

Men 5000 Metre Run A Open

SOPAC, Sydney

14 January 2012



Athletics
New South Wales

Splits and lap times report

Name	200m	1000m	1800m	2600m	3400m	4200m	Finish
	600m	1400m	2200m	3000m	3800m	4600m	
Ricketts, Dave	36.24 (6)	3:02.09 (5) 1:11.89	5:21.45 (3) 1:09.53	7:45.99 (2) 1:12.78	10:11.61 (2) 1:13.06	12:36.13 (2) 1:10.40	14:42.02 (1) 57.47
3215 ASW	1:50.20 (3) 1:13.96	4:11.92 (4) 1:09.83	6:33.21 (3) 1:11.76	8:58.55 (2) 1:12.56	11:25.73 (2) 1:14.12	13:44.55 (1) 1:08.42	
Ridings, Liam	36.03 (5)	3:02.33 (7) 1:11.85	5:21.69 (5) 1:09.50	7:46.21 (4) 1:12.75	10:11.80 (4) 1:13.01	12:36.38 (3) 1:10.55	14:46.05 (2) 1:01.34
1146 RBH	1:50.48 (6) 1:14.45	4:12.19 (6) 1:09.86	6:33.46 (4) 1:11.77	8:58.79 (3) 1:12.58	11:25.83 (3) 1:14.03	13:44.71 (2) 1:08.33	
Torok, Frank	37.25 (15)	3:03.46 (16) 1:11.80	5:24.57 (11) 1:10.57	7:47.25 (10) 1:11.97	10:12.03 (7) 1:12.58	12:37.64 (6) 1:11.53	14:51.00 (3) 1:03.08
1145 RBH	1:51.66 (15) 1:14.41	4:14.00 (14) 1:10.54	6:35.28 (11) 1:10.71	8:59.45 (8) 1:12.20	11:26.11 (6) 1:14.08	13:47.92 (5) 1:10.28	
Williamson, Mitchell	36.98 (13)	3:03.02 (13) 1:11.53	5:24.92 (12) 1:11.06	7:47.66 (12) 1:11.65	10:12.62 (10) 1:12.31	12:36.66 (4) 1:10.08	14:51.04 (4) 1:05.91
3329 UNA	1:51.49 (14) 1:14.51	4:13.86 (13) 1:10.84	6:36.01 (12) 1:11.09	9:00.31 (10) 1:12.65	11:26.58 (10) 1:13.96	13:45.13 (4) 1:08.47	
Cox, Matthew	35.98 (3)	3:01.85 (3) 1:11.60	5:21.20 (2) 1:09.53	7:45.71 (1) 1:12.68	10:11.41 (1) 1:13.10	12:37.85 (7) 1:12.30	14:52.85 (5) 1:04.56
50 BAN	1:50.25 (4) 1:14.27	4:11.67 (3) 1:09.82	6:33.03 (2) 1:11.83	8:58.31 (1) 1:12.60	11:25.55 (1) 1:14.14	13:48.29 (7) 1:10.44	
Williams, Hugh	35.77 (1)	3:01.67 (2) 1:11.60	5:21.54 (4) 1:09.98	7:46.66 (6) 1:12.69	10:12.01 (6) 1:12.75	12:37.46 (5) 1:11.46	14:53.12 (6) 1:05.06
1509 SYU	1:50.07 (2) 1:14.30	4:11.56 (2) 1:09.89	6:33.97 (7) 1:12.43	8:59.26 (6) 1:12.60	11:26.00 (5) 1:13.99	13:48.06 (6) 1:10.60	
Chapman, Michael	36.25 (7)	3:02.21 (6) 1:11.51	5:21.95 (6) 1:09.85	7:46.43 (5) 1:12.75	10:11.85 (5) 1:12.83	12:35.87 (1) 1:10.01	14:53.88 (7) 1:09.03
8000 ACT	1:50.70 (7) 1:14.45	4:12.10 (5) 1:09.89	6:33.68 (6) 1:11.73	8:59.02 (5) 1:12.59	11:25.86 (4) 1:14.01	13:44.85 (3) 1:08.98	
Macpherson, Keith	36.80 (12)	3:02.59 (10) 1:11.71	5:22.68 (8) 1:09.94	7:47.04 (8) 1:12.63	10:12.39 (9) 1:12.74	12:38.72 (8) 1:12.18	14:57.58 (8) 1:07.77
1143 RBH	1:50.88 (9) 1:14.08	4:12.74 (9) 1:10.15	6:34.41 (9) 1:11.73	8:59.65 (9) 1:12.61	11:26.54 (9) 1:14.15	13:49.81 (8) 1:11.09	
O'Brien, Earl	36.00 (4)	3:01.91 (4) 1:11.52	5:22.28 (7) 1:09.87	7:46.13 (3) 1:12.48	10:11.68 (3) 1:12.86	12:39.87 (10) 1:13.62	14:59.79 (9) 1:07.62
112 ASW	1:50.39 (5) 1:14.39	4:12.41 (7) 1:10.50	6:33.65 (5) 1:11.37	8:58.82 (4) 1:12.69	11:26.25 (7) 1:14.57	13:52.17 (9) 1:12.30	
Elashkar, Chadi	36.74 (11)	3:02.75 (12) 1:11.66	5:22.89 (9) 1:09.62	7:46.94 (7) 1:12.70	10:12.17 (8) 1:12.83	12:39.03 (9) 1:12.68	15:03.91 (10) 1:11.18
1246 SGD	1:51.09 (11) 1:14.35	4:13.27 (10) 1:10.52	6:34.24 (8) 1:11.35	8:59.34 (7) 1:12.40	11:26.35 (8) 1:14.18	13:52.73 (10) 1:13.70	
Wicks, Lennon	37.39 (16)	3:05.66 (17) 1:12.64	5:30.53 (17) 1:12.43	7:56.81 (16) 1:12.70	10:26.89 (14) 1:13.65	12:53.15 (12) 1:13.08	15:11.05 (11) 1:06.43
8002 ACT	1:53.02 (17) 1:15.63	4:18.10 (17) 1:12.44	6:44.11 (17) 1:13.58	9:13.24 (14) 1:16.43	11:40.07 (13) 1:13.18	14:04.62 (11) 1:11.47	
Colreavy, Jack	36.55 (9)	3:02.56 (9) 1:11.59	5:26.02 (13) 1:12.32	7:54.43 (14) 1:13.34	10:23.37 (12) 1:14.54	12:53.07 (11) 1:15.33	15:15.27 (12) 1:09.34
1500 SYU	1:50.97 (10) 1:14.42	4:13.70 (12) 1:11.14	6:41.09 (15) 1:15.07	9:08.83 (13) 1:14.40	11:37.74 (11) 1:14.37	14:05.93 (12) 1:12.86	
Walters, Guy	36.44 (8)	3:02.47 (8) 1:11.67	5:22.99 (10) 1:10.45	7:47.38 (11) 1:12.76	10:20.76 (11) 1:19.94	12:53.33 (13) 1:15.33	15:24.81 (13) 1:14.30
2664 MHA	1:50.80 (8) 1:14.36	4:12.54 (8) 1:10.07	6:34.62 (10) 1:11.63	9:00.82 (11) 1:13.44	11:38.00 (12) 1:17.24	14:10.51 (13) 1:17.18	



Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	Finish
Strutt, Sam		37.56 (17)		3:03.39 (15)		5:26.65 (16)		7:54.04 (13)		10:23.99 (13)		12:56.86 (14)		15:25.28 (14)
			1:11.57	1:11.57	1:12.34	1:12.34	1:13.25	1:13.25	1:15.33	1:15.33	1:16.72	1:16.72	1:11.31	1:11.31
1141	RBH		1:51.82 (16)		4:14.31 (16)		6:40.79 (13)		9:08.66 (12)		11:40.14 (14)		14:13.97 (14)	
			1:14.26	1:10.92	1:10.92	1:14.14	1:14.62	1:14.62	1:16.15	1:16.15	1:17.11	1:17.11	1:17.11	1:17.11
Bowd, Cale		36.63 (10)		3:02.73 (11)		5:26.23 (14)		7:56.05 (15)		10:30.05 (15)		13:09.36 (15)		15:41.18 (15)
			1:11.55	1:11.55	1:12.64	1:12.64	1:14.65	1:14.65	1:16.59	1:16.59	1:19.36	1:19.36	1:12.75	1:12.75
1211	SGD		1:51.18 (12)		4:13.59 (11)		6:41.40 (16)		9:13.46 (15)		11:50.00 (15)		14:28.43 (15)	
			1:14.55	1:10.86	1:10.86	1:15.17	1:17.41	1:17.41	1:19.95	1:19.95	1:19.07	1:19.07	1:19.07	1:19.07
Truscott, Chris		37.04 (14)		3:03.25 (14)		5:26.25 (15)		7:58.39 (17)		10:32.41 (16)		13:13.00 (16)		15:50.60 (16)
			1:11.87	1:11.87	1:12.14	1:12.14	1:17.46	1:17.46	1:18.53	1:18.53	1:20.50	1:20.50	1:17.29	1:17.29
8004	SSR		1:51.38 (13)		4:14.11 (15)		6:40.93 (14)		9:13.88 (16)		11:52.50 (16)		14:33.31 (16)	
			1:14.34	1:10.86	1:10.86	1:14.68	1:15.49	1:15.49	1:20.09	1:20.09	1:20.31	1:20.31	1:20.31	1:20.31
Carter, Courtney		35.78 (2)		3:01.63 (1)		5:20.95 (1)		7:47.12 (9)						DNF
			1:11.58	1:11.58	1:09.53	1:09.53	1:14.34	1:14.34						
44	RBH		1:50.05 (1)		4:11.42 (1)		6:32.78 (1)							
			1:14.27	1:09.79	1:09.79	1:11.83	1:11.83	1:11.83						

