

# 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

### 5/05/2019 'Lake Seppings' 2K (2.65 km)

Place	Time	Female Place	Name	Age Cat	Cat Place	Km Pace	WAVA %	Event
1	11:15		Collin Pass	M30	1	4:15	61.5	2K
2	11:18		Oliver Pass	MU12	1	4:16	70.9	2K
3	11:19		Charlie Hick	MU11	1	4:16	72.6	2K
4	11:34		Harrison Campbell	MU13	1	4:22	65.9	2K
5	12:19		Jorden Berkelaor	MU10	1	4:39	67.7	2K
6	12:35		Nick Roecker	MU16	1	4:45	57.5	2K
7	12:40		Adam Thomson	MU12	2	4:47	62.9	2K
8	12:47		Miles Deutschmann	MU9	1	4:49	69.3	2K
9	13:32		Billy Hick	MU9	2	5:06	65.7	2K
10	13:32	1	Lillian Molenda	FU9	1	5:06	68.5	2K
11	13:58		Tyler Ravenhill	MU8	1	5:16	68.5	2K
12	14:18		Lucas Ravenhill	MU15	1	5:24	52.0	2K
13	14:21	2	Joanna McCleery	F20	1	5:25	53.7	2K
14	14:34		Coby Ravenhill	MU11	2	5:30	56.3	2K
15	14:50		Brian Deutschmann	M50	1	5:36	54.0	2K
16	14:58	3	Jasmine Heslop	F40	1	5:39	54.1	2K
17	15:11		Stuart Walker	M50	2	5:44	53.1	2K
18	15:40	4	Taliah Bennett-Norman	FU10	1	5:55	57.9	2K
19	15:45		Zaiden Wyatt	MU7	1	5:57	65.8	2K
20	15:51		Luke Thomson	MU8	2	5:59	58.1	2K
21	15:56		Matthew Thomson	M40	1	6:01	47.4	2K
22	16:02		Callum Benson	MU8	3	6:03	64.6	2K
23	16:03	5	Saffron Collins	FU9	2	6:03	57.9	2K
24	16:04		Tony Benson	M40	2	6:04	45.6	2K
25	16:04		Andrew Collins	M40	3	6:04	47.1	2K
26	14:10		Luke Hutton	MU10	2	5:21	60.3	2K
27	17:33	6	Stacey Ruffo	F30	1	6:38	44.4	2K
28	17:34		Daniel Ruffo	M30	2	6:38	38.8	2K
29	17:47	7	Scarlett Swain	FU13	1	6:43	47.6	2K
30	17:47	8	Harriet Swain	FU10	2	6:43	50.7	2K
31	17:48	9	Jayne Wholagan	F40	2	6:43	49.0	2K

32	17:49		Michael Swain	M40	4	6:43	43.0	2K
33	17:53		Bevan Ravenhill	M40	5	6:45	40.7	2K
34	18:59		Ben Hutton	MU8	4	7:10	51.0	2K
35	19:02	10	Abbie Cameron	FU8	1	7:11	54.0	2K
36	19:57	11	Molly Stan-Bishop	FU7	1	7:32	53.3	2K
37	19:58		Christopher Stan-Bishop	M30	3	7:32	34.3	2K
38	19:59	12	Billie Wheeler	FU8	2	7:32	52.7	2K
39	19:59	13	Gemma Ellis	F30	2	7:33	39.4	2K
40	21:55	14	Indi Davey	FU7	2	8:16	48.5	2K
41	21:56	15	Lily Shanks	FU14	1	8:16	37.6	2K
42	25:45	16	Roz Wheeler	F40	3	9:43	31.5	2K
43	25:45		Sol Wheeler	MU6	1	9:43	40.2	2K
44	25:46	17	Abigail Molenda	FU8	3	9:44	41.1	2K
45	25:47	18	Amber Bennett	F20	2	9:44	29.9	2K
46	25:49		Curtis Benson	MU6	2	9:44	40.2	2K
47	25:56	19	Carla Benson	F40	4	9:47	31.3	2K
48	26:20	20	Tia Whyatt	FU9	3	9:56	35.3	2K
49	26:21	21	Shenae Howarth	F20	3	9:57	29.3	2K
50	26:39	22	Sarah Hutton	F30	3	10:03	29.4	2K
51	37:52	23	Christie Erenshaw	F30	4	14:17	20.5	2K
52	37:53	24	Leonie Taylor	F50	1	14:18	26.1	2K

