

## Club 5-Mile Cross Country Championships 2013

28th September – Epping Forest

1.	M Rolfe (VM50)	31:40
2.	D Rayney (VM40)	33:04
3.	S Luton (VM40)	34:36
4.	J Whitehouse (VM40)	35:54
5.	G Hooper (VM40)	37:01
6.	G Shillaker (VW50)	38:10
7.	J Hobbs (VW60)	41:00
8.	I Petersen (VW45)	45:46
9.	G Harwood (VW50)	47:34
10.	D Hobbs (VM65)	47:35
11.	M Davis (VW45)	50:22
12.	K Johnson (VW40)	51:28