

| Pos. | Name | Club | Time | Junior |
|------|--------------------|---------------------|----------|--------|
| 1 | PHIL NICHOLLS | TIPTON | 00:27:53 | |
| 2 | JEAN NDAYRSENGA | BIRCHFIELD | 00:28:14 | |
| 3 | MATT LOLE | COVENTRY GODIVA | 00:28:23 | |
| 4 | JOSH LILLY | SEVERN A C | 00:28:49 | |
| 5 | BEN JONES | COVENTRY GODIVA | 00:28:54 | |
| 6 | JON PEPPER | B'HAM UNIV | 00:28:59 | |
| 7 | MATT ALMOND | COVENTRY GODIVA | 00:29:02 | |
| 8 | MARK POWELL | OWLS | 00:29:04 | |
| 9 | RYAN KENNEY | COVENTRY GODIVA | 00:29:07 | |
| 10 | CRAIG GUNDERSON | B'HAM UNIV | 00:29:10 | J |
| 11 | FRANK BADDICK | LOUGHBOROUGH | 00:29:18 | |
| 12 | PAUL HUTTON | LOUGHBOROUGH | 00:29:29 | |
| 13 | NOT KNOWN | B'HAM UNIV | 00:29:32 | |
| 14 | JAMES TROLLOPE | BIRCHFIELD | 00:29:33 | J |
| 15 | STEVE EMERY | RUGBY & NORTHAMPTON | 00:29:38 | |
| 16 | MARTIN WILLIAMS | TIPTON | 00:29:45 | |
| 17 | DAVID ROPER | CHELTENHAM | 00:29:48 | |
| 18 | JAMES MEE | B'HAM UNIV | 00:29:53 | J |
| 19 | SCOTT HAZELL | COVENTRY GODIVA | 00:29:54 | |
| 20 | NIGEL STIRK | TIPTON | 00:29:56 | |
| 21 | PAUL MILES | OWLS | 00:30:00 | |
| 22 | DAN BEIER | TIPTON | 00:30:04 | |
| 23 | STEVE PLATTS | OWLS | 00:30:08 | |
| 24 | JON WHITE | COVENTRY GODIVA | 00:30:10 | |
| 25 | D KESTERTON | HALESOWEN | 00:30:12 | |
| 26 | IAN WILLIAMS | TIPTON | 00:30:13 | |
| 27 | JEREMY BRADLEY | CHELTENHAM | 00:30:14 | |
| 28 | VINCENT O'SULLIVAN | WARWICK UNI | 00:30:15 | |
| 29 | SEBASTIAN FOY | CHELTENHAM | 00:30:16 | J |
| 30 | JELLE VERWER | TIPTON | 00:30:17 | J |
| 31 | SHANE KERR | LOUGHBOROUGH | 00:30:27 | |
| 32 | NIGEL MARLEY | RUGBY & NORTHAMPTON | 00:30:29 | |
| 33 | MIKE HAGER | TIPTON | 00:30:30 | |
| 34 | ADAM PEERS | LOUGHBOROUGH | 00:30:34 | |
| 35 | WARREN FREY | BIRCHFIELD | 00:30:35 | |
| 36 | TOM MEAKIN | OWLS | 00:30:36 | |
| 37 | GARY HOPE | SEVERN A C | 00:30:38 | |
| 38 | LAWRENCE WALKER | B'HAM UNIV | 00:30:45 | J |
| 39 | JOHN MILLINGTON | TIPTON | 00:30:48 | |
| 40 | MATT ALLOTT | STAFFS MOORLANDS | 00:30:52 | J |
| 41 | JACK SWALLOW | B'HAM UNIV | 00:30:53 | J |
| 42 | JAMES RATCLIFFE | TIPTON | 00:30:56 | |
| 43 | NATHAN ELLIOTT | B'HAM UNIV | 00:30:58 | |
| 44 | PETER STREET | LOUGHBOROUGH | 00:31:00 | |
| 45 | MARTIN MATTHEWS | B'HAM ROWHEATH | 00:31:02 | |
| 46 | T KENDERDINE | HALESOWEN | 00:31:06 | |
| 47 | MARK BAILEY | LOUGHBOROUGH | 00:31:11 | |
| 48 | GARETH BRIGGS | STAFFS MOORLANDS | 00:31:15 | |
| 49 | TIM DALTON | SEVERN A C | 00:31:20 | |
| 50 | DARREN JORDAN | CHELTENHAM | 00:31:21 | |
| 51 | PETER HOLMES | CHELTENHAM | 00:31:24 | |
| 52 | MARC HARTLEY | STAFFS MOORLANDS | 00:31:25 | |
| 53 | TOM HOLDEN | TIPTON | 00:31:26 | |
| 54 | WAYNE DASHPER | TELFORD | 00:31:28 | |

