

# MTBO Rogaine Riverhead 29 March 2009

## SPORTident results

P1	Name	Club	Pts	Time	Pty	Score
<b>MEN UNDER 19 (4) 180:00 min 34 C 1730 Pts</b>						
<b>1</b>	<b>Benjamin Reynolds</b>	--	<b>1300</b>	<b>2:57:34</b>		<b>1300</b>
	141 (40) 170 (70)	150 (50) 143 (40)	151 (50) 130 (30)	163 (60) 155 (50)	176 (70) 177 (70)	171 (70) 164 (60) 168 (60)
	3:54 9:42	16:03 19:19	22:41 29:21	32:53 40:31	50:54 1:06:11	1:13:19 1:21:57 1:35:20
	3:54 5:48	6:21 3:16	3:22 6:40	3:32 7:38	10:23 15:17	7:08 8:38 13:23
	167 (60) 146 (40)	159 (50) 156 (50)	161 (60) 172 (70)	173 (70) 136 (30)	178 (70) 138 (30)	153 (50) F
	1:43:59 1:47:41	2:00:38 2:08:31	2:13:17 2:20:32	2:28:53 2:36:07	2:40:40 2:47:56	2:52:25 2:57:34
	8:39 3:42	12:57 7:53	4:46 7:15	8:21 7:14	4:33 7:16	4:29 5:09
<b>2</b>	<b>Akseli Toikka</b>	--	<b>1080</b>	<b>2:54:24</b>		<b>1080</b>
	154 (50) 133 (30)	155 (50) 163 (60)	176 (70) 177 (70)	171 (70) 164 (60)	146 (40) 167 (60)	168 (60) 144 (40) 166 (60)
	25:21 28:45	38:04 47:47	52:38 1:06:33	1:15:25 1:23:04	1:34:07 1:38:16	1:42:13 1:47:07 1:52:20
	25:21 3:24	9:19 9:43	4:51 13:55	8:52 7:39	11:03 4:09	3:57 4:54 5:13
	153 (50) 136 (30)	172 (70) 161 (60)	156 (50) 173 (70)	138 (30) F		
	1:56:27 2:02:46	2:08:34 2:15:01	2:20:06 2:25:27	2:52:36 2:54:24		
	4:07 6:19	5:48 6:27	5:05 5:21	27:09 1:48		
<b>3</b>	<b>Nick Mead</b>	--	<b>730</b>	<b>2:23:23</b>		<b>730</b>
	151 (50) 130 (30)	162 (60) 166 (60)	168 (60) 146 (40)	167 (60) 144 (40)	163 (60) 176 (70)	177 (70) 171 (70) 164 (60)
	5:11 13:24	19:17 31:25	39:24 49:36	55:06 1:06:39	1:15:23 1:20:09	1:38:05 1:47:39 1:55:05
	5:11 8:13	5:53 12:08	7:59 10:12	5:30 11:33	8:44 4:46	17:56 9:34 7:26
	F					
	2:23:23					
	28:18					
<b>4</b>	<b>Holly + John Rabone</b>	--	<b>590</b>	<b>3:04:44</b>	<b>-100</b>	<b>490</b>
	141 (40) 151 (50)	143 (40) 150 (50)	133 (30) 154 (50)	155 (50) 140 (40)	177 (70) 168 (60)	166 (60) 153 (50) F
	10:08 25:44	35:56 45:46	1:16:04 1:23:41	1:55:56 2:05:55	2:20:28 2:46:49	2:55:21 3:00:53 3:04:44
	10:08 15:36	10:12 9:50	30:18 7:37	32:15 9:59	14:33 26:21	8:32 5:32 3:51

### MEN OPEN (16) 180:00 min 34 C 1730 Pts

<b>1</b>	<b>Stuart Lynch</b>	--	<b>1700</b>	<b>2:39:33</b>		<b>1700</b>
	141 (40) 170 (70)	150 (50) 143 (40)	162 (60) 151 (50)	130 (30) 154 (50)	133 (30) 155 (50)	163 (60) 176 (70) 144 (40)
	3:59 9:26	14:18 17:26	22:47 27:40	33:04 37:45	40:00 46:39	51:05 54:37 59:30
	3:59 5:27	4:52 3:08	5:21 4:53	5:24 4:41	2:15 6:39	4:26 3:32 4:53
	166 (60) 168 (60)	171 (70) 177 (70)	140 (40) 137 (30)	165 (60) 131 (30)	164 (60) 159 (50)	156 (50) 161 (60) 172 (70)
	1:03:11 1:07:03	1:15:50 1:22:24	1:26:41 1:31:15	1:35:25 1:40:33	1:47:20 1:53:59	1:58:58 2:02:41 2:07:25
	3:41 3:52	8:47 6:34	4:17 4:34	4:10 5:08	6:47 6:39	4:59 3:43 4:44

