

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 1 - Provisional Results

Pos	Name	Club	Leg Time	Pos	Name	Club	Leg Time
1	Miles Clisham	CoventryGo A	26:04	35	Stuart West	Kenilworth	30:18
2	Callum Hanlon	Leamington	26:22	36	Daniel Moody	WesternTem C	30:26
3	Jack Bancroft	WesternTem A	26:25	37	Ned Campbell	StratfordU	30:45
4	Adam Peacock	Birmingham A	26:32	38	Tom Hunton	SwindonHar B	30:52
5	Liam Rawlings	Shrewsbury	26:52	39	Elliot Jones	DudleyKing	30:55
6	Felix Mcgrath	Bristol&We A	26:57	40	Jamie Bell	Cheltenham	31:28
7	Stuart Spencer	NottsAc A	27:05	41	Sam Godwin	NottsAc B	32:04
8	Jason Bennett	Birchfield A	27:11	42	James Taylor	Bournville A	32:14
9	Ben Lines	SwindonHar A	27:16	43	Craig Taylor	NewcastleS	32:30
10	Conor William Pacey	NewarkAc A	27:20	44	John Clarke	MasseyFerg	32:37
11	Finlay Ward	Rugby&Nort	27:21	45	Jamie Macintyre	MansfieldH B	32:47
12	Joe Rainsford	HeanorRC	27:35	46	Dean Hill	TiptonHarr B	32:52
13	Jake Watson	WorcesterA	27:37	47	Tony Cheema	Wolverhamp B	32:54
14	Harry Lupton	CharnwoodA	28:04	48	Ryan Lee	Bromsgrove B	32:55
15	Adrian McBride	Northbrook A	28:14	49	Edward Bower	Knowle&Dor B	33:18
16	Joe Smith	Bromsgrove A	28:19	50	Mark Garratt	RedhillRoa	33:27
17	Lester James	TeamBathAC	28:23	51	Jason Brotherhood	CoventryGo B	34:03
18	Tesfay Teweled	Birmingham B	28:35	52	James Corden	CityOfBirm	34:28
19	Lewis Boswell	MansfieldH A	28:41	53	Nathan Smith	Birmingham C	34:42
20	Karl Quiney	TiptonHarr A	28:46	54	James Gillum	NuneatonHa B	35:25
21	James Thomas	HalesowenA A	28:49	55	Ben Dunlop	HalesowenA B	35:37
22	Thomas Eustace	Cannock&St	28:49	56	Philip Brayford	AldridgeRc B	35:41
23	William Douglas	WesternTem B	28:52	57	Nick Stringer	SparkhillH	36:01
24	Aled Anderson	Bristol&We B	28:54	58	Grant Newman	Bournville B	36:09
25	Richard Decamps	Gloucester	28:57	59	Justin Green	StaffordHa	36:14
26	Dominic Fielding	WorksopHar	29:07	60	Terry Moynihan	Northbrook B	37:03
27	Adam Smith	AldridgeRc A	29:21	61	Callum Thomas	RoyalSutto B	37:11
28	Robert Farley	BittonRoad	29:31	62	Chris Cleaver	CenturionR	38:23
29	Gareth Wainwright	Knowle&Dor A	29:32	63	Paul Robbins	Northbrook C	40:20
30	Richard Burman	RoyalSutto A	29:45	64	Robert Mann	WestBromwi	40:33
31	Chris Jordan	NuneatonHa A	29:53	65	Steven Horton	HalesowenA C	42:02
32	Martin Pratt	TrenthamRc	30:02	66	William Jameson	Solihull&S	42:16
33	Fynn Churton	CityOfStok	30:05	67	Paul Slatford	SphinxAc	48:27
34	Ben Foster	Wolverhamp A	30:11	68	Harry Fowler	Birmingham D	1:24:05

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 2 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Dom James	WesternTem A	26:24	52:49	+ 2
2	Baljeev Kandola	Leamington	27:03	53:25	0
3	Alastair Watson	NottsAc A	26:40	53:45	+ 4
4	Naphtali Moulton	Bristol&We A	27:07	54:04	+ 2
5	Scott Hudspith	CoventryGo A	28:04	54:08	- 4
6	Daniel Husbands	Shrewsbury	27:30	54:22	- 1
7	Ed Banks	Birchfield A	27:26	54:37	+ 1
8	George Hatton	NewarkAc A	27:38	54:58	+ 2
9	Harry Woods	SwindonHar A	28:06	55:22	0
10	Henry Brocklehurst	Birmingham A	28:54	55:26	- 6
11	Luke Vine	TiptonHarr A	26:51	55:37	+ 9
12	Alex Hampson	MansfieldH A	26:57	55:38	+ 7
13	Ben Duncan	WorcesterA	28:14	55:51	0
14	Fergus Scott	Rugby&Nort	28:41	56:02	- 3
15	Richard Weir	HeanorRC	28:31	56:06	- 3
16	Harry Palmer	TeamBathAC	28:26	56:49	+ 1
17	Alexander Adams	Bromsgrove A	28:59	57:18	- 1
18	Adam Stokes	Bristol&We B	29:02	57:56	+ 6
19	Sam Butler	WesternTem B	29:12	58:04	+ 4
20	Mark Couldwell	CharnwoodA	30:12	58:16	- 6
21	Oliver Harradence	RoyalSutto A	28:46	58:31	+ 9
22	Jamie Arnold	CityOfStok	28:29	58:34	+ 11
23	Chris Stockdale	Birmingham B	30:17	58:52	- 5
24	Jacob Pickering	Cheltenham	27:30	58:58	+ 16
25	Matthew Craen	Cannock&St	30:10	58:59	- 3
26	Ben Williets	HalesowenA A	30:50	59:39	- 5
27	Chris Morgan	Knowle&Dor A	30:25	59:57	+ 2
28	Andrew Decamps	Gloucester	31:08	1:00:05	- 3
29	Adam Turner	WorksopHar	31:15	1:00:22	- 3
30	David Johnson	WesternTem C	30:53	1:01:19	+ 6
31	Luke Byrne	SwindonHar B	30:29	1:01:21	+ 7
32	Johnathan Ritchie	NuneatonHa A	31:50	1:01:43	- 1
33	Luke White	AldridgeRc A	32:39	1:02:00	- 6
34	Marc Herring	Kenilworth	32:01	1:02:19	+ 1
35	Thomas Mitchell	Northbrook A	34:12	1:02:26	- 20
36	Derrick Milligan	Wolverhamp A	32:18	1:02:29	- 2
37	Michael Blackmore	BittonRoad	33:28	1:02:59	- 9
38	Luke Alexander	DudleyKing	33:50	1:04:45	+ 1
39	Matthew Giles	Bromsgrove B	31:56	1:04:51	+ 9
40	Warren Thomas	TrenthamRc	35:07	1:05:09	- 8
41	Bradley Shields	NewcastleS	33:58	1:06:28	+ 2
42	Ben McClemens	MansfieldH B	33:56	1:06:43	+ 3
43	Gary Lawson	MasseyFerg	34:10	1:06:47	+ 1
44	Jonathan Stanforth	Bournville A	34:56	1:07:10	- 2
45	Peter Sugden	StratfordU	36:32	1:07:17	- 8
46	Jay Patel	Wolverhamp B	34:45	1:07:39	+ 1
47	Mark Davis	RedhillRoa	34:28	1:07:55	+ 3
48	Lewis Towers	Knowle&Dor B	35:19	1:08:37	+ 1
49	Broome David	Birmingham C	34:34	1:09:16	+ 4
50	Jack Speake	NottsAc B	38:02	1:10:06	- 9
51	Peter Dimpleby	AldridgeRc B	34:35	1:10:16	+ 5
52	Myles Wilson	TiptonHarr B	37:58	1:10:50	- 6
53	Samuel Katanda	CoventryGo B	36:54	1:10:57	- 2
54	David Bevan	NuneatonHa B	35:36	1:11:01	0
55	John Hayes	CityOfBirm	37:40	1:12:08	- 3
56	Nicolas Blunt	RoyalSutto B	35:01	1:12:12	+ 5
57	Richard Rea	StaffordHa	36:17	1:12:31	+ 2
58	Tommy Dempsey	Northbrook B	37:39	1:14:42	+ 2
59	Simon Robert Duck	HalesowenA B	39:13	1:14:50	- 4
60	Michael Bracken	Solihull&S	32:35	1:14:51	+ 6
61	Jason Gilligan	CenturionR	38:54	1:17:17	+ 1
62	Stephen Plummer	WestBromwi	37:49	1:18:22	+ 2
63	Chris Smith	Northbrook C	39:49	1:20:09	0
64	Andrew Law	SparkhillH	44:38	1:20:39	- 7
65	James Ludlow	HalesowenA C	39:35	1:21:37	0
66	Joe Turner	Bournville B	46:25	1:22:34	- 8
67	Sam Ward	SphinxAc	35:42	1:24:09	0
68	Liam Phelan	Birmingham D	37:19	2:01:24	0

Fastest runners over stage 2:

1	Dom James	WesternTem A	26:24
2	Alastair Watson	NottsAc A	26:40
3	Luke Vine	TiptonHarr A	26:51
4	Alex Hampson	MansfieldH A	26:57
5	Baljeev Kandola	Leamington	27:03
6	Naphtali Moulton	Bristol&We A	27:07
7	Ed Banks	Birchfield A	27:26
8	Jacob Pickering	Cheltenham	27:30
9	Daniel Husbands	Shrewsbury	27:30
10	George Hatton	NewarkAc A	27:38

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- Senior Men Stage 3 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Dylan Gillett	WesternTem A	26:50	1:19:39	0
2	Milan Champion	NottsAc A	26:40	1:20:25 +	1
3	Frazer Knowles	Leamington	27:16	1:20:41 -	1
4	Jonathan Thewlis	Bristol&We A	27:27	1:21:31	0
5	William Fuller	CoventryGo A	27:55	1:22:03	0
6	John Stolberg	Birmingham A	27:00	1:22:26 +	4
7	Daniel Swain	Birchfield A	28:13	1:22:50	0
8	M Costello	Shrewsbury	28:36	1:22:58 -	2
9	Matthew Woodward	SwindonHar A	28:05	1:23:27	0
10	Kristian Watson	MansfieldH A	28:01	1:23:39 +	2
11	Tom Marshall	NewarkAc A	29:25	1:24:23 -	3
12	Daniel Geisler	WorcesterA	28:43	1:24:34 +	1
13	Andrew Johnstone	Rugby&Nort	28:38	1:24:40 +	1
14	Aidan Daniel	TeamBathAC	28:10	1:24:59 +	2
15	Ethan Compton	TiptonHarr A	29:35	1:25:12 -	4
16	James Marshall	Bromsgrove A	29:02	1:26:20 +	1
17	Jordan Thomas	CityOfStok	27:54	1:26:28 +	5
18	Eliot Taylor	WesternTem B	28:59	1:27:03 +	1
19	Andrew Drake	Bristol&We B	30:08	1:28:04 -	1
20	Harrison Miles	Cheltenham	29:49	1:28:47 +	4
21	Stephen Ashmore	HeanorRC	32:44	1:28:50 -	6
22	Steven Dunsby	Birmingham B	29:59	1:28:51 +	1
23	Graham Peacock	CharnwoodA	30:41	1:28:57 -	3
24	Brad Watkins	RoyalSutto A	30:30	1:29:01 -	3
25	Phil Wolfe	Cannock&St	30:59	1:29:58	0
26	Matt Hipwell	Knowle&Dor A	30:02	1:29:59 +	1
27	Owen Parry	Gloucester	30:07	1:30:12 +	1
28	Richard White	HalesowenA A	31:33	1:31:12 -	2
29	John Parker	WesternTem C	30:57	1:32:16 +	1
30	Adrian Thompson	WorksopHar	32:04	1:32:26 -	1
31	Jake Brown	Wolverhamp A	30:17	1:32:46 +	5
32	Ben McIntyre	SwindonHar B	31:41	1:33:02 -	1
33	Andy Parkes	NuneatonHa A	32:06	1:33:49 -	1
34	Matthew Hathrell	Northbrook A	32:26	1:34:52 +	1
35	Ryan Noon	AldridgeRc A	33:12	1:35:12 -	2
36	Ollie Wilson	Bromsgrove B	31:47	1:36:38 +	3
37	Alex Pester	StratfordU	29:44	1:37:01 +	8
38	Patrick Searle	BittonRoad	34:08	1:37:07 -	1
39	Daniel Jordan	TrenthamRc	34:43	1:39:52 +	1
40	Mark Aldritt	Kenilworth	37:59	1:40:18 -	6
41	Jonathan Mould	Bournville A	33:20	1:40:30 +	3
42	Gary Berzins	MansfieldH B	33:56	1:40:39	0
43	Samuel Tyler	DudleyKing	36:04	1:40:49 -	5
44	Anthony Ellis	Knowle&Dor B	32:48	1:41:25 +	4
45	Steve Glaze	MasseyFerg	34:51	1:41:38 -	2
46	Peter McNally	RedhillRoa	34:04	1:41:59 +	1
47	Scott Zikmanis	NewcastleS	36:25	1:42:53 -	6
48	Alex Kelly	Wolverhamp B	35:56	1:43:35 -	2
49	Stewart Deeming	RoyalSutto B	33:30	1:45:42 +	7
50	Andrew Knight	Birmingham C	37:24	1:46:40 -	1
51	Chris Hamerhodes	NuneatonHa B	36:15	1:47:16 +	3
52	Jack Walton	CityOfBirm	35:10	1:47:18 +	3
53	David Lewis	HalesowenA B	32:46	1:47:36 +	6
54	Harry Fellows	Solihull&S	33:43	1:48:34 +	6
55	Karl Hill	AldridgeRc B	38:51	1:49:07 -	4
56	Chris Hurst	CoventryGo B	38:35	1:49:32 -	3
57	Laurence Heathcock	TiptonHarr B	41:03	1:51:53 -	5
58	I Hodkinson	StaffordHa	39:41	1:52:12 -	1
59	Andrew Clay	Northbrook B	37:39	1:52:21 -	1
60	Karl Moore	WestBromwi	36:58	1:55:20 +	2
61	Simeon Whiting	Bournville B	35:46	1:58:20 +	5
62	Alan Smith	Northbrook C	38:47	1:58:56 +	1
63	Roman Kairov	SparkhillH	41:22	2:02:01 +	1
64	Peter Thomas	CenturionR	48:10	2:05:27 -	3
65	Wayne Broadbent	SphinxAc	42:00	2:06:09 +	2
66	Adrian Low	HalesowenA C	48:16	2:09:53 -	1

