

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

- Senior Men Stage 1 — Final Results

Pos	Name	Club	Leg Time	Pos	Name	Club	Leg Time
1	Robert Galt	Stroud & D	17:55	52	R Simpson	Royal Sutt B	21:07
2	Matthew Lole	Coventry G A	18:00	53	Rob Deakin	Birchfield B	21:12
3	Ross Jones	Wolverhamp A	18:04	54	Matthew Meckin	Bromsgrove B	21:15
4	Daniel Studley	Bristol & A	18:07	55	Nathan Warren	Birmingham B	21:18
5	Ian Williams	Tipton Har A	18:08	56	Paul Sleate	Sutton In	21:23
6	Rhys Park	Cheltenham A	18:15	57	J Coleshaw	Notts Ac C	21:24
7	Stuart Spencer	Notts Ac A	18:25	58	Stuart Pearson	Bournville C	21:27
8	C Rainsford	Heanor Run A	18:29	59	L Montgomery	Corby Ac	21:35
9	C Perrin	Cannock & A	18:29	60	Steve Vaughan	Stafford H	21:45
10	Andrew Peat	Birchfield A	18:31	61	Gary Wallace	Rugby & No B	21:47
11	Alex Carter	Team Bath	18:42	62	Dave Aubrey	Cheltenham C	21:51
12	S Duffy	City Of St A	18:57	63	Jack Dakin	Belper Har	21:51
13	D Robinson	Birmingham A	18:58	64	Darren Weston	Hermitage B	22:04
14	Andrew Savery	Leamington	18:59	65	Andrew Massey	Nuneaton H A	22:04
15	David Green	Kettering	19:05	66	Darren Riley	Sparkhill A	22:04
16	Thomas Bell	Owls Ac Le A	19:07	67	Ashley Slater	Telford Ac B	22:20
17	James Latham	Burton Ac	19:09	68	J Beardmore	Halesowen C	22:23
18	O Harradence	Royal Sutt A	19:10	69	Simon Brown	Massey Fer A	22:24
19	M Hawcroft	Bromsgrove A	19:12	70	Carl Voisey	Owls Ac Le B	22:32
20	Orlando Corea	Bournville A	19:15	71	Dan Vaughan	Wolverhamp B	22:34
21	Matt Adcock	Hermitage A	19:15	72	Paul Baker	Knowle & D B	22:36
22	R Simkiss	Kenilworth A	19:16	73	T Weatherson	Heanor Run C	22:40
23	Harry Bishop	Severn Ac A	19:17	74	Steve Maguire	Severn Ac B	22:41
24	M Bickerstaff	Heanor Run B	19:22	75	John Dillon	Whitchurch	22:47
25	M Poynton	Leicester	19:23	76	C Hackforth	Royal Sutt C	22:50
26	Chris Rimmer	Telford Ac A	19:28	77	Martin Ludford	Birmingham C	22:51
27	Dan Beier	Tipton Har B	19:32	78	Andrew Wheeler	Bournville D	22:53
28	Stephen Mears	Charnwood	19:39	79	Peter Paprcka	Massey Fer B	22:58
29	S Abrahams	Tipton Har C	19:45	80	R Dobedoe	Stratford A	23:11
30	A Robinson	Harborough	19:46	81	Andrew Bave	Wolverhamp D	23:15
31	Gareth Cadd	Bournville B	19:50	82	Stephen Meigh	Barnt Gree	23:37
32	Chris Sharp	Knowle & D A	19:53	83	Jack Blakemore	Kenilworth B	23:39
33	Paddy Clark	Notts Ac B	19:56	84	F Hessian	Notts Ac E	23:41
34	Ashley Miles	Sphinx Ac	20:07	85	E Tolhurst	Stratford B	23:48
35	Thomas Madden	Coventry G B	20:10	86	Nigel Chairman	Clevedon A	23:55
36	D Kesterton	Halesowen B	20:16	87	Adam Mitchel	Nuneaton H B	23:57
37	Callum Dillon	City Of St B	20:20	88	James Atkins	Halesowen D	23:59
38	Paul Waby	Dudley & S	20:24	89	Paul Lloyd	Solihull & B	24:02
39	J Jefferson	West Bromw A	20:27	90	M Shortall	Lichfield	24:18
40	Zack Nolan	Solihull & A	20:28	91	Paul Donnelly	Centurion	24:33
41	Thomas Phelps	Silson Jog	20:35	92	Gary Hotchkiss	Knowle & D C	24:45
42	David Oxland	Notts Ac D	20:37	93	Tommy Dempsey	Northbrook B	25:26
43	Ben Plummer	Barrow Run	20:39	94	Alan Grice	Tipton Har D	25:46
44	James McCann	Cannock & B	20:40	95	Mick Edwards	Sparkhill B	26:06
45	Nathan Smith	Gloucester	20:40	96	Leon Coppola	Massey Fer C	26:19
46	Kula Przewansk	Bristol & B	20:49	97	David Jones	Stratford C	26:35
47	Dave Rantell	Cheltenham B	20:50	98	Nick Pape	Hermitage C	26:54
48	Hywel Davies	Rugby & No A	20:53	99	John Ellis	Wolverhamp C	27:02
49	Ben Danvers	Kiddermins	20:56	100	Neil Munroe	West Bromw B	27:06
50	David Almond	Northbrook A	21:03	101	S Wilkinson	Birmingham D	27:29
51	N Hazelwood	Halesowen A	21:06				

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

- Senior Men Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	James Mee	Hearon Run A	17:57	36:26	+ 7	56	Ben Rhodes	Belper Har	22:16	44:07	+ 7
2	Luke Vine	Tipton Har A	18:52	37:00	+ 3	57	Matt Evans	Cheltenham C	22:18	44:09	+ 5
3	Richard Taylor	Coventry G A	19:07	37:07	- 1	58	Jamie Dancyger	Bromsgrove B	23:10	44:25	- 4
4	Rob Keal	Notts Ac A	18:46	37:11	+ 3	59	C HarlanMarks	Bournville C	22:59	44:26	- 1
5	Osmana Omer	Birchfield A	18:53	37:24	+ 5	60	Selvin Mills	Birmingham C	21:45	44:36	+ 17
6	B Halliwell	Stroud & D	19:34	37:29	- 5	61	Luke Ingram	Owls Ac Le B	22:19	44:51	+ 9
7	Adam Speake	Bristol & A	19:42	37:49	- 3	62	Neil Doherty	Hermitage B	22:48	44:52	+ 2
8	James Perrin	Cannock & A	19:30	37:59	+ 1	63	Danny Tolhurst	Stratford A	21:43	44:54	+ 17
9	Darren Jordan	Cheltenham A	19:46	38:01	- 3	64	Darien Farmer	Wolverhamp B	22:24	44:58	+ 7
10	O Langford	City Of St A	19:05	38:02	+ 2	65	Tony Goodyear	Sutton In	23:48	45:11	- 9
11	Ashley Sabin	Leicester	18:51	38:14	+ 14	66	Dean Richards	Whitchurch	22:28	45:15	+ 9
12	Mark Ince	Birmingham A	19:18	38:16	+ 1	67	Rick Hailey	Telford Ac B	22:59	45:19	0
13	Josh Norman	Owls Ac Le A	19:26	38:33	+ 3	68	Ian Smith	Severn Ac B	22:40	45:21	+ 6
14	Jamie Langley	Leamington	19:37	38:36	0	69	Jordan Smith	Dudley & S	24:57	45:21	- 31
15	Daniel Jones	Team Bath	20:04	38:46	- 4	70	Russell Davies	Knowle & D B	23:05	45:41	+ 2
16	Alex Benfield	Burton Ac	19:43	38:52	+ 1	71	Robert Weaver	Halesowen C	23:26	45:49	- 3
17	Alistair Smith	Coventry G B	19:01	39:11	+ 18	72	Subodh Dave	Royal Sutt C	23:03	45:53	+ 4
18	Oz Ellis	Tipton Har C	19:31	39:16	+ 11	73	M Chippington	Rugby & No B	24:07	45:54	- 12
19	Chris Tarren	Bournville A	20:09	39:24	+ 1	74	Dean Semple	Massey Fer B	23:16	46:14	+ 5
20	Tim Holling	Hearon Run B	20:03	39:25	+ 4	75	J Richardson	Kenilworth B	22:40	46:19	+ 8
21	C Fullerton	Tipton Har B	20:12	39:44	+ 6	76	Paul McCabe	Sparkhill A	24:20	46:24	- 10
22	Matt Atkins	Severn Ac A	20:37	39:54	+ 1	77	David Harte	Bournville D	23:35	46:28	+ 1
23	M Costante	Notts Ac B	20:10	40:06	+ 10	78	David Hall	Barnt Gree	23:23	47:00	+ 4
24	Lewis Hayes	Kettering	21:13	40:18	- 9	79	B Blundell	Sphinx Ac	26:58	47:05	- 45
25	Tim Doran	Charnwood	20:50	40:29	+ 3	80	James Deacon	Stratford B	23:31	47:19	+ 5
26	Matthew Driver	Harborough	20:49	40:35	+ 4	81	Matt Walton	Wolverhamp D	24:17	47:32	0
27	Jamie Davies	Telford Ac A	21:08	40:36	- 1	82	Jeff Everitt	Hearon Run C	25:23	48:03	- 9
28	Chris Brookes	Wolverhamp A	22:36	40:40	- 25	83	G Lawrence	Solihull & B	24:19	48:21	+ 6
29	Chris Perez	Rugby & No A	19:48	40:41	+ 19	84	Frans Frison	Lichfield	24:09	48:27	+ 6
30	Peter Matthews	Kenilworth A	21:25	40:41	- 8	85	S Millington	Halesowen D	24:53	48:52	+ 3
31	Andrew Cooke	Bristol & B	19:53	40:42	+ 15	86	C Houghton	Centurion	24:42	49:15	+ 5
32	B Hallett	City Of St B	20:25	40:45	+ 5	87	Lloyd Barton	Knowle & D C	26:04	50:49	+ 5
33	R Forsbrook	Cheltenham B	19:56	40:46	+ 14	88	Simon Neale	Massey Fer C	25:36	51:55	+ 8
34	Mark Appleton	Bromsgrove A	21:37	40:49	- 15	89	P Blackwell	Birmingham D	24:32	52:01	+ 12
35	Chris Taylor	Royal Sutt A	21:41	40:51	- 17	90	Mark Perry	Hermitage C	25:31	52:25	+ 8
36	Max Parker	Halesowen A	20:04	41:10	+ 15	91	Spencer Davis	Northbrook B	27:08	52:34	+ 2
37	Craig Hinds	Hermitage A	22:05	41:20	- 16	92	Archie Powell	West Bromw B	26:13	53:19	+ 8
38	Ben Topley	Birchfield B	20:09	41:21	+ 15	93	Pete Reeves	Sparkhill B	27:16	53:22	+ 2
39	Joseph Philips	Halesowen B	21:16	41:32	- 3	94	Philip Brennan	Stratford C	27:18	53:53	+ 3
40	Eoin Corr	Solihull & A	21:06	41:34	0	95	Jamie Thomason	Wolverhamp C	27:51	54:53	+ 4
41	J Randell	Knowle & D A	21:44	41:37	- 9	96	Dave Bray	Clevedon A	35:05	59:00	- 10
42	Bradlee Tod	Bournville B	21:58	41:48	- 11	97	Doug Talbot	Birmingham B	38:42	1:00:00	- 42
43	Aaron Brown	Cannock & B	21:10	41:50	+ 1	Fastest runners over stage 2:					
44	Bill Speake	Notts Ac C	20:52	42:16	+ 13	1	James Mee	Hearon Run A	17:57		
45	Tom Randles	Gloucester	21:39	42:19	0	2	Rob Keal	Notts Ac A	18:46		
46	Russell Barron	Stafford H	20:39	42:24	+ 14	3	Ashley Sabin	Leicester	18:51		
47	Richard Powell	West Bromw A	22:04	42:31	- 8	4	Luke Vine	Tipton Har A	18:52		
48	Paul Davey	Royal Sutt B	21:41	42:48	+ 4	5	Osmana Omer	Birchfield A	18:53		
49	Chris Neil	Barrow Run	22:11	42:50	- 6	6	Alistair Smith	Coventry G B	19:01		
50	Steven Turvey	Northbrook A	21:57	43:00	0	7	O Langford	City Of St A	19:05		
51	Pete Deacon	Notts Ac D	22:33	43:10	- 9	8	Richard Taylor	Coventry G A	19:07		
52	Daniel Mills	Nuneaton H A	21:10	43:14	+ 13	9	Mark Ince	Birmingham A	19:18		
53	Richard Davies	Silson Jog	22:59	43:34	- 12	10	Josh Norman	Owls Ac Le A	19:26		
54	David Clarke	Massey Fer A	21:13	43:37	+ 15						
55	Steve Smith	Kiddermins	22:43	43:39	- 6						

