



RunNSW Virtual Series - 5K VIRTUAL RUN #1 RESULTS

#VRUNNSW #socialdistancerunning

Place	First Name	Surname	Club/Group/Squad	Time	5K PB?
1	Aidan	Hobbs	Intraining Running and Triathlon Club (QLD)	14:33.0	Personal Best
2	Adam	Fogg	Drake University (U.S./QLD)	14:36.0	Personal Best
3	Oli	Raimond	Sutherland Districts/Heaps Cool Running Group	14:36.4	
4	Rorey	Hunter	Bankstown Sports Athletics Club	14:44.3	
5	Max	Mahon	Run Crew	14:49.0	Personal Best
6	Ed	Goddard	Iona State (U.S.)/U.T.S. Norths Athletics Club	14:50.0	
7	Joe	Burgess	Sydney University Athletics Club	14:50.0	
8	Dylan	Offord	Trinity Athletics Club	15:00.6	Personal Best
9	Liam	Wollett	Distance Culture (QLD)	15:09.0	
10	Zack	Benning	Teriyaki Boys Track Club (U.S.)	15:28.0	
11	Joseph	McDonald-Hardy	Teriyaki Boys Track Club (U.S.)	15:29.0	
12	Matthew	Hansen	Wynnum Elite (QLD)	15:32.9	
13	Dan	Kelly	Run Crew	15:48.0	
14	Brendan	Fink	Delta Running Project	15:54.0	
15	Christian	Lotter	Delta Running Project	15:57.0	
16	Enda	Stankard	Rejoov Runners	16:25.0	Personal Best
17	Lauren	Reid	-	16:26.0	
18	Caitlin	McQuilkin-Bell	BERT Squad (QLD)/Florida Gators (U.S.)	16:42.0	Personal Best
19	Jack	Roth	Fit3 Performance	16:47.0	
20	James	Constantine	Delta Running Project	16:49.7	
21	Chris	Truscott	Rejoov Runners	16:58.0	
22	Charl	Jansen van Rensburg	Rejoov Runners	16:58.0	
23	Mitch	Ryan	Run Crew	17:06.0	Personal Best
24	Imogen	Gardiner	U.T.S. Northern Suburbs Athletics Club	17:06.0	Personal Best
25	Ben	Streckeisen	HURTS Manly Hardcore	17:18.0	
26	Neil	Bath	Intraining Running and Triathlon Club (QLD)	17:31.0	
27	Rohan	Laurendet	Illawong Athletics/Heaps Cool Running Group	17:44.0	Personal Best
28	Tyler	Dogan	Byron Bay Runners	17:44.0	Personal Best
29	Christopher	Strom	Rejoov Runners	17:48.0	
30	Adam	Bishop	Flinders AC (VIC)	17:48.0	
31	Jacob	George	-	17:55.0	Personal Best
32	Andrew	Chau	RunLab	17:56.0	Personal Best
33	Jamie	Broom	Rejoov Runners	18:10.0	
34	Marjolaine	Newbery	Sutherland Districts Athletics Club	18:20.0	
35	Jay	Tonkin	-	18:24.0	Personal Best
36	Chris	Pooley	-	18:26.0	
37	Emma	Collyer	Delta Running Project	18:32.0	
38	Claire	Raper	-	18:32.0	Personal Best
39	Andrew	Bullivant	Hurts Squad	18:33.0	Personal Best
40	Cooper	Williams	Bankstown Sports	18:35.0	
41	Sean	McGoldrick	Rejoov Runners	18:36.0	Personal Best
42	Deirdre	Hopkins	-	18:39.0	Personal Best
43	Matthew	Joyce	Quad Squad	18:43.0	
44	Karen	Blay	Kembla Joggers	18:51.0	Personal Best
45	Maya	Borthwick	Rejoov Runners	18:56.0	
46	Earl	O'Brien	Blue Mountains Athletics Club	19:08.0	
47	Wylie	Armstrong	-	19:31.0	
48	Paul	Wainwright	-	19:34.0	
49	Greta	Truscott	Rejoov Runners	19:38.0	
50	Adam	Morris	-	19:52.0	

