

## Geelong Cross Country Club (Inc.)

Race No: 1

Steigen 'Not-the-Belmont Park' 5k Virtual Run

Week ending 19th April

Pos	Reg	Runner	Course	Hills	Wind	Distance	Actual time	Rate	Difficulty allowance	HCP	Virtual finish time	Virtual Weekly Points
1	1138	Kurt Jungling	Buckley	2	1	5	19:30	03:54	00:17	25:15	44:28	Winner 10
2	434	Tony McRae	Barwon River	1	1	5.01	19:13	03:50	00:00	25:20	44:33	9
3	456	Carol Crawford	Barwon river	1	1	5.0	24:13	04:51	00:00	20:25	44:38	8
4	1259	Luke Considine	Belmont	1	1	5.0	19:12	03:50	00:00	25:30	44:42	7
5	758	Luke Ryan	Armstrong Ck, Warralily estate	1	1	5	20:59	04:12	00:00	23:50	44:49	6
6	1036	Jack Donovan	Belmont	1	1	5.0	17:10	03:26	00:00	27:50	45:00	5
7	322	Nigel Muscroft	Belbrae	1	2	5.01	18:38	03:43	00:11	26:40	45:07	4
8	492	David Whelan	Barwon River	1	2	5.0	23:45	04:45	00:14	21:40	45:11	3
9	302	Sean Thompson	Bell Post Hill	1	1	4.97	20:51	04:12	00:00	24:25	45:16	2
10	1248	Catherine Allison	Barwon Heads	1	2	5.0	18:58	03:48	00:11	26:30	45:17	1.5
11	349	Grant Simpson	Barwon Heads	1	1	5.0	16:12	03:14	00:00	29:10	45:22	1
12	1115	Susan Andrews	Balyang Parkrun course	1	1	5.0	22:15	04:27	00:00	23:15	45:30	1
13	179	Steve Welsh	Leopold	2	2	5.0	24:47	04:57	00:37	21:20	45:30	1
14	1233	Paul Posterino	Belmont (official course)	1	2	5.02	18:19	03:39	00:11	27:25	45:33	1
15	519	Peter McDonough	Armstrong Creek	1	1	5.0	23:27	04:41	00:00	22:20	45:47	1
16	1085	Andrew McGrillen	Barwon River, out/back from Shannon Ave bridge	1	1	5.0	19:32	03:54	00:00	26:25	45:57	1
17	1046	Erik Bumbers	Queens Park / Fyansford - around the river	1	1	5.0	24:42	04:56	00:00	21:15	45:57	1
18	331	Rob Solly	Barwon river	1	1	5.0	21:30	04:18	00:00	24:30	46:00	1
19	1102	Michele Paull	Belmont park	1	1	5.0	24:58	05:00	00:00	21:10	46:08	1
20	1129	Grant Baensch	Ted Wilson Trail plus a bit!	1	2	5.0	27:57	05:35	00:17	18:35	46:15	1
21	1083	Colin Rose	Lara	1	1	5.0	24:22	04:52	00:00	21:55	46:17	1
22	1192	Patrick Oughtred	Point Lonsdale	1	1	5	22:00	04:24	00:00	24:25	46:25	1
23	1191	Shannon Ryan	Princes Park	1	1	5.0	22:02	04:24	00:00	24:25	46:27	1
24	1042	Gerald Fitzpatrick	Barwon River.	1	1	5.0	26:47	05:21	00:00	19:45	46:32	1
25	1216	Marcus Gniel	Wauron Ponds	1	1	5.0	24:17	04:51	00:00	22:15	46:32	1
26	957	Kevin McNulty	the four bridges course on the Barwon river	1	1	5	21:13	04:15	00:00	25:20	46:33	1
27	1093	Andy Bruschi	around lara	1	1	5.0	22:42	04:32	00:00	23:55	46:37	1
28	5	Peter Kemp*	Terang/Noorat Road walking track	1	1	5.0	22:33	04:31	00:00	24:05	46:38	1
29	17	Hayley Newman*	Wauron Ponds	1	1	5.0	17:48	03:34	00:00	28:50	46:38	1
30	965	Jeanette Austin	Along Barrabool Rd to Ceres, then 4 laps of Frank Mann Reserve and back to start	1	1	5.0	26:13	05:15	00:00	20:25	46:38	1
31	317	Kim Wright*	Barwon River	1	1	5.0	27:33	05:31	00:00	19:05	46:38	1
32	8	Annie Morton*	Belmont River	1	1	5.0	26:59	05:24	00:00	19:40	46:39	1
33	14	Max Dmytrenko*	Williamstown	1	1	5	27:59	05:36	00:00	18:40	46:39	1
34	18	Sean Stockton*	Eastern Beach - Western Beach Return	1	1	5.0	24:24	04:53	00:00	22:15	46:39	1
35	749	Russell Dmytrenko*	Williamstown	1	1	5	25:59	05:12	00:00	20:40	46:39	1
36	7	Tania de Koning-Wa	Barwon river	1	1	5.0	26:20	05:16	00:00	20:20	46:40	1
37	3	Louise Kemp*	Terang Noorat walking track	1	1	5.0	25:15	05:03	00:00	21:25	46:40	1
38	11	Kristy Fletcher*	Leopold	1	1	5.0	25:00	05:00	00:00	21:40	46:40	1
39	22	Alison Godbehear*	Barwon River	1	1	5.0	26:40	05:20	00:00	20:00	46:40	1
40	23	Stuart Reeve*	Port Fairy rail trail	1	1	5.0	22:05	04:25	00:00	24:35	46:40	1
41	24	Melanie Dmytrenko*	Williamstown	1	1	5	25:45	05:09	00:00	20:55	46:40	1
42	25	Stuart Borwick*	Torquay	1	1	5.0	21:03	04:13	00:00	25:37	46:40	1
43	26	Reagan Peart*	Andersons Rd, Barrabool	4	1	5.0	20:01	04:00	01:08	27:47	46:40	1
44	27	Denise White*	Jan Juc	1	1	5.0	22:36	04:31	00:00	24:04	46:40	1
45	28	David Henderson*	Newtown	3	1	5.0	18:44	03:45	00:33	28:29	46:40	1
46	29	Ray Farrell*	Geelong Waterfront	1	2	5.0	36:01	07:12	00:21	11:00	46:40	1
47	19	Linda Gasparini*	Lara	1	1	5.0	26:31	05:18	00:00	20:10	46:41	1
48	910	Joshua Baker*	River	1	1	5.0	18:22	03:40	00:00	28:20	46:42	1
49	13	Cooper Dmytrenko*	Williamstown Beach	1	1	5.0	26:57	05:23	00:00	19:45	46:42	1
50	16	Ben Palmer*	Barwon River - Belmont	1	1	5.0	31:57	06:23	00:00	14:45	46:42	1
51	1032	Daryl Burns	Anakie dirt roads	2	1	5	18:11	03:38	00:16	28:50	46:45	1
52	650	Graeme Watkins	Wauron Ponds creek track	1	1	5.01	23:15	04:38	00:00	23:30	46:45	1

