

Tuesday Tune-Up 5km Results

Feb/Mar 2020



5km Course Records

Reid Livingston	16:08	5/11/19
Nikita Wain	20:18	25/02/20

5km This Series Best

Jonathan Moore	17:26	18/02/20
Nikita Wain	20:18	25/02/20

Place	Name	4-Feb	11-Feb	18-Feb	25-Feb	3-Mar	10-Mar	17-Mar	24-Mar	Series Best	Last Series Best	Beat Last	Beat This	# Events	Series Points
1	Erwin Blokker	22:35	20:40	20:40	20:27	21:33	20:29	20:52		20:27	20:07	0	3	7	10
2	Laura Langley							21:13		21:13		0	0	1	1
3	Steve Charles	21:13	21:03		22:09			21:35		21:03	20:20	0	1	4	5
4	Nicole Sattler		34:41	23:51	20:56	21:04	21:09	21:40		20:56	20:43	0	4	6	10
5	Dianne Bulled				22:56	23:00	22:19	23:02		22:19	22:36	3	3	4	10
6	Kieron Moore	25:04	22:46	22:17	22:16	24:29	22:52	23:39		22:16	22:52	4	5	7	16
7	David Kay	25:15			23:28		23:32	23:58		23:28	23:11	0	2	4	6
8	Steve Franklin				24:43	24:37	23:48	24:40		23:48		0	6	4	10
9	Emmison Gear	33:55	25:37	25:03	25:53	24:40	23:39	24:44		23:39		0	9	7	16
10	Lance Pearson		29:41	26:36	26:35	28:21	26:11	24:55		24:55	24:04	0	11	6	17
11	Josh Arrowsmith	29:34	27:26	26:55	26:14	25:58	24:56	25:14		24:56	25:54	3	11	7	21
12	Karen Beckman	28:50	28:43	27:20	26:12	26:21	25:35	25:36		25:35	27:18	4	8	7	19
13	Mark Fisher		20:31	30:58	28:52	36:37	27:40	26:04		20:31	19:07	0	0	6	6
14	Caleb Arrowsmith	25:13	24:41	23:23	23:07	24:24	23:09	26:11		23:07	26:19	4	5	7	16
15	Boyd Hawkins	29:58		27:03	26:42	26:31	26:27	26:25		26:25	26:10	0	14	6	20
16	Jenny Todd	29:59			27:50		27:33	27:54		27:33	26:51	0	5	4	9
17	Keith Vincent	35:00	30:50	30:25	32:44	30:12	29:25	29:11		29:11	31:28	4	13	7	24
18	Gina Finlayson			31:44	29:08	28:53	28:15	29:40		28:15	31:52	4	8	5	17
19	John Rhodes	31:35	30:27	29:34		29:19		30:38		29:19	29:16	0	6	5	11
20	Joff Hulbert	36:31	35:18	34:25	33:50	33:39		35:23		33:39	32:47	0	8	6	14
21	Julie Cummins	37:46		35:11	34:33	34:59		36:13		34:33	35:39	4	4	5	13
22	Deanne Arrowsmith	45:57	41:14	40:10	40:14	40:11	39:28	40:17		39:28	39:55	3	6	7	16
23	Megan Bigg	49:18	44:32	44:12	43:08	44:26	44:42	47:33		43:08	43:05	0	5	7	12
24	Viv Maher	49:23	45:39	45:35	43:47	49:22	48:59	48:59		43:47	44:03	4	5	7	16
25	Nicole Speakman	51:38	47:41		57:53			49:01		47:41	45:35	0	1	4	5
26	Ginny Robertson					49:24	48:58	49:02		48:58	45:19	0	3	3	6
27	Dougie Kyle	20:23		18:52			19:14			18:52	18:35	0	2	3	5
28	Robin Larkworthy				22:54	22:18	22:14			22:14		0	6	3	9
29	Jonathan Moore	19:55		17:26	18:02	24:13	22:26			17:26	17:51	4	2	5	11
30	Campbell Roberts		23:49				23:00			23:00	21:55	0	3	2	5
31	Devon Williams	32:06	23:50	23:38	22:49	24:01	23:25			22:49	21:50	0	5	6	11
32	Jeremy Moore			26:11		28:56	23:33			23:33		0	3	3	6
33	Sarah Nilsson	25:48	23:39	21:31	24:23	24:28	24:20			21:31	20:40	0	3	6	9
34	Holly Osborne						27:10			27:10		0	0	1	1
35	Zoe Helliwell					29:06	28:11			28:11		0	3	2	5
36	Amanda Roborgh	31:42		28:09	27:50	28:36	28:47			27:50	27:17	0	4	5	9
37	Camille Lowe	36:27	32:39	33:41			33:27			32:39	31:16	0	1	4	5
38	Addison McDougall				32:29		41:13			32:29		0	0	2	2
39	Tim McDougall				32:29	26:16	41:14			26:16		0	3	3	6
40	Kate O'Malley				20:45	20:47				20:45	21:03	4	0	2	6
41	Giles Pearson				20:40	21:32				20:40	19:46	0	0	2	2
42	Jacqui Miller					25:17				25:17		0	0	1	1
43	Juniper Moore		28:17			27:40				27:40		0	3	2	5
44	Meredith Moore					28:55				28:55		0	0	1	1
45	Trish Cummins	33:37	31:17	29:48	29:50	30:02				29:48	28:03	0	3	5	8
46	Ken Sanderson	34:59	32:44	30:50	30:06	30:23				30:06	28:22	0	5	5	10

