

EVAC

BMAF XC CHAMPIONSHIPS 16 MARCH 2013, Sunderland

EVAC members

Men 35 - 65 Race

46	31:32	BRIDGELAND, Michael	Chelmsford	Male 55 to 59	3 rd
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Women 35 + race

13	25:42	MCCARTHY, Maureen	West Suffolk AC	Lady 50 to 55	3 rd
19	26:31	KING, Wendy	Chelmsford	Lady 40 to 44	1 st
52	28:46	GRANT, Helen	Cambridge & Coleridge AC	Lady 50 to 54	
124	38:29	HOLMES, Mary	Cambridge & Coleridge AC	Lady 75 to 79	1 st