

Tuesday Tune-Up 5km Results

February/March 2019



5km Course Records		
Reid Livingston	16:30	13/11/18
Sophie Hogan	20:29	6/11/18

5km This Series Best		
Jonathan Moore	18:22	26/03/19
Sophie Hogan	20:29	5/02/19

Place	Name	5-Feb	12-Feb	19-Feb	26-Feb	5-Mar	12-Mar	19-Mar	26-Mar	Series Best	Last Series Best	Beat Last	Beat This	# Events	Series Points
1	Jonathan Moore	24:55	24:44	24:31	24:10	23:59	23:29	23:09	18:22	18:22	25:02	4	19	8	31
2	Doug Hancock	18:43					18:28			18:28		0	3	2	5
3	Steve Charles	19:00	20:44		19:55	20:14		19:03	21:33	19:00	19:04	4	0	6	10
4	Zac Manning	19:20				19:29	19:49	19:09	19:01	19:01	17:47	0	8	5	13
5	James Bell							19:24	19:02	19:02	19:55	2	4	2	8
6	Nick Fitness	19:48	19:40	19:49		19:31	19:50	19:14	19:46	19:14		0	8	7	15
7	Jake Jacobs			20:26	19:16				20:56	19:16	19:36	4	2	3	9
8	Erwin Blokker	20:40	20:22	20:14	20:05	20:10	20:33	20:02	19:32	19:32	20:37	4	13	8	25
9	Dougie Kyle	21:10	22:06	19:42						19:42	18:22	0	2	3	5
10	Michael Zaragoza			20:29						20:29	19:46	0	0	1	1
11	Sophie Hogan	20:29								20:29	20:29	0	0	1	1
12	Kate O'Malley	20:49			20:32					20:32	21:10	4	2	2	8
13	Robert Strong	20:35								20:35		0	0	1	1
14	Giles Pearson			20:57						20:57	19:09	0	0	1	1
15	Georgia Dearing	21:02								21:02		0	0	1	1
16	Paul Sherwood	21:21								21:21		0	0	1	1
17	Neville Redman					26:08	22:50	21:47	21:50	21:47		0	7	4	11
18	Sarah Nilsson	26:05	24:38	23:57	26:31	24:08	22:11	21:50	22:52	21:50	23:39	3	10	8	21
19	Matthew Apperley		21:50							21:50	19:00	0	0	1	1
20	Graeme Sellars	21:51								21:51		0	0	1	1
21	Robin Larkworthy						22:30	21:52	21:57	21:52		0	4	3	7
22	Eric Phimister	23:08	23:00	21:59		22:15	24:19	22:35	23:02	21:59	21:22	0	3	7	10
23	Charlie Chittenden						22:04			22:04		0	0	1	1
24	Campbell Roberts	22:40	22:55	22:29	23:25	22:04	23:36	24:04	29:04	22:04	22:26	3	5	8	16
25	Rob Petch		22:21	22:06						22:06		0	2	2	4
26	Steve Lindsay				22:12			27:51		22:12	21:22	0	0	2	2
27	Nicole Sattler		22:55	22:41	22:21	22:30	26:55	23:36	25:10	22:21	22:14	0	4	7	11
28	Hillary Wagner	23:07	22:58			23:04			22:21	22:21		0	5	4	9
29	Grant Hogan	23:50		23:04	22:47	22:37	22:27			22:27	22:07	0	10	5	15
30	Glen Harkness	26:55	22:32	29:30					27:11	22:32	25:23	4	1	4	9
31	Jack Hellyer	24:06		22:44						22:44	22:01	0	2	2	4
32	Kieron Moore	25:41	23:54		23:25					22:56	22:53	0	7	4	11
33	Mark Speakman	24:10	23:22			23:30		23:58	22:58	22:58	22:39	0	5	5	10
34	Jeremy Moore	25:48	26:12	26:10	24:36	23:58	23:04	23:22	23:06	23:04	24:52	4	8	8	20
35	Alfredo Puche Lozoya	25:10	24:57	24:12	23:08					23:08	24:12	4	5	4	13
36	Caleb Arrowsmith	27:51	26:29	25:57		24:19	23:29	23:08	23:14	23:08		0	13	7	20
37	David Kay	24:11	23:26	23:25					23:09	23:09	22:41	0	7	4	11
38	Robin Moore								23:11	23:11		0	0	1	1
39	Perry Newburn	23:46	23:26	23:14	23:37			24:00	24:01	23:14	22:25	0	3	6	9
40	Andrew Donnelly					24:42	23:17			23:17		0	3	2	5
41	Steve Franklin						24:38	24:15	23:24	23:24	21:27	0	8	3	11
42	Simon Taylor								23:28	23:28		0	0	1	1
43	Zac Stichbury			27:47	25:18		23:34	24:04		23:34		0	5	4	9
44	Roger Morrison	24:07	23:49			23:44		24:25		23:44	22:44	0	4	4	8
45	Brent Hussey		23:44							23:44		0	0	1	1
46	Alex Wilson							23:50	23:50			0	0	1	1
47	Will Darbyshire							23:57	23:57			0	0	1	1
48	Annie Kane			24:06						24:06		0	0	1	1
