

# Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 10 Jun 2012

140 Runners

## Male Under 50 : 54 Runners : 8 Kms

Place	No.	Name	Time	Time Dif
1	409	Roussos Alexopoulos	25:32	
2	447	Hamish Wallace	25:57	0:25
3	452	Jonathan Heron	26:04	0:32
4	408	Russell Van Der Water	26:39	1:07
5	411	Luke Fay	27:19	1:47
6	426	Martin Stirling	27:26	1:54
7	434	Carlile Cripps	27:33	2:01
8	459	Dan Colquhoun	27:43	2:11
9	460	Tony Miller	28:49	3:17
10	450	Paul Scullion	29:12	3:40
11	412	Mark Scott	29:54	4:22
12	454	Stephen Belavic	31:03	5:31
13	429	Stepan Mejzlik	31:31	5:59
14	433	Andrew Parish	31:55	6:23
15	448	Anthony Wallace	32:00	6:28
16	435	Lael Grant	32:03	6:31
17	427	Paul McArron	32:08	6:36
18	467	Joshua Amiel	32:28	6:56
19	422	Alex Zamprogno	32:39	7:07
20	441	Richard Scolyer	32:57	7:25
21	457	S Hawkins	33:17	7:45
22	424	David Lecompte	33:18	7:46
23	439	Laurence Mealing	33:24	7:52
24	431	Kris Petersen	34:07	8:35
25	451	Paul Jenkins	34:19	8:47
26	430	Shannon Stirling	34:22	8:50
27	438	Joel Mealing	34:31	8:59
28	407	Daniel Faccin	34:32	9:00
29	417	Adam Campbell	34:33	9:01
30	458	Justin Falk	34:35	9:03
31	446	Mahidi Mardini	34:37	9:05
32	419	Scott Marsh	34:58	9:26
33	401	James Burwood	35:10	9:38
34	416	Paul Connell	35:21	9:49
35	437	Gavin Carbone	35:23	9:51
36	414	Jamie Zimmermann	35:33	10:01
37	406	Daniel Dinte	36:18	10:46
38	436	David Anderson	37:17	11:45

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<b>39</b>	465	Adam Shaw	<b>37:43</b>	12:11	
<b>40</b>	413	Carl Huber	<b>38:00</b>	12:28	
<b>41</b>	420	Mark Traynor	<b>38:33</b>	13:01	
<b>42</b>	455	Rupert Reeve	<b>38:54</b>	13:22	
<b>43</b>	456	Andrew McDonald	<b>39:30</b>	13:58	
<b>44</b>	402	Derek Van Wyk	<b>39:43</b>	14:11	
<b>45</b>	466	Paul Ortiz	<b>40:28</b>	14:56	
<b>46</b>	410	Miguel Francisco Cruz	<b>40:43</b>	15:11	
<b>47</b>	421	Andrew Lowe	<b>41:08</b>	15:36	
<b>48</b>	464	Aubrey Chan	<b>41:42</b>	16:10	
<b>49</b>	463	Nathan Steggles	<b>41:43</b>	16:11	
<b>50</b>	462	Cameron Steele	<b>42:16</b>	16:44	
<b>51</b>	461	Ben Ward	<b>42:29</b>	16:57	
<b>52</b>	449	James Payten	<b>44:24</b>	18:52	
<b>53</b>	432	Joseph De Guzman	<b>50:00</b>	24:28	
<b>54</b>	404	Josh Day	<b>1:05:51</b>	40:19	

# Sri Chinmoy Iron Cove 7 km Run

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## Male 50-59 : 10 Runners : 8 Kms

Place	No.	Name	Time	Time Dif	
1	549	Brian Radburn	29:48		
2	547	Mark O'Donnell	32:33	2:45	
3	548	Walter Helfensdorfer	33:28	3:40	
4	543	Lawrence Markham	35:39	5:51	
5	546	Michael Christie	37:19	7:31	
6	550	Stephen Kelly	39:27	9:39	
7	544	Anton Smith	39:59	10:11	
8	542	Pierre-Louis Lamarque	43:19	13:31	
9	553	Doug Fulford	45:00	15:12	
10	552	Victor Saywell	59:35	29:47	

# Sri Chinmoy Iron Cove 7 km Run

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140 Runners

## Male 60-69 : 7 Runners : 8 Kms

Place	No.	Name	Time	Time Dif	
1	572	Witold Krajewski	28:37		
2	571	Bill Hick	31:07	2:30	
3	577	Bruce John Flaherty	31:15	2:38	
4	574	Terry Rose	32:19	3:42	
5	573	Derek Bolton	37:10	8:33	
6	575	John Bowman	39:10	10:33	
7	576	Tom Kramer	41:57	13:20	

