

West Dapto - 4km Cross Country - 2012 onwards							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Scotti Hamilton	12.44	15/08/2015	Open	Jessica Hull	13.50	12/05/2012
12-14	Samuel Griffiths	13.03	15/08/2015	12-14	Keely Small	13.54	15/08/2015
15-19	Scotti Hamilton	12.44	15/08/2015	15-19	Jessica Hull	13.50	12/05/2012
20-24	Eli Mears	13.54	05/08/2017	20-24	Olivia Lavallo	16.52	9/06/2012
25-29	Joshua Engel	14.53	12/02/2019	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	Eli Mears	15.01	5/08/2017	35-39	Teresha Moxham	16.29	3/06/2017
40-44	Jeff Chaseling	13.24	12/02/2019	40-44	Trudi Barnes	17.28	7/06/2014
45-49	Murray Smith	14.37	28/06/2014	45-49	Joanne Crawford	17.52	12/02/2019
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	Karen Blay	16.24	12/02/2019
60-64	Frank Hungerford	21.25	27/07/2019	60-64	Lynn Tague	25.24	8/06/2013
65-69	Peter Enright	17.08	18/06/2016	65-69	Lynn Tague	24.27	6/06/2015
70-74	David Higgins	22.41	30/03/2019	70-74			
75-79				75-79			
80-84				80-84			