

Sheet1

| Pos | Points | Team Name | Placings |
|-----|--------|--------------------------------------|---------------------|
| 1 | 29 | Aldershot Farnham & District | (1 5 9 14) |
| 2 | 189 | Vale Royal AC | (4 33 62 90) |
| 3 | 192 | East Cheshire Harriers & Tameside AC | (6 22 75 89) |
| 4 | 197 | Royal Sutton Coldfield AC | (16 20 66 95) |
| 5 | 251 | Leigh Harriers & AC | (21 52 69 109) |
| 6 | 278 | Chelmsford AC | (2 49 98 129) |
| 7 | 295 | Winchester & District AC | (42 50 93 110) |
| 8 | 307 | City of Norwich AC | (48 65 70 124) |
| 9 | 313 | Shaftesbury Barnet Harriers | (53 78 86 96) |
| 10 | 323 | Charnwood AC | (12 45 123 143) |
| 11 | 377 | Tonbridge AC | (32 79 105 161) |
| 12 | 394 | Rugby & Northampton AC | (39 91 117 147) |
| 13 | 411 | Nene Valley Harriers | (36 77 144 154) |
| 14 | 490 | Liverpool Harriers & AC | (74 132 139 145) |
| 15 | 534 | Reading AC | (82 121 128 203) |
| 16 | 563 | Mansfield Harriers | (88 148 151 176) |
| 17 | 789 | Ealing Southall & Middlesex AC | (183 190 207 209) |