

NJL Midland Promotion RESULTS
 Derby, Moorways Stadium, Mon 30 August 2010

M 100m A			M 100m B		
1 Alex Nwenu		W&B 11.9	1 Jonathan Timmings		TPN 12.1
2 Peter Shand		TPN 12.0	2 Nathan Nwenwu		W&B 12.2
3 Jamaul Whyte	U17	CDF 12.0	3 Nathan Mackenzie		TCD 12.2
4 Rob Scott		TCD 12.1	4 Nathan Higgins	U17	PLY 12.3
5 Jonathan Chin	U17	R&N 12.3	5 Tom Johnson		R&N 12.4
6 David Willis		PLY 12.4	6 Oliver Jeffries		CDF 12.5
7 Matt Wright		CLT 12.5	7 Yesper Adams	U17	CLT 13.3
M 200m A			M 200m B		
		Wind +6.6 m/s			Wind -6.4 m/s
1 Jamaul Whyte	U17	CDF 23.3	1 Jonathan Timmings		TPN 24.4
2 Ferron Sawyer	U17	W&B 23.4	2 Jonathan Chin		R&N 24.7
3 Rob Scott		TCD 23.4	3 Sam Gordon		CDF 24.7
4 Peter Shand		TPN 23.5	4 Aaron Bando		W&B 25.3
5 Ross Allen		R&N 23.6	5 Matt Wright		CLT 25.4
6 Ash Hill		CLT 24.1	6 Nathan Mackenzie		TCD 25.4
7 David Willis		PLY 24.6	7 Dan Kelland	U17	PLY 26.2
M 400m A			M 400m B		
1 Jack Imray		TPN 50.6	1 Luke Corbett		TPN 51.6
2 Dan Kelland	U17	PLY 53.8	2 Mitchell Robinson		TCD 53.3
3 Levi Curtis	U17	TCD 53.8	3 Liam Dury		PLY 55.2
4 Sam Gordon		CDF 54.8	4 Abdi Saleban		CDF 55.6
5 Andrew Scull	U17	CLT 55.8	5 Pat Sekinger	U17	CLT 57.2
6 Aaron Bando		W&B 56.6	6 Travis Francis		W&B 57.3
7 Tom Johnson		R&N 59.1	7 Ben Jennings	U17	R&N 62.0
M 800m A			M 800m B		
1 Sam Harry		PLY 2.02.9	1 Andrew Reed		PLY 2.07.9
2 Rory Grant		R&N 2.03.7	2 Dan Harrison		CLT 2.12.0
3 Abdi Saleban		CDF 2.07.7	3 Joe Whitmarsh-Knight		CDF 2.13.6
4 Josh Spering		CLT 2.11.9	4 Ben Jennings	U17	R&N 2.16.0
5 Joel Hatton		TPN 2.15.3			
M 1500m A			M 1500m B		
1 Luke Carroll	U17	CLT 4.11.5	1 Josh Spering		CLT 4.37.0
2 Rory Grant		R&N 4.20.1	2 Ashley Smith		PLY 4.46.4
3 Michael Ward		CDF 4.41.1	3 Connor Hills	U17	R&N 4.56.5
4 Sam Harry		PLY 4.41.4	4 Joe Whitmarsh-Knight		CDF 4.58.7
5 Chris Brookes	U17	W&B 5.38.2			
M 3000m A			M 3000m B		
1 Dan Owen		CLT 9.43.2	1 Andrew Reed		PLY 9.54.2
2 Ashley Smith		PLY 9.53.0	2 Michael Ward		CDF 10.17.8
3 Luke Robinson		R&N 10.00.0	3 Carsten Adams		CLT 10.42.0
4 Tom Whitmarsh-Knight		CDF 10.03.4	4 Robert Male	U17	R&N 11.19.5
5 Chris Brookes	U17	W&B 10.54.0			
M 110mH A			M 110mH B		
		Wind -4.4 m/s			Wind -5.7 m/s
1 Alex Nwenu		W&B 15.1	1 Ashley Plummer		W&B 22.2
2 Nathan Higgins	U17	PLY 15.8			
3 Oliver Jeffries		CDF 17.0			
M 400mH A			M 400mH B		
1 Matt Sumner		PLY 55.7	1 Darran Jones		CDF 66.0
2 Ash Hill		CLT 56.7	2 Joel Kinghorn	U17	W&B 69.1
3 Jacob Brennan		CDF 56.7	3 Dan Harrison		CLT 72.7
4 Manzu Lyn Cain		TPN 60.7			
5 James Wright	U17	R&N 64.4			
6 Ashley Plummer		W&B 65.8			