	136(30)	173(70)	167(60)	146(40)	178(70)	138(30)	153(50)		F				
	2:10:26	2:17:10	2:23:15	2:25:35	0.00	0.00	0.00	2:39:33					
	3:01	6:44	6:05	2:20				13:58					
<b>2</b>	<b>Mark Lawson</b>			--		<b>1650</b>		<b>2:51:51</b>			<b>1650</b>		
	141(40)	170(70)	150(50)	143(40)	162(60)	151(50)	130(30)	163(60)	154(50)	133(30)	155(50)	140(40)	177(70)
	4:04	9:56	15:43	19:18	26:02	31:42	37:34	40:38	49:23	52:03	1:00:56	1:06:47	1:13:49
	4:04	5:52	5:47	3:35	6:44	5:40	5:52	3:04	8:45	2:40	8:53	5:51	7:02
	137(30)	165(60)	131(30)	164(60)	171(70)	146(40)	167(60)	168(60)	144(40)	176(70)	166(60)	153(50)	138(30)
	1:18:11	1:22:35	1:28:17	1:36:04	1:40:48	1:48:55	1:52:54	1:56:35	2:00:22	2:05:31	2:12:58	2:16:13	2:20:33
	4:22	4:24	5:42	7:47	4:44	8:07	3:59	3:41	3:47	5:09	7:27	3:15	4:20
	178(70)	173(70)	156(50)	161(60)	172(70)	136(30)		F					
	2:25:15	2:32:08	2:38:03	2:41:17	0.00	0.00	2:51:51						
	4:42	6:53	5:55	3:14			10:34						
<b>3</b>	<b>Grant Burke</b>			--		<b>1440</b>		<b>2:57:26</b>			<b>1440</b>		
	151(50)	141(40)	170(70)	150(50)	143(40)	154(50)	133(30)	130(30)	163(60)	176(70)	171(70)	164(60)	165(60)
	5:22	10:50	17:14	26:29	30:44	39:06	43:08	53:31	58:23	1:03:17	1:18:38	1:24:40	1:32:53
	5:22	5:28	6:24	9:15	4:15	8:22	4:02	10:23	4:52	4:54	15:21	6:02	8:13
	137(30)	177(70)	144(40)	166(60)	168(60)	146(40)	167(60)	156(50)	173(70)	161(60)	172(70)	136(30)	178(70)
	1:38:19	1:44:26	1:57:08	2:04:40	2:09:08	2:15:33	2:18:48	2:27:12	2:32:34	2:37:08	2:43:38	2:47:24	2:51:55
	5:26	6:07	12:42	7:32	4:28	6:25	3:15	8:24	5:22	4:34	6:30	3:46	4:31
	153(50)		F										
	2:55:51	2:57:26											
	3:56	1:35											
<b>4</b>	<b>Aidan Boswell</b>			--		<b>1370</b>		<b>2:58:41</b>			<b>1370</b>		
	151(50)	143(40)	150(50)	154(50)	130(30)	163(60)	176(70)	177(70)	137(30)	165(60)	164(60)	171(70)	168(60)
	5:20	10:46	14:52	22:49	30:44	34:41	40:24	52:04	57:25	1:02:45	1:10:39	1:16:05	1:27:27
	5:20	5:26	4:06	7:57	7:55	3:57	5:43	11:40	5:21	5:20	7:54	5:26	11:22
	144(40)	166(60)	153(50)	138(30)	178(70)	173(70)	159(50)	156(50)	161(60)	172(70)	132(30)	136(30)	167(60)
	1:31:43	1:36:49	1:40:31	1:45:14	1:49:19	1:57:06	2:08:04	2:14:21	2:18:41	2:25:11	2:39:24	2:45:02	2:52:36
	4:16	5:06	3:42	4:43	4:05	7:47	10:58	6:17	4:20	6:30	14:13	5:38	7:34
		F											
	2:58:41												
	6:05												
<b>5</b>	<b>Cath + Andrew Heppelthwaite</b>			--		<b>990</b>		<b>2:50:59</b>			<b>990</b>		
	151(50)	163(60)	140(40)	177(70)	137(30)	165(60)	156(50)	161(60)	172(70)	136(30)	153(50)	166(60)	144(40)
	6:38	18:37	31:29	43:26	49:39	55:02	1:14:45	1:20:02	1:26:40	1:31:14	1:34:43	1:40:29	1:45:48
	6:38	11:59	12:52	11:57	6:13	5:23	19:43	5:17	6:38	4:34	3:29	5:46	5:19
	168(60)	146(40)	164(60)	167(60)	138(30)	178(70)		F					
	1:52:50	2:01:35	2:17:39	2:26:31	2:41:03	2:47:37	2:50:59						
	7:02	8:45	16:04	8:52	14:32	6:34	3:22						
<b>6</b>	<b>Shane + Janes Jordan</b>			--		<b>980</b>		<b>2:39:54</b>			<b>980</b>		
	141(40)	150(50)	143(40)	151(50)	130(30)	154(50)	133(30)	155(50)	163(60)	176(70)	144(40)	168(60)	146(40)
	5:24	18:19	22:28	29:09	38:46	46:06	53:25	1:01:27	1:07:09	1:12:45	1:18:52	1:27:36	1:36:24
	5:24	12:55	4:09	6:41	9:37	7:20	7:19	8:02	5:42	5:36	6:07	8:44	8:48
	167(60)	138(30)	178(70)	173(70)	136(30)	153(50)	166(60)		F				
	1:40:15	1:48:42	1:59:52	2:12:18	2:23:54	2:28:45	2:33:21	2:39:54					
	3:51	8:27	11:10	12:26	11:36	4:51	4:36	6:33					

