

# British Masters Cross Country Relays

## at Long Eaton, Derbyshire on Saturday 19th November 2016

### Race 1 - W35 Stage 1 - Final Results

Pos	Name	Club	Leg Time	Pos	Name	Club	Leg Time
1	Lisa Palmer	HeanorRC35	10:42	10	Debbie Hope	StaffsMo35	12:49
2	Michelle Clarke	TelfordA35	11:42	11	Steff Warwick	LongEato35	12:51
3	Zoe Doyle	Belgrave35	11:44	12	Kim Hainsworth	DulwichR35	12:56
4	Katherine Wellam	SaleHarr35	11:57	13	Beverley Armstrong	Mansfiel35	12:57
5	Amanda Davies	CheadleR35 A	11:58	14	Kerry Storrar	Barnsley35	13:05
6	Helen Smith	ValeRoya35	12:13	15	Kerri James	Halesowe35	13:09
7	Lesley Latchem	Peniston35	12:18	16	Janet Atkinson	HolmePie35 A	13:14
8	Tracey Greenway	DerbyAC 35	12:22	17	Jacqueline Robson	ClowneRo35 A	13:48
9	Ruth Watchornrice	CheadleR35 B	12:23	18	Michelle Noble	HolmePie35 B	13:50

### Race 1 - W35 Stage 2 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Louise Insley	HeanorRC35	12:09	22:51	0	16	Ellen Ambrose	Halesowe35	14:30	27:39	- 1
2	Sophie Carter	Belgrave35	11:51	23:35	+ 1	17	Gemma Arbon	Mansfiel35	15:11	28:08	- 4
3	Rachel Coupe	TelfordA35	12:19	24:01	- 1	18	Sue Chicken	HolmePie35 B	14:28	28:18	0
4	Jenny Day	CheadleR35 A	12:21	24:19	+ 1	<b>Fastest runners over stage 2:</b>					
5	Anne Chinoy	SaleHarr35	12:23	24:20	- 1	1	Kerry Marchant	StaffsMo35	11:36		
6	Kerry Marchant	StaffsMo35	11:36	24:25	+ 4	2	Sophie Carter	Belgrave35	11:51		
7	Sally Smith	Peniston35	13:01	25:19	0	3	Louise Insley	HeanorRC35	12:09		
8	Sarah Holford	DerbyAC 35	12:59	25:21	0	4	Rachel Coupe	TelfordA35	12:19		
9	Jodie Smith	LongEato35	12:45	25:36	+ 2	5	Jenny Day	CheadleR35 A	12:21		
10	Julie Hulbert	CheadleR35 B	13:19	25:42	- 1	6	Anne Chinoy	SaleHarr35	12:23		
11	Naomi Biddlestone	Barnsley35	13:09	26:14	+ 3	7	Jodie Smith	LongEato35	12:45		
12	Sarah Gibbs	ValeRoya35	14:17	26:30	- 6	8	Sarah Holford	DerbyAC 35	12:59		
13	Emma Cupitt	HolmePie35 A	13:20	26:34	+ 3	9	Sally Smith	Peniston35	13:01		
14	Ros Tabor	DulwichR35	14:06	27:02	- 2	10	Naomi Biddlestone	Barnsley35	13:09		
15	Karen Shipman	ClowneRo35 A	13:47	27:35	+ 2						

### Race 1 - W35 Stage 3 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Sarah Harris	HeanorRC35	10:51	33:42	0	16	J Sheltonpereda	DulwichR35	14:48	41:50	- 2
2	Claire Martin	TelfordA35	10:36	34:37	+ 1	17	Ann Gould	HolmePie35 B	13:48	42:06	+ 1
3	Fiona Maddocks	Belgrave35	12:25	36:00	- 1	18	S Massingham	ClowneRo35 A	16:07	43:42	- 3
4	Rebecca Harrison	CheadleR35 A	11:53	36:12	0	<b>Fastest runners over stage 3:</b>					
5	Helen Armitage	SaleHarr35	12:19	36:39	0	1	Claire Martin	TelfordA35	10:36		
6	Joanne Hackett	StaffsMo35	13:38	38:03	0	2	Sarah Harris	HeanorRC35	10:51		
7	Steph Spencer	DerbyAC 35	12:46	38:07	+ 1	3	Rebecca Harrison	CheadleR35 A	11:53		
8	S Hollinshead	CheadleR35 B	12:29	38:11	+ 2	4	Helen Armitage	SaleHarr35	12:19		
9	Sarah Semmens	LongEato35	12:53	38:29	0	5	Fiona Maddocks	Belgrave35	12:25		
10	Claire Hayesgill	HolmePie35 A	13:11	39:45	+ 3	6	S Hollinshead	CheadleR35 B	12:29		
11	Sarah Walch	Peniston35	14:47	40:06	- 4	7	Steph Spencer	DerbyAC 35	12:46		
12	Samantha Morton	Halesowe35	12:54	40:33	+ 4	8	Sarah Semmens	LongEato35	12:53		
13	Debbie Broad	ValeRoya35	14:31	41:01	- 1	9	Samantha Morton	Halesowe35	12:54		
14	Kahli Johnson	Mansfiel35	12:55	41:03	+ 3	10	Kahli Johnson	Mansfiel35	12:55		
15	Helen Jonescrofts	Barnsley35	15:06	41:20	- 4						

# British Masters Cross Country Relays at Long Eaton, Derbyshire on Saturday 19th November 2016

## W35 — Team Results — Final

(nn) is team position after the appropriate stage.

<p><b>1 Heanor RC W35</b> <b>33:42</b></p> <p>1 Lisa Palmer (1) 10:42    2 Louise Inasley (1) 12:09</p> <p>3 Sarah Harris (1) 10:51</p> <p><b>2 Telford Ac W35</b> <b>34:37</b></p> <p>1 Michelle Clarke (2) 11:42    2 Rachel Coupe (3) 12:19</p> <p>3 Claire Martin (2) 10:36</p> <p><b>3 Belgrave Harriers W35</b> <b>36:00</b></p> <p>1 Zoe Doyle (3) 11:44    2 Sophie Carter (2) 11:51</p> <p>3 Fiona Maddocks (3) 12:25</p> <p><b>4 Cheadle Rc W35 'A'</b> <b>36:12</b></p> <p>1 Amanda Davies (5) 11:58    2 Jenny Day (4) 12:21</p> <p>3 Rebecca Harrison (4) 11:53</p> <p><b>5 Sale Harriers Manchester W35</b> <b>36:39</b></p> <p>1 Katherine Wellam (4) 11:57    2 Anne Chinoy (5) 12:23</p> <p>3 Helen Armitage (5) 12:19</p> <p><b>6 Staffs Moorlands Ac W35</b> <b>38:03</b></p> <p>1 Debbie Hope (10) 12:49    2 Kerry Marchant (6) 11:36</p> <p>3 Joanne Hackett (6) 13:38</p> <p><b>7 Derby AC W35</b> <b>38:07</b></p> <p>1 Tracey Greenway (8) 12:22    2 Sarah Holford (8) 12:59</p> <p>3 Steph Spencer (7) 12:46</p> <p><b>8 Cheadle Rc W35 'B'</b> <b>38:11</b></p> <p>1 Ruth Watchornrice (9) 12:23    2 Julie Hulbert (10) 13:19</p> <p>3 SHollinshead (8) 12:29</p> <p><b>9 Long Eaton RC W35</b> <b>38:29</b></p> <p>1 Steff Warwick (11) 12:51    2 Jodie Smith (9) 12:45</p> <p>3 Sarah Semmens (9) 12:53</p> <p><b>10 Holme Pierrepont Rc W35 'A'</b> <b>39:45</b></p> <p>1 Janet Atkinson (16) 13:14    2 Emma Cupitt (13) 13:20</p> <p>3 Claire Hayesgill (10) 13:11</p> <p><b>11 Penistone Footpath Runners W35</b> <b>40:06</b></p> <p>1 Lesley Latchem (7) 12:18    2 Sally Smith (7) 13:01</p> <p>3 Sarah Walch (11) 14:47</p>	<p><b>12 Halesowen Acc W35</b> <b>40:33</b></p> <p>1 Kerri James (15) 13:09    2 Ellen Ambrose (16) 14:30</p> <p>3 Samantha Morton (12) 12:54</p> <p><b>13 Vale Royal Ac W35</b> <b>41:01</b></p> <p>1 Helen Smith (6) 12:13    2 Sarah Gibbs (12) 14:17</p> <p>3 Debbie Broad (13) 14:31</p> <p><b>14 Mansfield Harriers W35</b> <b>41:03</b></p> <p>1 Beverley Armstrong (13) 12:57    2 Gemma Arbon (17) 15:11</p> <p>3 Kahli Johnson (14) 12:55</p> <p><b>15 Barnsley AC W35</b> <b>41:20</b></p> <p>1 Kerry Storrar (14) 13:05    2 Naomi Biddlestone (11) 13:09</p> <p>3 Helen Jonescrofts (15) 15:06</p> <p><b>16 Dulwich Runners Ac W35</b> <b>41:50</b></p> <p>1 Kim Hainsworth (12) 12:56    2 Ros Tabor (14) 14:06</p> <p>3 J Sheltonpereda (16) 14:48</p> <p><b>17 Holme Pierrepont Rc W35 'B'</b> <b>42:06</b></p> <p>1 Michelle Noble (18) 13:50    2 Sue Chicken (18) 14:28</p> <p>3 Ann Gould (17) 13:48</p> <p><b>18 Clowne Road Runners Club W35 'A'</b> <b>43:42</b></p> <p>1 Jacqueline Robson (17) 13:48    2 Karen Shipman (15) 13:47</p> <p>3 S Massingham (18) 16:07</p> <p><b>Fastest of all legs — Final</b></p> <p>1 Claire Martin TelfordA35 10:36</p> <p>2 Lisa Palmer HeanorRC35 10:42</p> <p>3 Sarah Harris HeanorRC35 10:51</p> <p>4 Kerry Marchant StaffsMo35 11:36</p> <p>5 Michelle Clarke TelfordA35 11:42</p> <p>6 Zoe Doyle Belgrave35 11:44</p> <p>7 Sophie Carter Belgrave35 11:51</p> <p>8 Rebecca Harrison CheadleR35 A 11:53</p> <p>9 Katherine Wellam SaleHarr35 11:57</p> <p>10 Amanda Davies CheadleR35 A 11:58</p>
---	---

