

10 NOVEMBER 2019 GPS O THE CAUSEWAY

Foot O Results

Pos	Name	Time	Distance (km)	Pace (mins/km)	Overall Position	Points
1	Stephen McDougall	39:34	7.042	5:37	SM:1	740
2	Raf Freire	45:40	9.116	5:01	SM:2	730 (incl - 180)
3	Fabrizio A	41:12	6.96	5:55	SM:3	720 (incl - 60)
4	Alex Freire	45:17	7.879	5:45	JW:1	690 (incl - 180)
5	Luke Marsh	38:40	6.674	5:48	JM:1	670
6	Flower Matt	37:48	5.342	7:05	SM:4	620
7	Rob Simmons	36:25	5.339	6:49	SM:5	460
8	Emma Flower	41:28	5.866	7:04	SW:1	460 (incl - 60)
9	Glen Jarvis	38:20	3.310	11:35	SM:6	390
10	Cathy McNab	42:36	4.204	10:08	SW:2	370 (incl - 90)
11	H C	39:08	3.692	10:36	SM:7	350
12	Rick Armstrong	51:47	4.267	12:08	SM:8	310 (incl - 360)
13	Steve Henschke	36:56	2.723	13:34	SM:9	290
14	Kieran Ault-Connell	38:47	3.748	10:21	SM:10	290
15	Claire Sandford	40:09	2.683	14:58	SW:3	100 (incl - 30)

MTBO Results

Pos	Name	Time	Distance (km)	Pace (mins/km)	Overall Position	Points
1	Norm McCann	32:27	10.459	3:06	SM:1	1120
2	Tony McDiarmid	32:20	9.525	3:24	SM:2	830
3	John Moore	38:47	11.698	3:19	SM:3	830

Note: These results may not be entirely correct. The lag in GPS response in some circumstances has resulted in a determination that some points were not visited by some competitors. We are endeavouring to try and correct this error.