

Coburg Harriers Round 1 - 4K Club Run Closest Time Wins 27 04 2019

						Fastest to slowest			
Place	First	Surname	Time	Estimated Time	Diff	Place	First	Surname	Time
1	Dave	Nolan	0:15:55	0:15:52	0:00:03	1	Chris	Moore	0:14:23
2	Michael	Sinclair	0:15:45	0:15:40	0:00:05	2	Michael	Steer	0:14:45
3	Brennan	Fitzpatrick	0:16:37	0:16:30	0:00:07	3	Carl	Kennedy	0:15:10
4	Catherine	Fitzpatrick	0:21:52	0:22:00	0:00:08	4	Michael	Sinclair	0:15:45
5	Carl	Kennedy	0:15:10	0:15:00	0:00:10	5	Dave	Nolan	0:15:55
6	Sannah	McColl	0:24:06	0:24:24	0:00:18	6	Edwin	Cheung	0:16:27
7	Chris	Moore	0:14:23	0:14:45	0:00:22	7	Andy	Moore	0:16:33
8	Andy	Moore	0:16:33	0:17:00	0:00:27	8	Brennan	Fitzpatrick	0:16:37
9	Michaela	Dedek	0:20:59	0:21:30	0:00:31	9	Claudio	Todaro	0:16:55
10	Aimee	Wee	0:18:51	0:19:25	0:00:34	10	Rob	Grasso	0:17:21
11	Pete	Johns	0:20:56	0:20:20	0:00:36	11	Max	Inglis	0:17:31
12	Edwin	Cheung	0:16:27	0:17:14	0:00:47	12	Mark	Kelly	0:17:32
13	Edward	Inglis	0:19:42	0:20:30	0:00:48	13	Tim	Holloway	0:17:35
14	Lachie	Kelly	0:22:49	0:22:00	0:00:49	14	Stef	Modesti	0:18:09
15	Bianca	Vecchio	0:43:18	0:44:22	0:01:04	15	Angela	Ruzzene	0:18:45
16	Michael	Steer	0:14:45	0:16:00	0:01:15	16	Darren	Saffin	0:18:46
17	Rob	Grasso	0:17:21	0:18:42	0:01:21	17	Aimee	Wee	0:18:51
18	Al	Bui	0:21:00	0:22:22	0:01:22	18	Angela	Kelly	0:19:14
19	Angela	Ruzzene	0:18:45	0:20:11	0:01:26	19	Zoe	Asher	0:19:23
20	Max	Inglis	0:17:31	0:19:00	0:01:29	20	Michael	Meaney	0:19:30
21	Darren	Saffin	0:18:46	0:20:20	0:01:34	21	Edward	Inglis	0:19:42
22	Tracey	Dryden	0:24:56	0:26:30	0:01:34	22	Pete	Johns	0:20:56
23	Claudio	Todaro	0:16:55	0:18:30	0:01:35	23	Michaela	Dedek	0:20:59
24	Mark	Kelly	0:17:32	0:19:20	0:01:48	24	Al	Bui	0:21:00
25	Angela	Kelly	0:19:14	0:21:10	0:01:56	25	Catherine	Fitzpatrick	0:21:52
26	Zoe	Asher	0:19:23	0:21:20	0:01:57	26	Victoria	Haritos	0:21:54
27	Stef	Modesti	0:18:09	0:20:20	0:02:11	27	Lachie	Kelly	0:22:49
28	Brian	Delaney	0:23:40	0:26:00	0:02:20	28	Brian	Delaney	0:23:40
29	Yolanda	Shaw	0:27:34	0:30:00	0:02:26	29	Eva	Todaro	0:24:04
30	Kenneth	Carter	0:42:35	0:40:00	0:02:35	30	Sannah	McColl	0:24:06
31	Michael	Meaney	0:19:30	0:22:30	0:03:00	31	Tracey	Dryden	0:24:56
32	Tim	Holloway	0:17:35	0:21:00	0:03:25	32	Yolanda	Shaw	0:27:34
33	Victoria	Haritos	0:21:54	0:25:30	0:03:36	33	Kenneth	Carter	0:42:35
34	Eva	Todaro	0:24:04	0:28:28	0:04:24	34	Bianca	Vecchio	0:43:18

