



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 3 , 3 JULY 2010 HELD AT CANNOCK

Total Scores

Position	Team	Points
1	Broms & Redd	393
2	Cannock & Staffs	379
3	Tipton	300
4	Royal S C	288
5	Telford	282
6	Banbury	215

Mens Scores

Position	Team	Points
1	Cannock & Staffs	183
2	Broms & Redd	182
3	Tipton	168
4	Telford	162
5	Royal S C	116
6	Banbury	108

Womens Scores

Position	Team	Points
1	Broms & Redd	196
2	Cannock & Staffs	181
3	Royal S C	157
4	Tipton	127
5	Telford	105
6	Banbury	92

Officials Points

Team Name	Points
Broms & Redd	15
Cannock & Staffs	15
Tipton	5
Royal S C	15
Telford	15
Banbury	15

Match Position after 37 Events



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Men 100m (A string)

Posn	Name	Club	Perf	Pts
1	Kota Suzuki	Broms & Redd	11.2	9
2	Vincent Adiamah	Telford	11.2	7
3	Nicholas Pryce	Royal S C	11.2	6
4	Guy Mayer	Cannock & Staffs	11.3	5
5	Paul Newark	Tipton	11.6	4
6	Ryan Hanks	Banbury	11.9	3

Men 100m (B string)

Posn	Name	Club	Perf	Pts
1	Santino Dummett	Telford	11.1	7
2	Peter Shand	Tipton	11.5	5
3	Jonny Anderson	Cannock & Staffs	11.6	4
4	Thomas Russell	Broms & Redd	11.6	3
5	Adam Barnes	Royal S C	11.8	2
6	Joe Carter	Banbury	12.5	1

Men 200m (A string)

Posn	Name	Club	Perf	Pts
1	Kota Suzuki	Broms & Redd	22.8	9
2	Nicholas Pryce	Royal S C	22.9	7
3	Michael Dickens	Telford	23.3	6
4	Ryan Hanks	Banbury	23.5	5
5	Jonny Anderson	Cannock & Staffs	24.0	4
6	Paul Newark	Tipton	24.2	3

Men 200m (B string)

Posn	Name	Club	Perf	Pts
1	Thomas Russell	Broms & Redd	23.0	7
2	Peter Shand	Tipton	23.0	5
3	Adam Barnes	Royal S C	23.1	4
4	Daniel Brown	Banbury	23.4	3
5	Matthew Mayne	Cannock & Staffs	23.8	2



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Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Jack Imray	Tipton	49.2	9
2	Chris Harvey	Cannock & Staffs	50.0	7
3	Martin Aspley-Davis	Broms & Redd	50.8	6
4	Daniel Brown	Banbury	51.7	5
5	Toby Birtwhistle	Telford	52.7	4
6	Fred Tremblay	Royal S C	66.0	3

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	Jon Biddle	Cannock & Staffs	51.5	7
2	Dave Mould	Broms & Redd	52.1	5
3	Peter Whitehouse	Telford	55.6	4
4	Albert Rowett	Banbury	56.4	3
5	Sam Farmer	Tipton	65.2	2
6	Steve Marklew	Royal S C	69.3	1

Men 110m H (A string)

Posn	Name	Club	Perf	Pts
1	Adam Smith	Cannock & Staffs	20.1	9
2	Andrew Freeman	Broms & Redd	21.2	7
3	Adam Crofts	Banbury	21.5	6

Men 110m H (B string)

Posn	Name	Club	Perf	Pts
1	Tom Richardson	Broms & Redd	23.0	7

Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Martin Aspley-Davis	Broms & Redd	58.7	9
2	Phil Shotton	Telford	60.0	7
3	Adam Smith	Cannock & Staffs	61.0	6
4	Kieran Smith	Royal S C	63.9	5
5	Tom Holden	Tipton	64.7	4
6	Adam Crofts	Banbury	71.7	3

Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Andrew Freeman	Broms & Redd	62.3	7
2	Alasdair Rigby	Cannock & Staffs	65.7	5
3	Albert Rowett	Banbury	67.5	4



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Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Ian Rawlinson	Tipton	1.56.5	9
2	Chris Perrin	Cannock & Staffs	1.57.4	7
3	Fred Tremblay	Royal S C	1.58.3	6
4	Sean Bowden	Broms & Redd	1.59.2	5
5	Toby Birtwhistle	Telford	2.02.3	4
6	Adam Crofts	Banbury	2.50.7	3

Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	James Perrin	Cannock & Staffs	1.57.6	7
2	Tom Richardson	Broms & Redd	2.03.8	5
3	Mike Buntin	Tipton	2.06.7	4
4	Joe Carter	Banbury	2.56.8	3

Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Tom Humphries	Cannock & Staffs	3.57.4	9
2	Phil Hinch	Tipton	4.05.4	7
3	Sean Bowden	Broms & Redd	4.09.4	6
4	Nick Corker	Royal S C	4.21.6	5
5	Dale Wilkinson	Telford	4.25.8	4
6	Steve Walton	Banbury	5.03.2	3

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Phil Clamp	Tipton	4.19.7	7
2	Fred Tremblay	Royal S C	4.22.3	5
3	Chris Warren	Broms & Redd	4.22.7	4
4	Stuart Davies	Cannock & Staffs	4.37.6	3
5	Albert Rowett	Banbury	dq	0

Men 5000m (A string)

Posn	Name	Club	Perf	Pts
1	Tom Humphries	Cannock & Staffs	15.08.2	9
2	Phil Hinch	Tipton	15.21.8	7
3	Paul Ward	Telford	15.26.3	6
4	Nick Corker	Royal S C	16.41.1	5
5	Richard Malin	Broms & Redd	17.02.0	4
6	Adam Crofts	Banbury	23.57.6	3



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Men 5000m (B string)

Posn	Name	Club	Perf	Pts
1	Ian Williams	Tipton	15.27.5	7
2	Chris Bagshaw	Telford	16.09.9	5
3	James Houghton	Cannock & Staffs	16.12.4	4
4	Steve Marklew	Royal S C	16.45.2	3
5	Paul Atkins	Broms & Redd	18.39.5	2

Men 2000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	Tom Holden	Tipton	6.28.0	9
2	Craig Pearson	Cannock & Staffs	6.45.7	7
3	Kieran Smith	Royal S C	6.53.7	6
4	Simon Lanckham	Broms & Redd	7.07.2	5
5	Adam Crofts	Banbury	8.41.4	4

Men 2000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Mike Buntin	Tipton	6.36.0	7
2	James Perrin	Cannock & Staffs	7.04.3	5
3	Gavin Moorhead	Broms & Redd	7.13.6	4

Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Ben Cocker	Telford	6.42	9
2	James Hart	Broms & Redd	5.46	7
3	Martin Cherrington	Tipton	5.42	6
4	Jake Dubbleman	Royal S C	5.03	5
5	Joe Carter	Banbury	4.59	4
6	Talent Gukwe	Cannock & Staffs	4.39	3



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Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Thomas Russell	Broms & Redd	5.34	7
2	Adam Johnson	Cannock & Staffs	4.30	5
3	Anant Khanna	Royal S C	4.16	4
4	Rachid Olobaji	Banbury	3.72	3
5	Chris Farrington	Tipton	3.66	2
6	Steven Ridgway	Telford	3.37	1

Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Alasdair Rigby	Cannock & Staffs	13.05	9
2	Ben Cocker	Telford	12.53	7
3	Matthew Maneffa	Broms & Redd	12.18	6
4	Jake Dubbleman	Royal S C	10.87	5
5	Martin Cherrington	Tipton	10.71	4

Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	James Hart	Broms & Redd	11.38	7
2	Michael Dickens	Telford	10.75	5
3	Jack Imray	Tipton	10.35	4
4	Anant Khanna	Royal S C	9.64	3
5	Adam Johnson	Cannock & Staffs	9.25	2

Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Martin Cherrington	Tipton	1.90	9
2	James Hart	Broms & Redd	1.85	7
3	Steven Ridgway	Telford	1.80	6
4	Kieran Smith	Royal S C	1.80	5
5	Alasdair Rigby	Cannock & Staffs	1.75	4
6	Steve Walton	Banbury	1.60	3

Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Mitchell Simms	Tipton	1.85	7
2	Richard Stanley	Cannock & Staffs	1.65	5
3	Matthew Maneffa	Broms & Redd	1.65	4
4	Ben Cocker	Telford	1.65	3
5	Albert Rowett	Banbury	1.55	2
6	Anant Khanna	Royal S C	1.50	1



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Men Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Garry Forfar	Telford	3.80	9
2	Martin Cherrington	Tipton	3.00	7

Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Janek Maciejewski	Banbury	13.01	9
2	Ian Taylor	Telford	12.20	7
3	Matt Paynter	Cannock & Staffs	10.64	6
4	Matt Johnson	Royal S C	8.68	5
5	Martin Aspley-Davis	Broms & Redd	8.40	4
6	Tom Holden	Tipton	6.63	3

Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Perris Wilkins	Banbury	11.57	7
2	Jamie Wilkinson	Telford	11.30	5
3	Graham Felton	Royal S C	8.12	4
4	Ben Hembry	Broms & Redd	7.91	3
5	Martin Roberts	Cannock & Staffs	7.83	2
6	Chris Farrington	Tipton	6.33	1

Men Discus (A string)

Posn	Name	Club	Perf	Pts
1	Perris Wilkins	Banbury	49.25	9
2	Kevin Brown	Royal S C	45.80	7
3	Ian Taylor	Telford	40.86	6
4	Matt Paynter	Cannock & Staffs	38.17	5
5	Ben Hembry	Broms & Redd	32.13	4
6	Chad Rhodes	Tipton	24.99	3

Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	John Currie	Telford	34.40	7
2	Janek Maciejewski	Banbury	29.37	5
3	Richard O'Connor	Broms & Redd	27.54	4
4	Martin Roberts	Cannock & Staffs	24.12	3
5	Martin Cherrington	Tipton	20.64	2
6	Matt Johnson	Royal S C	20.17	1



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Men Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Martin Roberts	Cannock & Staffs	43.33	9
2	Chad Rhodes	Tipton	41.85	7
3	Ian Taylor	Telford	39.50	6
4	Perris Wilkins	Banbury	36.00	5
5	Richard O'Connor	Broms & Redd	20.37	4
6	Graham Felton	Royal S C	17.66	3

Men Hammer (B string)

Posn	Name	Club	Perf	Pts
1	John Currie	Telford	34.62	7
2	Chris Farrington	Tipton	30.01	5
3	Janek Maciejewski	Banbury	29.82	4
4	Matt Paynter	Cannock & Staffs	24.29	3
5	Andrew Freeman	Broms & Redd	16.09	2

Men Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Jamie Wilkinson	Telford	53.65	9
2	Alex Pinner	Cannock & Staffs	46.97	7
3	Matt Johnson	Royal S C	44.12	6
4	Chad Rhodes	Tipton	39.65	5
5	Rachid Olobaji	Banbury	39.28	4
6	Andrew Freeman	Broms & Redd	37.80	3

Men Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Robert Millar	Telford	49.38	7
2	Mark Pinner	Cannock & Staffs	45.78	5
3	Janek Maciejewski	Banbury	37.87	4
4	Martin Cherrington	Tipton	29.99	3
5	Richard O'Connor	Broms & Redd	25.07	2
6	Fred Trembley	Royal S C	22.31	1

Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Telford	44.2	9
2		Broms & Redd	44.6	7
3		Cannock & Staffs	44.8	6
4		Tipton	46.4	5
5		Royal S C	48.3	4
6		Banbury	DQ	0



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Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Cannock & Staffs	3.29.7	9
2		Broms & Redd	3.31.6	7
3		Tipton	3.34.4	6
4		Telford	3.38.6	5
5		Royal S C	3.43.1	4
6		Banbury	dq	0

Women 100m (A string)

Posn	Name	Club	Perf	Pts
1	Jo Frost	Broms & Redd	12.3	9
2	Kim Smith	Tipton	13.2	7
3	Sharna Parker	Banbury	13.4	6
4	Katherine Smith	Royal S C	13.7	5
5	Natalie Edwards	Cannock & Staffs	13.9	4
6	Naomi Farquharson	Telford	14.4	3

Women 100m (B string)

Posn	Name	Club	Perf	Pts
1	Elizabeth Tomlinson	Broms & Redd	12.8	7
2	Megan Jones	Cannock & Staffs	13.2	5
3	Eleanor Russon	Tipton	13.3	4
4	Rosie Kingston	Banbury	14.2	3
5	Maureen Lewington	Royal S C	14.8	2
6	Amelia Reynolds	Telford	16.5	1

Women 200m (A string)

Posn	Name	Club	Perf	Pts
1	Jo Frost	Broms & Redd	25.6	9
2	Charmaine Riley	Royal S C	25.8	7
3	Chloe Boulter	Cannock & Staffs	27.9	6
4	Eleanor Russon	Tipton	28.3	5
5	Rosie Kingston	Banbury	32.2	4

Women 200m (B string)

