## MNC Cross Country-16 Apr 2023 at Sawtell

RESULTS: 2km (Male) - Dylan Hannaford 7:19, 1; Ty Parsons 7:20, 2; Elijah Franke 7:47, 3; Ned Griffin 8:02, 4; Max Herbert 8:51, 5; Matt Herbert 8:56, 6; Tim Wilson 8:57, 7; Keelan Birch 8:57, 8; Lennox Bennington 8:58, 9; Astin Nuttall 8:59, 10; Mark Bennington 9:07, 11; Lachlan Herbert 9:36, 12; Tommy Odonohue 9:53, 13; Edison Happ 10:00, 14; Max Kelly 10:01, 15; Bryson Kelly 10:05, 16; Marlo Welsh-Nuske 10:13, 17; Tim Welsh 10:14, 18; Leon Petrohelos 10:29, 19; Drew Herbert 12:58, 20; Darcy Kelly 13:09, 21; Mason Lazzaro 13:40, 22; Harvey Griffin 13:43, 23; Iggi Nuttall 14:45, 24; Oaklei Nuttall 16:01, 25; Adam Wilson 16:30, 26; Steel Beveridge 23:57, 27.

RESULTS: 2km (Female) - Aaliyah Parsons 7:49, 1; Zara Johnson 7:52, 2; Poppy Barclay 8:34, 3; Sienna Forrest 8:35, 4; Harper Welsh-Nuske 8:45, 5; Harper Nightingale 8:53, 6; Evie Sutton 8:55, 7; Maya Hill 9:01, 8; Amy Hannaford 9:02, 9; Lola Barclay 9:38, 10; Katarina Neal 9:39, 11; Annabelle Swainston 10:47, 12; Renee Nuske 10:49, 13; Isla Kelly 11:15, 14; Ella Odonohue 11:16, 15; Janie Mahoney 11:42, 16; Sara Evans 12:33, 17; Sara Bergen 12:43, 18; Lisa Jenyns 13:10, 19; Elin Sagbraten 13:28, 20 ; Melinda Counter 13:29, 21; Rene Lazzaro 13:41, 22; Tanya Griffin 13:45, 23; Jessica Price 14:29, 24; Vicky McClure 15:02, 25; Savannah Wilson 16:28, 26; Rhea Nuttall 16:56, 27.

RESULTS: 5km (Male) - Kyle McIntosh 18:17, 1; Craig Parsons 20:49, 2; Lucas Burridge 23:07, 3; James Karrasch 23:49, 4; Matt Evans 23:50, 5; Leon Petrohelos 23:58, 6; Edward Neal 25:58, 7; Hayden Counter 27:26, 8; Kweller Happ 28:40, 9; Ben Happ 36:14, 10; James Counter 37:58, 11.

RESULTS: 5km (Female) - Corrine Happ 25:21, 1; Tanya Griffin 27:54, 2; Poppy Barclay 27:55, 3; Lara Karrasch 27:59, 4; Aaliyah Parsons 29:04, 5; Michelle Randall 29:09, 6; Melinda Counter 29:29, 7; Lisa Jenyns 31:03, 8; Belinda Heaney 31:46, 9; Rene Lazzaro 34:46, 10; Helen Nevell 34:47, 11; Willow Nuttall 37:41, 12; Sienna Forrest 38:00, 13; Zoe Counter 38:57, 14.

RESULTS: 10km (Male) - Tait Hearps 37:54, 1; Keelan Birch 41:44, 2; Paul Woodhouse 42:27, 3; Nick Murray 47:49, 4; Chris Hamilton 49:58, 5; Bruce Meder 53:20, 6; Edward Brazier 56:30, 7; Peter Birch 1:04:45, 8.

RESULTS: 10km (Female) - Annabelle Swainston 55:11, 1; Janie Mahoney 1:10:45, 2.

RESULTS: 2km (Male) - Daniel Craig 9:19, 1; Sam Ewart 9:24, 2; Archer Jordan 9:31, 3; Dylan Hannaford 9:45, 4; Ned Griffin 10:00, 5; Max Herbert 10:54, 6; Astin Nuttall 11:05, 7; Lachlan Herbert 11:32, 8; Ben Ewart 12:16, 9; Greg Ewart 12:17, 10; Max Kelly 12:34, 11; Leon Petrohelos 13:14, 12; Scott Lawrence 13:23, 13; Iggi Nuttall 13:43, 14; Drew Herbert 14:32, 15; Matt Herbert 14:43, 16; Heath Bianchi 15:29, 17; Jesse MunnPower 15:57, 18; Darcy Kelly 16:17, 19; Harvey Griffin 16:40, 20; Thomas Feain 18:25, 21; Archie Feain 18:38, 22; Peter Feain 18:39, 23; Jeff White 24:01, 24; Oaklei Nuttall 25:17, 25; Steel Beveridge 29:27, 26.

RESULTS: 2km (Female) - Aaliyah Parsons 9:47, 1; Lily-Mei Wong 10:07, 2; Lacey Van hoeck 10:08, 3; Valla Parsons 10:12, 4; Sienna Forrest 10:12, 5; Grace Duede 10:49, 6; Maya Hill 11:01, 7; Eliette Munn-Power 11:30, 8; Lola Barclay 11:58, 9 ; Isla Kelly 12:11, 10; Harper Nightingale 12:31, 11; Alex Greenhalgh 12:50, 12; Bella Lawrence 13:17, 13; Kathy Robson 13:34, 14; Kathryn Gibney 13:36, 15; Mosa Strydom 13:43, 16; Elize Strydom 13:44, 17; Joanne Munn 14:12, 18; Roberta Power 15:32, 19; Kirra Bridger 15:59, 20; Kristy Bridger 16:16, 21; Lisa Jenyns 16:38, 22; Elle Bianchi 16:39, 23; Tanya Griffin 16:46, 24; Violet Wong 16:50, 25; Sarah Bianchi 16:53, 26; Stacy Wong 17:04, 27; Vicky McClure 17:33, 28; Lara Karrasch 17:34, 29; Rhea Nuttall 20:09, 30; Tina Thompson 28:14, 31.

RESULTS: 5km (Male) - Craig Parsons 20:29, 1; Thomas Burridge 22:32, 2; Lucas Burridge 24:04, 3; Leon Petrohelos $24: 32$, 4; Archie Fenton 25:33, 5; James Counter 27:28, 6; Reuben Wong 28:14, 7; Simon Price 28:30, 8; Hayden Counter 28:41, 9; Marlo Welsh-Nuske 34:12, 10; Tim Welsh 34:14, 11; Steve Thompson 53:33, 12.

RESULTS: 5km (Female) - Poppy Barclay 26:38, 1; Joey Kuchel 27:13, 2; Kristy Bridger 27:14, 3; Tanya Griffin 27:53, 4; Aaliyah Parsons 27:56, 5; Harper Welsh-Nuske 28:02, 6; Lara Karrasch 28:24, 7; Amy Hannaford 29:16, 8; Holly Fenton 30:47, 9; Anna Fenton 30:48, 10; Kathy Robson 30:51, 11; Stacy Wong 31:54, 12; Kathryn Gibney 33:18, 13; Renee Nuske 34:17, 14; Willow Nuttall 35:17, 15; Barbara Ewart 35:53, 16; Julie Barker 40:00, 17; Ruth Cully 40:36, 18.

RESULTS: 10km (Male) - Peter Feain 42:08, 1; Paul Woodhouse 42:30, 2; Nick Murray 47:21, 3; Chris Hamilton 49:26, 4; Andrew Wong 52:32, 5; Peter Birch 58:54, 6; Frank Makin 1:02:51, 7.

RESULTS: 10km (Female) - Rowena Mitchell 1:02:11, 1; Shay Makin 1:02:15, 2; Lisa Jenyns 1:09:49, 3.

RESULTS: 2km (Male) - Daniel Craig 6:48, 1; Dylan Hannaford 7:06, 2; Matt Evans 7:07, 3; Sam Ewart 7:24, 4; Sam Peck 7:27, 5; Eric Greenwood 7:44, 6; Ned Griffin 7:47, 7; Leo Peck 7:52, 8; Archer Jordan 8:02, 9; Alex Greenwood 8:13, 10; Craig Parsons 8:15, 11; Nicholas Hannaford 8:22, 12; Thomas Thorner 8:29, 13; Tim Thorner 8:45, 14; Ben Burton 8:46, 15; William Byron 9:00, 16; Ben Ewart 9:02, 17; Astin Nuttall 9:17, 18; Edison Happ 9:19, 19; Ben Happ 9:20, 20; Tim Wilson 9:32, 21; Adam Wilson 9:33, 22; Keelan Birch 9:34, 23; Peter Byron 9:41, 24; Leo Lawrence 9:49, 25; Oliver Laybutt 9:56, 26; Leon Petrohelos 9:58, 27; Maverick Mansell 10:02, 28; Scott Lawrence 10:08, 29; Thomas Feain 10:24, 30; Sol Bridger 10:44, 31; Iggi Nuttall 12:02, 32; Michael Burridge 12:05, 33; Mason Lazzaro 13:02, 34; Harlyn Mansell 13:11, 35; Darcy Kelly 13:42, 36; Harvey Griffin 13:57, 37; Oaklei Nuttall 15:12, 38; Jeff White 16:40, 39; Steel Beveridge 21:47, 40.

