

WARWICKSHIRE COUNTY AA
and
WORCESTERSHIRE AA



present their

Annual Cross Country Championships

on

Saturday 10th December 2022

at

Welkin Farm, Easenhall

hosted by Warwickshire County AA

Sponsored by Malt Kiln Farm Shop, Stretton under Fosse

**WARWICKSHIRE COUNTY ATHLETICS ASSOCIATION
2022 Cross Country Championships**

**Saturday 10th December 2022 at Welkin Farm Easenhall
to be held jointly with the Worcestershire AA Championships
hosted by Warwickshire County AA**

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**FOREWORD and WELCOME
by Graham Heeley, President of Warwickshire County AA**

Welcome to our 2022 Cross Country Championship.

First I must thank all those that proposed me to be your President at the 2022 AGM of the Association some three weeks ago. I have been very fortunate that exactly 40 years ago I was made president of the then Warwickshire Mens' Association 1982-1984 as the men and women were two separate organisations but then common sense prevailed and we are now one association.

This will be the first time that we have promoted our cross country championships at this venue, and we must thank Mr and Mrs J.V. Lea very much for their kind permission to use their land. Not only have they given that permission, but Mrs Lea, (Katie), also of Rugby and Northampton AC, has been very much involved with the whole organisation of the event. As you will of course know, we were forced to postpone the championships in January, when the original venue of Newbold Revel, which we had used in the past, was made unavailable to us at the very last minute. A Covid outbreak being quoted as the reason.

Once again, Worcestershire will be joining us for the Championships and we hope that both counties will have an enjoyable day.

As always, these championships will be the main guide for team managers to select their teams to represent the County in the prestigious Inter Counties Championships which are again being held at Prestwold Hall, near Loughborough on March 11th2023. An event which brings together all the finest athletes from all the counties across the country. All age groups being catered for from under 13's to senior runners, both male and female.

I first ran in the Warwickshire Cross Country Championships back in the late 50's as a "youth". A term used in those days for athletes under 18. Only seniors competed at that time for places in the county team, and the subsequent Inter Counties Championships, which were just a one race affair. But things have progressed a great deal in the sport since then, and so every age group now has that further incentive for athletes to gain a county vest.

Finally, on behalf of the Association, I would like to say a very big "thank you" to all of the officials and helpers who have worked so hard towards the promotion of these championships, and of course to all of the officials and marshals who will spend many hours out on the courses making sure that the athletes enjoy a successful day.

Best wishes to you all in these championships, and let's hope that we can all put Covid well and truly behind us and enjoy 2023 to the full.

Graham Heeley.
President of Warwickshire County A. A.

