

M.C.A.A./M.A.R.W.
MIDLAND 30KM CHAMPIONSHIPS(MEN)
INC.B.M.A.F. 30KM CHAMPIONSHIPS (MEN/WOMEN)

The Racecourse, Northampton. Saturday 23rd.August 2008.

Pos.	Name	Club	Time	Age Groups									
				35	40	45	50	55	60	65	70	75	
1.	Mark Williams	Tamworth	2.38.09		1								
2.	Richard Emsley	Steyning A.C.	2.54.19					1					
3.	Steve Arnold	Nuneaton	2.56.34			1							
4.	Arthur Thomson	V.A.C.	2.58.39									1	
5.	John Hall	Belgrave H.	3.02.42					2					
6.	Chris Berwick	Leicester W.C.	3.06.30										
7.	Mark Wall	Leicester W.C.	3.11.43				1						
8.	Tony Collins	Birchfield	3.21.58									1	
9.	John Constandinou	Birchfield	3.23.15	1									
10.	Mike Harran	Surrey W.C.	3.24.05										2
11.	Ron Powell	Enfield & H.	3.29.27										3
12.	David Fall	Birchfield	3.40.55								1		
13.	John Borgas	Loughton A.C.	3.43.03					2					
14.	John Payn	Lancashire	3.47.33										1
15.	David Hoben	Surrey W.C.	3.56.14					3					
16.	Julian Barnett	Birchfield	3.57.40			2							
Guest	Luke Finch	Colchester	2.37.36										

Women's BMAF 30km Championships

1. Maureen Noel Belgrave H. 3.15.22 (W45)

Midland Championships

Individual – Cavendish Trophy

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

Teams – Tintern Trophy.

1st. Birchfield Harriers - 282 pts
 (Constandinou, Collins, Fall)

2nd. Leicester W.C. – 193 pts
 (Berwick, Wall)

B.M.A.F. Team Results.

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