

Birmingham Rowheath AC Midsummer 5km Series
 13 August 2009 (RACE 3 of 3)
 Incorporating the Warwickshire County AA 5km Champs and Warwickshire Road Race League (July Race)

Pos.	No.	Name	Cat.	Club	13 Aug	WCAA Champs	09 Jul	11 Jun
1	290	John Ndayisenga	SM	Birchfield H	15:19			
2	675	Dan Dalmedo	SM	Bedford and County	15:38			
3	93	Jack Gray	M17	Birmingham Rowheath AC	15:45			
4	87	Scott Hazell	SM	Coventry G	15:49	1st SM	16:08	
5	47	Martin Matthews	SM	Birmingham Rowheath	16:08		dns	16:04
6	162	Adam Wall	SM	Birchfield H	16:13			
7	291	Simon O'Meara	SM	Birchfield H	16:16			
8	85	Andy Renfree	SM	Gloucester AC	16:19			
9	227	Paul Moore	SM	Tipton H	16:27			
10	89	Dean Parker	M35	Bournville H	16:32	1st SM, 1st M35	16:21	
11	293	Matt Bayliss	M20	Birmingham Rowheath	16:44			16:39
12	94	Dean Hill	M35/SM	Tipton	16:47			17:13
13	33	Mark Ince	SM	Birmingham Rowheath	16:58		16:59	17:21
14	100	Ed Banks	SM	Birmingham Rowheath	17:11		17:15	
15	88	Gurmal Singh	M35	W. Bromwich H	17:12			
16	394	Jonathan Ashley	M35	Solihull & SH	17:14			
17	148	Steve McGlenn	SM	Bournville H	17:17			
18	84	Thomas Carroll	SM	Birchfield	17:23		17:32	17:58
19	430	Lewis Cadman	SM	Bedford and County	17:26			
20	396	Mark Hall	M45	Tipton	17:27			
21	392	Simon Vines	M35	Telford AC	17:28			
22	288	Steven Lidgate-Taylor	SM	Solihull & SH	17:36			18:03
23	77	Paul Davies	M45	Centurion RC	17:51	1st M45	18:09	17:49
24	92	Richard Gray	M50	Birmingham Rowheath AC	17:52			
25	677	Jamie Cozens	M17	Sphinx AC	17:56			18:28
26	422	Tony Hinchley	M45	Royal Sutton Coldfield AC	17:59			
27	425	David Daniels	M50	Cobra AC	18:00			
28	364	Sean Rose	M35	Bournville H	18:01		17:53	17:50
29	68	Marcus Tillotson	SM	Bournville H	18:03		17:43	18:01
30	380	Jake Sorrell	M17	Centurion RC	18:09		18:26	
31	1771	Gareth Cadd	SM	Bournville H	18:23			
32	433	Joshua Fullard	M17	Lyndon Sch. (Olton)	18:38	1st MU20	17:15	
33	86	Peter Parker	M55	Birchfield H	18:40			
34	151	David Harte	M40	Bournville H	18:40		19:02	
35	90	Lindsay Doyle	SF	Uni. of Birmingham	18:42			
36	5	Trevor Bacciochi	SM	Centurion RC	18:51		18:37	19:48
37	74	Andy Wheeler	M40	Bournville H	18:54		18:46	19:04
38	379	Harry Lalli	SM	Birchfield	18:58		19:04	
39	48	Simon McNamee	SM	U/A	18:59		19:23	19:52
40	65	Rebecca Smith	SF	Northbrook AC	18:59	3rd SF	18:59	18:59
41	397	Andrew Dippie	M45	Telford H	19:07			19:11
42	81	Abayomi Adedimeji	SM	Birmingham Rowheath	19:10		19:31	
43	434	Dave Smith	M45	U/A	19:10		19:30	
44	4	Chris Aston	SM	Birchfield	19:12		19:09	19:34
45	160	Stuart Underwood	M40	Bournville H	19:19		18:51	18:43
