

M 100m A	Wind +1.4 m/s	M 100m B	Wind +1.9 m/s
1 Fabian Bachelor	U17 BIR 11.00	1 Tom Pontin	AVO 11.4
2 Jay Raradza	U17 DBY 11.00	2 Najee Palmer	BIR 11.4
3 Chris Stone	AVO 11.1	3 Dan George	R&N 11.4
4 Jamie Sexton	CDF 11.1	4 Makoye Kampengele	NOT 11.5
5 Clinton Osoba George	U17 R&N 11.2	5 Keith Mbofana	CDF 11.8
6 Timmion Skervin	NOT 11.4	6 Rhodri Davies	U17 WWA 12.4
7 James Rayner	U17 C&S 11.7	7 Jack Mucklow	U17 C&S 12.5
8 Shane Jones	WWA 12.3		

M 200m A	Wind +1.9 m/s	M 200m B	Wind +1.7 m/s
1 Fabian Bachelor	U17 BIR 22.4	1 Najee Palmer	BIR 23.3
2 Jay Raradza	U17 DBY 22.4	2 Tom Pontin	AVO 23.3
3 Chris Stone	AVO 22.5	3 Dan George	R&N 23.6
4 Clinton Osoba George	U17 R&N 23.0	4 Triston Adams	NOT 24.2
5 Scott Edwards	CDF 23.2	5 Keith Mbofana	CDF 24.2
6 Makoye Kampengele	NOT 23.3	6 Rhodri Davies	U17 WWA 25.1
7 Matthew Mayne	C&S 24.0		
8 Zac Lewis	U17 WWA 26.0		

M 400m A		M 400m B	
1 Josh Evans	U17 AVO 50.2	1 Jamie Robinson	BIR 51.4
2 Joe Kinnsey	BIR 50.3	2 Ben Watt	U17 AVO 52.3
3 Scott Edwards	CDF 51.0	3 Patrick Mills	U17 R&N 52.7
4 Caleb Downes	U17 R&N 52.5	4 Lewis Golledge	NOT 53.6
5 Matthew Mayne	C&S 52.8	5 Naaman Morris	CDF 54.0
6 Alex Skidmore	NOT 53.3	6 Zac Lewis	U17 WWA 55.2
7 Jamie Turner	DBY 55.1	7 James McCann	U17 C&S 55.7
8 Nathan Phillips	U17 WWA 55.6		

M 800m A		M 800m B	
1 Joe Coleshaw	NOT 1.55.9	1 Sam Lacey	BIR 2.03.1
2 George Chapman	U17 AVO 1.58.2	2 Eyob Huruy	NOT 2.03.6
3 Theo Blundell	U17 BIR 1.58.5	3 Eliot Green	AVO 2.03.7
4 Tom Charteress	U17 R&N 2.00.7	4 Paul Tobin	WWA 2.04.0
5 Owen Haswell	CDF 2.01.8	5 Adam Wright	U17 R&N 2.04.9
6 Joe Wilkinson	DBY 2.02.8	6 Declan Morris	U17 CDF 2.08.0
7 James McCann	U17 C&S 2.03.7		
8 Matthew O'Leary	WWA 2.05.4		

M 1500m A		M 1500m B	
1 Elliot Slade	CDF 3.52.4	1 Mark Thompson	NOT 4.16.9
2 Alex Carter	U17 AVO 4.04.0	2 Jack Sproson	U17 DBY 4.20.5
3 Ben Sutherland	U17 R&N 4.12.4	3 Ben James	U17 R&N 4.25.2
4 Cameron Wood	BIR 4.13.0	4 Abdi Abdi	U17 BIR 4.30.5
5 Doug Musson	NOT 4.15.0	5 Owen Haswell	CDF 4.31.4
6 Daniel Haymes	U17 DBY 4.17.1	6 Steven Beardwell	U17 AVO 4.44.0
7 Paul Tobin	WWA 4.25.6	7 Thomas John	U17 WWA 5.01.3

