

West Dapto - 4km Cross Country - 2012 onwards

Age	Male	Time	Date
Open	Scotti Hamilton	12.44	15/08/2015
12-14	Samuel Griffiths	13.03	15/08/2015
15-19	Scotti Hamilton	12.44	15/08/2015
20-24			
25-29	Adam Rozadilla	16.11	18/06/2016
30-34	Jim Ponton	16.38	27/07/2013
35-39	Matthew Pandelus	16.25	4/08/2012
40-44	Paul Micalé	13.52	21/04/2012
45-49	Murray Smith	14.37	28/06/2014
50-54	Julian Critchlow	13.30	7/06/2014
55-59	Rafael Moriana	17.26	26/07/2014
60-64	Frank Hungerford	21.31	9/04/2016
65-69	Peter Enright	17.08	18/06/2016
70-74			
75-79			
80-84			
Age	Female	Time	Date
Open	Jessica Hull	13.50	12/05/2012
12-14	Keely Small	13.54	15/08/2015
15-19	Jessica Hull	13.50	12/05/2012
20-24	Olivia Lavalle	16.52	9/06/2012
25-29	Melinda Witchard	14.47	6/06/2015
30-34	Teresha Moxham	16.29	26/07/2014
35-39	Teresha Moxham	16.29	3/06/2017
40-44	Trudi Barnes	17.28	7/06/2014
45-49	Lorraine Hince	19.39	25/07/2015
50-54	Elizabeth Meldrum	18.18	16/08/2014
55-59			
60-64	Lynn Tague	25.24	8/06/2013
65-69	Lynn Tague	24.27	6/06/2015
70-74			
75-79			
80-84			