

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012 Division 3 Match 4 Venue: Worcester (by B & R)

Position	Team	Points
1	Telford AC	334
2	Stratford / Avon	308
3	Broms & Redditch	297
4	Tamworth A	239
5	Yate & District	235

Mens Scores

Position	Team	Points
1	Telford AC	194
2	Stratford / Avon	149
3	Broms & Redditch	144
4	Tamworth A	131
5	Yate & District	113

Womens Scores

Position	Team	Points
1	Stratford / Avon	144
2	Broms & Redditch	138
3	Telford AC	125
4	Yate & District	107
5	Tamworth A	103

Officials Points

Team Name	Points
Telford AC	15
Stratford / Avon	15
Broms & Redditch	15
Tamworth A	5
Yate & District	15

Match Position after 37 Events

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Men 100m (A string)

Posn	Name	Club	Perf	Pts
1	Ben Simons	Telford AC	11.1	8
2	Josh Evans	Yate & District	11.3	6
3	Bryn Stretton	Stratford / Avon	11.4	5
4	Daniel Rhodes	Tamworth A	11.5	4
5	Thomas Russell	Broms & Redditch	11.6	3

Men 100m (B string)

Posn	Name	Club	Perf	Pts
1	Tino Dummett#	Telford AC	11.4	6
2	Simeon Clarence	Broms & Redditch	11.9	4
3	Callum Court	Yate & District	12.2	3
4	Myles Richardson	Tamworth A	12.3	2
5	Jack McMullen	Stratford / Avon	12.5	1

Men 200m (A string)

Posn	Name	Club	Perf	Pts
1	Tom Burton#	Tamworth A	22.7	8
2	Josh Evans	Yate & District	23.3	6
3	Thomas Russell	Broms & Redditch	23.6	5
4	Bryn Stretton	Stratford / Avon	23.9	4
5	Tino Dummett#	Telford AC	24.7	3

Men 200m (B string)

Posn	Name	Club	Perf	Pts
1	Simeon Clarence	Broms & Redditch	23.8	6
2	David Edwards	Telford AC	23.9	4
3	Tom Pontin	Yate & District	23.9	3
4	Greg Richards	Tamworth A	24.1	2
5	Adriano Ritchie	Stratford / Avon	24.3	1

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012 Division 3 Match 4 Venue: Worcester (by B & R)

Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Edward Dawes	Telford AC	52.3	8
2	Tom Burton#	Tamworth A	52.3	6
3	James Hart	Broms & Redditch	52.6	5
4	Matthew Muggerridge	Yate & District	53.0	4
5	Adriano Ritchie	Stratford / Avon	54.0	3

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	Jack Hall	Tamworth A	52.3	6
2	Martin Aspley-Davis#	Broms & Redditch	53.5	4
3	Jakob White	Yate & District	53.9	3
4	Robert Minton	Stratford / Avon	55.7	2
5	Russell Adams	Telford AC	56.0	1

Men 110m H (A string)

Posn	Name	Club	Perf	Pts
1	Malcolm Dawes	Telford AC	17.2	8
2	Sam Grimsell	Yate & District	19.8	6
3	Cameron Quincey	Tamworth A	20.6	5
4	Sam Moran	Broms & Redditch	21.0	4
5	Michael Warner	Stratford / Avon	24.2	3

Men 110m H (B string)

Posn	Name	Club	Perf	Pts
1	Iain Moody	Telford AC	21.1	6
2	Daniel White	Yate & District	22.3	4
3	Andrew Freeman	Broms & Redditch	23.7	3
4	Robert Minton	Stratford / Avon	24.0	2

Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Malcolm Dawes	Telford AC	58.5	8
2	Martin Aspley-Davis#	Broms & Redditch	58.7	6
3	Robert Minton	Stratford / Avon	70.1	5
4	Cameron Quincey	Tamworth A	75.9	4

Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Andrew Freeman	Broms & Redditch	68.3	6
2	Iain Moody	Telford AC	69.7	4
3	Michael Warner	Stratford / Avon	70.6	3

