

Race	Birchwood 10Km
Distance	10km
Date	17/08/2014

MEN

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*
1	John Appleton	62	177	00.42.58	00.33.57
2	Maurice Collins	50	142	00.41.50	00.36.35
3	Dennis Wharton	56	246	00.45.17	00.37.42
4	Jamie White	?	51	00.38.02	00.38.02

LADIES

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*
1	Pam Appleton	60	551	00.53.51	00.41.14
2	Sonya Monaghan	45	242	00.45.12	00.41.53
3	Linda White	52	614	00.55.57	00.47.43
4	Helena McGoldrick	51	590	00.55.04	00.47.47
5	Rachel Wilcock	19	487	00.51.32	00.51.32
6	Carolyn Joyce	31	673	00.58.13	00.58.09
7	Rachel Bessley	21	674	00.58.14	00.58.14
8	Andrea Joyce-Beesley	47	885	01.16.06	01.09.02
9	Clare Davies	39	886	01.16.07	01.14.25
10	Kay Wilcock	46	897	01.21.22	01.14.37
11	Louise Hill	?	896	01.20.54	01.20.54

Points
6
5
4
3

13
12
11
10
9
8
7
6
5
4
3