

M 100m A		M 100m B	
1 Nick Frodsham	AVS 11.0	1 Omas Onyamwu	U17 COV 11.1
2 Courtney Douglas	R&N 11.4	2 Andrew Pozzi	AVS 11.2
3 Karl Leddington	COV 11.6	3 Luke Storer	U17 R&N 11.7
4 Gabby Gennuso	S&S 11.7	4 Morton Hart	U17 S&S 12.2
M 200m A		M 200m B	
1 Alex Hawkins	U17 S&S 22.6	1 Andrew Pozzi	AVS 23.1
2 Ross Allen	R&N 23.2	2 Omas Onyamwu	U17 COV 23.3
3 Charlie Burn	AVS 23.4	3 Luke Storer	U17 R&N 23.9
4 Nathan Graham	U17 CRB 23.6	4 Ross Davies	CRB 24.4
M 400m A		M 400m B	
1 Ross Allen	R&N 50.1	1 Richard Curl	S&S 52.6
2 Charlie Burn	AVS 51.3	2 Ross Davies	U17 CRB 53.6
3 Nick Fellows	U17 COV 52.9	3 Richard Bowman	U17 COV 53.9
4 Lewis Albutt	S&S 53.0	4 Matt Bull	U17 AVS 54.0
5 Nathan Graham	U17 CRB 54.6	5 Tom Johnson	U17 R&N 57.8
M 800m A		M 800m B	
1 Charlie Eastaugh	AVS 1.56.1	1 Steve Charles	U17 S&S 2.11.5
2 Alistair Fowler	CRB 1.59.1	2 Adam McGuigan	U17 AVS 2.13.6
3 Jonathan Simkins	U17 S&S 1.59.7		
4 Mathew Clark	NUN 2.03.4		
5 Rory Grant	U17 R&N 2.08.6		
6 Richard Bowman	U17 COV 2.12.3		
M 1500m A		M 1500m B	
1 Andrew Downing	COV 4.21.8	1 Jamie Langley	AVS 4.30.5
2 Freddie Nockolds	AVS 4.23.1	2 Dan Rebeiro	U17 S&S 4.42.5
3 Sebastian Goodall	CRB 4.24.0	3 Matt Finigan	U17 R&N 4.53.7
4 Rory Grant	U17 R&N 4.24.6		
5 Steve Charles	U17 S&S 4.42.4		
M 3000m A		M 3000m B	
1 Luke Scarr	U17 S&S 9.14.4	1 Robert Male	U17 R&N 11.08.3
2 Luke Robinson	U17 R&N 9.28.6	2 David Pitcher	S&S 11.50.8
3 Matthew Timothy	COV 10.18.0		
4 Stephen Broom	CRB 10.18.6		
5 Nathaniel Breakwell	AVS 10.42.1		
M 110mH A		M 110mH B	
1 Andrew Pozzi	AVS 14.6	1 James Eaton	R&N 16.2
2 Themba Luhana	U17 R&N 14.9		
3 Nick Fellows	U17 COV 21.4		
M 400mH A		M 400mH B	
1 Richard Curl	S&S 61.3	No competitors	
2 James Eaton	R&N 61.7		
M 2000m Sc A		M 2000m Sc B	
1 Ed Stiles	S&S 6.59.6	1 Simon Cook	S&S 7.31.4
M Discus Throw A		M Discus Throw B	
1 Michael Holme	COV 18.39	1 Nick Fellows	U17 COV 12.36
M Hammer Throw A		M Hammer Throw B	
1 Sam Foster	U17 CRB 40.84	No competitors	
2 Steve Charles	U17 S&S 17.45		
M High Jump A		M High Jump B	
1 Nathan Petch	U17 COV 1.80	1 Matthew Timothy	COV 1.75
2 Morton Hart	U17 S&S 1.70		

