

TRR 2026-03-14 Seams Easy Strand Run (8.00k & 4.00k)

Place	Name	Time MM:SS	Member Status	Gender	Pace (Min/km)	Course / Gender Place
Long Course - 8k						
1	DAWSON, EDWARD	0.30.52	MEM	M	3.52	Long Course - Male - 01
2	PICKERING, REES	0.30.55	MEM	M	3.52	Long Course - Male - 02
3	STEVENS, ALEC	0.31.06	MEM	M	3.53	Long Course - Male - 03
4	ZEVENBERGEN, MARCEL	0.32.43	MEM	M	4.05	Long Course - Male - 04
5	MCKENZIE, JAEDEN	0.32.45	MEM	M	4.06	Long Course - Male - 05
6	ARNOLD, DAVID	0.33.01	MEM	M	4.08	Long Course - Male - 06
7	HOWARD, ASHLEY	0.33.27	MEM	M	4.11	Long Course - Male - 07
8	BUCHHOLZ, MARK	0.33.41		M	4.13	Long Course - Male - 08
9	MCDONALD, BRUCE	0.33.57	MEM	M	4.15	Long Course - Male - 09
10	BOGUZIS, TOMAS	0.34.39	MEM	M	4.20	Long Course - Male - 10
11	PEARSON, KRYSTAL	0.34.50		F	4.21	Long Course - Female - 01
12	DUFFIN, PAUL	0.34.55	MEM	M	4.22	Long Course - Male - 11
13	FITZSIMMONS, MICHAEL	0.34.56	MEM	M	4.22	Long Course - Male - 12
14	EGAN, RYAN	0.38.01		M	4.45	Long Course - Male - 13
15	SIEBURN, ANGELA	0.38.25	MEM	F	4.48	Long Course - Female - 02
16	SHEPHARD, GREG	0.38.47	MEM	M	4.51	Long Course - Male - 14
17	KEMEI, JOSEPH	0.38.52	MEM	M	4.52	Long Course - Male - 15
18	GRAHAM, ALAN	0.38.54	MEM	M	4.52	Long Course - Male - 16
19	GIBBS, ANDREW	0.38.57		M	4.52	Long Course - Male - 17
20	KIM, BJ	0.41.14		M	5.09	Long Course - Male - 18
21	DAWSON, WILLIAM	0.41.35	MEM	M	5.12	Long Course - Male - 19
22	ABBAS ADIB, YAHYA	0.42.12	MEM	M	5.17	Long Course - Male - 20
23	GRUBBA, TRACEY	0.42.39	MEM	F	5.20	Long Course - Female - 03
24	KILROY, DESMOND	0.42.52	MEM	M	5.22	Long Course - Male - 21
25	CARTER, BRENDAN	0.43.34	MEM	M	5.27	Long Course - Male - 22
26	BOWDEN, ROB	0.44.23		M	5.33	Long Course - Male - 23
27	EVANS, DERRICK	0.44.42	MEM	M	5.35	Long Course - Male - 24
28	STANTON, GEOFF	0.45.32	MEM	M	5.42	Long Course - Male - 25
29	VOLLMERHAUSE, SCOTT	0.51.15	MEM	M	6.24	Long Course - Male - 26
30	CLAYTON, SARAH	0.51.37	MEM	F	6.27	Long Course - Female - 04
31	OCONNOR, NUALA	0.51.39		F	6.27	Long Course - Female - 05
32	LABUSCHAGNE, ROSEMARIE	0.52.52	MEM	F	6.37	Long Course - Female - 06
33	LABUSCHAGNE, CELESTE	0.53.04	MEM	F	6.38	Long Course - Female - 07
34	JOHNSON, LIA	0.55.55	MEM	F	6.59	Long Course - Female - 08
35	NEWNHAM, COLLEEN	0.55.57	MEM	F	7.00	Long Course - Female - 09
36	MCINNES, SCOTT	0.56.10	MEM	M	7.01	Long Course - Male - 27
37	TIRENDI, FRANK	0.56.13		M	7.02	Long Course - Male - 28
38	MCNABB, JIM	0.57.14		M	7.09	Long Course - Male - 29
39	LOW, CARMEN	0.59.16	MEM	F	7.25	Long Course - Female - 10
40	ARNOLD, VANESSA	0.59.18	MEM	F	7.25	Long Course - Female - 11
41	BEIL, LYNDIE	0.59.24	MEM	F	7.26	Long Course - Female - 12
42	FINLAY, CORAL	1.00.03	MEM	F	7.30	Long Course - Female - 13
43	SENSE, MEG	1.03.57	MEM	F	8.00	Long Course - Female - 14
44	DONOGHUE, MARY	1.06.55	MEM	F	8.22	Long Course - Female - 15
45	MCINDOE, SHANE	1.07.44		M	8.28	Long Course - Male - 30
46	MCINDOE, TIANNE	1.07.46		F	8.28	Long Course - Female - 16
47	DONOGHUE, MIKE	1.08.03	MEM	M	8.30	Long Course - Male - 31

