

Mixed 10000 Metre A Race Open

NSW Open, U23 and AWD Championships

Saturday, 1 March 2014



Athletics
New South Wales

Splits and lap times report

Name	400m	1200m	2000m	2800m	3600m	4400m	5200m	6000m	6800m	7600m	8400m	9200m	10000m
	800m	1600m	2400m	3200m	4000m	4800m	5600m	6400m	7200m	8000m	8800m	9600m	
Cox, Matthew	1:13.72 (1)	3:36.55 (1)	5:59.44 (1)	8:24.02 (1)	10:48.45 (1)	13:14.32 (1)	15:39.55 (1)	18:05.79 (1)	20:32.44 (1)	23:01.00 (1)	25:32.56 (1)	28:03.29 (1)	30:22.94 (1)
34 Uts Northern Suburb	1:11.29	1:11.08	1:11.83	1:12.19	1:12.23	1:13.17	1:12.56	1:13.10	1:13.61	1:14.57	1:15.53	1:15.85	1:06.50
Costello, Peter	1:15.24 (3)	3:41.63 (3)	6:11.27 (3)	8:41.85 (4)	11:12.10 (4)	13:41.20 (4)	16:11.20 (4)	18:41.83 (4)	21:12.77 (3)	23:44.00 (2)	26:16.07 (2)	28:46.72 (2)	31:07.32 (2)
37 SYU	1:13.26	1:14.93	1:15.95	1:14.63	1:14.61	1:15.04	1:15.37	1:15.35	1:15.23	1:16.19	1:15.62	1:15.03	1:07.71
Williamson, Mitchell	1:15.73 (5)	3:41.93 (4)	6:11.54 (4)	8:41.13 (3)	11:07.72 (3)	13:37.41 (3)	16:08.43 (3)	18:40.80 (3)	21:12.52 (2)	23:45.00 (3)	26:16.37 (3)	28:51.39 (3)	31:18.72 (3)
4191 Athletics Nsw	1:13.04	1:14.93	1:15.94	1:13.65	1:13.93	1:14.99	1:15.77	1:16.21	1:16.43	1:16.00	1:15.92	1:18.18	1:11.64
Bowes, Sean	1:15.04 (2)	3:40.63 (2)	6:07.87 (2)	8:36.96 (2)	11:07.43 (2)	13:37.13 (2)	16:08.13 (2)	18:40.63 (2)	21:15.71 (4)	23:55.00 (4)	26:36.21 (4)	29:15.58 (4)	31:51.24 (4)
8018 University of Nsw At	1:13.10	1:13.61	1:14.58	1:14.51	1:15.10	1:15.00	1:15.74	1:16.33	1:18.29	1:20.00	1:21.35	1:19.41	1:17.00
MacDonald, Ruairidh	1:16.11 (6)	3:45.98 (6)	6:16.37 (6)	8:49.52 (5)	11:20.46 (5)	13:51.58 (5)	16:24.64 (5)	18:59.77 (5)	21:35.50 (5)	24:11.76 (5)	26:48.79 (5)	29:27.25 (5)	32:00.98 (5)
140 Uts Northern Suburb	1:14.60	1:15.86	1:16.61	1:15.40	1:15.72	1:16.20	1:17.56	1:17.59	1:18.50	1:18.41	1:18.87	1:18.87	1:18.63
Bellemore, Nicholas	1:18.14 (7)	3:51.72 (7)	6:21.97 (7)	8:55.86 (7)	11:29.84 (6)	14:05.07 (6)	16:38.90 (6)	19:15.15 (6)	21:51.17 (6)	24:26.19 (6)	27:02.67 (6)	29:39.65 (6)	32:10.51 (6)
243 SYU	1:17.68	1:14.75	1:16.62	1:16.57	1:17.53	1:17.28	1:18.26	1:18.20	1:16.63	1:17.61	1:18.93	1:18.93	1:16.66
Bartlett, John	1:18.47 (9)	3:52.01 (8)	6:24.77 (9)	9:01.92 (9)	11:39.19 (9)	14:17.67 (8)	16:56.23 (8)	19:35.99 (8)	22:18.00 (7)	24:59.30 (8)	27:40.15 (8)	30:18.95 (8)	32:46.34 (7)
8019 SSR	1:17.49	1:15.58	1:18.58	1:18.33	1:18.69	1:19.85	1:19.66	1:21.28	1:21.00	1:20.44	1:19.71	1:19.71	1:18.36
Highnam, Tom	1:18.42 (8)	3:52.27 (9)	6:24.57 (8)	9:01.71 (8)	11:38.99 (8)	14:17.49 (7)	16:55.83 (7)	19:35.70 (7)	22:18.00 (8)	24:59.17 (7)	27:39.55 (7)	30:18.42 (7)	32:46.77 (8)
5014 SSR	1:17.66	1:15.51	1:18.67	1:18.33	1:18.73	1:19.76	1:19.64	1:21.05	1:21.00	1:20.40	1:19.73	1:18.62	1:18.62

