



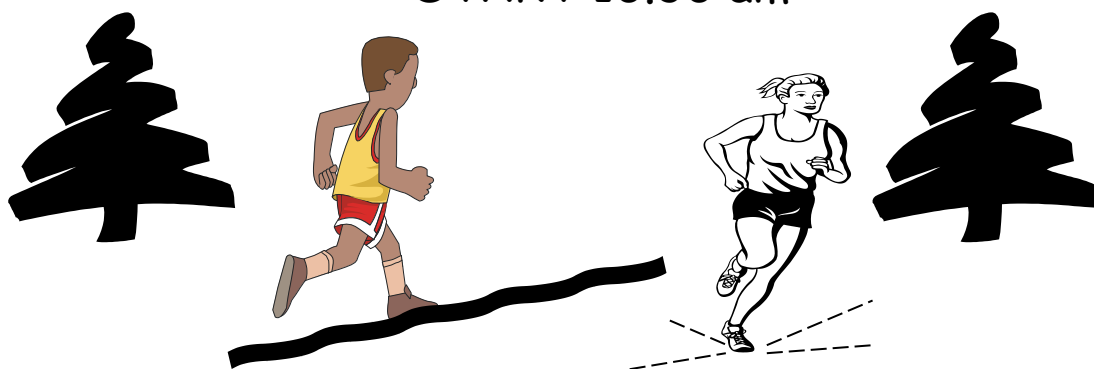
2020



MIDLAND
CROSS COUNTRY
CHAMPIONSHIPS

SATURDAY 25TH JANUARY 2020

START 10.30 am



Prestwold Hall,
Loughborough

PROGRAMME £2



**Derby Runner Midland Counties Cross Country Championships
25th January 2020
Prestwold Hall, Leicestershire**

Forward by:

**Bill Nock
President Midland Counties Cross Country Association**

Welcome to the 2020 Derby Runner Midland Counties Cross Country Championships in the superb parkland setting of the Grade 1 listed Prestwold Hall, seat of the Packe-Drury-Lowe family.

By competing, officiating, course-marking or marshalling today you are contributing to a rich tradition that extends back to the first Midland Championship held in 1879 at Perry Barr.

Prestwold Hall was first used in 2016 as a very late replacement when the original venue became unavailable. The new venue proved to be a very popular choice. The parkland setting provides a real 'big competition' atmosphere which will inspire some or possibly even intimidate a few. Either way, when you 'toe' the starting line, you have before you the opportunity to do your club proud and, of course, do justice to yourself.

To organise a major championship as complex as this is a huge undertaking both before the event, on-the-day and even several days afterwards. The course marking and marshalling has been largely undertaken by a task force from the Leicestershire network of clubs for which, and to whom, we are all very grateful. There is always a small army of officials required for the smooth and safe operation of the event covering a considerable variety of tasks and many thanks are extended to these individuals.

Good luck and good running to everyone taking part in the 2020 championships.

Bill Nock



MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION

Midland Cross Country Championships

Prestwold Hall, Loughborough

25th JANUARY 2020

TIMETABLE FOR THE CHAMPIONSHIPS

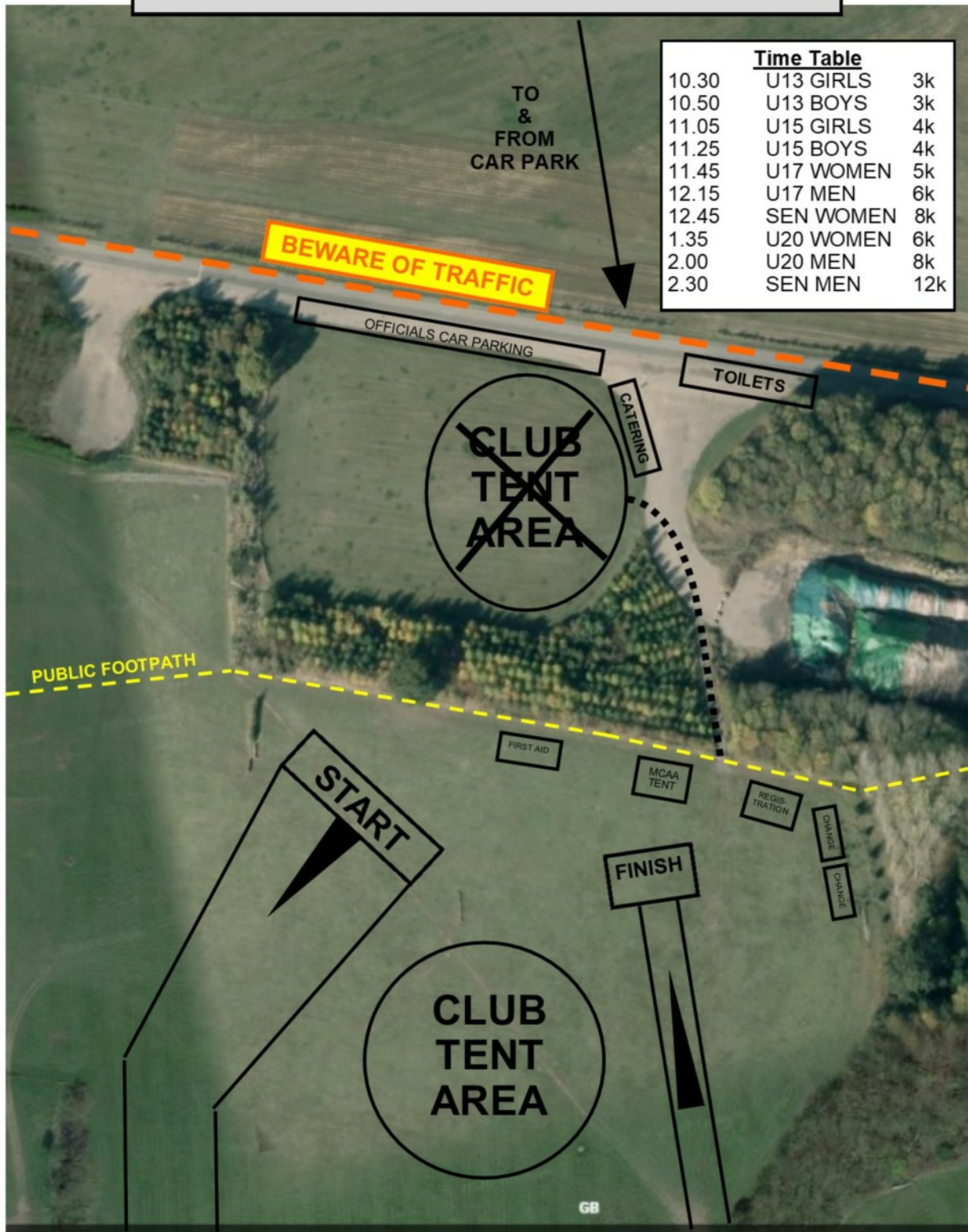
10-30am	Under 13 GIRLS	Four to Score	3km
10-50am	Under 13 BOYS	Four to Score	3km
11-05am	Under 15 GIRLS	Four to Score	4km
11-25am	Under 15 BOYS	Four to Score	4km
11-45am	Under 17 WOMEN	Three to Score	5km
12-15pm	Under 17 MEN	Four to Score	6km
12-45pm	Senior WOMEN	Four to Score	8km
1-35pm	Under 20 WOMEN	Three to Score	6km
2-00pm	Under 20 MEN	Four to Score	8km
2-30pm	Senior MEN	Six to Score	12km

**Do you want to know more about Midland Athletics?
News, Competitions, Results?**

**Please visit
*www.midlandathletics.org.uk***

DERBY RUNNER
 MIDLANDS CROSS COUNTRY CHAMPIONSHIPS
 PRESTWOLD HALL, LOUGHBOROUGH
 SATURDAY 25th January 2020

<u>Time Table</u>		
10.30	U13 GIRLS	3k
10.50	U13 BOYS	3k
11.05	U15 GIRLS	4k
11.25	U15 BOYS	4k
11.45	U17 WOMEN	5k
12.15	U17 MEN	6k
12.45	SEN WOMEN	8k
1.35	U20 WOMEN	6k
2.00	U20 MEN	8k
2.30	SEN MEN	12k



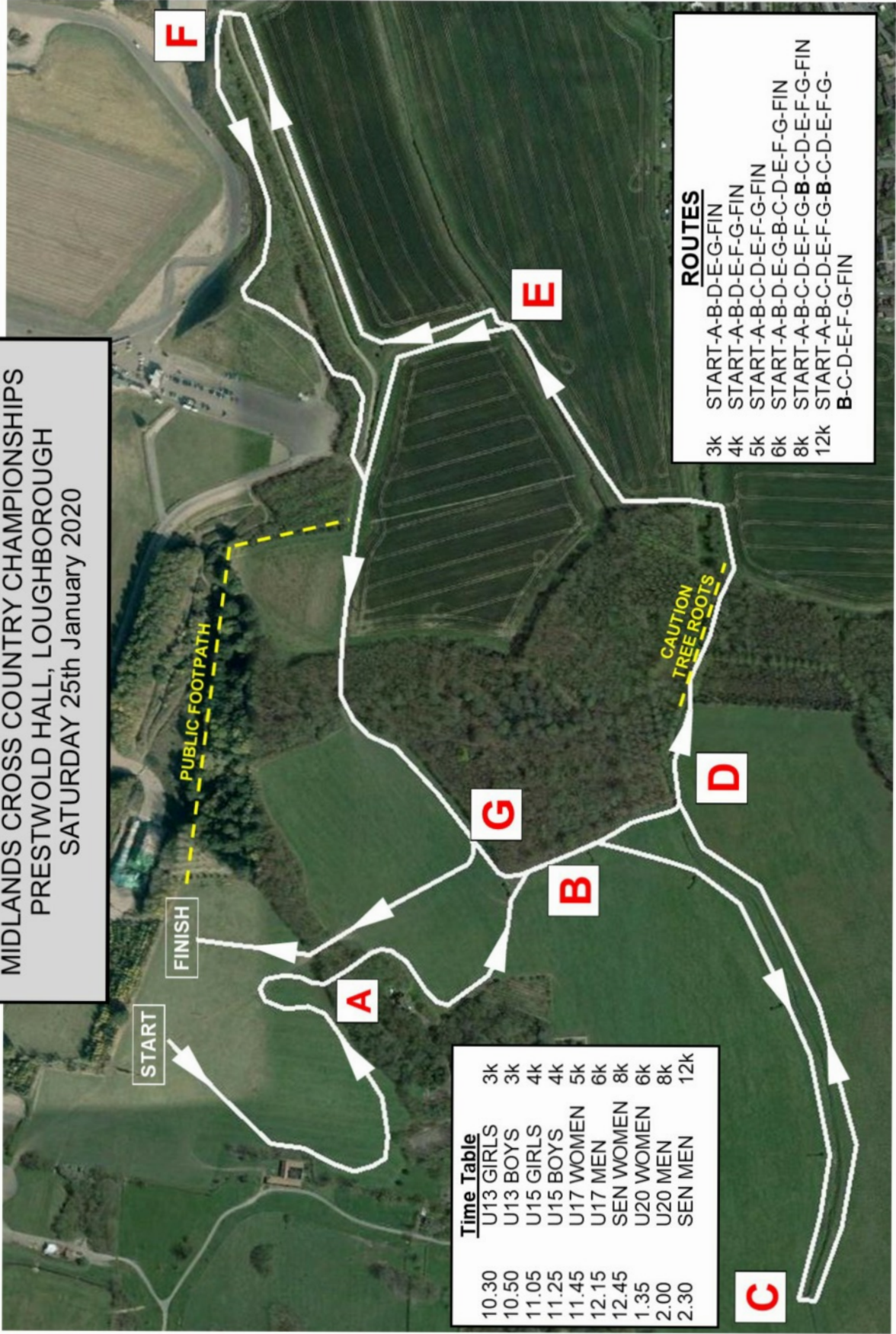
**MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION
MIDLAND CROSS COUNTRY CHAMPIONSHIPS
10-30am Saturday 25TH January 2020
PRESTWOLD HALL, LOUGHBOROUGH
OFFICIALS**

