

28th April 2019						
20K						
Place	Name	Bib No	Laps	Time	Total Time	Chip Number
FEMALE						
1	Nerissa O'Donnell	4000	4		1:19:59.6	500
		4000	5K	20:18.3	20:18.3	
		4000	5K	19:57.9	40:16.3	
		4000	5K	19:50.2	1:00:06.5	
		4000	5K	19:53.0	1:19:59.6	
2	Jacqueline Thistleton	4028	4		1:24:51.4	580
		4028	5K	21:11.1	21:11.1	
		4028	5K	21:05.6	42:16.8	
		4028	5K	21:12.3	1:03:29.1	
		4028	5K	21:22.2	1:24:51.4	
3	Shannon Proffit	4029	3		1:35:27.8	518
		4029	5K	22:02.9	22:02.9	
		4029	5K	46:38.4	1:08:41.4	
		4029	5K	26:46.4	1:35:27.8	
4	Maria Hoogstrate	4021	4		1:43:48.0	510
		4021	5K	26:52.7	26:52.7	
		4021	5K	26:40.7	53:33.4	
		4021	5K	25:54.0	1:19:27.5	
		4021	5K	24:20.4	1:43:48.0	
5	Lucy Carvalho	4013	4		1:45:31.9	571
		4013	5K	27:12.0	27:12.0	
		4013	5K	26:11.9	53:24.0	
		4013	5K	26:16.7	1:19:40.7	
		4013	5K	25:51.1	1:45:31.9	
6	Elisa Denyer	3447	4		1:48:48.6	848
		3447	5K	27:16.0	27:16.0	
		3447	10K	55:46.5	1:23:02.5	
		3447	5K	25:46.0	1:48:48.6	
7	Edwina Neyland	3566	4		1:49:45.7	448
		3566	5K	26:40.0	26:40.0	
		3566	5K	26:46.4	53:26.4	
		3566	5K	27:51.7	1:21:18.2	
		3566	5K	28:27.5	1:49:45.7	
8	Jenna Doran	4010	4		1:50:59.4	505
		4010	5K	27:49.9	27:49.9	
		4010	5K	27:36.7	55:26.7	
		4010	5K	27:31.2	1:22:57.9	
		4010	5K	28:01.5	1:50:59.4	

9	Tegwen Howell	3456	4		1:53:04.5	857
		3456	5K	28:10.4	28:10.4	
		3456	5K	28:28.5	56:38.9	
		3456	5K	28:23.8	1:25:02.7	
		3456	5K	28:01.8	1:53:04.5	
10	Jessica Tomlins	3449	4		1:53:10.9	850
		3449	5K	27:44.3	27:44.3	
		3449	5K	27:38.7	55:23.0	
		3449	5K	28:59.6	1:24:22.7	
		3449	5K	28:48.2	1:53:10.9	
11	Vanessa Gibson	4034	4		1:55:11.8	583
		4034	5K	27:28.8	27:28.8	
		4034	5K	28:50.5	56:19.3	
		4034	5K	29:24.7	1:25:44.1	
		4034	5K	29:27.7	1:55:11.8	
12	Felicia Elgey	3416	4		1:56:16.6	10
		3416	5K	28:12.3	28:12.3	
		3416	5K	28:25.3	56:37.7	
		3416	5K	29:34.2	1:26:11.9	
		3416	5K	30:04.7	1:56:16.6	
13	Emilie Amiss	4015	4		2:01:26.3	572
		4015	5K	29:18.7	29:18.7	
		4015	5K	30:07.9	59:26.7	
		4015	5K	31:27.1	1:30:53.8	
		4015	5K	30:32.4	2:01:26.3	
14	Rebecca Berglund	3141	4		2:02:58.3	384
		3141	5K	32:29.9	32:29.9	
		3141	5K	30:21.2	1:02:51.1	
		3141	5K	30:08.2	1:32:59.4	
		3141	5K	29:58.8	2:02:58.3	
15	Alissa Chapman	4014	4		2:03:50.0	507
		4014	5K	29:18.5	29:18.5	
		4014	5K	30:08.2	59:26.7	
		4014	5K	31:26.8	1:30:53.6	
		4014	5K	32:56.4	2:03:50.0	
16	Ruth Peacock	2959	4		2:10:00.8	236
		2959	5K	32:29.4	32:29.4	
		2959	5K	31:37.7	1:04:07.1	
		2959	5K	32:53.3	1:37:00.4	
		2959	5K	33:00.3	2:10:00.8	