# British Masters Cross Country Relays

## at Long Eaton, Derbyshire on Saturday 19th November 2016

### Race 1 - W45 Stage 1 - Final Results

Pos	Name	Club	Leg Time	Pos	Name	Club	Leg Time
1	Clare Elms	DulwichR45	11:09	8	Helen Bloomer	Birchfld45 A	13:38
2	Clare Jolliffe	Bristol&45	11:43	9	Susan Davies	CroftAmb45	14:02
3	Christine Heaton	HolmePie45	12:25	10	Julie Annable	ValeRoya45	14:42
4	Alison Preece	TelfordA45 A	12:49	11	Wendy Ray	LongEato45	15:36
5	Julie Darigala	Peniston45	13:09	12	Philippa James	Rotherha45	15:53
6	J Cordingley	SaleHarr45	13:11	13	Julie Lowe	Mansfiel45	16:08
7	Anna Shipley	HeanorRC45	13:21				

### Race 1 - W45 Stage 2 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Fastest runners over stage 2:			
1	Sarah Everitt	Bristol&45	11:50	23:33	+ 1	1	Sarah Everitt	Bristol&45	11:50
2	Michelle Lennon	DulwichR45	13:23	24:32	- 1	2	Dawn Broom	Peniston45	13:11
3	Brandon Ruth	HolmePie45	13:13	25:38	0	3	Brandon Ruth	HolmePie45	13:13
4	Dawn Broom	Peniston45	13:11	26:20	+ 1	4	Michelle Lennon	DulwichR45	13:23
5	Lisa Blagden	TelfordA45 A	13:59	26:48	- 1	5	Helen Reagan	SaleHarr45	13:53
6	Helen Reagan	SaleHarr45	13:53	27:04	0	6	Debbie Broad	ValeRoya45	13:59
7	Rita Fisher	HeanorRC45	14:26	27:47	0	7	Lisa Blagden	TelfordA45 A	13:59
8	Julie Rogers	Birchfld45 A	14:23	28:01	0	8	Suzanne Powell	CroftAmb45	14:02
9	Suzanne Powell	CroftAmb45	14:02	28:04	0	9	Julie Rogers	Birchfld45 A	14:23
10	Debbie Broad	ValeRoya45	13:59	28:41	0	10	Rita Fisher	HeanorRC45	14:26
11	Catherine Benson	LongEato45	14:39	30:15	0				
12	Diane Stewart	Mansfiel45	15:21	31:29	+ 1				
13	J Dutton	Rotherha45	16:28	32:21	- 1				

### Race 1 - W45 Stage 3 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Fastest runners over stage 3:			
1	Penny Gardiner	Bristol&45	12:44	36:17	0	1	Angie Norris	DulwichR45	12:22
2	Angie Norris	DulwichR45	12:22	36:54	0	2	Penny Gardiner	Bristol&45	12:44
3	Julia Johnson	Peniston45	13:00	39:20	+ 1	3	Jill Burke	HeanorRC45	12:57
4	Editha Vanloon	HolmePie45	14:01	39:39	- 1	4	Julia Johnson	Peniston45	13:00
5	Julie Kirby	TelfordA45 A	13:53	40:41	0	5	Julie Kirby	TelfordA45 A	13:53
6	Jill Burke	HeanorRC45	12:57	40:44	+ 1	6	Editha Vanloon	HolmePie45	14:01
7	Elizabeth Bowers	CroftAmb45	14:04	42:08	+ 2	7	Elizabeth Bowers	CroftAmb45	14:04
8	Marinda Breddy	SaleHarr45	15:37	42:41	- 2	8	Sharon Armitage	Mansfiel45	14:39
9	Mary Ross	Birchfld45 A	15:15	43:16	- 1	9	Vreni Verhoeven	LongEato45	15:03
10	Vreni Verhoeven	LongEato45	15:03	45:18	+ 1	10	Mary Ross	Birchfld45 A	15:15
11	Sharon Armitage	Mansfiel45	14:39	46:08	+ 1				
12	Alison Brown	Rotherha45	16:28	48:49	+ 1				

### W45 — Team Results — Final (nn) is team position after the appropriate stage.

<b>1 Bristol &amp; West Ac W45</b>	<b>36:17</b>	<b>9 Birchfield Harriers W45</b>	<b>'A'</b>	<b>43:16</b>
1 Clare Jolliffe (2) 11:43	2 Sarah Everitt (1) 11:50	1 Helen Bloomer (8) 13:38	2 Julie Rogers (8) 14:23	
3 Penny Gardiner (1) 12:44		3 Mary Ross (9) 15:15		
<b>2 Dulwich Runners Ac W45</b>	<b>36:54</b>	<b>10 Long Eaton RC W45</b>		<b>45:18</b>
1 Clare Elms (1) 11:09	2 Michelle Lennon (2) 13:23	1 Wendy Ray (11) 15:36	2 Catherine Benson (11) 14:39	
3 Angie Norris (2) 12:22		3 Vreni Verhoeven (10) 15:03		
<b>3 Penistone Footpath Runners W4</b>	<b>39:20</b>	<b>11 Mansfield Harriers W45</b>		<b>46:08</b>
1 Julie Darigala (5) 13:09	2 Dawn Broom (4) 13:11	1 Julie Lowe (13) 16:08	2 Diane Stewart (12) 15:21	
3 Julia Johnson (3) 13:00		3 Sharon Armitage (11) 14:39		
<b>4 Holme Pierrepont Rc W45</b>	<b>39:39</b>	<b>12 Rotherham Harriers &amp; Ac W45</b>		<b>48:49</b>
1 Christine Heaton (3) 12:25	2 Brandon Ruth (3) 13:13	1 Philippa James (12) 15:53	2 J Dutton (13) 16:28	
3 Editha Vanloon (4) 14:01		3 Alison Brown (12) 16:28		
<b>5 Telford Ac W45</b>	<b>'A'</b>	<b>Incomplete Teams:</b>		
1 Alison Preece (4) 12:49	2 Lisa Blagden (5) 13:59	<b>Vale Royal Ac W45</b>		
3 Julie Kirby (5) 13:53		1 Julie Annable (10) 14:42	2 Debbie Broad (10) 13:59	
<b>6 Heanor RC W45</b>	<b>40:44</b>	<b>Fastest of all legs — Final</b>		
1 Anna Shipley (7) 13:21	2 Rita Fisher (7) 14:26	1 Clare Elms	DulwichR45	11:09
3 Jill Burke (6) 12:57		2 Clare Jolliffe	Bristol&45	11:43
<b>7 Croft Ambrey Rc W45</b>	<b>42:08</b>	3 Sarah Everitt	Bristol&45	11:50
1 Susan Davies (9) 14:02	2 Suzanne Powell (9) 14:02	4 Angie Norris	DulwichR45	12:22
3 Elizabeth Bowers (7) 14:04		5 Christine Heaton	HolmePie45	12:25
<b>8 Sale Harriers Manchester W45</b>	<b>42:41</b>	6 Penny Gardiner	Bristol&45	12:44
1 J Cordingley (6) 13:11	2 Helen Reagan (6) 13:53	7 Alison Preece	TelfordA45	A 12:49
3 Marinda Breddy (8) 15:37				