### 5/05/2019 'Lake Seppings' 4K (5.28 km)

Place	Time	Female		Name	Age Cat	Cat		WAVA %	Event
		Place				Place	Km Pace		
1	23:04			Michael Swain	M40	1	4:22	70.8	4K
2	23:38			Aaron Scullard	M30	1	4:29	61.7	4K
3	24:37			Dale Cameron	M50	1	4:40	68.3	4K
4	26:46			Caleb Benson	MU11	1	5:04	65.6	4K
5	28:44			Christopher Stan-Bishop	M30	2	5:26	50.7	4K
6	29:51	1		Georgia Whitelaw	FU10	1	5:39	63.8	4K
7	29:52			Mitchell Eley	MU10	1	5:39	61.0	4K
8	32:28	2		Corinne Stoner	F50	1	6:09	59.5	4K
9	32:30	3		Dora Adeline	F40	1	6:09	54.4	4K
10	32:31			Jamie Scally	M40	2	6:10	49.0	4K
11	32:51	4		Rebecca Ravenhill	F30	1	6:13	51.8	4K
12	42:25	5		Emily Shiel	F40	2	8:02	41.2	4K
13	42:25	6		Caroline Evans	F60	1	8:02	54.0	4K
14	42:25	7		Karen Douglas	F60	2	8:02	51.8	4K
15	49:31			Craig Shiel	M60	1	9:23	37.8	4K

### 5/05/2019 'Lake Seppings' 6K (7.91 km)

Place	Time	Female		Name	Age Cat	Cat		WAVA %	Event
		Place				Place	Km Pace		
1	31:08			Matt Hutton	M30	1	3:56	72.3	6K
2	38:00			Richard Wrightson	M40	1	4:48	64.1	6K
3	38:30			Chris Langslow	M50	1	4:52	68.7	6K
4	39:09	1		Dinah Roecker	F40	1	4:57	71.7	6K
5	41:47			Jeff Douglas	M50	2	5:17	65.4	6K
6	47:03			Ken Willis	M30	2	5:57	48.1	6K
7	47:16			George du Toit	M50	3	5:58	57.5	6K
8	47:35			Steve Williams	M30	3	6:01	46.6	6K
9	47:36			Ian Dougan	M60	1	6:01	59.9	6K
10	48:28	2		Jo Grace	F50	1	6:08	61.0	6K
11	50:49	3		Sophie Osburn	F50	2	6:25	56.8	6K
12	50:53			Paul O'Meehan	M50	4	6:26	53.3	6K

### 12/05/2019 'Lake Seppings' 2K (2.65 km)

Place	Time	Female		Name	Age Cat	Cat		WAVA %	Event
		Place				Place	Km Pace		
1	9:52			Collin Pass	M30	1	3:43	70.2	2K
2	11:16			Charlie Hick	MU11	1	4:15	72.9	2K
3	11:21			Lorcan Contier	MU10	1	4:17	74.0	2K
4	12:45			Jorden Berkelaor	MU10	2	4:49	65.3	2K
5	12:56			Miles Deutschmann	MU9	1	4:53	68.4	2K

