

## 2024 AMA SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS - TASMANIA

### 4KM CROSS COUNTRY .. M30 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Josh Zeitzen	1993	TAS Masters	19:29

### 4KM CROSS COUNTRY •W30 Women

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Steph Zeitzen	1990	TAS Masters	32:43

### 4KM CROSS COUNTRY • M35 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Michael Nitschke	1985	AUS Masters	15:08
2	Craig Rowley	1985	QLD Masters	17:52
3	Shane Palmer	1985	TAS Masters	18:47

### 4KM CROSS COUNTRY ·W 35 Women

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Kathryn Herbert	1986	NSW Masters	19:04
	Lindsay McLennan	1985	NSW Masters	DNS
	Annalese Petersen	1986	TAS Masters	DNS

### 4KM CROSS COUNTRY • M40 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Shane Grund	1981	VIC Masters	14:05
2	William Harding	1981	TAS Masters	16:00
3	Jason Hosking	1983	NSW Masters	16:22
4	Christopher Sullivan	1982	TAS Masters	16:37
5	Scott Morton	1980	VIC Masters	16:52
6	Steven Martin	1981	VIC Masters	19:57

### 4KM CROSS COUNTRY .W40 Women

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Lauren Mitchell	1980	NSW Masters	17:21
2	Tamai Bremner	1984	VIC Masters	18:30
3	Cassandra Sheehan	1984	TAS Masters	19:34
4	Erika Kohncke	1980	QLD Masters	20:32
5	Selina Crispin	1980	TAS Masters	22:08
6	Carolyn Overy	1981	TAS Masters	27:10
	Sarah Holmstrom	1983	TAS Masters	DNS

### 4KM CROSS COUNTRY • M45 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Russell Dessaix-Chin	1978	NSW Masters	14:55
2	Ben Merlin	1978	QLD Masters	16:18
3	Mark Maslen	1976	AUS Masters	17:10
4	Stewart Cole	1977	NSW Masters	17:19
5	Dan Lemoto	1976	TAS Masters	19:46
6	Stu Jessup	1976	TAS Masters	20:22
7	Russell Dmytrenko	1978	VIC Masters	22:40

## 2024 AMA SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS - TASMANIA

### 4KM CROSS COUNTRY - W45 Women

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
	Anna Kasapis	1977	VIC	16:54
2	Caroline Luschwitz	1976	QLD Masters	18:21
3	Elizabeth King	1975	QLD Masters	18:58
4	Cath Cleveland	1978	VIC Masters	19:45
5	Anne Pullen	1975	TAS Masters	19:45
6	Kay Heinecke	1978	VIC Masters	28:11
	Theresa Harrex	1979	TAS Masters	DNS

### 4KM CROSS COUNTRY • M50 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Daniel Smee	1971	TAS Masters	16:58
2	Pablo Campillos	1970	VIC Masters	18:34
3	Justin Roberts	1970	AUS Masters	18:53
4	Scott Delaney	1970	TAS Masters	19:30
5	Rob Jessup	1972	NSW Masters	19:51
6	Simon Starry	1969	NSW Masters	19:56
7	Rupert Van Dongen	1974	VIC Masters	20:00
8	Benjamin Charles	1973	TAS Masters	20:57
9	Jaime Lachs	1973	QLD Masters	23:21
	Darren Purcell	1970	NSW Masters	DNS

### 4KM CROSS COUNTRY -W50 Women

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Anna Smee	1972	TAS Masters	18:18
2	Di Guiney	1972	VIC Masters	19:41
3	Caroline J Bailey	1971	OLD Masters	19:49
4	Vanessa Kearney	1974	TAS Masters	20:01
5	Christy Bonstelle	1971	VIC Masters	21:19
6	Joanna Bailey	1974	NT Masters	21:24
7	Mandy McIntyre	1974	TAS Masters	22:55
8	Silvia Warren	1972	VIC Masters	24:06
9	Felicity Lemoto	1973	TAS Masters	28:44

### 4KM CROSS COUNTRY • M55 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Shaun Creighton	1967	ACT Masters	15:33
2	Philip Barrett	1969	VIC Masters	17:29
3	John Sidebottom	1969	VIC Masters	17:40
4	William Yee	1968	TAS Masters	18:09
5	Matthew Lennon	1968	TAS Masters	18:20
6	Brian Carter	1969	OLD Masters	18:31
7	Scott Sewell	1969	OLD Masters	18:59
8	Anthony Baines	1965	TAS Masters	19:02
	Tony McIntyre	1966	TAS Masters	DNS

### 4KM CROSS COUNTRY •55 Women

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Julie Norney	1968	VIC	18:42
2	Fiona Lennon	1969	TAS Masters	21:10
3	Stella Creighton	1968	ACT Masters	21:33
4	Wendy Meadowcroft	1969	TAS Masters	30:00

## 2024 AMA SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS - TASMANIA

### 4KM CROSS COUNTRY - M60 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Craig Downie	1961	TAS Masters	17:43
2	Darren Riviere	1964	VIC Masters	17:45
3	Bruce Davie	1963	VIC Masters	17:48
4	Gerard Oldfield	1960	VIC Masters	18:22
5	Greg Smith	1962	TAS Masters	20:00

