

M 100m A	Wind -2.5 m/s	M 100m B	Wind -2.5 m/s
1 Michael Prentice	CDF 11.27	1 Jamaul Whyte	CDF 11.34
2 Alex Bradnick	C&S 11.33	2 Onajite Okoro	BIR 11.45
3 Shane Henry	BIR 11.49	3 Daniel Blain	U17 WWA 11.90
4 Makoye Kampengele	NOT 11.70	4 Richard Adiyia	CHW 11.95
5 Ben Lees	R&N 11.75	5 Alex Ferguson	NOT 12.12
6 Mathew Davies	U17 WWA 11.77	6 Alex Heath	MNS 12.25
7 Jack Goodband	U17 CHW 11.79	7 James Rayner	U17 C&S 12.33
8 Tom Walleth	U17 MNS 11.86	8 Ryan Corcoran	R&N 12.42
M 200m A	Wind -2.7 m/s	M 200m B	Wind -1.1 m/s
1 Alex Bradnick	C&S 22.73	1 Jamaul Whyte	CDF 22.60
2 Michael Prentice	CDF 22.88	2 Efekemo Okoro	BIR 23.30
3 Shane Henry	BIR 23.19	3 Aled Price	U17 WWA 23.97
4 Adam Sansom	MNS 23.54	4 Alex Heath	MNS 24.62
5 Makoye Kampengele	NOT 23.94	5 Alex Ferguson	NOT 24.74
6 Tom Johnson	R&N 24.10	6 Ryan Corcoran	R&N 25.14
7 Jack Goodband	U17 CHW 24.15	7 Ashley Wickett	C&S 25.23
8 Daniel Blain	U17 WWA 24.27	8	CHW NOATH
M 400m A		M 400m B	
1 Efekemo Okoro	BIR 48.81	1 Lewis Golledge	NOT 51.89
2 Scott Edwards	U17 CDF 49.23	2 Rhys Granville	U17 WWA 52.45
3 Matthew Mayne	U17 C&S 50.81	3 Scott Gregory	BIR 53.15
4 Llyr Jamieson	U17 WWA 51.30	4 Michael Johnson	CDF 53.25
5 Alex Skidmore	NOT 51.80	5 Ashley Wickett	C&S 53.63
6 Patrick Mills	U17 R&N 52.22	6 George Cardwell	R&N 61.04
7 Alex Heath	MNS 54.48	7 Callum Bradwell	U17 MNS 71.77
8	CHW NOATH	8	CHW NOATH
M 800m A		M 800m B	
1 Joe Coleshaw	NOT 1.57.23	1 Dougie Musson	NOT 1.58.44
2 Naaman Morris	CDF 1.59.99	2 Matthew O'Leary	WWA 1.59.56
3 Carwyn Evans	U17 WWA 2.01.14	3 Tom Charteress	U17 R&N 1.59.82
4 Josh Lacey	BIR 2.01.49	4 Abdi Saleban	CDF 2.02.61
5 Ben Sutherland	U17 R&N 2.06.13	5 Sam Nicholls	U17 C&S 2.04.56
6 James Lake	U17 C&S 2.09.11	6 Jacob Lott	BIR 2.23.13
7 Callum Bradwell	U17 MNS 2.34.45	7	CHW NOATH
8	CHW NOATH	8	MNS NOATH
M 1500m A		M 1500m B	
1 Elliot Slade	U17 CDF 3.59.20	1 Matthew Drury	CDF 4.11.78
2 Elliot Giles	BIR 4.05.31	2 Mark Thompson	NOT 4.15.71
3 Blayne Pick	NOT 4.13.13	3 Ben Griffiths	BIR 4.21.24
4 Rory Grant	R&N 4.14.87	4 Jordan Barrett	U17 C&S 4.30.60
5 James McCann	U17 C&S 4.19.93	5 Matthew Richards	WWA 4.36.51
6 Luke Clements	U17 WWA 4.22.52	6 Sam Turnell	R&N 4.57.69
7 Jordan Boam	U17 MNS 5.01.54	7 Callum Bradwell	U17 MNS 5.24.54
8	CHW NOATH	8	CHW NOATH
M 3000m A		M 3000m B	
1 Blayne Pick	NOT 9.20.62	1 Aaron Houseman	U17 C&S 9.39.68
2 Ben Sutherland	U17 R&N 9.35.07	2 Sam Turnell	R&N 10.05.69
3 Matthew Thomas	WWA 9.35.39	3 Kieran John	U17 WWA 10.17.94
4 Tom Halloway	C&S 9.39.28	4 Ben Abbott	U17 NOT 11.44.47
5 Jacob Lott	BIR 9.59.22	5	BIR NOATH
6 Jordan Boam	U17 MNS 10.47.22	6	CDF NOATH
7	CDF NOATH	7	CHW NOATH
8	CHW NOATH	8	MNS NOATH

