

## Total Scores

Position	Team	Points
1	City of Stoke	368
2	Coventry Godiva	349
3	Mansfield H AC	306
4	Tamworth A	281
5	Rugby & North	272
6	Cheltenham	269

## Mens Scores

Position	Team	Points
1	City of Stoke	187
1	Coventry Godiva	187
3	Mansfield H AC	166
4	Tamworth A	157
5	Cheltenham	154
6	Rugby & North	128

## Womens Scores

Position	Team	Points
1	City of Stoke	166
2	Coventry Godiva	147
3	Rugby & North	129
4	Mansfield H AC	125
5	Tamworth A	109
6	Cheltenham	100

## Officials Points

Team Name	Points
City of Stoke	15
Coventry Godiva	15
Mansfield H AC	15
Tamworth A	15
Rugby & North	15
Cheltenham	15

## Men 100m (A string)

Posn	Name	Club	Perf	Pts
1	Joel Fearon	Coventry Godiva	10.9	9
2	Martin Cook	Mansfield H AC	11.5	7
3	Richard Porter	City of Stoke	11.5	6
4	Winston Rose	Rugby & North	11.8	5
5	Greg Richards	Tamworth A	12.0	4
6	Neil Crossley	Cheltenham	12.0	3

## Men 100m (B string)

Posn	Name	Club	Perf	Pts
1	Jamie Blundell	Coventry Godiva	11.0	7
2	Dale Jacob	Mansfield H AC	11.5	5
3	Ben Horsley	Tamworth A	11.7	4
4	Martin Chonanicz	City of Stoke	11.7	3
5	Lee Groenewegen	Cheltenham	12.1	2
6	Tobias Wray	Rugby & North	12.1	1

## Men 200m (A string)

Wind Speed = -0.3 m/s

Posn	Name	Club	Perf	Pts
1	Stewart Marshall	Coventry Godiva	22.9	9
2	Martin Cook	Mansfield H AC	23.6	7
3	Richard Porter	City of Stoke	23.8	6
4	Greg Richards	Tamworth A	24.5	5
5	Lee Groenewegen	Cheltenham	24.7	4

## Men 200m (B string)

Wind Speed = 0.9 m/s

Posn	Name	Club	Perf	Pts
1	Martin Browne	Coventry Godiva	23.4	7
2	Ben Horsley	Tamworth A	23.7	5
3	Martin Chonanicz	City of Stoke	24.1	4
4	Stefan Wilcockson	Mansfield H AC	24.2	3
5	Elliot Prince	Cheltenham	27.4	2

## Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Daniel Cash	Tamworth A	49.6	9
2	Jamie Downes	Rugby & North	50.0	7
3	Paul Wright	Mansfield H AC	50.2	6
4	Michael Gardiner	Cheltenham	50.2	5
5	Liam Tracey	City of Stoke	51.8	4
6	Andrew Downing	Coventry Godiva	52.6	3

## Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	Chris Brown	Mansfield H AC	49.7	7
2	Simon Plaskitt	Cheltenham	50.2	5
3	Simon King	Tamworth A	51.4	4
4	Steve Sinclair	Coventry Godiva	52.2	3
5	Ross Allen	Rugby & North	53.1	2
6	Chris Harvey	City of Stoke	56.3	1

## Men 110m H (A string)

Posn	Name	Club	Perf	Pts
1	Robin Smith	City of Stoke	16.1	9
2	Neil Crossley	Cheltenham	16.2	7
3	Stefan Wilcockson	Mansfield H AC	16.7	6
4	Matthew James	Tamworth A	20.2	5
5	Karl Iedington	Coventry Godiva	dnf	0

## Men 110m H (B string)

Posn	Name	Club	Perf	Pts
1	James Dohnal	City of Stoke	18.3	7
2	Jonathan Newell	Mansfield H AC	18.3	5
3	Atsuo Nakagawa	Coventry Godiva	20.6	4
4	Ricky Hallam	Tamworth A	21.1	3

## Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Thomas Burton	Tamworth A	54.1	9
2	Stephen Lisgo	Mansfield H AC	57.0	7
3	Robert Barker-Davies	Coventry Godiva	57.9	6
4	Jamie Sewell	Rugby & North	67.4	5
5	Steve Bazell	City of Stoke	74.5	4
6	Russell Forsbrook	Cheltenham	83.5	3

## Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Matthew James	Tamworth A	61.6	7
2	Jonathan Newell	Mansfield H AC	64.0	5
3	Andrew Boon	Coventry Godiva	64.5	4
4	Gavin Walters	City of Stoke	69.4	3
5	Stephen Milner	Rugby & North	71.6	2

## Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Stephen Emery	Rugby & North	1.57.8	9
2	Stephen Lisgo	Mansfield H AC	1.57.9	7
3	Carl Shubotham	City of Stoke	1.58.6	6
4	Alistair Smith	Coventry Godiva	1.59.0	5
5	Jeremy Bradley	Cheltenham	2.06.3	4
6	Paul Tasker	Tamworth A	2.09.9	3

## Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Chris Lamb	Rugby & North	2.00.0	7
2	Daniel Barks	Mansfield H AC	2.00.7	5
3	Jonathan Norris	Cheltenham	2.02.6	4
4	Tom Grimley	Coventry Godiva	2.03.1	3
5	Rob Cooke	City of Stoke	2.04.3	2
6	Christopher Boden	Tamworth A	2.04.9	1

## Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Stephen Lisgo	Mansfield H AC	4.03.4	9
2	Jeremy Bradley	Cheltenham	4.05.6	7
3	Stephen Emery	Rugby & North	4.06.9	6
4	Ryan Kenny	Coventry Godiva	4.10.4	5
5	Carl Shubotham	City of Stoke	4.26.1	4
6	Paul Tasker	Tamworth A	4.40.2	3

## Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Marcin Sankiewicz	Rugby & North	4.17.2	7
2	Alistair Smith	Coventry Godiva	4.19.5	5
3	Daniel Barks	Mansfield H AC	4.31.0	4
4	Josh Berisford	City of Stoke	4.35.1	3
5	Elliot Prince	Cheltenham	4.43.8	2
6	Matthew James	Tamworth A	4.43.8	1

## Men 5000m (A string)

Posn	Name	Club	Perf	Pts
1	James Mee	Mansfield H AC	15.35.1	9
2	Chris Bannon	Coventry Godiva	15.53.6	7
3	Dave Roper	Cheltenham	15.56.1	6
4	Stuart Nelson	Rugby & North	16.11.9	5
5	Steve Bazell	City of Stoke	16.51.2	4
6	Carl Dunne	Tamworth A	17.31.1	3

## Men 5000m (B string)

Posn	Name	Club	Perf	Pts
1	Harvey Rose	Coventry Godiva	16.44.8	7
2	Paul Birch	Rugby & North	17.03.2	5
3	Dave Randall	Cheltenham	17.18.1	4
4	Steve Davies	Mansfield H AC	18.08.3	3
5	Dave Lee	City of Stoke	18.17.2	2

## Men 2000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	Jamie Sewell	Rugby & North	6.30.0	9
2	Steve Bazell	City of Stoke	6.32.6	7
3	Harvey Rose	Coventry Godiva	6.49.4	6
4	Russell Forsbrook	Cheltenham	6.55.8	5
5	Craig Kelly	Mansfield H AC	7.07.3	4
6	Howard Bush	Tamworth A	7.12.8	3

## Men 2000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Gavin Walters	City of Stoke	6.36.8	7
2	Steve Grainger	Mansfield H AC	7.12.0	5
3	Stephen Milner	Rugby & North	7.12.6	4
4	Michael Thompson	Coventry Godiva	8.33.1	3

## Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Jamie Blundell	Coventry Godiva	7.41	9
2	Sam Bishop	City of Stoke	6.65	7
3	Jamie Courtenay	Cheltenham	6.40	6
4	Adam Smith	Tamworth A	6.39	5
5	Winston Rose	Rugby & North	6.25	4
6	James Hardy	Mansfield H AC	6.00	3

## Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	James Dohnall	City of Stoke	6.13	7
2	Michael Thompson	Coventry Godiva	5.95	5
3	Neil Crossley	Cheltenham	5.89	4
4	Oliver Fell	Mansfield H AC	5.66	3
5	Gavin Showell	Tamworth A	5.60	2
6	Tobias Wray	Rugby & North	3.90	1

## Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Adam Smith	Tamworth A	13.48	9
2	Thomas Bell	Mansfield H AC	13.18	7
3	Martin Bartholemew	City of Stoke	12.33	6
4	Mark Brown	Coventry Godiva	11.84	5
5	Simon Plaskitt	Cheltenham	9.71	4

## Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Michael Thompson	Coventry Godiva	11.57	7
2	Oliver Fell	Mansfield H AC	10.86	5
3	Chris Harvey	City of Stoke	10.69	4
4	Ricky Hallam	Tamworth A	10.44	3
5	Russell Forsbrook	Cheltenham	8.85	2

## Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Karl Robbins	Coventry Godiva	1.95	9
2	Sam Bishop	City of Stoke	1.90	7
3	Ashley Phillips	Cheltenham	1.90	6
4	James Hardy	Mansfield H AC	1.65	5
5	Adam Smith	Tamworth A	1.65	4

## Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Mark Brown	Coventry Godiva	1.90	7
2	Neil Crossley	Cheltenham	1.80	5
3	James Dohnall	City of Stoke	1.75	4
4	Matthew James	Tamworth A	1.65	3
5	Dale Jacob	Mansfield H AC	1.60	2

## Men Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Martin Vincent	Rugby & North	4.40	9
2	Jamie Courtenay	Cheltenham	3.70	7
3	Gavin Showell	Tamworth A	3.50	6
4	Cavin Walters	City of Stoke	2.10	5

## Men Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Ricky Hallam	Tamworth A	3.40	7
2	Chris Shelton	Rugby & North	2.50	5
3	Simon Plaskitt	Cheltenham	2.10	4

## Men Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Gregg Nixon	City of Stoke	14.15	9
2	Neil Crossley	Cheltenham	12.76	7
3	Joseph Okpoti	Coventry Godiva	12.10	6
4	Brett Byrd	Tamworth A	10.10	5
5	Steven Woolley	Mansfield H AC	9.67	4
6	John Gercs	Rugby & North	8.12	3

## Men Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Martin Bartholemew	City of Stoke	13.50	7
2	John Phipps	Cheltenham	11.63	5
3	Gavin Showell	Tamworth A	9.42	4
4	Oliver Fell	Mansfield H AC	7.45	3
5	Martin Browne	Coventry Godiva	7.32	2
6	Ian Gidley	Rugby & North	7.13	1

## Men Discus (A string)

Posn	Name	Club	Perf	Pts
1	Gregg Nixon	City of Stoke	48.13	9
2	Neil Crossley	Cheltenham	34.53	7
3	Steven Woolley	Mansfield H AC	30.04	6
4	Joseph Okpoti	Coventry Godiva	28.91	5
5	John Geracs	Rugby & North	23.43	4
6	Christopher Smith	Tamworth A	22.08	3

## Men Discus (B string)

Posn	Name	Club	Perf	Pts
1	Martin Bartholemew	City of Stoke	48.06	7
2	John Phipps	Cheltenham	31.38	5
3	Gavin Showell	Tamworth A	21.88	4
4	Aidan Twomey	Coventry Godiva	17.02	3
5	Steve Grainger	Mansfield H AC	13.03	2

## Men Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Neil Bulman	Rugby & North	44.65	9
2	Gregg Nixon	City of Stoke	41.25	7
3	John Phipps	Cheltenham	27.10	6
4	Steven Woolley	Mansfield H AC	25.53	5
5	Joseph Okpoti	Coventry Godiva	24.38	4
6	Gavin Showell	Tamworth A	22.01	3