AV Round 1 - Jells Park Relays
4th May 2019

Division	Name	Time	Distance (km)	Pace (min/km)
M3	Radeyan Sazzad	22:52	6	3:49
	Tom Robertson	24:22	6	4:04
	Chris Moore	22:35	6	3:46
	Carl Kennedy	23:30	6	3:55
	Eric Pritchard	21:42	6	3:37
	Team Total		1:55:01	30
M5	Luong Dao	25:33	6	4:16
	Tony Sacco	23:58	6	4:00
	David Woods	25:26	6	4:14
	David Nolan	24:14	6	4:02
	Team Total		1:39:11	24
M7	Javier Tabit	22:30	6	3:45
	Andrew Moore	25:39	6	4:16
	Brennan Fitzpatrick	26:19	6	4:23
	Edwin Cheung	26:03	6	4:21
	Team Total		1:40:31	24
M7 (INV)	Tim Holloway	26:34	6	4:26
	Michael Meaney	31:11	6	5:12
	Andrew Constantinou	21:35	6	3:36
	Charles Clark	37:34	6	6:16
	Team Total		1:56:54	24
W3	Stef Modesti	28:12	6	4:42
	Amelia Griffith	24:57	6	4:10
	Carlee Blanchard	28:11	6	4:42
	Tracy Colbert	32:57	6	5:30
	Team Total		1:54:17	24
W-U16	Niamh Tabit	10:55	3	3:38
	Esther Houghton	11:31	3	3:50
	Amira Tabit	11:17	3	3:46
	Team Total		33:43	9

Coburg Harriers 8km/4km XCR
11th May 2019 - Clubrooms

Place	Name	Estimated Km Rating	Estimated Time	Mark	Finish Time	Actual Time	Actual K Rate	Distance
1	Inglis, Max - Junior	4:40	18:40	57:20	75:28	18:08	4:32	4.00
2	Crowther, Ash	4:20	34:40	41:20	75:28	34:08	4:16	8.00
3	Wee, Aimee - Junior	4:45	19:00	57:00	77:21	20:21	5:05	4.00
4	Inglis, Edward	5:17	42:16	33:44	77:48	44:04	5:31	8.00
5	Modesti, Stef	4:45	38:00	38:00	77:58	39:58	5:00	8.00
6	Kelly, Mark	4:30	36:00	40:00	78:11	38:11	4:46	8.00
7	Fitzpatrick, Brennan	4:23	35:04	40:56	78:24	37:28	4:41	8.00
8	Kennedy, Carl	4:00	32:00	44:00	78:45	34:45	4:21	8.00
9	Meaney, Michael	5:17	42:16	33:44	78:54	45:10	5:39	8.00
10	Cheung, Edwin	4:20	34:40	41:20	79:30	38:10	4:46	8.00
11	Vecchio, Bianca	9:30	38:00	38:00	80:08	42:08	10:32	4.00
12	Kelly, Angela	5:00	40:00	36:00	82:04	46:04	5:45	8.00
13	Canal, Debbie	6:40	53:20	22:40	86:28	63:48	7:59	8.00
14	Carter, Ken	9:30	76:00	0:00	92:23	92:23	11:33	8.00
INV	Fitzpatrick, Catherine			57:20	81:35	24:15	6:04	4.00
INV	Delaney, Brian			33:44	62:36	28:52	7:13	4.00
INV	Shaw, Yolanda			22:40	53:30	30:50	7:42	4.00
INV	Steel, Jackie			22:40	60:37	37:57	9:29	4.00
INV	Jordan, Douglas			22:40	82:40	142:40	202:40	262:40