M 3000m A		M 3000m B	
1 Matt Drury	CDF 8.55.0	1 Cameon Shankley	U17 BIR 9.53.0
2 Abdi Abdi	U17 BIR 9.11.6	2 Harry Hughes	U17 R&N 10.14.0
3 George Goodwin	U17 R&N 9.23.3	3 Corey Plewinski	U17 NOT 10.24.7
4 Harry Foster	NOT 9.48.9	4 Daniel Hall	U17 WWA 11.23.0
5 Jack Bridle	U17 DBY 10.10.5	5 Jonathan Owen	DBY 12.30.2
6 Eliot Green	AVO 10.17.4		
7 Thomas John	U17 WWA 10.18.6		

M 110mH A	Wind +2.5 m/s	M 110mH B	Wind +2.5 m/s
1 Jake Porter	BIR 14.1	1 Nick Wilson	BIR 14.5
2 Oliver Jeffries	CDF 15.0	2 Yan Francis	U17 R&N 18.4
3 Maranga Makoya	U17 NOT 15.8		
4 Luke Townsend	U17 R&N 19.5		

M 400mH A		M 400mH B	
1 Luke Moreby	BIR 58.2	1 Luke Townsend	U17 R&N 60.5
2 Jamie Turner	DBY 58.9	2 Scott Gregory	BIR 60.6
3 Aaron Wilmott	WWA 59.5	3 Nathan Phillips	U17 WWA 63.7
4 Patrick Mills	U17 R&N 60.4	4 Aaron Smalley	DBY 66.9
5 Jacob Brennan	CDF 60.4		
6 Nick Pitsillos	U17 NOT 62.1		
7 Jake Fisher	U17 AVO 62.2		

M 2000m SC A		M 2000m SC B	
1 Ben Topley	U17 BIR 6.31.2	1 Ciaran Lewis	U17 CDF 6.41.8
2 Sam Longville	U17 CDF 6.32.3	2 Yahya Aitabi	U17 BIR 7.52.8
3 Jack Shakeshaft	U17 R&N 7.08.1	3 Ben Townsend	R&N 8.28.1
4 Ronan Llyr	WWA 7.14.7		
5 Aaron Smalley	DBY 7.19.6		
6 Steven Beardwell	U17 AVO 7.27.2		

M Discus Throw A		M Discus Throw B	
1 Dan Power	WWA 45.21	1 Bradley Cole	CDF 33.80
2 Forrest Francis	BIR 42.62	2 Haydn Francis	U17 BIR 29.92
3 Ryan Leonard	CDF 34.93	3 Benson Cyriac	U17 NOT 29.54
4 Craig Murch	R&N 33.50	4 Keiran Ingram	U17 WWA 21.53
5 Samuel Rigby	U17 C&S 30.67	5 Nick Scales	R&N 21.17
6 Robert Heginbotham	U17 NOT 29.55	6 Ben Watt	U17 AVO 21.07
7 Laurence Surman	U17 DBY 22.58	7 Gareth Surman	U17 DBY 15.84
8 Callum Court	AVO 22.12		

M Hammer Throw A		M Hammer Throw B	
1 Craig Murch	R&N 66.98	1 Nick Scales	R&N 38.49
2 Bradley Cole	CDF 50.81	2 Benson Cyriac	U17 NOT 20.40
3 Laurence Surman	U17 DBY 29.53	3 Theo Blundell	U17 BIR 17.07
4 Robert Heginbotham	U17 NOT 22.52	4 Daniel Hall	U17 WWA 10.85
5 Samuel Rigby	U17 C&S 21.21		
6 Luke Moreby	BIR 19.49		
7 Daniel Thomas	WWA 17.00		

M High Jump A		M High Jump B	
1 Jonathan J Heath	DBY 2.00	1 Myles Morris	BIR 1.70
2 Maranga Mokaya	U17 NOT 1.85	2 Lewis Gollledge	NOT 1.65
3 Jordan Kelly	BIR 1.75	3 Cage Boons	U17 R&N 1.65
4 Yan Francis	U17 R&N 1.65	4 Matthew O'Leary	WWA 1.50
5 Keith Mbofana	CDF 1.65		
6 Keiran Ingram	U17 WWA 1.60		

