

# Women 3000 Metre A Race Open H1-F

2014 Treloar Shield 4 and NSW 3000m Championships  
Saturday, 8 November 2014



## Splits and lap times report

| Name  |   | 200m       | 600m         | 1000m        | 1400m        | 1800m        | 2200m        | 2600m        | 3000m         |
|---|---|------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|
| Spencer, Kate<br>49 SYU                       | S | 36.66 (5)  | 1:53.47 (5)  | 3:05.35 (3)  | 4:18.95 (3)  | 5:34.01 (1)  | 6:44.92 (1)  | 7:56.13 (1)  | 9:09.29 (1)   |
|   | L |            | 1:16.81      | 1:11.88      | 1:13.60      | 1:15.06      | 1:10.91      | 1:11.21      | 1:13.16       |
| Heiner, Madeline<br>2600 KEJ                  | S | 36.37 (2)  | 1:52.05 (2)  | 3:05.34 (2)  | 4:18.92 (2)  | 5:34.03 (2)  | 6:46.91 (3)  | 8:02.86 (3)  | 9:12.61 (2)   |
|   | L |            | 1:15.68      | 1:13.29      | 1:13.58      | 1:15.11      | 1:12.88      | 1:15.95      | 1:09.75       |
| Delaney, Bridey<br>53 SGD                     | S | 36.89 (8)  | 1:53.18 (3)  | 3:05.62 (4)  | 4:19.17 (4)  | 5:34.29 (3)  | 6:47.88 (4)  | 8:05.61 (4)  | 9:12.95 (3)   |
|   | L |            | 1:16.29      | 1:12.44      | 1:13.55      | 1:15.12      | 1:13.59      | 1:17.73      | 1:07.34       |
| Clark, Milly<br>34 SYU                        | S | 36.55 (4)  | 1:53.60 (6)  | 3:07.34 (6)  | 4:21.92 (6)  | 5:37.64 (5)  | 6:52.78 (5)  | 8:06.32 (5)  | 9:17.14 (4)   |
|   | L |            | 1:17.05      | 1:13.74      | 1:14.58      | 1:15.72      | 1:15.14      | 1:13.54      | 1:10.82       |
| Sullohern, Celia<br>2830 MHA                  | S | 37.16 (9)  | 1:53.40 (4)  | 3:05.91 (5)  | 4:19.44 (5)  | 5:34.57 (4)  | 6:46.57 (2)  | 8:01.91 (2)  | 9:17.33 (5)   |
|   | L |            | 1:16.24      | 1:12.51      | 1:13.53      | 1:15.13      | 1:12.00      | 1:15.34      | 1:15.42       |
| Kingdom, Trychelle<br>3142 UTN                | S | 37.48 (13) | 1:54.39 (9)  | 3:09.31 (9)  | 4:26.00 (9)  | 5:42.84 (8)  | 7:01.75 (8)  | 8:19.57 (6)  | 9:31.13 (6)   |
|   | L |            | 1:16.91      | 1:14.92      | 1:16.69      | 1:16.84      | 1:18.91      | 1:17.82      | 1:11.56       |
| Rockliff, Abbey<br>1229 ASW                   | S | 36.45 (3)  | 1:53.77 (8)  | 3:08.32 (8)  | 4:23.24 (7)  | 5:40.29 (6)  | 7:00.77 (6)  | 8:20.53 (8)  | 9:31.80 (7)   |
|   | L |            | 1:17.32      | 1:14.55      | 1:14.92      | 1:17.05      | 1:20.48      | 1:19.76      | 1:11.27       |
| Martin, Belinda<br>24 SGD                     | S | 37.64 (14) | 1:55.58 (12) | 3:09.82 (10) | 4:26.26 (10) | 5:40.52 (7)  | 7:00.99 (7)  | 8:19.83 (7)  | 9:36.67 (8)   |
|   | L |            | 1:17.94      | 1:14.24      | 1:16.44      | 1:14.26      | 1:20.47      | 1:18.84      | 1:16.84       |