M 2000m Sc A			M 2000m Sc B		
1 Tom Whitmarsh-Knight	CDF	6.49.5	1 Dan Harrison	CLT	7.09.9
2 Dan Owen	CLT	6.51.3	2 Ashley Smith	PLY	7.25.9
3 Connor Hills	R&N	7.17.6	3 Darran Jones	CDF	7.48.1
4 Andrew Reed	PLY	7.23.6	4 Nick Scales	U17 R&N	9.34.0
M Discus Throw A			M Discus Throw B		
1 Gareth Winter	CDF	51.50	1 Jacob Matthews	CDF	44.06
2 Benji Pearson	U17 W&B	43.91	2 Tom Bridge	U17 TCD	32.03
3 Jamie Courtney	CLT	35.81	3 Harry Ronchetti	U17 R&N	30.23
4 Dan Burdett	TCD	35.46	4 Alex Parsons	U17 W&B	25.24
5 Craig Murch	R&N	32.22	5 Chris Farrington	TPN	15.04
6 Hayden Brown-Williams	PLY	30.89	6 Matt Sumner	PLY	14.70
7 Chad Rhodes	TPN	28.46	7 Dan Owen	CLT	7.26
M Hammer Throw A			M Hammer Throw B		
1 Craig Murch	R&N	52.26	1 Bradley Cole	CDF	37.55
2 Chad Rhodes	TPN	46.54	2 Chris Farrington	TPN	34.57
3 Gareth Winter	CDF	39.70	3 Nick Scales	U17 R&N	22.05
4 Dan Burdett	TCD	34.85	4 Tom Kitchen	TCD	20.26
5 Jake Clowsley	W&B	24.38	5 Nathan Nwenwu	W&B	8.43
6 Liam Dury	PLY	16.30	6 Pat Sekinger	CLT	4.07
7 Matt Wright	CLT	6.19			
M High Jump A			M High Jump B		
1 Hayden Brown-Williams	PLY	1.85	1 Dale Holloway	U17 TPN	1.65
2=Ferron Sawyer	U17 W&B	1.80	2 James Morley	U17 TCD	1.55
2=Kenroy Gray	U17 TPN	1.80	3 Joe Whitmarsh-Knight	CDF	1.55
4 James Wright	R&N	1.80	4 Ben Jennings	R&N	1.55
5 Jamie Courtney	CLT	1.60	5 Liam Dury	PLY	1.55
6 Sam Gordon	CDF	1.60	6 Tristram Graham	W&B	1.50
7 Matt Kirkland	U17 TCD	1.60	7 Pat Sekinger	CLT	1.50
M Javelin Throw A			M Javelin Throw B		
1 Craig Murch	R&N	46.48	1 Alex Parsons	U17 W&B	38.77
2 Tom Bridge	U17 TCD	45.68	2 Gareth Winter	CDF	37.65
3 Bradley Cole	CDF	42.50	3 Dan Burdett	TCD	35.58
4 Matt Davies	TPN	39.79	4 James Wright	U17 R&N	35.38
5 Jake Clowsley	W&B	39.69	5 Chad Rhodes	TPN	33.10
6 Hayden Brown-Williams	PLY	39.58	6 Sam Harry	PLY	28.67
7 Carsten Adams	CLT	20.53	7 Dan Owen	CLT	8.21
M Long Jump A			M Long Jump B		
1 Ferron Sawyer	U17 W&B	6.58	1 Travis Francis	W&B	6.10
2 Rob Scott	TCD	6.28	2 Jonathan Chin	U17 R&N	5.68
3 Hayden Brown-Williams	PLY	5.89	3 Dale Holloway	TPN	5.49
4=James Wright	R&N	5.81	4 Jacob Brennan	CDF	5.19
4=Jamie Courtney	CLT	5.81	5 Yesper Adams	CLT	5.00
6 Manzu Lyn Cain	TPN	5.74	6 Nathan Pentin	U17 TCD	4.92
7 Jamaul Whyte	CDF	5.34	7 David Willis	PLY	4.71
M Pole Vault A			M Pole Vault B		
1 Daniel Passey	TCD	4.20	1 Nathan Pentin	U17 TCD	3.35
2 Jamie Courtney	CLT	4.00	2 Josh Spering	CLT	2.45
3 Craig Murch	R&N	3.35	3 Nick Scales	R&N	2.30
4 Chris Farrington	TPN	2.00			
M Shot Putt A			M Shot Putt B		
1 Gareth Winter	CDF	15.16	1 Jacob Matthews	CDF	14.46
2 Jamie Courtney	CLT	13.46	2 Tom Bridge	U17 TCD	11.27
3 Tom Kitchen	TCD	11.79	3 Harry Ronchetti	U17 R&N	9.24
4 Craig Murch	R&N	11.27	4 Chris Farrington	TPN	7.00
5 Hayden Brown-Williams	PLY	10.16	5 David Willis	PLY	6.61
6 Chad Rhodes	TPN	10.02	6 Carsten Adams	CLT	5.93
7 Tobias Nwenwu	W&B	5.85			

