

Pakuranga Athletic Club									
Road and Cross Country Section									
11 Apr 09 - Road H'Cap									
				km	H/cap 1:00:00	H'cap Result	Net	Points Provisional	Comment
Woman									
Sonia	Webb	W	W	8.3	0:18:15	1:01:15	0:43:00	10	
Michelle	Allison	W	W	8.3			0:42:25	9	
Haley	McCaw	W	W	8.3			1:12:56	9	
Women 35+									
Sandra	Martin	MW	MW45	8.3	0:00:30	0:58:06	0:57:36	10	
Donna	Wallwork	MW	MW35	8.3	0:15:45	0:59:06	0:43:21	9	
Anne	Bradbury	MW	MW40	8.3	0:11:30	0:59:35	0:48:05	8	
Jackie	Russell	MW	MW40	8.3	0:20:45	1:00:40	0:39:55	7	
Kristine	Reid	MW	MW35	10.1	0:20:15	1:00:56	0:40:41	6	
Men									
Gary	Williamson	M	M	10.1	0:12:30	0:58:54	0:46:24	10	
Matthew	Jeans	M	M	10.1	0:21:00	1:08:09	0:47:09	9	
Men 35-49									
Mike	Trathen	MM	MM35	10.1	0:18:45	1:01:19	0:42:34	10	
Lachlan	Maclea	MM	MM40	10.1	0:04:15	1:02:06	0:57:51	9	
Brett	Wallwork	MM	MM35	10.1	0:21:30	1:09:02	0:47:32	8	
Damien	Brannigan	MM	MM45	10.1			0:41:46	7	
Shannon	Sivewright?	MM	MM??	10.1			0:52:16	7	
Men 50-59									
Karl	Sutton	MM50	MM50	10.1	0:09:30	0:59:58	0:50:28	10	
Steve	Williamson	MM50	MM50	10.1	0:15:00	1:00:06	0:45:06	9	
John	Read	MM50	MM50	10.1	0:21:00	1:01:08	0:40:08	8	
Alan	Bradbury	MM50	MM50	10.1	0:14:30	1:01:13	0:46:43	7	
Richard	Thomson	MM50	MM55	10.1	0:07:00	1:01:56	0:54:56	6	
David	Harper	MM50	MM50	10.1	0:20:15	1:03:28	0:43:13	5	
Men 60+									
Paul	Taylor	MM50	MM60	10.1	0:04:00	0:59:38	0:55:38	10	
Wolfgang	Schenk	O60	MM60	8.3	0:18:00	1:00:45	0:42:45	9	
Bill	Carlaw	O60	MM70	8.3	0:07:30	1:04:43	0:57:13	8	
Walkers									
Ann	Jeans	Walk	Walk	8.3	-0:08:45	1:01:42	1:10:27	10	
Julie	Devonshire	Walk	Walk	8.3	-0:02:30	1:03:33	1:06:03	9	
Dave	Spankie	Walk	Walk	8.3	-0:07:00	1:03:41	1:10:41	8	
Dave	Thompson	Walk	Walk	8.3	-0:07:00	1:03:41	1:10:41	8	
Non Handicap/Also Ran									
Jessica	Holder	W	W	8.3					
Lindsay	Hotham	MM50	MM55	10.1	-0:07:30				
Ian	Mallowes	O60	MM80	8.3	-0:29:00				