

BEGINNERS MILE on June 23, 2016
Distance 1 mile

Pos	Runner	M/F	Age	Time	Age %	Club Standard
1	Nigel Seale	M	56	07:03	63.0%	Bronze
2	Sue Barrow	F	52	07:37	64.0%	Bronze
3	Gemma Rose	F	30	07:57	52.8%	
4	Tim Button	M	47	07:58	51.8%	
5	Hayley Missin	F	32	07:59	52.7%	
6	Mellisa Milward	F	37	08:23	51.0%	
7	James Calbert	M	44	09:06	44.3%	
8	Leonard Veenendaal	M	50	09:07	46.4%	
9	Tracey Veenendaal	F	49	09:30	49.5%	
10	Melanie Wadsley	F	53	09:42	50.9%	
11	Ian Milburn	M	71	09:43	52.7%	
12	Judy Seale	F	53	09:55	49.8%	
13	Angela Rout	F	43	10:06	43.9%	
14	Lucy Hicks	F	34	10:17	41.1%	
15	Hayley Johnson	F	32	10:57	38.4%	
16	Cheryl Baird	F	44	11:00	40.6%	
17	Gregg Tagney	M	65	11:02	43.6%	
18	Kris Mclaughlin	F	47	12:43	36.1%	