M Triple Jump A			M Triple Jump B		
1 Dale Holloway		TPN 12.23	1 Matt Davies		TPN 10.95
2 Liam Dury		PLY 12.02	2 Travis Francis		W&B 10.83
3 Ian Swift		TCD 11.85	3 Matt Kirkland	U17	TCD 10.48
4 Joel Kinghorn	U17	W&B 11.79	4 Nathan Higgins		PLY 10.43
5 Matt Wright		CLT 11.63	5 Jacob Matthews		CDF 10.25
6 Jacob Brennan		CDF 11.37	6 Yesper Adams		CLT 9.96
7 Harry Ronchetti	U17	R&N 10.12	7 Nick Scales	U17	R&N 9.65
W 100m A			W 100m B		
		Wind -4.9 m/s			Wind -3.4 m/s
1 Jenny Batten		CLT 13.1	1 Hayley Harvey		PLY 13.4
2 Ann Ika Oqua	U17	W&B 13.3	2 Sam Griffiths	U17	CLT 13.7
3 Gwen Williams		CDF 13.8	3 Cameka Dias	U17	W&B 14.3
4 Emily Adams		TPN 13.8	4 Elinor Lewis		CDF 14.5
5 Paige Collings	U17	TCD 14.0	5 Roisin Reuss	U17	TCD 15.4
6 Lamorna Newman	U17	PLY 14.1	6 Paige McKenzie		TPN 15.4
7 Lauren Jones	U17	R&N 14.4	7 Sophie Hazelwood	U17	R&N 15.8
W 200m A			W 200m B		
		Wind -4.4 m/s			Wind -4.4 m/s
1 Jenny Batten		CLT 25.5	1 Sam Mills		W&B 27.1
2 Ann Ika Oqua	U17	W&B 26.4	2 Danielle Mill		CDF 28.3
3 Hayley Harvey		PLY 26.7	3 Jessica Turner	U17	TCD 28.4
4 Sophie Wright		R&N 27.5	4 Sam Griffiths		CLT 28.8
5 Gwen Williams		CDF 27.8	5 Lauren Jones	U17	R&N 29.1
6 Alexandra Turner		TCD 27.9	6 Jess Burns		PLY 30.0
7 Joella Spencer		TPN 30.3	7 Paige McKenzie		TPN 32.0
W 400m A			W 400m B		
1 Hayley Harvey		PLY 59.9	1 Briony Banks		R&N 65.4
2 Alexandra Turner		TCD 61.3	2 Danielle Mill		CDF 67.2
3 Sam Cogan		CDF 61.8	3 Sarah Brooks	U17	W&B 67.2
4 Sam Mills		W&B 62.4	4 Freddie Richards		PLY 67.7
5 Charlotte Inwood	U17	R&N 63.1	5 Eleanor Russon		TPN 69.4
6 Emily Adams		TPN 63.5			
7 Jess Collins		CLT 73.1			
W 800m A			W 800m B		
1 Jess Burns		PLY 2.24.4	1 Katie Burns	U17	PLY 2.33.5
2 Emily Waugh		R&N 2.28.1	2 Lauren Regan		CDF 2.34.0
3 Beth Hawlings	U17	CLT 2.29.4	3 Emily Allsop	U17	TCD 2.39.2
4 Bethan Daw	U17	CDF 2.32.5	4 Eleanor Barns	U17	R&N 2.45.9
5 Jessica Turner	U17	TCD 2.38.1	5 Cameka Dias	U17	W&B 3.32.8
6 Rebekah Warren	U17	W&B 3.02.1			
W 1500m A			W 1500m B		
1 Emily Waugh		R&N 5.10.1	1 Charlotte Inwood	U17	R&N 5.23.0
2 Bethan Daw	U17	CDF 5.14.8	2 Poppy Marriott	U17	TCD 6.16.1
3 Katie Burns	U17	PLY 5.25.5			
4 Beth Hawlings		CLT 5.29.0			
5 Emily Allsop	U17	TCD 5.36.5			
6 Rebekah Warren	U17	W&B 6.25.6			
W 3000m A			W 3000m B		
1 Sophie Lynch		TPN 11.06.3	1 Emma McGowan		R&N 13.13.7
2 Freddie Richards		PLY 11.33.6	2 Sam Cogan		CDF 15.10.8
3 Clarissa Blake	U17	R&N 11.56.6			
4 Poppy Marriott	U17	TCD 12.56.0			
5 Rebekah Warren	U17	W&B 13.14.4			
6 Lauren Regan		CDF 15.10.7			
W 100mH A			W 100mH B		
		Wind -6.7 m/s			Wind -5.4 m/s
1 Katie Rowe	U17	R&N 16.9	1 Charlotte Davis	U17	R&N 18.4
2 Emma Douras	U17	W&B 17.6	2 Savannah Devillez		CLT 19.1
3 Elinor Lewis		CDF 18.0	3 Megan Dixon	U17	W&B 19.9
4 Jenny Baker	U17	PLY 20.3			
5 Frankie Courtney		CLT 21.1			

