

IOMVAC Spring Handicap Walk / Run

Overall Result

Note that Lap 1 is excluded from lap min/max/average

Rank	Bib	Name	Club	Laps	Fastest	Average	Result	(Actual)
10km Run								
1.	465	Michael Garrett	VAC	13	2:52	2:54	0:52:55	0:35:55
2.	485	Richard Shipway	WAC	13	2:58	3:04	0:53:05	0:38:05
3.	148	Juan Kinley	MTC	13	2:58	3:04	0:53:18	0:38:18
4.	142	Gail Griffiths	VAC	13	3:10	3:36	0:53:37	0:45:07
5.	496	Terry Bates	VAC	13	3:35	3:43	0:53:52	0:46:22
6.	146	Jamie Newton	MH	13	2:46	2:51	0:54:18	0:35:18
7.	489	Russell Collister	MH	13	3:10	3:13	0:55:15	0:40:15
8.	467	Nhlanhla Nzama	VAC	13	2:47	2:51	0:55:20	0:35:20
9.	135	Andrew Nash	MTC	13	2:39	2:48	0:55:38	0:34:38
10.	134	Andrew Isaac	Unatt	13	2:44	2:49	0:55:50	0:34:50
11.	138	Christine O'Hanlon	VAC	13	3:56	4:05	0:56:41	0:50:41
12.	488	Stephen Brown	VAC	13	3:30	3:34	0:57:02	0:45:32
13.	481	Paul Condon	Unatt	13	2:59	3:01	0:58:23	0:37:23
14.	493	Terri Salmon	MFR	13	4:10	4:14	0:58:42	0:52:42
15.	469	Oliver O'Meara	Unatt	13	3:20	3:23	0:58:56	0:41:56
16.	136	Brian Butler	VAC	13	3:18	3:34	0:59:15	0:44:15
17.	482	Peter Callin	WAC	13	3:22	3:28	1:02:03	0:43:03
18.	147	Jason Parry	NAC	13	3:32	3:42	1:02:27	0:45:27
19.	466	Mike Hayler	MFR	13	3:38	3:41	1:02:27	0:45:27
20.	149	Keith Green	MH	13	4:13	4:18	1:03:18	0:53:18
21.	468	Nick Watterson	VAC	13	3:36	3:41	1:03:40	0:45:40
22.	140	David Cain	Unatt	13	3:01	3:17	1:04:31	0:40:31
23.	484	Rebecca Kelly	MFR	13	4:04	4:10	1:06:19	0:51:49
24.	132	Amanda Lawler	Unatt	13	4:18	4:26	1:09:40	0:55:10
25.	483	Ranald Caldwell	Unatt	13	4:30	5:02	1:12:48	1:02:48

Number of results: 25