





































































Shellharbour parkrun # 154 - 03/06/2017




















Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Total Runs
1	Chloe PATEMAN	21:11	JW15-17	72.23 %	F	1		PB stays at 00:20:31	93 
2	Steve FRYER	21:41	VM50-54	68.56 %	M	1		PB stays at 00:21:00	8
3	Hugo IKEDA	21:52	JM11-14	64.86 %	M	2		PB stays at 00:20:46	27 
4	Scott BOWLEY	21:59	VM40-44	63.99 %	M	3	Kembla Joggers AC	PB stays at 00:20:17	48
5	Jon ELVY	22:15	VM45-49	63.75 %	M	4		New PB!	26 
6	Unknown								
7	Peter KIDD	22:32	VM55-59	68.20 %	M	6	Athletics Wollongong	PB stays at 00:21:05	94 
8	Unknown								
9	Duarte NORONHA	22:45	VM45-49	63.30 %	M	8		PB stays at 00:21:36	33
10	Russell HARVEY	22:46	VM50-54	66.40 %	M	9		PB stays at 00:22:08	61  
11	Philip HOLLAND	22:48	VM45-49	63.16 %	M	10	Kembla Joggers AC	PB stays at 00:21:21	146 
12	Derek EDWARDS	22:54	VM50-54	66.01 %	M	11	Nowra Athletics Club	New PB!	92 
13	Misha ROMANKIN	22:55	JM15-17	58.91 %	M	12		PB stays at 00:20:30	42 
14	Andrew FREEMAN	23:02	VM50-54	64.54 %	M	13		New PB!	82  
15	Glen HYMAN	23:07	VM35-39	57.39 %	M	14		PB stays at 00:21:26	115  
16	Jack KESSELL	23:10	SM20-24	56.26 %	M	15		PB stays at 00:22:38	102  
17	India AKONNAH	23:14	JW11-14	68.72 %	F	2		PB stays at 00:22:23	31 
18	Darby O'SULLIVAN	23:16	SM20-24	55.44 %	M	16	Wooters Runners	New PB!	51  
19	Allan TRACEY	23:18	VM40-44	59.94 %	M	17		PB stays at 00:23:18	55 
20	Kerry HOLLAND	23:24	VM60-64	68.52 %	M	18		PB stays at 00:22:27	120 
21	Keelan GREEN	23:42	SM20-24	54.64 %	M	19		PB stays at 00:19:30	8
22	Luis GONCALVES	23:46	VM40-44	59.19 %	M	20		PB stays at 00:22:08	87 
23	Paul MILLER	23:51	VM35-39	56.39 %	M	21		PB stays at 00:21:20	53 
24	Joel MURTIN	24:01	SM30-34	54.34 %	M	22		PB stays at 00:22:57	66 