51	Charles	Leung	-	19:58.0	Personal Best
52	Zhi	Zu	-	19:59.0	
53	Stephen	Summer	University of New South Wales	20:20.0	Personal Best
54	Lisa	Thompson	Athletics East	20:20.0	
55	Cam	Mitchell	-	20:25.0	
56	Jessica	Hull	Bankstown Sports Athletics Club	20:06.2	
57	Thomas	O'Brien	Sutherland Districts Athletics Club	20:31.7	
58	Julie	Kenny	Sydney Striders	20:35.0	
59	Sadie	Charles	Sydney Striders	20:41.0	Personal Best
60	Emma	McKinney	-	20:42.0	Personal Best
61	Jessica	Hogg	Illawarra Blue Stars	20:44.0	Personal Best
62	Bridget	Foley	-	20:52.0	
63	Christine	Lee	Running Heroes AU	20:56.0	Personal Best
64	Ethan	Newman	-	21:01.0	
65	Madeline	George	-	21:07.0	Personal Best
66	Ben	Lente	-	21:12.0	
67	Caleb	Bettison	Viper Squad/Armidale Athletics Club	21:35.0	
68	Julian	Vankuuk	-	21:37.0	
69	Matt	Blyth	Hills District Athletics Club	21:37.0	
70	Lisa	Godfrey	Kirribilli Runners	21:47.0	
71	Dominic	Schofield	Eastern Suburbs	21:54.0	Personal Best
72	Cohwyn	Cubb	-	22:08.0	
73	Mark	McLaughlin	-	22:16.0	Personal Best
74	Rob	Jones	-	22:29.0	Personal Best
75	Alistair	McLean	Sydney Striders	22:37.0	
76	Kathleen	Wallington	-	22:45.0	
77	Cindy	Paisio	Athletics Easts	22:49.0	
78	Esben	Jensen	-	22:53.0	
79	Frank	Stockley	-	22:55.0	Personal Best
80	Damon	Lynch	Kirribilli Runners	22:55.0	
81	Catherine	Bolshesolsky	-	23:00.0	
82	Skye	Dogan	Byron Bay Runners	23:01.0	
83	Michael	Distefano	The 440 Cronulla/Body Coaching HP	23:08.0	
84	Michelle	Buckman	HIIT Crew	23:31.0	
85	Blake	Wawrzyk	-	23:32.0	
86	Nicole	Haigh	Newcastle Orienteering Club	23:43.0	
87	Malachi	Canning	-	23:44.0	Personal Best
88	Daniel	Jolliffe	JHull City Elites	23:50.0	
89	Patrick	O'Reilly	Randwick Botany Harriers	23:50.0	
90	Louise	Stanley	-	23:51.0	Personal Best
91	Sarah	Adams	Rejoov Runners	23:57.0	
92	AVAKASH	CHAND	-	23:59.0	Personal Best
93	Gavin	Dyball	Nowra Athletics Club	24:04.0	
94	Robyn	Low-Hart	Central Coast Academy of Sport	24:07.0	
95	Daniel	Admon	-	24:20.0	
96	Adam	Laughton	Run Crew	24:30.0	
97	Maddy	Bandfield	-	24:35.0	Personal Best
98	Anna	Gaynor	-	24:40.2	
99	Thea	Blyth	-	24:26.0	
100	Susan	MacCallum	Rejoov Runners	24:57.0	
101	Peter	Murray	Wooters Runners	25:01.4	
102	Hannah	Hamilton	Girraween Athletics Club	25:03.9	Personal Best
103	Patrick	Tseng	-	25:10.3	Personal Best
104	Rollie	Openiano	-	25:12.0	
105	Jason	Kerr	#RunLikeAGirl	25:17.0	
106	Tegan	Anthes	Woodstock Runners	25:27.0	
107	Amanda	Ballard	-	25:28.0	
108	Geetanjali	Mamutil	Parkrun	25:33.0	
109	Romele	Constantino	Parkrun	25:46.0	Personal Best
110	Siju	Kannoth	-	25:52.0	Personal Best
111	Liam	Finegan	-	25:56.0	
112	Chris	Horowitz	-	25:57.0	
113	Anthony	Byrne	-	25:57.0	Personal Best
114	Ethan	Loh	-	26:08.0	
115	Bob	Yeuming Yin	-	26:10.0	
116	Antony	Langdon	Eaglehawk Athletics Club	26:12.0	
117	Sam	Dalzell	Adamstown New Lambton Athletics Club	26:13.0	

118	Phil	Duncan	Nowra Athletics	26:13.0	
119	Peter	Grimble	-	26:20.0	
120	Sarah	Walter	-	26:20.6	
121	Sally	James	-	26:31.7	Personal Best
122	Kaushal Kumar	Thakur	-	26:33.0	
123	Evgeniya	Okuneva	-	26:35.0	
124	Matt	Silsby	-	26:38.0	
125	Martin	Cansell	Sutherland Districts Athletics Club	26:40.0	
126	Roger	Patricks	-	26:41.0	
127	Mitchell	Heaven	-	26:42.0	Personal Best
128	Cory	Vizintin	-	26:51.0	
129	Ashley	Lamb	-	26:54.0	Personal Best
130	Emma	Treanor	-	26:55.0	
131	Kieron	Blackmore	Sydney Frontrunners	26:58.0	
132	Savona	Roberts	New Hampshire, U.S.A	27:09.0	Personal Best
133	Fiona	Burgess	-	27:10.0	
134	Benjamin	Jenkins	-	27:11.0	
135	Melissa	Costello	Five30	27:18.0	
136	Arturo	Cedillo	-	27:18.0	
137	David	Hodge	-	27:22.0	
138	Andy	Wright	-	27:26.0	
139	Lisa	Nutley	Running Mums Australia	27:28.0	
140	Maxim	Kuchin	-	27:30.0	
141	Tamsin	Colley	Hills District Athletics Club	27:35.0	
142	Rhonda	VanZyl	-	27:39.0	
143	James	Barnes	-	27:40.0	Personal Best
144	Warwick	Dawson	-	27:40.0	
145	Alexis	Arriagada	-	27:42.0	Personal Best
146	Nina	Helm	Sydney Pacific Athletics Club	27:43.0	
147	Dave	Fenton	Active Athletics	27:45.0	
148	Peter	Telford	Nangers	27:45.0	
149	Marcus	Lee	-	27:45.0	
150	Troy	Stead	Newcastle Flyers	27:51.0	
151	Lauren	Dwyer	-	27:56.0	Personal Best
152	Sandra	Reid	Warringah Triathlon Club	27:58.0	
153	John	Murray	Asics Wests Track & Field Club	28:04.0	
154	Bonnie	Tratt	Vixens and Kits	28:09.0	
155	Chris	McCaffery	-	28:13.0	
156	Phil	Wishart	-	28:17.0	
157	Joanne	Rech	Squadrun	28:18.0	
158	Andrew	Free	Girraween Athletics Club	28:23.0	
159	Tony	Nguyen	-	28:24.0	Personal Best
160	Phil	Jones	-	28:35.0	
161	Steven	Garamy	-	28:36.0	
162	Rachel	Murray	-	28:36.0	
163	Beth	Turnbull	-	28:39.0	
164	Melvin	Matanjan	-	28:45.0	
165	Nicole	Knox	-	28:50.0	Personal Best
166	Jessica	To	-	29:02.0	
167	Michelle	Duguid	Sydney Striders	29:04.0	
168	Nick	Pawsey	-	29:16.0	
169	Elly	Pawsey	Ryde Little Athletics Club	29:16.0	
170	Zara	Pawsey	Ryde Little Athletics Club	29:16.0	
171	Cathie	Sherrington	Rejoov Runners	29:23.0	
172	Leanne	Moss	The 440	29:29.0	Personal Best
173	Joanne	Crane	Running Mums Australia	29:35.0	
174	Frankie	Morgan	Mad Keen Runners	29:35.0	
175	Christine-Louise	Taylor	-	29:49.0	Personal Best
176	Wilhelmus	Steemers	-	29:52.0	Personal Best
177	Erik	Steemers	-	29:52.0	Personal Best
178	Grant	Frankham	-	30:00.0	
179	Hai	LE	Westie Jogger	30:02.0	
180	Michael	Mills	Cowpasture Reserve Parkrun	30:04.0	
181	Lindsey	Sampson	-	30:05.0	
182	Lynda	Calder	Silver Fit2Core Training	30:08.0	
183	Alison	Peachey	-	30:15.0	
184	Naomi	Brandon	Vision Lindfield	30:16.0	

