

Midland Premier Match 4 - Swansea University

Sunday July 27th 2008

Men's 100m A

	Perf	Record	Wind	AW
	Wind=	+0.0		
1 8 Tom Coleman	West Wales	11.16		þ
2 1 Brenton Smith	Birchfield Harriers	11.20		þ
3 3 Chris Howe	Cardiff AAC	11.20		þ
4 4 Sam Cordin	Mansfield Harriers	11.38		
5 5 James Bains	Notts AC	11.52		
6 2 Guy Mayer	Cannock & Staffs AC	11.61		
7 6 Ben Horsley	Tamworth AC	11.64		
8 7 Andrew Szarkowski	Team CDAV	11.76		

Men's 100m B

	Perf	Wind
	Wind=	+0.3
1 11 Antoe Walters	Birchfield Harriers	11.08
2 55 Tom Moakes	Notts AC	11.45
3 33 Gareth Hopkins	Cardiff AAC	11.46
4 44 Jonathan Cordin	Mansfield Harriers	11.46
5 77 Robert Scott	Team CDAV	11.80
6 66 David Hudson	Tamworth AC	12.06
7 88 Nathan Jones	West Wales	12.10
8 22 Ashley Bennet	Cannock & Staffs AC	12.52

Men's 200m A

	Perf	Record	Wind	AW
	Wind=	+0.0		
1 1 Robert Davis	Birchfield Harriers	21.86		þ
2 4 Sam Cordin	Mansfield Harriers	22.19		þ
3 5 Michael Warner	Notts AC	22.52		þ
4 3 Gareth Hopkins	Cardiff AAC	22.95		þ
5 6 Ben Horsley	Tamworth AC	23.32		
6 7 Andrew Szarkowski	Team CDAV	23.35		
7 2 Guy Mayer	Cannock & Staffs AC	23.36		
8 8 Jamie Price	West Wales	23.48		

Men's 200m B

	Perf	Wind
	Wind=	
1 11 Luke Lenon-Ford	Birchfield Harriers	22.31
2 33 Chris Howe	Cardiff AAC	22.67
3 55 Tom Moakes	Notts AC	22.85
4 44 Jonathan Cordin	Mansfield Harriers	23.50
5 22 Kieran Walsh	Cannock & Staffs AC	24.49
6 66 David Hudson	Tamworth AC	24.53
7 88 Nathan Jones	West Wales	24.77
8 77 Jordan Martin	Team CDAV	25.33

Men's 400m A

	Perf	Record	Wind	AW
1 5 Michael Warner	Notts AC	48.85		þ
2 4 Sam Cordin	Mansfield Harriers	49.12		þ
3 3 Tom Miller	Cardiff AAC	49.47		þ
4 6 Simon King	Tamworth AC	50.93		þ
5 1 Efe Okoro	Birchfield Harriers	51.71		
6 2 Kieran Walsh	Cannock & Staffs AC	53.99		
7 8 Rhodri Harris	West Wales	54.91		
8 7 Jordan Martin	Team CDAV	56.40		

Men's 400m B

	Perf	
1 33 Nathan Felvus	Cardiff AAC	49.91
2 88 Jonathan Butler	West Wales	49.97
3 11 Nicky Hardy	Birchfield Harriers	52.35
4 44 Richard Wooley	Mansfield Harriers	52.68
5 55 Jack Johnson	Notts AC	52.91
6 66 Chris Boden	Tamworth AC	53.68
7 22 Adam Smith	Cannock & Staffs AC	54.34
8 77 Robert Scott	Team CDAV	54.96

Men's 800m A

	Perf	Record	Wind	AW
1 1 Ben Sharman	Birchfield Harriers	01:58.23		þ
2 3 Declan Evans	Cardiff AAC	01:58.41		þ
3 4 James Mee	Mansfield Harriers	01:59.95		þ
4 6 Luke Roughley	Tamworth AC	02:00.72		
5 8 Chris Melborne	West Wales	02:01.87		
6 7 Mitchell Robinson	Team CDAV	02:03.35		
7 2 Ian McCan	Cannock & Staffs AC	02:06.77		
8 5 Joe Melor	Notts AC	02:10.91		

Men's 800m B

	Perf	
1 11 Jaryd Dunn	Birchfield Harriers	02:00.65
2 44 Michael Mumford	Mansfield Harriers	02:04.64
3 22 Hayden Carter	Cannock & Staffs AC	02:05.97
4 77 Jack Eliot	Team CDAV	02:06.85
5 66 Steve Harris	Tamworth AC	02:08.30
6 88 Geraint Mansfield	West Wales	02:10.08
7 33 Lewis Long	Cardiff AAC	02:27.59
8 55 Abdullah Nur	Notts AC	02:28.00