RESULTS: 2km (Female) - Olissa Onley 6:55, 1; Zara Johnson 7:39, 2; Grace Duede 7:53, 3; Lily-Mei Wong 7:55, 4; Lacey Van Hoeck 8:04, 5; Sienna Forrest 8:07, 6; Kristy Bridger 8:08, 7; Valla Parsons 8:10, 8; Amelia Harrigan 8:18, 9; Katarina Neal 8:32, 10; Darcie Hodgson 8:37, 11; Amber Burton 8:57, 12; Harper Nightingale 8:59, 13; Eliette Munn-Power 9:01, 14; Maya Hill 9:12, 15; Mosa Strydom 9:22, 16; Elize Strydom 9:23, 17; Lola Barclay 9:27, 18; Helen Nevell 9:28, 19; Penny Harrigan 9:39, 20; Alex Greenhalgh 9:40, 21; Rowena Mitchell 9:50, 22; Sophie Van Hoeck 9:52, 23; Kenzie Phillips 9:55, 24; Rebecca Otto 10:04, 25; Tiah Allen 10:06, 26; Bella Lawrence 10:07, 27; Zoe Counter 10:10, 28; Theresa Nevell 10:12, 29; Belinda Heaney 10:13, 30; Roberta Power 10:31, 31; Ivy Knox 10:39, 32; Joanne Munn 10:43, 33; Barbara Ewart 10:45, 34; Megan Harrigan 11:08, 35; Sylvie Peck 11:14, 36; Florence Van Hoeck 11:16, 37; Tegan Van Hoeck 11:17, 38; Michelle Knox 11:26, 39; Millie Makin 11:29, 40; Shay Makin 11:30, 41; Nikki Greenwood 11:36, 42; Violet Wong 12:18, 43; Stacy Wong 12:32, 44; Jessica Price 12:42, 45; Rene Lazzaro 13:03, 46; Vicky McClure 13:30, 47; Lisa Jenyns 13:43, 48; Rhea Nuttall 16:56, 49; Tina Thompson 21:27, 50.

RESULTS: 5km (Male) - Craig Parsons 17:43, 1; Thomas Burridge 18:24, 2; Tim Thorner 19:09, 3; Joel Harrigan 19:27, 4; Lucas Burridge 19:55, 5; James Karrasch 20:28, 6; Michael Grau-Veliz 20:35, 7; Leon Petrohelos 21:15, 8; Hayden Counter 21:35, 9; Mitch Custance 21:46, 10; Sam Custance 21:48, 11; Hugh Morgan 21:48, 12; Matt Evans 21:54, 13; Kweller Happ 21:57, 14; Edward Neal 22:04, 15; Grant Custance 22:47, 16; Finn Griffin 23:17, 17; Scott Lawrence 24:44, 18; Reuben Wong 24:54, 19; Greg Ewart 25:54, 20; Tim Wilson 27:41, 21; Adam Wilson 27:42, 22; Tim Welsh 30:17, 23; William Byron 32:46, 24; Marlo Welsh-Nuske 33:00, 25; Astin Nuttall 34:35, 26; Steve Thompson 45:28, 27.

RESULTS: 5km (Female) - Poppy Barclay 22:02, 1; Corrine Happ 22:13, 2; Kristy Bridger 23:21, 3; Tanya Griffin 24:03, 4; Michelle Randall 25:09, 5; Harper Welsh-Nuske 25:29, 6; Lara Karrasch 25:35, 7; Stacy Wong 25:49, 8; Sarah Morgan 26:22, 9; Willow Nuttall 26:23, 10; Shay Makin 27:15, 11; Belinda Heaney 28:08, 12; Renee Nuske 30:14, 13; Lily Morgan 30:51, 14.

RESULTS: 10km (Male) - Peter Feain 36:18, 1; Keelan Birch 39:52, 2; Andrew Wong 44:28, 3; Bruce Meder 46:06, 4; Peter Byron 49:48, 5.

## MNC Cross Country- 7 May 2023 at Habitat Walk

RESULTS: 2km (Male) - Dylan Hannaford 7:35, 1; Hayden Counter 8:10, 2; Leon Petrohelos 8:14, 3; Sam Peck 8:19, 4; Ned Griffin 8:31, 5; Harrison Jordan 8:33, 6; Archer Jordan 9:15, 7; Chris Hamilton 9:16, 8; Max Herbert 9:17, 9; Scott Lawrence 9:17, 10; Astin Nuttall 9:25, 11; Edison Happ 9:33, 12; Leo Peck 9:35, 13; Ben Burton 9:36, 14; Nathan Quinn 10:06, 15; Lachlan Herbert 10:12, 16; Musa Fasih 10:21, 17; Thomas Thorner 10:24, 18; Ben Ewart 10:31, 19; Greg Ewart 10:31, 20; William Byron 10:50, 21; Tim Thorner 11:03, 22; Oliver Laybutt 11:09, 23; Rodney Howell 11:25, 24; Max Kelly 11:32, 25; Sol Bridger 11:49, 26; Thomas Feain 11:51, 27; Jamahl Laybutt 11:52, 28; Drew Herbert 12:23, 29; Matt Evans 12:25, 30; Haylan Unwin 12:50, 31; Iggi Nuttall 13:04, 32; Bryson Kelly 13:16, 33; Harvey Griffin 13:33, 34; Lee Withers 13:35, 35; Neil Griffin 13:37, 36; Parker Unwin 14:06, 37; Darcy Kelly 14:12, 38; Oaklei Nuttall 17:05, 39; Steel Beveridge 24:37, 40.

RESULTS: 2km (Female) - Bayley Johnson 7:33, 1; Zara Johnson 8:17, 2; Valla Parsons 8:36, 3; Lily-Mei Wong 8:45, 4; Sienna Forrest 8:54, 5; Grace Duede 8:55, 6; Amelia Harrigan 8:56, 7; Lacey Van Hoeck 8:57, 8; Maya Hill 9:06, 9; Harper Nightingale 9:08, 10; Darcie Hodgson 9:14, 11; Sage White 9:18, 12; Matilda Harrigan 9:18, 13; Amy Hannaford 9:36, 14; Laura Unwin 9:41, 15; Penny Harrigan 9:59, 16; Rebecca Otto 10:03, 17; Stella Dobson 10:06, 18; Kenzie Phillips 10:15, 19; Eliette Munn-Power 10:19, 20; Tiah Allen 10:20, 21; Alex Greenhalgh 10:25, 22; Mosa Strydom 10:35, 23; Elize Strydom 10:36, 24; Kathy Robson 10:47, 25; Kathryn Gibney 11:06, 26; Clarissa Hull 11:22, 27; Sylvie Peck 11:32, 28; Joanne Munn 11:46, 29; Ivy Knox 11:55, 30; Iris Greenwood 11:57, 31; Roberta Power 11:58, 32; Kristy Bridger 11:59, 33; Michelle Knox 12:02, 34; Sophie Van Hoeck 12:02, 35; Kirra Bridger 12:06, 36; Nikki Greenwood 12:14, 37; Florence Van Hoeck 12:17, 38; Tegan Van Hoeck 12:18, 39; Megan Harrigan 12:19, 40; Sara Evans 12:23, 41; Violet Wong 12:55, 42; Airley Withers 13:00, 43; Diarna Withers 13:02, 44; Stacy Wong 13:04, 45; Isla Kelly 13:15, 46; Aster Withers 13:33, 47; Elin Sagbraten 13:38, 48; Matilda Maley 13:45, 49; Jessica Price 13:55, 50; Lisa Jenyns 14:12, 51; Vicky McClure 14:19, 52; Lara Karrasch 14:20, 53; Willow Nuttall 17:05, 54; Rhea Nuttall 19:23, 55.

RESULTS: 5km (Male) - Kyle McIntosh 16:59, 1; Joel Harrigan 19:30, 2; Tim Thorner 20:04, 3; Lucas Burridge 20:46, 4; James Karrasch 20:47, 5; Mark Bennington 21:52, 6; Matt Evans 21:58, 7; Andrew Wong 22:02, 8; Leon Petrohelos 22:41, 9; Kweller Happ 23:01, 10; Elijah Franke 23:09, 11; Nathan Quinn 23:17, 12; Finn Griffin 24:40, 13; Astin Nuttall 26:53, 14; Alex Greenwood 26:56, 15; Reuben Wong 27:03, 16; Eric Greenwood 27:16, 17; Tim Welsh 27:50, 18; Rodney Howell 27:51, 19; Marlo Welsh-Nuske 29:08, 20; Musa Fasih 30:20, 21; James Counter 35:55, 22; Tim Karrasch 39:21, 23.

RESULTS: 5km (Female) - Corrine Happ 23:18, 1; Hannah Burton 23:39, 2; Joey Kuchel 24:17, 3; Lara Karrasch 25:17, 4; Willow Nuttall 25:32, 5; Stacy Wong 25:58, 6; Kathy Robson 27:04, 7; Kathryn Gibney 28:55, 8; Amber Burton 29:45, 9; Chloe Burton 31:52, 10; Barbara Ewart 31:57, 11; Toni Berrington 33:34, 12; Zoe Counter 35:54, 13.

