

MCAA T&F League.		Type=	Photo-finish timing
Date=	19/08/2023	Division=	1
Match no.	3	Venue=	Rugby

Club	Points
Birmingham Running & Tri Club	496
Bristol & West AC	379
Cannock & Stafford AC	360
Gloucester AC	489
Notts AC	495
Rugby & Northampton AC	541

Event	Event	100 metres	MEN				
100	A string	Wind reading if applic	-1.1 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Fabien Powell	R&N	6	11.14	11	0
	2	Loreni Jorge	Notts	5	11.25	9	0
	3	Josh Maggs	BriW	2	11.32	7	0
	4	Nathaniel Walker	BRAT	1	11.67	6	0
	5	Thomas Larkin	C&S	3	11.79	5	0
	6	Jonah Wigglesworth	Glouc	4	12.38	4	0

Event	Event	100 metres	MEN				
100	B string	Wind reading if applic	-0.9 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Mo Salim	Notts	55	11.39	9	0
	2	Ryan Brady	BriW	22	11.43	7	0
	3	Aaron Warmington	R&N	66	11.54	5	0
	4	Derick Appiah	BRAT	11	11.85	4	0
	5	Henry Heathcote	C&S	33	12.07	3	0
	6	James Ritchie	Glouc	44	12.79	2	0

Event	Event	100 metres	MEN				
100	C string	Wind reading if applic	-1.7 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Harry Whyley	Notts	555	11.68	7	0
	2	Alameen Lawal	R&N	666	11.70	5	0
	3	Calum Haycock	C&S	333	12.06	4	0

Event	Event	200 metres	MEN				
200	A string	Wind reading if applic	-1.8 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	John Kirby	C&S	3	22.78	11	0
	2	Josh Maggs	BriW	2	22.82	9	0
	3	Aaron Warmington	R&N	6	22.92	7	0
	4	Nathaniel Walker	BRAT	1	23.18	6	0
	5	Loreni Jorge	Notts	5	23.19	5	0
	6	Oscar Wilson	Glouc	4	25.04	4	0

Event	Event	200 metres	MEN				
200	B string	Wind reading if applic	-3 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Oliver Parker	R&N	66	23.29	9	0
	2	Ryan Brady	BriW	22	23.43	7	0
	3	Mo Salim	Notts	55	23.78	5	0
	4	Thomas Larkin	C&S	33	24.24	4	0
	5	Derick Appiah	BRAT	11	24.33	3	0
	6	Tom Beckett	Glouc	44	27.25	2	0

Event	Event	200 metres	MEN				
200	C string	Wind reading if applic	-2.6 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Clinton Igbo	R&N	666	23.41	7	0
	2	Henry Heathcote	C&S	333	23.96	5	0
	3	Matthew Hula	BriW	222	24.70	4	0

Event	Event		400 metres		MEN		
400	A string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Marvic Pamphile	R&N	6	49.20	11	0
	2	John Kirby	C&S	3	50.62	9	0
	3	Louis Wakelam Sloan	BRAT	1	54.55	7	0
	4	Charlie Worsfold	Glouc	4	55.23	6	0
	5	Euan Fraser	Notts	5	55.90	5	0

Event	Event		400 metres		MEN		
400	B string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Saeed Numeri	R&N	66	49.33	9	0
	2	Kyle Haycock	C&S	33	51.19	7	0
	3	Jack Wickham	Notts	55	55.96	5	0
	4	Alex Ohagei	BRAT	11	58.58	4	0
	5	Benjamin Griffiths	Glouc	44	68.01	3	0

Event	Event		400 metres		MEN		
400	C string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Calum Haycock	C&S	333	52.71	7	0

Event	Event		800 metres		MEN		
800	A string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Sam Aris	R&N	6	2:00.17	11	0
	2	Henry Brocklehurst	BRAT	1	2:00.30	9	0
	3	Charlie Worsfold	Glouc	4	2:00.35	7	0
	4	Ollie Robertson-Kurd	BriW	2	2:02.64	6	0
	5	Jordan Barrett	C&S	3	2:03.63	5	0

Event	Event		800 metres		MEN		
800	B string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Ryan Ashforth	C&S	33	2:04.40	9	0
	2	Luke Burgess	BriW	22	2:05.44	7	0
	3	Will Walker	BRAT	11	2:09.54	5	0
	4	Jasper Cooper	R&N	66	2:14.30	4	0
	5	Benjamin Griffiths	Glouc	44	2:38.89	3	0

