

MCAA T&F League.		Type=	Photo-finish timing
Date= 09/07/2023	Division= 1	Venue=	Nottingham
Match no. 2			

Club	Points
Birmingham Running & Tri Club	522
Bristol & West AC	386
Cannock & Stafford AC	426
Gloucester AC	479
Notts AC	546
Rugby & Northampton AC	391

Event	Event	100 metres		MEN			
100	A string	Wind reading if applic	0 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Bradley Whitehead	R&N	6	10.82	11	0
	2	Yaw Afirifah-Mensah	Notts	5	11.26	9	0
	3	Ryan Brady	BriW	2	11.34	7	0
	4	Dan Hindle	BRAT	1	11.40	6	0
	5	Thomas Larkin	C&S	3	11.41	5	0
	6	Oscar Wilson	Glouc	4	12.28	4	0

Event	Event	100 metres		MEN			
100	B string	Wind reading if applic	0 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Fabien Powell	R&N	66	10.99	9	0
	2	Loreni Jorge	Notts	55	11.40	7	0
	3	Nathaniel Walker	BRAT	11	11.41	5	0
	4	Mckenzie Ritson	BriW	22	11.56	4	0
	5	John Kirby	C&S	33	11.85	3	0
	6	Matthew Holloway	Glouc	44	13.72	2	0

Event	Event	100 metres		MEN			
100	C string	Wind reading if applic	0 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Oke Okere	R&N	666	11.79	7	0
	2	Oliver Pascual	Notts	555	11.80	5	0

Event	Event	200 metres		MEN			
200	A string	Wind reading if applic	-1.1 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Cam MacGregor	R&N	6	22.54	11	0
	2	Mckenzie Ritson	BriW	2	22.94	9	0
	3	Thomas Larkin	C&S	3	22.97	7	0
	4	Dan Hindle	BRAT	1	23.03	6	0
	5	Morgan Scott	Notts	5	23.53	5	0
	6	Oliver Mitchell	Glouc	4	26.69	4	0

Event	Event	200 metres		MEN			
200	B string	Wind reading if applic	-0.8 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Aaron Warmington	R&N	66	22.81	9	0
	2	Nathaniel Walker	BRAT	11	23.20	7	0
	3	Christopher Bennett	C&S	33	23.38	5	0
	4	Ryan Brady	BriW	22	23.39	4	0
	5	Tavonga Nyakudya	Notts	55	23.40	3	0
	6	Tom Beckett	Glouc	44	25.89	2	0

Event	Event	200 metres		MEN			
200	C string	Wind reading if applic	-1.2 m/s			Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Calum Haycock	C&S	333	24.03	7	0
	2	Jacob Gosnall	BRAT	111	24.31	5	0
	3	Alexandro Ilioaie	R&N	666	24.50	4	0

Event	Event 400 metres				MEN		
400	A string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Numeri Saeed	R&N	6	49.57	11	0
	2	John Kirby	C&S	3	50.58	9	0
	3	James Colclough	BRAT	1	52.56	7	0
	4	Jack Choules	Glouc	4	53.10	6	0
	5	Cameron O'Grady	Notts	5	53.96	5	0
	6	Sam Johnson	BriW	2	85.44	4	0

Event	Event 400				MEN		
400	B string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Kyle Haycock	C&S	33	51.97	9	0
	2	Louis Starr	R&N	66	52.84	7	0
	3	Calvin O'Grady	Notts	55	53.56	5	0
	4	Louis W Sloan	BRAT	11	54.13	4	0
	5	Oliver Mitchell	Glouc	44	61.55	3	0

Event	Event 400				MEN		
400	C string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Henry Heathcote	C&S	333	52.92	7	0
	2	Jacob Gosnall	BRAT	111	53.76	5	0
	3	Jonathan Cripps	Notts	555	56.26	4	0

Event	Event 800 metres				MEN		
800	A string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	James McCann	C&S	3	1:59.41	11	0
	2	JP Stolberg	BRAT	1	2:00.00	9	0
	3	Louis Starr	R&N	6	2:00.11	7	0
	4	Stephen Kerfoot	BriW	2	2:00.19	6	0
	5	Luke Hesketh	Notts	5	2:04.53	5	0
	6	Alasdair Stewart	Glouc	4	2:11.34	4	0

Event	Event 800				MEN		
800	B string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Arthur Tilt	R&N	66	2:01.35	9	0
	2	Henry Brocklehurst	BRAT	11	2:02.98	7	0
	3	Ollie Kurd	BriW	22	2:05.02	5	0
	4	Ben Taylor	Notts	55	2:06.95	4	0
	5	Mitchell Blundell	C&S	33	2:08.30	3	0
	6	Oliver Mitchell	Glouc	44	2:35.23	2	0