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

- Senior Men Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain								
1	Dale Annable	Hearon Run A	18:24	54:50	0	56	G McCaugherty	Cheltenham C	22:14	1:06:23	+	1	
2	Ben Livesey	Birchfield A	17:52	55:16	+ 3	57	Dave Ratcliffe	Dudley & S	21:23	1:06:44	+	12	
3	Benjamin Jones	Coventry G A	18:18	55:25	0	58	Chris McMillan	Owls Ac Le B	22:03	1:06:54	+	3	
4	Philip Wylie	Bristol & A	17:44	55:33	+ 3	59	Chris Lindesay	Birmingham C	22:44	1:07:20	+	1	
5	Phillip Wilson	Tipton Har A	19:01	56:01	- 3	60	Tom Fisher	Wolverhamp B	22:23	1:07:21	+	4	
6	Tom Russell	Stroud & D	18:44	56:13	0	61	Andy Rose	Belper Har	23:21	1:07:28	-	5	
7	Douglas Musson	Notts Ac A	19:32	56:43	- 3	62	O Kirkland	Bournville C	23:15	1:07:41	-	3	
8	John Parker	Cheltenham A	18:46	56:47	+ 1	63	Liam Hodson	Sutton In	22:37	1:07:48	+	2	
9	Eddie Highton	Owls Ac Le A	18:49	57:22	+ 4	64	Chris Warren	Bromsgrove B	23:38	1:08:03	-	6	
10	Philip Wolfe	Cannock & A	19:50	57:49	- 2	65	Andy Norman	Severn Ac B	23:03	1:08:24	+	3	
11	L Hendricken	City Of St A	19:55	57:57	- 1	66	Mark Newman	Stratford A	23:46	1:08:40	-	3	
12	Anupam Das	Team Bath	19:19	58:05	+ 3	67	Neil Sheward	Kenilworth B	23:00	1:09:19	+	8	
13	Richard Burman	Coventry G B	19:30	58:41	+ 4	68	Simon Phillips	Whitchurch	24:12	1:09:27	-	2	
14	Liam Roberts	Tipton Har B	19:06	58:50	+ 7	69	John Roberts	Knowle & D B	24:12	1:09:53	+	1	
15	Cory Parker	Burton Ac	20:12	59:04	+ 1	70	Aaron Lincoln	Rugby & No B	24:04	1:09:58	+	3	
16	Tom O'Mara	Hearon Run B	20:15	59:40	+ 4	71	A Hobday	Hearon Run C	22:01	1:10:04	+	11	
17	R Bayliss	Bournville A	20:17	59:41	+ 2	72	Ross Cooper	Massey Fer B	23:50	1:10:04	+	2	
18	Chris Grimley	Birmingham A	21:33	59:49	- 6	73	Mark Pearce	Sparkhill A	23:45	1:10:09	+	3	
19	Nick Corker	Royal Sutt A	19:10	1:00:01	+ 16	74	John Hill	Halesowen C	24:25	1:10:14	-	3	
20	Steve Long	Notts Ac B	20:03	1:00:09	+ 3	75	A Moran	Barnt Gree	23:21	1:10:21	+	3	
21	Andy Hart	Leicester	22:10	1:00:24	- 10	76	Dean Kelleher	Hermitage B	25:42	1:10:34	-	14	
22	Chris Carter	Leicord Ac A	19:53	1:00:29	+ 5	77	Colin Piper	Sphinx Ac	23:40	1:10:45	+	2	
23	Kyran Hale	Severn Ac A	21:01	1:00:55	- 1	78	Richard Lewis	Royal Sutt C	25:00	1:10:53	-	6	
24	Matthew Krelle	Bristol & B	20:14	1:00:56	+ 7	79	Andy Walsh	Lichfield	22:59	1:11:26	+	5	
25	Richard White	Halesowen A	19:49	1:00:59	+ 11	80	Antony Stewart	Bournville D	25:16	1:11:44	-	3	
26	J Barnes	Cheltenham B	20:23	1:01:09	+ 7	81	*Not Declared*	Wolverhamp D	26:02	1:13:34	0		
27	Richard Lomas	Bromsgrove A	20:33	1:01:22	+ 7	82	Gareth Dixon	Birmingham D	22:12	1:14:13	+	7	
28	Luke Robinson	Rugby & No A	20:55	1:01:36	+ 1	83	Richard Guest	Halesowen D	25:23	1:14:15	+	2	
29	Eoin O'Flynn	Leamington	23:05	1:01:41	- 15	84	Tommy Hill	Solihull & B	26:19	1:14:40	-	1	
30	Joseph Read	Knowle & D A	20:11	1:01:48	+ 11	85	Lenard Wallace	Centurion	25:47	1:15:02	+	1	
31	Theo Blundell	Birchfield B	20:32	1:01:53	+ 7	86	Andrew Turner	Stratford B	29:02	1:16:21	-	6	
32	William Clapp	Harborough	21:28	1:02:03	- 6	87	James Towey	Massey Fer C	24:52	1:16:47	+	1	
33	Dan Brazier	Wolverhamp A	21:31	1:02:11	- 5	88	Darren Maggs	Knowle & D C	28:30	1:19:19	-	1	
34	Liam Kirk	Kettering	22:20	1:02:38	- 10	89	Adam Guy	Wolverhamp C	24:59	1:19:52	+	6	
35	A Parkin	Charnwood	22:17	1:02:46	- 10	90	Ian Markhill	Sparkhill B	27:08	1:20:30	+	3	
36	A McCormack	Cannock & B	21:00	1:02:50	+ 7	91	Matt Green	Hermitage C	28:45	1:21:10	-	1	
37	David Ramus	Kenilworth A	22:12	1:02:53	- 7	92	Gary Woodhouse	West Bromw B	28:02	1:21:21	0		
38	D Washington	City Of St B	22:14	1:02:59	- 6	93	S Titmarsh	Birmingham B	22:50	1:22:50	+	4	
39	James Collins	Bournville B	21:26	1:03:14	+ 3	94	B Gravelsons	Stratford C	29:12	1:23:05	0		
40	Andy Williams	Tipton Har C	23:58	1:03:14	- 22	95	J Brannigan	Northbrook B	31:04	1:23:38	-	4	
41	Jason Lavine	Hermitage A	22:08	1:03:28	- 4	96	Kev Neads	Clevedon A	25:15	1:24:15	0		
42	James Barker	Notts Ac C	21:33	1:03:49	+ 2								
43	Chris Wood	Silson Jog	20:28	1:04:02	+ 10								
44	Sam Crutchley	Halesowen B	22:35	1:04:07	- 5								
45	D Gresswell	Gloucester	21:51	1:04:10	0								
46	Mark Bridgwood	Stafford H	22:04	1:04:28	0								
47	Graham Mander	Solihull & A	22:56	1:04:30	- 7								
48	Jonathan Male	Barrow Run	21:56	1:04:46	+ 1								
49	Colin McAuley	Royal Sutt B	22:01	1:04:49	- 1								
50	Tyler Selway	Nuneaton H A	22:18	1:05:32	+ 2								
51	Richard Hodge	Northbrook A	22:52	1:05:52	- 1								
52	Ben Abbott	Notts Ac D	22:46	1:05:56	- 1								
53	Thomas Grimley	Massey Fer A	22:32	1:06:09	+ 1								
54	John Carroll	Kiddermins	22:35	1:06:14	+ 1								
55	Lee Harris	West Bromw A	23:50	1:06:21	- 8								

Fastest runners over stage 3:

1	Philip Wylie	Bristol & A	17:44
2	Ben Livesey	Birchfield A	17:52
3	Benjamin Jones	Coventry G A	18:18
4	Dale Annable	Hearon Run A	18:24
5	Tom Russell	Stroud & D	18:44
6	John Parker	Cheltenham A	18:46
7	Eddie Highton	Owls Ac Le A	18:49
8	Phillip Wilson	Tipton Har A	19:01
9	Liam Roberts	Tipton Har B	19:06
10	Nick Corker	Royal Sutt A	19:10

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

- Senior Men Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Toby Spencer	Coventry G A	17:59	1:13:24	+ 2
2	M Williams	Tipton Har A	18:14	1:14:15	+ 3
3	Joe Rainsford	Heanor Run A	19:32	1:14:22	- 2
4	W Christofi	Bristol & A	18:55	1:14:28	0
5	Tim Hartley	Notts Ac A	18:23	1:15:06	+ 2
6	E Abdelrahman	Birchfield A	20:06	1:15:22	- 4
7	Anthony Bailey	Cheltenham A	20:01	1:16:48	+ 1
8	Jake Boat	Owls Ac Le A	19:46	1:17:08	+ 1
9	G Robinson	Stroud & D	21:02	1:17:15	- 3
10	Alex Brecker	City Of St A	19:28	1:17:25	+ 1
11	M Blundell	Cannock & A	20:20	1:18:09	- 1
12	Tom Dudden	Team Bath	20:24	1:18:29	0
13	Namir Batavia	Coventry G B	20:10	1:18:51	0
14	J Millington	Tipton Har B	20:29	1:19:19	0
15	J Perkins	Notts Ac B	19:34	1:19:43	+ 5
16	Shane Rice	Heanor Run B	20:20	1:20:00	0
17	Sam Chatwin	Bournville A	20:23	1:20:04	0
18	Gordy Smith	Burton Ac	21:04	1:20:08	- 3
19	Michael Dymond	Birmingham A	20:51	1:20:40	- 1
20	Paul Terleski	Royal Sutt A	20:57	1:20:58	- 1
21	Marc Turner	Halesowen A	20:36	1:21:35	+ 4
22	Ian Botheroyd	Rugby & No A	20:03	1:21:39	+ 6
23	Andrew Kaighin	Cheltenham B	20:37	1:21:46	+ 3
24	Robin Lane	Bristol & B	20:52	1:21:48	0
25	Mark Keeling	Severn Ac A	20:56	1:21:51	- 2
26	P Maddocks	Leicester	21:31	1:21:55	- 5
27	Patrick Roddy	Kenilworth A	19:36	1:22:29	+ 10
28	Ashley Ross	Bromsgrove A	21:12	1:22:34	- 1
29	Matthew Giles	Telford Ac A	22:05	1:22:34	- 7
30	Guy Allen	Leamington	21:14	1:22:55	- 1
31	Steve Ward	Wolverhamp A	20:56	1:23:07	+ 2
32	Tom Lupton	Charnwood	20:37	1:23:23	+ 3
33	T Roesler	Knowle & D A	22:21	1:24:09	- 3
34	Alex Parker	Birchfield B	22:19	1:24:12	- 3
35	David Edwards	Kettering	21:50	1:24:28	- 1
36	Shaun Coulton	Hermitage A	21:05	1:24:33	+ 5
37	Dave Turvey	Halesowen B	20:49	1:24:56	+ 7
38	James Lake	Cannock & B	22:16	1:25:06	- 2
39	Stuart Wallace	Notts Ac C	21:22	1:25:11	+ 3
40	D Mladenovic	Solihull & A	20:48	1:25:18	+ 7
41	S Hopkins	Bournville B	22:08	1:25:22	- 2
42	Daniel Taylor	Harborough	23:26	1:25:29	- 10
43	Mike Mansfield	Gloucester	21:26	1:25:36	+ 2
44	Tom Mahon	Owls Ac Le B	19:13	1:26:07	+ 14
45	Ian Scarrott	Barrow Run	22:21	1:27:07	+ 3
46	Rich Britain	Tipton Har C	24:15	1:27:29	- 6
47	Dean England	Royal Sutt B	22:55	1:27:44	+ 2
48	Iain Devlin	Cheltenham C	21:23	1:27:46	+ 8
49	K Hendricken	City Of St B	24:48	1:27:47	- 11
50	J Nicholson	Massey Fer A	22:09	1:28:18	+ 3
51	Adam Morris	Stafford H	24:14	1:28:42	- 5
52	Robert Trusson	Notts Ac D	23:01	1:28:57	0
53	Scott Palmer	Dudley & S	22:15	1:28:59	+ 4
54	Peter Fellows	Northbrook A	23:20	1:29:12	- 3
55	Andrew Kirk	Silson Jog	25:31	1:29:33	- 12
56	Greg Anderson	West Bromw A	23:46	1:30:07	- 1
57	Mark Hawkins	Kiddermins	24:14	1:30:28	- 3
58	Dave Lander	Severn Ac B	22:13	1:30:37	+ 7
59	Andrew Freeman	Bromsgrove B	22:51	1:30:54	+ 5
60	G R	Nuneaton H A	25:37	1:31:09	- 10
61	Jon Hammond	Bournville C	23:44	1:31:25	+ 1
62	Iain Lewis	Wolverhamp B	24:12	1:31:33	- 2
63	Kieran Tursner	Stratford A	23:04	1:31:44	+ 3
64	Rob Norman	Belper Har	24:39	1:32:07	- 3
65	Richard Dixon	Knowle & D B	22:25	1:32:18	+ 4
66	Nathan Smith	Rugby & No B	22:39	1:32:37	+ 4
67	Warren Bell	Kenilworth B	23:22	1:32:41	0
68	Rob Ryan	Birmingham C	25:57	1:33:17	- 9
69	Chris Cleary	Halesowen C	23:06	1:33:20	+ 5
70	M Richmond	Heanor Run C	24:01	1:34:05	+ 1
71	Simon Ralph	Royal Sutt C	23:44	1:34:37	+ 7
72	Andy Scarle	Barnt Gree	24:22	1:34:43	+ 3
73	N Gilkes	Sphinx Ac	24:01	1:34:46	+ 4
74	Tahir Ahktar	Sparkhill A	24:56	1:35:05	- 1
75	Steve Damms	Massey Fer B	25:07	1:35:11	- 3
76	Darren Thorpe	Hermitage B	25:24	1:35:58	0
77	G Alexander	Whitchurch	26:49	1:36:16	- 9
78	Matthew Allen	Halesowen D	22:15	1:36:30	+ 5
79	Michael Curran	Birmingham D	22:41	1:36:54	+ 3
80	Clive Lamb	Lichfield	26:13	1:37:39	- 1
81	Jack Roberts	Bournville D	27:32	1:39:16	- 1
82	D Andrew	Massey Fer C	24:08	1:40:55	+ 5
83	M Helliher	Stratford B	25:16	1:41:37	+ 3
84	Simon Gray	Sutton In	34:01	1:41:49	- 21
85	Neil Wilkes	Centurion	26:57	1:41:59	0
86	Ian Harris	Wolverhamp D	28:27	1:42:01	- 5
87	Alex Black	Knowle & D C	24:41	1:44:00	+ 1
88	David McNeil	Birmingham B	21:27	1:44:17	+ 5
89	Wes Campion	Wolverhamp C	24:41	1:44:33	0
90	John Cunliffe	Solihull & B	33:21	1:48:01	- 6
91	Barry Crowley	Sparkhill B	28:24	1:48:54	- 1
92	James Cridland	Clevedon A	25:21	1:49:36	+ 4
93	Simon Jones	Northbrook B	25:59	1:49:37	+ 2
94	David Bratby	West Bromw B	28:48	1:50:09	- 2
95	Mike Barrie	Stratford C	27:53	1:50:58	- 1

