





Mild, still evening, great for running, a bit humid

Weather Conditions

Date: 3/9/09

Southside Masters Inc

Short Track 400m

Long Track 5K

Short Track 400m							Long Track 5K				
Name	Actual Time	H'cap	Nett Time	Place	Poi nts	Name	Actual Time	H'cap	Nett Time	Place	Poi nts
B Plummer	.67	23.5	23.5	3	8	G. Grelissen	17-16	3.32	13.44	4	30
Bob Simpson	.68	-	68.0	7	4	B Plummer	17-32	2.51	14.41	16	17
O. Hoare	.69	26.7	42.3	2	9	B Nairn	18-19	4.22	13.57	6	27
Nathan Breen	.70	-	70.0	8	3	B Lloyd	18-28	5.07	13.21	2	34
Louise Denneen	.75	42.0	33.0	1	11	J Shaw	18-45	4.22	14.23	9	23 1/2
Mark Simpson	.78	-	78.0	9	2	J Dawlings	18-52	4.19	14.33	13	20
O Millridge	.81	35.3	45.7	5	6	P Ray	19-17	4.18	14.59	18	15
C Plummer	1-26.87	39.0	52.9	6	5	Glen Dewhurst	19-55	-	19.55	26	7
J Dawlings	1-27-56	42.8	44.8	4	7	Carina Rodd	20-02	-	20.02	27	6
						Brian Pepper	20-46	-	20.46	28	5
						A Eyles	20-47	7.05	13.42	3	32
						D. Wendt	21-04	6.59	14.05	8	25
						Mark Simpson	21-11	8.02	13.09	1	36
Walkers 5K						Natkeen Breen	21-12	6.37	14.35	19	19
O Millridge	35-36	15.40	19.56	1	5 1/2	Louise Denneen	21-29	6.59	14.30	12	21
Brooke Russ	40-18	20.22	19.56	1	5 1/2						
A Argall	45-24	22.48	22.36	4	2	G Hudson	22-37	7.41	14.56	17	16
C Plummer	47-48	27.46	20.02	3	3	Bob Simpson	23-28	8.25	15.03	19	14
						J. Vella	23-41	7.52	15.49	24	9
						O Lund	23-50	9.21	14.29	11	22
						Timothy Eyles	24-17	-	24.17	29	4
						Mathew Simpson	24-27	-	24.27	30	3
						J Irvine	24-31	8.19	16.12	25	8
Yates	46-48	15.29	31.18	1	7	R Toole	24-34	9.30	15.04	20	13
Joanne Tseris	46-49	-	46.49	5	2	R Morris	25-39	10.32	15.07	21	12
B Fickel	50-29	16.29	34.00	2	5	Markham	25-52	11.48	14.04	7	26
G Keir	52-59	15.50	37.09	4	3	M Roberts Jr	26-31	12.36	13.55	5	28
D Burns	56-45	22.41	34.04	3	4	M Izard	30-12	14.46	15.26	22	11
						Trisha Simpson	30-28	-	30.28	31	2
						Anna Argall	30-42	16.19	14.23	9	23 1/2
						P Dell	30-51	16.04	14.37	15	18
						T Hill	32-01	16.29	15.32	23	10

Road Race 10K