

Total Scores

Position	Team	Points
1	Solihull S H	370
2	DASH	326
3	Banbury	310
4	RSC	268
5	Corby	253
6	Worcester AC	250

Mens Scores

Position	Team	Points
1	DASH	194
2	Solihull S H	173
3	Banbury	163
4	Worcester AC	125
5	Corby	114
6	RSC	110

Womens Scores

Position	Team	Points
1	Solihull S H	182
2	RSC	143
3	Banbury	132
4	Corby	124
5	DASH	117
6	Worcester AC	110

Officials Points

Team Name	Points
Solihull S H	15
DASH	15
Banbury	15
RSC	15
Corby	15
Worcester AC	15

Men 100m (A string)

Posn	Name	Club	Perf	Pts
1	Andy Brookes	DASH	11.0	9
2	Sam Hook	Banbury	11.1	7
3	Alex Bradrick	Worcester AC	11.4	6
4	Hamish Pitkeathly	RSC	11.5	5
5	Jonathan Price	Solihull S H	11.7	4
6	Paul Webster	Corby	11.8	3

Men 100m (B string)

Posn	Name	Club	Perf	Pts
1	Gabriel Gennuso	Solihull S H	11.6	7
2	Alistair Gamble	DASH	11.7	5
3	Rory MacGregor	Corby	11.8	4
4	Daniel Brown	Banbury	12.1	3
5	Mike Bennett	Worcester AC	13.0	2

Men 200m (A string)

Posn	Name	Club	Perf	Pts
1	Andy Brookes	DASH	22.50	9
2	Sam Hook	Banbury	22.70	7
3	Alex Bradrick	Worcester AC	23.00	6
4	Hamish Pitkeathly	RSC	23.30	5
5	Erik Aselius	Corby	23.80	4
6	Jonathan Price	Solihull S H	24.20	3

Men 200m (B string)

Posn	Name	Club	Perf	Pts
1	Gabriel Gennuso	Solihull S H	23.80	7
2	Daniel Brown	Banbury	24.00	5
3	Adam Barnes	RSC	24.20	4
4	Paul Webster	Corby	24.50	3
5	Alex Woolgar	DASH	24.90	2
6	Andy Poppleton	Worcester AC	25.10	1

Men 400m (A string)

Posn	Name	Club	Perf	Pts
1	Luke Gibson	RSC	52.1	9
2	Lewis Albutt	Solihull S H	53.4	7
3	Andrew Poppleton	Worcester AC	54.2	6
4	Jordan Smith	DASH	54.6	5
5	Ian Robinson	Banbury	65.1	4
6	Tony Wells	Corby	67.2	3

Men 400m (B string)

Posn	Name	Club	Perf	Pts
1	Neil Smallman	DASH	59.6	7
2	Robert George	Solihull S H	61.8	5
3	David O' Brien	Worcester AC	65.5	4

Men 110m H (A string)

Posn	Name	Club	Perf	Pts
1	Phil Nation	DASH	19.0	9
2	Phil McDonald	Solihull S H	20.1	7
3	Ian Robinson	Banbury	21.1	6
4	Tony Wells	Corby	21.5	5
5	Richard White	Worcester AC	21.6	4

Men 110m H (B string)

Posn	Name	Club	Perf	Pts
1	Tim Payne	Solihull S H	21.3	7
2	Dave Nation	DASH	24.8	5

Men 400m H (A string)

Posn	Name	Club	Perf	Pts
1	Phil Nation	DASH	62.2	9
2	Richard White	Worcester AC	63.5	7
3	Ian Robinson	Banbury	69.0	6
4	Tony Wells	Corby	72.7	5

Men 400m H (B string)

Posn	Name	Club	Perf	Pts
1	Alistair Gamble	DASH	68.6	7
2	Steve Hincliffe	Worcester AC	69.2	5

Men 800m (A string)

Posn	Name	Club	Perf	Pts
1	Fred Tremblay	RSC	2.02.6	9
2	Jonathan Simpkins	Solihull S H	2.03.1	7
3	Tim Wright	Banbury	2.04.1	6
4	Simon Franklin	Corby	2.04.8	5
5	Chris Davies	Worcester AC	2.07.8	4
6	Dave Nation	DASH	2.11.0	3