M Javelin Throw A

1	Travelle Morris-Reid	BIR	53.84
2	Ryan Leonard	CDF	53.39
3	Craig Murch	R&N	49.47
4	Niki Davies	WWA	47.65
5	Richard Stanley	C&S	42.18
6	Robert Heginbotham	U17 NOT	40.82
7	Joe Wilkinson	DBY	34.53
8	Jake Fisher	AVO	32.84

M Javelin Throw B

1	Bradley Cole	CDF	53.09
2	Harry Marshall	U17 C&S	41.26
3	Ross Golledge	U17 NOT	38.02
4	James Wright	R&N	36.32
5	Luke Moreby	BIR	33.92
6	Tom Pontin	AVO	26.54
7	Daniel Thomas	WWA	25.41

M Long Jump A

1	Stuart Street	U17 NOT	6.84
2	M Durrant-Sutherland	BIR	6.60
3	Luke Townsend	U17 R&N	6.10
4	Jake Fisher	AVO	5.74
5	James Rayner	U17 C&S	5.60
6	Jacob Brennan	CDF	5.17
7	Jack Straw	U17 WWA	5.02
8	Jack Bridle	U17 DBY	4.48

M Long Jump B

1	Jordan Kelly	BIR	6.50
2	Yan Francis	U17 R&N	5.72
3	Toby Pentreath	U17 AVO	5.51
4	Matt Keady	U17 NOT	5.13
5	Aaron Wilmott	WWA	4.84

M Pole Vault A

1	Joe Chesterman	BIR	4.25
2	David Callan	U17 CDF	3.95
3	Josh Hollisey-Mclean	U17 WWA	3.50
4	Callum Court	AVO	3.50
5	Maranga Mokaya	U17 NOT	2.60
6	Nick Scales	R&N	2.30

M Pole Vault B

1	Matt Keady	U17 NOT	2.30
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M Shot Putt A

1	Dan Power	WWA	13.07
2	Forrest Francis	BIR	13.05
3	Craig Murch	R&N	12.02
4	Bradley Cole	CDF	11.04
5	Jake Fisher	AVO	10.21
6	Samuel Rigby	U17 C&S	9.95
7	Elliot Henry	U17 NOT	9.29
8	Laurence Surman	U17 DBY	7.37

M Shot Putt B

1	Myles Morris	BIR	10.54
2	Charlie Waterhouse	U17 NOT	8.69
3	Declan Morris	CDF	8.51
4	Daniel Thomas	WWA	7.68
5	James Wright	R&N	7.64
6	Gareth Surman	U17 DBY	6.73
7	Matty Lattibeaudiere	AVO	6.42

M Triple Jump A

1	Cage Boons	U17 R&N	13.18
2	Jamal Nesbitt	BIR	13.02
3	Toby Pentreath	U17 AVO	12.35
4	Stuart Street	U17 NOT	12.19
5	Jack Straw	U17 WWA	11.73

M Triple Jump B

1	Rob Sutherland	U17 R&N	13.01
2	Stefan Lloyd	BIR	12.43
3	Josh Evans	U17 AVO	11.45
4	Aaron Wilmott	WWA	9.34

W 100m A

		Wind +0.0 m/s
1	Melisa Hanson	BIR 12.2
2	Rhiannon Jeffreys	WWA 12.4
3	Yemma Songu	U17 AVO 12.8
4	Zoe Styles	U17 C&S 13.0
5	Kenia Salmon	U17 NOT 13.5
6	Asia Ercan	R&N 13.5
7	Rickay Hewitt-Martin	U17 DBY 14.0
8	Megan Williams	U17 CDF 14.1

W 100m B

		Wind +0.8 m/s
1	Diani Walker	BIR 12.6
2	Alyssa Small	U17 AVO 12.9
3	Elinor Jones	WWA 13.5
4	Emily Fowler-Parks	U17 C&S 13.6
5	Lara Durani	U17 CDF 13.7
6	Sam Farmer	U17 NOT 13.7
7	Ellie Sobers	U17 R&N 14.1
8	Josephine King	U17 DBY 14.7

