

M 100m A			M 100m B			Wind +4.2 m/s		
1	Alex Bradwick	C&S 11.58	1	Michael Prentice	CDF 11.76			
2	Elijah Skervin	NOT 11.63	2	Shane Henry	BIR 11.83			
3	Jamaul Whyte	CDF 11.69	3	Courtney Douglas	R&N 11.97			
4	Marcel Hodge	CHW 11.75	4	Steven Watson	CHW 12.04			
5	Tom Wallett	U17 MNS 11.97	5	Timion Skervin	NOT 12.18			
6	Cieran Wardle	U17 R&N 12.04	6	Chris Morris	C&S 12.27			
7	Mathias Francis	BIR 12.07	7	Alex Heath	MNS 12.73			
8	Joe Thomas	U17 WWA 12.86	8		WWA DNS			
M 200m A			M 200m B			Wind +3.2 m/s		
		Wind +4.2 m/s			Wind +3.2 m/s			
1	Alex Bradwick	C&S 22.85	1	Aqeel Hassan	CHW 23.04			
2	Michael Prentice	CDF 22.88	2	Zach King	NOT 23.15			
3	Cieran Wardle	U17 R&N 23.30	3	Shane Henry	BIR 23.20			
4	Elijah Skervin	NOT 23.35	4	Elliot Leachman	CDF 23.84			
5	Mathias Francis	BIR 23.59	5	Tom Wallett	U17 MNS 24.22			
6	Matthew Richards	WWA 23.64	6	Tom Johnson	R&N 24.31			
7	Scott Douglas	CHW 24.02	7	Chris Morris	C&S 24.89			
8	Joe Dunderdale	MNS 24.32	8	Joe Thomas	U17 WWA 26.05			
M 400m A			M 400m B					
1	David Lagerberg	MNS 50.13	1	Adam Sansom	MNS 51.87			
2	Aqeel Hassan	CHW 50.77	2	Scott Douglas	CHW 52.93			
3	Christian Byron	BIR 50.88	3	Scott Edwards	CDF 52.99			
4	Matthew Richards	WWA 52.52	4	Jon-Shay Andre Hoy-shi	BIR 53.26			
5	James Wiltshire	CDF 52.54	5	Alex Skidmore	NOT 54.59			
6	Matthew Mayne	U17 C&S 52.72	6	Owain Morgan	WWA 56.48			
7	Charlie Waterhouse	NOT 53.25	7	George Tyson	C&S 59.23			
8	Themba Luhana	R&N 56.78	8		R&N DNS			
M 800m A			M 800m B					
1	Robert Needham	NOT 1.57.67	1	Blayne Pick	NOT 2.01.25			
2	Elliot Giles	BIR 2.00.33	2	Matthew O'Leary	WWA 2.02.79			
3	Carwyn Evans	U17 WWA 2.03.44	3	Nick Hardy	BIR 2.06.60			
4	Rory Grant	R&N 2.03.57	4	Sam Nicholls	U17 C&S 2.15.52			
5	George Buttery	CHW 2.05.92	5	Harry Buttery	U17 CHW 2.23.96			
6	Ashley Wickett	C&S 2.09.99	6	Jake Lancaster	U17 MNS 2.28.50			
7	Tom O'Mara	MNS 2.17.39						
8		CDF DNS						
M 1500m A			M 1500m B					
1	Mark Thompson	NOT 4.15.98	1	Tom Collins	NOT 4.16.33			
2	Matthew O'Leary	WWA 4.16.17	2	Stuart Davies	C&S 4.48.59			
3	George Buttery	CHW 4.20.55	3	Richie Talbot	MNS 4.55.71			
4	Luke Robinson	R&N 4.24.78	4	Harry Buttery	U17 CHW 5.09.45			
5	James McCann	U17 C&S 4.28.30	5	Daniel Hall	U17 WWA 5.25.44			
6	Josh Lacey	BIR 4.36.78						
7	Tom O'Mara	MNS 4.42.98						
M 3000m A			M 3000m B					
1	Paul Thompson	NOT 9.42.23	1	Freddie Hessian	NOT 10.01.11			
2	Ben Griffiths	BIR 9.44.53	2	William Kirk	CHW 10.15.63			
3	Aaron Houseman	U17 C&S 9.54.66	3	Adam Johnson	C&S 10.33.13			
4	Joe Wales	CHW 10.01.98	4	Stephen Reynolds	U17 WWA 10.58.17			
5	Robert Male	R&N 10.04.08						
6	Kieran John	U17 WWA 10.35.70						
7	Jordan Boam	U17 MNS 10.49.14						

