

NJL Midland Avon Div Round:1 RESULTS
Edmonscote, Leamington, Sun 25 April 2010

M 100m A

1	Thomas Knight	CDF	11.1
2	Adian Twomey	COV	11.5
3	Tyler Johnson	PLY	11.5
4	Oliver Edwards	SEW	11.6
5	Gabriel Gennuso	S&S	11.6

M 100m B

1	Lewis Hinwood	SEW	11.5
2	Hassan Hassan	U17 COV	11.5
3	David Willis	PLY	11.6
4	Peter Wareing	S&S	11.7
5	Nathan Lawrence	U17 CDF	12.1
6	Kieran Clark	U17 AVS	12.2

M 200m A

1	Sam Conway	CDF	22.8
2	Adian Twomey	COV	22.9
3	Oliver Edwards	SEW	23.2
4	David Willis	PLY	23.5
5	Gabriel Gennuso	S&S	24.0
6	Adriano Ritchie	U17 AVS	25.1

M 200m B

1	Lewis Hinwood	SEW	23.4
2	Hassan Hassan	U17 COV	23.6
3	Bradley Free	U17 S&S	24.3
4	Michael Johnson	U17 CDF	24.8
5	Kieran Clark	U17 AVS	25.4
6	Andrew Reed	PLY	26.0

M 400m A

1	Sam Conway	CDF	50.1
2	Richard Curl	S&S	51.2
3	Adriano Ritchie	U17 AVS	53.6
4	Dexter Cater	PLY	54.1
5	Andrew Downing	COV	54.7
6	Craig Godsell	SEW	55.1

M 400m B

1	Dan Kelland	U17 PLY	51.7
2	David Lee	COV	53.8
3	Elijah Burke	S&S	54.6
4	Michael Johnson	U17 CDF	56.4
5	Ben McEwan	U17 SEW	57.9

M 800m A

1	Kieron Stephens	U17 SEW	2.00.1
2	Elliot Slade	U17 CDF	2.00.2
3	Eliot Buckner	PLY	2.04.6

M 800m B

1	Samuel Harry	PLY	2.00.3
2	Darren Jones	CDF	2.12.9

M 1500m A

1	Charlie Eastaugh	AVS	4.20.5
2	Daniel Hiscox	SEW	4.21.0
3	Elliot Slade	U17 CDF	4.23.5
4	Samuel Harry	PLY	4.35.6

M 1500m B

1	Matthew Antoniazzi	U17 SEW	4.21.6
2	Ashley Smith	PLY	4.37.4

M 3000m A

1	Sean Hazell	B&W	9.08.0
2	Dan Nash	U17 PLY	9.20.5
3	Jack Mee	AVS	9.22.5
4	Owen Haswell	SEW	9.35.5
5	Daniel Rebeiro	U17 S&S	10.00.2
6	Kyle Garrison	CDF	13.10.5

M 3000m B

1	Ashley Smith	PLY	9.41.7
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M 110mH A

1	Hayden Brown-Williams	PLY	16.4
2	Josh Buzzard	U17 AVS	18.9
3	Lewis Albutt	S&S	19.9

M 110mH B

1	Jamie Fitzpatrick	S&S	21.1
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M 400mH A

1	Richard Curl	S&S	58.6
2	Jacob Brennan	CDF	59.4
3	Sean Hazell	B&W	61.9
4	Ben McEwan	U17 SEW	69.0

M 400mH B

1	Elijah Burke	S&S	63.7
2	Tyron Blake	U17 CDF	64.7

M 2000m Sc A

1	Sean Hazell	B&W	6.31.0
2	Dan Nash	U17 PLY	6.47.7
3	Darren Jones	CDF	6.56.4
4	Jack Mee	AVS	7.01.7

M 2000m Sc B

1	Andrew Reed	PLY	7.10.9
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M Discus Throw A

1	Gareth Winter	CDF	46.87
2	James Preston	B&W	42.23
3	Josh Bussell	SEW	33.71
4	Olie Wright	PLY	33.46

M Discus Throw B

1	Jacob Matthews	CDF	41.53
2	Bradley Free	U17 S&S	21.11

5 Richard Taylor S&S 23.26

M Hammer Throw A

1 Gareth Winter CDF 41.94
2 Lewis Jones SEW 36.32
3 James Preston B&W 33.98
4 Richard Taylor S&S 30.85
5 Olie Wright PLY 24.11

