

## English National Cross Country Championships 2013

| Pos        | Time    | No   |                   |
|------------|---------|------|-------------------|
| <b>Men</b> |         |      |                   |
| 246        | 0:50:06 | 5669 | David Wakefield   |
| 349        | 0:52:32 | 5663 | Nick Joyce        |
| 381        | 0:53:12 | 5656 | Ben Forster       |
| 408        | 0:53:44 | 5655 | Kevin Emmett      |
| 425        | 0:54:04 | 5648 | Paul Bainbridge   |
| 426        | 0:54:06 | 5647 | George Bainbridge |
| 535        | 0:56:38 | 5645 | Nick Atkinson     |
| 437        | 0:54:17 | 5662 | Mick Jones        |
| 585        | 0:57:42 | 5653 | Paul Doxford      |
| 620        | 0:58:22 | 5646 | Kevin Ayre        |
| 699        | 1:00:15 | 5659 | Mark Hodgson      |
| 725        | 1:00:59 | 5665 | Richard Nettleton |
| 728        | 1:01:04 | 5672 | Neil Yorston      |
| 766        | 1:02:00 | 5670 | Peter Walker      |
| 787        | 1:02:25 | 5667 | Simon Russell     |
| 795        | 1:02:43 | 5666 | Paul Oliver       |
| 877        | 1:05:24 | 5652 | Aaron Day         |
| 886        | 1:05:49 | 5657 | Phil Freestone    |
| 921        | 1:07:16 | 5649 | Pablo Bernad      |
| 966        | 1:09:26 | 5658 | Michael Gibson    |
| 984        | 1:10:59 | 5650 | Alan Bone         |
| 991        | 1:11:38 | 5671 | Paul West         |

### Women

|     |         |  |                 |
|-----|---------|--|-----------------|
| 154 | 0:38:58 |  | Linda Bone      |
| 171 | 0:39:57 |  | Suzanne Gutcher |
| 220 | 0:41:34 |  | Helen Gallagher |
| 260 | 0:43:00 |  | Rebecca Forster |
| 265 | 0:43:27 |  | Angela Charlton |
| 278 | 0:44:05 |  | Paula Atkinson  |
| 286 | 0:44:22 |  | Alison Bone     |
| 327 | 0:46:30 |  | Ashleigh Little |
| 328 | 0:46:31 |  | Lisa Oliver     |
| 342 | 0:47:20 |  | Tracey Emmett   |
| 368 | 0:49:43 |  | Melanie Rogers  |
| 385 | 0:51:24 |  | Elise Wiegmann  |
| 392 | 0:52:05 |  | Patricia White  |

### Junior Men

|     |         |      |            |
|-----|---------|------|------------|
| 122 | 0:43:24 | 2441 | Jak Watson |
|-----|---------|------|------------|

### U17 Men

|     |         |  |   |
|-----|---------|--|---|
| 31  | 0:21:25 |  | Liam Emmett                               |
| 196 | 0:25:28 |  | Jonny Evans [South Shields Harriers & AC] |

### U13 Boys

|    |         |  |                   |
|----|---------|--|-------------------|
| 80 | 0:12:47 |  | Matthew Wakefield |
|----|---------|--|-------------------|