

| | Name | Club | Time |
|----|-------------------|-------------------------------|-------------|
| 1 | Chris Rimmer | Telford AC | 34.13 |
| 2 | Richard Harper | Leamington C & AC | 34.39 |
| 3 | Rory Grant | JUN Rugby & Northampton | 35.11 |
| 4 | Richard de Camps | Gloucester AC | 35.26 |
| 5 | Chris Lamb | Rugby & Northampton | 35.28 |
| 6 | Lewis Roberts | JUN Worcester AC | 35.36 |
| 7 | Stuart Nelson | Rugby & Northampton | 35.41 |
| 8 | Steve Millward | Gloucester AC | 35.45 |
| 9 | Guy Allen | J? Leamington C & AC | 35.54 |
| 10 | Ryan Heath | JUN Telford AC | 36.01 |
| 11 | Ashley Miles | Sphinx AC | 36.09 |
| 12 | Paul Hammond | Wolverhampton & Bilston AC | 36.11 |
| 13 | Paul Mountford | Dudley& Stourbridge H. | 36.16 |
| 14 | Dave Evans | Wolverhampton & Bilston AC | 36.29 |
| 15 | Richard Lomas | Bromsgrove & Redditch | 36.36 |
| 16 | Josh Carr | JUN Worcester AC | 36.43 |
| 17 | Dan Brazier | Wolverhampton & Bilston AC | 36.46 |
| 18 | Tom Foulerton | Leamington C & AC | 36.52 |
| 19 | Andrew de Camps | Gloucester AC | 36.58 |
| 20 | Warren Miles | Worcester AC | 37.06 |
| 21 | Shaw Pye | Amazing Feet | 37.14 |
| 22 | Lee Slater | Dudley& Stourbridge H. | 37.15 |
| 23 | Jack McMullen | JUN Stratford upon Avon AC | 37.17 |
| 24 | Chris Perez | Rugby & Northampton | 37.18 |
| 25 | Darren Riley | Sparkhill Harriers | 37.22 |
| 26 | Luke Robinson | JUN Rugby & Northampton | 37.37 |
| 27 | Greg Wilson | Telford AC | 37.44 |
| 28 | Greg Spellman | Rugby & Northampton | 37.47 |
| 29 | Sean Bowden | JUN Bromsgrove & Redditch | 37.53 |
| 30 | Ian Mansell | Centurion RC | 37.52 |
| 31 | Mark Flint | Newcastle (Staffs) AC | 37.01 |
| 32 | Gurmal Singh | West Bromwich Harriers | 37.03 |
| 33 | Rob Minton | Stratford upon Avon AC | 38.05 |
| 34 | Dave Ratcliffe | Dudley& Stourbridge H. | 38.07 |
| 35 | Tim Twentyman | Newcastle (Staffs) AC | 38.12 |
| 36 | Conor Hills | JUN Rugby & Northampton | 38.18 |
| 37 | Simon Link | Dudley& Stourbridge H. | 38.19 |
| 38 | Tom Orton | Tamworth AC | 38.21 |
| 39 | Oliver Starkey | JUN Severn AC | 38.22 |
| 40 | Andrejs Blakhnovs | JUN Sphinx AC | 38.24 |
| 41 | Ivan Pawluk | Worcester AC | 38.28 |
| 42 | Simon Fortnam | Gloucester AC | 38.29 |
| 43 | Chris Bacon | Stratford upon Avon AC | 38.31 |
| 44 | A.J.Rose | Severn AC | 38.33 |
| 45 | Ian Furness | Dudley& Stourbridge H. | 38.33 |
| 46 | Luke Herbert | Gloucester AC | 38.34 |
| 47 | Stuart Hawkes | Amazing Feet | 38.39 |
| 48 | Robert Male | JUN Rugby & Northampton | 38.43 |
| 49 | Matt Richards | Wolverhampton & Bilston AC | 38.44 |