Results

Div One Fixture 3

at Coventry, 17 January 2009

| | | | | | |
|-----|----------|-------------|------------------------|----------|---|
| 55 | PETER | WHITEHOUSE | BIRCHFIELD | 00:31:29 | J |
| 56 | STUART | NELSON | RUGBY & NORTHAMPTON | 00:31:31 | |
| 57 | HARVEY | SPEED | COVENTRY GODIVA | 00:31:35 | |
| 58 | LUKE | LAMBOURNE | WARWICK UNI | 00:31:35 | |
| 59 | JAMIE | SEWELL | RUGBY & NORTHAMPTON | 00:31:39 | |
| 60 | DAVE | HOLLINS | STAFFS MOORLANDS | 00:31:42 | |
| 61 | M | TURNER | HALESOWEN | 00:31:43 | |
| 62 | SAM | DALGLEISH | B'HAM UNIV | 00:31:45 | |
| 63 | DAVID | RIGBY | LOUGHBOROUGH | 00:31:46 | |
| 64 | NOEL | EDWARDS | COVENTRY GODIVA | 00:31:48 | |
| 65 | DANIEL | HARRISON | B'HAM UNIV | 00:31:49 | J |
| 66 | BEN | SHARMAN | BIRCHFIELD | 00:31:50 | J |
| 67 | DOMINIC | MORTON | HALESOWEN | 00:31:53 | |
| 68 | PAT | KAVANAGH | TIPTON | 00:31:54 | |
| 69 | BILL | NOCK | HALESOWEN | 00:31:55 | |
| 70 | HENRY | HAMMOND | COVENTRY GODIVA | 00:31:57 | |
| 71 | CHRIS | LAMB | RUGBY & NORTHAMPTON | 00:31:59 | |
| 72 | JAMES | ROBERTSON | WARWICK UNI | 00:32:00 | J |
| 73 | ROGER | MULLINS | CHELTENHAM | 00:32:04 | |
| 74 | PHIL | GOULD | KENILWORTH RUNNERS | 00:32:05 | |
| 75 | JAMES | GRIGGS | COVENTRY GODIVA | 00:32:06 | |
| 76 | ALISTAIR | SMITH | COVENTRY GODIVA | 00:32:06 | |
| 77 | MATT | WARLEY | CHELTENHAM | 00:32:11 | |
| 78 | RENE | VERGO | SOLIHULL & SMALL HEATH | 00:32:12 | |
| 79 | ADAM | WATT | BIRCHFIELD | 00:32:13 | |
| 80 | STUART | HOPKINS | KENILWORTH RUNNERS | 00:32:18 | |
| 81 | ADAM | HILLESS | LOUGHBOROUGH | 00:32:19 | |
| 82 | M | HADLEY | HALESOWEN | 00:32:23 | |
| 83 | GREG | DUVAL | BIRCHFIELD | 00:32:26 | J |
| 84 | MATTHEW | BAYLISS | B'HAM ROWHEATH | 00:32:29 | J |
| 85 | STEVE | MARRIOTT | TIPTON | 00:32:32 | |
| 86 | LIAM | RATCLIFFE | RUGBY & NORTHAMPTON | 00:32:33 | |
| 87 | ANDREW | MARIANI | LOUGHBOROUGH | 00:32:38 | J |
| 88 | MARK | LOVEDAY | B'HAM ROWHEATH | 00:32:40 | |
| 89 | ANDY | BUTLER | HALESOWEN | 00:32:41 | |
| 90 | ANDY | PROPHETT | CHELTENHAM | 00:32:43 | |
| 91 | ALEX | HOUGHTON | WARWICK UNI | 00:32:45 | J |
| 92 | NICK | HOUGHTON | WARWICK UNI | 00:32:46 | J |
| 93 | JACK | MATHEWMAN | WARWICK UNI | 00:32:54 | |
| 94 | DEAN | HILL | TIPTON | 00:32:55 | |
| 95 | ANDY | GORE | CHELTENHAM | 00:32:57 | |
| 96 | ANDY | KENCHINGTON | B'HAM ROWHEATH | 00:32:58 | |
| 97 | DANNY | CLARKE | COVENTRY GODIVA | 00:32:59 | |
| 98 | GREG | WILSON | TELFORD | 00:33:00 | |
| 99 | MARK | INCE | B'HAM ROWHEATH | 00:33:08 | |
| 100 | MIKE | MORLEY | BIRCHFIELD | 00:33:09 | |
| 101 | PETE | DIMBLEBY | BIRCHFIELD | 00:33:13 | |
| 102 | DANIEL | CLAUS | WARWICK UNI | 00:33:14 | |
| 103 | KEVIN | FISHER | SOLIHULL & SMALL HEATH | 00:33:15 | |
| 104 | PETER | STEPHENS | SEVERN A C | 00:33:17 | |
| 105 | ED | BANISS | WARWICK UNI | 00:33:18 | |
| 106 | DAVE | LANDER | SEVERN A C | 00:33:22 | |
| 107 | MARK | ARMSTRONG | RUGBY & NORTHAMPTON | 00:33:25 | |
| 108 | ATHONY | GRAY | B'HAM ROWHEATH | 00:33:26 | |
| 109 | JAMES | ROSE | SEVERN A C | 00:33:29 | |