M Hammer Throw B

1 Matthew Field U17 CDF 38.55
2 Josh Bussell SEW 34.83
3 Elijah Burke S&S 13.29

M High Jump A

1 Nathan Petch U17 COV 1.91
2 Tom Morgan SEW 1.88
3 Josh Guest AVS 1.80
4 Jamie Fitzpatrick S&S 1.75
5 Tyron Blake U17 CDF 1.70
6 Dexter Later PLY 1.65

M High Jump B

1 Dan Pearce PLY 1.65
2 Nathan Lawrence U17 CDF 1.55
3 Josh Buzzard U17 AVS 1.55

M Javelin Throw A

1 Jason Copsley SEW 59.86
2 Richard Taylor S&S 44.76
3 Gareth Winter CDF 40.87
4 Dan Pearce PLY 40.16
5 Sean Hazell B&W 27.86

M Javelin Throw B

1 Tomas Morgan SEW 51.43
2 Lewis Albutt S&S 41.94
3 Hayden Brown-Williams PLY 38.18
4 Kyle Garrison CDF 29.95
5 James Preston B&W 20.18

M Long Jump A

1 Josh Guest AVS 6.26
2 Hayden Brown-Williams PLY 6.15
3 Tomas Morgan SEW 6.01
4 Jacob Brennan CDF 5.73
5 Peter Wareing S&S 5.62

M Long Jump B

1 Bryn Stretton AVS 5.99
2 Jamie Fitzpatrick S&S 4.36
3 Kyle Garrison CDF 3.97

M Pole Vault A

1 Hayden Brown-Williams PLY 3.05

M Pole Vault B

1 Olie Wright PLY 2.80

M Shot Putt A

1 Gareth Winter CDF 15.50
2 James Preston B&W 14.30
3 Olie Wright PLY 12.56
4 Josh Bussell SEW 12.45
5 Richard Taylor S&S 10.60

M Shot Putt B

1 Jacob Matthews CDF 15.03
2 Lewis Jones SEW 10.72
3 Lewis Albutt S&S 6.95

M Triple Jump A

1 Sam Conway CDF 11.45
2 Andrew Reed PLY 11.29
3 Bradley Free U17 S&S 10.61

M Triple Jump B

1 Jacob Brennan CDF 11.44
2 Richard Curl S&S 10.36

W 100m A

1 Mica Moore CDF 12.4
2 Claire Williams SEW 12.6
3 Shauana Lawton COV 12.7
4 Emma Wagstaff PLY 13.4
5 Danielle Georgiou U17 S&S 13.5
6 Alice Hale AVS 14.2

W 100m B

1 Hannah Oliver U17 COV 13.1
2 Hannah Griffiths U17 SEW 13.2
3 Hannah Clarke CDF 13.3
4 Jenny Baker U17 PLY 14.5

W 200m A

1 Hayley Harvey PLY 26.20
2 Claire Williams SEW 26.60
3 Rosie West COV 26.60
4 Eleanor Johnston U17 AVS 26.90
5 Jamie-Leigh Bowen U17 CDF 27.00
6 Danielle Georgiou U17 S&S 28.70