49	Karl Iaveta		24:07	25:04						24:07	23:05	0	0	2	2
50	Cody Munro				25:21		24:16			24:16		0	3	2	5
51	Lachie Harkness	26:54		29:14	26:27	27:50	24:34	26:12	27:09	24:34	25:23	3	5	7	15
52	Mike Hayes						24:35			24:35	20:50	0	0	1	1
53	Mark O'Shea								25:01	25:01		0	0	1	1
54	Ken McLaren	25:06								25:06	25:21	4	0	1	5
55	Chay Dearing	25:21								25:21		0	0	1	1
56	Boyd Hawkins		26:25	26:35		26:11	25:47	25:24	26:19	25:24	25:14	0	10	6	16
57	Emmison Gear	27:22	29:07	28:08	25:43	33:54		26:11	25:40	25:40	24:04	0	6	7	13
58	Scott Dunnett		30:37	27:38	26:37	26:07	25:53	25:42		25:42	24:25	0	14	6	20
59	Kevin Clarke								25:58	25:58		0	0	1	1
60	Michael Courtney	26:15								26:15		0	0	1	1
61	Sam Wohers						26:24			26:24		0	0	1	1
62	Katie Lindsay			26:43						26:43		0	0	1	1
63	Lance Pearson	29:33	42:23	30:40	27:39	33:58	26:59	26:52	29:21	26:52	22:39	0	9	8	17
64	Devon Williams	27:24							27:12	27:12	23:35	0	4	2	6
65	Paul McGettigan			27:16						27:16		0	0	1	1
66	Stacey Fisher	28:31	28:45	29:02	27:47				27:28	27:28		0	6	5	11
67	Kiara Puche-Struben		29:28	32:25	27:46					27:46		0	2	3	5
68	Amanda Roborgh	29:55	28:56	29:24	28:05	27:59	27:48	28:15	28:11	27:48	27:02	0	9	8	17
69	Mark Hobson					27:54				27:54		0	0	1	1
70	Belinda Hogan						28:06			28:06		0	0	1	1
71	Michelle Goldsmith	30:19	28:51	28:53	28:26	29:03	28:11	36:16	28:09	28:09	28:18	3	10	8	21
72	Regan Baristow	28:17								28:17		0	0	1	1
73	Blake Richardson	28:23						30:52		28:23	31:07	4	0	2	6
74	Trish Cummins	30:24	29:24	29:15		29:20	28:34	28:23	29:43	28:23		0	10	7	17
75	Jenny Todd	28:24								28:24	27:00	0	0	1	1
76	Jacqui Miller						28:26			28:26		0	0	1	1
77	Amanda Rowe	28:32	28:45	29:03						28:32		0	0	3	3
78	John Rhodes	30:12	30:58		29:14	36:05	29:01	36:17		29:01	28:11	0	5	6	11
79	Madeline Hall				30:44			29:04		29:04		0	4	2	6
80	Tracy Higham	29:10								29:10	27:34	0	0	1	1
81	Pat Goldsmith	33:30	29:33	30:43	29:20	31:52	29:40		31:30	29:20	29:16	0	3	7	10
82	Guy Harrison	29:50								29:50		0	0	1	1
83	Lois Rodler		34:04	32:50	31:14	30:50	29:57			29:57		0	10	5	15
84	Kerry Herekiuna		34:03	32:51	31:16	30:52	29:58			29:58		0	10	5	15
85	Florrie Napthen				30:46	31:29	30:12			30:12		0	3	3	6
86	Juliet Ware		30:17							30:17		0	0	1	1
87	Gina Finlayson						30:29			30:29		0	0	1	1
88	Ken Sanderson	34:23	33:26	33:20	32:55	31:53	31:27	31:06	30:43	30:43	29:49	0	19	8	27
89	Isabella Larkworthy						30:45			30:45		0	0	1	1
90	Joff Hulbert	31:27	31:08	30:45	33:14	37:11		32:11	31:57	30:45	31:14	4	3	7	14
91	Bruce Richardson							30:52		30:52	20:40	0	0	1	1
92	Keith Vincent			37:46			31:18		33:05	31:18	29:08	0	3	3	6
93	Erika Losauro							33:17	31:36	31:36		0	4	2	6
94	Lynette van der Speck			33:23	31:44					31:44		0	2	2	4
95	Arne Last	32:05								32:05		0	0	1	1
96	Katrin Struben			32:24						32:24		0	0	1	1
97	Sarah Lee		37:51			35:16	33:16	32:28	35:36	32:28	34:34	3	10	5	18
98	Rhys Hellyer	32:38								32:38		0	0	1	1
99	Tanya Ashfield	35:31	33:59	33:48	33:43	34:05	33:00	33:02	32:43	32:43		0	12	8	20
100	Ngarie Saunders		34:09	32:44						32:44		0	2	2	4
101	Colleen Pritchard	34:01								34:01		0	0	1	1
102	Amanda Pipe						34:52	34:51		34:51		0	4	2	6
103	Julie Cummins	39:11	36:41		36:10	35:39	34:54	34:59	37:31	34:54		0	9	7	16
104	Monique Campher		34:58							34:58					