



Kapiti Running & Tri Club Summer 5K series 22 23

RUNNERS	07-Nov	14-Nov	28-Nov	12-Dec	19-Dec	09-Jan	16-Jan	30-Jan	13-Feb	27-Feb	13-Mar	27-Mar
Luke Anderson									18.46	21.56	18.44	
Dave Chandler				20.52	20.55		21.02	21.27	20.26	20.10	19.50	
Leon Goodwin						19.56		20.06			20.00	
Paul Fitzmaurice	22.23	22.24	21.38	21.13	21.10	21.37	21.11	20.37	20.20	26.34	20.22	
Randall Walker	24.00	23.20	23.32		22.44	23.24	23.12	23.14		22.46	23.56	
Mike Heron	24.51	24.21		25.42	25.17	24.51	25.35	25.03		25.08	25.59	
Braxton Buglass-Devereux	25.59	31.16	26.06	36.19			31.27	31.21	25.58		26.10	
Hannah Buglass-Devereux	25.59	31.23	26.07	36.19		32.22	32.32	31.28	25.59		26.10	
Tony Farmer	27.17	27.40	26.45	27.28	26.45	27.00	27.29	27.06	36.58	26.37	27.15	
Jo Jenkins	26.31				26.20	27.53	30.47		27.04		29.47	
Tony Fraei	37.33		36.42	37.08	36.54	35.45	36.32	35.41	35.16	35.14	38.26	
Dan Headifen	22.11	21.20	21.09		23.52	22.04	21.38	20.59	20.32	20.19		
Rosalie Hanna										22.56		
Angela Charlton										23.31		
Pat Taylor										23.49		
Jeroen Mattheus										23.49		
Maria Kenny									24.11	24.06		
Jo Humphries	28.21	27.23		26.09		27.27		27.06		26.06		
Janet Luxford										26.15		
Peter Ellis	33.25					37.27	36.22	35.40		35.10		
Lani Vertongen					40.27	43.03				42.28		
Ariki Vertongen			20.34	21.12	40.28	43.05		22.05	23.43	42.29		
Tom Bland									18.32			
Karis Rae		22.31	22.08		21.59		23.30		22.06			
Craig Jarrett		25.59	25.13		26.01		26.38		25.19			
Kris Hickling						26.11	27.43		26.02			
Sharon Hurman					27.01	27.09			26.51			
Kristina Cameron		24.59					30.47	24.05	27.04			
Alvirg Busa							18.06		30.12			
Debbie Deans	29.18					32.22	32.32		30.12			
Janie Evans			35.32		35.06				36.09			
Roger Childs						37.11	38.08	38.38	36.58			
Warwick Smith								20.32				
Tim Gregory							20.46	20.43				
Erin McKevitt								21.40				
Mike King						25.50	26.21	25.47				
Dale Shaw								27.01				
Jenny Goodwin						28.57	28.01	27.32				
John Kemp							30.26	29.25				
John Hammond		47.13		49.38	47.21			47.39				
Jack Gregory							19.23					
Riley Webster							31.33					
Timothy Dawbin						20.40						
Carter Prendergast				22.47		22.34						
Kyle Clark					24.38	26.22						
Paula Reardon	35.53					26.44						
Tony Dawbin						27.22						
Jacinta Straker						29.14						
Mike Binkhorst						31.38						
Chau Nguyen						38.38						
Brendan Grainger						38.38						
Steven Fraei					23.00							
Andy Thomson				24.56	24.56							
Josh Knox		27.51		26.44	25.12							
Terry Morris	26.24	27.37	24.14	26.05	26.43							
Jordan Kendrick	20.33			20.28								
Justin Fraser	27.17	27.50	26.54	26.43								
Chris Carnihan				28.48								
Chester Headifen			26.36									
Kate O'Mara	28.36	29.29										
Dave Laws		32.54										
Steffan Wong	19.01											
Joe O'Hara	39.25											
James Kynaston	33.59											
Maxine Laws	41.35											
WALKERS	07-Nov	14-Nov	28-Nov	12-Dec	19-Dec	09-Jan	16-Jan	30-Jan	13-Feb	27-Feb	13-Mar	27-Mar
Graeme Fountain	38.46	46.37	37.51	38.11	38.25		38.18	38.44	38.06	38.59	38.25	
Nicky Hughes-Richards									42.03			
Paula Binkhorst						46.40						
Olivia Duncan					41.50							
Jolene Duncan					41.51							
Dave MacKay					48.50							

Jo Jenkins		46.46
Jocelyn Fountain	38.55	DNF