Shellharbour parkrun # 158 - 01/07/2017

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
1	James WILSON	18:49	VM35-39	71.48 %	M	1	Kembla Joggers AC	PB stays at 00:18:31	64	
2	Keelan GREEN	19:51	SM20-24	65.24 %	M	2		New PB!	8	
3	Ryan MARTIN	20:16	VM40-44	69.41 %	M	3	Kembla Joggers AC	New PB!	59	
4	Chloe PATEMAN	21:18	JW15-17	71.83 %	F	1		PB stays at 00:20:31	93	
5	Jon ELVY	21:30	VM45-49	65.97 %	M	4		New PB!	26	
6	Andrew PROFKE	21:34	VM35-39	61.13 %	M	5		PB stays at 00:20:10	31	
7	Teresha MOXHAM	21:34	VW35-39	69.55 %	F	2	Kembla Joggers AC	PB stays at 00:20:24	141	
8	Steve FRYER	21:36	VM50-54	69.37 %	M	6		PB stays at 00:21:00	8	
9	Luke SELLINGS	21:43	SM30-34	60.09 %	M	7		First Timer!	1	
10	Pete PARKINSON	21:44	VM50-54	69.56 %	M	8		PB stays at 00:20:26	72	
11	Misha ROMANKIN	22:18	JM15-17	60.54 %	M	9		PB stays at 00:20:30	42	
12	Aaron PEPPER	22:18	SM30-34	58.30 %	M	10		PB stays at 00:22:13	61	
13	Jacob PRINCE	22:19	SM20-24	57.80 %	M	11		PB stays at 00:21:42	50	
14	Michael WILLIAMS	22:23	SM25-29	57.63 %	M	12		PB stays at 00:21:51	20	
15	Ruby SAWTELL	22:30	JW11-14	69.85 %	F	3	Kembla Joggers AC	PB stays at 00:21:49	76	
16	Ray HOBSON	22:30	VM50-54	66.07 %	M	13		PB stays at 00:21:08	140	
17	Liam SYKES	22:46	SM20-24	56.66 %	M	14		New PB!	17	
18	Glen HYMAN	22:54	VM35-39	58.30 %	M	15		PB stays at 00:21:26	115	
19	Andrew FREEMAN	22:56	VM50-54	64.83 %	M	16		New PB!	82	
20	Luis GONCALVES	22:59	VM40-44	61.20 %	M	17		PB stays at 00:22:08	87	
21	Peter KIDD	23:03	VM55-59	66.67 %	M	18	Athletics Wollongong	PB stays at 00:21:05	94	
22	Simon SAWTELL	23:18	VM45-49	62.30 %	M	19	Kembla Joggers AC	PB stays at 00:20:37	95	
23	Dean BOYTON	23:29	VM45-49	60.82 %	M	20	Kembla Joggers AC	PB stays at 00:20:37	184	
24	Kerry HOLLAND	23:33	VM60-64	68.08 %	M	21		PB stays at 00:22:27	120	

