

**Tenbury 10K, - 8th August 2010**

Name	Position	Total Time	Category	Race Number	Cat Position
Steve Amos	69	47:36	MV50	4	
Patricia Potter	152	66:20	FV45	5	

**800 Metres - Masters Inter-Area Track & Field Match, Solihull - 8th August 2010**

Name	Position	Total Time	Category	Race Number	Cat Position
Mike Elwell	8	3:00.9	M50	H5	8

**1500 Metres - Masters Inter-Area Track & Field Match, Solihull - 8th August 2010**

Name	Position	Total Time	Category	Race Number	Cat Position
Mike Elwell	8	5:55.9	M50	H5	8

**3000 Metres - Masters Inter-Area Track & Field Match, Solihull - 8th August 2010**

Name	Position	Total Time	Category	Race Number	Cat Position
Mike Elwell	8	12:56.1	M50	H5	8

**Borrowdale fell race cat AL 17miles 6,500 feet ascent - Saturday 7th August 2010**

Name	Position	Time	Category	Cat Position
David Malia	166	4.30.29	MV40	

**VAC 5k Road Race Champs, Battersea – 10th August 2010**

Name	Position	Total Time	Category	Race Number	Cat Position
Mike Elwell	20	22:26	MV55	03	6

**HALESOWEN M.T. 8– 11th August 2010**

Name	Position	Total Time	Category	Race Number	Age Cat Pos
Danny Piesley	54	39.18	MV40	66	

**STOURBRIDGE STUMBLE 2010– 14th August 2010**

Name	Position	Total Time	Category	Race Number	Cat Position
Elliott Lynch	11	0:41:39	SM	80	
Steve Fletcher	28	0:44:19	MV50	145	
Carson Tweedie	34	0:45:31	SM	132	
Christopher Pearson	56	0:47:53	MV60	242	
Jill Hall	60	0:48:10	FV45	15	
Steve Amos	72	0:49:08	MV50	9	
Catherine Mayall	75	0:49:32	FV35	124	
Kristina Newton	106	0:53:46	FV50	8	
Carl Woodhouse	159	0:59:58	SM	241	

Francine Orme	170	1:02:34	FV60	146	1
Sally Folkes	172	1:02:54	FV45	197	
Doug Crowe	189	1:07:51	MV50	209	

#### Y Garn fell race cat AS 3miles 1,500 feet ascent - Saturday 14th August 2010

Name	Position	Time	Category	Cat Position
David Malia	15	35.39	MV40	4

#### Belper Rugby Rover 30km – 15th August 2010

Name	Position	Total Time	Category	Race Number	Cat Position
DannyPIESLEY	136	02:50:11	M40	174	
CarolynKELLY	320	03:53:58	W35	48	

#### RACE THE TRAIN (Rotary Challenge) 2010 – 21 August 2010

Name	Position	Total Time	Category	Race Number	Age Cat Pos
Richard Brooks	373	2:02:23	MV40	77	
Carolyn Kelly	647	2:27:16	FV35	364	

#### Club Triathlon Relays 2010– (500m swim / 15km bike / 5km run) – 21st August 2010

Name	Swim (500m)	Bike (15km)	Run (5km)	Total
<b>Cobra Open</b>				
Matt Cherry	0:05:35	0:25:22	0:20:06	
Helen Rea	0:11:00	0:30:14	0:25:59	
Paul Westwood	0:09:38	0:27:14	0:22:49	
Paul Orme	0:09:50	0:26:47	0:22:28	
				<b>3:57:09</b>
<b>Cobra Mixed</b>				
Jude Bazeley	0:07:28	0:29:26	0:28:54	
Stirling Farmer	0:09:49	0:29:03	0:24:25	
Jenny Pledger	0:13:40	0:32:56	0:24:12	
Wayne Harper	0:10:54	0:28:08	0:23:27	
				<b>5:35:00</b>

#### Sedbergh hills fell race cat AL 14 miles 6,000 feet ascent - Sunday 22nd August 2010

Name	Position	Time	Category	Cat Position
David Malia	50	2.55.16	MV40	24

#### Ochill 2000's fell race cat AL 18miles 5,000 feet ascent - Saturday 28th August 2010

Name	Position	Time	Category	Cat Position
David Malia	38	3.38.30	MV40	15

#### Sandwell Six Towns 17.5M LDWA with navigation - 29th August 2010

Name	Position	Time	Category	Race Number	Cat Position
Carolyn Kelly		3:03:00			1st

