



**MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION,  
WOMEN'S FIVE and MEN'S SEVEN MILE ,  
CROSS COUNTRY CHAMPIONSHIPS  
At Bulwell Hall Park, Nottingham, Saturday 19th November 2016.**

**Mens Results - Individual**

<b>Position</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	1	Jack Gray	Birmingham Running & Triathlon Cub	37:31
2	177	Joe Smith	Tipton Harriers	38:44
3	170	Stuart Hawkes	Tipton Harriers	38:57
4	18	Chris Perrin	Cannock & Stafford	39:08
5	178	Luke Vine	Tipton Harriers	39:15
6	21	Philip Wolfe	Cannock & Stafford	39:18
7	108	Steve Long	Notts AC	39:53
8	68	Matt Adcock	Hermitage Harriers RC	40:07
9	40	James Griggs	Coventry Godiva	40:12
10	166	Dean Bate	Tipton Harriers	40:58
11	17	Craig Pearson	Cannock & Stafford	41:10
12	76	Jason Williams	Hermitage Harriers RC	41:15
13	73	Carl Sommer	Hermitage Harriers RC	41:19
14	165	Shaun Barnsley	Tipton Harriers	41:32
15	167	Dan Brazier	Tipton Harriers	41:41
16	115	Colin Palmer	Notts AC	41:42
17	109	Anthony Meenaghan	Notts AC	41:43
18	50	Peter Dear	Halesowen AC	41:57
19	15	Nigel Haycock	Cannock & Stafford	42:10
20	71	Mark Kendrick	Hermitage Harriers RC	42:11
21	13	Adam Blundell	Cannock & Stafford	42:16
22	2	Henry Brocklehurst	Bournville Harriers	42:19
23	74	Michael Trott	Hermitage Harriers RC	42:37
24	20	James Russell	Cannock & Stafford	42:47
25	175	Paul Rogers	Tipton Harriers	42:52
26	136	Paul Newton	Redhill Road Runners	42:53
27	124	Matthew Clapp	Redhill Road Runners	42:56
28	80	David Greenwood	Holme Pierrpont RC	43:21
29	69	Kristian Bravin	Hermitage Harriers RC	43:26
30	16	Aidan McCormack	Cannock & Stafford	43:28
31	62	Paul Harpham	Heanor RC	43:29
32	169	Zabie Hassan	Tipton Harriers	43:33
33	171	Dean Hill	Tipton Harriers	43:48
34	19	James Perrin	Cannock & Stafford	43:55
35	105	Jonathan Hiorns	Notts AC	43:56
36	104	Sam Godwin	Notts AC	4:59
37	84	Samuel Williams-Duncan	Holme Pierrpont RC	44:06
38	14	Mark Griffiths	Cannock & Stafford	44:09
39	70	Paul Featherstone	Hermitage Harriers RC	44:25
40	111	Matthew Moir	Notts AC	44:28
41	98	Anthony Carbutt	Notts AC	44:35

42	112	James Moroney	Notts AC	44:41
43	28	James Drakeford	City of Birmingham Striders	44:48
44	81	James Kirkwood	Holme Pierrpont RC	45:04
45	37	Craig Beattie	Corby AC	45:11
46	48	Stuart Perkins	Dudley Kingswinford RC	45:22
47	83	Chris Rhodes	Holme Pierrpont RC	45:30
48	72	David Pallett	Hermitage Harriers RC	45:34
49	53	Kevin Monk	Halesowen AC	45:45
50	181	Ed Wilson	Trentham RC	45:54
51	97	Ben Abbott	Notts AC	46:06
52	46	David Norman	Dudley Kingswinford RC	46:11
53	137	Leigh Stubbs	Redhill Road Runners	46:26
54	58	Philip Scarr	Halesowen AC	46:38
55	78	Andrew Barron	Holme Pierrpont RC	46:41
56	61	Lee D'Arcy	Heanor RC	46:55
57	39	Neal Humphries	Corby AC	47:04
58	52	David Lewis	Halesowen AC	47:09
59	135	Simon Nash	Redhill Road Runners	47:13
60	3	Stephen Forcer	Bournville Harriers	47:15
61	82	Alex Loach	Holme Pierrpont RC	47:25
62	154	Nick Stringer	Sparkhill Harriers	47:28
63	42	Simon Blizzard	Dudley Kingswinford RC	47:46
64	44	Mark Homer	Dudley Kingswinford RC	47:59
65	57	James Parker	Halesowen AC	48:09
66	54	Alex Morgan	Halesowen AC	48:28
67	79	Tom Davies	Holme Pierrpont RC	48:44
68	147	Jack Tibbetts	Sedgley Striders	48:50
69	131	Martin Lee	Redhill Road Runners	58:52
70	179	Clark Woodhall	Tipton Harriers	59:06
71	59	Ryan Ball	Heanor RC	49:12
72	5	Simon Newman	Bournville Harriers	49:14
73	12	Daniel Wilson	Bournville Harriers	49:22
74	33	Mark Phillips	City of Birmingham Striders	49:25
75	56	Andrew Nock	Halesowen AC	49:26
76	36	Makoto Uji	City of Birmingham Striders	49:27
77	31	Daniel Mourenza	City of Birmingham Striders	49:31
78	153	Barry O'Neill	Sparkhill Harriers	49:40
79	87	Robert Barry	Northbrook AC	49:45
80	93	Darron Handley	Northbrook AC	50:11
81	55	Bill Nock	Halesowen AC	50:15
82	134	Richard Morris	Redhill Road Runners	50:34
83	121	Anthony Aram	Redhill Road Runners	50:42
84	65	Matthew Jackson	Heanor RC	50:48
85	176	Rob Sedgley	Tipton Harriers	50:53
86	29	Victor Garcia De Dios	City of Birmingham Striders	50:58
87	88	Steve Damms	Northbrook AC	51:06
88	163	Victor Bennett	Telford Harriers	51:08
89	32	David Nunez Becerra	City of Birmingham Striders	51:13
90	159	Steven Burch	Stourbridge RC	51:33
91	118	Adam Ward	Notts AC	51:41