Fastest runners over stage 4:

1	Toby Spencer	Coventry G A	17:59
2	M Williams	Tipton Har A	18:14
3	Tim Hartley	Notts Ac A	18:23
4	W Christofi	Bristol & A	18:55
5	Tom Mahon	Owls Ac Le B	19:13
6	Alex Brecker	City Of St A	19:28
7	Joe Rainsford	Heanor Run A	19:32
8	J Perkins	Notts Ac B	19:34
9	Patrick Roddy	Kenilworth A	19:36
10	Jake Boat	Owls Ac Le A	19:46

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

- Senior Men Stage 5 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Harvey Speed	Coventry G A	19:07	1:32:31	0
2	Stuart King	Heanor Run A	18:32	1:32:54	+ 1
3	Alistair Watson	Notts Ac A	17:57	1:33:03	+ 2
4	Oliver Mott	Bristol & A	18:45	1:33:13	0
5	Ben Gamble	Tipton Har A	18:59	1:33:14	- 3
6	James Trollope	Birchfield A	19:50	1:35:12	0
7	Matthew Withey	Stroud & D	18:38	1:35:53	+ 2
8	Paul Miles	Owls Ac Le A	19:15	1:36:23	0
9	Phil Beastall	Cheltenham A	19:44	1:36:32	- 2
10	David Sheldon	City Of St A	19:43	1:37:08	0
11	David Coales	Team Bath	20:06	1:38:35	+ 1
12	Craig Pearson	Cannock & A	20:47	1:38:56	- 1
13	Jack Villette	Coventry G B	20:24	1:39:15	0
14	M Williams	Notts Ac B	20:06	1:39:49	+ 1
15	Steven Brookes	Tipton Har B	20:48	1:40:07	- 1
16	Paul Thompson	Bournville A	20:23	1:40:27	+ 1
17	M Matthews	Birmingham A	20:19	1:40:59	+ 2
18	Daniel Cleary	Halesowen A	20:06	1:41:41	+ 3
19	Robert Male	Rugby & No A	20:25	1:42:04	+ 3
20	Jonny Monk	Leicester	20:22	1:42:17	+ 6
21	David Long	Royal Sutt A	21:24	1:42:22	- 1
22	M Wagstaffe	Burton Ac	22:17	1:42:25	- 4
23	James Rose	Severn Ac A	21:01	1:42:52	+ 2
24	Carl Hughes	Heanor Run B	23:15	1:43:15	- 8
25	Martin Lewis	Charnwood	19:55	1:43:18	+ 7
26	Stephen Page	Kenilworth A	20:49	1:43:18	+ 1
27	Mike Gray	Cheltenham B	21:35	1:43:21	- 4
28	Simon Lanckham	Bromsgrove A	21:32	1:44:06	0
29	J Toddington	Wolverhampt A	21:40	1:44:47	+ 2
30	Sam Garmson	Telford Ac A	22:14	1:44:48	- 1
31	Kirk Giles	Knowle & D A	21:31	1:45:40	+ 2
32	Andrew Norton	Notts Ac C	20:38	1:45:49	+ 7
33	Craig Bower	Leamington	23:06	1:46:01	- 3
34	Sean Rose	Bournville B	20:49	1:46:11	+ 7
35	Dean Hickin	Hermitage A	21:48	1:46:21	+ 1
36	Tom Meakin	Owls Ac Le B	20:20	1:46:27	+ 8
37	Jed Hayes	Kettering	22:09	1:46:37	- 2
38	Samuel Bedwell	Bristol & B	24:53	1:46:41	- 14
39	Aaron Houseman	Cannock & B	22:14	1:47:20	- 1
40	Joseph Donkin	Halesowen B	22:53	1:47:49	- 3
41	Elliot Prince	Cheltenham C	20:54	1:48:40	+ 7
42	Matthew Taylor	Harborough	23:16	1:48:45	0
43	Steven Dyer	Birchfield B	24:48	1:49:00	- 9
44	A McDonald	Solihull & A	23:55	1:49:13	- 4
45	Stuart McCaw	Royal Sutt B	21:31	1:49:15	+ 2
46	Arthur Daley	Gloucester	24:16	1:49:52	- 3
47	John Danahay	City Of St B	22:22	1:50:09	+ 2
48	Paul Bosson	Stafford H	21:56	1:50:38	+ 3
49	David Conway	Massey Fer A	22:44	1:51:02	+ 1
50	Richard French	Northbrook A	24:09	1:53:21	+ 4
51	Mark Sadler	Barrow Run	27:08	1:54:15	- 6
52	Paul King	Silson Jog	24:56	1:54:29	+ 3
53	Andy Mason	Dudley & S	25:54	1:54:53	0
54	J Greenwood	West Bromw A	24:54	1:55:01	+ 2
55	Paul Gorman	Bournville C	23:39	1:55:04	+ 6
56	Keith Best	Tipton Har C	27:47	1:55:16	- 10
57	David Sansom	Birmingham C	22:01	1:55:18	+ 11
58	Anthony Warner	Bromsgrove B	24:31	1:55:25	+ 1
59	Malcolm Bowyer	Stratford A	24:03	1:55:47	+ 4
60	C Royal	Halesowen C	22:35	1:55:55	+ 9
61	Kevin Boake	Knowle & D B	24:05	1:56:23	+ 4
62	Russ Barnes	Kiddermins	26:31	1:56:59	- 5
63	Keith Waring	Notts Ac D	28:14	1:57:11	- 11
64	Steve Ramus	Kenilworth B	24:32	1:57:13	+ 3
65	Steve Meath	Belper Har	25:29	1:57:36	- 1
66	P Finnegan	Sparkhill A	22:51	1:57:56	+ 8
67	Jake Hayward	Nuneaton H A	26:52	1:58:01	- 7
68	Pete Hall	Sphinx Ac	23:16	1:58:02	+ 5
69	John Fletcher	Royal Sutt C	23:54	1:58:31	+ 2
70	Roger Mallard	Halesowen D	22:06	1:58:36	+ 8
71	Paul Mercer	Heanor Run C	24:55	1:59:00	- 1
72	Steve Mumford	Massey Fer B	24:20	1:59:31	+ 3
73	John Doyle	Lichfield	21:57	1:59:36	+ 7
74	M Dumelow	Hermitage B	23:41	1:59:39	+ 2
75	Richard Keen	Barnt Gree	25:12	1:59:55	- 3
76	R Stewart	Whitchurch	26:15	2:02:31	+ 1
77	John Enright	Bournville D	27:31	2:06:47	+ 4
78	Paul Hawkins	Stratford B	25:14	2:06:51	+ 5
79	Martin Cleaver	Birmingham B	22:37	2:06:54	+ 9
80	Paul Tabor	Wolverhampt D	26:37	2:08:38	+ 6
81	L Dominic	Massey Fer C	28:58	2:09:53	+ 1
82	M McDonald	Knowle & D C	26:07	2:10:07	+ 5
83	Keith Brown	Sutton In	28:34	2:10:23	+ 1
84	Richard Booth	Centurion	30:35	2:12:34	+ 1
85	Neil Grey	Wolverhampt C	28:21	2:12:54	+ 4
86	Scott Danter	Solihull & B	25:15	2:13:16	+ 4
87	Simon Hawkes	Clevedon A	25:27	2:15:03	+ 5
88	Craig Hinks	Sparkhill B	26:44	2:15:38	+ 3
89	David Cooper	Northbrook B	27:17	2:16:54	+ 4
90	Brian Weetman	Stratford C	26:40	2:17:38	+ 5
91	Gary Clifton	West Bromw B	29:02	2:19:11	+ 3

Fastest runners over stage 5:

1	Alistair Watson	Notts Ac A	17:57
2	Stuart King	Heanor Run A	18:32
3	Matthew Withey	Stroud & D	18:38
4	Oliver Mott	Bristol & A	18:45
5	Ben Gamble	Tipton Har A	18:59
6	Harvey Speed	Coventry G A	19:07
7	Paul Miles	Owls Ac Le A	19:15
8	David Sheldon	City Of St A	19:43
9	Phil Beastall	Cheltenham A	19:44
10	James Trollope	Birchfield A	19:50

