

ENERGY CITY HARRIERS  
Club Cross Country Championships  
July 12th 2014 - Highland's Intermediate

**Distance: 4000m**

**Men: All Grades**

Place	Name	Grade	Time
1	Robert Rawles	SM	14:17
2	Oliver Vincent	M35	14:39
3	Ryan Ballinger	SM	15:04
4	Karl Dravitzki	M35	15:23
5	Damon Dravitzki	M35	16:13
6	Robin Grant	M55	16:14
7	Mark Williams	M45	16:45
8	Murray Hodson	M50	16:55
9	Tom O'Regan	M35	17:00
10	Murray Laird	M60	17:02
11	Michael Kaye	M50	17:22
12	Allan Thomas	M60	17:56
13	Keith Dye	M60	19:00
14	Colin Harre	M60	19:15
15	John Middleton	M60	20:58
16	Peter Clark	M65	23:45

**Distance: 4000m**

**Women: All Grades**

Place	Name	Grade	Time
1	Jane Elder	W40	18:07
2	Cheryl Leuthart	W45	18:31
3	Maree Rawles	W50	18:49
4	Joy Baker	W60	20:23
5	Ra Rubick	W50	20:45

**Distance: 4000m**

**Walk: All Grades**

Place	Name	Grade	Time
1	Mike Ingram	Walk	30:08
2	Dennis Jordan	Walk	32:36
3	Pat Clark	Walk	36:17