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		
Doug Hancock	18:43	5/02/19
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	Steve Charles	19:00	20:44		19:55	20:14		19:03		19:00	19:04	4	0	5	9
2	Zac Manning	19:20				19:29	19:49	19:09		19:09	17:47	0	4	4	8
3	Nick Fitness	19:48	19:40	19:49		19:31	19:50	19:14		19:14		0	8	6	14
4	James Bell							19:24		19:24	19:55	2	0	1	3
5	Erwin Blokker	20:40	20:22	20:14	20:05	20:10	20:33	20:02		20:02	20:37	4	9	7	20
6	Neville Redmund					26:08	22:50	21:47		21:47		0	7	3	10
7	Sarah Nilsson	26:05	24:38	23:57	26:31	24:08	22:11	21:50		21:50	23:39	3	10	7	20
8	Robin Larkworthy						22:30	21:52		21:52		0	4	2	6
9	Eric Phimister	23:08	23:00	21:59		22:15	24:19	22:35		21:59	21:22	0	3	6	9
10	Caleb Arrowsmith	27:51	26:29	25:57		24:19	23:29	23:08		23:08		0	13	6	19
11	Jonathan Moore	24:55	24:44	24:31	24:10	23:59	23:29	23:09		23:09	25:02	4	15	7	26
12	Jeremy Moore	25:48	26:12	26:10	24:36	23:58	23:04	23:22		23:04	24:52	4	8	7	19
13	Nicole Sattler		22:55	22:41	22:21	22:30	26:55	23:36		22:21	22:14	0	4	6	10
14	Mark Speakman	24:10	23:22			23:30		23:58		23:22	22:39	0	1	4	5
15	Perry Newburn	23:46	23:26	23:14	23:37			24:00		23:14	22:25	0	3	5	8
16	Zac Stichbury			27:47	25:18		23:34	24:04		23:34		0	5	4	9
17	Campbell Roberts	22:40	22:55	22:29	23:25	22:04	23:36	24:04		22:04	22:26	3	5	7	15
18	Steve Franklin						24:38	24:15		24:15	21:27	0	4	2	6
19	Roger Morrison	24:07	23:49			23:44		24:25		23:44	22:44	0	4	4	8
20	Boyd Hawkins		26:25	26:35		26:11	25:47	25:24		25:24	25:14	0	10	5	15
21	Scott Dunnett		30:37	27:38	26:37	26:07	25:53	25:42		25:42	24:25	0	14	6	20
22	Emmison Gear	27:22	29:07	28:08	25:43	33:54		26:11		25:43	24:04	0	2	6	8
23	Lachie Harkness	26:54		29:14	26:27	27:50	24:34	26:12		24:34	25:23	3	5	6	14
24	Lance Pearson	29:33	42:23	30:40	27:39	33:58	26:59	26:52		26:52	22:39	0	9	7	16
25	Steve Lindsay				22:12			27:51		22:12	21:22	0	0	2	2
26	Amanda Roborgh	29:55	28:56	29:24	28:05	27:59	27:48	28:15		27:48	27:02	0	9	7	16
27	Trish Cummins	30:24	29:24	29:15		29:20	28:34	28:23		28:23		0	10	6	16
28	Madeline Hall				30:44			29:04		29:04		0	4	2	6
29	Blake Richardson	28:23						30:52		28:23	31:07	4	0	2	6
30	Bruce Richardson							30:52		30:52	20:40	0	0	1	1
31	Ken Sanderson	34:23	33:26	33:20	32:55	31:53	31:27	31:06		31:06	29:49	0	15	7	22
32	Joff Hulbert	31:27	31:08	30:45	33:14	37:11		32:11		30:45	31:14	4	3	6	13
33	Sarah Lee		37:51			35:16	33:16	32:28		32:28	34:34	3	10	4	17
34	Tanya Ashfield	35:31	33:59	33:48	33:43	34:05	33:00	33:02		33:00		0	8	7	15
35	Erika Losauro							33:17		33:17		0	0	1	1
36	Amanda Pipe						34:52	34:51		34:51		0	4	2	6
37	Julie Cummins	39:11	36:41		36:10	35:39	34:54	34:59		34:54		0	9	6	15
38	Michelle Goldsmith	30:19	28:51	28:53	28:26	29:03	28:11	36:16		28:11	28:18	3	6	7	16
39	John Rhodes	30:12	30:58		29:14	36:05	29:01	36:17		29:01	28:11	0	5	6	11
40	Bridget Dunn		38:47		37:53		37:18	36:53		36:53		0	9	4	13
41	Deanne Arrowsmith	39:00		40:53		39:20		37:56		37:56	35:20	0	4	4	8
42	KC Schaare							38:55		38:55		0	0	1	1
43	Vikki Garrett	40:03						39:47		39:47		0	4	2	6
44	Megan Bigg	47:19	46:06	46:39	43:37	43:25	43:45	43:37		43:25		0	6	7	13
45	Leanne Harkness	48:45	48:50	48:20	46:20	46:24	45:56	46:45		45:56		0	7	7	14
46	Maria Losauro							46:46		46:46		0	0	1	1
47	Liz Walls	44:15	43:03		41:18			46:50		41:18	44:36	4	3	4	11
48	Julie Morales							47:08		47:08		0	0	1	1
49	Viv Maher		46:47	47:45		46:26	46:08	47:09		46:08	43:51	0	6	5	11
