

The Asics Alsager 5 – 7th February 2010

Name	Position	Time	Category	Cat Position
Richard Heaven	563	40:43	V40	89
Julie Coxon	765	47:05	L40	40

Centurion Grand Prix Series, Kingshurst, incl. MMAC Road Running Handicaps – 7th February 2010

Name	Handicap Pos	Time	Category	Actual Position
Michael Elwell	1	36:22	MV55	57

Stourbridge Stagger Ladies 6K – 7th February 2010

Name	Position	Time	Category	Race Number
Catherine Mayall	2	33:05	LV35	163

Stourbridge Stagger – 7th February 2010

Name	Position	Time	Category	Race Number
Elliott Lynch	24	1:13:40	Senior Men	153
Christopher Pearson	94	1:23:23	Male Vet 60	344
Steve Amos	124	1:26:26	Male Vet 50	4
Mark Woodall	126	1:26:45	Senior Men	227
Paul Connor	204	1:34:57	Male Vet 50	106
Richard Brooks	205	1:34:57	Male Vet 40	75
Carolyn Kelly	219	1:36:37	Lady Vet 35	453
Stephen Gaul	262	1:40:46	Senior Men	40
Carl Woodhouse	283	1:44:07	Senior Men	10
Jane Cleary	313	1:46:22	Lady Vet 40	428

Birmingham Cross Country League at West Bromwich – 13th February 2010

Name	Position	Time	Category	Race Number
Cath Mayall	71	29:28		
Helen Rea	96	31:24	LV	
Julie Coxon	139	40:16	LV	

The Ladies XC team came 22nd out of 26 teams across all divisions, with 306 points.

Birmingham Cross Country League at West Bromwich – 13th February 2010

Name	Position	Time	Category	Race Number
Mike Tovey	43	39:31		
Steve Cleary	44	39:42		
Dave Daniels	49	40:02		
Dave Hopes	53	40:21		
Steve Fletcher	61	40:51		
Aldo Mussi	83	42:08		
Mike Elwell	99	43:50		
Neil Hale	106	45:13		
Chris Pearson	107	45:15		
Mark Woodall	123	46:27		
Richard Heaven	134	48:08		

There was a great turnout by the Cobra men, enabling them to field two teams in this Division 3 race. The Men's 'A' team came 9th with 333 points, which combined with previous results, gives them a total of 1455 points and a final position of 10th. The Men's 'B' team came 3rd with 712 points.

Stamford St Valentines 30K – 14th February 2010

Name	Position	Time	Category	Race Number
Carolyn Kelly	428	2:42:12	FV35	96

Wyre Forest MT8 – 21st February 2010

Name	Position	Time	Category	Race Number
Judith Bazeley	224	1:24:13	FV35	39
Sally Folkes	247	1:28:23	FV45	200

Action Heart 5 – 28th February 2010

Name	Position	Time	Category	Race Number
Michael Tovey	29	0:30:56	SM	1600
Elliott Lynch	56	0:32:58	SM	1240
Neil Hale	82	0:34:43	MV50	1123
Michael Elwell	88	0:34:59	MV50	1209
Catherine Mayall	102	0:35:32	FV35	1540
Steve Amos	121	0:36:20	MV50	1076
Chris Pearson	133	0:36:50	MV60	1320
Sarah Collett	154	0:37:33	SF	1655
Kristina Newton	209	0:39:39	FV50	1275
Sally Folkes	341	0:44:52	FV35	1201
Ursula Elwell	421	0:48:04	FV50	1210
Marsha Brazier	525	0:52:30	FV35	1290