

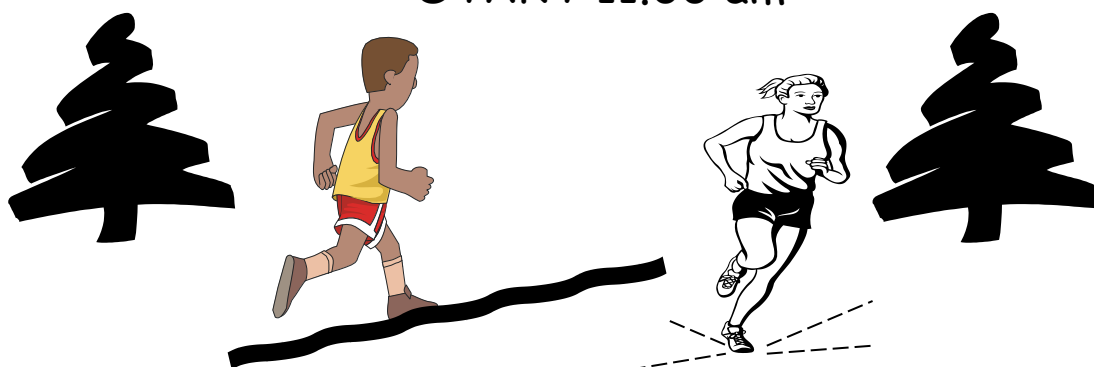


2018

**MIDLAND
CROSS COUNTRY
CHAMPIONSHIPS**

SATURDAY 27TH JANUARY 2018

START 11.00 am



**AT
Wollaton Park
Nottingham**

PROGRAMME £2



Welcome from the Championship President

I wish to offer a warm welcome to all athletes, officials and supporters from all across the Midland area to this years Midland Cross Country Championships. This year's venue of Wollaton Park will be well known to many of you, as it was the venue for last years English National Cross Country Championships. We have also in the past held the Midlands Championships here and the courses always prove popular.

I would like to take this opportunity to thank Nottingham City Council for allowing us the use of this historic venue for our Championships. We are indebted to Mick Robinson and all his helpers from Notts AC who spend so much time on the planning and construction of the courses. We always know that they will deliver a varied and testing course.

I would also like to take this opportunity to thank all the Officials and the volunteer Marshalls who give up their valuable time to make sure these events take place. Without them then these Championships would not take place. Also, a big thank you to our sponsors The Derby Runner for their continued support.

So good luck to all of you today and I hope the weather is kind to us.

Peter Burns

President of Midland Counties Cross Country Association
Stafford Harriers.



ADDRESS

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

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

CONTACT

01332 280 048
rob@derbyrunner.com

MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION.

Wollaton park Nottingham

27th JANUARY 2018

TIMETABLE FOR THE CHAMPIONSHIPS

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

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

Please visit

www.midlandathletics.org.uk

**MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION.
MIDLAND CROSS COUNTRY CHAMPIONSHIPS.
11-30am Saturday 27TH January 2018.
WOLLATON PARK, NOTTINGHAM.**

OFFICIALS.

Championship President: - X/C Chairman.		Peter BURNS Martin WHITEHOUSE.
Meeting Manager: -	#	Ian CLARKE.
Referee: -	#	Terry ALCOCK.
Assistant Referee: -	#	Bill ADCOCKS.
Clerk of Course: -	#	Mick ROBINSON Notts AC.
Starter: -		Bob COOPER.
Chief Start Steward.	#	Pat CARLAN.
Start Stewards: -		Graham SMITH, Kay ADCOCKS, Gareth BAGGULEY, David LINDSEY, Maggie MURPHY,
Line Judge: -		Graham HEELEY
Judge Recorders: -		Rob MULGRUE, Alan ROBINSON.
Chief Timekeeper: -	#	Ross VINCE
Timekeepers		Dave BENNETT, Steve ROE.
Timekeepers Recorders: -		Peter AFFORD, Eve ROE.
Chief Finish Area Co-ordinator: -		Graham CURTIS .
Finish Area: -		Margaret AFFORD, Bob CAREY, Mary HODGES, Ron LEES, Peter OSBORNE, Davis PETTIFER, John VICKERS, Mary WILLIAMS.
Chief Registration: -	#	Colin FOX.
Registration: -		Barry PARKER, Phil DRAGE, Fred PIDGEON, Jane PIDGEON, Rob RAINSFORD.
Announcer's: -	#	Matt LONG, Steve WINFIELD.
Presentation and V.I.P /Liaison: -	#	Peter BURNS, Martin WHITEHOUSE, Rita BROWNLIE
Results.		F R Systems
Programme & Results: - (Sales).	#	Carolyn FRANKS and her TEAM
First Aid.	#	Derby Civil Aid
Computer/Results Liaison: -	#	
Administration & Officials Co-ordinator: -		Graham HEELEY

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

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 immediate 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 and 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.

