Menai parkrun # 153 - 30/12/2017

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
1	Jesiah LOW	20:02	JM10	78.79 %	M	1	Sutherland District Athletics Club	New PB!	28	10
2	John SIMPSON	20:21	VM55-59	76.82 %	M	2	Illawong & Districts Senior Athletics	PB stays at 00:19:50	153	100
3	Unknown									
4	Brendan SCOLLARY	20:43	VM50-54	72.33 %	M	4	Ulladulla RATS	First Timer!	38	25
5	Dean MATTHEWS	21:57	VM40-44	63.10 %	M	5		PB stays at 00:21:29	5	
6	Michael DISTEFANO	22:08	SM20-24	58.51 %	M	6	The Running Movement	First Timer!	8	
7	Mark HARRINGTON	22:12	VM55-59	71.02 %	M	7		PB stays at 00:21:27	46	
8	Karl LAUXMANN	22:24	VM40-44	61.83 %	M	8		PB stays at 00:21:28	16	
9	Leonie MONTGOMERY	22:35	VW45-49	73.36 %	F	1	RIOT Club - Running Is Our Therapy	PB stays at 00:22:12	53	50
10	Brian WILSON	22:44	VM45-49	63.86 %	M	9		PB stays at 00:22:06	52	50
11	Michael HOLLIS	23:35	VM40-44	59.65 %	M	10		PB stays at 00:22:33	69	50
12	Nicole LOW	23:46	VW40-44	64.38 %	F	2	Sutherland District Athletics Club	PB stays at 00:22:53	27	
13	Graeme INGRAM	23:47	VM45-49	61.04 %	M	11	RIOT Club - Running Is Our Therapy	PB stays at 00:22:14	160	100
14	Justin LOW	23:57	VM40-44	57.41 %	M	12	Sutherland District Athletics Club	PB stays at 00:20:48	22	
15	Mark BAYLEY	24:00	VM50-54	62.43 %	M	13		PB stays at 00:22:26	21	
16	Brendon MURRAY	24:01	VM45-49	59.06 %	M	14	Nuff's Fitness	PB stays at 00:19:45	49	
17	Rick MOORE	24:06	VM40-44	57.95 %	M	15		PB stays at 00:23:09	42	
18	Tim MODERNEL	24:12	SM30-34	54.20 %	M	16		PB stays at 00:22:13	86	50
19	Unknown									
20	Gerhard VAN DE VENTER	24:27	VM50-54	60.33 %	M	18	The Leo Wanker Academy of Fitness	PB stays at 00:21:25	34	
21	Unknown									
22	Suzanne MATTHEWS	24:33	VW40-44	63.61 %	F	3		New PB!	4	
23	Paul REYNOLDS	24:48	VM50-54	59.48 %	M	20	Gingerbread Runners	PB stays at 00:23:03	11	
24	Kylie JOHNSON	24:55	SW30-34	59.40 %	F	4	Campbelltown Joggers	New PB!	19	

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
25	Alan HEE SONG	25:08	VM55-59	63.26 %	M	21		PB stays at 00:21:38	154	
26	Neil JONES	25:18	VM45-49	56.92 %	M	22	RIOT Club - Running Is Our Therapy	PB stays at 00:21:51	161	
27	Tracey O'DONNELL	25:20	VW50-54	66.97 %	F	5		PB stays at 00:24:02	104	
28	Mark O'DONNELL	25:24	VM55-59	61.02 %	M	23		PB stays at 00:23:33	48	
29	Josh GODKIN	25:28	SM30-34	50.79 %	M	24		PB stays at 00:19:30	50	
30	Jason HOSKING	25:37	SM30-34	51.20 %	M	25	RIOT Club - Running Is Our Therapy	PB stays at 00:18:23	79	
31	Trevor BYRN	25:43	VM40-44	54.70 %	M	26	Thompson Estate AC	First Timer!	159	
32	Murray LOW	25:54	VM50-54	57.40 %	M	27	RIOT Club - Running Is Our Therapy	PB stays at 00:23:17	142	
33	Scott BURROWS	26:03	VM50-54	58.03 %	M	28		PB stays at 00:25:08	9	
34	John MAUNDER	26:11	VM45-49	54.17 %	M	29		PB stays at 00:22:53	57	
35	Michael ANDERSEN	26:13	VM50-54	58.11 %	M	30	RIOT Club - Running Is Our Therapy	PB stays at 00:21:39	163	
36	Alex MOFFAT	26:25	SM30-34	49.40 %	M	31		New PB!	17	
37	Mark MAUNDER	26:28	VM50-54	57.56 %	M	32	Rachel's Runners	First Timer!	2	
38	Sharon MCGREGOR	26:34	VW45-49	62.36 %	F	6		PB stays at 00:25:07	44	
39	Jude LOW	26:47	JM10	63.53 %	M	33	Sutherland District Athletics Club	PB stays at 00:25:43	18	
40	Jeffrey MYERS	27:05	VM45-49	52.37 %	M	34	RIOT Club - Running Is Our Therapy	PB stays at 00:23:09	223	
41	Susan WHITE	27:18	VW50-54	62.15 %	F	7		PB stays at 00:26:07	12	
42	Julianna NAGY	27:18	VW45-49	58.18 %	F	8	Running Mums Australia	PB stays at 00:23:21	44	
43	Tracey BORST	27:22	VW40-44	57.06 %	F	9		PB stays at 00:24:46	39	
44	Leigh COX	27:24	VW40-44	55.84 %	F	10		PB stays at 00:25:24	7	
45	Doug LOUGH	27:24	VM45-49	52.13 %	M	35		PB stays at 00:25:25	111	
46	Erin LOUGH	27:27	JW11-14	57.26 %	F	11		PB stays at 00:26:02	56	
47	Rex BAKER	27:34	VM65-69	61.43 %	M	36	The Running Movement	PB stays at 00:23:53	169	
48	Bruce COYNE	27:45	VM55-59	55.86 %	M	37	RIOT Club - Running Is Our Therapy	PB stays at 00:22:45	89	
49	Frank CRAWFORD	27:52	VM55-59	57.06 %	M	38		PB stays at 00:26:20	42	
50	Ross KITE	28:08	VM35-39	47.45 %	M	39		PB stays at 00:25:06	80	

