

Total Scores

Position	Team	Points
1	Notts AC	325
2	Bristol & West/Yate	322
3	Rugby & Northampton	313.5
4	Tamworth AC 'A'	313
5	Birchfield	312.5
6	Cannock & Stafford AC	285
7	0	0
7	0	0

Mens Scores

Position	Team	Points
1	Birchfield	174.5
2	Tamworth AC 'A'	173
3	Rugby & Northampton	152.5
4	Bristol & West/Yate	145
5	Notts AC	144
6	Cannock & Stafford AC	129
0	0	0
0	0	0

Womens Scores

Position	Team	Points
1	Notts AC	166
2	Bristol & West/Yate	162
3	Rugby & Northampton	146
4	Cannock & Stafford AC	141
5	Tamworth AC 'A'	125
6	Birchfield	123
0	0	0
0	0	0

Officials Points

Team Name	Points
Notts AC	15
Bristol & West/Yate	15
Rugby & Northampton	15
Tamworth AC 'A'	15
Birchfield	15
Cannock & Stafford AC	15
0	
0	

Match Position after 35 Events

Men 100m (A string)**Wind Speed = -3.7 m/s**

Posn	Name	Club	Perf	Pts
1	Jack Lawrence	Birchfield	11.1	9
2	James Wright	Rugby & Northampt	11.4	7
3	Luke Lorenzi	Bristol & West/Yate	11.7	6
4	Harry Everitt	Tamworth AC 'A'	11.8	5
5	James Taylor	Cannock & Stafford	11.8	4
6	Alfie Orpwood-Colton	Notts AC	12.0	3

Men 100m (B string)**Wind Speed = -2.7 m/s**

Posn	Name	Club	Perf	Pts
1	Fabian Batchelor	Birchfield	11.1	7
2	Kane Densley	Tamworth AC 'A'	11.2	5
3	Daniel Brooks	Bristol & West/Yate	11.7	4
4	Timi Rotimi-Toviho	Notts AC	11.8	3
5	Carl McMullen	Cannock & Stafford	12.0	2
6	Charlie Barker	Rugby & Northampt	12.6	1

Men 200m (A string)**Wind Speed = -0.1 m/s**

Posn	Name	Club	Perf	Pts
1	Tom Burton	Tamworth AC 'A'	22.0	9
2	Jack Lawrence	Birchfield	22.0	7
3	James Wright	Rugby & Northampt	22.5	6
4	Luke Lorenzi	Bristol & West/Yate	22.6	5
5	Logan Durand	Notts AC	22.9	4
6	James Taylor	Cannock & Stafford	24.5	3

Men 200m (B string)**Wind Speed = -1.4 m/s**

Posn	Name	Club	Perf	Pts
1	Fabian Batchelor	Birchfield	22.6	7
2	Harry Everitt	Tamworth AC 'A'	23.3	5
3	Daniel Brooks	Bristol & West/Yate	23.7	4
4	Timi Rotimi-Toviho	Notts AC	24.0	3
5	David Underwood	Cannock & Stafford	24.8	2
6	Charlie Barker	Rugby & Northampt	25.9	1

Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Aidan Leeson	Rugby & Northampt	49.0	9
2	Tom Ainsworth	Tamworth AC 'A'	49.3	7
3	Josh Snook	Bristol & West/Yate	50.1	6
4	Tom Mann	Notts AC	50.8	5
5	Yahye Dirir	Birchfield	52.6	4
6	Josh Richards	Cannock & Stafford	53.8	3

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	Josh Faulds	Rugby & Northampt	50.2	7
2	Tom Pallot	Bristol & West/Yate	52.6	5
3	Anthony Parkes	Tamworth AC 'A'	53.7	4
4	David Underwood	Cannock & Stafford	54.9	3
5	Harry Sachs	Birchfield	55.7	2
6	Emilian Bowry	Notts AC	56.4	1