UNDER 17 WOMEN

Start time: 11.00am

Distance: 5Km

Absolute Tri

1 Casarena Ferreira

2 Mia France

Orange

BIRCHFIELD HARRIERS

3 Savannah Causer

4 Caitlin McMorrow

Black vest with stag badge

5 Rae Nicholls

BROMSGROVE & REDDITCH AC

6 Alice Battey

10 Anna Nicod

7 Ellen Bowen

11 Beth Sykes

Red vest with 2 Blue panels

8 Amy Mijovic-Couldwell

9 Ellie Moss

CANNOCK AND STAFFORD AC

12 Iris Davies

13 Jazmin Maddocks

Green / White band with red / yellow trim

14 Allegra Soutar

CHARNWOOD AC

15 Laura Aryeetey

19 Eleanor Here

16 Mia Atkinson

20 Peta Jarvis

Green & yellow

17 Lottie Davidson

21 Hannah Seager

18 Lily Gregory

CITY OF STOKE AC

22 Chloe Bradshaw

26 Elizabeth Stanyer

23 Holly Dykes

White top with red/black bands

24 Rebecca Hargreaves

25 Bethany Sharpley

CORBAY AC

27 Eloise Coombs

Blue with 2 red bands

COVENTRY GODIVA HARRIERS

28 Holly Cherry

32 Amy Wood

29 Alice Hillary

Claret / Gold stripe

30 Emily Reed

31 Amelia Starling

GRANTHAM AC **

33 Isabel Hobday

Red with yellow & black panel

HALESOWEN C & AC

34 Megan Parker

35 Orla Walker

Yellow with white & 2 brown hoops

HEANOR RUNNING CLUB

36 Millie Cotton

Yellow with Light Blue Horizontal Band

KETTERING TOWN HARRIERS

37 Poppy Carmichael

38 Harriet Jolley

Red and White hoops

39 Charlotte Maywood

40 Emily Williams

LEAMINGTON C & AC

41 Georgina Hurt

White with blue band

LEICESTER CORITANIAN

42 Beane Moores

43 Grace Smith

Royal Blue

MANSFIELD HARRIERS & AC

44 Libby Coleman

48 Anna Smith

45 Jessica Crawshaw

Blue & Green

46 Amber Scott

47 Mollie Scott

NEWARK AC

49 Eleanor Miller

50 Tilly Owens

Blue / Grey quarters

NEWCASTLE (STAFFS) AC

51 Elizabeth Clarkson

52 Alexandra Oakley

Red, White & Blue

NOTTS AC

53 Amelia Gould

57 Emma Williams

54 Becky Harris

Green/Yellow/White

55 Louisa Lemon

56 Ava Remzi

ROYAL SUTTON COLDFIELD AC

58 Ellen Humpherson

59 Caitlin White

Royal blue, white stripe

RUGBY & NORTHAMPTON

60 Emma Barker

64 Amy Walker

61 Rhea Ellen Cooper

65 Georgina Woodward

Black & Light Blue

62 Olivia Sheehan

63 Lucy Stevens

RUSHCLIFFE AC

66 Mia Hoejbjerg

67 Sarah Maston

Royal Blue & White

SAFFRON AC

68 Hannah Ord

69 Emma Richards

Orange & Black

STOURBRIDGE RC

70 Mia Osbourne

Red vest with 2 white bands**STRATFORD UPON AVON AC**

71 Olivia Hall

72 Edie Hutchinson

Yellow with Black hoop

73 Daisy Musk

74 Abbie Wootton

STROUD & DISTRICT AC

75 Libby Dickenson

79 Inca Padfield

76 Merryn Hilton

80 Annie Testar

Green with Red / Blue hoops

77 Hester Miles

78 Ellie Mortimer

TAMWORTH AC

81 Hannah Brayer

Green & White**WESTBURY HARRIERS**

82 Phoebe Gould

83 Ellie Hobbs

White vest with blue band & badge**WOLVERHAMPTON & BILSTON**

84 Jess Humphreys

85 Amelia Samuels

Red/Yellow/Green

86 Lydia Silk

WORCESTER AC

87 Elise Blake

88 Holly Love

Yellow/Red with Red Diagonal

89 Lauren Matthews

WREAKE & SOAR VALLEY AC

90 Fern Harrison

Blue & White**WREKIN COLLEGE TRIATHLON CLUB**

91 Sophia Malpass

Red**UNDER 15 BOYS****Start time: 11.25pm****Distance: 4Km****ABSOLUTE TRI**

101 Liam Brown

102 Jacob Gaskill

Orange

103 Elliot Palmer

104 Max Thatcher

BANBURY HARRIERS

105 Charlie Marr

106 Max Robinson

Maroon, Green & White Hooped**BIRCHFIELD HARRIERS**

107 Henri Bedford

111 Joshua Robins

115 James Vaughan

108 Jordan Fisher-Brindle

112 Ryan Shields

116 Zac Wagenfuhrer

Black vest with stag badge

109 Dylan King

113 Conal Smith

117 Aaron Warmington

110 Sam McFall

114 Alex Stapleton

BRISTOL & WEST

118 Lewis Adamson

122 Luke Iles

126 Jacob Roe

119 Jay Akbar

123 Otto Kingston

127 Rufus Thomas

White with red band

120 Cole Edmonds

124 Joe Mead

121 Fred Hawker

125 Aidan Oscrift

BROMSGROVE & REDDITCH AC

128 Joe Cunliffe

129 Adam Knowles

Red with 2 blue stripes

130 Harrison Mayne

131 Luke Richardson

BURTON AC

132 Samuel Jones

133 Ethan Sharratt

Black vest with Blue side panels

134 Jack Shorten

CHARNWOOD AC

135 Alex Coleston-Shields

139 Colin Foord

143 Lucas Wolf-Pudney

136 Vincent Dawson

140 Marcus Francis

Green/ Yellow

137 Jamie Day

141 Seamus Hurst

138 Ryan Elston

142 Josh Welford

CHELTENHAM & COUNTY AC

144 Zachary Summers-Cameron

145 Joe Cook

White with 2 black hoops

146 Edward Holdsworth

CITY OF STOKE AC

147 Fynn Churton

148 Daniel Collins

White top Red / Black bands

149 Jack Horton

CORBAY AC

150 Tom Hattee

151 Jolyon Leavesley

Blue with 2 red bands

152 Luca Mayes

153 Archie Parkinson

COVENTRY GODIVA HARRIERS

154 Joe Clay

155 Pierce Clisham

Red / Yellow band

156 Archie Shields

CROFT AMBREY RC

157 Scott Jones

DONCASTER AC

158 George Rowland

GRANTHAM AC **

159 Harry Denton

160 Ewan Rodell

HALESOWEN A & CC

162 Owen Jinks

163 Sam Manning

HEANOR RUNNING CLUB **

166 Sam Marsh

167 Ethan Rowley

KETTERING TOWN HARRIERS

170 Dylan Bowley

171 Joshua Clutton

174 Oliver Read

LEAMINGTON C & AC

175 Jai Sispal

176 Cameron Williams-Stein

MANSFIELD HARRIERS

177 Samuel Bentley

178 Henry Bullough

NEWCASTLE (STAFFS) AC

181 Elliot Smith

182 Louis Wakefield

NOTTS AC

183 Harley Beech-McPhilbin

184 Owen Carroll

OSWESTRY OLYMPIANS

187 Liam Rawlings

ROYAL SUTTON COLDFIELD AC

188 Tom Lloyd

RUGBY & NORTHAMPTON AC

189 Michael Corbett

190 Jake Hope

193 Finbar Myers

194 Aidan O'Brien

197 Tom Tyler

198 Ben Willison

RUSHCLIFFE AC

199 William Clay

200 Enzo Kemmish

SAFFRON AC

202 Charlie Combey

203 Tom Gibbons

SOLIHULL & SMALL HEATH AC

204 James Dunleavy

205 Jay Fletcher

SPARKHILL HARRIERS

208 Ben Frost

STAFFORD HARRIERS

209 Ben Cook

210 Robert Gray

STAFFS MOORLANDS AC

212 Harry Bond

213 Daniel Frewer

STRATFORD UPON AVON AC

214 Josh Angus

215 Cameron Black

218 Fin Hutchinson

SUTTON IN ASHFIELD H

219 Stanley Clarke

220 Jenson Connell

223 Mark Thompson

TELFORD AC

224 Matthew Holmes

225 William Kay

228 Luke Richards

229 Josh Williams

Blue**White, green & blue panels****Red with yellow & black panel**

161 Rori Rodell

Old Gold with White / Brown hoops

164 Max Price

165 James Rolinson

Yellow with Light Blue Horizontal Band

168 Kyle Rowley

169 Billy Wallbank

Red & White hoops

172 Joshua Geddes

173 Ryan Raulia

White with blue band and trim**Blue/Green**

179 Ben Smith

180 Joel Whittakernaylor

Red, White & Blue**Green/Yellow/White**

185 Morgan Davies-Brown

186 Finlay Hutchinson

White/Black & Red**Royal Blue/White Stripe****Sky blue & black**

191 Ben Leugs

192 Jake Louis

195 Lewis Panter

196 Isaac Thorman

Royal Blue & White

201 James Wardle

Orange and black**Gold / Navy stripe**

206 Dylan Murphy

207 Adam Visram Cipolletta

Red with Black hoop**Yellow vest - 2 vertical black stripes**

211 Jake Oliver

Pink with black band**Yellow with Black hoop**

216 Ned Campbell

217 Harry Gravelsons

White/Red /Green

221 William Fairweather

222 Charlie Norman

Red/Yellow

226 Thomas Lote

227 Ashton Preece

TIPTON HARRIERS

230 Thomas Bentley 231 Lynden Hunt

Green & White hoops

232 Haydn Watson

WELLINGBOROUGH & DISTRICT

233 Stanley Taylor

Fluorescent Green Vest**WENLOCK OLYMPIANS**

234 Louix Tziortzis-Foskett

Royal blue, 3 side stripes**WESTBURY HARRIERS**235 Brynmor Davies 236 Mackenzie Dutton
239 Ceredig Jones 240 Josh Morland**White with blue band**

237 James Harrod 238 Johan Hobbs

WOLVERHAMPTON & BILSTON

241 Oliver Mason

White with Yellow, Red, Green trim**WORCESTER AC**

242 Samuel Davey 243 Ben Harle

Yellow with Black / Red Diagonals

244 Joshua Noon

WREAKE & SOAR VALLEY AC245 Euan Gibbs 246 Odhran Palmer Holmes
249 Lucca Watson Quilter 250 Roman Watson Quilter**Blue & White**

247 Xavi Salcedo 248 Lucas Spence

WREKIN COLLEGE TRIATHLON CLUB

251 Dylan Lane-Craddock

Red**UNDER 13 GIRLS****Start time: 11.45am****Distance: 3Km****BANBURY HARRIERS**

261 Larissa Campbell 262 Tilly Lainchbury

Maroon, Green & White Hooped**BIRCHFIELD HARRIERS**263 Caitlin Casey 264 Emmeline Grace
267 Hope Kendall 268 Belle Skidmore**Black vest with stag badge**

265 Anisa Hamilton 266 Amy Harland

BRIDGNORTH AC

269 Zoe Gilbody

White, yellow hoop**BROMSGROVE & REDDITCH AC**

270 Esme Ranger

Red with 2 blue stripes**BURTON AC**271 Elizabeth Felton 272 Grace Hedges
275 Maisie Trueman**Black vest with Blue side panels**

273 Kaliyah Morant-Hudson 274 Naomi Neal

CHARNWOOD AC276 Chloe Lilley 277 Amelie McCann
280 Rachel Newport 281 Isabel Oakland
284 Emilia Unwin 285 Gracie-rose Walters**Green & Yellow**278 Olivia McFarlane 279 Lucy Morrison
282 Savana Smith 283 Olivia Sykes**CITY OF STOKE**286 Aria Abberley-Barker 287 Libby Mae Andrzejewski
290 Katie Williams**White vest, Red, Black hoops**

288 Niamh Bould 289 Millie Holding

CORBY AC291 Sofia Barrett 292 Zennor Coombs
295 Casey Seymour 296 Lexi Wilkinson**Blue with 2 red bands**

293 Mathilda Holland 294 Madeleine Mayes

COVENTRY GODIVA HARRIERS

297 Ayesha Bhatti 298 Eloise Green

Red / Yellow band

299 Lucy Green 300 Emma Jackson

DONCASTER AC

301 Jessica Rowland

White, green & blue panels**GRANTHAM AC ****

302 Mazel Brown 303 Ffion Trundell

Red with yellow & black panel

HALESOWEN C & AC

304 Paige Allbutt 305 Amelia Hartshorn

HEANOR RUNNING CLUB **

308 Kelsey Rowley 309 Amber Wilkins

KETTERING TOWN HARRIERS

311 Isabella Brockway 312 Lauren Hewett

LEAMINGTON CYCLING AND ATHLETIC CLUB

315 Hannah Cooper 316 Eva Fitzpatrick

MANSFIELD HARRIERS & AC318 Olivia Barrett 319 Ava Blake
322 Grace Manson 323 Ruby Milnes**NEWARK AC**

326 Amelia Chrispin

NEWCASTLE STAFFS AC

327 Lucy Brownsword 328 Beatrice Wakefield

NOTTS AC330 Esme Bell 331 Rosie Challender
334 Jessamine Hughes 335 Emily Rawson
338 Ashlee Taylor 339 Daisy Walker**ROYAL SUTTON COLDFIELD AC**340 Zara Buchanan 341 Bethan Homer
344 Charlotte Prince 345 Martha Wood**RUGBY & NORTHAMPTON AC**346 Alice Bates 347 Heather Cunliffe
350 Jemima Lambert 351 Emily Langley
354 Elspeth Unitt 355 Olivia Williams**RUSHCLIFFE AC**

357 Harriet Jones 358 Kiera King

SAFFRON AC361 Poppy Adkin 362 Eleanor Harwood
365 Mckenzie Smith-Byrne**SHREWSBURY AC**

366 Iris Downes

SILSON JOGGERS AC

367 Amy Harris 368 Emily Hinton

SOLIHULL & SMALL HEATH AC

370 Grace Golinski 371 Typhaine Jardine

STAFFS MOORLANDS AC

372 Sienna Philips

STRATFORD UPON AVON AC

373 Ellie Deaner 374 Maddie Linfoot

STROUD & DISTRICT AC376 Chloe Barnard 377 Darcey Barton
380 Lexie Bull 381 Florence Ellen
384 Hannah Tavner**TAMWORTH AC**385 Ellie Gauntlett 386 Natasha Lee
389 Libbie Price 390 Tegan Vickery**TELFORD AC**

391 Maggie Preece 392 Sophie Tatton

Yellow with white & 2 brown hoops

306 kerriann Huxley 307 Isabel Knowles

Yellow with Light Blue Horizontal Band

310 Emma Wilkins

Red & White hoops

313 Harriett Round 314 Niamh Sinnott

White/Royal Blue Hoop & piping

317 Melanie Gould

Blue / Green320 Alex Foster 321 Beth Hamilton
324 Amelia Shackelford 325 Sophie Toyn**Blue/Grey****Red/White/Blue**

329 Mathilde Wakefield

Green/Yellow/White332 Ruby Connell 333 Holly Hipkiss
336 Emily Sherriff 337 Gaby Sutton**Royal Blue with white vertical stripe**

342 Eva Kelly 343 Mante Nauseadaite

Black & Light Blue348 Flora Goatley 349 Madeleine Jacks
352 Caitlin Reeves 353 Abigail Thayanithy
356 Olivia Willison**Royal Blue & White**

359 Bella McCormack 360 Megan Mellor

Orange & Black

363 Elsie Robinson 364 Eve Rowley

Royal Blue, Gold Vertical Stripe**Black/Green/Yellow**

369 Eve Lawson

Gold / Navy stripe**Pink with black band****Yellow with Black hoop**

375 Holly Newton

Green, red & blue band378 Gaia Bowerman 379 Ruby Brook
382 Freya Gregory 383 Isla Gregory**Green & White**

387 Lottie McLaren 388 Beth Metcalfe

Red/Yellow/Blue

TIPTON HARRIERS

393 Grace Marnell 394 Rosa Shadforth-Groucutt

WENLOCK OLYMPIANS

395 Lucy Gapper 396 Beth Rawlinson

WESTBURY HARRIERS *

397 Tanaya Ghosh 398 Meghan Porteous

WOLVERHAMPTON & BILSTON

400 Scarlett Williams

WREAKE & SOAR VALLEY AC401 Rosie Ashmore 402 Lyla Bryan
405 Cassandra Dodge 406 Sophie Dunbobbin
409 Isobel Orencas 410 Daisy Reddin**WREKIN COLLEGE TRIATHLON CLUB**

413 Lydia Lane-Craddock 414 Caitlyn Mander

Green & White hoops**Royal blue, 3 side stripes****White vest with blue band & badge**

399 Abigail Woodworth

White with Yellow, Red, Green trim**Blue & White**403 Isla Cullen 404 Rebecca Cullen
407 Zoe Howling 408 Harry Lethbridge
411 Holly Wright 412 Isabella Wrightam**Red**

415 Isabelle Price

UNDER 17 MEN

Start time: 12.05pm

Distance: 6Km

BANBURY HARRIERS

421 Owen Knox

BIRCHFIELD HARRIERS422 Nathan Casey 423 Michael Gayle
426 Ben Prince 427 Daniel Swain**BRISTOL & WEST AC**

429 Robert Kiekuth 430 Nathan Marchant

BROMSGROVE AND REDDITCH

431 Joe Hamilton

CANNOCK AND STAFFORD AC

432 Matthew Bonney

CHARNWOOD AC433 Kieran Coleman-Smith 434 Jack Douglas
437 Luke Nuttall 438 Ethan O'Shea
441 George Shephard**CHELTENHAM & COUNTY HARRIERS**