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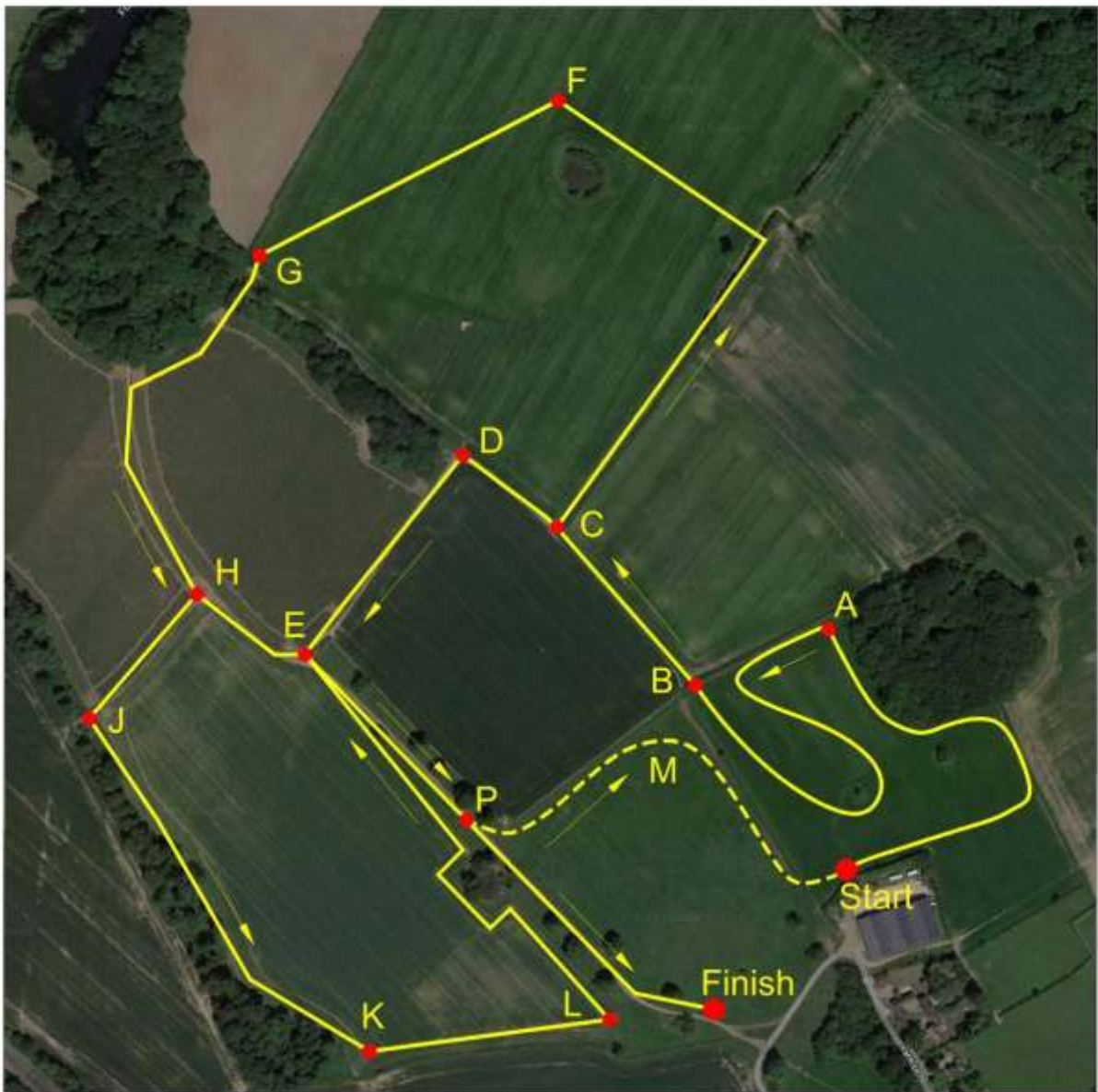
Technical Officials and Volunteers

Sponsored by the Malt Kiln Farm Shop, Stretton Under Fosse

Technical Officials and Volunteers

Meeting Manager	Mary Hodges
Referee	Rob Mulgrue
Assistant Referee	Ian Clarke
Clerk of Course	Christopher Hitchman
Chief Marshall	Richard Carney
Starter	Graham Heeley
Start Stewards	Terry Alcock, Bryan Acford, Keith Richards
Chief Timekeeper	Alan Edwards
Timekeepers	Mick Aston, Derek Cowdrey, Paul Hayes, Colin Jacks, Calvin Scoltock, John Vickers
Chief Judge	Stewart Barnes
Judge / Recorders	Chris Cox, Roland Day, Ben Howatt, Monica Howatt, Andrew Maiden, Margaret Murphy, Keith Perry, Mary Williams
Line Judge/ Rope Control	Chris Crosswell
Chief Steward	Yasmine Al Daftary
Funnel Stewards / Stoppers	Janine Davies, David Pettifer, Clive Spencer, David Sprason, Jo Tork
Registration	Warwickshire : Gordon Horne Worcestershire : Joan Clarke
Announcer	Steve Curtis
Results	Ray Morgan, Olivia Lea, Tilly Lea, Jackie Maull
Presentation	Warwickshire : Bob Carey, Becky Freeman Worcestershire: Rita Brownlie
First Aid	Medevent
Championship Secretary	Warwickshire: Katie Lea Worcestershire : Ian Clarke
Championship President	Warwickshire : Graham Heeley Worcestershire: Roland Day

Warwickshire And Worcestershire County Cross Country Championships
 10th December 2022 - Welkin Farm, Easenhall Course Map



Welkin Farm, Easenhall, Rugby. CV23 0JB

What three words: patrolled.booms.pampered

3K U13G, U13B

Start A B C F G H E
 Finish.

