

| M 100m A            | Wind +5.1 m/s | M 100m B           | Wind +1.7 m/s |
|---------------------|---------------|--------------------|---------------|
| 1 Yannick Phippen   | BIR 10.6      | 1 Jamaul Whyte     | CDF 11.1      |
| 2 Michael Prentice  | CDF 10.7      | 2 Matthias Francis | BIR 11.1      |
| 3 Alex Bradnick     | C&S 10.7      | 3 Jack Goodband    | U17 CHW 11.3  |
| 4 Ben Lees          | R&N 11.0      | 4 Chris Morris     | C&S 11.4      |
| 5 Steven Watson     | CHW 11.0      | 5 Ross Bangura     | WWA 11.5      |
| 6 Matthew Davies    | U17 WWA 11.1  | 6 Alex Ferguson    | NOT 11.8      |
| 7 Makoye Kampengale | NOT 11.3      | 7 Jonathan Brannan | U17 MNS 12.0  |
| 8 Tom Wallelt       | U17 MNS 11.4  |                    |               |

| M 200m A            | Wind +2.2 m/s | M 200m B             | Wind +0.7 m/s |
|---------------------|---------------|----------------------|---------------|
| 1 Yannick Phippen   | BIR 21.7      | 1 Jarryd Dunn        | BIR 22.1      |
| 2 Alex Bradnick     | C&S 21.8      | 2 James Wiltshire    | CDF 22.8      |
| 3 Sam Gordon        | U17 CDF 22.7  | 3 Matthew Davies     | U17 WWA 23.0  |
| 4 Matthew Richards  | WWA 22.8      | 4 Chris Morris       | C&S 23.4      |
| 5 Tom Johnson       | R&N 23.2      | 5 Charlie Waterhouse | NOT 23.4      |
| 6 Makoye Kampengale | NOT 23.3      | 6 Richard Adiyia     | CHW 23.7      |
| 7 Steven Watson     | CHW 23.3      | 7 Alex Heath         | MNS 24.3      |
| 8 Tom Wallelt       | U17 MNS 23.6  |                      |               |

| M 400m A           |              | M 400m B            |              |
|--------------------|--------------|---------------------|--------------|
| 1 Zach King        | NOT 48.9     | 1 Christian Byron   | BIR 49.7     |
| 2 Efekomo Okoro    | BIR 49.5     | 2 Llyr Jamieson     | U17 WWA 51.6 |
| 3 Matthew Richards | WWA 51.0     | 3 Alex Skidmore     | NOT 52.7     |
| 4 Scott Edwards    | U17 CDF 51.1 | 4 Michael Johnson   | CDF 53.7     |
| 5 Adam Sansom      | MNS 52.1     | 5 Alex Heath        | MNS 54.3     |
| 6 Matthew Mayne    | U17 C&S 52.5 | 6 James Lake        | U17 C&S 55.0 |
| 7 Scott Douglas    | CHW 53.0     | 7 Robert Sutherland | U17 R&N 56.1 |
| 8 Jonathon Chin    | R&N 53.2     |                     |              |

| M 800m A           |                | M 800m B         |                |
|--------------------|----------------|------------------|----------------|
| 1 Elliot Slade     | U17 CDF 1.54.5 | 1 Alex Coomber   | CDF 1.58.2     |
| 2 Elliot Giles     | BIR 1.57.8     | 2 Joe Coleshaw   | NOT 2.00.1     |
| 3 Chris Perrin     | C&S 1.59.0     | 3 Rhys Granville | U17 WWA 2.01.1 |
| 4 Carwyn Evans     | U17 WWA 1.59.2 | 4 Theo Blundell  | U17 BIR 2.01.3 |
| 5 Ben Sutherland   | U17 R&N 1.59.6 | 5 Ashley Wickett | C&S 2.07.5     |
| 6 Mark Thompson    | NOT 2.01.8     | 6 Harry Buttery  | U17 CHW 2.18.1 |
| 7 George Buttery   | CHW 2.02.8     | 7 Jake Lancaster | U17 MNS 2.25.8 |
| 8 Haran Dunderdale | U17 MNS 2.05.7 |                  |                |

| M 1500m A         |                | M 1500m B       |                |
|-------------------|----------------|-----------------|----------------|
| 1 Robert Needham  | NOT 3.58.2     | 1 Tom Collins   | NOT 4.03.2     |
| 2 Elliot Slade    | U17 CDF 3.59.6 | 2 Michael Ward  | U17 CDF 4.15.5 |
| 3 Rory Grant      | R&N 4.01.6     | 3 Luke Robinson | R&N 4.16.0     |
| 4 Tom Graves      | BIR 4.02.5     | 4 Josh Lacey    | BIR 4.24.4     |
| 5 George Buttery  | CHW 4.03.4     | 5 Lloyd Heckler | U17 WWA 4.26.1 |
| 6 Matthew O'Leary | WWA 4.06.7     | 6 Adam Johnson  | C&S 4.35.0     |
| 7 James McCann    | U17 C&S 4.14.5 | 7               | CHW 4.55.2     |
| 8 Tom O'Mara      | U17 MNS 4.36.1 | 8 Jordan Boam   | U17 MNS 5.14.2 |

