

The AAA of England National 4 Stage Road Relays at Sutton Park, Birmingham on Saturday 23rd October 2004

Women's 4 Stage Stage 1 - Final Results

Pos	Name	Club	Leg Time	Pos	Name	Club	Leg Time
1	J Bleasdale	Hillingdon A	14:14	47	E Crawford	Solihull & A	16:07
2	A Stiles	Bristol & A	14:22	48	P Prescott	Bedford & B	16:08
3	H Lawrence	Wirral Ath	14:25	49	H Fines	Bristol & C	16:14
4	M Yamauchi	Harrow Ac	14:33	50	L Canwell	Leeds City B	16:15
5	C Dugdale	Swansea Ha	14:39	51	L Webb	Shaftesbur B	16:17
6	A O'Neill	Ranelagh H A	14:42	52	Z Fleming	Birstall R	16:18
7	S Morris	Windsor, S A	14:45	53	J Oldfield	Birchfield C	16:19
8	D Heneghan	Chester-le	14:48	54	L Jolley	Wigan Phoe A	16:21
9	G Phillips	Kendal Ac	14:50	55	L Radbourne	Heanor Run	16:22
10	B Jenkins	Salford Ha A	15:01	56	Y Crawley	Derby Ac B	16:22
11	L Gardner	Lancaster	15:03	57	V Owen	Sale Harri B	16:26
12	H Simkova	Medway & M	15:05	58	E Damant	Ranelagh H B	16:33
13	J Ankier	Shaftesbur A	15:08	59	E Davies	Telford Ac B	16:33
14	J King	London Hea A	15:09	60	C Briggs	Thames Val	16:40
15	P Thackray	Wakefield A	15:10	61	J Seymour	Hallamshir A	16:40
16	H Carroll	Liverpool A	15:12	62	E Egan	Liverpool B	16:44
17	E Fee	Derby Ac A	15:13	63	G Hill	Charnwood B	16:45
18	G Greenhalgh	Woodford G	15:14	64	N Bamford	Notts Athl	16:46
19	S Hannah	Highgate H A	15:15	65	J Phillips	Kiddermins A	16:47
20	A Dalkins	Birchfield A	15:15	66	V Andrews	Wolverhamp	16:54
21	Peters Z Hyde	Coventry G A	15:21	67	G Cavill	Morpeth H B	17:10
22	L Griffiths	Shaftesbur C	15:24	68	M Kirkham	Coventry G B	17:10
23	C Coffey	Westbury H A	15:25	69	E Roper	Hallamshir B	17:15
24	K Waterson	Bedford & A	15:26	70	S Cheshire	West Bromw A	17:19
25	K Green	Telford Ac A	15:26	71	S Evans	Sparkhill	17:28
26	N White	Holmfirth	15:35	72	B Weekes	Hillingdon B	17:38
27	J Murray	Stockport A	15:38	73	S Hanley	Severn Ac	17:47
28	C Adams	Centurion	15:39	74	V O'Donnell	Trafford A A	17:53
29	K Gillibrand	Sale Harri A	15:41	75	A Bell	Lincoln We	17:59
30	J Butler	Blackheath	15:41	76	S Spencer	Halesowen A	18:07
31	V Callaway	Royal Sutt A	15:42	77	W Johnson	Garden Cit B	18:17
32	U Counsell	Bristol & B	15:44	78	A Tanner	Aldershot A	18:20
33	A Fox	Morpeth H A	15:47	79	C Skellern	Stafford H B	18:23
34	S Hanson	Salford Ha B	15:47	80	V Tanner	Aldershot B	18:47
35	G Bacon	St Helens	15:47	81	K Hill	Solihull & B	18:53
36	N Maddick	Kingston U	15:48	82	K McCrackle	Stockport B	19:09
37	S Maude	Charnwood A	15:48	83	M Gonzalez	Kiddermins B	19:21
38	L Woffenden	Leeds City A	15:49	84	S Waterson	Wigan Phoe B	19:28
39	S Bentley	Birchfield B	15:52	85	J Sharp	Kiddermins C	19:31
40	A Dungar	Norwich	15:53	86	R Hope	Worcester	19:37
41	C Newton	Stafford H A	15:56	87	S McNaney	Northbrook B	19:47
42	L Kehoe	Highgate H B	15:58	88	L Olatunde	Newham & E	19:58
43	B Harris	Basingstok	16:00	89	S Exon	Trafford A B	19:59
44	K Crickmore	Windsor, S B	16:00	90	H Jones	Northbrook A	20:23
45	M Livingstone	Garden Cit A	16:01	91	K Samra	West Bromw B	20:39
46	M Heaton	Belgrave H	16:03	92	A Holtom	Halesowen B	24:35

The AAA of England National 4 Stage Road Relays at Sutton Park, Birmingham on Saturday 23rd October 2004

