

Men 100m (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Jon Ofori-Baffoe | Leamington | 11.1 | 9 |
| 2 | Andrew Pozzi | Stratford | 11.2 | 7 |
| 3 | Carl McEwan | Newport | 11.6 | 6 |
| 4 | James Mobley | Broms & Redditch | 11.9 | 5 |
| 5 | Benjamin Lovatt | Burton AC | 12.5 | 4 |
| 6 | Andy Weetman | Cannock & Stafford | 12.5 | 3 |

Men 100m (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1 | Steven Dealtry | Leamington | 11.4 | 7 |
| 2 | Neil Hawkins | Stratford | 11.8 | 5 |
| 3 | thomas Russell | Broms & Redditch | 12.0 | 4 |
| 4 | Daniel Robinson | Burton AC | 12.1 | 3 |
| 5 | Craig Russell | Newport | 13.0 | 2 |
| 6 | Tom Smith | Cannock & Stafford | 13.6 | 1 |

Men 200m (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Jon Ofori-Baffoe | Leamington | 22.5 | 9 |
| 2 | Andrew Pozzi | Stratford | 22.9 | 7 |
| 3 | Carl McEwan | Newport | 23.1 | 6 |
| 4 | Luke Evans | Broms & Redditch | 23.6 | 5 |
| 5 | Benjamin Lovatt | Burton AC | 25.5 | 4 |
| 6 | Andy Weetman | Cannock & Stafford | 25.9 | 3 |

Men 200m (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1 | Simon Bennett | Leamington | 23.1 | 7 |
| 2 | Charlie Burn | Stratford | 23.2 | 5 |
| 3 | Thomas Russell | Broms & Redditch | 24.7 | 4 |
| 4 | Daniel Robinson | Burton AC | 24.9 | 3 |
| 5 | Ben McEwan | Newport | 26.0 | 2 |
| 6 | Dan George | Cannock & Stafford | 26.1 | 1 |

Men 400m (A string)

| Posn | Name | Club | Perf | Pts |
|------|--------------------|--------------------|------|-----|
| 1 | James Hood | Broms & Redditch | 50.7 | 9 |
| 2 | Christopher Harvey | Cannock & Stafford | 50.9 | 7 |
| 3 | Carl McEwan | Newport | 51.2 | 6 |
| 4 | Neil Hawkins | Stratford | 52.1 | 5 |
| 5 | Simon Bennett | Leamington | 52.8 | 4 |
| 6 | Jonathan Hood | Burton AC | 53.1 | 3 |

Men 400m (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Charlie Burn | Stratford | 52.4 | 7 |
| 2 | Luke Evans | Broms & Redditch | 55.0 | 5 |
| 3 | Adam Smith | Cannock & Stafford | 55.2 | 4 |
| 4 | Edward Lantzoz | Newport | 55.7 | 3 |
| 5 | William Dimaline | Burton AC | 56.5 | 2 |
| 6 | Mark Wise | Leamington | 60.5 | 1 |

Men 110m H (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Gary Myles | Cannock & Stafford | 17.5 | 9 |
| 2 | Dominic Robinson | Burton AC | 20.3 | 7 |
| 3 | Matthew Butler | Leamington | 21.0 | 6 |
| 4 | Edward Mills | Stratford | 21.1 | 5 |
| 5 | Andrew Freeman | Broms & Redditch | 21.2 | 4 |
| 6 | Keith Powell | Newport | 22.8 | 3 |

Men 110m H (B string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|--------------------|------|-----|
| 1 | Paul Edwards | Cannock & Stafford | 20.4 | 7 |
| 2 | Glen Woodward | Leamington | 20.9 | 5 |
| 3 | Mark Bennett | Broms & Redditch | 21.1 | 4 |
| 4 | Tony Jackson | Stratford | 34.4 | 3 |

Men 400m H (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|--------------------|------|-----|
| 1 | Adam Smith | Cannock & Stafford | 59.9 | 9 |
| 2 | Gareth Fereday | Newport | 63.6 | 7 |
| 3 | Andrew Freeman | Broms & Redditch | 63.9 | 6 |
| 4 | Edward Mills | Stratford | 65.6 | 5 |
| 5 | David Staley | Burton AC | 66.3 | 4 |
| 6 | Matthew Butler | Leamington | 70.7 | 3 |

