

**BMAF CROSS COUNTRY RELAY CHAMPIONSHIPS**  
**Held at West Park, Long Eaton on Saturday 24th October 2015**

M35			M35			
1	Leicester Coritanians	Chris Jordan 9.48	13	Ilkeston RC	David Millington 12.58	
	50.25	Gordon Lee 10.01		64.53	Richard iliffe 12.43	
		Ludovic Renou 10.27			Chris O'Donnell 13.04	
		Gareth Deacon 10.26			Dave Crilley 13.06	
		Mark Powell 9.43			Jonathan Rice 13.02	
2	Salford H	Wm McCartney 9.56	14	Denbigh H	Tony Benton 12.43	
	51.10	Chris Tulley 10.34		67.00	Roger Snaith 13.48	
		Robert Hughes 10.10			Martin Jones 12.31	
		Richard Brook 10.26			Manfred i Toraldo 12.31	
		James Kovacs 10.04			David Davies 13.16	
3	Richmond & Zetland	Steve Middleton 10.26	15	Notfast RC	Adam Jackson 14.59	
	52.49	Carl Jones 10.2		69.28	Jeremy Reichelt 14.45	
		Tony Lambert 10.19			Steve Needham 15.25	
		David Hack 10.49			Adrian Dix 12.05	
		Ken Harker 10.53			Damien Davies 12.14	
4	N. Derbyshire RC	Russ White 11.02		Charnwood AC	Martin Makin 10.48	
	53.20	Chris Adams 10.05			Mark Couldwell 10.15	
		Tim Clayton 10.5			Ed Toone 10.53	
		Paul Sorrell 10.49			Pete Swaine 9.58	
		Steve Penney 10.34		Wolverhampton & B	Ian Pincher 13.28	
5	Wolverhampton & B	David Smith 10.15			Leroy Brown 10.54	
	53.30	Daniel Brazier 10.25		M45		
		Gareth Briggs 10.27		1	Mansfield HAC	Paul Butcher 10.09
		Darren Edwards 11.28			51.42	Phil Shaw 11.13
		Lee Moreton 10.55				Mark Johnson 9.41
6	Long Eaton RC	Rod Harris 10.25				Andrew Wetherill 10.37
	56.10	Ian Chant 11.09		2	Salford H	Alan Smith 10.02
		Mark Boardman 12.02			52.16	Paul Simmons 10.26
		Simon Hardy 11.36				Rodger Allsop 10.36
		Mario Rocchelli 10.58				David lockett 10.38
7	Matlock AC	Peter Wilmot 11.46				Robert Tudor 10.33
	57.09	Craig Allen 11.32		3	Redhill RR	Phil Leybourne 10.03
		Andrew Lessiter 11.42			58.05	Matthew Clapp 10.41
		Chris Hallas 12.08				Anthony Aram 12.36
		Ian Phillips 10.01				Nigel Cobb 11.44
8	Birchfield H	David McCarthy 12.45				Francesco Lari 12.09
	57.56	Peter Dimbleby 11.24		4	Charnwood AC	Paul Newton 10.55
		Stephan McCann 12.30			58.18	Mick Kingsbury 10.43
		Alex Parker 10.42				Derek Guess 10.56
		Michael Morley 10.35				Glenn North 11.24
9	Coventry Godiva	Jason Brotherhood 11.14				John Rees 12.00
	58.01	Iwan Janes 10.51		5	Long Eaton RC	Robert Pollard 13.15
		Martyn Brunt 12.00			58.46	Edmund Murden 11.27
		Simon Clarke 12.14				Andrew Dickenson 10.56
		Jose Gonzalez 11.42				Tim Doyle 12.05
10	Heanor RC	Tim Holling 10.04				Tony Blakeway 13.03
	58.15	Ashley Deeming 11.12				Tim Baggs 11.15
		Tony Weatherson 11.33		6	N. Derbyshire RC	Garry Elkinston 12.02
		Paul Winfield 12.36			65.43	Andy Lees 13.46
		Eamon O'Hanlon 12.50				Richard Corker 12.36
11	Salford H	David Hudson 10.37				Paul Kerry 12.47
	60.22	Thomas Temple 13.18				Steve Bennett 14.32
		Philip West 10.49				Leicester Coritanians Rob Sheen 11.02
		Gary Thomason 12.50				Sparkhill H John Golding 11.51
		Matt Shaw 12.48				James Hannon 12.34
12	Ilkeston RC	Michael Earley 11.18				Andy Carroll 13.12
	60.51	Simon White 10.59				
		Ian Hunter 10.51				
		Richard Bower 15.13				
		Andrew Bird 12.30				