Name	400m	1200m	2000m	2800m	3600m	4400m	5200m	6000m	6800m	7600m	8400m	9200m	10000m
	800m	1600m	2400m	3200m	4000m	4800m	5600m	6400m	7200m	8000m	8800m	9600m	
Brooks, Charles	1:15.48 (4)	3:42.22 (5)	6:14.13 (5)	8:53.13 (6)	11:35.31 (7)	14:19.10 (9)	17:07.09 (9)	19:55.52 (9)	22:46.00 (9)	25:39.58 (9)	28:32.37 (9)	31:21.02 (9)	33:54.87 (9)
392 Mingara Athletics	2:29.05 (5) 1:13.57	4:57.12 (5) 1:14.90	7:33.29 (6) 1:19.16	10:13.19 (7) 1:20.06	12:58.02 (9) 1:22.71	15:43.10 (9) 1:24.00	18:30.44 (9) 1:23.35	21:19.65 (9) 1:24.13	24:13.87 (9) 1:27.87	27:05.72 (9) 1:26.14	29:58.22 (9) 1:25.85	32:43.29 (9) 1:22.27	
Rennie, Stuart	1:20.55 (10)	4:05.72 (10)	6:52.78 (10)	9:40.21 (10)	12:28.53 (10)	15:17.81 (10)	18:09.52 (10)	21:03.48 (10)	23:56.00 (10)	26:47.16 (10)	29:43.09 (10)	32:37.10 (10)	35:16.06 (10)
2721 St George District At	2:43.91 (10) 1:23.36	5:28.67 (10) 1:22.95	8:16.37 (10) 1:23.59	11:04.50 (10) 1:24.29	13:53.07 (10) 1:24.54	16:43.74 (10) 1:25.93	19:36.81 (10) 1:27.29	22:30.00 (10) 1:26.52	25:22.01 (10) 1:26.01	28:14.76 (10) 1:27.60	31:11.24 (10) 1:28.15	34:01.07 (10) 1:23.97	
Clark, Milly	1:27.44 (13)	4:27.28 (11)	7:22.98 (11)	10:16.75 (11)	13:09.13 (11)	15:59.73 (11)	18:53.28 (11)	21:46.83 (11)	24:41.97 (11)	27:32.94 (11)	30:24.33 (11)	33:17.90 (11)	35:52.80 (11)
36 SYU	2:57.68 (11) 1:30.24	5:55.55 (11) 1:28.29	8:50.67 (11) 1:27.69	11:42.19 (11) 1:25.44	14:34.51 (11) 1:25.38	17:25.75 (11) 1:26.02	20:19.23 (11) 1:25.95	23:14.00 (11) 1:27.17	26:07.83 (11) 1:25.86	28:58.43 (11) 1:25.49	31:51.48 (11) 1:27.15	34:37.89 (11) 1:19.99	
Hanna, Nicholas	1:27.86 (14)	4:27.85 (13)	7:23.58 (13)	10:18.53 (12)	13:14.90 (12)	16:13.04 (12)	19:13.49 (12)	22:15.88 (12)	25:17.90 (12)	28:17.00 (12)	31:19.02 (12)	34:21.95 (12)	37:22.36 (12)
2962 Girraween Athletics	2:58.33 (13) 1:30.47	5:56.24 (13) 1:28.39	8:51.68 (13) 1:28.10	11:46.28 (12) 1:27.75	14:44.24 (12) 1:29.34	17:43.44 (12) 1:30.40	20:44.09 (12) 1:30.60	23:47.00 (12) 1:31.12	26:47.38 (12) 1:29.48	29:47.71 (12) 1:30.71	32:50.36 (12) 1:31.34	35:52.91 (12) 1:30.96	
Wiley, Dennis	1:26.63 (12)	4:27.68 (12)	7:23.32 (12)	10:19.48 (13)	13:20.78 (13)	16:21.56 (13)	19:24.64 (13)	22:31.00 (13)	25:40.32 (13)	28:47.71 (13)	31:59.56 (13)	35:09.93 (13)	38:08.76 (13)
801 Hills District	2:58.04 (12) 1:31.41	5:56.01 (12) 1:28.33	8:51.37 (12) 1:28.05	11:49.86 (13) 1:30.38	14:50.51 (13) 1:29.70	17:52.97 (13) 1:31.41	20:56.58 (13) 1:31.94	24:04.57 (13) 1:33.57	27:14.76 (13) 1:34.44	30:23.08 (13) 1:35.37	33:35.02 (13) 1:35.46	36:41.56 (13) 1:31.63	
