East	North	est letter +Dates -Draft South					
ALL DIVISIONS; 1 ST digit = club, 2 nd digit =age group							
Charnwood	Birchfield Bromsgrove & Redditch (B&R)						
Male Y13,Y14,Y15,Y16,Y17	Male B13,B14,B15,B16,B17	Male M13,M14,M15,M16,M17					
Female X13,X14,X15,X16,X17	Female W13,W14,W15,W16,W17	Female F13,F14,F15,F16,F17					
Guest G (letter Then team no1+ athlete no.)	Guest G (letter Then team no1+ athlete no.)	Guest G (letter Then team no1+ athlete no.)					
Harborough	Burton	Droitwich					
Male Y23,Y24,Y25,Y26,Y27	Male B23,B24,B25,B26,B27	Male M23,M24,M25,M26,M27					
Female X23,X24,X25,X26,X27	Female W23,W24,W25,W26,W27	Female F23,F24,F25,F26,F27					
Guest G (letter Then team no2+ athlete no.)	Guest G (letter Then team no2+ athlete no.)	Guest G (letter Then team no2+ athlete no.)					
Kettering	Cannock & Staffs (C&S)	Black Pear Joggers					
Male Y33,Y34,Y35,Y36,Y37	Male B33,B34,B35,B36,B37	Male M33,M34,M35,M36,M37					
Female X33,X34,X35,X36,X37	Female W33,W34,W35,W36,W37	Female F33,F34,F35,F36,F37					
Guest G (letter Then team no3+ athlete no.)	Guest G (letter Then team no3+ athlete no.)	Guest G (letter Then team no3+ athlete no.)					
Leamington	Royal Sutton Coldfield (RSC)	Halesowen					
Male Y43,Y44,Y45,Y46,Y47	Male B43,B44,B45,B46,B47	Male M43,M44,M45,M46,M47					
Female X43,X44,X45,X46,X47	Female W43,W44,W45,W46,W47	Female F43,F44,F45,F46,F47					
Guest G (letter Then team no4+ athlete no.)	Guest G (letter Then team no4+ athlete no.)	Guest G (letter Then team no4+ athlete no.)					
Rugby & Northampton Lions	Stoke	MMAC					
Male Y53,Y54,Y55,Y56,Y57	Male B53,B54,B55,B56,B57	Male M53,M54,M55,M56,M57					
Female X53,X54,X55,X56,X57	Female W53,W54,W55,W56,W57	Female F53,F54,F55,F56,F57					
Guest G (letter Then team no5+ athlete no.)	Guest G (letter Then team no5+ athlete no.)	Guest G (letter Then team no5+ athlete no.)					
Notts AC Withdrawn from League	Tamworth	Sparkhill					
Male Y63,Y64,Y65,Y66,Y67	Male B63,B64,B65,B66,B67	Male M63,M64,M65,M66,M67					
Female X63,X64,X65,X66,X67	Female W63,W64,W65,W66,W67	Female F63,F64,F65,F66,F67					
Guest G (letter Then team no6+ athlete no.)	Guest G (letter Then team no6+ athlete no.)	Guest G (letter Then team no6+ athlete no.)					
Nuneaton	Telford AC	Stratford Upon Avon AC					
Male Y73,Y74,Y75,Y76,Y77	Male B73,B74,B75,B76,B77	Male M73,M74,M75,M76,M77					
Female X73,X74,X75,X76,X77	Female W73,W74,W75,W76,W77	Female F73,F74,F75,F76,F77					
Guest G (letter Then team no7+ athlete no.)	Guest G (letter Then team no7+ athlete no.)	Guest G (letter Then team no7+ athlete no.)					
Rugby & Northampton Saints		Worcester					
Male Y83,Y84,Y85,Y86,Y87		Male M83,M84,M85,M86,M87					
Female X83,X84,X85,X86,X87		Female F83,F84,F85,F86,F87					
Guest G (letter Then team no8+ athlete no.)		Guest G (letter Then team no8+ athlete no.)					

Note combined teams where clubs still exist separately will need to show on their declarations (in 1st claim column) to which primary club they belong; for Powerof10.

Suggested League dates and venues for 2023

East		North		South	
April 26 th ?		April 19 th	Telford	May 10 th	Worcester
May 17 th	Nuneaton	May 17 th	Birchfield?	June 14 th	Stratford
June 14th	Leamington	June 7 th	? ??	July 5th	Reditch
July 12 th	Rugby	July 12 th	Sutton Coldfield?	August 9 th	ТВС
The Cup Final will be Promoted by at Nuneaton? on ? September?					

Dates / hosts/venues in red to be confirmed

Notts- Have withdrawn from the League this year