

04/05/2024

## TRR 2024-05-04 Seams Easy Strand Run (8k &amp; 5k)

Place	Name	Actual Time MM:SS	Time (Seconds)	Gender	Pace (Min/km)	Pace (Sec/km)	Course / Gender Place
<b>Long Course - 8k</b>							
1	ARNOLD, DAVID	0.32.40	1960	M	4.05	245	Long Course - Male - 01
2	BUCHHOLZ, MARK	0.32.47	1967	M	4.06	246	Long Course - Male - 02
3	ZEVENBERGEN, MARCEL	0.32.48	1968	M	4.06	246	Long Course - Male - 03
4	FORD, GEOFF	0.33.32	2012	M	4.12	252	Long Course - Male - 04
5	KIM, BJ	0.35.00	2100	M	4.23	263	Long Course - Male - 05
6	NIEMI, NOAH	0.37.10	2230	M	4.39	279	Long Course - Male - 06
7	BOSCHEN, MATTHEW	0.37.28	2248	M	4.41	281	Long Course - Male - 07
8	ANDRESS, GREG	0.37.35	2255	M	4.42	282	Long Course - Male - 08
9	MELLORS, HOLLY	0.37.53	2273	F	4.44	284	Long Course - Female - 01
10	KEMEI, JOSEPH	0.38.14	2294	M	4.47	287	Long Course - Male - 09
11	CULLEN, DAVID	0.38.58	2338	M	4.52	292	Long Course - Male - 10
12	CHETHAM O'CONNOR, SAM	0.39.02	2342	M	4.53	293	Long Course - Male - 11
13	GRUBBA, TRACEY	0.40.04	2404	F	5.01	301	Long Course - Female - 02
14	TURNER, JASON	0.40.05	2405	M	5.01	301	Long Course - Male - 12
15	JAMES, MARIA	0.40.19	2419	F	5.02	302	Long Course - Female - 03
16	SIEBURN, ANGELA	0.43.06	2586	F	5.23	323	Long Course - Female - 04
17	BOWDEN, ROB	0.43.30	2610	M	5.26	326	Long Course - Male - 13
18	TRAVERS-JONES, KEVIN	0.43.38	2618	M	5.27	327	Long Course - Male - 14
19	CARTER, BRENDAN	0.44.14	2654	M	5.32	332	Long Course - Male - 15
20	HAM, ALEX	0.44.25	2665	M	5.33	333	Long Course - Male - 16
21	NEIMANIS, GRETA	0.47.30	2850	F	5.56	356	Long Course - Female - 05
22	RICHARDSON, WENDY	0.47.34	2854	F	5.57	357	Long Course - Female - 06
23	HANNAY, ANDREW	0.47.43	2863	M	5.58	358	Long Course - Male - 17
24	KRUSKE, ALICIA	0.48.48	2928	F	6.06	366	Long Course - Female - 07
25	LABUSCHAGNE, ROSEMARIE	0.50.04	3004	F	6.16	376	Long Course - Female - 08
26	OSBORNE, TABITHA	0.50.08	3008	F	6.16	376	Long Course - Female - 09
27	TIRENDI, FRANCESCO	0.51.16	3076	M	6.25	385	Long Course - Male - 18
28	LABUSCHAGNE, CELESTE	0.51.32	3092	F	6.27	387	Long Course - Female - 10
29	SMITH, MATTHEW	0.51.35	3095	M	6.27	387	Long Course - Male - 19
30	MCINNES, SCOTT	0.51.48	3108	M	6.29	389	Long Course - Male - 20
31	COX, SHERRY	0.51.55	3115	F	6.29	389	Long Course - Female - 11
32	LOW, CARMEN	0.52.31	3151	F	6.34	394	Long Course - Female - 12
33	SUE YEK, WILLIAM	0.52.32	3152	M	6.34	394	Long Course - Male - 21
34	JOHNSON, LIA	0.52.34	3154	F	6.34	394	Long Course - Female - 13
35	NEWNHAM, COLLEEN	0.52.38	3158	F	6.35	395	Long Course - Female - 14
36	BEIL, LYNDIE	0.52.57	3177	F	6.37	397	Long Course - Female - 15
37	STANTON, GEOFF	0.54.08	3248	M	6.46	406	Long Course - Male - 22
38	NEIMANIS, KATH	0.55.11	3311	F	6.54	414	Long Course - Female - 16
39	CLAYTON, SARAH	0.55.34	3334	F	6.57	417	Long Course - Female - 17
40	ARNOLD, VANESSA	0.56.50	3410	F	7.06	426	Long Course - Female - 18
41	FINLAY, CORAL	0.58.02	3482	F	7.15	435	Long Course - Female - 19
42	DONOGHUE, MARY	0.58.59	3539	F	7.22	442	Long Course - Female - 20
43	JAMES, BOB	1.06.59	4019	M	8.22	502	Long Course - Male - 23
44	DONOGHUE, MIKE	1.07.00	4020	M	8.23	503	Long Course - Male - 24

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Place	Name	Actual Time MM:SS	Time (Seconds)	Gender	Pace (Min/km)	Pace (Sec/km)	Course / Gender Place
<b>Short Course - 5km</b>							
1	FLYNN-PITTAR, DEE	0.22.01	1321	F	4.24	264	Short Course - Female - 01
2	FLYNN-PITTAR, ISIS	0.22.02	1322	F	4.24	264	Short Course - Female - 02
3	YOUNGSU, JO	0.23.45	1425	M	4.45	285	Short Course - Male - 01
4	HWAN, KIM	0.23.47	1427	M	4.45	285	Short Course - Male - 02
5	SENSE, KERRY	0.24.02	1442	M	4.48	288	Short Course - Male - 03
6	ERIKSEN, DALE	0.27.27	1647	F	5.29	329	Short Course - Female - 03
7	SIEBURN, MADELEINE	0.29.59	1799	F	6.00	360	Short Course - Female - 04
8	SIEBURN, ELIZABETH	0.30.00	1800	F	6.00	360	Short Course - Female - 05
9	SIEBURN, ZAC	0.30.03	1803	M	6.01	361	Short Course - Male - 04
10	SIEBURN, LEXI	0.30.18	1818	F	6.04	364	Short Course - Female - 06
11	SIEBURN, JONATHON	0.30.18	1818	M	6.04	364	Short Course - Male - 05
12	HANNAY, ANNE	0.30.21	1821	F	6.04	364	Short Course - Female - 07
13	ZEVENBERGEN, CHRISTINA	0.36.21	2181	F	7.16	436	Short Course - Female - 08
14	HOBSON, CHERYL	0.36.22	2182	F	7.16	436	Short Course - Female - 09
15	SIBLEY, JACK	0.37.04	2224	M	7.25	445	Short Course - Male - 06
16	KELSO, SYLVIA	0.37.21	2241	F	7.28	448	Short Course - Female - 10
17	PART, BERT	0.37.23	2243	M	7.29	449	Short Course - Male - 07
18	DAVIES, JUDY	0.51.27	3087	F	10.17	617	Short Course - Female - 11
<b>Volunteers</b>							
	BARRA, JASON			M			
	FITZSIMMONS, MICHAEL			M			
	NEIMANIS, PETER			M			
Thank you Seams Easy for sponsoring todays run. Thanks to all the volunteers who helped out today.							