



Shellharbour parkrun # 155 - 10/06/2017

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Total Runs
1	Jerry O'SULLIVAN	19:15	SM25-29	67.01 %	M	1	Inner Core	New PB!	62
2	Dan MURPHY	19:56	VM35-39	66.56 %	M	2		First Timer!	244
3	Keelan GREEN	20:10	SM20-24	64.21 %	M	3		New PB!	8
4	Patrick MCPHILLIPS	20:13	VM45-49	71.81 %	M	4	Kembla Joggers AC	PB stays at 00:19:04	69
5	Chloe PATEMAN	21:39	JW15-17	70.67 %	F	1		PB stays at 00:20:31	94
6	Scott BOWLEY	21:46	VM40-44	64.62 %	M	5	Kembla Joggers AC	PB stays at 00:20:17	48
7	Ruby MCPHILLIPS	21:54	JW11-14	72.91 %	F	2	Kembla Joggers AC	PB stays at 00:21:25	47
8	John MINTOFF	21:56	VM45-49	65.65 %	M	6	Kembla Joggers AC	PB stays at 00:20:09	141
9	Steve FRYER	22:05	VM50-54	67.32 %	M	7		PB stays at 00:21:00	8
10	Ruby SAWTELL	22:09	JW11-14	70.96 %	F	3	Kembla Joggers AC	PB stays at 00:21:49	77
11	Teresha MOXHAM	22:13	VW35-39	67.52 %	F	4	Kembla Joggers AC	PB stays at 00:20:24	143
12	Hugo IKEDA	22:27	JM11-14	63.18 %	M	8		PB stays at 00:20:46	27
13	Karlie GENTLES	22:28	JW15-17	68.99 %	F	5	Kembla Joggers AC	PB stays at 00:20:46	80
14	Robert SPAMPINATO	22:36	SM25-29	57.08 %	M	9		PB stays at 00:21:32	25
15	Peter KIDD	22:45	VM55-59	67.55 %	M	10	Athletics Wollongong	PB stays at 00:21:05	94
16	Jacob PRINCE	22:48	SM20-24	56.58 %	M	11		PB stays at 00:21:42	51
17	Rafael MORIANA	22:49	VM55-59	69.10 %	M	12	Kembla Joggers AC	PB stays at 00:21:03	91
18	Karl HAYES	23:06	VM45-49	62.84 %	M	13	Kembla Joggers AC	PB stays at 00:20:41	58
19	Rob SHARP	23:07	VM40-44	59.91 %	M	14		New PB!	20
20	Joel MURTIN	23:23	SM30-34	55.81 %	M	15		PB stays at 00:22:57	67
21	Glen HYMAN	23:24	VM35-39	56.70 %	M	16		PB stays at 00:21:26	117
22	Charli HURST	23:26	JW11-14	68.14 %	F	6	Kembla Joggers AC	PB stays at 00:21:51	10
23	Jordyn MARTIN	23:30	JW11-14	69.29 %	F	7	Kembla Joggers AC	New PB!	29