Men 400m H (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1 | Paul Edwards | Cannock & Stafford | 64.8 | 7 |
| 2 | Sam Moran | Broms & Redditch | 66.0 | 5 |
| 3 | Rob Minton | Stratford | 66.2 | 4 |
| 4 | Craig Russell | Newport | 70.9 | 3 |
| 5 | Darren Woodward | Leamington | 75.3 | 2 |

Men 800m (A string)

| Posn | Name | Club | Perf | Pts |
|------|--------------|------------------|--------|-----|
| 1 | Sean Bowden | Broms & Redditch | 2.01.7 | 9 |
| 2 | Lee Richards | Newport | 2.03.5 | 7 |

| | | | | |
|---|-----------------|--------------------|--------|---|
| 3 | Rob Minton | Stratford | 2.11.2 | 6 |
| 4 | Michael Frison | Burton AC | 2.12.2 | 5 |
| 5 | Ashley Wicketts | Cannock & Stafford | 2.18.4 | 4 |
| 6 | Mark Wise | Leamington | 2.29.8 | 3 |

Men 800m (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|--------|-----|
| 1 | James Adie | Broms & Redditch | 2.04.8 | 7 |
| 2 | Malcolm Medhurst | Newport | 2.15.2 | 5 |
| 3 | Sam Derry | Cannock & Stafford | 2.15.7 | 4 |
| 4 | James Bull | Leamington | 2.17.4 | 3 |
| 5 | David Stayner | Burton AC | 2.23.8 | 2 |
| 6 | Patrick Taylor | Stratford | 2.31.8 | 1 |

Men 1500m (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|--------------------|--------|-----|
| 1 | Sean Bowden | Broms & Redditch | 4.11.2 | 9 |
| 2 | Rob Minton | Stratford | 4.30.7 | 7 |
| 3 | James Bull | Leamington | 4.37.2 | 6 |
| 4 | Michael Frison | Burton AC | 4.41.2 | 5 |
| 5 | Stuart Pearce | Newport | 4.43.0 | 4 |
| 6 | Sam Derry | Cannock & Stafford | 4.55.7 | 3 |

Men 1500m (B string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|--------------------|--------|-----|
| 1 | James Adie | Broms & Redditch | 4.13.3 | 7 |
| 2 | Sam Taylor | Stratford | 4.43.9 | 5 |
| 3 | Adam Smith | Cannock & Stafford | 4.59.2 | 4 |
| 4 | Darryn Mcatee | Newport | 5.02.9 | 3 |
| 5 | David Hood | Burton AC | 5.18.4 | 2 |

Men 3000m (A string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|--------------------|---------|-----|
| 1 | Richard Harper | Leamington | 9.15.5 | 9 |
| 2 | Phillip Pugh | Cannock & Stafford | 9.41.6 | 7 |
| 3 | Calvin Scoltock | Broms & Redditch | 9.45.0 | 6 |
| 4 | Rob Minton | Stratford | 9.55.4 | 5 |
| 5 | Sean McCormack | Newport | 9.55.8 | 4 |
| 6 | Darren Ford | Burton AC | 10.12.3 | 3 |

Men 3000m (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|--------------------|---------|-----|
| 1 | Bernard Gaffney | Leamington | 9.47.5 | 7 |
| 2 | Paul Lester | Cannock & Stafford | 9.48.6 | 5 |
| 3 | Simon Lanckham | Broms & Redditch | 9.59.9 | 4 |
| 4 | David Stayner | Burton AC | 10.39.4 | 3 |

| | | | | |
|---|----------------|-----------|---------|---|
| 5 | David Proffitt | Newport | 11.33.4 | 2 |
| 6 | Paul Hawkins | Stratford | 11.53.4 | 1 |

