

**M E N'S 7M RACE**

Pos	Bib	Name	Club	Category	Time
1	661	Ross Jones	Wolverhampton & Bilston AC	SM	40:44
2	355	Chris Perrin	Cannock & Stafford AC	SM	40:55
3	423	Tom Bailey	Notts AC	SM	41:50
4	427	Freddie Hessian	Notts AC	SM	42:22
5	356	James Perrin	Cannock & Stafford AC	SM	42:23
6	496	Steve Abrahams	Tipton Harriers	SM	42:25
7	438	Rob Smith	Notts AC	SM	42:52
8	422	Matt Adcock	Hermitage Harriers	SM	42:58
9	350	Chris Harvey	Cannock & Stafford AC	SM	43:02
10	341	Alex Benfield	Burton AC	SM	43:03
11	671	Tim Werritt	Wolves & B N/S	SM	43:08
12	345	Cory Parker	Burton AC	SM	43:09
13	412	Joe Donkin	Halesowen AC	SM	43:17
14	354	Craig Pearson	Cannock & Stafford AC	SM	43:29
15	398	Daniel Cleary	Halesowen AC	SM	43:38
16	426	Tom Crowley	Notts AC	SM	43:49
17	417	Max Parker	Halesowen AC	SM	44:20
18	421	Richard White	Halesowen AC	SM	44:24
19	659	Paul Hammond	Wolverhampton & Bilston AC	SM	44:42
20	434	Andy Norton	Notts AC	SM	44:49
21	346	Gordy Smith	Burton AC	SM	45:03
22	497	Dan Dalmedo	Tipton Harriers	SM	45:15
23	645	Daniel Brazier	Wolverhampton & Bilston AC	SM	45:36
24	635	James Jefferson	West Bromwich Harriers	SM	45:44
25	394	Ben Foster	Dudley Kingswinford	SM	45:45
26	351	Paul Lester	Cannock & Stafford AC	SM	45:52
27	439	Bill Speake	Notts AC	SM	45:57
28	362	Paul Davies	Centurion RC	SM	46:08
29	672	Brian Wright	Wolverhampton & Bilston AC	SM	46:17
30	418	Joe Phillips	Halesowen AC	SM	46:29
31	500	Matt Smith	Tipton Harriers	SM	46:34
32	340	Bradlee Tod	Bournville Harriers	SM	46:49
33	348	Mitchell Blundell	Cannock & Stafford AC	SM	46:55
34	650	Jason Corns	Wolverhampton & Bilston AC	SM	47:01
35	349	Aaron Brown	Cannock & Stafford AC	SM	47:10
36	397	Rob Meredith	Dudley Kingswinford	SM	47:15
37	388	Chris Driskell	CLC Striders	SM	47:28
38	665	Mat Richards	Wolverhampton & Bilston AC	SM	47:30
39	352	James McCann	Cannock & Stafford AC	SM	47:31
40	669	James Toddington	Wolverhampton & Bilston AC	SM	47:35
41	670	Dan Vaughan	Wolverhampton & Bilston AC	SM	47:38
42	428	John Hiorns	Notts AC	SM	47:58
43	662	Mark Moore	Wolverhampton & Bilston AC	SM	47:58
44	395	Robert Sannwald	Dudley Kingswinford	SM	48:39
45	498	Loz Heathcock	Tipton Harriers	SM	48:42
46	681	Tom Fisher	Wolverhampton & Bilston AC	SM	48:47
47	379	Andy Matthews	Centurion RC	SM	48:52
48	666	Jack Sexty	Wolverhampton & Bilston AC	SM	49:28