Posn	Name	Club	Perf	Pts
1	Elizabeth Tomlinson	Broms & Redd	26.7	7
2	Katie Leek	Cannock & Staffs	27.6	5
3	Katherine Smith	Royal S C	27.6	4
4	Paige McKenzie	Tipton	30.8	3
5	Becky Pull	Banbury	33.1	2



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Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Staffs	61.4	9
2	Gabrielle Kinney	Royal S C	61.4	7
3	Isobel Billau	Broms & Redd	63.1	6
4	Becky Pull	Banbury	68.2	5
5	Charlotte Fletcher	Tipton	72.8	4
6	Chloe Murphy	Telford	75.8	3

Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Katie Leek	Cannock & Staffs	62.5	7
2	Emily Adams	Tipton	65.0	5
3	Emma Overy	Royal S C	69.0	4
4	Georgina Newell	Banbury	75.0	3
5	Sarah Kings	Broms & Redd	DQ	0

Women 100m H (A string)

Posn	Name	Club	Perf	Pts
1	Rosie Kingston	Banbury	18.3	9
2	Kim Smith	Tipton	18.8	7
3	Lucy Jennings	Royal S C	19.5	6
4	Kerrie Perks	Broms & Redd	19.7	5
5	Natalie Ainge	Cannock & Staffs	21.8	4

Women 100m H (B string)

Posn	Name	Club	Perf	Pts
1	Thomasina Ball	Broms & Redd	20.1	7
2	Claire Goodwin	Banbury	20.1	5
3	Amy Goodall	Royal S C	20.5	4

Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Isobel Billau	Broms & Redd	69.3	9
2	Chloe Boulter	Cannock & Staffs	74.3	7
3	Lucy Jennings	Royal S C	75.6	6
4	Sue Davies	Tipton	77.5	5

Women 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Thomasina Ball	Broms & Redd	72.8	7
2	Amy Goodall	Royal S C	76.5	5
3	Charlotte Fletcher	Tipton	82.3	4
4	Ruby Coates	Cannock & Staffs	87.2	3



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Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Rebecca Robinson	Royal S C	2.19.8	9
2	Teresa Hulme	Cannock & Staffs	2.22.2	7
3	Georgina Newell	Banbury	2.39.3	6
4	Gemma Clay	Broms & Redd	2.39.3	5
5	Amelia Reynolds	Telford	2.45.1	4

Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Amy Johnson	Royal S C	2.22.2	7
2	Beth Clarke	Cannock & Staffs	2.38.8	5
3	Chloe Murphy	Telford	2.54.5	4
4	Jeanette Malin	Broms & Redd	2.58.6	3

Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Ros Kolling	Banbury	4.57.1	9
2	Megan Stratford	Royal S C	5.03.4	7
3	Catherine Hulme	Cannock & Staffs	5.11.0	6
4	Sarah Smith	Tipton	5.15.5	5
5	Gemma Clay	Broms & Redd	5.23.0	4
6	Lisa Blagden	Telford	5.33.2	3

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Rachel Smith	Royal S C	5.11.8	7
2	Grace Rossiter	Cannock & Staffs	5.14.7	5
3	Sue Davies	Tipton	5.34.3	4
4	Tamara Ball	Broms & Redd	6.42.6	3

Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Claire Martin	Telford	10.05.3	9
2	Sophie Lynch	Tipton	10.49.9	7
3	Amy Johnson	Royal S C	10.59.9	6
4	Sally Hogan	Broms & Redd	11.13.1	5
5	Julie Dixon	Banbury	11.20.6	4
6	Sue Kneill Boxley	Cannock & Staffs	11.36.9	3



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Posn	Name	Club	Perf	Pts
1	Sue Street	Tipton	10.58.2	7
2	Michelle Bartlett	Banbury	11.29.5	5
3	Amelia Reynolds	Telford	11.50.7	4
4	Jeanette Malin	Broms & Redd	11.56.0	3
5	Rebecca Bray	Cannock & Staffs	12.36.4	2
6	Lizzie Farrow	Royal S C	13.20.3	1

Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Jo Frost	Broms & Redd	5.67	9
2	Jessica Leek	Cannock & Staffs	5.49	7
3	Megan Evans	Royal S C	5.16	6
4	Nancy Ndure	Telford	5.10	5
5	Kim Smith	Tipton	4.83	4
6	Sharna Parker	Banbury	4.53	3

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Megan Jones	Cannock & Staffs	5.10	7
2	Naomi Farquharson	Telford	4.54	5
3	Janice Pryce	Royal S C	4.30	4
4	Sarah Gerner	Broms & Redd	4.22	3
5	Rachael Currie	Tipton	3.79	2
6	Claire Goodwin	Banbury	3.71	1

Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Sharna Parker	Banbury	10.44	9
2	Megan Evans	Royal S C	10.15	7
3	Ruby Coates	Cannock & Staffs	9.95	6
4	Thomasina Ball	Broms & Redd	9.76	5
5	Kim Smith	Tipton	9.33	4
6	Naomi Farquharson	Telford	8.82	3

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Natalie Ainge	Cannock & Staffs	9.65	7
2	Janice Pryce	Royal S C	9.55	5
3	Isobel Billau	Broms & Redd	9.51	4



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Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Chloe Boulter	Cannock & Staffs	1.66	9
2	Nancy Ndure	Telford	1.66	7
3	Megan Evans	Royal S C	1.45	6
4	Kerrie Perks	Broms & Redd	1.40	5

Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Thomasina Ball	Broms & Redd	1.30	7

Women Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Kim Smith	Tipton	3.20	9
2	Mel Hepke	Broms & Redd	2.00	7

Women Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Yasmine Al Daftary	Broms & Redd	1.70	7

Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Rebecca Fagan	Telford	9.84	9
2	Christina Clarke	Broms & Redd	9.36	7
3	Alison George	Cannock & Staffs	8.57	6
4	Katherine Smith	Royal S C	7.55	5
5	Sadie Forrester-Hayles	Tipton	6.62	4
6	Georgina Newell	Banbury	6.40	3

Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Amelia Reynolds	Telford	9.02	7
2	Beth Denning	Cannock & Staffs	8.56	5
3	Sam Lloyd	Broms & Redd	7.88	4
4	Maureen Lewington	Royal S C	6.51	3
5	Jackie Porter	Tipton	5.34	2



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Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Hayley Rubery	Telford	35.96	9
2	Beth Denning	Cannock & Staffs	26.24	7
3	Sam Lloyd	Broms & Redd	25.70	6
4	Maureen Lewington	Royal S C	17.32	5
5	Becky Pull	Banbury	14.23	4
6	Emily Adams	Tipton	13.18	3

Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Rebecca Fagan	Telford	21.37	7
2	Julie Wakelam	Broms & Redd	19.56	5
3	Alicia Clarke	Cannock & Staffs	18.54	4
4	Emma Overy	Royal S C	14.93	3
5	Eleanor Russon	Tipton	11.18	2

Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Karen Moody	Cannock & Staffs	33.96	9
2	Christina Clarke	Broms & Redd	26.23	7
3	Jackie Porter	Tipton	24.16	6
4	Fiona Smith	Royal S C	20.43	5
5	Hayley Rubery	Telford	20.37	4

Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Alison George	Cannock & Staffs	24.83	7
2	Sadie Forrester-Hayles	Tipton	18.82	5
3	Zoe Davies	Telford	17.03	4
4	Yasmine Al Daftary	Broms & Redd	16.40	3
5	Lizzie Farrow	Royal S C	12.84	2

Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Sam Lloyd	Broms & Redd	35.92	9
2	Sally Clague	Cannock & Staffs	32.28	7
3	Hayley Rubery	Telford	24.22	6
4	Sue Davies	Tipton	23.53	5
5	Emma Overy	Royal S C	20.24	4
6	Claire Goodwin	Banbury	13.32	3



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 3 , 3 JULY 2010 HELD AT CANNOCK

Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Lucy Heap	Cannock & Staffs	29.47	7
2	Chloe Murphy	Telford	22.26	5
3	Julie Wakelam	Broms & Redd	21.69	4
4	Maureen Lewington	Royal S C	16.83	3
5	Emily Adams	Tipton	13.12	2

Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Broms & Redd	52.0	9
2		Tipton	52.2	7
3		Cannock & Staffs	53.1	6
4		Royal S C	53.9	5
5		Banbury	58.2	4
6		Telford	58.3	3

Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Cannock & Staffs	4.16.5	9
2		Royal S C	4.18.1	7
3		Broms & Redd	4.19.3	6
4		Tipton	4.34.5	5
5		Banbury	4.48.7	4

Guest Results

100m Women

Paige McKenzie 14.3

100m Men

Talent Gukwe Cannock & Stafford 12.0

Alasdair Rigby Cannock & Stafford 12.4

Paul Donnelly Cannock & Stafford 12.9

5000m Men

Gavin Moorehead Bromsgrove & Redditch 18.30.6

Adam Johnson Cannock & Stafford 19.38.0