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
25	Leah ARGENT	23:44	SW30-34	62.43 %	F	4		PB stays at 00:23:09	53	50
26	Andrew MCKENZIE	23:48	VM40-44	58.68 %	M	22		PB stays at 00:23:12	104	100
27	Nathan GUNDLACH	23:49	SM25-29	54.16 %	M	23		New PB!	88	50
28	Paul MILLER	23:57	VM35-39	56.16 %	M	24		PB stays at 00:21:20	53	50
29	James TAYLOR	24:00	VM40-44	58.19 %	M	25		First Timer!	1	
30	Alexis BELL	24:03	JW10	70.96 %	F	5		PB stays at 00:23:13	22	10
31	Darcy ALEXANDER	24:09	SM20-24	53.42 %	M	26		New PB!	32	
32	Noel FAULKNER	24:13	VM55-59	63.45 %	M	27		New PB!	89	50
33	Andrew WILSON	24:25	VM40-44	56.72 %	M	28		New PB!	42	
34	Peter PIKE	24:26	VM50-54	61.32 %	M	29		PB stays at 00:22:50	87	50
35	Nathan GINGER	24:30	SM30-34	53.06 %	M	30		New PB!	78	50
36	Duarte NORONHA	24:38	VM45-49	58.46 %	M	31		PB stays at 00:21:36	33	
37	Roy KOSCHNY	24:43	VM50-54	60.62 %	M	32	Kembla Joggers AC	PB stays at 00:23:37	165	100
38	Andrew KRAJEWSKI	24:43	VM70-74	72.22 %	M	33	Kembla Joggers AC	PB stays at 00:24:14	85	50
39	Jared WATCHERS	25:11	SM25-29	51.22 %	M	34		PB stays at 00:22:02	14	
40	Rachael CAVALLIN	25:18	SW30-34	58.76 %	F	6		New PB!	20	
41	Nikolai ROMANKIN	25:20	VM45-49	57.30 %	M	35		PB stays at 00:24:10	51	50
42	Blake WELLS	25:21	SM25-29	50.89 %	M	36		PB stays at 00:23:01	32	
43	Blake ROBINSON	25:25	SM20-24	50.75 %	M	37		First Timer!	3	
44	Peter MASKIELL	25:35	VM65-69	67.43 %	M	38	Illawong & Districts Senior Athletics	PB stays at 00:23:59	160	100
45	Skye BELL	25:39	JW10	68.42 %	F	7		PB stays at 00:23:37	20	10
46	Jessica COOMBS	25:42	VW35-39	58.17 %	F	8		PB stays at 00:25:15	30	
47	Bernard HOWE	25:43	VM50-54	58.26 %	M	39	The Indestructables 73 Fire Stn	PB stays at 00:20:16	32	
48	Jacob NOONE	25:43	SM20-24	50.16 %	M	40	Illawarra Blue Stars	PB stays at 00:23:00	12	
49	Reggie KESSELL	25:45	JM15-17	54.05 %	M	41		PB stays at 00:24:39	33	10
50	Margaret CARR	25:46	VW60-64	76.39 %	F	9		PB stays at 00:25:37	97	50
51	Chris PASS	25:55	VM45-49	56.46 %	M	42		PB stays at 00:24:33	51	50
52	Philip HOLLAND	26:05	VM45-49	55.21 %	M	43	Kembla Joggers AC	PB stays at 00:21:21	146	100

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
53	Tom WILLIAMS	26:08	VM45-49	55.10 %	M	44		PB stays at 00:25:26	59	50 🔥
54	Jack KESSELL	26:10	SM20-24	49.81 %	M	45		PB stays at 00:22:38	102	100 ♻25
55	Kellie RIDGES	26:33	VW40-44	58.38 %	F	10		First Timer!	11	
56	Amy LOXLEY	26:33	SW30-34	56.12 %	F	11		PB stays at 00:22:42	42	
57	Antony SCOTTI	26:41	VM45-49	53.15 %	M	46	Kembla Joggers AC	PB stays at 00:24:25	68	50
58	Adam MURRAY	26:47	SM30-34	48.54 %	M	47		PB stays at 00:22:25	56	50 🔥
59	Nigel TOWNSEND	26:51	VM50-54	55.37 %	M	48		First Timer!	9	
60	Peter DALLEY	26:54	VM45-49	53.97 %	M	49		PB stays at 00:24:21	179	100 🔥
61	Veronika ROMANKIN-ARNDT	27:02	VW50-54	62.76 %	F	12		PB stays at 00:23:43	108	100
62	Randall ALEXANDER	27:06	VM45-49	52.71 %	M	50	The Running Movement	PB stays at 00:24:21	93	50 🔥
63	Daniel BATANCS	27:15	SM20-24	47.34 %	M	51		New PB!	18	
64	Emily Rose HUGHES	27:24	JW11-14	57.36 %	F	13		PB stays at 00:26:05	108	100
65	Nicholas CLARK	27:25	SM30-34	47.42 %	M	52		PB stays at 00:25:11	52	50
66	Unknown									
67	Stuart POLLARD	27:36	SM30-34	47.28 %	M	54		New PB!	8	
68	Robert CIGUENZA	27:36	VM40-44	50.97 %	M	55		PB stays at 00:27:01	12	
69	Brooke SELLINGS	27:40	SW30-34	53.55 %	F	14		First Timer!	2	
70	Brianna KNOWLES	27:43	SW25-29	53.40 %	F	15		PB stays at 00:24:25	80	50
71	Glenn DANIELS	27:45	VM45-49	52.31 %	M	56		New PB!	24	
72	Jody BROOKS	27:48	VW40-44	56.18 %	F	16		PB stays at 00:25:14	65	50
73	Unknown									
74	Vera HOFFMANN	28:03	VW35-39	53.95 %	F	17		New PB!	17	
75	Antonella SASSU	28:05	VW50-54	61.19 %	F	18		PB stays at 00:27:14	6	
76	Therese CAMPBELL	28:07	VW55-59	65.26 %	F	19		New PB!	111	100
77	Lyndall ORR	28:17	SW25-29	52.33 %	F	20		First Timer!	34	
78	Megan POWELL	28:22	SW25-29	52.17 %	F	21		PB stays at 00:26:38	126	100
79	Merike HARVEY	28:26	VW45-49	57.56 %	F	22		PB stays at 00:27:11	93	50
80	Phill CHAPMAN	28:31	VM60-64	56.75 %	M	58		PB stays at 00:22:25	177	100 ♻25
81	Unknown									

