

M 100m A	Wind -2.0 m/s	M 100m B	
1 Feron Sayers	BIR 11.14	1 Jamaul Whyte	CDF 11.50
2 Sam Gordon	CDF 11.17	2 Daniel Blain	WWA 11.52
3 Elliott Prendergast	AVO 11.40	3 Hugo Thompson Brown	U17 R&N 11.68
4 Mathew Davies	WWA 11.42	4 Chris Stone	AVO 11.77
5 Clinton Osaba George	U17 R&N 11.72	5 Mathias Francis	BIR 11.99
6 Makoye Kampegnele	NOT 11.82	6 Stuart Street	U17 NOT 12.48
7 James Rayner	U17 C&S 12.25	7 Llywd Griffiths	DBY 14.72
8 Chris Chambers	U17 DBY 12.77		
M 200m A	Wind -1.9 m/s	M 200m B	Wind -3.2 m/s
1 Matthew Hudson-Smith	BIR 22.30	1 Jamaul Whyte	CDF 23.12
2 Anax Dasilva	CDF 22.53	2 Clinton Osaba George	U17 R&N 23.39
3 Elliott Prendergast	AVO 23.21	3 Chris Stone	AVO 23.55
4 Hugo Thompson Brown	U17 R&N 23.61	4 Jarod Skervin	NOT 23.86
5 Makoye Kampegnele	NOT 23.80	5 Mathias Francis	BIR 24.26
6 Llyr Jamieson	WWA 23.93	6 James Thomas	U17 WWA 24.98
7 Dominic Chambers	DBY 24.77	7 Sam Nicholls	U17 C&S 25.37
8 Ashley Wickett	C&S 25.57	8 Jack Bridle	U17 DBY 26.78
M 400m A		M 400m B	
1 Joe Kinsey	BIR 50.21	1 Joe Coleshaw	NOT 52.10
2 Jarod Skervin	NOT 50.70	2 Ben Watt	U17 AVO 52.77
3 Jonathan Hobbs	CDF 51.07	3 Carwyn Evans	WWA 52.83
4 Kane Lee	AVO 51.36	4 Dan George	R&N 53.41
5 Dominic Chambers	DBY 51.47	5 Luke Moreby	BIR 53.99
6 Patrick Mills	U17 R&N 51.50	6 Ashley Wickett	C&S 54.61
7 Llyr Jamieson	WWA 51.94	7 Chris Chambers	U17 DBY 58.94
8 Matthew Mayne	C&S 52.14		
M 800m A		M 800m B	
1 Matthew O'Leary	WWA 1.57.73	1 Sam Lacey	BIR 2.02.39
2 Theo Blundell	U17 BIR 1.59.88	2 Eyob Huruy	NOT 2.04.44
3 Naaman Morris	CDF 2.01.77	3 Eliot Green	AVO 2.04.57
4 Alex Jones	AVO 2.02.26	4 Luke Clement	WWA 2.05.15
5 Michael Costante	U17 NOT 2.02.91	5 Sam Nicholls	U17 C&S 2.05.98
6 James McCann	U17 C&S 2.03.11	6 Declan Morris	CDF 2.06.87
7 Joe Wilkinson	DBY 2.04.37	7 Sam Hassall	U17 DBY 2.11.57
8 Adam Wright	U17 R&N 2.05.24	8 Luke Townsend	U17 R&N 2.31.38
M 1500m A		M 1500m B	
1 Liam Lloyd	WWA 4.11.47	1 Eyob Huruy	NOT 4.22.41
2 Joe Coleshaw	NOT 4.11.71	2 Matthew O'Leary	WWA 4.38.23
3 Ben Griffiths	BIR 4.19.96	3 Jack Bridle	U17 DBY 4.38.48
4 Jacob Allen	R&N 4.21.39	4 Sam Lacey	BIR 4.41.45
5 Aaron Houseman	U17 C&S 4.23.22	5 Adam Wright	R&N 4.43.10
6 Alex Jones	AVO 4.27.96	6 Eliot Green	AVO 4.44.64
7 Jack Sproson	U17 DBY 4.30.77		
M 3000m A		M 3000m B	
1 Liam Lloyd	WWA 8.47.56	1 Michael Ward	CDF 9.01.44
2 Matt Drury	CDF 8.53.80	2 Lloyd Heckler	WWA 9.15.29
3 Jacob Allen	R&N 9.16.84	3 Yaya Aitabi	U17 BIR 10.22.92
4 Daniel Haynes	U17 DBY 9.24.82	4 Aaron Smalley	DBY 10.24.15
5 Tony Hogan	AVO 9.27.40	5 Ben Townsend	R&N 13.04.24
6 Ben Topley	U17 BIR 10.03.96		
7 Robert Trusson	U17 NOT 10.29.63		
8 Adam Johnson	C&S 10.39.38		

