

## MIDLAND TRACK AND FIELD LEAGUE 2017 RESULTS

DATE Division 5 Match 1 Venue:  
06/05/2017 Leamington

## Total Scores

Position	Team	Points
1	Stratford on Avon AC	437
2	Charnwood AC	315
3	Burton AC	309
4	Daventry AAC	268
5	Dudley Stourbridge H	244
6	Hereford & County AC	226
7	Kettering Town H	174

## Mens Scores

Position	Team	Points
1	Stratford on Avon AC	215
2	Daventry AAC	197
3	Charnwood AC	173
4	Dudley Stourbridge H	149
5	Burton AC	140
6	Hereford & County AC	102
7	Kettering Town H	62

## Womens Scores

Position	Team	Points
1	Stratford on Avon AC	207
2	Burton AC	154
3	Charnwood AC	127
4	Kettering Town H	112
5	Hereford & County AC	109
6	Dudley Stourbridge H	90
7	Daventry AAC	61

## Officials Points

Team Name	Points
Stratford on Avon AC	15
Charnwood AC	15
Burton AC	15
Daventry AAC	10
Dudley Stourbridge H	5
Hereford & County AC	15
Kettering Town H	

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Match Position after 35 Events

**Men 100m (A string)**

Posn	Name	Club	Perf	Pts
1	Daniel Boyd	Stratford on Avon AC	11.4	10
2	Harry Handsaker	Burton AC	11.5	8
3	Oliver Broadley	Charnwood AC	11.6	7
4	Michael Fenn	Daventry AAC	11.7	6
5	Emmanuel Mbu	Kettering Town H	11.7	5
6	Oliver Law	Dudley Stourbridge H	12.2	4
7	Matthew Glancy	Hereford & County AC	12.2	3

**Men 100m (B string)**

Posn	Name	Club	Perf	Pts
1	Sam Foreman	Charnwood AC	11.5	8
2	Jamie Wilkes	Dudley Stourbridge H	11.6	6
3	Joe Howe	Hereford & County AC	12.2	5
4	Calum Casey	Daventry AAC	12.5	4
5	Steve Sinnott	Kettering Town H	12.6	3
6	Daniel Hague	Stratford on Avon AC	12.9	2
7	Jack Poxon	Burton AC	14.1	1

**Men 200m (A string)**

Posn	Name	Club	Perf	Pts
1	Daniel Boyd	Stratford on Avon AC	23.2	10
2	Emmanuel Mbu	Kettering Town H	23.2	8
3	Oliver Broadley	Charnwood AC	23.3	7
4	Harry Handsaker	Burton AC	23.8	6
5	Michael Fenn	Daventry AAC	24.0	5
6	Benjamin Thompson	Hereford & County AC	24.1	4
7	Oliver Law	Dudley Stourbridge H	25.2	3

**Men 200m (B string)**

Posn	Name	Club	Perf	Pts
1	Sam Foreman	Charnwood AC	23.4	8
2	Matthew Glancy	Hereford & County AC	25.0	6
3	Calum Casey	Daventry AAC	25.2	5
4	Jonathan Mulkeen	Stratford on Avon AC	27.4	4
5	Jack Poxon	Burton AC	27.9	3

**Men 400m (A string)**

Posn	Name	Club	Perf	Pts
1	Charlie Howick	Charnwood AC	51.3	10
2	Jack Simpson	Burton AC	52.6	8
3	Henry Grisenthwaite	Stratford on Avon AC	53.2	7
4	Zachary McGrillen	Hereford & County AC	56.2	6
5	Leon Martin-Evans	Daventry AAC	57.1	5
6	Tony James	Kettering Town H	57.6	4

**Men 400m (B string)**

Posn	Name	Club	Perf	Pts
1	Ollie Howl	Hereford & County AC	53.1	8
2	Adam Bayliss	Stratford on Avon AC	55.9	6
3	George Howick	Charnwood AC	56.6	5
4	Jonathon Dumelow	Burton AC	58.8	4
5	Jack Watson	Kettering Town H	60.9	3
6	Andrew Pedelty	Daventry AAC	68.1	2

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## Men 110m H (A string)

Posn	Name	Club	Perf	Pts
1	Kieran Russ	Daventry AAC	17.5	10
2	Martyn Heliker	Stratford on Avon AC	20.5	8

## Men 110m H (B string)

Posn	Name	Club	Perf	Pts
1	Andrew Pedelty	Daventry AAC	21.0	8
2	Kieran Tursner	Stratford on Avon AC	25.5	6

## Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Kieran Russ	Daventry AAC	60.0	10
2	Ollie Howl	Hereford & County AC	61.9	8
3	Cavan Farrow	Stratford on Avon AC	64.0	7

## Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Robert Minton	Stratford on Avon AC	76.7	8
2	Andrew Pedelty	Daventry AAC	78.7	6

## Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	David Ratcliffe	Dudley Stourbridge H	2.05.7	10
2	Luke Nuttall	Charnwood AC	2.07.3	8
3	Tony James	Kettering Town H	2.14.2	7
4	Murray Jackson	Stratford on Avon AC	2.16.9	6
5	Ben Sawbridge	Burton AC	2.20.7	5
6	Ben Jones	Daventry AAC	2.23.1	4
7	Kevin Barnes	Hereford & County AC	3.19.9	3

## Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Ben Foster	Dudley Stourbridge H	2.10.6	8
2	Christopher Sinclair	Charnwood AC	2.12.7	6
3	Archie Musk	Stratford on Avon AC	2.26.3	5
4	Damian Baker	Daventry AAC	2.52.9	4

## Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Luke Nuttall	Charnwood AC	4.23.7	10
2	Oscar Barbour	Stratford on Avon AC	4.24.6	8
3	Robert Meredith	Dudley Stourbridge H	4.29.4	7
4	Joshua Cannell	Kettering Town H	4.40.9	6
5	Dale Langlely	Burton AC	4.40.9	5
6	Ben Jones	Daventry AAC	5.25.5	4
7	Kevin Barnes	Hereford & County AC	6.57.8	3

## Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Fergus Allison	Stratford on Avon AC	4.24.9	8
2	David Locker	Charnwood AC	4.30.5	6
3	David Nation	Dudley Stourbridge H	4.38.7	5
4	Ben Sawbridge	Burton AC	5.00.8	4
5	Damian Baker	Daventry AAC	5.32.8	3

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## Men 5000m (A string)

Posn	Name	Club	Perf	Pts
1	Mark Couldwell	Charnwood AC	16.25.2	10
2	Jack Simpson	Burton AC	16.32.8	8
3	Robert Meredith	Dudley Stourbridge H	16.40.3	7
4	Edward Cannell	Kettering Town H	17.04.3	6
5	Robin Kindersley	Stratford on Avon AC	19.08.5	5
6	Damian Baker	Daventry AAC	21.36.2	4
7	Kevin Barnes	Hereford & County AC	23.46.6	3

## Men 5000m (B string)

Posn	Name	Club	Perf	Pts
1	James Douglas	Charnwood AC	16.30.1	8
2	Ben Foster	Dudley Stourbridge H	16.45.3	6
3	Ross Brown	Kettering Town H	18.31.5	5
4	Paul Hawkins	Stratford on Avon AC	23.14.4	4

## Men 2000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	David Nation	Dudley Stourbridge H	7.06.4	10
2	Rob Minton	Stratford on Avon AC	7.21.5	8
3	Damian Baker	Daventry AAC	9.18.7	7
4	Kevin Barnes	Hereford & County AC	10.13.7	6

## Men 2000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	David Ratcliffe	Dudley Stourbridge H	7.38.8	8
2	Kieran Tursner	Stratford on Avon AC	7.45.4	6

## Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Michael Fenn	Daventry AAC	6.19	10
2	Daniel Boyd	Stratford on Avon AC	6.19	8
3	Jamie Wilkes	Dudley Stourbridge H	5.57	7
4	Harry Handsaker	Burton AC	5.55	6
5	Benjamin Thompson	Hereford & County AC	5.39	5
6	Steve Sinnott	Kettering Town H	4.20	4

## Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Kieran Russ	Daventry AAC	5.73	8
2	Jack Poxon	Burton AC	5.53	6
3	Jon Mulkeen	Stratford on Avon AC	4.48	5

## Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Cavan Farrow	Stratford on Avon AC	11.98	10
2	Jack Poxon	Burton AC	10.93	8
3	Zachary McGrillan	Hereford & County AC	10.75	7
4	Leon Martin-Evans	Daventry AAC	10.22	6

## Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	James Gionis	Stratford on Avon AC	11.07	8
2	Jonathon Dumelow	Burton AC	10.39	6
3	Matthew Clarke	Daventry AAC	10.20	5

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## Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Leon Martin-Evans	Daventry AAC	1.90	10
2	James Taylor	Charnwood AC	1.80	8
3	Rowan Love	Stratford on Avon AC	1.65	7
4	Jonathon Dumelow	Burton AC	1.50	6

## Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	James Gionis	Stratford on Avon AC	1.65	8
2	James Best	Daventry AAC	1.55	6
3	Jack Poxon	Burton AC	1.40	5

## Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Richard Woodhall	Dudley Stourbridge H	13.12	10
2	Tom Pearson	Charnwood AC	11.32	8
3	Michael Fenn	Daventry AAC	10.70	7
4	Benjamin Howard	Burton AC	9.40	6
5	Ianto Davis	Stratford on Avon AC	9.31	5
6	Ross Brown	Kettering Town H	6.94	4
7	Graham Hazlegreaves	Hereford & County AC	6.79	3

## Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Joe Smith	Dudley Stourbridge H	10.37	8
2	Ross Douglas	Charnwood AC	9.72	6
3	Russ Sanderson	Daventry AAC	8.62	5
4	Jaime Walker	Burton AC	7.56	4
5	Graham Black	Stratford on Avon AC	6.34	3
6	Kevin Barnes	Hereford & County AC	5.72	2

## Men Discus (A string)

Posn	Name	Club	Perf	Pts
1	Tom Pearson	Charnwood AC	35.88	10
2	Richard Woodhall	Dudley Stourbridge H	34.39	8
3	Kieran Russ	Daventry AAC	33.09	7
4	Ianto Davis	Stratford on Avon AC	26.14	6
5	Benjamin Howard	Burton AC	24.73	5
6	Matthew Glancy	Hereford & County AC	20.49	4
7	Ross Brown	Kettering Town H	16.23	3

## Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	Joe Smith	Dudley Stourbridge H	32.90	8
2	Ross Douglas	Charnwood AC	31.43	6
3	Andrew Pedelty	Daventry AAC	24.14	5
4	Alec Taylor	Burton AC	21.86	4
5	Martyn Helliker	Stratford on Avon AC	21.03	3
6	Harry Boswell	Hereford & County AC	8.75	2

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## Men Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Ross Douglas	Charnwood AC	51.68	10
2	Richard Woodhall	Dudley Stourbridge H	45.64	8
3	James Best	Daventry AAC	36.84	7
4	Jaime Walker	Burton AC	26.48	6
5	Graham Black	Stratford on Avon AC	24.75	5
6	Ross Brown	Kettering Town H	14.16	4
7	Kevin Barnes	Hereford & County AC	13.47	3

## Men Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Tom Pearson	Charnwood AC	42.97	8
2	Joe Smith	Dudley Stourbridge H	30.10	6
3	Andrew Pedelty	Daventry AAC	22.18	5
4	Jonathon Dumelow	Burton AC	20.35	4
5	Paul Hawkins	Stratford on Avon AC	12.25	3

## Men Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Richard Woodhall	Dudley Stourbridge H	51.33	10
2	Benjamin Howard	Burton AC	38.97	8
3	Kieran Russ	Daventry AAC	38.81	7
4	Daniel Hague	Stratford on Avon AC	37.74	6
5	Ross Douglas	Charnwood AC	31.81	5
6	Leo Farmershee	Hereford & County AC	27.49	4

## Men Javelin (B string)

Posn	Name	Club	Perf	Pts
1	James Best	Daventry AAC	38.63	8
2	Joe Smith	Dudley Stourbridge H	35.66	6
3	Cavan Farrow	Stratford on Avon AC	34.38	5
4	Alec Taylor	Burton AC	31.66	4
5	Oliver Bradley	Charnwood AC	19.72	3

## Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Hereford & County AC	47.0	10
2		Daventry AAC	47.3	8
3		Stratford on Avon AC	47.4	7
4		Charnwood AC	50.2	6
5		Burton AC	54.1	5

## Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Charnwood AC	3.39.9	10
2		Stratford on Avon AC	3.44.3	8
3		Hereford & County AC	3.47.2	7
4		Daventry AAC	3.52.1	6
5		Burton AC	4.07.1	5
6		Dudley Stourbridge H	4.10.8	4

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## Women 100m (A string)

Posn	Name	Club	Perf	Pts
1	Erin Healy	Kettering Town H	12.6	10
2	Lucy Jones	Dudley Stourbridge H	12.8	8
3	Dani Horton	Stratford on Avon AC	13.0	7
4	Emily Sanderson	Daventry AAC	13.1	6
5	Victoria Reeves	Charnwood AC	13.2	5
6	Nicola Masters	Hereford & County AC	13.5	4
7	Chloe Graham	Burton AC	13.9	3

