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UP AND RUNNING MIDLAND TRACK AND FIELD LEAGUE RESULTS - DIVISION 3, 3 JULY 2010
at Aldersley, Wolverhampton *Third version*

Total Scores

Position	Team	Points
1	Wolves & Bilston	391.5
2	Yate & District	353.5
3	Tamworth A	326
4	Kettering T H	312
5	DASH	264
6	Solihull & S H	226

Mens Scores

Position	Team	Points
1	Tamworth A	187
2	Yate & District	182
3	Wolves & Bilston	175
4	Kettering T H	161
5	DASH	138
6	Solihull & S H	118

Womens Scores

Position	Team	Points
1	Wolves & Bilston	206.5
2	Yate & District	156.5
3	Kettering T H	136
4	Tamworth A	134
5	DASH	121
6	Solihull & S H	98

Officials Points

Team Name	Points
Wolves & Bilston	10
Yate & District	15
Tamworth A	5
Kettering T H	15
DASH	5
Solihull & S H	10

Match Position after 37 Events

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Men 100m (A string)

Posn	Name	Club	Perf	Pts
1	Jamie Brock	Yate & District	10.9	9
2	Peter Watling	Wolves & Bilston	11.0	7
3	Yannick Phippen	Kettering T H	11.2	6
4	Peter Oliver	DASH	11.5	5
5	Bradley Free	Solihull & S H	11.7	4
6	Benjamin Horsley	Tamworth A	11.8	3

Men 100m (B string)

Posn	Name	Club	Perf	Pts
1	Tyrone Mcdonald	Wolves & Bilston	11.3	7
2	Gavin Comber	Tamworth A	11.4	5
3	Matthew Mugeridge	Yate & District	11.7	4
4	Charlie Britten	Kettering T H	12.1	3
5	Kevon Miller	Solihull & S H	12.1	2

Men 200m (A string)

Posn	Name	Club	Perf	Pts
1	Peter Watling	Wolves & Bilston	22.6	9
2	jamie Brock	Yate & District	22.6	7
3	Yannick Phippen	Kettering T H	22.8	6
4	Benjamin Horsley	Tamworth A	23.5	5
5	Bradley Free	Solihull & S H	23.6	4
6	Ashley Raybould	DASH	23.8	3

Men 200m (B string)

Posn	Name	Club	Perf	Pts
1	Ashley Mclintock	Kettering T H	23.7	7
2	Gavin Comber	Tamworth A	23.8	5
3	Aaron Badoo	Wolves & Bilston	24.1	4
4	Kevon Miller	Solihull & S H	25.1	3
5	Alistair Robbins	Yate & District	25.4	2
6	Jordan Smith	DASH	25.4	1

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Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Daniel Cash	Tamworth A	49.9	9
2	Alexander Hawkins	Solihull & S H	51.1	7
3	Ashley McIntock	Kettering T H	51.9	6
4	Matthew Muggeridge	Yate & District	53.7	5
5	Richard Jones	Wolves & Bilston	54.0	4
6	Ashley Raybould	DASH	54.2	3

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	Greg Richards	Tamworth A	52.3	7
2	Alex Currie	Solihull & S H	52.4	5
3	Alex Smit	Kettering T H	54.3	4
4	Alistair Robbins	Yate & District	56.1	3
5	Travis Francis	Wolves & Bilston	56.5	2
6	Alistair Gamble	DASH	57.5	1

Men 110m H (A string)

Posn	Name	Club	Perf	Pts
1	Alexander James Nwenwu	Wolves & Bilston	14.9	9
2	Jamie Dean (Milne)	Kettering T H	16.6	7
3	Daniel White	Yate & District	18.0	6
4	Jamie Fitzpatrick	Solihull & S H	18.3	5
5	Phil Nation	DASH	18.5	4
6	Matthew James	Tamworth A	20.1	3

Men 110m H (B string)

