

RESULT OF THE CLUB 5-MILE CROSS COUNTRY CHAMPS, 29/9/12

Men

- | | |
|--------------------------|--------|
| 1. Dan Gobran (S) | 30:39* |
| 2. Mike Rolfe (V50) | 30:54 |
| 3. Rioch O'Gorman (S) | 31:16 |
| 4. Craig Veall (V50) | 32:06 |
| 5. Steve Luton (V40) | 34:38 |
| 6. Duncan Rayney (V40) | 35:01 |
| 7. Simon Childs (V50) | 37:12 |
| 8. Steve Lockstone (V40) | 37:16 |

Women

- | | |
|-------------------------|-------|
| 1. Yvette Mays (S) | 39:30 |
| 2. Jean Hobbs (V60) | 42:07 |
| 3. Michaela Davis (V45) | 46:53 |

* Dan was also awarded the Steve Hall trophy for his performance.