Results

Div One Fixture 3

at Coventry, 17 January 2009

| | | | | | |
|-----|---------|----------------|------------------------|----------|---|
| 110 | RICH | SIMKISS | KENILWORTH RUNNERS | 00:33:31 | |
| 111 | BRENDAN | MOEN | RUGBY & NORTHAMPTON | 00:33:33 | |
| 112 | MAT | ALLEN | HALESOWEN | 00:33:34 | |
| 113 | RUSSELL | FORSBROOK | CHELTENHAM | 00:33:36 | |
| 114 | PETER | SMALE | LOUGHBOROUGH | 00:33:38 | |
| 115 | GRAHAM | BIRCH | KENILWORTH RUNNERS | 00:33:40 | |
| 116 | DAVE | RANDALL | CHELTENHAM | 00:33:43 | |
| 117 | BEN | SNOWBALL | LOUGHBOROUGH | 00:33:44 | |
| 118 | COLIN | DEASEY | COVENTRY GODIVA | 00:33:54 | |
| 119 | IAN | SMITH | SEVERN A C | 00:33:57 | |
| 120 | JON | ASHLEY | SOLIHULL & SMALL HEATH | 00:34:01 | |
| 121 | NEIL | PLATTS | STAFFS MOORLANDS | 00:34:07 | |
| 122 | DOM | HENRY | B'HAM UNIV | 00:34:08 | J |
| 123 | MATT | ROOKE | WARWICK UNI | 00:34:09 | |
| 124 | STEVE | MILNER | RUGBY & NORTHAMPTON | 00:34:14 | |
| 125 | CHRIS | TALBOT | TELFORD | 00:34:20 | |
| 126 | RICHARD | LUCOCK | TELFORD | 00:34:21 | |
| 127 | VINCE | CARROLL | RUGBY & NORTHAMPTON | 00:34:23 | |
| 128 | IWAN | JONES | COVENTRY GODIVA | 00:34:25 | |
| 129 | ALEX | HOPE | SEVERN A C | 00:34:26 | |
| 130 | IAIN | EMBREY | WARWICK UNI | 00:34:34 | |
| 131 | DAVE | BRATT | STAFFS MOORLANDS | 00:34:37 | |
| 132 | BRENDAN | EASTERLING | LOUGHBOROUGH | 00:34:42 | |
| 133 | STEVE | LIDGATE-TAYLOR | SOLIHULL & SMALL HEATH | 00:34:54 | |
| 134 | MARTIN | McGREARY | CHELTENHAM | 00:34:56 | |
| 135 | JOHN | SAW | RUGBY & NORTHAMPTON | 00:34:59 | |
| 136 | DANIEL | PALMER | B'HAM UNIV | 00:35:01 | J |
| 137 | PETER | PLANT | TELFORD | 00:35:04 | |
| 138 | ROB | McDOUGALL | RUGBY & NORTHAMPTON | 00:35:10 | |
| 139 | MATT | KINGSTON-LEE | KENILWORTH RUNNERS | 00:35:11 | |
| 140 | ALEX | JACKSON | LOUGHBOROUGH | 00:35:11 | |
| 141 | JAMES | PARROTT | COVENTRY GODIVA | 00:35:17 | |
| 142 | TOBIAS | GEHRKE | COVENTRY GODIVA | 00:35:18 | |
| 143 | MATHEW | ROBERTS | WARWICK UNI | 00:35:19 | |
| 144 | ALEX | MORGAN | HALESOWEN | 00:35:24 | |
| 145 | ROGER | HOMES | KENILWORTH RUNNERS | 00:35:27 | |
| 146 | MICK | WILLIAMS | KENILWORTH RUNNERS | 00:35:35 | |
| 147 | PAUL | WILLIAMS | TELFORD | 00:35:36 | |
| 148 | PAUL | ROYLE | KENILWORTH RUNNERS | 00:35:41 | |
| 149 | A N | OTHER | B'HAM UNIV | 00:35:43 | |
| 150 | PETE | BRYAN | KENILWORTH RUNNERS | 00:35:44 | |
| 151 | TOM | BELL | OWLS | 00:35:45 | J |
| 152 | STEVE | HOWES | SOLIHULL & SMALL HEATH | 00:35:48 | |
| 153 | ROB | THOMPSON | KENILWORTH RUNNERS | 00:35:59 | |
| 154 | CHRIS | ATKINSON | WARWICK UNI | 00:36:07 | J |
| 155 | STEVE | TITMARSH | B'HAM ROWHEATH | 00:36:10 | |
| 156 | DEREK | HATLEY | WARWICK UNI | 00:36:13 | J |
| 157 | RICHARD | GREEN | KENILWORTH RUNNERS | 00:36:14 | |
| 158 | STEVE | JONES | TELFORD | 00:36:22 | |
| 159 | OLLIE | HORDEN | HALESOWEN | 00:36:38 | |
| 160 | ANDY | NOCK | HALESOWEN | 00:36:42 | |
| 161 | NEIL | WILLSHER | RUGBY & NORTHAMPTON | 00:36:43 | |
| 162 | JAMIE | DAVIES | TELFORD | 00:36:46 | |
| 163 | ROB | SHERWOOD | WARWICK UNI | 00:36:48 | |
| 164 | AARON | BODYCOTE | COVENTRY GODIVA | 00:36:53 | |

