

Mild still evening
 just right for running + walking

Weather Conditions

Date: 20/8/09

Southside Masters Inc

Short Track 800m

Long Track 5K

Short Track 800m						Long Track 5K					
Name	Actual Time	H'cap	Nett Time	Place	Poi nts	Name	Actual Time	H'cap	Nett Time	Place	Poi nts
1 Isag Ali	2.14	-	2.14	8	8	1 Chadi Elashkar	15.33	1.57	13.36	3	24
2 O. Hoare	2.26	46	1.40	2	15	2 B Plummer	17.14	2.51	14.23	9	17
3 Belinda Martin	2.26	-	2.26	9	7	3 G Gielissen	17.33	3.32	14.01	6	20
4 Nathan Breen	2.35	-	2.35	10	6	4 Magda Poulos	17.42	3.25	14.17	8	18
5 B Plummer	2.50	39	2.11	7	9	5 Belinda Martin	18.18	3.14	15.04	17	9
6 Louise Denneen	2.59	1.35	1.24	1	17	6 J Dawlings	18.19	4.21	13.58	5	21
7 Mark Simpson	3.03	-	3.03	11	5	7 J Shaw	18.22	4.34	13.48	4	22
8 C Plummer	3.24	1.30	1.54	3	13	8 P Ray	19.03	4.18	14.45	14	12
9 Nicole Gentle	3.26	-	3.26	12	4	9 B Lloyd	19.07	5.36	13.31	2	26
10 J Dawlings	3.37	1.32	2.05	5	10 1/2	10 Nathan Breen	20.37	-	20.37	20	6
11 Matthew Simpson	3.42	-	3.42	13	3	11 A Eyles	21.05	-	21.05	21	5
12 Rebecca Wiley	3.43	1.39	2.04	4	12	12 Joanne Tseris	21.20	6.06	15.14	18	8
13 R Toole	3.44	1.39	2.05	5	10 1/2	13 D. Wenat	21.28	6.59	14.29	10	16
14 Trish Simpson	4.06	-	4.06	14	2	14 Ken Flarrety	21.30	-	21.30	22	4
15						15 D. Robinson	21.40	7.24	14.16	7	19
16						16 Mark Simpson	22.02	-	22.02	23	3
17						17 G Hudson	22.24	7.41	14.43	13	13
18						18 Bob Simpson	22.25	-	22.25	24	2
19						19 J Vella	23.58	7.52	16.06	19	7
20						20 O Lund	24.10	9.21	14.49	15	11
21						21 R Toole	24.27	9.30	14.57	16	10
22						22 K Markham	26.30	11.48	14.42	12	14
23						23 Anna Argall	30.19	17.00	13.19	1	28
24 Louise Denneen	51.27	17.06	34.21	1	6	24 PETER BELL	30.47	16.14	14.33	11	15
25 T Yates	51.27	15.29	35.58	2	4	25					
26 G Keir	55.09	16.50	39.19	4	2	26					
27 B Fickel	55.15	16.29	38.46	3	3	27					
28						28					
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39						39					

Road Race 10k

Walkers 5K

1st
 2nd
 3rd

Name	Actual Time	H'cap	Nett Time	Place	Poi nts
O Millridge	35.40	16.11	19.29	1	7
M Robark Snr	42.25	15.29	26.56	5	2
A Argall	43.53	22.48	21.05	4	3
C Plummer	47.48	27.46	20.02	2	5
H Simon	49.49	27.34	20.15	3	4