

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Girls 2000 Meter Run CC U12 Girls**

| Name | Age | Team | Finals | Points |
|------------------------|-----|--------------------|-----------------------------------|--------|
| Results - Women | | | | |
| 1 | | Guillergan, Mia | 11 Sydney Athletics Academy | 7:06 |
| 2 | | Toohey, Keira | 11 Sutherland District Athletics | 7:07 |
| 3 | | Quarrell, Philippa | 11 Sydney Athletics Academy | 7:09 |
| 4 | | O'Brien, Poppy | 11 Sydney Athletics Academy | 7:13 |
| 5 | | Hathorn, Lara | 11 Sydney Athletics Academy | 7:13 |
| 6 | | Kann, Jessica | 11 Bankstown Sports Senior | 7:24 |
| 7 | | Grant, Azariah | 11 Wyong Athletics Centre Inc | 7:26 |
| 8 | | Mitchell, Maisie | 11 Asics Wests Track and Field | 7:35 |
| 9 | | Grima, Larissa | 11 Camden Athletics Club | 7:36 |
| 10 | | Meaker, Julia | 11 Trinity Athletics Club | 7:39 |
| 11 | | Ingall, Ruby | 11 Kotara South Athletics Club | 7:43 |
| 12 | | Lucas, Tahlia | 11 Gosford Little Athletics | 7:47 |
| 13 | | Hill, Evelyn | 11 Victory Runners | 7:49 |
| 14 | | Cole, Indiana | 11 Kooringal Wagga | 7:50 |
| 15 | | Colquhoun, Anna | 11 Randwick Botany Harriers Athle | 7:51 |
| 16 | | Gawel, Eva | 11 Campbelltown Collegians | 7:51 |
| 17 | | Muc, Isabella | 11 Independent Athlete | 7:54 |
| 18 | | Colosi, Sienna | 11 RunCrew | 7:55 |
| 19 | | Kelly, Ashlyn | 11 Hills District Athletics | 7:59 |
| 20 | | Barnes, Hana | 11 Kembla Joggers Inc. | 8:02 |
| 21 | | Halleen, Sophie | 11 RunCrew | 8:03 |
| 22 | | Duncan, Anna | 11 Nowra Athletics Club | 8:06 |
| 23 | | McGraw, Scarlett | 11 Illawong Revesby Workers Athle | 8:19 |
| 24 | | Baptist, Isabella | 11 Bankstown Sports Senior | 8:25 |
| 25 | | Yorke, Annabelle | 11 Bankstown Sports Senior | 8:28 |
| 26 | | Latanis, Sienna | 11 St. George District Athletic C | 8:29 |
| 27 | | Blair, Skye | 11 Hooked on Running | 8:30 |
| 28 | | Harwood, Ava | 11 Kembla Joggers Inc. | 8:39 |
| 29 | | Cochrane, Imogen | 11 Asics Wests Track and Field | 9:15 |

Girls 2000 Meter Run CC U13 Girls

| Name | Age | Team | Finals | Points |
|------------------------|-----|------------------------|-----------------------------------|--------|
| Results - Women | | | | |
| 1 | | Odowd, Charlotte | 12 U.T.S Northern Suburbs | 6:57 |
| 2 | | Leadbeatter, Emerson | 12 Macquarie Hunter | 7:04 |
| 3 | | Simpson, Piper | 12 Randwick Botany Harriers Athle | 7:07 |
| 4 | | Carson, Brooke | 12 Illawong Revesby Workers Athle | 7:10 |
| 5 | | Meenijacin, Piroonthan | 12 Trt Running | 7:12 |
| 6 | | Delfs, Mathilda | 12 Sutherland District Athletics | 7:13 |
| 7 | | Garcia, Kiara | 12 Gosford Little Athletics | 7:17 |
| 8 | | McMahon, Grace | 12 Trinity Athletics Club | 7:37 |
| 9 | | Williams, Adelaide | 12 Sydney Striders Road Runners | 7:39 |
| 10 | | Emanuel, Matilda | 12 Randwick Botany Harriers Athle | 7:40 |
| 11 | | Dukes, Mabel | 12 RunCrew | 7:43 |
| 12 | | Giason, Cate | 12 Kembla Joggers Inc. | 7:45 |
| 13 | | Kelly, Amelie | 12 Kembla Joggers Inc. | 7:45 |
| 14 | | Janes, Laura | 12 Randwick Botany Harriers Athle | 7:48 |
| 15 | | McIntosh, Gemma | 12 Sydney Striders Road Runners | 7:49 |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Women ... (Girls 2000 Meter Run CC U13 Girls)**

| Name | Age | Team | Finals | Points |
|-------------------------|-----|--------------------------------|--------|--------|
| 16 McLaren, Emily | 12 | Nowra Athletics Club | 7:52 | |
| 17 Reilly, Frankie | 12 | RunCrew | 7:52 | |
| 18 Beck, Grace | 12 | Asics Wests Track and Field | 7:56 | |
| 19 newton, nancy | 12 | Randwick Botany Harriers Athle | 7:57 | |
| 20 Timms, Amy | 12 | Cherrybrook | 7:59 | |
| 21 Cooney, Lily | 12 | Randwick Botany Harriers Athle | 8:10 | |
| 22 Grogan, Chloe | 12 | Girraween | 8:28 | |
| 23 Melbourne, Charlotte | 12 | Mingara | 8:35 | |
| 24 angurala, deeya | 12 | Girraween | 8:52 | |
| 25 Hay, Kalani | 12 | Nowra Athletics Club | 8:52 | |

Girls U14 2000 Meter Run Para U14/Ope U14 Girls

| Name | Age | Team | Finals | H# | Points |
|---------------------------------|-----|--------------------------------|--------|----|--------|
| Results - Women Under 14 | | | | | |
| 1 Cooper, Fleur | 13 | Mosman | 6:50 | 1 | |
| 2 Meaker, Claudia | 13 | Trinity Athletics Club | 6:52 | 1 | |
| 3 Norton, Amelia | 13 | Kembla Joggers Inc. | 6:58 | 1 | |
| 4 Boothroyd, Ivy | 13 | Sutherland District Athletics | 7:05 | 1 | |
| 5 Scahill, Sienna | 13 | Asics Wests Track and Field | 7:06 | 1 | |
| 6 Charlton, Morgan | 13 | Asics Wests Track and Field | 7:07 | 1 | |
| 6 Lambert, Aspen | 13 | Trinity Athletics Club | 7:07 | 1 | |
| 8 Norton, Ella | 13 | Kembla Joggers Inc. | 7:10 | 1 | |
| 9 Colusso, Ella | 13 | Bankstown Sports Senior | 7:11 | 1 | |
| 9 Halliday, Amber | 13 | Asics Wests Track and Field | 7:11 | 1 | |
| 11 Schultz, Sophie | 13 | U.T.S Northern Suburbs | 7:12 | 1 | |
| 12 Doran, Phoebe | 13 | Adamstown New Lambton | 7:15 | 1 | |
| 13 Solomon, Rebecca | 13 | Sydney Athletics Academy | 7:19 | 1 | |
| 14 Cole, Matilda | 13 | Koorringal Wagga | 7:22 | 1 | |
| 15 Fry, Ruby | 13 | Randwick Botany Harriers Athle | 7:27 | 1 | |
| 16 Bloem, Olivia | 13 | Hills District Athletics | 7:30 | 1 | |
| 17 Sharma, Rani | 13 | Cherrybrook | 7:31 | 1 | |
| 18 LE Roux, Angie | 13 | RunCrew | 7:33 | 1 | |
| 19 Alderson, Sienna | 13 | Sutherland District Athletics | 7:34 | 1 | |
| 20 Pike, Lana | 13 | Temora Little Athletics Centre | 7:37 | 2 | |
| 21 doubell, montana | 13 | Kembla Joggers Inc. | 7:37 | 2 | |
| 22 Janes, Emma | 13 | Randwick Botany Harriers Athle | 7:37 | 2 | |
| 23 Schmidt, Lucy | 13 | Macquarie Hunter | 7:38 | 2 | |
| 24 Newitt, Tessa | 13 | Asics Wests Track and Field | 7:38 | 1 | |
| 24 Wright-Smith, Maisy | 13 | Asics Wests Track and Field | 7:38 | 1 | |
| 26 Woods, Zoe | 13 | Asics Wests Track and Field | 7:40 | 1 | |
| 27 Carolan, Celeste | 13 | Kembla Joggers Inc. | 7:43 | 1 | |
| 28 Gerstner, Ivy | 13 | Bankstown Sports Senior | 7:47 | 2 | |
| 29 Cassilles, Ciara | 13 | Westfields | 7:47 | 1 | |
| 30 Farre, Aaliya | 13 | Westfields | 7:54 | 2 | |
| 31 Croker, Mia | 13 | Asics Wests Track and Field | 7:54 | 2 | |
| 32 Notley, Sasson | 13 | Mingara | 7:59 | 2 | |
| 33 Jenkin, Aimi | 13 | Asics Wests Track and Field | 8:05 | 2 | |
| 34 Barnes, Xanthe | 13 | Kembla Joggers Inc. | 8:05 | 2 | |
| 35 Fennell, Ella | 13 | Kembla Joggers Inc. | 8:11 | 2 | |
| 36 Baptist, Madeline | 13 | Westfields | 8:17 | 2 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Women Under 14 ... (Girls U14 2000 Meter Run Para U14/Ope U14 Girls)**

