

15/07/2023

## TRR 2023-07-15 Townsville 10 Miler (16.1km &amp; 4.7km)

Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)
<b>Long Course - 16.1k</b>					
1	SPRIGGS, JYE	56.17		M	3.30
2	FORD, GEOFF	1.08.34	MEM	M	4.16
3	ZEVENBERGEN, MARCEL	1.08.37	MEM	M	4.16
4	MWARIA, DAVID	1.13.33	MEM	M	4.34
5	JAMES, MARIA	1.14.42	MEM	F	4.38
6	MELLORS, HOLLY	1.14.43	MEM	F	4.38
7	DAVIDSON, AROHA	1.14.58		F	4.39
8	O'REGAN, SIMON	1.15.02		M	4.40
9	CULLEN, DAVID	1.16.25	MEM	M	4.45
10	KEMEI, JOSEPH	1.17.15	MEM	M	4.48
11	CAHAYAG, MICHAEL	1.17.30		M	4.49
12	BOSCHEN, MATTHEW	1.17.53	MEM	M	4.50
13	GRAHAM, ALAN	1.18.43	MEM	M	4.53
14	GIBSON, KARLEE	1.20.01		F	4.58
15	GRUBBA, TRACEY	1.24.39	MEM	F	5.15
16	HERMITAGE, PHILLIP	1.25.00		M	5.17
17	FREE, BRIDGET	1.26.22		F	5.22
18	KIM, SHINHWA	1.26.22	MEM	F	5.22
19	DAWSON, WILLIAM	1.27.11	MEM	M	5.25
20	SHEPHARD, GREG	1.28.08	MEM	M	5.28
21	CARTER, BRENDAN	1.30.00	MEM	M	5.35
22	BOWDEN, ROB	1.31.11	MEM	M	5.40
23	WALTON, PATRICK	1.31.16		M	5.40
24	ANDREW, ROB	1.31.17		M	5.40
25	PAYNE, REBECCA	1.31.55		F	5.43
26	DONOGHUE, MIKE	1.36.22	MEM	M	5.59
27	NEWNHAM, COLLEEN	1.38.27	MEM	F	6.07
28	O'CONNOR, CHRISTINE	1.42.11		F	6.21
29	WHARTON, DAVID	1.42.02	MEM	M	6.20
30	LABUSCHAGNE, ROSEMARIE	1.42.54	MEM	F	6.23
31	LABUSCHAGNE, CELESTE	1.43.43	MEM	F	6.27
32	SMITH, MATHEW	1.43.45	MEM	M	6.27
33	COX, SHERRY	1.46.46	MEM	F	6.38
34	IRVING, NATHAN	1.48.02		M	6.43
35	MCINNES, SCOTT	1.49.31	MEM	M	6.48
36	HARLEN, LINDYL	1.49.35		F	6.48
37	HOLTHUISEN, JULIE	1.49.37		F	6.49
38	FINLAY, CORAL	2.02.00	MEM	F	7.35
39	PFUMA, SVETLANA	2.09.05		F	8.01
40	SUE YEK, WILLIAM	2.09.05	MEM	M	8.01

15/07/2023

TRR 2023-07-15 Townsville 10 Miler (16.1km & 4.7km)

Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)
<b>Short Course - 4.7km</b>					
1	SENSE, KERRY	24.17	MEM	M	5.10
2	GOLINELLI, MATTEO	25.29		M	5.25
3	ARNOLD, DAVID	25.30	MEM	M	5.26
4	BRADLEY, FRASER	25.54	MEM	M	5.31
5	RICHARDSON, WENDY	26.24	MEM	F	5.37
6	HANNAY, ANDREW	29.28	MEM	M	6.16
7	ARNOLD, VANESSA	31.07	MEM	F	6.37
8	DONOGHUE, MARY	36.52	MEM	F	7.51
9	HANLEY, PETER	41.16	MEM	M	8.47
10	KELSO, SYLVIA	48.03	MEM	F	10.13
11	ZEVENBERGEN, CHRISTINA	50.38	MEM	F	10.46
12	LOW, CARMEN	50.39	MEM	F	10.47
13	SENSE, MEG	50.41	MEM	F	10.47
<b>Volunteers</b>					
	EVANS, DERRICK		Mem	M	
	FITZSIMMONS, MICHAEL		Mem	M	
	GREIG, CATHY		Mem	F	
Was great to see Simon and the runners from Crossfit today doing some awesome times. Thank you to those who set the course and helped out today.					