Men 3000m s/c (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|------------------|---------|-----|
| 1 | Simon Lanckham | Broms & Redditch | 10.29.9 | 9 |
| 2 | Gareth Fereday | Newport | 10.53.6 | 7 |
| 3 | Matthew Butler | Leamington | 11.53.8 | 6 |
| 4 | Malcolm Bowyer | Stratford | 12.05.1 | 5 |

Men 3000m s/c (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|------------------|---------|-----|
| 1 | Kevin Lanckham | Broms & Redditch | 11.12.7 | 7 |
| 2 | Steven McCormack | Newport | 12.11.9 | 5 |
| 3 | Anthony Jackson | Stratford | 12.40.8 | 4 |
| 4 | Darren Woodward | Leamington | 14.34.7 | 3 |

Men Long Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Chris Bartlett | Stratford | 6.09 | 9 |
| 2 | Jack Poxon | Burton AC | 5.89 | 7 |
| 3 | Andrew Shortland | Cannock & Stafford | 5.63 | 6 |
| 4 | Steven Dealtry | Leamington | 5.59 | 5 |
| 5 | James Mobley | Broms & Redditch | 5.03 | 4 |
| 6 | Keith Powell | Newport | 4.82 | 3 |

Men Long Jump (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Malcolm Hawkins | Stratford | 6.00 | 7 |
| 2 | Benjamin Lovatt | Burton AC | 5.67 | 5 |
| 3 | Thomas Russel | Broms & Redditch | 4.90 | 4 |
| 4 | Malcolm Medhurst | Newport | 4.84 | 3 |
| 5 | Simon Bennett | Leamington | 4.74 | 2 |
| 6 | Barney Blake | Cannock & Stafford | 4.70 | 1 |

Men Triple Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|-------|-----|
| 1 | Chris Bartlett | Stratford | 12.87 | 9 |
| 2 | Benjamin Lovatt | Burton AC | 11.62 | 7 |
| 3 | Alasdair Rigby | Cannock & Stafford | 11.42 | 6 |
| 4 | Jamie Langley | Leamington | 10.46 | 5 |
| 5 | Luke Evans | Broms & Redditch | 10.35 | 4 |
| 6 | Malcolm Medhurst | Newport | 9.80 | 3 |

Men Triple Jump (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|-----------------|------------------|-------------|------------|
| 1 | Joseph Donaghue | Stratford | 11.31 | 7 |
| 2 | Jack Poxon | Burton AC | 11.27 | 5 |
| 3 | James Byrne | Broms & Redditch | 9.77 | 4 |
| 4 | Glen Woodward | Leamington | 9.46 | 3 |
| 5 | Keith Powell | Newport | 9.35 | 2 |

Men High Jump (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|------------------|--------------------|-------------|------------|
| 1 | James Hart | Broms & Redditch | 1.80 | 9 |
| 2 | Chris Bartlett | Stratford | 1.75 | 7 |
| 3 | Dominic Robinson | Burton AC | 1.70 | 6 |
| 4 | Steven Dealtry | Leamington | 1.70 | 5 |
| 5 | Barney Blake | Cannock & Stafford | 1.45 | 4 |

Men High Jump (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|-----------------|------------------|-------------|------------|
| 1 | Neil Hawkins | Stratford | 1.65 | 7 |
| 2 | James Byrne | Broms & Redditch | 1.50 | 5 |
| 3 | Jack Poxon | Burton AC | 1.45 | 4 |
| 4 | Darren Woodward | Leamington | 1.40 | 3 |

Men Pole Vault (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|-----------------|--------------------|-------------|------------|
| 1 | Glen Woodward | Leamington | 2.70 | 9 |
| 2 | Keith Powell | Newport | 2.70 | 7 |
| 3 | David Staley | Burton AC | 2.60 | 6 |
| 4 | Joseph Donaghue | Stratford | 2.40 | 5 |
| 5 | Andy Weetman | Cannock & Stafford | 2.10 | 4 |

Men Pole Vault (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|-------------|-------------|-------------|------------|
| 1 | Paul Smith | Burton AC | 2.20 | 7 |