Fastest runners over stage 3:

1	Milan Champion	NottsAc A	26:40
2	Dylan Gillett	WesternTem A	26:50
3	John Stolberg	Birmingham A	27:00
4	Frazer Knowles	Leamington	27:16
5	Jonathan Thewlis	Bristol&We A	27:27
6	Jordan Thomas	CityOfStok	27:54
7	William Fuller	CoventryGo A	27:55
8	Kristian Watson	MansfieldH A	28:01
9	Matthew Woodward	SwindonHar A	28:05
10	Aidan Daniel	TeamBathAC	28:10

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 4 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Thomas Crockett	WesternTem A	26:12	1:45:51	0
2	Max Davis	Bristol&We A	26:06	1:47:37	+ 2
3	Joseph Tuffin	Birmingham A	25:48	1:48:14	+ 3
4	Anthony Woodward	NottsAc A	27:53	1:48:18	- 2
5	Alex Franklin	Leamington	27:58	1:48:39	- 2
6	Simon Byrne	SwindonHar A	26:56	1:50:23	+ 3
7	Matt Scarsbrook	Birchfield A	27:42	1:50:32	0
8	Jamie Hnatushka	CoventryGo A	29:11	1:51:14	- 3
9	Jim Hickinbottom	Shrewsbury	28:56	1:51:54	- 1
10	Adam Wright	Rugby&Nort	27:49	1:52:29	+ 3
11	Jan Bailey	MansfieldH A	28:51	1:52:30	- 1
12	Elliott Avis	TeamBathAC	28:41	1:53:40	+ 2
13	Oliver Crampton	NewarkAc A	30:30	1:54:53	- 2
14	Harry Bond	CityOfStok	29:05	1:55:33	+ 3
15	David Price	WorcesterA	31:05	1:55:39	- 3
16	Gary Whitehouse	TiptonHarr A	30:36	1:55:48	- 1
17	Mark Appleton	Bromsgrove A	29:43	1:56:03	- 1
18	Douglas Wight	WesternTem B	29:17	1:56:20	0
19	Alex Hobley	Bristol&We B	30:33	1:58:37	0
20	Christopher Perrin	Cannock&St	29:46	1:59:44	+ 5
21	Tony Davies	RoyalSutto A	30:54	1:59:55	+ 3
22	George Sheppard	Cheltenham	31:14	2:00:01	- 2
23	Joseph Donkin	HalesowenA A	28:50	2:00:02	+ 5
24	Chris Sharp	Knowle&Dor A	30:25	2:00:24	+ 2
25	Luke Hine	Gloucester	30:21	2:00:33	+ 2
26	Martin Matthews	Birmingham B	32:28	2:01:19	- 4
27	Martin Lewis	CharnwoodA	32:38	2:01:35	- 4
28	Ethan Rowley	HeanorRC	33:33	2:02:23	- 7
29	Dean Jones	WesternTem C	30:36	2:02:52	0
30	Daniel Turner	Wolverhamp A	31:12	2:03:58	+ 1
31	Michael Gilbert	SwindonHar B	31:05	2:04:07	+ 1
32	Paul Marriott	WorksopHar	33:24	2:05:50	- 2
33	Matiss Murphy	NuneatonHa A	32:23	2:06:12	0
34	Martin Mcgough	Northbrook A	31:30	2:06:22	0
35	Kevin Fisher	Bromsgrove B	33:11	2:09:49	+ 1
36	Stewart Jones	AldridgeRc A	35:12	2:10:24	- 1
37	Huw Crowweller	StratfordU	34:15	2:11:16	0
38	Tom Bunn	Bournville A	31:03	2:11:33	+ 3
39	Matthew Bottomore	MansfieldH B	32:32	2:13:11	+ 3
40	Charles Hann	BittonRoad	36:39	2:13:46	- 2
41	Ian Heath	TrenthamRc	35:02	2:14:54	- 2
42	Sean Emson	MasseyFerg	33:54	2:15:32	+ 3
43	Richard Beattie	Kenilworth	35:49	2:16:07	- 3
44	Paul Newton	RedhillRoa	35:30	2:17:29	+ 2
45	David Newport	Wolverhamp B	34:19	2:17:54	+ 3
46	Stuart Cassidy	NewcastleS	36:10	2:19:03	+ 1
47	Robert Langford	DudleyKing	39:06	2:19:55	- 4
48	David Rose	Knowle&Dor B	39:43	2:21:08	- 4
49	Edward Stead	RoyalSutto B	35:32	2:21:14	0
50	Keelan Hopewell	Solihull&S	33:03	2:21:37	+ 4
51	Marcus Macdonald	CityOfBirm	34:26	2:21:44	+ 1
52	Steven Hargrave	NuneatonHa B	34:59	2:22:15	- 1
53	A Mitrofaniuk	CoventryGo B	34:25	2:23:57	+ 3
54	Aaron Nicholls	HalesowenA B	36:54	2:24:30	- 1
55	Wayne Russell	TiptonHarr B	33:37	2:25:30	+ 2
56	Oli Moore	WestBromwi	31:02	2:26:22	+ 4
57	Joe Guidotti	Birmingham C	39:51	2:26:31	- 7
58	Kevin Spare	Northbrook B	38:04	2:30:25	+ 1
59	James Phillips	SparkhillH	32:24	2:34:25	+ 4
60	Jason Littlewood	StaffordHa	42:24	2:34:36	- 2
61	Malc Copeland	Northbrook C	38:40	2:37:36	+ 1
62	Barinderjit Cheema	AldridgeRc B	48:56	2:38:03	- 7
63	Adam Bailey	Bournville B	39:53	2:38:13	- 2
64	Pawel Langer	SphinxAc	32:25	2:38:34	+ 1
65	Daniel Wrenn	CenturionR	33:11	2:38:38	- 1
66	Matt Allen	HalesowenA C	41:59	2:51:52	0

Fastest runners over stage 4:

1	Joseph Tuffin	Birmingham A	25:48
2	Max Davis	Bristol&We A	26:06
3	Thomas Crockett	WesternTem A	26:12
4	Simon Byrne	SwindonHar A	26:56
5	Matt Scarsbrook	Birchfield A	27:42
6	Adam Wright	Rugby&Nort	27:49
7	Anthony Woodward	NottsAc A	27:53
8	Alex Franklin	Leamington	27:58
9	Elliott Avis	TeamBathAC	28:41
10	Joseph Donkin	HalesowenA A	28:50

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 5 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Daniel Owen	WesternTem A	16:35	2:02:26	0
2	Stephen Kerfoot	Bristol&We A	16:42	2:04:19	0
3	Matthew Williams	NottsAc A	16:21	2:04:39 +	1
4	Daniel Robinson	Birmingham A	16:48	2:05:02 -	1
5	Henry Morton	Leamington	17:45	2:06:24	0
6	Adam Day	Birchfield A	16:17	2:06:49 +	1
7	Nathan Hackley	SwindonHar A	16:36	2:06:59 -	1
8	Joe Mcleod	CoventryGo A	16:57	2:08:11	0
9	James Durman	Shrewsbury	16:36	2:08:30	0
10	Johar Ali	MansfieldH A	16:27	2:08:57 +	1
11	Matthew Everett	Rugby&Nort	16:42	2:09:11 -	1
12	Eoin Cremen	TeamBathAC	17:56	2:11:36	0
13	Luke Richardson	Bromsgrove A	16:09	2:12:12 +	4
14	Andrew Jeavons	WorcesterA	16:49	2:12:28 +	1
15	Robert Lindsay	NewarkAc A	17:39	2:12:32 -	2
16	Joseph Read	TiptonHarr A	17:18	2:13:06	0
17	Niall Thorne	WesternTem B	16:58	2:13:18 +	1
18	Alex Wood	CityOfStok	18:59	2:14:32 -	4
19	Mathew Davies	Bristol&We B	17:41	2:16:18	0
20	Bill Chesters	Cannock&St	17:12	2:16:56	0
21	David Sutton	RoyalSutto A	17:03	2:16:58	0
22	Peter Dear	HalesowenA A	17:47	2:17:49 +	1
23	Stewart Merry	Cheltenham	18:52	2:18:53 -	1
24	David Carbutt	Knowle&Dor A	18:43	2:19:07	0
25	Oscar Fleming	Birmingham B	17:55	2:19:14 +	1
26	Tom Whetton	WesternTem C	17:38	2:20:30 +	3
27	Michael Kingsbury	CharnwoodA	19:17	2:20:52	0
28	Robin Clegg	HeanorRC	19:06	2:21:29	0
29	Gary Worrall	Wolverhamp A	18:03	2:22:01 +	1
30	Ben Rhodes	WorkshopHar	17:14	2:23:04 +	2
31	Paul Bonner	SwindonHar B	18:58	2:23:05	0
32	Ryan Hearn	Gloucester	22:37	2:23:10 -	7
33	Jack Hurst	NuneatonHa A	17:47	2:23:59	0
34	Chris Goodman	Northbrook A	19:29	2:25:51	0
35	Michael Morley	AldridgeRc A	18:46	2:29:10 +	1
36	Andrew Freeman	Bromsgrove B	19:36	2:29:25 -	1
37	Xenofon Gogouvis	Bournville A	20:43	2:32:16 +	1
38	Nick Campbell	StratfordU	22:42	2:33:58 -	1
39	Andy Wetherill	MansfieldH B	21:27	2:34:38	0
40	Jacob Droogmans	NewcastleS	16:32	2:35:35 +	6
41	Matt Dyer	Kenilworth	19:42	2:35:49 +	2
42	Simon Neale	MasseyFerg	20:28	2:36:00	0
43	Leigh Stubbs	RedhillRoa	18:49	2:36:18 +	1
44	Wayne Ellis	BittonRoad	22:48	2:36:34 -	4
45	John Guest	TrenthamRc	22:32	2:37:26 -	4
46	Paul Dean	Wolverhamp B	19:59	2:37:53 -	1
47	R Michaelsonyeates	Solihull&S	17:06	2:38:43 +	3
48	Rob Cooke	CityOfBirm	17:18	2:39:02 +	3
49	Daniel Durn	DudleyKing	20:18	2:40:13 -	2
50	Barry Lloyd	RoyalSutto B	19:59	2:41:13 -	1
51	Jason Pitcher	Knowle&Dor B	20:54	2:42:02 -	3
52	Adam Barnes	TiptonHarr B	17:48	2:43:18 +	3
53	Lestyn Jonesevans	HalesowenA B	19:59	2:44:29 +	1
54	Andy Harris	NuneatonHa B	22:28	2:44:43 -	2
55	Jose Ortizgonzalez	CoventryGo B	22:51	2:46:48 -	2
56	Paul Cannon	Birmingham C	21:41	2:48:12 +	1
57	Thomas Heyes	WestBromwi	22:21	2:48:43 -	1
58	Michael Dobson	StaffordHa	22:41	2:57:17 +	2
59	Mark Shaw	AldridgeRc B	20:02	2:58:05 +	3
60	Patrick Finnegan	SparkhillH	24:06	2:58:31 -	1
61	Ollie White	SphinxAc	21:51	3:00:25 +	3
62	Peter Hickman	Bournville B	24:10	3:02:23 +	1
63	Graeme Brannen	Northbrook B	32:42	3:03:07 -	5
64	Richard Buchanan	CenturionR	25:14	3:03:52 +	1
65	Daren Timbrell	Northbrook C	32:33	3:10:09 -	4
66	Adam Hollis	HalesowenA C	24:29	3:16:21	0