W 200m B

1 Hannah Griffiths U17 SEW 25.8
2 Danielle Mill CDF 28.4
3 Andrea Lewis-Jones S&S 29.2
4 Alice Hale AVS 29.4

W 400m A

1 Lauren Downing U17 COV 58.1
2 Samantha Cogan CDF 58.2
3 Hayley Harvey PLY 58.9
4 Shauni Warner AVS 69.3

W 400m B

1 Lauren Regan CDF 62.4

W 800m A			W 800m B	
1 Katie Burns	U17	PLY 2.29.9	1 Lauren Anning	PLY 2.26.3
2 Hannah Owen		S&S 2.34.1		
3 Vanessa Bran		B&W 2.35.6		
4 Zoe Holloway	U17	SEW 2.49.5		
W 1500m A			W 1500m B	
1 Emily Merrick		B&W 4.55.3	1 Lauren Regan	CDF 5.51.6
2 Katie Burns	U17	PLY 5.26.5		
3 Kayleigh Kennedy	U17	CDF 5.37.6		
4 Zoe Holloway	U17	SEW 5.58.8		
W 3000m A			W 3000m B	
1 Emily Merrick		B&W 10.51.0	No competitors	
2 Frederica Richards	U17	PLY 11.19.3		
3 Kayleigh Kennedy	U17	CDF 12.11.1		
4 Faye Barr		AVS 12.25.3		
W 100mH A			W 100mH B	
1 Katie Jacks		S&S 17.7	1 Talissa Free	S&S 17.4
2 Elinor Lewis		CDF 17.8		
3 Antonia Yorkshire		SEW 19.0		
4 Lauren Anning		PLY 19.2		
W 400mH A			W 400mH B	
1 Pippa Collins		COV 69.0	1 Katie Jacks	S&S 74.5
2 Andrea Lewis-Jones		S&S 72.0		
3 Antonia Yorkshire		SEW 73.8		
4 Elinor Lewis		CDF 76.0		
W 1500m Sc A			W 1500m Sc B	
1 Faye Barr		AVS 6.43.2	No competitors	
W Discus Throw A			W Discus Throw B	
1 Jasmine Seale	U17	SEW 33.70	1 Sian Jordan	SEW 25.69
2 Bobbie Lenahan-Hodge	U17	PLY 26.55	2 Susanne McNiff	PLY 18.90
3 Ayla Phillips		CDF 25.54	3 Hannah Owen	S&S 12.23
4 Danielle Smith		COV 21.08		
5 Vanessa Bran		B&W 17.97		
6 Katie Jacks		S&S 13.53		
W Hammer Throw A			W Hammer Throw B	
1 Bobbie Lenahan-Hodge	U17	PLY 43.01	1 Susanne McNiff	PLY 37.41
2 Danielle Smith		COV 23.56		
3 Katie Jacks		S&S 6.60		
W High Jump A			W High Jump B	
1 Cosima Berry	U17	AVS 1.62	1 Eleanor Johnston	U17 AVS 1.45
2 Hannah Oliver	U17	COV 1.50	2 Susanne McNiff	PLY 1.35
3 Zoe Eales		S&S 1.50		
4 Jenny Baker	U17	PLY 1.45		
5 Elinor Lewis		CDF 1.35		
W Javelin Throw A			W Javelin Throw B	
1 Amy Tidball	U17	SEW 32.39	1 Rachel Bevan	SEW 30.32
2 Lauren Anning		PLY 27.36	2 Bobbie Lenahan-Hodge	U17 PLY 23.29
3 Mary Donaldson	U17	AVS 25.38	3 Andrea Lewis-Jones	S&S 3.57
4 Ayla Phillips		CDF 23.56		
5 Danielle Smith		COV 21.40		
6 Danielle Georgiou	U17	S&S 20.86		
7 Vanessa Bran		B&W 16.10		
W Long Jump A			W Long Jump B	
1 Kiani Pay	U17	PLY 5.18	1 Emma Wagstaff	PLY 4.87
2 Eleanor Johnston	U17	AVS 5.14	2 Talissa Free	S&S 4.49
3 Molly Eales	U17	S&S 4.99	3 Sammy Jo Morgan	U17 SEW 4.37
4 Victoria Webb		SEW 4.39	4 Jamie-Leigh Bowen	U17 CDF 2.70
5 Kayleigh Kennedy		CDF 3.08		