Championship President: -		Bill NOCK
X/C Chairman: -		Keith BRACKSTONE
Meeting Manager: -	#	Ian CLARKE
Referee: -	#	Terry ALCOCK
Assistant Referee: -	#	Jane PIDGEON
Clerk of Course: -	#	John SKEVINGTON
Starter: -		Bob COOPER
Chief Start Steward: -	#	Gareth BAGGULEY
Start Stewards: -		Andy CLOUGH, Graham CURTIS, Maggie MURPHY, Alan ROBINSON, Paul WARD, Stewart BARNES & Graham HEELEY
Line Judges: -		
Chief Timekeeper: -	#	Steve ROE
Timekeepers: -		John VICKERS, Ross VINCE
Timekeepers Recorders: -		Ruth DOBBINS, Glen LOCK
Chief Finish Area Co-ordinator: -		Mary HODGES
Finish Area: -		Margaret AFFORD, Peter AFFORD, Pat CARLAN, Dave BENNETT, Alan EDWARDS, Fred PIDGEON, Angie ROE, Mark WALL, Mary WILLIAMS
Information & Child liaison: -	#	Angie ROE
Chief Registration: -	#	Colin FOX
Registration: -		Bill ADCOCKS, Phil DRAGE, Margaret FOX, Gordon HORNE, Barry PARKER,
Announcers: -	#	Steve WINFIELD, Rosie TIMLOCK
Presentation and V.I.P /Liaison: -	#	Peter BURNS, Bill NOCK, Rita BROWLIE
Results: -		F R Systems
Programme & Results: - (Sales).		Carolyn FRANKS and her team
First Aid: -	#	SNP Medical Transport Ltd
Computer/Results Liaison: -		Peter BURNS
Administration: -		Graham HEELEY
Officials Co-ordinator: -		Graham HEELEY

Those officials marked with # are required to collect a Radio from the announcer.

MIDLAND COUNTIES ATHLETIC ASSOCIATION. WWW.MIDLANDATHLETICS.ORG.UK

DERBY RUNNER
 MIDLANDS CROSS COUNTRY CHAMPIONSHIPS
 PRESTWOLD HALL, LOUGHBOROUGH
 SATURDAY 25th January 2020



Time Table	
10.30	U13 GIRLS 3k
10.50	U13 BOYS 3k
11.05	U15 GIRLS 4k
11.25	U15 BOYS 4k
11.45	U17 WOMEN 5k
12.15	U17 MEN 6k
12.45	SEN WOMEN 8k
1.35	U20 WOMEN 6k
2.00	U20 MEN 8k
2.30	SEN MEN 12k

ROUTES	
3k	START-A-B-D-E-G-FIN
4k	START-A-B-D-E-F-G-FIN
5k	START-A-B-C-D-E-F-G-FIN
6k	START-A-B-D-E-G-B-C-D-E-F-G-FIN
8k	START-A-B-C-D-E-F-G-B-C-D-E-F-G-FIN
12k	START-A-B-C-D-E-F-G-B-C-D-E-F-G-B-C-D-E-F-G-FIN

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UNDER 13 GIRLS

Start time: 10.30am

Distance: 3km

Club Name	Colours
Banbury Harriers Ac 1 Leila Denne 2 Charlotte Hall	Maroon, Green & White Hooped 3 Isla McGowan 4 Lottie Rands
Birchfield Harriers 5 Amira Hamilton 6 Phoebe Jones	Black with stag motiff 7 Kiera Nee 8 Lexie Robins
Birmingham Running Athletics & TC 9 Lauren Hevey	Black and red vest
Bodmin Dragons Triathlon Club 10 Georgina Clarke	
Bromsgrove and Redditch 11 Hannah Dale 12 Tola Kustra	Red, 2 blue diagonals 13 Amelie Ranger 14 Philppa Taylor
Burton AC 15 Amelie Brown 16 Libbie Joyce	Black, blue side panels 17 Caitlin McCarney
Buxton AC 18 Grace Bond	Dark Blue/Light Blue
Charnwood A C 19 Megan Harris 20 Chelsie Locker 23 Amelina Panni 24 Savana Smith	Green, yellow side panels 21 Florrie Mitchell 22 Maisie Orgill 25 Erin Suart
Cheltenham and County Harriers 26 Alice Stalberg	White with 2 black hoops
Chiltern Harriers AC 27 Zoe Gilbody	Green-white trim & black side panals
City Of Stoke Ac 28 Lucy Donnelly 29 Patience Lamb	White, red & black hoops 30 Ciara Yates
Corby AC 31 Elisa Mayes 32 Lottie White	Sky blue, 2 red bands
Coventry Godiva Harriers 33 Krista Bennett	claret and gold
Gloucester AC 34 Elle Griffiths	Red and White
Harborough AC 35 Aisha Redhead	Yellow
Heanor Running Club 36 Holly Lynas 37 Amber Wilkins	Yellow with Blue Horizontal Band
Kettering Town Harriers 38 Jemima Davey 39 Magdalena Gancheva	Red & White 40 Ellie Separovic
Leicester Coritanian AC 41 Holly Chapman 42 Lucy Donaghey 45 Grace Stretton	Royal Blue 43 Aaliyah Hallick 44 Jessica Christine Morris

Mansfield Harriers		Blue & Green	
46 Ella Kennedy	47 Freya Longmead	48 Jemima Waller	49 Isabel Westwood
Newark Ac		Blue and grey quarters	
50 Jasmine Braithwaite			
Newcastle Staffs Ac		Red/White/Blue	
51 Ayah Burton	52 Evie Worsley		
Northampton AC		black gold green	
53 Ruby Curtis-Free	54 Katie Enefer	55 Sara Erdos	56 Emily Langley
57 Adrienne Nyangang	58 Thea Oakey	59 Isabelle Smith	60 Millie Titheradge
61 Olivia Willison	62 Mariam Zbirou	63 Zineb Zbirou	
Notts AC		Green, gold & white	
64 Chloe Lilley	65 Abigail Nicholson	66 Megan Taylor	67 Mikyla Thomas
Nuneaton Harriers		Red/Blue	
68 Evie Caffrey	69 Olivia Emery		
Oswestry Olympians		White/Black & Red	
70 Menna Pugsley			
Royal Sutton Coldfield Athletics Club		Royal Blue with white vertical stripe	
71 Eva Cartwright	72 Elizabeth Fox - Payne	73 Evie Sandland	74 Emily Symes
Rugby & Northampton Ac		Sky blue & black	
75 Amelie Budd Beynon	76 Tamara Cave	77 Jemima Cooper	78 Georgia Geracs
79 Sophie Hancock	80 Isla Lacey	81 Ava Rogerson	
Rushcliffe Ac		Royal Blue & White	
82 Alana Cook			
Saffron Athletics Club		Orange and black	
83 Mya Acharya	84 Matilda McGrath	85 Isabella McLinton-Staines	86 Olivia McLinton-Staines
Solihull & Small Heath Athletic Club		Gold/Blue	
87 Lily Conduit	88 Mia Conduit	89 Lily Huckerby	90 Bella Rowbotham
Sparkhill Harriers		Red with black band	
91 Aoife Gallagher			
Stratford Upon Avon AC		Yellow/Black	
92 Caitlin Boyle	93 Tilly Campbell	94 Abbi Cooper	95 Niamh Hillard
96 Madeleine Linfoot	97 Tessa Parkin	98 Martha Peters	99 Katie Pridham
100 Annie Silvers			
Stroud & District AC		Green, red & blue band	
101 Amy Bond	102 Esme Davenport	103 Freya McFadden	104 Bella Monk
105 Sienna Rosewell	106 Esther Rumsey		
Sutton in Ashfield Harriers & AC		White & Red/Green	
107 Iris Clarke			
Tamworth AC		Green/white	
108 Jessica Salt			
Telford AC		Yellow with red and blue side panels	
109 Daisy Frost	110 Lucie Poulter	111 Isobelle Standell	112 Ava Watkinson

Tipton Harriers	Green & white hoops
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113 Sophie Brookes 114 Sarah Dudley 115 Shaya- Anais Lewis

Wenlock Olympians	Royal blue, 3 side stripes
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116 Emily Gapper

Wolverhampton & Bilston	Red, Yellow & Green
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117 Zena Asbury 118 Ruby Buggins 119 Isobelle Jones 120 Eve Kennedy
121 Ava Kind 122 Rosie Kind 123 Megan White 124 Scarlett Williams

Worcester AC	Yellow, Red & Black
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125 Alice Lazenbury 126 Lilia Mico

Wreake & Soar Valley	Blue/white
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127 Rosie Ashmore 128 Matilda Herries 129 Lillie Holford 130 Imogen Saunders
131 Rebecca Van Aardt

UNDER 13 BOYS

Start time: 10.50am

Distance: 3km

Club Name	Colours
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Banbury Harriers Ac	Maroon, Green & White Hooped
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151 Samuel Davis 152 Thomas Gaskell 153 Adam McLaren-Dobbie 154 Leo Parry

Birchfield Harriers	Black with stag motiff
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155 Jesse Bradley 156 Ash Burgess 157 Charles Collier 158 Oliver Cresswell
159 Kai Hand 160 Jack Hendley-Smith 161 Charlie Smith 162 Simeon Swain

Birmingham Running Athletics & TC	Black and red vest
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163 Nicklas Van Mourik

Bristol and West AC	White with red chest band
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164 Alex Auton-Green 165 Vijay Bakrania 166 Zachary Cox 167 Walter Davies
168 Max Finning 169 Harry Harvey 170 Daniel Jarrold 171 Felix Pearson
172 Ben Pocock 173 Joey Taylor 174 Ronnie Wilmott

Bromsgrove and Redditch	Red, 2 blue diagonals
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175 Matthew Bevins 176 Samuel Hembry 177 Willem Hembry 178 Spencer Mayne
179 William Pridden 180 Nathan Sanders

Burton AC	Black, blue side panels
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181 Sam Cross

Buxton AC	Dark Blue/Light Blue
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182 Jack Cook

Charnwood A C	Green, yellow side panels
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183 Harry Blewitt-Jenkins 184 Charlie Coleston-Shields 185 Miles Foord 186 Finlay Martin
187 James Norman 188 Daniel Oakland

City Of Stoke Ac	White, red & black hoops
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189 Tom Bradshaw 190 Nathan Brown 191 Max Dawson 192 Daniel Hilditch
193 Matthew Hughes 194 Euan Oakes 195 Nathaniel Rowe 196 Lewis Smith
197 Zac Stanfield 198 Jack Whittingham

Corby AC	Sky blue, 2 red bands
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199 William Ronald 200 Finn Singer

