

**Total Scores**

<b>Position</b>	<b>Team</b>	<b>Points</b>
1	Bristol & West/Yate	358
2	Tamworth AC 'A'	336
3	Cannock & Stafford AC	334
4	Birchfield	314
5	Rugby & Northampton	292
6	Notts AC	289
7	0	0
7	0	0

**Mens Scores**

<b>Position</b>	<b>Team</b>	<b>Points</b>
1	Tamworth AC 'A'	178
2	Bristol & West/Yate	174
3	Birchfield	163
3	Cannock & Stafford AC	163
5	Rugby & Northampton	151
6	Notts AC	123
0	0	0
0	0	0

**Womens Scores**

<b>Position</b>	<b>Team</b>	<b>Points</b>
1	Bristol & West/Yate	169
2	Notts AC	161
3	Birchfield	156
3	Cannock & Stafford AC	156
5	Tamworth AC 'A'	143
6	Rugby & Northampton	126
0	0	0
0	0	0

**Officials Points**

<b>Team Name</b>	<b>Points</b>
Bristol & West/Yate	15
Tamworth AC 'A'	15
Cannock & Stafford AC	15
Birchfield	-5
Rugby & Northampton	15
Notts AC	5
0	
0	

Match Position after 37 Events

**Men 100m (A string)****Wind Speed = -1.6 m/s**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Jack Lawrence	Birchfield	10.9	9
2	Clinton Osaba-George	Rugby & Northampt	11.3	7
3	Daniel Brooks	Bristol & West/Yate	11.4	6
4	Harry Everitt	Tamworth AC 'A'	11.4	5
5	Carl McMullen	Cannock & Stafford	11.8	4
6	David Animashaun	Notts AC	11.9	3

**Men 100m (B string)****Wind Speed = 0.6 m/s**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Kane Densley	Tamworth AC 'A'	11.1	7
2	Oshay Williams	Birchfield	11.3	5
3	Simeon Wynne	Bristol & West/Yate	11.6	4
4	Giorgio Saroli	Rugby & Northampt	11.6	3
5	Timi Rotimi-Toviho	Notts AC	11.6	2
6	Alasdair Rigby	Cannock & Stafford	11.7	1

**Men 200m (A string)****Wind Speed = 2.2 m/s**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Daniel Brooks	Bristol & West/Yate	22.8	9
2	Oshay Williams	Birchfield	23.0	7
3	Harry Everitt	Tamworth AC 'A'	23.1	6
4	Carl McMullen	Cannock & Stafford	23.7	5
5	Charles Barker	Rugby & Northampt	23.9	4
6	Alex Irvine	Notts AC	25.0	3

**Men 200m (B string)****Wind Speed = 1 m/s**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Timi Rotimi-Toviho	Notts AC	23.8	7
2	Nyheam Kefentse	Bristol & West/Yate	24.5	5
3	Giorgio Saroli	Rugby & Northampt	24.7	4
4	Rhys Coles	Birchfield	25.1	3
5	David Underwood	Cannock & Stafford	25.8	2
6	Greg Richards	Tamworth AC 'A'	28.3	1

**Men 400m (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Tom Randolph	Tamworth AC 'A'	50.4	9
2	Kane Lee	Bristol & West/Yate	51.0	7
3	Connor Aldridge	Rugby & Northampt	51.3	6
4	Yahye Dirir	Birchfield	51.6	5
5	Alex Irvine	Notts AC	55.2	4
6	Jack Longmore	Cannock & Stafford	55.9	3

**Men 400m (B string)**

Posn	Name	Club	Perf	Pts
1	Josh Richards	Cannock & Stafford	53.1	7
2	Harry Sachs	Birchfield	55.0	5
3	Matthew Muggeridge	Bristol & West/Yate	55.5	4
4	Emilian Bowry	Notts AC	57.3	3
5	Elliott Jones	Tamworth AC 'A'	61.4	2

**Men 110m H (A string)****Wind Speed = 1.5 m/s**

Posn	Name	Club	Perf	Pts
1	Jite Okoro	Birchfield	15.2	9
2	Alasdair Rigby	Cannock & Stafford	16.3	7
3	Kane Densley	Tamworth AC 'A'	16.6	6
4	Tom Skinner	Bristol & West/Yate	17.1	5
5	Charlie Barker	Rugby & Northampt	19.2	4