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Total Runs
24	Max DELLER	23:36	JM11-14	64.83 %	M	17		PB stays at 00:22:25	78
25	Darby O'SULLIVAN	23:38	SM20-24	54.58 %	M	18	Wooters Runners	PB stays at 00:23:16	51
26	Philip HOLLAND	23:42	VM45-49	60.76 %	M	19	Kembla Joggers AC	PB stays at 00:21:21	147
27	Alexis BELL	23:47	JW10	71.76 %	F	8		New PB!	22
28	Jack KESSELL	23:48	SM20-24	54.76 %	M	20		PB stays at 00:22:38	104
29	Kerry HOLLAND	24:06	VM60-64	66.53 %	M	21		PB stays at 00:22:27	122
30	Paul DE NOBREGA	24:10	VM50-54	62.00 %	M	22	Kembla Joggers AC	PB stays at 00:22:48	123
31	Leah ARGENT	24:17	SW30-34	61.02 %	F	9		PB stays at 00:23:09	53
32	Unknown								
33	Misha ROMANKIN	24:23	JM15-17	55.37 %	M	24		PB stays at 00:20:30	42
34	Ray HOBSON	24:23	VM50-54	60.97 %	M	25		PB stays at 00:21:08	142
35	Andrew FREEMAN	24:26	VM50-54	60.85 %	M	26		PB stays at 00:22:37	84
36	Peter PIKE	24:31	VM50-54	61.11 %	M	27		PB stays at 00:22:50	89
37	Phill CHAPMAN	24:32	VM60-64	65.96 %	M	28		PB stays at 00:22:25	179
38	Izac CHURCHILL	24:34	JM11-14	62.28 %	M	29		First Timer!	8
39	Andrew MCKENZIE	24:38	VM40-44	56.70 %	M	30		PB stays at 00:23:12	105
40	Nathan GUNDLACH	24:39	SM25-29	52.33 %	M	31		PB stays at 00:20:57	89
41	Jared SMITH	24:55	JM15-17	54.18 %	M	32		PB stays at 00:22:45	17
42	Liam SYKES	24:57	SM20-24	51.70 %	M	33		PB stays at 00:22:46	17
43	Grace CHISHOLM	25:15	JW10	67.59 %	F	10		New PB!	13
44	Skye BELL	25:24	JW10	69.09 %	F	11		New PB!	20
45	Ben BELL	25:24	VM40-44	54.53 %	M	34		New PB!	2
46	Andrew KRAJEWSKI	25:25	VM70-74	69.38 %	M	35	Kembla Joggers AC	PB stays at 00:24:14	85
47	Sue DAVIES	25:26	VW55-59	73.13 %	F	12		PB stays at 00:24:04	109
48	Colleen TYNAN	25:29	VW35-39	59.06 %	F	13		PB stays at 00:23:51	42
49	Veronika ROMANKIN-ARNDT	25:30	VW50-54	66.54 %	F	14		PB stays at 00:23:43	109
50	Reggie KESSELL	25:50	JM15-17	53.87 %	M	36		PB stays at 00:24:39	33

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51	Allan TRACEY	25:50	VM40-44	54.06 %	M	37		PB stays at 00:23:18	55
52	Nathan GINGER	26:01	SM30-34	49.97 %	M	38		PB stays at 00:22:22	79
53	Kyra MARTIN	26:09	JW10	65.26 %	F	15	Kembla Joggers AC	New PB!	29
54	Ryan MARTIN	26:10	VM40-44	53.76 %	M	39	Kembla Joggers AC	PB stays at 00:19:58	59
55	Nikolai ROMANKIN	26:15	VM45-49	55.30 %	M	40		PB stays at 00:24:10	52
56	Evan HAYES	26:20	SM25-29	48.99 %	M	41		First Timer!	29
57	Patricia O'DEA	26:22	VW60-64	72.57 %	F	16	Kembla Joggers AC	PB stays at 00:24:01	112
58	Kathleen WALLINGTON	26:26	VW50-54	64.19 %	F	17	BCR	New PB!	163
59	Jake OCALLAGHAN	26:29	SM20-24	49.21 %	M	42		New PB!	2
60	Tyla HURST	26:30	JW11-14	62.77 %	F	18		New PB!	9
61	Lizzy FORBES	26:36	SW25-29	55.64 %	F	19		First Timer!	19
62	Tan BOURNE	26:43	VM55-59	58.52 %	M	43		PB stays at 00:23:34	135
63	Gordon NOLAN	26:44	VM40-44	52.62 %	M	44		PB stays at 00:23:53	37
64	Fletcher CHURCHILL	26:54	JM10	58.67 %	M	45		First Timer!	5
65	Greg CHURCHILL	26:55	VM45-49	53.50 %	M	46	Sydney Striders	First Timer!	9
66	Isabel GARRETT	27:02	VW45-49	58.75 %	F	20		First Timer!	4
67	Blake WELLS	27:04	SM25-29	47.66 %	M	47		PB stays at 00:23:01	33
68	Carolyn LONG	27:05	VW45-49	60.43 %	F	21	Running Mums Australia	PB stays at 00:24:39	118
69	Jacob DAVIDSON	27:07	SM25-29	47.57 %	M	48		PB stays at 00:25:44	56
70	Brianna KNOWLES	27:15	SW25-29	54.31 %	F	22		PB stays at 00:24:25	82
71	Peter DALLEY	27:29	VM45-49	52.82 %	M	49		PB stays at 00:24:21	181
72	Holly CARTER	27:39	SW30-34	53.65 %	F	23		PB stays at 00:25:09	43
73	Unknown								
74	Peter MASKIELL	27:44	VM65-69	62.20 %	M	51	Illawong & Districts Senior Athletics	PB stays at 00:23:59	162
75	Randall ALEXANDER	27:51	VM45-49	51.29 %	M	52	The Running Movement	PB stays at 00:24:21	93
76	Sarah MASON	28:08	SW30-34	52.96 %	F	24		PB stays at 00:26:37	21
77	Christen CHISHOLM	28:11	VW40-44	55.00 %	F	25		PB stays at 00:27:34	16
78	Paul TILSED	28:13	VM35-39	48.02 %	M	53		New PB!	7