Coventry Godiva Harriers	Mens, Red with Yellow Bands		
201 Toby Doy	202 Thomas Gallon	203 Douglas Garnett	204 Euan Hill
205 Ashton Watkins			
Desford Striders	Skyblue, red, & white, red side panels		
206 Callum Fraser	207 Joe Matthews	208 Louie Paddison	
Gloucester AC	Red and White		
209 Ben Mandeville			
Grantham Ac	Red with yellow & black panel		
210 Thomas Broadley			
Halesowen ACC	Yellow with Brown and White hoops		
211 Jenny Taylor			
Heanor Running Club	Yellow with Blue Horizontal Band		
212 Tom Blythe	213 Owen Lynas	214 Ben Winter	215 Joseph Young
216 Joe Young			
Hinckley Running Club	Blue with white diagonal stripe		
217 Oliver McMeeking			
Kettering Town Harriers	Red & White		
218 James Clutton	219 James Clutton	220 Finn Currie	221 Nathan Lamb
Leamington Athletics Academy	Red		
222 Henry Cohen	223 Sam Robbins		
Leamington Cycling and Athletic Club	White/Royal Blue Hoop & piping		
224 James Gould	225 Oliver Wetherall		
Leicester Coritanian AC	Royal Blue		
226 Harry Andrew Chapman			
Mansfield Harriers	Blue & Green		
227 Edward Holden	228 Adam Hursthouse	229 Jude Ryan	230 Edward Sankey
231 William Sankey			
Newark AC	Blue and grey quarters		
232 Joseph Monk			
Newcastle Staffs Ac	Red/White/Blue		
233 Ewan Molyneux	234 Elliot Sharman	235 William Tomkinson	236 Oliver Woodward
Northampton AC	black gold green		
237 Jacob Archer	238 Freddie Caspall	239 Malachy Collins	240 Thomas Elliott
241 Lewis Fyfe	242 William Gardiner	243 Adam Luke	244 Lewis Nutt
245 Lewis Robson	246 Kai Scott	247 Ollie Walls	248 Ben Westmoreland-Alexander
Notts AC	Green, gold & white		
249 Warren Cross	250 Charles Prestwich		
Nuneaton Harriers	Red/Blue		
251 Travis Jack Scrivens	252 Ewen Thomas	253 Charlie Yates	
Royal Sutton Coldfield Athletics Club	Royal Blue with white vertical stripe		
254 George Bromley	255 Isaac Cartwright	256 Harvey Dean Gillett	257 William Stead
258 Adam Wilkinson			

Rugby & Northampton Ac		Sky blue & black	
259 Thomas Church	260 Theo Clements	261 Dominic Eversden	262 Charlie Gibbs
263 William Gower	264 Isaac Hutchins-Morant	265 Arthur Tilt	266 Noah Unwin
Rushcliffe Ac		Royal Blue & White	
267 James Berry			
Saffron Athletics Club		Orange and black	
268 Joshua Adkin	269 Josh Pegg	270 Robert Wardlaw	
Solihull & Small Heath Athletic Club		Gold/Blue	
271 Ben Duncan	272 Daniel Wort		
Stilton Striders		White with Navy Horizontal Band	
273 Harry Dadd			
Stratford Upon Avon AC		Yellow/Black	
274 Flynn Dathan	275 James Day	276 Oliver Hemming	277 Seb Hillard
278 Joe Lewis	279 Maxime Verstraeten		
Stroud & District AC		Green, red & blue band	
280 Philip Crampton			
Sutton in Ashfield Harriers & AC		White & Red/Green	
281 Jacob Nugent	282 Hugo Thomson		
Swindon Harriers		Black and White	
283 James Bagot			
Tamworth AC		Green/white	
284 Joseph Gorst	285 Dominic Harper	286 Francis White	
Telford AC		Yellow with red and blue side panals	
287 Ben Guest	288 Ben Hayes	289 Isaac Johnson	290 James Levistan
291 Alfie Pigg	292 George Pigg	293 Freddie Preece	294 Tom Scott
295 Oliver Skelton			
Tipton Harriers		Green & white hoops	
296 Elliott Boden	297 William Evans	298 Klay Fellows	299 Thomas Hynes-Oughton
300 Tom Lucas	301 Ben Marsh		
Wenlock Olympians		Royal blue, 3 side stripes	
302 Douglas Stewart			
Wolverhampton & Bilston		Red, Yellow & Green	
303 Owen Ulfing	304 Daniel Wood		
Worcester AC		Yellow, Red & Black	
305 Joe Maddock	306 Harry Miles	307 Sam Paterson	308 Theo Wallcroft
Wreake & Soar Valley		Blue/white	
309 Milo Brotherton	310 Seamus Conlon	311 Joshua Hatherley	312 Harrison Hill
313 Riley Smith			

UNDER 15 GIRLS

Start time: 11.05am

Distance: 4km

Club Name	Colours		
Banbury Harriers Ac 331 Rosie Brand 332 Lottie Denne	Maroon, Green & White Hooped 333 Tilly Lainchbury 334 Freya Pamphlett		
Birchfield Harriers 335 Emmeline Grace 336 Amy Harland 339 Amelia Taylor	Black with stag motiff 337 Olivia Scott 338 Tulah Searle		
Birmingham Running Athletics & TC 340 Abby Hurley	Black and red vest		
Bromsgrove and Redditch 341 Lauren Coates 342 Emily Dyer	Red, 2 blue diagonals 343 Esme Ranger 344 Aoibhe Williams		
Burton AC 345 Cara McCarney 346 Evelyn Sharratt	Black, blue side panels 347 Maisie Trueman		
Buxton AC 348 Sienna Phillips	Dark Blue/Light Blue		
Charnwood A C 349 Amy Blythe 350 Abigail Cook 353 Alice McDermott 354 Rachel Newport	Green, yellow side panels 351 Isabel Edwards 352 Amelie McCann 355 Isabel Oakland 356 Gracie-rose Walters		
Cheltenham and County Harriers 357 Chloe Sheppard 358 Ciara Thornley	White with 2 black hoops		
City Of Stoke Ac 359 Aria Aberley-Barker 360 Ciara Barker 363 Lauren Guderis 364 Millie Holding	White, red & black hoops 361 Niamh Bould 362 Phoebe Dawson 365 Tia Grace Walford 366 Katie Williams		
Corby AC 367 Madeleine Mayes 368 Ashleigh Walters	Sky blue, 2 red bands 369 Lexi Wilkinson		
Desford Striders 370 Nadia Gauhar	Sky blue, red, & white, red side panels		
Gloucester AC 371 Keira Barry 372 Amelia Newell	Red and White		
Halesowen ACC 373 Emily Amos 374 Charlie Ann Baird	Yellow with Brown and White hoops 375 Amelia Hartshorn 376 Ryley Malone-Priest		
Heanor Running Club 377 Emma Wilkins	Yellow with Blue Horizontal Band		
Kettering Town Harriers 378 Alice Bates	Red/White		
Leamington Cycling and Athletic Club 379 Eva Fitzpatrick 380 Melanie Gould	White/Royal Blue Hoop & piping 381 Megan Marsh		
Mansfield Harriers 382 Olivia Barrett 383 Ava Blake 386 Olivia Hare 387 Grace Manson	Blue & Green 384 Caitlin Dodds 385 Beth Hamilton 388 Ruby Milnes 389 Elizabeth Sinclair 390 Sophie Toyn		

Newcastle Staffs Ac	Red/White/Blue		
391 Lucy Brownsword	392 Molly Ibbs		
Northampton AC	Black gold green		
393 Louisa Archer	394 Chloe Curwen	395 Leatitia Nyangang	396 Abigail Thayanithy
397 Emilia Thompson			
Notts AC	Green, gold & white		
398 Rosie Challenger	399 Holly Hipkiss	400 Emily Rawson	
Royal Sutton Coldfield Athletics Club	Royal Blue with white vertical stripe		
401 Zara Buchanan	402 Sian Duval	403 Bethan Homer	404 Charlotte Prince
405 Matilda Strachan	406 Amaya Tisdale	407 Martha Wood	
Rugby & Northampton Ac	Sky blue & black		
408 Grace Darcy	409 Madeleine Jacks	410 Jemima Lambert	411 Elspeth Unitt
412 Olivia Williams			
Rushcliffe Ac	Royal Blue & White		
413 Kiera King	414 Bella McCormack		
Saffron Athletics Club	Orange and black		
415 Poppy Adkin	416 Olivia Carey-Peacher	417 Sophie Dunbobbin	418 Eleanor Harwood
419 Elsie Robinson	420 Eve Rowley	421 Mckenzie Smith-Byrne	
Shrewsbury AC	Royal Blue, Gold Vertical Stripe		
422 Iris Downes			
Solihull & Small Heath Athletic Club	Gold/Blue		
423 Rachel Batchelor	424 Grace Golinski		
Stratford Upon Avon AC	Yellow/Black		
425 Charly Marshall	426 Olivia Robinson		
Stroud & District AC	Green, red & blue band		
427 Gaia Bowerman	428 Lexie Bull	429 Amber Sumpter	
Tamworth AC	Green/white		
430 Lottie McLaren	431 Phoebe O'Connor	432 Tegan Vickery	
Telford AC	Yellow with red and blue side panals		
433 Caitlyn Disley	456 Phoebe Jones	434 Maggie Preece	457 Isla Weston
Tipton Harriers	Green & white hoops		
435 Jade Charlton	436 Amelia Harrison	437 Rosa Shadforth-Groucutt	438 Jessie Walker
439 Alex Westbury	440 Mya Woodward		
Wenlock Olympians	Royal blue, 3 side stripes		
441 Leonie Childs	442 Aimee Craven	443 Lucy Gapper	444 Beth Rawlinson
Westbury Harriers	White with Blue Hoop		
445 Amelia Honor			
Worcester AC	Yellow, Red & Black		
447 Poppy Elton	448 Evie Hawkesford-Johnson		
Wreake & Soar Valley	Blue/white		
449 Lyla Bryan	450 Grace Howes	451 Florence Lissaman	452 Holly Wright
453 Isabella Wrightam			
Wrekin College Triathlon Club	Red		
455 Caitlyn Mander			

UNDER 15 BOYS

Start time: 11.25am

Distance: 4km

Club Name	Colours		
Absolute Tri 471 Solomon Okrafo-Smart	Tri Kit		
Banbury Harriers Ac 472 Archie Street	Maroon, Green & White Hooped		
Birchfield Harriers 473 Luca Bradley 477 Daniel Hawes 481 Finlay White	474 Max Chappelle 478 Tyler Hawley	475 Alex Dickson 479 Leo Merritt	476 Ryan Hand 480 Finnan Robins
Birmingham Running Athletics & TC 482 Tom Burdett 483 Morgan Hill	Black and red vest		
Bristol and West AC 484 Fred Cummins 488 Joseph Hull 492 Nicholas Pestell	485 Tomek Czerepinski 489 Amos Kingston 493 Alex Robertson	486 Misha Evans 490 Joseph McNamara 494 Ollie Robertson Kurd	487 Jacob Franklin 491 Eoin O'Halloran
Bromsgrove and Redditch 495 Owen Alekna 496 Sebastian Purvis	Red, 2 blue diagonals		
Burton AC 497 Jack Dennis 498 Faris Webb	499 Jamal Webb	500 Max Wrigley	
Charnwood A C 502 Jake Blythe 506 Luke Talbot	503 Thomas Dixon	504 Harry Foord	505 Sam Haines
City Of Stoke Ac 507 Thomas Barnett 511 Sebastian Rowe	508 Oliver Booth 512 Anthony Woollacott	509 Gianni Loska	510 Oliver Lymer
Corby AC 513 Max Ranson	Sky blue, 2 red bands		
Coventry Godiva Harriers 514 Harrison Adams 515 Daniel Paston	Mens, Red with Yellow Bands		
Gloucester AC 516 Jacob Barry 517 Benjamin Darlow	Red and White		
Heanor Running Club 518 Tom Legood 519 Archie Winson	Yellow with Blue Horizontal Band		
Ivanhoe Robins Junior Athletics Club 520 Oliver Rowles	Sky Blue, red/white/blue panels		
Kettering Town Harriers 521 Ben Brooker 525 Lucas Rogers	522 Rio Carr 526 George Separovic	523 Luke Cole	524 Jake Nickerson
Leamington Cycling and Athletic Club 527 Harry Bailey 528 Samuel Morrey	White/Royal Blue Hoop & piping		

