



## RESULTS

### Women's BMAF 30km Championships

1.	Maureen Noel	Belgrave H.	3.25.10	(W45)
2.	Fiona Bishop	Woking A.C.	3.40.24	(W50)
3.	Helen Starling	Redcar RWC	3.50.11	(W45)
4.	<b>Karen Davies</b>	<b>Birchfield</b>	<b>3.55.06</b>	<b>(W45)</b>

### Midland Championships

#### Individual – Cavendish Trophy

1 <sup>st</sup> .	Steve Arnold – Nuneaton Harriers
2 <sup>nd</sup> .	Chris Berwick – Leicester W.C.
3 <sup>rd</sup> .	Tony Collins – Birchfield Harriers

#### Teams – Tintern Trophy.

1 <sup>st</sup> .	Birchfield Harriers	286 pts	( Collins, Constandinou, Barnett)
2 <sup>nd</sup> .	Leicester W.C.	193 pts	(Berwick, Vesty)

#### B.M.A.F. Team Results. (Men)

1 <sup>st</sup> .	Redcar RWC	9hrs 30mins 07secs	(Evenett, Paddick, Byrne)
2 <sup>nd</sup> .	Birchfield Harriers –	11hrs 10mins 20secs	(Collins, Constandinou, Barnett)