Women's 4 Stage Stage 2 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	S Gray	Bristol & A	14:41	29:03	+ 1	50	V Carter	Royal Sutt A	17:57	33:39	- 19
2	C Dickie	Windsor, S A	15:12	29:57	+ 5	51	G Viney	Blackheath	18:14	33:55	- 21
3	C Mutwa	Birchfield A	14:53	30:08	+ 17	52	J Eccleston	St Helens	18:11	33:58	- 17
4	A Buckley	Salford Ha A	15:14	30:15	+ 6	53	J Pearson	Wolverhamp	17:35	34:29	+ 13
5	J Pereira	Medway & M	15:11	30:16	+ 7	54	S Wiblin	Trafford A A	16:37	34:30	+ 20
6	R Robinson	Kendal Ac	15:27	30:17	+ 3	55	E Gardner	Lancaster	19:28	34:31	- 44
7	J Potter	Charnwood A	14:30	30:18	+ 30	56	C Foley	Lincoln We	16:38	34:37	+ 19
8	Sherrard-Smith	Swansea Ha	15:41	30:20	- 3	57	S Pickett	Aldershot A	16:18	34:38	+ 21
9	A Dickie	Wakefield A	15:13	30:23	+ 6	58	N Dawson	Morpeth H B	17:35	34:45	+ 9
10	K Waugh	Chester-le	15:39	30:27	- 2	59	C Maynard	Kiddermins A	17:59	34:46	+ 6
11	C Martin	Telford Ac A	15:01	30:27	+ 14	60	H Whitelam	Hallamshir B	17:35	34:50	+ 9
12	S Seal	Ranelagh H A	15:55	30:37	- 6	61	K Wellard	Coventry G B	17:50	35:00	+ 7
13	L Carney	Liverpool A	15:28	30:40	+ 3	62	Y Velleman	Hillingdon B	17:34	35:12	+ 10
14	S Bigham	Hillingdon A	16:32	30:46	- 13	63	S Brown	Severn Ac	17:31	35:18	+ 10
15	L Palmer	Derby Ac A	15:34	30:47	+ 2	64	K Braznell	West Bromw A	18:01	35:20	+ 6
16	R Gibbs	Bedford & A	15:33	30:59	+ 8	65	A Wainwright	Birchfield C	19:11	35:30	- 12
17	K Jenrick	Highgate H A	15:45	31:00	+ 2	66	K Nunn	Thames Val	18:52	35:32	- 6
18	G Keddie	Leeds City A	15:11	31:00	+ 20	67	J Thomas	Centurion	19:55	35:34	- 39
19	V Bowles	Shaftesbur A	15:56	31:04	- 6	68	A Sanders	Salford Ha B	19:57	35:44	- 34
20	K Burge	Stafford H A	15:09	31:05	+ 21	69	A Pye	Sale Harri B	19:19	35:45	- 12
21	K Morser	Woodford G	16:00	31:14	- 3	70	J Goodlass	Heanor Run	19:29	35:51	- 15
22	E McIntyre	Sale Harri A	15:44	31:25	+ 7	71	L Billington	Birstall R	19:34	35:52	- 19
23	A Wilshire	Bristol & B	15:44	31:28	+ 9	72	H O'Donnell	Halesowen A	18:04	36:11	+ 4
24	J Binks	Westbury H A	16:11	31:36	- 1	73	J Speake	Notts Athl	20:50	37:36	- 9
25	N Sykes	Bedford & B	15:30	31:38	+ 23	74	E Hornby	Kiddermins B	18:28	37:49	+ 9
26	K Thomas	Coventry G A	16:23	31:44	- 5	75	S Johnson	Stafford H B	19:36	37:59	+ 4
27	M Cooper	Shaftesbur B	15:32	31:49	+ 24	76	M Ehrenberg	Sparkhill	20:34	38:02	- 5
28	L Shelley	Ranelagh H B	15:20	31:53	+ 30	77	J Dowler	Solihull & B	19:43	38:36	+ 4
29	V Parry	London Hea A	16:57	32:06	- 15	78	A Dagg	Stockport B	19:34	38:43	+ 4
30	J Maddick	Kingston U	16:18	32:06	+ 6	79	C Hesketh	Wigan Phoe B	19:28	38:56	+ 5
31	S Monahan	Bristol & C	15:55	32:09	+ 18	80	M Leroux	Garden Cit B	20:43	39:00	- 3
32	M Elliot	Norwich	16:20	32:13	+ 8	81	L Wilson	Northbrook A	19:06	39:29	+ 9
33	C Mijovic	Birchfield B	16:28	32:20	+ 6	82	G Flanagan	Worcester	20:20	39:57	+ 4
34	A Westley	Hallamshir A	15:45	32:25	+ 27	83	N Harris	Kiddermins C	20:50	40:21	+ 2
35	H Berry	Holmfirth	16:51	32:26	- 9	84	J Mitchinson	Newham & E	20:24	40:22	+ 4
36	N Tribe	Windsor, S B	16:38	32:38	+ 8	85	J DeLaSalle	Northbrook B	20:38	40:25	+ 2
37	J Gration	Derby Ac B	16:21	32:43	+ 19	86	M Jevons	West Bromw B	20:15	40:54	+ 5
38	J Gray	Garden Cit A	16:45	32:46	+ 7	87	V Cockayen	Halesowen B	24:54	49:29	+ 5
39	R Moore	Wigan Phoe A	16:26	32:47	+ 15	Fastest runners over stage 2:					
40	M Lazell	Highgate H B	16:54	32:52	+ 2	1	J Potter	Charnwood A	14:30		
41	J Mooney	Morpeth H A	17:07	32:54	- 8	2	S Gray	Bristol & A	14:41		
42	C Hawkes	Wirral Ath	18:32	32:57	- 39	3	C Mutwa	Birchfield A	14:53		
43	R Townsend	Leeds City B	16:47	33:02	+ 7	4	C Martin	Telford Ac A	15:01		
44	R Freeman	Solihull & A	16:59	33:06	+ 3	5	K Burge	Stafford H A	15:09		
45	V Griffiths	Liverpool B	16:28	33:12	+ 17	6	J Pereira	Medway & M	15:11		
46	S Davies	Telford Ac B	16:41	33:14	+ 13	7	G Keddie	Leeds City A	15:11		
47	V Edwards	Belgrave H	17:13	33:16	- 1	8	C Dickie	Windsor, S A	15:12		
48	J Mellor	Stockport A	17:44	33:22	- 21	9	A Dickie	Wakefield A	15:13		
49	R Edwards	Basingstok	17:32	33:32	- 6	10	A Buckley	Salford Ha A	15:14		

