

British Masters Cross Country Relays

at Long Eaton, Derbyshire on Saturday 19th November 2016

Race 2 - M55 Stage 1 — Final Results

Pos	Name	Club	Leg Time			
1	Simon Calrow	Wolverha55	11:14	8	Alan Maplethorpe	LongEato55 12:13
2	Stanley Owen	SalfordH55 A	11:20	9	Andrew Lee	Hastings55 12:28
3	Frank Hurley	Cambusla55	11:35	10	Les Morton	Sheffiel55 12:29
4	Mark Scrutton	BristolA55	11:43	11	Melfin Davies	Barnet&D55 12:31
5	Stephen Smythe	DulwichR55	11:48	12	James Thorneycroft	MatlockA55 12:37
6	Terry Eastwood	Rotherha55	11:49	13	Jerry Smith	SaleHarr55 13:12
7	Alun Evans	Woodford55	11:55	14	Peter Banks	Coventry55 13:47

Race 2 - M55 Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	
1	Derek Crewe	SalfordH55 A	11:11	22:31	+ 1	Fastest runners over stage 2:
2	Paul Thompson	Cambusla55	11:13	22:48	+ 1	1 Derek Crewe SalfordH55 A 11:11
3	Kevin Koren	Wolverha55	12:04	23:18	- 2	2 Paul Thompson Cambusla55 11:13
4	David Gapper	BristolA55	11:46	23:29	0	3 David Gapper BristolA55 11:46
5	Richard Holland	Woodford55	12:30	24:25	+ 2	4 Kevin Koren Wolverha55 12:04
6	Mike Quinn	Sheffiel55	12:05	24:34	+ 4	5 Mike Quinn Sheffiel55 12:05
7	Mike Mann	DulwichR55	12:59	24:47	- 2	6 Richard Holland Woodford55 12:30
8	Jonathan Kilsby	Barnet&D55	12:36	25:07	+ 3	7 Frank Cordingley SaleHarr55 12:33
9	David Nuttall	Rotherha55	13:24	25:13	- 3	8 Jonathan Kilsby Barnet&D55 12:36
10	Nick Webb	Hastings55	12:47	25:15	- 1	9 Nick Webb Hastings55 12:47
11	David Riley	LongEato55	13:13	25:26	- 3	10 Mike Mann DulwichR55 12:59
12	Frank Cordingley	SaleHarr55	12:33	25:45	+ 1	

Race 2 - M55 Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	
1	Dave Thom	Cambusla55	11:10	33:58	+ 1	Fastest runners over stage 3:
2	Phillip Quibell	SalfordH55 A	11:56	34:27	- 1	1 Dave Thom Cambusla55 11:10
3	Peter Mountain	BristolA55	12:16	35:45	+ 1	2 David Cox Woodford55 11:22
4	David Cox	Woodford55	11:22	35:47	+ 1	3 Jed Turner Sheffiel55 11:24
5	Lionel Spittle	Wolverha55	12:30	35:48	- 2	4 Phillip Quibell SalfordH55 A 11:56
6	Jed Turner	Sheffiel55	11:24	35:58	0	5 Peter Mountain BristolA55 12:16
7	Yitzhak Benaroya	Barnet&D55	12:21	37:28	+ 1	6 Yitzhak Benaroya Barnet&D55 12:21
8	Richard Wilkinson	LongEato55	12:36	38:02	+ 3	7 Lionel Spittle Wolverha55 12:30
9	Paul Clemmens	Rotherha55	13:10	38:23	0	8 Richard Wilkinson LongEato55 12:36
10	Graham Laylee	DulwichR55	13:48	38:35	- 3	9 Bruce Green SaleHarr55 13:09
11	David Bratby	Hastings55	13:30	38:45	- 1	10 Paul Clemmens Rotherha55 13:10
12	Bruce Green	SaleHarr55	13:09	38:54	0	