| Results | Div One Fixture 3 | | | at Coventry, 17 January 2009 | |
|---------|-------------------|-------------|------------------------|------------------------------|---|
| 165 | TOBY | GOSNALL | B'HAM ROWHEATH | 00:36:57 | |
| 166 | T | BOWEN | HALESOWEN | 00:36:57 | J |
| 167 | STEPHEN | DIXON | RUGBY & NORTHAMPTON | 00:37:08 | |
| 168 | CHRIS | ASTON | BIRCHFIELD | 00:37:13 | |
| 169 | GERRY | TIMMINS | BIRCHFIELD | 00:37:15 | |
| 170 | JACK | BENNETT | WARWICK UNI | 00:37:36 | J |
| 171 | ALAN | McDONALD | TELFORD | 00:37:42 | |
| 172 | STEVE | COULDWELL | BIRCHFIELD | 00:37:44 | |
| 173 | JOHN | HILL | HALESOWEN | 00:37:46 | |
| 174 | P | BUTLER | HALESOWEN | 00:37:52 | |
| 175 | ROB | RYAN | B'HAM ROWHEATH | 00:38:02 | |
| 176 | JOHN | DAGNAN | KENILWORTH RUNNERS | 00:38:13 | |
| 177 | GORDON | ORME | BIRCHFIELD | 00:38:26 | |
| 178 | ADRIAN | WHITE | RUGBY & NORTHAMPTON | 00:38:40 | |
| 179 | PAUL | ALLEN | HALESOWEN | 00:38:48 | |
| 180 | ANDY | NASH | WARWICK UNI | 00:38:56 | |
| 181 | ROY | DALE | SOLIHULL & SMALL HEATH | 00:38:59 | |
| 182 | IAN | EMERY | B'HAM ROWHEATH | 00:39:06 | |
| 183 | T | HAZRLWOOD | HALESOWEN | 00:39:15 | |
| 184 | B | THOMPSON | HALESOWEN | 00:39:37 | |
| 185 | ANDY | DEAN | SOLIHULL & SMALL HEATH | 00:39:45 | |
| 186 | MARK | GRACE | B'HAM ROWHEATH | 00:40:07 | |
| 187 | DAN | BARNSHAW | B'HAM ROWHEATH | 00:40:18 | |
| 188 | ALISTAR | GRANT | HALESOWEN | 00:40:33 | |
| 189 | NICK | IRONS | B'HAM ROWHEATH | 00:40:51 | |
| 190 | MICHAEL | FAHY | B'HAM ROWHEATH | 00:40:55 | |
| 191 | MATT | KEAL | KENILWORTH RUNNERS | 00:41:01 | |
| 192 | STEVE | MILLINGTON | HALESOWEN | 00:41:21 | |
| 193 | ROY | McCAULEY | STAFFS MOORLANDS | 00:41:32 | |
| 194 | JAK | FRANKHAM | BIRCHFIELD | 00:41:42 | J |
| 195 | GAVIN | COTTER | CHELTENHAM | 00:42:11 | |
| 196 | ROB | SHIPP | B'HAM ROWHEATH | 00:42:15 | |
| 197 | BRIAN | WORTHINGTON | BIRCHFIELD | 00:42:26 | |
| 198 | ANDREW | PRESHOUS | KENILWORTH RUNNERS | 00:42:38 | |
