

2025 TRR 8KM HANDICAP RUN

DISPLAY

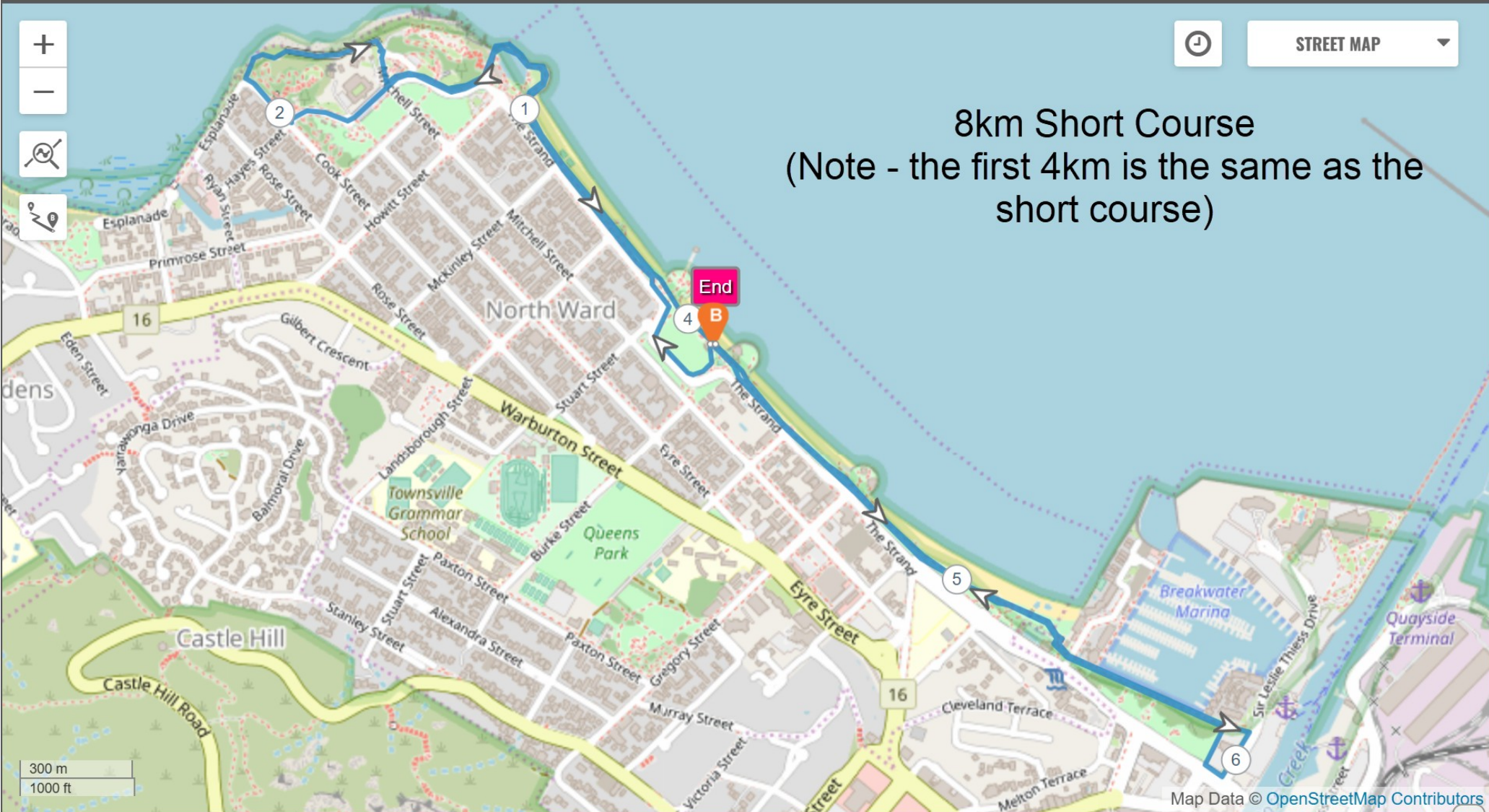
MENU



STREET MAP



8km Short Course
(Note - the first 4km is the same as the short course)



300 m
1000 ft

Map Data © OpenStreetMap Contributors

8KM Handicap Run (LONG COURSE ONLY)

For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish

Sorted by Name (to help you find when you start)

