

20/07/2024

## TRR 2024-07-20 10k series Ross Dam Posture &amp; Pain Clinic Run - 2nd Go (10k &amp; 5k)

Place	Name	Actual Time MM:SS	Gender	Pace (Min/km)	Course / Gender Place
<b>Long Course - 10k</b>					
1	SENSE, RICHMOND	0.33.56	M	3.24	Long Course - Male - 01
2	ARNOLD, DAVID	0.38.29	M	3.51	Long Course - Male - 02
3	KWA, ETHAN	0.38.38	M	3.52	Long Course - Male - 03
4	NIEMI, NOAH	0.39.48	M	3.59	Long Course - Male - 04
5	BANKS, COLIN	0.40.47	M	4.05	Long Course - Male - 05
6	MUSUMBA, CRISPIN	0.40.52	M	4.05	Long Course - Male - 06
7	WILLIAMS, EAMON	0.40.56	M	4.06	Long Course - Male - 07
8	MWARIA, DAVID	0.41.33	M	4.09	Long Course - Male - 08
9	STEEL, CORRIE	0.43.54	F	4.23	Long Course - Female - 01
10	YOUNGSU, JO	0.45.05	M	4.31	Long Course - Male - 09
11	KEMEI, JOSEPH	0.45.29	M	4.33	Long Course - Male - 10
12	SHEPHARD, GREG	0.45.37	M	4.34	Long Course - Male - 11
13	CULLEN, DAVID	0.46.59	M	4.42	Long Course - Male - 12
14	SIEBURN, ANGELA	0.47.59	F	4.48	Long Course - Female - 02
15	CARTER, BRENDAN	0.48.16	M	4.50	Long Course - Male - 13
16	DOHERTY, BILL	0.49.19	M	4.56	Long Course - Male - 14
17	HWAN, KIM	0.49.32	M	4.57	Long Course - Male - 15
18	BOWDEN, ROB	0.52.00	M	5.12	Long Course - Male - 16
19	HOGBEN, MICHELLE	0.52.00	F	5.12	Long Course - Female - 03
20	CHETHAM-O'CONNOR, SAM	0.52.01	M	5.12	Long Course - Male - 17
21	PRIOR, JADE	0.52.08	M	5.13	Long Course - Male - 18
22	WARING, RENITA	0.53.53	F	5.23	Long Course - Female - 04
23	DONOGHUE, MIKE	1.00.24	M	6.02	Long Course - Male - 19
24	BANVILLE, BEC	1.01.55	F	6.12	Long Course - Female - 05
25	MCINNES, SCOTT	1.03.45	M	6.23	Long Course - Male - 20
26	SUE YEK, WILLIAM	1.04.09	M	6.25	Long Course - Male - 21
27	HUMBERDROSS, MISTI	1.05.03	F	6.30	Long Course - Female - 06
28	ARNOLD, VANESSA	1.06.26	F	6.39	Long Course - Female - 07
29	LOW, CARMEN	1.06.26	F	6.39	Long Course - Female - 08
30	RAYCHEVA, NELI	1.06.51	F	6.41	Long Course - Female - 09
31	BEIL, LYNDIE	1.07.28	F	6.45	Long Course - Female - 10
32	FINLAY, CORAL	1.10.21	F	7.02	Long Course - Female - 11
33	DONOGHUE, MARY	1.16.25	F	7.39	Long Course - Female - 12
34	JAMES, BOB	1.25.46	M	8.35	Long Course - Male - 22

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Place	Name	Actual Time MM:SS	Gender	Pace (Min/km)	Course / Gender Place
<b>Short Course - 5km</b>					
1	KWA, JOSHUA	0.23.27	M	4.41	Short Course - Male - 01
2	WILLIAMS, MATT	0.25.35	M	5.07	Short Course - Male - 02
3	SENSE, KERRY	0.26.14	M	5.15	Short Course - Male - 03
4	SIEBURN, ELIZABETH	0.33.40	F	6.44	Short Course - Female - 01
5	SMITH, MATHEW	0.35.53	M	7.11	Short Course - Male - 04
6	LABUSCHAGNE, CELESTE	0.36.13	F	7.15	Short Course - Female - 02
7	SIEBURN, ZAC	0.36.20	M	7.16	Short Course - Male - 05
8	SIEBURN, MADELEINE	0.36.20	F	7.16	Short Course - Female - 03
9	SENSE, MEG	0.37.18	F	7.28	Short Course - Female - 04
10	LABUSCHAGNE, ROSEMARIE	0.40.44	F	8.09	Short Course - Female - 05
11	SIEBURN, LEXI	0.42.21	F	8.28	Short Course - Female - 06
12	SIEBURN, JONATHON	0.42.23	M	8.29	Short Course - Male - 06
13	HOBSON, CHERYL	0.45.11	F	9.02	Short Course - Female - 07
14	O'CONNOR, LAURA	0.53.36	F	10.43	Short Course - Female - 08
15	BROOKE-TAYLOR, DAVID	0.53.51	M	10.46	Short Course - Male - 07
<b>Volunteers</b>					
	TIRENDI, FRANCESCO		M		
	WHARTON, DAVID		M		
	ZEVENBERGEN, CHRISTINA		F		

Thank you to everyone who helped with todays run. Welcome to any new runners today.

Thank you to the Posture & Pain Clinic for sponsoring todays run. Please consider them if you need Bowen Therapy, Emmett Therapy and Posture Correction.