| Name | Age | Team | Finals | H# | Points |
|-------------------------|-----|--------------------------------|--------|----|--------|
| 37 Sivaraj, Summer | 13 | Asics Wests Track and Field | 8:23 | 2 | |
| 38 Bayot, Evie | 13 | Randwick Botany Harriers Athle | 8:24 | 2 | |
| 39 Redford, Isobel | 13 | Kotara South Athletics Club | 8:25 | 2 | |
| 40 Lota, Ginevra | 13 | Balmain | 8:30 | 2 | |
| 41 Sharp (T/F12), Layla | 13 | RunCrew | 8:32 | 2 | |
| 42 Bektas, Jessey | 13 | Nepean District | 9:32 | 2 | |
| 43 Stewart, Kiara | 13 | Camden Athletics Club | 9:41 | 2 | |
| 44 Bektas, Abbey | 13 | Nepean District | 11:02 | 2 | |

Girls 14+ 2000 Meter Run Para U14/Ope U14 Girls

| Name | Age | Team | Finals | H# | Points |
|----------------------------|-----|-----------------------------|--------|----|--------|
| Results - Women 14+ | | | | | |
| 1 Lovell (T/F36), Mali | 16 | U.T.S Northern Suburbs | J8:57 | 2 | |
| 2 Giddings (T/F35), Summer | 18 | Hills District Athletics | J14:31 | 2 | |
| 3 Scott (T20), Belinda | 19 | Asics Wests Track and Field | J8:38 | 2 | |

Girls 3k Run CC U15 Girls

| Name | Age | Team | Finals | Points |
|-------------------------|-----|--------------------------------|--------|--------|
| Results - Women | | | | |
| 1 Baker, Sarah | 13 | U.T.S Northern Suburbs | 10:53 | |
| 2 Greenhalgh, Olivia | 14 | Bankstown Sports Senior | 10:54 | |
| 3 Kingsmill, Ingrid | 14 | Sydney Striders Road Runners | 11:02 | |
| 4 Phillips, Georgia | 14 | Ryde Centre | 11:04 | |
| 5 Walker, Chloe | 14 | Balmain | 11:07 | |
| 6 Francis, Lucie | 14 | Hills District Athletics | 11:15 | |
| 7 Jarvis, Hannah | 14 | Macquarie Hunter | 11:17 | |
| 8 Keelan, Violet | 14 | St. George District Athletic C | J11:20 | |
| 9 Buchanan, Tayissa | 14 | Athletics Wollongong | J11:20 | |
| 10 Bauer, Keira | 14 | St. George District Athletic C | 11:21 | |
| 11 D'Ombra, Hailey | 14 | Victory Runners | 11:22 | |
| 12 Gorman, Olivia | 14 | U.T.S Northern Suburbs | 11:39 | |
| 13 Bradbury, Maeve | 14 | Kembla Joggers Inc. | 11:48 | |
| 14 Banks, Zoe | 14 | U.T.S Northern Suburbs | 11:49 | |
| 15 Adams, Lauren | 14 | Glenbrook | 12:01 | |
| 16 Robinson, Olivia | 14 | Sutherland District Athletics | 12:08 | |
| 17 Ingwersen, Annika | 14 | Balmain | 12:13 | |
| 18 McKenzie, Marley | 14 | Hills District Athletics | 12:18 | |
| 19 Roots, Hannah | 14 | Blue Mountains | 12:19 | |
| 20 Thornthwaite, Amelia | 14 | Sydney Athletics Academy | 12:21 | |
| 21 Pyda, Olivia | 14 | Westfields | 13:03 | |
| 22 Stojanovic, Marissa | 14 | Westfields | 13:14 | |
| 23 Doran, Poppy | 14 | Adamstown New Lambton | 13:25 | |
| 24 Farn, Dakota | 14 | Nowra Athletics Club | 14:03 | |

Girls 3k Run CC U16 Girls

| Name | Age | Team | Finals | Points |
|------------------------|-----|--------------------------------|--------|--------|
| Results - Women | | | | |
| 1 Stewart, Imogen | 15 | Illawong Revesby Workers Athle | 10:17 | |
| 2 Stump, Jean | 15 | Sydney Athletics Academy | 10:37 | |
| 3 Kalamvokis, Alexia | 15 | Illawong Revesby Workers Athle | 10:45 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Women ... (Girls 3k Run CC U16 Girls)**

| | Name | Age | Team | Finals | Points |
|----|-------------------|-----|--------------------------------|--------|--------|
| 4 | Toohy, Mia | 15 | Sutherland District Athletics | 10:52 | |
| 5 | Rand, Ada | 15 | St. George District Athletic C | 10:55 | |
| 6 | Torley, Stephanie | 15 | Kembla Joggers Inc. | 11:00 | |
| 7 | McMahon, Niamh | 15 | Trinity Athletics Club | 11:05 | |
| 8 | Winward, Lily | 15 | Bankstown Sports Senior | 11:07 | |
| 9 | Fry, Mia | 15 | U.T.S Northern Suburbs | 11:10 | |
| 10 | Pomery, Grace | 15 | Kembla Joggers Inc. | 11:11 | |
| 11 | McGivern, Allegra | 15 | Randwick Botany Harriers Athle | 11:28 | |
| 12 | Tan, Caitlyn | 15 | U.T.S Northern Suburbs | 11:31 | |
| 13 | Field, Alexandra | 15 | Illawong Revesby Workers Athle | 11:32 | |
| 14 | Arnott, Charlie | 15 | Sydney Striders Road Runners | 11:32 | |
| 15 | Nathanael, Mercy | 15 | Sydney Striders Road Runners | 11:35 | |
| 16 | Alexander, Lucy | 15 | Sutherland District Athletics | 11:37 | |
| 17 | Pople, Kailin | 15 | Sutherland District Athletics | 11:52 | |
| 18 | Holmes, Keeley | 15 | Sydney Athletics Academy | 11:59 | |
| 19 | Gocher, Jessica | 15 | RunCrew | 12:08 | |
| 20 | Samson, Lillianne | 15 | Adamstown New Lambton | 12:17 | |
| 21 | Wegenaar, Hanneke | 15 | Sydney Striders Road Runners | 12:29 | |
| 22 | Hummerston, Amy | 15 | St. George District Athletic C | 13:44 | |

Girls U13 2000 Meter Run U11 + Para U13 Girls

| | Name | Age | Team | Finals | Points |
|---------------------------------|---------------------|-----|--------------------------------|--------|--------|
| Results - Women Under 13 | | | | | |
| 1 | Pittis, Adelaide | 10 | Orange Runners | 7:29 | |
| 2 | O'Connell, Isabel | 10 | Tamworth | 8:00 | |
| 3 | Sweeny, Piper | 10 | Randwick Botany Harriers Athle | 8:03 | |
| 4 | Williams, Tara | 10 | Randwick Botany Harriers Athle | 8:09 | |
| 5 | Williams, Eliza | 10 | Sydney Athletics Academy | 8:11 | |
| 6 | Rout, Sophia | 10 | Randwick Botany Harriers Athle | 8:11 | |
| 7 | Carty, Aoibhe | 10 | RunCrew | 8:12 | |
| 8 | Laws, Jessica | 10 | St. George District Athletic C | 8:39 | |
| 9 | Van Der Meer, Ella | 10 | Illawong Revesby Workers Athle | 8:53 | |
| 10 | Anderson, Imogene | 10 | Illawarra Blue Stars | 10:36 | |
| 11 | Peet (T/F36), Abbie | 12 | Tamworth | 11:30 | |

