

**Senior Men 4 Stage - Stage 1 - Provisional results**

Pos	Runner	Team	Leg time
1	Aex Brecker	City Of Stoke AC	15:06
2	Ross Jones	wolverhampton ...[A]	15:50
3	Alex Benfield	Notts AC [A]	16:00
4	Aaron Brown	Cannock & Stafford A	16:03
5	Howard Thompson	Charnwood AC [A]	16:14
6	Anthony Woodward	Hermitage Harriers	16:32
7	Shaun Barnsley	Tipton Harriers [A]	16:39
8	Ben Musgrove	Rugby & Northa...[A]	16:47
9	Stephen Page	Kenilworth Run...[A]	16:49
10	Jamie Fletcher	Notts AC [B]	16:55
11	Joshua Timmins	Halesowen A&CC [A]	17:09
12	Leigh Matthews	Trentham RC [A]	17:22
13	Gareth Wood	Harborough AC [A]	17:31
14	John Millington	Tipton Harriers [C]	17:36
15	Robert Meredith	Dudley Kingswinford	17:44
16	Tom Chew	Royal Sutton Coldfie	17:45
17	Sam Godwin	Notts AC [D]	17:57
18	Stuart Lumsden	Northbrook AC [A]	17:59
19	Richard Powell	Tipton Harriers [B]	18:01
20	David Ratcliffe	Dudley Stourbr...[A]	18:02
21	Conall McNally	Notts AC [C]	18:08
22	Adam Brooks	Harborough AC [B]	18:14
23	Christopher Blake	Stourbridge RC [A]	18:30
24	Marc Curtis	Kenilworth Run...[B]	18:31
25	David Lewis	Halesowen A&CC [B]	18:35
26	Derek Guess	Charnwood AC [B]	18:48
27	Philip Chritchlow	Beaumont RC [A]	18:49
28	Alistair McDonnell	Rugby & Northa...[B]	18:55
29	Mark Moore	wolverhampton ...[C]	19:20
30	Peter Heald	Centurion RC [A]	19:21
31	James Toddington	wolverhampton ...[B]	19:28
32	Carson Tweedie	Cobra RTC	19:31
33	Nick Stringer	Sparkhill Harriers	19:50
34	Craig Taylor	Trentham RC [B]	20:29
35	Robert Edwards	wolverhampton ...[D]	20:58
36	Simon Dix	Kings Heath RC	21:00
37	Steve Rundell	Ivanhoe Runners	21:17
38	Anthony Marchington	Matlock AC	21:28
39	Wayne Broadbent	Sphinx AC	21:39
40	Spencer Davies	Northbrook AC [B]	22:06
41	David Sheppard	Stourbridge RC [B]	22:08
42	Paul Allen	Halesowen A&CC [C]	22:34
43	Leonard Wallace	Centurion RC [B]	22:38

## Senior Men 4 Stage - Stage 2 - Provisional results

Pos	Runner	Team	Leg time	Cumm.Gain				
1	Dean Richardson	City Of Stoke AC	16:19	31:25 + 0	Fastest stage runners			
2	Sean Byrne	Tipton Harriers [A]	15:45	32:24 + 5				
3	Philip wolfe	Cannock & Stafford A	16:44	32:47 + 1	1	Sean Byrne	Tipton Harriers [A]	15:45
4	Tom Whitmore	Charnwood AC [A]	16:57	33:11 + 1	2	Dean Richardson	City Of Stoke AC	16:19
5	Paul Hammond	wolverhampton ...[A]	17:36	33:26 - 3	3	Philip wolfe	Cannock & Stafford A	16:44
6	Jack Bond	Rugby & Northa...[A]	16:49	33:36 + 2	4	Jack Bond	Rugby & Northa...[A]	16:49
7	Connor Carson	Kenilworth Run...[A]	16:57	33:46 + 2	5	Tom Whitmore	Charnwood AC [A]	16:57
8	Simon Myatt	Trentham RC [A]	16:58	34:20 + 4	6	Connor Carson	Kenilworth Run...[A]	16:57
9	Andrew Norton	Notts AC [B]	17:43	34:38 + 1	7	Simon Myatt	Trentham RC [A]	16:58
10	Mat Driver	Harborough AC [A]	17:12	34:43 + 3	8	Mat Driver	Harborough AC [A]	17:12
11	Paul Gregory	Hermitage Harriers	18:23	34:55 - 5	9	Ben Foster	Dudley Kingswinford	17:13
12	Ben Foster	Dudley Kingswinford	17:13	34:57 + 3	10	John Muddeman	Notts AC [C]	17:14
13	Jacob Anson	Tipton Harriers [B]	17:15	35:16 + 6	11	Jacob Anson	Tipton Harriers [B]	17:15
14	John Muddeman	Notts AC [C]	17:14	35:22 + 7	12	Paul Hammond	wolverhampton ...[A]	17:36
15	Jonathan Lewis	Halesowen A&CC [A]	18:33	35:42 - 4	13	Andrew Norton	Notts AC [B]	17:43
16	Rob Andrew	Royal Sutton Coldfie	18:13	35:58 + 0	14	Zak Hodgkinson	Matlock AC	18:12
17	Graham Dodd	Northbrook AC [A]	18:45	36:44 + 1	15	Rob Andrew	Royal Sutton Coldfie	18:13
18	Martin Gore	Harborough AC [B]	18:35	36:49 + 4	16	Duncan Cornish	Stourbridge RC [A]	18:20
19	Duncan Cornish	Stourbridge RC [A]	18:20	36:50 + 4	17	Paul Gregory	Hermitage Harriers	18:23
20	Martin Harrigan	Dudley Stourbr...[A]	18:56	36:58 + 0	18	Daniel Vaughan	wolverhampton ...[B]	18:23
21	Robert Trusson	Notts AC [D]	19:07	37:04 - 4	19	Jonathan Lewis	Halesowen A&CC [A]	18:33
22	Phillip Scarr	Halesowen A&CC [B]	18:50	37:25 + 3	20	Martin Gore	Harborough AC [B]	18:35
23	Daniel Vaughan	wolverhampton ...[B]	18:23	37:51 + 8	21	Graham Dodd	Northbrook AC [A]	18:45
24	Oliver Munns	Rugby & Northa...[B]	19:19	38:14 + 4	22	Phillip Scarr	Halesowen A&CC [B]	18:50
25	Mike Williams	Kenilworth Run...[B]	19:46	38:17 - 1	23	Martin Harrigan	Dudley Stourbr...[A]	18:56
26	Jonathan Hunt	Tipton Harriers [C]	20:53	38:29 -12	24	Mark Pearce	Sparkhill Harriers	18:57
27	Mark Pearce	Sparkhill Harriers	18:57	38:47 + 6	25	Robert Trusson	Notts AC [D]	19:07
28	Hugh Platt	Beaumont RC [A]	20:10	38:59 - 1	26	Scott Ziumanis	Trentham RC [B]	19:18
29	David Daniels	Cobra RTC	19:51	39:22 + 3	27	Oliver Munns	Rugby & Northa...[B]	19:19
30	Zak Hodgkinson	Matlock AC	18:12	39:40 + 8	28	Robert Barry	Northbrook AC [B]	19:26
31	Scott Ziumanis	Trentham RC [B]	19:18	39:47 + 3	29	Phil Stevenson	Ivanhoe Runners	19:40
32	Duncan Davies	wolverhampton ...[C]	20:36	39:56 - 3	30	Mike Williams	Kenilworth Run...[B]	19:46
33	Nigel Scoggins	Charnwood AC [B]	21:16	40:04 - 7	31	David Daniels	Cobra RTC	19:51
34	Wayne Muddiman	Centurion RC [A]	20:55	40:16 - 4	32	Jamie Richards	Sphinx AC	20:00
35	Phil Stevenson	Ivanhoe Runners	19:40	40:57 + 2	33	Hugh Platt	Beaumont RC [A]	20:10
36	Robert Barry	Northbrook AC [B]	19:26	41:32 + 4	34	Duncan Davies	wolverhampton ...[C]	20:36
37	Jamie Richards	Sphinx AC	20:00	41:39 + 2	35	Jonathan Hunt	Tipton Harriers [C]	20:53
38	Matt Sutton	Stourbridge RC [B]	21:37	43:45 + 3	36	Wayne Muddiman	Centurion RC [A]	20:55
39	Greg Robson	Kings Heath RC	23:05	44:05 - 3	37	Nigel Scoggins	Charnwood AC [B]	21:16
					38	Matt Sutton	Stourbridge RC [B]	21:37
					39	Greg Robson	Kings Heath RC	23:05

