

# ERRA national Road Relay Championships at Sutton Park, Birmingham on Saturday 16th October 2010

## Senior Men Stage 1 - Final Results

| Pos | Name           | Club         | Leg Time |    |                |              |       |
|-----|----------------|--------------|----------|----|----------------|--------------|-------|
| 1   | Tsegai Tewelde | Shettlesto   | 17:10    | 43 | Peter Street   | Preston Ha   | 18:34 |
| 2   | B Whitby       | Windsor SI   | 17:13    | 44 | Adam Watt      | Birchfield   | 18:36 |
| 3   | Jonathan Gilby | Derby Ac A   | 17:16    | 45 | P Mitchell     | Derby Ac B   | 18:37 |
| 4   | N Goolab       | Belgrave H   | 17:21    | 46 | Paul Whitelam  | Thames Val   | 18:38 |
| 5   | Jon Wills      | Bristol &    | 17:23    | 47 | Nathan Shrubbs | Morpeth H A  | 18:40 |
| 6   | Johnny Mellor  | Liverpool A  | 17:24    | 48 | Tom Holden     | Tipton Har B | 18:41 |
| 7   | Ben Tickner    | Wells City   | 17:24    | 49 | James McCarthy | Brighton A   | 18:42 |
| 8   | P Matthews     | Swansea Ha A | 17:24    | 50 | R Phillips     | Serpentine   | 18:42 |
| 9   | Matthew Barnes | Altrincham   | 17:29    | 51 | James Tartt    | Southport    | 18:43 |
| 10  | Andrew Combs   | Tonbridge    | 17:34    | 52 | Matt Evans     | Swansea Ha B | 18:45 |
| 11  | D Mitchinson   | Newham And   | 17:37    | 53 | M Glowacki     | Hillingdon   | 18:46 |
| 12  | Mickey Reed    | Aldershot A  | 17:39    | 54 | Alistair Smith | Coventry G B | 18:49 |
| 13  | Thomas Bedford | Shaftesbur   | 17:40    | 55 | Ben Harding    | Blackheath   | 18:56 |
| 14  | John McDonnell | Luton Athl   | 17:41    | 56 | Chris Illman   | Cirencester  | 18:58 |
| 15  | Adam Bitchell  | Cardiff Aa A | 17:41    | 57 | Mark Couldwell | Charnwood    | 18:58 |
| 16  | Owain Matthews | Bedford An   | 17:45    | 58 | Matt Ellis     | Westbury H   | 19:02 |
| 17  | Jermaine Mays  | Kent Ac      | 17:50    | 59 | Nick Corker    | Royal Sutt   | 19:08 |
| 18  | S Horsefield   | Eastcheshi   | 17:51    | 60 | G Tomlinson    | Trafford A   | 19:12 |
| 19  | A Butchart     | Central Ac   | 17:52    | 61 | A Robinson     | Harborough   | 19:13 |
| 20  | Tom Doe        | Lincoln We   | 17:54    | 62 | Emrys Penny    | Newport Ha   | 19:14 |
| 21  | Gordon Lee     | Leicester    | 17:58    | 63 | David Watson   | Holmfirth    | 19:16 |
| 22  | Joseph Bailey  | Salford Ha A | 17:59    | 64 | Andrew Renfree | Gloucester   | 19:20 |
| 23  | Matthew Shone  | Woodford G   | 18:01    | 65 | Ian Lawton     | Liverpool B  | 19:21 |
| 24  | C Warburton    | Notts Ac A   | 18:05    | 66 | C Perrin       | Cannock &    | 19:23 |
| 25  | James Brewer   | Cheltenham   | 18:06    | 67 | A Wall-Clarke  | Southampto   | 19:24 |
| 26  | James Griggs   | Coventry G A | 18:06    | 68 | Justin Kelly   | Hercules W   | 19:25 |
| 27  | Ben Gamble     | Tipton Har A | 18:07    | 69 | Mitchell White | Bracknell    | 19:27 |
| 28  | David Bruce    | Highgate H   | 18:10    | 70 | Oz Ellis       | Abingdon A   | 19:32 |
| 29  | Paul Ward      | Telford Ac   | 18:11    | 71 | Joseph Kelly   | Rossendale   | 19:36 |
| 30  | R Stephenson   | Gateshead    | 18:12    | 72 | Simon Coombes  | Herne Hill   | 19:38 |
| 31  | Jon Fletcher   | Border Har   | 18:12    | 73 | Gareth Booth   | Horwich Rm   | 19:38 |
| 32  | Mark Hood      | Sunderland   | 18:12    | 74 | Philip Waite   | Barrow & F   | 19:44 |
| 33  | Sam Mitchell   | Notts Ac B   | 18:17    | 75 | Chris Adams    | Rotherham    | 19:53 |
| 34  | Adam Clarke    | Aldershot B  | 18:18    | 76 | Thomas Gayle   | City Of St   | 19:58 |
| 35  | Ian Harding    | Morpeth H B  | 18:19    | 77 | Sean Bowden    | Bromsgrove   | 20:04 |
| 36  | Ed Jackson     | Sale Harri   | 18:20    | 78 | Carl Goose     | City Of No A | 20:08 |
| 37  | S Robinson     | Blackpool    | 18:21    | 79 | Damian Rogers  | City Of No B | 20:38 |
| 38  | A Derricott    | Staffs Moo   | 18:22    | 80 | M Stratford    | Redhill Ro   | 20:41 |
| 39  | Jack Gray      | Birmingham   | 18:22    | 81 | David Hudson   | Salford Ha B | 20:44 |
| 40  | Ali Mauizbin   | Leeds City A | 18:23    | 82 | Bill Nock      | Halesowen    | 20:51 |
| 41  | James Mills    | Cardiff Aa B | 18:25    | 83 | Douglas Ross   | Mansfield    | 21:43 |
| 42  | Michael Salter | Leeds City B | 18:25    |    |                |              |       |

