

Kempt Tower Cross Country 15th December 13

| Place | Name | Woman (w) | Time |
|--------------|-------------------------|------------------|-------------|
| 1 | Tony Banks | | 30.11 |
| 2 | Phil Maguire | | 31.29 |
| 3 | Damian Maher | | 31.37 |
| 4 | Jon Coote | | 32.02 |
| 5 | Alex Gorrod | | 32.05 |
| 6 | Nick Gorrod | | 32.25 |
| 7 | Jo Gorrod | w | 32.58 |
| 8 | Katie Thompson | w | 35.35 |
| 9 | Andrea Banks | w | 37.43 |
| 10 | Glenn Springate | | 37.54 |
| 11 | Paul Huddlestone | | 38.59 |
| 12 | Dave Woodsford | | 39.43 |
| 13 | Ana Goncalves | w | 40.14 |
| 14 | Rob Benest | | 40.35 |
| 15 | Rachel Maher | w | 40.36 |
| 16 | Bernie Arthur | | 40.39 |
| 17 | Sue Le Ruez | w | 40.42 |
| 18 | Jon Mawson | | 43.45 |
| 19 | Sue Mawson | w | 43.56 |
| 20 | Ellen Barr | w | 44.52 |
| 21 | Vic Gonsalves | | 48.55 |
| | Under 15, 3 laps | | |
| | Jack Leerson | | 20.53 |