

**Pump IT UP 5K - 10/30/2016**  
**Mico Teachers College**  
**Data mgnt and Timing by On Di Run**  
**Rankings**

**Mixed 5k Run**

Comp#	Name	Team	Time	Points
1	1634	Archibald, Oshane	M23 G Foster College	15:19.46
2	1789	Gordon, Garfield	M19 Mavis Bank High	15:27.15
3	1755	Buchanan, Shane	M18 Kingston College	15:32.14
4	1686	Rodgers, Ari	M15 Kingston College	15:33.94
5	1714	Green, Thaleetio	M18 University OF Technology	15:35.81
6	1636	Glave, Daniel	M20 G Foster College	16:00.83
7	1635	Walker, Kajay	M19 G Foster College	16:11.85
8	1754	Burke, Teahjmar	M18 Hydell High	16:31.38
9	1848	Golding, Bryan	M22 Rodgers	16:35.20
10	1948	Foote, Romario	M21 Rodgers	16:48.04
11	1715	Graham, Trey	M21 University OF Technology	16:52.92
12	1649	Williams, Javein	M15 Bog Walk High School	17:00.08
13	1995	Rochester, Dino	M21 Arthur Grant	17:00.93
14	1790	Senior, Devon	M16 Mavis Bank High	17:04.48
15	1791	Watson, Billy	M16 Mavis Bank High	17:05.07
16	1719	Godfrey, Randux	M22 Mvp	17:12.94
17	1933	Stewart, Detroy	M16 Jamaica College	17:14.17
18	1923	Campbell, Fabian	M16 Jamaica College	17:17.32
19	1753	Jones, Tafari	M15 Hydell High	17:20.89
20	1684	Brown, Dashane	M18 Kingston College	17:23.33
21	1637	Cribb, Rajay	M18 G Foster College	17:23.63
22	1955	Nicholas, Deighton	M21 Arthur Grant	17:43.96
23	1655	Gordon, Givantino	M17 Bog Walk High School	17:52.66
24	1729	Edwards, Sho-Wayne	M34 Unattached	17:59.81
25	1935	Brown, Sadikey	M16 Jamaica College	18:06.65
26	1931	Walchop, Duvarie	M18 Jamaica College	18:14.55
27	1756	Rhoden, Tyrees	M16 Kingston College	18:20.12
28	1685	Edmond, Romario	M17 Kingston College	18:20.41
29	1921	Eddie, Jevonni	M15 Jamaica College	18:22.89
30	1721	McKenzie, Eric	M20 Mvp	18:26.94
31	1640	Nelson, Basil	M18 G Foster College	18:28.40
32	1788	Russell, Carlisle	M41 Unattached	18:36.21
33	1653	Taylor, Turice	M14 Bog Walk High School	18:38.47
34	1748	Green, Monifa	W17 Hydell High	18:39.89
35	1644	Bryan, Jabarie	M21 G Foster College	18:45.52
36	1713	Forrester, Jaheem	M21 University OF Technology	18:45.93
37	1614	Mills, Khabeeba	M17 Wolmers Boys	18:46.29
38	1615	Lindo, Kimani	M16 Wolmers Boys	18:48.33
39	1619	Henry, Shane	M18 Wolmers Boys	18:48.80
40	1768	Facey, Selvin	M25 Bishop	18:54.36
41	1617	Davis, Jon-Michael	M17 Wolmers Boys	18:57.64
42	1963	Samuels, Nashaun	M19 Rodgers	19:01.84
43	1711	Bingham, Rojaine	M19 Unattached	19:07.16
44	1747	Stewart, Aaliyah	W15 Hydell High	19:07.44
45	1744	Jones, Jade	W14 Hydell High	19:13.17
46	1618	Davis, David-Asher	M17 Wolmers Boys	19:19.53
47	1953	Clunis, Sanjay	M22 Arthur Grant	19:21.01
48	1700	Daley, O'Shane	M19 Buxton	19:21.59
49	1749	Jones, Ocelia	W13 Hydell High	19:22.19
50	1746	Campbell, Jodi Ann	W14 Hydell High	19:29.04
51	1764	Lee, Patrick	M50 Pacers	19:29.37