Women 5k Run CC Open Womens

| | Name | Age | Team | Finals | H# | Points |
|------------------------|--------------------|-----|--------------------------------|--------|----|--------|
| Results - Women | | | | | | |
| 1 | Campbell, Paige | 24 | Sydney University | 16:36 | 1 | |
| 2 | Ponton, Marnie | 36 | Bankstown Sports Senior | 16:45 | 1 | |
| 3 | Small, Keely | 19 | Kembla Joggers Inc. | 16:51 | 1 | |
| 4 | Reid, Lauren | 35 | Delta Running Project | 17:32 | 1 | |
| 5 | Marvin, Sarah | 23 | Sydney University | 17:39 | 1 | |
| 6 | Conlon, Katie | 30 | RunCrew | 17:44 | 1 | |
| 7 | Gilmour, Lexy | 31 | Sutherland District Athletics | 17:55 | 1 | |
| 8 | Van Graan, Aynslee | 25 | RunCrew | 17:59 | 1 | |
| 9 | Carey, Lauren | 17 | St. George District Athletic C | 18:08 | 1 | |
| 10 | Offord, Matilda | 21 | Kembla Joggers Inc. | 18:19 | 1 | |
| 11 | Weber, Rosie | 27 | RunCrew | 18:26 | 1 | |
| 12 | Brady, Tia | 28 | Newcastle Runners | 18:28 | 1 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Women ... (Women 5k Run CC Open Womens)**

| Name | Age | Team | Finals | H# | Points |
|-------------------------|-----|--------------------------------|--------|----|--------|
| 13 Woolnough, Elizabeth | 26 | Delta Running Project | 18:37 | 1 | |
| 14 scott, bethany | 29 | RunCrew | 18:47 | 1 | |
| 15 Porra, Katie | 20 | Bankstown Sports Senior | 18:50 | 1 | |
| 16 Preeo, Hannah | 21 | Kembla Joggers Inc. | 18:58 | 1 | |
| 17 Chan, Cheryl | 25 | Sydney University | 19:08 | 1 | |
| 18 Bennett, Amy | 21 | Sutherland District Athletics | 19:14 | 1 | |
| 19 Grant, Alexandra | 25 | Bankstown Sports Senior | 19:16 | 1 | |
| 20 Roff, Lora | 31 | Randwick Botany Harriers Athle | 19:24 | 1 | |
| 21 Smith, Davina | 29 | Randwick Botany Harriers Athle | 19:30 | 1 | |
| 22 Keane, Sinead | 27 | RunCrew | 19:37 | 1 | |
| 23 Lonchamp, Paola | 25 | Bankstown Sports Senior | 20:00 | 1 | |
| 24 Holmes, Rebecca | 46 | Athletics East (Kensington) | 20:19 | 2 | |
| 25 Vrachliotis, Heather | 37 | Sydney Pacific | 20:49 | 2 | |
| 26 Matthews, Jasmine | 20 | Kembla Joggers Inc. | 21:03 | 2 | |
| 27 Marvin, Louise | 28 | South Australia | 21:11 | 1 | |
| 28 Kikirekov, Isabelle | 24 | RunCrew | 21:34 | 2 | |
| 29 Kostas, Carolena | 24 | University of Nsw | 21:45 | 2 | |
| 30 Rowe, Megan | 29 | RunCrew | 23:00 | 2 | |
| 31 Young, Kathleen | 20 | Newcastle Flyers | 23:04 | 2 | |
| 32 Walton, Kelsey | 24 | Randwick Botany Harriers Athle | 23:36 | 2 | |

Women U17 3000 Meter Run U17, U18 Women

| Name | Age | Team | Finals | Points |
|---------------------------------|-----|--------------------------------|--------|--------|
| Results - Women Under 17 | | | | |
| 1 Olson-Keating, Emma | 16 | Balmain | 10:34 | |
| 2 Madden, Ruby | 16 | RunCrew | 10:44 | |
| 3 Kitching, Hayley | 16 | Coffs Harbour Track and Field | 10:50 | |
| 4 Ferenczi, Sophie | 16 | Randwick Botany Harriers Athle | 10:58 | |
| 5 Ward, Natasha | 16 | Randwick Botany Harriers Athle | 11:05 | |
| 6 Honore, Ava | 16 | Westfields | 11:11 | |
| 7 Kells, Grace | 16 | U.T.S Northern Suburbs | 11:13 | |
| 8 Bjorkmann, Katia | 16 | Sydney Athletics Academy | 11:19 | |
| 9 Rouch, Bonnie | 16 | Bankstown Sports Senior | 11:20 | |
| 10 Sun, Amelie | 16 | Ryde Centre | 11:20 | |
| 11 Ibrahim, Gabriella | 16 | RunCrew | 11:39 | |
| 12 Sivills, Olivia | 16 | Kembla Joggers Inc. | 12:03 | |
| 13 Cook, Kristen | 16 | Asics Wests Track and Field | 12:04 | |
| 14 Warland, Zara | 16 | Ryde Centre | 12:07 | |
| 15 Maple-Brown, Annabel | 16 | U.T.S Northern Suburbs | 12:23 | |
| 16 Jones, Charlotte | 16 | St. George District Athletic C | 12:25 | |
| 17 Arcus, Georgia | 16 | Ryde Centre | 12:38 | |
| 18 Huyskens, Madeleine | 16 | U.T.S Northern Suburbs | 12:39 | |
| 19 Dyball, Ella | 16 | Nowra Athletics Club | 12:58 | |
| 20 Pernecker, Ashley | 16 | Mingara | 14:11 | |
| 21 McVay, Chantal | 16 | Westfields | 14:57 | |

Women 17+ 3000 Meter Run U17, U18 Women

| Name | Age | Team | Finals | Points |
|----------------------------|-----|------------------|--------|--------|
| Results - Women 17+ | | | | |
| 1 Schiffmann, Sarah | 17 | Macquarie Hunter | 10:13 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Women 17+ ... (Women 17+ 3000 Meter Run U17, U18 Women)**

| Name | Age | Team | Finals | Points |
|---------------------|-----|--------------------------------|--------|--------|
| 2 Purcell, Georgie | 17 | Blue Mountains | 10:39 | |
| 3 Miller, Eleanor | 17 | Randwick Botany Harriers Athle | 10:52 | |
| 4 roderick, laura | 17 | Randwick Botany Harriers Athle | 10:54 | |
| 5 liakatos, leyla | 17 | Kooringal Wagga | 11:03 | |
| 6 Mahon, Emma | 17 | RunCrew | 11:13 | |
| 7 Levingston, Paige | 17 | Bankstown Sports Senior | 11:17 | |
| 8 Tomlinson, Lily | 17 | Ryde Centre | 11:20 | |
| 9 Cerezo, Hannah | 17 | U.T.S Northern Suburbs | 11:50 | |
| 10 Cameron, Jade | 17 | Illawong Revesby Workers Athle | 11:55 | |
| 11 Holland, Baylee | 17 | Bankstown Sports Senior | 12:34 | |
| 12 Phelps, Jessie | 17 | St. George District Athletic C | 12:36 | |
| 13 Munroe, Zara | 17 | Cherrybrook | 12:44 | |

Women U55 4000 Meter Run 50+ Women

| Name | Age | Team | Finals | Points |
|---------------------------------|-----|-------------------------------|--------|--------|
| Results - Women Under 55 | | | | |
| 1 Suffolk, Cristine | 50 | Victory Runners | 17:31 | |
| 2 Jerath, Naina | 51 | RunCrew | 18:06 | |
| 3 Melling, Zoe | 51 | Independent Athlete | 18:41 | |
| 4 Torrisi, Arianna | 53 | Newcastle Flyers | 19:21 | |
| 5 Byrne, Fiona | 52 | Sutherland District Athletics | 20:23 | |
| 6 Bond, Angela | 51 | Nowra Athletics Club | 20:41 | |
| 7 arentz, leonie | 53 | Sutherland District Athletics | 20:50 | |
| --- Arnott, Louise | 53 | RunCrew | DQ | |

Women 55-59 4000 Meter Run 50+ Women

| Name | Age | Team | Finals | Points |
|------------------------------|-----|--------------------------|--------|--------|
| Results - Women 55-59 | | | | |
| 1 Blay, Karen | 57 | Kembla Joggers Inc. | 16:12 | |
| 2 Hunt, Sally | 57 | Mingara | 18:09 | |
| 3 Molloy, Linda | 55 | Hills District Athletics | 18:16 | |
| 4 Strutt, Linda | 59 | RunCrew | 21:40 | |
| 5 Tozer, Kerry | 58 | RunCrew | 22:37 | |

