

WAMC LAKE JOONDALUP RUN – 16th August, 2009

(Incorporating the WA State Road 10km Championship)

STATE MALE CHAMPION: Courtney CARTER
STATE FEMALE CHAMPION: Katrina MERCER

10 km

Place	Time	Female	Name	Age Cat	Place	Member No.	Av km Rate
1	30:48		KIPTOO, Gilbert	M25	1	N	3:05
2	31:06		KEMBOI, Joel	M25	2	N	3:07
3	31:19		CARTER, Courtney	M20	1	N	3:08
4	31:49		DREYER, Alexander	M16	1	N	3:11
5	32:04		STINGEMORE, Stephen	M30	1	N	3:12
6	32:11		BAILEY, Ryan	M16	2	N	3:13
7	32:21		O'NEILL, Sean	M25	3	N	3:14
8	33:22		LORI, Michael	M16	3	N	3:20
9	34:44		FUERY, Liam	M25	4	7577	3:28
10	34:48		COURTNEY, Stephen	M30	2	8694	3:29
11	34:58		LOAG, Brenden	M30	3	N	3:30
12	35:01		INGRAM, Finnbar	M25	5	N	3:30
13	35:16		PASCO, Balinga	M20	2	N	3:32
14	35:40		BARTON, Michael	M40	1	N	3:34
15	35:47		MARTINOVICH, Glenn	M30	4	N	3:35
16	35:57		BRUECHLE, Alan	M35	1	N	3:36
17	36:22		HOSKING, Bradley	M40	2	N	3:38
18	36:56		MATTHEWS, Kevin	M40	3	8430	3:42
19	36:57	1	MERCER, Katrina	F25	1	N	3:42
20	37:01		DYBDAHL, Bjorn	M55	1	6477	3:42
21	37:21		GOWER, Alan	M50	1	4614	3:44
22	37:21		NINYETT, Daniel	M40	4	8974	3:44
23	38:07		HAMILTON, Rodney	M45	1	N	3:49
24	38:08		TITELIUS, Richard	M45	2	2946	3:49
25	38:13	2	FERGUSON, Janet	F45	1	N	3:49
26	38:15		WRENN, Scott	M25	6	N	3:50
27	38:20		CAMERON, Bruce	M40	5	N	3:50
28	38:38		BRYANT, David	M20	3	8423	3:52
29	38:40		WHITTAKER, Adrian	M30	5	N	3:52
30	38:42	3	THORPE, Rochelle	F20	1	N	3:52
31	38:51		HOLBERY, Tyson	M30	6	8719	3:53
32	38:53		ODAM, Paul	M45	3	1439	3:53
33	38:54		BAUGH, Ryan	M30	7	N	3:53
34	39:02		LANE, Dean	M40	6	N	3:54
35	39:12	4	CROWE, Sandy	F25	2	N	3:55
36	39:24		MORTIMER, Asher	M20	4	N	3:56
37	39:26		WALMSLEY, Robert	M50	2	8559	3:57
38	39:35		TURNBULL, Christopher	M40	7	N	3:58
39	39:40		DEBENHAM, James	M30	8	N	3:58
40	39:49	5	YOVICH, Jane	F45	2	N	3:59
41	40:03		LANOELLE, Max	M25	7	N	4:00
42	40:12		LANGFORD, Jim	M65	1	7	4:01
43	40:13	6	GILLARD, Emma	F40	1	7798	4:01
44	40:15		RICHARDSON, Nel	M45	4	7560	4:02
45	40:19	7	SMITH, Rachael	F30	1	N	4:02
46	40:24		LANE, Andrew	M35	2	8342	4:02
47	40:27		COOPER, Sean	M40	8	8413	4:03
48	40:29		RUSSET, Kristian	M25	8	N	4:03
49	41:00		CUMMINS, Christopher	M16	4	7409	4:06
50	41:03		GRAY, Philip	M40	9	N	4:06
51	41:09		GROSE, Peter	M60	1	6680	4:07
52	41:24		WATSON, Chris	M40	10	8011	4:08
53	41:27		O'GARA, Mark	M40	11	8799	4:09
54	41:35		MITCHELL, Paul	M40	12	8677	4:10
55	41:37		HUGHES, Vincent	M45	5	N	4:10
56	41:45		CUMMINS, Terry	M45	6	6707	4:11
57	42:06		GRIFFITHS, John	M50	3	6262	4:13
58	42:12		PATTERSON, Matthew	M35	3	8649	4:13
59	42:16		SINGLETON, Terry	M40	13	5274	4:14
60	42:27		SHARMAN, Ben	M16	5	N	4:15
61	42:36		MARTIN, David	M45	7	N	4:16
62	42:37		NEILSON, Peter	M45	8	N	4:16
63	42:39		GRIFFITHS, Sean	M45	9	7910	4:16
64	42:39		GRIFFITHS, Trevor	MU	1	7911	4:16
65	42:42		DESFOSSES, Jose	M55	2	7376	4:16
66	42:56		LUXFORD, Neil	M50	4	7611	4:18
67	43:00		SCORGIE, Ian	M55	3	N	4:18
68	43:15	8	LEONARD, Fiona	F40	2	5315	4:20
69	43:25		LOWE, Garry	M45	10	N	4:21
70	43:26		FLOYD, Oliver	M16	6	N	4:21
71	43:30		CHAPMAN, Michael	M40	14	8415	4:21
72	43:32	9	CLARKSON, Johanna	F50	1	5585	4:21