Fastest runners over stage 5:

1	Luke Richardson	Bromsgrove A	16:09
2	Adam Day	Birchfield A	16:17
3	Matthew Williams	NottsAc A	16:21
4	Johar Ali	MansfieldH A	16:27
5	Jacob Droogmans	NewcastleS	16:32
6	Daniel Owen	WesternTem A	16:35
7	James Durman	Shrewsbury	16:36
8	Nathan Hackley	SwindonHar A	16:36
9	Matthew Everett	Rugby&Nort	16:42
10	Stephen Kerfoot	Bristol&We A	16:42

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 6 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Luke Davis	WesternTem A	16:18	2:18:44	0
2	Daniel Studley	Bristol&We A	15:19	2:19:38	0
3	Jack Holland	NottsAc A	15:46	2:20:25	0
4	Oliver Hudson	Birmingham A	17:47	2:22:49	0
5	Alex Burrows	Birchfield A	16:01	2:22:50 +	1
6	Dean Mawby	Leamington	17:42	2:24:06 -	1
7	Christopher Reade	SwindonHar A	17:18	2:24:17	0
8	Nick Woolley	CoventryGo A	17:14	2:25:25	0
9	Connor Middleton	Shrewsbury	17:08	2:25:38	0
10	Haydn Arnall	Rugby&Nort	16:29	2:25:40 +	1
11	Brad Caress	MansfieldH A	16:51	2:25:48 -	1
12	Daniel Jones	TeamBathAC	17:26	2:29:02	0
13	Henry Gibbs	Bromsgrove A	17:19	2:29:31	0
14	Richard Carpenter	TiptonHarr A	16:49	2:29:55 +	2
15	Ryan Knight	WesternTem B	17:27	2:30:45 +	2
16	Linus Burnage	WorcesterA	18:48	2:31:16 -	2
17	Stuart Fisher	CityOfStok	17:11	2:31:43 +	1
18	Luke Burgess	Bristol&We B	17:06	2:33:24 +	1
19	James Mccann	Cannock&St	17:25	2:34:21 +	1
20	Alex Seabright	RoyalSutto A	17:34	2:34:32 +	1
21	Tom Newbould	NewarkAc A	22:23	2:34:55 -	6
22	Andrew Yapp	HalesowenA A	18:15	2:36:04	0
23	Matthew Wagstaff	Cheltenham	18:19	2:37:12	0
24	Rene Vergo	Knowle&Dor A	18:39	2:37:46	0
25	C Burrows	Birmingham B	18:34	2:37:48	0
26	James Neilson	Wolverhamp A	16:59	2:39:00 +	3
27	Dan Schofield	WesternTem C	18:34	2:39:04 -	1
28	Sam Haines	CharnwoodA	18:56	2:39:48 -	1
29	Josh Burns	SwindonHar B	16:58	2:40:03 +	2
30	Paul Clarke	HeanorRC	19:52	2:41:21 -	2
31	Charlie Coles	Gloucester	18:17	2:41:27 +	1
32	Matt Collins	NuneatonHa A	18:51	2:42:50 +	1
33	Tom Hughes	Northbrook A	18:07	2:43:58 +	1
34	Peter Spencer	WorksopHar	23:59	2:47:03 -	4
35	Stephen Marshall	AldridgeRc A	19:06	2:48:16	0
36	Will Noyce	Bromsgrove B	18:58	2:48:23	0
37	Richard Bayliss	Bournville A	17:18	2:49:34	0
38	Lewis Nagington	NewcastleS	16:39	2:52:14 +	2
39	Adam Wright	MansfieldH B	18:55	2:53:33	0
40	James Mcdonnell	RedhillRoa	18:52	2:55:10 +	3
41	Phillip Barker	BittonRoad	18:57	2:55:31 +	3
42	Stephen Fowle	Kenilworth	20:22	2:56:11 -	1
43	Prince Laryea	Solihull&S	17:58	2:56:41 +	4
44	David Clarke	MasseyFerg	21:23	2:57:23 -	2
45	Chris Watson	TrenthamRc	21:09	2:58:35	0
46	Andrew Dyall	Wolverhamp B	21:01	2:58:54	0
47	David Jones	StratfordU	27:00	3:00:58 -	9
48	Cameron Lomax	TiptonHarr B	17:53	3:01:11 +	4
49	Darash Mantri	CityOfBirm	22:21	3:01:23 -	1
50	Martin Gore	RoyalSutto B	20:42	3:01:55	0
51	Richard Tonks	DudleyKing	22:56	3:03:09 -	2
52	James Parker	HalesowenA B	21:03	3:05:32 +	1
53	Craig Campbell	Knowle&Dor B	25:12	3:07:14 -	2
54	Carl Horton	Birmingham C	21:12	3:09:24 +	2
55	Thiago Demodena	CoventryGo B	23:58	3:10:46	0
56	David Kendall	WestBromwi	22:29	3:11:12 +	1
57	Antonio Treglia	StaffordHa	23:48	3:21:05 +	1
58	Ian Jennings	AldridgeRc B	24:11	3:22:16 +	1
59	Mark Butler	SparkhillH	26:00	3:24:31 +	1
60	Andrew Winn	SphinxAc	24:23	3:24:48 +	1
61	Russell Lane	CenturionR	22:11	3:26:03 +	3
62	James Evans	Bournville B	24:13	3:26:36	0
63	Cliff Evans	Northbrook B	24:47	3:27:54	0
64	Bob Adams	Northbrook C	29:17	3:39:26 +	1
65	Robert Weaver	HalesowenA C	23:20	3:39:41 +	1

Fastest runners over stage 6:

1	Daniel Studley	Bristol&We A	15:19
2	Jack Holland	NottsAc A	15:46
3	Alex Burrows	Birchfield A	16:01
4	Luke Davis	WesternTem A	16:18
5	Haydn Arnall	Rugby&Nort	16:29
6	Lewis Nagington	NewcastleS	16:39
7	Richard Carpenter	TiptonHarr A	16:49
8	Brad Caress	MansfieldH A	16:51
9	Josh Burns	SwindonHar B	16:58
10	James Neilson	Wolverhamp A	16:59

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 7 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Philip Wylie	WesternTem A	15:48	2:34:32	0
2	Adam Wilson	Bristol&We A	17:04	2:36:42	0
3	Paul Featherstone	NottsAc A	16:40	2:37:05	0
4	Alex Parker	Birmingham A	17:17	2:40:06	0
5	Louis O'brien	Leamington	16:04	2:40:10 +	1
6	Finlay White	Birchfield A	17:32	2:40:22 -	1
7	Simon Dill	SwindonHar A	17:32	2:41:49	0
8	Noah Bennett	Rugby&Nort	16:36	2:42:16 +	2
9	Ben Burnham	MansfieldH A	16:41	2:42:29 +	2
10	Rob Fox	Shrewsbury	18:37	2:44:15 -	1
11	Matthew Hadlum	CoventryGo A	18:58	2:44:23 -	3
12	Michael Banks	TiptonHarr A	16:22	2:46:17 +	2
13	Ty Adkins	Bromsgrove A	16:48	2:46:19	0
14	Luke Carroll	WesternTem B	16:58	2:47:43 +	1
15	Owen Davies	TeamBathAC	18:53	2:47:55 -	3
16	Liam Hendricken	CityOfStok	17:39	2:49:22 +	1
17	Jack Levent	WorcesterA	18:16	2:49:32 -	1
18	Lee Gawler	Bristol&We B	17:44	2:51:08	0
19	Connor Mills	Cannock&St	17:57	2:52:18	0
20	Ben Horton	RoyalSutto A	18:44	2:53:16	0
21	Chris Harrison	NewarkAc A	18:40	2:53:35	0
22	Sam Mannings	HalesowenA A	17:55	2:53:59	0
23	Daniel Minors	Cheltenham	19:01	2:56:13	0
24	Jonathan Jennings	Knowle&Dor A	18:29	2:56:15	0
25	Chris Grimley	Birmingham B	18:36	2:56:24	0
26	Louie Lambeth	Wolverhamp A	17:27	2:56:27	0
27	Theo Cinnamon	SwindonHar B	17:41	2:57:44 +	2
28	Darren Broady	WesternTem C	19:30	2:58:34 -	1
29	Paul Harmer	CharnwoodA	20:03	2:59:51 -	1
30	Finlay Hawkins	Gloucester	19:37	3:01:04 +	1
31	Scott Wigman	HeanorRC	20:27	3:01:48 -	1
32	Pete Stafford	Northbrook A	19:07	3:03:05 +	1
33	Philip Evans	NuneatonHa A	21:18	3:04:08 -	1
34	Henry Brady	WorksopHar	19:20	3:06:23	0
35	Richard Keep	Bournville A	17:35	3:07:09 +	2
36	Lee Harris	AldridgeRc A	18:55	3:07:11 -	1
37	Tom Richmond	Bromsgrove B	19:15	3:07:38 -	1
38	Adam Tyson	NewcastleS	18:22	3:10:36	0
39	Matthew Bradbury	MansfieldH B	20:03	3:13:36	0
40	Tomas Maidment	Solihull&S	18:45	3:15:26 +	3
41	Harrison Adams	Kenilworth	19:36	3:15:47 +	1
42	Greg Asbury	Wolverhamp B	19:24	3:18:18 +	4
43	S Grimstondown	BittonRoad	23:01	3:18:32 -	2
44	Alan Mcdougall	MasseyFerg	21:50	3:19:13	0
45	Korey Hazlewood	TiptonHarr B	18:26	3:19:37 +	3
46	Simon Bryan	TrenthamRc	21:30	3:20:05 -	1
47	Thomas Strange	CityOfBirm	21:04	3:22:27 +	2
48	Steve Marklew	RoyalSutto B	21:01	3:22:56 +	2
49	Jamiee Howkins	StratfordU	22:01	3:22:59 -	2
50	Damian Graham	RedhillRoa	28:23	3:23:33 -	10
51	Matthew Wilkinson	HalesowenA B	19:15	3:24:47 +	1
52	Robert Mundy	Knowle&Dor B	19:01	3:26:15 +	1
53	David Garbutt	DudleyKing	25:26	3:28:35 -	2
54	C Lee	CoventryGo B	18:28	3:29:14 +	1
55	Colin Werret	Birmingham C	24:16	3:33:40 -	1
56	Robert Mitchell	StaffordHa	22:05	3:43:10 +	1
57	Dave Mclean	SphinxAc	20:24	3:45:12 +	3
58	Pete Donnelly	WestBromwi	35:44	3:46:56 -	2
59	Leigh Sprules	AldridgeRc B	26:50	3:49:06 -	1
60	Stephen Johnson	CenturionR	24:35	3:50:38 +	1
61	Daniel Wilson	Bournville B	24:26	3:51:02 +	1
62	Charles Fentiman	SparkhillH	26:51	3:51:22 -	3
63	Kevin Coughlan	Northbrook B	26:45	3:54:39	0
64	Austin Wade	Northbrook C	25:48	4:05:14	0
65	Ian Priest	HalesowenA C	27:58	4:07:39	0

Fastest runners over stage 7:

1	Philip Wylie	WesternTem A	15:48
2	Louis O'brien	Leamington	16:04
3	Michael Banks	TiptonHarr A	16:22
4	Noah Bennett	Rugby&Nort	16:36
5	Paul Featherstone	NottsAc A	16:40
6	Ben Burnham	MansfieldH A	16:41
7	Ty Adkins	Bromsgrove A	16:48
8	Luke Carroll	WesternTem B	16:58
9	Adam Wilson	Bristol&We A	17:04
10	Alex Parker	Birmingham A	17:17

