

QMA. LADIES' CROSS COUNTRY BEST PERFORMANCES AS AT
13/02/2009

3000 METRES

W30	Anne Nowill	13.30
W35	Glenda Banaghan	11.08
W40	Glenda Banaghan	10.12
W45	Noela Brameld	15.33
W50	Felicja Schmidt	12.22
W55	Desiree Letherby	14.02
W60	Marge Allison	14.10
W65	Sheila Abrahams	25.02

4000 METRES

W30	Anne Venema	18.49
W35	Petrina Brown	17.46
W40	Glenda Banaghan	13.54
W45	Marcy Sheer	16.01
W50	Felicja Schmidt	17.26
W55	Desiree Letherby	17.37
W60	Jean Hampson	20.12
W70	Bev Williams	32.03

5000 METRES

W35	Glenda Banaghan	19.29
W40	Glenda Banaghan	17.38
W50	Felicja Schmidt	21.18
W55	Betty Menzies	22.08
W65	Bev Wallace	32.03

8000 METRES

W30	Helen Sanderson	42.46
W35	Glenda Banaghan	30.34
W40	Glenda Banaghan	29.12
W45	Hazel Edmond	34.27
W50	Fay McNeill	33.22
W55	Paula Moorhouse	37.14
W60	Jean Hampson	41.13
W65	Joan Stubbings	51.04
W70	Sheila Abrahams	1.31.08

10,000 METRES

W30	Judy Briscoe	43.21
W35	Lyn Stern	39.39
W40	Marcy Sheer	40.59
W45	Fay McNeill	44.35
W50	Fay McNeill	43.18
W55	Betty Dent	50.27
W60	Beryl Doocey	55.54
W65	Joan Stubbings	57.39

QMA MENS' CROSS COUNTRY BEST PERFORMANCES AS AT
13/02/2009

3000 METRES

M30	David Hill	9.55
M35	Bruce Hill	10.06
M40	Barry Broe	9.57
M45	David Sweeney	10.02
M50	Ron Peters	10.08
M55	Steve Hastie	10.47
M60	Peter Connolly	12.31
M65	Ken Daniels	15.29
M70	Barrie Reiffel	13.13

4000 METRES

M30	David Hill	12.31
M35	David Hill	12.27
M40	Shane George	12.41
M45	Ron Peters	13.00
M50	Ron Peters	12.49
M55	Graham Barralet	14.49
M60	Alan Bradford	14.25
M65	Alan Bradford	14.49
M70	Colin McLeod	17.44

5000 METRES

M35	Stephen Showell	18.02
M40	Barry Broe	17.49
M45	Greg Cowley	17.41
M50	Ron Peters	17.02
M55	Harold Haldane	18.56
M60	Alan Bradford	18.48
M65	Peter Berry	32.18

8000 METRES

M30	Brendan Whelan	26.42
M35	Shawn Claydon	26.38
M40	Shane George	27.09
M45	Ron Peters	27.06
M50	Ron Peters	26.32
M55	Ron Peters	28.36
M60	Colin McLeod	29.46
M65	Alan Bradford	30.18
M70	Colin McLeod	34.28
M75	Don Howatson	57.26

10,000 METRES

M30	Andrew Ludwig	38.40
M35	Colin Green	35.58
M40	Ron Peters	33.00
M45	Peter Connolly	33.05
M50	Alan Bradford	34.47
M55	Alan Bradford	34.40
M60	Colin McLeod	37.31
M65	Julius Keller	44.58
M70	Eric Bailey	50.07
M75	Robert Horman	50.04