

Athletics Australia and AFORWC Championships, Canberra**29-Aug-93**

AA/AFORWC Open Men 20km						Vets Title
1	M	Copeland	Paul	90.35	VIC	
2	M	Donahoo	Mark	92.03	VIC	
3	M	McGrath	Dominic	93.08	VIC	
4	M	Cousins	Duane	93.16	VIC	
5	M	Ludwig	Andrew	94.51	QLD	
6	M	Little	Gary	94.52	NZ	1
7	M	Pearson	Shane	94.52	QLD	
8	M	Jones	Gary	96.33	NZ	
9	M	Dossetor	Mark	97.12	ACT	
10	M	Knox	Duncan	98.00	VIC	2
11	M	Lowden	Kevin	99.12	PP	
12	M	Leydon	John	100.59	NSW	
13	M	Bertei	Frank	101.00	VIC	
14	M	Bennett	Peter	101.13	QLD	
15	M	Knox	Keith	101.45	NSW	
16	M	Stenhouse	John	104.42	ACT	3
17	M	Law	Keith	109.25	NSW	
18	M	Whyte	Robin	111.40	ACT	
19	M	Chapman	Brian	115.18	ACT	
20	M	Thomson	Paul	117.54	NSW	
21	M	Overton	Frank	119.57		
22	M	Maybir	Caleb	121.05	QLD	
23	M	Hall	Robin	121.39		
24	M	White	B	121.40		
25	M	Geyteman	H	124.19	NSW	

Teams		
1. Victoria	Copeland, Donahoo, McGrath, Cousins	
2. Queensland	Ludwig, Pearson, Bennett, Maybir	
3. ACT	Dossetor, Stenhouse, Whyte, Chapman	

AA/AFORWC Open Women 10km						Vets Title
1	F	Billington	Jennie	46.06	QLD	
2	F	Letherby	Therese	46.41	QLD	
3	F	Manning	Anne	46.57	NSW	
4	F	Vanston	Carolyn	48.32	VIC	
5	F	Coffee	N	48.49	NSW	
6	F	Barbour	Jane	48.57	SA	
7	F	Webb	Cheryl	49.25	NSW	
8	F	Saville	Jane	49.36	NSW	
9	F	Muldoon	Wendy	49.36	VIC	
10	F	Strangman	Jo	49.40	ACT	
11	F	Gordon	Wendy	50.42	SA	
12	F	Davison	Natalie	50.50	VIC	
13	F	Harding	M	50.55		1
14	F	Saville	Natalie	51.19	NSW	
15	F	Barrett	Di	51.26	NZ	

16	F	Woloweic	Simone	51.45	VIC	
17	F	Crooks	Jenny	52.50	SA	
18	F	Gibbon	Rachel	53.24	NZ	
19	F	Keillah	J	54.29	QLD	
20	F	Rogers	Alana	54.37	TAS	
21	F	Robb	M	54.46	NSW	2
22	F	Tuka	Christine	55.51	NZ	
23	F	Heckenburg	Amanda	55.55	NSW	
24	F	McQueeney	M	57.52	NSW	
25	F	Mitchell	N	59.01		
26	F	Horricks	Sue-Ellen	59.52	NSW	
27	F	Geyteman	Katrina	62.06	NSW	
28	F	Mitchell	K	62.44	NSW	
29	F	Overton	Sue	71.15	NSW	3
30	F	Evans	K	77.31	NSW	
31	F	Carlton	C	80.06	ACT	
32	F	Aitkin	G	80.28	QLD	
33	F	Mulligan	B	95.12		

Teams: 1. Victoria Vanstan, Muldoon, Davison
2. NSW Manning, Saville, Robb
3. SA Barbour, Gordon, Crooks

AA/AFORWC U20 Men 10km

1	M	Russell	Dion	44.42	VIC
2	M	Moore	J	44.53	QLD
3	M	Andrikis	Duane	45.00	
4	M	Sargisson	Tony	45.32	NZ
5	M	Collis	Luke	45.38	NSW
6	M	Adams	Luke	47.08	NSW
7	M	Vogler	G	47.49	
8	M	Page	Darren	48.22	SA
9	M	Coleman	Mark	50.32	VIC
10	M	Mitchell	A	52.22	NSW
11	M	Frilingos	G	57.05	QLD
12	M	Hinkler	Greg	57.05	QLD
13	M	Carter	J	57.35	NSW

Teams: 1. NSW Collis, Adams, Mitchell
2. QLD Moore, Frilingos, Hinkler

AA/AFORWC U20 Women 10km

1	F	Coffee	Linda	48.49	NSW
2	F	Webb	Cheryl	49.25	NSW
3	F	Strangman	Jo	49.40	ACT
4	F	Saville	Natalie	51.19	NSW
5	F	Woloweic	Simone	51.45	VIC
6	F	Crooks	Jenny	52.50	
7	F	Gibbon	Rachel	53.24	NZ
8	F	Keillah	J	54.29	QLD