M 110mH A	Wind -2.8 m/s	M 110mH B	Wind -1.8 m/s
1 Jake Porter	BIR 14.80	1 Onajite Okoro	BIR 15.74
2 James Wright	R&N 15.55	2 Josh Sansom	WWA 16.45
3 Glen Elsdon	WWA 16.12	3 Ben Lees	R&N 16.73
4 Tom Wallett	U17 MNS 16.48	4	C&S NOATH
5 Perry Offler	NOT 16.76	5	CDF NOATH
6 Tom Phillips	CDF 17.03	6	CHW NOATH
7 Alasdair Rigby	C&S 18.15	7 Will Marshall	U17 MNS NOATH
8 Noath	CHW NOATH	8	NOT NOATH
M 400mH A		M 400mH B	
1 Josh Sansom	WWA 56.16	1 Glen Elsdon	WWA 57.66
2 Efekemo Okoro	BIR 56.33	2 Lewis Golledge	NOT 59.14
3 Adam Sansom	MNS 56.37	3 Themba Luhana	R&N 59.45
4 Perry Offler	NOT 57.03	4 Scott Gregory	BIR 60.23
5 James Wright	R&N 58.92	5 Tom Phillips	CDF 60.35
6 Jacob Brennan	CDF 59.21	6 Connor McHale	MNS 71.54
7 Richard Adiyia	CHW 64.22	7	C&S NOATH
8 Ashley Wickett	C&S 75.74	8	CHW DNS
M 2000m Sc A		M 2000m Sc B	
1 Mark Thompson	NOT 6.40.99	1 Paddy Clark	U17 NOT 6.43.18
2 Ryan Linton	BIR 7.00.45	2 Josh Lacey	BIR 7.42.88
3 Naaman Morris	CDF 7.12.14	3 Jack Bates	U17 C&S 7.49.64
4 Matthew Thomas	WWA 7.13.90	4 Daniel Hall	U17 WWA 8.30.99
5 Tom Halloway	C&S 7.18.35	5 Nick Scales	U17 R&N 9.14.42
6 George Cardwell	R&N 7.32.31	6	CDF NOATH
7 Connor McHale	MNS 8.50.60	7	CHW NOATH
8	CHW NOATH	8	MNS NOATH
M Discus Throw A		M Discus Throw B	
1 Najee Fox	BIR 50.78	1 Adam Damadzic	BIR 49.24
2 Matthew Field	U17 CDF 44.34	2 Bradley Cole	CDF 37.50
3 Daniel Power	WWA 44.04	3 Greg Millar	MNS 26.83
4 Craig Murch	R&N 35.99	4 Macaulay Burke	U17 R&N 26.04
5 Hadan Brittain	MNS 31.38	5 Jon Llewellyn	WWA 25.91
6 Tyler Brown-Jones	U17 C&S 22.23	6 Alex Bradnick	C&S 21.97
7 Dougie Musson	NOT 16.70	7 Joe Coleshaw	NOT 8.94
8	CHW NOATH	8	CHW NOATH
M Hammer Throw A		M Hammer Throw B	
1 Craig Murch	R&N 59.84	1 Nick Scales	U17 R&N 36.36
2 Bradley Cole	CDF 52.11	2 Matthew Field	U17 CDF 34.47
3 Ashley Andrews	BIR 50.26	3 Greg Millar	MNS 22.90
4 Hadan Brittain	MNS 49.00	4 George Tyson	C&S 15.78
5 Jonathan Stowell	WWA 35.18	5 Shane Henry	BIR 15.55
6 Tyler Brown-Jones	U17 C&S 20.78	6 Blayne Pick	NOT 12.32
7 Makoye Kampengele	NOT 11.64	7	CHW NOATH
8	CHW NOATH	8 Jon Llewellyn	WWA NOATH
M High Jump A		M High Jump B	
1 Onajite Okoro	BIR 1.91	1 Mark Logan	U17 BIR 1.75
2=Will Marshall	U17 MNS 1.80	2 Aled Price	U17 WWA 1.75
2=Ben Jenkins	WWA 1.80	3 Rhys Williams	CDF 1.70
4 Themba Luhana	R&N 1.80	4 Lewis Golledge	NOT 1.60
5 Jamaul Whyte	CDF 1.80	5 George Tyson	C&S NOHGT
6 Alasdair Rigby	C&S 1.70	6 Greg Millar	MNS NOHGT
7 Ollie Zorko	NOT 1.65	7 Rory Grant	R&N NOHGT
8	CHW NOATH	8	CHW NOATH

