

Sri Chinmoy Iron Cove 4 km Run/Walk

Iron Cove, Lilyfield : 5 Nov 2023

7 Runners

Male 17 and Over : 2 Runners : 4 Kms

Place	No.	Name	Time	Time Dif	
1	835	Terry Couchman	17:40		
2	833	Anthony Greenall-Ota	31:14	13:34	

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Iron Cove, Lilyfield : 5 Nov 2023

7 Runners

Female 17 and Over : 5 Runners : 4 Kms

Place	No.	Name	Time	Time Dif	
1	937	Hazel Chen	23:53		
2	933	Belinda Couchman	23:56	0:03	
3	936	Shona Gawel	24:05	0:12	
4	935	Mia Kloiser-Jones	31:13	7:20	
5	934	Anna Hansen	39:45	15:52	