Event	Event		800 metres		MEN		
800	C string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Aaron Bruce	BriW	222	2:15.14	7	0
	2	Martin Matthews	BRAT	111	2:40.80	5	0

Event	Event		110H metres		MEN		
110H	A string	Wind reading if applic	-2.2 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Alasdair Rigby	C&S	3	16.87	11	0
	2	Alexander Clegg	BRAT	1	17.67	9	0
	3	Jack Wickham	Notts	5	17.99	7	0
	4	Tom Beckett	Glouc	4	19.15	6	0
	5	Charlie Barker	R&N	6	20.69	5	0

Event	Event		110H metres		MEN		
110H	B string	Wind reading if applic	-2.2 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Kyle Neal	Glouc	44	19.91	9	0

Event	Event		400H	metres	MEN		
400H	A string						
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Josh Faulds	R&N	6	54.83	11	5
	2	Jack Wickham	Notts	5	61.41	9	0
	3	Oscar Wilson	Glouc	4	61.74	7	0
	4	JP Stolberg	BRAT	1	63.96	6	0

Event	Event		MEN			Position Points	Bonus Points
400H	B string						
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Luke Turner	R&N	66	61.63	9	0
	2	Kyle Neal	Glouc	44	67.86	7	0
	3	Nathan To	Notts	55	69.24	5	0

Event	Event		MEN			Position Points	Bonus Points
400H	C string						
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Charlie Barker	R&N	666	63.86	7	0

Event	Event		1500	metres	MEN		
1500	A string						
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Haydn Arnall	R&N	6	4:10.78	11	0
	2	James McCann	C&S	3	4:15.55	9	0
	3	Henry Brocklehurst	BRAT	1	4:16.45	7	0
	4	Sam Crowther	Glouc	4	4:23.67	6	0
	5	Steve Long	Notts	5	4:27.52	5	0
	6	Ollie Robertson-Kurd	BriW	2	4:34.35	4	0

Event	Event		MEN			Position Points	Bonus Points
1500	B string						
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Mat Pollard	BRAT	11	4:23.18	9	0
	2	Ben Smith	R&N	66	4:33.34	7	0
	3	Aaron Bruce	BriW	22	4:34.44	5	0
	4	Craig Pearson	C&S	33	4:56.24	4	0
	5	Jason Tilley	Glouc	44	5:01.65	3	0

Event	Event		MEN			Position Points	Bonus Points
1500	C string						
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Chris Burrows	BRAT	111	4:49.04	7	0
	2	Daniel Thornton	BriW	222	4:57.99	5	0
	3	Jeremy Mower	Glouc	444	5:07.17	4	0

Event	Event		5000	metres	MEN		
5000	A string						
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Joseph Comerford	R&N	6	15:28.54	11	0
	2	Luke Burgess	BriW	2	15:28.70	9	0
	3	Rich de-Camps	Glouc	4	15:36.60	7	0
	4	Tim Hartley	Notts	5	16:01.86	6	0
	5	Chris Stockdale	BRAT	11	16:52.83	5	0
	6	Thomas Eustace	C&S	3	17:06.04	4	0

Event	Event		MEN			Position Points	Bonus Points
5000	B string						
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Lee Gawler	BriW	22	16:48.18	9	0
	2	John Muddeman	Notts	55	16:57.89	7	0
	3	Mat Pollard	BRAT	1	17:04.55	5	0
	4	Ned Gilford	R&N	66	17:37.05	4	0
	5	Jez Redler	C&S	33	17:55.37	3	0
	6	Dave Gresswell	Glouc	44	20:35.23	2	0

Event	5000		C string				
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Tariq Kurd	BriW	222	17:33.93	7	0
	2	Martin Matthews	BRAT	111	18:06.41	5	0
	3	Malcolm Eustace	C&S	333	18:56.37	4	0

Event	2000SC		metres		MEN		
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	JP Stolberg	BRAT	1	6:22.62	11	5
	2	Jason Tilley	Glouc	4	7:31.25	9	0
	3	Darrell Wilde	C&S	3	7:54.03	7	0

Event	2000SC		B string				
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Jeremy Mower	Glouc	44	7:49.85	9	0

Event	4x100		metres		MEN		
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Notts AC	Notts	5	45.08	11	
	2	Cannock & Stafford AC	C&S	3	45.30	9	
	3	Birmingham Running & Tri Club	BRAT	1	45.50	7	
	4	Bristol & West AC	BriW	2	48.07	6	
	5	Gloucester AC	Glouc	4	48.55	5	