Persons Name	Predicted Time for 8Km	Handicap	Clock Start Time (don't start before)
ABBAS ADIB, YAHYA	0:42:30	0:29:00	6:17:30 AM
ADAMS, SARAH	0:52:00	0:19:30	6:08:00 AM
ALLEN, JAMES	0:38:00	0:33:30	6:22:00 AM
ANDERSEN, DAVID	0:51:00	0:20:30	6:09:00 AM
ANDRESS, GREG	0:38:00	0:33:30	6:22:00 AM
ARNOLD, DAVID	0:30:30	0:41:00	6:29:30 AM
ARNOLD, VANESSA	0:54:30	0:17:00	6:05:30 AM
BARRA, JASON	0:35:00	0:36:30	6:25:00 AM
BEIL, LYNDIE	0:53:30	0:18:00	6:06:30 AM
BENSON, TRISCHA	0:54:30	0:17:00	6:05:30 AM
BLACK, FIONA	0:39:00	0:32:30	6:21:00 AM
BOGUZIS, TOMAS	0:34:30	0:37:00	6:25:30 AM
BONNY, CHRIS	0:34:00	0:37:30	6:26:00 AM
BOSCHEN, MATTHEW	0:34:30	0:37:00	6:25:30 AM
BOWDEN, ROB	0:38:00	0:33:30	6:22:00 AM
BROOKE-TAYLOR, DAVID	1:11:30	0:00:00	5:48:30 AM
BUCHHOLZ, MARK	0:30:30	0:41:00	6:29:30 AM
BURTON, NICOLE	0:42:00	0:29:30	6:18:00 AM
CAMPBELL, RALPH	0:45:30	0:26:00	6:14:30 AM
CARTER, ALEX	0:36:00	0:35:30	6:24:00 AM
CARTER, BRENDAN	0:37:30	0:34:00	6:22:30 AM
CASPANI, Angelina	0:41:30	0:30:00	6:18:30 AM
CHETHAM-O'CONNOR, SAM	0:42:30	0:29:00	6:17:30 AM
CLAYTON, SARAH	0:50:30	0:21:00	6:09:30 AM
CONNELLY, HEATH	0:30:00	0:41:30	6:30:00 AM
COX, SHERRY	0:49:30	0:22:00	6:10:30 AM
CREMA, MADDIE	0:53:00	0:18:30	6:07:00 AM
CULLEN, DAVID	0:36:30	0:35:00	6:23:30 AM
DAVIDSON, AROHA	0:34:00	0:37:30	6:26:00 AM
DAWSON, EDWARD	0:31:30	0:40:00	6:28:30 AM
DAWSON, WILLIAM	0:39:30	0:32:00	6:20:30 AM
DOHERTY, BILL	0:42:00	0:29:30	6:18:00 AM
DOHERTY, SUE	1:00:30	0:11:00	5:59:30 AM
DONOGHUE, MARY	1:00:30	0:11:00	5:59:30 AM
DONOGHUE, MIKE	0:49:30	0:22:00	6:10:30 AM
Doyle, Andrew	0:39:30	0:32:00	6:20:30 AM
ELKIN, JIM	0:43:30	0:28:00	6:16:30 AM
ELLIOTT, CLINTON	0:30:00	0:41:30	6:30:00 AM

8KM Handicap Run (LONG COURSE ONLY)

For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish

Sorted by Name (to help you find when you start)

