

## VCCL Results - parkrun 2021

Race 4

Saturday, 15 May, 2021

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Julian Harris 01	132	18:40	21	3:10	0:15	15:15	0:00	3:44	
2	Francis Dowdle	369	16:52	8	1:15	0:00	15:37	0:22	3:22	
3	Greg Foran	171	20:28	22	3:20	1:12	15:56	0:41	4:06	
4	Russell Johnson	30	23:29	44	6:40	0:42	16:07	0:52	4:42	
5	Les Williams	93	20:26	27	4:05	0:03	16:18	1:03	4:05	
6	Brendan Norden	77	22:04	35	5:15	0:27	16:22	1:07	4:25	
7	Elisha Ezard	345	22:40	38	5:45	0:06	16:49	1:34	4:32	
8	Fraser Murray	191	22:01	32	4:50	0:21	16:50	1:35	4:24	
9	Gary Blake	320	24:27	48	7:15	0:21	16:51	1:36	4:53	
10	Fiona Ely	368	27:26	61	9:10	1:12	17:04	1:49	5:29	
11	Glenn Sullivan	280	22:12	22	3:20	0:51	18:01	2:46	4:26	
12	Tony Rendina	71	28:09	55	8:15	0:06	19:48	2:56	5:38	
13	Ray Barnard	124	29:59	65	9:45	1:12	19:02	3:47	6:00	