

Race	Birchwood 10K
Distance	10km
Date	18/08/2013

MEN

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Jamie White	20	27	36.06	35.43	3
2	Dennise Wharton	55	200	44.45	37.32	3
3	Ray Vose	45	196	44.34	40.33	3

LADIES

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Sonya Monaghan	35	215	45.33	45.05	9
2	Helena McGoldrick	51	489	54.37	47.11	8
3	Linda White	50	510	55.06	48.12	7
4	Tami Garvey-Jones	40	398	51.23	49.36	6
5	Joanne Keogh	38	539	56.11	54.53	5
6	Janet Holmes	55	726	68.35	56.15	4
7	Karen Harrison	45	648	61.08	56.39	3
8	Amanda Coogan	40	598	58.46	56.44	2
9	Karen Young	43	732	69.39	65.44	1

Notes

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

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