

TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA
Angela	Prestidge			00:00		00:00		00:00
Anna	Hastie	31:21	31:21	06:16	1:05:04	06:30	2:25:05	06:53
Anne	Rose	24:27	24:27	04:53	50:45	05:04	1:53:07	05:22
Belinda	Sheridan			00:00		00:00		00:00
Cathy	Finnimore	26:23	26:23	05:17	54:45	05:29	2:02:05	05:47
Jessica	Karauria	37:15	37:15	07:27	1:17:20	07:44	2:52:24	08:10
Jo	Murray	27:56	27:56	05:35	57:59	05:48	2:09:15	06:08
John	Langham	19:31	19:31	03:54	40:30	04:03	1:30:17	04:17
Jon	Saunders	23:51	23:51	04:46	49:30	04:57	1:50:21	05:14
Karen	Orr	25:47	25:47	05:09	53:31	05:21	1:59:18	05:39
Megan	Keenan	30:43	30:43	06:09	1:03:46	06:23	2:22:09	06:44
Roxanna	Johnston	26:30	26:30	05:18	55:00	05:30	2:02:37	05:49
Stuart	Irvine	25:16	25:16	05:03	52:27	05:15	1:56:54	05:32
First Name	Last Name	First 5k TT	5k	5k Pace (min/km)	10k	10k Pace (min/km)	Half	Half Pace (min/km)
RACE PROJECTIONS								