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Women's 4 Stage Stage 3 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	L Hasell	Bristol & A	14:44	43:47	0
2	A Hoban	Wakefield A	14:41	45:04	+ 7
3	L Vaughan	Windsor, S A	15:20	45:17	- 1
4	J Clague	Liverpool A	14:48	45:28	+ 9
5	K Clarke	Medway & M	15:13	45:29	0
6	L Elliott	Shaftesbur A	14:39	45:43	+13
7	R Jones	Salford Ha A	15:29	45:44	- 3
8	K Wootton	Bedford & A	14:48	45:47	+ 8
9	S Young	Highgate H A	14:54	45:54	+ 8
10	J Ronaldson	Ranelagh H A	15:23	46:00	+ 2
11	E Crowley	Swansea Ha	15:45	46:05	- 3
12	R Sanders	Birchfield A	16:01	46:09	- 9
13	S Robson	Chester-le	15:44	46:11	- 3
14	K Ramsey	Charnwood A	16:04	46:22	- 7
15	M Hutchison	Hillingdon A	15:55	46:41	- 1
16	T Walker	Telford Ac A	16:16	46:43	- 5
17	A Waterlow	Sale Harri A	15:20	46:45	+ 5
18	R Cronshaw	Kendal Ac	16:37	46:54	- 12
19	A Bryan	Derby Ac A	16:18	47:05	- 4
20	A Granger	Bristol & B	15:38	47:06	+ 3
21	Maria C De	Leeds City A	16:33	47:33	- 3
22	O Walwyn	Norwich	15:24	47:37	+10
23	R Connolly	Stafford H A	16:33	47:38	- 3
24	R Lewis	Shaftesbur B	15:49	47:38	+ 3
25	B Pritchett	Woodford G	17:02	48:16	- 4
26	M Thomas	Coventry G A	16:50	48:34	0
27	C Stevinson	Bristol & C	16:29	48:38	+ 4
28	A Singer	Westbury H A	17:17	48:53	- 4
29	S Spencer	Holmfirth	16:33	48:59	+ 6
30	C Lyons	Kingston U	17:03	49:09	0
31	R Cook	Birchfield B	17:02	49:22	+ 2
32	J Whitehead	Hallamshir A	17:00	49:25	+ 2
33	L Clough	Wigan Phoe A	16:39	49:26	+ 6
34	K Jackson	Derby Ac B	16:48	49:31	+ 3
35	D Watts	Morpeth H A	16:39	49:33	+ 6
36	L Cooper	Belgrave H	16:39	49:55	+11
37	E Teece	Telford Ac B	16:43	49:57	+ 9
38	A McLaughlin	Ranelagh H B	18:10	50:03	- 10
39	L McDermott	Liverpool B	16:59	50:11	+ 6
40	L Pringle	Windsor, S B	17:40	50:18	- 4
41	M Hall	Garden Cit A	17:39	50:25	- 3
42	J Harrison	Leeds City B	17:49	50:51	+ 1
43	K Wood	Stockport A	17:43	51:05	+ 5
44	F Green	Blackheath	17:21	51:16	+ 7
45	S Bolton	Basingstok	17:52	51:24	+ 4
46	T Gill	Aldershot A	17:13	51:51	+11
47	E Dourneen	Kiddermins A	17:11	51:57	+ 12
48	R Harrison	Lincoln We	17:22	51:59	+ 8
49	N Pugh	Trafford A A	17:42	52:12	+ 5
50	R Staffs	London Hea A	20:08	52:14	- 21
51	C Wolstenholme	Hallamshir B	17:26	52:16	+ 9
52	L Appleby	Solihull & A	19:28	52:34	- 8
53	J Lane	Wolverhamp	18:19	52:48	0
54	A Tingle	Thames Val	17:17	52:49	+12
55	J Fletcher	Severn Ac	17:36	52:54	+ 8
56	C Bolam	Hillingdon B	17:56	53:08	+ 6
57	B O'Brien	Royal Sutt A	20:07	53:46	- 7
58	J Clarke	West Bromw A	18:36	53:56	+ 6
59	L White	Coventry G B	18:59	53:59	+ 2
60	C Fitzsimons	St Helens	20:08	54:06	- 8
61	A Pyrah	Lancaster	19:59	54:30	- 6
62	H Lally	Wirral Ath	21:46	54:43	- 20
63	M Williams	Centurion	19:46	55:20	+ 4
64	E Blake	Sparkhill	17:56	55:58	+12
65	E Danks	Kiddermins B	18:30	56:19	+ 9
66	S Perkins	Birchfield C	21:02	56:32	- 1
67	S Attwood	Halesowen A	20:31	56:42	+ 5
68	J Nicholls	Stafford H B	18:57	56:56	+ 7
69	MTaylor	Heanor Run	21:17	57:08	+ 1
70	S Glendon	Stockport B	19:15	57:58	+ 8
71	R Piper	Solihull & B	19:46	58:22	+ 6
72	P Sutcliffe	Garden Cit B	19:27	58:27	+ 8
73	C Cobley	Birstall R	22:45	58:37	- 2
74	D Dutton	Wigan Phoe B	19:56	58:52	+ 5
75	J Millichip	Notts Athl	21:44	59:20	- 2
76	S Kehoe	Northbrook A	19:54	59:23	+ 5
77	M Crosswell	Worcester	21:57	1:01:54	+ 5
78	S Dyde	Kiddermins C	22:23	1:02:44	+ 5
79	N Dupres	Northbrook B	25:43	1:06:08	+ 6
80	G Clough	West Bromw B	26:25	1:07:19	+ 6
81	T Ostler	Halesowen B	24:34	1:14:03	+ 6

Fastest runners over stage 3:

1	L Elliott	Shaftesbur A	14:39
2	A Hoban	Wakefield A	14:41
3	L Hasell	Bristol & A	14:44
4	K Wootton	Bedford & A	14:48
5	J Clague	Liverpool A	14:48
6	S Young	Highgate H A	14:54
7	K Clarke	Medway & M	15:13
8	L Vaughan	Windsor, S A	15:20
9	A Waterlow	Sale Harri A	15:20
10	J Ronaldson	Ranelagh H A	15:23

The AAA of England National 4 Stage Road Relays at Sutton Park, Birmingham on Saturday 23rd October 2004