6	13:01	1	Lillian Molenda	FU9	1	4:55	71.1	2K
7	13:11		Coby Ravenhill	MU11	2	4:59	62.2	2K
8	13:23		Billy Hick	MU9	2	5:03	66.4	2K
9	13:24	2	Freya Bowyer	FU10	1	5:03	66.9	2K
10	13:24	3	Joanna McCleery	F20	1	5:03	57.5	2K
11	13:58		Adam Thomson	MU12	1	5:16	57.0	2K
12	14:24		Luke Hutton	MU10	3	5:26	59.2	2K
13	14:35	4	Taliah Bennett-Norman	FU10	2	5:30	62.2	2K
14	15:01		Tyler Ravenhill	MU8	1	5:40	63.5	2K
15	15:12	5	Saffron Collins	FU9	2	5:44	61.1	2K
16	15:14		Andrew Collins	M40	1	5:45	49.7	2K
17	15:36		Ken Willis	M30	2	5:53	44.5	2K
18	15:38	6	Lucy Thomson	FU11	1	5:54	56.7	2K
19	15:48		Callum Benson	MU8	2	5:58	65.4	2K
20	15:55		Tony Benson	M40	2	6:01	46.0	2K
21	16:01		Seumas Contier	MU7	1	6:03	64.7	2K
22	16:04	7	Cathie Contier	F30	1	6:04	50.2	2K
23	16:09		Brian McCahon	M40	3	6:06	44.8	2K
24	16:58	8	Erin McCahon	FU12	1	6:24	50.3	2K
25	17:36		Mason Banham	MU6	1	6:39	58.9	2K
26	17:40		Mark Banham	M40	4	6:40	41.4	2K
27	17:52	9	Jenny Grandidge	F30	2	6:45	43.4	2K
28	18:58	10	Scarlett Swain	FU13	1	7:09	44.6	2K
29	19:12	11	Gemma Ellis	F30	3	7:15	41.1	2K
30	19:49	12	Harriet Swain	FU10	3	7:29	45.5	2K
31	19:57	13	Amber Bennett	F20	2	7:32	38.6	2K
32	20:49		Daniel Ruffo	M30	3	7:51	32.8	2K
33	20:49	14	Stacey Ruffo	F30	4	7:51	37.5	2K
34	20:51		Henrik Heslop	MU7	2	7:52	49.7	2K
35	20:57	15	Abigail Molenda	FU8	1	7:54	50.5	2K
36	21:25	16	Bridget McCahon	F40	1	8:05	37.8	2K
37	21:43	17	Chanel Middleton	FU6	1	8:12	48.9	2K
38	21:45	18	Donna Middleton	F30	5	8:13	35.5	2K
39	22:10		Max Bowyer	MU8	3	8:22	43.7	2K
40	22:11		Ben Hutton	MU8	4	8:22	43.6	2K
41	22:19	19	Meagan Diver	F30	6	8:25	35.8	2K
42	22:36		Curtis Benson	MU6	2	8:32	45.9	2K
43	22:38	20	Carla Benson	F40	2	8:32	35.9	2K
44	22:41	21	Sarah Hutton	F30	7	8:34	34.5	2K
45	23:15		Jack Heslop	MU9	3	8:46	37.5	2K
46	25:36	22	Billie Wheeler	FU8	2	9:39	41.1	2K
47	25:37	23	Roz Wheeler	F40	3	9:40	31.7	2K
48	28:20	24	Dawn Holmes	F70	1	10:42	44.7	2K
49	31:31		Geoff Holmes	M70	1	11:53	30.6	2K
50	35:23		Alex Khoo	MU7	3	13:21	29.3	2K
51	35:27	25	Trish Khoo	F30	8	13:23	22.3	2K
52	35:53	26	Leonie Taylor	F50	1	13:32	27.6	2K
53	35:54	27	Christie Erenshaw	F30	9	13:33	21.7	2K
54	45:16		Sol Wheeler	MU6	3	17:05	22.9	2K
55	45:17		Adam Wheeler	M40	5	17:05	16.3	2K