4K U15G U15B

Start A B C D E P M A
 B C D E Finish.

5K U17W

Start A B C D E P M A
 B C F G H E Finish.

6K U17M

Start A B C F G H E P
 M A B C F G H E Finish.

7K U20W SenW MastW

Start A B C F G H E P
 M A B C F G H J K L E
 Finish.

10K U20M SenM MastM

Start A B C D E P M A
 B C F G H J K L E P M
 A B C F G H J K L E
 Finish

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TIMETABLE

Age Group	Distance	Start time	Presentation Time	Team Counters
U13 Boys	3000m	11:00	11:40	3 to count
U13 Girls	3000m	11:03	11:45	3 to count
U15 Boys	4000m	11:20	12:05	3 to count
U15 Girls	4000m	11:23	12:10	3 to count
U17 Women	5000m	11:50	12:50	3 to count
U17 Men	6000m	12:25	13:25	3 to count
U20 Women	7000m	13:00	14:20	3 to count
Senior Women	7000m	13:00	14:20	See below
Masters Women	7000m	13:00	14:20	See below
U20 Men	10000m	14:00	15:15	3 to count
Senior Men	10000m	14:00	15:15	See below
Masters Men	10000m	14:00	15:15	See below

**** The rules for the senior age groups are different for the two Counties.

Warwickshire: have separate individual and team awards for seniors and masters. The women count 3 and the men count 4 towards the team awards. Masters are 35 and over.

Worcestershire: have separate individual awards for seniors and masters but a team award for the combined age groups. The women count 3 and the men count 6 towards the team award. Masters are 40 and over.

TEAM SELECTION for INTER-COUNTY CHAMPIONSHIPS

Today's Championships are the principal criteria for selection to the Inter Counties Cross Country Championships (all age groups) to be held at Loughborough in March 2023.

If you are handed an invitation form at the finish, it is important that you fill it in and return it to the team manager handing them out or the registration desk **today**. Athletes who are not automatically selected but who would like to be considered for selection should tell the team managers before the end of January.

For Warwickshire: The first three eligible athletes to cross the line in each race will automatically be selected and then the remainder of the team will be chosen by the team managers. The County reserves the right to disregard any athlete, even if they qualify automatically, if they have been disrespectful to the County or its team managers in the past.

For Worcestershire: The first five eligible athletes to cross the line in each race will automatically be selected and then the remainder of the team will be chosen by the team managers.

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Results

Draft results will be posted on the Warwickshire County Facebook pages through the day. The official results will be posted on the County web sites afterwards.

www.WarwickshireAthletics.co.uk

www.worcaa.org.uk

Our event sponsor

The event is sponsored by Malt Kiln Farm Shop, which is a key part of a local family farming business is owned by Mr and Mrs J. V. Lea. It is respectfully requested that spectators keep to footpaths and do not venture onto arable fields where winter crops will be growing.



Warwickshire County AA has a Facebook page.
Sign up to get results on the day.

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PROSPECTUS & RULES

Age Groups

These Championships generally use the same age group definitions as the Birmingham (Mens) Invitation Cross Country League, the Midlands (Ladies) Cross Country League and the West Midlands Young Athletes League.

Warwickshire Masters should be 35 or older on the day of competition.

Worcestershire Masters should be 40 or older on the day of competition.

Masters and U20s can enter their own age group or as a Senior but will only count towards the individual and team events as declared on the entry form.

Eligibility

Do not enter this event unless you are eligible for your County. County qualification is either by birth in the County, by 9 months continuous residence prior to competition in the County or by 9 months service in a unit of HM forces stationed in the County. The Counties are as defined before the 1974 boundary changes. Check with a County Secretary if you are not sure.

Warwickshire includes most of the Greater Birmingham area, Coventry, Solihull and the present Warwickshire areas.

Worcestershire takes in Stourbridge, Dudley, Oldbury and South Birmingham.

Rules

Athletes must be current first claim members of the Club for which they have entered.

Only Clubs Affiliated to their County will be eligible for team awards.

Any number of eligible Athletes can be entered.