<b>7</b>	<b>Alistair + Sonja White</b>				--	<b>960</b>	<b>2:55:38</b>		<b>960</b>				
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	163 (60)	176 (70)	171 (70)	146 (40)	167 (60)	173 (70)	161 (60)	172 (70)
	7:17	18:49	31:04	36:03	41:58	59:15	1:08:29	1:27:15	1:44:23	1:50:52	2:02:31	2:11:44	2:20:51
	7:17	11:32	12:15	4:59	5:55	17:17	9:14	18:46	17:08	6:29	11:39	9:13	9:07
	136 (30)	178 (70)	153 (50)	166 (60)	F								
	2:28:00	2:32:19	2:41:07	2:47:12	2:55:38								
	7:09	4:19	8:48	6:05	8:26								
<b>8</b>	<b>Claude Dabaliz</b>				--	<b>950</b>	<b>2:55:43</b>		<b>950</b>				
	141 (40)	170 (70)	150 (50)	143 (40)	162 (60)	151 (50)	130 (30)	163 (60)	155 (50)	140 (40)	177 (70)	137 (30)	165 (60)
	4:54	14:12	23:13	29:36	40:08	49:51	1:01:09	1:07:11	1:19:00	1:32:23	1:43:22	1:51:25	2:00:55
	4:54	9:18	9:01	6:23	10:32	9:43	11:18	6:02	11:49	13:23	10:59	8:03	9:30
	164 (60)	171 (70)	168 (60)	166 (60)	153 (50)	F							
	2:17:03	2:24:17	2:43:26	2:48:31	2:52:55	2:55:43							
	16:08	7:14	19:09	5:05	4:24	2:48							
<b>9</b>	<b>Kris Jones</b>				--	<b>900</b>	<b>2:30:21</b>		<b>900</b>				
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	163 (60)	176 (70)	177 (70)	171 (70)	144 (40)	168 (60)	166 (60)	153 (50)
	4:42	12:58	21:05	25:42	30:14	44:21	53:40	1:12:59	1:19:09	1:29:16	1:36:28	1:41:22	1:45:44
	4:42	8:16	8:07	4:37	4:32	14:07	9:19	19:19	6:10	10:07	7:12	4:54	4:22
	178 (70)	173 (70)	136 (30)	F									
	2:06:20	2:16:18	2:26:27	2:30:21									
	20:36	9:58	10:09	3:54									
<b>10</b>	<b>Kane Alward</b>				--	<b>890</b>	<b>2:26:22</b>		<b>890</b>				
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	155 (50)	176 (70)	144 (40)	168 (60)	167 (60)	146 (40)
	5:16	13:00	19:37	24:01	27:47	36:18	40:31	48:14	55:00	59:47	1:07:34	1:14:17	1:17:52
	5:16	7:44	6:37	4:24	3:46	8:31	4:13	7:43	6:46	4:47	7:47	6:43	3:35
	171 (70)	177 (70)	137 (30)	164 (60)	F								
	1:31:39	1:42:08	1:48:19	2:00:10	2:26:22								
	13:47	10:29	6:11	11:51	26:12								
<b>11</b>	<b>Kenneth + Daniel McGrath</b>				--	<b>830</b>	<b>2:53:40</b>		<b>830</b>				
	151 (50)	143 (40)	141 (40)	170 (70)	150 (50)	154 (50)	133 (30)	155 (50)	163 (60)	176 (70)	144 (40)	168 (60)	167 (60)
	5:30	11:02	17:20	33:10	45:14	1:01:11	1:08:11	1:23:24	1:31:54	1:40:57	1:49:22	1:55:55	2:05:24
	5:30	5:32	6:18	15:50	12:04	15:57	7:00	15:13	8:30	9:03	8:25	6:33	9:29
	172 (70)	161 (60)	136 (30)	F									
	2:33:27	2:43:18	2:48:48	2:53:40									
	28:03	9:51	5:30	4:52									
<b>12</b>	<b>Aiden Ellmers</b>				--	<b>810</b>	<b>2:10:48</b>		<b>810</b>				
	141 (40)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	176 (70)	144 (40)	168 (60)	166 (60)	153 (50)	136 (30)	172 (70)
	5:54	14:05	17:40	22:07	31:30	35:28	44:58	50:51	59:22	1:03:16	1:21:47	1:28:47	1:36:00
	5:54	8:11	3:35	4:27	9:23	3:58	9:30	5:53	8:31	3:54	18:31	7:00	7:13
	161 (60)	178 (70)	138 (30)	F									
	1:48:44	2:04:14	2:09:02	2:10:48									
	12:44	15:30	4:48	1:46									
<b>13</b>	<b>Andrew Turnbull</b>				--	<b>600</b>	<b>2:51:59</b>		<b>600</b>				
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	154 (50)	155 (50)	168 (60)	146 (40)	163 (60)	165 (60)	F
	5:33	12:10	17:53	21:21	26:44	33:46	40:52	50:02	1:38:00	1:44:09	1:58:20	2:18:05	2:51:59
	5:33	6:37	5:43	3:28	5:23	7:02	7:06	9:10	47:58	6:09	14:11	19:45	33:54