Event	Event 800				MEN		
800	C string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Sam Johnson	BriW	222	2:08.62	7	0
	2	Mike Starr	R&N	666	2:45.62	5	0

Event	Event 110H metres				MEN		
110H	A string	Wind reading if applic	-0.6	m/s		Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Prince Ayeh	BRAT	1	15.7	11	5
	2	Alasdair Rigby	C&S	3	16.6	9	0
	3	Jack Wickham	Notts	5	18.2	7	0
	4	Tom Beckett	Glouc	4	18.3	6	0
	5	Charlie Barker	R&N	6	30.6	5	0

Event	Event 110H				MEN		
110H	B string	Wind reading if applic	-0.6	m/s		Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Kyle Neal	Glouc	44	20.7	9	0

Event	Event	400H metres			MEN			
400H	A string					Position	Bonus	
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Alasdair Rigby	C&S	3	60.00	11	0	
	2	Alexander Clegg	BRAT	1	60.26	9	0	
	3	Jack Wickham	Notts	5	63.36	7	0	
	4	Charlie Barker	R&N	6	63.96	6	0	
	5	Kyle Neal	Glouc	4	67.95	5	0	

Event	Event	400H metres			MEN			
400H	B string					Position	Bonus	
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Oscar Wilson	Glouc	44	60.99	9	0	
	2	Prince Ayeh	BRAT	11	68.68	7	0	
	3	Nathan To	Notts	55	69.18	5	0	

Event	Event	1500 metres			MEN			
1500	A string					Position	Bonus	
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Milan Campion	Notts	5	4:03.70	11	0	
	2	Alec Sabey	BRAT	1	4:06.13	9	0	
	3	Charlie Worsfold	Glouc	4	4:11.64	7	0	
	4	Ibrahim Archchi	R&N	66	4:13.65	6	0	
	5	Jordan Barrett	C&S	3	4:20.62	5	0	
	6	Aled Anderson	BriW	22	4:31.49	4	0	

Event	Event	1500 metres			MEN			
1500	B string					Position	Bonus	
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Merhawi Tkue	Notts	55	4:08.72	9	0	
	2	Thomas Brinkley	R&N	6	4:23.04	7	0	
	3	Mark Ince	BRAT	11	4:26.96	5	0	
	4	Ollie Kurd	BriW	2	4:34.27	4	0	
	5	Luke Hine	Glouc	44	4:41.63	3	0	
	6	Craig Pearson	C&S	33	4:42.03	2	0	

Event	Event	3000 metres			MEN			
3000	A string					Position	Bonus	
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	George Phillips	Notts	5	9:06.84	11	0	
	2	Lee Gawker	BriW	22	9:22.46	9	0	
	3	Matt Everett	R&N	6	9:22.89	7	0	
	4	Dan Robinson	BRAT	1	9:25.34	6	0	
	5	Thomas Eustace	C&S	3	9:41.16	5	0	
	6	Owen Parry	Glouc	4	9:56.82	4	0	

Event	Event	3000 metres			MEN			
3000	B string					Position	Bonus	
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Chris Stockdale	BRAT	11	9:34.02	9	0	
	2	Ben Ashby	BriW	2	9:37.70	7	0	
	3	Tom De Jong	Notts	55	9:53.15	5	0	
	4	Malcolm Eustace	C&S	33	11:05.96	4	0	
	5	Dave Greswell	Glouc	44	11:48.06	3	0	

Event	Event	3000 metres			MEN			
3000	C string					Position	Bonus	
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Mat Pollard	BRAT	111	9:37.21	7	0	
	2	Aled Anderson	BriW	222	9:49.87	5	0	

Event	Event	3000SC metres			MEN			
3000SC	A string					Position	Bonus	
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	JP Stolberg	BRAT	1	9:51.39	11	5	
	2	Stephen Kerfoot	BriW	2	10:21.89	9	0	
	3	Jeremy Mower	Glouc	4	12:08.81	7	0	
	4	Darrell Wilde	C&S	3	12:29.09	6	0	

Event	B string					Position	Bonus
3000SC	Position	Competitor	Club	Bib Number	Performance	Points	Points
<b>MEN</b>	1	Henry Brocklehurst	BRAT	11	10:16.77	9	0
	2	Sam Johnson	BriW	22	11:16.72	7	0
	3	Kyle Neal	Glouc	44	12:40.78	5	0

Event	Event	4x100	metres		<b>MEN</b>		
4x100	A string					Position	
<b>MEN</b>	Position	Competitor	Club	Bib Number	Performance	Points	
	1	Rugby & Northampton AC	R&N	6	43.35	11	
	2	Birmingham Running & Tri Club	BRAT	1	44.75	9	
	3	Cannock & Stafford AC	C&S	3	45.21	7	
	4	Notts AC	Notts	5	46.63	6	
	5	Bristol & West AC	BriW	2	46.70	5	
	6	Gloucester AC	Glouc	4	50.29	4	