| 50 | Daniel Rebeirs | JUN Solihull & Small Heath AC | 38.48 |
| 51 | Dave Nation | Dudley& Stourbridge H. | 38.49 |
| 52 | Dave Williams | Tamworth AC | 38.51 |
| 53 | Vince Carroll | Rugby & Northampton | 38.53 |
| 54 | Dave Gemmel | Bromsgrove & Redditch | 38.55 |
| 55 | Steven Ratcliffe | Newcastle (Staffs) AC | 38.58 |
| 56 | Liam Ratcliffe | Rugby & Northampton | 39.03 |
| 57 | Paul Scriven | Worcester AC | 39.05 |
| 58 | Eoin O'Flynn | Leamington C & AC | 39.14 |
| 59 | Ian Pincher | Wolverhampton & Bilston AC | 39.15 |

| | Name | Club | Time |
|-----|-------------------|-----------------------------|-------------|
| 60 | Adam Wilks | Worcester AC | 39.17 |
| 61 | Dave Smith | Wolverhampton & Bilston AC | 39.22 |
| 62 | Ben Malia | Rugby & Northampton | 39.23 |
| 63 | Gary Wallace | Rugby & Northampton | 39.26 |
| 64 | Ian Sparks | Newcastle (Staffs) AC | 39.27 |
| 65 | Matt Driver | Newcastle (Staffs) AC | 39.27 |
| 66 | Chris Davies | Worcester AC | 39.28 |
| 67 | Joshua Fullard | JUN Centurion RC | 39.28 |
| 68 | Gary Whitehouse | West Bromwich Harriers | 39.29 |
| 69 | Ben Carrington | Amazing Feet | 39.31 |
| 70 | Nigel Shore | Wolverhampton & Bilston AC | 39.32 |
| 71 | Alex Keenan | Sphinx AC | 39.34 |
| 72 | John Garmson | Telford AC | 39.39 |
| 73 | Paul Williams | Telford AC | 39.41 |
| 74 | William Gardner | JUN Rugby & Northampton | 39.45 |
| 75 | M Keeling | Severn AC | 39.46 |
| 76 | A Hope | Severn AC | 39.47 |
| 77 | Howard Bush | Tamworth AC | 39.44 |
| 78 | Seb Palmer | Rugby & Northampton | 39.51 |
| 79 | Mark Carwardine | Centurion RC | 39.52 |
| 80 | Tom Fisher | Wolverhampton & Bilston AC | 39.53 |
| 81 | Justin Smith | Sphinx AC | 39.53 |
| 82 | Kevin Lanckham | Bromsgrove & Redditch | 39.55 |
| 83 | Don Vaughan | Wolverhampton & Bilston AC | 40.03 |
| 84 | James Toddington | Wolverhampton & Bilston AC | 40.05 |
| 85 | Terry Egan | Rugby & Northampton | 40.09 |
| 86 | Andy Cockerill | Stratford upon Avon AC | 40.11 |
| 87 | Dave O' Brien | Worcester AC | 40.14 |
| 88 | Tom Healey | Centurion RC | 40.16 |
| 89 | James Jefferson | West Bromwich Harriers | 40.21 |
| 90 | Ian Satterthwaite | Centurion RC | 40.23 |
| 91 | Kyza Derby | Sphinx AC | 40.25 |
| 92 | Danny Tolhurst | Stratford upon Avon AC | 40.29 |
| 93 | Craig Bower | Leamington C & AC | 40.31 |
| 94 | Dan Geisler | Worcester AC | 40.34 |
| 95 | Steve Clarke | Amazing Feet | 40.35 |
| 96 | Nigel Roberts | Rugby & Northampton | 40.38 |
| 97 | Jamie Davies | Telford AC | 40.38 |
| 98 | Nick Stringer | Sparkhill Harriers | 40.39 |
| 99 | Steve Haines | Gloucester AC | 40.43 |
| 100 | Andy Freeman | Bromsgrove & Redditch | 40.44 |
