

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

Senior Relay - Mens 6 Stage Stage 1 — Final Results

| Pos | Name | Club | Leg | Time |
|-----|--------------------|------------|-----|-------|
| 1 | Sam Stevens | LeicesterC | A | 17:59 |
| 2 | Ryan Holroyd | CityOfStok | | 18:09 |
| 3 | Isaac Akers | CorbyAc | A | 18:15 |
| 4 | Oliver Mott | Cheltenham | A | 18:29 |
| 5 | Jacob Allen | Rugby&Nort | A | 18:37 |
| 6 | William Christofi | BristolAnd | A | 18:43 |
| 7 | Mathew Missen | Birchfield | A | 18:44 |
| 8 | James Griggs | CoventryGo | A | 18:46 |
| 9 | Peter Freedman | MasseyFerg | A | 18:50 |
| 10 | Daniel Robinson | Birmingham | A | 18:55 |
| 11 | Eddie Highton | OwlsAcLeic | | 18:55 |
| 12 | Williams Ian | TiptonHarr | A | 19:04 |
| 13 | Stuart King | HeanorRunn | A | 19:08 |
| 14 | Paul Ward | TelfordAc | A | 19:14 |
| 15 | Robert Stewart | BristolAnd | B | 19:19 |
| 16 | Orlando Corea | Birchfield | B | 19:23 |
| 17 | Zachary Nolan | CoventryGo | B | 19:28 |
| 18 | Ben Hawkins | TauntonAc | A | 19:29 |
| 19 | Harry Halford | Wolverhamp | A | 19:37 |
| 20 | Stuart Male | Birmingham | B | 19:39 |
| 21 | Matthew Driver | Harborough | A | 19:42 |
| 22 | Lewis Ashmore | MansfieldH | | 19:44 |
| 23 | Shaun Barnsley | TiptonHarr | B | 19:44 |
| 24 | James Hickinbottom | Shrewsbury | A | 19:45 |
| 25 | Michael Trott | HermitageH | A | 19:46 |
| 26 | George Burnett | CharnwoodA | | 19:47 |
| 27 | Luke Boulton | TrenthamRc | | 19:48 |
| 28 | Daniel Stock | WorcesterA | A | 19:51 |
| 29 | Paddy Clark | NottsAc | A | 19:56 |
| 30 | Philip Gould | Leamington | A | 20:00 |
| 31 | Stephen Page | Kenilworth | A | 20:06 |
| 32 | Marc Fallows | Cheltenham | B | 20:09 |
| 33 | Chris Southam | LeicesterC | B | 20:13 |
| 34 | Richard Shephard | StratfordU | A | 20:19 |
| 35 | Ryan Ashforth | Cannock&St | | 20:27 |
| 36 | David Nation | DudleyAndS | A | 20:28 |
| 37 | Adam Wilson | WestburyHa | | 20:36 |
| 38 | Sebastien Goodall | CorbyAc | B | 20:37 |
| 39 | Martin Cleaver | Birmingham | C | 20:41 |
| 40 | David Warnes | NorthSomer | | 20:46 |
| 41 | John Merrett | Cheltenham | C | 20:50 |
| 42 | Luke Wigman | SuttonInAs | | 20:52 |
| 43 | Finn Miskinyoung | WreakeAndS | | 20:56 |
| 44 | Thomas Chew | RoyalSutto | | 21:00 |
| 45 | Roger Mallard | HalesowenA | A | 21:02 |
| 46 | Edward Cannell | KetteringT | | 21:06 |
| 47 | Tim Price | Knowle&Dor | | 21:09 |
| 48 | Sean Bowden | Bromsgrove | A | 21:10 |
| 49 | Dean Taylor | RipleyRunn | | 21:13 |
| 50 | Robert Jones | WorcesterA | B | 21:18 |
| 51 | Michael Smith | AldridgeRc | A | 21:30 |
| 52 | S Williamsduncan | HolmePierr | | 21:33 |
| 53 | Matthew Pollard | Bournville | A | 21:36 |
| 54 | Jack Morley | Bromsgrove | B | 21:40 |
| 55 | James Walters | Gloucester | A | 21:50 |
| 56 | David Norman | DudleyKing | A | 21:53 |
| 57 | Jordan King | Leamington | B | 22:06 |
| 58 | Sam Godwin | NottsAc | C | 22:07 |
| 59 | Robert Lisney | Shrewsbury | B | 22:11 |
| 60 | Ian Satterthwaite | CenturionR | A | 22:12 |
| 61 | Paul O'brien | TelfordHar | A | 22:15 |
| 62 | Neil Sheward | Kenilworth | B | 22:16 |
| 63 | Darren Wilson | HermitageH | B | 22:20 |
| 64 | Lee Groenewegen | Cheltenham | D | 22:23 |
| 65 | John Garmson | TelfordAc | B | 22:25 |
| 66 | James Wood | StaffsMoor | A | 22:33 |
| 67 | Adam Cole | Solihull&S | | 22:36 |
| 68 | Richard Rea | StaffordHa | A | 22:38 |
| 69 | Scott Williams | KingsHeath | | 22:39 |
| 70 | Anthony Jones | StaffsMoor | B | 22:41 |
| 71 | Chris Jordan | BelperHarr | | 22:46 |
| 72 | Lee D'arcy | HeanorRunn | B | 22:48 |
| 73 | Peter Dimpleby | Birchfield | D | 22:55 |
| 74 | Michael Gough | SphinxAc | A | 22:55 |
| 75 | Steven Turvey | Northbrook | A | 22:58 |
| 76 | Terry Moynihan | Northbrook | B | 23:02 |
| 77 | Steven Haines | Gloucester | B | 23:02 |
| 78 | Carson Tweedie | CobraRunni | | 23:03 |
| 79 | Nick Stringer | SparkhillH | A | 23:03 |
| 80 | Tom Phelps | SilsonJogg | | 23:13 |
| 81 | David Lewis | HalesowenA | B | 23:14 |
| 82 | John Millington | TiptonHarr | C | 23:19 |
| 83 | James Eckloff | CenturionR | B | 23:22 |
| 84 | Simon Rhodes | Birchfield | C | 23:26 |
| 85 | Jason Paddock | Wolverhamp | B | 23:27 |
| 86 | Matthew Moir | NottsAc | B | 23:27 |
| 87 | Daniel Wilson | Bournville | B | 23:40 |
| 88 | John Hill | HalesowenA | C | 23:42 |
| 89 | James Drakeford | CityOfBirm | | 23:52 |
| 90 | Mark Homer | DudleyKing | B | 23:54 |
| 91 | Peter Thomas | Rugby&Nort | B | 24:01 |
| 92 | Rob Humphries | Bromsgrove | C | 24:02 |
| 93 | Darrell Bodin | DudleyAndS | B | 24:03 |
| 94 | Tahir Akhtar | SparkhillH | B | 24:34 |
| 95 | Mark Connell | Birmingham | D | 24:38 |
| 96 | Leigh Ally | AldridgeRc | D | 24:44 |
| 97 | Harry Fowler | Birmingham | E | 25:06 |
| 98 | Andrew Dyll | Wolverhamp | C | 25:45 |
| 99 | Peter Paprcka | MasseyFerg | B | 25:45 |
| 100 | Jamie Thompson | Harborough | B | 25:53 |
| 101 | Spencer Davies | Northbrook | C | 26:05 |
| 102 | Robert Friel | TelfordHar | B | 26:06 |
| 103 | Ben Nash | StaffordHa | B | 26:18 |
| 104 | James Deacon | StratfordU | B | 26:25 |
| 105 | Wayne Broadbent | SphinxAc | B | 26:28 |
| 106 | Stephen Wardle | HeanorRunn | C | 26:52 |
| 107 | Ken Rowe | AldridgeRc | C | 27:03 |
| 108 | Mark Higgins | HalesowenA | D | 27:09 |
| 109 | Darren Chambers | MasseyFerg | C | 27:25 |
| 110 | Andy Morrison | DudleyKing | C | 27:50 |
| 111 | Paul Dolan | TiptonHarr | D | 28:18 |
| 112 | Simon Hudson | AldridgeRc | B | 28:52 |
| 113 | Andy Carroll | SparkhillH | C | 29:18 |
| 114 | Barrie Roberts | Bournville | C | 31:07 |