Event	Event	4x400	metres		<b>Mx A String</b>		
4x400	Mx A String					Position	
<b>Mx A String</b>	Position	Competitor	Club	Bib Number	Performance	Points	
	1	Notts AC	Notts	5	3:32.27	11	
	2	Cannock & Stafford AC	C&S	3	3:42.82	9	
	3	Rugby & Northampton AC	R&N	6	3:44.98	7	
	4	Gloucester AC	Glouc	4	3:55.05	6	
	5	Birmingham Running & Tri Club	BRAT	1	3:59.02	5	
	6	Bristol & West AC	BriW	2	4:04.71	4	

Event	Event	HJ	metres		<b>MEN</b>		
HJ	A string					Position	Bonus
<b>MEN</b>	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Harry Whyley	Notts	5	1.95	11	0
	2	Oke Okere	R&N	66	1.80	9	0
	3	Alexander Clegg	BRAT	1	1.75	7	0
	4	Alasdair Rigby	C&S	3	1.70	6	0
	5	James Ritchie	Glouc	4	1.65	5	0
	6	George Hunter	BriW	2	1.40	4	0

Event	B string					Position	Bonus
HJ	Position	Competitor	Club	Bib Number	Performance	Points	Points
<b>MEN</b>	1	Charlie Barker	R&N	6	1.70	9	0
	2	Oscar Wilson	Glouc	44	1.65	7	0
	3	Rory Birtwistle	Notts	55	1.65	5	0
	4	Prince Ayeh	BRAT	11	1.65	4	0

Event	C string					Position	Bonus
HJ	Position	Competitor	Club	Bib Number	Performance	Points	Points
<b>MEN</b>	1	Sam Morris	BRAT	111	1.65	7	0
	2	Morgan Dodson	Notts	555	1.60	5	0

Event	Event	PV	metres		<b>MEN</b>		
PV	A string					Position	Bonus
<b>MEN</b>	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Harry Peyt	BriW	2	4.40	11	5
	2	Kofi Afrifah-Mensah	Notts	5	3.70	9	0
	3	Kyle Neal	Glouc	44	3.10	7	0

Event	B string					Position	Bonus
PV	Position	Competitor	Club	Bib Number	Performance	Points	Points
<b>MEN</b>	1	Phoenix Blair	Notts	55	2.90	9	0
	2	Matthew Holloway	Glouc	4	2.80	7	0

Event	Event	metres			MEN			
LJ	A string					Position	Bonus	Wind if applic
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s
	1	Joel Townley	Glouc	4	6.65	11	0	0.9
	2	Bradley Whitehead	R&N	6	6.58	9	0	0.8
	3	Dan Hindle	BRAT	1	5.78	7	0	-0.1
	4	Louis Durieblanc	Notts	5	5.52	6	0	0.2
	5	Thomas Larkin	C&S	3	5.44	5	0	-0.4
	6	George Hunter	BriW	2	5.36	4	0	0.5
Event	B string					Position	Bonus	Wind if applic
LJ	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s
	1	Jaydon Allen Bramble	R&N	666	6.15	9	0	1.1
	2	Jonah Wigglesworth	Glouc	44	6.05	7	0	-0.7
	3	Morgan Dodson	Notts	555	5.24	5	0	0.8
	4	Calum Haycock	C&S	33	5.19	4	0	-0.6
	5	Nathaniel Walker	BRAT	11	4.70	3	0	0.2
	6	Maxwell Jackson	BriW	22	4.67	2	0	-0.1
Event	C string					Position	Bonus	Wind if applic
LJ	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s
	1	Oke Okere	R&N	66	6.02	7	0	0.1
	2	Tom Beckett	Glouc	444	5.69	5	0	-0.1
	3	Louis Durieblanc	Notts	5	NM	0	0	
Event	A string					Position	Bonus	Wind if applic
TJ	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s
	1	Joel Townley	Glouc	4	14.46	11	5	-0.1
	2	George Hunter	BriW	2	12.17	9	0	-0.2
	3	Matt Madden	Notts	55	11.52	7	0	0.7
	4	Prince Ayeh	BRAT	1	11.13	6	0	0
	5	Thomas Larkin	C&S	3	10.94	5	0	0.1
	6	Alexandro Ilioiaie	R&N	6	10.54	4	0	-0.2
Event	B string					Position	Bonus	Wind if applic
TJ	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s
	1	Fraser Kesteven	Notts	5	11.46	9	0	-0.2
	2	Tom Beckett	Glouc	44	10.96	7	0	-0.6
Event	C string					Position	Bonus	Wind if applic
TJ	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s
	1	Louis Durieblanc	Notts	555	10.86	7	0	0.1
	2	James Ritchie	Glouc	444	10.45	5	0	0.3
Event	A string					Position	Bonus	Wind if applic
SP	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s
	1	Gareth Winter	Glouc	4	15.02	11	5	
	2	Matt Halton	Notts	5	12.88	9	0	
	3	Ray McKenna	R&N	6	10.92	7	0	
	4	Prince Ayeh	BRAT	11	10.70	6	0	
	5	Jack Turner	C&S	3	10.64	5	0	
	6	Ruben Brady	BriW	2	9.97	4	0	
Event	B string					Position	Bonus	Wind if applic
SP	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s
	1	Alexander Clegg	BRAT	1	10.34	9	0	
	2	Monty Lee	R&N	66	9.88	7	0	
	3	Tom Beckett	Glouc	444	8.70	5	0	
	4	Martin Roberts	C&S	33	6.58	4	0	
Event	C string					Position	Bonus	Wind if applic
SP	Position	Competitor	Club	Bib Number	Performance	Points	Points	m/s
	1	Andy Wilson	Glouc	44	7.56	7	0	