53	12	Zach Sandison*	Williamstown	1	2	5.01	21:35	04:18	00:13	25:25	<b>46:47</b>	1
54	1150	Frank Engelsman	Wauron ponds	1	1	5.01	26:59	05:23	00:00	19:50	<b>46:49</b>	1
55	1109	Madeline Crawford	Barwon River Track	1	1	5.0	23:49	04:46	00:00	23:00	<b>46:49</b>	1
56	321	Alison Muscroft	Bellbrae	1	1	5.0	23:09	04:38	00:00	23:40	<b>46:49</b>	1
57	9	Angus Thomas*	Point Cook	2	3	5.0	19:10	03:50	00:50	28:30	<b>46:50</b>	1
58	15	Katie Hayes*	Ocean Grove	2	1	5.0	24:14	04:51	00:21	23:00	<b>46:53</b>	1
59	6	Kartina Bahari*	Highton	2	3	5.01	23:40	04:43	01:02	24:15	<b>46:53</b>	1
60	618	Jeff Walker	Barwon River Path	1	1	5.0	25:33	05:07	00:00	21:20	<b>46:53</b>	1
61	1125	Joanna MacCarthy	Breakwater River path	1	1	5.0	30:40	06:08	00:00	16:15	<b>46:55</b>	1
62	712	Ken Walker	Wauron Ponds	1	1	5.0	20:55	04:11	00:00	26:00	<b>46:55</b>	1
63	305	Rachael Thompson	Barwon River	1	1	5.0	21:01	04:12	00:00	25:55	<b>46:56</b>	1
64	465	Nicky Angus	On the river on race course	1	1	5.0	25:47	05:09	00:00	21:10	<b>46:57</b>	1
65	2	Viv Wong*	Ford Park, Bellfield	1	1	5.07	24:18	04:48	00:00	22:40	<b>46:58</b>	1
66	1213	Mark Humphrey	Bellarine Rail Trail	1	1	5.0	21:38	04:20	00:00	25:20	<b>46:58</b>	1
67	1264	Hilda McGrillen	Barwon river	1	1	5.0	26:36	05:19	00:00	20:25	<b>47:01</b>	1
68	1166	Michele Henshaw	Wauron Ponds creek	1	1	5.0	29:31	05:54	00:00	17:30	<b>47:01</b>	1
69	745	Sean Blood	Eastern Beach foreshore	1	1	5.0	24:14	04:51	00:00	22:50	<b>47:04</b>	1
70	1173	Eileen Sims	River	1	1	5.0	24:55	04:59	00:00	22:10	<b>47:05</b>	1
71	21	Billie Davis*	Queens Park- Fyansford	3	1	5.0	30:03	06:01	00:53	17:55	<b>47:05</b>	1
72	4	Bryce Miller*	Box Hill, Melbourne	3	2	5	24:21	04:52	00:57	23:45	<b>47:09</b>	1
73	1094	Steven Curtain	Western Beach to St Helen's return	1	1	5.01	21:35	04:18	00:00	25:35	<b>47:10</b>	1
74	376	Alan Jenkins	Bayang Sanctuary	1	1	5.0	24:31	04:54	00:00	22:40	<b>47:11</b>	1
75	334	Linda Solly	Barwon River	1	1	5	23:51	04:46	00:00	23:20	<b>47:11</b>	1
76	1255	Alister Ward	River	1	1	5	20:59	04:12	00:00	26:15	<b>47:14</b>	1
77	788	Max Wright	Actual course	1	1	4.97	23:15	04:41	00:00	24:10	<b>47:26</b>	1
78	1069	Rachel Ryan	Armstrong Creek	1	1	5.0	27:16	05:27	00:00	20:10	<b>47:26</b>	1
79	357	Jeanette Morton	Mbl/Princes Bridges loop	1	1	5.0	29:07	05:49	00:00	18:20	<b>47:27</b>	1
80	1079	Nick Masters	Highton	2	2	5.0	25:29	05:06	00:38	22:40	<b>47:31</b>	1
81	1272	Anhthu Nguyen	Waterfront	1	2	5	27:48	05:34	00:17	20:00	<b>47:31</b>	1