W 400mH A			W 400mH B		
1	Alexandra Turner	TCD 68.4	1	Hannah Scales	U17 R&N 72.6
2	Sophie Wright	R&N 72.0	2	Savannah Devillez	CLT 73.5
3	Frankie Courtney	CLT 72.2	3	Lauren Regan	CDF 73.7
4	Danielle Mill	CDF 77.1	4	Poppy Marriott	U17 TCD 83.6
5	Jenny Baker	U17 PLY 78.9			
6	Ellie Johnson	U17 W&B 81.3			
7	Charlotte Fletcher	TPN 82.0			
W Discus Throw A			W Discus Throw B		
1	D'jay Campbell	U17 W&B 31.03	1	Sara Bobash	U17 W&B 29.43
2	Bobbie Lenehan-Hodge	PLY 26.56	2	Charlotte Burrows	R&N 21.86
3	Charlotte Lawson	CLT 26.50	3	Danielle Byrd	U17 CLT 20.55
4	Kathryn Reynolds	U17 R&N 26.32	4	Kelly-Jay Payling	U17 TCD 17.80
5	Ayla Phillips	CDF 18.64	5	Joella Spencer	TPN 12.06
6	Sian Pentin	TCD 17.83	6	Amanda Mancey	PLY 9.53
7	Eleanor Russon	TPN 13.29			
W Hammer Throw A			W Hammer Throw B		
1	Bobbie Lenehan-Hodge	PLY 39.67	1	Tannika Burgess	U17 W&B 27.60
2	Danielle Byrd	U17 CLT 34.65	2	Charlotte Lawson	CLT 21.87
3	D'jay Campbell	U17 W&B 30.56	3	Kathryn Reynolds	U17 R&N 20.35
4	Sian Pentin	TCD 28.40	4	Amanda Mancey	PLY 12.49
5	Ayla Phillips	CDF 26.45			
6	Charlotte Davis	U17 R&N 21.34			
W High Jump A			W High Jump B		
1	Emma Douras	U17 W&B 1.60	1	Sarah Douras	U17 W&B 1.50
2=	Frankie Courtney	CLT 1.50	2	Hannah Scales	U17 R&N 1.45
2=	Katie Rowe	U17 R&N 1.50	3	Jess Collins	CLT 1.40
4	Gwen Williams	CDF 1.50	4	Jenny Baker	U17 PLY 1.40
5	Kiani Pay	U17 PLY 1.50	5	Elinor Lewis	CDF 1.40
6	Jessica Turner	U17 TCD 1.45			
7	Emily Adams	TPN 1.45			
W Javelin Throw A			W Javelin Throw B		
1	Kerry Murch	R&N 37.45	1	Charlotte Burrows	R&N 31.56
2	Sara Bobash	U17 W&B 30.99	2	Megan Dixon	U17 W&B 19.85
3	Amanda Mancey	PLY 30.15	3	Charlotte Lawson	CLT 17.85
4	Jess Collins	CLT 25.31	4	Bethan Daw	U17 CDF 13.12
5	Ayla Phillips	CDF 24.39			
6	Sophie Tibetts	U17 TPN 22.55			
7	Sian Pentin	TCD 13.37			
W Long Jump A			W Long Jump B		
1	Sarah Douras	U17 W&B 5.08	1	Megan Dixon	U17 W&B 4.80
2	Kiani Pay	PLY 5.00	2	Emily Allsop	U17 TCD 3.24
3	Rebecca Davies	U17 R&N 4.88	3	Ayla Phillips	CDF 2.90
4	Frankie Courtney	CLT 4.14	4	Sophie Tibetts	TPN 2.53
5	Sam Cogan	CDF 3.58			
6	Kelly-Jay Payling	U17 TCD 3.55			
7	Paige McKenzie	TPN 2.82			
W Pole Vault A			W Pole Vault B		
1	Paige Collings	U17 TCD 3.20	1	Roisin Reuss	U17 TCD 1.85
W Shot Putt A			W Shot Putt B		
1	Ayla Phillips	CDF 9.79	1	Tannika Burgess	U17 W&B 8.35
2	D'jay Campbell	U17 W&B 8.94	2	Danielle Byrd	U17 CLT 7.89
3	Kelly-Jay Payling	U17 TCD 8.51	3	Sophie Hazelwood	U17 R&N 6.29
4	Charlotte Lawson	CLT 8.39	4	Amanda Mancey	PLY 6.15
5	Bobbie Lenehan-Hodge	PLY 8.23	5	Sian Pentin	TCD 5.78
6	Kerry Murch	U17 R&N 8.16	6	Sophie Lynch	TPN 3.69
7	Charlotte Fletcher	TPN 5.46			