W 200m A	Wind +1.5 m/s	W 200m B	Wind +2.3 m/s
1 Melisa Hanson	BIR 24.7	1 Nard Kidd-Walker	BIR 25.8
2 Yemma Songu	U17 AVO 26.2	2 Alyssa Small	U17 AVO 27.6
3 Suzanne Palmer	DBY 26.2	3 Alice Nottingham	U17 CDF 28.4
4 Zoe Styles	U17 C&S 26.5	4 Katie Reynolds	WWA 28.9
5 Lara Durrani	U17 CDF 27.2	5 Ellie Sobers	U17 R&N 29.0
6 Kenia Salmon	U17 NOT 27.3	6 Josephine King	U17 DBY 30.5
7 Elinor Jones	WWA 27.9		
8 Asia Ercan	R&N 28.8		
W 400m A		W 400m B	
1 Nikita Campbell-Smith	U17 BIR 59.9	1 Chloe McIntosh	BIR 61.9
2 Eleanor Proud	U17 C&S 62.3	2 Dannie Franklin	U17 WWA 63.5
3 Lauren Ellis	AVO 62.5	3 Elinor Winfield	U17 AVO 63.7
4 Grace Adeyinka	U17 R&N 63.1	4 Sam Farmer	U17 NOT 65.6
5 Molly Ferguson	U17 NOT 63.6	5 Lauren Byrd	R&N 68.5
6 Emily Morris	WWA 64.4	6 Emily Fowler-Parks	U17 C&S 69.5
W 800m A		W 800m B	
1 Chloe Richardson	BIR 2.16.9	1 Click Blake	R&N 2.31.4
2 Katherine Turner	AVO 2.17.8	2 Rhian Homer	U17 WWA 2.47.1
3 Jemima Osborn	WWA 2.20.7		
4 Charlotte Inwood	R&N 2.29.1		
5 Teresa Hulme	C&S 2.32.6		
6 Bethany Davies	U17 NOT 2.49.2		
W 1500m A		W 1500m B	
1 Anna Morris	CDF 5.00.6	1 Lauren Ellis	AVO 5.08.5
2 Catherine Hulme	C&S 5.02.1	2 Ellie Howat	U17 BIR 5.18.1
3 Aimee Hopcroft	U17 BIR 5.02.5	3 Emma Erskine	DBY 5.21.3
4 Alex Stainethorpe	AVO 5.07.2	4 Sarah Hulme	C&S 5.25.8
5 Bethan Goddard	U17 R&N 5.10.9	5 Iona Evans	U17 WWA 5.30.2
6 Kirsty Shipman	DBY 5.11.6	6 Alison Inwood	U17 R&N 5.36.7
7 Jemima Osborn	WWA 5.28.0		
8 Bethany Davies	U17 NOT 6.13.2		
W 3000m A		W 3000m B	
1 Chloe Richardson	BIR 10.20.3	1 Iona Evans	U17 WWA 11.26.9
2 Alex Stainethorpe	AVO 10.44.1	2 Kirsty Stanley	U17 AVO 11.29.7
3 Katie Reynolds	WWA 10.56.3	3 Holly Climo	BIR 12.31.3
4 Click Blake	R&N 13.08.2		
W 100mH A	Wind -1.5 m/s	W 100mH B	Wind +2.1 m/s
1 Madelaine Smith	BIR 14.6	1 Jenny Robbins	U17 NOT 15.7
2 Anna Davies	NOT 15.0	2 Anicia Skeates	U17 AVO 17.0
3 Katie Rowe	R&N 16.3	3 Hannah Scales	R&N 18.3
4 Katherine Godfrey	AVO 17.1	4 Naomi O'Brien	BIR 19.2
5 Daniella Macdougall	U17 C&S 20.7		

W 400mH A

1 Chloe Worts	U17	NOT	68.3
2 Hannah Scales		R&N	69.3
3 Katherine Godfrey		AVO	69.5
4 Stacey Webber		WWA	70.6
5 Bronte Senior	U17	BIR	71.5
6 Daniella Macdougall	U17	C&S	82.5
7 Danielle Short	U17	CDF	DNF

W 400mH B

1 Naomi O'Brien		BIR	71.0
2 Kelly Leat		AVO	74.4
3 Dannie Franklin	U17	WWA	74.5
4 Charlotte Davies		R&N	76.1
5 Jenny Taylor		NOT	1.41.7

