

Don Farquharson Harriers 4K

1st M25	Colin Campbell	(14:20.00	69.53%)
3rd W30	Heather Wicken	(17:58.00	63.57%)
1st M35	Jay Brecher	(14:05.00	73.78%)
6th M35	Ming Tsai	(15:19.00	68.34%)
7th M35	Michael Mendis	(16:17.00	63.35%)
5th M40	Kevin Farr	(14:37.00	73.24%)
1st W40	Leanne Shafir	(16:30.00	73.94%)
2nd M45	Michael Chang	(15:00.00	73.02%)
4th W45	Nathalie Auger	(18:02.00	69.99%)
5th W45	Gwen Bailey-Mason	(18:34.00	67.98%)
6th W45	Kate Cochrane-Brink	(18:52.00	66.10%)
5th M50	James Wallace	(15:54.00	71.66%)
6th M50	John Willett	(15:56.00	71.51%)
10th M50	Jay Yakabowich	(16:23.00	69.55%)
12th M50	Peter Gordon	(17:07.00	67.66%)
3rd W50	Lynda de Boer	(18:32.00	74.43%)
4th W50	Rita Botelho	(18:41.00	72.87%)
5th W50	Nicky Slovitt	(24:04.00	56.57%)
2nd M50	Wayne Chee	(17:10.00	70.94%)
1st M60	John Helliker	(16:26.00	76.08%)

We also had three team winners:

W50 - Lynda, Rita & Nicky

M40 - Kevin, Mike C & John W

M50 - Wayne, Jay Y & James