| 101 | Richard Read | Wolverhampton & Bilston AC | 40.46 |
| 102 | Paul Thacker | Wolverhampton & Bilston AC | 40.48 |
| 103 | Steve Howes | Solihull & Small Heath AC | 40.49 |
| 104 | Phil Bullock | Worcester AC | 40.52 |
| 105 | Richard Savery | Amazing Feet | 40.54 |
| 106 | Jeremy Mower | Gloucester AC | 40.56 |
| 107 | Jorden Smith | JUN Dudley & Stourbridge H. | 40.58 |
| 108 | Simon Calbrow ? | Wolverhampton & Bilston AC | 40.59 |
| 109 | Haydn Davies | Stratford upon Avon AC | 40.01 |
| 110 | Steve Hawkes | Amazing Feet | 41.02 |
| 111 | Tom Clarke | Wolverhampton & Bilston AC | 41.09 |
| 112 | Patrick Finnegan | Sparkhill Harriers | 41.11 |
| 113 | Gavin Davies | Centurion RC | 41.13 |
| 114 | James King | Bromsgrove & Redditch | 41.15 |
| 115 | Brian Summers | Rugby & Northampton | 41.16 |
| 116 | Jamie Dancyger | Bromsgrove & Redditch | 41.21 |
| 117 | Andrew Peach | Worcester AC | 41.25 |
| 118 | Steve Pitt | West Bromwich Harriers | 41.32 |

| | Name | Club | Time |
|-----|------------------|----------------------------|-------------|
| 119 | Matthew Howes | Rugby & Northampton | 41.36 |
| 120 | Michael Warner | Stratford upon Avon AC | 41.41 |
| 121 | Malcolm Bowyer | Stratford upon Avon AC | 41.44 |
| 122 | Andy Norman | Severn AC | 41.49 |
| 123 | John Saw | Rugby & Northampton | 41.51 |
| 124 | Andy Bowe | Wolverhampton & Bilston AC | 41.51 |
| 125 | Wayne Vickers | Stratford upon Avon AC | 41.57 |
| 126 | Mark Pearce | Sparkhill Harriers | 42.01 |
| 127 | Craig Lewis | Amazing Feet | 42.03 |
| 128 | Phil Anderson | Bromsgrove & Redditch | 42.08 |
| 129 | Martin Bailey | Newcastle (Staffs) AC | 42.12 |
| 130 | Neil Willsher | Rugby & Northampton | 42.14 |
| 131 | Keith Hawkes | Stratford upon Avon AC | 42.18 |
| 132 | Mark James | Severn AC | 42.18 |
| 133 | Dave Gresswell | Gloucester AC | 42.24 |
| 134 | Rachid Taibi | Amazing Feet | 42.34 |
| 135 | Ian Summers | Gloucester AC | 42.39 |
| 136 | Dave Lowthian | Severn AC | 42.43 |
| 137 | Barry O'Neill | Sparkhill Harriers | 42.52 |
| 138 | Patrick Taylor | Stratford upon Avon AC | 42.54 |
| 139 | Trevor Bachiochi | Centurion RC | 43.01 |
| 140 | Damian Lewis | Bromsgrove & Redditch | 43.04 |
| 141 | Mark Thrall | Gloucester AC | 43.05 |
| 142 | Gary Clifton | West Bromwich Harriers | 43.07 |
| 143 | Nathan Smith | Rugby & Northampton | 43.08 |
| 144 | Steve Deegan | Tamworth AC | 43.11 |
| 145 | Jimmy Atkins | Bromsgrove & Redditch | 43.25 |
| 146 | Rob Edwards | Wolverhampton & Bilston AC | 43.31 |
| 147 | Steve Dixon | Rugby & Northampton | 43.37 |