M 110mH A	Wind -2.3 m/s	M 110mH B	Wind -2.3 m/s
1 Jake Porter	BIR 14.58	1 Nick Wilson	BIR 15.38
2 James Wright	R&N 14.79	2 Jamaul Whyte	CDF 16.81
3 Daniel Blain	WWA 15.35	3 Perry Offler	NOT 18.47
4 Oliver Jeffreys	CDF 15.38	4 Luke Townsend	U17 R&N 18.54
5 Maranga Makoye	U17 NOT 16.58		
6 Llwyd Griffiths	DBY 22.62		
M 400mH A		M 400mH B	
1 Luke Moreby	BIR 58.62	1 Perry Offler	NOT 58.34
2 James Wright	R&N 60.79	2 Patrick Mills	U17 R&N 59.86
3 Jake Fisher	AVO 61.74	3 Scott Gregory	BIR 60.00
4 Aaron Smalley	DBY 66.31	4 Llwyd Griffiths	DBY 67.83
5 Jack Straw	U17 WWA 74.69		
6 Lewis Golledge	NOT DNF		
M 2000m SC A		M 2000m SC B	
1 Tony Hogan	AVO 6.45.98	1 Ieuan Jones	CDF 6.56.70
2 Ben Topley	U17 BIR 6.47.97	2 Yayaq Aitabi	U17 BIR 7.13.32
3 Rory Heslop	CDF 6.49.94	3 Steven Beardwell	U17 AVO 7.13.40
4 Llwyd Griffiths	DBY 7.01.99	4 Terah Hooley	DBY 7.13.56
5 Robert Trusson	U17 NOT 7.59.91	5 Jacob Allen	R&N 9.28.90
6 Ben Townsend	R&N 8.05.62	6 Kieran Ingram	U17 WWA 10.08.21
7 Daniel Hall	U17 WWA 8.54.65		
M Discus Throw A		M Discus Throw B	
1 Liam Biddlecombe	AVO 50.89	1 Sam Boulton	U17 AVO 36.35
2 Daniel Power	WWA 46.48	2 Matthew Field	CDF 29.03
3 Forest Francis	BIR 45.29	3 Haydn Francis	U17 BIR 27.30
4 Craig Murch	R&N 39.98	4 Nick Scales	R&N 23.02
5 Ryan Leonard	CDF 29.12	5 Kieran Ingram	U17 WWA 22.91
6 Benson Cyrial	U17 NOT 27.97	6 Ross Golledge	U17 NOT 14.82
M Hammer Throw A		M Hammer Throw B	
1 Craig Murch	R&N 65.12	1 Matthew Field	CDF 42.79
2 Bradley Cole	CDF 51.66	2 Nick Scales	R&N 35.48
3 Josh Hay	U17 AVO 23.97	3 Luke Lodge	AVO 21.84
4 Luke Moreby	BIR 20.90	4 Theo Blundell	U17 BIR 9.25
5 Benson Cyrial	U17 NOT 18.04	5 Makoye Kampegnele	NOT 6.92
6 Daniel Thomas	WWA 15.20		
M High Jump A		M High Jump B	
1 Adam Wall	AVO 1.95	1 Matthew Lee	BIR 1.80
2 Cameron Hollingshead	U17 BIR 1.90	2 Jamie Sexton	CDF 1.80
3=Adam Davies	WWA 1.85	3 Kieran Ingram	U17 WWA 1.70
3=Jonathan Bailey	CDF 1.85	4 Luke Lodge	AVO 1.70
5 Cage Boons	R&N 1.80	5 Lewis Golledge	NOT 1.60
6 Maranga Makoye	U17 NOT 1.70	6 Clinton Osaba George	R&N 1.60

