

2013 Winter Series - 3/08/2013
Short Course Cross Country Championships
Rydalmere
Rankings

Event 5 Mixed 5k Run CC 35+ F, 55+ M

Name	Age	School	Finals	Points
35-44 Results - Women 5000 Run				
1 Hince, Lorraine	W36	Kembla Joggers Inc	19:13	1
2 Fitzgerald, Anna	W35	Sydney Strid	19:26	2
3 Rudloff, Leanne	W36	Sutherland District	20:34	3
4 Brown, Naomi	W44	Asics Wests Track	20:52	4
5 Suffolk, Cristine	W43	Nowra	20:56	5
6 Walsham, Deb	W38	Asics Wests Track	21:05	6
7 Gard, Linda	W37	Hills Aim	21:10	7
8 Molesworth, Lillian	W35	Bankstown Sp	21:23	8
9 Carey, Lisa-Anne	W37	Sydney Strid	22:16	9
10 Hogg, Katherine	W41	Sydney Strid	22:21	10
11 Roediger, Rosemary	W39	Hills Aim	22:30	11
12 Jones, Elizabeth	W44	Cherrybrook	23:12	12
13 Keating, Trish	W38	Sutherland District	23:17	13
14 Byrne, Fiona	W44	Sutherland District	23:25	14
15 Flynn, Sue	W36	Kembla Joggers Inc	23:50	15
16 O'Dea, Patricia	W36	Kembla Joggers Inc	23:53	16
17 Hughes, Therese	W37	Sutherland District	24:39	17
18 Watson, Natalie	W44	Hills Aim	24:43	18
19 McPhillips, Victoria	W39	Kembla Joggers Inc	24:50	19
20 Harrison, Lisa	W37	Hills Aim	24:55	20
21 McKinlay, Fiona	W44	Sydney Strid	25:12	21
22 Ingram, Rachel	W44	Bankstown Sp	27:30	22
45-54 Results - Women 5000 Run				
1 Stringer, Mary	W46	Sydney Strid	21:38	1
2 Yarnell, Caroline	W53	Sydney Strid	24:01	2
3 Taylor, Kerryn	W47	Bankstown Sp	24:57	3
4 Re, Margaret	W47	Bankstown Sp	25:22	4
5 Smith, Robyn	W46	Girraween	26:35	5
6 Hayter, Terrie	W45	Bankstown Sp	26:56	6
7 Ryan, Alison	W47	Bankstown Sp	27:09	7
8 Ashworth, Helen	W45	Sydney Strid	27:55	8
9 Di Tommaso, Jannion	W47	Sydney Strid	28:29	9
10 Maxwell, Michelle	W47	Illawong & D	29:15	10
11 Brady, Jocelyn	W50	Illawong & D	31:33	11
55-64 Results - Women 5000 Run				
1 Beardslee, Margaret	W55	Mingara	22:29	1
2 Jessop, Gina	W59	Bankstown Sp	23:29	2
3 Chenery, Susan	W55	Bankstown Sp	24:12	3
4 Cox, Cathy	W57	Bankstown Sp	25:20	4
5 Pes, Rasa	W60	Bankstown Sp	29:41	5
6 Dalton, Shirley	W61	Bankstown Sp	30:33	6
7 Maskiell, Rosalind	W57	Illawong & D	31:18	7
8 O'Mara, Lyn	W63	Bankstown Sp	31:59	8
9 Richards, Marcia	W60	Illawong & D	32:06	9
10 Siepmann, Dot	W59	Bankstown Sp	32:17	10
11 Hillsdon, Dianne	W57	Bankstown Sp	32:40	11
55-64 Results - Men 5000 Run				
1 Wylie, Dennis	M60	Hills Aim	19:24	1
2 McEwan, David	M57	Hills Aim	19:48	2
3 Dalton, Gary	M58	Bankstown Sp	20:01	3
4 Mortimer, Michael	M55	Bankstown Sp	20:30	4
5 Helmich, Steven	M58	Sutherland District	20:43	5
6 Terranova, Nicolas	M55	Hills Aim	21:01	6
7 Owens, Jim	M55	St George District	21:10	7
8 Delaney, Kim	M57	St George District	21:12	8
9 Osborne, Robert	M57	Nepean District	21:46	9
10 Cassettari, Peter	M63	Bankstown Sp	22:22	10
11 Kolodziej, Richard	M59	Bankstown Sp	22:22	11
12 Hamilton, Keith	M55	Kembla Joggers Inc	22:26	12