52	1616	Davis, Marc-Anthony	M17 Wolmers Boys	19:29.96
53	1620	Taylor, Jahari	M14 Wolmers Boys	19:30.53

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54	1652	Murphy, Lennox	M16	Bog Walk High School	19:36.02
55	1658	Minott, Ricardo	M15	Bog Walk High School	19:37.28
56	1903	Stanley, Martin	M54	Unattached	19:46.05
57	1745	Coley, Emily	W16	Hydel High	19:47.27
58	1688	Ferguson, Ronaldo	M17	Kingston College	19:50.33
59	1928	Reyes, Ken	M18	Jamaica College	19:51.12
60	1706	Thomas, Lawayne	M23	Buxton	20:06.73
61	1651	Provost, Orville	M16	Bog Walk High School	20:09.34
62	1716	Lawrence, Chevan	M22	University OF Technology	20:19.70
63	1904	Anderson, Oral	M54	Unattached	20:24.42
64	1625	Brown, Crystal	W16	Unattached	20:35.33
65	1733	Yee, Marvillee	M19	Bishop	20:43.17
66	1650	Brown, Ahkeem	M17	Bog Walk High School	20:43.53
67	1965	Johnson, Jerval	M23	Arthur Grant	20:50.58
68	1750	Pearce, Maechell	W14	Hydel High	20:51.25
69	1767	Walker, Jason	M20	Bishop	21:06.18
70	1712	Ferron, Alithia	M19	University OF Technology	21:12.11
71	1797	Barrett, Mazinho	M21	Rodgers	21:18.69
72	1628	Spurgeon, Tyrone	M25	Arthur Grant	21:20.13
73	1800	Williams, Ronaldo	M23	Buxton	21:23.99
74	1668	Bell, Javere	M24	Arthur Grant	21:25.00
75	1741	Facey, Nastassia	W14	Camperdown High	21:25.99
76	1929	Walky, Jeanty	M18	Jamaica College	21:27.13
77	1919	McGowan, Dain	M13	Jamaica College	21:32.69
78	1937	Blagrove, Karlene	W45	Unattached	21:41.58
79	2498	Thompson, Omar	M21	Lushington	21:52.30
80	1799	Herah, Derron	M34	Unattached	22:07.10
81	1751	Holgate, Tishana	W12	Hydel High	22:10.51
82	1656	Gordon, Cordel	M15	Bog Walk High School	22:13.02
83	1654	Mogan, Tevaughn	M16	Bog Walk High School	22:14.04
84	1725	Johnson, Delroy	M20	Team Benjie	22:34.34
85	1884	Stewart, Gregory	M24	Javica	22:34.71
86	1982	Hunter, Kevar	M23	Team Clarke	22:41.61
87	1752	Samuda, Amora	W13	Hydel High	22:49.57
88	1646	Gordon, Tashauna	W15	Bog Walk High School	22:54.42
89	1858	Brown, Davie	M21	Bishop	22:55.64
90	1769	Coote, Terrence	M25	Arthur Grant	23:11.19
91	1630	Leckie, Durin	M23	Arthur Grant	23:29.41
92	1631	Barnes, Jarel	M21	Arthur Grant	23:38.25
93	1855	Stewart, Ikeda	W18	Bishop	23:38.53
94	1776	Reid, ?????	M21	Arthur Grant	24:00.68
95	1794	Smith, Dane	M26	Rodgers	24:01.66
96	1909	Rowe, Nicholas	M18	Lushington	24:03.39
97	3592	Miller, Ricardo	M22	Arthur Grant	24:10.75
98	1988	Walker, George	M20	Team Crossfield	24:16.67
99	1645	Minizie, Shauna-Kay	W15	Bog Walk High School	24:16.98
100	1964	Malcolm, Roshain	M20	Rodgers	24:22.36
101	2485	Nicholson, Kadoe	M21	Rodgers	24:23.84
102	1770	Cortney, Orane	M18	Rodgers	24:24.80
103	1629	McDonald, Andre	M21	Arthur Grant	24:26.48
104	3593	Thompson, Jabari	M18	Rodgers	24:32.01
105	3595	Williams, Joseph	M18	Bishop	24:35.40
106	1966	Lawrence, Roland	M24	Buxton	24:36.33