The event is run under UKA rules. Athletes are reminded particularly of rule 144 which forbids pacing by persons not participating in a race unless assisting a blind or partially sighted runner

Athletes must not wear any device which requires earphones because they must be able to hear instructions from technical officials and marshals.

In events where age groups are combined, athletes will only be eligible for awards in the race category (age group) for which they have entered.

In the case of equal team scores, the first team to close will be declared the winner. Note that B-teams are not eligible for Team Awards as this is an event for Clubs.

Warwickshire or Worcestershire?

To help you identify the athletes from each County, athletes from Worcestershire will have a blue band on their vest numbers but Warwickshire athletes will not.



Malt Kiln Farm Shop is a key part of a family run farming business in the Warwickshire countryside. The beef, lamb and pork sold by our butchers is reared on our farm.

The farm shop is surrounded by fields where in the summer you can pick your own strawberries and raspberries along with a wide variety of other soft fruit and vegetables. Pumpkin picking is a big favourite in October.

Using fresh ingredients found in the farm shop we make our own pork pies, sausage rolls, quiches, coleslaws and salads.

Local produce is very important and items sold include cheese, ice cream, eggs, beer, wine, flour, honey, biscuits, cakes and pies.

..... And after all that shopping enjoy a coffee or light lunch in Rebecca's Kitchen.

Malt Kiln Farm Shop

Main Street, Stretton-under-Fosse, Rugby, Warwickshire. CV23 0PE

Shop: 01788 832640

Butchers Counter: 01788 832966

Coffee Shop: 01788 833196

Web: www.maltkilnfarmshop.co.uk

Email: farmshop@maltkilnfarmshop.co.uk

Open daily: Monday to Saturday 8.30am - 6pm*

Sunday 10am - 4pm

*Coffee shop 9am - 5pm

Free parking, trolleys, all major credit cards except AMEX

After you've run, come and enjoy a coffee and a gentle shop!