Women 60-64 4000 Meter Run 50+ Women

| Name | Age | Team | Finals | Points |
|------------------------------|-----|-------------------------------|--------|--------|
| Results - Women 60-64 | | | | |
| 1 Drennan, Deborah | 62 | U.T.S Northern Suburbs | 19:14 | |
| 2 Darby, Vivienne | 63 | Sutherland District Athletics | 22:57 | |
| 3 Stallard, Trish | 62 | Wallsend Rsl Athletic Club | 25:09 | |

Women 65-69 4000 Meter Run 50+ Women

| Name | Age | Team | Finals | Points |
|------------------------------|-----|--------------------------|--------|--------|
| Results - Women 65-69 | | | | |
| 1 Roediger, Rosemary | 66 | Hills District Athletics | 17:57 | |
| 2 Sheehan, Mary | 69 | Bankstown Sports Senior | 20:16 | |
| 3 Perry, Rosalind | 68 | Athletics Wollongong | 24:26 | |
| 4 Walton, Jacqueline | 66 | Bankstown Sports Senior | 26:56 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Women 70-74 4000 Meter Run 50+ Women**

| Name | Age | Team | Finals | Points |
|------------------------------|-----|---------|--------|--------|
| Results - Women 70-74 | | | | |
| 1 Boyd, Anne Elizabeth | 74 | RunCrew | 25:27 | |
| 2 Baron, Antoinette | 70 | RunCrew | 26:03 | |

Women 75+ 4000 Meter Run 50+ Women

| Name | Age | Team | Finals | Points |
|----------------------------|-----|-------------------------|--------|--------|
| Results - Women 75+ | | | | |
| 1 Siepmann, Dot | 77 | Bankstown Sports Senior | 46:49 | |

Women U35 5000 Meter Run 30-45+ Women

| Name | Age | Team | Finals | Points |
|---------------------------------|-----|-----------------------------|--------|--------|
| Results - Women Under 35 | | | | |
| 1 Fagan, Nicole | 31 | Asics Wests Track and Field | 23:15 | |

Women 35-39 5000 Meter Run 30-45+ Women

| Name | Age | Team | Finals | Points |
|------------------------------|-----|-----------------------------|--------|--------|
| Results - Women 35-39 | | | | |
| 1 Smart, Erin | 38 | Nowra Athletics Club | 20:58 | |
| 2 Kolodziej, Natalie | 38 | Bankstown Sports Senior | 21:13 | |
| 3 Crossley, Stephanie | 38 | Athletics East (Kensington) | 21:44 | |
| 4 Elms, Vicky | 37 | RunCrew | 22:47 | |

Women 40-44 5000 Meter Run 30-45+ Women

| Name | Age | Team | Finals | Points |
|------------------------------|-----|--------------------------------|--------|--------|
| Results - Women 40-44 | | | | |
| 1 Jenkins, Gemma | 40 | RunCrew | 18:43 | |
| 2 Karaman, Alia | 40 | St. George District Athletic C | 21:06 | |
| 3 Fraser, Tanya | 41 | Kembla Joggers Inc. | 21:18 | |
| 4 Campbell, Melissa | 44 | St. George District Athletic C | 21:21 | |

Women 45+ 5000 Meter Run 30-45+ Women

| Name | Age | Team | Finals | Points |
|----------------------------|-----|-----------------------------|--------|--------|
| Results - Women 45+ | | | | |
| 1 Tancred, Naomi | 46 | Athletics East (Kensington) | 20:22 | |
| 2 Barnes, Trudi | 46 | Kembla Joggers Inc. | 21:27 | |
| 3 Hinchcliffe, Kelly-Anne | 45 | Victory Runners | 22:34 | |

Boys 2000 Meter Run CC U12 Boys

| Name | Age | Team | Finals | Points |
|------------------------|-----|--------------------------------|--------|--------|
| Results - Men | | | | |
| 1 Cheshire, Will | 11 | Balmain | 6:44 | |
| 2 Alley, Trent | 11 | RunCrew | 6:51 | |
| 3 Martinus, Austin | 11 | Sutherland District Athletics | 6:53 | |
| 4 Ingwersen, Leif | 11 | Balmain | 6:56 | |
| 5 Howard, Akira | 11 | RunCrew | 7:07 | |
| 6 Corry, Eamon | 11 | Sydney Athletics Academy | 7:12 | |
| 7 Bloem, Cameron | 11 | Hills District Athletics | 7:13 | |
| 8 Dorney, Hamish | 11 | Kembla Joggers Inc. | 7:14 | |
| 9 Davis, Preston | 11 | Coastal Track and Trail Runner | 7:17 | |
| 10 Low, Jude | 11 | Sutherland District Athletics | 7:19 | |
| 11 Stepanovski, Milton | 11 | Kembla Joggers Inc. | 7:21 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Men ... (Boys 2000 Meter Run CC U12 Boys)**

| Name | Age | Team | Finals | Points |
|------------------------|-----|--------------------------------|--------|--------|
| 12 Galvin, Piers | 11 | Randwick Botany Harriers Athle | 7:39 | |
| 13 Hinchcliffe, Dylan | 11 | Victory Runners | 7:58 | |
| 14 Bregozzo, Max | 11 | Hooked on Running | 8:02 | |
| 15 Wright-Smith, Jerra | 11 | Asics Wests Track and Field | 8:02 | |
| 16 Reilly, Jimmy | 11 | RunCrew | 8:05 | |
| 17 Caswell, Tynan | 11 | Nowra Athletics Club | 8:17 | |
| 18 Westwood, Benjamin | 11 | Camden Athletics Club | 8:40 | |
| 19 Barry, James | 11 | Trinity Athletics Club | 8:43 | |
| 20 Krayem, Yusef | 11 | Bankstown Sports Senior | 8:45 | |

Boys 2000 Meter Run CC U13 Boys

| Name | Age | Team | Finals | Points |
|-------------------------|-----|--------------------------------|--------|--------|
| Results - Men | | | | |
| 1 Stewart, Kobe | 12 | Illawong Revesby Workers Athle | 6:13 | |
| 2 McLachlan, Matthew | 12 | Trinity Athletics Club | 6:26 | |
| 3 Harlor, Joel | 12 | Victory Runners | 6:34 | |
| 4 Woodhouse, Benjamin | 12 | Ryde Centre | 6:37 | |
| 5 Keyes, Marcus | 12 | St. George District Athletic C | 6:40 | |
| 6 Ward, Nate | 12 | Kotara South Athletics Club | 6:42 | |
| 7 Mitchell, Brandon | 12 | RunCrew | 6:43 | |
| 8 Everett, Cory | 12 | Newcastle Runners | 6:48 | |
| 9 Mason, Kyle | 12 | Sutherland District Athletics | 6:59 | |
| 10 Lubke, Joshua | 12 | Balmain | 6:59 | |
| 11 Torley, Dominic | 12 | Kembla Joggers Inc. | 7:05 | |
| 12 Goddard, Jett | 12 | Nowra Athletics Club | 7:09 | |
| 13 Brunsch, Axel | 12 | Ryde Centre | 7:17 | |
| 14 Smith, Julian | 12 | Ryde Centre | 7:19 | |
| 15 Godfrey, Coen | 12 | Mingara | 7:21 | |
| 16 Kemp, Blake | 12 | Kotara South Athletics Club | 7:23 | |
| 17 Fraser, Harry | 12 | Kembla Joggers Inc. | 7:23 | |
| 18 Allabush, Dylan | 12 | Asics Wests Track and Field | 7:26 | |
| 19 Jayakody, Joseph | 12 | Glenbrook | 7:30 | |
| 20 Thornthwaite, Archer | 12 | Sydney Athletics Academy | 7:30 | |
| 21 Grace, Harley | 12 | Cherrybrook | 8:14 | |
| 22 Hampton, Teddy | 12 | Cherrybrook | 9:31 | |
| 23 Blunden, Maverick | 12 | Independent Athlete | 10:48 | |