Leicester Coritanian AC	Royal Blue		
529 Matthew Cooper	530 Jack Stretton		
Mansfield Harriers	Blue & Green		
531 Johar Ali	532 Jake Greenhalgh	533 Sam Knott	534 Jake Orr
535 Harry Wilkinson			
Newcastle (Staffs) Tri Club	Black/Grey/Red/White		
536 Eammon Clowes			
Newcastle Staffs Ac	Red/White/Blue		
537 Tyler Davison	538 Harrison Everard	539 Charlie Ranford	540 Joseph Stevens
Northampton AC	Black gold green		
541 Ollie Buchan	542 Oliver Cherrington	543 Ryan Croft	544 Aidan Paul McFadden
545 Dilane Nyangang	546 Joshua Robson	547 Oliver Rose	548 Peter Van Uem
549 Henry Westley			
Notts AC	Green, gold & white		
550 John-Paul Smith McGloin	551 Ben E Taylor		
Nuneaton Harriers	Red/Blue		
552 William Bonner	553 Mason Crabb	554 Sam Yates	
Oswestry Olympians	White/Black & Red		
555 Cato Pugsley			
Royal Sutton Coldfield Athletics Club	Royal Blue with white vertical stripe		
556 Ethan Cook	557 George Hope	558 George O Connor	559 Ethan Patel
560 Jack Wakefield			
Rugby & Northampton Ac	Sky blue & black		
561 Jenson Buttrick	562 Benjamin Carroll	563 Oliver Carroll	564 Jasper Cooper
565 Oscar Delgado-Major	566 Dominic Evans	567 Ned Gilford	568 George Rogerson
569 Henry Woodward			
Rushcliffe Ac	Royal Blue & White		
570 Thomas Bavin	571 Adam Boydell	572 Archie Bradbury	573 Louis Buttrick
574 Oscar Wyszynski			
Saffron Athletics Club	Orange and black		
575 Lachlan Finch	576 Samuel Wright		
Solihull & Small Heath Athletic Club	Gold/Blue		
577 Thomas Dainty	578 Henry Faizey	579 Tomas Maidment	580 Jack O'Leary
Sparkhill Harriers	Red with black band		
581 James Phillips			
Stratford Upon Avon AC	Yellow/Black		
582 Alexander Adams	583 Edward Holcroft	584 Theo Skirvin	585 Taylor Stubbins
586 Adam Taylor	587 Joe Warner		
Sutton in Ashfield Harriers & AC	White & Red/Green		
588 Nathaniel Hinchley			
Swindon Harriers	Black and White		
589 Fletcher Hart			

Telford AC	Yellow with red and blue side panels		
590 Daniel Galloway	591 Jacob Hall	592 James Hayes	593 Jedid Mensah
594 Charlie Preece	595 Archie Wickens		
Tipton Harriers	Green & white hoops		
596 Cameron Lomax	597 Ben Lucas	598 Samuel Richards	
Westbury Harriers	White with Blue Hoop		
599 Seamus Robinson			
Wolverhampton & Bilston	Red, Yellow & Green		
600 Connor Blincoe	601 Lee Hallam	602 Oliver Hallam	603 Dylan Illidge
604 James Neilson	605 Noah Sandland		
Worcester AC	Yellow, Red & Black		
606 Arty Wilson-Spence			
Wreake & Soar Valley	Blue/white		
607 Mackenzie Bloxham	608 Richard Brotherton	609 Henry Herries	610 Oliver Louis
611 Charlie Neece	612 Joseph Pointon		
UNDER 17 WOMEN			
Start time: 11.45am		Distance: 5km	
Club Name	Colours		
Banbury Harriers Ac	Maroon, Green & White Hooped		
631 Bea Jarvis	632 Katie Pamphlett	633 Georgie Speck	
Birchfield Harriers	Black with stag motif		
634 Kara Ingram	635 Chloe Pettitt	636 Ella Semple	637 Ellen Taylor
Bromsgrove and Redditch	Red, 2 blue diagonals		
638 Sophie Groom	639 Lauren Sykes		
Burton AC	Black, blue side panels		
640 Lauren Ford			
Buxton AC	Blue		
641 Amy Whelan	642 Heather Wilshaw		
Charnwood A C	Green, yellow side panels		
643 Rhea Blythe	644 Charlotte Carp	645 Grace Hughes	646 Lexie McLoughlin
647 Gemma Newport	648 Grace Perkins	649 Alice Walton	
Cheltenham and County Harriers	White with 2 black hoops		
650 Kaitlyn Sheppard			
City Of Stoke Ac	White, red & black hoops		
651 Lucy Greatrex	652 Abigail Jones	653 Amelia Millington	654 Maisie Tinwell
Corby AC	Sky blue, 2 red bands		
655 Imogen Dee	656 Erin Treacy		
Coventry Godiva Harriers	Claret and gold		
657 Freya Bennett			

Gloucester AC	Red and White		
658 Matilda Ashley	659 Millie Porter		
Grantham Ac	Red with yellow & black panel		
660 Helen Braybrook			
Halesowen ACC	Yellow with Brown and White hoops		
661 Falan Malone-Priest	662 Orla Sweeney		
Harborough AC	Yellow		
663 Lizzie Clapp	664 Eilidh MacLean	665 Eilidh MacLean	666 Bethany Wallis
Leamington Cycling and Athletic Club	White/Royal Blue Hoop & piping		
667 Rosie Cale	668 Lucy Green	669 Ana Lovett	670 Emily Lovett
671 Emily Wilson			
Mansfield Harriers	Blue & Green		
672 Lauren McNeil			
Newark AC	Blue and grey quarters		
673 Catherine Booth			
Newcastle Staffs Ac	Red/White/Blue		
674 Scarlett Cotton	675 Poppy Ranford	676 Lily Stevens	677 Nadine Tomkinson
678 Misha Twardochleb	679 Sophie Wood		
Northampton AC	Black gold green		
680 Isobel Haynes	681 Elysia Lay	682 Isabelle Rippon	683 Holly Walker
Notts AC	Green, gold & white		
684 Yasmin Nutt	685 Jessica Purvis	686 Abigail Simpson	
Nuneaton Harriers	Red/Blue swoosh		
687 Lucie Budge			
Ripley Running Club	Green with 2 yellow diagonal stripes		
688 Rosie Greenwood			
Royal Sutton Coldfield Athletics Club	Royal Blue with white vertical stripe		
689 Elsa Buchanan	690 Lucy Carey		
Rugby & Northampton Ac	Sky blue & black		
691 Freya Carroll	692 Sophia Hill	693 Megan Stenhouse	
Rushcliffe Ac	Royal Blue & White		
694 Frankie Berry	695 Lizzy Edge	696 Imogen Edwards	697 Lucy Rathbone
Solihull & Small Heath Athletic Club	Gold/Blue		
698 Abigail Wheelhouse			
Staffs Moorlands AC	female: pink with black band		
699 Eden Schiller			
Stratford Upon Avon AC	Yellow/Black		
700 Georgina Campbell	701 Ellen Taylor		
Stroud & District AC	Green, red & blue band		
702 Lydia Attwell	703 Emma Bendle	704 Tanwen Bird	705 Florence Fuller
706 Anaya Powis	707 Grace Tavner		

Tamworth Ac	Green/white		
708 Charlotte Perry	709 Sophie Perry		
Telford AC	Yellow with red and blue side panals		
710 Katie Appleby	711 April Tatton		
Tipton Harriers	Green & white hoops		
712 Katie Bevan	713 Bella Fantom	714 Holly Graham	
Wellingborough & District Ac	Green		
715 Lucy Watts			
Wolverhampton & Bilston	Red, Yellow & Green		
716 Maria Calleia	717 Louise Hackett	718 Abigail Preston	
Wreake & Soar Valley	Blue & White		
719 Olivia Bailey	720 Katie Parker	721 Isla Stuart	722 Indienne King
Wrekin College Triathlon Club	Red		
723 Cameron Ellie-Mander			

UNDER 17 MEN

Start time: 12.15am

Distance: 6km

Club Name	Colours		
Banbury Harriers Ac	Maroon, Green & White Hooped		
741 Louis Bushby	742 Daniel Roberts	743 Skip Snelson	
Birchfield Harriers	Black with stag motiff		
744 Jamie Cooper	745 Sam McFall	746 Max Price	747 Josh Robins
748 Isaac Searle	749 Dominic Smith	750 James Vaughan	
Birmingham Running Athletics & TC	Black and red vest		
751 Reuben Kite			
Bristol and West AC	White/Red		
752 Lewis Adamson	753 Jay Akbar	754 Oliver Harper	
Bromsgrove and Redditch	Red, 2 blue diagonals		
755 Harrison Mayne			
Burton AC	Black, blue side panels		
756 Ethan Sharratt	757 Jack Shorten		
Buxton AC	Blue		
758 Harry Bond	759 Edward Diamond	760 Stuart Diamond	761 Daniel Frewer
Centurion RC	Blue & awhile hoops		
762 Joshua Fowler			
Charnwood A C	Green, yellow side panels		
763 Alex Coleston-Shields	764 Colin Foord		
City Of Stoke Ac	White, red & black hoops		
765 Joseph Bunn	766 Fynn Churton	767 Daniel Collins	768 Daniel Jones
Corby AC	Sky blue, 2 red bands		
769 Luca Mayes	770 Archie Parkinson		

Coventry Godiva Harriers	Mens, Red with Yellow Bands		
771 Pierce Clisham			
Gloucester AC	Red and White		
772 Joshua Collenette	773 Toby Scott	774 Matthew Ward	
Grantham Ac	Red with yellow & black panel		
775 Peter Braybrook	776 Harry Denton	777 Ewan Rodell	778 Rori Rodell
Halesowen ACC	Yellow with Brown and White hoops		
779 Sam Mannings	780 Jimmy Ostle		
Harborough AC	Yellow		
781 Adam Barber			
Heanor Running Club	Yellow with Blue Horizontal Band		
782 Sam Marsh	783 Ethan Rowley		
Kettering Town Harriers	Red & White		
784 Joshua Clutton	785 Joshua Geddes	786 Idayi Jumbe	787 Ryan Raulia
788 Siddharth Zumkhawala			
Mansfield Harriers	Blue & Green		
789 Harry Cocking	790 Jenson Connell	791 Ben Smith	792 Joel Whittaker Naylor
Mercia Fell Runners	Yellow & Black Mercia Logo & Name		
793 William Kay			
Newcastle Staffs Ac	Red/White/Blue		
794 Thomas Mogg	795 Elliot Smith		
Northampton AC	Black gold green		
796 Matthew Blomley	797 Isaac Cherrington	798 Lewis Gibbs	799 Thomas McFadden
800 George Thompson	801 Ben Willison		
Notts AC	Green, gold & white		
802 Harley Beech-McPhilbin			
Oswestry Olympians	White/Black & Red		
803 Liam Rawlings			
Royal Sutton Coldfield Athletics Club	Royal Blue with white vertical stripe		
804 Tom Lloyd	805 James Pentland		
Rugby & Northampton Ac	Sky blue & black		
806 Joseph Comerford	807 James Fletcher	808 Jake Louis	809 Lewis Panter
810 Fergus Scott	811 Tom Tyler	812 Finlay Ward	
Rushcliffe Ac	Royal Blue & White		
813 Lewis Edge	814 Ben Squire	815 James Wardle	
Saffron Athletics Club	Orange and black		
816 Charlie Combey	817 Henry McLinton-Staines		
Severn AC	Blue & Yellow		
818 Alex Rawlings			
Shrewsbury AC	Royal Blue, Gold Vertical Stripe		
819 Joe Gilling			