W Pole Vault A
No competitors

W Pole Vault B
No competitors

W Shot Putt A

1 Jasmine Seale	U17 SEW	10.45
2 Danielle Smith	COV	9.76
3 Ayla Phillips	CDF	9.05
4 Kiani Pay	U17 PLY	8.46
5 Zoe Eales	S&S	6.43

W Shot Putt B

1 Susanne McNiff	PLY	7.83
2 Danielle Mill	CDF	6.39

W Triple Jump A

1 Kiani Pay	U17 PLY	9.85
2 Elinor Lewis	CDF	9.45
3 Cosima Berry	U17 AVS	9.12
4 Talissa Free	S&S	8.81
5 Vanessa Bran	B&W	8.74

W Triple Jump B

1 Jenny Baker	U17 PLY	8.88
2 Hannah Owen	S&S	8.76

W 4x100m Relay

1 CDF 51.1	1 Mica Moore
	3 Hannah Clarke
2 SEW 52.4	1 Claire Williams
	3 Ellie Carter
3 PLY 52.6	1 Jenny Baker
	3 Kiani Pay
4 S&S 55.1	1 Danielle Georgiou
	3 Katie Jacks
5 AVS 55.4	1
	3

2 Jamie-Leigh Bowen
4 Danielle Mill
2 Sammy Jo Morgan
U17 4 Hannah Griffiths
U17 2 Hayley Harvey
U17 4 Emma Wagstaff
U17 2 Talissa Free
4 Andrea Lewis-Jones
2
4

W 4x400m Relay

1 CDF 4.18.0	1 Samantha Cogan
	3 Hannah Clarke
2 PLY 4.20.1	1 Lauren Anning
	3 Frederica Richards

2 Lauren Regan
4 Elinor Lewis
2 Katie Burns
U17 4 Hayley Harvey

M 4x100m Relay

1 SEW 45.1	1 Oliver Edwards
	3 Canal Davis
2 CDF 46.0	1 Michael Johnson
	3 Jacob Brennan
3 PLY 46.9	1 David Willis
	3 Samuel Harry
4 AVS 47.3	1
	3
5 S&S 48.6	1 Richard Taylor
	3 Peter Wareing

2 Tom Morgan
U17 4 Lewis Hinwood
U17 2 Thomas Knight
4 Nathan Lawrence
2 Dan Kelland
4 Tyler Johnson
2
4
2 Bradley Free
4 Elijah Burke

M 4x400m Relay

1 CDF 3.31.2	1 Sam Conway
	3 Elliot Slade
2 PLY 3.33.1	1 Hayden Brown-Williams
	3 Dexter Cater
3 SEW 3.40.6	1 Matthew Antoniazzi
	3 Craig Godsell

2 Jacob Brennan
U17 4 Thomas Knight
2 Dan Pearce
4 Dan Kelland
U17 2 Ben McEwan
4 Kieron Stephens

MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge
1	PLY 436	8	1	Plymouth & Cornwall AC	436 8
2	CDF 406	7	2	Cardiff AC	406 7
3	S&S 320	6	3	Solihull & Smallheath	320 6
4	SEW 316	5	4	South East Wales	316 5
5	AVS 189	4	5	Avon SPA	189 4
6	COV 143	3	6	Coventry Godiva Harriers	143 3
7	B&W 112	2	7	Bristol & West AC	112 2

General Comment: No competitors W Pole Vault A&B,

NJL Midland Avon Div Round:1 GUEST RESULTS
Edmuncote, Leamington, Sun 25 April 2010