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Place	Name	Time MM:SS	Member Status	Gender	Pace (Min/km)	Course / Gender Place
Short Course - 4k						
1	EGAN, HENRY	0.16.27		M	4.07	Short Course - Male - 01
2	STEVENS, JAMES	0.16.35		M	4.09	Short Course - Male - 02
3	SIEBURN, ELIZABETH	0.22.22	MEM	F	5.36	Short Course - Female - 01
4	FLYNN-PITTAR, DEE	0.22.27		F	5.37	Short Course - Female - 02
5	SIEBURN, ZACHARY	0.22.35	MEM	M	5.39	Short Course - Male - 03
6	SIEBURN, MADELEINE	0.22.38	MEM	F	5.40	Short Course - Female - 03
7	HANNAY, ANDREW	0.24.27	MEM	M	6.07	Short Course - Male - 04
8	RICHARDSON, WENDY	0.25.29	MEM	F	6.22	Short Course - Female - 04
9	DAWSON, GEMMA	0.27.53		F	6.58	Short Course - Female - 05
10	SIEBURN, ALEXANDRA	0.28.57	MEM	F	7.14	Short Course - Female - 06
11	SIEBURN, JONATHON	0.28.59	MEM	M	7.15	Short Course - Male - 05
12	SUE YEK, WILLIAM	0.29.05	MEM	M	7.16	Short Course - Male - 06
13	STURTZ, JAMES	0.34.05		M	8.31	Short Course - Male - 07
14	DAVIES, JUDY	0.45.36	MEM	F	11.24	Short Course - Female - 07
15	ZEVENBERGEN, CHRISTINA	0.46.07	MEM	F	11.32	Short Course - Female - 08
16	KELSO, SYLVIA	0.46.22	MEM	F	11.36	Short Course - Female - 09
17	DONOGHUE, DEBRA	0.46.26		F	11.37	Short Course - Female - 10
18	HOBSON, CHERYL	0.46.27	MEM	F	11.37	Short Course - Female - 11
19	SIBLEY, JACK	0.52.13		M	13.03	Short Course - Male - 08
20	ERIKSEN, DALE	1.07.54	MEM	F	16.59	Short Course - Female - 12
Volunteers						
	WHARTON, DAVID		MEM	M		

Thank you to Katya from Seams Easy for the prizes for todays run.

Thank you to all our volunteers today including those that set up the course, unloaded and repacked the van and helped with the results.

If you can volunteer, please register in the portal as a volunteer and arrive about 30 minutes before the run start time.

Just a reminder, members only need to preregister in the portal for major events such as fun runs and events where there are prizes.

We prefer non-members to pre-register in the portal at least 12 hours prior to the run but we will always accept in person registration on the day of the run. Pre-registering makes the administration easier and ensures we spell your name correctly.