W 1500m Sc A

1 Alex Clinkard		DBY	5.31.0
2 Stacey Webber		WWA	5.40.9
3 Emily Waugh		R&N	5.50.6
4 Kirsty Stanley	U17	AVO	6.03.0

W 1500m Sc B

1 Rhian Homer	U17	WWA	6.07.8
2 Tilly Lea	U17	R&N	6.12.8
3 Kelly Leat		AVO	6.23.2

W Discus Throw A

1 Awen Rosser	U17	WWA	40.70
2 Emma Crooke		BIR	34.35
3 Kerry Murch		R&N	28.82
4 Kara Winson		DBY	23.33
5 Katie Phillips		AVO	22.36
6 Annabelle Palmer		NOT	18.98
7 Megan Williams	U17	CDF	12.25

W Discus Throw B

1 Nina Prells		WWA	35.27
2 Kathryn Reynolds		R&N	25.93
3 Eleanor Jenney	U17	DBY	20.12
4 Emily Cook	U17	BIR	18.86
5 Francesca Allen	U17	AVO	16.84
6 Sam Farmer	U17	NOT	14.94
7 Danielle Short	U17	CDF	12.15

W Hammer Throw A

1 Toni Wells		WWA	54.15
2 Annabelle Palmer		NOT	44.16
3 Emily Cook	U17	BIR	36.65
4 Kerry Murch		R&N	28.26
5 Francesca Allen	U17	AVO	21.30
6 Kara Winson		DBY	16.16
7 Danielle Short	U17	CDF	6.37

W Hammer Throw B

1 Helena Madan		WWA	38.22
2 Rosie Purchase	U17	NOT	22.66
3 Gemma Scales	U17	R&N	21.08
4 Katie Phillips		AVO	20.52
5 Kate Morley		BIR	18.71

W High Jump A

1 Helena Madan		WWA	1.55
2 Kathryn Reynolds		R&N	1.50
3 Katie Stainton		BIR	1.50
4=Alex Clinkard		DBY	1.45
4=Goergina Greenwood	U17	C&S	1.45
6 Chloe Worts	U17	NOT	1.35
7 Anicia Skeates	U17	AVO	1.30

W High Jump B

1 Emily Morris		WWA	1.50
2 Beth Roberts	U17	BIR	1.40
3 Asia Ercan		R&N	1.40
4 Jenny Robbins	U17	NOT	1.35
5=Alyssa Small	U17	AVO	1.30
5=Daniella Macdougall	U17	C&S	1.30

W Javelin Throw A

1 Kerry Murch	R&N	42.85
2 Kate Morley	BIR	39.52
3 Bethan Radford	U17 WWA	32.40
4 Lucy Heap	C&S	32.01
5 Emily Dixon	U17 AVO	29.56
6 Eleanor Jenney	U17 DBY	25.95
7 Annabelle Palmer	NOT	17.24
8 Anna Morris	CDF	14.88

W Javelin Throw B

1 Kathryn Reynolds	R&N	31.98
2 Beth Roberts	U17 BIR	30.23
3 Toni Wells	WWA	27.82
4 Joanne Smerdon	U17 AVO	25.73
5 Kara Winson	DBY	24.85
6 Jenny Taylor	NOT	10.85

W Long Jump A

1 Suzanne Palmer	DBY	5.51
2 Nikita Campbell-Smith	U17 BIR	5.47
3 Emily Dixon	U17 AVO	5.09
4 Rosie Purchase	U17 NOT	4.97
5 Rebecca Davies	R&N	4.92
6 Georgina Greenwood	U17 C&S	4.46
7 Chelsea Christopher	WWA	4.32
8 Alice Nottingham	U17 CDF	3.77

W Long Jump B

1 Katie Stainton	BIR	5.39
2 Katie Rowe	R&N	4.79
3 Anicia Skeates	U17 AVO	4.71
4 Anna Davies	NOT	4.43
5 Georgia Hollins	U17 C&S	4.29
6 Rhiannon Thomas	WWA	4.15
7 Josephine King	U17 DBY	3.98