442 George Hawthorne 443 Luke Kearns

CITY OF STOKE AC

444 John Anderson 445 Joshua Lally

COVENTRY GODIVA HARRIERS

447 Lucas Bennett 448 Miles Clisham

GRANTHAM AC **

450 George Hatton 451 William Tucker

HALESOWEN C & AC

452 Lewis Henry 453 Dominic Price

KENILWORTH RUNNERS

455 Adam Houghton

KETTERING TOWN HARRIERS456 Fynn Batkin 457 Joshua Cannell
460 Jack Watson**LEAMINGTON C & AC**

461 Samuel Lubrano 462 Cian McKeaneay

Maroon, Green & White**Black vest with stag badge**424 Silas Goshawk 425 Jared Malcom Roberts
428 Hugo Villalobos Finigan**White vest with red band****Red, 2 blue diagonals****Green / White band with red / yellow trim****Green /Gold**435 Daniel Maud 436 Charlie McGlinchey
439 Ben Rouse 440 Oliver Rouse**White vest with 2 Black hoops****White top with red/black bands**

446 Alexander Mayne 529 Connor Bentley

Red / Yellow band

449 Louis O'Brien

Red with yellow & black panel**Yellow with white & 2 brown hoops**

454 Matthew Wilkinnson

Green with Black / White stripe**Red & White hoops**

458 Thomas Jawad 459 Morgan Potter

White with blue band and trim

463 Dominic Priest

LEICESTER CORITANIAN

464 Tom Hughes

MANSFIELD HARRIERS & AC

465 Luke Duffy

466 Dylan George

NEWARK AC

467 Max Cawthra

NEWCASTLE STAFFS AC

468 Jacob Droogmans

469 Lewis Nagington

NOTTS AC

470 Matthew Barnes

474 Alex Irvine

471 Emilian Bowry

475 Sam Richardson

ROYAL SUTTON COLDFIELD AC

478 Ben Horton

RUGBY & NORTHAMPTON

479 Adam Caulfield

483 Ben Hope

487 Joe Musgrove

480 Matthew Chronicle

484 Cian Hutton

488 Adam Searle

RUSHCLIFFE AC

489 Finn Moffatt

SAFFRON AC

490 Jack Hurst

SILSON JOGGERS

491 Trystan Barnett

492 Luke Harris

SOLIHULL & SMALLHEATH AC

494 Keelan Hopewell

495 Christopher McLeod

STAFFORD HARRIERS

496 Kian Arnott

497 Ben Deakin

Stone Master Marathoners

499 Matthew Cuthbertson

STOURBRIDGE RC

500 Tom Convy

STRATFORD UPON AVON AC

501 Daniel Godefroy

505 Archie Musk

502 Ben Jones

STROUD & DISTRICT AC

506 David Bendle

510 Jake Warner

507 Laim Dailey

TELFORD AC

511 Ross Corbett

512 Luke Moses

TIPTON HARRIERS

515 Andrew Prole

WESTBURY HARRIERS

516 Abdifataah Hasan

520 Fred Stewart

517 Greg Hayward

521 Hugh Tarren

WORCESTER AC

522 George Beardmore

526 Finley Smith

523 Malachi Cashmore

527 Joshua Williams

WREAKE & SOAR VALLEY AC

528 Zach Spence

Royal Blue**Blue & Green****Blue / Grey quarters****Red / White / Blue****Green/Yellow/White**

472 Milan Champion

476 Sam Smith-McGloin

473 James Dickinson

477 Anton Stoger

Blue with white vertical stripe**Black & Light Blue**

481 Muss-ab Hassan

485 Adrian Kaczmarek

482 Tobias Heayns

486 Ethan Kent-Whittaker

Royal Blue & White**Orange & Black****Green & Yellow**

493 Alfie Long

Gold / Navy stripe**Yellow vest with 2 vertical black stripes**

498 George Hodgkinson

Red**Red vest with 2 White bands****Yellow with Black hoop**

503 Owain Jones

504 Rhys Mahon

Green, Red & Blue hoops

508 Callum Davis

509 Noah Lambert

Yellow vest with Red / Blue sides

513 Adam Tatton

514 Matthew Vaughan

Green / White hoops**White with Blue Hoop**

518 Aidan Noble

519 Ben Rawlins

Yellow/Red with Red Diagonal

524 Jake Cavens

525 James Dale

Blue & White

UNDER 13 BOYS**Start time: 12.30am****Distance: 3Km****ABSOLUTE TRI**

536 Solomon Okrafo-Smart

537 Barnaby Read

Orange**BANBURY HARRIERS**

538 Archie Street

Maroon, Green & White Hooped**BIRCHFIELD HARRIERS**

539 Christian Chapajong

543 Alex Dickson

547 Seb Taylor

540 Caleb Coley

544 Benjamin Ferguson

Black vest with stag badge

541 Joshua Coley

545 Ryan Hand

542 Alexander Cook

546 Daniel Hawes

BRIDGNORTH AC

548 Daniel Galloway

White, yellow hoop**BRISTOL & WEST AC**

549 Luki Ballero Ffrench

553 Tomek Czerepinski

557 Ciaran Herniman

561 Eoin O'Halloran

550 Ishmael Bradley

554 Misha Evans

558 Joseph Hull

562 Alex Robertson

White vest with Red Band

551 Will Chapman

555 Jacob Franklin

559 Jay Hunt

563 Zachary Roe

552 Fred Cummins

556 Henry Godfree

560 Amos Kingston

BROMSGROVE & REDDITCH AC

701 Leo Merritt

702 Seb Purvis

Red vest with 2 Blue panels

703 Finnan Robinson

704 Pijus Tvardauskas

BURTON AC

564 Charlie Draycott

565 Toby Hedges

Black, blue side panels

566 Freddie Kugelmann

CHARNWOOD AC

567 Frankie Bevilacqua Masunda

571 Thomas Dixon

575 Luke Talbot

568 Emlyn Brown

572 Harry Foord

576 Ben Wagg

Green & Yellow

569 Charlie Coleston-Shields

573 Sam Haines

570 Ethan Day

574 Sean McCann

CHELTENHAM & COUNTY AC

577 Jack Johnson

578 William Holdsworth

White with 2 black hoops

579 Isaac Henderson

580 Harry Ineson

CITY OF STOKE AC

581 Oliver Booth

585 Corey Potts

582 Aiden Cassell

586 Fynn Richardson

White / Red top w Red / Black bands

583 Bertie Ingram

587 Alfie Sheldon

584 Gianni Loska

588 Joshua Wright

CORBAY AC

589 Sebastian Beckwith

593 William Ronald

590 Elliot Dee

Blue vest with 2 Red bands

591 Elliott Powell

592 Fabian Powell

COVENTRY GODIVA HARRIERS

594 Adam Jackson

595 Jake Minshull

Red/yellow band

596 Hayden North

597 Daniel Paston

HALESOWEN A & CC

699 Thomas Harris

700 James Thompson

Yellow vest with 2 Brown / White hoops**HEANOR RC ****

598 Thomas Bailey

599 Charlie Cotton

Yellow with Light Blue Horizontal Band

600 Archie Winson

IVANHOE RUNNERS

601 Sam Haines

602 Oliver Rowles

Light Blue**KETTERING TOWN HARRIERS**

603 Jacob Asher-Relf

607 George Separovic

604 Ben Brooker

608 Dylan White

White with red hoops

605 Alfi Frayne

606 Ernie Jackson

LEAMINGTON C & AC

609 Harry Bailey

610 Samuel Morrey

White with blue band

611 Diarmuid Winston

612 Ruairic Winston

LEICESTER CORITANIAN

613 Morgan Green

614 Rohan Stokes

Blue

615 Jack Stretton

MANSFIELD HARRIERS

616 Cole Beck

620 Harry Wilkinson

617 Oliver Bullough

Blue & Green

618 Harley Martin

619 Jake Orr

NEWCASTLE (STAFFS) AC

621 Jamie Betteley

622 Tyler Davison

Red, White & Blue

623 Charlie Ranford

624 Joseph Stevens

NOTTS AC625 Ben Davies
629 Theo Simpson626 Joel Dawson
630 John-paul Smith-McGloin**Green/Yellow**627 Jake Greenhalgh
631 Joshua Towne

628 Ben Maddison

NUNEATON HARRIERS

632 Jack Hiatt

Red/Blue**ROYAL SUTTON COLDFIELD AC**633 Alec Bleasdale
637 George O'Connor634 Harry Bleasdale
638 Ethan Patel**Royal blue, white stripe**635 Ethan Cook
639 Jack Wakefield

636 George Hope

RUGBY & NORTHAMPTON AC640 Keiran Ashman
644 Malachy Collins
648 Nicholas Marsh
652 Henry Woodward641 James Blomley
645 Dominic Evans
649 Joshua Robson**Black & Blue**642 Jenson Buttrick
646 Finlay Heard
650 Cian Shea643 Louis Buttrick
647 Joseph Jones
651 Arthur Tilt**RUSHCLIFFE AC**653 Thomas Bavin
657 Luke Hullis654 Adam Boydell
658 Oscar Wyszynski**Royal Blue & White**

655 Samuel Clough

656 Peter Hando

SAFFRON AC659 Ashley Butler
663 Robert Wardlaw660 Kye Clarke-Myers
664 Samuel Wright**Orange & Black**

661 Lachlan Finch

662 Danny-ray Murdey

SILSON JOGGERS AC

698 James Conquest

697 Edward Johnson

Black with Green and Yellow**SOLIHULL & SMALL HEATH AC**

665 Henry Faizey

666 Oscar Golinski

Gold & Navy stripe

667 Tomas Maidment

668 Jack O'Leary

STAFFORD HARRIERS

669 Harry Beckett

670 Jack Heath

Yellow vest with 2 vertical black stripes

671 Matthew Hilsdon

STRATFORD UPON AVON RC

672 Alex Adams

673 Adam Taylor

Yellow with black hoop**STROUD & DISTRICT AC**

674 Daniel Barnard

Green, red & blue band**SUTTON IN ASHFIELD H**

675 John Thompson

White/Red /Green**TELFORD AC**

676 Charlie Preece

Red/Yellow**WELLINGBOROUGH & DISTRICT AC**

677 Daniel Reid

Green**WESTBURY HARRIERS**678 Owen Davies
682 Soloman Scott

679 Finn Goodhew

White Vest with blue band

680 George Peacock

681 Seamus Robinson

WORCESTER AC683 Louie Bradley
687 Andrew Jeavons

684 Linus Burnage

Yellow, Red & Black

685 Oliver Hill

686 Santino Hosell

WREAKE & SOAR VALLEY AC688 Mackenzie Bloxham
692 George McMorran689 Richard Brotherton
695 Daniel Van Aardt**Blue & White**690 Henry Herries
693 Charlie White Godden691 Will Inman
694 Jacob Woolverton

MATT LONG EXPLORES THE VALUE OF REGIONAL CHAMPIONSHIP RACING OVER THE COUNTRY, WITH BUD BALDARO AND VICTORIA WEIR:

The legendary former world record holder for 10,000m, Dave Bedford's unbelievable winning of *both* the Southern Senior and Junior Championship on the same day at Parliament Hill way back 1970 is the stuff of running folklore and gives a salute to the significance that regional level competition can play in your long term athletic development, acting as an invaluable bridge between county level and national level races.

Birmingham University AC Head of Endurance, Bud Baldaro, has guided a multitude of athletes who have used regional level competition over many decades and is clearly a massive fan. With characteristic enthusiasm he says, "Cross country is an excellent way of providing a good, strong aerobic base. It is a superb way of developing strength and endurance". Perceptively, the man who was recently awarded the 2017 Lifetime Services to Coaching Award by The British Milers' Club, continues that, "It is no coincidence that the majority of world class Ethiopians and Kenyans use the cross to prepare for track and road competitions. Double Olympic 1500m champion Seb Coe is a great believer of the value of cross country and don't forget his great rival Steve Ovet, who took Olympic 800m gold in Moscow back in 1980, once won the National Junior Cross".

