

Tauranga Ramblers Club Night 22nd January 2019

1500m CC

1	Michael	Sutton	04:27.1	SM
2	Sam	Proctor	04:58.1	B13
3	Malcolm	Smith	05:26.7	M40
4	Aaron	Samuels guest	05:28.4	SM
5	Russell	Lake	05:32.6	M45
6	Gavin	Smith	05:48.8	M65
7	Phil	Curtis	06:19.6	M60
8	Josh	Smith	07:41.9	B9

200m CC

1	Michael	Sutton	28.29	SM
2	Malcolm	Smith	35.24	M40
3	Russell	Lake	35.46	M45
4	Josh	Smith	37.1	B9
5	Sam	Proctor	40.74	B13
6	Gavin	Smith	47.03	M65
7	Phil	Curtis	48.41	M60
8	Jesse	Smith	59.81	B6

300m

1	Josh	Smith	01:11.4	B9
2	Jesse	Smith	01:35.6	B6

5000m

1	Michael	Sutton	17:30.8	SM
2	Sam	Proctor	19:48.7	B13
3	Russell	Lake	20:11.3	M45
4	Malcolm	Smith	20:46.4	M40
5	Gavin	Smith	21:47.3	M65
6	Phil	Curtis	22:11.5	M60
7	Josh	Smith	27:35.8	B9