RESULTS: 10km (Male) - Peter Feain 36:37, 1; Paul Woodhouse 36:42, 2; Nick Murray 41:24, 3; Chris Hamilton 42:04, 4; Tom Maley 45:59, 5; Bruce Meder 46:18, 6; Peter Birch 53:39, 7; Darren Bow 1:01:15, 8; Tim Wilson 1:10:54, 9; Adam Wilson 1:10:54, 10.

RESULTS: 10km (Female) - Kate Marsden 51:05, 1; Kristy Bridger 52:35, 2; Annabelle Swainston 52:52, 3; Rowena Mitchell 54:13, 4; Clarissa Hull 54:22, 5; Lisa Jenyns 59:01, 6; Kylie Carney 1:01:14, 7.

RESULTS: 2km (Male) - Kweller Happ 9:15, 1; Dylan Hannaford 9:39, 2; Daniel Craig 9:41, 3; Matt Evans 9:45, 4; Elijah Franke 9:57, 5; Angus Morgan 10:03, 6; Ned Griffin 10:06, 7; Eric Greenwood 10:12, 8; Harrison Jordan 10:40, 9; Hugh Morgan 10:53, 10; Alex Greenwood 10:54, 11; Max Herbert 11:43, 12; Lachlan Herbert 11:45, 13; Astin Nuttall 12:01, 14; Clinton Hunter 12:25, 15; Ben Burton 12:32, 16; Sol Bridger 12:41, 17; Musa Fasih 12:58, 18; Andrew Wong 13:02, 19; Oliver Laybutt 13:25, 20; Trevor Fidge 13:38, 21; Toby Fidge 13:53, 22; Drew Herbert 14:10, 23; Matt Herbert 14:12, 24; Lee Withers 14:23, 25; Thomas Feain 14:31, 26; Jamahl Laybutt 14:57, 27; Max Kelly 15:22, 28; Ben Happ 15:31, 29; Darcy Kelly 15:57, 30; Bryson Kelly 15:58, 31; Iggi Nuttall 17:15, 32; Edison Happ 17:22, 33; Harvey Griffin 17:32, 34; Oaklei Nuttall 23:11, 35; Steel Beveridge 27:21, 36.

RESULTS: 2km (Female) - Bayley Johnson 9:53, 1; Hannah Burton 10:10, 2; Ava Hunter 11:02, 3; Amelia Harrigan 11:28, 4; Lara Hannaford 11:41, 5; Amy Hannaford 11:45, 6; Sienna Forrest 11:58, 7; Penny Harrigan 12:00, 8; Amber Burton 12:08, 9; Katarina Neal 12:14, 10; Rebecca Otto 12:18, 11; Alex Greenhalgh 13:03, 12; Kathy Robson 13:16, 13; Josie Fidge 13:20, 14; Belinda Heaney 13:28, 15; Emerald Fidge 13:37, 16; Tiah Allen 13:46, 17; Sophie Van Hoeck 13:55, 18; Airley Withers 14:22, 19; Nicole Feain 14:32, 20; Iris Greenwood 14:37, 21; Michelle Knox 14:51, 22; Ivy Knox 14:52, 23; Florence Van Hoeck 14:53, 24; Tegan Van Hoeck 14:53, 25; Sara Bergen 14:55, 26; Megan Harrigan 15:06, 27; Nikki Greenwood 15:18, 28; Aster Withers 15:26, 29; Diarna Withers 15:34, 30; Kirra Bridger 16:08, 31; Kristy Bridger 16:09, 32; Clarissa Hull 16:10, 33; Violet Wong 16:17, 34; Stacy Wong 16:18, 35; Vicky McClure 17:24, 36; Alison Fidge 23:17, 37; Rhea Nuttall 25:43, 38; Tina Thompson 29:11, 39.

RESULTS: 5km (Male) - Kyle McIntosh 17:35, 1; Joel Harrigan 20:52, 2; James Karrasch 21:38, 3; Trevor Fidge 22:15, 4; Matt Evans 24:45, 5; Jon Kahler 25:11, 6; Edward Neal 25:29, 7; Finn Kahler 26:09, 8; Reuben Wong 27:10, 9; Ben Happ 27:28, 10; Musa Fasih 31:27, 11; Tim Karrasch 38:58, 12; Steve Thompson 47:11, 13.

RESULTS: 5km (Female) - Joey Kuchel 24:18, 1; Corrine Happ 26:14, 2; Lara Karrasch 26:19, 3; Stacy Wong 28:03, 4; Melissa Kahler 28:42, 5; Kathy Robson 29:10, 6; Belinda Heaney 31:11, 7; Willow Nuttall 33:56, 8; Toni Berrington 34:29, 9; Lily Morgan 35:04, 10; Sarah Morgan 35:06, 11; Ruth Cully 38:20, 12.

RESULTS: 10km (Male) - Peter Feain 39:32, 1; Chris Hamilton 44:59, 2; Tom Maley 47:14, 3; Andrew Wong 47:44, 4; Bruce Meder 48:25, 5; Nathan Quinn 50:17, 6.

RESULTS: 10km (Female) - Kristy Bridger 55:43, 1; Clarissa Hull 59:20, 2.

Next week's runs are at Bongil Bongil picnic area, Williams Road.

RESULTS: 2km (Male) - Kweller Happ 7:53, 1; Angus Morgan 8:31, 2; Harrison Jordan 8:33, 3; Dylan Hannaford 8:36, 4; Archie Peters 8:36, 5; Archer Jordan 8:43, 6; Hugh Morgan 9:00, 7; Sam Ewart 9:03, 8; Ned Griffin 9:07, 9; Sam Peck 9:08, 10; Nicholas Hannaford 9:15, 11; Max Herbert 9:53, 12; Ben Burton 9:55, 13; Lachlan Herbert 10:04, 14; Astin Nuttall 10:06, 15; Noah Stokes 10:23, 16; Tim Welsh 10:25, 17; Leo Peck 10:46, 18; Thomas Thorner 11:44, 19; Tim Thorner 11:46, 20; Trevor Fidge 12:07, 21; Leon Petrohelos 12:09, 22; Toby Fidge 12:26, 23; Ben Ewart 12:30, 24; Ben Happ 12:49, 25; Darcy Kelly 13:03, 26; Bryson Kelly 13:06, 27; Thomas Feain 13:20, 28; Michael Burridge 13:32, 29; Drew Herbert 13:46, 30; Heath Bianchi 14:44, 31; Iggi Nuttall 15:18, 32; Jesse Munn-Power 15:20, 33; Harvey Griffin 15:27, 34; Edison Happ 15:29, 35; Oaklei Nuttall 16:59, 36; Max Kelly 17:20, 37; Mark McClurg 17:46, 38; Steel Beveridge 23:28, 39.

RESULTS: 2km (Female) - Poppy Barclay 8:26, 1; Aaliyah Parsons 8:57, 2; Harper Welsh-Nuske 9:21, 3; Valla Parsons 9:22, 4; Lily-Mei Wong 9:35, 5; Lacey Van Hoeck 9:37, 6; Evie Sutton 9:42, 7; Sienna Forrest 9:43, 8; Stella Dobson 10:22, 9; Katarina Neal 10:34, 10; Alison Neal 10:44, 11; Lola Barclay 10:56, 12; Penny Harrigan 10:58, 13; Kenzie Phillips 11:06, 14; Mosa Strydom 11:08, 15; Elize Strydom 11:09, 16; Kristy Bridger 11:13, 17; Alex Greenhalgh 11:14, 18; Kathy Robson 11:21, 19; Brooklyn Stokes 11:27, 20; Kylie Davis 11:28, 21; Renee Nuske 11:48, 22; Kirra Bridger 12:03, 23; Emerald Fidge 12:05, 24; Isla Kelly 12:11, 25; Sophie Van Hoeck 12:51, 26; Iris Greenwood 12:53, 27; Barbara Ewart 12:55, 28; Florence Van Hoeck 12:58, 29; Tegan Van Hoeck 12:59, 30; Nikki Greenwood 13:05, 31; Sylvie Peck 13:08, 32; Megan Harrigan 13:13, 33; Macy McClurg 13:18, 34; Violet Wong 13:19, 35; Stacy Wong 13:21, 36; Belinda McClurg 13:23, 37; Matilda Maley 14:05, 38; Elle Bianchi 14:37, 39; Sarah Bianchi 14:54, 40; Vicky McClure 15:10, 41; Roberta Power 15:12, 42; Lisa Jenyns 17:23, 43; Alison Fidge 17:24, 44; Ashley McClurg 17:45, 45; Tina Thompson 24:43, 46.

RESULTS: 5km (Male) - Keelan Birch 19:54, 1; Kyle McIntosh 19:58, 2; Tim Thorner 20:40, 3; Lucas Burridge 21:45, 4; Matt Champness 22:04, 5; Archie Peters 22:04, 6; Dylan Hannaford 22:05, 7; Leon Petrohelos 22:49, 8; Hayden Counter 22:59, 9; Edward Neal 23:46, 10; Elijah Franke 23:58, 11; Alex Greenwood 24:30, 12; Matthew McAleer 25:03, 13; Reuben Wong 25:12, 14; Eric Greenwood 25:12, 15; Joel Harrigan 25:26, 16; Greg Ewart 27:54, 17; Peter Birch 28:02, 18; Ben Happ 35:33, 19; Paul Feain 44:58, 20; Steve Thompson 47:53, 21.