# ERRA national Road Relay Championships

## at Sutton Park, Birmingham on Saturday 16th October 2010

### Senior Men Stage 2 - Final Results

| Pos                           | Name           | Club         | Leg Time | Cum Time | Time Gain |
|-------------------------------|----------------|--------------|----------|----------|-----------|
| 1                             | T Mengisteab   | Shettlesto   | 17:28    | 34:38    | 0         |
| 2                             | Richard Weir   | Derby Ac A   | 17:39    | 34:55    | + 1       |
| 3                             | Marc Hobbs     | Swansea Ha A | 17:44    | 35:08    | + 5       |
| 4                             | Nielson Hall   | Bedford An   | 17:24    | 35:09    | + 12      |
| 5                             | Stephen Sharp  | Belgrave H   | 18:05    | 35:26    | - 1       |
| 6                             | Anthony Ford   | Sale Harri   | 17:08    | 35:28    | + 30      |
| 7                             | Joshua Gorecki | Aldershot A  | 17:50    | 35:29    | + 5       |
| 8                             | Steve Mitchell | Bristol &    | 18:08    | 35:31    | - 3       |
| 9                             | Steven Fennell | Tonbridge    | 17:58    | 35:32    | + 1       |
| 10                            | Paul Pollock   | Kent Ac      | 17:45    | 35:35    | + 7       |
| 11                            | James Shane    | Newham And   | 17:59    | 35:36    | 0         |
| 12                            | Ieuan Thomas   | Cardiff Aa A | 17:56    | 35:37    | + 3       |
| 13                            | Patrick Martin | Sunderland   | 17:29    | 35:41    | + 19      |
| 14                            | Ian Kimpton    | Lincoln We   | 17:49    | 35:43    | + 6       |
| 15                            | Adam Peers     | Liverpool A  | 18:20    | 35:44    | - 9       |
| 16                            | D Woodgate     | Luton Athl   | 18:04    | 35:45    | - 2       |
| 17                            | Ross Murray    | Gateshead    | 17:40    | 35:52    | + 13      |
| 18                            | Glen Watts     | Shaftesbur   | 18:12    | 35:52    | - 5       |
| 19                            | A Tovey        | Windsor Sl   | 18:40    | 35:53    | - 17      |
| 20                            | Gavin Thompson | Altrincham   | 18:27    | 35:56    | - 11      |
| 21                            | Jon James      | Wells City   | 18:33    | 35:57    | - 14      |
| 22                            | Philip Hinch   | Tipton Har A | 17:51    | 35:58    | + 5       |
| 23                            | Benjamin Jones | Coventry G A | 17:52    | 35:58    | + 3       |
| 24                            | Dave Roper     | Cheltenham   | 17:53    | 35:59    | + 1       |
| 25                            | Matt Blunden   | Notts Ac A   | 17:54    | 35:59    | - 1       |
| 26                            | J Ndayisenga   | Birchfield   | 17:33    | 36:09    | + 18      |
| 27                            | Paul Thompson  | Birmingham   | 17:51    | 36:13    | + 12      |
| 28                            | Daniel Agustus | Woodford G   | 18:14    | 36:15    | - 5       |
| 29                            | Joe Townsend   | Leeds City A | 17:54    | 36:17    | + 11      |
| 30                            | Craig Walker   | Telford Ac   | 18:07    | 36:18    | - 1       |
| 31                            | Nathaniel Lane | Cardiff Aa B | 18:01    | 36:26    | + 10      |
| 32                            | T Humphries    | Cannock &    | 17:04    | 36:27    | + 34      |
| 33                            | Benjamin Noad  | Highgate H   | 18:18    | 36:28    | - 5       |
| 34                            | Chris Kays     | Eastcheshi   | 18:39    | 36:30    | - 16      |
| 35                            | Nick Torry     | Serpentine   | 17:48    | 36:30    | + 15      |
| 36                            | Sean Reilly    | Central Ac   | 18:43    | 36:35    | - 17      |
| 37                            | Joshua Grace   | Aldershot B  | 18:19    | 36:37    | - 3       |
| 38                            | Michael Dawson | Morpeth H B  | 18:29    | 36:48    | - 3       |
| 39                            | J Taylor       | Morpeth H A  | 18:16    | 36:56    | + 8       |
| 40                            | Robert Hughes  | Salford Ha A | 19:08    | 37:07    | - 18      |
| 41                            | Luke Minns     | Blackpool    | 18:49    | 37:10    | - 4       |
| 42                            | Richard Taylor | Coventry G B | 18:22    | 37:11    | + 12      |
| 43                            | Daniel Beier   | Tipton Har B | 18:31    | 37:12    | + 5       |
| 44                            | Nathan Bibby   | Preston Ha   | 18:39    | 37:13    | - 1       |
| 45                            | Nazwari Dawit  | Thames Val   | 18:40    | 37:18    | + 1       |
| 46                            | M Buckingham   | Holmfirth    | 18:04    | 37:20    | + 17      |
| 47                            | C Thomson      | Brighton A   | 18:39    | 37:21    | + 2       |
| 48                            | Ashley Sabin   | Leicester    | 19:35    | 37:33    | - 27      |
| 49                            | Ashley Harrell | City Of No A | 17:36    | 37:44    | + 29      |
| 50                            | Matthew Grieve | Border Har   | 19:34    | 37:46    | - 19      |
| 51                            | Patrick Vis    | Southport    | 19:07    | 37:50    | 0         |
| 52                            | R Thompson     | Hillingdon   | 19:06    | 37:52    | + 1       |
| 53                            | James Poole    | Blackheath   | 18:58    | 37:54    | + 2       |
| 54                            | Lewys Hobbs    | Swansea Ha B | 19:13    | 37:58    | - 2       |
| 55                            | Simon Burton   | Notts Ac B   | 19:44    | 38:01    | - 22      |
| 56                            | Jamie Ashton   | Bracknell    | 18:44    | 38:11    | + 13      |
| 57                            | Niall Maguire  | Derby Ac B   | 19:36    | 38:13    | - 12      |
| 58                            | Dale Worton    | Leeds City B | 19:49    | 38:14    | - 16      |
| 59                            | Vincent Martin | Staffs Moo   | 20:04    | 38:26    | - 21      |
| 60                            | J Morgan       | Newport Ha   | 19:13    | 38:27    | + 2       |
| 61                            | Thomas Charles | Trafford A   | 19:16    | 38:28    | - 1       |
| 62                            | S Richardson   | Cirenceste   | 19:40    | 38:38    | - 6       |
| 63                            | O Harradence   | Royal Sutt   | 19:34    | 38:42    | - 4       |
| 64                            | George Buttery | Charnwood    | 19:47    | 38:45    | - 7       |
| 65                            | James Kevan    | Horwich Rm   | 19:14    | 38:52    | + 8       |
| 66                            | Przedzrymirski | Hercules W   | 19:28    | 38:53    | + 2       |
| 67                            | J Johnston     | Rossendale   | 19:25    | 39:01    | + 4       |
| 68                            | R De-Camps     | Gloucester   | 19:46    | 39:06    | - 4       |
| 69                            | R Collinson    | Westbury H   | 20:07    | 39:09    | - 11      |
| 70                            | D Hamilton     | Abingdon A   | 20:03    | 39:35    | 0         |
| 71                            | Russell North  | Southampto   | 20:17    | 39:41    | - 4       |
| 72                            | Rhian Haste    | Rotherham    | 19:49    | 39:42    | + 3       |
| 73                            | N Vengdasalam  | Liverpool B  | 20:31    | 39:52    | - 8       |
| 74                            | William Clapp  | Harborough   | 21:05    | 40:18    | - 13      |
| 75                            | Dean Miller    | Barrow & F   | 20:48    | 40:32    | - 1       |
| 76                            | James Mee      | Mansfield    | 18:59    | 40:42    | + 7       |
| 77                            | Mark Turner    | Halesowen    | 19:59    | 40:50    | + 5       |
| 78                            | J Entwistle    | City Of No B | 20:14    | 40:52    | + 1       |
| 79                            | David Lee      | City Of St   | 21:04    | 41:02    | - 3       |
| 80                            | Philip West    | Salford Ha B | 20:30    | 41:14    | + 1       |
| 81                            | Gavin Moorhead | Bromsgrove   | 21:52    | 41:56    | - 4       |
| 82                            | Roger Alsop    | Herne Hill   | 22:23    | 42:01    | - 10      |
| 83                            | Mark Davis     | Redhill Ro   | 21:30    | 42:11    | - 3       |
| Fastest runners over stage 2: |                |              |          |          |           |
| 1                             | T Humphries    | Cannock &    | 17:04    |          |           |
| 2                             | Anthony Ford   | Sale Harri   | 17:08    |          |           |
| 3                             | Nielson Hall   | Bedford An   | 17:24    |          |           |
| 4                             | T Mengisteab   | Shettlesto   | 17:28    |          |           |
| 5                             | Patrick Martin | Sunderland   | 17:29    |          |           |
| 6                             | J Ndayisenga   | Birchfield   | 17:33    |          |           |
| 7                             | Ashley Harrell | City Of No A | 17:36    |          |           |
| 8                             | Richard Weir   | Derby Ac A   | 17:39    |          |           |
| 9                             | Ross Murray    | Gateshead    | 17:40    |          |           |
| 10                            | Marc Hobbs     | Swansea Ha A | 17:44    |          |           |

# ERRA national Road Relay Championships

## at Sutton Park, Birmingham on Saturday 16th October 2010

### Senior Men Stage 3 - Final Results

| Pos | Name            | Club         | Leg Time | Cum Time | Gain |
|-----|-----------------|--------------|----------|----------|------|
| 1   | T Woldemichael  | Shettlesto   | 17:27    | 52:05    | 0    |
| 2   | Jonathan Hay    | Aldershot A  | 17:17    | 52:46    | + 5  |
| 3   | Gary Thornton   | Kent Ac      | 17:16    | 52:51    | + 7  |
| 4   | Ryan McLeod     | Tipton Har A | 17:03    | 53:01    | + 18 |
| 5   | Alex Hains      | Cardiff Aa A | 17:37    | 53:14    | + 7  |
| 6   | Daniel Dalmedo  | Bedford An   | 18:08    | 53:17    | - 2  |
| 7   | F Tickner       | Wells City   | 17:23    | 53:20    | + 14 |
| 8   | Afan Humphreys  | Swansea Ha A | 18:19    | 53:27    | - 5  |
| 9   | Stephen Davies  | Belgrave H   | 18:01    | 53:27    | - 4  |
| 10  | Steve Hepples   | Newham And   | 17:55    | 53:31    | + 1  |
| 11  | Joshua Bull     | Derby Ac A   | 18:40    | 53:35    | - 9  |
| 12  | Martin Palmer   | Bristol &    | 18:08    | 53:39    | - 4  |
| 13  | John McCole     | Liverpool A  | 18:00    | 53:44    | + 2  |
| 14  | David Norman    | Altrincham   | 17:51    | 53:47    | + 6  |
| 15  | Tim Hartley     | Notts Ac A   | 17:59    | 53:58    | + 10 |
| 16  | Samuel Atkin    | Lincoln We   | 18:19    | 54:02    | - 2  |
| 17  | Stephen Emery   | Coventry G A | 18:07    | 54:05    | + 6  |
| 18  | Charlie Hulson  | Sale Harri   | 18:39    | 54:07    | - 12 |
| 19  | James Trollope  | Birchfield   | 18:04    | 54:13    | + 7  |
| 20  | Daniel Bradley  | Tonbridge    | 18:41    | 54:13    | - 11 |
| 21  | Sean Hall       | Gateshead    | 18:35    | 54:27    | - 4  |
| 22  | Robert Russell  | Central Ac   | 18:02    | 54:37    | + 14 |
| 23  | Hywel Care      | Woodford G   | 18:33    | 54:48    | + 5  |
| 24  | Ian Bailey      | Aldershot B  | 18:11    | 54:48    | + 13 |
| 25  | Martin Matthews | Birmingham   | 18:41    | 54:54    | + 2  |
| 26  | Dale Bickham    | Highgate H   | 18:30    | 54:58    | + 7  |
| 27  | Scott Ovverall  | Blackheath   | 17:05    | 54:59    | + 26 |
| 28  | Chris Birchall  | Leeds City A | 18:42    | 54:59    | + 1  |
| 29  | M Sullivan      | Shaftesbur   | 19:12    | 55:04    | - 11 |
| 30  | M Nicholson     | Morpeth H A  | 18:14    | 55:10    | + 9  |
| 31  | Jeremy Bradley  | Cheltenham   | 19:17    | 55:16    | - 7  |
| 32  | Matthew Foggin  | Sunderland   | 19:40    | 55:21    | - 19 |
| 33  | Gavin Hill      | Eastcheshi   | 18:53    | 55:23    | + 1  |
| 34  | Ian Rawlinson   | Tipton Har B | 18:12    | 55:24    | + 9  |
| 35  | James Houghton  | Cannock &    | 18:58    | 55:25    | - 3  |
| 36  | Simon Millett   | Windsor Sl   | 19:40    | 55:33    | - 17 |
| 37  | Neil Wilkinson  | Morpeth H B  | 18:46    | 55:34    | + 1  |
| 38  | B Riddell       | Salford Ha A | 18:34    | 55:41    | + 2  |
| 39  | Mohamud Aadan   | Thames Val   | 18:30    | 55:48    | + 6  |
| 40  | Martin Gaunt    | Serpentine   | 19:19    | 55:49    | - 5  |
| 41  | M Kershaw       | Cardiff Aa B | 19:30    | 55:56    | - 10 |
| 42  | S Huntington    | City Of No A | 18:28    | 56:12    | + 7  |
| 43  | Dan Young       | Telford Ac   | 20:04    | 56:22    | - 13 |
| 44  | J Tomlinson     | Brighton A   | 19:03    | 56:24    | + 3  |
| 45  | M Davison       | Preston Ha   | 19:15    | 56:28    | - 1  |
| 46  | Stuart Still    | Luton Athl   | 20:56    | 56:41    | - 30 |
| 47  | Nigel Marley    | Coventry G B | 19:35    | 56:46    | - 5  |
| 48  | Tom Crowley     | Notts Ac B   | 19:01    | 57:02    | + 7  |
| 49  | Jack Scarr      | Blackpool    | 19:58    | 57:08    | - 8  |
| 50  | C Davies        | Swansea Ha B | 19:27    | 57:25    | + 4  |
| 51  | Marc Hartley    | Staffs Moo   | 19:01    | 57:27    | + 8  |
| 52  | Michael Evans   | Southport    | 19:37    | 57:27    | - 1  |
| 53  | Richard Smith   | Holmfirth    | 20:08    | 57:28    | - 7  |
| 54  | G Belcher       | Leeds City B | 19:15    | 57:29    | + 4  |
| 55  | Gary Bristow    | Trafford A   | 19:17    | 57:45    | + 6  |
| 56  | Gary Priestley  | Horwich Rm   | 18:56    | 57:48    | + 9  |
| 57  | Rob Sheen       | Leicester    | 20:17    | 57:50    | - 9  |
| 58  | Shane Coombes   | Hillingdon   | 20:00    | 57:52    | - 6  |
| 59  | T Lawrence      | Derby Ac B   | 19:44    | 57:57    | - 2  |
| 60  | Philip Hoole    | Rotherham    | 18:15    | 57:57    | + 12 |
| 61  | Abdi Tulu       | Newport Ha   | 19:40    | 58:07    | - 1  |
| 62  | W Nicholson     | Border Har   | 20:21    | 58:07    | - 12 |
| 63  | A Williams      | Cirenceste   | 19:41    | 58:19    | - 1  |
| 64  | Alex Robinson   | Hercules W   | 19:37    | 58:30    | + 2  |
| 65  | Steve Marklew   | Royal Sutt   | 19:55    | 58:37    | - 2  |
| 66  | C Fell          | Rossendale   | 19:46    | 58:47    | + 1  |
| 67  | Simon Fisher    | Abingdon A   | 19:36    | 59:11    | + 3  |
| 68  | Tom Whitmore    | Charnwood    | 20:36    | 59:21    | - 4  |
| 69  | C Hazlerigg     | Bracknell    | 21:25    | 59:36    | - 13 |
| 70  | Rob Dewhurst    | Liverpool B  | 20:24    | 1:00:16  | + 3  |
| 71  | D Gresswell     | Gloucester   | 21:12    | 1:00:18  | - 3  |
| 72  | Dan Studley     | Westbury H   | 21:13    | 1:00:22  | - 3  |
| 73  | Russell Osborn  | Southampto   | 20:58    | 1:00:39  | - 2  |
| 74  | James Jackson   | City Of No B | 19:54    | 1:00:46  | + 4  |
| 75  | N Hazelwood     | Halesowen    | 20:18    | 1:01:08  | + 2  |
| 76  | Andrew Norton   | Mansfield    | 20:30    | 1:01:12  | 0    |
| 77  | J Benson        | Barrow & F   | 20:43    | 1:01:15  | - 2  |
| 78  | J Henderson     | Herne Hill   | 19:16    | 1:01:17  | + 4  |
| 79  | L Hendricken    | City Of St   | 20:39    | 1:01:41  | 0    |
| 80  | Adam Brooks     | Harborough   | 21:47    | 1:02:05  | - 6  |
| 81  | Jon Hill        | Bromsgrove   | 20:27    | 1:02:23  | 0    |
| 82  | Nigel Cobb      | Redhill Ro   | 21:17    | 1:03:28  | + 1  |
| 83  | Sean Cordell    | Salford Ha B | 23:00    | 1:04:14  | - 3  |

