

12/08/2023

TRR 2023-08-12 The Palmetum Loop (8km and 4.5km)

Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)
Long Course - 8.0k					
1	ROBINSON, GLEN	31.33		M	3.57
2	ARNOLD, DAVID	31.44	MEM	M	3.58
3	ZEVENBERGEN, MARCEL	32.12	MEM	M	4.02
4	FORD, GEOFF	32.12	MEM	M	4.02
5	JAMES, MARIA	36.06	MEM	F	4.31
6	MWARIA, DAVID	36.06	MEM	M	4.31
7	CARINI, DANIEL	36.16	MEM	M	4.32
8	SHEPHARD, GREG	36.18	MEM	M	4.32
9	GRAHAM, ALAN	36.35	MEM	M	4.34
10	KEMEI, JOSEPH	36.37	MEM	M	4.35
11	DOHERTY, BILL	39.52	MEM	M	4.59
12	GRUBBA, TRACEY	41.40	MEM	F	5.13
13	SCANDLYN, VIV	41.45	MEM	F	5.13
14	SCANDLYN, KEITH	42.59	MEM	M	5.22
15	CARINI, KATE	43.29		F	5.26
16	DAWSON, WILLIAM	43.44	MEM	M	5.28
17	DAWSON, EDWARD	43.47		M	5.28
18	CRAWFORD, RACHEL	44.03		F	5.30
19	WHARTON, DAVID	45.43	MEM	M	5.43
20	VOLLMERHAUSE, SCOTT	47.42	MEM	M	5.58
21	SMITH, MATHEW	47.48	MEM	M	5.59
22	LABUSCHAGNE, CELESTE	47.50	MEM	F	5.59
23	LABUSCHAGNE, ROSEMARIE	47.55	MEM	F	5.59
24	PRAVEEN, VENKATA	48.56		M	6.07
25	ARNOLD, VANESSA	49.47	MEM	F	6.13
26	TIRENDI, FRANCESCO	50.24	MEM	M	6.18
27	MAYHEW, SUSAN	51.17	MEM	F	6.25
28	NEWNHAM, COLLEEN	58.51	MEM	F	7.21
29	CLAYTON, SARAH	51.28	MEM	F	6.26
30	MCINNES, SCOTT	52.19	MEM	M	6.32
31	COX, SHERRY	52.19	MEM	F	6.32
32	DOHERTY, SUE	53.17	MEM	F	6.40
33	MCNABB, JIM	54.06		M	6.46
34	DE JERSEY, LOUISE	1.00.09		F	7.31
35	DE JERSEY, STEPHEN	1.00.13		M	7.32
36	DONOGHUE, MARY	1.01.46	MEM	F	7.43
37	SENSE, MEG	1.06.42	MEM	F	8.20
38	DONOGHUE, MIKE	1.06.44	MEM	M	8.21

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TRR 2023-08-12 The Palmetum Loop (8km and 4.5km)

Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)
Short Course - 4.5km					
1	BRADLEY, FRASER	23.41	MEM	M	5.16
2	RICHARDSON, WENDY	30.14	MEM	F	6.43
3	DANIEL, PETER	38.03	MEM	M	8.27
4	BROOKE-TAYLOR, DAVID	43.19	MEM	M	9.38
5	ZEVENBERGEN, CHRISTINA	46.02	MEM	F	10.14
6	HOBSON, CHERYL	46.02	MEM	F	10.14
7	HANLEY, PETER	54.49	MEM	M	12.11
8	DAVIES, JUDY	1.04.09	MEM	F	14.15
9	SIBLEY, JACK	1.06.39		M	14.49
10	KELSO, SYLVIA	1.06.40	MEM	F	14.49
Volunteers					
	FINLAY, CORAL		Mem	F	
	FITZSIMMONS, MICHAEL		Mem	M	
	STANTON, GEOFF		Mem	M	

Thanks to all the helpers today and all those who helped at the running festival last weekend. What a great effort by all involved.

Well done to all of the participants at the TRF. It was great see so many TRR people out and about on the course. Well done to Geoff Stanton for completing his 20th TRF Marathon. We will be consolidating the TRR members points from the TRF Marathon / HM / 10km and 5km runs in the coming weeks. Note the relay event does not qualify for club championship points.