

22/07/2023

TRR 2023-07-22 10k Series Ross River Dam (10km & 5km)

Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)	
Long Course - 10k						
1	VAN HEST, DIRK	35.21		M	3.32	Superb run Dirk
2	JAMES, NICHOLAS	36.37		M	3.40	You too Nicholas
3	SWEENEY, FRASER	39.34		M	3.57	
4	ZEVENBERGEN, MARCEL	39.56	MEM	M	4.00	Well done on your sub 40mins Marcel and David
5	ARNOLD, DAVID	39.58	MEM	M	4.00	
6	MWARIA, DAVID	42.14	MEM	M	4.13	
7	WEBBER, BRIDGET	42.25		F	4.15	First female Bridget - awesome
8	NIEMI, NOAH	42.48	MEM	M	4.17	
9	KEMEI, JOSEPH	44.39	MEM	M	4.28	Great finish Joseph, Matthew and Maria
10	BOSCHEN, MATTHEW	44.41	MEM	M	4.28	
11	JAMES, MARIA	44.44	MEM	F	4.28	
12	CAHAYAG, MICHAEL	45.05		M	4.31	Good luck at your 60k ultra next week Michael.
13	CULLEN, DAVID	45.23	MEM	M	4.32	
14	SHEPHARD, GREG	45.37	MEM	M	4.34	
15	EVANS, DERRICK	46.26	MEM	M	4.39	
16	GRAHAM, ALAN	46.37	MEM	M	4.40	
17	KIM, BJ	46.41	MEM	M	4.40	
18	STEEL, CORRIE	46.54		M	4.41	
19	WHEELER, LUKE	47.53		M	4.47	
20	DOHERTY, BILL	49.17	MEM	M	4.56	
21	HOLMES, ANTHONY	50.26		M	5.03	
22	THOMPSON, GARY	50.27	MEM	M	5.03	
23	MAGUIRE, GERRY	50.46	MEM	M	5.05	
24	CARTER, BRENDAN	52.07	MEM	M	5.13	
25	VOLLMERHAUSE, SCOTT	52.23	MEM	M	5.14	
26	HIETTE, TERRENCE	52.57		M	5.18	
27	NEWNHAM, COLLEEN	56.33	MEM	F	5.39	
28	OSBORNE, TABITHA	56.43	MEM	F	5.40	
29	LABUSCHAGNE, ROSEMARIE	59.49	MEM	F	5.59	
30	LABUSCHAGNE, CELESTE	59.52	MEM	F	5.59	
31	DONOGHUE, MIKE	59.53	MEM	M	5.59	75YO and still doing 6min/k's. Mike you are a legend.
32	MCINNES, SCOTT	1.02.32	MEM	M	6.15	
33	SUE YEK, WILLIAM	1.03.52	MEM	M	6.23	
34	COX, SHERRY	1.04.12	MEM	F	6.25	
35	ARNOLD, VANESSA	1.04.13	MEM	F	6.25	
36	TIRENDI, FRANCESCO	1.08.15	MEM	M	6.50	
37	FINLAY, CORAL	1.15.00	MEM	F	7.30	
38	DONOGHUE, MARY	1.17.08	MEM	F	7.43	Thanks for the yummy slices Mary.
39	LEITCH, CAMPBELL	1.37.00	MEM	M	9.42	

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Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)	
Short Course - 5km						
1	GRUBBA, TRACEY	24.11	MEM	F	4.50	Thanks for the help Tracey.
2	SENSE, KERRY	26.45	MEM	M	5.21	
3	STEEL, ELOISE	26.50		F	5.22	
4	KIRBY, ADRIAN	28.59	MEM	M	5.48	
5	ERIKSEN, DALE	39.40	MEM	F	7.56	
6	ZEVENBERGEN, CHRISTINA	41.14	MEM	F	8.15	
7	GREIG, CATHY	49.05	MEM	F	9.49	
Volunteers						
	FITZSIMMONS, MICHAEL		Mem	M		
	SENSE, MEG		Mem	F		
Thank you to those who set the course and helped out today. Congratulations to everyone who ran today - There were some great 10km times today.						
2 weeks now to the Townsville Running Festival - got luck to everyone running. And if you aren't, go to www.townsvillerunningfestival.com/volunteer and volunteer.						