

Cool still night, brilliant for running & walking.

Weather Conditions

Date: 23/9/10

Southside Masters Inc

1500m

Short Track

3K

Long Track

Short Track						Long Track					
Name	Actual Time	H'cap	Nett Time	Place	Poi nts	Name	Actual Time	H'cap	Nett Time	Place	Poi nts
1 D Sullivan	5:41	1:57	3:44	6	8	1 Belinda Martin	10:24	2:06	8:18	8	20 1/2
2 B Plummer	5:55	1:51	4:04	11	3	2 B Plummer	10:39	2:03	8:36	15	14
3 C Breen	5:59	2:18	3:41	4	10	3 Thien Vuong	10:39	1:44	8:55	20	9
4 B Simpson	6:05	2:17	3:48	8	6	4 J Dawlings	10:42	2:50	7:52	2	29
5 C Russ	6:30	2:39	3:51	9	5	5 P Ray	10:58	2:26	8:32	13	16
6 Mark Simpson	6:30	2:43	3:47	7	7	6 J Shaw	10:58	2:40	8:18	8	20 1/2
7 J Dawlings	6:37	2:55	3:42	5	9	7 Paul Sheringham	11:21	-	11:21	27	2
8 C Plummer	6:47	3:18	3:29	1	15	8 D Sullivan	11:32	3:28	8:04	5	24
9 Louise Denneen	6:48	2:49	3:59	10	4	9 D Toole	12:15	3:25	8:50	18	10 1/2
10 Jan Marshall	6:52	-	6:52	12	2	10 B Darby	12:49	3:41	9:08	23	6
11 Mathew Simpson	6:57	3:19	3:38	3	11	11 C Russ	13:06	5:04	8:02	4	25
12 L Farley	7:22	3:47	3:35	2	13	12 G Hudson	13:08	4:31	8:37	16	13
13						13 G Darby	13:14	4:10	9:04	21	8
14						14 Bob Simpson	13:33	5:02	8:31	12	17
15						15 Goonie	13:48	4:14	9:34	25	4
16						16 O Lund	14:06	5:39	8:27	10	19
17						17 Deborah Martin	14:08	5:33	8:35	14	15
18						18 Jan Marshall	14:41	5:51	8:50	18	10 1/2
19						19 R Toole	14:53	5:29	9:24	24	5
20						20 M Gentle	15:33	8:20	7:13	1	31
21						21 Russell Lee	16:00	7:45	8:15	7	22
22						22 J Irvine	16:04	5:46	10:18	26	3
23						23 Tricia Simpson	16:20	8:15	8:05	6	23
24						24 Les Farley	16:22	7:39	8:43	17	12
25						25 C Plummer	16:25	8:24	8:01	3	27
26						26 M. Mc Guirk	16:33	8:03	8:30	11	18
27						27 P Dell	19:17	10:10	9:07	22	7
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39											

Road Race 7.5K

Walkers 3K

5
6
7

1st
2nd
3rd

