

Kembla Joggers Race Results

Track Series

Date: 9th October 2014

Venue: Kerryn McCann Athletics Centre

Courses: Snr 3000m & 5000m, Jnr 1000m, Open 200m

Pos	Name	Time	Age Group Record
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Senior 3000m

1	Joshua Kentwell	9:32.4	
2	Greg White	10:31.2	
3	Steve Shaw	11:31.9	
4	Chris Gandy	11:48.9	

Senior 5000m

1	Grant Armessen	19:36.3	
2	Elizabeth Gandy	19:56.1	
3	Kathy McCarthy	20:44.7	
4	Mick McCarthy	21:59.6	
5	Mark Everton	22:31.5	
6	Peter Enright	22:31.7	

Junior 1000m

1	Daniel Hungerford	3:12.5	
2	Christopher Sink	3:17.3	
3	Aleks Silins	3:27.5	
4	Nick Gandy	3:28.9	
5	Rachel Gandy	3:41.8	
6	Delta Amidzovski	3:56.7	
7	Tatum Yeo	3:59.9	
8	Jayde Gitto	4:06.8	
9	Jayda Amidzovski	4:32.3	
10	Sienna Yeo	4:37.8	
11	Rhian Yeo	4:48.0	
12	Lainey Yeo	4:58.2	

Open 200m Heat 1

1	Aleks Silins	31.7	
2	Tatum Yeo	33.3	
3	Delta Amidzovski	33.9	
4	Jayde Gitto	36.7	

Open 200m Heat 2

1	Jayda Amidzovski	36.0	
2	Sienna Yeo	37.1	
3	Rhian Yeo	40.1	
4	Lainey Yeo	41.1	

Open 200m Heat 3

1	Nick Gandy	24.8
2	Rachel Gandy	27.3
3	Daniel Hungerford	28.9
4	Christopher Sink	29.3
5	Peter Enright	32.1

Open 200m Heat 4

1	Greg White	25.1	30-34 AGR
2	Steve Shaw	27.2	
3	Grant Armessen	29.0	
4	Mick McCarthy	32.1	
5	Kathy McCarthy	32.6	