

Pakuranga Athletic Club									
Road and Cross Country Section									
28 Mar 09 - Road H'Cap									
				km	H/cap 1:00:00	H'cap Result	Net	Points Provisional	Comment
Woman									
Kathleen	Payne	W	W30	10.1	0:05:42	1:04:33	0:58:51	10	
Vikki	Smith	W	W	8.3	0:17:00	1:04:46	0:47:46	9	
Carmel	Long	W	W	8.3	0:17:00	1:09:47	0:52:47	8	
Helen	Jackson-Potter	W	W	8.3			0:55:12	7	
Sonia	Webb	W	W	10.1			0:53:06	7	
Women 35+									
Kristine	Reid	MW	MW35	10.1	0:19:40	1:00:13	0:40:33	10	
Vicky	Powell	MW	MW35	8.3	0:22:35	1:01:03	0:38:28	9	
Donna	Wallwork	MW	MW35	8.3	0:16:45	1:03:59	0:47:14	8	
Jackie	Russell	MW	MW40	8.3	0:22:15	1:04:24	0:42:09	7	
Beverley	Lorimer	MW	MW55	8.3	0:09:15	1:04:28	0:55:13	6	
Anne	Bradbury	MW	MW40	8.3	0:13:30	1:05:21	0:51:51	5	
Jill	Foster	MW	MW45	8.3	0:12:00	1:08:45	0:56:45	4	
Sandra	Martin	MW	MW??	8.3			1:00:42	3	
Men									
Scott	Dean	M	M	10.1	0:05:30	1:01:48	0:56:18	10	
Nick	Pannett	M	M	10.1	0:27:45	1:06:01	0:38:16	9	
Brent	Henley	M	M	10.1			0:42:25	8	
Gary	Williams	M	M	10.1			0:48:32	8	
Matthew	Jeans	M	M	10.1			0:45:35	8	
Men 35-49									
Lachlan	Maclean	MM	MM40	10.1	0:05:15	1:06:02	1:00:47	10	
Mike	Trathen	MM	MM35	10.1	0:20:45	1:11:49	0:51:04	9	
Men 50-59									
John	Read	MM50	MM50	10.1	0:21:00	1:01:40	0:40:40	10	
Richard	Thomson	MM50	MM55	10.1	0:07:00	1:02:01	0:55:01	9	
Ken	Ayden	MM50	MM55	10.1	0:09:00	1:02:12	0:53:12	8	
Alan	Bradbury	MM50	MM50	10.1	0:14:30	1:03:02	0:48:32	7	
John	Bower	MM50	MM55	10.1			0:52:43	6	
Steve	Williams	MM50	MM50?	10.1			0:46:03	6	
Men 60+									
Bill	Carlaw	O60	MM70	8.3	0:05:00	0:58:24	0:53:24	10	
Ian	Mallowes	O60	MM80	8.3	-0:30:00	1:00:15	1:30:15	9	
Emrys	Jones	O60	MM70	8.3	0:09:00	1:03:42	0:54:42	8	
Barry	Weston	O60	MM70	8.3	0:17:45	1:04:07	0:46:22	7	
Brian	Payne	O60	MM60	10.1	0:16:12	1:04:34	0:48:22	6	
Wolfgang	Schenk	O60	MM60	8.3			0:43:16	5	
Walkers									
Julie	Devonshire	Walk	Walk	8.3	-0:02:30	1:01:53	1:04:23	10	
Dave	Spankie	Walk	Walk	8.3	-0:06:45	1:02:20	1:09:05	9	
Maurice	Neighbour	Walk	Walk	8.3	-0:09:15	1:03:44	1:12:59	8	
Tracey	Calway	Walk	Walk	8.3	-0:04:00	1:03:47	1:07:47	7	
Ann	Jeans	Walk	Walk	8.3	-0:06:45	1:04:58	1:11:43	6	
Christine	Burns	Walk	Walk	8.3	-0:12:00	1:09:08	1:21:08	5	
Liz	Lombard	Walk	Walk	8.3			1:07:47	4	
Non Handicap/Also Ran									
Lindsay	Hotham	MM50	MM55	10.1	-0:07:30				
John	Potter	O60	MM60	8.3					
Ron	Johnson	O60	MM75	8.3	0:14:15				