

NJL Midland Premier Div Round:3
Berry Hill, Mansfield, Sun 14 June 2009

M 100m A

1	Antoe Walters	BIR	10.9
2	Chris Howe	CDF	11.4
3	Paul Bennett	U17 WWA	11.4
4	Tom Wilson	NOT	11.5
5	Marcel Hodge	CHW	11.6
6	Adam Sansom	MNS	11.7
7	Matthew Wilson	TCD	11.7
8	Andrew Shortland	U17 C&S	12.3

M 100m B

1	Abdillah Nassir	CHW	11.5
2	Lewis Summer-Rell	NOT	11.7
3	Sam Hampton	BIR	11.8
4	Tom White	CDF	12.0
5	Robert Scott	TCD	12.0
6	Ellis Byrd	WWA	12.3
7	Alex Lloyd	MNS	12.3
8	Talent Gukwe	C&S	12.6

M 200m A

1	Phineas Stewart	BIR	22.6
2	Michael Warner	NOT	22.7
3	Tom Knight	CDF	22.8
4	Marcel Hodge	CHW	23.5
5	Arran Smith	TCD	23.6
6	David Lagerberg	U17 MNS	23.8
7	Ellis Byad	WWA	24.7
8	Jamie Graham	C&S	26.2

M 200m B

1	Tom Wilson	NOT	22.9
2	Abi Richards	BIR	23.1
3	Jonathan Cordin	MNS	23.8
4	Jamie Gutteridge	CDF	24.3
5	Nathan Mackenzie	TCD	24.4
6	Scott Douglas	U17 CHW	24.5
7	Andrew Shortland	U17 C&S	24.8
8	Chris Davies	U17 WWA	25.3

M 400m A

1	Michael Warner	NOT	48.6
2	Tom Hinton	BIR	49.4
3	Philip Berners	U17 CHW	50.4
4	Paul Bennett	U17 WWA	50.8
5	David Lagerberg	U17 MNS	51.4
6	Andrew Szarkowski	TCD	51.5
7	Jamie Graham	C&S	56.4
8	Luke Morgan	CDF	58.3

M 400m B

1	James Baines	NOT	49.4
2	Abdillah Nassir	CHW	49.6
3	Efe Okoro	BIR	49.7
4	Alex Lloyd	MNS	53.0
5	Adam Smith	C&S	54.6
6	David Hill	WWA	54.9
7	Lewis Long	CDF	58.4
8	Dean Bower	U17 TCD	59.0

M 800m A

1	Sam Evans	C&S	1.53.3
2	Jarryd Dunn	BIR	1.57.4
3	Konstantinos Karras	CDF	2.01.1
4	Ryan Childs	U17 MNS	2.05.3
5	Michael Brind	CHW	2.09.2
6	Antonio Cirillo	WWA	2.09.3
7	Michael Bosworth	U17 TCD	2.15.4
8	Lewis Bostock	NOT	DNF

M 800m B

1	Nick Hardy	BIR	2.03.8
2	Andrew Warburton	NOT	2.05.7
3	Ashley Wickett	U17 C&S	2.08.3
4	Matthew Rimmington	U17 TCD	2.10.4
5	Stefano Falsini	U17 CDF	2.10.6
6	Will Stone	U17 MNS	2.11.5
7	Chris Driscoll	WWA	2.27.3

M 1500m A

1	Chris Harvey	C&S	4.01.7
2	Adam Cotton	BIR	4.02.5
3	Tom Collins	U17 NOT	4.12.2
4	James Selvey	U17 TCD	4.17.9
5	Daniel Winter	MNS	4.24.4
6	Scott Baxter	CHW	4.25.7
7	Darren Jones	U17 CDF	4.33.1
8	Antonio Cirillo	WWA	4.35.3

M 1500m B

1	James Perrin	U17 C&S	4.21.8
2	George Buttery	CHW	4.27.1
3	Dan Liseman	BIR	4.31.8
4	Joseff Whitmarshknight	U17 CDF	4.33.7
5	Richie Talbot	MNS	4.34.1
6	Chris Dale	TCD	4.36.4

M 3000m A

1	Blayne Pick	NOT	9.17.7
2	Scott Baxter	CHW	9.32.2
3	Chris Perrin	U17 C&S	9.38.6
4	Luke Marshall	MNS	9.45.3
5	Tom Whitmarsh-Knight	CDF	9.52.9
6	Leon Simpson	BIR	10.32.7