82	1235	Jocelyn Hepburn	Heyers Rd, Grovedale	1	1	5.01	30:02	06:00	00:00	17:30	<b>47:32</b>	1
83	1276	Kim Taylor	Armstrong Creek	1	1	5	29:27	05:53	00:00	18:05	<b>47:32</b>	1
84	917	Michael Orelli	100 Steps (Truganina Park) Altona Meadows	2	2	5	32:12	06:26	00:48	16:15	<b>47:39</b>	1
85	371	David Simpson	Barwon banks	1	1	5.0	26:04	05:13	00:00	21:45	<b>47:49</b>	1
86	271	Robyn Little	Barwon River	1	1	5.0	29:21	05:52	00:00	18:30	<b>47:51</b>	1
87	108	Geoff Anset	King road path btwn Bacchus March Rd and Anakie Rd	1	2	5.0	24:51	04:58	00:15	23:15	<b>47:51</b>	1
88	1043	Leigh Orchard	Torquay	2	1	5.0	25:16	05:03	00:22	23:00	<b>47:54</b>	1
89	972	Rory Costelloe	Barwon River, Fyansford end	1	1	5	28:07	05:37	00:00	19:50	<b>47:57</b>	1
90	515	Glenn Wrest	Eastern Beach Park run course	3	1	5	24:18	04:52	00:42	24:25	<b>48:01</b>	1
91	825	Stuart Pretty	Saturday Park Run Course, from Queens Park Bridge.	1	1	5.12	24:42	04:49	00:00	23:20	<b>48:02</b>	1
92	829	John Willigen	Ted Wilson Trail, Lovely Bnks	2	1	5.0	33:26	06:41	00:30	15:10	<b>48:06</b>	1
93	301	Colin Hatton	Lovely Banks	2	1	5	24:19	04:52	00:22	24:25	<b>48:22</b>	1
94	1103	Tim Stewart	Barwon river	1	1	5.0	25:09	05:02	00:00	23:30	<b>48:39</b>	1
95	20	Jo Davis*	TORQUAY NORTH	1	1	5.0	48:43	09:45	00:00	00:00	<b>48:43</b>	1
96	155	Shane Kennedy	Portarlington	1	1	5.0	24:21	04:52	00:00	24:35	<b>48:56</b>	1
97	1180	Greg McKillop	Ocean Grove foreshore	2	2	5.0	31:05	06:13	00:46	18:45	<b>49:04</b>	1
98	486	Jonathon Davis	Barwon River, Fyansford	1	1	5.0	29:06	05:49	00:00	20:25	<b>49:31</b>	1
99	609	Julie Elkin	GCCC Steigen 5km course	1	1	5.0	34:11	06:50	00:00	15:35	<b>49:46</b>	1
100	10	Richard Worth*	Along the Barwon River	1	1	5.61	33:09	05:55	00:00	17:05	<b>50:14</b>	1
101	188	Daryl Hurst	Grovedale-Deakin	3	1	5.0	30:51	06:10	00:54	21:00	<b>50:57</b>	1
102	1188	Leo Pye	Torquay	2	1	5.0	30:57	06:11	00:27	21:40	<b>52:10</b>	1
103	1001	Annette Devereaux	Belmont neighborhood	2	1	5	41:13	08:15	00:37	13:55	<b>54:31</b>	1
104	603	Stuart Crossfield	Drysdale	1	1	5	30:42	06:08	00:00	24:05	<b>54:47</b>	1
105	1116	Barney Ellis	NEWTOWN GEELONG West	2	1	5.4	35:05	06:30	00:31	21:30	<b>56:04</b>	1
106	989	Paul Austin	Dowsett St S Geelong to Barwon Rvr to Shannon Ave	1	1	5.0	38:47	07:45	00:00	18:45	<b>57:32</b>	1
107	634	Mitch Geall	Barwon GCCC 5k Course	1	1	5.03	36:33	07:16	00:00	23:20	<b>59:53</b>	1

\* New runners - please use the number in the Reg column as your membership number when entering your results in the survey for the rest of the virtual season