| 148 | Steve Roberts | Leamington C & AC | 43.37 |
| 149 | Marc Curtis | Centurion RC | 43.45 |
| 150 | Nathan Smith | Gloucester AC | 43.53 |
| 151 | Peter Hawcroft | Bromsgrove & Redditch | 43.54 |
| 152 | Bruce Thomas | Worcester AC | 43.57 |
| 153 | James Deacon | Stratford upon Avon AC | 43.57 |
| 154 | Steve Beddoe | Bromsgrove & Redditch | 44.03 |
| 155 | Alan Mould | Rugby & Northampton | 44.04 |
| 156 | Andrew Owen | Solihull & Small Heath AC | 44.05 |
| 157 | Richard Jones | Wolverhampton & Bilston AC | 44.08 |
| 158 | Bernie Myers | Rugby & Northampton | 44.18 |
| 159 | Graham Lawrence | Solihull & Small Heath AC | 44.24 |
| 160 | Max Chippington | Rugby & Northampton | 44.32 |
| 161 | Robert Mills | Sparkhill Harriers | 44.38 |
| 162 | James Bowler | Bromsgrove & Redditch | 44.41 |
| 163 | Tony Haden | Centurion RC | 44.43 |
| 164 | Austin Degge | Severn AC | 44.45 |
| 165 | Trevor Clark | Sphinx AC | 44.48 |
| 166 | Malcolm Carr | West Bromwich Harriers | 44.51 |
| 167 | David Smyth | Stratford upon Avon AC | 44.56 |
| 168 | Phil Richardson | Bromsgrove & Redditch | 44.57 |
| 169 | Mark Coyle | Sphinx AC | 45.01 |
| 170 | Ben Daniels | Bromsgrove & Redditch | 45.02 |
| 171 | Andy Rea | Centurion RC | 45.03 |
| 172 | Matt Powell | Gloucester AC | 45.11 |
| 173 | Ben Orme | Sphinx AC | 45.17 |
| 174 | Ed Wallace | Centurion RC | 45.26 |
| 175 | Spencer Davies | Telford AC | 45.27 |
| 176 | Paul Jakeways | West Bromwich Harriers | 45.37 |
| 177 | Sam Taylor | JUN Stratford upon Avon AC | 45.44 |

| | Name | Club | Time |
|-----|---------------------|----------------------------|-------------|
| 178 | Carl Morgan | Wolverhampton & Bilston AC | 45.46 |
| 179 | Chris McCann | Centurion RC | 45.54 |
| 180 | Graham Garlick | Leamington C & AC | 46.01 |
| 181 | Adrian Mawby | Leamington C & AC | 46.03 |
| 182 | Simon Gregg | Amazing Feet | 46.03 |
| 183 | Paul Hawkins | Stratford upon Avon AC | 46.07 |
| 184 | Kevin Naughton | Sphinx AC | 46.17 |
| 185 | Will Kirk-Wilson | Leamington C & AC | 46.23 |
| 186 | Peter Reeves | Sparkhill Harriers | 46.27 |
| 187 | Matt Lyness | Stratford upon Avon AC | 46.34 |
| 188 | Seth Atkin | Centurion RC | 46.35 |
| 189 | Derek Bolton | Tamworth AC | 46.37 |
| 190 | Darren Handley | Sphinx AC | 46.41 |
| 191 | John Goulding | Sparkhill Harriers | 46.46 |
| 192 | Mark Bradbury | Amazing Feet | 46.51 |
| 193 | Terry Beddington | Worcester AC | 46.53 |
| 194 | Brian Wright | Wolverhampton & Bilston AC | 46.59 |
| 195 | Rob Challinor | Wolverhampton & Bilston AC | 47.06 |
| 196 | Glen Lock | Wolverhampton & Bilston AC | 47.11 |