M 110mH A	Wind +3.9 m/s	M 110mH B	Wind +3.9 m/s
1 Jake Porter	BIR 15.57	1 Ryan Cleaver	R&N 18.60
2 Glen Elsdon	WWA 16.89	2 Jamie Allen	MNS 20.07
3 James Wright	R&N 17.46		
4 Joe Dunderdale	MNS 17.79		
5 Perry Offler	NOT 19.48		

M 400mH A		M 400mH B	
1 Paul Bennett	WWA 55.84	1 Perry Offler	NOT 59.73
2 Adam Sansom	MNS 58.15	2 Glen Elsdon	WWA 1.00.16
3 Luke Moreby	BIR 58.88	3 James Wright	R&N 1.00.44
4 Lewis Golledge	NOT 1.00.30	4 Scott Gregory	BIR 1.02.94
5 Jacob Brennan	CDF 1.01.13	5 Jamie Allen	MNS 1.05.73
6 Ryan Cleaver	R&N 1.01.62	6 Tyron Blake	U17 CDF 1.09.13
7 Stuart Davies	C&S 1.28.84	7 Ashley Wickett	C&S 1.16.65

M 2000m Sc A		M 2000m Sc B	
1 Dougie Musson	NOT 6.33.07	1 Joe Coleshaw	NOT 7.09.37
2 Nick Hardy	BIR 6.39.45	2 Jake Lancaster	U17 MNS 8.01.42
3 George Buttery	CHW 6.49.81	3 Joe Wales	CHW 8.12.16
4 Haran Dunderdale	U17 MNS 6.52.17	4 Adam Johnson	C&S 8.43.64
5 Connor Hills	R&N 6.58.84	5 Nick Scales	U17 R&N 9.14.55
6 Tom Halloway	C&S 7.44.51		

M Discus Throw A		M Discus Throw B	
1 Najee Fox	BIR 46.64	1 Jon Llewelyn	WWA 26.97
2 Dan Power	WWA 43.61	2 Hadan Brittain	MNS 24.03
3 Craig Murch	R&N 37.23	3 Nick Scales	U17 R&N 19.30
4 Chris Clarke	U17 MNS 33.91	4 Daniel Bishop	C&S 16.73
5 Bradley Cole	CDF 31.19	5 Perry Offler	NOT 13.72
6 Ross Douglas	U17 CHW 24.12		
7 Adam Phillips	U17 C&S 23.95		
8 Ryan O'Donnell	NOT 20.68		

M Hammer Throw A		M Hammer Throw B	
1 Craig Murch	R&N 56.48	1 Greg Millar	MNS 24.62
2 Bradley Cole	CDF 46.48	2 Jon Llewelyn	WWA 22.24
3 Hadan Brittain	MNS 43.94	3 Nick Scales	U17 R&N 21.94
4 Ross Douglas	U17 CHW 39.36	4 George Tyson	C&S 16.58
5 Matthew Riley	WWA 29.54	5 Montel Nevers	U17 NOT 4.54
6 Adam Phillips	U17 C&S 20.57		
7 Tom Lyons	NOT 8.84		