92	142	Karl Carless	Sedgley Striders	51:56
93	140	Keith Bate	Sedgley Striders	51:59
94	138	David Walsh	Redhill Road Runners	52:11
95	174	David Orme	Tipton Harriers	52:28
96	139	Graham Webster	Redhill Road Runners	52:35
97	66	Liam Johnson	Heanor RC	53:39
98	11	Antony Stewart	Bournville Harriers	52:41
99	143	Stephen Holmes	Sedgley Striders	52:44
100	125	Peter Clayton	Redhill Road Runners	52:55
101	150	Graham Hygate	Sparkhill Harriers	52:57
102	164	Stephen Davis	Telford Harriers	52:57
103	90	Tommy Dempsey	Northbrook AC	53:08
104	146	David Stevenson	Sedgley Striders	53:15
105	30	Amon Kiplagat	City of Birmingham Striders	53:24
106	47	Stephen Parr	Dudley Kingswinford RC	53:26
107	152	Rob Mills	Sparkhill Harriers	53:28
108	49	Andrew Weaver	Dudley Kingswinford RC	53:34
109	34	Matthew Stevens	City of Birmingham Striders	53:53
110	151	Andy Manning	Sparkhill Harriers	54:03
111	89	Spencer Davies	Northbrook AC	54:08
112	25	Seth Atkin	City of Birmingham Striders	54:14
113	64	Carl Hughes	Heanor RC	54:22
114	162	Robert Woodward	Stourbridge RC	54:38
115	45	Richard Jones	Dudley Kingswinford RC	54:39
116	182	Dominic Ashton	West Bromwich Harriers	54:49
117	26	John Bristow	City of Birmingham Striders	55:07
118	129	Clive Greyson	Redhill Road Runners	55:14
119	95	Tom Miller	Northbrook AC	55:20
120	157	James Bellamy	Stourbridge RC	55:57
121	161	David Sheppard	Stourbridge RC	56:25
122	67	Andy Moat	Heanor RC	56:34
123	126	Paul Gibson	Redhill Road Runners	56:38
124	24	Len Wallace	Centurion RR	56:43
125	141	Nigel Bolton	Sedgley Striders	57:09
126	23	Andy Rea	Centurion RR	57:32
127	22	Andy Matthews	Centurion RR	58:11
128	100	Nicholas Clarke	Notts AC	60:30
129	149	Craig Hinks	Sparkhill Harriers	60:36
130	107	Steve Leek	Notts AC	61:04
131	6	Kevin Peace	Bournville Harriers	61:10
132	96	Philippe Rawson	Northbrook AC	62:32
133	9	Paul Samuels	Bournville Harriers	64:37
134	85	Thomas Dable	Kenilworth runners	66:55
135	123	Paul Barrett	Redhill Road Runners	67:40



### Mens Results - Teams

<b>Position</b>	<b>Club</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>Total</b>
1	Tipton Harriers	2	3	5	10	14	15	49
2	Cannock & Stafford	4	6	11	19	21	24	85
3	Hermitage Harriers RC	8	12	13	20	23	29	105
4	Notts AC	7	16	17	35	36	40	151
5	Holme Pierrpont RC	28	37	44	47	55	61	272
6	Halesowen AC	18	49	54	58	65	66	310
7	Redhill Road Runners	26	27	53	59	69	82	316
8	Dudley Kingswinford RC	46	52	63	64	106	108	439
9	City of Birmingham Striders	43	74	76	77	86	89	445
10	Heanor RC	31	56	71	84	97	113	452
11	Bournville Harriers	22	60	72	73	98	131	456
12	Northbrook AC	79	80	87	103	111	119	579
13	Sedgley Striders	68	92	93	99	104	125	581
14	Sparkhill Harriers	62	78	101	107	110	129	587
	Stourbridge RC	90	114	120	121			
	Centurion RR	124	126	127				
	Corby AC	45	57					
	Telford Harriers	88	102					
	Birmingham Running & Triathlon Cub	1						
	Coventry Godiva	9						
	Kenilworth runners	134						
	Trentham RC	50						
	West Bromwich Harriers	116						

#### Individual

- 1 Jack Gray Birmingham Running & Triathlon Cub 37:31
- 2 Joe Smith Tipton Harriers 38:44
- 3 Stuart Hawkes Tipton Harriers 38:57

#### Wining Team

##### **Tipton Harriers**

- 2 Henry Brocklehurst
- 3 Stephen Forcer
- 5 Simon Newman
- 10 Richard Shearing
- 14 Mark Griffiths
- 15 Nigel Haycock

