

Geelong Cross Country Club (Inc.)

Race No: 15

Point Lonsdale Health & Wellness 'Not-the-Pt Lonsdale ' 10k Virtual Race

Week ending 26th July

Reg	Runner	Course	Hills	Wind	Sand %	Dist	Actual time	Rate	Difficulty allowance	HCP	Virtual finish time	Weekly Points	Total Points	
1	19	Linda Gasparini	Lara (too cold ☹️ frost everywhere)	2	1	0	10	0:52:54	05:17	00:47	19:30	1:11:37	10	37
2	31	Julie Kavanagh	Grovedale	2	2	0	10	1:08:34	06:51	01:42	04:48	1:11:41	9	29
3	1265	Kim McFadden	Waterfront and Rippleside	2	1	0	10	0:52:11	05:13	00:46	20:25	1:11:49	8	18
4	917	Michael Orelli	truganina 100 steps to altona	2	3	25	10	0:59:46	05:59	02:33	14:51	1:12:04	7	35.5
5	1213	Mark Humphrey	Bellarine Rail Trail	2	1	0	10	0:44:40	04:28	00:40	28:07	1:12:07	6	17.5
6	749	Russell Dmytrenko	Williamstown	1	1	0	10	0:49:54	04:59	00:00	22:13	1:12:07	5	34
7	1248	Catherine Allison	Barwon Heads	2	1	0	10	0:37:32	03:45	00:33	35:10	1:12:08	4	62
8	7	Tania de Koning-Ward	Geelong waterfront	1	1	0	10	0:52:09	05:13	00:00	20:08	1:12:17	3	24
9	33	Liz Harrison	Troop Loop	1	1	0	10	0:52:00	05:12	00:00	20:29	1:12:29	2	28
10	1066	Fiona Fitzpatrick	Bellarine Rail Trail	2	2	0	10	1:09:29	06:57	01:43	04:46	1:12:32	1.5	13.5
11	35	Michael Parkinson	Barwon river	1	1	0	10	1:01:37	06:10	00:00	11:00	1:12:37	1	13
12	712	Ken Walker	Waurm Ponds	2	2	0	10	0:41:20	04:08	01:01	32:34	1:12:53	1	40.5
13	46	Luke Surtees	Hovell's Creek	2	1	0	10	0:46:59	04:42	00:42	26:40	1:12:58	1	11
14	17	Hayley Newman	Barwon River	1	1	0	10	0:37:07	03:43	00:00	35:58	1:13:05	1	18
15	1178	Zoran Krstevski	geelong esplanade	1	1	0	10	0:42:37	04:16	00:00	30:29	1:13:06	1	9
16	965	Jeanette Austin	Actual Pt Lonsdale Course	2	1	25	10	0:52:49	05:17	01:13	21:30	1:13:06	1	44
17	28	David Henderson	Not the Belmont park course.	1	1	0	10.02	0:36:50	03:41	00:00	36:20	1:13:10	1	20
18	1255	Alister Ward	Waterfront	1	1	0	10	0:40:17	04:02	00:00	32:54	1:13:11	1	18
19	1116	Barney Ellis	Waterfront	2	1	0	10.01	0:51:22	05:08	00:46	22:41	1:13:17	1	20
20	1115	Susan Andrews	Waterfront encl. to ripple side gardens-3 loops & ret	2	1	0	10	0:45:52	04:35	00:41	28:11	1:13:23	1	28
21	334	Linda Solly	Waterfront Geelong	2	1	0	10	0:49:10	04:55	00:44	24:57	1:13:23	1	18
22	5	Peter Kemp	Terang	2	1	0	10	0:47:38	04:46	00:42	26:32	1:13:28	1	14
23	1191	Shannon Ryan	Capital city trail	1	1	0	10	0:45:15	04:31	00:00	28:25	1:13:40	1	14.5
