

Total Scores

| Position | Team | Points |
|----------|----------------|--------|
| 1 | Coventry | 385 |
| 2 | Birchfield | 353 |
| 3 | Rugby/North | 314 |
| 4 | City of Stoke | 303 |
| 4 | Mansfield | 307 |
| 6 | Bristol & West | 234 |

Mens Scores

| Position | Team | Points |
|----------|----------------|--------|
| 1 | Birchfield | 178 |
| 2 | Coventry | 174 |
| 3 | Rugby/North | 171 |
| 4 | City of Stoke | 171 |
| 5 | Mansfield | 157 |
| 6 | Bristol & West | 95 |

Womens Scores

| Position | Team | Points |
|----------|----------------|--------|
| 1 | Coventry | 193 |
| 2 | Birchfield | 163 |
| 3 | Mansfield | 136 |
| 4 | Rugby/North | 126 |
| 5 | Bristol & West | 124 |
| 6 | City of Stoke | 117 |

Officials Points

| Team Name | Points |
|----------------|--------|
| Coventry | 15 |
| Birchfield | 15 |
| Rugby/North | 15 |
| City of Stoke | 15 |
| Mansfield | 15 |
| Bristol & West | 15 |

Men 100m (A string)

Wind Speed = 1.1 m/s

| Posn | Name | Club | Perf | Pts |
|------|-------------------|----------------|------|-----|
| 1 | Joel Fearon | Coventry | 10.7 | 9 |
| 2 | Somto Eruchie | Birchfield | 10.9 | 7 |
| 3 | Lloyd Rice | Bristol & West | 11.0 | 6 |
| 4 | Neal Baines | Mansfield | 11.3 | 5 |
| 5 | Courtney Douglass | Rugby/North | 11.4 | 4 |
| 6 | Jason Hill | City of Stoke | 12.3 | 3 |

Men 100m (B string)

Wind Speed = 1.5 m/s

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|------|-----|
| 1 | Martin Browne | Coventry | 11.1 | 7 |
| 2 | Omar Hutchinson | Birchfield | 11.4 | 5 |
| 3 | Matthew Woolley | Mansfield | 11.6 | 4 |
| 4 | Matthew Rollings | City of Stoke | 11.7 | 3 |
| 5 | Winston Rose | Rugby/North | 11.7 | 2 |
| 6 | Stevie Davies | Bristol & West | 11.8 | 1 |

Men 200m (A string)

Wind Speed = 0.3 m/s

| Posn | Name | Club | Perf | Pts |
|------|-----------------|----------------|------|-----|
| 1 | Joel Fearon | Coventry | 22.0 | 9 |
| 2 | Luke Lemon Ford | Birchfield | 22.2 | 7 |
| 3 | Neal Baines | Mansfield | 22.8 | 6 |
| 4 | Aeden Heath | Rugby/North | 22.9 | 5 |
| 5 | Lloyd Rice | Bristol & West | 23.4 | 4 |
| 6 | Liam Tracey | City of Stoke | 23.4 | 3 |

Men 200m (B string)

Wind Speed = 1.3 m/s

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|------|-----|
| 1 | Jordon McGrath | Birchfield | 22.1 | 7 |
| 2 | Martin Browne | Coventry | 22.7 | 5 |
| 3 | Ross Allen | Rugby/North | 23.1 | 4 |
| 4 | Alistair Abrahms | Bristol & West | 23.6 | 3 |
| 5 | Matthew Woolley | Mansfield | 23.5 | 2 |
| 6 | Matthew Scragg | City of Stoke | 24.0 | 1 |

Men 400m (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|------|-----|
| 1 | Martin Cook | Mansfield | 50.0 | 9 |
| 2 | Liam Tracey | City of Stoke | 50.7 | 7 |
| 3 | Ross Allen | Rugby/North | 52.2 | 6 |
| 4 | Michael Thompson | Coventry | 52.4 | 5 |
| 5 | Bruno Lassna | Bristol & West | 63.1 | 4 |

Men 400m (B string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|---------------|------|-----|
| 1 | Paul Wright | Mansfield | 49.7 | 7 |
| 2 | Tom Causebrook | Rugby/North | 52.2 | 5 |
| 3 | Aidan Twomey | Coventry | 52.3 | 4 |
| 4 | Matthew Scragg | City of Stoke | 54.6 | 3 |