M High Jump A		M High Jump B	
1 Jonathan Bailey	U17 CDF 1.85	1 Tyron Blake	U17 CDF 1.70
2 Mark Logan	U17 BIR 1.80	2 Richard Stanley	C&S 1.65
3 Alasdair Rigby	C&S 1.75	3 Matthew Lee	U17 BIR 1.65
4 Glen Elsdon	WWA 1.70	4 Ross Golledge	U17 NOT 1.55
5 Richie Talbot	MNS 1.60	5 Jamie Allen	MNS 1.55
6 Lewis Golledge	NOT 1.60	6 Matthew O'Leary	WWA 1.50
7 James Taylor	U17 CHW 1.55		

M Javelin Throw A

1 Joe Dunderdale	MNS	68.41
2 Charles Stock	CHW	55.79
3 Jon Llewelyn	WWA	53.56
4 Howard Stapleton	BIR	49.73
5 Bradley Cole	CDF	48.15
6 Craig Murch	R&N	46.66
7 Alex Pinner	C&S	45.11
8 Ryan O'Donnell	NOT	37.84

M Javelin Throw B

1 Greg Millar	MNS	52.31
2 Jonan Boyce	BIR	47.29
3 Niki Davies	WWA	41.46
4 Richard Stanley	C&S	39.36
5 Daniel Wardle	R&N	27.92
6 Ross Golledge	U17	NOT 26.11

M Long Jump A

1 Rhys Jones	BIR	6.59
2 Styart Street	U17	NOT 6.34
3 Ben Lees	R&N	6.24
4 Jamual Whyte	CDF	6.00
5 Kieron Martin	WWA	5.95
6 Adam Sansom	MNS	5.90
7 Alasdair Rigby	C&S	5.24
8 Marcel Hodge	CHW	3.47

M Long Jump B

1 Fraser Kesteven	NOT	5.91
2 James Maguire	CDF	5.86
3 Myles Durrant-Sutherland	U17	BIR 5.48
4 Glen Elsdon	WWA	4.99
5 Connor McHale	MNS	4.62
6 Adam Johnson	C&S	4.57

M Pole Vault A

1 David Callan	U17	CDF 3.80
2 Tom Lyons	NOT	3.65
3 Emyr Jones	WWA	3.50
4 Chris Clarke	U17	MNS 3.50
5 Matthew Lee	U17	BIR 3.35
6 Ryan Cleaver	R&N	2.75
7 Alasdair Rigby	C&S	2.45
8 James Taylor	U17	CHW 2.00

M Pole Vault B

1 Craig Murch	R&N	2.45
2 Hadan Brittain	MNS	2.45
3 George Tyson	C&S	2.15

M Shot Putt A

1 Najee Fox	BIR	14.12
2 Adam Sansom	MNS	13.45
3 Craig Murch	R&N	11.81
4 Adam Phillips	U17	C&S 9.82
5 Ross Douglas	U17	CHW 8.02
6 Alex Ferguson	NOT	7.93
7 Matthew Riley	WWA	6.64

M Shot Putt B

1 Connor McHale	MNS	10.84
2 Daniel Wardle	R&N	9.06
3 Daniel Bishop	C&S	8.66
4 Ryan O'Donnell	NOT	7.77
5 Mark Logan	U17	BIR 6.81

M Triple Jump A

1 Jose Martin-Fullerton	BIR	14.32+3.0
2 Montel Nevers	U17	NOT 13.07+2.1
3 Alasdair Rigby	C&S	12.35+4.1
4 Joe Dunderdale	MNS	11.74+1.5
5 Kieron Martin	WWA	11.69+2.4
6 James Maguire	CDF	11.68+3.2
7 Matthew Cox	U17	CHW 10.53+4.0

M Triple Jump B

1 Jamal Nesbitt	BIR	13.25+6.5
2 Fraser Kesteven	NOT	11.34+3.1
3 Jacob Brennan	CDF	11.11+2.8
4 Glen Elsdon	WWA	11.06+1.9
5 Greg Millar	MNS	10.72+2.9
6 Sam Nicholls	U17	C&S 10.28+1.4

