

## **2019 VMA Cross Country - male**

<b>Runner</b>	<b>Age grp</b>	<b>Venue</b>	<b>Time</b>	<b>AG</b>
Matthew Hallett	30-34	Collingwood	42:47	49.6%
Ryan Hawson	40-44	None	31:35	70.1%
Pramesh Prasad	45-49	Frankston	34:00	67.6%
John Curry	50-54	Doncaster	38:47	61.7%
James Hejtmanek		Collingwood	40:05	61.7%
Russell Dow	55-59	Frankston	36:41	70.4%
Paul Earl		Eastern Masters	38:52	64.2%
Anthony Ryan		Frankston	41:04	61.8%
Albin Hess		Casey	45:47	56.4%
Peter Gaunt	60-64	Collingwood	34:13	76.2%
Les Williams		Spr/Noble Park	36:36	73.2%
Gary Blake		Coburg	38:15	70.0%
Chris Brown		Glen Eira	43:25	61.7%
Christopher Worsnop		East Burwood	46:44	56.3%
David Dodson		Frankston	48:16	54.0%
Carlo Iovenitti		Collingwood		
Greg Wilson	65-69	Eastern Masters	35:47	77.7%
Ewen Wilson		Glen Eira	35:49	76.9%
Alan Hammond		None	35:53	76.0%
Yassine Balaabed		None	37:22	74.4%
Paul Twining		Knox	38:24	73.8%
Greg Moore		Aberfeldie	40:25	68.8%
Andrew Edwards		Glen Eira	40:51	66.8%
Mike Clapper		Glen Eira	42:52	64.8%
Jim Hopkins		Collingwood	43:55	64.5%
John Zeleznikow		Glen Eira	87:14	32.5%
<b>6k runners</b>				
Barry Jeffs	70-74	Frankston	31:59	66.2%
Sam De Fanis		East Burwood	32:20	66.2%
Ashley Birrell		Mentone	33:40	66.3%
Peter Thorne		Knox	37:49	56.6%
Russ Dickenson		Croydon	43:27	50.6%
Greg Lovejoy	75-79	Frankston	34:22	68.5%
Colin Silcock-Dela	85-89	Geelong	48:30	60.5%