W Triple Jump A			W Triple Jump B		
1	Katie Rowe	U17 R&N 10.97	1	Sarah Douras	U17 W&B 10.13
2	Tannika Burgess	U17 W&B 10.91	2	Rebecca Davies	U17 R&N 9.89
3	Lamorna Newman	PLY 10.35	3	Kiani Pay	PLY 9.79
4	Elinor Lewis	CDF 9.44	4	Savannah Devillez	CLT 8.66
5	Sophie Tibetts	TPN 9.35	5	Danielle Mill	CDF 7.74
6	Jess Collins	CLT 9.17			
7	Roisin Reuss	U17 TCD 8.23			

W 4x100m Relay

1	CLT 51.9	1 Sam Griffiths	U17	2 Savannah Devillez	
		3 Frankie Courtney		4 Jenny Batten	
2	W&B 52.6	1 Sarah Douras	U17	2 Emma Douras	U17
		3 Sara Bobash	U17	4 Cameka Dias	U17
3	CDF 52.6	1 Gwen Williams		2 Danielle Mill	
		3 Lauren Regan		4 Sam Cogan	
4	R&N 52.7	1 Katie Rowe	U17	2 Rebecca Davies	U17
		3 Kerry Murch	U17	4 Charlotte Davis	U17
5	PLY 53.6	1 Lamorna Newman	U17	2 Kiani Pay	U17
		3 Jenny Baker	U17	4 Hayley Harvey	
6	TPN 54.2	1 Emily Adams		2 Joella Spencer	
		3 Paige McKenzie		4 Eleanor Russon	
7	TCD 55.6	1 Roisin Reuss	U17	2 Alexandra Turner	
		3 Kelly-Jay Payling	U17	4 Paige Collings	U17

W 4x400m Relay

1	CDF 4.15.6	1 Sam Cogan		2 Bethan Daw	U17
		3 Gwen Williams		4 Lauren Regan	
2	PLY 4.17.1	1 Lamorna Newman	U17	2 Jess Burns	U17
		3 Hayley Harvey		4 Freddie Richards	
3	W&B 4.17.8	1 Sarah Brookes	U17	2 Emma Douras	U17
		3 Sam Mills		4 Megan Dixon	U17
4	R&N 4.25.6	1 Lauren Jones	U17	2 Hannah Scales	U17
		3 Charlotte Inwood	U17	4 Emily Waugh	
5	TCD 4.39.8	1 Poppy Marriott	U17	2 Jessica Turner	U17
		3 Emily Allsop	U17	4 Alexandra Turner	
6	TPN 4.48.0	1 Emily Adams		2 Eleanor Russon	
		3 Sophie Lynch		4 Charlotte Fletcher	
7	CLT 4.51.9	1 Danielle Byrd	U17	2 Savannah Devillez	
		3 Sam Griffiths	U17	4 Beth Hawlings	U17