W 100m A

	Wind +4.5 m/s	
1 Mica Moore	CDF	12.94
2 Diani Walker	U17	BIR 13.12
3 Rhiannon Jeffreys	U17	WWA 13.41
4 Charlotte Burrows	R&N	13.50
5 Olivia Walker	U17	C&S 13.50
6 Katie Platts	NOT	13.53
7 Robyn Foster	U17	MNS 13.88
8 Vicky Reeves	U17	CHW 14.13

W 100m B

	Wind +3.6 m/s	
1 Charlotte Jones	U17	BIR 13.22
2 Jamie-Leigh Bowen	CDF	13.49
3 Zoe Styles	U17	C&S 13.57
4 Laura Davies	U17	WWA 13.89
5 Megan Arnold	U17	NOT 13.98
6 Sophie Wright	R&N	14.06
7 Yvette Robinson	MNS	14.89
8 Sabrina Rasaiah	U17	CHW 15.37

W 200m A	Wind +2.8 m/s	W 200m B	Wind +2.0 m/s
1 Melisa Hanson	BIR 25.65	1 Jamie-Leigh Bowen	CDF 26.49
2 Mica Moore	CDF 25.80	2 Zoe Styles	U17 C&S 26.78
3 Rhiannon Jeffreys	U17 WWA 26.81	3 Ffion Rees	WWA 27.35
4 Olivia Walker	U17 C&S 26.94	4 Leah Gregory	U17 BIR 28.12
5 Robyn Foster	U17 MNS 27.88	5 Molly Ferguson	U17 NOT 28.15
6 Katie Platts	NOT 27.90	6 Christie Childs	MNS 29.38
7 Hannah Scales	U17 R&N 28.48	7 Belinda Amoako	U17 R&N 30.34
8 Vicky Reeves	U17 CHW 28.92	8 Annabelle Kay	U17 CHW 33.23
W 400m A		W 400m B	
1 Amy Hillyard	U17 BIR 59.16	1 Chantelle Robinson	U17 NOT 1.02.25
2 Jemima Osborn	WWA 1.00.49	2 Gwen Williams	CDF 1.03.39
3 Sam Cogan	CDF 1.00.63	3 Danielle Franklin	U17 WWA 1.05.82
4 Christie Childs	MNS 1.03.88	4 Yvette Robinson	MNS 1.08.34
5 Natalie Ainge	C&S 1.04.81	5 Charlotte Smith	U17 C&S 1.09.28
6 Lauren Jones	R&N 1.05.70		
7 Laura Mason	NOT 1.06.40		
8 Vicky Reeves	U17 CHW 1.06.93		
W 800m A		W 800m B	
1 Briony Bendle	CHW 2.18.95	1 Catherine Hulme	C&S 2.27.40
2 Elysia Pearson	WWA 2.25.57	2 Lucy Arkinstall	CHW 2.29.95
3 Charlotte Inwood	R&N 2.26.94	3 Megan Love	U17 R&N 2.30.16
4 Demi-Jade Jakymelan	U17 MNS 2.27.37	4 Leah Wilson-Randell	U17 WWA 2.38.64
5 Teresa Hulme	C&S 2.28.28	5 Holly Smith	U17 MNS 2.40.33
6 Jenny Evans	NOT 2.28.74	6 Annabelle Palmer	U17 NOT 3.32.51
7 Lauren Regan	CDF 2.29.00	7	BIR DNS
8 Shanie Read	BIR 2.32.31	8	CDF DNS
W 1500m A		W 1500m B	
1 Chloe Richardson	BIR 4.43.15	1 Laura Muth	BIR 5.09.04
2 Emily Waugh	R&N 4.55.56	2 Iona Evans	U17 WWA 5.18.80
3 Lucy Arkinstall	CHW 5.00.50	3 Hayley Silver	U17 MNS 5.30.65
4 Chevelle Baxter	U17 MNS 5.05.54	4 Briony Bendle	CHW 5.47.32
5 Jemima Osborn	WWA 5.15.12	5 Sarah Hulme	C&S 5.55.38
6 Hannah Robinson	U17 NOT 5.18.22		
7 Catherine Hulme	C&S 5.19.23		
8 Lauren Regan	CDF 5.54.56		
W 3000m A		W 3000m B	
1 Clarissa Blake	U17 R&N 11.41.52	1 Charlotte Foxall	U17 BIR 12.39.49
2 Kim Jalland	CHW 11.50.07	2 Beth Clarke	C&S 13.56.84
3 Jess Freeman	U17 BIR 11.52.45	3 Holly Smith	U17 MNS 15.55.64
4 Amelia Ridgway	U17 C&S 12.06.28		
5 Charlotte Saunders	NOT 13.25.12		
6 Catrin Roberts	U17 WWA 15.45.44		
7 Demi-Jade Jakymelan	U17 MNS 15.55.38		
W 100mH A	Wind +3.9 m/s	W 100mH B	Wind +3.9 m/s
1 Dione Samuels	BIR 16.86	1 Karina Jakovenko	BIR 16.86
2 Katie Rowe	R&N 17.12	2 Lucy Johnson	NOT 20.47
3 Jenny Roberts	U17 NOT 17.65	3 Rebecca Cooke	C&S 21.81
4 Chloe Elphick	MNS 20.12		
5 Natalie Ainge	C&S 26.44		