107	1930	Jackson, Javion	M18	Jamaica College	24:38.59

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108	1885	James, Alvin	M34	Javica	24:39.50
109	1709	Whyte, Lemar	M24	Arthur Grant	24:39.74
110	1907	Graham, Barrington	M50	Unattached	24:49.71
111	1950	Doodnaughtsing, Mario	M19	Bishop	24:55.71
112	1951	Loney, Dawnalee	W20	Rodgers	25:11.33
113	1796	James, Tiffany	W19	Lushington	25:20.50
114	1687	Briscoe, Jumaine	M15	Kingston College	25:20.80
115	1785	Francis, Michael	M29	Bishop	25:21.07
116	3594	Pennant, Romarlo	M23	Rodgers	25:32.74
117	1856	Mullings, Aveeano	M22	Bishop	25:33.16
118	2489	Smith, Damon	M47	Train Fit	25:42.86
119	1798	White, Raymond	M22	Rodgers	25:43.75
120	1899	Green, Gavin	M33	The Gleaner Company	25:53.93
121	1633	Wellington, Rojae	M19	Arthur Grant	25:59.78
122	1643	Simmonds, Ophia	W21	G Foster College	26:09.48
123	1717	Ellis, Damar	M27	Arthur Grant	26:12.00
124	1607	Graham, Iana-Michovanie	W13	Wolmers Girls	26:12.26
125	1605	Arnold, Maia	W14	Wolmers Girls	26:20.47
126	1659	Alcott, Ricardo	M14	Bog Walk High School	26:21.87
127	1894	Green, Tushun	W33	Gore Development Ltd	26:45.02
128	1672	Marshall, Jamie	M21	Buxton	26:47.65
129	1604	Shaw, Shavelle	W15	Wolmers Girls	26:57.29
130	1867	Davidson, Shannel	W18	Buxton	27:00.26
131	1718	Barrett, Ricardo	M32	Unattached	27:06.89
132	1765	Lee, Stephen	M	Pacers	27:33.92
133	1648	Graham, Marvia	W15	Bog Walk High School	27:36.38
134	1993	Higgins, Tiffany	W19	Track & Field	27:43.55
135	1917	Young, Tashara	W28	Lushington	27:48.62
136	1695	Dixon, Shanique	W20	Lushington	27:51.84
137	1611	Brown, Janeek	W18	Wolmers Girls	27:58.42
138	1857	Christie, Rendre	M21	Bishop	28:18.25
139	1682	Jones, Shauna	W29	Rodgers	28:18.80
140	1673	Brooks, Shamar	M25	Rodgers	28:19.03
141	1606	James, Taniel	W13	Wolmers Girls	28:23.65
142	1984	Gayle, Javaney	M18	Team Holt	28:25.07
143	1981	Gibson, O'Shane	M20	Team Clarke	28:25.73
144	1742	Stephens, Antwain	M24	Rodgers	28:34.75
145	1720	Dickens, Simon	M27	Mvp	28:47.73
146	3599	Clarke, Demar	M23	Buxton	30:11.79
147	1647	Lewis, Ashanti	W14	Bog Walk High School	30:20.18
148	1710	Hemmings, Michael	M25	Lushington	30:26.21
149	1990	Evans, Kaydee	W18	Team Crossfield	30:32.99
150	1985	Henry, Nicholas	M19	Team Holt	30:39.68
151	1778	Bailey, Jhavanic	M21	Buxton	30:40.42
152	1989	England, Gabrielle	W18	Team Crossfield	30:42.42
153	1853	Matthews, Sivarughn	M19	Bishop	30:45.69
154	1728	Goron, Nicole	M35	Unattached	30:46.92
155	1947	McDonald, Tommy	M22	Buxton	30:48.12
156	1952	Allen, Keneil	M25	Lushington	32:23.20
157	1992	McCarthy, Cheryl-Ann	W21	Track & Field	32:27.18
158	1996	Heslop, Danielle	W19	Track & Field	32:27.61
159	2491	Burnett, Rochelle	W48	Train Fit	32:29.46
160	1696	Williams, Rhadika	W18	Bishop	32:29.82
161	1704	Marshall, Kaene	W20	Bishop	32:41.44

