

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 18 Dec 2016

103 Runners

Male Under 50 : 31 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	401	Darren Moyle	24:33	
2	425	Shaun Malligan	25:23	0:50
3	426	Jesse Taylor	25:29	0:56
4	427	Ivan D'amico	26:45	2:12
5	420	Simon Truong	26:58	2:25
6	432	Jonathon Heron	27:03	2:30
7	404	Tim Owen	27:33	3:00
8	418	Felix Lievano	28:29	3:56
9	424	Matthew Green	28:46	4:13
10	409	Robert Brown	29:38	5:05
11	410	Simon Ong	30:06	5:33
12	415	Mark Mitchell	30:07	5:34
13	422	Terry Couchman	30:33	6:00
14	428	Eddy Oba	31:06	6:33
15	421	Sean Hails	31:11	6:38
16	419	Jack Wedgwood	31:40	7:07
17	430	Philip Langshaw	34:15	9:42
18	406	Skander Malcolm	36:18	11:45
19	407	Felix Malcolm	36:19	11:46
20	414	Sam Whatley	37:07	12:34
21	429	Richard Morton	38:00	13:27
22	433	Luke Doyle	39:17	14:44
23	435	Thomas Berryman	39:43	15:10
24	434	James Berryman	40:08	15:35
25	416	Victor Silva	40:12	15:39
26	431	Matthew Watson	40:27	15:54
27	423	Will Doherty	40:29	15:56
28	408	Damon Roberts	40:52	16:19
29	413	Ro Dobbin	42:43	18:10
30	412	Maxime Feller	43:55	19:22
31	411	Pierre Ghadieh	44:08	19:35

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 18 Dec 2016
103 Runners

Male 50-59 : 7 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	545	Peter Sewell	26:29		
2	549	Bruce Burns	27:48	1:19	
3	550	Matthew Drummond	34:09	7:40	
4	544	Mark Wedgwood	34:11	7:42	
5	547	Geoff Johnston	37:00	10:31	
6	548	Hugh Langshaw	40:50	14:21	
7	541	John Saywell	59:18	32:49	

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 18 Dec 2016
103 Runners

Male 60-69 : 8 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	579	Kieron Blackmore	28:26		
2	577	Brian Radburn	31:44	3:18	
3	578	Ric Giddins	34:33	6:07	
4	576	John Bowman	39:13	10:47	
5	574	Michael Benson	40:18	11:52	
6	571	Robert Quinn	44:31	16:05	
7	572	Robert Montgomery	49:36	21:10	
8	575	Adrian Ferris	57:55	29:29	

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 18 Dec 2016

103 Runners

Female Under 50 : 44 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	653	Michelle McAdam	28:03	
2	624	Bronwyn Lee	29:49	1:46
3	646	Nicola Bodor	30:50	2:47
4	642	Megan Hasick	31:21	3:18
5	654	Jessica Deluigante	34:40	6:37
6	611	Erika Rimes	35:09	7:06
7	626	Camila Perez	35:12	7:09
8	629	Rebecca Muir	35:20	7:17
9	644	Renaë Perenara	35:30	7:27
10	640	Irit Levy	35:45	7:42
11	641	Natalie Scott	36:00	7:57
12	650	Jennifer Quintana	36:02	7:59
13	643	Justine Richardson	36:04	8:01
14	637	Michelle Chen	36:52	8:49
15	606	Cathie Sherrington	37:09	9:06
16	652	Andrea Ayala-Schnell	37:50	9:47
17	627	Rebecca Scott	37:53	9:50
18	634	Katerina Thomas	38:12	10:09
19	662	Atoë Malou	38:17	10:14
20	660	Amuor Malou	39:04	11:01
21	633	Abbie Stokes	39:08	11:05
22	651	Vianney Smith	39:23	11:20
23	657	Chevy Glover	40:19	12:16
24	661	Melissa Shaw	40:21	12:18
25	616	Mary Hughes	40:26	12:23
26	617	Emma Roberts	40:47	12:44
27	649	Karen Blando	40:55	12:52
28	635	Alessandra Doney	42:26	14:23
29	631	Hayley Dobbin	42:42	14:39
30	605	Alison Newitt	43:01	14:58
31	645	Gail Halbert	43:43	15:40
32	628	Adele Yin	43:51	15:48
33	655	Kathryn Sadler	43:54	15:51
34	630	Celia Knippenberg	43:57	15:54
35	658	Emma Crowe	44:26	16:23
36	623	Yiwen Regan	45:28	17:25
37	620	Anita Hartojo	45:45	17:42
38	603	Jaede Williams	46:03	18:00

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 18 Dec 2016
103 Runners

39	632	Lana Do Canto	47:52	19:49	
40	656	Isabella Luken	48:30	20:27	
41	659	Emma Le Marquand	48:40	20:37	
42	618	Leland Chen	49:09	21:06	
43	613	Sonja Shuttleworth	49:34	21:31	
44	636	Nathalie Torres	50:08	22:05	

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 18 Dec 2016
103 Runners

Female 50-59 : 8 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	776	Rhonda McManaway	34:44		
2	775	Carol Writer	36:25	1:41	
3	778	Maryanne Doherty	38:53	4:09	
4	777	Annette Ferris	40:39	5:55	
5	773	Martine Woodhill	40:41	5:57	
6	774	Fiona Whatley	40:45	6:01	
7	780	Christine Foran	41:48	7:04	
8	779	Kim Do Canto	46:19	11:35	

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 18 Dec 2016
103 Runners

Female 60-69 : 5 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	793	Sylvia Nichols	35:38		
2	795	Rasa Pes	39:55	4:17	
3	792	Carol Dickson	43:25	7:47	
4	791	Pam Ibrahim	48:51	13:13	
5	794	Frances Bowman	51:15	15:37	