| 197 | Andy Carroll | Sparkhill Harriers | 47.14 |
| 198 | Steve Court | Sphinx AC | 47.28 |
| 199 | Arthur Daley | Gloucester AC | 47.31 |
| 200 | G Barnes | Severn AC | 47.35 |
| 201 | Bob Perrin | Sparkhill Harriers | 47.48 |
| 202 | Neil Monroe | West Bromwich Harriers | 47.49 |
| 203 | Russ Burrows | Leamington C & AC | 47.54 |
| 204 | Ian Hall | Amazing Feet | 47.58 |
| 205 | Mark Cotterill | Wolverhampton & Bilston AC | 48.01 |
| 206 | Jim Greenwood | West Bromwich Harriers | 48.02 |
| 207 | Spencer Hopkins | Bromsgrove & Redditch | 48.14 |
| 208 | Humphrey Phillips | Gloucester AC | 48.18 |
| 209 | Dean Gregory | Amazing Feet | 48.24 |
| 210 | Charles Fentiman | Sparkhill Harriers | 48.41 |
| 211 | Dominic Ashton | West Bromwich Harriers | 48.49 |
| 212 | Paul Loveridge | Gloucester AC | 48.53 |
| 213 | Sam Freeman | Dudley & Stourbridge H. | 49.05 |
| 214 | Neill Gray | Wolverhampton & Bilston AC | 49.08 |
| 215 | Robert Ibbs | Newcastle (Staffs) AC | 49.11 |
| 216 | Craig Hinks | Sparkhill Harriers | 49.12 |
| 217 | Bern Blundell | Sphinx AC | 49.16 |
| 218 | Dave Whymant | Amazing Feet | 49.23 |
| 219 | Amot Matthews | Centurion RC | 49.36 |
| 220 | Roger Wilson | Stratford upon Avon AC | 49.39 |
| 221 | Nick Richards | Amazing Feet | 49.42 |
| 222 | Bert Payne | Leamington C & AC | 49.51 |
| 223 | Andy Turner | Stratford upon Avon AC | 50.09 |
| 224 | Chris Tait | Sphinx AC | 50.22 |
| 225 | David Jones | Stratford upon Avon AC | 50.46 |
| 226 | Gerry Sanders | Amazing Feet | 50.49 |
| 227 | Pete Stark | Wolverhampton & Bilston AC | 51.04 |
| 228 | David Pye | Amazing Feet | 51.07 |
| 229 | Dave Perrigo | Amazing Feet | 51.29 |
| 230 | Paul Kenning | Sphinx AC | 51.42 |
| 231 | Mike Barrie | Stratford upon Avon AC | 51.54 |
| 232 | Bob Meek | West Bromwich Harriers | 52.12 |
| 233 | Luke Watkins | Stratford upon Avon AC | 52.19 |
| 234 | Louis Satterthwaite | Centurion RC | 52.22 |
| 235 | Phil Marshall | Stratford upon Avon AC | 52.23 |
| 236 | Nigel Fisher | Tamworth AC | 53.02 |

| | Name | Club | Time |
|-----|----------------|----------------------------|-------------|
| 237 | Graham Roberts | Leamington C & AC | 53.33 |
| 238 | Jim Smith | Wolverhampton & Bilston AC | 53.51 |
| 239 | Eric Rouathan | Centurion RC | 53.59 |
| 240 | David Winter | Sparkhill Harriers | 54.07 |
| 241 | Nigel Symms | Newcastle (Staffs) AC | 55.04 |
| 242 | Gavin Kidman | Sparkhill Harriers | 60.44 |

TEAM RESULTS AND SCORES TO DATE

| | Todays | | | | | | Prev | Ov'l | Ov'l | |
|----------------------------|---------------|----------|----------|----------|----------|----------|-------------|-------------|-------------|------------|