### 4KM CROSS COUNTRY - W60 Women

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Margaret Kenny	1959	NSW Masters	21:57
2	Susan Moodie	1964	TAS Masters	22:00
3	Barbara Clayton	1964	TAS Masters	24:21
4	Josita Hicks	1963	VIC Masters	25:30

### 4KM CROSS COUNTRY - M65 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	David Clarence Wagner	1956	TAS Masters	26:37

### 4KM CROSS COUNTRY - M70 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Dave Sutherland	1954	VIC Masters	22:03
2	Michael Flaherty	1951	TAS Masters	23:51
3	David Lucas	1950	TAS Masters	34:03

### 4KM CROSS COUNTRY -W70 Women

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Adele Lucas	1953	TAS Masters	27:06

### 4KM CROSS COUNTRY • M75 Men

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Richard Dunstan	1946	OLD Masters	40:27

### 4KM CROSS COUNTRY - W80 Women

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Team</i>	<i>Mark</i>
1	Suzanne Westbrook	1942	TAS Masters	39:21

**4x2000m Mixed Team Cross Country - Masters 40**

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Sex</i>	<i>Team</i>	<i>Mark</i>
1	Team VIC 40+				35:14
	Darren Riviere	1964	Male	VIC Masters	
	Julie Norney	1968	Female	VIC	
	Scott Morton	1980	Male	VIC Masters	
	Anna Kasapis	1977	Female	VIC	
2	Tasmania Masters Athletics 40+				36:48
	Christopher Sullivan	1982	Male	TAS Masters	
	Selina Crispin	1980	Female	TAS Masters	
	William Harding	1981	Male	TAS Masters	
	Anne Pullen	1975	Female	TAS Masters	
3	Athletics North 40+				38:15
	Benjamin Aloia	1977	Male	QLD Masters	
	Caroline Luschwitz	1976	Female	QLD Masters	
	Josh Scott	1982	Male	QLD Masters	
	Elizabeth King	1975	Female	QLD Masters	
4	VWA 40+				42:10
	Mark Maslen	1976	Male	AUS Masters	
	Kay Heinecke	1978	Female	VIC Masters	
	Russell Dmytrenko	1978	Male	VIC Masters	
	Tamai Bremner	1984	Female	VIC Masters	
5	Tassie Masters 40+				45:13
	Scott Delaney	1970	Male	TAS Masters	
	Adele Lucas	1953	Female	TAS Masters	
	Stu Jessup	1976	Male	TAS Masters	
	Angela Proposch	1974	Female	TAS Masters	
6	Ashgrove Rangers 40+				49:11
	Jason Claridge	1975	Male	QLD Masters	
	Marike Wannenburg	1980	Female	QLD Masters	
	John Purcell	1968	Male	QLD Masters	
	Ildiko Keogh	1974	Female	QLD Masters	
	Kenny and Co 40+				DNS
	Stewart Cole	1977	Male	NSW Masters	
	Margaret Kenny	1959	Female	NSW Masters	
	Ben Merlin	1978	Male	QLD Masters	

**4x2000m Mixed Team Cross Country - Masters 50**

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Sex</i>	<i>Team</i>	<i>Mark</i>
1	Tasmanian Masters Blue and White 50+				37:45
	Daniel Smee	1971	Male	TAS	
	Mandy McIntyre	1974	Female	TAS Masters	
	Tony McIntyre	1966	Male	TAS Masters	
	Anna Smee	1972	Female	TAS	
2	OXAC Golden Oldies 50+				39:02
	Bruce Davie	1963	Male	VIC Masters	
	Christy Bonstelle	1971	Female	VIC Masters	
	Pablo Campillos	1970	Male	VIC Masters	
	Di Guiney	1972	Female	VIC Masters	
3	Tasmanian Masters Athletics 50+				39:24
	William Yee	1968	Male	TAS Masters	
	Vanessa Kearney	1974	Female	TAS Masters	
	Matthew Lennon	1968	Male	TAS Masters	
	Fiona Lennon	1969	Female	TAS Masters	
4	VMA Legends 50+				44:19
	Philip Barrett	1969	Male	VIC Masters	
	Silvia Warren	1972	Female	VIC Masters	
	Dave Sutherland	1954	Male	VIC Masters	
	Josita Hicks	1963	Female	VIC Masters	
5	Across Country Relayers 50+				44:31
	Benjamin Charles	1973	Male	TAS Masters	
	Joanna Bailey	1974	Female	NT Masters	
	Rob Jessup	1972	Male	NSW Masters	
	Wendy Meadowcroft	1969	Female	TAS Masters	

**4x2000m Mixed Team Cross Country - Masters 60**

<i>Pos</i>	<i>Athlete</i>	<i>YOB</i>	<i>Sex</i>	<i>Team</i>	<i>Mark</i>
1	TMA O/60				45:32
	Philip Hniat	1962	Male	TAS Masters	
	Susan Moodie	1964	Female	TAS Masters	
	Greg Smith	1962	Male	TAS Masters	
	Barbara Clayton	1964	Female	TAS Masters	