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

- Senior Men Stage 6 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Stephen Emery	Coventry G A	18:18	1:50:49	0	50	Darren Hale	Bromsgrove B	21:43	2:17:08	+ 8
2	Aaron Scott	Notts Ac A	18:01	1:51:04	+ 1	51	Wayne Vickers	Stratford A	22:05	2:17:52	+ 8
3	S Mitchell	Bristol & A	18:17	1:51:30	+ 1	52	Stewart Shears	Silson Jog	23:24	2:17:53	0
4	Mark Powell	Hearon Run A	19:09	1:52:03	- 2	53	Matthew Slater	Bournville C	23:22	2:18:26	+ 2
5	Nigel Stirk	Tipton Har A	19:02	1:52:16	0	54	Rob Ambrose	Knowle & D B	23:09	2:19:32	+ 7
6	Daniel Hallam	Owls Ac Le A	18:40	1:55:03	+ 2	55	Alex Morgan	Halesowen C	24:21	2:20:16	+ 5
7	Ben Griffiths	Birchfield A	20:36	1:55:48	- 1	56	Chris Rischer	Notts Ac D	23:06	2:20:17	+ 7
8	William New	Cheltenham A	20:01	1:56:33	+ 1	57	James Coombes	Lichfield	21:10	2:20:46	+ 16
9	Matthew Doyle	Stroud & D	21:16	1:57:09	- 2	58	Mick Williams	Kenilworth B	23:40	2:20:53	+ 6
10	Ewen Malloch	Team Bath	19:04	1:57:39	+ 1	59	Nick Stringer	Sparkhill A	23:01	2:20:57	+ 7
11	T Hendricken	City Of St A	20:56	1:58:04	- 1	60	David Liddall	Royal Sutt C	22:45	2:21:16	+ 9
12	Robert Smith	Notts Ac B	19:49	1:59:38	+ 2	61	Andrew Nock	Halesowen D	22:57	2:21:33	+ 9
13	Paul Lester	Cannock & A	20:44	1:59:40	- 1	62	N Wilson	Nuneaton H A	23:38	2:21:39	+ 5
14	Stuart Baird	Coventry G B	21:16	2:00:31	- 1	63	John Llewellyn	Birmingham C	26:31	2:21:49	- 6
15	Dean Parker	Bournville A	20:06	2:00:33	+ 1	64	Neil Kirk	Kiddermins	25:25	2:22:24	- 2
16	Chris Ashford	Birmingham A	19:38	2:00:37	+ 1	65	Simon Hackett	Belper Har	25:30	2:23:06	0
17	Dan Allison	Leicester	19:14	2:01:31	+ 3	66	Michael Wall	SphinxAc	25:11	2:23:13	+ 2
18	Tom Holden	Tipton Har B	21:44	2:01:51	- 3	67	Lee Abrahams	Tipton Har C	28:06	2:23:22	- 11
19	Mark Hadley	Halesowen A	20:19	2:02:00	- 1	68	Stephen Lee	Hermitage B	24:10	2:23:49	+ 6
20	F Tremblay	Royal Sutt A	20:12	2:02:34	+ 1	69	Ian Redford	Massey Fer B	25:05	2:24:36	+ 3
21	Paul Andrew	Kenilworth A	19:37	2:02:55	+ 5	70	David Gould	West Bromw A	29:59	2:25:00	- 16
22	Roger Mullins	Cheltenham B	20:19	2:03:40	+ 5	71	Paul Winfield	Hearon Run C	26:08	2:25:08	0
23	Stephen Milner	Rugby & No A	21:54	2:03:58	- 4	72	Byron Parish	Barnt Gree	26:35	2:26:30	+ 3
24	A Blackburn	Severn Ac A	21:20	2:04:12	- 1	73	J Johnstone	Bournville D	21:42	2:28:29	+ 4
25	Mark Crofts	Charnwood	21:23	2:04:41	0	74	Richard Gray	Birmingham B	22:11	2:29:05	+ 5
26	Lee Perkins	Hearon Run B	21:40	2:04:55	- 2	75	Simon Parsons	Whitchurch	29:32	2:32:03	+ 1
27	Joe Smith	Bromsgrove A	21:27	2:05:33	+ 1	76	P Whittingham	Sutton In	22:20	2:32:43	+ 7
28	Simon Allen	Owls Ac Le B	19:41	2:06:08	+ 8	77	Mark Francis	Stratford B	26:47	2:33:38	+ 1
29	C Collins	Bournville B	20:30	2:06:41	+ 5	78	*Not Declared*	Massey Fer C	25:01	2:34:54	+ 3
30	Matthew Butler	Leamington	20:49	2:06:50	+ 3	79	Ben Hides	Clevedon A	22:59	2:38:02	+ 8
31	Nick Thomas	Telford Ac A	22:14	2:07:02	- 1	80	K Whitehead	Knowle & D C	28:18	2:38:25	+ 2
32	R Carpenter	Wolverhamp A	22:30	2:07:17	- 3	81	PinsonBradley	Wolverhamp C	26:08	2:39:02	+ 4
33	Chris Morgan	Knowle & D A	22:45	2:08:25	- 2	82	Andy Carroll	Sparkhill B	24:59	2:40:37	+ 6
34	Darren Wilson	Hermitage A	22:11	2:08:32	+ 1	83	Kevin Morris	Centurion	28:09	2:40:43	+ 1
35	Philip Waring	Notts Ac C	22:51	2:08:40	- 3	84	Thoma Perks	Solihull & B	27:44	2:41:00	+ 2
36	James Baird	Halesowen B	21:03	2:08:52	+ 4	85	Kevin Coughlan	Northbrook B	27:31	2:44:25	+ 4
37	M Stewart	Kettering	22:18	2:08:55	0	86	Paul Stevens	West Bromw B	26:01	2:45:12	+ 5
38	Eamon O'Hanlon	BurtonAc	26:50	2:09:15	- 16	87	Larry Coltman	Stratford C	29:34	2:47:12	+ 3
39	Steven Howes	Solihull & A	22:08	2:11:21	+ 5	Fastest runners over stage 6:					
40	James Wilkinson	Cheltenham C	22:57	2:11:37	+ 1	1	Aaron Scott	Notts Ac A	18:01		
41	Mark Rickards	Royal Sutt B	22:34	2:11:49	+ 4	2	S Mitchell	Bristol & A	18:17		
42	Nathan Sabin	Stafford H	21:51	2:12:29	+ 6	3	Stephen Emery	Coventry G A	18:18		
43	David Bratt	City Of St B	23:11	2:13:20	+ 4	4	Daniel Hallam	Owls Ac Le A	18:40		
44	Graeme Rolfe	Harborough	25:01	2:13:46	- 2	5	Nigel Stirk	Tipton Har A	19:02		
45	Harry Redford	Massey Fer A	23:29	2:14:31	+ 4	6	Ewen Malloch	Team Bath	19:04		
46	Matt Hillier	Barrow Run	21:45	2:16:00	+ 5	7	Mark Powell	Hearon Run A	19:09		
47	D Harrington	Birchfield B	27:31	2:16:31	- 4	8	Dan Allison	Leicester	19:14		
48	Mark Baker	Northbrook A	23:40	2:17:01	+ 2	9	Paul Andrew	Kenilworth A	19:37		
49	Rob Jordan	Gloucester	27:13	2:17:05	- 3	10	Chris Ashford	Birmingham A	19:38		

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

Senior Men — Team Results — Final

(nn) is team position after the appropriate stage.

<p>1 Coventry Godiva Harriers 'A' 1:50:49</p> <p>1 Matthew Lole (2) 18:00 3 Benjamin Jones (3) 18:18 5 Harvey Speed (1) 19:07</p> <p>2 Richard Taylor (3) 19:07 4 Toby Spencer (1) 17:59 6 Stephen Emery (1) 18:18</p>	<p>14 Coventry Godiva Harriers 'B' 2:00:31</p> <p>1 Thomas Madden (35) 20:10 3 Richard Burman (13) 19:30 5 Jack Villette (13) 20:24</p> <p>2 Alistair Smith (17) 19:01 4 Namir Batavia (13) 20:10 6 Stuart Baird (14) 21:16</p>
<p>2 Notts Ac 'A' 1:51:04</p> <p>1 Stuart Spencer (7) 18:25 3 Douglas Musson (7) 19:32 5 Alistair Watson (3) 17:57</p> <p>2 Rob Keal (4) 18:46 4 Tim Hartley (5) 18:23 6 Aaron Scott (2) 18:01</p>	<p>15 Bournville Harriers 'A' 2:00:33</p> <p>1 Orlando Corea (20) 19:15 3 R Bayliss (17) 20:17 5 Paul Thompson (16) 20:23</p> <p>2 Chris Tarren (19) 20:09 4 Sam Chatwin (17) 20:23 6 Dean Parker (15) 20:06</p>
<p>3 Bristol & West Ac (est. 1882) 'A' 1:51:30</p> <p>1 Daniel Studley (4) 18:07 3 Philip Wylie (4) 17:44 5 Oliver Mott (4) 18:45</p> <p>2 Adam Speake (7) 19:42 4 W Christofi (4) 18:55 6 S Mitchell (3) 18:17</p>	<p>16 Birmingham Running A&T 'A' 2:00:37</p> <p>1 D Robinson (13) 18:58 3 Chris Grimley (18) 21:33 5 M Matthews (17) 20:19</p> <p>2 Mark Ince (12) 19:18 4 Michael Dymond (19) 20:51 6 Chris Ashford (16) 19:38</p>
<p>4 Heanor Running Club 'A' 1:52:03</p> <p>1 C Rainsford (8) 18:29 3 Dale Annable (1) 18:24 5 Stuart King (2) 18:32</p> <p>2 James Mee (1) 17:57 4 Joe Rainsford (3) 19:32 6 Mark Powell (4) 19:09</p>	<p>17 Leicester Coritanian 2:01:31</p> <p>1 M Poynton (25) 19:23 3 Andy Hart (21) 22:10 5 Jonny Monk (20) 20:22</p> <p>2 Ashley Sabin (11) 18:51 4 P Maddocks (26) 21:31 6 Dan Allison (17) 19:14</p>
<p>5 Tipton Harriers 'A' 1:52:16</p> <p>1 Ian Williams (5) 18:08 3 Phillip Wilson (5) 19:01 5 Ben Gamble (5) 18:59</p> <p>2 Luke Vine (2) 18:52 4 M Williams (2) 18:14 6 Nigel Stirk (5) 19:02</p>	<p>18 Tipton Harriers 'B' 2:01:51</p> <p>1 Dan Beier (27) 19:32 3 Liam Roberts (14) 19:06 5 Steven Brookes (15) 20:48</p> <p>2 C Fullerton (21) 20:12 4 J Millington (14) 20:29 6 Tom Holden (18) 21:44</p>
<p>6 Owls Ac Leicester 'A' 1:55:03</p> <p>1 Thomas Bell (16) 19:07 3 Eddie Highton (9) 18:49 5 Paul Miles (8) 19:15</p> <p>2 Josh Norman (13) 19:26 4 Jake Boat (8) 19:46 6 Daniel Hallam (6) 18:40</p>	<p>19 Halesowen Acc 'A' 2:02:00</p> <p>1 N Hazelwood (51) 21:06 3 Richard White (25) 19:49 5 Daniel Cleary (18) 20:06</p> <p>2 Max Parker (36) 20:04 4 Marc Turner (21) 20:36 6 Mark Hadley (19) 20:19</p>
<p>7 Birchfield Harriers 'A' 1:55:48</p> <p>1 Andrew Peat (10) 18:31 3 Ben Livesey (2) 17:52 5 James Trollope (6) 19:50</p> <p>2 Osmana Omer (5) 18:53 4 E Abdelrahman (6) 20:06 6 Ben Griffiths (7) 20:36</p>	<p>20 Royal Sutton Coldfield Athleti 'A' 2:02:34</p> <p>1 O Harradence (18) 19:10 3 Nick Corker (19) 19:10 5 David Long (21) 21:24</p> <p>2 Chris Taylor (35) 21:41 4 Paul Terleski (20) 20:57 6 F Tremblay (20) 20:12</p>
<p>8 Cheltenham And County Harriers 'A' 1:56:33</p> <p>1 Rhys Park (6) 18:15 3 John Parker (8) 18:46 5 Phil Beastall (9) 19:44</p> <p>2 Darren Jordan (9) 19:46 4 Anthony Bailey (7) 20:01 6 William New (8) 20:01</p>	<p>21 Kenilworth Runners 'A' 2:02:55</p> <p>1 R Simkiss (22) 19:16 3 David Ramus (37) 22:12 5 Stephen Page (26) 20:49</p> <p>2 Peter Matthews (30) 21:25 4 Patrick Roddy (27) 19:36 6 Paul Andrew (21) 19:37</p>
<p>9 Stroud & District Ac 1:57:09</p> <p>1 Robert Galt (1) 17:55 3 Tom Russell (6) 18:44 5 Matthew Withey (7) 18:38</p> <p>2 B Halliwell (6) 19:34 4 G Robinson (9) 21:02 6 Matthew Doyle (9) 21:16</p>	<p>22 Cheltenham And County Harriers 'B' 2:03:40</p> <p>1 Dave Rantell (47) 20:50 3 J Barnes (26) 20:23 5 Mike Gray (27) 21:35</p> <p>2 R Forsbrook (33) 19:56 4 Andrew Kaighin (23) 20:37 6 Roger Mullins (22) 20:19</p>
<p>10 Team Bath Athletics Club 1:57:39</p> <p>1 Alex Carter (11) 18:42 3 Anupam Das (12) 19:19 5 David Coales (11) 20:06</p> <p>2 Daniel Jones (15) 20:04 4 Tom Dudden (12) 20:24 6 Ewen Malloch (10) 19:04</p>	<p>23 Rugby & Northampton Ac 'A' 2:03:58</p> <p>1 Hywel Davies (48) 20:53 3 Luke Robinson (28) 20:55 5 Robert Male (19) 20:25</p> <p>2 Chris Perez (29) 19:48 4 Ian Botheroyd (22) 20:03 6 Stephen Milner (23) 21:54</p>
<p>11 City Of Stoke Ac 'A' 1:58:04</p> <p>1 S Duffy (12) 18:57 3 L Hendricken (11) 19:55 5 David Sheldon (10) 19:43</p> <p>2 O Langford (10) 19:05 4 Alex Brecker (10) 19:28 6 T Hendricken (11) 20:56</p>	<p>24 Severn Ac 'A' 2:04:12</p> <p>1 Harry Bishop (23) 19:17 3 Kyran Hale (23) 21:01 5 James Rose (23) 21:01</p> <p>2 Matt Atkins (22) 20:37 4 Mark Keeling (25) 20:56 6 A Blackburn (24) 21:20</p>
<p>12 Notts Ac 'B' 1:59:38</p> <p>1 Paddy Clark (33) 19:56 3 Steve Long (20) 20:03 5 M Williams (14) 20:06</p> <p>2 M Costante (23) 20:10 4 J Perkins (15) 19:34 6 Robert Smith (12) 19:49</p>	<p>25 Charnwood Ac 2:04:41</p> <p>1 Stephen Mears (28) 19:39 3 A Parkin (35) 22:17 5 Martin Lewis (25) 19:55</p> <p>2 Tim Doran (25) 20:50 4 Tom Lupton (32) 20:37 6 Mark Crofts (25) 21:23</p>
<p>13 Cannock & Stafford Ac 'A' 1:59:40</p> <p>1 C Perrin (9) 18:29 3 Philip Wolfe (10) 19:50 5 Craig Pearson (12) 20:47</p> <p>2 James Perin (8) 19:30 4 M Blundell (11) 20:20 6 Paul Lester (13) 20:44</p>	<p>26 Heanor Running Club 'B' 2:04:55</p> <p>1 M Bickerstaff (24) 19:22 3 Tom O'Mara (16) 20:15 5 Carl Hughes (24) 23:15</p> <p>2 Tim Holling (20) 20:03 4 Shane Rice (16) 20:20 6 Lee Perkins (26) 21:40</p>