Boys U14 2000 Meter Run Para U14/Ope U14 Boys

| Name | Age | Team | Finals | Points |
|-------------------------------|-----|-------------------------------|--------|--------|
| Results - Men Under 14 | | | | |
| 1 White, Oliver | 13 | Sydney Athletics Academy | 6:14 | |
| 2 Oconnell, Josh | 13 | Trinity Athletics Club | 6:16 | |
| 3 Haydon, Will | 13 | Bankstown Sports Senior | 6:18 | |
| 4 Low, Jesiah | 13 | Sutherland District Athletics | 6:18 | |
| 5 Nott, Archie | 13 | Campbelltown Collegians | 6:26 | |
| 6 Halleen, Harry | 13 | RunCrew | 6:27 | |
| 7 Benefiel, Joshua | 13 | Kembla Joggers Inc. | 6:29 | |
| 8 Phillips, Cooper | 13 | U.T.S Northern Suburbs | 6:30 | |
| 9 Mulvihill, Billy | 13 | Sydney Athletics Academy | 6:31 | |
| 10 Ireland, Joshua | 13 | Mingara | 6:31 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Men Under 14 ... (Boys U14 2000 Meter Run Para U14/Ope U14 Boys)**

| Name | Age | Team | Finals | Points |
|------------------------------|-----|--------------------------------|--------|--------|
| 11 Williams, Daniel | 13 | Independent Athlete | 6:34 | |
| 12 Scamps-Magro, Jasper | 13 | Sydney Athletics Academy | 6:39 | |
| 13 Christian, Alex | 13 | Illawong Revesby Workers Athle | 6:46 | |
| 14 Brown, Bronsen | 13 | Sydney Athletics Academy | 6:46 | |
| 15 Duncan, Thomas | 13 | Nowra Athletics Club | 6:50 | |
| 16 Mori, Masato | 13 | Sydney Athletics Academy | 6:51 | |
| 17 Wylie, Julian | 13 | Randwick Botany Harriers Athle | 6:51 | |
| 18 Zavetsanos, Kade | 13 | Randwick Botany Harriers Athle | 6:52 | |
| 19 Caswell, Reilly | 13 | Nowra Athletics Club | 6:55 | |
| 20 Forato, Callum | 13 | Randwick Botany Harriers Athle | 6:55 | |
| 21 Wells, Ryan | 13 | Lithgow Athletics Club | 6:55 | |
| 22 Radvin, Matthew | 13 | Randwick Botany Harriers Athle | 6:57 | |
| 23 Sullivan, Cody | 13 | Kembla Joggers Inc. | 7:03 | |
| 24 Latanis, Bailey Dean | 13 | St. George District Athletic C | 7:09 | |
| 25 Grima, Lucas | 13 | Camden Athletics Club | 7:10 | |
| 26 Reed, Josh | 13 | Blue Mountains | 7:13 | |
| 27 Burke, Alexander | 13 | Randwick Botany Harriers Athle | 7:27 | |
| 28 Venturino, Marco | 13 | St. George District Athletic C | 7:33 | |
| 29 McLaren, Hamish | 13 | Nowra Athletics Club | 7:35 | |
| 30 Dyball, Toby | 13 | Nowra Athletics Club | 7:45 | |
| 31 Macleay, Jarrod | 13 | Kembla Joggers Inc. | 8:13 | |
| 32 Engesser (T/F37), Matthew | 13 | Hills District Athletics | 8:52 | |

Boys 14+ 2000 Meter Run Para U14/Ope U14 Boys

| Name | Age | Team | Finals | Points |
|--------------------------|-----|-------------------------------|--------|--------|
| Results - Men 14+ | | | | |
| 1 McIntosh (T20), Kyle | 26 | Sutherland District Athletics | 6:20 | |
| 2 Houston (T/F20), Aaron | 16 | Independent Athlete | 6:30 | |
| 3 Torley (T/F20), Samuel | 18 | Kembla Joggers Inc. | 6:43 | |

Boys 3k Run CC U16 Boys

| Name | Age | Team | Finals | Points |
|----------------------|-----|--------------------------------|--------|--------|
| Results - Men | | | | |
| 1 Williams, Adam | 15 | Bankstown Sports Senior | 9:16 | |
| 2 Stanmore, Nathan | 15 | Balmain | 9:17 | |
| 3 Meaker, Jonathan | 15 | Trinity Athletics Club | 9:22 | |
| 4 Felice, Brendan | 15 | Illawong Revesby Workers Athle | 9:26 | |
| 5 Girard, Marc | 15 | St Ignatius College Riverview | 9:43 | |
| 6 Everett, Brayden | 15 | Newcastle Runners | 9:44 | |
| 7 Offord, Joel | 15 | Kembla Joggers Inc. | 9:51 | |
| 8 McKenzie, Ethan | 15 | U.T.S Northern Suburbs | 9:53 | |
| 9 Rodgers, Nicolas | 15 | Randwick Botany Harriers Athle | 9:54 | |
| 10 King, Michael | 15 | Mounties | 9:55 | |
| 11 Zavetsanos, Billy | 15 | Randwick Botany Harriers Athle | 9:55 | |
| 12 Goldin, Sam | 15 | Hooked on Running | 9:57 | |
| 13 Ribeiro, Tiago | 15 | RunCrew | 10:04 | |
| 14 Solomon, Joel | 15 | Sydney Athletics Academy | 10:07 | |
| 15 Perkins, George | 15 | Randwick Botany Harriers Athle | 10:08 | |
| 16 Cantlon, Joseph | 15 | Trinity Athletics Club | 10:08 | |
| 17 Hogg, Matthew | 15 | Sydney Striders Road Runners | 10:09 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Men ... (Boys 3k Run CC U16 Boys)**

| Name | Age | Team | Finals | Points |
|-------------------------|-----|--------------------------------|--------|--------|
| 18 Hewitt, Joshua | 15 | St. George District Athletic C | 10:15 | |
| 19 Russell, Max | 15 | Randwick Botany Harriers Athle | 10:17 | |
| 20 Napier, Benjamin | 15 | Camden Athletics Club | 10:20 | |
| 21 Haining, Lachlan | 15 | Kembla Joggers Inc. | 10:33 | |
| 22 Redford, Joshua | 15 | Kotara South Athletics Club | 10:41 | |
| 23 Dyball, William | 15 | Nowra Athletics Club | 10:46 | |
| 24 Baptist, Lachlan | 15 | Westfields | 10:48 | |
| 25 Macleay, Cody | 15 | Kembla Joggers Inc. | 10:58 | |
| 26 Smith, Harry | 15 | Randwick Botany Harriers Athle | 11:04 | |
| 27 Blackburn, Mitchell | 15 | Kembla Joggers Inc. | 11:22 | |
| 28 Caceres Ede, Nicolai | 15 | Girraween | 11:24 | |
| 29 Potter, Lewis | 15 | Trinity Athletics Club | 11:27 | |
| 30 Wicks, Taj | 15 | St. George District Athletic C | 12:00 | |
| 31 Karaman, Aidan | 15 | St. George District Athletic C | 12:12 | |
| 32 Cross, Lucas | 15 | Sutherland District Athletics | 12:47 | |
| --- Shah, Pranshav | 15 | Sydney University | DNF | |

Men U13 2000 Meter Run U11 + Para U13 Boys

| Name | Age | Team | Finals | Points |
|-------------------------------|-----|--------------------------------|--------|--------|
| Results - Men Under 13 | | | | |
| 1 Chalmers, Thomas | 10 | Kotara South Athletics Club | 6:52 | |
| 2 Chalmers, Mitchell | 10 | Kotara South Athletics Club | 6:53 | |
| 3 McMahon, Patrick | 10 | Trinity Athletics Club | 6:56 | |
| 4 Craig, Austin | 10 | Athletics Wollongong | 7:10 | |
| 5 Haydon, Ellis | 10 | Bankstown Sports Senior | 7:12 | |
| 6 Wheeler, Lachlan | 10 | Sutherland District Athletics | 7:14 | |
| 7 Ward, Flynn | 10 | Kotara South Athletics Club | 7:19 | |
| 8 Taylor, Jayden | 10 | Kotara South Athletics Club | 7:20 | |
| 9 Mitchell, Luke | 10 | RunCrew | 7:21 | |
| 10 Thomson, Euan | 10 | Sydney Athletics Academy | 7:28 | |
| 11 Williams, Daniel | 10 | Bankstown Sports Senior | 7:32 | |
| 12 Norris, Bryson | 10 | Mingara | 7:33 | |
| 13 Mitchell, Bailey | 10 | Kembla Joggers Inc. | 7:36 | |
| 14 Harris, Ryan | 10 | St. George District Athletic C | 7:47 | |
| 15 Davoren, Max | 10 | Athletics East (Kensington) | 8:01 | |
| 16 Capaan, Josh | 10 | Randwick Botany Harriers Athle | 8:01 | |
| 17 Mercer, Keir | 10 | Hills District Athletics | 8:02 | |
| 18 Altundag, Thomas | 10 | Randwick Botany Harriers Athle | 8:04 | |
| 19 Jones, Frederick | 10 | Randwick Botany Harriers Athle | 8:24 | |
| 20 Melbourne (T/F1), Oscar | 12 | Mingara | 8:24 | |

