

M 100m A		M 100m B	
1 Aidan Twomey	COV 11.1	1 Karl Ledington	COV 11.2
2 Gabby Gennuso	S&S 11.4	2 Gary Wong	U17 CRB 11.6
3 Courtney Douglas	R&N 11.5	3 Bryn Stretton	U17 AVS 11.8
4 Rory McGregor	CRB 11.7	4 Bradley Free	U17 S&S 11.9
5 Chris Bartlett	AVS 11.8	5 Marvin O'Loughlin	U17 NUN 12.6
6 Frank Sackey	U17 NUN 12.3		
M 200m A		M 200m B	
1 Richard Curl	S&S 22.5	1 Karl Ledington	COV 22.9
2 Aidan Twomey	COV 22.6	2 Elijah Burke	U17 S&S 23.9
3 Courtney Douglas	R&N 23.3	3 Tom Johnson	U17 R&N 24.1
4 Ross Davies	U17 CRB 23.9	4 Rory McGregor	CRB 25.6
5 Mohsin Takolia	NUN 25.7		
M 400m A		M 400m B	
1 Matthew Clark	NUN 52.3	1 Elijah Burke	U17 S&S 53.7
2 Lewis Albutt	S&S 53.8	2 Tristan Titinchi	U17 R&N 54.8
3 Hassam Hassam	U17 COV 53.9	3 Ross Davies	U17 CRB 55.1
4 Simon Franklin	CRB 54.0	4 Dave Freeman	COV 58.9
5 Tom Johnson	U17 R&N 56.5	5 Joe Ashby	U17 NUN 59.1
M 800m A		M 800m B	
1 Alistair Fowler	CRB 2.14.9	1 Callum Logan	U17 CRB 2.21.1
2 Dave Freeman	COV 2.16.1		
M 1500m A		M 1500m B	
1 Charlie Eastaugh	AVS 4.21.7	1 Jamie Langley	AVS 4.38.3
2 Sebastian Goodall	CRB 4.25.7		
3 Rory Grant	U17 R&N 4.27.0		
4 Joe Ashby	U17 NUN 4.39.0		
M 3000m A		M 3000m B	
1 Jack Mee	AVS 9.31.9	No competitors	
2 David Pitcher	S&S 9.52.2		
M 110mH A		M 110mH B	
1 Andrew Pozzi	AVS 14.1	No competitors	
2 Damon Wong	S&S 18.2		
M 400mH A		M 400mH B	
1 Richard Curl	S&S 59.1	1 Damon Wong	S&S 65.0
2 Ryan Cleaver	U17 R&N 60.6	2 Mohsin Takolia	NUN 70.0
3 Jared Wilson	NUN 65.1		
M 2000m Sc A		M 2000m Sc B	
1 Daniel Wardle	U17 R&N 7.21.8	1 Robert Male	U17 R&N 7.35.5
2 Simon Cook	S&S 8.43.9		
3	CRB 9.28.2		
M Discus Throw A		M Discus Throw B	
1 Simon Franklin	CRB 26.17	1 Tarun Benning	U17 CRB 22.88

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2 Richard Taylor	S&S 24.85	2 Gabby Gennuso	S&S 16.96
3 Dan Wardle	R&N 18.68		

M Hammer Throw A		M Hammer Throw B	
1 Sam Foster	U17 CRB 47.50	1 Rory McGregor	CRB 6.75
2 Richard Taylor	S&S 32.81		

M High Jump A		M High Jump B	
1 Nathan Petch	U17 COV 1.85	1 Andrew Pozzi	AVS 1.80
2 Chris Bartlett	AVS 1.80	2 Morton Hart	U17 S&S 1.55
3 Jamie Fitzpatrick	U17 S&S 1.60		
4 Seb Wilson Dyer Gough	CRB 1.60		
5 Ryan Cleaver	U17 R&N 1.55		

M Javelin Throw A		M Javelin Throw B	
1 Richard Taylor	S&S 43.11	1 Lewis Albutt	S&S 40.67
2 Howard Stapleton	U17 COV 42.81		
3 Ryan Cleaver	U17 R&N 30.67		
4 Callum Logan	U17 CRB 13.31		

M Long Jump A		M Long Jump B	
1 Andrew Pozzi	AVS 6.73	1 Chris Bartlett	AVS 6.73
2 Seb Wilson Dyer Gough	CRB 6.58	2 Gary Wong	U17 CRB 5.77
3 Reece Otchery	U17 R&N 6.04	3 Charlie Cook	U17 COV 5.44
4 Nathan Petch	U17 COV 5.78	4 Mohsin Takolia	NUN 5.28
5 Frank Sackey	U17 NUN 5.36	5 Daniel Wardle	U17 R&N 4.79

M Pole Vault A		M Pole Vault B	
No competitors		No competitors	

M Shot Putt A		M Shot Putt B	
1 Jerome Donker	COV 10.64	1 Karl Ledington	COV 9.35
2 Seb Wilson Dyer Gough	CRB 8.12	2 Gary Wong	U17 CRB 7.06
3 David Pitcher	S&S 7.30	3 Simon Cook	S&S 6.04