# British Masters Cross Country Relays

## at Long Eaton, Derbyshire on Saturday 19th November 2016

### Race 1 - W55 Stage 1 - Final Results

Pos	Name	Club	Leg Time
1	Sue Becconsall	BingleyH55	12:24
2	Jenny Wakeman	Barnsley55	12:58
3	Gwen Kinloch	BurndenR55	13:35
4	Paula Fisher	Rotherha55 A	14:09
5	Janice Young	Hastings55	15:40
6	Maddy Collinge	Mansfiel55	15:44
7	Karen Morley	MatlockA55	15:45
8	Gillian Neal	Rotherha55 B	16:04

### Race 1 - W55 Stage 2 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Fastest runners over stage 2:			
1	Rebecca Weight	BingleyH55	13:48	26:12	0	1	Rebecca Weight	BingleyH55	13:48
2	Anne Ferguson	BurndenR55	14:02	27:37	+ 1	2	Anne Ferguson	BurndenR55	14:02
3	Janice Mcwilliam	Rotherha55 A	14:04	28:13	+ 1	3	Janice Mcwilliam	Rotherha55 A	14:04
4	Linda Westlake	Barnsley55	15:23	28:21	- 2	4	Stephanie Miller	Hastings55	15:11
5	Stephanie Miller	Hastings55	15:11	30:51	0	5	Linda Westlake	Barnsley55	15:23
6	Christine Fell	Mansfiel55	15:42	31:26	0	6	Christine Fell	Mansfiel55	15:42
7	Tessa Whittaker	MatlockA55	16:34	32:19	0	7	Tessa Whittaker	MatlockA55	16:34
8	Wendy Whitaker	Rotherha55 B	16:46	32:50	0	8	Wendy Whitaker	Rotherha55 B	16:46

### Race 1 - W55 Stage 3 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Fastest runners over stage 3:			
1	Mary Green	BingleyH55	12:59	39:11	0	1	Mary Green	BingleyH55	12:59
2	Leslie Fisher	BurndenR55	13:12	40:49	0	2	Leslie Fisher	BurndenR55	13:12
3	Sharon Burton	Rotherha55 A	15:12	43:25	0	3	Sharon Burton	Rotherha55 A	15:12
4	Anne Bennett	Barnsley55	17:47	46:08	0	4	Jane Hughes	Hastings55	16:03
5	Jane Hughes	Hastings55	16:03	46:54	0	5	Tessa Brough	MatlockA55	16:48
6	Tessa Brough	MatlockA55	16:48	49:07	+ 1	6	Anne Bennett	Barnsley55	17:47
7	Denise Winfield	Mansfiel55	18:34	50:00	- 1	7	Denise Winfield	Mansfiel55	18:34
8	Gillian Taylor	Rotherha55 B	20:10	53:00	0	8	Gillian Taylor	Rotherha55 B	20:10

### W55 — Team Results — Final (nn) is team position after the appropriate stage.

<b>1 Bingley Harriers W55</b>	<b>39:11</b>	<b>5 Hastings Runners W55</b>	<b>46:54</b>
1 Sue Becconsall (1) 12:24	2 Rebecca Weight (1) 13:48	1 Janice Young (5) 15:40	2 Stephanie Miller (5) 15:11
3 Mary Green (1) 12:59		3 Jane Hughes (5) 16:03	
<b>2 Burnden Road Runners W55</b>	<b>40:49</b>	<b>6 Matlock AC W55</b>	<b>49:07</b>
1 Gwen Kinloch (3) 13:35	2 Anne Ferguson (2) 14:02	1 Karen Morley (7) 15:45	2 Tessa Whittaker (7) 16:34
3 Leslie Fisher (2) 13:12		3 Tessa Brough (6) 16:48	
<b>3 Rotherham Harriers &amp; Ac W55 'A'</b>	<b>43:25</b>	<b>7 Mansfield Harriers W55</b>	<b>50:00</b>
1 Paula Fisher (4) 14:09	2 Janice Mcwilliam (3) 14:04	1 Maddy Collinge (6) 15:44	2 Christine Fell (6) 15:42
3 Sharon Burton (3) 15:12		3 Denise Winfield (7) 18:34	
<b>4 Barnsley AC W55</b>	<b>46:08</b>	<b>8 Rotherham Harriers &amp; Ac W55 'B'</b>	<b>53:00</b>
1 Jenny Wakeman (2) 12:58	2 Linda Westlake (4) 15:23	1 Gillian Neal (8) 16:04	2 Wendy Whitaker (8) 16:46
3 Anne Bennett (4) 17:47		3 Gillian Taylor (8) 20:10	

### Fastest of all legs — Final

1	Sue Becconsall	BingleyH55	12:24
2	Jenny Wakeman	Barnsley55	12:58
3	Mary Green	BingleyH55	12:59
4	Leslie Fisher	BurndenR55	13:12
5	Gwen Kinloch	BurndenR55	13:35
6	Rebecca Weight	BingleyH55	13:48
7	Anne Ferguson	BurndenR55	14:02
8	Janice Mcwilliam	Rotherha55 A	14:04
9	Paula Fisher	Rotherha55 A	14:09
10	Stephanie Miller	Hastings55	15:11

# British Masters Cross Country Relays at Long Eaton, Derbyshire on Saturday 19th November 2016

## Race 1 - W65 Stage 1 - Final Results

Pos	Name	Club	Leg	Time
1	Sarah Marzaioli	HastingW65	A	16:39
2	C Sanderson	HastingW65	B	17:47

## Race 1 - W65 Stage 2 - Final Results

Pos	Name	Club	Leg	Time	Cum Time	Gain
1	Yocklin Richardson	HastingW65	A	18:37	35:16	0
2	Margaret Balch	HastingW65	B	17:31	35:18	0

### Fastest runners over stage 2:

1	Margaret Balch	HastingW65	B	17:31
2	Yocklin Richardson	HastingW65	A	18:37

## Race 1 - W65 Stage 3 - Final Results

Pos	Name	Club	Leg	Time	Cum Time	Gain
1	Sylvia Huggett	HastingW65	A	16:22	51:38	0
2	Anne Brooks	HastingW65	B	19:11	54:29	0

### Fastest runners over stage 3:

1	Sylvia Huggett	HastingW65	A	16:22
2	Anne Brooks	HastingW65	B	19:11

## W65 — Team Results — Final (nn) is team position after the appropriate stage.

1 Hastings Runners W65				'A'		51:38	Fastest of all legs — Final					
1	Sarah Marzaioli	(1)	16:39	2	Yocklin Richardson	(1)	18:37	1	Sylvia Huggett	HastingW65	A	16:22
3	Sylvia Huggett	(1)	16:22					2	Sarah Marzaioli	HastingW65	A	16:39
2 Hastings Runners W65				'B'		54:29		3	Margaret Balch	HastingW65	B	17:31
1	C Sanderson	(2)	17:47	2	Margaret Balch	(2)	17:31	4	C Sanderson	HastingW65	B	17:47
3	Anne Brooks	(2)	19:11					5	Yocklin Richardson	HastingW65	A	18:37
								6	Anne Brooks	HastingW65	B	19:11

# British Masters Cross Country Relays at Long Eaton, Derbyshire on Saturday 19th November 2016

## Race 1 - M65 Stage 1 - Final Results

Pos	Name	Club	Leg Time
1	John Hill	HalesowM65	11:59
2	Michael Curley	SaleHarM65	12:33
3	Michael Marsters	RotherhM65	12:55
4	Peter Hamilton	BlackheM65	13:03
5	Stuart Thompson	BingleyM65 A	13:19
6	Roger Wilson	StratfoM65	14:10
7	Roland Bowness	SalfordM65	14:27
8	John Shirley	Barnet&M65	15:35
9	Fred Gibbs	BingleyM65 B	16:17