AV Round 2 - St Anne's Winery
1st June 2019

Name	Time	Distance (km)	Pace (min/km)
Niamh Tabit	10:40	3	3:33
Amira Tabit	11:27	3	3:49
Javier Tabit	10:10	3	3:23
Sophie Ducrou	36:32	8	4:34
Victoria Haritos	50:47	8	6:21
Tracy Colbert	51:23	8	6:25
Eric Pritchard	30:56	8	3:52
Chris Moore	31:37	8	3:57
Andrew Constantino	32:42	8	4:05
Carl Kennedy	32:49	8	4:06
Tony Sacco	34:46	8	4:21
Andrew Moore	36:23	8	4:33
Luong Dao	36:28	8	4:34
Tim Holloway	38:00	8	4:45
Brian Delaney	50:09	8	6:16

Coburg Harriers Panter Club 40 min Timed Run
8th June 2019 - Warringal Park

Place	Name	Rnd 1	Jells Park	Rnd 2	St Anne's	Estimated	Computed	Rounded	Distance to	Initial/Minor	General/Major	Start Time	Finish Time	Actual Time	Actual K Rate	Scratch Duration
		4K	6K	8K/4K	8K	Kilometer Rating	Estimated Distance (m)	Estimated Distance (m)	Initial Minor Turnaround (m)	Marker to reach	Marker to reach					
1	Dryden, Tracey	6:14				6:25	6234	6200	100	Marker 2 (100m)	3K	0:00	38:07	38:07	6:09	40:00
2	Asher, Zoe	4:51				4:55	8136	8100	50	Marker 1 (50m)	4K	0:00	38:18	38:18	4:44	40:00
3	Clark, Charles		6:16			5:55	6761	6800	400	Marker 8 (400m)	3K	0:00	38:25	38:25	5:39	40:00
4	Haritos, Victoria	5:28			6:21	5:50	6857	6900	450	Marker 9 (450m)	3K	0:00	39:26	39:26	5:43	40:00
5	Meaney, Michael	4:53	5:12	5:39		5:07	7818	7800	400	Marker 8 (400m)	3.5K	0:00	40:18	40:18	5:10	40:00
6	Cheung, Edwin	4:07	4:21	4:46		4:19	9266	9300	150	Marker 3 (150m)	4.5K	0:00	40:30	40:30	4:21	40:00
7	Bradley, Frank					6:35	6076	6100	50	Marker 1 (50m)	3K	0:00	41:09	41:09	6:45	40:00
8	Fitzpatrick, Brennan	4:09	4:23	4:41		4:19	9266	9300	150	Marker 3 (150m)	4.5K	0:00	41:25	41:25	4:27	40:00
9	Holloway, Tim	4:24	4:26		4:45	4:25	9057	9100	50	Marker 1 (50m)	4.5K	0:00	41:30	41:30	4:34	40:00
10	Kennedy, Carl	3:48	3:55	4:21	4:06	3:50	10435	10400	200	Marker 4 (200m)	5K	0:00	41:34	41:34	4:00	40:00
11	Fitzpatrick, Catherine	5:28		6:04		5:30	7273	7300	150	Marker 3 (150m)	3.5K	0:00	42:27	42:27	5:49	40:00
12	Dao, Luong		4:16		4:34	4:07	9717	9700	350	Marker 7 (350m)	4.5K	0:00	42:32	42:32	4:23	40:00
13	Carter, Ken	10:39		11:33		10:00	4000	4000	0	NONE	2K	0:00	43:31	43:31	10:53	40:00
14	Harrap, Spud					4:50	8276	8300	150	Marker 3 (150m)	4K	0:00	45:21	45:21	5:28	40:00
INV	Cheung, Munkee					4:50	4138	4100	50	Marker 1 (50m)	2K	20:00	42:32	22:32	5:30	20:00
INV	Delaney, Brian	5:55		7:13	6:16	5:40	3529	3500	250	Marker 5 (250m)	1.5K	20:00	40:43	20:43	5:55	20:00

