

BRITISH ATHLETICS LEAGUE

Division 4 - Round: 3 **Mayesbrook Park Arena – Barking** **Saturday 1st August 2009** [6 pages]

Note: Two errors in original results submitted - Both are **highlighted** and **underlined>**
Scores are correct

| 100m 'A' | Windspeed+1.2 m/s |
|-----------------------|--------------------------|
| 1 Joel Fearon | COV 10.78 |
| 2 Luke Stott | HVG 11.06 |
| 3 Greg Turnbull | EDN 11.34 |
| 4 Glenn Etherington | CNI 11.34 |
| 5 George Robinson U20 | EXR 11.36 |
| 6 Nick Clements U20 | YVL 11.46 |

| 100m 'B' | Windspeed+2.4 m/s |
|----------------------|--------------------------|
| 1 Martin Browne U20 | COV 11.19 |
| 2 Stephen Prosser | CNI 11.32 |
| 3 Charlie Moss U20 | HVG 11.38 |
| 4 Kieran Congdon U20 | EDN 11.40 |
| 5 Tim Sayers | YVL 11.51 |
| 6 Alec Crowter U17 | EXR 11.68 |

| 200m 'A' | Windspeed+2.2 m/s |
|------------------------|--------------------------|
| 1 Joel Fearon | COV 21.83 |
| 2 Luke Stott | HVG 21.96 |
| 3 Dale Garland | CNI 22.19 |
| 4 Greg Turnbull | EDN 23.04 |
| 5 Andrew Faulkner | YVL 23.44 |
| 6 Stephen Bailey [HCA] | EXR 23.57 |

| 200m 'B' | Windspeed+1.2 m/s |
|-----------------------|--------------------------|
| 1 Dwight Fenton | COV 22.59 |
| 2 Charlie Moss U20 | HVG 22.92 |
| 3 Glenn Etherington | CNI 22.94 |
| 4 Andrew Mapstone | YVL 23.57 |
| 5 Kieran Congdon U20 | EDN 23.64 |
| 6 George Robinson U20 | EXR 23.68 |

| 400m 'A' | |
|------------------------|-----------|
| 1 Stewart Marshall | COV 49.82 |
| 2 Hywel Robinson U20 | CNI 50.11 |
| 3 Tim Sayers | YVL 50.21 |
| 4 Sam Peters U20 [HCA] | EXR 50.27 |
| 5 Scott Spencer | HVG 52.00 |
| 6 Craig Dickson | EDN 56.83 |

| 400m 'B' | |
|--------------------|-----------|
| 1 Andrew Mapstone | YVL 50.90 |
| 2 Nathan Stevens | CNI 51.14 |
| 3 Paul Adair U20 | HVG 51.92 |
| 4 Michael Thompson | COV 53.13 |
| 5 Alec Crowter U17 | EXR 53.58 |
| 6 Keith Dunlop | EDN 55.29 |

| 800m 'A' | |
|--------------------|-------------|
| 1 Owen Walpole U20 | EXR 1.57.69 |
| 2 Davey Platt | YVL 1.58.92 |
| 3 Paul Adair U20 | HVG 1.59.85 |
| 4 Tom Madden | COV 2.03.05 |
| 5 Keith Dunlop | EDN 2.04.08 |
| 6 Peter Irving | CNI 2.23.68 |

| 800m 'B' | |
|-----------------------|-------------|
| 1 James Ansell | EXR 1.57.96 |
| 2 Ben Jones | COV 1.58.61 |
| 3 Dominic Henry [HCA] | YVL 2.00.89 |
| 4 Matthew Bland V40 | HVG 2.02.85 |
| 5 Andrew Crichton | EDN 2.06.25 |
| 6 Tom Brown | CNI 2.11.71 |

| 1500m 'A' | |
|---------------------|-------------|
| 1 Tom Madden | COV 4.05.06 |
| 2 Jack Bancroft | EXR 4.06.46 |
| 3 Callum Sutton U20 | HVG 4.11.07 |
| 4 Mark Wiscombe | YVL 4.17.67 |
| 5 Andrew Crichton | EDN 4.20.39 |
| 6 Lee Garland | CNI 4.35.50 |