24	10	Richard Worth	Along the Barwon River	1	1	0	10.01	0:57:14	05:43	00:00	16:36	1:13:50	1	17
25	1156	Michael Morton	Grammar School	2	1	0	10	0:42:05	04:13	00:37	32:31	1:13:58	1	33
26	360	Sara Taylor	Waterfront/ripple side	2	1	0	10	1:01:19	06:08	00:54	13:35	1:14:00	1	9
27	515	Glenn Wrest	Drysdale rail trial	1	1	0	10.02	0:46:38	04:39	00:00	27:23	1:14:01	1	15
28	618	Jeff Walker	River Run Course	1	1	0	10	0:52:22	05:14	00:00	21:45	1:14:07	1	23
29	629	Vin Gasper	Drysdale rail trail	1	1	0	10	0:46:35	04:40	00:00	27:42	1:14:17	1	20
30	331	Rob Solly	Geelong Waterfront	2	1	0	10	0:45:53	04:35	00:41	29:08	1:14:20	1	8
31	356	John Morton	Yarra St/BarwonR/ Break water/Mbl St Bridge & ret	1	1	0	10.01	0:49:39	04:58	00:00	24:44	1:14:23	1	14
32	1259	Luke Considine	St. Leonards Beach and around Edwards Point	2	1	25	10	0:42:14	04:13	00:58	33:08	1:14:24	1	47.5
33	1209	Damian Woodberry	Barwarre Road Grovedale	2	1	0	10	0:51:08	05:07	00:45	24:24	1:14:47	1	11
34	492	David Whelan	Actual course Pt Lonsdale	2	1	25	10	0:50:53	05:05	01:10	25:07	1:14:50	1	46
35	302	Sean Thompson	Fyansford to balyang & ret	1	1	0	10.02	0:43:54	04:23	00:00	31:19	1:15:13	1	30.5
36	225	Stephen Van Rooyen	Drysdale station	1	1	0	10	0:41:27	04:09	00:00	33:49	1:15:16	1	11
37	108	Geoff Anset	Grammar School	2	1	0	10	0:49:42	04:58	00:44	26:25	1:15:23	1	15
38	376	Alan Jenkins	Newtown - Barwon River	2	1	0	10	0:52:03	05:12	00:46	24:08	1:15:25	1	13
39	1264	Hilda McGrillen	Surf Coast Trail (Torquay)	2	1	0	10.01	0:58:07	05:48	00:52	18:11	1:15:26	1	15
40	357	Jeanette Morton	Barwon River	1	1	0	10	1:00:58	06:06	00:00	14:31	1:15:29	1	15
41	58	Richard Hill*	Torquay	2	1	50	10	0:52:48	05:17	01:39	24:25	1:15:34	1	4
42	59	Katherine Palmer*	Royal Park	2	1	0	10	0:51:35	05:09	00:46	24:50	1:15:39	1	7
43	15	Katie Hayes	Pt Lonnie/Queenscliff	2	1	60	10	0:51:49	05:11	01:47	25:38	1:15:40	1	30
44	317	Kim Wright	Pt Lonsdale & Queenscliff	2	1	25	10	0:55:38	05:34	01:17	21:30	1:15:51	1	23
45	301	Colin Hatton	You Yangs	2	1	0	10	0:49:30	04:57	00:44	27:23	1:16:09	1	9
46	745	Sean Blood	Geelong foreshore	1	1	0	10	0:50:12	05:01	00:00	25:59	1:16:11	1	8
47	25	Stuart Borwick	Geelong waterfront	1	1	0	10.01	0:47:10	04:43	00:00	29:06	1:16:16	1	8
48	921	Geoff Marshall	Balyang Breakwater	1	1	0	10	1:06:41	06:40	00:00	09:39	1:16:20	1	2
49	32	Wendy Bell	Colac gardens/lake	1	1	0	10	0:59:55	05:59	00:00	16:26	1:16:21	1	14