RESULTS: 5km (Female) - Olissa Onley 22:12, 1; Alison Neal 23:49, 2; Hannah Burton 24:43, 3; Lara Karrasch 25:07, 4; Tanya Griffin 25:23, 5; Amelia Harrigan 25:24, 6; Sarah Morgan 25:56, 7; Amy Hannaford 26:00, 8; Poppy Ensbey 26:27, 9; Michelle Randall 26:48, 10; Stacy Wong 27:05, 11; Amber Burton 27:39, 12; Harriet Brickhill 28:17, 13; Lily Morgan 28:34, 14; Kathy Robson 28:43, 15; Willow Nuttall 28:47, 16; Ashleigh Geddes 29:11, 17; Lisa Jenyns 30:25, 18; Fiona McPherson 32:40, 19; Zoe Counter 33:25, 20; Toni Berrington 33:25, 21; Melinda Counter 33:30, 22.

RESULTS: 10km (Male) - Peter Feain 39:26, 1; Paul Woodhouse 41:28, 2; Nick Murray 41:58, 3; Chris Hamilton 47:41, 4; Bruce Meder 47:47, 5; Angus Croak 50:28, 6; Tom Maley 51:39, 7; Andrew Wong 51:40, 8.

RESULTS: 10km (Female) - Michelle Versluys 53:32, 1; Kristy Bridger 54:10, 2; Sarah Soto 1:0 6:07, 3.

Next Week please report in at the picnic shelters near the Woolgoolga SLSC

## MNC Cross Country- 28 May 2023 at Woolgoolga Beach

RESULTS: 2km (Male) - Kweller Happ 7:23, 1; Dylan Hannaford 7:48, 2; Neil Griffin 7:49, 3; Angus Morgan 8:27, 4; Sam Peck 8:34, 5; Ned Griffin 8:35, 6; Harrison Jordan 8:40, 7; Sam Ewart 8:45, 8; Finn Griffin 9:02, 9; Craig Parsons 9:06, 10; Archer Jordan 9:11, 11; Edison Happ 9:20, 12; Mark McClurg 9:32, 13; Ben Burton 9:55, 14; Alex Evans 10:04, 15; Astin Nuttall 10:07, 16; Oliver Laybutt 10:10, 17; Leo Peck 10:12, 18; Sol Bridger 10:19, 19; Marlo Welsh-Nuske 10:29, 20; Tim Wilson 11:03, 21; Adam Wilson 11:06, 22; Musa Fasih 11:20, 23; Tim Welsh 11:58, 24; Jamahl Laybutt 12:04, 25; Toby Fidge 12:12, 26; Ben Ewart 12:24, 27; Greg Ewart 12:25, 28; Thomas Feain 12:42, 29; Ben Happ 13:14, 30; Philip Viles 14:03, 31; Lee Withers 14:04, 32; Iggi Nuttall 19:15, 33; Harvey Griffin 19:38, 34; Oaklei Nuttall 22:21, 35; Steel Beveridge 25:18, 36.

RESULTS: 2km (Female) - Aaliyah Parsons 8:23, 1; Lacey Van Hoeck 8:52, 2; Valla Parsons 9:04, 3; Jarrah Onley 9:12, 4; Harper Welsh-Nuske 9:14, 5; Poppy Barclay 9:49, 6; Stella Dobson 9:58, 7; Chloe Burton 10:05, 8; Sienna Forrest 10:07, 9; Rebecca Otto 10:13, 10; Amber Burton 10:15, 11; Helen Nevell 10:18, 12; Lola Barclay 10:26, 13; Harper Nightingale 10:31, 14; Clarissa Hull 10:37, 15; Maya Hill 10:41, 16; Josie Fidge 10:44, 17; Kathy Robson 11:01, 18; Emerald Fidge 11:05, 19; Belinda Heaney 11:08, 20; Sara Evans 11:46, 21; Kristy Bridger 11:51, 22; Renee Nuske 11:57, 23; Kirra Bridger 11:59, 24; Theresa Nevell 12:17, 25; Kenzie Phillips 12:19, 26; Nicole Feain 12:43, 27; Tasman Kahler 13:05, 28; Airley Withers 13:26, 29; Diarna Withers 13:28, 30; Sophie Van Hoeck 13:32, 31; Elin Sagbraten 13:36, 32; Vicky McClure 13:57, 33; Florence Van Hoeck 14:00, 34; Tegan Van Hoeck 14:01, 35; Aster Withers 14:02, 36; Alison Fidge 20:24, 37; Kylie Davis 20:24, 38; Rhea Nuttall 22:35, 39; Tina Thompson 29:19, 40.

RESULTS: 5km (Male) - Daniel Craig 23:29, 1; Hayden Counter 23:31, 2; Bruce Meder 23:46, 3; Jon Kahler 24:36, 4; Hugh Morgan 24:39, 5; Finn Kahler 25:02, 6; Matthew McAleer 25:05, 7; James Counter 26:42, 8; Ben Happ 27:11, 9; Scott Lawrence 28:44, 10; Musa Fasih 30:06, 11; Tim Karrasch 38:28, 12; Astin Nuttall 41:53, 13; Steve Thompson 44:22, 14.

RESULTS: 5km (Female) - Olissa Onley 22:18, 1; Caroline Mostert 26:27, 2; Amy Hannaford 26:46, 3; Lara Karrasch 27:44, 4; Melissa Kahler 28:48, 5; Kathy Robson 28:59, 6; Belinda Heaney 31:17, 7; Lily Morgan 33:35, 8; Barbara Ewart 33:55, 9; Toni Berrington 35:51, 10; Willow Nuttall 43:04, 11.

RESULTS: 10km (Male) - Peter Feain 40:58, 1; Craig Parsons 43:39, 2; Simon Quinn 52:54, 3; Tim Wilson 1:18:19, 4; Adam Wilson 1:18:19, 5.

RESULTS: 10km (Female) - Jesse Dougherty 49:00, 1; Michelle Versluys 55:31, 2; Kristy Bridger 55:36, 3; Clarissa Hull 56:41, 4; Rowena Mitchell 1:00:58, 5.

Next week's run starts at the end of Overhead Bridge Forest Road, Bongil Bongil National Park.

RESULTS: 2km (Male) - Dylan Hannaford 8:43, 1; Noah Stokes 9:30, 2; Craig Parsons 9:39, 3; Matt Herbert 10:19, 4; Lachlan Herbert 10:22, 5; Astin Nuttall 10:26, 6; Marlo Welsh-Nuske 10:43, 7; Max Herbert 10:47, 8; Thomas Thorner 10:53, 9; Tim Thorner 12:20, 10; Carl Marsden 12:22, 11; Max Kelly 12:38, 12; Darcy Kelly 14:11, 13; Bryson Kelly 14:12, 14; Oaklei Nuttall 28:04, 15; Steel Beveridge 28:45, 16.

RESULTS: 2km (Female) - Poppy Barclay 8:51, 1; Aaliyah Parsons 9:12, 2; Harper Welsh-Nuske 9:34, 3; Valla Parsons 9:35, 4; Amy Hannaford 9:38, 5; Maya Hill 10:37, 6; Lola Barclay 10:39, 7; Kristy Bridger 10:56, 8; Kathy Robson 11:43, 9; Clarissa Hull 11:53, 10; Brooklyn Stokes 12:17, 11; Kylie Davis 12:19, 12; Kate Marsden 12:21, 13; Sarah Marsden 12:22, 14; Renee Nuske 12:23, 15; Sophie Van Hoeck 12:39, 16; Sara Bergen 13:48, 17; Vicky McClure 15:10, 18; Rhea Nuttall 28:01, 19; Willow Nuttall 28:05, 20.

RESULTS: 5km (Male) - Tim Thorner 20:33, 1; Daniel Craig 22:06, 2; Hayden Counter 24:25, 3; Carl Marsden 26:10, 4; Peter Birch 28:02, 5; James Counter 33:46, 6; Tim Karrasch 39:22, 7; Steve Thompson 51:33, 8.

RESULTS: 5km (Female) - Valla Parsons 24:58, 1; Lara Karrasch 27:05, 2; Kathy Robson 28:27, 3; Willow Nuttall 29:48, 4; Maya Hill 30:20, 5; Zoe Counter 33:44, 6; Toni Berrington 34:01, 7.

RESULTS: 10km (Male) - Craig Parsons 40:19, 1; Paul Woodhouse 40:38, 2; Nick Murray 41:48, 3; Chris Hamilton 46:45, 4.

RESULTS: 10km (Female) - Kristy Bridger 54:53, 1; Clarissa Hull 57:02, 2; Kate Marsden 57:28, 3; Sarah Marsden 57:28, 4.

Next week's runs are at Sandy Beach Reserve.

RESULTS: 2km (Male) - Daniel Craig 7:52, 1; Dylan Hannaford 7:55, 2; Archie Peters 8:20, 3; Hugh Morgan 8:30, 4; Finn Kahler 8:32, 5; Sam Peck 8:33, 6; Angus Morgan 8:43, 7; Ned Griffin 9:02, 8; Astin Nuttall 9:52, 9; Leo Peck 9:57, 10; Mark McClurg 9:59, 11; Marlo Welsh-Nuske 10:07, 12; Thomas Thorner 10:24, 13; Oliver Laybutt 10:50, 14; Lachlan Herbert 11:23, 15; Tim Welsh 11:43, 16; Jamahl Laybutt 11:52, 17; Matt Evans 12:07, 18; Tim Thorner 12:23, 19; Drew Herbert 13:09, 20; Thomas Feain 13:12, 21; Peter Feain 13:14, 22; Max Kelly 16:12, 23; Oaklei Nuttall 17:34, 24; Jeff White 18:40, 25; Iggi Nuttall 19:36, 26; Steel Beveridge 24:40, 27.