M Javelin Throw A

1 Craig Murch	R&N	54.52
2 Bradley Cole	CDF	53.93
3 Josh Brown	BIR	48.62
4 Niki Davies	WWA	48.24
5 James Taylor	AVO	40.55
6 Joe Wilkinson	DBY	38.22
7 Ross Golledge	U17 NOT	20.74

M Javelin Throw B

1 Ryan Leonard	CDF	48.32
2 James Wright	R&N	45.13
3 Luke Lodge	AVO	38.25
4 Elliott Haddon	WWA	37.58
5 Matthew Lee	BIR	36.64
6 Michael Costante	NOT	5.66

M Long Jump A

1 Feron Sayers	BIR	7.02+2.8
2 Stuart Street	U17 NOT	6.88+1.7
3 Jake Fisher	AVO	6.49+2.8
4 Kieron Martin	WWA	6.37+1.6
5 Luke Townsend	U17 R&N	6.28+2.2
6 Anax Dasilva	CDF	6.00-1.1
7 James Rayner	U17 C&S	5.97+1.5
8 Joe Wilkinson	DBY	5.60+2.0

M Long Jump B

1 Perry Offler	NOT	6.75+1.8
2 Michael Wilson	U17 WWA	6.22+1.6
3 Cage Boons	R&N	6.12+1.6
4 Jamie Sexton	CDF	5.66+1.2
5 James Taylor	AVO	5.61+2.1
6 Myles Durrant-Sutherland	BIR	5.60-2.2
7 Sam Hassall	U17 DBY	4.90+1.6

M Pole Vault A

1 Stephen Scarfi	WWA	4.00
2 Luke Lodge	AVO	3.30
3 Maranga Makoye	U17 NOT	2.30
4 Nick Scales	R&N	2.15

M Pole Vault B

1 Callum Court	AVO	3.00
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M Shot Putt A

1 Liam Biddlecombe	AVO	15.90
2 Matthew Field	CDF	15.44
3 Forest Francis	BIR	13.14
4 Craig Murch	R&N	13.03
5 Daniel Power	WWA	12.89
6 Benson Cyrial	U17 NOT	8.15

M Shot Putt B

1 Bradley Cole	CDF	11.06
2 Sam Boulton	U17 AVO	10.98
3 Myles Morris	BIR	10.25
4 Nick Scales	R&N	8.88
5 Daniel Thomas	U17 WWA	7.99

M Triple Jump A

1 Ross Bangura	WWA	13.30+0.3
2 Jamaul Nesbitt	BIR	13.21+0.6
3 Stuart Street	U17 NOT	12.76+0.8
4 Cage Boons	U17 R&N	12.18+0.7
5 Jake Fisher	AVO	11.92+3.7
6 Joe Wilkinson	DBY	10.56+2.5

M Triple Jump B

1 Dheshan Pannala	BIR	12.87+0.5
2 Perry Offler	NOT	12.35+1.8
3 Jack Straw	U17 WWA	11.70+1.3
4 Luke Lorenzi	U17 AVO	11.20+0.5
5 Ben Townsend	R&N	10.32+0.3
6 Terah Hooley	DBY	9.99+0.4

W 100m A

	Wind	-2.2 m/s
1 Bethan Wakefield	AVO	12.54
2 Rhianon Jeffreys	WWA	12.58
3 Melisa Hanson	BIR	12.65
4 Ilaria Mancinelli	U17 NOT	13.19
5 Zoe Styles	U17 C&S	13.23
6 Alison Singleton	CDF	13.55
7 Asia Ercan	R&N	15.21
8 Josephine King	U17 DBY	15.68

W 100m B

	Wind	-2.5 m/s
1 Diani Walker	BIR	12.79
2 Yemma Songu	U17 AVO	13.00
3 Catrin Stone	WWA	13.72
4 Megan Reed	U17 CDF	14.07
5 Caitlin Edwards	U17 NOT	14.24
6 Ellie Sobers	U17 R&N	14.66