| M 3000m A         |                | M 3000m B        |                 |
|-------------------|----------------|------------------|-----------------|
| 1 Josh Griffiths  | WWA 9.13.6     | 1 Paddy Clark    | U17 NOT 9.35.4  |
| 2 James Perrin    | C&S 9.18.8     | 2 Aaron Houseman | C&S 9.38.4      |
| 3 Freddie Hessian | NOT 9.25.4     | 3 Robert Male    | R&N 9.51.2      |
| 4 Ben Sutherland  | U17 R&N 9.29.2 | 4 Ben Topley     | U17 BIR 9.53.3  |
| 5 Tom O'Mara      | U17 MNS 9.40.1 | 5 William Kirk   | U17 CHW 10.11.6 |
| 6 Ben Griffiths   | BIR 9.41.9     | 6 Kieran John    | U17 WWA 10.17.7 |
| 7 Joe Wales       | CHW 9.46.5     | 7 Jordan Boam    | U17 MNS 10.51.1 |

| M 110mH A        | Wind +0.9 m/s | M 110mH B       | Wind +0.9 m/s |
|------------------|---------------|-----------------|---------------|
| 1 Jake Porter    | BIR 14.7      | 1 Onajite Okoro | BIR 15.0      |
| 2 James Wright   | R&N 14.9      | 2 Josh Sansom   | WWA 16.1      |
| 3 Glen Elsdon    | WWA 15.0      |                 |               |
| 4 Tyron Blake    | CDF 15.9      |                 |               |
| 5 Alasdair Rigby | C&S 17.1      |                 |               |

| M 400mH A        |          | M 400mH B       |              |
|------------------|----------|-----------------|--------------|
| 1 Josh Sansom    | WWA 57.5 | 1 Glen Elsdon   | WWA 59.4     |
| 2 Luke Morbey    | BIR 57.8 | 2 Tom Phillips  | CDF 61.3     |
| 3 Adam Sansom    | MNS 58.0 | 3 Scott Gregory | BIR 63.0     |
| 4 James Wright   | R&N 58.4 | 4 Matt Gregg    | U17 NOT 64.1 |
| 5 Lewis Golledge | NOT 59.7 | 5 Connor McHale | MNS 69.9     |
| 6 Jacon Brennan  | CDF 61.6 |                 |              |
| 7 Richard Adiyia | CHW 63.0 |                 |              |
| 8 Ashley Wickett | C&S 72.4 |                 |              |

| M 2000m Sc A     |                | M 2000m Sc B      |                |
|------------------|----------------|-------------------|----------------|
| 1 Dougie Musson  | NOT 6.15.8     | 1 Ronan Llyr      | U17 WWA 6.48.0 |
| 2 Nick Hardy     | BIR 6.20.4     | 2 Joe Coleshaw    | NOT 7.22.7     |
| 3 George Buttery | CHW 6.44.2     | 3 Connor McHale   | MNS 8.22.8     |
| 4 Connor Hills   | R&N 6.46.7     | 4 Michael Johnson | CDF 8.32.7     |
| 5 Matthew Thomas | WWA 6.47.5     | 5 Nick Scales     | U17 R&N 8.33.5 |
| 6 Michael Ward   | U17 CDF 7.11.9 | 6 Joe Gregory     | BIR DNF        |
| 7 Jake Lancaster | U17 MNS 7.14.2 |                   |                |

| M Discus Throw A     |               | M Discus Throw B   |               |
|----------------------|---------------|--------------------|---------------|
| 1 Najee Fox          | BIR 51.12     | 1 Ryan Leonard     | CDF 35.73     |
| 2 Dan Power          | WWA 42.64     | 2 Forest Francis   | U17 BIR 35.19 |
| 3 Chris Clarke       | U17 MNS 38.33 | 3 Hadan Brittain   | MNS 30.47     |
| 4 Matthew Field      | U17 CDF 37.82 | 4 Craig Murch      | R&N 30.33     |
| 5 Harry Ronchetti    | U17 R&N 35.96 | 5 Jonathan Stowell | WWA 26.31     |
| 6 Tyler Brown-Jones  | U17 C&S 26.01 | 6 Daniel Bishop    | C&S 21.27     |
| 7 Ross Douglas       | U17 CHW 24.39 | 7 Matt Grice       | NOT 18.89     |
| 8 Robert Heginbottom | U17 NOT 22.78 |                    |               |

| M Hammer Throw A    |               | M Hammer Throw B   |               |
|---------------------|---------------|--------------------|---------------|
| 1 Craig Murch       | R&N 56.34     | 1 Jonathan Stowell | WWA 33.87     |
| 2 Ashley Andrews    | BIR 52.85     | 2 Greg Millar      | MNS 21.43     |
| 3 Hadan Brittain    | MNS 47.45     | 3 Nick Scales      | U17 R&N 20.65 |
| 4 Ross Douglas      | U17 CHW 43.93 | 4 George Tyson     | C&S 14.04     |
| 5 Matthew Riley     | WWA 38.59     | 5 Montel Nevers    | U17 NOT 5.82  |
| 6 Matthew Field     | U17 CDF 28.89 |                    |               |
| 7 Tyler Brown-Jones | U17 C&S 20.45 |                    |               |
| 8 Matt Gregg        | U17 NOT 16.21 |                    |               |

| M High Jump A    |              | M High Jump B      |              |
|------------------|--------------|--------------------|--------------|
| 1 Onajite Okoro  | BIR 1.90     | 1 Haran Dunderdale | U17 MNS 1.60 |
| 2 Alasdair Rigby | C&S 1.75     | 2 Sam Gordon       | U17 CDF 1.60 |
| 3 Tyron Blake    | CDF 1.75     | 3 Ross Bangura     | WWA 1.55     |
| 4 Glen Elsdon    | WWA 1.70     | 4 Ross Golledge    | U17 NOT 1.55 |
| 5 Will Marshall  | U17 MNS 1.70 |                    |              |
| 6 Lewis Golledge | NOT 1.55     |                    |              |

