

<b>Pakuranga Athletic Club</b>									
<b>Road and Cross Country Section</b>									
<b>30 Apr 11 - XC H'Cap (No Points)</b>									
1st Name	Surname	Grd1	Grd2	km	H/cap 0:55:00	Result	Net	Pts	Note (eg. new athletes, etc.)
<b>Woman</b>									
Charlotte	Cheyne	W	W19	7.7	0:12:45	0:53:59	0:41:14		
<b>Women 35+</b>									
Anne	Bradbury	MW	MW40	5.6	0:18:00	0:54:37	0:36:37		
Jackie	Russell	MW	MW45	5.6	0:24:15	0:55:08	0:30:53		
Kristine	Reid	MW	MW40	7.7	0:21:45	0:55:54	0:34:09		
Debbie	Garland	MW	MW45	5.6	0:27:00	0:57:44	0:30:44		
Rachel	Penney	MW	MW35	7.7		Last =	0:35:56		
<b>Men</b>									
Jay	Wallwork	M	M19	7.7	0:22:30	0:55:49	0:33:19		
Quinn	Wallwork	M	M16	7.7	0:20:00	0:59:46	0:39:46		
Sam	Daley	M	M	9.4		Last =	0:41:53		
<b>Men 35-49</b>									
Chris	Brown	MM	MM45	7.7	0:15:00	0:51:33	0:36:33		
Robert	Gleed	MM	MM45	7.7	0:10:00	0:53:44	0:43:44		
Pat	Hales	MM	MM40	7.7	0:12:30	0:56:21	0:43:51		
Brett	Wallwork	MM	MM35	7.7	0:22:30	0:56:49	0:34:19		
Shannon	Sivewright	MM	MM35	7.7	0:18:30	0:59:13	0:40:43		
Simon	Phillips	MM	MM45	9.4		Last =	0:41:51		
<b>Men 50-59</b>									
Chris	Keith	MM50	MM50	7.7	0:21:00	0:55:57	0:34:57		
John	Read	MM50	MM50	7.7	0:21:45	0:56:11	0:34:26		
John	Baty	MM50	MM55	7.7	0:19:30	0:56:56	0:37:26		
Neil	Cheyne	MM50	MM50	7.7	0:16:00	0:57:14	0:41:14		
Steve	Williamson	MM50	MM55	7.7	0:20:00	0:57:39	0:37:39		
Barry	O'Brien	MM50	MM55	7.7	0:03:45	0:59:32	0:55:47		
Robert	Smith	MM50	MM50	7.7	0:18:30	1:00:00	0:41:30		
<b>Men 60+</b>									
Harold	Shute	O60	MM65	7.7	0:12:45	0:55:33	0:42:48		
Barry	Weston	O60	MM70	5.6	0:22:00	0:55:33	0:33:33		
Fred	Burke	O60	MM65	5.6	0:23:00	0:55:34	0:32:34		
Emrys	Jones	O60	MM75	5.6	0:13:30	0:56:03	0:42:33		
Paul	Fitzwilliam	O60	MM65	5.6	0:20:45	0:56:15	0:35:30		
Mac	McKenzie	O60	MM65	5.6	0:12:30	0:56:29	0:43:59		
Greg	Dean	O60	MM60	5.6	0:22:30	0:56:32	0:34:02		
Ken	Ayden	O60	MM60	7.7	0:11:15	0:57:11	0:45:56		
Kirk	Lister	O60	MM65	5.6	0:24:45	0:57:18	0:32:33		
<b>Walkers</b>									
Maurice	Neighbour	Walk	Walk	5.6	-0:03:45	0:39:00	0:42:45		
Sunnette	Kennard	Walk	Walk	5.6	0:05:30	0:48:15	0:42:45		