M Javelin Throw A

1 Jon Llewellyn	WWA	54.52
2 Greg Millar	MNS	54.32
3 Craig Murch	R&N	52.90
4 Bradley Cole	CDF	52.43
5 Howard Stapleton	BIR	49.57
6 Alex Pinner	C&S	48.06
7 Richard Adiyia	CHW	34.78
8 Mark Thompson	NOT	31.98

M Javelin Throw B

1 Nicki Davies	WWA	43.96
2 Macaulay Burke	U17 R&N	40.62
3 Hadan Brittain	MNS	38.40
4 Rhys Williams	CDF	32.54
5 Mark Logan	U17 BIR	28.61
6 Alex Skidmore	NOT	21.19
7 George Tyson	C&S	20.54
8	CHW	NOATH

M Long Jump A

1 Stuart Street	U17 NOT	6.62+3.1
2 Ben Lees	R&N	6.52+1.7
3 Onajite Okoro	BIR	6.46+1.4
4 Rhys Williams	CDF	6.26+1.7
5 Kieron Martin	WWA	6.20+0.6
6 Adam Sansom	MNS	6.03+3.2
7 Alasdair Rigby	C&S	5.89+2.5
8 Richard Adiyia	CHW	5.46+1.1

M Long Jump B

1 David Omoregie	U17 WWA	6.20+1.2
2 Themba Luhana	R&N	6.13+2.7
3 Efekemo Okoro	BIR	6.11+1.2
4 Fraser Kesteven	NOT	5.84+0.7
5 James Rayner	U17 C&S	5.79+1.1
6 Will Marshall	U17 MNS	5.44+0.8
7 Jack Goodband	U17 CHW	3.34+0.8
8	CDF	NOATH

M Pole Vault A

1 Emyr Jones	WWA	3.75
2 Connor McHale	MNS	3.20
3 Craig Murch	R&N	3.05
4 Alasdair Rigby	C&S	2.45
5 Rowan May	U17 BIR	DNS
6 Lewis Newton	CDF	DNS
7	CHW	NOATH
8	NOT	NOATH

M Pole Vault B

1 Lewis Preece	U17 WWA	3.05
2 Rob Sutherland	U17 R&N	2.90
3 George Tyson	C&S	2.45
4 Greg Millar	MNS	2.00
5 Matthew Lee	U17 BIR	NOATH
6	CDF	NOATH
7	CHW	NOATH
8	NOT	NOATH

M Shot Putt A

1 Najee Fox	BIR	15.56
2 Matthew Field	U17 CDF	14.59
3 Craig Murch	R&N	12.51
4 Hadan Brittain	MNS	11.34
5 Jonathan Stowell	WWA	10.02
6 Perry Offler	NOT	9.04
7 Tyler Brown-Jones	U17 C&S	8.51
8	CHW	NOATH

M Shot Putt B

1 Bradley Cole	CDF	11.54
2 Macaulay Burke	U17 R&N	10.33
3 Tom Walleth	U17 MNS	9.75
4 Myles Morris	U17 BIR	8.80
5 Alex Ferguson	NOT	8.48
6 George Tyson	C&S	5.34
7	CHW	NOATH
8 Jon Llewellyn	WWA	NOATH

M Triple Jump A

1 Jamal Nesbitt	BIR	13.69+3.9
2 Themba Luhana	R&N	13.40+1.5
3 Ollie Zorko	NOT	12.45+2.0
4 Alasdair Rigby	C&S	12.15+3.9
5 Connor McHale	MNS	12.11+4.2
6 Kieron Martin	WWA	12.02+1.4
7 Sam Conway	CDF	11.57+3.4
8	CHW	NOATH