| 1500m 'B' | |
|-----------------------|-------------|
| 1 Phil Almond | EXR 4.07.31 |
| 2 Ben Jones | COV 4.13.90 |
| 3 Grant Twist U20 | HVG 4.16.32 |
| 4 Dominic Henry [HCA] | YVL 4.32.18 |
| 5 Leo Rice U20 | CNI 4.49.13 |
| 6 Keith Dunlop | EDN 4.49.86 |

| 5000m 'A' | |
|------------------|--------------|
| 1 Matt Almond | COV 15.20.91 |
| 2 Matt Bell | EDN 15.29.09 |
| 3 Tom Brown | CNI 15.37.14 |
| 4 Jon James | YVL 15.42.70 |
| 5 Glen Hill | HVG 15.48.82 |
| 6 Mark Cowen | EXR 16.15.31 |

| 5000m 'B' | |
|------------------------------|--------------|
| 1 Harvey Speed | COV 15.45.72 |
| 2 James Denne [HCA] | EXR 16.17.35 |
| 3 Adam Priestley | EDN 16.19.22 |
| 4 Steve Rand V35 | HVG 16.26.49 |
| 5 Robbie Hawkins | YVL 17.43.54 |
| Channel Islands - No Athlete | |

| 110mH 'A' | | Windspeed +0.9 m/s | |
|---------------------|-----|---------------------------|-------|
| 1 Glenn Etherington | CNI | | 15.48 |
| 2 Toby Harris U20 | EDN | | 16.07 |
| 3 Anthony Williams | HVG | | 16.22 |
| 4 James Cook | EXR | | 16.67 |
| 5 Nick Fellows U17 | COV | | 17.44 |
| 6 Ben Gibb U20 | YVL | | 17.57 |

| 400mH 'A' | | | |
|----------------------|-----|--|-------|
| 1 Dale Garland | CNI | | 52.63 |
| 2 Andrew Faulkner | YVL | | 55.32 |
| 3 Lee Salter | EXR | | 56.69 |
| 4 Toby Harris U20 | EDN | | 57.92 |
| 5 Diego Martin [TFA] | COV | | 58.18 |
| 6 Adam McCarthy U20 | HVG | | 60.59 |

| 3000m S/c 'A' | | | |
|---------------------------|-----|--|----------|
| 1 Matt Almond | COV | | 9.35.37 |
| 2 Lee Garland | CNI | | 9.43.11 |
| 3 Charlie Maclean [HCA] | YVL | | 9.48.39 |
| 4 Rob Warner | HVG | | 9.51.75 |
| 5 Peter Stockman V40 | EXR | | 11.11.73 |
| Edinburgh AC – No athlete | | | |

| Discus Throw 'A' | | | |
|-------------------------|-----|--|-------|
| 1 Zane Duquemin U20 | CNI | | 45.18 |
| 2 Simon Biddlecombe V35 | YVL | | 44.74 |
| 3 Keith Thompson | EDN | | 36.37 |
| 4 Glyn Hollingworth | COV | | 36.01 |
| 5 Bradley Reece U20 | HVG | | 34.66 |
| 6 Jon Milum V40 | EXR | | 34.22 |

| Hammer Throw 'A' | | | |
|-------------------------|-----|--|--------------|
| 1 Peter Holmes | EDN | | 50.06 |
| 2 Jon Milum V40 | EXR | | 45.39 |
| 3 Daniel Gamester | HVG | | 44.39 |
| 4 Terry Lalley V55 | COV | | 37.37 |
| 5 Ben Gibb U20 | YVL | | <u>34.35</u> |
| 6 Zane Duquemin U20 | CNI | | 25.38 |

| High Jump 'A' | | | |
|----------------------|-----|--|------|
| 1 Karl Robbins | COV | | 1.98 |
| 2 Ben Rendall | YVL | | 1.98 |
| 3 Dale Garland | CNI | | 1.88 |
| 4 Jay Ryan | HVG | | 1.83 |
| 5 Gregor Maclean U20 | EDN | | 1.83 |
| 6 Alex Macgregor U20 | EXR | | 1.73 |