Men 5k Run CC Open Men

| Name | Age | Team | Finals | H# | Points |
|----------------------|-----|-------------------------|--------|----|--------|
| Results - Men | | | | | |
| 1 Hunter, Rorey | 27 | Bankstown Sports Senior | 14:20 | 1 | |
| 2 Nipperess, James | 30 | Sydney University | 14:24 | 1 | |
| 3 St Lawrence, Ben | 39 | RunCrew | 14:34 | 1 | |
| 4 Edwards, Jye | 22 | Bankstown Sports Senior | 14:47 | 1 | |
| 5 Johnson, Joshua | 28 | Bankstown Sports Senior | 14:49 | 1 | |
| 6 Milosevic, Brad | 31 | Girraween | 14:54 | 1 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Men ... (Men 5k Run CC Open Men)**

| | Name | Age | Team | Finals | H# | Points |
|----|------------------------------|------------|--------------------------------|---------------|-----------|---------------|
| 7 | Goddard, Edward (Ed) | 23 | U.T.S Northern Suburbs | 14:57 | 1 | |
| 8 | Hudson, Matthew | 35 | RunCrew | 14:59 | 1 | |
| 9 | Do Canto, Thomas | 34 | RunCrew | 15:01 | 1 | |
| 10 | Doherty, Charlie | 21 | U.T.S Northern Suburbs | 15:07 | 1 | |
| 11 | Stevenson, Connor | 30 | Newcastle Runners | 15:10 | 1 | |
| 12 | Burgess, Joe | 24 | Sydney University | 15:14 | 1 | |
| 13 | Spiessberger-Parker, Arron | 24 | Bankstown Sports Senior | 15:14 | 1 | |
| 14 | Lascabettes, Paul | 24 | RunCrew | 15:17 | 1 | |
| 15 | Gorman, Liam | 20 | U.T.S Northern Suburbs | 15:23 | 1 | |
| 16 | Colreavy, Jack | 31 | Sydney University | 15:28 | 1 | |
| 17 | Cooper, Martin | 24 | Sydney University | 15:33 | 1 | |
| 18 | Mahon, Max | 20 | U.T.S Northern Suburbs | 15:37 | 1 | |
| 19 | Breen, Nathan | 23 | St. George District Athletic C | 15:40 | 1 | |
| 20 | Schofield, Luke | 21 | Sydney University | 15:41 | 2 | |
| 21 | Lang, Callam | 20 | Newcastle Runners | 15:50 | 1 | |
| 22 | Schofield, Jayden | 21 | Sydney University | 15:50 | 2 | |
| 23 | Whiteley, Connor | 21 | Orange Senior Athletics Club | 15:56 | 2 | |
| 24 | Seal, James | 20 | Kembla Joggers Inc. | 15:57 | 1 | |
| 25 | Pinkerton, Kyle | 27 | Newcastle Flyers | 15:57 | 2 | |
| 26 | Shaw, Jake | 39 | RunCrew | 16:04 | 1 | |
| 27 | Langdon, Ed | 28 | Newcastle Runners | 16:07 | 2 | |
| 28 | Peterson, Leo | 29 | U.T.S Northern Suburbs | 16:10 | 1 | |
| 29 | Green, Jack | 28 | RunCrew | 16:28 | 1 | |
| 30 | Jagger, Benjamin | 22 | Up Coaching | 16:31 | 2 | |
| 31 | Maxwell, Jack | 26 | Delta Running Project | 16:39 | 2 | |
| 32 | Shiell, Samuel | 26 | RunCrew | 16:44 | 2 | |
| 33 | Holland, Dylan | 21 | Kembla Joggers Inc. | 16:54 | 2 | |
| 34 | Andersen, Jordan | 33 | Sutherland District Athletics | 17:01 | 2 | |
| 35 | Boglioni Beaulieu, Guillaume | 29 | Sydney University | 17:06 | 2 | |
| 36 | Reville, Eoin | 41 | Delta Running Project | 17:09 | 2 | |
| 37 | Missud, Bastien | 34 | RunCrew | 17:11 | 2 | |
| 38 | Watchorn, Daniel | 22 | Sutherland District Athletics | 17:11 | 2 | |
| 39 | Baddeley, Karl | 31 | Athletics East (Kensington) | 17:14 | 2 | |
| 40 | Healey, Seth | 37 | Sutherland District Athletics | 17:19 | 2 | |
| 41 | Costello, David | 40 | Delta Running Project | 17:20 | 2 | |
| 42 | McPhillips, Finlay | 20 | Kembla Joggers Inc. | 17:22 | 2 | |
| 43 | Crews, Jacob | 20 | Sydney University | 17:30 | 1 | |
| 44 | Hogg, Jamie | 46 | Randwick Botany Harriers Athle | 17:56 | 2 | |
| 45 | Mee, Cameron | 25 | Randwick Botany Harriers Athle | 17:58 | 2 | |
| 46 | Nairn, Brandon | 27 | Sutherland District Athletics | 18:05 | 2 | |
| 47 | Heil, Andrew | 43 | Sydney University | 18:22 | 2 | |
| 48 | Dunne, Colin | 35 | RunCrew | 18:28 | 2 | |
| 49 | Johnson, Zachary | 20 | RunCrew | 18:39 | 2 | |
| 50 | Darby, Brynn | 28 | Sutherland District Athletics | 19:37 | 2 | |
| 51 | Dawson, Campbell | 58 | Athletics East (Kensington) | 19:48 | 2 | |
| 52 | Molloy, Ashley | 26 | Sutherland District Athletics | 20:14 | 2 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Men U35 5000 Meter Run 30-45+ Men**

| Name | Age | Team | Finals | Points |
|-------------------------------|-----|-----------|--------|--------|
| Results - Men Under 35 | | | | |
| 1 Hanna, Nicholas | 33 | Girraween | 20:17 | |

Men 35-39 5000 Meter Run 30-45+ Men

| Name | Age | Team | Finals | Points |
|----------------------------|-----|----------------|--------|--------|
| Results - Men 35-39 | | | | |
| 1 Godfrey, Scott | 39 | Mingara | 16:15 | |
| 2 O'Brien, Earl | 35 | Blue Mountains | 17:31 | |
| 3 Vella, Joseph | 37 | RunCrew | 20:44 | |
| 4 Clubb, Shane | 36 | Girraween | 24:10 | |

Men 40-44 5000 Meter Run 30-45+ Men

| Name | Age | Team | Finals | Points |
|----------------------------|-----|--------------------------|--------|--------|
| Results - Men 40-44 | | | | |
| 1 Chaseling, Jeff | 43 | Kembla Joggers Inc. | 16:09 | |
| 2 McKendrick, Ryan | 40 | Gosford Little Athletics | 16:55 | |
| 3 Binfield, John | 41 | RunCrew | 17:24 | |
| 4 simpson, damien | 43 | RunCrew | 17:54 | |
| 5 cole, stewart | 43 | Koorringal Wagga | 18:36 | |
| 6 Wilson, James | 41 | Kembla Joggers Inc. | 19:08 | |
| 7 Taylor, Russell | 43 | Kembla Joggers Inc. | 19:24 | |
| 8 blanc, alexandre | 41 | RunCrew | 19:46 | |
| 9 Akelian, Joseph | 42 | RunCrew | 20:40 | |
| 10 Visitpanich, Pongthon | 41 | Trt Running | 20:42 | |

Men 45+ 5000 Meter Run 30-45+ Men

| Name | Age | Team | Finals | Points |
|--------------------------|-----|--------------------------------|--------|--------|
| Results - Men 45+ | | | | |
| 1 Cross, Andrew | 48 | Sutherland District Athletics | 17:11 | |
| 2 Howard, Gary | 46 | RunCrew | 18:06 | |
| 3 Dawes, Jim | 49 | Randwick Botany Harriers Athle | 18:43 | |
| 4 Daffern, Peter | 48 | Kembla Joggers Inc. | 19:19 | |
| 5 Jones, Andrew | 49 | St. George District Athletic C | 19:37 | |
| 6 Sands, Brendan | 49 | Athletics East (Kensington) | 19:40 | |
| 7 Cooper, Daniel | 48 | Hills District Athletics | 19:48 | |
| 8 Doggett, Michael | 47 | Asics Wests Track and Field | 19:58 | |
| 9 Barnett, Neil | 52 | Kembla Joggers Inc. | 21:28 | |
| 10 Jones, David | 45 | St. George District Athletic C | 22:34 | |
| 11 Tancred, Damian | 46 | Athletics East (Kensington) | 24:40 | |
| 12 Davie, EJ | 49 | Sydney Striders Road Runners | 24:57 | |
| 13 Grogan, Michael | 45 | Girraween | 26:47 | |

