

Rocket Chix I																						
Overall					350 M Swim				Fat Tire			5.8 Mile Bike				T2			2 Mile Run			
Age Group	Overall	Name	Race No	Time	Age Group	Overall	Time	Pace	Age Group	Overall	Time	Age Group	Overall	Time	Pace	Age Group	Overall	Time	Age Group	Overall	Time	Pace
Pos	Pos				Pos	Pos			Pos	Pos		Pos	Pos			Pos	Pos		Pos	Pos		
Overall																						
1	1	Anne Super	534	0:45:08	1	6	07:22.9	2:06 sec/100m	1	20	01:35.8	1	3	20:09.0	17.3 m/hr	1	4	00:41.2	1	3	15:18.8	7:39 min/m
Ages 15 - 19																						
1	42	Casey VOSS	487	0:58:39	1	37	09:20.3	2:40 sec/100m	1	93	03:21.8	1	58	25:22.0	13.7 m/hr	1	26	00:57.2	1	47	19:37.8	9:48 min/m
Ages 20 - 24																						
1	5	Renee HRAPMANN	479	0:49:02	5	25	08:32.5	2:26 sec/100m	2	26	01:44.8	2	11	21:29.0	16.2 m/hr	6	39	01:03.2	2	9	16:12.8	8:06 min/m
2	8	Rachel SELICE	511	0:49:53	9	44	09:43.2	2:46 sec/100m	5	50	02:12.8	1	7	21:02.0	16.5 m/hr	2	5	00:42.2	3	10	16:12.8	8:06 min/m
3	21	Kelly MCCOY	453	0:51:46	6	27	08:37.5	2:27 sec/100m	1	5	01:12.8	3	35	23:29.0	14.8 m/hr	3	11	00:45.2	5	25	17:41.8	8:50 min/m
4	23	Suzanne RASPA	407	0:52:03	8	39	09:25.9	2:41 sec/100m	7	68	02:35.8	4	50	25:00.0	13.9 m/hr	1	2	00:38.2	1	1	14:22.8	7:11 min/m
5	28	Avery BARRILLEAUX	480	0:54:33	1	10	07:31.5	2:09 sec/100m	4	44	02:06.8	7	71	27:11.0	12.8 m/hr	7	42	01:05.2	4	13	16:38.8	8:19 min/m
6	55	Rebecca HILL	489	1:01:25	7	35	09:15.3	2:38 sec/100m	10	99	03:40.8	5	68	26:48.0	13.0 m/hr	11	91	01:50.2	8	49	19:50.8	9:55 min/m
7	59	Amy UPTON	512	1:01:43	11	56	10:25.5	2:58 sec/100m	9	89	03:16.8	8	80	28:23.0	12.3 m/hr	5	23	00:55.2	6	34	18:42.8	9:21 min/m
8	61	Gerályn SCHEXNAYDER	491	1:01:49	4	23	08:17.3	2:22 sec/100m	11	106	04:51.8	6	69	26:52.0	13.0 m/hr	10	89	01:49.2	9	51	19:58.8	9:59 min/m
9	64	Alana BLACKWELL	402	1:02:37	10	53	10:15.5	2:55 sec/100m	6	52	02:15.8	9	93	30:04.0	11.6 m/hr	4	17	00:50.2	7	42	19:11.8	9:35 min/m
10	79	Lindsey TASSIN	433	1:07:06	2	16	08:00.7	2:17 sec/100m	3	43	02:05.8	10	103	34:20.0	10.1 m/hr	8	66	01:30.2	10	63	21:08.8	10:34 min/m
11	87	Shannon STAHL	420	1:11:56	3	20	08:12.2	2:20 sec/100m	8	87	03:12.8	11	104	34:31.0	10.1 m/hr	9	71	01:32.2	11	81	24:27.8	12:13 min/m
Ages 25 - 29																						
1	9	Amy GATTLE	425	0:49:54	1	5	07:19.3	2:05 sec/100m	1	4	01:12.8	2	17	22:10.0	15.7 m/hr	4	27	00:58.2	4	27	18:13.8	9:06 min/m
2	12	Rebeca BORDELON	477	0:50:38	12	51	10:08.4	2:53 sec/100m	8	40	01:57.8	1	6	20:58.0	16.6 m/hr	7	40	01:03.2	1	12	16:30.8	8:15 min/m
3	18	Chazzie FALLO	529	0:51:37	5	28	08:47.1	2:30 sec/100m	6	31	01:49.8	3	23	22:19.0	15.6 m/hr	9	48	01:10.2	3	22	17:30.8	8:45 min/m
4	20	Jessica MELTZ	415	0:51:43	4	18	08:08.3	2:19 sec/100m	13	72	02:39.8	4	29	22:43.0	15.3 m/hr	1	14	00:46.2	2	21	17:25.8	8:42 min/m
5	32	Rachel FRANZELLA	445	0:55:18	8	32	08:58.2	2:33 sec/100m	7	38	01:53.8	6	31	23:00.0	15.1 m/hr	10	62	01:23.2	8	52	20:02.8	10:01 min/m