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

Senior Relay - Mens 6 Stage Stage 2 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | | |
|-----|--------------------|--------------|----------|----------|------|-------------------------------|-------------------|--------------|-------|-------|------|
| 1 | William Neill | CityOfStok | 18:44 | 36:53 | + 1 | 62 | Gary Cragg | HolmePierr | 23:35 | 45:08 | - 10 |
| 2 | Gordon Lee | LeicesterC A | 19:26 | 37:25 | - 1 | 63 | Rob Wheatley | SphinxAc A | 22:17 | 45:12 | + 11 |
| 3 | Luke Evans | BristolAnd A | 18:43 | 37:26 | + 3 | 64 | Alister Brown | Cheltenham D | 22:53 | 45:16 | 0 |
| 4 | Thomas Lowe | Cheltenham A | 18:59 | 37:28 | 0 | 65 | Rob Deakin | Birchfield C | 21:52 | 45:18 | + 19 |
| 5 | Douglas Musson | NottsAc A | 17:41 | 37:37 | + 24 | 66 | Alastair Orenecas | WreakeAndS | 24:31 | 45:27 | - 23 |
| 6 | Daniel Clarke | CoventryGo A | 18:53 | 37:39 | + 2 | 67 | David Hagan | KingsHeath | 22:59 | 45:38 | + 2 |
| 7 | Joe Rainsford | HeanorRunn A | 18:45 | 37:53 | + 6 | 68 | Michael Bracken | Solihull&S | 23:07 | 45:43 | - 1 |
| 8 | Joe Smith | TiptonHarr A | 18:55 | 37:59 | + 4 | 69 | Matthew Nicholls | RipleyRunn | 24:32 | 45:45 | - 20 |
| 9 | Luke Montgomery | CorbyAc A | 19:57 | 38:12 | - 6 | 70 | Alex Stephenson | CobraRunni | 22:54 | 45:57 | + 8 |
| 10 | Phil Burden | TauntonAc A | 18:44 | 38:13 | + 8 | 71 | Richard Broadbent | Kenilworth B | 23:48 | 46:04 | - 9 |
| 11 | Simon Lanckham | Birmingham A | 19:50 | 38:45 | - 1 | 72 | Lee Harris | Birchfield D | 23:21 | 46:16 | + 1 |
| 12 | Alexander Rieley | MansfieldH | 19:23 | 39:07 | + 10 | 73 | Tom Acha | TiptonHarr C | 23:03 | 46:22 | + 9 |
| 13 | Benjamin Boulter | Birchfield A | 20:23 | 39:07 | - 6 | 74 | Mathew Richards | Wolverhamp B | 22:55 | 46:22 | + 11 |
| 14 | Tom Corby | OwlsAcLeic | 20:14 | 39:09 | - 3 | 75 | Patrick Finnegan | SparkhillH A | 23:33 | 46:36 | + 4 |
| 15 | Rob Nash | TelfordAc A | 20:13 | 39:27 | - 1 | 76 | Malcolm Weir | BelperHarr | 24:16 | 47:02 | - 5 |
| 16 | Ben Griffiths | Birchfield B | 20:16 | 39:39 | 0 | 77 | Ben Beaumont | Birmingham D | 22:28 | 47:06 | + 18 |
| 17 | Alistair Mcdonnell | Rugby&Nort A | 21:05 | 39:42 | - 12 | 78 | Steve Blakemore | AldridgeRc D | 22:31 | 47:15 | + 18 |
| 18 | Richard Decamps | Cheltenham B | 19:34 | 39:43 | + 14 | 79 | Ian Wood | StaffordHa A | 24:40 | 47:18 | - 11 |
| 19 | Luke Vine | TiptonHarr B | 20:11 | 39:55 | + 4 | 80 | Ian Maxwell | TelfordHar A | 25:11 | 47:26 | - 19 |
| 20 | Will Davidson | BristolAnd B | 20:41 | 40:00 | - 5 | 81 | Mark Baker | CityOfBirm | 23:57 | 47:49 | + 8 |
| 21 | Luke Butler | Shrewsbury A | 20:15 | 40:00 | + 3 | 82 | Joe Kelly | Northbrook A | 24:55 | 47:53 | - 7 |
| 22 | Jamie Ward | Wolverhamp A | 20:38 | 40:15 | - 3 | 83 | Andrew Nock | HalesowenA C | 24:18 | 48:00 | + 5 |
| 23 | Alex Percy | HermitageH A | 20:37 | 40:23 | + 2 | 84 | Peter Edwards | HeanorRunn B | 25:24 | 48:12 | - 12 |
| 24 | Scott Campbell | WestburyHa | 19:59 | 40:35 | + 13 | 85 | Alistair Ferrie | SilsonJogg | 25:00 | 48:13 | - 5 |
| 25 | Joshua Smith | CharnwoodA | 20:51 | 40:38 | + 1 | 86 | Clive Horton | Northbrook B | 25:23 | 48:25 | - 10 |
| 26 | Oliver Harradence | RoyalSutto | 19:41 | 40:41 | + 18 | 87 | Joseluis Sanchez | MasseyFerg B | 22:46 | 48:31 | + 12 |
| 27 | Andrew Meads | Harborough A | 21:04 | 40:46 | - 6 | 88 | Aaron Bennett | Gloucester B | 25:39 | 48:41 | - 11 |
| 28 | Conor Smith | Bromsgrove A | 19:37 | 40:47 | + 20 | 89 | Richard Tonks | DudleyKing B | 24:49 | 48:43 | + 1 |
| 29 | Rene Vergo | Birmingham B | 21:11 | 40:50 | - 9 | 90 | Frank Powner | Bournville B | 25:22 | 49:02 | - 3 |
| 30 | James Russell | Cannock&St | 20:41 | 41:08 | + 5 | 91 | Dave Inman | SparkhillH B | 24:57 | 49:31 | + 3 |
| 31 | Paul Andrew | Leamington A | 21:09 | 41:09 | - 1 | 92 | Sammy Taafe | Bromsgrove C | 25:36 | 49:38 | 0 |
| 32 | Kristian Watson | SuttonInAs | 20:21 | 41:13 | + 10 | 93 | Rob Ryan | Birmingham E | 25:05 | 50:11 | + 4 |
| 33 | Stuart Hopkins | Kenilworth A | 21:09 | 41:15 | - 2 | 94 | Eric Robathan | CenturionR B | 27:32 | 50:54 | - 11 |
| 34 | David Ratcliffe | DudleyAndS A | 20:52 | 41:20 | + 2 | 95 | Steve Handy | Northbrook C | 24:50 | 50:55 | + 6 |
| 35 | Jeremyshawn Trill | MasseyFerg A | 22:50 | 41:40 | - 26 | 96 | Andy Bainesdavies | StaffsMoor B | 28:58 | 51:39 | - 26 |
| 36 | Mark James | Cheltenham C | 20:56 | 41:46 | + 5 | 97 | Nigel Bullock | AldridgeRc C | 25:42 | 52:45 | + 10 |
| 37 | Cameron Coetzee | NorthSomer | 21:03 | 41:49 | + 3 | 98 | Jamie Richards | SphinxAc B | 26:20 | 52:48 | + 7 |
| 38 | Dave Pearce | LeicesterC B | 21:38 | 41:51 | - 5 | 99 | David Stone | TelfordHar B | 26:47 | 52:53 | + 3 |
| 39 | Michael Jeavons | WorcesterA A | 22:01 | 41:52 | - 11 | 100 | Alan Mcdougall | MasseyFerg C | 25:59 | 53:24 | + 9 |
| 40 | Ed Wilson | TrenthamRc | 22:07 | 41:55 | - 13 | 101 | Ian Salt | HeanorRunn C | 26:35 | 53:27 | + 5 |
| 41 | C Collins | Bournville A | 20:32 | 42:08 | + 12 | 102 | Kieran Tursner | StrafordU B | 27:10 | 53:35 | + 2 |
| 42 | Peterjohn Grime | Knowle&Dor | 21:06 | 42:15 | + 5 | 103 | Paul Allen | HalesowenA D | 26:35 | 53:44 | + 5 |
| 43 | Peter Dear | HalesowenA A | 21:27 | 42:29 | + 2 | 104 | Fred Smith | Wolverhamp C | 28:00 | 53:45 | - 6 |
| 44 | Jamie Fletcher | NottsAc C | 20:32 | 42:39 | + 14 | 105 | Roy Clay | StaffordHa B | 28:44 | 55:02 | - 2 |
| 45 | Nigel Arlidge | CoventryGo B | 23:26 | 42:54 | - 28 | 106 | David Ward | Harborough B | 29:09 | 55:02 | - 6 |
| 46 | Keayrn Hopley | StaffsMoor A | 20:25 | 42:58 | + 20 | 107 | Rory Campbell | DudleyKing C | 27:41 | 55:31 | + 3 |
| 47 | Danny Tolhurst | StrafordU A | 22:54 | 43:13 | - 13 | 108 | Colin Jackson | AldridgeRc B | 28:57 | 57:49 | + 4 |
| 48 | Jarratt Perkins | NottsAc B | 19:47 | 43:14 | + 38 | 109 | Martin Millicheap | SparkhillH C | 29:41 | 58:59 | + 4 |
| 49 | Stephen Waters | Shrewsbury B | 21:05 | 43:16 | + 10 | Fastest runners over stage 2: | | | | | |
| 50 | Daniel Keating | CorbyAc B | 22:41 | 43:18 | - 12 | 1 | Douglas Musson | NottsAc A | 17:41 | | |
| 51 | Charlie Staveley | Leamington B | 21:14 | 43:20 | + 6 | 2 | Luke Evans | BristolAnd A | 18:43 | | |
| 52 | Jort Vanmourik | Birmingham C | 22:53 | 43:34 | - 13 | 3 | William Neill | CityOfStok | 18:44 | | |
| 53 | Gavin Moorhead | Bromsgrove B | 22:06 | 43:46 | + 1 | 4 | Phil Burden | TauntonAc A | 18:44 | | |
| 54 | John Sanders | TelfordAc B | 21:26 | 43:51 | + 11 | 5 | Joe Rainsford | HeanorRunn A | 18:45 | | |
| 55 | Paul Davies | CenturionR A | 22:00 | 44:12 | + 5 | 6 | Daniel Clarke | CoventryGo A | 18:53 | | |
| 56 | David Pallett | HermitageH B | 21:52 | 44:12 | + 7 | 7 | Joe Smith | TiptonHarr A | 18:55 | | |
| 57 | Toby Oury | AldridgeRc A | 22:44 | 44:14 | - 6 | 8 | Thomas Lowe | Cheltenham A | 18:59 | | |
| 58 | Andrew Mcpeake | Gloucester A | 22:39 | 44:29 | - 3 | 9 | Alexander Rieley | MansfieldH | 19:23 | | |
| 59 | Stefan Sternkopf | WorcesterA B | 23:17 | 44:35 | - 9 | 10 | Gordon Lee | LeicesterC A | 19:26 | | |
| 60 | Darran Bishop | DudleyKing A | 22:51 | 44:44 | - 4 | | | | | | |
| 61 | Bill Nock | HalesowenA B | 21:48 | 45:02 | + 20 | | | | | | |

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

Senior Relay - Mens 6 Stage Stage 3 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain |
|-----|--------------------|--------------|----------|----------|------|
| 1 | Richard Peters | BristolAnd A | 17:29 | 54:55 | + 2 |
| 2 | Philip Wylie | Cheltenham A | 17:49 | 55:17 | + 2 |
| 3 | Alfie Thompson | LeicesterC A | 18:50 | 56:15 | - 1 |
| 4 | Freddie Hessian | NottsAc A | 19:01 | 56:38 | + 1 |
| 5 | b Hallett | CityOfStok | 20:14 | 57:07 | - 4 |
| 6 | William Richardson | Birchfield A | 18:13 | 57:20 | + 7 |
| 7 | Benjamin Jones | TauntonAc A | 19:22 | 57:35 | + 3 |
| 8 | Edward Banks | Birmingham A | 18:53 | 57:38 | + 3 |
| 9 | Ben Rhodes | HeanorRunn A | 20:00 | 57:53 | - 2 |
| 10 | Gareth Griffiths | TiptonHarr A | 20:28 | 58:27 | - 2 |
| 11 | Troy Garrity | CorbyAc A | 20:26 | 58:38 | - 2 |
| 12 | Thomas Bell | OwlsAcLeic | 19:45 | 58:54 | + 2 |
| 13 | Archie Rayner | MansfieldH | 20:03 | 59:10 | - 1 |
| 14 | Josh Moody | BristolAnd B | 19:31 | 59:31 | + 6 |
| 15 | Howard Thompson | CharnwoodA | 18:57 | 59:35 | + 10 |
| 16 | Alex Bampton | Cheltenham B | 19:58 | 59:41 | + 2 |
| 17 | Alex Jolly | CoventryGo A | 22:03 | 59:42 | - 11 |
| 18 | C Gillespie | TiptonHarr B | 20:02 | 59:57 | + 1 |
| 19 | Chris Bagshaw | TelfordAc A | 20:32 | 59:59 | - 4 |
| 20 | Gabriel Morris | Shrewsbury A | 20:09 | 1:00:09 | + 1 |
| 21 | Ian Dempsey | Birchfield B | 20:53 | 1:00:32 | - 5 |
| 22 | Joe Connors | WestburyHa | 20:39 | 1:01:14 | + 2 |
| 23 | Joseph Lantsbery | Rugby&Nort A | 21:33 | 1:01:15 | - 6 |
| 24 | Liam Roarty | Cheltenham C | 19:42 | 1:01:28 | + 12 |
| 25 | Elliot Jones | Wolverhamp A | 21:14 | 1:01:29 | - 3 |
| 26 | Aidan Mccormack | Cannock&St | 20:22 | 1:01:30 | + 4 |
| 27 | James Willoughby | HermitageH A | 21:10 | 1:01:33 | - 4 |
| 28 | Kevin Fisher | Bromsgrove A | 21:03 | 1:01:50 | 0 |
| 29 | Steve Marr | Kenilworth A | 20:36 | 1:01:51 | + 4 |
| 30 | Paul Thompson | Bournville A | 19:56 | 1:02:04 | + 11 |
| 31 | Ian Mansell | DudleyAndS A | 20:57 | 1:02:17 | + 3 |
| 32 | Mark Rickards | RoyalSutto | 21:43 | 1:02:24 | - 6 |
| 33 | Huw Jones | Birmingham B | 21:48 | 1:02:38 | - 4 |
| 34 | Joe Gentry | NorthSomer | 20:53 | 1:02:42 | + 3 |
| 35 | Paul Frith | SuttonInAs | 21:36 | 1:02:49 | - 3 |
| 36 | David Hall | WorcesterA A | 20:59 | 1:02:51 | + 3 |
| 37 | Matthew Butler | Leamington A | 21:44 | 1:02:53 | - 6 |
| 38 | David Clarke | MasseyFerg A | 21:15 | 1:02:55 | - 3 |
| 39 | Phillip Maddocks | LeicesterC B | 21:09 | 1:03:00 | - 1 |
| 40 | Thomas Madden | CoventryGo B | 20:15 | 1:03:09 | + 5 |
| 41 | Tom Ward | Harborough A | 22:30 | 1:03:16 | - 14 |
| 42 | Daniel Cleary | HalesowenA A | 20:51 | 1:03:20 | + 1 |
| 43 | John Muddeman | NottsAc B | 20:25 | 1:03:39 | + 5 |
| 44 | Scott Zikmanis | TrenthamRc | 21:48 | 1:03:43 | - 4 |
| 45 | Richard Dixon | Knowle&Dor | 21:54 | 1:04:09 | - 3 |
| 46 | Norbert Feeney | Shrewsbury B | 21:17 | 1:04:33 | + 3 |
| 47 | Greg Beech | StaffsMoor A | 22:14 | 1:05:12 | - 1 |
| 48 | Jack Evans | Gloucester A | 20:46 | 1:05:15 | + 10 |
| 49 | Guy Allen | Leamington B | 22:05 | 1:05:25 | + 2 |
| 50 | David Oxland | NottsAc C | 22:48 | 1:05:27 | - 6 |
| 51 | Andrew Freeman | Bromsgrove B | 21:47 | 1:05:33 | + 2 |
| 52 | Chris Grimley | Birmingham C | 22:00 | 1:05:34 | 0 |
| 53 | Paul Coupe | TelfordAc B | 21:50 | 1:05:41 | + 1 |
| 54 | Jonathon Carter | TiptonHarr C | 19:46 | 1:06:08 | + 19 |
| 55 | David Smyth | StratfordU A | 22:59 | 1:06:12 | - 8 |
| 56 | Stuart Perkins | DudleyKing A | 21:32 | 1:06:16 | + 4 |
| 57 | Adam Pollock | WorcesterA B | 22:23 | 1:06:58 | + 2 |
| 58 | George Alvey | WreakeAndS | 21:38 | 1:07:05 | + 8 |
| 59 | Paul Burke | AldridgeRc A | 23:05 | 1:07:19 | - 2 |
| 60 | Khalid Malik | Birchfield C | 22:07 | 1:07:25 | + 5 |
| 61 | Matthew Evans | Cheltenham D | 22:15 | 1:07:31 | + 3 |
| 62 | Mark Bland | CorbyAc B | 24:14 | 1:07:32 | - 12 |
| 63 | Philip Scarr | HalesowenA B | 22:34 | 1:07:36 | - 2 |
| 64 | Allen Elsour | SphinxAc A | 22:33 | 1:07:45 | - 1 |
| 65 | Richard Kimber | RipleyRunn | 22:05 | 1:07:50 | + 4 |
| 66 | Will Meredith | HolmePierr | 23:15 | 1:08:23 | - 4 |
| 67 | Edmund Wallace | CenturionR A | 24:34 | 1:08:46 | - 12 |
| 68 | Steven Howes | Solithull&S | 23:19 | 1:09:02 | 0 |
| 69 | Nick Williams | Kenilworth B | 23:20 | 1:09:24 | + 2 |
| 70 | Windel Simpson | Birchfield D | 23:21 | 1:09:37 | + 2 |
| 71 | Paul Sheppard | CobraRunni | 23:46 | 1:09:43 | - 1 |
| 72 | Mark Williams | SparkhillH A | 23:15 | 1:09:51 | + 3 |
| 73 | Richard Gray | Birmingham D | 23:22 | 1:10:28 | + 4 |
| 74 | Alex Herron | Wolverhamp B | 24:29 | 1:10:51 | 0 |
| 75 | Makoto Uji | CityOfBirm | 23:16 | 1:11:05 | + 6 |
| 76 | Matthew Allen | HalesowenA C | 23:19 | 1:11:19 | + 7 |
| 77 | Steven Howard | Bournville B | 22:51 | 1:11:53 | + 13 |
| 78 | Craig Ogilvie | HermitageH B | 27:55 | 1:12:07 | - 22 |
| 79 | Andy Lenton | BelperHarr | 25:06 | 1:12:08 | - 3 |
| 80 | Greg Ball | SilsonJogg | 24:08 | 1:12:21 | + 5 |
| 81 | Tonyjames Hoy | MasseyFerg B | 23:55 | 1:12:26 | + 6 |
| 82 | Michael Smith | TelfordHar A | 25:05 | 1:12:31 | - 2 |
| 83 | Peter Hood | DudleyKing B | 24:08 | 1:12:51 | + 6 |
| 84 | Anthony Gillespie | KingsHeath | 27:39 | 1:13:17 | - 17 |
| 85 | Jason Littlewood | StaffordHa A | 26:03 | 1:13:21 | - 6 |
| 86 | Kevin Coughlan | Northbrook B | 25:54 | 1:14:19 | 0 |
| 87 | Damian Pharoah | Northbrook A | 26:37 | 1:14:30 | - 5 |
| 88 | John Flint | HeanorRunn B | 26:21 | 1:14:33 | - 4 |
| 89 | John Goulding | SparkhillH B | 25:22 | 1:14:53 | + 2 |
| 90 | Russell Kirby | Gloucester B | 26:49 | 1:15:30 | - 2 |
| 91 | Nick Ford | AldridgeRc D | 28:23 | 1:15:38 | - 13 |
| 92 | Jonathan Seed | Northbrook C | 24:50 | 1:15:45 | + 3 |
| 93 | Jonathon Windsor | StaffsMoor B | 25:54 | 1:17:33 | + 3 |
| 94 | Leonard Wallace | CenturionR B | 27:01 | 1:17:55 | 0 |
| 95 | Kevin Hinson | MasseyFerg C | 25:28 | 1:18:52 | + 5 |
| 96 | Matthew Sims | StratfordU B | 26:06 | 1:19:41 | + 6 |
| 97 | David Sansom | Birmingham E | 29:52 | 1:20:03 | - 4 |
| 98 | Michael Davis | AldridgeRc C | 27:44 | 1:20:29 | - 1 |
| 99 | Michael Webb | TelfordHar B | 27:40 | 1:20:33 | 0 |
| 100 | Scott Wigman | HeanorRunn C | 27:09 | 1:20:36 | + 1 |
| 101 | Steven Horten | HalesowenA D | 27:56 | 1:21:40 | + 2 |
| 102 | Mark Moran | SphinxAc B | 29:30 | 1:22:18 | - 4 |
| 103 | Rick Brown | Harborough B | 28:17 | 1:23:19 | + 3 |
| 104 | Dean Tonks | Wolverhamp C | 29:54 | 1:23:39 | 0 |
| 105 | John Pearce | AldridgeRc B | 25:59 | 1:23:48 | + 3 |
| 106 | Edwin Smith | StaffordHa B | 30:28 | 1:25:30 | - 1 |
| 107 | Chris Wood | DudleyKing C | 34:10 | 1:29:41 | 0 |