Men's 1500m A

	Perf	
1 4 James Mee	Mansfield Harriers	04:10.90
2 8 Adam Bitchell	West Wales	04:11.37
3 6 Simon King	Tamworth AC	04:14.69
4 3 Declan Evans	Cardiff AAC	04:24.55
5 7 Mitchell Robinson	Team CDAV	04:25.09
6 11 Jaryd Dunn	Birchfield Harriers	04:25.10
7 2 Hayden Carter	Cannock & Staffs AC	04:36.51
8 5 Joe Melor	Notts AC	04:44.44

Men's 1500m B

	Perf	
1 88 Nicki Morel	West Wales	04:13.75
2 44 Daniel Heathcote	Mansfield Harriers	04:15.24
3 1 Richard O'Donnell	Birchfield Harriers	04:27.62
4 66 Nathan Christian	Tamworth AC	05:05.00
5 33 Kyle Garrison	Cardiff AAC	05:42.41
6 55 Mat Madden	Notts AC	06:27.73
7 77 Mark Devergori	Team CDAV	06:29.08

Men's 2000m S/Chase A

	Perf	Record	Wind	AW
1 4 James Mee	Mansfield Harriers	06:30.07	LR	þ
2 1 Jonathn Goringe	Birchfield Harriers	06:33.97		þ
3 7 Jack Eliot	Team CDAV	06:47.34		þ
4 8 Geraint Mansfield	West Wales	07:06.91		þ
5 5 Jack Johnson	Notts AC	07:59.06		þ
6 6 Steve Harris	Tamworth AC	08:37.48		þ
7 33 Jamie Guteridge	Cardiff AAC	09:25.94		þ
8 22 Alex Pinner	Cannock & Staffs AC	10:05.83		

Men's 2000m S/Chase B

	Perf	
1 44 Daniel Heathcote	Mansfield Harriers	06:31.50
2 11 Leon Simpson	Birchfield Harriers	07:14.46
3 88 Matthew Thomas	West Wales	07:16.14
4 66 Luke Roughley	Tamworth AC	08:37.81
5 77 Tom Mitchell	Team CDAV	08:52.49
6 3 Lewis Newton	Cardiff AAC	09:26.01
7 2 Chad Barton	Cannock & Staffs AC	10:23.09

Midland Premier Match 4 - Swansea University

Sunday July 27th 2008

Men's 3000m A

	Perf	Record	Wind	AW		
1	8	Adam Bitchell	West Wales	08:42.59	LR	p
2	1	Richard O'Donnel	Birchfield Harriers	09:23.17		p
3	2	Philip Pugh	Cannock & Staffs AC	09:47.83		p
4	4	Craig Woods	Mansfield Harriers	10:02.09		p
5	5	Abdullah Nur	Notts AC	11:05.90		p
6	66	Steve Harris	Tamworth AC	12:04.36		p
7	77	Mark Devergori	Team CDAV	12:35.80		p
8	3	Kyle Garrison	Cardiff AAC	13:15.36		p

Men's 3000m B

	Perf	Wind		
1	11	Ben Sharman	Birchfield Harriers	09:52.91
2	88	Adam Marshall	West Wales	10:16.75
3	44	Michael Mumford	Mansfield Harriers	10:48.43
4	6	Matthew Wood	Tamworth AC	12:06.67
5	7	Jason Robinson	Team CDAV	15:23.90
6				
7				
8				

Men's 400m Hurdles A

1	5	Tom Moakes	Notts AC	55.65		p
2	3	Luke Morgan	Cardiff AAC	57.04		p
3	1	Leon Simpson	Birchfield Harriers	57.89		p
4	4	Adam Sansom	Mansfield Harriers	59.36		
5	2	Adam Smith	Cannock & Staffs AC	60.38		
6	8	Jamie Stedman	West Wales	63.50		
7	7	Nick Rowton	Team CDAV	66.78		
8						

Men's 400m Hurdles B

1	55	Tom Offler	Notts AC	55.94
2	33	Jamie Guteridge	Cardiff AAC	58.66
3	88	Chris Kilner	West Wales	62.82
4	44	Daniel Heathcote	Mansfield Harriers	63.10
5	11	Roger Gregory	Birchfield Harriers	63.21
6	77	Arran Smith	Team CDAV	64.32
7				
8				

Men's 110m Hurdles A

Wind= -0.7

	Perf	Record	Wind	AW		
1	1	Edirin Okoro	Birchfield Harriers	14.14	LR	p
2	8	Dafydd Walters	West Wales	15.04		p
3	5	Tom Offler	Notts AC	15.09		p
4	4	Alex Lloyd	Mansfield Harriers	18.91		
5	2	Adam Smith	Cannock & Staffs AC	19.76		
6	7	Nick Rowton	Team CDAV	20.72		
7						
8						

Men's 110m Hurdles B

Wind= +0.4

1	11	Curtis Holmes	Birchfield Harriers	14.95
2	55	Mat Madden	Notts AC	15.83
3	44	Jonathan Cordin	Mansfield Harriers	19.62
4				
5				
6				
7				
8				