## Men Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Glenn Unsworth	City of Stoke	38.55	7
2	Martin Gurr	Cheltenham	26.30	5
3	John Geracs	Rugby & North	21.24	4
4	Martin Browne	Coventry Godiva	16.19	3
5	Matthew James	Tamworth A	14.33	2
6	Daniel Barks	Mansfield H AC	9.36	1

## Men Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Glyn Hollingworth	Coventry Godiva	67.98	9
2	Brett Byrd	Tamworth A	51.83	7
3	Robin Smith	City of Stoke	48.24	6
4	Neil Crossley	Cheltenham	44.76	5
5	Steven Woolley	Mansfield H AC	36.27	4
6	John Gercs	Rugby & North	31.94	3

## Men Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Grant Barker	Coventry Godiva	51.39	7
2	Christopher Smith	Tamworth A	44.40	5
3	Sam Bishop	City of Stoke	42.19	4
4	Ian Gidley	Rugby & North	31.53	3
5	Lee Groenewegen	Cheltenham	30.92	2
6	Jonathan Newell	Mansfield H AC	27.69	1

## Mens 4x100m

Posn	Name	Club	Perf	Pts
1		Coventry Godiva	43.0	9
2		Tamworth A	44.7	7
3		City of Stoke	45.2	6
4		Cheltenham	45.4	5
5		Mansfield H AC	45.8	4
6		Rugby & North	52.4	3

## Mens 4x400m

Posn	Name	Club	Perf	Pts
1		Tamworth A	3.20.3	9
2		Mansfield H AC	3.21.9	7
3		Cheltenham	3.29.5	6
4		Rugby & North	3.29.8	5
5		Coventry Godiva	3.35.0	4
6		City of Stoke	3.36.1	3

## Women 100m (A string)

Posn	Name	Club	Perf	Pts
1	Morgan Brown	City of Stoke	12.6	9
2	Sophie Wright	Rugby & North	12.9	7
3	Lucy Spray	Mansfield H AC	13.2	6
4	Francesca Keeble	Cheltenham	13.5	5
5	Kelly Bewick	Coventry Godiva	13.8	4



## Women 100m (B string)

Posn	Name	Club	Perf	Pts
1	Emma Cluley	Rugby & North	13.3	7
2	Rachel Gair	Mansfield H AC	13.4	5
3	Cezaria Kuncewicz	Coventry Godiva	13.5	4
4	Rebecca Courtenay	Cheltenham	13.5	3

## Women 200m (A string)

Wind Speed = 1.4 m/s

Posn	Name	Club	Perf	Pts
1	Chelsea Cooper	City of Stoke	25.4	9
2	Emma Williams	Coventry Godiva	25.8	7
3	Sophie Wright	Rugby & North	27.3	6
4	Rebecca Courtenay	Cheltenham	28.0	5
5	Natalie Butterworth	Mansfield H AC	30.2	4

## Women 200m (B string)

Wind Speed = -1.4 m/s

Posn	Name	Club	Perf	Pts
1	Emma Jackson	City of Stoke	27.3	7
2	Vicky Walker	Coventry Godiva	27.7	5
3	Beverley Hawkins	Cheltenham	27.8	4
4	Amie Grainger	Mansfield H AC	32.3	3

## Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Emma Jackson	City of Stoke	57.6	9
2	Hollie Owen	Tamworth A	59.4	7
3	Kelly Bewick	Coventry Godiva	61.1	6
4	Francesca Keeble	Cheltenham	62.9	5
5	Tracey Webb	Rugby & North	63.7	4
6	Kate Welch	Mansfield H AC	65.1	3

## Women 400m (B string)

Posn	Name	Club	Perf	Pts
1	Kate Anderson	City of Stoke	61.1	7
2	Hannah Keight	Tamworth A	61.6	5
3	Davina Cole	Coventry Godiva	62.3	4
4	Georgia Milton	Mansfield H AC	62.8	3