<b>14</b>	<b>Shane + Jabin Coward</b>	--	<b>570</b>	<b>2:31:56</b>	<b>570</b>
	144 (40) 171 (70) 176 (70) 163 (60) 155 (50) 177 (70) 166 (60) 153 (50) 138 (30) 178 (70)	F			
	8:13 30:55 47:29 56:05 1:12:46 1:29:52 1:47:10 1:51:10 2:19:11 2:27:02 2:31:56				
	8:13 22:42 16:34 8:36 16:41 17:06 17:18 4:00 28:01 7:51 4:54				
<b>15</b>	<b>Neil Kerrison</b>	--	<b>560</b>	<b>2:24:05</b>	<b>560</b>
	151 (50) 130 (30) 162 (60) 143 (40) 153 (50) 138 (30) 136 (30) 161 (60) 172 (70) 173 (70) 178 (70)	F			
	5:01 14:54 21:23 37:24 59:56 1:07:22 1:26:19 1:35:41 1:53:24 2:06:03 2:21:52 2:24:05				
	5:01 9:53 6:29 16:01 22:32 7:26 18:57 9:22 17:43 12:39 15:49 2:13				
<b>16</b>	<b>Nigel Michels</b>	--	<b>280</b>	<b>1:46:04</b>	<b>280</b>
	143 (40) 136 (30) 144 (40) 168 (60) 166 (60) 153 (50)	F			
	8:52 54:22 1:10:16 1:22:58 1:31:38 1:40:54 1:46:04				
	8:52 45:30 15:54 12:42 8:40 9:16 5:10				

**MEN 40+ (15) 180:00 min 34 C 1730 Pts**

<b>1</b>	<b>David King</b>	--	<b>1530</b>	<b>2:57:41</b>	<b>1530</b>
	162 (60) 163 (60) 130 (30) 151 (50) 143 (40) 141 (40) 170 (70) 150 (50) 154 (50) 133 (30) 155 (50) 140 (40) 177 (70)				
	7:33 17:40 23:10 28:14 32:55 37:46 45:15 52:18 1:00:42 1:03:17 1:12:06 1:21:21 1:27:36				
	7:33 10:07 5:30 5:04 4:41 4:51 7:29 7:03 8:24 2:35 8:49 9:15 6:15				
	137 (30) 165 (60) 164 (60) 171 (70) 176 (70) 144 (40) 168 (60) 167 (60) 173 (70) 161 (60) 172 (70) 178 (70) 136 (30)				
	1:32:15 1:37:01 1:44:33 1:48:53 1:58:38 2:02:58 2:09:09 2:14:45 2:19:57 2:25:16 2:31:52 2:38:02 2:41:30				
	4:39 4:46 7:32 4:20 9:45 4:20 6:11 5:36 5:12 5:19 6:36 6:10 3:28				
	166 (60) 153 (50) 138 (30)	F			
	2:48:39 2:52:21 2:56:11 2:57:41				
	7:09 3:42 3:50 1:30				
<b>2</b>	<b>Henry Beex</b>	--	<b>1440</b>	<b>2:54:21</b>	<b>1440</b>
	141 (40) 170 (70) 150 (50) 143 (40) 151 (50) 130 (30) 163 (60) 144 (40) 176 (70) 155 (50) 140 (40) 177 (70) 137 (30)				
	4:27 10:40 16:21 20:02 24:01 30:57 35:21 41:30 46:53 59:40 1:06:31 1:12:24 1:17:22				
	4:27 6:13 5:41 3:41 3:59 6:56 4:24 6:09 5:23 12:47 6:51 5:53 4:58				
	165 (60) 131 (30) 164 (60) 171 (70) 146 (40) 167 (60) 168 (60) 166 (60) 153 (50) 136 (30) 172 (70) 161 (60) 156 (50)				
	1:22:11 1:28:05 1:37:27 1:41:53 1:51:31 1:55:06 1:58:59 2:02:42 2:06:52 2:13:09 2:18:00 2:28:03 2:32:27				
	4:49 5:54 9:22 4:26 9:38 3:35 3:53 3:43 4:10 6:17 4:51 10:03 4:24				
	173 (70) 138 (30)	F			
	2:37:25 2:51:58 2:54:21				
	4:58 14:33 2:23				
<b>3</b>	<b>Ritchie Williams</b>	--	<b>1310</b>	<b>2:49:38</b>	<b>1310</b>
	151 (50) 130 (30) 154 (50) 133 (30) 155 (50) 176 (70) 163 (60) 144 (40) 168 (60) 146 (40) 177 (70) 137 (30) 165 (60)				
	5:06 12:23 19:12 22:28 34:27 41:39 47:37 52:44 59:56 1:07:39 1:16:54 1:23:33 1:29:00				
	5:06 7:17 6:49 3:16 11:59 7:12 5:58 5:07 7:12 7:43 9:15 6:39 5:27				
	164 (60) 171 (70) 159 (50) 156 (50) 161 (60) 173 (70) 172 (70) 136 (30) 178 (70) 138 (30) 153 (50) 166 (60)	F			
	1:38:15 1:43:35 1:57:04 2:05:26 2:10:03 2:14:41 2:24:11 2:28:54 2:31:40 2:36:23 2:40:31 2:44:32 2:49:38				
	9:15 5:20 13:29 8:22 4:37 4:38 9:30 4:43 2:46 4:43 4:08 4:01 5:06				
<b>4</b>	<b>Wayne Hoelgetts</b>	--	<b>1310</b>	<b>2:58:44</b>	<b>1310</b>
	141 (40) 170 (70) 150 (50) 143 (40) 151 (50) 130 (30) 162 (60) 163 (60) 155 (50) 140 (40) 165 (60) 137 (30) 177 (70)				
	4:13 10:17 15:59 19:13 23:00 30:14 38:53 50:37 57:06 1:03:34 1:14:52 1:20:40 1:27:24				
	4:13 6:04 5:42 3:14 3:47 7:14 8:39 11:44 6:29 6:28 11:18 5:48 6:44				