Broberg, Julianne	1:28.27 (15)	4:28.18 (14)	7:26.21 (14)	10:27.27 (14)	13:30.17 (14)	16:34.46 (14)	19:41.25 (14)	22:47.00 (14)	25:53.71 (14)	29:00.25 (14)	32:07.04 (14)	35:14.15 (14)	38:09.11 (14)
2388 Randwick Botany	2:58.36 (14) 1:30.09	5:56.77 (14) 1:28.59	8:56.41 (14) 1:30.20	11:58.85 (14) 1:31.58	15:01.40 (14) 1:31.23	18:07.65 (14) 1:33.30	21:14.54 (14) 1:33.29	24:21.50 (14) 1:34.50	27:27.67 (14) 1:33.96	30:34.00 (14) 1:33.75	33:40.67 (14) 1:33.63	36:44.66 (14) 1:30.51	
Schwebel, Ron	1:31.92 (17)	4:35.55 (15)	7:39.17 (15)	10:44.56 (15)	13:48.64 (15)	16:52.46 (15)	19:56.53 (15)	22:59.00 (15)	26:03.59 (15)	29:08.13 (15)	32:13.69 (15)	35:18.74 (15)	38:26.36 (15)
3776 SSR	3:04.22 (15) 1:32.30	6:07.94 (15) 1:32.39	9:11.42 (15) 1:32.25	12:16.52 (15) 1:31.96	15:20.64 (15) 1:32.00	18:24.88 (15) 1:32.42	21:27.79 (15) 1:31.26	24:30.58 (15) 1:31.58	27:36.42 (15) 1:32.83	30:41.09 (15) 1:32.96	33:46.34 (15) 1:32.65	36:52.28 (15) 1:33.54	
Basman, Robyn	1:33.90 (18)	4:41.76 (16)	7:48.33 (16)	10:59.35 (16)	14:11.45 (16)	17:25.54 (16)	20:39.77 (16)	23:56.00 (16)	27:11.33 (16)	30:31.62 (16)	33:50.57 (16)	37:09.50 (16)	40:17.69 (16)
2090 St George District At	3:07.85 (17) 1:33.95	6:14.42 (16) 1:32.66	9:23.96 (16) 1:35.63	12:35.47 (16) 1:36.12	15:48.45 (16) 1:37.00	19:02.69 (16) 1:37.15	22:17.53 (16) 1:37.76	25:35.09 (16) 1:39.09	28:51.85 (16) 1:38.52	32:11.39 (16) 1:39.77	35:29.55 (16) 1:38.98	38:46.87 (16) 1:37.37	
Cozijnsen, Ronald	1:34.53 (19)	4:55.29 (18)	8:16.71 (17)	11:39.94 (17)	15:03.09 (17)	18:26.26 (17)	21:53.61 (17)	25:28.07 (17)	29:05.33 (17)	32:47.80 (17)	36:34.35 (17)	40:20.67 (17)	43:52.46 (17)
2531 Sutherland	3:15.88 (19) 1:41.35	6:37.57 (18) 1:42.28	9:57.79 (17) 1:41.08	13:21.31 (17) 1:41.37	16:44.65 (17) 1:41.56	20:09.34 (17) 1:43.08	23:41.00 (17) 1:47.39	27:16.75 (17) 1:48.68	30:55.49 (17) 1:50.16	34:40.81 (17) 1:53.07	38:27.64 (17) 1:53.29	42:15.73 (17) 1:55.06	
Davie, EJ	1:24.66 (11)	4:49.22 (17)	8:19.45 (18)	11:56.76 (18)	15:34.13 (18)	19:09.32 (18)	22:50.00 (18)	26:30.10 (18)	30:09.03 (18)	33:49.54 (18)	37:34.39 (18)	41:17.63 (18)	44:39.92 (18)
3775 SSR	3:06.21 (16) 1:41.55	6:34.44 (17) 1:45.22	10:08.11 (18) 1:48.66	13:45.55 (18) 1:48.79	17:21.35 (18) 1:47.22	20:58.57 (18) 1:49.25	24:42.22 (18) 1:52.22	28:17.27 (18) 1:47.17	31:57.82 (18) 1:48.79	35:40.98 (18) 1:51.44	39:26.80 (18) 1:52.41	43:05.40 (18) 1:47.77	

