



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

Women's Team Results

Position	Club	1	2	3	4	Total
1	Notts AC	8	9	10	11	38
2	Bournville Harriers	12	13	20	23	68
3	Halesowen ACC	3	4	36	42	85
4	Beeston AC	16	19	21	30	86
5	Holme Pierrepont Rc	15	25	27	35	102
6	Aldridge Rc	24	26	39	43	132
	Sparkhill Harriers	37	38	40		
	Birchfield Harriers	6	14			
	Birmingham Running Athletics & TC	22	28			
	Charnwood A C	1				
	Cheltenham And County Harriers	5				
	Cobra Running & Triathlon Club	33				
	Newcastle Staffs AC	7				
	Northbrook Athletic Club	31				
	Nuneaton Harriers	2				
	Wrekin Road Runners	17				

Individual

1	Gemma Steel	Charnwood A C	29:02
2	Polly Keen	Nuneaton Harriers	29:41
3	Lily Higgins	Halesowen ACC	31:00

Wining Team

Notts AC

3	Joanne Clamp	32:20
2	Lisa Deacon	32:40
3	Becca Peach	32:59
4	Catherine Charlton	33:05