

METROS 5K

1st February 2020

NAME	TIME	GRADE		
		AGE GRADE	POSITION	
Nigel Rackham	18:52	82.84%	1	
Chris Shearwood	19:41	79.40%	2	
Kyie Hollingshead	19:54	66.58%	6	
James Kerrane	20:09	67.74%	4	
Mike Morris	21:25	69.99%	3	
Russ Hewlett	21:58	65.56%	8	
Nick Russell	22:30	64.51%	9	
Tian Hollingshead	22:33	57.58%	14	
Adam Leary	22:44	67.59%	5	
Matt Nola	23:00	61.70%	11	
Simon Abery	23:24	65.67%	7	
Tom Mann	23:50	59.95%	12	
Sonny Peart	24:53	59.75%	13	
Anne Nola	26:37	61.49%	5	Estimated
Linda Georgiades	27:49	65.97%	3	Estimated
Mike Reid	28:05	56.62%	15	
Mike Ransome	28:27	61.95%	10	
Emma Rackham	28:32	51.87%	16	
Shefali Rao	28:46	52.84%	15	
Andrew Collier	29:03	52.46%	16	
Nancy Morris	29:25	56.32%	12	
Barry Nolan	29:37	50.61%	17	
Annie Birch	29:52	67.86%	2	
Judy Rackham	30:04	63.64%	4	
Julia Allen	30:23	57.32%	10	
Marion Rogan	30:41	72.57%	1	
Karen Leary	31:14	54.32%	13	
Amanda Hardy	31:30	53.86%	14	
Carole Wells	31:47	58.52%	7	
Andrew Matthews	32:27	45.82%	19	
Susan Morahan	33:05	51.28%	19	
Jo Collier	33:51	51.45%	18	
Anne Ambrose	34:24	58.04%	8	
Kevin Eckersley	35:00	47.49%	18	
Ellie Grimes	35:00	42.29%	24	
Steph White	35:01	57.88%	9	
Una Cunningham	35:01	45.36%	23	
Linda Grimes	35:02	49.71%	20	
Susanne Nicholls	35:50	49.21%	21	
Angela Murphy	36:53	60.37%	6	
Dave Brown	39:02	45.71%	20	
Suzanne Harvey	41:37	46.62%	22	
Nathalie Gergerun	41:37	41.85%	26	
Gladys de Groot	41:38	41.86%	25	
Arnold Glickman	44:29	51.74%	17	
Anne Leigh	45:49	57.00%	11	
Kath Donaldson		54.66%		Tail Walker

M Average	25:20	61:48%
F Average	34:04	54:66%

**Volunteers**

Barbara Robson

Diane O'Reilly

Gill Shearwood

Ian Birch

Irene Paull

Marilyn Pickford

Mitesh Patel

Nathan Powell

Peter Jose

Pippa Brown

Ruth Tidder

Steve Paull