AV Round 3 - Bundoora Park
15th June 2019

Name	Time	Distance (km)	Pace (min/km)
Amelia Griffith	42:31	10	4:15
Sophie Ducrou	44:56	10	4:30
Victoria Haritos	61:53	10	6:11
Tracy Colbert	63:30	10	6:21
Eric Pritchard	37:55	10	3:48
Chris Moore	39:40	10	3:58
Carl Kennedy	39:55	10	4:00
David Nolan	42:17	10	4:14
Tony Sacco	42:50	10	4:17
Andrew Moore	44:27	10	4:27
Luong Dao	44:48	10	4:29
David Woods	46:24	10	4:38
Tim Holloway	46:35	10	4:40
Michael Meaney	56:15	10	5:37
Niamh Tabit	14:30	4	3:38
Amira Tabit	15:15	4	3:49
Javier Tabit	13:21	4	3:20

AV Round 4 - Anglesea Ekiden Relays
22nd June 2019

Division	Name	Time	Distance (km)	Pace (min/km)
M3	Eric Pritchard	36:11	9.2	3:56
	Chris Moore	35:41	8.6	4:09
	Carl Kennedy	31:10	7.2	4:20
	Javier Tabit	33:24	6.4	5:13
	Tony Sacco	23:57	5.7	4:12
	Team Total		2:40:23	37.1
M5	Tom Robertson	68:28	9.2	7:27
	Andrew Moore	38:40	8.6	4:30
	Tim Holloway	34:37	7.2	4:48
	Michael Meaney	30:32	5.7	5:21
	Team Total		2:52:17	30.7
M7	Charles Clark	57:53	9.2	6:18
	Team Total		0:57:53	9.2
W3	Amelia Griffith	42:42	9.2	4:38
	Sophie Ducrou	33:10	7.2	4:36
	Zoe Asher	34:06	6.4	5:20
	Tracy Colbert	26:27	4.6	5:45
	Team Total		2:16:25	27.4
W-U16	Niamh Tabit	25:47	6.4	4:02
	Amira Tabit	23:27	5.7	4:07
	Esther Houghton	20:34	4.6	4:28
	Team Total		69:48	16.7

**Coburg Harriers 8k / 4k Club C'ship
29th June 2019 - Coburg Clubroom**

Part 1 XCR Sealed Handicap

Place	Name	Estimated Km Rating	Estimated Time	Virtual Mark	Race Time (Actual)	Variance	Handicap Finish Time	Actual K Rate	Distance	Scratch Time
						from Estimate				
1	Holloway, Tim	4:50	38:40	45:20	39:37	0:57	84:57	4:57	8.00	84:00
2	Dege, Cassie	4:06	32:48	51:12	34:15	1:27	85:27	4:17	8.00	84:00
3	Kelly, Mark	4:45	38:00	46:00	39:59	1:59	85:59	5:00	8.00	84:00
4	Pritchard, Eric	3:57	31:36	52:24	33:59	2:23	86:23	4:15	8.00	84:00
5	Ducrou, Sophie	4:40	37:20	46:40	40:06	2:46	86:46	5:01	8.00	84:00
6	Fitzpatrick, Brennan	4:50	38:40	45:20	42:15	3:35	87:35	5:17	8.00	84:00
7	Kennedy, Carl	4:09	33:12	50:48	37:38	4:26	88:26	4:42	8.00	84:00
8	Cheung, Edwin	4:50	38:40	45:20	44:09	5:29	89:29	5:31	8.00	84:00
9	Delaney, Brian	6:20	50:40	33:20	63:13	12:33	96:33	7:54	8.00	84:00
10	Carter, Ken	10:30	84:00	0:00	98:22	14:22	98:22	12:18	8.00	84:00
11	Bradley, Frank	7:05	56:40	27:20	82:17	25:37	109:37	10:17	8.00	84:00
INV	McKay, Dan	4:45	38:00	46:00	37:44	-(0:16)	83:44	4:43	8.00	84:00