6	36	Kalee COOKSEY	409	0:56:06	15	75	11:42.3	3:20 sec/100m	2	7	01:21.8	5	30	22:51.0	15.2 m/hr	8	46	01:08.2	5	37	19:02.8	9:31 min/m
7	37	Stephanie GIVENS	454	0:56:22	9	41	09:33.5	2:43 sec/100m	5	28	01:45.8	9	48	24:42.0	14.1 m/hr	2	15	00:47.2	7	46	19:33.8	9:46 min/m
8	44	Melissa SELLERS	438	0:58:52	7	31	08:50.4	2:31 sec/100m	9	46	02:07.8	8	47	24:37.0	14.1 m/hr	3	19	00:52.2	12	73	22:24.8	11:12 min/m
9	45	Piper OUBRE	498	0:58:54	11	49	09:59.5	2:51 sec/100m	4	19	01:35.8	12	54	25:14.0	13.8 m/hr	6	30	01:00.2	9	62	21:04.8	10:32 min/m
10	46	Sarah MEDEARIS	513	0:58:58	3	12	07:47.5	2:13 sec/100m	15	77	02:47.8	11	53	25:03.0	13.9 m/hr	14	80	01:37.2	10	69	21:42.8	10:51 min/m
11	53	Carey MESSINA	499	1:01:07	2	7	07:23.1	2:06 sec/100m	10	53	02:16.8	7	45	24:26.0	14.2 m/hr	16	92	01:52.2	15	83	25:08.8	12:34 min/m
12	54	Haley Kerr	533	1:01:09	6	29	08:47.9	2:30 sec/100m	18	96	03:34.8	10	51	25:01.0	13.9 m/hr	5	28	00:58.2	13	75	22:46.8	11:23 min/m
13	65	Tabitha MANGANO	490	1:02:37	10	42	09:38.5	2:45 sec/100m	3	10	01:26.8	13	77	28:02.0	12.4 m/hr	12	78	01:36.2	11	70	21:53.8	10:56 min/m
14	83	Christina Danos	532	1:09:37	16	82	12:19.3	3:31 sec/100m	14	75	02:45.8	19	102	33:36.0	10.4 m/hr	15	90	01:49.2	6	39	19:06.8	9:33 min/m
15	90	Jaime YOUNG	451	1:12:43	13	55	10:18.7	2:56 sec/100m	12	65	02:32.8	18	101	33:17.0	10.5 m/hr	18	99	02:19.2	14	80	24:14.8	12:07 min/m
16	94	Amanda CASON	405	1:14:59	14	60	10:33.5	3:01 sec/100m	19	98	03:36.8	15	92	29:57.0	11.6 m/hr	17	96	02:00.2	17	95	28:51.8	14:25 min/m
17	96	Ginger REES	463	1:16:32	18	96	14:17.3	4:04 sec/100m	16	79	02:56.8	14	90	29:39.0	11.7 m/hr	11	70	01:32.2	16	89	28:06.8	14:03 min/m
18	100	Courtney BRITTON	474	1:20:24	17	85	12:42.2	3:37 sec/100m	17	84	03:09.8	16	98	32:13.0	10.8 m/hr	19	100	02:20.2	19	98	29:58.8	14:59 min/m
19	106	Alpha GEBRE	506	1:28:29	19	105	22:41.5	6:29 sec/100m	11	62	02:29.9	17	99	32:16.0	10.8 m/hr	13	79	01:36.2	18	96	29:25.8	14:42 min/m
Ages 30 - 34																						
1	2	Michelle MCMAHON	423	0:46:44	6	21	08:12.9	2:20 sec/100m	10	41	01:58.8	2	2	20:08.0	17.3 m/hr	2	8	00:44.2	1	4	15:39.8	7:49 min/m
2	4	Jill LARZELERE	441	0:48:59	4	17	08:07.9	2:19 sec/100m	1	3	01:08.8	5	12	21:40.0	16.1 m/hr	3	9	00:45.2	7	18	17:16.8	8:38 min/m
3	6	Elizabeth STONE	434	0:49:21	3	13	07:47.9	2:13 sec/100m	18	92	03:20.8	4	8	21:03.0	16.5 m/hr	13	50	01:11.2	2	7	15:57.8	7:58 min/m
4	13	Kate MACARTHUR	516	0:50:43	5	19	08:09.1	2:19 sec/100m	8	37	01:52.8	9	21	22:15.0	15.6 m/hr	8	22	00:55.2	8	23	17:30.8	8:45 min/m
5	14	Lacey STOCKTON	478	0:50:46	12	57	10:26.6	2:59 sec/100m	3	12	01:29.8	6	14	21:52.0	15.9 m/hr	5	16	00:47.2	3	8	16:10.8	8:05 min/m
6	17	Cindy SCIONEAX	447	0:51:35	14	66	10:53.0	3:06 sec/100m	2	8	01:23.8	8	19	22:11.0	15.7 m/hr	1	6	00:42.2	4	11	16:24.8	8:12 min/m
7	25	Kay NELSON	413	0:54:10	2	11	07:46.1	2:13 sec/100m	7	34	01:50.8	13	40	24:01.0	14.5 m/hr	7	20	00:53.2	15	48	19:38.8	9:49 min/m

