowen	CDF 26.41	5 Alyssa Small	U17 AVO 28.39
6 Hannah Scales	R&N 27.54	6 Ellie Sobers	R&N 28.91
7 Rebecca Miller	DBY 29.50	7 Veleska Wills	U17 DBY 29.48
8 Beth Clarke	C&S 31.89		
W 400m A		W 400m B	
1 Loren Bleaken	U17 AVO 56.34	1 Katie Geddes	U17 AVO 60.31
2 Chantelle Robinson	NOT 59.11	2 Jemima Osborn	WWA 60.95
3 Lucy Hammett	U17 WWA 61.81	3 Molly Ferguson	U17 NOT 61.12
4 Katy Warren	BIR 64.15	4 Asa Evcan	R&N 67.75
5 Gwen Williams	CDF 64.16	5 Lara Wisdish	U17 DBY 68.71
6 Rebecca Miller	DBY 67.90		
7 Lauren Byrd	R&N 69.51		
W 800m A		W 800m B	
1 Kate Seary	U17 CDF 2.23.80	1 Georgia Morgan	U17 CDF 2.19.78
2 Joanna Taylor	U17 AVO 2.24.02	2 Mary Hughes	U17 R&N 2.23.58
3 Charlotte Inwood	R&N 2.26.95	3 Rebecca Miller	DBY 2.31.04
4 Veleska Wills	DBY 2.28.57	4 Dannie Franklin	U17 WWA 2.36.48
5 Hannah Robinson	NOT 2.28.74	5 Maria Jones	U17 AVO 2.37.70
6 Teresa Hulme	C&S 2.29.51	6 Beth Clarke	C&S 2.44.65
7 Elysia Pearson	WWA 2.38.80	7 Annabelle Palmer	NOT 3.13.3
		8 Sophia De Beer	U17 BIR DISQ
W 1500m A		W 1500m B	
1 Ellie Atkinson	U17 CDF 4.41.39	1 Majidah Harb	CDF 5.02.03
2 Jessica Freeman	BIR 4.57.99	2 Sophia De Beer	U17 BIR 5.26.92
3 Kirsty Shipman	DBY 5.02.69	3 Sarah Hulme	C&S 5.29.10
4 Joanna Taylor	U17 AVO 5.02.76	4 Lara Wisdish	U17 DBY 5.30.43
5 Hannah Robinson	NOT 5.13.55	5 Bethany Davies	U17 NOT 5.47.96
6 Catherine Hulme	C&S 5.16.41	6 Lauren Byrd	R&N 6.09.89
7 Charlotte Inwood	R&N 5.32.06	7 Angel Harvey	U17 WWA 6.19.26
8 Lowri Heckler	U17 WWA 5.47.63		
W 3000m A		W 3000m B	
1 Kirsty Stanley	AVO 10.59.88	1 Jemima Osborn	WWA 13.57.86
2 Emily Waugh	R&N 11.04.28	2 Hatti Snead	U17 R&N 17.46.72
3 Veleska Wills	U17 DBY 11.52.63		
4 Fiona Bray	CDF 11.59.41		
5 Charlotte Foxall	BIR 12.00.42		
6 Elysia Pearson	WWA 13.23.66		
W 100mH A	Wind +2.5 m/s	W 100mH B	Wind +2.0 m/s
1 Madeleine Smith	BIR 14.50	1 Jenny Robbins	U17 NOT 16.20
2 Anna Davies	NOT 14.70	2 Hannah Scales	R&N 17.74
3 Suzzanne Palmer	DBY 15.45	3 Naomi O'Brien	BIR 18.35
4 Catrin Stone	WWA 15.56	4 Lucy Fligelstone	WWA 18.43
5 Katie Rowe	R&N 16.36		

W 400mH A

1 Lucy Fligelstone	WWA	66.1
2 Chloe Worts	U17 NOT	67.8
3 Hannah Scales	R&N	68.9
4 Naomi O'Brien	BIR	71.2
5 Katherine Godfrey	AVO	71.6

W 400mH B

1 Hattie Dent	U17 AVO	70.7
2 Dannie Franklin	U17 WWA	73.5
3 Jasminder Odusanya	U17 BIR	77.9
4 Bethany Davies	NOT	78.6
5 Hatti Snead	U17 R&N	96.2

W 1500m Sc A

1 Alex Clinkard	DBY	5.33.30
2 Emily Waugh	R&N	5.38.17
3 Karie O'Neill	U17 WWA	6.04.71
4 Shanie Read	BIR	6.14.92
5 Kelly Leat	AVO	6.22.67
6 Beth Clarke	C&S	6.59.07