Event	Event	DT	metres		MEN		
DT	A string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Gareth Winter	Glouc	4	44.47	11	5
	2	Matt Halton	Notts	5	34.36	9	0
	3	Alexander Clegg	BRAT	1	32.62	7	0
	4	Ray McKenna	R&N	6	30.41	6	0
	5	Jack Turner	C&S	3	29.70	5	0
	6	Ruben Brady	BriW	2	19.92	4	0

Event	Event	DT			MEN		
DT	B string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Monty Lee	R&N	66	24.73	9	0
	2	Matthew Holloway	Glouc	44	23.94	7	0
	3	Alasdair Rigby	C&S	333	21.63	5	0
	4	Jamie Callaghan	BRAT	11	17.78	4	0
	5	Sam Johnson	BriW	22	12.00	3	0

Event	Event	DT			MEN		
DT	C string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Martin Roberts	C&S	33	20.34	7	0
	2	Andy Wilson	Glouc	444	18.90	5	0

Event	Event	HT	metres		MEN		
HT	A string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Jack Turner	C&S	3	48.82	11	5
	2	Matt Halton	Notts	5	41.85	9	0
	3	Al Nisbet	R&N	66	34.04	7	0
	4	Gareth Winter	Glouc	4	26.91	6	0
	5	Jamie Callaghan	BRAT	1	25.55	5	0
	6	Ruben Brady	BriW	2	20.52	4	0

Event	Event	HT			MEN		
HT	B string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Martin Roberts	C&S	33	30.36	9	0
	2	Ray McKenna	R&N	6	20.32	7	0
	3	Andy Wilson	Glouc	44	17.76	5	0
	4	Nigel Clegg	BRAT	11	15.35	4	0

Event	Event	HT			MEN		
HT	C string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Shaun Ainge	C&S	333	12.31	7	0

Event	Event	JT	metres		MEN		
JT	A string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Marvic Pamphile	R&N	6	53.56	11	5
	2	Alexander Clegg	BRAT	1	46.06	9	0
	3	Kyle Neal	Glouc	44	35.46	7	0
	4	Alasdair Rigby	C&S	333	30.26	6	0
	5	Matt Halton	Notts	5	25.87	5	0
	6	Maxwell Jackson	BriW	22	24.89	4	0

Event	Event	JT			MEN		
JT	B string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Sam Morris	BRAT	11	37.38	9	0
	2	Louis Clarke	R&N	66	36.09	7	0
	3	Gareth Winter	Glouc	4	34.31	5	0
	4	Darrell Wilde	C&S	33	24.51	4	0
	5	Ruben Brady	BriW	2	20.33	3	0
	6	Rory Birtwistle	Notts	55	2.41	2	0

Event  
JT

	C string					Position	Bonus
MEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Prince Ayeh	BRAT	111	34.23	7	0
	2	Jack Turner	C&S	3	21.13	5	0
	3	Andy Wilson	Glouc	444	17.70	4	0

Event	100 metres						
100	A string	Wind reading if applic	0.5 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Sharhnee Skervin	Notts	5	12.03	11	5
	2	Tywana Kuluziza	BRAT	1	12.47	9	0
	3	Isabel Mur	R&N	6	12.70	7	0
	4	Mia Wainwright	C&S	3	12.78	6	0
	5	Rosa Ford	BriW	2	13.18	5	0
	6	Kate Davies	Glouc	4	14.32	4	0