46	28	Ian Emery	SM	Birmingham Rowheath	19:19		19:55	19:49
47	158	Daniel Murphy	SM	U/A	19:20			25:23
48	22	Paul D'Urso	M40	BRAT	19:26		19:32	19:51
49	289	Graham Lawrence	M60	Solihull & SH	19:30			
50	13	Marc Curtis	M40	Centurion RC	19:36		19:38	19:35
51	82	William Aldridge	M35	U/A	19:39			
52	432	Lindsey Baker	F20	Birchfield	19:53			19:50
53	1772	Nick Bent	M45	U/A	19:59			20:05
54	66	Tommy Sweeney	M45	Centurion RC	20:02		20:05	20:02
55	297	Marianne Hensman	SF	Bournville H	20:04			19:56
56	150	Gary Mason	M40	Bournville H	20:06		19:34	19:26
57	62	John Seegobin	M45	U/A	20:06		20:03	20:01
58	21	Paul Dugmore	M45	Bournville H	20:08		20:29	20:48
59	420	Michael Chan-Poh-Hian	M35	Birchfield H	20:11		21:11	
60	144	Dan O'Mara	SM	Bournville H	20:13			20:30
61	145	Stewart Boston	SM	Bournville H	20:19			
62	147	Edwin Hartley	M55	Bournville H	20:20			
63	37	Dave Johnson	M45	Sparkhill H	20:22		20:56	20:26
64	64	Rob Shipp	M40	Birmingham Rowheath	20:30		20:24	21:02
65	95	David Hewett	SM	Birmingham Rowheath	20:38			20:21
66	141	Paul Allen	M60	Halesowen	20:40			
67	1776	Helen Foot	F35	Bournville H	20:40			
68	437	Ian Voaden	M50	Solihull & SH	20:41		21:12	
69	49	David O'Keeffe	SM	Centurion RC	20:42		20:45	20:34
70	429	Ian Phillips	M35	U/A	20:47			
71	3	Tracy Alderson	F35	Halesowen	20:52		dns	20:58
72	660	Simon Gompertz	M40	Barnt Green Chugges	20:56			
73	52	Andy Rea	M45	Centurion RC	20:57		20:09	20:07
74	99	Jack Roberts	SM	Bournville H	20:58			
75	79	Christopher McCann	M40	Centurion RC	20:59		20:55	20:56
76	152	Bill O'Sullivan	M55	U/A	21:02		21:29	20:31
77	155	Tessa Loftus	SF	Birmingham Rowheath AC	21:03			

78	98	Neil	Mculloch	SM	Bournville H	21:07			
79	427	John	Turner	M65	Stratford Upon Avon	21:09	1st M65	20:50	
80	292	Sian	Harrison	SF	Birmingham Rowheath	21:16			21:11
81	656	Chris	Harlan-Marks	SM	Bournville H	21:17		22:07	
82	1650	Scott	Jones	SM	Bournville H	21:18			
83	654	Wayne	Muddiman	M35	Centurion RC	21:19		21:43	
84	423	David	Jones	M55	W. Bromwich H	21:25			20:19
85	69	Sharon	Townley	M35	Centurion RC	21:25		21:59	22:11
86	142	Martin	Ludford	M50	Birmingham Rowheath AC	21:27			
87	166	James	Gittins	M40	Bournville H	21:36			23:09
88	6	Claire	Beaumont	SF	Birchfield	21:36		21:25	21:48
89	70	Edmund	Wallace	SM	Centurion RC	21:37		dns	21:21
90	40	Laura	Leslie	SF	Bournville H	21:40		22:09	22:13
91	226	Mark	Edwards	M45	Birmingham Rowheath AC	21:45			
92	225	Caroline	Harlan-Marks	SF	Bournville H	21:46		22:28	
93	7	Keith	Best	M55	Tipton H	21:51		21:34	21:20