W 1500m Sc B

1 Rhian Homer	U17 WWA	6.05.67
2 Mary Hughes	R&N	6.14.68
3 Jasminder Odusanya	U17 BIR	6.27.00

W Discus Throw A

1 Adele Nicoll	U17 BIR	39.20
2 Awen Rosser	U17 WWA	36.66
3 Emily Campbell	NOT	35.61
4 Alice Grosjean	AVO	32.90
5 Kerry Murch	R&N	30.01
6 Holly Field	U17 CDF	22.89
7 Beth Denning	C&S	22.00
8 Eleanor Jenney	U17 DBY	19.84

W Discus Throw B

1 Toni Wells	WWA	36.17
2 Kathryn Reynolds	R&N	22.34
3 Katie Phillips	AVO	19.64
4 Emily Cook	U17 BIR	19.42
5 Alicia Clarke	C&S	18.73
6 Jessica Adcock	NOT	18.50
7 Lara Wisdish	U17 DBY	10.41

W Hammer Throw A

1 Toni Wells	WWA	51.83
2 Emily Campbell	NOT	43.36
3 Emily Cook	U17 BIR	34.87
4 Francesca Allen	U17 AVO	19.49
5 Kathryn Reynolds	R&N	18.79
6 Beth Denning	C&S	17.26
7 Chloe Phillips	U17 CDF	12.92

W Hammer Throw B

1 Annabelle Palmer	NOT	40.69
2 Helena Madan	WWA	36.52
3 Kate Morley	BIR	19.01
4 Katie Phillips	AVO	16.98
5 Gemma Scales	U17 R&N	16.95
6 Alicia Clarke	C&S	15.99

W High Jump A

1 Helena Madan	WWA	1.55
2 Molly Eales	BIR	1.50
3 Asia Ercan	R&N	1.45
4 Anicia Skeates	U17 AVO	1.45
5=Gwen Williams	CDF	1.40
5=Chloe Worts	U17 NOT	1.40

W High Jump B

1 Katherine Morris	U17 WWA	1.50
2 Katie Rowe	R&N	1.40
3 Beth Roberts	U17 BIR	1.40
4 Katherine Godfrey	AVO	1.35

W Javelin Throw A

1 Kate Morley	BIR	41.73
2 Kerry Murch	R&N	41.37
3 Carys Mansfield	WWA	37.67
4 Alex Clinkard	DBY	27.87
5 Joanne Smerdon	U17 AVO	27.42
6 Jessica Adcock	NOT	26.86
7 Beth Denning	C&S	12.79
8 Chloe Phillips	U17 CDF	11.90

W Javelin Throw B

1 Bethan Radford	U17 WWA	30.19
2 Kathryn Reynolds	R&N	29.40
3 Beth Roberts	U17 BIR	29.29
4 Eleanor Jenney	U17 DBY	25.28
5 Francesca Allen	U17 AVO	21.35
6 Olivia Beasley	U17 NOT	19.74
7 Alicia Clarke	C&S	8.78

W Long Jump A

1 Suzanne Palmer	DBY	5.21
2 Olivia Evans	U17 CDF	5.13
3 Ffion Rees	WWA	5.02
4 Shannel Hutchinson	BIR	5.01
5 Anicia Skeates	U17 AVO	4.97
6 Kerry Murch	R&N	4.94
7 Anna Davies	NOT	4.88

W Long Jump B

1 Katherine Morris	U17 WWA	4.89
2 Beth Roberts	U17 BIR	4.85
3 Rebecca Davies	R&N	4.81
4 Joanne Smerdon	U17 AVO	4.32
5 Sam Farmer	U17 NOT	4.19

W Pole Vault A

1 Sophie Cook	BIR	3.70
2 Hannah Grubb	AVO	3.60
3 Caitlin Atkins	U17 WWA	2.90
4 Lucy Daly	U17 CDF	2.60
5 Jenny Taylor	NOT	2.60
6 Katie Rowe	R&N	2.10

W Pole Vault B

1 Clare Dyer	U17 AVO	3.50
2 Enfys Jones	WWA	2.60
3 Olivia Evans	U17 CDF	2.40

W Shot Putt A

1 Adele Nicoll	U17 BIR	13.06
2 Toni Wells	WWA	11.63
3 Suzanne Palmer	DBY	10.91
4 Emily Campbell	NOT	10.75
5 Alice Grosjean	AVO	9.95
6 Rebecca Davies	R&N	8.77
7 Beth Denning	C&S	7.28
8 Chloe Phillips	CDF	6.55