Solihull & Small Heath Athletic Club	Gold/Blue		
820 Jay Fletcher	821 Dylan Murphy	822 Alex Veloso	823 Jenson Williams
Stafford Harriers	Gold with 2 Vertical Black Stripes		
824 Benjamin Cook			
Stratford Upon Avon AC	Yellow/Black		
825 Ned Campbell	826 Josh Dobedoe	827 Finlay Hutchinson	828 James Mucklow
Stroud & District AC	Green, red & blue band		
829 William David Crace-Calvert			
Sutton in Ashfield Harriers & AC	White & Red/Green		
830 Charlie Norman			
Tamworth AC	Green/white		
831 Ben Edwards			
Telford AC	Yellow with red and blue side panels		
832 Benjamin Naudi	833 Brady Watkinson		
Tipton Harriers	Green & white hoops		
834 Thomas Bentley	835 Sunny Dhaliwal	836 Lynden Hunt	837 Alexander Parker
Wellingborough & District Ac	Green		
838 Stanley Taylor			
Wolverhampton & Bilston	Red, Yellow & Green		
839 Oliver Mason			
Wreake & Soar Valley	Blue/white		
840 Xavi Salcedo			

SENIOR WOMEN

Start time: 12.45pm

Distance: 8km

Club Name	Colours		
Aldridge RC	Black/pale blue		
861 Rachel Antoine	862 Helen Beecham	863 Melissa Emery	864 Anne Kelsall
865 Karen Kiteley	866 Shelley Nicholls	867 Claire O'Brien	868 Judith Toase
869 Abigail Wright			
Beaumont RC	White, green emblem & club name		
870 Sarah Day	871 Charlotte Dredge	872 Jazzy Drew	873 Eva Morant
Beeston AC	White with 2 Blue Hoops		
874 Christine Bexton	875 Caitlin Bradbury	876 Elaine Clifford	877 Lucy Grant
878 Holly McCain	879 Evgeniya Mihaylova	880 Marie-christine Pardon	881 Erica Pearson
882 Gabriele Thomas-Neher	883 Jackie Welburn		
Birchfield Harriers	Black with stag motiff		
884 Kelly Butler	885 Sarah Conway	886 Emily Evans	887 Jessie Lutwyche
888 Bryony Gunn	889 Sarah Travis	890 Frances Vickers	891 Elizabeth Watters
Birmingham Running Athletics & TC	Black and red vest		
892 Amy Brammer	893 Molly Browne	894 Sophie Dalley	895 Anne Kenchington
896 Eloise Lee			

Bournville Harriers		Teal	
897 Caroline Ankcorn	898 Monica Baptista	899 Suzanne Bunn	900 Laura Gale
901 Jude Glynn	902 Jaeda Goodman	903 Katherine Green	904 Sara Hewison
905 Charlie Hurd	906 Rhian Littlewood	907 Helen McGettrick	908 Imogen Peck
909 Sam Pretlove	910 Alison Price	911 Sarah Jane Rock-Webster	912 Nicola Tautscher
913 Suz West			
Bristol & West AC		White/Red	
1168 Katrina Entwistle	1167 Elaina Gard	1166 Natalie Griffiths	1165 Catie O'Donoghue
1164 Isabelle Talbot-Price			
Bromsgrove and Redditch		Red, 2 blue diagonals	
914 Jane Anderson	915 Charlotte Ball	916 Natasha Newton	917 Liz Vaughan
918 Caroline Warrington			
Buxton AC		Dark Blue/Light Blue	
919 Rachel Dowle	920 Sue Jeff		
Cannock & Stafford AC		Green with white, Red & Yellow Horizontal Band	
921 Dorothy Fellows	922 Christine Kilkenny	923 Susan Kneill-Boxley	924 Nina Skilton
Centurion RC		Blue & awhile hoops	
925 Clare Colquhoun	926 Samantha Horsfall	927 Lydia Mills	928 Jeanette Robathan
929 Theresa Woolley			
Charnwood A C		Green, yellow side panels	
930 Elsie Butler	931 Sophie Coldwell	932 Hollie Elliott	933 Juliet Potter
934 Aimee Seager	935 Elaine Seager	936 Gemma Steel	
Cheltenham and County Harriers		White with 2 black hoops	
937 Naomi Eaton	938 Rachel See		
City Of Stoke Ac		White, red & black hoops	
939 Louise Dawson	940 Joanne Donnelly	941 Lucy Hayes	942 Katie Holt
943 Victoria Hughes	944 Lucy Matthews	945 Amy Neill	946 Donna Sherwin
947 Mandy Vernon			
Cobra Running & Triathlon Club		Yellow/Black	
948 Joan Clarke			
Corby AC		Sky blue with 2 red bands	
949 Alice Smyth			
Coventry Godiva Harriers		Claret and gold	
950 Myshola Kirkham	951 Jayne Mumford	952 Penny Oliver	
Desford Striders		Pale blue and red	
953 Mhairi Billington	954 Samantha Chivers	955 Claire Copley	956 Susan Fairgrieve
957 Claire Hutchinson	958 Cheryl Tonks		
Fleckney & Kibworth Athletics Club		Green with yellow diagonal stripe	
959 Lorna Muskett			
Gloucester AC		Red and White	
960 Gemma Collier	961 Charlotte McGlone	962 Anna Midgley	
Halesowen ACC		Yellow with Brown and White hoops	
963 Melanie Hepke	964 Caroline Lambert		

Harborough AC		Yellow	
965 Louise McAllister	966 Hazel Oconnell	967 Yvonne Scarrott	968 Marise Taylor
Heanor Running Club		Yellow with Blue Horizontal Band	
969 Rita Fisher	970 Jayne Lynas	971 Kelsey Moloney	972 Susan Pinder
973 Joanne Potter	974 Kerry Queenan	975 Georgina Riley	976 Paige Roadley
977 Heather Wesson	978 Elaine Wilkins		
Hereford Couriers		Red	
979 Naomi Prosser			
Holme Pierrepont Rc		Navy Blue with Red Chestband	
980 Janet Atkinson	981 Lisa Chan	982 Sue Chicken	983 Emma Cupitt
984 Ann Gould	985 Katie Holmes	986 Lauren Johnson	987 Claire Lewis
988 Hannah Sampson			
Kenilworth Runners		Green/black/white	
989 Pauline Dable	990 Kerrie Flippance	991 Emma Garnett	992 Claire Goult
993 Sally Hicks	994 Marie Ann Matthews		
Kettering Town Harriers		Red/White	
995 Karen Albery	996 Elana Albery	997 Millie Caffull	998 Elaine Fairbrother
999 Natasha Martin			
Kings Heath Rc - The Lions		Black	
1000 Kerry Allen	1001 Helen Brookes	1002 Sahra Derkits	1003 Barbara Partridge
1004 Karen Whitehouse	1005 Claire Wilkes		
Knowle & Dorridge RC		Green & Gold	
1006 Kathryn Bird	1007 Nicola Evans		
Leamington Cycling And Athletic Club		White/Royal Blue Hoop & piping	
1008 Carol Blower	1009 Kelly Edwards	1010 Laura Gould	1011 Zara Hadfield
1012 Jenny Jeeves	1013 Louise Marsh	1014 Megan McDonald	1015 Megan Rothman
1016 Monica Williamson			
Lichfield Running Club		Red/Green	
1017 Esther Hunt			
Mansfield Harriers		Blue & Green	
1018 Jemma Arbon	1019 Sharon Armitage	1020 Beverley Armstrong	1021 Sandra Baguley
1022 Maddy Collinge	1023 Alice Mortiboy	1024 Angela Purdue	
Midland Masters AC		White, Red vertical stripe	
1025 Wendy Roethenbaugh			
Newark Ac		Blue	
1026 Rebecca Gallop	1027 Cloe Hubbard		
Newcastle Staffs Ac		Red/White/Blue	
1028 Maxine Bickerton	1029 Jan Cassidy	1030 Cheryl Everard	1031 Sophie Goodfellow
1032 Sharon Tomkinson	1033 Rachel Trpeski	1034 Rebecca Twardochleb	
Northampton AC		Black gold green	
1035 Eden Bates	1036 Judith Rose	1037 Barbara Willison	
Northbrook Athletic Club		Black, Yellow & Green	
1038 Amanda Adkins	1039 Catherine Armstrong	1040 Yvonne Boyle	1041 Debbie Campbell
1042 Claudie Combelas	1043 Verity Crichton	1044 Catherine Fenn	1045 Lottie Graham
1046 Antoinette McHugh	1047 Helen Morris	1048 Caroline Parkinson	1049 Pia Singh
1050 Eleanor Townsend	1051 Emma Vardy	1052 Tracey Williams	

Notts AC		Green, gold & white	
1053 Kirsty Bradshaw	1054 Joanne Clamp	1055 Donna Davenport	1056 Lisa Dickinson
1057 Naomi Elliott	1058 Natalie Hoffmann	1059 Julie Lambourne	1060 Sarah MacKness
1061 Becca Peach	1062 Hannah Robinson	1063 Madeleine Tomes	
Nuneaton Harriers		Red/Blue swoosh	
1064 Carolyn Derbyshire	1065 Alex Elspass	1066 Angela Fisher	1067 Eleanor Fowler
1068 Mary Hall	1069 Melanie Hill	1070 Katherine Hodgson	1071 Polly Keen
1072 Helen Talbot	1073 Simone Wilson		
Oswestry Olympians		White/Black & Red	
1074 Alison Lavender			
Redhill Road Runners		Red grey & white	
1075 Leanne Adair	1076 Vivienne Craven	1077 Nicola Hubbard	1078 Laura Merryweather
1079 Joanne Stocks	1080 Heather Thornley	1081 Natalie Wilson	1082 Tamzin Yates
1083 Soheila Yousefi			
Ripley Running Club		Green with 2 yellow diagonal stripes	
1084 Alison Butlin			
Royal Sutton Coldfield Athletics Club		Royal Blue with white vertical stripe	
1085 Annette Belcher	1086 Georgia Delaney	1087 Olivia Harris	1088 Rachel Thebridge
Rugby & Northampton Ac		Sky blue & black	
1090 Caroline Carroll	1091 Minerva Chesser	1092 Angela Copson	1089 Rafaela Fonseca
1093 Tamara Hardman	1094 Helen Jones	1095 Tilly Lea	1096 Fleur Odonohue
1097 Angelique Pendrill	1098 Zoe Shepherd	1099 Freya Vincent	
Silson AC		Green with Yellow	
1100 Helen Heley			
Sparkhill Harriers		Red with black band	
1101 Jane Bartholomew	1102 Suzanne Berg	1103 Clare Bovill	1104 Emma Donnelly
1105 Abigail Frayling	1106 Pauline Hygate	1107 Leanne Neal	1108 Manisha Pearce
1109 Jennifer Price			
Sphinx AC		Royal blue, gold band	
1110 Lisa Abbott	1111 Rachael Allen	1112 Susan Gough	1113 Victoria Hand
1114 Victoria O'Brien	1115 Collette O'Keefe	1116 Laura Pibworth-Dolinski	1117 Jackie Stuart
1118 Kathryn Stuart	1119 Sally-anne Tully		
Stone Master Marathoners		Red	
1120 Amy Gamble	1121 Egidija Pope		
Stourbridge RC		Red with two white bands	
1122 Grace Allen	1123 Rachel Batchelor	1124 Ann Kite	
Stratford Upon Avon AC		Yellow/Black	
1125 Emma Bexson	1126 Sophie Dobedoe	1127 Cadie Hibberd	1128 Amy Hinton
1129 Rebecca Pridham	1130 Vicky Sharpe	1131 Sarah Vernon	
Stroud & District AC		Green, red & blue band	
1132 Jane Wassell			
Tamworth AC		Green/white	
1133 Sarah Jemmett			