49	416	Bill Nock	Halesowen (N/S)	SM	49:30
50	387	Douglas Talbot	City of Birmingham S (N/S)	SM	49:56
51	381	Matt Mullins	Centurion RC	SM	50:18
52	647	Simon Calrow	Wolverhampton & Bilston AC	SM	50:41
53	643	Andy Bave	Wolverhampton & Bilston AC	SM	50:44
54	664	Ian Pincher	Wolverhampton & Bilston AC	SM	51:17
55	656	Mark Farnell	Wolverhampton & Bilston AC	SM	51:42
56	639	Richard Powell	West Bromwich Harriers	SM	51:52
57	393	Keith Bate	Dudley Kingswinford	SM	51:55
58	658	Adam Guy	Wolverhampton & Bilston AC	SM	52:28
59	448	Andrew Dippie	Telford Harriers	SM	52:38
60	634	Lee Harris	West Bromwich Harriers	SM	53:16
61	342	Gareth Cantril	Burton AC	SM	53:17
62	679	Paul Richards	Wrekin RR	SM	53:19
63	673	Mark Dean	Wrekin RR	SM	53:26
64	380	Wayne Muddiman	Centurion RC	SM	53:28
65	676	Steven Hanley	Wrekin RR	SM	53:33
66	653	Robert Edwards	Wolverhampton & Bilston AC	SM	53:36
67	654	Darren Edwards	Wolverhampton & Bilston AC	SM	53:55
68	675	Phil Goodwin	Wrekin RR	SM	54:20
69	415	Andy Nock	Halesowen AC	SM	54:21
70	632	Gary Clifton	West Bromwich Harriers	SM	54:33
71	677	Tim Hughes	Wrekin RR	SM	54:40
72	649	Gary Colyer	Wolverhampton & Bilston AC	SM	54:51
73	630	Dominic Ashton	West Bromwich Harriers	SM	55:03
74	382	Andy Rea	Centurion RC	SM	55:08
75	449	Anthony Pinson	Telford Harriers	SM	55:33
76	638	Andrew Moseley	West Bromwich Harriers	SM	55:41
77	413	Richard Guest	Halesowen AC	SM	56:28
78	663	Carl Morgan	Wolverhampton & Bilston AC	SM	56:32
79	680	Paul Spriggs	Wrekin RR	SM	56:38
80	396	Simon Hughes	Dudley Kingswinford	SM	56:40
81	644	Ian Braddock	Wolverhampton & Bilston AC	SM	56:41
82	678	Neil Jefferson	Wrekin RR	SM	57:02
83	668	Kees Stavenuiter	Wolverhampton & Bilston AC	SM	57:10
84	359	Andy Carwardine	Centurion RC	SM	57:29
85	674	Stephen Gill	Wrekin RR	SM	57:39
86	390	Andrew Paterson	CLC Striders	SM	57:50
87	447	Ben Loach	Stourbridge RC	SM	59:02
88	383	Len Wallace	Centurion RC	SM	59:40
89	637	Paul Mansell	West Bromwich Harriers	SM	01:00:19
90	495	Lee Abrahams	Tipton Harriers	SM	01:00:24
91	642	Steve Allsopp	Wolverhampton & Bilston AC	SM	01:00:25
92	444	Craig Hinks	Sparkhill Harriers	SM	01:00:55
93	392	John Andrews	Dudley Kingswinford	SM	01:01:23
94	657	Neil Grey	Wolverhampton & Bilston AC	SM	01:01:40
95	631	David Bratby	West Bromwich Harriers	SM	01:02:21
96	640	Chris Thompson	West Bromwich Harriers	SM	01:02:54
97	358	Richard Booth	Centurion RC	SM	01:03:58
98	667	Jim Smith	Wolverhampton & Bilston AC	SM	01:04:09
99	400	Michael Deakin	Halesowen AC	SM	01:04:46

100	655	John Ellis	Wolverhampton & Bilston AC	SM	01:06:28
101	385	Naved Akhtar	City of Birmingham striders	SM	01:11:59
102	360	Paul Cornock	Centurion RC	SM	01:13:33
103	494	Michael Ricketts	Telford Harriers	SM	01:19:59

Pos	Club	Team - SM	Score	Race Position
1	Notts AC		77	3 + 4 + 7 + 16 + 20 + 27
2	Cannock & Stafford AC		89	2 + 5 + 9 + 14 + 26 + 33
3	Wolverhampton & Bilston AC [A]		144	1 + 19 + 23 + 29 + 34 + 38
4	Halesowen AC		162	13 + 15 + 17 + 18 + 30 + 69
5	Dudley Kingswinford		335	25 + 36 + 44 + 57 + 80 + 93
6	Centurion RC		348	28 + 47 + 51 + 64 + 74 + 84
7	West Bromwich Harriers		359	24 + 56 + 60 + 70 + 73 + 76
8	Wrekin RR		408	62 + 63 + 65 + 68 + 71 + 79
	Wolverhampton & Bilston AC [B]		270	40 + 41 + 43 + 46 + 48 + 52
	Wolverhampton & Bilston AC [C]		353	53 + 54 + 55 + 58 + 66 + 67
	Wolverhampton & Bilston AC [D]		499	72 + 78 + 81 + 83 + 91 + 94