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M55			M55		
1 Wirral AC	Graham Ratcliffe	11.41	9 Matlock AC	Anthony Marchington	12.17
46.08	Anthony Devoy	11.58	50.04	Andy Whittaker	12.21
	Kevin Buxton	11.27		John Hurley	12.29
	David Norman	11.02		James Thorneycroft	12.57
2 Sheffield AC	Jed Turner	11.07	10 Denbigh H	Vic Belshaw	11.23
46.33	Gary Podmore	12.08	50.54	Fred Jones	13.02
	Mike Quinn	12.30		Chris Baldwin	13.49
	Chris Ireland	10.48		Duncan Jones	12.40
3 Oxford City	Richard Grant	11.43	11 Bedford & County	Jim McMahon	10.35
47.06	Giovanni Puglisi	12.19	51.09	Chris Andrews	13.18
	Stewart Thorp	11.46		Bill Goodyear	13.15
	Brian Green	11.18		Rob Lands	14.01
4 Leamington CAC	Simon Riley	11.20	12 Dulwich Runners	Stephen Smythe	12.29
48.27	Nick Tawney	11.59	51.34	Neville Webb	13.00
	Pete Taylor	12.16		Gary Sullivan	12.24
	Alex Montgomery	12.52		Michael Mann	13.41
5 Barnet & District AC	Yitzhak Ben Aroya	12.14	13 Charnwood AC	Mark Whitmore	12.49
48.48	Jerry Bryan	13.05	51.39	Steve Mellors	12.53
	Peter Ellis	12.02		Kevin Lomas	12.57
	David Wilcock	11.27		Peter Mensley	13.00
6 Rotherham H	Paul Clemmens	13.06	14 Sparkhill H	Tahir Akhtar	12.53
49.05	Peter Shaw	11.59	53.19	Rob Mills	13.08
	Terry Eastwood	11.57		Andy Wadsworth	12.49
	Peter Neal	12.03		Barry Crowley	14.29
7 Long Eaton RC	Alan Maplethorpe	12.05	15 Notfast RC	Andrew Watts	19.06
49.07	David Riley	13.00	77.07	Ernie Clarke	18.16
	Robert Fox	11.45		Edward Casebourne	20.00
	Richard Wilkinson	12.17		Colin Green	19.45
8 Warrington AC	Steve Burthem	11.37	Coventry Godiva	Peter Banks	13.33
49.40	David Gill	12.52	Dulwich Runners	Andrew Murray	13.37
	Mervyn Ward	13.13	Salford H	Stuart Darlington	15.23
	Tony McCarthy	11.58			

