

2025 TRR 4KM HANDICAP RUN

DISPLAY

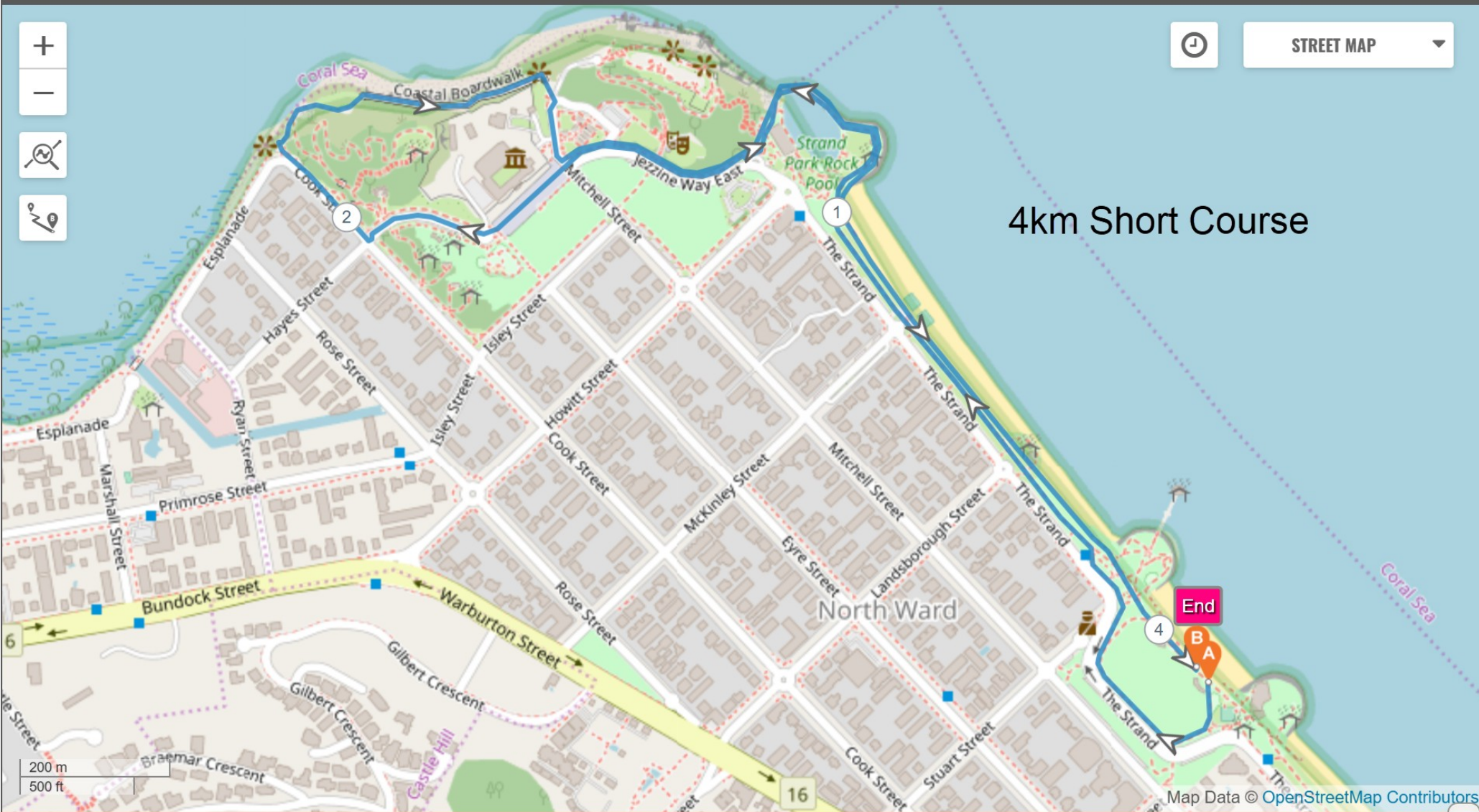
MENU



STREET MAP



4km Short Course



Map Data © OpenStreetMap Contributors

4KM Handicap Run (SHORT COURSE ONLY)**17-Jan-26****For the 4Km Short Course, the first person starts at 5:58:30AM - planning for a****Sorted by Name (to help you find when you start)**