Posn	Name	Club	Perf	Pts
1	Elijah Burke	Solihull & S H	19.6	7
2	Adrian Dillon	Wolves & Bilston	19.9	5
3	Ricky Hallam	Tamworth A	20.5	4
4	Andy Mills	Kettering T H	24.2	3
5	Dave Nation	DASH	24.7	2

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Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Richard Curl	Solihull & S H	58.6	9
2	Jamie Dean (Milne)	Kettering T H	59.2	7
3	Matthew Muggeridge	Yate & District	60.6	6
4	Phil Nation	DASH	61.6	5
5	Matthew James	Tamworth A	62.2	4
6	Ashley Plummer	Wolves & Bilston	66.1	3

Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Elijah Burke	Solihull & S H	62.6	7
2	Daniel White	Yate & District	67.1	5
3	Alistair Gamble	DASH	70.4	4
4	Charlie Britten	Kettering T H	72.3	3
5	Liam Williams	Wolves & Bilston	73.4	2

Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Simon King	Tamworth A	2.01.0	9
2	William Ganley	Wolves & Bilston	2.01.6	7
3	Joseph Dagleish	Yate & District	2.02.1	6
4	Jake Waples	Kettering T H	2.02.8	5
5	Jordan Smith	DASH	2.06.8	4

Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Gregg Halliwell	Yate & District	2.05.8	7
2	Dave Nation	DASH	2.08.9	5
3	Liam Williams	Wolves & Bilston	2.14.6	4
4	Liam Smith	Kettering T H	2.26.4	3

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Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Sam Dalgleish	Yate & District	4.07.7	9
2	Jonathan Goringe	Kettering T H	4.23.1	7
3	Tom Warrender	Wolves & Bilston	4.24.7	6
4	Jacob Hughes	Tamworth A	4.26.0	5
5	Jordan Smith	DASH	4.30.0	4
6	Simon Anetts	Solihull & S H	4.34.1	3

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Joseph Dalgleish	Yate & District	4.12.4	7
2	William Ganley	Wolves & Bilston	4.26.1	5
3	Dave Nation	DASH	4.31.4	4
4	Aidan Bailey	Kettering T H	4.44.5	3
5	Peter Robinson	Tamworth A	dq	0

Men 5000m (A string)

Posn	Name	Club	Perf	Pts
1	Lee Slater	DASH	16.11.0	9
2	Sam Dalgleish	Yate & District	16.18.4	7
3	Jonathan Goringe	Kettering T H	17.04.8	6
4	dave smith	Wolves & Bilston	17.17.1	5
5	Howard Bush	Tamworth A	17.44.7	4

Men 5000m (B string)

Posn	Name	Club	Perf	Pts
1	Ian Furness	DASH	16.52.6	7
2	David Edwards	Kettering T H	18.16.3	5
3	Darren Edwards	Wolves & Bilston	18.18.8	4
4	Thomas Orton	Tamworth A	18.44.0	3
5	Tony Jefferies	Yate & District	19.47.8	2

Men 2000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	David Evans	Wolves & Bilston	6.37.0	9
2	Luke Scarr	Solihull & S H	6.37.6	7
3	Howard Bush	Tamworth A	7.08.1	6
4	Shane Smith	Kettering T H	8.57.3	5

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Men 2000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Richard Read	Wolves & Bilston	7.48.0	7
2	Pete Goringe	Kettering T H	9.32.1	5

Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Adam Smith	Tamworth A	6.20	9
2	Matthew Muggeridge	Yate & District	6.15	7
3	Adrian Dillon	Wolves & Bilston	6.06	6
4	Charlie Britten	Kettering T H	5.88	5
5	Richard Westwood	DASH	5.20	4
6	Elijah Burke	Solihull & S H	4.92	3

Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Travis Francis	Wolves & Bilston	5.94	7
2	Jamie Dean (Milne)	Kettering T H	5.54	5
3	Gavin Comber	Tamworth A	5.33	4
4	Alistair Gamble	DASH	5.20	3
5	Joseph Harris	Yate & District	4.48	2

Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Adam Smith	Tamworth A	13.16	9
2	Matthew Muggeridge	Yate & District	13.00	7
3	Richard Westwood	DASH	12.40	6
4	Donovan James	Wolves & Bilston	11.92	5
5	Jamie Dean (Milne)	Kettering T H	11.89	4
6	Bradley Free	Solihull & S H	11.06	3

Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Matthew James	Tamworth A	11.09	7
2	Alistair Gamble	DASH	10.29	5
3	Joseph Harris	Yate & District	9.43	4
4	Jamie Fitzpatrick	Solihull & S H	9.42	3
5	Andy Mills	Kettering T H	9.29	2

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Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Jordan Roach	Tamworth A	1.90	9
2	Jamie Fitzpatrick	Solihull & S H	1.88	7
3	Jamie Dean (Milne)	Kettering T H	1.81	6
4	Adrian Dillon	Wolves & Bilston	1.70	5
5	Daniel White	Yate & District	1.70	4
6	Alistair Gamble	DASH	1.45	3

Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Adam Smith	Tamworth A	1.65	7
2	Tristan Graham	Wolves & Bilston	1.65	5
3	Alistair Robbins	Yate & District	1.50	4
4	Alex Smit	Kettering T H	1.45	3
5	Lewis Albutt	Solihull & S H	1.40	2
6	Phil Nation	DASH	1.40	1

Men Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Gavin Showell	Tamworth A	3.70	9
2	Daniel White	Yate & District	3.30	7
3	Adrian Dillon	Wolves & Bilston	3.20	6
4	Jonathan Goringe	Kettering T H	2.10	5

Men Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Ricky Hallam	Tamworth A	3.70	7
2	Alan Holloway	Yate & District	3.20	5
3	Charlie Britten	Kettering T H	2.10	4

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Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Alexander Berrow	Tamworth A	11.69	9
2	Richard Woodhall	DASH	11.20	7
3	Christopher Bevan	Yate & District	10.38	6
4	Andy Mills	Kettering T H	10.09	5
5	Richard Taylor	Solihull & S H	9.67	4
6	Jake Clowsley	Wolves & Bilston	8.73	3

Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Joe Smith	DASH	10.39	7
2	Pete Jackson	Yate & District	10.11	5
3	Gavin Showell	Tamworth A	8.73	4
4	Adam Henley	Kettering T H	6.28	3
5	Lewis Albutt	Solihull & S H	6.13	2
6	Donovan James	Wolves & Bilston	5.60	1

Men Discus (A string)

Posn	Name	Club	Perf	Pts
1	Richard Woodhall	DASH	38.26	9
2	Andy Mills	Kettering T H	35.87	7
3	Alan Holloway	Yate & District	34.63	6
4	Benjamin Pearson	Wolves & Bilston	34.26	5
5	Alexander Berrow	Tamworth A	24.48	4
6	Richard Taylor	Solihull & S H	21.35	3

Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	Christopher Bevan	Yate & District	32.74	7
2	Jake Clowsley	Wolves & Bilston	25.58	5
3	Matthew James	Tamworth A	18.56	4
4	Jamie Fitzpatrick	Solihull & S H	16.49	3
5	Adam Henley	Kettering T H	15.48	2

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Men Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Alexander Berrow	Tamworth A	48.94	9
2	Richard Woodhall	DASH	36.87	7
3	Ashley Jones	Yate & District	32.36	6
4	Andy Mills	Kettering T H	27.68	5
5	Richard Taylor	Solihull & S H	27.20	4
6	Jake Clowsley	Wolves & Bilston	20.64	3

Men Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Mark Lodge	Yate & District	26.51	7
2	Joe Smith	DASH	23.20	5
3	Gavin Showell	Tamworth A	23.14	4
4	Michael Dolby	Solihull & S H	15.44	3
5	Adrian Dillon	Wolves & Bilston	15.28	2
6	Adam Henley	Kettering T H	13.50	1