| 199 | MATT | RODGERS | WARWICK UNI | 00:43:20 | |
| 200 | TOM | KEENAN | B'HAM ROWHEATH | 00:44:32 | |
| 201 | GERRAINT | DAVIES | OWLS | 00:45:15 | J |
| 202 | TOM | DABLE | KENILWORTH RUNNERS | 00:45:24 | |
| 203 | STEF | SHILLINGTON | KENILWORTH RUNNERS | 00:46:06 | |
| 204 | PETE | MATTHEWS | KENILWORTH RUNNERS | 00:46:31 | |
| 205 | CHARLIE | HANSON | B'HAM ROWHEATH | 00:46:32 | |
| 206 | PAUL | BUCHAN | KENILWORTH RUNNERS | 00:48:59 | |
| 207 | COLIN | BIRCHER | KENILWORTH RUNNERS | 00:49:28 | |

Team Result 2008/09**Race 3**

| A Team | Points | | | | | | | OP | Total | Previous |
|----------------------------|---------------|----|-----|-----|-----|-----|-----|-----------|--------------|-----------------|
| 1 Coventry Godiva Harriers | 67 | 3 | 5 | 7 | 9 | 19 | 24 | 1 | 251 | 184 |
| 2 Tipton Harriers | 115 | 1 | 16 | 20 | 22 | 26 | 30 | 4 | 459 | 344 |
| 3 Birmingham Univ. | 126 | 6 | 10 | 13 | 18 | 38 | 41 | 2 | 442 | 316 |
| 4 Loughborough Students | 179 | 11 | 12 | 31 | 34 | 44 | 47 | 3 | 453 | 274 |
| 5 Cheltenham & County A C | 247 | 17 | 27 | 29 | 50 | 51 | 73 | 7 | 954 | 707 |
| 6 Birchfield Harriers | 251 | 2 | 14 | 35 | 55 | 66 | 79 | 5 | 739 | 488 |
| 7 Rugby & Northampton | 319 | 15 | 32 | 56 | 59 | 71 | 86 | 9 | 1015 | 696 |
| 8 Halesowen A C | 350 | 25 | 46 | 61 | 67 | 69 | 82 | 10 | 1133 | 783 |
| 9 Severn A C | 409 | 4 | 37 | 49 | 104 | 106 | 109 | 11 | 1381 | 972 |
| 10 Warwick University | 434 | 28 | 58 | 72 | 91 | 92 | 93 | 12 | 1537 | 1103 |
| 11 OWLS | 440 | 8 | 21 | 23 | 36 | 151 | 201 | 6 | 882 | 442 |
| 12 Staffs Moorlands | 452 | 40 | 48 | 52 | 60 | 121 | 131 | 8 | 1013 | 561 |
| 13 Birmingham Rowheath | 520 | 45 | 84 | 88 | 96 | 99 | 108 | 13 | 1788 | 1268 |
| 14 Kenilworth Runners | 663 | 74 | 80 | 110 | 115 | 139 | 145 | 15 | 2045 | 1382 |
| 15 Telford A C | 687 | 54 | 98 | 125 | 126 | 137 | 147 | 14 | 1838 | 1151 |
| 16 Solihull & Small Heath | 767 | 78 | 103 | 120 | 133 | 152 | 181 | 16 | 2136 | 1369 |

