

**Match 1** at Bournemouth [**A** v **F** v **R** v **P**] | 25th Apr 2009

1st	Tonbridge AC	141.0
2nd	Hastings AC/Eastbourne Rovers	138.0
3th	Bournemouth AC	127.5
4th	Victoria Park Harriers & Tower Hamlets AC	113.5

**Match 1** at Dacorum [**S** v **K** v **M** v **B**] | 25th Apr 2009

1st	West Suffolk AC	130.0
2nd	Ipswich Harriers	121.0
3th	Newham & Essex Beagles AC	71.0
4th	Cambridge & Coleridge AC	37.0

**Match 1** at Braunton [**N** v **L** v **H** v **D**] | 25th Apr 2009

1st	North Devon AC	155.0
2nd	Croydon Harriers	151.0
3th	Haywards Heath Harriers	124.0
4th	Radley AC 'B'	74.0

**Match 1** at Plymouth [**C** v **E** v **G** v **O**] | 25th Apr 2009

1st	City of Plymouth AC	148.0
2nd	Thames Valley Harriers	126.0
3th	Havant AC	114.0
4th	Ealing, Southall & Middlesex Ladies AC	84.0

**Match 2** at Ealing [**O** v **S** v **L** v **A**] | 30th May 2009

1st	West Suffolk AC	165.0
2nd	Thames Valley Harriers	125.0
3th	Bournemouth AC	107.0
4th	Radley AC 'B'	74.0

**Match 2** at Ealing [**E** v **N** v **F** v **K**] | 30th May 2009

1st	Ipswich Harriers	163.0
2nd	Ealing, Southall & Middlesex Ladies AC	147.0
3th	Hastings AC/Eastbourne Rovers	105.0
4th	North Devon AC	88.0

**Match 2** at Broadbridge Heath [**H** v **R** v **B** v **G**] | 30th May 2009

1st	Havant AC	159.0
2nd	Haywards Heath Harriers	156.0
3th	Victoria Park Harriers & Tower Hamlets AC	132.0
4th	Cambridge & Coleridge AC	19.0

**Match 2** at Eton [**P** v **C** v **D** v **M**] | 30th May 2009

1st	Tonbridge AC	160.0
2nd	Croydon Harriers	123.0
3th	City of Plymouth AC	121.0
4th	Newham & Essex Beagles AC	66.0

**Match 3** at Mountbatten [**G** v **M** v **A** v **N**] | 27th Jun 2009

1st	Havant AC	151.0
2nd	North Devon AC	136.0
3th	Bournemouth AC	111.0
4th	Newham & Essex Beagles AC	88.0

**Match 3** at Ealing [**E** v **H** v **P** v **S**] | 27th Jun 2009

1st	Tonbridge AC	149.0
2nd	West Suffolk AC	136.0
3th	Ealing, Southall & Middlesex Ladies AC	132.0
4th	Haywards Heath Harriers	108.0

**Match 3** at Abingdon [L v B v C v F] | 27th Jun 2009

1st	Hastings AC/Eastbourne Rovers	151.0
2nd	City of Plymouth AC	140.0
3th	Radley AC 'B'	135.0

**Match 3** at Ipswich [K v O v R v D] | 27th Jun 2009

1st	Ipswich Harriers	161.5
2nd	Thames Valley Harriers	139.5
3th	Victoria Park Harriers & Tower Hamlets AC	115.5
4th	Croydon Harriers	66.5

**Match 4** at Abingdon [L v K v G v P] | 25th Jul 2009

1st	Tonbridge AC	159.0
2nd	Ipswich Harriers	158.0
3th	Havant AC	137.0
4th	Radley AC 'B'	94.0

**Match 4** at Mile End [R v S v N v C] | 25th Jul 2009

1st	West Suffolk AC	131.0
2nd	City of Plymouth AC	112.0
3th	North Devon AC	109.5
4th	Victoria Park Harriers & Tower Hamlets AC	106.5

**Match 4** at Cambridge [B v D v E v A] | 25th Jul 2009

1st	Ealing, Southall & Middlesex Ladies AC	146.5
2nd	Croydon Harriers	126.5
3th	Bournemouth AC	102.0
4th	Cambridge & Coleridge AC	72.0

**Match 4** at Hastings [F v M v O v H] | 25th Jul 2009

1st	Hastings AC/Eastbourne Rovers	133.0
2nd	Haywards Heath Harriers	127.0
3th	Thames Valley Harriers	120.0
4th	Newham & Essex Beagles AC	92.0

**Match 5** at Linford Christie Stadium [O v B v P v N] | 5th Sep 2009

1st	Thames Valley Harriers	166.0
2nd	Tonbridge AC	153.0
3th	North Devon AC	124.0
4th	Cambridge & Coleridge AC	40.0

**Match 5** at Linford Christie Stadium [D v F v S v G] | 5th Sep 2009

1st	Havant AC	148.0
2nd	West Suffolk AC	143.0
3th	Hastings AC/Eastbourne Rovers	130.0
4th	Croydon Harriers	117.0

**Match 5** at Newham [M v L v R v E] | 5th Sep 2009

1st	Newham & Essex Beagles AC	133.0
2nd	Ealing, Southall & Middlesex Ladies AC	131.0
3th	Victoria Park Harriers & Tower Hamlets AC	126.0

**Match 5** at Crawley [H v A v C v K] | 5th Sep 2009

1st	Ipswich Harriers	159.0
2nd	Haywards Heath Harriers	134.0
3th	Bournemouth AC	117.0
4th	City of Plymouth AC	95.0

---

## League Table

	Team	Match Points	League Points
1st	Ipswich Harriers	762.5	18
2nd	Tonbridge AC	762	19
3th	Havant AC	709	16
4th	West Suffolk AC	705	18
5th	Thames Valley Harriers	676.5	15
6th	Hastings AC/Eastbourne Rovers	657	15
7th	Haywards Heath Harriers	649	12
8th	Ealing, Southall & Middlesex Ladies AC	640.5	13
9th	City of Plymouth AC	616	13
10th	North Devon AC	612.5	12
11th	Victoria Park Harriers & Tower Hamlets AC	593.5	8
<b>12th</b>	<b>Croydon Harriers</b>	<b>584</b>	<b>11</b>
13th	Bournemouth AC	564.5	10
14th	Newham & Essex Beagles AC	450	9
15th	Radley AC 'B'	377	5
16th	Cambridge & Coleridge AC	168	4

---

### Key to teams:

**A:** Bournemouth AC

**B:** Cambridge & Coleridge AC

**C:** City of Plymouth AC

**D:** Croydon Harriers

**E:** Ealing, Southall & Middlesex Ladies AC

**F:** Hastings AC/Eastbourne Rovers

**G:** Havant AC

**H:** Haywards Heath Harriers

**K:** Ipswich Harriers

**L:** Radley AC 'B'

**M:** Newham & Essex Beagles AC

**N:** North Devon AC

**O:** Thames Valley Harriers

**P:** Tonbridge AC

**R:** Victoria Park Harriers & Tower Hamlets AC

**S:** West Suffolk AC