Men 110m H (A string)**Wind Speed = -1.9 m/s**

Posn	Name	Club	Perf	Pts
1	William Ritchie-Moulin	Birchfield	15.4	9
2	Doug Stark	Tamworth AC 'A'	16.5	7
3	Theo Walkley-Bartlett	Rugby & Northampt	16.5	6
4	Jack Wickham	Notts AC	18.1	5
5	Carl McMullen	Cannock & Stafford	19.2	4

Men 110m H (B string)**Wind Speed = -2 m/s**

Posn	Name	Club	Perf	Pts
1	Kane Densley	Tamworth AC 'A'	16.7	7
2	Harry Salt	Rugby & Northampt	16.8	5
3	David Underwood	Cannock & Stafford	22.5	4

Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Kane Densley	Tamworth AC 'A'	56.5	9
2	Carl McMullen	Cannock & Stafford	61.2	7
3	Charlie Barker	Rugby & Northampt	62.3	6
4	Jack Wickham	Notts AC	62.4	5
5	Will Davidson	Bristol & West/Yate	68.5	4

Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Theo Walkley-Bartlett	Rugby & Northampt	62.1	7
2	James Russell	Cannock & Stafford	64.1	5
3	Martyn Gibbons	Notts AC	73.4	4

Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Josh Ward	Cannock & Stafford	1.56.3	9
2	James O'brien	Birchfield	1.57.4	7
3	Adnan Haq	Rugby & Northampt	1.57.7	6
4	Sam Richardson	Notts AC	2.00.3	5
5	Anthony Parkes	Tamworth AC 'A'	2.01.0	4
6	Otis Mondir	Bristol & West/Yate	2.01.7	3

Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Yahye Dirir	Birchfield	1.58.0	7
2	Joe Musgrove	Rugby & Northampt	2.00.6	5
3	Ross Grainger	Bristol & West/Yate	2.02.4	4
4	Jake Dyer	Notts AC	2.04.9	3
5	Craig Pearson	Cannock & Stafford	2.12.1	2
6	Ben Evans	Tamworth AC 'A'	2.19.7	1

Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Alistair Rutherford	Birchfield	4.06.5	9
2	Stephen Parkes	Tamworth AC 'A'	4.15.4	7
3	Jarlath McKenna	Bristol & West/Yate	4.16.1	6
4	Steve Long	Notts AC	4.16.7	5
5	Joe Childs	Rugby & Northampt	4.26.6	4
6	Craig Pearson	Cannock & Stafford	4.31.2	3

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Ben Griffiths	Birchfield	4.08.8	7
2	Andy Salmon	Bristol & West/Yate	4.21.0	5
3	Matt Moir	Notts AC	4.21.6	4
4	James Russell	Cannock & Stafford	4.45.5	3
5	David Brayer	Tamworth AC 'A'	5.22.5	2

Men 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Chris Perrin	Cannock & Stafford	8.48.1	9
2	Rory Grant	Birchfield	8.53.3	7
3	Stuart King	Notts AC	8.54.8	6
4	Jarlath McKenna	Bristol & West/Yate	8.58.5	5
5	Ben Evans	Tamworth AC 'A'	9.46.7	4

Men 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Rob Keal	Notts AC	9.01.0	7
2	Joe Connors	Bristol & West/Yate	9.23.5	5
3	Orlando Corea	Birchfield	9.25.7	4
4	Aiden McCormack	Cannock & Stafford	10.22.8	3
5	David Brayer	Tamworth AC 'A'	11.18.5	2

Men 3000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	Jonathan Goringe	Birchfield	9.39.0	9
2	Stephen Parkes	Tamworth AC 'A'	9.56.1	7
3	Will Davidson	Bristol & West/Yate	10.27.7	6
4	James Russell	Cannock & Stafford	11.02.2	5

Men 3000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Edward Banks	Birchfield	9.41.7	7
2	Steven Grant	Bristol & West/Yate	13.16.3	5

Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Myles Durrant-Sutherland	Birchfield	6.81	9
2	Simon Hammann	Bristol & West/Yate	6.51	7
3	Brendon Foster	Notts AC	6.45	6
4	Matthew Broome	Rugby & Northampt	6.23	5
5	Doug Stark	Tamworth AC 'A'	6.11	4
6	Josh Richards	Cannock & Stafford	5.64	3

Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Stuart Street	Notts AC	6.14	7
2	Steve Thompson	Cannock & Stafford	5.62	5
3	Oliver Ward	Birchfield	5.45	4
4	Theo Walkley-Bartlett	Rugby & Northampt	5.32	3
5	Gavin Showell	Tamworth AC 'A'	5.11	2
6	Tom Pallot	Bristol & West/Yate	4.56	1

Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Matt Madden	Notts AC	13.51	9
2	Doug Stark	Tamworth AC 'A'	12.48	7
3	Sean Mhende	Birchfield	12.28	6
4	Simon Hammann	Bristol & West/Yate	11.99	5
5	Matthew Broome	Rugby & Northampt	11.51	4
6	Josh Richards	Cannock & Stafford	10.59	3

Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Stuart Street	Notts AC	13.10	7
2	Oliver Ward	Birchfield	11.22	5
3	Theo Walkley-Bartlett	Rugby & Northampt	11.09	4
4	Kane Densley	Tamworth AC 'A'	10.38	3
5	David Underwood	Cannock & Stafford	9.97	2

Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Adam Brooks	Bristol & West/Yate	1.91	9
2	Onajite Okoro	Birchfield	1.91	7
3	Callum Gorman	Notts AC	1.88	6
4	Doug Stark	Tamworth AC 'A'	1.80	5
5	Ian Gidley	Rugby & Northampt	1.70	4
6	Jak Carpenter	Cannock & Stafford	1.45	3

Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Harry Whyley	Notts AC	1.75	7
2	David Thomas	Bristol & West/Yate	1.75	5
3=	Sean Mhende	Birchfield	1.55	3.5
3=	Andy Reeves	Rugby & Northampt	1.55	3.5
5	Kane Densley	Tamworth AC 'A'	1.55	2
6	James Russell	Cannock & Stafford	1.40	1

Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Doug Stark	Tamworth AC 'A'	13.76	9
2	Jak Carpenter	Cannock & Stafford	13.31	7
3	Josh Arimoro	Rugby & Northampt	11.76	6
4	Sam Boulton	Bristol & West/Yate	11.03	5
5	Rob Careless	Notts AC	10.14	4
6	Onajite Okoro	Birchfield	8.43	3

Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Alex Berrow	Tamworth AC 'A'	12.32	7
2	Adam Rubery	Notts AC	9.63	5
3	Kevin Murch	Rugby & Northampt	9.31	4
4	Matthew Spicer	Bristol & West/Yate	8.39	3
5	Martin Roberts	Cannock & Stafford	7.64	2
6	David Rock	Birchfield	6.95	1

Men Discus (A string)

Posn	Name	Club	Perf	Pts
1	Niklas Aarre	Birchfield	45.55	9
2	Doug Stark	Tamworth AC 'A'	42.18	7
3	Sam Boulton	Bristol & West/Yate	36.91	6
4	Josh Arimoro	Rugby & Northampt	35.24	5
5	Jak Carpenter	Cannock & Stafford	30.10	4
6	Stuart King	Notts AC	12.30	3

Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	Glyn Hollingsworth	Rugby & Northampt	33.15	7
2	Alex Berrow	Tamworth AC 'A'	26.21	5
3	Onajite Okoro	Birchfield	25.26	4
4	Matthew Spicer	Bristol & West/Yate	23.58	3
5	Martin Roberts	Cannock & Stafford	22.52	2
6	Jacob Clark	Notts AC	10.71	1

