

# Southside Masters Race Results for 11-Jul-19

Race	Heat	Place	ID	Name	Time	HCap	Net	Pts
3000m								
	1	1	29	Craig Alexander	9:24	9:15	0:09	9
	1	2	177	Seth Healey	9:52	9:53	-0:01	18
	1	3	31	Lucy Alexander	10:46	8:30	2:16	5
	1	4	183	Rob Combe	10:51	10:46	0:05	15
	1	5	72	David Sullivan	11:04	10:57	0:07	12
	1	6	84	Paul Ray	11:05	10:59	0:06	
	1	7	343	Daniel Poole	11:10	11:04	0:06	14
	1	8	344	Ben Poole	12:00	11:59	0:01	17
	1	9	22	Joanne Wilson	12:37	12:31	0:06	14
	1	10	378	Sandra Turner	12:52	13:02	-0:10	
	1	11	10	Colin Wiley	12:53	12:52	0:01	17
	1	12	386	Debbie Fransem	13:13	8:30	4:43	
	1	13	374	Jesper Whippy	13:14	11:45	1:29	6
	1	14	384	William Stackpool	13:18	8:30	4:48	2
	1	15	34	Geoff Darby	14:05	14:52	-0:47	20
	1	16	349	Kobe Rennie	14:13	14:19	-0:06	
	1	17	106	Michael DiStefano	14:16	11:47	2:29	4
	1	18	176	Theresa Healey	14:21	13:28	0:53	8
	1	19	25	Craig Russ	15:26	15:19	0:07	12
	1	20	18	Richard Morris	15:49	15:42	0:07	12
	1	21	12	Robert Simpson	17:01	13:46	3:15	3
	1	22	40	Michael Roberts	19:39	18:45	0:54	7
3k Walk								
	1	1	37	Russell Lee	21:54	20:46	1:08	4
	1	2	3	Chris Stratford	23:38	21:55	1:43	3
	1	3	285	Cindy Zhao	26:17	24:15	2:02	2
	1	4	11	Patricia Simpson	29:24	28:58	0:26	5
	1	5	24	Clive Plummer	29:26	29:17	0:09	7
7.5k Road								
	1	1	66	Magda Poulos	31:32	30:48	0:44	4
	1	2	89	Imogen Gribble	31:42	31:13	0:29	6
	1	3	39	Stuart Muir	36:47	35:20	1:27	3
	1	4	21	Martin Cansell	38:38	36:41	1:57	2
	1	99	2	Bob Fickel	99:99	39:43	60:56	1
Mile								
	1	1	29	Craig Alexander	5:04	5:19	-0:15	11

Race	Heat	Place	ID	Name	Time	HCap	Net	Pts
	1	2	31	Lucy Alexander	5:35	5:20	0:15	9
	1	3	72	David Sullivan	6:03	6:01	0:02	10
	1	4	385	Kyan Farmer	6:05	4:00	2:05	
	1	5	374	Jesper Whippy	6:08	6:43	-0:35	14
	1	6	384	William Stackpool	6:21	4:00	2:21	3
	1	7	386	Debbie Fransem	6:50	4:00	2:50	
	1	8	106	Michael DiStefano	7:27	4:00	3:27	2
	1	9	13	Mathew Simpson	7:57	7:34	0:23	8
	1	10	176	Theresa Healey	8:16	7:45	0:31	6
	1	11	12	Robert Simpson	8:25	6:47	1:38	4
	1	12	15	Elise Wilson	9:11	8:45	0:26	7
	1	13	16	Sami Wilson	9:13	9:41	-0:28	12
	1	14	24	Clive Plummer	11:49	10:18	1:31	5