Persons Name	Predicted Time for 8Km	Handicap	Clock Start Time (don't start before)
ERIKSEN, DALE	0:53:00	0:18:30	6:07:00 AM
EVANS, DERRICK	0:38:30	0:33:00	6:21:30 AM
FINLAY, CORAL	0:55:30	0:16:00	6:04:30 AM
FITZSIMMONS, MICHAEL	0:35:00	0:36:30	6:25:00 AM
FORD, GEOFF	0:34:30	0:37:00	6:25:30 AM
FREEDMAN, BEN	0:37:30	0:34:00	6:22:30 AM
GRAHAM, ALAN	0:38:30	0:33:00	6:21:30 AM
GRUBBA, TRACEY	0:42:30	0:29:00	6:17:30 AM
GUNEY, IREM	0:51:30	0:20:00	6:08:30 AM
HANNAY, ANDREW	0:51:30	0:20:00	6:08:30 AM
HARRIS, NICOLE	0:40:30	0:31:00	6:19:30 AM
HENDERSON, ANTHEA	0:38:30	0:33:00	6:21:30 AM
HENDERSON, ETHAN	0:32:00	0:39:30	6:28:00 AM
HERSHKOVICI, RONI	0:59:30	0:12:00	6:00:30 AM
HIETTE, TERRENCE	0:42:30	0:29:00	6:17:30 AM
HORE, BARRY	0:43:00	0:28:30	6:17:00 AM
HUMBERDROSS, MISTI	0:53:00	0:18:30	6:07:00 AM
IRVING, NATHAN	0:36:00	0:35:30	6:24:00 AM
JAMES, BOB	1:09:30	0:02:00	5:50:30 AM
JOHNSON, LIA	0:46:00	0:25:30	6:14:00 AM
KEHL, ADAM	0:38:30	0:33:00	6:21:30 AM
KEIOSKIE, GEORGIA	0:39:00	0:32:30	6:21:00 AM
KELLER, MAXENDRE	0:32:30	0:39:00	6:27:30 AM
KEMEI, JOSEPH	0:35:00	0:36:30	6:25:00 AM
KILROY, DESMOND	0:40:30	0:31:00	6:19:30 AM
KIM, BJ	0:36:30	0:35:00	6:23:30 AM
LABUSCHAGNE, ROSEMARIE	0:45:30	0:26:00	6:14:30 AM
LALLY, PATRICK	0:34:00	0:37:30	6:26:00 AM
LAWRENCE, ANGELA	0:51:30	0:20:00	6:08:30 AM
LOW, CARMEN	0:50:30	0:21:00	6:09:30 AM
MAGUIRE, GERRY	0:41:00	0:30:30	6:19:00 AM
MAYHEW, SUSAN	0:49:00	0:22:30	6:11:00 AM
MCINNES, SCOTT	0:51:30	0:20:00	6:08:30 AM
MCKENZIE, JAEDEN	0:34:00	0:37:30	6:26:00 AM
MCPMAHON, DAVID	0:42:30	0:29:00	6:17:30 AM
MENABB, WILLIAM	0:55:30	0:16:00	6:04:30 AM
MEIN, SARA	0:54:30	0:17:00	6:05:30 AM
MELLORS, HOLLY	0:39:30	0:32:00	6:20:30 AM

8KM Handicap Run (LONG COURSE ONLY)

For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish

Sorted by Name (to help you find when you start)

Persons Name	Predicted Time for 8Km	Handicap	Clock Start Time (don't start before)
MILBURN, JOE	0:42:30	0:29:00	6:17:30 AM
MURPHY, PETER	0:42:00	0:29:30	6:18:00 AM
MURTON, KATE	0:36:30	0:35:00	6:23:30 AM
MUSUMBA, CRISPIN	0:33:00	0:38:30	6:27:00 AM
MWARIA, DAVID	0:36:00	0:35:30	6:24:00 AM
NEWNHAM, COLLEEN	0:49:00	0:22:30	6:11:00 AM
NIEMI, NOAH	0:32:30	0:39:00	6:27:30 AM
NUTTAL, JOHN	0:45:30	0:26:00	6:14:30 AM
O'BRIEN, FARREN LEATHAM	0:28:30	0:43:00	6:31:30 AM
O'CONNOR, NUALA	0:40:00	0:31:30	6:20:00 AM
ODEMPSEY, CHRIS	0:39:00	0:32:30	6:21:00 AM
O'KEEFFE, KAITY	0:52:00	0:19:30	6:08:00 AM
OSBORNE, TABITHA	0:45:00	0:26:30	6:15:00 AM
PARSONS, VICKI	0:52:30	0:19:00	6:07:30 AM
PATHANIA, ADITYA	0:35:30	0:36:00	6:24:30 AM
PAYNE, REBECCA	0:37:30	0:34:00	6:22:30 AM
RAYCHEVA, NELI	0:58:30	0:13:00	6:01:30 AM
ROBERTS, LEN	0:42:30	0:29:00	6:17:30 AM
ROSEWORNE, STEVE	0:54:00	0:17:30	6:06:00 AM
RUBACH, JEFF	0:28:30	0:43:00	6:31:30 AM
SENSE, MEG	0:57:30	0:14:00	6:02:30 AM
SHEARER, JENNY	0:50:00	0:21:30	6:10:00 AM
SHEPHARD, GREG	0:35:30	0:36:00	6:24:30 AM
SHORT, LEAH	0:53:30	0:18:00	6:06:30 AM
SIEBURN, ANGELA	0:37:30	0:34:00	6:22:30 AM
SMITH, NATALIE	0:46:30	0:25:00	6:13:30 AM
STANTON, GEOFF	0:51:30	0:20:00	6:08:30 AM
STANTON, MADELEINE	0:51:30	0:20:00	6:08:30 AM
STEVENS, Alec	0:32:30	0:39:00	6:27:30 AM
STRACHAN, SCOTT	0:36:30	0:35:00	6:23:30 AM
SULLIVAN, AMANDA	0:51:00	0:20:30	6:09:00 AM
TIRENDI, FRANCESCO	0:49:30	0:22:00	6:10:30 AM
TOMLIN, JESSICA	0:49:30	0:22:00	6:10:30 AM
TRICARICO, GEORGE	0:35:30	0:36:00	6:24:30 AM
TURNER, JASON	0:37:30	0:34:00	6:22:30 AM
VOLLMERHAUSE, SCOTT	0:41:00	0:30:30	6:19:00 AM
WATERS, ALLISON	0:45:00	0:26:30	6:15:00 AM
WEBBER, BRIDGET	0:33:30	0:38:00	6:26:30 AM