M 3000m B

1	Philip Pugh	U17 C&S	9.44.3
2	Jake Harrison	CHW	9.53.5
3	Richie Talbot	MNS	10.16.0
4	Kyle Garrison	CDF	12.16.9

M 110mH A

1	Orie Lawrence	BIR	14.5
2	James Hardy	MNS	14.8
3	Tom Moakes	NOT	15.3
4	Sam Stone	TCD	15.3

M 110mH B

1	Michael Feeney	TCD	15.7
2	Leon Simpson	BIR	16.8
3	Fraser Kesteven	NOT	21.8
4	Gary Piazzon	WWA	24.3

5 Richard Adiyia	U17 CHW	18.3	5 Daniel Ward	MNS	28.9
6 Adam Smith	C&S	19.5			
7 Jordon Brock	WWA	19.8			
M 400mH A			M 400mH B		
1 Tom Moakes	NOT	55.4	1 Jamie Gutteridge	CDF	59.1
2 Luke Morgan	CDF	56.3	2 Jake Domingo	U17 CHW	61.1
3 Adam Sansom	MNS	56.5	3 Roger Gregory	U17 BIR	61.4
4 Leon Simpson	BIR	58.7	4 Shane Jones	U17 WWA	70.1
5 Richard Adiyia	U17 CHW	60.3	5 Lewis Golledge	U17 NOT	71.8
6 Adam Smith	C&S	61.3	6 Mark Devergori	U17 TCD	74.3
7 Nick Rowton	TCD	62.9	7 Daniel Ward	MNS	83.2
8 Jordon Brock	WWA	64.6			
M 2000m Sc A			M 2000m Sc B		
1 Jonny Goringe	BIR	6.09.4	1 Dougie Musson	U17 NOT	7.08.0
2 Paul Thompson	NOT	6.37.4	2 Chris Perrin	U17 C&S	7.32.1
3 Daniel Winter	MNS	7.01.8	3 Daniel Ward	MNS	8.00.2
4 Chris Driscoll	WWA	7.16.0	4 Leon Simpson	BIR	8.06.5
5 Philip Pugh	U17 C&S	7.27.1	5 Stefano Falsini	U17 CDF	8.08.2
6 Darren Jones	U17 CDF	7.45.9	6 Mark Devergori	U17 TCD	10.08.8
7 Matthew Kirkland	U17 TCD	10.08.2			
M Discus Throw A			M Discus Throw B		
1 Tom Pearson	CHW	39.62	1 Dan Millerchip	C&S	32.41
2 Dan Timmis	C&S	38.64	2 Nick Rowton	TCD	27.74
3 Tom Edwards	WWA	38.53	3 Adam Rubery	U17 CHW	22.28
4 Daniel Burdett	TCD	32.76	4 Rowan Franks	U17 MNS	21.43
5 Hayden Richards	U17 MNS	21.60	5 Leon Simpson	BIR	16.16
6 Lewis Long	CDF	20.00	6 Kyle Garrison	CDF	15.62
7 Jite Okoro	BIR	19.38	7 Adam Soar	U17 WWA	14.77
8 Adam Lyons	NOT	17.45	8 Abdirahman Mohammed	NOT	13.01
M Hammer Throw A			M Hammer Throw B		
1 Tim Williams	BIR	56.44	1 Michael Tommney	BIR	52.34
2 Tom Pearson	CHW	47.92	2 Jack Preece	U17 TCD	26.67
3 Hayden Richards	U17 MNS	38.65	3 Dan Timmis	C&S	22.29
4 Daniel Burdett	TCD	37.09	4 Adam Rubery	U17 CHW	16.49
5 Dan Millerchip	C&S	27.36	5 Daniel Ward	MNS	15.21
6 Kyle Garrison	CDF	14.34	6 Tom Lyons	U17 NOT	6.39
7 Thomas Moakes	NOT	10.25	7 Tom White	CDF	4.70
8 Gary Piazzon	WWA	6.37			
M High Jump A			M High Jump B		
1 Phineas Stewart	BIR	2.06	1 Onajite Okoro	BIR	2.06
2 Romeo Sithole	CHW	1.95	2 Robby Wells	WWA	1.85
3 Adam Davies	U17 WWA	1.85	3 Ryan Bailey	CHW	1.75
4 Matt Madden	NOT	1.80	4 Scott Rose	U17 MNS	1.60
5 Arran Smith	TCD	1.65	5 Adam Lyons	NOT	1.60
6 Alex Lloyd	MNS	1.65	6 Matthew Kirkland	U17 TCD	1.55
7 Chad Barton	C&S	1.60	7 Dan Timmis	C&S	1.50
8 Lewis Newton	U17 CDF	1.50			
M Javelin Throw A			M Javelin Throw B		
1 Chad Barton	C&S	56.33	1 Greg Millar	MNS	48.96
2 Daniel Martin	MNS	51.82	2 Scott Douglas	U17 CHW	38.35
3 Paul Bennett	U17 WWA	41.55	3 Nick Rowton	TCD	36.15
4 Daniel Burdett	TCD	41.18	4 Dan Millerchip	C&S	36.11
5 Adam Rubery	CHW	38.80	5 Robby Wells	WWA	33.86
6 Hamish Cosgrove	BIR	37.42	6 Ben Williams	BIR	25.00
7 Adam Lyons	NOT	35.38	7 Lewis Newton	U17 CDF	23.82
8 Kyle Garrison	CDF	30.21			
M Long Jump A			M Long Jump B		
1 Matt Madden	NOT	6.61	1 Fraser Kesteven	NOT	6.21
2 Adam Sansom	MNS	6.40	2 Richard Adiyia	U17 CHW	5.88

3 Robby Wells	WWA 6.37	3 Rowland Carter	U17 TCD 5.87
4 Robert Scott	TCD 6.28	4 Rob John	WWA 5.85
5 Jamie Hammond	C&S 6.28	5 Andrew Shortland	U17 C&S 5.78
6 Tom Lilley	U17 CHW 5.99	6 Alex Lloyd	MNS 5.62
7 Efe Okoro	BIR 5.56	7 Jacob McCausland	U17 BIR 5.54
8 Chris Howe	CDF 5.19	8 Darren Jones	U17 CDF 4.54