185	Zac	Tydeman	Katoomba Little Athletics Club/Pete's PT	30:18.0	
186	Ming Leung	LI	-	30:20.0	
187	Alison	Kent	-	30:25.0	
188	Meg	Barlogio	Team Donut	30:43.0	
189	Elina	Michailidou	-	30:51.0	
190	Belinda	Wood	-	30:58.0	
191	Richard	Sutton	Bankstown Sports Athletics Club	30:58.3	
192	Kel	Walker	-	31:02.0	
193	Mark	Gardiner	-	31:06.0	
194	Andrew	Fulton	-	31:06.0	Personal Best
195	Leonie	Arentz	Sutherland Districts Athletics Club	31:09.0	Personal Best
196	Christine	Hands	Whitsunday Running Club	31:12.0	
197	Madhusudhan	Chelur Suresh	-	31:15.0	
198	Razz	Morgan	Victory Runners	31:16.0	
199	Peter	Fitzpatrick	St. George District Athletics Club	31:19.0	
200	Greg	Bisset	Run Down Under	31:35.0	
201	Holger	Paesold	-	31:40.0	
202	Peter	Courtis	-	31:44.3	
203	Kerry	Gallagher	Running Mums Australia	31:58.0	
204	Regina	Marino	-	32:05.0	
205	Justine	Williams	Sparta Chicks	32:12.0	
206	Jennifer	Del Mundo	-	32:13.0	
207	Rachel	Hunt	-	32:21.0	
208	Wayne	Cooper	Athletics East	32:22.0	
209	Joanna	Trimby	Campbelltown Joggers Club	32:31.0	
210	Brock	Shepperd	-	32:33.0	
211	Katrina	Blackett	Sydney University Athletics Club	32:40.2	Personal Best
212	Matthew	McConnell	-	33:02.0	
213	Rebecca	Webb	-	33:03.0	
214	Kenneth	Stubbs	Coasters Runners	33:37.3	Personal Best
215	Allan	Wareham	Sydney Striders	33:45.0	
216	Lauren	Isaacs	The 440	33:53.0	
217	Laura	Greaves	Tailrunners	34:10.0	Personal Best
218	Robyn	Chapman	-	34:12.0	Personal Best
219	Nicola	Robinson	-	34:27.0	
220	Joseph	Yeap	-	34:37.0	
221	Anna	Sparks	-	34:41.0	Personal Best
222	Naomi	McLear	-	34:50.0	Personal Best
223	Joyce	Kwong	-	34:54.0	
224	Vera	Leung	-	35:08.0	Personal Best
225	Jessica	Harrison	-	35:08.7	
226	Cate	Trevallion	-	35:10.0	
227	Muhammad	Farhan Janjuah	-	36:02.0	
228	Kathryn	Kent	-	36:04.0	
229	Rita	Felton	-	36:06.0	
230	Marilyn	Lewis	Fun Runners	36:12.0	
231	Daniel	Richardson	-	36:12.0	Personal Best
232	Carrie	Withers	-	36:42.0	Personal Best
233	Margaret	Gill	-	37:00.0	
234	Graeme	Felton	-	37:05.0	
235	Krystal	Pua	-	37:06.0	
236	Lynne	Clancy	-	37:11.0	
237	Jennifer	Dasal	The Ponds Park Run	37:16.0	Personal Best
238	Luke	Carter	-	37:24.0	
239	Leanne	Arkoshy	Valla Runners	37:33.2	
240	Amy	Vandervliet	-	37:37.0	
241	Diane	Celnikier	Girraween Athletics Club	37:47.0	
242	Katrina	Bettison	-	38:07.0	Personal Best
243	Stephen	Brown	Moore Performance	38:22.0	
244	Jack	Atkins	Shoalhaven Little Athletics	38:28.0	Personal Best
245	KimbaLee	Morris	-	38:34.0	
246	Lindsay-Meg	Walker	Running Mums Australia	38:37.0	
247	Tracy	Blackburn	Vixens and Kits	38:46.0	
248	Alexandra	Rowe	-	38:53.0	
249	William	Ryan	-	39:33.0	
250	Justin	Bolton	Galston Gazelles	39:37.0	
251	Amber	Curby	Nightstriders	39:39.0	Personal Best

252	Paul	Munro	Sydney Striders	39:45.0	
253	Elizabeth	Telford	Nangers	40:05.0	
254	Sarah	Johnson	-	40:37.0	
255	Maggie	Chen	-	40:38.0	Personal Best
256	Russell	East	-	41:00.0	
257	Joshua	Hill	-	41:17.0	
258	Roxanne	Bancroft-Stuart	-	41:40.0	Personal Best
259	Rebecca	Bezzina	-	43:34.0	
260	Trish	Davis	Pacers Port Macquarie	44:48.0	
261	Releen	Walker	-	45:33.0	
262	Summer	Giddings	Hills District Athletics Club	47:01.0	
263	Robyn	Pedley	-	49:24.0	
264	Alana	Wykes	-	51:48.0	
265	Jackie	Lauff	-	52:53.0	
266	Bill	Constantine	-	53:23.0	
267	Jenelle	Plackett	Running Mums Australia	53:36.0	
268	Naomi	Banboukjian	-	53:45.0	
269	Tracey	Hobbs	Shire RIOTers	56:11.0	
270	Marion	Griffith	-	59:49.0	
271	Fiona	McInerney	-	1:07:00	
272	Diddle	Watters	-	1:23:00	