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Under 20 Women - Warwickshire			Masters Women - Warwickshire		
700	Amelia Taylor	Birchfield Harriers	754	Jude Glynn	Bournville Harriers
701	Freya Bennett	Coventry Godiva Harriers	755	Marianne Hensman	Bournville Harriers
702	Ayesha Bhatti	Coventry Godiva Harriers	756	Sam Pretlove	Bournville Harriers
703	Rosie Cherry	Coventry Godiva Harriers	757	Catherine McNicholl	BRAT Club
704	Sophie Hurst	Coventry Godiva Harriers	758	Helen Pike	BRAT Club
705	Rhea Porwal	Coventry Godiva Harriers	759	Clare Colquhoun	Centurion RC
706	Olivia Bailey	Nuneaton Harriers AC	760	Alison Fergusson	Centurion RC
707	Georgie Campbell	Stratford upon Avon AC	761	Denise Makepeace	Centurion RC
708	Charly Marshall	Stratford upon Avon AC	762	Sharon Seston	Centurion RC
			763	Janine Thomas	Centurion RC
			764	Theresa Woolley	Centurion RC
Senior Women - Warwickshire			765	Sally Boon	Coventry Godiva Harriers
			766	Jayne Mumford	Coventry Godiva Harriers
709	Victoria Bradbury	Birchfield Harriers	767	Louise Andrews	Kenilworth Runners
710	Sarah McDonald	Birchfield Harriers	768	Melanie Beasley	Kenilworth Runners
711	Robyn McDowall	Birchfield Harriers	769	Kelly Burnett Nicholl	Kenilworth Runners
712	Ella Shirley	Birchfield Harriers	770	Sophie Cookson	Kenilworth Runners
713	Annie Cox	Bournville Harriers	771	Clare Crofts	Kenilworth Runners
714	Faith Lucas	Bournville Harriers	772	Pauline Dable	Kenilworth Runners
715	Georgina Robson	Bournville Harriers	773	Kerrie Flippance	Kenilworth Runners
716	Rachel Todd	Bournville Harriers	774	Emma Garnett	Kenilworth Runners
717	Naomi Rae	BRAT Club	775	Laura Gould	Kenilworth Runners
718	Sade McKenzie	Centurion RC	776	Helen Hollings	Kenilworth Runners
719	Rachel Aldrich	Coventry Godiva Harriers	777	Jane Kidd	Kenilworth Runners
720	Sophia Charters	Coventry Godiva Harriers	778	Rachel King	Kenilworth Runners
721	Dewi Dankmeyer	Coventry Godiva Harriers	779	Stef Lunn	Kenilworth Runners
722	Julie Emmerson	Coventry Godiva Harriers	780	Laura Pettifer	Kenilworth Runners
723	Alice Flint	Coventry Godiva Harriers	781	Becky Phagura	Kenilworth Runners
724	Paris Ham	Coventry Godiva Harriers	782	Jane Phillips	Kenilworth Runners
725	Olivia Kelly	Coventry Godiva Harriers	783	Angela Pozo Ramajo	Kenilworth Runners
726	Rebecca Leadbeater	Coventry Godiva Harriers	784	Emma Reid	Kenilworth Runners
727	Angelica Martinez Leyva	Coventry Godiva Harriers	785	Kate Wilson	Kenilworth Runners
728	Charlotte Power	Coventry Godiva Harriers	786	Hannah Gibson	Knowle & Dorridge RC
729	Charlotte Power	Coventry Godiva Harriers	787	Myshola Kirkham	Knowle & Dorridge RC
730	Samantha Puri	Coventry Godiva Harriers	788	Kate Leeson	Knowle & Dorridge RC
731	Alicia Roberts	Coventry Godiva Harriers	789	Carol Blower	Leamington C&AC
732	Amelia Starling	Coventry Godiva Harriers	790	Courtney Depala	Leamington C&AC
733	Victoria Wilson	Coventry Godiva Harriers	791	Kelly Edwards	Leamington C&AC
734	Leigh Reeve	Kenilworth Runners	792	Zara Hadfield	Leamington C&AC
735	Natalie Bhangal	Leamington C&AC	793	Jade Holt	Leamington C&AC
736	Megan Blake	Leamington C&AC	794	Rachael Allen	Massey Ferguson RC
737	Frances Keenan	Leamington C&AC	795	Emma Eastwood	Massey Ferguson RC
738	Kathryn Adams	Northbrook AC	796	Joanna Kisiala	Massey Ferguson RC
739	Jessica Barry	Northbrook AC	797	Samantha Nicholson	Massey Ferguson RC
740	Eleanor Fowler	Nuneaton Harriers AC	798	Joy Woollass	Massey Ferguson RC
741	Michele Kondakor	Nuneaton Harriers AC	799	Lisa Bragg	Northbrook AC
742	Emily Negus	Nuneaton Harriers AC	800	Debbie Campbell	Northbrook AC
743	Katherine Spencer	Nuneaton Harriers AC	801	Julie Cozens	Northbrook AC
744	Georgia Delaney	Royal Sutton Coldfield AC	802	Spencer Davies	Northbrook AC
745	Tilly Lea	Rugby & Northampton AC	803	Tommy Dempsey	Northbrook AC
746	Rosanna Clarke	Spa Striders	804	Carolyn Hadley	Northbrook AC
747	Katherine Robertson	Spa Striders	805	Tim Hughes	Northbrook AC
748	Suzanne Berg	Sparkhill Harriers	806	Tracy Jefferson	Northbrook AC
749	Catrin Davies	Sphinx AC	807	Fern Kenny	Northbrook AC
750	Sarah Goodland	Sphinx AC	808	Clare King	Northbrook AC
751	Emily Carr	Stratford upon Avon AC	809	Rob Richardson	Northbrook AC
752	Suzie Ross	Stratford upon Avon AC	810	Paul Robbins	Northbrook AC
753	Victoria Sharpe	Stratford upon Avon AC	811	Caroline Russell	Northbrook AC