## Race 1 - M65 Stage 2 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Fastest runners over stage 2:			
1	Paul Allen	HalesowM65	13:30	25:29	0	1	Bryan Parkinson	BingleyM65 A	12:28
2	Robert Brown	BlackheM65	12:39	25:42	+ 2	2	Robert Brown	BlackheM65	12:39
3	Bryan Parkinson	BingleyM65 A	12:28	25:47	+ 2	3	Malcolm Palfreyman	RotherhM65	13:21
4	Malcolm Palfreyman	RotherhM65	13:21	26:16	- 1	4	Paul Allen	HalesowM65	13:30
5	Michael Dunne	SaleHarM65	13:50	26:23	- 3	5	David Jones	StratfoM65	13:44
6	David Jones	StratfoM65	13:44	27:54	0	6	Nicholas Bingham	Barnet&M65	13:50
7	Nicholas Bingham	Barnet&M65	13:50	29:25	+ 1	7	Michael Dunne	SaleHarM65	13:50
8	Dennis Moran	SalfordM65	16:10	30:37	- 1	8	Tony Kingham	BingleyM65 B	14:45
9	Tony Kingham	BingleyM65 B	14:45	31:02	0	9	Dennis Moran	SalfordM65	16:10

## Race 1 - M65 Stage 3 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Fastest runners over stage 3:			
1	Bob Minting	BlackheM65	12:50	38:32	+ 1	1	Robert Tintinger	RotherhM65	12:29
2	Robert Tintinger	RotherhM65	12:29	38:45	+ 2	2	Desmond Michael	Barnet&M65	12:40
3	Les Haynes	BingleyM65 A	13:22	39:09	0	3	Bob Minting	BlackheM65	12:50
4	David Lloyd	HalesowM65	14:52	40:21	- 3	4	Les Haynes	BingleyM65 A	13:22
5	Brian Goulden	SaleHarM65	15:09	41:32	0	5	Philip Brennan	StratfoM65	13:49
6	Philip Brennan	StratfoM65	13:49	41:43	0	6	David Lloyd	HalesowM65	14:52
7	Desmond Michael	Barnet&M65	12:40	42:05	0	7	Brian Goulden	SaleHarM65	15:09
8	Mike Smith	BingleyM65 B	15:15	46:17	+ 1	8	Mike Smith	BingleyM65 B	15:15
9	Robert Towell	SalfordM65	16:09	46:46	- 1	9	Robert Towell	SalfordM65	16:09

## M65 — Team Results — Final

(nn) is team position after the appropriate stage.

<b>1 Blackheath &amp; Bromley H M65</b>	<b>38:32</b>	<b>6 Stratford Upon Avon Ac M65</b>	<b>41:43</b>
1 Peter Hamilton (4) 13:03	2 Robert Brown (2) 12:39	1 Roger Wilson (6) 14:10	2 David Jones (6) 13:44
3 Bob Minting (1) 12:50		3 Philip Brennan (6) 13:49	
<b>2 Rotherham Harriers &amp; Ac M65</b>	<b>38:45</b>	<b>7 Barnet &amp; District Ac M65</b>	<b>42:05</b>
1 Michael Marsters (3) 12:55	2 Malcolm Palfreyman (4) 13:21	1 John Shirley (8) 15:35	2 Nicholas Bingham (7) 13:50
3 Robert Tintinger (2) 12:29		3 Desmond Michael (7) 12:40	
<b>3 Bingley Harriers &amp; Ac M65 'A'</b>	<b>39:09</b>	<b>8 Bingley Harriers &amp; Ac M65 'B'</b>	<b>46:17</b>
1 Stuart Thompson (5) 13:19	2 Bryan Parkinson (3) 12:28	1 Fred Gibbs (9) 16:17	2 Tony Kingham (9) 14:45
3 Les Haynes (3) 13:22		3 Mike Smith (8) 15:15	
<b>4 Halesowen Acc M65</b>	<b>40:21</b>	<b>9 Salford Harriers &amp; Ac M65</b>	<b>46:46</b>
1 John Hill (1) 11:59	2 Paul Allen (1) 13:30	1 Roland Bowness (7) 14:27	2 Dennis Moran (8) 16:10
3 David Lloyd (4) 14:52		3 Robert Towell (9) 16:09	
<b>5 Sale Harriers Manchester M65</b>	<b>41:32</b>	<b>Fastest of all legs — Final</b>	
1 Michael Curley (2) 12:33	2 Michael Dunne (5) 13:50	1 John Hill	HalesowM65 11:59
3 Brian Goulden (5) 15:09		2 Bryan Parkinson	BingleyM65 A 12:28
		3 Robert Tintinger	RotherhM65 12:29
		4 Michael Curley	SaleHarM65 12:33
		5 Robert Brown	BlackheM65 12:39
		6 Desmond Michael	Barnet&M65 12:40
		7 Bob Minting	BlackheM65 12:50
		8 Michael Marsters	RotherhM65 12:55
		9 Peter Hamilton	BlackheM65 13:03
		10 Stuart Thompson	BingleyM65 A 13:19

# British Masters Cross Country Relays

## at Long Eaton, Derbyshire on Saturday 19th November 2016

### Race 2 - M35 Stage 1 — Final Results

Pos	Name	Club	Leg Time	Pos	Name	Club	Leg Time
1	Andrew Peat	Birchfld35 A	9:23	14	John Lloyd	SalfordH35 B	10:31
2	Mark Powell	Leicestr35	9:46	15	Jon Waller	Peniston35	10:38
3	Scott Hazell	Coventry35	9:49	16	Ashley Deeming	HeanorR 35	10:43
4	Billy Mccartney	SalfordH35 A	9:51	17	Andrew Sheldon	MatlockA35	10:47
5	Chris Adams	NorthDer35	9:52	18	Adam Lockton	Charnw'd35 B	11:08
6	Richard Harris	Rotherhm35 A	9:56	19	Wayne Mcaneaney	HolmePie35	11:17
7	Marlon Dunkley	Rushclif35	9:57	20	Dean Taylor	RipleyRu35	11:32
8	Adam Cross	Halesown35	9:59	21	Simon Rhodes	Birchfld35 B	11:33
9	Mark Couldwell	Charnw'd35 A	10:01	22	Darren Edwards	Wolverha35 B	11:36
10	Wayne Lashley	Dulwich 35	10:21	23	Andrew Martin	SalfordH35 C	11:45
11	Richard Bayliss	Bournvil35	10:24	24	Chris Griffiths	Rotherhm35 B	11:49
12	Steve Middleton	Richmond35	10:25	25	Peter Wallis	LongEatn35	13:51
13	Dave Smith	Wolverha35 A	10:31				

### Race 2 - M35 Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Gareth Sampson	Rotherhm35 A	9:51	19:47	+ 5	18	Richard Kimber	RipleyRu35	11:05	22:37	+ 2
2	Gordon Lee	Leicestr35	10:06	19:52	0	19	Robert Hawley	Wolverha35 B	11:22	22:58	+ 3
3	Glyn Billington	SalfordH35 A	10:01	19:52	+ 1	20	John Sutherns	HolmePie35	12:06	23:23	- 1
4	Andy Tarry	NorthDer35	10:15	20:07	+ 1	21	Paul Winfield	HeanorR 35	12:43	23:26	- 5
5	Gary Burnett	Charnw'd35 A	10:08	20:09	+ 4	22	John Massingham	Rotherhm35 B	12:18	24:07	+ 2
6	Simon Mcnamee	Birchfld35 A	11:06	20:29	- 5	23	James O'connor	SalfordH35 C	12:54	24:39	0
7	David Turvey	Halesown35	10:32	20:31	+ 1	24	Michael Widdowson	LongEatn35	11:47	25:38	+ 1
8	Kevin Bowen	Rushclif35	10:39	20:36	- 1	<b>Fastest runners over stage 2:</b>					
9	Iwan Jones	Coventry35	11:00	20:49	- 6	1	Gareth Sampson	Rotherhm35 A	9:51		
10	C Collins	Bournvil35	10:29	20:53	+ 1	2	Glyn Billington	SalfordH35 A	10:01		
11	Michael Grace	SalfordH35 B	10:41	21:12	+ 3	3	Gordon Lee	Leicestr35	10:06		
12	David Hack	Richmond35	10:52	21:17	0	4	Gary Burnett	Charnw'd35 A	10:08		
13	Stefan Andrews	Wolverha35 A	11:08	21:39	0	5	Andy Tarry	NorthDer35	10:15		
14	Damian Kilpin	Peniston35	11:03	21:41	+ 1	6	C Collins	Bournvil35	10:29		
15	James Burrows	Dulwich 35	11:21	21:42	- 5	7	David Turvey	Halesown35	10:32		
16	Simon Croft	MatlockA35	11:19	22:06	+ 1	8	Kevin Bowen	Rushclif35	10:39		
17	Derek Guess	Charnw'd35 B	11:18	22:26	+ 1	9	Michael Grace	SalfordH35 B	10:41		
						10	David Hack	Richmond35	10:52		