RunNSW Virtual Series - 5K VIRTUAL RUN #2 RESULTS

#VRunNSW #socialdistancerunning

Place	First Name	Surname	Club/Group/Squad	Time	5K PB?
1	Ed	Goddard	Iona State (U.S.)/U.T.S. Norths Athletics Club	14:09.0	
2	Joe	Burgess	Sydney Univeristy Athletics Club	14:12.0	Personal Best
3	Daniel	Kelly	Run Crew	15:07.0	
4	Zack	Benning	Teriyaki Boys Track Club (U.S.)	15:15.0	
5	Christian	Lotter	Delta Running Project	15:46.0	
6	Lauren	Reid	-	16:01.0	Personal Best
7	James	Constantine	Delta Running Project	16:06.0	Personal Best
8	Ben	Streckeisen	HURTS Manly Hardcore	16:47.0	Personal Best
9	Dom	Bullock	Rejoov Runners	16:49.0	
10	Chris	Truscott	Rejoov Runners	16:52.0	
11	Adam	Bruntsch	Ryde Little Athletics Centre	17:18.0	
12	Kyle	McIntosh	Sutherland Districts Athletics Club	17:24.0	
13	Caitlin	McQuilkin-Bell	BERT Squad (QLD)/Florida Gators (U.S.)	17:25.7	
14	Cooper	Williams	Bankstown Sports Athletics Club	17:32.0	Personal Best
15	Kyle	McIntosh	Sutherland Athletics Club	17:35.0	
16	Hiroshi	Fukushima	Run Crew	17:49.0	
17	Beth	Arentz	Sutherland/Paul Laurendet	17:53.0	Personal Best
18	Matthew	Joyce	Quad Squad	18:09.0	
19	Andrew	Bullivant	HURTS Squad	18:17.0	Personal Best
20	Caleb	Bettison	Viper Squad/Armidale Athletics Club	18:23.0	Personal Best
21	Maya	Borthwick	Rejoov Runners	18:26.0	Personal Best
22	Rohan	Laurendet	Illawong Athletics/Heaps Cool Running Group	18:26.0	
23	Tyler	Dogan	Bryon Bay Runners	18:27.0	
24	Chris	Pooley	-	18:30.0	
25	Earl	O'Brien	Blue Mountains Athletics Club	19:03.0	
26	Jay	Tonkin	-	19:11.0	
27	Greta	Truscott	Rejoov Runners	19:40.0	
28	Cam	Mitchell	-	19:51.0	
29	Julie	Kenny	Sydney Striders	19:52.0	Personal Best
30	Thomas	O'Brien	Sutherland Districts Athletics Club	19:52.9	Personal Best
31	Adam	Morris	-	19:57.0	
32	Lisa	Godfrey	Kirribilli Runners	20:04.0	Personal Best
33	Charles	Leung	-	20:39.0	Personal Best
34	Bridget	Foley	-	20:47.0	
35	Jessica	Hull	Bankstown Sports Athletics Club	20:52.0	
36	Jon	Awramenko	-	20:54.0	
37	Damon	Lynch	Kirribilli Runners	21:04.0	
38	Kieron	Blackmore	Sydney Fronrunners	21:09.0	
39	Jessica	Hogg	Illawarra Blue Stars Athletics Club	21:09.0	Personal Best

40	Ethan	Newman	-	21:13.0	
41	Emma	McKinney	Fiesta Creek Manor	21:32.0	
42	Cindy	Paisio	Athletics East	21:41.0	
43	Dave	Fenton	Active Athletics	21:44.0	
44	Mark	McLaughlin	-	21:46.0	Personal Best
45	Esben	Jensen	-	21:58.0	Personal Best
46	Patrick	O'Reilly	Randwick Botany Harriers	22:04.0	
47	Catherine	Bolshesolsky	-	22:13.0	
48	Rob	Jones	-	22:16.0	Personal Best
49	Alistair	McLean	Sydney Striders	22:20.0	
50	Yanan	Sun	-	23:01.0	
51	Bianca	Keehn	Nepean Districts Athletics Club	23:16.0	
52	Gavin	Dyball	Nowra Athletics Club	23:19.0	
53	Kaushal	Kumar Thakur	-	23:22.0	
54	Michael	Distefano	The 440 Cronulla/Body Coaching HP	23:24.0	
55	Louise	Stanley	-	23:33.0	Personal Best
56	Peter	Grimble	-	23:42.0	
57	Gavin	Baracz	-	23:45.0	
58	Matt	Blyth	Hills Districts Athletics Club	23:46.0	
59	Patrick	Tseng	-	24:03.9	Personal Best
60	Hannah	Hamilton	Girraween Athletics Club	24:11.8	Personal Best
61	Adam	Laughton	Run Crew	24:16.0	
62	Nicole	Haigh	Newcastle Orienteering Club	24:19.0	
63	Lisa	Nutley	Running Mums Australia	24:23.0	Personal Best
64	Anna	Gaynor	-	24:26.0	
65	Susan	MacCallum	Rejoov Runners	24:32.0	
66	Liam	Finegan	-	24:34.0	
67	Peter	Murray	Wooters	24:34.3	
68	Troy	Stead	Newcastle Flyers	24:37.0	
69	Tegan	Anthes	Woodstock Runners	24:44.0	
70	Amanda	Ballard	-	24:44.0	
71	Blake	Wawrzyk	-	24:47.0	
72	Genesi	Castro	-	24:49.0	
73	Robyn	Low-Hart	Central Coast Academy of Sport	24:49.0	
74	Jason	Kerr	#RunLikeAGirl	24:55.0	
75	Daniel	Admon	-	25:01.0	
76	Peter	Telford	Nangers	25:05.0	
77	Sarah	Walter	-	25:08.0	
78	Antony	Langdon	Eaglehawk Athletics Club	25:19.0	
79	Frank	Stockley	-	25:20.0	
80	Malachi	Canning	-	25:34.0	Personal Best
81	Roger	Patricks	-	25:35.0	
82	Avakash	Chand	-	25:40.0	
83	Matt	Silsby	-	25:46.0	
84	Romele	Constantino	Parkrun	25:52.0	Personal Best
85	Sally	James	-	25:55.2	Personal Best
86	Anthony	Byrne	-	26:01.0	Personal Best
87	Geetanjali	Mamutil	Parramatta Parkrun	26:02.0	
88	Alexis	Arriagada	-	26:03.0	Personal Best
89	Emma	Treanor	-	26:10.0	
90	Fiona	Burgess	-	26:13.0	Personal Best
91	Jade	Perryman	Team Pman	26:14.0	
92	Arturo	Cedillo	-	26:20.0	Personal Best
93	Sadie	Charles	Sydney Striders	26:21.0	
94	Chris	McCaffery	-	26:32.0	
95	Evgeniya	Okuneva	-	26:37.0	
96	Melissa	Costello	Five30	26:41.0	
97	Jessica	To	-	26:51.0	Personal Best
98	Ashley	Lamb	-	26:52.0	Personal Best
99	Nina	Helm	Sydney Pacific Athletics Club	27:00.0	
100	Cory	Vizintin	-	27:13.0	
101	Martin	Cansell	Sutherland Districts Athletics Club	27:14.0	
102	Phil	Wishart	-	27:14.0	
103	Tamsin	Colley	Hills Districts Athletics Club	27:31.0	
104	Rachel	Murray	-	27:32.0	
105	Maxim	Kuchin	-	27:33.0	
106	Warwick	Dawson	-	27:36.0	