AV Round 5 - Sandown Racecourse Relays
6th July 2019

Division	Name	Time	Distance (km)	Pace (min/km)
M3	Carl Kennedy	24:01	6.2	3:52
	Javier Tabit	22:59	6.2	3:42
	Tony Sacco	24:33	6.2	3:58
	Tom Robertson	25:11	6.2	4:04
	Brennan Fitzpatrick	27:22	6.2	4:25
	Team Total	2:04:06	31	4:00
M5	Edwin Cheung	26:11	6.2	4:13
	Michael Meaney	31:53	6.2	5:09
	Charles Clark	34:58	6.2	5:38
	Brian Delaney	34:21	6.2	5:32
	Team Total	2:07:23	24.8	5:08
W3	Amelia Griffith	25:26	6.2	4:06
	Stef Modesti	28:36	6.2	4:37
	Sophie Ducrou	25:44	6.2	4:09
	Tracy Colbert	33:29	6.2	5:24
	Team Total	1:53:15	24.8	4:34
W-U16	Amira Tabit	11:16	3.1	3:38
	Esther Houghton	12:25	3.1	4:00
	Niamh Tabit	10:41	3.1	3:27
	Team Total	34:22	9.3	3:42

AV Round 6 - Albert Park
14th July 2019

Name	Race Time	Net Time	Distance (km)	Pace (min/km)
Niamh Tabit	10:01	10:00	3	3:20
Amira Tabit	10:58	10:58	3	3:39
Javier Tabit	10:17	10:16	3	3:25
Zoe Asher	49:31	49:12	10	4:55
Tracy Colbert	54:20	54:01	10	5:24
Eric Pritchard	36:28	36:18	10	3:38
Carl Kennedy	39:02	38:52	10	3:53
Tony Sacco	41:15	41:02	10	4:06
Radeyan Sazzad	41:54	41:38	10	4:10
Tom Robertson	42:06	41:54	10	4:11
Andrew Moore	43:02	42:44	10	4:16
Brennan Fitzpatrick	44:32	44:16	10	4:26
Tim Holloway	46:25	46:12	10	4:37
Michael Meaney	53:28	53:11	10	5:19
Brian Delaney	55:29	55:10	10	5:31

Coburg Harriers 10k / 5k Club C'ship
20th July 2019 - Princes Park

Part 2 XCR Sealed Handicap

Place	Name	Estimated Km Rating	Estimated Time	Virtual Mark	Race Time (Actual)	Variance from Estimate	Handicap Finish Time	Actual K Rate	Distance	Scratch Time
1	Fitzpatrick, Brennan	4:30	45:00	55:00	44:07	-(0:53)	99:07	4:25	10.00	100:00
2	Cheung, Edwin	4:26	44:20	55:40	43:50	-(0:30)	99:30	4:23	10.00	100:00
3	Pritchard, Eric	3:42	37:00	63:00	37:09	0:09	100:09	3:43	10.00	100:00
4	Dao, Luong	4:20	43:20	56:40	44:03	0:43	100:43	4:24	10.00	100:00
5	Kennedy, Carl	3:55	39:10	60:50	40:11	1:01	101:01	4:01	10.00	100:00
6	Holloway, Tim	4:35	45:50	54:10	47:07	1:17	101:17	4:43	10.00	100:00
7	Clark, Charles	5:40	56:40	43:20	58:58	2:18	102:18	5:54	10.00	100:00
8	Delaney, Brian	5:30	55:00	45:00	57:45	2:45	102:45	5:47	10.00	100:00
9	Carter, Ken	10:00	100:00	0:00	118:36	18:36	118:36	11:52	10.00	100:00

AV Round 7 - Lake Wendouree
27th July 2019

Name	Race Time	Distance (km)	Pace (min/km)
Niamh Tabit	21:32	6	3:35
Amira Tabit	24:12	6	4:02
Amelia Griffith	61:07	15	4:04
Sophie Ducrou	67:31	15	4:30
Tracy Colbert	88:06	15	5:52
Eric Pritchard	54:45	15	3:39
Chris Moore	59:23	15	3:58
Carl Kennedy	59:42	15	3:59
Radeyan Sazzad	60:10	15	4:01
David Nolan	62:23	15	4:10
Tony Sacco	63:57	15	4:16
Andrew Moore	64:26	15	4:18
Luong Dao	67:45	15	4:31
Tim Holloway	69:37	15	4:38
Brian Delaney	84:43	15	5:39