## Senior Men 4 Stage - Stage 3 - Provisional results

Pos	Runner	Team	Leg time	Cumm.Gain				
1	Louis Wrigley	City Of Stoke AC	16:38	48:03 + 0	Fastest stage runners			
2	Chris Perrin	Cannock & Stafford A	15:30	48:17 + 1				
3	Luke Vine	Tipton Harriers [A]	16:06	48:30 - 1	1	Chris Perrin	Cannock & Stafford A	15:30
4	Pete Hawkins	Kenilworth Run...[A]	17:04	50:50 + 3	2	Luke Vine	Tipton Harriers [A]	16:06
5	Daniel Brazier	Wolverhampton ...[A]	17:31	50:57 + 0	3	Freddie Hessian	Notts AC [B]	16:25
6	Freddie Hessian	Notts AC [B]	16:25	51:03 + 3	4	Louis Wrigley	City Of Stoke AC	16:38
7	Peter Currington	Rugby & Northa...[A]	18:22	51:58 - 1	5	Pete Hawkins	Kenilworth Run...[A]	17:04
8	Tom Lupton	Charnwood AC [A]	19:06	52:17 - 4	6	Daniel Brazier	Wolverhampton ...[A]	17:31
9	Andy Meads	Harborough AC [A]	17:35	52:18 + 1	7	Andy Meads	Harborough AC [A]	17:35
10	Jason Williams	Hermitage Harriers	17:37	52:32 + 1	8	Jason Williams	Hermitage Harriers	17:37
11	Mat Biggs	Dudley Kingswinford	17:49	52:46 + 1	9	Mat Biggs	Dudley Kingswinford	17:49
12	Roger Grand	Trentham RC [A]	18:48	53:08 - 4	10	David Turvey	Halesowen A&CC [A]	17:53
13	David Turvey	Halesowen A&CC [A]	17:53	53:35 + 2	11	Peter Currington	Rugby & Northa...[A]	18:22
14	Gareth Maguire	Tipton Harriers [B]	18:26	53:42 - 1	12	Andrew Sheldon	Matlock AC	18:24
15	Jonathan Hiorns	Notts AC [C]	18:30	53:52 - 1	13	Karl Wilkins	Beaumont RC [A]	18:25
16	Dave Long	Royal Sutton Coldfie	18:57	54:55 + 0	14	Gareth Maguire	Tipton Harriers [B]	18:26
17	Adam Eales	Harborough AC [B]	18:32	55:21 + 1	15	Jonathan Hiorns	Notts AC [C]	18:30
18	Scot Shepherd	Northbrook AC [A]	18:55	55:39 - 1	16	Adam Eales	Harborough AC [B]	18:32
19	Ashleigh Bentley	Dudley Stourbr...[A]	19:12	56:10 + 1	17	Roger Grand	Trentham RC [A]	18:48
20	Philip Waring	Notts AC [D]	19:57	57:01 + 1	18	Scot Shepherd	Northbrook AC [A]	18:55
21	Andy Bave	Wolverhampton ...[B]	19:33	57:24 + 2	19	Dave Long	Royal Sutton Coldfie	18:57
22	Karl Wilkins	Beaumont RC [A]	18:25	57:24 + 6	20	Tom Lupton	Charnwood AC [A]	19:06
23	Richard Cookson	Kenilworth Run...[B]	19:34	57:51 + 2	21	Ashleigh Bentley	Dudley Stourbr...[A]	19:12
24	Alex Morgan	Halesowen A&CC [B]	20:28	57:53 - 2	22	Glenn North	Charnwood AC [B]	19:25
25	Andrew Sheldon	Matlock AC	18:24	58:04 + 5	23	Alex Stephenson	Cobra RTC	19:30
26	James Bellamy	Stourbridge RC [A]	21:15	58:05 - 7	24	Andy Bave	Wolverhampton ...[B]	19:33
27	Alex Stephenson	Cobra RTC	19:30	58:52 + 2	25	Richard Cookson	Kenilworth Run...[B]	19:34
28	Simon Outhwaite	Sparkhill Harriers	20:40	59:27 - 1	26	Nick Rowles	Ivanhoe Runners	19:45
29	Glenn North	Charnwood AC [B]	19:25	59:29 + 4	27	Philip Waring	Notts AC [D]	19:57
30	Terry Wall	Trentham RC [B]	20:02	59:49 + 1	28	Terry Wall	Trentham RC [B]	20:02
31	Pete Thomas	Rugby & Northa...[B]	22:05	1:00:19 - 7	29	Alex Morgan	Halesowen A&CC [B]	20:28
32	Nick Rowles	Ivanhoe Runners	19:45	1:00:42 + 3	30	Simon Outhwaite	Sparkhill Harriers	20:40
33	Stuart Whitehouse	Wolverhampton ...[C]	21:18	1:01:14 - 1	31	Tom Miller	Northbrook AC [B]	20:57
34	John Stroulger	Tipton Harriers [C]	23:50	1:02:19 - 8	32	James Bellamy	Stourbridge RC [A]	21:15
35	Tom Miller	Northbrook AC [B]	20:57	1:02:29 + 1	33	Stuart Whitehouse	Wolverhampton ...[C]	21:18
36	Andy Rea	Centurion RC [A]	22:20	1:02:36 - 2	34	David West	Sphinx AC	21:55
37	David West	Sphinx AC	21:55	1:03:34 + 0	35	Pete Thomas	Rugby & Northa...[B]	22:05
38	Andy Boardman	Stourbridge RC [B]	22:31	1:06:16 + 0	36	Andy Rea	Centurion RC [A]	22:20
39	David Teedon	Kings Heath RC	34:25	1:18:30 + 0	37	Andy Boardman	Stourbridge RC [B]	22:31
					38	John Stroulger	Tipton Harriers [C]	23:50
					39	David Teedon	Kings Heath RC	34:25