Event	4x400		metres		MEN		
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Rugby & Northampton AC	R&N	6	3:17.79	11	
	2	Cannock & Stafford AC	C&S	3	3:39.30	9	
	3	Gloucester AC	Glouc	4	3:45.92	7	
	4	Birmingham Running & Tri Club	BRAT	1	3:46.18	6	
	5	Notts AC	Notts	5	3:57.31	5	
	6	Bristol & West AC	BriW	2	4:08.56	4	

Event	HJ		metres		MEN		
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Harry Whyley	Notts	5	2.00	11	5
	2	Oke Okere	R&N	66	1.75	9	0
	3	Alexander Clegg	BRAT	1	1.75	7	0
	4	Alasdair Rigby	C&S	3	1.75	6	0
	5	Joel Townley	Glouc	44	1.70	5	0

Event	HJ		B string				
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Joshua Chiziwa	Notts	55	1.85	9	0
	2	James Ritchie	Glouc	4	1.65	7	0
	3	Charlie Barker	R&N	6	1.65	5	0
	4	Louis Wakelam Sloan	BRAT	11	1.60	4	0

Event	PV		metres		MEN		
MEN	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
	1	Kofi Afirifah-Mensah	Notts	5	3.60	11	0
	2	Rhys Owen	R&N	6	3.10	9	0
	3	Oscar Wilson	Glouc	4	2.30	7	0
	4	Mike Bull	BRAT	1	2.20	6	0

Event	PV							
MEN	B string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
		1	Ben Smith	R&N	66	2.40	9	0

Event	LJ metres							MEN	
MEN	A string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points	Wind if applic m/s
		1	Joel Townley	Glouc	4	6.66	11	0	-1.2
		2	Matthew Madden	Notts	5	6.32	9	0	-1.6
		3	Oke Okere	R&N	66	5.71	7	0	-2.7
		4	Thomas Larkin	C&S	3	5.69	6	0	-0.8
		5	Mathew Hula	BriW	2	5.28	5	0	-0.1
		6	Nathaniel Walker	BRAT	1	5.06	4	0	-1.7

Event	LJ							MEN	
MEN	B string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points	Wind if applic m/s
		1	Harry Whyley	Notts	555	6.03	9	0	-1.7
		2	Tom Beckett	Glouc	444	5.70	7	0	-0.2
		3	Jaydon Allen Bramble	R&N	6	5.11	5	0	-2.4
		4	Will Walker	BRAT	11	4.99	4	0	-2.5
		5	Calum Haycock	C&S	33	3.90	3	0	0

Event	LJ							MEN	
MEN	C string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points	Wind if applic m/s
		1	Jonah Wigglesworth	Glouc	44	5.67	7	0	-1.8
		2	Fraser Kesteven	Notts	55	5.45	5	0	-0.9
		3	Alex Ohagei	BRAT	111	3.66	4	0	-1.3

Event	TJ metres							MEN	
MEN	A string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points	Wind if applic m/s
		1	Joel Townley	Glouc	4	14.43	11	5	-2.6
		2	Jaydon Allen Bramble	R&N	6	12.12	9	0	-1.3
		3	Fraser Kesteven	Notts	5	11.98	7	0	-0.5
		4	JP Stolberg	BRAT	1	10.38	6	0	-0.6
		5	Thomas Larkin	C&S	3	10.09	5	0	-0.6

Event	TJ							MEN	
MEN	B string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points	Wind if applic m/s
		1	Oke Okere	R&N	66	11.61	9	0	-3.1
		2	Matthew Madden	Notts	55	11.03	7	0	-2.1
		3	Tom Beckett	Glouc	44	10.75	5	0	-1.9

Event	TJ							MEN	
MEN	C string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points	Wind if applic m/s
		1	James Ritchie	Glouc	444	9.53	7	0	-1.9

Event	SP metres							MEN
MEN	A string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
		1	Gareth Winter	Glouc	4	15.14	11	5
		2	Alexander Clegg	BRAT	1	11.51	9	0
		3	Ray McKenna	R&N	6	11.25	7	0
		4	Ruben Brady	BriW	22	9.30	6	0
		5	Matthew Madden	Notts	5	9.19	5	0
		6	Martin Roberts	C&S	3	7.19	4	0