Men 800m (B string)

Posn	Name	Club	Perf	Pts
1	Steve Charles	Solihull S H	2.14.1	7
2	John Burke	Banbury	2.15.1	5
3	Adam Staves	DASH	2.28.8	4
4	Steve Larcombe	RSC	2.31.1	3

Men 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Lee Slater	DASH	4.12.3	9
2	Tim Wright	Banbury	4.14.2	7
3	Andy Kaar	Solihull S H	4.16.4	6
4	Tom Watts	Worcester AC	4.19.9	5
5	Fred Tremblay	RSC	4.35.8	4

Men 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Jonathan Simpkins	Solihull S H	4.19.3	7
2	Chris Davies	Worcester AC	4.32.5	5
3	Dave Nation	DASH	4.40.1	4
4	Steve Walton	Banbury	4.49.3	3
5	Steve Larcombe	RSC	5.14.4	2

Men 5000m (A string)

Posn	Name	Club	Perf	Pts
1	Sam Mitchell	Worcester AC	16.04.8	9
2	Andy Kaar	Solihull S H	16.14.3	7
3	Chris Curtis	Corby	16.51.0	6
4	Matt Raden	DASH	16.59.5	5
5	Simon Pritchard	Banbury	18.14.5	4
6	Steve Larcombe	RSC	18.31.4	3

Men 5000m (B string)

Posn	Name	Club	Perf	Pts
1	Dave Hall	Worcester AC	16.11.7	7
2	Jonathan Ashley	Solihull S H	16.41.4	5
3	John Burke	Banbury	18.34.7	4
4	Frederic Tremblay	RSC	18.40.3	3
5	Sam Freeman	DASH	19.59.6	2

Men 2000m s/c (A string)

Posn	Name	Club	Perf	Pts
1	Dave O'Brien	Worcester AC	6.57.5	9
2	Simon Ralph	RSC	7.30.8	7
3	Robert George	Solihull S H	7.50.7	6

Men 2000m s/c (B string)

Posn	Name	Club	Perf	Pts
1	Phil Bullock	Worcester AC	7.32.0	7
2	David Pitcher	Solihull S H	8.29.9	5

Men Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Seb Wilson Dyer Gough	Corby	6.17	9
2	Phil McDonald	Solihull S H	5.95	7
3	Sam Hook	Banbury	5.84	6
4	Alistair Gamble	DASH	5.69	5
5	Hamish Pitkeathly	RSC	5.58	4
6	Mike Bennett	Worcester AC	4.52	3

Men Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Lee Czornj	Corby	5.90	7
2	Morton Hart	Solihull S H	5.47	5
3	Daniel Brown	Banbury	5.25	4
4	Adam Barnes	RSC	4.77	3
5	Richard westwood	DASH	4.56	2
6	Tom Watts	Worcester AC	4.20	1

Men Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Seb Wilson Dyer Gough	Corby	12.17	9
2	Phil McDonald	Solihull S H	11.56	7
3	Richard Westwood	DASH	11.42	6
4	Fred Tremblay	RSC	9.87	5
5	Alex Bradnick	Worcester AC	8.91	4

Men Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Jack McShane	Corby	11.68	7
2	Jonathan Price	Solihull S H	10.66	5
3	Alex Woolgar	DASH	9.37	4
4	Mike Bennett	Worcester AC	7.91	3

Men High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Tim Payne	Solihull S H	1.85	9
2	Jack McShane	Corby	1.70	7
3	Steve Walton	Banbury	1.70	6
4	Phil Nation	DASH	1.55	5

Men High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Seb Wilson Dyer Gough	Corby	1.65	7
2	Morton Hart	Solihull S H	1.65	5
3	Rachid Olubaji	Banbury	1.45	4

Men Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Bruce Hendair	Banbury	2.80	9
2	Phil Nation	DASH	2.80	7

Men Pole Vault (B string)

Posn	Name	Club	Perf	Pts
1	Ian Robinson	Banbury	2.10	7

Men Shot Putt (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Richard Woodhall	DASH	12.89	9
2	Perriss Wilkins	Banbury	12.23	7
3	Kevin Brown	RSC	11.44	6
4	Jack McShane	Corby	11.33	5
5	Jim Cowell	Worcester AC	10.59	4
6	Richard Taylor	Solihull S H	9.41	3