17	Karen Lee	3464	4		2:16:56.8	803
		3464	5K	34:10.9	34:10.9	
		3464	5K	34:36.7	1:08:47.7	
		3464	10K	1:08:09.1	2:16:56.8	
18	Erika Woodward	3004	4		2:17:23.5	157
		3004	5K	32:38.0	32:38.0	
		3004	5K	34:17.4	1:06:55.5	
		3004	5K	34:56.5	1:41:52.0	
		3004	5K	35:31.5	2:17:23.5	
19	Carmel Fox	3341	4		2:22:30.5	391
		3341	5K	34:11.1	34:11.1	
		3341	5K	34:35.9	1:08:47.0	
		3341	5K	35:30.0	1:44:17.0	
		3341	5K	38:13.4	2:22:30.5	
MALE						
1	Peter Lavery	4023	4		1:21:16.7	514
		4023	5K	20:14.7	20:14.7	
		4023	5K	20:08.5	40:23.3	
		4023	10K	40:53.3	1:21:16.7	
2	Ron Peters	3437	3		1:21:53.9	78
		3437	5K	21:08.1	21:08.1	
		3437	10K	40:41.0	1:01:49.2	
		3437	5K	20:04.7	1:21:53.9	
3	Naoki Aoyama	4020	4		1:21:56.2	576
		4020	5K	20:16.4	20:16.4	
		4020	5K	19:57.8	40:14.2	
		4020	5K	19:50.2	1:00:04.5	
		4020	5K	21:51.7	1:21:56.2	
4	John Gallagher	3554	4		1:24:38.8	28
		3554	5K	21:06.4	21:06.4	
		3554	5K	21:11.4	42:17.8	
		3554	5K	21:02.3	1:03:20.1	
		3554	5K	21:18.6	1:24:38.8	
5	Atul Arora	2566	4		1:27:24.3	286
		2566	5K	21:43.9	21:43.9	
		2566	5K	21:32.5	43:16.4	
		2566	5K	21:46.6	1:05:03.0	
		2566	5K	22:21.3	1:27:24.3	

6	Matthew Facoory	3338	4		1:28:43.2	256
		3338	5K	22:05.7	22:05.7	
		3338	5K	22:18.9	44:24.7	
		3338	5K	22:16.3	1:06:41.0	
		3338	5K	22:02.2	1:28:43.2	
7	Jean Luc Raud	3299	4		1:30:15	794
		3299	5K	23:09.7	23:09.7	
		3299	5K	23:37.6	46:47.3	
		3300	5K	22:01.0	1:06:30	
		3301	5K	22:29.0	1:30:15	
8	Tom Doran	4018	4		1:32:18.3	575
		4018	5K	24:09.5	24:09.5	
		4018	5K	23:33.3	47:42.9	
		4018	5K	22:01.3	1:10:10.3	
		4018	5K	21:27.0	1:32:18.3	
9	John White Hwang	3418	4		1:35:26.1	749
		3418	5K	23:22.6	23:22.6	
		3418	5K	22:50.2	46:12.8	
		3418	5K	24:11.0	1:10:23.8	
		3418	5K	25:02.3	1:35:26.1	
10	Zane Knight	3555	4		1:36:47.0	206
		3555	5K	24:01.0	24:01.0	
		3555	5K	23:49.7	47:50.8	
		3555	5K	24:05.5	1:11:56.3	
		3555	5K	24:50.6	1:36:47.0	
11	Nick Quinn	4005	4		1:37:48.2	563
		4005	5K	24:43.2	24:43.2	
		4005	5K	24:55.3	49:38.5	
		4005	5K	24:14.8	1:13:53.4	
		4005	5K	23:54.8	1:37:48.2	
12	Alberto Nilsson	3340	4		1:41:48.6	308
		3340	5K	25:41.2	25:41.2	
		3340	5K	25:18.9	51:00.2	
		3340	5K	25:38.2	1:16:38.4	
		3340	5K	25:10.1	1:41:48.6	
13	Michael Casey	3460	4		1:42:22.1	862
		3460	5K	25:51.3	25:51.3	
		3460	5K	25:40.5	51:31.8	
		3460	5K	25:38.1	1:17:09.9	
		3460	5K	25:12.1	1:42:22.1	