W Pole Vault A

1 Elise Gauntlett	AVO	3.10
2=Cerys McCool	U17 WWA	2.15
2=Bethany Davies	U17 NOT	2.15
4 Katie Rowe	R&N	1.85

W Pole Vault B

1 Enfys Jones	WWA	1.85
2 Kerry Murch	R&N	1.70

W Shot Putt A

1 Toni Wells	WWA	11.65
2 Suzanne Palmer	DBY	10.73
3 Emily Cook	U17 BIR	10.60
4 Kerry Murch	R&N	10.52
5 Anna Davies	NOT	9.96
6 Emily Dixon	U17 AVO	9.18
7 Anna Morris	CDF	6.00

W Shot Putt B

1 Awen Rosser	WWA	10.96
2 Annabelle Palmer	NOT	8.77
3 Francesca Allen	U17 AVO	8.64
4 Emma Crooke	BIR	8.31
5 Rebecca Davies	R&N	8.05
6 Eleanor Jenney	U17 DBY	7.56

W Triple Jump A

1 Nikita Campbell-Smith	U17 BIR	11.81
2 Grace Adeyinka	U17 R&N	10.62
3 Georgia Greenwood	U17 C&S	10.41
4 Jenny Robbins	U17 NOT	9.82
5 Rhiannon Thomas	WWA	9.75
6 Rebecca Abbott	U17 AVO	9.51
7 Lara Durrani	U17 CDF	7.87

W Triple Jump B

1 Shannel Hutchinson	BIR	11.69
2 Katie Rowe	R&N	10.20
3 Chelsea Christopher	WWA	9.30
4 Joanne Smerdon	U17 AVO	8.66
5 Georgia Hollins	U17 C&S	8.56

W 4x100m Relay

1 BIR 49.3	1 Madelaine Smith		2 Diani Walker	
	3 Nardhia Kidd-Walker		4 Melisa Hanson	
2 C&S 51.1	1 Zoe Styles	U17	2 Georgina Greenwood	U17
	3 Eleanor Proud	U17	4 Emily Fowler-Parks	U17
3 NOT 51.1	1 Anna Davies		2 Kenia Salmon	U17
	3 Molly Ferguson	U17	4 Chloe Worts	U17
4 WWA 52.0	1 Helena Madan		2 Elinor Jones	
	3 Emily Morris		4 Rhiannon Jeffreys	
5 AVO 52.1	1 Elinor Winfield	U17	2 Yemma Songu	U17
	3 Alyssa Small	U17	4 Katherine Godfrey	
6 R&N 52.9	1 Alexa Shaw	U17	2 Hannah Scales	
	3 Asia Ercan		4 Grace Adeyinka	U17
7 CDF 54.6	1 Alice Nottingham	U17	2 Megan Williams	U17
	3 Danielle Short	U17	4 Lara Durani	U17
8 DBY 57.4	1 Josephine King	U17	2 Eleanor Jenney	U17
	3 Emma Erskine		4 Rickay Hewitt-Martin	U17

W 4x400m Relay

1 BIR 4.10.9	1 Ellie Howat	U17	2 Georgina Roberts	U17
	3 Naomi O'Brien		4 Chloe McIntosh	
2 AVO 4.16.4	1 Anicia Skeates	U17	2 Emily Dixon	U17
	3 Kelly Leat		4 Katherine Turner	
3 C&S 4.22.7	1 Catherine Hulme		2 Teresa Hulme	
	3 Emily Fowler-Parks	U17	4 Eleanor Proud	U17
4 R&N 4.23.4	1 Hannah Scales		2 Charlotte Inwood	
	3 Lauren Byrd		4 Ellie Sobers	U17
5 WWA 4.28.0	1 Iona Evans	U17	2 Katie Reynolds	
	3 Dannie Franklin	U17	4 Jemima Osborn	
6 DBY 4.30.5	1 Kirsty Shipman		2 Rickay Hewitt-Martin	U17
	3 Emma Erskine		4 Alex Clinkard	

