



# Bonshaw Cup

HMAS HARMAN : 29 Oct 2021  
First 3 Places in each Category



Place	No.	Name	Time	Time Dif	Av Spd
<b>Open Male U35 Run</b>					
1	25	Luke Marconi (LCDR) (Navy)	19:21		16.31
2	34	Joshua Werfel (SBLT) (Navy)	21:34	2:13	14.63
3	27	Matthew Bruce (LEUT) (Navy)	22:47	3:26	13.85
<b>Open Female U35 Run</b>					
1	1	Sarah Madden-Johnson (LS) (Navy)	18:43		16.86
2	3	Amanda Robbie (SGT) (Army)	20:25	1:42	15.46
3	4	Amy Summers (LS) (Navy)	26:07	7:24	12.08
<b>Masters Male 35_44 Run</b>					
1	73	Ben Higgins (POCSS) (Navy)	18:47		16.80
2	69	Phil Bywaters (LCDR) (Navy)	21:25	2:38	14.74
3	63	Brendan Clarke (CPO) (Navy)	21:40	2:53	14.57
<b>Masters Female 35_44 Run</b>					
1	51	Rachel Ralston (WO2) (Army)	26:51		11.75
2	57	Elise Fisher (PO) (Navy)	30:22	3:31	10.39
3	53	Danielle Radnidge (CMDR) (Navy)	31:10	4:19	10.13
<b>Veteran Male 45+ Run</b>					
1	91	Tyrone Douglas (LCDR) (Navy)	22:14		14.19
2	96	Steven Mackenzie (PO) (Navy)	22:37	0:23	13.95
3	95	Leigh Dickle (PO) (Navy)	23:30	1:16	13.43
<b>Veteran Female 45+ Run</b>					
1	81	Dee-Ann Jackson (MAJ) (Army)	19:56		15.83
2	84	Jennifer Schofield (MS) (APS)	27:40	7:44	11.41
3	85	Barbara McKay (CPL) (Army)	28:11	8:15	11.20
<b>Open Male U35 Walk</b>					
1	222	Ryan Harper (AB) (Navy)	45:06		7.00
2	228	Kieren Redden (LAC) (RAAF)	49:15	4:09	6.41
3	282	Tim Crellin (LAC) (RAAF)	49:49	4:43	6.34
<b>Open Female U35 Walk</b>					
1	202	Amy Meesinchai (AB) (Navy)	46:17		6.82
2	208	Nicole Everingham (LS) (Navy)	48:43	2:26	6.48
3	212	Caylin Strydom (LACW) (RAAF)	49:33	3:16	6.37
<b>Masters Male 35_44 Walk</b>					
1	243	Damian Briggs (LEUT) (Navy)	46:10		6.84
2	242	Scott Douglass (AB) (Navy)	46:15	0:05	6.82
3	246	Jo Vuli (CPL) (RAAF)	49:14	3:04	6.41



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<b>Masters Female 35_44 Walk</b>					
1	235	Shannon Locke (LCDR) (Navy)	39:03		8.08
2	236	Mhanda van Engelen (LCDR) (Navy)	42:27	3:24	7.43
3	285	Amber Smedley (PO) (Navy)	42:41	3:38	7.39
<b>Veteran Male 45+ Walk</b>					
1	261	Gregor Watson (LEUT) (Navy)	37:24		8.44
2	265	Mark Miller (CPO) (Navy)	37:43	0:19	8.37
3	262	Paul Koschel (LS) (Navy)	45:04	7:40	7.00
<b>Veteran Female 45+ Walk</b>					
1	251	Robyn Langford (SGT) (RAAF)	49:35		6.37
2	253	Wendy Davidson (Mrs) (APS)	51:34	1:59	6.12