

WAMC Lake Joondalup – 17th August, 2008

(Incorporating the State 10km Road Championships)

State Male Champion: **Roberto BUSI**

State Female Champion: **Linda SPENCER**

5 km

Place	Time	Female	Name	Age Cat	Place	Member No.	Av km Rate
1	16:22		LORI, Mike	M16	1	N	3:16
2	17:04		VAN RIJEN, Xander	M40	1	N	3:25
3	17:53		STEENSON, Jacob	MU16	1	N	3:35
4	18:05		SMITH, Patrick	M40	2	7359	3:37
5	18:13		CATTRALL, Robert	M50	1	4793	3:39
6	18:48		BRADSELL, Rob*	M35	1	7510	3:46
7	18:52		CUTTS, Mark	M25	1	8353	3:46
8	18:53	1	DEFIDDES, Rebecca	FU16	1	7519	3:47
9	18:57		BERG, Craig	M30	1	3426	3:47
10	18:58	2	VOESENEK, Sandra	F35	1	N	3:48
11	19:21		GRIFFITHS, Trevor	MU16	2	7911	3:52
12	19:30		GRIFFITHS, Sean	M40	3	7910	3:54
13	19:30		DE SENNEVILLE, Jayson	M25	2	N	3:54
14	20:11		RICHARDSON, Nel	M45	1	N	4:02
15	20:19		LEQUAIETERMAINE, Sam	M20	1	N	4:04
16	21:12		BELL, Tristan	M40	4	N	4:14
17	22:49		ALCO, Mitchell	MU16	3	8319	4:34
18	23:18		LEONARD, Jamie	MU16	4	8341	4:40
19	23:42		BOSHOFF, Hannes	M40	5	N	4:44
20	23:52		LEONARD, Simon	M45	2	5187	4:46
21	23:52	3	LEONARD, Sarah	FU16	2	6472	4:46
22	24:07		NESBITT, Daniel	MU16	5	8455	4:49
23	24:07	4	FERRELL, Brooke	FU16	3	7334	4:49
24	24:16		NESBITT, Luke	M16	2	8453	4:51
25	25:16		ALCO, James	M40	6	8316	5:03
26	25:27		SMITH, Mike*	M20	2	7780	5:05
27	25:53	5	HILLEN, Beth	FU16	4	6588	5:11
28	26:09		THURLOW, Brian	M55	1	932	5:14
29	27:41		QUINLIVAN, Timothy	M45	3	N	5:32
30	27:54	6	WILSON, Fiona	F35	2	N	5:35
31	29:49	7	DE GRUCHY-ALCO, Gillian	F40	1	8317	5:58
32	30:14	8	FELTON, Heather	F35	3	N	6:03
33	31:23	9	POWELL, Jade	F20	1	N	6:17
34	31:32		TURNBULL, Michael	MU16	6	N	6:18
35	31:33	10	TURNBULL, Beth	F40	2	N	6:19
36	31:55		MALLON, Desmond	M55	2	4062	6:23
37	32:50		BOSHOFF, Matthew	MU16	7	N	6:34
38	33:35		PHILLIPS, Adam	M40	7	N	6:43
39	35:24		PHILLIPS, Lucas	MU16	8	N	7:05
40	35:29	11	PHILLIPS, Jacqueline	F35	4	N	7:06

