

## VCCL Results - parkrun 2023

Race 8

Saturday, 10 June, 2023

parkrun

Place	Name	#	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Mark Andrews	144	5	17:47	14	2:10	0:09	15:28	0:00		3:33
2	Matt Grant	231	5	16:54	6	0:55	0:00	15:59	0:31		3:23
3	Fraser Murray	191	5	21:19	33	5:00	0:18	16:01	0:33		4:16
4	Jo Whittle	357	5	26:22	65	9:45	0:00	16:37	1:09		5:16
5	Russell Johnson	30	5	23:19	42	6:20	0:00	16:59	1:31		4:40
6	Irene James	60	5	27:19	66	9:55	0:06	17:18	1:50		5:28
7	Luke Critchley	321	5	23:27	40	6:00	0:00	17:27	1:59		4:41
8	Mark O'Brien	33	5	27:47	65	9:45	0:12	17:50	2:22		5:33
9	Jacqui Antidormi	375	5	29:20	75	11:15	0:06	17:59	2:31		5:52