14	Mark Huth	3074	4		1:45:37.7	820
		3074	5K	26:12.7	26:12.7	
		3074	5K	26:45.3	52:58.1	
		3074	5K	26:39.8	1:19:38.0	
		3074	5K	25:59.7	1:45:37.7	
15	Shaun Mulholland	3153	4		1:45:40.0	596
		3153	5K	26:52.9	26:52.9	
		3153	5K	26:40.3	53:33.2	
		3153	5K	26:16.6	1:19:49.9	
		3153	5K	25:50.1	1:45:40.0	
16	Joey Doran	4009	4		1:45:54.5	568
		4009	5K	27:49.3	27:49.3	
		4009	5K	27:37.0	55:26.4	
		4009	5K	25:19.2	1:20:45.6	
		4009	5K	25:08.9	1:45:54.5	
17	Erhart Stockhausen	3284	4		1:47:37.2	719
		3284	5K	26:01.9	26:01.9	
		3284	5K	27:02.5	53:04.5	
		3284	5K	27:08.4	1:20:12.9	
		3284	5K	27:24.2	1:47:37.2	
18	Michael Thomsom	4037	4		1:48:08.1	584
		4037	5K	27:12.3	27:12.3	
		4037	5K	27:10.7	54:23.0	
		4037	5K	27:16.6	1:21:39.7	
		4037	5K	26:28.3	1:48:08.1	
19	Richard Knevitt	1429	4		1:49:13.5	54
		1429	5K	27:03.3	27:03.3	
		1429	5K	27:04.9	54:08.2	
		1429	5K	27:54.7	1:22:02.9	
		1429	5K	27:10.5	1:49:13.5	
20	Simon Collin	4032	4		1:52:04.9	582
		4032	5K	27:23.7	27:23.7	
		4032	5K	29:22.2	56:45.9	
		4032	5K	27:31.1	1:24:17.0	
		4032	5K	27:47.8	1:52:04.9	
21	James Winters	561	4		1:52:27.7	394
		561	5K	28:29.8	28:29.8	
		561	5K	29:05.4	57:35.2	
		561	5K	31:25.6	1:29:00.9	
		561	5K	23:26.7	1:52:27.7	

22	Robert Henderson	3445	4		1:52:40.5	841
		3445	5K	23:45.7	23:45.7	
		3445	5K	24:25.9	48:11.6	
		3445	5K	25:22.7	1:13:34.4	
		3445	5K	39:06.1	1:52:40.5	
23	Paul McGuire	2591	4		1:57:57.6	120
		2591	5K	29:23.2	29:23.2	
		2591	5K	29:25.8	58:49.1	
		2591	5K	29:28.1	1:28:17.2	
		2591	5K	29:40.3	1:57:57.6	
24	Allen Bromley	3092	4		2:10:08.9	732
		3092	5K	34:34.1	34:34.1	
		3092	5K	35:32.5	1:10:06.6	
		3092	5K	27:26.1	1:37:32.7	
		3092	5K	32:36.1	2:10:08.9	
25	Stephen Peach	3436	4		2:23:27.3	879
		3436	5K	34:33.7	34:33.7	
		3436	5K	40:19.7	1:14:53.4	
		3436	5K	35:06.2	1:49:59.7	
		3436	5K	33:27.6	2:23:27.3	
26	Kim Blomeyer	3560	4		2:24:02.3	446
		3560	5K	31:52.3	31:52.3	
		3560	5K	34:29.6	1:06:21.9	
		3560	5K	36:32.9	1:42:54.9	
		3560	5K	41:07.4	2:24:02.3	
Other Runners - DNF's, Incorrect laps completed etc						
	Clare Jones	4036	5		2:23:07.7	523
		4036	5K	28:06.6	28:06.6	
		4036	5K	27:30.8	55:37.4	
		4036	5K	27:45.4	1:23:22.9	
		4036	5K	28:55.8	1:52:18.7	
		4036	5K	30:49.0	2:23:07.7	
	Maarten Kamp	3180	3		1:25:07.3	112
		3180	5K	28:28.6	28:28.6	
		3180	5K	28:52.4	57:21.1	
		3180	5K	27:46.1	1:25:07.3	
	David Bond	2899	3		1:40:05.7	668
		2899	5K	32:29.2	32:29.2	
		2899	5K	33:27.3	1:05:56.5	
		2899	5K	34:09.1	1:40:05.7	

	Andrew Charles	4030	1		23:58.4	519
		4030	5K	23:58.4	23:58.4	
Any queries re results, please email blmenzies@tpg.com.au						