Birmingham Wyndley Stadium, Mon 30 May 2011

M 100m A Wind +5.1 m/s

1	Yannick Phippen		BIR 10.6
2	Michael Prentice		CDF 10.7
3	Alex Bradnick		C&S 10.7
4	Ben Lees		R&N 11.0
5	Steven Watson		CHW 11.0
6	Matthew Davies	U17	WWA 11.1
7	Makoye Kampengale		NOT 11.3
8	Tom Wallett	U17	MNS 11.4

M 100m B Wind +1.7 m/s

1	Jamaul Whyte		CDF 11.1
2	Matthias Francis		BIR 11.1
3	Jack Goodband	U17	CHW 11.3
4	Chris Morris		C&S 11.4
5	Ross Bangura		WWA 11.5
6	Alex Ferguson		NOT 11.8
7	Jonathan Brannan	U17	MNS 12.0

M 200m A Wind +2.2 m/s

1	Yannick Phippen		BIR 21.7
2	Alex Bradnick		C&S 21.8
3	Sam Gordon	U17	CDF 22.7
4	Matthew Richards		WWA 22.8
5	Tom Johnson		R&N 23.2
6	Makoye Kampengale		NOT 23.3
7	Steven Watson		CHW 23.3
8	Tom Wallett	U17	MNS 23.6

M 200m B Wind +0.7 m/s

1	Jarryd Dunn		BIR 22.1
2	James Wiltshire		CDF 22.8
3	Matthew Davies	U17	WWA 23.0
4	Chris Morris		C&S 23.4
5	Charlie Waterhouse		NOT 23.4
6	Richard Adiyia		CHW 23.7
7	Alex Heath		MNS 24.3

M 400m A

1	Zach King		NOT 48.9
2	Efekomo Okoro		BIR 49.5
3	Matthew Richards		WWA 51.0
4	Scott Edwards	U17	CDF 51.1
5	Adam Sansom		MNS 52.1
6	Matthew Mayne	U17	C&S 52.5
7	Scott Douglas		CHW 53.0
8	Jonathon Chin		R&N 53.2

M 400m B

1	Christian Byron		BIR 49.7
2	Llyr Jamieson	U17	WWA 51.6
3	Alex Skidmore		NOT 52.7
4	Michael Johnson		CDF 53.7
5	Alex Heath		MNS 54.3
6	James Lake	U17	C&S 55.0
7	Robert Sutherland	U17	R&N 56.1

M 800m A

1	Elliot Slade	U17	CDF 1.54.5
2	Elliot Giles		BIR 1.57.8
3	Chris Perrin		C&S 1.59.0
4	Carwyn Evans	U17	WWA 1.59.2
5	Ben Sutherland	U17	R&N 1.59.6
6	Mark Thompson		NOT 2.01.8
7	George Buttery		CHW 2.02.8
8	Haran Dunderdale	U17	MNS 2.05.7

M 800m B

1	Alex Coomber		CDF 1.58.2
2	Joe Coleshaw		NOT 2.00.1
3	Rhys Granville	U17	WWA 2.01.1
4	Theo Blundell	U17	BIR 2.01.3
5	Ashley Wickett		C&S 2.07.5
6	Harry Buttery	U17	CHW 2.18.1
7	Jake Lancaster	U17	MNS 2.25.8

M 1500m A

1	Robert Needham		NOT 3.58.2
2	Elliot Slade	U17	CDF 3.59.6
3	Rory Grant		R&N 4.01.6
4	Tom Graves		BIR 4.02.5
5	George Buttery		CHW 4.03.4
6	Matthew O'Leary		WWA 4.06.7
7	James McCann	U17	C&S 4.14.5
8	Tom O'Mara	U17	MNS 4.36.1

M 1500m B

1	Tom Collins		NOT 4.03.2
2	Michael Ward	U17	CDF 4.15.5
3	Luke Robinson		R&N 4.16.0
4	Josh Lacey		BIR 4.24.4
5	Lloyd Heckler	U17	WWA 4.26.1
6	Adam Johnson		C&S 4.35.0
7			CHW 4.55.2
8	Jordan Boam	U17	MNS 5.14.2

