

## 2009 STROMLO Running Festival Results February 27<sup>th</sup> – March 1<sup>st</sup>

### Percy Cerutti Award

1. Peter Johnson
2. Steve Nolan
3. Simon Wall
4. Paul Every

### Primary Schools Challenge

1. St Judes (Holder) 448km
2. Rosary Primary (Watson) 83km
3. Macquarie Primary 26km
4. Torrens Primary 22km

### Secondary Schools Challenge

1. Trinity Christian School (Wanniassa) 170km
2. Merici College (Braddon) 112km
3. Radford College (Bruce) 47km
4. Melrose High (Pearce) 20km
5. Macarthur High (Sydney) 20km

### Lightning Strike 30km

#### Age-Sex Adjusted

1	Sue Archer	1:51:42
2	John Winsbury	1:53:34
3	Trevor Jacobs	1:56:01
4	Peter Johnson	1:57:42
5	Cathy Crompton	2:00:01
6	Richard Faulks	2:07:21
7	Benjamin Webster	2:07:37
8	Peter Fogarty	2:07:47
9	Pam Muston	2:10:19
10	Steve Nolan	2:11:34
11	Stephen Gurr	2:12:19
12	David Close	2:14:38
13	Damian Smith	2:15:10
14	Anthony Kennedy	2:17:38
15	Nicole Butterfield	2:20:22
16	Adrienne Torda	2:20:29
17	Symeko Jochinke	2:21:17
18	Kristy Clarke	2:27:04
19	Sherston Sheridan	2:29:36
20	Graham Atkins	2:30:53
21	Simon Wall	2:30:55
22	April Palmerlee	2:31:08
23	Narelle Grayson	2:33:01
24	Catherine Mckersie	2:37:38

25	Kate Fuller	2:37:55
26	Renee Hiskins	2:39:09
27	Tom Hutton	2:39:32
28	Tina Clare	2:40:36
29	Benjamin Smith	2:43:10
30	James Paul	2:44:10
31	Lee Rice	2:45:19
32	Alison Winsbury	2:45:26
33	Christopher Lang	2:47:05
34	Timothy Edwards	2:48:36
35	Elizabeth Woodgate	2:49:36
36	Luke Palmerlee	2:49:38
37	Susan King	2:53:06
38	Rachelle Koster	2:54:14
39	Garry Keir	2:54:22
40	Chris Huet	2:54:28
41	Phillip Gatt	2:56:11
42	Jennifer Henderson	2:57:44
43	Simon Robertson	3:04:58
44	Allen Jepson	3:06:05
45	Tomo Kudrich	3:13:29
46	Justin Hogan-Doran	3:15:53
47	Greg Manning	3:19:25
48	Paul Every	3:21:07
49	Bronwyn Wiseman	3:24:05
50	Kirsten Gillespie	3:28:40
51	Mark Jensen	3:30:06
	Martin Fryer	DSQ

### Men

1	John Winsbury	1:53:34
2	Peter Johnson	2:03:39
3	Benjamin Webster	2:07:37
4	Stephen Gurr	2:12:19
5	Damian Smith	2:16:24
6	Steve Nolan	2:17:11
7	Trevor Jacobs	2:19:31
8	Anthony Kennedy	2:21:02
9	Richard Faulks	2:22:11
10	Graham Atkins	2:38:31
11	Simon Wall	2:38:33
12	Tom Hutton	2:40:59
13	Unknown	2:41:44
14	Benjamin Smith	2:43:10
15	Peter Fogarty	2:43:26
16	Lee Rice	2:45:19
17	James Paul	2:45:40

18	Luke Palmerlee	2:52:24
19	Phillip Gatt	2:56:11
20	David Close	2:57:18
21	Chris Huet	2:58:47
22	Simon Robertson	3:05:10
23	Timothy Edwards	3:06:33
24	Tomo Kudrich	3:15:15
25	Justin Hogan-Doran	3:17:40
26	Garry Keir	3:18:13
27	Greg Manning	3:19:25
28	Christopher Lang	3:20:56
29	Allen Jepson	3:29:38
30	Paul Every	3:34:55
31	Mark Jensen	3:46:27
32	Martin Fryer	DSQ