M Javelin Throw A

|   |                    |         |       |
|---|--------------------|---------|-------|
| 1 | Greg Millar        | MNS     | 61.24 |
| 2 | Ryan Leonard       | CDF     | 52.43 |
| 3 | Jon Llewelyn       | WWA     | 52.03 |
| 4 | Jonah Boyce        | BIR     | 47.38 |
| 5 | Richard Stanley    | C&S     | 45.07 |
| 6 | Craig Murch        | R&N     | 37.81 |
| 7 | Robert Heginbottom | U17 NOT | 35.34 |

M Javelin Throw B

|   |                     |         |       |
|---|---------------------|---------|-------|
| 1 | Howard Stapleton    | BIR     | 46.35 |
| 2 | Alex Pinner         | C&S     | 43.79 |
| 3 | Niki Davies         | WWA     | 43.22 |
| 4 | Hadan Brittain      | MNS     | 34.00 |
| 5 | Lewis Akrill        | CDF     | 28.97 |
| 6 | Ross Golledge       | U17 NOT | 28.43 |
| 7 | Christian Nicholson | R&N     | 27.96 |

M Long Jump A

|   |                |         |      |
|---|----------------|---------|------|
| 1 | Kieron Martin  | WWA     | 6.24 |
| 2 | Alasdair Rigby | C&S     | 6.23 |
| 3 | Stuart Street  | U17 NOT | 6.22 |
| 4 | Efekomo Okoro  | BIR     | 6.00 |
| 5 | Jamaul Whyte   | CDF     | 5.84 |
| 6 | Adam Sansom    | MNS     | 5.71 |
| 7 | Jack Goodband  | U17 CHW | 3.94 |

M Long Jump B

|   |                 |     |      |
|---|-----------------|-----|------|
| 1 | Fraser Kestevan | NOT | 6.14 |
| 2 | Lewis Akrill    | CDF | 4.91 |
| 3 | Connor McHale   | MNS | 4.91 |
| 4 | Adam Johnson    | C&S | 4.31 |
| 5 | Scott Gregory   | BIR | 4.08 |

M Pole Vault A

|    |                |         |      |
|----|----------------|---------|------|
| 1= | Tom Lyons      | NOT     | 0.00 |
| 1= | Joe Chesterman | U17 BIR | 0.00 |
| 1= | Alasdair Rigby | C&S     | 0.00 |
| 1= | David Callan   | U17 CDF | 0.00 |
| 1= | James Taylor   | U17 CHW | 0.00 |
| 1= | Connor McHale  | MNS     | 0.00 |
| 1= | Emyr Jones     | WWA     | 0.00 |

M Pole Vault B

|    |                 |         |      |
|----|-----------------|---------|------|
| 1= | Lewis Preece    | U17 WWA | 0.00 |
| 1= | David Wilkinson | U17 MNS | 0.00 |
| 1= | George Tyson    | C&S     | 0.00 |

M Shot Putt A

|   |                    |         |       |
|---|--------------------|---------|-------|
| 1 | Chris Clarke       | U17 MNS | 13.90 |
| 2 | Matthew Field      | U17 CDF | 13.32 |
| 3 | Jonathan Stowell   | WWA     | 11.19 |
| 4 | Craig Murch        | R&N     | 11.09 |
| 5 | Myles Morris       | U17 BIR | 9.35  |
| 6 | Daniel Bishop      | C&S     | 8.81  |
| 7 | Richard Adiyia     | CHW     | 8.33  |
| 8 | Charlie Waterhouse | NOT     | 8.27  |

M Shot Putt B

|   |                   |         |       |
|---|-------------------|---------|-------|
| 1 | Hadan Brittain    | MNS     | 11.12 |
| 2 | Daniel Wardle     | R&N     | 9.04  |
| 3 | Onajite Okoro     | BIR     | 8.49  |
| 4 | James Wiltshire   | CDF     | 8.35  |
| 5 | Ross Douglas      | U17 CHW | 8.26  |
| 6 | Tyler Brown-Jones | U17 C&S | 8.26  |
| 7 | Alex Ferguson     | NOT     | 7.88  |
| 8 | Matthew Riley     | WWA     | 6.69  |

M Triple Jump A

|   |                       |         |       |
|---|-----------------------|---------|-------|
| 1 | Jose Martin-Fullerton | BIR     | 14.50 |
| 2 | Themba Luhana         | R&N     | 13.51 |
| 3 | Montel Nevers         | U17 NOT | 13.14 |
| 4 | Sam Gordon            | U17 CDF | 12.17 |
| 5 | Alasdair Rigby        | C&S     | 12.11 |
| 6 | Keiron Martin         | WWA     | 11.82 |
| 7 | Adam Sansom           | MNS     | 11.45 |

M Triple Jump B

|   |                   |         |       |
|---|-------------------|---------|-------|
| 1 | Jarryd Dunn       | BIR     | 12.91 |
| 2 | Fraser Kestevan   | NOT     | 11.79 |
| 3 | Robert Sutherland | U17 R&N | 11.36 |
| 4 | Ross Bangura      | WWA     | 11.31 |
| 5 | Connor McHale     | MNS     | 11.13 |
| 6 | Jacob Brennan     | CDF     | 11.05 |
| 7 | Adam Johnson      | C&S     | 9.94  |

W 100m A

|   |                   |               |      |
|---|-------------------|---------------|------|
|   |                   | Wind +1.4 m/s |      |
| 1 | Melisa Hanson     | BIR           | 12.0 |
| 2 | Rhiannon Jeffreys | U17 WWA       | 12.4 |
| 3 | Jamie-Leigh Bowen | CDF           | 12.5 |
| 4 | Charlotte Burrows | R&N           | 12.8 |
| 5 | Zoe Styles        | U17 C&S       | 12.9 |
| 6 | Anna Davies       | U17 NOT       | 13.2 |
| 7 | Elsie Glover      | MNS           | 13.7 |