Men's Hammer A

1	8	Ritchie Wells	West Wales	56.29		p
2	6	Alex Berow	Tamworth AC	52.05		p
3	3	Rhys Hodnett	Cardiff AAC	50.42		p
4	5	Dan Gilder	Notts AC	47.83		p
5	4	Richard Wooley	Mansfield Harriers	40.94		p
6	7	Jason Robinson	Team CDAV	40.77		p
7	2	Josh Tunicliffe	Cannock & Staffs AC	22.17		
8						

Men's Hammer B

1	33	Brett Morse	Cardiff AAC	49.28
2	88	James Dobler	West Wales	41.53
3	66	Ashley Smethan	Tamworth AC	29.83
4	55	Victor Ferdinando	Notts AC	26.94
5	77	Edward Muurbey	Team CDAV	22.34
6	22	Dan Timms	Cannock & Staffs AC	21.69
7	44	Mathew Cordon	Mansfield Harriers	16.85
8				

Men's Discus A

1	3	Brett Morse	Cardiff AAC	57.70		p
2	8	Ritchie Wells	West Wales	38.79		p
3	1	Reece Thomas	Birchfield Harriers	33.87		
4	5	Dan Gilder	Notts AC	30.04		
5	7	Jason Robinson	Team CDAV	30.01		
6	22	Dan Timms	Cannock & Staffs AC	28.29		
7	6	Alex Berow	Tamworth AC	27.02		
8	4	Alex Lloyd	Mansfield Harriers	19.30		

Men's Discus B

1	77	Nick Rowton	Team CDAV	29.04
2	88	Michael John	West Wales	28.79
3	2	Josh Tunicliffe	Cannock & Staffs AC	27.21
4	55	Victor Ferdinando	Notts AC	24.85
5	66	Chris Smith	Tamworth AC	23.03
6	33	Lewis Long	Cardiff AAC	20.98
7	44	Matthew Cordon	Mansfield Harriers	13.36
8				

Men's Javelin A

1	4	Richard Wooley	Mansfield Harriers	58.29		p
2	88	Michael John	West Wales	53.13		p
3	2	Chad Barton	Cannock & Staffs AC	51.37		p
4	66	Chri Smith	Tamworth AC	45.34		
5	5	Victor Ferdinando	Notts AC	41.16		
6	77	Jason Robinson	Team CDAV	39.41		
7	1	Edirin Okoro	Birchfield Harriers	37.85		
8	3	Lewis Newton	Cardiff AAC	29.98		

Men's Javelin B

1	8	Josh Madden	West Wales	52.26
2	22	Alex Pinner	Cannock & Staffs AC	36.94
3	6	Liam Wheeler	Tamworth AC	36.27
4	7	Edward Muurbey	Team CDAV	36.17
5	44	Jonathan Cordin	Mansfield Harriers	34.58
6	33	Kyle Garrison	Cardiff AAC	25.91
7	55	Matt Ashley	Notts AC	11.70
8				

Midland Premier Match 4 - Swansea University

Sunday July 27th 2008

Men's Shot Putt A

	Perf	Record	Wind	AW	
1	3	Brett Morse	Cardiff AAC	15.60	p
2	1	Reece Thomas	Birchfield Harriers	15.13	p
3	4	Richard Wooley	Mansfield Harriers	12.61	
4	8	Ritchie Wells	West Wales	12.09	
5	6	Alex Berow	Tamworth AC	11.92	
6	22	Dan Timms	Cannock & Staffs AC	11.53	
7	7	Jason Robinson	Team CDAV	11.45	
8	5	Dan Gilder	Notts AC	11.19	

Men's Shot Putt B

	Perf	Wind		
1	2	Josh Tunicliffe	Cannock & Staffs AC	10.35
2	77	Tom Kitchen	Team CDAV	9.69
3	11	Edirin Okoro	Birchfield Harriers	8.89
4	55	Mat Madden	Notts AC	8.31
5	66	Ashley Smethan	Tamworth AC	7.42
6	44	Matthew Cordon	Mansfield Harriers	7.41
7	88	Ellis Byrd	West Wales	6.72
8				

Men's Long Jump A

1	7	Robert Scott	Team CDAV	6.36
2	5	James Bains	Notts AC	6.26
3	3	Alex Obiako	Cardiff AAC	6.15
4	88	Jonathan James	West Wales	6.11
5	4	Adam Sansom	Mansfield Harriers	6.00
6	6	Nikita Shelyakin	Tamworth AC	5.83
7	2	Jamie Hammond	Cannock & Staffs AC	5.74
8	1	Jamal Nesbitt	Birchfield Harriers	5.54

Men's Long Jump B

1	33	Jack Tugwel	Cardiff AAC	5.87
2	44	Tom Bell	Mansfield Harriers	5.74
3	77	Tom Kitchen	Team CDAV	5.57
4	22	Ashley Bennet	Cannock & Staffs AC	5.53
5	8	Robert John	West Wales	5.51
6	66	Luke Roughley	Tamworth AC	4.92
7				
8				

