

Total Scores

Position	Team	Points
1	Cheltenham	376
2	City of Stoke	368.5
3	Rugby/North	319
4	Tamworth	302.5
5	Mansfield	291
6	Coventry	281

Mens Scores

Position	Team	Points
1	Cheltenham	194
2	Rugby/North	179
3	Coventry	173
4	City of Stoke	165.5
5	Tamworth	161.5
6	Mansfield	130

Womens Scores

Position	Team	Points
1	City of Stoke	188
2	Cheltenham	167
3	Mansfield	146
4	Tamworth	126
5	Rugby/North	125
6	Coventry	93

Officials Points

Team Name	Points
Cheltenham	15
City of Stoke	15
Rugby/North	15
Tamworth	15
Mansfield	15
Coventry	15

Men 100m (A string)

Posn	Name	Club	Perf	Pts
1	Joel Fearon	Coventry	11.0	9
2	Anthony McWilliams	Rugby/North	11.4	7
3	Richard Porter	City of Stoke	11.8	6
4	Martin White	Mansfield	11.9	5
5	Adam Smith	Tamworth	11.9	4
6	William Merrett	Cheltenham	12.0	3

Men 100m (B string)

Posn	Name	Club	Perf	Pts
1	Martin Browne	Coventry	11.6	7
2	Richard Tremblin	Cheltenham	11.6	5
3	Martin Chomanicz	City of Stoke	11.8	4
4	Winston Rose	Rugby/North	12.1	3
5	John McLaren	Tamworth	12.3	2
6	James Hardy	Mansfield	12.5	1

Men 200m (A string)

Posn	Name	Club	Perf	Pts
1	Joel Fearon	Coventry	22.2	9
2	Richard Porter	City of Stoke	23.1	7
3	William Merrett	Cheltenham	23.4	6
4	Anthony McWilliams	Rugby/North	24.0	5
5	Paul Wright	Mansfield	24.3	4
6	John McLaren	Tamworth	24.8	3

Men 200m (B string)

Posn	Name	Club	Perf	Pts
1	Martin Browne	Coventry	23.3	7
2	Aedan Heath	Rugby/North	23.5	5
3	Lee Groenewegen	Cheltenham	23.8	4
4	Martin Chomanicz	City of Stoke	24.0	3
5	James Hardy	Mansfield	24.6	2
6	Matthew James	Tamworth	26.3	1

Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Daniel Cash	Tamworth	49.9	9
2	Ashley Hill	Cheltenham	50.5	7
3	Jamie Downes	Rugby/North	50.6	6
4	Paul Wright	Mansfield	51.2	5
5	Andy Cory	City of Stoke	51.6	4
6	Steven Sinclair	Coventry	52.1	3

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	Ian Barough	Cheltenham	51.6	7
2	Thomas Challis	Tamworth	51.8	5
3	Ross Allen	Rugby/North	52.4	4
4	Stuart King	Mansfield	54.6	3
5	Andrew Boon	Coventry	56.9	2
6	Robert Spencer	City of Stoke	58.1	1

Men 110m H (A string)

Posn	Name	Club	Perf	Pts
1	Neil Crossley	Cheltenham	16.1	9
2	Stefan Wilcockson	Mansfield	16.4	7
3	James Eaton	Rugby/North	16.7	6
4	Karl Leddington	Coventry	17.8	5
5	Matthew James	Tamworth	20.0	4
6	James Dohnal	City of Stoke	20.3	3

Men 110m H (B string)

Posn	Name	Club	Perf	Pts
1	Jonathan Newell	Mansfield	18.2	7
2	Russell Whiting	Cheltenham	18.4	5
3	Ricky Hallam	Tamworth	20.8	4
4	Nigel Gardner	City of Stoke	23.5	3

Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Thomas Burton	Tamworth	54.5	9
2	Stefan Wilcockson	Mansfield	57.5	7
3	Robert Barker-Davies	Coventry	59.0	6
4	James Eaton	Rugby/North	59.6	5
5	Russell Whiting	Cheltenham	64.4	4
6	Gavin Walters	City of Stoke	67.1	3

Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Andrew Reeves	Rugby/North	60.5	7
2	Matthew James	Tamworth	61.3	5
3	Michael Thompson	Coventry	62.9	4
4	Jonathan Newell	Mansfield	64.4	3
5	Tony Noel	Cheltenham	66.6	2
6	Robert Spencer	City of Stoke	66.7	1

Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Nathan Woodward	Tamworth	1.52.7	9
2	James Miller	Cheltenham	1.55.9	7
3	Benjamin Jones	Coventry	1.56.7	6
4	Carl Shubotham	City of Stoke	1.57.6	5
5	Stephen Lisgo	Mansfield	1.59.6	4
6	Ross Glover	Rugby/North	2.02.1	3

Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Henry Hammond	Coventry	1.58.3	7
2	Corin Hughes	Cheltenham	2.00.6	5
3	Stuart King	Mansfield	2.02.4	4
4	Robert Cook	City of Stoke	2.03.9	3
5	Paul Tasker	Tamworth	2.04.8	2
6	Matthew Emery	Rugby/North	2.08.7	1

Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Jeremy Bradley	Cheltenham	3.59.7	9
2	Stephen Emery	Rugby/North	4.02.0	7
3	Ryan Kenny	Coventry	4.02.3	6
4	James Mee	Mansfield	4.10.5	5
5	Carl Shubotham	City of Stoke	4.13.0	4
6	Simon King	Tamworth	4.16.7	3

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Alistair Smith	Coventry	4.02.8	7
2	Chris Lamb	Rugby/North	4.07.9	5
3	James Miller	Cheltenham	4.09.8	4
4	Luke Cragg	Mansfield	4.22.3	3
5	Josh Berrisford	City of Stoke	4.32.5	2

Men 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Benjamin Jones	Coventry	8.44.0	9
2	Darren Jordan	Cheltenham	9.03.1	7
3	Stephen Lisgo	Mansfield	9.12.7	6
4	Stuart Nelson	Rugby/North	9.13.5	5
5	Thomas Orton	Tamworth	9.50.2	4
6	Michael Harding	City of Stoke	10.05.7	3

Men 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Henry Hammond	Coventry	8.49.8	7
2	Jonathan Norris	Cheltenham	9.04.1	5
3	Paul Birch	Rugby/North	9.38.9	4
4	Carl Dunne	Tamworth	10.11.6	3
5	David Lee	City of Stoke	10.29.9	2
6	Steve Davies	Mansfield	10.54.2	1

Men 3000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	Steven Bazell	City of Stoke	10.10.7	9
2	Jamie Sewell	Rugby/North	10.24.2	7
3	Harvey Speed	Coventry	10.27.1	6
4	Russell Forsbrook	Cheltenham	10.30.7	5
5	Thomas Orton	Tamworth	10.46.1	4
6	Steve Grainger	Mansfield	11.21.3	3

Men 3000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Gavin Walters	City of Stoke	10.37.8	7
2	Harvey Rose	Coventry	10.51.6	5
3	Stephen Milner	Rugby/North	10.58.8	4
4	Andrew Kaighin	Cheltenham	11.04.5	3

Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Jamie Blundell	Coventry	6.77	9
2	John Illingworth	Rugby/North	6.50	7
3	Jamie Courtenay	Cheltenham	6.39	6
4	Thomas Bell	Mansfield	6.29	5
5	Adam Smith	Tamworth	6.02	4
6	James Dohnal	City of Stoke	6.02	3

Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Neil Crossley	Cheltenham	6.29	7
2	Michael Thompson	Coventry	6.23	5
3	Anthony McWilliams	Rugby/North	6.06	4
4	Christopher Harvey	City of Stoke	5.88	3
5	Gavin Showell	Tamworth	5.81	2
6	Paul Wright	Mansfield	.08	1

Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	John Illingworth	Rugby/North	14.30	9
2	Adam Smith	Tamworth	13.53	7
3	Martin Bartholomew	City of Stoke	12.32	6
4	Michael Thompson	Coventry	12.12	5
5	Hugh Walton	Cheltenham	12.10	4
6	Stefan Wilcockson	Mansfield	11.71	3

Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Ian Gidley	Rugby/North	11.86	7
2	Christopher Harvey	City of Stoke	11.72	5
3	Martin Browne	Coventry	11.32	4
4	Ricky Hallam	Tamworth	10.27	3
5	Tony Noel	Cheltenham	9.87	2

Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Andrew Reeves	Rugby/North	1.85	9
2	Ashley Barker	Cheltenham	1.80	7
3	Jordan Roach	Tamworth	1.75	6
4	James Dohnal	City of Stoke	1.70	5
5	Stephen Lisgo	Mansfield	1.70	4
6	Karl Leddington	Coventry	1.60	3

Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Ian Gidley	Rugby/North	1.75	7
2	James Hardy	Mansfield	1.70	5
3	Matthew James	Tamworth	1.60	4
4	Nigel Gardner	City of Stoke	1.50	3
5	Ashley Hill	Cheltenham	1.40	2