8	26	Denyse FEGAN	439	0:54:23	8	38	09:24.4	2:41 sec/100m	19	94	03:27.8	10	24	22:29.0	15.5 m/hr	6	18	00:51.2	10	26	18:10.8	9:05 min/m
9	27	Jennifer Louque	401	0:54:32	9	45	09:43.5	2:46 sec/100m	13	49	02:10.8	14	43	24:24.0	14.3 m/hr	15	56	01:16.2	5	16	16:57.8	8:28 min/m
10	31	Nadia JOHNSON	432	0:55:10	11	54	10:17.1	2:56 sec/100m	11	45	02:06.8	7	15	22:02.0	15.8 m/hr	18	74	01:34.2	14	41	19:09.8	9:34 min/m
11	34	Jill GUITRAU	419	0:55:45	1	1	06:42.8	1:55 sec/100m	14	51	02:14.8	16	85	28:50.0	12.1 m/hr	4	13	00:46.2	6	17	17:10.8	8:35 min/m
12	38	Dawn PITTMAN	400	0:57:15	17	74	11:25.9	3:15 sec/100m	6	30	01:48.8	15	57	25:19.0	13.7 m/hr	10	29	01:00.2	9	24	17:40.8	8:50 min/m
13	43	Noelle ALLISON	514	0:58:40	16	69	11:11.9	3:11 sec/100m	5	25	01:43.8	3	4	20:24.0	17.1 m/hr	20	104	02:36.2	17	74	22:43.8	11:21 min/m
14	48	Ivy BARNES	497	0:59:39	15	68	10:55.0	3:07 sec/100m	20	95	03:30.8	11	28	22:36.0	15.4 m/hr	17	72	01:34.2	16	60	21:02.8	10:31 min/m
15	51	Lindsay ROBERTS	428	1:00:35	7	36	09:17.0	2:39 sec/100m	9	39	01:54.8	17	87	29:10.0	11.9 m/hr	19	86	01:44.2	11	31	18:28.8	9:14 min/m
16	62	Aneatra BOYKIN	526	1:02:14	19	101	16:42.8	4:46 sec/100m	4	21	01:35.9	12	39	23:53.0	14.6 m/hr	9	24	00:55.2	13	38	19:06.8	9:33 min/m
17	82	Erin Wesley	452	1:09:00	21	106	41:14.8	11:47 sec/100m	16	63	02:30.9	1	1	00:00.0	m/hr	11	33	01:00.2	18	79	24:13.8	12:06 min/m
18	84	Adonica PELICHET DUGGAN	466	1:09:41	10	50	10:07.3	2:53 sec/100m	12	48	02:10.8	18	91	29:44.0	11.7 m/hr	16	68	01:31.2	19	85	26:07.8	13:03 min/m
19	91	Neila STONE	527	1:13:09	13	63	10:39.1	3:02 sec/100m	15	54	02:18.8	20	100	32:54.0	10.6 m/hr	12	35	01:01.2	20	87	26:15.8	13:07 min/m
20	99	Carey CLEMENT	426	1:20:00	20	103	17:38.1	5:02 sec/100m	17	67	02:35.8	21	106	39:53.0	8.7 m/hr	14	51	01:12.2	12	33	18:40.8	9:20 min/m
21	105	Elizabeth DEQUEANT	488	1:28:27	18	83	12:24.5	3:32 sec/100m	21	103	04:28.8	19	97	32:08.0	10.8 m/hr	21	105	02:39.2	21	106	36:46.8	18:23 min/m