W35				W45			
1	Heanor RC	Louise Insley	11.47	1	Dulwich R AC	Clare Elms	11.14
	34.38	Claire Smith	11.57		38.22	Ros Tabor	13.37
		Lisa Palmer	10.54			Nicola Richmond	13.31
2	Telford AC	Michelle Clarke	11.37	2	Home Pierrepont RC	Serena Bignell	12.31
	35.15	Denise Sanders	12.36		41.37	Mary Mills	15.08
		Claire Martin	11.02			Lorraine Salkild	13.58
3	Long Eaton	Sarah Harris	11.05	3	Long Eaton RC	Vreni Verudeven	14.02
	37.40	Lindsay Smith	13.48		43.28	Jackie Mather	14.15
		Jodie Smith	12.47			Kath Benson	15.11
4	Denbigh H	Victoria Whitehead	13.02	4	Matlock AC	Nicki Dick	13.32
	38.50	Tracey Williams	12.52		44.55	Tessa Whittaker	15.41
		Emma Collins	12.56			Karen Morley	15.42
5	Dulwich RAC	Selma Benattia	13.00	5	Mansfield H AC	Mady Collinge	15.11
	40.00	Katie Crowe	13.14		47.57	Denise Winfield	16.38
		Michelle Lennon	13.46			Heather Shone	16.08
6	E.Cheshire & Tameside	Janine Ridgard	12.59	6	Notfast RC	Cheryl Kempster	17.23
	40.02	Angela Oldham	13.53		51.42	Angela Brown	16.52
		Michelle Vaughan	13.10			Kate Fisher	17.27
7	Bournville H	Marianne Hensman	13.19	DQ	Heanor RC	Anna Shipley	13.49
	41.31	Jude Glynn	14.53			Rita Fisher	14.14
		Emily Holden	13.19			Jill Burke	12.52
8	Mansfiels H AC	Beverley Armstrong	13.13	W55			
	41.54	Diane Stewart	15.46	1	Prestatyn RC	Sue Rogers	14.59
		Kahli Johnson	12.55		44.37	Debbie Richards	15.17
						Gabby Waring	14.21
9	E.Cheshire & Tameside	Melanie Kay	13.24	2	Westbury H	Marilyn Palmer	15.41
	34.38	Nicola Richards	15.30		46.29	Eithne Noonan	16.15
		Catherine Daley	13.36			Shirley Hume	14.33
10	Home Pierrepont	Claire Hayes-Gill	15.09	3	Long Eaton RC	Cath Rowe	14.57
	45.42	Julie McGeorge	15.16		48.58	Valerie Lindsey	16.57
		Jean Inglis	15.17			Kath Crockford	17.04
11	Prestatyn RC	Jo Edwards	15.36	4	Bournville H	Philomena Williamsor	17.49
	46.04	Ally Reid	15.23		50.01	Lesley Pymm	17.56
		Jo lewis	15.05			Elzbeita Lepa	14.18
12	Notfast RC	Joanne Wilson	18.05	5	Notfast RC	Sue Needham	18.46
	47.04	Caroline Upton	15.07		56.15	Cathy Clarke	19.19
		Diana Wakefield	13.52			Annette Taylor	18.10
13	Redhill RR	Bev Barnes	14.45	M65			
	48.02	Tamzin Yates	17.27	1	Rotherham HAC	Mick Marsters	12.34
		Kathryn Walsh	15.50		38.02	Malcolm Palfreyman	13.04
14	Ilkeston RC	Sue Bates	19.32			Rob Tintiger	12.24
	53.35	Emma Bennett	15.51	2	Blackheath & Bromley	Peter Hamilton	12.50
		Paula Pigot	18.12		38.12	Rob Brown	12.58
DNF	Bournville H	TautscherNicola	15.28			Bob Minting	12.24
		Grainne Bermingham	18.10	3	Bingley HAC	Peter Ellerton	13.18
					39.28	Tony Kingham	13.53
						Bryan Parkinson	12.17
				4	Salford H	Roland Bowness	14.06
					41.46	Tommy Daniels	15.12
						Alan Norman	12.28
				5	Prestatyn RC	Steve Hatfield	15.05
					44.22	Mike Davis	15.08
						Gareth Hughes	14.09
				6	Salford H	Robert Towell	15.13
					45.39	Dennis Moran	14.33
						Vincent Murphy	15.53
						Graham Roberts	14.31

  

Fastest laps			
M35	Mark Powell	Leicester Cor	9.43
M45	Mark Johnson	Mansfield H	9.41
M55	Jim McMahon	Bedford & Cty	10.35
M65	Bryan Parkinson	Bingley H	12.17
W35	Lisa Palmer	Heanor RC	10.54
W45	Clare Elms	Dulwich Runners	11.14
W55	Elzbeita Lepa	Bournville H	14.16