Men 110m H (A string)

Wind Speed = -0.7 m/s

| Posn | Name | Club | Perf | Pts |
|------|-------------------|----------------|------|-----|
| 1 | Robin Smith | City of Stoke | 15.3 | 9 |
| 2 | Edward Dunford | Birchfield | 15.7 | 7 |
| 3 | Stefan Wilcockson | Mansfield | 16.1 | 6 |
| 4 | Andrew Reeves | Rugby/North | 18.8 | 5 |
| 5 | Scott Davie | Bristol & West | 19.3 | 4 |

Men 110m H (B string)

Wind Speed = 1.5 m/s

| Posn | Name | Club | Perf | Pts |
|------|------------|-------------|------|-----|
| 1 | Ian Gidley | Rugby/North | 18.6 | 7 |
| 2 | Alex Lloyd | Mansfield | 19.7 | 5 |
| 3 | Rob James | Birchfield | dnf | 0 |

Men 400m H (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------------|----------------|------|-----|
| 1 | Ross McDonald | Birchfield | 54.6 | 9 |
| 2 | Stefan Wilcockson | Mansfield | 57.5 | 7 |
| 3 | Robert Barker-Davies | Coventry | 57.7 | 6 |
| 4 | John Bell | Rugby/North | 58.2 | 5 |
| 5 | Steve Parker | Bristol & West | 60.1 | 4 |
| 6 | Nigel Gardner | City of Stoke | 75.9 | 3 |

Men 400m H (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|------|-----|
| 1 | Brenton Hardware | Birchfield | 56.9 | 7 |
| 2 | Adam Sansom | Mansfield | 57.0 | 5 |
| 3 | Ryan Cleaver | Rugby/North | 63.1 | 4 |
| 4 | Matthew Timothy | Coventry | 65.7 | 3 |
| 5 | Rob Cook | City of Stoke | 69.8 | 2 |
| 6 | Bruno Lassna | Bristol & West | 77.1 | 1 |

Men 800m (A string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|----------------|--------|-----|
| 1 | Chris Brown | Mansfield | 1.59.2 | 9 |
| 2 | Tom Causebrook | Rugby/North | 2.00.7 | 7 |
| 3 | James Lynch | Birchfield | 2.00.9 | 6 |
| 4 | John Wills | Bristol & West | 2.01.2 | 5 |
| 5 | Richard Burman | Coventry | 2.02.5 | 4 |
| 6 | Sebastian Duffy | City of Stoke | 2.03.9 | 3 |

Men 800m (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|---------------|--------|-----|
| 1 | Alastair Smith | Coventry | 2.00.0 | 7 |
| 2 | Matt Emery | Rugby/North | 2.04.5 | 5 |
| 3 | Michael Mumford | Mansfield | 2.06.0 | 4 |
| 4 | John Cullen | Birchfield | 2.06.6 | 3 |
| 5 | Adrian Thiemicke | City of Stoke | 2.39.1 | 2 |

Men 1500m (A string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|----------------|--------|-----|
| 1 | Damien Moss | Rugby/North | 3.53.3 | 9 |
| 2 | Warren Frey | Birchfield | 3.53.9 | 7 |
| 3 | John Wills | Bristol & West | 3.58.2 | 6 |
| 4 | Ryan Kenny | Coventry | 3.58.8 | 5 |
| 5 | Danny Barkes | Mansfield | 3.59.2 | 4 |
| 6 | Liam Hendricken | City of Stoke | 4.23.3 | 3 |

Men 1500m (B string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|---------------|--------|-----|
| 1 | Adam Watt | Birchfield | 3.59.2 | 7 |
| 2 | Chris Lamb | Rugby/North | 4.02.8 | 5 |
| 3 | Richard Burman | Coventry | 4.07.7 | 4 |
| 4 | Rob Cook | City of Stoke | 4.38.2 | 3 |
| 5 | Daniel Ward | Mansfield | 5.03.0 | 2 |