RESULTS: 2km (Female) - Poppy Barclay 7:56, 1; Valla Parsons 8:58, 2; Evie Sutton 9:00, 3; Harper WelshNuske 9:27, 4; Amy Hannaford 9:32, 5; Stella Dobson 10:00, 6; Clarissa Hull 10:04, 7; Lola Barclay 10:08, 8; Elize Strydom 10:09, 9; Mosa Strydom 10:10, 10; Maya Hill 10:10, 11; Rebecca Otto 10:11, 12; Sylvie Peck 11:25, 13; Renee Nuske 11:42, 14; Sara Evans 11:58, 15; Sofia Foskett 12:05, 16; Tasman Kahler 12:12, 17; Sara Bergen 12:14, 18; Macy McClurg 13:46, 19; Elin Sagbraten 13:50, 20; Vicky McClure 13:58, 21; Lisa Jenyns 16:13, 22; Ashley McClurg 19:13, 23; Belinda McClurg 19:14, 24; Rhea Nuttall 19:30, 25.

RESULTS: 5km (Male) - Tim Thorner 18:38, 1; Thomas Burridge 19:19, 2; Lucas Burridge 19:41, 3; James Karrasch 19:52, 4; Jon Kahler 21:13, 5; Matt Evans 21:38, 6; Archie Peters 23:19, 7; Dylan Hannaford 23:20, 8; James Counter 23:32, 9; Hayden Counter 23:41, 10; Mark Kirstein 23:53, 11; Tim Karrasch 34:36, 12; Steve Thompson 43:12, 13.

RESULTS: 5km (Female) - Nicole Feain 21:21, 1; Valla Parsons 22:29, 2; Sarah Morgan 23:26, 3; Amy Hannaford 23:51, 4; Lara Karrasch 24:48, 5; Melissa Kahler 25:28, 6; Rowena Mitchell 25:45, 7; Lily Morgan 25:57, 8; Willow Nuttall 26:31, 9; Maya Hill 26:51, 10; Toni Berrington 30:29, 11; Zoe Counter 31:21, 12; Melinda Counter 31:28, 13.

RESULTS: 10km (Male) - Peter Feain 36:02, 1; Paul Woodhouse 36:48, 2; Nick Murray 38:37, 3; Chris Hamilton 43:36, 4; Simon Quinn 48:10, 5.

RESULTS: 10km (Female) - Clarissa Hull 48:31, 1; Michelle Versluys 48:56, 2.

RESULTS: 2km (Male) - Dylan Hannaford 8:51, 1; Matt Evans 9:04, 2; Sam Peck 9:13, 3; Ned Griffin 9:18, 4; Eric Greenwood 9:36, 5; Craig Parsons 10:00, 6; Lachlan Herbert 10:05, 7; Astin Nuttall 10:10, 8; Max Herbert 10:29, 9; Leo Peck 10:39, 10; Marlo Welsh-Nuske 11:18, 11; Duke Phillips 11:31, 12; Thomas Feain 13:53, 13; Dean Van Hoeck 14:22, 14; Oaklei Nuttall 17:31, 15; Iggi Nuttall 17:54, 16; Jeff White 20:46, 17; Steel Beveridge 25:39, 18.

RESULTS: 2km (Female) - Aaliyah Parsons 9:10, 1; Lacey Van Hoeck 9:28, 2; Jarrah Onley 9:43, 3; Lily-Mei Wong 9:51, 4; Valla Parsons 9:58, 5; Alison Neal 10:07, 6; Amy Hannaford 10:11, 7; Stella Dobson 10:32, 8; Maya Hill 10:56, 9; Clarissa Hull 11:33, 10; Sierra White 11:39, 11; Kathy Robson 11:42, 12; Katarina Neal 11:44, 13; Kate Marsden 11:50, 14; Renee Nuske 12:16, 15; Alex Greenhalgh 12:30, 16; Kenzie Phillips 12:40, 17; Janie Mahoney 12:49, 18; Iris Greenwood 13:01, 19; Eliette Munn-Power 13:07, 20; Joanne Munn 13:10, 21; Nikki Greenwood 13:27, 22; Nicole Feain 13:54, 23; Sara Bergen 14:04, 24; Sophie Van Hoeck 14:16, 25; Florence Van Hoeck 14:21, 26; Vicky McClure 15:28, 27; Violet Wong 15:59, 28; Macy McClurg 16:00, 29; Rhea Nuttall 24:30, 30.

RESULTS: 5km (Male) - James Karrasch 21:23, 1; Dylan Hannaford 21:37, 2; Andrew Wong 22:36, 3; Alex Greenwood 23:54, 4; Matt Evans 24:26, 5; Matthew McAleer 24:40, 6; Hayden Counter 26:55, 7; Reuben Wong 27:12, 8; Astin Nuttall 29:28, 9; James Counter 32:27, 10; Tim Karrasch 37:10, 11; Lucas Burridge 37:59, 12; Steve Thompson 46:57, 13.

RESULTS: 5km (Female) - Olissa Onley 20:40, 1; Alison Neal 21:52, 2; Aaliyah Parsons 24:00, 3; Valla Parsons 24:11, 4; Amy Hannaford 25:04, 5; Lily Morgan 25:35, 6; Lara Karrasch 25:38, 7; Michelle Randall 26:33, 8; Maya Hill 27:46, 9; Willow Nuttall 27:59, 10; Kathy Robson 28:07, 11; Zoe Counter 32:25, 12; Toni Berrington 33:13, 13; Ruth Cully 37:17, 14.

RESULTS: 10km (Male) - Peter Feain 38:20, 1; Craig Parsons 42:31, 2; Chris Hamilton 46:37, 3; Simon Quinn 50:23, 4.

RESULTS: 10km (Female) - Kate Marsden 53:30, 1; Clarissa Hull 56:11, 2; Janie Mahoney 1:02:06, 3.

RESULTS: 2km (Male) - Dylan Hannaford 8:52, 1; Ned Griffin 9:05, 2; Sam Ewart 9:11, 3; Craig Parsons 9:46, 4; Reuben Wong 10:09, 5; Lachlan Herbert 10:16, 6; Max Herbert 10:27, 7; Astin Nuttall 10:43, 8; Simon Hill 10:57, 9; Thomas Thorner 11:21, 10; Duke Phillips 11:31, 11; Tim Wilson 11:46, 12; Adam Wilson 11:47, 13; Dean Van Hoeck 11:50, 14; Ben Ewart 12:30, 15; Tim Thorner 12:48, 16; Sol Bridger 13:00, 17; Toby Fidge 13:03, 18; Thomas Feain 13:33, 19; Christian Petersen 14:20, 20; Drew Herbert 14:47, 21; Iggi Nuttall 16:42, 22; Harvey Griffin 18:49, 23; Neil Griffin 18:50, 24; Oaklei Nuttall 19:55, 25; Jeff White 21:49, 26; Steel Beveridge 26:25, 27.

RESULTS: 2km (Female) - Aaliyah Parsons 9:31, 1; Lacey Van Hoeck 9:35, 2; Valla Parsons 9:43, 3; Amelia Harrigan 9:53, 4; Maya Hill 10:39, 5; Harper Nightingale 10:45, 6; Katarina Neal 11:00, 7; Stella Dobson 11:10, 8; Amy Hannaford 11:10, 9; Skyla Petersen 11:33, 10; Clarissa Hull 11:56, 11; Josie Fidge 12:09, 12; Kathy Robson 12:31, 13; Stacy Wong 12:32, 14; Kenzie Phillips 12:39, 15; Emerald Fidge 13:04, 16; Janie Mahoney 13:09, 17; Nicole Feain 13:34, 18; Barbara Ewart 14:02, 19; Sara Bergen 14:24, 20 ; Kirra Bridger 14:31, 21; Kristy Bridger 14:31, 22; Vicky McClure 16:10, 23; Rhea Nuttall 20:20, 24; Kylie Davis 21:26, 25; Alison Fidge 21:26, 26.

RESULTS: 5km (Male) - Tim Thorner 19:18, 1; James Karrasch 20:24, 2; Edward Neal 25:03, 3; Simon Hill 31:11, 4; Tim Wilson 38:02, 5; Adam Wilson 38:02, 6; Steve Thompson 48:25, 7.

RESULTS: 5km (Female) - Valla Parsons 22:55, 1; Joey Kuchel 23:41, 2; Lara Karrasch 25:00, 3; Willow Nuttall 25:52, 4; Clarissa Hull 25:55, 5; Michelle Randall 26:56, 6; Kathy Robson 28:59, 7; Janie Mahoney 29:39, 8; Harriet Brickhill 30:06, 9; Maya Hill 30:27, 10; Toni Berrington 31:32, 11; Roberta Power 32:06, 12.

