

VCCL Results - parkrun 2022

Race 10

Saturday, 2 July, 2022

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Shane Ezard	228	18:45	25	3:45	0:00	15:00	0:00	3:45	
2	Les Williams	93	19:57	28	4:15	0:18	15:24	0:24	3:59	
3	Rob Haala	313	17:41	12	1:50	0:21	15:30	0:30	3:32	
4	Martine Beer	83	20:40	33	5:00	0:00	15:40	0:40	4:08	
5	Fraser Murray	191	20:57	34	5:10	0:03	15:44	0:44	4:11	
6	Matt Grant	231	17:15	8	1:15	0:06	15:54	0:54	3:27	
7	Mark Andrews	144	18:24	15	2:15	0:00	16:09	1:09	3:41	
8	Adina Morrow	273	22:20	39	5:55	0:10	16:15	1:15	4:28	
9	Russell Johnson	30	23:26	41	6:10	0:54	16:22	1:22	4:41	
10	Irene James	60	25:27	60	9:00	0:00	16:27	1:27	5:05	
11	Francis Dowdle	369	17:34	5	0:45	0:00	16:49	1:49	3:31	
12	Craig Harris	343	19:53	20	3:00	0:00	16:53	1:53	3:59	
13	Gary Blake	320	25:34	50	7:30	0:27	17:37	2:37	5:07	
14	Richard Polkinghorne	61	21:13	19	2:55	0:00	18:18	3:18	4:15	
15	Wayne James	119	23:51	36	5:25	0:00	18:26	3:26	4:46	
16	Glenn Sullivan	280	22:40	26	3:55	0:13	18:32	4:27	4:32	
17	Mark O'Brien	33	32:43	51	7:40	1:00	24:03	9:03	6:33	
18	Luke Critchley	321	32:37	37	5:35	1:30	25:32	10:32	6:31	