Persons Name	Predicted Time for 4Km	Handicap	Clock Start Time (don't start before)
ANDERSEN, DAVID	0:27:30	0:24:00	6:22:30 AM
ARNOLD, VANESSA	0:32:30	0:19:00	6:17:30 AM
BENSON, TRISCHA	0:25:30	0:26:00	6:24:30 AM
BROOKE-TAYLOR, DAVID	0:34:00	0:17:30	6:16:00 AM
CHETHAM-O'CONNOR, SAM	0:19:30	0:32:00	6:30:30 AM
DAVIES, JUDY	0:47:00	0:04:30	6:03:00 AM
DOBBINS, CAMERON	0:15:30	0:36:00	6:34:30 AM
DOHERTY, BILL	0:20:30	0:31:00	6:29:30 AM
DOHERTY, SUE	0:28:00	0:23:30	6:22:00 AM
DONOGHUE, MARY	0:29:00	0:22:30	6:21:00 AM
ERIKSEN, DALE	0:24:30	0:27:00	6:25:30 AM
EVANS, DERRICK	0:19:00	0:32:30	6:31:00 AM
FLYNN-PITTAR, DEE	0:21:30	0:30:00	6:28:30 AM
FULLER, ROBERT	0:47:00	0:04:30	6:03:00 AM
GADSBY, BEC	0:44:00	0:07:30	6:06:00 AM
GIANNE, LISA	0:44:00	0:07:30	6:06:00 AM
GRUBBA, TRACEY	0:19:30	0:32:00	6:30:30 AM
GUNEY, IREM	0:24:30	0:27:00	6:25:30 AM
HALL, Audrey	0:14:00	0:37:30	6:36:00 AM
HANNAY, ANDREW	0:22:00	0:29:30	6:28:00 AM
HOBSON, CHERYL	0:36:00	0:15:30	6:14:00 AM
HONAN, BRIDGET	0:24:30	0:27:00	6:25:30 AM
HUMBERDROSS, MISTI	0:26:00	0:25:30	6:24:00 AM
JAMES, BOB	0:30:30	0:21:00	6:19:30 AM
KELSO, SYLVIA	0:39:30	0:12:00	6:10:30 AM
KILROY, AZURE	0:29:30	0:22:00	6:20:30 AM
KILROY, SKYLA	0:29:30	0:22:00	6:20:30 AM
KIRBY, ADRIAN	0:24:00	0:27:30	6:26:00 AM
KNIGHT, MEGHAN	0:28:00	0:23:30	6:22:00 AM
LABUSCHAGNE, CELESTE	0:22:00	0:29:30	6:28:00 AM
LEITCH, CAMPBELL	0:39:30	0:12:00	6:10:30 AM
MCCONOCHIE, Michelle	0:24:30	0:27:00	6:25:30 AM
MCNABB, WILLIAM	0:26:00	0:25:30	6:24:00 AM
MEIN, SARA	0:26:30	0:25:00	6:23:30 AM
NEWNHAM, COLLEEN	0:23:30	0:28:00	6:26:30 AM
O'CONNOR, LAURA	0:41:30	0:10:00	6:08:30 AM
PAIN, TILLEY	0:28:30	0:23:00	6:21:30 AM
RINTOUL, LEIGH	0:47:30	0:04:00	6:02:30 AM

4KM Handicap Run (SHORT COURSE ONLY)**17-Jan-26****For the 4Km Short Course, the first person starts at 5:58:30AM - planning for a****Sorted by Name (to help you find when you start)**

Persons Name	Predicted Time for 4Km	Handicap	Clock Start Time (don't start before)
SENSE, MEG	0:29:00	0:22:30	6:21:00 AM
SEWELL, DAVID	0:29:00	0:22:30	6:21:00 AM
SIBLEY, JACK	0:42:30	0:09:00	6:07:30 AM
SIEBURN, ALEXANDRA	0:24:00	0:27:30	6:26:00 AM
SIEBURN, ELIZABETH	0:21:00	0:30:30	6:29:00 AM
SIEBURN, JONATHON	0:24:00	0:27:30	6:26:00 AM
SIEBURN, MADELEINE	0:20:30	0:31:00	6:29:30 AM
SIEBURN, ZACHARY	0:23:00	0:28:30	6:27:00 AM
SMITH, MATHEW	0:20:00	0:31:30	6:30:00 AM
SUE YEK, WILLIAM	0:27:30	0:24:00	6:22:30 AM
SULLIVAN, PETER	0:24:30	0:27:00	6:25:30 AM
VAN HERCK, ANNIE	0:51:30	0:00:00	5:58:30 AM
WHARTON, DAVID	0:26:00	0:25:30	6:24:00 AM
WILLIAMS, EAMON	0:15:00	0:36:30	6:35:00 AM
YBANEZ, JI	0:26:00	0:25:30	6:24:00 AM
ZEVENBERGEN, CHRISTINA	0:32:00	0:19:30	6:18:00 AM