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
82	George PAPADIMAS	28:39	VM50-54	52.30 %	M	60		PB stays at 00:23:02	200	100
83	Anthony MCKEOWN	28:44	SM30-34	45.24 %	M	61		PB stays at 00:26:45	52	50
84	Claudia GAMBIN	28:47	VW40-44	54.66 %	F	23	SQUADRUN	PB stays at 00:28:05	45	🔥
85	Mark JARMAN	28:53	VM55-59	53.66 %	M	62		PB stays at 00:26:36	150	100
86	Julie WELLS	28:54	VW55-59	61.82 %	F	24		PB stays at 00:27:41	91	50
87	Katya ROMANKIN	28:57	JW15-17	53.54 %	F	25		PB stays at 00:25:27	55	50
88	Witold KRAJEWSKI	28:59	VM65-69	58.94 %	M	63	Kembla Joggers AC	PB stays at 00:21:03	156	100
89	Jessica HOLLAND	29:00	JW15-17	53.45 %	F	26		PB stays at 00:26:45	64	50
90	Kerry GOOD	29:03	VW60-64	65.86 %	F	27		PB stays at 00:28:36	70	50
91	Bayley DANIELS	29:10	JM11-14	49.71 %	M	64		New PB!	5	
92	Emma COLLISS	29:16	SW20-24	50.57 %	F	28		PB stays at 00:27:55	8	
93	Sarah THOMAS	29:25	SW30-34	50.65 %	F	29		PB stays at 00:26:22	35	
94	Dimitri SEMOS	29:27	JM15-17	47.26 %	M	65		PB stays at 00:24:50	61	50
95	Dean JOHN	29:30	VM55-59	52.54 %	M	66		PB stays at 00:27:06	136	100
96	Jessica PATEMAN	29:32	JW11-14	53.22 %	F	30		PB stays at 00:27:15	43	10
97	Bonnita MATE	29:36	JW15-17	52.36 %	F	31		PB stays at 00:26:15	126	100 25
98	Whitney NOONE	29:39	SW20-24	49.92 %	F	32		New PB!	27	
99	Ricky GREATZ	29:40	VM35-39	45.67 %	M	67		PB stays at 00:24:54	55	50
100	Damon ROTHWELL	30:04	VM55-59	52.00 %	M	68		PB stays at 00:27:14	84	50
101	Peter GUNDLACH	30:42	VM55-59	50.92 %	M	69		PB stays at 00:28:13	85	50
102	Samuel RATHBOME	30:54	SM25-29	41.75 %	M	70		PB stays at 00:25:57	7	
103	Libby ROTHWELL	30:59	VW50-54	56.21 %	F	33		PB stays at 00:28:03	57	50
104	Alan STAFFORD	31:01	VM40-44	44.01 %	M	71		PB stays at 00:28:04	53	50
105	Unknown									
106	Tracey BONNIE	31:22	VW40-44	49.42 %	F	34		New PB!	35	
107	Kevin SMITH	31:28	VM45-49	46.13 %	M	73		PB stays at 00:27:29	107	100
108	Linda ELVY	31:30	VW40-44	49.95 %	F	35		New PB!	50	50