M Triple Jump B

1 Stefan Lloyd	BIR	12.75+2.1
2 Fraser Kesteven	NOT	12.10+2.3
3 James Rayner	U17 C&S	11.16+2.0
4 Adam Sansom	MNS	11.08+2.1
5 Aaron Wilmott	U17 WWA	11.03+2.1
6 Rob Sutherland	U17 R&N	10.96+2.4
7 Rhys Williams	CDF	NOATH
8	CHW	NOATH

W 100m A

	Wind	-1.5 m/s
1 Melisa Hanson	BIR	12.41
2 Rhiannon Jeffreys	U17 WWA	12.79
3 Jamie-Leigh Bowen	CDF	12.86
4 Zoe Styles	U17 C&S	13.13
5 Katie Platts	NOT	13.50
6 Asia Ercan	U17 R&N	13.59
7 Vicky Reeves	U17 CHW	13.65
8 Claire Beaumont	MNS	19.83

W 100m B

	Wind	-2.2 m/s
1 Charlotte Jones	U17 BIR	12.68
2 Megan O'Sullivan	CDF	12.79
3 Elise Davies	U17 WWA	13.65
4 Laura Mason	NOT	13.69
5 Bethan Roberts	C&S	13.95
6 Rebecca Davies	R&N	14.43
7 Maria Goodwin	U17 CHW	14.78
8	MNS	NOATH

W 200m A	Wind -1.7 m/s	W 200m B	Wind -1.3 m/s
1 Charlotte Jones	U17 BIR 26.05	1 Chantelle Robinson	U17 NOT 27.23
2 Rhiannon Jeffreys	U17 WWA 26.18	2 Lauren Regan	CDF 27.50
3 Jamie-Leigh Bowen	CDF 26.83	3 Ffion Rees	WWA 27.83
4 Zoe Styles	U17 C&S 27.31	4 Natalie Ainge	C&S 27.99
5 Katie Plattts	NOT 27.93	5 Leah Gregory	U17 BIR 28.38
6 Hannah Scales	U17 R&N 28.16	6 Lauren Jones	R&N 28.93
7 Vicky Reeves	U17 CHW 28.81	7 Chevelle Baxter	U17 MNS 31.14
8 Hannah Hardy	U17 MNS 30.32	8	CHW NOATH
W 400m A		W 400m B	
1 Amy Hillyard	U17 BIR 57.71	1 Dannielle Franklin	U17 WWA 61.70
2 Chantelle Robinson	U17 NOT 58.08	2 Aimee Hendrickson	CDF 62.22
3 Lauren Regan	CDF 58.65	3 Nardhia Kidd-Walker	BIR 63.81
4 Lucy Hammett	U17 WWA 60.35	4 Lauren Jones	R&N 64.14
5 Bethan Roberts	C&S 63.23	5 Laura Mason	NOT 66.03
6 Vicky Reeves	U17 CHW 64.40	6 Alicia Clarke	C&S 99.16
7 Asia Ercan	U17 R&N 65.01	7	CHW NOATH
8 Demi-Jade Jakymelen	U17 MNS 72.43	8	MNS NOATH
W 800m A		W 800m B	
1 Jemima Osborn	WWA 2.18.35	1 Charlotte Inwood	R&N 2.23.39
2 Emily Waugh	R&N 2.24.10	2 Catherine Hulme	C&S 2.25.59
3 Lucy Arkinstall	CHW 2.26.13	3 Shanie Read	BIR 2.27.45
4 Teresa Hulme	C&S 2.27.15	4 Georgia Morgan	U17 CDF 2.28.61
5 Jourdana B-Smith	BIR 2.31.31	5 Leah Wilson-Randell	U17 WWA 2.31.68
6 Chevelle Baxter	U17 MNS 2.31.53	6 Holly Smith	U17 MNS 2.33.05
7 Heledd Williams	CDF 2.38.77	7 Isobelle Perry	U17 CHW 2.50.42
8	NOT DNS	8	NOT DNS
W 1500m A		W 1500m B	
1 Demi-Jade Jakymelen	U17 MNS 5.00.59	1 Iona Evans	U17 WWA 5.12.32
2 Catherine Hulme	C&S 5.01.90	2 Charlotte Inwood	R&N 5.32.05
3 Emily Waugh	R&N 5.03.00	3 Holly Smith	U17 MNS 5.40.79
4 Elin Davies	U17 WWA 5.04.37	4 Sarah Hulme	C&S 5.42.79
5 Jess Freeman	U17 BIR 5.06.85	5 Isobelle Perry	U17 CHW 6.07.05
6 Anna Morris	U17 CDF 5.17.56	6	NOT NOATH
7 Lucy Arkinstall	CHW 5.36.19	7	CDF NOATH
8 Lori Marshall	NOT DNS	8 Jourdana B-Smith	BIR NOATH
W 3000m A		W 3000m B	
1 Emily Waugh	R&N 11.25.7	1 Clarissa Blake	U17 R&N 11.27.0
2 Anna Morris	U17 CDF 11.48.6	2 Heledd Williams	CDF 12.11.6
3 Hannah Hardy	U17 MNS 11.52.3	3 Jasminder Odusanya	U17 BIR 12.44.5
4 Charlotte Foxall	U17 BIR 12.07.6	4	C&S NOATH
5 Beth Clarke	C&S 12.49.2	5	CHW NOATH
6	CHW NOATH	6	MNS NOATH
7	NOT NOATH	7	NOT NOATH
8	WWA NOATH	8	WWA NOATH
W 100mH A	Wind -3.0 m/s	W 100mH B	Wind -1.5 m/s
1 Jenny Robbins	U17 NOT 15.97	1 Dionne Samuels	BIR 17.65
2 Karina Jakovenko	BIR 16.10	2 Charlotte Davies	R&N 19.16
3 Katie Rowe	R&N 16.77	3 Helena Madan	WWA 20.04
4 Kimberley Davies	WWA 16.84	4 Jenny Taylor	NOT 20.43
5 Natalie Ainge	C&S 19.81	5 Beth Clarke	C&S 29.55
6	CDF NOATH	6	CDF NOATH
7	CHW NOATH	7	CHW NOATH
8	MNS NOATH	8	MNS NOATH

