



Total Scores

Position	Team	Points
1	Birchfield	401
2	Cheltenham and C H	366
3	Notts AC A	342
4	Rugby/North	326
5	Bristol & West	284
6	Charnwood	276

Mens Scores

Position	Team	Points
1	Birchfield	186
2	Cheltenham and C H	181
2	Rugby/North	181
4	Notts AC A	160
5	Bristol & West	140
6	Charnwood	133

Womens Scores

Position	Team	Points
1	Birchfield	200
2	Cheltenham and C H	170
3	Notts AC A	167
4	Rugby/North	130
5	Bristol & West	129
6	Charnwood	128

Officials Points

Team Name	Points
Bristol & West	15
Rugby/North	15
Charnwood	15
Cheltenham and C H	15
Notts AC A	15
Birchfield	15



Men 100m (A string)

Posn	Name	Club	Perf	Pts
1	Scott Bajere	Bristol & West	10.9	9
2	Oliver Knight	Charnwood	11.2	7
3	Andrew Lord	Cheltenham and C H	11.3	6
4	Carl Mason	Birchfield	11.4	5
5	Timmion Skervin	Notts AC A	11.5	4
6	Benjamin Lees	Rugby/North	11.6	3

Men 100m (B string)

Wind Speed = 1.7 m/s

Posn	Name	Club	Perf	Pts
1	Richard Tremblen	Cheltenham and C H	11.2	7
2	Shane Henry	Birchfield	11.4	5
3	Peter Hall	Notts AC A	11.6	4
4	David Fraser	Rugby/North	11.8	3
5	Ding Yang	Bristol & West	11.9	2
6	Richard Adiyia	Charnwood	12.0	1

Men 200m (A string)

Posn	Name	Club	Perf	Pts
1	Nicholas Kanonik	Birchfield	22.3	9
2	Lewis Summer Rell	Notts AC A	22.7	7
3	Andrew Lord	Cheltenham and C H	22.7	6
4	Oliver Knight	Charnwood	22.8	5
5	Scott Bajere	Bristol & West	22.9	4
6	Jonathan Chin	Rugby/North	23.4	3

Men 200m (B string)

Posn	Name	Club	Perf	Pts
1	Arran Scott	Notts AC A	22.7	7
2	Jamie Horder	Cheltenham and C H	23.0	5
3	Thomas Johnson	Rugby/North	23.4	4
4	Richard Adiyia	Charnwood	23.6	3
5	Ryan Cox	Birchfield	24.7	2

Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Jarryd Dunn	Birchfield	48.4	9
2	Ross Allen	Rugby/North	49.6	7
3	Jarrold Skervin	Notts AC A	51.6	6
4	Ian Barough	Cheltenham and C H	51.7	5
5	Andrew Dean-Young	Bristol & West	52.3	4
6	Paul Harmer	Charnwood	53.5	3

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	James Whitehouse	Birchfield	49.9	7
2	Arran Scott	Notts AC A	52.5	5
3	John Brierly	Bristol & West	52.9	4
4	Chris Lamb	Rugby/North	53.1	3
5	Joseph See	Cheltenham and C H	54.1	2
6	Richard Adiyia	Charnwood	55.8	1



Men 110m H (A string)

Posn	Name	Club	Perf	Pts
1	Jike Okoro	Birchfield	15.7	9
2	John Gilding	Charnwood	17.1	7
3	Ian Gidley	Rugby/North	17.8	6
4	Russell Whiting	Cheltenham and C H	18.3	5

Men 110m H (B string)

Posn	Name	Club	Perf	Pts
1	Charles Barker	Rugby/North	18.2	7
2	Scott Gregory	Birchfield	20.1	5
3	Tony Noel	Cheltenham and C H	20.6	4
4	Richard Adiyia	Charnwood	21.5	3

Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Jamie Horder	Cheltenham and C H	56.0	9
2	John Brierly	Bristol & West	57.4	7
3	John Bell	Rugby/North	58.1	6
4	John Gilding	Charnwood	60.6	5
5	Scott Gregory	Birchfield	60.7	4
6	Martyn Gibbons	Notts AC A	69.5	3

Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Russell Whiting	Cheltenham and C H	59.6	7
2	James Paramore	Charnwood	60.0	5
3	Charles Barker	Rugby/North	61.4	4
4	Nick Hardy	Birchfield	62.8	3
5	Colin Palmer	Notts AC A	67.5	2

Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Chris Dodd	Bristol & West	1.54.9	9
2	Chris Lamb	Rugby/North	1.57.2	7
3	Paul Harmer	Charnwood	1.58.2	6
4	Steve Long	Notts AC A	2.00.8	5
5	Carsten Adams	Cheltenham and C H	2.05.4	4
6	Peter Whitehouse	Birchfield	2.36.4	3



Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Andrew Dean-Young	Bristol & West	1.57.1	7
2	Elliot Giles	Birchfield	1.58.3	5
3	Joseph Coleshaw	Notts AC A	1.58.5	4
4	Samuel Densham	Charnwood	2.03.1	3
5	Tommaso Migliuolo	Cheltenham and C H	2.06.5	2
6	Robert Male	Rugby/North	2.10.7	1

Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Chris Smith	Notts AC A	4.01.1	9
2	Jeremy Bradley	Cheltenham and C H	4.01.6	7
3	Rory Grant	Rugby/North	4.05.7	6
4	Ryan Cox	Birchfield	4.10.2	5
5	Chris Dodd	Bristol & West	5.15.7	4
6	Samuel Densham	Charnwood	4.28.3	3

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	James Miller	Cheltenham and C H	4.03.6	7
2	Mark Thompson	Notts AC A	4.12.5	5
3	Matthew Emery	Rugby/North	4.20.7	4
4	Joshua Bagnall	Bristol & West	4.21.0	3
5	Theo Blundell	Birchfield	4.21.1	2
6	Jason Williams	Charnwood	4.29.3	1

Men 5000m (A string)

Posn	Name	Club	Perf	Pts
1	Matt O'Dowd	Notts AC A	14.48.1	9
2	Tom Merson	Bristol & West	15.11.6	7
3	Dave Roper	Cheltenham and C H	15.34.3	6
4	James Douglas	Charnwood	15.43.7	5
5	Andrew Kaar	Birchfield	16.00.9	4
6	Paul Birch	Rugby/North	16.36.6	3

Men 5000m (B string)

Posn	Name	Club	Perf	Pts
1	Arran Scott	Notts AC A	14.55.0	7
2	Andrew Chambers	Bristol & West	15.52.7	5
3	Andrew Kaighin	Cheltenham and C H	16.17.7	4
4	Stuart Ball	Charnwood	16.26.0	3
5	Luke Robinson	Rugby/North	17.00.0	2
6	Chris Aston	Birchfield	18.20.7	1



Men 2000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	Nick Hardy	Birchfield	6.27.6	9
2	James Douglas	Charnwood	6.31.3	7
3	Connor Hills	Rugby/North	6.56.1	6
4	Daniel Harrison	Cheltenham and C H	7.20.2	5
5	Martyn Gibbons	Notts AC A	7.20.5	4

Men 2000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Jason Williams	Charnwood	6.33.8	7
2	Ryan Linton	Birchfield	7.02.2	5
3	George Cardwell	Rugby/North	8.09.2	4
4	Carsten Adams	Cheltenham and C H	8.27.3	3

Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Michael Mckernan	Birchfield	6.72	9
2	Ding Yang	Bristol & West	6.63	7
3	Benjamin Lees	Rugby/North	6.49	6
4	Jamie Courtenay	Cheltenham and C H	6.18	5
5	Oliver Knight	Charnwood	5.97	4
6	Fraser Kesteven	Notts AC A	5.71	3

Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Konrad Katarzynski	Birchfield	6.20	7
2	Jonathan Chin	Rugby/North	6.05	5
3	Scott Davie	Bristol & West	6.01	4
4	James Paramore	Charnwood	5.56	3
5	Ian Moore	Cheltenham and C H	5.55	2
6	Martyn Gibbons	Notts AC A	4.50	1



Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Konrad Katarzynski	Birchfield	13.94	9
2	Montel Nevers	Notts AC A	13.19	7
3	Paul Weston	Bristol & West	12.36	6
4	James Paramore	Charnwood	12.17	5
5	Ian Moore	Cheltenham and C H	12.04	4
6	Charles Barker	Rugby/North	11.96	3

Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Oliver Zorko	Notts AC A	13.12	7
2	Jeavon Nicely	Birchfield	12.58	5
3	Scott Davie	Bristol & West	12.12	4
4	Ian Gidley	Rugby/North	11.81	3
5	Ashley Barker	Cheltenham and C H	11.67	2

Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Mike Edwards	Birchfield	2.12	9
2	Ashley Barker	Cheltenham and C H	1.95	7
3	Andrew Reeves	Rugby/North	1.85	6
4	Oliver Zorko	Notts AC A	1.70	5
5	Scott Davie	Bristol & West	1.65	4
6	James Paramore	Charnwood	1.40	3

Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Jike Okoro	Birchfield	1.95	7
2	Rupert Dickinson	Cheltenham and C H	1.85	5
3	Ian Gidley	Rugby/North	1.70	4
4	Fraser Kesteven	Notts AC A	1.60	3



Men Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Scott Davie	Bristol & West	4.00	9
2	Jamie Courtenay	Cheltenham and C H	3.80	7
3	Adam Lyons	Notts AC A	3.80	6
4	Martin Vincent	Rugby/North	3.60	5

Men Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Thomas Lyons	Notts AC A	3.20	7
2	Craig Murch	Rugby/North	3.00	5
3	Thomas Stubbs	Cheltenham and C H	3.00	4

Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	James Preston	Bristol & West	13.91	9
2	Jamie Courtenay	Cheltenham and C H	11.42	7
3	Luke Hyland	Rugby/North	11.11	6
4	Thomas Pearson	Charnwood	10.87	5
5	Thomas Abdy	Notts AC A	10.25	4
6	Michael Tommey	Birchfield	8.70	3

Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	John Moreland	Rugby/North	10.28	7
2	Andrew Windley	Charnwood	9.66	5
3	Kevin Macpherson	Notts AC A	9.35	4
4	Phinehas Stewart	Birchfield	8.16	3
5	Adrian Courtenay	Cheltenham and C H	7.95	2
6	Bill Kingston	Bristol & West	7.13	1



3 Jul 2011

Division 1

Match 3

Venue: Birchfield, Alexander Stadium

Men Discus (A string)

Posn	Name	Club	Perf	Pts
1	Adam Damadzic	Birchfield	44.53	9
2	James Preston	Bristol & West	41.99	7
3	John Moreland	Rugby/North	37.27	6
4	Thomas Pearson	Charnwood	32.47	5
5	Jamie Courtenay	Cheltenham and C H	32.04	4
6	Thomas Abdy	Notts AC A	29.11	3

Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	Glyn Hollingworth	Rugby/North	34.50	7
2	Neil Crossley	Cheltenham and C H	30.71	5
3	Kevin Macpherson	Notts AC A	28.97	4
4	Bill Kingston	Bristol & West	23.13	3
5	Andrew Windley	Charnwood	22.13	2
6	Jike Okoro	Birchfield	19.72	1

Men Hammer (A string)

Posn	Name	Club	Perf	Pts
1	John Pearson	Charnwood	57.21	9
2	Craig Murch	Rugby/North	50.80	7
3	Michael Tommey	Birchfield	47.18	6
4	James Preston	Bristol & West	37.08	5
5	Thomas Abdy	Notts AC A	28.79	4
6	Jamie Courtenay	Cheltenham and C H	25.64	3

Men Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Luke Hyland	Rugby/North	48.42	7
2	Thomas Pearson	Charnwood	42.63	5
3	Kevin Macpherson	Notts AC A	24.81	4
4	Adrian Courtenay	Cheltenham and C H	21.25	3
5	Bill Kingston	Bristol & West	20.59	2



3 Jul 2011

Division 1

Match 3

Venue: Birchfield, Alexander Stadium

Men Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Neil Crossley	Cheltenham and C H	63.14	9
2	Glyn Hollingworth	Rugby/North	57.67	7
3	Howard Stapleton	Birchfield	48.09	6
4	Antony Stanley-Clarke	Bristol & West	47.39	5
5	John Gilding	Charnwood	45.03	4
6	Clem Bartley	Notts AC A	42.31	3

Men Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Kevin Murch	Rugby/North	53.06	7
2	Jonah Boyce	Birchfield	47.76	5
3	Ian Barough	Cheltenham and C H	46.34	4
4	Oliver Knight	Charnwood	35.20	3
5	Kevin Macpherson	Notts AC A	29.64	2
6	James Preston	Bristol & West	27.91	1

Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Notts AC A	43.0	9
2		Cheltenham and C H	43.5	7
3		Birchfield	44.1	6
4		Rugby/North	44.5	5
5		Bristol & West	46.3	4
6		Charnwood	DNF	0



Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Birchfield	3.27.7	9
2		Cheltenham and C H	3.28.1	7
3		Rugby/North	3.29.6	6
4		Charnwood	3.31.6	5
5		Bristol & West	3.34.2	4
6		Notts AC A	3.40.8	3

Women 100m (A string)

Wind Speed = 1.4 m/s

Posn	Name	Club	Perf	Pts
1	Bernice Wilson	Birchfield	11.7	9
2	Ellena Ruddock	Rugby/North	12.0	7
3	Harriet Sawle	Cheltenham and C H	13.0	6
4	Kate Platts	Notts AC A	13.3	5
5	Andrea Lock	Bristol & West	15.8	4
6	Jor'Dan Mcintosh	Charnwood	DQ	0

Women 100m (B string)

Posn	Name	Club	Perf	Pts
1	Monet Ager	Rugby/North	12.5	7
2	Laura Samuel	Birchfield	12.6	5
3	Lauren Oswald	Cheltenham and C H	13.3	4
4	Giare Skervin	Notts AC A	13.4	3
5	Caroline Powell	Bristol & West	14.1	2
6	Selina Litt	Charnwood	15.3	1

Women 200m (A string)

Posn	Name	Club	Perf	Pts
1	Imogen Green	Birchfield	26.2	9
2	Molly Ferguson	Notts AC A	26.5	7
3	Lauren Oswald	Cheltenham and C H	27.2	6
4	Rachel Pearce	Rugby/North	27.3	5
5	Andrea Lock	Bristol & West	32.9	4
6	Selina Litt	Charnwood	34.0	3



Women 200m (B string)

Posn	Name	Club	Perf	Pts
1	Sineade Gutzmore	Birchfield	26.7	7
2	Harriet Sawle	Cheltenham and C H	27.3	5
3	Emma Hourd	Notts AC A	27.8	4
4	Caroline Powell	Bristol & West	28.4	3
5	Emma Cluley	Rugby/North	29.3	2
6	Sophie McDonnell	Charnwood	31.7	1

Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Jor'Dan McIntosh	Charnwood	57.8	9
2	Hannah Foward	Cheltenham and C H	60.5	7
3	Ruth Mitchell	Bristol & West	61.4	6
4	Rachel Pearce	Rugby/North	62.2	5
5	Fiona Palmer	Notts AC A	62.7	4
6	Sophie Clark	Birchfield	64.7	3

Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Caroline Powell	Bristol & West	62.5	7
2	Leah Gregory	Birchfield	64.0	5
3	Francesca Courtney	Cheltenham and C H	64.2	4
4	Laura Mason	Notts AC A	67.7	3
5	Sophia Howard	Charnwood	79.8	2

Women 100m H (A string)

Wind Speed = 0 m/s

Posn	Name	Club	Perf	Pts
1	Jenny Robbins	Notts AC A	15.4	9
2	Francesca Courtney	Cheltenham and C H	16.2	7
3	Dionne Samuels	Birchfield	16.6	6
4	Katy-Louise Payne	Charnwood	16.9	5
5	Charlotte Davies	Rugby/North	19.3	4
6	Andrea Lock	Bristol & West	21.3	3

Women 100m H (B string)

Wind Speed = 0 m/s

Posn	Name	Club	Perf	Pts
1	Imogen Green	Birchfield	15.7	7
2	Jessica Collins	Cheltenham and C H	19.6	5
3	Sophie McDonnell	Charnwood	20.6	4
4	Selina Walters	Notts AC A	21.1	3



Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Francesca Courtney	Cheltenham and C H	67.4	9
2	Julie Rogers	Birchfield	68.7	7
3	Hannah Scales	Rugby/North	74.8	6
4	Emma Nutt	Charnwood	76.3	5
5	Andrea Lock	Bristol & West	84.7	4

Women 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Naomi O'Brien	Birchfield	73.9	7
2	Emma Cluley	Rugby/North	77.6	5
3	Amber-Sian Magee	Charnwood	80.1	4
4	Nicola Whiteman	Cheltenham and C H	82.9	3

Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Julia Cooke	Cheltenham and C H	2.14.6	9
2	Juliet Doyle	Charnwood	2.15.0	7
3	Sarah Bull	Notts AC A	2.16.4	6
4	Ruth Mitchell	Bristol & West	2.19.5	5
5	Eleanor Barnes	Rugby/North	2.35.2	4
6	Laura Hopcroft	Birchfield	2.43.4	3

Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Eleanor Wimshurst	Bristol & West	2.22.8	7
2	Beth Hawling	Cheltenham and C H	2.23.2	5
3	Lori Marshall	Notts AC A	2.24.4	4
4	Katy-Louise Payne	Charnwood	2.28.7	3
5	Catherine Williams	Rugby/North	3.00.3	2



Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Juliet Doyle	Charnwood	4.34.5	9
2	Sarah Bull	Notts AC A	4.43.7	7
3	Eleanor Wimshurst	Bristol & West	4.45.1	6
4	Nicola Whiteman	Cheltenham and C H	5.08.3	5
5	Genevieve Roberts	Rugby/North	5.08.7	4
6	Sophia De Beer	Birchfield	5.12.0	3

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Jessica Marriot	Notts AC A	5.09.6	7
2	Beth Hawling	Cheltenham and C H	5.12.3	5
3	Becky Ellis	Charnwood	5.17.1	4
4	Megan Love	Rugby/North	5.19.7	3
5	Lucy Archbold	Birchfield	5.28.5	2

Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Chloe Richardson	Birchfield	9.52.7	9
2	Joanna Pulsford	Rugby/North	10.08.8	7
3	Nicola Whiteman	Cheltenham and C H	10.44.2	6
4	Annasley Park	Bristol & West	10.44.8	5
5	Jenny Reed	Notts AC A	10.54.1	4
6	Amber-Sian Magee	Charnwood	11.06.3	3

Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Becky Ellis	Charnwood	11.09.4	7
2	Sarah Costin	Notts AC A	11.38.9	5
3	Clarissa Blake	Rugby/North	12.00.8	4
4	Rachel See	Cheltenham and C H	12.23.9	3
5	Sophie Williams	Birchfield	dnf	0

Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Sineade Gutzmore	Birchfield	5.69	9
2	Alessia Valente	Notts AC A	5.29	7
3	Kerry Murch	Rugby/North	5.70	6
4	Katy Townsend	Cheltenham and C H	5.00	5
5	Hannah Walsh	Charnwood	4.87	4
6	Nicola Breaks	Bristol & West	4.74	3

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Laura Samuel	Birchfield	5.53	7
2	Rebecca Davies	Rugby/North	4.94	5
3	Fiona Jing	Cheltenham and C H	4.71	4
4	Laura Mason	Notts AC A	4.10	3
5	Andrea Lock	Bristol & West	3.44	2



Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Laura Samuel	Birchfield	12.33	9
2	Alessia Valente	Notts AC A	11.90	7
3	Hannah Walsh	Charnwood	11.20	6
4	Nicola Breaks	Bristol & West	10.98	5
5	Fiona Jing	Cheltenham and C H	10.18	4
6	Rebecca Davies	Rugby/North	9.85	3

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Caoimhe King	Birchfield	12.19	7
2	Jenny Robbins	Notts AC A	10.50	5
3	Jessica Collins	Cheltenham and C H	9.31	4
4	Kathryn Reynolds	Rugby/North	8.68	3

Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Hayley Pitman	Bristol & West	1.74	9
2	Zoey Phillips	Birchfield	1.65	7
3	Alessia Valente	Notts AC A	1.55	6
4	Danielle Stanley	Charnwood	1.45	5
5	Francesca Courtney	Cheltenham and C H	1.45	4
6	Belinda Amoako	Rugby/North	1.40	3

Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Emily Taylor	Notts AC A	1.50	7
2	Nicola Breaks	Bristol & West	1.50	5
3	Emma Nutt	Charnwood	1.40	4
4	Beverley Hawkins	Birchfield	1.40	3
5	Rosie Hall	Cheltenham and C H	1.40	2
6	Rebecca Davies	Rugby/North	1.30	1

Women Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Emily Taylor	Notts AC A	3.50	9
2	Andrea Lock	Bristol & West	2.40	7
3	Harriet Copeland	Charnwood	2.10	6
4	Jessica Collins	Cheltenham and C H	1.80	5



Women Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Jenny Robbins	Notts AC A	3.30	7
2	Ruth (Catherine) Bird	Cheltenham and C H	1.70	5

Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Eden Francis	Birchfield	16.06	9
2	Annabel Sherry	Cheltenham and C H	11.83	7
3	Christina Jones	Bristol & West	10.36	6
4	Helen Gill	Notts AC A	9.59	5
5	Rebecca Davies	Rugby/North	8.79	4
6	Danielle Stanley	Charnwood	7.94	3

Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Chloe Gayle	Birchfield	9.70	7
2	Selina Walters	Notts AC A	9.59	5
3	Nicola Breaks	Bristol & West	9.05	4
4	Charlotte Lawson	Cheltenham and C H	8.10	3
5	Charlotte Davies	Rugby/North	8.05	2
6	Alice Knight	Charnwood	7.00	1

Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Eden Francis	Birchfield	51.81	9
2	Hayley Green	Bristol & West	35.32	7
3	Annabel Sherry	Cheltenham and C H	35.07	6
4	Katy-Louise Payne	Charnwood	35.06	5
5	Emily Campbell	Notts AC A	31.50	4
6	Kerry Murch	Rugby/North	30.66	3

Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Emma Crooke	Birchfield	33.64	7
2	Charlotte Lawson	Cheltenham and C H	25.86	5
3	Kathryn Reynolds	Rugby/North	24.95	4
4	Jessica Adcock	Notts AC A	22.59	3
5	Alice Knight	Charnwood	20.61	2



Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Zoe Derham	Birchfield	62.63	9
2	Christina Jones	Bristol & West	53.32	7
3	Emily Campbell	Notts AC A	42.66	6
4	Danielle Bird	Cheltenham and C H	37.96	5
5	Debbie Murch	Rugby/North	26.72	4
6	Dorothy Rubery	Charnwood	24.57	3

Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Hayley Murray	Birchfield	53.44	7
2	Hayley Green	Bristol & West	43.49	5
3	Annabelle Palmer	Notts AC A	34.88	4
4	Ruth (Catherine) Bird	Cheltenham and C H	34.73	3
5	Charlotte Davies	Rugby/North	21.63	2
6	Sophia Howard	Charnwood	18.14	1

Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Kerry Murch	Rugby/North	36.37	9
2	Beverley Hawkins	Birchfield	35.21	7
3	Danielle Stanley	Charnwood	32.30	6
4	Issy Bailey	Cheltenham and C H	30.54	5
5	Jessica Adcock	Notts AC A	29.14	4
6	Dawn Claridge	Bristol & West	26.61	3

Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Alice Knight	Charnwood	29.40	7
2	Kathryn Reynolds	Rugby/North	26.31	5
3	Altyja Norman	Bristol & West	25.81	4
4	Laura Radburn	Birchfield	25.38	3
5	Linsey Hutchins	Cheltenham and C H	22.43	2
6	Selina Walters	Notts AC A	20.15	1



Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Birchfield	48.3	9
2		Notts AC A	50.9	7
3		Rugby/North	51.8	6
4		Cheltenham and C H	52.1	5
5		Charnwood	55.5	4
6		Bristol & West	57.6	3

Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Birchfield	4.19.3	9
2		Cheltenham and C H	4.19.6	7
3		Notts AC A	4.22.0	6
4		Rugby/North	4.25.2	5
5		Charnwood	4.28.9	4
6		Bristol & West	4.33.5	3

Guest Athletes 3 July 2011

Event	Name	Club	Perf
W 100H	Sophia Howard	Charnwood	23.9
W 3K	Emily Evans	Birchfield	14.40.6
W HT	Emma Crooke	Birchfield	33.32
W HT	Selina Walters	Notts	37.76
W 400M	Katy Warren	Birchfield	62.4
W 1500M	Aimee Hopcroft	Birchfield	5.09.3
W 100m	Kimi Moncrieffe	Birchfield	13.0
M 100m	Elijah Skervin	Notts	11.2
M 100M	McKoy Kampelege	Notts	11.7
M 100M	Alex Ferguson	Notts	11.9
M 100M	Rupert Dickinson	Cheltenham	11.9
W SP	Anabella Palmer	Notts	8.69
M 5K	Richard Darling	Notts	16.34.3
M 5K	Will New	Cheltenham	17.10.1
M 5K	Jacob Lott	Birchfield	17.14.4
M TJ	Jamal Nesbit	Birchfield	13.62
4 X 400M	Birchfield Nick Hardy, Elliot Giles	Theo Blundell, Luke Baker	3.29.9
M Discus	Najee Fox	Birchfield	50.13