

2025-05-17

TRR 2025-05-17 Posture and Pain Clinic 10k series Run2 Lower River Loop (10.00k & 5.00k)

Place	Tag Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)	Course / Gender Place
Long Course - 10k							
1	12	ARNOLD, DAVID	0.38.31	MEM	M	3.51	Long Course - Male - 01
2	14	NIEMI, NOAH	0.41.42	MEM	M	4.10	Long Course - Male - 02
3	15	ZEVENBERGEN, MARCEL	0.41.53	MEM	M	4.11	Long Course - Male - 03
4	16	BOSCHEN, MATTHEW	0.43.33	MEM	M	4.21	Long Course - Male - 04
5	17	FORD, GEOFF	0.43.40	MEM	M	4.22	Long Course - Male - 05
6	18	KEMEI, JOSEPH	0.44.23	MEM	M	4.26	Long Course - Male - 06
7	22	CULLEN, DAVID	0.46.04	MEM	M	4.36	Long Course - Male - 07
8	23	TURNER, JASON	0.47.24	MEM	M	4.44	Long Course - Male - 08
9	24	FREEDMAN, BENJAMIN	0.47.38		M	4.46	Long Course - Male - 09
10	26	FITZSIMMONS, MICHAEL	0.50.43	MEM	M	5.04	Long Course - Male - 10
11	27	O'CONNOR, NUALA	0.51.26	MEM	F	5.09	Long Course - Female - 01
12	28	MELLORS, HOLLY	0.51.28	MEM	F	5.09	Long Course - Female - 02
13	29	MAGUIRE, GERRY	0.52.05	MEM	M	5.13	Long Course - Male - 11
14	30	MURPHY, PETER	0.52.58	MEM	M	5.18	Long Course - Male - 12
15	31	DOHERTY, BILL	0.53.24	MEM	M	5.20	Long Course - Male - 13
16	32	CHETHAM-O'CONNOR, SAM	0.53.35	MEM	M	5.22	Long Course - Male - 14
17	33	HIETTE, TERRENCE	0.54.04		M	5.24	Long Course - Male - 15
18	34	ELKIN, JIM	0.55.10		M	5.31	Long Course - Male - 16
19	35	CARTER, BRENDAN	0.56.36	MEM	M	5.40	Long Course - Male - 17
20	36	BOWDEN, ROB	0.56.37	MEM	M	5.40	Long Course - Male - 18
21	37	OSBORNE, TABITHA	0.57.33	MEM	F	5.45	Long Course - Female - 03
22	38	JOHNSON, LIA	0.58.15	MEM	F	5.50	Long Course - Female - 04
23	41	LABUSCHAGNE, ROSEMARIE	0.59.47	MEM	F	5.59	Long Course - Female - 05
24	43	CLAYTON, SARAH	1.04.10	MEM	F	6.25	Long Course - Female - 06
25	44	TIRENDI, FRANCESCO	1.06.32	MEM	M	6.39	Long Course - Male - 19
26	45	MCINNES, SCOTT	1.06.38	MEM	M	6.40	Long Course - Male - 20
27	46	COX, SHERRY	1.07.31	MEM	F	6.45	Long Course - Female - 07
28	47	MCNABB, WILLIAM	1.10.30	MEM	M	7.03	Long Course - Male - 21
29	48	ARNOLD, VANESSA	1.11.38	MEM	F	7.10	Long Course - Female - 08
30	51	FINLAY, CORAL	1.12.00	MEM	F	7.12	Long Course - Female - 09
31	52	RAYCHEVA, NELI	1.14.23		F	7.26	Long Course - Female - 10
32	53	DONOGHUE, MIKE	1.14.33	MEM	M	7.27	Long Course - Male - 22
33	54	DONOGHUE, MARY	1.18.00	MEM	F	7.48	Long Course - Female - 11

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Place	Tag Place	Name	Actual Time MM:SS	Member	Gender	Pace (Min/km)	Course / Gender Place
Short Course - 5k							
1	1	AMBROSE, KYLE	0.18.00	MEM	M	3.36	Short Course - Male - 01
2	2	EVANS, DERRICK	0.24.09	MEM	M	4.50	Short Course - Male - 02
3	3	GRUBBA, TRACEY	0.24.39	MEM	F	4.56	Short Course - Female - 01
4	4	LABUSCHAGNE, CELESTE	0.27.42	MEM	F	5.32	Short Course - Female - 02
5	5	SMITH, MATHEW	0.27.46	MEM	M	5.33	Short Course - Male - 03
6	6	HANNAY, ANDREW	0.27.54	MEM	M	5.35	Short Course - Male - 04
7	8	NEWNHAM, COLLEEN	0.33.02	MEM	F	6.36	Short Course - Female - 03
8	9	KIRBY, ADRIAN	0.33.04	MEM	M	6.37	Short Course - Male - 05
9	10	HUMBERDROSS, MISTI	0.33.12	MEM	F	6.38	Short Course - Female - 04
10	11	DOHERTY, SUE	0.35.25	MEM	F	7.05	Short Course - Female - 05
11	20	ZEVENBERGEN, CHRISTINA	0.45.32	MEM	F	9.06	Short Course - Female - 06
12	21	HOBSON, CHERYL	0.45.34	MEM	F	9.07	Short Course - Female - 07
13	25	KELSO, SYLVIA	0.49.51	MEM	F	9.58	Short Course - Female - 08
14	39	O'CONNOR, LAURA	0.59.37	MEM	F	11.55	Short Course - Female - 09
15	40	SIBLEY, JACK	0.59.38	MEM	M	11.56	Short Course - Male - 06
16	42	RINTOUL, LEIGH	1.00.18	MEM	F	12.04	Short Course - Female - 10
Volunteers							
	V1	SUE YEK, WILLIAM		Mem	M		
	V2	WHARTON, DAVID		Mem	M		

Thank you to everyone who helped with todays run.
Thanks you Dave Wharton and Posture and Pain Clinic for your sponsorship of todays run and the prizes.

A REMINDER THAT MEMBERS AND NON MEMBERS NEED TO REGISTER FOR THE KING / QUEEN OF THE HILL RUN (AS THERE ARE PRIZES FOR THAT RUN).

Just a reminder members need to only register for volunteering or for major events such as mothers day run and the king/queen of the hill runs. Michael F will automatically register you for your preferred run.
NON-MEMBERS STILL NEED TO CHECK IN but note, we prefer non-members to register on-line by 7PM on the day prior to the run to select your run, provide emergency contact details, pay if using the credit card option, and acknowledge the waiver. Pre-registering enables non-members details to be included on our pre-printed recording sheet. (Note non-members can always register in person on run day but this is not efficient and is not our preferred option).
When members / non-members check-in on run day, they will need to confirm whether they are doing the short or long run or volunteering as they currently do.