### 12/05/2019 'Lake Seppings' 4K (5.28 km)

Place	Time	Female Place	Name	Age	Cat		WAVA %	Event
				Cat	Place	Km Pace		
1	22:33		Michael Swain	M40	1	4:16	72.4	4K
2	23:47		Aaron Scullard	M30	1	4:30	61.3	4K
3	24:51		Troy McCahon	MU14	1	4:42	64.0	4K
4	26:53		Mitchell Eley	MU10	1	5:06	67.7	4K
5	27:04		Caleb Benson	MU11	1	5:08	64.9	4K
6	27:34	1	Georgia Whitelaw	FU10	1	5:13	69.1	4K
7	27:44		Jesiah Bresanello	MU10	2	5:15	65.6	4K
8	27:54		Joe Clark-Murphy	M70	1	5:17	72.9	4K
9	29:20		Mark Byrnes	M50	1	5:33	59.2	4K
10	30:18		Brian Deutschmann	M50	2	5:44	56.3	4K
11	30:59	2	Kate Vandenberg	F30	1	5:52	53.7	4K

12	33:29		Mal Ellis	M40	2	6:20	45.7	4K
13	35:33	3	Grace Byrnes	F40	1	6:44	49.9	4K
14	42:38	4	Emily Shiel	F40	2	8:04	41.0	4K
15	44:48	5	Berni Scott	F50	1	8:29	46.8	4K
16	44:48	6	Caroline Evans	F60	1	8:29	51.1	4K
17	48:07	7	Whitney Weaver	F40	3	9:07	39.1	4K
18	48:08	8	Karen Douglas	F60	2	9:07	45.6	4K
19	48:09		Mark Weaver	M50	3	9:07	35.8	4K
20	48:19		Craig Shiel	M60	1	9:09	38.8	4K

### 12/05/2019 'Lake Seppings' 6K (7.91 km)

Place	Time	Female Place	Name	Age Cat	Cat Place	Km Pace	WAVA %	Event
1	30:39		Matt Hutton	M30	1	3:52	73.5	6K
2	36:11		Deon Utber	M40	1	4:34	68.2	6K
3	37:19		John Stoner	M50	1	4:43	70.7	6K
4	37:27		Chris Langslow	M50	2	4:44	70.6	6K
5	38:35	1	Dinah Roecker	F40	1	4:53	72.8	6K

### 19/05/2019 'Denmark WOW' 2K (2.5 km)

Place	Time	Female Place	Name	Age Cat	Cat Place	Km Pace	WAVA %	Event
1	8:50		Adam Thomson	MU12	1	3:32	97.6	2K
2	9:02		Unknown Visitor	M100+	1	3:37	434.8	2K
3	9:16		Charlie Hick	MU11	1	3:42	96.2	2K
4	9:39		Lucas Ravenhill	MU15	1	3:52	83.4	2K
5	10:26	1	Lillian Molenda	FU9	1	4:10	96.3	2K
6	10:38	2	Joanna McCleery	F20	1	4:15	78.6	2K
7	10:44		Coby Ravenhill	MU11	2	4:18	82.7	2K
8	10:54		Billy Hick	MU9	1	4:22	88.3	2K
9	11:02	3	Jasmine Heslop	F40	1	4:25	79.5	2K
10	12:08	4	Taliah Bennett-Norman	FU10	1	4:51	81.0	2K
11	12:32	5	Sophie Millar	F30	1	5:01	67.4	2K
12	12:39		Seumas Contier	MU7	1	5:04	88.8	2K
13	12:50	6	Millie Wilkes	FU8	1	5:08	84.8	2K
14	12:59		Unknown Visitor	M100+	2	5:12	302.3	2K
15	13:14	7	Abigail Molenda	FU8	2	5:18	86.5	2K
16	13:17		Tim Yap	M30	1	5:19	56.3	2K
17	13:17	8	Jenny Grandidge	F30	2	5:19	63.3	2K
18	13:45	9	Rebecca Ravenhill	F30	3	5:30	63.5	2K
19	14:13		Unknown Visitor	M100+	3	5:41	276.1	2K
20	14:17		Unknown Visitor	M100+	4	5:43	274.9	2K
21	14:27		Luke Molenda	MU6	1	5:47	77.8	2K
22	14:31		Henrik Heslop	MU7	2	5:49	77.4	2K
23	14:34		Casey Molenda	M30	2	5:50	53.2	2K
24	14:55	10	Amber Bennett	F20	2	5:58	56.0	2K
25	15:03		Unknown Visitor	M100+	5	6:01	260.9	2K
26	15:27		Unknown Visitor	M100+	6	6:11	254.1	2K
27	15:31		Damien Yarran	M40	1	6:12	51.3	2K
28	15:59		Unknown Visitor	M100+	7	6:24	245.6	2K
29	16:13		Unknown Visitor	M100+	8	6:29	242.0	2K
30	16:48	11	Meagan Diver	F30	4	6:43	51.6	2K
31	17:00		Unknown Visitor	M100+	9	6:48	230.8	2K
32	17:30	12	Karen Douglas	F60	1	7:00	65.5	2K
33	18:07		Unknown Visitor	M100+	10	7:15	216.7	2K
34	19:59		Geoff Holmes	M70	1	7:60	52.3	2K
35	21:29	13	Stella Hick	FU7	1	8:36	53.6	2K
36	22:05	14	Dawn Holmes	F70	1	8:50	62.1	2K
37	25:29	15	Christie Erenshaw	F30	5	10:12	33.1	2K
38	25:30	16	Leonie Taylor	F50	1	10:12	42.0	2K