M 3000m A

1	Josh Griffiths		WWA 9.13.6
2	James Perrin		C&S 9.18.8
3	Freddie Hessian		NOT 9.25.4
4	Ben Sutherland	U17	R&N 9.29.2
5	Tom O'Mara	U17	MNS 9.40.1
6	Ben Griffiths		BIR 9.41.9
7	Joe Wales		CHW 9.46.5

M 3000m B

1	Paddy Clark	U17	NOT 9.35.4
2	Aaron Houseman		C&S 9.38.4
3	Robert Male		R&N 9.51.2
4	Ben Topley	U17	BIR 9.53.3
5	William Kirk	U17	CHW 10.11.6
6	Kieran John	U17	WWA 10.17.7
7	Jordan Boam	U17	MNS 10.51.1

M 110mH A Wind +0.9 m/s

1	Jake Porter		BIR 14.7
2	James Wright		R&N 14.9
3	Glen Elsdon		WWA 15.0
4	Tyron Blake		CDF 15.9
5	Alasdair Rigby		C&S 17.1

M 110mH B Wind +0.9 m/s

1	Onajite Okoro		BIR 15.0
2	Josh Sansom		WWA 16.1

M 400mH A

1	Josh Sansom		WWA 57.5
2	Luke Morbey		BIR 57.8
3	Adam Sansom		MNS 58.0
4	James Wright		R&N 58.4
5	Lewis Golledge		NOT 59.7
6	Jacon Brennan		CDF 61.6
7	Richard Adiyia		CHW 63.0
8	Ashley Wickett		C&S 72.4

M 400mH B

1	Glen Elsdon		WWA 59.4
2	Tom Phillips		CDF 61.3
3	Scott Gregory		BIR 63.0
4	Matt Gregg	U17	NOT 64.1
5	Connor McHale		MNS 69.9

M 2000m Sc A

1	Dougie Musson		NOT 6.15.8
2	Nick Hardy		BIR 6.20.4
3	George Buttery		CHW 6.44.2
4	Connor Hills		R&N 6.46.7
5	Matthew Thomas		WWA 6.47.5
6	Michael Ward	U17	CDF 7.11.9
7	Jake Lancaster	U17	MNS 7.14.2

M 2000m Sc B

1	Ronan Llyr	U17	WWA 6.48.0
2	Joe Coleshaw		NOT 7.22.7
3	Connor McHale		MNS 8.22.8
4	Michael Johnson		CDF 8.32.7
5	Nick Scales	U17	R&N 8.33.5
6	Joe Gregory		BIR DNF

M Discus Throw A

1	Najee Fox		BIR 51.12
2	Dan Power		WWA 42.64
3	Chris Clarke	U17	MNS 38.33
4	Matthew Field	U17	CDF 37.82
5	Harry Ronchetti	U17	R&N 35.96
6	Tyler Brown-Jones	U17	C&S 26.01
7	Ross Douglas	U17	CHW 24.39
8	Robert Heginbottom	U17	NOT 22.78

M Discus Throw B

1	Ryan Leonard		CDF 35.73
2	Forest Francis	U17	BIR 35.19
3	Hadan Brittain		MNS 30.47
4	Craig Murch		R&N 30.33
5	Jonathan Stowell		WWA 26.31
6	Daniel Bishop		C&S 21.27
7	Matt Grice		NOT 18.89

M Hammer Throw A

1	Craig Murch		R&N 56.34
2	Ashley Andrews		BIR 52.85
3	Hadan Brittain		MNS 47.45
4	Ross Douglas	U17	CHW 43.93
5	Matthew Riley		WWA 38.59
6	Matthew Field	U17	CDF 28.89
7	Tyler Brown-Jones	U17	C&S 20.45
8	Matt Gregg	U17	NOT 16.21

M Hammer Throw B

1	Jonathan Stowell		WWA 33.87
2	Greg Millar		MNS 21.43
3	Nick Scales	U17	R&N 20.65
4	George Tyson		C&S 14.04
5	Montel Nevers	U17	NOT 5.82

