

Scoring: - 10,9,8,7,6,5,4,3,2,1

Same points system for relays.

The first athlete from each county will count for points.

County numbers are as follows:

Cheshire	1, 2	Cumbria	3, 4
Derbyshire	5, 6	Gtr Manchester	7, 8
Humber AA	9, 10	Lancashire	11, 12
Lincolnshire	13, 14	Merseyside	15, 16
North East	17, 18	Yorkshire	19, 20