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Under 20 Men - Warwickshire			Senior Men - Warwickshire		
500	Dominic Smith	Birchfield Harriers	515	Shaun Evans	Birchfield Harriers
501	Oscar Fleming	BRAT Club	516	Daniel Swain	Birchfield Harriers
502	Pierce Clisham	Coventry Godiva Harriers	517	Tom Bunn	Bournville Harriers
503	Daniel Gaggini	Coventry Godiva Harriers	518	Chris Hartley	Bournville Harriers
504	Jake Hodder	Coventry Godiva Harriers	519	Matthew Herbert	Bournville Harriers
505	Kevin Otieno	Coventry Godiva Harriers	520	George Lynch	Bournville Harriers
506	Daniel Paston	Coventry Godiva Harriers	521	Abayomi Adedimeji	BRAT Club
507	Eoin Hankinson	Kenilworth Runners	522	Grant Anderson	BRAT Club
508	Ethan Patel	Royal Sutton Coldfield AC	523	James Drakeford	BRAT Club
509	Dominic Evans	Rugby & Northampton AC	524	Martin Ludford	BRAT Club
510	Jenson Williams	Solihull & Small Heath AC	525	Kevin Minogue	BRAT Club
511	Ned Campbell	Stratford upon Avon AC	526	Kevin Oakes	BRAT Club
512	Alex Pester	Stratford upon Avon AC	527	John Stolberg	BRAT Club
513	Caleb Spriggs	Stratford upon Avon AC	528	Joe Tuffin	BRAT Club
514	Taylor Stubbins	Stratford upon Avon AC	529	Dan Wrenn	Centurion RC
			530	William Averill	Coventry Godiva Harriers
			531	Dale Ball	Coventry Godiva Harriers
			532	Daniel Brown	Coventry Godiva Harriers
			533	Damien Chambeft	Coventry Godiva Harriers
			534	Miles Clisham	Coventry Godiva Harriers
			535	David Cooper	Coventry Godiva Harriers
			536	Daniel Dalton	Coventry Godiva Harriers
			537	Thiago De Modena	Coventry Godiva Harriers
			538	Edward Griffiths	Coventry Godiva Harriers
			539	Jamie Hnatushka	Coventry Godiva Harriers
			540	Scott Hudspith	Coventry Godiva Harriers
			541	Muhammad Ibrahim	Coventry Godiva Harriers
			542	Jacob Jones	Coventry Godiva Harriers
			543	Nathan Jones	Coventry Godiva Harriers
			544	Michael Katsoulis	Coventry Godiva Harriers
			545	Samuel Marshall	Coventry Godiva Harriers
			546	Joseph McLeod	Coventry Godiva Harriers
			547	Clark Roberts	Coventry Godiva Harriers
			548	Manveer Sahota	Coventry Godiva Harriers
			549	Alistair Smith	Coventry Godiva Harriers
			550	Harvey Speed	Coventry Godiva Harriers
			551	William Swindells	Coventry Godiva Harriers
			552	Caiden Tate	Coventry Godiva Harriers
			553	John Treadwell	Coventry Godiva Harriers
			554	River Wison-Bent	Coventry Godiva Harriers
			555	Oliver Flippance	Kenilworth Runners
			556	Tom Haley	Kenilworth Runners
			557	Lewis Sheward	Kenilworth Runners
			558	Nick Woolley	Knowle & Dorridge RC
			559	Guy Allen	Leamington C&AC
			560	Baljeev Kandola	Leamington C&AC
			561	Chris Moore	Massey Ferguson RC
			562	Tom Watts	Massey Ferguson RC
			563	David Hartopp	Northbrook AC
			564	Tom Hughes	Northbrook AC
			565	Tom Dixon	Nuneaton Harriers AC
			566	Scott Hastings-Stuart	Nuneaton Harriers AC
			567	Johnathan Ritchie	Nuneaton Harriers AC
			568	Sam Yates	Nuneaton Harriers AC
			569	Richard Spear	Spa Striders
			570	David Brewis	Sphinx AC
			571	Ollie White	Sphinx AC
			572	Phil Reading	Stratford upon Avon AC
			573	Patrick Roddy	Thames Hare and Hounds
			574	Joseph Read	Tipton Harriers