M High Jump A

1	Onajite Okoro		BIR 1.90
2	Alasdair Rigby		C&S 1.75
3	Tyron Blake		CDF 1.75
4	Glen Elsdon		WWA 1.70
5	Will Marshall	U17	MNS 1.70
6	Lewis Golledge		NOT 1.55

M High Jump B

1	Haran Dunderdale	U17	MNS 1.60
2	Sam Gordon	U17	CDF 1.60
3	Ross Bangura		WWA 1.55
4	Ross Golledge	U17	NOT 1.55

M Javelin Throw A

1	Greg Millar		MNS 61.24
2	Ryan Leonard		CDF 52.43
3	Jon Llewelyn		WWA 52.03
4	Jonah Boyce		BIR 47.38
5	Richard Stanley		C&S 45.07
6	Craig Murch		R&N 37.81
7	Robert Heginbottom	U17	NOT 35.34

M Javelin Throw B

1	Howard Stapleton		BIR 46.35
2	Alex Pinner		C&S 43.79
3	Niki Davies		WWA 43.22
4	Hadan Brittain		MNS 34.00
5	Lewis Akrill		CDF 28.97
6	Ross Golledge	U17	NOT 28.43
7	Christian Nicholson		R&N 27.96

M Long Jump A

1	Kieron Martin		WWA 6.24
2	Alasdair Rigby		C&S 6.23
3	Stuart Street	U17	NOT 6.22
4	Efekomo Okoro		BIR 6.00
5	Jamaul Whyte		CDF 5.84
6	Adam Sansom		MNS 5.71
7	Jack Goodband	U17	CHW 3.94

M Long Jump B

1	Fraser Kestevan		NOT 6.14
2	Lewis Akrill		CDF 4.91
3	Connor McHale		MNS 4.91
4	Adam Johnson		C&S 4.31
5	Scott Gregory		BIR 4.08

M Pole Vault A

1=	Tom Lyons		NOT 0.00
1=	Joe Chesterman	U17	BIR 0.00
1=	Alasdair Rigby		C&S 0.00
1=	David Callan	U17	CDF 0.00
1=	James Taylor	U17	CHW 0.00
1=	Connor McHale		MNS 0.00
1=	Emyr Jones		WWA 0.00

M Pole Vault B

1=	Lewis Preece	U17	WWA 0.00
1=	David Wilkinson	U17	MNS 0.00
1=	George Tyson		C&S 0.00

M Shot Putt A

1	Chris Clarke	U17	MNS 13.90
2	Matthew Field	U17	CDF 13.32
3	Jonathan Stowell		WWA 11.19
4	Craig Murch		R&N 11.09
5	Myles Morris	U17	BIR 9.35
6	Daniel Bishop		C&S 8.81
7	Richard Adiyia		CHW 8.33
8	Charlie Waterhouse		NOT 8.27

M Shot Putt B

1	Hadan Brittain		MNS 11.12
2	Daniel Wardle		R&N 9.04
3	Onajite Okoro		BIR 8.49
4	James Wiltshire		CDF 8.35
5	Ross Douglas	U17	CHW 8.26
6	Tyler Brown-Jones	U17	C&S 8.26
7	Alex Ferguson		NOT 7.88
8	Matthew Riley		WWA 6.69

M Triple Jump A

1	Jose Martin-Fullerton		BIR 14.50
2	Themba Luhana		R&N 13.51
3	Montel Nevers	U17	NOT 13.14
4	Sam Gordon	U17	CDF 12.17
5	Alasdair Rigby		C&S 12.11
6	Keiron Martin		WWA 11.82
7	Adam Sansom		MNS 11.45

M Triple Jump B

1	Jarryd Dunn		BIR 12.91
2	Fraser Kestevan		NOT 11.79
3	Robert Sutherland	U17	R&N 11.36
4	Ross Bangura		WWA 11.31
5	Connor McHale		MNS 11.13
6	Jacob Brennan		CDF 11.05
7	Adam Johnson		C&S 9.94