### Race 2 - M35 Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Chris Adams	Rotherhm35 A	10:08	29:55	0	19	Jason Paddock	Wolverha35 B	11:43	34:41	0
2	Richard Brook	SalfordH35 A	10:24	30:16	+ 1	20	Will Meredith	HolmePie35	11:32	34:55	0
3	Chris Southam	Leicestr35	10:28	30:20	- 1	21	Paul Mercer	HeanorR 35	12:40	36:06	0
4	Martin Makin	Charnw'd35 A	10:16	30:25	+ 1	22	Neil Mason	Rotherhm35 B	12:08	36:15	0
5	Tom Kenderdine	Halesown35	10:40	31:11	+ 2	23	Neil Smith	LongEatn35	12:20	37:58	+ 1
6	Mike Morley	Birchfld35 A	10:43	31:12	0	24	Paul Mcnamara	SalfordH35 C	14:10	38:49	- 1
7	Ian Monaghan	NorthDer35	11:16	31:23	- 3	<b>Fastest runners over stage 3:</b>					
8	Tom York	Rushclif35	11:08	31:44	0	1	Chris Adams	Rotherhm35 A	10:08		
9	John Wilson	Coventry35	11:08	31:57	0	2	Martin Makin	Charnw'd35 A	10:16		
10	Iain Jones	Bournvil35	11:12	32:05	0	3	Richard Brook	SalfordH35 A	10:24		
11	Carl Jones	Richmond35	10:54	32:11	+ 1	4	Chris Southam	Leicestr35	10:28		
12	Philip West	SalfordH35 B	11:05	32:17	- 1	5	Paul Sorrell	RipleyRu35	10:38		
13	James Toddington	Wolverha35 A	11:00	32:39	0	6	Tom Kenderdine	Halesown35	10:40		
14	Thomas South	Dulwich 35	11:09	32:51	+ 1	7	Mike Morley	Birchfld35 A	10:43		
15	Richard Mackie	Peniston35	11:15	32:56	- 1	8	David Locker	Charnw'd35 B	10:45		
16	David Locker	Charnw'd35 B	10:45	33:11	+ 1	9	Carl Jones	Richmond35	10:54		
17	Paul Sorrell	RipleyRu35	10:38	33:15	+ 1	10	James Toddington	Wolverha35 A	11:00		
18	Peter Wilmot	MatlockA35	11:45	33:51	- 2						

# British Masters Cross Country Relays at Long Eaton, Derbyshire on Saturday 19th November 2016

## Race 2 - M35 Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain						
1	Chris Tully	SalfordH35 A	9:51	40:07	+ 1	20	Steve Tupholme	HolmePie35	12:25	47:20	0
2	Damian Worsdall	Rotherhm35 A	10:24	40:19	- 1	21	Stephen Wardle	HeanorR 35	13:33	49:39	0
3	Peter Swaine	Charnw'd35 A	9:56	40:21	+ 1	22	Mark Lay	LongEatn35	11:43	49:41	+ 1
4	Ludovic Renou	Leicestr35	10:02	40:22	- 1	23	John Comrie	Rotherhm35 B	14:36	50:51	- 1
5	Orlando Corea	Birchfld35 A	10:03	41:15	+ 1	24	Gary Thomason	SalfordH35 C	13:54	52:43	0
6	Roger Mallard	Halesown35	10:13	41:24	- 1	<b>Fastest runners over stage 4:</b>					
7	Andrew Todd	NorthDer35	11:17	42:40	0	1	Chris Tully	SalfordH35 A	9:51		
8	James Lewis	Wolverha35 A	10:40	43:19	+ 5	2	Peter Swaine	Charnw'd35 A	9:56		
9	Stuart Pearson	Bournvil35	11:15	43:20	+ 1	3	Ludovic Renou	Leicestr35	10:02		
10	Lee Davies	Richmond35	11:22	43:33	+ 1	4	Orlando Corea	Birchfld35 A	10:03		
11	Simon Clarke	Coventry35	11:37	43:34	- 2	5	Roger Mallard	Halesown35	10:13		
12	Andy Wardle	Rushclif35	11:57	43:41	- 4	6	Damian Worsdall	Rotherhm35 A	10:24		
13	David Hudson	SalfordH35 B	11:38	43:55	- 1	7	James Lewis	Wolverha35 A	10:40		
14	Ross Rook	Dulwich 35	11:24	44:15	0	8	Robert Coates	RipleyRu35	11:07		
15	Robert Coates	RipleyRu35	11:07	44:22	+ 2	9	Stuart Pearson	Bournvil35	11:15		
16	Alistair Parkin	Charnw'd35 B	11:16	44:27	0	10	Alistair Parkin	Charnw'd35 B	11:16		
17	Gary Dean	Peniston35	12:23	45:19	- 2						
18	Chris Hallas	MatlockA35	12:02	45:53	0						
19	Stuart Whitehouse	Wolverha35 B	12:31	47:12	0						

## Race 2 - M35 Stage 5 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain						
1	Stuart Robinson	SalfordH35 A	10:04	50:11	0	18	John Broom	Peniston35	11:30	56:49	- 1
2	Gareth Deacon	Leicestr35	10:29	50:51	+ 2	19	Jason Corns	Wolverha35 B	10:54	58:06	0
3	Steven Marshall	Rotherhm35 A	10:40	50:59	- 1	20	ArryNathan	HolmePie35	11:52	59:12	0
4	Michael Kingsbury	Charnw'd35 A	10:50	51:11	- 1	21	Tim Doyle	LongEatn35	12:06	1:01:47	+ 1
5	Alex Parker	Birchfld35 A	10:34	51:49	0	22	Eamon O'hanlon	HeanorR 35	13:14	1:02:53	- 1
6	Mark Turner	Halesown35	10:36	52:00	0	<b>Fastest runners over stage 5:</b>					
7	Steven Penney	NorthDer35	10:45	53:25	0	1	Stephen Dickens	Rushclif35	10:03		
8	Stephen Dickens	Rushclif35	10:03	53:44	+ 4	2	Stuart Robinson	SalfordH35 A	10:04		
9	Paul Thompson	Bournvil35	10:28	53:48	0	3	Paul Thompson	Bournvil35	10:28		
10	Gareth Briggs	Wolverha35 A	10:55	54:14	- 2	4	Gareth Deacon	Leicestr35	10:29		
11	Julian Simpson	Richmond35	11:08	54:41	- 1	5	Alex Parker	Birchfld35 A	10:34		
12	Mathew Holt	SalfordH35 B	10:51	54:46	+ 1	6	Mark Turner	Halesown35	10:36		
13	Tim Clayton	RipleyRu35	10:49	55:11	+ 2	7	Colin Davenport	MatlockA35	10:39		
14	Howard Andersen	Coventry35	12:03	55:37	- 3	8	Steven Marshall	Rotherhm35 A	10:40		
15	James Douglas	Charnw'd35 B	11:17	55:44	+ 1	9	Steven Penney	NorthDer35	10:45		
16	Colin Davenport	MatlockA35	10:39	56:32	+ 2	10	Tim Clayton	RipleyRu35	10:49		
17	Kevin Chadwick	Dulwich 35	12:24	56:39	- 3						



# British Masters Cross Country Relays at Long Eaton, Derbyshire on Saturday 19th November 2016

## M35 — Team Results — Final

(nn) is team position after the appropriate stage.

