

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 28 Feb 2016

167 Runners

Male Under 50 : 57 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	441	Adam Denison	24:54	
2	412	Alistair Sandilands	27:38	2:44
3	415	Tim Owen	28:01	3:07
4	442	Harley Mangham	28:10	3:16
5	462	Jonathan Heron	28:31	3:37
6	460	Mark Arbib	28:44	3:50
7	435	David Winning	29:31	4:37
8	453	Terry Couchman	29:58	5:04
9	456	Ken Wong	30:07	5:13
10	451	Karl Keating	30:13	5:19
11	440	Krzysztof Komsta	30:19	5:25
12	444	Hayden Brown	30:36	5:42
13	401	Chris Smith	31:09	6:15
14	454	Mitchell Parsons	31:26	6:32
15	437	Alex Gorman	32:13	7:19
16	438	James Bulman	32:35	7:41
17	446	Riley Grainger	32:39	7:45
18	445	Emmanuel Vergara	33:12	8:18
19	449	Michael Phamvu	33:29	8:35
20	405	Sam Soueid	33:35	8:41
21	423	Ben Challenor	34:27	9:33
22	411	Alex Warner	34:41	9:47
23	433	Stuart Hoy	34:51	9:57
24	436	Oliver McNeilly	35:25	10:31
25	463	Shane Pestanji	35:27	10:33
26	427	Dominic Delany	36:05	11:11
27	409	Bijal Desai	36:10	11:16
28	426	Yanan Sun	36:13	11:19
29	448	Sam Cochrane	36:25	11:31
30	431	Christopher Luker	36:31	11:37
31	424	Robert Paterson	36:57	12:03
32	450	Phil Cartwright	37:35	12:41
33	422	Dean Young	37:49	12:55
34	425	Mitchell McBeath	37:51	12:57
35	407	Nathan Rendell	38:01	13:07
36	434	Chris Horowitz	38:04	13:10
37	402	Ryan Pierce	38:44	13:50
38	452	Daniel Faccin	39:38	14:44

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39	429	Patrick Dunstan	40:00	15:06	
40	430	Ben Dunstan	40:04	15:10	
41	403	John Lay	40:58	16:04	
42	410	Josh Murray	41:21	16:27	
43	419	Raghavendra Laddukodi Mahabla Ithala	42:18	17:24	
44	461	Josh Kelly	42:47	17:53	
45	443	Paul Ortiz	42:49	17:55	
46	464	Connor Taylor	43:46	18:52	
47	417	Rob Scarbro	44:01	19:07	
48	447	Alfredo Medina	44:12	19:18	
49	406	Mark Traynor	44:14	19:20	
50	458	Daniel Collins	44:29	19:35	
51	418	Ashvin Parameswaran	45:56	21:02	
52	404	Justin Brookes	45:58	21:04	
53	459	Tony Reskakis	46:55	22:01	
54	420	Peter Vicary	47:16	22:22	
55	421	David Mutton	47:37	22:43	
56	457	Matthew Firth	48:02	23:08	
57	428	John Arthur Tindall	53:13	28:19	

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Male 50-59 : 17 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	545	Peter Sewell	26:03	
2	546	Steve Bourke	33:38	7:35
3	554	Bill Flanagan	33:45	7:42
4	555	Michael Durrant	34:53	8:50
5	550	Eddy Ortiz	36:02	9:59
6	549	John Shore	36:38	10:35
7	558	David Kelly	38:27	12:24
8	556	Dale Crosby	38:42	12:39
9	557	Cameron McKenzie	39:17	13:14
10	553	Mark Southeron	40:42	14:39
11	551	Stephen Smith	42:00	15:57
12	543	Bryan Martin	42:34	16:31
13	552	Marc Jarman	44:26	18:23
14	547	John Tucker	47:03	21:00
15	542	Tony Kheir	49:31	23:28
16	544	John S Tindall	53:13	27:10
17	541	John Saywell	59:01	32:58

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Male 60-69 : 11 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	580	Brian Radburn	32:55	
2	578	Bruce John Flaherty	34:10	1:15
3	574	Ric Giddins	34:57	2:02
4	582	Terry Rose	36:00	3:05
5	581	Rob Ellis	36:14	3:19
6	579	John Bowman	38:38	5:43
7	576	Mark Bible	42:59	10:04
8	575	Paul Mitchell	43:15	10:20
9	573	Michael Thomson	43:31	10:36
10	572	Robert Montgomery	52:55	20:00
11	577	Ron Briggs	1:01:36	28:41

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Male 70+ : 1 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	591	Bruce Gerard	38:40	

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Female Under 50 : 68 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	671	Fiona Yates	26:36	
2	634	Sonia Green	28:55	2:19
3	646	Nicola Bodor	30:16	3:40
4	660	Elouise Sarka	31:34	4:58
5	663	Julie Crawford	32:57	6:21
6	650	Jennifer MacDonald	33:19	6:43
7	612	Alice Faccani	33:39	7:03
8	630	Georgia Badgery	34:02	7:26
9	666	Jennifer Brooks	34:13	7:37
10	670	Meg Potter	35:01	8:25
11	665	Mie Joerstad	35:29	8:53
12	664	Joanna Crawford	35:31	8:55
13	645	Kirsten Murray	35:47	9:11
14	669	Kimberly Napier	35:57	9:21
15	658	Jo Tornatore-Gallo	36:17	9:41
16	637	Helene Lam	36:28	9:52
17	655	Fiona Johnston	36:41	10:05
18	674	Katrina Oxby	37:04	10:28
19	620	Erika Rimes	37:08	10:32
20	601	Pei Kong	37:56	11:20
21	618	Reem Shuhaiber	37:58	11:22
22	647	Natalie Scott	38:46	12:10
23	602	Tennille Luker	38:48	12:12
24	605	Aleksandra Jantos	38:51	12:15
25	615	Leigh Hadley	38:58	12:22
26	656	Rebecca Scott	39:30	12:54
27	661	Michelle Chen	40:14	13:38
28	659	Alice Southeron	40:41	14:05
29	629	Meredith Merlo	41:14	14:38
30	628	Kim Darke	41:16	14:40
31	626	Lucy Roberts	41:30	14:54
32	631	Fiona Egan	41:59	15:23
33	654	Mays Wahbi	42:01	15:25
34	619	Jo McGee	43:06	16:30
35	667	Saskia Hughes	43:12	16:36
36	668	Kim Hughes	43:20	16:44
37	623	Yashaswini Viswanathan	43:35	16:59
38	676	Cecillia Boling	43:37	17:01

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39	624	Verity Miller	43:55	17:19	
40	638	Rebecca Paff	44:03	17:27	
41	672	Gail Halbert	44:05	17:29	
42	641	Lucy Suganda-Ho	44:25	17:49	
43	608	Katie Sykes	44:32	17:56	
44	625	Sandra Benskin	44:45	18:09	
45	633	Anita Hartojo	45:08	18:32	
46	604	Jessa Ballard	45:10	18:34	
47	611	Bree Young	45:18	18:42	
48	678	Melissa Renzenbrink	45:23	18:47	
49	644	Alison Newitt	45:26	18:50	
50	653	Vicki Bojanic	46:01	19:25	
51	673	Sandra Cary	46:14	19:38	
52	643	Cheri Watts	46:32	19:56	
53	651	Anne Reidy	47:13	20:37	
54	662	Carla O'Donnell	47:24	20:48	
55	627	Marlene Tsie	47:41	21:05	
56	614	Michelle Becroft	47:59	21:23	
57	657	Lisa Daly	48:31	21:55	
58	610	Paula Boocock	50:41	24:05	
59	675	Heather Dalby	50:42	24:06	
60	639	Helen O' Riordan	50:44	24:08	
61	603	Jaede Williams	51:03	24:27	
62	640	Vidhya Thayananthan	51:19	24:43	
63	622	Sarah Martin	52:06	25:30	
64	677	Naomi Jones	52:09	25:33	
65	617	Jessica Mudie	55:07	28:31	
66	635	Emily Mudie	55:08	28:32	
67	616	Selina Whittaker	56:12	29:36	
68	632	Julia Tindall	1:06:42	40:06	

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Female 50-59 : 9 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	773	Susan Hitchen	35:34	
2	772	Vianney Smith	41:36	6:02
3	774	Cathie Scott	42:12	6:38
4	777	Sue Fordyce	42:21	6:47
5	779	Fiona McKenzie	44:52	9:18
6	771	Kirrie Ballard	45:21	9:47
7	781	Jaye Chadwick	45:51	10:17
8	776	Veronica Tindall	1:06:40	31:06
9	778	Angela Cunningham	1:12:46	37:12

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Female 60-69 : 4 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	791	Sylvia Nichols	35:45		
2	793	Helen Stanger	36:19	0:34	
3	794	Jan Swinhoe	37:54	2:09	
4	792	Donella Cheetham	44:10	8:25	