94	1651	Ewan	Ross	SM	Bournville H	21:53			
95	80	Rachael	Campbell	SF	Birchfield	21:56		22:57	22:31
96	375	Karl	Roberts	M40	Bournville H	21:57		22:53	
97	428	Malcolm	Fletcher	M55	U/A	22:02			
98	383	Sarah	Rock	SF	Bournville H	22:08		dns	21:32
99	424	Kuldeep	Samra	SF	W. Bromwich H	22:09			
100	96	Jean	Flemming	F45	Solihull & SH	22:19		22:05	22:28
101	421	Alan	Britton	M60/55	Birchfield	22:19		22:15	
102	83	Michael	Elwell	M55	Cobra AC	22:20			
103	436	Steve	Bach	M60	MMAC	22:33			21:12
104	669	Andrew	Plante	M50	Orienteers Assoc.	22:35			
105	298	Nicola	Woods	SF	Birchfield	22:36		21:54	
106	27	Tarlochan	Gill	M35	Centurion RC	22:40		dns	21:22
107	391	Lee	Gordon	SM	U/A	22:40			
108	438	Sally	McCulloch	SF	Bournville H	22:43			
109	149	Paul	Edwards	M50	Birmingham Rowheath	22:51			22:55
110	431	Gary	Bindoff	SM	U/A	22:56			
111	59	David	Sansom	M50	BRAT	22:58		23:06	24:28
112	295	Anoushka	Thomas	SF	U/A	23:10			
113	684	Marcella	Scott	SF	Birmingham Rowheath AC	23:21			
114	1777	Paul	Foot	SM	Bournville H	23:24		20:43	
115	91	Krissie	Newton	SF	Sparkhill H	23:24			24:02
116	35	Darren	Ingly	M40	Centurion RC	23:33		23:21	23:44
117	393	Joseph	Stone	SM	U/A	23:38		23:51	
118	72	Luke	Watkins	SM	Stratford Upon Avon	23:49		21:55	24:25
119	374	Andrew	Turner	SM	Stratford Upon Avon	24:00		23:28	
120	409	Gary	Harper	SM	Bournville H	24:07			
121	97	Michaela	Thompson	F35	Bournville H	24:13			
122	53	Barrie	Roberts	M65	Bournville H	24:14		23:51	25:07
123	399	Tamara	Kennedy	SF	Bournville H	24:21			
124	1648	Louis	Grindrod	SM	Bournville H	24:22			
125	71	Graham	Watkins	M65	Stratford Upon Avon	24:25		24:01	24:31
126	50	Sarah	Price	SF	Birmingham Rowheath	24:26		dns	24:32
127	228	Matthew	Fox	SM	U/A	24:30			
128	159	Kevin	Atherley	SM	U/A	24:31			
129	169	Simon	Rixon	M35	U/A	24:36			
130	168	Cat	Ricketts	SF	U/A	24:46			
131	395	Lisa	Thompson	F40	U/A	24:57			
132	143	Chris	Wood	M35	U/A	25:03			
133	1770	Lucie	Tomlin	SF	Bournville H	25:08			
134	9	Paul	Cornock	M45	Centurion RC	25:14		23:37	23:55
135	294	Lauren	Jones	SF	Bournville H	25:17		25:08	
136	655	Manisha	Parmar	F35	Sparkhill H	25:21		25:05	
137	146	Primo	Zavoli	M60	Bournville H	25:38			
138	153	Joanne	Ribchester	F35	Bournville H	25:52		25:22	
139	161	Samara	Booth	SF	Birchfield H	25:59			
140	229	David	Price	SM	U/A	26:00			
141	377	Martin	Lynock	M35	U/A	26:10			
142	164	Maria	Wilkes	F40	Bournville H	26:18		28:09	
143	1774	Lesley	Proctor	F45	Bournville H	26:25		26:34	
144	390	Philomena	Williamson	F50	Bournville H	26:53		26:42	27:07
145	73	Sharon	Weldon	F45	Bournville H	27:02		26:03	26:55