**Men 110m H (B string)****Wind Speed = -2.7 m/s**

Posn	Name	Club	Perf	Pts
1	Carl McMullen	Cannock & Stafford	19.8	7
2	Andy Reeves	Rugby & Northampt	21.0	5

**Men 400m H (A string)**

Posn	Name	Club	Perf	Pts
1	Kane Densley	Tamworth AC 'A'	56.3	9
2	Carl McMullen	Cannock & Stafford	58.6	7
3	Charlie Barker	Rugby & Northampt	61.0	6
4	Sam Chivers	Bristol & West/Yate	67.0	5

**Men 400m H (B string)**

Posn	Name	Club	Perf	Pts
1	Jay O'Leary	Rugby & Northampt	62.0	7
2	David Underwood	Cannock & Stafford	68.0	5

**Men 800m (A string)**

Posn	Name	Club	Perf	Pts
1	Tom Randolph	Tamworth AC 'A'	1:57.7	9
2	Otis Mondir	Bristol & West/Yate	2:00.1	7
3	Sam Richardson	Notts AC	2:00.9	6
4	Joe Musgrove	Rugby & Northampt	2:01.4	5
5	Alastair Madondo	Birchfield	2:01.5	4
6	Bill Chesters	Cannock & Stafford	2:01.9	3

**Men 800m (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Finn Hutton	Rugby & Northampt	2:02.9	7
2	Steve Beardwell	Bristol & West/Yate	2:04.3	5
3	Jake Dyer	Notts AC	2:05.0	4
4	Steven Beardmore	Cannock & Stafford	2:06.3	3
5	Conall Green	Birchfield	2:07.9	2
6	Max Kent	Tamworth AC 'A'	2:15.3	1

**Men 1500m (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Alistair Rutherford	Birchfield	4:07.6	9
2	Stephen Parkes	Tamworth AC 'A'	4:08.3	7
3	Steve Long	Notts AC	4:12.7	6
4	Adam Wilson	Bristol & West/Yate	4:15.3	5
5	Harrison Hardy-Smith	Cannock & Stafford	4:23.3	4
6	Joe Childs	Rugby & Northampt	4:29.4	3

**Men 1500m (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Joe Connors	Bristol & West/Yate	4:18.7	7
2	Cameron Shankly	Birchfield	4:24.0	5
3	Nigel Haycock	Cannock & Stafford	4:29.9	4
4	Howard Bush	Tamworth AC 'A'	4:45.6	3
5	David Oxland	Notts AC	5:04.0	2

**Men 5000m (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Alistair Rutherford	Birchfield	15:57.0	9
2	Robert Stewart	Bristol & West/Yate	16:29.7	7
3	Scott Hudspith	Tamworth AC 'A'	16:51.3	6
4	Craig Pearson	Cannock & Stafford	16:59.1	5
5	James Dickinson	Notts AC	17:03.0	4
6	Paul Birch	Rugby & Northampt	17:14.4	3

**Men 5000m (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Neil Kennedy	Bristol & West/Yate	16:38.3	7
2	Matthew Moir	Notts AC	17:34.1	5
3	Pete Currington	Rugby & Northampt	17:40.8	4
4	Gregory Beech	Cannock & Stafford	17:58.4	3
5	Howard Bush	Tamworth AC 'A'	18:18.8	2
6	Amin Hassan	Birchfield	19:32.5	1

**Men 2000m s/c (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Stephen Parkes	Tamworth AC 'A'	6.34.3	9
2	Samuel Bagley	Cannock & Stafford	6.37.7	7
3	Robert Stewart	Bristol & West/Yate	7.31.1	6

**Men 2000m s/c (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Dave Williams	Tamworth AC 'A'	7.54.5	7
2	Steven Grant	Bristol & West/Yate	8.41.0	5
3	David Underwood	Cannock & Stafford	8.49.7	4

**Men Long Jump (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Myles Durrant - Sutherland	Birchfield	7.15	9
2	James Woolley	Tamworth AC 'A'	6.11	7
3	Brendon Foster	Notts AC	6.10	6
4	Christian Pestell	Bristol & West/Yate	6.07	5
5	Dan Fitzhenry	Cannock & Stafford	6.07	4
6	Alex Byers	Rugby & Northampt	5.55	3

