

RESULTS ROUND UP

26th September 2009 Northern Zone - Chatswood

Womens 1500m
Nancy Newsome 5.09

3rd October 2009 Northern Zone - Chatswood

Womens 800m
Nancy Newsome 2.27

12th October 2009 World Masters Games - SOPAC

Mens 800m
Paul McGuire 2.34.02

13th October 2009 World Masters Games - SOPAC

Womens 1500m
Nancy Newsome 5.10.30

Womens 8km Cross Country
Sally Lynch 34.42

15th October 2009 World Masters Games - SOPAC

Womens 5000m
Nancy Newsome 19.05.7

17th October 2009 World Masters Games - SOPAC

Womens 800m
Nancy Newsome 2.24.86

24th October 2009 Club Champs - Narrabeen

Mens 5000m Walk
Darren Purcell 24.46.53

24th October 2009 Club Champs - Bankstown

Mens 60m
Jon Mascord 7.62

Mens 200m
Jon Mascord 24.21

31st October 2009 Club Champs - Illawong

Mens 100m
Jon Mascord 12.06

14th November 2009 Club Champs - SOPAC

Mens 60m
Jon Mascord 7.37

Mens 200m
Jon Mascord 23.79

14th November 2009 NSW State Champs - SOPAC

Womens 3000m
Nancy Newsome 10.49.85
Rona MacNiven 10.54.57

Mens 3000m
Chamkaur Dhaliwal 8.58.34
Rod Scanlan 10.11.70
Mark Gregory 10.15.16

28th November 2009 Club Champs - Bankstown

Mens 100m
Jon Mascord 11.69

Womens 1500m
Nancy Newsome 5.04.28

28th November 2009 Club Champs - Blacktown

Mens 1500m
Darren Purcell 4.48.32

12th December 2009 Club Champs - SOPAC

Mens 100m
Jon Mascord 11.80

Mens 200m
Jon Mascord 23.81

Womens 800m
Nancy Newsome 2.27.00
Rona Macniven 2.27.09 PB

13th January 2010 Permit Meet - Blacktown

Womens 1500m
Rona Macniven 5.00.0

16th January 2010 Victorian Milers Club - Vic

Womens 1500m
Rona Macniven 4.53.04

23rd January 2010 Club Champs - SOPAC

Womens 100m
Charly-Rose Dunne 14.12 Rec

Womens 200m
Charly-Rose Dunne 30.38 Rec

28th January 2010 ANSW Champs - SOPAC

Mens 5000m
PB Chamkaur Dhaliwal 15.11.31
Cameron Dalgleish 16.17.42
Oskar Booth 16.28.69 PB

30th January 2010 Allcomers - SOPAC

Womens 1500m
Rona Macniven 4.54.86
Nancy Newsome 4.57.87 PB

5th February 2010 Permit Meet - Illawong

Womens 1500m
Nancy Newsome 5.01.52
Rona Macniven 5.02.11
Emily McKenzie 5.07.68

Womens 3000m
Emily McKenzie 11.21.97

9th February 2010 Permit Meet - Campbelltown

Womens 800m
Nancy Newsome 2.25.96
Rona Macniven 2.27.50
Emily McKenzie 2.30.04

13th February 2010
ANSW Youth Champs - SOPAC

Womens 90m Hurdles Heats

Tiana Penitani	13.99	Rec
Eliza Gazal	15.09	Rec
Rebecca Metzger	15.19	

Womens 90m Hurdles Final

Tiana Penitani	13.66	Rec
Rebecca Metzger	14.37	Rec
Eliza Gazal	14.71	

Womens Long Jump

Tiana Penitani	5.31	Rec
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14th February 2010
ANSW Youth Champs - SOPAC

Womens 100m Heats

Tiana Penitani	13.21	Rec
Rebecca Metzger	13.30	Rec
Eliza Gazal	13.67	

Womens Triple Jump

Rebecca Metzger	8.86	Rec
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20th February 2010
Waratah Invitational - SOPAC

Mens 5000m

Chamkaur Dhaliwal	15.12.78
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26th February 2010
Permit Meet - Illawong

Womens 800m

Emily McKenzie	2.31.87
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Womens 3000m

Emily McKenzie	11.14.75
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6th March 2010
ANSW Masters Champs - Campbelltown

Womens 1500m

Nancy Newsome	4.55.97	PB
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7th March 2010
ANSW Masters Champs - Campbelltown

Womens 800m

Nancy Newsome	2.29.26
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7th March 2010
ACT Summer Series - Canberra

Mens 3000m

Chamkaur Dhaliwal	8.51.52
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9th March 2010
Permit Meet - Campbelltown

Womens 1500m

Rona Macniven	4.57.14
Emily McKenzie	4.58.44

Mens 1500m

Chamkaur Dhaliwal	4.04.96
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18th March 2010
Allcomers - SOPAC

Womens 800m

Jane Boyd	2.28.71	PB
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Womens 1500m

Rona Macniven	4.46.26	PB
Nancy Newsome	4.53.02	PB
Emily McKenzie	4.57.75	

Mens 5000m

Chamkaur Dhaliwal	15.21.37	
Matthew Hammond	16.29.85	PB
Cameron Dalgleish	16.42.53	

27th March 2010
ANSW Champs - SOPAC

Womens 800m

Rona Macniven	2.24.81	PB
Nancy Newsome	2.28.91	

Mens 1500m

Chamkaur Dhaliwal	3.57.08
Cameron Dalgleish	4.13.79

28th March 2010
ANSW Champs - SOPAC

Womens 1500m

Rona Macniven	4.53.32
Emily McKenzie	4.59.24

Mens 1500m

Chamkaur Dhaliwal	4.03.83
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10th April 2010
Waratah Inv - SOPAC

Womens 3000m

Rona Macniven	10.40.31
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