



AV XCR Round 5 - Sandown Road Relays 9th July 2022

Division	Name	Time	Distance (km)	Pace (min/km)
M3	Kaleb Laker	19:49	6.2	3:12
	Tony Cauchi	23:37	6.2	3:49
	Eric Pritchard	22:59	6.2	3:42
	Phillip Turville	20:33	6.2	3:19
	Jett Fenton	25:04	6.2	4:03
	Team Total	1:52:02	31	3:37
M5	Nathan Sargent	25:53	6.2	4:10
	Chris Beaty	26:50	6.2	4:20
	Paul Roberts	26:34	6.2	4:17
	James Wright	27:03	6.2	4:22
	Team Total	1:46:20	24.8	4:17
M7-1	Sam Tabit	27:39	6.2	4:28
	Eduard Ingles	27:38	6.2	4:27
	Tim Holloway	29:28	6.2	4:45
	Luong Dao	28:14	6.2	4:33
	Team Total	1:52:59	24.8	4:33
M7-2	David Fenton	30:19	6.2	4:53
	Ken Carter	81:13	6.2	13:06
	Team Total	1:51:32	12.4	9:00
M-60+	Charles Clark	32:41	6.2	5:16
	Michael Meaney	30:49	6.2	4:58
	Brian Delaney	34:03	6.2	5:30
	Team Total	1:37:33	18.6	5:15
W3	Laura Perez	24:30	6.2	3:57
	Felicity Valetini	25:55	6.2	4:11
	Daniella Modesti	27:24	6.2	4:25
	Stef Modesti	29:22	6.2	4:44
	Team Total	1:47:11	24.8	4:19
W5	Sarah Restuccia	30:36	6.2	4:56
	Lauren Baruta	28:31	6.2	4:36
	Team Total	59:07	12.4	4:46

Club Helpers Chris Harrap and Mark Burns