Having had some solid foundations laid by Simon Anderson of City of Plymouth, Midlands based Victoria Weir is now guided at Birmingham University by the aforementioned Baldaro. You will recall she took a fantastic Team Gold for GB in the Under 20 race at last December's European cross country championships in Samorin along with individual race winner Harriet Knowles-Jones, Cari Hughes, Khahisa Mlanga, Niamh Brown and Phoebe Parker. In assessing the value of championship level racing which you are encountering today, she emphasises, "the tougher competition which pushes me on as an athlete". She has become habituated to racing over the mud and asserts that, "I think doing it for so many years has given me a mental toughness". At this point coach Baldaro adds that, "It also provides a fun racing opportunity in the dark winter days".

All three of your energy systems will be put to the test at various points in today's race. As an endurance event there will be massive demands on your aerobic energy system but don't forget the demands on the lactate system as you sprint off during the first minute or so of the race, determined to jockey for good position in the pack. If you are going to summon up that sprint finish which will see you overhaul one or two competitors as you may that final desperate lunge for the comfort of the finishing funnel, you will need your alactic energy system. The 2017 BUCS silver medallist for the steeplechase, Victoria Weir, ends our conversation by telling me she is most definitely a fan of, "muddy and hilly conditions". At least one of today's fields in Wollaton Park should provide you with a due dose of mud and there will be numerous testing inclines as you weave your way round the course with the splendour of the Elizabethan country house which is Wollaton Hall, built for Sir Francis Willoughby, in the backdrop.

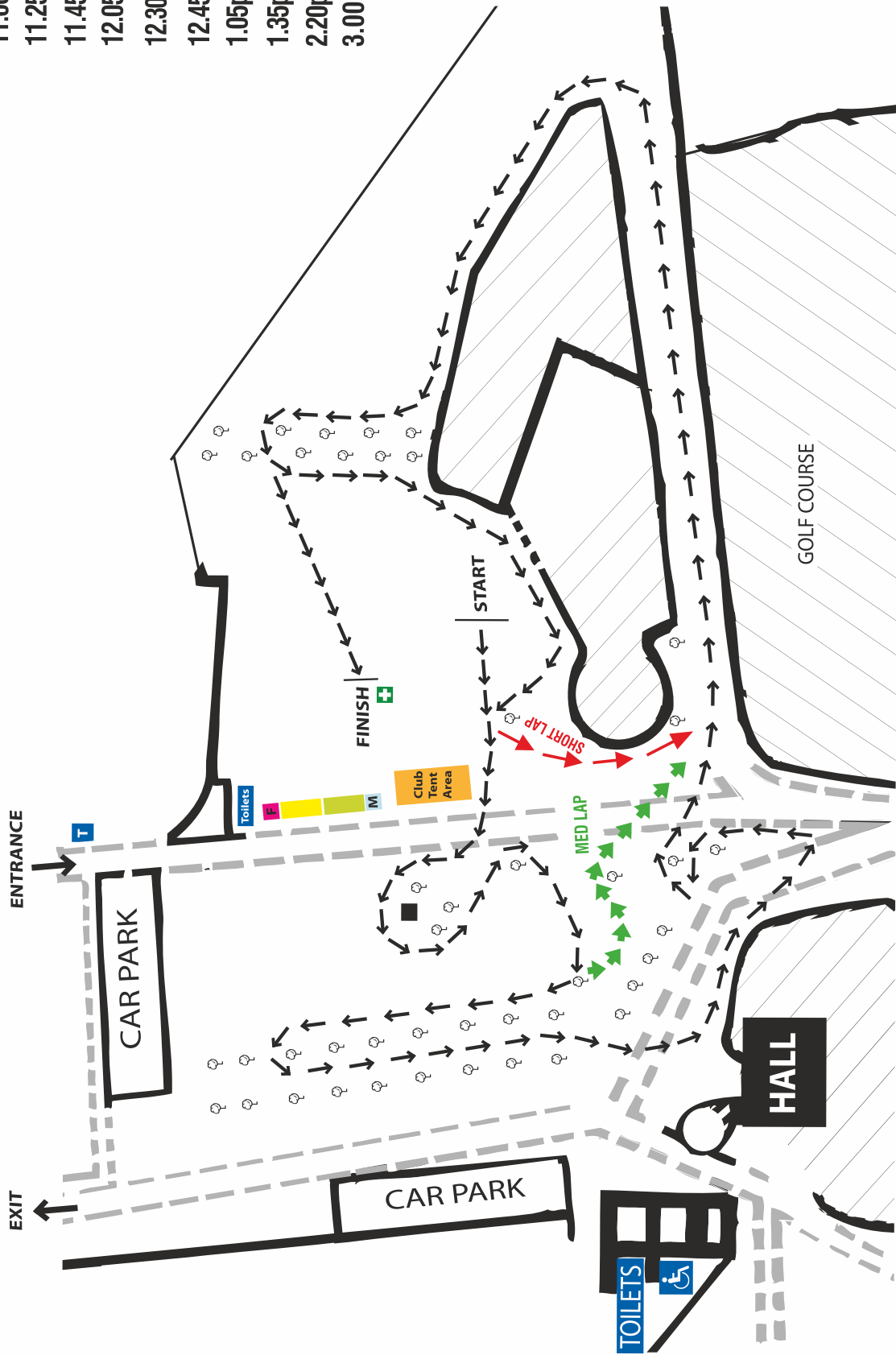
Enjoy your race!

Matt Long is part of the coaching and support team at Birmingham University AC and Midlands Cell Lead for the England Athletics National Coach Programme (Youth). For coach education support he is contactable at mattlongcoach@gmail.com

Midland Counties Cross Country Association Championships 2018

Wollaton Park, Nottingham

- 11.00am U17 Women (1 x M, 1 x L)
- 11.25am U15 Boys (2 x M)
- 11.45am U13 Girls (2 x S)
- 12.05pm U17 Men (3 x M)
- 12.30pm U13 Boys (2 x S)
- 12.45pm U15 Girls (2 x M)
- 1.05pm U20 Women (3 x M)
- 1.35pm U20 Men (1 x M, 2 x L)
- 2.20pm Snr Women (1 x M, 2 x L)
- 3.00pm Snr Men (4 x L)



Key:

Small Lap → (red arrow)
 Medium Lap → (green arrow)
 Large Lap → (black arrow)

Toilets
 Disabled Toilets at Stable Courtyard (blue square with wheelchair icon)
 Registration & Presentation (yellow rectangle)
 Refreshments (yellow rectangle)
 Club Tent Area (orange rectangle)
 Male changing (M in a blue square)
 Female changing (F in a pink square)
 First aid (green cross)

sponsored by



THE DERBY RUNNER
 SPECIALIST RUNNING EQUIPMENT

UNDER 15 GIRLS

Start time: 1.35pm

Distance: 4Km

BANBURY HARRIERS

711 Alexander Scrivener

Maroon, Green & White

BRIDGNORTH AC

712 Leonie Bottomley

713 Shana Stewardson

White, yellow hoop

832 Charlotte Gilbody

BRISTOL & WEST AC **

714 Grace Claridge

715 Jemima Dutton

White vest with red band

716 Danni Sinclair

717 Claudia Spice

BROMSGROVE & REDDITCH

718 Natalie Hatfield

Red, 2 blue diagonals

CHARNWOOD AC

719 Olivia Bonshor

720 Lexie McLoughlin

Green & yellow

721 Gemma Newport

722 Mar Ruiz-Monserrat

CITY OF STOKE AC

723 Emily Butler

724 Amy Condlyffe

727 Maisie Tinwell

White top with red/black bands

725 Maddison Evans

726 Abigail Jones

CORBY AC

728 Iona Bebb

729 Annie Beckwith

732 Erin Treacy

Blue with 2 red bands

730 Imogen Dee

731 Jay-leigh McCallister

COVENTRY GODIVA HARRIERS

733 Emma Alloggan

734 Freya Bennett

737 Kara Ingram

738 Bea Sheehan

Claret / Gold diagonal stripe

735 Rosie Cherry

736 Bobbie Clisham

739 Tally Smyt-James

HARBOROUGH AC

740 Lizzie Clapp

741 Eilidh MacLean

Yellow

742 Hannah Smith

743 Bethany Wallis

KETTERING TOWN HARRIERS

744 Mia Brockway

Red & White hoops

KIDDERMINSTER AND STOURPORT

745 Charlotte Broadhurst

Navy with Yellow Side Panels

LEAMINGTON C & AC

746 Rosie Cale

747 Lucy Green

750 Emily Lovett

White vest with blue band

748 Rositsa Gugutkova

749 Ana Lovett

LEICESTER CORITANIAN

751 Maya Stokes

Blue

NEWARK AC

752 Catherine Booth

753 Alice Gibbs

Blue/Grey

NEWCASTLE (STAFFS) AC

754 Scarlett Cotton

755 Zara Hadden

758 Nadine Tomkinson

759 Misha Twardochleb

Red / White / Blue

756 Poppy Ranford

757 Lily Stevens

NOTTS AC

760 Amelia Briggs-Goode

761 Lauren McNeil

764 Fern Williams

Green/Yellow/White

762 Yasmin Nutt

763 Abigail Simpson

ROYAL SUTTON COLDFIELD AC

766 Elsa Buchanan

767 Lucy Carey

Royal Blue with white vertical stripe

768 Charlotte Hey

769 Libby Turney

RUGBY & NORTHAMPTON

770 Sophia Hill

771 Olivia Reeves

774 Holly Walker

775 Molly Williams

Black & Light Blue

772 Isabelle Rippon

773 Claudia Searle

RUSHCLIFFE AC

776 Frankie Berry

777 Nancy Britten

780 Mara Juric

781 Lucy Rathbone

Royal Blue & White

778 Lizzy Edge

779 Imogen Edwards

782 Maya Todd McIntyre

SAFFRON AC

783 Naomi Clarke-Myers

784 Ysa Murdey

Orange & Black

SILSON JOGGERS

785 Katy Mannix 786 Cara Mannix

SOLIHULL & SMALL HEATH AC

787 Lily Saxon 788 Katherine Scott

SPARKHILL HARRIERS

790 Alice Stewart

STAFFS MOORLANDS AC

791 Louise Hackett 792 Eden Schiller

STRATFORD UPON AVON AC

793 Georgina Campbell 794 Kate Dufty

STROUD & DISTRICT AC796 Lydia Attwell 797 Emma Bendle
800 Isobel Parnaby 801 Anaya Powis**SUTTON IN ASHFIELD H**

803 Sophie Taylor

TAMWORTH AC

804 Abi Hamer 805 Charlotte Perry

TELFORD AC

807 Ruby Hancox 808 April Tatton

TIPTON HARRIERS

809 Phoebe Clark 810 Isobel Eagle

WELLINGBOROUGH & DISTRICT

811 Niamh Davern 812 Shannon Reid

WENLOCK OLYMPIANS

814 Edith Charlesworth 815 Manali Ware

WESTBURY HARRIERS **

816 Rosie Hamilton-James 817 Kate Howard

WOLVERHAMPTON & BILSTON

820 Ella Semple 821 Lucy Semple

WORCESTER AC

822 Ruby Jarman

WREAKE & SOAR VALLEY AC823 Grace Alvey 824 Aoife Brotherton
827 Rachel Nealon 828 Katie Parker**WREKIN COLLEGE TRIATHLON CLUB**