Ages 35 - 39

1	3	Joanna LEMOINE	462	0:48:08	1	3	07:07.1	2:02 sec/100m	1	6	01:19.8	2	20	22:13.0	15.7 m/hr	1	1	00:38.2	2	15	16:49.8	8:24 min/m
2	15	Martha GUARISCO	472	0:50:48	3	26	08:35.0	2:27 sec/100m	4	24	01:42.8	1	9	21:11.0	16.4 m/hr	2	25	00:56.2	3	29	18:22.8	9:11 min/m
3	30	Shannon NEWMAN	412	0:54:49	7	61	10:34.1	3:01 sec/100m	3	23	01:41.8	3	27	22:36.0	15.4 m/hr	10	67	01:30.2	4	30	18:26.8	9:13 min/m
4	41	Kristen I. LANDRY	515	0:58:21	13	95	14:08.0	4:02 sec/100m	14	105	04:43.8	4	34	23:28.0	14.8 m/hr	8	60	01:21.2	1	2	14:39.8	7:19 min/m
5	47	Darla BURNETT	471	0:58:59	9	67	10:53.3	3:06 sec/100m	7	60	02:29.8	5	41	24:02.0	14.5 m/hr	13	81	01:39.2	6	50	19:54.8	9:57 min/m
6	57	Michelle LEE	449	1:01:31	6	59	10:32.5	3:00 sec/100m	5	29	01:47.8	14	89	29:28.0	11.8 m/hr	4	45	01:07.2	5	32	18:35.8	9:17 min/m
7	60	Tina MROSKI	494	1:01:49	10	73	11:25.0	3:15 sec/100m	8	61	02:29.8	6	56	25:17.0	13.8 m/hr	14	98	02:08.2	9	56	20:28.8	10:14 min/m
8	66	Angelle WAGUESPACK	437	1:02:41	8	62	10:38.7	3:02 sec/100m	11	78	02:52.8	9	72	27:15.0	12.8 m/hr	5	47	01:10.2	10	57	20:44.8	10:22 min/m
9	70	Charlene WILLIAMSON	427	1:04:09	12	91	13:35.2	3:52 sec/100m	9	66	02:34.8	8	67	26:38.0	13.1 m/hr	3	32	01:00.2	7	53	20:20.8	10:10 min/m
10	71	Christie Gautreau	530	1:04:10	14	97	14:28.7	4:08 sec/100m	2	16	01:33.8	7	64	26:07.0	13.3 m/hr	12	77	01:36.2	8	54	20:23.8	10:11 min/m
11	72	Rebecca HAAGA	448	1:04:21	4	47	09:50.4	2:48 sec/100m	12	80	03:00.8	10	79	28:10.0	12.4 m/hr	7	59	01:21.2	13	71	21:58.8	10:59 min/m
12	74	Jerusha BOSARGE	424	1:05:32	5	58	10:31.8	3:00 sec/100m	13	91	03:19.8	13	86	28:55.0	12.0 m/hr	11	73	01:34.2	11	64	21:10.8	10:35 min/m
13	76	Blythe LAMONICA	456	1:06:00	2	15	07:58.7	2:16 sec/100m	6	32	01:49.8	12	82	28:34.0	12.2 m/hr	9	61	01:22.2	14	86	26:14.8	13:07 min/m
14	78	Kimberly HENDRICKS	414	1:06:57	11	87	12:47.3	3:39 sec/100m	10	74	02:42.8	11	81	28:31.0	12.2 m/hr	6	52	01:13.2	12	68	21:42.8	10:51 min/m

Ages 40 - 44