# Sri Chinmoy Iron Cove 7 km Run

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140 Runners

## Female Under 50 : 58 Runners : 8 Kms

Place	No.	Name	Time	Time Dif
1	640	Elmarie O'Regan	28:46	
2	678	Collen Scuter	28:51	0:05
3	645	Elouise Sarka	31:58	3:12
4	665	Lyndall Conley	32:05	3:19
5	621	Nicole Williamson	32:14	3:28
6	680	Breanna Chipney	32:26	3:40
7	630	Christina Alcover	33:21	4:35
8	612	Stephanie Compton	33:48	5:02
9	666	Isobelle Jenkins	34:14	5:28
10	641	Kathryn Lowry	35:16	6:30
11	617	Chrissy Kenney	35:31	6:45
12	638	Sofia Hakanson	35:42	6:56
13	674	Sophie McNamara	35:57	7:11
14	624	Kylie Granger	36:06	7:20
15	676	Michailla Steiner	36:12	7:26
16	664	Danielle Annese	37:05	8:19
17	635	Anna Sanares-Brissett	37:13	8:27
18	647	Emma McMahon	37:28	8:42
19	643	Penelope Hone	37:44	8:58
20	655	Meyke Haruman	37:51	9:05
21	671	Sillpa Parmar	37:58	9:12
22	667	Fiona Alcock	38:22	9:36
23	618	Sian Nieboer	38:24	9:38
24	633	Hajung Lee	38:28	9:42
25	668	Anna Hole	39:24	10:38
26	669	Amit Bahra	39:25	10:39
27	646	Mandy Edkins	39:41	10:55
28	615	Natalie Di Benedetto	40:03	11:17
29	607	Jacqueline Teurlings	40:16	11:30
30	613	Darlyn Kimberly Yang	40:46	12:00
31	670	Yvette Miller	41:05	12:19
32	611	Karina Silva	41:10	12:24
33	623	Nicole Cockayne	41:21	12:35
34	604	Katina Turvey	42:07	13:21
35	679	Jane Furner	42:15	13:29
36	636	Pamela Ortiz	42:33	13:47
37	673	Kerrie Pefkos	42:38	13:52
38	644	Vicky Gall	42:44	13:58

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<b>39</b>	610	Amanda Dunlop	<b>43:11</b>	14:25	
<b>40</b>	677	Amber-Leigh Crake	<b>43:17</b>	14:31	
<b>41</b>	601	Louise Burwood	<b>43:33</b>	14:47	
<b>42</b>	625	Bridgid Hutton	<b>43:54</b>	15:08	
<b>43</b>	627	Gaby Ruggeri	<b>44:14</b>	15:28	
<b>44</b>	642	Felisca Jusuf	<b>44:45</b>	15:59	
<b>45</b>	634	Stephanie Bird	<b>44:50</b>	16:04	
<b>46</b>	606	Rachel Kelly	<b>44:54</b>	16:08	
<b>47</b>	656	Rochelle Baines	<b>45:32</b>	16:46	
<b>48</b>	602	Teresa Speakman	<b>45:37</b>	16:51	
<b>49</b>	603	Linzy Whiteley	<b>45:41</b>	16:55	
<b>50</b>	619	Bevin Aston	<b>47:12</b>	18:26	
<b>51</b>	672	Carmel Mollay	<b>47:20</b>	18:34	
<b>52</b>	631	Louise Adami	<b>47:33</b>	18:47	
<b>53</b>	637	Danielle Elliott	<b>47:49</b>	19:03	
<b>54</b>	626	Eileen Draven	<b>48:19</b>	19:33	
<b>55</b>	620	Nicole Gallie	<b>49:35</b>	20:49	
<b>56</b>	662	Marie Norton	<b>49:42</b>	20:56	
<b>57</b>	614	Leah Kristine Ma	<b>53:42</b>	24:56	
<b>58</b>	622	Christine Watt	<b>53:44</b>	24:58	

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## Female 50-59 : 6 Runners : 8 Kms

Place	No.	Name	Time	Time Dif	
1	776	Suellen Stirling	35:51		
2	781	Sylvia Nichols	36:04	0:13	
3	780	Jane Waldron	38:59	3:08	
4	782	Amanda North	41:36	5:45	
5	777	Sandra Smith	43:27	7:36	
6	778	Jackie Montado	52:45	16:54	

# Sri Chinmoy Iron Cove 7 km Run

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## Female 60-69 : 5 Runners : 8 Kms

Place	No.	Name	Time	Time Dif	
1	794	Renee Reynolds	41:39		
2	792	Dot Siepmann	43:06	1:27	
3	793	Frances Bowman	47:06	5:27	
4	795	Rosa Saladino	1:02:47	21:08	
5	791	Lori Mohan	1:09:01	27:22	