### Women

1	Nicole Butterfield	2:32:10
2	Symeko Jochinke	2:35:21
3	Cathy Crompton	2:37:42
4	Pam Muston	2:44:42
5	Sue Archer	2:46:41
6	Adrienne Torda	2:46:56
7	Narelle Grayson	2:50:10
8	Kristy Clarke	2:52:42
9	Catherine Mckersie	2:53:20
10	Renee Hiskins	2:53:38
11	Kate Fuller	2:53:39
12	April Palmerlee	2:53:40
13	Sherston Sheridan	2:57:47
14	Tina Clare	2:59:50
15	Alison Winsbury	3:01:07
16	Rachelle Koster	3:10:05
17	Jennifer Henderson	3:17:39
18	Susan King	3:20:59
19	Elizabeth Woodgate	3:23:59
20	Kerrie Braemar	3:34:56
21	Bronwyn Wiseman	3:46:57
22	Kirsten Gillespie	3:50:39

### Lightning Strike 10.5km Age-Sex Adjusted

Placing	Name	Adjusted
1	Geoff Hawke	0:39:04
2	Dennis Wylie	0:39:21
3	Dennis Fitzgerald	0:39:52

4	Michael Roeger	0:41:50
5	Jenelle Weatherstone	0:42:00
6	Daryl Nielsen	0:44:53
7	Tara Biltoft	0:44:57
8	Jason KOENEN	0:44:59
9	John Graham	0:44:59
10	Robert Weldon	0:46:29
11	Jacob Moore	0:46:45
12	Troy Steinman	0:46:53
13	Jyle Smith	0:47:05
14	Geoff Rynja	0:47:14
15	Gwilym Beech	0:47:16
16	Lea Medhurst	0:47:58
17	Jana Mumby	0:48:09
18	Stephen Borthwick	0:48:38
19	Neil English	0:49:25
20	Geoff Wood	0:49:43
21	Melanie Dodd	0:49:48
22	Rob Combe	0:49:51
23	Geoff Herring	0:49:54
24	Adam Richardson	0:50:03
25	Peter Fullagar	0:50:30
26	Rhett Doyle	0:50:55
27	Erin Forrest	0:51:21
28	Kate Radomski	0:51:26
29	Dennis Frost	0:53:12
30	Sue Graham	0:53:20
31	Mitra Safavi	0:54:45
32	Suzy Monford	0:54:46
33	Debbie Grimmett	0:55:03
34	Thach Huynh	0:55:12
35	Matthew Tonkin	0:55:39
36	Jen Blake	0:56:00
37	Chris Mumby	0:56:05
38	Tim Nothdurft	0:56:19
39	Emma Friend	0:56:24
40	Suzanne Green	0:56:37
41	Agnes Mok	0:57:12
42	Jane Lloyd	0:57:48
43	Susanne Watkins	0:57:51
44	Pip Greenop	0:58:19
45	Michael Vonthien	0:58:49
46	Michelle Wells	0:58:57
47	Liza Maclean	0:59:23
48	Kathleen Claire	1:02:10
49	George Quarmby	1:03:17
50	Lorna Downes	1:07:08

51	Michelle Warren	1:09:30
52	Daniel Franklin	1:15:02
53	Kerrie Freind	1:15:50

### Men

1	Michael Roeger	0:41:50
2	Dennis Fitzgerald	0:41:53
3	Geoff Hawke	0:45:02
4	Jacob Moore	0:46:45
5	Jason Koenen	0:47:15
6	Dennis Wylie	0:47:41
7	Troy Steinman	0:48:32
8	Jyle Smith	0:49:34
9	Daryl Nielsen	0:51:45
10	Adam Richardson	0:52:58
11	Dennis Frost	0:53:12
12	John Graham	0:53:36
13	Stephen Borthwick	0:53:53
14	Neil English	0:55:11
15	Thach Huynh	0:55:12
16	Matthew Tonkin	0:55:39
17	Rob Combe	0:55:40
18	Lea Medhurst	0:55:41
19	Tim Nothdurft	0:56:19
20	Gwilym Beech	0:56:47
21	Rhett Doyle	0:56:51
22	Peter Fullagar	0:57:45
23	Robert Weldon	0:58:07
24	Geoff Rynja	0:59:03
25	Geoff Herring	1:00:28
26	Geoff Wood	1:01:17
27	Chris Mumby	1:02:37
28	Michael Vonthien	1:08:55
29	George Quarmby	1:14:46
30	Daniel Franklin	1:15:48