W 100m B

|   |               |               |      |
|---|---------------|---------------|------|
|   |               | Wind +2.2 m/s |      |
| 1 | Diani Walker  | U17 BIR       | 12.3 |
| 2 | Monet Ager    | R&N           | 12.5 |
| 3 | Catrin Stone  | WWA           | 12.7 |
| 4 | Katie Platts  | NOT           | 12.9 |
| 5 | Danielle Mill | CDF           | 13.2 |
| 6 | Olivia Merry  | C&S           | 13.3 |

|                       |                 |                         |                 |
|-----------------------|-----------------|-------------------------|-----------------|
| W 200m A              | Wind +3.1 m/s   | W 200m B                | Wind +3.3 m/s   |
| 1 Melisa Hanson       | BIR 24.5        | 1 Nardhia Kidd-Walker   | BIR 26.1        |
| 2 Rhiannon Jeffreys   | U17 WWA 25.3    | 2 Ffion Rees            | WWA 26.4        |
| 3 Zoe Styles          | U17 C&S 26.3    | 3 Molly Ferguson        | U17 NOT 26.5    |
| 4 Jamie-Leigh Bowen   | CDF 26.6        | 4 Natalie Ainge         | C&S 27.0        |
| 5 Katie Platts        | NOT 26.9        | 5 Lauren Regan          | CDF 27.1        |
| 6 Lauren Jones        | R&N 28.1        | 6 Sophie Wright         | R&N 28.4        |
| 7 Elsie Glover        | U17 MNS 28.7    |                         |                 |
|                       |                 |                         |                 |
| W 400m A              |                 | W 400m B                |                 |
| 1 Amy Hillyard        | U17 BIR 57.8    | 1 Lauren Regan          | CDF 60.3        |
| 2 Sam Cogan           | CDF 59.2        | 2 Robyn Foster          | MNS 63.1        |
| 3 Jemima Osborn       | WWA 59.3        | 3 Shaney Read           | BIR 64.1        |
| 4 Chantelle Robinson  | U17 NOT 59.8    | 4 Laura Mason           | NOT 64.7        |
| 5 Hannah Dunderdale   | MNS 60.0        | 5 Stacey Collins        | WWA 67.4        |
| 6 Bethan Roberts      | C&S 65.0        | 6 Beth Denning          | C&S 80.7        |
| 7 Charlotte Davies    | R&N 74.0        |                         |                 |
|                       |                 |                         |                 |
| W 800m A              |                 | W 800m B                |                 |
| 1 Chloe Richardson    | BIR 2.15.5      | 1 Laura Muth            | BIR 2.23.2      |
| 2 Briony Bendle       | CHW 2.16.1      | 2 Demi-Jade Jakymelen   | MNS 2.26.0      |
| 3 Emily Waugh         | R&N 2.19.1      | 3 Lucy Arkinstall       | CHW 2.29.1      |
| 4 Chevelle Baxter     | MNS 2.22.4      | 4 Eleanor Barnes        | R&N 2.31.7      |
| 5 Elysia Pearson      | WWA 2.24.1      | 5 Clare Harwood         | U17 CDF 2.33.0  |
| 6 Bethan Daw          | CDF 2.25.5      | 6 Iona Evans            | U17 WWA 2.33.5  |
| 7 Teresa Hulme        | C&S 2.41.6      | 7 Catherine Hulme       | C&S 2.35.8      |
| 8 Annabelle Palmer    | U17 NOT 3.21.7  | 8 Jenny Taylor          | NOT 3.19.8      |
|                       |                 |                         |                 |
| W 1500m A             |                 | W 1500m B               |                 |
| 1 Briony Bendle       | CHW 4.59.6      | 1 Jourdana Beresford Sm | BIR 5.14.8      |
| 2 Catherine Hulme     | C&S 5.04.9      | 2 Iona Evans            | U17 WWA 5.20.1  |
| 3 Ellie Howat         | U17 BIR 5.07.0  | 3 Lucy Arkinstall       | CHW 5.27.7      |
| 4 Mary Hughes         | U17 R&N 5.10.3  | 4 Holly Smith           | MNS 5.49.3      |
| 5 Kari O'Neill        | U17 WWA 5.11.1  | 5 Heledd Williams       | U17 CDF 5.51.3  |
| 6 Bethan Daw          | CDF 5.18.6      | 6 Sarah Hulme           | C&S 6.02.0      |
| 7 Lori Marshall       | NOT 5.21.8      |                         |                 |
| 8 Demi-Jade Jakymelen | MNS 5.25.6      |                         |                 |
|                       |                 |                         |                 |
| W 3000m A             |                 | W 3000m B               |                 |
| 1 Danni Johnson       | BIR 10.54.5     | 1 Clare Harwood         | U17 CDF 12.28.0 |
| 2 Kim Jalland         | CHW 11.35.0     | 2 Charlotte Foxall      | U17 BIR 12.32.4 |
| 3 Hannah Robinson     | U17 NOT 11.53.7 | 3 Beth Clarke           | C&S 13.21.1     |
| 4 Lowri Heckler       | U17 WWA 12.12.6 | 4 Holly Smith           | MNS 13.40.5     |
| 5 Hannah Hardy        | MNS 12.15.1     |                         |                 |
| 6 Heledd Williams     | U17 CDF 12.23.3 |                         |                 |
| 7 Rebecca Bray        | C&S 12.31.2     |                         |                 |
|                       |                 |                         |                 |
| W 100mH A             | Wind +2.0 m/s   | W 100mH B               | Wind +1.3 m/s   |
| 1 Catrin Stone        | WWA 14.9        | 1 Dionne Samuels        | BIR 15.7        |
| 2 Karina Jakovenko    | BIR 15.2        | 2 Kimberley Davies      | WWA 16.0        |
| 3 Jenny Robins        | U17 NOT 15.4    | 3 Hannah Scales         | U17 R&N 17.7    |
| 4 Katie Rowe          | R&N 16.0        | 4 Lucy Johnson          | NOT 20.1        |
| 5 Chloe Elphick       | MNS 18.0        | 5 Natalie Ainge         | C&S 21.1        |
| 6 Rebecca Cooke       | C&S 18.6        |                         |                 |