107	Andrew	Free	Girraween Athletics Club	27:38.0	
108	Wayne	Cooper	Athletics East	27:39.0	Personal Best
109	John	Murray	Asics Wests Track & Field	27:40.0	
110	Chris	Horowitz	-	27:44.0	
111	Phil	Jones	-	27:48.0	Personal Best
112	Michael	Mills	Cowpasture Reserve Parkrun	27:50.0	
113	Sam	Dalzell	Adamstown New Lambton Athletics Club	27:51.0	
114	Kel	Walker	-	27:52.0	
115	Sandra	Reid	Warringah Triathlon Club	28:01.0	
116	Bob	Yueming Yin	-	28:10.0	
117	Joanne	Rech	SquadRun	28:29.0	
118	Beth	Turnbull	-	28:31.0	
119	Andrew	Fulton	-	28:34.0	Personal Best
120	Greg	Bisset	Run Down Under	28:57.0	
121	Melvin	Matanjun	-	29:15.0	
122	Christine-Louise	Taylor	-	29:21.0	Personal Best
123	Joanne	Crane	Running Mums Australia	29:32.0	
124	Nicole	Knox	-	29:55.0	
125	Cathie	Sherrington	Rejoov Runners	29:57.7	
126	Alison	Peachey	-	29:58.0	
127	James	Barnes	-	29:58.0	
128	Carrie	Withers	-	30:00.0	Personal Best
129	Leanne	Moss	The 440	30:05.0	
130	Razz	Morgan	Victory Runners	30:20.0	
131	Meg	Barlogio	Team Donut	30:30.0	
132	Tony	Nguyen	-	30:31.0	
133	Ming Leung	LI	-	30:50.0	
134	Anna	Sparks	-	30:53.0	Personal Best
135	Matthew	McConnell	-	30:58.0	
136	Naomi	Brandon	Vision Lindfield	31:13.0	
137	Releen	Walker	-	31:17.0	
138	Hai	Le	Westies Joggers	31:23.0	
139	Mark	Gardiner	-	31:24.0	
140	Leonie	Arentz	Sutherland Districts Athletics Club	31:29.0	
141	Christine	Hands	Whitsunday Running Club	31:33.0	
142	Peter	Fitzpatrick	St. George Distrcts Athletics Club	31:35.0	
143	Joanne	Trimby	Campbelltown Joggers Club	31:57.0	
144	Rebecca	Webb	-	32:00.0	
145	Lauren	Isaacs	The 440	32:03.0	
146	Jennifer	Del Mundo	-	32:11.0	
147	Justine	Williams	Sparta Chicks	32:32.0	
148	Richard	Sutton	Bankstown Sports Athletics Club	32:48.0	
149	Alison	Kent	-	32:58.9	
150	Allan	Wareham	Sydney Striders	33:15.0	
151	Nicola	Robinson	-	33:24.0	
152	Robyn	Chapman	-	33:25.0	Personal Best
153	Belinda	Wood	-	33:30.0	
154	Kenneth	Stubbs	Coasters Runners	33:38.0	
155	Vera	Leung	-	33:43.0	Personal Best
156	Brock	Shepperd	-	33:49.0	
157	Zac	Tydemann	Katoomba Little Athletics Club/Pete's PT	33:59.0	
158	Cate	Trevallion	-	34:06.0	
159	Laura	Greaves	Tailrunners	34:31.0	
160	Jessica	Harrison	-	34:53.1	
161	Krystal	Pua	-	35:11.0	
162	Marcus	Lee	-	35:30.0	
163	Stephen	Brown	Moore Performance	35:34.0	
164	Joseph	Yeap	-	35:40.0	
165	Joyce	Kwong	-	35:47.0	
166	Muhammad	Farhan Janjuah	-	36:04.0	
167	Elizabeth	Telford	Nangers	36:31.0	
168	Amber	Curby	Nightstriders	36:46.0	Personal Best
169	Margaret	Gill	-	36:49.0	
170	Katrina	Bettison	-	36:59.0	Personal Best
171	Rachel	Hunt	-	37:02.0	
172	Amy	Vandervliet	-	37:16.0	
173	Alexandra	Rowe	-	37:41.0	

174	Kathryn	Kent	-	37:56.0	
175	William	Ryan	-	38:00.0	
176	Tracy	Blackburn	Vixens and Kits	38:00.0	
177	Jack	Atkins	Shoalhaven Little Athletics	38:36.0	Personal Best
178	Jennifer	Dasal	-	38:51.0	Personal Best
179	Sarah	Johnson	-	39:14.0	
180	Luke	Carter	-	39:17.0	
181	Diane	Celnikier	Girraween Athletics Club	39:24.0	
182	Lindsay-Meg	Walker	Running Mums Australia	39:27.0	
183	Kimbaelee	Morris	-	39:33.0	
184	Paul	Munro	Sydney Striders	39:41.0	
185	Joshua	Hill	-	39:45.0	
186	Maggie	Chen	-	39:45.0	Personal Best
187	Russell	East	-	40:05.0	
188	Lynne	Clancy	-	40:35.0	
189	Deborah	Engeler	Illawong Revesby Workers Athletics Club	41:51.0	
190	Bill	Constantine	-	42:10.0	
191	Summer	Giddings	Hills Districts Athletics Club	42:28.0	
192	Rebecca	Bezzina	-	42:59.0	
193	Robyn	Pedley	-	45:48.0	
194	Jackie	Lauff	-	51:42.0	
195	Roxanne	Bancroft-Stuart	-	52:48.0	
196	Trish	Davis	Port Macquarie Pacers	54:21.0	
197	Alana	Wykes	-	57:33.0	
198	Naomi	Banboukjian	-	57:50.0	
199	Marion	Griffith	-	1:00:07	
200	Tracey	Hobbs	Shire RIOTers	1:02:51	
201	Fiona	McInerney	-	1:08:00	
202	Rita	Felton	-	1:09:40	
203	Diddle	Watters	-	1:10:00	
204	Graeme	Felton	-	1:13:59	
205	Jenelle	Plackett	Running Mums Australia	1:22:18	

