

Sri Chinmoy Iron Cove 8 km Run

Iron Cove, Lilyfield : 2 Nov 2008

89 Runners

Male Under 50 : 30 Runners : 8 Kms

| Place | No. | Name | Time | Time Dif |
|-------|-----|------------------|-------|----------|
| 1 | 410 | Pavol Sefcik | 31:14 | |
| 2 | 436 | Gary Mullins | 31:22 | 0:08 |
| 3 | 423 | Martin Cosby | 31:30 | 0:16 |
| 4 | 412 | Drew Hoare | 33:01 | 1:47 |
| 5 | 420 | James Jackson | 33:13 | 1:59 |
| 6 | 427 | Gary Andrews | 33:14 | 2:00 |
| 7 | 432 | Bruce Burns | 33:46 | 2:32 |
| 8 | 437 | Richard Frost | 33:51 | 2:37 |
| 9 | 414 | Christian Bourke | 34:28 | 3:14 |
| 10 | 407 | Matthew Drummond | 36:10 | 4:56 |
| 11 | 422 | Zac Frost | 37:04 | 5:50 |
| 12 | 434 | Shannon Bell | 37:41 | 6:27 |
| 13 | 418 | John McGann | 38:14 | 7:00 |
| 14 | 401 | Sean Gallagher | 38:23 | 7:09 |
| 15 | 419 | Eric Lewis | 38:41 | 7:27 |
| 16 | 430 | Colin Clifford | 38:46 | 7:32 |
| 17 | 405 | Michael Croteau | 39:06 | 7:52 |
| 18 | 435 | Oliver Wellings | 39:27 | 8:13 |
| 19 | 411 | Daniel Pringle | 39:49 | 8:35 |
| 20 | 416 | Mark Mercieca | 40:39 | 9:25 |
| 21 | 404 | Peter Coates | 41:02 | 9:48 |
| 22 | 431 | Joseph Sarka | 42:25 | 11:11 |
| 23 | 433 | Andrew Corbett | 43:51 | 12:37 |
| 24 | 424 | James Cunningham | 43:52 | 12:38 |
| 25 | 415 | Mark De Boer | 44:03 | 12:49 |
| 26 | 409 | Mark Fay | 44:46 | 13:32 |
| 27 | 421 | Tim Gehrke | 45:00 | 13:46 |
| 28 | 417 | Mark Traynor | 45:15 | 14:01 |
| 29 | 426 | Cesar Punzalan | 45:44 | 14:30 |
| 30 | 408 | Tomas Johnsson | 46:00 | 14:46 |

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Male 50-59 : 13 Runners : 8 Kms

| Place | No. | Name | Time | Time Dif |
|-------|-----|---------------------|-------|----------|
| 1 | 501 | David McEwan | 30:52 | |
| 2 | 509 | Gregory Mur | 32:15 | 1:23 |
| 3 | 508 | Bruce Flaherty | 36:29 | 5:37 |
| 4 | 504 | Stephen Durante | 37:06 | 6:14 |
| 5 | 513 | Edward Van der Mars | 37:53 | 7:01 |
| 6 | 505 | Terry Rose | 38:08 | 7:16 |
| 7 | 507 | Mark McKay | 40:38 | 9:46 |
| 8 | 506 | Christopher Wilson | 42:18 | 11:26 |
| 9 | 503 | Karl Castan | 44:24 | 13:32 |
| 10 | 502 | Greg Savage | 50:47 | 19:55 |
| 11 | 511 | Phillip McEvoy | 51:52 | 21:00 |
| 12 | 510 | Tom Kramer | 52:41 | 21:49 |
| 13 | 512 | Allan Marett | 52:45 | 21:53 |

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Male 60-69 : 5 Runners : 8 Kms

| Place | No. | Name | Time | Time Dif | |
|-------|-----|---------------------|---------|----------|--|
| 1 | 564 | John Burroughs | 35:09 | | |
| 2 | 565 | John Manahan | 38:35 | 3:26 | |
| 3 | 562 | John Bowman | 43:32 | 8:23 | |
| 4 | 563 | Ernest Windschuttel | 49:06 | 13:57 | |
| 5 | 561 | Robert Zehner | 1:00:13 | 25:04 | |

