07/08/10 QMA 8KM CROSS COUNTRY CHAMPIONSHIPS ASHGROVE

LADIES

W30	1	Katie Menzies	32.14 **QBP**
W35	1	Lisa O'Donovan	38.52
W40	1	Vivienne Buss	36.54
W45	1	Hubertien Wichers	33.34
	2	Lynda Bateson	45.54
W50	1	Marcy Sheer	32.53
W60	1	Irene Davey	47.54
W65	1	Betty Menzies	40.10 **QBP**

TEAM: ASHGROVE RANGERS

1 Hubertien Wichers
Vivienne Buss
Lisa O'Donovan
Lynda Bateson

MEN

M30	1	Wayne Heath	28.35
M35	1	Paul Jackson	29.35
M40	1	Paul Holland	37.34
M45	1	Malcolm Powell	29.16
M50	1	Greg Coulter	32.06
M55	1	Ron Peters	30.01
	2	Alastair Wallace	38.17
	3	Paul Circosta	46.24
M60	1	Peter James	34.22

TEAMS: ASHGROVE RANGERS

1 Wayne Heath
Malcolm Powell
Paul Jackson
Ron Peters 2:50.00
2 Peter James
Paul Holland
Alastair Wallace
Paul Circosta

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