RunNSW Virtual Series - 4K VIRTUAL RUN RESULTS

#VRunNSW #socialdistancerunning

Place	First Name	Surname	Club/Group/Squad	Time	
1	Christian	Lotter	Delta Running Project	12:44.0	Series Finisher!
2	Lauren	Reid	-	13:04.0	Series Finisher!
3	Cooper	Williams	Bankstown Sports Athletics Club	13:06.0	Series Finisher!
4	Kyle	McIntosh	Sutherland Athletics Club	13:07.6	Series Finisher!
5	James	Constantine	Delta Running Project	13:30.0	Series Finisher!
6	Ben	Streckeisen	HURTS Manly Hardcore	13:46.0	Series Finisher!
7	Andrew	Heil	Sydney University Athletics Club	13:53.0	
8	Tyler	Dogan	Byron Bay Runners	13:56.0	Series Finisher!
9	Abigail	Nordberg	Run Crew	14:08.0	
10	Andrew	Bullivant	HURTS Squad	14:09.0	Series Finisher!
11	Hiroshi	Fukushima	Run Crew	14:27.0	Series Finisher!
12	Thomas	O'Brien	Sutherland Districts Athletics Club	14:34.0	Series Finisher!
13	Matthew	Joyce	Quad Squad	14:51.0	Series Finisher!
14	Rohan	Laurendet	Illawong Athletics/Heaps Cool Running Group	14:59.0	Series Finisher!
15	Earl	O'Brien	Blue Mountains Marathon Clinic	15:07.0	Series Finisher!
16	Maya	Borthwick	Rejoov Runners	15:11.4	Series Finisher!
17	Jessica	Hogg	Illawarra Blue Stars	15:19.0	Series Finisher!
18	Lisa	Godfrey	Kirribilli Runners	15:24.0	Series Finisher!
19	Greta	Truscott	Rejoov Runners	15:25.0	Series Finisher!
20	Adam	Morris	-	15:39.0	Series Finisher!
21	Emma	McKinney	Fiesta Creek Manor	15:47.0	Series Finisher!
22	Julie	Kenny	Sydney Striders	15:49.0	Series Finisher!
23	Zhi	Zu	-	15:49.0	Series Finisher!
24	Charles	Leung	-	15:56.0	Series Finisher!
25	Dave	Fenton	Active Athletics	16:18.0	Series Finisher!
26	Adam	Bruntsch	Ryde Little Athletics Centre	16:20.1	Series Finisher!
27	Emma	Treanor	-	16:26.0	Series Finisher!
28	Ethan	Newman	-	16:28.0	Series Finisher!

29	Kieron	Blackmore	Sydney Frontrunners	16:44.0	Series Finisher!
30	Mark	McLaughlin	-	16:48.0	Series Finisher!
31	Damon	Lynch	Kirribilli Runners	17:06.0	Series Finisher!
32	Jay	Tonkin	-	17:13.0	Series Finisher!
33	Jessica	Hull	Bankstown Sports Athletics Club	17:16.1	Series Finisher!
34	Rob	Jones	-	17:35.0	Series Finisher!
35	Alistair	McLean	Sydney Striders	17:39.0	Series Finisher!
36	Catherine	Bolshesolsky	-	17:40.0	Series Finisher!
37	Gavin	Baracz	-	17:42.0	Series Finisher!
38	Gavin	Dyball	Nowra Athletics Club	17:56.0	Series Finisher!
39	Kathleen	Wallington	-	18:12.0	Series Finisher!
40	Matt	Blyth	Hills District Athletics Club	18:15.0	Series Finisher!
41	Kaushal	Kumar Thakur	-	18:25.0	Series Finisher!
42	Michelle	Buckman	HIIT Crew	18:26.0	Series Finisher!
43	Louise	Stanley	-	18:28.0	Series Finisher!
44	Patrick	O'Reilly	Randwick Botany Harriers	18:28.0	Series Finisher!
45	Roger	Patricks	-	18:52.0	Series Finisher!
46	Peter	Telford	Nangers	19:07.0	Series Finisher!
47	Nick	Pawsey	-	19:07.0	Series Finisher!
48	James	Dolton	North Bondi Soft Sand Harriers	19:09.0	
49	Skye	Dogan	Byron Bay Runners	19:10.8	
50	Liam	Finegan	-	19:11.0	Series Finisher!
51	Esben	Jensen	-	19:13.0	Series Finisher!
52	Susan	MacCallum	Rejoov Runners	19:14.0	Series Finisher!
53	Michael	Distefano	The 440 Cronulla/Body Coaching HP	19:17.0	Series Finisher!
54	Geetanjali	Mamutil	Parramatta Parkrun	19:17.0	Series Finisher!
55	Peter	Murray	Wooters	19:22.9	Series Finisher!
56	Matt	Silsby	-	19:26.0	Series Finisher!
57	Nicole	Haigh	Newcastle Orienteering Club	19:26.0	Series Finisher!
58	Avakash	Chand	-	19:27.0	Series Finisher!
59	Patrick	Tseng	-	19:44.0	Series Finisher!
60	Arturo	Cedillo	-	19:44.0	Series Finisher!
61	Anna	Gaynor	-	19:44.0	Series Finisher!
62	Patrick	Tseng	-	19:44.5	Series Finisher!
63	Elly	Pawsey	Ryde Little Athletics Club	19:51.0	Series Finisher!
64	Adam	Laughton	Run Crew	19:57.0	Series Finisher!
65	Malachi	Canning	-	20:00.0	Series Finisher!
66	Jade	Perryman	Team Pman	20:03.0	
67	Yanan	Sun	-	20:04.0	Series Finisher!
68	Benjamin	Jenkins	-	20:16.0	
69	Frederick	Jones	Up and Running	20:16.5	
70	Fiona	Burgess	-	20:19.0	Series Finisher!
71	Thea	Blyth	-	20:21.0	
72	Sam	Dalzell	Adamstown New Lambton Athletics Club	20:22.0	Series Finisher!
73	Jason	Kerr	#RunLikeAGirl	20:28.0	Series Finisher!
74	Sarah	Walter	-	20:46.0	Series Finisher!
75	Daniel	Admon	-	20:47.0	Series Finisher!
76	Corey	Vizintin	-	20:55.0	Series Finisher!
77	Emi	Schutz	-	20:56.0	
78	Sally	James	-	21:01.0	Series Finisher!
79	Romele	Constantino	Parkrun	21:03.0	Series Finisher!
80	Alexis	Arriagada	-	21:04.0	Series Finisher!
81	Phil	Wishart	-	21:13.0	Series Finisher!
82	Andrew	Fulton	-	21:14.0	Series Finisher!
83	Sadie	Charles	Sydney Striders	21:15.0	Series Finisher!
84	Nina	Helm	Sydney Pacific	21:24.0	Series Finisher!
85	Hannah	Hamilton	Girraween Athletics Club	21:27.0	Series Finisher!
86	Lisa	Nutley	Running Mums Australia	21:32.0	Series Finisher!
87	Warwick	Dawson	-	21:34.0	Series Finisher!
88	Lily	Heap	-	21:34.0	
89	Ashley	Lamb	-	21:39.0	Series Finisher!
90	Martin	Cansell	Sutherland Athletics Club	21:39.0	Series Finisher!
91	Amanda	Ballard	-	21:40.0	Series Finisher!
92	Chris	McCaffery	-	21:42.0	Series Finisher!
93	Evgeniya	Okuneva	-	21:46.0	Series Finisher!
94	Tamsin	Colley	Hills District Athletics Club	21:49.0	Series Finisher!
95	Maxim	Kuchin	-	21:57.0	Series Finisher!