#### Fastest runners over stage 3:

|    |                |              |       |
|----|----------------|--------------|-------|
| 1  | Ryan McLeod    | Tipton Har A | 17:03 |
| 2  | Scott Ovverall | Blackheath   | 17:05 |
| 3  | Gary Thornton  | Kent Ac      | 17:16 |
| 4  | Jonathan Hay   | Aldershot A  | 17:17 |
| 5  | F Tickner      | Wells City   | 17:23 |
| 6  | T Woldemichael | Shettlesto   | 17:27 |
| 7  | Alex Hains     | Cardiff Aa A | 17:37 |
| 8  | David Norman   | Altrincham   | 17:51 |
| 9  | Steve Hepples  | Newham And   | 17:55 |
| 10 | Tim Hartley    | Notts Ac A   | 17:59 |

# ERRA national Road Relay Championships

## at Sutton Park, Birmingham on Saturday 16th October 2010

### Senior Men Stage 4 - Final Results

| Pos                           | Name           | Club         | Leg Time | Cum Time  | Time Gain |
|-------------------------------|----------------|--------------|----------|-----------|-----------|
| 1                             | Mike Gillespie | Shettlesto   | 18:08    | 1:10:13   | 0         |
| 2                             | Mark Draper    | Bedford An   | 17:04    | 1:10:21 + | 4         |
| 3                             | M Aspinall     | Tipton Har A | 17:28    | 1:10:29 + | 1         |
| 4                             | Mathew Ashton  | Aldershot A  | 18:00    | 1:10:46 - | 2         |
| 5                             | Daniel Mulhare | Belgrave H   | 17:20    | 1:10:47 + | 4         |
| 6                             | Marius Ionescu | Altrincham   | 17:19    | 1:11:06 + | 8         |
| 7                             | Kairn Stone    | Newham And   | 17:36    | 1:11:07 + | 3         |
| 8                             | Carwyn Jones   | Cardiff Aa A | 18:07    | 1:11:21 - | 3         |
| 9                             | B Connor       | Derby Ac A   | 17:57    | 1:11:32 + | 2         |
| 10                            | J Thewlis      | Notts Ac A   | 17:46    | 1:11:44 + | 5         |
| 11                            | Tom Merson     | Bristol &    | 18:11    | 1:11:50 + | 1         |
| 12                            | Mark Bruce     | Kent Ac      | 19:03    | 1:11:54 - | 9         |
| 13                            | Thomas Madden  | Coventry G A | 18:03    | 1:12:08 + | 4         |
| 14                            | R Nicholls     | Swansea Ha A | 18:42    | 1:12:09 - | 6         |
| 15                            | Elliot Haimes  | Wells City   | 19:03    | 1:12:23 - | 8         |
| 16                            | Jamie Roden    | Sale Harri   | 18:20    | 1:12:27 + | 2         |
| 17                            | David Webb     | Leeds City A | 17:30    | 1:12:29 + | 11        |
| 18                            | Tom Straw      | Lincoln We   | 18:37    | 1:12:39 - | 2         |
| 19                            | Ian Hudspith   | Morpeth H A  | 17:38    | 1:12:48 + | 11        |
| 20                            | Joe Morwood    | Aldershot B  | 18:04    | 1:12:52 + | 4         |
| 21                            | John Newsom    | Central Ac   | 18:17    | 1:12:54 + | 1         |
| 22                            | A Carmichael   | Gateshead    | 18:36    | 1:13:03 - | 1         |
| 23                            | A Littlewood   | Blackheath   | 18:16    | 1:13:15 + | 4         |
| 24                            | James Russell  | Liverpool A  | 19:33    | 1:13:17 - | 11        |
| 25                            | Ben Sharman    | Birchfield   | 19:04    | 1:13:17 - | 6         |
| 26                            | Bertie Powell  | Woodford G   | 18:38    | 1:13:26 - | 3         |
| 27                            | Henry Dodwell  | Highgate H   | 18:31    | 1:13:29 - | 1         |
| 28                            | O Edwards      | Shaftesbur   | 18:27    | 1:13:31 + | 1         |
| 29                            | James Taylor   | Tonbridge    | 19:32    | 1:13:45 - | 9         |
| 30                            | James Sumpter  | Thames Val   | 18:35    | 1:14:23 + | 9         |
| 31                            | Tommy Carroll  | City Of No A | 18:17    | 1:14:29 + | 11        |
| 32                            | Edward Banks   | Birmingham   | 19:38    | 1:14:32 - | 7         |
| 33                            | Paul Savage    | Salford Ha A | 19:09    | 1:14:50 + | 5         |
| 34                            | D Swinburne    | Morpeth H B  | 19:25    | 1:14:59 + | 3         |
| 35                            | R Forsbrook    | Cheltenham   | 19:49    | 1:15:05 - | 4         |
| 36                            | James Perrin   | Cannock &    | 19:45    | 1:15:10 - | 1         |
| 37                            | S Abrahams     | Tipton Har B | 19:49    | 1:15:13 - | 3         |
| 38                            | Tiago Branco   | Serpentine   | 19:24    | 1:15:13 + | 2         |
| 39                            | Steven Duffy   | Sunderland   | 20:01    | 1:15:22 - | 7         |
| 40                            | James Shaw     | Eastchesi    | 20:00    | 1:15:23 - | 7         |
| 41                            | Petru Snaipar  | Windsor Sl   | 19:51    | 1:15:24 - | 5         |
| 42                            | Chris Bannon   | Coventry G B | 18:39    | 1:15:25 + | 5         |
| 43                            | Blayne Pick    | Notts Ac B   | 18:44    | 1:15:46 + | 5         |
| 44                            | William Gray   | Brighton A   | 19:44    | 1:16:08   | 0         |
| 45                            | M Livingstone  | Preston Ha   | 19:43    | 1:16:11   | 0         |
| 46                            | G Wiltshire    | Cardiff Aa B | 20:16    | 1:16:12 - | 5         |
| 47                            | Elliot Cole    | Leeds City B | 18:44    | 1:16:13 + | 7         |
| 48                            | Sean Still     | Luton Athl   | 19:44    | 1:16:25 - | 2         |
| 49                            | Sam Walsh      | Swansea Ha B | 19:15    | 1:16:40 + | 1         |
| 50                            | Martin Turnock | Telford Ac   | 20:22    | 1:16:44 - | 7         |
| 51                            | Simon Cotton   | Leicester    | 19:11    | 1:17:01 + | 6         |
| 52                            | R Anderson     | Holmfirth    | 19:34    | 1:17:02 + | 1         |
| 53                            | Andrew Symonds | Hillingdon   | 19:10    | 1:17:02 + | 5         |
| 54                            | Sam Lucking    | Staffs Moo   | 19:45    | 1:17:12 - | 3         |
| 55                            | N Pendlebury   | Horwich Rm   | 19:34    | 1:17:22 + | 1         |
| 56                            | Jeff Prest     | Trafford A   | 19:43    | 1:17:28 - | 1         |
| 57                            | David Hamilton | Southport    | 20:06    | 1:17:33 - | 5         |
| 58                            | Luke Berry     | Blackpool    | 20:45    | 1:17:53 - | 9         |
| 59                            | C Carpanini    | Newport Ha   | 20:00    | 1:18:07 + | 2         |
| 60                            | David Connor   | Derby Ac B   | 20:22    | 1:18:19 - | 1         |
| 61                            | Rory McMahon   | Hercules W   | 19:50    | 1:18:20 + | 3         |
| 62                            | Bill Leggate   | Cirenceste   | 20:05    | 1:18:24 + | 1         |
| 63                            | Paul Terleski  | Royal Sutt   | 20:00    | 1:18:37 + | 2         |
| 64                            | J Maxfield     | Rotherham    | 20:49    | 1:18:46 - | 4         |
| 65                            | Sam Tosh       | Rossendale   | 20:00    | 1:18:47 + | 1         |
| 66                            | Les Newell     | Abingdon A   | 19:58    | 1:19:09 + | 1         |
| 67                            | Nick Hindle    | Border Har   | 21:05    | 1:19:12 - | 5         |
| 68                            | Ben Lacey      | Charnwood    | 20:40    | 1:20:01   | 0         |
| 69                            | John Collier   | Westbury H   | 19:43    | 1:20:05 + | 3         |
| 70                            | Ben Paviour    | Herne Hill   | 19:24    | 1:20:41 + | 8         |
| 71                            | Thomas Francis | City Of No B | 19:59    | 1:20:45 + | 3         |
| 72                            | Matt Hibberd   | Southampto   | 20:11    | 1:20:50 + | 1         |
| 73                            | Edward Cook    | Bracknell    | 21:29    | 1:21:05 - | 4         |
| 74                            | Simon Fortnam  | Gloucester   | 20:57    | 1:21:15 - | 3         |
| 75                            | M Harding      | City Of St   | 20:07    | 1:21:48 + | 4         |
| 76                            | Andrew Butler  | Halesowen    | 20:56    | 1:22:04 - | 1         |
| 77                            | John Lowe      | Mansfield    | 21:07    | 1:22:19 - | 1         |
| 78                            | James Hood     | Bromsgrove   | 20:08    | 1:22:31 + | 3         |
| 79                            | F Groves       | Liverpool B  | 23:33    | 1:23:49 - | 9         |
| 80                            | Matthew Driver | Harborough   | 21:51    | 1:23:56   | 0         |
| 81                            | Jan Pichl      | Salford Ha B | 20:12    | 1:24:26 + | 2         |
| 82                            | Gary McMahon   | Redhill Ro   | 22:40    | 1:26:08   | 0         |
| Fastest runners over stage 4: |                |              |          |           |           |
| 1                             | Mark Draper    | Bedford An   | 17:04    |           |           |
| 2                             | Marius Ionescu | Altrincham   | 17:19    |           |           |
| 3                             | Daniel Mulhare | Belgrave H   | 17:20    |           |           |
| 4                             | M Aspinall     | Tipton Har A | 17:28    |           |           |
| 5                             | David Webb     | Leeds City A | 17:30    |           |           |
| 6                             | Kairn Stone    | Newham And   | 17:36    |           |           |
| 7                             | Ian Hudspith   | Morpeth H A  | 17:38    |           |           |
| 8                             | J Thewlis      | Notts Ac A   | 17:46    |           |           |
| 9                             | B Connor       | Derby Ac A   | 17:57    |           |           |
| 10                            | Mathew Ashton  | Aldershot A  | 18:00    |           |           |