| Croft, Beth<br>2714 Bankstown Sports A        | S | 37.17 (10) | 1:56.76 (14) | 3:16.27 (14) | 4:37.58 (14) | 5:58.60 (11) | 7:19.91 (10) | 8:39.68 (10) | 9:53.64 (9)   |
|   | L |            | 1:19.59      | 1:19.51      | 1:21.31      | 1:21.02      | 1:21.31      | 1:19.77      | 1:13.96       |
| Starrat, Lucy<br>4143 UTN                     | S | 37.64 (15) | 1:55.33 (11) | 3:11.38 (11) | 4:28.92 (11) | 5:49.03 (9)  | 7:11.23 (9)  | 8:34.07 (9)  | 9:58.44 (10)  |
|   | L |            | 1:17.69      | 1:16.05      | 1:17.54      | 1:20.11      | 1:22.20      | 1:22.84      | 1:24.37       |
| Guo, Jessica<br>538 SUT                       | S | 36.73 (6)  | 1:54.55 (10) | 3:11.73 (12) | 4:32.51 (12) | 5:57.48 (10) | 7:23.79 (11) | 8:50.65 (11) | 10:10.28 (11) |
|   | L |            | 1:17.82      | 1:17.18      | 1:20.78      | 1:24.97      | 1:26.31      | 1:26.86      | 1:19.63       |
| Backman, Jemima<br>395 UTN                    | S | 38.25 (17) | 1:57.95 (16) | 3:16.52 (15) | 4:37.82 (15) | 5:58.85 (12) | 7:28.32 (12) | 8:58.17 (12) | 10:14.83 (12) |
|   | L |            | 1:19.70      | 1:18.57      | 1:21.30      | 1:21.03      | 1:29.47      | 1:29.85      | 1:16.66       |
| Chamberlain, Courtn<br>1595 CHE               | S | 37.27 (11) | 1:57.70 (15) | 3:18.50 (16) | 4:41.87 (16) | 6:06.13 (14) | 7:32.92 (14) | 8:59.36 (13) | 10:18.51 (13) |
|   | L |            | 1:20.43      | 1:20.80      | 1:23.37      | 1:24.26      | 1:26.79      | 1:26.44      | 1:19.15       |
| Skyring, Maudie<br>2571 KEJ                   | S | 37.37 (12) | 1:56.12 (13) | 3:12.79 (13) | 4:36.05 (13) | 5:59.28 (13) | 7:28.98 (13) | 8:59.51 (14) | 10:28.92 (14) |
|   | L |            | 1:18.75      | 1:16.67      | 1:23.26      | 1:23.23      | 1:29.70      | 1:30.53      | 1:29.41       |
| Stafford, Amy<br>1790 Sydney Pacific Athle    | S | 38.22 (16) | 1:58.96 (17) | 3:23.19 (17) | 4:47.54 (17) | 6:13.95 (15) | 7:41.01 (15) | 9:09.10 (15) | 10:37.15 (15) |
|   | L |            | 1:20.74      | 1:24.23      | 1:24.35      | 1:26.41      | 1:27.06      | 1:28.09      | 1:28.05       |
| Simpson, Katelyn (Pa)<br>2237 RBH             | S | 36.26 (1)  | 1:51.52 (1)  | 3:03.47 (1)  | 4:17.14 (1)  |              |              |              | DNF           |
|   | L |            | 1:15.26      | 1:11.95      | 1:13.67      |              |              |              |               |
| Hamilton, Lauren<br>1817 Sydney Pacific Athle | S | 36.86 (7)  | 1:53.65 (7)  | 3:08.02 (7)  | 4:24.19 (8)  |              |              |              | DNF           |
|   | L |            | 1:16.79      | 1:14.37      | 1:16.17      |              |              |              |               |