Event	100 metres						
100	B string	Wind reading if applic	0.2 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Nancy Foster	BRAT	11	12.61	9	0
	2	A'janai Bowen	Notts	55	12.69	7	0
	3	Efua Boateng	R&N	66	13.11	5	0
	4	Kanisha Hector	C&S	33	13.19	4	0
	5	Catharine Thomas	Glouc	44	14.37	3	0

Event	100 metres						
100	C string	Wind reading if applic	0.2 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Lucy Wain	C&S	333	13.43	7	0
	2	Sara Agabani	Notts	555	13.45	5	0
	3	Mary Merlayebu	R&N	666	13.62	4	0
	4	Jacqueline Holloway	Glouc	444	16.04	3	0

Event	200 metres						
200	A string	Wind reading if applic	0.3 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Chelsea Fagan	Notts	5	25.30	11	0
	2	Pauline Ngouopou	Glouc	4	25.74	9	0
	3	Tywana Kuluziza	BRAT	1	26.32	7	0
	4	Kanisha Hector	C&S	3	26.47	6	0
	5	Ella Darby	R&N	6	26.52	5	0
	6	Rosa Ford	BriW	2	27.11	4	0

Event	200 metres						
200	B string	Wind reading if applic	-1 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Amy Taylor	Notts	55	26.12	9	0
	2	Nancy Foster	BRAT	11	26.33	7	0
	3	Efua Boateng	R&N	66	27.03	5	0
	4	Lucy Wain	C&S	33	27.31	4	0
	5	Ellie Livingstone	BriW	22	28.13	3	0
	6	Catharine Thomas	Glouc	44	30.23	2	0

Event	200 metres						
200	C string	Wind reading if applic	-2.1 m/s			Position	Bonus
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points
	1	Fura Mabengi	Notts	555	27.38	7	0
	2	Isabelle Kelly	C&S	333	28.02	5	0
	3	Ruth Brook	Glouc	444	30.26	4	0
	4	Amena Kofi	BriW	222	DNF	0	0



Event	Event 400 metres							
400	A string					Position	Bonus	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Gabby Sutton	Notts	5	58.39	11	0	
	2	Mia Wainwright	C&S	3	59.87	9	0	
	3	Ellie Livingstone	BriW	2	61.39	7	0	
	4	Shadonnae Nwanaf.	BRAT	1	62.18	6	0	
	5	Ellena Ruddock	R&N	6	62.78	5	0	
	6	Amelia Newell	Glouc	4	62.96	4	0	

Event	Event 400 metres							
400	B string					Position	Bonus	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Tami Adesina	Notts	55	59.05	9	0	
	2	Hannah Burney	C&S	333	61.61	7	0	
	3	Gemma Knight	R&N	66	64.69	5	0	
	4	Amena Kofi	BriW	22	66.07	4	0	
	5	Katie Collis	BRAT	11	66.88	3	0	
	6	Amber Spackman	Glouc	44	67.27	2	0	

Event	Event 400 metres							
400	C string					Position	Bonus	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Chloe Wilde	C&S	33	64.01	7	0	
	2	Marie Monaghan	BriW	222	66.52	5	0	

Event	Event 800 metres							
800	A string					Position	Bonus	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Ruth Brook	Glouc	4	2:21.42	11	0	
	2	Ellon Hart	BRAT	1	2:22.24	9	0	
	3	Marie Monaghan	BriW	2	2:29.51	7	0	
	4	Claire Holland	R&N	6	2:32.56	6	0	
	5	Hannah Malpass	C&S	3	2:35.72	5	0	
	6	Jo Clamp	Notts	5	3:04.16	4	0	

Event	Event 800 metres							
800	B string					Position	Bonus	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Rebecca Twardochleb	BRAT	11	2:32.89	9	0	
	2	Amber Spackman	Glouc	44	2:36.47	7	0	
	3	Beth Neal	Notts	55	2:53.98	5	0	
	4	Emma Gardner	BriW	22	2:57.44	4	0	

Event	Event 100H metres							
100H	A string	Wind reading if applic	0.4 m/s			Position	Bonus	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Amy Taylor	Notts	5	15.61	11	0	
	2	Bonheur Tshibola	BRAT	1	17.46	9	0	
	3	Ula Mohammed	Glouc	4	18.16	7	0	
	4	Natalie Griffiths	C&S	3	19.18	6	0	
	5	Libby Harley	BriW	2	22.97	5	0	

Event	Event 100H metres							
100H	B string	Wind reading if applic	0 m/s			Position	Bonus	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Diaz Mckenzie	BRAT	11	17.56	9	0	
	2	Hannah Malpass	C&S	33	20.23	7	0	
	3	Jacqueline Holloway	Glouc	44	22.65	5	0	