M 4x100m Relay

1	CDF 45.1	1 Jamaul Whyte	U17	2 Sam Gordon	
		3 Oliver Jeffries		4 Jacob Matthews	
2	W&B 45.3	1 Alex Nwenu		2 Ferron Sawyer	U17
		3 Tobias Nwenu		4 Aaron Badoo	
3	TPN 45.3	1 Luke Corbett		2 Jack Imray	
		3 Peter Shand		4 Jonathan Timmings	
4	R&N 45.3	1 Jonathan Chin	U17	2 Ross Allen	
		3 James Wright	U17	4 Tom Johnson	
5	PLY 47.5	1 Nathan Higgins	U17	2 Sam Harry	
		3 David Willis		4 Dan Kelland	U17
6	CLT 47.5	1 Matt Wright		2 Andrew Scull	U17
		3 Yesper Adams	U17	4 Ash Hill	

M 4x400m Relay

1	TPN 3.35.0	1 Manzu Lyn Cain		2 Luke Corbett	
		3 Jack Imray		4 Sam Lees	
2	CLT 3.41.3	1 Luke Carroll	U17	2 Josh Spering	
		3 Yesper Adams	U17	4 Ash Hill	
3	TCD 3.41.7	1 Levi Curtis	U17	2 Mitchell Robinson	
		3 Dan Ezughah	U17	4 Rob Scott	
4	CDF 3.41.8	1 Abdi Saleban		2 Jacob Brennan	
		3 Oliver Jeffries		4 Michael Ward	

5	W&B 3.45.8	1 Tristam Graham	2 Joel Kinghorn	U17
		3 Nathan Nwenwu	4 Ashley Plummer	
6	R&N 3.46.2	1 Ross Allen	2 Rory Grant	
		3 Tom Johnson	4	
7	PLY 3.48.3	1 Ashley Smith	2 Sam Harry	
		3 Liam Dury	4 Dan Kelland	U17

	Points
1 Rugby & Northampton AC	473
2 Cardiff AC	461
3 Wolverhampton & Bilston	454.5
4 Cheltenham & County H	421
5 Plymouth & Cornwall AC	419
6 Team CDAV	357
7 Tipton Harriers	310.5

Athlete of the Match: Gareth Winter Cardiff discus 51.50 + 15.16 shot
Kerry Murch Rugby & Northampton Javelin 37.45

Note(s)

CDF Includes + 35pts,
CLT Includes + 35pts,
PLY Includes + 35pts,
R&N Includes + 35pts,
TCD Includes + 35pts,
TPN Includes + 35pts,
W&B Includes + 35pts,

									POINTS		
Team	CDF	CLT	PLY	R&N	TCD	TPN	W&B	Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77				
M 100m	A	8	4	5	6	7	9	11	50	0	50
	B	3	2	5	4	6	9	7	36	0	36
	Cumulative	11	6	10	10	13	18	18	86	0	86
M 200m	A	11	5	4	6	8	7	9	50	0	50
	B	6	4	2	7	3	9	5	36	0	36
	Cumulative	28	15	16	23	24	34	32	172	0	172
M 400m	A	7	6	9	4	8	11	5	50	0	50
	B	5	4	6	2	7	9	3	36	0	36
	Cumulative	40	25	31	29	39	54	40	258	0	258
M 800m	A	8	7	11	9	0	6	0	41	9	50
	B	6	7	9	5	0	0	0	27	9	36
	Cumulative	54	39	51	43	39	60	40	326	18	344
M 1500m	A	8	11	7	9	0	0	6	41	9	50
	B	5	9	7	6	0	0	0	27	9	36
	Cumulative	67	59	65	58	39	60	46	394	36	430
M 3000m	A	7	11	9	8	0	0	6	41	9	50
	B	7	6	9	5	0	0	0	27	9	36
	Cumulative	81	76	83	71	39	60	52	462	54	516
M 110mH	A	8	0	9	0	0	0	11	28	22	50
	B	0	0	0	0	0	0	9	9	27	36
	Cumulative	89	76	92	71	39	60	72	499	103	602
M 400mH	A	8	9	11	6	0	7	5	46	4	50
	B	9	6	0	0	0	0	7	22	14	36
	Cumulative	106	91	103	77	39	67	84	567	121	688
M 2000Sc	A	11	9	7	8	0	0	0	35	15	50
	B	6	9	7	5	0	0	0	27	9	36
	Cumulative	123	109	117	90	39	67	84	629	145	774
M DT	A	11	8	5	6	7	4	9	50	0	50
	B	9	2	3	6	7	4	5	36	0	36
	Cumulative	143	119	125	102	53	75	98	715	145	860
M HT	A	8	4	5	11	7	9	6	50	0	50
	B	9	3	0	6	5	7	4	34	2	36
	Cumulative	160	126	130	119	65	91	108	799	147	946