W 100m A Wind +1.4 m/s

1	Melisa Hanson		BIR 12.0
2	Rhiannon Jeffreys	U17	WWA 12.4
3	Jamie-Leigh Bowen		CDF 12.5
4	Charlotte Burrows		R&N 12.8
5	Zoe Styles	U17	C&S 12.9
6	Anna Davies	U17	NOT 13.2
7	Elsie Glover		MNS 13.7

W 100m B Wind +2.2 m/s

1	Diani Walker	U17	BIR 12.3
2	Monet Ager		R&N 12.5
3	Catrin Stone		WWA 12.7
4	Katie Platts		NOT 12.9
5	Danielle Mill		CDF 13.2
6	Olivia Merry		C&S 13.3

W 200m A Wind +3.1 m/s

1	Melisa Hanson		BIR 24.5
2	Rhiannon Jeffreys	U17	WWA 25.3
3	Zoe Styles	U17	C&S 26.3
4	Jamie-Leigh Bowen		CDF 26.6
5	Katie Platts		NOT 26.9
6	Lauren Jones		R&N 28.1
7	Elsie Glover	U17	MNS 28.7

W 200m B Wind +3.3 m/s

1	Nardhia Kidd-Walker		BIR 26.1
2	Ffion Rees		WWA 26.4
3	Molly Ferguson	U17	NOT 26.5
4	Natalie Ainge		C&S 27.0
5	Lauren Regan		CDF 27.1
6	Sophie Wright		R&N 28.4

W 400m A

1	Amy Hillyard	U17	BIR 57.8
2	Sam Cogan		CDF 59.2
3	Jemima Osborn		WWA 59.3
4	Chantelle Robinson	U17	NOT 59.8
5	Hannah Dunderdale		MNS 60.0
6	Bethan Roberts		C&S 65.0
7	Charlotte Davies		R&N 74.0

W 400m B

1	Lauren Regan		CDF 60.3
2	Robyn Foster		MNS 63.1
3	Shaney Read		BIR 64.1
4	Laura Mason		NOT 64.7
5	Stacey Collins		WWA 67.4
6	Beth Denning		C&S 80.7

W 800m A

1	Chloe Richardson		BIR 2.15.5
2	Briony Bendle		CHW 2.16.1
3	Emily Waugh		R&N 2.19.1
4	Chevelle Baxter		MNS 2.22.4
5	Elysia Pearson		WWA 2.24.1
6	Bethan Daw		CDF 2.25.5
7	Teresa Hulme		C&S 2.41.6
8	Annabelle Palmer	U17	NOT 3.21.7

W 800m B

1	Laura Muth		BIR 2.23.2
2	Demi-Jade Jakymelen		MNS 2.26.0
3	Lucy Arkinstall		CHW 2.29.1
4	Eleanor Barnes		R&N 2.31.7
5	Clare Harwood	U17	CDF 2.33.0
6	Iona Evans	U17	WWA 2.33.5
7	Catherine Hulme		C&S 2.35.8
8	Jenny Taylor		NOT 3.19.8

W 1500m A

1	Briony Bendle		CHW 4.59.6
2	Catherine Hulme		C&S 5.04.9
3	Ellie Howat	U17	BIR 5.07.0
4	Mary Hughes	U17	R&N 5.10.3
5	Kari O'Neill	U17	WWA 5.11.1
6	Bethan Daw		CDF 5.18.6
7	Lori Marshall		NOT 5.21.8
8	Demi-Jade Jakymelen		MNS 5.25.6

W 1500m B

1	Jourdanna Beresford Sm		BIR 5.14.8
2	Iona Evans	U17	WWA 5.20.1
3	Lucy Arkinstall		CHW 5.27.7
4	Holly Smith		MNS 5.49.3
5	Heledd Williams	U17	CDF 5.51.3
6	Sarah Hulme		C&S 6.02.0