Event	Event 400H metres				Hand timed			
400H	A string					Position	Bonus	
WOMEN	Position	Competitor	Club	Bib Number	Performance	Points	Points	
	1	Bonheur Tshibola	BRAT	1	65.4	11	5	
	2	Natalie Griffiths	C&S	3	66.4	9	0	
	3	Nia Myers	Notts	5	70.2	7	0	
	4	Jacqueline Holloway	Glouc	4	82.9	6	0	

Event	Event 1500 metres						
1500	A string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Megan Taylor	Notts	5	4:47.00	11	0
	2	Anna Ford	BriW	2	4:58.15	9	0
	3	Ellon Hart	BRAT	1	4:59.07	7	0
	4	Allegra Soutar	C&S	3	5:08.92	6	0

Event	Event 1500 metres						
1500	B string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Rebecca Twardochleb	BRAT	11	5:06.28	9	0
	2	Marie Monaghan	BriW	22	6:00.29	7	0
	3	Jo Clamp	Notts	55	6:12.37	5	0

Event	Event 3000 metres						
3000	A string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Hannah Green	BriW	2	10:52.71	11	0
	2	Lucie Tait Harris	BRAT	1	11:02.09	9	0
	3	Briony Bishop	Glouc	4	11:15.93	7	0
	4	Catherine Charlton	Notts	5	11:20.94	6	0
	5	Allegra Soutar	C&S	3	11:23.94	5	0

Event	Event 3000 metres						
3000	B string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Grace Allen	BRAT	11	11:13.01	9	0
	2	Katie Burney	C&S	33	11:25.72	7	0
	3	Beth Neal	Notts	55	12:29.53	5	0
	4	Emma Gardner	BriW	22	12:49.54	4	0

Event	Event 3000SC metres						
3000SC	A string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Beth Neal	Notts	55	13:59.21	11	0
	2	Jacqueline Holloway	Glouc	4	15:47.11	9	0
	3	Alice Stewart	BRAT	1	16:51.96	7	0

Event	Event 3000SC metres						
3000SC	B string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Jo Clamp	Notts	5	14:22.87	9	0

Event	Event 4x100 metres						
4x100	A string				Formatted Performance	Position Points	
WOMEN	Position	Competitor	Club	Bib Number			
	1	Notts AC	Notts	5	49.69	11	
	2	Rugby & Northampton AC	R&N	6	50.70	9	
	3	Cannock & Stafford AC	C&S	3	51.18	7	
	4	Birmingham Running & Tri Club	BRAT	1	52.37	6	
	5	Gloucester AC	Glouc	4	53.44	5	
	6	Bristol & West AC	BriW	2	54.11	4	

Event	Event 4x400 metres				Mx B String		
4x400	Mx B String				Formatted Performance	Position Points	
Mx B String	Position	Competitor	Club	Bib Number			
	1	Notts AC	Notts	55	3:54.25	9	
	2	Cannock & Stafford AC	C&S	33	3:57.24	7	
	3	Gloucester AC	Glouc	44	4:04.00	5	
	4	Bristol & West AC	BriW	22	4:11.14	4	
	5	Birmingham Running & Tri Club	BRAT	11	4:14.30	3	

Event	Event	HJ metres						
HJ	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Donelle Arulanandam	Notts	55	1.65	11	0	
	2	Pauline Ngouopou	Glouc	4	1.60	9	0	
	3	Tia Jackson	BriW	2	1.60	7	0	
	4	Olivia Riley	C&S	3	1.55	6	0	
	5	Jules Smith	R&N	6	1.45	5	0	
	6	Diaz Mckenzie	BRAT	11	1.40	4	0	

Event	Event	HJ metres						
HJ	B string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Natasha Need	Notts	5	1.60	9	0	
	2	Sam Barrett	BriW	22	1.45	7	0	
	3	Chloe Wilde	C&S	33	1.40	5	0	
	4	Ula Mohammed	Glouc	44	1.35	4	0	
	5	Katie Collis	BRAT	1	1.35	3	0	
	6	Janelle Quinn	R&N	66	1.30	2	0	

Event	Event	HJ metres						
HJ	C string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Tamara Jackson	BriW	222	1.40	0	0	
	2	Maisie Scamp	BRAT	111	1.30	7	0	

d positions

Event	Event	PV metres						
PV	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Emma Lyons	Notts	5	3.25	11	5	
	2	Cara Brown	C&S	3	2.10	9	0	
	3	Catharine Thomas	Glouc	4	2.00	7	0	