M Pole Vault A		M Pole Vault B	
1 Daniel Passey	TCD 4.00	1 Edward Moorbey	TCD 4.00
2 Lewis Newton	U17 CDF 4.00	2 Tom Lyons	U17 NOT 3.05
3 Adam Lyons	NOT 3.50	3 Greg Millar	U17 MNS 2.30
4 Ben Williams	BIR 2.90		
5 Conor McHale	U17 MNS 2.90		
6 Morgan Atkins	U17 WWA 2.90		

M Shot Putt A		M Shot Putt B	
1 Tom Edwards	WWA 14.71	1 Dan Millerchip	C&S 11.18
2 Dan Timmis	C&S 11.83	2 Tom Kitchen	TCD 11.04
3 Tom Pearson	CHW 11.60	3 Adam Soar	U17 WWA 10.58
4 Jack Preece	U17 TCD 11.56	4 Adam Rubery	U17 CHW 8.89
5 Michael Tommey	BIR 10.12	5 James Hardy	MNS 7.35
6 Grant Ward	U17 NOT 9.08	6 Onajite Okoro	BIR 6.58
7 Ryan Childs	U17 MNS 8.52	7 Abdiraham Mohammed	NOT 6.46
8 Lewis Long	CDF 8.21	8 Tom White	CDF 4.94

M Triple Jump A		M Triple Jump B	
1 Matt Madden	NOT 13.29	1 Fraser Kesteven	NOT 12.38
2 Mitchel Kirby	BIR 12.91	2 Tom Lilley	U17 CHW 11.39
3 Rhys Williams	U17 WWA 12.50	3 Jordon Brock	WWA 11.37
4 Romeo Sithole	CHW 12.44	4 Chad Barton	C&S 11.05
5 Arran Smith	TCD 12.41	5 Nick Rowton	TCD 10.84
6 Jamie Hammond	C&S 11.48	6 Ewan Millar	U17 MNS 9.55
7 Luke Morgan	CDF 10.75	7 Kyle Garrison	CDF 7.91
8 Ryan Childs	U17 MNS 10.03		

W 100m A		W 100m B	
1 Lauretta Curtis	U17 TCD 12.3	1 Laura Samuels	BIR 12.7
2 Jamie-Leigh Bowen	U17 CDF 12.8	2 Kate Platts	U17 NOT 13.0
3 Jord'n McIntosh	CHW 13.0	3 Jodie Wills	U17 TCD 13.0
4 Laura Mason	NOT 13.1	4 Emily Wardle	U17 CHW 13.4
5 Kimi Moncrieffe	BIR 13.6	5 Gwen Williams	U17 CDF 13.9
6 Becky Nutton	C&S 13.7	6 Hollie Allan	U17 C&S 14.1
7 Yvette Robinson	U17 MNS 14.6	7 Claire Talbot	U17 MNS 15.2

W 200m A		W 200m B	
1 Lauretta Curtis	U17 TCD 25.5	1 Alice Hillyer	U17 NOT 27.1
2 Jord'n McIntosh	CHW 26.2	2 Jodie Wills	U17 TCD 27.3
3 Sam Cogan	U17 CDF 26.3	3 Emily Wardle	U17 CHW 27.8
4 Kate Platts	U17 NOT 26.9	4 Danielle Mill	CDF 28.5
5 Karina Jakovenko	BIR 27.5	5 Zoey Phillips	BIR 28.6
6 Chloe Boulter	C&S 27.7	6 Becky Nutton	C&S 29.1
7 Atlanta Williams	U17 WWA 28.1	7 Lara Thomas	MNS 32.0
8 Yvette Robinson	U17 MNS 30.0		

W 400m A		W 400m B	
1 Ejiro Okoro	BIR 57.4	1 Sophie Clark	BIR 59.8
2 Cally Read	C&S 58.3	2 Laura Mason	NOT 61.2
3 Lauren Regan	CDF 59.6	3 Hollie Allan	U17 C&S 62.4
4 Hannah Godrich	CHW 60.1	4 Lauren Quenby	CHW 63.5
5 Jessica Grieves	U17 MNS 60.3	5 Hannah Clarke	CDF 64.5
6 Emma Hourd	NOT 60.6	6 Hannah Wragg	U17 MNS 65.3
7 Lori Marshall	U17 TCD 64.0		