<p><b>1 Salford Harriers &amp; Ac M35 'A' 50:11</b></p> <p>1 Billy Mccartney (4) 9:51 2 Glyn Billington (3) 10:01 3 Richard Brook (2) 10:24 4 Chris Tully (1) 9:51 5 Stuart Robinson (1) 10:04</p> <p><b>2 Leicester Coritanian Ac M35 50:51</b></p> <p>1 Mark Powell (2) 9:46 2 Gordon Lee (2) 10:06 3 Chris Southam (3) 10:28 4 Ludovic Renou (4) 10:02 5 Gareth Deacon (2) 10:29</p> <p><b>3 Rotherham Harriers &amp; Ac M35 'A' 50:59</b></p> <p>1 Richard Harris (6) 9:56 2 Gareth Sampson (1) 9:51 3 Chris Adams (1) 10:08 4 Damian Worsdall (2) 10:24 5 Steven Marshall (3) 10:40</p> <p><b>4 Charnwood AC M35 'A' 51:11</b></p> <p>1 Mark Couldwell (9) 10:01 2 Gary Burnett (5) 10:08 3 Martin Makin (4) 10:16 4 Peter Swaine (3) 9:56 5 Michael Kingsbury (4) 10:50</p> <p><b>5 Birchfield Harriers M35 'A' 51:49</b></p> <p>1 Andrew Peat (1) 9:23 2 Simon Mcnamee (6) 11:06 3 Mike Morley (6) 10:43 4 Orlando Corea (5) 10:03 5 Alex Parker (5) 10:34</p> <p><b>6 Halesowen Acc M35 52:00</b></p> <p>1 Adam Cross (8) 9:59 2 David Turvey (7) 10:32 3 Tom Kenderdine (5) 10:40 4 Roger Mallard (6) 10:13 5 Mark Turner (6) 10:36</p> <p><b>7 North Derbyshire Rc M35 53:25</b></p> <p>1 Chris Adams (5) 9:52 2 Andy Tarry (4) 10:15 3 Ian Monaghan (7) 11:16 4 Andrew Todd (7) 11:17 5 Steven Penney (7) 10:45</p> <p><b>8 Rushcliffe Ac M35 53:44</b></p> <p>1 Marlon Dunkley (7) 9:57 2 Kevin Bowen (8) 10:39 3 Tom York (8) 11:08 4 Andy Wardle (12) 11:57 5 Stephen Dickens (8) 10:03</p> <p><b>9 Bournville Harriers M35 53:48</b></p> <p>1 Richard Bayliss (11) 10:24 2 C Collins (10) 10:29 3 Iain Jones (10) 11:12 4 Stuart Pearson (9) 11:15 5 Paul Thompson (9) 10:28</p> <p><b>10 Wolverhampton &amp; Bilston M35 'A' 54:14</b></p> <p>1 Dave Smith (13) 10:31 2 Stefan Andrews (13) 11:08 3 James Toddington (13) 11:00 4 James Lewis (8) 10:40 5 Gareth Briggs (10) 10:55</p> <p><b>11 Richmond &amp; Zetland H M35 54:41</b></p> <p>1 Steve Middleton (12) 10:25 2 David Hack (12) 10:52 3 Carl Jones (11) 10:54 4 Lee Davies (10) 11:22 5 Julian Simpson (11) 11:08</p> <p><b>12 Salford Harriers &amp; Ac M35 'B' 54:46</b></p> <p>1 John Lloyd (14) 10:31 2 Michael Grace (11) 10:41 3 Philip West (12) 11:05 4 David Hudson (13) 11:38 5 Mathew Holt (12) 10:51</p> <p><b>13 Ripley Running Club M35 55:11</b></p> <p>1 Dean Taylor (20) 11:32 2 Richard Kimber (18) 11:05 3 Paul Sorrell (17) 10:38 4 Robert Coates (15) 11:07 5 Tim Clayton (13) 10:49</p> <p><b>14 Coventry Godiva Harriers M35 55:37</b></p> <p>1 Scott Hazell (3) 9:49 2 Iwan Jones (9) 11:00 3 John Wilson (9) 11:08 4 Simon Clarke (11) 11:37 5 Howard Andersen (14) 12:03</p>	<p><b>15 Charnwood AC M35 'B' 55:44</b></p> <p>1 Adam Lockton (18) 11:08 2 Derek Guess (17) 11:18 3 David Locker (16) 10:45 4 Alistair Parkin (16) 11:16 5 James Douglas (15) 11:17</p> <p><b>16 Matlock Athletic Club M35 56:32</b></p> <p>1 Andrew Sheldon (17) 10:47 2 Simon Croft (16) 11:19 3 Peter Wilmot (18) 11:45 4 Chris Hallas (18) 12:02 5 Colin Davenport (16) 10:39</p> <p><b>17 Dulwich Runners Ac M35 56:39</b></p> <p>1 Wayne Lashley (10) 10:21 2 James Burrows (15) 11:21 3 Thomas South (14) 11:09 4 Ross Rook (14) 11:24 5 Kevin Chadwick (17) 12:24</p> <p><b>18 Penistone Footpath Runners M35 56:49</b></p> <p>1 Jon Waller (15) 10:38 2 Damian Kilpin (14) 11:03 3 Richard Mackie (15) 11:15 4 Gary Dean (17) 12:23 5 John Broom (18) 11:30</p> <p><b>19 Wolverhampton &amp; Bilston M35 'B' 58:06</b></p> <p>1 Darren Edwards (22) 11:36 2 Robert Hawley (19) 11:22 3 Jason Paddock (19) 11:43 4 Stuart Whitehouse (19) 12:31 5 Jason Corns (19) 10:54</p> <p><b>20 Holme Pierrepont Rc M35 59:12</b></p> <p>1 Wayne Mcaneaney (19) 11:17 2 John Sutherns (20) 12:06 3 Will Meredith (20) 11:32 4 Steve Tupholme (20) 12:25 5 Arry Nathan (20) 11:52</p> <p><b>21 Long Eaton Running Club M35 1:01:47</b></p> <p>1 Peter Wallis (25) 13:51 2 Michael Widdowson (24) 11:47 3 Neil Smith (23) 12:20 4 Mark Lay (22) 11:43 5 Tim Doyle (21) 12:06</p> <p><b>22 Heanor Running Club M35 1:02:53</b></p> <p>1 Ashley Deeming (16) 10:43 2 Paul Winfield (21) 12:43 3 Paul Mercer (21) 12:40 4 Stephen Wardle (21) 13:33 5 Eamon O'hlanlon (22) 13:14</p> <p><b>Incomplete Teams:</b></p> <p style="text-align: center;"><b>Rotherham Harriers &amp; Ac M35 'B'</b></p> <p>1 Chris Griffiths (24) 11:49 2 John Massingham (22) 12:18 3 Neil Mason (22) 12:08 4 John Comrie (23) 14:36</p> <p style="text-align: center;"><b>Salford Harriers &amp; Ac M35 'C'</b></p> <p>1 Andrew Martin (23) 11:45 2 James O'connor (23) 12:54 3 Paul McNamara (24) 14:10 4 Gary Thomason (24) 13:54</p> <p style="text-align: center;"><b>Birchfield Harriers M35 'B'</b></p> <p>1 Simon Rhodes (21) 11:33</p> <p><b>Fastest of all legs</b></p> <p>1 Andrew Peat Birchfld35 A 9:23 2 Mark Powell Leicestr35 9:46 3 Scott Hazell Coventry35 9:49 4 Gareth Sampson Rotherhm35 A 9:51 = Chris Tully SalfordH35 A 9:51 = Billy Mccartney SalfordH35 A 9:51 7 Chris Adams NorthDer35 9:52 8 Richard Harris Rotherhm35 A 9:56 = Peter Swaine Charnw'd35 A 9:56 10 Marlon Dunkley Rushclif35 9:57</p>
---	---

# British Masters Cross Country Relays

## at Long Eaton, Derbyshire on Saturday 19th November 2016

### Race 2 - M45 Stage 1 — Final Results

Pos	Name	Club	Leg Time				
1	Darren Newbould	Hallamsh45	10:02		9	Ian Chant	LongEato45 11:12
2	Tony Lambert	Richmond45	10:15		10	Phillip Shaw	Mansfiel45 11:19
3	Ian Whyman	Rotherha45	10:31		11	Matthew Robinson	Peniston45 11:23
4	Mark Havenhand	Barnsley45	10:41		12	Martyn Brunt	Coventry45 11:28
5	David Lockett	SalfordH45 A	10:48		13	Gary Cragg	HolmePie45 11:44
6	Glenn Baird	SuttonIn45	10:48		14	Gary Elkington	NorthDer45 11:52
7	Charles Lound	DulwichR45	11:02		15	Jonathan Maston	Rushclif45 12:06
8	Sean Beard	NeneVall45	11:10		16	Stew Jones	BurndenR45 12:50

### Race 2 - M45 Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain				
1	Stuart Maycock	Hallamsh45	10:33	20:35	0	15	Andrew Lees	NorthDer45	13:34 25:26 - 1
2	Andrew Pearson	Richmond45	10:42	20:57	0	<b>Fastest runners over stage 2:</b>			
3	Stephen Davies	DulwichR45	10:22	21:24	+ 4	1	Shaun Dimelow	Peniston45	10:11
4	Roger Alsop	SalfordH45 A	10:41	21:29	+ 1	2	Stephen Davies	DulwichR45	10:22
5	Keith Littlewood	Barnsley45	10:51	21:32	- 1	3	Stuart Maycock	Hallamsh45	10:33
6	Shaun Dimelow	Peniston45	10:11	21:34	+ 5	4	Roger Alsop	SalfordH45 A	10:41
7	Dean Cross	SuttonIn45	10:59	21:47	- 1	5	Andrew Pearson	Richmond45	10:42
8	David Neal	NeneVall45	10:52	22:02	0	6	Keith Littlewood	Barnsley45	10:51
9	Howard Darwin	Rotherha45	11:32	22:03	- 6	7	David Neal	NeneVall45	10:52
10	Edmond Murden	LongEato45	11:43	22:55	- 1	8	Dean Cross	SuttonIn45	10:59
11	Nigel Watkin	Mansfiel45	12:02	23:21	- 1	9	Howard Darwin	Rotherha45	11:32
12	Richard Jones	HolmePie45	12:45	24:29	+ 1	10	Edmond Murden	LongEato45	11:43
13	Marcus Taylor	BurndenR45	11:51	24:41	+ 3				
14	Martin Findlay	Rushclif45	13:08	25:14	+ 1				