Men Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Martin Vincent	Rugby/North	4.10	9
2=	Gavin Showell	Tamworth	3.90	6.5
2=	Mark Cooper	City of Stoke	3.90	6.5
4	Jamie Courtenay	Cheltenham	3.40	5
5	Stephen Lisgo	Mansfield	2.50	4

Men Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Ricky Hallam	Tamworth	3.70	7
2	James Slee	Cheltenham	3.00	5
3	Chris Shelton	Rugby/North	2.20	4
4	Gavin Walters	City of Stoke	2.10	3

Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Martin Bartholomew	City of Stoke	14.49	9
2	Neil Crossley	Cheltenham	12.35	7
3	Joseph Okpoti	Coventry	11.54	6
4	Alexander Berrow	Tamworth	10.46	5
5	Steven Woolley	Mansfield	9.50	4
6	Kevin Murch	Rugby/North	8.70	3

Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Gregg Nixon	City of Stoke	14.32	7
2	John Phipps	Cheltenham	12.02	5
3	Gavin Showell	Tamworth	8.75	4
4	John Geracs	Rugby/North	7.93	3
5	Martin White	Mansfield	7.66	2
6	Martin Browne	Coventry	7.61	1

Men Discus (A string)

Posn	Name	Club	Perf	Pts
1	Martin Bartholomew	City of Stoke	4.50	9
2	John Phipps	Cheltenham	31.32	7
3	Joseph Okpoti	Coventry	29.93	6
4	Steven Woolley	Mansfield	29.56	5
5	Kevin Murch	Rugby/North	26.54	4
6	Alexander Berrow	Tamworth	25.29	3

Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	Gregg Nixon	City of Stoke	44.24	7
2	Neil Crossley	Cheltenham	30.91	5
3	Lee Peters	Mansfield	26.02	4
4	Christopher Smith	Tamworth	23.28	3
5	John Geracs	Rugby/North	21.54	2

Men Hammer (A string)

	Posn Name	Club	Perf	Pts
1	Alexander Berrow	Tamworth	46.05	9
2	Neil Bulman	Rugby/North	43.22	7
3	Gregg Nixon	City of Stoke	43.07	6
4	Steven Woolley	Mansfield	29.13	5
5	Martin Gurr	Cheltenham	25.28	4
6	Joseph Okpoti	Coventry	23.87	3

Men Hammer (B string)

	Posn Name	Club	Perf	Pts
1	Glenn Unsworth	City of Stoke	37.16	7
2	Kevin Murch	Rugby/North	28.13	5
3	John Phipps	Cheltenham	24.61	4
4	Marcus Yoxall	Tamworth	23.06	3
5	Martin White	Mansfield	18.85	2
6	Martin Browne	Coventry	16.08	1

Men Javelin (A string)

	Posn Name	Club	Perf	Pts
1	Glyn Hollingworth	Coventry	64.74	9
2	Neil Crossley	Cheltenham	54.00	7
3	Lee Peters	Mansfield	51.58	6
4	Kevin Murch	Rugby/North	49.42	5
5	Christopher Smith	Tamworth	41.36	4
6	James Dohnal	City of Stoke	39.34	3

Men Javelin (B string)

	Posn Name	Club	Perf	Pts
1	Matthew Hartley	Cheltenham	49.67	7
2	Martin Bartholomew	City of Stoke	38.21	5
3	Paul Tasker	Tamworth	36.82	4
4	Steven Woolley	Mansfield	34.35	3
5	Joseph Okpoti	Coventry	20.51	2

Mens 4x100m

	Posn Name	Club	Perf	Pts
1		Coventry	44.2	9
2		Tamworth	44.4	7
3		Cheltenham	44.4	6
4		City of Stoke	44.7	5
5		Rugby/North	45.2	4
6		Mansfield	45.2	3

Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Tamworth	3.19.5	9
2		Cheltenham	3.21.8	7
3		Rugby/North	3.29.1	6
4		Coventry	3.31.3	5
5		Mansfield	3.32.1	4
6		City of Stoke	3.42.5	3

Women 100m (A string)

Posn	Name	Club	Perf	Pts
1	Morgan Brown	City of Stoke	12.8	9
2	Emma Cluley	Rugby/North	13.5	7
3	Francesca Keeble	Cheltenham	13.6	6
4	Sophie Taylor	Tamworth	13.6	5
5	Laura Bennett	Mansfield	13.7	4
6	Kellie Bewick	Coventry	14.1	3

