

Aston Park Event 30/11/13 Results

Long Course 5K

| Position | Name | Age Class | Club | Time |
|----------|------------------|-----------|-------|-------|
| 1 | Chris Mc Cartney | M40 | OD | 25:24 |
| 2 | Ian Gamlen | M45 | COBOC | 29:26 |
| 3 | Peter Langmaid | M45 | HOC | 31:41 |
| 4 | Delia Kingsbury | W45 | WRE | 34:35 |
| 5 | Mike King | M55 | OD | 35:42 |
| 6 | Barry Mc Gowan | M65 | HOC | 41:42 |
| 7 | Oliver King | M18 | OD | 46:45 |