Men Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Craig Murch	Rugby & Northampt	66.61	9
2	Alex Berrow	Tamworth AC 'A'	52.03	7
3	Rob Careless	Notts AC	49.12	6
4	Matthew Spicer	Bristol & West/Yate	39.32	5
5	Martin Roberts	Cannock & Stafford	37.55	4
6	David Rock	Birchfield	19.76	3

Men Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Eugene Lawlor	Bristol & West/Yate	37.77	7
2	Kevin Murch	Rugby & Northampt	30.40	5
3	Jak Carpenter	Cannock & Stafford	22.80	4
4	Adam Rubery	Notts AC	22.08	3
5	Gavin Showell	Tamworth AC 'A'	19.79	2

Men Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Kevin Murch	Rugby & Northampt	48.33	9
2	Doug Stark	Tamworth AC 'A'	48.29	7
3	Jak Carpenter	Cannock & Stafford	41.78	6
4	Sam Boulton	Bristol & West/Yate	36.61	5
5	Adam Rubery	Notts AC	34.53	4
6	David Rock	Birchfield	18.53	3

Men Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Glyn Hollingsworth	Rugby & Northampt	43.34	7
2	Ethan Aidney	Tamworth AC 'A'	38.74	5
3	James Russell	Cannock & Stafford	23.80	4
4	Stuart King	Notts AC	18.63	3
5	Otis Mondir	Bristol & West/Yate	16.55	2

Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Birchfield	42.8	9
2		Tamworth AC 'A'	43.8	7
3		Bristol & West/Yate	44.5	6
4		Notts AC	45.3	5
5		Cannock & Stafford	46.3	4

Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Tamworth AC 'A'	3.25.0	9
2		Rugby & Northampt	3.26.1	7
3		Birchfield	3.26.4	6
4		Notts AC	3.31.3	5
5		Cannock & Stafford	3.36.9	4
6		Bristol & West/Yate	3.43.3	3

Women 100m (A string)**Wind Speed = -2 m/s**

Posn	Name	Club	Perf	Pts
1	Eleanor Broome	Rugby & Northampt	12.6	9
2	Megan Davies	Cannock & Stafford	12.7	7
3	Judy Ekeh	Notts AC	12.8	6
4	Kishanna Douglas	Bristol & West/Yate	14.1	5
5	Hayley Mills	Tamworth AC 'A'	dq	0

Women 100m (B string)**Wind Speed = -1.3 m/s**

Posn	Name	Club	Perf	Pts
1	Lauren Tyrell	Notts AC	13.0	7
2	Alice Mellor	Tamworth AC 'A'	13.4	5
3	Hannah Malpass	Cannock & Stafford	13.4	4
4	Karen Gomes	Rugby & Northampt	13.6	3
5	Lucy Conibear	Bristol & West/Yate	14.6	2

Women 200m (A string)**Wind Speed = -2.3 m/s**

Posn	Name	Club	Perf	Pts
1	Megan Davies	Cannock & Stafford	25.7	9
2	Lauren Tyrell	Notts AC	26.3	7
3	Ellena Ruddock	Rugby & Northampt	26.7	6
4	Vicky Gittins	Birchfield	26.8	5
5	Olivia Woodward	Tamworth AC 'A'	27.1	4
6	Kishanna Douglas	Bristol & West/Yate	28.8	3

Women 200m (B string)**Wind Speed = -0.9 m/s**

Posn	Name	Club	Perf	Pts
1	Indiana Malik	Notts AC	26.7	7
2	Hannah Malpass	Cannock & Stafford	26.9	5
3	Alice Mellor	Tamworth AC 'A'	27.5	4
4	Karen Gomes	Rugby & Northampt	28.0	3
5	Lucy Conibear	Bristol & West/Yate	29.7	2

Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Ese Okoro	Birchfield	55.4	9
2	Mia Spence	Notts AC	56.9	7
3	Natalie Ainge	Cannock & Stafford	58.2	6
4	Laura Langowski	Tamworth AC 'A'	59.8	5
5	Katie Langton	Rugby & Northampt	61.2	4
6	Maria Jones	Bristol & West/Yate	65.5	3

Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Amy Pye	Cannock & Stafford	59.8	7
2	Isabelle Neville	Tamworth AC 'A'	59.8	5
3	Alice Grocott	Rugby & Northampt	64.0	4
4	Ava Remzi	Notts AC	64.6	3
5	Sarah Everritt	Bristol & West/Yate	68.9	2

Women 100m H (A string)

Posn	Name	Club	Perf	Pts
1	Anya Bates	Birchfield	14.6	9
2	Kerry Murch	Rugby & Northampt	15.4	7
3	Emma Komocki	Notts AC	15.9	6
4	Hattie Dent	Bristol & West/Yate	17.0	5
5	Natalie Ainge	Cannock & Stafford	17.0	4
6	Beth Devonshire	Tamworth AC 'A'	19.2	3

Women 100m H (B string)

Posn	Name	Club	Perf	Pts
1	Chloe Wilde	Cannock & Stafford	18.0	7
2	Hannah Shepherd	Rugby & Northampt	18.2	5
3	Beth Newton	Notts AC	19.6	4
4	Emily Findlater	Tamworth AC 'A'	19.7	3

Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Stafford	62.2	9
2	Danel Jansen Van Rensburg	Birchfield	62.4	7
3	Isabelle Neville	Tamworth AC 'A'	64.0	6
4	Emma Komocki	Notts AC	64.9	5
5	Hattie Dent	Bristol & West/Yate	68.1	4
6	Hannah Shepherd	Rugby & Northampt	73.4	3

Women 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Georgina Rogers	Birchfield	61.5	7
2	Chloe Wilde	Cannock & Stafford	64.6	5
3	Emily Findlater	Tamworth AC 'A'	70.5	4
4	Lauren Nash	Rugby & Northampt	77.3	3
5	Beth Newton	Notts AC	90.8	2

Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Katie Allen	Birchfield	2.17.1	9
2	Natalie Griffiths	Bristol & West/Yate	2.21.0	7
3	Amy Walker	Rugby & Northampt	2.21.0	6
4	Iris Davies	Cannock & Stafford	2.22.5	5
5	Ava Remzi	Notts AC	2.24.1	4
6	Emily Findlater	Tamworth AC 'A'	3.00.8	3

Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Susan McManus	Birchfield	2.18.7	7
2	Rebecca Brown	Cannock & Stafford	2.26.9	5
3	Maria Jones	Bristol & West/Yate	2.30.7	4
4	Amelia Gould	Notts AC	2.35.2	3
5	Tilly Lea	Rugby & Northampt	2.38.5	2
6	Lucy Wheeler	Tamworth AC 'A'	2.46.9	1

Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Ejior Okoro	Birchfield	4.39.2	9
2	Fiona Marks	Bristol & West/Yate	4.46.8	7
3	Lucy Holt	Notts AC	4.53.3	6
4	Hannah Brayer	Tamworth AC 'A'	4.54.6	5
5	Katie Lord	Cannock & Stafford	4.58.0	4
6	Emma Barker	Rugby & Northampt	5.37.4	3

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Natalie Griffiths	Bristol & West/Yate	4.47.1	7
2	Megan Taylor	Birchfield	4.57.1	5
3	Elizabeth Pennington	Notts AC	5.03.2	4
4	Rebecca Brayer	Tamworth AC 'A'	5.16.0	3
5	Libby Dunne	Cannock & Stafford	5.39.4	2
6	Olivia Sheehan	Rugby & Northampt	5.54.3	1

Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Fiona Marks	Bristol & West/Yate	10.02.6	9
2	Lucy Holt	Notts AC	10.40.7	7
3	Rebecca Brayer	Tamworth AC 'A'	11.01.2	6
4	Rae Nicholls	Birchfield	11.14.9	5
5	Nina Skilton	Cannock & Stafford	11.34.9	4
6	Bethan Goddard	Rugby & Northampt	11.50.4	3

Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Hannah Robinson	Notts AC	11.06.5	7
2	Ana Maria Duran Mingo	Bristol & West/Yate	11.32.9	5
3	Sue Kneill-Boxley	Cannock & Stafford	12.37.1	4

Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Eleanor Broome	Rugby & Northampt	6.13	9
2	Anya Bates	Birchfield	5.63	7
3	Andrea Jesudason	Bristol & West/Yate	5.60	6
4	Natalie Ainge	Cannock & Stafford	5.04	5
5	Paige Foster	Notts AC	4.73	4
6	Laura Langowski	Tamworth AC 'A'	4.59	3

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Ellie England	Birchfield	5.43	7
2	Kerry Murch	Rugby & Northampt	5.33	5
3	Rebecca Lawley	Cannock & Stafford	4.77	4
4	Lucy Durham	Bristol & West/Yate	4.25	3
5	Charlotte Vincent	Tamworth AC 'A'	3.98	2

Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Judy Ekeh	Notts AC	11.59	9
2	Andrea Jesudason	Bristol & West/Yate	11.32	7
3	Kerry Murch	Rugby & Northampt	11.26	6
4	Natalie Ainge	Cannock & Stafford	10.09	5
5	Laura Langowski	Tamworth AC 'A'	9.74	4

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Rimini Miloro	Notts AC	10.62	7
2	Claire O'Reilly	Rugby & Northampt	10.57	5
3	Lucy Durham	Bristol & West/Yate	9.94	4
4	Rebecca Lawley	Cannock & Stafford	9.57	3
5	Isabelle Neville	Tamworth AC 'A'	8.94	2

Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Kerry Murch	Rugby & Northampt	1.50	9
2	Andrea Jesudason	Bristol & West/Yate	1.45	7
3	Beth Newton	Notts AC	1.40	6
4	Charlotte Vincent	Tamworth AC 'A'	1.40	5
5	Chloe Wilde	Cannock & Stafford	1.30	4

Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Rimini Miloro	Notts AC	1.35	7
2	Beth Devonshire	Tamworth AC 'A'	1.30	5
3	Lucy Durham	Bristol & West/Yate	1.25	4

Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Rownita Marston	Bristol & West/Yate	12.21	9
2	Hayley Murray	Rugby & Northampt	9.34	7
3	Olivia Woodward	Tamworth AC 'A'	9.34	6
4	Annabelle Palmer	Notts AC	8.65	5
5	Candy Lockett	Birchfield	8.48	4
6	Hannah Malpass	Cannock & Stafford	6.33	3

Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Alice Grosjean	Bristol & West/Yate	10.01	7
2	Lily Mae-Pursey	Rugby & Northampt	9.20	5
3	Lucy Wheeler	Tamworth AC 'A'	8.57	4
4	Harriett Ahlgren	Notts AC	7.30	3
5	Macey Garvey	Birchfield	6.35	2
6	Iris Davies	Cannock & Stafford	6.11	1

Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Alice Grosjean	Bristol & West/Yate	42.36	9
2	Emma Rathbone	Birchfield	33.19	7
3	Annabelle Palmer	Notts AC	29.07	6
4	Lily Mae-Pursey	Rugby & Northampt	24.52	5
5	Lucy Wheeler	Tamworth AC 'A'	20.35	4
6	Natalie Ainge	Cannock & Stafford	18.11	3

Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Candy Lockett	Birchfield	31.61	7
2	Rownita Marston	Bristol & West/Yate	25.72	5
3	Georgi Jones	Rugby & Northampt	24.11	4
4	Harriett Ahlgren	Notts AC	21.42	3
5	Olivia Woodward	Tamworth AC 'A'	18.51	2

Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Christina Jones	Bristol & West/Yate	57.65	9
2	Annabelle Palmer	Notts AC	57.48	7
3	Hayley Murray	Rugby & Northampt	56.74	6
4	Candy Lockett	Birchfield	45.52	5
5	Rebecca Lawley	Cannock & Stafford	17.30	4
6	Olivia Woodward	Tamworth AC 'A'	15.63	3

Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Harriett Ahlgren	Notts AC	44.60	7
2	Lily Mae-Pursey	Rugby & Northampt	36.14	5
3	Daisy Gilbert	Bristol & West/Yate	31.13	4
4	Macey Garvey	Birchfield	24.06	3
5	Jayne Wilde	Cannock & Stafford	6.35	2
6	Isobel Spencer	Tamworth AC 'A'	5.49	1

Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Megan Exley	Rugby & Northampt	34.07	9
2	Anhya Kerr	Bristol & West/Yate	30.97	7
3	Olivia Woodward	Tamworth AC 'A'	25.58	6
4	Tia Nicholls	Birchfield	25.29	5
5	Gia Skervin	Notts AC	18.10	4
6	Jayne Wilde	Cannock & Stafford	12.00	3

Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Jo Smerdon	Bristol & West/Yate	29.71	7
2	Isobel Spencer	Tamworth AC 'A'	23.22	5
3	Charis Okirie	Birchfield	22.42	4
4	Jane Akinola	Rugby & Northampt	22.32	3
5	Beth Newton	Notts AC	13.67	2
6	Iris Davies	Cannock & Stafford	10.71	1

Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Tamworth AC 'A'	49.2	9
2		Cannock & Stafford	50.1	7
3		Rugby & Northampt	51.2	6
4		Notts AC	51.4	5
5		Bristol & West/Yate	54.6	4

Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Cannock & Stafford	3.59.4	9
2		Tamworth AC 'A'	4.00.3	7
3		Notts AC	4.02.2	6
4		Bristol & West/Yate	4.34.9	5

800m Women (Guest Event)

Posn	Name	Club	Perf
1	Caitlin McMorrow	Birchfield Harriers	2.27.7

800m Men (Guest Event)

Posn	Name	Club	Perf
1	Christian Byron	Birchfield Harriers	1.58.1
2	Alastair Madondo	Birchfield Harriers	2.04.2
3	Matthew Barnes	Notts AC	2.05.2
4	Matthew Williams	Notts AC	2.06.4

200m Men (Guest Event)**Wind Speed = -1.2 m/s**

Posn	Name	Club	Perf
1	Josh Snook	Bristol & West/Yate	22.4
2	Peter Hall	Notts AC	23.1
3	Cordell Korybut-Daszkiewicz	Notts AC	24.5

400m Men (Guest Event)

Posn	Name	Club	Perf
1	Alex Irvine	Notts AC	54.4
2	Ewan Roberts	Rugby & Northampt	55.5
3	Alastair Madondo	Birchfield Harriers	56.5

1500m W (Guest Event)

Posn	Name	Club	Perf
1	Savannah Causer	Birchfield Harriers	5.19.9

1500m M (Guest Event)

Posn	Name	Club	Perf
1	Ben Prince	Birchfield Harriers	4.30.8

3000m (Guest Event)

Posn	Name	Club	Perf
1	Alistair Rutherford	Birchfield Harriers	9.21.1
2	Andy Salmon	Bristol & West/Yate	9.25.1

100m Men n/s (Guest Event)

Posn	Name	Club	Perf
1	William Richie-Moulim	Birchfield Harriers	11.4
2	Peter Hall	Notts AC	11.5
3	Logan Durand	Notts AC	11.7
4	David Animashaun	Notts AC	11.9
5	Simon Hammann	Bristol & West/Yate	11.9
6	Ethan Warner	Notts AC	12.3
7	Stefan Dupey-Whyte	Birchfield Harriers	12.5
8	Jak Carpenter	Cannock & Stafford	12.6