Women's 4 Stage Stage 4 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	K Reed	Bristol & A	13:59	57:46	0
2	H Yelling	Windsor, S A	14:03	59:20	+ 1
3	J O'Mara	Wakefield A	14:55	59:59	- 1
4	C Murphy	Liverpool A	14:54	1:00:22	0
5	S Morris	Bedford & A	14:56	1:00:43	+ 3
6	L Watson	Medway & M	15:18	1:00:47	- 1
7	A Wright	Birchfield A	14:41	1:00:50	+ 5
8	V Webster	Shaftesbur A	15:10	1:00:53	- 2
9	T Krzywicki	Charnwood A	14:37	1:00:59	+ 5
10	A Parkinson	Sale Harri A	14:39	1:01:24	+ 7
11	A Dixon	Chester-le	15:21	1:01:32	+ 2
12	E Evans	Highgate H A	15:55	1:01:49	- 3
13	P Sloan	Salford Ha A	16:09	1:01:53	- 6
14	A Beverly	Ranelagh H A	16:03	1:02:03	- 4
15	C Evans	Telford Ac A	15:50	1:02:33	+ 1
16	E Stevens	Derby Ac A	15:30	1:02:35	+ 3
17	R Proctor	Norwich	15:04	1:02:41	+ 5
18	E Whittaker	Bristol & B	15:49	1:02:55	+ 2
19	A Gostling	Leeds City A	15:45	1:03:18	+ 2
20	L Hake	Hillingdon A	16:38	1:03:19	- 5
21	A Sheals	Kendal Ac	17:04	1:03:58	- 3
22	S Heath	Shaftesbur B	16:37	1:04:15	+ 2
23	H Stanyer	Stafford H A	17:21	1:04:59	0
24	A Hurford	Bristol & C	16:24	1:05:02	+ 3
25	K Farquhar	Holmfirth	16:30	1:05:29	+ 4
26	S Hayward	Coventry G A	16:58	1:05:32	0
27	S Grosvenor	Ranelagh H B	15:38	1:05:41	+ 11
28	J Clark	Belgrave H	15:55	1:05:50	+ 8
29	J Burke	Derby Ac B	16:22	1:05:53	+ 5
30	S Ellison	Morpeth H A	16:27	1:06:00	+ 5
31	R Rowberry	Birchfield B	16:40	1:06:02	0
32	N Squires	Hallamshir A	17:07	1:06:32	0
33	K Philp	Garden Cit A	16:26	1:06:51	+ 8
34	A Batchie	Windsor, S B	16:38	1:06:56	+ 6
35	S Thomas	Stockport A	15:59	1:07:04	+ 8
36	G Pugh	Telford Ac B	17:14	1:07:11	+ 1
37	K Culshaw	Wigan Phoe A	18:27	1:07:53	- 4
38	D Kennedy	Woodford G	19:54	1:08:10	- 13
39	M Coffey	Westbury H A	19:41	1:08:34	- 11
40	B Clayton	Blackheath	17:23	1:08:39	+ 4
41	J Brierly	Basingstok	17:19	1:08:43	+ 4
42	C Aitken	Thames Val	15:58	1:08:47	+ 12
43	L Wright	Kiddermins A	16:59	1:08:56	+ 4
44	F Meakin	London Hea A	16:44	1:08:58	+ 6
45	G Kinsey	Severn Ac	16:11	1:09:05	+ 10
46	A Wilson	Wolverhamp	17:23	1:10:11	+ 7
47	L Brooks	Trafford A A	18:24	1:10:36	+ 2
48	D Young	Hallamshir B	19:25	1:11:41	+ 3
49	V Ackrill	Solihull & A	19:10	1:11:44	+ 3
50	F Duffy	Royal Sutt A	18:06	1:11:52	+ 7
51	A Gilroy	Lincoln We	19:58	1:11:57	- 3
52	M Jones	Aldershot A	21:01	1:12:52	- 6
53	F Ford	Hillingdon B	20:34	1:13:42	+ 3
54	S Baker	West Bromw A	20:13	1:14:09	+ 4
55	T Woolley	Centurion	18:58	1:14:18	+ 8
56	A Kirkham	Coventry G B	20:22	1:14:21	+ 3
57	H Gilmour	Wirral Ath	19:42	1:14:25	+ 5
58	S Brown	Sparkhill	18:40	1:14:38	+ 6
59	G Alton	Heanor Run	18:12	1:15:20	+ 10
60	C Dickinson	St Helens	21:18	1:15:24	0
61	P Rayment	Birchfield C	20:12	1:16:44	+ 5
62	C Pardoe	Garden Cit B	18:20	1:16:47	+ 10
63	J Harler	Kiddermins B	20:44	1:17:03	+ 2
64	C Shea-Simonds	Birstall R	18:31	1:17:08	+ 9
65	L Bowden	Stockport B	20:16	1:18:14	+ 5
66	J Broad	Wigan Phoe B	20:04	1:18:56	+ 8
67	C MacDougall	Halesowen A	22:52	1:19:34	0
68	S Smith	Solihull & B	21:20	1:19:42	+ 3
69	L Boulby	Notts Athl	21:43	1:21:03	+ 6
70	A Goddard	Lancaster	27:29	1:21:59	- 9
71	D Dunkley	Northbrook A	22:49	1:22:12	+ 5
72	C Clark	Worcester	23:28	1:25:22	+ 5
73	C Gavin	Northbrook B	23:40	1:29:48	+ 6
74	G Mackinnon	Halesowen B	22:23	1:36:26	+ 7

Fastest runners over stage 4:

1	K Reed	Bristol & A	13:59
2	H Yelling	Windsor, S A	14:03
3	T Krzywicki	Charnwood A	14:37
4	A Parkinson	Sale Harri A	14:39
5	A Wright	Birchfield A	14:41
6	C Murphy	Liverpool A	14:54
7	J O'Mara	Wakefield A	14:55
8	S Morris	Bedford & A	14:56
9	R Proctor	Norwich	15:04
10	V Webster	Shaftesbur A	15:10

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Women's 4 Stage — Team Results — Final (nn) is team position after the appropriate stage.