M Javelin Throw A		M Javelin Throw B	
1 Harry Hollis	CRB 52.19	1 James Knight	U17 COV 36.20
2 Alex McKie	R&N 47.33	2 Ryan Cleaver	R&N 32.48
3 Lewis Albutt	S&S 43.27		
4 Howard Stapleton	U17 COV 38.48		
5 Matt Bull	U17 AVS 30.61		
M Long Jump A		M Long Jump B	
1 Alex Hawkins	U17 S&S 6.03	1 Morton Hart	U17 S&S 5.54
2 Nathan Petch	U17 COV 5.71	2 Griffin O'Rourke	COV 5.38
3 Daniel Bennett	R&N 5.22	3 Courtney Douglas	R&N 5.05
M Pole Vault A		M Pole Vault B	
1 Sam Baker	U17 CRB 3.10	No competitors	
M Shot Putt A		M Shot Putt B	
1 Daniel Bennett	R&N 9.44	1 David Pitcher	S&S 5.56
2 Michael Holme	COV 8.08		
3 Simon Cook	S&S 6.93		
M Triple Jump A		M Triple Jump B	
1 Daniel Bennett	R&N 12.27	1 James Eaton	R&N 11.87
2 Griffin O'Rourke	COV 12.19	2 Michael Holme	COV 9.34
W 100m A		W 100m B	
1 Charlotte Burrows	U17 R&N 12.5	1 Emma Cluley	R&N 13.1
2 Charlotte Bowling	U17 CRB 12.8	2 Vicky Walker	COV 13.2
3 Rosie West	U17 COV 13.3		
4 Emma Spragg	S&S 14.2		
W 200m A		W 200m B	
1 Charlotte Bowling	U17 CRB 26.0	1 Emma Cluley	R&N 28.0
2 Charlotte Burrows	U17 R&N 26.3		
3 Kellie Bewick	COV 27.7		
4 Emma Spragg	S&S 28.0		
W 400m A		W 400m B	
1 Sophie Wright	R&N 59.5	1 Sophie Meakin	R&N 62.6
2 Kellie Bewick	COV 60.1	2 Hannah Stanley	U17 COV 63.3
3 Tania White	U17 NUN 64.6		
W 800m A		W 800m B	
1 Gabriella Moriarty	U17 R&N 2.27.0	1 Sarah Worthington	U17 S&S 2.35.5
2 Holly Tinning	NUN 2.29.4	2 Emma McGowan	R&N 2.38.6
3 Hannah Owen	S&S 2.32.0		
W 1500m A		W 1500m B	
1 Eleanor Barnes	U17 R&N 5.11.4	No competitors	
2 Charlotte Cotter	CRB 5.16.7		
3 Tania White	U17 NUN 5.34.2		
4 Laura Clarke	U17 S&S 5.58.4		
W 3000m A		W 3000m B	
1 Emily Waugh	U17 R&N 11.03.1	No competitors	
2 Lucy Routledge	U17 S&S 11.04.4		
3 Mairead Roche	CRB 11.16.9		
4 Rachel Chard	NUN 12.14.3		
W 100mH A		W 100mH B	
1 Emma Titcomb	U17 AVS 16.4	1 Charlotte Davies	U17 R&N 16.8
2 Emma Cluley	R&N 16.8	2 Amanda Evans	AVS 17.7
3 Katie Jacks	S&S 17.5		