Women 100m (B string)

Posn	Name	Club	Perf	Pts
1	Rebecca Courtenay	Cheltenham	13.6	7
2	Laura Gibson	City of Stoke	14.0	5
3	Sarah Rhodes	Coventry	14.0	4
4	Claire Beaumont	Mansfield	14.3	3
5	Sarah Williams	Tamworth	15.3	2

Women 200m (A string)

Posn	Name	Club	Perf	Pts
1	Morgan Brown	City of Stoke	25.7	9
2	Emma Williams	Coventry	25.9	7
3	Hannah Oliver	Rugby/North	27.2	6
4	Sophie Taylor	Tamworth	27.2	5
5	Rebecca Courtenay	Cheltenham	27.7	4
6	Kate Welch	Mansfield	27.8	3

Women 200m (B string)

Posn	Name	Club	Perf	Pts
1	Emily Baker	Cheltenham	27.1	7
2	Sarah Rhodes	Coventry	28.0	5
3	Emma Cluley	Rugby/North	28.3	4
4	Laura Gibson	City of Stoke	28.6	3
5	Christie Childs	Mansfield	29.2	2

Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Rowena Cole	Coventry	56.5	9
2	Lucy Spray	Mansfield	57.7	7
3	Francesca Keeble	Cheltenham	58.3	6
4	Kate Anderson	City of Stoke	59.3	5
5	Hannah Keight	Tamworth	60.3	4
6	Rachel Pearce	Rugby/North	62.7	3

Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Amy Frith	Tamworth	60.8	7
2	Kellie Bewick	Coventry	60.9	5
3	Emily Baker	Cheltenham	60.9	4
4	Christie Childs	Mansfield	61.2	3
5	Tracey Webb	Rugby/North	62.8	2

Women 100m H (A string)

Posn	Name	Club	Perf	Pts
1	Alice Lennox	City of Stoke	15.5	9
2	Laura Bennett	Mansfield	17.1	7
3	Victoria Nealon	Rugby/North	18.1	6
4	Hannah Sargeant	Tamworth	19.3	5
5	Rebecca Courtenay	Cheltenham	19.7	4

Women 100m H (B string)

Posn	Name	Club	Perf	Pts
1	Chelsea Cooper	City of Stoke	14.9	7
2	Beverley Hawkins	Cheltenham	16.8	5
3	Jessica Grieves	Mansfield	19.3	4
4	Christine Hawker	Rugby/North	20.4	3

Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Jessica Grieves	Mansfield	68.0	9
2	Tracey Webb	Rugby/North	68.6	7
3	Zoe Brown	Cheltenham	71.2	6
4	Hannah Keight	Tamworth	74.2	5

Women 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Christine Hawker	Rugby/North	76.8	7
2	Emily Reeves	Mansfield	78.3	5

Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Emma Jackson	City of Stoke	2.05.5	9
2	Georgia Milton	Mansfield	2.18.3	7
3	Davina Cole	Coventry	2.19.5	6
4	Katherine Snowden	Tamworth	2.24.3	5
5	Madeleine Smith	Rugby/North	2.29.2	4
6	Rosie Gale	Cheltenham	2.29.8	3

Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Kate Anderson	City of Stoke	2.21.8	7
2	Amie Grainger	Mansfield	2.22.0	5
3	Amy Frith	Tamworth	2.23.1	4
4	Samantha Anderson	Coventry	2.32.3	3
5	Sophie Cooke	Cheltenham	2.40.5	2

Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Kate Holt	City of Stoke	4.37.3	9
2	Rachel Buxton	Coventry	4.56.6	7
3	Hannah Jones	Rugby/North	5.15.2	6
4	Rachael Line	Tamworth	5.23.4	5
5	Rosie Gale	Cheltenham	5.24.1	4

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Clare Booker	City of Stoke	5.23.4	7
2	Joan Shaw	Cheltenham	5.39.2	5
3	Emily Field-Lucas	Tamworth	5.50.3	4

Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Clare Booker	City of Stoke	10.55.2	9
2	Claire Hobson	Coventry	11.04.9	7
3	Georgia Milton	Mansfield	11.12.9	6
4	Joan Shaw	Cheltenham	12.01.8	5

Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Amie Grainger	Mansfield	11.26.2	7
2	Chloe Green	City of Stoke	12.06.7	5
3	Jo Wilkie	Cheltenham	13.03.2	4

Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Chelsea Cooper	City of Stoke	5.74	9
2	Sophie Meakin	Rugby/North	4.97	7
3	Laura Bennett	Mansfield	4.74	6
4	Sarah Williams	Tamworth	4.61	5
5	Jess Collins	Cheltenham	4.50	4

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Michelle Robbins	City of Stoke	5.25	7
2	Victoria Nealon	Rugby/North	4.4	5
3	Elizabeth Farr	Mansfield	4.14	4
4	Samantha Storey	Tamworth	3.92	3
5	Rebecca Courtenay	Cheltenham	3.53	2

Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Jess Collins	Cheltenham	9.72	9
2	Victoria Nealon	Rugby/North	9.33	7
3	Samantha Storey	Tamworth	8.59	6
4	Claire Beaumont	Mansfield	8.23	5

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Emma Slee	Cheltenham	8.98	7
2	Christine Hawker	Rugby/North	8.12	5

Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Alice Lennox	City of Stoke	1.60	9
2	Sophie Meakin	Rugby/North	1.55	7
3	Hannah Sargeant	Tamworth	1.55	6
4	Rosie Hall	Cheltenham	1.50	5
5	Jessica Grieves	Mansfield	1.40	4

Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Hannah Keight	Tamworth	1.50	7
2	Sophie Cooke	Cheltenham	1.45	5
3	Hannah Oliver	Rugby/North	1.40	4
4	Elizabeth Farr	Mansfield	1.35	3

Women Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Sarah Williams	Tamworth	2.80	9
2	Elena Wilson	Cheltenham	2.40	7

Women Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Emma Slee	Cheltenham	2.00	7
2	Amy Frith	Tamworth	2.00	5

Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Jade Weston	City of Stoke	12.65	9
2	Carol Parker	Coventry	12.43	7
3	Esther Winchcombe	Cheltenham	9.53	6
4	Laura Bennett	Mansfield	8.64	5
5	Debbie Murch	Rugby/North	8.38	4
6	Sophie Taylor	Tamworth	7.39	3

Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Jade Moore	City of Stoke	10.46	7
2	Elizabeth Farr	Mansfield	8.29	5
3	Sophie Meakin	Rugby/North	7.73	4
4	Sarah Williams	Tamworth	6.50	3
5	Linsey Hutchins	Cheltenham	6.44	2

Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Carol Parker	Coventry	38.48	9
2	Jade Moore	City of Stoke	37.88	7
3	Charlotte Gair	Mansfield	28.68	6
4	Charlotte Lawson	Cheltenham	22.35	5
5	Debbie Murch	Rugby/North	20.26	4
6	Emily Field-Lucas	Tamworth	15.02	3

Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Jade Weston	City of Stoke	29.04	7
2	Madeleine Smith	Rugby/North	18.98	5
3	Linsey Hutchins	Cheltenham	18.65	4
4	Sandra Gair	Mansfield	17.24	3

5	Alana Smetham	Tamworth	13.96	2
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Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Carol Parker	Coventry	37.77	9
2	Alana Smetham	Tamworth	37.38	7
3	Jade Weston	City of Stoke	26.62	6
4	Linsey Hutchins	Cheltenham	23.18	5
5	Charlotte Gair	Mansfield	22.62	4
6	Debbie Murch	Rugby/North	22.39	3

Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Sandra Gair	Mansfield	21.20	7
2	Jade Moore	City of Stoke	20.93	5
3	Esther Winchcombe	Cheltenham	19.48	4
4	Madeleine Smith	Rugby/North	17.30	3
5	Sarah Williams	Tamworth	10.79	2

Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Olga Ketmilosi	City of Stoke	44.65	9
2	Beverley Hawkins	Cheltenham	35.96	7
3	Madeleine Smith	Rugby/North	24.31	6
4	Sarah Williams	Tamworth	13.59	5
5	Sandra Gair	Mansfield	13.41	4

Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Vikki James	Cheltenham	33.59	7
2	Chelsea Cooper	City of Stoke	32.29	5
3	Charlotte Gair	Mansfield	11.62	4

Womens 4x100m

Posn	Name	Club	Perf	Pts
1		City of Stoke	50.6	9
2		Mansfield	51.8	7
3		Rugby/North	52.0	6
4		Cheltenham	52.3	5
5		Tamworth	54.6	4
6		Coventry	57.7	3

Womens 4x400m

Posn	Name	Club	Perf	Pts
1		Coventry		9

2	Mansfield	7
3	City of Stoke	6
4	Tamworth	5
5	Cheltenham	4