Men Shot Putt (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	David Sharp	DASH	10.21	7
2	Gary Jennings	Banbury	9.77	5
3	Graham Felton	RSC	8.35	4
4	Rory MacGregor	Corby	7.34	3
5	Lewis Albutt	Solihull S H	5.52	2
6	Phil Bullock	Worcester AC	5.28	1

Men Discus (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Kevin Brown	RSC	52.90	9
2	Perriss Wilkins	Banbury	46.64	7
3	Richard Woodhall	DASH	38.28	6
4	Jack McShane	Corby	30.37	5
5	Mike Bennett	Worcester AC	22.67	4
6	Richard Taylor	Solihull S H	19.28	3

Men Discus (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Gary Jennings	Banbury	32.75	7
2	David Sharp	DASH	27.63	5
3	Graham Felton	RSC	20.01	4
4	Lee Czornj	Corby	17.87	3
5	Phil Bullock	Worcester AC	12.27	2

Men Hammer (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Gary Jennings	Banbury	45.49	9
2	Richard Woodhall	DASH	42.62	7
3	Graham Felton	RSC	17.60	6
4	Tim Payne	Solihull S H	17.15	5

Men Hammer (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Perriss Wilkins	Banbury	31.87	7
2	David Sharp	DASH	29.36	5
3	Steve Charles	Solihull S H	10.34	4

Men Javelin (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Richard Woodhall	DASH	54.89	9
2	Richard Taylor	Solihull S H	46.45	7
3	Jim Cowell	Worcester AC	43.91	6
4	Jack McShane	Corby	42.01	5
5	Rachid Olubaji	Banbury	35.91	4
6	Hamish Pitkeathly	RSC	29.69	3

Men Javelin (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Lewis Albutt	Solihull S H	40.35	7
2	Joe Smith	DASH	39.50	5
3	Gary JENNINGS	Banbury	29.53	4
4	Lee Czornj	Corby	28.56	3
5	Frederic Tremblay	RSC	23.78	2

Mens 4x100m

Posn	Name	Club	Perf	<i>Pts</i>
1		DASH	45.5	9
2		Solihull S H	46.3	7
3		Corby	47.0	6
4		Banbury	48.6	5
5		RSC	48.7	4
6		Worcester AC	51.7	3

Mens 4x400m

Posn	Name	Club	Perf	<i>Pts</i>
1		DASH	3.42.8	9
2		Worcester AC	3.48.4	7
3		RSC	3.52.2	6
4		Banbury	3.58.2	5

Women 100m (A string)

Posn	Name	Club	Perf	Pts
1	Katie Barry	Corby	13.0	9
2	Kirsty Overfield	DASH	13.0	7
3	Leanne Beauling	Banbury	13.5	6
4	Danielle Georgiou	Solihull S H	13.5	5
5	Olivia Merry	Worcester AC	13.9	4
6	Megan Evans	RSC	14.2	3

Women 100m (B string)

Posn	Name	Club	Perf	Pts
1	Megan Stratford	RSC	13.1	7
2	Shana Parker	Banbury	13.2	5
3	Lucie Brazier	Worcester AC	14.2	4
4	Kirsty Zammit	Solihull S H	14.4	3
5	Adele Reynolds	DASH	14.5	2
6	Tracey Craker	Corby	17.0	1

Women 200m (A string)

Posn	Name	Club	Perf	Pts
1	Kirsty Overfield	DASH	26.80	9
2	Katie Barry	Corby	26.80	7
3	Amber Griffiths	Worcester AC	27.4	6
4	Leanne Beauling	Banbury	28.10	5
5	Connie James	Solihull S H	29.10	4
6	Megan Evans	RSC	30.00	3

Women 200m (B string)

Posn	Name	Club	Perf	Pts
1	Megan Stratford	RSC	27.10	7
2	Andrea Lewis-Jones	Solihull S H	28.10	5
3	Helen Reeves	Worcester AC	28.40	4
4	Emily Hicks	Banbury	30.50	3
5	Cathy Oram	Corby	38.30	2

Women 400m (A string)

