



CORC 2004/05 XC Series

Round 5 : Kowen XC Course : 5 Dec 2004

First 3 Places in each Category

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Time Dif	Av Spd
Senior Men											
1	355	Dylan Cooper	14:00	14:16	13:53	13:56	13:47	13:41	1:23:33		21.54
2	204	Shane Paton	14:13	14:18	14:22	14:38	14:31	14:57	1:26:59	3:26	20.69
3	433	Scott Wines	14:04	14:18	14:26	14:39	14:52	15:00	1:27:19	3:46	20.61
Senior Women											
1	528	Belinda Allison	17:56	17:46	17:33	17:20			1:10:35		17.00
2	227	Niki Fisher	17:03	17:34	18:04	18:01			1:10:42	0:07	16.97
3	476	Allison Jones	18:00	17:30	17:47	17:31			1:10:48	0:13	16.95
Sport A Men											
1	590	Nathan Rickerby	15:26	15:48	16:23	16:16	15:39		1:19:32		18.86
2	342	Luke Graydon	15:28	15:50	16:21	16:16	15:40		1:19:35	0:03	18.85
3	588	Dan Smith	16:47	16:23	17:37	16:34	16:49		1:24:10	4:38	17.82
Sport A Women											
1	450	Rebecca Thomson	18:03	18:28	18:35				55:06		16.33
2	453	Tanja Wieland	19:07	20:29	20:06				59:42	4:36	15.08
3	504	Selina Stoute	19:11	21:28	19:18				59:57	4:51	15.01
Sport B Men											
1	452	Gavin Powell	16:10	16:37	16:41	16:39			1:06:07		18.15
2	417	David Simpfendorfer	16:40	16:35	16:20	17:00			1:06:35	0:28	18.02
3	502	Nigel Sargent	16:23	17:39	17:33	16:51			1:08:26	2:19	17.54
Sport B Women											
1	609	Ley Kingdom	20:34	20:48					41:22		14.50
2	407	Rebecca Henderson	20:36	20:48					41:24	0:02	14.49
3	443	Kate Miller	22:43	23:10					45:53	4:31	13.08



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Sport C Men											
1	470	Evan Lawton	16:37	16:36	17:16				50:29		17.83
2	392	Glenn Newnham	16:32	17:17	17:23				51:12	0:43	17.58
3	570	Sean Smith	16:54	17:33	17:22				51:49	1:20	17.37
Sport D Men											
1	301	Andrew Dorman	18:10	18:56					37:06		16.17
2	440	Andrew Hislop	18:22	19:03					37:25	0:19	16.04
3	405	Damian Woolcombe	18:35	20:23					38:58	1:52	15.40
Veteran Men											
1	510	David Medlock	15:36	16:01	16:40	16:25			1:04:42		18.55
2	475	Con Toparis	15:44	16:28	16:40	16:30			1:05:22	0:40	18.36
3	580	Dean Scott	16:00	16:30	16:47	16:35			1:05:52	1:10	18.22
Veteran Women											
1	436	Trisha Garrett	18:24	18:58	19:36				56:58		15.80
2	233	Adair Ferguson	19:21	19:14	19:44				58:19	1:21	15.43
Masters Men											
1	607	James Davies	16:31	16:18	16:33				49:22		18.23
2	566	Phillip Hopkins	16:38	16:52	16:48				50:18	0:56	17.89
3	313	John Henderson	16:50	16:54	17:17				51:01	1:39	17.64
Masters Women											
1	422	Jean Douglass	20:13	19:51					40:04		14.98
2	512	Jenny Firman	23:36	25:48					49:24	9:20	12.15
3	575	Parissa Poulis	26:23	28:59					55:22	15:18	10.84



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Super Masters Men											
1	425	Paul Cole	17:49	19:09					36:58		16.23
2	608	David Blair	19:43	19:37					39:20	2:22	15.25
3	370	Lou Rando	19:33	20:20					39:53	2:55	15.04
Under 17 Men											
1	521	Ashley Carron-Arthur	20:29	23:44	24:10				1:08:23		13.16
Under 15 Men											
1	448	Lachlan Paton	17:03	17:50					34:53		17.20
2	322	Ben Beasley	19:22	20:43					40:05	5:12	14.97
3	568	Blake Hanson	19:42	21:00					40:42	5:49	14.74
Under 13 Men											
1	549	Brenden Jones	7:40	8:53					16:33		36.25
Novice Men											
1	193	Nick Young	7:45	8:02					15:47		15.21
2	530	Michael Wilson	9:14	9:23					18:37	2:50	12.89
Novice Women											
1	247	Francesca Rando	9:00	10:18					19:18		12.44