96	Greg	Bisset	Run Down Under	21:57.0	Series Finisher!
97	Troy	Stead	Newcastle Flyers	21:59.0	Series Finisher!
98	Melvin	Matanjun	-	22:00.0	Series Finisher!
99	Rachel	Murray	-	22:07.0	Series Finisher!
100	Andrew	Free	Girraween Athletics Club	22:20.0	Series Finisher!
101	Peter	Fitzpatrick	St. George District Athletics Club	22:34.0	Series Finisher!
102	Anthony	Byrne	-	22:40.0	Series Finisher!
103	Beth	Turnbull	-	22:42.0	Series Finisher!
104	Jessica	To	-	22:43.0	Series Finisher!
105	Melissa	Costello	Five30	22:46.0	Series Finisher!
106	Sandra	Reid	Warringah Triathlon Club	22:50.0	Series Finisher!
107	Joanne	Rech	SquadRun	22:55.0	Series Finisher!
108	Meg	Barlogio	Team Donut	23:16.0	Series Finisher!
109	Tony	Nguyen	-	23:22.0	Series Finisher!
110	Cathie	Sherrington	Rejoov Runners	23:23.0	Series Finisher!
111	Lynda	Calder	Silver Fit2Core Training	23:23.0	Series Finisher!
112	Phil	Jones	-	23:34.0	Series Finisher!
113	Ming	Leung Li	-	23:36.0	Series Finisher!
114	Peter	Courtis	-	23:44.5	
115	Belinda	Wood	-	23:45.0	Series Finisher!
116	Bob	Yueming Yin	-	23:57.0	Series Finisher!
117	James	Barnes	-	24:00.0	Series Finisher!
118	Leanne	Moss	-	24:02.6	Series Finisher!
119	Wilhelmus	Steemers	-	24:06.0	Series Finisher!
120	Erik	Steemers	-	24:06.0	Series Finisher!
121	Mark	Gardiner	-	24:14.0	Series Finisher!
122	Joanne	Crane	Running Mums Australia	24:20.0	Series Finisher!
123	Carrie	Withers	-	24:42.0	Series Finisher!
124	Rebecca	Webb	-	24:49.0	Series Finisher!
125	Chris	Horowitz	-	24:53.0	Series Finisher!
126	Jack	Nutley	-	24:55.0	
127	Joseph	Yeap	-	25:03.0	Series Finisher!
128	Matthew	McConnell	-	25:19.0	Series Finisher!
129	Robyn	Low-Hart	Central Coast Academy of Sport	25:24.0	Series Finisher!
130	Allan	Wareham	Sydney Striders	25:28.0	Series Finisher!
131	Christine	Hands	Whitsunday Running Club	25:28.0	Series Finisher!
132	Jennifer	Del Mundo	-	25:37.0	Series Finisher!
133	Joanna	Trimby	Campbelltown Joggers Club	25:50.0	Series Finisher!
134	Razz	Morgan	Victory Runners	25:55.0	Series Finisher!
135	Robyn	Chapman	-	26:08.0	Series Finisher!
136	Anna	Sparks	-	26:11.0	Series Finisher!
137	Kel	Walker	-	26:26.0	Series Finisher!
138	Michael	Mills	Cowpasture Reserve Parkrun	26:28.0	Series Finisher!
139	Nicola	Robinson	-	26:40.0	Series Finisher!
140	Brock	Shepperd	-	26:44.0	Series Finisher!
141	Alison	Kent	-	26:45.4	Series Finisher!
142	Muhammad	Farhan Janjuah	-	26:52.0	Series Finisher!
143	Vera	Leung	-	27:41.0	Series Finisher!
144	Kenneth	Stubbs	Coasters Runners	27:49.0	Series Finisher!
145	Christine-Louise	Taylor	-	27:51.0	Series Finisher!
146	Jessica	Harrison	-	28:04.2	Series Finisher!
147	Katrina	Bettison	-	28:06.0	Series Finisher!
148	Krystal	Pua	-	28:06.0	Series Finisher!
149	Cate	Trevallion	-	28:11.0	Series Finisher!
150	Marcus	Lee	-	28:21.0	Series Finisher!
151	Caleb	Bettison	Viper Squad/Armidale Athletics Club	28:39.0	Series Finisher!
152	Wayne	Cooper	Athletics East	28:45.0	Series Finisher!
153	Joyce	Kwong	-	28:49.0	Series Finisher!
154	Hai	Le	-	28:50.0	Series Finisher!
155	Zac	Tydemann	Katoomba Little Athletics Club/Pete's PT	29:22.0	Series Finisher!
156	Diane	Celnikier	Girraween Athletics Club	29:29.0	Series Finisher!
157	Rebecca	Bezzina	-	29:51.0	Series Finisher!
158	Kathryn	Kent	-	30:06.0	Series Finisher!
159	Laura	Greaves	Tailrunners	30:15.0	Series Finisher!
160	Jennifer	Dasal	The Ponds Parkrun	30:24.0	Series Finisher!
161	Lindsay-Meg	Walker	Running Mums Australia	30:27.0	Series Finisher!