### Women

1	Jenelle Weatherstone	0:47:56
2	Tara Bilstoft	0:51:22
3	Melanie Dodd	0:56:47
4	Jana Mumby	0:58:04
5	Erin Forrest	0:58:32
6	Kate Radomski	0:58:38
7	Mitra Safavi	1:02:34
8	Suzanne Green	1:05:12
9	Agnes Mok	1:05:13
10	Susanne Watkins	1:06:07

11	Emma Friend	1:06:17
12	Jane Lloyd	1:06:21
13	Michelle Wells	1:07:12
14	Debbie Grimmett	1:07:35
15	Suzy Monford	1:07:55
16	Liza Maclean	1:08:23
17	Pip Greenop	1:08:24
18	Sue Graham	1:11:12
19	Kathleen Claire	1:13:50
20	Jen Blake	1:14:45
21	Lorna Downes	1:17:36
22	Michelle Warren	1:20:41
23	Kerrie Freind	1:32:15

### Walter Turnbull Corporate Challenge

1. Walter Turnbull	273km
2. Commonwealth Ombusman	84km
3. South Side Physio	79km
4. Defence Bungendore	76km
5. Girls Grammar	65km
6. ACT Treasury	54km
7. Content Group	53km
8. Deeks Bakery	32km

### Robert de Castella Invitational X- Country (7.5km)

Name (State)	Finish Time	Start	Net Time	Total Prize	Overall Prize	Sex Prize	Teams Prize
1. Martin Dent (ACT)	24:42	3:20	21:22	\$4625	\$4000	\$500	\$125
2. Harry Summers (NSW)	24:50	2:35	22:15	\$2250	\$2000		\$250
3. Cameron Page (NSW)	24:55	2:35	22:20	\$1250	\$1000		\$250
4. Tim Rowe (NSW)	25:01	3:20	21:41	\$750	\$500	\$250	
5. Brett Robinson (ACT)	25:12	2:35	22:37	\$475	\$350		\$125
6. Mark Tucker (VIC)	25:13	3:20	21:53	\$425	\$275	\$150	
7. Andrew Letherby (ACT)	25:29	3:20	22:09	\$200	\$200		
8. Erwin McRae (ACT)	25:37	3:20	22:17	\$150	\$150		
9. Anthony Haber (ACT)	25:53	3:20	22:33	\$125	\$125		
10. Scott Westcott (NSW)	26:10	3:20	22:50	\$100	\$100		
11. Josh Johson (NSW)	26:14	2:35	23:39				
12. Stephen Thurston (NSW)	26:20	3:20	23:00				
13. Rohan Walker (ACT)	26:31	3:20	23:11				
14. Tim Page (NSW)	26:44	3:20	23:24				
15. Barry Keem (NSW)	27:08	3:20	23:48				
16. Johny Cochrane (ACT)	27:11	3:20	23:51				
17. Lauren Shelley (NSW)	27:26	0:32	26:54	\$750		\$500	\$250
18. Andrea Ilakovac (ACT)	27:52	0:32	27:20	\$375		\$250	\$125
19. Carey Lynn (NSW)	28:27	0:32	27:55	\$400		\$150	\$250
20. Jane Miles (NSW)	28:52	0:32	28:20				
21. Hannah Flannery (ACT)	29:32	0:32	29:00	\$125			\$125
22. Kasey Mumby (NSW)	31:01	0:00	31:01				

23. Gareth Mumby (NSW) 33:30 0:32 32:59  
DNF Scott McTaggart (ACT) 3:20

### **Criterium Track Race (1.2km)**

#### **Age-Sex Adjusted**

1	Liam Sproule	0:03:00
2	Conor Sproule	0:03:00
3	John Lamb	0:03:02
4	Matthew Parton	0:03:05
5	Michael Durante	0:03:05
6	Geoffrey Francis	0:03:27
7	Peter Johnson	0:03:28
8	Steve Nolan	0:03:39
9	Jacob Moore	0:03:41
10	Nyree Masson	0:03:54
11	Steve Karvelas	0:04:11
12	Emma Friend	0:04:20
13	Jodie Madsen	0:04:24
14	Brett Jones	0:04:37
15	Joel Jurgs	0:04:45
16	Simon Wall	0:05:37