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 8 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain					
1	Henry James	WesternTem A	16:38	2:51:10	0	39	Christopher Dix	Solihull&S	18:23	3:33:49 + 1
2	Owain Jones	Bristol&We A	16:09	2:52:51	0	40	Adam Huxford	Kenilworth	18:51	3:34:38 + 1
3	George Tipping	NottsAc A	17:28	2:54:33	0	41	Rich Amorwilkes	Wolverhamp B	19:40	3:37:58 + 1
4	Matthew Mccullagh	Birmingham A	17:05	2:57:11	0	42	Tom Cox	StratfordU	17:30	3:40:29 + 7
5	Brad Hammonds	Leamington	17:25	2:57:35	0	43	Harry Julian	TrenthamRc	21:43	3:41:48 + 3
6	Isaac Mould	SwindonHar A	16:22	2:58:11 +	1	44	Peter Paprcka	MasseyFerg	22:40	3:41:53 0
7	Jan Malecki	Birchfield A	18:11	2:58:33 -	1	45	Frederic Tremblay	RoyalSutto B	19:28	3:42:24 + 3
8	Alistair Mcdonnell	Rugby&Nort	16:40	2:58:56	0	46	Simon Nash	RedhillRoa	19:32	3:43:05 + 4
9	Jordan Boam	MansfieldH A	17:32	3:00:01	0	47	Andrew Bentley	TiptonHarr B	23:50	3:43:27 - 2
10	Andrew Boon	CoventryGo A	17:33	3:01:56 +	1	48	Roger Mallard	HalesowenA B	19:51	3:44:38 + 3
11	Luke Butler	Shrewsbury	17:46	3:02:01 -	1	49	Matthew Allen	CityOfBirm	22:59	3:45:26 - 2
12	Daniel Lewis	TiptonHarr A	17:20	3:03:37	0	50	David Britton	BittonRoad	28:56	3:47:28 - 7
13	Wayne Watkins	Bromsgrove A	18:25	3:04:44	0	51	Alan Black	Knowle&Dor B	24:30	3:50:45 + 1
14	Tom Radley	WesternTem B	17:17	3:05:00	0	52	John Treadwell	CoventryGo B	21:53	3:51:07 + 2
15	James Donald	TeamBathAC	18:15	3:06:10	0	53	Liam Simner	DudleyKing	23:43	3:52:18 0
16	Sam Lucking	CityOfStok	17:08	3:06:30	0	54	Martin Ludford	Birmingham C	24:34	3:58:14 + 1
17	Harvey Hancock	Bristol&We B	16:57	3:08:05 +	1	55	Leon Stringer	StaffordHa	22:58	4:06:08 + 1
18	Tirian Ashby	WorcesterA	18:45	3:08:17 -	1	56	Fintan Mcsharry	SphinxAc	25:17	4:10:29 + 1
19	Jonathan Biddle	Cannock&St	17:56	3:10:14	0	57	Harshad Patel	AldridgeRc B	21:28	4:10:34 + 2
20	Marcus Chesterton	NewarkAc A	18:19	3:11:54 +	1	58	Graham Staplehurst	WestBromwi	27:05	4:14:01 0
21	John Hayman	RoyalSutto A	19:00	3:12:16 -	1	59	Daniel Rollett	Bournville B	24:48	4:15:50 + 2
22	George Allen	HalesowenA A	18:26	3:12:25	0	60	Neil Wilkes	CenturionR	26:48	4:17:26 0
23	Joseph Hook	Knowle&Dor A	18:01	3:14:16 +	1	61	David Mills	Northbrook B	24:18	4:18:57 + 2
24	Dylan Illidge	Wolverhamp A	18:03	3:14:30 +	2	62	Keith Ward	SparkhillH	28:12	4:19:34 0
25	Elliot Prince	Cheltenham	18:55	3:15:08 -	2	63	Stewart Pearman	Northbrook C	23:06	4:28:20 + 1
26	James Martin	Birmingham B	19:25	3:15:49 -	1	64	Paul Allen	HalesowenA C	29:49	4:37:28 + 1
27	Paul Cox	SwindonHar B	19:29	3:17:13	0	Fastest runners over stage 8:				
28	Steven Flowers	WesternTem C	18:41	3:17:15	0	1	Owain Jones	Bristol&We A	16:09	
29	Adam Hayle	CharnwoodA	20:44	3:20:35	0	2	Isaac Mould	SwindonHar A	16:22	
30	Chris Nield	Gloucester	19:41	3:20:45	0	3	Henry James	WesternTem A	16:38	
31	Jack Hiatt	NuneatonHa A	17:53	3:22:01 +	2	4	Alistair Mcdonnell	Rugby&Nort	16:40	
32	Dean Cross	HeanorRC	20:16	3:22:04 -	1	5	Harvey Hancock	Bristol&We B	16:57	
33	Tom Mcnamara	Northbrook A	21:02	3:24:07 -	1	6	Matthew Mccullagh	Birmingham A	17:05	
34	Adam Jonczyk	WorksopHar	20:21	3:26:44	0	7	Sam Lucking	CityOfStok	17:08	
35	Thomas Parkin	Bournville A	20:05	3:27:14	0	8	Tom Radley	WesternTem B	17:17	
36	Mark Foster	AldridgeRc A	20:40	3:27:51	0	9	Daniel Lewis	TiptonHarr A	17:20	
37	Martin Bailey	NewcastleS	20:58	3:31:34 +	1	10	Brad Hammonds	Leamington	17:25	
38	Martin Fickling	MansfieldH B	19:48	3:33:24 +	1					

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 9 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Charlie Jones	WesternTem A	15:43	3:06:53	0
2	Hugh Brashaw	Bristol&We A	15:55	3:08:46	0
3	Tom Dejong	NottsAc A	16:59	3:11:32	0
4	Mark Ince	Birmingham A	17:11	3:14:22	0
5	Harry Edwards	SwindonHar A	16:35	3:14:46 +	1
6	Jonathan Bradford	Birchfield A	17:12	3:15:45 +	1
7	Ned Gilford	Rugby&Nort	17:26	3:16:22 +	1
8	John Knibb	Leamington	19:10	3:16:45 -	3
9	Drew Hurst	MansfieldH A	17:53	3:17:54	0
10	Michael Betts	Shrewsbury	16:54	3:18:55 +	1
11	Thomas Bentley	TiptonHarr A	16:47	3:20:24 +	1
12	Peter Eccleston	CoventryGo A	18:57	3:20:53 -	2
13	David Aubrey	WesternTem B	17:14	3:22:14 +	1
14	Patrick Mackie	Bromsgrove A	17:46	3:22:30 -	1
15	Shajahan Janally	CityOfStok	17:10	3:23:40 +	1
16	Arty Wilsonspence	WorcesterA	15:53	3:24:10 +	2
17	Stephen Rose	TeamBathAC	18:07	3:24:17 -	2
18	Joe Connors	Bristol&We B	17:07	3:25:12 -	1
19	Jordan Barrett	Cannock&St	18:02	3:28:16	0
20	William Tucker	NewarkAc A	17:24	3:29:18	0
21	Chris Taylor	RoyalSutto A	17:59	3:30:15	0
22	Joseph Clarke	HalesowenA A	19:07	3:31:32	0
23	Harry Dyall	Wolverhamp A	17:19	3:31:49 +	1
24	Gary Polhill	Knowle&Dor A	18:46	3:33:02 -	1
25	Patrick Townsend	Birmingham B	17:19	3:33:08 +	1
26	Al Raitt	Cheltenham	18:38	3:33:46 -	1
27	Steve Linton	WesternTem C	18:15	3:35:30 +	1
28	Oliver Cooke	SwindonHar B	20:04	3:37:17 -	1
29	Joseph Smith	CharnwoodA	19:42	3:40:17	0
30	Andy Noakes	Gloucester	20:33	3:41:18	0
31	Jack Easthope	NuneatonHa A	19:20	3:41:21	0
32	Ashley Deeming	HeanorRC	20:45	3:42:49	0
33	Richard Bruce	Northbrook A	19:48	3:43:55	0
34	Paul Parry	WorksopHar	19:26	3:46:10	0
35	Andrew Wood	AldridgeRc A	18:45	3:46:36 +	1
36	Ben Churchill	Bournville A	19:43	3:46:57 -	1
37	Chris Bailey	NewcastleS	20:36	3:52:10	0
38	Louis Conibear	Solihull&S	20:30	3:54:19 +	1
39	Andy Walker	MansfieldH B	21:02	3:54:26 -	1
40	Roger Homes	Kenilworth	21:39	3:56:17	0
41	Mark Illidge	Wolverhamp B	21:20	3:59:18	0
42	James Lake	StratfordU	20:22	4:00:51	0
43	Chris Mosiuk	TrenthamRc	19:25	4:01:13	0
44	Simon Brown	MasseyFerg	21:04	4:02:57	0
45	Simon Corker	RoyalSutto B	20:50	4:03:14	0
46	Jon Cocking	RedhillRoa	21:14	4:04:19	0
47	Liam Kelly	CityOfBirm	20:23	4:05:49 +	2
48	Alex Morgan	HalesowenA B	22:08	4:06:46	0
49	James Wright	CoventryGo B	18:01	4:09:08 +	3
50	Quincy Achonu	TiptonHarr B	25:54	4:09:21 -	3
51	Daniel Savory	BittonRoad	22:54	4:10:22 -	1
52	Mark Amyes	Knowle&Dor B	23:02	4:13:47 -	1
53	Andrew Wood	DudleyKing	22:55	4:15:13	0
54	Andrew Saker	Birmingham C	22:45	4:20:59	0
55	Mark Oliver	StaffordHa	25:08	4:31:16	0
56	David Roberts	AldridgeRc B	22:27	4:33:01 +	1
57	Nicholas Gilkes	SphinxAc	25:03	4:35:32 -	1
58	Daniel Floyd	WestBromwi	25:24	4:39:25	0
59	Tim Hughes	Northbrook B	23:39	4:42:36 +	2
60	Craig Strong	CenturionR	25:17	4:42:43	0
61	Robert Mills	SparkhillH	26:23	4:45:57 +	1
62	Paul Samuels	Bournville B	30:52	4:46:42 -	3
63	Rhys Robbins	Northbrook C	23:53	4:52:13	0

Fastest runners over stage 9:

1	Charlie Jones	WesternTem A	15:43
2	Arty Wilsonspence	WorcesterA	15:53
3	Hugh Brashaw	Bristol&We A	15:55
4	Harry Edwards	SwindonHar A	16:35
5	Thomas Bentley	TiptonHarr A	16:47
6	Michael Betts	Shrewsbury	16:54
7	Tom Dejong	NottsAc A	16:59
8	Joe Connors	Bristol&We B	17:07
9	Shajahan Janally	CityOfStok	17:10
10	Mark Ince	Birmingham A	17:11

