

A revitalised Midland 5/7 Mile Cross Country Championship was held at Braunstone Park on 22 November. Despite a forecast of bad weather on a cold but dry day over 100 athletes turned out to run. Four Clubs finished teams in the Women's race and ten Clubs finished teams in the Men's race.

Women's Results

1	1	Kate Ramsey	Barrow Runners	32.13s
2	41	Lucy Woodyatt	Severn AC	32.58s
3	22	Rebecca Smith	Northbrook AC	34.00s
4	9	Monica Williamson	Leamington C & AC	34.35s
5	46	Clare McKittrick	Charnwood AC	34.48s
6	34	Julie Lamb	Owls AC	35.01s
7	7	Catherine O'Carroll	Leamington C & AC	35.08s
8	11	Jacqui Phillips	Kidderminster & Stourport AC	35.25s
9	32	Fiona Palmer	Notts AC	35.28s
10	48	Monique Raaijmakers	Barrow Runners	36.51s
11	3	Jayne Mumford	Coventry Godiva H	37.15s
12	25	Tracey Hallam	Notts AC	37.19s
13	35	Annette Carlin	Rugby & Northampton AC	37.43s
14	30	Julie Lambourne	Notts AC	37.46s
15	37	Michelle Leach	Rugby & Northampton AC	37.59s
16	14	Charlotte Whorton	Kidderminster & Stourport AC	38.50s
17	38	Kate Lundy	Rugby & Northampton AC	39.12s
18	47	Kath Eastwood	Barrow Runners	41.15s
19	39	Ann Rollings	Rugby & Northampton AC	41.35s
20	21	Corinna O'Connor	Northbrook AC	42.16s
21	8	Anna Wouters	Leamington C & AC	42.32s
22	44	Krissie Newton	Sparkhill H	42.38s
23	45	Manisha Parmar	Sparkhill H	42.47s
24	29	Wendy Kane	Notts AC	43.24s
25	5	Carol Blower	Leamington C & AC	44.46s
26	6	June Johnson	Leamington C & AC	45.23s
27	49	Lisa Rees	Barrow Runners	46.00s
28	24	Laura Boulby	Notts AC	51.33s

TEAMS

1	Barrow Runners	56pts (1,10, 18,27)
2	Leamington C & AC	57pts (4, 7, 21, 25)
3	Notts AC	59pts (9, 12, 14, 24)
4	Rugby & Northampton AC	64pts (13, 15, 17 19)

Men's Results

1	96	Joanthan Thewlis	Notts AC	38.57s
2	125	Josh Lilly	Severn AC	39.59s
3	113	Stephen Emery	Rugby & Northampton AC	40.10s
4	169	Nigel Stirk	Tipton H	40.35s
5	89	Andrius Ramonas	Notts AC	40.53s
6	88	Colin Palmer	Notts AC	41.09s
7	8	Philip Critchlow	Beaumont RC	41.15s
8	35	Dave Kesterton	Halesowen C & AC	41.34s

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9	86 Rob Nixon	Notts AC	41.39s
10	115 Nigel Marley	Rugby & Northampton AC	41.46s
11	123 Gary Hope	Severn AC	41.59s
12	109 Leigh Stubbs	Redhill RR	42.02s
13	34 Tom Kenderdine	Halesowen C & AC	42.10s
14	82 Wojtech Gajny	Notts AC	42.19s
15	33 Nick Hazelwood	Halesowen C & AC	42.54s
16	97 Mark Tillotson	Notts AC	43.00s
17	38 Dom Morton	Halesowen C & AC	43.09s
18	99 Thomas Meakin	Owls AC	43.11s
19	40 William Nock	Halesowen C & AC	43.19s
20	118 Jamie Sewell	Rugby & Northampton AC	43.33s
21	166 Paul Thompson	Sparkhill H	43.52s
22	108 Paul Newton	Redhill RR	44.26s
23	16 Ian Murdey	Beaumont RC	44.28s
24	116 Brendan Moen	Rugby & Northampton AC	44.30s
25	37 Alex Morgan	Halesowen C & AC	44.31s
26	78 Mike Benford	Notts AC	44.39s
27	110 Mark Yates	Redhill RR	44.49s
28	176 David Battersby	Barrow RC	44.55s
29	72 Nathan Holmes	Northbrook AC	45.14s
30	137 James Rose	Severn AC	45.18s
31	105 Nigel Lever	Redhill RR	45.20s
32	121 Steve Hale	Severn AC	45.21s
33	46 Kingsley Cook	Huncote H	45.27s
34	120 Simon Fortnam	Severn AC	45.30s
35	135 Stewart Lynas	Severn AC	45.37s
36	93 Mike Romanenko	Notts AC	45.42s
37	83 Ken Hope	Notts AC	45.53s
38	70 Martin Brunt	Northbrook AC	45.59s
39	77 Paul Archer	Notts AC	46.21s
40	177 Ian Paramore	Barrow RC	46.32s
41	66 Gareth Watson	Long Eaton RC	46.44s
42	67 Richard Wilkinson	Long Eaton RC	46.48s
43	84 Jamie Hutchinson	Notts AC	46.52s
44	124 Gareth Howells	Severn AC	46.55s
45	112 Vince Carroll	Rugby & Northampton AC	46.59s
46	91 Scott Rischer	Notts AC	47.10s
47	48 Dave Eggington	Huncote H	47.20s
48	179 Mark Restell	Barrow RC	47.36s
49	158 Patrick Finnegan	Sparkhill H	47.53s
50	103 Nigel Cobb	Redhill RR	48.10s
51	171 Mark Bush	Wreake Runners	48.18s
52	63 Rob Fox	Long Eaton RC	48.51s
53	21 Ian Parker	Beaumont RC	49.26s
54	39 Andrew Nock	Halesowen C & AC	49.31s
55	68 Pete Austin	Northbrook AC	49.35s
56	102 Mark Attenborough	Redhill RR	49.44s
57	87 John Noble	Notts AC	50.06s
58	14 Rahim Madarbux	Beaumont RC	50.11s
59	160 Derek Gothard	Sparkhill H	50.15s
60	117 John Saw	Rugby & Northampton AC	50.29s
61	161 Craig Hinks	Sparkhill H	50.38s

