



MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION,
WOMEN'S FIVE and MEN'S SEVEN MILE ,
CROSS COUNTRY CHAMPIONSHIPS
At Bulwell Hall Park, Nottingham, Saturday 30th November 2019



Men's Results - Individual

1	122	Tom Bains	Tipton Harriers	35:46	64	18	Ian MacKenzie	Bournville Harriers	51:17
2	87	Freddie Hessian	Notts AC	00:36:24	65	114	Andy Law	Sparkhill Harriers	51:20
3	86	Tim Hartley	Notts AC	00:37:10	66	19	Guy Marston	Bournville Harriers	51:39
4	83	Tom Bailey	Notts AC	38:04	67	111	Tahir Akhtar	Sparkhill Harriers	51:48
5	52	Peter Dear	Halesowen ACC	39:16	68	53	Richard Guest	Halesowen ACC	52:04
6	61	Andy Yapp	Halesowen ACC	39:26	69	78	Adrian Lowe	Northbrook Athletic Club	52:19
7	51	Adam Cross	Halesowen ACC	39:49	70	113	Graham Hygate	Sparkhill Harriers	52:30
8	98	Matthew Williams	Notts AC	39:56	71	102	Phil James	Redhill Road Runners	53:04
9	8	James Ashley	Bournville Harriers	40:03	72	79	Francis Mason	Northbrook Athletic Club	53:32
10	59	Mateusz Sliwinski	Halesowen ACC	40:12	73	69	Matt Warren	Holme Pierrepont Rc	53:57
11	49	Kristian Bayley	Halesowen ACC	40:59	74	56	Andrew Nock	Halesowen ACC	54:18
12	64	Jon Fox	Holme Pierrepont Rc	41:32	75	21	Kevin Peace	Bournville Harriers	57:32
13	85	Sam Godwin	Notts AC	41:48	76	112	Craig Hinks	Sparkhill Harriers	01:01:53
14	105	Paul Newton	Redhill Road Runners	42:07	77	110	Anthony Edwards	Sparkhill Harriers	01:05:27
15	100	Ben Abbott	Redhill Road Runners	42:14					
16	11	Tom Bunn	Bournville Harriers	42:29					
17	26	Sean Rose	Bournville Harriers	42:40					
18	54	James Hoult	Halesowen ACC	42:42					
19	124	Daniel Brazier	Tipton Harriers	42:58					
20	2	Phil Herd	Beeston AC	43:20					
21	71	Adam Smyth	Ivanhoe Runners	43:30					
22	65	Matthew Grainge	Holme Pierrepont Rc	43:32					
23	135	Matt Whitehouse	Tipton Harriers	43:37					
24	104	Simon Nash	Redhill Road Runners	43:52					
25	27	Jonathan Stanforth	Bournville Harriers	44:04					
26	1	Simon Barnes	Beeston AC	44:07					
27	103	Martin Lee	Redhill Road Runners	44:11					
28	66	Sean Henry	Holme Pierrepont Rc	44:14					
29	14	Stephen Forcer	Bournville Harriers	44:16					
30	22	Stuart Pearson	Bournville Harriers	44:34					
31	129	Zabie Hassan	Tipton Harriers	44:49					
32	62	Peter Wright	Hatton Darts	44:51					
33	3	James Isherwood	Beeston AC	44:53					
34	4	David Nelson	Beeston AC	44:54					
35	70	Mark Wyszynski	Holme Pierrepont Rc	44:58					
36	152	Stephen Gill	Wrekin Road Runners	45:34					
37	96	Paul Thompson	Notts AC	45:59					
38	77	Matthew Hathrell	Northbrook Athletic Club	46:02					
39	68	Will Meredith	Holme Pierrepont Rc	46:22					
40	6	Peter Wallis	Beeston AC	46:37					
41	153	Kris Williams	Wrekin Road Runners	46:51					
42	108	Christopher Ward	Redhill Road Runners	46:53					
43	121	Andrew Acha	Tipton Harriers	47:15					
44	58	Philip Scarr	Halesowen ACC	47:20					
45	92	David Oxland	Notts AC	47:33					
46	46	Edmund Wallace	Centurion RC	47:40					
47	73	David Cross	Newark Striders Running Club	47:42					
48	67	Joon Wee Ho	Holme Pierrepont Rc	47:48					
49	136	Myles Wilson	Tipton Harriers	47:51					
50	55	Alex Morgan	Halesowen ACC	48:08					
51	140	Robert Edwards	Wolverhampton & Bilston	48:40					
52	57	Bill Nock	Halesowen ACC	48:43					
53	101	Steve Gelderd	Redhill Road Runners	48:45					
54	75	Spencer Davies	Northbrook Athletic Club	49:17					
55	5	Charlie Pearce	Beeston AC	49:32					
56	82	Austin Wade	Northbrook Athletic Club	50:04					
57	74	Kyle Beddoe	Northbrook Athletic Club	50:18					
58	90	Steven Leek	Notts AC	50:23					
59	106	Paul Stacey	Redhill Road Runners	50:29					
60	81	Ben Tabram	Northbrook Athletic Club	50:30					
61	97	Andrew Williams	Notts AC	50:52					
62	116	Barry O'Neil	Sparkhill Harriers	50:56					
63	50	Andrew Carruthers	Halesowen ACC	51:09					