W 200m A	Wind -2.6 m/s	W 200m B	Wind -3.3 m/s
1 Rhiannon Jeffreys	WWA 25.56	1 Melissa Hanson	BIR 25.15
2 Nardhia Kidd-Walker	BIR 25.90	2 Yemma Songu	U17 AVO 26.32
3 Bethan Wakefield	AVO 26.45	3 Ffion Rees	WWA 26.87
4 Zoe Styles	U17 C&S 26.91	4 Olivia Walker	C&S 26.90
5 Alison Singleton	CDF 27.83	5 Grace Adeyinka	U17 R&N 26.93
6 Ilaria Mancinelli	U17 NOT 28.26	6 Megan Reed	U17 CDF 28.23
7 Asia Ercan	U17 R&N 28.53	7 Caitlin Edwards	U17 NOT 28.37
8 Josephine King	U17 DBY 32.33	8 Rebecca Miller	DBY 30.25
W 400m A		W 400m B	
1 Lauren Bell	WWA 58.28	1 Lara Durrani	U17 CDF 62.31
2 Chantelle Robinson	NOT 58.63	2 Molly Ferguson	U17 NOT 62.59
3 Katie Geddes	U17 AVO 59.80	3 Elinor Jones	WWA 63.81
4 Chloe McIntosh	BIR 61.23	4 Emily Smith-Roberts	AVO 64.04
5 Gwen Williams	CDF 64.30	5 Bethan Goddard	U17 R&N 66.43
6 Ellie Spears	U17 R&N 68.13		
W 800m A		W 800m B	
1 Kate Seary	U17 CDF 2.17.18	1 Katherine Turner	AVO 2.15.49
2 Mary Hughes	U17 R&N 2.23.04	2 Rebecca Miller	DBY 2.27.55
3 Shanie Read	BIR 2.23.97	3 Emily Waugh	R&N 2.28.13
4 Katie Grinyer	U17 AVO 2.24.29	4 Kari O'Neil	U17 WWA 2.32.03
5 Danni Franklin	U17 WWA 2.35.40	5 Jasminder Odusanya	U17 BIR 2.39.87
6 Lara Wisdish	U17 DBY 2.37.24		
7 Beth Clarke	C&S 2.43.73		
W 1500m A		W 1500m B	
1 Katie Grinyer	U17 AVO 5.00.11	1 Alison Inwood	U17 R&N 5.57.67
2 Bethan Goddard	U17 R&N 5.02.25		
3 Anna Morris	CDF 5.08.06		
4 Veleska Wills	U17 DBY 5.11.93		
5 Angel Harvey	U17 WWA 6.07.69		
W 3000m A		W 3000m B	
1 Kirsty Stanley	U17 AVO 11.10.15	1 Alison Inwood	U17 R&N 12.44.21
2 Sarah Kennett	R&N 11.14.75	2 Lauren Harvey	U17 WWA DNF
3 Kirsty Shipman	DBY 11.19.74		
4 Ellie Howat	U17 BIR 12.29.94		
5 Caitlyn Atkins	WWA 13.46.84		
W 100mH A	Wind -2.3 m/s	W 100mH B	Wind -3.0 m/s
1 Madelaine Smith	BIR 15.16	1 Jenny Robbins	U17 NOT 15.83
2 Olivia Walker	C&S 15.54	2 Anicia Skeates	U17 AVO 18.17
3 Catrin Stone	WWA 16.48	3 Naomi O'Brien	BIR 19.56
4 Anna Davies	NOT 16.74	4 Rebecca Cooke	C&S 20.34
5 Hannah Scales	R&N 18.57	5 Asia Ercan	R&N 21.04
6 Katherine Godfrey	AVO 18.99		

W 400mH A

1 Anna Davies	NOT	65.79
2 Alex Clinkard	DBY	69.32
3 Katherine Godfrey	AVO	70.16
4 Hannah Scales	R&N	70.79
5 Emily Morris	WWA	71.30
6 Naomi O'Brien	BIR	73.64
7 Rebecca Cooke	C&S	77.20

W 400mH B

1 Bronte Senior	U17	BIR	70.32
2 Danni Franklin	U17	WWA	70.98
3 Kelly Leat		AVO	74.37
4 Veleska Wills	U17	DBY	83.46
5 Hatti Snead	U17	R&N	94.24