146	154	Natalie	Foster	SF	U/A	27:03			
147	296	Julie	Jupp	F35	Bournville H	27:39			
148	54	Hilary	Roberts	SF	Bournville H	27:41		27:31	28:18
149	376	Brian	Dawson	M75	Birchfield H	28:23			
150	373	S	Singh	M65	Birchfield H	28:28		28:28	
151	687	Claire	Walker	SF	Bournville H	28:29			
152	1773	Susan	Young	F40	U/A	28:50			
153	440	Ursula	Elwell	F55	Cobra AC	29:37			
154	38	Trudy	Leach	F45	Centurion RC	29:40		28:32	28:50
155	23	Bob	Eaton	M50	Centurion RC	29:40		28:32	28:50
156	78	Lesley	Pymm	F55	Bournville H	30:14		29:58	29:47
157	156	Catherine	Poyner	SF	Bournville H	30:15			
158	1779	Stephanie	Quigley	F40	Bournville H	31:03			
159	426	Wendy	Morant	F40	Birchfield H	31:06			
160	1780	Linda	Langley	SF	Bournville H	31:52			
161	165	William	Spanfelner	M40	Bournville H	32:06			
162	167	Stephanie	Harrigan	F40	Bournville H	32:10			

163	157	Jenny	Newton	SF	Bournville H	33:39		
164	163	Bernadette	Stewart	SF	U/A	33:39		
165	1649	Jackie	Jones	F40	Bournville H	36:59		
166	435	Lisa	Arcscott	SF	Bournville H	37:06		
	1778	Jean	Quigley	F45	Bournville H	dnf		
	299	Sarah	Grocutt	F40	Bournville H	dnf		
	398	Steve	Atkinson	M55	Bournville H	dnf		
	1	Nigel	Abraham	M35	Bournville H	dns	19:40	19:38
	10	Andy	Crawford	M45	Bournville H	dns	dnf	dnf
	11	Nicola	Cumley	SF	Bournville H	dns	dns	21:26
	12	Steve	Cumley	SM	Bournville H	dns	18:04	18:15
	17	Roy	Dale	M45	Solihull & SH	dns	19:54	20:17
	25	Steve	Edmunds	M40	Birchfield	dns	17:09	17:00
	29	Richard	Hunter	M45	Tipton H	dns	17:20	17:43
	32	Paul	Hurcombe	M50	Birmingham Rowheath	dns	dns	22:07
	41	Chris	Lindesay	SM	Birmingham Rowheath	dns	17:50	17:38
	42	Kathy	Ling	F65	Wrekin RR	dns	dns	39:53
	57	Vince	Rollason	M55	Bromsgrove & Redditch	dns	dns	20:32
	60	Ian	Satterthwaite	SM	Centurion RC	dns	17:35	17:30
	61	Mike	Scotney	M35	Bournville H	dns	19:53	19:35
	63	Jim	Shanahan	M50	Solihull & SH	dns	20:59	21:45
	67	Ian	Thomas	M45	UKNetRunner	dns	dns	19:52
	75	Richard	White	SM	Centurion RC	dns	17:07	17:18
	76	Theresa	Woolley	F45	Centurion RC	dns	1st F45	20:22
	8	Graham	Cooper	M75	Sparkhill H	dns	25:12	20:54
		Paul	Archer	M55	Birmingham Rowheath		1st M55	22:08
		Jen	Aston	F40	Tipton			24:35
		Mark	Baker	M40	Northbrook AC		20:02	
		Andrew	Balderson	SM	Bournville H		22:38	
		Peter	Barton	M50	Bournville H			23:09
		Lisa	Beard	F35	U/A			26:50
		Graeme	Beavers	M45	Bournville H		23:27	
		Robin	Biles	SM	Birmingham Rowheath			16:59
		Andrea	Black	F40	Birchfield		31:00	
		Lynton	Bradley	M60	Centurion RC		25:10	25:30
		Emma	Brady	F35	BRAT		23:29	24:18