Event	SP						
MEN	B string				Performance	Position Points	Bonus Points
	Position	Competitor	Club	Bib Number			
	1	Mike Bull	BRAT	11	10.21	9	0
	2	Tom Beckett	Glouc	444	9.24	7	0
	3	Wayne Jones	R&N	66	8.75	5	0
	4	Fraser Kesteven	Notts	55	5.05	4	0
	5	Tariq Kurd	BriW	2	4.71	3	0
	6	Darrell Wilde	C&S	33	4.41	2	0

Event	SP						
MEN	C string				Performance	Position Points	Bonus Points
	Position	Competitor	Club	Bib Number			
	1	Andy Wilson	Glouc	44	6.97	7	0

Event	Event	DT	metres		MEN		
MEN	A string				Performance	Position Points	Bonus Points
	Position	Competitor	Club	Bib Number			
	1	Gareth Winter	Glouc	4	42.42	11	5
	2	Alexander Clegg	BRAT	1	32.97	9	0
	3	Ray McKenna	R&N	6	31.99	7	0
	4	Ruben Brady	BriW	22	24.94	6	0
	5	Alasdair Rigby	C&S	3	24.82	5	0
	6	Matthew Madden	Notts	5	16.54	4	0

Event	DT						
MEN	B string				Performance	Position Points	Bonus Points
	Position	Competitor	Club	Bib Number			
	1	Kyle Neal	Glouc	44	29.73	9	0
	2	Mike Bull	BRAT	111	24.90	7	0
	3	Martin Roberts	C&S	33	22.07	5	0
	4	Wayne Jones	R&N	666	22.02	4	0
	5	Fraser Kesteven	Notts	55	11.33	3	0
	6	Tariq Kurd	BriW	2	10.71	2	0

Event	DT						
MEN	C string				Performance	Position Points	Bonus Points
	Position	Competitor	Club	Bib Number			
	1	Will Walker	BRAT	11	22.98	7	0
	2	Oliver Parker	R&N	66	21.12	5	0
	3	Andy Wilson	Glouc	444	19.62	4	0

Event	Event	HT	metres		MEN		
MEN	A string				Performance	Position Points	Bonus Points
	Position	Competitor	Club	Bib Number			
	1	Gareth Winter	Glouc	4	32.11	11	0
	2	Jamie Callaghan	BRAT	1	31.24	9	0
	3	Martin Roberts	C&S	3	30.86	7	0
	4	Wayne Jones	R&N	66	24.22	6	0
	5	Ruben Brady	BriW	22	19.32	5	0
	6	Matthew Madden	Notts	5	19.25	4	0

Event	HT						
MEN	B string				Performance	Position Points	Bonus Points
	Position	Competitor	Club	Bib Number			
	1	Ray McKenna	R&N	6	22.07	9	0
	2	Andy Wilson	Glouc	44	19.28	7	0
	3	Nigel Clegg	BRAT	11	16.67	5	0
	4	Shaun Ainge	C&S	33	13.59	4	0
	5	Fraser Kesteven	Notts	55	12.71	3	0

Event	Event	JT	metres	MEN			
JT	<b>A string</b>					<b>Position</b>	<b>Bonus</b>
<b>MEN</b>	<b>Position</b>	<b>Competitor</b>	<b>Club</b>	<b>Bib Number</b>	<b>Performance</b>	<b>Points</b>	<b>Points</b>
	1	Marvic Pamphile	R&N	6	56.35	11	5
	2	Alexander Clegg	BRAT	1	50.34	9	0
	3	Matthew Madden	Notts	5	33.50	7	0
	4	Gareth Winter	Glouc	4	33.38	6	0
	5	Maxwell Jackson	BriW	2	26.75	5	0
	6	Alasdair Rigby	C&S	3	23.15	4	0
<b>Event</b>							
JT	<b>B string</b>					<b>Position</b>	<b>Bonus</b>
<b>MEN</b>	<b>Position</b>	<b>Competitor</b>	<b>Club</b>	<b>Bib Number</b>	<b>Performance</b>	<b>Points</b>	<b>Points</b>
	1	Louis Wakelam Sloan	BRAT	11	34.14	9	0
	2	Wayne Jones	R&N	666	32.56	7	0
	3	Darrell Wilde	C&S	33	22.09	5	0
	4	Andy Wilson	Glouc	44	21.10	4	0
	5	Ruben Brady	BriW	22	19.14	3	0
	6	Fraser Kesteven	Notts	55	14.29	2	0
<b>Event</b>							
JT	<b>C string</b>					<b>Position</b>	<b>Bonus</b>
<b>MEN</b>	<b>Position</b>	<b>Competitor</b>	<b>Club</b>	<b>Bib Number</b>	<b>Performance</b>	<b>Points</b>	<b>Points</b>
	1	Oliver Parker	R&N	66	31.02	7	0
	2	Martin Roberts	C&S	333	18.92	5	0
	3	Tariq Kurd	BriW	222	12.27	4	0

