

Race	Pennington Flash
Distance	5M
Date	01/09/2013

MEN

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Ian Hayburn	45	43	31.35	28.44	3
2	Dennis Wharton	55	97	35.34	29.51	3
3	Ian Roberts	40	84	34.42	32.48	3

LADIES

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Sonya Monaghan	44	104	36.01	33.42	3

Notes

approximate ages used, please inform us / scribble on your actual age for a more accurate adj race time

As less than 5 members ran, all athletes will score 3 points for the Championship and this race will be reviewed for 2014.