Men Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Richard Woodhall	DASH	53.52	9
2	Alan Holloway	Yate & District	48.64	7
3	Richard Taylor	Solihull & S H	46.53	6
4	Jake Clowsley	Wolves & Bilston	39.79	5
5	Andy Mills	Kettering T H	32.63	4
6	Gavin Showell	Tamworth A	30.29	3

Men Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Lewis Albutt	Solihull & S H	42.85	7
2	Joe Smith	DASH	38.29	5
3	Daniel White	Yate & District	37.66	4
4	Adrian Dillon	Wolves & Bilston	33.75	3
5	Aidan Bailey	Kettering T H	28.83	2
6	Matthew James	Tamworth A	23.37	1

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Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Wolves & Bilston	44.2	9
2		Tamworth A	44.4	7
3		DASH	46.7	6
4		Solihull & S H	47.0	5
5		Yate & District	47.6	4
6		Kettering T H	dnf	0

Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Tamworth A	3.28.2	9
2		Kettering T H	3.34.8	7
3		Wolves & Bilston	3.36.0	6
4		Yate & District	3.46.3	5

Women 100m (A string)

Posn	Name	Club	Perf	Pts
1	Ann Ika Oqua	Wolves & Bilston	12.3	9
2	Kirstie Overfield	DASH	12.5	7
3	Charnia Kirk	Yate & District	12.6	6
4	Niamh Bailey	Kettering T H	13.3	5
5	Danielle Georgiou	Solihull & S H	13.4	4
6	Chloe Saunders	Tamworth A	13.5	3

Women 100m (B string)

Posn	Name	Club	Perf	Pts
1	Samantha Mills	Wolves & Bilston	12.7	7
2	Rachel Timothy	DASH	12.8	5
3	Gemma Elliott	Kettering T H	13.2	4
4	Lauren Saunders	Tamworth A	13.3	3
5	Hayley Smith	Yate & District	13.6	2

Women 200m (A string)

Posn	Name	Club	Perf	Pts
1	Jodie Harrison	Wolves & Bilston	25.6	9
2	Kirstie Overfield	DASH	25.9	7
3	Sophie Taylor	Tamworth A	25.9	6
4	Charnia Kirk	Yate & District	26.8	5
5	Gemma Elliott	Kettering T H	26.9	4
6	Hannah Wood	Solihull & S H	27.2	3

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Women 200m (B string)

Posn	Name	Club	Perf	Pts
1	Samantha Mills	Wolves & Bilston	26.3	7
2	Niamh Bailey	Kettering T H	26.8	5
3	Rachel Timothy	DASH	27.2	4
4	Sophie Wells	Yate & District	27.6	3
5	Chloe Saunders	Tamworth A	27.8	2

Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Gemma Elliott	Kettering T H	60.9	9
2	Laura Pacey	Wolves & Bilston	61.6	7
3	Elizabeth Checkley	Tamworth A	61.7	6
4	Amy Wrigley	DASH	62.7	5
5	Hayley Smith	Yate & District	62.8	4
6	Kirsty Zammit	Solihull & S H	65.7	3

Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Hannah Jackson	Yate & District	60.8	7
2	Nicole King	Tamworth A	61.3	5
3	Louise Webster	Wolves & Bilston	62.1	4
4	Alex Keyworth	Kettering T H	63.9	3
5	Charlotte Whitcombe	DASH	77.1	2

Women 100m H (A string)

Posn	Name	Club	Perf	Pts
1	Megan Dixon	Wolves & Bilston	15.9	9
2	Katie Jacks	Solihull & S H	16.5	7
3	Hannah Sargeant	Tamworth A	17.0	6
4	Jessica Hignett	DASH	17.5	5
5	Hannah Jackson	Yate & District	18.8	4
6	Sophie Munn	Kettering T H	21.8	3

Women 100m H (B string)

Posn	Name	Club	Perf	Pts
1	Rebecca Oakley	Wolves & Bilston	17.2	7
2	Charnia Kirk	Yate & District	17.2	5
3	Adele Reynolds	DASH	19.5	4