<p>1 Bristol & West AC 'A' 57:46</p> <p>1 A Stiles (2) 14:22 2 S Gray (1) 14:41 3 L Hasell (1) 14:44 4 K Reed (1) 13:59</p>	<p>17 CityOfNorwich AC 1:02:41</p> <p>1 A Dungar (40)15:53 2 M Elliot (32)16:20 3 O Walwyn (22)15:24 4 R Proctor (17)15:04</p>
<p>2 Windsor, Slough, Eton, 'A' 59:20</p> <p>1 S Morris (7) 14:45 2 C Dickie (2) 15:12 3 L Vaughan (3) 15:20 4 H Yelling (2) 14:03</p>	<p>18 Bristol & West AC 'B' 1:02:55</p> <p>1 U Counsell (32)15:44 2 A Wilshire (23)15:44 3 A Granger (20)15:38 4 E Whittaker (18)15:49</p>
<p>3 Wakefield District H & AC 'A' 59:59</p> <p>1 P Thackray (15)15:10 2 A Dickie (9) 15:13 3 A Hoban (2) 14:41 4 J O'Mara (3) 14:55</p>	<p>19 Leeds City AC 'A' 1:03:18</p> <p>1 L Woffenden (38)15:49 2 G Keddie (18)15:11 3 Maria C De (21)16:33 4 A Gostling (19)15:45</p>
<p>4 Liverpool Harriers & AC 'A' 1:00:22</p> <p>1 H Carroll (16)15:12 2 L Carney (13)15:28 3 J Clague (4) 14:48 4 C Murphy (4) 14:54</p>	<p>20 Hillingdon AC 'A' 1:03:19</p> <p>1 J Bleasdale (1) 14:14 2 S Bigham (14)16:32 3 M Hutchison (15)15:55 4 L Hake (20)16:38</p>
<p>5 Bedford & County AC 'A' 1:00:43</p> <p>1 K Waterson (24)15:26 2 R Gibbs (16)15:33 3 K Wootton (8) 14:48 4 S Morris (5) 14:56</p>	<p>21 Kendal AC 1:03:58</p> <p>1 G Phillips (9) 14:50 2 R Robinson (6) 15:27 3 R Cronshaw (18)16:37 4 A Sheals (21)17:04</p>
<p>6 Medway & Maidstone AC 1:00:47</p> <p>1 H Simkova (12)15:05 2 J Pereira (5) 15:11 3 K Clarke (5) 15:13 4 L Watson (6) 15:18</p>	<p>22 Shaftesbury Barnet Harriers 'B' 1:04:15</p> <p>1 L Webb (51)16:17 2 M Cooper (27)15:32 3 R Lewis (24)15:49 4 S Heath (22)16:37</p>
<p>7 Birchfield Harriers 'A' 1:00:50</p> <p>1 A Dalkins (20)15:15 2 C Mutwa (3) 14:53 3 R Sanders (12)16:01 4 A Wright (7) 14:41</p>	<p>23 Stafford Harriers 'A' 1:04:59</p> <p>1 C Newton (41)15:56 2 K Burge (20)15:09 3 R Connolly (23)16:33 4 H Stanyer (23)17:21</p>
<p>8 Shaftesbury Barnet Harriers 'A' 1:00:53</p> <p>1 J Anker (13)15:08 2 V Bowles (19)15:56 3 L Elliott (6) 14:39 4 V Webster (8) 15:10</p>	<p>24 Bristol & West AC 'C' 1:05:02</p> <p>1 H Fines (49)16:14 2 S Monahan (31)15:55 3 C Stevinson (27)16:29 4 A Hurford (24)16:24</p>
<p>9 Charnwood AC 'A' 1:00:59</p> <p>1 S Maude (37)15:48 2 J Potter (7) 14:30 3 K Ramsey (14)16:04 4 T Krzywicki (9) 14:37</p>	<p>25 Holmfirth Harriers AC 1:05:29</p> <p>1 N White (26)15:35 2 H Berry (35)16:51 3 S Spencer (29)16:33 4 K Farquhar (25)16:30</p>
<p>10 Sale Harriers 'A' 1:01:24</p> <p>1 K Gillibrand (29)15:41 2 E McIntryre (22)15:44 3 A Waterlow (17)15:20 4 A Parkinson (10)14:39</p>	<p>26 Coventry Godiva Harriers 'A' 1:05:32</p> <p>1 Peters Z Hyde (21)15:21 2 K Thomas (26)16:23 3 M Thomas (26)16:50 4 S Hayward (26)16:58</p>
<p>11 Chester-Le-Street & Dist AC 1:01:32</p> <p>1 D Heneghan (8) 14:48 2 K Waugh (10)15:39 3 S Robson (13)15:44 4 A Dixon (11)15:21</p>	<p>27 Ranelagh Harriers 'B' 1:05:41</p> <p>1 E Damant (58)16:33 2 L Shelley (28)15:20 3 A McLaughlin (38)18:10 4 S Grosvenor (27)15:38</p>
<p>12 Highgate Harriers 'A' 1:01:49</p> <p>1 S Hannah (19)15:15 2 K Jenrick (17)15:45 3 S Young (9) 14:54 4 E Evans (12)15:55</p>	<p>28 Belgrave Harriers 1:05:50</p> <p>1 M Heaton (46)16:03 2 V Edwards (47)17:13 3 L Cooper (36)16:39 4 J Clark (28)15:55</p>
<p>13 Salford Harriers AC 'A' 1:01:53</p> <p>1 B Jenkins (10)15:01 2 A Buckley (4) 15:14 3 R Jones (7) 15:29 4 P Sloan (13)16:09</p>	<p>29 Derby AC 'B' 1:05:53</p> <p>1 Y Crawley (56)16:22 2 J Gratton (37)16:21 3 K Jackson (34)16:48 4 J Burke (29)16:22</p>
<p>14 Ranelagh Harriers 'A' 1:02:03</p> <p>1 A O'Neill (6) 14:42 2 S Seal (12)15:55 3 J Ronaldson (10)15:23 4 A Beverly (14)16:03</p>	<p>30 Morpeth H & AC 'A' 1:06:00</p> <p>1 A Fox (33)15:47 2 J Mooney (41)17:07 3 D Watts (35)16:39 4 S Ellison (30)16:27</p>
<p>15 Telford AC 'A' 1:02:33</p> <p>1 K Green (25)15:26 2 C Martin (11)15:01 3 T Walker (16)16:16 4 C Evans (15)15:50</p>	<p>31 Birchfield Harriers 'B' 1:06:02</p> <p>1 S Bentley (39)15:52 2 C Mijovic (33)16:28 3 R Cook (31)17:02 4 R Rowberry (31)16:40</p>
<p>16 Derby AC 'A' 1:02:35</p> <p>1 E Fee (17)15:13 2 L Palmer (15)15:34 3 A Bryan (19)16:18 4 E Stevens (16)15:30</p>	<p>32 Hallamshire Harriers Sheffield 'A' 1:06:32</p> <p>1 J Seymour (61)16:40 2 A Westley (34)15:45 3 J Whitehead (32)17:00 4 N Squires (32)17:07</p>