8KM Handicap Run (LONG COURSE ONLY)

For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish

Sorted by Name (to help you find when you start)

Persons Name	Predicted Time for 8Km	Handicap	Clock Start Time (don't start before)
WHARTON, DAVID	0:48:30	0:23:00	6:11:30 AM
WILLIAMS, CATIE	0:55:00	0:16:30	6:05:00 AM
WILLIAMS, EAMON	0:33:30	0:38:00	6:26:30 AM
Wilson, Greg	0:42:00	0:29:30	6:18:00 AM
WOOD, KYLE	0:32:30	0:39:00	6:27:30 AM
YBANEZ, JASON	0:47:30	0:24:00	6:12:30 AM
ZEVENBERGEN, MARCEL	0:31:00	0:40:30	6:29:00 AM

8KM Handicap Run (LONG COURSE ONLY)**17-Jan-26****For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish****Sorted by Start Time (to see who starts before and after you)**

Persons Name	Predicted Time for 8km	Handicap	Clock Start Time (don't start before)
BROOKE-TAYLOR, DAVID	1:11:30	0:00:00	5:48:30 AM
JAMES, BOB	1:09:30	0:02:00	5:50:30 AM
DOHERTY, SUE	1:00:30	0:11:00	5:59:30 AM
DONOGHUE, MARY	1:00:30	0:11:00	5:59:30 AM
HERSHKOVICI, RONI	0:59:30	0:12:00	6:00:30 AM
RAYCHEVA, NELI	0:58:30	0:13:00	6:01:30 AM
SENSE, MEG	0:57:30	0:14:00	6:02:30 AM
FINLAY, CORAL	0:55:30	0:16:00	6:04:30 AM
MCNABB, WILLIAM	0:55:30	0:16:00	6:04:30 AM
WILLIAMS, CATIE	0:55:00	0:16:30	6:05:00 AM
ARNOLD, VANESSA	0:54:30	0:17:00	6:05:30 AM
BENSON, TRISCHA	0:54:30	0:17:00	6:05:30 AM
MEIN, SARA	0:54:30	0:17:00	6:05:30 AM
ROSEWORNE, STEVE	0:54:00	0:17:30	6:06:00 AM
BEIL, LYNDIE	0:53:30	0:18:00	6:06:30 AM
SHORT, LEAH	0:53:30	0:18:00	6:06:30 AM
CREMA, MADDIE	0:53:00	0:18:30	6:07:00 AM
ERIKSEN, DALE	0:53:00	0:18:30	6:07:00 AM
HUMBERDROSS, MISTI	0:53:00	0:18:30	6:07:00 AM
PARSONS, VICKI	0:52:30	0:19:00	6:07:30 AM
ADAMS, SARAH	0:52:00	0:19:30	6:08:00 AM
O'KEEFFE, KAITY	0:52:00	0:19:30	6:08:00 AM
GUNEY, IREM	0:51:30	0:20:00	6:08:30 AM
HANNAY, ANDREW	0:51:30	0:20:00	6:08:30 AM
LAWRENCE, ANGELA	0:51:30	0:20:00	6:08:30 AM
MCINNES, SCOTT	0:51:30	0:20:00	6:08:30 AM
STANTON, GEOFF	0:51:30	0:20:00	6:08:30 AM
STANTON, MADELEINE	0:51:30	0:20:00	6:08:30 AM
ANDERSEN, DAVID	0:51:00	0:20:30	6:09:00 AM
SULLIVAN, AMANDA	0:51:00	0:20:30	6:09:00 AM
CLAYTON, SARAH	0:50:30	0:21:00	6:09:30 AM
LOW, CARMEN	0:50:30	0:21:00	6:09:30 AM
SHEARER, JENNY	0:50:00	0:21:30	6:10:00 AM
COX, SHERRY	0:49:30	0:22:00	6:10:30 AM
DONOGHUE, MIKE	0:49:30	0:22:00	6:10:30 AM
TIRENDI, FRANCESCO	0:49:30	0:22:00	6:10:30 AM
TOMLIN, JESSICA	0:49:30	0:22:00	6:10:30 AM
MAYHEW, SUSAN	0:49:00	0:22:30	6:11:00 AM