W 3000m A

1	Danni Johnson		BIR 10.54.5
2	Kim Jalland		CHW 11.35.0
3	Hannah Robinson	U17	NOT 11.53.7
4	Lowri Heckler	U17	WWA 12.12.6
5	Hannah Hardy		MNS 12.15.1
6	Heledd Williams	U17	CDF 12.23.3
7	Rebecca Bray		C&S 12.31.2

W 3000m B

1	Clare Harwood	U17	CDF 12.28.0
2	Charlotte Foxall	U17	BIR 12.32.4
3	Beth Clarke		C&S 13.21.1
4	Holly Smith		MNS 13.40.5

W 100mH A Wind +2.0 m/s

1	Catrin Stone		WWA 14.9
2	Karina Jakovenko		BIR 15.2
3	Jenny Robins	U17	NOT 15.4
4	Katie Rowe		R&N 16.0
5	Chloe Elphick		MNS 18.0
6	Rebecca Cooke		C&S 18.6

W 100mH B Wind +1.3 m/s

1	Dionne Samuels		BIR 15.7
2	Kimberley Davies		WWA 16.0
3	Hannah Scales	U17	R&N 17.7
4	Lucy Johnson		NOT 20.1
5	Natalie Ainge		C&S 21.1

W 400mH A

1	Katie Stainton	U17	BIR 67.5
2	Hannah Scales	U17	R&N 70.2
3	Rebecca Cooke		C&S 70.3
4	Sophie Pick		WWA 75.6
5	Becky Summers		CDF 76.0
6	Emma Nutt		CHW 76.6
7	Lucy Johnson		NOT 81.0
8	Yvette Robinson		MNS 83.1

W 400mH B

1	Megan Thomas		CDF 70.9
2	Naomi O'Brien	U17	BIR 71.8
3	Atlanta Williams		WWA 72.4
4	Ruth Hayes	U17	C&S 77.7
5	Jenny Robins	U17	NOT 80.0

W 1500m Sc A

1	Gabriella Moriarty		R&N 5.47.0
2	Chevelle Baxter		MNS 6.03.4
3	Becky Summers		CDF 6.03.9
4	Kim Jalland		CHW 6.25.1
5	Beth Clarke		C&S 7.01.6
6	Naomi O'Brien	U17	BIR 7.43.2

W 1500m Sc B

1	Tamsin Smith		MNS 6.05.6
2	Leah Gregory		BIR 7.43.2

W Discus Throw A

1	Emma Crooke	U17	BIR 35.44
2	Nina Prells		WWA 35.42
3	Emily Campbell		NOT 28.91
4	Kathyrn Reynolds		R&N 27.75
5	Hannah Dunderdale		MNS 22.65
6	Beth Denning		C&S 22.57
7	Alice Knight		CHW 20.96
8	Megan Thomas		CDF 20.38

W Discus Throw B

1	Awen Rosser	U17	WWA 34.93
2	Jane Bourne		BIR 28.30
3	Mia Gell	U17	NOT 21.46
4	Alicia Clarke		C&S 19.38
5	Ayla Phillips		CDF 18.41
6	Chevelle Baxter		MNS 11.19

W Hammer Throw A

1	Toni Wells		WWA 52.85
2	Ayla Phillips		CDF 40.47
3	Emily Campbell		NOT 39.72
4	Emma Crooke	U17	BIR 39.27
5	Vicky Judd	U17	CHW 36.19
6	Charlotte Davies		R&N 21.84
7	Beth Denning		C&S 20.73
8	Tamsin Smith		MNS 10.06

W Hammer Throw B

1	Annabelle Palmer	U17	NOT 37.95
2	Helena Madan		WWA 31.83
3	Vivan Salo		BIR 28.69
4	Sophie Wright		R&N 19.68
5	Alicia Clarke		C&S 16.92
6	Holly Smith		MNS 7.75
7	Danielle Mill		CDF 6.43

W High Jump A

1	Sophie Pick		WWA 1.55
2	Ella Gibbons	U17	C&S 1.55
3	Katie Rowe		R&N 1.50
4	Katie Platt		NOT 1.45
5	Chloe Elphick		MNS 1.40