M Triple Jump A		M Triple Jump B	
1 Chris Bartlett	AVS 12.87	1 Bryn Stretton	U17 AVS 11.74
2 Seb Wilson Dyer Gough	CRB 12.20	2 Tarun Benning	U17 CRB 10.83
3 Reece Otchery	U17 R&N 12.15		
4 Frank Sackey	U17 NUN 11.88		
5 Damon Wong	S&S 10.86		

W 100m A		W 100m B	
1 Sophie Wright	R&N 12.4	1 Rosie West	U17 COV 13.1
2 Shona Lawton	COV 12.5	2 Emma Cluley	R&N 13.3
3 Imogen Green	U17 AVS 13.4	3 Talissa Free	U17 S&S 14.1
4 Danielle Georgiou	U17 S&S 14.0		

W 200m A		W 200m B	
1 Kelly Beswick	COV 27.0	1 Kirsten Carter	U17 COV 27.1

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2 Sophie Meakin	R&N 27.5	2 Rachel Stanley	U17 R&N 28.0
3 Andrea Lewis Jones	U17 S&S 28.2		

W 400m A		W 400m B	
1 Kelly Beswick	COV 60.1	1 Kirsten Carter	U17 COV 62.9
2 Sophie Wright	R&N 63.4	2 Sophie Meakin	R&N 66.9
3 Charlotte Cotter	U17 CRB 64.8	3 Rachel Chard	NUN 67.7
4 Tania White	U17 NUN 65.7		
5 Andrea Lewis Jones	U17 S&S 66.6		

W 800m A		W 800m B	
1 Charlotte Inwood	U17 R&N 2.33.9	1 Lauren Byrd	U17 R&N 2.41.4

W 1500m A		W 1500m B	
1 Briony Banks	U17 R&N 5.03.7	1 Emily Waugh	U17 R&N 5.13.9
2 Tania White	U17 NUN 5.22.2	2 Kirsty Deacon	NUN 6.14.3
3 Charlotte Cotter	U17 CRB 5.26.3		
4 Faye Barr	AVS 5.34.4		

W 3000m A		W 3000m B	
No competitors		No competitors	

W 100mH A		W 100mH B	
1 Molly Bagworth	U17 COV 15.3	No competitors	
2 Emma Cluley	R&N 16.4		
3 Amanda Evans	AVS 16.5		
4 Talissa Free	U17 S&S 16.9		
5 Kirsty Deacon	NUN 21.5		

W 400mH A		W 400mH B	
1 Alex Williams	COV 70.1	No competitors	
2 Andrea Lewis Jones	U17 S&S 72.9		
3 Charlotte Davies	U17 R&N 74.7		

W Discus Throw A		W Discus Throw B	
1 Kate Whiston	S&S 30.98	1 Danielle Smith	COV 18.49
2 Catherine Macbeth	COV 28.59	2 Anna Hart	S&S 15.52
3 Gemma Mills	NUN 22.32	3 Rachel Stanley	U17 R&N 13.85
4 Kathryn Reynolds	U17 R&N 16.74		
5 Charlotte Cotter	U17 CRB 11.79		

W Hammer Throw A		W Hammer Throw B	
1 Kate Whiston	S&S 27.15	1 Danielle Smith	COV 20.78
2 Charlotte Davies	U17 R&N 22.71	2 Sophie Wright	R&N 18.62
3 Catherine Macbeth	COV 21.33	3 Anna Hart	S&S 15.66

W High Jump A		W High Jump B	
1 Imogen Green	U17 AVS 1.51	1 Georgie Evans	U17 AVS 1.40
2 Alex Williams	COV 1.40		
3 Danielle Georgiou	U17 S&S 1.35		
4 Katie Rowe	U17 R&N 1.35		

W Javelin Throw A		W Javelin Throw B	
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1 Catherine Macbeth	COV	32.55	1 Kirsty Deacon	NUN	24.28
2 Gemma Mills	NUN	31.18	2 Danielle Smith	COV	21.14
3 Kathryn Reynolds	U17 R&N	29.09	3 Rebecca Davies	U17 R&N	19.52
4 Anna Hart	S&S	21.51	4 Kate Whiston	S&S	16.01

W Long Jump A			W Long Jump B		
1 Emma Spragg	S&S	5.04	1 Rebecca Davies	U17 R&N	4.47
2 Amanda Evans	AVS	5.03	2 Georgie Evans	AVS	4.47
3 Sophie Meakin	R&N	4.89			
4 Natalie White	NUN	2.60			

W Pole Vault A
No competitors

W Pole Vault B
No competitors

W Shot Putt A			W Shot Putt B		
1 Catherine Macbeth	COV	10.19	1 Danielle Smith	COV	9.16
2 Lauren Boyd	CRB	9.98	2 Anna Hart	S&S	5.61
3 Gemma Mills	NUN	8.30			
4 Rebecca Davies	U17 R&N	7.96			
5 Imogen Green	U17 AVS	7.42			
6 Kate Whiston	S&S	6.98			