| Javelin Throw 'A' | | | |
|--------------------------|-----|--|-------|
| 1 Matt Smith U20 | EXR | | 58.63 |
| 2 Glyn Hollingworth | COV | | 55.93 |
| 3 Georgie Bean U20 | HVG | | 50.83 |
| 4 Dale Garland | CNI | | 50.32 |
| 5 David Collard | EDN | | 47.87 |
| 6 Mike Gibson U20 | YVL | | 43.83 |

| 110mH 'B' | | Windspeed +0.9 m/s | |
|----------------------|-----|---------------------------|-------|
| 1 Mark Bishop V40 | HVG | | 16.15 |
| 2 Leo Rice U20 | CNI | | 16.54 |
| 3 Mark Plowman | YVL | | 16.58 |
| 4 David Collard | EDN | | 17.47 |
| 5 Paul Hindle | EXR | | 17.77 |
| 6 Diego Martin [TFA] | COV | | 21.11 |

| 400mH 'B' | | | |
|---------------------------|-----|--|-------|
| 1 Peter Irving | CNI | | 56.19 |
| 2 Simon Davies U17 | YVL | | 56.65 |
| 3 Byron Fitzgerald U17 | EXR | | 57.61 |
| 4 Jay Ryan | HVG | | 59.43 |
| 5 Nick Fellows U17 | COV | | 63.95 |
| Edinburgh AC – No athlete | | | |

| 3000m S/c 'B' | | | |
|---------------------------------|-----|--|----------|
| 1 Nigel Marley | COV | | 10.09.84 |
| 2 Jason Lendon | HVG | | 10.33.95 |
| 3 Pete Darton | YVL | | 11.07.82 |
| 4 Liam Roberts | EXR | | 11.46.10 |
| Channel Islands AC – No athlete | | | |
| Edinburgh AC - No Athlete | | | |

| Discus Throw 'B' | | | |
|-------------------------|-----|--|-------|
| 1 Leo Barker | HVG | | 34.44 |
| 2 Mark Plowman | YVL | | 33.97 |
| 3 Terry Lalley V55 | COV | | 30.75 |
| 4 David Dawson | EXR | | 28.68 |
| 5 David Collard | EDN | | 20.79 |
| 6 Stephen Prosser | CNI | | 15.80 |

| Hammer Throw 'B' | | | |
|-------------------------|-----|--|-------|
| 1 Carl Robertson | EDN | | 43.76 |
| 2 Bradley Reece U20 | HVG | | 39.98 |
| 3 Rob Woodger | EXR | | 36.98 |
| 4 Peter Exley | YVL | | 27.54 |
| 5 Joseph Okpoti V40 | COV | | 22.31 |
| 6 Peter Irving | CNI | | 18.44 |

| High Jump 'B' | | | |
|----------------------|-----|--|------|
| 1 Nathan Petch U17 | COV | | 1.88 |
| 2 Ross Jeffs U20 | CNI | | 1.83 |
| 3 Dave Singleton | EDN | | 1.83 |
| 4 James Quirk | YVL | | 1.78 |
| 5 Mark Bishop V40 | HVG | | 1.68 |
| 6 Ben Conibear U20 | EXR | | 1.53 |

| Javelin Throw 'B' | | | |
|--------------------------|-----|--|-------|
| 1 Sam Harrison | HVG | | 48.64 |
| 2 Neil Price | YVL | | 41.57 |
| 3 Gregor Maclean U20 | EDN | | 41.18 |
| 4 Nick Foxworthy | EXR | | 35.97 |
| 5 Nigel Marley | COV | | 34.42 |
| 6 Ross Jeffs U20 | CNI | | 25.35 |

| Long Jump 'A' | | | Wind | Long Jump 'B' | | | Wind |
|----------------------|------------------|-----|-------------|----------------------|-------------------|-----|-------------|
| 1 | David Martin | CNI | 6.82[-1.9] | 1 | Anthony Williams | HVG | 6.36[-1.5] |
| 2 | Jamie Blundell | COV | 6.78[-2.8] | 2 | Ross Jeffs U20 | CNI | 6.21[-1.6] |
| 3 | Joseph Ramie U20 | HVG | 6.58[-2.0] | 3 | Michael Thompson | COV | 6.06[-2.0] |
| 4 | Garry McKay | EDN | 6.45[-2.2] | 4 | Nick Clements U20 | YVL | 5.79[-1.5] |
| 5 | Ben Rendall | YVL | 6.42[-2.5] | 5 | James Cook | EXR | 5.57[-2.3] |
| 6 | Nick Foxworthy | EXR | 5.78[-2.7] | 6 | Dave Singleton | EDN | 5.54[-2.2] |