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Edward Dawes	Telford AC	1:58.5	8
2	Marc Forrest	Tamworth A	1:58.5	6
3	Sean Bowden	Broms & Redditch	1:59.4	5
4	Jack McMullen	Stratford / Avon	2:07.3	4

Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Stephen Parkes	Tamworth A	2:00.5	6
2	Sam Moran	Broms & Redditch	2:10.2	4
3	Nye Davis	Stratford / Avon	2:11.6	3
4	Jamie Carter	Telford AC	2:39.5	2

Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Luke Jones	Tamworth A	4:12.1	8
2	Sean Bowden	Broms & Redditch	4:13.7	6
3	Ryan Heath	Telford AC	4:20.7	5
4	Nye Davis	Stratford / Avon	4:43.5	4
5	Malcolm White	Yate & District	5:05.3	3

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Ellis Cross	Tamworth A	4:17.8	6
2	David Battersby	Stratford / Avon	4:47.9	4
3	Andrew Freeman	Broms & Redditch	4:55.7	3
4	David Tatton	Telford AC	5:05.3	2

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012 Division 3 Match 4 Venue: Worcester (by B & R)

Men 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Chris Rimmer	Telford AC	9:01.3	8
2	Stephen Parkes	Tamworth A	9:33.0	6
3	Danny Tolhurst	Stratford / Avon	9:59.8	5
4	Mark Appleton	Broms & Redditch	10:07.0	4
5	Malcolm White	Yate & District	10:59.6	3

Men 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Chris Bacon	Stratford / Avon	10:19.2	6
2	John Garmson	Telford AC	10:22.9	4
3	Jacob Hughes	Tamworth A	10:26.7	3
4	Kevin Lanckham	Broms & Redditch	10:59.6	2
5	Tony Jefferies	Yate & District	12:21.5	1

Men 3000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	Simon Lanckham	Broms & Redditch	10:51.1	8
2	Robert Minton	Stratford / Avon	11:01.2	6
3	David Tatton	Telford AC	11:14.1	5
4	Howard Bush	Tamworth A	11:18.7	4
5	Steven Beardwell	Yate & District	11:36.0	3

Men 3000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Gavin Moorhead	Broms & Redditch	11:34.0	6
2	Keith Hawkes	Stratford / Avon	11:38.1	4

Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Simeon Clarence	Broms & Redditch	6.47	8
2	Bryn Stretton	Stratford / Avon	6.27	6
3	Edward Dawes	Telford AC	5.99	5
4	Daniel White	Yate & District	5.29	4
5	Marc Forrest	Tamworth A	5.01	3

Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Malcolm Hawkins	Stratford / Avon	6.24	6
2	Ben Simons	Telford AC	5.56	4
3	Sam Moran	Broms & Redditch	4.96	3
4	Callum Court	Yate & District	4.74	2

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Aidan Reynolds	Telford AC	12.22	8
2	Matthew Muggerridge	Yate & District	11.86	6
3	Christopher Bartlett	Stratford / Avon	11.68	5
4	Myles Richardson#	Tamworth A	11.01	4
5	Sam Moran	Broms & Redditch	10.94	3

Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Kyle Gladwin	Telford AC	11.11	6
2	Bryn Stretton	Stratford / Avon	11.08	4
3	Gavin Showell	Tamworth A	10.95	3
4	Sam Grimsell	Yate & District	10.88	2
5	Simon Lanckham	Broms & Redditch	10.76	1

Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Aidan Reynolds	Telford AC	1.90	8
2	Adam Wall	Yate & District	1.90	6
3	James Hart	Broms & Redditch	1.75	5
4	Christopher Bartlett	Stratford / Avon	1.55	4
5	Myles Richardson#	Tamworth A	1.50	3

Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Malcolm Dawes	Telford AC	1.80	6
2	Daniel White	Yate & District	1.55	4
3	Joe Donaghue	Stratford / Avon	1.50	3
4	Andrew Freeman	Broms & Redditch	1.50	2
5	Gavin Showell	Tamworth A	1.50	1

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012 Division 3 Match 4 Venue: Worcester (by B & R)