## Women 100m H (A string)

Wind Speed = -1 m/s

Posn	Name	Club	Perf	Pts
1	Chelsea Cooper	City of Stoke	14.8	9
2	Emma Cluley	Rugby & North	16.7	7
3	Ellyse Maddocks	Mansfield H AC	19.0	6
4	Jess Collins	Cheltenham	21.1	5

## Women 100m H (B string)

Wind Speed = -1 m/s

Posn	Name	Club	Perf	Pts
1	Victoria Nealon	Rugby & North	18.0	7

## Women 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Wendy Davidson	City of Stoke	63.5	9
2	Lucy Spray	Mansfield H AC	65.1	7
3	Pippa Collison	Coventry Godiva	70.7	6

## Women 800m (A string)

Posn	Name	Club	Perf	Pts
1	Kate Holt	City of Stoke	2.14.2	9
2	Amie Grainger	Mansfield H AC	2.21.0	7
3	Katherine Snowden	Tamworth A	2.24.5	6
4	Claire Hobson	Coventry Godiva	2.26.7	5
5	Jessica Lawro	Cheltenham	2.31.9	4
6	Hannah Jones	Rugby & North	2.32.2	3

## Women 800m (B string)

Posn	Name	Club	Perf	Pts
1	Amy Frith	Tamworth A	2.24.8	7
2	Samantha Anderson	Coventry Godiva	2.26.6	5
3	Kate Anderson	City of Stoke	2.27.4	4
4	Madeleine Smith	Rugby & North	2.27.7	3
5	Zoe Brown	Cheltenham	2.47.4	2

## Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Joanna Emery	Rugby & North	4.46.0	9
2	Zara Hyde Peters	Coventry Godiva	4.52.6	7
3	Amie Grainger	Mansfield H AC	5.05.9	6
4	Clare Booker	City of Stoke	5.12.4	5
5	Katherine Snowden	Tamworth A	5.25.2	4

## Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Rachel buxton	Coventry Godiva	4.58.5	7
2	Emily Field-Lucas	Tamworth A	5.30.1	5
3	Georgia Milton	Mansfield H AC	5.56.9	4

## Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Michelle Ross	City of Stoke	9.43.9	9
2	Myshola Kirkham	Coventry Godiva	11.18.9	7
3	Rebecca Smith	Tamworth A	11.33.4	6

## Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Sophie Allcock	City of Stoke	11.34.6	7
2	Christa James	Coventry Godiva	11.55.9	5

## Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Chelsea Cooper	City of Stoke	5.91	9
2	Sophie Meakin	Rugby & North	5.35	7
3	Beverley Hawkins	Cheltenham	5.03	6
4	Natalie Butterworth	Mansfield H AC	4.91	5
5	Charlotte McDonough	Tamworth A	4.20	4

## Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Victoria Nealon	Rugby & North	4.71	7
2	Natalie Butterworth	Mansfield H AC	4.61	5
3	Jess Collins	Cheltenham	4.41	4

## Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Jess Collins	Cheltenham	9.72	9
2	Victoria Nealon	Rugby & North	9.41	7
3	Charlotte McDonough	Tamworth A	9.19	6

## Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Jessica Lawro	Cheltenham	9.10	7
2	Victoria Nealon	Rugby & North	8.84	5

## Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Katherine Connolly	Coventry Godiva	1.65	9
2	Hannah Keight	Tamworth A	1.60	7
3	Rosie Hall	Cheltenham	1.50	6
4	Hannah Oliver	Rugby & North	1.40	5
5	Natalie Butterworth	Mansfield H AC	1.35	4

## Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Amy Frith	Tamworth A	1.40	7
2	Jessica Lawro	Cheltenham	1.40	5
3	Victoria Nealon	Rugby & North	1.35	4
4	Pippa Collison	Coventry Godiva	1.35	3

## Women Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Tracey Morris	Coventry Godiva	2.70	9
2	Amy Frith	Tamworth A	2.00	7

