

Pakuranga Athletic Club									
Road and Cross Country Section									
24 Jul 10 - RD H'Cap									
1st Name	Surname	Grd1	Grd2	km	H/cap 0:55:00	Result	Net	Pts	Note (eg. new athletes, etc.)
Woman									
Liz	Hayes	W	W	8.3	0:15:00	0:55:44	0:40:44	10	
Sian	Morrice	W	W	8.3	0:15:00	0:57:23	0:42:23	9	
Hannah	Brown	W	W	8.3	0:00:30	0:57:34	0:57:04	8	
Women 35+									
Jo	Hitchings	MW	MW45	8.3	0:05:15	0:53:32	0:48:17	10	
Kathleen	Payne	MW	MW35	10.1	0:03:00	0:54:56	0:51:56	9	
Natalie	Seay	MW	MW40	8.3	0:16:15	0:54:57	0:38:42	8	
Rachel	Penney	MW	MW35	8.3	0:22:30	0:56:51	0:34:21	7	
Jackie	Russell	MW	MW45	8.3	0:16:00	0:56:55	0:40:55	6	
Men									
Matthew	Sweetingham	M	M	10.1	0:18:45	0:58:14	0:39:29	10	
Ben	Gillum	M	M	10.1		Last =	0:39:38	9	
Men 35-49									
Simon	Phillips	MM	MM40	10.1	0:15:45	0:55:26	0:39:41	10	
Lachlan	Maclean	MM	MM40	10.1	-0:04:00	0:56:21	1:00:21	9	
Mike	Trathen	MM	MM35	10.1	0:13:30	1:03:33	0:50:03	8	
Men 50-59									
Craig	Williamson	MM50	MM50	10.1	-0:07:00	0:51:55	0:58:55	10	
Robert	Smith	MM50	MM50	10.1	0:08:30	0:53:22	0:44:52	9	
Steve	Williamson	MM50	MM50	10.1	0:12:00	0:55:16	0:43:16	8	
Greg	Dean	MM50	MM55	10.1	-0:00:15	0:56:11	0:56:26	7	
Chris	Keith	MM50	MM50	10.1	0:13:15	0:56:13	0:42:58	6	
Richard	Thomson	MM50	MM55	10.1	-0:00:30	0:57:08	0:57:38	5	
Neil	Cheyne	MM50	MM50	10.1	0:08:15	1:00:10	0:51:55	4	
Alan	Bradbury	MM50	MM50	10.1	0:11:15	1:00:57	0:49:42	3	
Men 60+									
Terry	Mitchell	O60	MM65	8.3	0:03:30	0:51:18	0:47:48	10	
Paul	Taylor	O60	MM60	10.1	-0:03:30	0:54:01	0:57:31	9	
Alec	Day	O60	MM70	8.3	0:12:00	0:54:39	0:42:39	8	
Ken	Ayden	O60	MM60	10.1	0:03:45	0:54:46	0:51:01	7	
Barry	Weston	O60	MM70	8.3	0:12:00	0:55:19	0:43:19	6	
Fred	Burke	O60	MM65	8.3	0:11:30	0:55:46	0:44:16	5	
Kirk	Lister	O60	MM65	8.3	0:15:00	0:55:52	0:40:52	4	
Brian	Payne	O60	MM60	10.1	0:08:15	0:56:01	0:47:46	3	
Emrys	Jones	O60	MM70	8.3	0:00:00	0:56:44	0:56:44	2	
Wolfgang	Schenk	O60	MM60	8.3	0:12:45	0:58:53	0:46:08	1	
Jim	Dun	O60	MM60	8.3	0:09:00	0:59:09	0:50:09	1	
Walkers									
Ann	Jeans	Walk	Walk	8.3	-0:17:00	0:52:58	1:09:58	10	
Maurice	Neighbour	Walk	Walk	8.3	-0:18:00	0:53:06	1:11:06	9	
Sunnette	Kennard	Walk	Walk	8.3	-0:08:45	0:58:37	1:07:22	8	
Julie	Devonshire	Walk	Walk	8.3	-0:08:45	0:58:38	1:07:23	7	
Dave	Spankie	Walk	Walk	8.3	-0:11:45	0:59:55	1:11:40	6	
Paul	Tindill	Walk	Walk	8.3		Last =	1:12:16	5	
Ran but another course, no uniform, etc.									
Adrian	Edge	M	M	8.3			0:38:30		
Lindsay	Hotham	O60	MM60	8.3	0:05:15				