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
51	Martin HAYSTON	28:24	VM40-44	49.53 %	M	40		PB stays at 00:24:40	42	
52	Logan HOSKING	28:37	JM10	62.20 %	M	41		PB stays at 00:26:16	65	
53	Scott CRANE	28:55	VM45-49	50.61 %	M	42		PB stays at 00:26:49	14	
54	Natalie PRITCHARD	29:15	VW45-49	56.64 %	F	12	The Running Movement	PB stays at 00:27:21	18	
55	Ercan BODUK	29:18	VM40-44	47.27 %	M	43	Woodstock Runners	First Timer!	97	
56	Robert ZOBOUIAN	29:19	VM40-44	46.56 %	M	44		First Timer!	4	
57	Isaac SEST	29:25	JM10	55.58 %	M	45	Illawong & Districts Senior Athletics	First Timer!	3	
58	Joe SEST	29:26	VM45-49	49.32 %	M	46	Illawong & Districts Senior Athletics	PB stays at 00:28:38	5	
59	Tina HANSELL	29:26	VW45-49	54.47 %	F	13	Running Mums Australia	First Timer!	6	
60	Susan MCSWEENEY	29:31	VW45-49	53.81 %	F	14	Cronulla Triathlon Club	PB stays at 00:28:45	30	
61	Ryan KREPP	29:38	VM40-44	46.06 %	M	47		PB stays at 00:23:45	87	
62	Anne DAVIES	29:40	VW45-49	54.04 %	F	15	Sutherland District Athletics Club	PB stays at 00:23:12	58	
63	Thomas FORSTER	29:54	JM15-17	46.54 %	M	48	The Running Movement	PB stays at 00:25:24	46	
64	Suzanne BUSCH	29:54	VW40-44	52.62 %	F	16	The Running Movement	PB stays at 00:27:38	26	
65	Faye FORSTER	30:00	VW40-44	52.44 %	F	17	Running Mums Australia	PB stays at 00:28:28	66	
66	Abdon ULLOA	30:08	VM75-79	68.14 %	M	49	Bankstown Sports Senior Athletic Club	PB stays at 00:28:12	101	
67	Brian LEE	30:25	VM75-79	62.30 %	M	50		PB stays at 00:28:06	215	
68	Andrew SILL	30:30	VM45-49	46.50 %	M	51		PB stays at 00:27:19	119	
69	Sheree COTTELL	30:40	VW50-54	55.33 %	F	18	Rachel's Runners	PB stays at 00:26:35	82	
70	Cathy WILSON	30:44	VW45-49	52.71 %	F	19		PB stays at 00:28:32	74	
71	Kylie WARNES	30:56	VW40-44	50.11 %	F	20		PB stays at 00:29:55	4	
72	Lucy MCGREGOR	31:02	JW11-14	52.47 %	F	21		New PB!	14	
73	Corey GENTLE	31:03	JM11-14	46.70 %	M	52	St George District Athletic Club	First Timer!	18	
74	Ann CONCHIE	31:21	VW45-49	52.21 %	F	22		PB stays at 00:27:44	88	
75	Michelle JAMES	31:50	SW30-34	46.81 %	F	23		PB stays at 00:29:54	19	
76	Barry JAMES	31:51	VM65-69	53.17 %	M	53		PB stays at 00:24:34	53	