Fastest runners over stage 3:

| | | | |
|----|--------------------|--------------|-------|
| 1 | Richard Peters | BristolAnd A | 17:29 |
| 2 | Philip Wylie | Cheltenham A | 17:49 |
| 3 | William Richardson | Birchfield A | 18:13 |
| 4 | Alfie Thompson | LeicesterC A | 18:50 |
| 5 | Edward Banks | Birmingham A | 18:53 |
| 6 | Howard Thompson | CharnwoodA | 18:57 |
| 7 | Freddie Hessian | NottsAc A | 19:01 |
| 8 | Benjamin Jones | TauntonAc A | 19:22 |
| 9 | Josh Moody | BristolAnd B | 19:31 |
| 10 | Liam Roarty | Cheltenham C | 19:42 |

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

Senior Relay - Mens 6 Stage Stage 4 — Final Results

| Pos | Name | Club | Leg | Time | Cum | Time | Gain | | | | | | | | | | |
|-----|--------------------|------------|-----|-------|---------|------|------|--------------|-------------------------------|-------------|-------|---------|---------|---|----|--|--|
| 1 | Benedict Westhenry | BristolAnd | A | 18:08 | 1:13:03 | 0 | 60 | Kevin Monk | HalesowenA | B | 22:51 | 1:30:27 | + | 3 | | | |
| 2 | Dave Roper | Cheltenham | A | 18:37 | 1:13:54 | 0 | 61 | Martin Penny | RipleyRunn | | 23:06 | 1:30:56 | + | 4 | | | |
| 3 | Robert Smith | NottsAc | A | 19:11 | 1:15:49 | + | 1 | 62 | Chris Rhodes | HolmePierr | | 22:59 | 1:31:22 | + | 4 | | |
| 4 | O Freer | LeicesterC | A | 19:50 | 1:16:05 | - | 1 | 63 | Shaun Hemmings | CenturionR | A | 22:43 | 1:31:29 | + | 4 | | |
| 5 | Andy Ridley | Birchfield | A | 19:07 | 1:16:27 | + | 1 | 64 | Mark Gamble | WreakeAndS | | 24:26 | 1:31:31 | - | 6 | | |
| 6 | M Bickerstaff | HeanorRunn | A | 19:14 | 1:17:07 | + | 3 | 65 | James Chorley | StratfordU | A | 25:34 | 1:31:46 | - | 10 | | |
| 7 | Mike Aspinall | TiptonHarr | A | 18:45 | 1:17:12 | + | 3 | 66 | Iain Squires | Birmingham | D | 22:34 | 1:33:02 | + | 7 | | |
| 8 | Adam Stokes | TauntonAc | A | 20:27 | 1:18:02 | - | 1 | 67 | Luke Sheppard | WorcesterA | B | 26:06 | 1:33:04 | - | 10 | | |
| 9 | Jonathan Jennings | Birmingham | A | 20:50 | 1:18:28 | - | 1 | 68 | Alan Grice | TiptonHarr | C | 27:03 | 1:33:11 | - | 14 | | |
| 10 | Louis Wrigley | CityOfStok | | 21:28 | 1:18:35 | - | 5 | 69 | Andy Manning | SparkhillH | A | 24:22 | 1:34:13 | + | 3 | | |
| 11 | Tom Mahon | OwlsAcLeic | | 20:08 | 1:19:02 | + | 1 | 70 | Michael Tovey | CobraRunni | | 24:49 | 1:34:32 | + | 1 | | |
| 12 | Stephen Mears | CharnwoodA | | 19:28 | 1:19:03 | + | 3 | 71 | Steve Hession | Kentilworth | B | 25:30 | 1:34:54 | - | 2 | | |
| 13 | Scott Hazell | CoventryGo | A | 19:31 | 1:19:13 | + | 4 | 72 | James Parker | HalesowenA | C | 24:05 | 1:35:24 | + | 4 | | |
| 14 | Jacob Akers | CorbyAc | A | 20:39 | 1:19:17 | - | 3 | 73 | Dave Lee | MasseyFerg | B | 24:18 | 1:36:44 | + | 8 | | |
| 15 | William New | Cheltenham | B | 19:40 | 1:19:21 | + | 1 | 74 | Robert Edwards | Wolverhamp | B | 25:56 | 1:36:47 | 0 | | | |
| 16 | Chris Monk | MansfieldH | | 20:44 | 1:19:54 | - | 3 | 75 | Greg Smith | TelfordHar | A | 24:30 | 1:37:01 | + | 7 | | |
| 17 | Tom Holden | TiptonHarr | B | 20:10 | 1:20:07 | + | 1 | 76 | Jim Clarke | Bournville | B | 25:24 | 1:37:17 | + | 1 | | |
| 18 | Tom Dobra | BristolAnd | B | 21:09 | 1:20:40 | - | 4 | 77 | Andrew Webber | Solihull&S | | 28:19 | 1:37:21 | - | 9 | | |
| 19 | Sam Dais | Birchfield | B | 20:10 | 1:20:42 | + | 2 | 78 | Robert Norman | BelperHarr | | 25:20 | 1:37:28 | + | 1 | | |
| 20 | Adam Roberts | Shrewsbury | A | 20:37 | 1:20:46 | 0 | 79 | Jeff Rycroft | SilsonJogg | | 25:22 | 1:37:43 | + | 1 | | | |
| 21 | Jamie Davies | TelfordAc | A | 21:22 | 1:21:21 | - | 2 | 80 | Spencer Holland | StaffordHa | A | 24:28 | 1:37:49 | + | 5 | | |
| 22 | Shaun Evans | RoyalSutto | | 19:10 | 1:21:34 | + | 10 | 81 | Matthew Dumelow | HermitageH | B | 25:45 | 1:37:52 | - | 3 | | |
| 23 | Adam Blundell | Cannock&St | | 20:15 | 1:21:45 | + | 3 | 82 | Graham Wildgoose | DudleyKing | B | 25:13 | 1:38:04 | + | 1 | | |
| 24 | Dave Aubrey | Cheltenham | C | 20:37 | 1:22:05 | 0 | 83 | Carl Hughes | HeanorRunn | B | 24:12 | 1:38:45 | + | 5 | | | |
| 25 | Jack Bonser | Wolverhamp | A | 20:41 | 1:22:10 | 0 | 84 | Tom Miller | Northbrook | A | 24:58 | 1:39:28 | + | 3 | | | |
| 26 | Mark Kendrick | HermitageH | A | 20:40 | 1:22:13 | + | 1 | 85 | Anthony Hughes | Northbrook | B | 25:36 | 1:39:55 | + | 1 | | |
| 27 | Henry Brocklehurst | Bournville | A | 20:55 | 1:22:59 | + | 3 | 86 | Greg Robson | KingsHeath | | 27:21 | 1:40:38 | - | 2 | | |
| 28 | P Bouttlerbutler | LeicesterC | B | 20:08 | 1:23:08 | + | 11 | 87 | Grahame Hygate | SparkhillH | B | 25:47 | 1:40:40 | + | 2 | | |
| 29 | Martin Matthews | Birmingham | B | 20:31 | 1:23:09 | + | 4 | 88 | Tommy Dempsey | Northbrook | C | 25:58 | 1:41:43 | + | 4 | | |
| 30 | Joseph Childs | Rugby&Nort | A | 22:06 | 1:23:21 | - | 7 | 89 | Eamon Lyons | AldridgeRc | D | 26:42 | 1:42:20 | + | 2 | | |
| 31 | Ben Foster | DudleyAndS | A | 21:10 | 1:23:27 | 0 | 90 | Leo Foster | StaffsMoor | B | 25:19 | 1:42:52 | + | 3 | | | |
| 32 | Steve Long | NottsAc | B | 19:51 | 1:23:30 | + | 11 | 91 | Paul Woodcock | TelfordHar | B | 25:13 | 1:45:46 | + | 8 | | |
| 33 | Niall Geraghty | HalesowenA | A | 20:14 | 1:23:34 | + | 9 | 92 | Martin Smith | MasseyFerg | C | 27:05 | 1:45:57 | + | 3 | | |
| 34 | Richard Smith | WorcesterA | A | 20:49 | 1:23:40 | + | 2 | 93 | Paul Winfield | HeanorRunn | C | 25:45 | 1:46:21 | + | 7 | | |
| 35 | Peter Bryan | Kenilworth | A | 21:56 | 1:23:47 | - | 6 | 94 | Stuart Griffiths | StratfordU | B | 27:07 | 1:46:48 | + | 2 | | |
| 36 | Carl Hatton | Bromsgrove | A | 21:59 | 1:23:49 | - | 8 | 95 | Richard Carney | Birmingham | E | 27:21 | 1:47:24 | + | 2 | | |
| 37 | Elliott Chard | WestburyHa | | 23:05 | 1:24:19 | - | 15 | 96 | David Mchugh | AldridgeRc | C | 27:50 | 1:48:19 | + | 2 | | |
| 38 | Dean Mawby | Leamington | A | 21:28 | 1:24:21 | - | 1 | 97 | David Lloyd | HalesowenA | D | 26:54 | 1:48:34 | + | 4 | | |
| 39 | Michael Proffitt | NorthSomer | | 22:18 | 1:25:00 | - | 5 | 98 | Paul Tabor | Wolverhamp | C | 25:26 | 1:49:05 | + | 6 | | |
| 40 | Sean Fenwick | Harborough | A | 21:51 | 1:25:07 | + | 1 | 99 | Anthony O'brien | SphinxAc | B | 27:58 | 1:50:16 | + | 3 | | |
| 41 | Gary Lawson | MasseyFerg | A | 22:14 | 1:25:09 | - | 3 | 100 | Gary Wallis | Harborough | B | 28:09 | 1:51:28 | + | 3 | | |
| 42 | Brent Stevenson | SuttonInAs | | 22:36 | 1:25:25 | - | 7 | 101 | James Houghton | CenturionR | B | 34:23 | 1:52:18 | - | 7 | | |
| 43 | Leigh Matthews | TrenthamRc | | 21:45 | 1:25:28 | + | 1 | 102 | Mark Oliver | StaffordHa | B | 26:50 | 1:52:20 | + | 4 | | |
| 44 | Kirk Giles | Knowle&Dor | | 21:48 | 1:25:57 | + | 1 | 103 | Lawrence Hewitt | AldridgeRc | B | 31:41 | 1:55:29 | + | 2 | | |
| 45 | Nathan Smith | Gloucester | A | 21:11 | 1:26:26 | + | 3 | 104 | Peter Krivosic | DudleyKing | C | 29:35 | 1:59:16 | + | 3 | | |
| 46 | Johnathon Brown | Leamington | B | 21:38 | 1:27:03 | + | 3 | | Fastest runners over stage 4: | | | | | | | | |
| 47 | Seamus White | StaffsMoor | A | 22:19 | 1:27:31 | 0 | | 1 | Benedict Westhenry | BristolAnd | A | 18:08 | | | | | |
| 48 | Abayomi Adedimeji | Birmingham | C | 22:07 | 1:27:41 | + | 4 | 2 | Dave Roper | Cheltenham | A | 18:37 | | | | | |
| 49 | Duncan Birtwhistle | TelfordAc | B | 22:38 | 1:28:19 | + | 4 | 3 | Mike Aspinall | TiptonHarr | A | 18:45 | | | | | |
| 50 | Ben Abbott | NottsAc | C | 22:56 | 1:28:23 | 0 | | 4 | Matthew Stevens | CityOfBirm | | 18:59 | | | | | |
| 51 | Tommaso Migliuolo | Cheltenham | D | 21:00 | 1:28:31 | + | 10 | 5 | Andy Ridley | Birchfield | A | 19:07 | | | | | |
| 52 | Jamie Dancyger | Bromsgrove | B | 23:10 | 1:28:43 | - | 1 | 6 | Shaun Evans | RoyalSutto | | 19:10 | | | | | |
| 53 | Nick Bennett | CoventryGo | B | 26:13 | 1:29:22 | - | 13 | 7 | Robert Smith | NottsAc | A | 19:11 | | | | | |
| 54 | Conall Green | Birchfield | C | 22:00 | 1:29:25 | + | 6 | 8 | M Bickerstaff | HeanorRunn | A | 19:14 | | | | | |
| 55 | Simon Blizzard | DudleyKing | A | 23:11 | 1:29:27 | + | 1 | 9 | Stephen Mears | CharnwoodA | | 19:28 | | | | | |
| 56 | Mark Shaw | AldridgeRc | A | 22:27 | 1:29:46 | + | 3 | 10 | Scott Hazell | CoventryGo | A | 19:31 | | | | | |
| 57 | Matthew Stevens | CityOfBirm | | 18:59 | 1:30:04 | + | 18 | | | | | | | | | | |
| 58 | Jack Benstead | CorbyAc | B | 22:41 | 1:30:13 | + | 4 | | | | | | | | | | |
| 59 | Pawel Langer | SphinxAc | A | 22:36 | 1:30:21 | + | 5 | | | | | | | | | | |