W 1500m Sc A

1 Stacey Webber		WWA	5.29.37
2 Emily Waugh		R&N	5.33.81
3 Alex Clinkard		DBY	5.39.13
4 Erin Hayes	U17	CDF	5.42.17
5 Jasminder Odusanya	U17	BIR	5.43.56
6 Kelly Leat		AVO	6.28.96
7 Beth Clarke		C&S	6.40.35

W 1500m Sc B

1 Rhian Homer	U17	WWA	6.03.00
2 Mary Hughes	U17	R&N	6.11.04
3 Shanie Read		BIR	6.22.33
4 Rebecca Cooke		C&S	6.47.11

W Discus Throw A

1 Toni Wells		WWA	35.62
2 Emma Crooke		BIR	34.87
3 Emily Campbell		NOT	31.98
4 Kerry Murch		R&N	27.28
5 Emily Hutchinson	U17	AVO	20.54
6 Kara Winson		DBY	19.55
7 Holly Field	U17	CDF	17.55
8 Beth Clarke		C&S	16.19

W Discus Throw B

1 Nina Prells		WWA	34.65
2 Kathryn Reynolds		R&N	24.76
3 Katie Phillips		AVO	18.36
4 Jess Adcock		NOT	18.16
5 Rebecca Cooke		C&S	14.67
6 Kate Seary	U17	CDF	12.11

W Hammer Throw A

1 Toni Wells		WWA	51.65
2 Emily Campbell		NOT	41.81
3 Emily Cooke	U17	BIR	36.75
4 Kerry Murch		R&N	27.63
5 Katie Phillips		AVO	20.63
6 Kara Winson		DBY	16.58
7 Chloe Phillips		CDF	15.11

W Hammer Throw B

1 Annabel Palmer		NOT	39.52
2 Helena Madan		WWA	39.32
3 Kate Morley		BIR	20.25
4 Gemma Scales	U17	R&N	16.51

W High Jump A

1 Ella Gibbons		C&S	1.63
2 Molly Eales		BIR	1.60
3 Emily Morris		WWA	1.55
4 Laura Trigg	U17	CDF	1.50
5 Courtney Smith	U17	R&N	1.50
6 Anicia Skeates	U17	AVO	1.45
7 Chantelle Robinson		NOT	1.45

W High Jump B

1=Helena Madan		WWA	1.50
1=Katie Stainton		BIR	1.50
3 Katherine Godfrey		AVO	1.40
4 Ilaria Mancinelli	U17	NOT	1.40
5 Asia Ercan	U17	R&N	1.35

W Javelin Throw A

1 Kerry Murch	R&N	40.18
2 Kate Morley	BIR	35.32
3 Bethan Radford	U17 WWA	32.44
4 Jess Adcock	NOT	30.10
5 Joanne Smerdon	U17 AVO	26.33
6 Kara Winson	DBY	25.83
7 Chloe Phillips	CDF	18.06

W Javelin Throw B

1 Kathryn Reynolds	R&N	31.16
2 Alex Clinkard	DBY	25.30
3 Kara Trivett	U17 BIR	22.16
4 Emily Hutchinson	U17 AVO	21.92
5 Helen Gill	NOT	13.11

W Long Jump A

1 Katie Stainton	BIR	5.54+0.2
2 Anna Davies	NOT	5.42+2.6
3 Ella Gibbons	C&S	5.29+1.9
4 Ffion Rees	WWA	5.22+2.2
5 Anicia Skeates	U17 AVO	4.72+0.5
6 Hannah Scales	R&N	4.69+1.3
7 Lara Wisdich	U17 DBY	3.65+1.5
8 Alice Nottingham	CDF	3.57+1.0

W Long Jump B

1 Jessica Leek	C&S	5.14+2.1
2 Katherine Morris	U17 WWA	5.11+0.9
3 Shannel Hutchinson	BIR	4.86+0.7
4 Chantelle Robinson	NOT	4.82+0.5
5 Joanne Smerdon	U17 AVO	4.24+0.4
6 Kathryn Reynolds	R&N	3.74+0.6
7 Rebecca Miller	DBY	3.23+0.4

W Pole Vault A

1=Hannah Grubb	AVO	3.40
1=Jenny Robbins	NOT	3.40
3 Naomi James	WWA	3.25
4 Lucy Daly	CDF	2.65