#### **Men**

1	Matthew Parton	0:03:05
2	Michael Durante	0:03:05
3	Jacob Moore	0:03:41
4	Conor Sproule	0:03:46
5	Peter Johnson	0:03:49
6	John Lamb	0:03:52
7	Steve Nolan	0:03:58
8	Steve Karvelas	0:04:11
9	Liam Sproule	0:04:37
10	Brett Jones	0:04:37
11	Geoffrey Francis	0:04:40
12	Joel Jurgs	0:04:45
13	Simon Wall	0:05:37

#### **Women**

1	Nyree Mason	0:04:27
2	Jodie Madsen	0:05:05
3	Emma Friend	0:05:09

### **Orienteering Elite (4.6km)**

#### **Men**

1. Julian Dent 29.36

2. Grant Bluett	30.47	
3. Rob Walter	32.40	
4. Simon Uppill	32.55	
5. Rob Preston	34.28	
6. Murray Scown	36.15	
7. Kerrin Rattray	36.17	
8. Ben Rattray	36.50	
9. Ryan Smyth	37.15	
10. Patrick Saile	37.25	
11. Oliver Mitchell	37.56	
12. Dave Meyer	38.26	
13. Lachlan Dow	40.25	
14. Seb Dunne	40.26	
15. Jim Russell	40.39	
16. Blair Trewin	41.33	
17. Tom Landon-Smith	41.56	
18. Mark Gregson	42.56	
19. Trevor Jacobs	47.48	
20. Oliver Poland	48.34	
21. Graham Atkins	56.08	

**Women**

1. Hanny Allston	31.09
2. Kathryn Ewels	34.38
3. Jasmine Neve	35.52
4. Anna Sheldon	36.12
5. Shannon Jones	37.48
6. Mace Neve	39.01
7. Bridget Anderson	40.18
8. Allison Jones	40.30
9. Belinda Lawford	40.54
10. Rachel Effeney	42.45

**Orienteering Novice (2.4 km)**

1. David Simfendorfer	15:27
2. Paul Every	18:33
3. Belinda Robinson	23:43
4. Antony Mason	24:12
5. Nyree Mason	24:13
6. Adam Richardson	26:22
7. Debbie Grimmett	26:43
8. Robert Weldon	26:46
9. Michael Vonthien	26:50
10. Lea Medhurst	27:26
11. Jodie Madsen	29:04
12. Michelle Warren	30:08
13. David Hughes	30:48
14. Dennis Forest	31:38
15. Kirsten Gillespie	32:02



16. Phillip Gatt	32:07
17. Susanne Watkins	32:32
18. Kate Radomski	32:33
19. Elizabeth Woodgate	32:56
20. Kathleen Claire	34:41
21. Carmen Whittaker	34:54
22. Tim Nothdurft	36:43
23. Michelle Wells	37:32
24. Mitra Safavi	37:34
25. Daniel Franklin	37:58
26. Rhett Doyle	38:39
27. Robyn Larson-Shelton	39:42
28. Isla Larson	40:03
29. Bernadette Hughes	47:40

### **Orienteering Novice Teams (2.4 km)**

1. Jyle Smith	18:39
1. Gareth Mumby	18:39
3. Pip Greenop	24:30
3. Tom Hutton	24:30
5. John Graham	27:57
5. Sue Graham	27:57
7. Damian Smith	35:49
7. Michelle Smith	35:49
7. Tarlou Smith	35:49
7. Yasmin Smith	35:49
11. April Palmerlee	56:55
11. Henry Palmerlee	56:55
11. Luke Palmerlee	56:55

### **K-Swiss Cross Country (4km)**

#### **Age-Sex Adjusted**

1	Connor Sproule	0:11:11
2	Liam Sproule	0:12:22
3	Kasey Mumby	0:12:41
4	Dennis Wylie	0:12:51
5	Gareth Mumby	0:13:05
6	Rob Combe	0:13:06
7	Kathryn Ewels	0:13:15
8	Betsy Anderson-Smith	0:13:39
9	Geoff Hawke	0:13:39
10	Grace Harvey	0:13:46
11	Jyle Smith	0:13:53
12	William Combe	0:14:01
13	John Graham	0:14:47
14	Yasmin Smith	0:14:47
15	Lauren Winterflood	0:14:55
16	Sam Sargent	0:15:19