W Triple Jump A			W Triple Jump B		
1 Amanda Evans	AVS	10.69	1 Georgie Evans	U17 AVS	10.34
2 Katie Rowe	U17 R&N	10.32	2 Charlotte Davies	U17 R&N	10.04
3 Emma Spragg	S&S	10.09			

W 4x100m Relay					
1 R&N 52.1	1 Sophie Meakin		2 Sophie Wright		
	3 Emma Cluley		4 Charlotte Davies	U17	
2 COV 52.1	1 Shona Lawton		2 Molly Bagworth	U17	
	3 Rosie West	U17	4 Kelly Beswick		
3 S&S 55.9	1 Talissa Free	U17	2 Emma Spragg		
	3 Andrea Lewis Jones	U17	4 Danielle Georgiou	U17	
4 NUN 56.8	1 Gemma Mills		2 Rachel Chard		
	3 Kirsty Deacon		4 Tania White	U17	

W 4x400m Relay					
1 COV 4.18.3	1 Kelly Beswick		2 Kirsten Carter	U17	
	3 Molly Bagworth	U17	4 Alex Williams		
2 R&N 4.22.7	1 Emily Waugh	U17	2 Charlotte Inwood	U17	
	3 Lauren Byrd	U17	4 Briony Banks	U17	

M 4x100m Relay					
1 COV 46.1	1 Aidan Twomey		2 Hassam Hassam	U17	
	3 Martin Browne		4 Karl Ledington		
2 R&N 47.6	1 James Eaton		2 Reece Otchery	U17	
	3 Tom Johnson	U17	4 Courtney Douglas		
3 S&S 47.7	1 Elijah Burke	U17	2 Gabby Gennuso		
	3 Bradley Free	U17	4 Morton Hart	U17	
4 CRB 48.8	1 Gary Wong	U17	2 Seb Wilson Dyer Gough		
	3 Dominic Kirby	U17	4 Rory McGregor		
5 NUN 49.0	1 Matthew Clark		2 Joe Ashby	U17	
	3 Mohsin Takolia		4 Frank Sackey	U17	
6 AVS 50.5	1		2		
	3		4		

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M 4x400m Relay

1 CRB 3.35.1	1 Ross Davies	U17	2 Sebastian Goodall	
	3 Simon Franklin		4 Alistair Fowler	
2 COV 3.40.3	1 Karl Ledington		2 Jerome Donker	U17
	3 Hassam Hassam	U17	4 Charlie Cook	U17
3 S&S 3.44.8	1 Richard Curl		2 Damon Wong	
	3 Elijah Burke	U17	4 Lewis Albutt	
4 R&N 3.52.3	1 Rory Grant	U17	2 Tristan Titinchi	U17
	3 Kieran Garlick	U17	4 Ryan Cleaver	U17

PRIOR STANDINGS			MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge		Event	Lge
1	S&S 1242	23	1	R&N 382	8	1	Solihull & Smallheath	1607 30
2	R&N 1203	22	2	S&S 365	7	2	Rugby & Northampton AC	1585 30
3	COV 946	18	3	COV 350	6	3	Coventry Godiva Harriers	1296 24
4	AVS 594	13	4	CRB 262	5	4	Corby AC	745 18
5	CRB 483	13	5	AVS 237	4	5	Avon SPA	831 17
6	NUN 429	10	6	NUN 194	3	6	Nuneaton Harriers AC	623 13

Athlete of the Match: Richard Curl Solihull & Small Heath A.C. 200m 22.5
 Catherine MacBeth Coventry Godiva Harriers Shot 10.19

Note(s)

AVS Includes + 35pts,
 CRB Includes + 35pts,
 COV Includes + 35pts,
 NUN Includes + 35pts,
 R&N Includes + 35pts,
 S&S Includes + 35pts,

Results by www.Resultsbox.co.uk and Athletics Weekly

□ NJL Midland Avon Div Round:4 GUEST RESULTS
 Nuneaton, Pingles Stadium, Sun 26 July 2009

100m men		200m men	
1 Hassam Hassam	COV 11.4	1 Hassam Hassam	COV 23.8
2 Jerome Donker	COV 11.6	2 Bradley Free	S&S 24.3
3 Don Ainsworth	COV 11.8	3 Charlie Cooke	COV 24.7
4 Charlie Cooke	COV 11.8	4 Gary Wong	CRB 25.8
5 Dominic Kirby	CRB 12.4		

400m men		3000m men	
1 Tarun Benning	CRB 60.6	1 Daniel Webb	AVS 9.51.7

200m women		100m women	
1 Rosie West	COV 26.9	1 Shona Rankin	COV 13.2

Long Jump women

1500m men

1 Katie Rowe

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R&N 4.27

1 Daniel Webb

AVS 4.43.6

Results by www.Resultsbox.co.uk and Athletics Weekly