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79	Damon ROTHWELL	28:35	VM55-59	54.69 %	M	54		PB stays at 00:27:14	84 
80	Alan STAFFORD	28:42	VM35-39	47.21 %	M	55		PB stays at 00:28:04	55 
81	Ricky GREATZ	28:42	VM35-39	47.21 %	M	56		PB stays at 00:24:30	57 
82	Caitlin EMMERICH	28:45	SW20-24	51.48 %	F	26		PB stays at 00:26:45	88 
83	Liz MELDRUM	29:01	VW50-54	60.77 %	F	27	Kembla Joggers AC	PB stays at 00:24:46	100 
84	Michelle PATEMAN	29:02	VW45-49	54.71 %	F	28		PB stays at 00:28:07	100 
85	Connor WEIR	29:11	JM11-14	50.94 %	M	57		New PB!	9
86	Therese CAMPBELL	29:13	VW55-59	61.95 %	F	29		PB stays at 00:28:07	113 
87	Vicki MCPHILLIPS	29:21	VW40-44	53.21 %	F	30	Derek Zoolander Centre for Kids Who Can't Run Good	PB stays at 00:23:54	52 
88	George PAPADIMAS	29:26	VM50-54	50.91 %	M	58		PB stays at 00:23:02	202 
89	Ian TAGUE	29:31	VM65-69	59.06 %	M	59	Kembla Joggers AC	PB stays at 00:26:14	125  
90	Melissa THOMPSON	29:37	VW35-39	51.32 %	F	31		New PB!	42
91	Anthony MCKEOWN	29:48	SM30-34	43.62 %	M	60		PB stays at 00:26:45	54 
92	Daniel BATANCS	29:51	SM20-24	43.22 %	M	61		PB stays at 00:26:21	18
93	Dimitri SEMOS	29:58	JM15-17	46.44 %	M	62		PB stays at 00:24:50	62 
94	Bonnita MATE	29:59	JW15-17	51.70 %	F	32		PB stays at 00:26:15	128  
95	Unknown								
96	Mark JARMAN	30:03	VM55-59	51.58 %	M	64		PB stays at 00:26:36	152 
97	Julie WELLS	30:17	VW55-59	59.00 %	F	33		PB stays at 00:27:41	93 
98	Michael WELLS	30:21	SM30-34	43.22 %	M	65		First Timer!	1
99	Emilie WELLS	30:22	SW25-29	48.74 %	F	34		First Timer!	5
100	Sara ROWLEY	30:26	VW35-39	49.29 %	F	35		PB stays at 00:28:07	118   
101	Linda PORRITT	30:28	VW55-59	58.64 %	F	36		PB stays at 00:27:14	137 
102	Katherine HARRIS	30:45	VW50-54	55.18 %	F	37		First Timer!	8
103	Debbie HOLLAND	30:57	VW45-49	52.34 %	F	38		PB stays at 00:27:01	99 
104	Courtney MCVEIGH	31:20	SW20-24	47.23 %	F	39		PB stays at 00:28:58	19
105	Kevin SMITH	31:40	VM45-49	45.84 %	M	66		PB stays at 00:27:29	108 