8KM Handicap Run (LONG COURSE ONLY)**17-Jan-26****For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish****Sorted by Start Time (to see who starts before and after you)**

Persons Name	Predicted Time for 8km	Handicap	Clock Start Time (don't start before)
NEWNHAM, COLLEEN	0:49:00	0:22:30	6:11:00 AM
WHARTON, DAVID	0:48:30	0:23:00	6:11:30 AM
YBANEZ, JASON	0:47:30	0:24:00	6:12:30 AM
SMITH, NATALIE	0:46:30	0:25:00	6:13:30 AM
JOHNSON, LIA	0:46:00	0:25:30	6:14:00 AM
CAMPBELL, RALPH	0:45:30	0:26:00	6:14:30 AM
LABUSCHAGNE, ROSEMARIE	0:45:30	0:26:00	6:14:30 AM
NUTTAL, JOHN	0:45:30	0:26:00	6:14:30 AM
OSBORNE, TABITHA	0:45:00	0:26:30	6:15:00 AM
WATERS, ALLISON	0:45:00	0:26:30	6:15:00 AM
ELKIN, JIM	0:43:30	0:28:00	6:16:30 AM
HORE, BARRY	0:43:00	0:28:30	6:17:00 AM
ABBAS ADIB, YAHYA	0:42:30	0:29:00	6:17:30 AM
CHETHAM-O'CONNOR, SAM	0:42:30	0:29:00	6:17:30 AM
GRUBBA, TRACEY	0:42:30	0:29:00	6:17:30 AM
HIETTE, TERENCE	0:42:30	0:29:00	6:17:30 AM
MCMAHON, DAVID	0:42:30	0:29:00	6:17:30 AM
MILBURN, JOE	0:42:30	0:29:00	6:17:30 AM
ROBERTS, LEN	0:42:30	0:29:00	6:17:30 AM
BURTON, NICOLE	0:42:00	0:29:30	6:18:00 AM
DOHERTY, BILL	0:42:00	0:29:30	6:18:00 AM
MURPHY, PETER	0:42:00	0:29:30	6:18:00 AM
Wilson, Greg	0:42:00	0:29:30	6:18:00 AM
CASPANI, Angelina	0:41:30	0:30:00	6:18:30 AM
MAGUIRE, GERRY	0:41:00	0:30:30	6:19:00 AM
VOLLMERHAUSE, SCOTT	0:41:00	0:30:30	6:19:00 AM
HARRIS, NICOLE	0:40:30	0:31:00	6:19:30 AM
KILROY, DESMOND	0:40:30	0:31:00	6:19:30 AM
O'CONNOR, NUALA	0:40:00	0:31:30	6:20:00 AM
DAWSON, WILLIAM	0:39:30	0:32:00	6:20:30 AM
Doyle, Andrew	0:39:30	0:32:00	6:20:30 AM
MELLORS, HOLLY	0:39:30	0:32:00	6:20:30 AM
BLACK, FIONA	0:39:00	0:32:30	6:21:00 AM
KEIOSKIE, GEORGIA	0:39:00	0:32:30	6:21:00 AM
ODEMPSEY, CHRIS	0:39:00	0:32:30	6:21:00 AM
EVANS, DERRICK	0:38:30	0:33:00	6:21:30 AM
GRAHAM, ALAN	0:38:30	0:33:00	6:21:30 AM
HENDERSON, ANTHEA	0:38:30	0:33:00	6:21:30 AM

