

CROSS-COUNTRY 2019

28/04/2019 'Lake Seppings' 2K (2.65 km)

Place	Time	Female Place	Name	Age Cat	Cat Place	Km Pace	WAVA %	Event
1	12:28		Harrison Campbell	MU13	1	4:42	61.2	2K
2	13:30		Unknown Visitor	M100+	1	5:06	268.3	2K
3	13:32	1	Lillian Molenda	FU9	1	5:06	68.5	2K
4	13:55		Luke Hutton	MU10	1	5:15	61.3	2K
5	14:37	2	Joanna McCleery	F 20	1	5:31	52.7	2K
6	14:55	3	Jasmine Heslop	F40	1	5:38	54.3	2K
7	15:36		Mason Banham	MU6	1	5:53	66.4	2K
8	16:30	4	Amelia Deutschmann	FU12	1	6:14	52.0	2K
9	16:57		Callum Benson	MU7	1	6:24	61.2	2K
10	16:57		Tony Benson	M40	1	6:24	43.2	2K
11	17:49	5	Erin McCahon	FU12	2	6:44	47.9	2K
12	18:11		Mark Banham	M40	2	6:52	40.2	2K
13	18:25	6	Abigail Molenda	FU8	1	6:57	57.7	2K
14	18:53		Brian McCahon	M40	3	7:07	38.3	2K
15	19:52		Ben Hutton	MU8	1	7:30	48.9	2K
16	19:52	7	Taryn Ramsden	F20	2	7:30	38.8	2K
17	20:03	8	Stacey Ruffo	F30	1	7:34	38.9	2K
18	20:04		Daniel Ruffo	M30	1	7:34	34.0	2K
19	20:55	9	Bridget McCahon	F40	2	7:54	38.7	2K
20	22:44	10	Gemma Ellis	F30	2	8:35	34.7	2K
21	24:24		Jack Heslop	MU9	1	9:12	35.8	2K
22	25:52	11	Chanel Middleton	FU6	1	9:46	41.1	2K
23	25:52	12	Donna Middleton	F30	3	9:46	29.8	2K
24	26:17		Bryce Galos	MU8	2	9:55	37.7	2K
25	26:24	13	Natasha Galos	F40	3	9:58	33.6	2K
26	28:03		Henrik Heslop	MU7	2	10:35	37.0	2K
27	29:52		Curtis Benson	MU6	2	11:16	34.7	2K
28	29:55	14	Carla Benson	F40	4	11:17	27.1	2K
29	37:14	15	Maree Medcraft	F40	5	14:03	22.5	2K
30	37:15	16	Trish Koo	F30	4	14:03	21.2	2K
31	38:37	17	Christie Erenshaw	F30	5	14:34	20.1	2K
32	38:38	18	Leonie Taylor	F50	1	14:35	25.6	2K
33	38:39	19	Aishya Mason	F60	1	14:35	28.4	2K

28/04/2019 'Lake Seppings' 4K (5.28 km)

Place	Time	Female Place	Name	Age Cat	Cat Place	Km Pace	WAVA %	Event
1	23:52		Oliver Pass	MU12	1	4:31	71.5	4K
2	24:57		Troy McCahon	MU14	1	4:44	63.8	4K
3	26:57	1	Tammy Stone	F40	1	5:06	63.8	4K
4	28:08		Caleb Benson	MU11	1	5:20	62.5	4K
5	28:10	2	Georgia Whitelaw	FU10	1	5:20	67.6	4K
6	29:20		Ian Dougan	M60	1	5:33	63.4	4K
7	30:06	3	Sam Hulm	F40	2	5:42	58.9	4K
8	30:07	4	Joslyn Pass	F30	1	5:42	54.9	4K
9	31:31		Noah Ruffo	MU12	2	5:58	52.9	4K
10	31:51		Ken Willis	M30	1	6:02	46.4	4K
11	39:41	5	Ashleigh Tomasetig	F30	2	7:31	41.6	4K

12	44:13		Keith Lindesay	M70	1	8:22	45.0	4K
13	44:36	6	Jen Bristow	F40	3	8:27	40.3	4K
14	48:32	7	Whitney Weaver	F40	4	9:12	38.8	4K
15	48:33	8	Karen Douglas	F60	1	9:12	45.2	4K
16	50:18		Mark Weaver	M50	1	9:32	34.3	4K
17	53:11		Craig Shiel	M60	2	10:04	35.2	4K

28/04/2019 'Lake Seppings' 6K (7.91 km)

Place	Time	Female Place	Name	Age Cat	Cat Place	Km Pace	WAVA %	Event
1	32:37		Matt Hutton	M30	1	4:07	69.0	6K
2	32:49		Barend Joubert	M40	1	4:09	74.2	6K
3	33:09		Carl Heslop	M30	2	4:11	67.6	6K
4	34:46		Collin Pass	M30	3	4:24	65.0	6K
5	36:01	1	Kate Pritchett	F30	1	4:33	70.5	6K
6	39:00		Richard Wrightson	M40	2	4:56	62.4	6K
7	39:12		Chris Langslow	M50	1	4:57	67.4	6K
8	39:30	2	Andrea Campbell	F40	1	4:60	70.4	6K
9	42:41		Jeff Douglas	M50	2	5:24	64.0	6K
10	47:42		George du Toit	M50	3	6:02	57.0	6K
11	47:49	3	Stephanie Lindesay	F60	1	6:03	73.9	6K
12	47:54	4	Jo Grace	F50	1	6:03	61.7	6K
13	48:36	5	Sophie Osburn	F50	2	6:09	59.4	6K
14	55:22	6	Kelly Waterhouse	F40	2	6:60	47.0	6K