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133	Ann ROSSER	36:00	VW35-39	42.04 %	F	56		PB stays at 00:27:32	51
134	Graham JONES	36:06	VM70-74	48.85 %	M	78		First Timer!	2
135	Michelle NICOL	36:27	VW35-39	41.52 %	F	57		PB stays at 00:28:57	53
136	Vivien JENNINGS	36:36	SW30-34	40.48 %	F	58		First Timer!	5
137	Kylie GRIFFITHS	36:39	SW30-34	40.65 %	F	59		PB stays at 00:33:17	102
138	Gary GRIFFITHS	36:40	VM35-39	36.18 %	M	79		PB stays at 00:22:56	70
139	Lyn BAIRD	36:58	VW50-54	45.36 %	F	60	Running Mums Australia	PB stays at 00:32:59	112
140	Keiran BLISSETT	37:14	JM10	47.81 %	M	80		New PB!	52
141	Kevin BLISSETT	37:14	VM45-49	38.36 %	M	81		PB stays at 00:27:13	29
142	Amy BLAIR	37:36	VW35-39	39.76 %	F	61		First Timer!	4
143	Joanne ALEXANDER	37:47	VW45-49	42.43 %	F	62	The Running Movement	PB stays at 00:30:42	160
144	Tracy MINTOFF	37:47	VW45-49	42.43 %	F	63	Kembla Joggers AC	PB stays at 00:32:42	142
145	Bridget HAYES	37:57	SW30-34	39.00 %	F	64		PB stays at 00:35:48	15
146	Melanie COOKE	39:00	VW35-39	38.97 %	F	65		PB stays at 00:33:54	39
147	Nikki MORRISSY	39:00	SW25-29	37.95 %	F	66		PB stays at 00:35:43	27
148	Gaillyn COOPER	39:08	VW65-69	53.41 %	F	67		PB stays at 00:35:40	112
149	Cheryl EMMERICH	39:30	VW50-54	44.09 %	F	68		PB stays at 00:36:30	147
150	Troy SMOLENAARS	40:54	VM40-44	34.15 %	M	82		PB stays at 00:35:57	44
151	Marissa NOLAN	41:05	VW40-44	37.73 %	F	69		PB stays at 00:40:00	26
152	Erica STOCKER	41:06	VW50-54	40.79 %	F	70		PB stays at 00:28:02	74
153	Anne KESSELL	41:10	VW50-54	41.21 %	F	71		PB stays at 00:35:57	90
154	Margaret LEWIS	41:25	VW55-59	44.91 %	F	72		PB stays at 00:38:58	151
155	Unknown								
156	Unknown								
157	Indra MARSHALL	42:05	JW10	40.55 %	F	73		PB stays at 00:33:19	17
158	Rebecca MARSHALL	42:06	VW40-44	36.82 %	F	74		PB stays at 00:31:33	89
159	Lyndi TOOMEY	42:18	VW45-49	37.90 %	F	75		PB stays at 00:39:26	44