## Women Shot Putt (A string)

Posn	Name	Club	Perf	Pts
1	Jade Weston	City of Stoke	13.15	9
2	Carol Parker	Coventry Godiva	12.53	7
3	Gemma Wheelhouse	Tamworth A	9.22	6
4	Rachel Gair	Mansfield H AC	9.19	5
5	Debbie Murch	Rugby & North	8.43	4
6	Rosie Hall	Cheltenham	6.08	3

## Women Shot Putt (B string)

Posn	Name	Club	Perf	Pts
1	Katherine McBeth	Coventry Godiva	11.20	7
2	Jade Moore	City of Stoke	10.90	5
3	Sophie Meakin	Rugby & North	7.26	4
4	Sophie Taylor	Tamworth A	7.02	3
5	Ellyse Maddocks	Mansfield H AC	7.00	2
6	Linsey Hutchins	Cheltenham	5.90	1

## Women Discus (A string)

Posn	Name	Club	Perf	Pts
1	Jade Moore	City of Stoke	39.00	9
2	Charlotte Gair	Mansfield H AC	35.55	7
3	Gemma Wheelhouse	Tamworth A	31.59	6
4	Katherine McBeth	Coventry Godiva	24.88	5
5	Debbie Murch	Rugby & North	22.55	4
6	Linsey Hutchins	Cheltenham	19.11	3

## Women Discus (B string)

Posn	Name	Club	Perf	Pts
1	Jade Weston	City of Stoke	32.18	7
2	Rachel Gair	Mansfield H AC	22.42	5
3	Emily Field-Lucas	Tamworth A	20.65	4
4		Rugby & North	18.22	3
5	Vicky James	Cheltenham	17.89	2

## Women Hammer (A string)

Posn	Name	Club	Perf	Pts
1	Rachel Gair	Mansfield H AC	57.64	9
2	Carol Parker	Coventry Godiva	36.09	7
3	Jade Weston	City of Stoke	26.76	6
4	Debbie Murch	Rugby & North	23.52	5
5	Linsey Hutchins	Cheltenham	23.11	4
6	Gemma Wheelhouse	Tamworth A	22.90	3

## Women Hammer (B string)

Posn	Name	Club	Perf	Pts
1	Sandra Gair	Mansfield H AC	21.01	7
2	Jade Moore	City of Stoke	20.77	5
3	Simone Huggins-Warr	Coventry Godiva	19.23	4
4	Madeleine Smith	Rugby & North	15.72	3
5	Zoe Brown	Cheltenham	14.35	2
6	Sophie Taylor	Tamworth A		1

## Women Javelin (A string)

Posn	Name	Club	Perf	Pts
1	Simone Huggins-Warr	Coventry Godiva	43.57	9
2	Chelsea Cooper	City of Stoke	32.36	7
3	Madeleine Smith	Rugby & North	27.03	6
4	Ellyse Maddocks	Mansfield H AC	26.01	5
5	Linsey Hutchins	Cheltenham	21.74	4
6	Gemma Wheelhouse	Tamworth A	16.35	3

## Women Javelin (B string)

Posn	Name	Club	Perf	Pts
1	Jade Moore	City of Stoke	25.73	7
2	Madeleine Smith	Rugby & North	22.94	5
3	Sandra Gair	Mansfield H AC	13.02	4
4	Sophie Taylor	Tamworth A	12.71	3
5	Liz Joyce	Cheltenham	9.45	2

## Womens 4x100m

Posn	Name	Club	Perf	Pts
1		Coventry Godiva	52.0	9
2		Rugby & North	53.9	7
3		Mansfield H AC	54.2	6
4		Cheltenham	54.9	5
5		Tamworth A	55.2	4

## Womens 4x400m

Posn	Name	Club	Perf	Pts
1		City of Stoke	4.05.3	9
2		Mansfield H AC	4.15.1	7
3		Coventry Godiva	4.18.3	6
4		Tamworth A	4.21.8	5
5		Cheltenham	6.08.7	4