| Pole Vault 'A' | | | |
|------------------------------|--------------------|-----|------|
| 1 | Gregor Maclean U20 | EDN | 4.70 |
| 2 | Neil Price | YVL | 4.23 |
| 3 | Dale Garland | CNI | 4.03 |
| 4 | Mark Bishop V40 | HVG | 3.83 |
| 5 | Alex Macgregor U20 | EXR | 3.23 |
| Coventry Godiva – No athlete | | | |

| Pole Vault 'B' | | | |
|------------------------------|------------------|-----|------|
| 1 | Andrew Holmes | YVL | 4.03 |
| 2 | Jay Ryan | HVG | 3.23 |
| 3 | Ben Conibear U20 | EXR | 2.63 |
| 4 | Craig Dickson | EDN | 2.23 |
| 5 | Lee Garland | CNI | 2.10 |
| Coventry Godiva – No athlete | | | |

| Shot Putt 'A' | | | |
|----------------------|-----------------------|-----|-------|
| 1 | Zane Duquemin U20 | CNI | 15.19 |
| 2 | Emmanuel Quarshie U20 | HVG | 12.26 |
| 3 | Mark Plowman | YVL | 11.69 |
| 4 | Joseph Okpoti V40 | COV | 11.22 |
| 5 | Keith Thompson | EDN | 11.01 |
| 6 | Rob Woodger | EXR | 10.90 |

| Shot Putt 'B' | | | |
|----------------------|------------------|-----|-------|
| 1 | Leo Barker | HVG | 11.99 |
| 2 | Andrew Holmes | YVL | 11.04 |
| 3 | Jon Milum V40 | EXR | 10.58 |
| 4 | David Collard | EDN | 10.11 |
| 5 | Terry Lalley V55 | COV | 9.81 |
| 6 | Nathan Stevens | CNI | 8.20 |

| Triple Jump 'A' | | | Wind |
|------------------------|-------------------|-----|-------------|
| 1 | Dale Garland | CNI | 13.84[-2.6] |
| 2 | Jamie Blundell | COV | 13.48[-2.5] |
| 3 | Joseph Ramie U20 | HVG | 13.01[-3.6] |
| 4 | Garry McKay | EDN | 12.43[-1.7] |
| 5 | James Cook | EXR | 12.34[-3.0] |
| 6 | Nick Clements U20 | YVL | 11.84[-4.5] |

| Triple Jump 'B' | | | Wind |
|------------------------|--------------------|-----|-------------|
| 1 | David Martin | CNI | 12.93[-2.0] |
| 2 | Jimi Tele U17 | HVG | 12.20[-3.4] |
| 3 | Michael Thompson | COV | 11.82[-2.0] |
| 4 | Chris Hewitson U20 | YVL | 11.23[-2.6] |
| 5 | Rob Woodger | EXR | 10.70[-2.4] |
| 6 | David Collard | EDN | 10.18[-3.1] |

4x100m Relay

| | | | |
|-----------------------------------------|-----------|-------------------------|------------------------|
| 1 | HVG 43.24 | 1. Leo Barker | 2. Joseph Ramie U20 |
| | | 3. Charlie Moss U20 | 4. Luke Stott |
| 2 | CNI 43.25 | 1. Stephen Prosser | 2. Glenn Etherington |
| | | 3. David Martin | 4. Nathan Stevens |
| 3 | EDN 44.57 | 1. Kieran Congdon U20 | 2. Terry McKay |
| | | 3. Dave Singleton | 4. Greg Turnbull |
| 4 | YVL 44.68 | 1. Ben Rendall | 2. Tim Sayers |
| | | 3. Nick Clements U20 | 4. Andrew Faulkner |
| 5 | EXR 45.53 | 1. Byron Fitzgerald U17 | 2. Alec Crowter U17 |
| | | 3. Stephen Bailey [HCA] | 4. George Robinson U20 |
| Coventry Godiva Harriers - Disqualified | | | |

