

Midland 12 Stage Relays 2009
Sutton Coldfield
4th April 2009

The county's top two endurance runners Matt Almond and Tom Bark both picked up medals when they helped Coventry Godiva Harriers to second place behind Tipton Harriers in the Midland Counties 12 Stage Road Relay. Rothwell-based county cross country champion Almond got his club off to a solid start when he clocked 26.55 for the opening long leg of the traditional course at Birmingham's Sutton Park. The event, which is held over a long leg of 5.38 miles and followed by two of 3 miles, saw Matt come home in fourth as Josh Lilley gave Severn some early glory when finishing in pole position thanks to a fine run of 26.42.

Bark, a former three times Northants cross country champion, ran the third short leg and came home in third position. In his first race after missing all the winter due to injury he clocked 16.19.

Rugby & Northampton AC was the top local club to finish in 13th place. County runners Nigel Marley (28.23) and Stuart Nelson (28.44) ran well for them on the long leg while Chris Lamb with 16.29 performed well on the short stage. Harborough AC, with Sean Fenwick clocking 30.10 on the opening leg were 28th – one place ahead of Corby AC who returned to the event after an absence of five years. Chris Curtis (29.54), Troy Garrity (30.19) and Danny Keating (30.35) all ran well on the long legs while Martin Johnson (16.43) turned in a good effort on the short stage.

The third country team in action was Silson Joggers who came 32nd.

Harborough-based Gordon Lee helped Leicester Coritanian to win the Master event which was held over six stages of two long and four short. He returned a fine time of 27.03 (the fastest of the day) on the opening leg to give them a lead which they never gave up despite coming under pressure from runners-up Redhill in the closing stages.

The Tipton Harriers team that finished third included Earls Barton's Mike Hager who ran the fifth short leg in 16.14 – the fourth fastest of the day.



The top local team in the ladies race over six short stages was Corby AC who finished in 18th place with their fastest leg achieved by Hayley Veasey, who recorded a respectable 20.40 on the second circuit. She was preceded by Timea Latinovics (22.22) and followed by Kym Wheeler (21.03), Trudi Pike (21.01), Sarah Baxby (21.10) and Catherine Wright (21.37).

Charnwood retained their title when leading home Bristol & West and Coventry Godiva Harriers with Juliet Doyle of the victorious team clocking the fastest individual time of 16.12.

Senior Men

1 Tipton Harriers 3.51.55, 2 Coventry Godiva Harriers 3.53.07, 3 Notts AC 3.53.39,

13 Rugby & Northampton AC 4.20.38 (Nigel Marley (12th) 28.23, Chris Lamb (12th) 16.29, John Saw (20th) 18.29, Stuart Nelson (15th) 28.44, Steve

Reeves (15th) 17.36, Brian Summers (14th) 17.59, Jamie Sewell (13th) 30.04, Matthew Emery (13th) 17.21, Paul Birch (12th) 16.24, Stephen Milner (13th) 32.49, John Geracs (13th) 17.52, Nigel Sewell (13th) 18.28);

28 Harborough AC 4.34.22 (Sean Fenwick (24th) 30.10, Matthew Green (29th) 17.54, Daniel Worley (25th) 17.12, Jason Pitcher (29th) 31.53, Adam Brooks (32nd) 18.41, Tony Harrison (33rd) 20.01, William Clapp (31st) 30.46, Steve Costall (29th) 18.10, Hugh Delargy (29th) 19.05, Martin Gore (30th) 32.23, Howard Crabtree (30th) 19.50, Richard Bufton (28th) 18.17);

29 Corby AC 4.35.45 (Danny Keating (29th) 30.35, Stephen Broom (37th) 19.04, Martin Johnson (34th) 16.43, Troy Garrity (28th) 30.19, Seb Goodall (25th) 18.09, Alex Wright (27th) 17.42, Chris Curtis (21st) 29.54, Chris Wheeler (26th) 19.50, Chris Dunne (24th) 17.54, Neal Humphreys (21st) 31.12, Simon Franklin (23rd) 19.13, Roger Garrity (29th) 25.10;

32 Silson Joggers 4.44.09 (Jim Darcy (42nd) 32.08, Dan Taylor (41st) 18.27, Andy Taylor (42nd) 18.47, Simon Woodward (41st) 32.15, Brian Keers (43rd) 21.29, Robert Gillies (44th) 20.29, Chris Wood (43rd) 32.36, Andy Pacey (39th) 17.43, Kevin Reboul (37th) 17.42, Jeff Haynes (35th) 32.28, Stewart Shears (36th) 21.05, Graham Linnell (32nd) 19.00.

Veteran Men

1 Leicester Coritanian 2.02.42, 2 Redhill 2.02.59, 3 Tipton Harriers 2.06.16,

12 Harborough AC 2.46.27 (Richard Brown (11th) 37.12, Alan Fordham (10th) 20.40, Pete Leach (11th) 23.41, Martin Hughes (11th) 38.35, Dave Oram (12th) 26.23, Richard Callan (12th) 19.56.

Incomplete team: **Corby AC** (Mick Galloway (14th) 41.59).

Senior Ladies

1 Charnwood AC 1.42.21, 2 Bristol & West AC 1.45.15, 3 Coventry Godiva Harriers 1.45.39,

18 Corby AC 2.07.53 (Timea Latinovics (39th) 22.22, Hayley Veasey (33rd) 20.40, Kym Wheeler (26th) 21.03, Trudi Pike (23rd) 21.01, Sarah Baxby (19th) 21.10, Catherine Wright (18th) 21.37;

24 Rugby & Northampton AC 2.13.08 (M Smith (30th) 20.32, J Pulsford (32nd) 22.19, Michelle Leach (27th) 21.41, Kate Williams (27th) 22.39, H Fiddament (23rd) 22.49, Ann Rollings (24th) 23.08;

28 Silson Joggers 2.16.36 (Linda Lytollis (28th) 20.26, Heather Cook (20th) 20.10, Claire Todd (22nd) 22.32, Casey Hill (28th) 24.21, M Moutrie (26th) 23.02, Emma Sambrook (28th) 26.05;

31 Harborough AC 2.20.36 (Karen Brooks (27th) 20.11, Katy Kenyon (27th) 21.39, Traci Edwards (34th) 26.27, Unity Hamilton (33rd) 22.36, L Lewington (32nd) 24.34, Maria Kilby (31st) 25.09.

Incomplete teams: **Corby AC** (Margaret Mulholland (41st) 22.47, Cathy Oram (40th) 24.27); **Harborough AC** (Lin Farrow (50th) 25.22, B Wilson (48th) 28.23, Yvonne Barber (47th) 29.00).