## Senior Men 4 Stage - Stage 4 - Provisional results

Pos	Runner	Team	Leg time	Cumm.Gain				
1	Chris Gidlow	City Of Stoke AC	16:19	1:04:22 + 0	Fastest stage runners			
2	Gareth Griffiths	Tipton Harriers [A]	16:26	1:04:56 + 1				
3	James Perrin	Cannock & Stafford A	16:58	1:05:15 - 1	1	Matthew Williams	Notts AC [B]	16:16
4	Matthew Williams	Notts AC [B]	16:16	1:07:19 + 2	2	Chris Gidlow	City Of Stoke AC	16:19
5	Phil Gould	Kenilworth Run...[A]	16:52	1:07:42 - 1	3	Gareth Griffiths	Tipton Harriers [A]	16:26
6	Mark Anslow	Wolverhampton ...[A]	17:30	1:08:27 - 1	4	Sean Fenwick	Harborough AC [A]	16:33
7	Sean Fenwick	Harborough AC [A]	16:33	1:08:51 + 2	5	Richard White	Halesowen A&CC [A]	16:34
8	James Willoughby	Hermitage Harriers	16:54	1:09:26 + 2	6	Phil Gould	Kenilworth Run...[A]	16:52
9	James Watkins	Charnwood AC [A]	17:49	1:10:06 - 1	7	James Willoughby	Hermitage Harriers	16:54
10	Richard White	Halesowen A&CC [A]	16:34	1:10:09 + 3	8	Steven Gibson	Beaumont RC [A]	16:55
11	Johnathan Burke	Rugby & Northa...[A]	18:54	1:10:52 - 4	9	James Perrin	Cannock & Stafford A	16:58
12	James Wright	Dudley Kingswinford	18:16	1:11:02 - 1	10	Colin Davenport	Matlock AC	17:21
13	Lee Ellis	Trentham RC [A]	18:09	1:11:17 - 1	11	Mark Anslow	Wolverhampton ...[A]	17:30
14	Joe Fairfax	Tipton Harriers [B]	19:02	1:12:44 + 0	12	James Jefferson	Tipton Harriers [C]	17:32
15	Jon-philip Seymour	Notts AC [C]	20:04	1:13:56 + 0	13	James Watkins	Charnwood AC [A]	17:49
16	Steven Gibson	Beaumont RC [A]	16:55	1:14:19 + 6	14	Lee Ellis	Trentham RC [A]	18:09
17	Simon Hall	Royal Sutton Coldfie	20:20	1:15:15 - 1	15	James Wright	Dudley Kingswinford	18:16
18	John Wilson	Northbrook AC [A]	19:40	1:15:19 + 0	16	David Oxland	Notts AC [D]	18:45
19	Colin Davenport	Matlock AC	17:21	1:15:25 + 6	17	Johnathan Burke	Rugby & Northa...[A]	18:54
20	David Oxland	Notts AC [D]	18:45	1:15:46 + 0	18	Ed Wilson	Trentham RC [B]	18:57
21	Darrell Bodin	Dudley Stourbr...[A]	19:49	1:15:59 - 2	19	Joe Fairfax	Tipton Harriers [B]	19:02
22	Tom Ward	Harborough AC [B]	21:20	1:16:41 - 5	20	Leroy Brown	Wolverhampton ...[B]	19:19
23	Leroy Brown	Wolverhampton ...[B]	19:19	1:16:43 - 2	21	Daniel Roulston	Sparkhill Harriers	19:26
24	Kevin Monk	Halesowen A&CC [B]	20:18	1:18:11 + 0	22	Craig Hinds	Ivanhoe Runners	19:29
25	Stewart Underhill	Kenilworth Run...[B]	20:26	1:18:17 - 2	23	Richard Jones	Wolverhampton ...[C]	19:36
26	Ed Wilson	Trentham RC [B]	18:57	1:18:46 + 4	24	John Wilson	Northbrook AC [A]	19:40
27	Michael Tovey	Cobra RTC	19:55	1:18:47 + 0	25	Darrell Bodin	Dudley Stourbr...[A]	19:49
28	Daniel Roulston	Sparkhill Harriers	19:26	1:18:53 + 0	26	Michael Tovey	Cobra RTC	19:55
29	Adam Crompton	Stourbridge RC [A]	21:25	1:19:30 - 3	27	David Johnson	Kings Heath RC	19:59
30	James Jefferson	Tipton Harriers [C]	17:32	1:19:51 + 4	28	Colin Piper	Sphinx AC	20:03
31	Craig Hinds	Ivanhoe Runners	19:29	1:20:11 + 1	29	Jon-philip Seymour	Notts AC [C]	20:04
32	Richard Jones	Wolverhampton ...[C]	19:36	1:20:50 + 1	30	Kevin Monk	Halesowen A&CC [B]	20:18
33	Mark Whitmore	Charnwood AC [B]	21:28	1:20:57 - 4	31	Simon Hall	Royal Sutton Coldfie	20:20
34	Colin Piper	Sphinx AC	20:03	1:23:37 + 3	32	Stewart Underhill	Kenilworth Run...[B]	20:26
35	Rob Cox	Northbrook AC [B]	23:31	1:26:00 + 0	33	Tom Ward	Harborough AC [B]	21:20
36	Andy Mathews	Centurion RC [A]	24:11	1:26:47 + 0	34	Adam Crompton	Stourbridge RC [A]	21:25
37	Stuart Bird	Stourbridge RC [B]	22:56	1:29:12 + 1	35	Mark Whitmore	Charnwood AC [B]	21:28
38	David Johnson	Kings Heath RC	19:59	1:38:29 + 1	36	Stuart Bird	Stourbridge RC [B]	22:56
					37	Rob Cox	Northbrook AC [B]	23:31
					38	Andy Mathews	Centurion RC [A]	24:11