9	F	Rogers	Alana	54.37	TAS
10	F	Heckenburg	Amanda	55.55	

Teams: 1. NSW Coffee, Webb, Saville

AA/AFORWC U17 Women 5km

1	F	Webb	Cheryl	25.04	NSW
2	F	Scott	Melissa	25.34	VIC
3	F	Coffee	Linda	26.12	NSW
4	F	Coleman	Christy	27.06	VIC
5	F	Linning	K	27.25	QLD
6	F	Lacey	Nicole	27.48	QLD
7	F	Caldwell	J	29.09	ACT
8	F	Heckenburg	Amanda	29.15	NSW
9	F	Thomson	Simone	29.58	VIC
10	F	Geyteman	Katrina	31.25	NSW
11	F	Mitchell	Simone	33.41	NSW

Teams: 1. NSW Webb, Coffee, Heckenburg
2. VIC Scott, Coleman, Thomson
3. QLD Linning, Lacy, Duggan

AA/AFORWC U17 Men 5km

1	M	Adams	Luke	23.14	NSW
2	M	Strangman	K	25.27	ACT
3	M	Hurley	Brendan	25.52	NSW
4	M	Pearson	Michael	27.01	NSW
5	M	Burling	Anthony	27.40	NSW

Teams: 1. NSW Adams, Hurley, Pearson, Burling

AA/AFORWC U15 Women 3km

1	F	Saville	Natalie	13.57	NSW
2	F	York	Simone	14.30	SA
3	F	McAskill	Renee	14.55	NSW
4	F	French	M		NSW
5	F	Maddison	Toni		SA
6	F	Crooks	Natalie		SA
7	F	Scriggins	Kellie		QLD
8	F	Harriden	Amy		NSW
9	F	Stapper	Mariekie		ACT
10	F	Coombs	Kate		NSW
11	F	Wells	Alisa		NSW
12	F	Watson	Natalie		NSW
13	F	Beckman	R		QLD
14	F	Dodds	R		NSW
15	F	Pullar	Leanne		QLD
16	F	Desira	N		NSW
17	F	Riakos	M		NSW
18	F	Muller	S		NSW

19	F	Kraft	Cathy	NSW
20	F	Middlemass	L	NSW
21	F	Nilon	Cath	NSW
22	F	Sundstrom	Jodie	NSW
23	F	Richards	S	NSW
24	F	Krueger	Cath	NSW
25	F	West	R	NSW

Teams: 1. NSW Saville, McAskill, French, Wells
2. SA York, Crooks, T Maddison
3. QLD Beckman, Pullar, Scriggins

AA/AFORWC U15 Men 3km

1	M	York	David	13.59	SA
2	M	Sundstrom	Troy	14.09	NSW
3	M	Nappin	Andrew		NSW
4	M	Parmar	Stewart		QLD
5	M	Strangman	P		ACT
6	M	Kattab	Omar		NSW
7	M	Appleby	Justin		NSW
8	M	Upward	D		NSW
9	M	Beckon	D		NSW
10	M	Little-Overton	T		NSW
11	M	Lansbury	J		QLD
12	M	Griggs	Matt		ACT
13	M	Craft	P		NSW
14	M	Wells	B		NSW

Teams: 1. NSW Nappin, Sundstrom, Khattab, Little-Overton

AA/AFORWC Invitation U12 2km

1	F	Mcllvenie	Lisa	10.23	NSW
2	F	Watson	Natalie	10.37	NSW
3	F	Harriden	Amy	10.41	NSW
4	F	Dodds	R	10.58	NSW
5	F	Desira	N	11.07	NSW
6	F	Middlemass	L	11.22	NSW
7	F	Smith	T	11.54	ACT
8	F	Wagstaff	N	12.05	
9	F	Iselin	A	12.08	QLD
10	F	Perry	M	13.31	ACT
11	F	Paterson	H	14.04	ACT
1	M	Khattab	Omar	9.49	NSW
2	M	Appleby	Justin	10.02	NSW
3	M	Paterson	Adam	10.05	ACT
4	M	Upward	T	10.31	NSW
5	M	Cross	E	10.32	NSW
6	M	Smith	G	10.35	ACT
7	M	Wells	B	10.58	NSW

8	M	Cross	J	11.09	NSW
9	M	Strangman	B	11.37	ACT
10	M	Miles	S	15.03	QLD

AA/AFORWC Invitation U9 1km

1	M	Dodds	N	5.47	NSW
2	M	Wagstaff	J		ACT
3	M	Strangman	G		ACT
1	F	Venzlauskas	K	5.32	NSW
2	F	Great	K	5.44	NSW
3	F	Keauger	Cath	5.45	NSW