

Race Location

West Dapto

Courses

5Km Cross Country

New course

Age	Male	Time	Date
Open	David Mainwaring	15.54	01/09/2012
12-14	Liam Henderson	17.29	21/07/2012
15-19	Liam Henderson	19.40	08/10/2013
20-24	David Mainwaring	15.54	01/09/2012
25-29	Joel Walsh	19.12	01/09/2012
30-34	Jim Ponton	18.29	01/09/2012
35-39	Paul Partland	18.33	19/11/2013
40-44	Elad Haas	17.29	19/11/2013
45-49	Patrick McPhillips	19.16	19/11/2013
50-54	Phillip Parle	17.55	01/09/2012
55-59	Geoff Smith	22.34	01/09/2012
60-64	Witold Krajewski	20.39	21/07/2012
65-69	Andrew Krajewski	22.18	09/10/2012
70-74	Peter Asher	26.21	08/10/2013
75-79	Michael Hickman	34.26	01/09/2012

Age	Female	Time	Date
Open	Lorraine Hince	18.27	21/07/2012
12-14	Sarah Irons	23.40	01/09/2012
15-19	Olivia Lavallo	21.39	09/10/2012
20-24	Carly Rowland	20.00	21/07/2012
25-29	Tegan Davies	23.20	21/07/2012
30-34	Terasha Moxham	21.32	19/11/2013
35-39	Linda Zanotto	24.04	09/10/2012
40-44	Lorraine Hince	18.27	21/07/2012
45-49	Janice Henderson	22.04	09/10/2012
50-54	Kym Batten	27.14	01/09/2012
55-59	Patricia O'Dea	23.07	09/10/2012
60-64	Lynn Tague	31.12	08/10/2013
65-69			
70-74			
75-79			