



Stirling Sports
Kāpiti



Kapiti Running & Tri Club Summer 5K series 24 25

RUNNERS	04-Nov	18-Nov	02-Dec	16-Dec	23-Dec	06-Jan	13-Jan	27-Jan	10-Feb	24-Feb	10-Mar	24-Mar
Corey Kellogg		17.48	17.47	17.39	18.08	17.41	17.49	17.42	17.35	18.06		
Leon Goodwin						20.12	20.03		19.45	20.18		
Jeremy Riddell								25.26	31.40	21.57		
Dave Chandler	22.27			20.35	20.44	22.26	21.23	22.39	21.10	22.05		
Paul Fitzmaurice	23.14	21.06	21.14	20.37	21.07	20.52	21.28	22.02	23.07	22.58		
Hannah Buglass-Devereux	23.43	22.51	24.09	22.20	22.18					23.05		
Leo Mackley	29.59	29.58	28.32	24.40	25.02	24.38	26.45	22.42	24.48	23.46		
Tom Mackley	30.03	20.27	20.08	24.40	25.03	24.38	19.54	19.37	24.49	23.47		
Noah O'Sullivan	26.00	23.54	24.35	24.09	23.36	23.37	22.39	22.51		23.55		
Andy Thomson		25.24	26.52		25.32	24.49		24.50	26.17	24.13		
Kris Hickling	24.48	24.23	24.25	24.17			25.25	25.30	24.56	24.30		
Jo Humphries	27.52	26.58	26.45	26.53		27.34			26.43	26.50		
Dale Shaw		25.21	26.13		24.41		26.11			24.00	28.01	
Mark O'Sullivan	27.30	28.30	29.52	27.52	29.13	32.18	27.24	27.00		28.54		
Jo Jenkins	32.42	26.30	25.45	25.34	27.15	26.07	28.01	25.24	25.03	30.10		
Kyle Clark						24.46	22.59	21.30	21.55	30.11		
Judith Taylor								28.51	27.10	31.38		
Hannah Grimmett	30.02	30.00	28.47	34.56		30.58	30.20	30.11	33.51	33.24		
Hazel Mackley				34.55		30.57	32.07	30.37	33.51	33.25		
Elizabeth Knight		37.13	34.08	33.02	33.25		35.08	36.37	35.58	33.41		
Mike Binkhorst	34.24	34.01	34.12	36.45	36.23	34.14		35.16	37.30	34.04		
Peter Ellis	35.18	37.20	35.00			39.25	36.20	35.03	33.55	36.37		
Miranda Lintott	33.19	30.09		40.00	31.29		40.37	33.10	37.36	37.38		
Chris Kerr	40.20	39.40		39.59	40.15		40.37	39.40	38.02	37.50		
Janie Evans		41.19						41.41		40.55		
Bernard McManus		37.11	37.13	43.46	41.45	36.59				42.01		
Rebecca O'Sullivan							41.44			43.24		
Luke Anderson					33.10				18.47			
Jonathan Armstrong									19.32			
Nick Brunsdon									19.39			
Lucy Lawlor		20.18	21.02	20.28	20.43				20.18			
Stewart Jang		20.59	20.47	20.32	21.01		24.39		20.19			
Aaron Packard									20.43			
Ariki Vertongen				22.52	33.02	31.27		22.25	22.17			
Claire Brent									23.20			
Sharon Hurman	26.20	26.03		26.20	25.52	26.21	26.24	26.40	25.12			
Mike Heron	25.40		25.01	25.54	26.11				25.51			
Chrissy Fay									26.51			
Ruth Humble				26.52	26.14	25.46	27.33	27.18	27.04			
Katherine Ingram									28.12			
Cora Riddell								30.46	31.40			
Tony Fraei		36.20	37.53			36.02	35.27	35.12	36.44			
Sandra Williams				42.33	43.25		42.48	41.13	42.29			
Simon Wilson							22.16	22.42				
Kurt Mullis								23.58				
Verity Enright								25.50				
Phi Chatterley								25.59				
Stephen Blum		29.01	26.29	25.36	26.44	26.54	27.04	26.23				
Yuki Hashimoto								28.35				
Laura Taylor								28.56				
Jacob Williams								29.42				
John Kemp								31.03				
Rebecca Williams								31.08				
Sandi Cooper	32.42	31.16	26.25	27.13	27.56	28.34	27.12	31.10				
Anneke Binkhorst					35.53			33.58				
Isla Williams								37.21				
Olivia Hunt								37.23				
Hazel Hunt								37.24				
Katrina Williams								37.26				
Joanne Hunt								39.43				
Maureen Farmer						41.12	42.12	41.32				
Isobel Hunt								42.00				
Roger Childs							43.42	43.53				
Kaelyn Girado								47.12				
Maria Paculba								62.28				