# ERRA national Road Relay Championships

## at Sutton Park, Birmingham on Saturday 16th October 2010

### Senior Men Stage 5 - Final Results

| Pos                           | Name           | Club         | Leg Time | Cum Time | Gain |
|-------------------------------|----------------|--------------|----------|----------|------|
| 1                             | Phil Nicholls  | Tipton Har A | 17:21    | 1:27:50  | + 2  |
| 2                             | Darren Deed    | Bedford An   | 17:39    | 1:28:00  | 0    |
| 3                             | Amanuel Hagos  | Shettlesto   | 18:11    | 1:28:24  | - 2  |
| 4                             | M Mashford     | Aldershot A  | 17:50    | 1:28:36  | 0    |
| 5                             | Andrew Norman  | Altrincham   | 17:42    | 1:28:48  | + 1  |
| 6                             | Simon Jones    | Belgrave H   | 18:02    | 1:28:49  | - 1  |
| 7                             | Kevin Skinner  | Newham And   | 17:49    | 1:28:56  | 0    |
| 8                             | Alex Pilcher   | Derby Ac A   | 17:53    | 1:29:25  | + 1  |
| 9                             | Kevin Seaward  | Cardiff Aa A | 18:14    | 1:29:35  | - 1  |
| 10                            | M Whitehouse   | Notts Ac A   | 18:35    | 1:30:19  | 0    |
| 11                            | Gareth Raven   | Sale Harri   | 18:02    | 1:30:29  | + 5  |
| 12                            | Harry Webb     | Bristol &    | 18:40    | 1:30:30  | - 1  |
| 13                            | Alan Buckley   | Leeds City A | 18:08    | 1:30:37  | + 4  |
| 14                            | Scott Hazell   | Coventry G A | 18:39    | 1:30:47  | - 1  |
| 15                            | Daniel Gurmin  | Swansea Ha A | 18:53    | 1:31:02  | - 1  |
| 16                            | Peter Newton   | Morpeth H A  | 18:22    | 1:31:10  | + 3  |
| 17                            | A Hendry       | Central Ac   | 18:24    | 1:31:18  | + 4  |
| 18                            | Neil Phillips  | Aldershot B  | 18:28    | 1:31:20  | + 2  |
| 19                            | Glen Saqui     | Highgate H   | 18:17    | 1:31:46  | + 8  |
| 20                            | Shane Robinson | Lincoln We   | 19:12    | 1:31:51  | - 2  |
| 21                            | Philip Seseman | Blackheath   | 18:39    | 1:31:54  | + 2  |
| 22                            | Peter Grist    | Wells City   | 19:33    | 1:31:56  | - 7  |
| 23                            | P Whitehouse   | Birchfield   | 18:40    | 1:31:57  | + 2  |
| 24                            | Andrew Moreton | Kent Ac      | 20:08    | 1:32:02  | - 12 |
| 25                            | Marc Elliott   | Gateshead    | 19:06    | 1:32:09  | - 3  |
| 26                            | James Trapmore | Shaftesbur   | 18:42    | 1:32:13  | + 2  |
| 27                            | Gareth Lloyd   | Woodford G   | 18:55    | 1:32:21  | - 1  |
| 28                            | Richard Blagg  | Liverpool A  | 19:19    | 1:32:36  | - 4  |
| 29                            | James Senior   | City Of No A | 19:41    | 1:34:10  | + 2  |
| 30                            | P Leybourne    | Salford Ha A | 19:22    | 1:34:12  | + 3  |
| 31                            | Matt Bayliss   | Birmingham   | 19:45    | 1:34:17  | + 1  |
| 32                            | Aodh O'Neill   | Serpentine   | 19:11    | 1:34:24  | + 6  |
| 33                            | Thomas Cox     | Tonbridge    | 20:52    | 1:34:37  | - 4  |
| 34                            | A Lawrence     | Morpeth H B  | 19:51    | 1:34:50  | 0    |
| 35                            | Colin Palmer   | Notts Ac B   | 19:08    | 1:34:54  | + 8  |
| 36                            | Jonathan White | Coventry G B | 19:32    | 1:34:57  | + 6  |
| 37                            | Martin Roscoe  | Leeds City B | 18:51    | 1:35:04  | + 10 |
| 38                            | Philip Clamp   | Tipton Har B | 19:56    | 1:35:09  | - 1  |
| 39                            | M Ribault      | Thames Val   | 20:50    | 1:35:13  | - 9  |
| 40                            | Daniel Owen    | Cheltenham   | 20:11    | 1:35:16  | - 5  |
| 41                            | P Blackhouse   | Eastcheshi   | 19:54    | 1:35:17  | - 1  |
| 42                            | M Bristow      | Brighton A   | 19:29    | 1:35:37  | + 2  |
| 43                            | Alex O'Gorman  | Trafford A   | 18:11    | 1:35:39  | + 13 |
| 44                            | James Raven    | Cardiff Aa B | 19:41    | 1:35:53  | + 2  |
| 45                            | Cameron Smart  | Windsor Sl   | 20:33    | 1:35:57  | - 4  |
| 46                            | Paul Lester    | Cannock &    | 20:51    | 1:36:01  | - 10 |
| 47                            | Damien Weston  | Sunderland   | 20:48    | 1:36:10  | - 8  |
| 48                            | Liam McNabola  | Luton Athl   | 19:46    | 1:36:11  | 0    |
| 49                            | Kyle Fowler    | Staffs Moo   | 19:00    | 1:36:12  | + 5  |
| 50                            | Ben Akin       | Preston Ha   | 20:24    | 1:36:35  | - 5  |
| 51                            | AMurray        | Horwich Rm   | 19:21    | 1:36:43  | + 4  |
| 52                            | Tony Grant     | Hillingdon   | 19:46    | 1:36:48  | + 1  |
| 53                            | Joseph Vis     | Southport    | 19:43    | 1:37:16  | + 4  |
| 54                            | Derek Guess    | Leicester    | 20:19    | 1:37:20  | - 3  |
| 55                            | Andrew Penney  | Hercules W   | 19:07    | 1:37:27  | + 6  |
| 56                            | Julian Rose    | Holmfirth    | 20:36    | 1:37:38  | - 4  |
| 57                            | Matthew Thomas | Swansea Ha B | 21:02    | 1:37:42  | - 8  |
| 58                            | Peter Harrison | Border Har   | 19:01    | 1:38:13  | + 9  |
| 59                            | John Garmson   | Telford Ac   | 21:37    | 1:38:21  | - 9  |
| 60                            | Philip Bolton  | Rossendale   | 19:38    | 1:38:25  | + 5  |
| 61                            | S Waterhouse   | Blackpool    | 20:40    | 1:38:33  | - 3  |
| 62                            | Kieran Smith   | Royal Sutt   | 20:14    | 1:38:51  | + 1  |
| 63                            | Jamie Fletcher | Derby Ac B   | 20:34    | 1:38:53  | - 3  |
| 64                            | M Shannon      | Cirenceste   | 20:49    | 1:39:13  | - 2  |
| 65                            | David Smith    | Rotherham    | 20:52    | 1:39:38  | - 1  |
| 66                            | David Walters  | Abingdon A   | 21:14    | 1:40:23  | 0    |
| 67                            | Samuel Densham | Charnwood    | 20:25    | 1:40:26  | + 1  |
| 68                            | Gregg Ward     | Westbury H   | 20:34    | 1:40:39  | + 1  |
| 69                            | Sarwar Khan    | Herne Hill   | 20:07    | 1:40:48  | + 1  |
| 70                            | Chris Bolt     | Bracknell    | 19:45    | 1:40:50  | + 3  |
| 71                            | Peter Davis    | Southampto   | 20:18    | 1:41:08  | + 1  |
| 72                            | Lee Richards   | Newport Ha   | 23:07    | 1:41:14  | - 13 |
| 73                            | Steven Cannell | City Of No B | 20:31    | 1:41:16  | - 2  |
| 74                            | Lee Smith      | Gloucester   | 21:03    | 1:42:18  | 0    |
| 75                            | Andrew Allen   | City Of St   | 20:53    | 1:42:41  | 0    |
| 76                            | Andrew Wilson  | Mansfield    | 21:00    | 1:43:19  | + 1  |
| 77                            | Kevin Lanckham | Bromsgrove   | 21:28    | 1:43:59  | + 1  |
| 78                            | Simon Bruton   | Salford Ha B | 19:39    | 1:44:05  | + 3  |
| 79                            | D Kesterton    | Halesowen    | 22:22    | 1:44:26  | - 3  |
| 80                            | Daniel Worley  | Harborough   | 21:24    | 1:45:20  | 0    |
| 81                            | Anthony Clarke | Liverpool B  | 22:33    | 1:46:22  | - 2  |
| 82                            | MartynMcHale   | Redhill Ro   | 22:41    | 1:48:49  | 0    |
| Fastest runners over stage 5: |                |              |          |          |      |
| 1                             | Phil Nicholls  | Tipton Har A | 17:21    |          |      |
| 2                             | Darren Deed    | Bedford An   | 17:39    |          |      |
| 3                             | Andrew Norman  | Altrincham   | 17:42    |          |      |
| 4                             | Kevin Skinner  | Newham And   | 17:49    |          |      |
| 5                             | M Mashford     | Aldershot A  | 17:50    |          |      |
| 6                             | Alex Pilcher   | Derby Ac A   | 17:53    |          |      |
| 7                             | Simon Jones    | Belgrave H   | 18:02    |          |      |
| 8                             | Gareth Raven   | Sale Harri   | 18:02    |          |      |
| 9                             | Alan Buckley   | Leeds City A | 18:08    |          |      |
| 10                            | Amanuel Hagos  | Shettlesto   | 18:11    |          |      |
| 11                            | Alex O'Gorman  | Trafford A   | 18:11    |          |      |