17	Jacob Moore	0:15:28
18	Timothy Winterflood	0:15:37
19	Rebecca Winterflood	0:15:37
20	Scott Gledhill	0:15:39
21	Steve Karvelas	0:15:41
22	Erin Forrest	0:16:05
23	Tom Hutton	0:16:58
24	Jana Mumby	0:17:02
25	Geoff Herring	0:17:06
26	Tarlou Smith	0:17:29
27	Emma Friend	0:17:49
28	Kate Radomski	0:18:06
29	Michelle Smith	0:18:11
30	Scott Wright	0:18:27
31	Brett Jones	0:18:44
32	Tim Nothdurft	0:19:15
33	Benjamin Smith	0:19:43
34	Debbie Grimmett	0:19:59
35	David Hughes	0:20:06
36	Quintin Mensell	0:20:25
37	Carolyn Droste	0:21:39
38	Susanne Watkins	0:21:56
39	Lorna Downes	0:22:58
40	Michelle Warren	0:23:32
41	Carmen Whittaker	0:23:39
42	Elizabeth Woodgate	0:24:05
43	Catherine Medhurst	0:26:34
44	Bernadette Hughes	0:30:20

### Men

1	Rob Combe	0:14:37
2	Connor Sproule	0:14:55
3	Gareth Mumby	0:15:24
4	Jacob Moore	0:15:28
5	Dennis Wylie	0:15:34
6	Geoff Hawke	0:15:44
7	Jyle Smith	0:16:20
8	Scott Gledhill	0:16:49
9	Steve Karvelas	0:16:51
10	Sam Sargent	0:17:01
11	William Combe	0:17:31
12	John Graham	0:17:32
13	Tom Hutton	0:17:41
14	Timothy Winterflood	0:18:22
15	Scott Wright	0:18:27

16	Brett Jones	0:18:44
17	Liam Sproule	0:19:02
18	Tim Nothdurft	0:19:15
19	Benjamin Smith	0:19:43
20	Quintin Mensell	0:20:25
21	Geoff Herring	0:20:43
22	David Hughes	0:21:35

### Women

1	Kathryn Ewels	0:15:08
2	Kasey Mumby	0:16:06
3	Betsy Anderson-Smith	0:16:25
4	Lauren Winterflood	0:17:56
5	Erin Forrest	0:18:23
6	Grace Harvey	0:18:30
7	Rebecca Winterflood	0:18:47
8	Kate Radomski	0:20:41
9	Jana Mumby	0:20:47
10	Yasmin Smith	0:21:07
11	Emma Friend	0:21:26
12	Michelle Smith	0:21:38
13	Debbie Grimmett	0:24:54
14	Tarlou Smith	0:24:59
15	Susanne Watkins	0:25:04
16	Carolyn Droste	0:25:16
17	Lorna Downes	0:26:15
18	Carmen Whittaker	0:27:01
19	Michelle Warren	0:27:28
20	Elizabeth Woodgate	0:30:01
21	Catherine Medhurst	0:30:21
22	Benadette Hughes	0:36:21

### K-Swiss Cross Country (8km)

#### Age-Sex Adjusted

1	Ron Schwebel	0:28:08
2	Peter Johnson	0:31:23
3	Damien Smith	0:32:13
4	Steve Nolan	0:32:15
5	Jason Koenen	0:34:13
6	Daryl Nielsen Adam	0:35:02
7	Richardson	0:37:07
8	Neil English	0:37:45
9	Paul Every	0:38:01
10	Ben Scarf	0:38:43

11	Simon Wall	0:39:53
12	Jana Mumby	0:40:09

### Men

1	Damien Smith	0:32:31
2	Peter Johnson	0:32:59
3	Steve Nolan	0:33:36
4	Ron Schwebel	0:33:50
5	Jason Koenen	0:34:47
	Adam	
6	Richardson	0:38:03
7	Ben Scarf	0:38:43
8	Daryl Nielsen	0:39:28
9	Simon Wall	0:39:53
10	Paul Every	0:40:38
11	Neil English	0:41:03