10 km (cont.)

Place	Time	Female	Name	Age Cat	Place	Member No.	Av km Rate
73	43:41		MARCUS, Dustin	M30	9	N	4:22
74	43:42		GARWOOD, Paul	M40	15	N	4:22
75	43:43		KAY, Robert	M35	4	8443	4:22
76	43:48		ROBERTS, Ian	M55	4	6350	4:23
77	43:49		ETHERINGTON, Daniel	M40	16	6501	4:23
78	44:01		HODGSON, Michael	M45	11	3885	4:24
79	44:03		KING, Malcolm	M30	10	N	4:24
80	44:14		BELL, Tristan	M40	17	8576	4:25
81	44:20	10	SAUNDERS, Julie	F25	3	N	4:26
82	44:20	11	TYLER, Melissa	F25	4	N	4:26
83	44:34		FORTE, Justin	M35	5	8617	4:27
84	44:38		HALL, Anthony	M40	18	N	4:28
85	44:45	12	REEVES, Liz	F25	5	N	4:29
86	44:47		ROMEO, Remo	M45	12	N	4:29
87	44:48	13	PUDE, Michelle	F35	1	N	4:29
88	45:01	14	RICHARDS, Rosalie	F20	2	N	4:30
89	45:15		OOSTHUIZEN, Jacques	M45	13	N	4:32
90	45:22	15	DOTLIC, Rosemary	F25	6	7100	4:32
91	45:36		HOOPER, Ian	M30	11	8629	4:34
92	45:53	16	MOORE, Louise	F35	2	N	4:35
93	45:54	17	GOWER, Karyn	F45	3	4150	4:35
94	45:55		HOFFMANN, Mark	M40	19	N	4:36
95	46:22	18	KEANE, Niamh	F40	3	5493	4:38
96	46:49	19	STEWART, Emma	F40	4	N	4:41
97	46:52		TWISS, Arthur	M65	2	8483	4:41
98	46:53		SHEPHERD, Jonathan	M25	9	N	4:41
99	47:12	20	CARR, Andree	F50	2	N	4:43
100	47:15		HARROWFIELD, David	M35	6	N	4:44
101	47:31		MITCHELL, Scott	MU	2	N	4:45
102	47:50		CRADDOCK, Matthew	M20	5	N	4:47
103	47:56		CECOTTI, Lucio	M60	2	7402	4:48
104	48:14		QUINN, Andrew	M45	14	N	4:49
105	48:24	21	FARR, Trisha	F35	3	7450	4:50
106	49:05		HOLL, Jason	M		N	4:55
107	49:08	22	LYNCH, Jessica	F25	7	8616	4:55
108	49:28	23	OLIVER, Dianne	F50	3	N	4:57
109	50:58		WINN, Scott	M40	20	8917	5:06
110	51:17		BOSHOFF, Hannes	M40	21	N	5:08
111	51:32		PHILLIPS, Jonathon	M35	7	7636	5:09
112	51:46		DOWNES, Howard	M45	15	N	5:11
113	52:05	24	FITZGERALD, Yvonne	F35	4	N	5:13
114	52:09	25	WALMSLEY, Sheila	F50	4	8558	5:13
115	52:09		DYMOND, Frank	M70	1	409	5:13
116	52:12	26	ALLAN, Victoria	F20	3	N	5:13
117	52:12	27	ALLAN, Sandra	F50	5	N	5:13
118	52:25		COOK, Alan	M50	5	8955	5:15
119	52:27		ANSELL, Matthew	M40	22	N	5:15
120	53:15		GROBLER, Steven	M40	23	N	5:20
121	53:31	28	THOMPSON, Bronwyn	F25	8	8800	5:21
122	53:57	29	TREEN, Noelene	F50	6	8013	5:24
123	54:11	30	WILMOT, Jocelyn	F35	5	N	5:25
124	54:27		GILBERT, David	M45	16	N	5:27
125	54:36		WALL, Edmund	M55	5	N	5:28
126	54:40	31	BARRETT, Renae	F20	4	N	5:28
127	54:42	32	WHEELWRIGHT, Karen	F40	5	8743	5:28
128	55:09	33	GRIMSHAW, Trudy	F50	7	6570	5:31
129	55:13		THURLOW, Brian	M60	3	932	5:31
130	55:17	34	BAER, Stella	F25	9	8519	5:32
131	55:49	35	EADE, Sharnae	F20	5	8909	5:35
132	56:16	36	CLARK, Keryn	F50	8	5215	5:38
133	56:26	37	GRACE, Rebecca	F40	6	N	5:39
134	56:56		CHAPMAN, James	MU	3	N	5:42
135	56:57		CHAPMAN, Robert	M35	8	N	5:42
136	57:42		BRAIMBRIDGE, David	M35	9	N	5:46
137	57:43	38	HOLL, Samantha	F30	2	N	5:46
138	58:12	39	OGILVIE, Madeleine	F50	9	8583	5:49
139	58:15		PRENDERGAST, William	M50	6	N	5:50
140	58:37		WILKIN, Michael	M60	4	7152	5:52
141	59:26		SMITH, Matthew	M50	7	N	5:57
142	59:43	40	HILLEN, Amy	F16	1	6586	5:58
143	59:54	41	WHITMAN, Gemma	F20	6	N	5:59
144	1:01:10	42	MURPHY, Elysia	F25	10	N	6:07

