

# AMA Postal Half Marathon Championships 2023

## MENS

### M45

McKay	Grant	ACT	M45	1:23:05
North	Matt	NSW	M45	1:30:45
Chester	Lennon	VIC	M45	2:12:01

### M50

Rickards	Antony	VIC	M50	1:17:08
Hutchison	Shane	ACT	M50	1:31:06
Wightman	Andrei	QLD	M50	1:34:00
Yan	Xinhuan	WA	M50	1:54:46
Davie	EJ	NSW	M50	1:56:33
Yan	Xinhuan	WA	M50	1:56:38
Andres	Dani	NSW	M50	2:21:26

### M55

Watson	Paul	WA	M55	1:19:43
Watson	Paul	WA	M55	1:23:05
McVean	Warren	VIC	M55	1:34:03
Murphy	Mark	ACT	M55	1:45:31

### M60

Graham	Bruce	NSW	M60	1:20:42
Wisdom	Craig	ACT	M60	1:40:12
Jenkins	Alan	VIC	M60	1:47:51
Keane	Ross	WA	M60	1:56:01
Daly	Peter	ACT	M60	2:09:36

### M65

Cooper	Wayne	NSW	M65	1:55:59
Worsnop	Christopher	VIC	M65	2:12:19

### M70

Peters	Ron	QLD	M70	1:28:14
Belaabed	Yassine	VIC	M70	1:31:00
Mckeich	Paul	ACT	M70	1:46:09
Brooks	Colin	SA	M70	1:57:46
Hopkins	Jim	VIC	M70	1:59:03

### M75

Costmeyer	Robbie	ACT	M75	1:53:21
Ryhanen	Erkki	QLD	M75	2:18:48

## WOMENS

### W40

Smith	Kylie	TAS	W40	1:29:16
Osmand	Kym	VIC	W40	1:39:45

Grantham	Melissa	SA	W40	2:02:42
Heinecke	Kay	VIC	W40	2:05:33
<b>W45</b>				
McKeen	Suzanne	SA	W45	1:30:16
Heinecke	Kay	VIC	W45	1:59:07
<b>W50</b>				
McMahon	Suzi	WA	W50	1:23:33
Miura	Kyoko	QLD	W50	1:28:22
Maguire	Elizabeth	QLD	W50	1:29:54
Dunne	Peta	QLD	W50	1:44:36
Wanigasekera	Rashanthi	WA	W50	2:17:30
<b>W55</b>				
Stanton	Krishna	QLD	W55	1:22:41
Kolb	Miwa	QLD	W55	1:39:24
<b>W60</b>				
Lalor	Christine	NSW	W60	1:34:09
Thornton	Susan	QLD	W60	1:40:31
Allen	Louise	QLD	W60	1:50:13
<b>W65</b>				
Kellett	Jennifer	ACT	W65	1:37:31
Wall	Edith Clare	ACT	W65	1:50:22
<b>W75</b>				
Upcher	Janet	TAS	W75	2:06:10
Davey	Irene	QLD	W75	2:35:34
<b>W80</b>				
Campbell	Caroline	ACT	W80	2:51:33