

Men 100m (A string)**Wind Speed = 0.7 m/s**

Posn	Name	Club	Perf	Pts
1	Seamus Derbyshire	Stoke	11.4	8
2	Kingsley Mann	Burton	11.8	6
3	Alasdair Rigby	Cannock & Stafford	12.0	5
4	William Fleming	Tamworth	12.6	4

Men 100m (B string)**Wind Speed = 0.7 m/s**

Posn	Name	Club	Perf	Pts
1	Tristram Bolton	Burton	12.3	6
2	Tunde Adeyemo	Cannock & Stafford	12.6	4
3	Callum Hutchings	Tamworth	14.0	3

Men 200m (A string)**Wind Speed = -0.1 m/s**

Posn	Name	Club	Perf	Pts
1	Seamus Derbyshire	Stoke	22.4	8
2	Kingsley Mann	Burton	23.7	6
3	Alasdair Rigby	Cannock & Stafford	24.3	5
4	Callum Hutchings	Tamworth	28.4	4

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

Posn	Name	Club	Perf	Pts
1	George Foster	Stoke	23.5	6
2	Tom Larkin	Cannock & Stafford	23.7	4
3	Tristram Bolton	Burton	25.0	3

Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Tom Ainsworth	Tamworth	50.3	8
2	Lewis Nagington	Newcastle	51.8	6
3	Henry Heathcote	Cannock & Stafford	53.9	5
4	Freddie Kugelmann	Burton	55.0	4

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	James Malpass	Cannock & Stafford	54.4	6
2	Max Kent	Tamworth	62.4	4
3	Jonathan Dumelow	Burton	70.3	3

Men 110m H (A string)**Wind Speed = -0.3 m/s**

Posn	Name	Club	Perf	Pts
1	Owen Sproston	Stoke	15.9	8

Men 110m H (B string)**Wind Speed = -0.3 m/s**

Posn	Name	Club	Perf	Pts
1	Alec Batilla Mountsompa	Stoke	16.3	6

Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Tom Ainsworth	Tamworth	1.59.6	8
2	Dave Sheldon	Stoke	2.00.9	6
3	Jacob Droogmans	Newcastle	2.04.6	5
4	Jack Shorten	Burton	2.14.1	4
5	Tom Lemmon	Cannock & Stafford	2.16.5	3

Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Reinis Baltins	Tamworth	2.16.5	6
2	Christian Roe	Cannock & Stafford	2.21.2	4
3	Jonathan Dumelow	Burton	2.28.4	3
4	Nigel Gardner	Stoke	2.54.6	2

Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Callum Abberley	Burton	4.12.4	8
2	Fynn Churton	Stoke	4.31.2	6
3	Louis Wakefield	Newcastle	4.31.6	5
4	Reinis Baltins	Tamworth	4.33.2	4
5	Mark Shepherd	Cannock & Stafford	4.54.6	3

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Ben Evans	Tamworth	4.38.5	6
2	Owen Morgan	Burton	4.47.3	4
3	Charlie Ranford	Newcastle	4.51.8	3
4	Darrell Wilde	Cannock & Stafford	4.59.6	2

Men 5000m (A string)

Posn	Name	Club	Perf	Pts
1	Elliot Smith	Newcastle	15.45.6	8
2	Henry Webb	Cannock & Stafford	16.18.8	6
3	Peter Hackett	Tamworth	16.49.7	5
4	Jack Shorten	Burton	18.05.2	4

Men 5000m (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Thomas Eustace	Cannock & Stafford	16.51.6	6
2	Ben Evans	Tamworth	16.55.9	4
3	Jacob Droogmans	Newcastle	17.20.5	3
4	Nigel Gardner	Stoke	24.19.7	2

Men 2000m s/c (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Ross Connor	Stoke	6.25.8	8
2	Ryan Ashforth	Cannock & Stafford	7.05.0	6
3	Max Kent	Tamworth	7.13.6	5
4	Jonathan Dumelow	Burton	7.56.3	4

Men 2000m s/c (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	James Russell	Cannock & Stafford	7.19.4	6
2	Nigel Gardner	Stoke	9.33.8	4

Men Long Jump (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Seamus Derbyshire	Stoke	6.34	8
2	Jack Poxon	Burton	5.78	6
3	Alasdair Rigby	Cannock & Stafford	5.54	5
4	William Fleming	Tamworth	5.10	4

Men Long Jump (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Kieran Lee	Stoke	6.07	6
2	James Malpass	Cannock & Stafford	5.53	4
3	Jonathan Dumelow	Burton	4.69	3