W Pole Vault B

1 Clare Dyer	U17 AVO	3.25
2 Holly Field	U17 CDF	2.50
3 Cerys McCool	U17 WWA	2.20

W Shot Putt A

1 Toni Wells	WWA	11.55
2 Emily Cook	U17 BIR	10.85
3 Helen Gill	NOT	10.69
4 Kerry Murch	R&N	10.02
5 Emily Hutchinson	U17 AVO	9.93
6 Chloe Phillips	CDF	6.70

W Shot Putt B

1 Nina Prells	WWA	9.91
2 Annabel Palmer	NOT	8.62
3 Emma Crooke	BIR	8.62
4 Gemma Scales	U17 R&N	7.43
5 Katie Phillips	AVO	6.51

W Triple Jump A

1 Megan O'Sullivan	CDF	11.50+0.8
2 Shanel Hutchinson	BIR	11.39+0.5
3 Anna Davies	NOT	10.66+0.3
4 Grace Adeyinka	U17 R&N	10.23+3.6
5 Rhiannon Thomas	WWA	9.24+0.8
6 Joanne Smerdon	U17 AVO	8.63+2.8

W Triple Jump B

1 Molly Eales	BIR	11.27+3.3
2 Jenny Robbins	U17 NOT	10.48+1.7
3 Asia Ercan	R&N	9.21+1.5
4 Chelsea Christopher	WWA	9.16-0.8

W 4x100m Relay

1 BIR 49.37	1 Madelaine Smith		2 Diani Walker	
	3 Nardhia Kidd-Walker		4 Melisa Hanson	
2 WWA 51.35	1 Elise Davies	U17	2 Catrin Stone	
	3 Katherine Morris	U17	4 Rhiannon Jeffreys	
3 AVO 51.39	1 Yemma Songu	U17	2 Elinor Wakefield	U17
	3 Alyssa Small	U17	4 Bethan Wakefield	
4 NOT 51.41	1 Molly Ferguson	U17	2 Ilaria Mancinelli	U17
	3 Caitlin Edwards	U17	4 Anna Davies	
5 CDF 52.24	1 Lara Durrani	U17	2 Gwen Williams	
	3 Alison Singleton		4 Megan Reed	U17
6 R&N 52.63	1 Ellie Sobers		2 Grace Adeyinka	U17
	3 Asia Ercan		4 Hannah Scales	
7 DBY 59.40	1 Kara Winson		2 Rebecca Miller	
	3 Josephine King	U17	4 Lara Wisdish	U17

W 4x400m Relay

1 WWA 4.11.25	1 Lauren Bell		2 Elinor Jones	
	3 Emily Morris		4 Rhiannon Jeffreys	
2 AVO 4.17.99	1 Anicia Skeates	U17	2 Emily Smith-Roberts	
	3 Kelly Leat		4 Katie Geddes	U17
3 R&N 4.22.54	1 Bethan Goddard	U17	2 Alison Inwood	U17
	3 Ellie Sobers		4	
4 BIR 4.22.84	1 Bronte Senior	U17	2 Naomi O'Brien	
	3 Nardhia Kidd-Walker		4 Chloe McIntosh	
5 CDF 4.23.93	1 Kate Seary	U17	2 Gwen Williams	
	3 Erin Hayes	U17	4 Alison Singleton	
6 DBY 4.28.57	1 Veleska Wills	U17	2 Kirsty Shipman	
	3 Alix Clinkard		4 Rebecca Miller	
7 NOT 4.40.39	1 Annabel Palmer		2 Jenny Robbins	U17
	3 Molly Ferguson	U17	4 Chantelle Robinson	

M 4x100m Relay

1 CDF 43.15	1 Jamie Sexton		2 Anax Dasilva	
	3 Sam Gordon		4 Jamaul Whyte	
2 BIR 43.49	1 Jake Porter		2 Nick Wilson	
	3 Mathias Francis		4 Feron Sayers	
3 AVO 44.19	1 Luke Lorenzi	U17	2 Ben Watt	U17
	3 Chris Stone		4 Elliott Prendergast	
4 R&N 44.62	1 Clinton Osaba George	U17	2 James Wright	
	3 Dan George		4 Hugo Thompson Brown	U17
5 WWA 45.51	1 Elliott Haddon		2 Llyr Jamieson	
	3 James Taylor		4 Rhys Gealy	U17
6 NOT 46.92	1 Maranga Makoye	U17	2 Stuart Street	U17
	3 Ross Golledge	U17	4 Makoye Kampegnele	
7 DBY 49.12	1 Chris Chambers	U17	2 Jack Bridle	U17
	3 Sam Hassall	U17	4 Joe Wilkinson	

