



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Total Scores

Position	Team	Points
1	Broms & Redditch	378
2	Cannock & Staffs	371
3	Telford	323
4	Banbury	310.5
5	Royal S C	282.5
6	Tipton	272

Mens Scores

Position	Team	Points
1	Telford	204
2	Cannock & Staffs	186
3	Broms & Redditch	175
4	Tipton	169
5	Banbury	137.5
6	Royal S C	93.5

Womens Scores

Position	Team	Points
1	Broms & Redditch	188
2	Royal S C	174
3	Cannock & Staffs	170
4	Banbury	158
5	Telford	104
6	Tipton	93

Officials Points

Team Name	Points
Broms & Redditch	15
Cannock & Staffs	15
Telford	15
Banbury	15
Royal S C	15
Tipton	10

Match Position after 37 Events



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Men 100m (A string)

Posn	Name	Club	Perf	Pts
1	Dewi Hammond	Broms & Redditch	10.9	9
2	Tino Dunnet	Telford	11.1	7
3	Guy Mayer	Cannock & Staffs	11.2	6
4	Nicholas Pryce	Royal S C	11.3	5
5	Ryan Hanks	Banbury	11.8	4

Men 100m (B string)

Posn	Name	Club	Perf	Pts
1	Vince Adiamah	Telford	11.5	7
2	Peter Shand	Tipton	11.5	5
3	Thomas Russel	Broms & Redditch	11.6	4
4	Adam Barnes	Royal S C	12.1	3
5	James Allen	Banbury	12.1	2
6	Alistair Rigby	Cannock & Staffs	12.2	1

Men 200m (A string)

Posn	Name	Club	Perf	Pts
1	Steve Horton	Tipton	22.5	9
2	Jim Tipper	Telford	22.6	7
3	Dewi Hammond	Broms & Redditch	22.6	6
4	Nicholas Pryce	Royal S C	22.7	5
5	Guy Mayer	Cannock & Staffs	23.4	4
6	Ryan Hanks	Banbury	24.2	3

Men 200m (B string)

Posn	Name	Club	Perf	Pts
1	Peter Shand	Tipton	23.0	7
2	Thomas Russel	Broms & Redditch	23.4	5
3	Jon Biddle	Cannock & Staffs	23.6	4
4	James Allen	Banbury	23.9	3
5	Ben Riekstins	Telford	24.1	2
6	Adam Barnes	Royal S C	24.5	1



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Jack Imray	Tipton	49.6	9
2	Chris Harvey	Cannock & Staffs	50.5	7
3	Daniel Brown	Banbury	51.1	6
4	Martin Aspley-Davis	Broms & Redditch	51.2	5
5	Peter Arnold	Telford	52.7	4
6	Steve Marklew	Royal S C	65.3	3

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	David Mould	Broms & Redditch	51.6	7
2	Jon Biddle	Cannock & Staffs	52.4	5
3	Aman Sanga	Tipton	52.7	4
4	Jacob Simmons	Banbury	53.0	3
5	Chris Carter	Telford	55.8	2

Men 110m H (A string)

Posn	Name	Club	Perf	Pts
1	Malcolm Dawes	Telford	17.6	9
2	Adam Smith	Cannock & Staffs	20.1	7
3	Ian Robinson	Banbury	20.4	6
4	Matrin Cherrington	Tipton	20.7	5
5	Andrew Freeman	Broms & Redditch	21.9	4

Men 110m H (B string)

Posn	Name	Club	Perf	Pts
1	Iain Moody	Telford	18.7	7
2	Paul Edwards	Cannock & Staffs	20.3	5
3	Mitchel Simms	Tipton	20.4	4
4	Adam Croft	Banbury	22.2	3
5	Tom Richardson	Broms & Redditch	22.6	2

Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Martin Aspley-Davis	Broms & Redditch	59.5	9
2	Malcolm Dawes	Telford	60.1	7
3	Adam Smith	Cannock & Staffs	61.6	6
4	Kieran Smith	Royal S C	62.2	5
5	Ian Robinson	Banbury	63.8	4
6	Jonathan Hunt	Tipton	69.1	3



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Manzu-LynCain	Tipton	61.6	7
2	Iain Moody	Telford	61.8	5
3	Andrew Freeman	Broms & Redditch	64.1	4
4	Paul Edwards	Cannock & Staffs	65.9	3
5	Adam Croft	Banbury	67.4	2

Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Chris Carter	Telford	1.56.3	9
2	Chris Perrin	Cannock & Staffs	1.57.0	7
3	Jacob Simmons	Banbury	1.57.8	6
4	Sean Bowden	Broms & Redditch	1.59.5	5
5	Fred Tremblay	Royal S C	2.16.7	4
6	Manzu-Lyncain	Tipton	2.26.1	3

Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Toby Birthwhistle	Telford	1.59.1	7
2	James Perrin	Cannock & Staffs	2.00.3	5
3	Tom Richardson	Broms & Redditch	2.03.6	4
4	Luke Corbett	Tipton	2.09.5	3
5	Theo Larcombe	Royal S C	2.16.3	2
6	Joe Carter	Banbury	2.54.9	1

Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Tom Humphries	Cannock & Staffs	3.57.2	9
2	Craig Walker	Telford	4.06.5	7
3	Sean Bowden	Broms & Redditch	4.13.1	6
4	Kieran Smith	Royal S C	4.17.9	5
5	Phil Clamp	Tipton	4.19.4	4
6	Ian Robinson	Banbury	5.05.5	3

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	James Houghton	Cannock & Staffs	4.04.9	7
2	Ryan Heath	Telford	4.23.8	5
3	Fred Tremblay	Royal S C	4.28.4	4
4	Lee Whitehouse	Tipton	4.33.1	3
5	Sam Moran	Broms & Redditch	4.49.2	2
6	Steve Walton	Banbury	5.10.6	1



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Men 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Tom Humphries	Cannock & Staffs	8.20.2	9
2	Josh Lilley	Tipton	8.35.7	7
3	Craig Walker	Telford	8.58.6	6
4	Nick Corker	Royal S C	9.15.0	5
5	Jon Hill	Broms & Redditch	9.40.3	4
6	Jacob Simmons	Banbury	15.06.7	3

Men 3000m (B string)

Posn	Name	Club	Perf	Pts
1	James Houghton	Cannock & Staffs	9.20.9	7
2	Dean Hill	Tipton	9.31.7	5
3	Steve Marklew	Royal S C	9.38.8	4
4	Peter Plant	Telford	9.47.3	3
5	Kevin Lankham	Broms & Redditch	10.21.0	2
6	Rashid Olubaji	Banbury	15.08.3	1

Men 3000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	Adam Croft	Banbury	10.34.3	9
2	Simon Lanckham	Broms & Redditch	10.57.0	7
3	Craig Pearson	Cannock & Staffs	11.30.5	6

Men 3000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Gavin Moorhead	Broms & Redditch	11.24.7	7
2	James Perrin	Cannock & Staffs	12.18.2	5
3	Jacob Simmons	Banbury	12.36.3	4



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Ben Cocker	Telford	6.50	9
2	Alistair Rigby	Cannock & Staffs	6.15	7
3	Thomas Russel	Broms & Redditch	5.55	6
4	Martin Cherrington	Tipton	5.35	5
5	Sam Edwards	Banbury	5.04	4
6	Jake Dubbleman	Royal S C	4.77	3

Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Ben Riekstins	Telford	5.72	7
2	Matthew Maneffa	Broms & Redditch	5.33	5
3	Matt Davies	Tipton	4.97	4
4	Jamie Graham	Cannock & Staffs	4.79	3
5	Joe Carter	Banbury	4.7	2
6	John Topliss	Royal S C	4.11	1

Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Ben Cocker	Telford	13.09	9
2	Alistair Rigby	Cannock & Staffs	12.93	7
3	James Hart	Broms & Redditch	11.90	6
4	Jake Dubbleman	Royal S C	11.13	5
5	Sam Edwards	Banbury	11.11	4
6	Jonathan Hunt	Tipton	10.08	3

Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Michael Dawes Junior	Telford	11.47	7
2	Matthew Maneffa	Broms & Redditch	10.79	5
3	Dan Timmis	Cannock & Staffs	10.06	4
4	Ryan Brough	Royal S C	9.74	3
5	Joe Carter	Banbury	9.26	2
6	Chad Rhodes	Tipton	8.35	1

Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	James Hart	Broms & Redditch	1.95	9
2	Martin Cherrington	Tipton	1.95	7
3	Alistair Rigby	Cannock & Staffs	1.85	6
4	Malcom Dawes	Telford	1.80	5
5	Kieran Smith	Royal S C	1.80	4
6	Steve Walton	Banbury	1.55	3



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Mitchel Simms	Tipton	1.90	7
2	Edward Dawes	Telford	1.75	5
3	Matthew Maneffa	Broms & Redditch	1.65	4
4	Richard Stanley	Cannock & Staffs	1.60	3
5=	Sam Edwards	Banbury	1.55	1.5
5=	Ryan Brough	Royal S C	1.55	1.5

Men Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Martin Cherrington	Tipton	3.00	9
2	John Bradbury	Telford	2.80	7
3	Bruce Hendrie	Banbury	2.80	6

Men Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Edward Dawes	Telford	2.70	7
2	Ian Robinson	Banbury	2.50	5
3	Chris Farrington	Tipton	2.20	4

Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Ian Taylor	Telford	12.11	9
2	Perris Wilkins	Banbury	11.81	7
3	Sam Cater	Broms & Redditch	11.73	6
4	Dan Timmis	Cannock & Staffs	10.93	5
5	Chad Rhodes	Tipton	9.58	4
6	Matt Johnson	Royal S C	7.79	3

Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Jamie Wilkinson	Telford	11.69	7
2	Matthew Paynter	Cannock & Staffs	10.44	5
3	Martin Aspley-Davis	Broms & Redditch	8.70	4
4	Rashid Olubaji	Banbury	8.22	3
5	Chris Farrington	Tipton	5.90	2



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Men Discus (A string)

Posn	Name	Club	Perf	Pts
1	Perris Wilkins	Banbury	52.32	9
2	Ian Taylor	Telford	42.06	7
3	Dan Timmis	Cannock & Staffs	36.20	6
4	Ben Hembry	Broms & Redditch	35.59	5
5	Chad Rhodes	Tipton	27.34	4
6	Matt Johnson	Royal S C	22.39	3

Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	Jamie Wilkinson	Telford	24.33	7
2	Richard O Connor	Broms & Redditch	24.31	5
3	Jonathan Hunt	Tipton	16.43	4
4	Steve Walton	Banbury	16.14	3

Men Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Chad Rhodes	Tipton	42.27	9
2	Martin Roberts	Cannock & Staffs	41.86	7
3	Ian Taylor	Telford	40.06	6
4	Perris Wilkins	Banbury	38.29	5
5	Richard O Connor	Broms & Redditch	21.72	4
6	Graham	Royal S C	17.16	3

Men Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Graham Middleton	Cannock & Staffs	36.91	7
2	Chris Farrington	Tipton	25.00	5
3	Andrew Freeman	Broms & Redditch	20.21	4
4	Ian Robinson	Banbury	18.34	3
5	Jamie Wilkinson	Telford	16.41	2
6	Matt Johnson	Royal S C	16.02	1

Men Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Jamie Wilkinson	Telford	49.61	9
2	Matt Johnson	Royal S C	42.92	7
3	Alex Pinner	Cannock & Staffs	42.47	6
4	Rashid Olubaji	Banbury	37.55	5
5	Chad Rhodes	Tipton	36.33	4
6	Andrew Freeman	Broms & Redditch	33.51	3