Coburg Harriers 10km/5km XCR
17th August 2019 - Westerfolds Park

Place	Name	Estimated Km Rating	Estimated Time	Mark	Finish Time	Actual Time	Actual K Rate
1	Inglis, Edward	0.22	2.22	2.15	4.28	2.13	0.21
2	Ducrou, Sophie	0.18	1.83	2.54	4.35	1.80	0.18
INV	Jilli	0.22	2.15	2.22	4.35	2.13	0.21
3	Pritchard, Eric	0.16	1.56	2.81	4.39	1.57	0.16
4	Holloway, Tim	0.19	1.94	2.43	4.40	1.97	0.20
5	Inglis, Max - Junior	0.18	0.88	3.50	4.45	0.95	0.19
6	Bradley, Frank	0.29	2.88	1.49	4.45	2.96	0.30
7	Delaney, Brian	0.24	2.40	1.98	4.47	2.49	0.25
8	Ruzzene, Angela	0.20	2.01	2.36	4.50	2.13	0.21
9	Kennedy, Carl	0.17	1.67	2.71	4.54	1.83	0.18
10	Carter, Ken	0.44	4.38	0.00	4.97	4.97	0.50

AV Round 9 - Burnley
8th September 2019

Name	Time	Distance (km)	Pace (min/km)
Niamh Tabit	17:41	5	3:32
Amira Tabit	18:48	5	3:46
Javier Tabit	18:06	5	3:37
Amelia Griffith	89:26	21.1	4:14
Tracy Colbert	124:25	21.1	5:54
Eric Pritchard	78:47	21.1	3:44
Carl Kennedy	87:14	21.1	4:08
David Nolan	87:52	21.1	4:10
Tim Holloway	100:24	21.1	4:45
Luong Dao	102:07	21.1	4:50
Ashley Crowther	86:53	21.1	4:07

Coburg Harriers 3/2/1 Run - OVERALL**14th Sept 2019 - Princes Park**

Overall Place	Name	3km Race		2km Race		1km Race		Total Points	Total Secs over h'cap
		3km Race Points	Seconds over h'cap	2km Race Points	Seconds over h'cap	1km Race Points	Seconds over h'cap		
1	Britnell, Alyssa	18	-10	16	-3	16	-6	50	-19
2	McKay, Dan	17	-2	17	-18	15	-5	49	-25
2	Shaw, Yolanda	14	15	18	-25	17	-15	49	-25
4	Clark, Charles	16	5	14	11	18	-19	48	-3
5	Woods, David	13	16	15	7	20	-23	48	0
6	Holloway, Tim	15	14	13	14	14	-4	42	24
7	Meaney, Michael	20	-21	10	20	10	3	40	2
8	Pritchard, Eric	12	18	12	17	10	7	34	42
9	Pritchard, Oscar	0	0	20	-76	13	-3	33	-79
10	Saffin, Darren	11	24	11	18	10	4	32	46
11	Robertson, Tom	10	78	10	50	12	1	32	129
12	Cheung, Edwin	10	44	10	25	11	2	31	71
13	Bradley, Frank	10	64	10	83	10	15	30	162
14	Kennedy, Carl	10	92	10	26	10	47	30	165
15	Carter, Ken	10	237	10	225	10	165	30	627