**Men Masters 4 Stage - Stage 1 - Provisional results**

Pos	Runner	Team	Leg time
1	Mark Dalkins	Cheadle RC	16:00
2	Gordon Lee	Leicester Coritanian	17:01
3	Paul Rogers	Tipton Harriers	17:41
4	Paul Birch	Rugby & Northampton	18:25
5	Nigel Haycock	Cannock & Stafford A	18:31
6	Darren Edwards	Wolverhampton & Bils	19:00
7	Will Clapp	Harborough AC	20:00
8	Patrick Finnegan	Sparkhill Harr...[A]	20:12
9	Kevin Morris	Sparkhill Harr...[B]	24:30

**Men Masters 4 Stage - Stage 2 - Provisional results**

Pos	Runner	Team	Leg time	Cumm.Gain			
1	David Allen	Cheadle RC	18:06	34:06 + 0	Fastest stage runners		
2	Chris Southam	Leicester Coritanian	17:45	34:46 + 0			
3	Dean Hill	Tipton Harriers	18:10	35:51 + 0	1	Dave Smith	Wolverhampton & Bils 17:09
4	Dave Smith	Wolverhampton & Bils	17:09	36:09 + 2	2	Chris Southam	Leicester Coritanian 17:45
5	Gary Wallace	Rugby & Northampton	18:12	36:37 - 1	3	David Allen	Cheadle RC 18:06
6	Paul Lester	Cannock & Stafford A	18:24	36:55 - 1	4	Dean Hill	Tipton Harriers 18:10
7	Graham Rolfe	Harborough AC	21:37	41:37 + 0	5	Gary Wallace	Rugby & Northampton 18:12
8	Grahame Hygate	Sparkhill Harr...[A]	22:31	42:43 + 0	6	Paul Lester	Cannock & Stafford A 18:24
9	Craig Hinks	Sparkhill Harr...[B]	22:40	47:10 + 0	7	Graham Rolfe	Harborough AC 21:37
					8	Grahame Hygate	Sparkhill Harr...[A] 22:31
					9	Craig Hinks	Sparkhill Harr...[B] 22:40

**Men Masters 4 Stage - Stage 3 - Provisional results**

Pos	Runner	Team	Leg time	Cumm.Gain				
1	Richard Whitelegg	Leicester Coritanian	17:52	52:38 + 1	Fastest stage runners			
2	Dave Hollins	Cheadle RC	18:48	52:54 - 1				
3	Ian Pincher	Wolverhampton & Bils	19:05	55:14 + 1	1	Richard Whitelegg	Leicester Coritanian	17:52
4	Vince Carroll	Rugby & Northampton	18:53	55:30 + 1	2	Carl Dunne	Cannock & Stafford A	18:41
5	Carl Dunne	Cannock & Stafford A	18:41	55:36 + 1	3	Dave Hollins	Cheadle RC	18:48
6	Paul Dolan	Tipton Harriers	22:48	58:39 - 3	4	Vince Carroll	Rugby & Northampton	18:53
7	Pete Reeves	Sparkhill Harr...[A]	21:49	1:04:32 + 1	5	Ian Pincher	Wolverhampton & Bils	19:05
					6	Pete Reeves	Sparkhill Harr...[A]	21:49
					7	Paul Dolan	Tipton Harriers	22:48

**Men Masters 4 Stage - Stage 4 - Provisional results**

Pos	Runner	Team	Leg time	Cumm.Gain				
1	Gareth Deacon	Leicester Coritanian	17:19	1:09:57 + 0	Fastest stage runners			
2	Paul Thacker	Cannock & Stafford A	17:47	1:13:23 + 3				
3	Chris Scullion	Cheadle RC	20:33	1:13:27 - 1	1	Gareth Deacon	Leicester Coritanian	17:19
4	Jason Corns	Wolverhampton & Bilb	18:17	1:13:31 - 1	2	Paul Thacker	Cannock & Stafford A	17:47
5	Terry Egan	Rugby & Northampton	19:21	1:14:51 - 1	3	Jason Corns	Wolverhampton & Bilb	18:17
6	Bryan Mills	Tipton Harriers	21:50	1:20:29 + 0	4	Terry Egan	Rugby & Northampton	19:21
7	Paul Webster	Sparkhill Harr...[A]	20:19	1:24:51 + 0	5	Paul Webster	Sparkhill Harr...[A]	20:19
					6	Chris Scullion	Cheadle RC	20:33
					7	Bryan Mills	Tipton Harriers	21:50