Men U55 4000 Meter Run 50-55+ Men

| Name | Age | Team | Finals | Points |
|-------------------------------|-----|--------------------------------|--------|--------|
| Results - Men Under 55 | | | | |
| 1 Purcell, Darren | 50 | Athletics East (Kensington) | 13:21 | |
| 2 Arthur, Paul | 53 | St. George District Athletic C | 14:23 | |
| 3 Wilson, Kenneth | 54 | Athletics East (Kensington) | 14:34 | |
| 4 Scholle, Lindsay | 52 | Asics Wests Track and Field | 15:03 | |
| 5 McIntosh, Jason | 50 | Sydney Striders Road Runners | 15:05 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Men Under 55 ... (Men U55 4000 Meter Run 50-55+ Men)**

| Name | Age | Team | Finals | Points |
|----------------------|-----|--------------------------------|--------|--------|
| 6 sinibaldi, tony | 51 | Bankstown Sports Senior | 16:05 | |
| 7 Hinchcliffe, David | 54 | Victory Runners | 16:12 | |
| 8 Kistle, David | 51 | St. George District Athletic C | 18:13 | |
| 9 Karaman, Ilyas | 52 | St. George District Athletic C | 18:16 | |
| 10 Murray, John | 54 | Asics Wests Track and Field | 19:09 | |
| --- Sullivan, David | 53 | St. George District Athletic C | DQ | |

Men 55-59 4000 Meter Run 50-55+ Men

| Name | Age | Team | Finals | Points |
|----------------------------|-----|--------------------------------|--------|--------|
| Results - Men 55-59 | | | | |
| 1 Macpherson, David | 59 | RunCrew | 14:05 | |
| 2 Sivaraj, Manu | 57 | Randwick Botany Harriers Athle | 15:11 | |
| 3 Spehr, Peter | 59 | Randwick Botany Harriers Athle | 15:46 | |
| 4 Binks, Craig | 55 | Mingara | 16:08 | |
| 5 Coles, Tony | 59 | Girraween | 16:25 | |
| 6 O'Reilly, Patrick | 55 | Randwick Botany Harriers Athle | 16:39 | |
| 7 Watchorn, Alistair | 57 | Sutherland District Athletics | 16:54 | |
| 8 Laws, Stephen | 57 | St. George District Athletic C | 17:44 | |
| 9 Marvin, Ray | 56 | Hills District Athletics | 18:03 | |
| 10 Howe, Bernard | 56 | Bankstown Sports Senior | 18:19 | |
| 11 Tse, Thomas | 58 | Bankstown Sports Senior | 18:21 | |
| 12 oldridge, steve | 56 | Campbelltown Collegians | 19:23 | |
| 13 McGuire, Paul | 59 | Athletics East (Kensington) | 20:46 | |
| 14 Mac Donald, Andrew | 57 | U.T.S Northern Suburbs | 21:35 | |
| 15 Nicholl, Mark | 55 | Bankstown Sports Senior | 23:18 | |

Men U65 4000 Meter Run 60+ Men

| Name | Age | Team | Finals | Points |
|-------------------------------|-----|--------------------------------|--------|--------|
| Results - Men Under 65 | | | | |
| 1 Dooley, Peter | 63 | Nowra Athletics Club | 15:45 | |
| 2 Byrne, Peter | 61 | Hills District Athletics | 15:51 | |
| 3 MacMillan, Ross | 60 | Sutherland District Athletics | 16:31 | |
| 4 Terranova, Nicolas | 63 | Hills District Athletics | 17:42 | |
| 5 Rose, Ian | 62 | Hills District Athletics | 17:45 | |
| 6 Mullen, Mullen | 60 | St. George District Athletic C | 17:56 | |
| 7 Dunning, Jeffrey | 62 | Kembla Joggers Inc. | 18:41 | |
| 8 Cooper, Wayne | 63 | Athletics East (Kensington) | 18:53 | |
| 9 Boyle, Brad | 60 | Bankstown Sports Senior | 18:54 | |

Men 65-69 4000 Meter Run 60+ Men

| Name | Age | Team | Finals | Points |
|----------------------------|-----|-------------------------------|--------|--------|
| Results - Men 65-69 | | | | |
| 1 McEwan, David | 65 | Hills District Athletics | 15:29 | |
| 2 Cowley, Greg | 66 | Westlakes | 16:52 | |
| 3 Kolodziej, Richard | 66 | Bankstown Sports Senior | 17:31 | |
| 4 Darby, Geoff | 66 | Sutherland District Athletics | 19:23 | |
| 5 Weeks, Noel | 66 | Kembla Joggers Inc. | 19:30 | |
| 6 Thompson, Garry | 69 | Bankstown Sports Senior | 20:11 | |
| 7 Wong, Patrick | 65 | Bankstown Sports Senior | 20:49 | |
| 8 Barrett, Douglas | 68 | U.T.S Northern Suburbs | 21:10 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Men 65-69 ... (Men 65-69 4000 Meter Run 60+ Men)**

| Name | Age | Team | Finals | Points |
|---------------------|-----|-----------|--------|--------|
| 9 Sheargold, Graham | 65 | Girraween | 22:17 | |

Men 70-74 4000 Meter Run 60+ Men

| Name | Age | Team | Finals | Points |
|----------------------------|-----|--------------------------------|--------|--------|
| Results - Men 70-74 | | | | |
| 1 Walton, John | 72 | Bankstown Sports Senior | 18:27 | |
| 2 Scorzelli, Frank | 74 | St. George District Athletic C | 18:30 | |
| 3 Williams, Dennis | 72 | Hills District Athletics | 18:39 | |
| 4 Maskiell, Peter | 71 | Kembla Joggers Inc. | 18:43 | |
| 5 Cassettari, Peter | 72 | Bankstown Sports Senior | 19:17 | |
| 6 Wright, Noel | 74 | Hills District Athletics | 20:38 | |
| 7 Tague, Ian | 73 | Kembla Joggers Inc. | 22:31 | |
| 8 Fitzpatrick, Peter | 72 | St. George District Athletic C | 23:06 | |
| 9 beahan, gavin | 73 | Bankstown Sports Senior | 26:50 | |

Men 75+ 4000 Meter Run 60+ Men

| Name | Age | Team | Finals | Points |
|--------------------------|-----|--------------------------------|--------|--------|
| Results - Men 75+ | | | | |
| 1 Harrison, James | 79 | Bankstown Sports Senior | 21:43 | |
| 2 Millett, Raymond | 77 | St. George District Athletic C | 25:43 | |
| 3 Perry, Ronald | 81 | Athletics Wollongong | 29:20 | |
| 4 Re, Tony | 82 | Bankstown Sports Senior | 31:51 | |
| 5 atkins, alan | 82 | Bankstown Sports Senior | 38:51 | |

Men 4k Run CC U17 Men

| Name | Age | Team | Finals | Points |
|-------------------------|-----|--------------------------------|--------|--------|
| Results - Men | | | | |
| 1 Habler, Bailey | 16 | Randwick Botany Harriers Athle | 12:26 | |
| 2 Christian, Theo | 16 | Trinity Athletics Club | 12:38 | |
| 3 Hart, Hamish | 16 | Mingara | 12:42 | |
| 4 Binskin, Ryan | 16 | Port Macquarie Pacers Running | 12:48 | |
| 5 Freeman, Oliver | 16 | Randwick Botany Harriers Athle | 12:54 | |
| 6 Liddell, Samuel | 16 | Mingara | 12:56 | |
| 7 Bruntsch, Adam | 16 | Ryde Centre | 13:05 | |
| 8 Shields, Kane | 16 | Balmain | 13:06 | |
| 9 Campbell, Logan | 16 | Sydney Athletics Academy | 13:15 | |
| 10 Davidson, Ollie | 16 | Sydney University | 13:18 | |
| 11 Magner, Simon | 16 | U.T.S Northern Suburbs | 13:19 | |
| 12 Reungkitchaya, Caleb | 16 | Port Stephens Athletics Club | 13:28 | |
| 13 Holland, Jai | 16 | Bankstown Sports Senior | 13:39 | |
| 14 Wylie, Rory | 16 | Randwick Botany Harriers Athle | 13:39 | |
| 15 Hamilton, Thomas | 16 | Bankstown Sports Senior | 13:40 | |
| 16 Elbourne, Brody | 16 | Randwick Botany Harriers Athle | 13:41 | |
| 17 Hardiman, Jake | 16 | Balmain | 13:50 | |
| 18 Gill, Jayden | 16 | The Kings | 14:13 | |
| 19 houston, Aaron | 16 | Independent Athlete | 14:16 | |
| 20 Gorman, Cameron | 16 | U.T.S Northern Suburbs | 14:19 | |
| 21 Pepper, Jacob | 16 | Nowra Athletics Club | 14:43 | |
| 22 Hay, Nash | 16 | Nowra Athletics Club | 14:52 | |
| 23 zhu, henry | 16 | Epping District Athletics Club | 15:10 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Men ... (Men 4k Run CC U17 Men)**

| Name | Age | Team | Finals | Points |
|-------------------|-----|------------------------|--------|--------|
| 24 Boyd, Joseph | 16 | Delta Running Project | 15:55 | |
| 25 Walker, Oliver | 16 | Trinity Athletics Club | 17:45 | |