4x400m Relay

| | | | |
|-----------------------------------------|--------------------|-----------------------|-------------------------|
| 1 | CNI 3.21.82 | 1. Glenn Etherington | 2. Nathan Stevens |
| | | 3. Hywel Robinson U20 | 4. Dale Garland |
| 2 | EXR 3.23.31 | 1. Owen Walpole U20 | 2. James Ansell |
| | | 3. Paul Hindle [HCA] | 4. Sam Peters U20 [HCA] |
| 3 | YVL 3.23.64 | 1. Davey Platt | 2. Tim Sayers |
| | | 3. Andrew Faulkner | 4. Andrew Mapstone |
| 4 | HVG 3.35.58 | 1. Paul Adair U20 | 2. Leo Barker |
| | | 3. Scott Spencer | 4. James Murphy |
| 5 | EDN <u>3.43.63</u> | 1. Keith Dunlop | 2. Toby Harris U20 |
| | | 3. Andrew Crichton | 4. Craig Dickson |
| Coventry Godiva Harriers - Disqualified | | | |

Match Result – BAL Division 4 [3rd meeting]

| | <u>Match 3 Points</u> | <u>League Points</u> |
|----------------------------|-----------------------|----------------------|
| 1 Havering Mayesbrook AC | 234 | 6 |
| 2 Channel Islands AC | 229 | 5 |
| 3 Coventry Godiva Harriers | 224 | 4 |
| 4 Yeovil Olympiads | 205 | 3 |
| 5 Exeter Harriers | 181 | 2 |
| 6 Edinburgh AC | 168 | 1 |

League Standings [after 3 meetings]

| | <u>Position</u> | <u>Accumulated League Points</u> | <u>Match Points</u> | | | <u>Total Points</u> |
|----------------------------|-----------------|--------------------------------------|---------------------|---|---|-------------------------|
| | | | 1 | 2 | 3 | |
| 1 Yeovil Olympiads | 1 | 15 | 253+252+205= | | | 710 |
| 2 Exeter Harriers | 2 | 12 | 222+242+181= | | | 645 |
| 3 Havering Mayesbrook AC | 3 | 11 | 200+204+234= | | | 638 |
| 4 Coventry Godiva Harriers | 4 | 9 | 138+236+224= | | | 598 |
| 5 Channel Islands AC | 5 | 9 | 202+148+229= | | | 579 |
| 6 Edinburgh AC | 6 | 7 | 207+164+168= | | | 539 |

Athlete of the Match:

Dale Garland - Channel Islands AC - 400m Hurdles 52.63s

Guest Results

| 100m | Windspeed +1.3 | |
|---------------------|-----------------------|-------|
| 1 Richard Morrissey | HVG | 11.06 |
| 2 Dwight Fenton | COV | 11.15 |
| 3 Stewart Marshall | COV | 11.19 |
| 4 Gareth Robertson | EDN | 11.57 |
| 5 Mark Plowman | YVL | 11.95 |
| 6 Ben Gibb | YVL | 12.04 |

| Pole Vault | | |
|-------------------|-----|------|
| 1 Stuart Richards | YVL | 3.03 |

| 400m Hurdles | | | |
|--------------------------|-------|-------|--|
| 1 [Lane1] Joseph Abraham | India | 51.27 | |
| 2 [Lane2] Alvin Thomas | India | 52.09 | |

| 400m | | |
|---------------------|-----|-------|
| 1 Richard Morrissey | HVG | 50.29 |

