100 metres

"A" Sophie Segun 5th 12.73 "B" Faye Ivory 8th 15.14pb

200 metres

"A" Sophie Segun 8th 28.40 "B" Faye Ivory 8th 31.49pb

400 metres

Joceline Monteiro 4th 56.94 "B" Abigail Tobin 6th 69.46

800 metres

Joceline Monteiro 1st 2:10.03 "B" Stephanie Williams 3rd 2:21.35

1500 metres

"A" Georgia Tuckfield 4th 4:45.44 "B" Lottie Rowedder 2nd 5:07.96

3000 metres

"A" Georgia Tuckfield 3rd 10:24.54 "B" Lottie Rowedder 1st 10:45.14

100m Hurdles

"A" Lauren Thompson 3rd 14.37pb "B" Chloe Vernon-Hamilton 1st 15.15

400m Hurdles

"A" Lauren Thompson 1st 58.12pb "B" Megan Breen 3rd 86.23

2000m Steeplechase

"A" Megan Breen 7th 12.19.04

High Jump

"A" Laura Armorgie 2nd 1.65 "B" Sally Cowler 3rd 1.50

Pole Vault

"A" Erin Breen 5th= 3.10

Long Jump

"A" Sally Cowler 6th 4.90 "B" Abigail Tobin 5th 4.20pb

Triple Jump

"A" Chloe Vernon-Hamilton 2nd 11.72 "B" Sally Cowler 4th 10.53

Shot Putt

"A" Chloe Vernon-Hamilton 2nd 12.63 "B" Megan Breen 6th 6.58

Hammer

"A" Emma Fossett 6th 37.57 "B" Rebecca Porter 6th 26.44

Discus

"A" Emma Fossett 6th 29.48pb "B" Rebecca Porter 3rd 29.32

Javelin

"A" Eloise Meakins 1st 47.12 "B" Emma Fossett 1st 32.16

4 x 100m Relay

Herts Phoenix 4th 50.95

4 x 400m Relay

Herts Phoenix 2nd 3:57.77

Joceline Monteiro 58.9, Georgia Tucfield 62.4, Chloe Vernon-Hamilton 63.1, Lauren Thompson 55.4

Match Result

1st Wigan & District Harriers 214 points,

 2nd Herts Phoenix 199.5 points,

3rd Newham & Essex Beagles 180 points,

4th Bedford & County 163 points,

 5th City of Sheffield 159.5 points,

6th Marshall Milton Keynes 158 points,

7th Bristol & West 153 points,

8th Victoria Park & City of Glasgow 122 points