# ERRA national Road Relay Championships

## at Sutton Park, Birmingham on Saturday 16th October 2010

### Senior Men Stage 6 - Final Results

| Pos | Name           | Club         | Leg Time | Cum Time  | Gain |
|-----|----------------|--------------|----------|-----------|------|
| 1   | Matthew Janes  | Bedford An   | 17:42    | 1:45:42 + | 1    |
| 2   | Matt Gillespie | Shettlesto   | 17:52    | 1:46:16 + | 1    |
| 3   | Nigel Stirk    | Tipton Har A | 18:29    | 1:46:19 - | 2    |
| 4   | Paskar Owor    | Belgrave H   | 17:35    | 1:46:24 + | 2    |
| 5   | Paul Rodgers   | Aldershot A  | 17:52    | 1:46:28 - | 1    |
| 6   | Rory Chesser   | Newham And   | 18:02    | 1:46:58 + | 1    |
| 7   | James Reed     | Altrincham   | 18:32    | 1:47:20 - | 2    |
| 8   | Bruce Raeside  | Notts Ac A   | 17:28    | 1:47:47 + | 2    |
| 9   | J Wilkinson    | Leeds City A | 17:12    | 1:47:49 + | 4    |
| 10  | James Thie     | Cardiff Aa A | 18:35    | 1:48:10 - | 1    |
| 11  | Tom Russell    | Bristol &    | 17:57    | 1:48:27 + | 1    |
| 12  | J Wildrienne   | Derby Ac A   | 19:12    | 1:48:37 - | 4    |
| 13  | Nick Samuels   | Sale Harri   | 18:34    | 1:49:03 - | 2    |
| 14  | Toby Spencer   | Coventry G A | 18:16    | 1:49:03   | 0    |
| 15  | N Swinburn     | Morpeth H A  | 18:02    | 1:49:12 + | 1    |
| 16  | M Dumegan      | Swansea Ha A | 18:20    | 1:49:22 - | 1    |
| 17  | Steven Connor  | Aldershot B  | 18:05    | 1:49:25 + | 1    |
| 18  | Biniam Ande    | Birchfield   | 17:32    | 1:49:29 + | 5    |
| 19  | Lewis Millar   | Central Ac   | 18:38    | 1:49:56 - | 2    |
| 20  | Stephen Murphy | Shaftesbur   | 17:49    | 1:50:02 + | 6    |
| 21  | Ryan McKinlay  | Highgate H   | 18:21    | 1:50:07 - | 2    |
| 22  | A Cornwell     | Woodford G   | 18:31    | 1:50:52 + | 5    |
| 23  | Alex Gibbins   | Blackheath   | 19:16    | 1:51:10 - | 2    |
| 24  | Timmy Calder   | Gateshead    | 19:07    | 1:51:16 + | 1    |
| 25  | Ronny Wilson   | Lincoln We   | 19:28    | 1:51:19 - | 5    |
| 26  | Harry Harper   | Liverpool A  | 18:53    | 1:51:29 + | 2    |
| 27  | A Hennessy     | Wells City   | 19:58    | 1:51:54 - | 5    |
| 28  | Martin Cox     | Salford Ha A | 18:48    | 1:53:00 + | 2    |
| 29  | Hugh Torry     | Serpentine   | 18:42    | 1:53:06 + | 3    |
| 30  | Jelle Verwer   | Tipton Har B | 18:18    | 1:53:27 + | 8    |
| 31  | Jordan Ali     | CityOfNo A   | 19:31    | 1:53:41 - | 2    |
| 32  | Samuel Bradley | Tonbridge    | 19:36    | 1:54:13 + | 1    |
| 33  | G Chatterton   | Leeds City B | 19:11    | 1:54:15 + | 4    |
| 34  | Richard White  | Birmingham   | 20:19    | 1:54:36 - | 3    |
| 35  | E Combstock    | Coventry G B | 19:43    | 1:54:40 + | 1    |
| 36  | Ian Salisbury  | Trafford A   | 19:06    | 1:54:45 + | 7    |
| 37  | Andrew Kaighin | Cheltenham   | 19:52    | 1:55:08 + | 3    |
| 38  | Ryan Holroyd   | Staffs Moo   | 18:57    | 1:55:09 + | 11   |
| 39  | David Rigby    | Preston Ha   | 18:49    | 1:55:24 + | 11   |
| 40  | Howard Bristow | Brighton A   | 20:00    | 1:55:37 + | 2    |
| 41  | K Al-Abaidy    | Windsor Sl   | 19:52    | 1:55:49 + | 4    |
| 42  | Gavin Browne   | Eastcheshi   | 20:37    | 1:55:54 - | 1    |
| 43  | Liam White     | Hercules W   | 18:34    | 1:56:01 + | 12   |
| 44  | Craig Pearson  | Cannock &    | 20:03    | 1:56:04 + | 2    |
| 45  | Chris Prothero | Cardiff Aa B | 20:18    | 1:56:11 - | 1    |
| 46  | David Oxland   | Notts Ac B   | 21:20    | 1:56:14 - | 11   |
| 47  | R Shearer      | Southport    | 19:00    | 1:56:16 + | 6    |
| 48  | Stephen Norris | Thames Val   | 21:17    | 1:56:30 - | 9    |
| 49  | James Douglas  | Border Har   | 18:26    | 1:56:39 + | 9    |
| 50  | Tommy Hughes   | Leicester    | 19:31    | 1:56:51 + | 4    |
| 51  | Stuart Baird   | Luton Athl   | 20:47    | 1:56:58 - | 3    |
| 52  | Steven Nolan   | Horwich Rm   | 20:39    | 1:57:22 - | 1    |
| 53  | David Kehoe    | Swansea Ha B | 19:56    | 1:57:38 + | 4    |
| 54  | A Langron      | Holmfirth    | 20:15    | 1:57:53 + | 2    |
| 55  | D Mansbridge   | Telford Ac   | 19:46    | 1:58:07 + | 4    |
| 56  | B Groves       | Morpeth H B  | 23:18    | 1:58:08 - | 22   |
| 57  | Nathan Reed    | Sunderland   | 22:02    | 1:58:12 - | 10   |
| 58  | Ashley Kay     | Rossendale   | 20:07    | 1:58:32 + | 2    |
| 59  | John Wright    | Blackpool    | 20:07    | 1:58:40 + | 2    |
| 60  | David Long     | Royal Sutt   | 20:40    | 1:59:31 + | 2    |
| 61  | Tim Eley       | Herne Hill   | 19:07    | 1:59:55 + | 8    |
| 62  | John Knibb     | Derby Ac B   | 21:09    | 2:00:02 + | 1    |
| 63  | Sam Dalglish   | Westbury H   | 19:30    | 2:00:09 + | 5    |
| 64  | Mark Crofts    | Charnwood    | 19:47    | 2:00:13 + | 3    |
| 65  | Paul Barlow    | Cirenceste   | 21:05    | 2:00:18 - | 1    |
| 66  | Philip Egerton | Abingdon A   | 20:05    | 2:00:28   | 0    |
| 67  | Alex Mouradian | Bracknell    | 20:30    | 2:01:20 + | 3    |
| 68  | Nigel Brookes  | Rotherham    | 22:29    | 2:02:07 - | 3    |
| 69  | Tom Muddiman   | Southampto   | 21:15    | 2:02:23 + | 2    |
| 70  | Micah Rogers   | City Of No B | 22:03    | 2:03:19 + | 3    |
| 71  | John Danahay   | City Of St   | 21:01    | 2:03:42 + | 4    |
| 72  | D Heathcote    | Mansfield    | 20:26    | 2:03:45 + | 4    |
| 73  | Peter Kellie   | Gloucester   | 21:33    | 2:03:51 + | 1    |
| 74  | Sean Fenwick   | Harborough   | 19:05    | 2:04:25 + | 6    |
| 75  | Paul Birkett   | Salford Ha B | 21:05    | 2:05:10 + | 3    |
| 76  | Darryn McAtee  | Newport Ha   | 24:01    | 2:05:15 - | 4    |
| 77  | C Scoltock     | Bromsgrove   | 21:21    | 2:05:20   | 0    |
| 78  | Nick Price     | Halesowen    | 21:16    | 2:05:42 + | 1    |
| 79  | Abdy Wetherill | Redhill Ro   | 20:00    | 2:08:49 + | 3    |
| 80  | Patrick Henley | Liverpool B  | 26:51    | 2:13:13 + | 1    |

#### Fastest runners over stage 6:

|    |                |              |       |
|----|----------------|--------------|-------|
| 1  | J Wilkinson    | Leeds City A | 17:12 |
| 2  | Bruce Raeside  | Notts Ac A   | 17:28 |
| 3  | Biniam Ande    | Birchfield   | 17:32 |
| 4  | Paskar Owor    | Belgrave H   | 17:35 |
| 5  | Matthew Janes  | Bedford An   | 17:42 |
| 6  | Stephen Murphy | Shaftesbur   | 17:49 |
| 7  | Paul Rodgers   | Aldershot A  | 17:52 |
| 8  | Matt Gillespie | Shettlesto   | 17:52 |
| 9  | Tom Russell    | Bristol &    | 17:57 |
| 10 | Rory Chesser   | Newham And   | 18:02 |
| 11 | N Swinburn     | Morpeth H A  | 18:02 |

# ERRA national Road Relay Championships

## at Sutton Park, Birmingham on Saturday 16th October 2010

### Senior Men — Team Results — Final

(nn) is team position after the appropriate stage.