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 10 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	James Denne	WesternTem A	15:49	3:22:42	0
2	Robert Stewart	Bristol&We A	16:17	3:25:03	0
3	John Muddeman	NottsAc A	17:29	3:29:01	0
4	David Bissuel	Birmingham A	16:47	3:31:09	0
5	Omer Homer	SwindonHar A	16:56	3:31:42	0
6	Jonathan Estridge	Birchfield A	17:29	3:33:14	0
7	Danny Carter	Rugby&Nort	17:32	3:33:54	0
8	C Rawcliffe	Leamington	17:57	3:34:42	0
9	Joe Henstock	MansfieldH A	17:52	3:35:46	0
10	Carl Aveyard	Shrewsbury	18:29	3:37:24	0
11	Martin Williams	TiptonHarr A	17:50	3:38:14	0
12	Taylor Stubbins	Bromsgrove A	17:03	3:39:33 +	2
13	Adam Jackson	CoventryGo A	19:02	3:39:55 -	1
14	Marc Fallows	WesternTem B	17:46	3:40:00 -	1
15	Michael Towler	TeamBathAC	16:19	3:40:36 +	2
16	Ross Connor	CityOfStok	17:28	3:41:08 -	1
17	Philip Parry	Bristol&We B	18:28	3:43:40 +	1
18	David O'brien	WorcesterA	20:26	3:44:36 -	2
19	Robert Gorman	Cannock&St	18:15	3:46:31	0
20	Richard Naylor	RoyalSutto A	18:30	3:48:45 +	1
21	Timothy Bagguley	NewarkAc A	19:35	3:48:53 -	1
22	Jon Hart	Wolverhamp A	17:47	3:49:36 +	1
23	James Houlton	HalesowenA A	18:12	3:49:44 -	1
24	C Thorley	Knowle&Dor A	17:58	3:51:00	0
25	Mark Lawlor	Birmingham B	18:47	3:51:55	0
26	Adrian Williams	WesternTem C	18:33	3:54:03 +	1
27	Andrew Kaighin	Cheltenham	20:21	3:54:07 -	1
28	Elliot Doughty	SwindonHar B	18:41	3:55:58	0
29	Matthew Kinsella	NuneatonHa A	19:01	4:00:22 +	2
30	Graham Watson	CharnwoodA	20:26	4:00:43 -	1
31	Luke Herbert	Gloucester	20:35	4:01:53 -	1
32	Rob Richardson	Northbrook A	20:46	4:04:41 +	1
33	Dan Robinson	Bournville A	18:19	4:05:16 +	3
34	Bryan Cherry	WorksopHar	19:23	4:05:33	0
35	Peter Edwards	HeanorRC	22:53	4:05:42 -	3
36	Matthew Emery	AldridgeRc A	21:07	4:07:43 -	1
37	Simon Fisher	MansfieldH B	19:47	4:14:13 +	2
38	Martin Holdcroft	NewcastleS	22:08	4:14:18 -	1
39	Paul Girling	Solihull&S	23:12	4:17:31 -	1
40	Rob Carr	Kenilworth	22:22	4:18:39	0
41	Morgan Garrard	RoyalSutto B	18:47	4:22:01 +	4
42	Damian Wheeler	StratfordU	21:20	4:22:11	0
43	Robert Edwards	Wolverhamp B	23:15	4:22:33 -	2
44	Lindsay Robinson	RedhillRoa	20:43	4:25:02 +	2
45	Mark Eastwood	MasseyFerg	22:50	4:25:47 -	1
46	Christopher Revell	CoventryGo B	18:07	4:27:15 +	3
47	Louis Glynn	HalesowenA B	22:06	4:28:52 +	1
48	Tajinder Gill	CityOfBirm	25:00	4:30:49 -	1
49	Arwel Roberts	BittonRoad	23:05	4:33:27 +	2
50	Jack Cunningham	TiptonHarr B	25:20	4:34:41	0
51	Paul Winwood	Knowle&Dor B	25:22	4:39:09 +	1
52	Richard Jones	DudleyKing	24:17	4:39:30 +	1
53	Mark Griffiths	Birmingham C	19:45	4:40:44 +	1
54	Roy Clay	StaffordHa	28:10	4:59:26 +	1
55	Mark Moran	SphinxAc	26:37	5:02:09 +	2
56	Paul Mansell	WestBromwi	26:48	5:06:13 +	2
57	Spencer Davies	Northbrook B	24:05	5:06:41 +	2
58	Andy Rea	CenturionR	24:23	5:07:06 +	2
59	Darren Riley	SparkhillH	22:38	5:08:35 +	2
60	Stephen Doswell	Bournville B	25:58	5:12:40 +	2
61	Simon Aldridge	Northbrook C	24:55	5:17:08 +	2

Fastest runners over stage 10:

1	James Denne	WesternTem A	15:49
2	Robert Stewart	Bristol&We A	16:17
3	Michael Towler	TeamBathAC	16:19
4	David Bissuel	Birmingham A	16:47
5	Omer Homer	SwindonHar A	16:56
6	Taylor Stubbins	Bromsgrove A	17:03
7	Ross Connor	CityOfStok	17:28
8	John Muddeman	NottsAc A	17:29
9	Jonathan Estridge	Birchfield A	17:29
10	Danny Carter	Rugby&Nort	17:32

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 11 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Ben Price	WesternTem A	15:58	3:38:40	0
2	Ben Robinson	Bristol&We A	15:32	3:40:35	0
3	Rezene Hayle	NottsAc A	17:44	3:46:45	0
4	Adam Hill	Birmingham A	16:20	3:47:29	0
5	Courtenay Chessell	SwindonHar A	17:12	3:48:54	0
6	Mark Hill	Rugby&Nort	16:12	3:50:06 +	1
7	Thomas Smith	Birchfield A	18:19	3:51:33 -	1
8	Tom Foulerton	Leamington	17:46	3:52:28	0
9	Richie Talbot	MansfieldH A	17:39	3:53:25	0
10	Robert Weston	Shrewsbury	17:27	3:54:51	0
11	Robert Meredith	TiptonHarr A	17:10	3:55:24	0
12	Alex Smith	WesternTem B	17:20	3:57:20 +	2
13	Nick Dale	Bromsgrove A	18:59	3:58:32 -	1
14	Harvey Speed	CoventryGo A	19:31	3:59:26 -	1
15	Joseph Mayer	CityOfStok	18:57	4:00:05 +	1
16	Fraser Roach	Bristol&We B	16:34	4:00:14 +	1
17	David Coales	TeamBathAC	20:32	4:01:08 -	2
18	Toby Wort	WorcesterA	18:29	4:03:05	0
19	James Perrin	Cannock&St	18:39	4:05:10	0
20	Martin Clutterbuck	RoyalSutto A	18:55	4:07:40	0
21	Daniel Malone	Wolverhamp A	18:40	4:08:16 +	1
22	Adrian Dix	NewarkAc A	19:48	4:08:41 -	1
23	Nick Hazelwood	HalesowenA A	19:09	4:08:53	0
24	Michael Williamson	Knowle&Dor A	18:29	4:09:29	0
25	Lee Neal	Birmingham B	19:24	4:11:19	0
26	Jeremy Mower	WesternTem C	18:57	4:13:00	0
27	Rhys Pippard	Cheltenham	21:11	4:15:18	0
28	Ian Spencer	SwindonHar B	19:21	4:15:19	0
29	Paul Smith	NuneatonHa A	20:07	4:20:29	0
30	Paul Cherry	CharnwoodA	22:47	4:23:30	0
31	Lee Smith	Gloucester	21:47	4:23:40	0
32	Damien Dear	Northbrook A	19:51	4:24:32	0
33	Bruce Fanshawe	AldridgeRc A	17:09	4:24:52 +	3
34	James Meider	Bournville A	20:51	4:26:07 -	1
35	David Bulmer	WorksopHar	23:20	4:28:53 -	1
36	Michael Clark	HeanorRC	23:47	4:29:29 -	1
37	Wayne Lowe	MansfieldH B	21:33	4:35:46	0
38	Wayne Briggs	Kenilworth	21:09	4:39:48 +	2
39	Sam Wilks	StratfordU	18:04	4:40:15 +	3
40	Paul Lloyd	Solihull&S	24:51	4:42:22 -	1
41	Michael Stones	RoyalSutto B	21:56	4:43:57	0
42	Lee Partridge	Wolverhamp B	23:51	4:46:24 +	1
43	Barry Allen	MasseyFerg	22:36	4:48:23 +	2
44	Bill Nock	HalesowenA B	22:27	4:51:19 +	3
45	Stuart Bell	RedhillRoa	26:21	4:51:23 -	1
46	Seth Atkin	CityOfBirm	26:09	4:56:58 +	2
47	Oliver Kirkland	Birmingham C	19:26	5:00:10 +	6
48	James Wade	BittonRoad	30:21	5:03:48 +	1
49	Mark Homer	DudleyKing	24:21	5:03:51 +	3
50	Stephen Ray	Knowle&Dor B	24:44	5:03:53 +	1
51	Mark Bentley	StaffordHa	29:47	5:29:13 +	3
52	Lee Newark	Northbrook B	22:34	5:29:15 +	5
53	Josh Kennard	SphinxAc	27:51	5:30:00 +	2
54	Carl Burkitt	WestBromwi	25:19	5:31:32 +	2
55	Sasta Ullah	SparkhillH	23:28	5:32:03 +	4
56	Mark Mclachlan	CenturionR	34:41	5:41:47 +	2
57	Aaron Greenhill	Northbrook C	29:01	5:46:09 +	4

Fastest runners over stage 11:

1	Ben Robinson	Bristol&We A	15:32
2	Ben Price	WesternTem A	15:58
3	Mark Hill	Rugby&Nort	16:12
4	Adam Hill	Birmingham A	16:20
5	Fraser Roach	Bristol&We B	16:34
6	Bruce Fanshawe	AldridgeRc A	17:09
7	Robert Meredith	TiptonHarr A	17:10
8	Courtenay Chessell	SwindonHar A	17:12
9	Alex Smith	WesternTem B	17:20
10	Robert Weston	Shrewsbury	17:27

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

- Senior Men Stage 12 - Provisional Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Matthew Brunnock	WesternTem A	15:43	3:54:23	0
2	Jack Millar	Bristol&We A	14:56	3:55:31	0
3	Charlie Davis	Birmingham A	15:06	4:02:35 +	1
4	Tim Hartley	NottsAc A	17:06	4:03:51 -	1
5	Isaac Mcadam	SwindonHar A	16:51	4:05:45	0
6	Louismiles Starr	Rugby&Nort	16:59	4:07:05	0
7	Alexander Ibbs	Leamington	17:44	4:10:12 +	1
8	Daniel Wheat	MansfieldH A	17:17	4:10:42 +	1
9	Andrew Jacobs	Birchfield A	19:26	4:10:59 -	2
10	Rohan Patel	TiptonHarr A	17:01	4:12:25 +	1
11	Thomas Brown	Shrewsbury	18:17	4:13:08 -	1
12	Isaac Bate	WesternTem B	16:57	4:14:17	0
13	Peter Ball	Bromsgrove A	17:39	4:16:11	0
14	A Rockleychapman	CityOfStok	16:20	4:16:25 +	1
15	Alex Carter	TeamBathAC	15:41	4:16:49 +	2
16	Kevin Otieno	CoventryGo A	18:23	4:17:49 -	2
17	Hamish Wyatt	Bristol&We B	17:42	4:17:56 -	1
18	Matt Fairlamb	WorcesterA	18:57	4:22:02	0
19	Malcolm Eustace	Cannock&St	19:04	4:24:14	0
20	Christian Hine	RoyalSutto A	17:29	4:25:09	0
21	James Wright	Wolverhamp A	18:27	4:26:43	0
22	Marc Turner	HalesowenA A	18:00	4:26:53 +	1
23	Adam Swallow	NewarkAc A	18:36	4:27:17 -	1
24	Jonathan Lewis	Knowle&Dor A	18:36	4:28:05	0
25	Abayomi Adedimeji	Birmingham B	18:05	4:29:24	0
26	Gavin Mccaugherty	WesternTem C	19:20	4:32:20	0
27	Matthew Evans	Cheltenham	18:46	4:34:04	0
28	Jason Meginley	SwindonHar B	19:11	4:34:30	0
29	Thomas Randle	NuneatonHa A	19:06	4:39:35	0
30	James Walters	Gloucester	18:58	4:42:38 +	1
31	Daniel Williams	AldridgeRc A	18:45	4:43:37 +	2
32	Steven Turvey	Northbrook A	21:24	4:45:56	0
33	Joshua Bough	Bournville A	20:25	4:46:32 +	1
34	Steven Hillman	CharnwoodA	23:43	4:47:13 -	4
35	Thomas Shaw	WorksopHar	18:42	4:47:35	0
36	James Wyatt	HeanorRC	22:24	4:51:53	0
37	James Mee	MansfieldH B	18:34	4:54:20	0
38	Ryan Baker	Kenilworth	17:02	4:56:50	0
39	Adam Linforth	StratfordU	18:55	4:59:10	0
40	Joshua Hughes	RoyalSutto B	22:07	5:06:04 +	1
41	Richard Horne	Solihull&S	24:14	5:06:36 -	1
42	Stuart Whitehouse	Wolverhamp B	22:41	5:09:05	0
43	Brandon Gell	RedhillRoa	19:09	5:10:32 +	2
44	Adam Cross	HalesowenA B	19:58	5:11:17	0
45	Andrew Popplewell	MasseyFerg	25:35	5:13:58 -	2
46	Dionisis Theodosis	CityOfBirm	25:43	5:22:41	0
47	Matthew Spear	BittonRoad	21:22	5:25:10 +	1
48	Ian Voaden	Knowle&Dor B	23:31	5:27:24 +	2
49	T Dunne	DudleyKing	25:50	5:29:41	0
50	Christopher Davy	Birmingham C	29:59	5:30:09 -	3
51	Daniel Anderson	WestBromwi	20:58	5:52:30 +	3
52	Edwin Smith	StaffordHa	23:24	5:52:37 -	1
53	Peter Kirkhope	Northbrook B	24:10	5:53:25 -	1
54	Bobby Hartwell	SphinxAc	25:45	5:55:45 -	1
55	Anthony Edwards	SparkhillH	33:31	6:05:34	0
56	Andy Matthews	CenturionR	26:29	6:08:16	0
57	Robert Halford	Northbrook C	23:46	6:09:55	0

Fastest runners over stage 12:

1	Jack Millar	Bristol&We A	14:56
2	Charlie Davis	Birmingham A	15:06
3	Alex Carter	TeamBathAC	15:41
4	Matthew Brunnock	WesternTem A	15:43
5	A Rockleychapman	CityOfStok	16:20
6	Isaac Mcadam	SwindonHar A	16:51
7	Isaac Bate	WesternTem B	16:57
8	Louismiles Starr	Rugby&Nort	16:59
9	Rohan Patel	TiptonHarr A	17:01
10	Ryan Baker	Kenilworth	17:02

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

Senior Men — Team Results — Provisional

(nn) is team position after the appropriate stage.