**Men Long Jump (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Jordon Kelly	Birchfield	6.66	7
2	Alasdair Rigby	Cannock & Stafford	6.00	5
3	Donovan Davenport	Notts AC	5.83	4
4	Matthew Muggerridge	Bristol & West/Yate	5.59	3
5	Ben Hogan	Tamworth AC 'A'	5.57	2
6	Thomas Saunders	Rugby & Northampt	5.29	1

**Men Triple Jump (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Jack Joynson	Bristol & West/Yate	13.69	9
2	Brendon Foster	Notts AC	13.61	7
3	Adam Lubin	Birchfield	12.76	6
4	Alex Byers	Rugby & Northampt	11.42	5
5	Kane Densley	Tamworth AC 'A'	11.16	4
6	Joshua Richards	Cannock & Stafford	10.96	3

**Men Triple Jump (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Sean Mhende	Birchfield	11.85	7
2	Fraser Kesteven	Notts AC	11.47	5
3	Sam Chivers	Bristol & West/Yate	11.27	4
4	Elliott Jones	Tamworth AC 'A'	10.89	3
5	Charles Barker	Rugby & Northampt	10.56	2
6	David Underwood	Cannock & Stafford	10.12	1

**Men High Jump (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Adam Lubin	Birchfield	2.00	9
2	Jack Moore	Bristol & West/Yate	1.95	7
3	Dan Fitzhenry	Cannock & Stafford	1.95	6
4	Callum Gorman	Notts AC	1.80	5
5	Lewis Johnson	Tamworth AC 'A'	1.65	4
6	Giorgio Saroli	Rugby & Northampt	1.55	3

**Men High Jump (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Alasdair Rigby	Cannock & Stafford	1.80	7
2	Stephan Baker	Birchfield	1.70	5
3	Donovan Davenport	Notts AC	1.65	4
4	Christian Pestell	Bristol & West/Yate	1.55	3
5	Andy Reeves	Rugby & Northampt	1.55	2
6	James Woolley	Tamworth AC 'A'	1.40	1

**Men Pole Vault (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Jacob Clark	Notts AC	3.90	9
2	Gavin Showell	Tamworth AC 'A'	3.50	7
3	Jak Carpenter	Cannock & Stafford	3.40	6
4	Ian Gidley	Rugby & Northampt	2.60	5

**Men Pole Vault (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	David Cowley	Rugby & Northampt	2.40	7
2	Carl McMullen	Cannock & Stafford	2.10	5

**Men Shot Putt (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Doug Stark	Tamworth AC 'A'	13.41	9
2	Jak Carpenter	Cannock & Stafford	13.30	7
3	Alex Hamlin	Rugby & Northampt	12.39	6
4	Brandon Wright	Notts AC	10.88	5
5	Tom Skinner	Bristol & West/Yate	10.79	4
6	Beau Morris	Birchfield	8.01	3

**Men Shot Putt (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Alex Berrow	Tamworth AC 'A'	01.79	7
2	John Moreland	Rugby & Northampt	9.13	5
3	Adam Rubery	Notts AC	8.82	4
4	Matthew Spicer	Bristol & West/Yate	8.28	3
5	Martin Roberts	Cannock & Stafford	7.37	2
6	David Rock	Birchfield	7.22	1

**Men Discus (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Najee Fox	Birchfield	50.44	9
2	Jak Carpenter	Cannock & Stafford	41.40	7
3	Alex Hamlin	Rugby & Northampt	37.96	6
4	Andrew Thomas	Bristol & West/Yate	36.25	5
5	Doug Stark	Tamworth AC 'A'	33.10	4
6	Adam Rubery	Notts AC	23.25	3

**Men Discus (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	John Moreland	Rugby & Northampt	36.14	7
2	Alex Berrow	Tamworth AC 'A'	28.70	5
3	Tom Skinner	Bristol & West/Yate	24.67	4
4	Martin Roberts	Cannock & Stafford	23.69	3
5	David Rock	Birchfield	14.77	2

**Men Hammer (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Alex Berrow	Tamworth AC 'A'	47.33	9
2	Beau Morris	Birchfield	42.55	7
3	Matthew Spicer	Bristol & West/Yate	40.81	6
4	Martin Roberts	Cannock & Stafford	38.47	5
5	Adam Rubery	Notts AC	34.61	4
6	John Moreland	Rugby & Northampt	33.25	3

