

M.C.A.A./M.A.R.W.**MIDLAND 30KM CHAMPIONSHIPS(MEN)****INC.B.M.A.F. 30KM CHAMPIONSHIPS (MEN/WOMEN)**Sutton Park - 11th.August 2007

<u>Pos.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Age Groups</u>								
				35	40	45	50	55	60	65	70	
1.	Mark Williams	Tamworth	2.45.56		1							
2.	Steve Arnold	Nuneaton	2.55.06		2							
3.	Chris Berwick	Leicester	3.03.24									
4.	John Constandinou	Birchfield	3.19.20	1								
5.	Mark Byrne	York C.I.U	3.24.04			1						
6.	Tony Collins	Birchfield	3.26.08						1			
7.	Peter Stapleford	Leicester	3.32.58									1
8.	David Fall	Birchfield	3.39.12						2			
9.	Bernie Haycock	Enfield	3.50.43									2
10.	John Borgars	Loughton	3.58.39						3			
11.	John Sturgess	Leicester	4.08.45								1	
12.	Mark Wall	Leicester	DQ									
13.	David Manning	Birchfield	DQ									
14.	Graham Jackson	York CIU	DNF									
15.	Simon Hambridge	Nuneaton	DNF									
16.	Terry Morris	Nuneaton	DNF									

Women's BMAF 30km Championships

1.	Sarah Lightman	Leicester	4.04.02	(W35)
2.	Karen Davies	Birchfield	DNF	

Midland Championships**Individual – Cavendish Trophy**

1 st .	Mark Williams – Tamworth
2 nd .	Steve Arnold – Nuneaton.
3 rd .	Chris Berwick – Leicester W.C.

Teams – Tintern Trophy.

1 st .	Birchfield Harriers - 282 pts (Constandinou, Collins, Fall)
2 nd .	Leicester W.C. – 279 pts (Berwick, Stapleford, Sturgess)

B.M.A.F. Team Results.

1 st .	Birchfield Harriers (Constandinou, Collins, Fall.
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