162	Ruby	Parker	Byron Bay Runners/Ballina Little Athletics Club	30:32.0	
163	Paul	Munro	Sydney Striders	30:34.0	Series Finisher!
164	Rachel	Hunt	-	30:40.0	Series Finisher!
165	Luke	Carter	-	30:41.0	Series Finisher!
166	Maggie	Chen	-	30:42.0	Series Finisher!
167	Joshua	Hill	-	30:50.0	Series Finisher!
168	Margaret	Gill	-	30:57.0	Series Finisher!
169	Kimbaelee	Morris	-	30:59.0	Series Finisher!
170	Sarah	Johnson	-	31:02.0	Series Finisher!
171	Alexandra	Rowe	-	31:12.0	Series Finisher!
172	Amy	Vandervliet	-	31:47.0	Series Finisher!
173	William	Ryan	-	32:04.0	Series Finisher!
174	Russell	East	-	32:32.0	Series Finisher!
175	Elizabeth	Telford	Nangers	32:43.0	Series Finisher!
176	Amber	Curby	Nightstriders	33:03.0	Series Finisher!
177	Tracy	Blackburn	Vixens and Kits	33:05.0	Series Finisher!
178	Jack	Atkins	Shoalhaven Little Athletics Club	34:15.0	Series Finisher!
179	Robyn	Pedley	-	34:26.0	Series Finisher!
180	Summer	Giddings	Hills District Athletics Club	35:05.0	Series Finisher!
181	Melissa	Alderton	-	35:51.0	
182	Heather	Muldoon	-	36:16.0	
183	Trish	Davis	Pacers Port Macquarie	39:54.0	Series Finisher!
184	Lynne	Clancy	-	40:16.0	Series Finisher!
185	Marion	Griffith	-	43:09.0	Series Finisher!
186	Jackie	Lauff	-	43:48.0	Series Finisher!
187	Alana	Wykes	-	45:18.0	Series Finisher!
188	Jenelle	Plackett	Running Mums Australia	46:12.0	Series Finisher!
189	Bill	Constantine	-	47:37.0	Series Finisher!
190	Fiona	McInerney	-	56:16.0	Series Finisher!
191	Diddle	Watters	-	56:50.0	Series Finisher!
192	Rita	Felton	-	57:23.0	Series Finisher!
193	Graeme	Felton	-	58:43.0	Series Finisher!

RunNSW Virtual Series - SYDNEY OLYMPIC PARK 5K RESULTS

#VRunNSW #socialdistancerunning

Place	First Name	Surname	Club/Group/Squad	Time	5K PB?
1	Adam	Bruntsch	Ryde Athletics Centre	18:10.0	
2	Jon	Awramenko	-	18:36.0	
3	Allegra	McGivern	Up and Running/ Randwick Botany Harriers	21:26.0	
4	Oscar	McGivern	The Scots College	21:30.0	
5	Alex	Hurney	KPMG RunWell/No Meat Athlete - Sydney	22:20.0	
6	Gavin	Baracz	-	22:38.0	
7	Zoe	Melling	-	22:51.0	
8	Yanan	Sun	-	24:26.0	
9	Michelle	Buckman	HIIT Crew	25:06.0	
10	Evan	Foster	-	27:21.0	
11	Ricci	Cheah	Precision Athletica	27:35.0	
12	Zara	Pawsey	Ryde Little Athletics Club	27:35.3	Personal Best
13	Elly	Pawsey	Ryde Little Athletics Club	27:36.0	
14	Freddy	Suria	-	27:42.0	Personal Best
15	Julian	Vankuuk	-	28:13.0	
16	Nick	Pawsey	-	28:21.0	Personal Best
17	Alan	Wang	-	30:51.0	
18	Lynda	Calder	Silver Fit2Core Training	31:44.0	
19	Melissa	Alderton	-	42:32.0	
20	Tammy	Cox	-	52:47.0	Personal Best

RunNSW Virtual Series - LA PEROUSE 5K RESULTS

#VRunNSW #socialdistancerunning

Place	First Name	Surname	Club/Group/Squad	Time	5K PB?
1	Drew	Fryer	Randwick Botany Harriers	16:53.0	
2	Hiroshi	Fukushima	Run Crew	18:12.0	

3	Anna	McKenna	Rejoov Runners	19:37.0
4	Greta	Truscott	Rejoov Runners	19:48.0
5	Karl	Hayes	-	20:50.0
6	Zhi (George)	Zu	-	21:21.0
7	Darren	Bagnall	Rejoov Runners	22:18.0
8	Allegra	McGivern	Up and Running/ Randwick Botany Harriers	22:44.0
9	Zoe	Melling	-	22:48.0
10	Oscar	McGivern	The Scots College	24:20.0
11	Genesi	Castro	-	27:48.0
12	Wilhelmus	Steemers	-	27:53.0
13	Milo	Gruwez	-	29:33.0
14	Bram	Gruwez	-	29:37.0
15	Kim	Colville	-	33:43.0
16	Megan	Paton	-	33:45.0
17	Erik	Steemers	-	36:51.0
18	Deborah	Engeler	Illawong Revesby Workers Athletics Club	40:35.0

RunNSW Virtual Series - GEORGES RIVER 4K RESULTS

#VRunNSW #socialdistancerunning

Place	First Name	Surname	Club/Group/Squad	Time	
1	Allegra	McGivern	Up and Running/ Randwick Botany Harriers	16:02.0	Series Finisher!
2	Oscar	McGivern	The Scots College	17:33.0	Series Finisher!
3	Zoe	Melling	-	17:56.0	Series Finisher!
4	Julia	Gove	Run Crew	22:07.0	
5	Daniel	Laus	-	22:43.0	
6	Deborah	Engeler	Illawong Revesby Workers Athletics Club	33:04.0	Series Finisher!