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
77	Emma BRAZ	31:54	VW40-44	48.59 %	F	24		PB stays at 00:27:27	76	50
78	Rachel WERNER	32:02	VW45-49	51.72 %	F	25		PB stays at 00:29:45	73	50
79	Mark UNDERWOOD	32:05	VM40-44	42.86 %	M	54	Zone Martial Arts	PB stays at 00:28:48	3	
80	Isabella SEST	32:19	JW11-14	51.47 %	F	26	Illawong & Districts Senior Athletics	New PB!	3	
81	Michael HOSKING	32:23	SM30-34	40.04 %	M	55		PB stays at 00:24:14	19	
82	Dennis JOLLIFFE	32:24	VM80-84	64.87 %	M	56	St George District Athletic Club	PB stays at 00:28:52	59	50
83	Elizabeth SHORT	32:55	VW65-69	63.49 %	F	27		PB stays at 00:29:36	61	50
84	Unknown									
85	Elaine FISHER	33:14	VW50-54	53.06 %	F	28	Rachel's Runners	PB stays at 00:32:08	14	
86	Unknown									
87	Isaac HEDGER	33:21	JM10	49.03 %	M	59		First Timer!	3	
88	Sean HEDGER	33:22	VM45-49	42.51 %	M	60		First Timer!	3	
89	Martin AZAR	33:26	VM45-49	43.07 %	M	61		PB stays at 00:30:55	10	
90	Karen HEDGER	33:29	VW50-54	50.67 %	F	29		First Timer!	8	
91	Billy HERB	33:31	JM10	58.98 %	M	62		PB stays at 00:30:06	16	10
92	Nick HERB	33:34	SM30-34	38.73 %	M	63		PB stays at 00:30:07	23	
93	Colleen PERRY	33:36	VW40-44	46.83 %	F	30		PB stays at 00:33:20	25	
94	Renee HOLMES	33:39	VW35-39	44.97 %	F	31	The Running Movement	New PB!	41	
95	Mary HEE SONG	33:40	VW55-59	54.50 %	F	32		PB stays at 00:30:41	72	50
96	Liz SMITH	34:13	VW40-44	44.96 %	F	33		First Timer!	3	
97	Unknown									
98	Robert MONTGOMERY	34:26	VM70-74	51.21 %	M	65		PB stays at 00:30:20	94	50
99	Helen TURNBULL	34:35	VW35-39	43.23 %	F	34		PB stays at 00:27:52	30	
100	Elizabeth STEVANONI	34:45	VW35-39	43.17 %	F	35		PB stays at 00:33:13	14	
101	Debbie NEILL	34:51	VW50-54	49.98 %	F	36		PB stays at 00:32:36	26	
102	Ludwig HERPICH	34:59	VM80-84	63.32 %	M	66	BIlly's Bushies	PB stays at 00:26:09	129	100
103	Kerry BRAY	34:59	VW70-74	66.94 %	F	37	Woodstock Runners	PB stays at 00:28:56	126	100 25
104	Rachel ALLWORTH	35:31	VW40-44	43.97 %	F	38	Rachel's Runners	PB stays at 00:25:37	37	25