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
109	Sarah MILLER	31:33	SW30-34	47.12 %	F	36		New PB!	19	
110	Aidan DONNELLY	31:44	SM30-34	40.76 %	M	74		PB stays at 00:31:30	47	
111	Michelle T WEEKES	31:45	VW50-54	54.12 %	F	37		PB stays at 00:30:14	89	50
112	Heather SMITH	31:48	VW50-54	55.45 %	F	38		PB stays at 00:29:30	50	50
113	Craig NEALON	32:02	VM55-59	48.80 %	M	75		PB stays at 00:26:18	110	100 25
114	Gil SWADLING	32:13	VM65-69	52.04 %	M	76	Pendragons Dragon Boat Club	New PB!	7	
115	Donna REID	32:26	VW45-49	50.46 %	F	39		PB stays at 00:29:15	83	50
116	Amanda ROGERS	32:30	VW45-49	50.97 %	F	40	Zone Martial Arts	PB stays at 00:28:38	118	100 25
117	Jason GREEN	32:40	VM40-44	42.09 %	M	77		New PB!	75	50
118	Megan BYRON	32:41	VW40-44	48.14 %	F	41		New PB!	36	
119	Brad GREEN	32:42	VM35-39	40.83 %	M	78		PB stays at 00:24:39	75	50
120	Luke HOWE	32:44	SM25-29	39.46 %	M	79		New PB!	2	
121	Nathan COUCHMAN	32:46	SM25-29	39.37 %	M	80		PB stays at 00:26:57	36	
122	Unknown									
123	Joanne ALEXANDER	33:06	VW45-49	48.44 %	F	42	The Running Movement	PB stays at 00:30:42	160	100 25
124	Ann ROSSER	33:26	VW35-39	45.26 %	F	43		New PB!	49	
125	Lynn TAGUE	33:31	VW65-69	63.30 %	F	44	Kembla Joggers AC	PB stays at 00:30:47	155	100 25
126	Unknown									
127	Emma TURNER	34:03	VW40-44	45.86 %	F	45		PB stays at 00:29:28	127	100
128	Chris MATESIC	34:15	VW45-49	46.37 %	F	46		New PB!	18	
129	Bill FENTON	34:18	VM60-64	47.18 %	M	83		First Timer!	33	
130	Malcolm BROWN	34:38	VM60-64	47.98 %	M	84		PB stays at 00:28:55	59	50
131	Louise AITKIN	35:29	VW45-49	45.66 %	F	47		PB stays at 00:33:41	87	50
132	Rosalind MASKIELL	36:04	VW60-64	53.79 %	F	48	Illawong & Districts Senior Athletics	PB stays at 00:31:41	129	100
133	Julie TURNER	36:04	VW60-64	54.57 %	F	49		PB stays at 00:28:53	211	100 25
134	Nicole PAPADIMAS	36:13	JW15-17	41.74 %	F	50		PB stays at 00:27:37	130	100
135	Colleen RODD	36:22	SW30-34	40.74 %	F	51	Running Mums Australia	New PB!	18	
136	Madison ROSSER	36:37	JW11-14	45.43 %	F	52		PB stays at 00:33:45	45	10
137	Brett WRIGHT	36:47	VM45-49	38.56 %	M	85		PB stays at 00:26:48	71	50

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
138	Donna SWADLING	37:06	VW35-39	40.43 %	F	53	Running Mums Australia	PB stays at 00:33:26	63	
139	Samuel TORR	37:13	JM15-17	36.27 %	M	86		First Timer!	1	
140	Emma PEACHMAN	37:20	SW30-34	39.69 %	F	54		PB stays at 00:35:23	52	
141	Melanie COOKE	37:21	VW35-39	40.70 %	F	55		PB stays at 00:33:54	38	
142	Nikki MORRISSY	37:21	SW25-29	39.63 %	F	56		PB stays at 00:35:43	27	
143	Gaillyn COOPER	37:36	VW65-69	55.59 %	F	57		PB stays at 00:35:40	112	
144	Jessica WEEKES	38:15	SW20-24	38.69 %	F	58		PB stays at 00:33:51	87	
145	Anne KESSELL	38:30	VW50-54	44.07 %	F	59		PB stays at 00:35:57	88	
146	Nina GENTLE	38:35	VW40-44	40.48 %	F	60		New PB!	13	
147	Michael GENTLE	38:41	VM45-49	36.92 %	M	87	St George District Athletic Club	PB stays at 00:31:18	66	
148	Carol LOY	38:53	VW50-54	44.79 %	F	61		PB stays at 00:35:08	36	
149	Kate BONNIE	39:02	JW11-14	42.61 %	F	62	Kembla Joggers AC	PB stays at 00:38:32	8	
150	Maurie EARLS	40:13	VM75-79	51.06 %	M	88		PB stays at 00:39:15	22	
151	Marissa NOLAN	40:36	VW40-44	38.18 %	F	63		PB stays at 00:40:00	26	
152	Diana HARVEY	41:31	VW50-54	42.47 %	F	64		PB stays at 00:35:48	16	
153	Elizabeth O'CALLAGHAN	41:42	VW50-54	41.21 %	F	65		New PB!	67	
154	Renata BELANYI	42:39	VW35-39	35.29 %	F	66		PB stays at 00:33:39	18	
155	Unknown									
156	Sue KEANE	43:03	VW55-59	42.62 %	F	67	The Running Movement	PB stays at 00:37:01	136	
157	Cameron DALLEY	43:43	JM15-17	31.34 %	M	90		PB stays at 00:35:25	53	
158	Sarah PAPADIMAS	43:43	VW50-54	38.35 %	F	68		PB stays at 00:35:49	75	
159	Beth DAVIES	44:11	SW20-24	33.50 %	F	69		PB stays at 00:25:21	51	
160	Unknown									
161	Eleni TAMVAKI	44:37	SW30-34	33.17 %	F	70		First Timer!	8	
162	Unknown									
163	Trevor DICKSON	46:55	VM75-79	43.77 %	M	93		PB stays at 00:40:43	85	
164	John DALBY	46:55	VM70-74	38.54 %	M	94		New PB!	48	
165	Andrew BYRON	46:58	VM45-49	30.41 %	M	95		PB stays at 00:27:31	43	