831 Cameron-ellie Mander

Green & Yellow**Gold / Navy stripe**

789 Abigail Wheelhouse

Red with Black hoop**Pink with black band****Yellow with Black Hoop**

795 Ellen Taylor

Green, Red & Blue hoops798 Tanwen Bird 799 Florence Fuller
802 Grace Tavner**White/Red /Green****Green / White**

806 Sophie Perry

Yellow with red and blue side panels**Green / White hoops****Fluorescent Green Vest**

813 Lucy Watts

Royal blue, 3 side stripes**White vest with blue band & badge**

818 Dalis Jones 819 Rhiannon Paton

White with Yellow, Red, Green trim**Yellow/Red with Red Diagonal****Blue & White**825 Hollie Gamble 826 Indienne King
829 Sophie Thorpe 830 Rosie Timlock**Red****UNDER 20 WOMEN**

Start time: 1.05 pm

Distance: 6Km

BANBURY HARRIERS AC

836 Emily Thompson 837 Rosie Weston

Maroon, Green & White Hooped**Bedford & County AC**

838 Tabatha Walford

Blue, white side trim**BIRCHFIELD HARRIERS**

839 Fian Sweeney

Black with "stag" motif**CANNOCK AND STAFFORD AC**

840 Rebecca Brown 841 Giorgia Chattwood

Green / White band with red / yellow trim

842 Katie Lord

CHARWOOD AC

843 Amy Hammersley 844 Aimee Seager

Green and yellow

845 Paige Stevenson

COVENTRY GODIVA HARRIERS

846 Isobel Davies 847 Bethan Hinett

HALESOWEN A & CC

850 Lily Higgins 851 Abigail Saker

HEANOR RUNNING CLUB

853 Danielle Smith

KENILWORTH RUNNERS

854 Bella Doxey 855 Francesca Gibbs

KETTERING TOWN HARRIERS

856 Elana Albery 857 Bethan Lewis

NEWARK AC

860 Olivia Mathias 861 Amber Owens

NEWCASTLE (STAFFS) AC

862 Lauren Charlton 863 Sophie Goodfellow

NOTTS AC

865 Megan Clarke 866 Elizabeth Pennington

NUNEATON HARRIERS

867 Emily Negus

RETFORD AC

868 Meg Hunt

ROYAL SUTTON COLDFIELD AC

869 Georgia Curry 870 Georgia Delaney

RUGBY & NORTHAMPTON AC

871 Emma Bond 872 Kirsty Goddard

SAFFRON AC

874 Megan Rowley 875 Jordan Waine

STROUD & DISTRICT AC

876 Amelia Errington 877 Victoria Price

TAMWORTH AC

879 Rebecca Brayer

University of Warwick

880 Kirsty Bennet

WESTBURY HARRIERS

881 Hannah Hobbs

WOLVERHAMPTON & BILSTON

882 Molly Andrews

Claret / Gold stripe

848 Olivia Kelly 849 Alicia Roberts

Old Gold with White / Brown hoops

852 Katrina Simpson

Yellow with Light Blue Horizontal Band**Green with Black / White stripe****Red & White hoops**

858 Claudia Nevett 859 Amy Robinson

Blue / Grey Quarters**Red, White, Blue**

864 Lucy Matthews

Green/Yellow/White**Red vest with Royal stripe****Red/Blue/White****Royal Blue/White Stripe****Blue & Black**

873 Rebecca Leadbeater

Orange & Black**Green with Red / Blue hoops**

878 Zoe Wassell

Green / White**Red****White with a Blue Stripe****Red/Yellow/Green**

UNDER 20 MEN

Start time: 1.35 pm

Distance: 8Km

BIRCHFIELD HARRIERS

892 Reis Brooke 891 Harry Halford

Black vest with stag badge

BOURNVILLE HARRIERS

893 Tom Bunn

Teal & Navy Blue Piping

BRISTOL & WEST AC

894 Hugh Sadler

White vest with red band

BROMSGROVE & REDDITCH AC

895 Gareth Richardson

Red vest with 2 Blue panels

BURTON AC

896 Matthew Lear

Black, blue side panels

CAMBRIDGE & COLERIDGE AC

897 Alex Hampson

White & Blue

CHARNWOOD AC

898 Archie Banks 900 Finn Lydon

Green/ Yellow

899 Dylan Perry 901 Joseph Pollard

CITY OF STOKE AC

902 James Condlyffe 903 Jordan Thomas

White with Red & Black Bands

COVENTRY GODIVA HARRIERS

907 Edward Griffiths 905 Alex Jolly
908 Jack Reidy 910 Patrick Robinson

Red / yellow band

906 Alfie Meade 909 Liam Perkins
911 Thomas Robinson 904 Adam Walmsley

DUDLEY & STOURBRIDGE HARRIERS

912 Elliott Jones

Gold with Royal Blue Hoops

HALESOWEN ACC

913 Kristian Bayley 914 Peter Dear

Old Gold with White / Brown hoops

KENILWORTH RUNNERS

915 Ryan Baker 916 Stanley Doxey

Green with Black / White stripe

KETTERING TOWN HARRIERS

917 Edward Cannell 918 Joshua Cara

Red & White hoops

LEAMINGTON C & AC

919 kieran Chahal 920 Gregory West

White with blue band and trim

LEICESTER CORITANIANS

924 Pascal Bouttierre-Butler 923 Oliver Maxwell Thoma Freer

Royal Blue

921 Amrik Gill 922 James McCall

NEWARK AC

925 Thomas Hubbard

Blue

NEWCASTLE (STAFFS) AC

926 Benjamin Meir

Red, White, Blue

NOTTS AC

928 Jake Dyer 929 Matthew Moir

Green/Yellow/White

930 Peter Mumford 927 Adam Ward

OWLS AC

957 Tom Corby

Black & White vertical stripes

RIPLEY RC

Green with 2 yellow diagonal stripes

931 Christian Howett

ROYAL SUTTON COLDFIELD AC

932 Alex Blackham 934 Shaun Evans

RUGBY & NORTHAMPTON AC

939 Haydn Arnall 936 Adam Bebbington
938 Finn Hutton 937 Ben Musgrove

RUSHCLIFFE AC

942 Joseph Tuffin

SOLIHULL & SMALL HEATH

943 Louie Boot

STRATFORD UPON AVON AC

944 Fergus Allison 945 Oscar Barbour

STROUD & DISTRICT AC

949 Jerome Boyd 950 Thomas Bury
947 Freddie Wilson

SUTTON IN ASHFIELD HARRIERS & AC

952 Ben Burnham

SWANSEA AC

953 Conor Smith

WESTBURY HARRIERS

955 Joe Connors 954 Ben Whitaker

WOLVERHAMPTON & BILSTON

956 Harry Cresswell

Royal Blue with white vertical stripe

933 Alex Jones 935 Tom Parkes

Blue & Black

940 Jack Bond 941 Joseph Childs

Royal Blue & White

Gold & Navy stripe

Yellow with Black hoop

946 Seb Hopper

Green, Red & Blue hoops

951 Thomas Mortimer 948 Jack Turner

White, Red & Green

White Vest 2 Green Bands

White with Blue Band

White with Yellow, Red, Green trim

SENIOR WOMEN

Start time: 2.20pm

Distance: 8Km

ALDRIDGE RC

1001 Helen Beecham 1002 Louise Booker
1005 Melissa Emery 1006 Rebecca Grimshaw
1009 Helen Hirst 1010 Anne Kelsall
1013 Katie McBeth 1014 Claire O'Brien

Blue and Black

1003 Viki Dobbs 1004 Joanne Dulson-Cox
1007 Helen Hartle 1008 Emma Hawkey
1011 Laura Kirwan 1012 Laura Malsbury

BADGERS

1015 Nivette Chester 1016 Cheryl Dewis

Black & White

1017 Emma Masser 1018 Stephanie White

BANBURY HARRIERS

1019 Michelle Bartlett 1020 Rebecca Biegel

Maroon, White & Green

1021 Charlotte Drummond 1022 Rosalind Kelling

BARROW RUNNERS

1023 Natasha Cuthbert 1024 Victoria Elston

Red, yellow & white

1025 Kristie Matthiae

BEESTON AC

1026 Pippa Cullingworth 1027 Lucy Grant
1030 Holly McCain 1031 Marie-christine Pardon

White with 2 Blue Hoops

1028 Salome Maybanks 1029 Ndiarka Mbodji

BELPER HARRIERS **

1032 Rosemary Arris-Pratt 1033 Georgina Bestwick
1036 Hannah Wibberley

Yellow/gold, 2 horizontal black side stripes

1034 Rachel Clark 1035 Lily Mathews

BIRCHFIELD HARRIERS

1037 Sarah Conway 1038 Julia Cooke
1041 Faye Morley 1042 Jenny Parker
1045 Kathryn Salt 1046 Rebecca Straw
1049 Elizabeth Watters 1050 Amanda Wright-Smith