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162	1882	Sweeey, Mark	M29	Javica	32:41.83
163	2493	Kennedy, Deon	W43	Train Fit	32:42.11
164	1881	Taylor, Dahmali	M18	Bishop	33:12.90
165	1912	Tomlinson, Vaneicia	W21	Bishop	33:21.01
166	1772	Beckford, Romario	M21	Arthur Grant	33:33.25
167	2495	Henry, Aleisha	W37	Train Fit	33:34.25
168	1851	Wilson, Oshean	M23	Bishop	33:44.30
169	1787	Simon, Ricky	M30	Arthur Grant	33:45.16
170	1852	Gabas, Timara	W19	Arthur Grant	33:46.28
171	1698	McKenzie, Neva	W21	Arthur Grant	35:32.04
172	2490	Watson, Naleika	W20	Arthur Grant	35:34.69
173	1895	Marchand Lyncook, Audrey	W57	Gore Development Ltd	35:41.01
174	1726	Smith, Mishaka	W23	Lushington	35:41.32
175	1786	Morris, Angelo	M26	Bishop	35:53.98
176	1979	Lynch, Jodian	W26	Team Clarke	36:05.49
177	1677	Robina, Reid	W19	Buxton	36:05.49
178	1694	Dehaney, Kadie-Ann	M18	Lushington	36:05.72
179	1723	Martin, Mishka	W20	Team Benjie	36:11.23
180	1946	Blake, Devon	M34	Arthur Grant	36:17.81
181	1724	Lewis, Rashawn	M23	Team Benjie	36:18.05
182	1960	Dixon, Kadejha	W19	Bishop	36:18.79
183	1976	Mullings, Trudy	W23	Team Clarke	37:04.97
184	1781	williams, jaceinth	W44	Unattached	37:20.67
185	1914	Dunn, Kadine	W21	Arthur Grant	37:36.84
186	1854	Spencer, Romeo	M24	Rodgers	37:39.92
187	1691	Neita, Colin	M45	Lodge Mico	37:44.71
188	1775	Thompson, Philiplando	M22	Bishop	37:48.74
189	1971	Allen, Shanique	W22	Team Clarke	38:11.16
190	1849	Guthrie, Adriana	W25	Buxton	38:13.79
191	1958	McLeod, Andrew	M22	Buxton	38:14.04
192	3597	Gauntlett, Andree	W38	Train Fit	38:57.88
193	1893	Williams, Patricia	W40	Gore Development Ltd	39:31.23
194	1908	Grandison, Kramar	M21	Rodgers	39:42.88
195	1977	Brown, Traude	M20	Team Clarke	39:50.11
196	1968	Francis, Marvia	W22	Team Clarke	39:54.59
197	1913	Thomas, Priscilla	W21	Buxton	39:58.83
198	3598	Shorter, Andrene	W20	Lushington	40:56.48
199	1994	Taylor, Shanell	W21	Track & Field	41:04.68
200	1910	Morgan, Jody Ann	W20	Bishop	41:04.90
201	1727	Goron, Daniel	M66	Buxton	41:05.45
202	1697	McFarlane, Shanique	W20	Lushington	41:06.26
203	1889	Lewis, Pauline	W48	Gore Development Ltd	41:34.33
204	1902	Henry, David	M50	The Gleaner Company	42:24.55
205	1897	Henningham, Roland	M29	The Gleaner Company	42:30.14
206	1703	Dixon, Roshanna	W20	Rodgers	42:30.57
207	1701	Tulloch, Tamila	M20	Arthur Grant	42:41.51
208	1970	Johnson, Jheanell	W20	Team Clarke	43:02.25
209	1850	Walchie, Cleon	M42	Buxton	43:02.53
210	2492	Shirley, Shantel	W21	Rodgers	43:18.47
211	1938	Taylor, Stacy-Ann	W27	Unattached	43:26.51
212	2479	Dawkins, Bridget-Dawn	W22	Arthur Grant	44:12.96
213	1669	Pinnock, Asburn	M	Unattached	45:09.96
214	2482	Brown, Tahjae	M12	Team Pinnock	45:10.54
215	1975	Gray, Zia	W25	Team Clarke	45:11.82

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216	1915	McKenzie, Anika	W21	Buxton	46:00.93