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
166	Shirley WRIGHT	47:00	VW70-74	49.82 %	F	71		PB stays at 00:45:51	39	
167	Hetty ALLEN	47:30	VW70-74	47.65 %	F	72		PB stays at 00:41:21	28	
168	Jane WARREN	47:30	VW45-49	34.88 %	F	73		PB stays at 00:45:38	49	
169	Unknown									
170	Julie NORRIS	47:31	VW50-54	35.29 %	F	74		PB stays at 00:43:56	44	
171	Erica STOCKER	47:32	VW50-54	35.27 %	F	75		PB stays at 00:28:02	74	50
172	Melissa SOLE	48:34	VW35-39	30.78 %	F	76	Mums Exercise Group Australia (MEGA)	First Timer!	5	
173	Iris D'HONDT	48:55	VW85-89	63.07 %	F	77		PB stays at 00:47:22	29	
174	L'chelle GARLAND	49:25	SW30-34	30.02 %	F	78		PB stays at 00:41:32	6	🔥
175	Corinn GINGER	51:41	SW30-34	28.76 %	F	79		PB stays at 00:30:55	92	50 25
176	Tracy MINTOFF	1:01:04	VW45-49	26.26 %	F	80	Kembla Joggers AC	PB stays at 00:32:42	140	100 25
177	Robert SCIBERRAS	1:01:06	VM55-59	25.15 %	M	97	Kembla Joggers AC	PB stays at 00:22:23	136	100 25
178	John MINTOFF	1:01:27	VM45-49	23.43 %	M	98	Kembla Joggers AC	PB stays at 00:20:09	140	100 25
179	Gordon TURNER	1:01:27	VM70-74	28.70 %	M	99		PB stays at 00:28:04	206	100 25
180	Melissa RIVERA	1:01:45	VW50-54	27.15 %	F	81		First Timer!	1	
181	Unknown									
182	Alison GENTLE	1:03:32	JW15-17	24.40 %	F	82		PB stays at 00:57:25	3	
183	Corey GENTLE	1:03:34	JM11-14	22.81 %	M	101	St George District Athletic Club	PB stays at 00:33:50	18	10
184	Nicole GENTLE	1:03:34	SW20-24	23.28 %	F	83	St George District Athletic Club	PB stays at 00:32:28	6	
185	Keiran BLISSETT	1:05:38	JM10	27.12 %	M	102		PB stays at 00:37:14	50	50
186	Katelyn BLISSETT	1:05:44	JW10	26.70 %	F	84		PB stays at 00:43:44	47	10
187	Cheryl BLISSETT	1:05:49	VW40-44	23.90 %	F	85		PB stays at 00:43:05	51	50

Thanks to the volunteers

We are very grateful to the volunteers who made this event happen:Suzanne ALEXANDER, Oriana ANASTAS, Cheryl BLISSETT, Katelyn BLISSETT, Keiran BLISSETT, Rhonda CHURCHILL, Alexis ELVY, Cheryl EMMERICH, Caitlin EMMERICH, Tracey FREEMAN, Karlie GENTLES, Ian KENNEDY, Jack KESSELL, Margaret LEWIS, Taliah MOXHAM, Kellie MURRAY, Amanda ROGERS, Damon ROTHWELL, Craig SAKEY, Robert SCIBERRAS, Em SCOLLARY, Brendan SCOLLARY, Nathan SCOLLARY, Dimitri SEMOS, Oliver SPAKE, Gaylia YOUNG

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 (Veteran); 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 shellharbouroffice@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)