

Flying Fox 10 – 1st November 2009

Name	Position	Time	Category	Race Number
Richard Brooks	139	1:27:14	M40	191
Carolyn Kelly	145	1:29:06	F35	485

Mad Jack's Five – 8th November 2009

Name	Position	Time	Category	Race Number
Catherine Mayall	102	0:40:32	FV35	967
Paul Connor	152	0:43:26	MV45	123

Seagrave Wolds Challenge – 14th November 2009

Name	Position	Time	Category	Race Number
Richard Brooks	203	02:49:00	M40	170
Carolyn Kelly	206	02:49:00	F35	169

Suicide Six (ish) – 15th November 2009

Name	Position	Time	Category	Race Number
Stephen Cleary	71	0:45:23	SM	689
Neil Hale	103	0:47:07	MV50	687
Chris Pearson	117	0:47:48	MV60	521
Richard Brooks	152	0:49:16	MV40	79
Paul Orme	154	0:49:18	SM	683
Mark Woodall	159	0:49:38	SM	4
Steve Amos	177	0:50:27	MV50	45
Paul Westwood	196	0:51:03	MV50	538
Michael Elwell	226	0:52:02	MV50	523
Paul Connor	238	0:52:48	MV40	186
James Coldicot	246	0:53:08	SM	2
Andrew Smith	318	0:55:28	MV40	150
Clive Bucknall	362	0:57:02	MV60	788
Kristina Newton	388	0:57:44	FV50	59
Carolyn Kelly	407	0:59:02	FV35	78
Judith Bazeley	481	1:01:41	SF	539
Gill Harper	484	1:01:49	FV35	784
Stephen Gaul	518	1:03:07	SM	436
Carl Woodhouse	534	1:03:44	SM	406
Ursula Elwell	640	1:14:07	FV50	522

Elan Valley 10Mile Road Race – 21st November 2009

Name	Position	Time	Category	Race Number
Angela Glover	97	1:31:52	F35	316

Tipton Harriers 5K – 22nd November 2009

Name	Position	Time	Category	Race Number
Michael Elwell	57	22.58	MV50	
Jane Cleary	80	26.10	FV40	
Ursula Elwell	106	29.50	FV50	

MIDLANDS MENS 7M CC CHAMPIONSHIPS – 28th November 2009

Name	Position	Time	Category	Race Number
Dave Daniels	44	0:45:40		302
Chris Pearson	93	0:55:23		304
Mike Elwell	98	0:57:20		303