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

Senior Relay - Mens 6 Stage Stage 5 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain |
|-----|--------------------|--------------|----------|-----------|------|
| 1 | Graham Rush | Cheltenham A | 17:29 | 1:31:23 + | 1 |
| 2 | Owain Jones | BristolAnd A | 18:21 | 1:31:24 - | 1 |
| 3 | Tim Hartley | NottsAc A | 18:41 | 1:34:30 | 0 |
| 4 | W Ghebresilasie | Birchfield A | 18:16 | 1:34:43 + | 1 |
| 5 | Jamie Short | LeicesterC A | 19:29 | 1:35:34 - | 1 |
| 6 | Ben Gamble | TiptonHarr A | 18:45 | 1:35:57 + | 1 |
| 7 | Dean Richardson | CityOfStok | 19:03 | 1:37:38 + | 3 |
| 8 | C Ashford | Birmingham A | 19:23 | 1:37:51 + | 1 |
| 9 | Joe Walton | TauntonAc A | 20:41 | 1:38:43 - | 1 |
| 10 | Stephen Ashmore | HeanorRunn A | 21:39 | 1:38:46 - | 4 |
| 11 | Jonathan Barnes | Cheltenham B | 19:58 | 1:39:19 + | 4 |
| 12 | Max O'sullivan | OwlsAcLeic | 20:53 | 1:39:55 - | 1 |
| 13 | Joseph Mcleod | CoventryGo A | 20:46 | 1:39:59 | 0 |
| 14 | Miles Chandler | BristolAnd B | 19:20 | 1:40:00 + | 4 |
| 15 | Tom Lupton | CharnwoodA | 21:48 | 1:40:51 - | 3 |
| 16 | Brett Edwards | Shrewsbury A | 20:07 | 1:40:53 + | 4 |
| 17 | Benn Lyman | CorbyAc A | 21:38 | 1:40:55 - | 3 |
| 18 | Jordan Boam | MansfieldH | 21:28 | 1:41:22 - | 2 |
| 19 | Phillip Wilson | TiptonHarr B | 21:49 | 1:41:56 - | 2 |
| 20 | Alex Jones | RoyalSutto | 20:58 | 1:42:32 + | 2 |
| 21 | Jake Milovsorov | TelfordAc A | 21:21 | 1:42:42 | 0 |
| 22 | Christopher Perrin | Cannock&St | 21:16 | 1:43:01 + | 1 |
| 23 | Roger Mullins | Cheltenham C | 20:58 | 1:43:03 + | 1 |
| 24 | Jack Parr | Wolverhamp A | 21:01 | 1:43:11 + | 1 |
| 25 | Andrew Savery | Leamington A | 19:12 | 1:43:33 + | 13 |
| 26 | Adam Cross | HalesowenA A | 20:23 | 1:43:57 + | 7 |
| 27 | Fraser Harris | HermitageH A | 21:46 | 1:43:59 - | 1 |
| 28 | Richard Keep | Bournville A | 21:12 | 1:44:11 - | 1 |
| 29 | Tom Crowley | NottsAc B | 20:45 | 1:44:15 + | 3 |
| 30 | Josh Phillips | LeicesterC B | 21:23 | 1:44:31 - | 2 |
| 31 | Andy Crabtree | Kenilworth A | 21:19 | 1:45:06 + | 4 |
| 32 | Reis Brooke | Birchfield B | 24:27 | 1:45:09 - | 13 |
| 33 | Toby Close | Birmingham B | 22:05 | 1:45:14 - | 4 |
| 34 | Adam Eales | Harborough A | 20:13 | 1:45:20 + | 6 |
| 35 | Mark Teague | WorcesterA A | 21:46 | 1:45:26 - | 1 |
| 36 | James Hood | Bromsgrove A | 21:42 | 1:45:31 | 0 |
| 37 | Nigel Roberts | Rugby&Nort A | 22:24 | 1:45:45 - | 7 |
| 38 | Martin Harrigan | DudleyAndS A | 22:35 | 1:46:02 - | 7 |
| 39 | Stephen Millward | Gloucester A | 19:53 | 1:46:19 + | 6 |
| 40 | Patrick Moss | Knowle&Dor | 20:30 | 1:46:27 + | 4 |
| 41 | Chris O'donovan | WestburyHa | 22:10 | 1:46:29 - | 4 |
| 42 | Julian Emery | NorthSomer | 21:51 | 1:46:51 - | 3 |
| 43 | Rossthomas Cooper | MasseyFerg A | 22:13 | 1:47:22 - | 2 |
| 44 | Andrew Robbins | Birmingham C | 20:00 | 1:47:41 + | 4 |
| 45 | Paul Dobbs | SuttonInAs | 23:12 | 1:48:37 - | 3 |
| 46 | Terry Wall | TrenthamRc | 23:33 | 1:49:01 - | 3 |
| 47 | Daniel Taylor | CoventryGo B | 20:03 | 1:49:25 + | 6 |
| 48 | Darren Morrey | StaffsMoor A | 22:38 | 1:50:09 - | 1 |
| 49 | Craig Biggerstaff | Leamington B | 23:15 | 1:50:18 - | 3 |
| 50 | James Wilkinson | Cheltenham D | 22:53 | 1:51:24 + | 1 |
| 51 | R Cadwallader | HalesowenA B | 21:18 | 1:51:45 + | 9 |
| 52 | Simon Mcnamee | Birchfield C | 22:31 | 1:51:56 + | 2 |
| 53 | Liam Harrold | AldridgeRc A | 22:22 | 1:52:08 + | 3 |
| 54 | Tom Richardson | Bromsgrove B | 23:26 | 1:52:09 - | 2 |
| 55 | Simon Hughes | DudleyKing A | 22:57 | 1:52:24 | 0 |
| 56 | Joe Henstock | RipleyRunn | 22:27 | 1:53:23 + | 5 |
| 57 | Steve Jones | TelfordAc B | 25:30 | 1:53:49 - | 8 |
| 58 | Kevin Dick | SphinxAc A | 23:46 | 1:54:07 + | 1 |
| 59 | Javier Cabrero | HolmePierr | 23:27 | 1:54:49 + | 3 |
| 60 | John Mccrone | CorbyAc B | 24:50 | 1:55:03 - | 2 |
| 61 | Graham Taylor | StrafordU A | 23:22 | 1:55:08 + | 4 |
| 62 | Lee Caves | CenturionR A | 23:55 | 1:55:24 + | 1 |
| 63 | Nick Hitchings | WorcesterA B | 23:02 | 1:56:06 + | 4 |
| 64 | Steven Leek | NottsAc C | 28:36 | 1:56:59 - | 14 |
| 65 | Steve Mitchell | WreakeAndS | 25:44 | 1:57:15 - | 1 |
| 66 | Martin Ludford | Birmingham D | 24:17 | 1:57:19 | 0 |
| 67 | Daniel Roulston | SparkhillH A | 23:31 | 1:57:44 + | 2 |
| 68 | Chris Cleary | HalesowenA C | 22:35 | 1:57:59 + | 4 |
| 69 | Richard Steel | Kenilworth B | 23:10 | 1:58:04 + | 2 |
| 70 | Dionisis Theodosis | CityOfBirm | 28:12 | 1:58:16 - | 13 |
| 71 | Paul Cornock | CenturionR B | 6:41 | 1:58:59 + | 30 |
| 72 | Grahame Flanagan | MasseyFerg B | 23:35 | 2:00:19 + | 1 |
| 73 | Chris Pearson | CobraRunni | 26:38 | 2:01:10 - | 3 |
| 74 | I Hodkinson | StaffordHa A | 24:13 | 2:02:02 + | 6 |
| 75 | Anthony Pinson | TelfordHar A | 25:17 | 2:02:18 | 0 |
| 76 | Tim Livesley | KingsHeath | 21:46 | 2:02:24 + | 10 |
| 77 | Peter Armstrong | HermitageH B | 24:43 | 2:02:35 + | 4 |
| 78 | Mark Judge | DudleyKing B | 24:34 | 2:02:38 + | 4 |
| 79 | Paul King | SilsonJogg | 24:59 | 2:02:42 | 0 |
| 80 | Pritesh Patel | Wolverhamp B | 26:15 | 2:03:02 - | 6 |
| 81 | Mark Riches | BelperHarr | 26:16 | 2:03:44 - | 3 |
| 82 | John Stroulger | TiptonHarr C | 30:37 | 2:03:48 - | 14 |
| 83 | Andy Moat | HeanorRunn B | 25:35 | 2:04:20 | 0 |
| 84 | Nick Hulme | StaffsMoor B | 22:42 | 2:05:34 + | 6 |
| 85 | C Ankcorn | Bournville B | 28:41 | 2:05:58 - | 9 |
| 86 | Bob Adams | Northbrook A | 27:59 | 2:07:27 - | 2 |
| 87 | Anthony Edwards | SparkhillH B | 27:13 | 2:07:53 | 0 |
| 88 | Mark O'rourke | AldridgeRc D | 25:39 | 2:07:59 + | 1 |
| 89 | Rich Cawley | Northbrook B | 28:07 | 2:08:02 - | 4 |
| 90 | Kevin Erne | Northbrook C | 26:55 | 2:08:38 - | 2 |
| 91 | Leighton Jackson | MasseyFerg C | 26:52 | 2:12:49 + | 1 |
| 92 | Paul Mercer | HeanorRunn C | 26:39 | 2:13:00 + | 1 |
| 93 | Richard Guest | HalesowenA D | 25:58 | 2:14:32 + | 4 |
| 94 | John Thompson | TelfordHar B | 29:42 | 2:15:28 - | 3 |
| 95 | Craig Hall | AldridgeRc C | 28:14 | 2:16:33 + | 1 |
| 96 | Russell Blair | Wolverhamp C | 27:47 | 2:16:52 + | 2 |
| 97 | Paul Hawkins | StrafordU B | 30:17 | 2:17:05 - | 3 |
| 98 | Ryan Nokes | StaffordHa B | 25:27 | 2:17:47 + | 4 |
| 99 | Imran Ali | SphinxAc B | 28:30 | 2:18:46 | 0 |
| 100 | Martin Hughes | Harborough B | 27:38 | 2:19:06 | 0 |
| 101 | John Quinn | AldridgeRc B | 29:59 | 2:25:28 + | 2 |
| 102 | Andrew Perkins | DudleyKing C | 36:27 | 2:35:43 + | 2 |