### Race 2 - M45 Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain				
1	David Palmer	Hallamsh45	10:46	31:21	0	15	Martin Spencer	HolmePie45	15:28 39:57 - 3
2	Ken Harker	Richmond45	10:58	31:55	0	<b>Fastest runners over stage 3:</b>			
3	Tony Tuohy	DulwichR45	10:36	32:00	0	1	Tony Tuohy	DulwichR45	10:36
4	Charles Foster	SalfordH45 A	10:56	32:25	0	2	David Palmer	Hallamsh45	10:46
5	Martin Ball	Peniston45	11:10	32:44	+ 1	3	Andrew Dickenson	LongEato45	10:56
6	Paul Whittingham	SuttonIn45	11:17	33:04	+ 1	4	Charles Foster	SalfordH45 A	10:56
7	Christopher Mooney	NeneVall45	11:11	33:13	+ 1	5	Ken Harker	Richmond45	10:58
8	Liam Tart	Barnsley45	12:00	33:32	- 3	6	Martin Ball	Peniston45	11:10
9	Andrew Dickenson	LongEato45	10:56	33:51	+ 1	7	Christopher Mooney	NeneVall45	11:11
10	Andrew Roscamp	Rotherha45	12:06	34:09	- 1	8	Paul Whittingham	SuttonIn45	11:17
11	Ged Naylor	Mansfiel45	11:27	34:48	0	9	Ged Naylor	Mansfiel45	11:27
12	Colin Rigby	BurndenR45	11:37	36:18	+ 1	10	Colin Rigby	BurndenR45	11:37
13	John Malcolm	NorthDer45	13:03	38:29	+ 2				
14	Martin Phillips	Rushclif45	13:52	39:06	0				

### Race 2 - M45 Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain				
1	Mark Crawford	Richmond45	10:47	42:42	+ 1	15	Mark Enstone	HolmePie45	14:21 54:18 0
2	Micah Wilson	Hallamsh45	11:31	42:52	- 1	<b>Fastest runners over stage 4:</b>			
3	Holger Betz	DulwichR45	11:23	43:23	0	1	Mark Crawford	Richmond45	10:47
4	Robin Clough	Peniston45	11:19	44:03	+ 1	2	Andy Wetherill	Mansfiel45	10:58
5	Brent Stevenson	SuttonIn45	11:32	44:36	+ 1	3	Robin Clough	Peniston45	11:19
6	Trevor Rayner	SalfordH45 A	12:22	44:47	- 2	4	Holger Betz	DulwichR45	11:23
7	Chris Armstrong	NeneVall45	11:48	45:01	0	5	Timothy Baggs	LongEato45	11:30
8	Timothy Baggs	LongEato45	11:30	45:21	+ 1	6	Micah Wilson	Hallamsh45	11:31
9	Robert Davies	Barnsley45	12:08	45:40	- 1	7	Brent Stevenson	SuttonIn45	11:32
10	Andy Wetherill	Mansfiel45	10:58	45:46	+ 1	8	Chris Armstrong	NeneVall45	11:48
11	Nigel Brookes	Rotherha45	12:26	46:35	- 1	9	Robert Davies	Barnsley45	12:08
12	Andy Warburton	BurndenR45	14:40	50:58	0	10	Trevor Rayner	SalfordH45 A	12:22
13	Morton Hoejbjerg	Rushclif45	12:58	52:04	+ 1				
14	T Elkington	NorthDer45	14:00	52:29	- 1				

### Race 2 - M45 Stage 5 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain				
1	Gregg McDonald	Richmond45	10:37	53:19	0	9	David Brooksbank	Barnsley45	11:36 57:16 0
2	Dean Furniss	Hallamsh45	11:01	53:53	0	10	Paul Parkin	NeneVall45	13:03 58:04 - 3
3	Mark Foster	DulwichR45	11:46	55:09	0	11	Paul Risley	Rotherha45	11:53 58:28 0
4	Antony Wright	Peniston45	11:18	55:21	0	12	Paul Christie	BurndenR45	13:11 1:04:09 0
5	Paul Birkett	SalfordH45 A	11:02	55:49	+ 1	13	Steve Bennett	NorthDer45	13:17 1:05:46 + 1
6	Paul Butcher	Mansfiel45	10:17	56:03	+ 4	14	David Sweet	Rushclif45	13:57 1:06:01 - 1
7	Paul Dobbs	SuttonIn45	11:38	56:14	- 2	15	Neil Devonport	HolmePie45	13:01 1:07:19 0
8	Michael Howard	LongEato45	11:00	56:21	0				

# British Masters Cross Country Relays

## at Long Eaton, Derbyshire on Saturday 19th November 2016

### M45 — Team Results — Final

(nn) is team position after the appropriate stage.

<p><b>1 Richmond &amp; Zetland H M45 53:19</b></p> <p>1 Tony Lambert (2) 10:15 2 Andrew Pearson (2) 10:42            3 Ken Harker (2) 10:58 4 Mark Crawford (1) 10:47            5 Gregg McDonald (1) 10:37</p> <p><b>2 Hallamshire Harriers M45 53:53</b></p> <p>1 Darren Newbould (1) 10:02 2 Stuart Maycock (1) 10:33            3 David Palmer (1) 10:46 4 Micah Wilson (2) 11:31            5 Dean Furniss (2) 11:01</p> <p><b>3 Dulwich Runners Ac M45 55:09</b></p> <p>1 Charles Lound (7) 11:02 2 Stephen Davies (3) 10:22            3 Tony Tuohy (3) 10:36 4 Holger Betz (3) 11:23            5 Mark Foster (3) 11:46</p> <p><b>4 Penistone Footpath Runners M4 55:21</b></p> <p>1 Matthew Robinson (11) 11:23 2 Shaun Dimelow (6) 10:11            3 Martin Ball (5) 11:10 4 Robin Clough (4) 11:19            5 Antony Wright (4) 11:18</p> <p><b>5 Salford Harriers &amp; Ac M45 'A' 55:49</b></p> <p>1 David Lockett (5) 10:48 2 Roger Alsop (4) 10:41            3 Charles Foster (4) 10:56 4 Trevor Rayner (6) 12:22            5 Paul Birkett (5) 11:02</p> <p><b>6 Mansfield Harriers M45 56:03</b></p> <p>1 Phillip Shaw (10) 11:19 2 Nigel Watkin (11) 12:02            3 Ged Naylor (11) 11:27 4 Andy Wetherill (10) 10:58            5 Paul Butcher (6) 10:17</p> <p><b>7 Sutton In Ashfield H M45 56:14</b></p> <p>1 Glenn Baird (6) 10:48 2 Dean Cross (7) 10:59            3 Paul Whittingham (6) 11:17 4 Brent Stevenson (5) 11:32            5 Paul Dobbs (7) 11:38</p> <p><b>8 Long Eaton RC M45 56:21</b></p> <p>1 Ian Chant (9) 11:12 2 Edmond Murden (10) 11:43            3 Andrew Dickenson (9) 10:56 4 Timothy Baggs (8) 11:30            5 Michael Howard (8) 11:00</p> <p><b>9 Barnsley AC M45 57:16</b></p> <p>1 Mark Havenhand (4) 10:41 2 Keith Littlewood (5) 10:51            3 Liam Tart (8) 12:00 4 Robert Davies (9) 12:08            5 David Brooksbank (9) 11:36</p>	<p><b>10 Nene Valley Harriers M45 58:04</b></p> <p>1 Sean Beard (8) 11:10 2 David Neal (8) 10:52            3 Christopher Mooney (7) 11:11 4 Chris Armstrong (7) 11:48            5 Paul Parkin (10) 13:03</p> <p><b>11 Rotherham Harriers &amp; Ac M45 58:28</b></p> <p>1 Ian Whyman (3) 10:31 2 Howard Darwin (9) 11:32            3 Andrew Roscamp (10) 12:06 4 Nigel Brookes (11) 12:26            5 Paul Risley (11) 11:53</p> <p><b>12 Burden Road Runners M45 1:04:09</b></p> <p>1 Stew Jones (16) 12:50 2 Marcus Taylor (13) 11:51            3 Colin Rigby (12) 11:37 4 Andy Warburton (12) 14:40            5 Paul Christie (12) 13:11</p> <p><b>13 North Derbyshire Rc M45 1:05:46</b></p> <p>1 Gary Elkington (14) 11:52 2 Andrew Lees (15) 13:34            3 John Malcolm (13) 13:03 4 T Elkington (14) 14:00            5 Steve Bennett (13) 13:17</p> <p><b>14 Rushcliffe Ac M45 1:06:01</b></p> <p>1 Jonathan Maston (15) 12:06 2 Martin Findlay (14) 13:08            3 Martin Phillips (14) 13:52 4 Morton Hoejbjerg (13) 12:58            5 David Sweet (14) 13:57</p> <p><b>15 Holme Pierrepont Rc M45 1:07:19</b></p> <p>1 Gary Cragg (13) 11:44 2 Richard Jones (12) 12:45            3 Martin Spencer (15) 15:28 4 Mark Enstone (15) 14:21            5 Neil Devonport (15) 13:01</p> <p><b>Incomplete Teams:</b></p> <p style="text-align: center;"><b>Coventry Godiva Harriers M45</b></p> <p>1 Martyn Brunt (12) 11:28</p>
--	---

