

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 12 Dec 2021
55 Runners

Male Under 50 : 16 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	415	Michael Abiwahab	26:25	
2	413	Chaturanga Jayalathge	27:19	0:54
3	408	Leon Goh	27:21	0:56
4	403	Michael Mullins	28:21	1:56
5	410	Chris Vallely	29:31	3:06
6	418	Ken Wong	29:44	3:19
7	405	Ian Tattersall	30:23	3:58
8	407	John O'Halloran	30:38	4:13
9	417	Gero Farruggio	30:59	4:34
10	414	Curtis Wong	33:47	7:22
11	412	David Winning	36:18	9:53
12	406	Nishadh Rego	37:05	10:40
13	411	John Woods	38:06	11:41
14	409	Justin McAnulty	39:29	13:04
15	401	Jamil Karaki	39:38	13:13
16	416	Jeff Myers	42:07	15:42

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 12 Dec 2021
55 Runners

Male 50-59 : 7 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	546	Greg Churchall	26:48		
2	545	Bruce Burns	28:21	1:33	
3	547	Steve Bourke	31:14	4:26	
4	543	Garry Womsley	32:42	5:54	
5	542	Brian Walsh	34:02	7:14	
6	548	John Hayes	36:34	9:46	
7	541	Mark Traynor	41:12	14:24	

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 12 Dec 2021
55 Runners

Male 60-69 : 10 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	577	David Riches	28:05	
2	579	Rob Ellis	33:08	5:03
3	578	Brian Radburn	34:36	6:31
4	572	Michael Feeney	38:08	10:03
5	571	Greg Bisset	39:56	11:51
6	580	Marc Jarman	40:00	11:55
7	575	Eddy Ortiz	41:06	13:01
8	574	Wayne Gregory	41:51	13:46
9	576	Terry Rose	48:27	20:22
10	573	Adrian Ferris	1:02:16	34:11

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 12 Dec 2021
55 Runners

Male 70+ : 1 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	592	Peter Allen	47:41	

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 12 Dec 2021

55 Runners

Female Under 50 : 9 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	603	Ruth Thomas	28:24		
2	611	Mel Selby	28:49	0:25	
3	610	Rochelle O'Connor	29:16	0:52	
4	602	Catrina O Regan	34:52	6:28	
5	609	Mayumi Jomkamsing	37:10	8:46	
6	607	Christine Gibbons	39:36	11:12	
7	606	Bernadette Gregory	41:49	13:25	
8	608	Carla O'Donnell	43:07	14:43	
9	605	Charlotte Woods	45:11	16:47	

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 12 Dec 2021
55 Runners

Female 50-59 : 8 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	775	Rosheen Boyle	33:16		
2	771	Meredith Davey	33:57	0:41	
3	779	Zoe Melling	34:24	1:08	
4	778	Tracey O'Donnell	35:45	2:29	
5	777	Hollee James	36:22	3:06	
6	776	Mary English	40:58	7:42	
7	773	Rosamond Freeman Hayes	43:58	10:42	
8	780	Therese Adami	46:04	12:48	

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 12 Dec 2021
55 Runners

Female 60-69 : 3 Runners : 7 Kms

Place	No.	Name	Time	Time Dif	
1	791	Joan Feeney	35:42		
2	794	Sylvia Nichols	38:04	2:22	
3	793	Annette Ferris	45:06	9:24	

Sri Chinmoy Iron Cove 7 km Run

Iron Cove, Lilyfield : 12 Dec 2021
55 Runners

Female 70+ : 1 Runners : 7 Kms

Place	No.	Name	Time	Time Dif
1	797	Kerry Bray	48:10	