W High Jump B

1	Georgina Greenwood	U17	C&S 1.50
2	Belinda Amoako	U17	R&N 1.45
3	Chantelle Robinson	U17	NOT 1.40
4	Atalanta Williams		WWA 1.40

W Javelin Throw A

1	Carys Mansfield	U17	WWA 41.19
2	Kerry Murch	U17	R&N 37.78
3	Amber Burdett		CHW 36.65
4	Kate Morley	U17	BIR 35.14
5	Becky Woolley		MNS 32.63
6	Lucy Heap	U17	C&S 32.35
7	Ayla Phillips		CDF 20.28
8	Helen Gill		NOT 15.45

W Javelin Throw B

1	Charlotte Burrows		R&N 32.81
2	Alice Knight		CHW 29.23
3	Nikita Campbell-Smith	U17	BIR 26.81
4	Hannah Dunderdale		MNS 26.72
5	Toni Wells		WWA 25.32
6	Mia Gell	U17	NOT 11.76
7	Megan Thomas		CDF 11.00
8	Alicia Clarke		C&S 2.73

W Long Jump A

1	Kerry Murch	U17	R&N 5.50
2	Jessica Leek	U17	C&S 5.19
3	Ffion Rees		WWA 5.17
4	Connie James		BIR 5.11
5	Chloe Elphick		MNS 5.04
6	Etiene Hodge	U17	NOT 4.33
7	Heledd Williams	U17	CDF 3.30

W Long Jump B

1	Olivia Merry		C&S 5.17
2	Rebecca Davies		R&N 4.71
3	Alyce Philips	U17	WWA 4.68
4	Megan Arnold	U17	NOT 4.23
5	Dionne Samuels	U17	BIR 4.22
6	Becky Woolley		MNS 3.96
7	Clare Harwood	U17	CDF 2.87

W Pole Vault A

1	Naomi James		WWA 3.35
2	Jenny Robins	U17	NOT 3.05
3	Lucy Daly	U17	CDF 2.60
4	Tamsin Smith		MNS 2.45

W Pole Vault B

1	Enfys Jones	U17	WWA 2.60
2	Jenny Taylor		NOT 2.45
3	Chloe Elphick		MNS 2.30

W Shot Putt A

1	Toni Wells		WWA 11.62
2	Anna Davies	U17	NOT 11.14
3	Ayla Phillips		CDF 10.01
4	Becky Woolley		MNS 9.38
5	Chloe Gayle	U17	BIR 9.20
6	Kerry Murch	U17	R&N 8.58
7	Beth Denning		C&S 7.75
8	Alice Knight		CHW 7.40

W Shot Putt B

1	Lucy Griffiths		WWA 11.33
2	Helen Gill		NOT 9.99
3	Nikita Campbell-Smith		BIR 9.11
4	Sophie Hazelwood	U17	R&N 7.59
5	Alicia Clarke		C&S 7.28
6	Danielle Mill		CDF 6.73
7	Yvette Robinson		MNS 3.74

W Triple Jump A

1	Katie Rowe		R&N 11.02
2	Chloe		MNS 10.88
3	Natalie Ainge		C&S 10.23
4	Andrea Barrow	U17	BIR 9.77
5	Rhiannon Thomas	U17	WWA 9.57
6	Megan Arnold	U17	NOT 9.15

W Triple Jump B

1	Georgina Greenwood	U17	C&S 10.14
2	Rebecca Davies		R&N 9.27
3	Chelsea Christopher	U17	WWA 9.17
4	Alicia Cox	U17	NOT 9.14
5	Ines Kanyinda	U17	BIR 9.03
6	Elsie Glover		MNS 7.87