Men 4k Run CC U20 Men

| Name | Age | Team | Finals | Points |
|----------------------------|-----|--------------------------------|--------|--------|
| Results - Men | | | | |
| 1 Young, Luke | 19 | Newcastle Flyers | 12:06 | |
| 2 Raimond, Oli | 19 | Sutherland District Athletics | 12:08 | |
| 3 Brouw, Ethan | 18 | Trinity Athletics Club | 12:15 | |
| 4 Westhuizen, Mitchell | 18 | Knox Grammar School | 12:18 | |
| 5 Beer, Angus | 18 | Newington College Athletics Cl | 12:21 | |
| 6 Hammond, Kai | 18 | St. George District Athletic C | 12:22 | |
| 7 Bishop, Benjamin | 19 | Trinity Athletics Club | 12:24 | |
| 8 Hince, Luke | 18 | Kembla Joggers Inc. | 12:26 | |
| 9 Offord, Dylan | 18 | Trinity Athletics Club | 12:28 | |
| 10 Fryer, Drew | 19 | Randwick Botany Harriers Athle | 12:29 | |
| 11 Longworth, Hamish | 18 | Bankstown Sports Senior | 12:30 | |
| 12 Schaap, Harm | 18 | Bankstown Sports Senior | 12:33 | |
| 13 Wilson, Luke | 18 | Kembla Joggers Inc. | 12:40 | |
| 14 Lord, Bevan | 18 | Sutherland District Athletics | 12:44 | |
| 15 Olson-Keating, James | 18 | Balmain | 12:47 | |
| 16 Gorman, Kieran | 18 | U.T.S Northern Suburbs | 12:55 | |
| 17 Madden, Jakob | 19 | Mingara | 13:13 | |
| 18 Mood, Samuel | 18 | Sutherland District Athletics | 13:33 | |
| 19 Salter, Cody | 18 | Kembla Joggers Inc. | 13:36 | |
| 20 Hungerford, Daniel | 18 | Kembla Joggers Inc. | 13:40 | |
| 21 Bryant, Lachlan | 18 | RunCrew | 13:42 | |
| 22 Brown, Zac | 18 | Trinity Athletics Club | 13:47 | |
| 23 Pozzer, Alex | 18 | Kembla Joggers Inc. | 14:05 | |
| 24 Booth-Martinez, Maximus | 18 | Independent Athlete | 14:23 | |
| 25 Scollary, Nathan | 18 | Kembla Joggers Inc. | 15:17 | |
| 26 Etteridge, Jerome | 19 | Illawong Revesby Workers Athle | 15:45 | |
| 27 Poole, Daniel | 18 | Sutherland District Athletics | 16:42 | |

Mixed 3k Run CC U15 Boys

| Name | Age | Team | Finals | Points |
|------------------------|-----|--------------------------------|--------|--------|
| Results - Mixed | | | | |
| 1 Gillard, Luca | M14 | Trinity Athletics Club | 9:48 | |
| 2 Neate, Oliver | M14 | Randwick Botany Harriers Athle | 9:56 | |
| 3 Carson, Miles | M14 | Illawong Revesby Workers Athle | 10:04 | |
| 4 Leadbeater, TY | M14 | Macquarie Hunter | 10:12 | |
| 5 Brown, Casey | M14 | Sydney Athletics Academy | 10:21 | |
| 6 Magner, Jacob | M14 | U.T.S Northern Suburbs | 10:32 | |
| 7 Hage, Mohamad | M14 | Bankstown Sports Senior | 10:37 | |
| 8 Smith, Oliver | M14 | Ryde Centre | 10:50 | |
| 9 Kitching, Jade | M14 | Coffs Harbour Track and Field | 10:53 | |
| 10 Zakis, William | M14 | Blue Mountains | 10:53 | |
| 11 Brewer, James | M14 | Kembla Joggers Inc. | 11:03 | |
| 12 Woodhouse, Nicholas | M14 | Ryde Centre | 11:05 | |
| 13 Paras, Alexander | M14 | St. George District Athletic C | 11:14 | |

2020 XC Short Course Championships - 19/07/2020**Dapto****Results - Day Session****Results - Mixed ... (Mixed 3k Run CC U15 Boys)**

| Name | Age | Team | Finals | Points |
|----------------------|-----|-----------------------------|--------|--------|
| 14 Moloney, Ben | M14 | Trinity Athletics Club | 11:18 | |
| 15 Hinds, Joe | M14 | Kembla Joggers Inc. | 11:22 | |
| 16 Kay, Will | M14 | Asics Wests Track and Field | 12:14 | |
| 17 Westwood, Matthew | M14 | Camden Athletics Club | 13:39 | |
| 18 Campbell, Lucas | M14 | Illawarra Blue Stars | 14:30 | |

Men U18 4000 Meter Run U18 Men, U20 Women

| Name | Age | Team | Finals | Points |
|-------------------------------|-----|--------------------------------|--------|--------|
| Results - Men Under 18 | | | | |
| 1 Kelly, Daniel | 17 | RunCrew | 12:14 | |
| 2 Hinchcliffe, Liam | 17 | Bankstown Sports Senior | 12:15 | |
| 3 Townsend, Lachlan | 17 | Trinity Athletics Club | 12:20 | |
| 4 March, Tom | 17 | Macquarie Hunter | 12:21 | |
| 5 Healey, James | 17 | Kembla Joggers Inc. | 12:38 | |
| 6 Dixon, Monty | 17 | Newcastle Runners | 12:48 | |
| 7 Denneen, Corey | 17 | Sutherland District Athletics | 13:16 | |
| 8 Henry, Brooklyn | 17 | Victory Runners | 13:16 | |
| 9 Atkinson, Joshua | 17 | Hills District Athletics | 13:32 | |
| 10 O'Brien, Liam | 17 | Hooked on Running | 13:37 | |
| 11 Robinson, Kye | 16 | Kembla Joggers Inc. | 13:44 | |
| 12 Keelan, Zakary | 17 | St. George District Athletic C | 13:53 | |
| 13 North, Matt | 17 | U.T.S Northern Suburbs | 14:10 | |
| 14 Henderson-Walls, Nathan | 17 | Kembla Joggers Inc. | 14:11 | |
| 15 Hummerston, Toby | 17 | St. George District Athletic C | 14:16 | |
| 16 McManus, Rogan | 17 | Sutherland District Athletics | 15:03 | |
| 17 Doran, Benjamin | 17 | Adamstown New Lambton | 15:16 | |
| 18 Nicholls, Lachlan | 17 | Blue Mountains | 15:24 | |
| 19 Schouten, Daniel | 17 | Up Coaching | 15:47 | |

Women 18+ 4000 Meter Run U18 Men, U20 Women

| Name | Age | Team | Finals | Points |
|----------------------------|-----|--------------------------------|--------|--------|
| Results - Women 18+ | | | | |
| 1 Gardiner, Imogen | 18 | U.T.S Northern Suburbs | 13:48 | |
| 2 Hancock-Cameron, Jaylah | 18 | Bankstown Sports Senior | 13:59 | |
| 3 Arentz, beth | 19 | Sutherland District Athletics | 14:06 | |
| 4 Newbery, Marjolaine | 19 | Sutherland District Athletics | 14:34 | |
| 5 Woodger, Tiahna | 18 | Illawong Revesby Workers Athle | 15:03 | |
| 6 Cliff, Jacinta | 18 | Kembla Joggers Inc. | 15:08 | |
| 7 Sanday, Niamh | 18 | Hills District Athletics | 15:25 | |
| 8 Pateman, Chloe | 19 | Kembla Joggers Inc. | 15:30 | |
| 9 Playford, Madeline | 18 | Ryde Centre | 15:41 | |
| 10 Gocher, Sophie | 19 | Ryde Centre | 15:48 | |
| 11 Lewis, Renee | 18 | Asics Wests Track and Field | 16:03 | |
| 12 Mahon, Grace | 18 | Kembla Joggers Inc. | 16:18 | |
| 13 Patterson, Lillian | 18 | Blue Mountains | 16:37 | |
| 14 Gentle, Chloe | 19 | St. George District Athletic C | 17:59 | |