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Total Runs
160	Rosalind MASKIELL	43:00	VW60-64	45.12 %	F	76	Illawong & Districts Senior Athletics	PB stays at 00:31:41	131 
161	Rhonda CHURCHILL	43:44	VW50-54	39.82 %	F	77		PB stays at 00:38:57	102 
162	Kate BONNIE	44:09	JW11-14	37.67 %	F	78	Kembla Joggers AC	PB stays at 00:38:32	8
163	Jessica ROSSER	44:28	JW10	40.74 %	F	79		PB stays at 00:38:57	48 
164	Beau ROSSER	44:29	VM35-39	29.64 %	M	85		PB stays at 00:28:05	44 
165	Sue KEANE	45:12	VW55-59	40.60 %	F	80	The Running Movement	PB stays at 00:37:01	137   
166	Unknown								
167	Corinn GINGER	45:51	SW30-34	32.35 %	F	81		PB stays at 00:30:55	94  
168	Tori FUNNELL	45:59	VW35-39	32.91 %	F	82	Running Mums Australia	PB stays at 00:27:23	84 
169	Kellie MURRAY	45:59	SW25-29	32.19 %	F	83		PB stays at 00:26:56	143   
170	Emma TURNER	46:00	VW40-44	33.95 %	F	84		PB stays at 00:29:28	127 
171	Elizabeth O'CALLAGHAN	46:51	VW50-54	36.68 %	F	85		PB stays at 00:40:37	67 
172	Brett WRIGHT	47:32	VM45-49	29.84 %	M	87		PB stays at 00:26:48	73 
173	Bob FORD	48:18	VM70-74	36.96 %	M	88		PB stays at 00:37:57	46
174	Dayna DELLER	48:21	VW35-39	31.44 %	F	86		PB stays at 00:41:12	36
175	Jane WARREN	49:14	VW45-49	33.65 %	F	87		PB stays at 00:45:38	49
176	Julie NORRIS	49:14	VW50-54	34.06 %	F	88		PB stays at 00:43:56	45
177	Trevor DICKSON	49:20	VM75-79	41.62 %	M	89		PB stays at 00:40:43	85 
178	Richard BRYCE	51:33	VM55-59	30.59 %	M	90		PB stays at 00:38:38	7
179	Unknown								
180	Anthony BYRNE	53:40	SM30-34	24.44 %	M	92		PB stays at 00:29:07	98  
181	John DALBY	54:24	VM70-74	33.24 %	M	93		First Timer!	50 
182	Alison GENTLE	57:25	JW15-17	27.00 %	F	89		First Timer!	3
183	Nina GENTLE	57:26	VW40-44	27.19 %	F	90		PB stays at 00:38:35	13
184	Michael GENTLE	57:32	VM45-49	24.83 %	M	94	St George District Athletic Club	PB stays at 00:31:18	68  
185	Cheryl BLISSETT	58:31	VW40-44	26.89 %	F	91		PB stays at 00:43:05	53 

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Total Runs
186	Katelyn BLISSETT	58:34	JW10	29.97 %	F	92		PB stays at 00:43:44	49
187	Jasmyne KABLE	1:02:19	JW10	30.12 %	F	93		PB stays at 00:47:21	13
188	Angela KABLE	1:03:36	VW40-44	24.19 %	F	94		PB stays at 00:46:39	16
189	David GILL	1:06:46	VM70-74	26.73 %	M	95		PB stays at 00:50:59	43
190	Julie TURNER	1:07:48	VW60-64	29.03 %	F	95		PB stays at 00:28:53	211
191	Gordon TURNER	1:07:50	VM70-74	26.00 %	M	96		PB stays at 00:28:04	206

Thanks to the volunteers

We are very grateful to the volunteers who made this event happen: Suzanne ALEXANDER, Dean BOYTON, Margaret CARR, Sue DAVIES, Kerry FRASER, Chris FRASER, Beth HORNER, Bonnita MATE, Hannah NEWTON, Gail O'SULLIVAN, Pete PARKINSON, Amanda ROGERS, Madison ROSSER, Robert SCIBERRAS, Brendan SCOLLARY, Em SCOLLARY, Dimitri SEMOS, Oliver SPAKE, Adrian THORNTON, Kyra TURNER, Gordon TURNER, Kristie TURNER, Julie TURNER

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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: 220

Number of first finishers: 127

Average number of runners per week: 186.1

Average run time: 00:34:28

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)

Number of runners: 4,908

Number of clubs: 202

Average number of runs per runner: 8.3

Total hours run: 2Years 250Days 4Hrs 14Min 41Secs

Number of runs: 40,938

Number of PBs: 6,421

Biggest Attendance: 363

Total distance run: 204,690km

