



**PENRITH  
VALLEY  
CANOEING**

## **Twilight Race Results 30/10/2013**

### **Standard Race Circuit**

| <b>Distance KM</b> | <b>Paddler</b>    | <b>Time</b>       | <b>Average Speed</b> |
|--------------------|-------------------|-------------------|----------------------|
| 4                  | Colette Grundy    | 27:02 SK2         | 9.54                 |
| 4                  | Paul Grundy       | 27:02 SK2         | 9.54                 |
| 4                  | Fiona Montgomerie | 28:10 (New PB)    | 9.16                 |
| 4                  | Sue Brown         | 28:58 (Equal PB)  | 8.91                 |
| 6                  | Istvan Cernok     | 31:15 (New SB)    | 12.29                |
| 6                  | Greg Thompson     | 31:16 K2 (New PB) | 12.28                |
| 6                  | Ben Thompson      | 31:16 K2 (New PB) | 12.28                |
| 6                  | Kurt Wawzkowicz   | 33:28 (New PB)    | 11.47                |
| 6                  | Stephen Shelley   | 33:30             | 11.46                |
| 6                  | Gerry Ebel        | 33:37             | 11.42                |
| 6                  | Mitch Coffey      | 33:43             | 11.39                |
| 6                  | Gary Thomas       | 34:32             | 11.12                |
| 6                  | Trent Kitching    | 38:50 (New SB)    | 9.89                 |
| 6                  | Matt Shiels       | 42:50             | 8.96                 |