

2023 Sri Chinmoy Lennox Gardens Races

Category Finisher List 5 Mile run 52 Finishers

Cat. Pl.	Name (Bib)	Time	Pace (min/km)
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5 Mile run

Male Under 50

1.	Shamsher Foley (1636)	28:49	3:34
2.	Yiannis Eliopoulos (1937)	28:53	3:35
3.	Joe Erskine (2265)	29:47	3:41
4.	Moss Thompson (1922)	30:22	3:46
5.	Matthew Zeithofer (2312)	30:43	3:49
6.	James Brown (390)	33:25	4:09
7.	Gavin Mongan (2287)	34:31	4:17
8.	Scott Wright (2309)	37:40	4:40
9.	Chris Cole (2263)	40:44	5:03
10.	Nathan Johnson (193)	41:24	5:08
11.	Peter Szydlik (2208)	42:53	5:19
12.	Owen Duncanson (2182)	43:06	5:21
13.	David Humphrey (838)	44:48	5:34
14.	Adam Daley (1860)	46:15	5:44
15.	Nick Stilp (2302)	52:58	6:34
16.	Hemant Kumar Mulmudi (2252)	56:17	6:59
17.	Daniel Bahmann (2255)	1:10:36	8:46

Male 50-59

1.	Anthony Kennedy (2276)	29:53	3:42
2.	David Beaven (710)	31:22	3:53
3.	Shane Maundrell (2320)	33:26	4:09
4.	Mick Hanbury (184)	33:27	4:09
5.	Darren Blackhurst (588)	34:32	4:17
6.	Christopher Foley (1635)	43:36	5:24
7.	Bill Turner (1420)	43:53	5:27
8.	Hugh Jorgensen (378)	44:43	5:33

Male 60-69

1.	Kim Houghton (137)	38:21	4:45
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Male 70 and Over

1.	Trevor Jacobs (294)	39:31	4:54
2.	Peter Badowski (207)	50:24	6:15

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Cat. Pl.	Name (Bib)	Time	Pace (min/km)
Female Under 50			
1.	Sarah King (1717)	31:16	3:53
2.	Lee Steel (888)	37:48	4:41
3.	Kathryn Sliwinski (1457)	38:03	4:43
4.	Amanda Miller (2318)	38:19	4:45
5.	Rachel Stone (2211)	38:37	4:47
6.	Rebecca Granlund (219)	40:00	4:58
7.	Sharon O'Neill (2292)	40:52	5:04
8.	Megan Duquette (2315)	42:42	5:18
9.	Dominique Gallery (2321)	43:32	5:24
10.	Mara Nagaki (160)	43:51	5:26
11.	Clare Szydlak (2209)	44:12	5:29
12.	Laura Jorgensen (2275)	44:17	5:30
13.	Isabel Dunn (100)	45:01	5:35
14.	Courtney Symes (1816)	54:58	6:49
15.	Sasha Migus (2314)	1:08:55	8:33
16.	Eugenia O'Brien (2291)	1:08:55	8:33
17.	Karen Bahmann (2256)	1:10:36	8:46
18.	Bethany Hann (2319)	1:15:17	9:21
Female 50-59			
1.	Debra Kay (780)	39:54	4:57
2.	Jillian Mitchell (1730)	43:00	5:20
3.	Simone Annis (249)	48:49	6:03
4.	Yvette Turner (1199)	49:41	6:10
5.	Karina Sommers (123)	52:22	6:30
Female 60-69			
1.	Jennifer Kellett (352)	37:43	4:41

Number of records: 52