

05/04/2025 UOW Shoalhaven

1km

1	Parmenter	Grace	0:07:11
2	Chisholm	Will	0:17:03

2km

1	Lee	Declan	0:15:41
2	Lee	Cobey	0:15:47
3	Day	Jameson	0:16:43
4	Day	Xander	0:16:45
5	Parmenter	Isabella	0:16:47
6	Keogh	Charli	0:18:43
7	Murrell	Armani	0:18:46

3km

1	Thirlwall	Kai	0:11:15
2	Boatswain	Emerson	0:11:35
3	Turnbull	Bill	0:19:33
4	Golding	Jackson	0:20:20
5	Crook	Geoff	0:20:43
6	Carroll	Lisa	0:20:49
7	Chang	Cathleen	0:21:00
8	Lee	Zachary	0:24:01
9	Lee	Kirralee	0:24:51
10	Lee	Heath	0:25:08
11	Musson	Tim	0:26:05

Medium course (5km)

1	Smart	Dennis	0:20:20
2	Armstrong	Scott	0:21:45
3	Connolly-Davies	Paige	0:25:37
4	Morris	Darren	0:26:27
5	Parmenter	Mark	0:27:07
6	Arnold	Alex	0:31:03
7	Rose	Rod	0:31:04
8	Martin	Katie	0:32:15
9	Toms	Natasha	0:32:47
10	Martin	Sky	0:38:17
11	Moeler-Duhme	Eva	0:41:23
12	Rose	Nathan	0:41:57
13	Khourey	Robyn	0:47:05

Long Course (10km)

1	Martin	Scott	0:43:20
2	Babian	Leith	0:43:21
3	Johnson	Scott	0:52:37
5	Strand	Jarvis	0:56:07
6	Strand	Perry	0:56:07
7	Moeller-Duhme	Erich	1:00:49