Telford Ac	Yellow with red and blue side panels
1134 Rachel Coupe	1135 Jessica Harvey
1136 Claire Martin	1137 Alison Preece

Telford Harriers	Yellow & Green Quarters
1138 Cristina O'Brien	

Tipton Harriers	Green & white hoops
1139 Penelope Barber	1140 Susannah Davies
1141 Amy Hadley	1142 Lynne Hill
1143 Catherine Holden	1144 Larna Partridge
1145 Daniela Sedgley	1146 Susan Street-Hall
1147 Rebecca Turton	1148 Amie Williams

Trentham Rc	Green
1149 Jayne Dickens	1150 Kerry Dixon
1151 Jill Phillips	1152 Joanne Stanfield
1153 Wendy Swift	1154 Deborah Thomas

Wellingborough & District Ac	Green
1155 Kelly Barnett	

Wolverhampton & Bilston	Red, Yellow & Green
1156 Joanne Hackett	1157 Sheridan McWilliam
1158 Charlotte Monk	1159 Becky Palmer
1160 Emily Simmonds	

Worcester AC	Yellow, Red & Black
1161 Ewelina Skalska	

Wreake Runners	White with Blue/Black club name
1162 Emily Hollis	

Wrekin Road Runners	Black, orange & white trim
1163 Christine Symms	

UNDER 20 WOMEN

Start time: 1.35 pm

Distance: 6km

Club Name	Colours
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Banbury Harriers Ac	Maroon, Green & White Hooped
1181 Tia williams	

Bromsgrove and Redditch	Red, 2 blue diagonals
1182 Beth sykes	

Charnwood A C	Green, yellow side panels
1183 Mia atkinson	

Coventry Godiva Harriers	Claret and gold
1184 Amelia starling	

Gloucester AC	Red and White
1185 Briony bishop	

Grantham Ac	Red with yellow & black panel
1186 Isabel hobday	

Halesowen ACC	Yellow with Brown and White hoops
1187 Lily higgins	

Kettering Town Harriers	Red & White
1188 Emily williams	

Leicester Coritanian AC	Royal Blue
1189 Grace smith	
Mansfield Harriers	Blue & Green
1190 Louise cocking	1191 Libby coleman
1192 May roberts	1193 Mollie scott
Newark AC	Blue and grey quarters
1194 Laura bates	1195 Lauren owens
1196 Tilly owens	
Newcastle Staffs Ac	Red/White/Blue
1197 Lauren charlton	1198 Elizabeth clarkson
Notts AC	Green, gold & white
1199 Emma williams	
Nuneaton Harriers	Red/Blue
1200 Emily negus	
Royal Sutton Coldfield Athletics Club	Royal Blue with white vertical stripe
1201 Emma cavendish-tribe	1202 Ellen humpherston
1203 Caitlin o connor	
Rugby & Northampton Ac	Sky blue & black
1204 Olivia sheehan	1205 Lucy stevens
1206 Georgina woodward	
Saffron Athletics Club	Orange and black
1207 Emma richards	
Sparkhill Harriers	Red with black band
1208 Emma Elizabeth stringer	
Stratford Upon Avon AC	Yellow/Black
1209 Daisy musk	
Stroud & District AC	Green, red & blue band
1210 Ellie mortimer	1211 Inca padfield
1212 Annie testar	
Tamworth AC	Green/white
1213 Hannah brayer	1214 Rebecca brayer
Tipton Harriers	Green & white hoops
1215 Bethany walker	
Wolverhampton & Bilston	Red, Yellow & Green
1216 Jessica humphreys	1217 Bethany tabor
Worcester AC	Yellow, Red & Black
1218 Holly love	

UNDER 20 MEN

Start time: 2.00pm

Distance: 8k

Club Name	Colours
Birchfield Harriers	Black with stag motif
1230 Daniel Swain	1231 Max Walk
Burton AC	Black, blue side panels
1232 Callum Abberley	

Charnwood A C	Green, yellow side panels		
1233 Kieren Coleman-Smith	1234 Luke Nuttall	1235 Ethan O'Shea	
City of Sheffield and Dearne AC	Blue/Green		
1236 Samuel Roberts			
City Of Stoke Ac	White, red & black hoops		
1237 James Condlyffe	1238 Joshua Lally	1239 Alexander Mayne	1240 Cameron Muir
1241 Jordan Thomas			
Coventry Godiva Harriers	Mens, Red with Yellow Bands		
1242 Lucas Bennett	1243 Miles Clisham	1244 Edward Griffiths	1245 Thomas Keenan
Kenilworth Runners	Green/black/white		
1246 Ryan Baker	1247 Oliver Flippance		
Leamington Cycling and Athletic Club	White/Royal Blue Hoop & piping		
1248 Baljeev Kandola	1249 Dominic Priest		
Mansfield Harriers	Blue & Green		
1250 Ben Burnham	1251 Luke Duffy		
Newark AC	Blue and grey quarters		
1252 Edward Buck			
Newcastle Staffs Ac	Red/White/Blue		
1253 Jacob Droogmans	1254 Lewis Nagington		
Notts AC	Green, gold & white		
1255 Milan Campion			
Rugby & Northampton Ac	Sky blue & black		
1256 Cian Hutton	1257 Joshua Lay	1258 Myles Martin	1259 Joe Musgrove
Saffron Athletics Club	Orange and black		
1260 Jack Hurst			
Silson AC	White/Black & Red		
1261 James Spencer			
Solihull & Small Heath Athletic Club	Gold/Blue		
1262 Keelan Hopewell	1263 Prince Laryea	1264 Christopher McLeod	
Stafford Harriers	Gold with 2 Vertical Black Stripes		
1265 Robert Gorman			
Stroud & District AC	Green, red & blue band		
1266 David Bendle	1267 Jerome Boyd	1268 Liam Dailey	1269 Callum Davis
Sutton in Ashfield Harriers & AC	White & Red/Green		
1270 Samuel Moakes			
Tamworth AC	Green/white		
1271 Max Kent			
Telford Ac	Yellow with red and blue side panels		
1272 James Ingram	1273 Luke Moses	1274 Matthew Vaughan	
Wolverhampton & Bilston	Red, Yellow & Green		
1275 Joe Starling			
Wreake & Soar Valley	Blue & White		
1276 Zach Spence			

SENIOR MEN**Start time: 2.30pm****Distance: 12km**

Club Name	Colours		
Aldridge RC	Black/pale blue		
1301 Lawrence Hewitt	1302 Simon Hudson	1303 Eamon Lyons	1304 Aaron Neath
1305 Freddie Penrose	1306 Mark Shaw	1307 Adam Smith	
Aucun			
1308 Romain Lamerand			
Banbury Harriers Ac	Maroon, Green & White Hooped		
1309 Alfie Ratcliffe			
Barrow Runners	Red, yellow & white		
1310 Geoffrey Beetham	1311 Will Clarke	1312 Ian Cox	1313 Oliver Hatton
1314 Rod McGowan	1315 David Swift-Rollinson		
Beaumont RC	White, green emblem & club name		
1316 Daniel Caldwell	1317 Gareth Coyle	1318 Tomasz Jarczyk	1319 Robert Jinks
1320 Oliver Lees	1321 Daniel McLaughlin	1322 Peter Stephenson	1323 Ross Tyrrell
1324 Mehul Vaitha	1325 Kevin Waite		
Beeston AC	White with 2 Blue Hoops		
1326 Simon Barnes	1327 Dave Bish	1328 Bob Frake	1329 Phil Herd
1330 James Isherwood	1331 Mihail Mihaylov	1332 David Nelson	1333 Charlie Pearce
1334 Geoff Pennington	1335 Chris Robson	1336 Peter S Wallis	
Birchfield Harriers	Black with stag motiff		
1337 Kadar Omar Abdullahi	1338 Abraham Ahforom	1339 Omar Ahmed	1340 Ed Banks
1341 Thomas Beasley	1342 Jonathan Bradford	1343 Orlando Corea	1344 Peter Dimbleby
1345 Ben Griffiths	1346 Lee Harris	1347 Rob Harris	1348 Martyn Jennings-Temple
1349 Sam Johnson	1350 Alex Jolly	1351 Alfie Meade	1352 Mike Morley
1353 David Morrell	1354 Andrew Peat	1355 Jonathan Read	1356 William Richardson
1357 Michael Tanner	1358 Alexander Tovey		
Birmingham Running Athletics & TC	Black and red vest		
1359 Henry Brocklehurst	1360 Johnny Cullen	1361 Simon Lanckham	1362 Martin Ludford
1363 Karl Welborn			
Bournville Harriers	Teal		
1364 James Ashley	1365 Stewart Bond	1366 Gary Buckley	1367 John Cheel
1368 Ben Dodd	1369 Dave Ellis	1370 Tim Hodges	1371 Iain Jones
1372 Richard Keep	1373 Ian MacKenzie	1374 Kevin Peace	1375 Stuart Pearson
1376 Matthew Pollard	1377 Sean Rose	1378 Paul Samuels	
Bristol and West AC	White/Red		
1379 Harry Allen	1380 Peter Bains	1381 Jed Bartlett	1382 Graham Breen
1383 Andrew Chambers	1384 William Christofi	1385 Andrew Cooke	1386 David Eagon
1387 Callum Jones	1388 Owain Jones	1389 Peter Legrice	1390 Jack Millar
1391 Josh Moody	1392 Olly Sheppard	1393 Adam Stokes	1394 Jonny Suttle
1395 Andrew Watt			