Event	Event	LJ metres							
LJ	A string				Formatted Performance	Position Points	Bonus Points	Wind if applic	
WOMEN	Position	Competitor	Club	Bib Number				m/s	
	1	Pauline Ngouopou	Glouc	4	6.03	11	5		
	2	Robyn Ellison	BriW	22	5.16	9	0		
	3	Mia Wainwright	C&S	33	5.10	7	0		
	4	Donelle Arulanandam	Notts	5	5.06	6	0		
	5	Ella Darby	R&N	6	4.95	5	0		
	6	Katie Collis	BRAT	1	4.16	4	0		

Event	Event	LJ metres							
LJ	B string				Formatted Performance	Position Points	Bonus Points	Wind if applic	
WOMEN	Position	Competitor	Club	Bib Number				m/s	
	1	Rosa Ford	BriW	2	5.03	9	0		
	2	Isabelle Kelly	C&S	3	4.92	7	0		
	3	Ula Mohammed	Glouc	44	4.61	5	0		
	4	Mary Meraiyebu	R&N	66	4.30	4	0		
	5	Emma Lyons	Notts	55	4.27	3	0		
	6	Molly Scamp	BRAT	11	3.72	2	0		

Event	Event	LJ metres							
LJ	C string				Formatted Performance	Position Points	Bonus Points	Wind if applic	
WOMEN	Position	Competitor	Club	Bib Number				m/s	
	1	Ruby Smith	BRAT	111	3.65	7	0		

Event	Event	TJ metres							
TJ	A string				Formatted Performance	Position Points	Bonus Points	Wind if applic	
WOMEN	Position	Competitor	Club	Bib Number				m/s	
	1	Pauline Ngouopou	Glouc	4	13.39	11	5	0	
	2	Donelle Arulanandam	Notts	5	10.84	9	0	0.3	
	3	Sam Barrett	BriW	2	10.61	7	0	0.1	
	4	Isabelle Kelly	C&S	3	9.54	6	0	0.4	
	5	Jenny Scott	BRAT	11	8.45	5	0	0	
	6	Efua Boateng	R&N	66	8.25	4	0	0.6	

Event								
TJ	B string				Formatted Performance	Position Points	Bonus Points	Wind if applic
WOMEN	Position	Competitor	Club	Bib Number				m/s
	1	Anyha Maria Kerr	BriW	22	9.05	9	0	0.3
	2	Mia Wainwright	C&S	33	8.72	7	0	0.3
	3	Bonheur Tshibola	BRAT	1	8.28	5	0	0.9
	4	Jules Smith	R&N	6	8.03	4	0	0.3

Event	Event	SP	metres					
SP	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Moni Brady	BriW	2	10.59	11	0	
	2	Annabelle Crossdale	Notts	55	9.75	9	0	
	3	Charlotte Bowers	R&N	6	8.58	7	0	
	4	Kate Davies	Glouc	4	8.57	6	0	
	5	Jenny Scott	BRAT	1	8.47	5	0	
	6	Olivia Riley	C&S	333	8.39	4	0	

Event							
SP	B string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Tamara Jackson	BriW	222	10.15	9	0
	2	Poppy Bean	Notts	5	9.69	7	0
	3	Maisie Scamp	BRAT	111	8.20	5	0
	4	Ellen Thrall	Glouc	444	7.86	4	0
	5	Lily Pursey	R&N	66	7.56	3	0
	6	Natalie Griffiths	C&S	3	6.99	2	0

Event							
SP	C string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Maria Townsend	BriW	22	8.66	7	0
	2	Charlotte Stallard	Glouc	44	7.01	5	0
	3	Karen Bailey	BRAT	11	6.76	4	0
	4	Jay Whale	Notts	555	6.21	3	0
	5	Janelle Quinn	R&N	666	6.20	2	0
	6	Hannah Malpass	C&S	33	5.49	1	0

Event	Event	DT	metres					
DT	A string				Formatted Performance	Position Points	Bonus Points	
WOMEN	Position	Competitor	Club	Bib Number				
	1	Jenny Scott	BRAT	1	31.49	11	0	
	2	Poppy Bean	Notts	5	27.44	9	0	
	3	Lily Pursey	R&N	6	24.02	7	0	
	4	Moni Brady	BriW	2	23.94	6	0	
	5	Ellen Thrall	Glouc	444	22.00	5	0	
	6	Natalie Griffiths	C&S	3	17.30	4	0	

Event							
DT	B string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Ruby Smith	BRAT	11	25.66	9	0
	2	Emma Lyons	Notts	555	24.80	7	0
	3	Libby Harley	BriW	222	19.95	5	0
	4	Janelle Quinn	R&N	666	17.66	4	0
	5	Jacqueline Holloway	Glouc	44	16.08	3	0
	6	Kanisha Hector	C&S	333	14.24	2	0