W 400mH A

1 Katie Stainton	U17 BIR	1.06.63
2 Hannah Scales	U17 R&N	1.10.79
3 Danielle Mill	CDF	1.12.13
4 Sophie Pick	WWA	1.12.64
5 Rebecca Cooke	C&S	1.15.13
6 Emma Nutt	CHW	1.16.11
7 Lucy Johnson	NOT	1.18.55

W 400mH B

1 Naomi O'Brien	U17 BIR	1.13.70
2 Stacey Collins	WWA	1.17.01
3 Beth Clarke	C&S	1.23.64
4 Jenny Taylor	NOT	1.29.12

W 1500m Sc A

1 Katie Reynolds	WWA	5.47.40
2 Gabriella Moriarty	R&N	5.57.11
3 Jenny Evans	NOT	6.01.83
4 Tamsin Smith	MNS	6.12.95
5 Teresa Hulme	C&S	6.35.34
6 Naomi O'Brien	BIR	6.46.01

W 1500m Sc B

1 Chevelle Baxter	U17 MNS	6.39.19
2 Beth Clarke	C&S	6.58.90

W Discus Throw A

1 Charlotte Gair	MNS	39.24
2 Emma Crooke	U17 BIR	35.27
3 Nina Prells	WWA	33.95
4 Emily Campbell	NOT	29.97
5 Kathryn Reynolds	U17 R&N	28.50
6 Beth Denning	C&S	24.53
7 Alice Knight	CHW	18.07
8 Ayla Phillips	CDF	14.96

W Discus Throw B

1 Lucy Griffiths	WWA	31.53
2 Jane Bourne	BIR	25.34
3 Mia Gell	U17 NOT	21.66
4 Alicia Clarke	C&S	20.48
5 Claire Beaumont	MNS	16.27
6 Sophie Hazelwood	U17 R&N	16.21
7 Amber Burdett	CHW	15.05
8 Gwen Williams	CDF	12.01

W Hammer Throw A

1 Toni Wells	WWA	48.11
2 Claire Beaumont	MNS	41.11
3 Emma Crooke	BIR	37.15
4 Ayla Phillips	CDF	35.62
5 Emily Campbell	NOT	32.86
6 Sophie Wright	R&N	20.02
7 Beth Denning	C&S	19.75

