

## 2023 5K Time Trial Results

Name	Personal Best	Total No of Runs	Runs this Year	Most Recent Age Grade	Jun-23	May-23	Mar-23	Feb-23	Jan-23
Mick Gill	20:07	76	3	21:51	26:52	28:55	36:27		
Gary Prickett	19:36	29	4	20:17		25:09	29:40	31:42	32:45
Peter Lisner	23:48	34	2	22:29			28:21	29:28	
Nicole Lowe	23:06	27	2	25:11		28:48		31:39	
Adam Carmichael	20:35	46	1	28:01					30:54
Dylan Ranson	19:36	35	2	26:18			28:22	25:16	
Andrew Jagels	22:49	76	3	24:00	31:37			32:29	31:34
Kristyn Ranson	25:13	26	2	28:43			32:08	33:05	
Kim Zambelli	25:10	18	1	23:15					30:18
Mark Grevell	22:52	40	5	22:05	26:05	26:25	27:24	27:23	27:57
Kelly Frost	23:03	34	1	24:24		25:33			
Brent Keel	20:47	41	4	19:52		22:55	23:33	23:36	25:21
Russell Hunter	23:18	72	4	23:03		28:49	30:45	28:41	29:28
Michael Kidd	23:05	54	3	22:53			28:08	28:33	30:12
Wendy Gaut	23:10	39	3	24:37		28:29		27:34	29:13
Barrie Carney	21:21	44	4	19:04	24:40		24:12	24:10	26:00
Claudia Verster	26:31	8	3	27:46			30:44	31:41	30:52
Jennifer Kidd	31:56	3	1	26:40				33:04	
Renee Sherriff	26:24	20	3	27:22		28:28	28:10		30:54
Stuart Edmands	21:57	12	2	20:24				25:43	28:42
Peter Lowe	23:32	32	2	23:23			26:59		27:24
Willem Kooyman	23:14	30	1	20:46					25:20
Anthony Dunstan	24:11	13	1	23:09			26:06		
Kylee Lowe	26:45	16	2	28:07			32:09		38:56
Allan Morrison	24:29	33	3	21:12	27:56		28:58	27:42	
Russell Williams	21:33	38	3	21:45	24:20			23:38	25:54
Wayne Gaut	24:38	24	1	25:53	30:49				
Milagros Pinto	27:57	1	1	24:13	27:57				
Tamara Broughton	23:26	3	3	23:23			23:26	24:51	25:14
Maurico Del los Rios	24:14	3	3	28:11	31:47	28:34	24:14		

## 5k TT Results

24/06/2023

Number	Position	Name	Financial	Time	PB	Age Time
A1224	P0001	Russell Williams	Yes	0:24:20	0:21:33	0:21:45
A1109	P0002	Barrie Carney	Yes	0:24:40	0:21:21	0:19:04
A1026	P0003	Mark Grevell	Yes	0:26:05	0:22:52	0:22:05
A1001	P0004	Mick Gill	Yes	0:26:52	0:20:07	0:21:51
A1198	P0005	Allan Morrison	Yes	0:27:56	0:24:29	0:21:12
A1306	P0006	Milagros Pinto	Yes	0:27:57	0:27:57	0:24:13
A1300	P0007	Wayne Gaut	Yes	0:30:49	0:24:38	0:25:53
A1018	P0008	Andrew Jagels	Yes	0:31:37	0:22:49	0:24:00
A1317	P0009	Maurico Del los Rios	Yes	0:31:47	0:24:14	0:28:11