## Women 100m (B string)

Posn	Name	Club	Perf	Pts
1	Chelsey Marshall	Charnwood AC	13.3	8
2	Jessica Sheppard	Stratford on Avon AC	13.3	6
3	Rachel Timothy	Dudley Stourbridge H	13.5	5
4	Sylvia Misztal	Hereford & County AC	13.9	4
5	Niamh Ruffles	Kettering Town H	14.5	3
6	Nicola Long	Burton AC	16.5	2

## Women 200m (A string)

Posn	Name	Club	Perf	Pts
1	Erin Healy	Kettering Town H	26.0	10
2	Lucy Jones	Dudley Stourbridge H	26.1	8
3	Nicola Masters	Hereford & County AC	27.0	7
4	Jessica Lee	Burton AC	27.3	6
5	Dani Horton	Stratford on Avon AC	27.3	5
6	Emily Sanderson	Daventry AAC	27.3	4
7	Victoria Reeves	Charnwood AC	27.3	3

## Women 200m (B string)

Posn	Name	Club	Perf	Pts
1	Rachel Timothy	Dudley Stourbridge H	28.0	8
2	Chloe Graham	Burton AC	28.2	6
3	Isabelle Cain-Daley	Stratford on Avon AC	29.0	5
4	Niamh Monaghan	Kettering Town H	29.4	4
5	Emily MacTaggart	Charnwood AC	30.7	3

## Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Emily Williams	Kettering Town H	59.2	10
2	Jess Sheppard	Stratford on Avon AC	60.9	8
3	Victoria Reeves	Charnwood AC	61.8	7
4	Harriet Buxton	Burton AC	62.9	6
5	Sylvia Misztal	Hereford & County AC	67.6	5
6	Emily Sanderson	Daventry AAC	68.1	4

## Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Ailis Macfarlane	Burton AC	64.7	8
2	Lucy Jones	Charnwood AC	64.8	6
3	Krisztina Kurucz	Kettering Town H	65.8	5
4	Olivia Hall	Stratford on Avon AC	70.5	4

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## Women 100m H (A string)

Posn	Name	Club	Perf	Pts
1	Emma Douras	Dudley Stourbridge H	14.9	10
2	Emily Madden Forman	Stratford on Avon AC	15.8	8
3	Sylvia Misztal	Hereford & County AC	17.4	7

## Women 100m H (B string)

Posn	Name	Club	Perf	Pts
1	Emma Bexson	Stratford on Avon AC	27.0	8

## Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Sylvia Misztal	Hereford & County AC	70.6	10
2	Natalie Stinton	Dudley Stourbridge H	71.3	8
3	Michaela Knight	Charnwood AC	90.6	7
4	Emma Bexson	Stratford on Avon AC	94.5	6

## Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Emily Williams	Kettering Town H	2.17.2	10
2	Lucy Jones	Charnwood AC	2.21.5	8
3	Ailis Macfarlane	Burton AC	2.28.4	7
4	Daisy Musk	Stratford on Avon AC	2.37.3	6

## Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Poppy Carmichael	Kettering Town H	2.24.2	8
2	Mariam Getachew	Charnwood AC	2.35.6	6
3	Olivia Hall	Stratford on Avon AC	2.40.3	5

## Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Lily Carmichael	Kettering Town H	5.15.9	10
2	Mariam Getachew	Charnwood AC	5.23.7	8
3	Sarah Bland	Stratford on Avon AC	6.02.7	7

## Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Edie Hutchinson	Stratford on Avon AC	6.07.1	8

## Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Alice Reed	Stratford on Avon AC	10.46.0	10
2	Barbara Poncia	Kettering Town H	13.19.2	8

## Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Emma Bexson	Stratford on Avon AC	12.12.5	8



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## Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Emma Sherwood	Dudley Stourbridge H	5.07	10
2	Emily Madden Forman	Stratford on Avon AC	4.94	8
3	Jessica Lee	Burton AC	4.75	7
4	Emily Sanderson	Daventry AAC	4.45	6
5	Cara Bennett	Hereford & County AC	4.31	5
6	Esther Osawa	Kettering Town H	4.15	4
7	Chelsey Marshall	Charnwood AC	3.43	3

## Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Harriet Buxton	Burton AC	4.59	8
2	Jodie Hanford	Hereford & County AC	4.14	6
3	Isabelle Cain-Daley	Stratford on Avon AC	4.10	5
4	Niamh Monaghan	Kettering Town H	4.02	4

## Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Emily Madden Forman	Stratford on Avon AC	10.93	10
2	Jessica Lee	Burton AC	9.32	8

## Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Paula Williams	Stratford on Avon AC	9.56	8
2	Mia Sherriff	Burton AC	8.02	6

## Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Isabelle Cain-Daley	Stratford on Avon AC	1.60	10
2	Emma Sherwood	Dudley Stourbridge H	1.60	8
3	Orla Macfarlane	Burton AC	1.40	7
4	Nicola Masters	Hereford & County AC	1.35	6
5	Chelsey Marshall	Charnwood AC	1.30	5

## Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Emma Douras	Dudley Stourbridge H	1.50	8
2	Harriet Buxton	Burton AC	1.35	6
3	Sarah Bland	Stratford on Avon AC	1.25	5
4	Jodie Hanford	Hereford & County AC	1.25	4

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## Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Gemma-Rose Atkinson-I	Burton AC	10.32	10
2	Paula Williams	Stratford on Avon AC	10.03	8
3	Charlotte Jones	Charnwood AC	9.12	7
4	Ruth Wells	Hereford & County AC	7.47	6
5	Sara Hanby	Daventry AAC	7.01	5
6	Lorna Barlow	Kettering Town H	5.45	4

## Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Zara Acton	Burton AC	8.96	8
2	Olivia Collins	Daventry AAC	6.51	6
3	Sarah Bland	Stratford on Avon AC	6.07	5
4	Victoria Reeves	Charnwood AC	5.71	4
5	Hannah Barnes	Hereford & County AC	5.24	3
6	Paula Sinnott	Kettering Town H	5.10	2

## Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Gemma-Rose Atkinson-I	Burton AC	29.96	10
2	Michaela Knight	Charnwood AC	26.65	8
3	Cara Benett	Hereford & County AC	26.47	7
4	Paula Williams	Stratford on Avon AC	21.29	6
5	Olivia Collins	Daventry AAC	18.85	5
6	Lorna Barlow	Kettering Town H	16.42	4

## Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Rhiannon Woolerton	Burton AC	21.98	8
2	Jasmine Routledge	Charnwood AC	21.29	6
3	Sara Hanby	Daventry AAC	17.51	5
4	Hannah Barnes	Hereford & County AC	15.79	4
5	Sarah Bland	Stratford on Avon AC	12.87	3

## Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Jasmine Routledge	Charnwood AC	40.85	10
2	Gemma-Rose Atkinson-I	Burton AC	36.25	8
3	Hannah Barnes	Hereford & County AC	25.59	7
4	Lorna Barlow	Kettering Town H	24.07	6
5	Sara Hanby	Daventry AAC	22.26	5
6	Sarah Bland	Stratford on Avon AC	19.91	4

## Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Mia Sherriff	Burton AC	29.71	8
2	Ruth Wells	Hereford & County AC	18.53	6
3	Olivia Collins	Daventry AAC	15.38	5
4	Emma Bexson	Stratford on Avon AC	12.19	4
5	Victoria Reeves	Charnwood AC	6.62	3

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## Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Amber Clifford	Burton AC	29.72	10
2	Charlotte Jones	Charnwood AC	26.82	8
3	Emma Sherwood	Dudley Stourbridge H	24.80	7
4	Ruth Wells	Hereford & County AC	20.65	6
5	Sarah Hanby	Daventry AAC	15.51	5
6	Sarah Bland	Stratford on Avon AC	15.48	4
7	Lorna Barlow	Kettering Town H	10.77	3

## Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Eleanor Gotrel	Stratford on Avon AC	15.33	8
2	Cara Bennett	Hereford & County AC	14.51	6
3	Diane Clarke	Daventry AAC	8.02	5
4	Michaela Knight	Charnwood AC	5.76	4

## Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Dudley Stourbridge H	50.1	10
2		Stratford on Avon AC	52.3	8
3		Kettering Town H	54.4	7
4		Hereford & County AC	55.7	6
5		Burton AC	57.6	5

## Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Stratford on Avon AC	4.27.1	10
2		Charnwood AC	4.37.9	8
3		Burton AC	4.48.2	7

## Hammer (Men) (Guest Event)

Posn	Name	Club	Perf
1	James Kew-Moss	Charnwood	dnf

## 100m (Men) (Guest Event)

Posn	Name	Club	Perf
1	Benjamin Thompson	Hereford	11.9
2	Harry Boswell	Hereford	12.0

## 200m (Men) (Guest Event)

Posn	Name	Club	Perf
1	Jo Howe	Hereford	24.5
2	Harry Boswell	Hereford	24.6

## Hammer (Women) (Guest Event)

Posn	Name	Club	Perf
1	Nicola Long	Burton	24.38

## 1500m (Men) (Guest Event)

Posn	Name	Club	Perf
1	David Ratcliffe	Dudley Stourbridge	4.50.6