Coburg Harriers 3/2/1 Run - 3km leg
14th Sept 2019 - Princes Park

Place	Name	Estimated Kilometer	Estimated Time	Mark	Finish Time	Actual Time	Actual K Rate	Points	Seconds over h'cap	Distance	Scratch Time
1	Meaney, Michael	5:00	14:59	16:31	31:09	14:38	4:53	20	-21	3.00	31:30
2	Britnell, Alyssa	4:30	13:30	18:00	31:20	13:20	4:27	18	-10	3.00	31:30
3	McKay, Dan	3:42	11:07	20:23	31:28	11:05	3:42	17	-2	3.00	31:30
4	Clark, Charles	5:20	16:00	15:30	31:35	16:05	5:22	16	5	3.00	31:30
5	Holloway, Tim	4:10	12:30	19:00	31:44	12:44	4:15	15	14	3.00	31:30
6	Shaw, Yolanda	6:30	19:30	12:00	31:45	19:45	6:35	14	15	3.00	31:30
7	Woods, David	4:00	12:00	19:30	31:46	12:16	4:05	13	16	3.00	31:30
8	Pritchard, Eric	3:24	10:12	21:18	31:48	10:30	3:30	12	18	3.00	31:30
9	Saffin, Darren	4:20	13:00	18:30	31:54	13:24	4:28	11	24	3.00	31:30
10	Cheung, Edwin	3:55	11:45	19:45	32:14	12:29	4:10	10	44	3.00	31:30
11	Bradley, Frank	6:00	18:00	13:30	32:34	19:04	6:21	10	64	3.00	31:30
12	Robertson, Tom	3:40	11:00	20:30	32:48	12:18	4:06	10	78	3.00	31:30
13	Kennedy, Carl	3:45	11:15	20:15	33:02	12:47	4:16	10	92	3.00	31:30
14	Carter, Ken	10:30	31:30	0:00	35:27	35:27	11:49	10	237	3.00	31:30

Coburg Harriers 3/2/1 Run - 2km leg
14th Sept 2019 - Princes Park

Place	Name	Estimated Km	Estimated		Actual			Seconds over			Scratch Time
		Rating	Time	Mark	Finish Time	Time	Actual K Rate	Points	h'cap	Distance	
1	Pritchard, Oscar	5:34	11:08	9:12	19:04	9:52	4:56	20	-76	2.00	20:20
2	Shaw, Yolanda	6:24	12:48	7:32	19:55	12:23	6:12	18	-25	2.00	20:20
3	McKay, Dan	3:38	7:16	13:04	20:02	6:58	3:29	17	-18	2.00	20:20
4	Britnell, Alyssa	4:25	8:49	11:31	20:17	8:46	4:23	16	-3	2.00	20:20
5	Woods, David	3:55	7:50	12:30	20:27	7:57	3:59	15	7	2.00	20:20
6	Clark, Charles	5:14	10:28	9:52	20:31	10:39	5:20	14	11	2.00	20:20
7	Holloway, Tim	4:05	8:10	12:10	20:34	8:24	4:12	13	14	2.00	20:20
8	Pritchard, Eric	3:20	6:40	13:40	20:37	6:57	3:29	12	17	2.00	20:20
9	Saffin, Darren	4:15	8:30	11:50	20:38	8:48	4:24	11	18	2.00	20:20
10	Meaney, Michael	4:49	9:38	10:42	20:40	9:58	4:59	10	20	2.00	20:20
11	Cheung, Edwin	3:50	7:40	12:40	20:45	8:05	4:03	10	25	2.00	20:20
12	Kennedy, Carl	3:41	7:21	12:59	20:46	7:47	3:54	10	26	2.00	20:20
13	Robertson, Tom	3:35	7:11	13:09	21:10	8:01	4:01	10	50	2.00	20:20
14	Bradley, Frank	5:54	11:48	8:32	21:43	13:11	6:35	10	83	2.00	20:20
15	Carter, Ken	10:10	20:20	0:00	24:05	24:05	12:02	10	225	2.00	20:20