Men Shot Putt (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|-------------------|--------------------|-------------|------------|
| 1 | Samuel Cater | Broms & Redditch | 11.33 | 9 |
| 2 | Robert Eales | Newport | 11.10 | 7 |
| 3 | Matthew Painter | Cannock & Stafford | 10.97 | 6 |
| 4 | James Chamberlain | Stratford | 9.35 | 5 |
| 5 | Steven Hood | Burton AC | 8.72 | 4 |
| 6 | Mark Wise | Leamington | 8.22 | 3 |

Men Shot Putt (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|----------------------|--------------------|-------------|------------|
| 1 | Dan Timmis | Cannock & Stafford | 10.91 | 7 |
| 2 | Richard Catlin | Burton AC | 8.57 | 5 |
| 3 | Mark Boswell | Newport | 7.92 | 4 |
| 4 | Martin Aspley-Davies | Broms & Redditch | 7.77 | 3 |
| 5 | Henry Lowry | Stratford | 7.58 | 2 |
| 6 | Tony Foster | Leamington | 7.27 | 1 |

Men Discus (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|-------------------|--------------------|-------------|------------|
| 1 | Matthew Painter | Cannock & Stafford | 38.46 | 9 |
| 2 | Robert Eales | Newport | 28.53 | 7 |
| 3 | James Chamberlain | Stratford | 27.06 | 6 |
| 4 | Ben Hemby | Broms & Redditch | 24.66 | 5 |
| 5 | Glen Woodward | Leamington | 24.19 | 4 |
| 6 | Steven Hood | Burton AC | 20.19 | 3 |

Men Discus (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|----------------------|--------------------|-------------|------------|
| 1 | Dan Timmis | Cannock & Stafford | 34.78 | 7 |
| 2 | Joseph Donaghue | Stratford | 25.09 | 5 |
| 3 | Keith Powell | Newport | 24.32 | 4 |
| 4 | Dave Phillips | Leamington | 22.32 | 3 |
| 5 | Martin Aspley-Davies | Broms & Redditch | 21.95 | 2 |
| 6 | Richard Catlin | Burton AC | 17.50 | 1 |

Men Hammer (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|----------------|--------------------|-------------|------------|
| 1 | Martin Roberts | Cannock & Stafford | 43.70 | 9 |
| 2 | Samuel Cater | Broms & Redditch | 33.97 | 7 |
| 3 | Robert Eales | Newport | 31.85 | 6 |
| 4 | Steven Hood | Burton AC | 20.92 | 5 |
| 5 | Henry Lowry | Stratford | 17.17 | 4 |
| 6 | Dai Vaughan | Leamington | 13.98 | 3 |

Men Hammer (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|------------------|--------------------|-------------|------------|
| 1 | Graham Middleton | Cannock & Stafford | 39.00 | 7 |
| 2 | Mark Boswell | Newport | 30.27 | 5 |
| 3 | Andrew Freeman | Broms & Redditch | 16.91 | 4 |
| 4 | Paul Hawkins | Stratford | 12.89 | 3 |
| 5 | Mick Aston | Leamington | 12.35 | 2 |
| 6 | David Staley | Burton AC | 9.82 | 1 |

Men Javelin (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|-------------|-------------|-------------|------------|
|-------------|-------------|-------------|-------------|------------|

| | | | | |
|---|-------------------|--------------------|-------|---|
| 1 | James Chamberlain | Stratford | 45.63 | 9 |
| 2 | Samuel Cater | Broms & Redditch | 43.93 | 7 |
| 3 | Glen Woodward | Leamington | 35.21 | 6 |
| 4 | Richard Catlin | Burton AC | 34.98 | 5 |
| 5 | Matthew Painter | Cannock & Stafford | 32.14 | 4 |
| 6 | Keith Powell | Newport | 26.55 | 3 |

Men Javelin (B string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|--------------------|-------|-----|
| 1 | Andrew Freeman | Broms & Redditch | 34.91 | 7 |
| 2 | Tony Foster | Leamington | 31.89 | 5 |
| 3 | Patrick Taylor | Stratford | 30.94 | 4 |
| 4 | Dan Timmis | Cannock & Stafford | 26.08 | 3 |
| 5 | Robert Eales | Newport | 23.62 | 2 |
| 6 | Steven Hood | Burton AC | 11.87 | 1 |

