# 4 K Cross Country - Ashgrove

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| **MEN** | | |
| 40-44 | Paul Holland | 19.13 |
| 45-49 | Ken Christison | 20.39 |
| 55-59 | Alastair Wallace | 18.07 |
| | Pau Circosta | 21.22 |
| 60-64 | Dick Dunstan | 27.42 |
| 65-69 | Don Burtt | 20.36 |
| **LADIES** | | |
| 30-34 | Katie Menzies | 16.45 |
| | Anne Venema | 20.56 |
| 40-44 | Petrina Brown | 17.35 |
| 60-64 | Irene Davey | 21.32 |

**Team Ashgrove Rangers**

Alastair Wallace, Paul Holland,
Paul Circosta,Dick Dunstan