Men's Triple Jump A

1	3	Alex Obiako	Cardiff AAC	14.15	p
2	4	Tom Bell	Mansfield Harriers	13.20	p
3	11	Jose Fullerton	Birchfield Harriers	13.14	p
4	8	Dafydd Williams	West Wales	12.58	
5	66	Nikita Shelyakin	Tamworth AC	11.96	
6	7	Arran Smith	Team CDAV	11.81	
7	5	Jack Johnson	Notts AC	11.76	
8	2	Jamie Hammond	Cannock & Staffs AC	11.46	

Men's Triple Jump B

1	1	Jamal Nesbitt	Birchfield Harriers	12.50
2	55	James Bains	Notts AC	11.56
3	44	Adam Sansom	Mansfield Harriers	11.50
4	88	Jamie Stedman	West Wales	11.42
5	6	Ben Horsley	Tamworth AC	11.33
6	77	Tom Mitchell	Team CDAV	11.01
7	22	Ashley Bennet	Cannock & Staffs AC	10.93
8				

Men's High Jump A

1	5	Matt Ashley	Notts AC	1.90	p
2	33	Dominic Tucker	Cardiff AAC	1.85	
3	1	Phinehas Stewart	Birchfield Harriers	1.85	
4	8	Ben Davies	West Wales	1.75	
5	4	Alex Lloyd	Mansfield Harriers	1.70	
6	66	Jordan Roach	Tamworth AC	1.70	
7	7	Arran Smith	Team CDAV	1.65	

Men's High Jump B

1	3	Lewis Long	Cardiff AAC	1.80
2	88	Robbie Wells	West Wales	1.75
3	77	Tom Mitchell	Team CDAV	1.65
4=	6	Nikita Shelyakin	Tamworth AC	1.50
4=	55	Tom Ofler	Notts AC	1.50
6	44	James Mee	Mansfield Harriers	1.50

Men's Pole Vault A

1	7	Edward Muurbey	Team CDAV	4.65	p
2	1	Ben Williams	Birchfield Harriers	3.00	
3	5	Mat Madden	Notts AC	3.00	
4	4	Matthew Cordon	Mansfield Harriers	2.20	

Men's Pole Vault B

1	77	Daniel Passey	Team CDAV	4.00
2	44	James Mee	Mansfield Harriers	2.00

Men's 4x100m Relay

1	1	Birchfield Harriers	Edirin Okoro	Luke Lenon-Ford	Antoe Walters	Robert Davis	43.20
2	5	Notts AC	Michael Warner	James Bains	Tom Moakes	Tom Ofler	43.94
3	3	Cardiff AAC	Tom Miller	Gareth Hopkins	Chris Howe	Alex Obiako	44.63
4	4	Mansfield Harriers	Alex Lloyd	Jonathan Cordin	Tom Bell	Sam Cordin	46.05
5	8	West Wales	Robbie Wells	Nathan Jones	Ben Davies	Jamie Price	46.67
6	6	Tamworth AC	Nikita Shelyakin	Ben Horsley	David Hudson	Chris Boden	47.52
7	7	Team CDAV	Robert Scott	Edward Muurbey	Jordan Martin	Arran Smith	47.75
8	2	Cannock & Staffs AC	Philip Pugh	Kieran Walsh	Chad Barton	Guy Mayer	50.48

Midland Premier Match 4 - Swansea University

Sunday July 27th 2008

Men's 4x400m Relay

	Perf	Record	Wind	AW		Perf	Wind
1	1	Birchfield Harriers	Efe Okoro	Jordan McGrath	Luke Lenon-Ford	Robert Davis	03:17.10
2	5	Notts AC	Michael Warner	Tom Offler	Tom Moakes	James Bains	03:26.63
3	4	Mansfield Harriers	Adam Sansom	Michael Mumford	Richard Wooley	Sam Cordin	03:30.63
4	3	Cardiff AAC	Nathan Felvus	Luke Morgan	Declan Evans	Gareth Hopkins	03:30.67
5	8	West Wales	Rhodri Harris	Jonathan Butler	Jamie Stedman	Dafydd Williams	03:34.70
6	7	Team CDAV	Andrew Szarkowski	Mitchell Robinson	Edward Muurbey	Nick Rowton	03:39.19
7	2	Cannock & Staffs AC	Adam Smith	Ian McCan	Guy Mayer	Kieran Walsh	03:40.90
8	6	Tamworth AC	Simon King	Luke Roughley	Ben Horsley	Chris Boden	03:49.44

MATCH RESULT			STANDINGS				
	League Points	Match		League Points	Match		
1	BIR	8	488.0	1	BIR	31	1931.0
2	WWA	7	477.0	2	WWA	22	1774.0
3	CDF	6	443.5	3	MNS	22	1712.8
4	CDA	5	441.5	4	C&S	19	1566.3
5	MNS	4	428.0	5	NOT	16	1657.8
6	NOT	3	419.5	6	CDF	15	1564.5
7	C&S	2	282.0	7	CDA	14	1548.3
8	TWT	1	230.5	8	TWT	5	1134.5