NOTE: Guest results/performances do not count in match scoring

| Team | | CNI | COV | EDN | EXR | HVG | YVL | POINTS | | |
|-------|------------|------|------|------|------|------|------|--------|-------|-----|
| No's | | 1 11 | 2 22 | 3 33 | 4 44 | 5 55 | 6 66 | Used | Waste | Tot |
| 100m | A | 6 | 12 | 8 | 5 | 10 | 4 | 45 | 0 | 45 |
| | B | 6 | 8 | 3 | 1 | 4 | 2 | 24 | 0 | 24 |
| | Cumulative | 12 | 20 | 11 | 6 | 14 | 6 | 69 | 0 | 69 |
| 200m | A | 8 | 12 | 6 | 4 | 10 | 5 | 45 | 0 | 45 |
| | B | 4 | 8 | 2 | 1 | 6 | 3 | 24 | 0 | 24 |
| | Cumulative | 24 | 40 | 19 | 11 | 30 | 14 | 138 | 0 | 138 |
| 400m | A | 10 | 12 | 4 | 6 | 5 | 8 | 45 | 0 | 45 |
| | B | 6 | 3 | 1 | 2 | 4 | 8 | 24 | 0 | 24 |
| | Cumulative | 40 | 55 | 24 | 19 | 39 | 30 | 207 | 0 | 207 |
| 800m | A | 4 | 6 | 5 | 12 | 8 | 10 | 45 | 0 | 45 |
| | B | 1 | 6 | 2 | 8 | 3 | 4 | 24 | 0 | 24 |
| | Cumulative | 45 | 67 | 31 | 39 | 50 | 44 | 276 | 0 | 276 |
| 1500m | A | 4 | 12 | 5 | 10 | 8 | 6 | 45 | 0 | 45 |
| | B | 2 | 6 | 1 | 8 | 4 | 3 | 24 | 0 | 24 |
| | Cumulative | 51 | 85 | 37 | 57 | 62 | 53 | 345 | 0 | 345 |
| 5000m | A | 8 | 12 | 10 | 4 | 5 | 6 | 45 | 0 | 45 |
| | B | 0 | 8 | 4 | 6 | 3 | 2 | 23 | 1 | 24 |
| | Cumulative | 59 | 105 | 51 | 67 | 70 | 61 | 413 | 1 | 414 |
| 110mH | A | 12 | 5 | 10 | 6 | 8 | 4 | 45 | 0 | 45 |
| | B | 6 | 1 | 3 | 2 | 8 | 4 | 24 | 0 | 24 |
| | Cumulative | 77 | 111 | 64 | 75 | 86 | 69 | 482 | 1 | 483 |
| 400mH | A | 12 | 5 | 6 | 8 | 4 | 10 | 45 | 0 | 45 |
| | B | 8 | 2 | 0 | 4 | 3 | 6 | 23 | 1 | 24 |
| | Cumulative | 97 | 118 | 70 | 87 | 93 | 85 | 550 | 2 | 552 |
| 3KSC | A | 10 | 12 | 0 | 5 | 6 | 8 | 41 | 4 | 45 |
| | B | 0 | 8 | 0 | 3 | 6 | 4 | 21 | 3 | 24 |
| | Cumulative | 107 | 138 | 70 | 95 | 105 | 97 | 612 | 9 | 621 |
| DT | A | 12 | 6 | 8 | 4 | 5 | 10 | 45 | 0 | 45 |
| | B | 1 | 4 | 2 | 3 | 8 | 6 | 24 | 0 | 24 |
| | Cumulative | 120 | 148 | 80 | 102 | 118 | 113 | 681 | 9 | 690 |
| HT | A | 4 | 6 | 12 | 10 | 8 | 5 | 45 | 0 | 45 |
| | B | 1 | 2 | 8 | 4 | 6 | 3 | 24 | 0 | 24 |
| | Cumulative | 125 | 156 | 100 | 116 | 132 | 121 | 750 | 9 | 759 |
| HJ | A | 8 | 12 | 5 | 4 | 6 | 10 | 45 | 0 | 45 |
| | B | 6 | 8 | 4 | 1 | 2 | 3 | 24 | 0 | 24 |
| | Cumulative | 139 | 176 | 109 | 121 | 140 | 134 | 819 | 9 | 828 |
| JT | A | 6 | 10 | 5 | 12 | 8 | 4 | 45 | 0 | 45 |
| | B | 1 | 2 | 4 | 3 | 8 | 6 | 24 | 0 | 24 |
| | Cumulative | 146 | 188 | 118 | 136 | 156 | 144 | 888 | 9 | 897 |