W 400mH A

|   |                 |         |      |
|---|-----------------|---------|------|
| 1 | Katie Stainton  | U17 BIR | 67.5 |
| 2 | Hannah Scales   | U17 R&N | 70.2 |
| 3 | Rebecca Cooke   | C&S     | 70.3 |
| 4 | Sophie Pick     | WWA     | 75.6 |
| 5 | Becky Summers   | CDF     | 76.0 |
| 6 | Emma Nutt       | CHW     | 76.6 |
| 7 | Lucy Johnson    | NOT     | 81.0 |
| 8 | Yvette Robinson | MNS     | 83.1 |

W 400mH B

|   |                  |         |      |
|---|------------------|---------|------|
| 1 | Megan Thomas     | CDF     | 70.9 |
| 2 | Naomi O'Brien    | U17 BIR | 71.8 |
| 3 | Atlanta Williams | WWA     | 72.4 |
| 4 | Ruth Hayes       | U17 C&S | 77.7 |
| 5 | Jenny Robins     | U17 NOT | 80.0 |

W 1500m Sc A

|   |                    |         |        |
|---|--------------------|---------|--------|
| 1 | Gabriella Moriarty | R&N     | 5.47.0 |
| 2 | Chevelle Baxter    | MNS     | 6.03.4 |
| 3 | Becky Summers      | CDF     | 6.03.9 |
| 4 | Kim Jalland        | CHW     | 6.25.1 |
| 5 | Beth Clarke        | C&S     | 7.01.6 |
| 6 | Naomi O'Brien      | U17 BIR | 7.43.2 |

W 1500m Sc B

|   |              |     |        |
|---|--------------|-----|--------|
| 1 | Tamsin Smith | MNS | 6.05.6 |
| 2 | Leah Gregory | BIR | 7.43.2 |

W Discus Throw A

|   |                   |         |       |
|---|-------------------|---------|-------|
| 1 | Emma Crooke       | U17 BIR | 35.44 |
| 2 | Nina Prells       | WWA     | 35.42 |
| 3 | Emily Campbell    | NOT     | 28.91 |
| 4 | Kathyrn Reynolds  | R&N     | 27.75 |
| 5 | Hannah Dunderdale | MNS     | 22.65 |
| 6 | Beth Denning      | C&S     | 22.57 |
| 7 | Alice Knight      | CHW     | 20.96 |
| 8 | Megan Thomas      | CDF     | 20.38 |

W Discus Throw B

|   |                 |         |       |
|---|-----------------|---------|-------|
| 1 | Awen Rosser     | U17 WWA | 34.93 |
| 2 | Jane Bourne     | BIR     | 28.30 |
| 3 | Mia Gell        | U17 NOT | 21.46 |
| 4 | Alicia Clarke   | C&S     | 19.38 |
| 5 | Ayla Phillips   | CDF     | 18.41 |
| 6 | Chevelle Baxter | MNS     | 11.19 |

W Hammer Throw A

|   |                  |         |       |
|---|------------------|---------|-------|
| 1 | Toni Wells       | WWA     | 52.85 |
| 2 | Ayla Phillips    | CDF     | 40.47 |
| 3 | Emily Campbell   | NOT     | 39.72 |
| 4 | Emma Crooke      | U17 BIR | 39.27 |
| 5 | Vicky Judd       | U17 CHW | 36.19 |
| 6 | Charlotte Davies | R&N     | 21.84 |
| 7 | Beth Denning     | C&S     | 20.73 |
| 8 | Tamsin Smith     | MNS     | 10.06 |

W Hammer Throw B

|   |                  |         |       |
|---|------------------|---------|-------|
| 1 | Annabelle Palmer | U17 NOT | 37.95 |
| 2 | Helena Madan     | WWA     | 31.83 |
| 3 | Vivan Salo       | BIR     | 28.69 |
| 4 | Sophie Wright    | R&N     | 19.68 |
| 5 | Alicia Clarke    | C&S     | 16.92 |
| 6 | Holly Smith      | MNS     | 7.75  |
| 7 | Danielle Mill    | CDF     | 6.43  |

W High Jump A

|   |               |         |      |
|---|---------------|---------|------|
| 1 | Sophie Pick   | WWA     | 1.55 |
| 2 | Ella Gibbons  | U17 C&S | 1.55 |
| 3 | Katie Rowe    | R&N     | 1.50 |
| 4 | Katie Platt   | NOT     | 1.45 |
| 5 | Chloe Elphick | MNS     | 1.40 |

W High Jump B

|   |                    |         |      |
|---|--------------------|---------|------|
| 1 | Georgina Greenwood | U17 C&S | 1.50 |
| 2 | Belinda Amoako     | U17 R&N | 1.45 |
| 3 | Chantelle Robinson | U17 NOT | 1.40 |
| 4 | Atalanta Williams  | WWA     | 1.40 |

