

18/05/2024

## TRR 2024-05-18 Posture and Pain Clinic 10 K Series Lower River Loop (9.85k &amp; 5k)

Place	Name	Actual Time MM:SS	Gender	Pace (Min/km)	Course / Gender Place	
<b>Long Course - 9.85k</b>						
1	ARNOLD, DAVID	0.38.07	M	3.52	Long Course - Male - 01	
2	APPLEBY, ELLA	0.39.32	F	4.01	Long Course - Female - 01	
3	NIEMI, NOAH	0.40.11	M	4.05	Long Course - Male - 02	
4	BUCHHOLZ, MARK	0.40.13	M	4.05	Long Course - Male - 03	Happy birthday tomorrow Sparky.
5	ZEVENBERGEN, MARCEL	0.40.20	M	4.06	Long Course - Male - 04	
6	BANKS, COLIN	0.40.41	M	4.08	Long Course - Male - 05	
7	FORD, GEOFF	0.40.52	M	4.09	Long Course - Male - 06	
8	WEBBER, BRIDGET	0.41.28	F	4.13	Long Course - Female - 02	
9	MELLORS, HOLLY	0.46.10	F	4.41	Long Course - Female - 03	
10	KEMEI, JOSEPH	0.46.13	M	4.42	Long Course - Male - 07	
11	PATHANIA, ADITYA	0.46.20	F	4.42	Long Course - Female - 04	
12	CULLEN, DAVID	0.46.28	M	4.43	Long Course - Male - 08	
13	TURNER, JASON	0.46.55	M	4.46	Long Course - Male - 09	
14	O'CONNOR, NUALA	0.47.01	F	4.46	Long Course - Female - 05	
15	HEADS CASEY, REBECCA	0.48.03	F	4.53	Long Course - Female - 06	
16	CARTER, BRENDAN	0.48.24	M	4.55	Long Course - Male - 10	
17	GRAHAM, ALAN	0.48.25	M	4.55	Long Course - Male - 11	
18	JAMES, MARIA	0.48.26	F	4.55	Long Course - Female - 07	
19	HAM, ALEX	0.48.33	M	4.56	Long Course - Male - 12	
20	GRUBBA, TRACEY	0.49.17	F	5.00	Long Course - Female - 08	
21	SIEBURN, ANGELA	0.49.29	F	5.01	Long Course - Female - 09	
22	EVANS, DERRICK	0.51.04	M	5.11	Long Course - Male - 13	
23	DAWSON, WILLIAM	0.51.08	M	5.11	Long Course - Male - 14	
24	CHETHAM-O'CONNOR, SAM	0.51.33	M	5.14	Long Course - Male - 15	
25	HIETTE, TERRY	0.51.58	M	5.17	Long Course - Male - 16	
26	BOWDEN, ROB	0.52.28	M	5.20	Long Course - Male - 17	
27	DONOGHUE, MIKE	0.54.46	M	5.34	Long Course - Male - 18	
28	MEHROTRA, SAKSHAM	0.58.08	F	5.54	Long Course - Female - 10	
29	HANNAY, ANDREW	0.58.22	M	5.56	Long Course - Male - 19	
30	EVERNDEN, MAREE	0.58.42	F	5.58	Long Course - Female - 11	
31	HALL, JASMINE	0.58.59	F	5.59	Long Course - Female - 12	
32	ELLERSHAW, ROBERT	0.59.22	M	6.02	Long Course - Male - 20	
33	LABUSCHAGNE, ROSEMARIE	0.59.46	F	6.04	Long Course - Female - 13	
34	OSBORNE, TABITHA	1.00.57	F	6.11	Long Course - Female - 14	
35	MCINNES, SCOTT	1.02.31	M	6.21	Long Course - Male - 21	
36	TIRENDI, FRANCESCO	1.02.34	M	6.21	Long Course - Male - 22	
37	LOW, CARMEN	1.03.34	F	6.27	Long Course - Female - 15	
38	NEWNHAM, COLLEEN	1.03.38	F	6.28	Long Course - Female - 16	
39	SUE YEK, WILLIAM	1.03.43	M	6.28	Long Course - Male - 23	
40	COX, SHERRY	1.04.13	F	6.31	Long Course - Female - 17	
41	ARNOLD, VANESSA	1.04.51	F	6.35	Long Course - Female - 18	
42	CLAYTON, SARAH	1.04.56	F	6.36	Long Course - Female - 19	
43	MURAKAMI, FIONA	1.05.38	F	6.40	Long Course - Female - 20	
44	BEIL, LYNDIE	1.05.59	F	6.42	Long Course - Female - 21	
45	FINLAY, CORAL	1.09.33	F	8.42	Long Course - Female - 22	
46	JAMES, BOB	1.25.06	M	10.38	Long Course - Male - 24	