Event	Event		100 metres				
100	A string	Wind reading if applic	-2.1 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Sophia Barrett	R&N	6	12.38	11	0
	2	Nancy Foster Jones	BRAT	1	12.50	9	0
	3	Zoe Lucas	Notts	5	12.97	7	0
	4	Eleanor Macintosh	BriW	2	13.13	6	0
	5	Sydney Davies	C&S	3	13.56	5	0
	6	Kate Davies	Glouc	4	14.24	4	0

Event	Event		100 metres				
100	B string	Wind reading if applic	-2.7 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Efua Boateng	R&N	66	12.94	9	0
	2	Rosa Ford	BriW	22	13.29	7	0
	3	Mia Wainwright	C&S	33	13.43	5	0
	4	Lily Smith	BRAT	11	13.88	4	0
	5	Eleica Hines	Notts	55	14.23	3	0
	6	Cat Thomas	Glouc	44	14.41	2	0

Event	Event		100 metres				
100	C string	Wind reading if applic	-3.3 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Gabrielle Caesar	Notts	555	13.64	7	0
	2	Natalie Griffiths	C&S	333	13.88	5	0
	3	Izzy Carruthers	BRAT	111	14.05	4	0
	4	Gemma Knight	R&N	666	14.19	3	0

Event	Event		200 metres				
200	A string	Wind reading if applic	-2.8 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Sophia Barrett	R&N	6	25.35	11	0
	2	Nancy Foster Jones	BRAT	1	25.74	9	0
	3	Lily Bailey	BriW	2	26.66	7	0
	4	Kanisha Hector	C&S	3	26.75	6	0
	5	Eleica Hines	Notts	5	29.72	5	0
	6	Kate McCurrich	Glouc	4	30.22	4	0

Event	Event		200 metres				
200	B string	Wind reading if applic	-1.4 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Isla O'Connor	BRAT	11	26.83	9	0
	2	Rosa Ford	BriW	22	27.07	7	0
	3	Mia Wainwright	C&S	33	27.37	5	0
	4	Gabrielle Caesar	Notts	55	28.86	4	0
	5	Cat Thomas	Glouc	44	30.00	3	0
	6	Chloe Keeble	R&N	66	31.25	2	0

Event	Event		200 metres				
200	C string	Wind reading if applic	-0.8 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Sydney Davies	C&S	333	28.55	7	0

Event	Event		400 metres				
400	A string					Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Eleanor Macintosh	BriW	2	57.24	11	0
	2	Ellena Ruddock	R&N	6	61.51	9	0
	3	Emily Rawson	Notts	5	61.98	7	0
	4	Mia Wainwright	C&S	3	63.13	6	0
	5	Shadonnae Nwanaf.	BRAT	1	63.92	5	0
	6	Lydia Wang	Glouc	4	68.01	4	0



Event	400							
WOMEN	B string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
		1	Natalie Griffiths	C&S	33	61.14	9	0
		2	Isla O'Connor	BRAT	11	62.14	7	0
		3	Nia Myers	Notts	55	62.31	5	0
		4	Maria Jones	BriW	22	63.93	4	0
		5	Gemma Knight	R&N	66	65.07	3	0
		6	Amber Spackman	Glouc	44	67.88	2	0

Event	400							
WOMEN	C string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
		1	Chloe Wilde	C&S	333	63.64	7	0
		2	Briony Bishop	Glouc	444	71.15	5	0

Event	800 metres							
WOMEN	A string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
		1	Holly Sanigar	BriW	2	2:16.34	11	0
		2	Becky Twardol.	BRAT	1	2:25.06	9	0
		3	Alice Belcher	R&N	6	2:27.55	7	0
		4	Chloe Wilde	C&S	3	2:29.55	6	0
		5	Amber Spackman	Glouc	4	2:36.87	5	0
		6	Beth Neal	Notts	5	2:54.92	4	0