10 km (cont.)

Place	Time	Female	Name	Age Cat	Place	Member No.	Av km Rate
145	1:01:59	43	GRIFFITHS, Jeanette	F40	7	7912	6:12
146	1:02:00	44	THORNTON, Lynne	F50	10	N	6:12
147	1:02:20	45	SHILLINGLAW, Loretta	F65	1	6448	6:14
148	1:02:47	46	ANDERSON, Helen	F60	1	7979	6:17
149	1:03:30		STEVENS, David	M50	8	8672	6:21
150	1:04:11	47	COURTNEY, Ingrid	F30	3	8693	6:25
151	1:04:31	48	MALLON, Leandra	F45	4	6890	6:27
152	1:06:23	49	STEVENS, Angelina	F50	11	8671	6:38
153	1:06:24	50	MURPHY, Helen	F50	12	N	6:38



5 km

1	15:26		HEYWOOD, Ethan	M16	1	7493	3:05
2	15:49		TEDESCO, Joshua	M16	2	8954	3:10
3	15:55		NENER, Kenji	M16	3	7851	3:11
4	15:56		DE BOER, Christopher	M25	1	N	3:11
5	16:06		MENZIES, Dean	M20	1	N	3:13
6	16:09		GOVUS, Andrew	M20	2	N	3:14
7	16:31		GREEN, Ben	M16	4	N	3:18
8	16:51		BARNARD, Daniel	M16	5	8557	3:22
9	16:52		CANE, David	M45	1	8064	3:22
10	16:55		ROWE, Kevan	M20	3	N	3:23
11	17:01		VAN RIJEN, Xander	M40	1	8811	3:24
12	17:05		WHITE, Alex	M25	2	N	3:25
13	17:10		LAZARUS, David	M16	6	N	3:26
14	17:35		MAXWELL, Sam	M20	4	N	3:31

5 km (cont.)