	176(70)	168(60)	146(40)	171(70)	164(60)	159(50)	156(50)	161(60)	172(70)	173(70)	136(30)	138(30)	F
	1:37:35	1:46:19	1:52:51	2:01:44	2:09:18	2:20:15	2:27:07	2:31:52	2:37:08	2:43:16	2:53:32	2:57:42	2:58:44
	10:11	8:44	6:32	8:53	7:34	10:57	6:52	4:45	5:16	6:08	10:16	4:10	1:02
<b>5</b>	<b>Roel Michels</b>			--		<b>1290</b>		<b>2:50:37</b>			<b>1290</b>		
	141(40)	170(70)	150(50)	143(40)	151(50)	130(30)	163(60)	155(50)	177(70)	171(70)	164(60)	159(50)	156(50)
	4:49	12:17	19:08	22:49	26:57	35:48	40:00	48:09	58:11	1:06:58	1:13:39	1:25:20	1:34:00
	4:49	7:28	6:51	3:41	4:08	8:51	4:12	8:09	10:02	8:47	6:41	11:41	8:40
	161(60)	172(70)	173(70)	136(30)	178(70)	138(30)	167(60)	146(40)	168(60)	166(60)	153(50)		F
	1:39:05	1:46:44	1:55:14	2:02:57	2:07:12	2:15:37	2:28:50	2:32:11	2:39:24	2:44:00	2:48:35	2:50:37	
	5:05	7:39	8:30	7:43	4:15	8:25	13:13	3:21	7:13	4:36	4:35	2:02	
<b>6</b>	<b>Colin Palmer</b>			--		<b>1280</b>		<b>2:49:05</b>			<b>1280</b>		
	141(40)	170(70)	150(50)	143(40)	151(50)	130(30)	154(50)	133(30)	155(50)	163(60)	176(70)	171(70)	177(70)
	4:23	10:32	16:15	20:06	24:07	31:11	38:06	41:05	49:36	55:29	1:01:38	1:17:33	1:26:10
	4:23	6:09	5:43	3:51	4:01	7:04	6:55	2:59	8:31	5:53	6:09	15:55	8:37
	168(60)	166(60)	153(50)	136(30)	172(70)	161(60)	156(50)	159(50)	173(70)	178(70)	138(30)		F
	1:36:12	1:39:27	1:44:48	1:51:04	1:56:17	2:08:44	2:12:49	2:20:09	2:30:52	2:40:45	2:47:11	2:49:05	
	10:02	3:15	5:21	6:16	5:13	12:27	4:05	7:20	10:43	9:53	6:26	1:54	
<b>7</b>	<b>Owen Means</b>			--		<b>1230</b>		<b>2:58:43</b>			<b>1230</b>		
	141(40)	170(70)	150(50)	143(40)	151(50)	130(30)	163(60)	176(70)	155(50)	140(40)	137(30)	177(70)	171(70)
	5:38	13:51	22:17	27:15	32:53	42:07	47:13	54:19	1:08:40	1:18:25	1:24:47	1:32:46	1:43:07
	5:38	8:13	8:26	4:58	5:38	9:14	5:06	7:06	14:21	9:45	6:22	7:59	10:21
	164(60)	167(60)	146(40)	168(60)	166(60)	153(50)	136(30)	172(70)	161(60)	173(70)			F
	1:52:36	2:04:19	2:09:00	2:16:33	2:21:10	2:25:00	2:30:59	2:37:29	2:44:23	2:48:56	2:58:43		
	9:29	11:43	4:41	7:33	4:37	3:50	5:59	6:30	6:54	4:33	9:47		
<b>8</b>	<b>Ross Friedrich</b>			--		<b>1190</b>		<b>2:48:34</b>			<b>1190</b>		
	141(40)	150(50)	143(40)	151(50)	130(30)	163(60)	155(50)	177(70)	171(70)	164(60)	159(50)	156(50)	161(60)
	5:47	14:15	18:56	25:05	33:56	39:50	48:28	58:37	1:07:40	1:14:36	1:26:38	1:35:09	1:40:03
	5:47	8:28	4:41	6:09	8:51	5:54	8:38	10:09	9:03	6:56	12:02	8:31	4:54
	172(70)	173(70)	167(60)	146(40)	168(60)	166(60)	153(50)	178(70)	138(30)				F
	1:48:30	1:58:14	2:10:28	2:14:03	2:21:40	2:26:20	2:30:51	2:41:34	2:46:17	2:48:34			
	8:27	9:44	12:14	3:35	7:37	4:40	4:31	10:43	4:43	2:17			
<b>9</b>	<b>Geoff Mead</b>			--		<b>1080</b>		<b>2:48:13</b>			<b>1080</b>		
	151(50)	130(30)	163(60)	155(50)	137(30)	177(70)	171(70)	176(70)	144(40)	168(60)	166(60)	153(50)	136(30)
	6:29	16:19	21:09	33:30	42:52	50:54	1:02:01	1:17:23	1:23:09	1:33:03	1:38:04	1:43:03	1:49:31
	6:29	9:50	4:50	12:21	9:22	8:02	11:07	15:22	5:46	9:54	5:01	4:59	6:28
	172(70)	161(60)	156(50)	173(70)	167(60)	138(30)	178(70)						F
	2:01:57	2:09:50	2:16:51	2:24:39	2:33:34	2:40:15	2:44:45	2:48:13					
	12:26	7:53	7:01	7:48	8:55	6:41	4:30	3:28					
<b>10</b>	<b>Peter Swanson</b>			--		<b>970</b>		<b>2:30:16</b>			<b>970</b>		
	166(60)	168(60)	167(60)	146(40)	171(70)	144(40)	176(70)	163(60)	130(30)	162(60)	151(50)	143(40)	141(40)
	5:23	10:35	17:11	19:16	26:15	35:50	41:47	47:28	54:10	1:00:27	1:07:33	1:12:52	1:17:56
	5:23	5:12	6:36	2:05	6:59	9:35	5:57	5:41	6:42	6:17	7:06	5:19	5:04
	170(70)	150(50)	154(50)	133(30)	155(50)	140(40)							F
	1:25:49	1:34:53	1:43:49	1:47:08	1:57:19	2:04:51	2:30:16						
	7:53	9:04	8:56	3:19	10:11	7:32	25:25						