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| <p><b>1 Bedford And County AC</b> 1:45:42</p> <p>1 Owain Matthews (16) 17:45<br/>3 Daniel Dalmedo (6) 18:08<br/>5 Darren Deed (2) 17:39</p> <p><b>2 Shettleston Harriers</b> 1:46:16</p> <p>1 Tsegai Tewelde (1) 17:10<br/>3 T Woldemichael (1) 17:27<br/>5 Amanuel Hagos (3) 18:11</p> <p><b>3 Tipton Harriers</b> 'A' 1:46:19</p> <p>1 Ben Gamble (27) 18:07<br/>3 Ryan McLeod (4) 17:03<br/>5 Phil Nicholls (1) 17:21</p> <p><b>4 Belgrave Harriers</b> 1:46:24</p> <p>1 N Goolab (4) 17:21<br/>3 Stephen Davies (9) 18:01<br/>5 Simon Jones (6) 18:02</p> <p><b>5 Aldershot Farnham &amp; District</b> 'A' 1:46:28</p> <p>1 Mickey Reed (12) 17:39<br/>3 Jonathan Hay (2) 17:17<br/>5 M Mashford (4) 17:50</p> <p><b>6 Newham And Essex Beagles</b> 1:46:58</p> <p>1 D Mitchinson (11) 17:37<br/>3 Steve Hepples (10) 17:55<br/>5 Kevin Skinner (7) 17:49</p> <p><b>7 Altrincham &amp; District AC</b> 1:47:20</p> <p>1 Matthew Barnes (9) 17:29<br/>3 David Norman (14) 17:51<br/>5 Andrew Norman (5) 17:42</p> <p><b>8 Notts AC</b> 'A' 1:47:47</p> <p>1 C Warburton (24) 18:05<br/>3 Tim Hartley (15) 17:59<br/>5 M Whitehouse (10) 18:35</p> <p><b>9 Leeds City AC</b> 'A' 1:47:49</p> <p>1 Ali Mauizbin (40) 18:23<br/>3 Chris Birchall (28) 18:42<br/>5 Alan Buckley (13) 18:08</p> <p><b>10 Cardiff Aac</b> 'A' 1:48:10</p> <p>1 Adam Bitchell (15) 17:41<br/>3 Alex Hains (5) 17:37<br/>5 Kevin Seaward (9) 18:14</p> <p><b>11 Bristol &amp; West AC</b> 1:48:27</p> <p>1 Jon Wills (5) 17:23<br/>3 Martin Palmer (12) 18:08<br/>5 Harry Webb (12) 18:40</p> <p><b>12 Derby AC</b> 'A' 1:48:37</p> <p>1 Jonathan Gilby (3) 17:16<br/>3 Joshua Bull (11) 18:40<br/>5 Alex Pilcher (8) 17:53</p> <p><b>13 Sale Harriers Manchester</b> 1:49:03</p> <p>1 Ed Jackson (36) 18:20<br/>3 Charlie Hulson (18) 18:39<br/>5 Gareth Raven (11) 18:02</p> | <p><b>14 Coventry Godiva Harriers</b> 'A' 1:49:03</p> <p>1 James Griggs (26) 18:06<br/>3 Stephen Emery (17) 18:07<br/>5 Scott Hazell (14) 18:39</p> <p><b>15 Morpeth H&amp;ac</b> 'A' 1:49:12</p> <p>1 Nathan Shrubbs (47) 18:40<br/>3 M Nicholson (30) 18:14<br/>5 Peter Newton (16) 18:22</p> <p><b>16 Swansea Harriers</b> 'A' 1:49:22</p> <p>1 P Matthews (8) 17:24<br/>3 Afan Humphreys (8) 18:19<br/>5 Daniel Gurmin (15) 18:53</p> <p><b>17 Aldershot Farnham &amp; District</b> 'B' 1:49:25</p> <p>1 Adam Clarke (34) 18:18<br/>3 Ian Bailey (24) 18:11<br/>5 Neil Phillips (18) 18:28</p> <p><b>18 Birchfield</b> 1:49:29</p> <p>1 Adam Watt (44) 18:36<br/>3 James Trollope (19) 18:04<br/>5 P Whitehouse (23) 18:40</p> <p><b>19 Central AC</b> 1:49:56</p> <p>1 A Butchart (19) 17:52<br/>3 Robert Russell (22) 18:02<br/>5 A Hendry (17) 18:24</p> <p><b>20 Shaftesbury Barnet</b> 1:50:02</p> <p>1 Thomas Bedford (13) 17:40<br/>3 M Sullivan (29) 19:12<br/>5 James Trapmore (26) 18:42<br/>Murphy (20) 17:49</p> <p><b>21 Highgate Harriers</b> 1:50:07</p> <p>1 David Bruce (28) 18:10<br/>3 Dale Bickham (26) 18:30<br/>5 Glen Saqui (19) 18:17</p> <p><b>22 Woodford Green Ac With Essex L</b> 1:50:52</p> <p>1 Matthew Shone (23) 18:01<br/>3 Hywel Care (23) 18:33<br/>5 Gareth Lloyd (27) 18:55</p> <p><b>23 Blackheath &amp; Bromley Harriers</b> 1:51:10</p> <p>1 Ben Harding (55) 18:56<br/>3 Scott Ovverall (27) 17:05<br/>5 Philip Seseman (21) 18:39</p> <p><b>24 Gateshead Harriers &amp; Athletics</b> 1:51:16</p> <p>1 R Stephenson (30) 18:12<br/>3 Sean Hall (21) 18:35<br/>5 Marc Elliott (25) 19:06</p> <p><b>25 Lincoln Wellington AC</b> 1:51:19</p> <p>1 Tom Doe (20) 17:54<br/>3 Samuel Atkin (16) 18:19<br/>5 Shane Robinson (20) 19:12<br/>Wilson (25) 19:28</p> <p><b>26 Liverpool Harriers &amp; AC</b> 'A' 1:51:29</p> <p>1 Johnny Mellor (6) 17:24<br/>3 John McCole (13) 18:00<br/>5 Richard Blagg (28) 19:19</p> <p>2 Benjamin Jones (23) 17:52<br/>4 Thomas Madden (13) 18:03<br/>6 Toby Spencer (14) 18:16</p> <p>2 J Taylor (39) 18:16<br/>4 Ian Hudspith (19) 17:38<br/>6 N Swinburn (15) 18:02</p> <p>2 Marc Hobbs (3) 17:44<br/>4 R Nicholls (14) 18:42<br/>6 M Dumegan (16) 18:20</p> <p>2 Joshua Grace (37) 18:19<br/>4 Joe Morwood (20) 18:04<br/>6 Steven Connor (17) 18:05</p> <p>2 J Ndayisenga (26) 17:33<br/>4 Ben Sharman (25) 19:04<br/>6 Biniam Ande (18) 17:32</p> <p>2 Sean Reilly (36) 18:43<br/>4 John Newsom (21) 18:17<br/>6 Lewis Millar (19) 18:38</p> <p>2 Glen Watts (18) 18:12<br/>4 O Edwards (28) 18:27<br/>6 Stephen (18) 18:42</p> <p>2 Benjamin Noad (33) 18:18<br/>4 Henry Dodwell (27) 18:31<br/>6 Ryan McKinlay (21) 18:21</p> <p>2 Daniel Agustus (28) 18:14<br/>4 Bertie Powell (26) 18:38<br/>6 A Cornwell (22) 18:31</p> <p>2 James Poole (53) 18:58<br/>4 A Littlewood (23) 18:16<br/>6 Alex Gibbins (23) 19:16</p> <p>2 Ross Murray (17) 17:40<br/>4 A Carmichael (22) 18:36<br/>6 Timmy Calder (24) 19:07</p> <p>2 Ian Kimpton (14) 17:49<br/>4 Tom Straw (18) 18:37<br/>6 Ronny (18) 18:37</p> <p>2 Adam Peers (15) 18:20<br/>4 James Russell (24) 19:33<br/>6 Harry Harper (26) 18:53</p> |
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# ERRA national Road Relay Championships