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

27 Bromsgrove & Redditch		'A'	2:05:33	41 Royal Sutton Coldfield Athleti		'B'	2:11:49
1 M Hawcroft (19) 19:12	2 Mark Appleton (34) 21:37	1 R Simpson (52) 21:07	2 Paul Davey (48) 21:41	3 Richard Lomas (27) 20:33	4 Ashley Ross (28) 21:12	3 Colin McAuley (49) 22:01	4 Dean England (47) 22:55
5 Simon Lanckham (28) 21:32	6 Joe Smith (27) 21:27	5 Stuart McCaw (45) 21:31	6 Mark Rickards (41) 22:34				
28 Owls Ac Leicester		'B'	2:06:08	42 Stafford Harriers			2:12:29
1 Carl Voisey (70) 22:32	2 Luke Ingram (61) 22:19	1 Steve Vaughan (60) 21:45	2 Russell Barron (46) 20:39	3 Chris McMillan (58) 22:03	4 Tom Mahon (44) 19:13	3 Mark Bridgwood (46) 22:04	4 Adam Morris (51) 24:14
5 Tom Meakin (36) 20:20	6 Simon Allen (28) 19:41	5 Paul Bosson (48) 21:56	6 Nathan Sabin (42) 21:51				
29 Bournville Harriers		'B'	2:06:41	43 City Of Stoke Ac			'B' 2:13:20
1 Gareth Cadd (31) 19:50	2 Bradlee Tod (42) 21:58	1 Callum Dillon (37) 20:20	2 B Hallett (32) 20:25	3 James Collins (39) 21:26	4 S Hopkins (41) 22:08	3 D Washington (38) 22:14	4 K Hendricken (49) 24:48
5 Sean Rose (34) 20:49	6 C Collins (29) 20:30	5 John Danahay (47) 22:22	6 David Bratt (43) 23:11				
30 Leamington Cycling & Athletic			2:06:50	44 Harborough Ac			2:13:46
1 Andrew Savery (14) 18:59	2 Jamie Langley (14) 19:37	1 A Robinson (30) 19:46	2 Matthew Driver (26) 20:49	3 Eoin O'Flynn (29) 23:05	4 Guy Allen (30) 21:14	3 William Clapp (32) 21:28	4 Daniel Taylor (42) 23:26
5 Craig Bower (33) 23:06	6 Matthew Butler (30) 20:49	5 Matthew Taylor (42) 23:16	6 Graeme Rolfe (44) 25:01				
31 Telford Ac		'A'	2:07:02	45 Massey Ferguson Rc			'A' 2:14:31
1 Chris Rimmer (26) 19:28	2 Jamie Davies (27) 21:08	1 Simon Brown (69) 22:24	2 David Clarke (54) 21:13	3 Chris Carter (22) 19:53	4 Matthew Giles (29) 22:05	3 Thomas Grimley (53) 22:32	4 J Nicholson (50) 22:09
5 Sam Gamson (30) 22:14	6 Nick Thomas (31) 22:14	5 David Conway (49) 22:44	6 Harry Redford (45) 23:29				
32 Wolverhampton & Bilston		'A'	2:07:17	46 Barrow Runners			2:16:00
1 Ross Jones (3) 18:04	2 Chris Brookes (28) 22:36	1 Ben Plummer (43) 20:39	2 Chris Neil (49) 22:11	3 Dan Brazier (33) 21:31	4 Steve Ward (31) 20:56	3 Jonathan Male (48) 21:56	4 Ian Scarrott (45) 22:21
5 J Toddington (29) 21:40	6 R Carpenter (32) 22:30	5 Mark Sadler (51) 27:08	6 Matt Hillier (46) 21:45				
33 Knowle & Dorrige Rc		'A'	2:08:25	47 Birchfield Harriers			'B' 2:16:31
1 Chris Sharp (32) 19:53	2 J Randell (41) 21:44	1 Rob Deakin (53) 21:12	2 Ben Topley (38) 20:09	3 Joseph Read (30) 20:11	4 T Roesler (33) 22:21	3 Theo Blundell (31) 20:32	4 Alex Parker (34) 22:19
5 Kirk Giles (31) 21:31	6 Chris Morgan (33) 22:45	5 Steven Dyer (43) 24:48	6 D Harrington (47) 27:31				
34 Hermitage Harriers		'A'	2:08:32	48 Northbrook Athletic Club			'A' 2:17:01
1 Matt Adcock (21) 19:15	2 Craig Hinds (37) 22:05	1 David Almond (50) 21:03	2 Steven Turvey (50) 21:57	3 Jason Lavine (41) 22:08	4 Shaun Coulton (36) 21:05	3 Richard Hodge (51) 22:52	4 Peter Fellows (54) 23:20
5 Dean Hickin (35) 21:48	6 Darren Wilson (34) 22:11	5 Richard French (50) 24:09	6 Mark Baker (48) 23:40				
35 Notts Ac		'C'	2:08:40	49 Gloucester Ac			2:17:05
1 J Coleshaw (57) 21:24	2 Bill Speake (44) 20:52	1 Nathan Smith (45) 20:40	2 Tom Randles (45) 21:39	3 James Barker (42) 21:33	4 Stuart Wallace (39) 21:22	3 D Gresswell (45) 21:51	4 Mike Mansfield (43) 21:26
5 Andrew Norton (32) 20:38	6 Philip Waring (35) 22:51	5 Arthur Daley (46) 24:16	6 Rob Jordan (49) 27:13				
36 Halesowen Acc		'B'	2:08:52	50 Bromsgrove & Redditch			'B' 2:17:08
1 D Kesterton (36) 20:16	2 Joseph Philips (39) 21:16	1 Matthew Meckin (54) 21:15	2 Jamie Dancyger (58) 23:10	3 Sam Crutchley (44) 22:35	4 Dave Turvey (37) 20:49	3 Chris Warren (64) 23:38	4 Andrew Freeman (59) 22:51
5 Joseph Donkin (40) 22:53	6 James Baird (36) 21:03	5 Anthony Warner (58) 24:31	6 Darren Hale (50) 21:43				
37 Kettering Town Harriers			2:08:55	51 Stratford Upon Avon Ac			'A' 2:17:52
1 David Green (15) 19:05	2 Lewis Hayes (24) 21:13	1 R Dobeoe (80) 23:11	2 Danny Tolhurst (63) 21:43	3 Liam Kirk (34) 22:20	4 David Edwards (35) 21:50	3 Mark Newman (66) 23:46	4 Kieran Tursner (63) 23:04
5 Jed Hayes (37) 22:09	6 M Stewart (37) 22:18	5 Malcolm Bowyer (59) 24:03	6 Wayne Vickers (51) 22:05				
38 Burton Ac			2:09:15	52 Silson Joggers Ac			2:17:53
1 James Latham (17) 19:09	2 Alex Benfield (16) 19:43	1 Thomas Phelps (41) 20:35	2 Richard Davies (53) 22:59	3 Cory Parker (15) 20:12	4 Gordy Smith (18) 21:04	3 Chris Wood (43) 20:28	4 Andrew Kirk (55) 25:31
5 M Wagstaffe (22) 22:17	6 Eamon O'Hanlon (38) 26:50	5 Paul King (52) 24:56	6 Stewart Shears (52) 23:24				
39 Solihull & Small Heath Athleti		'A'	2:11:21	53 Bournville Harriers			'C' 2:18:26
1 Zack Nolan (40) 20:28	2 Eoin Corr (40) 21:06	1 Stuart Pearson (58) 21:27	2 C Harlan Marks (59) 22:59	3 Graham Mander (47) 22:56	4 D Mladenovic (40) 20:48	3 O Kirkland (62) 23:15	4 Jon Hammond (61) 23:44
5 A McDonald (44) 23:55	6 Steven Howes (39) 22:08	5 Paul Gorman (55) 23:39	6 Matthew Slater (53) 23:22				
40 Cheltenham And County Harriers		'C'	2:11:37	54 Knowle & Dorrige Rc			'B' 2:19:32
1 Dave Aubrey (62) 21:51	2 Matt Evans (57) 22:18	1 Paul Baker (72) 22:36	2 Russell Davies (70) 23:05	3 G McCaugherty (56) 22:14	4 Iain Devlin (48) 21:23	3 John Roberts (69) 24:12	4 Richard Dixon (65) 22:25
5 Elliot Prince (41) 20:54	6 James Wilkinson (40) 22:57	5 Kevin Boake (61) 24:05	6 Rob Ambrose (54) 23:09				

