

## VCCL Results - parkrun 2022

Race 3

Saturday, 14 May, 2022

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Russell Johnson	30	23:15	44	6:40	0:57	15:38	0:00	4:39	
2	Shane Ezard	228	19:45	24	3:40	0:00	16:05	0:27	3:57	
3	Elisha Ezard	345	22:15	41	6:10	0:00	16:05	0:27	4:27	
4	Julian Harris 01	132	18:54	16	2:25	0:21	16:08	0:30	3:47	
5	Riley Bryce	256	16:21	1	0:10	0:00	16:11	0:33	3:16	
6	Brendan Norden	77	22:37	39	5:55	0:30	16:12	0:34	4:31	
7	Fiona Ely	368	27:20	62	9:20	1:03	16:57	1:19	5:28	
8	Richard Polkinghorne	61	20:10	19	2:55	0:00	17:15	1:37	4:02	
9	Fraser Murray	191	22:48	33	5:00	0:27	17:21	1:43	4:34	
10	Gary Blake	320	25:20	49	7:25	0:27	17:28	1:50	5:04	
11	Craig Harris	343	20:37	19	2:55	0:09	17:33	1:55	4:07	
12	Irene James	60	27:36	58	8:45	0:21	18:30	2:52	5:31	
13	Glenn Sullivan	280	23:19	25	3:45	0:30	19:04	3:26	4:40	
14	Luke Critchley	321	26:46	37	5:35	1:18	19:53	4:15	5:21	