Men 5000m (A string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|---------------|---------|-----|
| 1 | Ben Jones | Coventry | 14.51.9 | 9 |
| 2 | Sebastian Duffy | City of Stoke | 15.17.2 | 7 |
| 3 | Stuart Nelson | Rugby/North | 15.44.4 | 6 |
| 4 | Douglas Ross | Mansfield | 17.06.9 | 5 |

Men 5000m (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|---------------|---------|-----|
| 1 | Richard Taylor | Coventry | 14.56.9 | 7 |
| 2 | Stephen Milner | Rugby/North | 16.52.6 | 5 |
| 3 | David Lee | City of Stoke | 17.13.0 | 4 |
| 4 | Michael Mumford | Mansfield | 17.28.8 | 3 |

Men 2000m s/c (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|---------------|--------|-----|
| 1 | James Griggs | Coventry | 6.43.5 | 9 |
| 2 | Matt Howes | Rugby/North | 6.54.0 | 7 |
| 3 | Rob Cook | City of Stoke | 7.02.9 | 6 |
| 4 | Steve Grainger | Mansfield | 7.08.7 | 5 |

Men 2000m s/c (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------|---------------|--------|-----|
| 1 | David Lee | City of Stoke | 7.10.0 | 7 |

Men Long Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|------|-----|
| 1 | Jamie Blundell | Coventry | 7.34 | 9 |
| 2 | Edward Dunford | Birchfield | 6.62 | 7 |
| 3 | Ben Williams | City of Stoke | 6.58 | 6 |
| 4 | John Illingworth | Rugby/North | 6.35 | 5 |
| 5 | Tony Hillier | Bristol & West | 5.88 | 4 |
| 6 | Richard Woolley | Mansfield | 5.82 | 3 |

Men Long Jump (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|------|-----|
| 1 | Mark Cocks | Birchfield | 6.52 | 7 |
| 2 | Matthew Rollings | City of Stoke | 6.35 | 5 |
| 3 | Michael Thompson | Coventry | 5.72 | 4 |
| 4 | Oliver Fell | Mansfield | 5.55 | 3 |
| 5 | Ian Gidley | Rugby/North | 5.19 | 2 |
| 6 | John Attwood | Bristol & West | 5.02 | 1 |

Men Triple Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|-------------------|---------------|-------|-----|
| 1 | Ben Williams | City of Stoke | 15.29 | 9 |
| 2 | Michael McKiernan | Birchfield | 14.88 | 7 |
| 3 | John Illingworth | Rugby/North | 14.03 | 6 |
| 4 | Martin Cook | Mansfield | 13.15 | 5 |
| 5 | Michael Thompson | Coventry | 11.57 | 4 |

Men Triple Jump (B string)

| Posn | Name | Club | Perf | Pts |
|------|-------------------|---------------|-------|-----|
| 1 | Konrad Kathranski | Birchfield | 14.22 | 7 |
| 2 | David Mountford | City of Stoke | 14.08 | 5 |
| 3 | Richard Woolley | Mansfield | 12.26 | 4 |
| 4 | Andrew Reeves | Rugby/North | 11.72 | 3 |

Men High Jump (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|--------------------|----------------|-------------|------------|
| 1 | Edward Dunford | Birchfield | 1.85 | 9 |
| 2 | Andrew Reeves | Rugby/North | 1.80 | 7 |
| 3 | Jason Hill | City of Stoke | 1.70 | 6 |
| 4 | Matthew Timothy | Coventry | 1.70 | 5 |
| 5 | Cameron Walker She | Bristol & West | 1.70 | 4 |
| 6 | Alex Lloyd | Mansfield | 1.65 | 3 |

Men High Jump (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|----------------|----------------|-------------|------------|
| 1 | Ian Gidley | Rugby/North | 1.75 | 7 |
| 2 | Ancell Maxwell | Mansfield | 1.65 | 5 |
| 3 | | Birchfield | 1.60 | 4 |
| 4 | Scott Davie | Bristol & West | 1.60 | 3 |
| 5 | Freddie Pask | Coventry | 1.55 | 2 |
| 6 | Nigel Gardner | City of Stoke | 1.50 | 1 |