Mens 4x100m

| Posn | Name | Club | Perf | Pts |
|------|------|--------------------|------|-----|
| 1 | | Leamington | 45.0 | 9 |
| 2 | | Stratford | 46.3 | 7 |
| 3 | | Broms & Redditch | 46.3 | 6 |
| 4 | | Burton AC | 48.6 | 5 |
| 5 | | Cannock & Stafford | 50.1 | 4 |
| 6 | | Newport | 51.9 | 3 |

Mens 4x400m

| Posn | Name | Club | Perf | Pts |
|------|------|--------------------|--------|-----|
| 1 | | Stratford | 3.35.0 | 9 |
| 2 | | Broms & Redditch | 3.35.6 | 7 |
| 3 | | Newport | 3.37.4 | 6 |
| 4 | | Cannock & Stafford | 3.41.2 | 5 |
| 5 | | Leamington | 3.44.1 | 4 |
| 6 | | Burton AC | 3.55.4 | 3 |

Women 100m (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Rebecca Williams | Newport | 12.4 | 9 |
| 2 | Shelley Went | Leamington | 12.5 | 7 |
| 3 | Isabel Rogers | Cannock & Stafford | 13.0 | 6 |
| 4 | Joanne Frost | Broms & Redditch | 13.3 | 5 |
| 5 | Emma Titcomb | Stratford | 13.6 | 4 |
| 6 | Nicola Long | Burton AC | 15.0 | 3 |

Women 100m (B string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|---------|------|-----|
| 1 | Zoe Llewellyn | Newport | 13.3 | 7 |

| | | | | |
|---|---------------------|--------------------|------|---|
| 2 | Elizabeth Tomlinson | Leamington | 13.6 | 5 |
| 3 | Natalie Edwards | Cannock & Stafford | 14.1 | 4 |
| 4 | Katie Taylor | Stratford | 14.2 | 3 |
| 5 | Sarah Gerner | Broms & Redditch | 14.2 | 2 |
| 6 | Karen Lathbury | Burton AC | 17.2 | 1 |

Women 200m (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Rebecca Williams | Newport | 25.4 | 9 |
| 2 | Shelley Went | Leamington | 26.4 | 7 |
| 3 | Joanne Frost | Broms & Redditch | 27.4 | 6 |
| 4 | Nienke Verwer | Stratford | 28.9 | 5 |
| 5 | Natalie Edwards | Cannock & Stafford | 28.9 | 4 |

Women 200m (B string)

| Posn | Name | Club | Perf | Pts |
|------|---------------------|--------------------|------|-----|
| 1 | Emma Plow | Newport | 27.1 | 7 |
| 2 | Elizabeth Tomlinson | Leamington | 27.9 | 5 |
| 3 | Chloe Boulter | Cannock & Stafford | 28.3 | 4 |
| 4 | Sharnie Warner | Stratford | 29.6 | 3 |
| 5 | Sarah Kings | Broms & Redditch | 30.2 | 2 |

Women 400m (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Natalie Ainge | Cannock & Stafford | 62.1 | 9 |
| 2 | Katie Taylor | Stratford | 63.9 | 7 |
| 3 | Stephanie Childs | Leamington | 64.1 | 6 |
| 4 | Sarah Kings | Broms & Redditch | 64.9 | 5 |
| 5 | Kirsty Crane | Newport | 68.9 | 4 |
| 6 | Nicola Long | Burton AC | 77.4 | 3 |

Women 400m (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1 | Rebecca Roberts | Newport | 66.6 | 7 |
| 2 | Natalie Bugg | Leamington | 66.8 | 5 |
| 3 | Amy Irish | Broms & Redditch | 68.1 | 4 |
| 4 | Natalie Edwards | Cannock & Stafford | 68.1 | 3 |
| 5 | Sharnie Warner | Stratford | 68.9 | 2 |
| 6 | Karen Lathbury | Burton AC | 90.0 | 1 |

