

ENERGY CITY HARRIERS  
Club Cross Country Championships  
July 9th 2016 - Highland's Intermediate

**Distance: 4000m**

**Men: All Grades**

Place	Name	Grade	Time
1	James Irvine	SM	13:55
2	Robbie Rawles	SM	13:58
3	Oli Vincent	M35	14:53
4	Max Gordon	SM	15:28
5	Terry Burnard	M45	15:41
6	Tony Brownrigg	M45	16:13
7	Geoff Tvrdeich	M50	16:17
8	Michael Kaye	M50	17:31
9	Mark Williams	M45	18:01
10	Adam Fraser	M35	18:17
11	Murray Laird	M60	18:34
12	Steven Dickson	M55	20:21
13	John Henwood	M65	23:40
14	Murray Mace	M65	24:31

**Distance: 4000m**

**Women: All Grades**

Place	Name	Grade	Time
1	Anna Fischer	SW	15:33
2	Kathryn Bunckenburg	SW	17:46
3	Joy Baker	W65	20:54

**Distance: 4000m**

**Walk: All Grades**

Place	Name	Grade	Time
1	Mike Ingram	Walk	29:02
2	Dennis Jordan	Walk	31:28