

23 Mar 2024

TRR 2024-03-23 10k Series Ross River Dam Race 1 (10km and 5km)

Place	Name	Actual Time MM:SS	Gender	Pace (Min/km)	Course / Gender Place
Long Course - 10k					
1	SMITH, JYLE	35.45	M	3.35	Long Course - Male - 01
2	HENDERSON, ETHAN	39.10	M	3.55	Long Course - Male - 02
3	CONNOLLY, HEATH	39.26	M	3.57	Long Course - Male - 03
4	ARNOLD, DAVID	39.30	M	3.57	Long Course - Male - 04
5	SWEENEY, FRASER	39.37	M	3.58	Long Course - Male - 05
6	AMBROSE, KYLE	39.42	M	3.58	Long Course - Male - 06
7	O'REGAN, SIMON	40.44	M	4.04	Long Course - Male - 07
8	ZEVENBERGEN, MARCEL	41.20	M	4.08	Long Course - Male - 08
9	STEVENS, ALEC	41.28	M	4.09	Long Course - Male - 09
10	MUSUMBA, CRISPIN	42.33	M	4.15	Long Course - Male - 10
11	RICHARDSON, PETER	42.39	M	4.16	Long Course - Male - 11
12	NIEMI, NOAH	43.34	M	4.21	Long Course - Male - 12
13	WEBBER, BRIDGET	43.38	F	4.22	Long Course - Female - 01
14	HERON, MARK	43.58	M	4.24	Long Course - Male - 13
15	MWARIA, DAVID	45.47	M	4.35	Long Course - Male - 14
16	JAMES, MARIA	47.14	F	4.43	Long Course - Female - 02
17	KEMEI, JOSEPH	47.17	M	4.44	Long Course - Male - 15
18	PENNINGTON, RICHARD	47.22	M	4.44	Long Course - Male - 16
19	BARRA, JASON	47.36	M	4.46	Long Course - Male - 17
20	WILLIAMS, MATT	48.23	M	4.50	Long Course - Male - 18
21	MELLORS, HOLLY	49.18	F	4.56	Long Course - Female - 03
22	IRVING, NATHAN	49.21	M	4.56	Long Course - Male - 19
23	CULLEN, DAVID	50.10	M	5.01	Long Course - Male - 20
24	MAGUIRE, GERRY	51.36	M	5.10	Long Course - Male - 21
25	YOUNGSU, JO	52.15	M	5.14	Long Course - Male - 22
26	HAM, ALEX	53.50	M	5.23	Long Course - Male - 23
27	DAWSON, WILLIAM	54.16	M	5.26	Long Course - Male - 24
28	SIEBURN, ANGELA	56.12	F	5.37	Long Course - Female - 04
29	PRIOR, JADE	56.17	M	5.38	Long Course - Male - 25
30	DONOGHUE, MIKE	57.00	M	5.42	Long Course - Male - 26
31	BOWDEN, ROB	58.00	M	5.48	Long Course - Male - 27
32	RUSSELL, KIMBERLEY	59.19	F	5.56	Long Course - Female - 05
33	LABUSCHAGNE, ROSEMARIE	1.02.21	F	6.14	Long Course - Female - 06
34	TIRENDI, FRANCESCO	1.08.02	M	6.48	Long Course - Male - 28
35	BEIL, LYNDIE	1.08.28	F	6.51	Long Course - Female - 07
36	LABUSCHAGNE, CELESTE	1.11.32	F	7.09	Long Course - Female - 08
37	FINLAY, CORAL	1.15.50	F	7.35	Long Course - Female - 09
38	DONOGHUE, MARY	1.20.00	F	8.00	Long Course - Female - 10
39	JAMES, BOB	1.25.48	M	8.35	Long Course - Male - 29

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Place	Name	Actual Time MM:SS	Gender	Pace (Min/km)	Course / Gender Place
Short Course - 5km					
1	SENSE, KERRY	25.17	M	5.03	Short Course - Male - 01
2	HENDERSON, LIAM	27.40	M	5.32	Short Course - Male - 02
3	VOLLMERHAUSE, SCOTT	28.04	M	5.37	Short Course - Male - 03
4	EVERNDEN, MAREE	28.40	F	5.44	Short Course - Female - 01
5	OSBORNE, TABITHA	29.25	F	5.53	Short Course - Female - 02
6	LOW, CARMEN	31.37	F	6.19	Short Course - Female - 03
7	SENSE, MEG	37.24	F	7.29	Short Course - Female - 04
8	ZEVENBERGEN, CHRISTINA	50.41	F	10.08	Short Course - Female - 05
Volunteers					
	FITZSIMMONS, MICHAEL		M		
	GRAHAM, ALAN		M		
	MAYHEW, SUSAN		F		
	SIEBURN, ELIZABETH		F		
	SIEBURN, JONATHON		M		
	SIEBURN, LEXIE		F		
	SIEBURN, MADELEINE		F		
	SIEBURN, ZAC		M		

Congratulations to everyone who got a PB today. We had 6 people under 40mins for the 10k - Awesome! Thank you to everyone who helped with todays run.

Remember to preregister by 7pm Friday for all timed runs.