

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 5 Nov 2023

41 Runners

Male Under 50 : 13 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	416	Ryley Bamblett	24:54		
2	418	Hudson Savage	26:45	1:51	
3	414	Daniel Fernandez	26:54	2:00	
4	406	Ken Wong	28:52	3:58	
5	411	Mitch Grima	29:31	4:37	
6	423	Jamie Stinson	29:43	4:49	
7	413	Preston Potts	30:53	5:59	
8	421	Elliot Nolan	31:08	6:14	
9	412	David Cupitt	36:15	11:21	
10	409	Henry Clutterbuck	39:05	14:11	
11	415	Dagan Herceg	40:21	15:27	
12	419	Liam Payne	48:06	23:12	
13	424	Yeongjin Kim	49:29	24:35	

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Male 50-59 : 5 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	549	David Hughson	35:39		
2	543	Wayne Holland	38:45	3:06	
3	542	Gavin Costello	42:02	6:23	
4	548	Jeremy Kloiser-Jones	52:25	16:46	
5	547	Simon Tietz	52:40	17:01	

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Male 60-69 : 3 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	573	Kieron Blackmore	30:47		
2	572	Greg Bisset	39:09	8:22	
3	574	William Shen	39:56	9:09	

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Male 70+ : 3 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	592	Rob Ellis	34:20		
2	591	David Iverach	34:53	0:33	
3	593	Brian Radburn	42:33	8:13	

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Female Under 50 : 13 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	611	Helena Hayes	26:12	
2	620	Eva Gawel	26:43	0:31
3	618	Eileen Cantwell	31:20	5:08
4	602	Natasha Hammond	32:20	6:08
5	621	Myree McCosh	33:31	7:19
6	615	Yuxing Hu	34:46	8:34
7	608	Catrina O'Regan	35:13	9:01
8	613	Harriette Munro	37:08	10:56
9	607	Alexandra Clutterbuck	46:22	20:10
10	603	Pam Young	56:21	30:09
11	616	Hyo Jin Seo	58:08	31:56
12	619	Andile Ndebele	1:00:49	34:37
13	617	So Jeong Kim	1:02:17	36:05

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Female 50-59 : 3 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	745	Zoe Melling	35:45		
2	741	Rosamond Freeman Hayes	43:11	7:26	
3	742	Annabelle Hamilton	47:10	11:25	

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Female 70+ : 1 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	792	Mieke Masselos	38:29	