

# VCCL Results - VCCL 'Joe Caruana' 8K Legend Handicap 2009

Sponsored by Southern Suburbs Physiotherapy Center

Race 15

Sunday, 2 August, 2009

8km

Two Bridges, Alexandra Ave

Place	Name	#	Time	Spot	H'cap	N/Time	Margin	km Rate
1	Adrian Wrout	390	28:56	17	4:15	24:41	0:00	3:37
2	Craig Harris	343	29:01	17	4:15	24:46	0:05	3:38
3	Alan Karfut	436	36:37	47	11:45	24:52	0:11	4:35
4	Corina Kapusta	265	30:26	22	5:30	24:56	0:15	3:48
5	Sean Quilty	26	26:58	8	2:00	24:58	0:17	3:22
6	David Milligan	186	30:29	22	5:30	24:59	0:18	3:49
7	Tony Moran	35	29:17	17	4:15	25:02	0:21	3:40
8	Mark Hipworth	349	29:57	19	4:45	25:12	0:31	3:45
9	Grant Penney	342	27:31	9	2:15	25:16	0:35	3:26
10	Eric Sapac	492	31:19	24	6:00	25:19	0:38	3:55
11	Carolyn Fox	414	36:53	46	11:30	25:23	0:42	4:37
12	Fiona Ely	368	37:11	46	11:30	25:41	1:00	4:39
13	Colin Davis	118	30:46	20	5:00	25:46	1:05	3:51
14	Tony Parsons	339	31:05	21	5:15	25:50	1:09	3:53
15	Sean Beer	137	33:38	31	7:45	25:53	1:12	4:12
16	Martin Murray	225	28:38	11	2:45	25:53	1:12	3:35
17	Andrew McVay	388	30:37	19	4:45	25:52	1:12	3:50
18	Brendan O'Brien	98	30:54	20	5:00	25:54	1:13	3:52
19	Simon Field	335	25:55	0	0:00	25:55	1:14	3:14
20	Cor Pleysier	208	42:11	65	16:15	25:56	1:15	5:16
21	Hugo Sarpa	200	30:58	20	5:00	25:58	1:17	3:52
22	Andrew Soltys	44	29:47	15	3:45	26:02	1:21	3:43
23	Keith Lofthouse	11	36:20	41	10:15	26:05	1:24	4:33
24	Ted Paulin	24	34:55	35	8:45	26:10	1:29	4:22
25	Roy McKenzie	218	39:13	52	13:00	26:13	1:32	4:54
26	David Page	310	30:06	15	3:45	26:21	1:40	3:46
27	Wayne James	119	32:42	24	6:00	26:42	2:01	4:05
28	Brendan Norden	77	31:59	21	5:15	26:44	2:03	4:00
29	Irene James	60	41:06	57	14:15	26:51	2:10	5:08
30	Wayne Davis	104	37:38	41	10:15	27:23	2:42	4:42
31	David Spackman	326	32:26	20	5:00	27:26	2:45	4:03
32	Maryann Moore		40:36	52	13:00	27:36	2:55	5:05
33	Chris Brown	351	32:41	19	4:45	27:56	3:15	4:05
34	Caitlin Haala	371	37:13	37	9:15	27:58	3:17	4:39
35	Julie Torrini	355	45:56	70	17:30	28:26	3:45	5:45
36	John Mackay	203	46:29	70	17:30	28:59	4:18	5:49
37	Bill Ristevski	312	44:10	60	15:00	29:10	4:29	5:31
38	Ged Smith	377	39:53	42	10:30	29:23	4:42	4:59
39	Paul Connolly	475	33:46	17	4:15	29:31	4:50	4:13
40	Ray O'Connor	122	42:11	48	12:00	30:11	5:30	5:16
41	Dennis Hughes	418	40:28	41	10:15	30:13	5:32	5:04
42	David Rowell	64	31:47	3	0:45	31:02	6:21	3:58
43	Gary Mowat	31	41:43	38	9:30	32:13	7:32	5:13