

## QMA LONG COURSE CROSS COUNTRY CHAMPIONSHIPS

Held in conjunction with the QA Championships 29 July 2023 at Toogoolawah Golf Course.

Highlighted are QMA members

| Place                | Name                 | Team                         | Age | Result |
|----------------------|----------------------|------------------------------|-----|--------|
| <b>WOMEN 30 - 39</b> |                      |                              |     |        |
| 1                    | Sarah Richardson     | Darling Downs AC             | 36  | 27:55  |
| 2                    | Roisin O'Dwyer-Mazur | QA                           | 31  | 31:42  |
| <b>WOMEN 40 - 49</b> |                      |                              |     |        |
| 1                    | Margaret Broksch     | Darling Downs AC             | 41  | 25:38  |
| 2                    | Carolyn Luschwitz    | Athletics North              | 46  | 27:17  |
| 3                    | Elizabeth King       | Intraining Running & Tri     | 47  | 27:41  |
| 4                    | Sian Hurley          | Ashgrove Rangers             | 41  | 32:22  |
| <b>WOMEN 50 - 59</b> |                      |                              |     |        |
| 1                    | Caroline Bailey      | QA                           | 52  | 28:41  |
| 2                    | Miwa Kolb            | Toowong Harriers             | 56  | 29:09  |
| <b>WOMEN 60 - 69</b> |                      |                              |     |        |
| 1                    | Susan Thornton       | Qld Masters Athletics        | 61  | 30:13  |
| 2                    | Anne Ryan            | Thompson Estate              | 68  | 31:04  |
| 3                    | Lynda Bateson        | Ashgrove Rangers             | 60  | 41:52  |
| <b>MEN 30 - 39</b>   |                      |                              |     |        |
| 1                    | David Lean           | QA                           | 38  | 36:28  |
| <b>MEN 40 - 49</b>   |                      |                              |     |        |
| 1                    | Michael Cacciola     | Qld Masters Athletics        | 42  | 30:55  |
| 2                    | Michael Jackson      | Toowong Harriers             | 48  | 31:28  |
| 3                    | Troy Cranefield      | Redlands Athletics           | 46  | 32:03  |
| 4                    | Justin Rule          | Mackay Athletics Club        | 47  | 34:53  |
| 5                    | Justin Lane          | Rockhampton Road Runners     | 48  | 35:15  |
| 6                    | Trevor Davis         | Athletics North              | 42  | 38:39  |
| 7                    | Paul Crothers        | Athletics North              | 47  | 47:13  |
| <b>MEN 50 - 59</b>   |                      |                              |     |        |
| 1                    | Adrian Royce         | BERT Squad                   | 55  | 31:07  |
| 2                    | Paul Byres           | Toowong Harriers             | 56  | 31:23  |
| 3                    | Steve Barraclough    | Thompson Estate              | 56  | 35:09  |
| 4                    | Peter Roberts        | Darling Downs Athletics Club | 56  | 37:55  |
| 5                    | Drew Heath           | Thompson Estate              | 52  | 38:24  |
| 6                    | Wayne Adams          | Toowong Harriers             | 50  | 39:23  |
| 7                    | Christopher Gale     | GaleForce Running Squad      | 52  | 40:00  |
| 8                    | Daryl Sluggett       | Watts Athletics              | 55  | 41:06  |
| 9                    | David Holt           | GaleForce Running Squad      | 55  | 51:53  |
| 10                   | John Purcell         | Ashgrove Rangers             | 55  | 56:16  |
| <b>MEN 60 - 69</b>   |                      |                              |     |        |
| 1                    | Greg Coulter         | Thompson Estate              | 65  | 38:36  |
| 2                    | Peter Jones          | Toowong Harriers             | 64  | 40:40  |
| <b>Men 70 - 79</b>   |                      |                              |     |        |
| 1                    | John Sheer           | Thompson Estate              | 75  | 35:17  |