Men's 100m Non Scoring

Wind= +0.6

1	473	Ryan Farrington	Birchfield	11.32
2	478	Jonathan Kay	Birchfield	11.49
3	465	Omar Hutchinson	Birchfield	11.55
4	475	Alfred Harvey	Birchfield	11.75
5				
6				
7				
8				

Men's 200m Non Scoring

Wind= +0.4

1	480	Tom Miller	Cardif	22.67
2	465	Omar Hutchinson	Birchfield	23.56
3	268	Phinehas Stewart	Birchfield	23.80
4	475	Alfred Harbi	Birchfield	24.07
5	245	Ellis Byrd	West Wales	24.13
6				
7				
8				

Men's High Jump non-scoring

1	467	Christian Thomas	West Wales	1.65
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Men's Javelin non-scoring

102	Jon Llewelyn	West Wales	44.36
461	Nathan Christianson	Tamworth	18.21

Men's 1500m non scoring

489	Mathew Richards	West Wales	04:33.80
49	Daniel Ward	Mansfield	05:24.54

Men's 110m Hurdles non scoring

476	Orie Lawrence	Birchfield	15.14	0.4
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Men's Triple Jump non scoring

1	110	Chad Barton	Cannock & Staffs	11.23
2	112	Robert John	West Wales	10.60

Men's 2000m S/Ch non scoring

469	Jordan Raoch	Tamworth	09:56.15
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Sunday July 27th 2008

Women's 100m A

				Perf	Recor	Wind	AW
				Wind=	+0.0		
1	3	Zara George	Cardiff AAC	12.36			⊖
2	8	Sarah Pole	West Wales	12.84			⊖
3	5	Felicia Anderson	Notts AC	12.90			⊖
4	7	Abbie Langley	Team CDAV	13.06			
5	6	Sophie Taylor	Tamworth AC	13.08			
6	1	Kimi Moncrief	Birchfield Harriers	13.20			
7	2	Hannah Greaves	Cannock & Staffs AC	13.54			
8	4	Claire Beaumont	Mansfield Harriers	14.18			

Women's 100m B

				Perf	Wind	AW
				Wind=		
1	11	Lillie Greg	Birchfield Harriers	12.83		⊖
2	33	Hanah Williams	Cardiff AAC	12.91		⊖
3	22	Isabel Rogers	Cannock & Staffs AC	13.06		
4	77	Jodie Wills	Team CDAV	13.14		
5	88	Sarah Evans	West Wales	13.21		
6	55	Emma Hourd	Notts AC	13.42		
7	66	Samantha Storey	Tamworth AC	14.04		
8	44	Holly Blount	Mansfield Harriers	14.43		

Women's 200m A

				Perf	Recor	Wind	AW
				Wind=	+0.9		
1	1	Ese Okoro	Birchfield Harriers	25.62			⊖
2	3	Samantha Cogan	Cardiff AAC	25.94			⊖
3	8	Sarah Pole	West Wales	25.99			⊖
4	6	Sophie Taylor	Tamworth AC	26.69			⊖
5	4	Laura Bennett	Mansfield Harriers	26.86			⊖
6	2	Hannah Greaves	Cannock & Staffs AC	26.91			⊖
7	5	Emma Hourd	Notts AC	27.25			
8	7	Louise Feeney	Team CDAV	27.40			

Women's 200m B

				Perf	Wind	AW
				Wind=	+0.3	
1	55	Hannah Stevenson	Notts AC	26.65		⊖
2	11	Karine Jakovenko	Birchfield Harriers	26.92		⊖
3	77	Jodie Wills	Team CDAV	27.43		
4	33	Danielle Mill	Cardiff AAC	27.61		
5	44	Amy Porter	Mansfield Harriers	28.57		
6	22	Rachel Atherton	Cannock & Staffs AC	28.71		
7	66	Keely Thorne	Tamworth AC	29.89		
8	88	Catrin Phillips	West Wales	31.13		

Women's 400m A

				Perf	Recor	Wind	AW
1	1	Ejiro Okoro	Birchfield Harriers	55.42			⊖
2	5	Laura Mason	Notts AC	57.26			⊖
3	2	Natalie Ainge	Cannock & Staffs AC	62.25			
4	4	Jodie Bestwick	Mansfield Harriers	63.50			
5	8	Kayleigh Brown	West Wales	64.50			
6	3	Gwen Williams	Cardiff AAC	65.00			
7	7	Abbie Langley	Team CDAV	66.00			
8							

Women's 400m B

				Perf	Wind	AW
1	55	Hannah Stevenson	Notts AC	60.19		⊖
2	11	Sophie Clarke	Birchfield Harriers	61.75		⊖
3	44	Emily Reeve	Mansfield Harriers	64.30		
4	77	Jodie Wills	Team CDAV	65.91		
5	22	Hollie Alan	Cannock & Staffs AC	67.90		
6	88	Catrin Phillips	West Wales	78.72		
7						
8						