Men Pole Vault (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|--------------------|----------------|-------------|------------|
| 1 | Cameron Walker She | Bristol & West | 4.40 | 9 |
| 2 | Freddie Pask | Coventry | 4.30 | 7 |
| 3 | Edward Dunford | Birchfield | 4.00 | 6 |
| 4 | Martin Vincent | Rugby/North | 4.00 | 5 |
| 5 | Robin Smith | City of Stoke | 3.50 | 4 |

Men Pole Vault (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|---------------|----------------|-------------|------------|
| 1 | Tony Hillier | Bristol & West | 4.10 | 7 |
| 2 | Will Dunford | Birchfield | 2.80 | 5 |
| 3 | Jason Hill | City of Stoke | 2.80 | 4 |
| 4 | Chris Shelton | Rugby/North | 2.30 | 3 |

Men Shot Putt (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|--------------------|----------------|-------------|------------|
| 1 | Sam Herrington | Birchfield | 14.72 | 9 |
| 2 | Martin Bartholemew | City of Stoke | 14.43 | 7 |
| 3 | James Preston | Bristol & West | 12.43 | 6 |
| 4 | Joseph Okpoti | Coventry | 11.78 | 5 |
| 5 | Matthew Woolley | Mansfield | 11.50 | 4 |
| 6 | Luke Hyland | Rugby/North | 9.41 | 3 |

Men Shot Putt (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|------------------|----------------|-------------|------------|
| 1 | Gregg Nixon | City of Stoke | 13.85 | 7 |
| 2 | Edward Dunford | Birchfield | 13.54 | 5 |
| 3 | Steve Woolley | Mansfield | 9.72 | 4 |
| 4 | Stevie Davies | Bristol & West | 8.24 | 3 |
| 5 | Stewart Marshall | Coventry | 8.23 | 2 |
| 6 | Chris Shelton | Rugby/North | 6.56 | 1 |

Men Discus (A string)

| Posn | Name | Club | Perf | Pts |
|------|--------------------|----------------|-------|-----|
| 1 | Sam Herrington | Birchfield | 46.23 | 9 |
| 2 | Martin Bartholemew | City of Stoke | 44.15 | 7 |
| 3 | John Moreland | Rugby/North | 38.70 | 6 |
| 4 | Glyn Hollingworth | Coventry | 37.25 | 5 |
| 5 | James Preston | Bristol & West | 34.93 | 4 |
| 6 | Matthew Woolley | Mansfield | 28.19 | 3 |

Men Discus (B string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|----------------|-------|-----|
| 1 | Gregg Nixon | City of Stoke | 43.93 | 7 |
| 2 | Edward Dunford | Birchfield | 43.27 | 5 |
| 3 | Joseph Okpoti | Coventry | 31.19 | 4 |
| 4 | Steve Woolley | Mansfield | 26.47 | 3 |
| 5 | Kevin Murch | Rugby/North | 26.33 | 2 |
| 6 | Bill Kingston | Bristol & West | 24.58 | 1 |

Men Hammer (A string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|----------------|-------|-----|
| 1 | Russel Payne | Birchfield | 46.33 | 9 |
| 2 | Luke Hyland | Rugby/North | 45.77 | 7 |
| 3 | Gregg Nixon | City of Stoke | 41.69 | 6 |
| 4 | James Preston | Bristol & West | 37.22 | 5 |
| 5 | Paul Gair | Mansfield | 33.88 | 4 |
| 6 | Joseph Okpoti | Coventry | 23.24 | 3 |

Men Hammer (B string)

| Posn | Name | Club | Perf | Pts |
|------|--------------------|----------------|-------|-----|
| 1 | Martin Bartholemew | City of Stoke | 38.59 | 7 |
| 2 | John Moreland | Rugby/North | 37.11 | 5 |
| 3 | Steve Woolley | Mansfield | 30.48 | 4 |
| 4 | Stewart Marshall | Coventry | 18.90 | 3 |
| 5 | Scott Davie | Bristol & West | 16.38 | 2 |

Men Javelin (A string)

| Posn | Name | Club | Perf | Pts |
|------|-------------------|---------------|-------|-----|
| 1 | Glyn Hollingworth | Coventry | 60.02 | 9 |
| 2 | Robin Smith | City of Stoke | 53.96 | 7 |
| 3 | Kevin Murch | Rugby/North | 52.70 | 6 |
| 4 | Lee Peters | Mansfield | 50.47 | 5 |
| 5 | Will Dunford | Birchfield | 50.29 | 4 |

