

## VCCL Results - parkrun 2018

Race 5

Saturday, 12 May, 2018

5km

Coburg or other parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Les Williams	93	18:31	29	4:25	0:40	13:26	0:00	3:42
2	Matt Grant	231	17:04	13	2:00	0:30	14:34	1:08	3:25
3	Tony Moran	35	18:06	20	3:00	0:20	14:46	1:20	3:37
4	Sean Quilty	26	17:42	15	2:15	0:40	14:47	1:21	3:32
5	Irene James	60	25:13	65	9:45	0:40	14:48	1:22	5:03
6	Corey Lawson	233	17:13	13	2:00	0:20	14:53	1:27	3:27
7	Glenn Sullivan	280	18:35	20	3:00	0:40	14:55	1:29	3:43
8	Joel Donnar	232	16:41	8	1:15	0:30	14:56	1:30	3:20
9	Martine Beer	83	19:58	30	4:30	0:30	14:58	1:32	4:00
10	Leon Brooks	230	19:58	29	4:25	0:30	15:03	1:37	4:00
11	Craig Harris	343	18:52	20	3:00	0:40	15:12	1:46	3:46
12	Fraser Murray	191	20:56	33	5:00	0:40	15:16	1:50	4:11
13	Julian Harris	213	19:28	23	3:30	0:40	15:18	1:52	3:54
14	Mark O'Brien	33	23:37	46	6:55	1:00	15:42	2:16	4:43
15	Jacob Nolan	214	17:50	9	1:25	0:40	15:45	2:19	3:34
16	Carl Kennedy	141	19:14	18	2:45	0:40	15:49	2:23	3:51
17	Heather Sullivan	41	23:26	45	6:45	0:40	16:01	2:35	4:41
18	Gary Blake	320	23:35	41	6:10	0:40	16:45	3:19	4:43
19	Adina Morrow	273	24:45	48	7:15	0:40	16:50	3:24	4:57
20	Russell Johnson	30	23:46	33	5:00	1:10	17:36	4:10	4:45
21	Damien Cassar	46	25:01	38	5:45	0:20	18:56	5:15	5:00
22	John Mackay	203	32:30	83	12:30	0:20	19:40	6:14	6:30
23	Shane Thiele	291	21:06	5	0:45	0:20	20:01	6:35	4:13