Women's 800m A

				Perf	Recor	Wind	AW
1	7	Alexandra Turner	Team CDAV	02:14.88			⊖
2	1	Sarah Hopcroft	Birchfield Harriers	02:16.72			⊖
3	3	Lauren Regan	Cardiff AAC	02:18.16			⊖
4	4	Amie Grainger	Mansfield Harriers	02:19.48			⊖
5	2	Rachel Atherton	Cannock & Staffs AC	02:19.81			⊖
6	8	Kayleigh Brown	West Wales	02:26.39			
7	5	Kristi Clarke	Notts AC	02:37.73			
8							

Women's 800m B

				Perf	Wind	AW
1	11	Hanifah Greenwod	Birchfield Harriers	02:22.02		⊖
2	77	Lori Marshall	Team CDAV	02:24.80		⊖
3	88	Nia Williams	West Wales	02:32.15		
4	22	Beth Clarke	Cannock & Staffs AC	02:33.98		
5	44	Amy Porter	Mansfield Harriers	03:02.83		
6						
7						
8						

Women's 1500m A

				Perf	Recor	Wind	AW
1	7	Tamara Armoush	Team CDAV	04:41.81			⊖
2	1	Hayley Munn	Birchfield Harriers	04:45.52			⊖
3	8	Alaw Beynon-Thomas	West Wales	04:53.02			⊖
4	3	Gwenno Brown	Cardiff AAC	04:54.56			⊖
5	5	Kristi Clarke	Notts AC	05:21.09			
6	4	Emily Reeve	Mansfield Harriers	05:34.84			
7	2	Beth Clarke	Cannock & Staffs AC	05:49.33			
8							

Women's 1500m B

				Perf	Wind	AW
1	77	Lori Marshall	Team CDAV	04:59.82		⊖
2	33	Ceri Ann Santos	Cardiff AAC	05:08.69		
3	88	Kelly Roberts	West Wales	05:43.62		
4	44	Jodie Bestwick	Mansfield Harriers	05:51.86		
5						
6						
7						
8						

Women's 1500m S/Chase A

				Perf	Recor	Wind	AW
1	77	Tamara Armoush	Team CDAV	05:25.69	LR		⊖
2	4	Amie Grainger	Mansfield Harriers	05:26.18			⊖
3	3	Lauren Regan	Cardiff AAC	06:07.44			⊖
4	1	Megan Jacobs	Birchfield Harriers	06:21.72			⊖
5	5	Laura Clarke	Notts AC	07:10.40			⊖
6							
7							
8							

Women's 1500m S/Chase I

				Perf	Wind	AW
1	7	Alexandra Turner	Team CDAV	05:45.92		⊖
2	44	Holly Blount	Mansfield Harriers	06:41.23		⊖
3	33	Abbey Guteridge	Cardiff AAC	07:00.60		⊖
4						
5						
6						
7						
8						

Midland Premier Match 4 - Swansea University

Sunday July 27th 2008

Women's 3000m A

	Perf	Record	Wind	AW
1	8	Emily Downey	West Wales	11:31.13
2	77	Hannah Pretty	Team CDAV	12:29.87
3	4	Jodie Bestwick	Mansfield Harriers	13:01.46
4	6	Laura Lewis	Tamworth AC	14:22.34
5				
6				
7				
8				

Women's 3000m B

	Perf	Wind	AW	
1	7	Leila Armoush	Team CDAV	12:39.24
2	44	Holly Blount	Mansfield Harriers	13:19.92
3				
4				
5				
6				
7				
8				

Women's 400m Hurdles A

1	7	Emma Komocki	Team CDAV	67.13	p
2	8	Megan Thomas	West Wales	68.65	p
3	5	Lucy Johnson	Notts AC	71.66	
4	4	Emily Reeve	Mansfield Harriers	74.03	
5	3	Abbey Guteridge	Cardiff AAC	76.09	
6					
7					
8					

Women's 400m Hurdles B

1	77	Louise Feeney	Team CDAV	69.34	p
2	55	Beth Dawson	Notts AC	76.32	
3	44	Jodie Bestwick	Mansfield Harriers	85.29	
4					
5					
6					
7					
8					

Women's 100m Hurdles A

	Wind=	+0.3			
1	1	Ese Okoro	Birchfield Harriers	15.45	p
2	4	Laura Bennett	Mansfield Harriers	15.70	p
	7	Louise Feeney	Team CDAV	16.13	p
4	8	Megan Thomas	West Wales	17.08	
5	5	Lucy Johnson	Notts AC	17.12	
6					
7					
8					

Women's 100m Hurdles B

	Wind=	+0.0			
1	55	Laura Clarke	Notts AC	17.14	
2	77	Alexandra Turner	Team CDAV	19.71	
3	44	Natalie Buterworth	Mansfield Harriers	19.95	
4					
5					
6					
7					
8					