W Shot Putt B

1 Awen Rosser	U17 WWA	10.83
2 Chloe Gayle	U17 BIR	10.18
3 Annabelle Palmer	NOT	9.45
4 Francesca Allen	U17 AVO	8.18
5 Eleanor Jenney	U17 DBY	7.63
6 Gemma Scales	U17 R&N	7.27
7 Alicia Clarke	C&S	6.42
8 Holly Field	U17 CDF	5.76

W Triple Jump A

1 Molly Eales	BIR	11.47
2 Megan O'Sullivan	CDF	11.32
3 Katie Rowe	R&N	10.57
4 Jenny Robbins	U17 NOT	10.39
5 Chelsea Christopher	WWA	9.42
6 Rachel Sykes	AVO	9.04

W Triple Jump B

1 Shannel Hutchinson	BIR	11.29
2 Rhiannon Thomas	U17 WWA	9.26
3 Hannah Scales	R&N	9.04
4 Joanne Smerdon	U17 AVO	8.99
5 Megan Arnold	U17 NOT	8.74

W 4x100m Relay

1 WWA 49.7	1 Catrin Stone		2 Laura Davies	U17
	3 Ffion Rees		4 Rhiannon Jeffreys	
2 BIR 50.1	1 Sophia De Beer	U17	2 Charlotte Jones	U17
	3 Jade Piper		4 Diani Walker	
3 AVO 50.7	1 Anicia Skeates	U17	2 Elinor Winfield	U17
	3 Alyssa Small	U17	4 Yemma Songu	U17
4 NOT 51.4	1 Megan Arnold	U17	2 Chloe Worts	U17
	3 Jessica Platts	U17	4 Anna Davies	
5 CDF 51.6	1 Jamie Leigh-Bowen		2 Olivia Evans	U17
	3 Alison Singleton		4 Megan Reed	
6 R&N 52.0	1 Asia Ercan		2 Kerry Murch	
	3 Ellie Sobers	U17	4 Hannah Scales	
7 DBY 55.8	1 Eleanor Jenney	U17	2 Alex Clinkard	
	3 Lara Wisdish	U17	4 Suzzanne Palmer	

W 4x400m Relay

1 CDF 4.06.94	1 Ellie Atkinson	U17	2 Georgia Morgan	U17
	3 Gwen Williams		4 Lara Durrani	
2 WWA 4.11.95	1 Lucy Fligelstone		2 Elysia Pearson	
	3 Lucy Hammett	U17	4 Rhiannon Jeffreys	
3 NOT 4.17.49	1 Hannah Robinson		2 Sam Farmer	U17
	3 Molly Ferguson	U17	4 Chantelle Robinson	
4 DBY 4.22.32	1 Alex Clinkard		2 Kirsty Shipman	
	3 Veleska Wills	U17	4 Rebecca Miller	
5 AVO 4.26.24	1 Katie Geddes	U17	2 Rachel Sykes	
	3 Kelly Leat		4 Loren Bleaken	U17
6 BIR 4.26.35	1 Jessica Freeman		2 Shannel Hutchinson	
	3 Naomi O'Brien		4 Katy Warren	
7 R&N 4.33.97	1 Charlotte Inwood		2 Lauren Byrd	
	3 Ellie Sobers	U17	4 Asia Ercan	

M 4x100m Relay

1 BIR 43.12	1 Feron Sayers		2 Nick Wilson	
	3 Najee Palmer		4 Fabian Bachelor	U17
2 WWA 43.82	1 Rhys Gealy	U17	2 Shaun Pearce	U17
	3 Rhys Gealy	U17	4 Shaun Pearce	U17
3 AVO 44.10	1 Tom Pontin		2 Robert Phillips	U17
	3 Jakob White		4 Elliott Prendergast	
4 CDF 44.47	1 Sam Gordon		2 Doran Hassan	
	3 Jamaul Whyte		4 Keith Mbofana	
5 R&N 44.87	1 James Wright		2 Clinton Osoba George	U17
	3 Dan George		4 Rotimi Segun	U17
6 NOT 44.93	1 Will Page	U17	2 Thomas Ajose	
	3 Charlie Waterhouse		4 Makoye Kampengele	
7 DBY 48.62	1 Chris Chambers	U17	2 Jack Bridle	U17
	3 Jonathon Heath		4 Andrew Cruickshank	