Women 100m H (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Emma Titcomb | Stratford | 16.0 | 9 |
| 2 | Stephanie Childs | Leamington | 18.3 | 7 |
| 3 | Natalie Edwards | Cannock & Stafford | 20.7 | 6 |

Women 100m H (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|--------------|-------------|-------------|------------|
| 1 | Amanda Evans | Stratford | 16.8 | 7 |

Women 400m H (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|------------------|--------------------|-------------|------------|
| 1 | Emma Titcomb | Stratford | 69.6 | 9 |
| 2 | Stephanie Childs | Leamington | 71.2 | 7 |
| 3 | Natalie Ainge | Cannock & Stafford | 74.5 | 6 |
| 4 | Tamara Ball | Broms & Redditch | 86.5 | 5 |

Women 400m H (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|--------------------|--------------------|-------------|------------|
| 1 | Chloe Boulter | Cannock & Stafford | 74.7 | 7 |
| 2 | Sarah Bland | Stratford | 79.4 | 5 |
| 3 | Yasmine Al Daftary | Broms & Redditch | 99.9 | 4 |

Women 800m (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|-----------------|--------------------|-------------|------------|
| 1 | Rebecca Cooke | Cannock & Stafford | 2.30.3 | 9 |
| 2 | Rebecca Roberts | Newport | 2.32.7 | 7 |
| 3 | Tamara Ball | Broms & Redditch | 2.42.2 | 6 |
| 4 | Naomi Warr | Burton AC | 2.44.8 | 5 |
| 5 | Helen Evans | Stratford | 2.55.2 | 4 |

Women 800m (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|-----------------|--------------------|-------------|------------|
| 1 | Beth Clarke | Cannock & Stafford | 2.40.9 | 7 |
| 2 | Gemma Clay | Broms & Redditch | 2.44.7 | 5 |
| 3 | Vanessa Crookes | Stratford | 3.04.7 | 4 |
| 4 | Karen Lathbury | Burton AC | 3.34.3 | 3 |

Women 1500m (A string)

| Posn | Name | Club | Perf | Pts |
|-------------|---------------|--------------------|-------------|------------|
| 1 | Nienke Verwer | Stratford | 4.57.9 | 9 |
| 2 | Emma Day | Leamington | 5.14.9 | 7 |
| 3 | Tamara Ball | Broms & Redditch | 5.37.2 | 6 |
| 4 | Beth Clarke | Cannock & Stafford | 5.41.2 | 5 |

Women 1500m (B string)

| Posn | Name | Club | Perf | Pts |
|-------------|---------------------|--------------------|-------------|------------|
| 1 | Jane Anderson | Broms & Redditch | 5.50.1 | 7 |
| 2 | Susan Kneill-Boxley | Cannock & Stafford | 5.56.8 | 5 |

| | | | | |
|---|-----------------|-----------|--------|---|
| 3 | Vanessa Crookes | Stratford | 6.01.5 | 4 |
|---|-----------------|-----------|--------|---|

Women 3000m (A string)

| Posn | Name | Club | Perf | Pts |
|------|---------------------|--------------------|---------|-----|
| 1 | Sally Hogan | Broms & Redditch | 11.13.3 | 9 |
| 2 | Naomi Warr | Burton AC | 11.44.4 | 7 |
| 3 | Susan Kneill-Boxley | Cannock & Stafford | 12.34.2 | 6 |
| 4 | Vanessa Crookes | Stratford | 12.59.9 | 5 |

Women 3000m (B string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|--------------------|---------|-----|
| 1 | Jane Anderson | Broms & Redditch | 12.27.4 | 7 |
| 2 | Becky Cook | Cannock & Stafford | 12.45.9 | 5 |
| 3 | Helen Evans | Stratford | 13.13.2 | 4 |

Women Long Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|------|-----|
| 1 | Isabel Rogers | Cannock & Stafford | 5.06 | 9 |
| 2 | Rebecca Williams | Newport | 4.79 | 7 |
| 3 | Sarah Gerner | Broms & Redditch | 4.36 | 6 |
| 4 | Sarah Bland | Stratford | 4.35 | 5 |
| 5 | Nicola Long | Burton AC | 3.06 | 4 |

