

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 11 Jun 2023

73 Runners

Male Under 50 : 16 Runners : 7 Kms

| Place | No. | Name | Time | Time Dif |
|-------|-----|-----------------------|-------|----------|
| 1 | 408 | Chaturanga Jayalathge | 28:00 | |
| 2 | 412 | Hugh Montgomery | 28:20 | 0:20 |
| 3 | 414 | Michael Pengue | 28:26 | 0:26 |
| 4 | 421 | Ken Wong | 28:28 | 0:28 |
| 5 | 419 | Adam Weale | 31:58 | 3:58 |
| 6 | 403 | Andrew Berry | 33:55 | 5:55 |
| 7 | 420 | Paul Wilcock | 34:15 | 6:15 |
| 8 | 401 | Mark Allavsson | 35:08 | 7:08 |
| 9 | 417 | James Twiss | 35:33 | 7:33 |
| 10 | 405 | Adam Fernandez | 36:41 | 8:41 |
| 11 | 415 | Nishadh Rego | 36:51 | 8:51 |
| 12 | 422 | Jameson Jones | 37:28 | 9:28 |
| 13 | 406 | Tristin Hanna | 38:17 | 10:17 |
| 14 | 410 | James Matheson | 38:54 | 10:54 |
| 15 | 404 | Dave Cochrane | 40:16 | 12:16 |
| 16 | 416 | Wanpeng Song | 46:30 | 18:30 |

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 11 Jun 2023
73 Runners

Male 50-59 : 6 Runners : 7 Kms

| Place | No. | Name | Time | Time Dif | |
|-------|-----|----------------|-------|----------|--|
| 1 | 541 | David Carson | 30:38 | | |
| 2 | 548 | Adam Barrier | 31:23 | 0:45 | |
| 3 | 544 | John Hayes | 34:45 | 4:07 | |
| 4 | 547 | Stephen Supple | 37:02 | 6:24 | |
| 5 | 545 | David McKee | 39:31 | 8:53 | |
| 6 | 546 | Mark Traynor | 45:12 | 14:34 | |

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 11 Jun 2023
73 Runners

Male 60-69 : 6 Runners : 7 Kms

| Place | No. | Name | Time | Time Dif | |
|-------|-----|--------------------|---------|----------|--|
| 1 | 574 | Steve Bourke | 31:43 | | |
| 2 | 575 | Tutsundo Kato | 33:22 | 1:39 | |
| 3 | 572 | Nev Goodyer | 40:26 | 8:43 | |
| 4 | 576 | Andrew Panos | 41:30 | 9:47 | |
| 5 | 573 | Phoumsavath Bovlom | 43:52 | 12:09 | |
| 6 | 571 | Stephen Brown | 1:01:48 | 30:05 | |

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 11 Jun 2023
73 Runners

Male 70+ : 5 Runners : 7 Kms

| Place | No. | Name | Time | Time Dif | |
|-------|-----|---------------|---------|----------|--|
| 1 | 593 | Rob Ellis | 33:57 | | |
| 2 | 594 | David Iverach | 34:36 | 0:39 | |
| 3 | 592 | Derek Bolton | 39:10 | 5:13 | |
| 4 | 595 | Peter Turner | 39:21 | 5:24 | |
| 5 | 591 | Peter Allen | 1:03:38 | 29:41 | |

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 11 Jun 2023

73 Runners

Female Under 50 : 30 Runners : 7 Kms

| Place | No. | Name | Time | Time Dif |
|-------|-----|-------------------|-------|----------|
| 1 | 606 | Christine Gibbons | 28:32 | |
| 2 | 621 | Mel Selby | 30:12 | 1:40 |
| 3 | 629 | Eileen Cantwell | 30:22 | 1:50 |
| 4 | 603 | Jenny Doak | 30:54 | 2:22 |
| 5 | 607 | Natasha Hammond | 31:16 | 2:44 |
| 6 | 624 | Nadine Weale | 31:55 | 3:23 |
| 7 | 618 | Kate Naude | 33:20 | 4:48 |
| 8 | 630 | Hiroko Vasilas | 33:37 | 5:05 |
| 9 | 608 | Yuxing Hu | 33:59 | 5:27 |
| 10 | 611 | Pei Kong | 35:11 | 6:39 |
| 11 | 604 | Liana Downey | 35:13 | 6:41 |
| 12 | 610 | Elise James | 37:08 | 8:36 |
| 13 | 620 | Yuan Qi | 37:09 | 8:37 |
| 14 | 605 | Treasa Dunne | 37:26 | 8:54 |
| 15 | 633 | Catrina O'Regan | 38:13 | 9:41 |
| 16 | 627 | Natalie Farrelly | 38:15 | 9:43 |
| 17 | 632 | Deborah Vukon | 38:47 | 10:15 |
| 18 | 617 | Anjanette Murfet | 39:34 | 11:02 |
| 19 | 631 | Yukie Kokkubo | 40:29 | 11:57 |
| 20 | 619 | Carla Odonnell | 41:03 | 12:31 |
| 21 | 623 | Amy Stuart | 41:08 | 12:36 |
| 22 | 601 | Janine Boubbov | 41:52 | 13:20 |
| 23 | 612 | Ermelinda Kovacs | 42:32 | 14:00 |
| 24 | 634 | Hazel Chen | 43:50 | 15:18 |
| 25 | 602 | Amy Butler | 45:09 | 16:37 |
| 26 | 622 | Melody Song | 46:28 | 17:56 |
| 27 | 609 | Meaghan Hutchins | 50:17 | 21:45 |
| 28 | 625 | Verity Wilson | 50:38 | 22:06 |
| 29 | 626 | Pam Young | 51:27 | 22:55 |
| 30 | 613 | Lena Lee | 53:23 | 24:51 |

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 11 Jun 2023
73 Runners

Female 50-59 : 6 Runners : 7 Kms

| Place | No. | Name | Time | Time Dif | |
|-------|-----|------------------------|-------|----------|--|
| 1 | 744 | Tracey Odonnell | 38:04 | | |
| 2 | 747 | Connie Hui | 39:01 | 0:57 | |
| 3 | 746 | Meg Garrido | 42:36 | 4:32 | |
| 4 | 745 | Cathie Sherrington | 43:23 | 5:19 | |
| 5 | 742 | Rosamond Freeman Hayes | 43:26 | 5:22 | |
| 6 | 741 | Sandrah Foda | 45:56 | 7:52 | |

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 11 Jun 2023
73 Runners

Female 60-69 : 1 Runners : 7 Kms

| Place | No. | Name | Time | Time Dif |
|-------|-----|----------------|-------|----------|
| 1 | 771 | Sylvia Nichols | 39:18 | |

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 11 Jun 2023
73 Runners

Female 70+ : 3 Runners : 7 Kms

| Place | No. | Name | Time | Time Dif | |
|-------|-----|------------------|-------|----------|--|
| 1 | 791 | Mieke Masselos | 38:08 | | |
| 2 | 793 | Kate Rowe | 41:25 | 3:17 | |
| 3 | 792 | Merridy Odonnell | 46:56 | 8:48 | |