

Sprint

TEAMS AND RUNNING ORDER CAN STILL BE CHANGED IF YOU WANT TO

Team No.	Runner 1	Runner 2
1	Jim Laver	Barbara Tassell
2	Wayne Griggs	Helena Griggs
3	Renny Duckett	Janet Bush
4	Zali McComb	Jon McComb
5	Jett McComb	Cathy McComb
6	Mike Calder	Jane Calder
7	Jeff Dunn	Sally Wayte
8	James Scott	Dane Cavanaugh
9	Clare Hawthorne	Paul Liggings
10	Anthony Stoner	Niko Stoner
11	Mark West	Gayle West
12	Terry Cavanagh	Adalyn Scott
13	Martin Bicevskis	Elizabeth Bicevskis
14	Mikayla Cooper	Will Whittington
15	Ken McLean	Eleanor McLean
16	Hugh Canning	Dexter Canning
17	Jed Fleming	Arabella Philipps
18	Eddie Stoner	Charlie Cooper
19	Mick Cooper	Meisha Austin
20	Miriam Whittington	Liz Canning
21	Esta Birdahic	Wendy Andrewartha
22	Rachel Allen	Josh Allen
23	Simon Allen	Karen Wild-Allen
24	Gary Carroll	Kim Carroll
25	Hermione Powell-Davies	Andrea Schiwy
26	Julia Powell-Davies	Thomas Powell-Davies
27	Matt Cohen	Jemery Day
28	Paul Enkelaar	Will Enkelaar
29	Katya Savkina	Kim Enkelaar
30	Bert Elson	Jan Hardy

3h-relay

TEAMS AND RUNNING ORDER IS SET NOW AND CANNOT BE CHANGED

Team No.	Runner 1	Runner 2	Runner 3
1	Wayne Griggs	Helena Griggs	
2	James Scott	Ainsley Scott	Dane Cavanaugh
3	Clare Hawthorne	Paul Liggings	Greg Hawthorne
4	Martin Bicevskis	Hermione Powell-Davies	Elizabeth Bicevskis
5	Jed Fleming	Sally Wayte	Jim Laver
6	Jon McComb	Liz Canning	Barbara Tassell
7	Anthony Stoner	Zali McComb	Gayle West
8	Arvid Glowka	Dexter Canning	Janine Glowka
9	Matt Cohen	Sue Hancock	Mike Calder
10	Jeff Dunn	Eleanor McLean	Janet Bush
11	Josh Allen	Arabella Philipps	Jane Calder
12	Ken McLean	Cathy McComb	Wendy Andrewartha
13	Will Whittington	Michael Cooper	Karen Wild-Allen
14	Niko Stoner	Hugh Canning	Miriam Whittington
15	Mikayla Cooper	Simon Allen	Mark West
16	Rachel Allen	Jett McComb	Renny Duckett
17	Julia Powell-Davies	Eddie Stoner	Esta Birdahic
18	Liz Butler	Bill Butler	Jemery Day
19	Bert Elson	Jan Hardy	Valerie Brammall
20	Joe Dickinson	Katya Savkina	Rod Bissett

TEAMS AND RUNNING ORDER CAN STILL BE CHANGED IF YOU

Team No	Runner 1	Runner 2
1	Arvid Glowka	Janine Glowka
2	Jed Fleming	Joseph Dickinson
3	Wayne Griggs	Helena Griggs
4	Renny Duckett	Janet Bush
5	Zali McComb	Jon McComb
6	Jett McComb	Cathy McComb
7	Jeff Dunn	Sally Wayte
8	Clare Hawthorne	Paul Liggings
9	Greg Hawthorne	Mary Hawthorne
10	Niko Stoner	Anthony Stoner
11	Mark West	Gayle West
12	Martin Bicevskis	Elizabeth Bicevskis
13	Mikayla Cooper	Will Whittington
14	Jim Laver	Barbara Tassell
15	Ken McLean	Eleanor McLean
16	Hugh Canning	Dexter Canning
17	Charlie Cooper	Eddie Stoner
18	Liz Canning	Miriam Whittington
19	Mick Cooper	Meisha Austin
20	Esta Birdahic	Wendy Andrewartha
21	Rachel Allen	Josh Allen
22	Simon Allen	Karen Wild-Allen
23	Erica Young + Fam	
24	Julia Powell-Davies	Thomas Powell-Davies
25	Hermione Powell-Davies	Valerie Brammall