

☆ WAMC Shelley Loop 10km Virtual Run



Run Segment Shelley, Western Australia, Australia

Distance: 10.08km Avg Grade: 0% Lowest Elev: 4m Highest Elev: 5m Elev Difference: 1m 118 Attempts By 102 People



First Male: Brad Gartrell | **First Female:** Charlotte Pickering
First WAMC Male Member: Allan Pilling | **First WAMC Female Member:** Alicia Coles

Current Year

Rank	Name	Date	Pace	HR	Time
1	Brad Gartrell	May 30, 2020	3:42/km	180bpm	37:24
2	Pram Runner @impulsive_brett	May 18, 2020	3:43/km	155bpm	37:28
3	Rutger ter Harmse	May 30, 2020	3:59/km	168bpm	40:12
4	Charlotte Pickering	May 31, 2020	4:10/km	177bpm	41:58
5	Tony Smith RunCoaching.com	May 31, 2020	4:10/km	143bpm	42:01
6	Alicia Coles	May 23, 2020	4:15/km	-	42:57
7	Brett Kas	May 18, 2020	4:16/km	-	43:07
8	Allan Pilling	May 23, 2020	4:21/km	-	43:56
9	Vici Richardson	May 31, 2020	4:26/km	154bpm	44:39
9	Kat Watt	May 31, 2020	4:26/km	158bpm	44:39
11	Ashul Shah	May 15, 2020	4:27/km	161bpm	44:57
12	Paul Carroll	May 15, 2020	4:29/km	157bpm	45:12
13	Philip Ward	May 16, 2020	4:31/km	142bpm	45:31
14	David Todd	May 30, 2020	4:33/km	-	45:54
15	Jez AU .	May 31, 2020	4:36/km	171bpm	46:23
16	Mark Griffiths	May 31, 2020	4:39/km	169bpm	46:53
17	Nicholas Ward	May 30, 2020	4:49/km	158bpm	48:39
17	Bob Colligan	May 31, 2020	4:49/km	146bpm	48:39
19	Lucy Smales	May 30, 2020	4:50/km	157bpm	48:41
20	Keith Miller	May 28, 2020	4:52/km	145bpm	49:10
21	K Macca	May 23, 2020	4:56/km	155bpm	49:44
22	Geoff Quinton	May 23, 2020	4:56/km	136bpm	49:46
23	Natalie Beasley	May 31, 2020	5:10/km	162bpm	52:12
24	Natalie Malihoudis	May 31, 2020	5:11/km	149bpm	52:13
25	Campbell Pilling	May 23, 2020	5:18/km	-	53:28