Pos 🏆	parkrunner 🏆	Time 🏆	Age Cat 🏆	Age Grade 🏆	Gender	Pos 🏆	Club 🏆	Note 🏆	Total Runs 🏆
25	Unknown								
26	Rick PATZOLD	24:14	VM50-54	61.83 %	M	24		PB stays at 00:22:48	69 
27	Nathan GUNDLACH	24:20	SM25-29	53.01 %	M	25		PB stays at 00:20:57	88  
28	Steve DAVIES	24:35	VM60-64	65.83 %	M	26		New PB!	50  
29	Melissa BROTHERSON-CLARKE	24:36	VW35-39	61.18 %	F	3	Derek Zoolander Centre for Kids Who Can't Run Good	PB stays at 00:23:14	76 
30	Unknown								
31	Ruben LEZCANO	24:44	VM35-39	53.98 %	M	28		New PB!	4
32	Mitchell FORMOSA	24:49	SM25-29	52.05 %	M	29		PB stays at 00:23:37	22
33	Noel FAULKNER	24:50	VM55-59	61.88 %	M	30		PB stays at 00:24:12	89 
34	Peter PIKE	24:55	VM50-54	60.13 %	M	31		PB stays at 00:22:50	87  
35	Phill CHAPMAN	24:56	VM60-64	64.91 %	M	32		PB stays at 00:22:25	177  
36	Sue DAVIES	25:04	VW55-59	74.20 %	F	4		PB stays at 00:24:04	107   
37	Quinn LEW	25:53	JM11-14	54.80 %	M	33		New PB!	43 
38	Adam MURRAY	25:59	SM30-34	49.90 %	M	34		PB stays at 00:22:25	56  
39	Blake WELLS	26:11	SM25-29	49.27 %	M	35		PB stays at 00:23:01	32
40	Reggie KESSELL	26:34	JM15-17	52.38 %	M	36		PB stays at 00:24:39	33 
41	Beth DAVIES	26:41	SW20-24	55.47 %	F	5		New PB!	51 
42	Rob LITTLE	26:46	VM35-39	49.25 %	M	37		PB stays at 00:20:38	10
43	Tom WILLIAMS	26:51	VM45-49	53.63 %	M	38		PB stays at 00:25:26	59  
44	Jacob DAVIDSON	26:56	SM25-29	47.90 %	M	39		PB stays at 00:25:44	54  
45	Unknown								
46	Brendan SCOLLARY	26:58	VM50-54	55.56 %	M	41	Ulladulla RATS	PB stays at 00:20:08	38  
47	Tan BOURNE	27:01	VM55-59	57.87 %	M	42		PB stays at 00:23:34	133 
48	Peter DALLEY	27:03	VM45-49	53.67 %	M	43		PB stays at 00:24:21	179  
49	Amy LOXLEY	27:05	SW30-34	55.02 %	F	6		PB stays at 00:22:42	42
50	Jody BROOKS	27:25	VW40-44	56.96 %	F	7		PB stays at 00:25:14	65 
51	Antony SCOTTI	27:31	VM45-49	51.54 %	M	44	Kembla Joggers AC	PB stays at 00:24:25	68 
52	Unknown								

Pos 🏆	parkrunner 🏆	Time 🏆	Age Cat 🏆	Age Grade 🏆	Gender	Pos 🏆	Club 🏆	Note 🏆	Total Runs 🏆	
53	Scott DAVIES	27:39	VM35-39	48.64 %	M	46		New PB!	9	
54	Emily Rose HUGHES	27:49	JW11-14	56.50 %	F	8		PB stays at 00:26:05	108	100
55	Maree HEALEY	27:52	SW30-34	53.17 %	F	9		PB stays at 00:25:37	68	50 🔥
56	Randall ALEXANDER	27:56	VM45-49	51.13 %	M	47	The Running Movement	PB stays at 00:24:21	93	50 🔥
57	George PAPADIMAS	28:04	VM50-54	53.38 %	M	48		PB stays at 00:23:02	200	100
58	Unknown									
59	Brad GREEN	28:15	VM35-39	47.26 %	M	50		PB stays at 00:24:39	75	50 🔥
60	Brianna KNOWLES	28:24	SW25-29	52.11 %	F	10		PB stays at 00:24:25	80	50
61	Ricky GREATZ	28:25	VM35-39	47.68 %	M	51		New PB!	55	50
62	Nikolai ROMANKIN	28:28	VM45-49	51.00 %	M	52		PB stays at 00:24:10	51	50
63	Unknown									
64	Merike HARVEY	28:31	VW45-49	57.39 %	F	11		PB stays at 00:27:11	93	50
65	Nick GRINDLE	28:35	VM50-54	52.89 %	M	54		PB stays at 00:26:12	61	50
66	Brett WRIGHT	28:36	VM45-49	49.59 %	M	55		PB stays at 00:26:48	71	50
67	Glenn DANIELS	28:39	VM45-49	50.67 %	M	56		New PB!	24	
68	Therese CAMPBELL	28:40	VW55-59	63.14 %	F	12		PB stays at 00:28:07	111	100
69	Stephen BELLHOUSE	28:43	VM40-44	48.23 %	M	57		PB stays at 00:24:37	28	
70	Steve PERRIN	28:54	VM55-59	55.02 %	M	58		New PB!	151	100
71	Michelle PATEMAN	28:57	VW45-49	54.86 %	F	13		PB stays at 00:28:07	98	50
72	Kerry GOOD	29:03	VW60-64	65.86 %	F	14		PB stays at 00:28:36	70	50
73	Damon ROTHWELL	29:03	VM55-59	53.82 %	M	59		PB stays at 00:27:14	84	50
74	Alan STAFFORD	29:11	VM35-39	46.43 %	M	60		PB stays at 00:28:04	53	50
75	Beau ROSSER	29:16	VM35-39	45.05 %	M	61		New PB!	42	🔥
76	Dean JOHN	29:17	VM55-59	52.93 %	M	62		PB stays at 00:27:06	136	100
77	Witold KRAJEWSKI	29:22	VM65-69	58.17 %	M	63	Kembla Joggers AC	PB stays at 00:21:03	156	100
78	Hung LEW	29:31	VM45-49	48.05 %	M	64		New PB!	41	
79	Julie WELLS	29:37	VW55-59	60.33 %	F	15		PB stays at 00:27:41	91	50
80	Sherrie VINKOVIC	29:39	VW40-44	51.60 %	F	16		PB stays at 00:27:26	89	50