50	Ginny Robertson		46:47	47:44		46:27	46:07	47:10		46:07	43:50	0	6	5	11
	Doug Hancock	18:43					18:28			18:28		0	3	2	5
	Charlie Chittenden						22:04			22:04		0	0	1	1
	Grant Hogan	23:50		23:04	22:47	22:37	22:27			22:27	22:07	0	10	5	15
	Andrew Donnelly					24:42	23:17			23:17		0	3	2	5
	Cody Munro				25:21		24:16			24:16		0	3	2	5
	Mike Hayes						24:35			24:35	20:50	0	0	1	1
	Sam Wohers						26:24			26:24		0	0	1	1
	Belinda Hogan						28:06			28:06		0	0	1	1
	Jacqui Miller						28:26			28:26		0	0	1	1
	Pat Goldsmith	33:30	29:33	30:43	29:20	31:52	29:40			29:20	29:16	0	3	6	9
	Lois Rodler		34:04	32:50	31:14	30:50	29:57			29:57		0	10	5	15
	Kerry Herekiuna		34:03	32:51	31:16	30:52	29:58			29:58		0	10	5	15
	Florrie Napthen				30:46	31:29	30:12			30:12		0	3	3	6
	Gina Finlayson						30:29			30:29		0	0	1	1
	Isabella Larkworthy						30:45			30:45		0	0	1	1
	Keith Vincent			37:46			31:18			31:18	29:08	0	3	2	5
	Nicole Speakman						46:07			46:07	45:30	0	0	1	1
	Hillary Wagner	23:07	22:58			23:04				22:58		0	1	3	4
	Mark Hobson					27:54				27:54		0	0	1	1
	Jake Jacobs			20:26	19:16					19:16	19:36	4	2	2	8
	Kate O'Malley	20:49			20:32					20:32	21:10	4	2	2	8
	Alfredo Puche Lozoya	25:10	24:57	24:12	23:08					23:08	24:12	4	5	4	13
	Kieron Moore	25:41	23:54		23:25					23:25	22:53	0	3	3	6
	Kiara Puche-Struben		29:28	32:25	27:46					27:46		0	2	3	5
	Stacey Fisher	28:31	28:45	29:02	27:47					27:47		0	2	4	6
	Lynette van der Speck			33:23	31:44					31:44		0	2	2	4
	Doug Wright				37:52					37:52		0	0	1	1
	Dougie Kyle	21:10	22:06	19:42						19:42	18:22	0	2	3	5
	Michael Zaragoza			20:29						20:29	19:46	0	0	1	1
	Giles Pearson			20:57						20:57	19:09	0	0	1	1
	Rob Petch		22:21	22:06						22:06		0	2	2	4
	Jack Hellyer	24:06		22:44						22:44	22:01	0	2	2	4
	David Kay	24:11	23:26	23:25						23:25	22:41	0	3	3	6
	Annie Kane			24:06						24:06		0	0	1	1
	Karl Iaveta		24:07	25:04						24:07	23:05	0	0	2	2
	Katie Lindsay			26:43						26:43		0	0	1	1
	Paul McGettigan			27:16						27:16		0	0	1	1
	Amanda Rowe	28:32	28:45	29:03						28:32		0	0	3	3
	Glen Harkness	26:55	22:32	29:30						22:32	25:23	4	1	3	8
	Katrin Struben			32:24						32:24		0	0	1	1
	Ngarie Saunders		34:09	32:44						32:44		0	2	2	4
	Matthew Apperley		21:50							21:50	19:00	0	0	1	1
	Brent Hussey		23:44							23:44		0	0	1	1
	Juliet Ware		30:17							30:17		0	0	1	1
	Monique Campher		34:58							34:58		0	0	1	1
	Kylie Martin		36:08							36:08		0	0	1	1
	Frankie Morrison		39:21							39:21		0	0	1	1
	Ken Morrison		39:22							39:22		0	0	1	1
	Hayley Satherley		39:22							39:22		0	0	1	1
	Sophie Hogan	20:29								20:29	20:29	0	0	1	1
	Robert Strong	20:35								20:35		0	0	1	1
	Georgia Dearing	21:02								21:02		0	0	1	1
	Paul Sherwood	21:21								21:21		0	0	1	1
	Graeme Sellars	21:51								21:51		0	0	1	1
	Ken McLaren	25:06								25:06	25:21	4	0	1	5
	Chay Dearing	25:21								25:21		0	0	1	1
	Michael Courtney	26:15								26:15		0	0	1	1
	Devon Williams	27:24								27:24	23:35	0	0	1	1
	Regan Baristow	28:17								28:17		0	0	1	1
	Jenny Todd	28:24								28:24	27:00	0	0	1	1
	Tracy Higham	29:10								29:10	27:34	0	0	1	1
	Guy Harrison	29:50								29:50		0	0	1	1
	Arne Last	32:05								32:05		0	0	1	1
	Rhys Hellyer	32:38								32:38		0	0	1	1
	Colleen Pritchard	34:01								34:01		0	0	1	1
	Andrea Williams	42:03								42:03		0	0	1	1
	Cindy Elrick	42:03								42:03		0	0	1	1
	Nicky Woolton	44:21								44:21		0	0	1	1
	Robyn Burns	52:13								52:13		0	0	1	1
	Cathy Eru	52:14								52:14		0	0	1	1