

# Wellington Race Pace

May 2017: 10k, Half, and Full Marathon Pace

First Name	Last Name	10k	10k Pace	Half	Half Pace	Full	Full Pace
Adrian	Thompson	49:17	4:56	1:49:53	5:12	3:51:15	5:29
Alastair	Henshaw	53:39	5:22	1:59:37	5:40	4:11:43	5:58
Alex	MacAvoy						
Angela	Prestidge	55:08	5:31	2:02:56	5:50	4:18:42	6:08
Annie	Van Herck	56:48	5:41	2:06:38	6:00	4:26:29	6:19
Bridget	Thomson	1:00:39	6:04	2:15:12	6:24	4:44:31	6:45
Cathy	Finnimore	51:55	5:12	1:55:45	5:29	4:03:36	5:46
Eoin	Davidson	55:16	5:32	2:03:14	5:50	4:19:21	6:09
John	Langham	39:03	3:54	1:27:02	4:08	3:03:11	4:20
Jon	Saunders	48:11	4:49	1:47:25	5:05	3:46:04	5:21
Julie	Collow	49:07	4:55	1:49:30	5:11	3:50:27	5:28
Kate	Davey	55:00	5:30	2:02:37	5:49	4:18:03	6:07
Kirsty	Macgregor	57:57	5:48	2:09:10	6:07	4:31:51	6:27
Lee-ann	Coutts						
Linda	Mcarthur	44:58	4:30	1:40:15	4:45	3:30:58	5:00
Liz	McKenna	51:03	5:06	1:53:49	5:24	3:59:33	5:41
Malcolm	Davidson	49:17	4:56	1:49:53	5:12	3:51:15	5:29
Megan	Keenan	59:57	6:00	2:13:39	6:20	4:41:16	6:40
Nancy	Linton	46:54	4:41	1:44:33	4:57	3:40:03	5:13
Neven	MacEwan						
Nicola	Beentjes	1:06:32	6:39	2:28:19	7:02	5:12:08	7:24
Polly	Schaverien	56:17	5:38	2:05:29	5:57	4:24:03	6:15
Rebecca	McAtamney	55:41	5:34	2:04:10	5:53	4:21:18	6:12
Ruth	Noakes	52:20	5:14	1:56:41	5:32	4:05:33	5:49
Sara	Blake	56:25	5:39	2:05:47	5:58	4:24:42	6:16
Stephen	Bates						
Tanya	Dunlop	1:11:58	7:12	2:40:26	7:36	5:37:38	8:00
Victoria	Wilks	57:50	5:47	2:08:56	6:07	4:31:22	6:26
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