Event	800							
WOMEN	B string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
		1	Katy Roy	BriW	22	2:22.55	9	0
		2	May Smith	BRAT	11	2:35.44	7	0
		3	Victoria Browning	C&S	33	2:36.19	5	0
		4	Lydia Wang	Glouc	44	2:39.36	4	0
		5	Lydia Wilkie	R&N	66	2:45.25	3	0

Event	800							
WOMEN	C string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
		1	Maria Jones	BriW	222	2:27.32	7	0

Event	100H metres							
WOMEN	A string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
			Wind reading if applic		-3.1 m/s			
		1	Zoe Lucas	Notts	5	14.63	11	5
		2	Hayley Perrin	BRAT	1	15.49	9	0

Event	100H							
WOMEN	B string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
			Wind reading if applic		-3.1 m/s			
		1	Bonheur Tshibola	BRAT	11	16.36	9	0
		2	Beth Neal	Notts	55	22.11	7	0

Event	100H							
WOMEN	C string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
			Wind reading if applic		-3.1 m/s			
		1	Diaz McKenzie	BRAT	111	17.58	7	0

Event	400H metres							
WOMEN	A string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
		1	Bonheur Tshibola	BRAT	1	66.13	11	0
		2	Natalie Griffiths	C&S	3	69.92	9	0
		3	Nia Myers	Notts	5	73.31	7	0

Event	400H							
WOMEN	B string	Position	Competitor	Club	Bib Number	Performance	Position Points	Bonus Points
		1	Charlotte Hall	C&S	33	76.23	9	0
		2	Beth Neal	Notts	55	85.31	7	0

Event	Event 1500 metres							
1500	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Lucy Stephens	R&N	6	4:59.84	11	0	
	2	Anna Ford	BriW	2	5:08.30	9	0	
	3	Tracy Hinxman	Glouc	44	5:29.28	7	0	
	4	Beth Neal	Notts	55	5:56.10	6	0	
	5	Caitlyn Disley	C&S	3	6:01.92	5	0	
	6	Monica Baptista	BRAT	1	6:02.97	4	0	

Event	Event 1500 metres							
1500	B string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Sophie Hancock	R&N	66	5:15.08	9	0	
	2	Briony Bishop	Glouc	4	5:33.04	7	0	
	3	Maria Jones	BriW	22	5:47.98	5	0	
	4	Emily Rawson	Notts	5	6:19.15	4	0	

Event	Event 1500 metres							
1500	C string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Courtney Depala	R&N	666	6:06.83	7	0	

Event	Event 5000 metres							
5000	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Alice Belcher	R&N	6	17:36.61	11	0	
	2	Millie Porter	Glouc	4	19:14.81	9	0	
	3	Katy Roy	BriW	22	19:30.49	7	0	
	4	Catherine Charlton	Notts	5	19:35.94	6	0	
	5	Naomi Rae	BRAT	1	22:04.43	5	0	

Event	Event 5000 metres							
5000	B string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Evie Marston	R&N	66	18:39.07	9	0	
	2	Anna Ford	BriW	2	21:21.72	7	0	
	3	Beth Neal	Notts	55	21:46.56	5	0	

Event	Event 2000SC metres							
2000SC	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Beth Neal	Notts	5	8:55.56	11	0	
	2	Aoife Gallagher	BRAT	1	10:15.50	9	0	

Event	Event 4x100 metres							
4x100	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Rugby & Northampton AC	R&N	6	50.33	11		
	2	Bristol & West AC	BriW	2	50.87	9		
	3	Birmingham Running & Tri Club	BRAT	1	51.57	7		
	4	Cannock & Stafford AC	C&S	3	51.60	6		
	5	Notts AC	Notts	5	52.57	5		
	6	Gloucester AC	Glouc	4	54.14	4		

Event	Event 4x400 metres				WOMEN			
4x400	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Bristol & West AC	BriW	2	4:14.19	11		
	2	Birmingham Running & Tri Club	BRAT	1	4:17.26	9		
	3	Rugby & Northampton AC	R&N	6	4:27.03	7		
	4	Notts AC	Notts	5	4:31.94	6		
	5	Gloucester AC	Glouc	4	4:51.16	5		

Event	Event	HJ metres						
HJ	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Donelle Arulanandam	Notts	5	1.68	11	5	
	2	Lily Bailey	BriW	2	1.65	9	0	
	3	Pauline Ngouopou	Glouc	4	1.60	7	0	
	4	Lorna Stenhouse	R&N	6	1.55	6	0	
	5	Hayley Perrin	BRAT	1	1.55	5	0	
	6	Chloe Wilde	C&S	3	1.30	4	0	