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Men Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Robert Millar	Telford	47.24	7
2	Ryan Brough	Royal S C	37.35	5
3	Richard Stanley	Cannock & Staffs	33.58	4
4	Matt Davies	Tipton	32.84	3
5	Richard O'Connor	Broms & Redditch	26.93	2
6	Steve Walton	Banbury	20.60	1

Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Tipton	43.9	9
2		Cannock & Staffs	44.7	7
3		Broms & Redditch	45.2	6
4		Banbury	46.3	5
5		Royal S C	47.8	4
6		Telford	dq	0

Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Broms & Redditch	3.27.7	9
2		Tipton	3.27.9	7
3		Cannock & Staffs	3.33.9	6
4		Banbury	3.42.8	5
5		Royal S C	3.44.5	4
6		Telford	dq	0

Women 100m (A string)

Posn	Name	Club	Perf	Pts
1	Charmaine Riley	Royal S C	12.4	9
2	Jo Frost	Broms & Redditch	12.4	7
3	Emily Adams	Tipton	13.1	6
4	Harriet Thompson	Cannock & Staffs	13.3	5
5	Sharna Parker	Banbury	13.4	4
6	Sinead Johnson	Telford	13.5	3

Women 100m (B string)

Posn	Name	Club	Perf	Pts
1	Elizabeth Tomlinson	Broms & Redditch	13.1	7
2	Kath Smith	Royal S C	13.7	5
3	Natalie Edwards	Cannock & Staffs	14.2	4
4	Paige McKenzie	Tipton	14.9	3
5	Claire Goodwin	Banbury	15.7	2



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Women 200m (A string)

Posn	Name	Club	Perf	Pts
1	Jo Frost	Broms & Redditch	25.5	9
2	Charmaine Riley	Royal S C	25.7	7
3	Sophie Worrall	Telford	27.5	6
4	Joella Spencer	Tipton	28.4	5
5	Chloe Boulter	Cannock & Staffs	28.7	4
6	Melanie Wilkinson	Banbury	29.6	3

Women 200m (B string)

Posn	Name	Club	Perf	Pts
1	Elizabeth Tomlinson	Broms & Redditch	26.8	7
2	Kath Smith	Royal S C	27.1	5
3	Natalie Edwards	Cannock & Staffs	28.9	4
4	Naomi Farquarson	Telford	29.1	3
5	Paige McKenzie	Tipton	31.1	2
6	Margaret Coombe	Banbury	48.0	1

Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Gabrielle Kinney	Royal S C	59.4	9
2	Natalie Ainge	Cannock & Staffs	59.8	7
3	Chloe Murphy	Telford	62.6	6
4	Sarah Kings	Broms & Redditch	66.9	5
5	Georgina Newell	Banbury	67.6	4
6	Charlotte Fletcher	Tipton	68.8	3

Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Katie Leek	Cannock & Staffs	61.9	7
2	Emily Adams	Tipton	62.4	5
3	Nicole Parsons	Royal S C	63.7	4
4	Sophie Worrall	Telford	70.8	3
5	Amy Peacock	Banbury	72.0	2
6	Sarah Gerner	Broms & Redditch	77.3	1

Women 100m H (A string)

Posn	Name	Club	Perf	Pts
1	Harriet Thompson	Cannock & Staffs	17.0	9
2	Rosie Kingston	Banbury	19.3	7
3	Lucy Jennings	Royal S C	19.3	6
4	Thomasina Ball	Broms & Redditch	20.1	5



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Women 100m H (B string)

Posn	Name	Club	Perf	Pts
1	Isobel Billau	Broms & Redditch	19.6	7
2	Natalie Ainge	Cannock & Staffs	19.9	5
3	Claire Goodwin	Banbury	19.9	4
4	Emma Overy	Royal S C	21.7	3

Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Connie McMillan	Banbury	63.3	9
2	Isobel Billau	Broms & Redditch	69.7	7
3	Sue Davies	Tipton	73.8	6
4	Lucy Jennings	Royal S C	78.4	5
5	Chloe Boulter	Cannock & Staffs	84.4	4

Women 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Ros Kelling	Banbury	74.0	7
2	Thomasina Ball	Broms & Redditch	74.3	5
3	Charlotte Fletcher	Tipton	78.3	4
4	Emma Overy	Royal S C	79.8	3
5	Beth Denning	Cannock & Staffs	91.8	2

Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Jordan Kinney	Royal S C	2.11.7	9
2	Rachel Atherton	Cannock & Staffs	2.19.2	7
3	Sally Hogan	Broms & Redditch	2.30.7	6
4	Georgina Newell	Banbury	2.39.1	5
5	Sue Davies	Tipton	2.44.7	4
6	Chloe Murphy	Telford	2.57.1	3

Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Lizzie Farrow	Royal S C	2.33.7	7
2	Gemma Clay	Broms & Redditch	2.36.3	5
3	Beth Clarke	Cannock & Staffs	2.36.5	4
4	Ros Kelling	Banbury	2.56.8	3

Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Connie McMillan	Banbury	5.00.0	9
2	Amy Johnson	Royal S C	5.00.5	7
3	Rachel Atherton	Cannock & Staffs	5.11.2	6
4	Sally Hogan	Broms & Redditch	5.17.0	5
5	Sue Davies	Tipton	5.34.2	4

SPONSORED BY



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Ros Kelling	Banbury	5.04.5	7
2	Megan Stratford	Royal S C	5.07.9	5
3	Jeanette Malin	Broms & Redditch	5.43.5	4
4	Beth Clarke	Cannock & Staffs	5.46.7	3

Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Stacey Johnson	Cannock & Staffs	10.06.1	9
2	Megan McBrien	Royal S C	10.49.00	7
3	Sue Street	Tipton	10.51.9	6
4	Michelle Bartlett	Banbury	11.07.9	5
5	Gemma Clay	Broms & Redditch	11.44.1	4

Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Rachel Smith	Royal S C	11.17.2	7
2	Julie Dixon	Banbury	11.35.4	5
3	Jeanette Malin	Broms & Redditch	11.57.3	4
4	Sue Kneil Boxley	Cannock & Staffs	12.03.8	3

Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Jo Frost	Broms & Redditch	5.51	9
2	Megan Evans	Royal S C	5.36	7
3	Sophie Worrall	Telford	5.23	6
4	Jessica Leek	Cannock & Staffs	4.96	5
5	Sharna Parker	Banbury	4.96	4
6	Sophie Tibbets	Tipton	4.41	3

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Nancy Ndure	Telford	5.01	7
2	Melanie Wilkinson	Banbury	4.53	5
3	Katie Leek	Cannock & Staffs	4.45	4
4	Sarah Gerner	Broms & Redditch	4.09	3
5	Janice Pryce	Royal S C	3.90	2
6	Joella Spencer	Tipton	3.77	1



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Bethan Partridge	Telford	12.26	9
2	Sharna Parker	Banbury	11.08	7
3	Megan Evans	Royal S C	10.14	6
4	Thomasina Ball	Broms & Redditch	10.07	5
5	Natalie Ainge	Cannock & Staffs	10.02	4
6	Sophie Tibbets	Tipton	9.69	3

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Melanie Wilkinson	Banbury	9.97	7
2	Naomi Farquharson	Telford	9.20	5
3	Janice Pryce	Royal S C	9.20	4
4	Chloe Boulter	Cannock & Staffs	9.13	3
5	Sarah Gerner	Broms & Redditch	8.25	2

Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Nancy Ndure	Telford	1.69	9
2	Chloe Boulter	Cannock & Staffs	1.55	7
3	Rachel Smith	Royal S C	1.50	6
4	Connie McMillan	Banbury	1.50	5
5	Thomasina Ball	Broms & Redditch	1.45	4

Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Charlotte Underhill	Royal S C	1.40	7
2	Isobel Billau	Broms & Redditch	1.35	5
3	Natalie Edwards	Cannock & Staffs	1.25	4

Women Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Amy Peacock	Banbury	2.30	9
2	Yasmine Al Daftary	Broms & Redditch	1.70	7



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Women Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Margaret Coombe	Banbury	1.70	7

Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Rebecca Fagan	Telford	10.48	9
2	Chistina Clarke	Broms & Redditch	9.05	7
3	Alison George	Cannock & Staffs	8.55	6
4	Kath Smith	Royal S C	7.74	5
5	Amy Peacock	Banbury	6.89	4
6	Eleanor Russon	Tipton	6.04	3

Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Sam Lloyd	Broms & Redditch	8.83	7
2	Beth Denning	Cannock & Staffs	8.24	5
3	Nancy Ndure	Telford	7.14	4
4	Maureen Lewington	Royal S C	6.58	3
5	Jackie Porter	Tipton	5.58	2
6	Georgina Newall	Banbury	4.83	1

Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Chistina Clarke	Broms & Redditch	28.75	9
2	Beth Denning	Cannock & Staffs	24.61	7
3	Bethan Partridge	Telford	21.59	6
4	Maureen Lewington	Royal S C	17.32	5
5	Margaret Coombe	Banbury	14.55	4
6	Karen Magness	Tipton	14.24	3

Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Sam Lloyd	Broms & Redditch	24.41	7
2	Alicia Clarke	Cannock & Staffs	20.78	5
3	Rebecca Fagan	Telford	20.13	4
4	Emma Overy	Royal S C	15.47	3
5	Gemma Philips	Banbury	13.05	2
6	Eleanor Russon	Tipton	12.09	1



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Jackie Porter	Tipton	26.08	9
2	Chistina Clarke	Broms & Redditch	26.00	7
3	Fiona Smith	Royal S C	25.12	6
4	Alison George	Cannock & Staffs	22.45	5
5	Rebecca Fagan	Telford	21.15	4
6	Margaret Coombe	Banbury	20.81	3

Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Carol Denning	Cannock & Staffs	19.47	7
2	Yasmine Al Daftary	Broms & Redditch	17.95	5
3	Karen Magness	Tipton	16.42	4
4	Alicia Wilkinson	Banbury	13.40	3
5	Lizzie Farrow	Royal S C	12.81	2

Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Amy Peacock	Banbury	33.11	9
2	Lucy Heap	Cannock & Staffs	31.59	7
3	Sam Lloyd	Broms & Redditch	31.01	6
4	Bethan Partridge	Telford	27.87	5
5	Sue Davies	Tipton	21.19	4
6	Emma Overy	Royal S C	17.21	3

Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Chloe Murphy	Telford	24.67	7
2	Julie Wakelam	Broms & Redditch	19.94	5
3	Claire Goodwin	Banbury	17.87	4
4	Emily Adams	Tipton	15.85	3
5	Carol Denning	Cannock & Staffs	12.07	2
6	Maureen Lewington	Royal S C	10.22	1



UP AND RUNNING MIDLAND TRACK & FIELD LEAGUE RESULTS,
DIVISION 4, MATCH 4 , 1 AUG 2010 HELD AT BROMSGROVE & REDDITCH

Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Cannock & Staffs	50.6	9
2		Royal S C	52.3	7
3		Broms & Redditch	53.0	6
4		Telford	53.9	5
5		Tipton	54.8	4
6		Banbury	56.5	3

Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Royal S C	4.11.7	9
2		Cannock & Staffs	4.16.7	7
3		Broms & Redditch	4.21.1	6
4		Tipton	4.39.8	5
5		Banbury	4.40.3	4