



Athletics SA



Long Course Cross Country Championships

Saturday 20th July 2013

Men's Open				Time (Min:Sec:0)
17	Jacob	Cocks	Flinders Athletics Club	39:02.0
57	Andy	Axford	Hills District	40:00.5
377	Matthew	Ferber	Flinders	40:39.3
664	Michael	Heron	St Peters Collegians	41:34.6
278	Thon	Thuch	Enfield Harriers	42:01.8
346	Andy	Giam	St Peters Collegians	43:25.4
590	Nathan	Rout	Salisbury	50:00.6
Womens Open				Time (Min:Sec:0)
8	Paige	Graham	Hills District	31:10.6
535	Fiona	Hobbs	Hills District	35:20.4
332	Ebony	Doering	Enfield Harriers Athletic Club	37:11.9
1134	Bec	Proudman	Unattached	44:39.3
Para Athletes				Time (Min:Sec:0)
397	Timon	Sideris	Hills District Athletics Club	12:37.1
Women's Under 14				Time (Min:Sec:0)
944	Rachael	Disney	Pembroke	11:31.1
1081	Cassidy	Cooper	Unattached	12:09.8
1141	Ellie	Altschwager	Hills	12:27.1
Men's Under 14				Time (Min:Sec:0)
572	Nick	Laity	Adelaide Harriers	10:30.0
1118	Ryan	Hoklas	Unattached	10:59.2
1045	Daniel	Bourke	Unattached	11:03.2
1130	Alexander	Liapis	Unattached	11:21.4
1114	Brayden	Elliott	Unattached	11:26.7
1136	Edward	Shepherdson	Unattached	11:36.2
255	Will	Proudman	Adelaide Harriers	11:53.5
945	Jared	McDougall	Southerns	12:09.4
Women's Under 16				Time (Min:Sec:0)
925	Gemma	Plummer	Flinders	15:26.1
298	Sarah	Eckel	Hills District Athletics Club	16:51.0
108	Kayla	Higgins	Flinders Athletics Club	17:56.0
288	Chanel	Caruso	United Collegians	18:10.8
1133	Lydea	Phillips	Unattached	19:11.4

<u>Men's Under 16</u>				Time (Min:Sec:0)
581	Mawien	Agany	Southerns AC	14:34.7
935	Samuel	Hargreaves	Adelaide Harriers Athletics Club	14:38.0
943	Nicklaus	Blum	Western District	16:18.6
<u>Women's Under 18</u>				Time (Min:Sec:0)
411	Shae	Grieger	Enfield Harriers Athletic Club	16:41.4
1139	Pirrie	Weeks	Unattached	16:48.1
259	Elise	Bennett	Enfield Harriers	17:31.7
453	Ethenia	Gilsenan-Reed	Enfield Harriers Athletic Club	20:59.2
77	Tessa	Coleman	Enfield Harriers Athletic Club	DNF
<u>Men's Under 18</u>				Time (Min:Sec:0)
1077	Daniel	Canala	Unattached	20:07.1
1070	Damian	Canala	Unattached	22:26.5
196	Jack	White	Enfield Harriers Athletic Club	28:36.3
<u>Women's Under 20</u>				Time (Min:Sec:0)
31	Catherine	Clohesy	Adelaide Harriers Athletics Club	22:36.1
541	Brooke	Hines	Mount Gambier	24:45.8
665	Angelica	Caruso	United Collegians	25:35.5
56	Demi	Axford	Hills District	27:06.5
1052	Rebecca	Burgess	Unattached	28:04.5
<u>Men's Under 20</u>				Time (Min:Sec:0)
410	Ryan	Grieger	Enfield Harriers Athletic Club	27:50.4
188	Max	Stevens	Hills District Athletics Club	29:02.8
<u>Men's Over 35</u>				Time (Min:Sec:0)
69	Dion	Byas	Flinders	42:33.5
123	Michael	Cocks	Flinders	43:27.8
199	Adam	Zur Eich	Enfield Harriers Athletic Club	46:18.5
1138	Tim	Storer	Unattached	52:41.0
420	Will	Houtman	Enfield Harriers Athletic Club	52:56.1
1142	Michael	Mackin	Unattached	55:34.7
<u>Women's Over 35</u>				Time (Min:Sec:0)
86	Lisa	Davis	Hills District Athletics Club	34:59.9
1140	Kathryn	Young	Unattached	41:06.6
53	Felicity	Alexander	Hills District Athletics Club	42:13.7
559	Maria	Caporlingua	Enfield Harriers Athletic Club	44:32.2
<u>Men's Over 50</u>				Time (Min:Sec:0)
136	Andrew	McKay	Enfield Harriers Athletic Club	38:27.4
450	David	Close	Adelaide Harriers Athletics Club	40:48.5
1041	David	ABBOTT	Unattached	41:16.9
1135	Tim	proudman	Unattached	44:37.2
1137	Robert	Sproul	Unattached	49:26.0
195	Norman	White	Enfield Harriers Athletic Club	58:01.1