### 19/05/2019 'Denmark WOW' 4K (5 km)

Place	Time	Female Place	Name	Age Cat	Cat Place	Km Pace	WAVA %	Event
1	23:55		Lorcan Contier	MU10	1	4:47	81.2	4K

2	26:36		Alan Miller	M30	1	5:19	60.3	4K
3	28:18		Unknown Visitor	M100+	1	5:40	296.3	4K
4	28:32		Unknown Visitor	M100+	2	5:42	294.0	4K
5	31:10		Unknown Visitor	M100+	3	6:14	269.1	4K
6	41:04		Unknown Visitor	M100+	4	8:13	204.3	4K
7	41:13	1	Emily Shiel	F40	1	8:15	46.0	4K
8	41:15		Damien Yarran	M40	1	8:15	41.2	4K
9	42:13		Unknown Visitor	M100+	5	8:27	198.7	4K
10	43:05		Keith Lindesay	M70	1	8:37	50.2	4K
11	45:51		Craig Shiel	M60	1	9:10	44.5	4K
12	50:44	2	Caroline Evans	F60	1	10:09	49.0	4K
13	50:45	3	Karen Douglas	F60	2	10:09	47.0	4K

### 19/05/2019 'Denmark WOW' 6K (10 km)

Place	Time	Female Place	Name	Age Cat	Cat Place	Km Pace	WAVA %	Event
1	43:26		Barend Joubert	M40	1	4:21	82.3	6K
2	44:23		Carl Heslop	M30	1	4:26	74.1	6K
3	45:22		Collin Pass	M30	2	4:32	73.1	6K
4	48:33		Steve Williams	M30	3	4:51	67.2	6K
5	49:53		Unknown Visitor	M100+	1	4:59	348.9	6K
6	51:29		Chris Langslow	M50	1	5:09	75.6	6K
7	51:34		Unknown Visitor	M100+	2	5:09	337.6	6K
8	55:57		Jeff Douglas	M50	2	5:36	71.9	6K
9	56:13		Joe Clark-Murphy	M70	1	5:37	81.6	6K
10	58:22		Dan Smith	M60	1	5:50	74.8	6K
11	59:32	1	Stephanie Lindesay	F60	1	5:57	87.1	6K
12	1:00:19		Ian Dougan	M60	2	6:02	69.6	6K
13	1:02:12	2	Cathie Contier	F30	1	6:13	61.0	6K
14	1:27:02	3	Jenny Bristow	F40	1	8:42	46.0	6K
15	1:27:03	4	Sam Hulm	F40	2	8:42	45.3	6K