W 400mH A		W 400mH B	
1 Alex Williams	COV 68.5	No competitors	
2 Emma Titcomb	U17 AVS 70.2		
3 Katie Jacks	S&S 73.4		
W Discus Throw A		W Discus Throw B	
1 Rachel Tyler	U17 CRB 37.01	1 Kathryn Reynolds	U17 R&N 18.81
2 Elycia Metaxus-Belt	R&N 36.69	2 Danelle Smith	COV 18.44
3 Kate Whiston	S&S 31.05	3 Anna Hart	S&S 14.23
4 Catherine McBeth	COV 27.81	4 Holly Tinning	NUN 12.55
5 Gemma Mills	NUN 14.44		
W Hammer Throw A		W Hammer Throw B	
1 Zoe Ash	R&N 37.46	1 Danelle Smith	COV 22.47
2 Catherine McBeth	COV 24.89	2 Anna Hart	S&S 18.46
3 Kate Whiston	S&S 18.91		
W High Jump A		W High Jump B	
1 Liz Parry	S&S 1.70	1 Katie Rowe	U17 R&N 1.50
2 Hannah Oliver	U17 R&N 1.50		
W Javelin Throw A		W Javelin Throw B	
1 Catherine McBeth	COV 33.51	1 Kathryn Reynolds	U17 R&N 29.69
2 Lauren Boyd	CRB 32.70	2 Danelle Smith	COV 20.26
3 Charlotte Burrows	U17 R&N 32.41	3 Kate Whiston	S&S 17.33
4 Gemma Mills	NUN 26.92	4 Katie Hughes	NUN 9.53
5 Anna Hart	S&S 23.65		
6 Amanda Evans	AVS 18.67		
W Long Jump A		W Long Jump B	
1 Connie James	U17 S&S 5.06	1 Emma Spragg	S&S 4.60
2 Sophie Meakin	R&N 4.79	2 Holly Tinning	NUN 4.38
3 Amanda Evans	AVS 4.75	3 Shelley Hazelwood	R&N 4.25
4 Gemma Mills	NUN 4.55		
5 Hannah Stanley	U17 COV 4.50		
W Pole Vault A		W Pole Vault B	
No competitors		No competitors	
W Shot Putt A		W Shot Putt B	
1 Catherine McBeth	COV 11.02	1 Danelle Smith	COV 9.19
2 Gemma Mills	NUN 9.15	2 Zoe Ash	R&N 7.31
3 Rebecca Davies	U17 R&N 8.52	3 Emma Spragg	S&S 6.70
4 Kate Whiston	S&S 7.34		
W Triple Jump A		W Triple Jump B	
1 Katie Rowe	U17 R&N 10.39	1 Hannah Owen	S&S 8.72
2 Lucy Routledge	U17 S&S 8.90	2 Charlotte Davies	U17 R&N DNSCR
W 4x100m Relay			
1 R&N 50.9	1 Emma Cluley	2 Sophie Wright	
	3 Sophie Meakin	4 Charlotte Burrows	U17
2 COV 52.1	1 Rosie West	2 Hannah Stanley	U17
	3 Vicky Walker	4 Kellie Bewick	
3 S&S 55.0	1 Connie James	2 Katie Jacks	
	3 Emma Spragg	4 Hannah Owen	
4 NUN 56.6	1 Tania White	2 Rachel Chard	
	3 Holly Tinning	4 Katie Hughes	
W 4x400m Relay			
1 R&N 4.29.5	1 Emily Waugh	U17	2 Sophie Wright
	3 Sophie Meakin		4 Gabriella Moriarty
2 S&S 4.31.8	1 Lucy Routledge	U17	2 Hannah Owen
	3 Laura Clarke	U17	4 Katie Jacks

M 4x100m Relay

1 R&N 44.9	1 Daniel Bennett		2 Themba Luhana	U17
	3 Luke Storer	U17	4 Courtney Douglas	
2 COV 45.6	1 Hassam Hassam	U17	2 Omas Onyamwu	U17
	3 Harry Hudson	U17	4 Karl Leddington	
3 AVS 46.7	1 Andrew Pozzi		2 Charlie Burn	
	3 Sam Mason-Brown		4 Nick Frodsham	
4 S&S 47.8	1 Richard Curl		2 Alex Hawkins	U17
	3 Gabby Gennuso		4 Morton Hart	U17

M 4x400m Relay

1 CRB 3.34.7	1 Nathan Graham	U17	2 Ross Davies	U17
	3 Simon Franklin		4 Alistair Fowler	
2 COV 3.41.6	1 Dave Lee	U17	2 Richard Bowman	U17
	3 Andrew Downing		4 Nick Fellows	U17
3 S&S 3.59.5	1 Dan Rebeiro	U17	2 Lewis Albutt	
	3 Steve Charles	U17	4 Simon Cook	
4 R&N 4.14.2	1 Tom Johnson	U17	2 Ross Allen	
	3 Tristin Titinchi	U17	4 Rory Grant	U17