### Women

1	Jana Mumby	0:44:37
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### Endura Mountain Race (3.6km)

#### Age-Sex Adjusted

1	Connor Sproule	0:12:31
2	Liam Sproule	0:13:18
3	John Winsbury	0:13:28
4	Dennis Wylie	0:13:40
5	Oliver Poland	0:13:53
6	Vanessa Harverd	0:14:12
7	Dennis Fitzgerald	0:14:17
8	Michael Roeger	0:14:21
9	Kathryn Ewels	0:14:29
10	Jyle Smith	0:14:36
	Nicole	
11	Butterfield	0:14:41
12	Kasey Mumby	0:15:00
13	Lachlan Dow	0:15:08
14	Ron Schwebel	0:15:10
15	Steve Nolan	0:15:16
16	Gareth Mumby	0:15:20
17	Damian Smith	0:15:46
18	John Graham	0:15:51
19	Sam Sargeant	0:16:08
20	Jacob Moore	0:16:19
21	Grace Harvey	0:16:22
22	Tarlou Smith	0:16:33
23	Peter Johnson	0:16:51
24	Adrienne Torda	0:16:58
25	Mark Gregson	0:16:59

26	Tim Winterflood	0:17:00
27	David Close	0:17:14
28	Oliver Mitchell	0:17:16
29	Phillip Gatt	0:17:18
30	Paul Every	0:17:23
31	Rob Preston	0:17:23
32	Rachel Effeney	0:17:33
33	Jason Koenen	0:17:42
34	Ben Bruce	0:17:44
35	Simon Robertson	0:17:55
36	Tom Hutton	0:17:58
37	Steve Karvelas	0:18:04
38	Narelle Grayson	0:18:28
39	Simon Wall	0:18:34
40	Alison Winsbury	0:19:00
	Rebecca	
41	Winterflood	0:19:30
42	Brett Jones	0:19:48
43	Gary Keir	0:19:48
44	Tim Nothdurft	0:20:27
45	Bridget Anderson	0:20:44
46	David Hughes	0:21:33
47	Yasmin Smith	0:21:41
48	Susan King	0:22:57
49	Michelle Smith	0:24:02
50	Lorna Downes	0:24:16
51	Michelle Warren	0:28:01

### Men

1	John Winsbury	0:13:41
2	Michael Roeger	0:14:21
3	Dennis Fitzgerald	0:15:00
4	Lachlan Dow	0:15:56
5	Steve Nolan	0:16:17
6	Jacob Moore	0:16:19
7	Oliver Poland	0:16:20
8	Damian Smith	0:16:26
9	Dennis Wylie	0:16:33
10	Conor Sproule	0:16:41
11	Peter Johnson	0:17:03
12	Mark Gregson	0:17:04
13	Jyle Smith	0:17:11
14	Oliver Mitchell	0:17:16
15	Philip Gatt	0:17:18
16	Rob Preston	0:17:23
17	Ben Bruce	0:17:44
18	Sam Sargent	0:17:56
19	Gareth Mumby	0:18:02
20	Steve Karvelas	0:18:13

21	Ron Schwebel	0:18:23
22	Simon Robertson	0:18:25
23	Jason Koenen	0:18:35
24	Tom Hutton	0:18:44
25	John Graham	0:19:02
26	Paul Every	0:19:06
27	Tim Winterflood	0:20:00
28	Simon Wall	0:20:15
29	Liam Sproule	0:20:27
30	Tim Nothdurft	0:20:28
31	Rebecca Winterflood	0:20:32
32	Bridget Anderson	0:20:44
33	Brett Jones	0:20:51
34	David Close	0:20:53
35	Gary Keir	0:23:01
36	David Hughes	0:23:19

**Women**

1	Vanessa Harverd	0:16:16
2	Kathryn Ewels	0:16:33
3	Nicole Butterfield	0:16:47
4	Kasey Mumby	0:19:03
5	Rachel Effeney	0:20:03
6	Adrienne Torda	0:20:55
7	Grace Harvey	0:21:30
8	Narelle Grayson	0:21:33
9	Alison Winsbury	0:21:54
10	Tarlou Smith	0:23:38
11	Yasmin Smith	0:24:47
12	Susan King	0:26:18
13	Lorna Downes	0:28:11
14	Michelle Smith	0:28:35
15	Michelle Warren	0:32:42