Scott Turkington						17.24
Charlie Stachan						19.26
David Jameson						24.22
Nicko CLB						24.38
Christina Needham		23.58				25.12
Simon Gerula					29.23	26.53
Delfina Gerula					29.25	26.53
Sophie Handford					29.27	28.42
Philip Gee						29.27
Guy Jameson						31.19
Pete Handford						33.35
Daniel O'Sullivan						37.39
Michael O'Sullivan						37.58
Jane Strachan						39.54
Alvirg Busa			26.04	27.10	19.30	
Mike Keenan	24.44	23.21	23.14			23.09
Rosalie Hanna	26.09	28.30	26.16	25.26		25.04
Paula Reardon		25.36	24.50	25.01		25.10
Jenny Goodwin						26.49
Tony Farmer	27.35	27.31	28.21	27.39	28.18	27.51
Jade Vertongen					33.00	31.26
Zachary Young						33.23
Derek Young						34.52
Estelle Young						42.40
Aria Young						42.40
Eddie Barnett					20.20	
Stefan Fairweather		21.26			20.51	
Maggie Barke					21.00	
Sarah Fountain					24.37	
Adam Burchmore					24.56	
Jason Harper					24.59	
Mandy Yeo			26.19	25.03	26.29	
Olivia Fountain					26.45	
CJ Busa				26.02	27.06	
Jonathan Simpson					27.52	
Phil Eagle					29.59	
Fiona McKnight					30.32	
A Patterson					32.07	
Lani Vertongen					32.15	
May Anderson					33.11	
Fiona McKnight					34.19	
Joanne Hewitt				36.53	36.59	
Randall Walker	23.43		23.27	23.42		
Tim Costley				25.08		
Mike King	28.15	27.13	26.57	26.33		
Caitlin Douglass				27.19		
Rebecca Van der Vegt				34.49		
Phil Calder			20.58			
Warwick Smith			21.41			
Paul Needham			23.23			
Alicia Mouton			25.53			
Anouk Balster			26.02			
Emily McMillan			31.15			
Emma Beale		37.31	36.30			
Jan Webster			55.30			
Barbara Nowak			55.30			
Richard Nowak			55.30			
Nick Mead		18.08				
Katherine Ingram	27.29					
Grace Blaikie	37.49					
Kimberley Moffatt	41.47					
Niamh Moffatt	41.47					

WALKERS	04-Nov	18-Nov	02-Dec	16-Dec	23-Dec	06-Jan	13-Jan	27-Jan	10-Feb	24-Feb	10-Mar	24-Mar
Glen Williams				36.44	36.47	37.06	39.09	37.09	37.01	36.47		
Paula Binkhorst	49.49	47.29	47.28	47.28	47.46	48.58		49.17	49.42	47.50		
Graeme Fountain	39.29	39.30	39.27		39.04	39.55	39.46	39.22	39.19			
Rebecca Van Der Vegt	49.49	42.08			41.16		41.00	40.30	39.42			
Jocelyn Fountain		44.44	47.06		43.54	43.39	44.10	42.55	43.15			
K-J Dillon								46.35				
Sarah Fountain						40.51						
Olivia Fountain						43.40						
Sandra Williams						46.22						
Matthew Fountain			47.06		38.24							
Julie Fountain					39.04							
Stephen Comberbach					51.30							
Katherine Comberbach					51.32							
Dave Chandler			47.36									
Kate Palmer			49.57									
Daniel O'Sullivan		47.12										
Sandra Burt		56.52										
Jo O'Sullivan		62.44										
Bex O'Sullivan		62.44										
Volunteers												
Bronwyn Kettle	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Terry Morris	✓	✓										
Bryn Kempthorne	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Mike Heron	✓	✓	✓	✓	✓		✓	✓	✓			
Peter Ellis				✓		✓						✓
Stepen Blum												✓
Hannah Buglass-Devereux						✓		✓				
Murray Ashley		✓	✓		✓	✓	✓	✓	✓	✓		