

Sri Chinmoy 5 Mile Race

Telopea Park : 10 Jun 2013

81 Runners

Male Under 50 : 5 Laps in Category : 28 Runners : 8.115 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5				Time	Time Dif
1	402	Matthew Zeithofer	6:02	6:23	6:23	6:21	6:18				31:27	
2	418	Iain Addinell	6:15	6:18	6:09	6:29	6:37				31:48	0:21
3	412	Simeon Hearnshaw	6:03	6:23	6:33	6:38	6:34				32:11	0:44
4	432	Jaykob McMahon	6:18	6:32	6:43	6:39	6:25				32:37	1:10
5	413	Daniel Striegl	6:19	6:39	6:46	6:40	6:32				32:56	1:29
6	431	Adrian Moy	6:34	6:41	6:43	6:40	6:38				33:16	1:49
7	430	Daryl Read	6:56	6:59	6:59	6:55	6:41				34:30	3:03
8	405	David Selems	6:38	6:53	7:14	7:14	6:55				34:54	3:27
9	423	Erik Lithander	7:28	7:16	7:14	7:18	7:16				36:32	5:05
10	426	Frederick Campbell-Jones	6:57	7:25	7:39	7:39	7:10				36:50	5:23
11	406	Shane Hutchison	7:02	7:31	7:45	7:49	7:29				37:36	6:09
12	417	Phillip McDougall	7:08	7:54	8:01	8:04	7:32				38:39	7:12
13	414	Ian Meagher	6:59	8:01	8:07	8:01	7:33				38:41	7:14
14	427	Graeme Smyth	8:05	7:47	7:49	7:44	7:34				38:59	7:32
15	409	Michael Roff	8:28	8:09	7:56	8:17	8:18				41:08	9:41
16	429	Robert Sirr	12:13	7:15	7:18	7:19	7:26				41:31	10:04
17	422	Netanel Ratnem	8:55	8:18	8:40	8:40	8:24				42:57	11:30
18	420	David Rangiah	8:02	8:26	8:46	8:57	8:50				43:01	11:34
19	410	Damien Hanson	8:16	8:17	9:03	8:53	9:08				43:37	12:10
20	425	Humphrey James	8:34	8:48	8:48	8:50	8:48				43:48	12:21
21	428	Michael Elliott	8:26	8:24	8:54	9:22	9:33				44:39	13:12
22	401	Kenneth Rose	8:00	8:54	9:27	9:49	8:58				45:08	13:41
23	403	Stuart Ward	8:32	8:45	9:26	9:24	9:10				45:17	13:50
24	411	Nathan Jelks	8:54	8:47	9:37	9:20	9:25				46:03	14:36

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2 5	424	Jeff Favaloro	8:50	9:03	9:23	9:59	9:15				46:30	15:03	
2 6	416	Jason Leslie	9:11	8:59	9:01	10:15	9:10				46:36	15:09	
DNF	421	Russ Jefferys	6:04	6:23	6:56						DNF		
DNF	404	Minh Ha	9:13	9:00	8:36						DNF		

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81 Runners

Male 50-59 : 5 Laps in Category : 8 Runners : 8.115 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5				Time	Time Dif
1	547	Michael Phillips	6:33	6:44	6:44	6:53	6:41				33:35	
2	543	Stewart Jones	7:27	7:25	7:08	7:14	7:00				36:14	2:39
3	544	Kim Houghton	7:10	7:10	7:19	7:23	7:15				36:17	2:42
4	546	Jonathan Adams	7:20	7:21	7:42	7:08	7:05				36:36	3:01
5	545	Alan Clark	7:38	7:30	7:41	7:44	7:44				38:17	4:42
6	548	Angelo Rossi	8:01	7:50	7:41	7:39	7:33				38:44	5:09
7	542	Mark O'Donnell	7:56	8:07	7:57	8:15	7:54				40:09	6:34
8	541	Chris Lamb	7:53	7:50	7:55	8:17	8:19				40:14	6:39

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81 Runners

Male 60-69 : 5 Laps in Category : 3 Runners : 8.115 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5				Time	Time Dif
1	573	Graham Burke	7:58	8:08	8:49	9:02	8:22				42:19	
2	572	Jim White	8:44	9:08	9:08	9:02	9:09				45:11	2:52
3	571	Peter Gentry	9:21	9:24	9:26	9:27	9:21				46:59	4:40

