

# Active Community Cup

## Week 7 - Top 3 Fastest Runners

### 4km Male

Company	Team	Surname	Firstname	Time
CITY OF ONKAPARINGA	EARNITWITHSWEAT	Jurvado	Salvador	14:41
ONKAPARINGA COUNCIL	EHOC	Nicks	Craig	15:55
CITY OF ONKAPARINGA	FOCYEAH	Dodd	Scott	16:46

### 4km Female

Company	Team	Surname	Firstname	Time
KAREN MILLER	KAREN MILLER	Miller	Karen	18:18
ONKAPARINGA COUNCIL	SHIRRO'S POCKET ROCKETS	Hilton	Ali	19:00
2B FIT	2B FIT	Venning	Maxine	19:19

### 2km Male

Company	Team	Surname	Firstname	Time
CITY OF ONKAPARINGA	HALOPENOS	Cowley	Dan	08:31
CHRISTIES BEACH HIGH SENIOR PROG.	CBHS- SENIOR PROGRAM	Norwood	Chris	12:42

### 2km Female

Company	Team	Surname	Firstname	Time
TREACY	JEN JEN	Treacy	Jennifer	10:41
LEGAL SERVICES COMMISSION	LSC	Bradley	Debra	10:49
JULIE WOOD	JULES	Wood	Julie	11:37

### Average Run Times

Dist.	Sex	<20	20 - 29	30 - 39	40 - 49	50 - 59	60+
4km	Female	00:00	27:17	31:16	32:03	34:09	36:27
4km	Male	23:14	24:30	23:02	22:49	20:28	30:20
2km	Female	00:00	14:05	16:42	21:02	18:02	21:02
2km	Male	14:34	12:31	08:31	19:33	00:00	00:00