#### Fastest runners over stage 5:

1 Paul Butcher	Mansfiel45	10:17
2 Gregg McDonald	Richmond45	10:37
3 Michael Howard	LongEato45	11:00
4 Dean Furniss	Hallamsh45	11:01
5 Paul Birkett	SalfordH45 A	11:02
6 Antony Wright	Peniston45	11:18
7 David Brooksbank	Barnsley45	11:36
8 Paul Dobbs	SuttonIn45	11:38
9 Mark Foster	DulwichR45	11:46
10 Paul Risley	Rotherha45	11:53

#### Fastest of all legs

1 Darren Newbould	Hallamsh45	10:02
2 Shaun Dimelow	Peniston45	10:11
3 Tony Lambert	Richmond45	10:15
4 Paul Butcher	Mansfiel45	10:17
5 Stephen Davies	DulwichR45	10:22
6 Ian Whyman	Rotherha45	10:31
7 Stuart Maycock	Hallamsh45	10:33
8 Tony Tuohy	DulwichR45	10:36
9 Gregg McDonald	Richmond45	10:37
10 Roger Alsop	SalfordH45	A 10:41
= Mark Havenhand	Barnsley45	10:41

# British Masters Cross Country Relays

## at Long Eaton, Derbyshire on Saturday 19th November 2016

### Race 2 - M55 Stage 1 — Final Results

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

### Race 2 - M55 Stage 2 — Final Results

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

### Race 2 - M55 Stage 3 — Final Results

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

### Race 2 - M55 Stage 4 — Final Results

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

# British Masters Cross Country Relays at Long Eaton, Derbyshire on Saturday 19th November 2016

## M55 — Team Results — Final

(nn) is team position after the appropriate stage.

<p><b>1 Cambuslang Harriers M55 44:24</b></p> <p>1 Frank Hurley (3) 11:35 2 Paul Thompson (2) 11:13 3 Dave Thom (1) 11:10 4 Colin Donnelly (1) 10:26</p> <p><b>2 Woodford Green Ac M55 46:47</b></p> <p>1 Alun Evans (7) 11:55 2 Richard Holland (5) 12:30 3 David Cox (4) 11:22 4 Tony Pamphilon (2) 11:00</p> <p><b>3 Sheffield Rc M55 46:56</b></p> <p>1 Les Morton (10) 12:29 2 Mike Quinn (6) 12:05 3 Jed Turner (6) 11:24 4 Chris Ireland (3) 10:58</p> <p><b>4 Bristol And West Ac M55 47:13</b></p> <p>1 Mark Scrutton (4) 11:43 2 David Gapper (4) 11:46 3 Peter Mountain (3) 12:16 4 Jeremy Hogan (4) 11:28</p> <p><b>5 Salford Harriers &amp; Ac M55 'A' 47:49</b></p> <p>1 Stanley Owen (2) 11:20 2 Derek Crewe (1) 11:11 3 Phillip Quibell (2) 11:56 4 Russell Derbyshire (5) 13:22</p> <p><b>6 Wolverhampton &amp; Bilston M55 47:58</b></p> <p>1 Simon Calrow (1) 11:14 2 Kevin Koren (3) 12:04 3 Lionel Spittle (5) 12:30 4 Duncan Davies (6) 12:10</p> <p><b>7 Long Eaton Running Club M55 49:42</b></p> <p>1 Alan Maplethorpe (8) 12:13 2 David Riley (11) 13:13 3 Richard Wilkinson (8) 12:36 4 Robert Fox (7) 11:40</p> <p><b>8 Barnet &amp; District Ac M55 50:10</b></p> <p>1 Melfin Davies (11) 12:31 2 Jonathan Kilsby (8) 12:36 3 Yitzhak Benaroya (7) 12:21 4 David Wilcock (8) 12:42</p>	<p><b>9 Rotherham Harriers &amp; Ac M55 50:59</b></p> <p>1 Terry Eastwood (6) 11:49 2 David Nuttall (9) 13:24 3 Paul Clemmens (9) 13:10 4 Peter Neal (9) 12:36</p> <p><b>10 Sale Harriers Manchester M55 51:19</b></p> <p>1 Jerry Smith (13) 13:12 2 Frank Cordingley (12) 12:33 3 Bruce Green (12) 13:09 4 Nick Peach (10) 12:25</p> <p><b>11 Dulwich Runners Ac M55 52:05</b></p> <p>1 Stephen Smythe (5) 11:48 2 Mike Mann (7) 12:59 3 Graham Laylee (10) 13:48 4 Andrew Murray (11) 13:30</p> <p><b>12 Hastings Runners M55 54:33</b></p> <p>1 Andrew Lee (9) 12:28 2 Nick Webb (10) 12:47 3 David Bratby (11) 13:30 4 Ken Hughes (12) 15:48</p> <p><b>Incomplete Teams:</b></p> <p style="padding-left: 20px;"><b>Matlock Athletic Club M55</b> 1 James Thomeycroft (12) 12:37</p> <p style="padding-left: 20px;"><b>Coventry Godiva Harriers M55</b> 1 Peter Banks (14) 13:47</p> <p><b>Fastest of all legs</b></p> <table border="0" style="width: 100%;"> <tbody> <tr><td>1 Colin Donnelly</td><td>Cambusla55</td><td>10:26</td></tr> <tr><td>2 Chris Ireland</td><td>Sheffiel55</td><td>10:58</td></tr> <tr><td>3 Tony Pamphilon</td><td>Woodford55</td><td>11:00</td></tr> <tr><td>4 Dave Thom</td><td>Cambusla55</td><td>11:10</td></tr> <tr><td>5 Derek Crewe</td><td>SalfordH55</td><td>A 11:11</td></tr> <tr><td>6 Paul Thompson</td><td>Cambusla55</td><td>11:13</td></tr> <tr><td>7 Simon Calrow</td><td>Wolverha55</td><td>11:14</td></tr> <tr><td>8 Stanley Owen</td><td>SalfordH55</td><td>A 11:20</td></tr> <tr><td>9 David Cox</td><td>Woodford55</td><td>11:22</td></tr> <tr><td>10 Jed Turner</td><td>Sheffiel55</td><td>11:24</td></tr> </tbody> </table>	1 Colin Donnelly	Cambusla55	10:26	2 Chris Ireland	Sheffiel55	10:58	3 Tony Pamphilon	Woodford55	11:00	4 Dave Thom	Cambusla55	11:10	5 Derek Crewe	SalfordH55	A 11:11	6 Paul Thompson	Cambusla55	11:13	7 Simon Calrow	Wolverha55	11:14	8 Stanley Owen	SalfordH55	A 11:20	9 David Cox	Woodford55	11:22	10 Jed Turner	Sheffiel55	11:24
1 Colin Donnelly	Cambusla55	10:26																													
2 Chris Ireland	Sheffiel55	10:58																													
3 Tony Pamphilon	Woodford55	11:00																													
4 Dave Thom	Cambusla55	11:10																													
5 Derek Crewe	SalfordH55	A 11:11																													
6 Paul Thompson	Cambusla55	11:13																													
7 Simon Calrow	Wolverha55	11:14																													
8 Stanley Owen	SalfordH55	A 11:20																													
9 David Cox	Woodford55	11:22																													
10 Jed Turner	Sheffiel55	11:24																													