

RESULT OF THE CLUB 5-MILE CROSS COUNTRY CHAMPS, 24/9/11

This was a much bigger turnout than in recent years, with some (I think) guests). Also, despite some runners going off course, the surface must have been drier than last year. This is because most people who ran last year were quicker this time. Perhaps they are all fitter!

Men

1. Neil Swift (guest)	31:56
2. Jim Whiffin (V55)	33:56
3. John Whitehouse	34:17
4. Duncan Rayney (V40)	34:21
5. Dave Tyson	35:35
6. Simon Childs (V50)	36:40

Women

1. Helen Real	33:52
2. Gay Shillaker (V50)	36:02
3. Anne Heeks (V50)	37:37
4. Jo Whiffin (V45)	41:09
5. Irene Petersen (V45)	46:17
6. Catherine Johnson (V40)	49:26
7. Gail Tovey (guest?)	51:04
7. Gail McKeever (guest?)	51:04

The Steve Hall Trophy for the best performance on the day went to Helen Real