Fastest runners over stage 5:

| | | | |
|----|-----------------|--------------|-------|
| 1 | Paul Cornock | CenturionR B | 6:41 |
| 2 | Graham Rush | Cheltenham A | 17:29 |
| 3 | W Ghebresilasie | Birchfield A | 18:16 |
| 4 | Owain Jones | BristolAnd A | 18:21 |
| 5 | Tim Hartley | NottsAc A | 18:41 |
| 6 | Ben Gamble | TiptonHarr A | 18:45 |
| 7 | Dean Richardson | CityOfStok | 19:03 |
| 8 | Andrew Savery | Leamington A | 19:12 |
| 9 | Miles Chandler | BristolAnd B | 19:20 |
| 10 | C Ashford | Birmingham A | 19:23 |

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

Senior Relay - Mens 6 Stage Stage 6 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain |
|-----|-------------------|--------------|----------|-----------|------|
| 1 | Stephen Mitchell | BristolAnd A | 18:21 | 1:49:45 + | 1 |
| 2 | Alex Lee | Cheltenham A | 18:56 | 1:50:19 - | 1 |
| 3 | Thomas Dodd | Birchfield A | 18:35 | 1:53:18 + | 1 |
| 4 | Robert Needham | NottsAc A | 19:34 | 1:54:04 - | 1 |
| 5 | Stuart Hawkes | TiptonHarr A | 18:50 | 1:54:47 + | 1 |
| 6 | Mark Powell | LeicesterC A | 19:16 | 1:54:50 - | 1 |
| 7 | Oliver Langford | CityOfStok | 19:18 | 1:56:56 | 0 |
| 8 | Mark Ince | Birmingham A | 19:24 | 1:57:15 | 0 |
| 9 | Phil Beastall | Cheltenham B | 18:42 | 1:58:01 + | 2 |
| 10 | Archie Walton | TauntonAc A | 19:37 | 1:58:20 - | 1 |
| 11 | Ben Jones | CoventryGo A | 19:06 | 1:59:05 + | 2 |
| 12 | Luke Ingram | OwlsAcLeic | 20:37 | 2:00:32 | 0 |
| 13 | Martin Lewis | CharnwoodA | 19:51 | 2:00:42 + | 2 |
| 14 | Harry Leeming | BristolAnd B | 20:59 | 2:00:59 | 0 |
| 15 | Matt Hall | Shrewsbury A | 20:18 | 2:01:11 + | 1 |
| 16 | Ryan Ball | HeanorRunn A | 23:10 | 2:01:56 - | 6 |
| 17 | James Perrin | Cannock&St | 18:59 | 2:02:00 + | 5 |
| 18 | Cameron Walker | MansfieldH | 20:54 | 2:02:16 | 0 |
| 19 | Jonathan Hockey | TelfordAc A | 20:04 | 2:02:46 + | 2 |
| 20 | James Booker | TiptonHarr B | 20:59 | 2:02:55 - | 1 |
| 21 | Callum Hanlon | Leamington A | 19:47 | 2:03:20 + | 4 |
| 22 | Harry Cresswell | Wolverhamp A | 20:35 | 2:03:46 + | 2 |
| 23 | Alexander Wright | CorbyAc A | 22:52 | 2:03:47 - | 6 |
| 24 | Alex Blackham | RoyalSutto | 21:38 | 2:04:10 - | 4 |
| 25 | Russell Forsbrook | Cheltenham C | 21:21 | 2:04:24 - | 2 |
| 26 | Mark Turner | HalesowenA A | 20:35 | 2:04:32 | 0 |
| 27 | Ryan Twigg | HermitageH A | 20:51 | 2:04:50 | 0 |
| 28 | Dan Allison | LeicesterC B | 20:51 | 2:05:22 + | 2 |
| 29 | Andrew Norton | NottsAc B | 21:20 | 2:05:35 | 0 |
| 30 | Stanley Doxey | Kenilworth A | 20:36 | 2:05:42 + | 1 |
| 31 | Iain Jones | Bournville A | 21:40 | 2:05:51 - | 3 |
| 32 | Josh Davis | NorthSomer | 19:16 | 2:06:07 + | 10 |
| 33 | Joseph Read | Knowle&Dor | 19:54 | 2:06:21 + | 7 |
| 34 | A Tsolakis | Birmingham B | 21:08 | 2:06:22 - | 1 |
| 35 | Mark Appleton | Bromsgrove A | 21:02 | 2:06:33 + | 1 |
| 36 | David Price | WorcesterA A | 21:31 | 2:06:57 - | 1 |
| 37 | Yousf Allathaa | Birchfield B | 22:23 | 2:07:32 - | 5 |
| 38 | Scott Palmer | DudleyAndS A | 21:31 | 2:07:33 | 0 |
| 39 | Alex Hamblin | WestburyHa | 21:08 | 2:07:37 + | 2 |
| 40 | Austin Blackburn | Gloucester A | 21:56 | 2:08:15 - | 1 |
| 41 | Laurence Scott | Rugby&Nort A | 24:17 | 2:10:02 - | 4 |
| 42 | Simon Neale | MasseyFerg A | 23:12 | 2:10:34 + | 1 |
| 43 | Paul Shackleton | Birmingham C | 22:56 | 2:10:37 + | 1 |
| 44 | Graeme Rolfe | Harborough A | 26:06 | 2:11:26 - | 10 |
| 45 | David Pickstock | TrenthamRc | 23:24 | 2:12:25 + | 1 |
| 46 | Oliver Sadler | StaffsMoor A | 22:28 | 2:12:37 + | 2 |
| 47 | Matt Biggs | DudleyKing A | 20:42 | 2:13:06 + | 8 |
| 48 | Elliot Prince | Cheltenham D | 21:51 | 2:13:15 + | 2 |
| 49 | Alex Parker | Birchfield C | 21:50 | 2:13:46 + | 3 |
| 50 | Lee Morris | SuttonInAs | 25:29 | 2:14:06 - | 5 |
| 51 | Tim Clayton | RipleyRunn | 20:50 | 2:14:13 + | 5 |
| 52 | Patrick Fellows | AldridgeRc A | 22:49 | 2:14:57 + | 1 |
| 53 | Anthony Warner | Bromsgrove B | 22:58 | 2:15:07 + | 1 |
| 54 | Nicolas Hazelwood | HalesowenA B | 23:37 | 2:15:22 - | 3 |
| 55 | Thomas Healy | CenturionR A | 22:35 | 2:17:59 + | 7 |
| 56 | Tom Davies | HolmePierr | 23:28 | 2:18:17 + | 3 |
| 57 | Sagar Depala | Leamington B | 28:12 | 2:18:30 - | 8 |
| 58 | Colin Piper | SphinxAc A | 24:25 | 2:18:32 | 0 |
| 59 | David O'brien | WorcesterA B | 22:56 | 2:19:02 + | 4 |
| 60 | Anthony Howell | StratfordU A | 24:11 | 2:19:19 + | 1 |
| 61 | Ben Williets | HalesowenA C | 22:07 | 2:20:06 + | 7 |
| 62 | Nigel Taylor | CorbyAc B | 25:37 | 2:20:40 - | 2 |
| 63 | Stewart Underhill | Kenilworth B | 22:46 | 2:20:50 + | 6 |
| 64 | Darren Riley | SparkhillH A | 23:10 | 2:20:54 + | 3 |
| 65 | Andy Piddington | Birmingham D | 23:51 | 2:21:10 + | 1 |
| 66 | Jason Nicholson | MasseyFerg B | 22:30 | 2:22:49 + | 6 |
| 67 | Nick Thomas | TelfordAc B | 29:03 | 2:22:52 - | 10 |
| 68 | Sean Phillips | KingsHeath | 20:58 | 2:23:22 + | 8 |
| 69 | Glynn Parker | WreakeAndS | 27:15 | 2:24:30 - | 4 |
| 70 | Dean Gapper | TelfordHar A | 22:21 | 2:24:39 + | 5 |
| 71 | Alan Percival | CityOfBirm | 26:52 | 2:25:08 - | 1 |
| 72 | Mick Robinson | NottsAc C | 29:15 | 2:26:14 - | 8 |
| 73 | Stewart Shears | SilsonJogg | 24:03 | 2:26:45 + | 6 |
| 74 | Alan Griffin | StaffordHa A | 24:51 | 2:26:53 | 0 |
| 75 | Lionel Spittle | Wolverhamp B | 25:14 | 2:28:16 + | 5 |
| 76 | Alan Percival | HermitageH B | 26:12 | 2:28:47 + | 1 |
| 77 | Jack Roberts | Bournville B | 24:28 | 2:30:26 + | 8 |
| 78 | Steve Meath | BelperHarr | 26:59 | 2:30:43 + | 3 |
| 79 | John Andrews | DudleyKing B | 28:20 | 2:30:58 - | 1 |
| 80 | Rob Nicholls | HeanorRunn B | 26:46 | 2:31:06 + | 3 |
| 81 | Paul Corn | CobraRunni | 30:09 | 2:31:19 - | 8 |
| 82 | Peter Sadler | StaffsMoor B | 26:29 | 2:32:03 + | 2 |
| 83 | Richard Deeley | AldridgeRc D | 24:29 | 2:32:28 + | 5 |
| 84 | Robert Mills | SparkhillH B | 25:46 | 2:33:39 + | 3 |
| 85 | Jonathan Shaw | TiptonHarr C | 31:57 | 2:35:45 - | 3 |
| 86 | Simon Brown | MasseyFerg C | 23:28 | 2:36:17 + | 5 |
| 87 | Alex Morgan | HalesowenA D | 22:03 | 2:36:35 + | 6 |
| 88 | Robert Pool | Northbrook B | 32:22 | 2:40:24 + | 1 |
| 89 | Stephen Davis | TelfordHar B | 25:04 | 2:40:32 + | 5 |
| 90 | Eamon O'hanlon | HeanorRunn C | 27:33 | 2:40:33 + | 2 |
| 91 | David Cooper | Northbrook C | 33:31 | 2:42:09 - | 1 |
| 92 | Fraser Barrett | Northbrook A | 35:25 | 2:42:52 - | 6 |
| 93 | Leslie Reeves | AldridgeRc C | 28:14 | 2:44:47 + | 2 |
| 94 | Dave Wolstencroft | StratfordU B | 28:15 | 2:45:20 + | 3 |
| 95 | Brian Slater | Wolverhamp C | 29:28 | 2:46:20 + | 1 |
| 96 | Mark Bentley | StaffordHa B | 35:26 | 2:53:13 + | 2 |

Fastest runners over stage 6:

| | | | |
|----|------------------|--------------|-------|
| 1 | Stephen Mitchell | BristolAnd A | 18:21 |
| 2 | Thomas Dodd | Birchfield A | 18:35 |
| 3 | Phil Beastall | Cheltenham B | 18:42 |
| 4 | Stuart Hawkes | TiptonHarr A | 18:50 |
| 5 | Alex Lee | Cheltenham A | 18:56 |
| 6 | James Perrin | Cannock&St | 18:59 |
| 7 | Ben Jones | CoventryGo A | 19:06 |
| 8 | Mark Powell | LeicesterC A | 19:16 |
| 9 | Josh Davis | NorthSomer | 19:16 |
| 10 | Oliver Langford | CityOfStok | 19:18 |

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

Mens 6 Stage — Team Results — Final
(nn) is team position after the appropriate stage.