		Team							POINTS		
No's		CDF	CLT	PLY	R&N	TCD	TPN	W&B	Used	Waste	Tot
		1 11	2 22	3 33	4 44	5 55	6 66	7 77			
M HJ	A	5	6	11	7	4	8.5	8.5	50	0	50
	B	6	2	4	5	7	9	3	36	0	36
Cumulative		171	134	145	131	76	108.5	119.5	885	147	1032
M JT	A	8	4	5	11	9	7	6	50	0	50
	B	7	2	3	5	6	4	9	36	0	36
Cumulative		186	140	153	147	91	119.5	134.5	971	147	1118
M LJ	A	4	6.5	8	6.5	9	5	11	50	0	50
	B	5	4	2	7	3	6	9	36	0	36
Cumulative		195	150.5	163	160.5	103	130.5	154.5	1057	147	1204
M PV	A	0	9	0	8	11	7	0	35	15	50
	B	0	7	0	6	9	0	0	22	14	36
Cumulative		195	166.5	163	174.5	123	137.5	154.5	1114	176	1290
M SP	A	11	9	6	7	8	5	4	50	0	50
	B	9	3	4	6	7	5	0	34	2	36
Cumulative		215	178.5	173	187.5	138	147.5	158.5	1198	178	1376
M TJ	A	5	6	9	4	8	11	7	50	0	50
	B	4	3	5	2	6	9	7	36	0	36
Cumulative		224	187.5	187	193.5	152	167.5	172.5	1284	178	1462
W 100m	A	8	11	5	4	6	7	9	50	0	50
	B	5	7	9	2	4	3	6	36	0	36
Cumulative		237	205.5	201	199.5	162	177.5	187.5	1370	178	1548
W 200m	A	6	11	8	7	5	4	9	50	0	50
	B	7	5	3	4	6	2	9	36	0	36
Cumulative		250	221.5	212	210.5	173	183.5	205.5	1456	178	1634
W 400m	A	8	4	11	6	9	5	7	50	0	50
	B	7	0	5	9	0	4	6	31	5	36
Cumulative		265	225.5	228	225.5	182	192.5	218.5	1537	183	1720
W 800m	A	7	8	11	9	6	0	5	46	4	50
	B	7	0	9	5	6	0	4	31	5	36
Cumulative		279	233.5	248	239.5	194	192.5	227.5	1614	192	1806
W 1500m	A	9	7	8	11	6	0	5	46	4	50
	B	0	0	0	9	7	0	0	16	20	36
Cumulative		288	240.5	256	259.5	207	192.5	232.5	1676	216	1892
W 3000m	A	5	0	9	8	7	11	6	46	4	50
	B	7	0	0	9	0	0	0	16	20	36
Cumulative		300	240.5	265	276.5	214	203.5	238.5	1738	240	1978