1 Western Tempo		'A' 3:54:23		9 Birchfield Harriers		'A' 4:10:59					
1	Jack Bancroft (3)	26:25	2	Dom James (1)	26:24	1	Jason Bennett (8)	27:11	2	Ed Banks (7)	27:26
3	Dylan Gillett (1)	26:50	4	Thomas Crockett (1)	26:12	3	Daniel Swain (7)	28:13	4	Matt Scarsbrook (7)	27:42
5	Daniel Owen (1)	16:35	6	Luke Davis (1)	16:18	5	Adam Day (6)	16:17	6	Alex Burrows (5)	16:01
7	Philip Wylie (1)	15:48	8	Henry James (1)	16:38	7	Finlay White (6)	17:32	8	Jan Malecki (7)	18:11
9	Charlie Jones (1)	15:43	10	James Denne (1)	15:49	9	Jonathan Bradford (6)	17:12	10	Jonathan Estridge (6)	17:29
11	Ben Price (1)	15:58	12	Matthew Brunnock (1)	15:43	11	Thomas Smith (7)	18:19	12	Andrew Jacobs (9)	19:26
2 Bristol & West Ac		'A' 3:55:31		10 Tipton Harriers		'A' 4:12:25					
1	Felix Mcgrath (6)	26:57	2	Naphtali Moulton (4)	27:07	1	Karl Quiney (20)	28:46	2	Luke Vine (11)	26:51
3	Jonathan Thewlis (4)	27:27	4	Max Davis (2)	26:06	3	Ethan Compton (15)	29:35	4	Gary Whitehouse (16)	30:36
5	Stephen Kerfoot (2)	16:42	6	Daniel Studley (2)	15:19	5	Joseph Read (16)	17:18	6	Richard Carpenter (14)	16:49
7	Adam Wilson (2)	17:04	8	Owain Jones (2)	16:09	7	Michael Banks (12)	16:22	8	Daniel Lewis (12)	17:20
9	Hugh Brashaw (2)	15:55	10	Robert Stewart (2)	16:17	9	Thomas Bentley (11)	16:47	10	Martin Williams (11)	17:50
11	Ben Robinson (2)	15:32	12	Jack Millar (2)	14:56	11	Robert Meredith (11)	17:10	12	Rohan Patel (10)	17:01
3 Birmingham Running Athletics		'A' 4:02:35		11 Shrewsbury AC		4:13:08					
1	Adam Peacock (4)	26:32	2	Henry Brocklehurst (10)	28:54	1	Liam Rawlings (5)	26:52	2	Daniel Husbands (6)	27:30
3	John Stolberg (6)	27:00	4	Joseph Tuffin (3)	25:48	3	M Costello (8)	28:36	4	Jim Hickenbottom (9)	28:56
5	Daniel Robinson (4)	16:48	6	Oliver Hudson (4)	17:47	5	James Durman (9)	16:36	6	Connor Middleton (9)	17:08
7	Alex Parker (4)	17:17	8	Matthew McCullagh (4)	17:05	7	Rob Fox (10)	18:37	8	Luke Butler (11)	17:46
9	Mark Ince (4)	17:11	10	David Bissuel (4)	16:47	9	Michael Betts (10)	16:54	10	Carl Aveyard (10)	18:29
11	Adam Hill (4)	16:20	12	Charlie Davis (3)	15:06	11	Robert Weston (10)	17:27	12	Thomas Brown (11)	18:17
4 Notts Ac		'A' 4:03:51		12 Western Tempo		'B' 4:14:17					
1	Stuart Spencer (7)	27:05	2	Alastair Watson (3)	26:40	1	William Douglas (23)	28:52	2	Sam Butler (19)	29:12
3	Milan Campion (2)	26:40	4	Anthony Woodward (4)	27:53	3	Eliot Taylor (18)	28:59	4	Douglas Wight (18)	29:17
5	Matthew Williams (3)	16:21	6	Jack Holland (3)	15:46	5	Niall Thorne (17)	16:58	6	Ryan Knight (15)	17:27
7	Paul Featherstone (3)	16:40	8	George Tipping (3)	17:28	7	Luke Carroll (14)	16:58	8	Tom Radley (14)	17:17
9	Tom Dejong (3)	16:59	10	John Muddeman (3)	17:29	9	David Aubrey (13)	17:14	10	Marc Fallows (14)	17:46
11	Rezene Hayle (3)	17:44	12	Tim Hartley (4)	17:06	11	Alex Smith (12)	17:20	12	Isaac Bate (12)	16:57
5 Swindon Harriers		'A' 4:05:45		13 Bromsgrove & Redditch		'A' 4:16:11					
1	Ben Lines (9)	27:16	2	Harry Woods (9)	28:06	1	Joe Smith (16)	28:19	2	Alexander Adams (17)	28:59
3	Matthew Woodward (9)	28:05	4	Simon Byrne (6)	26:56	3	James Marshall (16)	29:02	4	Mark Appleton (17)	29:43
5	Nathan Hackley (7)	16:36	6	Christopher Reade (7)	17:18	5	Luke Richardson (13)	16:09	6	Henry Gibbs (13)	17:19
7	Simon Dill (7)	17:32	8	Isaac Mould (6)	16:22	7	Ty Adkins (13)	16:48	8	Wayne Watkins (13)	18:25
9	Harry Edwards (5)	16:35	10	Omer Homer (5)	16:56	9	Patrick Mackie (14)	17:46	10	Taylor Stubbins (12)	17:03
11	Courtenay Chessell (5)	17:12	12	Isaac Mcadam (5)	16:51	11	Nick Dale (13)	18:59	12	Peter Ball (13)	17:39
6 Rugby & Northampton Ac		4:07:05		14 City Of Stoke Ac		4:16:25					
1	Finlay Ward (11)	27:21	2	Fergus Scott (14)	28:41	1	Fynn Churton (33)	30:05	2	Jamie Arnold (22)	28:29
3	Andrew Johnstone (13)	28:38	4	Adam Wright (10)	27:49	3	Jordan Thomas (17)	27:54	4	Harry Bond (14)	29:05
5	Matthew Everett (11)	16:42	6	Haydn Arnall (10)	16:29	5	Alex Wood (18)	18:59	6	Stuart Fisher (17)	17:11
7	Noah Bennett (8)	16:36	8	Alistair McDonnell (8)	16:40	7	Liam Hendricken (16)	17:39	8	Sam Lucking (16)	17:08
9	Ned Gilford (7)	17:26	10	Danny Carter (7)	17:32	9	Shajahan Janally (15)	17:10	10	Ross Connor (16)	17:28
11	Mark Hill (6)	16:12	12	Louismiles Starr (6)	16:59	11	Joseph Mayer (15)	18:57	12	A Rockleychapman (14)	16:20
7 Leamington Cycling & AC		4:10:12		15 Team Bath AC		4:16:49					
1	Callum Hanlon (2)	26:22	2	Baljeev Kandola (2)	27:03	1	Lester James (17)	28:23	2	Harry Palmer (16)	28:26
3	Frazer Knowles (3)	27:16	4	Alex Franklin (5)	27:58	3	Aidan Daniel (14)	28:10	4	Elliott Avis (12)	28:41
5	Henry Morton (5)	17:45	6	Dean Mawby (6)	17:42	5	Eoin Cremen (12)	17:56	6	Daniel Jones (12)	17:26
7	Louis O'brien (5)	16:04	8	Brad Hammonds (5)	17:25	7	Owen Davies (15)	18:53	8	James Donald (15)	18:15
9	John Knibb (8)	19:10	10	C Rawcliffe (8)	17:57	9	Stephen Rose (17)	18:07	10	Michael Towler (15)	16:19
11	Tom Foulerton (8)	17:46	12	Alexander Ibbs (7)	17:44	11	David Coales (17)	20:32	12	Alex Carter (15)	15:41
8 Mansfield Harriers		'A' 4:10:42		16 Coventry Godiva Harriers		'A' 4:17:49					
1	Lewis Boswell (19)	28:41	2	Alex Hampson (12)	26:57	1	Miles Clisham (1)	26:04	2	Scott Hudspith (5)	28:04
3	Kristian Watson (10)	28:01	4	Jan Bailey (11)	28:51	3	William Fuller (5)	27:55	4	Jamie Hnatushka (8)	29:11
5	Johar Ali (10)	16:27	6	Brad Caress (11)	16:51	5	Joe Mcleod (8)	16:57	6	Nick Woolley (8)	17:14
7	Ben Burnham (9)	16:41	8	Jordan Boam (9)	17:32	7	Matthew Hadlum (11)	18:58	8	Andrew Boon (10)	17:33
9	Drew Hurst (9)	17:53	10	Joe Henstock (9)	17:52	9	Peter Eccleston (12)	18:57	10	Adam Jackson (13)	19:02
11	Richie Talbot (9)	17:39	12	Daniel Wheat (8)	17:17	11	Harvey Speed (14)	19:31	12	Kevin Otieno (16)	18:23

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

17 Bristol & West Ac

1	Aled Anderson	(24)	28:54
3	Andrew Drake	(19)	30:08
5	Mathew Davies	(19)	17:41
7	Lee Gawler	(18)	17:44
9	Joe Connors	(18)	17:07
11	Fraser Roach	(16)	16:34

'B' 4:17:56

2	Adam Stokes	(18)	29:02
4	Alex Hobley	(19)	30:33
6	Luke Burgess	(18)	17:06
8	Harvey Hancock	(17)	16:57
10	Philip Parry	(17)	18:28
12	Hamish Wyatt	(17)	17:42

25 Birmingham Running Athletics 'B' 4:29:24

1	Tesfay Teweled	(18)	28:35
3	Steven Dunsby	(22)	29:59
5	Oscar Fleming	(25)	17:55
7	Chris Grimley	(25)	18:36
9	Patrick Townsend	(25)	17:19
11	Lee Neal	(25)	19:24
2	Chris Stockdale	(23)	30:17
4	Martin Matthews	(26)	32:28
6	C Burrows	(25)	18:34
8	James Martin	(26)	19:25
10	Mark Lawlor	(25)	18:47
12	Abayomi Adedimeji	(25)	18:05

18 Worcester Ac

1	Jake Watson	(13)	27:37
3	Daniel Geisler	(12)	28:43
5	Andrew Jeavons	(14)	16:49
7	Jack Levent	(17)	18:16
9	Arty Wilsonspence	(16)	15:53
11	Toby Wort	(18)	18:29

4:22:02

2	Ben Duncan	(13)	28:14
4	David Price	(15)	31:05
6	Linus Burnage	(16)	18:48
8	Tirian Ashby	(18)	18:45
10	David O'brien	(18)	20:26
12	Matt Fairlamb	(18)	18:57

26 Western Tempo

1	Daniel Moody	(36)	30:26
3	John Parker	(29)	30:57
5	Tom Whetton	(26)	17:38
7	Darren Broady	(28)	19:30
9	Steve Linton	(27)	18:15
11	Jeremy Mower	(26)	18:57

'C' 4:32:20

2	David Johnson	(30)	30:53
4	Dean Jones	(29)	30:36
6	Dan Schofield	(27)	18:34
8	Steven Flowers	(28)	18:41
10	Adrian Williams	(26)	18:33
12	Gavin Mccaugherty	(26)	19:20

19 Cannock & Stafford Ac

1	Thomas Eustace	(22)	28:49
3	Phil Wolfe	(25)	30:59
5	Bill Chesters	(20)	17:12
7	Connor Mills	(19)	17:57
9	Jordan Barrett	(19)	18:02
11	James Perrin	(19)	18:39

4:24:14

2	Matthew Craen	(25)	30:10
4	Christopher Perrin	(20)	29:46
6	James Mccann	(19)	17:25
8	Jonathan Biddle	(19)	17:56
10	Robert Gorman	(19)	18:15
12	Malcolm Eustace	(19)	19:04

27 Cheltenham & County Harriers

1	Jamie Bell	(40)	31:28
3	Harrison Miles	(20)	29:49
5	Stewart Merry	(23)	18:52
7	Daniel Minors	(23)	19:01
9	Al Raitt	(26)	18:38
11	Rhys Pippard	(27)	21:11