8KM Handicap Run (LONG COURSE ONLY)**17-Jan-26****For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish****Sorted by Start Time (to see who starts before and after you)**

Persons Name	Predicted Time for 8km	Handicap	Clock Start Time (don't start before)
KEHL, ADAM	0:38:30	0:33:00	6:21:30 AM
ALLEN, JAMES	0:38:00	0:33:30	6:22:00 AM
ANDRESS, GREG	0:38:00	0:33:30	6:22:00 AM
BOWDEN, ROB	0:38:00	0:33:30	6:22:00 AM
CARTER, BRENDAN	0:37:30	0:34:00	6:22:30 AM
FREEDMAN, BEN	0:37:30	0:34:00	6:22:30 AM
PAYNE, REBECCA	0:37:30	0:34:00	6:22:30 AM
SIEBURN, ANGELA	0:37:30	0:34:00	6:22:30 AM
TURNER, JASON	0:37:30	0:34:00	6:22:30 AM
CULLEN, DAVID	0:36:30	0:35:00	6:23:30 AM
KIM, BJ	0:36:30	0:35:00	6:23:30 AM
MURTON, KATE	0:36:30	0:35:00	6:23:30 AM
STRACHAN, SCOTT	0:36:30	0:35:00	6:23:30 AM
CARTER, ALEX	0:36:00	0:35:30	6:24:00 AM
IRVING, NATHAN	0:36:00	0:35:30	6:24:00 AM
MWARIA, DAVID	0:36:00	0:35:30	6:24:00 AM
PATHANIA, ADITYA	0:35:30	0:36:00	6:24:30 AM
SHEPHARD, GREG	0:35:30	0:36:00	6:24:30 AM
TRICARICO, GEORGE	0:35:30	0:36:00	6:24:30 AM
BARRA, JASON	0:35:00	0:36:30	6:25:00 AM
FITZSIMMONS, MICHAEL	0:35:00	0:36:30	6:25:00 AM
KEMEI, JOSEPH	0:35:00	0:36:30	6:25:00 AM
BOGUZIS, TOMAS	0:34:30	0:37:00	6:25:30 AM
BOSCHEN, MATTHEW	0:34:30	0:37:00	6:25:30 AM
FORD, GEOFF	0:34:30	0:37:00	6:25:30 AM
BONNY, CHRIS	0:34:00	0:37:30	6:26:00 AM
DAVIDSON, AROHA	0:34:00	0:37:30	6:26:00 AM
LALLY, PATRICK	0:34:00	0:37:30	6:26:00 AM
MCKENZIE, JAEDEN	0:34:00	0:37:30	6:26:00 AM
WEBBER, BRIDGET	0:33:30	0:38:00	6:26:30 AM
WILLIAMS, EAMON	0:33:30	0:38:00	6:26:30 AM
MUSUMBA, CRISPIN	0:33:00	0:38:30	6:27:00 AM
KELLER, MAXENDRE	0:32:30	0:39:00	6:27:30 AM
NIEMI, NOAH	0:32:30	0:39:00	6:27:30 AM
STEVENS, Alec	0:32:30	0:39:00	6:27:30 AM
WOOD, KYLE	0:32:30	0:39:00	6:27:30 AM
HENDERSON, ETHAN	0:32:00	0:39:30	6:28:00 AM
DAWSON, EDWARD	0:31:30	0:40:00	6:28:30 AM

8KM Handicap Run (LONG COURSE ONLY)**17-Jan-26**

**For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish
Sorted by Start Time (to see who starts before and after you)**

Persons Name	Predicted Time for 8km	Handicap	Clock Start Time (don't start before)
ZEVENBERGEN, MARCEL	0:31:00	0:40:30	6:29:00 AM
ARNOLD, DAVID	0:30:30	0:41:00	6:29:30 AM
BUCHHOLZ, MARK	0:30:30	0:41:00	6:29:30 AM
CONNELLY, HEATH	0:30:00	0:41:30	6:30:00 AM
ELLIOTT, CLINTON	0:30:00	0:41:30	6:30:00 AM
O'BRIEN, FARREN LEATHAM	0:28:30	0:43:00	6:31:30 AM
RUBACH, JEFF	0:28:30	0:43:00	6:31:30 AM