W 800m A			W 800m B		
1 Rachel Atherton	C&S	2.19.6	1 Sarah Hopcroft		BIR 2.18.6
2 Hanifa Greenwood		BIR 2.22.1	2 Shanie Read	U17	C&S 2.21.8
3 Cerys Morgan	U17	WWA 2.22.3	3 Amie Grainger		MNS 2.24.9
4 Lucy Arkinstall	U17	CHW 2.23.9	4 Amber Magee		CHW 2.28.2
5 Rachel Brandham	U17	MNS 2.30.0	5 Jemima Osbourne	U17	WWA 2.30.1
6 Vikki Jackson		CDF 2.33.3	6 Antonia Lagou	U17	NOT 2.54.2
7 Lucy Johnson	U17	NOT 3.00.5	7 Lowri Van Steelant		CDF DISQ
8 Emily Cotterill		TCD DNF			
W 1500m A			W 1500m B		
1 Cally Read	C&S	4.43.3	1 Monique Powell		BIR 4.56.4
2 Dannii Johnson	U17	BIR 4.50.6	2 Rebecca Bray		C&S 5.16.7
3 Hannah Wragg	U17	MNS 4.57.5	3 Emma Wilkinson		MNS 5.18.6
4 Lori Marshall	U17	TCD 5.03.0	4 Jemima Osbourne	U17	WWA 5.25.3
5 Vikki Jackson		CDF 5.06.8	5 Emily Cotterill		TCD 6.04.9
6 Cerys Morgan	U17	WWA 5.09.8			
7 Lucy Arkinstall	U17	CHW 5.30.4			
8 Jenny Taylor	U17	NOT 6.38.8			
W 3000m A			W 3000m B		
1 Claire Talbot	U17	MNS 11.17.4	1 Victoria Greenwood	U17	BIR 12.23.2
2 Laura Muth	U17	BIR 11.52.1	2 Kate Raynor		MNS 12.47.1
3 Julie Addison	U17	C&S 12.38.9	3 Beth Clarke	U17	C&S 13.10.9
W 100mH A			W 100mH B		
1 Emma Komocki		NOT 15.6	1 Beth Dawson		NOT 18.5
2 Alexandra Turner		TCD 16.5	2 Rebecca Baxter	U17	CHW 19.1
3 Elinor Lewis		CDF 17.2	3 Abbey Gutteridge		CDF 22.1
4 Hannah Gladstone		CHW 17.2			
5 Natalie Ainge		C&S 24.4			
W 400mH A			W 400mH B		
1 Emma Komocki		NOT 64.8	1 Clare Ashley		NOT 71.4
2 Alexandra Turner		TCD 65.8	2 Atlanta Williams	U17	WWA 71.4
3 Jessica Grieves	U17	MNS 70.1	3 Chloe Boulter		C&S 71.6
4 Hannah Gladstone		CHW 71.2	4 Beth Farr	U17	MNS 76.0
5 Natalie Ainge		C&S 72.4			
6 Sophie Pick		WWA 74.2			
7 Abbey Gutteridge		CDF 82.4			
W 1500m Sc A			W 1500m Sc B		
1 Amber Magee		CHW 5.30.0	1 Amie Grainger		MNS 5.59.2
2 Lara Thomas		MNS 5.32.5	2 Beth Clarke	U17	C&S 6.52.8
3 Alexandra Turner		TCD 5.51.8	3 Antonia Lagou	U17	NOT 7.43.8
4 Julie Addison	U17	C&S 6.38.2			
5 Lucy Johnson	U17	NOT 7.43.8			
W Discus Throw A			W Discus Throw B		
1 Jade Moore		BIR 40.76	1 Jane Bourne	U17	BIR 29.80
2 Charlotte Gair	U17	MNS 38.49	2 Jessica Huddleston	U17	WWA 26.47
3 Toni Wells	U17	WWA 31.53	3 Rebecca Johnston		NOT 23.07
4 Amber Burdett	U17	CHW 29.00	4 Beth Farr	U17	MNS 22.33
5 Yasmin Spencer	U17	TCD 28.96	5 Alice Knight	U17	CHW 19.75
6 Emily Campbell	U17	NOT 27.50	6 Alicia Clarke	U17	C&S 18.48
7 Beth Denning	U17	C&S 22.27	7 Elinor Lewis		CDF 17.86
8 Ayla Phillips		CDF 19.54	8 Emily Cotterill		TCD 13.46
W Hammer Throw A			W Hammer Throw B		
1 Toni Wells	U17	WWA 50.23	1 Sophie Allen	U17	CHW 32.58
2 Kirsty Douglas		CHW 41.72	2 Jessica Huddleston	U17	WWA 21.69
3 Ayla Phillips		CDF 37.25	3 Laura Radburn		BIR 19.40
4 Charlotte Gair	U17	MNS 26.26	4 Natalie Stone		CDF 18.66
5 Kelly Highman		BIR 23.55	5 Rosa Spencer-Tansley	U17	NOT 17.17
6 Natalie Randall	U17	TCD 22.99	6 Anna Denning		C&S 16.76
7 Rebecca Johnston		NOT 20.69	7 Paige Collings	U17	TCD 14.36