M 4x400m Relay

1	BIR	3.31.55	1	Scott Gregory		2	Myles Durrant-Sutherland	
			3	Luke Moreby		4	Joe Kinsey	
2	NOT	3.32.93	1	Lewis Golledge		2	Michael Costante	U17
			3	Perry Offler		4	Jarod Skervin	
3	R&N	3.33.69	1	Luke Townsend	U17	2	Adam Wright	U17
			3	Patrick Mills	U17	4	Dan George	
4	WWA	3.34.34	1	Carwyn Evans		2	Zac Lewis	U17
			3	Luke Clement		4	Matthew O'Leary	
5	CDF	3.36.77	1	Bradley Cole		2	Anax Dasilva	
			3	Rory Heslop		4	Jonathan Hobbs	
6	AVO	3.39.38	1	Alex Jones		2	Eliot Green	
			3	Ben Watt	U17	4	Kane Lee	
7	DBY	3.51.39	1	Dominic Chambers		2	Jack Bridle	U17
			3	Jack Sproson	U17	4	Terah Hooley	

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS					
	Event	Lge		Event	Lge		Event	Lge			
1	WWA	554	8	1	BIR	489	8	1	West Wales	1021.5	15
2	BIR	506	7	2	WWA	467.5	7	2	Birchfield Harriers	995	15
3	AVO	451	6	3	AVO	443	6	3	Team Avon	894	12
4	R&N	444	5	4	R&N	430	5	4	Rugby & Northampton AC	874	10
5	NOT	403.5	4	5	NOT	370	4	5	Notts AC	773.5	8
6	CDF	389.5	3	6	CDF	339.5	3	6	Cardiff AC	729	6
7	DBY	259	2	7	DBY	194	2	7	Derby AC	453	4
8	C&S	141	1	8	C&S	121	1	8	Cannock & Stafford AC	262	2

Athlete of the Match: Matthew Hudson-Smith 22.30 (200m)
 Bethan Wakefield - 12.54 (100m)

M 100m	Wind -1.9 m/s	M 200m	Wind -3.2 m/s
1 Anax Dasilva	CDF 11.30	1 Sam Gordon	CDF 22.88
2 Jamie Sexton	CDF 11.65	2 Elliott Haddon	WWA 24.24
3 Dan George	R&N 11.81	3 Michael Wilson	U17 WWA 25.10
4 Luke Lorenzi	U17 AVO 12.00	4 Matty Gaudiere	AVO 25.77
5 James Taylor	U17 WWA 12.10		
6 Michael Wilson	U17 WWA 12.17		
7 Keith Mbofana	CDF 12.18		
8 Daniel Salmon	U17 WWA 12.29		
W 200m	Wind -2.4 m/s	M 3000m	
1 Ellie Winfield	U17 AVO 27.98	1 Owen Haswell	CDF 9.41.14
2 Elise Davies	U17 WWA 28.13	2 Liam Bradley	U17 WWA 9.52.41
3 Alyssa Small	U17 AVO 28.51	3 Daniel Hall	U17 WWA 11.19.73
M 400m		W Long Jump	
1 Zac Lewis	U17 WWA 56.00	1 Chelsea Christopher	WWA 4.48+1.3
2 Rhodri Davies	WWA 67.24	2 Rhiannon Thomas	WWA 3.99+1.6
W 100m	Wind -2.5 m/s	M Javelin Throw	
1 Elise Davies	U17 WWA 13.89	1 Jake Fisher	AVO 34.44
2 Alyssa Small	U17 AVO 13.99	2 Kieran Ingram	U17 WWA 32.50
W Pole Vault		M High Jump	
1 Caitlyn Atkins	U17 WWA 2.95	1 Thomas Wyburn	U17 WWA 1.75
M 1500m		M Discus Throw	
1 Thomas John	U17 WWA 4.46.07	1 Daniel Thomas	WWA 22.35