

<b>Pakuranga Athletic Club</b>									
<b>Road and Cross Country Section</b>									
<b>07 Aug 10 - RD H'Cap</b>									
<b>1st Name</b>	<b>Surname</b>	<b>Grd1</b>	<b>Grd2</b>	<b>km</b>	<b>H/cap 1:00:00</b>	<b>Result</b>	<b>Net</b>	<b>Pts</b>	<b>Note (eg. new athletes, etc.)</b>
<b>Woman</b>									
<b>Women 35+</b>									
Natalie	Seay	MW	MW40	10.1	0:11:45	0:58:04	0:46:19	10	
Liz	Hayes	MW	MW40	8.3	0:19:30	0:58:50	0:39:20	9	
Kathleen	Payne	MW	MW35	10.1	0:09:00	0:59:13	0:50:13	8	
Jo	Hitchings	MW	MW45	8.3	0:15:15	1:00:07	0:44:52	7	
Anne	Bradbury	MW	MW40	8.3	0:11:45	1:00:34	0:48:49	6	
Jackie	Russell	MW	MW45	8.3	0:20:00	1:00:48	0:40:48	5	
Donna	Wallwork	MW	MW35	8.3	0:16:30	1:07:40	0:51:10	4	
<b>Men</b>									
James	Hand	M	M	10.1	0:24:45	0:58:30	0:33:45	10	
Adrian	Edge	M	M30	10.1	0:15:15	0:59:04	0:43:49	9	
Tim	Loughnane	M	M30	10.1		Last =	0:43:34	8	
<b>Men 35-49</b>									
Lachlan	Maclean	MM	MM40	10.1	0:03:45	0:59:12	0:55:27	10	
<b>Men 50-59</b>									
Alan	Bradbury	MM50	MM50	10.1	0:14:30	0:59:30	0:45:00	10	
Richard	Thomson	MM50	MM55	10.1	0:03:00	0:59:41	0:56:41	9	
Chris	Keith	MM50	MM50	10.1	0:18:15	0:59:56	0:41:41	8	
Steve	Williamson	MM50	MM50	10.1	0:17:15	1:00:21	0:43:06	7	
Greg	Dean	MM50	MM55	10.1	0:04:00	1:00:32	0:56:32	6	
Karl	Sutton	MM50	MM50	10.1	0:07:00	1:00:48	0:53:48	5	
<b>Men 60+</b>									
Ken	Ayden	O60	MM60	10.1	0:02:15	0:56:09	0:53:54	10	
Mac	McKenzie	O60	MM65	10.1	-0:23:00	0:56:58	1:19:58	9	
Allan	Shadbolt	O60	MM60	10.1	0:10:45	0:58:25	0:47:40	8	
Brian	Payne	O60	MM60	10.1	0:14:15	0:59:11	0:44:56	7	
Chris	Martin	O60	MM65	8.3	0:18:00	1:00:36	0:42:36	6	
Terry	Mitchell	O60	MM65	8.3	0:12:30	1:01:13	0:48:43	5	
Emrys	Jones	O60	MM70	8.3	0:03:45	1:01:14	0:57:29	4	
Barry	Weston	O60	MM70	8.3	0:17:30	1:01:22	0:43:52	3	
Kirk	Lister	O60	MM65	8.3	0:19:30	1:01:26	0:41:56	2	
Eric	Meredith	O60	MM65	8.3	0:22:00	1:01:32	0:39:32	1	
John	Robinson	O60	MM60	10.1	0:16:15	1:02:37	0:46:22	1	
<b>Walkers</b>									
Maurice	Neighbour	Walk	Walk	8.3	-0:10:30	1:04:29	1:14:59	10	
<b>Ran but another course, no uniform, etc.</b>									
Paul	Fitzgerald								
Paul	Williams	MM	MM35	10.1	0:08:15				
Greg	Dodds	O60	MM60	10.1	0:02:15				
Lindsay	Hotham	O60	MM60	8.3	0:10:15				