Race 2 - M55 Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	
12	Ken Hughes	Hastings55	15:48	54:33	- 1	Fastest runners over stage 4:
1	Colin Donnelly	Cambusla55	10:26	44:24	0	1 Colin Donnelly Cambusla55 10:26
2	Tony Pamphilon	Woodford55	11:00	46:47	+ 2	2 Chris Ireland Sheffiel55 10:58
3	Chris Ireland	Sheffiel55	10:58	46:56	+ 3	3 Tony Pamphilon Woodford55 11:00
4	Jeremy Hogan	BristolA55	11:28	47:13	- 1	4 Jeremy Hogan BristolA55 11:28
5	Russell Derbyshire	SalfordH55 A	13:22	47:49	- 3	5 Robert Fox LongEato55 11:40
6	Duncan Davies	Wolverha55	12:10	47:58	- 1	6 Duncan Davies Wolverha55 12:10
7	Robert Fox	LongEato55	11:40	49:42	+ 1	7 Nick Peach SaleHarr55 12:25
8	David Wilcock	Barnet&D55	12:42	50:10	- 1	8 Peter Neal Rotherha55 12:36
9	Peter Neal	Rotherha55	12:36	50:59	0	9 David Wilcock Barnet&D55 12:42
10	Nick Peach	SaleHarr55	12:25	51:19	+ 2	10 Russell Derbyshire SalfordH55 A 13:22
11	Andrew Murray	DulwichR55	13:30	52:05	- 1	

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M55 — Team Results — Final

(nn) is team position after the appropriate stage.

1 Cambuslang Harriers M55				44:24	9 Rotherham Harriers & Ac M55				50:59							
1	Frank Hurley	(3)	11:35	2	Paul Thompson	(2)	11:13	1	Terry Eastwood	(6)	11:49	2	David Nuttall	(9)	13:24	
3	Dave Thom	(1)	11:10	4	Colin Donnelly	(1)	10:26	3	Paul Clemmens	(9)	13:10	4	Peter Neal	(9)	12:36	
2 Woodford Green Ac M55				46:47	10 Sale Harriers Manchester M55				51:19							
1	Alun Evans	(7)	11:55	2	Richard Holland	(5)	12:30	1	Jerry Smith	(13)	13:12	2	Frank Cordingley	(12)	12:33	
3	David Cox	(4)	11:22	4	Tony Pamphilon	(2)	11:00	3	Bruce Green	(12)	13:09	4	Nick Peach	(10)	12:25	
3 Sheffield Rc M55				46:56	11 Dulwich Runners Ac M55				52:05							
1	Les Morton	(10)	12:29	2	Mike Quinn	(6)	12:05	1	Stephen Smythe	(5)	11:48	2	Mike Mann	(7)	12:59	
3	Jed Turner	(6)	11:24	4	Chris Ireland	(3)	10:58	3	Graham Laylee	(10)	13:48	4	Andrew Murray	(11)	13:30	
4 Bristol And West Ac M55				47:13	12 Hastings Runners M55				54:33							
1	Mark Scrutton	(4)	11:43	2	David Gapper	(4)	11:46	1	Andrew Lee	(9)	12:28	2	Nick Webb	(10)	12:47	
3	Peter Mountain	(3)	12:16	4	Jeremy Hogan	(4)	11:28	3	David Bratby	(11)	13:30	4	Ken Hughes	(12)	15:48	
5 Salford Harriers & Ac M55				‘A’ 47:49	Incomplete Teams:											
1	Stanley Owen	(2)	11:20	2	Derek Crewe	(1)	11:11	Matlock Athletic Club M55								
3	Phillip Quibell	(2)	11:56	4	Russell Derbyshire	(5)	13:22	1	James Thomeycroft	(12)	12:37	Coventry Godiva Harriers M55				
6 Wolverhampton & Bilston M55				47:58	1 Peter Banks (14) 13:47											
7 Long Eaton Running Club M55				49:42	Fastest of all legs											
1	Alan Maplethorpe	(8)	12:13	2	David Riley	(11)	13:13	1	Colin Donnelly	Cambusla55	10:26					
3	Richard Wilkinson	(8)	12:36	4	Robert Fox	(7)	11:40	2	Chris Ireland	Sheffiel55	10:58					
8 Barnet & District Ac M55				50:10					3	Tony Pamphilon	Woodford55	11:00				
1	Melfin Davies	(11)	12:31	2	Jonathan Kilsby	(8)	12:36	4	Dave Thom	Cambusla55	11:10					
3	Yitzhak Benaroya	(7)	12:21	4	David Wilcock	(8)	12:42	5	Derek Crewe	SalfordH55	A 11:11					
									6	Paul Thompson	Cambusla55	11:13				
									7	Simon Calrow	Wolverha55	11:14				
									8	Stanley Owen	SalfordH55	A 11:20				
									9	David Cox	Woodford55	11:22				
									10	Jed Turner	Sheffiel55	11:24				