Black vest with stag badge

1039 Katie Allen 1040 Wendy Morant
1043 Chloe Richardson 1044 Nicola Ross
1047 Frances Vickers 1048 Debbie Walters

BIRMINGHAM RUNNING A & TRI CLUB

Black and Red

1051 Cathlyn Bone
1055 Eloise Lee

1052 Katie Bowyer
1056 Lucy Nell

1053 Molly Browne
1057 Lisa Tindle

1054 Rosie Forster

BOURNVILLE HARRIERS

1058 Suzanne Bunn
1062 Marianne Hensman
1066 Sam Pretlove
1070 Pauline Wright

1059 Leonie Clitherow
1063 Linda Howell
1067 Lesley Pymm

Teal

1060 Laura Gale
1064 Stacey Marston
1068 Sarah Rock

1061 Jude Glynn
1065 Anna McManus
1069 Nicola Sykes

BRISTOL & WEST AC **

1071 Polly Ainsley
1075 Natalie Griffiths

1072 Latife Comlek
1076 Ellen Harrison

White vest with red band

1073 Ana Maria Duran Mingo
1077 Catie O'Donoghue

1074 Elaina Gard
1078 Imogen Peck

BROMSGROVE & REDDITCH AC

1079 Jane Anderson

1080 Charlotte Ball

Red with 2 blue stripes

1081 Tamara Freeman

1082 Sally Hogan

BURTON AC

1083 Amanda Hedges

Black vest with Blue side panels

CHARNWOOD AC

1084 Elsie Butler
1088 Katie Lomas
1092 Louise Richmond

1085 Sophie Coldwell
1089 Hannah Nuttall
1093 Claire Smith

Green & yellow

1086 Mariam Getachew
1090 Jane Potter
1094 Holly Smith

1087 Anne Holyland
1091 Juliet Potter
1095 Catherine Tinker

CHEADLE RC

1096 Amanda Davies

Blue & White

CHELTENHAM & COUNTY HARRIERS

1097 Beth Hawling

1098 Mia O'Connell

White vest with 2 Black hoops

CITY OF STOKE AC

1099 Louise Dawson

1100 Lucy Hayes

White top with red/black bands

1101 Katie Holt

1102 Sarah Lovewell

CORBAY AC

1103 Sarah Baxby

Blue with 2 Red bands

COVENTRY GODIVA HARRIERS

1104 Myshola Kirkham

1105 Jayne Mumford

Claret / Gold diagonal stripe

DESFORD STRIDERS

1106 Alison Coulam

Red & light Blue

DUDLEY KINGSWINFORD RC

1107 Hannah McGuire

1108 Helen Tromans

Light & Dark Blue Hoops

FORMULA ONE CIRCUIT CREW

1109 Victoria Thurston

Red with yellow & black panel

GRANTHAM AC **

1110 Sophia Tucker

Yellow with white & 2 brown hoops

1113 Anna Cosimetti

1114 Melanie Hepke

HALESOWEN C & AC

1111 Stephanie Adams
1115 Kerri James
1119 Samantha Morton

1112 Helen Attwood
1116 Simone Jones
1120 Sally Spencer

1117 Caroline Lambert

1118 Rebecca Moore

HARBOROUGH AC

1121 Jacquie Hanmer

1122 Tracey Southwell

Yellow

1123 Marise Taylor

HEANOR RUNNING CLUB **

1124 Jill Burke
1128 Jayne Lynas
1132 Kerry Queenan

1125 Debbie Cotton
1129 Kelsey Moloney
1133 Paige Roadley

Yellow with Light Blue Horizontal Band

1126 Nikki Dunbar

1127 Debbie Hewitt

1130 Lisa Palmer-Blount

1131 Joanne Potter

1134 Elaine Wilkins

HERMITAGE HARRIERS

1135 Rebeka Cohen
1139 Lyndsey Richardson

1136 Bridie D'Arcy
1140 Bonita Robinson

Silver with Black diagonal stripe

1137 Lisa Godfrey

1138 Joanne Matthews

1141 Zoe Sewter

1142 Mia Weston

HOLME PIERREPONT RC

1143 Janet Atkinson

1144 Ruth Brandon

Navy Blue with Red Chestband

1145 Lisa Chan

1146 Emma Cupitt

1147 Ann Gould	1148 Anna Heaton	1149 Michelle Noble	1150 Aimee Palace
1151 Louise Read	1152 Carly Stretton	1153 Sarah Tyler	
<u>ILKESTON RC **</u>		<u>White with a red band</u>	
1154 Jessica Denman	1155 Melissa Denman	1156 Laura Hickey	1157 Corrina Loosemore
1158 Kate Mackenzie	1159 Nicola Roper	1160 Sue Smith	1161 Simone Ward
<u>IVANHOE RUNNERS</u>		<u>Light Blue</u>	
1162 Fiona Betts	1163 Fiona Betts	1164 Rebecca Hallam	1165 Carolyn Osbourne
1166 Victoria Smith	1167 Teresa Talbott		
<u>KENILWORTH RUNNERS</u>		<u>Green, Black & White</u>	
1168 Elisse Breugelmanns	1169 Kelly Burnett Nicholl	1170 Sophie Cookson	1171 Pauline Dable
1172 Rachel Kerr	1173 Jane Kidd	1174 Stef Lunn	1175 Rachael Miller
1176 Laura Pettifer	1177 Becky Phagura	1178 Jane Phillips	1179 Jenny Richards
1180 Sarah Rose			
<u>KETTERING TOWN HARRIERS</u>		<u>Red & White hoops</u>	
1181 Karen Albery	1182 Evelyn Clawson	1183 Elaine Fairbrother	1184 Trudi Pike
1185 Paula Sinnott			
<u>KINGS HEATH RC</u>		<u>Orange Lions Head crest on Black</u>	
1186 Kerry Allen	1187 Helen Brookes	1188 Maria Crawford	1189 Sahra Derkits
1190 Laura Gilmour	1191 Barbara Partridge	1192 Nicola Simpson	1193 Jacqui Williams
<u>LEAMINGTON C & AC</u>		<u>White vest with Blue band</u>	
1194 Carol Blower	1195 Zara Blower	1196 Mary Donaldson	1197 Kelly Edwards
1198 Tara Fagge	1199 Laura Gould	1200 Jenny Jeeves	1201 Elaine Sherwin
<u>LONG EATON RC</u>		<u>2 hoops with upper in Navy and lower in white</u>	
1202 Valerie Lindsey	1203 Eleanor Lunt		
<u>MANSFIELD HARRIERS & AC</u>		<u>Blue & Green</u>	
1204 Sharon Armitage	1205 Beverley Armstrong	1206 Thomasina Copcutt	1207 Kahli Johnson
<u>MARKET DRAYTON RC</u>		<u>White, Red & Blue</u>	
1208 Helen Mason			
<u>NENE VALLEY HARRIERS</u>		<u>Blue / Grey quarters</u>	
1209 Ruth Jones			
<u>NEWARK AC</u>		<u>Red, White & Blue</u>	
1210 Rebecca Gallop	1211 Cloe Hubbard	1214 Hannah Jones	1215 Belinda Riley
<u>NEWCASTLE (STAFFS) AC</u>		1218 Rachel Wakefield	1219 Amy Whitehurst
1212 Michelle Buckle	1213 Carey Dyer		
1216 Sharon Tomkinson	1217 Rachel Trpeski		
<u>NORTHBROOK AC</u>		<u>Black / Green / Yellow</u>	
1220 Amy Burdis	1221 Julie Cozens	1222 Cath Fenn	1223 Jeannie Noonan
1224 Linda Richards			
<u>NOTTS AC</u>		<u>Green/Yellow/White</u>	
1225 Joanne Birtwistle	1226 Kirsty Bradshaw	1227 Catherine Charlton	1228 Donna Davenport
1229 Samantha Garside	1230 Lucy Holt	1231 Julie Lambourne	1232 Sarah MacKness
1233 Lori Marshall	1234 Becca Peach	1235 Rebecca Pritchard	1236 Hannah Robinson
<u>NUNEATON HARRIERS</u>		<u>Red with Royal stripe</u>	
1237 Adele Claire Dixon	1238 Carolyn Dyll	1239 Eleanor Fowler	1240 Anne Grant
1241 Mary Hall	1242 Melanie Hill	1243 Katherine Hodgson	1244 Polly Keen
1245 Michelle Kenny	1246 Kathryn O'Brien	1247 Helen Talbot	1248 Simone Wilson
<u>OSWESTRY OLYMPIANS</u>		<u>Red Black White</u>	
1249 Alison Lavender			
<u>REDHILL ROAD RUNNERS</u>		<u>red grey & white</u>	
1250 Claire Armstrong	1251 Lisa Doyle	1252 Helen Flint	1253 Sophie King
1254 Roisin McNally	1255 Laura Merryweather	1256 Hayley Purdy	1257 Rachel Shambrook
1258 Joanne Stocks	1259 Heather Thornley	1260 Valerie Walker	1261 Kathryn Walsh
1262 Tamzin Yates			

RIPLEY RC **

1263 Esther Broughton 1264 Alison Butlin

Green with 2 yellow diagonal stripes

1265 Lucy Taylor 1266 Joanne Wharton-Howett

ROADHOGGS LEICESTER AC

1267 Valerie Spezi

Blue with white vertical stripe

1270 Rachel Thebridge

ROYAL SUTTON COLDFIELD AC

1268 Andrea Deathridge 1269 Gemma Sidaway

RUGBY & NORTHAMPTON1271 Minerva Chesser 1272 Bethan Goddard
1275 Gabrielle Moriarty 1276 Zoe Shepherd**Black & Light Blue**

1273 Tamara Hardman 1274 Tilly Lea

RUSHCLIFFE AC

1277 Kathryn Mellor 1278 Cheralynne Todd McIntyre

Royal Blue & White

1279 Melissa Wyszynski

SHREWSBURY AC

1280 Lauren Morley

Royal Blue, Gold Vertical Stripe**SILSON JOGGERS**

1281 Helen Heley

Green & Yellow**SPARKHILL HARRIERS**1282 Jane Bartholomew 1283 Emma Donnelly
1286 Jennifer Price**Red with Black hoop**

1284 Pauline Hygate 1285 Manisha Parmar

SPHINX AC1287 Rachael Allen 1288 Helen King
1291 Jackie Stuart 1292 Kathryn Stuart**Blue vest with gold band**

1289 Victoria O'Brien 1290 Collette O'Keefe

STAFFORD HARRIERS1293 Kerry Collins 1294 Melonie Deakin
1297 Kerry Hall 1298 Christine Skellern**Yellow vest with 2 vertical black stripes**

1295 Stella Dennis 1296 Lisa Fraser

STAFFS MOORLANDS AC

1299 Amy Shillock

pink with black band**Stone Master Marathoners**1300 Joanne Bently 1301 Fiona Bradley
1304 Fay Parker 1305 Egidija Pope**Red**

1302 Amy Gamble 1303 Anna Hollingworth

STOURBRIDGE RC

1306 Grace Allen 1307 Natalie Dellar

Red vest with 2 white bands

1308 Phoebe Packham 1309 Lara Pentreath

STRATFORD UPON AVON AC1310 Emily Adams 1311 Emma Bexson
1314 Rebecca Pridham**Yellow with Black hoop**

1312 Zoe Chandler 1313 Suzi Graham

TAMWORTH AC

1315 Sarah jemmett

Green / White**TEAM BATH AC**

1316 Rebecca Pierce

Blue & yellow**TELFORD AC**1317 Emily Beebee 1318 Michelle Clarke
1321 Alison Preece**Red/Yellow/Blue**

1319 Jessica Harvey 1320 Claire Martin

TELFORD HARRIERS1322 Nicola Atkins 1323 Louise Bibbings
1326 Cristina O'Brien 1327 Kerry Richardson**Yellow & Green Quarters**1324 Victoria Doran 1325 Emma Hodges
1328 Georgina Westwood 1329 Lisa Yeomans**TIPTON HARRIERS**1330 Joanne Acha 1331 Penelope Barber
1334 Amy Hadley 1335 Lynne Hill
1338 Sally-ann Walker 1339 Amie Williams**Green & White hoops**1332 Katie Briggs 1333 Susannah Davies
1336 Catherine Holden 1337 Susan Street-Hall**TRENTHAM RC**1340 Michaela Hill 1341 Laura Hughes
1344 Mandy Vernon**Green & White**

1342 Ragnhild Marstad 1343 Joanne Stanfield

UNIVERSITY of WARWICK

1345 Julia Bijl 1346 Katie Tame

WELLINGBOROUGH & DISTRICT

1348 Kelly Barnett

WEST END RUNNERS

1349 Laura Davison

WESTBURY HARRIERS1350 Tamsin Chick 1351 Emma Dalton
1354 Linda Phillips 1355 Floren Scrafton**WIGSTON PHOENIX RC**

1357 Charlie Nurse 1358 Alice Rowland

WOLVERHAMPTON & BILSTON AC

1359 Tracey Boswell 1360 Kerry Corns

WREAKE & SOAR VALLEY AC

1363 Emily Bradshaw 1364 Rebecca Miles

WREKIN ROAD RUNNERS

1367 Christine Symms

WYE VALLEY RUNNERS

1368 Clare Sims

Red

1347 Jessica Walker

Fluorescent Green Vest**White with a Blue Stripe**1352 Kirstie Hamilton James 1353 Katie Hughes
1356 Emma Woodworth**White, Red, Green & Yellow**

1361 Sarah Fellows 1362 Emily Simmonds

Blue & White

1365 Kathryn Russell 1366 Tara Tomson

Black, orange & white trim**Blue & white****SENIOR MEN****Start time: 3.00pm****Distance: 12Km****ALDRIDGE RC**1381 Leigh Ally 1382 Brett Antill
1385 Simon Hudson 1386 Eamon Lyons
1389 Mark Shaw**Blue and Black**1383 Alexander Crook 1384 Lawrence Hewitt
1387 David McHugh 1388 Ian Pallett**BADGERS**1390 Ryan Bennett 1391 David Earp
1394 Adrian Payne 1395 Christopher Upton**Black & White**