		Kate	Brooks	F35	Bournville H		26:10	27:00
		Mike	Buntin	SM	Tipton H		15:42	15:55
		John	Butler	M60	Stratford Upon Avon			28:28
		Mike	Cadman	M50	Bournville H			15:46
		Dylan	Caroll	SM	U/A			27:46
		Damian	Carr	SM	Coventry G			16:05
		Leigh	Church	M35	Bournville H		19:58	
		Anthony	Conniff	SM	U/A		21:54	
		Mark	Cooper	M50	Amazing Feet		25:14	
		Ryan	Cox	SM	Birchfield		17:59	
		Decian	Coyle	SM	U/A			dnf
		Maggie	Curtis	F40	Bournville H		24:01	
		Wendy	Daniels	F35	U/A			19:31
		Shaun	Davey	M40	U/A		21:07	21:07
		Gavin	Davies	M45	Centurion RC		20:08	
		Julie	Delehatye-Slater	SF	Bournville H		25:48	
		Stella	Denniss	SF	Bournville H			21:44
		Peter	Dimbleby	M35	Birchfield		17:37	
		Greg	Divall	M20	Birchfield			15:57
		Terry	Doherty	M50	Bournville H		23:00	
		Derek	Donaghy	M50	N. Belfsat H.		18:01	
		Rob	Dowse	SM	U/A			21:31
		Lindsay	Doyle	SF	Uni. Of Birmingham		18:47	
		Naomi	Eaton	SF	Birchfield			20:12
		Preston	Ecloff	M45	Centurion RC		19:20	
		Andy	Edgar	SM	Bournville H			19:16
		David	Edwards	M50	Saracens RC		18:48	
		Margaret	Ehrenberg	F55	Sparkhill H		24:39	
		Nathan	Elliott	SM	Uni. Of Birmingham			15:48
		Peter	Fellows	M50	Northbrook AC		19:28	
		David	Fiddes	M40	Reading RR		21:00	
		Helen	Finch	SF	Solihull & SH		20:18	
		Kevin	Fisher	SM	Solihull & SH		17:47	
		Denise	Fitzgerald	F45	Centurion RC		21:48	
		Heather	Fooks	F45	Solihull & SH		21:57	22:17
		Emily	Ford	SF	Birchfield		21:39	
		Jennifer	Foster	SF	Solihull & SH			23:22
		Carol	Frain	F60	Birchfield		31:05	
		Rebecca	Freeman	SF	Solihull & SH			20:07
		Paul	Froggatt	M40	Solihull & SH			19:34
		Ian	Gower	M40	Sphinx AC		19:35	
		Mark	Grace	SM	Birmingham Rowheath		19:21	19:53
		Matt	Grainger	SM	Uni. Of Birmingham			15:43
		Matt	Granger	SM	Kidderminster + Stourport AC		15:56	
		Becky	Hampson	SF	U/A		21:50	
		Frank	Handy	SM	Birchfield			17:44
		Charlie	Hanson	M45	Greens RC			22:47
		Nick	Hardy	M20	Birchfield			17:37
		Louise	Harman	SF	Birchfield			22:33

Megan	Harris	SF	Sparkhill H		22:38	
Chris	Harrison	M55	U/A		25:02	
Tony	Hayden	M40	Centurion RC		19:12	
David	Haynes	SM	Centurion RC		22:47	
Tim	Hazelwood	SM	Halesowen		19:06	
Grace	Healey	F20	Centurion RC	1st FU20	21:59	
Thomas	Healey	M45	Centurion RC		18:46	
David	Herbert	SM	Birmingham Rowheath		23:13	22:52
Craig	Hinks	M45	Sparkhill H		19:03	19:08
Zoe	Hodge	SF	Saracens RC		27:43	
Emily	Holden	SF	Bournville H			24:47
Will	Howard	M17	Birmingham Rowheath		20:17	19:36
Adrian	Howell	SM	U/A			27:38
Linda	Howell	SF	Bournville H			19:20
Sarah	Howell	SF	Bournville H			26:33