at Sutton Park, Birmingham on Saturday 16th October 2010

|                                   |                             |             |                              |                             |             |
|-----------------------------------|-----------------------------|-------------|------------------------------|-----------------------------|-------------|
| 27 Wells City Harriers            |                             | 1:51:54     | 41 Eastcheshire Harriers     |                             | 1:55:54     |
| 1 Ben Tickner (7) 17:24           | 2 Jon James (21) 18:33      |             | 1 S Horsefield (18) 17:51    | 2 Chris Kays (34) 18:39     |             |
| 3 F Tickner (7) 17:23             | 4 Eliot Haimes (15) 19:03   |             | 3 Gavin Hill (33) 18:53      | 4 James Shaw (40) 20:00     |             |
| 5 Peter Grist (22) 19:33          | 6 A Hennessy (27) 19:58     |             | 5 P Blackhouse (41) 19:54    | 6 Gavin Browne (42) 20:37   |             |
| 28 Salford Harriers & AC          |                             | 'A' 1:53:00 | 42 Hercules Wimbledon AC     |                             | 1:56:01     |
| 1 Joseph Bailey (22) 17:59        | 2 Robert Hughes (40) 19:08  |             | 1 Justin Kelly (68) 19:25    | 2 Przedzimirski (66) 19:28  |             |
| 3 B Riddell (38) 18:34            | 4 Paul Savage (33) 19:09    |             | 3 Alex Robinson (64) 19:37   | 4 Rory McMahon (61) 19:50   |             |
| 5 P Leybourne (30) 19:22          | 6 Martin Cox (28) 18:48     |             | 5 Andrew Penney (55) 19:07   | 6 Liam White (43) 18:34     |             |
| 29 Serpentine                     |                             | 1:53:06     | 43 Cannock & Stafford AC     |                             | 1:56:04     |
| 1 R Phillips (50) 18:42           | 2 Nick Torry (35) 17:48     |             | 1 C Perrin (66) 19:23        | 2 T Humphries (32) 17:04    |             |
| 3 Martin Gaunt (40) 19:19         | 4 Tiago Branco (38) 19:24   |             | 3 James Houghton (35) 18:58  | 4 James (46) 20:51          |             |
| 5 Aodh O'Neill (32) 19:11         | 6 Hugh Torry (29) 18:42     |             | Perrin (36) 19:45            | 5 Paul Lester (46) 20:51    |             |
| 30 Tipton Harriers                |                             | 'B' 1:53:27 | 44 Cardiff Aac               |                             | 'B' 1:56:11 |
| 1 Tom Holden (48) 18:41           | 2 Daniel Beier (43) 18:31   |             | 1 James Mills (41) 18:25     | 2 Nathaniel Lane (31) 18:01 |             |
| 3 Ian Rawlinson (34) 18:12        | 4 S Abrahams (37) 19:49     |             | 3 M Kershaw (41) 19:30       | 4 G Wiltshire (46) 20:16    |             |
| 5 Philip Clamp (38) 19:56         | 6 Jelle Verwer (30) 18:18   |             | 5 James Raven (44) 19:41     | 6 Chris Prothero (45) 20:18 |             |
| 31 Tonbridge AC                   |                             | 1:54:13     | 45 Notts AC                  |                             | 'B' 1:56:14 |
| 1 Andrew Combs (10) 17:34         | 2 Steven Fennell (9) 17:58  |             | 1 Sam Mitchell (33) 18:17    | 2 Simon Burton (55) 19:44   |             |
| 3 Daniel Bradley (20) 18:41       | 4 James Taylor (29) 19:32   |             | 3 Tom Crowley (48) 19:01     | 4 Blayne Pick (43) 18:44    |             |
| 5 Thomas Cox (33) 20:52           | 6 Samuel Bradley (32) 19:36 |             | 5 Colin Palmer (35) 19:08    | 6 David Oxland (46) 21:20   |             |
| 32 Leeds City AC                  |                             | 'B' 1:54:15 | 46 Southport Waterloo AC     |                             | 1:56:16     |
| 1 Michael Salter (42) 18:25       | 2 Dale Worton (58) 19:49    |             | 1 James Tarrt (51) 18:43     | 2 Patrick Vis (51) 19:07    |             |
| 3 G Belcher (54) 19:15            | 4 Elliot Cole (47) 18:44    |             | 3 Michael Evans (52) 19:37   | 4 David Hamilton (57) 20:06 |             |
| 5 Martin Roscoe (37) 18:51        | 6 G Chatterton (33) 19:11   |             | 5 Joseph Vis (53) 19:43      | 6 R Shearer (47) 19:00      |             |
| 33 Birmingham Running Athletic An |                             | 1:54:36     | 47 Thames Valley Harriers    |                             | 1:56:30     |
| 1 Jack Gray (39) 18:22            | 2 Paul Thompson (27) 17:51  |             | 1 Paul Whitelam (46) 18:38   | 2 Nazwari Dawit (45) 18:40  |             |
| 3 Martin Matthews (25) 18:41      | 4 Edward Banks (32) 19:38   |             | 3 Mohamud Aadan (39) 18:30   | 4 James (39) 20:50          |             |
| 5 Matt Bayliss (31) 19:45         | 6 Richard White (34) 20:19  |             | Sumpter (30) 18:35           | 5 M Ribault (39) 20:50      |             |
| 34 Coventry Godiva Harriers       |                             | 'B' 1:54:40 | 48 Border Harriers           |                             | 1:56:39     |
| 1 Alistair Smith (54) 18:49       | 2 Richard Taylor (42) 18:22 |             | 1 Jon Fletcher (31) 18:12    | 2 Matthew Grieve (50) 19:34 |             |
| 3 Nigel Marley (47) 19:35         | 4 Chris Bannon (42) 18:39   |             | 3 W Nicholson (62) 20:21     | 4 Nick Hindle (67) 21:05    |             |
| 5 Jonathan White (36) 19:32       | 6 E Combstock (35) 19:43    |             | 5 Peter Harrison (58) 19:01  | 6 James Douglas (49) 18:26  |             |
| 35 Trafford AC                    |                             | 1:54:45     | 49 Leicester Coritanian A.C. |                             | 1:56:51     |
| 1 G Tomlinson (60) 19:12          | 2 Thomas Charles (61) 19:16 |             | 1 Gordon Lee (21) 17:58      | 2 Ashley Sabin (48) 19:35   |             |
| 3 Gary Bristow (55) 19:17         | 4 Jeff Prest (56) 19:43     |             | 3 Rob Sheen (57) 20:17       | 4 Simon Cotton (51) 19:11   |             |
| 5 Alex O'Gorman (43) 18:11        | 6 Ian Salisbury (36) 19:06  |             | 5 Derek Guess (54) 20:19     | 6 Tommy Hughes (50) 19:31   |             |
| 36 Cheltenham Harriers            |                             | 1:55:08     | 50 Luton Athletic Club       |                             | 1:56:58     |
| 1 James Brewer (25) 18:06         | 2 Dave Roper (24) 17:53     |             | 1 John McDonnell (14) 17:41  | 2 D Woodgate (16) 18:04     |             |
| 3 Jeremy Bradley (31) 19:17       | 4 R Forsbrook (35) 19:49    |             | 3 Stuart Still (46) 20:56    | 4 Sean Still (48) 19:44     |             |
| 5 Daniel Owen (40) 20:11          | 6 Andrew Kaighin (37) 19:52 |             | 5 Liam McNabola (48) 19:46   | 6 Stuart Baird (51) 20:47   |             |
| 37 Staffs Moorlands AC            |                             | 1:55:09     | 51 Horwich Rmi Harriers      |                             | 1:57:22     |
| 1 A Derricott (38) 18:22          | 2 Vincent Martin (59) 20:04 |             | 1 Gareth Booth (73) 19:38    | 2 James Kevan (65) 19:14    |             |
| 3 Marc Hartley (51) 19:01         | 4 Sam Lucking (54) 19:45    |             | 3 Gary Priestley (56) 18:56  | 4 N Pendlebury (55) 19:34   |             |
| 5 Kyle Fowler (49) 19:00          | 6 Ryan Holroyd (38) 18:57   |             | 5 A Murray (51) 19:21        | 6 Steven Nolan (52) 20:39   |             |
| 38 Preston Harriers               |                             | 1:55:24     | 52 Swansea Harriers          |                             | 'B' 1:57:38 |
| 1 Peter Street (43) 18:34         | 2 Nathan Bibby (44) 18:39   |             | 1 Matt Evans (52) 18:45      | 2 Lewys Hobbs (54) 19:13    |             |
| 3 M Davison (45) 19:15            | 4 M Livingstone (45) 19:43  |             | 3 C Davies (50) 19:27        | 4 Sam Walsh (49) 19:15      |             |
| 5 Ben Akin (50) 20:24             | 6 David Rigby (39) 18:49    |             | 5 Matthew Thomas (57) 21:02  | 6 David Kehoe (53) 19:56    |             |
| 39 Brighton And Hove City AC      |                             | 1:55:37     | 53 Holmfirth Harriers        |                             | 1:57:53     |
| 1 James McCarthy (49) 18:42       | 2 C Thomson (47) 18:39      |             | 1 David Watson (63) 19:16    | 2 M Buckingham (46) 18:04   |             |
| 3 J Tomlinson (44) 19:03          | 4 William Gray (44) 19:44   |             | 3 Richard Smith (53) 20:08   | 4 R Anderson (52) 19:34     |             |
| 5 M Bristow (42) 19:29            | 6 Howard Bristow (40) 20:00 |             | 5 Julian Rose (56) 20:36     | 6 A Langron (54) 20:15      |             |
| 40 Windsor Slough Eton & Hounslow |                             | 1:55:49     | 54 Telford AC                |                             | 1:58:07     |
| 1 B Whitby (2) 17:13              | 2 A Tovey (19) 18:40        |             | 1 Paul Ward (29) 18:11       | 2 Craig Walker (30) 18:07   |             |
| 3 Simon Millett (36) 19:40        | 4 Petru Snaipar (41) 19:51  |             | 3 Dan Young (43) 20:04       | 4 Martin Turnock (50) 20:22 |             |
| 5 Cameron Smart (45) 20:33        | 6 KAI-Abaidy (41) 19:52     |             | 5 John Garmson (59) 21:37    | 6 D Mansbridge (55) 19:46   |             |