217	1722	Barrett, Toni	M22	Team Benjie	46:03.68
218	1888	Lewis, Dellon J	M24	Gore Development Ltd	46:34.91
219	1890	Lewis, Dellon A	M24	Gore Development Ltd	46:54.23
220	1896	Brown, Kishan	W26	Gore Development Ltd	47:47.02
221	1973	Hastings, Jouire	W22	Team Clarke	47:50.87
222	1911	Martin, Howard	M18	Rodgers	47:54.99
223	1632	Harvey, Betty-Ann	W19	Arthur Grant	48:07.53
224	1887	Wilson, Janice	W51	Gore Development Ltd	48:07.85
225	1624	Duffus, Carolyn	W37	Unattached	48:15.97
226	1623	Barrett, Ayunga	W44	Unattached	48:20.37
227	1683	Brown, Tricia	W19	Rodgers	48:20.69
228	1758	Richards, Christopher	M19	Mvo	49:04.05
229	3596	Allwood, Stavia	W20	Arthur Grant	49:37.18
230	1941	Morgan, Molesha	W19	Lushington	49:38.64
231	1942	Cooke, Jeraldene	W18	Bishop	49:49.79
232	1978	Briscoe, Kadeen	W20	Team Clarke	50:03.21
233	1986	Brown, Aneika	W21	Team Holt	50:03.61
234	1962	Brown, Ossany	W19	Lushington	51:14.88
235	1961	Green, Danielle	W25	Bishop	53:07.83
236	1731	Daley, Britany	W18	Buxton	53:13.13
237	1862	Johnson, Charmaine	W31	Lushington	53:34.38
238	1987	Brown, Kiyomi	W23	Team Holt	53:36.39
239	1891	Lewis, Yanique	W24	Gore Development Ltd	54:03.05
240	1900	Grant, Christopher	M31	The Gleaner Company	54:27.05
241	1901	Harris, Lashae	W25	The Gleaner Company	55:03.07
242	1957	Forbes, Aleida	W18	Buxton	55:03.38
243	1735	Smith, Chevenese	W9	Unattached	55:12.02
244	2475	Freckleton, Aaron	M7	Buxton	55:51.05
245	1737	McKellop, Damari	M6	Unattached	56:08.66
246	1740	Cooper, Kelee-Gai	W29	Unattached	56:11.14
247	1739	Ellis, Kiara	W8	Unattached	56:13.34
248	1738	Clarke, Khalia	W26	Unattached	56:26.30
249	1734	Lawson, Dona	W37	Unattached	56:39.47
250	1783	Davis, Sherika	W22	Unattached	57:01.46
251	1603	Simpson, Shantal	W23	4c10	57:02.11
252	1944	Alsol, Deshauna	W18	Lushington	57:02.55
253	1999	May, Kadine	W26	4c10	57:03.01
254	1680	Gilzine, Kendra	W22	4c10	57:03.52
255	2000	Henry, Simone	W22	4c10	57:04.06
256	1886	Padgett, Joanne	W	Gore Development Ltd	57:06.81
257	1972	Henry, Jamelia	W21	Team Clarke	58:08.23
258	1991	Harrison, Christina	W22	Team Crossfield	58:12.06
259	2499	Webster, Vanessa	W19	Bishop	58:18.16
260	2497	Arboine, Andre	M28	Lushington	59:02.17
261	1665	Robinson, Alayah	W16	Unattached	59:03.63
262	1664	Alvaranga, Kathryn	W12	Alvaranga	59:38.84
263	1759	Bowen, Joel	M24	Mvo	59:39.15
264	1761	Miller, Oshim	M21	Mvo	1:00:39.71
265	1771	Nembhard, Ashani	M21	Buxton	1:00:41.38
266	1660	Williams, Travis	M21	Lushington	1:01:29.01
267	1661	Massey, Dana	W18	Lushington	1:03:20.88
268	1627	Gayle, Adolph	M20	Arthur Grant	1:03:32.14
269	1864	Wilson, Brandy	W18	Buxton	1:03:32.41

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270	1916	Bailey, Uton	M16	Buxton	1:03:56.59
271	1730	Brown, Rovonne	M	Bishop	1:03:56.94
