

Cool still evening, excellent

Weather Conditions

running & walking

Date: 30/9/10

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	P Ray	2:34	-	2:34	10	4	D Sullivan	19:07	5:01	14:06	3	15	
2	Joe Withers	2:42	.54	1:48	2	12	P Ray	19:13	3:41	15:32	14	4	
3	Bob Simpson	2:47	.54	1:53	5	9	J Dawlings	19:14	4:39	14:35	10	7 1/2	
4	D Sullivan	2:54	.54	2:00	9	5	J Shaw	19:43	5:05	14:38	12	6	
5	Joanne Tseris	2:57	-	2:57	11	3	D Toole	20:09	5:45	14:24	7	11	
6	C Russ	3:12	1:40	1:32	1	15	B Darby	22:09	6:34	15:35	15	3	
7	Mark Simpson	3:16	1:21	1:55	7	7	C Russ	22:33	8:17	14:16	5	13	
8	Mathew Simpson	3:22	1:28	1:54	6	8	Bob Simpson	22:56	8:26	14:30	8	10	
9	Jan Marshall	3:23	-	3:23	12	2	O Lund	24:33	9:58	14:35	10	7 1/2	
10	J Dawlings	3:23	1:27	1:56	8	6	Jan Marshall	24:46	9:36	15:10	13	5	
11	C Plummer	3:26	1:38	1:48	2	12	R Toole	24:47	9:13	15:34	9	9	
12	L Farley	3:39	1:50	1:49	4	10	R Morris	25:28	11:06	14:22	6	12	
13							Russell Lee	27:46	13:32	14:14	4	14	
14							Tricia Simpson	27:55	13:58	13:57	1	19	
15							C Plummer	28:14	14:09	14:05	2	17	
16							M McGuirk	28:47	12:49	15:58	16	2	
17							Goonie	DNF				1	
18													
19													
20													
21													
22													
23		Road Race 10K					23						
24	G Gielissen	36:28	6:34	29:52	5	8 1/2							
25	T Yates	44:55	7:00	27:55	1	15							
26	Louise Denneen	45:00	13:58	31:02	10	4							
27	B Fickel	47:54	17:12	30:42	8	6							
28	Jeff Cosatto	51:43	22:03	29:40	3	11							
29	D Burns	55:45	26:16	29:29	2	13							
30	M Roberts Jr	57:55	26:56	30:59	9	5							
31	O Millridge	58:10	28:22	29:48	4	10							
32	M Gentle	59:02	28:23	30:39	7	7							
33	M Izard	59:02	29:10	29:52	5	8 1/2							
34	Alan Mansfield	61:21	-	61:21	12	2							
35	L Markham	61:21	29:36	31:47	11	3							
36													
37		1st											
38													
39		2nd											

Walkers 5K

32	K Knox	38:17	11:53	26:24	2	2
33	H Simon	46:13	25:18	20:55	1	4

3rd