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
105	Catherine WINNEY	35:32	VW35-39	42.78 %	F	39	Rachel's Runners	PB stays at 00:27:58	33	
106	Matthew SAMS	36:14	SM18-19	36.80 %	M	67		PB stays at 00:31:00	13	
107	Madison KEDWELL	36:26	JW11-14	45.65 %	F	40		PB stays at 00:31:03	10	10
108	Paul KEDWELL	36:27	VM40-44	38.32 %	M	68		PB stays at 00:23:25	22	
109	Jeremy DICELLO	36:39	VM45-49	39.61 %	M	69		PB stays at 00:29:52	42	
110	Donna LOUGH	36:53	VW45-49	43.06 %	F	41		PB stays at 00:33:12	111	100
111	Michael GENTLE	36:55	VM45-49	39.01 %	M	70	St George District Athletic Club	PB stays at 00:30:59	66	50
112	Sharyn MCCOWEN	37:11	SW30-34	39.85 %	F	42		First Timer!	17	
113	Martin DANTAS	37:12	SM30-34	34.86 %	M	71	Sutherland District Athletics Club	PB stays at 00:24:55	68	50
114	Jo DEVLIN	37:13	VW55-59	48.63 %	F	43	Gingerbread Runners	New PB!	8	
115	Tracey HOBBS	37:14	VW45-49	42.66 %	F	44	RIOT Club - Running Is Our Therapy	PB stays at 00:29:14	56	50 25
116	Joanne LAINSON	37:15	VW35-39	40.63 %	F	45	The Running Movement	PB stays at 00:33:43	29	25
117	Josephine ALBIERO	37:16	VW70-74	63.91 %	F	46		PB stays at 00:34:35	44	
118	Estelle BESSIRIS	37:17	JW11-14	43.67 %	F	47	Cronulla Public School Running Club	New PB!	28	10
119	Krystal BESSIRIS	37:17	JW10	47.07 %	F	48	Cronulla Public School Running Club	PB stays at 00:35:01	25	10
120	Carla O'DONNELL	37:19	SW18-19	40.11 %	F	49		PB stays at 00:27:57	86	50
121	Maria DUNNE	38:57	VW50-54	44.72 %	F	50		PB stays at 00:32:11	12	
122	Chloe KEDWELL	40:06	JW10	43.77 %	F	51		PB stays at 00:32:26	10	10
123	Vicki JONES	40:53	VW45-49	38.85 %	F	52		PB stays at 00:32:30	60	50
124	Unknown									
125	Charlie HERB	41:37	JW10	45.09 %	F	53		PB stays at 00:30:47	17	10
126	Kali HERB	41:38	SW30-34	35.79 %	F	54		PB stays at 00:32:49	16	
127	Max BOGENHUBER	42:11	VM75-79	44.92 %	M	73	Bankstown Sports Senior Athletic Club	New PB!	16	
128	Will YALLOP	42:14	JM10	42.15 %	M	74	Running Mums Australia	PB stays at 00:37:14	6	
129	Yvette SAMS	42:16	VW40-44	36.20 %	F	55	The Running Movement	PB stays at 00:25:23	81	50
130	Caroline HEE SONG	43:23	VW50-54	40.65 %	F	56		PB stays at 00:41:21	5	

Pos	parkrunner	Time	Age Cat	Age Grade		Gender Pos	Club	Note	Total Runs	
131	Colleen ANDERSEN	43:26	VW55-59	42.25 %	F	57	RIOT Club - Running Is Our Therapy	PB stays at 00:37:36	118	100
132	Matthew FORSTER	44:34	JM10	35.42 %	M	75	The Running Movement	PB stays at 00:30:33	48	10
133	Cathy CRANE	45:06	VW45-49	36.73 %	F	58	Running Mums Australia	PB stays at 00:36:25	60	50
134	Dean FORSTER	45:28	VM45-49	31.41 %	M	76	The Running Movement	PB stays at 00:42:41	37	
135	Caitlin HOLLIS	48:53	JW11-14	32.66 %	F	59		First Timer!	1	
136	Diana HOLLIS	48:54	VW40-44	32.17 %	F	60		First Timer!	2	
137	Alisha WOOD	52:37	SW30-34	28.19 %	F	61		First Timer!	14	
138	Simone TIPTON	52:39	VW35-39	28.58 %	F	62		PB stays at 00:34:03	11	
139	Perrin BESSIRIS	55:10	JM10	33.90 %	M	77	Cronulla Public School Running Club	PB stays at 00:37:26	8	
140	Constantina BESSIRIS	55:12	VW45-49	28.77 %	F	63	Cronulla Public School Running Club	PB stays at 00:35:07	26	
141	Yan HEE SONG	55:18	VM65-69	30.89 %	M	78		PB stays at 00:24:29	85	50

Thanks to the volunteers

We are very grateful to the volunteers who made this event happen:Susanne BAKER, Linda BROSCHOFSKY, Yan HEE SONG, Lyndal SALTER, Megan SQUIRES, Lauren WARD, Wayne WARD, Leanne WARD, Mitchell WARD

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.

Menai parkrun event statistics

Problem with results? please contact menaioffice@parkrun.com
Any questions? Please visit our support site

Number of events: 186	Number of runners: 3,219	Number of runs: 22,208
Number of first finishers: 133	Number of clubs: 151	Number of PBs: 4,432
Average number of runners per week: 119.4	Average number of runs per runner: 6.9	Biggest Attendance: 208
Average run time: 00:31:06	Total hours run: 1Years 114Days 19Hrs 52Min 10Secs	Total distance run: 111,040km

Female record holder: Belinda MARTIN - 18:01 - Event 145 (28/10/17)

Male record holder: Mark SIMPSON - 16:37 - Event 181 (14/07/18)

Age graded record holder: Kobe STEWART - 87.54 % - 20:20 - Event 52 (26/12/15)