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

<p>55 Halesowen Acc 'C' 2:20:16</p> <p>1 JBeardmore (68) 22:23 2 RobertWeaver (71) 23:26 3 JohnHill (74) 24:25 4 ChrisCleary (69) 23:06 5 CRoyal (60) 22:35 6 AlexMorgan (55) 24:21</p>	<p>69 Massey Ferguson Rc 'B' 2:24:36</p> <p>1 PeterPaprocka (79) 22:58 2 DeanSemple (74) 23:16 3 RossCooper (72) 23:50 4 SteveDamms (75) 25:07 5 SteveMumford (72) 24:20 6 IanRedford (69) 25:05</p>
<p>56 Notts Ac 'D' 2:20:17</p> <p>1 DavidOxland (42) 20:37 2 PeteDeacon (51) 22:33 3 BenAbbott (52) 22:46 4 RobertTrusson (52) 23:01 5 KeithWaring (63) 28:14 6 ChrisRischer (56) 23:06</p>	<p>70 West Bromwich Harriers 'A' 2:25:00</p> <p>1 JJefferson (39) 20:27 2 RichardPowell (47) 22:04 3 LeeHarris (55) 23:50 4 GregAnderson (56) 23:46 5 JGreenwood (54) 24:54 6 DavidGould (70) 29:59</p>
<p>57 Lichfield Running Club 2:20:46</p> <p>1 MShortall (90) 24:18 2 FransFrison (84) 24:09 3 AndyWalsh (79) 22:59 4 CliveLamb (80) 26:13 5 JohnDoyle (73) 21:57 6 JamesCoombes (57) 21:10</p>	<p>71 Heanor Running Club 'C' 2:25:08</p> <p>1 TWeatherson (73) 22:40 2 JeffEveritt (82) 25:23 3 AHobday (71) 22:01 4 MRichmond (70) 24:01 5 PaulMercer (71) 24:55 6 PaulWinfield (71) 26:08</p>
<p>58 Kenilworth Runners 'B' 2:20:53</p> <p>1 JackBlakemore (83) 23:39 2 JRichardson (75) 22:40 3 NeilSheward (67) 23:00 4 WarrenBell (67) 23:22 5 SteveRamus (64) 24:32 6 MickWilliams (58) 23:40</p>	<p>72 Barnt Green Chuggers 2:26:30</p> <p>1 StephenMeigh (82) 23:37 2 DavidHall (78) 23:23 3 AMoran (75) 23:21 4 AndyScarle (72) 24:22 5 RichardKeen (75) 25:12 6 ByronParish (72) 26:35</p>
<p>59 Sparkhill Harriers 'A' 2:20:57</p> <p>1 DarrenRiley (66) 22:04 2 PaulMcCabe (76) 24:20 3 MarkPearce (73) 23:45 4 TahirAhktar (74) 24:56 5 PFinnegan (66) 22:51 6 NickStringer (59) 23:01</p>	<p>73 Bournville Harriers 'D' 2:28:29</p> <p>1 AndrewWheeler (78) 22:53 2 DavidHarte (77) 23:35 3 AntonyStewart (80) 25:16 4 JackRoberts (81) 27:32 5 JohnEnright (77) 27:31 6 JJohnstone (73) 21:42</p>
<p>60 Royal Sutton Coldfield Athleti 'C' 2:21:16</p> <p>1 CHackforth (76) 22:50 2 SubodhDave (72) 23:03 3 RichardLewis (78) 25:00 4 SimonRalph (71) 23:44 5 JohnFletcher (69) 23:54 6 DavidLiddall (60) 22:45</p>	<p>74 Birmingham Running A&T 'B' 2:29:05</p> <p>1 NathanWarren (55) 21:18 2 DougTalbot (97) 38:42 3 STitmarsh (93) 22:50 4 DavidMcNeil (88) 21:27 5 MartinCleaver (79) 22:37 6 RichardGray (74) 22:11</p>
<p>61 Halesowen Acc 'D' 2:21:33</p> <p>1 JamesAtkins (88) 23:59 2 SMillington (85) 24:53 3 RichardGuest (83) 25:23 4 MatthewAllen (78) 22:15 5 RogerMallard (70) 22:06 6 AndrewNock (61) 22:57</p>	<p>75 Whitchurch Whippets 2:32:03</p> <p>1 JohnDillon (75) 22:47 2 DeanRichards (66) 22:28 3 SimonPhillips (68) 24:12 4 GAlexander (77) 26:49 5 RStewart (76) 26:15 6 SimonParsons (75) 29:32</p>
<p>62 Nuneaton Harriers 'A' 2:21:39</p> <p>1 AndrewMassey (65) 22:04 2 DanielMills (52) 21:10 3 TylerSelway (50) 22:18 4 GR (60) 25:37 5 JakeHayward (67) 26:52 6 NWilson (62) 23:38</p>	<p>76 Sutton In Ashfield Harriers & 2:32:43</p> <p>1 PaulSleate (56) 21:23 2 TonyGoodyear (65) 23:48 3 LiamHodson (63) 22:37 4 SimonGray (84) 34:01 5 KeithBrown (83) 28:34 6 PWhittingham (76) 22:20</p>
<p>63 Birmingham Running A&T 'C' 2:21:49</p> <p>1 MartinLudford (77) 22:51 2 SelvinMills (60) 21:45 3 ChrisLindesay (59) 22:44 4 RobRyan (68) 25:57 5 DavidSansom (57) 22:01 6 JohnLlewellyn (63) 26:31</p>	<p>77 Stratford Upon Avon Ac 'B' 2:33:38</p> <p>1 ETolhurst (85) 23:48 2 JamesDeacon (80) 23:31 3 AndrewTurner (86) 29:02 4 MHelliker (83) 25:16 5 PaulHawkins (78) 25:14 6 MarkFrancis (77) 26:47</p>
<p>64 Kidderminster & Stourport Ac 2:22:24</p> <p>1 BenDanvers (49) 20:56 2 SteveSmith (55) 22:43 3 JohnCarroll (54) 22:35 4 MarkHawkins (57) 24:14 5 RussBarnes (62) 26:31 6 NeilKirk (64) 25:25</p>	<p>78 Massey Ferguson Rc 'C' 2:34:54</p> <p>1 LeonCoppola (96) 26:19 2 SimonNeale (88) 25:36 3 JamesTowey (87) 24:52 4 DAndrew (82) 24:08 5 LDominic (81) 28:58 6 Undeclared (78) 25:01</p>
<p>65 Belper Harriers 2:23:06</p> <p>1 JackDakin (63) 21:51 2 BenRhodes (56) 22:16 3 AndyRose (61) 23:21 4 RobNorman (64) 24:39 5 SteveMeath (65) 25:29 6 SimonHackett (65) 25:30</p>	<p>79 Clevedon Ac 2:38:02</p> <p>1 NigelChairman (86) 23:55 2 DaveBray (96) 35:05 3 KevNeads (96) 25:15 4 JamesCridland (92) 25:21 5 SimonHawkes (87) 25:27 6 BenHides (79) 22:59</p>
<p>66 Sphinx Ac 2:23:13</p> <p>1 AshleyMiles (34) 20:07 2 BBlundell (79) 26:58 3 ColinPiper (77) 23:40 4 NGilkes (73) 24:01 5 PeteHall (68) 23:16 6 MichaelWall (66) 25:11</p>	<p>80 Knowle & Dorridge Rc 'C' 2:38:25</p> <p>1 GaryHotchkiss (92) 24:45 2 LloydBarton (87) 26:04 3 DarrenMaggs (88) 28:30 4 AlexBlack (87) 24:41 5 MMcDonald (82) 26:07 6 KWhitehead (80) 28:18</p>
<p>67 Tipton Harriers 'C' 2:23:22</p> <p>1 SAbrahams (29) 19:45 2 OzEllis (18) 19:31 3 AndyWilliams (40) 23:58 4 RichBritain (46) 24:15 5 KeithBest (56) 27:47 6 LeeAbrahams (67) 28:06</p>	<p>81 Wolverhampton & Bilston 'C' 2:39:02</p> <p>1 JohnEllis (99) 27:02 2 JamieThomason (95) 27:51 3 AdamGuy (89) 24:59 4 WesCampion (89) 24:41 5 NeilGrey (85) 28:21 6 PinsonBradley (81) 26:08</p>
<p>68 Hermitage Harriers 'B' 2:23:49</p> <p>1 DarrenWeston (64) 22:04 2 NeilDoherty (62) 22:48 3 DeanKelleher (76) 25:42 4 DarrenThorpe (76) 25:24 5 MDumelow (74) 23:41 6 StephenLee (68) 24:10</p>	<p>82 Sparkhill Harriers 'B' 2:40:37</p> <p>1 MickEdwards (95) 26:06 2 PeteReeves (93) 27:16 3 IanMarkhill (90) 27:08 4 BarryCrowley (91) 28:24 5 CraigHinks (88) 26:44 6 AndyCarroll (82) 24:59</p>

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

83 Centurion Rc			2:40:43
1 PaulDonnelly (91) 24:33	2	CHoughton (86) 24:42	
3 LenardWallace (85) 25:47	4	NeilWilkes (85) 26:57	
5 RichardBooth (84) 30:35	6	KevinMorris (83) 28:09	

84 Northbrook Athletic Club		'B'	2:44:25
1 TommyDempsey (93) 25:26	2	SpencerDavis (91) 27:08	
3 JBrannigan (95) 31:04	4	SimonJones (93) 25:59	
5 DavidCooper (89) 27:17	6	KevinCoughlan (85) 27:31	

85 West Bromwich Harriers		'B'	2:45:12
1 NeilMunroe (100) 27:06	2	ArchiePowell (92) 26:13	
3 GaryWoodhouse (92) 28:02	4	DavidBratby (94) 28:48	
5 GaryClifton (91) 29:02	6	PaulStevens (86) 26:01	

86 Stratford Upon Avon Ac		'C'	2:47:12
1 DavidJones (97) 26:35	2	PhilipBrennan (94) 27:18	
3 BGravelsons (94) 29:12	4	MikeBarrie (95) 27:53	
5 BrianWeetman (90) 26:40	6	LarryColtman (87) 29:34	

Non-Counters -

Solihull & Small Heath Athleti		'B'	2:41:00
1 PaulLloyd (89) 24:02	2	G Lawrence (83) 24:19	
3 TommyHill (84) 26:19	4	JohnCunliffe (90) 33:21	
5 ScottDanter (86) 25:15	6	ThomaPerks (84) 27:44	

Incomplete Teams:

Bristol & West Ac (est. 1882)		'B'	
1 KulaPrzezwanek (46) 20:49	2	AndrewCooke (31) 19:53	
3 MatthewKrelle (24) 20:14	4	RobinLane (24) 20:52	
5 SamuelBedwell (38) 24:53			

Cannock & Stafford Ac		'B'	
1 JamesMcCann (44) 20:40	2	AaronBrown (43) 21:10	
3 AMcCormack (36) 21:00	4	JamesLake (38) 22:16	
5 AaronHouseman (39) 22:14			

Dudley & Stourbridge Harriers			
1 PaulWaby (38) 20:24	2	JordanSmith (69) 24:57	
3 DaveRatcliffe (57) 21:23	4	ScottPalmer (53) 22:15	
5 AndyMason (53) 25:54			

Wolverhampton & Bilston		'D'	
1 AndrewBave (81) 23:15	2	MattWalton (81) 24:17	
3 Undeclared (81) 26:02	4	IanHarris (86) 28:27	
5 PaulTabor (80) 26:37			

Severn Ac		'B'	
1 SteveMaguire (74) 22:41	2	IanSmith (68) 22:40	
3 AndyNorman (65) 23:03	4	DaveLander (58) 22:13	

Wolverhampton & Bilston		'B'	
1 DanVaughan (71) 22:34	2	DarienFarmer (64) 22:24	
3 TomFisher (60) 22:23	4	IainLewis (62) 24:12	

Rugby & Northampton Ac		'B'	
1 GaryWallace (61) 21:47	2	MChippington (73) 24:07	
3 AaronLincoln (70) 24:04	4	NathanSmith (66) 22:39	

Birmingham Running A&T		'D'	
1 SWilkinson (101) 27:29	2	PBlackwell (89) 24:32	
3 GarethDixon (82) 22:12	4	MichaelCurran (79) 22:41	

Hermitage Harriers		'C'	
1 NickPape (98) 26:54	2	MarkPerry (90) 25:31	
3 MattGreen (91) 28:45			

Telford Ac		'B'	
1 AshleySlater (67) 22:20	2	RickHailey (67) 22:59	

Corby Ac			
1 LMontgomery (59) 21:35			

Notts Ac		'E'	
1 FHessian (84) 23:41			

Nuneaton Harriers		'B'	
1 AdamMitchel (87) 23:57			

Tipton Harriers		'D'	
1 AlanGrice (94) 25:46			

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

Fastest of all legs

1	Philip Wylie	Bristol &	A	17:44	71	Oz Ellis	Tipton Har	C	19:31
2	Ben Livesey	Birchfield	A	17:52	72	Douglas Musson	Notts Ac	A	19:32
3	Robert Galt	Stroud & D		17:55	=	Joe Rainsford	Heanor Run	A	19:32
4	James Mee	Heanor Run	A	17:57	=	Dan Beier	Tipton Har	B	19:32
=	Alistair Watson	Notts Ac	A	17:57	75	B Halliwell	Stroud & D		19:34
6	Toby Spencer	Coventry G	A	17:59	=	J Perkins	Notts Ac	B	19:34
7	Matthew Lole	Coventry G	A	18:00	77	Patrick Roddy	Kenilworth	A	19:36
8	Aaron Scott	Notts Ac	A	18:01	78	Jamie Langley	Leamington		19:37
9	Ross Jones	Wolverhamp	A	18:04	=	Paul Andrew	Kenilworth	A	19:37
10	Daniel Studley	Bristol &	A	18:07	80	Chris Ashford	Birmingham	A	19:38
11	Ian Williams	Tipton Har	A	18:08	81	Stephen Mears	Charnwood		19:39
12	M Williams	Tipton Har	A	18:14	82	Simon Allen	Owls Ac Le	B	19:41
13	Rhys Park	Cheltenham	A	18:15	83	Adam Speake	Bristol &	A	19:42
14	S Mitchell	Bristol &	A	18:17	84	Alex Benfield	Burton Ac		19:43
15	Benjamin Jones	Coventry G	A	18:18	=	David Sheldon	City Of St	A	19:43
=	Stephen Emery	Coventry G	A	18:18	86	Phil Beastall	Cheltenham	A	19:44
17	Tim Hartley	Notts Ac	A	18:23	87	S Abrahams	Tipton Har	C	19:45
18	Dale Annable	Heanor Run	A	18:24	88	A Robinson	Harborough		19:46
19	Stuart Spencer	Notts Ac	A	18:25	=	Darren Jordan	Cheltenham	A	19:46
20	C Perrin	Cannock &	A	18:29	=	Jake Boat	Owls Ac Le	A	19:46
=	C Rainsford	Heanor Run	A	18:29	91	Chris Perez	Rugby & No	A	19:48
22	Andrew Peat	Birchfield	A	18:31	92	Richard White	Halesowen	A	19:49
23	Stuart King	Heanor Run	A	18:32	=	Robert Smith	Notts Ac	B	19:49
24	Matthew Withey	Stroud & D		18:38	94	Philip Wolfe	Cannock &	A	19:50
25	Daniel Hallam	Owls Ac Le	A	18:40	=	James Trollope	Birchfield	A	19:50
26	Alex Carter	Team Bath		18:42	=	Gareth Cadd	Bournville	B	19:50
27	Tom Russell	Stroud & D		18:44	97	Andrew Cooke	Bristol &	B	19:53
28	Oliver Mott	Bristol &	A	18:45	=	Chris Carter	Telford Ac	A	19:53
29	Rob Keal	Notts Ac	A	18:46	=	Chris Sharp	Knowle & D	A	19:53
=	John Parker	Cheltenham	A	18:46	100	L Hendricken	City Of St	A	19:55
31	Eddie Highton	Owls Ac Le	A	18:49	=	Martin Lewis	Charnwood		19:55
32	Ashley Sabin	Leicester		18:51	102	Paddy Clark	Notts Ac	B	19:56
33	Luke Vine	Tipton Har	A	18:52	=	R Forsbrook	Cheltenham	B	19:56
34	Osmana Omer	Birchfield	A	18:53	104	Anthony Bailey	Cheltenham	A	20:01
35	W Christofi	Bristol &	A	18:55	=	William New	Cheltenham	A	20:01
36	S Duffy	City Of St	A	18:57	106	Steve Long	Notts Ac	B	20:03
37	D Robinson	Birmingham	A	18:58	=	Tim Holling	Heanor Run	B	20:03
38	Ben Gamble	Tipton Har	A	18:59	=	Ian Botheroyd	Rugby & No	A	20:03
=	Andrew Savery	Leamington		18:59	109	Daniel Jones	Team Bath		20:04
40	Alistair Smith	Coventry G	B	19:01	=	Max Parker	Halesowen	A	20:04
=	Phillip Wilson	Tipton Har	A	19:01	111	E Abdelrahman	Birchfield	A	20:06
42	Nigel Stirk	Tipton Har	A	19:02	=	Dean Parker	Bournville	A	20:06
43	Ewen Malloch	Team Bath		19:04	=	M Williams	Notts Ac	B	20:06
44	O Langford	City Of St	A	19:05	=	Daniel Cleary	Halesowen	A	20:06
=	David Green	Kettering		19:05	=	David Coales	Team Bath		20:06
46	Liam Roberts	Tipton Har	B	19:06	116	Ashley Miles	Sphinx Ac		20:07
47	Richard Taylor	Coventry G	A	19:07	117	Ben Topley	Birchfield	B	20:09
=	Thomas Bell	Owls Ac Le	A	19:07	=	Chris Tarren	Bournville	A	20:09
=	Harvey Speed	Coventry G	A	19:07	119	Namir Batavia	Coventry G	B	20:10
50	James Latham	Burton Ac		19:09	=	M Costante	Notts Ac	B	20:10
=	Mark Powell	Heanor Run	A	19:09	=	Thomas Madden	Coventry G	B	20:10
52	O Harradence	Royal Sutt	A	19:10	122	Joseph Read	Knowle & D	A	20:11
=	Nick Corker	Royal Sutt	A	19:10	123	C Fullerton	Tipton Har	B	20:12
54	M Hawcroft	Bromsgrove	A	19:12	=	Cory Parker	Burton Ac		20:12
55	Tom Mahon	Owls Ac Le	B	19:13	=	F Tremblay	Royal Sutt	A	20:12
56	Dan Allison	Leicester		19:14	126	Matthew Krelle	Bristol &	B	20:14
57	Paul Miles	Owls Ac Le	A	19:15	127	Tom O'Mara	Heanor Run	B	20:15
=	Orlando Coreia	Bournville	A	19:15	128	D Kesterton	Halesowen	B	20:16
=	Matt Adcock	Hermitage	A	19:15	129	R Bayliss	Bournville	A	20:17
60	R Simkiss	Kenilworth	A	19:16	130	Mark Hadley	Halesowen	A	20:19
61	Harry Bishop	Severn Ac	A	19:17	=	Roger Mullins	Cheltenham	B	20:19
62	Mark Ince	Birmingham	A	19:18	=	M Matthews	Birmingham	A	20:19
63	Anupam Das	Team Bath		19:19	133	Shane Rice	Heanor Run	B	20:20
64	M Bickerstaff	Heanor Run	B	19:22	=	Tom Meakin	Owls Ac Le	B	20:20
65	M Poynton	Leicester		19:23	=	M Blundell	Cannock &	A	20:20
66	Josh Norman	Owls Ac Le	A	19:26	=	Callum Dillon	City Of St	B	20:20
67	Alex Brecker	City Of St	A	19:28	137	Jonny Monk	Leicester		20:22
=	Chris Rimmer	Telford Ac	A	19:28	138	J Barnes	Cheltenham	B	20:23
69	Richard Burman	Coventry G	B	19:30	=	Paul Thompson	Bournville	A	20:23
=	James Perrin	Cannock &	A	19:30	=	Sam Chatwin	Bournville	A	20:23
					141	Paul Waby	Dudley & S		20:24