18/05/2024

TRR 2024-05-18 Posture and Pain Clinic 10 K Series Lower River Loop (9.85k & 5k)

Place	Name	Actual Time MM:SS	Gender	Pace (Min/km)	Course / Gender Place	
<b>Short Course - 5km</b>						
1	HOGBEN, MICHELLE	0.25.03	F	5.01	Short Course - Female - 01	
2	SENSE, KERRY	0.25.47	M	5.09	Short Course - Male - 01	
3	FLYNN-PITTAR, DEE	0.26.15	F	5.15	Short Course - Female - 02	
4	WARTON, DAVID	0.27.11	M	5.26	Short Course - Male - 02	
5	BANVILLE, BEC	0.27.55	F	5.35	Short Course - Female - 03	
6	DRYSDALE, YVETTE	0.28.42	F	5.44	Short Course - Female - 04	
7	GUNEY, IREM	0.33.33	M	6.43	Short Course - Male - 03	
8	BENSON, TRISCHA	0.34.12	F	6.50	Short Course - Female - 05	
9	RABBANI, GOLAM	0.34.41	M	6.56	Short Course - Male - 04	
10	SIEBURN, MADELEINE	0.35.08	F	7.02	Short Course - Female - 06	
11	SIEBURN, ELIZABETH	0.35.08	F	7.02	Short Course - Female - 07	
12	SIEBURN, ZAC	0.35.11	M	7.02	Short Course - Male - 05	
13	SIEBURN, LEXI	0.35.24	F	7.05	Short Course - Female - 08	
14	SIEBURN, JONATHON	0.35.26	M	7.05	Short Course - Male - 06	
15	HANNAY, ANNE	0.35.29	F	7.06	Short Course - Female - 09	
16	WING, COLLEEN	0.35.30	F	7.06	Short Course - Female - 10	
17	PAIN, TILLEY	0.35.31	F	7.06	Short Course - Female - 11	
18	DOWEL, LEE	0.37.05	F	7.25	Short Course - Female - 12	
19	SENSE, MEG	0.37.07	F	7.25	Short Course - Female - 13	
20	GIANNI, KODY	0.40.49	F	8.10	Short Course - Female - 14	
21	MEIN, MASON	0.41.30	M	8.18	Short Course - Male - 07	
22	MEIN, SARA	0.41.37	F	8.19	Short Course - Female - 15	
23	GIANNI, LISA	0.45.17	F	9.03	Short Course - Female - 16	
24	HOBSON, CHERYL	0.45.45	F	9.09	Short Course - Female - 17	
25	ZEVENBERGEN, CHRISTINA	0.45.46	F	9.09	Short Course - Female - 18	
26	SIBLEY, JACK	0.49.57	M	9.59	Short Course - Male - 08	
27	KELSO, SYLVIA	0.50.08	F	10.02	Short Course - Female - 19	
28	O'CONNOR, LAURA	0.55.19	F	11.04	Short Course - Female - 20	
<b>Volunteers</b>						
	FITZSIMMONS, MICHAEL		M			
	KRUSKE, ALICIA		F			
<p>Thank you Dave Wharton and the Posture and Pain Clinic for sponsoring todays run. Please consider them for your Bowen and Emmett therapy treatments and posture correction.</p> <p>Welcome to the new runners at todays run especially the crew from Townsville Sole Sisters.</p> <p>Thanks to all the volunteers who helped out today.</p> <p>Sorry if the course was slightly shorter than 10km due to a late change.</p>						