W 400mH A

1	Katie Stainton	U17 BIR	64.64
2	Emily Morris	U17 WWA	70.28
3	Megan Thomas	CDF	70.68
4	Natalie Ainge	C&S	72.54
5	Hannah Scales	U17 R&N	73.58
6	Tamsin Smith	U17 MNS	88.18
7		CHW	NOATH
8		NOT	NOATH

W 400mH B

1	Bronte Senior	U17 BIR	71.02
2	Charlotte Davies	R&N	75.64
3	Gemma Seaman	U17 WWA	77.05
4	Chloe Phillips	U17 CDF	80.28
5	Beth Clarke	C&S	81.93
6		CHW	NOATH
7		MNS	NOATH
8		NOT	NOATH

W 1500m Sc A

1	Katie Reynolds	WWA	5.36.61
2	Emily Waugh	R&N	5.49.78
3	Chevelle Baxter	U17 MNS	5.57.26
4	Teresa Hulme	C&S	6.15.81
5		BIR	NOATH
6		CDF	NOATH
7		CHW	NOATH
8		NOT	NOATH

W 1500m Sc B

1	Tamsin Smith	U17 MNS	6.22.15
2	Rhian Homer	U17 WWA	6.30.10
3	Charlotte Inwood	R&N	6.34.51
4	Beth Clarke	C&S	6.45.96
5		BIR	NOATH
6		CDF	NOATH
7		CHW	NOATH
8		NOT	NOATH

W Discus Throw A

1	Charlotte Gair	MNS	43.72
2	Emma Crooke	U17 BIR	38.80
3	Awen Rosser	U17 WWA	35.36
4	Kerry Murch	U17 R&N	27.88
5	Beth Denning	C&S	21.32
6	Ayla Phillips	CDF	20.58
7	Mia Gell	U17 NOT	19.44
8		CHW	NOATH

W Discus Throw B

1	Nina Prells	WWA	34.45
2	Jane Bourne	BIR	26.20
3	Kathryn Reynolds	R&N	23.29
4	Alicia Clarke	C&S	20.30
5	Megan Thomas	CDF	19.05
6	Annabelle Palmer	U17 NOT	18.67
7	Claire Beaumont	MNS	18.09
8		CHW	NOATH

W Hammer Throw A

1	Toni Wells	WWA	50.50
2	Claire Beaumont	MNS	44.88
3	Ayla Phillips	CDF	40.69
4	Annabelle Palmer	U17 NOT	40.13
5	Emma Crooke	U17 BIR	36.65
6	Kathryn Reynolds	R&N	21.63
7	Beth Denning	C&S	18.60
8		CHW	NOATH