## 4 stage for Senior Men - Provisional results

<b>1</b>	<b>9 City Of Stoke AC</b>	<b>1:04:22</b>	<b>15</b>	<b>31 Notts AC [C]</b>	<b>1:13:56</b>
1	Aex Brecker (1) 15:06		2	Dean Richardson (1) 16:19	
3	Louis Wrigley (1) 16:38		4	Chris Gidlow (1) 16:19	
1			1	Conall McNally (21) 18:08	
			2	John Muddeman (14) 17:14	
			3	Jonathan Hiorns (15) 18:30	
			4	Jon-philip Seymo (15) 20:04	
<b>2</b>	<b>43 Tipton Harriers [A]</b>	<b>1:04:56</b>	<b>16</b>	<b>1 Beaumont RC [A]</b>	<b>1:14:19</b>
1	Shaun Barnsley (7) 16:39		2	Sean Byrne (2) 15:45	
3	Luke Vine (3) 16:06		4	Gareth Griffiths (2) 16:26	
1			1	Philip Chritchlo (27) 18:49	
			2	Hugh Platt (28) 20:10	
			3	Karl Wilkins (21) 18:25	
			4	Steven Gibson (16) 16:55	
<b>3</b>	<b>4 Cannock &amp; Stafford AC</b>	<b>1:05:15</b>	<b>17</b>	<b>34 Royal Sutton Coldfield AC</b>	<b>1:15:15</b>
1	Aaron Brown (4) 16:03		2	Philip Wolfe (3) 16:44	
3	Chris Perrin (2) 15:30		4	James Perrin (3) 16:58	
1			1	Tom Chew (16) 17:45	
			2	Rob Andrew (16) 18:13	
			3	Dave Long (16) 18:57	
			4	Simon Hall (17) 20:20	
<b>4</b>	<b>30 Notts AC [B]</b>	<b>1:07:19</b>	<b>18</b>	<b>27 Northbrook AC [A]</b>	<b>1:15:19</b>
1	Jamie Fletcher (10) 16:55		2	Andrew Norton (9) 17:43	
3	Freddie Hessian (6) 16:25		4	Matthew Williams (4) 16:16	
1			1	Stuart Lumsden (18) 17:59	
			2	Graham Dodd (17) 18:45	
			3	Scot Shepherd (18) 18:55	
			4	John Wilson (18) 19:40	
<b>5</b>	<b>22 Kenilworth Runners [A]</b>	<b>1:07:42</b>	<b>19</b>	<b>26 Matlock AC</b>	<b>1:15:25</b>
1	Stephen Page (9) 16:49		2	Connor Carson (7) 16:57	
3	Pete Hawkins (4) 17:04		4	Phil Gould (5) 16:52	
1			1	Anthony Marching (38) 21:28	
			2	Zak Hodgkinson (30) 18:12	
			3	Andrew Sheldon (25) 18:24	
			4	Colin Davenport (19) 17:21	
<b>6</b>	<b>48 Wolverhampton &amp; Bilston AC [A]</b>	<b>1:08:27</b>	<b>20</b>	<b>32 Notts AC [D]</b>	<b>1:15:46</b>
1	Ross Jones (2) 15:50		2	Paul Hammond (5) 17:36	
3	Daniel Brazier (5) 17:31		4	Mark Anslow (6) 17:30	
1			1	Sam Godwin (17) 17:57	
			2	Robert Trusson (21) 19:07	
			3	Philip Waring (20) 19:57	
			4	David Oxland (20) 18:45	
<b>7</b>	<b>18 Harborough AC [A]</b>	<b>1:08:51</b>	<b>21</b>	<b>13 Dudley Stourbridge Harriers [A]</b>	<b>1:15:59</b>
1	Gareth Wood (13) 17:31		2	Mat Driver (10) 17:12	
3	Andy Meads (9) 17:35		4	Sean Fenwick (7) 16:33	
1			1	David Ratcliffe (20) 18:02	
			2	Martin Harrigan (20) 18:56	
			3	Ashleigh Bentley (19) 19:12	
			4	Darrell Bodin (21) 19:49	
<b>8</b>	<b>20 Hermitage Harriers</b>	<b>1:09:26</b>	<b>22</b>	<b>19 Harborough AC [B]</b>	<b>1:16:41</b>
1	Anthony Woodward (6) 16:32		2	Paul Gregory (11) 18:23	
3	Jason Williams (10) 17:37		4	James Willoughby (8) 16:54	
1			1	Adam Brooks (22) 18:14	
			2	Martin Gore (18) 18:35	
			3	Adam Eales (17) 18:32	
			4	Tom Ward (22) 21:20	
<b>9</b>	<b>7 Charnwood AC [A]</b>	<b>1:10:06</b>	<b>23</b>	<b>49 Wolverhampton &amp; Bilston AC [B]</b>	<b>1:16:43</b>
1	Howard Thompson (5) 16:14		2	Tom Whitmore (4) 16:57	
3	Tom Lupton (8) 19:06		4	James Watkins (9) 17:49	
1			1	James Toddington (31) 19:28	
			2	Daniel Vaughan (23) 18:23	
			3	Andy Bave (22) 19:33	
			4	Leroy Brown (23) 19:19	
<b>10</b>	<b>15 Halesowen A&amp;CC [A]</b>	<b>1:10:09</b>	<b>24</b>	<b>16 Halesowen A&amp;CC [B]</b>	<b>1:18:11</b>
1	Joshua Timmins (11) 17:09		2	Jonathan Lewis (15) 18:33	
3	David Turvey (13) 17:53		4	Richard White (10) 16:34	
1			1	David Lewis (25) 18:35	
			2	Phillip Scarr (22) 18:50	
			3	Alex Morgan (24) 20:28	
			4	Kevin Monk (24) 20:18	
<b>11</b>	<b>35 Rugby &amp; Northampton Ac [A]</b>	<b>1:10:52</b>	<b>25</b>	<b>23 Kenilworth Runners [B]</b>	<b>1:18:17</b>
1	Ben Musgrove (8) 16:47		2	Jack Bond (6) 16:49	
3	Peter Currington (7) 18:22		4	Johnathan Burke (11) 18:54	
1			1	Marc Curtis (24) 18:31	
			2	Mike Williams (25) 19:46	
			3	Richard Cookson (23) 19:34	
			4	Stewart Underhill (25) 20:26	
<b>12</b>	<b>12 Dudley Kingswinford</b>	<b>1:11:02</b>	<b>26</b>	<b>47 Trentham RC [B]</b>	<b>1:18:46</b>
1	Robert Meredith (15) 17:44		2	Ben Foster (12) 17:13	
3	Mat Biggs (11) 17:49		4	James Wright (12) 18:16	
1			1	Craig Taylor (34) 20:29	
			2	Scott Ziemanis (31) 19:18	
			3	Terry Wall (30) 20:02	
			4	Ed Wilson (26) 18:57	
<b>13</b>	<b>46 Trentham RC [A]</b>	<b>1:11:17</b>	<b>27</b>	<b>10 Cobra RTC</b>	<b>1:18:47</b>
1	Leigh Matthews (12) 17:22		2	Simon Myatt (8) 16:58	
3	Roger Grand (12) 18:48		4	Lee Ellis (13) 18:09	
1			1	Carson Tweedie (32) 19:31	
			2	David Daniels (29) 19:51	
			3	Alex Stephenson (27) 19:30	
			4	Michael Tovey (27) 19:55	
<b>14</b>	<b>44 Tipton Harriers [B]</b>	<b>1:12:44</b>	<b>28</b>	<b>39 Sparkhill Harriers</b>	<b>1:18:53</b>
1	Richard Powell (19) 18:01		2	Jacob Anson (13) 17:15	
3	Gareth Maguire (14) 18:26		4	Joe Fairfax (14) 19:02	
1			1	Nick Stringer (33) 19:50	
			2	Mark Pearce (27) 18:57	
			3	Simon Outhwaite (28) 20:40	
			4	Daniel Roulston (28) 19:26	