1	7	Anne HILE	500	0:49:21	2	14	07:56.5	2:16 sec/100m	2	2	01:02.8	1	5	20:53.0	16.7 m/hr	1	7	00:43.2	4	35	18:45.8	9:22 min/m
2	10	Deborah SCHULTZ	417	0:49:58	3	22	08:15.4	2:21 sec/100m	3	9	01:25.8	6	37	23:41.0	14.7 m/hr	2	10	00:45.2	1	6	15:50.8	7:55 min/m
3	19	Nina GAZMEN	503	0:51:38	7	64	10:42.9	3:03 sec/100m	1	1	01:02.8	3	13	21:42.0	16.0 m/hr	3	12	00:46.2	3	20	17:23.8	8:41 min/m
4	24	Tracy BAYLEY	481	0:52:42	5	40	09:27.6	2:42 sec/100m	4	13	01:30.8	2	10	21:29.0	16.2 m/hr	5	34	01:00.2	6	44	19:14.8	9:37 min/m
5	29	Stefanie SERPAS	459	0:54:39	9	76	11:44.9	3:21 sec/100m	7	35	01:50.8	4	26	22:35.0	15.4 m/hr	9	49	01:11.2	2	19	17:16.8	8:38 min/m
6	33	Sonja NEWMAN	435	0:55:40	4	30	08:49.0	2:31 sec/100m	11	83	03:06.8	5	33	23:09.0	15.0 m/hr	10	82	01:39.2	5	36	18:55.8	9:27 min/m
7	73	Kathleen WALSH	442	1:04:40	12	81	12:16.9	3:30 sec/100m	5	27	01:44.8	14	83	28:36.0	12.2 m/hr	8	44	01:06.2	7	58	20:55.8	10:27 min/m
8	77	Denise CRAWFORD	507	1:06:44	10	77	11:45.6	3:21 sec/100m	15	100	04:05.8	8	46	24:27.0	14.2 m/hr	13	102	02:25.2	8	78	24:00.8	12:00 min/m
9	81	Katie WILLIAMS	492	1:08:26	6	46	09:44.7	2:47 sec/100m	6	33	01:49.8	9	65	26:14.0	13.3 m/hr	4	31	01:00.2	12	97	29:36.8	14:48 min/m
10	88	Kristy MOREL	421	1:12:02	8	72	11:20.6	3:14 sec/100m	14	97	03:35.8	10	70	27:06.0	12.8 m/hr	11	88	01:47.2	10	90	28:12.8	14:06 min/m
11	89	Callie KERSHAW	502	1:12:05	13	88	12:47.9	3:39 sec/100m	10	71	02:39.8	12	76	27:46.0	12.5 m/hr	7	41	01:03.2	9	88	27:47.8	13:53 min/m
12	92	Susan GREMILLION	528	1:14:01	11	80	12:05.0	3:27 sec/100m	9	56	02:22.8	13	78	28:06.0	12.4 m/hr	6	38	01:03.2	13	99	30:23.8	15:11 min/m
13	95	Carrie VILLA	418	1:15:11	14	94	13:53.7	3:58 sec/100m	12	88	03:15.9	7	38	23:51.0	14.6 m/hr	14	103	02:35.2	15	103	31:34.8	15:47 min/m
14	97	Sarah Lovell	531	1:16:52	1	9	07:25.1	2:07 sec/100m	8	55	02:18.8	15	105	36:49.0	9.5 m/hr	12	95	01:59.2	11	93	28:19.8	14:09 min/m
15	104	Tina VILLA	174	1:27:18	15	104	22:05.9	6:18 sec/100m	13	90	03:18.9	11	75	27:35.0	12.6 m/hr	15	106	03:45.2	14	100	30:32.8	15:16 min/m