Women Long Jump (B string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|--------------------|------|-----|
| 1 | Natalie Ainge | Cannock & Stafford | 4.64 | 7 |
| 2 | Samantha Lloyd | Broms & Redditch | 4.00 | 5 |
| 3 | Katie Taylor | Stratford | 3.91 | 4 |
| 4 | Kirsty Crane | Newport | 3.56 | 3 |

Women Triple Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|-------|-----|
| 1 | Natalie Ainge | Cannock & Stafford | 10.59 | 9 |
| 2 | Amanda Evans | Stratford | 10.40 | 7 |
| 3 | Stephanie Childs | Leamington | 9.49 | 6 |
| 4 | Amy Irish | Broms & Redditch | 8.68 | 5 |
| 5 | Rebecca Williams | Newport | 8.40 | 4 |
| 6 | Juliette Parry | Burton AC | 7.93 | 3 |

Women Triple Jump (B string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|--------------------|-------|-----|
| 1 | Chloe Boulter | Cannock & Stafford | 10.01 | 7 |
| 2 | Georgie Evans | Stratford | 9.84 | 5 |
| 3 | Sarah Gerner | Broms & Redditch | 8.50 | 4 |

| | | | | |
|---|---------------|---------|------|---|
| 4 | Zoe Llewellyn | Newport | 7.45 | 3 |
|---|---------------|---------|------|---|

Women High Jump (A string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|--------------------|------|-----|
| 1 | Chloe Boulter | Cannock & Stafford | 1.50 | 9 |
| 2 | Georgie Evans | Stratford | 1.40 | 7 |
| 3 | Amy Irish | Broms & Redditch | 1.25 | 6 |
| 4 | Emma Day | Leamington | 1.25 | 5 |
| 5 | Zoe Llewellyn | Newport | 1.10 | 4 |

Women High Jump (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1 | Amanda Evans | Stratford | 1.40 | 7 |
| 2 | Natalie Edwards | Cannock & Stafford | 1.30 | 5 |
| 3 | Joanne Frost | Broms & Redditch | 1.20 | 4 |
| 4 | Emma Plow | Newport | 1.10 | 3 |

Women Pole Vault (A string)

| Posn | Name | Club | Perf | Pts |
|------|--------------------|------------------|------|-----|
| 1 | Judy Stafford V55 | Burton AC | 2.00 | 9 |
| 2 | Yasmine Al Daftary | Broms & Redditch | 1.90 | 7 |
| 3 | Sarah Bland | Stratford | 1.90 | 6 |
| 4 | Abigail Frodsham | Leamington | 1.90 | 5 |

Women Shot Putt (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|--------------------|------|-----|
| 1 | Alison George | Cannock & Stafford | 9.15 | 9 |
| 2 | Lisa Boswell | Newport | 8.45 | 7 |
| 3 | Samantha Lloyd | Broms & Redditch | 7.75 | 6 |
| 4 | Juliette Parry | Burton AC | 7.03 | 5 |
| 5 | Sarah Bland | Stratford | 6.65 | 4 |
| 6 | Manjit Bains | Leamington | 6.47 | 3 |

Women Shot Putt (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|--------------------|------|-----|
| 1 | Alicia Clarke | Cannock & Stafford | 6.90 | 7 |
| 2 | Diane Harrison | Burton AC | 6.42 | 5 |
| 3 | Lorraine Benton | Leamington | 5.68 | 4 |
| 4 | Emma Bexson | Stratford | 5.40 | 3 |
| 5 | Rita Brownlie | Broms & Redditch | 5.27 | 2 |
| 6 | Emma Plow | Newport | 5.15 | 1 |

Women Discus (A string)

| Posn | Name | Club | Perf | Pts |
|------|------|------|------|-----|
|------|------|------|------|-----|

| | | | | |
|---|--------------------|--------------------|-------|---|
| 1 | Beth Denning | Cannock & Stafford | 23.00 | 9 |
| 2 | Diane Harrison | Burton AC | 20.75 | 7 |
| 3 | Manjit Bains | Leamington | 18.01 | 6 |
| 4 | Lisa Boswell | Newport | 16.41 | 5 |
| 5 | Rita Brownlie | Broms & Redditch | 15.97 | 4 |
| 6 | Annabel Richardson | Stratford | 14.26 | 3 |