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Masters Men - Warwickshire			Masters Men - Warwickshire		
575	Ed Banks	Birchfield Harriers	631	Barry Allen	Massey Ferguson RC
576	Dave Harte	Bournville Harriers	632	David Clarke	Massey Ferguson RC
577	Pete Hickman	Bournville Harriers	633	Ross Cooper	Massey Ferguson RC
578	Kevin Peace	Bournville Harriers	634	Mark Eastwood	Massey Ferguson RC
579	Paul Samuels	Bournville Harriers	635	Simon Neale	Massey Ferguson RC
580	Shangxi Wen	Bournville Harriers	636	Paul Shaw	Midland Masters AC
581	Richard Buchanan	Centurion RC	637	Simon Aldridge	Northbrook AC
582	Lee Caves	Centurion RC	638	Malcolm Copeland	Northbrook AC
583	Martin Cheatle	Centurion RC	639	Kevin Erne	Northbrook AC
584	Paul Cooper	Centurion RC	640	Martin Gavin	Northbrook AC
585	Kevin Ferncombe	Centurion RC	641	Adrian Lowe	Northbrook AC
586	Russ Lane	Centurion RC	642	Francis Mason	Northbrook AC
587	Andy Rea	Centurion RC	643	David Mills	Northbrook AC
588	Ed Wallace	Centurion RC	644	Lee Newark	Northbrook AC
589	Paul Watson	Centurion RC	645	Alan Smith	Northbrook AC
590	James Webber	Centurion RC	646	David Tittle	Northbrook AC
591	Neil Wilkes	Centurion RC	647	Eric Fowler	Nuneaton Harriers AC
592	James Bennett	Coventry Godiva Harriers	648	Chris Hamer-Hodges	Nuneaton Harriers AC
593	Andy Boon	Coventry Godiva Harriers	649	Chris Jordan	Nuneaton Harriers AC
594	Joe Chalmers	Coventry Godiva Harriers	650	Matthew Kinsella	Nuneaton Harriers AC
595	Simon Clarke	Coventry Godiva Harriers	651	Andy Massey	Nuneaton Harriers AC
596	Matthew Danes	Coventry Godiva Harriers	652	Luke Melling	Nuneaton Harriers AC
597	Peter Eccleston	Coventry Godiva Harriers	653	Andy Offor	Nuneaton Harriers AC
598	Garry Flude	Coventry Godiva Harriers	654	Dan Rowen	Nuneaton Harriers AC
599	Martin Gittins	Coventry Godiva Harriers	655	Paul Smith	Nuneaton Harriers AC
600	Phillip Gould	Coventry Godiva Harriers	656	Richard Burman	Royal Sutton Coldfield AC
601	James Griggs	Coventry Godiva Harriers	657	Oliver Harradence	Royal Sutton Coldfield AC
602	Munya Mukesi	Coventry Godiva Harriers	658	Barry Lloyd	Royal Sutton Coldfield AC
603	Jose Ortiz Gonzalez	Coventry Godiva Harriers	659	Richard Naylor	Royal Sutton Coldfield AC
604	Richard Todd	Coventry Godiva Harriers	660	Mark Rickards	Royal Sutton Coldfield AC
605	Ben Tran	Coventry Godiva Harriers	661	Paul Furness	Rugby & Northampton AC
606	Wais Yip	Coventry Godiva Harriers	662	Alan Jones	Rugby & Northampton AC
607	Stan Alexander	Kenilworth Runners	663	Dan Main	Rugby & Northampton AC
608	Robert Carr	Kenilworth Runners	664	Steve Howes	Solihull & Small Heath AC
609	Richard Cookson	Kenilworth Runners	665	Paul Lloyd	Solihull & Small Heath AC
610	Matt Dyer	Kenilworth Runners	666	Ian Davy	Spa Striders
611	Barry Elkington	Kenilworth Runners	667	Paul Harris	Spa Striders
612	Roger Homes	Kenilworth Runners	668	John-Paul Hunt	Spa Striders
613	Nick Lawrence	Kenilworth Runners	669	Chris McKeown	Spa Striders
614	Will Mason	Kenilworth Runners	670	Andrew Owen	Spa Striders
615	Craig Phillips	Kenilworth Runners	671	Patrick Finnegan	Sparkhill Harriers
616	Alistair Powell	Kenilworth Runners	672	James Hannon	Sparkhill Harriers
617	Neil Sheward	Kenilworth Runners	673	Craig Hinks	Sparkhill Harriers
618	Andrew Siggers	Kenilworth Runners	674	Andy Law	Sparkhill Harriers
619	Stewart Underhill	Kenilworth Runners	675	Rob Mills	Sparkhill Harriers
620	Dewi Williams	Kenilworth Runners	676	Barry O'Neill	Sparkhill Harriers
621	Pete Austin	Knowle & Dorridge RC	677	Wayne Broadbent	Sphinx AC
622	Paul Baker	Knowle & Dorridge RC	678	Kevin Naughton	Sphinx AC
623	Ed Bower	Knowle & Dorridge RC	679	Paul Slatford	Sphinx AC
624	David Carbutt	Knowle & Dorridge RC	680	Andy Wilkinson	Sphinx AC
625	Torsten Roesler	Knowle & Dorridge RC	681	Nick Campbell	Stratford upon Avon AC
626	Craig Bower	Leamington C&AC	682	Huw Crowweller	Stratford upon Avon AC
627	Paul Caruana	Leamington C&AC	683	Richard Dobedoe	Stratford upon Avon AC
628	Alex Montgomery	Leamington C&AC	684	Tim Hutchinson	Stratford upon Avon AC
629	Steven Roberts	Leamington C&AC	685	Max Ross	Stratford upon Avon AC
630	Peter Taylor	Leamington C&AC	686	Rich Shephard	Stratford upon Avon AC
			687	David Smyth	Stratford upon Avon AC
			688	Chris Spriggs	Stratford upon Avon AC
			689	Peter Sugden	Stratford upon Avon AC