**Men Hammer (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Tyler Molton	Bristol & West/Yate	34.66	7
2	Kevin Murch	Rugby & Northampt	26.41	5
3	Jak Carpenter	Cannock & Stafford	24.09	4
4	Gavin Showell	Tamworth AC 'A'	21.71	3
5	Adam Rubery	Notts AC	19.97	2
6	David Rock	Birchfield	19.29	1

**Men Javelin (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Kevin Murch	Rugby & Northampt	50.21	9
2	Doug Stark	Tamworth AC 'A'	47.67	7
3	Jak Carpenter	Cannock & Stafford	45.38	6
4	Billy Morris	Birchfield	42.34	5
5	Adam Rubery	Notts AC	38.09	4
6	Matthew Mugeridge	Bristol & West/Yate	37.81	3

**Men Javelin (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Thomas Lea	Rugby & Northampt	45.33	7
2	Greg Richards	Tamworth AC 'A'	42.48	5
3	Tom Skinner	Bristol & West/Yate	35.57	4
4	Adam Lyons	Notts AC	34.37	3
5	Martin Roberts	Cannock & Stafford	20.20	2
6	David Rock	Birchfield	16.73	1

**Mens 4x100m**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1		Birchfield	44.0	9
2		Tamworth AC 'A'	45.5	7
3		Bristol & West/Yate	45.7	6
4		Cannock & Stafford	45.7	5
5		Rugby & Northampt	46.3	4
6		Notts AC	46.7	3

**Mens 4x400m**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1		Birchfield	3:33.2	9
2		Bristol & West/Yate	3:35.5	7
3		Notts AC	3:44.5	6
4		Tamworth AC 'A'	3:46.1	5
5		Cannock & Stafford	3:46.5	4
6		Rugby & Northampt	3:49.3	3



**Women 100m (A string)****Wind Speed = 1.1 m/s**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Tia Jackson	Bristol & West/Yate	12.3	9
2	Hannah Malpass	Cannock & Stafford	12.6	7
3	Lucy Wheeler	Tamworth AC 'A'	12.6	6
4	Mayah Charles	Notts AC	12.9	5
5	Karen Gomes	Rugby & Northampt	13.0	4
6	Nardhia Kidd-Walker	Birchfield	DQ	0

**Women 100m (B string)****Wind Speed = 1.7 m/s**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Dionne Samuels	Birchfield	12.4	7
2	Alexandra Bryant	Bristol & West/Yate	13.0	5
3	Chloe Lindop	Cannock & Stafford	13.1	4
4	Anna Robinson	Rugby & Northampt	13.3	3
5	Millie France	Notts AC	13.6	2
6	Katie Wicket	Tamworth AC 'A'	13.9	1

**Women 200m (A string)****Wind Speed = 1.2 m/s**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Nardhia Kidd-Walker	Birchfield	25.1	9
2	Hannah Malpass	Cannock & Stafford	25.9	7
3	Jessica Frazer	Bristol & West/Yate	26.3	6
4	Olivia Woodward	Tamworth AC 'A'	26.5	5
5	Karen Gomes	Rugby & Northampt	27.1	4

**Women 200m (B string)****Wind Speed = 0 m/s**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Natasha Segal	Birchfield	25.3	7
2	Isabelle Neville	Tamworth AC 'A'	26.0	5
3	Alexandra Bryant	Bristol & West/Yate	26.4	4
4	Chloe Lindop	Cannock & Stafford	26.5	3
5	Jessica Hull	Rugby & Northampt	29.6	2

**Women 400m (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Megan Davies	Cannock & Stafford	57.3	9
2	Laura Langowski	Tamworth AC 'A'	58.6	7
3	Georgia Taylor	Bristol & West/Yate	61.5	6
4	Verity O'Shay	Birchfield	63.1	5
5	Emily Cooper	Rugby & Northampt	65.0	4
6	Tara Pigott	Notts AC	65.8	3

**Women 400m (B string)**

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Stafford	58.6	7
2	Katie Wicket	Tamworth AC 'A'	63.7	5
3	Leah Spencer	Birchfield	64.3	4
4	Alexa Parker	Bristol & West/Yate	66.7	3
5	Fiona Palmer	Notts AC	68.4	2