Men Javelin (B string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|---------------|-------|-----|
| 1 | Grant Barker | Coventry | 47.96 | 7 |
| 2 | Jason Hill | City of Stoke | 39.85 | 5 |
| 3 | Chris Ashmore | Mansfield | 36.15 | 4 |
| 4 | John Geracs | Rugby/North | 34.50 | 3 |

Mens 4x100m

| Posn | Name | Club | Perf | Pts |
|-------------|-------------|----------------|-------------|------------|
| 1 | | Coventry | 42.1 | 9 |
| 2 | | Birchfield | 43.3 | 7 |
| 3 | | Mansfield | 44.0 | 6 |
| 4 | | Rugby/North | 46.1 | 5 |
| 5 | | Bristol & West | 49.8 | 4 |
| 6 | | City of Stoke | 51.7 | 3 |

Mens 4x400m

| Posn | Name | Club | Perf | Pts |
|-------------|-------------|----------------|-------------|------------|
| 1 | | Mansfield | 3.20.7 | 9 |
| 2 | | Birchfield | 3.26.4 | 7 |
| 3 | | Coventry | 3.36.2 | 6 |
| 4 | | City of Stoke | 3.36.6 | 5 |
| 5 | | Rugby/North | 3.45.5 | 4 |
| 6 | | Bristol & West | 3.54.6 | 3 |

Women 100m (A string)

Wind Speed = 0.7 m/s

| Posn | Name | Club | Perf | Pts |
|-------------|----------------|----------------|-------------|------------|
| 1 | Chelsea Cooper | City of Stoke | 12.4 | 9 |
| 2 | Nicky Robinson | Coventry | 12.4 | 7 |
| 3 | Aimee Palmer | Birchfield | 12.8 | 6 |
| 4 | Laura Bennett | Mansfield | 13.0 | 5 |
| 5 | Emma Cluely | Rugby/North | 13.2 | 4 |
| 6 | Andrea Lock | Bristol & West | 15.5 | 3 |

Women 100m (B string)

Wind Speed = 0.4 m/s

| Posn | Name | Club | Perf | Pts |
|-------------|-----------------|----------------|-------------|------------|
| 1 | Laura Langowski | Coventry | 12.7 | 7 |
| 2 | Alice Lennox | City of Stoke | 12.9 | 5 |
| 3 | Rachel Gair | Mansfield | 13.4 | 4 |
| 4 | Sam Day | Birchfield | 13.5 | 3 |
| 5 | Karen Oughton | Rugby/North | 13.6 | 2 |
| 6 | Caroline Powell | Bristol & West | 15.1 | 1 |

Women 200m (A string)

Wind Speed = 1 m/s

| Posn | Name | Club | Perf | Pts |
|-------------|-----------------|----------------|-------------|------------|
| 1 | Chelsea Cooper | City of Stoke | 25.3 | 9 |
| 2 | Laura Langowski | Coventry | 25.4 | 7 |
| 3 | Sophie Clark | Birchfield | 26.7 | 6 |
| 4 | Laura Bennett | Mansfield | 26.8 | 5 |
| 5 | Rachel Pearce | Rugby/North | 27.2 | 4 |
| 6 | Caroline Powell | Bristol & West | 29.1 | 3 |

Women 200m (B string)

Wind Speed = -0.1 m/s

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|------|-----|
| 1 | Emma Williams | Coventry | 25.2 | 7 |
| 2 | Karina Jakovenko | Birchfield | 28.3 | 5 |
| 3 | Vicky Nealon | Rugby/North | 28.6 | 4 |
| 4 | Andrea Lock | Bristol & West | 32.0 | 3 |

Women 400m (A string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|----------------|------|-----|
| 1 | Emma Williams | Coventry | 56.6 | 9 |
| 2 | Ellana Ruddock | Rugby/North | 58.8 | 7 |
| 3 | Kate Anderson | City of Stoke | 61.3 | 6 |
| 4 | Jess Grieves | Mansfield | 61.8 | 5 |
| 5 | Caroline Powell | Bristol & West | 63.3 | 4 |
| 6 | Vicky King | Birchfield | 64.0 | 3 |

