

QMA LONG COURSE CROSS COUNTRY CHAMPIONSHIP 2019
Minissippi Parkland Saturday 1 June 2019
RESULTS

AGE	SURNAME	NAME	QMA #	TIME	PLACE
M 50	Palfreyman	Shane	878	38:51	1
M 55	Ashford	Paul	629	33:47	1
M 65	Cameron	Ian	539	DNF	
M 70	Sheer	John	186	28:33	1
W 50	Palfreyman	Sonya	156	39:59	1
W55	Smith	Susie		59:41	1