**Women 100m H (A string)****Wind Speed = 0.8 m/s**

Posn	Name	Club	Perf	Pts
1	Kerry Murch	Rugby & Northampt	16.0	9
2	Olivia Jones	Birchfield	16.2	7
3	Natalie Ainge	Cannock & Stafford	16.9	6
4	Hannah Jackson	Bristol & West/Yate	18.8	5
5	Beth Devonshire	Tamworth AC 'A'	19.3	4
6	Bethany Newton	Notts AC	20.4	3

**Women 100m H (B string)****Wind Speed = 1.6 m/s**

Posn	Name	Club	Perf	Pts
1	Hattie Dent	Bristol & West/Yate	17.4	7
2	Chloe Boulter	Cannock & Stafford	19.8	5
3	Emily Findlater	Tamworth AC 'A'	19.9	4

**Women 400m H (A string)**

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Stafford	63.7	9
2	Isabelle Neville	Tamworth AC 'A'	64.3	7
3	Louise Robinson	Birchfield	67.4	6
4	Hattie Dent	Bristol & West/Yate	70.0	5
5	Lauren Nash	Rugby & Northampt	75.9	4
6	Bethany Newton	Notts AC	89.9	3

**Women 400m H (B string)**

Posn	Name	Club	Perf	Pts
1	Chloe Wilde	Cannock & Stafford	64.5	7
2	Emily Findlater	Tamworth AC 'A'	70.2	5
3	Shamilla Channer	Birchfield	76.5	4
4	Hannah Robinson	Notts AC	83.1	3

**Women 800m (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Eve Clawley	Tamworth AC 'A'	2:23.7	9
2	Ellie Cooper	Notts AC	2:24.9	7
3	Maria Jones	Bristol & West/Yate	2:26.7	6
4	Leah Spencer	Birchfield	2:29.6	5
5	Rachael Jones	Cannock & Stafford	2:36.5	4

**Women 800m (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Ava Remzi	Notts AC	2:24.1	7
2	Katie Wicket	Tamworth AC 'A'	2:28.3	5
3	Alexa Parker	Bristol & West/Yate	2:29.1	4
4	Erin Tapley	Birchfield	2:34.4	3
5	Sue Kneill-Boxley	Cannock & Stafford	2:54.6	2

**Women 1500m (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Ellie Leather	Bristol & West/Yate	4:48.9	9
2	Lucy Holt	Notts AC	4:59.2	7
3	Rebecca Brown	Cannock & Stafford	5:01.4	6
4	Rosanna Andrews	Rugby & Northampt	5:14.4	5
5	Eve Clawley	Tamworth AC 'A'	5:17.0	4

**Women 1500m (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Hannah Robinson	Notts AC	5:08.6	7
2	Allegra Soutar	Cannock & Stafford	5:08.7	5
3	Sarah Everitt	Bristol & West/Yate	5:10.5	4
4	Charlotte Bush	Tamworth AC 'A'	5:30.0	3

**Women 3000m (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Lucy Holt	Notts AC	10:33.5	9
2	Rosanna Andrews	Rugby & Northampt	10:46.1	7
3	Sarah Everitt	Bristol & West/Yate	11:00.1	6
4	Sally Gray	Cannock & Stafford	11:01.1	5
5	Charlotte Bush	Tamworth AC 'A'	11:33.7	4

**Women 3000m (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Catherine Charlton	Notts AC	11:04.3	7
2	Maria Jones	Bristol & West/Yate	11:59.3	5
3	Libby Dunne	Cannock & Stafford	12:36.7	4
4	Olivia Sheehan	Rugby & Northampt	12:51.0	3
5	Laura Lewis	Tamworth AC 'A'	13:22.6	2

**Women Long Jump (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Tia Jackson	Bristol & West/Yate	5.42	9
2	Mayah Charles	Notts AC	5.38	7
3	Olivia Jones	Birchfield	5.17	6
4	Rebecca Lawley	Cannock & Stafford	5.08	5
5	Jessica Hull	Rugby & Northampt	4.85	4
6	Charlotte Bush	Tamworth AC 'A'	3.94	3