10 km

1	32:54		BUSI, Roberto	M30	1	7725	3:17
2	34:41		GEE, Michael	M30	2	N	3:28
3	35:20		MAY, Samuel*	M16	1	7115	3:32
4	36:08		TEDESCO, Joshua	M16	2	N	3:37
5	36:13		RUMBOLD, Scott	M25	1	N	3:37
6	36:16		DUFFY, Craig	M35	1	1864	3:38
7	36:40	1	SPENCER, Linda	F25	1	8382	3:40
8	36:42		FERRELL, Myles	M35	2	1065	3:40
9	36:47		GOWER, Alan	M50	1	4614	3:41
10	36:50		VIVIAN, Kim	M40	1	6334	3:41
11	37:05		PENDSE, Jon	M25	2	8313	3:43
12	37:43		LA SPINA, Matt*	M20	1	7454	3:46
13	37:46		VAN VLIET, Aaron	M25	3	N	3:47
14	38:12		NICKLETTE, Gavin	M20	2	7920	3:49
15	38:14		GOWER, Ronald	M30	3	4149	3:49
16	38:24		FARRELL, Terry	M50	2	N	3:50
17	38:31		KLICKEK, Dirk*	M30	4	8209	3:51
18	39:02		ZEVENBERGEN, Marcel	M30	5	7846	3:54
19	39:07		ODAM, Paul	M45	1	1439	3:55
20	39:31		DYBDAHL, Bjorn	M55	1	6477	3:57
21	39:39		FRAMPTON, Chris	M40	2	5969	3:58
22	39:55		TAYLOR, Iain	M40	3	N	3:58
23	40:04		NOONAN, Benjamin	M30	6	7787	4:00
24	40:11		WETTON, Paul	M30	7	N	4:01
25	40:38		JOHNSON, Kevin	M50	3	7000	4:04
26	40:40		OWEN, James	M35	3	N	4:04
27	40:42		CHAINEY, Dean	M40	4	N	4:04
28	40:54		GROSE, Peter	M55	2	6680	4:05
29	41:02		FERRELL, Scott	M16	3	7333	4:06
30	41:07		MOSER, Henry	M40	5	7994	4:07
31	41:29		FELTON, Philippe	M35	4	N	4:09
32	41:41	2	KEANE, Niamh	F40	1	5493	4:10
33	41:44		ANDERSON, Jason	M35	5	N	4:10
34	41:49		ROBERTSON, Craig*	M50	4	7947	4:11
35	41:51	3	LEONARD, Fiona	F40	2	5315	4:11
36	41:56		GEORGE, Eldon*	M35	6	8372	4:12
37	42:00		JOUBERT, Retief	M25	4	N	4:12
38	42:10		ROBERTS, Ian	M50	5	6350	4:13

10 km (cont.)