MATCH RESULT

LEAGUE STANDINGS

Event	Lge	Event	Lge
1 R&N 431	8	1 Rugby & Northampton AC	431 8
2 S&S 379	7	2 Solihull & Smallheath	379 7
3 COV 320	6	3 Coventry Godiva Harriers	320 6
4 AVS 156	5	4 Avon SPA	156 5
5 CRB 150	4	5 Corby AC	150 4
6 NUN 92	3	6 Nuneaton Harriers AC	92 3

**Athlete of the Match:**

Andrew Pozzi - Avon - 110MH 14.6s

Liz Parry - Solihul - High Jump 1.70M

General Comment: No competitors W Pole Vault A&B, No competitors M Hammer Throw B,  
No compe

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|      Team| AVS | CRB | COV | NUN | R&N | S&S |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| Used Waste Tot |
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 100m   A|  11|   0|   8|   0|   9|   7|  35|  11|  46|
|         B|   7|   0|   9|   0|   6|   5|  27|   7|  34|
|Cumulative| 18|   0|  17|   0|  15|  12|  62|  18|  80|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 200m   A|   8|   7|   0|   0|   9|  11|  35|  11|  46|
|         B|   9|   5|   7|   0|   6|   0|  27|   7|  34|
|Cumulative| 35|  12|  24|   0|  30|  23| 124|  36| 160|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 400m   A|   9|   6|   8|   0|  11|   7|  41|   5|  46|
|         B|   5|   7|   6|   0|   4|   9|  31|   3|  34|
|Cumulative| 49|  25|  38|   0|  45|  39| 196|  44| 240|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 800m   A|  11|   9|   5|   7|   6|   8|  46|   0|  46|
|         B|   7|   0|   0|   0|   0|   9|  16|  18|  34|
|Cumulative| 67|  34|  43|   7|  51|  56| 258|  62| 320|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 1500m  A|   9|   8|  11|   0|   7|   6|  41|   5|  46|
|         B|   9|   0|   0|   0|   6|   7|  22|  12|  34|
|Cumulative| 85|  42|  54|   7|  64|  69| 321|  79| 400|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 3000m  A|   6|   7|   8|   0|   9|  11|  41|   5|  46|
|         B|   0|   0|   0|   0|   9|   7|  16|  18|  34|
|Cumulative| 91|  49|  62|   7|  82|  87| 378| 102| 480|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 110mH  A|  11|   0|   8|   0|   9|   0|  28|  18|  46|
|         B|   0|   0|   0|   0|   9|   0|   9|  25|  34|
|Cumulative| 102|  49|  70|   7| 100|  87| 415| 145| 560|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 400mH  A|   0|   0|   0|   0|   9|  11|  20|  26|  46|
|         B|   0|   0|   0|   0|   0|   0|   0|  34|  34|
|Cumulative| 102|  49|  70|   7| 109|  98| 435| 205| 640|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 2000Sc A|   0|   0|   0|   0|   0|  11|  11|  35|  46|
|         B|   0|   0|   0|   0|   0|   9|   9|  25|  34|
|Cumulative| 102|  49|  70|   7| 109| 118| 455| 265| 720|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M DT     A|   0|   0|  11|   0|   0|   0|  11|  35|  46|
|         B|   0|   0|   9|   0|   0|   0|   9|  25|  34|
|Cumulative| 102|  49|  90|   7| 109| 118| 475| 325| 800|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M HT     A|   0|  11|   0|   0|   0|   9|  20|  26|  46|
|         B|   0|   0|   0|   0|   0|   0|   0|  34|  34|
|Cumulative| 102|  60|  90|   7| 109| 127| 495| 385| 880|
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|      Team| AVS | CRB | COV | NUN | R&N | S&S |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| Used Waste Tot |
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M HJ      A|    0|    0|   11|    0|    0|    9| 20| 26| 46|
|          B|    0|    0|    9|    0|    0|    0|  9| 25| 34|
|Cumulative| 102|  60|  110|   7|  109|  136| 524| 436| 960|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M JT      A|    6|   11|    7|    0|    9|    8| 41|  5| 46|