Team No's	CDF 1 11	CLT 2 22	PLY 3 33	R&N 4 44	TCD 5 55	TPN 6 66	W&B 7 77	POINTS			
								Used	Waste	Tot	
W 100mH A	8	6	7	11	0	0	9	41	9	50	
B	0	7	0	9	0	0	6	22	14	36	
Cumulative	308	253.5	272	296.5	214	203.5	253.5	1801	263	2064	
W 400mH A	7	8	6	9	11	4	5	50	0	50	
B	6	7	0	9	5	0	0	27	9	36	
Cumulative	321	268.5	278	314.5	230	207.5	258.5	1878	272	2150	
W 1500Sc A	0	0	0	0	0	0	0	0	0	0	
B	0	0	0	0	0	0	0	0	0	0	
Cumulative	321	268.5	278	314.5	230	207.5	258.5	1878	272	2150	
W DT A	6	8	9	7	5	4	11	50	0	50	
B	0	6	3	7	5	4	9	34	2	36	
Cumulative	327	282.5	290	328.5	240	215.5	278.5	1962	274	2236	
W HT A	6	9	11	5	7	0	8	46	4	50	
B	0	7	5	6	0	0	9	27	9	36	
Cumulative	333	298.5	306	339.5	247	215.5	295.5	2035	287	2322	
W HJ A	7	8.5	6	8.5	5	4	11	50	0	50	
B	4	6	5	7	0	0	9	31	5	36	
Cumulative	344	313	317	355	252	219.5	315.5	2116	292	2408	
W JT A	6	7	8	11	4	5	9	50	0	50	
B	5	6	0	9	0	0	7	27	9	36	
Cumulative	355	326	325	375	256	224.5	331.5	2193	301	2494	
W LJ A	6	7	9	8	5	4	11	50	0	50	
B	6	0	0	0	7	5	9	27	9	36	
Cumulative	367	333	334	383	268	233.5	351.5	2270	310	2580	
W PV A	0	0	0	0	11	0	0	11	39	50	
B	0	0	0	0	9	0	0	9	27	36	
Cumulative	367	333	334	383	288	233.5	351.5	2290	376	2666	
W SP A	11	7	6	5	8	4	9	50	0	50	
B	0	7	5	6	4	3	9	34	2	36	
Cumulative	378	347	345	394	300	240.5	369.5	2374	378	2752	
W TJ A	7	5	8	11	4	6	9	50	0	50	
B	4	5	6	7	0	0	9	31	5	36	
Cumulative	389	357	359	412	304	246.5	387.5	2455	383	2838	
W 4x1	8	11	6	7	4	5	9	50	0	50	
Cumulative	397	368	365	419	308	251.5	396.5	2505	383	2888	
W 4x4	11	4	9	7	6	5	8	50	0	50	
Cumulative	408	372	374	426	314	256.5	404.5	2555	383	2938	

Team No's	CDF		CLT		PLY		R&N		TCD		TPN		W&B		POINTS		
	1	11	2	22	3	33	4	44	5	55	6	66	7	77	Used	Waste	Tot
M 4x1		11		5		6		7		0		8		9	46	4	50
Cumulative		419		377		380		433		314		264.5		413.5	2601	387	2988
M 4x4		7		9		4		5		8		11		6	50	0	50
Cumulative		426		386		384		438		322		275.5		419.5	2651	387	3038
Add		35		35		35		35		35		35		35	0	0	0
subtract		0		0		0		0		0		0		0	0	0	0
Cumulative		461		421		419		473		357		310.5		454.5	2651	387	3038
TOTALS		461		421		419		473		357		310.5		454.5	2651	387	3038

Pos	Team	Points	Add	Sub	Total	Lge
1	Rugby & Northampton AC	438	35	0	473	8
2	Cardiff AC	426	35	0	461	7
3	Wolverhampton & Bilston	419.5	35	0	454.5	6
4	Cheltenham & County H	386	35	0	421	5
5	Plymouth & Cornwall AC	384	35	0	419	4
6	Team CDAV	322	35	0	357	3
7	Tipton Harriers	275.5	35	0	310.5	2

Used + add - sub = total 2651 245 0 2896
 Unused points 387 387
 (Used+unused)+add-sub=total 3038 245 0 3283

Team	1st	2nd	3rd	4th	5th	6th	7th	1st	2nd	3rd	4th	5th	6th	7th
R&N	A 6	5	5	8	5	3	3	B 6	5	7	6	2	0	3
CDF	A 7	1	11	7	5	3	1	B 4	6	6	5	3	1	0
W&B	A 6	11	2	2	6	5	1	B 10	4	3	2	2	2	0
CLT	A 5	7	4	6	4	3	5	B 2	7	5	2	3	3	4
PLY	A 6	8	5	3	6	5	2	B 4	2	2	6	2	4	2
TCD	A 3	3	6	5	4	4	4	B 2	6	5	3	2	2	0
TPN	A 4	3	1	5	2	6	7	B 5	1	1	2	4	2	1

Men	Points	Women	Points
1 Cardiff AC	242	1 Rugby & Northampton AC	232.5
2 Rugby & Northampton AC	205.5	2 Wolverhampton & Bilston	232
3 Cheltenham & County H	201.5	3 Plymouth & Cornwall AC	187
4 Plymouth & Cornwall AC	197	4 Cheltenham & County H	184.5
5 Wolverhampton & Bilston	187.5	5 Cardiff AC	184
6 Tipton Harriers	186.5	6 Team CDAV	162
7 Team CDAV	160	7 Tipton Harriers	89