

	MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION				
	MEN'S '7' MILE CHAMPIONSHIP				
	SPECIFIC RULE				
	2024	2023	2022	2021	2020
Individual	Jack Gray	Milan Campion	Tim Hartley	George BEARDMORE	No Event
	Cambridge & Coleridge AC	Notts AC	Notts AC	Worcester A C	
Team	Notts AC	Cannock & Staffs AC	Notts AC	Notts A C	No Event
Members	Rezene Hayle	Christopher Perrin	Tim Harley	Merhawi TKUE	No Event
	John Muddeman	Thomas Eustace	Matthew Williams	Cameron CASS	
	Anthony Woodward	Phil Wolfe	Jack Holland	Craig TAYLOR	
	Steve Long	Ryan Ashworth	Sam Godwin	Marti WHITEHOUSE	
	Daniel Ryan	Jonathan Biddle	George Tipping	Joel McGRAW	
	Colin Palmer	James Perrin	Tom DeJong	Mike ROMANIENKO	
RULE FOR THIS EVENT			<i>The Men's individual race winner and the six scoring athletes in the winning team are disqualified and ineligible for individual and team medals/ trophies for the next five years/four races. Although all may still compete as non-scorers.</i>		
			Sep-25		