The AAA of England National 4 Stage Road Relays

at Sutton Park, Birmingham on Saturday 23rd October 2004

<p>33 Garden City Runners 'A' 1:06:51</p> <p>1 M Livingstone (45)16:01 2 J Gray (38)16:45 3 M Hall (41)17:39 4 K Philp (33)16:26</p>	<p>49 Solihull & Small Heath AC 'A' 1:11:44</p> <p>1 E Crawford (47)16:07 2 R Freeman (44)16:59 3 L Appleby (52)19:28 4 V Ackrill (49)19:10</p>
<p>34 Windsor, Slough, Eton, 'B' 1:06:56</p> <p>1 K Crickmore (44)16:00 2 N Tribe (36)16:38 3 L Pringle (40)17:40 4 A Batchie (34)16:38</p>	<p>50 Royal Sutton Coldfield AC 'A' 1:11:52</p> <p>1 V Callaway (31)15:42 2 V Carter (50)17:57 3 B O'Brien (57)20:07 4 F Duffy (50)18:06</p>
<p>35 Stockport Harriers & AC 'A' 1:07:04</p> <p>1 J Murray (27)15:38 2 J Mellor (48)17:44 3 K Wood (43)17:43 4 S Thomas (35)15:59</p>	<p>51 Lincoln Wellington AC 1:11:57</p> <p>1 A Bell (75)17:59 2 C Foley (56)16:38 3 R Harrison (48)17:22 4 A Gilroy (51)19:58</p>
<p>36 Telford AC 'B' 1:07:11</p> <p>1 E Davies (59)16:33 2 S Davies (46)16:41 3 E Teece (37)16:43 4 G Pugh (36)17:14</p>	<p>52 Aldershot Farnham & District 'A' 1:12:52</p> <p>1 A Tanner (78)18:20 2 S Pickett (57)16:18 3 T Gill (46)17:13 4 M Jones (52)21:01</p>
<p>37 Wigan Phoenix 'A' 1:07:53</p> <p>1 L Jolley (54)16:21 2 R Moore (39)16:26 3 L Clough (33)16:39 4 K Culshaw (37)18:27</p>	<p>53 Hillingdon AC 'B' 1:13:42</p> <p>1 B Weekes (72)17:38 2 Y Velleman (62)17:34 3 C Bolam (56)17:56 4 F Ford (53)20:34</p>
<p>38 Woodford Green & Essex 1:08:10</p> <p>1 G Greenhalgh (18)15:14 2 K Morser (21)16:00 3 B Pritchett (25)17:02 4 D Kennedy (38)19:54</p>	<p>54 West Bromwich Harriers 'A' 1:14:09</p> <p>1 S Cheshire (70)17:19 2 K Braznell (64)18:01 3 J Clarke (58)18:36 4 S Baker (54)20:13</p>
<p>39 Westbury Harriers 'A' 1:08:34</p> <p>1 C Coffey (23)15:25 2 J Binks (24)16:11 3 A Singer (28)17:17 4 M Coffey (39)19:41</p>	<p>55 Centurion RC 1:14:18</p> <p>1 C Adams (28)15:39 2 J Thomas (67)19:55 3 M Williams (63)19:46 4 T Woolley (55)18:58</p>
<p>40 Blackheath & Bromley H 1:08:39</p> <p>1 J Butler (30)15:41 2 G Viney (51)18:14 3 F Green (44)17:21 4 B Clayton (40)17:23</p>	<p>56 Coventry Godiva Harriers 'B' 1:14:21</p> <p>1 M Kirkham (68)17:10 2 K Wellard (61)17:50 3 L White (59)18:59 4 A Kirkham (56)20:22</p>
<p>41 Basingstoke & Mid Hants 1:08:43</p> <p>1 B Harris (43)16:00 2 R Edwards (49)17:32 3 S Bolton (45)17:52 4 J Brierly (41)17:19</p>	<p>57 Wirral Athletic Club 1:14:25</p> <p>1 H Lawrence (3) 14:25 2 C Hawkes (42)18:32 3 H Lally (62)21:46 4 H Gilmour (57)19:42</p>
<p>42 Thames Valley Harriers 1:08:47</p> <p>1 C Briggs (60)16:40 2 K Nunn (66)18:52 3 A Tingle (54)17:17 4 C Aitken (42)15:58</p>	<p>58 Sparkhill Harriers 1:14:38</p> <p>1 S Evans (71)17:28 2 M Ehrenberg (76)20:34 3 E Blake (64)17:56 4 S Brown (58)18:40</p>
<p>43 Kidderminster & Stourport AC 'A' 1:08:56</p> <p>1 J Phillips (65)16:47 2 C Maynard (59)17:59 3 E Dourneen (47)17:11 4 L Wright (43)16:59</p>	<p>59 Heanor Running Club 1:15:20</p> <p>1 L Radbourne (55)16:22 2 J Goodlass (70)19:29 3 M Taylor (69)21:17 4 G Alton (59)18:12</p>
<p>44 London Heathside 'A' 1:08:58</p> <p>1 J King (14)15:09 2 V Parry (29)16:57 3 R Staffs (50)20:08 4 F Meakin (44)16:44</p>	<p>60 St Helens - Sutton AC 1:15:24</p> <p>1 G Bacon (35)15:47 2 J Eccleston (52)18:11 3 C Fitzsimons (60)20:08 4 C Dickinson (60)21:18</p>
<p>45 Severn AC 1:09:05</p> <p>1 S Hanley (73)17:47 2 S Brown (63)17:31 3 J Fletcher (55)17:36 4 G Kinsey (45)16:11</p>	<p>61 Birchfield Harriers 'C' 1:16:44</p> <p>1 J Oldfield (53)16:19 2 A Wainwright (65)19:11 3 S Perkins (66)21:02 4 P Rayment (61)20:12</p>
<p>46 Wolverhampton & Bilston 1:10:11</p> <p>1 V Andrews (66)16:54 2 J Pearson (53)17:35 3 J Lane (53)18:19 4 A Wilson (46)17:23</p>	<p>62 Garden City Runners 'B' 1:16:47</p> <p>1 W Johnson (77)18:17 2 M Leroux (80)20:43 3 P Sutcliffe (72)19:27 4 C Pardoe (62)18:20</p>
<p>47 Trafford AC 'A' 1:10:36</p> <p>1 V O'Donnell (74)17:53 2 S Wiblin (54)16:37 3 N Pugh (49)17:42 4 L Brooks (47)18:24</p>	<p>63 Kidderminster & Stourport AC 'B' 1:17:03</p> <p>1 M Gonzalez (83)19:21 2 E Hornby (74)18:28 3 E Danks (65)18:30 4 J Harler (63)20:44</p>
<p>48 Hallamshire Harriers Sheffield 'B' 1:11:41</p> <p>1 E Roper (69)17:15 2 H Whitelam (60)17:35 3 C Wolstenholme (51)17:26 4 D Young (48)19:25</p>	<p>64 Birstall Running Club 1:17:08</p> <p>1 Z Fleming (52)16:18 2 L Billington (71)19:34 3 C Cobley (73)22:45 4 C Shea-Simonds (64)18:31</p>