W 4x100m Relay

1	C&S 50.8	1 Natalie Ainge		2 Jessica Leek	U17
		3 Ella Gibbons	U17	4 Zoe Styles	U17
2	WWA 50.8	1 Elise Davies	U17	2 Catrin Stone	
		3 Ffion Rees		4 Rhiannon Thomas	U17
3	NOT 51.1	1 Laura Mason		2 Molly Ferguson	U17
		3 Katie Platt		4 Anna Davies	
4	R&N 51.2	1 Charlotte Burrows		2 Monet Ager	
		3 Sophie Wright		4 Lauren Jones	
5	CDF 51.6	1 Jamie-Leigh Bowen		2 Danielle Mill	
		3 Lauren Regan		4 Sam Cogan	
6	MNS 57.8	1 Holly Smith		2 Elsie Glover	U17
		3 Tamsin Smith		4 Becky Woolley	
7	BIR DNF				

W 4x400m Relay

1	BIR	4.02.1	1	Nikita Campbell-Smith	2	Katy Warren
			3	Danni Johnson	4	Amy Hillyard
2	CDF	4.13.4	1	Sam Cogan	2	Bethan Daw
			3	Jamie-Leigh Bowen	4	Lauren Regan
3	C&S	4.16.8	1	Jessica Leek U17	2	Rebecca Cooke
			3	Bethan Roberts	4	Natalie Ainge
4	WWA	4.17.5	1	Elysia Pearson	2	Sophie Pick
			3	Stacey Collins	4	Jemima Osborn
5	NOT	4.18.7	1	Chantelle Robinson	2	Molly Ferguson U17
			3	Laura Mason	4	Hannah Robinson U17
6	MNS	4.19.4	1	Demi-Jade Jakymelen	2	Chevelle Baxter
			3	Robyn Foster	4	Hannah Dunderdale
7	CHW	4.21.3	1	Briony Bendle	2	Emma Nutt
			3	Lucy Arkinstall	4	Kim Jalland
8	R&N	4.23.1	1	Gabriella Moriarty	2	Emma McGowan
			3	Mary Hughes U17	4	Hannah Scales U17

M 4x100m Relay

1	CDF	44.1	1	Jamaul Whyte	2	Sam Gordon
			3	James Griffiths	4	Michael Johnson
2	C&S	44.6	1	Tyler Brown-Jones U17	2	Matthew Mayne U17
			3	Alex Bradnick	4	Chris Morris
3	CHW	44.7	1	Richard Adiyia	2	Jack Goodband
			3	Steven Watson	4	Scott Douglas
4	NOT	44.9	1	Matt Gregg U17	2	Makoye Kampengale
			3	Charlie Waterhouse	4	Alex Ferguson
5	WWA	44.9	1	Matthew Davies U17	2	Ross Bangura
			3	Matthew Richards	4	Alex Pavlou
6	R&N	46.5	1	Robert Sutherland U17	2	Tom Johnson
			3	Jonathon Chin	4	Themba Luhana
7	MNS	48.9	1	Alex Heath	2	Tom Wallett
			3	David Wilkinson U17	4	Jonathan Brannan
8	BIR	DQ				

M 4x400m Relay

1	BIR	3.21.1	1	Christian Byron	2	Tom Graves
			3	Efekomo Okoro	4	Jarryd Dunn
2	NOT	3.25.5	1	Zach King	2	Robert Needham
			3	Lewis Golledge	4	Charlie Waterhouse
3	CDF	3.29.8	1	Scott Edwards	2	Jacon Brennan
			3	Tom Phillips	4	James Wiltshire
4	WWA	3.37.0	1	Llyr Jamieson U17	2	Alex Pavlou
			3	Owain O'Leary	4	Carwyn Evans U17
5	C&S	3.40.9	1	Ashley Wickett	2	James Lake U17
			3	Chris Morris	4	Matthew Mayne U17
6	R&N	3.42.7	1	Tom Johnson	2	Rory Grant
			3	James Wright	4	Ben Sutherland U17
7	CHW	3.43.6	1	Scott Douglas	2	Richard Adiyia
			3	George Buttery	4	Joe Wales
8	MNS	3.54.5	1	Tom O'Mara	2	Tom Wallett
			3	Alex Heath	4	Adam Sansom

