

<b>Pakuranga Athletic Club</b>									
<b>Road and Cross Country Section</b>									
<b>30 May 09 - XC H'Cap</b>									
1st Name	Surname	Grd1	Grd2	km	H/cap 0:55:00	Result	Net	Pts	Note (eg. new athletes, etc.)
<b>Woman</b>									
Michelle	Allison	W	W	6.07	0:22:00	0:52:40	0:30:40	10	
Sian	Morrice	W	W	6.07	0:23:00	0:55:37	0:32:37	9	
Kathleen	Payne	W	W30	6.07	0:21:00	0:56:15	0:35:15	8	
Carla	Fasher	W	W19	6.07		Last =	0:33:30	7	New
<b>Women 35+</b>									
Anne	Bradbury	MW	MW40	6.07	0:18:30	0:54:23	0:35:53	10	
Liz	Lombard	MW	MW35	6.07	0:24:30	0:54:25	0:29:55	9	
Donna	Wallwork	MW	MW35	6.07	0:24:00	0:55:09	0:31:09	8	
Marleen	Cleyndert	MW	MW40	6.07	0:20:00	0:55:10	0:35:10	7	
Beverley	Lorimer	MW	MW55	6.07	0:16:30	0:55:52	0:39:22	6	
Melanie	Cossar	MW	MW40	6.07	0:30:00	0:56:08	0:26:08	5	
Sandra	Martin	MW	MW45	6.07	0:16:00	1:00:36	0:44:36	4	
<b>Men</b>									
Thomas	Brown	M	M19	7.87	0:11:15	0:54:14	0:42:59	10	
Jeremy	Hitchings	M	M	7.87	0:15:00	0:55:23	0:40:23	9	
Scott	Dean	M	M	7.87	0:12:45	0:56:52	0:44:07	8	
Brent	Henley	M	M	7.87	0:26:00	0:58:01	0:32:01	7	
Matthew	Jeans	M	M	7.87	0:25:00	1:00:35	0:35:35	6	
Carl	Read	M	M	7.87		Last =	0:56:58	5	
<b>Men 35-49</b>									
Damian	Brannigan	MM	MM45	7.87	0:21:00	0:53:41	0:32:41	10	
Lachlan	Maclean	MM	MM40	7.87	0:09:15	0:54:04	0:44:49	9	
Roger	Spice	MM	MM35?	7.87	0:20:30	0:54:18	0:33:48	8	
Chris	Keith	MM	MM45	7.87	0:20:30	0:54:55	0:34:25	7	
Mike	Trathen	MM	MM35	7.87	0:23:45	0:55:01	0:31:16	6	
<b>Men 50-59</b>									
Karl	Sutton	MM50	MM50	7.87	0:13:00	0:54:19	0:41:19	10	
Craig	Williamson	MM50	MM50	7.87	0:08:45	0:54:23	0:45:38	9	
John	Baty	MM50	MM55	7.87	0:20:00	0:54:45	0:34:45	8	
Ken	Ayden	MM50	MM55	7.87	0:13:30	0:54:47	0:41:17	7	
Steve	Williamson	MM50	MM50	7.87	0:20:15	0:54:52	0:34:37	6	
Alan	Bradbury	MM50	MM50	7.87	0:18:45	0:55:08	0:36:23	5	
Richard	Thomson	MM50	MM55	7.87	0:12:30	0:55:20	0:42:50	4	
David	Harper	MM50	MM50	7.87	0:22:45	0:57:24	0:34:39	3	
Neil	Cheyne	MM50	MM50	7.87	0:18:00	0:59:19	0:41:19	2	
<b>Men 60+</b>									
John	Beedie	O60	MM60	6.07	0:17:00	0:53:14	0:36:14	10	
John	Robinson	O60	MM60	7.87	0:19:15	0:54:52	0:35:37	9	
Trevor	Cowley	O60	MM70	6.07	0:11:30	0:55:05	0:43:35	8	
Graeme	Wicks	O60	MM65	6.07	0:19:15	0:55:12	0:35:57	7	
Emrys	Jones	O60	MM70	6.07	0:14:00	0:57:20	0:43:20	6	
Paul	Fitzwilliam	O60	MM65	6.07	0:22:45	0:58:18	0:35:33	5	
<b>Walkers</b>									
Ann	Jeans	Walk	Walk	6.07	0:01:00	0:53:37	0:52:37	10	
Tracey	Calway	Walk	Walk	6.07	0:06:15	0:53:55	0:47:40	9	
Julie	Devonshire	Walk	Walk	6.07	0:06:00	0:54:24	0:48:24	8	
Maurice	Neighbour	Walk	Walk	6.07	-0:01:00	0:55:59	0:56:59	7	
<b>Ran but another course, no uniform, etc.</b>									
Jacques	Massie	M	M19	7.87	0:18:00	0:55:17	0:37:17		
Kerry	Rouse	MM	MM45	7.87	0:14:30	0:59:05	0:44:35		
Paul	Williams	MM	MM35	7.87	0:16:00	0:59:23	0:43:23		
Brett	Wallwork	MM	MM35	7.87	0:24:00				
Greg	Dean	MM50	MM55	7.87	0:10:45	0:57:02	0:46:17		
Ian	Mallowes	O60	MM80	6.07	-0:23:00	0:50:36	1:13:36		
Mijo	Sole	O60	MM65	6.07	0:23:45	0:56:25	0:32:40		