Place	Time	Female	Name	Age Cat	Place	Member No.	Av km Rate
39	42:23		COVICH, Paul	M45	2	N	4:14
40	42:24		MURPHY, Kieron	M25	5	N	4:14
41	43:01		POOLE, Rickie	M25	6	N	4:18
42	43:08	4	ZLNAY, Sue	F45	1	N	4:19
43	43:23		LUCASE, Andrew	M40	6	N	4:20
44	43:23		INGRAM, Anthony	M35	7	8429	4:20
45	43:29	5	AMPRINO, Sueli	F30	1	8169	4:21
46	43:32		O'GARA, Mark	M35	8	N	4:21
47	43:35		BURNELL, Richard*	M50	6	6694	4:22
48	43:47		KAY, Robert	M35	9	8443	4:23
49	43:55	6	LOWE, Karyn	F40	3	N	4:24
50	43:56		MCGRATH, Stephen	M45	3	4365	4:24
51	44:03		DE SENNEVILLE, Clive	M25	7	N	4:24
52	44:22		ROWLEY, Scott	M30	8	N	4:26
53	44:30		HODGSON, Michael	M45	4	3885	4:27
54	44:47	7	HOLLAND, Teresa	F30	2	N	4:29
55	45:06		EDWARDS, Bob	M40	7	4144	4:31
56	45:07		HOLT, Ian	M50	7	N	4:31
57	45:46		KELLY, Edmund				4:35
58	45:54		WALL, Stuart	M30	9	N	4:35
59	45:59	8	FORGIONE, Anna	F25	2	N	4:36
60	46:00		KELLY, Nick				4:36
61	46:05	9	HUGHES, Carol	F45	2	577	4:37
62	46:52		DOHNT, Michael	M25	8	N	4:41
63	46:58		SINGLETON, Terry	M40	8	5274	4:42
64	46:58		KING, Malcolm	M30	10	N	4:42
65	47:04		HEYLEN, Gregory	M45	5	N	4:42
66	47:12	10	REEVES, Liz	F25	3	N	4:43
67	47:26	11	GOWER, Karyn-sue	F45	3	4150	4:45
68	47:28		FROST, Robert	M65	1	2735	4:45
69	47:29		RENNIX, Martin	M40	9	N	4:45
70	47:45		LE MARE, Robert	M30	11	N	4:47
71	47:53		BILLINNESS, John*	M55	3	1693	4:47
72	48:03		LOTTER, Geoff	M45	6	N	4:48
73	48:05		MARTIN, Rodney	M35	10	N	4:49
74	48:06	12	RASH, Yvonne	F40	4	N	4:49
75	48:15	13	SANIGAR, Sally	F35	1	N	4:50
76	48:19		STEVENS, Glen	M45	7	N	4:50
77	48:25	14	NOONAN, Jennifer	F25	4	7788	4:51
78	48:50	15	WALKLEY, Claire	F40	5	6897	4:53
79	49:11		VIRGO, John	M45	8	N	4:55
80	49:35	16	STEED, Sarah	F30	3	N	4:58
81	49:38		NESBITT, Jason	MU16	1	8454	4:58
82	49:53	17	COLLINS, Yvonne	F45	4	1232	4:59
83	50:02		QUINN, Andrew	M40	10	7208	5:00
84	50:25		DEER, Bob	M55	4	N	5:03
85	50:45		MORREY, Glyn	M45	9	N	5:05
86	50:51		RIXOM, David	M65	2	6958	5:05
87	51:20	18	MATTABONI, Sarah	F40	6	N	5:08
88	51:48	19	BILLINNESS, Jan*	F55	1	1694	5:11
89	51:55	20	LEGGETT, Kendal	F30	4	N	5:12
90	52:11		FAY, Michael	M30	12	N	5:13
91	52:53		SAUNDERS, Colin	M45	10	N	5:17
92	52:53	21	SAUNDERS, Olivia	FU16	1	N	5:17
93	52:59	22	RADUELLI, Sheenagh	F40	7	N	5:18
94	53:17	23	WOODHOUSE, Anna	F40	8	N	5:20
95	53:29	24	TEOH, Marie-paule	F55	2	6714	5:21
96	53:42	25	VAN ZYL, Nicoleen	F35	2	N	5:22
97	53:54	26	ANDERSON, Katie	F16	1	N	5:23
98	54:21	27	TREEN, Noelene	F45	5	8013	5:26
99	54:33	28	DEBENHAM, Sonya	F25	5	N	5:27
100	54:51	29	BAER, Stella	F25	6	8519	5:29
101	56:36		DE SENNEVILLE, Gerard	M55	5	N	5:40
102	57:10		HICKEY, John	M55	6	4914	5:43
103	58:16	30	WOOLLEY, Joanne	F35	3	N	5:50
104	58:44		HAYRES, Bob	M75	1	103	5:52
105	59:44	31	THOMAS, Angela	F25	7	N	5:58
106	1:00:00	32	DEER, Helga	F50	1	N	6:00
107	1:00:08	33	MALLON, Leandra	F45	6	6890	6:01
108	1:00:09		WILKIN, Michael	M55	7	7152	6:01
109	1:00:51	34	HOLDING, Kirsty	F30	5	N	6:05
110	1:00:52	35	SAUNDERS, Heather	F45	7	N	6:05
111	1:03:29	36	SHIELDS, Samantha	F30	6	N	6:21
112	1:05:06		WALKLEY, Cecil	M75	2	4539	6:31
113	1:05:12	37	CLARKE, Rebecca	F20	1	N	6:31
114	1:08:53	38	MALECKI, Alicia	F20	2	N	6:53
115	1:10:10		WOODHOUSE, Derek	M50	8	N	7:01
116	1:11:08	39	WILLCOCK, Elda	F30	7	N	7:07
117	1:11:09		WILLCOCK, Patrick	M30	13	N	7:07
118	1:16:07	40	MCGRATH, Julie	F70	1	5986	7:37
119	1:18:49		MCGUINNESS, Joseph	M45	11	8523	7:53
120	1:29:10	41	WILKIN, Bev	F55	3	7524	8:55

