



MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION,
WOMEN'S FIVE and MEN'S SEVEN MILE,
CROSS COUNTRY CHAMPIONSHIPS



At
Bulwell Hall Park, Nottingham, Saturday 30th November 2019

Men's County Team Results

Position	Club	1	2	3	4	Total
1	Worcestershire	5	6	7	10	28
2	Nottinghamshire	2	8	12	13	35
3	Warwickshire	9	16	17	25	67
4	Staffordshire	1	19	23	31	74
	Shropshire	4	36	41		

Individual

1	Tom Bains	Tipton Harriers	35:46
2	Freddie Hessian	Notts AC	36:24
3	Tim Hartley	Notts AC	37:10

Wining Team

Worcestershire

5	Peter Dear	39:16
6	Andy Yapp	39:26
7	Adam Cross	39:49
10	Mateusz Sliwinski	40:12

2nd Place

Nottinghamshire

2	Freddie Hessian	36:24
8	Matthew Williams	39:56
12	Jon Fox	41:32
13	Sam Godwin	41:48

3rd Place

Warwickshire

9	James Ashley	40:03
16	Tom Bunn	42:29
17	Sean Rose	42:40
25	Jonathan Stanforth	44:04