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

= Tom Dudden	Team Bath		20:24	213 A Blackburn	Severn Ac	A	21:20
= Jack Vilette	Coventry G	B	20:24	214 Stuart Wallace	Notts Ac	C	21:22
144 Robert Male	Rugby & No	A	20:25	215 Dave Ratcliffe	Dudley & S		21:23
= B Hallett	City Of St	B	20:25	= Paul Sleate	Sutton In		21:23
146 J Jefferson	West Bromw	A	20:27	= Mark Crofts	Charnwood		21:23
147 Zack Nolan	Solihull &	A	20:28	= Iain Devlin	Cheltenham	C	21:23
= Chris Wood	Silson Jog		20:28	219 J Coleshaw	Notts Ac	C	21:24
149 J Millington	Tipton Har	B	20:29	= David Long	Royal Sutt	A	21:24
150 C Collins	Bournville	B	20:30	221 Peter Matthews	Kenilworth	A	21:25
151 Theo Blundell	Birchfield	B	20:32	222 James Collins	Bournville	B	21:26
152 Richard Lomas	Bromsgrove	A	20:33	= Mike Mansfield	Gloucester		21:26
153 Thomas Phelps	Silson Jog		20:35	224 David McNeil	Birmingham	B	21:27
154 Marc Turner	Halesowen	A	20:36	= Stuart Pearson	Bournville	C	21:27
= Ben Griffiths	Birchfield	A	20:36	= Joe Smith	Bromsgrove	A	21:27
156 Matt Atkins	Severn Ac	A	20:37	227 William Clapp	Harborough		21:28
= David Oxland	Notts Ac	D	20:37	228 Dan Brazier	Wolverhamp	A	21:31
= Tom Lupton	Charnwood		20:37	= P Maddocks	Leicester		21:31
= Andrew Kaighin	Cheltenham	B	20:37	= Kirk Giles	Knowle & D	A	21:31
160 Andrew Norton	Notts Ac	C	20:38	= Stuart McCaw	Royal Sutt	B	21:31
161 Ben Plummer	Barrow Run		20:39	232 Simon Lanckham	Bromsgrove	A	21:32
= Russell Barron	Stafford H		20:39	233 James Barker	Notts Ac	C	21:33
163 Nathan Smith	Gloucester		20:40	= Chris Grimley	Birmingham	A	21:33
= James McCann	Cannock &	B	20:40	235 L Montgomery	Corby Ac		21:35
165 Paul Lester	Cannock &	A	20:44	= Mike Gray	Cheltenham	B	21:35
166 Craig Pearson	Cannock &	A	20:47	237 Mark Appleton	Bromsgrove	A	21:37
167 D Mladenovic	Solihull &	A	20:48	238 Tom Randles	Gloucester		21:39
= Steven Brookes	Tipton Har	B	20:48	239 Lee Perkins	Hearon Run	B	21:40
169 Matthew Driver	Harborough		20:49	= J Toddington	Wolverhamp	A	21:40
= Dave Turvey	Halesowen	B	20:49	241 Paul Davey	Royal Sutt	B	21:41
= KulaPrzezvansk	Bristol &	B	20:49	= Chris Taylor	Royal Sutt	A	21:41
= Matthew Butler	Leamington		20:49	243 J Johnstone	Bournville	D	21:42
= Sean Rose	Bournville	B	20:49	244 Danny Tolhurst	Stratford	A	21:43
= Stephen Page	Kenilworth	A	20:49	= Darren Hale	Bromsgrove	B	21:43
175 Dave Rantell	Cheltenham	B	20:50	246 J Randell	Knowle & D	A	21:44
= Tim Doran	Charnwood		20:50	= Tom Holden	Tipton Har	B	21:44
177 Michael Dymond	Birmingham	A	20:51	248 Matt Hillier	Barrow Run		21:45
178 Robin Lane	Bristol &	B	20:52	= Steve Vaughan	Stafford H		21:45
= Bill Speake	Notts Ac	C	20:52	= Selvin Mills	Birmingham	C	21:45
180 Hywel Davies	Rugby & No	A	20:53	251 Gary Wallace	Rugby & No	B	21:47
181 Elliot Prince	Cheltenham	C	20:54	252 Dean Hickin	Hermitage	A	21:48
182 Luke Robinson	Rugby & No	A	20:55	253 David Edwards	Kettering		21:50
183 T Hendricken	City Of St	A	20:56	254 D Gresswell	Gloucester		21:51
= Ben Danvers	Kiddermins		20:56	= Jack Dakin	Belper Har		21:51
= Mark Keeling	Severn Ac	A	20:56	= Nathan Sabin	Stafford H		21:51
= Steve Ward	Wolverhamp	A	20:56	= Dave Aubrey	Cheltenham	C	21:51
187 Paul Terleski	Royal Sutt	A	20:57	258 Stephen Milner	Rugby & No	A	21:54
188 A McCormack	Cannock &	B	21:00	259 Jonathan Male	Barrow Run		21:56
189 James Rose	Severn Ac	A	21:01	= Paul Bosson	Stafford H		21:56
= Kyran Hale	Severn Ac	A	21:01	261 John Doyle	Lichfield		21:57
191 G Robinson	Stroud & D		21:02	= Steven Turvey	Northbrook	A	21:57
192 David Almond	Northbrook	A	21:03	263 Bradlee Tod	Bournville	B	21:58
= James Baird	Halesowen	B	21:03	264 David Sansom	Birmingham	C	22:01
194 Gordy Smith	Burton Ac		21:04	= A Hobday	Hearon Run	C	22:01
195 Shaun Coulton	Hermitage	A	21:05	= Colin McAuley	Royal Sutt	B	22:01
196 Eoin Corr	Solihull &	A	21:06	267 Chris McMillan	Owls Ac Le	B	22:03
= N Hazelwood	Halesowen	A	21:06	268 Richard Powell	West Bromw	A	22:04
198 R Simpson	Royal Sutt	B	21:07	= Darren Weston	Hermitage	B	22:04
199 Jamie Davies	Telford Ac	A	21:08	= Andrew Massey	Nuneaton H	A	22:04
200 Aaron Brown	Cannock &	B	21:10	= Darren Riley	Sparkhill	A	22:04
= Daniel Mills	Nuneaton H	A	21:10	= Mark Bridgwood	Stafford H		22:04
= James Coombes	Lichfield		21:10	273 Matthew Giles	Telford Ac	A	22:05
203 Rob Deakin	Birchfield	B	21:12	= Wayne Vickers	Stratford	A	22:05
= Ashley Ross	Bromsgrove	A	21:12	= Craig Hinds	Hermitage	A	22:05
205 Lewis Hayes	Kettering		21:13	276 Roger Mallard	Halesowen	D	22:06
= David Clarke	Massey Fer	A	21:13	277 Jason Lavine	Hermitage	A	22:08
207 Guy Allen	Leamington		21:14	= S Hopkins	Bournville	B	22:08
208 Matthew Meckin	Bromsgrove	B	21:15	= Steven Howes	Solihull &	A	22:08
209 Stuart Baird	Coventry G	B	21:16	280 Jed Hayes	Kettering		22:09
= Matthew Doyle	Stroud & D		21:16	= J Nicholson	Massey Fer	A	22:09
= Joseph Philips	Halesowen	B	21:16	282 Andy Hart	Leicester		22:10
212 Nathan Warren	Birmingham	B	21:18	283 Chris Neil	Barrow Run		22:11

