

CORC 2003/04 Summer XC Series

Round 1 : Kowen Club Course : 30 Nov 2003

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	202	Dylan Cooper	14:40	15:25	15:17	15:19	15:13	14:56			1:30:50		19.90
2	331	James Williamson	14:56	15:49	15:52	15:07	15:31	15:29			1:32:44	1:54	19.49
3	125	Shaun Lewis	15:32	16:24	16:31	16:17	15:53	15:47			1:36:24	5:34	18.75
Senior Women													
1	328	Niki Fisher	19:46	22:04	22:09	21:51					1:25:50		14.04
Sport A Men													
1	445	Steve Peddle	16:02	16:27	16:51	17:04	17:36				1:24:00		17.93
2	330	Joseph Cram	16:33	17:12	17:28	17:29	17:45				1:26:27	2:27	17.42
3	369	Andrew Cowie	16:54	17:30	18:05	18:13	17:30				1:28:12	4:12	17.07
Sport B Men													
1	430	Christopher Miller	16:50	17:08	17:51	18:20					1:10:09		17.17
2	213	Craig Graham	16:59	18:17	18:38	19:15					1:13:09	3:00	16.47
3	208	Steven Hanley	17:09	18:34	19:11	18:58					1:13:52	3:43	16.31
Sport B Women													
1	298	Liz Wilson	20:16	21:00							41:16		14.60
2	63	Emily Whitten	23:35	23:52							47:27	6:11	12.70
3	431	Kelly Mullen	23:10	25:37							48:47	7:31	12.35
Sport C Men													
1	27	Anthony Jones	16:36	16:54	17:16						50:46		17.80
2	83	Brendan Lakey	17:50	18:04	18:46						54:40	3:54	16.53
3	124	Stewart Ward	18:23	18:49	18:57						56:09	5:23	16.09

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Sport D Men											
1	237	Peter Conlon	18:50	19:14					38:04		15.82
2	277	Daniel Spasojevic	19:19	19:58					39:17	1:13	15.33
3	385	Reece Guihot	19:45	20:58					40:43	2:39	14.79
Veteran Men											
1	435	Rodney Higgins	16:40	16:29	16:42	16:53			1:06:44		18.05
2	405	David Medlock	16:42	16:44	16:52	17:08			1:07:26	0:42	17.87
3	118	Simon Tilley	16:38	16:45	17:26	17:22			1:08:11	1:27	17.67
Veteran Women											
1	392	Trisha Garrett	19:30	20:06	21:15				1:00:51		14.85
Masters Men											
1	315	John Graydon	17:17	17:50	17:47				52:54		17.08
2	217	Phillip Hopkins	17:06	17:55	18:00				53:01	0:07	17.04
3	433	John Henderson	17:38	18:39	18:22				54:39	1:45	16.53
Masters Women											
1	425	Adair Ferguson	19:41	19:58					39:39		15.19
2	410	Jenny Firman	24:53	26:52					51:45	12:06	11.64
Under 17 Men											
1	218	Angus Harding	16:30	16:57	17:23				50:50		17.78
2	207	Luke Graydon	16:32	17:17	18:20				52:09	1:19	17.33

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Under 15 Men											
	1	349 Phillip Woodhall	20:31	22:17					42:48		14.07
	2	373 Joel Boston	22:25	25:21					47:46	4:58	12.61
	3	201 Reece Chapman	24:33	28:33					53:06	10:18	11.34