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Current Champions (from January 2020) – Warwickshire

	Individual Champion	Team Champion
U13 Girls	Niamh Hillard, Stratford-Upon-Avon AC	Stratford Upon Avon AC
U15 Girls	Madeleine Jacks, Rugby&Northampton AC	Rugby&Northampton AC
U17 Women	Georgie Campbell, Stratford Upon Avon AC	No team award
U20 Women	Emily Negus, Nuneaton Harriers	Coventry Godiva Harriers
Senior Women	Jane Evans, Knowle&Dorridge RC	Leamington C&AC
Master Women	Katherine Hodgson, Nuneaton Harriers	Nuneaton Harriers
U13 Boys	Travis Scrivens, Nuneaton Harriers	Birchfield Harriers
U15 Boys	Alex Adams, Stratford Upon Avon AC	Birchfield Harriers
U17 Men	Pierce Clisham, Coventry Godiva Harriers	Birchfield Harriers
U20 Men	Miles Clisham, Coventry Godiva Harriers	Coventry Godiva Harriers
Senior Men	Omar Ahmed, Birchfield Harriers	Birchfield Harriers
Masters Men	Chris Sharp, Knowle&Dorridge RC	Royal Sutton Coldfield AC

The current holder of the Heeley Trophy for the best team overall is Birchfield Harriers.

Current Champions (from January 2020) – Worcestershire

	Individual Champion	Team Champion
U13 Girls	Lilia Mico, Worcester AC	Bromsgrove&Redditch AC
U15 Girls	Esme Ranger, Bromsgrove & Redditch AC	Halesowen A&CC
U17 Women	Lauren Kennard, Worcester AC	No team award
U20 Women	Beth Sykes, Bromsgrove & Redditch AC	No team award
Senior Women	Bryony Gunn, Birchfield Harriers	Halesowen A&CC
Masters W40	Caroline Warrington, Bromsgrove&Redditch AC	
Masters W50	Sarah Armstrong, Malvern Buzzards RC	
Masters W60	Joan Clarke, Cobra Running & Triathlon Club	
U13 Boys	Oliver Cresswell, Birchfield Harriers	Bromsgrove&Redditch AC
U15 Boys	Finnan Robins, Birchfield Harriers	Worcester AC
U17 Men	Joshua Robins, Birchfield Harriers	Birchfield Harriers
U20 Men	Christopher McLeod, Solihull&Small Heath AC	No team award
Senior Men	Joe Smith, Tipton Harriers	Worcester AC
Masters M40	Andrew Butler, Halesowen A&CC	
Masters M50	Keith Evans, Malvern Buzzards RC	
Masters M60	Frank Tota, Worcester AC	