1392 David Jackson 1393 Luke Melling

BARROW RUNNERS

1396 Rob Beers 1397 Geoffrey Beetham

Red, yellow & white**BEAUMONT RC**1398 Gareth Coyle 1399 Des Holmes
1402 Ian Parker 1403 Mehul Vaitha**White, green emblem & club name**1400 Robert Jinks 1401 Gavin Maton
1404 Kevin Waite**BEESTON AC**1405 Simon Barnes 1406 Angus Davison
1409 Stephen Mason 1410 Mihail Mihaylov
1413 Daniel Rawson 1414 George Russell**White with 2 Blue Hoops**1407 Richard Eadsforth 1408 Matt Jones
1411 Charlie Pearce 1412 Geoff Pennington**BELPER HARRIERS ****1415 Mark Beighton 1416 Tim Bournell
1419 Richard Hickling 1420 David Horton
1423 Andrew Nash 1424 Andy Paisley**Yellow/gold, 2 horizontal black side stripes**1417 Nathan Brickman 1418 Ed Godber
1421 Andy Lenton 1422 Anthony Marchant
1425 Malcolm Weir**BIRCHFIELD HARRIERS**1426 Yousf Al-Lathaa 1427 Ed Banks
1430 Sam Chatwin 1431 Christopher Collis
1434 Rob Deakin 1435 Peter Dimbleby
1438 Ben Griffiths 1439 Adam Guy
1442 Mathew Missen 1443 Phil Nicholls
1446 Simon Rhodes 1447 William Richardson
1450 Mike Tanner 1451 Alex Tovey**Black vest with stag badge**1428 Matt Biggs 1429 Keith Boxley
1432 Orlando Corea 1433 Jonathan Cullen
1436 Jonathan Goringe 1437 Rory Grant
1440 Lee Harris 1441 Paul Maguire
1444 Alex Parker 1445 Jonathon Read
1448 Alistair Rutherford 1449 Cameron Shankly

BIRMINGHAM RUNNING A & TRI CLUB

1452 Chris Burrows	1453 Toby Close
1456 Simon Lanckham	1457 Martin Ludford
1460 Andy Piddington	1461 Tom Powell

BIRSTAL RC

1463 Jamie Butler	1464 Tristan Snutch
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BOURNVILLE HARRIERS

1465 Henry Brocklehurst	1466 John Cheel
1469 Ian Faddy	1470 Michael Griffiths
1473 Michael Langley	1474 Stuart Pearson
1477 Sean Rose	1478 Paul Samuels
1481 James Urmston	

BRISTOL & WEST AC **

1482 Anthony Hall	1483 Owain Jones
1486 Andy Salmon	1487 Dan Titheradge

BROMSGROVE & REDDITCH AC

1489 Philip Anderson	1490 Mark Appleton
1493 Matthew Henney	1494 Anthony Howell

BURTON AC

1495 Swee-leng Chauh	1496 Jonathon Dumelow
1499 Paul Smith	

CAMBRIDGE & COLERIDGE AC

1500 Jack Gray

CANNOCK AND STAFFORD AC

1501 Christopher Perrin	1502 James Perrin
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CENTURION RC

1503 Chris Allison	1504 Aaron Bains
1507 James Houghton	1508 Adrian Lloyd
1511 Ian Satterthwaite	1512 Edmund Wallace

CHARNWOOD AC

1514 Gary Burnett	1515 Mark Couldwell
1518 Adam Lockton	1519 Kevin Lomas
1522 Martin Makin	1523 John Rees
1526 Mark Whitmore	1527 Tom Whitmore

CHELTENHAM AND COUNTY HARRIERS

1528 Elliot Prince

CITY OF BIRMINGHAM STRIDERS

1529 John Bristow	1530 Adam Rathbone
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CITY OF STOKE

1532 Jamie Arnold	1533 Steven Bazell
1536 Korey Hallett - Blanch	1537 Shajahan Janally
1540 David Sheldon	1541 Louis Wrigley

CORBAY AC

1542 Jacob Akers	1543 Chris Barnes
1546 John Donaldson	1547 Neal Humphreys
1550 Scott Magee	1551 Luke Montgomery

COVENTRY GODIVA HARRIERS

1553 Jose Gonzalez	1554 Tom Bark
1557 Aaron Bodycote	1558 Jason Brotherhood
1561 Simon Clarke	1562 David Conway
1565 James Griggs	1566 Matthew Lole
1569 Oliver Paulin	1570 Jack Pegler

DESFORD STRIDERS

1573 Andrew Ball	1574 Matthew Curtis
1577 Ross Tyrrell	1578 Karl Wilkins

DUDLEY & STOURBRIDGE H**Black and Red**

1454 Robert Dowse	1455 Steve Dunsby
1458 Jonathan Lundy	1459 Kevin Oakes
1462 Nick Seagrave	

White with red, white & blue bands on front**Teal & Navy Blue Piping**

1467 Christopher Collins	1468 Stewart Crowton
1471 Iain Jones	1472 Richard Keep
1475 Matthew Pollard	1476 Dave Powner
1479 Matthew Slater	1480 Antony Stewart

White vest with red band

1484 Jarlath McKenna	1485 Ben Robinson
1488 Andy Watt	

Red with 2 blue stripes

1491 Stephen Brooks	1492 Andrew Freeman
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Black vest with Blue side panels

1497 Mark Hedges	1498 Robert Sharratt
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White & Blue**Green / White band with red / yellow trim****Blue & White hoops**

1505 Paul Cooper	1506 Thomas Healy
1509 Andy Matthews	1510 Andy Rea
1513 Leonard Wallace	

Green & yellow

1516 James Ketteringham	1517 William Kirk
1520 Harry Lupton	1521 Tom Lupton
1524 Gavin Smith	1525 James Watkins

White with 2 black hoops**Purple with White Front Band**

1531 Matthew Stevens

White vest, Red, Black hoops

1534 Alexander Brecker	1535 Christopher Gidlow
1538 William Neill	1539 Carl Platt

Blue with 2 red bands

1544 Josh Coles	1545 Tom Dallamore
1548 Daniel Keating	1549 Benn Lyman
1552 Chris Storey	

Red / Yellow band

1555 Amittai Ben-Israel	1556 Nick Bennett
1559 Damian Carr	1560 Daniel Clarke
1563 Graham Dodd	1564 Peter Eccleston
1567 Joseph McLeod	1568 Zachary Nolan
1571 Ismael Serrablo Torrejon	1572 Alistair Smith