Pos 🏆	parkrunner 🏆	Time 🏆	Age Cat 🏆	Age Grade 🏆	Gender	Pos 🏆	Club 🏆	Note 🏆	Total Runs 🏆
81	Gavin DE HOSSON	29:42	SM30-34	43.55 %	M	65		PB stays at 00:28:44	13
82	Heather SMITH	29:44	VW50-54	59.30 %	F	17		PB stays at 00:29:30	50 
83	Mark JARMAN	29:59	VM55-59	51.70 %	M	66		PB stays at 00:26:36	150 
84	Regina PASS	30:10	VW45-49	53.15 %	F	18		PB stays at 00:27:52	47
85	Ebony FREEMAN	30:12	JW15-17	51.32 %	F	19		New PB!	50 
86	Erica STOCKER	30:14	VW50-54	55.46 %	F	20		PB stays at 00:28:02	74 
87	Linda PORRITT	30:35	VW55-59	58.42 %	F	21		PB stays at 00:27:14	135 
88	Debbie HOLLAND	30:38	VW45-49	52.88 %	F	22		PB stays at 00:27:01	98 
89	Max TORR	31:09	JM15-17	44.68 %	M	67		PB stays at 00:29:57	3
90	Bonnita MATE	31:11	JW15-17	49.71 %	F	23		PB stays at 00:26:15	126  
91	Beth HORNER	31:17	VW35-39	48.38 %	F	24		PB stays at 00:28:56	45
92	Craig NEALON	31:34	VM55-59	49.10 %	M	68		PB stays at 00:26:18	110   
93	Donna REID	31:43	VW45-49	51.08 %	F	25		PB stays at 00:29:15	83 
94	Unknown								
95	Unknown								
96	Libby ROTHWELL	31:52	VW50-54	54.65 %	F	26		PB stays at 00:28:03	57 
97	Unknown								
98	Tracey BONNIE	32:18	VW40-44	47.99 %	F	27		PB stays at 00:30:41	35
99	Michael GENTLE	32:20	VM45-49	44.18 %	M	72	St George District Athletic Club	New PB!	66  
100	Nathan COUCHMAN	32:21	SM25-29	39.88 %	M	73		PB stays at 00:26:57	36
101	Aidan DONNELLY	32:38	SM30-34	39.63 %	M	74		PB stays at 00:31:30	47
102	Steve CAMPBELL	32:40	VM50-54	46.28 %	M	75		PB stays at 00:29:47	61 
103	Amelie SEDMAK	32:47	JW11-14	50.74 %	F	28		PB stays at 00:30:54	40 
104	Caralyn NOLAN	32:57	VW40-44	47.40 %	F	29		PB stays at 00:29:33	48
105	Jason GREEN	33:00	VM40-44	41.67 %	M	76		New PB!	75  
106	Unknown								
107	Lee WRIGHT	33:21	VW35-39	44.83 %	F	30		PB stays at 00:30:59	93 
108	Bella FOGARTY	33:27	JW11-14	46.99 %	F	31		First Timer!	2

