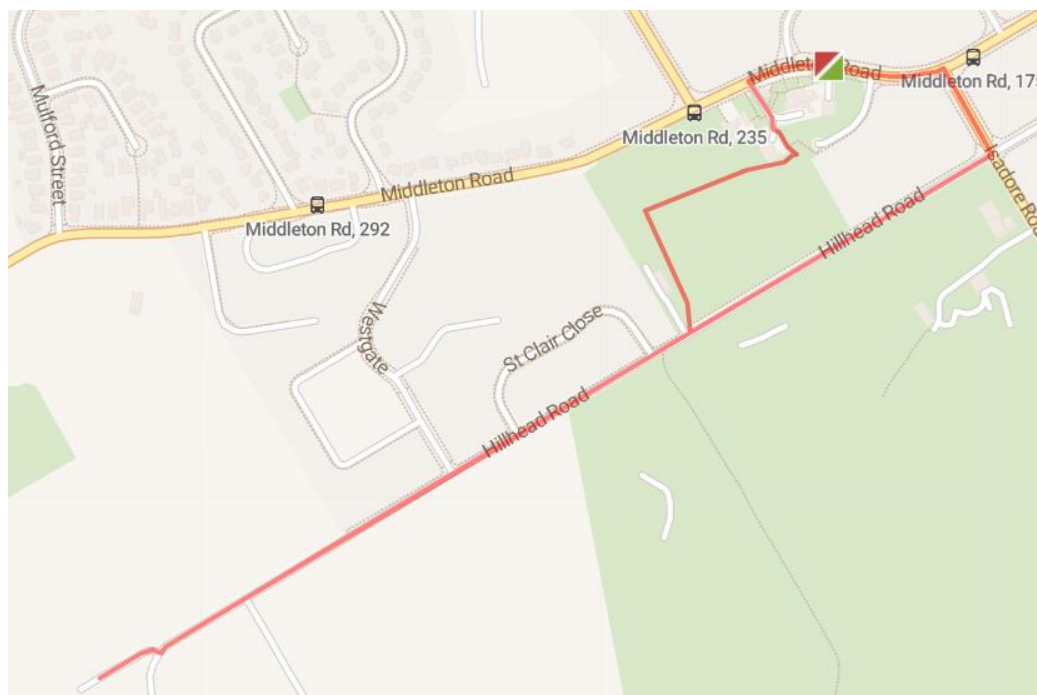


Caversham Harrier and Athletic Club – Estimated 5 km

Saturday 21 June 2025



2 laps of the course

Place	Name	Gender	Run/ Walk	Estimated Time	Actual Time	Fastest Run/ Walk	Difference	Absolute Difference
1	Kirsty van Royen	F	Walk	0:38:58	0:39:02	3	0:04	00:04
2	Evelyn Armstrong	F	Run	0:25:30	0:26:10	3	0:40	00:40
3	Gail Sharp	F	Walk	0:38:20	0:37:38	1	-0:42	00:42
4	Katherine van der Vliet	F	Walk	0:37:40	0:38:42	2	1:02	01:02
5	Sylvia Wouters	F	Walk	0:53:33	0:54:45	15=	1:12	01:12
6	Linda van der Kroef	F	Run	0:29:18	0:31:09	6	1:51	01:51
7	Janice Hughes	F	Walk	0:43:05	0:44:59	6	1:54	01:54
8	Rachel Smith	F	Walk	0:44:06	0:46:18	7	2:12	02:12
9=	Melanie Porteous	F	Walk	0:59:00	1:01:30	18	2:30	02:30
9=	Jo Little	F	Run	0:31:12	0:33:42	8	2:30	02:30
11	Kerry Rowley	F	Run	0:37:46	0:34:42	9	-3:04	03:04
12=	Heather Nelson	F	Walk	0:45:00	0:48:17	9=	3:17	03:17
12=	Lara Findlater	F	Walk	0:46:24	0:43:07	5	-3:17	03:17
14	Barb Anderson	F	Walk	0:44:44	0:48:17	9=	3:33	03:33
15	Rhonda Bazzika	F	Walk	0:55:00	0:51:17	13	-3:43	03:43
16	Sandra Winton	F	Walk	0:58:00	0:53:46	14	-4:14	04:14
17	Shona McDonald	F	Walk	0:59:58	0:55:29	17	-4:29	04:29
18	Wendy Crawford	F	Walk	0:47:00	0:54:45	15=	7:45	07:45
1	Hideo Yoshihama	M	Run	0:32:30	0:32:19	7	-0:11	00:11
2	Gordon Wong	M	Run	0:23:10	0:23:56	2	0:46	00:46
3	Leon Miyahara	M	Run	0:17:20	0:18:43	1	1:23	01:23
4	Sean Wong	M	Walk	0:44:00	0:42:12	4	-1:48	01:48
5	Geoff Anderson	M	Run	0:30:33	0:28:42	4	-1:51	01:51
6	Michael van Loon	M	Walk	0:46:00	0:48:17	9=	2:17	02:17
7	Nick Heng	M	Run	0:26:45	0:29:22	5	2:37	02:37
8	Phil Coakes	M	Walk	0:53:00	0:49:33	12	-3:27	03:27
9	Phil Bray	M	Walk	0:40:32	0:46:18	8	5:46	05:46