| Team | | CNI | COV | EDN | EXR | HVG | YVL | POINTS | | |
|------------|----------|------|------|------|------|------|------|--------|-------|------|
| No's | | 1 11 | 2 22 | 3 33 | 4 44 | 5 55 | 6 66 | Used | Waste | Tot |
| LJ | A | 12 | 10 | 6 | 4 | 8 | 5 | 45 | 0 | 45 |
| | B | 6 | 4 | 1 | 2 | 8 | 3 | 24 | 0 | 24 |
| Cumulative | | 164 | 202 | 125 | 142 | 172 | 152 | 957 | 9 | 966 |
| PV | A | 8 | 0 | 12 | 5 | 6 | 10 | 41 | 4 | 45 |
| | B | 2 | 0 | 3 | 4 | 6 | 8 | 23 | 1 | 24 |
| Cumulative | | 174 | 202 | 140 | 151 | 184 | 170 | 1021 | 14 | 1035 |
| SP | A | 12 | 6 | 5 | 4 | 10 | 8 | 45 | 0 | 45 |
| | B | 1 | 2 | 3 | 4 | 8 | 6 | 24 | 0 | 24 |
| Cumulative | | 187 | 210 | 148 | 159 | 202 | 184 | 1090 | 14 | 1104 |
| TJ | A | 12 | 10 | 6 | 5 | 8 | 4 | 45 | 0 | 45 |
| | B | 8 | 4 | 1 | 2 | 6 | 3 | 24 | 0 | 24 |
| Cumulative | | 207 | 224 | 155 | 166 | 216 | 191 | 1159 | 14 | 1173 |
| 4x1 | | 10 | 0 | 8 | 5 | 12 | 6 | 41 | 4 | 45 |
| Cumulative | | 217 | 224 | 163 | 171 | 228 | 197 | 1200 | 18 | 1218 |
| 4x4 | | 12 | 0 | 5 | 10 | 6 | 8 | 41 | 4 | 45 |
| Cumulative | | 229 | 224 | 168 | 181 | 234 | 205 | 1241 | 22 | 1263 |
| | Add | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | subtract | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cumulative | | 229 | 224 | 168 | 181 | 234 | 205 | 1241 | 22 | 1263 |
| TOTALS | | 229 | 224 | 168 | 181 | 234 | 205 | 1241 | 22 | 1263 |

| Pos | Team | Points | Add | Sub | Total |
|-----------------------------|--------------------------|--------|-----|-----|-------|
| 1 | Havering Mayesbrook AC | 234 | 0 | 0 | 234 |
| 2 | Channel Islands AC | 229 | 0 | 0 | 229 |
| 3 | Coventry Godiva Harriers | 224 | 0 | 0 | 224 |
| 4 | Yeovil Olympiads | 205 | 0 | 0 | 205 |
| 5 | Exeter Harriers | 181 | 0 | 0 | 181 |
| 6 | City of Edinburgh AC | 168 | 0 | 0 | 168 |
| Used + add - sub = total | | 1241 | 0 | 0 | 1241 |
| Unused points | | 22 | | | 22 |
| (Used+unused)+add-sub=total | | 1263 | 0 | 0 | 1263 |

| Team | 1st | 2nd | 3rd | 4th | 5th | 6th | 1st | 2nd | 3rd | 4th | 5th | 6th | |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|
| HVG A | 1 | 3 | 7 | 4 | 3 | 1 | B | 5 | 5 | 3 | 3 | 1 | 0 |
| CNI A | 7 | 3 | 4 | 2 | 0 | 3 | B | 2 | 5 | 1 | 0 | 2 | 5 |
| COV A | 7 | 3 | 0 | 4 | 2 | 0 | B | 5 | 2 | 3 | 1 | 4 | 1 |
| YVL A | 0 | 5 | 4 | 3 | 3 | 4 | B | 2 | 4 | 3 | 6 | 2 | 0 |
| EXR A | 2 | 3 | 1 | 2 | 5 | 6 | B | 2 | 1 | 4 | 3 | 4 | 3 |
| EDN A | 2 | 2 | 3 | 4 | 6 | 1 | B | 1 | 0 | 3 | 4 | 3 | 4 |

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