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

= Richard Gray	Birmingham	B	22:11	355 James Wilkinson	Cheltenham	C	22:57
= Darren Wilson	Hermitage	A	22:11	= Andrew Nock	Halesowen	D	22:57
286 David Ramus	Kenilworth	A	22:12	357 Peter Paprcka	Massey Fer	B	22:58
= Gareth Dixon	Birmingham	D	22:12	358 Andy Walsh	Lichfield		22:59
288 Dave Lander	Severn Ac	B	22:13	= Ben Hides	Clevedon A		22:59
289 Nick Thomas	Telford Ac	A	22:14	= C HarlanMarks	Bournville	C	22:59
= Aaron Houseman	Cannock &	B	22:14	= Rick Hailey	Telford Ac	B	22:59
= Sam Garmson	Telford Ac	A	22:14	= Richard Davies	Silson Jog		22:59
= D Washington	City Of St	B	22:14	363 Neil Sheward	Kenilworth	B	23:00
= G McCaugherty	Cheltenham	C	22:14	364 Robert Trusson	Notts Ac	D	23:01
294 Scott Palmer	Dudley & S		22:15	= Nick Stringer	Sparkhill	A	23:01
= Matthew Allen	Halesowen	D	22:15	366 Subodh Dave	Royal Sutt	C	23:03
296 James Lake	Cannock &	B	22:16	= Andy Norman	Severn Ac	B	23:03
= Ben Rhodes	Belper Har		22:16	368 Kieran Tursner	Stratford	A	23:04
298 A Parkin	Charnwood		22:17	369 Eoin O'Flynn	Leamington		23:05
= M Wagstaffe	Burton Ac		22:17	= Russell Davies	Knowle & D	B	23:05
300 Tyler Selway	Nuneaton H	A	22:18	371 Chris Rischer	Notts Ac	D	23:06
= M Stewart	Kettering		22:18	= Chris Cleary	Halesowen	C	23:06
= Matt Evans	Cheltenham	C	22:18	= Craig Bower	Leamington		23:06
303 Luke Ingram	Owls Ac Le	B	22:19	374 Rob Ambrose	Knowle & D	B	23:09
= Alex Parker	Birchfield	B	22:19	375 Jamie Dancyger	Bromsgrove	B	23:10
305 Liam Kirk	Kettering		22:20	376 R Dobedoe	Stratford	A	23:11
= Ashley Slater	Telford Ac	B	22:20	= David Bratt	City Of St	B	23:11
= P Whittingham	Sutton In		22:20	378 Carl Hughes	Heanor Run	B	23:15
308 T Roesler	Knowle & D	A	22:21	= O Kirkland	Bournville	C	23:15
= Ian Scarrott	Barrow Run		22:21	= Andrew Bave	Wolverhamp	D	23:15
310 John Danahay	City Of St	B	22:22	381 Matthew Taylor	Harborough		23:16
311 Tom Fisher	Wolverhamp	B	22:23	= Pete Hall	Sphinx Ac		23:16
= J Beardmore	Halesowen	C	22:23	= Dean Semple	Massey Fer	B	23:16
313 Darien Farmer	Wolverhamp	B	22:24	384 Peter Fellows	Northbrook	A	23:20
= Simon Brown	Massey Fer	A	22:24	385 Andy Rose	Belper Har		23:21
315 Richard Dixon	Knowle & D	B	22:25	= A Moran	Barnt Gree		23:21
316 Dean Richards	Whitchurch		22:28	387 Warren Bell	Kenilworth	B	23:22
317 R Carpenter	Wolverhamp	A	22:30	= Matthew Slater	Bournville	C	23:22
318 Thomas Grimley	Massey Fer	A	22:32	389 David Hall	Barnt Gree		23:23
= Carl Voisey	Owls Ac Le	B	22:32	390 Stewart Shears	Silson Jog		23:24
320 Pete Deacon	Notts Ac	D	22:33	391 Daniel Taylor	Harborough		23:26
321 Dan Vaughan	Wolverhamp	B	22:34	= Robert Weaver	Halesowen	C	23:26
= Mark Rickards	Royal Sutt	B	22:34	393 Harry Redford	Massey Fer	A	23:29
323 C Royal	Halesowen	C	22:35	394 James Deacon	Stratford	B	23:31
= Sam Crutchley	Halesowen	B	22:35	395 David Harte	Bournville	D	23:35
= John Carroll	Kiddermins		22:35	396 Stephen Meigh	Barnt Gree		23:37
326 Paul Baker	Knowle & D	B	22:36	397 N Wilson	Nuneaton H	A	23:38
= Chris Brookes	Wolverhamp	A	22:36	= Chris Warren	Bromsgrove	B	23:38
328 Liam Hodson	Sutton In		22:37	399 Paul Gorman	Bournville	C	23:39
= Martin Cleaver	Birmingham	B	22:37	= Jack Blakemore	Kenilworth	B	23:39
330 Nathan Smith	Rugby & No	B	22:39	401 Colin Piper	Sphinx Ac		23:40
331 J Richardson	Kenilworth	B	22:40	= Mark Baker	Northbrook	A	23:40
= T Weatherson	Heanor Run	C	22:40	= Mick Williams	Kenilworth	B	23:40
= Ian Smith	Severn Ac	B	22:40	404 M Dumelow	Hermitage	B	23:41
334 Michael Curran	Birmingham	D	22:41	= F Hessian	Notts Ac	E	23:41
= Steve Maguire	Severn Ac	B	22:41	406 Simon Ralph	Royal Sutt	C	23:44
336 Steve Smith	Kiddermins		22:43	= Jon Hammond	Bournville	C	23:44
337 David Conway	Massey Fer	A	22:44	408 Mark Pearce	Sparkhill	A	23:45
= Chris Lindesay	Birmingham	C	22:44	409 Greg Anderson	West Bromw	A	23:46
339 David Liddall	Royal Sutt	C	22:45	= Mark Newman	Stratford	A	23:46
= Chris Morgan	Knowle & D	A	22:45	411 E Tolhurst	Stratford	B	23:48
341 Ben Abbott	Notts Ac	D	22:46	= Tony Goodyear	Sutton In		23:48
342 John Dillon	Whitchurch		22:47	413 Lee Harris	West Bromw	A	23:50
343 Neil Doherty	Hermitage	B	22:48	= Ross Cooper	Massey Fer	B	23:50
344 C Hackforth	Royal Sutt	C	22:50	415 John Fletcher	Royal Sutt	C	23:54
= S Titmarsh	Birmingham	B	22:50	416 Nigel Chairman	Clevedon A		23:55
346 Andrew Freeman	Bromsgrove	B	22:51	= A McDonald	Solihull &	A	23:55
= P Finnegan	Sparkhill	A	22:51	418 Adam Mitchel	Nuneaton H	B	23:57
= Philip Waring	Notts Ac	C	22:51	419 Andy Williams	Tipton Har	C	23:58
= Martin Ludford	Birmingham	C	22:51	420 James Atkins	Halesowen	D	23:59
350 Richard Hodge	Northbrook	A	22:52	421 M Richmond	Heanor Run	C	24:01
351 Joseph Donkin	Halesowen	B	22:53	= N Gilkes	Sphinx Ac		24:01
= Andrew Wheeler	Bournville	D	22:53	423 Paul Lloyd	Solihull &	B	24:02
353 Dean England	Royal Sutt	B	22:55	424 Malcolm Bowyer	Stratford	A	24:03
354 Graham Mander	Solihull &	A	22:56	425 Aaron Lincoln	Rugby & No	B	24:04

MCAA Road Relay Championships

at Sutton Park, Birmingham on Saturday 21st September 2013

426 Kevin Boake	Knowle & D	B	24:05	497 Rob Ryan	Birmingham	C	25:57
427 M Chippington	Rugby & No	B	24:07	498 Simon Jones	Northbrook	B	25:59
428 D Andrew	Massey Fer	C	24:08	499 Paul Stevens	West Bromw	B	26:01
429 Richard French	Northbrook	A	24:09	500 *Not Declared*	2	H	26:02
= Frans Frison	Lichfield		24:09	501 Lloyd Barton	Knowle & D	C	26:04
431 Stephen Lee	Hermitage	B	24:10	502 Mick Edwards	Sparkhill	B	26:06
432 Iain Lewis	Wolverhamp	B	24:12	503 M McDonald	Knowle & D	C	26:07
= Simon Phillips	Whitchurch		24:12	504 Paul Winfield	Heanor Run	C	26:08
= John Roberts	Knowle & D	B	24:12	= PinsonBradley	Wolverhamp	C	26:08
435 Mark Hawkins	Kiddermins		24:14	506 Clive Lamb	Lichfield		26:13
= Adam Morris	Stafford H		24:14	= Archie Powell	West Bromw	B	26:13
437 Rich Britain	Tipton Har	C	24:15	508 R Stewart	Whitchurch		26:15
438 Arthur Daley	Gloucester		24:16	509 Tommy Hill	Solihull &	B	26:19
439 Matt Walton	Wolverhamp	D	24:17	= Leon Coppola	Massey Fer	C	26:19
440 M Shortall	Lichfield		24:18	511 John Llewellyn	Birmingham	C	26:31
441 G Lawrence	Solihull &	B	24:19	= Russ Barnes	Kiddermins		26:31
442 Steve Mumford	Massey Fer	B	24:20	513 David Jones	Stratford	C	26:35
= Paul McCabe	Sparkhill	A	24:20	= Byron Parish	Barnt Gree		26:35
444 Alex Morgan	Halesowen	C	24:21	515 Paul Tabor	Wolverhamp	D	26:37
445 Andy Scarle	Barnt Gree		24:22	516 Brian Weetman	Stratford	C	26:40
446 John Hill	Halesowen	C	24:25	517 Craig Hinks	Sparkhill	B	26:44
447 Anthony Warner	Bromsgrove	B	24:31	518 Mark Francis	Stratford	B	26:47
448 Steve Ramus	Kenilworth	B	24:32	519 G Alexander	Whitchurch		26:49
= P Blackwell	Birmingham	D	24:32	520 Eamon O'Hanlon	Burton Ac		26:50
450 Paul Donnelly	Centurion		24:33	521 Jake Hayward	Nuneaton H	A	26:52
451 Rob Norman	Belper Har		24:39	522 Nick Pape	Hermitage	C	26:54
452 Wes Campion	Wolverhamp	C	24:41	523 Neil Wilkes	Centurion		26:57
= Alex Black	Knowle & D	C	24:41	524 B Blundell	Sphinx Ac		26:58
454 C Houghton	Centurion		24:42	525 John Ellis	Wolverhamp	C	27:02
455 Gary Hotchkiss	Knowle & D	C	24:45	526 Neil Munroe	West Bromw	B	27:06
456 Steven Dyer	Birchfield	B	24:48	527 Spencer Davis	Northbrook	B	27:08
= K Hendricken	City Of St	B	24:48	= Mark Sadler	Barrow Run		27:08
458 James Towey	Massey Fer	C	24:52	= Ian Markhill	Sparkhill	B	27:08
459 Samuel Bedwell	Bristol &	B	24:53	530 Rob Jordan	Gloucester		27:13
= S Millington	Halesowen	D	24:53	531 Pete Reeves	Sparkhill	B	27:16
461 J Greenwood	West Bromw	A	24:54	532 David Cooper	Northbrook	B	27:17
462 Paul Mercer	Heanor Run	C	24:55	533 Philip Brennan	Stratford	C	27:18
463 Tahir Ahktar	Sparkhill	A	24:56	534 S Wilkinson	Birmingham	D	27:29
= Paul King	Silson Jog		24:56	535 Kevin Coughlan	Northbrook	B	27:31
465 Jordan Smith	Dudley & S		24:57	= John Enright	Bournville	D	27:31
466 Adam Guy	Wolverhamp	C	24:59	= D Harrington	Birchfield	B	27:31
= Andy Carroll	Sparkhill	B	24:59	538 Jack Roberts	Bournville	D	27:32
468 Richard Lewis	Royal Sutt	C	25:00	539 Thoma Perks	Solihull &	B	27:44
469 *Not Declared*	Lichfield Running Club		25:01	540 Keith Best	Tipton Har	C	27:47
= Graeme Rolfe	Harborough		25:01	541 Jamie Thomason	Wolverhamp	C	27:51
471 Ian Redford	Massey Fer	B	25:05	542 Mike Barrie	Stratford	C	27:53
472 Steve Damms	Massey Fer	B	25:07	543 Gary Woodhouse	West Bromw	B	28:02
473 Michael Wall	Sphinx Ac		25:11	544 Lee Abrahams	Tipton Har	C	28:06
474 Richard Keen	Barnt Gree		25:12	545 Kevin Morris	Centurion		28:09
475 Paul Hawkins	Stratford	B	25:14	546 Keith Waring	Notts Ac	D	28:14
476 Scott Danter	Solihull &	B	25:15	547 K Whitehead	Knowle & D	C	28:18
= Kev Neads	Clevedon A		25:15	548 Neil Grey	Wolverhamp	C	28:21
478 Antony Stewart	Bournville	D	25:16	549 Barry Crowley	Sparkhill	B	28:24
= M Helliker	Stratford	B	25:16	550 Ian Harris	Wolverhamp	D	28:27
480 James Cridland	Clevedon A		25:21	551 Darren Maggs	Knowle & D	C	28:30
481 Jeff Everitt	Heanor Run	C	25:23	552 Keith Brown	Sutton In		28:34
= Richard Guest	Halesowen	D	25:23	553 Matt Green	Hermitage	C	28:45
483 Darren Thorpe	Hermitage	B	25:24	554 David Bratby	West Bromw	B	28:48
484 Neil Kirk	Kiddermins		25:25	555 L Dominic	Massey Fer	C	28:58
485 Tommy Dempsey	Northbrook	B	25:26	556 Andrew Turner	Stratford	B	29:02
486 Simon Hawkes	Clevedon A		25:27	= Gary Clifton	West Bromw	B	29:02
487 Steve Meath	Belper Har		25:29	558 B Gravelsons	Stratford	C	29:12
488 Simon Hackett	Belper Har		25:30	559 Simon Parsons	Whitchurch		29:32
489 Andrew Kirk	Silson Jog		25:31	560 Larry Coltman	Stratford	C	29:34
= Mark Perry	Hermitage	C	25:31	561 David Gould	West Bromw	A	29:59
491 Simon Neale	Massey Fer	C	25:36	562 Richard Booth	Centurion		30:35
492 G R	Nuneaton H	A	25:37	563 J Brannigan	Northbrook	B	31:04
493 Dean Kelleher	Hermitage	B	25:42	564 John Cunliffe	Solihull &	B	33:21
494 Alan Grice	Tipton Har	D	25:46	565 Simon Gray	Sutton In		34:01
495 Lenard Wallace	Centurion		25:47	566 Dave Bray	Clevedon A		35:05
496 Andy Mason	Dudley & S		25:54	567 Doug Talbot	Birmingham	B	38:42