

Total Scores

Position	Team	Points
1	Bristol & West/Yate	408
2	Tamworth AC 'A'	376
3	Cannock & Stafford AC	347
4	Birchfield	248
5	Notts AC	242
6	Rugby & Northampton	209
7	0	0
7	0	0

Mens Scores

Position	Team	Points
1	Bristol & West/Yate	207
2	Tamworth AC 'A'	204
3	Cannock & Stafford AC	159
4	Birchfield	151
5	Rugby & Northampton	111
6	Notts AC	106
0	0	0
0	0	0

Womens Scores

Position	Team	Points
1	Bristol & West/Yate	186
2	Cannock & Stafford AC	173
3	Tamworth AC 'A'	157
4	Notts AC	121
5	Birchfield	102
6	Rugby & Northampton	93
0	0	0
0	0	0

Officials Points

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

Match Position after 37 Events

Men 100m (A string)**Wind Speed = 2.2 m/s**

Posn	Name	Club	Perf	Pts
1	Jack Lawrence	Birchfield	10.70	9
2	Adel Sesay	Rugby & Northampt	11.05	7
3	Kane Densley	Tamworth AC 'A'	11.14	6
4	Daniel Brooks	Bristol & West/Yate	11.17	5
5	Logan Durand	Notts AC	11.47	4
6	Alasdair Rigby	Cannock & Stafford	11.73	3

Men 100m (B string)**Wind Speed = 2 m/s**

Posn	Name	Club	Perf	Pts
1	Mathias Francis	Birchfield	11.08	7
2	Dan George	Rugby & Northampt	11.21	5
3	Ben Wells	Bristol & West/Yate	11.32	4
4	Timi Rotimi-Toviho	Notts AC	11.70	3
5	Isaac Lewis	Cannock & Stafford	11.87	2
6	Dan James	Tamworth AC 'A'	12.06	1

Men 200m (A string)**Wind Speed = 1.5 m/s**

Posn	Name	Club	Perf	Pts
1	Shad Marc-Aaron	Birchfield	21.98	9
2	Zac Stapleton	Rugby & Northampt	22.33	7
3	Ben Wells	Bristol & West/Yate	22.58	6
4	Carl McMullen	Cannock & Stafford	22.93	5
5	Logan Durand	Notts AC	23.21	4
6	Dan James	Tamworth AC 'A'	24.10	3

Men 200m (B string)**Wind Speed = 2.8 m/s**

Posn	Name	Club	Perf	Pts
1	Jack Lawrence	Birchfield	21.62	7
2	Daniel Brooks	Bristol & West/Yate	22.69	5
3	Dan George	Rugby & Northampt	22.94	4
4	Timi Rotimi-Toviho	Notts AC	23.45	3
5	David Underwood	Cannock & Stafford	24.45	2
6	Greg Richards	Tamworth AC 'A'	25.30	1

Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Tom Ainsworth	Tamworth AC 'A'	49.1	9
2	Josh Snook	Bristol & West/Yate	49.8	7
3	Ross Allen	Rugby & Northampt	51.3	6
4	Carl McMullen	Cannock & Stafford	54.7	5
5	Harry Sachs	Birchfield	56.5	4
6	Martyn Gibbons	Notts AC	67.2	3

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	Thomas Randolph	Tamworth AC 'A'	51.88	7
2	Tom Pallot	Bristol & West/Yate	51.91	5
3	Josh Richards	Cannock & Stafford	53.32	4
4	Jaden Bromfield	Birchfield	53.78	3
5	Ewan Roberts	Rugby & Northampt	54.59	2
6	Jake Dyer	Notts AC	57.21	1

Men 110m H (A string)**Wind Speed = 1.3 m/s**

Posn	Name	Club	Perf	Pts
1	Onajite Okoro	Birchfield	14.90	9
2	Alasdair Rigby	Cannock & Stafford	16.44	7
3	Kane Densley	Tamworth AC 'A'	16.45	6
4	Tom Skinner	Bristol & West/Yate	16.97	5
5	Andy Reeves	Rugby & Northampt	21.56	4

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

Posn	Name	Club	Perf	Pts
1	Doug Stark	Tamworth AC 'A'	16.84	7
2	David Underwood	Cannock & Stafford	21.30	5
3	Jonny Shine	Bristol & West/Yate	23.37	4

Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Kane Densley	Tamworth AC 'A'	56.78	9
2	Alasdair Rigby	Cannock & Stafford	60.13	7
3	Will Davidson	Bristol & West/Yate	66.83	6
4	Martyn Gibbons	Notts AC	75.83	5

Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Owen Sherriff	Tamworth AC 'A'	60.91	7
2	David Underwood	Cannock & Stafford	66.31	5
3	Ivan Usenko	Bristol & West/Yate	69.13	4

Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Thomas Randolph	Tamworth AC 'A'	1:59.85	9
2	Otis Mondir	Bristol & West/Yate	1:59.99	7
3	Alastair Modondo	Birchfield	2:03.69	6
4	Bill Chesters	Cannock & Stafford	2:07.50	5

Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Anthony Parkes	Tamworth AC 'A'	2:03.90	7
2	Jake Dyer	Notts AC	2:04.76	5
3	Steven Beardwell	Bristol & West/Yate	2:06.91	4
4	Conell Green	Birchfield	2:10.72	3
5	Samuel Bagley	Cannock & Stafford	2:35.41	2

Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Charles Thurstan	Birchfield	4:06.33	9
2	Joshua Ward	Cannock & Stafford	4:10.51	7
3	Adam Wilson	Bristol & West/Yate	4:17.42	6
4	James Moroney	Notts AC	4:23.48	5
5	Joe Musgrove	Rugby & Northampt	4:27.76	4
6	Max Kent	Tamworth AC 'A'	4:40.42	3

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Zach Parton	Cannock & Stafford	4:18.61	7
2	Elliot Chard	Bristol & West/Yate	4:21.65	5
3	Anthony Parkes	Tamworth AC 'A'	4:42.14	4

Men 5000m (A string)

Posn	Name	Club	Perf	Pts
1	Jariath McKenna	Bristol & West/Yate	15:40.17	9
2	Scott Hudspith	Tamworth AC 'A'	16:23.64	7
3	Richard Latimer	Rugby & Northampt	17:17.76	6
4	Craig Pearson	Cannock & Stafford	17:22.51	5
5	Matthew Moir	Notts AC	19:29.03	4

Men 5000m (B string)

Posn	Name	Club	Perf	Pts
1	Maciej Bialogonski	Bristol & West/Yate	15:57.18	7
2	Ben Evans	Tamworth AC 'A'	16:57.60	5
3	James Russell	Cannock & Stafford	19:15.60	4
4	Martyn Gibbons	Notts AC	22:42.66	3

Men 2000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	Will Davidson	Bristol & West/Yate	6:39.35	9
2	James Russell	Cannock & Stafford	6:42.65	7
3	Howard Bush	Tamworth AC 'A'	7:48.99	6
4	Martyn Gibbons	Notts AC	8:24.45	5

Men 2000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Samuel Bagley	Cannock & Stafford	6:46.73	7
2	Ivan Usenko	Bristol & West/Yate	7:09.57	5
3	Dave Williams	Tamworth AC 'A'	7:56.50	4

Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Myles Durrant-Sutherland	Birchfield	6.67	9
2	Jack Joynson	Bristol & West/Yate	6.39	7
3	Carl McMullen	Cannock & Stafford	6.29	6
4	Matt Madden	Notts AC	6.15	5
5	James Woolley	Tamworth AC 'A'	5.95	4

Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Christian Pestell	Bristol & West/Yate	6.15	7
2	Jordan Kelly	Birchfield	6.14	5
3	Brendon Foster	Notts AC	6.11	4
4	Isaac Lewis	Cannock & Stafford	5.42	3
5	Adam Young	Tamworth AC 'A'	5.34	2

Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Jack Joynson	Bristol & West/Yate	13.24	9
2	Matt Madden	Notts AC	12.66	7
3	Sean Mhende	Birchfield	12.04	6
4	Doug Stark	Tamworth AC 'A'	12.03	5
5	Josh Richards	Cannock & Stafford	11.90	4
6	Andy Reeves	Rugby & Northampt	10.65	3

Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Matthew Mugeridge	Bristol & West/Yate	12.76	7
2	Myles Durrant-Sutherland	Birchfield	11.87	5
3	Brendon Foster	Notts AC	11.48	4
4	Adam Young	Tamworth AC 'A'	11.41	3
5	David Underwood	Cannock & Stafford	10.24	2

Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Adam Lubin	Birchfield	1.95	9
2	Doug Stark	Tamworth AC 'A'	1.80	7
3	David Thomas	Bristol & West/Yate	1.75	6

4	Giorgio Saroli	Rugby & Northampt	1.60	5
5	James Russell	Cannock & Stafford	1.40	4

Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Adam Young	Tamworth AC 'A'	1.70	7
2	Christopher Hewlett	Birchfield	1.65	5
3	Andy Reeves	Rugby & Northampt	1.55	4
4	Christian Pestell	Bristol & West/Yate	1.55	3

Men Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Jacob Clarke	Notts AC	4.02	9
2	Gavin Showell	Tamworth AC 'A'	3.30	7
3	Tom Skinner	Bristol & West/Yate	3.00	6
4	Alasdair Rigby	Cannock & Stafford	2.50	5

Men Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	George Osbourne	Notts AC	3.80	7
2	Adam Young	Tamworth AC 'A'	2.80	5
3	Jonny Shine	Bristol & West/Yate	2.70	4
4	Shaun Ainge	Cannock & Stafford	2.10	3

Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Jak Carpenter	Cannock & Stafford	13.24	9
2	Doug Stark	Tamworth AC 'A'	13.15	7
3	Tom Skinner	Bristol & West/Yate	10.06	6
4	John Moreland	Rugby & Northampt	9.95	5
5	Adam Rubery	Notts AC	9.10	4
6	Onajite Okoro	Birchfield	8.38	3

Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Alex Berrow	Tamworth AC 'A'	12.62	7
2	Glyn Hollingsworth	Rugby & Northampt	9.56	5
3	Mark Lodge	Bristol & West/Yate	9.37	4
4	Martin Roberts	Cannock & Stafford	7.57	3
5	Adam Lubin	Birchfield	7.57	2
6	Martin Gibbons	Notts AC	2.81	1

Men Discus (A string)

Posn	Name	Club	Perf	Pts
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1	Niklas Aarre	Birchfield	40.67	9
2	Doug Stark	Tamworth AC 'A'	39.11	7
3	John Moreland	Rugby & Northampt	35.24	6
4	Andrew Thomas	Bristol & West/Yate	33.20	5
5	Jak Carpenter	Cannock & Stafford	31.81	4
6	Adam Rubery	Notts AC	20.59	3

Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	Glyn Hollingsworth	Rugby & Northampt	31.73	7
2	Alex Berrow	Tamworth AC 'A'	30.47	5
3	Tom Skinner	Bristol & West/Yate	29.10	4
4	Onajite Okoro	Birchfield	24.06	3
5	Martin Roberts	Cannock & Stafford	19.60	2
6	Martin Gibbons	Notts AC	6.70	1

Men Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Alex Berrow	Tamworth AC 'A'	51.64	9
2	Eugene Lawlor	Bristol & West/Yate	40.66	7
3	Martin Roberts	Cannock & Stafford	38.00	6
4	John Moreland	Rugby & Northampt	32.54	5
5	Adam Rubery	Notts AC	21.60	4

Men Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Matthew Spicer	Bristol & West/Yate	39.12	7
2	Kevin Murch	Rugby & Northampt	30.95	5
3	Jak Carpenter	Cannock & Stafford	23.97	4
4	Gavin Showell	Tamworth AC 'A'	20.06	3

Men Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Emmish Prosper	Birchfield	56.44	9
2	Kevin Murch	Rugby & Northampt	47.00	7
3	Doug Stark	Tamworth AC 'A'	43.81	6
4	Matthew Muggeridge	Bristol & West/Yate	41.50	5
5	Jak Carpenter	Cannock & Stafford	39.58	4
6	Adam Rubery	Notts AC	36.60	3

Men Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Kacper Kalwarski	Birchfield	53.70	7
2	Thomas Lea	Rugby & Northampt	42.02	5
3	Greg Richards	Tamworth AC 'A'	38.05	4
4	Kurt Cameron	Bristol & West/Yate	35.69	3

5	James Russell	Cannock & Stafford	31.38	2
6	James Moroney	Notts AC	21.95	1

Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Birchfield	42.94	9
2		Bristol & West/Yate	43.97	7
3		Tamworth AC 'A'	44.25	6
4		Notts AC	44.37	5
5		Rugby & Northampt	44.86	4
6		Cannock & Stafford	45.61	3

Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Tamworth AC 'A'	3:30.68	9
2		Bristol & West/Yate	3:33.08	7
3		Cannock & Stafford	3:35.28	6
4		Rugby & Northampt	3:35.92	5
5		Birchfield	3:36.05	4
6		Notts AC	3:43.38	3

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

Posn	Name	Club	Perf	Pts
1	Tia Jackson	Bristol & West/Yate	12.32	9
2	Amy Pye	Cannock & Stafford	12.41	7
3	Lucy Wheeler	Tamworth AC 'A'	12.69	6
4	Vicky Gittins	Birchfield	12.99	5
5	Karen Gomes	Rugby & Northampt	13.07	4
6	Tara Piggott	Notts AC	14.06	3

Women 100m (B string)**Wind Speed = 2.4 m/s**

Posn	Name	Club	Perf	Pts
1	Judy Ekeh	Notts AC	12.62	7
2	Alice Mellor	Tamworth AC 'A'	12.78	5
3	Jess Frazer	Bristol & West/Yate	12.96	4
4	Hannah Malpass	Cannock & Stafford	13.20	3

Women 200m (A string)**Wind Speed = 1.6 m/s**

Posn	Name	Club	Perf	Pts
1	Tia Jackson	Bristol & West/Yate	25.15	9
2	Olivia Woodward	Tamworth AC 'A'	26.30	7
3	Hannah Malpass	Cannock & Stafford	26.38	6
4	Karen Gomes	Rugby & Northampt	27.06	5
5	Tara Piggott	Notts AC	28.57	4
6	Suzie Mcmanus	Birchfield	29.39	3

Women 200m (B string)**Wind Speed = 3.6 m/s**

Posn	Name	Club	Perf	Pts
1	Jess Frazer	Bristol & West/Yate	25.57	7
2	Alice Mellor	Tamworth AC 'A'	25.81	5
3	Charlie Peters	Cannock & Stafford	26.96	4
4	Madeleine Tomes	Notts AC	27.83	3

Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Megan Davies	Cannock & Stafford	58.25	9
2	Laura Langowski	Tamworth AC 'A'	59.13	7
3	Vicky Gittins	Birchfield	59.99	6
4	Ella Cooper	Notts AC	60.39	5
5	Maria Jones	Bristol & West/Yate	63.07	4
6	Flora Courtney	Rugby & Northampt	68.64	3

Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Stafford	57.68	7
2	Isabelle Neville	Tamworth AC 'A'	60.09	5
3	Rosie Whitehead	Bristol & West/Yate	62.73	4
4	Madeleine Tomes	Notts AC	62.74	3
5	Lauren Nash	Rugby & Northampt	70.02	2

Women 100m H (A string)**Wind Speed = 1.8 m/s**

Posn	Name	Club	Perf	Pts
1	Kerry Murch	Rugby & Northampt	15.23	9
2	Chloe Wilde	Cannock & Stafford	16.34	7
3	Katherine Godfrey	Bristol & West/Yate	18.07	6
4	Beth Devonshire	Tamworth AC 'A'	19.61	5

Women 100m H (B string)**Wind Speed = 1.8 m/s**

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Stafford	16.48	7
2	Lucy Wheeler	Tamworth AC 'A'	DNF	0

Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Stafford	63.70	9
2	Isabelle Neville	Tamworth AC 'A'	66.42	7
3	Katherine Godfrey	Bristol & West/Yate	69.79	6
4	Louise Robinson	Birchfield	72.16	5
5	Lauren Nash	Rugby & Northampt	76.69	4

Women 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Chloe Wilde	Cannock & Stafford	65.02	7
2	Beth Devonshire	Tamworth AC 'A'	78.06	5

Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Hannah Hobbs	Bristol & West/Yate	2:12.75	9
2	Suzie Mcmanus	Birchfield	2:17.82	7
3	Eve Clawley	Tamworth AC 'A'	2:22.17	6
4	Ava Remzi	Notts AC	2:23.52	5
5	Rebecca Brown	Cannock & Stafford	2:27.76	4

Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Rosie Whitehead	Bristol & West/Yate	2:20.72	7
2	Amelia Gould	Notts AC	2:32.68	5
3	Rachael Jones	Cannock & Stafford	2:34.72	4
4	Charlotte Bush	Tamworth AC 'A'	2:44.00	3

Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Floren Scrafton	Bristol & West/Yate	4:40.34	9
2	Meghan Taylor	Birchfield	4:51.55	7
3	Katie Lord	Cannock & Stafford	4:59.41	6
4	Elizabeth Penington	Notts AC	5:01.98	5
5	Eve Clawley	Tamworth AC 'A'	5:14.50	4
6	Tilly Lea	Rugby & Northampt	5:26.96	3

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Allegra Soutar	Cannock & Stafford	4:59.78	7
2	Helen Newberry	Bristol & West/Yate	5:08.33	5
3	Savannah Causer	Birchfield	5:15.04	4
4	Charlotte Bush	Tamworth AC 'A'	5:17.33	3
5	Amelia Gould	Notts AC	5:20.69	2

Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Helen Newberry	Bristol & West/Yate	10:27.06	9
2	Catherine Charlton	Notts AC	11:06.04	7
3	Georgia Chattwod	Cannock & Stafford	12:10.36	6
4	Laura Lewis	Tamworth AC 'A'	13:35.25	5

Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Clare Jolliffe	Bristol & West/Yate	11:18.07	7
2	Rachael Jones	Cannock & Stafford	12:28.52	5
3	Elizabeth Penington	Notts AC	13:32.75	4
4	Laura Allen	Tamworth AC 'A'	16:54.70	3

Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Judy Ekeh	Notts AC	5.49	9
2	Tia Jackson	Bristol & West/Yate	5.42	7
3	Ellie England	Birchfield	5.27	6
4	Kerry Murch	Rugby & Northampt	5.18	5
5	Charlie Peters	Cannock & Stafford	4.86	4
6	Charlotte Vincent	Tamworth AC 'A'	3.78	3

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Stafford	4.85	7
2	Ruby Ogborne	Bristol & West/Yate	4.85	5
3	Paige Foster	Notts AC	4.74	4
4	Lauren Swindell	Tamworth AC 'A'	3.78	3
5	Jane Akinola	Rugby & Northampt	2.80	2

Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Judy Ekeh	Notts AC	11.43	9
2	Kerry Murch	Rugby & Northampt	10.83	7
3	Georgia Crew	Bristol & West/Yate	10.41	6
4	Natalie Ainge	Cannock & Stafford	9.65	5
5	Isabelle Neville	Tamworth AC 'A'	9.26	4

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Lucy Durham	Bristol & West/Yate	10.15	7
2	Eve Clawley	Tamworth AC 'A'	8.85	5
3	Jane Akinola	Rugby & Northampt	8.65	4

Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Sophie Hodgson	Notts AC	1.67	9
2	Emily John	Bristol & West/Yate	1.60	7
3	Kerry Murch	Rugby & Northampt	1.40	6
4	Chloe Wilde	Cannock & Stafford	1.35	5

5	Charlotte Vincent	Tamworth AC 'A'	1.35	4
6	Suzie Mcmanus	Birchfield	1.35	3

Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Millie France	Notts AC	1.30	7
2	Amy Pye	Cannock & Stafford	1.25	5
3	Beth Devonshire	Tamworth AC 'A'	1.25	4

Women Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Cara Brown	Cannock & Stafford	2.40	9
2	Lucy Wheeler	Tamworth AC 'A'	1.80	7

Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Emily Cook	Birchfield	10.57	9
2	Lily Mae Pursey	Rugby & Northampt	9.75	7
3	Olivia Woodward	Tamworth AC 'A'	9.36	6
4	Bobbie Louise Gannon	Bristol & West/Yate	9.30	5
5	Millie France	Notts AC	6.41	4
6	Hannah Malpass	Cannock & Stafford	5.95	3

Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Nichole Birmingham	Birchfield	9.96	7
2	Daisy Gilbert	Bristol & West/Yate	8.93	5
3	Georgi Jones	Rugby & Northampt	8.16	4
4	Cara Brown	Cannock & Stafford	5.33	3
5	Laura Allen	Tamworth AC 'A'	4.89	2
6	Helen Robbins	Notts AC	4.43	1

Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Candy Lockett	Birchfield	31.45	9
2	Lily Mae Pursey	Rugby & Northampt	25.20	7
3	Bobbie Louise Gannon	Bristol & West/Yate	21.89	6
4	Natalie Ainge	Cannock & Stafford	21.13	5
5	Olivia Woodward	Tamworth AC 'A'	20.09	4
6	Helen Robbins	Notts AC	13.71	3

Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Louise Whitehead	Birchfield	27.84	7

2	Georgi Jones	Rugby & Northampt	23.61	5
3	Jo Smerdon	Bristol & West/Yate	20.65	4
4	Laura Allen	Tamworth AC 'A'	19.45	3
5	Megan Davies	Cannock & Stafford	13.79	2

Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Candy Lockett	Birchfield	44.65	9
2	Daisy Gilbert	Bristol & West/Yate	35.26	7
3	Lily Mae Pursey	Rugby & Northampt	28.02	6
4	Laura Allen	Tamworth AC 'A'	25.00	5
5	Megan Davies	Cannock & Stafford	6.23	4
6	Helen Robbins	Notts AC	4.08	3

Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Emily Cook	Birchfield	39.55	7
2	Karen Jones	Bristol & West/Yate	30.85	5
3	Georgi Jones	Rugby & Northampt	17.12	4
4	Olivia Woodward	Tamworth AC 'A'	13.90	3
5	Amy Pye	Cannock & Stafford	5.22	2

Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Jo Smerdon	Bristol & West/Yate	27.36	9
2	Olivia Woodward	Tamworth AC 'A'	24.55	7
3	Jane Akinola	Rugby & Northampt	22.61	6
4	Millie France	Notts AC	21.94	5
5	Candy Lockett	Birchfield	20.38	4
6	Jayne Wilde	Cannock & Stafford	11.25	3

Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Maria Townsend	Bristol & West/Yate	22.44	7
2	Lauren Swindell	Tamworth AC 'A'	20.06	5
3	Emily Cook	Birchfield	19.28	4
4	Helen Robbins	Notts AC	11.39	3
5	Rachael Jones	Cannock & Stafford	10.17	2

Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Tamworth AC 'A'	49.72	9
2		Cannock & Stafford	50.72	7
3		Bristol & West/Yate	53.04	6
4		Notts AC	54.68	5

Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Cannock & Stafford	4:05.28	9
2		Tamworth AC 'A'	4:07.68	7
3		Notts AC	4:12.33	6
4		Bristol & West/Yate	4:54.78	5

Javelin W (Guest Event)

Posn	Name	Club	Perf
1	Chloe Phelps	Yate & District	26.94

800 M (Guest Event)

Posn	Name	Club	Perf
1	Ross Grainger	B&W	2:05.16

200m W (Guest Event)**Wind Speed = 3.6 m/s**

Posn	Name	Club	Perf
1	Lauren Swindell	Tamworth	29.08
2	Cara Brown	Cannock & Stafford	29.49

200m M (Guest Event)**Wind Speed = 2.8 m/s**

Posn	Name	Club	Perf
1	Matt Muggidge	Yate & District	23.85
2	Leon Graham	Yate & District	24.65

3000m W (Guest Event)

Posn	Name	Club	Perf
1	Emma Jolliffe	B&W	11:58.22

Hammer W (Guest Event)

Posn	Name	Club	Perf
1	Bobbie Louise Gannon	B&W	36.42

Long Jump M (Guest Event)

Posn	Name	Club	Perf
1	Jonny Shine	B&W	4.84
2	Thomas Harrington	Birchfield Harriers	6.55

Javelin M (Guest Event)

Posn	Name	Club	Perf
1	Glyn Hollingsworth	Rugby & Northampt	41.76

400m M (Guest Event)

Posn	Name	Club	Perf
1	Leon Graham	Yate & District	56.21

1500m M (Guest Event)

Posn	Name	Club	Perf
1	Anthony Glover	Yate & District	4:22.54

100m n/s M (Guest Event)**Wind Speed = 0.9 m/s**

Posn	Name	Club	Perf
1	Shad Marc-Aaron	Birchfield Harriers	10.80
2	Georgio Saroli	Rugby & Northampt	11.28
3	Christian Pestell	B&W	11.75
4	James Woolley	Tamworth	12.33

TJ M (Guest Event)

Posn	Name	Club	Perf
1	Thomas Harrington	Birchfield Harriers	12.75