13 Williams, Dennis	M64 Hills Aim	22:26	13
14 Mifsud, Stephen	M55 Girraween	23:08	14
15 Barnes, James	M60 Blue Mountains	23:08	15
16 Cox, Milton	M63 Nowra	23:41	16
17 Helfensdorfer, Walter	M57 Hills Aim	24:05	17
18 Maskiell, Peter	M64 Illawong & D	24:17	18
19 Rose, Terry	M61 Girraween	24:44	19
20 Thiel, Robert	M61 Bankstown Sp	25:01	20
21 Sutton, Richard	M63 Bankstown Sp	25:31	21
22 Beck, David	M57 St George District	25:46	22
23 Fitzpatrick, Peter	M64 St George District	26:01	23
24 Coull, Paul	M56 Sutherland District	26:27	24
25 Kilham, Mick	M57 Bankstown Sp	26:59	25
26 O'Mara, Michael	M60 Bankstown Sp	27:14	26
27 Tognini, Ricardo	M60 Bankstown Sp	28:26	27
28 Wong, Patrick	M58 Bankstown Sp	29:43	28
29 Mar, Roger	M56 Girraween	29:51	29
30 Sheehan, Kevin	M63 Bankstown Sp	30:43	30
31 Kintominas, Terry	M62 Bankstown Sp	34:45	31
32 Knox, Keith	M62 Sutherland District	38:37	32

65-74 Results - Men 5000 Run

1 Scorzelli, Frank	M66 St George District	21:08	1
2 Child, John	M67 Bankstown Sp	22:12	2
3 Napper, Steve	M67 Hills Aim	22:41	3
4 Lyons, Michael	M65 Sutherland District	23:56	4
5 Wright, Noel	M66 Hills Aim	24:15	5
6 Irvine, John	M70 St George District	24:49	6
7 Harrison, James	M72 Bankstown Sp	24:59	7
8 Thom, William	M73 Bankstown Sp	25:36	8
9 Di Michiel, Peter	M65 Bankstown Sp	26:50	9
10 Hillsdon, Roger	M73 Bankstown Sp	26:56	10
11 McDOUGALL, Gordon	M66 Bankstown Sp	27:15	11
12 Elms, Elwyn	M70 Bankstown Sp	27:27	12
13 Edwards, David	M68 St George District	28:20	13
14 Warmoll, Bob	M70 Hills Aim	28:51	14
15 Maver, Christopher	M73 St George District	28:53	15
16 Millett, Raymond	M69 St George District	29:03	16
17 Francis, Geoffrey	M71 Hills Aim	29:10	17
18 Allomes, Graham	M69 Sydney Pacific	29:33	18
19 Perry, Ronald	M73 Athletics Wo	30:11	19
20 Atkins, Alan	M74 Bankstown Sp	30:43	20
21 Reid, Greg	M71 Bankstown Sp	31:02	21
22 Re, Tony	M74 Bankstown Sp	31:10	22
23 Beahan, Gavin	M66 Bankstown Sp	31:32	23
24 Gravitis, Vilis	M70 St George District	34:52	24
25 Stitzinger, Ron	M67 Bankstown Sp	35:57	25

....Event 5 5000 Meter Run CC 35+,40+,45+,50+ M

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
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35-44 Results - Women 5000 Run											
1	Sydney Strid A	42	2	9	10	21					
2	Sutherland District A	47	3	13	14	17					
3	Kembla Joggers A	51	1	15	16	19					
4	Hills Aim A	56	7	11	18	20					
45-54 Results - Women 5000 Run											
1	Bankstown Sp A	20	3	4	6	7					
2	Sydney Strid A	20	1	2	8	9					
55-64 Results - Women 5000 Run											
1	Bankstown Sp A	14	2	3	4	5					
2	Bankstown Sp A	35	6	8	10	11					
55-64 Results - Men 5000 Run											
1	Hills Aim A	22	1	2	6	13					
2	Bankstown Sp A	28	3	4	10	11					

3 St George Dist A	60	7	8	22	23
4 Bankstown Sp B	92	20	21	25	26
5 Bankstown Sp C	116	27	28	30	31

65-74 Results - Men 5000 Run

1 Bankstown Sp A	26	2	7	8	9
2 St George District A	35	1	6	13	15
3 Hills Aim A	39	3	5	14	17
4 Bankstown Sp B	53	10	11	12	20
5 Bankstown Sp C	91	21	22	23	25