8 Beth Denning	U17 C&S 17.77	8 Lucy Harrison	U17 MNS 7.65
W High Jump A		W High Jump B	
1 Zoey Phillips	BIR 1.70	1 Chloe Boulter	C&S 1.55
2 Catherine Goldsmith	WWA 1.55	2 Natasha Illingworth	U17 TCD 1.50
3 Gemma Smith	C&S 1.55	3 Laura Wynn	BIR 1.50
4 Kate Platts	U17 NOT 1.50	4 Sophie Pick	WWA 1.50
5 Emily Butlin	U17 TCD 1.50	5 Gwen Williams	U17 CDF 1.40
6 Imogen Lewis	CDF 1.50	6 Alice Hillyer	U17 NOT 1.40
7 Helen Orr	CHW 1.30	7 Laura Brown	U17 MNS 1.30
8 Emma Wilkinson	MNS 1.30		
W Javelin Throw A		W Javelin Throw B	
1 Amber Burdett	U17 CHW 38.54	1 Alice Knight	U17 CHW 31.49
2 Zoe Priestley	U17 WWA 36.87	2 Catherine Goldsmith	WWA 27.18
3 Sally Clague	C&S 31.27	3 Ayla Phillips	CDF 24.84
4 Natalie Stone	CDF 27.48	4 Beth Farr	U17 MNS 22.65
5 Lucy Harrison	U17 MNS 26.24	5 Laura Radburn	BIR 22.32
6 Kelly Highman	BIR 23.76	6 Rebecca Bray	U17 C&S 16.33
7 Rosa Spencer-Tansley	U17 NOT 19.22	7 Natalie Randall	U17 TCD 15.26
8 Yasmin Spencer	U17 TCD 17.53	8 Rebecca Johnston	NOT 12.47
W Long Jump A		W Long Jump B	
1 Karina Jakovenko	BIR 5.34	1 Laura Samuels	BIR 5.06
2 Gemma Smith	C&S 5.12	2 Natalie Ainge	C&S 4.60
3 Donna Jones	WWA 5.04	3 Laura Brown	U17 MNS 4.26
4 Felicia Anderson	NOT 4.92	4 Yvonne Gwara	NOT 4.10
5 Rebecca Baxter	U17 CHW 4.53	5 Helen Orr	CHW 3.68
6 Chloe Elphick	MNS 4.52	6 Danielle Mill	CDF 3.64
7 Imogen Lewis	CDF 3.77	7 Emily Cotterill	TCD 3.22
8 Lori Marshall	U17 TCD 3.33	8 Cerys Morgan	U17 WWA 2.82
W Pole Vault A		W Pole Vault B	
1 Elinor Lewis	CDF 3.30	1 Natasha Illingworth	U17 TCD 2.30
2 Paige Collings	U17 TCD 2.90	2 Laura Massey	U17 MNS 1.85
3 Helen Orr	CHW 2.45		
4 Chloe Elphick	U17 MNS 2.30		
5 Beth Dawson	NOT 2.15		
W Shot Putt A		W Shot Putt B	
1 Yasmin Spencer	U17 TCD 12.49	1 Jessica Huddleston	U17 WWA 9.71
2 Toni Wells	U17 WWA 10.23	2 Alice Knight	U17 CHW 7.66
3 Ayla Phillips	CDF 10.01	3 Chiquina Gidden	BIR 7.61
4 Amber Burdett	U17 CHW 9.14	4 Rebecca Johnston	NOT 7.47
5 Kelly Highman	BIR 8.49	5 Alicia Clarke	U17 C&S 6.81
6 Emily Campbell	U17 NOT 8.49	6 Sian Pentin	U17 TCD 6.66
7 Charlotte Gair	U17 MNS 7.88	7 Danielle Mill	CDF 6.18
8 Beth Denning	U17 C&S 7.37	8 Rachel Brandham	U17 MNS 4.32
W Triple Jump A		W Triple Jump B	
1 Laura Samuels	BIR 12.46	1 Laura Brown	U17 MNS 10.46
2 Felicia Anderson	NOT 10.95	2 Shalayna Hutchinson	BIR 9.94
3 Chloe Elphick	U17 MNS 10.51	3 Chloe Boulter	C&S 9.88
4 Donna Jones	WWA 10.36	4 Rebecca Baxter	U17 CHW 9.46
5 Natasha Illingworth	U17 TCD 10.31	5 Atlanta Williams	U17 WWA 9.38
6 Natalie Ainge	C&S 10.08	6 Clare Ashley	NOT 9.00
7 Charlotte Taylor	U17 CHW 10.02	7 Danielle Mill	CDF 8.45
8 Elinor Lewis	CDF 9.62	8 Paige Collings	U17 TCD 8.44

W 4x100m Relay

1	NOT 50.2	1 Kate Platts	U17	2 Alice Hillyer	U17
		3 Felicia Anderson		4 Laura Mason	
2	BIR 50.3	1 Zoey Phillips		2 Karina Jakovenko	
		3 Laura Samuels		4 Kimi Moncrieffe	
3	TCD 50.6	1 Paige Collings	U17	2 Jodie Wills	U17
		3 Natasha Illingworth	U17	4 Laretta Curtis	U17
4	CDF 50.8	1 Jamie-Leigh Bowen	U17	2 Danielle Mill	
		3 Sam Cogan	U17	4 Gwen Williams	U17
5	CHW 51.8	1 Rebecca Baxter	U17	2 Emily Wardle	U17
		3 Lauren Quenby		4 Jord'n McIntosh	
6	C&S 54.8	1 Chloe Boulter		2 Becky Nutton	
		3 Shanie Read	U17	4 Anna Denning	
7	MNS 55.1	1 Laura Brown	U17	2 Yvette Robinson	U17
		3 Chloe Elphick	U17	4 Beth Farr	U17
8	WWA 55.1	1 Donna Jones		2 Catherine Goldsmith	
		3 Zoe Priestley	U17	4 Sophie Pick	

W 4x400m Relay

1	BIR 3.58.9	1 Sarah Hopcroft		2 Sophie Clark	
		3 Hanifa Greenwood		4 Ejiro Okoro	
2	C&S 4.02.7	1 Natalie Ainge		2 Hollie Allan	U17
		3 Rachel Atherton		4 Cally Read	
3	NOT 4.06.2	1 Laura Mason		2 Clare Ashley	
		3 Emma Komocki		4 Emma Hourd	
4	CDF 4.08.8	1 Hannah Clarke		2 Sam Cogan	U17
		3 Lauren Regan		4 Gwen Williams	U17
5	MNS 4.09.7	1 Jessica Grieves	U17	2 Rachel Brandham	U17
		3 Amie Grainger		4 Lara Thomas	
6	WWA 4.17.7	1 Cerys Morgan	U17	2 Jemima Osbourne	U17
		3 Atlanta Williams	U17	4 Sophie Pick	
7	TCD 4.18.9	1 Alexandra Turner		2 Lori Marshall	U17
		3 Jodie Wills	U17	4 Laretta Curtis	U17
8	CHW 4.31.7	1 Hannah Godrich		2 Lauren Quenby	
		3 Hannah Gladstone		4 Amber Magee	

M 4x100m Relay

1	BIR 43.9	1 Efe Okoro		2 Ori Lawrence	
		3 Tom Hinton		4 Tom Hinton	
2	TCD 45.3	1 Michael Feeney		2 Nathan Mackenzie	
		3 Arran Smith		4 Andrew Szarkowski	
3	MNS 45.8	1 Ewan Millar	U17	2 Adam Sansom	
		3 David Lagerberg	U17	4 Jonathan Cordin	
4	CHW 46.4	1 Marcel Hodge		2 Tom Lilley	U17
		3 Scott Douglas	U17	4 Abdillah Nassir	
5	WWA 49.1	1 Shane Jones	U17	2 Ellis Byrd	
		3 Chris Davies	U17	4 Rhys Williams	U17
6	C&S 49.5	1 Tom Smith		2 Dan Timmis	
		3 Talent Gukwe		4 Andrew Shortland	U17
7	CDF DISQ				
8	NOT DNF				

M 4x400m Relay

1	BIR 3.20.5	1 Jarryd Dunn		2 Efe Okoro	
		3 Phineas Stewart		4 Tom Hinton	
2	NOT 3.22.6	1 Michael Warner		2 Joe Mellor	
		3 Tom Moakes		4 James Baines	
3	MNS 3.29.1	1 Ryan Childs	U17	2 David Lagerberg	U17
		3 Alex Lloyd		4 Adam Sansom	
4	C&S 3.30.1	1 Adam Smith		2 Jamie Graham	
		3 Chris Harvey		4 Sam Evans	
5	CDF 3.30.6	1 Luke Morgan		2 Konstantionos Karras	
		3 Jamie Gutteridge		4 Tom Whitmarsh-Knight	
6	CHW 3.40.5	1 Richard Adiyia	U17	2 Philip Berners	U17
		3 Michael Brind		4 Marcel Hodge	
7	TCD 3.50.6	1 Andrew Szarkowski		2 Levi Curtis	U17
		3 Dean Bower	U17	4 Arran Smith	
8	WWA DISQ				

MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge
1 Birchfield Harriers	506	8
2 Notts AC	454	7
3 Cannock & Stafford AC	433	6
4 Mansfield Harriers	429	5
5 Charnwood AC	419	4
6 Team CDAV	392	3
7 West Wales	337	2
8 Cardiff AC	332	1

Athlete of the Match:

Tom Edwards	West Wales	Shot Putt	14.71m
Jade Moore	Birchfield	Discus	40.76m

Note(s)

BIR Includes + 35pts,
 C&S Includes + 35pts,
 CDF Includes + 35pts,
 CHW Includes + 25pts,
 MNS Includes + 35pts,
 NOT Includes + 35pts,
 TCD Includes + 35pts,
 WWA Includes + 35pts,