Place	Name	4-Feb	11-Feb	18-Feb	25-Feb	3-Mar	10-Mar	17-Mar	24-Mar	Series Best	Last Series Best	Beat Last	Beat This	# Events	Series Points
47	Leanne Harkness				34:23	34:14				34:14	35:48	4	3	2	9
48	Chris Helliwell					38:10				38:10		0	0	1	1
49	Tracy Helliwell					43:56				43:56		0	0	1	1
50	Peter Helliwell					44:24				44:24		0	0	1	1
51	Kairon Pimm				17:57					17:57		0	0	1	1
52	Nikita Wain				20:18					20:18		0	0	1	1
53	Paul Sherwood	21:29		20:59	21:12					20:59	20:46	0	2	3	5
54	Eric Phimister		23:56		21:39					21:39	20:57	0	2	2	4
55	Heath Faulknor	25:24	24:48		22:58					22:58	23:00	4	3	3	10
56	Todd Burnard		24:04		23:11					23:11		0	2	2	4
57	Jamie Dunnett-Welch	28:13	25:40		24:53					24:53	23:12	0	3	3	6
58	Mark Johnson				26:00					26:00		0	0	1	1
59	Chris Beckman				26:10					26:10	25:44	0	0	1	1
60	Duncan Hope				27:35					27:35		0	0	1	1
61	Jen Hope				28:26					28:26	27:19	0	0	1	1
62	Greg Reid				58:11					58:11		0	0	1	1
63	Tom Faulkner			19:56						19:56		0	0	1	1
64	Seb Nilsson			24:32						24:32	26:44	4	0	1	5
65	Karl Iaveta			26:00						26:00		0	0	1	1
66	Tim Mason	32:16	29:13	27:12						27:12	25:46	0	3	3	6
67	Steve Thorogood		32:13	32:10						32:10	32:29	4	2	2	8
68	Chris Gerbes		33:28	32:40						32:40	32:37	0	2	2	4
69	Scott Dunnett	28:19	26:58							26:58	25:46	0	1	2	3
70	Te Hunt	31:41	29:52							29:52		0	1	2	3
71	Shawn Watts	28:02								28:02		0	0	1	1
72	Sue Nugent	43:21								43:21		0	0	1	1