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Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Hannah Jackson	Yate & District	67.7	9
2	Laura Pacey	Wolves & Bilston	70.6	7
3	Jessica Hignett	DASH	71.7	6
4	Sophie Munn	Kettering T H	73.9	5
5	Katie Jacks	Solihull & S H	77.6	4

Women 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Rebecca Oakley	Wolves & Bilston	71.6	7
2	Charlotte Whitcombe	DASH	1.30.3	5
3	Yvonne Elliott	Kettering T H	1.39.7	4

Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Rebecca Hall	Kettering T H	2.20.1	9
2	Floren Scrafton	Yate & District	2.21.1	7
3	Hayley Richards	Wolves & Bilston	2.25.6	6
4	Lucy Flanner	Solihull & S H	2.27.9	5
5	Amy Frith	Tamworth A	dnf	0

Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Katherine Snowden	Tamworth A	2.28.3	7
2	Dannielle Smith	Kettering T H	2.29.2	5
3	Kirsty Zammit	Solihull & S H	2.32.3	4
4	Jennifer Wilson	Wolves & Bilston	2.46.0	3

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Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Hannah Alderson	Yate & District	4.34.1	9
2	Lucy Flanner	Solihull & S H	4.50.2	7
3	Hayley Munn	Kettering T H	4.56.4	6
4	Rebecca Smith	Tamworth A	5.11.6	5
5	Hayley Richards	Wolves & Bilston	5.18.1	4
6	Amanda Dipple	DASH	5.20.4	3

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Rebecca Hall	Kettering T H	5.16.0	7
2	Tess Parkinson	Wolves & Bilston	5.22.2	5
3	Rebecca Freeman	Solihull & S H	5.45.2	4
4	Katherine Snowden	Tamworth A	dnf	0

Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Hayley Munn	Kettering T H	10.38.3	9
2	Rebecca Smith	Tamworth A	10.51.1	7
3	Audrey Wilson	Wolves & Bilston	10.57.7	6
4	Rebecca Freeman	Solihull & S H	11.33.9	5
5	Amanda Dipple	DASH	11.34.8	4
6	Robyn Brailey	Yate & District	11.55.2	3

Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Tess Parkinson	Wolves & Bilston	11.10.2	7
2	Sophie Munn	Kettering T H	11.38.4	5
3	Helen Finch	Solihull & S H	11.43.6	4
4	Emily Whitehouse	DASH	dnf	0

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Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Rebecca Oakley	Wolves & Bilston	5.12	9
2	Charnia Kirk	Yate & District	4.91	7
3	Hannah Keight	Tamworth A	4.48	6
4	Katie Jacks	Solihull & S H	4.11	5
5	Sharnie Love	Kettering T H	3.94	4
6	Fran Lacey	DASH	3.92	3

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Sophie Wells	Yate & District	4.59	7
2	Samantha Mills	Wolves & Bilston	4.51	5
3	Elizabeth Checkley	Tamworth A	4.17	4
4	Sophie Munn	Kettering T H	3.60	3
5	Kirsty Zammit	Solihull & S H	3.55	2
6	Charlotte Whitcombe	DASH	3.54	1

Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Sophie Wells	Yate & District	10.62	9
2	Rebecca Oakley	Wolves & Bilston	10.27	7
3	Fran Lacey	DASH	8.66	6
4	Melissa Metcalfe	Tamworth A	8.02	5
5	Dannielle Smiith	Kettering T H	7.86	4

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Sarah Douras	Wolves & Bilston	9.87	7
2	Rachel Spooner	Yate & District	8.42	5

Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Hannah Keight	Tamworth A	1.65	9
2	Niamh Bailey	Kettering T H	1.55	7
3=	Emma Douras	Wolves & Bilston	1.50	5.5
3=	Rachel Spooner	Yate & District	1.50	5.5
5	Katie Jacks	Solihull & S H	1.45	4
6	Elizabeth Paskin	DASH	1.40	3

