

Pakuranga Athletic Club									
Road and Cross Country Section									
16 Jul 11 - XC Club Champs/H'Cap Race 7									
1st Name	Surname	Grd1	Grd2	km	H/cap 0:55:00	Result	Net	Pts	Note (eg. new athletes, etc.)
Woman									
Women 35+									
Debbie	Garland	MW	MW45	5.6	0:26:30	0:59:06	0:32:36	10	
Jackie	Russell	MW	MW45	5.6	0:24:15	0:59:06	0:34:51	10	
Vicky	Powell	MW	MW35	5.6	0:21:00	1:01:29	0:40:29	9	
Kathleen	Payne	MW	MW35	5.6	0:20:30	1:02:49	0:42:19	8	
Beverley	Lorimer	MW	MW55	5.6	0:16:45	1:02:58	0:46:13	7	
Gaye	Stratton	MW	MW50	5.6	0:18:00	1:04:39	0:46:39	6	
Men									
Brent	Henley	M	M	9.4	0:21:30	1:00:56	0:39:26	10	
Alex	Parlane	M	M	9.4	0:22:30	1:01:26	0:38:56	9	
Jay	Wallwork	M	M19	9.4	0:19:00	1:03:17	0:44:17	8	
James	Hand	M	M	9.4	0:18:30	1:03:43	0:45:13	7	
Adrian	Edge	M	M30	9.4	0:09:00	1:04:00	0:55:00	6	
Men 35-49									
Simon	Phillips	MM	MM45	7.7	0:23:00	0:59:23	0:36:23	10	
Brett	Wallwork	MM	MM40	7.7	0:22:30	0:59:40	0:37:10	9	
Mike	Trathen	MM	MM35	7.7	0:19:00	0:59:51	0:40:51	8	
Paul	Williams	MM	MM35	7.7	0:12:00	1:00:00	0:48:00	7	
Robert	Gleed	MM	MM45	7.7	0:11:15	1:00:40	0:49:25	6	
Shannon	Sivewright	MM	MM35	7.7	0:16:30	1:00:52	0:44:22	5	
Pat	Hales	MM	MM40	7.7	0:12:30	1:03:37	0:51:07	4	
Daryl	Patterson	MM	MM45	7.7	0:16:00	1:03:48	0:47:48	3	
Lachlan	Maclean	MM	MM40	7.7	0:00:30	1:04:08	1:03:38	2	
Men 50-59									
Richard	Thomson	MM50	MM55	7.7	0:07:30	0:57:52	0:50:22	10	1st Male Handicap
David	Harper	MM50	MM55	7.7	0:20:45	1:00:47	0:40:02	9	
Karl	Sutton	MM50	MM55	7.7	0:12:30	1:01:35	0:49:05	8	
John	Baty	MM50	MM55	7.7	0:19:45	1:02:22	0:42:37	7	
Men 60+									
Brian	Payne	O60	MM60	5.6	0:24:30	0:58:01	0:33:31	10	
John	Robinson	O60	MM60	5.6	0:28:30	0:59:41	0:31:11	9	
Harold	Shute	O60	MM65	5.6	0:24:30	1:00:06	0:35:36	8	
Fred	Burke	O60	MM65	5.6	0:22:30	1:00:19	0:37:49	7	
Emrys	Jones	O60	MM75	5.6	0:13:00	1:00:37	0:47:37	6	
Greg	Dean	O60	MM60	5.6	0:20:45	1:01:05	0:40:20	5	
Barry	Weston	O60	MM70	5.6	0:20:45	1:01:09	0:40:24	4	
Wolfgang	Schenk	O60	MM65	5.6	0:21:30	1:01:19	0:39:49	3	
Paul	Taylor	O60	MM60	5.6	0:17:00	1:02:06	0:45:06	2	
Walkers									
Tracey	Calway	Walk	Walk	5.6	0:05:30	0:57:29	0:51:59	10	1st Female Handicap
Denis	Rudman	Walk	Walk	5.6	0:08:30	0:59:50	0:51:20	9	
Maurice	Neighbour	Walk	Walk	5.6	-0:07:30	1:04:48	1:12:18	8	