Women's Hammer A

1	1	Hayley Muray	Birchfield Harriers	51.73	p
2	8	Toni Wels	West Wales	41.54	p
3	3	Ayla Phillips	Cardiff AAC	34.83	p
4	7	Sian Pentin	Team CDAV	28.26	
5	6	Saly Warren	Tamworth AC	27.64	
6	5	Rebecca Johnson	Notts AC	23.38	
7	2	Alicia Clarke	Cannock & Staffs AC	14.59	
8					

Women's Hammer B

1	88	Jessica Huddleston	West Wales	21.23	
2	33	Natalie Stone	Cardiff AAC	18.58	
3	11	Monique Brown	Birchfield Harriers	18.51	
4	55	Rosa Spencer Tansley	Notts AC	16.98	
5	22	Hannah Greaves	Cannock & Staffs AC	5.57	
6	77	Rachel Breheney	Team CDAV	4.34	
7					
8					

Women's Discus A

1	8	Toni Wels	West Wales	32.90	p
2	5	Rebecca Johnson	Notts AC	25.18	
3	1	Hayley Muray	Birchfield Harriers	20.16	
4	4	Laura Bennett	Mansfield Harriers	17.05	
5	7	Sian Pentin	Team CDAV	16.16	
6	2	Alicia Clarke	Cannock & Staffs AC	15.18	
7	3	Natalie Stone	Cardiff AAC	14.67	
8					

Women's Discus B

1	88	Jessica Huddleston	West Wales	28.24	
2	33	Imogen Lewis	Cardiff AAC	14.64	
3	55	Beth Dawson	Notts AC	13.71	
4	77	Rachel Breheney	Team CDAV	13.31	
5	22	Beth Clarke	Cannock & Staffs AC	13.24	
6	44	Claire Beaumont	Mansfield Harriers	12.58	
7					
8					

Women's Javelin A

1	8	Mary Wilson	West Wales	33.09	p
2	3	Natalie Stone	Cardiff AAC	28.60	
3	2	Hannah Jones	Cannock & Staffs AC	22.63	
4	5	Laura Clarke	Notts AC	21.75	
5	7	Chloe Smith	Team CDAV	21.75	
6	1	Chiquina Giden	Birchfield Harriers	21.60	
7	4	Jodie Bestwick	Mansfield Harriers	9.43	
8					

Women's Javelin B

1	88	Ceri Jenkins	West Wales	27.26	
2	55	Rosa Spencer Tansley	Notts AC	20.99	
3	33	Ayla Phillips	Cardiff AAC	19.25	
4	11	Sam Jackson	Birchfield Harriers	14.55	
5	77	Rachel Breheney	Team CDAV	10.09	
6	44	Amie Grainger	Mansfield Harriers	7.83	
7	22	Rachel Atherton	Cannock & Staffs AC	7.80	
8					

Midland Premier Match 4 - Swansea University

Sunday July 27th 2008

Women's Shot Putt A

	Perf	Record	Wind	AW
1	8	Toni Wels	West Wales	9.43
2	3	Ayla Phillips	Cardiff AAC	8.92
3	4	Laura Bennett	Mansfield Harriers	8.65
4	1	Chiquina Giden	Birchfield Harriers	8.12
5	7	Chloe Smith	Team CDAV	7.85
6	5	Rebecca Johnson	Notts AC	7.55
7	2	Alicia Clarke	Cannock & Staffs AC	6.99
8	6	Sally Warren	Tamworth AC	5.69

Women's Shot Putt B

	Perf	Wind	AW	
1	88	Jessica Huddleston	West Wales	8.02
2	33	Natalie Stone	Cardiff AAC	7.20
3	22	Natalie Ainge	Cannock & Staffs AC	6.88
4	55	Lucy Johnson	Notts AC	6.75
5	11	Monique Brown	Birchfield Harriers	6.30
6	44	Amy Porter	Mansfield Harriers	6.22
7	77	Sian Pentin	Team CDAV	5.95
8				

Women's Long Jump A

	Perf	Record	Wind	AW	
1	11	Karine Jakovenko	Birchfield Harriers	5.34	p
2	2	Isabel Rogers	Cannock & Staffs AC	5.23	p
3	8	Donna Jones	West Wales	4.93	
4	33	Jessica Abraham	Cardiff AAC	4.76	
5	7	Sara Tomlinson	Team CDAV	4.73	
6	4	Laura Bennett	Mansfield Harriers	4.67	
7	5	Laura Clarke	Notts AC	4.18	
8					

Women's Long Jump B

	Perf	Wind	AW		
1	1	Jenneice Birmingham	Birchfield Harriers	5.27	p
2	88	Sian Jones	West Wales	4.76	
3	77	Chloe Smith	Team CDAV	4.62	
4	3	Hannah Williams	Cardiff AAC	4.40	
5	44	Natalie Buterworth	Mansfield Harriers	4.22	
6	55	Kristi Clarke	Notts AC	3.68	
7	22	Hollie Alan	Cannock & Staffs AC	2.58	
8					