Posn	Name	Club	Perf	Pts
1	Karen Harewood	Corby	56.3	9
2	Sadie Hambly	Solihull S H	63.2	7
3	Lucy Jennings	RSC	66.2	6
4	Emily Hicks	Banbury	71.3	5

Women 400m (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Kirsty Zammit	Solihull S H	64.8	7
2	Timea Latinovics	Corby	70.4	5
3	Julie Dixon	Banbury	72.0	4
4	Olivia Larcombe	RSC	83.9	3

Women 100m H (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Lauren Boyd	Corby	18.7	9
2	Adele Reynolds	DASH	20.0	7

Women 400m H (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Andrea Lewis-Jones	Solihull S H	70.8	9
2	Ros Kelling	Banbury	74.8	7
3	Adele Reynolds	DASH	75.5	6
4	Emma Overy	RSC	76.2	5
5	Tracey Craker	Corby	97.9	4

Women 800m (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Lucy Flanner	Solihull S H	2.17.9	9
2	Helen Reeves	Worcester AC	2.26.6	7
3	Lucy Jennings	RSC	2.28.9	6
4	Caitlin Bradley	Banbury	2.30.1	5
5	Amanda Dipple	DASH	3.31.3	4
6	Timea Latinovics	Corby	2.42.5	3

Women 800m (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Sadie Hambly	Solihull S H	2.24.1	7
2	Nancy Hitchmough	DASH	2.35.3	5
3	Lizzie Farrow	RSC	2.44.0	4
4	Vicky Wells	Banbury	2.50.4	3
5	Tracey Craker	Corby	3.28.5	2

Women 1500m (A string)

Posn	Name	Club	Perf	Pts
1	Lucy Flanner	Solihull S H	4.37.7	9
2	Karen Harewood	Corby	4.39.5	7
3	Olivia Larcombe	RSC	5.06.7	6
4	Ros Kelling	Banbury	5.09.9	5
5	Amanda Dipple	DASH	5.18.0	4
6	Camilla Barnes	Worcester AC	5.21.3	3

Women 1500m (B string)

Posn	Name	Club	Perf	Pts
1	Joanne Finch	Solihull S H	5.10.9	7
2	Emma Overy	RSC	5.38.3	5
3	Nicola Davies	DASH	5.42.0	4
4	Vicky Wells	Banbury	5.57.0	3
5	Cathy Oram	Corby	6.55.3	2

Women 3000m (A string)

Posn	Name	Club	Perf	Pts
1	Helen Finch	Solihull S H	11.08.8	9
2	Amanda Dipple	DASH	11.10.5	7
3	Larna Partridge	RSC	11.18.7	6
4	Michelle Bartlett	Banbury	11.30.6	5
5	Charlotte Colter	Corby	11.42.7	4

Women 3000m (B string)

Posn	Name	Club	Perf	Pts
1	Rebecca Freeman	Solihull S H	11.12.4	7
2	Caitlin Bradley	Banbury	11.48.3	5
3	Nicola Davies	DASH	11.52.8	4
4	Lizzie Farrow	RSC	12.43.0	3
5	Cathy Oram	Corby	14.18.3	2

Women Long Jump (A string)

Posn	Name	Club	Perf	Pts
1	Megan Evans	RSC	5.00	9
2	Connie James	Solihull S H	4.95	7
3	Olivia Merry	Worcester AC	4.73	6
4	Shana Parker	Banbury	4.58	5

Women Long Jump (B string)

Posn	Name	Club	Perf	Pts
1	Elizabeth Parry	Solihull S H	4.54	7
2	Helen Reeves	Worcester AC	4.47	5
3	Leanne Beauling	Banbury	3.41	4
4	Lizzie Farrow	RSC	3.37	3

Women Triple Jump (A string)

Posn	Name	Club	Perf	Pts
1	Megan Evans	RSC	10.46	9
2	Connie James	Solihull S H	9.54	7
3	Olivia Merry	Worcester AC	9.09	6
4	Amy Peacock	Banbury	8.21	5

Women Triple Jump (B string)

Posn	Name	Club	Perf	Pts
1	Lucie Brazier	Worcester AC	8.12	7
2	Andrea Lewis-Jones	Solihull S H	8.10	5
3	Emma Overy	RSC	7.46	4