Ages 45 - 49

1	22	Jennifer BALSER	464	0:51:59	1	8	07:24.0	2:06 sec/100m	4	42	01:58.8	1	18	22:11.0	15.7 m/hr	3	55	01:16.2	2	40	19:08.8	9:34 min/m
2	35	Nina DAY	440	0:55:53	3	70	11:13.8	3:12 sec/100m	3	36	01:51.8	2	42	24:09.0	14.4 m/hr	10	93	01:53.2	1	14	16:44.8	8:22 min/m
3	50	Paula DAVIS	458	1:00:00	2	43	09:43.0	2:46 sec/100m	6	58	02:25.8	8	60	25:30.0	13.6 m/hr	4	57	01:17.2	6	61	21:03.8	10:31 min/m
4	52	Chantel GREEN	457	1:00:49	5	79	11:53.8	3:23 sec/100m	8	85	03:10.8	6	55	25:15.0	13.8 m/hr	2	54	01:15.2	3	43	19:13.8	9:36 min/m

5	56	Vickie BRAUD	404	1:01:29	4	78	11:47.2	3:22 sec/100m	7	76	02:46.8	5	52	25:02.0	13.9 m/hr	6	63	01:25.2	4	55	20:27.8	10:13 min/m
6	58	Stephanie RUOSS	475	1:01:41	6	89	13:04.5	3:44 sec/100m	2	14	01:31.8	4	49	24:45.0	14.1 m/hr	5	58	01:19.2	5	59	21:00.8	10:30 min/m
7	67	Mary elizabeth CHRISTIAN	496	1:03:38	10	98	14:41.8	4:11 sec/100m	1	11	01:26.9	3	44	24:26.0	14.2 m/hr	8	65	01:29.2	7	67	21:33.8	10:46 min/m
8	69	Tronda MILEY	450	1:04:03	7	90	13:06.1	3:44 sec/100m	5	47	02:09.8	7	59	25:28.0	13.7 m/hr	1	37	01:02.2	8	72	22:16.8	11:08 min/m
9	86	Wanda ALLPHIN	430	1:11:04	9	93	13:52.0	3:57 sec/100m	11	104	04:34.8	9	63	26:03.0	13.4 m/hr	11	94	01:56.2	9	82	24:37.8	12:18 min/m
10	101	Kim FALGOUT	483	1:24:22	8	92	13:48.7	3:56 sec/100m	9	86	03:10.8	10	88	29:26.0	11.8 m/hr	7	64	01:27.2	11	105	36:29.8	18:14 min/m
11	103	Stephanie HODGES	509	1:26:26	11	102	17:36.5	5:01 sec/100m	10	101	04:05.8	11	96	31:45.0	11.0 m/hr	9	83	01:43.2	10	101	31:15.8	15:37 min/m