W Hammer Throw B

1	Charlotte Gair	MNS	37.31
2	Helena Madan	WWA	33.84
3	Jane Bourne	BIR	22.16
4	Helen Gill	NOT	18.91
5	Sophie Hazelwood	U17 R&N	18.79
6	Chloe Phillips	U17 CDF	18.70
7	Alicia Clarke	C&S	17.83
8		CHW	NOATH

W High Jump A

1	Ffion Bodilly	U17 CDF	1.69
2	Catrin Jones	U17 WWA	1.60
3	Saddia Hassan	U17 CHW	1.50
4	Ella Gibbons	U17 C&S	1.45
4	Katie Platt	NOT	1.45
6	Asia Ercan	U17 R&N	1.45
7		BIR	NOATH
8	Demi-Jade Jakymelen	U17 MNS	NOHGT

W High Jump B

1	Emily Morris	U17 WWA	1.55
2	Katie Rowe	R&N	1.45
3	Laura Trigg	U17 CDF	1.45
4	Jenny Robbins	U17 NOT	1.40
5	Zoe Styles	U17 C&S	1.35
6		BIR	NOATH
7		CHW	NOATH
8		MNS	NOATH

W Javelin Throw A

1	Kerry Murch	U17	R&N	40.00
2	Zoe Priestley		WWA	36.33
3	Becky Woolley	U17	MNS	34.64
4	Jade Perry		BIR	33.39
5	Lucy Heap	U17	C&S	30.89
6	Ayla Phillips		CDF	23.53
7	Helen Gill		NOT	16.36
8			CHW	NOATH

W Javelin Throw B

1	Imogen Green		BIR	31.10
2	Kathryn Reynolds		R&N	28.11
3	Megan Thomas		CDF	23.39
4	Sophie Pick		WWA	22.36
5	Mia Gell	U17	NOT	12.62
6	Chloe Elphick		MNS	11.89
7	Beth Denning		C&S	5.82
8			CHW	NOATH

W Long Jump A

1	Imogen Green		BIR	5.37+0.3
2	Jessica Leek	U17	C&S	5.32+2.7
3	Kerry Murch	U17	R&N	5.26-0.2
4	Ffion Rees		WWA	5.12+3.5
5	Megan O'Sullivan		CDF	5.10+2.7
6	Saddia Hassan	U17	CHW	4.33+2.9
7	Becky Woolley	U17	MNS	4.32+1.9
8	Laura Mason		NOT	4.09+2.5

W Long Jump B

1	Ella Gibbons	U17	C&S	5.30+1.7
2	Rebecca Davies		R&N	4.71+3.0
3	Alyce Phillips	U17	WWA	4.68+1.2
4	Connie James		BIR	4.50+0.4
5	Laura Trigg	U17	CDF	4.43+2.1
6	Maria Goodwin	U17	CHW	4.00+0.7
7	Jenny Taylor		NOT	3.87+0.8
8	Holly Smith	U17	MNS	1.86+1.6

W Pole Vault A

1	Jenny Robbins	U17	NOT	3.50
2	Naomi James		WWA	3.40
3	Lucy Daly	U17	CDF	2.60
4	Tamsin Smith	U17	MNS	2.45
5	Katie Rowe		R&N	2.15
6			BIR	NOATH
7			C&S	NOATH
8			CHW	NOATH

W Pole Vault B

1	Shannon Lee	U17	WWA	2.90
2	Jenny Taylor		NOT	2.30
3			BIR	NOATH
4			C&S	NOATH
5			CDF	NOATH
6			CHW	NOATH
7			MNS	NOATH
8	Charlotte Davies		R&N	NOATH

W Shot Putt A

1	Toni Wells		WWA	11.44
2	Ayla Phillips		CDF	10.42
3	Becky Woolley	U17	MNS	10.39
4	Jade Perry		BIR	10.37
5	Helen Gill		NOT	9.66
6	Rebecca Davies		R&N	8.58
7	Beth Denning		C&S	7.33
8	Saddia Hassan	U17	CHW	5.68

W Shot Putt B

1	Lucy Griffiths		WWA	11.44
2	Charlotte Gair		MNS	9.16
3	Imogen Green		BIR	8.76
4	Annabelle Palmer	U17	NOT	8.73
5	Charlotte Davies		R&N	7.84
6	Chloe Phillips	U17	CDF	7.07
7	Alicia Clarke		C&S	6.83
8	Maria Goodwin		CHW	3.99

