



**PENRITH
VALLEY
CANOEING**

Twilight Race Results 5/03/2014

Standard Race Circuit

Distance KM	Paddler	Time	Average Speed
4	David Lunn	40:16	6.41
6	Ben Thompson	30:45 (New PB)	12.49
6	Mitch Coffey	30:46	12.48
6	Istvan Cernok	31:18	12.27
6	Jared Thompson	32:52	11.68
6	Stephen Shelley	33:18 (New SB)	11.53
6	Gerry Ebelt	34:08	11.25
6	Matthew Lowe	35:07	10.93
6	Lyle Mead	36:58	10.39
6	Megan Pyne	38:01	10.10
6	Trent Kitching	38:41	9.93
6	Gary Thomas	42:13 (swim)	9.10