W Javelin Throw A

|                   |     |     |       |
|-------------------|-----|-----|-------|
| 1 Carys Mansfield | U17 | WWA | 41.19 |
| 2 Kerry Murch     | U17 | R&N | 37.78 |
| 3 Amber Burdett   |     | CHW | 36.65 |
| 4 Kate Morley     | U17 | BIR | 35.14 |
| 5 Becky Woolley   |     | MNS | 32.63 |
| 6 Lucy Heap       | U17 | C&S | 32.35 |
| 7 Ayla Phillips   |     | CDF | 20.28 |
| 8 Helen Gill      |     | NOT | 15.45 |

W Javelin Throw B

|                         |     |     |       |
|-------------------------|-----|-----|-------|
| 1 Charlotte Burrows     |     | R&N | 32.81 |
| 2 Alice Knight          |     | CHW | 29.23 |
| 3 Nikita Campbell-Smith | U17 | BIR | 26.81 |
| 4 Hannah Dunderdale     |     | MNS | 26.72 |
| 5 Toni Wells            |     | WWA | 25.32 |
| 6 Mia Gell              | U17 | NOT | 11.76 |
| 7 Megan Thomas          |     | CDF | 11.00 |
| 8 Alicia Clarke         |     | C&S | 2.73  |

W Long Jump A

|                   |     |     |      |
|-------------------|-----|-----|------|
| 1 Kerry Murch     | U17 | R&N | 5.50 |
| 2 Jessica Leek    | U17 | C&S | 5.19 |
| 3 Ffion Rees      |     | WWA | 5.17 |
| 4 Connie James    |     | BIR | 5.11 |
| 5 Chloe Elphick   |     | MNS | 5.04 |
| 6 Etienne Hodge   | U17 | NOT | 4.33 |
| 7 Heledd Williams | U17 | CDF | 3.30 |

W Long Jump B

|                  |     |     |      |
|------------------|-----|-----|------|
| 1 Olivia Merry   |     | C&S | 5.17 |
| 2 Rebecca Davies |     | R&N | 4.71 |
| 3 Alyce Phillips | U17 | WWA | 4.68 |
| 4 Megan Arnold   | U17 | NOT | 4.23 |
| 5 Dionne Samuels | U17 | BIR | 4.22 |
| 6 Becky Woolley  |     | MNS | 3.96 |
| 7 Clare Harwood  | U17 | CDF | 2.87 |

W Pole Vault A

|                |     |     |      |
|----------------|-----|-----|------|
| 1 Naomi James  |     | WWA | 3.35 |
| 2 Jenny Robins | U17 | NOT | 3.05 |
| 3 Lucy Daly    | U17 | CDF | 2.60 |
| 4 Tamsin Smith |     | MNS | 2.45 |

W Pole Vault B

|                 |     |     |      |
|-----------------|-----|-----|------|
| 1 Enfys Jones   | U17 | WWA | 2.60 |
| 2 Jenny Taylor  |     | NOT | 2.45 |
| 3 Chloe Elphick |     | MNS | 2.30 |

W Shot Putt A

|                 |     |     |       |
|-----------------|-----|-----|-------|
| 1 Toni Wells    |     | WWA | 11.62 |
| 2 Anna Davies   | U17 | NOT | 11.14 |
| 3 Ayla Phillips |     | CDF | 10.01 |
| 4 Becky Woolley |     | MNS | 9.38  |
| 5 Chloe Gayle   | U17 | BIR | 9.20  |
| 6 Kerry Murch   | U17 | R&N | 8.58  |
| 7 Beth Denning  |     | C&S | 7.75  |
| 8 Alice Knight  |     | CHW | 7.40  |

W Shot Putt B

|                         |     |     |       |
|-------------------------|-----|-----|-------|
| 1 Lucy Griffiths        |     | WWA | 11.33 |
| 2 Helen Gill            |     | NOT | 9.99  |
| 3 Nikita Campbell-Smith |     | BIR | 9.11  |
| 4 Sophie Hazelwood      | U17 | R&N | 7.59  |
| 5 Alicia Clarke         |     | C&S | 7.28  |
| 6 Danielle Mill         |     | CDF | 6.73  |
| 7 Yvette Robinson       |     | MNS | 3.74  |

W Triple Jump A

|                   |     |     |       |
|-------------------|-----|-----|-------|
| 1 Katie Rowe      |     | R&N | 11.02 |
| 2 Chloe           |     | MNS | 10.88 |
| 3 Natalie Ainge   |     | C&S | 10.23 |
| 4 Andrea Barrow   | U17 | BIR | 9.77  |
| 5 Rhiannon Thomas | U17 | WWA | 9.57  |
| 6 Megan Arnold    | U17 | NOT | 9.15  |

W Triple Jump B

|                       |     |     |       |
|-----------------------|-----|-----|-------|
| 1 Georgina Greenwood  | U17 | C&S | 10.14 |
| 2 Rebecca Davies      |     | R&N | 9.27  |
| 3 Chelsea Christopher | U17 | WWA | 9.17  |
| 4 Alicia Cox          | U17 | NOT | 9.14  |
| 5 Ines Kanyinda       | U17 | BIR | 9.03  |
| 6 Elsie Glover        |     | MNS | 7.87  |