# ERRA national Road Relay Championships

## at Sutton Park, Birmingham on Saturday 16th October 2010

|                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                   |
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| <p>55 Morpeth H &amp; A C 'B' 1:58:08</p> <p>1 Ian Harding (35) 18:19    2 Michael Dawson (38) 18:29</p> <p>3 Neil Wilkinson (37) 18:46    4 D Swinburne (34) 19:25</p> <p>5 A Lawrence (34) 19:51    6 B Groves (56) 23:18</p>             | <p>69 City Of Norwich A C 'B' 2:03:19</p> <p>1 Damian Rogers (79) 20:38    2 J Entwistle (78) 20:14</p> <p>3 James Jackson (74) 19:54    4 Thomas Francis (71) 19:59</p> <p>5 Steven Cannell (73) 20:31    6 Micah Rogers (70) 22:03</p>                                          |
| <p>56 Sunderland Harriers 1:58:12</p> <p>1 Mark Hood (32) 18:12    2 Patrick Martin (13) 17:29</p> <p>3 Matthew Foggin (32) 19:40    4 Steven Duffy (39) 20:01</p> <p>5 Damien Weston (47) 20:48    6 Nathan Reed (57) 22:02</p>            | <p>70 City Of Stoke A C 2:03:42</p> <p>1 Thomas Gayle (76) 19:58    2 David Lee (79) 21:04</p> <p>3 L Hendricken (79) 20:39    4 M Harding (75) 20:07</p> <p>5 Andrew Allen (75) 20:53    6 John Danahay (71) 21:01</p>                                                           |
| <p>57 Rossendale Harriers 1:58:32</p> <p>1 Joseph Kelly (71) 19:36    2 J Johnston (67) 19:25</p> <p>3 C Fell (66) 19:46    4 Sam Tosh (65) 20:00</p> <p>5 Philip Bolton (60) 19:38    6 Ashley Kay (58) 20:07</p>                          | <p>71 Mansfield Harriers &amp; A.C. 2:03:45</p> <p>1 Douglas Ross (83) 21:43    2 James Mee (76) 18:59</p> <p>3 Andrew Norton (76) 20:30    4 John Lowe (77) 21:07</p> <p>5 Andrew Wilson (76) 21:00    6 D Heathcote (72) 20:26</p>                                              |
| <p>58 Blackpool Wyre &amp; Fylde A C 1:58:40</p> <p>1 S Robinson (37) 18:21    2 Luke Minns (41) 18:49</p> <p>3 Jack Scarr (49) 19:58    4 Luke Berry (58) 20:45</p> <p>5 S Waterhouse (61) 20:40    6 John Wright (59) 20:07</p>           | <p>72 Gloucester A C 2:03:51</p> <p>1 Andrew Renfree (64) 19:20    2 R De-Camps (68) 19:46</p> <p>3 D Gresswell (71) 21:12    4 Simon Fortnam (74) 20:57</p> <p>5 Lee Smith (74) 21:03    6 Peter Kellie (73) 21:33</p>                                                           |
| <p>59 Royal Sutton Coldfield A C 1:59:31</p> <p>1 Nick Corker (59) 19:08    2 O Harradence (63) 19:34</p> <p>3 Steve Marklew (65) 19:55    4 Paul Terleski (63) 20:00</p> <p>5 Kieran Smith (62) 20:14    6 David Long (60) 20:40</p>       | <p>73 Harborough A C 2:04:25</p> <p>1 A Robinson (61) 19:13    2 William Clapp (74) 21:05</p> <p>3 Adam Brooks (80) 21:47    4 Matthew Driver (80) 21:51</p> <p>5 Daniel Worley (80) 21:24    6 Sean Fenwick (74) 19:05</p>                                                       |
| <p>60 Herne Hill Harriers 1:59:55</p> <p>1 Simon Coombes (72) 19:38    2 Roger (78) 19:16</p> <p>Alsop (82) 22:23    3 J Henderson (78) 19:16</p> <p>4 Ben Paviour (70) 19:24    5 Sarwar Khan (69) 20:07</p> <p>6 Tim Elsey (61) 19:07</p> | <p>74 Salford Harriers &amp; A C 'B' 2:05:10</p> <p>1 David Hudson (81) 20:44    2 Philip West (80) 20:30</p> <p>3 Sean Cordell (83) 23:00    4 Jan Pichl (81) 20:12</p> <p>5 Simon Bruton (78) 19:39    6 Paul Birkett (75) 21:05</p>                                            |
| <p>61 Derby A C 'B' 2:00:02</p> <p>1 P Mitchell (45) 18:37    2 Niall Maguire (57) 19:36</p> <p>3 T Lawrence (59) 19:44    4 David Connor (60) 20:22</p> <p>5 Jamie Fletcher (63) 20:34    6 John Knibb (62) 21:09</p>                      | <p>75 Newport Harriers 2:05:15</p> <p>1 Emrys Penny (62) 19:14    2 J Morgan (60) 19:13</p> <p>3 Abdi Tulu (61) 19:40    4 C Carpanini (59) 20:00</p> <p>5 Lee Richards (72) 23:07    6 Daryn McAtee (76) 24:01</p>                                                               |
| <p>62 Westbury Harriers 2:00:09</p> <p>1 Matt Ellis (58) 19:02    2 R Collinson (69) 20:07</p> <p>3 Dan Studley (72) 21:13    4 John Collier (69) 19:43</p> <p>5 Gregg Ward (68) 20:34    6 Sam Dalgleish (63) 19:30</p>                    | <p>76 Bromsgrove &amp; Redditch 2:05:20</p> <p>1 Sean Bowden (77) 20:04    2 Gavin Moorhead (81) 21:52</p> <p>3 Jon Hill (81) 20:27    4 James Hood (78) 20:08</p> <p>5 Kevin Lanckham (77) 21:28    6 C Scoltock (77) 21:21</p>                                                  |
| <p>63 Charnwood 2:00:13</p> <p>1 Mark Couldwell (57) 18:58    2 George Buttery (64) 19:47</p> <p>3 Tom Whitmore (68) 20:36    4 Ben Lacey (68) 20:40</p> <p>5 Samuel Densham (67) 20:25    6 (67) 20:25</p> <p>Mark Crofts (64) 19:47</p>   | <p>77 Halesowen A &amp; C C 2:05:42</p> <p>1 Bill Nock (82) 20:51    2 Mark Turner (77) 19:59</p> <p>3 N Hazelwood (75) 20:18    4 Andrew Butler (76) 20:56</p> <p>5 D Kesterton (79) 22:22    6 Nick Price (78) 21:16</p>                                                        |
| <p>64 Cirencester 2:00:18</p> <p>1 Chris Illman (56) 18:58    2 S Richardson (62) 19:40</p> <p>3 A Williams (63) 19:41    4 Bill Leggate (62) 20:05</p> <p>5 M Shannon (64) 20:49    6 Paul Barlow (65) 21:05</p>                           | <p>78 Redhill Road Runners 2:08:49</p> <p>1 M Stratford (80) 20:41    2 Mark Davis (83) 21:30</p> <p>3 Nigel Cobb (82) 21:17    4 Gary McMahan (82) 22:40</p> <p>5 Martyn McHale (82) 22:41    6 Abdy Wetherill (79) 20:00</p>                                                    |
| <p>65 Abingdon Amblers A C 2:00:28</p> <p>1 Oz Ellis (70) 19:32    2 D Hamilton (70) 20:03</p> <p>3 Simon Fisher (67) 19:36    4 Les Newell (66) 19:58</p> <p>5 David Walters (66) 21:14    6 Philip Egerton (66) 20:05</p>                 | <p>79 Liverpool Harriers &amp; A C 'B' 2:13:13</p> <p>1 Ian Lawton (65) 19:21    2 N Vengdasalam (73) 20:31</p> <p>3 Rob Dewhurst (70) 20:24    4 F Groves (79) 23:33</p> <p>5 Anthony Clarke (81) 22:33    6 Patrick Henley (80) 26:51</p>                                       |
| <p>66 Bracknell A C 2:01:20</p> <p>1 Mitchell White (69) 19:27    2 Jamie Ashton (56) 18:44</p> <p>3 C Hazlerigg (69) 21:25    4 Edward Cook (73) 21:29</p> <p>5 Chris Bolt (70) 19:45    6 Alex Mouradian (67) 20:30</p>                   | <p>Non-Counters -</p> <p style="text-align: center;">City Of Norwich A C 'A' 1:53:41</p> <p>1 Carl Goose (78) 20:08    2 Ashley Harrell (49) 17:36</p> <p>3 S Huntington (42) 18:28    4 Tommy Carroll (31) 18:17</p> <p>5 James Senior (29) 19:41    6 Jordan Ali (31) 19:31</p> |
| <p>67 Rotherham H &amp; A C 2:02:07</p> <p>1 Chris Adams (75) 19:53    2 Rhian Hasteley (72) 19:49</p> <p>3 Philip Hoole (60) 18:15    4 J Maxfield (64) 20:49</p> <p>5 David Smith (65) 20:52    6 Nigel Brookes (68) 22:29</p>            | <p>Incomplete Teams:</p> <p style="text-align: center;">Kent A C</p> <p>1 Jermaine Mays (17) 17:50    2 Paul Pollock (10) 17:45</p> <p>3 Gary Thornton (3) 17:16    4 Mark Bruce (12) 19:03</p> <p>5 Andrew Moreton (24) 20:08</p>                                                |
| <p>68 Southampton Athletic Club 2:02:23</p> <p>1 A Wall-Clarke (67) 19:24    2 Russell North (71) 20:17</p> <p>3 Russell Osborn (73) 20:58    4 Matt Hibberd (72) 20:11</p> <p>5 Peter Davis (71) 20:18    6 Tom Muddiman (69) 21:15</p>    |                                                                                                                                                                                                                                                                                   |

# ERRA national Road Relay Championships at Sutton Park, Birmingham on Saturday 16th October 2010

## HillingdonAC

|                 |            |              |            |
|-----------------|------------|--------------|------------|
| 1 M Glowacki    | (53) 18:46 | 2 R Thompson | (52) 19:06 |
| 3 Shane Coombes | (58) 20:00 | 4 Andrew     |            |
| Symonds         | (53) 19:10 | 5 Tony Grant | (52) 19:46 |

## Barrow & Furness Striders AC

|                |            |               |            |
|----------------|------------|---------------|------------|
| 1 Philip Waite | (74) 19:44 | 2 Dean Miller | (75) 20:48 |
| 3 J Benson     | (77) 20:43 |               |            |

## Fastest of all legs — Final

|                  |            |   |       |
|------------------|------------|---|-------|
| 1 Ryan McLeod    | Tipton Har | A | 17:03 |
| 2 Mark Draper    | Bedford An |   | 17:04 |
| = T Humphries    | Cannock &  |   | 17:04 |
| 4 Scott Ovverall | Blackheath |   | 17:05 |
| 5 Anthony Ford   | Sale Harri |   | 17:08 |
| 6 Tsegai Tewelde | Shettlesto |   | 17:10 |
| 7 J Wilkinson    | Leeds City | A | 17:12 |
| 8 B Whitby       | Windsor Sl |   | 17:13 |
| 9 Jonathan Gilby | Derby Ac   | A | 17:16 |
| = Gary Thornton  | Kent Ac    |   | 17:16 |