8KM Handicap Run (LONG COURSE ONLY)**17-Jan-26**

For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish

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 park run time from the past 12 months	Predicted Time for 8km	Handicap	Clock Start Time (don't start before)
0.17.00	0:28:00	0:43:30	6:32:00 AM
0.17.30	0:29:00	0:42:30	6:31:00 AM
0.18.00	0:29:30	0:42:00	6:30:30 AM
0.18.30	0:30:30	0:41:00	6:29:30 AM
0.19.00	0:31:30	0:40:00	6:28:30 AM
0.19.30	0:32:00	0:39:30	6:28:00 AM
0.20.00	0:33:00	0:38:30	6:27:00 AM
0.20.30	0:33:30	0:38:00	6:26:30 AM
0.21.00	0:34:30	0:37:00	6:25:30 AM
0.21.30	0:35:30	0:36:00	6:24:30 AM
0.22.00	0:36:00	0:35:30	6:24:00 AM
0.22.30	0:37:00	0:34:30	6:23:00 AM
0.23.00	0:38:00	0:33:30	6:22:00 AM
0.23.30	0:38:30	0:33:00	6:21:30 AM
0.24.00	0:39:30	0:32:00	6:20:30 AM
0.24.30	0:40:30	0:31:00	6:19:30 AM
0.25.00	0:41:00	0:30:30	6:19:00 AM
0.25.30	0:42:00	0:29:30	6:18:00 AM
0.26.00	0:43:00	0:28:30	6:17:00 AM
0.26.30	0:43:30	0:28:00	6:16:30 AM
0.27.00	0:44:30	0:27:00	6:15:30 AM
0.27.30	0:45:30	0:26:00	6:14:30 AM
0.28.00	0:46:00	0:25:30	6:14:00 AM
0.28.30	0:47:00	0:24:30	6:13:00 AM
0.29.00	0:47:30	0:24:00	6:12:30 AM
0.29.30	0:48:30	0:23:00	6:11:30 AM
0.30.00	0:49:30	0:22:00	6:10:30 AM
0.30.30	0:50:00	0:21:30	6:10:00 AM
0.31.00	0:51:00	0:20:30	6:09:00 AM
0.31.30	0:52:00	0:19:30	6:08:00 AM
0.32.00	0:52:30	0:19:00	6:07:30 AM
0.32.30	0:53:30	0:18:00	6:06:30 AM

8KM Handicap Run (LONG COURSE ONLY)**17-Jan-26**

For the Long Course, the first person starts at 5:48:30AM - planning for a 7:00AM finish

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 park run time from the past 12 months	Predicted Time for 8km	Handicap	Clock Start Time (don't start before)
0.33.00	0:54:30	0:17:00	6:05:30 AM
0.33.30	0:55:00	0:16:30	6:05:00 AM
0.34.00	0:56:00	0:15:30	6:04:00 AM
0.34.30	0:57:00	0:14:30	6:03:00 AM
0.35.00	0:57:30	0:14:00	6:02:30 AM
0.35.30	0:58:30	0:13:00	6:01:30 AM
0.36.00	0:59:00	0:12:30	6:01:00 AM
0.36.30	0:60:00	0:11:30	6:00:00 AM
0.37.00	0:61:00	0:10:30	5:59:00 AM
0.37.30	0:61:30	0:10:00	5:58:30 AM
0.38.00	0:62:30	0:09:00	5:57:30 AM
0.38.30	0:63:30	0:08:00	5:56:30 AM
0.39.00	0:64:00	0:07:30	5:56:00 AM
0.39.30	0:65:00	0:06:30	5:55:00 AM
0.40.00	0:66:00	0:05:30	5:54:00 AM
0.40.30	0:66:30	0:05:00	5:53:30 AM
0.41.00	0:67:30	0:04:00	5:52:30 AM
0.41.30	0:68:30	0:03:00	5:51:30 AM
0.42.00	0:69:00	0:02:30	5:51:00 AM
0.42.30	0:70:00	0:01:30	5:50:00 AM
0.43.00	0:71:00	0:00:30	5:49:00 AM
0.43.30	0:71:30	0:00:00	5:48:30 AM

If your best parkrun time is 44 mins or more, please do 4km short course handicap run and refer to the 4KM Handicap Run (SHORT COURSE ONLY) guide for your times.