

2022 5K Time Trial Results

Name	Personal Best	Total No of Runs	Runs this Year	Most Recent Age Grade	Dec-22	Nov-22	Oct-22	Sep-22	Aug-22	Jul-22	Jun-22	May-22	Apr-22	Mar-22	Feb-22	Jan-22
Mick Gill	20:07	73	6	18:41			23:17			22:47			28:05	28:38	28:38	23:13
Gary Prickett	19:36	25	2	20:07		24:45	27:09									
Peter Lisner	23:48	32	1	25:07												31:24
Graham Smith	22:33	89	4	24:25	30:47				30:27	33:56						30:27
Nicole Lowe	23:06	25	3	25:42	29:24	26:46			29:45							
Adam Carmichael	20:35	45	4	27:00	29:46		25:13			33:03						30:06
Dylan Ranson	19:36	33	2	28:34	30:49				25:27							
Andrew Jagels	22:49	73	5	22:37	29:47	29:50	31:34	32:04								30:08
Kristyn Ranson	25:13	24	4	33:28	37:27				34:41					40:54	40:54	
Kim Zambelli	25:10	17	2	23:34	30:43				29:11							
Mark Grevell	22:52	35	9	24:37	28:51	28:40	29:31		28:51		31:16		29:01	29:20	29:20	27:43
Debra Wilson	29:54	19	1	37:41			44:00									
Kelly Frost	23:03	33	2	26:00	27:02					27:19						
Brent Keel	20:47	37	8	23:38	27:03	26:14				24:28		23:50	23:06	23:57	23:57	27:54
Russell Hunter	23:18	68	10	23:06	28:39	29:19		27:55	27:38	28:15		32:39	28:37	28:39	28:39	28:37
Wendy Gaut	23:10	36	12	23:36	27:18	26:13	27:21	26:18	25:18	26:03	28:12	26:00	28:48	26:56	26:56	25:03
Barrie Carney	21:21	40	4	22:09			24:45	28:25		24:27		23:49				
Claudia Verster	26:31	5	2	26:41					29:13	31:01						
Donna Gill	24:27	9	1	27:31			31:05									
Karen Tustian	28:11	5	1	25:29	28:31											
Renee Sherriff	26:24	17	3	28:22	29:19				29:17	29:02						
Stuart Edmands	21:57	10	4	22:56	28:41		28:05	32:05								30:08
Peter Lowe	23:32	30	2	23:38	27:16		28:04									
Bryce Kooyman	20:56	8	1	22:27						22:27						
Geoff Walshaw	22:06	14	1	24:20												27:52
Karen King	26:28	8	2	25:13	30:11					31:53						
Willem Kooyman	23:14	29	7	20:35			25:19	25:07				24:27	24:07	25:34	25:34	26:39
Anthony Dunstan	24:11	12	1	23:51		26:54										
Kylee Lowe	26:45	14	2	32:45	37:28	29:53										
Allan Morrison	24:29	30	5	22:28		29:19					26:00	26:33		26:57	26:57	
Russell Williams	21:33	35	9	21:06		23:37		24:38	23:31	33:14		24:09	26:06	42:37	42:37	27:30
Barry Lay	33:02	2	2	27:56					33:15			33:02				
Wayne Gaut	24:38	23	7	21:37					25:32	28:22		28:53	28:54	27:00	27:00	26:19
Andreas Pakendorf	30:00	5	3	29:53				33:27	33:15							30:00

5k TT Results

24/12/2022

Number	Position	Name	Financial	Time	PB	Age Time
A1041	P0001	Kelly Frost	Yes	0:27:02	0:23:03	0:26:00
A1051	P0002	Brent Keel	Yes	0:27:03	0:20:47	0:23:38
A1160	P0003	Peter Lowe	Yes	0:27:16	0:23:32	0:23:38
A1100	P0004	Wendy Gaut	Yes	0:27:18	0:23:10	0:23:36
A1126	P0005	Karen Tustian	No	0:28:31	0:28:11	0:25:29
A1056	P0006	Russell Hunter	Yes	0:28:39	0:23:18	0:23:06
A1143	P0007	Stuart Edmands	No	0:28:41	0:21:57	0:22:56
A1026	P0008	Mark Grevell	Yes	0:28:51	0:22:52	0:24:37
A1138	P0009	Renee Sherriff	Yes	0:29:19	0:26:24	0:28:22
A1014	P0010	Nicole Lowe	Yes	0:29:24	0:23:06	0:25:42
A1015	P0011	Adam Carmichael	Yes	0:29:46	0:20:35	0:27:00
A1018	P0012	Andrew Jagels	Yes	0:29:47	0:22:49	0:22:37
A1173	P0013	Karen King	Yes	0:30:11	0:26:28	0:25:13
A1025	P0014	Kim Zambelli	Yes	0:30:43	0:25:10	0:23:34
A1007	P0015	Graham Smith	Yes	0:30:47	0:22:33	0:24:25
A1016	P0016	Dylan Ranson	Yes	0:30:49	0:19:36	0:28:34
A1022	P0017	Kristyn Ranson	Yes	0:37:27	0:25:13	0:33:28
A1194	P0018	Kylee Lowe	Yes	0:37:28	0:26:45	0:32:45