

# RESULTS

## Wellington Masters 5km & 10km Road Run and Walk

### Lower Hutt – Sunday 20th October 2013

This year the running field was well up on last year with 28 runners taking part (17 in 2012) and 3 walkers (down from 11 in 2012). The 5km this year only attracted 1 competitor (1 also in 2012).

Competitors had to contend with a strong head wind on the way out to the turn-around point but had a nice tail wind on the return journey to the finish. In the 10km walk the fastest male walker was Geoff Iremonger while Daphne Jones was the fastest women. Robin Iremonger was the only competitor in the 5km walk. The fastest male runner in the 10km was Michael Wray, with Michelle Van Looy the fastest woman over the distance.

Thanks to Peter Wrigley for organising this event, the helpers who helped out and a thanks to those competitors who continually turn up and support our events. It was also good to see a lot of new faces taking part in this year's event. Even with the head wind to contend with eight runners managed to break the 40 minute mark.

<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Age Grade %</u>	<u>Finish Pl.</u>	<u>Grade</u>	<u>Grade Pl.</u>
<b>Walkers - 5km:</b>						
<b>Female:</b>						
Robyn Iremonger	Scottish	46:57	*	1	65-69	1
<b>10km:</b>						
<b>Female:</b>						
Daphne Jones	Scottish	79:49	*	24	70-74	1
<b>Male:</b>						
Geoff Iremonger	Scottish	71:00	*	13	65-69	1
<b>Runners:</b>						
<b>Female:</b>						
Lindsay Barwick	Scottish	44:45	69.79	17	35-39	1
Michelle Van Looy	Olympic	41:07	77.53	11	40-44	1
Karen Gillespie	No club	49:23	64.07	22	40-44	2
Jackie Delaney	No club	53:54	61.36	26	45-49	1
Sharon Wray	Scottish	56:28	60.66	30	45-49	2
Tineke Hooft	Olympic	48:01	74.07	19	50-54	1
Nuala Dunn	Olympic	48:08	76.83	20	55-59	1
Maryanne Palmer	Scottish	56:43	69.85	31	60-64	1
<b>Male:</b>						
Andy Ford	Scottish	37:49	71.83	5	Pre-Master	1
Paul Barwick	Scottish	36:33	76.59	3	35-39	1
Matyas James	Scottish	40:28	69.69	10	35-39	2
Zhihao Cai	Olympic	50:02	56.36	23	35-39	3
Michael Wray	Scottish	36:15	82.04	2	45-49	1
Bill Twiss	Scottish	39:28	75.36	6	45-49	2
Bruce Atmore	Olympic	39:47	75.93	7	45-49	3
Joseph Muollo	Scottish	39:54	73.96	9	45-49	4
Tony Simmers	Olympic	42:20	71.36	14	45-49	5
Glen Wallis	Scottish	42:34	71.54	15	45-49	6
Richard Martin	Olympic	45:21	66.61	18	45-49	7
Brian Dunne	Olympic	44:13	71.14	16	50-54	1
Vaughan New	WHAC	37:28	86.82	4	55-59	1
David Hood	Trentham	39:49	80.83	8	55-59	2
Brian Hayes	WHAC	42:00	83.90	12	65-69	1
Dougal Congalton	WMA	53:38	66.94	25	65-69	2
Albert van Veen	HVH	54:02	65.82	27	65-69	3
John Palmer	Scottish	54:43	66.44	28	65-69	4
Ray Wallis	Aurora	55:36	68.68	29	70-74	1
Michael Browne	Scottish	77:19	59:62	21	80-84	1

\*No age grade percentage worked out for the walkers.