W Hammer Throw B

1 Annabelle Palmer	U17 NOT	35.53
2 Vivian Salo	BIR	28.52
3 Charlotte Gair	MNS	20.02
4 Sophie Hazelwood	U17 R&N	17.10
5 Alicia Clarke	C&S	15.27

W High Jump A

1 Imogen Green	BIR	1.60
2 Catrin Jones	U17 WWA	1.55
3 Katie Rowe	R&N	1.55
4 Georgina Greenwood	U17 C&S	1.55
5 Emma Nutt	CHW	1.50
6=Gwen Williams	CDF	1.40
6=Jenny Robins	U17 NOT	1.40
6=Chloe Elphick	MNS	1.40

W High Jump B

1 Sophie Pick	WWA	1.55
2 Jade Perry	BIR	1.45
3 Saadia Hassan	CHW	1.40
4 Belinda Amoako	U17 R&N	1.40
5 Rebecca Cooke	C&S	1.35
6 Chantelle Robinson	U17 NOT	1.35

W Javelin Throw A

1 Kerry Murch	U17 R&N	42.46
2 Zoe Priestley	WWA	39.68
3 Jade Perry	BIR	34.71
4 Alice Knight	CHW	32.16
5 Lucy Heap	U17 C&S	30.81
6 Becky Woolley	U17 MNS	30.60
7 Ayla Phillips	CDF	21.46
8 Helen Gill	NOT	14.31

W Javelin Throw B

1 Charlotte Burrows	R&N	33.67
2 Imogen Green	BIR	33.54
3 Amber Burdett	CHW	31.79
4 Stacey Collins	WWA	22.02
5 Claire Beaumont	MNS	16.99
6 Mica Moore	CDF	13.23
7 Mia Gell	U17 NOT	10.46
8 Beth Denning	C&S	6.48

W Long Jump A

1 Imogen Green	BIR	5.28+0.7
2 Jessica Leek	U17 C&S	5.10+2.2
3 Kerry Murch	U17 R&N	5.08+2.6
4 Ffion Rees	WWA	4.90+2.5
5 Chloe Elphick	MNS	4.86+3.2
6 Megan Arnold	U17 NOT	4.52+3.2
7 Saadia Hassan	CHW	4.06+2.5
8 Sam Cogan	CDF	3.34+2.6

W Long Jump B

1 Connie James	BIR	5.08+3.0
2 Olivia Merry	C&S	4.92+2.1
3 Becky Woolley	U17 MNS	4.42+3.5
4 Sam Farmer	U17 NOT	4.20+0.9
5 Rhiannon Thomas	U17 WWA	4.11+2.3
6 Annabelle Kay	U17 CHW	3.77+2.0
7	R&N	3.77+0.7
8 Lauren Regan	CDF	2.77+1.9

W Pole Vault A

1 Jenny Robins	U17 NOT	3.30
2 Sophie Cook	U17 BIR	3.20
3 Enfys Jones	U17 WWA	2.60
4 Tamsin Smith	U17 MNS	2.30
5 Harriet Copeland	U17 CHW	2.00

W Pole Vault B

1 Jenny Taylor	NOT	2.45
2 Shannon Lee	U17 WWA	2.30
3 Chloe Elphick	MNS	2.00

W Shot Putt A

1 Toni Wells	WWA	11.57
2 Jade Perry	BIR	10.84
3 Ayla Phillips	CDF	9.70
4 Helen Gill	NOT	9.57
5 Becky Woolley	U17 MNS	9.52
6 Alice Knight	CHW	7.46
7 Beth Denning	C&S	7.33
8 Sophie Hazelwood	R&N	6.78

W Shot Putt B

1 Lucy Griffiths	WWA	11.15
2 Emily Cook	U17 BIR	9.00
3 Charlotte Gair	MNS	8.76
4 Emily Campbell	NOT	7.82
5 Danielle Mill	CDF	7.35
6 Alicia Clarke	C&S	6.77
7 Amber Burdett	CHW	5.70