4:34:04

2	Jacob Pickering	(24)	27:30
4	George Sheppard	(22)	31:14
6	Matthew Wagstaff	(23)	18:19
8	Elliot Prince	(25)	18:55
10	Andrew Kaighin	(27)	20:21
12	Matthew Evans	(27)	18:46

20 Royal Sutton Coldfield AC

1	Richard Burman	(30)	29:45
3	Brad Watkins	(24)	30:30
5	David Sutton	(21)	17:03
7	Ben Horton	(20)	18:44
9	Chris Taylor	(21)	17:59
11	Martin Clutterbuck	(20)	18:55

'A' 4:25:09

2	Oliver Harradence	(21)	28:46
4	Tony Davies	(21)	30:54
6	Alex Seabright	(20)	17:34
8	John Hayman	(21)	19:00
10	Richard Naylor	(20)	18:30
12	Christian Hine	(20)	17:29

28 Swindon Harriers

1	Tom Hunton	(38)	30:52
3	Ben McIntyre	(32)	31:41
5	Paul Bonner	(31)	18:58
7	Theo Cinnamond	(27)	17:41
9	Oliver Cooke	(28)	20:04
11	Ian Spencer	(28)	19:21

'B' 4:34:30

2	Luke Byrne	(31)	30:29
4	Michael Gilbert	(31)	31:05
6	Josh Burns	(29)	16:58
8	Paul Cox	(27)	19:29
10	Elliot Doughty	(28)	18:41
12	Jason Mcginley	(28)	19:11

21 Wolverhampton & Bilston

1	Ben Foster	(34)	30:11
3	Jake Brown	(31)	30:17
5	Gary Worrall	(29)	18:03
7	Louie Lambeth	(26)	17:27
9	Harry Dyall	(23)	17:19
11	Daniel Malone	(21)	18:40

'A' 4:26:43

2	Derrick Milligan	(36)	32:18
4	Daniel Turner	(30)	31:12
6	James Neilson	(26)	16:59
8	Dylan Illidge	(24)	18:03
10	Jon Hart	(22)	17:47
12	James Wright	(21)	18:27

29 Nuneaton Harriers

1	Chris Jordan	(31)	29:53
3	Andy Parkes	(33)	32:06
5	Jack Hurst	(33)	17:47
7	Philip Evans	(33)	21:18
9	Jack Easthope	(31)	19:20
11	Paul Smith	(29)	20:07

'A' 4:39:35

2	Johnathan Ritchie	(32)	31:50
4	Matiss Murphy	(33)	32:23
6	Matt Collins	(32)	18:51
8	Jack Hiatt	(31)	17:53
10	Matthew Kinsella	(29)	19:01
12	Thomas Randle	(29)	19:06

22 Halesowen Acc

1	James Thomas	(21)	28:49
3	Richard White	(28)	31:33
5	Peter Dear	(22)	17:47
7	Sam Mannings	(22)	17:55
9	Joseph Clarke	(22)	19:07
11	Nick Hazelwood	(23)	19:09

'A' 4:26:53

2	Ben Williets	(26)	30:50
4	Joseph Donkin	(23)	28:50
6	Andrew Yapp	(22)	18:15
8	George Allen	(22)	18:26
10	James Hoult	(23)	18:12
12	Marc Turner	(22)	18:00

30 Gloucester Ac

1	Richard Decamps	(25)	28:57
3	Owen Parry	(27)	30:07
5	Ryan Hearn	(32)	22:37
7	Finlay Hawkins	(30)	19:37
9	Andy Noakes	(30)	20:33
11	Lee Smith	(31)	21:47

4:42:38

2	Andrew Decamps	(28)	31:08
4	Luke Hine	(25)	30:21
6	Charlie Coles	(31)	18:17
8	Chris Nield	(30)	19:41
10	Luke Herbert	(31)	20:35
12	James Walters	(30)	18:58

23 Newark Ac

1	Conorwilliam Pacey	(10)	27:20
3	Tom Marshall	(11)	29:25
5	Robert Lindsay	(15)	17:39
7	Chris Harrison	(21)	18:40
9	William Tucker	(20)	17:24
11	Adrian Dix	(22)	19:48

'A' 4:27:17

2	George Hatton	(8)	27:38
4	Oliver Crampton	(13)	30:30
6	Tom Newbould	(21)	22:23
8	Marcus Chesterton	(20)	18:19
10	Timothy Bagguley	(21)	19:35
12	Adam Swallow	(23)	18:36

31 Aldridge Rc

1	Adam Smith	(27)	29:21
3	Ryan Noon	(35)	33:12
5	Michael Morley	(35)	18:46
7	Lee Harris	(36)	18:55
9	Andrew Wood	(35)	18:45
11	Bruce Fanshawe	(33)	17:09

'A' 4:43:37

2	Luke White	(33)	32:39
4	Stewart Jones	(36)	35:12
6	Stephen Marshall	(35)	19:06
8	Mark Foster	(36)	20:40
10	Matthew Emery	(36)	21:07
12	Daniel Williams	(31)	18:45

24 Knowle & Dorridge Rc

1	Gareth Wainwright	(29)	29:32
3	Matt Hipwell	(26)	30:02
5	David Carbutt	(24)	18:43
7	Jonathan Jennings	(24)	18:29
9	Gary Polhill	(24)	18:46
11	Michael Williamson	(24)	18:29

'A' 4:28:05

2	Chris Morgan	(27)	30:25
4	Chris Sharp	(24)	30:25
6	Rene Vergo	(24)	18:39
8	Joseph Hook	(23)	18:01
10	C Thorley	(24)	17:58
12	Jonathan Lewis	(24)	18:36

32 Northbrook AC

1	Adrian McBride	(15)	28:14
3	Matthew Hathrell	(34)	32:26
5	Chris Goodman	(34)	19:29
7	Pete Stafford	(32)	19:07
9	Richard Bruce	(33)	19:48
11	Damien Dear	(32)	19:51

'A' 4:45:56

2	Thomas Mitchell	(35)	34:12
4	Martin Mcgough	(34)	31:30
6	Tom Hughes	(33)	18:07
8	Tom Mcnamara	(33)	21:02
10	Rob Richardson	(32)	20:46
12	Steven Turvey	(32)	21:24

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

33 Bournville Harriers 1 James Taylor (42) 32:14 3 Jonathan Mould (41) 33:20 5 Xenofon Gogouvitis (37) 20:43 7 Richard Keep (35) 17:35 9 Ben Churchill (36) 19:43 11 James Meider (34) 20:51	'A' 4:46:32 2 Jonathan Stanforth (44) 34:56 4 Tom Bunn (38) 31:03 6 Richard Bayliss (37) 17:18 8 Thomas Parkin (35) 20:05 10 Dan Robinson (33) 18:19 12 Joshua Bough (33) 20:25	41 Solihull & Small Heath AC 1 William Jameson (66) 42:16 3 Harry Fellows (54) 33:43 5 R Michaelsonyeates (47) 17:06 7 Tomas Maidment (40) 18:45 9 Louis Conibear (38) 20:30 11 Paul Lloyd (40) 24:51	5:06:36 2 Michael Bracken (60) 32:35 4 Keelan Hopewell (50) 33:03 6 Prince Laryea (43) 17:58 8 Christopher Dix (39) 18:23 10 Paul Girling (39) 23:12 12 Richard Home (41) 24:14
34 Charnwood A C 1 Harry Lupton (14) 28:04 3 Graham Peacock (23) 30:41 5 Michael Kingsbury (27) 19:17 7 Paul Harmer (29) 20:03 9 Joseph Smith (29) 19:42 11 Paul Cherry (30) 22:47	4:47:13 2 Mark Couldwell (20) 30:12 4 Martin Lewis (27) 32:38 6 Sam Haines (28) 18:56 8 Adam Hayle (29) 20:44 10 Graham Watson (30) 20:26 12 Steven Hillman (34) 23:43	42 Wolverhampton & Bilston 1 Tony Cheema (47) 32:54 3 Alex Kelly (48) 35:56 5 Paul Dean (46) 19:59 7 Greg Asbury (42) 19:24 9 Mark Illidge (41) 21:20 11 Lee Partridge (42) 23:51	'B' 5:09:05 2 Jay Patel (46) 34:45 4 David Newport (45) 34:19 6 Andrew Dyall (46) 21:01 8 Rich Amorwilkes (41) 19:40 10 Robert Edwards (43) 23:15 12 Stuart Whitehouse (42) 22:41
35 Worksop Harriers 1 Dominic Fielding (26) 29:07 3 Adrian Thompson (30) 32:04 5 Ben Rhodes (30) 17:14 7 Henry Brady (34) 19:20 9 Paul Parry (34) 19:26 11 David Bulmer (35) 23:20	4:47:35 2 Adam Turner (29) 31:15 4 Paul Marriott (32) 33:24 6 Peter Spencer (34) 23:59 8 Adam Jonczyk (34) 20:21 10 Bryan Cherry (34) 19:23 12 Thomas Shaw (35) 18:42	43 Redhill Road Runners 1 Mark Garratt (50) 33:27 3 Peter McNally (46) 34:04 5 Leigh Stubbs (43) 18:49 7 Damian Graham (50) 28:23 9 Jon Cocking (46) 21:14 11 Stuart Bell (45) 26:21	5:10:32 2 Mark Davis (47) 34:28 4 Paul Newton (44) 35:30 6 James McDonnell (40) 18:52 8 Simon Nash (46) 19:32 10 Lindsay Robinson (44) 20:43 12 Brandon Gell (43) 19:09
36 Heanor RC 1 Joe Rainsford (12) 27:35 3 Stephen Ashmore (21) 32:44 5 Robin Clegg (28) 19:06 7 Scott Wigman (31) 20:27 9 Ashley Deeming (32) 20:45 11 Michael Clark (36) 23:47	4:51:53 2 Richard Weir (15) 28:31 4 Ethan Rowley (28) 33:33 6 Paul Clarke (30) 19:52 8 Dean Cross (32) 20:16 10 Peter Edwards (35) 22:53 12 James Wyatt (36) 22:24	44 Halesowen Acc 1 Ben Dunlop (55) 35:37 3 David Lewis (53) 32:46 5 Lestyn Jonesevans (53) 19:59 7 Matthew Wilkinson (51) 19:15 9 Alex Morgan (48) 22:08 11 Bill Nock (44) 22:27	'B' 5:11:17 2 Simon Robert Duck (59) 39:13 4 Aaron Nicholls (54) 36:54 6 James Parker (52) 21:03 8 Roger Mallard (48) 19:51 10 Louis Glynn (47) 22:06 12 Adam Cross (44) 19:58
37 Mansfield Harriers 1 Jamie Macintyre (45) 32:47 3 Gary Berzins (42) 33:56 5 Andy Wetherill (39) 21:27 7 Matthew Bradbury (39) 20:03 9 Andy Walker (39) 21:02 11 Wayne Lowe (37) 21:33	'B' 4:54:20 2 Ben McClemens (42) 33:56 4 Matthew Bottomore (39) 32:32 6 Adam Wright (39) 18:55 8 Martin Fickling (38) 19:48 10 Simon Fisher (37) 19:47 12 James Mee (37) 18:34	45 Massey Ferguson Rc 1 John Clarke (44) 32:37 3 Steve Glaze (45) 34:51 5 Simon Neale (42) 20:28 7 Alan McDougall (44) 21:50 9 Simon Brown (44) 21:04 11 Barry Allen (43) 22:36	5:13:58 2 Gary Lawson (43) 34:10 4 Sean Emson (42) 33:54 6 David Clarke (44) 21:23 8 Peter Paprcka (44) 22:40 10 Mark Eastwood (45) 22:50 12 Andrew Popplewell (45) 25:35
38 Kenilworth Runners 1 Stuart West (35) 30:18 3 Mark Alldritt (40) 37:59 5 Matt Dyer (41) 19:42 7 Harrison Adams (41) 19:36 9 Roger Homes (40) 21:39 11 Wayne Briggs (38) 21:09	4:56:50 2 Marc Herring (34) 32:01 4 Richard Beattie (43) 35:49 6 Stephen Fowle (42) 20:22 8 Adam Huxford (40) 18:51 10 Rob Carr (40) 22:22 12 Ryan Baker (38) 17:02	46 City Of Birmingham Striders 1 James Corden (52) 34:28 3 Jack Walton (52) 35:10 5 Rob Cooke (48) 17:18 7 Thomas Strange (47) 21:04 9 Liam Kelly (47) 20:23 11 Seth Atkin (46) 26:09	5:22:41 2 John Hayes (55) 37:40 4 Marcus Macdonald (51) 34:26 6 Darash Mantri (49) 22:21 8 Matthew Allen (49) 22:59 10 Tajinder Gill (48) 25:00 12 Dionisis Theodosios (46) 25:43
39 Stratford Upon Avon Ac 1 Ned Campbell (37) 30:45 3 Alex Pester (37) 29:44 5 Nick Campbell (38) 22:42 7 Jamiee Howkins (49) 22:01 9 James Lake (42) 20:22 11 Sam Wilks (39) 18:04	4:59:10 2 Peter Sugden (45) 36:32 4 Huw Crossweller (37) 34:15 6 David Jones (47) 27:00 8 Tom Cox (42) 17:30 10 Damian Wheeler (42) 21:20 12 Adam Linforth (39) 18:55	47 Bitton Road Runners 1 Robert Farley (28) 29:31 3 Patrick Searle (38) 34:08 5 Wayne Ellis (44) 22:48 7 S Grimstondown (43) 23:01 9 Daniel Savory (51) 22:54 11 James Wade (48) 30:21	5:25:10 2 Michael Blackmore (37) 33:28 4 Charles Hann (40) 36:39 6 Phillip Barker (41) 18:57 8 David Britton (50) 28:56 10 Arwel Roberts (49) 23:05 12 Matthew Spear (47) 21:22
40 Royal Sutton Coldfield AC 1 Callum Thomas (61) 37:11 3 Stewart Deeming (49) 33:30 5 Barry Lloyd (50) 19:59 7 Steve Marklew (48) 21:01 9 Simon Corker (45) 20:50 11 Michael Stones (41) 21:56	'B' 5:06:04 2 Nicolas Blunt (56) 35:01 4 Edward Stead (49) 35:32 6 Martin Gore (50) 20:42 8 Frederic Tremblay (45) 19:28 10 Morgan Garrard (41) 18:47 12 Joshua Hughes (40) 22:07	48 Knowle & Dorridge Rc 1 Edward Bower (49) 33:18 3 Anthony Ellis (44) 32:48 5 Jason Pitcher (51) 20:54 7 Robert Mundy (52) 19:01 9 Mark Amyes (52) 23:02 11 Stephen Ray (50) 24:44	'B' 5:27:24 2 Lewis Towers (48) 35:19 4 David Rose (48) 39:43 6 Craig Campbell (53) 25:12 8 Alan Black (51) 24:30 10 Paul Winwood (51) 25:22 12 Ian Voaden (48) 23:31

Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

49 Dudley Kingswinford Rc

5:29:41

1 Elliot Jones (39) 30:55	2 Luke Alexander (38) 33:50
3 Samuel Tyler (43) 36:04	4 Robert Langford (47) 39:06
5 Daniel Durn (49) 20:18	6 Richard Tonks (51) 22:56
7 David Garbutt (53) 25:26	8 Liam Simmer (53) 23:43
9 Andrew Wood (53) 22:55	10 Richard Jones (52) 24:17
11 Mark Homer (49) 24:21	12 T Dunne (49) 25:50

50 Birmingham Running Athletics 'C' 5:30:09

1 Nathan Smith (53) 34:42	2 Broome David (49) 34:34
3 Andrew Knight (50) 37:24	4 Joe Guidotti (57) 39:51
5 Paul Cannon (56) 21:41	6 Carl Horton (54) 21:12
7 Colin Werret (55) 24:16	8 Martin Ludford (54) 24:34
9 Andrew Saker (54) 22:45	10 Mark Griffiths (53) 19:45
11 Oliver Kirkland (47) 19:26	12 Christopher Davy (50) 29:59

51 West Bromwich Harriers

5:52:30

1 Robert Mann (64) 40:33	2 Stephen Plummer (62) 37:49
3 Karl Moore (60) 36:58	4 Oli Moore (56) 31:02
5 Thomas Heyes (57) 22:21	6 David Kendall (56) 22:29
7 Pete Donnelly (58) 35:44	8 Graham Staplehurst (58) 27:05
9 Daniel Floyd (58) 25:24	10 Paul Mansell (56) 26:48
11 Carl Burkitt (54) 25:19	12 Daniel Anderson (51) 20:58

52 Stafford Harriers

5:52:37

1 Justin Green (59) 36:14	2 Richard Rea (57) 36:17
3 I Hodkinson (58) 39:41	4 Jason Littlewood (60) 42:24
5 Michael Dobson (58) 22:41	6 Antonio Treglia (57) 23:48
7 Robert Mitchell (56) 22:05	8 Leon Stringer (55) 22:58
9 Mark Oliver (55) 25:08	10 Roy Clay (54) 28:10
11 Mark Bentley (51) 29:47	12 Edwin Smith (52) 23:24

53 Northbrook AC

'B' 5:53:25

1 Terry Moynihan (60) 37:03	2 Tommy Dempsey (58) 37:39
3 Andrew Clay (59) 37:39	4 Kevin Spare (58) 38:04
5 Graeme Brannen (63) 32:42	6 Cliff Evans (63) 24:47
7 Kevin Coughlan (63) 26:45	8 David Mills (61) 24:18
9 Tim Hughes (59) 23:39	10 Spencer Davies (57) 24:05
11 Lee Newark (52) 22:34	12 Peter Kirkhope (53) 24:10

54 Sphinx Ac

5:55:45

1 Paul Slatford (67) 48:27	2 Sam Ward (67) 35:42
3 Wayne Broadbent (65) 42:00	4 Pawel Langer (64) 32:25
5 Ollie White (61) 21:51	6 Andrew Winn (60) 24:23
7 Dave Mclean (57) 20:24	8 Fintan Mcsharry (56) 25:17
9 Nicholas Gilkes (57) 25:03	10 Mark Moran (55) 26:37
11 Josh Kennard (53) 27:51	12 Bobby Hartwell (54) 25:45

55 Sparkhill Harriers

6:05:34

1 Nick Stringer (57) 36:01	2 Andrew Law (64) 44:38
3 Roman Kairov (63) 41:22	4 James Phillips (59) 32:24
5 Patrick Finnegan (60) 24:06	6 Mark Butler (59) 26:00
7 Charles Fentiman (62) 26:51	8 Keith Ward (62) 28:12
9 Robert Mills (61) 26:23	10 Darren Riley (59) 22:38
11 Sasta Ullah (55) 23:28	12 Anthony Edwards (55) 33:31

56 Centurion Rc

6:08:16

1 Chris Cleaver (62) 38:23	2 Jason Gilligan (61) 38:54
3 Peter Thomas (64) 48:10	4 Daniel Wrenn (65) 33:11
5 Richard Buchanan (64) 25:14	6 Russell Lane (61) 22:11
7 Stephen Johnson (60) 24:35	8 Neil Wilkes (60) 26:48
9 Craig Strong (60) 25:17	10 Andy Rea (58) 24:23
11 Mark McLachlan (56) 34:41	12 Andy Matthews (56) 26:29

57 Northbrook AC

'C' 6:09:55

1 Paul Robbins (63) 40:20	2 Chris Smith (63) 39:49
3 Alan Smith (62) 38:47	4 Malc Copeland (61) 38:40
5 Daren Timbrell (65) 32:33	6 Bob Adams (64) 29:17
7 Austin Wade (64) 25:48	8 Stewart Pearman (63) 23:06
9 Rhys Robbins (63) 23:53	10 Simon Aldridge (61) 24:55
11 Aaron Greenhill (57) 29:01	12 Robert Halford (57) 23:46

Incomplete Teams:

Newcastle Staffs Ac

1 Craig Taylor (43) 32:30	2 Bradley Shields (41) 33:58
3 Scott Zikmanis (47) 36:25	4 Stuart Cassidy (46) 36:10
5 Jacob Droogmans (40) 16:32	6 Lewis Nagington (38) 16:39
7 Adam Tyson (38) 18:22	8 Martin Bailey (37) 20:58
9 Chris Bailey (37) 20:36	10 Martin Holdcroft (38) 22:08

Coventry Godiva Harriers

'B'

1 Jason Brotherhood (51) 34:03	2 Samuel Katanda (53) 36:54
3 Chris Hurst (56) 38:35	4 A Mitrofaniuk (53) 34:25
5 Jose Ortizgonzalez (55) 22:51	6 Thiago Demodena (55) 23:58
7 C Lee (54) 18:28	8 John Treadwell (52) 21:53
9 James Wright (49) 18:01	10 Christopher Revell (46) 18:07

Tipton Harriers

'B'

1 Dean Hill (46) 32:52	2 Myles Wilson (52) 37:58
3 Laurence Heathcock (57) 41:03	4 Wayne Russell (55) 33:37
5 Adam Barnes (52) 17:48	6 Cameron Lomax (48) 17:53
7 Korey Hazlewood (45) 18:26	8 Andrew Bentley (47) 23:50
9 Quincy Achonu (50) 25:54	10 Jack Cunningham (50) 25:20

Bournville Harriers

'B'

1 Grant Newman (58) 36:09	2 Joe Turner (66) 46:25
3 Simeon Whiting (61) 35:46	4 Adam Bailey (63) 39:53
5 Peter Hickman (62) 24:10	6 James Evans (62) 24:13
7 Daniel Wilson (61) 24:26	8 Daniel Rollett (59) 24:48
9 Paul Samuels (62) 30:52	10 Stephen Doswell (60) 25:58

Trentham Rc

1 Martin Pratt (32) 30:02	2 Warren Thomas (40) 35:07
3 Daniel Jordan (39) 34:43	4 Ian Heath (41) 35:02
5 John Guest (45) 22:32	6 Chris Watson (45) 21:09
7 Simon Bryan (46) 21:30	8 Harry Julian (43) 21:43
9 Chris Mosiuk (43) 19:25	

Aldridge Rc

'B'

1 Philip Brayford (56) 35:41	2 Peter Dimbleby (51) 34:35
3 Karl Hill (55) 38:51	4 Barinderjit Cheema (62) 48:56
5 Mark Shaw (59) 20:02	6 Ian Jennings (58) 24:11
7 Leigh Sprules (59) 26:50	8 Harshad Patel (57) 21:28
9 David Roberts (56) 22:27	

Halesowen Acc

'C'

1 Steven Horton (65) 42:02	2 James Ludlow (65) 39:35
3 Adrian Low (66) 48:16	4 Matt Allen (66) 41:59
5 Adam Hollis (66) 24:29	6 Robert Weaver (65) 23:20
7 Ian Priest (65) 27:58	8 Paul Allen (64) 29:49

Bromsgrove & Redditch

'B'

1 Ryan Lee (48) 32:55	2 Matthew Giles (39) 31:56
3 Ollie Wilson (36) 31:47	4 Kevin Fisher (35) 33:11
5 Andrew Freeman (36) 19:36	6 Will Noyce (36) 18:58
7 Tom Richmond (37) 19:15	

Nuneaton Harriers

'B'

1 James Gillum (54) 35:25	2 David Bevan (54) 35:36
3 Chris Hamerhodes (51) 36:15	4 Steven Hargrave (52) 34:59
5 Andy Harris (54) 22:28	

Notts Ac

'B'

1 Sam Godwin (41) 32:04	2 Jack Speake (50) 38:02
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Birmingham Running Athletics 'D'

1 Harry Fowler (68) 84:05	2 Liam Phelan (68) 37:19
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Midland Counties Road Relays at Sutton Park on Saturday 23rd March 2024

Fastest of all long legs — Provisional

1	Joseph Tuffin	Birmingham	A	25:48	(4)
2	Miles Clisham	CoventryGo	A	26:04	(1)
3	Max Davis	Bristol&We	A	26:06	(4)
4	Thomas Crockett	WesternTem	A	26:12	(4)
5	Callum Hanlon	Leamington		26:22	(1)
6	Dom James	WesternTem	A	26:24	(2)
7	Jack Bancroft	WesternTem	A	26:25	(1)
8	Adam Peacock	Birmingham	A	26:32	(1)
9	Milan Campion	NottsAc	A	26:40	(3)
=	Alastair Watson	NottsAc	A	26:40	(2)

Fastest of all short legs — Provisional

1	Jack Millar	Bristol&We	A	14:56	(12)
2	Charlie Davis	Birmingham	A	15:06	(12)
3	Daniel Studley	Bristol&We	A	15:19	(6)
4	Ben Robinson	Bristol&We	A	15:32	(11)
5	Alex Carter	TeamBathAC		15:41	(12)
6	Charlie Jones	WesternTem	A	15:43	(9)
=	Matthew Brunnock	WesternTem	A	15:43	(12)
8	Jack Holland	NottsAc	A	15:46	(6)
9	Philip Wylie	WesternTem	A	15:48	(7)
10	James Denne	WesternTem	A	15:49	(10)