| | | | | | | | | | | | | | | | |
|--|--------------------|------|-------|---|--------------------|------|-------|---|--------------------|------|-------|---|-------------------|------|-------|
| 1 Bristol And West Ac (est. 1882 'A' 1:49:45 | | | | 14 Bristol And West Ac (est. 1882 'B' 2:00:59 | | | | | | | | | | | |
| 1 | William Christofi | (6) | 18:43 | 2 | Luke Evans | (3) | 18:43 | 1 | Robert Stewart | (15) | 19:19 | 2 | Will Davidson | (20) | 20:41 |
| 3 | Richard Peters | (1) | 17:29 | 4 | Benedict Westhenry | (1) | 18:08 | 3 | Josh Moody | (14) | 19:31 | 4 | Tom Dobra | (18) | 21:09 |
| 5 | Owain Jones | (2) | 18:21 | 6 | Stephen Mitchell | (1) | 18:21 | 5 | Miles Chandler | (14) | 19:20 | 6 | Harry Leeming | (14) | 20:59 |
| 2 Cheltenham & County Harriers 'A' 1:50:19 | | | | 15 Shrewsbury Ac 'A' 2:01:11 | | | | | | | | | | | |
| 1 | Oliver Mott | (4) | 18:29 | 2 | Thomas Lowe | (4) | 18:59 | 1 | James Hickinbottom | (24) | 19:45 | 2 | Luke Butler | (21) | 20:15 |
| 3 | Philip Wylie | (2) | 17:49 | 4 | Dave Roper | (2) | 18:37 | 3 | Gabriel Morris | (20) | 20:09 | 4 | Adam Roberts | (20) | 20:37 |
| 5 | Graham Rush | (1) | 17:29 | 6 | Alex Lee | (2) | 18:56 | 5 | Brett Edwards | (16) | 20:07 | 6 | Matt Hall | (15) | 20:18 |
| 3 Birchfield Harriers 'A' 1:53:18 | | | | 16 Heanor Running Club 'A' 2:01:56 | | | | | | | | | | | |
| 1 | Mathew Missen | (7) | 18:44 | 2 | Benjamin Boulter | (13) | 20:23 | 1 | Stuart King | (13) | 19:08 | 2 | Joe Rainsford | (7) | 18:45 |
| 3 | William Richardson | (6) | 18:13 | 4 | Andy Ridley | (5) | 19:07 | 3 | Ben Rhodes | (9) | 20:00 | 4 | M Bickerstaff | (6) | 19:14 |
| 5 | W Ghebresilasie | (4) | 18:16 | 6 | Thomas Dodd | (3) | 18:35 | 5 | Stephen Ashmore | (10) | 21:39 | 6 | Ryan Ball | (16) | 23:10 |
| 4 Notts Ac 'A' 1:54:04 | | | | 17 Cannock & Stafford Ac 2:02:00 | | | | | | | | | | | |
| 1 | Paddy Clark | (29) | 19:56 | 2 | Douglas Musson | (5) | 17:41 | 1 | Ryan Ashforth | (35) | 20:27 | 2 | James Russell | (30) | 20:41 |
| 3 | Freddie Hessian | (4) | 19:01 | 4 | Robert Smith | (3) | 19:11 | 3 | Aidan McCormack | (26) | 20:22 | 4 | Adam Blundell | (23) | 20:15 |
| 5 | Tim Hartley | (3) | 18:41 | 6 | Robert Needham | (4) | 19:34 | 5 | Christopher Perrin | (22) | 21:16 | 6 | James Perrin | (17) | 18:59 |
| 5 Tipton Harriers 'A' 1:54:47 | | | | 18 Mansfield Harriers 2:02:16 | | | | | | | | | | | |
| 1 | Williamslan | (12) | 19:04 | 2 | Joe Smith | (8) | 18:55 | 1 | Lewis Ashmore | (22) | 19:44 | 2 | Alexander Rieley | (12) | 19:23 |
| 3 | Gareth Griffiths | (10) | 20:28 | 4 | Mike Aspinall | (7) | 18:45 | 3 | Archie Rayner | (13) | 20:03 | 4 | Chris Monk | (16) | 20:44 |
| 5 | Ben Gamble | (6) | 18:45 | 6 | Stuart Hawkes | (5) | 18:50 | 5 | Jordan Boam | (18) | 21:28 | 6 | Cameron Walker | (18) | 20:54 |
| 6 Leicester Coritanian Ac 'A' 1:54:50 | | | | 19 Telford Ac 'A' 2:02:46 | | | | | | | | | | | |
| 1 | Sam Stevens | (1) | 17:59 | 2 | Gordon Lee | (2) | 19:26 | 1 | Paul Ward | (14) | 19:14 | 2 | Rob Nash | (15) | 20:13 |
| 3 | Alfie Thompson | (3) | 18:50 | 4 | O Freer | (4) | 19:50 | 3 | Chris Bagshaw | (19) | 20:32 | 4 | Jamie Davies | (21) | 21:22 |
| 5 | Jamie Short | (5) | 19:29 | 6 | Mark Powell | (6) | 19:16 | 5 | Jake Milovsorov | (21) | 21:21 | 6 | Jonathan Hockey | (19) | 20:04 |
| 7 City Of Stoke Ac 1:56:56 | | | | 20 Tipton Harriers 'B' 2:02:55 | | | | | | | | | | | |
| 1 | Ryan Holroyd | (2) | 18:09 | 2 | William Neill | (1) | 18:44 | 1 | Shaun Barnsley | (23) | 19:44 | 2 | Luke Vine | (19) | 20:11 |
| 3 | b Hallett | (5) | 20:14 | 4 | Louis Wrigley | (10) | 21:28 | 3 | C Gillespie | (18) | 20:02 | 4 | Tom Holden | (17) | 20:10 |
| 5 | Dean Richardson | (7) | 19:03 | 6 | Oliver Langford | (7) | 19:18 | 5 | Phillip Wilson | (19) | 21:49 | 6 | James Booker | (20) | 20:59 |
| 8 Birmingham R & Tc 'A' 1:57:15 | | | | 21 Leamington Cycling & Athletic 'A' 2:03:20 | | | | | | | | | | | |
| 1 | Daniel Robinson | (10) | 18:55 | 2 | Simon Lanckham | (11) | 19:50 | 1 | Philip Gould | (30) | 20:00 | 2 | Paul Andrew | (31) | 21:09 |
| 3 | Edward Banks | (8) | 18:53 | 4 | Jonathan Jennings | (9) | 20:50 | 3 | Matthew Butler | (37) | 21:44 | 4 | Dean Mawby | (38) | 21:28 |
| 5 | C Ashford | (8) | 19:23 | 6 | Mark Ince | (8) | 19:24 | 5 | Andrew Savery | (25) | 19:12 | 6 | Callum Hanlon | (21) | 19:47 |
| 9 Cheltenham & County Harriers 'B' 1:58:01 | | | | 22 Wolverhampton & Bilston 'A' 2:03:46 | | | | | | | | | | | |
| 1 | Marc Fallows | (32) | 20:09 | 2 | Richard Decamps | (18) | 19:34 | 1 | Harry Halford | (19) | 19:37 | 2 | Jamie Ward | (22) | 20:38 |
| 3 | Alex Bampton | (16) | 19:58 | 4 | William New | (15) | 19:40 | 3 | Elliot Jones | (25) | 21:14 | 4 | Jack Bonser | (25) | 20:41 |
| 5 | Jonathan Barnes | (11) | 19:58 | 6 | Phil Beastall | (9) | 18:42 | 5 | Jack Parr | (24) | 21:01 | 6 | Harry Cresswell | (22) | 20:35 |
| 10 Taunton Ac 'A' 1:58:20 | | | | 23 Corby Ac 'A' 2:03:47 | | | | | | | | | | | |
| 1 | Ben Hawkins | (18) | 19:29 | 2 | Phil Burden | (10) | 18:44 | 1 | Isaac Akers | (3) | 18:15 | 2 | Luke Montgomery | (9) | 19:57 |
| 3 | Benjamin Jones | (7) | 19:22 | 4 | Adam Stokes | (8) | 20:27 | 3 | Troy Garrity | (11) | 20:26 | 4 | Jacob Akers | (14) | 20:39 |
| 5 | Joe Walton | (9) | 20:41 | 6 | Archie Walton | (10) | 19:37 | 5 | Benn Lyman | (17) | 21:38 | 6 | Alexander Wright | (23) | 22:52 |
| 11 Coventry Godiva Harriers 'A' 1:59:05 | | | | 24 Royal Sutton Coldfield Athleti 2:04:10 | | | | | | | | | | | |
| 1 | James Griggs | (8) | 18:46 | 2 | Daniel Clarke | (6) | 18:53 | 1 | Thomas Chew | (44) | 21:00 | 2 | Oliver Harradence | (26) | 19:41 |
| 3 | Alex Jolly | (17) | 22:03 | 4 | Scott Hazell | (13) | 19:31 | 3 | Mark Rickards | (32) | 21:43 | 4 | Shaun Evans | (22) | 19:10 |
| 5 | Joseph Mcleod | (13) | 20:46 | 6 | Ben Jones | (11) | 19:06 | 5 | Alex Jones | (20) | 20:58 | 6 | Alex Blackham | (24) | 21:38 |
| 12 Owls Ac Leicester 2:00:32 | | | | 25 Cheltenham & County Harriers 'C' 2:04:24 | | | | | | | | | | | |
| 1 | Eddie Highton | (11) | 18:55 | 2 | Tom Corby | (14) | 20:14 | 1 | John Merrett | (41) | 20:50 | 2 | Mark James | (36) | 20:56 |
| 3 | Thomas Bell | (12) | 19:45 | 4 | Tom Mahon | (11) | 20:08 | 3 | Liam Roarty | (24) | 19:42 | 4 | Dave Aubrey | (24) | 20:37 |
| 5 | Max O'sullivan | (12) | 20:53 | 6 | Luke Ingram | (12) | 20:37 | 5 | Roger Mullins | (23) | 20:58 | 6 | Russell Forsbrook | (25) | 21:21 |
| 13 Charnwood A C 2:00:42 | | | | 26 Halesowen Acc 'A' 2:04:32 | | | | | | | | | | | |
| 1 | George Burnett | (26) | 19:47 | 2 | Joshua Smith | (25) | 20:51 | 1 | Roger Mallard | (45) | 21:02 | 2 | Peter Dear | (43) | 21:27 |
| 3 | Howard Thompson | (15) | 18:57 | 4 | Stephen Mears | (12) | 19:28 | 3 | Daniel Cleary | (42) | 20:51 | 4 | Niall Geraghty | (33) | 20:14 |
| 5 | Tom Lupton | (15) | 21:48 | 6 | Martin Lewis | (13) | 19:51 | 5 | Adam Cross | (26) | 20:23 | 6 | Mark Turner | (26) | 20:35 |

