

Kembla Joggers Race Results

Track Series

Date: 19th December 2019

Venue: Kerryn McCann Athletics Centre

Courses: Snr 3000m & 5000m, Jnr 2 x 1200m Relays, Open 100m

Pos	Name	Time	Age Group Record
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Senior 3000m

1	James G Wilson	10:59.8	
2	Celeste Carolan	11:12.5	
3	Ian Tague	15:54.0	
4	Michael Hickman	24:28.7	

Senior 5000m

1	Tom Schambron	23:48.8	
2	Noel Weeks	23:50.7	
3	Sue Flynn	24:20.4	
4	David Church	25:29.3	

Open 100m Heat 1

1	Xanthe Barnes	15.3	
2	Hana Barnes	17.0	
3	Ava Harwood	17.3	
4	Lucy Christian	17.6	
5	Isabella Harwood	17.9	
6	Matilda Crawford	21.0	
7	Carlo Tallarida	23.0	
8	Ciaran Carolan	28.0	

Open 100m Heat 2

1	Ben Christian	16.1	
2	Liam Crawford	16.3	
3	Callum Cajar	16.7	
4	Benedict Carolan	17.1	

Junior 400m

1	Carlo Tallarida	2:37.2	
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Pos	Name	Time/Splits
Junior 2 x 1200m Relays		
1	Team Time	9:06.7
	Lucy Christian	4:56.0
	Ben Christian	4:10.8
2	Team Time	9:19.1
	Ava Harwood	4:40.3
	Hana Barnes	4:38.8
3	Team Time	9:31.7
	Liam Crawford	4:54.0
	Callum Cajar	4:37.8
4	Team Time	9:57.2
	Xanthe Barnes	4:30.8
	Isabella Harwood	5:26.4
5	Team Time	10:53.7
	Matilda Crawford	5:52.0
	Benedict Carolan	5:01.7