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge		Event	Lge
1 BIR	524	8	1 BIR	535.14	8	1 Birchfield Harriers	1059.14	16
2 NOT	460	7	2 WWA	522.48	7	2 West Wales	972.48	13
3 WWA	450	6	3 NOT	422.14	6	3 Notts AC	882.14	13
4 MNS	441	5	4 CDF	417.14	5	4 Mansfield Harriers	821.48	8
5 C&S	414	4	5 C&S	402.48	4	5 Cannock & Stafford AC	816.48	8
6 R&N	354	3	6 MNS	380.48	3	6 Cardiff AC	718.14	7
7 CDF	301	2	7 R&N	362	2	7 Rugby & Northampton AC	716	5
8 CHW	295	1	8 CHW	210.14	1	8 Charnwood AC	505.14	2

Athlete of the Match: Najee Palmer BIR 51.12 Discus
Toni Wells WWA 52.85 Hammer

General Comment: Mens Pole Vault cancelled due to equipment failure in warm up. Extra GuestM200mAlex FergusonNOT24.2 Matt GreggNOT24.2 WdiscVivianSalo27.26

Note(s)
BIR Includes + 35pts,
C&S Includes + 35pts,
CDF Includes + 35pts,
CHW Includes + 25pts,
MNS Includes + 35pts,
NOT Includes + 35pts,
R&N Includes + 25pts,
WWA Includes + 35pts,

Birmingham Wyndley Stadium, Mon 30 May 2011

W 100m Wind +2.8 m/s
1 Nardia Kidd-Walker BIR 12.7
2 Layla Rees-Cooke BIR 13.1
3 Elise Davies WWA 13.1
4 Hannah Dunderdale MAN 13.1
5 Megan Arnold U17 NOT 13.1
6 Adina Tomlinson BIR 13.2
7 Leah Gregory BIR 13.3
8 Etiene Hodge U17 NOT 13.5

M 100m Wind +2.6 m/s
1 James Griffiths CAR 11.3
2 Alex Pavlou WWA 11.5
3 Tom Phillips CAR 11.5
4 Christopher Ombisii C&S 12.1
5 Julian Thomas U17 NOT 12.4
6 Lewis Akrill CAR 12.4

M 200m Wind +2.6 m/s
1 Jamaul Whyte CAR 22.3
2 Efe Okoro BIR 22.5
3 Alex Pavlou WWA 23.5
4 Julian Thomas U17 NOT 24.8
5 Christopher Ombisii C&S 25.2

M 200m Wind +2.2 m/s
1 Michael Prentiss CAR 22.3
2 Jack Goodband CHA 23.0
3 James Griffiths CAR 23.4
4 Owain Morgan WWA 24.1
5 Matt Grice NOT 24.2

M 100m Wind +1.7 m/s
1 James Wiltshire CAR 11.4
2 Owain Morgan WWA 11.9
3 Shane Jones WWA 12.6
4 George Tyson C&S 13.3

M 800m
1 Addam Sattar BIR 2.05.3
2 Sam Lacey BIR 2.09.3
3 Kieron White WWA 2.09.9

W Pole Vault
1 Shannon Lee WWA 2.90
2 Megan Jones WWA 2.30

W Long Jump
1 Ella Gibbons CHA 5.14NWI
2 Kimberley Davies WWA 4.49NWI

M Javelin Throw
1 Chris Clarke MAN 35.21
2 Travelle Morris-Reid BIR 53.35

W Shot Putt
1 Nina Perlls WWA 9.26
2 Emily Cook BIR 8.37

W Hammer Throw
1 Nina Perlls WWA 29.77

W Discus Throw
1 Lucy Griffiths WWA 35.25

W High Jump
1 Helena Madden WWA 1.50

M Triple Jump
1 Armani James BIR 12.88NWI

M 1500m
1 Nanaan Morris CAR 4.16.3

M Long Jump
1 Ross Bangura WWA 5.63NWI

M 400m
1 Jon Shay Ho-Shing BIR 52.3

W 200m Wind +3.3 m/s
1 Belinda Amoako R&N 29.3

M 110mH Wind +0.9 m/s
1 Shane Jones WWA 19.2

M Discus Throw
1 Greg Millar MAN 25.71