The AAA of England National 4 Stage Road Relays at Sutton Park, Birmingham on Saturday 23rd October 2004

<p>65 Stockport Harriers & AC 'B' 1:18:14 1 K McCrackle (82)19:09 2 A Dagg (78)19:34 3 S Glendon (70)19:15 4 L Bowden (65)20:16</p> <p>66 Wigan Phoenix 'B' 1:18:56 1 S Waterson (84)19:28 2 C Hesketh (79)19:28 3 D Dutton (74)19:56 4 J Broad (66)20:04</p> <p>67 Halesowen A & Cc 'A' 1:19:34 1 S Spencer (76)18:07 2 H O'Donnell (72)18:04 3 S Attwood (67)20:31 4 C MacDougall (67)22:52</p> <p>68 Solihull & Small Heath AC 'B' 1:19:42 1 K Hill (81)18:53 2 J Dowler (77)19:43 3 R Piper (71)19:46 4 S Smith (68)21:20</p> <p>69 Notts Athletic Club 1:21:03 1 N Bamford (64)16:46 2 J Speake (73)20:50 3 J Millichip (75)21:44 4 L Boultyby (69)21:43</p> <p>70 Lancaster & Morecambe AC 1:21:59 1 L Gardner (11)15:03 2 E Gardner (55)19:28 3 A Pyrah (61)19:59 4 A Goddard (70)27:29</p> <p>71 Northbrook AC 'A' 1:22:12 1 H Jones (90)20:23 2 L Wilson (81)19:06 3 S Kehoe (76)19:54 4 D Dunkley (71)22:49</p> <p>72 Worcester AC 1:25:22 1 R Hope (86)19:37 2 G Flanagan (82)20:20 3 M Crosswell (77)21:57 4 C Clark (72)23:28</p> <p>73 Northbrook AC 'B' 1:29:48 1 S McNaney (87)19:47 2 J DeLaSalle (85)20:38 3 N Dupres (79)25:43 4 C Gavin (73)23:40</p> <p>74 Halesowen A & Cc 'B' 1:36:26 1 A Holtom (92)24:35 2 V Cockayen (87)24:54 3 T Ostler (81)24:34 4 G Mackinnon (74)22:23</p>	<p>Highgate Harriers 'B' 32:52 1 L Kehoe (42)15:58 2 M Lazell (40)16:54</p> <p>Morpeth H & AC 'B' 34:45 1 G Cavill (67)17:10 2 N Dawson (58)17:35</p> <p>Salford Harriers AC 'B' 35:44 1 S Hanson (34)15:47 2 A Sanders (68)19:57</p> <p>Sale Harriers 'B' 35:45 1 V Owen (57)16:26 2 A Pye (69)19:19</p> <p>Newham & Essex Beagles 40:22 1 L Olatunde (88)19:58 2 J Mitchinson (84)20:24</p> <p>Harrow AC 14:33 1 M Yamauchi (4) 14:33</p> <p>Shaftesbury Barnet Harriers 'C' 15:24 1 L Griffiths (22)15:24</p> <p>Charnwood AC 'B' 16:45 1 G Hill (63)16:45</p> <p>Aldershot Farnham & District 'B' 18:47 1 V Tanner (80)18:47</p> <p>Trafford AC 'B' 19:59 1 S Exon (89)19:59</p> <p>Fastest of all legs</p> <table border="0" style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>1</td><td>K Reed</td><td>Bristol &</td><td>A</td><td>13:59</td></tr> <tr><td>2</td><td>H Yelling</td><td>Windsor, S</td><td>A</td><td>14:03</td></tr> <tr><td>3</td><td>J Bleasdale</td><td>Hillingdon</td><td>A</td><td>14:14</td></tr> <tr><td>4</td><td>A Stiles</td><td>Bristol &</td><td>A</td><td>14:22</td></tr> <tr><td>5</td><td>H Lawrence</td><td>Wirral Ath</td><td></td><td>14:25</td></tr> <tr><td>6</td><td>J Potter</td><td>Charnwood</td><td>A</td><td>14:30</td></tr> <tr><td>7</td><td>M Yamauchi</td><td>Harrow Ac</td><td></td><td>14:33</td></tr> <tr><td>8</td><td>T Krzywicki</td><td>Charnwood</td><td>A</td><td>14:37</td></tr> <tr><td>9</td><td>L Elliott</td><td>Shaftesbur</td><td>A</td><td>14:39</td></tr> <tr><td>=</td><td>C Dugdale</td><td>Swansea Ha</td><td></td><td>14:39</td></tr> <tr><td>=</td><td>A Parkinson</td><td>Sale Harri</td><td>A</td><td>14:39</td></tr> <tr><td>12</td><td>A Wright</td><td>Birchfield</td><td>A</td><td>14:41</td></tr> <tr><td>=</td><td>A Hoban</td><td>Wakefield</td><td>A</td><td>14:41</td></tr> <tr><td>=</td><td>S Gray</td><td>Bristol &</td><td>A</td><td>14:41</td></tr> <tr><td>15</td><td>A O'Neill</td><td>Ranelagh H</td><td>A</td><td>14:42</td></tr> <tr><td>16</td><td>L Hasell</td><td>Bristol &</td><td>A</td><td>14:44</td></tr> <tr><td>17</td><td>S Morris</td><td>Windsor, S</td><td>A</td><td>14:45</td></tr> <tr><td>18</td><td>K Wootton</td><td>Bedford &</td><td>A</td><td>14:48</td></tr> <tr><td>=</td><td>D Heneghan</td><td>Chester-le</td><td></td><td>14:48</td></tr> <tr><td>=</td><td>J Clague</td><td>Liverpool</td><td>A</td><td>14:48</td></tr> <tr><td>21</td><td>G Phillips</td><td>Kendal Ac</td><td></td><td>14:50</td></tr> <tr><td>22</td><td>C Mutwa</td><td>Birchfield</td><td>A</td><td>14:53</td></tr> <tr><td>23</td><td>C Murphy</td><td>Liverpool</td><td>A</td><td>14:54</td></tr> <tr><td>=</td><td>S Young</td><td>Highgate H</td><td>A</td><td>14:54</td></tr> <tr><td>25</td><td>J O'Mara</td><td>Wakefield</td><td>A</td><td>14:55</td></tr> <tr><td>26</td><td>S Morris</td><td>Bedford &</td><td>A</td><td>14:56</td></tr> <tr><td>27</td><td>C Martin</td><td>Telford Ac</td><td>A</td><td>15:01</td></tr> <tr><td>=</td><td>B Jenkins</td><td>Salford Ha</td><td>A</td><td>15:01</td></tr> <tr><td>29</td><td>L Gardner</td><td>Lancaster</td><td></td><td>15:03</td></tr> <tr><td>30</td><td>R Proctor</td><td>Norwich</td><td></td><td>15:04</td></tr> <tr><td>31</td><td>H Simkova</td><td>Medway & M</td><td></td><td>15:05</td></tr> <tr><td>32</td><td>J Ankier</td><td>Shaftesbur</td><td>A</td><td>15:08</td></tr> <tr><td>33</td><td>J King</td><td>London Hea</td><td>A</td><td>15:09</td></tr> <tr><td>=</td><td>K Burge</td><td>Stafford H</td><td>A</td><td>15:09</td></tr> <tr><td>35</td><td>P Thackray</td><td>Wakefield</td><td>A</td><td>15:10</td></tr> <tr><td>=</td><td>V Webster</td><td>Shaftesbur</td><td>A</td><td>15:10</td></tr> <tr><td>37</td><td>J Pereira</td><td>Medway & M</td><td></td><td>15:11</td></tr> </tbody> </table>	1	K Reed	Bristol &	A	13:59	2	H Yelling	Windsor, S	A	14:03	3	J Bleasdale	Hillingdon	A	14:14	4	A Stiles	Bristol &	A	14:22	5	H Lawrence	Wirral Ath		14:25	6	J Potter	Charnwood	A	14:30	7	M Yamauchi	Harrow Ac		14:33	8	T Krzywicki	Charnwood	A	14:37	9	L Elliott	Shaftesbur	A	14:39	=	C Dugdale	Swansea Ha		14:39	=	A Parkinson	Sale Harri	A	14:39	12	A Wright	Birchfield	A	14:41	=	A Hoban	Wakefield	A	14:41	=	S Gray	Bristol &	A	14:41	15	A O'Neill	Ranelagh H	A	14:42	16	L Hasell	Bristol &	A	14:44	17	S Morris	Windsor, S	A	14:45	18	K Wootton	Bedford &	A	14:48	=	D Heneghan	Chester-le		14:48	=	J Clague	Liverpool	A	14:48	21	G Phillips	Kendal Ac		14:50	22	C Mutwa	Birchfield	A	14:53	23	C Murphy	Liverpool	A	14:54	=	S Young	Highgate H	A	14:54	25	J O'Mara	Wakefield	A	14:55	26	S Morris	Bedford &	A	14:56	27	C Martin	Telford Ac	A	15:01	=	B Jenkins	Salford Ha	A	15:01	29	L Gardner	Lancaster		15:03	30	R Proctor	Norwich		15:04	31	H Simkova	Medway & M		15:05	32	J Ankier	Shaftesbur	A	15:08	33	J King	London Hea	A	15:09	=	K Burge	Stafford H	A	15:09	35	P Thackray	Wakefield	A	15:10	=	V Webster	Shaftesbur	A	15:10	37	J Pereira	Medway & M		15:11
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=	J Clague	Liverpool	A	14:48																																																																																																																																																																																						
21	G Phillips	Kendal Ac		14:50																																																																																																																																																																																						
22	C Mutwa	Birchfield	A	14:53																																																																																																																																																																																						
23	C Murphy	Liverpool	A	14:54																																																																																																																																																																																						
=	S Young	Highgate H	A	14:54																																																																																																																																																																																						
25	J O'Mara	Wakefield	A	14:55																																																																																																																																																																																						
26	S Morris	Bedford &	A	14:56																																																																																																																																																																																						
27	C Martin	Telford Ac	A	15:01																																																																																																																																																																																						
=	B Jenkins	Salford Ha	A	15:01																																																																																																																																																																																						
29	L Gardner	Lancaster		15:03																																																																																																																																																																																						
30	R Proctor	Norwich		15:04																																																																																																																																																																																						
31	H Simkova	Medway & M		15:05																																																																																																																																																																																						
32	J Ankier	Shaftesbur	A	15:08																																																																																																																																																																																						
33	J King	London Hea	A	15:09																																																																																																																																																																																						
=	K Burge	Stafford H	A	15:09																																																																																																																																																																																						
35	P Thackray	Wakefield	A	15:10																																																																																																																																																																																						
=	V Webster	Shaftesbur	A	15:10																																																																																																																																																																																						
37	J Pereira	Medway & M		15:11																																																																																																																																																																																						