M 4x400m Relay

1	AVO	3.26.75	1	Kane Lee		2	Tom Pontin	
			3	Jakob White		4	Josh Evans	U17
2	BIR	3.27.51	1	Scott Gregory		2	Ya Ya Aitabi	U17
			3	Theo Blundell	U17	4	Joe Kinsey	
3	NOT	3.27.65	1	Lewis Golledge		2	Charlie Waterhouse	
			3	Alex Skidmore		4	Jarod Skervin	
4	CDF	3.28.45	1	Jonathon Hobbs	U17	2	Matthew Edwards	
			3	Michael Ward		4	Jacob Preece	U17
5	WWA	3.37.30	1	Aaron Willmott	U17	2	Kyran Roberts	
			3	Liam Lloyd		4	Nathan Phillips	U17
6	DBY	3.49.67	1	Jack Bridle	U17	2	Jack Sproson	U17
			3	Terah Hooley		4	Andrew Cruickshank	
7	R&N	3.59.08	1	Patrick Mills		2	Luke Townsend	U17
			3	Ben Townsend		4	Adam Wright	U17

MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge
1	West Wales	554 8
2	Birchfield Harriers	506 7
3	Team Avon	451 6
4	Rugby & Northampton AC	444 5
5	Notts AC	403.5 4
6	Cardiff AC	389.5 3
7	Derby AC	259 2
8	Cannock & Stafford AC	141 1

Athlete of the Match: Craig Murch Rugby & Northampton Hammer throw 68.08m
loren Bleaken Team Avon 400m 56.34secs

Note(s)

BIR Includes + 35pts,
C&S Includes + 25pts,
CDF Includes + 25pts,
DBY Includes + 35pts,
NOT Includes + 35pts,
R&N Includes + 35pts,
AVO Includes + 25pts,
WWA Includes + 35pts,

M 100m	Wind +2.0 m/s	W 200m	Wind +1.0 m/s
1 Jamaul Whyte	CDF 11.05	1 Lizzie Hubner	U17 AVO 26.18
2 Najee Palmer	BIR 11.17	2 Olivia Evans	U17 CDF 26.27
3 Rotimi Segun	U17 R&N 11.32	3 Elinor Winfield	U17 AVO 26.82
4 Luke Lorenzi	U17 AVO 11.61	4 Alison Singelton	CDF 27.35
5 Rhys Gealy	U17 WWA 11.71	5 Megan Reed	U17 CDF 28.22
6 James Taylor	U17 WWA 11.73		
7 Matt Lattibeaudiere	AVO 12.14		
8 Keith Mbofana	CDF 12.24		
M 200m	Wind +1.7 m/s	W 100m	Wind +2.6 m/s
1 Doran Hassan	CDF 22.82	1 Anicia Skeates	U17 AVO 12.74
2 Makoye Kampagnele	NOT 23.44	2 Lizzie Hubner	U17 AVO 13.00
3 James Taylor	U17 WWA 23.59	3 Ffion Rees	WWA 13.11
4 Rhys Gealy	U17 WWA 24.26	4 Megan Reed	U17 CDF 13.48
5 Matt Lattibeaudiere	AVO 25.0		
M 800m		M Discus Throw	
1 Freddie Hessian	NOT 2.00.73	1 Matteo Holmes	U17 CDF 31.28
2 Alex Carter	U17 AVO 2.01.92	2 Keiron Ingram	U17 WWA 17.81
3 Eyob Huruy	NOT 2.02.66		
4 Nathan Phillips	U17 WWA 2.12.71		
M 1500m		M Javelin Throw	
1 Jack Gooch	U17 CDF 4.09.85	1 Keiron Ingram	U17 WWA 33.48
2 Sam Longville	U17 CDF 4.19.52	2 Daniel Thomas	WWA DNSCR
W 800m		W Pole Vault	
1 Floren Scrafton	AVO 2.22.85	1 Holly Field	U17 CDF 2.60
W Shot Putt		W Discus Throw	
1 Emily Cook	U17 BIR DNSCR	1 Chloe Gayle	U17 BIR 19.63
W Hammer Throw		M 3000m	
1 Carys Smith	U17 WWA DNSCR	1 Daniel Hall	U17 WWA 10.56.9
W Javelin Throw		M Pole Vault	
1 Carys Smith	U17 WWA 16.90	1 Josh Hollisey-Mclean	U17 WWA 3.50