

# VCCL Results - parkrun 2022

Race 14

Saturday, 30 July, 2022

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Martine Beer	83	19:57	33	5:00	0:00	14:57	0:00		3:59
2	Mark Hipworth	349	19:05	27	4:05	0:00	15:00	0:03		3:49
3	Adina Morrow	273	21:25	39	5:55	0:18	15:12	0:15		4:17
4	Elisha Ezard	345	21:24	41	6:10	0:00	15:14	0:17		4:17
5	Les Williams	93	20:07	29	4:25	0:18	15:24	0:27		4:01
6	Shane Ezard	228	18:40	20	3:00	0:00	15:40	0:43		3:44
7	Corey Lawson	233	18:22	17	2:35	0:00	15:47	0:50		3:40
8	Fraser Murray	191	20:59	30	4:30	0:30	15:59	1:02		4:12
9	Brendan Norden	77	22:42	41	6:10	0:30	16:02	1:05		4:32
10	Greg Foran	171	20:52	23	3:30	1:03	16:19	1:22		4:10
11	Riley Bryce	256	16:13	-1	-0:10	0:00	16:23	1:26		3:15
12	Russell Johnson	30	23:16	42	6:20	0:18	16:38	1:41		4:39
13	Richard Polkinghorne	61	19:41	19	2:55	0:00	16:46	1:49		3:56
14	Craig Harris	343	20:29	22	3:20	0:00	17:09	2:12		4:06
15	Wayne James	119	22:58	37	5:35	0:00	17:23	2:26		4:36
16	Irene James	60	26:35	61	9:10	0:00	17:25	2:28		5:19
17	Francis Dowdle	369	18:24	6	0:55	0:00	17:29	2:32		3:41
18	Gary Blake	320	25:35	50	7:30	0:27	17:38	2:41		5:07
19	Glenn Sullivan	280	23:47	26	3:55	0:13	19:39	4:42		4:45