Event	Event	HJ metres						
HJ	B string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Emma Lyons	Notts	55	1.50	9	0	
	2	Sam Barrett	BriW	222	1.50	7	0	
	3	Diaz McKenzie	BRAT	11	1.35	5	0	

Event	Event	HJ metres						
HJ	C string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Mayalee Osola	BriW	22	1.45	7	0	

Event	Event	PV metres						
PV	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Emma Lyons	Notts	5	3.25	11	5	
	2	Cara Brown	C&S	3	2.30	9	0	
	3	Kerry Murch	R&N	6	2.00	7	0	
	4	Cat Thomas	Glouc	4	2.00	6	0	

Event	Event	PV metres						
PV	B string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Isabella Banks	R&N	66	1.90	9	0	

Event	Event	LJ metres						
LJ	A string				Formatted Performance	Position Points	Bonus Points	Wind if applic
WOMEN	Position	Competitor	Club	Bib Number				m/s
	1	Pauline Ngouopou	Glouc	4	5.74	11	5	-1.8
	2	Hayley Perrin	BRAT	1	5.48	9	0	-1.3
	3	Savannah McKenzie Morgan	R&N	6	5.36	7	0	-0.4
	4	Mayalee Osola	BriW	22	5.29	6	0	-1.3
	5	Donelle Arulanandam	Notts	5	5.08	5	0	-1.4
	6	Mia Wainwright	C&S	3	4.77	4	0	-0.1

Event	Event	LJ metres						
LJ	B string				Formatted Performance	Position Points	Bonus Points	Wind if applic
WOMEN	Position	Competitor	Club	Bib Number				m/s
	1	Rosa Ford	BriW	2	5.28	9	0	0.1
	2	Lorna Stenhouse	R&N	66	4.90	7	0	-1.1
	3	Lily Smith	BRAT	11	4.79	5	0	-1.8
	4	Kate Davies	Glouc	44	4.47	4	0	-2.1
	5	Sydney Davies	C&S	33	3.91	3	0	-1.3
	6	Eleica Hines	Notts	555	3.68	2	0	-2

Event	Event	LJ metres						
LJ	C string				Formatted Performance	Position Points	Bonus Points	Wind if applic
WOMEN	Position	Competitor	Club	Bib Number				m/s
	1	Gabrielle Caesar	Notts	55	3.30	7	0	-2.3

Event	Event	TJ	metres						
TJ	A string				Formatted	Position	Bonus	Wind if applic	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s	
	1	Pauline Ngouopou	Glouc	4	12.35	11	5	-1.7	
	2	Donelle Arulanandam	Notts	5	11.32	9	5	-1.7	
	3	Sam Barrett	BriW	2	10.66	7	0	-0.3	
	4	Isla O'Connor	BRAT	11	9.97	6	0	-0.3	
	5	Mia Wainwright	C&S	3	8.95	5	0	-2.3	
Event	TJ	B string			Formatted	Position	Bonus	Wind if applic	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s	
	1	Emma Lyons	Notts	55	9.40	9	0	-1.6	
	2	Bonheur Tshibola	BRAT	1	9.32	7	0	0	
	3	Cat Thomas	Glouc	44	9.20	5	0	-0.8	
	4	Natalie Griffiths	C&S	33	8.84	4	0	0	
	5	Anyha Kerr	BriW	22	8.84	3	0	-0.3	
Event	TJ	C string			Formatted	Position	Bonus	Wind if applic	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s	
	1	Jenny Scott	BRAT	111	7.83	7	0	-2.4	

Event	Event	SP	metres						
SP	A string				Formatted	Position	Bonus		
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points		
	1	Moni Brady	BriW	2	10.81	11	0		
	2	Kerry Murch	R&N	6	10.51	9	0		
	3	Annabelle Crossdale	Notts	5	9.62	7	0		
	4	Kate Davies	Glouc	444	9.03	6	0		
	5	Hayley Perrin	BRAT	1	8.94	5	0		
	6	Kanisha Hector	C&S	33	8.31	4	0		
Event	SP	B string			Formatted	Position	Bonus		
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points		
	1	Tamara Jackson	BriW	222	10.05	9	0		
	2	Poppy Bean	Notts	55	9.56	7	0		
	3	Izzy Carruthers	BRAT	11	8.40	5	0		
	4	Charlotte Bowers	R&N	66	7.93	4	0		
	5	Charlotte Stallard	Glouc	44	7.90	3	0		
	6	Sydney Davies	C&S	3	7.04	2	0		
Event	SP	C string			Formatted	Position	Bonus		
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points		
	1	Maria Townsend	BriW	22	8.59	7	0		
	2	Emma Lyons	Notts	555	8.16	5	0		
	3	Ellen Thrall	Glouc	4	7.84	4	0		