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81 Runners

Female Under 50 : 5 Laps in Category : 41 Runners : 8.115 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5				Time	Time Dif
1	630	Kym Chisholm	6:46	7:08	7:08	7:16	7:08				35:26	
2	604	Michelle Burns	6:58	7:14	7:18	7:24	7:31				36:25	0:59
3	646	Kate Aitken Rasink	7:35	8:00	8:08	7:51	7:44				39:18	3:52
4	637	Gemma Wilson	7:54	7:50	7:56	8:01	8:03				39:44	4:18
5	629	Tracey O'Donnell	7:42	8:04	8:02	8:05	8:04				39:57	4:31
6	624	Melanie Wellenberg	8:33	7:57	7:48	7:50	7:53				40:01	4:35
7	638	Sophie McNamara	7:59	8:12	8:23	8:32	8:19				41:25	5:59
8	643	Susannah Hiron	8:06	8:10	8:19	8:28	8:36				41:39	6:13
9	645	Alison Kirkby	9:00	8:25	8:22	8:12	7:55				41:54	6:28
10	626	Ella Ussher	9:04	8:23	8:18	8:15	7:57				41:57	6:31
11	610	Kay Blemings	8:48	8:31	8:32	8:24	8:17				42:32	7:06
12	620	Felicity Pagan	8:39	8:36	8:40	8:25	8:21				42:41	7:15
13	621	Carol Schenk	8:38	8:38	8:41	8:39	8:48				43:24	7:58
14	644	Anna Leamon	8:52	8:50	8:53	8:59	8:39				44:13	8:47
15	647	Fiona Lithander	8:46	8:52	9:09	9:06	8:28				44:21	8:55
16	633	Jessica Faulks	9:05	8:52	9:06	8:51	8:35				44:29	9:03
17	606	Tegan Musumeci	8:30	8:51	9:24	9:23	9:08				45:16	9:50
18	635	Mayumi Takeuchi	9:05	9:07	9:26	9:07	8:41				45:26	10:00
19	640	Eugenie Hickey	9:08	9:08	9:04	9:09	9:00				45:29	10:03
20	639	Louise Patton	9:12	9:03	9:04	9:08	9:04				45:31	10:05
21	636	Emma Hanks	8:57	9:02	9:15	9:33	9:14				46:01	10:35
22	616	Lisa Striegl	9:07	9:23	9:14	9:19	9:02				46:05	10:39
23	623	Emily McGuinness	9:42	9:30	9:32	9:36	9:16				47:36	12:10
24	622	Karen Striegl	9:09	9:31	9:52	9:51	9:16				47:39	12:13

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2 5	627	Gillian Pereira	8:11	9:37	10:16	10:15	9:59				48:18	12:52
2 6	631	Nicola Woolham	9:39	9:53	10:12	10:18	9:47				49:49	14:23
2 7	634	Natalie-Anne Hall	9:30	9:50	10:13	10:38	10:30				50:41	15:15
2 8	632	Christi Buckley	9:41	9:51	10:11	10:20	11:24				51:27	16:01
2 9	614	Aimee Smith	10:57	11:18	11:23	11:05	10:21				55:04	19:38
3 0	613	Kayla Benge	10:59	11:17	11:23	11:03	10:27				55:09	19:43
3 1	603	Melinda Brennan	11:55	11:25	11:15	11:13	10:18				56:06	20:40
3 2	618	Liz Brayshaw	11:21	11:40	11:51	11:35	11:08				57:35	22:09
3 3	617	Emma Fielder	11:18	11:38	11:55	11:35	11:11				57:37	22:11
3 4	609	Astri Waluyo	11:04	11:32	11:41	11:43	11:47				57:47	22:21
3 5	642	Chrissy Duke	11:25	11:41	11:58	12:04	11:53				59:01	23:35
3 6	641	Katie Buckley	11:30	12:06	13:49	14:23	14:11				1:05:59	30:33
3 7	608	Jenni Miller	12:23	13:46	14:57	14:50	14:51				1:10:47	35:21
3 8	601	Jane Holzapfel	13:02	13:53	14:51	15:05	15:20				1:12:11	36:45
3 9	602	Emma Grey	13:08	13:48	14:49	15:01	15:27				1:12:13	36:47
DNF	648	Kate Ridderhof	8:58	9:03	9:16	9:39					DNF	
DNF	625	Kathleen Cross	7:55	7:50							DNF	

Sri Chinmoy 5 Mile Race

Telopea Park : 10 Jun 2013

81 Runners

Female 50-59 : 5 Laps in Category : 1 Runners : 8.115 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5				Time	Time Dif
1	741	Kim Maloney	14:46	9:20	9:25	9:28	9:26				52:25	