

Kembla Joggers Race Results

Summer Series

Date: 8th October 2013
Venue: West Dapto
Courses: Jnr 1km, 2km, & 3km XC Snr 5km XC

[Full results](#)

Pos	Name	Time	Age Group Records
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5Km Senior Cross Country Championship

Open Male

1	Travis Powell	19:15.2
2	Tim East	23:26.8

Male U/18

1	Liam Henderson	19:39.7	15-19 AGR
2	Ben Mezedi	21:22.5	

Male 35+

1	Elad Haas	18:35.7	
2	Paul Micale	18:46.7	
3	Paul Partland	19:00.8	35-39 AGR
4	Chris Llewellyn	19:43.6	
5	John Mintoff	19:52.6	
6	Peter Berry	20:24.1	
7	Adam Fleming	21:08.4	
8	Daniel Parker	21:36.5	
9	David Hale	24:00.5	
10	Chris Fraser	25:03.2	
11	Adrian Panozzo	26:53.2	

Female 35+

1	Linda Zanotto	24:08.9
2	Bridget Ruddy	24:40.3
3	Ellen Shelley	25:51.5
4	Melinda Stocker	27:02.5
5	Eleise Hale	28:11.8
6	Tracy Mintoff	30:32.9

Male 45+

1	Jon Schol	19:24.8
2	Neil Barnett	19:58.8
3	Col Steele	20:33.9
4	Daniel Sink	21:28.4
5	Craig Sakey	21:55.5
6	Mutahi Wambugu	21:56.2
7	John Mezedi	22:19.4
8	Mark Everton	22:24.0

9	Guy Doulman	23:17.7
10	Paul De Nobrega	23:34.2
11	Roy Koschny	23:41.7
12	Kevin Ryan	25:49.2
13	Rod Batten	27:27.1

Female 45+

1	Janice Henderson	23:05.8
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Male 55+

1	Rafael Moriana	23:04.4
2	David Church	23:47.0
3	Geoff Smith	27:42.7
4	Pasquale Coppolaro	28:24.3
5	David Higgins	28:52.3

Female 55+

1	Patricia O'Dea	23:28.4	
2	Kym Batten	27:49.8	
3	Lynn Tague	31:11.9	60-64 AGR

Male 65+

1	Donald Waden	24:36.0	
2	Andrew Krajewski	25:00.5	
3	Peter Asher	26:21.4	70-74 AGR
4	Warren Evans	31:20.7	

1Km Junior Cross Country Championship

Male U/10

1	Aleks Silins	3:45.8
2	Nathan Henderson-Walls	3:48.1
3	Macklin Berry	4:54.0
4	Hamish Munn	5:29.3
5	Lance Koschny	5:37.0
6	Tom Partland	5:53.3

Female U/10

1	Ella Hewitt	4:56.9
2	Mikayla Carr	5:01.9
3	Delta Amidzovski	5:15.5
4	Sarah Partland	5:50.7
5	Sarah Koschny	6:01.2
6	Maiya Hewitt	6:10.4
7	Madison Walsh	6:13.7
8	Millie Lawson	6:49.7
9	Madeline Hale	7:38.8

2Km Junior Xc Championship

Male U/12

1	Kyle Eskridge	7:18.2
2	Vinnie Scotti	7:38.0
3	Christopher Sink	7:43.8
4	Callum Glasgow	7:55.8
5	Ben Giason	8:08.5
6	Jayden Walsh	8:11.6
8	Bradley Smith	9:48.7
10	Nate Berry	9:55.3
11	Lawson Munn	10:18.9
12	Dylan Parker	11:15.8
14	William Adams	12:40.3

Female U/12

1	Holly Johnstone	9:09.4
2	Kristen Scotti	9:54.0
3	Claire Parker	12:08.3

3Km Junior XC Championship

Male U/16

1	Alex Mezedi	17:52.6
2	Ryan Mutahi	20:07.7

Female U/16

1	Elizabeth Martin	11:37.8
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