RESULTS: 10km (Male) - Peter Feain 36:14, 1; Craig Parsons 38:05, 2; Joel Harrigan 39:45, 3; Nick Murray 40:33, 4; Chris Hamilton 41:41, 5; Tom Maley 46:42, 6; Andrew Wong 46:43, 7; Simon Quinn 49:23, 8; Greg Ewart 58:35, 9.

RESULTS: 10km (Female) - Jesse Dougherty 42:36, 1; Kristy Bridger 47:29, 2; Michelle Versluys 50:06, 3.

## MNC Cross Country- 2 Jul 2023 at Habitat Walk

RESULTS: 2km (Male) - Sam Ewart 8:06, 1; Eric Greenwood 8:16, 2; Sam Peck 8:22, 3; Ned Griffin 8:38, 4; Alex Greenwood 9:01, 5; Simon Hill 9:24, 6; Leo Peck 9:29, 7; Astin Nuttall 9:46, 8; Duke Phillips 10:02, 9; Marlo Welsh-Nuske 10:05, 10; Thomas Thorner 10:13, 11; Sol Bridger 10:17, 12; Tim Welsh 10:30, 13; Ben Ewart 10:49, 14; Greg Ewart 10:50, 15; Dean Van Hoeck 11:17, 16; Tim Thorner 11:33, 17; Harry Doman 12:39, 18; Thomas Feain 13:52, 19; Peter Feain 13:53, 20; Mark McClurg 14:25, 21; Harvey Griffin 16:01, 22; Iggi Nuttall 18:56, 23.

RESULTS: 2km (Female) - Aaliyah Parsons 8:16, 1; Valla Parsons 8:49, 2; Harper Welsh-Nuske 8:57, 3; Lacey Van Hoeck 9:15, 4; Maya Hill 9:18, 5; Harper Nightingale 9:35, 6; Stella Dobson 9:37, 7; Kenzie Phillips 10:00, 8; Skyla Petersen 10:08, 9; Kristy Bridger 10:18, 10; Kathy Robson 10:39, 11; Janie Mahoney 11:08, 12; Alex Greenhalgh 11:12, 13; Sophie Van Hoeck 11:14, 14; Renee Nuske 11:15, 15; Emerald Fidge 11:27, 16; Kylie Davis 11:28, 17; Kirra Bridger 12:29, 18; Leah Doman 12:39, 19; Macy McClurg 14:22, 20; Vicky McClure 14:56, 21; Rhea Nuttall 17:47, 22; Alison Fidge 20:38, 23.

RESULTS: 5km (Male) - Tim Thorner 19:50, 1; Thomas Burridge 19:59, 2; James Karrasch 20:43, 3; Lucas Burridge 20:51, 4; Matt Evans 22:12, 5; Hayden Counter 22:40, 6; Matthew McAleer 23:40, 7; Mark Kirstein 26:12, 8; Simon Hill 27:03, 9; Astin Nuttall 27:15, 10; James Counter 32:22, 11; Tim Karrasch 35:20, 12; Steve Thompson 41:22, 13.

RESULTS: 5km (Female) - Nicole Feain 21:33, 1; Leah Doman 22:57, 2; Aaliyah Parsons 23:27, 3; Valla Parsons 24:07, 4; Lara Karrasch 25:43, 5; Willow Nuttall 26:17, 6; Maya Hill 26:27, 7; Kathy Robson 26:50, 8; Melinda Counter 29:38, 9; Barbara Ewart 30:23, 10; Zoe Counter 32:18, 11.

RESULTS: 10km (Male) - Peter Birch 51:53, 1.

RESULTS: 10km (Female) - Jess Dougherty 41:30, 1; Kristy Bridger 48:37, 2; Janie Mahoney 52:56, 3; Kathryn Gibney 58:07, 4; Belinda Heaney 58:45, 5.

RESULTS: 2km (Male) - Archie Peters 7:11, 1; Dylan Hannaford 7:32, 2; Elijah Franke 7:34, 3; Hayden Counter 7:50, 4; Sam Ewart 7:55, 5; Angus Morgan 8:08, 6; Hugh Morgan 8:35, 7; Tim Welsh 8:37, 8; Charlie Lipman 8:43, 9; Lachlan Herbert 8:47, 10; Duke Phillips 9:02, 11; Max Herbert 9:11, 12; Marlo Welsh-Nuske 9:34, 13; Ben Ewart 10:05, 14; Astin Nuttall 10:06, 15; James Counter 10:17, 16; Thomas Feain 10:39, 17; Drew Herbert 12:01, 18; Matt Herbert 12:03, 19; Dean Van Hoeck 12:32, 20; Stephen Boyd 12:54, 21; Iggi Nuttall 17:38, 22; Jeff White 17:40, 23; Steel Beveridge 23:03, 24.

RESULTS: 2km (Female) - Amelia Harrigan 8:12, 1; Lacey Van Hoeck 8:14, 2; Harper Welsh-Nuske 8:18, 3; Valla Parsons 8:30, 4; Harper Nightingale 8:48, 5; Sienna Forrest 9:08, 6; Skyla Petersen 9:13, 7; Kristy Bridger 9:14, 8; Clarissa Hull 9:15, 9; Lara Hannaford 9:24, 10; Amy Hannaford 9:25, 11; Aaliyah Parsons 9:31, 12; Kenzie Phillips 9:56, 13; Helen Nevell 10:09, 14; Janie Mahoney 10:12, 15; Zoe Counter 10:16, 16; Kate Marsden 10:24, 17; Sara Bergen 10:32, 18; Sophia Lipman 10:40, 19; Barbara Ewart 11:21, 20; Theresa Nevell 11:33, 21; Sophie Van Hoeck 12:19, 22; Florence Van Hoeck 12:27, 23; Violet Wong 12:46, 24; Stacy Wong 12:51, 25; Vicky McClure 13:07, 26; Rhea Nuttall 19:15, 27.

RESULTS: 5km (Male) - Kyle McIntosh 18:19, 1; Matt Evans 24:04, 2; Dylan Hannaford 24:39, 3; Angus Morgan 25:13, 4; Reuben Wong 25:18, 5; Daniel Craig 25:33, 6; Matthew McAleer 25:42, 7; Mitchell Karrasch 27:27, 8; Thomas Thorner 30:20, 9; Tim Thorner 30:27, 10; Charlie Lipman 30:37, 11; Angus Croak 31:06, 12; Stephen Boyd 34:08, 13; Tim Karrasch 38:34, 14; Paul Feain 49:14, 15; Steve Thompson 50:08, 16; Tim Wilson 58:27, 17.

RESULTS: 5km (Female) - Amy Hannaford 25:42, 1; Sarah Morgan 27:16, 2; Lara Karrasch 27:22, 3; Michelle Randall 28:03, 4; Stacy Wong 29:37, 5; Ashleigh Geddes 31:07, 6; Willow Nuttall 32:41, 7; Toni Berrington 34:04, 8.

RESULTS: 10km (Male) - Nick Murray 42:30, 1; Greg Ewart 1:01:26, 2; Adam Wilson 1:11:25, 3.

RESULTS: 10km (Female) - Kristy Bridger 55:02, 1; Clarissa Hull 56:10, 2; Kate Marsden 58:02, 3; Janie Mahoney 1:01:32, 4.

Note: several runners took a wrong turn in the 5 km , cutting out approx. 500m. Times for these runners are estimates only. Placings were easy to adjust based on the full- runners times before and after this group.

RESULTS: 2km (Male) - Kweller Happ 9:48, 1; Elijah Franke 10:07, 2; Hayden Counter 10:19, 3; Ned Griffin 10:26, 4; Sam Peck 10:28, 5; Noah Stokes 10:37, 6; Craig Parsons 10:38, 7; Mitch Custance 11:03, 8; Lachlan Herbert 11:30, 9; Duke Phillips 11:32, 10; Max Herbert 11:33, 11; Leo Peck 11:34, 12; Astin Nuttall 11:54, 13; Simon Hill 12:04, 14; Sol Bridger 13:16, 15; Thomas Thorner 13:30, 16; Ben Ewart 13:34, 17; Greg Ewart 13:35, 18; Tim Thorner 13:42, 19; Matthew McAleer 13:56, 20; Marlo Welsh-Nuske 14:06, 21; Drew Herbert 14:16, 22; Matt Herbert 14:17, 23; Tim Welsh 14:36, 24; Christian Petersen 14:37, 25; Dean Van Hoeck 14:43, 26; Thomas Feain 14:54, 27; Peter Feain 14:56, 28; Iggi Nuttall 15:25, 29; Harvey Griffin 17:57, 30; Jeff White 23:27, 31.

RESULTS: 2km (Female) - Bayley Johnson 9:50, 1; Aaliyah Parsons 10:18, 2; Lacey Van Hoeck 10:27, 3; Zara Johnson 10:34, 4; Harper Welsh-Nuske 11:04, 5; Valla Parsons 11:05, 6; Maya Hill 11:07, 7; Harper Nightingale 11:27, 8; Stella Dobson 11:38, 9; Skyla Petersen 12:21, 10; Kenzie Phillips 12:24, 11; Darcie Hodgson 13:15, 12; Alex Greenhalgh 13:25, 13; Kristy Bridger 13:38, 14; Elize Strydom 13:54, 15; Kate Marsden 14:10, 16; Kathy Robson 14:11, 17; Sara Bergen 14:13, 18; Sophie Van Hoeck 14:35, 19; Florence Van Hoeck 14:38, 20; Renee Nuske 14:39, 21; Kirra Bridger 14:49, 22; Brooklyn Stokes 14:57, 23; Kylie Davis 14:58, 24; Vicky McClure 15:34, 25; Rhea Nuttall 21:07, 26.