W Triple Jump A

1 Katie Rowe	R&N	11.21+4.3
2 Shannel Hutchinson	BIR	11.18+3.6
3 Chloe Elphick	MNS	10.92+2.9
4 Georgina Greenwood	U17 C&S	10.18+3.7
5 Sam Farmer	U17 NOT	9.60+2.9
6 Rhiannon Thomas	U17 WWA	9.35+3.7
7 Danielle Mill	CDF	8.08+2.0

W Triple Jump B

1 Andrea Barrow	U17 BIR	10.40+3.5
2 Natalie Ainge	C&S	9.61+2.3
3 Megan Arnold	U17 NOT	9.09+1.8
4 Chelsea Christopher	U17 WWA	8.91+4.1
5 Yvette Robinson	MNS	7.59+3.1

W 4x100m Relay

1 BIR 50.14	1 Dione Samuels	2 Diani Walker	U17
	3 Karina Jakovenko	4 Charlotte Jones	U17
2 CDF 50.64	1 Mica Moore	2 Danielle Mill	
	3 Jamie-Leigh Bowen	4 Gwen Williams	
3 NOT 51.95	1 Laura Mason	2 Molly Ferguson	U17
	3 Katie Platts	4 Jessica Platts	U17
4 C&S 51.99	1 Natalie Ainge	2 Jessica Leek	U17
	3 Olivia Walker	4 Zoe Styles	U17
5 WWA 52.61	1 Elise Davies	2 Laura Davies	U17
	3 Ffion Rees	4 Rhiannon Jeffreys	U17
6 R&N 52.90	1 Charlotte Burrows	2 Sophie Wright	
	3 Kerry Murch	4 Katie Rowe	
7 MNS 56.94	1 Holly Smith	2 Christie Childs	
	3 Yvette Robinson	4 Robyn Foster	U17
8 CHW 57.35	1 Sabrina Rasaiah	2 Vicky Reeves	U17
	3 Annabelle Kay	4 Saadia Hassan	

W 4x400m Relay

1 CDF 4.14.80	1 Sam Cogan	2 Gwen Williams	
	3 Danielle Mill	4 Lauren Regan	
2 BIR 4.15.81	1 Melisa Hanson	2 Diani Walker	U17
	3 Karina Jakovenko	4 Amy Hillyard	U17
3 WWA 4.20.51	1 Elysia Pearson	2 Danielle Franklin	U17
	3 Stacey Collins	4 Jemima Osborn	
4 MNS 4.24.57	1 Demi-Jade Jakymelan	2 Yvette Robinson	U17
	3 Robyn Foster	4 Christie Childs	U17
5 C&S 4.27.29	1 Catherine Hulme	2 Rebecca Cooke	
	3 Natalie Ainge	4 Teresa Hulme	
6 CHW 4.31.41	1 Lucy Arkinstall	2 Emma Nutt	
	3 Kim Jalland	4 Briony Bendle	
7 NOT 4.39.95	1 Chantelle Robinson	2 Annabelle Palmer	U17
	3 Laura Mason	4 Lucy Johnson	

M 4x100m Relay

1 CDF 44.48	1 James Griffiths	2 Jamaul Whyte	
	3 Michael Prentice	4 Elliot Leachman	
2 BIR 44.96	1 Jake Porter	2 Shane Henry	
	3 Myles Durrant-Sutherland	4 Mathias Francis	
3 CHW 45.12	1 Marcel Hodge	2 Jack Goodman	U17
	3 Steven Watson	4 Aqeel Hassan	
4 C&S 45.31	1 Alasdair Rigby	2 Matthew Mayne	U17
	3 Alex Bradwick	4 Chris Morris	
5 R&N 45.79	1 Tom Johnson	2 Courtney Douglas	
	3 Cieran Wardle	4 James Wright	U17
6 NOT 46.50	1 Timion Skervin	2 Makoye Kampengele	
	3 Jarrod Skervin	4 Elijah Skervin	
7 WWA 46.65	1 Kieron Martin	2 Matthew Richards	
	3 Joe Thomas	4 Paul Bennett	U17
8 MNS 47.51	1 Alex Heath	2 Tom Walleth	U17
	3 Greg Millar	4 Joe Dunderdale	