Bromsgrove and Redditch		Red, 2 blue diagonals	
1396 Philip Anderson	1397 Mark Appleton	1398 Peter Ball	1399 Scott Beverley
1400 Stephen Brooks	1401 Malcolm Duff	1402 Andrew Freeman	1403 Dean Hartshorne
1404 Ian Keyte	1405 Kevin Lanckham	1406 Phil Richardson	1407 Calvin Scoltock
1408 Tim Spencer	1409 Peter Vale		
Burton AC		Black, blue side panels	
1410 Robert Sharratt			
Buxton AC		Dark Blue/Light Blue	
1411 Jason Brunnock			
Cambridge & Coleridge AC		White/Blue	
1412 Jack Gray			
Centurion RC		Blue &awhile hoops	
1413 Kevin Ferncombe	1414 Martin Henderson	1415 James Houghton	1416 Adrian Lloyd
1417 Andy Matthews	1418 Andy Rea	1419 Eric Robathan	1420 Edmund Wallace
Charnwood A C		Green, yellow side panels	
1421 Mark Couldwell	1422 Michael Kingsbury	1423 Adam Lockton	1424 Kevin Lomas
1425 Tom Lupton	1426 Mark Whitmore	1427 Tom Whitmore	
Cheltenham and County Harriers		White with 2 black hoops	
1428 Dom James	1429 Joseph Turner	1430 Douglas Wight	
City Of Stoke Ac		White, red & black hoops	
1431 Jamie Arnold	1432 Alexander Brecker	1433 Ross Connor	1434 Callum Dillon
1435 Roger Grand	1436 Shajahan Janally	1437 Vinnie Martin	1438 Ian Salt
1439 Jake Spilsbury	1440 Ed Wilson		
Corby AC		Sky blue with 2 red bands	
1441 Chris Curtis	1442 Adam Eales	1443 John Treacy	
Coventry Godiva Harriers		Mens, Red with Yellow Bands	
1444 Peter Banks	1445 Matthew Battley	1446 James Bennett	1447 Nick Bennett
1448 Jason Brotherhood	1449 Martyn Brunt	1450 Thomas Burgess	1451 Stuart Craig
1452 Peter Eccleston	1453 Joseph McLeod	1454 Mohamed Daud Mohamed	1455 Joseph Mulenga
1456 Jose Ortiz Gonzalez	1457 Jack Pegler	1458 Rob Richardson	1459 Clark Roberts
1460 Alistair Smith	1461 Harvey Speed	1462 Martin Wilde	1463 John Wilson
Croft Ambrey RC		Sky blue	
1464 Guy Whitmarsh			
Desford Striders		Sky blue, red, & white, red side panels	
1465 Kieran Billington	1466 Richard Billington	1467 Alan Copley	1468 Graham Hobbs
1469 Damian Miles	1470 Lea Tatton		
Dudley And Stourbridge Harriers		Gold/Royal Blue	
1471 Martin Harrigan	1472 David Ratcliffe		
Gloucester AC		Red and White	
1473 Glen Balmer	1474 James Denne	1475 Jack Evans	1476 David Gresswell
1477 Steven Haines	1478 Stephen Millward	1479 Christopher O'Carroll	1480 Owen Parry
1481 Jason Tilley	1482 James Walters		
Grantham Ac		Red with yellow & black panel	
1483 Stephen Hobday	1484 Jason Young		

Halesowen ACC		Yellow with Brown and White hoops	
1485 Matthew Allen	1486 Andrew Carruthers	1487 Adam Cross	1488 Peter Dear
1489 James Hoult	1490 David Lewis	1491 Alex Morgan	1492 Bill Nock
1493 James Parker	1494 Philip Scarr	1495 Mateusz Sliwinski	1496 Andrew Yapp
Harborough AC		Yellow	
1497 Peter Attenborough	1498 Iain Barber	1499 Ashley Cartwright	1500 William Clapp
1501 Garry Hodgkins	1502 David MacLean	1503 Jamie McAllister	1504 Dan Perrin
1505 Simon Poynton	1506 Tom Ranger	1507 Graeme Rolfe	1508 Daniel Taylor
1509 Gary Wallis			
Heanor Running Club		Yellow with Blue Horizontal Band	
1510 Andrew Basey	1511 Daniel Bladon	1512 Lee D'Arcy	1513 Ashley Deeming
1514 Carl Hughes	1515 Paul Mercer	1516 Christopher Patterson	1517 Robert Plant
1518 Joe Rainsford	1519 Shane Rice	1520 Kristian Watson	1521 Tony Weatherson
1522 Lewis Whiting			
Hinckley Running Club		Blue with white diagonal stripe	
1523 Ben Harding			
Holme Pierrepont Rc		Navy Blue with Red Chestband	
1524 Chris Allen	1525 Daniel Bagley	1526 Neil Cooper	1527 Tom Davies
1528 Steven Eatherington	1529 Jon Fox	1530 Eddy George	1531 Simon Higson
1532 James Kirkwood	1533 Oliver Matharu	1534 Jim Smith	1535 Andrew Soley
1536 Anthony Squire	1537 Steve Tupholme	1538 Sam Williams-Duncan	
Huncote Harriers		Yellow with Green Sash	
1539 Gareth Chivers	1540 Stephen Snow		
Kenilworth Runners		Green/black/white	
1541 Colin Bailey	1542 Wayne Briggs	1543 Richard Cookson	1544 Tom Cosgrove
1545 George Crawford	1546 Neil Cressy	1547 Thomas Dable	1548 Matt Dyer
1549 Christopher Lyons	1550 Luke Morgan	1551 Harry Purewal	1552 Stewart Underhill
1553 Dewi Williams			
Kettering Town Harriers		Red/White	
1554 luke Myers			
Kimberley & District Striders		Red with white panels	
1555 Stephen Haskard			
Kings Heath Rc - The Lions		Black	
1556 David Bagwell	1557 Mark Cond	1558 Peter Drew	1559 Paul Jolliffe
1560 George Kingsley	1561 Tim Livesley	1562 Michael Tomkins	
Knowle & Dorridge RC		Green & Gold	
1563 Paul Baker	1564 David Carbutt	1565 Richard Dixon	1566 Darren John
1567 Stuart Male	1568 Daniel Mayes	1569 Chris Sharp	1570 Gregory Turner
1571 Nick Woolley			
Leamington Cycling and Athletic Club		White/Royal Blue Hoop & piping	
1572 Craig Bower	1573 Paul Caruana	1574 Raymond Charlton	1575 Marc Curtis
1576 Phillip Gould	1577 Joshua Hough	1578 Mark Marsh	1579 Brian Miller
1580 Steven Roberts			
Leicester Coritanian Ac		Royal Blue	
1581 Ben Dijkstra	1582 Andrew Hart	1583 Wais Kaire	1584 Martin Makin
1585 David Pearce	1586 Mark Powell	1587 Ludovic Renou	

Mansfield Harriers		Blue & Green	
1589 Graeme Baguley	1590 Mark Burr	1591 Christopher Dale	1592 Adam Fairfield
1593 Craig Linacre	1594 Jonny Lowe	1595 James Wales	
Manx Harriers		Red & yellow	
1596 Stephen Garrett			
Midland Masters AC		White, Red vertical stripe	
1597 Allan Lock	1598 Mick Smedley	1599 Conrad Watson	
Newark Ac		Blue	
1600 Timothy Bagguley	1601 Carl Braithwaite	1602 Lee Braithwaite	1603 Oliver Crampton
1604 Adrian Dix	1605 Thomas Hubbard	1606 Gareth Owens	1607 Simon Roberts
Newcastle Staffs Ac		Red/White/Blue	
1608 Martin Bailey	1609 Andrew Brownsword	1610 Mark Cotton	1611 Kevin Davison
1612 Karl Everard	1613 Neil Gerrity	1614 Mark Kelsall	1615 Pab Maddox
1616 Jonathan Ranford	1617 Tim Sharman	1618 Jerome Stevens	1619 Andrew Walker
1620 Matthew Way	1621 Scott Zikmanis		
Northampton AC		Black gold green	
1622 Adam Alexander	1623 Oliver Harvey	1624 Mark Haynes	1625 Ed Wise
1626 Adil Zbirou Khalouq			
Northbrook Athletic Club		Black, Yellow & Green	
1627 Kyle Beddoe	1628 Graeme Brannen	1629 Spencer Davies	1630 Martin Gavin
1631 Matthew Hathrell	1632 Tim Hughes	1633 Oliver Jones	1634 Adrian Lowe
1635 Stuart Lumsden	1636 Francis Mason	1637 Andrew McConville	1638 Martin McHugh
1639 David Mills	1640 Liam Mills	1641 Damian Pharoah	1642 Paul Robbins
1643 Craig Slyde	1644 Austin Wade		
Notts AC		Green, gold & white	
1645 Nicholas Clarke	1646 Harry Foster	1647 Sam Godwin	1648 Tim Hartley
1649 Tim Hatton	1650 Freddie Hessian	1651 Stuart King	1652 Steve Leek
1653 Steve Long	1654 John Muddeman	1655 Peter Mumford	1656 Douglas Musson
1657 Ben Norris	1658 David Oxland	1659 Bruce Raeside	1660 Cameron Smith
1661 Colin Smith McGloin	1662 Stuart Spencer	1663 Craig Taylor	1664 Jonathan Thewlis
1665 Paul Thompson	1666 Patrick Townsend	1667 Alastair Watson	1668 Marti Whitehouse
1669 Andrew Williams	1670 Matthew Williams	1671 Allan Wilson	1672 Anthony Woodward
Nuneaton Harriers		Red/Blue	
1673 Chris Hamer-Hodges	1674 Lee Harper	1675 Andrew Massey	1676 Luke Melling
1677 Vincent Newton	1678 Andrew Offor	1679 William Pither	
Owls AC		Black & White vertical Stripes	
1680 Simon Allen	1681 Tim Doran	1682 Scott Green	1683 Richard Harris
1684 Laurence Wicks			
Peterborough & Nene Valley AC			
1685 Alex Hampson			
Poplar Running Club		White & Navy Blue	
1686 Matthew Brydon	1687 Daniel Ryan	1688 Nick White	
Race Rapid		Red/Black	
1689 Jason Williams			
Redhill Road Runners		Red grey & white	
1690 Benjamin Abbott	1691 Kevin Dickinson	1692 Steve Gelderd	1693 Simon Holmes
1694 Edward Johnson-Kolb	1695 Martin Lee	1696 Simon Nash	1697 Paul Newton
1698 Raymond Poynter	1699 Timothy Raynor	1700 Paul Stacey	1701 Matthew Stratford

Ripley Running Club	Green with 2 yellow diagonal stripes		
1702 Matt Baker	1703 Luke Beresford		
Roadhogs Leicester AC	Burgundy		
1704 Sezer Domac	1705 Brian Feldman	1706 Sam Jolly	
Royal Sutton Coldfield Athletics Club	Royal Blue with white vertical stripe		
1707 Alex Blackham	1708 Shaun Evans	1709 Oliver Harradence	1710 John Hayman
1711 Barry Lloyd	1712 Richard Naylor		
Rugby & Northampton AC	Sky blue & black		
1713 Seb Palmer			
Rushcliffe Ac	Royal Blue & White		
1714 Andy Cosgriff	1715 Paul Hendrick	1716 Danny McIntyre	1717 Graham Moffatt
Shrewsbury AC	Royal Blue, Gold Vertical Stripe		
1718 Matt Hall	1719 Jim Hickinbottom	1720 Andrew Lewis	1721 Matthew Wooden
Silson AC	White/Black & Red		
1722 Toby Heley	1723 Michael Spencer		
Solihull & Small Heath Athletic Club	Gold/Blue		
1724 Daniel Allen	1725 Adam Cole	1726 Steven Howes	1727 Paul Lloyd
South Derbyshire Road Runners	Yellow		
1728 Matthew Long			
Spa Striders	Green, red stripe		
1729 Richard Spear			
Sparkhill Harriers	Red with black band		
1730 Nicholas Berg	1731 Patrick Finnegan	1732 James Hannon	1733 Graham Hygate
1734 Andy Law	1735 Andy Manning	1736 David Pearson	1737 Darren Riley
1738 Daniel Roulston	1739 Nick Stringer	1740 Mark Williams	
Sphinx AC	Royal blue, gold band		
1741 Barry Allen	1742 David Brewis	1743 Wayne Broadbent	1744 David Gamez Morris
1745 Colin Piper	1746 Craig Robinson	1747 Paul Slatford	
Stafford Harriers	Gold with 2 Vertical Black Stripes		
1748 Michael Dobson	1749 Ian Wood		
Stone Master Marathoners	Red		
1750 Shaun Ashworth	1751 Paul Glover	1752 Thomas Harley	1753 Simon Hodgkinson
1754 Tim Hulse	1755 Dan Soltys	1756 Tom Wilson	
Stourbridge RC	Red with two white bands		
1757 James Bellamy	1758 Steven Burch	1759 Robert Colman	1760 Adam Crompton
1761 Peter Walters			
Stratford Upon Avon AC	Yellow/Black		
1762 Malcolm Bowyer	1763 Philip Brennan	1764 James Deacon	1765 Tim Hutchinson
1766 John Raby	1767 David Smyth		
Sutton In Ashfield Harriers & Ac	White & Red/Green		
1768 Nicholas Luke	1769 Richard Robinson	1770 Paul Whittingham	
Tamworth AC	Green/white		
1771 David Brayer	1772 Stephen Parkes		

Team Derby Runner	Blue & White		
1773 Mark Ison			
Telford Ac	Yellow with red and blue side panals		
1774 Jesse Betts	1775 Dean Gapper	1776 Paul O'Brien	1777 Nigel Tatton
Telford Harriers	Yellow & Green Quarters		
1778 Chris Doran	1779 Mark Griffiths	1780 Tomos Hales	1781 Jonathan Mahoney
1782 Richard Palmer	1783 Michael Smith	1784 Kevin Taylor	
Tipton Harriers	Green & white hoops		
1785 Andrew Acha	1786 Tom Acha	1787 O'Brien Aeden	1788 Peter Brookes
1789 Jonathan Carter	1790 Stephen Corbishley	1791 Zabie Hassan	1792 Dean Hill
1793 Tom Holden	1794 Paul Lucas	1795 Robert Meredith	1796 Philip Nicholls
1797 Joe Smith	1798 Adam Soley	1799 Luke Vine	1800 Matt Whitehouse
1801 Ian Williams	1802 Martin Williams	1803 Myles Wilson	
Wellingborough & District Ac	Green		
1804 Jon Kemp	1805 Mark Viccars		
West End Runners	Light Blue/Navy		
1806 Ben Milsom			
Wolverhampton & Bilston	Red, Yellow & Green		
1807 Gareth Briggs	1808 Leroy Brown	1809 Simon Calrow	1810 Darren Edwards
1811 Robert Edwards	1812 Daniel Maskew	1813 David Norman	1814 Benjamin Pilsbury
1815 Richard Preston	1816 David Smith	1817 Lionel Spittle	1818 Daniel Vaughan
1819 Jamie Ward			
Worcester AC	Yellow, Red & Black		
1820 Ray Miles			
Wreake & Soar Valley	Blue/white		
1821 Tom Mahon	1822 Paul Miles		
Wreake Runners	White with Blue/Black club name		
1823 Daniel Gadsby	1824 Richard Palmer		
Wrekin Road Runners	Black, orange & white trim		
1825 Stephen Gill			
Wye Valley Runners	Blue & white		
1826 Mark Dempsey	1827 Steven Flowers	1828 Marc Kendrick	1829 Peter Nugent

MIDLAND CROSS-COUNTRY ASSOCIATION.
COMPETITION RULES.

General Competition Rules

- 1 All competitors must be eligible, as defined by the rules of UKA, at present rules 1-24, in the 2012 Rules for competition.
- 2 All entries must be on the prescribed entry form and must reach the honorary Secretary (or the nominated address), by the designated closing date as shown on the official entry form.
- 3 To compete in any Midland Counties Cross Country promotion athletes must be registered with England Athletics.
- 4 A 'Midland Qualification' to compete as an individual shall be acquired as follows: -
 - a) By Birth.
 - b) By nine months' continuous service in HM Forces stationed within the Midland boundary immediately prior to the date of the competition.
 - c) By nine months' continuous bona fide residence within the Midland's boundary, (Counties as listed below) immediately prior to the date of the competition. University students in temporary accommodation during term time do not qualify.
Avon, Gloucestershire, Herefordshire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire.
- 5 For Team Competition a Midland qualification to compete shall be by being a first claim member of a Club based within the Counties listed above. Athletes who compete for a Midland Club yet do not possess a Midland individual qualification as under rule 4 above may compete as a team member in Championships for their Midland affiliated Club. However they are not eligible for individual awards.
- 6 Students/Universities shall abide by the following rule if they wish to enter Midland Cross Country Promotions/Championships:
 - a. Full time students at recognised establishments of higher Education within the above Counties shall be eligible to compete in Midland Cross Country competitions for their College or University team provided that their 'First Claim Club' is not competing in that competition.
 - b. An establishment of Higher Education can only invoke the provision in (a) above if membership of its club is solely restricted to students and staff at that establishment.
 - c. Athletes running for Higher Education Establishments, in the 'Midland Championships' shall only be eligible for Team Competition awards, unless the runner has a Midland Qualification, as stated in rule 4.
7. That all Cross Country runners when representing their Club must wear their club vest/colours at all levels of club competition. Club vest/colours must be worn for all team events promoted by the Association. Failure to comply with this rule will lead to the individual's disqualification.
Club colours will be described in the Association's programme.
8. All protests must be made to the Referee as soon as possible after the race and confirmed in writing to the Secretary (*or other nominated person*) within seven days, accompanied by a deposit of £10 which shall be forfeited if such objection be ruled unfounded after a full investigation.
9. Unless stated in the rules of a competition the following shall apply: -

The result of all Team Events will be decided on the lowest aggregate scoring system e.g.
A winning competitor counting one, the second two and the third three and so on. In the event of a tie, the team whose last scoring member finishes nearest the first place shall determine the result.
In compiling the Team result the position of all of the runners participating shall be taken into consideration. Therefore, the actual finishing position of each athlete shall be the position of their Club team score.
Individuals will not be taken out of the result for team scoring purposes.
"For all of the Midland Counties Cross Country Championships, the Midland 7 and Ladies 5 mile Team Composition will be:
Senior Men 6 to score.
All others 4 to score except under 17 women 3 to score and under 20 women 3 to score.
In the event of no Club finishing a team with the required number of athletes then the team awards should be calculated on the next highest number of team members finishing".

10. Any athlete found mutilating their number, in any way, will immediately be disqualified. Numbers MUST be worn as handed out by the competitor's steward. They must be fixed to the athletes vest with four pins. One in each corner.

11. Except as provided for in these and the event rules, the laws, rules and regulations of the English Cross Country Association and UKA shall apply to all competitions under the jurisdiction of this Association.

12. Tri Region Competition.

Individual athletes and clubs from the Counties of Derbyshire, Lincolnshire, Cornwall, Devon, Somerset, Dorset & Wiltshire which form the Tri Region may compete in the Midland Counties events subject to the following.

a) Qualification to compete is

i) By Birth within those boundaries

ii) By nine months continuous bona fide residence within the Tri Region Boundary immediately prior to the date of competition.

b) Any Tri Region athlete / team finishing in an award winning position will be awarded a Tri-Region award with the Midland award passing on to the next Midland qualified individual / team.

Any question as to the interpretation of these general Competition Rules shall be referred to General Committee of this Association.

Specific Rules for Midland Cross-Country Championships.

1. Entry for Championship events shall be through Clubs entering individual members from their Club. There is no Team Entry. However, a team competition shall be decided from individuals entered by each Club; and will be decided by adding the finishing positions of the number of scorers' stated for each Championship race.

2. Any Club with less athletes entered than the number required to make up a scoring team, shall be deemed to have entered their athletes as Individuals.

3. In calculating the Team result the position of all finishing athletes (Including individuals) shall be taken into consideration. Therefore, the actual finishing position of each runner shall be the position recorded for their Club's team score.

4. The team result shall be decided as set out below:

a) Senior Women	Four to score	Distance 8km.
b) U/20 Women	Three to score	Distance 6km.
c) U/17 Women	Three to score	Distance 5km.
d) U/15 Girls	Four to score	Distance 4km.
e) U/13 Girls	Four to score	Distance 3km.
f) Senior Men	Six to score	Distance 12km.
g) U/20 Men	Four to score	Distance 8km.
h) U/17 Men	Four to score	Distance 6km.
i) U/15 Boys	Four to score	Distance 4km.
j) U/13 Boys	Four to score	Distance 3km.

However, if the situation should arise, where-by no team has the required number of scorers' in an age- group to give a team result. Then the team result shall be awarded to the team with the lowest score for the highest number of finishers. For example, say in the Under 20 men no team has the four required scorers', yet several teams have three athletes finishing; then the team result shall be worked out on three to score. Trophies and medals to be awarded appropriately.

5. The Championship is limited to an 'A' Team competition only. Therefore, Clubs' will only be eligible to win one team award within each gender age grouping.

6. Trophies:

- U/13 Boys:** - The Adams Achievement Award to the individual winner.
U/15 Boys: - Nigel Cooper Cup awarded to the winning team.
W.A. Evans Cup awarded to the individual winner.
U/17 Men: - McKenna Shield awarded to the winning team.
Jim Peace Cup awarded to the individual winner.
U/20 Men: - Boot Trophy awarded to the winning team.
J.H. Greenaway Cup awarded to the individual winner
Senior Men: - Championship Challenge Cup awarded to the winning team.
Fred Smith Cup awarded to the individual winner.
The Ken Rickuss Trophy will be awarded to the most improved team position from last year's championships.
Senior Women: Horace Brueton Team shield to the Winning Team
Sports Argus Cup to the winning Individual.

All other Trophies for Female events are Midland Counties A.A. trophies.

Please note: There is a cut off time of approx. 75 minutes for the senior Mens race, Athletes still on the course can continue to finish but parts of the course will start to be dismantled after this cut off time.

PLEASE NOTE:

THE ENTRIES MARKED WITH * ARE INDIVIDUALS NOT ELIGIBLE TO COUNT FOR THEIR CLUB

THE CLUB ENTRIES MARKED WITH ** ARE ONLY ELIGIBLE FOR TRI REGIONAL AWARDS

MIDLAND COUNTIES ATHLETIC ASSOCIATION. WWW.MIDLANDATHLETICS.ORG.UK



OPENING TIMES

Monday 10 - 8pm
Tuesday 10 - 5.30pm
Wednesday - 10 - 5.30pm
Thursday 10 - 5.30pm
Friday 10 - 8pm
Saturday 9 - 5.30pm
Sunday Closed



ADDRESS

Unit ABC, Sandringham Drive,
Spondon, Nr Derby,
DE21 7QL

CONTACT

01332 280 048
rob@derbyrunner.com

IMPORTANT

1. Would Clubs please ensure that they collect their numbers and chips envelopes from race registration at least 30 minutes prior to each race?
2. **Collection of Numbers/Chips:** numbers for the **first five races** can be picked up before 11.00am and only by team managers /club secretaries (**do not forget your pins**)
Numbers X 2 will be in the pack with the chips.
3. It would also be most helpful **and essential** that Team Managers give the correct numbers and chips to the athletes concerned.
4. All Team Managers are also advised please to return any unused chips directly back to registration for possible re-use.
5. Thank you for your entry, the MCAA wishes you a successful and enjoyable afternoon's sport.

CHAMPIONCHIP Information

All entrants in the Midland Cross Country Championships will be issued with a ChampionChip – a small timing device which is worn around the ankle – see picture. The chip can be worn against the skin as in the photograph, over your sock or under your tracksuit and on either foot – it doesn't matter choose which ever is most comfortable for you.



The ChampionChip will accurately measure your time from the moment you cross the special mat at the Start Line to the moment you cross the mat at the Finish Line.

In your race pack you will receive your RACE NUMBER and a special ENVELOPE which contains your chip and Velcro ankle strap which you can assemble as in the picture below.

When fixing the strap around your ankle please keep the SMOOTH side of the strap towards to skin.

Also, on the Champion Chip Return envelope is you runner number – please ensure this matches the race number you have received.

Please DO NOT FORGET to wear your ChampionChip for your race

REMEMBER, NO CHIP = NO TIME

Finally, when you cross the finish line you will be directed to the area where you can take off your chip
Place the Chip in the bins provided.