RESULTS: 5km (Male) - Kyle McIntosh 19:30, 1; Craig Parsons 21:00, 2; Tim Thorner 21:27, 3; James Karrasch 23:07, 4; Sam Ewart 24:00, 5; Matt Evans 24:46, 6; Angus Morgan 25:15, 7; Grant Custance 25:54, 8; Mitch Custance 26:20, 9; Ryan Berry 26:35, 10; Matthew McAleer 27:33, 11; Daniel Jhureea 27:36, 12; Angus Croak 29:09, 13; James Counter 37:07, 14; Tim Karrasch 39:16, 15; Steve Thompson 50:27, 16.

RESULTS: 5km (Female) - Nicole Feain 23:08, 1; Elize Strydom 25:39, 2; Amy Hannaford 26:20, 3; Corrine Happ 26:52, 4; Michelle Randall 27:47, 5; Lara Karrasch 28:06, 6; Kathy Robson 30:22, 7; Rowena Mitchell 30:32, 8; Ashleigh Geddes 30:37, 9; Willow Nuttall 31:32, 10; Lily Morgan 34:09, 11; Barbara Ewart 34:21, 12; Toni Berrington 34:57, 13; Zoe Counter 37:05, 14.

RESULTS: 10km (Male) - Peter Feain 40:07, 1; Chris Hamilton 50:31, 2; Carl Marsden 59:40, 3; Peter Birch 59:48, 4.

RESULTS: 10km (Female) - Jess Dougherty 45:58, 1; Kristy Bridger 53:24, 2; Kate Marsden 59:39, 3.

Note: Runners ran long in the $2 k m$, (to the bridge instead of just to the cone) making is a little over 3 km !

## MNC Cross Country- 23 Jul 2023 at Williams Road Bongil Bongil

RESULTS: 2km (Male) - Lucas Burridge 7:38, 1; Kweller Happ 7:47, 2; Dylan Hannaford 8:30, 3; Ned Griffin 8:46, 4; Ben Happ 9:21, 5; Craig Parsons 9:26, 6; Astin Nuttall 9:54, 7; Ben Ewart 10:45, 8; Matthew McAleer 10:49, 9; Dean Van Hoeck 11:32, 10; Tim Wilson 11:50, 11; Adam Wilson 11:57, 12; Christian Petersen 12:00, 13; Toby Fidge 12:26, 14; Thomas Feain 12:27, 15; Mark McClurg 14:04, 16; Iggi Nuttall 17:01, 17; Harvey Griffin 18:01, 18; Edison Happ 18:02, 19; Oaklei Nuttall 18:55, 20.

RESULTS: 2km (Female) - Aaliyah Parsons 8:37, 1; Lacey Van Hoeck 9:15, 2; Valla Parsons 9:25, 3; Stella Dobson 10:06, 4; Sienna Forrest 10:14, 5; Skyla Petersen 10:22, 6; Amy Hannaford 10:46, 7; Elize Strydom 10:48, 8; Kathy Robson 10:51, 9; Emerald Fidge 10:54, 10; Sophie Van Hoeck 11:31, 11; Barbara Ewart 12:18, 12; Nicole Feain 12:28, 13; Florence Van Hoeck 12:36, 14; Tegan Van Hoeck 12:47, 15; Sara Bergen 13:42, 16; Macy McClurg 14:03, 17; Vicky McClure 14:49, 18; Alison Fidge 21:45, 19.

RESULTS: 5km (Male) - Craig Parsons 20:55, 1; James Karrasch 21:46, 2; Thomas Burridge 22:15, 3; Sam Ewart 22:38, 4; Matt Evans 22:40, 5; Angus Croak 24:39, 6; Lucas Burridge 24:43, 7; Matthew McAleer 25:49, 8; Dylan Hannaford 28:19, 9; Greg Ewart 29:09, 10; Ben Happ 35:27, 11; Tim Karrasch 37:47, 12; Steve Thompson 46:36, 13.

RESULTS: 5km (Female) - Nicole Feain 21:58, 1; Elize Strydom 23:24, 2; Corrine Happ 24:56, 3; Valla Parsons 25:24, 4; Lara Karrasch 25:59, 5; Michelle Randall 26:56, 6; Willow Nuttall 27:21, 7; Amy Hannaford 28:20, 8; Kathy Robson 28:35, 9; Ashleigh Geddes 29:42, 10; Belinda Heaney 29:57, 11; Toni Berrington 33:05, 12.

RESULTS: 10km (Male) - Nick Murray 40:48, 1; Chris Hamilton 49:56, 2; Bruce Meder 52:28, 3; Carl Marsden 55:22, 4.

RESULTS: 10km (Female) - Kate Marsden 55:22, 1.

RESULTS: 2km (Male) - Sam Peck 9:58, 1; Eric Greenwood 10:16, 2; Lachlan Herbert 10:32, 3; Matthew McAleer 10:34, 4; Finn Kahler 10:42, 5; Max Herbert 10:46, 6; Alex Greenwood 10:52, 7; Reuben Wong 10:59, 8; Leo Peck 12:25, 9; Ben Ewart 12:38, 10; Greg Ewart 12:39, 11; Astin Nuttall 12:54, 12; Christian Petersen 14:11, 13; Harry Doman 15:13, 14; Mark McClurg 15:33, 15; Thomas Feain 15:44, 16; Peter Feain 15:45, 17; Chris Hamilton 15:58, 18; Matt Evans 16:02, 19; Darcy Kelly 16:05, 20; Bryson Kelly 16:06, 21 ; Max Kelly 16:57, 22; Drew Herbert 17:31, 23; Iggi Nuttall 22:13, 24; Jeff White 23:05, 25; Oaklei Nuttall 26:44, 26.

RESULTS: 2km (Female) - Poppy Barclay 9:32, 1; Bayley Johnson 9:38, 2; Zara Johnson 9:55, 3; Amelia Harrigan 10:51, 4; Matilda Harrigan 11:10, 5; Harper Nightingale 11:23, 6; Lola Barclay 11:46, 7; Penny Harrigan 11:56, 8; Katarina Neal 11:59, 9; Skyla Petersen 12:12, 10; Clarissa Hull 12:57, 11; Kathy Robson 12:59, 12; Iris Greenwood 13:24, 13; Janie Mahoney 13:26, 14; Sylvie Peck 14:29, 15; Tasman Kahler 14:44, 16; Isla Kelly 15:01, 17; Ella Odonohue 15:03, 18; Nikki Greenwood 15:04, 19; Sara Bergen 15:09, 20; Leah Doman 15:14, 21; Macy McClurg 15:32, 22; Megan Harrigan 15:39, 23; Violet Wong 15:50, 24; Stacy Wong 15:57, 25; Sara Evans 16:01, 26; Lisa Jenyns 17:12, 27; Ashley McClurg 22:24, 28; Belinda McClurg 22:25, 29; Rhea Nuttall 27:03, 30.

RESULTS: 5km (Male) - Kyle McIntosh 18:02, 1; Sam Ewart 22:12, 2; Matt Evans 22:41, 3; Hayden Counter 24:03, 4; Edward Neal 26:23, 5; Matthew McAleer 27:03, 6; Tim Karrasch 37:08, 7; Paul Feain 47:49, 8.

RESULTS: 5km (Female) - Elize Strydom 24:30, 1; Michelle Randall 27:09, 2; Lara Karrasch 27:54, 3; Stacy Wong 28:11, 4; Melissa Kahler 29:06, 5; Kathy Robson 29:42, 6; Lisa Jenyns 31:07, 7; Barbara Ewart 31:43, 8; Zoe Counter 35:52, 9; Melinda Counter 35:53, 10.

RESULTS: 10km (Male) - Peter Feain 39:12, 1; Joel Harrigan 41:02, 2; Nick Murray 41:17, 3; Chris Hamilton 44:58, 4; Bruce Meder 50:50, 5.

RESULTS: 10km (Female) - Jess Dougherty 43:49, 1; Nicole Feain 46:26, 2; Kristy Bridger 51:58, 3; Clarissa Hull 57:22, 4; Janie Mahoney 59:45, 5.

RESULTS: 2km (Male) - Dylan Hannaford 8:10, 1; Archie Peters 8:12, 2; Elijah Franke 8:15, 3; Sam Peck 8:33, 4; Ned Griffin 8:35, 5; Finn Kahler 9:13, 6; Lachlan Herbert 9:31, 7; Max Herbert 9:33, 8; Matthew McAleer 10:01, 9; Oliver Laybutt 10:06, 10; Astin Nuttall 10:13, 11; Thomas Thorner 10:18, 12; Dean Van Hoeck 10:19, 13; Tim Thorner 10:32, 14; Ben Ewart 10:50, 15; Max Kelly 11:10, 16; Bryson Kelly 11:11, 17; Christian Petersen 11:32, 18; Leo Peck 11:39, 19; Harry Doman 12:10, 20; Jamahl Laybutt 12:19, 21; Andrew Wong 12:34, 22; Mark McClurg 12:56, 23; Darcy Kelly 13:09, 24; Drew Herbert 14:19, 25; Iggi Nuttall 15:28, 26; Harvey Griffin 15:30, 27; Jeff White 19:53, 28; Steel Beveridge 25:30, 29.