4KM Handicap Run (SHORT COURSE ONLY)**17-Jan-26****For the 4Km Short Course, the first person starts at 5:58:30AM - planning for a****6:50AM finish****Sorted by Start Time (to see who starts before and after you)**

Persons Name	Predicted Time for 4Km	Handicap	Clock Start Time (don't start before)
VAN HERCK, ANNIE	0:51:30	0:00:00	5:58:30 AM
RINTOUL, LEIGH	0:47:30	0:04:00	6:02:30 AM
DAVIES, JUDY	0:47:00	0:04:30	6:03:00 AM
FULLER, ROBERT	0:47:00	0:04:30	6:03:00 AM
GADSBY, BEC	0:44:00	0:07:30	6:06:00 AM
GIANNE, LISA	0:44:00	0:07:30	6:06:00 AM
SIBLEY, JACK	0:42:30	0:09:00	6:07:30 AM
O'CONNOR, LAURA	0:41:30	0:10:00	6:08:30 AM
KELSO, SYLVIA	0:39:30	0:12:00	6:10:30 AM
LEITCH, CAMPBELL	0:39:30	0:12:00	6:10:30 AM
HOBSON, CHERYL	0:36:00	0:15:30	6:14:00 AM
BROOKE-TAYLOR, DAVID	0:34:00	0:17:30	6:16:00 AM
ARNOLD, VANESSA	0:32:30	0:19:00	6:17:30 AM
ZEVENBERGEN, CHRISTINA	0:32:00	0:19:30	6:18:00 AM
JAMES, BOB	0:30:30	0:21:00	6:19:30 AM
KILROY, AZURE	0:29:30	0:22:00	6:20:30 AM
KILROY, SKYLA	0:29:30	0:22:00	6:20:30 AM
DONOGHUE, MARY	0:29:00	0:22:30	6:21:00 AM
SENSE, MEG	0:29:00	0:22:30	6:21:00 AM
SEWELL, DAVID	0:29:00	0:22:30	6:21:00 AM
PAIN, TILLEY	0:28:30	0:23:00	6:21:30 AM
DOHERTY, SUE	0:28:00	0:23:30	6:22:00 AM
KNIGHT, MEGHAN	0:28:00	0:23:30	6:22:00 AM
ANDERSEN, DAVID	0:27:30	0:24:00	6:22:30 AM
SUE YEK, WILLIAM	0:27:30	0:24:00	6:22:30 AM
MEIN, SARA	0:26:30	0:25:00	6:23:30 AM
HUMBERDROSS, MISTI	0:26:00	0:25:30	6:24:00 AM
MCNABB, WILLIAM	0:26:00	0:25:30	6:24:00 AM
WHARTON, DAVID	0:26:00	0:25:30	6:24:00 AM
YBANEZ, JI	0:26:00	0:25:30	6:24:00 AM
BENSON, TRISCHA	0:25:30	0:26:00	6:24:30 AM
ERIKSEN, DALE	0:24:30	0:27:00	6:25:30 AM
GUNEY, IREM	0:24:30	0:27:00	6:25:30 AM
HONAN, BRIDGET	0:24:30	0:27:00	6:25:30 AM
MCCONOCHIE, Michelle	0:24:30	0:27:00	6:25:30 AM
SULLIVAN, PETER	0:24:30	0:27:00	6:25:30 AM
KIRBY, ADRIAN	0:24:00	0:27:30	6:26:00 AM
SIEBURN, ALEXANDRA	0:24:00	0:27:30	6:26:00 AM

4KM Handicap Run (SHORT COURSE ONLY)**17-Jan-26****For the 4Km Short Course, the first person starts at 5:58:30AM - planning for a****6:50AM finish****Sorted by Start Time (to see who starts before and after you)**