Event							
DT	C string				Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number			
	1	Karen Bailey	BRAT	111	24.10	0	0
	2	Annabelle Crossdale	Notts	55	19.93	7	0
	3	Maria Townsend	BriW	22	19.75	0	0
	4	Mary Meraiyebu	R&N	66	16.66	5	0
	5	Charlotte Stallard	Glouc	4	13.60	4	0
	6	Chloe Wilde	C&S	33	13.56	3	0

d positions  
d positions

Event	Event	HT	metres					
HT	A string					Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number				
	1	Annabelle Crossdale	Notts	5		56.26	11	5
	2	Ellen Thrall	Glouc	4		45.25	9	5
	3	Charlotte Bowers	R&N	6		42.72	7	0
	4	Moni Brady	BriW	2		35.61	6	0
	5	Helen Callaghan	BRAT	11		23.15	5	0
	6	Hannah Malpass	C&S	33		19.46	4	0

Event	Event	HT						
HT	B string					Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number				
	1	Poppy Bean	Notts	55		53.24	9	5
	2	Charlotte Stallard	Glouc	44		42.80	7	0
	3	Lily Pursey	R&N	66		21.20	5	0
	4	Maria Townsend	BriW	22		20.26	4	0
	5	Natalie Griffiths	C&S	3		18.00	3	0
	6	Maisie Scamp	BRAT	111		17.18	2	0

Event	Event	HT	C string					
HT						Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number				
	1	Jay Whale	Notts	555		26.72	7	0
	2	Anyha Maria Kerr	BriW	222		20.22	5	0
	3	Karen Bailey	BRAT	1		NM	0	0

Event	Event	JT	metres					
JT	A string					Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number				
	1	Kate Davies	Glouc	4		36.84	11	5
	2	Libby Harley	BriW	222		34.64	9	0
	3	Jenny Scott	BRAT	1		28.78	7	0
	4	Effy Katsogiani	R&N	6		25.70	6	0
	5	Chloe Wilde	C&S	3		21.94	5	0
	6	Emma Lyons	Notts	5		20.99	4	0

Event	Event	JT						
JT	B string					Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number				
	1	Anyha Maria Kerr	BriW	2		30.64	9	0
	2	Lillian Smith	BRAT	11		23.60	7	0
	3	Jacqueline Holloway	Glouc	44		19.47	5	0
	4	Helen Robbins	Notts	55		18.05	4	0
	5	Janelle Quinn	R&N	66		12.19	3	0

Event	Event	JT	C string					
JT						Formatted Performance	Position Points	Bonus Points
WOMEN	Position	Competitor	Club	Bib Number				
	1	Maria Townsend	BriW	22		20.52	7	0
	2	Ruby Smith	BRAT	111		16.84	5	0

**GUESTS**

Event	Competitor	Club	Performance	Wind if applic m/s
LJ	A'doi Aboagye	Notts AC	6.43	-0.1
TJ	A'dom Aboagye	Notts AC	13.71	0
TJ	Morgan Dodson	Notts AC	10.55	-0.1
100m	Aaron Warmington	Rugby & N	11.50	-0.9
100m	Christopher Bennett	Cannock &	11.75	-0.9
100m	Chibunna Obirieze	Notts AC	11.95	-0.9
100m	Calum Haycock	Cannock &	12.03	-0.9
100m	Oliver Pascaul	Notts AC	12.28	-0.9
100m	Tori Wynter	Notts AC	13.48	-0.9
100m	Jack Grimshaw	Cannock &	12.03	0.8
100m	Jaydon Allen Bramble	Rugby & N	12.15	0.8
100m	Tunde Adeyemo	Cannock &	12.68	0.8
100m	Phil Clayton	Notts AC	14.16	0.8
200m	Jack Grimshaw	Cannock &	24.83	-1.2
200m	Tunde Adeyemo	Cannock &	25.17	-1.2
400m	Chris O Grady	Notts AC	54.41	
400m	Tunde Adeyemo	Cannock &	57.13	
1500m	Steve Long	Notts AC	4:24.76	
100m	Amy Taylor	Notts AC	12.70	0.2
100m	Gabrielle Ceasar	Notts AC	13.08	0.2
100m	Eleica Hines	Notts AC	13.98	0.2
100m	Gemma Knight	Rugby & N	14.04	0.2
200m	Gabrielle Ceasar	Notts AC	29.06	-2.1
200m	Eleica Hines	Notts AC	30.00	-2.1
200m	Sabrina Martin	Notts AC	32.17	-2.1
200m	Amena Kofi	Bristol & W	29.70	-1.2
1500m	Lucie Tait	BRAT	5:09.83	
4x100m	Notts AC	Notts AC	53.00	