

**RRC 10KM / RRC 5KM /
RWC 5KM / RWC 5KM**

MAY 16, 2021

Director: Gary Fisher

AGE-GROUP LEADERS

15KM RUN

1617 Chris Lark M40 57:23



Only Chris Lark, Astrid Roberts Fayer and Paul Watson were around the 4mins/km mark over 15km, or even the shorter runs.

2003 Paul Watson M501:00:29
798 Kim Thomas M45 1:03:56
2184 Glenn Rogers M55 1:04:11
1400 Kevin Johnson M60 1:06:22
106 Paul Hughes M65 1:18:24
1256 Mercurio Cicchini M70 1:20:13
2015 Frederick Smart M85 1:38:07

WOMEN

2210 Astrid Roberts Feyer W451:00:38
867 Sue Zlnay W60 1:13:29
650 Karen March W55 1:16:23
1737 Emma Lee W50 1:19:59
987 Julie Wilson W65 1:25:16
67 Carolyn Fawcett W70 2:04:12



Age-group leaders in foreground of this start picture are: far left - Kim Thomas; 3rd left Neil Morfit; then Mark Kerr; Paul Hughes; and far right Liz Gomez and Marcella Valdes.



10KM RUN

1710 Mitch Cleasby M60 43:00
1675 Lourens Jacobs M50 54:22

WOMEN

843 Rochelle Airey W50 53:24
1833 Sally-Anne Smith W40 53:54
2107 Madeline Radestock W60 1:06:01

5KM RUN

1226 David Adams M40 20:55
2134 Gerrit Myburgh M45 21:04
501 Neil Morfitt M65 22:49
1522 Mark Kerr M50 23:20
743 Ross Keane M55 23:34
178 Ralph Henderson M70 23:39
779 Prabuddha Nicol M60 24:16
512 David Baird M75 26:12

WOMEN

1867 Melinda Evans W40 23:05
739 Margaret Saunders W65 26:05
1711 Denise Cleasby W60 28:41

2109 Mell Sieczka W45 29:05
1523 Ngaio Kerr W50 31:42
1819 Sue Glyde W55 35:40
131 Toni Frank W75 42:48

10KM WALK

1704 Melissa Lewis W30 1:03:40
1231 Wendy Farrow W50 1:10:48

MEN

1729 Victor Munoz M65 1:07:28
1110 John McDonagh M70 1:11:32
262 Johan Hagedoorn M75 1:17:29

5KM WALK

1716 Elizabeth Gomez W40 35:19
1808 Marcela Isabel Ruiz Valdes W60 35:24
510 Delia Baldock W55 38:36
99 Peggy Macliver W75 39:49
1301 Erika Blake W65 45:07
141 Roma Barnett W70 54:31
2080 Maja Zivanovic W30 56:33



Don't fence us in

IT was good to be back in Nedlands for this event which was not held in 2020 due to COVID restrictions.

Whilst the event is on annually it appears as though the council also conducts work in and around the preferred course each year so again in 2021 I was required to alter the original course for safety reasons.

Apart from that all seemed to go smoothly which of course would not be possible without the efforts of the team of helpers to whom I extend my warmest thanks.

Congratulations to all who took part.

Gary

MEN

174 Mike Anderson M70 36:05
244 John Brambley M75 42:43
455 Sean Keane M55 43:57
2054 Xinhuan Yan M45 45:09
248 Rex Bruce M80 47:00
20 Jeff Whittam M85 51:47
347 Neil McRae M65 55:36