Women 400m (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|------|-----|
| 1 | Sophie Wright | Rugby/North | 60.8 | 7 |
| 2 | Aimee Booth | Birchfield | 61.8 | 5 |
| 3 | Sally Olorenshaw | Coventry | 63.2 | 4 |
| 4 | Jodie Bestwich | Mansfield | 67.0 | 3 |
| 5 | Suzanne Harding | Bristol & West | 69.7 | 2 |

Women 100m H (A string)

Wind Speed = 0.3 m/s

| Posn | Name | Club | Perf | Pts |
|------|----------------|----------------|------|-----|
| 1 | Nicky Robinson | Coventry | 14.2 | 9 |
| 2 | Alice Lennox | City of Stoke | 15.1 | 7 |
| 3 | Sam Day | Birchfield | 15.8 | 6 |
| 4 | Laura Bennett | Mansfield | 16.2 | 5 |
| 5 | Andrea Lock | Bristol & West | 21.3 | 4 |
| 6 | Sophie Meakin | Rugby/North | dnf | 0 |

Women 100m H (B string)

Wind Speed = 0.3 m/s

| Posn | Name | Club | Perf | Pts |
|------|---------------|-------------|------|-----|
| 1 | Molly Bagshaw | Coventry | 15.9 | 7 |
| 2 | Emma Cluely | Rugby/North | 16.1 | 5 |
| 3 | Gina Radford | Mansfield | 21.5 | 4 |

Women 400m H (A string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|----------------|------|-----|
| 1 | Jess Grieves | Mansfield | 65.6 | 9 |
| 2 | Hayley Pitman | Bristol & West | 66.3 | 7 |
| 3 | Tracey Webb | Rugby/North | 69.6 | 6 |
| 4 | Alex Williams | Coventry | 70.1 | 5 |

Women 400m H (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|------|-----|
| 1 | Andrea Lock | Bristol & West | 77.6 | 7 |
| 2 | Gina Radford | Mansfield | 81.3 | 5 |
| 3 | Zarinda Batstone | Coventry | 83.1 | 4 |
| 4 | Cathryn Jones | Rugby/North | 84.6 | 3 |

Women 800m (A string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|----------------|--------|-----|
| 1 | Rowena Cole | Coventry | 2.07.4 | 9 |
| 2 | Aimee Booth | Birchfield | 2.22.8 | 7 |
| 3 | Kate Anderson | City of Stoke | 2.27.7 | 6 |
| 4 | Suzanne Harding | Bristol & West | 2.30.7 | 5 |
| 5 | Jodie Bestwich | Mansfield | 2.35.0 | 4 |

Women 800m (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|--------|-----|
| 1 | Sally Olorenshaw | Coventry | 2.21.2 | 7 |
| 2 | Kate Goodhead | Bristol & West | 2.30.6 | 5 |
| 3 | Laura Brown | Mansfield | 2.34.4 | 4 |
| 4 | Wendy Morant | Birchfield | 3.23.8 | 3 |

Women 1500m (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|----------------|--------|-----|
| 1 | Tina Brown | Coventry | 4.20.6 | 9 |
| 2 | Emma Jackson | City of Stoke | 4.21.4 | 7 |
| 3 | Debbie Walters | Birchfield | 4.27.6 | 6 |
| 4 | Kate Goodhead | Bristol & West | 4.43.0 | 5 |
| 5 | Aimee Graniger | Mansfield | 5.07.0 | 4 |

Women 1500m (B string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|----------------|--------|-----|
| 1 | Katie Holt | City of Stoke | 4.29.4 | 7 |
| 2 | Jo Emery | Coventry | 4.39.5 | 5 |
| 3 | Charlie Coffey | Bristol & West | 4.50.5 | 4 |
| 4 | Laura Brown | Mansfield | 5.29.6 | 3 |

Women 3000m (A string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|----------------|---------|-----|
| 1 | Claire Conway | Bristol & West | 9.57.7 | 9 |
| 2 | Sarah Simmons | Coventry | 10.04.8 | 7 |
| 3 | Clare Booker | City of Stoke | 10.44.5 | 6 |
| 4 | Hannah Wragg | Mansfield | 10.54.5 | 5 |
| 5 | Lindsey Baker | Birchfield | 11.17.5 | 4 |
| 6 | Sioned Jones | Rugby/North | 15.09.1 | 3 |