272	2500	Tucker, Patrick	M	Unattached	1:06:55.38
273	1663	Alvaranga, Sandra	W47	Alvaranga	1:08:37.03
274	1874	Alvaranga, Herman	M40	Alvaranga	1:08:42.03
275	1667	Dowding-Gooden, Danielle	W	Dowdings	1:08:51.00
276	1666	Dowding-Moodie, Deborah	W	Dowdings	1:08:52.19
277	1974	Jackson, Maria	W23	Team Clarke	1:08:52.48

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Comp#	Name	Team	Time	Points
1	3588 Allen, Duwell	M28 Ncu	29:30.22	
2	3589 Morgan, O'Shea	M30 Ncu	32:02.12	
3	3590 Johnson, Gladstone	M23 Ncu	32:13.44	
4	2430 Sinclair, Paula	W42 Ageless Wonders.	33:14.78	
5	2431 Kitson, Devon	M55 Ageless Wonders.	33:55.20	
6	2438 Gibbs, Warren	M61 Unattached	34:02.63	
7	2429 Thompson, Eric	M45 Ageless Wonders.	35:52.31	
8	2451 Aiken, Sandra	W59 Unattached	35:54.28	
9	2428 Owen, Miller	M72 Ageless Wonders.	38:07.56	
10	2449 Davis, Shirley	W59 Unattached	38:08.68	
11	2434 Semaj, Cecile	W53 Unattached	38:47.16	
12	2494 Gray, Diandra	W23 Bishop	40:56.50	
13	2458 Gordon, Malik	M19 Rodgers	41:26.02	
14	2425 Baker Jackson, Lisa	W42 Bishop	43:58.60	
15	2468 Hudson, Ruth-Ann	W20 Arthur Grant	44:04.49	
16	2467 Smikle, Rushay	W19 Arthur Grant	45:32.17	
17	2464 Oakley, Shemara	W18 Arthur Grant	45:34.30	
18	2483 Brown, Sowandle	W13 Team Pinnock	47:25.79	
19	2436 Hamilton, Hernaz	M64 Unattached	47:33.77	
20	2450 Gordon, Oshin	W23 Arthur Grant	47:35.55	
21	2426 Ellis, Pauline	W45 Arthur Grant	47:44.05	
22	2441 Brady, Monique	W26 Gore Development Ltd	47:44.48	
23	2443 Cunningham, Lorna	W59 The Gleaner Company	47:50.89	
24	2463 Fuller, Steadman	M64 Buxton	48:14.22	
25	2422 Robinson, Jason	M26 Javica	48:39.38	
26	2421 Ricketts, Jason	M27 Javica	49:48.48	
27	2496 Muir, Alecia	W25 Rodgers	49:48.72	
28	2435 Hamilton, Pansy	W62 Unattached	51:13.87	
29	2420 Cole, Marlon	M34 Javica	52:42.74	
30	2442 Fisher, Fayan	W36 Gore Development Ltd	55:09.89	
31	2469 Payne, Tasheka	W25 Lushington	55:58.99	
32	2486 Walcott, Constance	W21 Bishop	56:00.60	
33	2484 Walden, Evelyn	W36 Team Pinnock	57:43.08	
34	2481 Pinnock, Bethany	W16 Team Pinnock	57:43.50	
35	2480 Pinnock, Angelique	W14 Team Pinnock	57:44.06	
36	2439 Henry, Jayntell	W23 Gore Development Ltd	58:10.32	
37	2460 Crossley, Keris	W Rodgers	59:07.84	
38	2455 Calvin-Clarke, Tiffany	W17 Arthur Grant	59:14.84	
39	2454 Yates, Amanda	W18 Buxton	59:15.11	
40	2440 Nembhard, Audrey	W61 Gore Development Ltd	59:37.59	
41	2477 McTaggart, Cheresse	W Lushington	1:00:14.11	
42	2452 Miller, Daniell	W24 Unattached	1:00:15.05	
43	2453 Lindsay, Sandukor	M38 Buxton	1:02:07.61	
44	2466 Dunkley, Tammi-Ann	W18 Arthur Grant	1:04:01.22	
45	2465 Levy, Shushana	W19 Arthur Grant	1:04:01.50	
46	2487 Todd, Jamela	W18 Arthur Grant	1:07:03.19	
47	2462 Rapley, Monique	W19 Lushington	1:07:03.95	
48	2470 Dowding, Sonia	W Dowdings	1:08:57.74	