Incomplete Teams:

<p>Swansea Harriers AC 46:05 1 C Dugdale (5) 14:39 2 Sherrard-Smith (8) 15:41 3 E Crowley (11)15:45</p> <p>Kingston Upon Hull AC 49:09 1 N Maddick (36)15:48 2 J Maddick (30)16:18 3 C Lyons (30)17:03</p> <p>Liverpool Harriers & AC 'B' 50:11 1 E Egan (62)16:44 2 V Griffiths (45)16:28 3 L McDermott (39)16:59</p> <p>Leeds City AC 'B' 50:51 1 L Canwell (50)16:15 2 R Townsend (43)16:47 3 J Harrison (42)17:49</p> <p>Stafford Harriers 'B' 56:56 1 C Skellern (79)18:23 2 S Johnson (75)19:36 3 J Nicholls (68)18:57</p> <p>Kidderminster & Stourport AC 'C' 1:02:44 1 J Sharp (85)19:31 2 N Harris (83)20:50 3 S Dyde (78)22:23</p> <p>West Bromwich Harriers 'B' 1:07:19 1 K Samra (91)20:39 2 M Jevons (86)20:15 3 G Clough (80)26:25</p> <p>Bedford & County AC 'B' 31:38 1 P Prescott (48)16:08 2 N Sykes (25)15:30</p>	
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