Red & light Blue

1575 Graham Hobbs	1576 Ash Payne
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Gold with Royal Blue Hoops

1579 Darrell Bodin
1583 Rob Meredith

1580 Eddie Fletcher
1584 Paul Mountford

1581 Ben Foster
1585 Dave Nation

1582 martin Harrigan
1586 Simon Vines

DUDLEY KINGSWINFORF RC

1587 Darran Bishop
1591 Richard Jones
1595 Graham Wildgoose

1588 Simon Blizzard
1592 David Norman

Light Blue / dark Blue hoops

1589 David Hickman
1593 Stephen Parr

1590 Mark Homer
1594 Andrew Weaver

FORMULA ONE CIRCUIT CREW

1596 Adam Carney

Red with two vertical black stripes beneath arm

GLOUCESTER AC

1597 Simon Barnes

Red and White

GRANTHAM AC **

1598 Arthur Short

Red with yellow & black panel

HALESOWEN A & CC

1599 Paul Allen
1603 David Lewis
1607 Bill Nock
1611 Mateusz Sliwinski

1600 Andrew Carruthers
1604 Steven Millington
1608 James Parker
1612 David Turvey

Old Gold with White / Brown hoops

1601 Adam Cross
1605 Alex Morgan
1609 Philip Scarr

1602 James Hoult
1606 Andrew Nock
1610 Jamie Sircom

HARBOROUGH AC

1613 Peter Attenborough
1617 Garry Hodgkins
1621 Andrew Meads

1614 William Clapp
1618 Tom Kershaw
1622 Graeme Rolfe

Yellow

1615 Matthew Driver
1619 David MacLean
1623 Ian Southwell

1616 Adam Eales
1620 Jamie McAllister
1624 Gary Wallis

HEANOR RUNNING CLUB **

1625 Ryan Ball
1629 Lee D'Arcy
1633 Andy Moat
1637 Ben Rhodes
1641 Lewis Whiting

1626 Andrew Basey
1630 Ashley Deeming
1634 Andy Nelson
1638 Shane Rice

Yellow with Light Blue Horizontal Band

1627 Paul Bell
1631 Liam Johnson
1635 Cory Parker
1639 Ian Salt

1628 Michael Clark
1632 Paul Mercer
1636 Joe Rainsford
1640 Gordon Smith

HERMITAGE HARRIERS

1642 Peter Armstrong
1646 Paul Featherstone
1650 Jason Williams

1643 Dan Booth
1647 Gavin McDermott
1651 James Willoughby

Silver with Black diagonal stripe

1644 Kristian Bravin
1648 Ian Murdey

1645 Alex Cumming
1649 Michael Trott

HOLME PIERREPONT RC

1652 Javier Cabrero
1656 Joseph Eccles
1660 James Kirkwood
1664 Anthony Squire

1653 Tom Davies
1657 Eddie George
1661 Will Meredith
1665 John Sutherns

Navy Blue with Red Chestband

1654 Neil Devonport
1658 John Harrison
1662 Chris Rhodes
1666 Steve Tupholme

1655 Steven Eatherington
1659 Richard Jones
1663 Andrew Soley
1667 Samuel Williams-Duncan

ILKESTON RC **

1668 Ryan Blake
1672 Neil Cort
1676 James Read

1669 Mark Brown
1673 Mark Lambert

White with a red band

1670 James Close
1674 Lucas Manning

1671 Ian Cooper
1675 Nathaniel Manning

IVANHOE RUNNERS

1677 Alastair Burgwin
1681 Andy Lindley

1678 Alex Dutton
1682 Nick Rowles

Light Blue

1679 Craig Hinds

1680 Andy Lindley

KENILWORTH RUNNERS

1683 Colin Bailey
1687 Tom Dable
1691 Christopher Lyons
1695 Jim Sawle

1684 Wayne Briggs
1688 Matt Dyer
1692 Peter Nicholl
1696 Stefan Shillington

Green with Black / White stripe

1685 Stephen Chalkley
1689 Barry Elkington
1693 Craig Phillips
1697 Stewart Underhill

1686 Richard Cookson
1690 Roger Homes
1694 Patrick Roddy
1698 Mick Williams

KETTERING TOWN HARRIERS

1699 Martin Allinson
1703 Steven Sinnott

1700 Andrew Clawson
1704 Paul Young

Red & White hoops

1701 Anthony Poncia

1702 Tom Shepherd

KINGS HEATH RC

1705 David Bagwell
1709 Tim Livesley
1713 Thomas Skidmore

1706 Michael Green
1710 Nicholas Oram
1714 David Snook

Orange Lions Head crest on Black

1707 David Hagan
1711 Steve Partridge
1715 Paul Ward

1708 Dave Johnson
1712 Greg Robson

KNOWLE & DORRIDGE

Green with Gold hoops

1716 Peter Austin
1720 Torsten Roesler

1717 David Carbutt
1721 Gregory Turner

1718 Max Gimson

1719 Darren John

LEAMINGTON C & AC

1722 Vassilis Andreoulakis
1726 Lewis Fagge
1730 Andrew Higgins
1734 George Loveday
1738 Garrath Schule

1723 Paul Andrew
1727 Roger Fagge
1731 Jason Hill
1735 Simon Perkin

White vest with blue front panel

1724 Craig Bower
1728 Paolo Foglino
1732 Simeon Howson
1736 Graham Roberts

1725 Marc Curtis
1729 Phillip Gould
1733 Dom Hull
1737 Steven Roberts

LEICESTER CORITANIAN AC

1739 Mark Johnson
1743 Ludovic Renou

1740 Chris Jordan
1744 Mark Rose

Royal Blue

1741 Phillip Maddocks
1745 Jamie Short

1742 Mark Powell

LICHFIELD RC

1746 Richard O'Sullivan

Yellow Vest

LONG EATON RUNNING CLUB

1747 Timothy Baggs
1751 Tim Caldwell
1755 Matt Hooton
1759 Mario Rocchelli

1748 James Berehowskj
1752 Philip Deakin
1756 Michael Howard
1760 Matt Weightman

Navy blue front and back, white side panels

1749 Michael Bland
1753 Tim Doyle
1757 Mark Kinch

1750 Shaun Burton
1754 Patrick Fitzgerald
1758 Alan Maplethorpe

MANSFIELD HARRIERS & AC

1761 Steven Capewell

Blue / Green

NENE VALLEY HARRIERS

1762 James McCrae

White, Red & Blue

NEWARK AC

1763 Timothy Bagguley
1767 Gareth Owens

1764 Carl Braithwaite

Blue / Grey Quarters

1765 Lee Braithwaite

1766 Andrew Cawthra

NEWCASTLE (STAFFS)TRI CLUB

1768 Matt Eardley

Black & Red

NEWCASTLE (STAFFS) AC

1769 Mark Cotton
1773 Kevin Oakley
1777 Paul Wakefield

1770 Neil Gerrity
1774 Stephen Ratcliffe
1778 Andrew Walker

Red, White, Blue

1771 Pab Maddox
1775 Jerome Stevens

1772 Felix McGrath
1776 Tim Twentyman

NORTHBROOK AC

1779 Kevin Couglan
1783 Tom Miller
1787 Craig Slyde

1780 John Davies
1784 Liam Mills

Black, Yellow & Green

1781 Spencer Davies
1785 Richard O'Shea

1782 Martin McHugh
1786 Philippe Rawson

NOTTS AC

1788 Ben Abbott
1792 Nicholas Clarke
1796 Stuart King
1800 Steve Long
1804 James Moroney
1808 Andrew Norton
1812 James Rushton
1816 Alastair Watson
1820 Allan Wilson

1789 Tom Bailey
1793 Joshua Gardiner
1797 Akiharu Kitagawa
1801 Chris McGurk
1805 John Muddeman
1809 David Oxland
1813 Cameron Smith
1817 Martin Whitehouse
1821 Anthony Woodward

White / Green / Yellow

1790 Michael Benford
1794 Sam Godwin
1798 Steven Leek
1802 Samuel Mitchell
1806 Douglas Musson
1810 Colin Palmer
1814 Robert Smith
1818 Andrew Williams

1791 Anthony Carbutt
1795 Tim Hartley
1799 Ben Livesey
1803 Richard Mitson
1807 Robert Needham
1811 Peter Robinson
1815 Jonathan Thewlis
1819 Matthew Williams

NUNEATON HARRIERS

1822 Mark Bailey
1826 Andrew Massey

1823 Eric Fowler
1827 Nicholas Wilson

Red vest with Royal stripe

1824 Alan William Glaister

1825 Peter Greenfield

OWLS AC

1828 Simon Allen
1832 Scott Green
1836 Chris Parkes-Bowen

1829 Nick Bott
1833 Chris McMillan

Black & White stripes

1830 Dale Cave
1834 Tom Meakin

1831 Bilal Farah
1835 Ashley Palmer

POPLAR RC

1837 Oliver matharu

White & Navy Blue

RACE HUB

Grey Orange

1838 Steven Gibson

REDHILL ROAD RUNNERS

1839 Mark Attenborough
1843 Steve Gelder
1847 Ashley Illingsworth
1851 Richard Morris
1855 Mark Salter
1859 David Walsh

1840 Lewis Cotton
1844 Paul Gibson
1848 Martin Lee
1852 Simon Nash
1856 Wayne Stott
1860 Mark Webster

RIPLEY RC **

1862 Luke Beresford
1866 Matt Jones

1863 Jay Bird
1867 Richard Kimber

ROAD HOGGS LEICESTER AC

1870 Sam Crouchman
1874 Dave Lodwick

1871 Brian Feldman
1875 Harry Short

ROYAL SUTTON COLDFIELD AC

1876 Sam Crawford
1880 Matt Powell

1877 Barry Lloyd
1881 Joseph Spruce

RUGBY & NORTHAMPTON

1883 Terry Egan
1887 Brendan Moen
1891 Jonathan Taylor

1884 Paul Furness
1888 Adrian Reast
1892 Adrian White

RUSHCLIFFE AC

1893 Nick Hando
1897 Danny McIntyre
1901 David Sweet

1894 Morton Hoejbjerg
1898 Graham Moffatt
1902 Russell Tuffin

SHREWSBURY AC

1904 Luke Butler
1905 Kevin Francis

SILSON JOGGERS AC

1907 Toby Heley
1908 Kevin Reboul Carroll

SOLIHULL & SMALL HEATH AC

1909 Michael Bracken
1910 Adam Cole

SPARKHILL HARRIERS

1913 Tahir Akhtar
1917 Andy Manning
1921 Nick Stringer

1914 John Goulding
1918 Robert Mills
1922 Paul Webster

SPHINX AC

1923 Barrie Adams
1927 Wayne Broadbent
1931 Rob Wheatley

1924 Imran Ali
1928 Allen El- Sour

STAFFORD HARRIERS

1932 Roy Clay
1936 Ian Charles Hodgkinson

1933 Michael Dobson
1937 Spencer Holland

Stone Master Marathoners

1940 Shaun Ashworth
1944 Tim Hulse

1941 Martin Cross
1945 Paul Swan

STOURBRIDGE RC

1947 James Bellamy
1951 Trevor Shawn Osborne

1948 Robert Colman
1952 Ray Selwood

STRATFORD UPON AVON AC

1955 Malcolm Bowyer
1959 David Smyth

1956 James Deacon
1960 Dave Wolstencroft

SUTTON IN ASHFIELD HARRIERS & AC

1961 Dean Cross
1962 Anton Newell

TAMWORTH AC

red grey & white

1841 Kevin Dickinson
1845 Peter Henley
1849 Tony Lowe
1853 Andy Parsons
1857 Matthew Stratford
1861 Ben Wilson

1842 Neil Franklin
1846 Nicholas Hopewell
1850 Peter McNally
1854 Ray Poynter
1858 Leigh Stubbs

Green with 2 yellow diagonal stripes

1864 Tim Clayton
1868 Paul Sorrell

1865 Carl Hopkinson
1869 Richard West

Burgundy

1872 Richard Garnett
1873 Sam Jolly

Royal Blue with white vertical stripe

1878 Dean Lucas
1882 Paul Terleski

1879 Ashley Powell

Black & Light Blue

1885 Matty Gee
1889 Nigel Roberts

1886 Dominic Jones
1890 John Saw

Royal Blue & White

1895 Joseph Kemmish
1899 Marc Scott
1903 Derk Van Der Wardt

1896 Jonathan Maston
1900 Harvey Sugden

Royal Blue, Gold Vertical Stripe

1906 Matt Hall

Green and Yellow

Yellow with Blue vertical band

1911 Steven Howes
1912 Paul Lloyd

Red with Black hoop

1915 Grahame Hygate
1919 Kevin Morris

1916 Andrew Law
1920 Edward O'Neill

Blue vest with Gold band

1925 Barry Allen
1929 Craig Robinson

1926 David Brewis
1930 David West

Yellow vest with 2 vertical black stripes

1934 Justin Green
1938 Jason Littlewood

1935 Antony Haycock
1939 Edwin Smith

Red

1942 Paul Glover
1946 Roger Taylor

1943 Lee Greatrex

Red vest with 2 White bands

1949 Adam Crompton
1953 Robert Taylor

1950 Bob Hopkins
1954 Jon Taylor

Yellow with Black hoop

1957 Tim Hutchinson
1958 David Jones

White, Red & Green

1963 Paul Whittingham

Green / White

1964 David Brayer

TEAM DERBY RUNNER **

1965 Mark Ison

1966 Christopher Stokes

TELFORD AC

1967 Chris Bagshaw

1971 Dean Gapper

1975 Michael Whitehead

1968 Jesse Betts

1972 Nigel Tatton

TELFORD HARRIERS

1976 Dean Aston

1980 Chris Doran

1977 Victor Bennett

1981 Paul O'Brien

TIPTON HARRIERS

1984 Andy Acha

1988 Peter Brookes

1992 Stephen Corbishley

1996 Richard Field

2000 Phil Hinch

2004 Joe Smith

2008 Matt Whitehouse

2012 Phillip Wilson

1985 Dean Bate

1989 Ben Carrington

1993 George Cunningham

1997 Zabie Hassan

2001 Tom Holden

2005 Adam Spellacy

2009 Ian Williams

2013 Clark Woodhall

TRENTAM RC

2014 Adrian Frost

2015 Adam Grew

WELLINGBOROUGH & DISTRICT

2018 Alexander Ash

2022 Zac O'Neil

2019 Craig Clements

2023 Andrew Redden

WOLVERHAMPTON & BILSTON

2026 Andrew Bave

2030 Piers Butler

2034 Ian Cresswell

2038 Carl James

2042 Ben Pilsbury

2027 Shaun Bennett

2031 Keith Carter

2035 Robert Edwards

2039 James Lewis

2043 Fred Smith

WREAKE & SOAR VALLEY AC

2045 Mark Ashmore

2049 Paul Miles

2046 Tom Bell

WREKIN ROAD RUNNERS

2050 Stephen Gill

WYE VALLEY RUNNERS

2051 Steven Flowers

2055 Peter Nugent

2052 Ward Linney

Blue & White

Yellow vest with Red / Blue sides

1969 Christian Evans

1973 Nick Thomas

1970 Daron Fincham

1974 Paul Ward

Yellow & Green Quarters

1978 Stephen Davis

1982 Richard Palmer

1979 Andrew Dippie

1983 Michael Smith

Green / White hoops

1986 Andy Bentley

1990 Jonathon Carter

1994 Paul Dolan

1998 Stuart Hawkes

2002 Gareth Maguire

2006 Karl Welborn

2010 Martin Williams

1987 Dan Brazier

1991 Phillip Clamp

1995 Oz Ellis

1999 Mick Hill

2003 Stuart Male

2007 Richard White

2011 Myles Wilson

Green & White

2016 Simon Myatt

2017 Ed Wilson

Fluorescent Green Vest

2020 Paul Huckle

2024 Ben Shirley

2021 Jon Kemp

2025 Mark Vickers

White with Yellow, Red, Green trim

2028 Russell Blair

2032 Rob Cartwright

2036 Rob Hawley

2040 Pritesh Patel

2044 Daniel Vaughan

2029 Gareth Briggs

2033 Jason Corns

2037 Alex Herron

2041 Lee Pearson

Blue & White

2047 Danny Hallam

2048 Tom Mahon

Black, orange & white trim

Blue & white

2053 Sam Mayglothling

2054 Jonathan Meadows

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:

The Fox Cup: - awarded to the Club with the lowest accumulative score, when adding the team scores in all Male Championship age group races. To be eligible for this award Clubs must have scored a Team in all age group races.

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