W 4x100m Relay

|            |                     |     |                   |     |
|------------|---------------------|-----|-------------------|-----|
| 1 C&S 50.8 | 1 Natalie Ainge     |     | 2 Jessica Leek    | U17 |
|            | 3 Ella Gibbons      | U17 | 4 Zoe Styles      | U17 |
| 2 WWA 50.8 | 1 Elise Davies      | U17 | 2 Catrin Stone    |     |
|            | 3 Ffion Rees        |     | 4 Rhiannon Thomas | U17 |
| 3 NOT 51.1 | 1 Laura Mason       |     | 2 Molly Ferguson  | U17 |
|            | 3 Katie Platt       |     | 4 Anna Davies     |     |
| 4 R&N 51.2 | 1 Charlotte Burrows |     | 2 Monet Ager      |     |
|            | 3 Sophie Wright     |     | 4 Lauren Jones    |     |
| 5 CDF 51.6 | 1 Jamie-Leigh Bowen |     | 2 Danielle Mill   |     |
|            | 3 Lauren Regan      |     | 4 Sam Cogan       |     |
| 6 MNS 57.8 | 1 Holly Smith       |     | 2 Elsie Glover    | U17 |
|            | 3 Tamsin Smith      |     | 4 Becky Woolley   |     |
| 7 BIR DNF  |                     |     |                   |     |

W 4x400m Relay

|              |                         |     |                     |     |
|--------------|-------------------------|-----|---------------------|-----|
| 1 BIR 4.02.1 | 1 Nikita Campbell-Smith |     | 2 Katy Warren       |     |
|              | 3 Danni Johnson         |     | 4 Amy Hillyard      |     |
| 2 CDF 4.13.4 | 1 Sam Cogan             |     | 2 Bethan Daw        |     |
|              | 3 Jamie-Leigh Bowen     |     | 4 Lauren Regan      |     |
| 3 C&S 4.16.8 | 1 Jessica Leek          | U17 | 2 Rebecca Cooke     |     |
|              | 3 Bethan Roberts        |     | 4 Natalie Ainge     |     |
| 4 WWA 4.17.5 | 1 Elysia Pearson        |     | 2 Sophie Pick       |     |
|              | 3 Stacey Collins        |     | 4 Jemima Osborn     |     |
| 5 NOT 4.18.7 | 1 Chantelle Robinson    |     | 2 Molly Ferguson    | U17 |
|              | 3 Laura Mason           |     | 4 Hannah Robinson   | U17 |
| 6 MNS 4.19.4 | 1 Demi-Jade Jakymelen   |     | 2 Chevelle Baxter   |     |
|              | 3 Robyn Foster          |     | 4 Hannah Dunderdale |     |
| 7 CHW 4.21.3 | 1 Briony Bendle         |     | 2 Emma Nutt         |     |
|              | 3 Lucy Arkinstall       |     | 4 Kim Jalland       |     |
| 8 R&N 4.23.1 | 1 Gabriella Moriarty    |     | 2 Emma McGowan      |     |
|              | 3 Mary Hughes           | U17 | 4 Hannah Scales     | U17 |

M 4x100m Relay

|            |                      |     |                     |     |
|------------|----------------------|-----|---------------------|-----|
| 1 CDF 44.1 | 1 Jamaul Whyte       |     | 2 Sam Gordon        |     |
|            | 3 James Griffiths    |     | 4 Michael Johnson   |     |
| 2 C&S 44.6 | 1 Tyler Brown-Jones  | U17 | 2 Matthew Mayne     | U17 |
|            | 3 Alex Bradnick      |     | 4 Chris Morris      |     |
| 3 CHW 44.7 | 1 Richard Adiyia     |     | 2 Jack Goodband     |     |
|            | 3 Steven Watson      |     | 4 Scott Douglas     |     |
| 4 NOT 44.9 | 1 Matt Gregg         | U17 | 2 Makoye Kampengale |     |
|            | 3 Charlie Waterhouse |     | 4 Alex Ferguson     |     |
| 5 WWA 44.9 | 1 Matthew Davies     | U17 | 2 Ross Bangura      |     |
|            | 3 Matthew Richards   |     | 4 Alex Pavlou       |     |
| 6 R&N 46.5 | 1 Robert Sutherland  | U17 | 2 Tom Johnson       |     |
|            | 3 Jonathon Chin      |     | 4 Themba Luhana     |     |
| 7 MNS 48.9 | 1 Alex Heath         |     | 2 Tom Walleth       |     |
|            | 3 David Wilkinson    | U17 | 4 Jonathan Brannan  |     |
| 8 BIR DQ   |                      |     |                     |     |

M 4x400m Relay

|              |                   |     |                      |     |
|--------------|-------------------|-----|----------------------|-----|
| 1 BIR 3.21.1 | 1 Christian Byron |     | 2 Tom Graves         |     |
|              | 3 Efekomo Okoro   |     | 4 Jarryd Dunn        |     |
| 2 NOT 3.25.5 | 1 Zach King       |     | 2 Robert Needham     |     |
|              | 3 Lewis Golledge  |     | 4 Charlie Waterhouse |     |
| 3 CDF 3.29.8 | 1 Scott Edwards   |     | 2 Jaco Brennan       |     |
|              | 3 Tom Phillips    |     | 4 James Wiltshire    |     |
| 4 WWA 3.37.0 | 1 Llyr Jamieson   | U17 | 2 Alex Pavlou        |     |
|              | 3 Owain O'Leary   |     | 4 Carwyn Evans       | U17 |
| 5 C&S 3.40.9 | 1 Ashley Wickett  |     | 2 James Lake         | U17 |
|              | 3 Chris Morris    |     | 4 Matthew Mayne      | U17 |
| 6 R&N 3.42.7 | 1 Tom Johnson     |     | 2 Rory Grant         |     |
|              | 3 James Wright    |     | 4 Ben Sutherland     | U17 |
| 7 CHW 3.43.6 | 1 Scott Douglas   |     | 2 Richard Adiyia     |     |
|              | 3 George Buttery  |     | 4 Joe Wales          |     |
| 8 MNS 3.54.5 | 1 Tom O'Mara      |     | 2 Tom Walleth        |     |
|              | 3 Alex Heath      |     | 4 Adam Sansom        |     |

