

# VCCL Results - VCCL 'Ted Connell' 5k Legend Handicap 2009

Sponsored by VCCL Committee & Social Committee

Race 13

Sunday, 19 July, 2009

5km

Lillydale Lake (Bellbird Car Park)

Place	Name	#	Time	Spot	H'cap	N/Time	Margin	km	Rate
1	Wayne James	119	20:03	30	4:35	15:28	0:00	4:01	
2	Alan Karfut	436	22:41	47	7:10	15:31	0:03	4:32	
3	Gemma Kenessy	444	19:50	28	4:15	15:35	0:07	3:58	
4	David Woods	299	18:52	21	3:10	15:42	0:14	3:46	
5	Tony Parsons	339	19:42	26	3:55	15:47	0:19	3:56	
6	Craig Harris	343	18:15	17	2:25	15:50	0:22	3:39	
7	Marcus Boxall	49	18:50	19	2:50	16:00	0:32	3:46	
8	David Page	310	18:07	15	2:05	16:02	0:34	3:37	
9	Tom Hecimovic	159	20:09	27	4:05	16:04	0:36	4:02	
10	Sean Quilty	26	17:06	8	1:00	16:06	0:38	3:25	
11	Simon Field	335	16:08	0	0:00	16:08	0:40	3:14	
12	Grant Penney	342	17:36	10	1:20	16:16	0:48	3:31	
13	Brendan O'Brien	98	19:19	20	3:00	16:19	0:51	3:52	
14	Hugo Sarpa	200	19:20	20	3:00	16:20	0:52	3:52	
15	Mark De Campo	177	17:58	11	1:30	16:28	1:00	3:36	
16	Ted Paulin	24	21:57	35	5:20	16:37	1:09	4:23	
17	Craig Harris (2007)	174	20:23	25	3:45	16:38	1:10	4:05	
18	Tony Rendina	71	21:59	35	5:20	16:39	1:11	4:24	
19	Andrew Soltys	44	18:45	15	2:05	16:40	1:12	3:45	
20	Bill Ristevski	312	25:51	60	9:10	16:41	1:13	5:10	
21	Irene James	60	25:13	56	8:30	16:43	1:15	5:03	
22	Roy McKenzie	218	24:30	51	7:45	16:45	1:17	4:54	
23	Eric Sapac	492	20:27	24	3:40	16:47	1:19	4:05	
24	Sophie Bromfield	407	21:05	28	4:15	16:50	1:22	4:13	
25	Joe Brown	68	24:41	51	7:45	16:56	1:28	4:56	
26	Martin Murray	225	18:26	11	1:30	16:56	1:28	3:41	
27	Leanne Callaghan	365	24:19	48	7:20	16:59	1:31	4:52	
28	Cor Pleysier	208	27:14	65	9:55	17:19	1:51	5:27	
29	Ray O'Connor	122	24:41	48	7:20	17:21	1:53	4:56	
30	David Milligan	186	20:49	22	3:20	17:29	2:01	4:10	
31	Jim Berrington	333	21:17	25	3:45	17:32	2:04	4:15	
32	Murray Harding	415	19:51	13	1:50	18:01	2:33	3:58	
33	Wayne Davis	104	24:18	41	6:15	18:03	2:35	4:52	
34	Peter Bence	80	22:24	27	4:05	18:19	2:51	4:29	
35	Ged Smith	377	24:46	42	6:25	18:21	2:53	4:57	
36	John Mackay	203	29:13	60	9:10	20:03	4:35	5:51	
37	Gary Mowat	31	29:05	38	5:45	23:20	7:52	5:49	