Coburg Harriers 3/2/1 Run - 1km leg
14th Sept 2019 - Princes Park

Place	Name	Estimated Km	Estimated	Mark	Finish Time	Actual Time	Actual K Rate	Points	Seconds over		Scratch Time
		Rating	Time						h'cap	Distance	
1	Woods, David	3:48	3:48	6:02	9:27	3:24	3:24	20	-23	1.00	9:50
2	Clark, Charles	5:03	5:03	4:47	9:31	4:45	4:45	18	-19	1.00	9:50
3	Shaw, Yolanda	6:00	6:00	3:50	9:35	5:45	5:45	17	-15	1.00	9:50
4	Britnell, Alyssa	4:11	4:11	5:39	9:44	4:05	4:05	16	-6	1.00	9:50
5	McKay, Dan	3:23	3:23	6:27	9:45	3:18	3:18	15	-5	1.00	9:50
6	Holloway, Tim	3:57	3:57	5:53	9:46	3:53	3:53	14	-4	1.00	9:50
7	Pritchard, Oscar	4:50	4:50	5:00	9:47	4:47	4:47	13	-3	1.00	9:50
8	Robertson, Tom	3:29	3:29	6:21	9:51	3:30	3:30	12	1	1.00	9:50
9	Cheung, Edwin	3:43	3:43	6:08	9:52	3:45	3:45	11	2	1.00	9:50
10	Meaney, Michael	4:44	4:44	5:06	9:53	4:47	4:47	10	3	1.00	9:50
11	Saffin, Darren	4:06	4:06	5:44	9:54	4:10	4:10	10	4	1.00	9:50
12	Pritchard, Eric	3:14	3:14	6:37	9:57	3:21	3:21	10	7	1.00	9:50
13	Bradley, Frank	5:42	5:42	4:08	10:05	5:57	5:57	10	15	1.00	9:50
14	Kennedy, Carl	3:33	3:33	6:17	10:37	4:20	4:20	10	47	1.00	9:50
15	Carter, Ken	9:50	9:50	0:00	12:35	12:35	12:35	10	165	1.00	9:50

AV Round 10 - Tan Track Relays
21st September 2019

Division	Name	Time	Distance (km)	Pace (min/km)
M3	Carl Kennedy	14:50	3.827	3:53
	Javier Tabit	13:55	3.827	3:38
	Chris Moore	14:12	3.827	3:43
	Andrew Constantinou	14:18	3.827	3:44
	Eric Pritchard	13:24	3.827	3:30
	Team Total		1:10:41	19.135
W3	Sophie Ducrou	15:13	3.827	3:59
	Artemis Volou	20:22	3.827	5:19
	Emma Delaney	18:16	3.827	4:46
	Carlee Blanchard	17:23	3.827	4:33
	Team Total		1:11:17	15.308
M5	Tom Robertson	15:02	3.827	3:56
	David Woods	16:00	3.827	4:11
	Andrew Moore	14:59	3.827	3:55
	Tony Sacco	15:12	3.827	3:58
	Team Total		1:01:14	15.308
W5	Isabelle Warner	16:46	3.827	4:23
	Alyssa Britnell	17:43	3.827	4:38
	Laura Maria Perez	16:19	3.827	4:16
	Team Total		50:48	11.481
W5	Sarah Restuccia	17:58	3.827	4:42
	Tracy Colbert	19:38	3.827	5:08
	Yolanda Shaw	25:28	3.827	6:39
	Team Total		1:03:05	11.481
M7	Ashley Crowther	14:08	3.827	3:42
	Dan McKay	13:35	3.827	3:33
	Tony Cauchi	15:04	3.827	3:56
	Matt Johnson	13:33	3.827	3:32
	Team Total		0:56:22	15.308
M7	Luong Dao	15:31	3.827	4:03
	Tim Holloway	16:23	3.827	4:17
	Brennan Fitzpatrick	16:40	3.827	4:21
	Edwin Cheung	15:39	3.827	4:05
	Team Total		1:04:15	15.308
M7	Nicholas Harrap	17:18	3.827	4:31
	Aimee Wee	18:25	3.827	4:49
	Max Ingles	16:24	3.827	4:17
	Claudio Todaro	15:30	3.827	4:03
	Team Total		1:07:38	15.308
W-U16	Amira Tabit	14:07	3.827	3:41
	Esther Houghton	16:01	3.827	4:11
	Niamh Tabit	13:15	3.827	3:28
	Team Total		43:24	11.481
M-40+	Darren Saffin	16:30	3.827	4:19
	Michael Carney	18:14	3.827	4:46
	Ken Carter	39:12	3.827	10:15
	Team Total		1:13:57	11.481
M-50+	Charles Clark	20:48	3.827	5:26
	Brian Delaney	21:20	3.827	5:34
	Michael Meaney	19:18	3.827	5:03
	Team Total		1:01:27	11.481