

## VCCL Results - parkrun 2019

Race 20

Saturday, 14 September, 2019

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Tony Moran	35	17:29	21	3:10	0:00	14:19	0:00	3:30
2	Irene James	60	23:18	59	8:55	0:00	14:23	0:04	4:40
3	Luke Critchley	321	21:19	37	5:35	1:18	14:26	0:07	4:16
4	Julian Harris 01	132	17:57	20	3:00	0:15	14:42	0:23	3:35
5	Heather Sullivan	41	22:28	49	7:25	0:18	14:45	0:26	4:30
6	Fraser Murray	191	21:48	34	5:10	1:27	15:11	0:52	4:22
7	Matt Grant	231	17:05	10	1:30	0:21	15:14	0:55	3:25
8	Russell Johnson	30	22:52	43	6:30	1:00	15:22	1:03	4:34
9	Natalie Densley	338	20:47	35	5:15	0:00	15:32	1:13	4:09
10	Marcus Boxall	49	18:39	15	2:15	0:36	15:48	1:29	3:44
11	David Page	310	19:12	22	3:20	0:00	15:52	1:33	3:50
12	Mark Andrews	144	18:37	17	2:35	0:00	16:02	1:43	3:43
13	Glenn Sullivan	280	19:58	20	3:00	0:18	16:40	2:21	4:00
14	John Mackay	203	32:38	100	15:00	0:00	17:38	3:19	6:32
15	Mark O'Brien	33	25:54	50	7:30	0:24	18:00	3:41	5:11
16	Wayne James	119	23:18	33	4:55	0:00	18:23	4:04	4:40
17	Martine Beer	83	23:18	32	4:45	0:00	18:33	4:14	4:40
18	Sean Quilty	26	21:28	17	2:35	0:00	18:53	4:34	4:18
19	Shane Thiele	291	24:13	8	1:15	0:24	22:34	8:15	4:51