

# JOHN FORREST CROSS COUNTRY

## 7<sup>th</sup> March, 2004

### 12.6 km HANDICAP

Overall Place	Time	Name	Age Cat	Age Cat Place	Member No.	Handicap	Total
1	38:42	UREN, Graeme*	M35	1	6083	20:50	59:32
2	39:52	UNKNOWN, Race No. 29			N	10:00	49:52
3	41:13	FRAMPTON, Chris	M35	2	5969	10:20	51:33
4	41:42	FERRELL, Myles	M35	3	1065	6:41	48:23
5	42:07	SCOTT, David	M40	1	2257	6:51	48:58
6	42:51	WEBB, Philip	M50	1	3852	13:12	56:03
7	42:57	UNKNOWN, Race No. 42			N	10:00	52:57
8	43:18	GILES, Steve	M45	1	7206	14:11	57:29
9	44:13	FRANCIS, Colin	M35	4	6808	9:36	53:49
10	44:40	ALLEN, John	M45	2	6227	12:55	57:35
11	45:35 <sup>1</sup>	GARDNER, Deborah	F35	1	7320	12:55	58:30
12	46:14	FLAHIVE, Martyn	M35	5	6140	18:08	1:04:22
13	46:14 <sup>2</sup>	KING, Robin*	F45	1	956	20:44	1:06:58
14	46:20	MALLON, Desmond	M50	2	4062	17:49	1:04:09
15	46:48	GROSE, Peter	M55	1	6680	16:12	1:03:00
16	47:03	FROST, Robert	M65	1	2735	20:51	1:07:54
17	48:52	THURLOW, Brian	M55	2	932	21:18	1:10:10
18	49:14	CARACCILOLO, Saverio	M40	2	6877	15:24	1:04:38
19	50:41	CRIDDLE, Brett	M25	1	6894	16:53	1:07:34
20	51:13	HOLLOWAY, Graeme	M45	3	7068	21:38	1:12:51
21	51:27	UNKNOWN, Race No. 30			N	20:00	1:11:27
22	52:12	KELLY, Michael	M55	3	7336	10:00	1:02:12
23	52:19	UNKNOWN, Race No. 40			N	20:00	1:12:19
24	53:20	UNKNOWN, Race No. 41			N	20:00	1:13:20
25	53:39	SACKS, Gavin	M35	6	7248	25:00	1:18:39
26	54:00	UNKNOWN, Race No. 38			N	20:00	1:14:00
27	54:15	MORTIMORE, Steve	M35	7	6222	19:19	1:13:34
28	55:44	UNKNOWN, Race No. 28			N	20:00	1:15:44
29	56:43	UNKNOWN, Race No. 27			N	20:00	1:16:43
30	57:49	SCOTT, David*	M55	4	5661	25:00	1:22:49
31	58:47 <sup>3</sup>	UNKNOWN, Race No. 37			N	20:00	1:18:47
32	1:02:18 <sup>4</sup>	UNKNOWN, Race No. 39			N	20:00	1:22:18

### 6 km

1	22:58	WEST, Russell	M16	1	N	
2	24:06	BERMUDES, Michel	M30	1	7319	
3	24:44	JENKIN, James*	M35	1	4041	
4	26:04	FERRELL, Scott	MU16	1	7333	
5	26:05	UNKNOWN, Race No 35			N	
6	26:20	HINDMARSH, Tom	M45	1	3606	
7	26:50	CRABB, Andrew	M30	2	6237	
8	27:41	ROBERTS, David	M60	1	750	
9	27:43 <sup>1</sup>	BARRETT, Karla	FU16	1	7265	
10	30:59	LAWSON, Jeffrey	M35	2	5805	
11	32:44 <sup>2</sup>	DEFIDDES, Rebecca	FU16	2	N	
12	32:46 <sup>3</sup>	MCFADDEN, Casey	FU16	3	N	
13	32:49 <sup>4</sup>	FERRELL, Brooke	FU16	4	7334	
14	35:56 <sup>5</sup>	FLAHIVE, Sandra	F30	1	6141	
15	48:41	UNKNOWN, Race No 43			N	
16	53:47 <sup>6</sup>	MALLON, Leandra	F40	1	6890	