

Pakuranga Athletic Club									
Road and Cross Country Section									
31 Jul 10 - RD H'Cap									
1st Name	Surname	Grd1	Grd2	km	H/cap 1:00:00	Result	Net	Pts	Note (eg. new athletes, etc.)
Woman									
Leah	Hirschfeld	W	W30	8.3	0:24:30	1:05:45	0:41:15	10	
Women 35+									
Jo	Hitchings	MW	MW45	8.3	0:12:00	0:56:52	0:44:52	10	
Gaye	Stratton	MW	MW50	8.3	0:13:00	0:58:14	0:45:14	9	
Kathleen	Payne	MW	MW35	10.1	0:08:15	0:59:28	0:51:13	8	
Anne	Bradbury	MW	MW40	8.3	0:11:15	0:59:51	0:48:36	7	
Liz	Hayes	MW	MW40	8.3	0:20:00	1:00:41	0:40:41	6	
Beverley	Lorimer	MW	MW55	8.3	0:08:00	1:00:45	0:52:45	5	
Men									
Adrian	Edge	M	M	10.1	0:13:00	0:58:10	0:45:10	10	
Ben	Gillum	M	M	10.1	0:22:15	1:00:31	0:38:16	9	
Matthew	Sweetingham	M	M	10.1	0:23:45	1:01:52	0:38:07	8	
Anthony	Curry	M	M	10.1	0:20:15	1:08:13	0:47:58	7	
Men 35-49									
Lachlan	Maclean	MM	MM40	10.1	0:00:00	0:56:23	0:56:23	10	
Simon	Phillips	MM	MM40	10.1	0:20:45	0:59:07	0:38:22	9	
Shannon	Sivewright	MM	MM35	10.1	0:14:30	0:59:49	0:45:19	8	
Mike	Trathen	MM	MM35	10.1	0:18:30	1:05:52	0:47:22	7	
Men 50-59									
Craig	Williamson	MM50	MM50	10.1	0:01:30	1:00:53	0:59:23	10	
Greg	Dean	MM50	MM55	10.1	0:04:30	1:01:05	0:56:35	9	
Richard	Thomson	MM50	MM55	10.1	0:03:45	1:01:21	0:57:36	8	
Alan	Bradbury	MM50	MM50	10.1	0:15:30	1:01:28	0:45:58	7	
Rick	Knight	MM50	MM55	10.1	0:16:15	1:01:34	0:45:19	6	
Karl	Sutton	MM50	MM50	10.1	0:09:45	1:03:41	0:53:56	5	
Men 60+									
Brian	Payne	O60	MM60	10.1	0:13:15	0:59:13	0:45:58	10	
Fred	Burke	O60	MM65	8.3	0:16:15	0:59:25	0:43:10	9	
Wolfgang	Schenk	O60	MM60	8.3	0:15:00	0:59:26	0:44:26	8	
Mac	McKenzie	O60	MM65	10.1	-0:24:00	0:59:34	1:23:34	7	
Barry	Weston	O60	MM70	8.3	0:17:00	0:59:44	0:42:44	6	
Emrys	Jones	O60	MM70	8.3	0:04:00	1:00:32	0:56:32	5	
Eric	Meredith	O60	MM65	8.3	0:22:00	1:00:41	0:38:41	4	
Allan	Sim	O60	MM60	8.3	0:24:00	1:01:09	0:37:09	3	
Kirk	Lister	O60	MM65	8.3	0:20:00	1:01:19	0:41:19	2	
Allan	Shadbolt	O60	MM60	10.1	0:11:30	1:02:17	0:50:47	1	
Chris	Martin	O60	MM65	8.3	0:19:30	1:02:31	0:43:01	1	
Ken	Ayden	O60	MM60	8.3	0:19:30	1:10:08	0:50:38	1	
Walkers									
Ran but another course, no uniform, etc.									
Chris	Keith	MM50	MM50	8.3	0:18:15		0:35:33		8.33k
Dave	Rimmer	MM50?	MM50?	10.1			0:59:11		
John	Beedie	O60	MM65	8.3	0:12:15		0:45:06		Social
Greg	Dodds	O60	MM60	10.1	0:02:15		1:01:39		
Terry	Mitchell	O60	MM65	8.3	0:12:30				
Jim	Dun	O60	MM60	10.1	-0:01:30				
Lindsay	Hotham	O60	MM60	8.3	0:10:15				