**Women Long Jump (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Rimini Miloro	Notts AC	5.10	7
2	Chloe Boulter	Cannock & Stafford	4.82	5
3	Lemeyah Issac	Birchfield	4.72	4
4	Lucy Durham	Bristol & West/Yate	4.19	3
5	Emily Findlater	Tamworth AC 'A'	3.88	2

**Women Triple Jump (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Beth Mortiboy	Notts AC	11.70	9
2	Lemeyah Issac	Birchfield	10.96	7
3	Georgia Crew	Bristol & West/Yate	10.12	6
4	Natalie Ainge	Cannock & Stafford	10.00	5
5	Jessica Hull	Rugby & Northampt	9.38	4
6	Isabelle Neville	Tamworth AC 'A'	9.01	3

**Women Triple Jump (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Rimini Miloro	Notts AC	10.89	7
2	Phoebe Harland	Birchfield	10.27	5
3	Lucy Durham	Bristol & West/Yate	10.11	4
4	Chloe Boulter	Cannock & Stafford	9.66	3
5	Anna Robinson	Rugby & Northampt	9.38	2
6	Eve Clawley	Tamworth AC 'A'	7.68	1

**Women High Jump (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Sophie Hodgson	Notts AC	1.65	9
2	Chloe Boulter	Cannock & Stafford	1.60	7
3	Emma Peel	Rugby & Northampt	1.55	6
4	Olivia Jones	Birchfield	1.55	5
5	Emily John	Bristol & West/Yate	1.50	4
6	Olivia Woodward	Tamworth AC 'A'	1.40	3

**Women High Jump (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Phoebe Harland	Birchfield	1.50	7
2	Nina Nemi	Bristol & West/Yate	1.50	5
3	Jessica Hull	Rugby & Northampt	1.35	4
4	Chloe Wilde	Cannock & Stafford	1.30	3
5	Beth Devonshire	Tamworth AC 'A'	1.30	2
6	Rimini Miloro	Notts AC	1.30	1

**Women Pole Vault (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Lizzie Edden	Birchfield	3.50	9
2	Daisy Barnes	Notts AC	3.20	7
3	Amelia Birkett	Rugby & Northampt	2.70	6
4	Cara Brown	Cannock & Stafford	2.40	5
5	Iona Cramer	Tamworth AC 'A'	2.40	4

**Women Pole Vault (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Bethany Newton	Notts AC	3.00	7
2	Lucy Wheeler	Tamworth AC 'A'	1.70	5

**Women Shot Putt (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Kerry Murch	Rugby & Northampt	11.11	9
2	Bobbie-Louise Gannon	Bristol & West/Yate	9.28	7
3	Olivia Woodward	Tamworth AC 'A'	9.16	6
4	Annabelle Palmer	Notts AC	9.01	5
5	Sara Bobash	Birchfield	8.73	4
6	Chloe Wilde	Cannock & Stafford	5.35	3

**Women Shot Putt (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Lily-Mae Pursey	Rugby & Northampt	10.07	7
2	Jo Smerdon	Bristol & West/Yate	7.95	5
3	Lucy Wheeler	Tamworth AC 'A'	7.89	4
4	Laura Radburn	Birchfield	7.59	3
5	Cara Brown	Cannock & Stafford	4.69	2

**Women Discus (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Candy Lockett	Birchfield	33.07	9
2	Kerry Murch	Rugby & Northampt	30.51	7
3	Harriet Ahlgren	Notts AC	30.00	6
4	Bobbie-Louise Gannon	Bristol & West/Yate	24.86	5
5	Laura Allen	Tamworth AC 'A'	20.59	4
6	Natalie Ainge	Cannock & Stafford	16.50	3

**Women Discus (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Emma Rathbone	Birchfield	28.50	7
2	Georgi Jones	Rugby & Northampt	25.52	5
3	Kiarra Francis	Notts AC	22.30	4
4	Jo Smerdon	Bristol & West/Yate	20.67	3
5	Olivia Woodward	Tamworth AC 'A'	17.87	2
6	Chloe Lindop	Cannock & Stafford	16.50	1

