

Pakuranga Athletic Club										
Road and Cross Country Section										
09 Aug 08 - Road H'Cap										
				km	H/cap 1:00:00	H'cap Result	Net	Points Provisional	Comment	
Woman										
Kathleen	Payne	W	W30	10.1	0:04:15	0:59:10	0:54:55	10		
Virginia	Hales	W	W	8.3	0:22:30	1:00:06	0:37:36	9		
Sian	Morrice	W	W	8.3	0:20:30	1:00:54	0:40:24	8		
Jane	Field	W	W	8.3	0:19:30	1:02:16	0:42:46	7		
Stacey	Knowles	W	W	8.3	0:27:15	1:04:01	0:36:46	6		
Nora	Langreder	W	W	8.3			0:37:35	5		
Women 35+										
Kristine	Reid	MW	MW35	10.1	0:19:15	1:00:04	0:40:49	10		
Debbie	Garland	MW	MW45	8.3	0:21:00	1:00:50	0:39:50	9		
Anne	Bradbury	MW	MW40	8.3	0:13:15	1:01:01	0:47:46	8		
Donna	Wallwork	MW	MW35	8.3	0:17:00	1:01:17	0:44:17	7		
Beverley	Lorimer	MW	MW55	8.3	0:08:30	1:01:37	0:53:07	6		
Jackie	Russell	MW	MW40	8.3	0:23:30	1:02:01	0:38:31	5		
Vicky	Powell	MW	MW35	8.3	0:23:00	1:02:48	0:39:48	4		
Gaye	Stratton	MW	MW50	8.3	0:13:00	1:06:06	0:53:06	3		
Men										
Matthew	Sweetingham	M	M	10.1	0:26:45	1:09:06	0:42:21	10		
Nick	Pannett	M	M	10.1	0:27:45	1:10:06	0:42:21	9		
Men 35-49										
Lachlan	Maclean	MM	MM40	10.1	0:01:00	0:58:04	0:57:04	10		
Graham	Moore	MM	MM40	10.1	0:23:15	0:59:45	0:36:30	9		
Andrew	Higson	MM	MM40	10.1	0:19:15	1:00:45	0:41:30	8		
Chris	Keith	MM	MM45	10.1	0:19:30	1:01:21	0:41:51	7		
Brett	Wallwork	MM	MM35	10.1	0:21:30	1:02:00	0:40:30	6		
Mike	Trathen	MM	MM35	10.1	0:20:30	1:04:07	0:43:37	5		
Men 50-59										
Rob	Dorey	MM50	MM50	10.1	0:10:30	0:59:27	0:48:57	10		
Robert	Smith	MM50	MM50	10.1	0:17:00	1:00:02	0:43:02	9		
David	Harper	MM50	MM50	10.1	0:20:00	1:00:10	0:40:10	8		
Malcolm	Chamberlin	MM50	MM50	10.1	0:19:30	1:00:25	0:40:55	7		
John	Read	MM50	MM50	10.1	0:21:00	1:00:35	0:39:35	6		
John	Baty	MM50	MM55	10.1	0:18:00	1:00:47	0:42:47	5		
Richard	Thomson	MM50	MM55	10.1	0:06:30	1:00:58	0:54:28	4		
Greg	Dean	MM50	MM55	10.1	0:03:00	1:02:04	0:59:04	3		
Darryl	Miller	MM50	MM50	10.1	0:17:15	1:02:04	0:44:49	3		
Ken	Ayden	MM50	MM55	10.1	0:10:15	1:03:30	0:53:15	2		
Alan	Bradbury	MM50	MM50	10.1	0:14:30	1:13:05	0:58:35	1		
Men 60+										
Ron	Johnson	O60	MM75	8.3	0:13:00	0:58:57	0:45:57	10		
Emrys	Jones	O60	MM70	8.3	0:07:00	1:00:19	0:53:19	9		
John	Beedie	O60	MM60	8.3	0:13:30	1:00:42	0:47:12	8		
Barry	Weston	O60	MM65	8.3	0:17:00	1:01:14	0:44:14	7		
John	Robinson	O60	MM60	10.1	0:17:15	1:02:31	0:45:16	6		
Alec	Day	O60	MM70	8.3	0:22:00	1:02:46	0:40:46	5		
David	Hamilton	O60	MM65	8.3	0:22:00	1:02:47	0:40:47	4		
Ian	Mallowes	O60	MM80	8.3	-0:10:00	1:22:08	1:32:08	3		
Walkers										
Ann	Jeans	Walk	Walk	8.3	-0:09:00	0:59:19	1:08:19	10		
Sunnette	Kennard	Walk	Walk	8.3	-0:04:00	1:00:11	1:04:11	9		
Julie	Devonshire	Walk	Walk	8.3	-0:04:00	1:00:12	1:04:12	8		
Maurice	Neighbour	Walk	Walk	8.3	-0:09:45	1:00:54	1:10:39	7		
Rosalea	Dun	Walk	Walk	8.3	-0:07:45	1:01:40	1:09:25	6		
Christine	Burns	Walk	Walk	8.3	-0:12:00	1:03:02	1:15:02	5		
Lesley	Watts	Walk	Walk	8.3	0:01:00	1:05:14	1:04:14	4		
Mac	McKenzie	Walk	Walk	10.1	-0:11:45	1:05:31	1:17:16	3		
Dave	Spankie	Walk	Walk	8.3	-0:07:30	1:12:25	1:19:55	2		
Don	Arbuthnott	Walk	Walk	8.3	-0:05:00	1:14:55	1:19:55	1		
Les	Heyward	Walk	Walk	8.3			1:15:24	1		
Non Handicap/Also Ran										
Jim	Dun	MM50	MM55	8.3	0:04:30	0:51:38	0:47:08		8.3 km	
Greg	Dodds	MM50	MM55	8.3	0:04:15	0:56:14	0:51:59		8.3 km	