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

| | | | | | | | |
|-----------------------------------|-----------------------------|-------------|-------------------------------|----------------------------------|-----------------------------|-------------|-------------------------------|
| 27 Hermitage Harriers | | 'A' 2:04:50 | | 41 Rugby & Northampton Ac | | 'A' 2:10:02 | |
| 1 | Michael Trott (25) 19:46 | 2 | Alex Percy (23) 20:37 | 1 | Jacob Allen (5) 18:37 | 2 | Alistair McDonnell (17) 21:05 |
| 3 | James Willoughby (27) 21:10 | 4 | Mark Kendrick (26) 20:40 | 3 | Joseph Lantsbery (23) 21:33 | 4 | Joseph Childs (30) 22:06 |
| 5 | Fraser Harris (27) 21:46 | 6 | Ryan Twigg (27) 20:51 | 5 | Nigel Roberts (37) 22:24 | 6 | Laurence Scott (41) 24:17 |
| 28 Leicester Coritanian Ac | | 'B' 2:05:22 | | 42 Massey Ferguson Rc | | 'A' 2:10:34 | |
| 1 | Chris Southam (33) 20:13 | 2 | Dave Pearce (38) 21:38 | 1 | Peter Freedman (9) 18:50 | 2 | Jeremyshaun Trill (35) 22:50 |
| 3 | Phillip Maddocks (39) 21:09 | 4 | P Bouttierbutler (28) 20:08 | 3 | David Clarke (38) 21:15 | 4 | Gary Lawson (41) 22:14 |
| 5 | Josh Phillips (30) 21:23 | 6 | Dan Allison (28) 20:51 | 5 | Rosstomas Cooper(43) 22:13 | 6 | Simon Neale (42) 23:12 |
| 29 Notts Ac | | 'B' 2:05:35 | | 43 Birmingham R & Tc | | 'C' 2:10:37 | |
| 1 | Matthew Moir (86) 23:27 | 2 | Jarratt Perkins (48) 19:47 | 1 | Martin Cleaver (39) 20:41 | 2 | Jort Vanmourik (52) 22:53 |
| 3 | John Muddeman (43) 20:25 | 4 | Steve Long (32) 19:51 | 3 | Chris Grimley (52) 22:00 | 4 | Abayomi Adedimeji (48) 22:07 |
| 5 | Tom Crowley (29) 20:45 | 6 | Andrew Norton (29) 21:20 | 5 | Andrew Robbins (44) 20:00 | 6 | Paul Shackleton (43) 22:56 |
| 30 Kenilworth Runners | | 'A' 2:05:42 | | 44 Harborough Ac | | 'A' 2:11:26 | |
| 1 | Stephen Page (31) 20:06 | 2 | Stuart Hopkins (33) 21:09 | 1 | Matthew Driver (21) 19:42 | 2 | Andrew Meads (27) 21:04 |
| 3 | Steve Marr (29) 20:36 | 4 | Peter Bryan (35) 21:56 | 3 | Tom Ward (41) 22:30 | 4 | Sean Fenwick (40) 21:51 |
| 5 | Andy Crabtree (31) 21:19 | 6 | Stanley Doxey (30) 20:36 | 5 | Adam Eales (34) 20:13 | 6 | Graeme Rolfe (44) 26:06 |
| 31 Bournville Harriers | | 'A' 2:05:51 | | 45 Trentham Rc | | 2:12:25 | |
| 1 | Matthew Pollard (53) 21:36 | 2 | C Collins (41) 20:32 | 1 | Luke Boulton (27) 19:48 | 2 | Ed Wilson (40) 22:07 |
| 3 | Paul Thompson (30) 19:56 | 4 | Henry Brocklehurst (27) 20:55 | 3 | Scott Zikmanis (44) 21:48 | 4 | Leigh Matthews (43) 21:45 |
| 5 | Richard Keep (28) 21:12 | 6 | Iain Jones (31) 21:40 | 5 | Terry Wall (46) 23:33 | 6 | David Pickstock (45) 23:24 |
| 32 North Somerset Ac | | 2:06:07 | | 46 Staffs Moorlands Ac | | 'A' 2:12:37 | |
| 1 | David Warnes (40) 20:46 | 2 | Cameron Coetzee (37) 21:03 | 1 | James Wood (66) 22:33 | 2 | Keayrn Hopley (46) 20:25 |
| 3 | Joe Gentry (34) 20:53 | 4 | Michael Proffitt (39) 22:18 | 3 | Greg Beech (47) 22:14 | 4 | Seamus White (47) 22:19 |
| 5 | Julian Emery (42) 21:51 | 6 | Josh Davis (32) 19:16 | 5 | Darren Morrey (48) 22:38 | 6 | Oliver Sadler (46) 22:28 |
| 33 Knowle & Dorridge Rc | | 2:06:21 | | 47 Dudley Kingswinford Rc | | 'A' 2:13:06 | |
| 1 | Tim Price (47) 21:09 | 2 | Peterjohn Grime (42) 21:06 | 1 | David Norman (56) 21:53 | 2 | Darran Bishop (60) 22:51 |
| 3 | Richard Dixon (45) 21:54 | 4 | Kirk Giles (44) 21:48 | 3 | Stuart Perkins (56) 21:32 | 4 | Simon Blizzard (55) 23:11 |
| 5 | Patrick Moss (40) 20:30 | 6 | Joseph Read (33) 19:54 | 5 | Simon Hughes (55) 22:57 | 6 | Matt Biggs (47) 20:42 |
| 34 Birmingham R & Tc | | 'B' 2:06:22 | | 48 Cheltenham & County Harriers | | 'D' 2:13:15 | |
| 1 | Stuart Male (20) 19:39 | 2 | Rene Vergo (29) 21:11 | 1 | Lee Groenewegen (64) 22:23 | 2 | Alister Brown (64) 22:53 |
| 3 | Huw Jones (33) 21:48 | 4 | Martin Matthews (29) 20:31 | 3 | Matthew Evans (61) 22:15 | 4 | Tommaso Migliuolo (51) 21:00 |
| 5 | Toby Close (33) 22:05 | 6 | A Tsolakis (34) 21:08 | 5 | James Wilkinson (50) 22:53 | 6 | Elliot Prince (48) 21:51 |
| 35 Bromsgrove And Redditch | | 'A' 2:06:33 | | 49 Birchfield Harriers | | 'C' 2:13:46 | |
| 1 | Sean Bowden (48) 21:10 | 2 | Conor Smith (28) 19:37 | 1 | Simon Rhodes (84) 23:26 | 2 | Rob Deakin (65) 21:52 |
| 3 | Kevin Fisher (28) 21:03 | 4 | Carl Hatton (36) 21:59 | 3 | Khalid Malik (60) 22:07 | 4 | Conall Green (54) 22:00 |
| 5 | James Hood (36) 21:42 | 6 | Mark Appleton (35) 21:02 | 5 | Simon Mcnamee (52) 22:31 | 6 | Alex Parker (49) 21:50 |
| 36 Worcester Ac | | 'A' 2:06:57 | | 50 Sutton In Ashfield Harriers & | | 2:14:06 | |
| 1 | Daniel Stock (28) 19:51 | 2 | Michael Jeavons (39) 22:01 | 1 | Luke Wigman (42) 20:52 | 2 | Kristian Watson (32) 20:21 |
| 3 | David Hall (36) 20:59 | 4 | Richard Smith (34) 20:49 | 3 | Paul Frith (35) 21:36 | 4 | Brent Stevenson (42) 22:36 |
| 5 | Mark Teague (35) 21:46 | 6 | David Price (36) 21:31 | 5 | Paul Dobbs (45) 23:12 | 6 | Lee Morris (50) 25:29 |
| 37 Birchfield Harriers | | 'B' 2:07:32 | | 51 Ripley Running Club | | 2:14:13 | |
| 1 | Orlando Corea (16) 19:23 | 2 | Ben Griffiths (16) 20:16 | 1 | Dean Taylor (49) 21:13 | 2 | Matthew Nicholls (69) 24:32 |
| 3 | Ian Dempsey (21) 20:53 | 4 | Sam Dais (19) 20:10 | 3 | Richard Kimber (65) 22:05 | 4 | Martin Penny (61) 23:06 |
| 5 | Reis Brooke (32) 24:27 | 6 | Yousf Allathaa (37) 22:23 | 5 | Joe Henstock (56) 22:27 | 6 | Tim Clayton (51) 20:50 |
| 38 Dudley And Stourbridge Harrier | | 'A' 2:07:33 | | 52 Aldridge Rc | | 'A' 2:14:57 | |
| 1 | David Nation (36) 20:28 | 2 | David Ratcliffe (34) 20:52 | 1 | Michael Smith (51) 21:30 | 2 | Toby Oury (57) 22:44 |
| 3 | Ian Mansell (31) 20:57 | 4 | Ben Foster (31) 21:10 | 3 | Paul Burke (59) 23:05 | 4 | Mark Shaw (56) 22:27 |
| 5 | Martin Harrigan (38) 22:35 | 6 | Scott Palmer (38) 21:31 | 5 | Liam Harrold (53) 22:22 | 6 | Patrick Fellows (52) 22:49 |
| 39 Westbury Harriers | | 2:07:37 | | 53 Bromsgrove And Redditch | | 'B' 2:15:07 | |
| 1 | Adam Wilson (37) 20:36 | 2 | Scott Campbell (24) 19:59 | 1 | Jack Morley (54) 21:40 | 2 | Gavin Moorhead (53) 22:06 |
| 3 | Joe Connors (22) 20:39 | 4 | Elliott Chard (37) 23:05 | 3 | Andrew Freeman (51) 21:47 | 4 | Jamie Dancyger (52) 23:10 |
| 5 | Chris O'donovan (41) 22:10 | 6 | Alex Hamblin (39) 21:08 | 5 | Tom Richardson (54) 23:26 | 6 | Anthony Warner (53) 22:58 |
| 40 Gloucester Ac | | 'A' 2:08:15 | | 54 Halesowen Acc | | 'B' 2:15:22 | |
| 1 | James Walters (55) 21:50 | 2 | Andrew Mcpeake (58) 22:39 | 1 | David Lewis (81) 23:14 | 2 | Bill Nock (61) 21:48 |
| 3 | Jack Evans (48) 20:46 | 4 | Nathan Smith (45) 21:11 | 3 | Philip Scarr (63) 22:34 | 4 | Kevin Monk (60) 22:51 |
| 5 | Stephen Millward (39) 19:53 | 6 | Austin Blackburn (40) 21:56 | 5 | R Cadwallader (51) 21:18 | 6 | Nicolas Hazelwood (54) 23:37 |

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

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|----------------------------------|------------------------------|-------------|-------------------------------|-----------------------------------|--------------------------------|-------------|--------------------------------|
| 55 Centurion Rc | | 'A' 2:17:59 | | 69 Wreake And Soar Valley Ac | | 2:24:30 | |
| 1 | Ian Satterthwaite (60) 22:12 | 2 | Paul Davies (55) 22:00 | 1 | Finn Miskinyoung (43) 20:56 | 2 | Alastair Orencas (66) 24:31 |
| 3 | Edmund Wallace (67) 24:34 | 4 | Shaun Hemmings (63) 22:43 | 3 | George Alvey (58) 21:38 | 4 | Mark Gamble (64) 24:26 |
| 5 | Lee Caves (62) 23:55 | 6 | Thomas Healy (55) 22:35 | 5 | Steve Mitchell (65) 25:44 | 6 | Glynn Parker (69) 27:15 |
| 56 Holme Pierrepont Rc | | 2:18:17 | | 70 Telford Harriers | | 'A' 2:24:39 | |
| 1 | S Williamsduncan (52) 21:33 | 2 | Gary Cragg (62) 23:35 | 1 | Paul O'brien (61) 22:15 | 2 | Ian Maxwell (80) 25:11 |
| 3 | Will Meredith (66) 23:15 | 4 | Chris Rhodes (62) 22:59 | 3 | Michael Smith (82) 25:05 | 4 | Greg Smith (75) 24:30 |
| 5 | Javier Cabrero (59) 23:27 | 6 | Tom Davies (56) 23:28 | 5 | Anthony Pinson (75) 25:17 | 6 | Dean Gapper (70) 22:21 |
| 57 Leamington Cycling & Athletic | | 'B' 2:18:30 | | 71 City Of Birmingham Striders | | 2:25:08 | |
| 1 | Jordan King (57) 22:06 | 2 | Charlie Staveley (51) 21:14 | 1 | James Drakeford (89) 23:52 | 2 | Mark Baker (81) 23:57 |
| 3 | Guy Allen (49) 22:05 | 4 | Johnathon Brown (46) 21:38 | 3 | Makoto Uji (75) 23:16 | 4 | Matthew Stevens (57) 18:59 |
| 5 | Craig Biggerstaff (49) 23:15 | 6 | Sagar Depala (57) 28:12 | 5 | Dionisis Theodosios (70) 28:12 | 6 | Adam Rathbone (71) 26:52 |
| 58 Sphinx Ac | | 'A' 2:18:32 | | 72 Notts Ac | | 'C' 2:26:14 | |
| 1 | Michael Gough (74) 22:55 | 2 | Rob Wheatley (63) 22:17 | 1 | Sam Godwin (58) 22:07 | 2 | Jamie Fletcher (44) 20:32 |
| 3 | Allen Elsour (64) 22:33 | 4 | Pawel Langer (59) 22:36 | 3 | David Oxland (50) 22:48 | 4 | Ben Abbott (50) 22:56 |
| 5 | Kevin Dick (58) 23:46 | 6 | Colin Piper (58) 24:25 | 5 | Steven Leek (64) 28:36 | 6 | Mick Robinson (72) 29:15 |
| 59 Worcester Ac | | 'B' 2:19:02 | | 73 Silson Joggers Ac | | 2:26:45 | |
| 1 | Robert Jones (50) 21:18 | 2 | Stefan Sternkopf (59) 23:17 | 1 | Tom Phelps (80) 23:13 | 2 | Alistair Ferrie (85) 25:00 |
| 3 | Adam Pollock (57) 22:23 | 4 | Luke Sheppard (67) 26:06 | 3 | Greg Ball (80) 24:08 | 4 | Jeff Rycroft (79) 25:22 |
| 5 | Nick Hitchings (63) 23:02 | 6 | David O'brien (59) 22:56 | 5 | Paul King (79) 24:59 | 6 | Stewart Shears (73) 24:03 |
| 60 Stratford Upon Avon Ac | | 'A' 2:19:19 | | 74 Stafford Harriers | | 'A' 2:26:53 | |
| 1 | Richard Shephard (34) 20:19 | 2 | Danny Tolhurst (47) 22:54 | 1 | Richard Rea (68) 22:38 | 2 | Ian Wood (79) 24:40 |
| 3 | David Smyth (55) 22:59 | 4 | James Chorley (65) 25:34 | 3 | Jason Littlewood (85) 26:03 | 4 | Spencer Holland (80) 24:28 |
| 5 | Graham Taylor (61) 23:22 | 6 | Anthony Howell (60) 24:11 | 5 | I Hodkinson (74) 24:13 | 6 | Alan Griffin (74) 24:51 |
| 61 Halesowen Acc | | 'C' 2:20:06 | | 75 Wolverhampton & Bilston | | 'B' 2:28:16 | |
| 1 | John Hill (88) 23:42 | 2 | Andrew Nock (83) 24:18 | 1 | Jason Paddock (85) 23:27 | 2 | Mathew Richards (74) 22:55 |
| 3 | Matthew Allen (76) 23:19 | 4 | James Parker (72) 24:05 | 3 | Alex Herron (74) 24:29 | 4 | Robert Edwards (74) 25:56 |
| 5 | Chris Cleary (68) 22:35 | 6 | Ben Williets (61) 22:07 | 5 | Pritesh Patel (80) 26:15 | 6 | Lionel Spittle (75) 25:14 |
| 62 Corby Ac | | 'B' 2:20:40 | | 76 Hermitage Harriers | | 'B' 2:28:47 | |
| 1 | Sebastien Goodall (38) 20:37 | 2 | Daniel Keating (50) 22:41 | 1 | Darren Wilson (63) 22:20 | 2 | David Pallett (56) 21:52 |
| 3 | Mark Bland (62) 24:14 | 4 | Jack Benstead (58) 22:41 | 3 | Craig Ogilvie (78) 27:55 | 4 | Matthew Dumelow (81) 25:45 |
| 5 | John Mccrone (60) 24:50 | 6 | Nigel Taylor (62) 25:37 | 5 | Peter Armstrong (77) 24:43 | 6 | Alan Percival (76) 26:12 |
| 63 Kenilworth Runners | | 'B' 2:20:50 | | 77 Bournville Harriers | | 'B' 2:30:26 | |
| 1 | Neil Sheward (62) 22:16 | 2 | Richard Broadbent (71) 23:48 | 1 | Daniel Wilson (87) 23:40 | 2 | Dave Powner (90) 25:22 |
| 3 | Nick Williams (69) 23:20 | 4 | Steve Hession (71) 25:30 | 3 | Steven Howard (77) 22:51 | 4 | Jim Clarke (76) 25:24 |
| 5 | Richard Steel (69) 23:10 | 6 | Stewart Underhill (63) 22:46 | 5 | C Ankcorn (85) 28:41 | 6 | Jack Roberts (77) 24:28 |
| 64 Sparkhill Harriers | | 'A' 2:20:54 | | 78 Belper Harriers | | 2:30:43 | |
| 1 | Nick Stringer (79) 23:03 | 2 | Patrick Finnegan (75) 23:33 | 1 | Chris Jordan (71) 22:46 | 2 | Malcolm Weir (76) 24:16 |
| 3 | Mark Williams (72) 23:15 | 4 | Andy Manning (69) 24:22 | 3 | Andy Lenton (79) 25:06 | 4 | Robert Norman (78) 25:20 |
| 5 | Daniel Roulston (67) 23:31 | 6 | Darren Riley (64) 23:10 | 5 | Mark Riches (81) 26:16 | 6 | Steve Meath (78) 26:59 |
| 65 Birmingham R & Tc | | 'D' 2:21:10 | | 79 Dudley Kingswinford Rc | | 'B' 2:30:58 | |
| 1 | Mark Connell (95) 24:38 | 2 | Ben Beaumont (77) 22:28 | 1 | Mark Homer (90) 23:54 | 2 | Richard Tonks (89) 24:49 |
| 3 | Richard Gray (73) 23:22 | 4 | Iain Squires (66) 22:34 | 3 | Peter Hood (83) 24:08 | 4 | Graham Wildgoose (82) 25:13 |
| 5 | Martin Ludford (66) 24:17 | 6 | Andy Piddington (65) 23:51 | 5 | Mark Judge (78) 24:34 | 6 | John Andrews (79) 28:20 |
| 66 Massey Ferguson Rc | | 'B' 2:22:49 | | 80 Heanor Running Club | | 'B' 2:31:06 | |
| 1 | Peter Paprcka (99) 25:45 | 2 | Joseluis Sanchez (87) 22:46 | 1 | Lee D'arcy (72) 22:48 | 2 | Peter Edwards (84) 25:24 |
| 3 | Tony James Hoy (81) 23:55 | 4 | Dave Lee (73) 24:18 | 3 | John Flint (88) 26:21 | 4 | Carl Hughes (83) 24:12 |
| 5 | Grahame Flanagan (72) 23:35 | 6 | Jason Nicholson (66) 22:30 | 5 | Andy Moat (83) 25:35 | 6 | Rob Nicholls (80) 26:46 |
| 67 Telford Ac | | 'B' 2:22:52 | | 81 Cobra Running & Triathlon Club | | 2:31:19 | |
| 1 | John Garmson (65) 22:25 | 2 | John Sanders (54) 21:26 | 1 | Carson Tweedie (78) 23:03 | 2 | Alex Stephenson (70) 22:54 |
| 3 | Paul Coupe (53) 21:50 | 4 | Duncan Birtwhistle (49) 22:38 | 3 | Paul Sheppard (71) 23:46 | 4 | Michael Tovey (70) 24:49 |
| 5 | Steve Jones (57) 25:30 | 6 | Nick Thomas (67) 29:03 | 5 | Chris Pearson (73) 26:38 | 6 | Paul Corn (81) 30:09 |
| 68 Kings Heath Rc - The Lions | | 2:23:22 | | 82 Staffs Moorlands Ac | | 'B' 2:32:03 | |
| 1 | Scott Williams (69) 22:39 | 2 | David Hagan (67) 22:59 | 1 | Anthony Jones (70) 22:41 | 2 | Andy Bainesd Davies (96) 28:58 |
| 3 | Anthony Gillespie (84) 27:39 | 4 | Greg Robson (86) 27:21 | 3 | Jonathon Windsor (93) 25:54 | 4 | Leo Foster (90) 25:19 |
| 5 | Tim Livesley (76) 21:46 | 6 | Sean Phillips (68) 20:58 | 5 | Nick Hulme (84) 22:42 | 6 | Peter Sadler (82) 26:29 |