W Triple Jump A

1	Megan O'Sullivan		CDF	11.23+5.2
2	Katie Rowe		R&N	11.08+2.1
3	Shannel Hutchinson		BIR	10.90+3.5
4	Sophie Lane		WWA	10.29+4.3
5	Natalie Ainge		C&S	9.89-0.4
6	Maria Goodwin	U17	CHW	9.61+2.0
7	Claire Beaumont		MNS	8.46+2.0
8			NOT	NOATH

W Triple Jump B

1	Rebecca Davies		R&N	10.12+5.5
2	Connie James		BIR	9.53+1.2
3	Chelsea Christopher	U17	WWA	9.23-0.5
4	Aimee Hendrickson		CDF	8.79+3.3
5	Hannah Hardy	U17	MNS	8.41+2.7
6	Ella Gibbons	U17	C&S	NOATH
7			NOT	NOATH
8			CHW	NOATH

W 4x100m Relay

1 BIR 49.40	1 Dionne Samuels		2 Charlotte Jones	U17
	3 Nardhia Kidd-Walker		4 Melissa Hanson	
2 C&S 49.91	1 Natalie Ainge		2 Jessica Leek	U17
	3 Ella Gibbons	U17	4 Zoe Styles	U17
3 WWA 50.96	1 Elise Davies	U17	2 Rhiannon Jeffreys	U17
	3 Ffion Rees		4 Catrin Jones	U17
4 CDF 51.91	1 Lauren Regan		2 Megan O'Sullivan	
	3 Aimee Hendrickson		4 Jamie-Leigh Bowen	
5 R&N 52.26	1 Kerry Murch	U17	2 Katie Rowe	
	3 Lauren Jones		4 Asia Ercan	U17
6 NOT 53.18	1 Katie Platts		2 Chantelle Robinson	U17
	3 Jenny Taylor		4 Laura Mason	
7 CHW 55.51	1 Vicky Reeves	U17	2 Saddia Hassan	U17
	3 Maria Goodwin	U17	4 Lucy Arkinstall	
8 MNS 62.35	1 Claire Beaumont		2 Becky Woolley	U17
	3 Hannah Hardy	U17	4 Charlotte Gair	

W 4x400m Relay

1 BIR 4.06.65	1 Shanie Read		2 Katie Stainton	U17
	3 Leah Gregory	U17	4 Amy Hillyard	U17
2 CDF 4.13.23	1 Georgia Morgan	U17	2 Jamie-Leigh Bowen	
	3 Aimee Hendrickson		4 Lauren Regan	
3 WWA 4.20.35	1 Emily Morris	U17	2 Dannielle Franklin	U17
	3 Leah Wilson-Randell	U17	4 Lucy Hammett	U17
4 C&S 4.23.09	1 Bethan Roberts		2 Sarah Hulme	
	3 Teresa Hulme		4 Catherine Hulme	
5 R&N 4.30.00	1 Clarissa Blake	U17	2 Charlotte Inwood	
	3 Hannah Scales	U17	4 Lauren Jones	
6 MNS 4.50.95	1 Holly Smith	U17	2 Tasmin Smith	
	3 Demi-Jade Jakymelen	U17	4 Chevelle Baxter	U17
7 CHW NOATH				
8 NOT NOATH				

M 4x100m Relay

1 BIR 42.71	1 Jake Porter		2 Shane Henry	
	3 Nathan Wade		4 Onajite Okoro	
2 CDF 44.10	1 Michael Prentice		2 Sam Gordon	
	3 Sam Conway		4 Jamaul Whyte	
3 WWA 44.68	1 Mathew Davies	U17	2 Glen Elsdon	
	3 Daniel Blain	U17	4 Aled Price	
4 C&S 44.96	1 James Rayner	U17	2 Matthew Mayne	
	3 Alex Bradnick		4 Tyler Brown-Jones	
5 NOT 45.56	1 Alex Ferguson		2 Makoye Kampengele	
	3 Stuart Street	U17	4 Fraser Kesteven	
6 R&N 45.77	1 Ben Lees		2 Tom Johnson	
	3 Ryan Corcoran		4 Themba Luhana	
7 MNS 56.51	1 Callum Bradwell	U17	2 Connor McHale	
	3 Will Marshall	U17	4 Hadan Brittain	
8 CHW NOATH				

M 4x400m Relay

1	CDF	3.23.2	1	Jacob Brennan		2	Elliot Slade
			3	James Wiltshire		4	Scott Edwards
2	NOT	3.30.0	1	Dougie Musson		2	Perry Offler
			3	Alex Skidmore		4	Lewis Golledge
3	WWA	3.31.5	1	Llyr Jamieson	U17	2	Matthew O'Leary
			3	Rhys Granville	U17	4	Carwyn Evans
4	BIR	3.32.0	1	Scott Gregory		2	Myles Morris
			3	Elliot Giles		4	Efekemo Okoro
5	R&N	3.40.2	1	Patrick Mills	U17	2	James Wright
			3	Tom Johnson		4	Rory Grant
6	C&S	3.45.4	1	James Lake	U17	2	Sam Nicholls
			3	James McCann	U17	4	Ashley Wickett
7	MNS	4.08.4	1	Jordan Boam	U17	2	Tom Walleth
			3	Alex Heath		4	Adam Sansom
8	CHW	NOATH					

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS					
	Event	Lge		Event	Lge		Event	Lge			
1	BIR	1616	23	1	WWA	508.5	8	1	Birchfield Harriers	2105	30
2	WWA	1456	21	2	BIR	489	7	2	West Wales	1964.5	29
3	NOT	1337	19	3	R&N	453	6	3	Notts AC	1679.5	22
4	C&S	1220	11	4	CDF	411	5	4	Rugby & Northampton AC	1588	16
5	CDF	1123	11	5	C&S	354.5	4	5	Cardiff AAC	1534	16
6	R&N	1135	10	6	NOT	342.5	3	6	Cannock & Stafford AC	1574.5	15
7	MNS	1107	10	7	MNS	314.5	2	7	Mansfield Harriers	1421.5	12
8	CHW	733	3	8	CHW	88	1	8	Charnwood AC	821	4

Athlete of the Match: Adam Damadzic 49.24 metres Discus
Charlotte Gair 43.72 metres Discus

M 100m	Wind -0.9 m/s	M 200m	Wind -3.1 m/s
1 Nathan Wade	BIR 11.31	1 Sam Gordon	U17 CDF 23.47
2 Sam Gordon	U17 CDF 11.35	2 Scott Edwards	U17 CDF 23.51
3 Fabien Batchelor	U17 BIR 11.51	3 Jonathan Hobbs	U17 CDF 24.22
4 James Wiltshire	CDF 11.62		
5 An Other	U17 CDF 11.72		
6 David Omoregie	U17 WWA 11.92		
7 Sam Conway	CDF 11.92		
8 Tom Phillips	CDF 12.03		
M 400m		M Long Jump	
1 Matthew Richards	WWA 54.20	1 Aled Price	U17 WWA 6.06+1.5
2 Aaron Wilmott	U17 WWA 54.99	2 Ollie Zorko	NOT 5.63+0.5
3 Ryan Cooper	U17 CDF 56.02	3 Sam Nicholls	U17 C&S 4.55+1.6
M 800m		M 1500m	
1 Paddy Clark	U17 NOT 2.02.91	1 Naanan Morris	CDF 4.34.50
2 Kyran White	U17 WWA 2.07.85	2 Stuart Davies	WWA 4.43.72
W Discus Throw		W Pole Vault	
1 Toni Wells	WWA 36.08	1 Enfys Jones	U17 WWA 2.45
2 Lucy Griffiths	WWA 33.61	2 Megan Jones	U17 WWA 2.30
W Javelin Throw		M 110mH	Wind -1.8 m/s
1 Jasminder Odusanya	U17 BIR 18.18	1 Shane Jones	WWA 19.14
W Shot Putt		W 200m	Wind -1.3 m/s
1 Sophie Hazelwood	U17 R&N 6.52	1 Louise Bashford	WWA 33.05
W 1500m Sc		W 400m	
1 Stacey Webber	U17 WWA 6.08.70	1 Lois Thomas	U17 WWA 63.39
M High Jump		W 100m	Wind -2.2 m/s
1 David Omoregie	U17 WWA 1.88	1 Louise Bashford	WWA 14.82
W Long Jump		W Triple Jump	
1 Sophie Lane	WWA 4.72+2.4	1 Hannah Scales	U17 R&N 9.17+1.0