

4/03/2023

TRR 2023-03-04 The Ville Casino Run (7.8k & 4.8k)

Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)	
Long Course - 8.4k						
1	Sense, Richmond	30.47		M	3.57	Great run 1 week after your sub 3hr marathon.
2	Arnold, David	30.57	Mem	M	3.58	
3	Zevenbergen, Marcel	32.07	Mem	M	4.07	
4	Tisdale, Mark	32.30		M	4.10	
5	Buchholz, Mark	33.03		M	4.14	Nice to see you back Sparky
6	Boschen, Matthew	35.21		M	4.32	
7	Carini, Daniel	35.33	Mem	M	4.33	
8	Cullen, David	35.56		M	4.36	
9	KIM, BJ	36.29	Mem	M	4.41	
10	Kim, ShinHwa	36.52	Mem	F	4.44	
11	Evans, Derrick	37.11	Mem	M	4.46	
12	Maguire, Gerry	37.27	Mem	M	4.48	
13	Sergeant, Edwina	38.11		F	4.54	
14	Daly, Ailish	39.09		F	5.01	
15	Graham, Alan	39.36	Mem	M	5.05	
16	Doherty, Bill	40.02	Mem	M	5.08	
17	Carter, Brendan	40.06	Mem	M	5.08	
18	Dawson, William	42.59	Mem	M	5.31	
19	Bowden, Rob	43.05	Mem	M	5.31	
20	Hosking, Laurence	43.20		M	5.33	
21	Bradley, Fraser	44.17	Mem	M	5.41	Fraser - you did well.
22	Labuschagne, Rosemary	45.40		F	5.51	
23	Ellershaw, Robert	46.16	Mem	M	5.56	
24	Fanning, Terry	46.33		M	5.58	
25	Sense, Kerry	48.07	Mem	M	6.10	
26	Smith, Matthew	49.27		M	6.20	
27	Labuschagne, Celeste	49.27		F	6.20	
28	Newton, Carly	49.45		F	6.23	Hope you enjoyed your first run with TRR Carly
29	Sue Yek, William	50.39	Mem	M	6.30	
30	Doherty, Sue	50.42	Mem	F	6.30	
31	Beil, Lyndie	51.17	Mem	F	6.34	Great to see you again Lyndie
32	McInnes, Scott	51.33	Mem	M	6.37	
33	Cox, Sherry	51.39	Mem	F	6.37	
34	Osborne, Tabitha	52.02	Mem	F	6.40	From watching Noah to doing your 1st long run a year later. Well done Tabitha.
35	Low, Carmen	52.19	Mem	F	6.42	
36	Sense, Meg	52.20	Mem	F	6.43	
37	Niemi, Noah	52.27	Mem	M	6.43	Its official Noah - Tabitha beat you!
38	Finlay, Coral	53.11	Mem	F	6.49	
39	Arnold, Vanessa	54.47	Mem	F	7.01	
40	Clayton, Sarah	54.49		F	7.02	
41	Tirendi, Francesco	56.11	Mem	M	7.12	
42	McNabb, Jim	56.36	Mem	M	7.15	
43	Donoghue, Mary	56.56	Mem	F	7.18	

4/03/2023

TRR 2023-03-04 The Ville Casino Run (7.8k & 4.8k)

Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)	
Short Course - 4.8km						
1	Grubba, Tracey	23.10		F	4.50	
2	DeJersey, Louise	34.24		F	7.10	
3	Kelso, Sylvia	40.23	Mem	F	8.25	
4	Zevenbergen, Christina	45.26	Mem	F	9.28	
5	Hobson, Cheryl	45.31	Mem	F	9.29	
6	Taylor, Melanie	57.02		F	11.53	Hope you enjoyed your first run with TRR Melanie. We have all missed the turn at some time.
Volunteers						
	Donoghue, Mike		Mem	M		
	Fitzsimmons, Michael		Mem	M		
	Stanton, Madeleine		Mem	F		
Thank you to The Ville for sponsoring todays run. What a lovely place to run from. Thank you for the cuppas.						