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M 100m			W 100m		
1	Bradley Free	U17 SSH 11.8	1	Danielle Mill	CAR 13.4
2	Conal Davis	U17 SEW 12.0	2	Sammy Jo Morgan	U17 SEW 13.7
3	Kieran Smith	COV 12.1	3	Rosie West	COV 13.8
4	Jordan Davis	U17 SEW 13.2	4	Ellie Carter	U17 SEW 14.0
M 200m			W 200m		
1	Peter Wareing	SSH 23.6	1	Mica Moore	CAR 25.9
2	Conal Davis	U17 SEW 24.6	2	Hannah Clarke	CAR 27.1
3	Kieran Smith	COV 24.9	3	Unknown Lady	UNK 30.5
4	Jordan Davis	U17 SEW 27.0			
M 800m			M 1500m		
1	Andrew Reed	PLY 2.06.3	1	Matthew Edwards	U17 SEW 4.30.5
2	Tomas Hardwick	U17 SEW 2.41.8	2	Callum Barrie	U17 SEW 4.43.1

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|          Team| AVS | B&W | CDF | COV | PLY | SEW | S&S |          POINTS |
|          No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77|Used Waste Tot| | |
|---|---|---|---|---|---|---|---|---|---|---|
|M 100m   A|    0|    0|  11|   9|   8|   7|   6|  41|   9|  50|
|          B|    3|    0|   4|   7|   6|   9|   5|  34|   2|  36|
|Cumulative|    3|    0|  15|  16|  14|  16|  11|  75|  11|  86|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M 200m   A|    5|    0|  11|   9|   7|   8|   6|  46|   4|  50|
|          B|    4|    0|   5|   7|   3|   9|   6|  34|   2|  36|
|Cumulative|   12|    0|  31|  32|  24|  33|  23| 155|  17| 172|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M 400m   A|    8|    0|  11|   6|   7|   5|   9|  46|   4|  50|
|          B|    0|    0|   5|   7|   9|   4|   6|  31|   5|  36|
|Cumulative|   20|    0|  47|  45|  40|  42|  38| 232|  26| 258|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M 800m   A|    0|    0|   9|   0|   8|  11|   0|  28|  22|  50|
|          B|    0|    0|   7|   0|   9|   0|   0|  16|  20|  36|
|Cumulative|   20|    0|  63|  45|  57|  53|  38| 276|  68| 344|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M 1500m  A|   11|    0|   8|   0|   7|   9|   0|  35|  15|  50|
|          B|    0|    0|   0|   0|   7|   9|   0|  16|  20|  36|
|Cumulative|   31|    0|  71|  45|  71|  71|  38| 327| 103| 430|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M 3000m  A|    8|   11|   5|   0|   9|   7|   6|  46|   4|  50|
|          B|    0|    0|   0|   0|   9|   0|   0|   9|  27|  36|
|Cumulative|   39|   11|  76|  45|  89|  78|  44| 382| 134| 516|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M 110mH  A|    9|    0|   0|   0|  11|   0|   8|  28|  22|  50|
|          B|    0|    0|   0|   0|   0|   0|   9|   9|  27|  36|
|Cumulative|   48|   11|  76|  45| 100|  78|  61| 419| 183| 602|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M 400mH  A|    0|    8|   9|   0|   0|   7|  11|  35|  15|  50|
|          B|    0|    0|   7|   0|   0|   0|   9|  16|  20|  36|
|Cumulative|   48|   19|  92|  45| 100|  85|  81| 470| 218| 688|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M 2000Sc A|    7|   11|   8|   0|   9|   0|   0|  35|  15|  50|
|          B|    0|    0|   0|   0|   9|   0|   0|   9|  27|  36|
|Cumulative|   55|   30| 100|  45| 118|  85|  81| 514| 260| 774|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M DT      A|    0|    9|  11|   0|   7|   8|   6|  41|   9|  50|
|          B|    0|    0|   9|   0|   0|   0|   7|  16|  20|  36|
|Cumulative|   55|   39| 120|  45| 125|  93|  94| 571| 289| 860|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M HT      A|    0|    8|  11|   0|   6|   9|   7|  41|   9|  50|
|          B|    0|    0|   9|   0|   0|   7|   6|  22|  14|  36|
|Cumulative|   55|   47| 140|  45| 131| 109| 107| 634| 312| 946|
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	Team	AVS	B&W	CDF	COV	PLY	SEW	S&S	POINTS		
	No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	Used	Waste	Tot