| PRIOR STANDINGS |         |     | MATCH RESULT |            |     | LEAGUE STANDINGS |                        |           |
|-----------------|---------|-----|--------------|------------|-----|------------------|------------------------|-----------|
|                 | Event   | Lge |              | Event      | Lge |                  | Event                  | Lge       |
| 1               | BIR 524 | 8   | 1            | BIR 535.14 | 8   | 1                | Birchfield Harriers    | 1059.1416 |
| 2               | NOT 460 | 7   | 2            | WWA 522.48 | 7   | 2                | Notts AC               | 882.14 13 |
| 3               | MNS 441 | 5   | 3            | NOT 422.14 | 6   | 3                | West Wales             | 972.48 11 |
| 4               | WWA 450 | 4   | 4            | CDF 417.14 | 5   | 4                | Mansfield Harriers     | 821.48 8  |
| 5               | C&S 414 | 4   | 5            | C&S 402.48 | 4   | 5                | Cannock & Stafford AC  | 816.48 8  |
| 6               | R&N 354 | 3   | 6            | MNS 380.48 | 3   | 6                | Cardiff AC             | 718.14 7  |
| 7               | CDF 301 | 2   | 7            | R&N 362    | 2   | 7                | Rugby & Northampton AC | 716 5     |
| 8               | CHW 295 | 1   | 8            | CHW 210.14 | 1   | 8                | Charnwood AC           | 505.14 2  |

Athlete of the Match: Najee Palmer BIR 51.12 Discus  
 Toni Wells WWA 52.85 Hammer

General Comment: Mens Pole Vault cancelled due to equipment failure in warm up. Extra  
 GuestM200mAlex FergusonNOT24.2 Matt GreggNOT24.2 WdiscVivianSalo27.26

Note(s)

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



|                        |               |                       |               |
|------------------------|---------------|-----------------------|---------------|
| W 100m                 | Wind +2.8 m/s | M 100m                | Wind +2.6 m/s |
| 1 Nardia Kidd-Walker   | BIR 12.7      | 1 James Griffiths     | CAR 11.3      |
| 2 Layla Rees-Cooke     | BIR 13.1      | 2 Alex Pavlou         | WWA 11.5      |
| 3 Elise Davies         | WWA 13.1      | 3 Tom Phillips        | CAR 11.5      |
| 4 Hannah Dunderdale    | MAN 13.1      | 4 Christopher Ombisii | C&S 12.1      |
| 5 Megan Arnold         | U17 NOT 13.1  | 5 Julian Thomas       | U17 NOT 12.4  |
| 6 Adina Tomlinson      | BIR 13.2      | 6 Lewis Akrill        | CAR 12.4      |
| 7 Leah Gregory         | BIR 13.3      |                       |               |
| 8 Etiene Hodge         | U17 NOT 13.5  |                       |               |
| M 200m                 | Wind +2.6 m/s | M 200m                | Wind +2.2 m/s |
| 1 Jamaul Whyte         | CAR 22.3      | 1 Michael Prentiss    | CAR 22.3      |
| 2 Efe Okoro            | BIR 22.5      | 2 Jack Goodband       | CHA 23.0      |
| 3 Alex Pavlou          | WWA 23.5      | 3 James Griffiths     | CAR 23.4      |
| 4 Julian Thomas        | U17 NOT 24.8  | 4 Owain Morgan        | WWA 24.1      |
| 5 Christopher Ombisii  | C&S 25.2      | 5 Matt Grice          | NOT 24.2      |
| M 100m                 | Wind +1.7 m/s | M 800m                |               |
| 1 James Wiltshire      | CAR 11.4      | 1 Addam Sattar        | BIR 2.05.3    |
| 2 Owain Morgan         | WWA 11.9      | 2 Sam Lacey           | BIR 2.09.3    |
| 3 Shane Jones          | WWA 12.6      | 3 Kieron White        | WWA 2.09.9    |
| 4 George Tyson         | C&S 13.3      |                       |               |
| W Pole Vault           |               | W Long Jump           |               |
| 1 Shannon Lee          | WWA 2.90      | 1 Ella Gibbons        | CHA 5.14NWI   |
| 2 Megan Jones          | WWA 2.30      | 2 Kimberley Davies    | WWA 4.49NWI   |
| M Javelin Throw        |               | W Shot Putt           |               |
| 1 Chris Clarke         | MAN 35.21     | 1 Nina Perlls         | WWA 9.26      |
| 2 Travelle Morris-Reid | BIR 53.35     | 2 Emily Cook          | BIR 8.37      |
| W Hammer Throw         |               | W Discus Throw        |               |
| 1 Nina Perlls          | WWA 29.77     | 1 Lucy Griffiths      | WWA 35.25     |
| W High Jump            |               | M Triple Jump         |               |
| 1 Helena Madden        | WWA 1.50      | 1 Armani James        | BIR 12.88NWI  |
| M 1500m                |               | M Long Jump           |               |
| 1 Nanaan Morris        | CAR 4.16.3    | 1 Ross Bangura        | WWA 5.63NWI   |
| M 400m                 |               | W 200m                | Wind +3.3 m/s |
| 1 Jon Shay Ho-Shing    | BIR 52.3      | 1 Belinda Amoako      | R&N 29.3      |
| M 110mH                | Wind +0.9 m/s | M Discus Throw        |               |
| 1 Shane Jones          | WWA 19.2      | 1 Greg Millar         | MAN 25.71     |