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|      Team| BIR | C&S | CDF | CHW | MNS | NOT | TCD | WWA |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 100m   A|  11|   3|   9|   6|   5|   7|   4|   8| 53| 0| 53|
|         B|   6|   1|   5|   9|   2|   7|   4|   3| 37| 0| 37|
|Cumulative| 17|   4|  14|  15|   7|  14|   8|  11| 90| 0| 90|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 200m   A|  11|   3|   8|   7|   5|   9|   6|   4| 53| 0| 53|
|         B|   7|   2|   5|   3|   6|   9|   4|   1| 37| 0| 37|
|Cumulative| 35|   9|  27|  25|  18|  32|  18|  16|180| 0|180|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400m   A|   9|   4|   3|   8|   6|  11|   5|   7| 53| 0| 53|
|         B|   6|   4|   2|   7|   5|   9|   1|   3| 37| 0| 37|
|Cumulative| 50|  17|  32|  40|  29|  52|  24|  26|270| 0|270|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 800m   A|   9|  11|   8|   6|   7|   0|   4|   5| 50| 3| 53|
|         B|   9|   6|   4|   0|   3|   7|   5|   2| 36| 1| 37|
|Cumulative| 68|  34|  44|  46|  39|  59|  33|  33|356| 4|360|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 1500m  A|   9|  11|   4|   5|   6|   8|   7|   3| 53| 0| 53|
|         B|   6|   9|   5|   7|   4|   0|   3|   0| 34| 3| 37|
|Cumulative| 83|  54|  53|  58|  49|  67|  43|  36|443| 7|450|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 3000m  A|   5|   8|   6|   9|   7|  11|   0|   0| 46| 7| 53|
|         B|   0|   9|   5|   7|   6|   0|   0|   0| 27|10| 37|
|Cumulative| 88|  71|  64|  74|  62|  78|  43|  36|516|24|540|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 110mH  A|  11|   5|   0|   6|   9|   8|   7|   4| 50| 3| 53|
|         B|   7|   0|   0|   0|   4|   6|   9|   5| 31| 6| 37|
|Cumulative|106|  76|  64|  80|  75|  92|  59|  45|597|33|630|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400mH  A|   7|   5|   9|   6|   8|  11|   4|   3| 53| 0| 53|
|         B|   6|   0|   9|   7|   2|   4|   3|   5| 36| 1| 37|
|Cumulative|119|  81|  82|  93|  85|107|  66|  53|686|34|720|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 2000Sc A|  11|   6|   5|   0|   8|   9|   4|   7| 50| 3| 53|
|         B|   5|   7|   4|   0|   6|   9|   3|   0| 34| 3| 37|
|Cumulative|135|  94|  91|  93|  99|125|  73|  60|770|40|810|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M DT     A|   4|   9|   5|  11|   6|   3|   7|   8| 53| 0| 53|
|         B|   4|   9|   3|   6|   5|   1|   7|   2| 37| 0| 37|
|Cumulative|143|112|  99|110|110|129|  87|  70|860|40|900|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M HT     A|  11|   6|   5|   9|   8|   4|   7|   3| 53| 0| 53|
|         B|   9|   6|   2|   5|   4|   3|   7|   0| 36| 1| 37|
|Cumulative|163|124|106|124|122|136|101|  73|949|41|990|
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|      Team| BIR | C&S | CDF | CHW | MNS | NOT | TCD | WWA |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M HJ      A|  11|   4|   3|   9|   5|   7|   6|   8| 53|  0| 53|
|          B|   9|   2|   0|   6|   5|   4|   3|   7| 36|  1| 37|
|Cumulative| 183| 130| 109| 139| 132| 147| 110|  88|1038| 42|1080|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M JT      A|   5|  11|   3|   6|   9|   4|   7|   8| 53|  0| 53|
|          B|   3|   5|   2|   7|   9|   0|   6|   4| 36|  1| 37|
|Cumulative| 191| 146| 114| 152| 150| 151| 123| 100|1127| 43|1170|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M LJ      A|   4|   6|   3|   5|   9|  11|   7|   8| 53|  0| 53|
|          B|   2|   4|   1|   7|   3|   9|   6|   5| 37|  0| 37|
|Cumulative| 197| 156| 118| 164| 162| 171| 136| 113|1217| 43|1260|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M PV      A|   7|   0|   9|   0|   6|   8|  11|   5| 46|  7| 53|
|          B|   0|   0|   0|   0|   6|   7|   9|   0| 22| 15| 37|
|Cumulative| 204| 156| 127| 164| 174| 186| 156| 118|1285| 65|1350|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M SP      A|   6|   9|   3|   8|   4|   5|   7|  11| 53|  0| 53|
|          B|   3|   9|   1|   5|   4|   2|   7|   6| 37|  0| 37|
|Cumulative| 213| 174| 131| 177| 182| 193| 170| 135|1375| 65|1440|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M TJ      A|   9|   5|   4|   7|   3|  11|   6|   8| 53|  0| 53|
|          B|   0|   5|   2|   7|   3|   9|   4|   6| 36|  1| 37|
|Cumulative| 222| 184| 137| 191| 188| 213| 180| 149|1464| 66|1530|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 100m    A|   6|   5|   9|   8|   4|   7|  11|   0| 50|  3| 53|
|          B|   9|   3|   4|   5|   2|   7|   6|   0| 36|  1| 37|
|Cumulative| 237| 192| 150| 204| 194| 227| 197| 149|1550| 70|1620|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 200m    A|   6|   5|   8|   9|   3|   7|  11|   4| 53|  0| 53|
|          B|   4|   3|   5|   6|   2|   9|   7|   0| 36|  1| 37|
|Cumulative| 247| 200| 163| 219| 199| 243| 215| 153|1639| 71|1710|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 400m    A|  11|   9|   8|   7|   6|   5|   4|   0| 50|  3| 53|
|          B|   9|   6|   4|   5|   3|   7|   0|   0| 34|  3| 37|
|Cumulative| 267| 215| 175| 231| 208| 255| 219| 153|1723| 77|1800|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 800m    A|   9|  11|   5|   7|   6|   4|   0|   8| 50|  3| 53|
|          B|   9|   7|   0|   5|   6|   3|   0|   4| 34|  3| 37|
|Cumulative| 285| 233| 180| 243| 220| 262| 219| 165|1807| 83|1890|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 1500m   A|   9|  11|   6|   4|   8|   3|   7|   5| 53|  0| 53|
|          B|   9|   7|   0|   0|   6|   0|   4|   5| 31|  6| 37|
|Cumulative| 303| 251| 186| 247| 234| 265| 230| 175|1891| 89|1980|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 3000m   A|   9|   8|   0|   0|  11|   0|   0|   0| 28| 25| 53|
|          B|   9|   6|   0|   0|   7|   0|   0|   0| 22| 15| 37|
|Cumulative| 321| 265| 186| 247| 252| 265| 230| 175|1941| 129|2070|
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|      Team| BIR | C&S | CDF | CHW | MNS | NOT | TCD | WWA |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 100mH  A|   0|   6|   8|   7|   0|  11|   9|   0|  41|  12|  53|
|          B|   0|   0|   6|   7|   0|   9|   0|   0|  22|  15|  37|
|Cumulative| 321| 271| 200| 261| 252| 285| 239| 175|2004| 156|2160|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 400mH  A|   0|   6|   4|   7|   8|  11|   9|   5|  50|   3|  53|
|          B|   0|   6|   0|   0|   5|   9|   0|   7|  27|  10|  37|
|Cumulative| 321| 283| 204| 268| 265| 305| 248| 187|2081| 169|2250|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 1500Sc A|   0|   7|   0|  11|   9|   6|   8|   0|  41|  12|  53|
|          B|   0|   7|   0|   0|   9|   6|   0|   0|  22|  15|  37|
|Cumulative| 321| 297| 204| 279| 283| 317| 256| 187|2144| 196|2340|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W DT      A|  11|   4|   3|   7|   9|   5|   6|   8|  53|   0|  53|
|          B|   9|   3|   2|   4|   5|   6|   1|   7|  37|   0|  37|
|Cumulative| 341| 304| 209| 290| 297| 328| 263| 202|2234| 196|2430|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W HT      A|   6|   3|   8|   9|   7|   4|   5|  11|  53|   0|  53|
|          B|   6|   3|   5|   9|   1|   4|   2|   7|  37|   0|  37|
|Cumulative| 353| 310| 222| 308| 305| 336| 270| 220|2324| 196|2520|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W HJ      A|  11|   8|   5|   4|   3|   7|   6|   9|  53|   0|  53|
|          B|   6|   9|   4|   0|   2|   3|   7|   5|  36|   1|  37|
|Cumulative| 370| 327| 231| 312| 310| 346| 283| 234|2413| 197|2610|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W JT      A|   5|   8|   7|  11|   6|   4|   3|   9|  53|   0|  53|
|          B|   4|   3|   6|   9|   5|   1|   2|   7|  37|   0|  37|
|Cumulative| 379| 338| 244| 332| 321| 351| 288| 250|2503| 197|2700|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W LJ      A|  11|   9|   4|   6|   5|   7|   3|   8|  53|   0|  53|
|          B|   9|   7|   3|   4|   6|   5|   2|   1|  37|   0|  37|
|Cumulative| 399| 354| 251| 342| 332| 363| 293| 259|2593| 197|2790|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W PV      A|   0|   0|  11|   8|   7|   6|   9|   0|  41|  12|  53|
|          B|   0|   0|   0|   0|   7|   0|   9|   0|  16|  21|  37|
|Cumulative| 399| 354| 262| 350| 346| 369| 311| 259|2650| 230|2880|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W SP      A|   6|   3|   8|   7|   4|   5|  11|   9|  53|   0|  53|
|          B|   6|   4|   2|   7|   1|   5|   3|   9|  37|   0|  37|
|Cumulative| 411| 361| 272| 364| 351| 379| 325| 277|2740| 230|2970|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W TJ      A|  11|   5|   3|   4|   8|   9|   6|   7|  53|   0|  53|
|          B|   7|   6|   2|   5|   9|   3|   1|   4|  37|   0|  37|
|Cumulative| 429| 372| 277| 373| 368| 391| 332| 288|2830| 230|3060|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 4x1     |   9|   5|   7|   6|   4|  11|   8|   3|  53|   0|  53|
|Cumulative| 438| 377| 284| 379| 372| 402| 340| 291|2883| 230|3113|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 4x4     |  11|   9|   7|   3|   6|   8|   4|   5|  53|   0|  53|
|Cumulative| 449| 386| 291| 382| 378| 410| 344| 296|2936| 230|3166|
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|          Team| BIR | C&S | CDF | CHW | MNS | NOT | TCD | WWA |          POINTS          |
|          No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1        |    11|    5|    0|    7|    8|    0|    9|    6| 46|    7| 53|
|Cumulative   | 460| 391| 291| 389| 386| 410| 353| 302|2982| 237|3219|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4        |    11|    7|    6|    5|    8|    9|    4|    0| 50|    3| 53|
|Cumulative   | 471| 398| 297| 394| 394| 419| 357| 302|3032| 240|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          Add|    35|    35|    35|    25|    35|    35|    35|    35|    0|    0|    0|
| subtract    |    0|    0|    0|    0|    0|    0|    0|    0|    0|    0|    0|
|Cumulative   | 506| 433| 332| 419| 429| 454| 392| 337|3032| 240|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          TOTALS| 506| 433| 332| 419| 429| 454| 392| 337|3032| 240|3272|
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Pos	Team	Points	Add	Sub	Total
1	Birchfield Harriers	471	35	0	506
2	Notts AC	419	35	0	454
3	Cannock & Stafford AC	398	35	0	433
4	Mansfield Harriers	394	35	0	429
5	Charnwood AC	394	25	0	419
6	Team CDAV	357	35	0	392
7	West Wales	302	35	0	337
8	Cardiff AC	297	35	0	332