Women's Triple Jump A

	Perf	Record	Wind	AW	
1	1	Jenneice Birmingham	Birchfield Harriers	10.88	p
2	77	Natasha Ilingworth	Team CDAV	10.65	p
3	8	Donna Jones	West Wales	10.17	p
4	22	Natalie Ainge	Cannock & Staffs AC	10.16	p
5	3	Hannah Williams	Cardiff AAC	9.51	
6	5	Felicia Anderson	Notts AC	9.37	
7	4	Claire Beaumont	Mansfield Harriers	7.83	
8	6	Samantha Storey	Tamworth AC	7.36	

Women's Triple Jump B

	Perf	Wind	AW		
1	11	Shalayna Hutchnson	Birchfield Harriers	10.10	p
2	2	Isabel Rogers	Cannock & Staffs AC	9.89	
3	7	Sara Tomlinson	Team CDAV	9.60	
4	88	Sian Jones	West Wales	9.44	
5	55	Rosa Spencer Tansley	Notts AC	8.42	
6	33	Danielle Mill	Cardiff AAC	7.57	
7					
8					

Women's High Jump A

	Perf	Record	Wind	AW	
1	1	Zoey Phillips	Birchfield Harriers	1.65	p
2=	3	Imogen Lewis	Cardiff AAC	1.55	p
2=	7	Natasha Ilingworth	Team CDAV	1.55	p
4	8	Katie Thomas	West Wales	1.50	
5	5	Laura Mason	Notts AC	1.45	
6	4	Natalie Buterworth	Mansfield Harriers	1.30	

Women's High Jump B

	Perf	Wind	AW		
1	11	Laura Wynn	Birchfield Harriers	1.55	p
2	33	Gwen Williams	Cardiff AAC	1.50	

Women's Pole Vault A

	Perf	Record	Wind	AW	
1	3	Jessica Abraham	Cardiff AAC	3.50	p
2	88	Naomi James	West Wales	3.20	p
3	5	Beth Dawson	Notts AC	2.10	
4	7	Natasha Ilingworth	Team CDAV	2.00	

Women's Pole Vault B

	Perf	Wind	AW		
1	33	Hannah Abraham	Cardiff AAC	3.50	p
2	8	Rhian Jones	West Wales	3.00	p

Women's 4x100m Relay

	Perf	Record	Wind	AW			
1	5	Notts AC	Hannah Stevenson Felicia Anderson	Emma Hourd	Laura Mason	49.79	p
2	3	Cardiff AAC	Samantha Cogan Danielle Mill	Hannah Williams	Zara George	49.84	p
3	1	Birchfield Harriers	Nardhia Kid-Walker Kimeal Moncrief	Kimi Moncrief	Lillie Greg	50.39	p
4	7	Team CDAV	Louise Feeney Emma Komocki	Abbie Langley	Jodie Wills	51.37	p
5	8	West Wales	Sian Jones Sarah Pole	Catrin Phillips	Katie Thomas	51.79	p
6	6	Tamworth AC	Sophie Taylor Keely Thorne	Samantha Storey	Sally Warren	55.37	
7	2	Cannock & Staffs AC	Hannah Greaves Holie Allan	Isabel Rogers	Beth Clarke	55.60	
8							

Midland Premier Match 4 - Swansea University

Sunday July 27th 2008

Women's 4x400m Relay

	Perf	Record	Wind	AW		Perf	Wind	AW	
1	1	Birchfield Harriers	Ejoro Okoro	Ese Okoro	Sophie Clarke	Hanifah Greenwood	03:05.40		b
2	7	Team CDAV	Louise Feeney	Tamara Armoush	Alexandra Turner	Emma Komocki	04:14.78		b
3	2	Cannock & Staffs AC	Holie Alen	Rachel Atherton	Hannah Greaves	Natalie Ainge	04:16.86		
4	8	West Wales	Megan Thomas	Nia Williams	Alaw Beynon-Thomas	Kayleigh Brown	04:18.29		
5	5	Notts AC	Laura Mason	Emma Hourd	Beth Dawson	Kristi Clarke	04:18.25	X	
6	3	Cardiff AAC	Lauren Regan	Gwen Williams	Imogen Lewis	Gwenno Brown	04:19.35		
7	4	Mansfield Harriers	Emily Reeve	Claire Beaumont	Natalie Buterworth	Amie Grainger	04:24.21		
8	6	Tamworth AC	Sophie Taylor	Samantha Storey	Keely Thorne	Laura Lewis	04:44.96		

Women's 100m Non Scoring

Wind=

1	475	Catrin Philips	West Wales	13.50
2				

Women's 100m Non Scoring

Wind=

1				
2				

Women's Long Jump non scoring

481 Shalyana Hutchinson Birchfield 4.88

Women's Hammer non scoring

436 Nicole Evans West Wales 20.33

Women's Discus non scoring

436 Nicole Evans West Wales 26.36

Women's 1500m S/Ch non scoring

1	490	Lowri Marshal	CDAV	05:49.69
2	488	Hannah Pretty	CDAV	06:50.02
3	491	Leila Armoush	CDAV	06:58.52

Women's Pole Vault non scoring

1 Emma Jones West Wales 3.10