B Team

| | | | | | | | | | | |
|----------------------------|------|-----|-----|-----|-----|-----|-----|---|------|------|
| 1 Tipton Harriers | 320 | 33 | 39 | 42 | 53 | 68 | 85 | | NS | NS |
| 2 Coventry Godiva Harriers | 439 | 57 | 64 | 70 | 75 | 76 | 97 | 2 | 1431 | 992 |
| 3 Birmingham Univ. | 577 | 43 | 62 | 65 | 122 | 136 | 149 | | NS | NS |
| 4 Loughborough Students | 594 | 63 | 81 | 87 | 114 | 117 | 132 | 1 | 1391 | 797 |
| 5 Cheltenham & County A C | 625 | 77 | 90 | 95 | 113 | 116 | 134 | | NS | NS |
| 6 Rugby & Northampton | 742 | 107 | 111 | 124 | 127 | 135 | 138 | 3 | 2413 | 1671 |
| 7 Warwick University | 757 | 102 | 105 | 123 | 130 | 143 | 154 | | NS | NS |
| 8 Birchfield Harriers | 793 | 83 | 100 | 101 | 168 | 169 | 172 | 5 | 2537 | 1744 |
| 9 Halesowen A C | 830 | 89 | 112 | 144 | 159 | 160 | 166 | 4 | 2458 | 1628 |
| 10 Kenilworth Runners | 924 | 146 | 148 | 150 | 153 | 151 | 176 | 6 | 2899 | 1975 |
| 11 Birmingham Rowheath | 1050 | 155 | 165 | 175 | 182 | 186 | 187 | 7 | 3221 | 2171 |
| Telford A C | NS | 158 | 162 | 171 | | | | | NS | NS |
| Severn A C | NS | 119 | 129 | | | | | | NS | NS |
| Solihull & Small Heath | NS | 185 | | | | | | | NS | NS |
| Staffs Moorlands | NS | 193 | | | | | | | NS | NS |
| OWLS | NS | | | | | | | | NS | NS |

Individuals

Best 3 of 4 races

| | 1 | 2 | 3 | 4 | |
|-----------------|----------|----------|----------|----------|----|
| Jean Ndayisenga | 1 | 1 | 2 | | 4 |
| Jon Pepper | 5 | 6 | 6 | | 17 |
| Mathew Almond | 10 | 2 | 7 | | 19 |
| Ryan Kenny | 9 | 3 | 9 | | 21 |
| Joshua Lilly | 17 | 5 | 4 | | 26 |
| Matthew Lole | 15 | 9 | 3 | | 27 |
| Paul Miles | 11 | 7 | 21 | | 39 |
| Stephen Emery | 19 | 18 | 15 | | 52 |
| James Trollope | 28 | 13 | 14 | | 55 |
| Dave Roper | 30 | 15 | 17 | | 62 |
| Scott Hazell | 24 | 28 | 19 | | 71 |
| Craig Gunderson | 13 | 0 | 10 | | 23 |

Juniors

Best of 4 races

| | 1 | 2 | 3 | 4 | |
|----------------|----------|----------|----------|----------|----|
| James Trollope | 28 | 13 | 14 | | 55 |