Men Triple Jump (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Kieran Lee	Stoke	12.44	8
2	Jack Poxon	Burton	11.31	6
3	Tom Larkin	Cannock & Stafford	11.19	5

Men Triple Jump (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Matthew Burton	Burton	11.11	6
2	Elliot Nash	Stoke	9.67	4

Men High Jump (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Alasdair Rigby	Cannock & Stafford	1.75	8
2	Owen Sproston	Stoke	1.70	6
3	Jonathan Dumelow	Burton	1.55	5

Men High Jump (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Jack Poxon	Burton	1.45	6

Men Shot Putt (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Morris Fox	Stoke	12.79	8
2	Ben Acton	Burton	11.27	6
3	Mathew Paynter	Cannock & Stafford	10.81	5

Men Shot Putt (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Lewis Botterill	Burton	10.85	6
2	Jack Turner	Cannock & Stafford	9.94	4
3	Nigel Gardner	Stoke	6.64	3

Men Hammer (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Jack Turner	Cannock & Stafford	49.85	8
2	Callum Jones	Burton	34.01	6
3	Nigel Gardner	Stoke	14.79	5

Men Hammer (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Martin Roberts	Cannock & Stafford	28.19	6

Men Javelin (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Owen Sproston	Stoke	43.18	8
2	Greg Richards	Tamworth	40.99	6
3	Mathew Paynter	Cannock & Stafford	31.91	5
4	Jack Poxon	Burton	31.63	4

Men Javelin (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Joseph Nash	Stoke	42.84	6
2	Martin Roberts	Cannock & Stafford	18.13	4

3	Jonathan Dumelow	Burton	DNS	0
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Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Stoke	45.1	8
2		Cannock & Stafford	48.1	6
3		Tamworth	50.4	5
4		Burton	55.8	4

Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Tamworth	3.45.7	8
2		Burton	3.54.9	6
3		Newcastle	3.59.0	5

Women 100m (A string)

Wind Speed = 1.3 m/s

Posn	Name	Club	Perf	Pts
1	Mia Wainwright	Cannock & Stafford	12.9	8
2	Katie Scott	Burton	13.7	6
3	Bethany Ostick	Tamworth	13.7	5
4	Ella Teasdale	Stoke	14.1	4

Women 100m (B string)

Wind Speed = 1.3 m/s

Posn	Name	Club	Perf	Pts
1	Olivia Walker	Cannock & Stafford	13.1	6
2	Emma Pulcella	Tamworth	13.3	4
3	Millie Talbot	Burton	13.9	3

Women 200m (A string)

Wind Speed = -2.2 m/s

Posn	Name	Club	Perf	Pts
1	Sydney Davies	Cannock & Stafford	26.2	8
2	Heidi Jackson	Stoke	26.7	6
3	Freya Bruno	Burton	27.7	5
4	Bethany Ostick	Tamworth	27.9	4
5	Beatrice Wakefield	Newcastle	34.2	3

Women 200m (B string)

Wind Speed = -2 m/s

Posn	Name	Club	Perf	Pts
1	Emma Pulcella	Tamworth	27.3	6
2	Charlotte Hall	Cannock & Stafford	27.6	4
3	Sian Dale	Stoke	28.1	3
4	Millie Talbot	Burton	28.8	2
5	Mathilde Wakefield	Newcastle	36.3	1

Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Stafford	58.7	8
2	Heidi Jackson	Stoke	60.6	6
3	Rebecca Twardochleb	Newcastle	60.7	5
4	Lottie McLaren	Tamworth	61.2	4

Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Olivia Walker	Cannock & Stafford	59.9	6
2	Sian Dale	Stoke	63.8	4

Women 100m H (A string)

Wind Speed = -0.3 m/s

Posn	Name	Club	Perf	Pts
1	Olivia Walker	Cannock & Stafford	14.7	8
2	Niamh Kilgallen	Tamworth	17.0	6

Women 100m H (B string)

Wind Speed = -0.3 m/s

Posn	Name	Club	Perf	Pts
1	Sophie Pasley	Tamworth	19.0	6

Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Stafford	2.21.4	8
2	Lottie McLaren	Tamworth	2.22.4	6
3	Misha Twardochleb	Newcastle	2.37.8	5
4	Cara Mccarney	Burton	2.38.8	4

Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Katherine Snowden	Tamworth	2.25.8	6
2	Abbie Pendlebury	Cannock & Stafford	2.31.3	4
3	Scarlett Cotton	Newcastle	2.43.5	3
4	Lily Trueman	Burton	3.06.8	2

Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Rebecca Twardochleb	Newcastle	4.42.8	8
2	Maisie Trueman	Burton	4.54.8	6
3	Katherine Snowden	Tamworth	5.00.3	5
4	Rebecca Brown	Cannock & Stafford	5.01.3	4
5	Joanne Donnelly	Stoke	5.18.5	3

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Paige Barker	Burton	5.20.2	6
2	Tia Walford	Stoke	5.29.6	4
3	Caitlyn Disley	Cannock & Stafford	5.53.1	3
4	Lucy Brownsword	Newcastle	6.10.0	2
5	Laura Allen	Tamworth	7.23.3	1

Women 5000m (A string)

Posn	Name	Club	Perf	Pts
1	Katie Holt	Stoke	16.19.5	8
2	Sophie Goodfellow	Newcastle	18.12.3	6
3	Sue Kneill-Boxley	Cannock & Stafford	22.08.1	5

Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Niamh Kilgallen	Tamworth	4.97	8
2	Ella Teasdale	Stoke	4.81	6
3	Mia Wainwright	Cannock & Stafford	4.80	5
4	Kalayah Morant-Hudson	Burton	4.56	4

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Bethany Ostick	Tamworth	4.31	6
2	Hollie Stow	Stoke	4.22	4
3	Alice Franklin	Burton	4.12	3

Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Isla Crameri	Tamworth	10.27	8
2	Katie Scott	Burton	9.74	6

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Brooke Burton	Tamworth	8.63	6

Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Niamh Kilgallen	Tamworth	1.63	8
2	Olivia Riley	Cannock & Stafford	1.63	6
3	Hollie Stow	Stoke	1.40	5

4	Millie Talbot	Burton	1.35	4
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Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Isla Crameri	Tamworth	1.35	6

Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Zara Acton	Burton	10.90	8
2	Ella Teasdale	Stoke	7.36	6
3	Hannah Evans	Tamworth	6.17	5
4	Charlotte Hall	Cannock & Stafford	5.83	4

Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Jenna Galiszewski	Burton	8.56	6
2	Hollie Stow	Stoke	6.87	4
3	Laura Allen	Tamworth	4.63	3

Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Jenna Galiszewski	Burton	41.33	8
2	Laura Allen	Tamworth	17.98	6
3	Natalie Ainge	Cannock & Stafford	11.75	5

Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Madelilne Hughes	Burton	37.66	6
2	Sydney Davies	Cannock & Stafford	8.17	4

Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Francesca Sharpe	Burton	36.49	8
2	Sydney Davies	Cannock & Stafford	20.79	6
3	Hollie Stow	Stoke	17.79	5
4	Hannah Evans	Tamworth	17.25	4

Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Annette Webster	Burton	21.24	6
2	Laura Allen	Tamworth	9.85	4

Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Cannock & Stafford	49.6	8
2		Tamworth	51.1	6
3		Burton	53.5	5
4		Stoke	54.2	4
5		Newcastle	66.0	3

Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Cannock & Stafford	4.14.9	8
2		Tamworth	4.24.9	6
3		Newcastle	4.38.7	5
4		Burton	4.43.1	4

M 2000 S/C (Guest Event)

Posn	Name	Club	Perf
1	Paul Lester	Cannock & Stafford	7.26.0

W 1500m (Guest Event)

Posn	Name	Club	Perf
1	Sienna Phillips	Newcastle	5.40.1
2	Angel Wood	Cannock & Stafford	5.57.2

W 200m (Guest Event)

Wind Speed = -2 m/s

Posn	Name	Club	Perf
1	Camille Hargnaues	Stoke	33.6

M 200m (Guest Event)

Wind Speed = -1 m/s

Posn	Name	Club	Perf
1	Tunde Adeyemo	Cannock & Stafford	25.5
2	Ross Goode	Cannock & Stafford	26.5

W 800m (Guest Event)

Posn	Name	Club	Perf
1	Molly Ibbs	Newcastle	2.45.5
2	Holly Cooper	Newcastle	3.01.3

M Long Jump (Guest Event)

Posn	Name	Club	Perf
1	Ellise Nash	Stoke	5.01

W 100m (Guest Event)**Wind Speed = 1.3 m/s**

Posn	Name	Club	Perf
1	Sydney Davies	Cannock & Stafford	12.9
2	Brooke Burton	Tamworth	13.9
3	Heather Bates	Cannock & Stafford	15.1

M 100m (Guest Event)**Wind Speed = 0.7 m/s**

Posn	Name	Club	Perf
1	Ross Goode	Cannock & Stafford	13.8

W Hammer (Guest Event)

Posn	Name	Club	Perf
1	Rachel Burke	Burton	24.90