Women 3000m (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|-----------|---------|-----|
| 1 | Myshola Kirkham | Coventry | 10.34.3 | 7 |
| 2 | Kate Raynor | Mansfield | 12.08.3 | 5 |

Women Long Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|---------------|------|-----|
| 1 | Chelsea Cooper | City of Stoke | 5.88 | 9 |
| 2 | Aimee Palmer | Birchfield | 5.85 | 7 |
| 3 | Cathryn Jones | Rugby/North | 5.08 | 6 |
| 4 | Laura Bennett | Mansfield | 4.93 | 5 |
| 5 | Laura Keeley | Coventry | 4.92 | 4 |

Women Long Jump (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|---------------|------|-----|
| 1 | Michelle Robbins | City of Stoke | 5.53 | 7 |
| 2 | Karina Jakovenko | Birchfield | 5.29 | 5 |
| 3 | Sophie Meakin | Rugby/North | 4.77 | 4 |
| 4 | Alex Williams | Coventry | 4.74 | 3 |
| 5 | Chloe Elphick | Mansfield | 4.57 | 2 |

Women Triple Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|---------------|-------|-----|
| 1 | Denae Matthew | Birchfield | 12.49 | 9 |
| 2 | Laura Keeley | Coventry | 11.4 | 7 |
| 3 | Michelle Robbins | City of Stoke | 11.08 | 6 |
| 4 | Cathryn Jones | Rugby/North | 10.36 | 5 |
| 5 | Chloe Elphick | Mansfield | 10.12 | 4 |

Women Triple Jump (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|-------------|-------|-----|
| 1 | Sineade Gutzmore | Birchfield | 12.34 | 7 |
| 2 | Laura Brown | Mansfield | 9.69 | 5 |
| 3 | Vicky Nealon | Rugby/North | 9.25 | 4 |
| 4 | Alex Williams | Coventry | 9.21 | 3 |

Women High Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|--------------------|----------------|------|-----|
| 1 | Zoe Phillips | Birchfield | 1.7 | 9 |
| 2 | Hayley Pitman | Bristol & West | 1.65 | 7 |
| 3 | Katherine Connolly | Coventry | 1.60 | 6 |
| 4 | Alice Lennox | City of Stoke | 1.55 | 5 |
| 5 | Jess Grieves | Mansfield | 1.50 | 4 |
| 6 | Tracey Webb | Rugby/North | 1.40 | 3 |

Women High Jump (B string)

| Posn | Name | Club | Perf | Pts |
|------|--------------|----------------|------|-----|
| 1 | Vicky Nealon | Rugby/North | 1.40 | 7 |
| 2 | Pam Garvey | Mansfield | 1.35 | 5 |
| 3 | Sam Day | Birchfield | 1.30 | 4 |
| 4 | Andrea Lock | Bristol & West | 1.15 | 3 |

Women Pole Vault (A string)

| Posn | Name | Club | Perf | Pts |
|------|--------------|----------------|------|-----|
| 1 | Andrea Lock | Bristol & West | 2.20 | 9 |
| 2 | Kirsty Obern | Rugby/North | 2.10 | 7 |

Women Shot Putt (A string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|----------------|-------|-----|
| 1 | Eden Francis | Birchfield | 15.27 | 9 |
| 2 | Carol Parker | Coventry | 12.63 | 7 |
| 3 | Kate Anderson | City of Stoke | 10.83 | 6 |
| 4 | Christina Jones | Bristol & West | 10.49 | 5 |
| 5 | Rachel Gair | Mansfield | 9.47 | 4 |
| 6 | Debbie Murch | Rugby/North | 8.79 | 3 |

Women Shot Putt (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|-------|-----|
| 1 | Kelly Sotherton | Birchfield | 13.98 | 7 |
| 2 | Katherine McBeth | Coventry | 11.01 | 5 |
| 3 | Zoe Ash | Rugby/North | 7.77 | 4 |
| 4 | Hayley Green | Bristol & West | 7.43 | 3 |
| 5 | Claire Beaumont | Mansfield | 5.99 | 2 |
| 6 | Alice Lennox | City of Stoke | 5.59 | 1 |