Mel	James	F40	Bournville H	1st SF, 1st F35	18:13	18:26
Asker	Jeukendrup	SM	BRAT			18:43
Christopher	Johnson	M40	Bournville H		19:59	20:06
Ajmer	Kang	SM	Sparkhill H			25:41
Ryan	Kenny	SM	Coventry G			15:35
Roshan	Lal-Banga	M45	Birchfield		22:34	
Emma	Langdell	SF	Royal Sutton Coldfield AC		17:58	18:05
Adam	Lightfoot	SM	U/A			19:49
Mark	Lynock	M40	Bournville H			22:19
Gareth	Maguire	M17	Tipton H			22:18
Marilyn	Maidment	F55	Centurion RC	1st F55	22:43	
Jo	Marsh	SF	BRAT			dnf
Daniel	Martin	M20	Saracens RC		21:12	
Andy	Matthews	M40	Centurion RC		20:48	
Callum	McGarrie	M20	Birchfield		19:02	19:08
Georgina	Meigh	SF	U/A			24:03
Paul	Meigh	SM	U/A			21:46
Steve	Meigh	SM	U/A			23:08
Edward	Milbourn	SM	Coventry G			18:46
Karen	Millington	F35	Halesowen			30:07
Robert	Mills	M50	Sparkhill H		20:06	
Tony	Molloy	M50	Birchfield		24:28	
Adam	Money	M40	Centurion RC			19:13
Michael	Morley	M40	Birchfield		17:09	
Kevin	Morris	M40	Centurion RC		24:39	24:55
Rachel	Morris	SF	Birchfield		24:50	24:41
Anthony	O'Brien	M45	Saracens RC		21:23	
Michale	Oliver	M45	Stratford Upon Avon		23:01	
Edward	O'Neill	M40	Sparkhill H		19:43	
Andy	Owen	SM	U/A		21:50	22:57
Bea	Pavlovic	F45	Birmingham Rowheath		25:29	
Duncan	Paxman	SM	U/A			27:59
Mark	Pearce	SM	Sparkhill H			17:53
David	Pearson	M45	Centurion RC			21:01
Chris	Penn	SM	Halesowen		16:28	16:15
Jon	Pepper	SM	Uni. Of Birmingham			14:55
Jane	Plant	SF	Centurion RC		25:27	
Neil	Prentice	M45	Centurion RC		21:26	
Barry	Roberts	M65	Birchfield		25:42	
Andrew	Saker	M45	Bournville H			18:24
Jess	Saunders	F17	Birmingham Rowheath		22:45	22:33
Windel	Simpson	M45	Birchfield H		18:26	
Asa	Slatford	SM	U/A			26:28
Lizi	Snushall	F45	BRAT		27:28	
John	Summerston	M70	Birchfield H		36:42	
Nicola	Sykes	SF	Bedford & County		17:07	17:02
James	Taylor	SM	Bournville H		20:56	20:34
Lee	Taylor	M20	Centurion RC		18:33	
Paul	Thompson	M20	Birmingham Rowheath			15:14
Stephen	Thompson	M45	U/A			21:11
Vicki	Timms	SF	Saracens RC		25:46	
Steve	Tinklin	M50	Centurion RC			25:55
Harry	Trollope	M20	Birchfield			19:08
James	Trollope	SM	Birchfield			15:22
Gary	Turner	M50	Centurion RC		20:34	
Jonny	Vennables	M17	Birmingham Rowheath		17:34	
Catherine	Veysey	SF	Tipton		18:54	
Adam	Watt	SM	Birchfield			15:50
Geoff	Wheeler	M65	Centurion RC			25:35
Peter	Whitehouse	M20	Birchfield			15:58
Neil	Wilkes	M40	Centurion RC		21:54	
Martin	Wilkinson	M50	Birchfield		20:22	
Ian	Williams	SM	Tipton H		15:27	15:29
Ian	Williams	M40	U/A		21:47	
Sophie	Williams	SF	Birchfield	2nd SF	18:16	
Kevin	Woodward	SM	Bournville H	3rd SM	16:57	17:19