Ages 50 - 54

1	11	Janine HOPPER	505	0:49:59	2	4	07:11.6	2:03 sec/100m	2	18	01:34.8	1	16	22:04.0	15.8 m/hr	2	21	00:54.2	2	28	18:14.8	9:07 min/m
2	16	Lynda HILTZ	461	0:51:25	4	33	08:58.2	2:33 sec/100m	4	57	02:24.8	3	25	22:32.0	15.4 m/hr	6	85	01:44.2	1	5	15:45.8	7:52 min/m
3	39	Tricia SPARKS	416	0:57:25	5	71	11:14.1	3:12 sec/100m	3	22	01:39.8	2	22	22:19.0	15.6 m/hr	1	3	00:41.2	4	66	21:30.8	10:45 min/m
4	40	Judy FORTENBERRY	460	0:58:06	3	24	08:26.5	2:24 sec/100m	7	82	03:01.8	4	32	23:08.0	15.0 m/hr	8	97	02:01.2	3	65	21:28.8	10:44 min/m
5	68	Anne HAYS	467	1:03:48	1	2	07:00.4	2:00 sec/100m	1	17	01:34.8	6	62	25:56.0	13.4 m/hr	3	36	01:02.2	5	91	28:14.8	14:07 min/m
6	80	Paige FITZGERALD	508	1:08:12	6	84	12:39.5	3:37 sec/100m	6	69	02:37.8	5	36	23:34.0	14.8 m/hr	4	43	01:05.2	6	92	28:15.8	14:07 min/m
7	98	Kathie RICHMOND	473	1:18:54	7	86	12:42.7	3:37 sec/100m	5	59	02:27.8	7	94	30:27.0	11.4 m/hr	5	76	01:35.2	8	104	31:41.8	15:50 min/m
8	102	Janet SIMONS	510	1:24:39	8	100	15:48.5	4:31 sec/100m	8	102	04:07.8	8	95	31:40.0	11.0 m/hr	7	87	01:46.2	7	102	31:16.8	15:38 min/m

Ages 55 - 59

1	49	Becky BRICE	431	0:59:42	1	34	09:00.3	2:34 sec/100m	2	64	02:32.8	4	74	27:28.0	12.7 m/hr	1	53	01:14.2	1	45	19:26.8	9:43 min/m
2	63	Vivian GUILLORY	446	1:02:27	3	52	10:14.2	2:55 sec/100m	1	15	01:33.8	1	61	25:52.0	13.5 m/hr	3	75	01:35.2	2	76	23:11.8	11:35 min/m
3	75	Nancy POWELL	486	1:05:39	4	65	10:48.6	3:05 sec/100m	4	73	02:41.8	2	66	26:33.0	13.1 m/hr	4	84	01:44.2	3	77	23:51.8	11:55 min/m
4	85	Dianne CASALENA	495	1:10:52	2	48	09:59.2	2:51 sec/100m	3	70	02:38.8	3	73	27:22.0	12.7 m/hr	5	101	02:21.2	5	94	28:30.8	14:15 min/m
5	93	Dianne FALGOUT LONG	482	1:14:08	5	99	14:51.8	4:14 sec/100m	5	81	03:00.8	5	84	28:43.0	12.1 m/hr	2	69	01:32.2	4	84	25:59.8	12:59 min/m

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