<b>11</b>	<b>Rob Vanstam</b>	--	<b>950</b>	<b>2:58:45</b>	<b>950</b>								
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	176 (70)	144 (40)	168 (60)	166 (60)	153 (50)	138 (30)
	7:11	19:16	30:46	36:05	42:26	1:00:40	1:07:34	1:17:05	1:27:37	1:36:48	1:43:22	1:49:04	1:58:29
	7:11	12:05	11:30	5:19	6:21	18:14	6:54	9:31	10:32	9:11	6:34	5:42	9:25
	178 (70)	136 (30)	172 (70)	161 (60)	173 (70)	F							
	2:09:22	2:18:08	2:28:58	2:39:09	2:46:20	2:58:45							
	10:53	8:46	10:50	10:11	7:11	12:25							
<b>12</b>	<b>Stephen Reynolds</b>	--	<b>890</b>	<b>2:52:30</b>	<b>890</b>								
	143 (40)	150 (50)	170 (70)	141 (40)	151 (50)	130 (30)	163 (60)	155 (50)	140 (40)	137 (30)	165 (60)	177 (70)	168 (60)
	8:10	12:09	23:57	31:36	38:33	49:34	55:42	1:10:33	1:23:15	1:29:25	1:37:36	1:51:29	2:10:58
	8:10	3:59	11:48	7:39	6:57	11:01	6:08	14:51	12:42	6:10	8:11	13:53	19:29
	166 (60)	153 (50)	136 (30)	178 (70)	138 (30)	F							
	2:19:36	2:25:03	2:30:18	2:47:09	2:50:28	2:52:30							
	8:38	5:27	5:15	16:51	3:19	2:02							
<b>13</b>	<b>Paul Becker</b>	--	<b>840</b>	<b>2:40:03</b>	<b>840</b>								
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	155 (50)	177 (70)	176 (70)	144 (40)	166 (60)	153 (50)
	6:42	15:08	23:49	28:55	38:07	46:50	52:51	1:02:31	1:16:41	1:30:31	1:41:42	1:51:20	1:56:43
	6:42	8:26	8:41	5:06	9:12	8:43	6:01	9:40	14:10	13:50	11:11	9:38	5:23
	172 (70)	161 (60)	136 (30)	F									
	2:17:32	2:28:34	2:38:09	2:40:03									
	20:49	11:02	9:35	1:54									
<b>14</b>	<b>Tony + Amanda Hastie</b>	--	<b>810</b>	<b>3:00:06</b>	<b>-20</b>	<b>790</b>							
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	144 (40)	168 (60)	146 (40)	167 (60)	161 (60)	172 (70)
	8:07	21:50	34:34	41:42	48:50	1:05:13	1:13:29	1:26:03	1:36:18	1:49:18	1:55:49	2:19:50	2:31:45
	8:07	13:43	12:44	7:08	7:08	16:23	8:16	12:34	10:15	13:00	6:31	24:01	11:55
	173 (70)	178 (70)	F										
	2:45:20	2:57:00	3:00:06										
	13:35	11:40	3:06										
<b>15</b>	<b>Darren Gosse</b>	--	<b>560</b>	<b>2:10:08</b>	<b>560</b>								
	141 (40)	143 (40)	153 (50)	138 (30)	178 (70)	173 (70)	156 (50)	159 (50)	161 (60)	172 (70)	136 (30)	F	
	5:28	10:24	52:45	57:13	1:03:41	1:16:53	1:26:31	1:38:07	1:47:44	1:55:04	2:00:30	2:10:08	
	5:28	4:56	42:21	4:28	6:28	13:12	9:38	11:36	9:37	7:20	5:26	9:38	