Persons Name	Predicted Time for 4Km	Handicap	Clock Start Time (don't start before)
SIEBURN, JONATHON	0:24:00	0:27:30	6:26:00 AM
NEWNHAM, COLLEEN	0:23:30	0:28:00	6:26:30 AM
SIEBURN, ZACHARY	0:23:00	0:28:30	6:27:00 AM
HANNAY, ANDREW	0:22:00	0:29:30	6:28:00 AM
LABUSCHAGNE, CELESTE	0:22:00	0:29:30	6:28:00 AM
FLYNN-PITTAR, DEE	0:21:30	0:30:00	6:28:30 AM
SIEBURN, ELIZABETH	0:21:00	0:30:30	6:29:00 AM
DOHERTY, BILL	0:20:30	0:31:00	6:29:30 AM
SIEBURN, MADELEINE	0:20:30	0:31:00	6:29:30 AM
SMITH, MATHEW	0:20:00	0:31:30	6:30:00 AM
CHETHAM-O'CONNOR, SAM	0:19:30	0:32:00	6:30:30 AM
GRUBBA, TRACEY	0:19:30	0:32:00	6:30:30 AM
EVANS, DERRICK	0:19:00	0:32:30	6:31:00 AM
DOBBINS, CAMERON	0:15:30	0:36:00	6:34:30 AM
WILLIAMS, EAMON	0:15:00	0:36:30	6:35:00 AM
HALL, Audrey	0:14:00	0:37:30	6:36:00 AM

4KM Handicap Run (SHORT COURSE ONLY)**17-Jan-26****For the 4Km Short Course, the first person starts at 5:58:30AM - planning for a****Handicaps based on your best park run time from the last 12 months for a flat parkrun on a hard surface****Use this guide if your weren't given handicap above**

Your best 5km park run time from the past 12 months	Predicted Time for 4Km	Handicap	Clock Start Time (don't start before)
0.17.00	0:13:30	0:38:00	6:36:30 AM
0.17.30	0:14:00	0:37:30	6:36:00 AM
0.18.00	0:14:00	0:37:30	6:36:00 AM
0.18.30	0:14:30	0:37:00	6:35:30 AM
0.19.00	0:15:00	0:36:30	6:35:00 AM
0.19.30	0:15:30	0:36:00	6:34:30 AM
0.20.00	0:16:00	0:35:30	6:34:00 AM
0.20.30	0:16:00	0:35:30	6:34:00 AM
0.21.00	0:16:30	0:35:00	6:33:30 AM
0.21.30	0:17:00	0:34:30	6:33:00 AM
0.22.00	0:17:30	0:34:00	6:32:30 AM
0.22.30	0:18:00	0:33:30	6:32:00 AM
0.23.00	0:18:00	0:33:30	6:32:00 AM
0.23.30	0:18:30	0:33:00	6:31:30 AM
0.24.00	0:19:00	0:32:30	6:31:00 AM
0.24.30	0:19:30	0:32:00	6:30:30 AM
0.25.00	0:19:30	0:32:00	6:30:30 AM
0.25.30	0:20:00	0:31:30	6:30:00 AM
0.26.00	0:20:30	0:31:00	6:29:30 AM
0.26.30	0:21:00	0:30:30	6:29:00 AM
0.27.00	0:21:30	0:30:00	6:28:30 AM
0.27.30	0:21:30	0:30:00	6:28:30 AM
0.28.00	0:22:00	0:29:30	6:28:00 AM
0.28.30	0:22:30	0:29:00	6:27:30 AM
0.29.00	0:23:00	0:28:30	6:27:00 AM
0.29.30	0:23:30	0:28:00	6:26:30 AM
0.30.00	0:23:30	0:28:00	6:26:30 AM
0.30.30	0:24:00	0:27:30	6:26:00 AM
0.31.00	0:24:30	0:27:00	6:25:30 AM
0.31.30	0:25:00	0:26:30	6:25:00 AM
0.32.00	0:25:30	0:26:00	6:24:30 AM
0.32.30	0:25:30	0:26:00	6:24:30 AM
0.33.00	0:26:00	0:25:30	6:24:00 AM

4KM Handicap Run (SHORT COURSE ONLY)**17-Jan-26****For the 4Km Short Course, the first person starts at 5:58:30AM - planning for a****Handicaps based on your best park run time from the last 12 months for a flat parkrun on a hard surface****Use this guide if your weren't given handicap above**

