



**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**



Position		1	2	3	4	5	6	Total
1	Halesowen ACC	5	6	7	10	11	18	57
2	Notts AC	2	3	4	8	13	37	67
3	Bournville Harriers	9	16	17	25	29	30	126
4	Tipton Harriers	1	19	23	31	43	49	166
5	Redhill Road Runners	14	15	24	27	42	53	175
6	Holme Pierrepont Rc	12	22	28	35	39	48	184
7	Beeston AC	20	26	33	34	40	55	208
8	Northbrook Athletic Club	38	54	56	57	60	69	334
9	Sparkhill Harriers	62	65	67	70	76	77	417
	Wrekin Road Runners	36	41					
	Centurion RC	46						
	Hatton Darts	32						
	Ivanhoe Runners	21						
	Newark Striders Running Club	47						
	Wolverhampton & Bilston	51						

Individual

		Time
1	Tom Bains Tipton Harriers	35:46
2	Freddie Hessian Notts AC	36:24
3	Tim Hartley Notts AC	37:10

Wining Team

Halesowen ACC

Pos.	Name	
5	Peter Dear	39:16
6	Andy Yapp	39:26
7	Adam Cross	39:49
10	Mateusz Sliwinski	40:12
11	Kristian Bayley	40:59
18	James Hault	42:42