**W O M E N ' S 5 M R A C E**

Pos	Bib	Name	Club	Category	Time
1	285	Laura Day	Notts AC	SL	33:27
2	301	Amie Fithern	Tipton Harriers	SL	33:54
3	324	Audrey Wilson	Wolverhampton & Bilston AC	SL	34:25
4	300	Julie Caddick	Tipton Harriers	SL	34:39
5	303	Hayley Jennings	Tipton Harriers	SL	35:15
6	287	Jenny Reed	Notts AC	SL	35:39
7	302	Lynne Hill	Tipton Harriers	SL	35:42
8	284	Joanne Birtwhistle	Notts AC	SL	35:53
9	180	Sue Street-Hall	Tipton Harriers (N/S)	SL	36:15
10	255	Jo Wilkie	CLC Striders	SL	36:34
11	295	Jessica Harvey	Telford Harriers	SL	38:03
12	317	Jackie Halford	Wolverhampton & Bilston AC	SL	38:17
13	200	Rachel Vines	CLC Striders	SL	39:01
14	319	Kathryn Morgans	Wolverhampton & Bilston AC	SL	39:09
15	283	Samantha Morton	Halesowen AC	SL	39:10
16	199	Amanda Steer	CLC Striders	SL	39:13
17	288	Hannah Robinson	Notts AC	SL	39:29
18	181	Rosanna Marshall	Birchfield Harriers	SL	39:53
19	189	Theresa Woolley	Centurion RC	SL	40:10
20	182	Sharon Davies	Centurion RC	SL	40:29
21	328	Jacqueline Macey	Wrekin RR	SL	40:37
22	314	Carrie Creamer	Wolverhampton & Bilston AC	SL	41:14
23	318	Rae Moorhouse	Wolverhampton & Bilston AC	SL	41:49
24	291	Joan Clarke	Stourbridge RC	SL	42:14
25	183	Emma Donnelly	Centurion RC	SL	42:34
26	187	Jeanette Robathan	Centurion RC	SL	43:22
27	299	Lisa Yeomans	Telford Harriers	SL	43:43
28	185	Alison Fergusson	Centurion RC	SL	45:52
29	195	Carol Jagpal	City of Birmingham striders	SL	46:18
30	325	Kate Hickinbottom	Wrekin RR	SL	46:47

31	281	Anna Cosimetti	Halesowen AC	SL	47:18
32	315	Hannah Creamer	Wolverhampton & Bilston AC	SL	47:32
33	196	Chloe Jagpal	City of Birmingham striders	SL	47:58
34	320	Trish Morgan	Wolverhampton & Bilston AC	SL	48:03
35	198	Bethan Hopton	CLC Striders	SL	48:26
36	279	Helen Attwood	Halesowen AC	SL	49:04
37	326	Donna Howells	Wrekin RR	SL	49:17
38	327	Samantha Jones	Wrekin RR	SL	49:32
39	330	Sally Withington	Wrekin RR	SL	49:32
40	258	Liz Hettle	Dudley Kingswinford	SL	49:49
41	306	Emma Sheldon	West Bromwich Harriers	SL	50:15
42	188	Elizabeth Smith	Centurion RC	SL	50:22
43	261	Meg Downen	Dudley Kingswinford	SL	50:45
44	329	Esther Whitten	Wrekin RR	SL	52:17
45	260	Lisa Jayne Newell	Dudley Kingswinford	SL	52:20
46	321	Jo Patel	Wolverhampton & Bilston AC	SL	52:53
47	290	Sarah Norman	Sparkhill Harriers	SL	52:55
48	257	Samantha Hemming	Dudley Kingswinford	SL	53:12
49	312	Jan Brookes	Wolverhampton & Bilston AC	SL	53:27
50	278	Helen Williamson	Dudley Kingswinford	SL	53:48
51	308	Emma Thompson	West Bromwich Harriers	SL	55:51
52	296	Emma Hodges	Telford Harriers	SL	57:37
53	197	Jane Plant	City of Birmingham striders	SL	58:30
54	194	Michelle Caney	City of Birmingham striders	SL	58:38
55	305	Lauren Forbes	West Bromwich Harriers	SL	58:57
56	307	Sarah Teather	West Bromwich Harriers	SL	01:02:03
57	297	Grace Hough	Telford Harriers	SL	01:04:59
58	293	Ruby Ooi	Stourbridge RC	SL	01:11:14
59	298	Cynthia Lewis	Telford Harriers	SL	01:11:51

Pos	Club	Teams - SL	Score	Race Position
1	Tipton Harriers		18	2 + 4 + 5 + 7
2	Notts AC		32	1 + 6 + 8 + 17
3	Wolverhampton & Bilston AC [A]		51	3 + 12 + 14 + 22
4	CLC Striders		74	10 + 13 + 16 + 35
5	Centurion RC		90	19 + 20 + 25 + 26
6	Wrekin RR		126	21 + 30 + 37 + 38
7	Telford Harriers		147	11 + 27 + 52 + 57
8	City of birmingham striders		169	29 + 33 + 53 + 54
9	Dudley Kingswinford		176	40 + 43 + 45 + 48
10	West Bromwich Harriers		203	41 + 51 + 55 + 56
	Wolverhampton & Bilston AC [B]		135	23 + 32 + 34 + 46