**MEN 55+ (2)**

**180:00 min 34 C 1730 Pts**

<b>1</b>	<b>Stan Foster</b>	--	<b>1010</b>	<b>2:56:31</b>	<b>1010</b>								
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	155 (50)	140 (40)	137 (30)	177 (70)	171 (70)	168 (60)
	5:56	14:32	23:23	28:08	38:40	48:26	53:39	1:04:40	1:13:52	1:21:17	1:29:28	1:38:05	1:54:23
	5:56	8:36	8:51	4:45	10:32	9:46	5:13	11:01	9:12	7:25	8:11	8:37	16:18
	146 (40)	167 (60)	156 (50)	161 (60)	172 (70)	173 (70)	F						
	2:03:07	2:09:45	2:22:37	2:28:40	2:38:43	2:48:04	2:56:31						
	8:44	6:38	12:52	6:03	10:03	9:21	8:27						
<b>2</b>	<b>Chris Gelderman</b>	--	<b>670</b>	<b>2:42:55</b>	<b>670</b>								
	151 (50)	143 (40)	150 (50)	154 (50)	133 (30)	155 (50)	176 (70)	144 (40)	168 (60)	166 (60)	138 (30)	178 (70)	173 (70)
	8:37	16:13	21:18	36:17	50:38	1:07:03	1:21:38	1:30:01	1:43:19	1:50:12	2:01:16	2:06:49	2:27:02
	8:37	7:36	5:05	14:59	14:21	16:25	14:35	8:23	13:18	6:53	11:04	5:33	20:13



<b>3</b>	<b>Karyn Burns</b>	--	<b>1260</b>	<b>2:56:27</b>	<b>1260</b>								
	151 (50)	130 (30)	163 (60)	155 (50)	140 (40)	137 (30)	165 (60)	177 (70)	171 (70)	164 (60)	159 (50)	156 (50)	161 (60)
	6:32	16:14	21:15	29:18	36:56	43:32	49:27	59:56	1:07:51	1:17:26	1:30:33	1:41:15	1:49:57
	6:32	9:42	5:01	8:03	7:38	6:36	5:55	10:29	7:55	9:35	13:07	10:42	8:42
	172 (70)	173 (70)	167 (60)	146 (40)	168 (60)	144 (40)	166 (60)	153 (50)	138 (30)	178 (70)	136 (30)		F
	1:56:36	2:05:11	2:14:21	2:17:59	2:24:31	2:29:47	2:34:40	2:38:11	2:43:24	2:49:36	2:54:42	2:56:27	
	6:39	8:35	9:10	3:38	6:32	5:16	4:53	3:31	5:13	6:12	5:06	1:45	
<b>4</b>	<b>Erin Roberts</b>	--	<b>1200</b>	<b>3:02:02</b>	<b>-60</b>	<b>1140</b>							
	151 (50)	141 (40)	170 (70)	150 (50)	143 (40)	154 (50)	133 (30)	163 (60)	176 (70)	155 (50)	140 (40)	137 (30)	165 (60)
	5:46	14:33	25:01	32:20	36:43	46:56	52:18	1:03:09	1:08:05	1:18:07	1:26:37	1:33:08	1:38:53
	5:46	8:47	10:28	7:19	4:23	10:13	5:22	10:51	4:56	10:02	8:30	6:31	5:45
	177 (70)	171 (70)	144 (40)	166 (60)	168 (60)	146 (40)	167 (60)	161 (60)	172 (70)	138 (30)			F
	1:49:47	1:56:32	2:06:11	2:11:24	2:17:16	2:24:36	2:28:31	2:38:06	2:44:33	3:00:40	3:02:02		
	10:54	6:45	9:39	5:13	5:52	7:20	3:55	9:35	6:27	16:07	1:22		
<b>5</b>	<b>Hayley Goold</b>	--	<b>1130</b>	<b>2:55:52</b>	<b>1130</b>								
	151 (50)	162 (60)	130 (30)	163 (60)	154 (50)	133 (30)	155 (50)	140 (40)	137 (30)	177 (70)	171 (70)	146 (40)	167 (60)
	6:42	23:26	34:33	38:28	49:48	53:45	1:02:25	1:10:52	1:17:19	1:24:14	1:31:52	1:50:01	1:55:51
	6:42	16:44	11:07	3:55	11:20	3:57	8:40	8:27	6:27	6:55	7:38	18:09	5:50
	168 (60)	144 (40)	166 (60)	153 (50)	136 (30)	172 (70)	161 (60)	156 (50)	173 (70)		F		
	1:59:53	2:04:15	2:09:25	2:13:39	2:20:02	2:25:15	2:30:53	2:43:33	2:49:17	2:55:52			
	4:02	4:22	5:10	4:14	6:23	5:13	5:38	12:40	5:44	6:35			
<b>6</b>	<b>Tracey McMillan</b>	--	<b>1030</b>	<b>2:56:01</b>	<b>1030</b>								
	141 (40)	151 (50)	130 (30)	163 (60)	176 (70)	177 (70)	137 (30)	165 (60)	164 (60)	159 (50)	156 (50)	161 (60)	172 (70)
	5:08	19:12	36:38	41:31	47:56	1:06:27	1:13:06	1:18:48	1:28:14	1:42:17	1:50:58	1:57:00	2:04:55
	5:08	14:04	17:26	4:53	6:25	18:31	6:39	5:42	9:26	14:03	8:41	6:02	7:55
	173 (70)	167 (60)	168 (60)	166 (60)	153 (50)	136 (30)		F					
	2:15:48	2:35:07	2:40:10	2:44:35	2:48:40	2:53:59	2:56:01						
	10:53	19:19	5:03	4:25	4:05	5:19	2:02						