Used + add - sub = total 3032 270 0 3302
 Unused points 240 240
 (Used+unused)+add-sub=total 3272 270 0 3542

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
BIR	A 14	8	0	2	5	3	2	0	B 10	3	7	1	3	2	1	0
NOT	A 8	4	4	6	2	4	5	2	B 8	5	3	2	3	4	1	2
C&S	A 5	5	4	2	5	8	3	4	B 5	5	6	2	3	5	2	1
MNS	A 1	5	8	4	8	4	4	3	B 3	2	7	6	4	4	5	2
CHW	A 3	5	4	9	7	3	3	1	B 3	9	3	6	2	1	0	0
TCD	A 4	4	2	8	6	2	7	2	B 3	5	3	1	4	5	3	3
WWA	A 2	3	9	3	1	5	3	4	B 1	5	2	5	3	2	2	2
CDF	A 1	4	7	3	3	5	4	7	B 1	0	2	6	5	2	7	2

Men	Event	Women	Event
1	Birchfield Harriers	1	Birchfield Harriers
2	Notts AC	2	Cannock & Stafford AC
3	Mansfield Harriers	3	Notts AC
4	Charnwood AC	4	Charnwood AC
5	Cannock & Stafford AC	5	Mansfield Harriers
6	Team CDAV	6	Team CDAV
7	West Wales	7	Cardiff AC
8	Cardiff AC	8	West Wales