

Divisions for 2023

Division 1

Club
BRAT
Bristol & West AC
Cannock & Stafford AC
Gloucester AC
Notts AC
Rugby & Northampton AC

Division 2

Club
Birchfield Harriers
Cheltenham & County Harriers
Coventry Godiva Harriers
Tamworth AC
Telford AC
Yate and District AC

Division 3

Club
Abingdon and Witney AC
Bromsgrove & Redditch AC
City of Stoke AC
Leamington C & AC
Leicester Coritanian AC
Newport Harriers
Stratford-upon-Avon AC

Division 4NE

Club
Burton AC
Charnwood AC
Newcastle (Staffs) AC
Royal Sutton Coldfield AC
Sutton-in-Ashfield H & AC
Wolverhampton & Bilston AC

Division 4SE

Club
Banbury Harriers AC
Corby
Daventry AAC
Kettering Town Harriers
Nuneaton Harriers AC
Solihull & Small Heath AC

Division 4SW

Club
Dudley & Stourbridge Harriers
Halesowen A & CC
Hereford Forest
Kidderminster & Stourport AC
Tipton Harriers
Worcester AC