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Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1=	Hannah Sargeant	Tamworth A	1.50	6
1=	Sarah Douras	Wolves & Bilston	1.50	6
3	Ashley Frost	Yate & District	1.35	4
4	Amy Wrigley	DASH	1.30	3
5	Sharnie Love	Kettering T H	1.25	2

Women Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Elizabeth Checkley	Tamworth A	2.30	9

Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Rachel Perry	DASH	9.41	9
2	Dionne Joy Campbell	Wolves & Bilston	8.31	7
3	Ashley Frost	Yate & District	7.68	6
4	Hannah Sargeant	Tamworth A	7.67	5
5	Kate Whiston	Solihull & S H	6.80	4
6	Louise Granger	Kettering T H	6.75	3

Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Anne-Marie Walton	DASH	8.75	7
2	Jennifer Cooper	Wolves & Bilston	8.12	5
3	Sophie Taylor	Tamworth A	7.65	4
4	Jill Turner	Solihull & S H	6.64	3
5	Maria Townsend	Yate & District	6.55	2
6	Gemma Elliott	Kettering T H	6.50	1

Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Dionne Joy Campbell	Wolves & Bilston	31.22	9
2	Rachel Perry	DASH	29.93	7
3	Kate Whiston	Solihull & S H	29.64	6
4	Louise Granger	Kettering T H	24.93	5
5	Lucy Blunt	Yate & District	20.41	4
6	Sophie Allen	Tamworth A	15.65	3

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UP AND RUNNING MIDLAND TRACK AND FIELD LEAGUE RESULTS - DIVISION 3, 3 JULY 2010
at Aldersley, Wolverhampton *Third version*

Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Jennifer Cooper	Wolves & Bilston	30.19	7
2	Bethany Jones	Yate & District	18.84	5
3	Jill Turner	Solihull & S H	18.23	4
4	Dannielle Smith	Kettering T H	14.26	3
5	Kelly KING	Tamworth A	12.75	2

Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Bethany Jones	Yate & District	38.96	9
2	Sophie Allen	Tamworth A	32.28	7
3	Jennifer Cooper	Wolves & Bilston	28.34	6
4	Kate Whiston	Solihull & S H	24.29	5
5	Anne-Marie Walton	DASH	24.22	4
6	Louise Granger	Kettering T H	19.17	3

Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Lucy Blunt	Yate & District	31.36	7
2	Rachel Perry	DASH	22.12	5
3	Mary Harding	Wolves & Bilston	18.16	4
4	Kelly KING	Tamworth A	15.21	3
5	Jill Turner	Solihull & S H	14.57	2
6	Gemma Elliott	Kettering T H	13.67	1

Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Sara Bobash	Wolves & Bilston	31.73	9
2	Ashley Frost	Yate & District	30.76	7
3	Rachel Perry	DASH	23.50	6
4	Jill Turner	Solihull & S H	18.88	5
5	Sophie Munn	Kettering T H	18.37	4
6	Sophie Allen	Tamworth A	17.21	3

Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Karen Addis	Wolves & Bilston	28.51	7
2	Maria Townsend	Yate & District	25.56	5
3	Anne-Marie Walton	DASH	23.22	4
4	Kate Whiston	Solihull & S H	17.53	3
5	Hannah Sargeant	Tamworth A	15.63	2
6	Louise Granger	Kettering T H	11.57	1

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UP AND RUNNING MIDLAND TRACK AND FIELD LEAGUE RESULTS - DIVISION 3, 3 JULY 2010
at Aldersley, Wolverhampton *Third version*

Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Wolves & Bilston	50.9	9
2		Tamworth A	51.5	7
3		DASH	51.6	6
4		Kettering T H	52.8	5
5		Yate & District	58.3	4

Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Tamworth A	4.09.4	9
2		Kettering T H	4.23.3	7
3		Yate & District	4.30.5	6
4		Solihull & S H	4.35.9	5
5		Wolves & Bilston	dq	0