## 4 stage for Senior Men - Provisional results

<b>29 41 Stourbridge RC [A]</b>	<b>1:19:30</b>	--	<b>6 Centurion RC [B]</b>	<b>0:22:38</b>
1 Christopher Blak (23) 18:30	2 Duncan Cornish (19) 18:20		1 Leonard Wallace (43) 22:38	
3 James Bellamy (26) 21:15	4 Adam Crompton (29) 21:25			
<b>30 45 Tipton Harriers [C]</b>	<b>1:19:51</b>			
1 John Millington (14) 17:36	2 Jonathan Hunt (26) 20:53			
3 John Stroulger (34) 23:50	4 James Jefferson (30) 17:32			
<b>31 21 Ivanhoe Runners</b>	<b>1:20:11</b>			
1 Steve Rundell (37) 21:17	2 Phil Stevenson (35) 19:40			
3 Nick Rowles (32) 19:45	4 Craig Hinds (31) 19:29			
<b>32 50 Wolverhampton &amp; Bilston AC [C]</b>	<b>1:20:50</b>			
1 Mark Moore (29) 19:20	2 Duncan Davies (32) 20:36			
3 Stuart Whitehous (33) 21:18	4 Richard Jones (32) 19:36			
<b>33 8 Charnwood AC [B]</b>	<b>1:20:57</b>			
1 Derek Guess (26) 18:48	2 Nigel Scoggins (33) 21:16			
3 Glenn North (29) 19:25	4 Mark Whitmore (33) 21:28			
<b>34 40 Sphinx AC</b>	<b>1:23:37</b>			
1 Wayne Broadbent (39) 21:39	2 Jamie Richards (37) 20:00			
3 David West (37) 21:55	4 Colin Piper (34) 20:03			
<b>35 28 Northbrook AC [B]</b>	<b>1:26:00</b>			
1 Spencer Davies (40) 22:06	2 Robert Barry (36) 19:26			
3 Tom Miller (35) 20:57	4 Rob Cox (35) 23:31			
<b>36 5 Centurion RC [A]</b>	<b>1:26:47</b>			
1 Peter Heald (30) 19:21	2 Wayne Muddiman (34) 20:55			
3 Andy Rea (36) 22:20	4 Andy Mathews (36) 24:11			
<b>37 42 Stourbridge RC [B]</b>	<b>1:29:12</b>			
1 David Sheppard (41) 22:08	2 Matt Sutton (38) 21:37			
3 Andy Boardman (38) 22:31	4 Stuart Bird (37) 22:56			
<b>38 25 Kings Heath RC</b>	<b>1:38:29</b>			
1 Simon Dix (36) 21:00	2 Greg Robson (39) 23:05			
3 David Teedon (39) 34:25	4 David Johnson (38) 19:59			
Incomplete teams				
<b>-- 36 Rugby &amp; Northampton Ac [B]</b>	<b>1:00:19</b>			
1 Alistair McDonne (28) 18:55	2 Oliver Munns (24) 19:19			
3 Pete Thomas (31) 22:05				
<b>-- 29 Notts AC [A]</b>	<b>0:16:00</b>			
1 Alex Benfield (3) 16:00				
<b>-- 51 Wolverhampton &amp; Bilston AC [D]</b>	<b>0:20:58</b>			
1 Robert Edwards (35) 20:58				
<b>-- 17 Halesowen A&amp;CC [C]</b>	<b>0:22:34</b>			
1 Paul Allen (42) 22:34				

