

West Dapto - 4km Cross Country - New Course 2012 onwards							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Scotti Hamilton	12.43.3	15/08/2015	Open	Jessica Hull	13:50	12/05/2012
12-14	Samuel Griffiths	13.02.5	15/08/2015	12-14	Keely Small	13.53.9	15/08/2015
15-19	Scotti Hamilton	12.43.3	15/08/2015	15-19	Jessica Hull	13:50	12/05/2012
20-24				20-24	Olivia Lavalle	16:52	9/06/2012
25-29				25-29	Melinda Witchard	14:47	6/06/2015
30-34	Jim Ponton	16:38	27/07/2013	30-34	Teresha Moxham	16:29	26/07/2014
35-39	Matthew Pandelus	16:25	4/08/2012	35-39	Anne Simpson	19.22	8/06/2013
40-44	Paul Micale	13:52	21/04/2012	40-44	Trudi Barnes	17:28	7/06/2014
45-49	Murray Smith	14:37	28/06/2014	45-49	Lorraine Hince	19:39	25/07/2015
50-54	Julian Critchlow	13:30	7/06/2014	50-54	Elizabeth Meldrum	18:18	16/08/2014
55-59	Rafael Moriana	17:26	26/07/2014	55-59			
60-64	David Higgins	23:31	17/08/2013	60-64	Lynn Tague	25.24	8/06/2013
65-69	David Higgins	20.11	16/08/2015	65-69	Lynn Tague	24:27	6/06/2015
70-74				70-74			
75-79				75-79			
80-84				80-84			