

Mild but humid

Southside Masters Inc.

Weather Conditions

Date

7/1/10

400m Short Track							5K Long Track						
Name	Actual Time	H'cap	Net Time	Place	Points	Name	Actual Time	H'cap	Net Time	Place	Points		
1 G Grelissen	1:04.4	13.6	50.5	4	6	1 G Grelissen	17:54	3:16	14:38	9	18		
2 B Plummer	1:14.7	22.0	51.7	5	7	2 B Plummer	17:55	2:51	15:04	14	13		
3 Jessica Colquhoun	1:14.6	22.4	52.2	6	6	3 P Ray	18:24	4:12	14:12	6	21		
4 D Toole	1:18.7	22.5	55.2	8	4	4 G Grodden	19:21	4:30	14:51	11	16		
5 O Millridge	1:22.9	35.3	46.6	2	10	5 C Wiley	20:35	5:59	14:36	8	19		
6 D Sullivan	1:22.7	39.9	42.8	1	12	6 T Yates	20:47	4:49	15:58	20	6		
7 C Russ	1:25.7	32.2	53.1	7	5	7 D Toole	21:15	6:21	14:54	13	14		
8 C Plummer	1:26.3	38.0	48.3	3	9	8 L Denneen	21:22	6:00	15:22	16	11		
9 L Farley	1:31.2	-	91.2	9	3	9 Goonie	22:08	-	22:08	24	3		
10 D Burns	2:26.0	-	2:26.0	10	2	10 C Russ	22:29	7:22	15:07	15	12		
						11 J Irvine	23:34	8:42	14:52	12	15		
						12 R Toole	23:41	9:30	14:11	5	22		
						13 Jessica Colquhoun	24:19	-	24:19	25	2		
						14 D Allen	24:27	16:14	8:13	1	29		
						15 O Lund	24:52	9:21	15:31	18	9		
						16 R Morris	25:20	10:32	14:48	10	17		
						17 M Roberts	27:41	11:56	15:45	19	8		
						18 C Plummer	28:19	13:49	14:30	7	20		
						19 M McGuirk	28:41	12:49	15:52	20	7		
						20 Lynda Van Dyk	29:08	16:33	13:05	2	27		
						21 Tricia Simpson	29:17	15:23	13:54	4	23		
						22 T Hill	29:33	16:19	13:14	3	25		
						23 M Izard	30:53	13:59	16:54	22	5		
						24 Anna Argall	31:49	16:19	15:30	17	10		
						25 P Dell	33:59	16:14	17:45	23	4		
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10K Road Race						
Name	Actual Time	H'cap	Net Time	Place	Points	
1 M. Paulos	38:38	7:10	31:28	1	6	
2 J Cosatto	55:09	19:38	35:26	2	4	
3 B Fickel	52:10	16:29	35:41	3	3	
4 D Burns	1:21:58	22:41	59:17	4	2	
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5K Walkers						
Name	Actual Time	H'cap	Net Time	Place	Points	
1 O Millridge	37:21	15:40	21:41	3	3	1st
2 A Argall	45:02	22:34	21:28	2	4	
3 H Simon	46:36	26:43	19:53	1	6	2nd
4 Trish Cosatto	49:00	-	49:00	4	2	
5 B McCredie	37:04	3K			1	3rd
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