

20/05/2023

## TRR 2023-05-20 Posture and Pain Clinic 10K Series Lower River Loop (9.97km &amp; around 5km)

| Place                      | Name                   | Actual Time<br>MM:SS | Member | Gender | Pace<br>(Min/km) |   |
|----------------------------|------------------------|----------------------|--------|--------|------------------|---|
| <b>Long Course - 9.97k</b> |                        |                      |        |        |                  |   |
| 1                          | ARNOLD, DAVID          | 38.53                | MEM    | M      | 3.54             | Big win David especially after your recent injury.          |
| 2                          | ZEVENBERGEN, MARCEL    | 40.14                | MEM    | M      | 4.02             |   |
| 3                          | FORD, GEOFF            | 40.22                | MEM    | M      | 4.03             |   |
| 4                          | NIEMI, NOAH            | 41.19                | MEM    | M      | 4.09             |   |
| 5                          | MWARIA, DAVID          | 41.37                | MEM    | M      | 4.10             |   |
| 6                          | MUSUMBA, CRISPIN       | 41.44                |        | M      | 4.11             |   |
| 7                          | BUCHHOLZ, SPARKY       | 41.45                | MEM    | M      | 4.11             | Happy 60th birthday Sparky.                                 |
| 8                          | WEBBER, BRIDGET        | 42.21                |        | F      | 4.15             | 1st lady. Awesome Bridget.                                  |
| 9                          | BOSCHEN, MATTHEW       | 44.18                | MEM    | M      | 4.27             |   |
| 10                         | MELLORS, HOLLY         | 44.52                | MEM    | F      | 4.30             |   |
| 11                         | KEMEI, JOSEPH          | 45.08                | MEM    | M      | 4.32             |   |
| 12                         | GRAHAM, ALAN           | 45.08                | MEM    | M      | 4.32             |   |
| 13                         | EVANS, DERRICK         | 45.39                | MEM    | M      | 4.35             |   |
| 14                         | JAMES, MARIA           | 45.47                | MEM    | F      | 4.36             |   |
| 15                         | SHEPHARD, GREG         | 45.54                | MEM    | M      | 4.36             |   |
| 16                         | CULLEN, DAVID          | 46.48                | MEM    | M      | 4.42             |   |
| 17                         | THOMPSON, GARY         | 46.48                | MEM    | M      | 4.42             |   |
| 18                         | CAHAYAG, MICHAEL       | 47.01                |        | M      | 4.43             |   |
| 19                         | FELTMEYER, GENEVIEVE   | 47.13                |        | F      | 4.44             | Welcome to TRR Genevieve. Hope you enjoyed running with us. |
| 20                         | SCANDLYN, VIV          | 47.44                | MEM    | F      | 4.47             |   |
| 21                         | DOHERTY, BILL          | 49.09                | MEM    | M      | 4.56             |   |
| 22                         | BOWDEN, ROB            | 50.53                | MEM    | M      | 5.06             |   |
| 23                         | WHEELER, LUKE          | 51.16                |        | M      | 5.09             |   |
| 24                         | DAWSON, WILLIAM        | 54.04                | MEM    | M      | 5.25             |   |
| 25                         | NUTTAL, JOHN           | 55.56                |        | M      | 5.37             |   |
| 26                         | WOOD, MICHAEL          | 58.36                | MEM    | M      | 5.53             |   |
| 27                         | LYTHGOE, SARAH         | 58.45                | MEM    | F      | 5.54             |   |
| 28                         | ELLERSHAW, ROBERT      | 1.00.04              | MEM    | M      | 6.01             |   |
| 29                         | GREIG, CATHERINE       | 1.00.06              | MEM    | F      | 6.02             |   |
| 30                         | SMITH, BRADLEY         | 1.00.30              |        | M      | 6.04             |   |
| 31                         | BLANCH, BROOKE         | 1.00.30              |        | F      | 6.04             |   |
| 32                         | LABUSCHAGNE, ROSEMARIE | 1.01.07              | MEM    | F      | 6.08             |   |
| 33                         | LABUSCHAGNE, CELESTE   | 1.01.43              | MEM    | F      | 6.11             |   |
| 34                         | MCINNES, SCOTT         | 1.03.29              | MEM    | M      | 6.22             |   |
| 35                         | DOHERTY, SUE           | 1.03.33              | MEM    | F      | 6.22             |   |
| 36                         | ARNOLD, VANESSA        | 1.04.55              | MEM    | F      | 6.31             |   |
| 37                         | LOW, CARMEN            | 1.04.55              | MEM    | F      | 6.31             |   |
| 38                         | BEIL, LYNDIE           | 1.05.25              | MEM    | F      | 6.34             |   |
| 39                         | TIRENDI, FRANCESCO     | 1.06.04              | MEM    | M      | 6.38             |   |
| 40                         | MCNABB, JIM            | 1.06.06              | MEM    | M      | 6.38             |   |
| 41                         | WHALLEY, LEE           | 1.08.38              |        | M      | 6.53             |   |

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| <b>Short Course - 4km to 6km (turnaround cones moved)</b>  |                        |                      |        |        |                  |  |
| 1  | OSBORNE, TABITHA       | 29.44                | MEM    | F      |                  | Well done for your first, first place at TRR.          |
| 2  | BARRY, ALLY            | 31.05                |        | F      |                  | Welcome to TRR Ally. Hope you enjoyed running with us. |
| 3  | SCANDLYN, KEITH        | 32.39                | MEM    | M      |                  | Great 1st run back Keith.                              |
| 4  | ZEVENBERGEN, CHRISTINA | 41.47                | MEM    | F      |                  |  |
| 5  | HANLEY, PETER          | 45.25                | MEM    | M      |                  |  |
| 6  | KELSO, SYLVIA          | 1.12.59              | MEM    | F      |                  |  |
| <b>Volunteers</b>  |                        |                      |        |        |                  |  |
|  | FITZSIMMONS, MICHAEL   |                      | Mem    | M      |                  |  |
|  | KIM, BJ                |                      | Mem    | M      |                  |  |
|  | WHARTON, DAVID         |                      | Mem    | M      |                  |  |
| <p>Thanks to the Posture and Pain Clinic for there sponsorship for for donating the prizes for todays run.<br/>                     The winners of the random draw for the Posture and Pain Clinic vouchers were Matthew Boschen,<br/>                     Michael Cahayag, Bob Down, Al Graham, Sarah Lythgoe, Jim McNabb, David Mwaria, Bradley Smith,<br/>                     Luke Wheeler and Rob Fuller.</p> |                        |                      |        |        |                  |  |