M 4x400m Relay

1	NOT	3.31.30	1	Zach King		2	Alex Skidmore	
			3	Lewis Golledge		4	Charlie Waterhouse	
2	WWA	3.34.46	1	Matthew Richards		2	Owain Morgan	
			3	Carwyn Evans	U17	4	Paul Bennett	
3	CDF	3.35.13	1	James Wiltshire		2	Scott Edwards	
			3	Jacob Brennan		4	Jamaul Whyte	
4	BIR	3.40.04	1	Luke Moreby		2	Jon-Shay Andre Hoy-shi	
			3	Elliot Giles		4	Christian Byron	
5	MNS	3.42.93	1	Tom O'Mara		2	Alex Heath	
			3	Adam Sansom		4	David Lagerberg	
6	C&S	3.44.48	1	Matthew Mayne	U17	2	Sam Nicholls	U17
			3	Ashley Wickett		4	Chris Morris	
7	CHW	3.46.58	1	Aqeel Hassan		2	Joe Wales	
			3	Scott Douglas		4	Steven Watson	

MATCH RESULT			LEAGUE STANDINGS				
	Event	Lge		Event	Lge		
1	BIR	489	8	1	Birchfield Harriers	489	8
2	NOT	425	7	2	Notts AC	425	7
3	WWA	415	6	3	West Wales	415	6
4	MNS	406	5	4	Mansfield Harriers	406	5
5	C&S	379	4	5	Cannock & Stafford AC	379	4
6	R&N	329	3	6	Rugby & Northampton AC	329	3
7	CDF	276	2	7	Cardiff AC	276	2
8	CHW	260	1	8	Charnwood AC	260	1

W 100m	Wind -4.4 m/s	M 200m	Wind -4.8 m/s
1 Elise Davies	U17 WWA 13.89	1 Jack Goodman	U17 CAC 24.17
2 Molly Ferguson	U17 NOT 14.05	2 Makoye Kampengele	NOT 24.30
3 Jessica Platts	U17 NOT 14.18	3 Jarrod Skervin	NOT 24.59
4 Etienne Hodge	U17 NOT 14.32	4 Steven Watson	U17 CAC 24.66
5 Catrin Roberts	U17 WWA 14.41	5 Alex Ferguson	NOT 25.07
6 Caitlin Edwards	U17 NOT 14.77		
M 100m	Wind -3.9 m/s	W 200m	Wind -3.2 m/s
1 Chris Norman	BIR 12.04	1 Laura Davies	U17 WWA 28.47
2 Jack Goodman	U17 CAC 12.22	2 Caitlin Edwards	U17 NOT 29.68
3 James Griffiths	CAR 12.22	3 Etienne Hodge	U17 NOT 29.75
4 James Wiltshire	CAR 12.28		
5 Alex Ferguson	NOT 12.43		
M 3000m		M Long Jump	
1 Tom Holloway	CAN 9.59.56	1 Matthew Keady	U17 NOT 4.91+1.4
2 Mathew Cox	U17 CAC 10.46.63		
W Shot Putt		M Triple Jump	
1 Awen Rosser	U17 WWA 10.03	1 Matthew Keady	U17 NOT 9.29+1.3
M 800m		M Javelin Throw	
1 Daniel Hall	U17 WWA DNF	1 Josh Brown	U17 BIR 37.36
M 2000m Sc		M 1500m	
1 Jamie Allen	MAN 7.44.25	1 Jordan Barrett	U17 C&S 4.33.35