Sri Chinmoy Iron Cove 8 km Run

Iron Cove, Lilyfield : 2 Nov 2008

89 Runners

Female Under 50 : 36 Runners : 8 Kms

| Place | No. | Name | Time | Time Dif |
|-------|-----|-------------------|---------|----------|
| 1 | 643 | Audrey Hall | 34:47 | |
| 2 | 614 | Allison Stubbings | 39:16 | 4:29 |
| 3 | 642 | Kate Myles | 39:43 | 4:56 |
| 4 | 624 | Belinda Thomas | 39:47 | 5:00 |
| 5 | 629 | Lydia McKay | 40:34 | 5:47 |
| 6 | 626 | Joyce Lam | 40:59 | 6:12 |
| 7 | 638 | Jillian Manahan | 41:32 | 6:45 |
| 8 | 631 | Kerri Connolly | 41:33 | 6:46 |
| 9 | 636 | Sarah Osvath | 41:38 | 6:51 |
| 10 | 616 | Katya Morrison | 42:05 | 7:18 |
| 11 | 640 | Eloise Sarka | 42:29 | 7:42 |
| 12 | 618 | Julie Mackin | 42:54 | 8:07 |
| 13 | 622 | Clare Gray | 42:55 | 8:08 |
| 14 | 617 | Annabel Matison | 43:28 | 8:41 |
| 15 | 612 | Sian Stallworthy | 44:14 | 9:27 |
| 16 | 628 | Cynthia Nilsen | 45:09 | 10:22 |
| 17 | 623 | Suzie Flynn | 45:27 | 10:40 |
| 18 | 615 | Heidi Petroff | 46:07 | 11:20 |
| 19 | 632 | Suzanne Bell | 46:11 | 11:24 |
| 20 | 641 | Belinda Essex | 46:45 | 11:58 |
| 21 | 633 | Rebecca Bell | 47:41 | 12:54 |
| 22 | 613 | Nicole Nissen | 47:53 | 13:06 |
| 23 | 630 | Eugenia Yuen | 48:02 | 13:15 |
| 24 | 621 | Clare Frost | 49:43 | 14:56 |
| 25 | 605 | Amanda Laurent | 50:06 | 15:19 |
| 26 | 606 | Ksenya Pakhomov | 51:37 | 16:50 |
| 27 | 639 | Janis McEvoy | 51:53 | 17:06 |
| 28 | 627 | Megan Corrigan | 52:12 | 17:25 |
| 29 | 603 | Jacquie Meller | 54:22 | 19:35 |
| 30 | 625 | Cathie Wiltshire | 55:12 | 20:25 |
| 31 | 611 | Anne Champion | 55:36 | 20:49 |
| 32 | 637 | Meg Redwin | 56:11 | 21:24 |
| 33 | 619 | Carrie Booth | 57:35 | 22:48 |
| 34 | 620 | Kellie George | 57:36 | 22:49 |
| 35 | 602 | Anna Clarke | 59:43 | 24:56 |
| 36 | 634 | Susan Morrison | 1:07:07 | 32:20 |

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Female 50-59 : 4 Runners : 8 Kms

| Place | No. | Name | Time | Time Dif | |
|-------|-----|----------------|-------|----------|--|
| 1 | 704 | Pennie Psaltis | 39:38 | | |
| 2 | 705 | Maree O Brian | 40:54 | 1:16 | |
| 3 | 703 | Jo Rickards | 42:57 | 3:19 | |
| 4 | 701 | Tonia Wood | 45:26 | 5:48 | |

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Female 60-69 : 1 Runners : 8 Kms

| Place | No. | Name | Time | Time Dif |
|-------|-----|------------|-------|----------|
| 1 | 761 | Kerry Bray | 45:43 | |