Name	400m	1200m	2000m	2800m	3600m	4400m	5200m	6000m	6800m	7600m	8400m	9200m	10000m
	800m	1600m	2400m	3200m	4000m	4800m	5600m	6400m	7200m	8000m	8800m	9600m	
Barnes, James	1:31.60 (16)	4:57.19 (19) 1:43.45	8:27.93 (19) 1:46.29	12:01.16 (19) 1:47.70	15:36.90 (19) 1:48.27	19:12.66 (19) 1:50.03	22:57.00 (19) 1:52.11	26:44.60 (19) 1:53.02	30:32.56 (19) 1:54.34	34:21.21 (19) 1:54.44	38:06.60 (19) 1:52.76	41:53.11 (19) 1:53.45	45:26.94 (19) 1:40.02
801 Blue Mountains	3:13.74 (18) 1:42.14	6:41.64 (19) 1:44.45	10:13.46 (19) 1:45.53	13:48.63 (19) 1:47.47	17:22.63 (19) 1:45.73	21:04.89 (19) 1:52.23	24:51.58 (19) 1:54.58	28:38.22 (19) 1:53.62	32:26.77 (19) 1:54.21	36:13.84 (19) 1:52.63	39:59.66 (19) 1:53.06	43:46.92 (19) 1:53.81	
Mason, Robert	1:36.76 (20)	5:09.44 (20) 1:49.52	8:58.77 (20) 1:55.67	12:56.24 (20) 1:58.52	16:59.41 (20) 2:02.33	21:05.36 (20) 2:03.73	25:12.84 (20) 2:04.84	29:26.10 (20) 2:06.28	33:41.63 (20) 2:07.58	37:55.76 (20) 2:07.06	42:09.48 (20) 2:06.37	46:19.34 (20) 2:03.86	50:02.84 (20) 1:43.03
886 ASIC Wests	3:15.92 (20) 1:43.16	7:03.10 (20) 1:53.66	10:57.72 (20) 1:58.95	14:57.08 (20) 2:00.84	19:01.63 (20) 2:02.22	23:08.00 (20) 2:02.64	27:19.82 (20) 2:06.98	31:34.05 (20) 2:07.95	35:48.70 (20) 2:07.07	40:03.11 (20) 2:07.35	44:15.48 (20) 2:06.00	48:19.81 (20) 2:00.47	

Results between 22:18 and 24:04 approximate