RESULTS: 2km (Female) - Bayley Johnson 8:04, 1; Aaliyah Parsons 8:14, 2; Poppy Barclay 8:27, 3; Zara Johnson 8:37, 4; Lacey Van Hoeck 8:47, 5; Valla Parsons 8:51, 6; Amy Hannaford 9:35, 7; Amelia Harrigan 9:48, 8; Darcie Hodgson 9:54, 9; Stella Dobson 9:57, 10; Kristy Bridger 10:00, 11; Lola Barclay 10:08, 12; Rebecca Otto 10:09, 13; Sophie Van Hoeck 10:11, 14; Katarina Neal 10:25, 15; Skyla Petersen 10:31, 16; Penny Harrigan 10:54, 17; Kate Marsden 11:02, 18; Kathy Robson 11:04, 19; Alex Greenhalgh 11:12, 20; Sara Bergen 11:25, 21; Barbara Ewart 11:27, 22; Tasman Kahler 12:05, 23; Leah Doman 12:12, 24; Violet Wong 12:33, 25; Isla Kelly 12:45, 26; Kirra Bridger 12:50, 27; Florence Van Hoeck 12:51, 28; Tegan Van Hoeck 12:52, 29; Macy McClurg 12:55, 30; Lisa Jenyns 13:11, 31; Alison Elliott 13:13, 32; Iris Greenwood 13:19, 33; Megan Harrigan 13:20, 34; Nikki Greenwood 13:22, 35; Vicky McClure 14:39, 36; Rhea Nuttall 19:41, 37.

RESULTS: 5km (Male) - Kyle McIntosh 19:31, 1; Tim Thorner 21:12, 2; Sam Ewart 23:25, 3; Hayden Counter 25:07, 4; Jon Kahler 25:24, 5; Ryan Elliott 25:37, 6; Eric Greenwood 27:36, 7; Reuben Wong 27:46, 8; Alex Greenwood 27:54, 9; Andrew Wong 28:42, 10; Greg Ewart 28:52, 11; Matthew McAleer 29:18, 12; Archie Peters 30:49, 13; Dylan Hannaford 30:50, 14; James Counter 32:17, 15; Tim Karrasch 38:34, 16.

RESULTS: 5km (Female) - Aaliyah Parsons 25:19, 1; Valla Parsons 25:25, 2; Lara Karrasch 27:27, 3; Amy Hannaford 29:17, 4; Melissa Kahler 29:50, 5; Willow Nuttall 30:17, 6; Kathy Robson 30:51, 7; Michelle Randall 32:05, 8; Zoe Counter 32:20, 9; Lisa Jenyns 33:00, 10; Toni Berrington 35:16, 11; Melinda Counter 35:18, 12.

RESULTS: 10km (Male) - Nick Murray 42:38, 1; Joel Harrigan 42:54, 2; Bruce Meder 51:24, 3.

RESULTS: 10km (Female) - Kristy Bridger 54:15, 1; Kate Marsden 1:00:28, 2.

RESULTS: 2km (Male) - Ned Griffin 7:10, 1; Elijah Franke 7:18, 2; Matthew McAleer 7:53, 3; Craig Parsons 8:05, 4; Lachlan Herbert 8:20, 5; Max Herbert 8:36, 6; Astin Nuttall 8:40, 7; Oliver Laybutt 9:14, 8; Dean Van Hoeck 9:40, 9; Christian Petersen 10:04, 10; Andrew Wong 10:37, 11; Mark McClurg 10:49, 12; Darcy Kelly 10:50, 13; Bryson Kelly 10:51, 14; Jamahl Laybutt 11:15, 15; Harvey Griffin 12:13, 16; Drew Herbert 15:18, 17; Steel Beveridge 23:41, 18.

RESULTS: 2km (Female) - Poppy Barclay 6:36, 1; Bayley Johnson 6:37, 2; Zara Johnson 7:21, 3; Lacey Van Hoeck 7:57, 4; Valla Parsons 8:04, 5; Lily-Mei Wong 8:26, 6; Stella Dobson 8:46, 7; Rebecca Otto 8:47, 8; Skyla Petersen 9:01, 9; Annabelle Swainston 9:06, 10; Ivy Knox 9:29, 11; Lola Barclay 9:35, 12; Kathy Robson 9:49, 13; Michelle Randall 10:32, 14; Violet Wong 10:36, 15; Macy McClurg 10:46, 16; Isla Kelly 11:04, 17; Florence Van Hoeck 11:09, 18; Tegan Van Hoeck 11:11, 19; Michelle Knox 11:29, 20; Amy Hannaford 12:14, 21; Rhea Nuttall 17:48, 22.

RESULTS: 5km (Male) - Kyle McIntosh 16:58, 1; James Karrasch 19:53, 2; Hayden Counter 23:01, 3; Reuben Wong 23:13, 4; Matthew McAleer 23:33, 5; James Counter 28:38, 6; Tim Karrasch 33:35, 7.

RESULTS: 5km (Female) - Nicole Feain 19:43, 1; Amy Hannaford 23:34, 2; Lara Karrasch 24:54, 3; Michelle Randall 25:38, 4; Stacy Wong 26:09, 5; Kathy Robson 26:54, 6; Lisa Jenyns 28:23, 7; Zoe Counter 28:38, 8; Toni Berrington 31:07, 9.

RESULTS: 10km (Male) - Craig Parsons 38:51, 1; Chris Hamilton 46:40, 2; Bruce Meder 46:40, 3; Peter Birch 52:03, 4.

RESULTS: 10km (Female) - Annabelle Swainston 46:40, 1.

RESULTS: 2km (Male) - Kweller Happ 8:29, 1; Craig Parsons 9:16, 2; Edison Happ 9:39, 3; Eric Greenwood 9:48, 4; Ned Ross 9:54, 5; Astin Nuttall 9:55, 6; Rodney Howell 10:02, 7; Matthew McAleer 10:04, 8; Nathan Quinn 10:16, 9; Alex Greenwood 10:50, 10; Simon Hill 11:14, 11; Ben Ewart 11:17, 12; Christian Petersen 11:42, 13; Mark McClurg 12:35, 14; Toby Fidge 13:28, 15; Dean Van Hoeck 13:32, 16; Unknown 13:55, 17; Unknown 14:11, 18; Frank Makin 16:22, 19; Jeff White 19:51, 20; Oaklei Nuttall 20:53, 21; Iggi Nuttall 27:05, 22; Steel Beveridge 27:17, 23.

RESULTS: 2km (Female) - Poppy Barclay 8:55, 1; Aaliyah Parsons 9:08, 2; Valla Parsons 9:14, 3; Amelia Harrigan 9:29, 4; Lacey Van Hoeck 9:44, 5; Maya Hill 10:12, 6; Skyla Petersen 10:18, 7; Alison Neal 10:20, 8; Sienna Forrest 10:32, 9; Penny Harrigan 10:39, 10; Katarina Neal 10:45, 11; Lola Barclay 10:58, 12; Stella Dobson 11:03, 13; Clarissa Hull 11:18, 14; Kathy Robson 11:28, 15; Ivy Knox 11:34, 16; Kate Marsden 11:35, 17; Emerald Fidge 11:47, 18; Amy Hannaford 11:47, 19; Alex Greenhalgh 12:39, 20; Lani Makin 12:55, 21; Shay Makin 12:56, 22; Sophie Van Hoeck 13:03, 23; Iris Greenwood 13:04, 24; Barbara Ewart 13:05, 25; Florence Van Hoeck 13:29, 26; Sara Bergen 13:41, 27; Megan Harrigan 13:44, 28; Michelle Knox 13:53, 29; Nikki Greenwood 13:57, 30; Janie Mahoney 14:01, 31; Macy McClurg 14:22, 32; Millie Makin 16:18, 33; Ashley McClurg 20:25, 34; Belinda McClurg 20:26, 35; Rhea Nuttall 20:45, 36; Alison Fidge 21:31, 37.

RESULTS: 5km (Male) - Kyle McIntosh 18:08, 1; James Karrasch 21:50, 2; Sam Ewart 22:19, 3; Max Ross 23:37, 4; Hayden Counter 23:48, 5; Edward Neal 24:40, 6; Nathan Quinn 24:58, 7; Matthew McAleer 25:43, 8; James Counter 25:48, 9; Greg Ewart 26:12, 10; Ben Happ 28:39, 11; Frank Makin 30:56, 12.

RESULTS: 5km (Female) - Alison Neal 22:24, 1; Corrine Happ 24:06, 2; Amy Hannaford 24:47, 3; Michelle Randall 26:39, 4; Unknown 27:01, 5; Kathy Robson 28:09, 6; Melinda Counter 29:00, 7.

RESULTS: 10km (Male) - Paul Woodhouse 38:18, 1; Craig Parsons 40:37, 2; Nick Murray 40:54, 3; Joel Harrigan 42:46, 4; Chris Hamilton 44:34, 5; Rodney Howell 45:13, 6; Bruce Meder 49:56, 7; Peter Birch 55:45, 8.

RESULTS: 10km (Female) - Kate Marsden 53:58, 1; Clarissa Hull 54:03, 2; Janie Mahoney 1:5:30, 3.