Pos 🏆	parkrunner 🏆	Time 🏆	Age Cat 🏆	Age Grade 🏆	Gender	Pos 🏆	Club 🏆	Note 🏆	Total Runs 🏆
109	Ashleigh LAWLER	33:28	JW15-17	46.31 %	F	32		First Timer!	2
110	Unknown								
111	David FOSTER	33:53	VM65-69	50.42 %	M	79		PB stays at 00:28:56	58 
112	Lynn TAGUE	34:20	VW65-69	61.80 %	F	33	Kembla Joggers AC	PB stays at 00:30:47	155  
113	Madison ROSSER	34:23	JW11-14	48.38 %	F	34		PB stays at 00:33:45	45 
114	Jessica WEEKES	34:39	SW20-24	42.71 %	F	35		PB stays at 00:33:51	87 
115	Allyson WESTON	34:46	VW40-44	45.25 %	F	36	Sweet Success Personal Training	New PB!	15
116	Michelle T WEEKES	34:51	VW50-54	49.31 %	F	37		PB stays at 00:30:14	89 
117	Unknown								
118	Nick TRAJKOVSKI	35:27	VM35-39	37.42 %	M	81		PB stays at 00:32:31	34
119	Garry LAWLER	35:30	VM45-49	41.22 %	M	82		First Timer!	1
120	Emma TURNER	35:30	VW40-44	43.99 %	F	38		PB stays at 00:29:28	127 
121	Kylie GRIFFITHS	35:35	SW30-34	41.87 %	F	39		PB stays at 00:33:17	101 
122	Kieran SCHAUF	35:37	SM25-29	36.22 %	M	83		PB stays at 00:33:15	7
123	Fran PINCH	36:22	VW35-39	41.80 %	F	40		First Timer!	14
124	Amanda ROGERS	36:29	VW45-49	45.41 %	F	41	Zone Martial Arts	PB stays at 00:28:38	118   
125	Thomas HUGHES	36:33	JM11-14	40.67 %	M	84		PB stays at 00:27:16	69 
126	Paul HUGHES	36:33	VM45-49	39.40 %	M	85		PB stays at 00:31:52	42
127	Rhonda FORD	36:47	VW70-74	60.53 %	F	42		PB stays at 00:33:51	52 
128	Rosalind MASKIELL	37:10	VW60-64	52.20 %	F	43	Illawong & Districts Senior Athletics	PB stays at 00:31:41	129  
129	Peter MASKIELL	37:22	VM65-69	46.16 %	M	86	Illawong & Districts Senior Athletics	PB stays at 00:23:59	160 
130	Gordon TURNER	37:23	VM70-74	47.17 %	M	87		PB stays at 00:28:04	206  
131	Emma PEACHMAN	37:56	SW30-34	39.06 %	F	44		PB stays at 00:35:23	52 
132	Melanie COOKE	38:38	VW35-39	39.34 %	F	45		PB stays at 00:33:54	38
133	Nikki MORRISSY	38:39	SW25-29	38.29 %	F	46		PB stays at 00:35:43	27
134	Cheryl EMMERICH	38:41	VW50-54	45.02 %	F	47		PB stays at 00:36:30	147  
135	Kevin BLISSETT	38:44	VM45-49	36.62 %	M	88		PB stays at 00:27:13	29