Place	Time	Female	Name	Age Cat	Place	Member No.	Av km Rate
15	18:01		THORNE, Warren	M35	1	N	3:36
16	18:02		MAY, Samuel	M20	5	7115	3:36
17	18:10		SCOTT, David	M45	2	N	3:38
18	18:36		BENSON-COOPER, Matt	MU	1	8968	3:43
19	18:40	1	VOESENEK, Sandra	F35	1	8810	3:44
20	18:41		NINYETT, Christopher	M16	7	8967	3:44
21	18:42	2	LANE, Charlotte	F16	1	8752	3:44
22	19:10		MCKAY, Chris	M25	3	N	3:50
23	19:11		SALLEO, Julian	MU	2	8970	3:50
24	19:19	3	JACKSON, Emily	FU	1	8565	3:52
25	19:23	4	SALFINGER, Kate	F16	2	N	3:53
26	20:01	5	PAPPS, Jacinda	F30	1	N	4:00
27	20:04		DRACUP, Miles*	M50	1	2492	4:01
28	20:06	6	DUNCAN, Scarlett	F16	3	N	4:01
29	20:08		DAVIES, Ian	M60	1	N	4:02
30	20:10		GEORGE, Eldon	M40	2	8372	4:02
31	20:17		LANE, Bob	M60	2	8751	4:03
32	20:19		LEONARD, Simon	M50	2	5187	4:04
33	20:33	7	MCGOVERN, Jacqui	F40	1	6371	4:07
34	20:53	8	VORSTER, Sabrina	FU	2	8567	4:11
35	21:09		INGRAM, Anthony	M35	2	8429	4:14
36	21:35	9	HOLBERY, Emma	F25	1	8718	4:19
37	21:39	10	BARNARD, Courtney	FU	3	8961	4:20
38	21:46		NESBITT, Luke*	M16	8	8453	4:21
39	22:03		RICHARDSON, Levi	M16	9	7563	4:25
40	22:18	11	DONALDSON, Annie	FU	4	N	4:28
41	22:18		JONES, Gareth	M30	1	N	4:28
42	22:24	12	FITZSIMONS, Kate	F16	4	7401	4:29
43	22:28	13	HALLETT, Kimberley	F16	5	8960	4:30
44	22:39		NASKRET, Rafal	M30	2	8518	4:32
45	22:41	14	RASH, Yvonne	F40	2	N	4:32
46	22:42		OOSTHUIZEN, Matthew	MU	3	N	4:32
47	22:49		GARDINER, Frank	M55	1	4091	4:34
48	22:55		CANAVESIO, Jeremie	M25	4	N	4:35
49	22:59		POWELL, James	M30	3	N	4:36
50	23:00		BARNARD, Kim	M40	3	8962	4:36
51	23:16		QUINN, Ashley	M16	10	N	4:39
52	23:20	15	BRINKWORTH, Anne	F40	3	6688	4:40
53	23:23	16	HOLFORD, Corrie	F30	2	8773	4:41
54	24:09		NESBITT, Daniel*	MU	4	8455	4:50
55	24:16	17	GARDINER, Lauren	F20	1	4871	4:51
56	25:29		VORSTER, Owen	MU	5	N	5:06
57	26:13	18	RIBBINK, Kim	F40	4	8065	5:15
58	26:20		BRAY, David	M30	4	N	5:16
59	26:27		JAMIESON, Ian	M45	3	7511	5:17
60	26:47		DEAN, David	M45	4	N	5:21
61	27:48		SAUNDERS, Clifford	M55	2	N	5:34
62	28:05		QUINLIVAN, Timothy	M50	3	N	5:37
63	28:06	19	CHUNG, Tuyen	F20	2	N	5:37
64	28:07		NEEDHAM, Jarred	M25	5	N	5:37
65	28:41		CROWLEY, Michael	M55	3	8760	5:44
66	28:51		INGLIS, Brian	M40	4	N	5:46
67	29:19	20	RENNIE, Lisa	F25	2	N	5:52
68	30:04	21	GENOVESE, Rosanne	F20	3	N	6:01
69	30:11		SCOTT, David	M60	3	5661	6:02
70	30:15	22	NEEDHAM, Renee	F25	3	N	6:03
71	30:19		TURNBULL, Michael	MU	6	N	6:04
72	30:20	23	SPRAGUE, Martina	F25	4	N	6:04
73	30:27	24	PATTERSON, Sarah	F25	5	N	6:05
74	30:40	25	LAMOND, Kellie	F25	6	N	6:08
75	30:43		GROSE, Graeme*	M50	4	744	6:09
77	33:18		TURNBULL, Thomas	MU	7	N	6:40
78	33:18	26	TURNBULL, Beth	F45	1	N	6:40
79	34:06		MALLON, Desmond	M55	4	4062	6:49
80	34:43	27	KIOSSES, Eloise	FU	5	8919	6:57
81	35:06	28	TWISS, Victoria	F35	2	N	7:01
82	35:10	29	KIOSSES, Fiona	F35	3	8918	7:02
83	35:42	30	TANTIPRASUT, Minte	F30	3	N	7:08
84	37:50	31	QUINN, Karene	F35	4	N	7:34