

## VCCL Results - parkrun 2022

Race 14

Saturday, 30 July, 2022

parkrun

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