**WOMEN 40+ (6) 180:00 min 34 C 1730 Pts**

<b>1</b>	<b>Lisa Mead</b>	--	<b>1140</b>	<b>2:56:33</b>	<b>1140</b>								
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	155 (50)	140 (40)	137 (30)	177 (70)	171 (70)	146 (40)
	5:20	13:20	22:25	27:38	33:05	42:16	47:55	59:19	1:08:38	1:16:30	1:24:32	1:32:29	1:46:37
	5:20	8:00	9:05	5:13	5:27	9:11	5:39	11:24	9:19	7:52	8:02	7:57	14:08
	167 (60)	168 (60)	144 (40)	166 (60)	153 (50)	136 (30)	172 (70)	161 (60)	173 (70)		F		
	1:53:34	1:58:56	2:05:03	2:11:22	2:16:28	2:27:27	2:34:04	2:41:49	2:48:22	2:56:33			
	6:57	5:22	6:07	6:19	5:06	10:59	6:37	7:45	6:33	8:11			
<b>2</b>	<b>Megan Officer</b>	--	<b>950</b>	<b>2:58:43</b>	<b>950</b>								
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	176 (70)	144 (40)	168 (60)	166 (60)	153 (50)	138 (30)
	7:32	19:11	30:41	36:07	42:41	1:00:52	1:07:29	1:17:10	1:27:31	1:36:39	1:43:03	1:49:10	1:58:34
	7:32	11:39	11:30	5:26	6:34	18:11	6:37	9:41	10:21	9:08	6:24	6:07	9:24
	178 (70)	136 (30)	172 (70)	161 (60)	173 (70)		F						
	2:09:31	2:18:02	2:29:07	2:39:18	2:46:25	2:58:43							
	10:57	8:31	11:05	10:11	7:07	12:18							

<b>3</b>	<b>Debbie Bevins</b>	--	<b>930</b>	<b>2:53:56</b>	<b>930</b>								
	141 (40)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	155 (50)	140 (40)	165 (60)	137 (30)	177 (70)	171 (70)	164 (60)
	6:21	15:01	19:42	26:03	35:54	44:03	52:47	1:11:22	1:26:06	1:32:35	1:39:34	1:49:24	2:00:16
	6:21	8:40	4:41	6:21	9:51	8:09	8:44	18:35	14:44	6:29	6:59	9:50	10:52
	146 (40)	144 (40)	168 (60)	166 (60)	153 (50)	136 (30)	F						
	2:16:46	2:27:16	2:35:31	2:39:54	2:45:34	2:51:55	2:53:56						
	16:30	10:30	8:15	4:23	5:40	6:21	2:01						
<b>4</b>	<b>Maggie Reynolds</b>	--	<b>820</b>	<b>2:52:46</b>	<b>820</b>								
	141 (40)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	155 (50)	140 (40)	137 (30)	165 (60)	177 (70)	168 (60)	166 (60)
	7:44	24:29	29:27	36:53	50:05	56:27	1:11:31	1:21:38	1:29:12	1:37:51	1:51:59	2:11:25	2:19:54
	7:44	16:45	4:58	7:26	13:12	6:22	15:04	10:07	7:34	8:39	14:08	19:26	8:29
	153 (50)	136 (30)	178 (70)	138 (30)	F								
	2:28:10	2:37:59	2:46:41	2:50:36	2:52:46								
	8:16	9:49	8:42	3:55	2:10								
<b>5</b>	<b>Shelley Gosse</b>	--	<b>810</b>	<b>2:55:58</b>	<b>810</b>								
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	177 (70)	137 (30)	165 (60)	156 (50)	161 (60)	172 (70)
	6:37	13:54	23:17	29:00	35:36	49:16	55:33	1:13:45	1:19:53	1:25:57	1:44:44	1:52:47	2:01:53
	6:37	7:17	9:23	5:43	6:36	13:40	6:17	18:12	6:08	6:04	18:47	8:03	9:06
	136 (30)	138 (30)	178 (70)	F									
	2:19:53	2:33:54	2:40:42	2:55:58									
	18:00	14:01	6:48	15:16									
<b>6</b>	<b>Ingrid Vellekoup</b>	--	<b>750</b>	<b>2:54:20</b>	<b>750</b>								
	141 (40)	170 (70)	150 (50)	143 (40)	151 (50)	130 (30)	163 (60)	176 (70)	144 (40)	168 (60)	166 (60)	153 (50)	138 (30)
	8:00	18:36	29:29	34:37	41:51	58:46	1:07:54	1:17:18	1:27:17	1:37:02	1:47:50	1:54:32	2:10:56
	8:00	10:36	10:53	5:08	7:14	16:55	9:08	9:24	9:59	9:45	10:48	6:42	16:24
	178 (70)	136 (30)	F										
	2:27:16	2:42:10	2:54:20										
	16:20	14:54	12:10										

**WOMEN 55+ (1)**

**180:00 min 34 C 1730 Pts**

<b>1</b>	<b>Yett Gelderman</b>	--	<b>440</b>	<b>1:52:26</b>	<b>440</b>								
	143 (40)	150 (50)	154 (50)	133 (30)	155 (50)	176 (70)	144 (40)	166 (60)	153 (50)	F			
	9:26	15:53	36:04	50:54	1:07:02	1:22:00	1:30:22	1:39:54	1:47:39	1:52:26			
	9:26	6:27	20:11	14:50	16:08	14:58	8:22	9:32	7:45	4:47			