50	1272	Anhthu Nguyen	Waterfront including 3 laps of Rippleside	1	1	0	10	0:58:09	05:49	00:00	18:31	1:16:40	1	12
51	8	Annie Morton	Troop Loop	1	1	0	10	0:58:34	05:51	00:00	18:11	1:16:45	1	19
52	1276	Kim Taylor	Rippleside	1	1	0	10	1:02:28	06:15	00:00	14:27	1:16:55	1	14
53	1138	Kurt Jungling	Buckley-Lake Gehrang	2	1	0	10	0:45:28	04:33	00:40	32:09	1:16:56	1	21
54	1042	Gerald Fitzpatrick	Point Lonsdale. Part of GCCC course.	2	1	25	10	0:56:34	05:39	01:18	21:52	1:17:08	1	26.5
55	697	Fred Barnett	Around the river	1	1	0	10.02	1:10:53	07:04	00:00	06:21	1:17:14	1	4
56	1188	Leo Pye	GCCC Torquay course	1	1	60	10	0:55:29	05:33	01:05	22:51	1:17:15	1	15
57	434	Tony McRae	Gardens and Waterfront	2	1	0	10.03	0:45:56	04:35	00:41	32:13	1:17:28	1	30.5
58	957	Kevin McNulty	around fyansford-Barwon River	3	1	0	10	0:47:51	04:47	01:24	31:01	1:17:29	1	13
59	18	Sean Stockton	Eastern Beach/Park	2	1	0	10	0:55:42	05:34	00:49	22:39	1:17:32	1	11
60	1129	Grant Baensch	Point Lonsdale course	2	1	25	10.01	1:02:06	06:12	01:26	17:12	1:17:52	1	22
61	62	Sarah Andrews	Newtown, S/Geel, G/West	2	1	0	10	0:51:36	05:10	00:46	27:05	1:17:56	1	5
62	1125	Joanna MacCarthy	Point Lonsdale Course	2	1	25	10	1:08:32	06:51	01:35	11:46	1:18:44	1	15
63	371	David Simpson	Barwon river	1	1	0	10	0:57:29	05:45	00:00	21:18	1:18:47	1	13
64	456	Carol Crawford	Jarosite to Pt Addis return on beach	5	1	25	10	1:00:06	06:01	04:57	23:58	1:19:07	1	60
65	22	Alison Godbehear*	Eastern Beach	1	1	0	10	1:00:37	06:04	00:00	18:41	1:19:18	1	5
66	1085	Andrew McGrillen	Torquay	1	1	0	10	0:46:58	04:42	00:00	33:07	1:20:05	1	11
67	188	Daryl Hurst	Pt Lonsdale GCCC course	2	1	25	10	1:02:35	06:15	01:27	20:05	1:21:14	1	11.5
68	1096	Dan Wright	Point Lonsdale	2	2	25	10	0:47:10	04:43	01:33	36:06	1:21:43	1	12
69	465	Nicky Angus	Southside to Addis return	5	1	25	10.07	1:05:53	06:33	05:25	22:01	1:22:29	1	28
70	1109	Madeline Crawford	Halls Gap	2	1	0	10	0:58:37	05:52	00:52	24:57	1:22:42	1	11
71	1046	Erik Bumbers	Pt Lonsdale actual course	2	1	25	10	1:00:44	06:04	01:24	24:20	1:23:40	1	27
72	6	Kartina Bahari*	Deakin University	3	1	25	10.5	0:59:24	05:39	02:13	27:12	1:24:23	1	5
73	1150	Frank Engelsman	Pt. Lonsdale	2	1	25	10.51	1:09:41	06:38	01:36	19:01	1:27:06	1	14
74	989	Paul Austin	Actual Pt Lonsdale Course	2	1	25	10	1:31:34	09:09	02:07	00:00	1:29:27	1	14
75	1160	Brian Gaylard	City to bell post hill	3	2	0	10	1:43:00	10:18	04:01	08:45	1:47:44	1	4