Pos 🏆	parkrunner 🏆	Time 🏆	Age Cat 🏆	Age Grade 🏆	Gender	Pos 🏆	Club 🏆	Note 🏆	Total Runs 🏆
136	Unknown								
137	Gail O'SULLIVAN	39:18	VW60-64	50.81 %	F	48		PB stays at 00:33:21	80 
138	Keiran BLISSETT	39:23	JM10	45.20 %	M	90		PB stays at 00:37:14	50 
139	Troy SMOLENAARS	39:48	VM40-44	35.09 %	M	91		PB stays at 00:35:57	43 
140	Unknown								
141	Malcolm BROWN	39:56	VM60-64	41.61 %	M	93		PB stays at 00:28:55	59 
142	Corinn GINGER	39:58	SW30-34	37.11 %	F	49		PB stays at 00:30:55	92  
143	Lyndi TOOMEY	40:33	VW45-49	39.54 %	F	50		New PB!	43
144	Margaret LEWIS	41:14	VW55-59	45.11 %	F	51		PB stays at 00:38:58	149 
145	Marie CONNELL	41:22	VW65-69	51.29 %	F	52		New PB!	31
146	Jessica ROSSER	41:31	JW10	45.20 %	F	53		PB stays at 00:38:57	47 
147	L'chelle GARLAND	41:32	SW30-34	35.71 %	F	54		New PB!	6 
148	Corey GENTLE	41:39	JM11-14	35.69 %	M	94	St George District Athletic Club	PB stays at 00:33:50	18 
149	Nina GENTLE	41:43	VW40-44	37.44 %	F	55		PB stays at 00:38:35	13
150	Hannah PORTELLI	42:00	JW10	40.63 %	F	56		PB stays at 00:41:01	4
151	Catharine RICH	43:14	VW40-44	35.39 %	F	57		PB stays at 00:41:14	4
152	Unknown								
153	Nicole PAPADIMAS	43:28	JW15-17	34.78 %	F	58		PB stays at 00:27:37	130 
154	Sarah PAPADIMAS	43:31	VW50-54	38.53 %	F	59		PB stays at 00:35:49	75 
155	Raelene KELLY	43:31	VW45-49	36.84 %	F	60		PB stays at 00:42:24	2
156	Rhonda CHURCHILL	43:32	VW50-54	40.01 %	F	61		PB stays at 00:38:57	101 
157	Richard BRYCE	43:53	VM55-59	35.93 %	M	96		PB stays at 00:38:38	7
158	Anne KESSELL	44:24	VW50-54	38.21 %	F	62		PB stays at 00:35:57	88 
159	Unknown								
160	Gaillyn COOPER	45:13	VW65-69	46.22 %	F	63		PB stays at 00:35:40	112  
161	Dylan GRIFFITHS	46:08	JM11-14	33.16 %	M	98		PB stays at 00:21:34	79 
162	Tahlia GRIFFITHS	46:17	JW10	39.14 %	F	64		PB stays at 00:29:00	59 
163	Gary GRIFFITHS	46:17	VM35-39	28.66 %	M	99		PB stays at 00:22:56	70 

Pos 🏆	parkrunner 🏆	Time 🏆	Age Cat 🏆	Age Grade 🏆	Gender	Pos 🏆	Club 🏆	Note 🏆	Total Runs 🏆
164	Shirley WRIGHT	46:33	VW70-74	50.30 %	F	65		PB stays at 00:45:51	39
165	Layne BROWN	47:08	SM25-29	27.40 %	M	100		PB stays at 00:30:51	33 
166	Deakin COOK	47:13	JM10	39.60 %	M	101		PB stays at 00:43:16	7
167	Amanda COOK	47:15	VW35-39	31.75 %	F	66		PB stays at 00:41:13	16
168	Bob FORD	48:18	VM70-74	36.96 %	M	102		New PB!	45
169	Dylan FUNNELL	48:57	JM10	34.76 %	M	103		PB stays at 00:29:10	11 
170	Diba SABETI	49:06	JW11-14	32.01 %	F	67		PB stays at 00:35:49	2
171	Unknown								
172	Jane WARREN	49:32	VW45-49	33.45 %	F	68		PB stays at 00:45:38	49
173	Julie NORRIS	49:38	VW50-54	33.78 %	F	69		PB stays at 00:43:56	44
174	Kellie MURRAY	49:53	SW25-29	29.67 %	F	70		PB stays at 00:26:56	142   
175	Oriana ANASTAS	49:54	VW45-49	32.80 %	F	71	The Running Movement	PB stays at 00:33:39	92  
176	Tori FUNNELL	49:54	VW35-39	30.33 %	F	72	Running Mums Australia	PB stays at 00:27:23	83 
177	Unknown								
178	Unknown								
179	Unknown								
180	Unknown								
181	Unknown								
182	Crispin LEW	53:06	JM10	35.22 %	M	110		First Timer!	8
183	Unknown								
184	Unknown								
185	Unknown								
186	Erika LEW	53:51	VW40-44	29.22 %	F	73		First Timer!	14
187	Unknown								
188	Katelyn BLISSETT	56:55	JW10	30.83 %	F	74		PB stays at 00:43:44	47 
189	Cheryl BLISSETT	56:56	VW40-44	27.63 %	F	75		PB stays at 00:43:05	51 
190	Alanah KEANE	58:14	JW15-17	26.27 %	F	76		PB stays at 00:52:18	13 
191	Sue KEANE	58:29	VW55-59	31.38 %	F	77	The Running Movement	PB stays at 00:37:01	136   
192	Bridget HAYES	59:34	SW30-34	24.85 %	F	78		PB stays at 00:35:48	14 
193	Elizabeth QUINN	1:02:16	VW60-64	31.61 %	F	79	The Hare and Tortoise Team	First Timer!	60 
194	Unknown								
195	Unknown								