| A Teams | 1 | 2 | 3 | 4 | 5 | 6 | Pts | Pts | Pts | Pos |
| Rugby & Northampton AC | 3 | 5 | 7 | 24 | 26 | 28 | 93 | 129 | 222 | 1 |
| Worcester AC | 6 | 16 | 20 | 41 | 57 | 60 | 200 | 206 | 406 | 4 |
| Dudley & Stourbridge H. | 13 | 22 | 34 | 37 | 45 | 51 | 202 | 192 | 394 | 3 |
| Wolverhampton & Bilston AC | 12 | 14 | 17 | 49 | 59 | 61 | 212 | 145 | 357 | 2 |
| Gloucester AC | 4 | 8 | 19 | 42 | 46 | 99 | 218 | 248 | 466 | 5 |
| Telford AC | 1 | 10 | 27 | 72 | 73 | 97 | 280 | 219 | 499 | 6 |
| Leamington C & AC | 2 | 9 | 18 | 58 | 93 | 148 | 328 | 284 | 612 | 7 |
| Newcastle (Staffs) AC | 31 | 35 | 55 | 64 | 65 | 129 | 379 | 566 | 945 | 12 |
| Stratford upon Avon AC | 23 | 33 | 43 | 86 | 92 | 109 | 386 | 426 | 812 | 10 |
| Bromsgrove & Redditch | 15 | 29 | 54 | 82 | 100 | 114 | 394 | 614 | 1008 | 13 |
| Amazing Feet | 21 | 47 | 69 | 95 | 105 | 110 | 447 | 593 | 1040 | 14 |
| Sphinx AC | 11 | 40 | 71 | 81 | 91 | 165 | 459 | 297 | 756 | 9 |
| Centurion RR | 30 | 67 | 79 | 88 | 90 | 113 | 467 | 393 | 860 | 11 |
| Severn AC | 39 | 44 | 75 | 76 | 122 | 132 | 488 | 213 | 701 | 8 |
| West Bromwich Harriers | 32 | 68 | 89 | 118 | 142 | 166 | 615 | 639 | 1254 | 16 |
| Sparkhill Harriers | 25 | 98 | 112 | 126 | 137 | 161 | 659 | 638 | 1297 | 17 |
| Tamworth AC | 38 | 52 | 77 | 144 | 189 | 236 | 736 | 390 | 1126 | 15 |
| Solihull & Small Heath. | 50 | 103 | 156 | 159 | dns | dns | dnf | dnf | dnf | 18 |

| | Today's | | | | | | Prev | Ov'l | Ov'l | |
|----------------------------|----------------|----------|----------|----------|----------|----------|-------------|-------------|-------------|------------|
| B Teams | 1 | 2 | 3 | 4 | 5 | 6 | Pts | Pts | Pts | Pos |
| Rugby & Northampton | 36 | 48 | 53 | 56 | 62 | 63 | 318 | 502 | 820 | 1 |
| Wolverhampton & Bilston AC | 70 | 80 | 83 | 84 | 101 | 102 | 520 | 485 | 1005 | 2 |
| Worcester AC | 66 | 87 | 94 | 104 | 117 | 152 | 620 | 831 | 1451 | 3 |
| Stratford upon Avon AC | 120 | 121 | 125 | 131 | 138 | 153 | 788 | 837 | 1625 | 4 |
| Bromsgrove & Redditch | 116 | 128 | 140 | 145 | 151 | 154 | 834 | 1103 | 1937 | 7 |
| Gloucester AC | 106 | 133 | 135 | 141 | 150 | 172 | 837 | 1033 | 1870 | 6 |
| Centurion RR | 139 | 149 | 163 | 171 | 174 | 179 | 975 | 864 | 1839 | 5 |
| Amazing Feet | 127 | 134 | 182 | 192 | 204 | 209 | 1048 | 1175 | 2223 | 10 |
| Sphinx AC | 169 | 173 | 184 | 190 | 198 | 217 | 1131 | 929 | 2060 | 9 |
| Sparkhill Harriers. | 186 | 191 | 197 | 201 | 210 | 216 | 1201 | 1094 | 2295 | 11 |
| Leamington C & AC | 180 | 181 | 185 | 203 | 222 | 237 | 1208 | 807 | 2015 | 8 |