M 4x100m Relay

1 BIR 42.9	1 Jake Porter		2 Najee Palmer	
	3 Nick Wilson		4 Fabian Bachelor	U17
2 R&N 44.4	1 Caleb Downes	U17	2 Dan George	
	3 Luke Townsend	U17	4 Clinton Osoba George	U17
3 CDF 44.7	1 Jamie Sexton		2 Keith Mbofana	
	3 Omar Opuku-Agdo	U17	4 Oliver Jeffries	
4 NOT 44.8	1 Makoye Kampengele		2 Triston Adams	
	3 Khian Mility	U17	4 Timmion Skervin	
5 AVO 45.3	1 Matty Lattibeaudiere		2 Tom Pontin	
	3 Ben Watt	U17	4 Chris Stone	
6 DBY 47.7	1 Gareth Surman	U17	2 Joe Wilkinson	
	3 Jack Bridle	U17	4 Jay Raradza	U17
7 WWA DISQ				

M 4x400m Relay

1	CDF	3.27.3	1	Scott Edwards		2	Naaman Morris	
			3	Elliot Slade		4	Jacob Brennan	
2	NOT	3.30.2	1	Doug Musson		2	Charlie Waterhouse	
			3	Joe Coleshaw		4	Alex Skidmore	
3	AVO	3.30.6	1	Tom Pontin		2	Jake Fisher	U17
			3	Ben Watt	U17	4	Josh Evans	U17
4	BIR	3.33.2	1	Scott Gregory		2	Ben Griffiths	
			3	Cameron Wood		4	Jamie Robinson	
5	R&N	3.33.9	1	Patrick Mills	U17	2	Adam Wright	U17
			3	Ben James	U17	4	Tom Charteress	U17
6	DBY	3.38.1	1	Jack Sproson	U17	2	Joe Wilkinson	
			3	Aaron Smalley		4	Jay Raradza	U17
7	WWA	3.39.1	1	Aaron Wilmott		2	Matthew O'Leary	
			3	Nathan Phillips	U17	4	Zac Lewis	U17

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS							
	Event	Lge		Event	Lge	Event	Lge				
1	WWA	1056.5	15	1	BIR	598	8	1	Birchfield Harriers	1628	23
2	BIR	1030	15	2	R&N	510	7	2	West Wales	1495	21
3	AVO	929	12	3	WWA	438.5	6	3	Rugby & Northampton AC	1419	17
4	R&N	909	10	4	AVO	422.5	5	4	Team Avon	1351.5	17
5	NOT	798.5	8	5	NOT	396.5	4	5	Notts AC	1195	12
6	CDF	768	6	6	CDF	270	3	6	Cardiff AC	1038	9
7	DBY	488	4	7	DBY	256.5	2	7	Derby AC	744.5	6
8	C&S	277	2	8	C&S	200	1	8	Cannock & Stafford AC	477	3

Athlete of the Match: Elliott Slade (Cdf) 1500m 3.52.4  
 Melisa Hanson (Bir) 100m 12.2 and 200m 24.7

Note(s)

BIR Includes + 35pts,  
 C&S Includes + 25pts,  
 CDF Includes + 15pts,  
 DBY Includes + 35pts,  
 NOT Includes + 35pts,  
 R&N Includes + 35pts,  
 AVO Includes + 35pts,  
 WWA Includes + 35pts,



M 100m	Wind +2.2 m/s	M 200m	Wind +2.0 m/s
1 Elliot Slade	CDF 11.6	1 Naaman Morris	CDF 24.8
2 Tristan Adams	NOT 11.7	2 Josh Townrow	U17 BIR 24.9
3 Omar Opuku-Adgo	U17 CDF 12.1	3 Matty Lattibeaudiere	AVO 25.3
4 Matty Lattibeaudiere	AVO 12.4		
W 100m	Wind +0.0 m/s	W 800m	
1 Georgia Hollins	U17 C+S 14.2	1 Alison Inwood	U17 R+N 2.38.9
2 Alexa Shaw	U17 R+N 14.3	2 Tilly Lea	U17 R+N 2.42.4
W Discus Throw		M 3000m	
1 Gemma Scales	U17 R+N 23.45	1 Ben Griffiths	BIR 9.12.0
2 Toni Wells	WWA 38.28		
M Javelin Throw		W 1500m Sc	
1 Keiran Ingram	U17 WWA 31.60	1 Lauren Ellis	AVO 5.57.1
W 200m	Wind +2.3 m/s		
1 Beth Roberts	U17 BIR 28.0		