|          B|    0|    0|    9|    0|    7|    0| 16| 18| 34|
|Cumulative| 108|  71|  126|   7|  125|  144| 581| 459|1040|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M LJ      A|    0|    0|    9|    0|    8|   11| 28| 18| 46|
|          B|    0|    0|    7|    0|    6|    9| 22| 12| 34|
|Cumulative| 108|  71|  142|   7|  139|  164| 631| 489|1120|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M PV      A|    0|   11|    0|    0|    0|    0| 11| 35| 46|
|          B|    0|    0|    0|    0|    0|    0|  0| 34| 34|
|Cumulative| 108|  82|  142|   7|  139|  164| 642| 558|1200|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M SP      A|    0|    0|    9|    0|   11|    8| 28| 18| 46|
|          B|    0|    0|    0|    0|    0|    9|  9| 25| 34|
|Cumulative| 108|  82|  151|   7|  150|  181| 679| 601|1280|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M TJ      A|    0|    0|    9|    0|   11|    0| 20| 26| 46|
|          B|    0|    0|    7|    0|    9|    0| 16| 18| 34|
|Cumulative| 108|  82|  167|   7|  170|  181| 715| 645|1360|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 100m    A|    0|    9|    8|    0|   11|    7| 35| 11| 46|
|          B|    0|    0|    7|    0|    9|    0| 16| 18| 34|
|Cumulative| 108|  91|  182|   7|  190|  188| 766| 674|1440|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 200m    A|    0|   11|    8|    0|    9|    7| 35| 11| 46|
|          B|    0|    0|    0|    0|    9|    0|  9| 25| 34|
|Cumulative| 108|  102|  190|   7|  208|  195| 810| 710|1520|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 400m    A|    0|    0|    9|    8|   11|    0| 28| 18| 46|
|          B|    0|    0|    7|    0|    9|    0| 16| 18| 34|
|Cumulative| 108|  102|  206|  15|  228|  195| 854| 746|1600|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 800m    A|    0|    0|    0|    9|   11|    8| 28| 18| 46|
|          B|    0|    0|    0|    0|    7|    9| 16| 18| 34|
|Cumulative| 108|  102|  206|  24|  246|  212| 898| 782|1680|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 1500m   A|    0|    9|    0|    8|   11|    7| 35| 11| 46|
|          B|    0|    0|    0|    0|    0|    0|  0| 34| 34|
|Cumulative| 108|  111|  206|  32|  257|  219| 933| 827|1760|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 3000m   A|    0|    8|    0|    7|   11|    9| 35| 11| 46|
|          B|    0|    0|    0|    0|    0|    0|  0| 34| 34|
|Cumulative| 108|  119|  206|  39|  268|  228| 968| 872|1840|
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|      Team| AVS | CRB | COV | NUN | R&N | S&S |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| Used Waste Tot |
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 100mH  A|  11|   0|   0|   0|   9|   8|  28|  18|  46|
|          B|   7|   0|   0|   0|   9|   0|  16|  18|  34|
|Cumulative| 126| 119| 206|  39| 286| 236|1012| 908|1920|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 400mH  A|   9|   0|  11|   0|   0|   8|  28|  18|  46|
|          B|   0|   0|   0|   0|   0|   0|   0|  34|  34|
|Cumulative| 135| 119| 217|  39| 286| 244|1040| 960|2000|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 1500Sc A|   0|   0|   0|   0|   0|   0|   0|   0|   0|
|          B|   0|   0|   0|   0|   0|   0|   0|   0|   0|
|Cumulative| 135| 119| 217|  39| 286| 244|1040| 960|2000|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W DT      A|   0|  11|   7|   6|   9|   8|  41|   5|  46|
|          B|   0|   0|   7|   5|   9|   6|  27|   7|  34|
|Cumulative| 135| 130| 231|  50| 304| 258|1108| 972|2080|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W HT      A|   0|   0|   9|   0|  11|   8|  28|  18|  46|