Pos	parkrunner	Time	Age Cat	Age Grade		Gender	Pos	Club	Note	Total Runs
196	Chantelle IVANISEVIC	1:07:14	SW20-24	22.01 %	F	80			PB stays at 00:46:08	5
197	Anna IVANISEVIC	1:07:15	SW20-24	22.01 %	F	81			First Timer!	2
198	Hannah NEWTON	1:07:40	JW15-17	22.61 %	F	82			PB stays at 00:33:36	33
199	Em SCOLLARY	1:07:43	JW15-17	22.59 %	F	83	Kembla Joggers AC		PB stays at 00:40:09	12
200	Oliver SPAKE	1:07:58	SM30-34	19.20 %	M	117			PB stays at 00:20:07	124
201	Lyn BAIRD	1:08:41	VW50-54	24.41 %	F	84	Running Mums Australia		PB stays at 00:32:59	111

Thanks to the volunteers

We are very grateful to the volunteers who made this event happen:Suzanne ALEXANDER, Lyn BAIRD, Dean BOYTON, Nicholas CLARK, Sue DAVIES, Alexis ELVY, Caitlin EMMERICH, Dylan GRIFFITHS, Gary GRIFFITHS, Tahlia GRIFFITHS, Ian KENNEDY, John MINTOFF, Tracy MINTOFF, Jodi MISITI, Elizabeth O'CALLAGHAN, Amanda ROGERS, Damon ROTHWELL, Robert SCIBERRAS, Brendan SCOLLARY, Em SCOLLARY, Dimitri SEMOS, Oliver SPAKE, Adrian THORNTON, Julie TURNER

Why not [get involved and volunteer?](#)

What is this table?

This table shows the complete results for the specified week at this event. It is automatically shown when you navigate to the results page, but can also be reached by clicking on [Latest Results](#), or by picking a specific week from the [Event History](#) table. If you bookmark the *Latest Results* page in your browser, the bookmark will always take you to the most up to date results table. If you bookmark a results page reached via the *Event History* table, the bookmark will then always take you to that specific week's results.

The columns

- Pos - the runner's overall position in the run.
- parkrunner - is the registered name of the athlete; clicking on the name takes you to that athlete's results page for this event.
- Time - is the runner's recorded time - we record the overall time between the run director's start instruction and the runner crossing the finish line.
- Age Cat - represents the age category of the runner on the day of the run; the first letter represents the major age categories (J)unior, (S)enior and (V)eteran; the second letter represents gender (M)en and (W)omen; the remainder of the category represents a more specific age range. There are two further categories for wheel chair users; WWC and MWC represent Women and Men respectively. Clicking on the result category takes you to that age categories' historical record for this event.
- Age Grade
 - Gives an indication of how well the runner has done relative to their age and gender see [the FAQ article](#) for more information.
- Gender - (M)ale or (F)emale
- Gender Pos- Gender finish positions.
- Club - Running club if registered.
- Note - Note - Comments about PBs (Personal Bests).
- Total Runs - Total number of runs across all parkruns, an indicator of membership of the various parkrun clubs, and their links with partner websites.

As with any of the results tables, the table can be sorted by any column by clicking on the column heading.

Shellharbour parkrun event statistics

Problem with results? please contact shellharbouoffice@parkrun.com		
Any questions? Please visit our support site		
Number of events: 218	Number of runners: 4,874	Number of runs: 40,471
Number of first finishers: 127	Number of clubs: 202	Number of PBs: 6,352
Average number of runners per week: 185.6	Average number of runs per runner: 8.3	Biggest Attendance: 363
Average run time: 00:34:28	Total hours run: 2Years 239Days 3Hrs 5Min 16Secs	Total distance run: 202,355km
Female record holder: Hayley GUSTARD - 18:38 - Event 190 (03/02/18)		
Male record holder: Jye EDWARDS - 15:44 - Event 92 (26/03/16)		
Age graded record holder: Jye EDWARDS - 84.75 % - 15:44 - Event 92 (26/03/16)		

