

| Pakuranga Athletic Club | | | | | | | | | |
|---|-------------|------|------|-----|------------------|---------|---------|-----|-------------------------------|
| Road and Cross Country Section | | | | | | | | | |
| 01 May 10 - XC H'Cap | | | | | | | | | |
| 1st Name | Surname | Grd1 | Grd2 | km | H/cap 0:55:00 | Result | Net | Pts | Note (eg. new athletes, etc.) |
| Woman | | | | | | | | | |
| Vikki | Smith | W | W | 6 | 0:23:15 | 0:54:18 | 0:31:03 | 10 | |
| Hannah | Brown | W | W | 6 | 0:15:30 | 0:54:30 | 0:39:00 | 9 | |
| Kirsty | Burt | W | W | 6 | | Last = | 0:30:49 | 8 | New |
| Women 35+ | | | | | | | | | |
| Jackie | Russell | MW | MW40 | 6 | 0:24:45 | 0:53:34 | 0:28:49 | 10 | |
| Beverley | Lorimer | MW | MW55 | 6 | 0:16:30 | 0:53:36 | 0:37:06 | 9 | |
| Debbie | Garland | MW | MW45 | 6 | 0:28:30 | 0:54:31 | 0:26:01 | 8 | |
| Sonia | Webb | MW | MW35 | 6 | 0:22:00 | 0:55:05 | 0:33:05 | 7 | |
| Gaye | Stratton | MW | MW50 | 6 | 0:21:15 | 0:55:24 | 0:34:09 | 6 | |
| Kristine | Reid | MW | MW40 | 8.1 | 0:22:30 | 0:56:24 | 0:33:54 | 5 | |
| Donna | Wallwork | MW | MW35 | 6 | 0:23:00 | 0:57:22 | 0:34:22 | 4 | |
| Sandra | Patterson | MW | MW45 | 6 | 0:28:45 | 0:58:54 | 0:30:09 | 3 | |
| Men | | | | | | | | | |
| Matthew | Sweetingham | M | M | 9.9 | 0:18:00 | 0:54:12 | 0:36:12 | 10 | |
| John | Pita | M | M | 9.9 | 0:07:45 | 0:54:30 | 0:46:45 | 9 | |
| Anthony | Curry | M | M | 9.9 | 0:14:00 | 0:56:24 | 0:42:24 | 8 | |
| Alex | Parlane | M | M | 9.9 | 0:21:00 | 0:57:58 | 0:36:58 | 7 | |
| James | Hand | M | M | 9.9 | | Last = | 0:37:02 | 6 | |
| Men 35-49 | | | | | | | | | |
| Mike | Trathen | MM | MM35 | 8.1 | 0:21:00 | 0:54:38 | 0:33:38 | 10 | |
| David | Drummond | MM | MM45 | 8.1 | 0:22:30 | 0:55:53 | 0:33:23 | 9 | |
| Paul | Williams | MM | MM35 | 8.1 | 0:13:00 | 0:57:15 | 0:44:15 | 8 | |
| Men 50-59 | | | | | | | | | |
| Karl | Sutton | MM50 | MM50 | 8.1 | 0:09:45 | 0:52:49 | 0:43:04 | 10 | |
| Steve | Williamson | MM50 | MM50 | 8.1 | 0:19:15 | 0:54:20 | 0:35:05 | 9 | |
| Chris | Keith | MM50 | MM50 | 8.1 | 0:20:45 | 0:54:43 | 0:33:58 | 8 | |
| Greg | Dean | MM50 | MM55 | 8.1 | 0:09:15 | 0:55:31 | 0:46:16 | 7 | |
| John | Read | MM50 | MM50 | 8.1 | 0:20:30 | 0:55:45 | 0:35:15 | 6 | |
| Richard | Thomson | MM50 | MM55 | 8.1 | 0:04:00 | 0:55:56 | 0:51:56 | 5 | |
| Don | Hitchings | MM50 | MM55 | 8.1 | 0:03:45 | 0:55:57 | 0:52:12 | 4 | |
| Murray | Smith | MM50 | MM50 | 8.1 | | Last = | 0:54:56 | 3 | |
| Men 60+ | | | | | | | | | |
| Greg | Dodds | O60 | MM60 | 8.1 | 0:06:15 | 0:52:40 | 0:46:25 | 10 | |
| Fred | Burke | O60 | MM65 | 6 | 0:19:45 | 0:52:47 | 0:33:02 | 9 | |
| Barry | Weston | O60 | MM70 | 6 | 0:21:30 | 0:53:17 | 0:31:47 | 8 | |
| Allan | Sim | O60 | MM60 | 8.1 | 0:16:30 | 0:53:35 | 0:37:05 | 7 | |
| John | Robinson | O60 | MM60 | 8.1 | 0:18:45 | 0:55:16 | 0:36:31 | 6 | |
| Emrys | Jones | O60 | MM70 | 6 | 0:14:00 | 0:55:51 | 0:41:51 | 5 | |
| Chris | Martin | O60 | MM65 | 8.1 | 0:14:30 | 0:56:02 | 0:41:32 | 4 | |
| Jim | Dun | O60 | MM60 | 6 | 0:22:00 | 0:56:16 | 0:34:16 | 3 | |
| Lindsay | Hotham | O60 | MM60 | 6 | 0:12:15 | 1:05:21 | 0:53:06 | 2 | |
| Harold | Shute | O60 | MM65 | 8.1 | | Last = | 0:43:49 | 1 | New |
| Walkers | | | | | | | | | |
| Maurice | Neighbour | Walk | Walk | 6 | -0:01:15 | 0:54:16 | 0:55:31 | 10 | |
| Ann | Jeans | Walk | Walk | 6 | 0:04:00 | 0:57:44 | 0:53:44 | 9 | |
| Tracey | Calway | Walk | Walk | 6 | 0:07:45 | 0:57:46 | 0:50:01 | 8 | |
| Ron | Johnson | Walk | Walk | 6 | 0:12:00 | 0:58:52 | 0:46:52 | 7 | |
| Sunnette | Kennard | Walk | Walk | 6 | 0:02:00 | 0:59:00 | 0:57:00 | 6 | |
| Julie | Devonshire | Walk | Walk | 6 | 0:07:30 | 1:01:15 | 0:53:45 | 5 | |
| Les | Heywood | Walk | Walk | 6 | | Last = | 0:52:35 | 4 | |
| Ran but another course, no uniform, etc. | | | | | | | | | |
| Ben | Gillum | M | M | 9.9 | 0:17:15 | | | | |