|          B|   0|   0|   9|   0|   0|   7|  16|  18|  34|
|Cumulative| 135| 130| 249|  50| 315| 273|1152|1008|2160|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W HJ      A|   0|   0|   0|   0|   9|  11|  20|  26|  46|
|          B|   0|   0|   0|   0|   9|   0|   9|  25|  34|
|Cumulative| 135| 130| 249|  50| 333| 284|1181|1059|2240|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W JT      A|   5|   9|  11|   7|   8|   6|  46|   0|  46|
|          B|   0|   0|   7|   5|   9|   6|  27|   7|  34|
|Cumulative| 140| 139| 267|  62| 350| 296|1254|1066|2320|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W LJ      A|   8|   0|   6|   7|   9|  11|  41|   5|  46|
|          B|   0|   0|   0|   7|   6|   9|  22|  12|  34|
|Cumulative| 148| 139| 273|  76| 365| 316|1317|1083|2400|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W PV      A|   0|   0|   0|   0|   0|   0|   0|  46|  46|
|          B|   0|   0|   0|   0|   0|   0|   0|  34|  34|
|Cumulative| 148| 139| 273|  76| 365| 316|1317|1163|2480|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W SP      A|   0|   0|  11|   9|   8|   7|  35|  11|  46|
|          B|   0|   0|   9|   0|   7|   6|  22|  12|  34|
|Cumulative| 148| 139| 293|  85| 380| 329|1374|1186|2560|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W TJ      A|   0|   0|   0|   0|  11|   9|  20|  26|  46|
|          B|   0|   0|   0|   0|   0|   9|   9|  25|  34|
|Cumulative| 148| 139| 293|  85| 391| 347|1403|1237|2640|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 4x1     |   0|   0|   9|   7|  11|   8|  35|  11|  46|
|Cumulative| 148| 139| 302|  92| 402| 355|1438|1248|2686|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|W 4x4     |   0|   0|   0|   0|  11|   9|  20|  26|  46|
|Cumulative| 148| 139| 302|  92| 413| 364|1458|1274|2732|
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|      Team| AVS | CRB | COV | NUN | R&N | S&S |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1    |    8|    0|    9|    0|   11|    7| 35| 11| 46|
|Cumulative| 156| 139| 311|  92| 424| 371|1493|1285|2778|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4    |    0|   11|    9|    0|    7|    8| 35| 11| 46|
|Cumulative| 156| 150| 320|  92| 431| 379|1528|1296|2824|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      Add|    0|    0|    0|    0|    0|    0|  0|  0|  0|
|subtract|    0|    0|    0|    0|    0|    0|  0|  0|  0|
|Cumulative| 156| 150| 320|  92| 431| 379|1528|1296|2824|
|-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      TOTALS| 156| 150| 320|  92| 431| 379|1528|1296|2824|
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Pos	Team	Points	Add	Sub	Total
1	Rugby & Northampton AC	431	0	0	431
2	Solihull & Smallheath	379	0	0	379
3	Coventry Godiva Harriers	320	0	0	320
4	Avon SPA	156	0	0	156
5	Corby AC	150	0	0	150
6	Nuneaton Harriers AC	92	0	0	92

Used + add - sub = total      1528      0      0 1528  
 Unused points                      1296                      1296  
 (Used+unused)+add-sub=total    2824                      0      0 2824

Team	1st	2nd	3rd	4th	5th	6th	1st	2nd	3rd	4th	5th	6th
R&N A	13	11	3	2	1	0	B 10	3	5	0	1	0
S&S A	7	5	10	7	2	0	B 8	3	3	1	0	0
COV A	6	8	6	2	1	1	B 6	7	1	0	0	0
AVS A	4	3	3	0	2	1	B 2	3	0	1	0	0
CRB A	6	4	2	2	1	0	B 0	1	0	1	0	0
NUN A	0	2	2	5	1	0	B 0	1	0	2	0	0

Men	Event	Women	Event	
1	Solihull & Smallheath	196	1 Rugby & Northampton AC	243
2	Rugby & Northampton AC	188	2 Solihull & Smallheath	183
3	Coventry Godiva Harriers	185	3 Coventry Godiva Harriers	135
4	Avon SPA	116	4 Nuneaton Harriers AC	85
5	Corby AC	93	5 Corby AC	57
6	Nuneaton Harriers AC	7	6 Avon SPA	40