Midland Counties Road Relays at Sutton Park on Saturday 24th September 2016

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 83 Aldridge Rc | | 'D' 2:32:28 | | Incomplete Teams: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Leigh Ally (96) 24:44 | 2 Steve Blakemore (78) 22:31 | Coventry Godiva Harriers 'B' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Nick Ford (91) 28:23 | 4 Eamon Lyons (89) 26:42 | 1 Zachary Nolan (17) 19:28 | 2 Nigel Arlidge (45) 23:26 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Mark O'Rourke (88) 25:39 | 6 Richard Deeley (83) 24:29 | 3 Thomas Madden (40) 20:15 | 4 Nick Bennett (53) 26:13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 84 Sparkhill Harriers | | 'B' 2:33:39 | | Centurion Rc 'B' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Tahir Akhtar (94) 24:34 | 2 Frank Inman (91) 24:57 | 1 James Eckloff (83) 23:22 | 2 Eric Robathan (94) 27:32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 John Goulding (89) 25:22 | 4 Grahame Hygate (87) 25:47 | 3 Leonard Wallace (94) 27:01 | 4 James Houghton (101) 34:23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Anthony Edwards (87) 27:13 | 6 Robert Mills (84) 25:46 | 5 Paul Cornock (71) 6:41 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 85 Tipton Harriers | | 'C' 2:35:45 | | Sphinx Ac 'B' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 John Millington (82) 23:19 | 2 Tom Acha (73) 23:03 | 1 Wayne Broadbent (105) 26:28 | 2 Jamie Richards (98) 26:20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Jonathon Carter (54) 19:46 | 4 Alan Grice (68) 27:03 | 3 Mark Moran (102) 29:30 | 4 Anthony O'Brien (99) 27:58 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 John Stroulger (82) 30:37 | 6 Jonathan Shaw (85) 31:57 | 5 Imran Ali (99) 28:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 86 Massey Ferguson Rc | | 'C' 2:36:17 | | Harborough Ac 'B' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Darren Chambers (109) 27:25 | 2 Alan McDougall (100) 25:59 | 1 Jamie Thompson (100) 25:53 | 2 David Ward (106) 29:09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Kevin Hinson (95) 25:28 | 4 Martin Smith (92) 27:05 | 3 Rick Brown (103) 28:17 | 4 Gary Wallis (100) 28:09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Leighton Jackson (91) 26:52 | 6 Simon Brown (86) 23:28 | 5 Martin Hughes (100) 27:38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 87 Halesowen Acc | | 'D' 2:36:35 | | Aldridge Rc 'B' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Mark Higgins (108) 27:09 | 2 Paul Allen (103) 26:35 | 1 Simon Hudson (112) 28:52 | 2 Colin Jackson (108) 28:57 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Steven Horten (101) 27:56 | 4 David Lloyd (97) 26:54 | 3 John Pearce (105) 25:59 | 4 Lawrence Hewitt (103) 31:41 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Richard Guest (93) 25:58 | 6 Alex Morgan (87) 22:03 | 5 John Quinn (101) 29:59 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 88 Northbrook Athletic Club | | 'B' 2:40:24 | | Dudley Kingswinford Rc 'C' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Terry Moynihan (76) 23:02 | 2 Clive Horton (86) 25:23 | 1 Andy Morrison (110) 27:50 | 2 Rory Campbell (107) 27:41 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Kevin Coughlan (86) 25:54 | 4 Anthony Hughes (85) 25:36 | 3 Chris Wood (107) 34:10 | 4 Peter Krivosic (104) 29:35 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Rich Cawley (89) 28:07 | 6 Robert Pool (88) 32:22 | 5 Andrew Perkins (102) 36:27 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 89 Telford Harriers | | 'B' 2:40:32 | | Solihull & Small Heath Athleti | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Robert Friel (102) 26:06 | 2 David Stone (99) 26:47 | 1 Adam Cole (67) 22:36 | 2 Michael Bracken (68) 23:07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Michael Webb (99) 27:40 | 4 Paul Woodcock (91) 25:13 | 3 Steven Howes (68) 23:19 | 4 Andrew Webber (77) 28:19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 John Thompson (94) 29:42 | 6 Stephen Davis (89) 25:04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90 Heanor Running Club | | 'C' 2:40:33 | | Birmingham R & Tc 'E' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Stephen Wardle (106) 26:52 | 2 Ian Salt (101) 26:35 | 1 Harry Fowler (97) 25:06 | 2 Rob Ryan (93) 25:05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Scott Wigman (100) 27:09 | 4 Paul Winfield (93) 25:45 | 3 David Sansom (97) 29:52 | 4 Richard Carney (95) 27:21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Paul Mercer (92) 26:39 | 6 Eamon O'hanlon (90) 27:33 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 91 Northbrook Athletic Club | | 'C' 2:42:09 | | Shrewsbury Ac 'B' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Spencer Davies (101) 26:05 | 2 Steve Handy (95) 24:50 | 1 Robert Lisney (59) 22:11 | 2 Stephen Waters (49) 21:05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Jonathan Seed (92) 24:50 | 4 Tommy Dempsey (88) 25:58 | 3 Norbert Feeney (46) 21:17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Kevin Erne (90) 26:55 | 6 David Cooper (91) 33:31 | Birchfield Harriers 'D' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 92 Northbrook Athletic Club | | 'A' 2:42:52 | | 1 Peter Dimbleby (73) 22:55 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Steven Turvey (75) 22:58 | 2 Joe Kelly (82) 24:55 | 3 Windel Simpson (70) 23:21 | 2 Lee Harris (72) 23:21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Damian Pharoah (87) 26:37 | 4 Tom Miller (84) 24:58 | Gloucester Ac 'B' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Bob Adams (86) 27:59 | 6 Fraser Barrett (92) 35:25 | 1 Steven Haines (77) 23:02 | 2 Aaron Bennett (88) 25:39 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 93 Aldridge Rc | | 'C' 2:44:47 | | 3 Russell Kirby (90) 26:49 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Ken Rowe (107) 27:03 | 2 Nigel Bullock (97) 25:42 | Bromsgrove And Redditch 'C' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Michael Davis (98) 27:44 | 4 David Mchugh (96) 27:50 | 1 Rob Humphries (92) 24:02 | 2 Sammy Taafe (92) 25:36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Craig Hall (95) 28:14 | 6 Leslie Reeves (93) 28:14 | Sparkhill Harriers 'C' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 94 Stratford Upon Avon Ac | | 'B' 2:45:20 | | 1 Andy Carroll (113) 29:18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 James Deacon (104) 26:25 | 2 Kieran Tursner (102) 27:10 | Kettering Town Harriers | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Matthew Sims (96) 26:06 | 4 Stuart Griffiths (94) 27:07 | 1 Edward Cannell (46) 21:06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Paul Hawkins (97) 30:17 | 6 Dave Wolstencroft (94) 28:15 | Rugby & Northampton Ac 'B' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 95 Wolverhampton & Bilston | | 'C' 2:46:20 | | 1 Peter Thomas (91) 24:01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Andrew Dyal (98) 25:45 | 2 Fred Smith (104) 28:00 | Dudley And Stourbridge Harrier 'B' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Dean Tonks (104) 29:54 | 4 Paul Tabor (98) 25:26 | 1 Darrell Bodin (93) 24:03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Russell Blair (96) 27:47 | 6 Brian Slater (95) 29:28 | Tipton Harriers 'D' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 96 Stafford Harriers | | 'B' 2:53:13 | | 1 Paul Dolan (111) 28:18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Ben Nash (103) 26:18 | 2 Roy Clay (105) 28:44 | Bournville Harriers 'C' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 Edwin Smith (106) 30:28 | 4 Mark Oliver (102) 26:50 | 1 Barrie Roberts (114) 31:07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Ryan Nokes (98) 25:27 | 6 Mark Bentley (96) 35:26 | Fastest of all legs | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width: 100%;"> <tbody> <tr> <td>1 Paul Cornock</td> <td>CenturionR</td> <td>B</td> <td>6:41</td> </tr> <tr> <td>2 Richard Peters</td> <td>BristolAnd</td> <td>A</td> <td>17:29</td> </tr> <tr> <td>= Graham Rush</td> <td>Cheltenham</td> <td>A</td> <td>17:29</td> </tr> <tr> <td>4 Douglas Musson</td> <td>NottsAc</td> <td>A</td> <td>17:41</td> </tr> <tr> <td>5 Philip Wylie</td> <td>Cheltenham</td> <td>A</td> <td>17:49</td> </tr> <tr> <td>6 Sam Stevens</td> <td>LeicesterC</td> <td>A</td> <td>17:59</td> </tr> <tr> <td>7 Benedict Westheny</td> <td>BristolAnd</td> <td>A</td> <td>18:08</td> </tr> <tr> <td>8 Ryan Holroyd</td> <td>CityOfStok</td> <td>A</td> <td>18:09</td> </tr> </tbody> </table> | | | | | | 1 Paul Cornock | CenturionR | B | 6:41 | 2 Richard Peters | BristolAnd | A | 17:29 | = Graham Rush | Cheltenham | A | 17:29 | 4 Douglas Musson | NottsAc | A | 17:41 | 5 Philip Wylie | Cheltenham | A | 17:49 | 6 Sam Stevens | LeicesterC | A | 17:59 | 7 Benedict Westheny | BristolAnd | A | 18:08 | 8 Ryan Holroyd | CityOfStok | A | 18:09 |
| 1 Paul Cornock | CenturionR | B | 6:41 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 Richard Peters | BristolAnd | A | 17:29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| = Graham Rush | Cheltenham | A | 17:29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 Douglas Musson | NottsAc | A | 17:41 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 Philip Wylie | Cheltenham | A | 17:49 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 Sam Stevens | LeicesterC | A | 17:59 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 Benedict Westheny | BristolAnd | A | 18:08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 Ryan Holroyd | CityOfStok | A | 18:09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |