

Townsville Road Runners 2021-03-27		43 Members & 16 Non Members				
Ross River Dam Time Trial 10k & 5k Sponsored by Rebel Sports						
Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)	
Long Course - 10.0 km						
1	Spriggs, Jye	38.49	Mem	M	3.53	2nd 5k in 17mins - Excellent Jye
2	Zevenbergen, Marcel	38.57	Mem	M	3.54	
3	Willis, Sidney	39.39		M	3.58	Sub 4min/ks pushing a pram-Well done Syd
4	Connolly, Heath	40.37		M	4.04	
5	Webber, Bridget	40.53		F	4.05	Superb Bridget. Looking good for Canberra.
6	Arnold, David	41.31	Mem	M	4.09	Great 2nd 5k David. Couldn't get you.
7	Fitzsimmons, Michael	42.17	Mem	M	4.14	
8	Gibson, Karlee	42.24	Mem	F	4.14	Karlee was your 2nd 5km sub 20mins-Excellent
9	Steel, Corrie	42.41		M	4.16	Thanks for the pacing Corrie.
10	Cullen, Greg	43.00		M	4.18	
11	Copp, Phil	44.18	Mem	M	4.26	
12	O'Hara, Dayne	44.51	Mem	M	4.29	10KM PB - Well done Dayne
13	Flynn-Pittar, Isis	46.22	Mem	F	4.38	
14	Grubba, Tracey	46.54	Mem	F	4.41	Nice 10km run Tracey.
15	Meade, Ian	49.00	Mem	M	4.54	
16	Sebasan, Sabe	49.31		M	4.57	
17	Carter, Brendan	50.29	Mem	M	5.03	
18	Graham, Alan	50.39	Mem	M	5.04	Great run back from injury Al
19	Ellis, Lily	50.48		F	5.05	Lily - can you at least look exhausted at the finish
20	Sergeant, Darby	50.55		M	5.06	Great run for a junior but was it a good move beating mum?
21	Sergeant, Edwina	51.04	Mem	F	5.06	Same average pace as Darby - I call that a tie.
22	McDonald, Corina	51.12	Mem	F	5.07	So you rode from town to the dam and still did 51mins. Fantastic Corina.
23	Reynolds, Dan	51.16	Mem	M	5.08	
24	Wouters, Ilana	51.22	Mem	F	5.08	
25	Burke, Anthony	52.42	Mem	M	5.16	
26	Nolan, Lee	53.04		M	5.18	
27	Hannay, Anne	53.11	Mem	F	5.19	Great time Anne - you must be proud.
28	Donoghue, Mike	54.18	Mem	M	5.26	Thanks for doing the course Mike.
29	Allen, Craig	54.25	Mem	M	5.27	Dave the snake spotter - we thank you.
30	Ellershaw, Robert	56.44	Mem	M	5.40	
31	Labuschagne, Celeste	57.09	Mem	F	5.43	The terrific trio
32	Smith, Mathew	58.11	Mem	M	5.49	The terrific trio
33	Labuschagne, Rosemarie	58.12	Mem	F	5.49	The terrific trio
34	Scandlyn, Keith	58.13	Mem	M	5.49	Where have you been Keith - Nice run back with us.
35	Schoeppner, Katie	58.45		F	5.53	Welcome to TRR Katie - First time sub 1hr for 10km
36	Tirendi, Francesco	59.34		M	5.57	Fantastic Frank - Retired and still doing sub 60min 10km runs.
37	McInnes, Scott	1.00.37	Mem	M	6.04	

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38	Pain, Tilley	1.03.37	Mem	F	6.22		
39	Leitch, Campbell	1.04.54	Mem	M	6.29		
40	Nelliman-Adams, Tristan	1.16.16		M	7.38	Great run Tristan - So inspiring to all who saw you finish!	
41	Donoghue, Mary	1.17.02	Mem	F	7.42		
42	Brooke-Taylor, David	1.20.00	Mem	M	8.00		
Short Course - 5.0 km							
1	FlynnPittar, Dee	25.25	Mem	F	5.05	Well done Grandma	
2	Kastelein, Hayley	25.53	Mem	F	5.11		
3	Scandlyn, Viv	26.16	Mem	F	5.15	Great comeback Viv	
4	Newnham, Colleen	28.39	Mem	F	5.44		
5	King, Jennifer	28.54		F	5.47		
6	Granata, Kristen	28.56	Mem	F	5.47		
7	Rich, Keith	29.04	Mem	M	5.49		
8	Steel, Cate	29.23		F	5.53	Excellent run from one of our juniors	
9	Sewell, David	29.31	Mem	M	5.54	Fantastic effort Dave.	
10	Sue Yek, William	31.55	Mem	M	6.23		
11	Muhlenberg, Conny	32.08	Mem	F	6.26		
12	Hampton, Dave	33.24	Mem	M	6.41		
13	Zevenbergen, Christina	40.53	Mem	F	8.11		
14	James, Bob	41.08	Mem	M	8.14		
15	Sergeant, Stephen			M			
16	Part, Burt			M		80+ and still running.	
17	Hobson, Cheryl		Mem	F			
Volunteers							
Vol	Hiette, Terry	Vol	Mem	M			
Vol	Lewis, Chrissy	Vol	Mem	F			
Vol	Punshon, Michael	Vol	Mem	M			
Vol	Sense, Meg	Vol	Mem	F			
Vol	Wharton, David	Vol	Mem	M			
	Thank-you to the the van driver, those setting up and the course markers too.						