Men Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Gavin Showell	Tamworth A	3.85	8
2	Callum Court	Yate & District	3.70	6
3	Owen Chaplin	Telford AC	3.30	5
4	Joe Donaghue	Stratford / Avon	2.60	4

Men Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Sean Saxon	Telford AC	2.50	6
2	Robert Minton	Stratford / Avon	2.10	4

Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Christopher Bevan	Yate & District	11.46	8
2	Ian Taylor	Telford AC	11.16	6
3	Conor Guest	Stratford / Avon	10.73	5
4	Gavin Showell	Tamworth A	9.28	4
5	Richard O'Connor	Broms & Redditch	7.83	3

Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Alessandro Dummett#	Telford AC	10.75	6
2	Pete Jackson	Yate & District	9.91	4
3	James Chamberlain	Stratford / Avon	8.56	3
4	Harry Onions	Broms & Redditch	7.61	2
5	Matthew James	Tamworth A	6.12	1

Men Discus (A string)

Posn	Name	Club	Perf	Pts
1	Christopher Bevan	Yate & District	36.88	8
2	Aidan Reynolds	Telford AC	36.52	6
3	Richard O'Connor	Broms & Redditch	28.36	5
4	Gavin Showell	Tamworth A	25.01	4
5	James Chamberlain	Stratford / Avon	24.52	3

Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	Ian Taylor	Telford AC	25.16	6
2	Joe Donaghue	Stratford / Avon	25.11	4
3	Martin Aspley-Davis#	Broms & Redditch	23.77	3
4	Ashley Jones	Yate & District	23.05	2
5	Matthew James	Tamworth A	18.53	1

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Men Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Conor Guest	Stratford / Avon	40.35	8
2	Ian Taylor	Telford AC	35.84	6
3	Richard O'Connor	Broms & Redditch	32.60	5
4	Ashley Jones	Yate & District	28.16	4
5	Gavin Showell	Tamworth A	20.89	3

Men Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Graham Black	Stratford / Avon	30.94	6
2	Harry Onions	Broms & Redditch	30.26	4
3	Pete Jackson	Yate & District	23.63	3
4	Matthew James	Tamworth A	14.74	2

Men Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Aidan Reynolds	Telford AC	60.38	8
2	James Chamberlain	Stratford / Avon	46.70	6
3	Matthew Mugeridge	Yate & District	41.52	5
4	Andrew Freeman	Broms & Redditch	32.93	4
5	Simon King	Tamworth A	33.16	3

Men Javelin (B string)

Posn	Name	Club	Perf	Pts
1	James Bell	Telford AC	54.47	6
2	Daniel White	Yate & District	36.46	4
3	Joe Donaghue	Stratford / Avon	32.85	3
4	Martin Aspley-Davis#	Broms & Redditch	32.64	2
5	Gavin Showell	Tamworth A	20.47	1

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Telford AC	44.6	8
2		Tamworth A	45.1	6
3		Stratford / Avon	48.1	5
4		Broms & Redditch	48.2	4

Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Tamworth A	3:27.4	8
2		Broms & Redditch	3:33.4	6
3		Stratford / Avon	3:40.3	5
4		Telford AC	3:53.2	4

Women 100m (A string)

Posn	Name	Club	Perf	Pts
1	Joanne Frost	Broms & Redditch	12.6	8
2	Amy Bowen	Telford AC	12.9	6
3	Milly Kellyman	Tamworth A	12.9	5
4	Amelia Coulson	Stratford / Avon	13.2	4
5	Abigail Medd	Yate & District	13.7	3

Women 100m (B string)

Posn	Name	Club	Perf	Pts
1	Hannah Jackson	Yate & District	12.9	6
2	Elizabeth Tomlinson	Broms & Redditch	13.3	4
3	Catherine Smith	Tamworth A	13.4	3
4	Ellen Scholes	Stratford / Avon	14.1	2
5	Naomi Farquharson	Telford AC	15.1	1

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Women 200m (A string)

Posn	Name	Club	Perf	Pts
1	Joanne Frost	Broms & Redditch	26.1	8
2	Milly Kellyman	Tamworth A	26.8	6
3	Amelia Coulson	Stratford / Avon	27.2	5
4	Abigail Medd	Yate & District	27.7	4
5	Naomi Farquharson	Telford AC	30.4	3