Women Discus (B string)

| Posn | Name | Club | Perf | Pts |
|------|------------------|--------------------|-------|-----|
| 1 | Marie Smith | Cannock & Stafford | 21.55 | 7 |
| 2 | Stephanie Childs | Leamington | 15.18 | 5 |
| 3 | Juliette Parry | Burton AC | 15.13 | 4 |
| 4 | Julie Wakelam | Broms & Redditch | 13.64 | 3 |
| 5 | Emma Plow | Newport | 8.97 | 2 |

Women Hammer (A string)

| Posn | Name | Club | Perf | Pts |
|------|---------------|--------------------|-------|-----|
| 1 | Lisa Boswell | Newport | 34.57 | 9 |
| 2 | Karen Moody | Cannock & Stafford | 33.43 | 7 |
| 3 | Nicola Long | Burton AC | 25.77 | 6 |
| 4 | Manjit Bains | Leamington | 25.36 | 5 |
| 5 | Sarah Bland | Stratford | 20.90 | 4 |
| 6 | Julie Wakelam | Broms & Redditch | 16.94 | 3 |

Women Hammer (B string)

| Posn | Name | Club | Perf | Pts |
|------|-----------------|--------------------|-------|-----|
| 1 | Alison George | Cannock & Stafford | 22.35 | 7 |
| 2 | Diane Harrison | Burton AC | 15.40 | 5 |
| 3 | Rita Brownlie | Broms & Redditch | 13.42 | 4 |
| 4 | Emma Bexson | Stratford | 13.38 | 3 |
| 5 | Lorraine Benton | Leamington | 11.81 | 2 |

Women Javelin (A string)

| Posn | Name | Club | Perf | Pts |
|------|----------------|--------------------|-------|-----|
| 1 | Samantha Lloyd | Broms & Redditch | 29.52 | 9 |
| 2 | Lisa Boswell | Newport | 27.13 | 7 |
| 3 | Mary Donaldson | Leamington | 25.61 | 6 |
| 4 | Marie Smith | Cannock & Stafford | 22.71 | 5 |
| 5 | Sarah Bland | Stratford | 17.70 | 4 |
| 6 | Nicola Long | Burton AC | 12.14 | 3 |

Women Javelin (B string)

| Posn | Name | Club | Perf | Pts |
|------|--------------------|------------------|-------|-----|
| 1 | Julie Wakelam | Broms & Redditch | 19.94 | 7 |
| 2 | Annabel Richardson | Stratford | 15.52 | 5 |
| 3 | Manjit Bains | Leamington | 14.31 | 4 |

| | | | | |
|---|----------------|--------------------|-------|---|
| 4 | Beth Denning | Cannock & Stafford | 12.83 | 3 |
| 5 | Diane Harrison | Burton AC | 11.56 | 2 |
| 6 | Kirsty Crane | Newport | 11.03 | 1 |

Womens 4x100m

| Posn | Name | Club | Perf | Pts |
|-------------|-------------|--------------------|-------------|------------|
| 1 | | Newport | 51.8 | 9 |
| 2 | | Leamington | 53.7 | 7 |
| 3 | | Broms & Redditch | 55.0 | 6 |
| 4 | | Cannock & Stafford | 57.7 | 5 |
| 5 | | Stratford | 60.4 | 4 |

Womens 4x400m

| Posn | Name | Club | Perf | Pts |
|-------------|-------------|--------------------|-------------|------------|
| 1 | | Newport | 4.20.9 | 9 |
| 2 | | Cannock & Stafford | 4.23.6 | 7 |
| 3 | | Stratford | 4.28.8 | 6 |
| 4 | | Leamington | 4.31.6 | 5 |
| 5 | | Broms & Redditch | 4.35.6 | 4 |
| 6 | | Burton AC | 4.37.9 | 3 |