M HJ	A	8	0	6	11	5	9	7	46	4	50
	B	6	0	7	0	9	0	0	22	14	36
	Cumulative	69	47	153	56	145	118	114	702	330	1032

M JT	A	0	6	8	0	7	11	9	41	9	50
	B	0	4	5	0	6	9	7	31	5	36
	Cumulative	69	57	166	56	158	138	130	774	344	1118

M LJ	A	11	0	7	0	9	8	6	41	9	50
	B	9	0	6	0	0	0	7	22	14	36
	Cumulative	89	57	179	56	167	146	143	837	367	1204

M PV	A	0	0	0	0	11	0	0	11	39	50
	B	0	0	0	0	9	0	0	9	27	36
	Cumulative	89	57	179	56	187	146	143	857	433	1290

M SP	A	0	9	11	0	8	7	6	41	9	50
	B	0	0	9	0	0	7	6	22	14	36
	Cumulative	89	66	199	56	195	160	155	920	456	1376

M TJ	A	0	0	11	0	9	0	8	28	22	50
	B	0	0	9	0	0	0	7	16	20	36
	Cumulative	89	66	219	56	204	160	170	964	498	1462

W 100m	A	5	0	11	8	7	9	6	46	4	50
	B	0	0	6	9	5	7	0	27	9	36
	Cumulative	94	66	236	73	216	176	176	1037	511	1548

W 200m	A	7	0	6	8	11	9	5	46	4	50
	B	5	0	7	0	0	9	6	27	9	36
	Cumulative	106	66	249	81	227	194	187	1110	524	1634

W 400m	A	7	0	9	11	8	0	0	35	15	50
	B	0	0	9	0	0	0	0	9	27	36
	Cumulative	113	66	267	92	235	194	187	1154	566	1720

W 800m	A	0	8	0	0	11	7	9	35	15	50
	B	0	0	0	0	9	0	0	9	27	36
	Cumulative	113	74	267	92	255	201	196	1198	608	1806

W 1500m	A	0	11	8	0	9	7	0	35	15	50
	B	0	0	9	0	0	0	0	9	27	36
	Cumulative	113	85	284	92	264	208	196	1242	650	1892

W 3000m	A	7	11	8	0	9	0	0	35	15	50
	B	0	0	0	0	0	0	0	0	36	36
	Cumulative	120	96	292	92	273	208	196	1277	701	1978

Team	AVS	B&W	CDF	COV	PLY	SEW	S&S	POINTS			
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	Used	Waste	Tot	

W 100mH A	0	0	9	0	7	8	11	35	15	50	
B	0	0	0	0	0	0	9	9	27	36	
Cumulative	120	96	301	92	280	216	216	1321	743	2064	

W 400mH A	0	0	7	11	0	8	9	35	15	50	
B	0	0	0	0	0	0	9	9	27	36	
Cumulative	120	96	308	103	280	224	234	1365	785	2150	

W 1500Sc A	11	0	0	0	0	0	0	11	39	50	
B	0	0	0	0	0	0	0	0	36	36	
Cumulative	131	96	308	103	280	224	234	1376	860	2236	

W DT A	0	6	8	7	9	11	5	46	4	50	
B	0	0	0	0	7	9	6	22	14	36	
Cumulative	131	102	316	110	296	244	245	1444	878	2322	

W HT A	0	0	0	9	11	0	8	28	22	50	
B	0	0	0	0	9	0	0	9	27	36	
Cumulative	131	102	316	119	316	244	253	1481	927	2408	

W HJ A	11	0	6	9	7	0	8	41	9	50	
B	9	0	0	0	7	0	0	16	20	36	
Cumulative	151	102	322	128	330	244	261	1538	956	2494	

W JT A	8	4	7	6	9	11	5	50	0	50	
B	0	0	0	0	7	9	6	22	14	36	
Cumulative	159	106	329	134	346	264	272	1610	970	2580	