Women High Jump (A string)

Posn	Name	Club	Perf	Pts
1	Elizabeth Parry	Solihull S H	1.65	9
2	Becky Donnelly	Worcester AC	1.45	7
3	Lauren Boyd	Corby	1.45	6
4	Megan Evans	RSC	1.40	5
5	Vicky Wells	Banbury	1.35	4

Women High Jump (B string)

Posn	Name	Club	Perf	Pts
1	Sophie Rayner	Solihull S H	1.45	7
2	Gabrielle Bangay	Corby	1.45	5
3	Ros Kelling	Banbury	1.20	4
4	Fiona Smith	RSC	1.15	3
5	Camilla Barnes	Worcester AC	1.10	2

Women Pole Vault (A string)

Posn	Name	Club	Perf	Pts
1	Becky Donnelly	Worcester AC	2.60	9
2	Gabrielle Bangay	Corby	2.60	7

Women Shot Putt (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Lauren Boyd	Corby	9.93	9
2	Rachel Perry	DASH	9.07	7
3	Katie Martin	Worcester AC	8.01	6
4	Charlotte Gimson	RSC	7.99	5
5	Hannah Bryan	Banbury	7.81	4
6	Jill Turner	Solihull S H	7.32	3

Women Shot Putt (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Anne-Marie Walton	DASH	8.86	7
2	Sharon Ralph	RSC	7.85	5
3	Kate Whiston	Solihull S H	6.88	4
4	Shana Parker	Banbury	6.41	3
5	Elizabeth Sliwa	Worcester AC	6.35	2
6	Katie Barry	Corby	5.89	1

Women Discus (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Kate Whiston	Solihull S H	32.62	9
2	Rachel Perry	DASH	27.85	7
3	Elizabeth Sliwa	Worcester AC	22.68	6
4	Hannah Bryan	Banbury	19.60	5
5	Fiona Smith	RSC	18.62	4
6	Katie Barry	Corby	17.25	3

Women Discus (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Claire White	Worcester AC	20.17	7
2	Gemma williams	DASH	18.47	5
3	Jill Turner	Solihull S H	16.85	4
4	Emily Hicks	Banbury	13.47	3
5	Margaret Riley	RSC	13.40	2
6	Cathy Oram	Corby	9.50	1

Women Hammer (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Gemma williams	DASH	28.89	9
2	Linda Jennings	Banbury	25.73	7
3	Kate Whiston	Solihull S H	24.61	6
4	Fiona Smith	RSC	24.06	5
5	Claire White	Worcester AC	19.18	4
6	Tracey	Corby	13.03	3

Women Hammer (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Anne-Marie Walton	DASH	24.53	7
2	Sharon Ralph	RSC	22.67	5
3	Hannah Bryan	Banbury	18.23	4
4	Anna Hart	Solihull S H	17.60	3
5	Elizabeth Sliwa	Worcester AC	15.06	2

Women Javelin (A string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Charlotte Gimson	RSC	37.90	9
2	Hannah Bryan	Banbury	32.29	7
3	Lauren Boyd	Corby	31.23	6
4	Anne-Marie Walton	DASH	26.76	5
5	Danielle Georgiou	Solihull S H	24.45	4
6	Becky Donnelly	Worcester AC	17.01	3

Women Javelin (B string)

Posn	Name	Club	Perf	<i>Pts</i>
1	Amy Peacock	Banbury	32.03	7
2	Gabrielle Bangay	Corby	24.89	5
3	Rachel Perry	DASH	24.41	4
4	Anna Hart	Solihull S H	22.41	3
5	Emma Overy	RSC	20.31	2
6	Claire White	Worcester AC	8.87	1

Womens 4x100m

Posn	Name	Club	Perf	<i>Pts</i>
1		Worcester AC	53.4	9
2		Solihull S H	54.3	7
3		Corby	54.5	6
4		Banbury	54.7	5
5		RSC	58.7	4

Womens 4x400m

Posn	Name	Club	Perf	<i>Pts</i>
1		Solihull S H	4.28.5	9
2		DASH	4.37.3	7
3		Corby	4.38.7	6
4		RSC	4.42.1	5
5		Banbury	4.46.1	4