**4 stage for Men Masters - Provisional results****1 63 Leicester Coritanian AC 1:09:57**

1 Gordon Lee (2) 17:01 2 Chris Southam (2) 17:45  
3 Richard Whiteleg (1) 17:52 4 Gareth Deacon (1) 17:19

**2 60 Cannock & Stafford AC 1:13:23**

1 Nigel Haycock (5) 18:31 2 Paul Lester (6) 18:24  
3 Carl Dunne (5) 18:41 4 Paul Thacker (2) 17:47

**3 61 Cheadle RC 1:13:27**

1 Mark Dalkins (1) 16:00 2 David Allen (1) 18:06  
3 Dave Hollins (2) 18:48 4 Chris Scullion (3) 20:33

**4 69 Wolverhampton & Bilston AC 1:13:31**

1 Darren Edwards (6) 19:00 2 Dave Smith (4) 17:09  
3 Ian Pincher (3) 19:05 4 Jason Corns (4) 18:17

**5 64 Rugby & Northampton AC 1:14:51**

1 Paul Birch (4) 18:25 2 Gary Wallace (5) 18:12  
3 Vince Carroll (4) 18:53 4 Terry Egan (5) 19:21

**6 68 Tipton Harriers 1:20:29**

1 Paul Rogers (3) 17:41 2 Dean Hill (3) 18:10  
3 Paul Dolan (6) 22:48 4 Bryan Mills (6) 21:50

**7 65 Sparkhill Harriers [A] 1:24:51**

1 Patrick Finnegan (8) 20:12 2 Grahame Hygate (8) 22:31  
3 Pete Reeves (7) 21:49 4 Paul Webster (7) 20:19

**-- 62 Harborough AC 0:41:37**

1 Will Clapp (7) 20:00 2 Graham Rolfe (7) 21:37

**-- 66 Sparkhill Harriers [B] 0:47:10**

1 Kevin Morris (9) 24:30 2 Craig Hinks (9) 22:40

**4 Stage - fastest overall - Provisional results**

Pos	Runner	Team	Leg	Time				
1	Aex Brecker	City Of Stoke AC	1	15:06	59 Richard whitelegg	Leicester Coritanian	3	17:52
2	Chris Perrin	Cannock & Stafford A	3	15:30	60 David Turvey	Halesowen A&CC [A]	3	17:53
3	Sean Byrne	Tipton Harriers [A]	2	15:45	61 Sam Godwin	Notts AC [D]	1	17:57
4	Ross Jones	Wolverhampton ...[A]	1	15:50	62 Stuart Lumsden	Northbrook AC [A]	1	17:59
5	Alex Benfield	Notts AC [A]	1	16:00	63 Richard Powell	Tipton Harriers [B]	1	18:01
=	Mark Dalkins	Cheadle RC	1	16:00	64 David Ratcliffe	Dudley Stourbr...[A]	1	18:02
7	Aaron Brown	Cannock & Stafford A	1	16:03	65 David Allen	Cheadle RC	2	18:06
8	Luke Vine	Tipton Harriers [A]	3	16:06	66 Conall McNally	Notts AC [C]	1	18:08
9	Howard Thompson	Charnwood AC [A]	1	16:14	67 Lee Ellis	Trentham RC [A]	4	18:09
10	Matthew Williams	Notts AC [B]	4	16:16	68 Dean Hill	Tipton Harriers	2	18:10
11	Dean Richardson	City Of Stoke AC	2	16:19	69 Zak Hodgkinson	Matlock AC	2	18:12
=	Chris Gidlow	City Of Stoke AC	4	16:19	= Gary Wallace	Rugby & Northampton	2	18:12
13	Freddie Hessian	Notts AC [B]	3	16:25	71 Rob Andrew	Royal Sutton Coldfie	2	18:13
14	Gareth Griffiths	Tipton Harriers [A]	4	16:26	72 Adam Brooks	Harborough AC [B]	1	18:14
15	Anthony Woodward	Hermitage Harriers	1	16:32	73 James Wright	Dudley Kingswinford	4	18:16
16	Sean Fenwick	Harborough AC [A]	4	16:33	74 Jason Corns	Wolverhampton & Bils	4	18:17
17	Richard White	Halesowen A&CC [A]	4	16:34	75 Duncan Cornish	Stourbridge RC [A]	2	18:20
18	Louis Wrigley	City Of Stoke AC	3	16:38	76 Peter Currington	Rugby & Northa...[A]	3	18:22
19	Shaun Barnsley	Tipton Harriers [A]	1	16:39	77 Paul Gregory	Hermitage Harriers	2	18:23
20	Philip Wolfe	Cannock & Stafford A	2	16:44	= Daniel Vaughan	Wolverhampton ...[B]	2	18:23
21	Ben Musgrove	Rugby & Northa...[A]	1	16:47	79 Andrew Sheldon	Matlock AC	3	18:24
22	Stephen Page	Kenilworth Run...[A]	1	16:49	= Paul Lester	Cannock & Stafford A	2	18:24
=	Jack Bond	Rugby & Northa...[A]	2	16:49	81 Karl Wilkins	Beaumont RC [A]	3	18:25
24	Phil Gould	Kenilworth Run...[A]	4	16:52	= Paul Birch	Rugby & Northampton	1	18:25
25	James Willoughby	Hermitage Harriers	4	16:54	83 Gareth Maguire	Tipton Harriers [B]	3	18:26
26	Steven Gibson	Beaumont RC [A]	4	16:55	84 Jonathan Hiorns	Notts AC [C]	3	18:30
=	Jamie Fletcher	Notts AC [B]	1	16:55	= Christopher Blake	Stourbridge RC [A]	1	18:30
28	Tom Whitmore	Charnwood AC [A]	2	16:57	86 Marc Curtis	Kenilworth Run...[B]	1	18:31
=	Connor Carson	Kenilworth Run...[A]	2	16:57	= Nigel Haycock	Cannock & Stafford A	1	18:31
30	James Perrin	Cannock & Stafford A	4	16:58	88 Adam Eales	Harborough AC [B]	3	18:32
=	Simon Myatt	Trentham RC [A]	2	16:58	89 Jonathan Lewis	Halesowen A&CC [A]	2	18:33
32	Gordon Lee	Leicester Coritanian	1	17:01	90 David Lewis	Halesowen A&CC [B]	1	18:35
33	Pete Hawkins	Kenilworth Run...[A]	3	17:04	= Martin Gore	Harborough AC [B]	2	18:35
34	Joshua Timmins	Halesowen A&CC [A]	1	17:09	92 Carl Dunne	Cannock & Stafford A	3	18:41
=	Dave Smith	Wolverhampton & Bils	2	17:09	93 Graham Dodd	Northbrook AC [A]	2	18:45
36	Mat Driver	Harborough AC [A]	2	17:12	= David Oxland	Notts AC [D]	4	18:45
37	Ben Foster	Dudley Kingswinford	2	17:13	95 Derek Guess	Charnwood AC [B]	1	18:48
38	John Muddeman	Notts AC [C]	2	17:14	= Roger Grand	Trentham RC [A]	3	18:48
39	Jacob Anson	Tipton Harriers [B]	2	17:15	= Dave Hollins	Cheadle RC	3	18:48
40	Gareth Deacon	Leicester Coritanian	4	17:19	98 Philip Critchlow	Beaumont RC [A]	1	18:49
41	Colin Davenport	Matlock AC	4	17:21	99 Phillip Scarr	Halesowen A&CC [B]	2	18:50
42	Leigh Matthews	Trentham RC [A]	1	17:22	100 Vince Carroll	Rugby & Northampton	3	18:53
43	Mark Anslow	Wolverhampton ...[A]	4	17:30	101 Johnathan Burke	Rugby & Northa...[A]	4	18:54
44	Gareth Wood	Harborough AC [A]	1	17:31	102 Scot Shepherd	Northbrook AC [A]	3	18:55
=	Daniel Brazier	Wolverhampton ...[A]	3	17:31	= Alistair McDonnell	Rugby & Northa...[B]	1	18:55
46	James Jefferson	Tipton Harriers [C]	4	17:32	104 Martin Harrigan	Dudley Stourbr...[A]	2	18:56
47	Andy Meads	Harborough AC [A]	3	17:35	105 Dave Long	Royal Sutton Coldfie	3	18:57
48	John Millington	Tipton Harriers [C]	1	17:36	= Mark Pearce	Sparkhill Harriers	2	18:57
=	Paul Hammond	Wolverhampton ...[A]	2	17:36	= Ed Wilson	Trentham RC [B]	4	18:57
50	Jason Williams	Hermitage Harriers	3	17:37	108 Darren Edwards	Wolverhampton & Bils	1	19:00
51	Paul Rogers	Tipton Harriers	1	17:41	109 Joe Fairfax	Tipton Harriers [B]	4	19:02
52	Andrew Norton	Notts AC [B]	2	17:43	110 Ian Pincher	Wolverhampton & Bils	3	19:05
53	Robert Meredith	Dudley Kingswinford	1	17:44	111 Tom Lupton	Charnwood AC [A]	3	19:06
54	Tom Chew	Royal Sutton Coldfie	1	17:45	112 Robert Trusson	Notts AC [D]	2	19:07
=	Chris Southam	Leicester Coritanian	2	17:45	113 Ashleigh Bentley	Dudley Stourbr...[A]	3	19:12
56	Paul Thacker	Cannock & Stafford A	4	17:47	114 Scott Zumanis	Trentham RC [B]	2	19:18
57	James Watkins	Charnwood AC [A]	4	17:49	115 Oliver Munns	Rugby & Northa...[B]	2	19:19
=	Mat Biggs	Dudley Kingswinford	3	17:49	= Leroy Brown	Wolverhampton ...[B]	4	19:19