**Women Hammer (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Sara Bobash	Birchfield	54.05	9
2	Annabelle Palmer	Notts AC	53.84	7
3	Bobbie-Louise Gannon	Bristol & West/Yate	33.69	6
4	Sophie Allen	Tamworth AC 'A'	32.72	5
5	Lily-Mae Pursey	Rugby & Northampt	32.35	4
6	Rebecca Lawley	Cannock & Stafford	21.40	3

**Women Hammer (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Candy Lockett	Birchfield	46.51	7
2	Harriet Ahlgren	Notts AC	43.14	5
3	Karen Jones	Bristol & West/Yate	31.29	4
4	Debbie Murch	Rugby & Northampt	29.66	3
5	Laura Allen	Tamworth AC 'A'	23.67	2
6	Chloe Boulter	Cannock & Stafford	14.86	1

**Women Javelin (A string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Kerry Murch	Rugby & Northampt	42.86	9
2	Jo Smerdon	Bristol & West/Yate	30.02	7
3	Olivia Woodward	Tamworth AC 'A'	27.32	6
4	Millie France	Notts AC	22.85	5
5	Laura Radburn	Birchfield	22.30	4
6	Chloe Boulter	Cannock & Stafford	15.05	3

**Women Javelin (B string)**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1	Evie Harris-Jenkins	Rugby & Northampt	39.47	7
2	Maria Townsend	Bristol & West/Yate	24.59	5
3	Sara Bobash	Birchfield	20.42	4
4	Sophie Allen	Tamworth AC 'A'	15.41	3
5	Catherine Charlton	Notts AC	8.27	2
6	Jayne Wilde	Cannock & Stafford	8.04	1

**Womens 4x100m**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1		Birchfield	48.3	9
2		Cannock & Stafford	49.3	7
3		Bristol & West/Yate	49.6	6
4		Tamworth AC 'A'	50.3	5
5		Rugby & Northampt	51.8	4
6		Notts AC	52.1	3

**Womens 4x400m**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Pts</b>
1		Cannock & Stafford	4:01.5	9
2		Tamworth AC 'A'	4:01.9	7
3		Bristol & West/Yate	4:22.4	6
4		Notts AC	4:34.4	5

**Guest Results**

<b>100m M and W</b>		wind speed		1.7	m/s
Pos	Athlete	Club	No.	Perf.	
1	Natasha Segal	Birchfield	428	12.2	
Men		<b>Wind speed 0.2 m/s</b>			
1	Nyhearn Kefentse	B&W-Yate	402	11.9	
2	Christian Pestell	B&W-Yate	403	12.0	
3	Leon Graham	B&W-Yate	405	12.1	
4	Jak Carpenter	C&S	418	12.1	
5	Rhys Coles	Birchfield	431	12.1	
6	John Bell	R&N	435	12.2	

<b>200m</b>		wind speed		1.4	m/s
Pos	Athlete	Club	No.	Perf.	
1	Simeon Wynne	B&W-Yate	423	24.1	
2	Leon Graham	B&W-Yate	405	24.7	
3	John Bell	R&N	435	24.8	
4					
5					

<b>400m</b>		wind speed			m/s
Pos	Athlete	Club	No.	Perf.	
1	Steven Beardmore	C&S	419	55.7	
2	Leon Graham	B&W-Yate	405	56.2	
3					
4					

<b>400H Women</b>		wind speed			m/s
Pos	Athlete	Club	No.	Perf.	
1	Beth Devonshire	Tamworth	412	76.3	

<b>400mH Men</b>		wind speed			m/s
Pos	Athlete	Club	No.	Perf.	
1	Thomas Sanders	R&N	436	75.1	

<b>Long Jump men</b>		wind speed			m/s
Pos	Athlete	Club	No.	Perf.	
1	Rhys Coles	Birchfield	431	4.77	

<b>Hammer women</b>		wind speed			m/s
Pos	Athlete	Club	No.	Perf.	
1	Launa Redburn	Birchfield	429	29.22	

<b>Discus Ladies</b>		wind speed			m/s
Pos	Athlete	Club	No.	Perf.	
1	Launa Redburn	Birchfield	429	21.35	
2	Louise Whithouse	Birchfield	438	30.25	

<b>1500m Men</b>		wind speed			m/s
Pos	Athlete	Club	No.	Perf.	
1	Otis Mowder	B&W-Yate	434	4:19.4	
2	Max Kent	Tamworth	439	4:44.3	