Your best 5km park run time from the past 12 months	Predicted Time for 4Km	Handicap	Clock Start Time (don't start before)
0.33.30	0:26:30	0:25:00	6:23:30 AM
0.34.00	0:27:00	0:24:30	6:23:00 AM
0.34.30	0:27:00	0:24:30	6:23:00 AM
0.35.00	0:27:30	0:24:00	6:22:30 AM
0.35.30	0:28:00	0:23:30	6:22:00 AM
0.36.00	0:28:30	0:23:00	6:21:30 AM
0.36.30	0:29:00	0:22:30	6:21:00 AM
0.37.00	0:29:00	0:22:30	6:21:00 AM
0.37.30	0:29:30	0:22:00	6:20:30 AM
0.38.00	0:30:00	0:21:30	6:20:00 AM
0.38.30	0:30:30	0:21:00	6:19:30 AM
0.39.00	0:31:00	0:20:30	6:19:00 AM
0.39.30	0:31:00	0:20:30	6:19:00 AM
0.40.00	0:31:30	0:20:00	6:18:30 AM
0.40.30	0:32:00	0:19:30	6:18:00 AM
0.41.00	0:32:30	0:19:00	6:17:30 AM
0.41.30	0:33:00	0:18:30	6:17:00 AM
0.42.00	0:33:00	0:18:30	6:17:00 AM
0.42.30	0:33:30	0:18:00	6:16:30 AM
0.43.00	0:34:00	0:17:30	6:16:00 AM
0.43.30	0:34:30	0:17:00	6:15:30 AM
0.44.00	0:34:30	0:17:00	6:15:30 AM
0.44.30	0:35:00	0:16:30	6:15:00 AM
0.45.00	0:35:30	0:16:00	6:14:30 AM
0.45.30	0:36:00	0:15:30	6:14:00 AM
0.46.00	0:36:30	0:15:00	6:13:30 AM
0.46.30	0:36:30	0:15:00	6:13:30 AM
0.47.00	0:37:00	0:14:30	6:13:00 AM
0.47.30	0:37:30	0:14:00	6:12:30 AM
0.48.00	0:38:00	0:13:30	6:12:00 AM
0.48.30	0:38:30	0:13:00	6:11:30 AM
0.49.00	0:38:30	0:13:00	6:11:30 AM
0.49.30	0:39:00	0:12:30	6:11:00 AM

4KM Handicap Run (SHORT COURSE ONLY)**17-Jan-26****For the 4Km Short Course, the first person starts at 5:58:30AM - planning for a****Handicaps based on your best park run time from the last 12 months for a flat parkrun on a hard surface****Use this guide if your weren't given handicap above**

Your best 5km park run time from the past 12 months	Predicted Time for 4Km	Handicap	Clock Start Time (don't start before)
0.50.00	0:39:30	0:12:00	6:10:30 AM
0.50.30	0:40:00	0:11:30	6:10:00 AM
0.51.00	0:40:30	0:11:00	6:09:30 AM
0.51.30	0:40:30	0:11:00	6:09:30 AM
0.52.00	0:41:00	0:10:30	6:09:00 AM
0.52.30	0:41:30	0:10:00	6:08:30 AM
0.53.00	0:42:00	0:09:30	6:08:00 AM
0.53.30	0:42:00	0:09:30	6:08:00 AM
0.54.00	0:42:30	0:09:00	6:07:30 AM
0.54.30	0:43:00	0:08:30	6:07:00 AM
0.55.00	0:43:30	0:08:00	6:06:30 AM
0.55.30	0:44:00	0:07:30	6:06:00 AM
0.56.00	0:44:00	0:07:30	6:06:00 AM
0.56.30	0:44:30	0:07:00	6:05:30 AM
0.57.00	0:45:00	0:06:30	6:05:00 AM
0.57.30	0:45:30	0:06:00	6:04:30 AM
0.58.00	0:46:00	0:05:30	6:04:00 AM
0.58.30	0:46:00	0:05:30	6:04:00 AM
0.59.00	0:46:30	0:05:00	6:03:30 AM
0.59.30	0:47:00	0:04:30	6:03:00 AM
1.00.00	0:47:30	0:04:00	6:02:30 AM