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62	23 Richard Scott	Beaumont RC	50.49s
63	71 Pete Fellows	Northbrook AC	51.05s
64	52 Joe O'Flynn	Huncote H	52.03s
65	178 John Rees	Barrow RC	52.31s
66	162 Rob Mills	Sparkhill H	52.45s
67	144 Andy Carroll	Sparkhill H	52.49s
68	174 James Ketteringham	Wreake Runners	52.52s
69	58 Andrew Woolley	Huncote H	53.00s
70	41 Barry Thompson	Halesowen C & AC	53.21s
71	50 Dave Lawson	Huncote H	53.28s
72	76 Ken Allen	Notts AC	53.34s
73	173 Brian Harris	Wreake Runners	53.48s
74	49 John Heywood	Huncote H	53.57s
75	170 Peter Ashford	Wreake Runners	53.59s
76	56 Martin Slip	Huncote H	54.39s
77	9 Peter Hickenbotham	Beaumont RC	54.43s
78	3 Daniel Anderson	Beaumont RC	54.51s
79	65 Phil Walters	Long Eaton RC	54.59s
80	51 Darren Newton	Huncote H	55.05s
81	61 Andrew Johnson	Leamington C & AC	55.14s
82	80 Richard Darling	Notts AC	55.25s
83	175 Andrew Tramaseur	Wreake Runners	55.34s
84	22 Mark Ritchie	Beaumont RC	55.37s
85	55 Anthony Siddon	Huncote H	55.56s
86	167 Stephen Dewick	Stilton Striders	56.29s
87	90 Chris Rischer	Notts AC	56.32s
88	62 Colin Bostock	Long Eaton RC	57.27s
89	15 Roger Moon	Beaumont RC	57.40s
90	59 Dave Blower	Leamington C & AC	57.52s
91	172 Shane Goodridge	Wreake Runners	57.57s
92	92 Mick Robinson	Notts AC	58.04s
93	57 Philip Watts	Huncote H	58.05s
94	81 Ken Farrow	Notts AC	58.35s
95	73 Jack Langman	Northbrook AC	59.02s
96	64 Jonathan Vardy	Long Eaton RC	59.42s
97	159 John Goulding	Sparkhill H	60.18s
98	29 Nigel Starr	Erewash Valley (Individual)	60.51s
99	60 Noel Butler	Leamington C & AC	66.17s

TEAMS

1	Notts AC	51pts (1, 5, 6, 9, 14, 16)
2	Halesowen A & CC	97 pts (8, 13, 15, 17, 19, 25)
3	Severn AC	144pts (2,11, 30, 32, 34, 35)
4	Rugby & Northampton AC	162pts (3,10, 20, 24, 45, 60)
5	Redhill RR	198pts (12, 22, 27, 31, 50, 56)
6	Beaumont RC	280pts (7, 23, 53, 58, 62, 77)
7	Sparkhill H	323pts (21, 49, 59, 61, 66, 67)
8	Huncote H	358pts (33, 47, 64, 69, 71, 74)
9	Long Eaton RC	398pts (41, 42, 52, 79, 88, 96)
10	Wreake Runners	441pts (51, 58, 73, 75, 83, 91)