Event	Event	DT	metres						
DT	A string				Formatted	Position	Bonus		
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points		
	1	Elise Bue	Glouc	4	41.18	11	5		
	2	Grace Pollard	R&N	66	39.35	9	5		
	3	Jenny Scott	BRAT	1	28.61	7	0		
	4	Emma Lyons	Notts	55	25.76	6	0		
	5	Moni Brady	BriW	2	20.60	5	0		
	6	Charlotte Hall	C&S	33	15.96	4	0		
Event	DT	B string			Formatted	Position	Bonus		
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points		
	1	Kerry Murch	R&N	6	31.58	9	0		
	2	Ruby Smith	BRAT	11	25.68	7	0		
	3	Kate Davies	Glouc	444	22.77	5	0		
	4	Poppy Bean	Notts	5	22.47	4	0		
	5	Maria Townsend	BriW	22	17.31	3	0		
	6	Kanisha Hector	C&S	3	13.58	2	0		

Event					Formatted	Position	Bonus
DT	C string				Performance	Points	Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Molly Scamp	BRAT	111	19.29	7	0
	2	Annabelle Crossdale	Notts	555	18.34	5	0
	3	Charlotte Stallard	Glouc	44	13.64	4	0

Event	Event	HT	metres		Formatted	Position	Bonus
HT	A string				Performance	Points	Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Annabelle Crossdale	Notts	5	56.06	11	5
	2	Ellen Thrall	Glouc	4	44.44	9	5
	3	Charlotte Bowers	R&N	66	43.32	7	5
	4	Moni Brady	BriW	2	35.04	6	0
	5	Jenny Scott	BRAT	1	26.11	5	0
	6	Natalie Griffiths	C&S	3	18.65	4	0

Event					Formatted	Position	Bonus
HT	B string				Performance	Points	Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Poppy Bean	Notts	55	51.34	9	5
	2	Charlotte Stallard	Glouc	44	41.96	7	0
	3	Kerry Murch	R&N	6	27.68	5	0
	4	Helen Callaghan	BRAT	11	22.07	4	0
	5	Maria Townsend	BriW	22	17.22	3	0
	6	Charlotte Hall	C&S	33	15.98	2	0

Event					Formatted	Position	Bonus
HT	C string				Performance	Points	Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Maisie Scamp	BRAT	111	17.06	7	0

Event	Event	JT	metres		Formatted	Position	Bonus
JT	A string				Performance	Points	Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Kate Davies	Glouc	4	37.05	11	5
	2	Kerry Murch	R&N	6	34.63	9	0
	3	Anyha Kerr	BriW	2	29.47	7	0
	4	Jenny Scott	BRAT	1	28.81	6	0
	5	Chloe Wilde	C&S	3	18.61	5	0
	6	Helen Robbins	Notts	5	18.53	4	0

Event					Formatted	Position	Bonus
JT	B string				Performance	Points	Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Tamara Jackson	BriW	222	27.11	9	0
	2	Lillian Smith	BRAT	11	26.60	7	0
	3	Effy Katsogiani	R&N	66	23.87	5	0
	4	Lydia Wang	Glouc	44	18.34	4	0
	5	Sydney Davies	C&S	33	15.91	3	0
	6	Emily Rawson	Notts	55	10.56	2	0

Event					Formatted	Position	Bonus
JT	C string				Performance	Points	Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Maria Townsend	BriW	22	19.10	7	0
	2	Cat Thomas	Glouc	444	9.92	5	0

## GUESTS

Event	Competitor	Club	Performance	Wind if applic m/s
200m	Alameen Lawal	R&N	23.75	-2.6
200m	Tunde Adeyemo	C&S	25.25	-2.6
100m	Clinton Igbo	R&N	11.78	-1.7
100m	Oke Okere	R&N	11.96	-1.7
100m	Tunde Adeyemo	C&S	12.67	-1.7
100m	Stephen Terry-Short	C&S	13.27	-1.7
5000m	Aled Anderson	B&W	17.25.68	