Women 200m (B string)

Posn	Name	Club	Perf	Pts
1	Catherine Smith	Tamworth A	27.6	6
2	Elizabeth Tomlinson	Broms & Redditch	27.8	4
3	Lauren Thomas	Yate & District	29.1	3
4	Ellen Scholes	Stratford / Avon	29.2	2

Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Isobel Burn	Stratford / Avon	64.9	8
2	Elinor Winfield	Yate & District	65.3	6
3	Rebecca Selvey	Broms & Redditch	76.3	5

Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Hannah Taylor	Stratford / Avon	65.6	6
2	Melanie Hepke	Broms & Redditch	78.7	4

Women 100m H (A string)

Posn	Name	Club	Perf	Pts
1	Hannah Jackson	Yate & District	15.2	8
2	Sophie Worrall	Telford AC	15.3	6
3	Elizabeth Checkley	Tamworth A	18.2	5
4	Katie Eayrs#	Stratford / Avon	23.8	4

Women 100m H (B string)

Posn	Name	Club	Perf	Pts
1	Nancy Ndure	Telford AC	16.7	6
2	Hattie Dent	Yate & District	17.5	4
3	Michelle Keight	Tamworth A	19.7	3
4	Dawn Compton	Stratford / Avon	23.9	2

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Sophie Worrall	Telford AC	67.4	8
2	Hattie Dent	Yate & District	70.3	6
3	Elizabeth Checkley	Tamworth A	75.4	5
4	Dawn Compton	Stratford / Avon	1:26.3	4
5	Melanie Hepke	Broms & Redditch	1:29.4	3

Women 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Katie Eayrs#	Stratford / Avon	1:21.5	6

Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Lauren Ellis	Yate & District	2:24.1	8
2	Sally Hogan	Broms & Redditch	2:24.6	6
3	Abigail Flynn	Stratford / Avon	2:29.1	5

Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Tasneem Pope	Stratford / Avon	2:33.4	6
2	Tamara Ball	Broms & Redditch	2:34.7	4

Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Lauren Ellis	Yate & District	4:59.2	8
2	Isabel Bradley	Telford AC	5:00.2	6
3	Sally Hogan	Broms & Redditch	5:05.7	5
4	Eloise Du Luart	Stratford / Avon	5:11.9	4

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Tasneem Pope	Stratford / Avon	5:13.5	6
2	Katie Plummer	Broms & Redditch	5:36.2	4

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Claire Martin	Telford AC	10:24.0	8
2	Eloise Du Luart	Stratford / Avon	10:56.7	6
3	Tamara Ball	Broms & Redditch	11:51.4	5
4	Angela Valenti	Tamworth A	15:39.5	4

Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Sarah Wheeler	Stratford / Avon	12:03.6	6
2	Rebecca Selvey	Broms & Redditch	12:39.6	4

Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Joanne Frost	Broms & Redditch	5.74	8
2	Sophie Worrall	Telford AC	5.66	6
3	Georgie Evans	Stratford / Avon	4.56	5
4	Sarah Williams	Tamworth A	4.52	4
5	Jo Smerdon	Yate & District	4.39	3

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Geordan Edmonds	Broms & Redditch	5.09	6
2	Nancy Ndure	Telford AC	5.08	4
3	Carmen Gameson	Tamworth A	4.50	3
4	Rebecca Hopkins	Yate & District	4.09	2
5	Sarah Bland	Stratford / Avon	3.32	1

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Nancy Ndure	Telford AC	10.16	8
2	Hannah Taylor	Stratford / Avon	9.84	6
3	Milly Kellyman	Tamworth A	9.79	5
4	Jo Smerdon	Yate & District	9.15	4
5	Julie Wakelam	Broms & Redditch	7.53	3

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Catherine Smith	Tamworth A	9.44	6
2	Georgie Evans	Stratford / Avon	9.05	4
3	Naomi Farquharson	Telford AC	8.80	3

Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Nancy Ndure	Telford AC	1.60	8
2	Georgie Evans	Stratford / Avon	1.45	6
3	Geordan Edmonds	Broms & Redditch	1.45	5
4	Rebecca Hopkins	Yate & District	1.45	4
5	Carmen Gameson	Tamworth A	1.45	3

Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Sophie Worrall	Telford AC	1.40	6
2	Abigail Flynn	Stratford / Avon	1.40	4
3	Sarah Williams	Tamworth A	1.25	3

Women Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Sarah Williams	Tamworth A	2.60	8

Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Samantha Lloyd	Broms & Redditch	9.40	8
2	Kimberley Carter	Telford AC	8.27	6
3	Elizabeth Checkley	Tamworth A	7.19	5
4	Lucy Blunt	Yate & District	7.17	4
5	Charlotte Best	Stratford / Avon	6.96	3

Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Danielle Lloyd	Telford AC	8.09	6
2	Geordan Edmonds	Broms & Redditch	7.78	4
3	Sarah Bland	Stratford / Avon	6.91	3
4	Katie Spooner	Yate & District	6.80	2
5	Sophie Allen	Tamworth A	6.52	1

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012

Division 3

Match 4

Venue: Worcester (by B & R)

Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Danielle Lloyd	Telford AC	31.35	8
2	Samantha Lloyd	Broms & Redditch	29.33	6
3	Lucy Blunt	Yate & District	21.66	5
4	Sophie Allen#	Tamworth A	18.72	4
5	Sarah Bland	Stratford / Avon	17.93	3

Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Kimberley Carter	Telford AC	30.25	6
2	Julie Wakelam	Broms & Redditch	20.07	4
3	Katie Spooner	Yate & District	18.72	3
4	Michelle Keight	Tamworth A	15.49	2
5	Sarah Bland	Stratford / Avon	13.66	1

Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Katie Spooner	Yate & District	35.86	8
2	Sophie Allen#	Tamworth A	35.85	6
3	Danielle Lloyd	Telford AC	28.67	5
4	Sarah Bland	Stratford / Avon	21.51	4
5	Julie Wakelam	Broms & Redditch	20.98	3

Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Lucy Blunt	Yate & District	33.27	6
2	Kimberley Carter	Telford AC	26.07	4
3	Charlotte Best	Stratford / Avon	18.11	3
4	Milly Kellyman	Tamworth A	15.15	2
5	Samantha Lloyd	Broms & Redditch	12.60	1

SPONSORED BY UP AND RUNNING
MIDLAND TRACK AND FIELD LEAGUE 2012 RESULTS



05 Aug 2012 Division 3 Match 4 Venue: Worcester (by B & R)

Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Samantha Lloyd	Broms & Redditch	37.59	8
2	Jo Smerdon	Yate & District	24.23	6
3	Georgie Evans	Stratford / Avon	21.45	5
4	Lisa Williams	Telford AC	16.2	4
5	Elizabeth Checkley	Tamworth A	15.42	3

Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Charlotte Tongue	Broms & Redditch	21.29	6
2	Sarah Bland	Stratford / Avon	20.74	4
3	Michelle Keight	Tamworth A	12.47	3
4	Kimberley Carter	Telford AC	7.16	2

Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Stratford / Avon	51.9	8
2		Broms & Redditch	52.1	6
3		Telford AC	52.4	5
4		Yate & District	53.5	4
5		Tamworth A	56.5	3

Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Stratford / Avon	4:30.4	8
2		Broms & Redditch	4:34.7	6
3		Tamworth A	4:36.3	5

GUEST RESULTS

	Name	Club	Performance
100m			
83	Sean Saxon	Tamworth	12.1
1500m			
89	Simon King	Tamworth	4.46.4
3000m			
84	Gavin Moorhead	Bromsgrove and Redditch	11.07.6
90	Chris Warren	Bromsgrove and Redditch	10.30.0
86	Michael Warner	Stratford	10.44.8
87	Kieran Turner	Stratford	11.10.0
800m			
80	Matt James	Tamworth	2.42.2
Discus			
85	Conor Guest	Stratford	32.46