

## **2021 VMA Cross Country - Male**

<b>Runner</b>	<b>Age grp</b>	<b>Venue</b>	<b>Time</b>	<b>AG 5</b>
Ryan Hawson	40-44	Eastern Masters	31:49	71.5
Shane Draper	45-49	Aberfeldie	34:40	68.5
Pramesh Prasad		Frankston	35:17	66.9
Robert Taylor	50-54	Frankston	36:04	68.4
Stephen Day		Eastern Masters	37:31	64.9
Christopher Sheedy		Frankston	40:29	61.2
Glenn Walshe		Eastern Masters	42:02	59.1
Paul Earl	55-59	Eastern Masters	40:04	64.1
Tony Dell		Croydon	44:20	58.4
Ian McFarlane		Eastern Masters	48:04	53.7
Peter Gaunt	60-64	Collingwood	36:44	72.8
Joseph Campisi		Glen Eira	41:39	65.4
Simon Evans		Doncaster	42:09	62.9
Christopher Worsnop		East Burwood	47:45	56.8
Yassine Balaabed	65-69	None	34:26	83.1
Leslie Williams		Spr/Noble Park	36:11	76.2
Greg Wilson		Eastern Masters	36:21	78.5
Frank McNamara		Mentone	38:30	73.1
Greg Moore		Aberfeldie	39:03	73.1
Claudio Riga		Spr/Noble Park	41:34	66.6
Gary Blake		Coburg	42:15	65.1
Michael Carr		Knox	44:45	63.1
<b>6k runners</b>				
Paul Twining	70-74	Knox	33:01	66.2
Jim Hopkins		Collingwood	33:18	65.5
Sam De Fanis		Eastern Masters	33:56	65.8
David Wear		Knox	33:58	67.4
Peter Thorne		Knox	35:57	61.9
Bill Carr		Frankston	36:55	59.4
John Zeleznikow		Glen Eira	64:13	33.7
Ashley Page	80-84	Mentone	39:29	65.4
Colin Silcock-Delaney	85-89	Geelong	53:54	62.2

### 2021 VMA Cross Country - Female

<b>Runner</b>	<b>Age grp</b>	<b>Venue</b>	<b>Time</b>	<b>AG %</b>
Christy Lambert	40-44	Eastern Masters	34:03	72.9
Kathy Van Eede	50-54	Glen Eira	36:45	75.3
Michelle Quan		Knox	42:30	64.5
Erika Bedyne	55-59	Croydon	45:07	66.2
Bronwyn Hanns		Frankston	48:49	60.7
Ros Dyer		Croydon	54:19	53.9
Frances Halton		Frankston	61:52	49.0
Helen Stanley	65-69	Knox	42:27	77.4
Karen Travill		Eastern Masters	50:35	64.4
<b>6k runners</b>				
Heather Carr	70-74	Frankston	35:38	74.9
Petrina Trowbridge		Collingwood	47:14	58.8
Lavina Petrie	75-79	Knox	32:11	91.2