W LJ A	9	0	6	0	11	7	8	41	9	50	
B	0	0	5	0	9	6	7	27	9	36	
Cumulative	168	106	340	134	366	277	287	1678	988	2666	

W PV A	0	0	0	0	0	0	0	0	50	50	
B	0	0	0	0	0	0	0	0	36	36	
Cumulative	168	106	340	134	366	277	287	1678	1074	2752	

W SP A	0	0	8	9	7	11	6	41	9	50	
B	0	0	7	0	9	0	0	16	20	36	
Cumulative	168	106	355	143	382	288	293	1735	1103	2838	

W TJ A	8	6	9	0	11	0	7	41	9	50	
B	0	0	0	0	9	0	7	16	20	36	
Cumulative	176	112	364	143	402	288	307	1792	1132	2924	

W 4x1	6	0	11	0	8	9	7	41	9	50	
Cumulative	182	112	375	143	410	297	314	1833	1141	2974	

W 4x4	0	0	11	0	9	0	0	20	30	50	
Cumulative	182	112	386	143	419	297	314	1853	1171	3024	

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*-----*
|      Team| AVS | B&W | CDF | COV | PLY | SEW | S&S |      POINTS |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77|Used Waste Tot| | |
|---|---|---|---|---|---|---|---|---|---|---|
|M 4x1    |    7|    0|    9|    0|    8|   11|    6| 41| 9| 50|
|Cumulative| 189| 112| 395| 143| 427| 308| 320|1894|1180|3074|
|-----|-----|-----|-----|-----|-----|-----|-----|
|M 4x4    |    0|    0|   11|    0|    9|    8|    0| 28| 22| 50|
|Cumulative| 189| 112| 406| 143| 436| 316| 320|1922|1202|3124|
|-----|-----|-----|-----|-----|-----|-----|-----|
|      Add|    0|    0|    0|    0|    0|    0|    0| 0| 0| 0|
|subtract|    0|    0|    0|    0|    0|    0|    0| 0| 0| 0|
|Cumulative| 189| 112| 406| 143| 436| 316| 320|1922|1202|3124|
|-----|-----|-----|-----|-----|-----|-----|-----|
|      TOTALS| 189| 112| 406| 143| 436| 316| 320|1922|1202|3124|
*-----*
    
```

Pos	Team	Points	Add	Sub	Total
1	Plymouth & Cornwall AC	436	0	0	436
2	Cardiff AC	406	0	0	406
3	Solihull & Smallheath	320	0	0	320
4	South East Wales	316	0	0	316
5	Avon SPA	189	0	0	189
6	Coventry Godiva Harriers	143	0	0	143
7	Bristol & West AC	112	0	0	112

Used + add - sub = total 1922 0 0 1922
 Unused points 1202 1202
 (Used+unused)+add-sub=total 3124 0 0 3124

Team	1st	2nd	3rd	4th	5th	6th	7th	1st	2nd	3rd	4th	5th	6th	7th
PLY A	7	10	6	9	1	1	0	B 11	4	2	1	0	1	0
CDF A	11	6	7	3	4	1	0	B 6	5	2	4	1	0	0
S&S A	2	4	5	4	9	3	0	B 4	6	7	1	0	0	0
SEW A	6	6	6	7	0	1	0	B 7	3	1	0	1	0	0
AVS A	4	2	5	5	1	2	0	B 2	0	1	1	1	1	0
COV A	3	5	2	1	2	0	0	B 1	3	0	0	0	0	0
B&W A	4	2	3	0	3	0	1	B 0	0	0	0	1	0	0

Men	Event	Women	Event
1	Cardiff AC	1	Plymouth & Cornwall AC
2	Plymouth & Cornwall AC	2	Cardiff AC
3	South East Wales	3	Solihull & Smallheath
4	Solihull & Smallheath	4	South East Wales
5	Avon SPA	5	Avon SPA
6	Bristol & West AC	6	Coventry Godiva Harriers
7	Coventry Godiva Harriers	7	Bristol & West AC