Women Discus (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------------|----------------|-------|-----|
| 1 | Eden Francis | Birchfield | 52.49 | 9 |
| 2 | Charlotte Gair | Mansfield | 37.85 | 7 |
| 3 | Carol Parker | Coventry | 36.33 | 6 |
| 4 | Elissya Metaxas-Belt | Rugby/North | 35.85 | 5 |
| 5 | Hayley Green | Bristol & West | 34.87 | 4 |
| 6 | Clare Booker | City of Stoke | 8.01 | 3 |

Women Discus (B string)

| Posn | Name | Club | Perf | Pts |
|------|--------------------|----------------|-------|-----|
| 1 | Jade Moore | Birchfield | 39.53 | 7 |
| 2 | Zoe Ash | Rugby/North | 30.82 | 5 |
| 3 | Simone Huggins-War | Coventry | 29.27 | 4 |
| 4 | Rachel Gair | Mansfield | 24.36 | 3 |
| 5 | Christina Jones | Bristol & West | 22.90 | 2 |

Women Hammer (A string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|----------------|-------|-----|
| 1 | Zoe Derham | Birchfield | 64.18 | 9 |
| 2 | Rachel Gair | Mansfield | 58.30 | 7 |
| 3 | Christina Jones | Bristol & West | 41.76 | 6 |
| 4 | Zoe Ash | Rugby/North | 40.00 | 5 |
| 5 | Carol Parker | Coventry | 37.65 | 4 |
| 6 | Clare Booker | City of Stoke | 12.79 | 3 |

Women Hammer (B string)

| Posn | Name | Club | Perf | Pts |
|------|--------------------|----------------|-------|-----|
| 1 | Hayley Murray | Birchfield | 49.32 | 7 |
| 2 | Hayley Green | Bristol & West | 35.19 | 5 |
| 3 | Charlotte Gair | Mansfield | 29.87 | 4 |
| 4 | Debbie Murch | Rugby/North | 27.06 | 3 |
| 5 | Simone Huggins-War | Coventry | 20.63 | 2 |

Women Javelin (A string)

| Posn | Name | Club | Perf | Pts |
|------|--------------------|----------------|-------|-----|
| 1 | Simone Huggins-War | Coventry | 44.45 | 9 |
| 2 | Sam Cullinane | Rugby/North | 40.68 | 7 |
| 3 | Alice Lennox | City of Stoke | 35.39 | 6 |
| 4 | Christina Jones | Bristol & West | 32.61 | 5 |
| 5 | Laura Radburn | Birchfield | 25.55 | 4 |
| 6 | Chloe Elphick | Mansfield | 25.11 | 3 |

Women Javelin (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|----------------|-------|-----|
| 1 | Chelsea Cooper | City of Stoke | 35.3 | 7 |
| 2 | Katherine McBeth | Coventry | 34.75 | 5 |
| 3 | Sioned Jones | Rugby/North | 24.71 | 4 |
| 4 | Hayley Green | Bristol & West | 20.48 | 3 |
| 5 | Lyn Orbell | Birchfield | 18.53 | 2 |
| 6 | Claire Beaumont | Mansfield | 13.67 | 1 |

Womens 4x100m

| Posn | Name | Club | Perf | Pts |
|------|------|----------------|------|-----|
| 1 | | Coventry | 49.1 | 9 |
| 2 | | Birchfield | 50.9 | 7 |
| 3 | | Rugby/North | 51.3 | 6 |
| 4 | | Mansfield | 53.1 | 5 |
| 5 | | Bristol & West | 61.8 | 4 |

Womens 4x400m

| Posn | Name | Club | Perf | Pts |
|------|------|----------------|--------|-----|
| 1 | | Coventry | 3.50.0 | 9 |
| 2 | | City of Stoke | 4.01.1 | 7 |
| 3 | | Birchfield | 4.09.3 | 6 |
| 4 | | Bristol & West | 4.26.1 | 5 |
| 5 | | Mansfield | 4.32.7 | 4 |
| 6 | | Rugby/North | 4.32.8 | 3 |