**4 Stage - fastest overall - Provisional results**

Pos	Runner	Team	Leg	Time				
117	Mark Moore	Wolverhampton ...[C]	1	19:20	175 Pete Thomas	Rugby & Northa...[B]	3	22:05
118	Peter Heald	Centurion RC [A]	1	19:21	176 Spencer Davies	Northbrook AC [B]	1	22:06
	= Terry Egan	Rugby & Northampton	4	19:21	177 David Sheppard	Stourbridge RC [B]	1	22:08
120	Glenn North	Charnwood AC [B]	3	19:25	178 Andy Rea	Centurion RC [A]	3	22:20
121	Robert Barry	Northbrook AC [B]	2	19:26	179 Andy Boardman	Stourbridge RC [B]	3	22:31
	= Daniel Roulston	Sparkhill Harriers	4	19:26	= Grahame Hygate	Sparkhill Harr...[A]	2	22:31
123	James Toddington	Wolverhampton ...[B]	1	19:28	181 Paul Allen	Halesowen A&CC [C]	1	22:34
124	Craig Hinds	Ivanhoe Runners	4	19:29	182 Leonard Wallace	Centurion RC [B]	1	22:38
125	Alex Stephenson	Cobra RTC	3	19:30	183 Craig Hinks	Sparkhill Harr...[B]	2	22:40
126	Carson Tweedie	Cobra RTC	1	19:31	184 Paul Dolan	Tipton Harriers	3	22:48
127	Andy Bave	Wolverhampton ...[B]	3	19:33	185 Stuart Bird	Stourbridge RC [B]	4	22:56
128	Richard Cookson	Kenilworth Run...[B]	3	19:34	186 Greg Robson	Kings Heath RC	2	23:05
129	Richard Jones	Wolverhampton ...[C]	4	19:36	187 Rob Cox	Northbrook AC [B]	4	23:31
130	Phil Stevenson	Ivanhoe Runners	2	19:40	188 John Stroulger	Tipton Harriers [C]	3	23:50
	= John Wilson	Northbrook AC [A]	4	19:40	189 Andy Mathews	Centurion RC [A]	4	24:11
132	Nick Rowles	Ivanhoe Runners	3	19:45	190 Kevin Morris	Sparkhill Harr...[B]	1	24:30
133	Mike Williams	Kenilworth Run...[B]	2	19:46	191 David Teedon	Kings Heath RC	3	34:25
134	Darrell Bodin	Dudley Stourbr...[A]	4	19:49				
135	Nick Stringer	Sparkhill Harriers	1	19:50				
136	David Daniels	Cobra RTC	2	19:51				
137	Michael Tovey	Cobra RTC	4	19:55				
138	Philip Waring	Notts AC [D]	3	19:57				
139	David Johnson	Kings Heath RC	4	19:59				
140	Jamie Richards	Sphinx AC	2	20:00				
	= Will Clapp	Harborough AC	1	20:00				
142	Terry Wall	Trentham RC [B]	3	20:02				
143	Colin Piper	Sphinx AC	4	20:03				
144	Jon-Philip Seymour	Notts AC [C]	4	20:04				
145	Hugh Platt	Beaumont RC [A]	2	20:10				
146	Patrick Finnegan	Sparkhill Harr...[A]	1	20:12				
147	Kevin Monk	Halesowen A&CC [B]	4	20:18				
148	Paul Webster	Sparkhill Harr...[A]	4	20:19				
149	Simon Hall	Royal Sutton Coldfie	4	20:20				
150	Stewart Underhill	Kenilworth Run...[B]	4	20:26				
151	Alex Morgan	Halesowen A&CC [B]	3	20:28				
152	Craig Taylor	Trentham RC [B]	1	20:29				
153	Chris Scullion	Cheadle RC	4	20:33				
154	Duncan Davies	Wolverhampton ...[C]	2	20:36				
155	Simon Outhwaite	Sparkhill Harriers	3	20:40				
156	Jonathan Hunt	Tipton Harriers [C]	2	20:53				
157	Wayne Muddiman	Centurion RC [A]	2	20:55				
158	Tom Miller	Northbrook AC [B]	3	20:57				
159	Robert Edwards	Wolverhampton ...[D]	1	20:58				
160	Simon Dix	Kings Heath RC	1	21:00				
161	James Bellamy	Stourbridge RC [A]	3	21:15				
162	Nigel Scoggins	Charnwood AC [B]	2	21:16				
163	Steve Rundell	Ivanhoe Runners	1	21:17				
164	Stuart Whitehouse	Wolverhampton ...[C]	3	21:18				
165	Tom Ward	Harborough AC [B]	4	21:20				
166	Adam Crompton	Stourbridge RC [A]	4	21:25				
167	Mark Whitmore	Charnwood AC [B]	4	21:28				
	= Anthony Marchington	Matlock AC	1	21:28				
169	Matt Sutton	Stourbridge RC [B]	2	21:37				
	= Graham Rolfe	Harborough AC	2	21:37				
171	Wayne Broadbent	Sphinx AC	1	21:39				
172	Pete Reeves	Sparkhill Harr...[A]	3	21:49				
173	Bryan Mills	Tipton Harriers	4	21:50				
174	David West	Sphinx AC	3	21:55				